

Project Title: Building Resilience in Children. The CUES-Ed research project: randomised controlled trial of the CUES for schools programme.

INFORMATION SHEET for children – V3 29th July 2022.

Ethical Review Reference Number: HR/DP-21/22-28344

- **What is this about?**

We are asking if you want to be part of a project to find out if CUES is helpful.

- **Who are you? What do you do?**

The CUES-Ed team works with schools, teachers and children to find ways to help children understand and manage their thoughts, feelings and behaviour.

- **What is CUES?**

CUES is a programme for schools. We want to know if we can teach children how their minds work and to spot when they are getting difficult feelings so they can find new ways to manage these.

- **Why are you asking me?**

We are asking all Year 4 children in lots of schools to take part.

- **Will all schools do the same thing?**

Some schools will teach CUES now, and some will teach CUES later. This will be decided by chance, a bit like tossing a coin: it is called a 'randomised controlled trial'.

- **How will you find out if CUES is helpful?**

We will ask children learning CUES now and children learning CUES later some questions. The questions are about what you feel, think, and do, and how things are at home and at school. We will see if things are better for children learning CUES now.

- **How long will it take?**

The questions will take between fifteen and thirty minutes. We will ask you to do all of them twice, and one of them three times.

- **How do I take part?**

We will ask if we can use your answers to the questions to find out if CUES is helpful.

- **What if I say yes?**

We will keep a copy of the answers of everyone who says yes. We will add them up together to see if learning CUES makes a difference.

- **Can I say no?**

Yes, you can. We won't ask you why. It is up to you. If you say no, we will not keep your answers, they will be disposed of safely. You can speak to your teacher or us or your parent or carer if you do not want to do the CUES programme or questions. They can ask us to help with this if they want. You can change your mind until we finish collecting answers for CUES-Ed (on 31st March, 2023) – you can speak to your teacher or us or your parent or carer about this.

- **How do I tell you yes or no?**

We will give you another sheet like this one. You can tick a box to tell us whether we can use your answers or not. You can also speak to your teacher or us or your parent or carer.

- **Have you asked my parents or carers?**

We have asked everybody's parents or carers and we won't use your answers if they tell us not to.

- **Who will see my answers?**

Your teacher and staff at school will see your answers. If they are worried that you are upset, they will talk to you about this. The CUES-Ed team will only see your answers if you and your parent or carer agree. After we finish CUES-Ed (on 31st January, 2024) the data will be kept, without anyone's names, so it can be used for other projects.

- **Is there a 'right' answer?**

No, there are no right or wrong answers. Just answer how you feel.

- **Can I find out more?**

Yes. Ask your teacher, or your parents or carer. We have given them a longer sheet like this one that you can read if you want.

😊 Thanks 😊