

**Children's Information Sheet and Assent Form  
(9-13yrs)**

**Version 2: 1<sup>st</sup> Sept 21**



Hi, my name is Peter Mulhall.



I am a researcher at Ulster University



I am doing a study. A study is a way of finding things out. This information sheet tells you about the study.

This will help you decide if you want to take part in the study or not.



I am writing to ask if you would like to be part of this research project.

To help you understand this letter you can:

- Ask someone to read it for you
- Talk to you teacher or parent



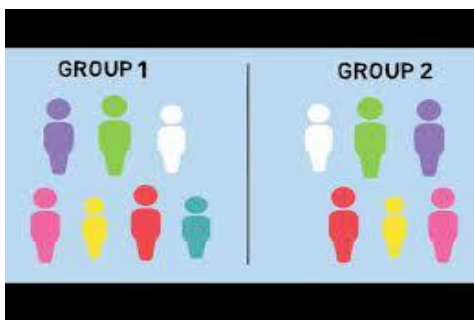
**Our work is about:**

- Finding the best way to get children walking in schools
- We have developed a walking programme called Walk Buds

# So, how does it work?

We do not know how well this walking programme works? So, we want to look at how this walking programme works.

- If you agree to take part, you will be asked to sign a form below saying 'YES' I want to take part






- Some schools will get the 12 week Walk Buds programme (Group 1) or
- Some schools will get a leaflet about walking only (Group 2)



If your school is selected into Group 1, the Walk Buds programme, this involves:

- Younger children (9-13yrs) being paired up with older children in your school (16-19yrs)
- Walking around the school, 3 times a week, for 12 weeks. Walks will increase from 15 mins to 30 mins four times a week
- A teacher and/or classroom assistant from your school who you know will be able to watch you both when you are walking.

	<p>If your school is selected into Group 2, the control arm, this involves:</p> <ul style="list-style-type: none"> <li>• Not getting the Walk Buds programme</li> <li>• Doing the same activities your school does everyday</li> </ul>
	<p>We are asking you:</p> <ul style="list-style-type: none"> <li>• To be paired up with a young pupil in your school (9-13yrs)</li> <li>• And walk with them for 15mins, three times a week, over 12 weeks</li> <li>• The time in walking will increase to 30 mins, four times a week, by the end of the 12 weeks</li> </ul>
	<p>If you agree to take part in the study, everyone will be asked to answer some questions about their health. You will be asked to complete these shortly, after Christmas and then in June.</p> <p>Your teacher can help read the questions with you.</p>



Before you start the study, everyone will take part in a walking test shortly, after Christmas and in June.

You will have to walk along a path in your school for 6 minutes. The time this takes will be recorded.



We will give you a special recorder to wear on a belt or on your wrist, and this will help us to see how much walking you do in school and at home.

You will have to wear this belt for 8 days during school and at home. You will get a £10 reward when you return this at the end of the 8 days.

Everyone who takes part will have to wear this shortly after Christmas and in June



If you're in the Walk Buds programme, we will also give you a special box that helps you see how many steps you are doing in school when walking.

You should try to do more steps each time you walk.

The number of walks during school will increase during the walking programme.

You will start with 1 walk a day for 15 minutes and by the end of the walking programme, you will be doing 4 walks a day for 30 minutes.



If it's only raining a little bit, you can put your coat on and still walk outside. If it's raining heavy, you can walk inside the school.

Your teacher will decide where you walk.



You can tell me 'Yes' if you want to take part in the study.



You can tell me 'No' if you do not want to take part in the study.



If you want to be in the study, you need to sign your name on a special form called an assent form.

If you find it difficult to write, someone else can help you.



At the end of the walking programme, I would like you to join a small group to talk about walking. This group is called a focus group.

There will be between 4-6 people in the group from your school.

We will hold the focus group in your school. A teacher or classroom assistant from your school who you know will be in the focus group.



We will record what you say during the focus group.

Others in the group and other people involved in the study will be the only people who hear what you say.



Other people involved in the study will be the only people who will read your words, but if you tell us that someone is hurting you or you are hurting someone else, I will have to pass this information on to your teacher.



You need to ask your mum, dad or guardian if it is ok for you to take part, they also need to sign a consent form.

Thank you for looking at this.





**Assent Form: Version 2: 1<sup>st</sup> Sept 21**  
**This copy to be signed and returned**

You can choose to take part in the walking programme.

I say it is OK for me to take part in the walking programme at school.

I have seen the information sheet about the study.

I understand what it says.

I had a chance to ask questions about it.

**I agree to take part in the walking programme**

YES  NO

**I agree to take part in the focus group**

YES  NO

**I say it is OK for my voice to be recorded when we talk.**

YES  NO

If I do not want to be in the study anymore, I do not have to.

I can tell the researcher or a teacher if I do not want to be in the study at any time.



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**My name**

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**Date**

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**Researcher's signature**

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**Date**