

Born in Bradford Age of Wonder research study

Parent information sheet – Year 9

V6 (A) 23.08.22

Born in Bradford (BiB) are going to be working with your child's school on an exciting new study that will help us to understand and improve the health and wellbeing of young people as they grow up in Bradford.

We're asking parents/carers of young people in Year 9 in schools across Bradford if they are happy for their child to take part. Until your child is 16, we need your permission each year for including your child in our study.

If your child takes part they will be asked to do the following activities during the normal school day:

- Surveys e.g about their health and wellbeing
- Movement/memory assessments
- Measurements e.g. height and weight

If you are happy for your child to take part, you do not need to do anything.

If you do not want your child to take part, please let us know by filling in the form on the last page of this booklet and hand this back to your child's school.

Please read the rest of this booklet to find out more, how we will look after your child's information, and what to do next.

This project is being led by the BiB Age of Wonder study team, based in Bradford Teaching Hospitals NHS Foundation Trust. The study has been reviewed and approved by the Bradford Leeds Research Ethics Committee [Ref: 21/YH/0261, date: 22.12.21].

What is Born in Bradford Age of Wonder?

Born in Bradford (www.borninbradford.nhs.uk) is one of the largest research studies of its kind anywhere in the world, aiming to understand and improve the health and wellbeing of families as they live and work in Bradford. Between 2007 and 2011, 12,500 families in Bradford who had their babies at Bradford Royal Infirmary signed up to be part of the BiB research study. They have helped us to understand things like the harm diesel fumes cause, which allowed us to lobby for pollution filters on our buses to get cleaner air.

Our new study is called **BiB Age of Wonder**, and aims to learn from young people what it is like to be a teenager growing up in Bradford. We want every young person in Bradford (or who goes to secondary school in Bradford) to take part, not just those who were part of the original BiB study.

We will use this research to understand how Bradford schools and services in the district can best support young people to be as happy and healthy as possible. This is really important because as your child grows up, they will experience many challenges and changes in their bodies, minds, emotions and social lives. They have also lived through a really difficult few years due to the pandemic.

Each year, we will write to you and ask if you want your child to be part of BiB Age of Wonder. If your child took part last year, we need to ask for your consent again, as they may be doing different activities each year.

What will my child be asked to do?

If your child does take part, in Year 9 they will be asked to do some activities during their normal school day:

Surveys

We will ask your child to complete a number of short surveys throughout the school year. We have worked with young people, services like public health, and schools to develop these surveys to make sure that we are asking the most important questions for them and

for the research. They will ask your child about topics such as mental and physical health, their school, identity, risk taking behaviours, relationships with family and friends, climate change, social media, crime and safety. You can see the full questionnaires on the Born in Bradford website at www.borninbradford.nhs.uk.

Movement/memory assessments

Your child will use a computer to complete some activities that measure movement skills, like handwriting and drawing, and memory skills, like remembering phone numbers, taking around 45 minutes.

Health Measurements:

During a school visit, our trained researchers will measure your child's:

- Height
- Weight
- Body composition (how much of the body is made of fat, muscles, and bones) using a special weighing scale that sends a very weak electrical signal around the body
- Blood pressure
- Skinfold thickness. This is a more accurate way of measuring body fat than just looking at weight. The researcher will hold the fold of skin on your child's arm and shoulder blade and measure it with a specially designed calliper.

We will ensure your child's privacy while we carry out these measures.

The data from the surveys, movement/memory assessments, and health measurements, are completely confidential. In exceptional circumstances, if their measurements suggested a medical concern, our research nurse would contact you. If your child told us something that suggested a concern for their or someone else's safety, we would discuss this with a teacher at their school.

How do you use my child's personal information?

If you agree for your child to take part, their school will provide us with the following personal information about your child:

- Name
- Unique pupil number (UPN)
- Date of birth
- Contact details
- School email address

We use this information so we know who has taken part in the study, and so we can send a link to our surveys to their school email address. We also use their personal information to link with data from previous involvement in BiB Age of Wonder activities.

We store all personal information in a secure database at Bradford Teaching Hospitals NHS Foundation Trust. The only people who have access to personal information are the small number of people in the research team who need it for the study.

It will not be possible for anyone to use the data we collect to identify your child. When we collect the research data, your child's personal details will be removed from this and replaced with a study ID code. If we share data with other UK and international research studies that have been approved by BiB, we would only give them this study ID code to make sure your child will never be able to be identified.

You can find out more about how we use your child's information at <https://borninbradford.nhs.uk/what-we-do/how-we-use-your-information/>, or by contacting the study team at ageofwonder@bthft.nhs.uk or 01274 274474.

Your child's school might be offered the chance to take part in projects to support young peoples' wellbeing. We might use your child's information to help the school and other services to select young people to take part in these projects, and compare their data to those who do not take part. This will help us find out if the projects make a difference to young people's wellbeing.

What do I need to do if I would like my child to take part?

If you are happy for your child to take part you DO NOT NEED TO DO ANYTHING. If you do not get in touch, we will assume that you are happy for your child to be assessed.

What do I need to do if I do not want my child to take part?

Your child does not have to take part in BiB Age of Wonder. If you DO NOT want your child to take part, please fill in the attached form and hand it back to your child's school.

Before any surveys take place, if you have given consent but change your mind, you can withdraw from the study without giving a reason. Simply contact us using the details given below and ask for your child to be removed. If your child remains at this school, we may contact you again in future years to give you the opportunity to take part in further studies.

How can I find out more information?

You can keep up to date with the study through our website and social media channels:

Website: www.borninbradford.nhs.uk

Instagram: @BiBAgeofWonder

Twitter: @BiBresearch

Facebook: @BorninBradford

If you would like to find out more about the study before deciding to let your child take part, please contact the Born in Bradford team:

Email: Ageofwonder@bthft.nhs.uk

Phone: 01274 274474

Born in Bradford: Age of Wonder Year 9 (opt-out)

If you are happy for your child to take part in the Born in Bradford Age of Wonder project you do not need to do anything.

If you **DO NOT** want your child to take part in the BiB Age of Wonder Year 9 surveys, please complete this form and return it to your child's school.

Child's name:

Form/Tutor Group:

Parent's / Carer's name:

Parent's / Carer's signature:

Date:

| | Please tick |
|---|--------------------------|
| I do not want my child to take part in the BiB Age of Wonder Year 9 surveys | <input type="checkbox"/> |