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Study Title: Engaging Adolescents in Changing Behaviour (EACH-B)

Researcher: Professor Mary Barker

Ethics reference: 49226

Dear Parent/Carer,

Your child's school has chosen to take part in the EACH-B research programme offered by the University of Southampton and the LifeLab team. LifeLab is an educational facility for school students based at Southampton General Hospital. The EACH-B programme is a high-profile and innovative intervention to assess whether we can improve children's health behaviours through a combination of work in school as part of regular science lessons, engagement with a practical activities day, support from specially trained teachers, and access to a digital game designed to help adolescents sustain a commitment to improved diet and increased physical activity.

We plan for all children in your child's science class to take part and their participation has been approved by the Head Teacher. As no child will be made to take part if they do not wish to, parents/carers may opt-out via the attached online form. Your child's science teacher will discuss taking part in EACH-B in school with your child's science class, and your child will have the chance to say if they do not want to take part. No child will be made to take part if they do not want to.

What does the research involve?

The research is introduced with a health assessment prior to the EACH-B activities taking place and will be repeated twelve months later when your child is in Year 9. Teacher-led, this assessment is in the format of a fun and interactive science lesson in which they will be asked to complete questionnaires online about their eating habits, lifestyle and wellbeing. Students will then be asked to wear a watch-like activity tracker for a week to measure their physical activity levels.

The research programme then moves onto the LifeLab lessons and activity day run within the school science curriculum. The activity day has been designed to meet all COVID-safe requirements for schools and will be run by the school science teachers, with online support from the research team. Practical activities combine with online sessions with working scientists, learning about the science behind everyday health, including life-saving.

What are the benefits of taking part for my child?

Students are given a unique opportunity to take part in real life scientific research and learn about the science behind health messages they are familiar with. EACH-B is designed to help young people understand better how doctors and scientists can measure health and also to inspire an interest in science and scientific learning. Continually updated to reflect current health issues, the LifeLab lessons include learning related to COVID-19, supporting young people's understanding of the global pandemic that has been such a significant part of their lives.



After the Lifelab activity day, students will be given access to a game-based app on their phone to help them on their journey to improving their own health behaviours. Information will be provided to the research team on students' use of the app to assess the value of this method, but the data will not be used outside research for any purpose. Students may be invited to take part in an online group interview about their experiences of the EACH-B project. Your child will not have to take part in the interview if they do not wish to and may withdraw from any activities at any time.

Measuring the long-term effects

To assess whether activities like this have an impact on children's future choices of higher education, the University outreach department records information on the Higher Education Access Tracker (H.E.A.T) database (<http://heat.ac.uk>). The information recorded is: child's name, school, date of birth and postcode. This information is used to track children through their education and identify which (if any) higher education facilities the children attend. These data, fully anonymised, may also be shared with other trusted partners such as the Higher Education Funding Council for England (HEFCE), Higher Education Statistics Agency (HESA) or the University and Colleges Admissions Service (UCAS) for reporting purposes. **We need your consent for the school to share this information with us. Please complete the attached form in order to give your permission.** You are free to withdraw your consent at any time by contacting us at: lifelab@soton.ac.uk

As part of our research we are also interested in understanding whether providing science teaching in different ways has an impact on children's science results. To do this, we would like to use information about your child in an anonymised form from the National Pupil Database (NPD) via their Unique Pupil Number (UPN).

These data may be shared with the Department for Education, and the Education Endowment Fund and potentially other research teams. Further matching to NPD data may take place during subsequent research.

Parents of children taking part in the EACH-B research programme may be invited to take part in a telephone or online interview about their experiences of being part of the study. You may be invited to an interview after your child has taken part in the study and you can then decide whether or not you would like to take part.

Will my child's participation be confidential?

As soon as the answers to the questionnaires have been downloaded, all names and identifying information will be removed. Identification numbers will be used to link the child's data from the initial data collection and the twelve-month follow-up. Data will be stored on secure servers at the University of Southampton in accordance with Data Protection Law.

We will not use your child's name or the name of the school in any report arising from the research. The EACH-B data controller for the purposes of Data Protection law is the University of Southampton. Please see below for further details about the University of Southampton's data protection privacy policy and compliance with current legislation.

What happens if I opt out now or change my mind later?

If you opt out of your child taking part in this research project, they will still benefit from the additional training their science teacher receives as part of the EACH-B programme. However, they will not take part in any of the health assessments and none of their data will be recorded.

Your child's participation in this study is completely voluntary and you are free to withdraw the participation of your child at any time. If you wish to withdraw your child's participation, you can do so any time by emailing any of the three researchers listed below. If you do this, all contact details for your child will be deleted immediately. Any unprocessed data will be destroyed. Any data that have already been anonymised, processed and/or published cannot be excluded.



Thank you for taking the time to read this. If you have any queries or questions, please do not hesitate to speak to any of the following researchers using the email: eachb@soton.ac.uk

Professor Mary Barker

Dr Kathryn Woods-Townsend

Dr Sofia Strommer

Principal Investigator

LifeLab Programme Director

Trial Scientific Manager

If you have any concerns about this work, please contact the Head of Research Governance by calling 02380 595058 or via email at rgoinfo@soton.ac.uk.

EACH-B is sponsored by the University of Southampton and University Hospital Southampton NHS Foundation Trust.

LifeLab is an educational facility for school students based at Southampton General Hospital and is sponsored by the University of Southampton and University Hospital Southampton NHS Foundation Trust.

Data Protection Privacy Notice

The University of Southampton conducts research to the highest standards of research integrity. As a publicly-funded organisation, the University has to ensure that it is in the public interest when we use personally-identifiable information about people who have agreed to take part in research. This means that when people agree to take part in a research study, we will use information about them only in the ways needed, and for the purposes specified, to conduct and complete the research project. Under data protection law, 'Personal data' means any information that relates to and is capable of identifying a living individual. The University's data protection policy governing the use of personal data by the University can be found on its website (<https://www.southampton.ac.uk/legalservices/what-we-do/data-protection-and-foi.page>).

This Parent Information Sheet tells you what data will be collected for this project and whether this includes any personal data. Please ask the research team if you have any questions or are unclear what data is being collected about your child.

Our privacy notice for research participants provides more information on how the University of Southampton collects and uses your personal data when you take part in one of our research projects and can be found at

<http://www.southampton.ac.uk/assets/sharepoint/intranet/ls/Public/Research%20and%20Integrity%20Privacy%20Notice/Privacy%20Notice%20for%20Research%20Participants.pdf>

Any personal data we collect in this study will be used only for the purposes of carrying out our research and will be handled according to the University's policies in line with data protection law. If any personal data is used from which your child can be identified directly, it will not be disclosed to anyone else without your consent unless the University of Southampton is required by law to disclose it.

Data protection law requires us to have a valid legal reason ('lawful basis') to process and use all personal data. The lawful basis for processing personal information in this research study is for the performance of a task carried out in the public interest. Personal data collected for research will not be used for any other purpose.

For the purposes of data protection law, the University of Southampton is the 'Data Controller' for this study, which means that we are responsible for looking after your child's information and using it properly. The University of Southampton will keep identifiable information about your child for 30 years after the study has finished after which time any link between your child and his/her information will be removed.



To safeguard your child's rights, we will use the minimum personal data necessary to achieve our research study objectives. Your data protection rights – such as to access, change, or transfer such information - may be limited, however, in order for the research output to be reliable and accurate. The University will not do anything with your child's personal data that you would not reasonably expect.

If you have any questions about how your child's personal data is used, or wish to exercise any of your rights, please consult the University's data protection webpage (<https://www.southampton.ac.uk/legalservices/what-we-do/data-protection-and-foi.page>) where you can make a request using our online form. If you need further assistance, please contact the University's Data Protection Officer (data.protection@soton.ac.uk).