



## Participant Information Sheet

**Study Title:** Evaluation of Early LifeLab Health Warriors' Programme  
**Researcher:** Morgan Mason; Kath Woods-Townsend; Donna Lovelock  
**Ethics Reference:** 99757



Dear Parent/Carer,

You and your child are invited to take part in our Health Warriors' research study. To help you decide, we want you to understand what the study is about and what it means for you/your child. Please read this information sheet and/or watch the video provided (**click [HERE](#) to watch the video or scan the QR code above**) carefully and contact the research team if you have questions. You may discuss this with others, but the choice to take part is yours. If you are happy for you/your child to take part, you will be asked to sign a consent form.

### What is the research about?

The Early LifeLab Health Warriors' programme provides hands-on health activities to children in Southampton schools. With these activities, children learn why it is important to eat well, be physically active and look after their wellbeing. Morgan Mason, a researcher at the University of Southampton, will assess the programme's impacts to support ongoing improvement in children's health.

### Why have I/my child been asked to participate?

Your child's school is taking part in the Health Warriors' programme. We have asked the school to invite parents and children to share their thoughts about the programme's activities and delivery.

- **We want your/your child's help to better understand how these activities benefit children's health.**

### What will I/my child be asked to do?

We will ask your child to complete (in school):

- A short survey asking them about foods they eat, activities they do and how they feel.
- A story activity your child writes/draws about health.
- A child group discussion to understand their thoughts on the Health Warrior activities.

We may ask you to take part in a parent group discussion about:

- Health Warrior activities your child took part in.
- Healthy choices your child has started making.
- How your child talks about health at home.
- Programme delivery.
- Programme accessibility.

### Are there any benefits in my/my child taking part?

You and your child can help us improve the Health Warriors' programme to ensure more children and schools can benefit and learn about health.

### Are there any risks involved?

This research involves no risks for you or your child. **You/your child can choose not to participate at any time.** You/your child do not have to answer any questions that you/your child do not want to.

### What data will be collected?

- Questionnaires will ask children about food, activities, and emotional health. Children will provide their name to match data which will be anonymised with an identification code.

- On the consent form, we request permission to collect demographic data (e.g. date of birth, gender, full postcode, ethnicity) from the school to understand programme experiences across different backgrounds and ensure accessibility. You can opt out of sharing this information if you do not wish for your child's information to be shared.
- During the story activity, children will write, speak, or draw about a child like themselves and health.
- In the discussion groups, children will share their experience of the Health Warriors programme. Parents will be asked about their child's participation in these activities.

### **Will my/my child's participation be confidential?**

Your own and your child's views will be kept confidential. No names or personal information will appear in any reports/publications. Group discussions and the story activities will be audio recorded, with names removed during transcription and recordings deleted. Data will be stored securely at the University of Southampton for 15 years, following Data Protection Law. Full details are in the Privacy Notice on the last page.

### **Do I/my child have to take part?**

No, if you do not want to take part or you do not want your child to take part that is absolutely fine. If you decline, your child can still take part in the Health Warrior activities but will not complete questionnaires, story activities, or group discussions. Your child can take part in the evaluation even if you do not take part in the focus group. Similarly, you can take part in the focus group even if your child does not take part in the evaluation. **To confirm participation, we request that you please sign the consent form.**

### **What happens if I/my child change/s my/their mind?**

You and your child can withdraw at any time without explanation. Participation is voluntary. If you/your child withdraw:

- Contact details will be immediately deleted.
- Unprocessed data will be immediately destroyed.
- Data from recorded focus groups will be removed during transcription.

*Please be aware that already anonymised or published data cannot be withdrawn.*

You can withdraw your consent at any time by contacting us at [lifelab@soton.ac.uk](mailto:lifelab@soton.ac.uk) /023 8120 8979

### **What will happen to the results of the research?**

You and your child's personal details will remain confidential. Research findings available in any reports or publications will not include any information that can directly identify you/your child.

### **Where can I get more information?**

If you have any questions, please do not hesitate to speak to any of the following researchers:

Morgan Mason

M.M.Mason@soton.ac.uk

Kathryn Woods-Townsend

k.woods-townsend@soton.ac.uk

Donna Lovelock

d.m.lovelock@soton.ac.uk

### **What happens if there is a problem?**

If you have any concerns, please email or phone the research team: [lifelab@soton.ac.uk](mailto:lifelab@soton.ac.uk), 023 8120 8979. If you remain unhappy or have a complaint about this study, please contact the University of Southampton Head of Ethics & Clinical Governance (023 8059 5058, [rgoinfo@soton.ac.uk](mailto:rgoinfo@soton.ac.uk)).

### **Thank you for taking the time to read this 😊**

Questions? Please email the researchers at [lifelab@soton.ac.uk](mailto:lifelab@soton.ac.uk) who will explain anything you do not understand. **If you/your child can take part, please complete the consent form.**

**To watch a video or to translate this sheet click [HERE](#) or scan the QR code**

## 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 Participant 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 you and/or your child.

Our privacy notice for research participants provides more information on how the University of Southampton collects and uses your/your child's personal data when you/your child takes part in one of our research projects and can be found at <http://www.southampton.ac.uk/assets/sharepoint/intranet/Is/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 you or 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/your child's information and using it properly. The University of Southampton will keep identifiable information about your/your child for 15 years after the study has finished after which time any link between you/your child and you/their information will be removed.

To safeguard yours/your child's rights, we will use the minimum personal data necessary to achieve our research study objectives. Your/your child's 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/your child's personal data that you would not reasonably expect.

If you have any questions about how yours/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](mailto:data.protection@soton.ac.uk)).