

# SHINE YEAR 6 SURVEY INFORMATION SHEET



## WHO ARE WE?

We are a team of researchers at University College London (UCL), and the Universities of Durham and Newcastle. We study how we can help children to be healthier and happier!

## WHAT IS A RESEARCH STUDY?

A research study is what you do when you want to learn about something or find out something new.



## WHAT IS OUR STUDY ABOUT?

We want to know how children your age are feeling and how your feelings change over time. If we know this, we may be able to tell adults how to support children who are not feeling so well.



## WHAT WILL HAPPEN IN THE RESEARCH?

- You will be asked if you would like to take part.

You will be asked questions on the computer to check you understand what will happen in the study, and you are happy to take part.

- You will be asked some more questions on the computer

These will be questions about who you are, and some questions about what you think. It is not a test and there are no wrong answers.

Your teacher will be nearby so you can ask for help at any time.

It will take around 20-30 minutes to answer the questions.

You will be asked these questions again in a couple weeks' time.

- Using your name, your answers will be connected to information about how tall you are and how much you weigh.



## WHAT WILL THE RESEARCHERS DO WITH MY ANSWERS?

Your answers will be kept safe and private. We will NOT tell your teachers, parents, or classmates what you said. If you change your mind and will want us to delete your answers, your parents or teachers can let us know before December 2026.

Any answers you provide will be made pseudonymous. Pseudonymous means that we'll swap your name for a secret code so no one knows the answers are yours.

At the end, we'll tell your school what we found out in the study, and they might share it with you. But we won't tell them anything about individual children.



## DO I HAVE TO SAY YES?

No - not at all. It's up to you! If you don't want to do this, you can tell your parents to fill in our online form to let us know. Or, you can click "no" on the computer when we ask if you are happy to take part. It's also ok if you change your mind. Even after you start answering questions, you can stop at any time or skip questions you don't want to answer.

## WHO CAN I ASK ABOUT THIS?

You can ask your parents and your teacher who can email the researchers at [shine@ucl.ac.uk](mailto:shine@ucl.ac.uk).



## WHAT DO I DO NOW?

Now you know about the study, you need to think about if you want to take part.

## WHO CAN I CONTACT ABOUT THE RESEARCH?

If you have any questions or worries about the study, your teacher or parent can email the researchers at [shine@ucl.ac.uk](mailto:shine@ucl.ac.uk). If you feel your worries have not been handled well, your teacher or parent can contact the UCL Research Ethics Committee at [ethics@ucl.ac.uk](mailto:ethics@ucl.ac.uk), mentioning our ethics ID number: 0816. These people make sure our research is safe and fair for everyone.

Thank you very much for taking time to read this. Please ask any questions you have.

