

Parent and Carers Information Sheet

Education for Wellbeing Programme – INSPIRE Project

We want to know if certain types of wellbeing and mental health focussed lessons are helping young people

This evaluation is of mental health and wellbeing support delivered to students in selected year groups through regular lessons. The evaluation aims to find out whether this support improves students' mental health and well-being.

Your child is being invited to take part in the evaluation

Your child's school has signed up to the Education for Wellbeing Programme where whole classes of students will take part in lessons designed to support their mental health and wellbeing. In some schools, classes will receive support in the academic year 2019/2020. In other schools, classes will not receive lessons, but schools can get support the following year. The aim is to see if support helps students to feel more positive and learn more about their mental health and well-being.

Your child's involvement

We are asking classes of students in all schools that have signed up to take part in this study, even if they are not receiving lesson support this year. Your child will be asked to complete some questions which will take 30-40 minutes. We are asking for your permission for your child to take part. If you give permission, your child will also be asked if they would like to take part. You are both free to withdraw at any time, without giving a reason. If, after your child has taken part, you decide that you want us to remove your child's survey answers, you can contact us and ask us to delete their record.

What will happen?

The study will involve your child completing a short online questionnaire. It asks questions about how they think and feel about their school, friends, others and themselves, as well as types of help and support they have sought. The questionnaire is not expected to take longer than 30-40 minutes. We will issue the same questionnaire approximately 6 and 12 months later.

Possible disadvantages

There are no known risks/disadvantages to taking part in this study. If any risks or disadvantages become known during the research, you and your child will be informed straight away via the school.

Possible benefits

There is no guaranteed benefit in taking part. Most people find taking part in research rewarding, as they add to the development of knowledge that may benefit other people in the future.

What data is the Education for Wellbeing Programme using?

The study will use three types of data:

1. Child-reported survey:
 - This is to understand how children and young people think and feel about their school, friends, other people, and themselves.
 - Information about whether children and young people have received any additional support for emotional wellbeing.
2. Information from the school and National Pupil Database:
 - About pupil and family characteristics, such as special educational needs and level of deprivation.
3. Information from teachers about their knowledge of emotional health and well-being, as well as what service provisions there are for mental health in schools.

How will my child's data be stored and who will have access to it?

- All information will be treated strictly confidentially. Standards of confidentiality will be maintained throughout.
- Only three members of the evaluation team (all based in Manchester) will have access to the identifiable data.
- Identifiable data will be used to link the survey data to the school and National Pupil Database data mentioned above and to link data across years.
- We may also draw on information from the school about whether students have received any additional support for wellbeing.
- At the end of the project, once the data is linked, it will be anonymised and the analysis will be carried out on the anonymised data.
- All survey data will be stored on a secure and password-protected server to which only senior members of the research team have access.
- All data will be processed in accordance with legislation called the General Data Protection Regulation (GDPR).
- The information may be presented at conferences or used as part of academic publications and a student project. No data will identify any individuals involved.

Further information

If you have any queries, or for further information about the research, you may want to visit our website at www.annafreud.org/education-for-wellbeing. If you have any further questions you can email us at: daniel.hayes@annafreud.org or call us on 020 7443 2220/2205.

This research has been approved by the UCL Research Ethics Committee

All research is looked at by an independent group of people, called a Research Ethics Committee, to protect your interests. This research has been reviewed and given a favourable outcome by University College London Research Ethics Committee UCL ethics number: 6735/009

Thank you for taking the time to read this information sheet.

Agreeing for your child to be part of this evaluation

- We hope you will allow your child to take part in this evaluation.
- If you do not want your child to participate in this research project, you need to return the form below by **1st August 2019**.
- Choosing not to take part will not disadvantage you or your child in any way.
- It will be made clear to all children when they are given the questionnaires and during the focus groups that they do not have to answer any questions that they don't want to, and they do not have to take part at all if they don't want to.

You only need to complete and return this slip if you **do not** wish your child to take part. Please either scan this form in and email to joao.santos@manchester.ac.uk, or post back to the following address:

FREEPOST RLYU-KAAB-AXRC
Joao Santos
Manchester Institute of Education
B4.10 Ellen Wilkinson Building
University of Manchester
Oxford Road
Manchester
M13 9PL

You do not need to include a stamp.

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

Dear Joao,

I wish to withdraw my child from taking part in the Education for Wellbeing evaluation.

Child's name: _____

Child's school and year group: _____

Parent or carer's name: _____

Signature: _____ Date: _____

[return by 1st August 2019]

General Data Protection Regulation Notice **Education for Wellbeing Programme**

This note is to outline the basis for data processing for this research project and to outline your and your child's rights with respect to processing of those data. These rights are as set out in the General Data Protection Regulation (GDPR), which superseded the Data Protection Act in May 2018.

The study will use three types of data:

1. Child-reported survey:
 - This is to understand how children and young people think and feel about their school, friends, other people, and themselves.
 - Information about whether children and young people have received any additional support for emotional wellbeing.
2. Information from the school and National Pupil Database:
 - About pupil and family characteristics, such as special educational needs and deprivation.
3. Information from teachers about their knowledge of emotional health and well-being, as well as what service provisions there are for mental health in schools.

The legal basis for processing these data for the research project is public interest (Article 6 (1)(e) and Article 9(2)(j) of the General Data Protection Regulation). This means that personal data can be processed where necessary for the performance of a task carried out in the public interest. In this case it is to carry out research and inform future health provision. The General Data Protection Regulation is designed to protect and support the following personal data rights for everyone in the UK:

- **The right to be informed**
 - about who is processing your data, this is set out at the bottom of this note.
- **The right of access**
 - to understand what is being collected and how it is being used, a Subject Access Request
- **The right to correct data**
 - the right to correct incorrect records
- **The right to be forgotten**
 - the right to request that data is removed/deleted
- **The right to restrict processing**
 - the right to request that data be held but not processed unless necessary
- **The right to data portability**
 - the right to a copy of your data in a useable format
- **The right to object**
 - you may object to your data being processed although this does not apply to the processing of data for research purposes, as in this instance

The organisation in control of personal data collected for this research is the Department of Education. The Anna Freud National Centre for Children and Families, in collaboration with the University of Manchester, is collecting and processing the data from this project on their behalf.

We will not be transferring any identifiable information outside the EU and will be taking appropriate measures to ensure it remains secure at all times.

We will keep the pseudonymised information, where individuals won't be readily identifiable, for a 3-year period while the research project is active. This may be shared with other collaborators, including the London School of Economics, University of Liverpool and University of Dundee for analysis. After that we will change it to make individuals in the data set completely unidentifiable. This anonymous information may then be used for research for another 10 years. After this, the information and data will be securely destroyed.

Please note that the consent processes described in the previous pages relate to involvement in the research, but these are not the legal basis for data processing. As described above, the legal basis for data processing is public interest. Your data rights with regard to data processing have been set out in this notice and will be respected. For further information, please see <https://ico.org.uk/for-organisations/data-protection-reform/overview-of-the-gdpr/> and <https://ico.org.uk/for-the-public/is-my-information-being-handled-correctly/>

If you have any concerns or questions about our research, the data processing, and/or your involvement in the project please contact:

Daniel Hayes

Daniel.Hayes@annafreud.org

Anna Freud Centre

Kantor Centre of Excellence

4-8 Rodney Street

London

N1 9JH