

## PARTICIPANT INFORMATION SHEET

---

**Title:** Exploring school break time activity choices and influencing factors in first-year secondary school female students.

**This form is for you to keep.**

My name is Ingrid, and I am an Honours student at Flinders University. I am doing this study as part of my Honours degree in Sport, Health and Physical Activity.

I am asking you to take part in this research project called "Exploring school break time activity choices and influencing factors in first-year secondary school female students".

This study aims to understand the various factors influencing girls' activity choices during recess and lunchtime breaks, especially since moving from primary to secondary school.

There are two phases to this research project, and you can choose to partake in one or both phases.

**You do not have to take part.  
It is okay to say no.**

Phase one of this study is an online questionnaire. You will be answering questions about what influences your choices during recess and lunchtime.

Phase two of this study is an online focus group. You will be in an online group discussion of about 3-5 other girls of the same age. As a group, you will be discussing what influences you during your recess and lunchtimes at school.

The answers you give to the questionnaire will be stored online on a Flinders University computer. In addition, the discussions during the online focus group will be recorded and saved on a Flinders University computer.

We will use the answers you give to help understand what influences girls of your age during their recess and lunchtime break at school. The knowledge we gain from this study could help create positive changes during recess and lunchtimes for girls in their early years of secondary school.

- **What do I have to do and when will I do it?**

The online questionnaire will take roughly 25 minutes of your time. If you choose to take part in the online focus group discussions, it should not be longer than 1 hour.

<b>What would I be asked to do?</b>	<b>When?</b>	<b>Who else will be there?</b>
<i>Answer a variety of questions in an online questionnaire.</i>	<i>You should complete the online questionnaire at home in your own time.</i>	<i>You need to complete this questionnaire on your own, with your parent/guardian's permission.</i>
<i>Interact with the other girls and the researcher in the group and answer a variety of questions from the researcher.</i>	<i>The online focus group discussions will be on a date and time you and the researcher have previously agreed upon.</i>	<i>You will be online with 3-5 other girls you may not know and the researcher. You will be on your device, but it is okay if your parent/guardian is nearby if you need support.</i>

- **What are the benefits (good things) about taking part?**

While this study's results may not directly benefit you, your involvement will allow the researchers to understand what influences girls' activity choices during recess and lunch, particularly after transitioning to secondary school.

- **Will I get paid for taking part?**

If you would like to take part in phase one of this research project, we will give you an opportunity to win 1 of 7 \$35 Prezzy gift vouchers for your time. Suppose you also choose to take part in phase two of this research project. In that case, you can have another opportunity to win an additional 1 of 3 \$35 Prezzy gift vouchers.

- **What are the risks (bad things) about taking part?**

The people asking the questions do not expect you to feel uncomfortable and will do their best to make you feel safe. You do not have to share anything about yourself that you do not want others to know. Some topics covered may involve your interactions with your teachers and other students during recess and lunchtimes and how you feel about your body and being active at school. If you feel uncomfortable or sad, let the researchers know straight away. If you need some extra help, here are some phone numbers you can call or websites you can visit:

- Kids Helpline – 1800 55 1800, [www.kidshelpline.com.au](http://www.kidshelpline.com.au),
- Butterfly Foundation - 1800 33 4673, <https://butterfly.org.au/>,
- Beyond Blue – 1300 22 4636, [www.beyondblue.org.au](http://www.beyondblue.org.au),
- Lifeline – 13 11 14, [www.lifeline.org.au](http://www.lifeline.org.au),
- Headspace – <https://headspace.org.au/>.

- **What happens if I do not want to take part anymore?**

If you change your mind before or during the online questionnaire, you can leave the questionnaire without telling people why. To do so, close down the internet browser. If you choose to leave during the online focus group discussion, please let the researcher know through a private chat on Zoom before exiting the meeting. The researcher cannot destroy the recording of what you say before you decide to leave. Your answers until you leave will help the researcher understand the group discussion better. However, the researcher will not use your answers in the final report.

- **What happens at the end of the project?**

When the project ends, you do not have to do anything else. We will use the information you tell us to complete our project and write a report. If you want a summary of the results at the end of the study, let us know at the end of the online questionnaire or the online focus group.

- **What will happen to the information about me?**

We will ask you to provide information like how old you are, where you were born, if you speak another language at home, and what type of school you attend. None of this information will be linked to your name in any way. You will not be mentioned by name in the research. Only the people who have their names on this letter will have the information about you. They will keep your information private.

None of this information will be shared or used in other projects unless we ask you first.

The researcher will keep the information you tell us on a computer that needs a password at Flinders University. We will keep this information for 5 years, and then the file will be destroyed.

- **Who do I contact if I want to know more?**

Below are the names of the people you can ring or email if you want to talk more about this project.

**Chief Investigator**

Ms Ingrid Svilans  
College of Education, Psychology and Social Work  
Flinders University  
Email: [svil0008@flinders.edu.au](mailto:svil0008@flinders.edu.au)

**Supervisor**

Dr Kate Ridley  
College of Education, Psychology and Social Work  
Flinders University  
Tel: 08 8201 3355  
Email: [kate.ridley@flinders.edu.au](mailto:kate.ridley@flinders.edu.au)

- **Who approved this work?**

This project is supported by the College of Education, Psychology and Social Work at Flinders University and approved by Flinders University's Human Research Ethics Committee (Project number 4488).

If you have any complaints or are worried about how this study is run, you may contact Flinders University's Research Ethics & Compliance Office team via telephone on 08 8201 2543 or email at [human.researchethics@flinders.edu.au](mailto:human.researchethics@flinders.edu.au).

**Thank you for taking the time to read this information sheet, which is yours to keep, and I hope you will accept our invitation to be involved in this research study.**