

---

**PARTICIPANT INFORMATION SHEET**

**Parent/Guardian's Copy**

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

---

**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)

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. You are more than welcome to contact my supervisor or me for more information regarding this study. This research study is supported by Flinders University, College of Education, Psychology and Social Work.

**Description of the study**

Children and teenagers spend much of their day at school. Therefore, schools have been suggested as an important location for students to engage in regular physical activity. School recess and lunchtime breaks are some of the only times of the day that students can freely choose what activities they want to participate in with their friends. However, research shows that as children enter their teenage years and change from primary to secondary school, their physical activity levels decrease significantly. This decline is far more noticeable in girls than boys of this age.

**Purpose of the study**

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

**Who is eligible to participate?**

We seek participants who identify as girls who are in their first-year of secondary schooling in South Australia to volunteer for this study. This may mean that your child could either be in year 7 or 8 in their first year of secondary school in 2022. For example, in 2021, they might still have been in primary school for year 7. Therefore, their first year of secondary school would be year 8 in 2022. Or perhaps they were in year 6 in 2021 and have now moved into year 7 as part of secondary school. Both of these examples mean that your child can participate in this study.

### **What will my child be asked to do?**

There are two separate phases to this research study. Participants can complete **one or both phases** of this research.

**Phase 1:** Participants are invited to participate in an online questionnaire that should take about 20-25 minutes to complete. In this questionnaire, your child will need to seek your permission to participate before continuing onto the study questionnaire. For example, suppose you consent for your child to participate in this study, they will be asked what types of activities they participate during their school break times, what factors influence their activity choices, and what their daily/weekly physical activity levels are.

**Phase 2:** Phase two is an optional online focus group where your child can participate in an online discussion with 4 or 5 other girls about their school break time activity. If your child decides to join in the online focus group discussions, the research team will notify them via the email they have supplied at the end of the online survey. If they choose not to participate in the online questionnaire, they can email the above researchers to nominate to participate. The online focus group session will last no longer than one hour via Zoom. All online focus groups will be audio-recorded for transcription purposes. Only the researchers mentioned above will have access to this recording. You and your child will be given an opportunity if you wish to review your child's transcripts.

### **Benefits of the study**

While your child may not directly receive any personal benefits from this study, their involvement will strengthen current research on girls' physical activity choices during school break times, particularly after transitioning to secondary school.

### **Confidentiality and privacy**

**Phase 1:** If your child chooses to participate in the online questionnaire, their identity will be unknown to others, including the researcher. However, their answers will only be visible to the researchers at the top of this document. Your child's personal information will be kept separate from their answers to ensure they cannot be identified from the responses.

**Phase 2:** If your child chooses to participate in the online focus groups, anonymity is more challenging due to the discussion via technology. The researcher will provide your child with a "fake name" for the online focus group before your session starts so that the other girls in your group cannot identify your child. In addition, the researcher will attempt to allocate your child to a session that is not with girls from the same school or suburb they live. If the research team used any information or quotes from the online discussions in the final thesis or formal publications, a pseudonym would be used instead of the fake name or their real name.

Your child's school will not find out that your child participated in either phase of this study. Only the researchers listed on this document have access to your child's information, answers, and discussions. The outcomes from this research will be published as part of the chief investigator's Honours thesis, may be shown at conferences, or written up in formal publications such as journal articles.

### **Data Storage**

The researcher will store the information collected during the online questionnaire and focus group discussions securely on a password-protected computer that the chief investigator can only access. All your child's answers to the online questionnaire and contributions during the online focus group discussions will be securely transferred to and held at Flinders University for at least five years after the results are published and will be destroyed securely after five years.

### **Potential risks**

Participation in either phase of this study may pose psychological or social risks to your child. Their involvement in this study may involve some minor discomforts due to some of the questions they will be asked during the online questionnaire or the online focus group discussions. For example, they will be asked questions about their interactions with their friends and teachers during recess and lunchtime breaks. They may also be discussing issues related to self-worth, body image, and bullying. Therefore, if they feel any discomfort during this study, it is essential that they please let the research team know immediately so that we can help them. Otherwise, they can also contact various associations that can assist them during any distress they may be feeling. These associations can include:

- 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://headsace.org.au/>.

Although the online focus group discussions can provide a supportive environment where they can express their thoughts and feelings freely on this topic, it is important to note that there might be some associated psychological, emotional and social risks. For example, they might feel that disclosing information can lead to feelings of embarrassment, ashamed, or stigmatisation. If they think that this is happening, please let the interviewer know through a private chat function of Zoom. Furthermore, if these feelings arise after the session, they can contact the helplines and inform the researchers about any issues.

### **Withdrawal Rights**

Your child may, without any penalty, explanation, and at any time, decline to take part in this research study. If they have started the online questionnaire and do not want to continue, they can close the internet browser to withdraw from the study. Alternatively, they can select no during the online consent form when asked if they are willing to participate in this study. If they choose this option, they will be taken to the end of the online questionnaire and thanked for their responses. If they want to withdraw during the online focus group discussions, they can let the interviewer know they would like to stop and leave. In addition, they could send a private chat message directly to the researcher to notify them that this is what you wish to do. Once the researchers know their intentions, they will not think that their internet connection has dropped out.

Please note that in the case of the online focus groups discussions, your child is free to discontinue at any time. However, the research team may not be able to withdraw the information your child has already provided within the group discussion. This information may be important in understanding what the group discussions were about. However, the researcher will not include the information and responses your child has provided in the final results. Instead, the researcher will only use this information to understand the context of the discussions.

### **Participation agreement**

If your child agrees to participate in this research study, their participation is voluntary. To participate in Phase 1 (online questionnaire), they need to follow the instructions at the start of the online questionnaire, which will run them through what they need to do with getting your consent to participate in the online survey. As your child is under 18, you will need to provide consent for them before completing the online survey. Providing consent can be done through the online questionnaire before the study questions. Once your child has your permission to participate, they will also be asked to express that

they are willing to participate, and if they are, the questionnaire will take them through to the rest of the online questionnaire.

If your child chooses to participate in the online focus group discussions, their participation is optional. To participate in Phase 2 (online focus group), your or your child's contact details can be entered at the end of the online questionnaire or contact the researchers via email (at the top of the page) to indicate they would like to participate phase 2. The researcher will contact them/you about their online focus group discussion session's time and date via Zoom. The researcher will also email them/you a link to an online consent form that will provide you and them the information about the study and the online consent forms for you to complete. Again, because your child is under 18, they will need your consent before participating in the online focus groups. Once you have provided consent for them to participate, they will also need to express that they are willing to participate in the online focus group discussion.

### **Recognition of Contribution**

After completing the online questionnaire, your child will be asked if they would like to enter the draw to win 1 of 7 x \$35 Prezzy gift vouchers. They will be asked to provide their or your contact details to do so. In addition, suppose they participate in the online focus group; they will be given an additional entry into the draw to win 1 of 3 \$35 Prezzy gift vouchers to recognise their contribution during discussions and for their time. The researcher will contact you or them after the data collection if they win. The researcher will store their/your contact details and draw information separately from their anonymous questionnaire responses and discussion response during the online focus groups. Their and your contact details will be password protected, which only the chief researcher can access.

### **How will I receive feedback?**

If you or your child wish to receive information regarding the results of this study, please fill in your or their contact details on the last page of the online questionnaire or online focus group consent link, and the researchers will email you/them a summary of the results. The expected completion date of this study is December 2022.

### **Ethics Committee Approval**

The project has been approved by Flinders University's Human Research Ethics Committee (Project number 4488).

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