

SHINE pupil online mental health and wellbeing survey

Pupil Information Sheet

What is the survey about?

Your school is interested in finding out how pupils in your school feel about themselves and different aspects of their lives in order to support their health and wellbeing. To do this, we are inviting you and other pupils at your school to take part in an online survey.

We are researchers at the University of Glasgow. As part of the SHINE network, we work with schools across Scotland to help them understand young people's health and wellbeing. For more information, visit: <https://gla.ac.uk/shine>

Why have I been asked to take part?

Teachers in your school have selected your class to take part.

Do I have to take part?

No. It's up to you. If you choose not to take part, that's fine. You can also change your mind at any time and decide not to take part.

Your parent or carer have also been sent some information about the survey. If you and/or your parent or carer do not want you to take part, then you need to tell your class teacher. You can also decide on the day if you want to take part.

What will happen if I take part?

- Your teacher will choose a time for your class to complete the survey.
- You will be asked to answer some questions on your own, on a computer or tablet. These are questions about how you feel, and what you think about school and other areas of your life.
- It will take around 30 minutes to complete.
- This is not a test and there are no right or wrong answers.
- You do not have to answer every question if you do not want to.
- By answering the questions, you agree to take part in the research.

Who will know what I have said?

No one will know what you say in the survey. We will not ask you to give us your name and no-one will find out which answers are yours. You will be asked to select your gender and year group. You will also be asked for your home post code, so please check in advance if you don't know this.

The researchers will use this information from all the pupils in your school to see if there are differences in wellbeing between genders, age groups and schools or the area you live in.

Afterwards, it is up to you if you want to discuss your answers with others, you don't have to. If you have any questions after completing the survey, we recommend that you talk to a teacher or parent/carer.

What will happen to my information?

The answers you give will be sent to the research team at the University of Glasgow. We are responsible for keeping the information you give us safe, and we follow strict rules to make sure this happens.

All the answers we receive from pupils across Scotland will be combined and kept on secure computers that only the research team can access. Sometimes we share the information with other researchers who want to learn about young people's health and wellbeing, but we only share this with trusted researchers, and they will not be able to identify you.

What happens after?

- We will write a short report for your school which will present the results with everyone's responses combined.
- We will encourage teachers to share and discuss these results with the pupils who took part and their parents/carers.
- We hope that the results from this survey will help schools to understand more about how pupils feel and, where necessary, help make things better.
- The information we collect from all schools across Scotland will be combined and written up as a report and shared with organisations who are interested in young people's health.

Where can I find out more?

Please speak to your teacher and or parent if you want to find out more. You can also email Dawn Haughton, the SHINE Network Manager, at shw-shine@glasgow.ac.uk . Please include **MH Survey Query** in the subject line of the e-mail.

Thank you for reading!

The College of Medical, Veterinary & Life Sciences Ethics Committee of the University of Glasgow has checked this research study and have given it their approval.

