

UNIVERSITY OF CALGARY CONSENT TO PARTICIPATE IN RESEARCH

TITLE: Planet Youth: Enhancing the wellbeing and resilience of Calgary adolescents

SPONSOR: University of Calgary

FUNDER: United Way of Calgary

PRINCIPAL INVESTIGATOR: Dr. Paul Arnold, Professor, Department of Psychiatry, University of Calgary, paul.arnold@ucalgary.ca

STUDY COORDINATOR: David Borkenhagen, Department of Psychiatry, University of Calgary, dbborken@ucalgary.ca

INTRODUCTION

We are inviting you to take part in a study to understand the wellbeing of Calgary youth. Your input is valuable and will be anonymous. The information you share will help improve social and recreational activities for young people in our community. It could also help make Calgary healthier, by helping to boost mental wellbeing and decrease drug use. By taking part in this study, you can make a difference today, and into the future!

This research study is being done by Dr. Paul Arnold and research team members from the University of Calgary. You are invited to take part in this study because you are a grade 10 student in one of the communities of interest. Participating in the study is up to you.

This consent form is part of the process of informed consent. It should give you a basic idea of what the research is about and what your participation will involve. If you would like more detail about something mentioned here, or information not included here, please ask. Take the time to read this carefully and to understand the information.

We ask that both you and your parent/guardian/caregiver review this consent form. To take part in the study, we need a signature from you and your parent/guardian/caregiver.

Ethics ID: REB23-1085

Study Title: Planet Youth: Enhancing the wellbeing and resilience of Calgary adolescents.

PI: Dr. Paul Arnold

Version 5 & October 15, 2024

WHY IS THIS STUDY BEING DONE?

A growing number of young people are struggling with drug and mental wellbeing issues. We know that community partnerships can help deal with these issues by providing social and recreational activities. To understand how to support youth, we need to know more about their overall wellbeing, which is why we are asking you to participate in this study. This research project is a partnership between the University of Calgary, the United Way of Calgary, and Planet Youth Iceland. Planet Youth Iceland is the group that developed the survey.

HOW MANY PEOPLE WILL TAKE PART IN THIS STUDY?

About 2,000 students will take part in this study.

WHAT WILL HAPPEN IF I TAKE PART IN THIS RESEARCH STUDY?

Only students who sign this form will be able to participate. You will be asked to complete a survey, which asks questions about your mental wellbeing, relationships, activities and drug use.

All of your responses will be recorded anonymously, and you can skip over any question you do not want to answer.

Some questions may be sensitive. For example, some questions ask about use of drugs from alcohol or cannabis to hard drugs like amphetamines and heroin. Other questions ask about criminal activity, such as small theft and vandalism. It's also important for us to learn about how Calgary youth feel about their relationships, so the survey includes questions about your parents and your friends, like whether you feel your parents set rules in your house.

As mentioned, we will record responses **anonymously**. There is no way for our team to see who gave a specific response. We will only report data for the overall group.

ARE THERE ANY POTENTIAL RISKS OR DISCOMFORTS THAT I CAN EXPECT FROM THIS STUDY?

We do not expect that you will feel stress or discomfort. It is possible that you may feel tired from concentrating on the survey.

HOW LONG WILL I BE IN THIS STUDY?

The survey has about 40 questions which will take about 40 minutes to complete. You will complete this study at your school during school hours.

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ARE THERE ANY POTENTIAL BENEFITS IF I PARTICIPATE?

Participation in this study will help the Planet Youth Calgary team build supportive communities through new and improved social and recreational programs, which you may benefit from too. Our goal is to decrease drug use among youth and improve their overall mental wellbeing. You can read more about the survey and review some of the final survey reports at this link: <https://planetyouth.org/the-method/data-center/>

CAN I STOP BEING IN THE STUDY?

Participation in this study is your choice and you may stop at any time. You can leave the study by closing your browser. You may change your answers to any question before submitting, but we cannot remove your data for finished questions or if you finish and submit the entire survey.

WILL INFORMATION ABOUT ME AND MY PARTICIPATION BE KEPT CONFIDENTIAL?

We will respect your privacy. We will not ask you to provide any personal details (e.g., name, phone number). We will ask for your year of birth, your cultural background, and the community you live in. As mentioned above, we will only report data for the overall group. All data is stored on a secure, encrypted, and password-protected server owned by Microsoft Azure. Anyone who needs to see this data for research purposes will need permission. Anonymous data will be shared with the research team from Planet Youth Iceland, which will analyze the survey data.

HOW LONG WILL INFORMATION FROM THE STUDY BE KEPT?

All anonymous information can be kept. The United Way will keep a copy of it and may do further review. It is possible that this data will be linked with data provided by the City of Calgary so that we can analyze the relationship between environmental features and drug use rates. We will only use group data if we do this analysis. A Research Ethics Board must review any future use of the research data.

WHOM MAY I CONTACT IF I HAVE QUESTIONS ABOUT THIS STUDY?

The Research Team:

You may contact the study coordinator, David Borkenhagen (dbborken@ucalgary.ca) with any questions or concerns about the research or your participation in this study.

Conjoint Health Research Ethics Board (CHREB):

If you have any questions concerning your rights as a possible participant in this research, please contact the Chair, Conjoint Health Research Ethics Board, University of Calgary at 403-220-7990.

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HOW DO I INDICATE MY AGREEMENT TO PARTICIPATE?

We require your signature to participate in this study. We also require the signature of your parent/guardian/caregiver, who should also review this form. These signatures on this form indicate that you have understood to your satisfaction the information regarding your participation in the research project and agree to take part in the study. In no way does this waive your legal rights nor release the investigators or involved institutions from their legal and professional responsibilities. You may sign this form electronically or print it off and sign it.

SIGNATURE OF PARENT/GUARDIAN/CAREGIVER

When I put my name on this form, it means that:

- I understand the above information.
- If I had any questions the above information helps me understand it.
- I understand that my child and I have the choice to not participate in the survey.
- I can ask all the questions I want to about the survey at any time.
- My child's name, responses and anything shared regarding the Planet Youth Survey will be kept anonymous and individual responses cannot be identified in anyway.
- Since survey data is anonymous, I also understand that my child's responses cannot be shared with me.
- I can receive a copy of this form upon request.

If you want your child to be in the study, type or write your name and sign in the box below:

Name of Parent/Guardian/Caregiver

Signature of Parent/Guardian/Caregiver

Date

If you signed this consent form electronically, please complete the following section.

By checking this box, I confirm that I have electronically signed this consent form.

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SIGNATURE OF STUDENT PARTICIPANT

When I put my name on this form, it means that:

- I understand the above information.
- If I had any questions the above information helps me understand it.
- I understand that I have the choice to not participate in the survey.
- I can ask all the questions I want to about the survey at any time.
- My name, responses and anything shared regarding the Planet Youth Survey will be kept anonymous and individual responses cannot be identified in anyway.
- I can receive a copy of this form upon request.

If you want to be in the study, type or write your name and sign in the box below:

Name of Participant

Signature of Participant

Date

If you signed this consent form electronically, please complete the following section.

By checking this box, I confirm that I have electronically signed this consent form.

RETURN OF CONSENT FORM

Thank you for considering participating in the Planet Youth Survey. If you completed a paper version of this form, please hand it back to your teacher at school. If you completed a digital version of this form, please send it back as an attachment to the email you received it from.