

Information for Year 8 Girls

PLAN-A is a study led by researchers at the University of Bristol. Your school has signed up to our study and we would like to **invite you to take part**.

What's it all about?

PLAN-A hopes to improve the health of girls by supporting them to be more active. We are going to do this by training some of you to be "peer supporters". This will help prepare these girls to spread messages about the importance of being active to their friends in their own way and support each other to lead active lifestyles.

Making it a fair test

To see whether this works in getting girls more active, we need to make it a fair test. To do this, four out of the six schools we are working with will be randomly chosen (names picked out of a hat) to get the peer supporter training. Two of the schools will not get the training and will not have peer supporters. The chance that your school will be a "peer supporter" school is about 7 out of 10.

What do I have to do?

All girls that take part will be asked to tell us which girls in your year group are influential and could be great peer supporters (who you respect and trust).

Peer supporter training - If your school is chosen to be a peer supporter school, the girls who receive the most nominations will be invited to be a peer supporter. These girls will be trained by us to develop their skills, knowledge and confidence to become a peer supporter and help spread the word about being active.

The training will take place over **two days** after Christmas, there will also be a 'top up' day about five weeks later. Training will be held **outside of school** (a school staff member will be with you at all times). If you are invited to be a peer supporter **it is your choice** if you want to be one. We will talk to you more about it at a meeting and give you more information. Before becoming a peer supporter we will ask you to agree to this.

What else will I need to do?

We collect some information about all Year 8 girls by asking you to do the following things:

Wear an activity monitor

for seven days in a row on three different occasions –

1. In a few days;
2. Towards the end of Year 8;
3. At the start of Year 9.



The monitor tells us how active you are. It is on a belt that you wear around your waist. It is small and light so it can be worn under your clothes. It cannot see where you are or what you are doing.



Answer some questions on one of our Samsung tablets (sorry, we can't give these away, so we take them back at the end of the session!). You will be asked things about how you feel about being active and what kind of activities you like doing.

To say thank you, we will give you a £5 gift voucher the first time you do the

activities above and £10 for the 2nd and 3rd time.

Focus groups - At the end of the programme (towards the end of Year 8) we would like to speak with some of you in a group chat (a focus group) about what you thought of **PLAN-A**. We will let you know if you are chosen for this part closer to the time, and you don't have to take part.

Do I have to take part?

No, it is up to you and your parents / guardians to choose to take part. If you decide **not** to take part please tell your parent / guardian and ask them to let us know by filling out the opt-out form that is in this pack. You can choose not to take part during the research and up to one week after the last measurements.

What happens to my information?

We will collect the same information from everyone taking part in the study – including those in schools which do not get peer supporters. All information will be kept private. Nobody, not even your teachers or parents, will see it except the **PLAN-A** team who need to put it into a computer. Your name will be removed from any information you provide and will be kept in secure storage.

I would like to take part – what do I need to do?

If you want to take part, you don't need to do anything. We will let your school know when we will be visiting to hand out the activity monitors and fill out the questionnaires for the first time. We will see you then!



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What if I have some questions?

You can contact our friendly team at the University if you have any questions:



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**Thank you for your interest in
this study!**

