UNIVERSITY OF BIRMINGHAM

SMART Schools+: Social Media and Adolescent mental health – the impact of UK national policy Restrictions on social media use and menTal health

PARENT OPT-OUT CONSENT FORM (TO RETURN WITHIN 1 WEEK)

Please only complete this if you do not want your child to take part:

Please initial the boxes below:

☐ I confirm that I have read and understood the Parent Information Letter dated 03/11/2026 (Version 7)

☐ **I am not willing** for my child to take part in the SMART Schools Study

Name of child _____

School _____

Class/Tutor Group _____

Signature of parent/carer _____

Date _____

Please complete opt-out within 7 days of receiving the information letter if you do not wish your child to participate.

WAYS YOU CAN CONFIRM OPT OUT:

1. Sign this form and hand it in to your child's school by hard copy
2. Sign this form and email it to us at smartstudy@contacts.bham.ac.uk
3. Visit our website https://www.birmingham.ac.uk/research/projects/smart-schoolsand click on the link "parent opt out."

If you have a question or would like to speak to someone, please contact us:

SMART Schools+ Study Project Manager
School of Sport, Exercise and Rehabilitation Sciences, University of Birmingham, B15 2TT
Email smartstudy@contacts.bham.ac.uk

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