



Short and long term impacts of Covid-19 restrictions on Older children's health-Related behaviours, learning and wellbeing Study: CONTRAST

Who we are: We are a group of researchers from the University of Birmingham interested in exploring the impact of the Covid-19 restrictions (lockdown) on learning, eating, physical activity, and wellbeing in young people aged between 11 and 15 years in the UK.

What we aim to do: Our aim is to collect survey responses from young people which will tell us about school activities and other learning, eating and physical activity habits, and general wellbeing during the lockdown and how these compare with a time before the lockdown. We will also ask young people taking part to complete one or more follow up surveys once schools have reopened and pupils return to their usual routines so that we can see how these aspects of life change once back at school. We aim to compare the information we get from the surveys across different groups of young people to see if some young people are more affected by the lockdown.

How we aim to achieve this: We are asking young people aged 11 to 15 years, who live in the UK and who will be continuing at their same school in September, to take part in the study.

What we will ask you to do to: If you decide to take part we will ask you to complete an online survey. This will include questions about your gender, ethnicity, where you live, your family and household, your school, your school learning, other activities that you do at home, your eating and physical activity habits, your wellbeing and sleep, and relationships with your family and friends. Once you have returned to school we will contact you and ask you to complete another similar online survey. We may also ask you to complete further surveys at a later time.

Why you should take part: The information you provide will help us to understand how young people have been affected by the lockdown that has happened due to the Covid-19 pandemic. It will also help us to see whether schools can help the young people who are most affected recover from the impact of the lockdown.

If you agree to take part you will be offered the opportunity to be entered into a prize draw, with a chance to win one of six £30 vouchers.

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Study: CONTRAST

Institute of Applied Health Research, University of Birmingham, Edgbaston, Birmingham B15 2TT



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0121 414 7990

What happens if you change your mind about taking part: If you agree to take part but change your mind during the study, you can let us know by email or telephone at any time (see contact details at the bottom of the page). If you wish for your data to be removed, you can request this up to four weeks after survey completion.

What we will do with your information:

- We will keep information about you very safe and private for 10 years then it will be destroyed.
- We will follow data protection law
- We will write a report to share the findings of the study with other researchers and the public but no-one will be able to identify you from the report.
- If you would like to know more about your rights or how we use your information, please read our Privacy Notice [here](#). You may wish to discuss this with your parent/guardian.

What to do next: If you would like to take part, please click [here](#) to return to the survey and complete the first few questions confirming your consent to participate. Once you have confirmed your consent, you will be directed to the survey questions.

IF YOU WOULD LIKE FURTHER INFORMATION OR HAVE ANY QUESTIONS, PLEASE CONTACT THE STUDY RESEARCH TEAM:  contraststudy@contacts.bham.ac.uk  0121 414 7990

Sources of support: The coronavirus pandemic has changed all our lives, and many people are finding day to day life challenging. If you are having difficulties or feel that you are struggling, the following sources of support may be helpful. You may also consider contacting your school for pastoral support, or your GP (family doctor).

Childline

<https://www.childline.org.uk/>

Tel: 0800 1111

The Mix: essential support for under 25s

<https://www.themix.org.uk/>

Tel: 0808 808 4994

Mind for better mental health: information for young people

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

Tel: 0300 123 3393

The Children's Society: Coronavirus Covid-19 information and support

<https://www.childrenssociety.org.uk/coronavirus-information-and-support>

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