

SHINE: Pupil mental health and wellbeing survey

Pupil Information Sheet

What is it?

Your school is interested in finding out how pupils in your school feel. To do this, we are asking you and other pupils to answer questions on how you feel, what you think about school and other areas of life.

Who are we?

We work 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.

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.

We are also telling your parent or carer about the questionnaire. 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 questionnaire.
- You will be asked to answer some questions on a computer or tablet.
- It will take around 30-40 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.

MRC/CSO Social and Public Health Sciences Unit



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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.

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, we recommend that you talk to a teacher or parent.

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.

Sometimes other researchers might ask to see information from this project. If we do share the information, no one will be able to identify you or your school.

What happens after?

- The researchers at Glasgow University will write a short report for teachers at your school with everyone's responses to the questions.
- We will encourage teachers to share and discuss these results with pupils.
- We hope that the results and these discussions will help schools to understand how pupils feel and where necessary, help make things better.
- Also, all the information we collect from other schools across Scotland will be written up as a report and shared with others 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 contact, Dawn Haughton, SHINE Network Manager, Dawn.Haughton@glasgow.ac.uk

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.

