UNIVERSITY OF CALIFORNIA, SAN FRANCISCO (UCSF)

ASSENT TO BE IN THE STAND UP KIDS PROJECT

For children 7-12 years old

Why are we meeting with you?

We want to tell you about something we are doing called a research study. A research study is when researchers collect a lot of information to learn more about something. Dr. Carisa Harris-Adamson and some other researchers are doing a study to help school children increase their healthy habits, like physical activity, during and outside of school. After we tell you about it, we will ask if you’d like to be in this study or not.

Why are we doing this study?

We want to find out ways to improve health and wellness for school children. So we are getting information from lots of boys and girls like you.

In the whole study, there will be about 270 school children.

What will happen to you if you are in this study?

Only if you agree, the following things will happen:

1. We will measure how physically active you are. That means you will wear a small device called an activity monitor on your right leg for four days. This will happen five times during your school year.
2. We will measure your height, weight, waist and hips. This will happen three times during your school year.
3. You will perform some physical activities like jumping, holding a plank pose, and balancing on each leg. This will happen three times during your school year.
4. You will take part in some computer games on your school provided laptop computer. This will happen three times during your school year.
5. You will be asked to fill a survey on your computer with your parents at home. This will happen five times during your school year.

Will this study hurt?

The activity monitor may cause you to have an itchy sensation around the bandaid that attaches it to your thigh. If this happens, simply remove the bandaid and device. The symptoms go away after the activity monitor is removed. You can easily place
the device in a new location with a new bandaid. If your skin is red or irritated after removing the bandaid you can leave the device off.

**Will you get better if you are in this study?**

You may feel healthier (more active) as a result of participating in this study. The researchers might find out something that will help other children like you feel healthier.

**Do you have any questions?**

You can ask questions any time. You can ask now. You can ask later. You can talk to me or you can talk to someone else.

**Do you have to be in this study?**

No, you don’t. No one will be mad at you if you don’t want to do this. If you don’t want to be in this study, just tell us. Or if you do want to be in the study, tell us that. And, remember, you can say yes now and change your mind later. It’s up to you.

**If you don’t want to be in this study at any time, just tell us.**

**If you want to be in this study, just tell us.**
The researcher will give you a copy of this form to keep.

**SIGNATURE OF PERSON CONDUCTING ASSENT DISCUSSION**

I have explained the study to ________________________________(print name of child here) in language he/she can understand, and the child has agreed to be in the study.

__________________________________ _______________
Signature of Person Conducting Assent Discussion Date

__________________________________
Name of Person Conducting Assent Discussion (print)