

Creating Active School Environments for Adolescents (CASE)

Research Advisory Group Young People's Information Pack



Introduction

This booklet has been written to give more information to young people who might be interested in becoming a member of a group that will help advise a project that is looking at how schools might influence how much physical activity and sitting teenagers do while they are at school.

If you have more questions after reading this booklet, feel free to contact **Katie Morton** – her details are shown on the last page of this booklet.

Background to the project



Doing more physical activity and sitting less is important to keep healthy and happy. However, many young people are not active for the recommended time of 60 minutes per day. They also sit for long periods, especially during school hours.

This project aims to add to what we know about how secondary schools can help young people move more and sit less throughout the school day. We are currently at the start of a three year programme of research that aims to develop innovative strategies to promote physical activity and reduce sitting in secondary schools. This could be through the design of outside space and classrooms, or school policies about activity and sitting.

Why do we want young people on our research team?

We think that young people have a right to be involved research that has the potential to affect them.

Your experiences and opinions may differ from adult researchers (who have been out of school for quite a few years!). This means that your input into our research is really valuable. Also, you can help us to make our research more relevant and understandable to other young people, which can lead to better outcomes in the long term.

What if I don't know anything about research?

We will provide a half day training event so that you are introduced to the basic concepts in research and public health, focusing on:

- What is 'public health' research and why is it important?
- The different stages of a research project
- Ethics (the rights and wrongs of research) and making sure participants are safe while in a research study
- Research methods including questionnaires, observations and focus groups.

All you need is enthusiasm and a willingness to discuss your opinions and experiences in the group meetings (detailed below) as well as access to a computer and email.

Meetings

- Two meetings will be held per year.
- Meetings will be held in Cambridge on a Saturday.
- Meetings will last approximately 3 hours (with a 30 minute break).
- Lunch will be provided.

These meetings involve a discussion about the progress of the research. These meetings will involve all of the young people involved in the advisory group, as well as adults members (made up of secondary school teachers and parents), along with some of our research team from the University.



Other tasks

You will be asked to review and comment on a range of documents relevant to the project such as information sheets (that we plan to send out to students) or summaries of our results.

You will be given instructions about what is required when reviewing document. It will mostly involve reading documents to see if you think other adolescents will be able to understand them, or if we need to make any wording changes to improve understanding of the research.

Benefits to being involved in the research advisory group

Costs are covered

We will pay you back for travel costs for attending meetings. Food is always supplied at meetings too.

High Street Vouchers awarded

We will give you shopping vouchers for coming to the training, and also for each meeting you attend.

Experiences gained

As well as gaining an insight into research (covered at the initial training), you will gain:

- Experience of work within a research institute
- Knowledge of the public health topics we cover
- Skills such as public speaking and document editing

Enhanced CV or personal statement

Involvement in a Research Advisory Group (affiliated with a top University) can add to your CV or personal statement. Furthermore you may be able to count this work as volunteer hours for other awards. Finally, upon completion, we will be happy to supply references for you for future job applications or other applications requiring a referee.



I think I would like to be involved. What do I do next?

Simply contact Katie using the information below. If you (or your parent/guardian) have any questions, Katie will be happy to answer these or provide more information.

If you decide to join the advisory group, Katie will send a consent form to you in the post which needs to be completed by you and a parent/guardian before you attend the first meeting.

Katie Morton

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