



## Emotional lives of children in school – young person perspective

### Information Sheet for Young People

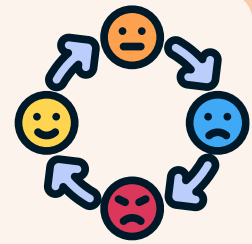
#### What is the project about?

We feel strong emotions for lots of reasons. Some things make us angry and upset other things make us sad.

Managing emotions like these can be a real challenge, especially in school where young people spend many hours of their day.

This project is about young people's emotional lives in school. How do young people experience and manage their emotions in school? What things can challenge them? What things can help with big emotions and what teachers can do to support them?

We want to learn from your ideas about emotions to develop new ways of understanding young people's emotional reactions in school. This is useful for helping other young people to manage strong emotions in school. And useful for teachers to understand how young people can live their best lives in school.



#### What would the project involve for me?

If you choose to take part in the project, you will be invited to complete a short questionnaire about yourself and join some group sessions! In these sessions, you will meet other young people aged 11-16 years (up to 11) and some of our researchers.

During the sessions, our researchers would like to hear from young people:

- ★ **what things do young people find challenging in school?**
- ★ **what are the best ways to help young people with their emotions in school?**
- ★ **what are the best ways to share young people's perspectives with teachers?**

All sessions will be online via Zoom. These will take place on Tuesday evenings, once or twice a month (these will vary a little!). Each session will be approximately 90 minutes. During the sessions, you can say as much or as little as you choose, and you can join us even if you cannot attend every session that comes up.

You may be invited to participate in a 1:1 interview; this will cover the same topics as the focus group but in more depth. **We'd love to have you onboard!**



### At the end of each group session

After each group session you attend, we will email you (via your parent/guardian) a **£25 e-voucher** to say thank you for taking part. These e-vouchers can be used to make purchases through 50+ brands (e.g., Amazon, Xbox, Ticketmaster...).



### What will you do with my information?

- We would like to record our sessions so that we don't need to keep notes of what young people say. However, if anyone would prefer we didn't, we will not record.
- We will only use your ideas and comments for research purposes. All your information is kept confidential and will not be shared with anyone outside of the research team.
- We will write our research reports in a way that no one can work out that you took part in the study.
- We may wish to include quotes from what young people say in our group sessions in our reports. If we do, we won't include your name or any other information that would allow other people to work out that you took part in the study. We will use 'fake names' instead.
- Your parent/guardian does not need to sit in during the sessions.
- You can stop being part of the study at any time, without giving a reason.



### How can I find out more?

You can email us anytime at: [re-starinfo@kcl.ac.uk](mailto:re-starinfo@kcl.ac.uk)

And you can find more information on our website: <https://www.kcl.ac.uk/research/re-star>

