Title of Project: Up for the Challenge

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Please read aloud the following to students

1. What is this project about?
You are being asked to participate in a research study. Studies like this one help teachers and researchers find out what you have learned from lessons on healthy eating and physical activity. I am telling you about the study to help you decide whether or not you want to participate. You can ask any questions you have before making up your mind. It is okay to say “No” if you don’t want to be in the study. If you say “Yes” you can change your mind and quit being in the study at any time.

2. What is the research about?
The research will help researchers know if you have made any changes in what you know about healthy eating and physical activity or what you eat after participating in these classes.

3. How is the research conducted?
You will be asked to answer questions about your eating and physical activity habits at the beginning of the program and at the end. You might also be asked to participate in a jump rope test.

4. How long will it take me?
The survey takes about 10 minutes (but could be shorter). The jump rope test lasts for 3 minutes. If you feel uncomfortable answering any of the questions or jumping rope, you can stop at any time.

5. Are there risks if I participate?
Your participation as a member of (name the group/club) __________ will not be affected if you participate or decide that you do not want to participate.

6. Confidentiality of Answers
All of the answers you write on the survey will remain confidential, meaning that they will only be known between you and the researcher(s). The researchers will analyze the information, but never match your answers with your name or other information about you.

7. Agreeing to Participate
If you do not want to participate in the research, please tell your teacher or club leader that you do not want to participate.

Thank you for considering being involved in this important research.

For Teachers
Verbal assent process. The information above is to be read aloud to the entire class. The students listed below have verbally indicated in the presence of a witness (such as a teacher or extension educator) that they are not interested in participating.

List of student names who have verbally expressed that they do not want to participate in the research:

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8.
9.

10.

Witnessed by:

___________________________________________

Date: _________________________________________

Signature of the Research Investigator/Extension Educator