

Hard Knock Life: Information Sheet for 10-15 year olds

We are asking whether you and your parents would be interested in taking part in a research study.

Before deciding if you would like to join in, it is really important that you understand what the study is about, why the study is being done and what it would involve for you. So please read and think about this leaflet carefully. Also talk to your family and friends if you want.

If something isn't clear or you have more questions you can ask your parents to give us a call and we can discuss it with your parents. Thank you for reading this.

Why are we doing this research?

This research is being done to try and look at how people who play sport understand the possibility that they might hurt their head.

- Some researchers are worried about what happens when people hit their head during sport.
- It is sometimes suggested that we need to change the rules or invent new equipment to make sport safer.

In this study Greg wants to know what those who play sport think about bangs to the head and what, if anything, we should do about it.

Greg would like to talk to you about playing sport and your experiences. There will be lots of time for you to talk about the things in sport which you think are most important.



Why have I been invited to take part?

You have been invited to take part because you play and enjoy sport. If you choose to take part in the study you will be joining lots of other people including parents, coaches, scientists, and people who play other sports.

Do I have to take part?

No, you don't. It is your choice whether you want to take part and you can always change your mind.

What will happen to me if I take part?

Greg will ask you some questions about sport and head injuries. There will be lots of time for you to talk about what you like best about sport! Greg will



audio record our chat so he can remember exactly what you said and so that he can think and write about it later.

Will anything bad happen if I take part in the research?

Nothing bad will happen if you take part in the research but you can always stop if you want to and you don't have to tell anyone why.

Will taking part help me?

The study will not help you right now but it will help us understand more about sport and sporting injuries.

What happens when the research stops?

Greg will write and talk about what you say but no one will know your name or that you took part.

Will my information be kept private? Will anyone know I'm taking part?

All your information will be kept private and will be stored securely. Only your parents will know you took part.

What happens if I don't want to take part in the research anymore?

Just tell your parents and the researchers that you don't want to take part anymore. You don't have to give any reason. **It is your choice.**

Who should I talk to for more information?



You can talk to your parents but if you'd like more information come and talk to Greg or touch in touch by emailing g.hollin@leeds.ac.uk

