



April 1, 2019

Dear Parent(s)/Guardian(s):

Your child's school, Frank Maddock High School, has been chosen to take part in the 2018-2019 COMPASS Survey (Cannabis Use, Obesity, Mental Health, Physical activity, Alcohol use, Smoking, Sedentary behavior). The University of Waterloo will ask students to complete a questionnaire about health. The study survey is confidential and no names are written on the surveys. Students will seal their completed surveys in an envelope. These survey responses will help researchers gather details about youth health. Both the school board and the school have given approval to conduct the study in your son's/daughter's school.

Please read the details below and decide if you want YOUR CHILD to take part.

Project Details

- COMPASS is a survey of students in Grades 9-12.
- The survey is repeated once each year, following the same students.
- The 40-minute survey will take place during class time on a date selected by the school.
- The survey asks questions about physical activity, healthy eating, mental health smoking, alcohol and drug use, and other health-related topics.
- There are no known or anticipated risks to participation in this survey.
- Your child will not benefit directly from completing the survey. However, we hope the study will help us better understand how to create healthy active school environments. This can benefit many students.
- You can view a copy of the survey questions by e-mailing bmreel@uwaterloo.ca for an electronic copy, or find more details about the questions on the COMPASS website at www.compass.uwaterloo.ca.
- Your child's school will receive a feedback report detailing the survey findings and outlining ways in which the school can improve the health of its students.
- The COMPASS survey will also help researchers to develop programs and policies at the community, provincial, and federal level to improve the health of youth.

Confidentiality and Privacy

The name of your child will not be on the questionnaire they fill out. This means that the name of your child will not be linked with their survey responses. All student information will be kept separate from the survey responses. Your child's answers are confidential and private and will not be given to the school or other personnel.

The results of the survey will only be reported in group form. We will give your school a report that will include details about student health in your school, School Province, and Canada.

The surveys will be stored at the University of Waterloo for seven years and only research staff will have access to the completed surveys. The electronic data with no personal identifiers will be kept for a minimum of years on a secure university server.

Please note: In cases where researchers believe that a student may need protection from harm, we must by law report this to authorities. Because this study does not collect identifying information that could link a student to

the survey, the information provided to authorities may be unspecific, unless a student includes more information than asked for within the survey booklet that could enable authorities to identify the student.

Permission

You or your child can refuse to take part in the survey at any time, without penalty. A student will not be included in the survey if a parent decides their child will not take part or if the student does not agree to take part. The classroom teacher will only provide the survey to students who have permission. Students that do not have permission will work silently on other work decided on by their teacher.

If you do NOT want your son/daughter to take part or if you have any questions about the survey, please contact by phone, Stephen Hunter at 1 (780) 492-2004. Please contact Stephen before the survey is conducted on Tuesday, April 23, 2019. If you leave a phone message, please include:

- your child's name,
- your child's grade,
- the name of your child's school, and
- the name of your child's teacher.

This project was reviewed and received ethics clearance through a University of Waterloo Ethics Committee (ORE #30118). If you have any questions for the Committee, you may contact the Chief Ethics Officer, Office of Research Ethics, at 1-519-888-4567, Ext. 36005 or ore-ceo@uwaterloo.ca.

Thank you for taking the time to review this information. If you would like more details or have any questions, please contact Stephen Hunter, Research Coordinator, at 1 (780) 492-2004, stephen1@ualberta.ca or visit our project website at www.compass.uwaterloo.ca.

Sincerely,

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This research has been reviewed and ethics clearance has been granted from the Office of Research Ethics at the University of Waterloo. If you have any comments or concerns regarding this project, contact the Director at the Office of Research Ethics at the University of Waterloo, at (519) 888-4567 ext. 36005.