

Dear Parent / Guardian,

Girls Active research

Your child's school is taking part in a national initiative called Girls Active. As part of this, they are asking students to complete an online research survey. This letter is to tell you more about the survey.

The survey will help both the Youth Sport Trust and schools to understand participation levels, attitudes, motivations and barriers to taking part in PE, sport and physical activity, as well as how these may differ across genders. The Youth Sport Trust will also use the responses from all schools to write a national report about girls' and boys' participation, attitudes, motivations and barriers to taking part in PE, sport and physical activity.

Your child's school will also receive a bespoke report based on the responses from pupils at the school. The information in this report can be useful for the school to make the changes to their PE, sport and physical activity offer to engage young people in ways that appeal to them.

If you do **NOT** want your child to complete the survey and be part of the research, then please return the opt out form (<https://forms.office.com/e/XEENVLakzY>). You do not have to provide a reason. There is no need to do anything if you are happy for your child to be involved.

More information can be found in the following letter or if you prefer by visiting https://www.youtube.com/watch?v=tihqWqa_850.

If you have any questions, please do not hesitate to speak to a member of staff at your child's school: meprice@dixonsco.com or contact the YST research team at: research@youthsporttrust.org.

Yours sincerely

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Girls Active Research

Parent / Guardian Information Sheet

The Youth Sport Trust (YST) is a national children's charity. Your child's school is taking part in an initiative called Girls Active. As part of this, we are inviting all pupils to take part in an online survey. Girls Active is delivered by the Youth Sport Trust (YST) and funded by Sport England. Your child's school will complete the survey at some point between November 2023 and January 2024.

This document provides more information about what we are doing. It provides you with the chance to choose for your child to **not** participate in survey.

About YST research

Our research is for the public good. It helps the YST to make evidence based, informed decisions about what they do as a charity. This helps them to make the best use of public money. The YST's vision is of a future where every child enjoys the life-changing benefits that come from play and sport. Our research aims to support this vision and to achieve the best outcomes for all young people.

What will this research involve?

The Youth Sport Trust want to understand girls' participation, attitudes, motivations and barriers to taking part in PE, sport and physical activity. This is to gain knowledge and understanding to help to engage all girls in PE, sport and physical activity in ways that appeal to them. Your school may be asking all young people, and not just girls, to complete the survey so that they can understand all young people's perspectives too.

We are asking pupils at your child's school to complete an online survey. There are up to 30 questions and they will ask young people about:

- What they think about physical activity, sport, PE and learning at school
- How much physical activity they do
- Any changes they would like to see in PE, sport and physical activity at their school
- Whether they lead any sport or physical activity or if they want to lead any
- What encourages and motivates them to do physical activity at school and outside of school
- What stops them doing more physical activity at school and outside of school
- How their PE/sports kit makes them feel and if the kit they wear could be improved

Secondary aged girls will also be able to choose whether they complete an additional 4 short questions about taking part in PE or school sport when they are on their period, as well as how comfortable they are talking to their teacher about periods. Even if they do choose to take part in the survey, they do not have to answer these 4 questions if they don't want to.

Finally, we will also ask your child some personal information, such as their gender, year group, ethnicity, faith/religion, disability and their free school meal status. This helps us to understand the diversity of the people that respond to the questions in the survey. It will help us improve our work in the future and enable us to understand the activity levels, views and perspectives of young people from different characteristic groups.

At no point throughout the survey will your child be asked to provide their name. All activities will be designed to be fully accessible to all young people. We ask for the survey to be completed **in school**

and not at home, and for a teacher to be present whilst the young people are completing the survey in case they have any questions.

Does my child have to take part?

No, your child does not have to take part in the survey. If you do not wish them to take part, please complete the Microsoft Form attached with this text message. You do not have to give a reason. The survey will also be explained to your child so that they can make an informed choice about whether they are happy to take part in the survey or not.

What will happen to the results of the research?

All information from the research is kept safe by the research team at The Youth Sport Trust.

Girls Active is a national programme, with schools across England completing the survey. The Youth Sport Trust will use the responses from all schools to write a national level report about girls' and boys' participation, attitudes, motivations and barriers to taking part in PE, sport and physical activity.

We will also use the responses from all students at your child's school to write a school level report about the participation levels, attitudes, motivations and barriers to participation of the young people who complete the survey at your child's school. The report will be given to the school so they can understand more about these factors that may affect participation in PE, sport and physical activity.

Both the school's and the Youth Sport Trust's reports might be shared with other people, like the people who funded the project, other schools, or other organisations, so they can understand more about these factors that may affect participation in PE, sport and physical activity. The reports might be shared through printed publications, go on our website, other organisations' websites, be shared on social media, used in newsletters and shared with the press.

Within the school report, no individual person will be named or be able to be identified either directly or indirectly. Within the national level report, no individual schools or people will be named.

Data protection and confidentiality

The YST will comply with all applicable Data Protection Legislation, including the Data Protection Act 2018 and the UK GDPR. For further information on the lawful basis for processing any personal information and how we are committed to respecting your privacy, please see our full privacy notice on our website found here: <https://www.youthsporttrust.org/privacy-policy>

Our research ethics

The YST observes the Code of Practice of the [Market Research Society](#) and works within the boundaries of the Code of Ethics outlined by the [Social Research Association](#). As well as informing you about the research, we will also ask the young people if they are happy to take part in the research. No one has to take part if they do not want to.

Who can I contact to find out more?

If you have any questions or would like any more information about the research, please contact: research@youthsporttrust.org. Please mention 'Girls Active Survey' as part of any contact. For more information about the Youth Sport Trust, please visit: www.youthsporttrust.org.

Thank you for reading this information.

Girls Active Research

Opt out form

If you do NOT wish for your child to take part in this survey please complete the following form:

<https://forms.office.com/e/XEENVLakzY>