

HOW CAN I FIND OUT MORE...

...ABOUT THE AGE 14 SURVEY?

If you would like more information about the Age 14 Survey please contact Ipsos MORI:

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Freephone 0808 238 5446 (costs from mobile phones may vary, please check with your provider)

Email: childnc@ipsos.com

...ABOUT CHILD OF THE NEW CENTURY?

For more information about the study you can phone 0800 092 1250, or email childnc@ioe.ac.uk or visit the study website: www.childnc.net.

FOLLOW US

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**THANK YOU
FOR YOUR HELP**

Ipsos MORI

13-025042-02/B08

CHILD OF THE
NEW CENTURY

AGE 14 SURVEY

WHAT WOULD WE LIKE YOU TO DO?

INFORMATION FOR STUDY MEMBERS

GIVE YOUR
IDEAS

WHAT YOU DO WITH
FREE TIME

MEASURE
YOU UP

RELATIONSHIPS
AND FAMILY



A QUICK GUIDE TO THE AGE 14 SURVEY

ANSWER SOME QUESTIONS ABOUT YOUR LIFE (40 MINS)

- ☆ Tell us about different things - such as your family, friends, school and what you do for fun
- ☆ Do it on your own using a tablet
- ☆ No one will see your answers

GIVE A SALIVA SAMPLE FOR RESEARCH ABOUT GENES (5 MINS)

- ☆ So we can see how young people develop
- ☆ Spit in a small container
- ☆ You can do it on your own in private



BE MEASURED TO UNDERSTAND HOW YOU GROW (10 MINS)

- ☆ So we can see how tall you are, how much you weigh and your body fat percentage
- ☆ Stand on some scales and have your height measured using a height measure
- ☆ You won't be told your measurements unless you want them



DO SOME ACTIVITIES TO UNDERSTAND HOW YOU THINK (20 MINS)

- ☆ Show us how you understand the meaning of different words and how you make decisions
- ☆ On a tablet
- ☆ Not a test!



The interviewer will explain everything again when they come to visit and answer any questions you may have.

Voice of your
generation



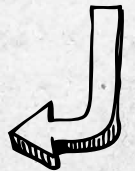
IT'S YOUR
DECISION



COMPLETE A TIME-USE RECORD AND WEAR AN ACTIVITY MONITOR

- ☆ So we can find out about young people's physical activity and how they spend their time
- ☆ By wearing a monitor on your wrist and completing a record of your time
- ☆ Completely secure and confidential

Only **some** young people will be asked to complete a time-use record and wear an activity monitor. We are not able to ask all young people to do this because we do not have enough equipment for everybody to use. We will choose some people at random to do these things - a bit like pulling names out of a hat. If you are selected the interviewer will send you more information before the visit.



Most young people enjoy the different parts of the survey, but it's up to you whether you would like to take part. You can always choose to do some things and not others.



YOU MAKE A
DIFFERENCE



TAKING PART AT AGE 14

WHY SHOULD I TAKE PART?

Child of the New Century is an important study of your generation. As you know, you are one of the young people who have been chosen out of all of the people in the country of your age. The study covers many different parts of young people's lives, including their health, education and what they do for fun, which helps us to see how everything fits together. Your unique contribution is incredibly valuable so we do hope that you will take part.

WHAT'S SO IMPORTANT ABOUT AGE 14?

Age 14 is a very important age - you are growing up and changing, and making some really important decisions about your future. In school you are likely to be choosing the subjects that you want to study for the next two years. You will also be experiencing new things, making new friends and thinking about what you want to do when you finish school.

Because this is such an important age, we want to record how you think, what you do, and how you feel, so we can see how you've changed since you were younger.

DO I HAVE TO TAKE PART?

It's crucial that all different kinds of young people continue to take part in the study - we need to make sure we are representing all of the different voices of your generation.

Most young people enjoy the different parts of the survey, but it's up to you whether you would like to take part. You can always choose to do some things and not others.

The interviewer will ask you about one activity at a time and you can say yes or no to each. You can stop at any time if you decide you don't want to do it anymore.



WHO DECIDES IF I CAN TAKE PART?

The interviewer will ask your parent first if it's okay for us to ask you to take part, but it's up to you to decide whether you want to or not.

Even if your parent agrees you can take part in these activities, you don't have to do them if you don't want to.

We will ask your parents' permission for you to give a saliva sample. We are required to get your parents' permission for this because of its special nature, and because you are not yet an adult. **Even if your parent says yes, it's still up to you whether you want to give the sample.**

WILL ANYONE ELSE IN MY FAMILY TAKE PART?

We would like to ask your parent(s) who live with you to answer some questions, do a word activity and give a saliva sample.

WHAT WILL I GET FOR TAKING PART?

As a thank you for your time, you will be given a small gift by the interviewer.

You're unique and the picture isn't complete without you. If you choose not to take part, we can't replace you with anyone else.



ANSWER SOME QUESTIONS ABOUT YOUR LIFE

(40 MINUTES)

We would like you to answer some questions yourself on the interviewer's tablet.

WHY?

These questions help us learn about different aspects of your life, like your family, friends, school, and what you do for fun.

HOW?

THE QUESTIONS ARE ABOUT DIFFERENT THINGS INCLUDING:

- ☆ How you spend your free time
- ☆ What you think about different issues
- ☆ How you feel about school and your future
- ☆ Your identity
- ☆ Your friends, family and relationships
- ☆ Things you might have experienced, like bullying
- ☆ Your body, health and feelings
- ☆ Your personality



It is not a test so there are no right or wrong answers. If you don't want to answer a question that's ok, you can skip it.

Some questions are about things that not all people your age will have done. We're just as interested in what people have done as well as what they haven't. It's important that you answer honestly.

Take as much time as you need. If you make a mistake or change your mind you can go back and change your answer.

The interviewer won't show or tell your answers to anyone.

DO SOME ACTIVITIES TO UNDERSTAND HOW YOU THINK

(20 MINUTES)

We would like you to do two activities on a tablet that help us measure how you think. **They are not like school tests.**

WHY?

How we think is an important part of who we are. By comparing these activities to your answers on other parts of the survey, we can figure out how things like your school, parents, and home life are related to how you think.

WHAT ARE THE ACTIVITIES?

WORD ACTIVITY -

This activity looks at how you understand the meaning of different words. The interviewer will show you a list of 20 words. For each word on this list, you need to pick another word, out of a total of five, which you think has the same meaning. The words get harder as they go on. Most young people will not know all the words, so don't worry if you don't.

DECISION-MAKING ACTIVITY -

This activity looks at how you make decisions. You will need to guess if a token is in a red or blue box on the screen, and decide how many points you want to risk on whether your guess is right.



BE MEASURED TO UNDERSTAND HOW YOU GROW

(10 MINUTES)

We would like to measure how tall you are, how much you weigh, and your body fat percentage. It is ok if you only want some of the measurements taken or if you don't want any taken.

WHY?

Taking these measurements helps us learn how 14-year-olds are growing. This is useful because we can look at how things like diet and lifestyle affect how you grow.

HOW?

The interviewer is trained in how to take these measurements and will make you feel comfortable. They will ask you to take your shoes and socks off. They will measure your height using a height measure. They will need you to stand in a certain position. They will hold your head to make sure they measure your full height.

To weigh you and to take your body fat percentage, the interviewer will ask you to stand on some scales.

Your parent(s) will be in the room with you when you have your measurements taken.

The interviewer won't read your measurements out loud, or show or tell anyone (including your parent[s]). They won't tell you your measurements if you don't want to know them. If you do want to know them, they will give you a paper copy of the measurements. You can choose to have a copy of just some of them if you like.



GIVING A SALIVA SAMPLE FOR RESEARCH ABOUT GENES

(5 MINUTES)

We will ask one of your parents whether they give permission for you to give a sample of your saliva. If your parent says yes, it will still be up to you whether you want to do it or not. We will also ask your parent(s) to give a saliva sample.

WHY?

The saliva sample will be used for research about genes. Genes are made up of sections of DNA. Your DNA contains the information that makes you who you are. For example, the DNA in your genes determines if you have curly or straight hair, or your height. It can even control how you might smile or laugh.

Families pass traits from one generation to the next through their genes. But everyone has a slightly different set of genes - like your own personal recipe book.

It is important to study genes so we can understand the way people develop.

HOW?

Giving a saliva sample is very easy - the interviewer will explain how.

You will be given a small container and asked to spit into it. You can do it in private.

You should not eat, drink, smoke or chew gum for 30 minutes before giving a saliva sample.

There is no risk of harm to you or others when giving a saliva sample. Your parent(s) will be asked to do the same thing.

WHAT WILL HAPPEN TO THE SALIVA SAMPLES?

The interviewer will post the saliva samples to a research laboratory at the University of Bristol. A sample of DNA will be taken from your saliva. We will **not** attach your name and address to the saliva sample when it goes to the laboratory.



GOT QUESTIONS?

IS THERE ANYTHING ELSE YOU WILL ASK ME?

We would like to ask if you would be willing to give us your mobile phone number and email address (if you have one) so we can keep in touch with you about the study in the future. We will not give your contact details to anybody else, and we will not contact you about anything other than Child of the New Century.

If you are one of the young people who have been asked to wear an activity monitor and complete a time-use record, we will also ask if you would be happy for us to send you texts to remind you to complete them

WHAT WILL HAPPEN TO MY INFORMATION?

The information will be sent back to Ipsos MORI, the company doing the survey. The information will then be sent to the Institute of Education and added to the information collected from other young people in the survey. It will then be made available to researchers so they can find out more about your generation.

WILL ANYONE SEE THE INFORMATION I GAVE?

We keep your name and address completely separate from the other information you give us. This way no one knows whose information is whose.



WHAT IF I HAVE QUESTIONS OR CONCERNS?

After you have taken part the interviewer will give you a leaflet with some further information and guidance in case you have any questions.

WHEN WILL WE BE COMING BACK?

We hope to visit the Children of the New Century every few years to see how they are growing up. We don't know yet when the next survey will be. We hope you will be willing to take part again. You can decide at the time whether you would like to help us again.

WHAT IF I CHANGE MY MIND IN THE FUTURE?

You can change your mind about taking part at any time by contacting us at:

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