

“Branch Out: Evaluating an Emotional Wellbeing Curriculum for Young People in Fife” Information for Young People

What is Branch Out?

Hello! We are a group of teachers, and other professionals in Fife. It is our job to make sure we are doing everything we can to help young people in Fife to learn, grow and be happy. We want to make sure that the lessons you get at school can help you with this.

You might have heard people talking about “emotional wellbeing”. We all have emotional wellbeing. When we have good emotional wellbeing, this means that...

- we are happy
- we are doing the things that are important to us
- we can cope when things get stressful.

All children and young people have times when they feel more stressed, worried or sad. Sometimes it can be difficult to know how to cope with these difficult feelings. Branch Out is a program that will show you ways to look after your emotional wellbeing and give you coping strategies that you can use when things feel difficult. Your teacher is going to work through Branch Out with you.

We want to find out whether Branch Out is helpful. As such, we will ask you to complete some brief questionnaires online at the start and end of each term of Branch Out. You can choose whether you want to complete the questionnaires or not.

Who is being asked to complete the questionnaires?

Your school is one of a few schools in Fife that is trying out Branch Out. All young people who participate in Branch Out are being asked to complete the questionnaires.

What will I be asked to do?

You will complete the questionnaires at the start and end of each term of Branch Out. These questionnaires will ask you about your emotional wellbeing and coping, and about how you found Branch Out. The questionnaires should take about 15 to 20 minutes to complete.

The answers you give will be private. We will store everyone’s answers together and we will not be able to tell which answers you gave. The information that you give us will be stored safely and will not be shared with anyone else.

What happens after I complete the questionnaires?

The information you give us will help us to improve Branch Out so that it is helpful for other young people in Fife.

What if I do not want to complete the questionnaires?

You do not have to complete the questionnaires if you do not want to. You can choose to stop doing the questionnaires at any time. You will not need to tell us why. If you choose not to take part, that is ok. However, once you have finished the questionnaires, we are not able to delete your answers because we will not know which ones are yours.

We have also told your parents/carers about Branch Out and checked that they are happy for you to complete the questionnaires. However, you can still choose not to take part.

If you do complete the questionnaires, we will take this to mean that you agree for us to use your answers to find out if Branch Out is useful.

What if I have a question about the questionnaires or Branch Out?

If you have any questions about the questionnaires or Branch Out, you can talk about this with the teacher who told you about Branch Out.

What should we do if I need more support for my emotional wellbeing?

If you are feeling sad, worried, upset or just feel that you are struggling, it can be difficult to know what to do. However, there are lots of people who can help you. A good place to start is usually by speaking to someone that you trust – this might be a parent, a teacher or a friend. There are also helplines you can call confidentially to speak to someone who is trained to help young people:

- Childline - 0800 1111 ; www.childline.org.uk
- Samaritans – 116 123 ; jo@samaritans.org; www.samaritans.org

School staff and your GP can also tell you about other supports that you can access, and can help you to arrange this.

There is also plenty of helpful information about looking after your emotional wellbeing online:

- www.anxietybc.com
- www.moodcafe.co.uk

And there are apps that can help you with this:

- Mindshift
- Headspace