

Youth Wellbeing in Regenerating Landscapes – Parent Information Sheet (Brief)

Kia Ora,

Ko Lana tōku ingoa. I am a PhD student at AUT and part of a team of researchers evaluating the impact of neighbourhood redevelopment on community wellbeing. I am also a former supervisor, trainer, and development manager for Conscious Kids, a nature-based holiday programme. This work got me curious about how to support the wellbeing of our kids and parks across Tāmaki Makaurau.

What is the purpose of this research?

To explore the habits and habitats of youth happiness in our growing city.

What will happen in this research?

Youth (10-15 years) will be asked to provide information about themselves and their wellbeing. If you and your child consent to participate, you both will be asked to complete brief online questionnaires. You will then receive login details to download a novel smartphone application developed by AUT’s Te Hotonga Hapori research programme. This app delivers surveys designed by youth, for youth, 7-9 times a day to a personal device between 8am and 8pm over one week in January, 2024. The geolocated survey responses will help us understand the habits and habitats of youth happiness.

How much are we asking of the participants?

The total time commitment for participants is:

Participants	Title	Activities
Youth	Overall Wellbeing Assessment	~10 min computer delivered questionnaire
	Youth Daily Feeling Tracker	~60 min app-delivered surveys (2min/survey)
Parents / Legal Guardians	Parent Questionnaire	< 5min

What are the benefits?

For Youth	For Researchers	For the Broader Community
Contribute to cutting-edge research on urban environments and youth wellbeing	Demonstrate the feasibility of using digital tools to capture youth experiences	Hear about youth experiences directly from youth, using tools adapted by youth
Have their voice heard and experiences documented	Gain valuable insights about urban nature and youth leisure-time wellbeing	Increase the evidence base on youth wellbeing in Tāmaki Makaurau
Receive individualised reports of their personal wellbeing results	Publish evidence about urban nature and youth wellbeing in academic journals	Increase awareness about the habitats of youth happiness to inform youth-friendly planning and greenspace design

Want more information?

The pages that follow provide more details about the project. You can find all the study documents [here](#). Research team member contacts can be found at the top of each page of this form.

Please reach out with any questions.

Youth Wellbeing in Regenerating Landscapes – Parent Information Sheet (Full)

Kia Ora,

Ko Lana tōku ingoa. I am a researcher and PhD student from the School of Sport and Recreation at AUT. I am part of a team of researchers who are evaluating the impact of large-scale neighbourhood redevelopment on community wellbeing, in partnership with Kāinga Ora. My work as a supervisor of holiday programmes across Tāmaki Makaurau got me curious about how to enhance youth wellbeing of youth in our growing city.

What is the purpose of this research?

This project aims to capture youth experiences as they move through their day to better understand the influence of our regenerating landscapes on their activity and wellbeing. We believe this is particularly relevant to your child because of the large-scale redevelopment of Tāmaki Makaurau and the Kāinga Ora mandate to invest in community wellbeing, including the development of public greenspaces.

Why have we invited your child to take part?

This project was created in partnership with Conscious Kids, alongside AUT researchers, Waikōwhai Intermediate School, and project champions in schools across the city. Your child is invited to take part because they are a part of a community committed to cultivating opportunities for youth wellbeing.

What will happen in this research?

In this stage of the project, youth will be asked to complete confidential surveys to explore the relationship between their wellbeing and surrounding natural environment. All families who consent will be asked to complete brief questionnaires. Parents will be asked to provide your email address, home address, and household income. Youth will be asked about their age, ethnicity, gender, and overall wellbeing.

You will then be emailed login details for your child to download a novel smartphone application developed by AUT's Te Hotonga Hapori research programme and students at Waikōwhai Intermediate School. This app will allow your child to track their happiness by delivering short (1min) surveys 7-9 times a day between 8am and 8pm for one week of the upcoming school holidays. The geolocated survey responses will help us understand the habitats of youth happiness.

We have worked with students, educators, experts, and members of the Conscious Kids community to develop the following plan for the project:

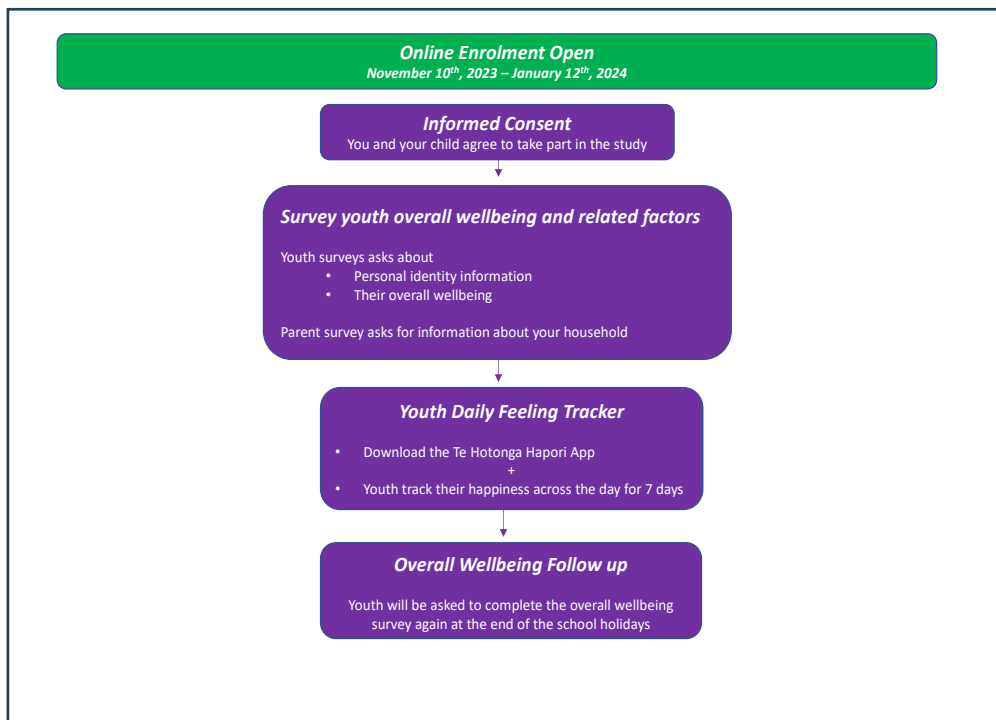


Figure 1. Schematic of data collection plan.

Each step in Figure 1 is described in more detail below.

Online Enrolment

Study enrolment opens November 10th, 2023 and runs to Jan 12th, 2024.

You can find all study information [here](#).

We are happy to join you and your community to talk about the study online or kanohi ki te kanohi any time during the recruitment period.

Informed Consent

Both you and your child will need agree to take part in the study and confirm your eligibility by
Date: January 12th, 2024

In order to take part in the study your child needs to be:

- Aged 10-15years old
- A resident of Tāmaki Makaurau | Auckland
- Intending to be in Tāmaki Makaurau | Auckland January 22nd – 28th, 2024
- Able to use a personal or family member’s smartphone to track their feelings

Survey youth overall wellbeing and related demographic factors

After agreeing to take part, you and your child will be asked to share some details about yourselves and your household in two short, secure, online questionnaires.

- You will be asked to provide information about your household that are related to youth wellbeing. These questions include your household size and income (range).
- Your child will be asked about their age, ethnicity, and gender, as well as some questions about their overall wellbeing.

Youth Experienced Wellbeing (aka *Youth Daily Feeling Tracker*)

Youth will then be invited to track their feelings throughout the day for 7 days, **January 22nd – 28th, 2024**. Your child will be sent instructions to download the Te Hotonga Hapori smart phone application after completing the *overall wellbeing survey*. (You will also receive a copy of the login keys via email.) This app will give your child access to the *Youth Daily Feeling Tracker* which will send 7-9 survey prompts a day between 8am and 8pm for one week. Youth are encouraged to respond to prompts as often as they are able.

Overall Wellbeing Follow Up

At the end of the school holidays, all youth will be asked to complete the overall wellbeing surveys a second time (**January 29th or 30th, 2024**).

How is youth wellbeing being measured in this research?

There are 4 different survey tools used to measure youth wellbeing in this project. Each tool is described in detail below.

1. **Youth demographic questions** will ask for your child's age, ethnicity, and residential address at the start of the study. (Full questionnaires are available on request.)
2. One parent or legal guardian will also be asked to complete a short **parent questionnaire** to provide details about the child's household context (ie: who they live with, household income). (Full questionnaires are available on request.)
3. Validated **youth wellbeing surveys** will be delivered at the beginning and end of the project through a link sent to your personal email. These surveys are hosted on a secure network. An example question children will be asked can be found below alongside demographic questions students will be asked. (Full copies of questionnaires are available on request.)

<p>Here is a picture of a ladder. The top of the ladder "10" is the best possible life for you and the bottom "0" is the worst possible life for you. In general, where on the ladder do you feel you stand at the moment? Tick the box next to the number that best describes where you stand.</p>	
10	Best possible life
9	
8	
7	
6	
5	
4	
3	
2	
1	
0	Worst possible life

Figure 2. Example Wellbeing Survey Question

- The *Youth Daily Feeling Tracker*, a **youth-adapted survey tool**, will send 7-9 prompts at random times between 8am and 8pm each day for one week. Each prompt will ask participants to respond to a brief (<2 min) geolocated survey. Each survey will only be available for a short window (30minutes) and youth will be asked to complete as many as they are able.

Please note, data costs for the app are free of charge, sponsored through the broader *Te Hotonga Hapori* research programme.

Below are screenshots from the app (Fig 3) and a full list of questions students will be asked (Table 1).

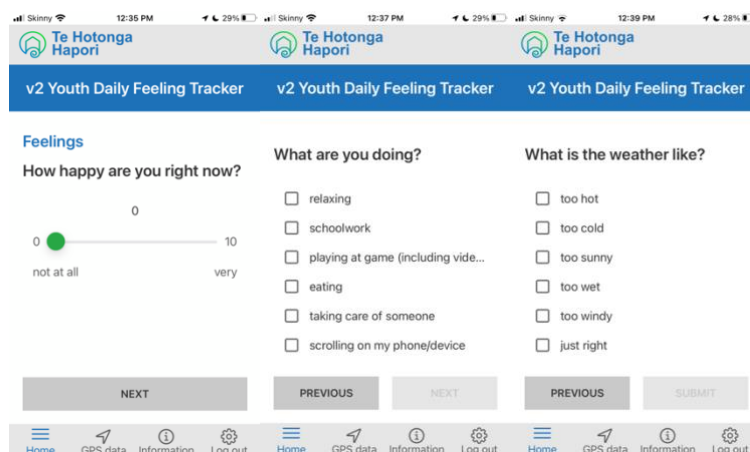


Figure 3. Youth Daily Feeling Tracker Survey Interface

In the table below, you can read the questions asked in the *Youth Daily Feeling Tracker* surveys.

Table 1. Youth Daily Feeling Tracker survey questions.

How happy are you feeling?
How stressed are you feeling?
How anxious are you feeling?
How energised are you feeling?
Do you feel respected?
Do you feel welcome where you are?
Do you feel good about yourself?
What are you doing?
Are you with anyone?
- Who are you with?
Where are you?
What is the weather like?

Each different type of data will be put together to illustrate the diversity of children’s experiences and interactions throughout their day. If there are things a child or parent does not want to do, that is ok, they can consent to individual parts of the research.

How much are we asking of the participants?

The total time commitment for participants is detailed in Table 2, below.

Table 2. Time required for each data collection activity.

Participants	Title	Time to Complete Activities
Youth	Overall Wellbeing Assessment	~10 min computer delivered questionnaire
	Youth Daily Felling Trackers	~60 min app-delivered surveys (2min/survey)
Parents	Parent Questionnaire	< 5min

What are the benefits?

Evidence of the wellbeing benefits of urban development for youth is mixed, and few studies consider the impact of the development process itself. Understanding how the implementation of redevelopments relates to youth mobility and wellbeing will aid the refinement of future policy and design so children and young people can benefit. Below you will find a summary of the benefits to youth participants, our research team, and the broader community.

Table 3. Benefits of this research.

For Youth	For Researchers	For the Broader Community
Contribute to cutting-edge research on urban environments and youth wellbeing	Demonstrate the feasibility of using digital tools to capture youth experiences	Hear about youth experiences directly from youth, using tools adapted by youth
Have their voice heard and experiences documented	Gain valuable insights about urban nature and youth leisure-time wellbeing	Increase the evidence base on youth wellbeing in Tāmaki Makaurau
Receive individualised reports of their personal wellbeing results	Publish evidence about urban nature and youth wellbeing in academic journals	Increase awareness about the habitats of youth happiness to inform youth-friendly planning and greenspace design

Youth Participants will benefit from having their voice heard and experiences documented in response to an initiative the government has decided to implement. It will objectively demonstrate to Te Hotonga Hapori partners, including Kāinga Ora, how neighbourhood redevelopment, and the redevelopment of local greenspace in particular, is related to youth physical activity and wellbeing. Each child will also receive a report of their wellbeing results if they take part.

As researchers, we are seeking to gain greater insight into the wellbeing of the youth in our city and the qualities of the natural landscape that contribute to it. We also hope to improve upon the *Youth Daily Feeling Tracker* application and protocol so it can be used in future assessments.

The broader community also stands to benefit from this research by expanding the scientific evidence base and having the findings from this study included in a larger report shared with MBIE, Kāinga Ora and other government agencies. Through this process, it is our hope to inform the roll out and design of future regenerating neighbourhoods. We will also share the study finding with you and the community directly with the intention of enhancing our collective understanding of youth wellbeing and the environmental features contributing to it.

How do parents agree for their child to take part?

You are welcome to email or call with questions (contact details on the top of each page). Lana is happy to respond to community requests for information sessions anytime before January 11th, 2024. Conscious Kids staff are also able to relay parent questions to our team for a reply.

If you and your child are keen to take part, complete these consent form [here](#).

How will privacy be protected?

All data collected will be used only for research purposes. Names will not be associated with data and only approved members of the study team will have access to it. We will only share the overall study results with other people, although each child will be provided a copy of their personal data summary at the end of the study. Each child’s individual responses will not be shared in any way, not with Conscious Kids or any other external organisations.

Additional steps to protect your and your child’s privacy include:

- Securely storing all identifiable information separately from children’s data
 - Digital data will be stored on an AUT network, with controlled access and password protection.
- All data will be de-identified for analysis (using ID numbers), and protocols for the analysis and presentation of research findings ensure neither you nor your child can be identified have been approved by the AUT Ethics Committee
- Information about where a child has completed surveys (GPS longitude and latitude coordinates) will be reviewed only after the data collection period.
 - GPS data are permanently de-identified, and the raw GPS data will be stored so only one member of the AUT research team has access.
 - GPS data will only be used to look at the Mobility and Nature Interaction variables described above.
- No external organisation, including Conscious Kids, will have access to children’s individual data. Only aggregated and summary results will be presented in research outputs, preventing the identification of individual study participants.

What will happen with the data?

Data will be kept on secure networks at AUT for six years in accordance with AUT ethics guidelines.

It will primarily be used to write academic journals and media articles. Individual children’s identities will not be revealed in any of these publications. With parental consent, data obtained in this study may also be used by AUT students for future research projects, but they will not have access to any names or contact details.

What happens next?

Parents and whānau are welcome to email or call us with questions.

If you and your child are interested in taking part in this study, please complete the parent and child consent forms and initial questionnaires.

Study enrolment ends January 12th, 2024.

Will I receive feedback on the results of this study?

Once the data has been processed and the findings of this study have been established, we will offer the community a summary of the results both in writing and in a presentation. Please note that it could be a few months between participation and results dissemination.

How is this research being funded?

It is being funded by the Ministry for Business, Innovation and Employment through the Te Hotonga Hapori research programme within AUT's Human Potential Centre.

What are the discomforts and risks and how will they be alleviated?

The risks of taking part in this study are very low.

Participation in this research is voluntary and whether or not a child participates will neither advantage nor disadvantage them in any way. Parents are able to withdraw their child from the study at any time. If parents choose to withdraw their child, then they will be offered the choice between having any data that is identifiable as belonging to them removed or allowing it to continue to be used. However, once the findings have been produced, removal of individual child data may not be possible.

What do I do if I have concerns about this research?

Any concerns regarding the nature of this project should be notified in the first instance to the project supervisor Professor Scott Duncan (scott.duncan@aut.ac.nz).

Concerns regarding the conduct of the research should be notified to the Executive Secretary of AUEC, ethics@aut.ac.nz, 921 9999 ext. 6038.

Who do I contact for further information?

In the first instance, please contact:

Lana Chisholm | ana.chisholm@aut.ac.nz | (09) 921 9999 ext. 27147

Alternatively, you are welcome to contact the project supervisor:

Professor Scott Duncan | scott.duncan@aut.ac.nz | (09) 921 9999 ext. 7678

Thank you very much for reading this.

Approved by the Auckland University of Technology Ethics Committee on 01/08/2023, AUEC reference 22/382