

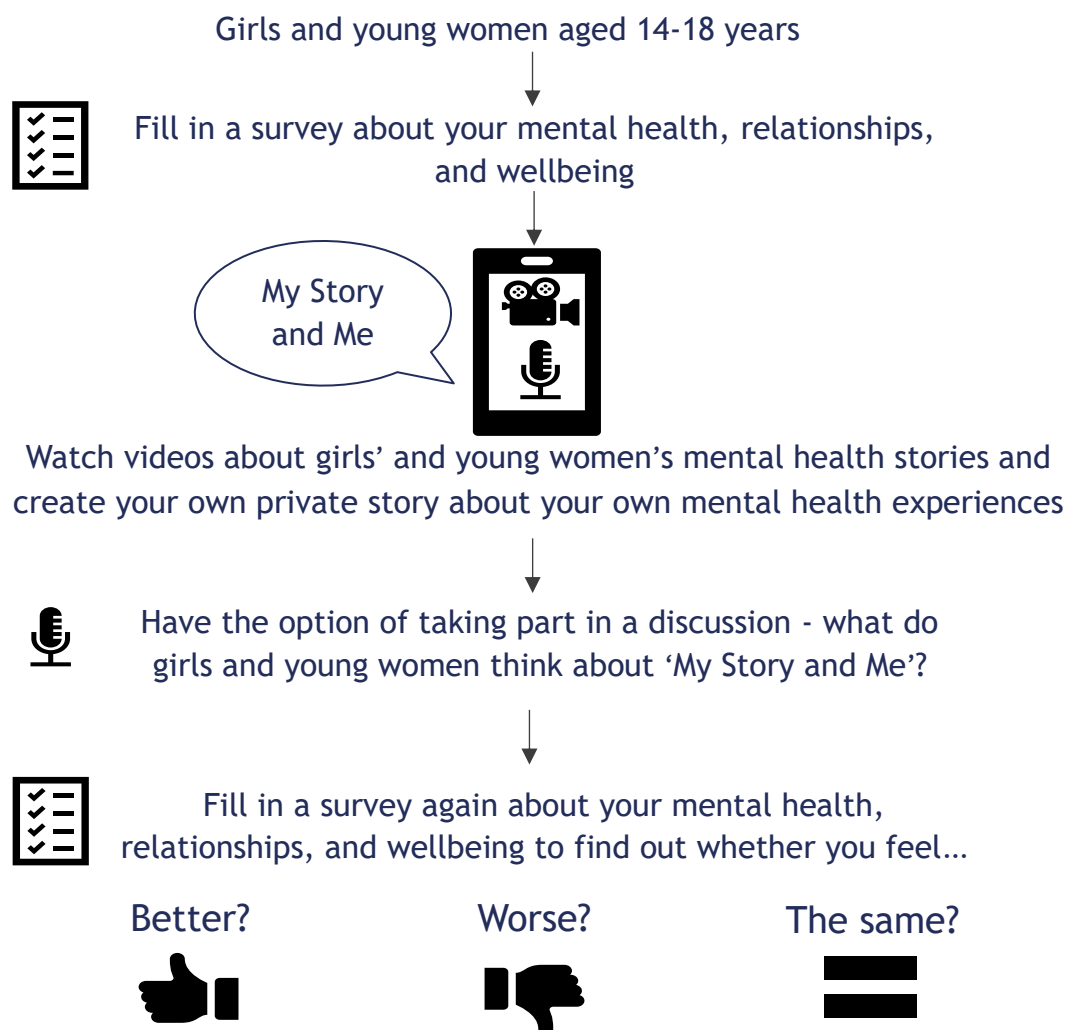
# Information Sheet for Young People - 'My Story and Me' Research Project

## What is this research project about?

We are developing a new storytelling tool, 'My Story and Me', to help girls and young women with their mental health. My Story and Me is a digital platform, which consists of videos of girls and young women sharing their mental health stories. The aim of this research project is to find out what girls and young women think about My Story and Me and whether it is helpful.

We use the terms 'girl' and 'young woman' inclusively. If you are gender diverse and feel that this topic is relevant to you, and you want to take part in this project, then we welcome your views. We will respect your gender.

## What will happen if I take part?



## Online survey

If you decide to take part in this project, you will be asked to fill in an online survey (questionnaire). This will happen at the start of the project and around seven months later (after you have used the My Story and Me platform). The survey will take 20-30 mins and will:

- ask about your mental health, relationships, and wellbeing
- also include questions about your opinions on My Story and Me, your use of healthcare services, and demographic questions (about your age, gender, sexual orientation, ethnicity, religion, postcode, whether you identify as having a disability, and whether you have care experience or caring responsibilities)

## Using the platform

On the My Story and Me digital platform, you will be able to:

- watch videos of other girls' and young women's mental health stories
- create your own private stories about your own mental health experiences, if you would like to. **Please note that if you are 14-15 years old, you will not be able to record your own videos, but you can record audio or text.**

My Story and Me has been built in 'Pod', which is a secure, online tool developed by Anna Freud. **The stories that you create will be private and only you will be able to see them.**

All stories are reviewed by a computer system and if this flags any inappropriate content, your story will be deleted. If this happens then you will be able to re-record your story without this content if you would like to. The third-party tools have been tested by the team, and you will be shown a list of topics that are considered inappropriate. We do this to make sure that you and others are protected when using the platform.

Your activity on the platform (e.g., which content you access and how long you spend on it) will be logged so that we can learn about how people use it.

## Discussion about My Story and Me

You will also have the option of taking part in a research interview or discussion. This will take 30-45 mins and will be:

- via video or phone call or in person
- about your opinions on My Story and Me and your experiences of using the platform.

It is completely up to you whether you would like to take part in this project or not. If you do take part, you don't have to answer any questions that you don't want to. You can also stop taking part at any point, without giving a reason and with no disadvantage to you.

## Why am I being invited to take part?

We are inviting you to take part in this project as you attend a school, college, or community organisation that has already signed up for this project. You have also expressed interest in taking part.

You are able to take part if you are a girl or young woman aged 14-18 years who is not currently seeking or receiving specialist mental health support. You do not have to be experiencing a mental health problem to take part.

We want to hear from a range of different voices. We are interested in involving all girls and young women, and we particularly encourage participants from:

- Black and minoritised ethnic groups
- LGBTQIA+ groups

- Neurodiverse groups

## What are the benefits of taking part?

By sharing your thoughts, you are helping to shape a digital platform that could make a real difference for other young people like you!

As a thank you for taking part in different elements of the project, we will email you a shopping voucher. To do this, we will ask for your email address. You will receive a:

- £15 shopping voucher the first time you complete the survey
- £25 voucher the second time you complete the survey
- £30 voucher, if you take part in the optional discussion

## What are the disadvantages of taking part?

Sometimes people can feel upset when answering surveys or discussion questions about mental health, relationships, and wellbeing, or watching videos about mental health experiences. If you feel upset at any point during the research project, please speak to your parent or carer, school or college staff, or another adult who you trust. It is best to speak about it rather than keeping it to yourself.

For more support, you can also contact:

- Anna Freud Crisis Messenger: Text AFC to 85258. This is a free, private text message support service for anyone who is feeling overwhelmed or is struggling to cope. It is available 24 hours a day and messages go to trained volunteers who will work with you to take your next steps towards feeling better.
- Samaritans: Call for free on 116 123. Whatever you're going through, a Samaritans volunteer will face it with you. Available 24 hours a day, 365 days a year.
- The Mix: Call 0808 808 4994. The Mix are there to help you take on any challenge you're facing.
- LGBT+ Switchboard Helpline: Call 0300 330 0630 10am-10pm every day.
- Mindline Trans+: Call 0300 330 5468 Mondays and Fridays 8pm to midnight. Mindline Trans+ provide emotional and mental health support for anyone identifying as trans, non-binary, gender fluid, and other gender identities.

We have also included further information, resources, and links to support services in the Helpful Resources section on the My Story and Me homepage and after each video.

## What will happen to the information that I give during this research project?

We will keep your information safe and secure. You can ask us to permanently delete your information, without having to tell us why. To do this, you would need to contact us by 31st July 2026. After this time, all information will be anonymised (with your name removed), so we won't be able to delete your responses because we won't know who said what.

Please also read the privacy notice: [https://corc.uk.net/media/kt2fbbqn/yp-privacy-notice-whole-study\\_v4.pdf](https://corc.uk.net/media/kt2fbbqn/yp-privacy-notice-whole-study_v4.pdf). This provides more details about what we do with the information that you share with us as part of this project and your rights about how we use that information. This includes details about how AI software will be used to create or review stories, such as:

| AI tool | Purpose |
|---------|---------|
|---------|---------|

|                 |  |
|-----------------|--|
| Assembly AI     | To create a written version (called a transcript) of video and audio stories.  |
| Google API      | To review the visual content of video stories and check for inappropriate content.   |
| Open AI ChatGPT | To review the written versions of stories (transcripts) created by Assembly AI and check for sensitive or inappropriate content. |
| Ziggeo          | To allow users to record video and audio stories.  |

**The AI tools will not keep your data and/or use it to learn from.** Before recording a story, you will read about what content you must not include in your recordings. This is because we don't want you or others on the platform to later be harmed by this content and we want to make sure we're not storing unsafe and inappropriate content. If the AI software checks your story and finds any unsafe or inappropriate content, the story will be automatically deleted, and you will be invited to re-record your story without this content if you would like to.

## Online survey

Your answers to the survey will be private. Only the research team (Anna Freud and UCL) will see your answers.

## Using the platform

If you record a story on the My Story and Me platform, this will be completely private and will only be viewed by you (and certain staff who will need to be able to access all stories in order to administer the site). You can choose to delete your story at any point.

At this stage you cannot share your story to the public library, but you can request to have the option for it to be added in the future. To do this, you (and your parent/carer if you are under 16) will need to provide consent before the research project begins.

We don't routinely check private stories. This means you cannot use My Story and Me to get help from another person. If you are looking for support from another person, My Story and Me would not be the right platform for you.

We will review any story before it is put in the public library to check for inappropriate content. We will also review a story if you tell us (or someone else) that you've recorded something that makes us worried about you or someone else's safety. If we check a story and we are worried, we will have to tell someone (e.g., your parent/carer or the school/college safeguarding lead) whose job it is to keep you safe, and tell them about what has worried us.

Any logs of your activity on the platform will be private. Only the research team will see your activity.

## Discussion about My Story and Me

Your answers in the discussion will be private. Only the research team will see your answers. Your discussion will be audio recorded. It will then be transcribed (written up) by another organisation (the Transcription Centre) who the research team have a confidentiality agreement

with. When the recordings have been transcribed, we will replace your name with a number and the recording will be deleted.

If you tell us something that makes us worried about you or someone else's safety, we will have to tell someone (e.g., your parent/carer or the school/college safeguarding lead) whose job it is to keep you safe, and tell them about what has worried us. Then they would decide what would happen next. We will try and tell you if we were worried in this way first and let you know if we were passing this information on.

If you take part in a discussion, then we will also collect some additional information, including your age, gender, and ethnicity, and your agreement to take part. Only the research team will see this information. Demographic information (e.g. age, gender, ethnicity etc.) will only be reported for the whole group and not individuals to prevent you from being identifiable.

## What will happen to the results of this project?

Results from this project will be published in reports. We won't include your name or any information that identifies you when we write up the results. If you would like to see the results then please check our website: <https://www.annafreud.org/get-involved/networks/evidence-based-practice-unit/>

## Who is leading the project?

This research project is led by Anna Freud who are working with University College London (UCL), King's College London, University of Manchester, University of Oxford, Centre for Mental Health, and Gendered Intelligence. It is funded by the National Institute for Health and Care Research (NIHR).

All research is looked at by an independent group of people, called a Research Ethics Committee, to protect your interests and safety. This research has been reviewed and approved by the UCL Research Ethics Committee (ref.: 0692).

## Contact details

The Research Leads (Prof Julian Edbrooke-Childs and Prof Jessica Deighton) are based at Anna Freud and UCL and can be contacted by phone (020 7794 2313) or email ([mystory@annafreud.org](mailto:mystory@annafreud.org)) if you have any questions about this project or if there are any problems.

## What happens next?

If you are happy to take part, then you can complete a consent form by clicking on this link: <https://forms.office.com/e/R5UHWeJUHG>.

If you are 14-15 years old, then we will also ask for consent for you to take part from your parent or carer.