

February 2018



Dear Parent/Guardian,

### Health Behaviour in School-aged Children 2017/18

'Health Behaviour in School-aged Children' (HBCS) is a cross-national study of the health behaviour and lifestyles of young people. In collaboration with the World Health Organization (WHO), it has been carried out periodically in countries in Europe and North America since 1983. The overall goal of the study is to increase the effectiveness of health promotion and health education in schools and among young people in general. A standard questionnaire is used, allowing information on the knowledge, attitudes and behaviour of young people in England to be compared with the same age groups in other countries participating in the survey.

The Adolescent, Child and Family Health Research Team at the Centre for Research in Primary and Community Care, University of Hertfordshire, is conducting the survey in England in 2017/18. The survey, which is funded by the Department of Health and Department for Education, is carried out in schools with pupils aged 11, 13 and 15 years.

Your child is attending one of the classes that have been selected to take part in the study, and in the next few weeks pupils in this class will be asked to fill in the questionnaire.

The survey will cover behaviour and attitudes surrounding all areas of health including nutrition, physical activity, smoking, drinking, school, family, friends and (for 15 year olds) drugs and sex. All responses will be treated in strictest confidence and children are asked not to write their name on the questionnaire in order to maintain anonymity. If there are any questions the children would prefer not to answer, they are free to omit them.

The study has been reviewed by the University of Hertfordshire Health and Human Sciences Ethics Committee with Delegated Authority (ref HSK/SF/UH/02808). Paper questionnaires will be kept securely for 3 years before being destroyed. Electronic data will be kept on secure university servers. The data collected in England will be added to the international World Health Organization data bank and kept indefinitely. It may be analysed by other researchers in the field of child and adolescent health. We may ask students to complete follow-up questionnaires in the future, however they are not under any obligation to take part in this or any further research.

Participating schools may receive school level data on a number of indicators including eating behaviours, physical activity, PSHE provision and the school environment. **No student will be individually identifiable** and data will not be provided on smoking, alcohol consumption, drug use or sexual health.

If you have any questions about the study please contact one of the team (details below) or visit our website: [www.hbscengland.com](http://www.hbscengland.com). If you do not wish your child to take part, please sign the attached slip and ask your child to hand it to their form teacher.

Thank you for helping us with this important and interesting study!

Professor Fiona Brooks (Principal Investigator)  
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Kayleigh Chester (Research Assistant)

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**hbsc**  
HEALTH BEHAVIOUR IN  
SCHOOL-AGED CHILDREN  
ENGLAND

**Health Behaviour in School-aged Children 2017/18 study**

I DO NOT wish my child to take part in the HBSC England survey.

Name of child \_\_\_\_\_

Class \_\_\_\_\_

Signature \_\_\_\_\_