

Center for 4-H Youth Development

College of Human Development and Education

219 Katherine K. Burgum Family Life Center

P.O. Box 5016

Fargo, ND 58105-5016

PARENT/GUARDIAN INFORMATION SHEET

Research Study

Your child is invited to participate in a research study to test the acceptance of an Internet-evaluated youth walking program. The study is being conducted by Julie Garden-Robinson, Food and Nutrition Specialist, and Linda Hauge, Technology Specialist, of the NDSU Extension Service.

Basis for Participant Selection

Your child has been selected because he/she is part of a 4-H Club or other youth organization.

Purpose of Study

The purpose of the project is to determine if an Internet-based walking program helps youth become more physically active while they learn healthy habits to last a lifetime in their club or classroom setting.

Explanation of Procedures

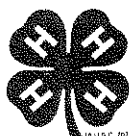
Your child will be asked to keep track of his/her physical activity using either a step counter or by keeping track of the number of minutes of physical activity they get over two months. They will report their steps or minutes every two weeks on the Web site (www.walknd.com). At the end of the activity, they will be asked to complete an on-line survey. A copy of the survey is available upon request. They are free to stop participating at any time.

Potential Risks and Discomforts

There are no foreseeable risks involved in this program. If you have concerns about your child's health or ability to participate, please contact your doctor or other healthcare provider.

Potential Benefits

By participating in this program, your child/guardian may develop healthy physical activity habits that last a lifetime. The researchers will use the results of this information to develop future educational programs for youth and adults and to let other extension professionals know what methods work most effectively with youth.



Assurance of Confidentiality

All results will be kept confidential and results will be presented in summary form only. We will assemble a list of participating children and their county of residence. This information will be kept with the researchers and will be used to evaluate participation in the program. Data and records created by this project are owned by the University and the investigator.

Voluntary Participation and Withdrawal From the Study

Your child/legal ward's participation is voluntary and he/she can quit at any time. Your decision whether or not to allow your child/legal ward to participate will not affect you or your child/legal ward's *present or future relationship with NDSU or 4-H* or any other benefits to which they are otherwise entitled. If you decide to allow your child/legal ward to participate, you are free to withdraw your permission and to discontinue their participation at any time.

Offer to Answer Questions

You and your child/legal ward should feel free to ask questions now or at any time during the study. If you or your child/legal ward has questions about this study, you can talk to your 4-H Agent or contact Julie Garden-Robinson or Linda Hauge: julie.garden-robinson@ndsu.edu (701-231-7187) or Linda.hauge@ndsu.edu (701-231-7964). If you have questions about the rights of human research participants, or wish to report a research-related problem or injury, contact the NDSU IRB Office at (701) 231-8908 or ndsu.irb@ndsu.edu .