

*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*

## **Youth Assent Form (ages 13 to 17)**

The purpose of this research study is to teach people about the benefits of physical activity and help them become more physically active outside of school, in groups such as 4-H Clubs. The project is called "Walk ND," and you will be joining many people of all ages across North Dakota. You do not have to do this if you don't want to. We will ask parents for their permission for you to participate.

You will keep track of how much physical activity you get using a "pedometer" (or step counter), or you will keep track of your minutes of physical activity. You will go to a Web site at least once every two weeks to enter your information ([www.walknd.com](http://www.walknd.com)) All of your fitness information is kept private; we won't share it with anyone. You will get some health information sent to either your e-mail address or your parent's e-mail address, or it will be provided as part of your club meeting or class.

At the end of the project, we will ask you to fill out an on-line survey. If we ask a question that you do not want to answer, you don't have to answer it. Just leave it blank. You can stop participating any time.

If you have any questions, please talk to your group leader or contact Julie Garden-Robinson or Linda Hauge: [julie.garden-robinson@ndsu.edu](mailto:julie.garden-robinson@ndsu.edu) (701-231-7187) or [Linda.hauge@ndsu.edu](mailto:Linda.hauge@ndsu.edu) (701-231-7964)

This research project has been explained to you and you understand what is going to be done, and why. You have talked to your parent(s)/legal guardian about this project and you have decided that you would like to be a part of it. You understand that your parent(s)/legal guardian will have access to a copy of this form to keep.

