



January 8, 2018

I, Dr. Chris Gilham from the Faculty of Education at StFX University, am inviting your child(ren) to participate in an important research project titled, *Piloting a Mental Health Literacy Intervention for Secondary Settings – The Implementation and Evaluation of Know Before You Go in Nova Scotia High Schools.*

The transition out of High School is a period of very important changes for youth. Navigating this transition is about much more than final papers, exams, and grades. Of course, all of those are important, but transitioning out of high school poses new and important challenges as youth are about to gain new social experiences and, for many, newfound independence. With this independence may come new situations and issues that youth may not have previously encountered, such as dealing with the stress of being away from home, managing money, and creating and maintaining healthy relationships. This can be challenging for some people, and this is where *Know Before You Go* comes in. *Know Before You Go* is a collection of information, tips, tools, and techniques that can help youth make the most of planning for and life in, their future education. *Know Before You Go* covers everything from study skills to choosing a roommate, budgeting student loans, and dealing with stress. It is a tool meant to help youth gain life skills, such as budgeting or conflict resolution in healthy relationships. *Know Before You Go* also aims to improve youth mental health literacy, enhancing capacities to early identify potential mental health problems for oneself and others. In relation, it offers valuable information on finding and receiving appropriate help if needed. It's designed for students based on experiences of students, and it's the first of its kind in Canada.

You and your child(ren) will be able to access the whole resource online and we will conduct a research study on *Know Before You Go*'s impact on their health literacy. Your child(ren) are absolutely free to not participate. However, you will be able to access *Know Before You Go* whether they participate in the research or not.

Know Before You Go can be downloaded for free here:
<http://teenmentalhealth.org/product/know-before-you-go/>

What Will be Required of Your Child(ren), Including the Time Commitment:

- Complete a short pre-presentation questionnaire in class and participate in a seminar on mental health literacy, which involves playing a board game (90 minutes).
- Within 2 weeks, read through *Know Before You Go* (1 hour).
- Complete a short online questionnaire after reading *Know Before You Go* (20 minutes).

- We will come back to the school and ask your child(ren) to complete a final short questionnaire in class. They are under no obligation to complete the surveys.

All of the above will be facilitated by StFX Faculty of Education Pre-Service Teachers.

With the exception of reading *Know Before You Go* all activities for this research will take place at school and during school time.

The Director of Programs and Student Services of the Strait Regional School Board has given permission for this project to be carried at your child's school.

All information collected will be strictly confidential and the students will not be identified individually.

Your son or daughter's participation is completely voluntary.

The information is collected under the authority of Board policies and the Freedom of Information and Protection of Privacy (FOIPOP) Act.

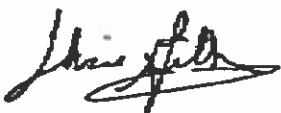
The contact person for inquiries concerning this information is the Director of Programs and Student Services at 625-2191 or 1-800-650-4448.

In support of this initiative, the school will have a variety of supports in place, including a guidance counsellor, teaching staff and school administration, should individual students need them. If you choose for your child to not participate in the presentation and research, please contact the school at 902 863-1620 or by emailing the principal at darryl.breen@srsb.ca with this information and an alternative plan will be made for your child during the presentation time.

Should you have any questions or concerns regarding this research project, please contact:

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Signature of Researcher:



Signature of School Principal:

