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TEEN ASSENT/CONSENT FORM (Phase 111)-GRADES 6 to 12

This form tells you more about the project. You can decide if you want to be part of it.

- You can decide if you want to be part of this project or not, even if your parent/caregiver has told us you can. It is up to you.
- If you are over 18, you do not need guardian permission. You will get \$20 cash just for doing this form, whether you decide to participate or not.
- If you are under 18, you will get \$20 cash for returning the caregiver permission form. You can still get the \$20 even if you say you do not want to do this project.

This research is being done by people, including Lakota people, at the University of Nebraska-Lincoln (UNL); UNL is funding Peaceful Means.

Why are you being asked to be in this research project?

We are asking you to be in this project because you are a teen in grades 6th through 12th in one of the participating schools.

Why are you doing this research project?

We want to make a program for kids that helps them to be safe from violence so that they can live happy and healthy lives.

What are you asking me to do in this research project?

We are asking you to be part of a project that has a few parts.

1. If you decide to be part of this project, we will ask you to complete a survey on a computer. The survey will take about 40-45 minutes to complete.

- You will be asked to do this survey twice, separated by about 5 to 6 months.
- The surveys will ask you about your attitudes and experiences including unwanted sexual experiences. Some questions will be about strengths and other questions will ask about harder topics like depression and abuse/assault.
- If you are absent from school when the survey is given, we will text and/or email you a link to take the survey in a private and safe location of your choosing.

- When you are taking the survey, you are free to skip questions that you do not want to answer. You will not put your name on the survey.

2. If you decide to participate, you will do a 6-week program at school, called IMpower. The IMpower program has six classes. Each class is 2 hours. You will do 1 class a week for a total of 6 weeks. There will be 20 to 30 students in each class.

- **Girls Middle AND High School Class:** Focus on understanding sexual abuse/assault, verbal and physical skills to use if someone is trying force them to do sexual things, and how to get help for sexual abuse/assault.
- **Boys Middle School Class:** Focus on guiding them on a healthy, positive journey to a Lakota culture-based manhood and build skills and strategies to manage any unavoidable violence in their lives.
- **Boys High School Class:** Focus on challenging the myths that promote sexual violence, resisting harmful gender stereotypes, practicing consent, and learning bystander intervention skills to aid themselves and others experiencing sexual and physical violence.
- ***You can also decide to take the class that you feel would be best for you.***

During the program, some researchers might be there to observe the class. They are there to make sure that the teachers of the class are doing a good job. They will not write down your name or other students' names when they take notes.

Kids in some schools will participate in the IMpower classes in between the two surveys. Kids in other schools will participate in the IMpower classes after they have taken the survey twice. We will use a computer program, kind of like flipping a coin, to decide when kids at each school get the program, to make sure that this is fair. You will find out after the first survey if you will get the program right away or in a few months.

3. You will also be asked to do a short survey after each class to tell us what you liked, did not like, and how to make it better. These short surveys are anonymous; you will NOT put your name on the surveys.

It is important to remember that you can choose to skip any questions and/or stop participating in the IMpower classes at any time. Participation is voluntary for all parts of the project.

What will you do with the information 1 tell you? How might 1 feel being in this research project?

Your answers on the survey are anonymous and private. We will honor this privacy by not sharing your answers on the survey with anyone.

However, if you tell us face-to-face, on the phone, in an email, or by text that (1) a child is being hurt or abused, (2) that you plan to hurt yourself or someone else, and/or (3)

someone else, like an elder, is being hurt or abused, we will have to share this information with someone to make sure that you and other people are safe.

As a group, we will have an agreement to honor one another by keeping what is said in the class discussions private. But we cannot promise that other people in the class will not share what you and other people say.

Sometimes people report feeling sad or uncomfortable when being asked about things, like sexual abuse/assault. Remember, you do not have to answer questions you do not want to answer. We will give you a list of resources every time we see you that tells you about places you can go or call if you need help. You can also talk to us about resources. Many kids say that they feel stronger, braver, and safer after taking this class. You may or may not feel this way.

Also, for classes that involve physical self-defense skills, it is possible-although not likely-that you may experience discomfort or injury. Again, this possibility is very unlikely given that the instructors teaching self-defense are highly trained. Following all directions given to you by the instructors while participating in the self-defense portion of the program will reduce your chances of being hurt in any way.

Do 1 have to be in this research project?

No, you do not have to be in this project. If you say you do not want to do this project, you will not be in trouble. The school will find another activity for you to do while the program classes are going on. You can start being in this project and stop being in the project at any time. You can also decide not to answer questions that you do not want to answer. If you decide you do not want to be in this project, tell one of the Peaceful Means staff right away.

Will 1 benefit from being in this research project?

You may not benefit from being in this project. However, some kids tell us that they like to share their ideas and help other people and their community. You may also learn skills that you may find helpful in your life.

Will others on Pine Ridge benefit from this research project?

We will use the information to strengthen the IMpower program. We will be giving the IMpower program to a lot of kids on Pine Ridge and, one day, other reservations. You are an important part of this!

What will 1 get from being in this research project?

In addition to the [\\$20 CASH YOU GET for returning the caregiver permission form](#), we will do the following drawings:

- 20 \$100 gifts (cash) for the survey kids take before the program starts.

- 18 \$100 gifts (cash) for the surveys kids take after each of the six classes.
- 20 \$100 gifts (cash) for the survey kids take after the program ends.

There will be a total of 58 \$100 gifts (cash) across all the schools that are involved in the program. We expect about 1,000 children to participate. This means that each child has a 6% chance of winning \$100.

We will do the drawings within a month of when each survey occurs. The person doing the drawing will be a Lakota staff of Peaceful Means. They will do the drawing using a computer program to make sure it is fair and accurate.

All kids will get small giveaways (e.g., stickers, pencils).

Do you want to be in this project? (circle one)

YES NO

Please write your name: _____

Date: _____

Your Phone Number: _____

Your Email: _____

Other Ways to Get in Touch with You: _____

You may have the chance to take a class that focuses on:

1. **Empowerment Self-Defense** (Learning about what sexual assault is and the mental, verbal, and physical skills you can use to protect yourself). This is a class that girls and Two Spirit youth tend to take.

OR

2. **Sources of Strength** (Learning positive masculinity, practice consent, and use bystander intervention skills). This is a class that boys tend to take.

Which of the two classes do you think you will choose to take?

- ☐ Empowerment Self-Defense
☐ Sources of Strength

**We will not give your contact information to anyone else. This is just so (1) we can get in touch with you if you win one of the \$100 prizes and (2) we can get in touch with you if you miss one of the in-school surveys. Let one of the Peaceful Means staff know if you would like a copy of this form. Wopila!*