

Stress and Immigrant Youth: Subjectivity, Stress and Resilience in the Context of 'Navigating Multiple Worlds'

Participant Consent Form- Training Workshop

You are invited to participate in a research training workshop that is part of the 'Navigating Multiple Worlds' study that is going to be conducted by Sarah Fletcher and a team of youth researchers.

Sarah Fletcher is a Graduate Student in the department of Anthropology at the University of Victoria and you may contact her if you have further questions by email at sfletch@uvic.ca or by phone at 250-818-0471. As a Graduate student, I am required to conduct research as part of the requirements for a degree in Anthropology. It is being conducted under the supervision of Lisa Mitchell. You may contact my supervisor at 250-721-6282. This research is being funded by the Canadian Institutes of Health Research.

Purpose and Objectives of the larger research project

Focusing on the meanings and experiences of 'stress' from the perspective of immigrant youth, the objective of this research is to explore the relationship between stress and resilience among immigrant youth. (Many youth are able to overcome a lot of challenges and succeed, managing expectations in school, with friends and with family. This is what we mean by resilience.) This research will gather youth perspectives on both what it is that they experience as 'stress' but also what youth feel could be changed or improved to minimize stress and enhance resilience in the lives of immigrant youth.

Importance of this Research

Research of this type is important because too often the perspectives of youth get overlooked. It is also important because the ideas of youth will help to inform efforts address the gaps in services and in support that currently exist, enhancing the resilience of immigrant youth in the future.

Participants Selection

You are being asked to participate in the workshop training because as an immigrant youth, you have valuable ideas and perspectives on the factors that can contribute to stress and factors that can minimize stress, in your life and the lives of your peers. You have also put your name forward for being interested in receiving this research training. Having completed the workshop in research methods, you will have the opportunity to be involved in the project as a research assistant.

What is involved

If you agree to voluntarily participate in this research, your participation will include participation in a two day research methods training workshop, where we will focus on learning how to use a range of research methods. The workshop will cover: Interviews, focus groups, the use of photography in research, research ethics and data analysis. Some of the exercises and examples we use in the workshop will be related to your experiences as immigrant youth. The information collected in these exercises will be used in later phases of the research.

Inconvenience

Participation in this study may cause some inconvenience to you, including the use of your time. In agreeing to participate in the research training workshop you are agreeing to 10 hours of research training, that will take place on October 15th and 16th.

Risks

There are some potential risks to you by participating in this research, although these risks are very minimal. It is possible that talking about your experiences as immigrant youth might be emotional for some people, and may be stressful. To minimize this possibility, the workshop exercises will balance discussions of stress with discussions of positive aspects of resilience. Sarah Fletcher, a counselor, and the staff from VIRCS youth programming will be available if you feel like there is anything that has come up for you in research process that is upsetting.

Benefits

Bringing attention to the perspectives of youth related to stress and resilience has enormous potential benefits as it will also inform improvement and/or the development of services or supports available to immigrant youth. You will also benefit from learning about and building your capacity for research. After the research workshop is completed you will be able to put this work experience on your CV/Resume. Raising awareness about the challenges and strengths of immigrant youth will also benefit the wider community and the state of knowledge related to youth, stress and resilience.

Compensation

As a way to compensate you for any inconvenience related to your participation, you will be given a certificate stating you have completed the research methods workshop, you will also be invited to stay for a pizza party as part of the research workshop and snacks will be provided both days of the workshop. (If you agree to participate in this study, this form of compensation to you must not be the only reason you are participating. If you would not participate if the compensation were not offered, then you should decline).

Voluntary Participation

Your participation in this research workshop must be completely voluntary. If you do decide to participate, you may withdraw at any time without any consequences or any explanation. Your decision to participate in the workshop will have no impact on your ability to access services at VIRCS or ICA now or in the future and you will be free to withdraw at any time. If you do withdraw from the study your data will only be used if you give permission for its use.

If any workshop participant chooses to withdraw from their involvement in the research they will be free to do so, but can still complete the workshop. Those who do not wish to have their data included in the research will be free to have their responses withdrawn from the research while continuing on in the workshop.

Researcher's Relationship with Participants

The researcher may have a relationship to potential participants. Some of you may know Sarah Fletcher as a volunteer with the Enable Theatre program. This relationships should not influence your decision to participate. To help prevent these relationships from influencing your decision recruitment for the workshops have taken place through a third party (VIRCS) and your decision to participate will have no effect on any relationships, or ability to access services or support through VIRCS.

Visually Recorded Images/Data: Participant to provide initials, *only if you agree:*

- Photos may be taken of me for: Analysis _____ Dissemination* _____
- Videos may be taken of me for: Analysis _____ Dissemination* _____

*Even if no names are used, you may be recognizable if visual images are shown in the results.

Anonymity & Confidentiality

In terms of protecting your anonymity you can chose a pseudonym all references made to your feedback, if you so chose. All names will be removed from the data and any identifying stories or circumstances will be slightly altered to protect your confidentiality. Your confidentiality and the confidentiality of the data will be protected by ensuring that all data from the interview is stored in password protected computer files. Confidentiality will be limited by the legal requirements related to reporting child abuse or intent to self-harm. If any of these topics do come up the safety and health of the youth involved will take top priority. The legal guidelines and reporting requirements in Section 13 of the BC Child, Family and Community Service act will be followed.

Dissemination of Results

It is anticipated that the results of this study will be shared with others in the following ways: directly to the participants, exhibits and presentations in the community and at VIRCS, presentations at scholarly meetings, dissertation, published articles.

Disposal of Data

As the data in storage will be anonymized and there is no danger to the participants with regards to the release of information, all paper records will be shredded and destroyed after five years, but electronic files will be stored indefinitely as they may provide useful background information for continued research. Individuals that may be contacted regarding this study include Sarah Fletcher and Lisa Mitchell (see their contact info at the beginning of the document) In addition, you may verify the ethical approval of this study, or raise any concerns you might have, by contacting the Human Research Ethics Office at the University of Victoria (250-472-4545 or ethics@uvic.ca). Your signature below indicates that you understand the above conditions of participation in this study, that you have had the opportunity to have your questions answered by the researchers, and that you agree to participate in this research project.

Name of Participant

Signature

Date

A copy of this consent will be left with you, and a copy will be taken by the researcher.