

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

Participant Consent Form- Youth Researchers

You are invited to participate in a study entitled 'Navigating Multiple Worlds' that is being 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

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 this study 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. Having completed the workshop in research methods, you are also being selected 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 involvement in multiple phases of the research. You will be involved in developing research questions, carrying out practice interviews and focus groups, facilitating interviews and focus groups with your peer and reflection and data analysis for the project. You will also keep a research journal of your experiences that you will discuss as a group, sharing any reflection you want to share with the research team. The principal investigator will also review your research journal on a biweekly basis and address any concerns you may have. You will also be involved in carrying out a 'photovoice' project. Over the course of the project you may also have photos or videos taken as you are carrying out research. Although you will be acting as a research assistant for the project, your input will also make up an important part of the research data.

Inconvenience

Participation in this study may cause some inconvenience to you, including the use of your time. It is impossible to say exactly what the time requirements for your participation in this research project will be, although it is expected it will take about 3 hours a week from October 2011 to June 2012.

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 stress might be emotional for some people, and may be stressful. To minimize this possibility, the research 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. The group of youth researchers will also be a valuable source of support.

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 is completed you will receive a recommendation letter and will also benefit from being 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 an honorarium of X \$. (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). If you withdraw from the research at any point you will receive a portion of the honorarium amount, reflecting the amount of work you have participated in.

Voluntary Participation

Your participation in this research 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 research 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.

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 relationship should not influence your decision to participate. To help prevent these relationships from influencing your decision recruitment for the workshops and the youth researcher positions 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 choose a pseudonym all references made to your feedback, if you so choose. 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.

On-going Consent

As you will be participating in research over multiple occasions, ongoing consent will be required. After initially signing consent forms, the research team members will provide verbal consent by referencing the research agreement (which you will be involved in drafting at the start of the project and will return to at various points of the project) at the beginning of each research meeting. The reflection journals will provide you with an opportunity to raise any concerns related to consent or the research process in general, privately, with the research facilitator, to help to ensure ongoing consent is maintained.

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.