



Evaluation of Trauma-Informed Schools UK

Information sheet for students

This leaflet is for students/their parents and/or guardians in schools participating in the Randomised Controlled Trial of Trauma-Informed Schools UK programme.

We are pleased to invite you/your child to participate in this study examining whether implementing trauma-informed practices in schools benefit young people. By participating in this study you/your child will need to complete an online questionnaire in Term 1 2023/24 and Term 2 2024/25. The survey questionnaire will ask you/your child about your/their overall wellbeing, connections to school, friends and community, as well as behaviours and general health.

You/your child may also be invited the following school year to participate in an interview or focus group. However, we will require permission from you/your child before this takes place.

Involvement in this study will help to ensure it is informed by a large enough group of young people that allows us to provide robust evidence to assess whether or not trauma-informed practices in schools benefit young people. If you have any queries about how the study will be run in class or would like to withdraw your/your child's participation in this study, please contact a member of the staff or study team using the contact details at the bottom of this leaflet as soon as possible.

Who is conducting the evaluation?

Ipsos, an independent research organisation, TONIC, a social research consultancy, and the University of Kent (UoK) have been commissioned by the Youth Endowment Fund (YEF) to conduct the Randomised Controlled Trial of Trauma Informed Schools UK.

What the Trauma Informed Schools UK programme?

Trauma Informed Schools UK (TISUK) are an international training provider to schools and communities, working to date with over 5000 organisations. TISUK programme involves training staff and school leadership to create a mentally healthy culture for the whole school community and equip some staff with the skills to respond mild to moderate students mental health problems. It is intended that through training a school can support students with trauma/mental issues, aiming for a safe, supportive environment that aids learning.

What is a randomised controlled trial (RCT)?

An RCT is a scientific study design where participants are randomly assigned to two different groups to evaluate the effects of an intervention or programme.

In October 2023, schools in your area will be **randomly assigned to either ‘control’ or ‘intervention’ group**. Being an ‘intervention’ school means the TISUK programme will be implemented and delivered in your school through 2024, with staff being trained by TISUK. Differently, being a “control” school means that your school will not receive the TISUK programme and there will be no changes during the study period.

The introduction of a randomly assigned control group is the best way of evaluating if an intervention has an impact on children’s outcomes. It allows us to compare the efficacy of Trauma-Informed Schools UK against what would have happened if we had changed nothing. In addition, random allocation is like throwing dice that ensures there is a fair process to decide which settings receive the intervention first.

The comparison between students in intervention and control schools makes the study possible and worthwhile. We’re examining what benefit embedding trauma-informed approaches within schools has on students.

Why is this evaluation taking place?

The introduction of ‘trauma-informed practice’ has become very popular to support services like schools to recognise and respond to these effects of trauma in staff and young people. But we don’t know how well these approaches work, and so this study is aiming to fill this gap with robust evidence on the impacts of trauma-informed practice and provide information on how schools might work with young people in the future.

What will you/your child be asked?

The study involves you/your child (and other students) completing an online questionnaire supervised by a teacher or non-teaching staff during one class or tutor period. The teacher will provide you/your child with instructions to complete the survey.

We will ask you/your child about your overall wellbeing, connections to school, friends and community, as well as behaviours and general health. We will also ask you/your child to provide details such as name, date of birth, ethnicity and gender. We will not ask you/your child to reflect any individual experiences of trauma, distress or other hard times.

You/your child will be asked to complete a survey in Term 1 2023/24 and a second survey in Term 2 2024/25.

To get a clear understanding of what young people think about the new trauma-informed approach we might ask you/your child to take part in an interview and/or focus group with a researcher in the following school year. Focus groups and interviews will focus on you/your child’s perspectives on the support provided by schools to students around wellbeing and mental health. Interviews and focus groups are not compulsory, you/your child do not have to participate, and parents’ consent is also required. More information will be provided on a later date should you/your child be invited for any of these.

Do(es) you/your child need to take part?

No, participation is completely voluntary. You/your child do(es) not have to participate in the study you/your child not want to. Opting out from the study will not change the support you/they will be provided with at your school.

You/your child are/is free to stop taking part at any time without giving a reason up to July 2025. If you/your child would like to opt out, please contact a tutor, teacher or the study team (details below) and/or sign the withdrawal form below. Once your/your child's anonymised survey responses goes into the YEF data archive (see below) it may not be deleted because it needs to be used for future research.

How will the information be used?

Information and answers you/your child provide/s will be put together with the answers from other people and presented as research findings and insights about TISUK in a final report that will go on the YEF's website. The report won't include your/your child's name or any information that could be used to identify you/your child.

Ipsos UK, TONIC and UoK will keep all personal data and responses in strict confidence in accordance with the Privacy Notice accompanying this document.

At the end of the study, survey data gathered during the trial will be stored by the YEF for the long term, to examine impacts that might not be captured within the period of this research. Before the data goes into this data archive, all personal information will be removed so no-one looking at this data in the archive will know who you/your child are/is. YEF will only keep data for as long as needed to carry out future research. For more information please refer to the Privacy Notice, or visit please visit

<https://youthendowmentfund.org.uk/evaluation-data-archive/>

Please note that all data will be collected, stored, and processed in accordance with Data Regulations. You can read more about how we will use your/your child's data and your/your child's data protection rights in the Privacy Notice.

Any questions?

If you have any questions about the case studies, please contact your school or our school liaison officer Luisa Gomes, tisuk@ipsosresearch.com

Opt-out form

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Please sign the following form, if you/your child do/does not want to take part in this research. This form should be returned to a member of your school or the Ipsos research team (tisuk@ipsosresearch.com)

Student name

Parent name

Parent signature

Date.....

