

## Informed Assent/Consent

Please read this informed assent/consent carefully before you decide to participate in the study.

### Assent/Consent Form Key Information:

- This study includes a free 12-week anthropology and performing arts (voice and dance) training, ending with a performance for our community
- We will measure your height, weight, waist and hip measurements, and blood pressure. We will collect saliva (spit) samples for hormone analysis. All these things will be done three times (at the start of the training, the end of the training, and three months later).
- We will make audio and visual recordings during interviews and voice/dance trainings. You can say not to being recorded. If you are recorded, we will not share your recordings without your permission.
- You may take pictures or make a video as part of your participation in this project. We will not share your pictures or video with anyone without your permission.
- Your identity and responses will be kept confidential
- If you choose to share pictures or videos from the training, you may reveal your identity as a participant in this study
- Some of the study activities may cause emotional or physical discomfort. If they do and you want to stop, you can. If you become uncomfortable during or after the activities and need help, we will help you find it.
- Singing and dancing can make you breathe hard and fast. Breathing hard and fast increases the risk of COVID-19 transmission. We have created safety procedures that will decrease this risk as much as possible.

**Purpose of the research study:** We want to learn more about how participation in creative activities might benefit people your age. Besides making you better at singing and dancing, we think performing arts training might make you feel less stressed and more confident in yourself and your abilities. We also think it might change your body's stress response. You are invited to be in this study because you are a student at Central High School.

### What you will do in the study:

Our study combines anthropology, vocal performance, and dance. Anthropology is the study of humans –our bodies, our culture, our life experiences, and our history. Vocal performance and dance are part of culture. This study combines one of the things that anthropologists like to do – find out about people's thoughts, feelings and experiences – with the performing arts: how people *express* their thoughts, feelings and life experiences.

**We will spend the first few weeks getting to know you and asking your opinions about your community.** This part will be guided by Courtney and Stephanie, who are anthropologists. We will ask about things like your age, gender, grade level, and who you live with. We will measure your height,

weight, waist and hip circumference, and blood pressure – these are called anthropometrics. We will collect a small amount of saliva to look at your stress hormones levels. Cortisol is a hormone that is always in the body and can tell us about stress. DHEAS is a hormone whose levels change during childhood. We will also ask you to take some short surveys on how you feel about yourself and your life.

**Next, we will ask you to share your opinions and concerns** about your life and life in your community. You will be able to choose between three ways of doing this. The first is a focus group, which is a type of discussion in which the discussion leader asks the people in the group questions about a topic. The leader will use a digital audio recorder to take notes to make sure that everyone's opinions and ideas are taken down. If you decide you do not want to be in the focus group, you may wish to choose one of the other methods of sharing your opinions and concerns.

**The second option for sharing your opinions and concerns is a TikTok-style video.** We will ask you to make a video that shares something you want others to know about your life and life in your community. Once you have made the video, you will be interviewed by Courtney or Stephanie, who will ask you some questions to make sure we understand what you intended to say in your video. The interview will be audio recorded. If you decide that you do not want to be recorded, the interviewer will take notes.

**The third option for sharing your opinions and concerns is an activity called Photovoice.** If you choose this option, you will be asked to take pictures of things that say something you want others to know about your life and life in your community. If you do not have a camera or a phone with a camera, we will provide one for you. Once you have taken the pictures, you will be interviewed by Courtney or Stephanie, who will talk with you about the meaning the pictures you took have for you. The interview will be audio recorded. If you decide that you do not want to be audio recorded, the interviewer will take notes.

Posting TikTok-style videos and Photovoice pictures on the internet is not part of this study. If you choose to post or share these, other people may figure out that you were in this study. You should think about whether you want other people to know that before you share anything you have done in this study on the internet.

**After everyone has had a chance to complete two of the three activities** (the focus group, TikTok-style video, or photovoice) the researchers (Courtney, Stephanie, Alvon and Alexis) and participants (the students) will spend one or two sessions talking about the ideas and concerns the students have in common. These shared ideas and concerns will be themes for the dance and vocal performance training.

**For the next eight weeks,** Alexis, who is a vocal performer, and Alvon, who is a dancer, will work with you to create a performance that connects the themes you identified to African American music and dance history in our region. These topics will include tracing your ancestry; African styles; creating dance and vocal performances; individual focus; putting song and dance together; and tech week. The eight weeks of training will be a mix of in person and virtual instruction. There will always be at least one researcher present even if instruction is virtual. We will also take two field trips to places that are

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important to the history of music and dance in our area. At the end of the training, you will have the chance to show what you have learned in a performance that will be open to the community. If you agree, we may also ask to share your TikTok-style videos and Photovoice projects at this performance.

**We will sometimes make recordings** of you talking, singing, or dancing in order to look for changes in your body posture.

**One week after the performance**, we will contact you to repeat the measures we did at the start of the study – the spit, the body measurements and the surveys. We think that there will be a difference between how you feel and what your body shows at the end of the program compared to the start. We will ask you to let us measure again three months later because we want to know if any changes in your body or how you feel last longer than three months.

**Time required:** If you decide to be in the study, it will last for 12 weeks. We will meet at Central High School after school Monday through Thursday from 4-5:30pm from February to May of 2021. We will let you know the exact start date as soon as we can. We provide the materials you need to participate. You will also get a snack every day. There are no costs associated with being in this study.

**Risks:** There is a chance that being in this study will make you emotionally or physically uncomfortable. If any of the activities make you feel upset, please let us know. We will connect you to the school counselor or nurse for assistance. If the singing and dancing activities bother you physically, please let us know. It can take time to get used to a new skill. We will help you as you need it, including rest and seeking help from the school nurse for any injury.

There is a risk that other students in this study may share information about what we say or do. We will ask that all participants keep what is shared confidential, but we cannot promise that someone will not discuss the project.

Singing and dancing can make you breathe hard and fast. Breathing hard and fast increases the risk of COVID-19 transmission. We have created safety procedures that will decrease this risk as much as possible. For dance, there will be no direct or indirect contact. Students will be spaced 8-10' apart, will wear masks, and will wash their hands before and after each class. Students will spend the last 15 minutes of each session cleaning the space. For singing, the spacing, masking, and hand-washing are the same. Also, the session will be broken into two 30-minute segments with a 30-minute break for fresh air between the two. Masks, hand sanitizer, and cleaning supplies will be provided.

**Benefits:** Participation in this training will give you the chance to build skills in vocal performance and dance. You will learn about what data anthropologists collect, and how they do so.

**Confidentiality:** Your participation in this study is confidential. We will not tell anyone outside the study that you are taking part in it. In writing about this study, we will mostly talk about what the group said or didn't say. If we share your specific comments, pictures you took or your videos in papers, reports, or displays about the study we will not tell your name or share anything that would make people know

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who you are. The information you share with us will be given a code number. We will refer to your information by this number and not your name.

**Voluntary participation:** Your participation in the study is completely voluntary.

**Right to withdraw from the study:** You have the right to stop being in this study if you decide not to do it anymore. **You can also choose not to participate in activities or answer questions if you don't want to.** Nothing bad will happen if you say you want to stop. We will destroy any information you have given us if you decide to withdraw.

**How to withdraw from the study:** If you want to stop being part of the study, please tell us.

**Compensation/Reimbursement:** You will receive no payment for participating in the study.

**If you have questions about the study or need to report a study related issue please contact, contact:**

Name of Principal Investigator: Courtney Helfrecht

Title: Assistant Professor

Department Name: Department of Anthropology

Telephone: (205) 348-7293

Email address: [chelfrecht@ua.edu](mailto:chelfrecht@ua.edu)

**If you have questions about your rights as a participant in a research study, would like to make suggestions or file complaints and concerns about the research study, please contact:**

Ms. Tanta Myles, the University of Alabama Research Compliance Officer at (205)-348-8461 or toll-free at 1-877-820-3066. You may also ask questions, make suggestions, or file complaints and concerns through the IRB Outreach Website at <http://ovpred.ua.edu/research-compliance/prco/>. You may email the Office for Research Compliance at [rscompliance@research.ua.edu](mailto:rscompliance@research.ua.edu).

**Please keep a copy of this form for your records.**

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**Agreement:**

- I agree to participate in the research study described above.
- I do not agree to participate in the research study described above.

**Audio/video recording consent:**

I understand that part of my participation in this research study will be audio/video recorded and I give my permission to be recorded.

- Yes, my participation can be audio/video recorded.
- No, my participation cannot be audio/video recorded.

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Signature of Research Participant

Date

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Print Name of Research Participant

**Please fill in the contact information below and return this form to the front office of Central High School, along with the completed parental/guardian permission form.**

Preferred name: \_\_\_\_\_

Email address: \_\_\_\_\_

Phone number: \_\_\_\_\_

**Contact Information for the Researchers:**

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