

Parental Permission

Please read this information carefully before you decide if your child can participate in the study.

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 participant's 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. Participants can say not to being recorded. If participants are recorded, we will not share recordings without your permission.
- Participants may take pictures or make a video as part of your participation in this project. We will not share pictures or video with anyone without permission.
- Participants' identity and responses will be kept confidential
- If participants choose to share pictures or videos from the training, they may reveal their identity as a participant in this study
- Some of the study activities may cause emotional or physical discomfort. If they do and participants want to stop, they can. If participants become uncomfortable during or after the activities and need help, we will help them find it.
- Singing and dancing can make people 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 adolescents. Besides improving singing and dancing abilities, we think this training might make participants feel less stressed and more confident in themselves and their abilities. We also think it might change their body's stress response. Your child is invited to be in this study because they are a student at Central High School.

What your child 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 your child and asking their opinions about their community. This component will be guided by Courtney and Stephanie, who are anthropologists. We will ask participants about things like their age, gender, grade level, and who they live with. We will measure participants' height, weight, waist and hip circumference, and blood pressure – these are called

anthropometrics. We will collect a small amount of saliva to look at participants' 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 participants to take some short surveys on how they feel about themselves and their lives.

Next, we will ask participants to share their opinions and concerns about their life and life in their community. Participants 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 participants decide they do not want to be in the focus group, they may wish to choose one of the other methods of sharing opinions and concerns.

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

The third option for sharing opinions and concerns is an activity called Photovoice. If participants choose this option, they will be asked to take photographs of things that say something they want others to know about their life and life in their community. If your child does not have a camera or a phone with a camera, we will provide one for them. Once participants have taken the photographs, they will be interviewed by Courtney or Stephanie, who will talk with them about the meaning the photographs have for them. The interview will be audio recorded. If participants decide that they 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 participants choose to post or share these, other people may figure out that your child was in this study. We will encourage participants to think about whether they want other people to know that before they share anything they 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 participants to create a performance that connects those identified themes 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, participants will have the chance to show what they have learned in a performance that will be open to the community. If participants agree, we may also ask to share their TikTok-style videos and Photovoice projects at this performance.

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

One week after the performance, we will contact participants 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 participants feel and what their bodies show at the end of the program compared to the start. We will ask participants to let us measure again three months later because we want to know if any changes in their body or how they feel last longer than three months.

Time required: If you decide to allow your child 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 participants need to participate. Participants 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 participants emotionally or physically uncomfortable. If any of the activities make participants feel upset, we ask them to please let us know. We will connect participants to the school counselor or nurse for assistance. If the singing and dancing activities bother them physically, we ask them to please let us know. It can take time to get used to a new skill. We will help participants as they 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: This training will give participants the chance to build skills in vocal performance and dance. Participants will learn about what data anthropologists collect, and how they do so.

Confidentiality: Your child's participation in this study is confidential. We will not tell anyone outside the study that they are taking part in it. In writing about this study, we will mostly talk about what the group

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said or didn't say. If we share participants' specific comments, pictures they took or their videos in papers, reports, or displays about the study we will not tell their name or share anything that would make people know who they are. The information participants share with us will be given a code number. We will refer to their information by this number and not their name.

Voluntary participation: Participation in the study is completely voluntary.

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

How to withdraw from the study: If a participant wants to stop being part of the study, please tell us.

Compensation/Reimbursement: You child 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

If you have questions about your child's 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.

Please keep a copy of this form for your records.

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Agreement:

I agree to allow my child to participate in the research study described above.

I do not agree to allow my child to participate in the research study described above.

Audio/video recording consent:

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

Yes, my child's participation can be audio/video recorded.

No, my child's participation cannot be audio/video recorded.

Note: Only one signature is necessary if a secondary parent/guardian is unavailable due to divorce, death, or migration.

Signature of Parent/Guardian

Signature of Parent/Guardian

Date

Date

Printed Name

Printed Name

Phone number: _____

Email: _____

Contact Information for the Researchers:

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