

PARTICIPANT INFORMATION SHEET: YOUNG PEOPLE (AGES 7 to 11)

How can we help children who are scared of some things?



We are asking you and your family to take part in our project, which is all about helping children who are scared of some things.

Before you decide if you want to join in, we want to tell you a bit more about what will happen.

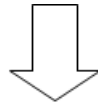
Talk about this with your family to help you decide if you want to take part.

About this project

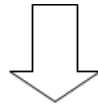
- **What is this project about?**
 - Sometimes, children can be scared of things like animals, places and objects. This can make them feel sad and worried. You might be scared of one of these things, or something different and we want to find out the best way to help children who are scared of things.

- **What will I do?**

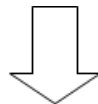
An adult will talk to you and your family to see if you want to join in



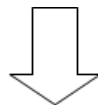
An adult will ask you and your parent/guardian some things about what you are scared of



You and your parent/guardian will then meet an expert. An expert is an adult with special knowledge. This expert can help with what you are scared of



They will chat to you about the thing you are scared of and help you find ways to feel less frightened



After you have finished working together with the expert, we will come back to visit you to see how you are getting on

- **Is it safe to join in?**

Yes, it is safe. There will always be an adult with you and you will always be safe.

- **Do I have to join in?**

- No, It up to you. If you take part, but then change your mind later, that is ok too. You can stop whenever you want.

Thank you for reading this, you can ask us any questions you like

