

Parent Consent group 1

### **Better Learning at School Project.**

Dear Parent or Caretaker,

If you are a designated caretaker of a child, references to your “child” will apply to you as well.

Your child is being asked to be a participant in a study. Two different approaches to creating a calm learning environment will be explored at two different schools. The approach at your child’s school is intended to gather information about the use of a technique called Thought Field Therapy (TFT) which could potentially increase your child’s ability to focus on schoolwork and learn. At the study’s finish, if the improvement in one school classroom, significantly surpasses the improvement in the other school’s classroom, all teachers who wish to participate will be given the opportunity to be trained to conduct the more effective treatment in their classrooms for the following semesters.

The study will take place throughout the Spring semester every school day morning at a teacher appointed time.

In your child’s classroom the children will take part in a ten-minute teacher-led group exercise each school-day-morning at a teacher-designated time. The children will be asked to think of something that might be troubling, something they would like to feel less nervous about or angry about, for example. They WILL NOT be invited to talk about the troublesome feeling or memory. The children will be asked to tap on specific relaxation points on the body in a specific order while thinking of something that might be troubling to them. This exercise will take no longer than 10 minutes each day.

Your child’s teacher who will lead these daily exercises will have been trained in the tapping intervention by Lic. Leonor Zarazua Menchaca of the San Andrés Pescador foundation, and Suzanne Connolly, a licensed Clinical Social Worker. Both of these trainers are experienced in helping children achieve a calm learning environment.

Additionally, both you and your child will be assessed on three occasions by graduate student from the Universidad Intercultural Indígena de Michoacán (UIIM). The first assessment will take place at the beginning of the school semester, the second assessment will be six-weeks later, and the third will take place at the end of the semester. You and your child will be answering on a tablet, and no one will have access to the questions and answers except the statistician, and the statistician will see only numbers representing your child. No one else at the University or anywhere will ever see your or your child’s questions and answers. As the child’s parent or caretaker, we would appreciate your participation in this study, but if you want your child to participate and you do not want to participate this will be okay. If you do also participate, your questions will be limited to questions about your child and not about you. What you see may be helpful.

You will be able to withdraw your child from participating in this study at any time without needing to give a reason. To withdraw your child from the study, you will simply need to notify

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your child's teacher who will notify Lic. Leonor Zarazua Menchaca. Your child's teacher will be given a form with which to do this.

The possible benefits to your child as a result of participating in this study, may be a reduction in stress, and improved grades. The risks might be that your child may think about difficult things while doing the TFT exercise or during the assessment and temporarily feel some emotional upset.

By signing this form and completing the information below, you are consenting to have your child take part in this study.

\_\_\_\_\_

Child's name Child's date of birth

\_\_\_\_\_

Parent or guardian's signature

Parent or Guardian's contact information.

\*Phone: \_\_\_\_\_

\*Email: \_\_\_\_\_

\*Address: \_\_\_\_\_

\*Note: This information will be kept in locked file cabinet at university