**GoodForm: Evaluation of a multidimensional universal program for adolescent boys.**

**Information Sheet for Principals**

**VU HREC: HRE TBA**

**Project Overview**

This project aims to develop a comprehensive educational program that will reduce body dissatisfaction, Appearance and Performance Enhancing Substance [APES] use, and lenient attitudes towards doping in sport among adolescent boys that can be embedded within the usual HPE curriculum and disseminated on a large scale.

To do this we have developed GoodForm based on the concepts and activities from The Athletes Training and Learning to Avoid Steroids [ATLAS] program, and the Body Project, both of which have an extensive evidence-base.

We aim to allocate all of year 9 or 10 boys to the intervention or control group. The intervention group year level will receive the 4-session GoodForm program in their regular HPE classes, and the control group will just complete data collection procedures, with the option of receiving the program after completion of the follow up questionnaire.

If you give consent for your school to participate, we will communicate with the HPE teachers to facilitate this research.

The program is yet to be finalised, but content may include

* Overview and critique of the societal ‘ideals’ for male bodies over time as depicted in the media
* What are the costs of pursuing these societal ideals?
* How does your body build muscle?
* Why fake it when you make it- your body’s natural steroids
* Safe ways to enhance performance and build muscle
* Activity about the side effects of supplements, sports drinks and steroids
* Convincing a peer not to take supplements or steroids
* Doping in sport and fair play
* Media Literacy- dissecting advertisements for supplements
* Creating a campaign against using supplements and steroids

The program developed in the 3D project aligns with multiple areas of the Australian Curriculum for HPE for year 9 and 10, including:

* ACPPS095- Evaluate and apply health information from a range of sources to health decisions and situation
* ACMPM102- Design, implement and evaluate personalised plans for improving or maintaining their own and others’ physical activity and fitness level
* ACPMPS092- Propose, practise and evaluate responses in situations where external influences may impact on their ability to make healthy and safe choices
* ACPMP107- Reflect on how fair play and ethical behaviour can influence the outcomes of movement activities

All teachers participating in this project will complete informed consent forms. Boys and their parents will be given extensive information about the research, and the opportunity to opt out of research participation. This should reduce the administrative burden of school research participation.

This project has been approved by the Victoria University Human Research Ethics Committee (VUHREC).

**Confidentiality**

None of the information that is collected will enable the school to be identified. The identity of all schools and participants will be protected at all times. No ID codes or names will be used to record data against particular participants, and the name of the school will not be recorded with the data. All documentation associated with this study will be kept in Dr Yager’s office at Victoria University, in a locked filing cabinet and on a password-protected computer. All physical data will be destroyed after the requisite data storage period of five years.

The findings of this work will inform the final program design and may be published in academic journals and presented at conferences. No material will refer to any participant or school directly. We will forward any publications resulting from this research to the school.

**Contact**

If you have and questions or concerns, please contact chief investigator Dr Zali Yager on 0403 011643 or [zali.yager@vu.edu.au](mailto:zali.yager@vu.edu.au).

**What next?** Please complete the attached form to indicate whether or not you would like your school to participate in this research and return it to Dr Yager by email at your earliest convenience.

**GoodForm: Development of a multidimensional universal program for adolescent boys.**

**HEC: TBA**

**Principal Consent Form**

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have read and understood the information sheet provided by the researcher about this study, and my questions have been clarified to my satisfaction. A copy of the information sheet for this study and this form has been provided to me.

Please select one of the following:

* I agree for the school to participate in this study, and understand that the school will not be identified.
* I agree for a teacher/s and year 9 or 10 boys to participate in questionnaire data collection at pre, post, and 3-month follow up.
* I consent to teachers implementing the GoodForm project materials in HPE class.

OR

* I do not wish for my school to participate in this research

**Name of school ……………………………………………………………………..**

**Name of principal …………………………………………………………**

**Signature……………………………………….. Date……………………………….**

Researcher contact details:

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