

Journey of Transformation
Study Information Sheet

Investigator Contact Information: Tessa Evans-Campbell at tecamp@uw.edu or 206-849-9463

What is the purpose of this research study?

We are trying to learn more about a new curriculum that will be available to sophomores. The lessons will include traditional storytelling and other Native American cultural arts activities (i.e., drum making, film making) plus Traditional Ecological Knowledge (TEK) activities and field trips. We would like to know how well the curriculum explains leadership skills, Native American cultural arts, the natural environment, and promotes healthy decision-making around health and relationships, including sexual health.

Why am I being asked to participate in this study?

You are being invited to join the study because you are (or will be) a sophomore at the School. Your participation is voluntary. You may choose to participate in all or some of the activities.

What is involved?

If you choose to participate, you will:

- Be selected by chance (50/50) to attend a health class in the winter or the spring that will teach the new curriculum.
- Engage in roughly 8 sessions about healthy behaviors during your health class. You will also learn new skills around Native American cultural arts and environmental restoration leadership, storytelling, and traditional health practices.
- Take four online 15-20-minute surveys, one every 3-6 months. These surveys will ask you about your connectedness to Native communities, sexual relationships, and drug and alcohol use.
- Attend optional after-school activities and field trips. These may include hikes, digital storytelling and film making, drum making, and creating a storytelling vest.

Will I be paid?

Yes! You will be paid up to \$95 in online gift cards for taking the surveys: \$20 for the first survey; \$20 for the second survey; \$25 for the third survey; and \$30 for the last survey. You will also be invited to feast celebrations and be gifted study-related items, like t-shirts, basketballs, journals, or water bottles.

What are the risks?

There is a chance you could feel embarrassed or anxious answering some of the questions in the surveys. You can skip any question you don't want to answer and you can stop participating in the survey anytime you want. If answering these questions makes you feel upset, please let study staff know so we may connect you to support.

You may also worry about people finding out what you say in the survey or during the study activities. There is a small risk of someone outside the study finding out personal information, but we have taken steps to reduce this risk. We will keep all data (your answers to the surveys) confidential and will only share this outside of the

study team when it is necessary. For example, your answers are encrypted and they are not connected to your name. Instead, we use a unique code to link your name and the data. The link file is on a secure server and is password protected.

During the optional outdoor activities, you may feel environmentally-based discomfort related to heat or rain exposure, limited bathroom access, walking on some unpaved roads, roads with hills, curves, or construction work, as well as exposure to insects such as mosquitos, wildlife such as snakes, and flora or fauna such as poison oak or ivy. At any time, if you need a break, vehicles will be nearby for easy access, extra hydration, and rest. There will also be vehicles to transport more significant injuries to appropriate medical resources. As a Chemawa student, you can access the IHS health clinic services on campus free of charge.

Are there any benefits?

You may enjoy hearing traditional stories from elders and learning about drum making and other traditional activities. You might also like creating a digital story, film making, and going on field trips.

You may learn new skills about leadership and how to have healthy relationships and behaviors. It might also make you feel proud to be a part of something that could help the health and wellness of Native American youth across the country.

You will enjoy gatherings where we share healthy food.

Any other information?

Participating in this study is voluntary. This means you do not have to join the study if you do not want to. If you choose to participate but later change your mind, you will stay in the class and not take the surveys.

Your continued participation in this class means you agree to participate in the study, unless you contact us at jot01@uw.edu to inform us that you no longer want to be in the study. In this case, you may stay in the class, but will not be asked to take the surveys.

There may also be times when we may not be able to keep what we learn private. If you tell us that a child or an elder is being abused, or if we think you are at risk of hurting yourself or someone else, we will need to tell the appropriate people to help you.

What if I have other questions?

For any other questions or concerns about the study, please reach out to our study team:

206-543-7411 (call or text)
jot01@uw.edu

If you have any questions about your rights as a study participant, please contact:

UW Institutional Review Board (IRB)
206-543-0098
hsdinfo@uw.edu