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**Adolescent Technology Engagement, Self-Regulation, and the Changing Nature of Parent,
Peer, and Intimate Relationships**

Parental Consent Form

Your child has been invited to participate in a research study conducted by the University of British Columbia that will be occurring in the coming weeks. Please take a moment to review this information about the study.

Principal Investigator: Dr. Jennifer Shapka

Purpose: Adolescents spend an enormous amount of time online and on their mobile phones. Unfortunately, emerging research indicates that spending a disproportionate amount of time online everyday can lead to outcomes such as poor sleep, struggles with mood and anxiety, as well as strained relationships with family. The latest research suggests that this reliance on technology can't always be helped, as adolescents form deep attachments to digital devices. These attachments might help serve the social needs and goals of adolescents, despite research supporting the relative importance of face-to-face interactions.

Research Procedures: This study involves having your adolescent complete a yearly questionnaire about their mobile device use, as well as their relationships with friends, family, and romantic partners (please note that we will be asking them if they have sent or received any messages of a sexual nature). Given the ongoing context of the COVID-19 pandemic, we will also be asking you to answer questions about how COVID-19 has affected your device use, schooling, and overall well-being. All questions are optional and can be skipped if your child prefers not to answer. The online questionnaire will take approximately 45 minutes to complete and will be completed once a year during school time until your adolescent graduates. Your child will complete the questionnaire on their own device. A link to the questionnaire will be sent to their school email address. There are no known risks associated with this study, however, should your teen feel uncomfortable, they have the right to withdraw from the study without any penalty, at any time. Your adolescent also does not have to answer any question that they are uncomfortable about. That said, if you do not wish your adolescent to participate in this study, you must return the second page of this letter, indicating this. If your child is not participating, they will simply be asked to work on their homework or read while their classmates complete the questionnaire. If you would like to view the questionnaire that your child will be filling out, please contact Dr. Jennifer Shapka (email: jennifer.shapka@ubc.ca; phone: 604-822-5253) who will provide you with a copy of the questionnaire via mail or via email. The school also has a copy of the questionnaire available for you to look at.

Confidentiality: We want to make sure your child feels safe answering questions honestly. To make sure this is the case, we make every effort to ensure confidentiality. Throughout the study your child will only be identified by a unique ID number. Their questionnaire answers will never be linked with any identifying information and we use only their ID number to link each year's questionnaires. All the data for this study will be encrypted and stored on a secure, password protected server at UBC. Only the core research team will have access to the data.

Remuneration: As a thank you for having your child participate in this study, each year, all eligible participants will have their name entered into a draw to win a new iPhone or gift card of equal value. Note that your teen's name will still be entered into the draw even if you do not give consent.

Risks of participation: There are no serious risks associated with this research. If your child chooses not to participate in the study, they will not be penalized in any way. Those who choose not to participate in the study will be asked to read and/or do homework.

All students will be given the contact information for their school counsellor, as well as other resources in BC, such as the Kids Help Line, should they experience any distress after filling out the questionnaire (due to the potentially sensitive questions about sexting, COVID-19, and emotional well-being).

Contact for concerns about the rights of research subjects: If you have any questions or concerns about your child's rights as a research participant and/or their experiences while participating in this study, please contact the Research Participant Complaint Line in the UBC Office of Research Ethics at 604-822-8598, or if long distance e-mail RSIL@ors.ubc.ca or call toll free 1-877-822-8598.

****IMPORTANT:** Please return this form to either jennifer.shapka@ubc.ca or cyber.kids@ubc.ca if you DO NOT wish your teen to participate in any part of this study.**

Consent:

Your child's participation in this study is entirely voluntary and you may refuse to have your child participate this study by returning this form, or have them withdraw from the study at any point without jeopardy to their class standing.

Your signature below indicates that you have received a copy of this consent form for your own records and that you DO NOT consent to your child's participation in the study.

Part 1 (questionnaire administered at school during class time):

I DO NOT consent to my child's participation.

THE UNIVERSITY OF BRITISH COLUMBIA

Name of Child (please print): _____

Name of your Child's School: _____

Your Name (please print): _____

Your Signature

Date