

## Learning, Social Media, & Healthy Behaviors Project

### Parent Invitation to Participate

<https://tinyurl.com/bigelowparent>

- We want to learn more about how middle school students and parents use social technology (such as smartphones, Instagram, online games) and how parents manage their child's use.
- *Even if your child does not have a cell phone or use social media yet, we would like to learn more about your attitudes around these topics. We would love to hear your insights!*
- In order to understand how social media use is related to psychosocial and physical health, we will also ask you about your child's behaviors, such as sleep, internet use, drug use, dating and sexuality, etc.
- Although we will be asking for your child's name in order to link your survey responses with your child's survey, all of the demographic information you provide will be kept completely confidential.
- The survey will take about 20-30 minutes to complete.

### Who we are

Linda Charmaraman, PhD, principal investigator, is a research scientist at Wellesley Centers for Women, specializing in adolescent risk and resilience and digital media use. In addition to the current study's funding from Children and Screens: Institute of Digital Media and Child Development, Dr. Charmaraman has received research funding from the Department of Education, NIH, CDC, among others.

Megan Moreno, MD, MPH, co-principal investigator, is the Academic Division Chief in Pediatrics/Adolescent Medicine and Vice Chair of Digital Health at the University of Wisconsin, Madison. As the principal investigator of the Social Media and Adolescent Health Research Team (SMAHRT), her team has published the largest body of work related to social media and health to date.

Jennifer Grossman, PhD, co-investigator, is a research scientist at Wellesley Centers for Women, she has collaborated with Dr. Charmaraman on federally and foundation-funded projects related to family communication, sexual health, racial/ethnic diversity, and media use. *Also, Dr. Grossman is a proud Bigelow alum!*

### Benefits of this research

- Your contribution would make a big difference in our understanding of the role of parenting in early adolescent use of social technologies and healthy outcomes.
- Bigelow receives a \$500 honorarium as a study participant.
- Parents who take the online survey are entered into raffle prize drawings of **\$40 Amazon gift cards**. Drawings take place on Monday December 4 and Monday December 11. Deadline for survey participation is December 22.
- In late spring 2018, our research team will present the results of our Student, Parent, and Staff survey study to the Bigelow community.

### Confidentiality

- Everything you tell us will be **private** and data will only be shared in the aggregate without identifying information, such as in reports, presentations, or publications.
- Your answers will be kept private from your child and school staff – only researchers will know how you answered.
- This is completely **voluntary**. Whether you participate or not will not affect your child's academic standing.

*If you have any questions about this study, you can call the study director, Linda Charmaraman, PhD, at (781) 283-2542 or email [LCharmaraman@wellesley.edu](mailto:LCharmaraman@wellesley.edu). This study has been approved by the Institutional Review Board at Wellesley College and by the Newton Public Schools Office of the Assistant Superintendent of Secondary Education and Special Projects. If you have questions about your rights as a study participant, you can call Dr. Nancy Marshall, chair of the Wellesley College IRB, at (781) 283-2551.*