

Mental Health and Wellbeing Test and Learn

You are being invited to participate in activities to inform our new Mental Health and Wellbeing Programme at Scouts. Before you decide whether to take part, please read this information carefully and ask us if you have any questions.

What's this all about?

We're asking for your help with our test and learn phase. The programme and new activities are designed to help us better understand young people's current knowledge, experiences and what works for their mental health and wellbeing. By exploring how they recognise, talk and manage their feelings, we can identify what they already understand and where they may need additional support from the programme. This will help us further shape age-appropriate approaches that strengthen emotional literacy, resilience and overall wellbeing. Feedback from this stage will directly inform how the wider programme is developed to achieve meaningful mental health outcomes.

Once we've completed this phase, we'll be looking for feedback from our leaders and young people within Scouts and Explorers. There may also be some small focus groups. This feedback will help us launch a programme that builds confidence, promotes positive mental health, and ensures young people feel supported, heard and equipped to look after their wellbeing.

Why am I being contacted?

We have contacted you because you are a young person, parent or adult volunteer who is involved with in Scouting. We're interested in your thoughts on the programme, activity content and themes.

What would I be asked to do if I took part?

If you are a young person taking part, you will join in an activity lasting up to 50 minutes. During the session, you will take part in age-appropriate activities designed to explore mental health and wellbeing. This may include recognising

emotions, understanding feelings and how to manage them. There are no right or wrong answers – we are interested in your ideas and experiences.

What are the benefits of taking part?

As both a young person and adult volunteer involved with Scouts, your experiences are very important to us. By participating in this research, you will have an opportunity to help us shape a new Scouts programme on Mental Health and Wellbeing, ensuring it is relevant, supportive and age-appropriate.

Taking part may also provide young people with an opportunity to reflect on their own feelings, build confidence in talking about emotions, and strengthen their understanding of positive mental health.

While we aim for all activities to be engaging and supportive, some discussions about feelings or wellbeing may feel a little personal. Participants can choose not to answer any questions or can leave the activity at any stage.

Will I be paid?

No, this is a voluntary opportunity.

Will I be audio-recorded / photographed / filmed?

No, you will not be recorded, photographed or filmed.

What personal information will you collect and store?

For this research project, if you are an adult volunteer we will need to collect some personal information about you (data which could identify you), this includes:

- Name
- Group name
- Email address
- County/Region of your Scout Group

If you are a young person taking part in this research, the only personal information we will collect from you (and your parent/carer) will include your names. This will be on the consent form, which your parent/carer will sign. If your session was run by a national volunteer, the completed consent forms will be stored securely as below. If

your session was run by a local volunteer (for example, your leader), they will be responsible for storing the completed consent forms.

We have asked for your consent to collect and handle your personal information in the consent form. Only the Scouts team will have access to your personal information. We are securely collecting and storing it on an encrypted internal server in accordance with the General Data Protection Regulation (GDPR) and UK data protection legislation. The data will be destroyed within one year after the project ends in March 2027. If you would like more information about the way we comply with data protection legislation, please get in touch.

Will my participation be anonymous and confidential?

Your participation in the research will be kept confidential to the Scouts project team and only they will have access to your personal information. We will anonymise the data by not collecting any personal information during the sessions or workshops. Your consent form - and if you're an adult volunteer, your contact details - will be retained for up to one year after the project ends so we know what research you were part of if you have any questions after the session or workshop. We will do our best to ensure your anonymity and keep your participation confidential. However, there may be limits to this, like if there are serious concerns about your safety or the safety of others.

What are my rights? Do I have to take part?

If you decide to take part in our research you are still free to withdraw, modify your consent or withdraw your consent at any time, without giving a reason, by getting in touch with us. However, it may not be possible to remove your data from the project once it has been anonymised. You have strong rights around your personal information under UK data protection legislation. To find out more see www.ico.org.uk/your-data-matters/. If you have any questions about your data, get in touch with us, or with our Data Protection Officer on Enquiries.dpo@scouts.org.uk.

If you're unhappy with the research, please tell us so that we can sort it out. You will not get into trouble; it helps us keep you safe and improve how we work. You can make a complaint by contacting Liv.marsh@scouts.org.uk

Contact details

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Programme Executive

If you have any questions or concerns, please do not hesitate to get in touch.

The Scouts Programme Team