

**Invitation to be part of the HEARTS project**

**What is the HEARTS project?**

The HEalthy Adolescent Relationships Training Study (HEARTS) is a project to evaluate the ArielTrust’s ‘FaceUp’ programme.

**What is ‘Face-Up’?**

FaceUp is a media-based resource that educates young people aged 11-16about the differencesbetween **healthy and abusive/controlling relationships**. It aims to prevent and/or reduce dating violence perpetration and victimisation amongst adolescents. It is mapped to OFSTEDrequirements.

**Why is FaceUp being evaluated?**

By evaluating the programme we can refine the resource to better supportpupils and identify whether FaceUp has an effect on young people’s dating relationships.Establishing the impact of FaceUp may also help more young people receive the resource in the future, particularly with increasing challenges in getting protected time for such resources within schools.

**Can my school take part?**

Yes! In 2016 we will be conducting a pilotrandomised controlled trial (pilot-RCT) of FaceUp. We want to recruitschools that have notpreviously delivered FaceUp. If your school is planning to **use FaceUp in full, for the first time during Summer Term 2016** (April-July 2016), we would like to invite you to take part.

**What is a pilot RCT?**

A randomised controlled trial (RCT) is generally considered the best way of finding out if an intervention works. Individuals, or in this case schools, are randomly allocated to either receive the intervention (in this case Face Up) or to a comparison group (provision as usual). Group allocation is completely random, much like flipping a coin. The otherwise equivalent groups can then be compared to see what effect the intervention has.

A *pilot* RCT is a small RCT designed to test the feasibility of conducting a full RCT. It helps to identify potential challenges and prepare for them in advance. For this part of the HEARTS project we want to recruit about 8-10 schools.

**What would be involved in taking part?**

Schools that sign up will be randomly allocated to ***(1) intervention schools***, meaning that they will deliver FaceUpin SummerTerm 2016 to Year 9 pupils (population of interest for the research), or ***(2) comparison schools***, meaning that they will not deliver Face-Up in Year 9. The comparison schools have a choice to either not deliver Face Up at all until the study is completed (Summer Term 2017) or to deliver Face-Up to Year 7 or Year 8 pupils in Summer Term 2016 (so that Year 9 pupils in those schools can be used as comparison group students that did not receive the intervention). In other words, all schools will have the chance to deliver Face Up but half will do it in Year 9 and half in either Year 7 or Year 8.

In order to be involved, it is ***essential*** that schools are able to confirm **that the teachers who teach PSHE in Years 7, 8 and 9 respectively** (PSHE being where Face Up naturally sits in the curriculum) ***are different***. This is because the pilot-RCT will not work if in schools allocated to the comparison group the teachers of Face Up to Year 7 and 8 also teach PSHE in Year 9.

Schools that take part will receive training after Spring half-term 2016 (March 2016). They will be given a DVD of the resource and access to an online manual that includes:

* Lesson plans developed with support from the PSHE Association
* Handouts to help teachers facilitate group discussions
* A glossary of terms to support the teaching of appropriate language to describe unwanted behaviour

Before schools start delivering Face-Up in Summer term 2016, pupils in Year 9in *all* schools (intervention and comparison) will need to complete a **c.20 minutes online questionnaire(March 2015).** Questions will cover some sensitive issues such as pupils’ experiences of and attitudes towards abuse in dating relationships, their perceptions of peer attitudes towards abuse in dating relationships, and whether they would intervene in certain circumstances. Parents will have the opportunity to withdraw their child from participating in the research.

Pupils in Year 9 in *all* schools will need to complete another questionnaire (containing mostly the same questions) about three months later (i.e. after the schools delivering FaceUp in **Summer 2016 term** have finished delivering it – end of June/ beginning of July 2016). A final online questionnaire would take place in **Spring Term 2017**.

**Teachers**in the intervention schools who deliver FaceUp in Year 9 will be asked to complete a **short (c.5-10 minutes) questionnaire after each FaceUp lesson** to say what they did in the lesson and how well it went. All teachers from all schools will be asked to provide some information on what was covered in the PSHE lessons for Year 9.

Information provided by teachers and pupils will be anonymised in the write-up of the research, so nobody will know who made which comments. We will share what we find with participating schools, the Ariel Trust and other partners in the project.

**Who is involved**?

The **Ariel Trust** developed FaceUp and will provide the materials and training. It is an educational charity that was set up in 1982 to improve the life chances of young people and give them greater understanding of and access to media from which they felt alienated. Ariel Trust’s mission is to improve the quality of education by developing models of best practice based on creative multimedia projects tackling social issues. [www.arieltrust.com](http://www.arieltrust.com)

The **Dartington Social Research Unit**(DSRU) will co-ordinate the research. It is an independent charity that seeks to increase the use of evidence to improve outcomes for children and young people. The DSRU has considerable experience of conducting research with children, young people, families and schools. [www.dartington.org.uk](http://www.dartington.org.uk)

The **Big Lottery Fund** commissioned the DSRU to carry out this evaluation within the UK-wide Realising Ambition project. <http://www.catch-22.org.uk/programmes-services/realising-ambition>.

**Is there anything else I need to know?**

The DSRU will obtain ethical approval for the research from an independent ethics committee. This is to ensure that the research is conducted to **high ethical standards**.

**Who can I contact for more information?**

*For further information* ***about Face-Up*** *please contact the Ariel Trust:*

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