

# Assent Form Example: Youth Ages 12 - 17

## Understanding How Teens Use Social Media to Cope with Stress

Principal Investigator: Dr. Taylor Morgan  
Institution: Center for Youth Well-Being Research

### Why am I being asked to be in this study?

You are being asked to be in this study because the researchers want to understand how teens ages 12–17 use social media, and how it might relate to stress, school life, friendships, and emotions.

U.S. research rules say that when children are able to understand what a study is about, the researchers have to ask for their assent. Assent means to agree.

### What is this study about?

This will look at how people your age use apps like Instagram, TikTok, YouTube, or other social media websites, and how the use of these apps could affect feelings and relationships.

### What will I be asked to do?

If you choose to participate:

1. You will answer some questions online (about 20 minutes).
2. You might also be asked to join a short interview (20–30 minutes) about your experiences with social media. You do not have to be interviewed if you don't want to.

All activities will happen online or in a private room at your school.

### Are there any risks?

This study has minimal risks. This means the risks are similar to those you might experience in your normal daily life.

Possible risks include:

- Feeling uncomfortable while answering personal questions.
- Feeling mildly stressed when talking about topics like school pressure or social life.

If any question makes you uncomfortable, you may skip it or stop at any time. We will keep your responses private. No one other than the people on the research team will be able to see your answers to the questions we will ask you.

### Are there any benefits?

You may not personally benefit from being in the study, but your participation may help researchers understand how to improve resources and support systems for teens dealing with stress.

**Will my information be kept private?**

Yes. The researchers will not share your name or any information that could identify you. Your answers will be grouped with those from other teens.

**Do my parents know about this?**

Yes. Your parent or guardian must give permission before you join the study (this is called “parental permission”).

You still get to decide for yourself if you want to be part of the study.

**Do I have to be in this study?**

No. You get to choose.

Even if your parent or guardian says “yes,” you can still say no.

Saying no will not affect your grades, activities, or anything else in your life.

**What if I join but change my mind later?**

You can stop at any time. There is no penalty or consequence for stopping.

**Who can I ask if I have questions?**

If you have any questions now or later, you can ask:

Dr. Taylor Morgan

Email: [tmorgan@youthwellbeing.org](mailto:tmorgan@youthwellbeing.org)

Phone: (555) 123-4567

**Assent Statement**

Please read and check one:

- Yes, I want to be in this study.
- No, I do not want to be in this study.

Your Name: \_\_\_\_\_

Your Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Researcher Statement (to be completed by the researcher)**

I have explained this study to the participant in language that is appropriate for their age and have answered all questions.

Researcher Signature: \_\_\_\_\_ Date: \_\_\_\_\_