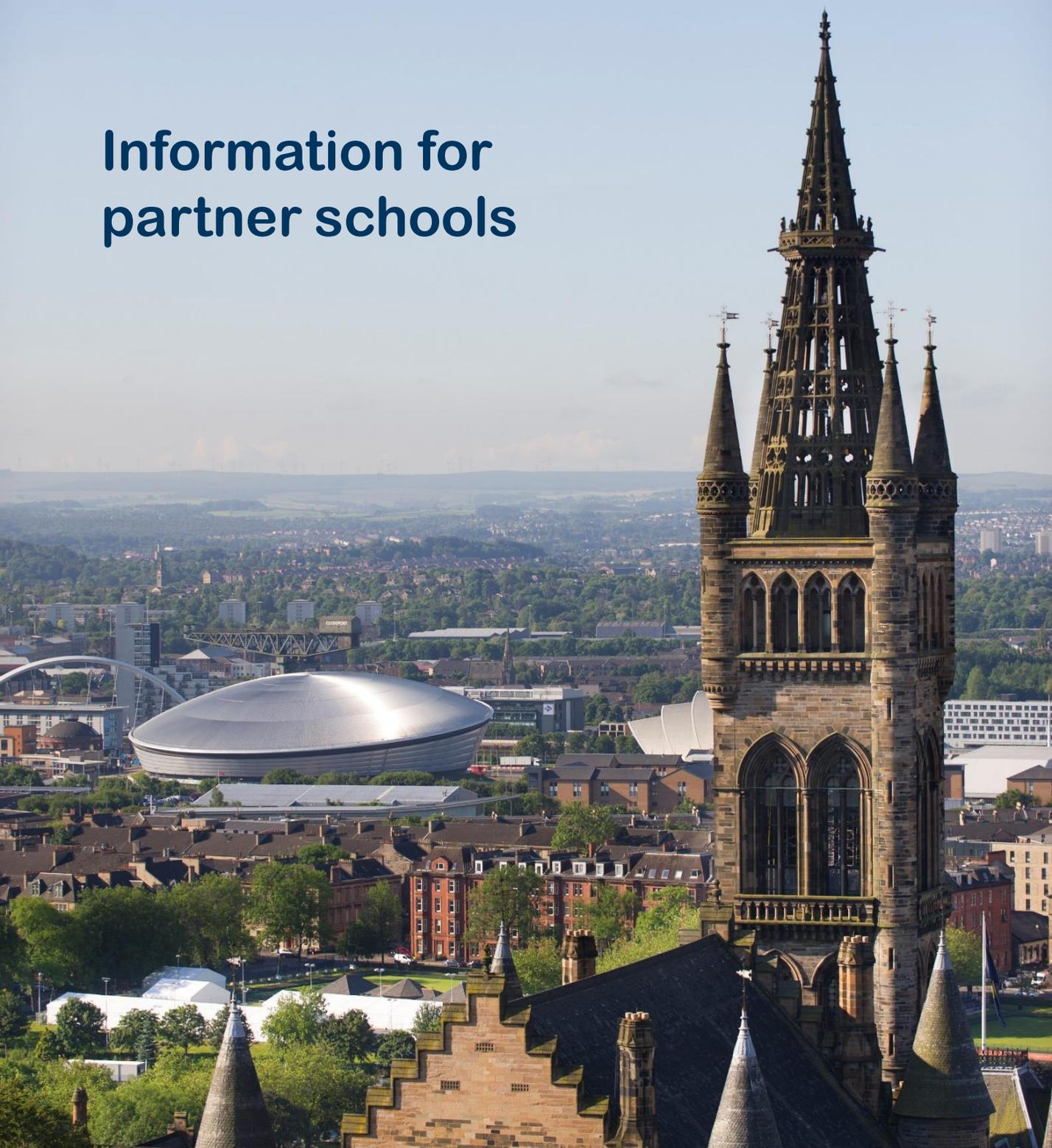


#Sleepyteens Project

Information for partner schools



Introducing #sleepyteens

Welcome to the #sleepyteens research project, based in the School of Psychology at the University of Glasgow.

Our research explores adolescent social media use, sleep and wellbeing. We work closely with research partners to understand how we can better support young people.

Our current research

Evidence shows that getting enough good quality sleep is crucial for pupils' wellbeing and attainment.

Our research in schools has shown that some young people can find it difficult to disconnect from social media at night, despite feeling that they don't get enough sleep and are tired at school. In focus groups, pupils have told us that they are concerned about feeling left out from peers the next day if they miss online interactions, or worried about offending friends by ending conversations to sleep.

Based on what young people have told us, we are now developing a new validated self-report measure for researchers and practitioners: the iNOD index of Nighttime Offline Distress. This measures the level of difficulty that different individuals experience when disengaging from social media to sleep.

Benefits for partner schools

Pupils complete a short online survey and each partner school receives a tailored summary of key insights from their data. For example:

- ? What proportion of pupils get enough sleep, according to National Sleep Foundation guidelines for their age group?
- ? How much do pupils use social media: 1) each day; 2) in bed; 3) after the time they feel they should be asleep?
- ? What are their top-rated concerns about disconnecting?

These insights can:

- ✓ Inform school policies and support provision
- ✓ Support evidence-based lessons across the curriculum where pupils can engage with results from their own data and discuss issues
- ✓ Open a dialogue between parents, staff and young people around social media, sleep, wellbeing and attainment

Four steps to take part

1

Sign school approval letter

To become a research partner, the school approval letter should be signed by a senior member of staff (e.g. Head Teacher, Depute Head Teacher, Head of Pastoral Care/Year, Principal Teacher, as appropriate) and returned to the research team via DropBox or email: psy-sleepyteens@glasgow.ac.uk.



2

Distribute parent information

Distribute the provided parent information in line with your usual policy (e.g. via letter, email, website...). We have provided template letter options that allow parents to either return an opt-out consent slip or contact a named staff member/the researchers if they do not wish their child to take part.



Let us know once you have distributed this parent information, and we will send you the survey link for step 3.

3

Pupils complete online survey

The research team will send you the link to the online survey, which should take pupils roughly 10-20 minutes to complete. It includes questions on typical social media and sleep habits and everyday experiences. Pupils answer using tick boxes and drop-down menus. (We can provide a full list of questions for reference.)



You are free to invite all pupils to participate, or to select certain year groups or subject classes. Existing partner schools have found that having pupils complete the survey in class (e.g. computing, PSE...) gives the best response rate to get meaningful summary data insights.

4

Receive tailored school summary

Please let us know once your pupils have completed the survey. The research team will send you a tailored summary of key statistics from your school.



This information is provided in such a way that ensures anonymity of participating pupils. If a large number of pupils participate from across the school, we can provide a more detailed breakdown by age. If a very small number of pupils participate, we can provide a summary of typical results across all partner schools, to ensure their anonymity.

Materials included

In your welcome folder, you will find all the materials you need to take part:

School approval letter

This should be signed by a senior member of staff and returned to the researchers via DropBox or email.

Parent information templates

We have provided information for you to distribute to parents in line with your usual policy (e.g. as letters, emails, on school website etc.). We have included template options for letters with opt-out consent slips, or simply with a named school contact.

Example website & social media posts

Feel free to edit and include these template posts on your website, newsletter or social media accounts to let your community know about the research you are involved in!

Hints & tips

We have included some helpful tips from existing partner schools on having pupils complete the online survey and getting the most out of your tailored feedback.

Contact us

The #sleepyteens research team includes:



Holly Scott, PhD Researcher



Dr Heather Cleland Woods



Prof Stephany M. Biello

You can contact us at psy-sleepyteens@glasgow.ac.uk at any time. We will be happy to answer any questions and share tips from existing partner schools!