



The  
AdSleep  
Project

# BODILY DEVELOPMENT QUESTIONS.



Dear Parent/Guardian,

Thank you very much for your involvement in our research project investigating sleep, learning and education in adolescence. We are very grateful for your participation, and are looking forward to sharing the results with you and your child. For the final part of this project, your child's school will be sending them an email in the next few days asking them about their bodily development. Before this happens, we wanted to let you know a bit more about these questions, why we're asking them, and what we will do with the information.

## 1 Why are we asking?



Many people believe that teenagers go to bed and wake up late, especially at the weekends, because they are lazy. The truth is that puberty causes our body clocks to shift later, meaning that teenagers don't feel tired until later at night or alert until later in the day. They take advantage of this on weekends when they can sleep in, but they must wake up early for school on weekdays which causes problems associated with poor sleep.

**In our project, we are trying to understand exactly how sleep changes during puberty and when. For this reason, we are using a standardised published questionnaire to determine the stage of your child's pubertal development.**

## 2 The questions:



We are, however, very aware that being faced with questions like this can be very daunting, especially during teenage years. We have included the questions here in case you would like to talk to your child first about what they will be asked. When the questionnaire is sent to them, they will also be prompted to go and get their parent/guardian if they would prefer to answer these questions with you present.

All questions are multiple choice with 5 options (Not yet started, Barely started, Definitely started, Seems complete, I don't know)

- 1) **Would you say your growth in height has:**
- 2) **What about growth of body hair (e.g., "Body hair" means hair any place other than your head e.g., under your arms):**
- 3) **Have you noticed any skin changes, especially pimples/spots:**



### For Boys:

- 4) Have you noticed a deepening of your voice:
- 5) Have you begun to grow hair on your face:

### For Girls:

- 4) Have you noticed that your breasts have begun to grow:
- 5a) Have you begun to menstruate (started to have your period) Yes/No
- 5b) If yes, how old were you when you started to menstruate? \_\_\_\_\_

When we visit your child in school to run some learning tasks with them, we will also give them a booklet containing lots of questionnaires about their sleep habits. One question in this booklet also asks about their bodily development. The question is:

We would like to ask one final question about changes that may be happening to your body. You do not need to discuss your answer with anyone, and you are free to skip this question if you find it uncomfortable. **Please circle your answer.**

- 1) When thinking about bodily development (e.g., growth in height, facial hair or underarm hair, skin changes, voice deepening), do you think your development has:

Not yet started

Barely started

Definitely started

Seems complete

I don't know

## 3

## The data:



The first thing to say is that your child can **skip any question** they don't wish to answer, and this will have no consequence on their participation in any other part of the project.

They will **not be asked to discuss** answers with anyone including teachers, peers or researchers.

Answers given will be **stored anonymously**. We will ask for their name at the start of online and booklet questionnaires, but names will be replaced with anonymous IDs for data storage.

When we look at the data, we will also not be looking at individual responses but rather **average responses** across all participants.

Remember, if you would like us to stop working with your child, you can do so with no repercussions by contacting the email address below, and we will **discard your child's data** if we have not already made it anonymous.

If you would like any further information or to ask any questions, please do not hesitate to contact Dr Rebecca Crowley ([becky.crowley@rhul.ac.uk](mailto:becky.crowley@rhul.ac.uk)).