



The aim of the research project is to foster good health choices and well-being, by supporting school health nurses' 8th grade health consultations and promoting cooperation between the school health service and schools.

Does your 8th grader want to take part in the research project GuideMe?

It is strongly recommended that the school nurse hold individual health-promoting consultations, referred to as *health dialogs*, with all pupils in the 8th grade and take part in a systematic cooperation with the school. To support this work, a tool has been developed in collaboration with pupils, school nurses, teachers, researchers, IT developers and the authorities. We call this the **School health tool**.

The School health tool consists of three components:

- A digital health information questionnaire that pupils complete. Based on their responses, individual and group reports are generated for the school nurse.
- A competence development package for the school nurse, where the aim is to improve the quality of the *health dialogue*.
- A competence development package for the school and the school health service, where the aim is to strengthen their cooperation.

What is being researched?

In GuideMe, we will investigate whether the three above-mentioned components – either alone or in combination – help foster good health choices and life skills in children, and promote cooperation between schools and the school health service. We will do this by collecting data from pupils, school nurses and teachers. Parents will not be asked to answer any questionnaires.

What does participation entail for your child?

Pupils who participate will be asked to complete an online questionnaire on health and well-being twice during the school year. After completing the first questionnaire, they will have a *health dialogue* with the school nurse before being asked to complete a short questionnaire about their perceived value of the dialogue.

Secure data storage

All data are stored on a secure platform and the study has been approved by the Norwegian Centre for Research Data.

Consent for participation in the study

Because your child is under 16 years of age, we need parent consent for participation in the study. You can read more about the GuideMe project and find the consent form at guideme.rbup.no/en or via the QR code.

