

**BE SMART ABOUT YOUR HEALTH**  
GUIDE FOR PARENTS FOCUS GROUP DISCUSSION

**Parents of students in intervention arm**

This guide is for discussing with parents of students who participated in the intervention of the secondary school resources *Be Smart About Your Health*, in the CHOICE Project. The goal of the discussion is:

- to explore the potential intended effect of the intervention “*Be Smart About Your Health*” among students.
- to explore unintended effect of the intervention “*Be Smart About Your Health*” among students
- to explore the context factors that might facilitate or hinder effective delivery and scale up of the “*Be Smart About Your Health*”

<b>Country</b>	
<b>Date</b>	
<b>FGD facilitator</b>	
<b>Note taker</b>	
<b>Which ‘mode(s)’?</b>	<input type="checkbox"/> blackboard <input type="checkbox"/> projector
<b>Type of data collection (mark all that apply)</b>	<input type="checkbox"/> focus group students <input type="checkbox"/> other (specify) .....
<b>Mode of data collection (notes, recording)</b>	
<b>Number of parents</b>	
<b>Gender/s</b>	
<b>Ages</b>	

## **SECTION A: Introduction**

*Briefly introduce yourself.*

### **Introduction to the parents**

We would like to thank you for having accepted our invitation to discuss with you. You were invited because your child has learned the “Be smart about your health” secondary school lessons. The purpose of those lessons was to help young people learn to think critically about health actions they take now and in the future.

The purpose of this discussion is to explore with you as a parent some of the factors that might have affected teaching and learning the be smart about your health lessons. These factors could be related to the home environment, interaction with your child regarding what they learnt and anything else you think might be important to us.

We would like to know about things that might have contributed to good (effective) teaching or learning experiences for the students, but also about things that you felt were a hindrance.

### **There is no right or wrong answer.**

The information you give us will help us to understand how “the be smart about your health secondary school resources” could be integrated in the curriculum and be scaled up country wide and elsewhere.

Please remember that whatever information we get from you will be kept confidential.

*Tell parents how long the session will last (at least an hour).*

*Tell parents that:*

- *We want to record the session so we can be sure of what you said.*
- *We will not attach names to the notes or recording.*

*Ask if parents have any questions.*

*Start recording if given consent.*

**SECTION B: Focus group questions**

**1. Have you heard about the IHC lessons that your children attended this term?**

**Prompt:**

- **What have you heard?**
- **From whom?**
- **Have you talked about the lessons with your child? What**

*Notes*

**2. Did your child ever ask you for any help with their “homework”? If YES, how did you guide them?**

**If yes what did you think about the homework?**

**How did you help you help your child with the homework?**

*Narrative summary, with quotes*

**3. Have you recently talked with your child about health claims about treatments?**

*Narrative summary, with quotes*

**5. In the recent past, your child may have asked you or a close relative about a treatment that you or the child were using! What was it about? How did it make you feel?**

*Narrative summary, with quotes*

**6. With the information that you have about the IHC lessons that your child attended this term. What do you think are the advantages if any to the children attending the IHC lessons?**

**intended effects**

- **Assertiveness** (Children asking more questions and not taking things for granted)
- **Improved decision-making** (Children making more thoughtful and informed decisions)
- **Creativity** (Thinking outside the box)

**7. Conflict is a possible negative effect of teaching IHC lessons. In the recent past, have you had any conflict between you and your child, Conflict between children and parents/ *Distrust of health professionals*/ Conflict due to undermining of religious beliefs regarding your beliefs around health and treatment? If so share an example and how did you handle it?**

**8. Do you think there are disadvantages of your child's participation of these lessons Here is a list of possible bad impacts people have suggested we should think about. Are there any of these items that you have seen examples or signs of, or that you have been aware of or concerned with your child?**

**unintended effects**

- Misunderstanding
- Distraction
- Stress, or other uncomfortable thoughts or feeling

## 9. Wrap-up

Is there anything else you would like to discuss?

*Narrative summary, with quotes*

*Stop recording and thank them.*