

# What does participation involve?

We are seeking schools in the Sydney area to participate in this important research project. We want to work closely with principals and teachers to test the implementation of a pain education module as part of the PDHPE curriculum.

Here's what participation looks like:

## INITIAL ENGAGEMENT:

- Teachers will be provided with a brief overview of the study and its goals. The study team can visit in person or meet online
- As requested by the school we can provide Parent/Caregiver Information sessions (online or face-to-face) and letters (online or as hard copies) to distribute to parents of students in Years 7-10, informing them about the project and inviting their child to participate.

## STUDY PARTICIPATION:

- We will provide training sessions for PDHPE teachers that will deliver the content.
- All the content for the 3 one-hour classes will be provided, including the power point slides, planned activities, the teacher's handbook and the student's handbook.
- We will distribute to parents printed material (or online) seeking consent for their child to participate.
- The first lesson includes a brief questionnaire for the students about themselves and their pain experience, we will attend the first lesson delivered to each class to help students fill in the questionnaire.
- Students reporting pain with impact in their daily lives will be randomly allocated to receive a virtual intervention with a health professional or continue with their usual care.
- We will follow up the students 3 months and 12 months after receiving Pain Smart.

## FOLLOW-UP AND SUPPORT:

- After finishing the data collection, the research team will provide participating schools with a summary of the findings. Should the school be interested, we would be happy to engage in further discussions about the outcomes and explore how we can continue to support students moving forward.

## ONGOING COLLABORATION:

- In the future, we hope to work with schools to better develop tailored strategies and resources that can be incorporated into daily school life, enhancing both the academic and physical and emotional wellbeing of students. We'd welcome the opportunity to talk about projects you'd like some help with.