**Would you consider participating in a research study to help researchers find out what young people need to develop in a healthy way?**

**What is the FORBOW study?**

The Families Overcoming Risks Building Opportunities for Wellbeing (FORBOW) study is about finding ways to help young people develop in a healthy way. To do this, we need to know what young people and their families experience.

**What should I expect when participating?**

We ask young people of different ages and their parents to come and see us in our youth friendly locations in downtown Halifax. When you come to see us, a member of the study team will talk with you and ask you questions about your experiences, your feelings, thoughts and needs. You will also be asked to do some puzzles and solve problems. The appointment may take between 3-5 hours (including breaks). We hope to keep in contact with you and see you once per year for the duration of the study, which is expected to be the next three to five years. This long view approach allows us to make the best use of the information you give us and determine what really matters in the development of health and well being.

**What about personal expenses for participating in the study?**

If you need to pay for transportation or parking to attend the study appointments, please bring the receipts with you and we will cover expenses directly related to participating in the study. We will also offer a small compensation for your time.

**Funding and ethical approval**

The FORBOW study has received funding from the Canada Institute of Health Research and the Nova Scotia Health Research Foundation (NSHRF). The FORBOW protocol was reviewed and approved by the Capital Health Research Ethics Board.

**Would you like to find out more about FORBOW?**

If you are a **parent** of a **1-24 year old**, please contact Jill Cumby **@ (902) 473-1781**

You can also leave a message at [www.forbow.org](http://www.forbow.org) or email us on info@forbow.org