

Resource Sheet for Parents of Participants under the age of 18 years

Dear Parent,

Thank you for showing interest in our project “Spotting Lies and Reading Minds”, and for considering volunteering your child to participate in our study. By completing these tasks, your child would help answer some research questions about:

- How different people interpret different social scenarios
- How different people understand what another person is thinking
- How effective people are at detecting lies in others
- How these abilities change throughout development
- How these abilities differ in people with and without autism

As mentioned in the Information Sheet, there might be certain questions asked during the study which might be sensitive in nature. The questionnaires will touch upon issues relating to bullying, vulnerability, victimization and mental health. As such, there is a chance that your child might become upset on having to answer these questions if they identify themselves as someone who has been in a situation that constitutes as bullying, have felt vulnerable to harassment or experience mental health related difficulties. We will encourage your child to come and speak to you or another trusted adult should they feel upset by any of the activities or questions.

Talking to your children about their experience

We would encourage you to engage with your child when they have finished the activities to ensure that they are not in any way distressed, or give them an opportunity to speak to you regarding any concerns they might have. Here are some resources you can look at to help you talk to your child about bullying and mental health should you wish to:

Bullying.co.uk: [how to talk to your child about bullying](http://Bullying.co.uk)

Kidscape.org.uk: [talking about bullying with your child](http://Kidscape.org.uk)

Actionforchildren.org.uk: [how can you help with children and young people’s mental health](http://Actionforchildren.org.uk)

Huffingtonpost.co.uk: [speak to your kids about their mental health](http://Huffingtonpost.co.uk)

HELPLINES:

If relevant, we also recommend reaching out to charities and societies who can offer additional help and advice. We will similarly provide your child with links to resources about mental health and bullying, and some charities and societies they can contact for more information after they take part in the study. You may find the following to be a valuable resource:



A charity which runs an out-of-hours helpline offering specialist emotional support and information to anyone affected by mental illness.

Telephone helpline: 0845 767 8000 (open 6pm-11pm, everyday)

Website: <http://www.sane.org.uk/>



Advice for parents and carers worried about a child or young person under 25, regarding a child's behaviour, emotional wellbeing, or mental health condition.

Parent's telephone helpline: 0808 802 5544

Website: <http://www.mind.org.uk/>



Helpline open 24 hours a day, 365 days of the year.

Telephone Helpline: 020 8394 8300

Website: <http://www.samaritans.org>



A charity providing support to both adults and children with bullying at home, in the community, the playground, the workplace or on-line.

Telephone helpline: 0845 22 55 787 (Open 9am to 5pm Monday to Friday)

Website: <https://www.nationalbullyinghelpline.co.uk/>



Advice for school, workplace and cyberbullying.

Telephone helpline: 0808 800 222

Website: <https://www.bullying.co.uk/>



A charity providing support to people with autism

Website: <http://www.autism.org.uk/>