

What is research?

Research is an organized method and process to gain knowledge.

Research is the systematic investigation and study of materials, sources, or people in order to establish facts and reach accurate conclusions.

Research creates new knowledge and allows us to use what we already know in new and creative ways to learn and understand even more about our world!

Many of the things that have made our lives better and easier have come from research!

What are my rights as a research participant?

Your participation in research is 100% voluntary!

You have the right to choose whether or not you would like to be included in the research, with enough time and without any pressure from the people conducting the research.

You have the right to refuse to be in the study at all, and to stop participating at any time after you begin the study.

You have the right to be told what the study is trying to find out, what will happen and what you will be asked to do if you are in the study.

You have the right to be told about the reasonably foreseeable risks of being in the study.

You have the right to be told about the possible benefits of being in the study.

You have the right to be told about whether there are any costs associated with being in the study and whether you will be compensated for participating in the study.

You have the right to be told who will have access to your information collected about you, and how your confidentiality will be protected.

You have the right to be told whom to contact with questions about the research, about research-related injury, and about your rights as a research subject.

This is why we get your informed consent!

We provide and talk you through the informed consent document before we start so you know all these things! [*<link to pdf of our informed consent?>*](#)

What is my role in research?

If you choose to participate in a research study, you are a research participant! You provide essential data by honestly answering questions on surveys or during interviews.

Your involvement in research can lead to benefits for your community and society in the long-term!

Why am I so important to research?

Your participation in research contributes to a greater understanding of health and better programs to support parents.

You are the expert on your lived experiences - and we as researchers want to learn from you!

You have the right to end your involvement at any time, but staying in a research study until the end is vital to coming to the right conclusions.

If things aren't working - we want to know why! That way we don't waste our time on something that isn't working and we can refocus on what does work.

Research participants help us develop better interventions to help future parents and families!