

# WHAT IS A FOCUS GROUP & WHY SHOULD I JOIN ONE?

A guide for young people.



## What is a focus group?

A focus group is a small group of people (usually 6-10 people) who meet to talk about a specific topic that researchers want to learn about.

Some examples of topics include:

- Virtual vs. in-person school
- Social group interactions
- Recreational drug use

## What is expected of me in a focus group?

You will talk about your thoughts and experiences with a small group of people. You will also be able to listen to the others in the group. If you join, you should be honest about your opinions and experiences. It's also okay not to say anything.



Focus groups usually last between 60-90 minutes. They usually just meet once, but sometimes more.



Focus groups usually include people who are similar in some way. For example, the people in your group may all have the same illness, be the same sex, or be around the same age.



There are usually 1 or 2 leaders who help guide the discussion.

## Will the focus group discussion be kept private?

During a focus group, everyone who participates hears what is being said. The focus group leader will ask you to keep the discussion private. This means not talking about what you heard or what you said after you leave the focus group.

Sometimes the law requires the researcher to share your information to help keep you safe. For example, the researcher might need to tell an adult if they think you might hurt yourself or someone else.



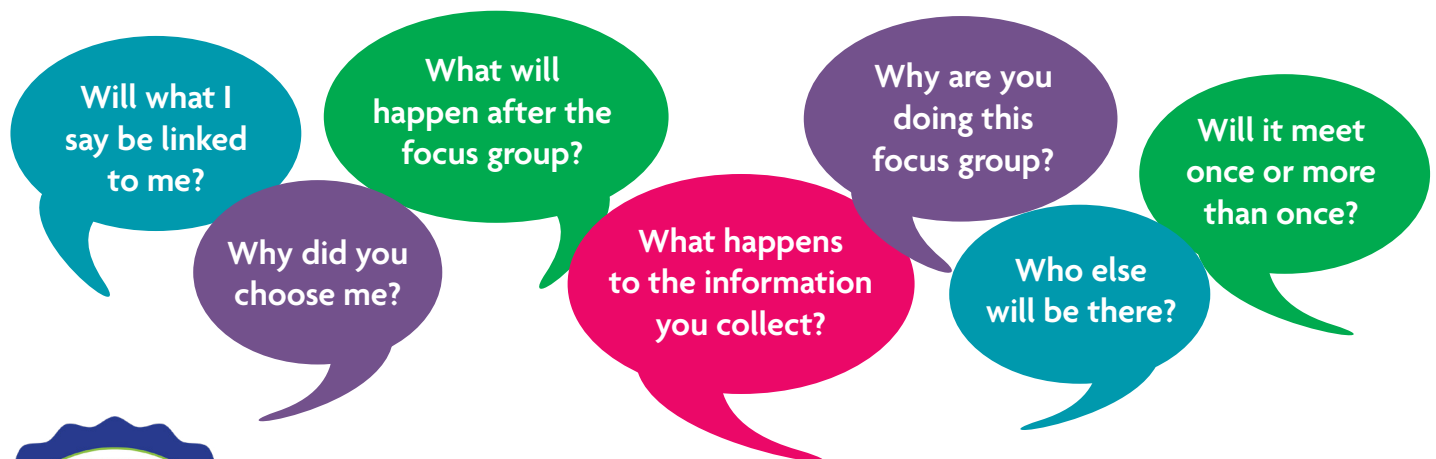
## Can I say no to joining a focus group?

Of course! Joining a focus group is voluntary.

## Why would I join a focus group?

- Your opinions will be heard!
- You will help answer the research question.
- You can meet new people who may be in a similar situation to you.
- You can discuss shared or different experiences that you have had.
- You can learn more about different types of health and wellness topics.
- You might be helping others in the future.

If you're not sure whether you want to join, here's some questions you could ask the research team:



Scan this QR code to view your rights as a research participant

