



Participant Information Sheet

Rain and Shine, an app co-created with families to make learning emotional skills creative, playful and a part of everyday life.

Why we're running focus groups

Many parents worry about their child's emotional wellbeing but often lack time, resources, or confidence to support it at home. With children's mental health challenges rising and schools offering limited support, families need better solutions.

We're looking to learn what tools parents use, how they feel about teaching emotions and resilience, what an ideal app experience would be, and whether interactive formats can make emotional literacy more accessible. You're invited because you're a parent or caregiver of a child aged 5–11, and we value input from all backgrounds and experiences.

Your feedback will directly shape Rain and Shine's design. We'll also share anonymised insights in research summaries or pitches as we develop the app.

What you'll do

If you take part, you'll:

- Sign a digital consent form, share your name, contact details, and sign up to a focus group slot.
- Join a relaxed focus group meeting (40-60 minutes), via Google Meet, with the Rain and Shine co-founders and a small group of other parents/guardians.
- Share your thoughts on our questions - can be as much or as little as you'd like.
- Optionally review and give feedback on concept visuals or app ideas.

Sample questions include:

- What concerns you most about your child's wellbeing?
- Resources you've used
- What support would you find helpful as a parent?

Your feedback is confidential and will only be used to inform the development of Rain and Shine.

What to expect

By joining, you'll help shape a meaningful wellbeing app that meets parents' real needs. You'll also have the opportunity to reflect on your child's emotional development and discover new tools to support your family.

We don't anticipate any risks, and you're free to pause or stop the session at any time if you feel uncomfortable.

Your privacy and how we use your info

Your personal data will be securely stored and kept confidential in line with GDPR. Focus groups may be recorded (with your consent) for note-taking. No identifying details will appear in final outputs, and only the Rain and Shine founding team will see your feedback.

Your choice

Participation is entirely voluntary and you can withdraw at any time without giving a reason. If you decide to take part, we ask that you complete the consent form. We will send you a copy of your responses. Should you withdraw, any information you've provided will not be retained or included in our data analysis.

Any questions? Email us at hello@rainandshine.app

Thank you for taking the time to read this information and for considering joining us on Rain and Shine's journey!