

OS! teaching and research programme in your child's class



Dear parents,

In spring 2026, your child's class will take part in OS!, a teaching and research programme developed by Læremiddel.dk and the Danish School of Education (DPU), Aarhus University. As part of this, the class will also participate in a research project examining how children and young people can best be supported in their digital lives.

OS! focuses on children's and young people's everyday digital lives and on strengthening dialogue between children and adults about digital media, online interactions, and digital wellbeing. The programme is based on the principle that children are experts in their own digital experiences, and that adults can best support them by listening to and understanding those experiences.

As part of the project, students will work together to develop recommendations, which will be shared with organisations and digital platforms including Forældrenes Landsorganisation, Meta, TikTok, and Snapchat. In this way, Danish schoolchildren contribute directly to discussions with key stakeholders about how to create a safer and more supportive digital environment for children and young people.

What will my child do?

Your child will take part in five lessons focusing on their digital life:

Week 10: *(Danish: Introduktion til OS!-forløbet og påbegyndelse af forskningen)*

Week 13: Mapping us! Artificial norms *(Danish: Kort over OS!)*

Week 15: Artificial norms *(Danish: Kunstige normer)*

Week 17: Are we always in control? *(Danish: Er det altid os, der styrer?)*

Week 19: Invisible crises and invisible support *(Danish: Usynlige kriser og usynlig støtte)*

Week 21: The future of us! *(Danish: Fremtiden for OS!)*

In addition, students will complete **three questionnaires**: before the programme, after the programme, and again four months later. The questionnaires focus on students' wellbeing, their digital habits, and the support they experience in relation to their digital lives. All responses are anonymous and help us understand how children can best be supported in having a safe and positive digital life.

m-Path: Short questions about the class's invisible online life

Your child's class has been selected to use the research app m-Path, which asks students short questions approximately every other day during the OS! programme. The purpose is to help researchers, the class, and you as parents better understand who students use screens with, and whether themes from the teaching appear in their everyday lives—for example, whether they notice anything “artificial” in images or see someone being excluded online.

Participation is voluntary, and students can always skip questions.

The app does not collect any personal data, and all responses are fully anonymous.

It is not possible to see data from an individual child. Responses are shown only as anonymous “bubbles” across the entire class.

Teachers review the responses together with the class, and families at home can also view them via a link. Because all children's responses are shown together, the shared experiences of the class become visible while each child remains anonymous. This allows you to gain insight into what matters to the children—both in your child's class and, for example, among other classes at the same year level or across the whole school.

If a child does not have a phone, they can use a tablet or a parent's phone.

We ask that you install m-Path together with your child immediately after the first lesson, when the Student Book (Danish: Elevens Bog) is handed out. Installation is important to ensure that your child can participate in the programme from the beginning. A simple installation guide can be found in the Student Book (Danish: Elevens Bog). Below, you can read more about what the Student Book (Danish: Elevens Bog) contains.

What is expected at home?

Student Book (Danish: Elevens Bog)

An important part of the OS! programme is the conversations you have at home.

After each lesson, your child will choose a few topics from the workbook Student Book (Elevens Bog) that they would like to talk to you about. The Student Book briefly illustrates what the lesson was about and includes questions that help your child share what matters to them in relation to their own and your family's digital life.

The Student Book will be collected at the end of the programme so that researchers can also learn from families' reflections on digital life. All information will be anonymised.



Follow your the class's online life through the m-Path link

Every other Sunday, you can use the link in the Student Book (Elevens Bog) to view your class's responses to the topic students have been working with in that week's OS! lesson. It is not possible to see responses from individual children—only the class's combined, anonymous results, shown both as an average and as small “bubbles” representing each response.

The link in the Student Book is unique to your family and ensures that only teachers and parents from your child's class can access the class results. You also have the option to compare your class's responses with aggregated results, for example from previous weeks, from other students of the same age, or from the whole school.

As part of the research, we also register whether and when the website is accessed at home. This helps us understand whether the resource is experienced as relevant and whether this part of the programme contributes to the overall results. The information is not used to assess or single out individual families and is processed anonymously.

Questionnaire for parents

As part of the research, you as parents are also invited to complete a questionnaire. Like your children, you will be asked to complete the questionnaire both before and after the programme.

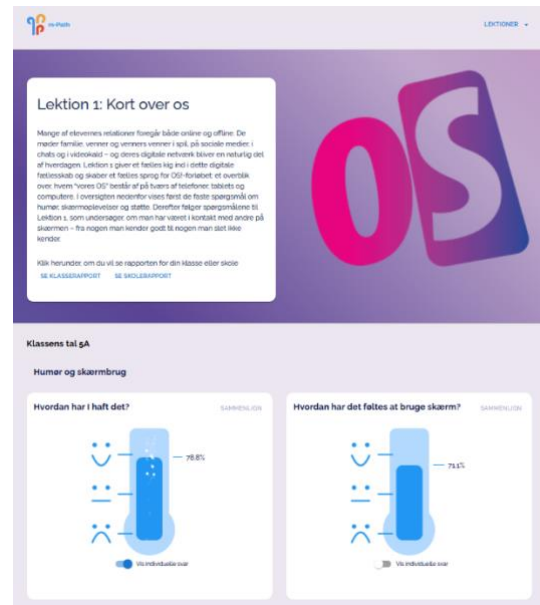
The questions focus on your expectations of the programme, your relationship with your child, and your digital parenting style—that is, how you as parents support and set boundaries for your child's digital life. You will later receive a link to the questionnaire. To participate, you will need to use the research code found on the first page of the *Student Book (Elevens Bog)*.

Parent meeting

When the programme concludes, you will be invited to a parent meeting where parents and teachers can share experiences from the programme and discuss how best to support children in their digital lives.

Is participation voluntary?

The OS! programme is part of the school's regular teaching, just like other classroom instruction. Participation in the research elements is voluntary. This applies to questionnaires (for both children and parents), the use of the m-Path app and its associated website, and researchers' use of the *Student Book (Elevens Bog)*.



You may choose not to take part in parts of the research—or to withdraw entirely—at any time, including during the programme. This may include, for example, choosing not to complete questionnaires or opting out of or deleting the m-Path app.

During the programme, researchers from Aarhus University may occasionally be present in the classroom to observe how the materials are used in practice. They may also ask individual students to take part in a short conversation about their experiences with the programme. These conversations are voluntary and anonymous, and your child can always say no—even if they have previously agreed. Researchers may also request input from parents and may therefore contact some families during the project. Participation is entirely voluntary.

Consent

The project is conducted in accordance with the legislation governing research in Danish public schools (the so-called *Folkeskole authorisation*). This means that, by default, your child participates in the research. **If you do not wish this, you may withdraw your consent at any time by contacting the project team at NOBE@au.dk.**

All responses and statements are treated confidentially and anonymously, and no personal data will be used in future materials. On the next page, you can read more about how we protect your data.

You can read more about the OS! programme and m-Path at www.onlinesammen.dk.

Med venlig hilsen

forskningsholdet på DPU, Aarhus Universitet

Daniel Blaabjerg-Zederkoff

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Esben Bjerre

Projectcoordinator

Andreas Lieberoth

Lektor

Aarhus University's processing of your personal data

Who is the data controller?

Aarhus University (AU) is the data controller responsible for processing your personal data.

Contact details:

Aarhus University

Nordre Ringgade 1

8000 Aarhus C

Denmark

CVR no.: 31119103

Aarhus University has appointed a Data Protection Officer (DPO). You can contact the DPO at **dpo@au.dk**.

If you have questions about the research project, including participation and the processing of personal data, you may contact **Esben Bjerre (Project Coordinator)** and **Andreas Lieberoth (Associate Professor)** at **NOBE@au.dk**.

What are personal data?

Personal data are any information that can directly or indirectly be linked to you. This may include, for example, your name or age, but it can also include information that, when combined with other data, says something about you—such as your address together with information from a public register.

In this research project, we do not collect directly identifiable information about you or your child.

Instead, we collect only indirectly identifiable data, such as gender and grade level. This means that the dataset cannot be used to draw conclusions about you or your child as individuals. Our analyses focus on overall patterns across participating parents and students.

Why do we process information about you and your child?

As a Danish university, we are required to conduct research. Research often requires the processing of information about individuals.

In the research project NOBE: Opening Windows to Negative Online Behavior and Experiences, of which the OS! programme is a part, we process personal data in order to generate knowledge about digital experiences, wellbeing, and behaviour among children and young people.

What types of information do we process about you and your child?

We process the following categories of data about you and your child:

- General personal data
- Special categories of personal data

This includes information such as age, grade level, and wellbeing measures.

What is the legal basis for processing personal data?

The processing of personal data requires a legal basis under data protection legislation or other applicable law. We process personal data pursuant to section 10(1) of the Danish Data Protection Act and Article 6(1)(e) of the General Data Protection Regulation (GDPR).

This means that the processing is necessary for the performance of a task carried out in the public interest, including scientific research purposes. Therefore, we do not request consent for the processing of your personal data.

How long do we process personal data?

At present, it is not possible to specify how long Aarhus University will process the personal data, as this depends on the purpose of the research project and the rules on data retention under responsible research practice.

When personal data are no longer necessary for processing, they will be anonymised or deleted. In assessing the duration of processing, we consider, among other factors, the need to fulfil the research purpose, disseminate research results, and document the validity of the results for a period after the completion of the research (in accordance with rules on responsible research practice or statutory requirements).

Who do we share personal data with?

At a later stage, it may become necessary to share personal data. In such cases, data will only be shared with recipients who also have a research purpose.

What rights do you have?

Under the GDPR, you have a number of rights when we process your personal data. These rights are limited when processing takes place for research purposes.

Your rights in research include:

- You have the right to have your personal data erased, provided that erasure does not make it impossible or seriously impair the achievement of the research purpose.
- If we erase your personal data, we are obliged to inform any recipients of the data of the erasure, unless this proves impossible or involves disproportionate effort.

You may exercise your rights by contacting Esben Bjerre and Andreas Lieberoth at NOBE@au.dk.

How can you lodge a complaint?

The processing of your personal data and your trust are important to us. We therefore encourage you to contact us if you have any questions or concerns about how we process your data.

If you nevertheless wish to lodge a complaint about our processing of your personal data, you may contact the Danish supervisory authority:

The Danish Data Protection Agency (Datatilsynet)

Carl Jacobsens Vej 35

2500 Valby

Denmark

Behandlingen af dine personoplysninger og din tillid er vigtig for os. Derfor håber, vi, at du vil kontakte os, hvis du har spørgsmål eller er utilfreds med den måde, vi behandler dine oplysninger på.

Hvis du alligevel ønsker at klage over vores behandling af dine personoplysninger, kan du henvende dig til tilsynsmyndigheden i Danmark:

Datatilsynet

Carl Jacobsens Vej 35

2500 Valby