Self-completion questionnaire (10-15 yrs)

INTERVIEWER: WRITE IN FROM CAPI SCREEN

<table>
<thead>
<tr>
<th>Serial</th>
<th>Person number</th>
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<table>
<thead>
<tr>
<th>First name</th>
<th>Interviewer number</th>
<th>Month</th>
</tr>
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<tbody>
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</table>
COMPLETING THE QUESTIONNAIRE

The questions inside cover a wide range of subjects, but each one can be answered by marking an “x” in the box next to the answer you want to give, as in the example below.

Please complete the questionnaire in black or blue ink, keeping your answers within the boxes. This questionnaire will be read by a scanner so please mark your answers in the spaces provided. If you have made a mistake in your answer or changed your mind please completely fill the box to show the mistake and then put an “x” in the box next to the correct answer.

Next to some of the boxes are arrows and instructions. They show or tell you which question to answer next. If there are no special instructions, just answer the next question.

Example Question

16 Did you have breakfast today?

Yes ☒

No ☐ → 18

When you have finished answering the questionnaire, please seal it in the envelope and hand it back to the interviewer. If you have any questions or need help, please ask the interviewer. Thank you again for your help.
1. Please write in your date of birth.
   - Day: [ ] [ ] [ ]
   - Month: [ ] [ ] [ ]
   - Year: [ ] [ ] [ ]

2. Are you male or female?
   - Male [ ]
   - Female [ ]

3. How many hours do you spend watching TV, including video and DVDs, on a normal school day?
   - None [ ]
   - Less than an hour [ ]
   - 1-3 hours [ ]
   - 4-6 hours [ ]
   - 7 or more hours [ ]

4. How many hours do you spend watching TV, including video and DVDs, on a weekend, that is on Saturday or Sunday?
   - None [ ]
   - Less than an hour [ ]
   - 1-3 hours [ ]
   - 4-6 hours [ ]
   - 7 or more hours [ ]

5. Do you have a social media profile or account on any sites or apps?
   - Yes [ ]
   - No [ ]

6. How many hours do you spend chatting or interacting with friends through a social web-site or app like that on a normal school day?
   - None [ ]
   - Less than an hour [ ]
   - 1-3 hours [ ]
   - 4-6 hours [ ]
   - 7 or more hours [ ]

7. Do you ever play multi-player on-line games?
   - Yes [ ]
   - No [ ]
   - Don’t know [ ]
The next few questions are about you and your family.

8 In the past 7 days, how many times have you eaten an evening meal together with the rest of your family who live with you?

YPREATLIVU

- None
- 1 or 2 times
- 3-5 times
- 6-7 times

9 About how many hours do you spend doing or helping with housework in an average week, such as time spent tidying your bedroom, cooking, cleaning or doing laundry?

YPHRSHSWK

- Don’t do any housework
- Less than one hour
- 1-3 hours
- 4-6 hours
- 7 or more hours

10 In the past month, how many times have you stayed out after 9.00pm at night without your parents knowing where you were?

YPPLATE

- Never
- 1-2 times
- 3-9 times
- 10 or more times

11 How many close friends do you have – friends you could talk to if you were in some kind of trouble?

YPNPAL

Write in number

12 Do you have a steady boyfriend or girlfriend?

YPSBFGF

- Yes
- No

13 Please say whether you strongly agree, agree, disagree, or strongly disagree, that the following statements apply to yourself.

YPESTA - I feel I have a number of good qualities

YPESTI - I feel that I do not have much to be proud of

YPESTB - I certainly feel useless at times

YPESTJ - I am able to do things as well as most other people

YPESTC - I am a likeable person

YPESTK - I can usually solve my own problems

YPESTE - All in all, I am inclined to feel I am a failure

YPESTF - At times I feel I am no good at all
Now some questions about how you spend your free time.

14 How often do you...

Put an “x” in one box for each line

<table>
<thead>
<tr>
<th>Description</th>
<th>Most days</th>
<th>At least once a week</th>
<th>At least once a month</th>
<th>Several times a year</th>
<th>Once a year or less</th>
<th>Never / almost never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Go to a party, dance, disco, or nightclub</td>
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<tr>
<td>Go to the cinema</td>
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<tr>
<td>Do painting, drawing, printmaking or sculpture</td>
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<tr>
<td>Go to the theatre (for example play, pantomime or opera)</td>
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<tr>
<td>Use a computer to create original artworks or animation</td>
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<tr>
<td>Go to watch live sport</td>
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<td>Go to a pub or bar</td>
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<tr>
<td>Just hang around/mess about near your home</td>
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<tr>
<td>Just hang around/mess about in the high street or the town/city centre</td>
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</tbody>
</table>

15 And how often do you...

Put an “x” in one box for each line

<table>
<thead>
<tr>
<th>Description</th>
<th>Most days</th>
<th>At least once a week</th>
<th>At least once a month</th>
<th>Several times a year</th>
<th>Once a year or less</th>
<th>Never / almost never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Go to youthclubs, scouts, girl guides or other organised activities</td>
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<tr>
<td>Go to a library (not your school library)</td>
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<tr>
<td>Go to museums or galleries</td>
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<tr>
<td>Go to visit an historic place or stately home</td>
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<tr>
<td>Do voluntary or community work (including doing this as part of school)</td>
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<tr>
<td>Go to a political meeting/march, rally or demonstration</td>
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16 Over the past month how many books have you read for pleasure? Please do not include comics or magazines. If you have not read any books please enter zero.

Write in number of books
17. Please read each of the following statements and put an “x” in the box that best applies to you.

Put an “x” in one box for each line

<table>
<thead>
<tr>
<th>Statement</th>
<th>Often</th>
<th>Sometimes</th>
<th>Rarely</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>We discuss books at home</td>
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<tr>
<td>We discuss TV programmes we have watched at home</td>
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<td></td>
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<tr>
<td>My parents/other adults at home buy me books as gifts</td>
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<td></td>
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<tr>
<td>My parents/other adults take me to museums or art galleries</td>
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<tr>
<td>My parents/other adults take me to watch sporting events</td>
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<tr>
<td>My parents/other adults take me to the theatre or to see a dance</td>
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<tr>
<td>performance or classical music</td>
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18. Do you play a musical instrument?

YPMUSINST

Yes [ ] No [ ]

19. Which of the following regular classes do you do outside school, if any? Please put an “x” in the boxes next to all of the things you do.

Music [ ] YPOSCLAS1
Art [ ] YPOSCLAS2
Dance [ ] YPOSCLAS3
Sport [ ] YPOSCLAS4
Tutorials for school subjects [ ] YPOSCLAS5
Religious classes [ ] YPOSCLAS6
None of these [ ] YPOSCLAS7
Something else (WRITE IN) [ ] YPOSCLAS8TXT
The next few questions are about how you feel about different aspects of your life.

The faces express various types of feelings. Below each face is a number where ‘1’ is completely happy and ‘7’ is not at all happy.

Please put an “x” in the box which comes closest to expressing how you feel about each of the following things...

A) Your school work? YPHSW

B) Your appearance? YPHAP

C) Your family? YPHFM

D) Your friends? YPHFR

E) The school you go to? YPHSC

F) Which best describes how you feel about your life as a whole? YPHLF
The next few questions are about any homework you might be asked to do by teachers at your school. ‘Homework’ is any work set for you by teachers which is to be done outside lessons even if you do the work at school after lessons rather than taking it home with you.

21. Do you ever get set any homework at school?
   YPHMWRK
   Yes ☐ 22
   No ☐ 28

22. How often are you given homework?
   YPFHMWRK
   Most days ☐
   Once a week at least ☐
   Sometimes, less than once a week ☐
   Hardly ever ☐
   Never ☐

23. During an average week in term time, on how many evenings do you do any homework? Please just think about Monday to Friday evenings during term time.
   YPFHWEVE  Write in the number of evenings you do homework

24. When you do homework on a week-day evening during term time, how many hours do you usually spend doing your homework?
   YPHMWHRS  Write in the number of hours

25. And how many hours do you usually spend doing homework on the weekend during term-time?
   YPHMWKWE  Write in the number of hours

26. Does anyone here at home help you with your homework, even if it’s only occasionally?
   YPHMWKHLI
   Yes ☐
   No ☐

27. Who usually helps you with your homework?
   YPHMWKWHO
   Mum or stepmum ☐ YPHMWKWHO1
   Dad or stepdad ☐ YPHMWKWHO2
   A brother or sister (or stepbrother/sister) ☐ YPHMWKWHO3
   Another relative living with you ☐ YPHMWKWHO4
   Any non-relative living with you ☐ YPHMWKWHO5
   No one, I do it myself ☐ YPHMWKWHO6

28. Do you ever get set any homework at school?
   YPHMWRK
   Yes ☐
   No ☐ (This is a duplicate of question 21 and is not necessary.)
The next questions are about school and what you want to happen in the future.

28 How important do you think it is for you to do well in your GCSE exams or Standard Grades (if you live in Scotland)?

Very important
Important
Not very important
Not at all important

29 The age young people must stay in education or training differs somewhat across the UK. What would you most like to do when you have completed your final GCSE/Standard Grade year at around age 16?

Get a full time job
Stay at school or college to do A levels/Highers
Get an apprenticeship
Do some other form of training
Do something else
Don’t know

30 Would you like to go on to do further full-time education at a college or university after you finish school?

Yes
No
Don’t know

31 In the last 12 months, have you ever played truant, that is missed school without permission, even if it was only for a half day or single lesson?

Yes
No

Here are a few questions about health and nutrition.

32 In general, would you say your health is...

- Excellent
- Very good
- Good
- Fair
- Poor

33 How many portions of fresh fruit or vegetables do you eat on a typical day? One portion is one piece of fruit or one serving of a vegetable or salad item.

- 5 or more portions
- 3 – 4 portions
- 1-2 portions
- None

34 How tall are you without shoes? Please use either feet and inches or metres and centimetres – whichever you know the best.

- Feet
- Inches
- Metres
- Centimetres
- Don’t know

35 And how much do you weigh without clothes on? If you are not sure please write in your best guess. Please use either stones and pounds or kilograms – whichever you know the best.

- Stones
- Pounds
- Kilograms
- Not sure and can’t guess
36 Do you think that you are...

YPHLWTR

About the right weight
Underweight
Slightly overweight
Very overweight
Don’t know

37 Do you ever diet or try to lose weight?

PTRYDIET

Yes, all the time
Yes, some of the time
No, never

38 What type of exercise do you do, including things like cycling or walking to school, or what sports do you play? Please put an “x” in the box for each one you do.

Walking, including walking the dog
Swimming or diving
Cycling
Jogging or running
Tennis, squash or badminton
Keep fit, aerobics or gym training
Football
Rugby
Netball, basketball or hockey
Cricket
Athletics
Martial Arts
Horse riding
Tennis, squash or badminton
Keep fit, aerobics or gym training
Football
Rugby
Netball, basketball or hockey
39. How many days in a usual week do you play sports, do aerobics or do some other keep fit activity?

- Every day
- 5-6 days
- 3-4 days
- 1-2 days
- Less often than once a week
- Never or hardly ever

40. What is the main way you usually travel to school?

- Walk all the way
- Ride a bike
- By bus or tube
- By car
- By train
- Some other way/combination

41. Do you ever smoke cigarettes at all? Please do not include electronic cigarettes (e-cigarettes).

- Yes
- No

42. Please read the statements below and tick the box beside the statement that describes you best.

- I have smoked only once or twice
- I used to smoke but I don’t now
- I sometimes smoke, but not every week
- I usually smoke between one and six cigarettes a week
- I usually smoke more than six cigarettes a week

43. Have you ever used e-cigarettes?

- I have never used e-cigarettes
- I have only tried using e-cigarettes once or twice
- I used e-cigarettes in the past, but I never use them now
- I sometimes use e-cigarettes but less than once a month
- I use e-cigarettes at least once a month, but less than once a week
- I use e-cigarettes at least once a week

44. Have you ever had an alcoholic drink? That is a whole drink, not just a sip?

- Yes
- No

Just to remind you, all your answers are confidential and will not be seen by anyone in your household.
On how many occasions (if any) have you been intoxicated or drunk from drinking alcohol, for example staggered when walking, not being able to speak properly, throwing up or not remembering what happened?

In your lifetime

During the last twelve months

During the last four weeks

Have you ever tried any of the following...

- Glue/solvent sniffing
- Cannabis (also known as marijuana, dope, hash or skunk)
- Any other illegal drug (including ecstasy, cocaine, speed)

How many times have you ever used or taken any illegal drugs?

Never

Once or twice

Three or four times

Five to ten times

More than ten times
50. How difficult do you think it would be for you to get cannabis (marijuana or hash) if you wanted?

YPPEASMJ

- Impossible
- Very difficult
- Fairly difficult
- Fairly easy
- Very easy
- Don’t know

51. How much do you think PEOPLE RISK harming themselves, physically and in other ways, if they...

YP51

- Try cannabis (marijuana or hash) once or twice
- Smoke cannabis (marijuana or hash) occasionally
- Smoke cannabis (marijuana or hash) regularly
- Try ecstasy once or twice
- Try an amphetamine (uppers, pep pills, speed) once or twice
- Take amphetamines regularly

52. And how much do you think PEOPLE RISK harming themselves, physically and in other ways, if they...

YP52

- Put an “x” in one box for each line

- Try cannabis (marijuana or hash) once or twice
- Smoke cannabis (marijuana or hash) occasionally
- Smoke cannabis (marijuana or hash) regularly
- Try ecstasy once or twice
- Try an amphetamine (uppers, pep pills, speed) once or twice
- Take amphetamines regularly
Now a few questions about the environment. How often you personally do each of the following things?

53 How often do you leave the TV on standby?
YPENVHABIT1
- Always
- Very often
- Quite often
- Not very often
- Never
- We have no TV at home

54 How often do you switch off lights in rooms that aren’t being used?
YPENVHABIT2
- Always
- Very often
- Quite often
- Not very often
- Never

55 How often do you keep the tap running while you brush your teeth?
YPENVHABIT3
- Always
- Very often
- Quite often
- Not very often
- Never

56 Do you believe that people in the UK will be affected by climate change in the future?
YPOPECL
- Yes
- No
- Don’t know
Thank you for your help

Please place the questionnaire in the envelope and hand it back to your interviewer

Or please return to the address below:

TNS, Buckingham House, Desborough Road, High Wycombe, HP11 2PR