

Your
questionnaire

Understanding Society COVID-19 Youth Survey

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PID No.

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First Name

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Understanding
Society

40317757
GB



The General Data Protection Regulation (GDPR) sets out the rules under which we process and use your personal details, such as your name, address, and date of birth.

Your personal details are only used so we can:

- contact you each year to invite you to help us with another round of the survey
- send you information about some of the results of the study

Your personal details are never made available to any other companies or individuals outside the Understanding Society team at the Institute for Social and Economic Research, Kantar and NatCen Social Research.

For more information about Understanding Society and data security please visit our website:

<https://www.understandingsociety.ac.uk/participants/data-confidentiality>

By completing and returning this questionnaire, you are indicating that you are happy for us to use your answers in this way.



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 if you change your mind, please

completely fill the box next to 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

8 How often do you feel lonely?

Hardly ever or never ☐
Some of the time ☒ → **10**
All of the time ☐

When you have finished the questionnaire, please seal it in the envelope provided. You and your parent can then post this back to us, free of charge. If you have any questions or need help, please ask your parent to contact us using the details below:

Participant helpline: **0800 252 853**

Email: **contact@understandingsociety.ac.uk**

1 Please write in your date of birth.

YPDOBD

Day

Month

YPDOBM

2 Are you male or female?

YPSEX

Male

Female

First we have some questions about technology use and screen time.

3 Do you have any of the following devices, either of your own or that you can borrow?

Smartphone

YPDEVICE1

Mobile phone other than smartphone

YPDEVICE2

A tablet

YPDEVICE3

Television

YPDEVICE4

A gaming console like an Xbox, PlayStation or Switch

YPDEVICE5

A laptop

YPDEVICE6

A PC

YPDEVICE7

None of these

→

7

YPDEVICE8

4 During the last four weeks, how often have you used any of these devices for:

	Every day	At least once a week	At least once a month	Less than once a month	Never	
Watching programmes, videos or movies						YPDVPVM
Video Calling						YPDVVC
Playing games						YPDVPG
School work or studying						YPDVHW
Posting pictures, videos or other things						YPDVCRT
Looking at the news						YPDVNW
Taking part in social or political discussions						YPDVPOL
Creating own videos or music						YPDVCRE
Streaming music						YPDVMUS

5 Would you prefer to spend more or less time online than you currently do?

YPTVVIDPR

A lot more

A little more

About the same

A little less

A lot less

6 During 'lockdown', when schools were shut before the summer holidays, do you think you spent more or less time doing these online activities than you did before the lockdown?

YPONLINE

A lot more

A little more

About the same

A little less

A lot less

The next questions are about friendships and socialising.

7 How many close friends do you have, people that you feel at ease with, can talk to about private matters?

YPNPAL

Write in number

8 How often do you feel lonely?

YPLONE

Hardly ever or never

Some of the time

All of the time

9 These days, it is possible to make new friends via the internet. Do you have any close friends that you have never met in person?

YPVIRFND

Yes

No

10 These days, how often do you get together with friends in person (outside of school or work)?

YPFNDMEET

Every day or almost every day☐

Several times a week☐

About once a week☐

Less often☐

Never☐

11 These days, how often do you get together with friends online (including on your mobile phone, on social media, or through online gaming)?

YPFNDONL

Every day or almost every day☐

Several times a week☐

About once a week☐

Less often☐

Never☐

12 Do you have a social media profile or account on any sites or apps?

YPSOCWEB

Yes☐ → 13

No☐ → 15

13 During the last four weeks, how often have you chatted or interacted online through a social web-site or app with close friends, family or anyone else you know?

	Never	Hardly ever	At least every week	Daily or almost daily	Several times each day	Almost all of the time
Close friends	☐	☐	☐	☐	☐	☐
Family	☐	☐	☐	☐	☐	☐
Anyone else you know	☐	☐	☐	☐	☐	☐

14 During 'lockdown', when schools were shut before the summer holidays, do you think you spent more or less time doing these things with close friends, family or anyone else you know, than before lockdown?

	A lot more	A little more	About the same	A little less	A lot less	
Close friends	☐	☐	☐	☐	☐	YPNETCHT1
Family	☐	☐	☐	☐	☐	YPNETCHT2
Anyone else you know	☐	☐	☐	☐	☐	YPNETCHT3

15 Do you feel supported by your friends? YPFRISUP

I feel supported by my friends most of the time☐

I feel supported by my friends some of the time☐

I do not feel supported by my friends at all☐

The next few questions are about you and your family.

16 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?

None☐

1-2 times☐

3-5 times☐

6-7 times☐

17 Do you feel supported by your family, that is the people who live with you?

I feel supported by my family in most or all of the things I do☐

I feel supported by my family in some of the things I do☐

I do not feel supported by my family in the things I do☐

YPFAMSUP

18 Strengths and Difficulties Questionnaire

Now for some questions about how you see yourself as a person. For each item, please tick the box for Not True, Somewhat True or Certainly True. It would help us if you answered all items as best you can even if you aren't absolutely certain. Please give your answers on the basis of how things have been for you over the last six months.

	Not true	Somewhat true	Certainly true	
I try to be nice to other people. I care about their feelings	☐	☐	☐	YPSDQA
I am restless, I cannot stay still for long	☐	☐	☐	YPSDQB
I get a lot of headaches, stomach-aches or sickness	☐	☐	☐	YPSDQC
I usually share with others (food, games, pens, etc.)	☐	☐	☐	YPSDQD
I get very angry and often lose my temper	☐	☐	☐	YPSDQE
I am usually on my own. I generally play alone or keep to myself	☐	☐	☐	YPSDQF
I usually do as I am told	☐	☐	☐	YPSDQG
I worry a lot	☐	☐	☐	YPSDQH
I am helpful if someone is hurt, upset or feeling ill	☐	☐	☐	YPSDQI
I am constantly fidgeting or squirming	☐	☐	☐	YPSDQJ
I have one good friend or more	☐	☐	☐	YPSDQK
I fight a lot. I can make other people do what I want	☐	☐	☐	YPSDQL
I am often unhappy, down-hearted or tearful	☐	☐	☐	YPSDQM
Other people my age generally like me	☐	☐	☐	YPSDQN
I am easily distracted, I find it difficult to concentrate	☐	☐	☐	YPSDQO
I am nervous in new situations, I easily lose confidence	☐	☐	☐	YPSDQP
I am kind to younger children	☐	☐	☐	YPSDQQ
I am often accused of lying or cheating	☐	☐	☐	YPSDQR
Other children or young people pick on me or bully me	☐	☐	☐	YPSDQS
I often volunteer to help others (parents, teachers, children)	☐	☐	☐	YPSDQT
I think before I do things	☐	☐	☐	YPSDQU
I take things that are not mine from home, school or elsewhere	☐	☐	☐	YPSDQV
I get on better with adults than with people my own age	☐	☐	☐	YPSDQW
I have many fears, I am easily scared	☐	☐	☐	YPSDQX
I finish the work I'm doing. My attention is good.	☐	☐	☐	YPSDQY

The next few questions are about how you feel about different aspects of your life.

19 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?

						
1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	☐

YPHSW

B Your appearance?

						
1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	☐

YPHAP

C Your family?

						
1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	☐

YPHFM

D Your friends?

						
1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	☐

YPHFR

E The school you go to?

						
1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	☐

YPHSC

F Which best describes how you feel about your life as a whole?

						
1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	☐

YPHLF

The next questions are about school and how you feel about your schoolwork following lockdown.

20 Do you have space at home where you can do your school work?

YPSCHLHM Yes ☐ No ☐

21 Which of these things do you have at home to help you do your school work? (cross all that apply)

Access to a computer ☐ YPSCHLTH1
Good internet connection ☐ YPSCHLTH2
Teaching materials from your school ☐ YPSCHLTH3
Help from your family when you need it ☐ YPSCHLTH4
Stationery (notebooks, pens etc.) ☐ YPSCHLTH5
A quiet/peaceful place to work ☐ YPSCHLTH6

22 Are you attending school full time?

YPSCHLFT Yes ☐ No ☐ → 24

23 How do you feel about the following in attending school

	Not at all concerned	A bit concerned	Very concerned	Extremely concerned	
Catching Covid-19	☐	☐	☐	☐	YPCV1
Following the new covid rules in school	☐	☐	☐	☐	YPCV2
The work you need to do now to catch up on things you missed last term	☐	☐	☐	☐	YPCV3
Things being different and uncertain now	☐	☐	☐	☐	YPCV4
Your tests, assessments or exams not showing what you're capable of	☐	☐	☐	☐	YPCV5

24 Have you had to have time off school since the end of the school summer holidays for any of the following reasons? (cross all that apply)

You tested positive for coronavirus ☐ YPSCHLOFF1
You were self-isolating ☐ YPSCHLOFF2
Your school was closed ☐ YPSCHLOFF3
Your class or year group was closed ☐ YPSCHLOFF4

25 Do you feel you get the support that you need to do your school work from the following:

	Not relevant	no support	a little	a lot	
From teachers	☐	☐	☐	☐	YPSCHSPT1
From your family	☐	☐	☐	☐	YPSCHSPT2
From your friends	☐	☐	☐	☐	YPSCHSPT3
From paid tutors	☐	☐	☐	☐	YPSCHSPT4

26 How important do you think it is for you to do well in your GCSE exams, or National Qualifications (if you live in Scotland)?

YPACVWELL Very important ☐
Important ☐
Not very important ☐
Not at all important ☐

27 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/National Qualification year at around age 16?

Get a full-time job ☐ → 29
Stay at school or college to do A levels/Highers ☐
Get an apprenticeship ☐
YPLVSC2DO Do some other form of training ☐
Do something else ☐
Don't know ☐

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

YP2UNI Yes ☐
No ☐
Don't know ☐

The next questions are about taking care of others

29 Some people your age may have to look after other people. This could be a brother or sister, a relative or someone else who is disabled or sick. Is there anyone like this who lives here with you that you have to look after on a regular basis?

YPCARE

Yes - in this household ☐ → 30

No ☐ → 33

30 Who do you look after? (cross all that apply)

Mother/Father ☐ YPCAWHO1

Grandfather/mother ☐ YPCAWHO2

Brother/Sister ☐ YPCAWHO3

Another adult relative ☐ YPCAWHO4

Another adult who is not a relative ☐ YPCAWHO5

Another child relative ☐ YPCAWHO6

Another child who is not a relative ☐ YPCAWHO7

31 About how many hours a week would you say that you usually spend looking after or doing things for them?

YPCAHRS

Please write in hours

32 How often do you have to miss school to do this?

YPCASCH

Never ☐

Once a week or more often ☐

Once or twice a month ☐

33 During 'lockdown' when schools were shut before the summer holidays, were you looking after other people in your household on a regular basis?

YPCARE

Yes ☐ → 34

No ☐ → 36

34 Who did you look after? (cross all that apply)

Mother/Father ☐ YPCAREWHO1

Grandfather/mother ☐ YPCAREWHO2

Brother/Sister ☐ YPCAREWHO3

Another adult relative ☐ YPCAREWHO4

Another adult who is not a relative ☐ YPCAREWHO5

Another child relative ☐ YPCAREWHO6

Another child who is not a relative ☐ YPCAREWHO7

35 During 'lockdown', how many hours a week would you say that you usually spent looking after or doing things for them?

YPCAHRS

Please write in hours

Here are a few questions about health, nutrition and exercise

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

YPSRHLTH

Excellent ☐

Very good ☐

Good ☐

Fair ☐

Poor ☐

37 Do you have a long-term health problem or disability that limits your day-to-day activities? By long term we mean anything that has lasted, or is expected to last, at least 3 months.

YPLTDIS

Yes, limited a lot ☐

Yes, limited a little ☐

No ☐

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)	☐	YPEXTYPE01
Swimming or diving	☐	YPEXTYPE02
Cycling	☐	YPEXTYPE03
Jogging or running	☐	YPEXTYPE04
Tennis, squash or badminton	☐	YPEXTYPE05
Go to the gym	☐	YPEXTYPE06
Football	☐	YPEXTYPE07
Rugby	☐	YPEXTYPE08
Netball, Basketball or Hockey	☐	YPEXTYPE09
Cricket	☐	YPEXTYPE10
Athletics	☐	YPEXTYPE11
Martial arts	☐	YPEXTYPE12
Horse riding	☐	YPEXTYPE13
Gymnastics	☐	YPEXTYPE14
Dance	☐	YPEXTYPE15
Other type of sport or activity	☐	YPEXTYPE16

39 How many days in a usual week do you play sports or do some other physical activity?

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

40 What activities do you do outside of lesson time other than those involving physical activity, including things like youth clubs, Scouts/Guides, musical activities, cultural activities, religious observance. Please put an “x” in the box for “usually” for each one you normally do and in “now” for each you currently do.

		Usually	Now	
YPEXTRACUR1_1	Youth club	☐	☐	YPEXTRACUR1_2
YPEXTRACUR2_1	Scouts/Guides	☐	☐	YPEXTRACUR2_2
YPEXTRACUR3_1	Music classes	☐	☐	YPEXTRACUR3_2
YPEXTRACUR4_1	Cultural groups	☐	☐	YPEXTRACUR4_2
YPEXTRACUR5_1	Religious groups	☐	☐	YPEXTRACUR5_2
YPEXTRACUR6_1	Other	☐	☐	YPEXTRACUR6_2

41 How safe would you feel walking alone in your neighbourhood after dark?

YPCRWRA	Very safe	☐
	Fairly safe	☐
	A bit unsafe	☐
	Very unsafe	☐

42 Overall, do you like living in this neighbourhood?

LLKNBRD	Yes	☐	No	☐
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43 About what time do you usually go to sleep on a school night?

YPSLEEP1	Before 9 pm	☐
	9 - 9.59 pm	☐
	10 - 10.59 pm	☐
	11 - midnight	☐
	After midnight	☐

44 About what time do you usually wake up in the morning on a school day?

YPSLEEP2

- Before 6 am ☐
- 6 - 6.59 am ☐
- 7 - 7.59 am ☐
- 8 - 8.59 am ☐
- After 9 am ☐

45 About what time do you usually go to sleep on the nights when you do not have school the next day?

YPSLEEP3

- Before 9 pm ☐
- 9 - 9.59 pm ☐
- 10 - 10.59 pm ☐
- 11 - midnight ☐
- After midnight ☐

46 About what time do you wake up in the morning on the days when you do not have school?

YPSLEEP4

- Before 8 am ☐
- 8 - 8.59 am ☐
- 9 - 9.59 am ☐
- 10 - 10.59 am ☐
- 11 - 11.59 am ☐
- After midday ☐

47 During the last four weeks, how long did it usually take for you to fall asleep?

YPSLEEP5

- 0 - 15 minutes ☐
- 16 - 30 minutes ☐
- 31 - 45 minutes ☐
- 46 - 60 minutes ☐
- More than 60 minutes ☐

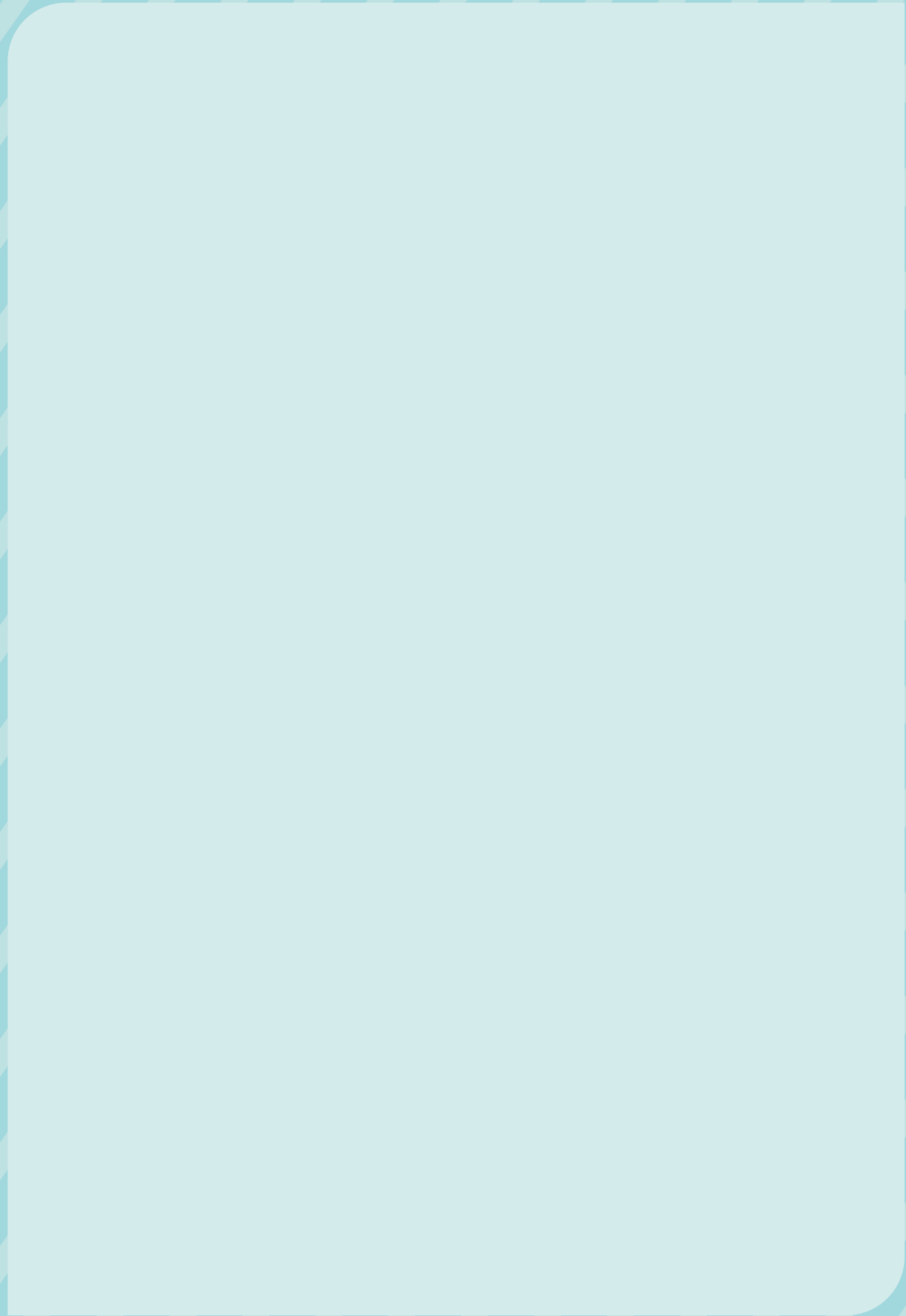
48 During the last four weeks, how often did you wake up during your sleep time and have trouble falling back to sleep again?

YPSLEEP6

- All of the time ☐
- Most of the time ☐
- A good bit of the time ☐
- Some of the time ☐
- A little of the time ☐
- None of the time ☐

49 Is there anything else you would like to say about how coronavirus, and the restrictions on people’s lives because of it, are affecting you?
Write in as much as you like in the space provided.

YPOPENEND



Thank you for your help

Please place the questionnaire in the envelope provided and return it to the address below, free of charge:

Kantar
PO Box 1071
High Wycombe
HP12 3WY

