



Self-completion questionnaire (10-15 yrs)

INTERVIEWER: WRITE IN FROM CAPI SCREEN													
Serial						Address		HH.No	ChkL	P.No			
First name						Int No		F/Area	F/Month				



COMPLETING THE QUESTIONNAIRE

The questions inside cover a wide range of subjects, but each one can be answered simply by ticking the box next to the answer, as in the example below. 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

Q16 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
YPDOBD YPDOBM YPDOBY

2 Please tick whether you are male or female.

Male ☐ Female ☐ YPSEX

3 How many hours do you spend watching TV, including video and DVDs, on a normal school day?

YPTVVIDHRS
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?

YPTVVIDHRW
None ☐
Less than an hour ☐
1-3 hours ☐
4-6 hours ☐
7 or more hours ☐

5 Do you belong to a social web-site such as Bebo, Facebook or MySpace?

YPSOCWEB
Yes ☐ → **6**
No ☐ → **7**

6 How many hours do you spend chatting or interacting with friends through a social web-site like that on a normal school day?

YPNETCHT
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?

YPMULPGMS
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?

YPEATLIVU

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?

YPHRSHSWRK

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?

YPLATE

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.

	Strongly agree	Agree	Disagree	Strongly disagree
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...

Tick one box for each line

	Most days	At least once a week	At least once a month	Several times a year	Once a year or less	Never/ almost never
Go to a party, dance, disco, or nightclub	☐	☐	☐	☐	☐	☐
	YPPARTY					
Go to the cinema	☐	☐	☐	☐	☐	☐
	YPCINEMA					
Do painting, drawing, printmaking or sculpture	☐	☐	☐	☐	☐	☐
	YPPAINT					
Go to the theatre (for example play, pantomime or opera)	☐	☐	☐	☐	☐	☐
	YPTHEATRE					
Use a computer to create original artworks or animation	☐	☐	☐	☐	☐	☐
	YPCART					
Go to watch live sport	☐	☐	☐	☐	☐	☐
	YPLVESPT					
Go to a pub or bar	☐	☐	☐	☐	☐	☐
	YFPGO2PUB					
Just hang around/mess about near your home	☐	☐	☐	☐	☐	☐
	YPFHNGHM					
Just hang around/mess about in the high street or the town/city centre	☐	☐	☐	☐	☐	☐
	YPFHNGTN					

15 And how often do you...

Tick one box for each line

	Most days	At least once a week	At least once a month	Several times a year	Once a year or less	Never/ almost never
Go to youthclubs, scouts, girl guides or other organised activities	☐	☐	☐	☐	☐	☐
	YPFYTHCLUB					
Go to a library (not your school library)	☐	☐	☐	☐	☐	☐
	YPLIBRARY					
Go to museums or galleries	☐	☐	☐	☐	☐	☐
	YPFMUSEUM					
Go to visit an historic place or stately home	☐	☐	☐	☐	☐	☐
	YPFHISTPLC					
Do voluntary or community work (including doing this as part of school)	☐	☐	☐	☐	☐	☐
	YPFVOLUNT					
Go to a political meeting/ march, rally or demonstration	☐	☐	☐	☐	☐	☐
	YFPOLITM					

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.

YPNBUKS

Write in number of books

17 Please read each of the following statements and tick the box that best applies to you.

Tick one box for each line

	Often	Sometimes	Rarely	Never
We discuss books at home	☐	☐	☐	☐
YPDISBUK				
We discuss TV programmes we have watched at home	☐	☐	☐	☐
YPDISTV				
My parents/other adults at home buy me books as gifts	☐	☐	☐	☐
YPGETBUK				
My parents/other adults take me to museums or art galleries	☐	☐	☐	☐
YPFADMUS				
My parents/other adults take me to watch sporting events	☐	☐	☐	☐
YPFADSPT				
My parents/other adults take me to the theatre or to see a dance performance or classical music	☐	☐	☐	☐
YPFADTTR				

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 tick all the things you do.

Music ☐ YPOSCLAS 1

Art ☐ YPOSCLAS 2

Dance ☐ YPOSCLAS 3

Sport ☐ YPOSCLAS 4

Tutorials for school subjects ☐ YPOSCLAS 5

Religious classes ☐ YPOSCLAS 6

None of these ☐ YPOSCLAS 7

Something else
(WRITE IN)

YPOSCLAS8TXT

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

- 20** Below is a scale from 1 to 7 where '1' is completely happy and '7' means not at all happy. Please tick the box which comes closest to describing how you feel about each of the following:

TICK ONE BOX ON EVERY LINE

	1	2	3	4	5	6	7
Completely happy							
Not at all happy							
Your school work? YPHSW	☐	☐	☐	☐	☐	☐	☐
The way you look? YPHAP	☐	☐	☐	☐	☐	☐	☐
Your family? YPHFM	☐	☐	☐	☐	☐	☐	☐
Your friends? YPHFR	☐	☐	☐	☐	☐	☐	☐
The school you go to? YPHSC	☐	☐	☐	☐	☐	☐	☐
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.

Write in the number of evenings you do homework

YPFHWEVE

24 When you do homework on a week-day evening during term time, how many hours do you usually spend doing your homework?

Write in the number of hours YPHMWKHRS

25 And how many hours do you usually spend doing homework on the weekend during term-time?

Write in the number of hours YPHMWKWE

26 Does anyone here at home help you with your homework, even if it's only occasionally?

YPHMKHLP

Yes ☐

No ☐

27 Who usually helps you with your homework?

Mum or stepmum ☐ YPHMWKWHO 1

Dad or stepdad ☐ YPHMWKWHO 2

A brother or sister (or stepbrother/sister) ☐ YPHMWKWHO 3

Another relative living with you ☐ YPHMWKWHO 4

Any non-relative living with you ☐ YPHMWKWHO 5

No one, I do it myself ☐ YPHMWKWHO 6

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)?

YPACVWELL

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?

YPLVSC2DO

Get a full time job ☐ → **31**

Stay at school or college to do A levels/Highers ☐ → **30**

Get an apprenticeship ☐ → **30**

Do some other form of training ☐ → **30**

Do something else ☐ → **30**

Don't know ☐ → **30**

30 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 ☐

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?

YPTRUANT

Yes ☐

No ☐

Here are a few questions about health and nutrition.

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

YPSRHLTH

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.

YPPFRUTPPD

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.

WRITE IN

Feet and inches YPHLHTFTXT

Metres and centimetres YPHLHTCTXT

Don't know ☐ YPHLHTDK

35 And how much do you weigh without clothes on? If you are not sure please write in your best guess.

WRITE IN

Stones and pounds YPHLWTSTXT

Kilograms YPHLWTKTXT

Not sure and can't guess ☐ YPHLWTDK

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?

YPTRYDIET 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 tick the box for each one you do.

YPEXTYPE

Walking, including walking the dog ☐ 1

Cricket ☐ 10

Swimming or diving ☐ 2

Athletics ☐ 11

Cycling ☐ 3

Martial Arts ☐ 12

Jogging or running ☐ 4

Horse riding ☐ 13

Tennis, squash or badminton ☐ 5

Gymnastics ☐ 14

Keep fit, aerobics or gym training ☐ 6

Dance ☐ 15

Football ☐ 7

Other type of sport or activity ☐ 16

Rugby ☐ 8

Netball, basketball or hockey ☐ 9

39 How many days in a usual week do you play sports, do aerobics or do some other keep fit 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 is the main way you usually travel to school?

YPTRVL2SCH

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?

YPEVRSMO

Yes ☐ → **42**

No ☐ → **43**

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

YPSMOFRQ

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 ☐

Just to remind you, all your answers are confidential and will not be seen by anyone in your household.

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

YPEVRALC

Yes ☐

No ☐

44 How many times in the last four weeks have you had an alcoholic drink?

YPDKLM

Most days ☐ → **45**

Once or twice a week ☐ → **45**

2 or 3 times ☐ → **45**

Once only ☐ → **45**

Never ☐ → **46**

45 Thinking back over the last four weeks, how many times (if any) have you had five or more drinks on one occasion? (A 'drink' is one pint/bottle/can of beer or cider, 2 alcopops, one small glass of wine, a single measure of spirits).

YP5ALCDR

None ☐

Once ☐

Twice ☐

Three to five times ☐

Six to nine times ☐

Ten times or more ☐

46 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?

	0	1-2	3-5	6-9	10-19	20-39	40 or more
In your lifetime	☐	☐	☐	☐	☐	☐	☐
	YPDRNKLT						
During the last twelve months	☐	☐	☐	☐	☐	☐	☐
	YPDRNKY						
During the last four weeks	☐	☐	☐	☐	☐	☐	☐
	YPDRNK4W						

47 Have you ever tried any of the following...?

	Yes	No
Glue/solvent sniffing	☐	☐
	YPDRGSOL	
Cannabis (also known as marijuana, dope, hash or skunk)	☐	☐
	YPDRGMJ	
Any other illegal drug (including ecstasy, cocaine, speed)	☐	☐
	YPDRGOTH	

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

YPFRDRG

Never	☐
Once or twice	☐
Three or four times	☐
Five to ten times	☐
More than ten times	☐

49 How difficult do you think it would be for you to get cannabis (marijuana or hash) if you wanted?

YPEASMJ

Impossible	☐
Very difficult	☐
Fairly difficult	☐
Fairly easy	☐
Very easy	☐
Don't know	☐

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

Tick one box for each line

	No risk	Slight risk	Moderate risk	Great risk	Don't know
Smoke cigarettes occasionally	☐	☐	☐	☐	☐
YPSMRSK 1					
Smoke one or more packs of cigarettes per day	☐	☐	☐	☐	☐
YPSMRSK 2					
Have one or two alcoholic drinks nearly every day	☐	☐	☐	☐	☐
YPSMRSK 3					
Have four or five alcoholic drinks nearly every day	☐	☐	☐	☐	☐
YPSMRSK 4					
Have five or more alcoholic drinks each weekend	☐	☐	☐	☐	☐
YPSMRSK 5					

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

Tick one box for each line

	No risk	Slight risk	Moderate risk	Great risk	Don't know
Try cannabis (marijuana or hash) once or twice YPMJRSK 1	☐	☐	☐	☐	☐
Smoke cannabis (marijuana or hash) occasionally YPMJRSK 2	☐	☐	☐	☐	☐
Smoke cannabis (marijuana or hash) regularly YPMJRSK 3	☐	☐	☐	☐	☐
Try ecstasy once or twice YPERSK 1	☐	☐	☐	☐	☐
Try an amphetamine (uppers, pep pills, speed) once or twice YPAMRSK 1	☐	☐	☐	☐	☐
Take amphetamines regularly YPAMRSK 2	☐	☐	☐	☐	☐

Now a few questions about the environment. How often you personally do each of the following things?

52 How often do you leave the TV on standby?

YPENVHABIT 1

Always ☐

Very often ☐

Quite often ☐

Not very often ☐

Never ☐

We have no TV at home ☐

53 How often do you switch off lights in rooms that aren't being used?

YPENVHABIT 2

Always ☐

Very often ☐

Quite often ☐

Not very often ☐

Never ☐

54 How often do you keep the tap running while you brush your teeth?

YPENVHABIT 3

Always ☐

Very often ☐

Quite often ☐

Not very often ☐

Never ☐

55 Do you believe that people in the UK will be affected by climate change in the future?

YPOPECL

Yes ☐

No ☐

I don't know ☐

The next questions are about what you want to do in the future.

56 At what age do you want to get married? If you don't want to get married then write in zero.

YPAMAR Please write in age:

57 At what age would you like to start a family? If you don't want any children, write in zero.

YPAPAR Please write in age:

58 Thinking about your own future, what would you like to be doing with your life in about ten years' time from now? Write in as much as you like in the space provided.

YPFUTATXT

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:

National Centre for Social Research
Unit B2, Admiralty Park, Station Road, Holton Heath,
Poole, BH16 6HX

