



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 online games?

YPMULPGMS

Yes ☐

No ☐

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?

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?

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
YFPFARTY	Go to a party, dance, disco, or nightclub	☐	☐	☐	☐	☐	☐
YFPCINEMA	Go to the cinema	☐	☐	☐	☐	☐	☐
YFPPAINT	Do painting, drawing, printmaking or sculpture	☐	☐	☐	☐	☐	☐
YPFTHATRE	Go to the theatre (for example play, pantomime or opera)	☐	☐	☐	☐	☐	☐
YFPCART	Use a computer to create original artworks or animation	☐	☐	☐	☐	☐	☐
YFPLVESPT	Go to watch live sport	☐	☐	☐	☐	☐	☐
YFPG02PUB	Go to a pub or bar	☐	☐	☐	☐	☐	☐
YFHNHGM	Just hang around/mess about near your home	☐	☐	☐	☐	☐	☐
YFHNHGTN	Just hang around/mess about in the high street or the town/city centre	☐	☐	☐	☐	☐	☐

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
YPFYTHCLUB	Go to youthclubs, scouts, girl guides or other organised activities	☐	☐	☐	☐	☐	☐
YFPLIBRARY	Go to a library (not your school library)	☐	☐	☐	☐	☐	☐
YPFMUSEUM	Go to museums or galleries	☐	☐	☐	☐	☐	☐
YPFHISTPLC	Go to visit an historic place or stately home	☐	☐	☐	☐	☐	☐
YPFVOLUNT	Do voluntary or community work (including doing this as part of school)	☐	☐	☐	☐	☐	☐
YFPPOLITM	Go to a political meeting/ march, rally or demonstration	☐	☐	☐	☐	☐	☐

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

YDISBUK We discuss books at home ☐ ☐ ☐ ☐

YDISTV We discuss TV programmes we have watched at home ☐ ☐ ☐ ☐

YGETBUK My parents/other adults at home buy me books as gifts ☐ ☐ ☐ ☐

YFADMUS My parents/other adults take me to museums or art galleries ☐ ☐ ☐ ☐

YFADSPT My parents/other adults take me to watch sporting events ☐ ☐ ☐ ☐

YFADTTR My parents/other adults take me to the theatre or to see a dance performance or classical music ☐ ☐ ☐ ☐

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 ☐ YPOSCLAS1

Art ☐ YPOSCLAS2

Dance ☐ YPOSCLAS3

Sport ☐ YPOSCLAS4

Tutorials for school subjects ☐ YPOSCLAS5

Religious classes ☐ YPOSCLAS6

None of these ☐ YPOSCLAS7

Something else
(WRITE IN)

Y19T_CLUBSTXT

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

20

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 tick the box which comes closest to expressing how you feel about each of the following things...

A Your school work? **YPHSW**

[illegible]

B Your appearance? YPHAP

[illegible]

C Your family? YPHFM

1 2 3 4 5 6 7

D Your friends? YPHFR

[illegible]

E The school you go to? YPHSC

1 2 3 4 5 6 7

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

1 2 3 4 5 6 7



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 YPHMWRKHRS

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?

Yes ☐ YPHMWKHL P

No ☐

27 Who usually helps you with your homework?

Mum or stepmum ☐ YPHMWKWH01

Dad or stepdad ☐ YPHMWKWH02

A brother or sister (or stepbrother/sister) ☐ YPHMWKWH03

Another relative living with you ☐ YPHMWKWH04

Any non-relative living with you ☐ YPHMWKWH05

No one, I do it myself ☐ YPHMWKWH06



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 At the moment, young people can leave school at 16. What would you most like to do when you are 16?

YPLVSC2D0

Get a full time job ☐ → **31**

Study full time ☐ → **30**

Get a job and study ☐ → **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.

YFPRUTPPD

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

Metres and centimetres

Don't know

☐

See notes for:

YPHLHTM_DV

YPHLHTF_DV

YPHLHTI_DV

YPHLHTCM_DV

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

Kilograms

Not sure and can't guess

☐

See notes for:

YPHLWTM_DV

YPHLWTS_DV

YPHLWTP_DV

YPHLWTK_DV

YPHLWTKG_DV



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.

Walking, including walking the dog ☐ YPEXTYPE1

Cricket ☐ YPEXTYPE10

YPEXTYPE2 Swimming or diving ☐

Athletics ☐ YPEXTYPE11

YPEXTYPE3 Cycling ☐

Martial Arts ☐ YPEXTYPE12

YPEXTYPE4 Jogging or running ☐

Horse riding ☐ YPEXTYPE13

YPEXTYPE5 Tennis, squash or badminton ☐

Gymnastics ☐ YPEXTYPE14

YPEXTYPE6 Keep fit, aerobics or gym training ☐

Dance ☐ YPEXTYPE15

YPEXTYPE7 Football ☐

Other type of sport or activity ☐ YPEXTYPE97

YPEXTYPE8 Rugby ☐

YPEXTYPE9 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?

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 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
YPDRNKL In your lifetime	☐	☐	☐	☐	☐	☐	☐
YPDRNKYR During the last twelve months	☐	☐	☐	☐	☐	☐	☐
YPDRNK4W During the last four weeks	☐	☐	☐	☐	☐	☐	☐

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
YPSMRSK1	Smoke cigarettes occasionally	☐	☐	☐	☐	☐
YPSMRSK2	Smoke one or more packs of cigarettes per day	☐	☐	☐	☐	☐
YPALRSK1	Have one or two alcoholic drinks nearly every day	☐	☐	☐	☐	☐
YPALRSK2	Have four or five alcoholic drinks nearly every day	☐	☐	☐	☐	☐
YPALRSK3	Have five or more alcoholic drinks each weekend	☐	☐	☐	☐	☐

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	
YPMJRSK1	Try cannabis (marijuana or hash) once or twice	☐	☐	☐	☐	☐
YPMJRSK2	Smoke cannabis (marijuana or hash) occasionally	☐	☐	☐	☐	☐
YPMJRSK3	Smoke cannabis (marijuana or hash) regularly	☐	☐	☐	☐	☐
YPERSK1	Try ecstasy once or twice	☐	☐	☐	☐	☐
YPAMRSK1	Try an amphetamine (uppers, pep pills, speed) once or twice	☐	☐	☐	☐	☐
YPAMRSK2	Take amphetamines regularly	☐	☐	☐	☐	☐

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

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

Please write in age:

YPAMAR

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

Please write in age:

YPAPAR

- 54 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.

YPFVTATXT

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

