

Your
questionnaire

Self-completion questionnaire (10-15 yrs)

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INTERVIEWER: WRITE IN FROM CAPI SCREEN

Serial

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Person number

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First name

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Interviewer number

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Month

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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
 YPDOBD YPDOBM YPDOBY

2 Are 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 ☐

+

4

+

+

5

+



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				
YPSETB 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

	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 YPPGOZPUB	☐	☐	☐	☐	☐	☐
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...

Put an "x" in 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) YFELIBRARY	☐	☐	☐	☐	☐	☐
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.

Write in number of books YPNBUKS

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

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 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

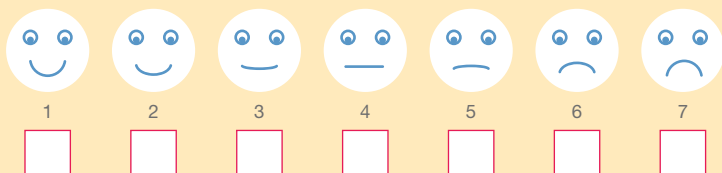
The next few questions are about how you feel about different aspects of your life.

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.

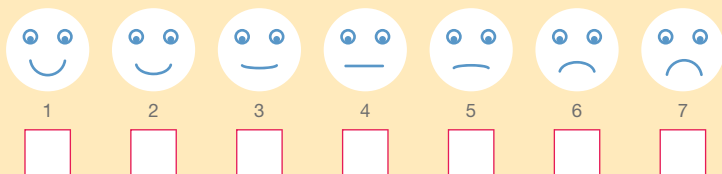
Please put an "x" in the box which comes closest to expressing how you feel about each of the following things...

A) Your school work?



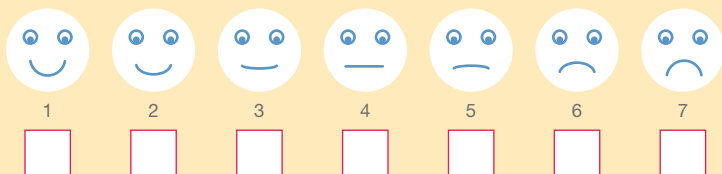
YPHSW

B) Your appearance?



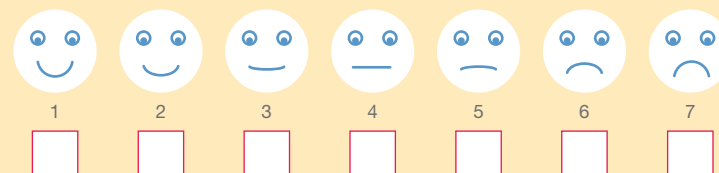
YPHAP

C) Your family?



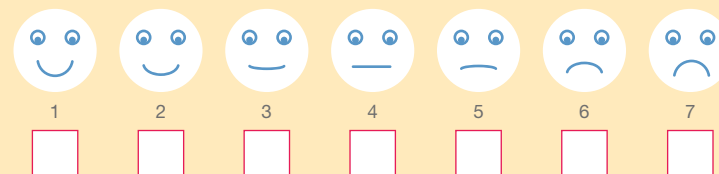
YPHFM

D) Your friends?



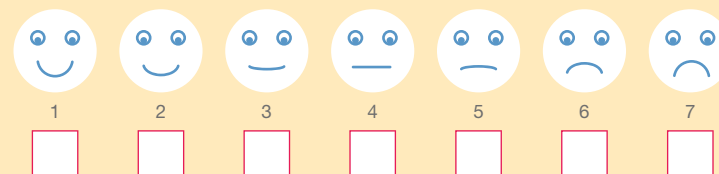
YPHRF

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?

YPHMWK

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?

YPHMWKHRS

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?

YPHMWKHLP

Yes ☐

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

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?

YPLVSC2D0

Get a full time job ☐ → 31Stay at school or college to do A levels/Highers ☐ → 30Get an apprenticeship ☐ → 30Do some other form of training ☐ → 30Do something else ☐ → 30Don'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.

YPERVTTPD

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

Inches

YPHLHTFTXT

Metres

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. Please use either stones and pounds or kilograms – whichever you know the best.

WRITE IN

Stones

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 put an "x" in the box for each one you do.

YPEXTYPE

Walking, including walking the dog ☐ 1

Swimming or diving ☐ 2

Cycling ☐ 3

Jogging or running ☐ 4

Tennis, squash or badminton ☐ 5

Keep fit, aerobics or gym training ☐ 6

Football ☐ 7

Rugby ☐ 8

Netball, basketball or hockey ☐ 9

Cricket ☐ 10

Athletics ☐ 11

Martial Arts ☐ 12

Horse riding ☐ 13

Gymnastics ☐ 14

Dance ☐ 15

Other type of sport or activity ☐ 16

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?

YPTPRVL2SCH

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?

YPERVRSMO

Yes ☐ → **42**

No ☐ → **43**

42 Please read the statements below and put an "x" in the box beside the statement that describes you best.

YPSM0FRQ

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?

YDPKLM

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...

Put an "x" in one box for each line

	No risk	Slight risk	Moderate risk	Great risk	Don't know	
Smoke cigarettes occasionally	☐	☐	☐	☐	☐	YPSMRSK1
Smoke one or more packs of cigarettes per day	☐	☐	☐	☐	☐	YPSMRSK2
Have one or two alcoholic drinks nearly every day	☐	☐	☐	☐	☐	YPALCRSK1
Have four or five alcoholic drinks nearly every day	☐	☐	☐	☐	☐	YPALCRSK2
Have five or more alcoholic drinks each weekend	☐	☐	☐	☐	☐	YPALCRSK3



51

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

Put an "x" in one box for each line

	No risk	Slight risk	Moderate risk	Great risk	Don't know	
Try cannabis (marijuana or hash) once or twice	☐	☐	☐	☐	☐	YPMJRSK1
Smoke cannabis (marijuana or hash) occasionally	☐	☐	☐	☐	☐	YPMJRSK2
Smoke cannabis (marijuana or hash) regularly	☐	☐	☐	☐	☐	YPMJRSK3
Try ecstasy once or twice	☐	☐	☐	☐	☐	YPERSK1
Try an amphetamine (uppers, pep pills, speed) once or twice	☐	☐	☐	☐	☐	YPAMRSK1
Take amphetamines regularly	☐	☐	☐	☐	☐	YPAMRSK2

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?

YPENVHABIT1

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?

YPENVHABIT2

Always ☐

Very often ☐

Quite often ☐

Not very often ☐

Never ☐

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

YPENVHABIT3

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 ☐

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:

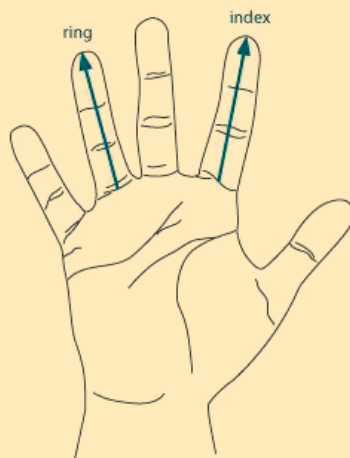
58 Thinking about your own future, what would you like to be doing with your life in about ten years' time from now? Write in as much as you like in the space provided.

YPFUTATXT

Measuring your Fingers

For this task you will need a ruler. If you do not have one, there is one printed on the edge of this page.

- Hold your right hand in front of you, like in this picture
- Look at where your ring finger joins the palm of your hand.
- Find the bottom crease of your ring finger.
- Put the 0 of the ruler exactly on the middle of the bottom crease. Make sure the ruler runs straight up the middle of your finger
- Measure to the tip of your finger (not your fingernail) in millimetres
- Every millimetre counts so it is important to do this as accurately as possible



59 How many millimetres is your right ring finger?

WRITE IN
Millimetres

--	--	--

H2D4DRIM

Now please do the same thing with your right index finger.

- Holding your hand in front of you like the picture, find the crease where your right index finger meets your palm, and measure in millimetres how long your index finger is from the middle of this bottom crease to the finger tip (not the fingernail).

60 How many millimetres is your right index finger?

WRITE IN
Millimetres

--	--	--

H2D4DRRM

Now, measure the same fingers on your left hand. Do everything the same for your left ring and left index fingers.

61 How many millimetres is your left ring finger?

WRITE IN
Millimetres

--	--	--

H2D4DLIM

62 How many millimetres is your left index finger?

WRITE IN
Millimetres

--	--	--

H2D4DLRM

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
Buckinghamshire, HP11 2PR**