



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

Self-completion questionnaire (10-15 yrs)

+										+				
INTERVIEWER: WRITE IN FROM CAPI SCREEN														
Serial								Person number						
First name								Interviewer number				Month		
+										+				



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IP9

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 YPOBDM YPDOBY

2 Are you are male or female?

YPSEX Male ☐ Female ☐

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

YPSOCWEB

Yes ☐ → **6**

No ☐ → **7**

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?

YPMULPGMS

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?

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
I feel I have a number of good qualities YPESTA	☐	☐	☐	☐
I feel that I do not have much to be proud of YPESTI	☐	☐	☐	☐
I certainly feel useless at times YPESTB	☐	☐	☐	☐
I am able to do things as well as most other people YPESTJ	☐	☐	☐	☐
I am a likeable person YPESTC	☐	☐	☐	☐
I can usually solve my own problems YPESTK	☐	☐	☐	☐
All in all, I am inclined to feel I am a failure YPESTE	☐	☐	☐	☐
At times I feel I am no good at all YPESTF	☐	☐	☐	☐

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 YPPCART	☐	☐	☐	☐	☐	☐
Go to watch live sport YPLVESPT	☐	☐	☐	☐	☐	☐
Go to a pub or bar YPGO2PUB	☐	☐	☐	☐	☐	☐
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) 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 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	☐	☐	☐	☐
YDISBUK				
We discuss TV programmes we have watched at home	☐	☐	☐	☐
YDISTV				
My parents/other adults at home buy me books as gifts	☐	☐	☐	☐
YGETBUK				
My parents/other adults take me to museums or art galleries	☐	☐	☐	☐
YFADMUS				
My parents/other adults take me to watch sporting events	☐	☐	☐	☐
YFADSPT				
My parents/other adults take me to the theatre or to see a dance performance or classical music	☐	☐	☐	☐
YFADTTR				

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)

YPOSCLAS8



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

						
1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	☐

B) Your appearance? YPHAP

						
1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	☐

C) Your family? YPHFM

						
1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	☐

D) Your friends? YPHFR

						
1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	☐

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

YPHMWKHRS

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 ☐ 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

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 ☐ → 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.

YPFRUTPPD

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.

Walking, including walking the dog ☐ YPEXTYPE1

Cricket ☐ YPEXTYPE10

Swimming or diving ☐ YPEXTYPE2

Athletics ☐ YPEXTYPE11

Cycling ☐ YPEXTYPE3

Martial Arts ☐ YPEXTYPE12

Jogging or running ☐ YPEXTYPE4

Horse riding ☐ YPEXTYPE13

Tennis, squash or badminton ☐ YPEXTYPE5

Gymnastics ☐ YPEXTYPE14

Keep fit, aerobics or gym training ☐ YPEXTYPE6

Dance ☐ YPEXTYPE15

Football ☐ YPEXTYPE7

Other type of sport or activity ☐ YPEXTYPE16

Rugby ☐ YPEXTYPE8

Netball, basketball or hockey ☐ YPEXTYPE9

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?
Please do not include electronic cigarettes (e-cigarettes).

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 ☐

43 Have you ever used e-cigarettes?

YPEVRESMO

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 ☐

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

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

YPEVRALC

Yes ☐

No ☐

45

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

YPDKLM

Most days ☐ → 46

Once or twice a week ☐ → 46

2 or 3 times ☐ → 46

Once only ☐ → 46

Never ☐ → 47

46

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 ☐

47

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

48

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

49

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

YPFRDG

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?

YPEASMJ

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...

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	☐	☐	☐	☐	☐

52 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?

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 ☐



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

57

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:

58

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:

59

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.

YPFUTA YPFUTB

Thank you for your help

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and hand it back to your interviewer

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