

Self-completion questionnaire (10-15 yrs)

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Understanding Society

40414678-260C IP12

28. Understanding Society Health IP_Youth Self Completion Questionnaire_v1. 13 March 2019. IRAS Project ID: 251120.

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 Public and NatCen Social Research.

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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

+

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

YPDOBD

YPDOBM

2 Please add an 'x' to indicate whether you are male or female.

Male

Female

YPSEX

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

YPSOCWEB

Yes 4

No A

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?

YPNETCHT

+

None

Less than an hour

1–3 hours

4–6 hours

7 or more hours

How many hours do you spend watching television programmes or films on a normal school day? Please remember to include time spent watching programmes and films on a computer or mobile device.

YPTVVIDHRS None

Less than an hour

1–3 hours

4–6 hours

7 or more hours

6 Do you have your own personal mobile phone?

YPMOBU

Yes 7

0 8

Is your mobile a smartphone? A smartphone is a mobile phone that can download apps, send emails and surf the internet.

YPSMARTPH

Yes

No

How many close friends do you have – friends you could talk to if you were in some kind of trouble?

YPNPAL

+

Write in number

The next few questions are about you and your family.

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

1–2 times

3–5 times

6–7 times

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

YPFAMSUP

+

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

11	Suppose you felt upset or worried about to talk about it. Who would you turn to Please put an 'x' in one box only.	
YPUP	SET Mum or stepmum	
	Dad or stepdad	
A b	prother or sister (or step-brother/sister)	
	Another relative living with you	
	Another relative not living with you	
	No-one within my family	
12 YPLAT	In the past month, how many times have at night without your parents knowing vote. Never 1–2 times 3–9 times	
	10 or more times	
13 YPSIBI	Do you have any brothers or sisters livin LING Yes No	g with you at home? 14 16

+																						
		\leq	\leq	\leq						/	\leq											

How often do any of the following to	-		do any		
of the following to	Never	Not much (1–3 times in last 6 months)	Quite a lot (more than 4 times in the last 6 months)	A lot (a few times every week)	
Hit, kick, or push you				YPSIB	HIT
Take your belongings				YPSIBS	STEAL
Call you nasty names				YPSIB	/ERAB
Make fun of you				YPSIBT	EASE
How often do you sisters at home?	do any of t	he following to	your brothers	s or	
	Never	Not much (1–3 times in last 6 months)	Quite a lot (more than 4 times in the last 6 months)	A lot (a few times every week)	
Hit, kick, or push them				YPHITS	SIB
Take their belongings				YPSTEA	ALSIB
Call them nasty names				YPVER	ABSIB
Make fun of them				YPTEAS	SESIB

The next few questions are about your relationship with your parents even if either of them live in a different household to you.

16	Most children have occasional quarrels with their parents
10	How often do you quarrel with your mother?

How often do you quarrel with your mother
YPARGM

Most days

More than once a week

Less than once a week

Hardly ever

17 How often do you quarrel with your father?

YPARGF Most days

More than once a week

Don't have a mother

Less than once a week

Hardly ever

Don't have a father

+

18	How often do you talk to your mother, matter to you?	about things that
YPTLKI	M Most days	
	More than once a week	
	Less than once a week	
	Hardly ever	
	Don't have a mother	
19	How often do you talk to your father, al matter to you?	oout things that
YPTLK	F Most days	
	More than once a week	
	Less than once a week	
	Hardly ever	
	Don't have a father	
20	Do you have a step-mother or father, or at home with you?	r someone like this, living
YPSTE	PHAS Yes	→ 21
	No	→ 22

How would you rate your r or other person like this?	relationship with your step-mother or father,
YPSTEPREL	Very good
	Good
	Fair
	Poor
	Very poor

-	1	
	•	

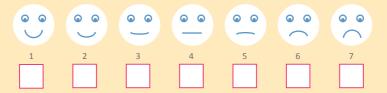
For each item, please put an "x" in True or Certainly True. It would he best you can even if you aren't ab answers on the basis of how thing months.	elp us if you solutely cer	answered all i tain. Please gi	tems as ve your
	Not true	Somewhat true	Certainly true
I try to be nice to other people. I care about their feelings			YPSDQ
I am restless, I cannot stay still for long			YPSDQE
I get a lot of headaches, stomach-aches or sickness			YPSDQC
I usually share with others (food, games, pens, etc.)			YPSDQC
I get very angry and often lose my temper			YPSDQ
I am usually on my own. I generally play alone or keep to myself			YPSDQ
I usually do as I am told			YPSDQ
I worry a lot			YPSDQI
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			YPSDQ

Now for some questions about how you see yourself as a person.

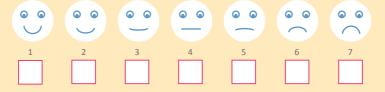
	Not true	Somewhat true	Certainly true
I fight a lot. I can make other people do what I want			YPSDQL
I am often unhappy, down-hearted or tearful			YPSDQM
Other people my age generally like me			YPSDQN
I am easily distracted, I find it difficult to concentrate			YPSDQO
I am nervous in new situations. I easily lose confidence			YPSDQP
I am kind to young 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			YPSDQY

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

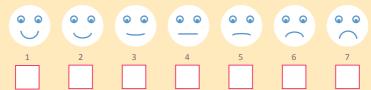
A Your school work? YPHSW



B Your appearance? YPHAP



C Your family? YPHFM



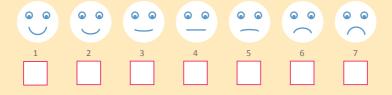
D Your friends? YPHFR



E The school you go to? YPHSC



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



24	Overall, do you like living in this neighb	bourhood?
YPLLKI	NBRD Yes	
	No	
25	How much do you worry that you migh	nt be a victim of a crime?
YPCRV	WRA A big worry	,
	A bit of a worry	,
	An occasional doubt	t
	Not a worry at al	I
26	How safe would you feel walking alone	e in this area after dark?
YPCRW	VORB Very safe	2
	Fairly safe	
	A bit unsafe	
	Very unsafe	

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.

27	Do you ever get set any homework at scho	ol?
YPHN	MWRK Yes	→ 28
	No	→ 34
28	How often are you given homework?	
YPFHI	MWRK Most days	
	Once a week at least	
	Sometimes, less than once a week	
	Hardly ever	
	Never	
29	During an average week in term time, on hany homework? Please just think about Moduring term time. Write in number of evenings	
YPFH	you do homework HWEVE	

	ı		
-	1	_	
	•		

many hours do you usually spend doing your homework? YPHMWKHRS Write in the number of hours	
And how many hours do you usually spend doing homework on the weekend during term-time? YPHMWKWE Write in the number of hours	
Does anyone here at home help you with your homework, even if it's only occasionally?	
YPHMWKHLP Yes No	
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.

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

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?

YPLVSC2DO Get a full-time job 37

Stay at school or college to do
A levels/Highers

Get an apprenticeship 36

Do some other form of training 36

Do something else 36

Don't know

36	Would you like to go on to do further fu at a college or University after you finis	
YP2UI	NI Yes	
	No	
	Don't know	
37	In the last 12 months, have you ever pla missed school without permission, ever or single lesson?	
YPTRU	JANT Yes	
	No	
38	My parents are interested in how I do a	t school.
YPPAF	Always or nearly always	
	Sometimes	
	Hardly ever	
	Never	
	Not sure	

My parents come to school parents evenings.		
YPPAI	Always or nearly always	
	Sometimes	
	Hardly ever	
	Never	
	Not sure	
40	How often do other pupils at your school trouble in your classes?	ol misbehave or cause
YPOTRM	ISB In most or all of your classes	
	Less often but in more than half of your classes	
	In about half your classes	
	Now and then	
	This is not a problem at all	

4	ow often would you say you yourself misbehave or cause e in your classes?	
YPMISBSCH	In most or all of your classes	
	Less often but in more than half of your classes	
	In about half your classes	
	Now and then	
	This is not a problem at all	
Now some of	questions about bullying at school.	
4/	ften do you get <u>physically</u> bullied at school, for example getting shed around or threatened, or having belongings stolen?	
YPFRPBULLI	Never	
Not much	(1–3 times in the last 6 months)	
	Quite a lot (more than 4 times in the last 6 months)	
	A lot (a few times every week)	
How often do you get bullied in other ways at school such as getting called names, getting left out of games, or having nasty stories spread about you on purpose? YPFROBULLI Never		
N		
Not much	(1–3 times in the last 6 months)	
	Quite a lot (more than 4 times in the last 6 months)	

A lot (a few times every week)

-	-

Do you <u>physically</u> bully other children at school by hitting or pushing them around, threatening them or stealing their things?		
YPFRPBULLY Never		
Not much (1–3 times in the last 6 months)		
Quite a lot (more than 4 times in the last 6 months)		
A lot (a few times every week)		
How often do you bully children in othe them names, leaving them out of games about them on purpose?		
YPFROBULLY Never		
Not much (1–3 times in the last 6 months)		
Quite a lot (more than 4 times in the last 6 months)		
A lot (a few times every week)		
Here are some questions about money		
Which of the following describes what y	ou <u>usually</u> do with your money?	
YPSAVE I save up to buy things I want		
I save money and try not to spend it		
I spend money as soon as I get it		
I generally do not have pocket money		

•	-	•
	•	

How much money did you receive last week to spend on yourself? Please include pocket money and any allowance you get. But if you have a job, do not include money you earned.				
YPPKI	MP Write in number of £		and pence	
48	Did you do any paid work last week?			
YPWk			→ 49 → 51	
49 YPWH	How many hours paid work did you d than one job please write in the total RS Write in hours			
What was your total pay last week? If you earned money from more than one job, please write in the total you earned from all of them.				
YPPA	Write in number of £		and pence	
The next questions are about taking care of others 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?				
YPCA		o	→ 52 → 55	

52 Who do you	look after? Please add an 'x	'x' for all that apply.	
	Mother/Father	YPCAWHO1	
	Grandfather/Grandmother	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	
	nany hours a week would y g after or doing things for t		
YPCAHRS	Write in hours		
54 How often de	o you have to miss school t	to do this?	
YPCASCH	Never		
0	nce a week or more often		
	Once or twice a month	i 🔛	
Here are a few q	uestions about health,	, nutrition and exercise.	
55 In general, w	ould you say your health is	is	
YPSRHLTH	Excellent	:	
	Very good		
	Good		
	Fair		
	Poor		

56	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.	
YPLTD	Yes, limited a lot	
	Yes, limited a little	
	No	
57	How many days a week do you usually eat breakfast?	
YPBRE	EAKFST Everyday	
	4-6 days	
	1-3 days	
	Never or hardly ever	
58	How many days in a usual week do you eat fast food such as McDonalds, Burger King, KFC or other take-aways like that?	
	Every day, or nearly every day	
YPFF	OWK About once a week	
	Every now and then	
	Never or hardly ever	

59	How many days in a usual week do you fizzy drinks such as Coke or lemonade?	
	Every day, or nearly every day	
YPJFD	About once a week	
	Every now and then	
	Never or hardly ever	
60	How many portions of fresh fruit or ve day? One portion is one piece of fruit of salad item.	
YPFRU	JTPPD 5 or more portions	
	3-4 portions	
	1-2 portions	
	None	
61	Do you think that you are	
YPHL	NTR About the right weight	
	Underweight	
	Slightly overweight	
	Very overweight	
	Don't know	

Do you ever diet or try to	o lose weight?			
YPTRYDIET Ye	es, all the time			
Yes, sor	me of the time			
	No, never			
What type of exercise do to school, or what sports each one you do.				
Walking, including walking the dog	YPEXTYPE1	Cricket	YPEXT	TYPE10
Swimming or diving	YPEXTYPE2	Athletics	YPEXT	YPE11
Cycling	YPEXTYPE3	Martial Arts	YPEXT	YPE12
Jogging or running	YPEXTYPE4	Horse riding	YPEXT	YPE13
Tennis, squash or badminton	YPEXTYPE5	Gymnastics	YPEXT	YPE14
Keep fit, aerobics or gym training	ҮРЕХТҮРЕ6	Dance	YPEXT	YPE15
Football	YPEXTYPE7	ther type of sport or activity	YPEXT	YPE16
Rugby	YPEXTYPE8			
Netball, basketball or hockey	урехтуре9			

64	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

65 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

Do you ever smoke cigarettes at all? Please do not include electronic cigarettes (e-cigarettes).

YPEVRSMO

Yes -

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

69	Do you have any friends who drink alcohol regularly, that is at least once a week?

YPFRALCO Yes No

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

YPEVRALC Yes \longrightarrow 71

No \longrightarrow 73

And would you say that you drink regularly, that is at least once a week?

YPREGALCO Yes _____

How many times in the last <u>four weeks</u> have you had an alcoholic drink?

Once or twice a week

2 or 3 times

Once only

Please pick one answer by adding an x' on the list for each of the following questions.

YPRACE W	hite
British	
English	
Scottish	
Welsh	
Northern Irish	
Irish	
Gypsy or Irish Traveller	
Any other White Background	
M	ixed
White and Black Caribbean	
White and Black African	
White and Asian	
Any other mixed background	

Asian or Asian Brit				
Indian				
Pakistani				
Bangladeshi				
Chinese				
Any other Asian background				
Black / African / Caribbean / Black British				
Caribbean				
African				
Any other Black background				
o	ther			
Arab				
Any other ethnic group				

+

74	If you could vote for a political party, wh	which one would you vote for?
YPVTE	GGB Conservatives	
	Labour	
	Liberal Democrat	
	Scottish National Party	
	Plaid Cymru	
	Green Party	
	UK Independence Party	
	British National Party	
	Other party	
	None	
75	How interested are you in politics?	
YPVTE	5 Very interested	
	Fairly interested	
	Not interested	

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:

Kantar
Unit 6 Cliveden Office Village
Lancaster Road
Cressex Business Park
High Wycombe
Buckinghamshire
HP12 3YZ

