



**Your
questionnaire**

Self-completion questionnaire (10-15 yrs)

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INTERVIEWER: WRITE IN FROM CAPI SCREEN

[illegible]

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40316405
IP14 GB

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 and NatCen Social Research.

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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

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
ypdobd ypdobm

2 Are you male or female? ypsex

Male ☐ Female ☐

First we have some questions about technology use and screen time.

3 Do you have any of the following devices, either of your own or that you can borrow?

Smartphone ☐ ypdevice1
Mobile phone other than smartphone ☐ ypdevice2
A tablet ☐ ypdevice3
Television ☐ ypdevice4
A gaming console like an Xbox, Playstation or Switch ☐ ypdevice5
A laptop or desktop computer ☐ ypdevice6

4 On a normal school day, how many hours do you spend using a tablet, TV, smartphone, games console or computer?

yptvidthrs None ☐
Less than an hour ☐
1–3 hours ☐
4–6 hours ☐
7 or more hours ☐

5 On a weekend, that is on a Saturday or Sunday, how many hours do you spend using a tablet, TV, smartphone, games console or computer?

yptvvidhrw None ☐
Less than an hour ☐
1–3 hours ☐
4–6 hours ☐
7 or more hours ☐

6 How often do you use any of these devices for...

	Every day	At least once a week	At least once a month	Less than once a month	Never	
Watching programmes, videos or movies	☐	☐	☐	☐	☐	ypdvpm
Video calling	☐	☐	☐	☐	☐	ypdvvc
Playing games	☐	☐	☐	☐	☐	ypdvpg
School work or studying	☐	☐	☐	☐	☐	ypdvhm
Posting pictures, videos, or other things	☐	☐	☐	☐	☐	ypdvcr

7 Are there other activities you use these devices for? ypdvacto

The next questions are about friendships and socialising.

8 How many close friends would you say you have?

ypnpal

Write in number

9 These days, it is possible to make new friends via the internet. Do you have any close friends that you have never met in person?

ypvirfnd

Yes

☐

No

☐

10 In a typical week, how often do you get together with friends in person (outside of school or work)?

ypfndmeet

Every day or almost every day

☐

Several times a week

☐

About once a week

☐

Less often

☐

Never

☐

11 In a typical week, how often do you get together with friends online (including on your mobile phone, on social media, or through online gaming)?

ypfndonl

Every day or almost every day

☐

Several times a week

☐

About once a week

☐

Less often

☐

Never

☐

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

ypsocweb

Yes

☐


13

No

☐


15

13 On a normal school day, how many hours do you spend chatting or interacting with friends through social media, gaming websites or apps?

ypnetcht

None

☐

Less than an hour

☐

1–3 hours

☐

4–6 hours

☐

7 or more hours

☐

14 On a weekend, that is on a Saturday or Sunday, how many hours do you spend chatting or interacting with friends through social media, gaming websites or apps?

ypnetchtw

None

☐

Less than an hour

☐

1 - 3 hours

☐

4 - 6 hours

☐

7 or more hours

☐

15 How often do you feel lonely?

yplonely

Hardly ever or never

☐

Some of the time

☐

All of the time

☐

The next few questions are about you and your family.

16 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	☐

17 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	☐

18 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	☐

19 If you have done something that you shouldn't have done, do your parents do any of the following things? Please select all that apply

Tell you off or shout at you	☐	yppun1
Ground you, stop you going out or stop you from seeing your friends	☐	yppun2
Take away pocket money	☐	yppun3
Punish you in some other way	☐	yppun4
None of the above	☐	yppun5

20 Do you have a steady boyfriend or girlfriend?

ypsbfgf

Yes	☐	No	☐
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21 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.

22 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 or nightclub	☐	☐	☐	☐	☐	☐	ypfparty
Go to the cinema	☐	☐	☐	☐	☐	☐	ypfcinema
Do painting, drawing, printmaking or sculpture	☐	☐	☐	☐	☐	☐	ypfpaint
Go to the theatre (for example play, musical, pantomime or opera)	☐	☐	☐	☐	☐	☐	ypftheatre
Use a computer to create original artworks or animation	☐	☐	☐	☐	☐	☐	ypfpcart
Go to watch live sport	☐	☐	☐	☐	☐	☐	ypflivespt
Go to a pub or bar	☐	☐	☐	☐	☐	☐	ypfgo2pub
Just hang around near your home	☐	☐	☐	☐	☐	☐	ypfhngnm
Just hang around in the high street or the town/city centre	☐	☐	☐	☐	☐	☐	ypfhngtn

23 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 youth clubs, Scouts, Girl Guides or other organised activities	☐	☐	☐	☐	☐	☐	ypfythclub
Go to a library (not your school library)	☐	☐	☐	☐	☐	☐	ypflibrary
Go to museums or galleries	☐	☐	☐	☐	☐	☐	ypfmuseum
Go to visit an historic place or stately home	☐	☐	☐	☐	☐	☐	ypfhstplc
Do voluntary or community work (including doing this as part of school)	☐	☐	☐	☐	☐	☐	ypfvolunt
Go to a political meeting/ march, rally or demonstration	☐	☐	☐	☐	☐	☐	ypfpolitm

24 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



25

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 programme 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

26

Do you play a musical instrument?

Yes

☐

No

☐

ypmusinst

27

Which of the following regular classes do you do outside school, if any? Please put an “x” in the boxes next to 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)

yposclas8

yposclas8txt

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

28

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
☐	☐	☐	☐	☐	☐	☐

29 Overall, do you like living in your neighbourhood?

ypllknbrn Yes ☐ No ☐

30 How much do you worry that you might be a victim of crime?

ypcrwra

A big worry ☐

A bit of a worry ☐

An occasional doubt ☐

Not a worry at all ☐

31 How safe would you feel walking alone in your neighbourhood after dark?

ypcrworb

Very safe ☐

Fairly safe ☐

A bit unsafe ☐

Very safe ☐

The next questions are about school and what you want to happen in the future.

32 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 ☐

33 The age young people must stay in education or training differs 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 ☐ → **35**

Stay at school or college to do A levels/Highers ☐ → **34**

Get an apprenticeship ☐ → **34**

Do some other form of training ☐ → **34**

Do something else ☐ → **34**

Don't know ☐ → **34**

34 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 ☐

35

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.

36

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

ypsrhlth

Excellent

☐

Very good

☐

Good

☐

Fair

☐

Poor

☐

37

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.

ypItdis

Yes, limited a lot

☐

Yes, limited a little

☐

No

☐

38

About what time do you usually go to sleep on a school night?

ypsleap1

Before 9 pm

☐

9 - 9:59 pm

☐

10 - 10:59 pm

☐

11 - midnight

☐

After midnight

☐

39

About what time do you usually wake up in the morning on a school day?

ypsleap2

Before 6 am

☐

6 - 6:59 am

☐

7 - 7:59 am

☐

8 - 8:59 am

☐

After 9 am

☐

40

About what time do you usually go to sleep on the nights when you do not have school the next day?

ypsleap3

Before 9 pm

☐

9 - 9:59 pm

☐

10 - 10:59 pm

☐

11 - midnight

☐

After midnight

☐

41

About what time do you wake up in the morning on the days when you do not have school?

ypsleep4

Before 8 am ☐8 - 8:59 am ☐9 - 9:59 am ☐10 - 10:59 am ☐11 - 11:59 am ☐After Midday ☐

42

During the last four weeks, how long did it usually take for you to fall asleep?

ypsleep5

0 - 15 minutes ☐16 - 30 minutes ☐31 - 45 minutes ☐46 - 60 minutes ☐More than 60 minutes ☐

43

During the last four weeks, how often did you awaken during your sleep time and have trouble falling back to sleep again?

ypsleep6

All of the time ☐Most of the time ☐A good bit of the time ☐Some of the time ☐A little of the time ☐None of the time ☐

44

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

ypevrsmo

Yes ☐

→ 45

No ☐

→ 46

45

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 ☐

46

Have you ever used e-cigarettes/vaping?

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 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.

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

ypevralc

Yes ☐ → **48**
No ☐ → **51**

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

ypdklm

Most days ☐ → **49**
Once or twice a week ☐ → **49**
2 or 3 times ☐ → **49**
Once only ☐ → **49**
Never ☐ → **50**

49 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 ☐

50

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	☐	☐	☐	☐	☐	☐	☐	ypdrnkylr
During the last four weeks	☐	☐	☐	☐	☐	☐	☐	ypdrnk4w

51

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

	Yes	No	
Glue/solvent sniffing	☐	☐	ypdrgsol
Cannabis (also known as weed, marijuana, dope, hash or skunk)	☐	☐	ypdrgmj
Any other illegal drug (including ecstasy, cocaine, speed)	☐	☐	ypdrgoth

52

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 ☐

53

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

ypeasmj

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

54

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

55

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 (weed, marijuana or hash) once or twice	☐	☐	☐	☐	☐	ypmjrsk1
Smoke cannabis (weed, marijuana or hash) occasionally	☐	☐	☐	☐	☐	ypmjrsk2
Smoke cannabis (weed, marijuana or hash) regularly	☐	☐	☐	☐	☐	ypmjrsk3
Try ecstasy once or twice	☐	☐	☐	☐	☐	ypersk1
Take ecstasy regularly	☐	☐	☐	☐	☐	ypersk2
Try an amphetamine (uppers, pep pills, speed) once or twice	☐	☐	☐	☐	☐	ypamrsk1
Take amphetamines regularly	☐	☐	☐	☐	☐	ypamrsk2

56

How often in the past month have you had a fight with someone that involved physical violence, such as hitting, punching, or kicking?

ypfight

- None ☐
- Once ☐
- 2–5 times ☐
- 6–9 times ☐
- 10 or more times ☐

57

In the past year, have you deliberately broken or damaged property that didn't belong to you?

ypvand

- Never ☐
- Once or twice ☐
- Several times ☐
- Often ☐

58

In the past year, have you taken something from a shop, supermarket, or department store without paying?

ypshop

- Never ☐
- Once or twice ☐
- Several times ☐
- Often ☐

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

59

Which of the following groups do you think you belong to?

yprace

White

- British ☐
- English ☐
- Scottish ☐
- Welsh ☐
- Northern Irish ☐

Irish ☐Gypsy or Irish Traveller ☐Any other White background ☐**Mixed**White and Black Caribbean ☐White and Black African ☐White and Asian ☐Any other Mixed background ☐**Asian or Asian British**Indian ☐Pakistani ☐Bangladeshi ☐Chinese ☐Any other Asian background ☐**Black/African/Caribbean/Black British**Caribbean ☐African ☐Any other Black background ☐**Other**Arab ☐Any other ethnic group ☐

60

What is your religion? If you have no religion put an "x" in the box
"No religion".

ypreliggb

No Religion

☐

Church of England/Anglican

☐

Roman Catholic

☐

Church of Scotland

☐Free Church or Free Presbyterian Church of
Scotland☐

Episcopalian

☐

Methodist

☐

Baptist

☐

Congretational/United Reform/URC

☐

Other Christian

☐

Christ (no denomination specified)

☐

Muslim/Islam

☐

Hindu

☐

Jewish

☐

Sikh

☐

Buddhist

☐

Other

☐

I don't know

☐

61

If you could vote for a political party which one would you vote for?

ypvte3gb

Conservatives

☐

Labour

☐

Liberal Democrats

☐

Scottish National Party

☐

Plaid Cymru

☐

Green Party

☐

UK Independence Party

☐

The Brexit Party

☐

Change UK - The Independent Group;

☐

Other party

☐

None

☐

62

How interested are you in politics?

ypvte6

Very interested

☐

Fairly interested

☐

Not interested

☐

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

63

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

64

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

65

Thinking of 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

66

At what age would you like to leave home?

yplvhm

Please write in age

67

What job would you like to do once you leave school or finish your
full-time education?

ypsoc_txt

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
PO Box 107
High Wycombe
HP12 3WY

