

Self-completion questionnaire (10-15 yrs)

NTER	VIEWER:	WRITE	IN FROI	M CAPI	SCREE	N			
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irst nan	ne				Intervie	wer num	nber	Mo	onth

Understanding Society

40311018 W12 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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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

16

Did you have breakfast today?

Yes X

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.



Please write in your date of birth. ypdobd Day Month	bm ypdoby					
2 Are you male or female? ypsex						
Male Female						
First we have some questions about technology use and screen time.						
Do you have any of the following device you can borrow?	es, either of your own or that					
Smartphone	ypdevice1					
Mobile phone other than smartphone	ypdevice2					
A tablet	ypdevice3					
Television	ypdevice4					
A gaming console like an Xbox, Playstation or	ypdevice5					
Switch	ypdevice6					
A laptop or desktop computer	7,44					
On a <u>normal school day</u> , how many hours do you spend using a tablet, TV, smartphone, games console or computer?						
None	yptvvidhrs					
Less than an hour						
1–3 hours						
4–6 hours						
7 or more hours						

+

	you spend using a tablet, 1 v, smartphone, games console of								
	None					yptvvidhrw			
	ır								
	1–3 hours								
		4–6 hou	rs						
	7 or r	more hou	rs						
6 How often do you	ı use any	of these o	levices fo	·					
	Every day	At least once a week	At least once a month	Less than once a month	Never				
Watching programmes, videos or movies						ypdvpvm			
Video calling						ypdvvc			
Playing games						ypdvpg			
School work or studying						ypdvhm			
Posting pictures, videos, or other things						ypdvcrt			
7 Are there other a	ctivities y	ou use th	ese device	es for?	/pdvacto				

The next questions are about friendships and socialising.

8 How many close friends would you say you have?

Write in number ypnpal

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?

Yes No ypvirfnd

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

Several times a week

About once a week

Less often

Never

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)?

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?					
	Yes		→ 13→ 15	ypsocweb		
13	On a normal school day, how many how interacting with friends through social apps?		ia, gaming web	osites or		
	None		ypnetcht			
	Less than an hour					
	1–3 hours					
	4–6 hours					
	7 or more hours					
14	On a weekend, that is on a <u>Saturday or</u> you spend chatting or interacting with gaming websites or apps?					
	None		ypnetc	htw		
	Less than an hour					
	1 - 3 hours					
	4 - 6 hours					
	7 or more hours					
15	How often do you feel lonely?					
	Hardly ever or never		yplonel	У		
	Some of the time					
	All of the time					

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?

None ypeatlivu

1–2 times 3

3–5 times 6–7 times

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?

Don't do any housework yphrshswk

Less than one hour

1–3 hours

4–6 hours

7 or more hours

In the past month, how many times have you stayed out after 9.00pm at night without your parents knowing where you were?

Never _____ yplate

1–2 times ____

3–9 times ____

10 or more times ____

19 If you have done something parents do any of the follow				•
Tell you off or sh	nout at you		yppun1	
Ground you, stop you going out of from seeing y			yppun2	2
Take away poo	ket money		yppun3	3
Punish you in some	other way		yppun4	ļ
None of	f the above		yppun5	5
20 Do you have a steady boyfr	iend or girl	lfriend?		
Yes	No		ypsbfgf	
Please say whether you stro				
	statement Strongly	ts apply	to yourse	lf. Strongly
disagree, that the following	statement Strongly	ts apply	to yourse	Strongly disagree
I feel I have a number of good qualities I feel that I do not have much to	statement Strongly	ts apply	to yourse	Strongly disagree ypesta
I feel I have a number of good qualities I feel that I do not have much to be proud of	statement Strongly	ts apply	to yourse	Strongly disagree ypesta ypesti
I feel I have a number of good qualities I feel that I do not have much to be proud of I certainly feel useless at times I am able to do things as well as	statement Strongly	ts apply	to yourse	Strongly disagree ypesta ypesti ypestb
I feel I have a number of good qualities I feel that I do not have much to be proud of I certainly feel useless at times I am able to do things as well as most other people	statement Strongly	ts apply	to yourse	Strongly disagree ypesta ypesti ypestb ypestj
I feel I have a number of good qualities I feel that I do not have much to be proud of I certainly feel useless at times I am able to do things as well as most other people I am a likeable person I can usually solve my own	statement Strongly	ts apply	to yourse	Strongly disagree ypesta ypesti ypestb ypestj ypestc
I feel I have a number of good qualities I feel that I do not have much to be proud of I certainly feel useless at times I am able to do things as well as most other people I am a likeable person I can usually solve my own problems All in all, I am inclined to feel I am	statement Strongly	ts apply	to yourse	Strongly disagree ypesta ypesti ypestb ypestc ypestc

9

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					У	ofcinema
Do painting, drawing, printmaking or sculpture					у	pfpaint
Go to the theatre (for example play, musical, pantomime or opera)					yp.	ftheatre
Use a computer to create original artworks or animation					УК	ofpcart
Go to watch live sport					yr 	oflvespt
Go to a pub or bar					ypf	go2pub
Just hang around near your home					ypf	fhnghm
Just hang around in the high street or the town/city centre					ур	fhngtn

23 And how often do you						
	- 1	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 Never / year or almost less 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					ypfhistplc	
Do voluntary or community work (including doing this as part of school)					ypfvolunt	
Go to a political meeting/ march, rally or demonstration					ypfpolitm	
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	S		ypnbuks	

Please read each of the following statements and put an "x" in the box that best applies to you.							
	Put ar	"x" in one	box for ea	ch line			
	Often	Sometimes	Rarely	Never			
We discuss books at home			ур	disbuk			
We discuss TV programme we have watched at home			ур	distv			
My parents/other adults at home buy me books as gifts			ур	getbuk			
My parents/other adults take me to museums or art galleries			у	pfadmus			
My parents/other adults take me to watch sporting events			У	pfadspt			
My parents/other adults take me to the theatre or to see a dance performance or classical music			у	pfadttr			
Do you play a musical instrument? Yes No ypmusinst							

27	Which of the following regular classes do you do outside school, if
21	any? Please put an "x" in the boxes next to all the things you do.

	Music	yposclas1
	Art [yposclas2
	Dance	yposclas3
	Sport [yposclas4
Tu	torials 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





























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?

























	-

29	Overall, do you like living in your neighbourhood?						
	Yes No		ypllknbrn				
30	How much do you worry that you migh	nt be	a victim of crime?				
	A big worry		ypcrwra				
	A bit of a worry						
	An occasional doubt						
	Not a worry at all						
31	How safe would you feel walking alone after dark?	e in y	our neighbourhood				
	Very safe		ypcrworb				
	Fairly safe						
	A bit unsafe						
	Very safe						

The next questions a	are about school and	d what you want to
happen in the future	<u>.</u>	

How important do you think it is for you to do well in your GCSE exams or National Qualifications (if you live in Scotland)?

Very important	ypacvwel
Important	
Not very important	
Not at all important	

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?

yplvscdo	→ 35	Ш	Get a full-time job
	→ 34		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

Would you like to go on to do further full-time education at a college or university after you finish school?

Yes	yp2un
No	
on't know	

39	About what time do you usually wake up in the morning on a
<i></i>	school day?

Before 6 am	ypsleep2
6 - 6:59 am	
7 - 7:59 am	
8 - 8:59 am	
After 9 am	

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

Before 9 pm	ypsleep3
9 - 9:59 pm	
10 - 10:59 pm	
11 - midnight	
After midnight	

_	L
	•

41	About what time do you wake up in th you do not have school?	e mo	orning on the days when
	Before 8 am		ypsleep4
	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 d fall asleep?	id it	usually take for you to
	0 - 15 minutes		ypsleep5
	16 - 30 minutes		
	31 - 45 minutes		
	46 - 60 minutes		
	More than 60 minutes		
43	During the last four weeks, how often sleep time and have trouble falling back		
	All of the time		ypsleep6
	Most of the time		
	A good bit of the time		
	Some of the time		
	A little of the time		
	None of the time		

Do you ever smoke cigarettes at all? Please do not include electronic cigarettes (e-cigarettes/vaping).	
Yes	→ 45 ypevrsmo
No	→ 46
Please read the statements below and statement that describes you best.	tick the box beside the
I have smoked only once or twice	ypsmofrq
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	
Have you ever used e-cigarettes/vaping	3?
I have never used e-cigarettes	ypevresmo
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.

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

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

Most days 49 ypdklm

Once or twice a week 49

2 or 3 times 49

Once only 49

Never 50

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).

None yp5alcdr
Once
Twice
Three to five times
Six to nine times
Ten times or more

+

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	ypdrnkyr	
During the last four weeks	ypdrnk4w	
Have you ever tried any of the followi		
Glue/solvent sniffing	Yes No ypdrgsol	
Cannabis (also known as weed, marijuana, dope, hash or skunk)	ypdrgmj	
Any other illegal drug (including ecstasy, cocaine, speed)	ypdrgoth	
How many times have you ever used of	or taken any illegal drugs?	
Never	ypfrdrg	
Once or twice		
Three or four times		
Five to ten times		
More than ten times		

-	1-
	•

How difficult do you think it would be for you to get cannabis (weed, marijuana or hash) if you wanted?						
		Impossib	le	ypeasr	nj	
	Ve	ery difficu	ılt			
	Fai	rly difficu	ılt			
		Fairly ea	sy			
		Very ea	sy			
	[Don't kno	w			
How much do you and in other ways,	if they		harming the none box for Moderate risk			
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	

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

	ratair x in one box for each fine				
	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 involved physical violence, such as hitt	
	None	ypfght
	Once	
	2–5 times	
	6–9 times	
	10 or more times	
57	In the past year, have you deliberately that didn't belong to you?	broken or damaged property
	Never	ypvand
	Once or twice	
	Several times	
	Often	
58	In the past year, have you taken somet supermarket, or department store with	• • • • • • • • • • • • • • • • • • • •
	Never	ypshop
	Once or twice	
	Several times	
	Often	

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

Which of the follow	ing groups do you think you belong to?	yprace
---------------------	--	--------

Wh	ite	Asian or Asian Brit	ish
British		Indian	
English		Pakistani	
Scottish		Bangladeshi	
Welsh		Chinese	
Northern Irish		Any other Asian background	
Irish Gypsy or Irish Traveller		Black/African/Caribbean/Bla Brit	
Any other White background		Caribbean African	
Mix White and Black Caribbean	ked	Any other Black background	
White and Black African		Ot	her
White and Asian		Arab	
Any other Mixed background		Any other ethnic group	

What is your religion? If you have no religion put an "x" in the box "No religion".						
No Religion		ypreliggb				
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 <u>one</u> would you vote for?						
Conservatives	ypvte3gb					
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?						
Very interested	ypvte6					
Fairly interested						
Not interested						

The next questions are about what you want to do in the future.					
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			
64	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			
65	Thinking of your own future, what would you like to be your life in about ten years' time from now? Write in as much as you like in the space provided.	doing with			
		ypfutatxt			
66	At what age would you like to leave home?				
	Please write in age	yplvhm			
67	What job would you like to do once you leave school or full-time education?	finish your			
		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
Unit 6 Cliveden Office Village
Lancaster Road
Cressex Business Park
High Wycombe
Buckinghamshire
HP12 3YZ