

Your
questionnaire

Self-completion questionnaire (10-15 yrs)

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

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

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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

☒

No

☐

18

When you have finished the questionnaire, please seal it in the envelope provided. You and your parent can then post this back to us, free of charge. If you have any questions or need help, please ask your parent to contact us using the details below:

Participant helpline: **0800 252 853**

Email: **contact@understandingsociety.ac.uk**

1

Please write in your date of birth

ypdobd

ypdobm

Day

Month

ypdoby

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?

yptvvidhrs

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

☐

The next questions are about friendships and socialising.

6 How many close friends would you say you have?

Write in number

ypnpal

7 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

☐

8 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

☐

9 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

☐

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

ypsocweb

Yes

☐


11

No

☐


13

11 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

☐


12

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 ☐

13

How often do you feel lonely?

yplonely

- Hardly ever or never ☐
- Some of the time ☐
- All of the time ☐

14

Do you have your own personal mobile phone?

ypmobu

- ☐ → 15
- ☐ → 16

15

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

ypsmartph

- Yes ☐ No ☐

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

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 ☐

18

Suppose you felt upset or worried about something and you wanted to talk about it. Who would you turn to first within your family? Please tick one box only.

ypupset

Mother ☐Step-mother ☐Father ☐Step-father ☐A brother or sister ☐A step-brother or step-sister ☐Another relative living with you ☐Another relative not living with you ☐No-one within my family ☐

19

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 ☐

20

Do you have any brothers or sisters living with you at home? Please include any step-brothers and step-sisters.

ypsibling

Yes ☐ → 21No ☐ → 23

21

How often do any of your brothers or sisters do any of the following to you at home?

		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)
ypsibhit	Hit, kick or push you	☐	☐	☐	☐
ypsibsteal	Take your belongings	☐	☐	☐	☐
ypsibverab	Call you nasty names	☐	☐	☐	☐
ypsibtease	Make fun of you	☐	☐	☐	☐



22

How often do you do any of the following to your brothers or sisters at home?

	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)
yphitsib Hit, kick or push them	☐	☐	☐	☐
ypstealsib Take their belongings	☐	☐	☐	☐
ypverabsib Call them nasty names	☐	☐	☐	☐
ypteasesib Make fun of them	☐	☐	☐	☐

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

23

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

ypargm	Most days	☐
	More than once a week	☐
	Less than once a week	☐
	Hardly ever	☐
	Don't have a mother	☐

24

How often do you quarrel with your father?

ypargf	Most days	☐
	More than once a week	☐
	Less than once a week	☐
	Hardly ever	☐
	Don't have a father	☐

25

How often do you talk to your mother, about things that matter to you?

yptlkm	Most days	☐
	More than once a week	☐
	Less than once a week	☐
	Hardly ever	☐
	Don't have a mother	☐

26

How often do you talk to your father, about things that matter to you?

yptlkf

Most days ☐More than once a week ☐Less than once a week ☐Hardly ever ☐Don't have a father ☐

27

Do you have a step-mother or step-father, or someone like this, living at home with you?

ypstephas

Yes ☐

28

No ☐

29

28

How would you rate your relationship with your step-mother or step-father, or other person like this?

ypsteprel

Very good ☐Good ☐Fair ☐Poor ☐Very poor ☐

29

This question is about the adults you live with. Some young people live in more than one home so there are two columns below: If you only live in one home, please just fill in Column A. If you live in two homes (not including holiday or summer houses), please fill in Columns A and B. Please tick all of the adults that live in your home(s)

Column A:
Only/
first home

Column B:
Second home

yphomea1 Mother

☐☐

yphomeb1

yphomea2 Father

☐☐

yphomeb2

yphomea3 Step-mother

☐☐

yphomeb3

yphomea4 Step-father

☐☐

yphomeb4

yphomea5 Grandmother

☐☐

yphomeb5

yphomea6 Grandfather

☐☐

yphomeb6

yphomea7 Other adult

☐☐

yphomeb7

yphomea8 I live in a foster home

☐☐

yphomeb8



Strengths and Difficulties Questionnaire

Now for some questions about how you see yourself as a person. For each item, please tick the box for Not True, Somewhat True or Certainly True. It would help us if you answered all items as best you can even if you aren't absolutely certain. Please give your answers on the basis of how things have been for you over the last six months.

	Not true	Somewhat true	Certainly true
ypsdqa I try to be nice to other people. I care about their feelings	☐	☐	☐
ypsdqb I am restless, I cannot stay still for long	☐	☐	☐
ypsdqc I get a lot of headaches, stomach-aches or sickness	☐	☐	☐
ypsdqd I usually share with others (food, games, pens, etc.)	☐	☐	☐
ypsdqe I get very angry and often lose my temper	☐	☐	☐
ypsdqf I am usually on my own. I generally play alone or keep to myself	☐	☐	☐
ypsdqg I usually do as I am told	☐	☐	☐
ypsdqh I worry a lot	☐	☐	☐
ypsdqi I am helpful if someone is hurt, upset or feeling ill	☐	☐	☐
ypsdqj I am constantly fidgeting or squirming	☐	☐	☐
ypsdqk I have one good friend or more	☐	☐	☐
ypsdql I fight a lot. I can make other people do what I want	☐	☐	☐
ypsdqm I am often unhappy, down-hearted or tearful	☐	☐	☐
ypsdqn Other people my age generally like me	☐	☐	☐
ypsdqo I am easily distracted, I find it difficult to concentrate	☐	☐	☐
ypsdqp I am nervous in new situations, I easily lose confidence	☐	☐	☐
ypsdqq I am kind to young children	☐	☐	☐
ypsdqr I am often accused of lying or cheating	☐	☐	☐
ypsdqs Other children or young people pick on me or bully me	☐	☐	☐
ypsdqt I often volunteer to help others (parents, teachers, children)	☐	☐	☐
ypsdqu I think before I do things	☐	☐	☐
ypsdqv I take things that are not mine from home, school or elsewhere	☐	☐	☐
ypsdqw I get on better with adults than with people my own age	☐	☐	☐
ypsdqx I have many fears, I am easily scared	☐	☐	☐
ypsdqy I finish the work I'm doing.	☐	☐	☐

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

31

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.

32

Do you ever get set any homework at school?

yphmwrk

Yes

☐

33

No

☐

39

33

How often are you given homework?

ypfhmwrk

Most days

☐

Once a week at least

☐

Sometimes, less than once a week

☐

Hardly ever

☐

Never

☐

34

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.

ypfhweve

Write in the number of evenings
you do homework

35

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

36

And how many hours do you usually spend doing homework on the weekend during term-time?

yphmwkwe

Write in the number of hours

37

Does anyone here at home help you with your homework, even if it's only occasionally?

yphmwkhlp

Yes

☐

No

☐

38

Who usually helps you with your homework?

Mother

☐

yphmwkwho1

Step-mother

☐

yphmwkwho7

Father

☐

yphmwkwho2

Step-father

☐

yphmwkwho8

A brother or sister

☐

yphmwkwho3

A step-brother or step-sister

☐

yphmwkwho9

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.

39

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

☐

40

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

☐

42

Stay at school or college to do A levels/Highers

☐

41

Get an apprenticeship

☐

41

Do some other form of training

☐

41

Do something else

☐

41

Don't know

☐

41

41

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

☐

42

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

☐

43

My parents are interested in how I do at school.

ypparsch

Always or nearly always

☐

Sometimes

☐

Hardly ever

☐

Never

☐

Not sure

☐

44

My parents come to school parents evenings.

yppareve

Always or nearly always

☐

Sometimes

☐

Hardly ever

☐

Never

☐

Not sure

☐

45

How often do other pupils at your school misbehave or cause trouble in your classes?

ypotrmisb

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

☐

46

And how often would you say you yourself misbehave or cause trouble 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 questions about bullying.

47

How often do you get physically bullied at school, for example getting hit, pushed around or threatened, or having belongings stolen?

ypfrpbulli

Never

☐

Not much (1 - 3 times in last 6 months)

☐

Quite a lot (more than 4 times in last 6 months)

☐

A lot (a few times every week)

☐

48

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?

ypfrobuli

Never

☐

Not much (1 - 3 times in last 6 months)

☐

Quite a lot (more than 4 times in last 6 months)

☐

A lot (a few times every week)

☐

49

Do you physically 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 last 6 months)

☐

Quite a lot (more than 4 times in last 6 months)

☐

A lot (a few times every week)

☐

50

How often do you bully children in other ways at school such as calling them names, leaving them out of games or spreading nasty stories about them on purpose?

ypfrobully

Never

☐

Not much (1 - 3 times in last 6 months)

☐

Quite a lot (more than 4 times in last 6 months)

☐

A lot (a few times every week)

☐

51

How often do you get bullied online, such as getting called hurtful names, having nasty stories spread about you, being bothered or threatened?

ypnetbuli

Never

☐

Not much (1 - 3 times in last 6 months)

☐

Quite a lot (more than 4 times in last 6 months)

☐

A lot (a few times every week)

☐

52

Do you bully others online by calling them hurtful names, spreading nasty stories about them, bothering or threatening them?

ypnetbully

Never

☐

Not much (1 - 3 times in last 6 months)

☐

Quite a lot (more than 4 times in last 6 months)

☐

A lot (a few times every week)

☐

53

In the last 12 months, have you been treated differently by others, in a negative way, for any of these reasons? (*cross all that apply*)

Your gender

☐

ypdiscrimy1

Your age

☐

ypdiscrimy2

Your ethnicity

☐

ypdiscrimy3

Your health or disability

☐

ypdiscrimy4

Your religion

☐

ypdiscrimy5

Your physique (tall/short, fat/thin)

☐

ypdiscrimy6

Your language or accent

☐

ypdiscrimy7

Other reason

☐

ypdiscrimy97

None of these

☐

ypdiscrimy96

Here are some questions about money and any work you may do.

54

Which of the following describes what you usually 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

☐

55

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.

yppkmp

Write in number of £

and pence

56

Did you do any paid work last week?

ypwklw

Yes

☐

57

No

☐

59



57

How many hours paid work did you do last week? If you have more than one job please write in the total hours worked at all of them.

Write in the number of hours

ypwhrs

58

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.

Write in number of £

and pence

yppay

The next questions are about taking care of others.

59

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?

ypcare

Yes - in this household

 → 60

No

 → 63

60

Who do you look after? (*cross all that apply*)

Mother/Father

☐

ypcawho1

Grandfather/mother

☐

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

ypcawho8

61

About how many hours a week would you say that you usually spend looking after or doing things for them?

Please write in hours

ypcahrs

62

How often do you have to miss school to do this?

ypcasch

Never

☐

Once a week or more often

☐

Once or twice a month

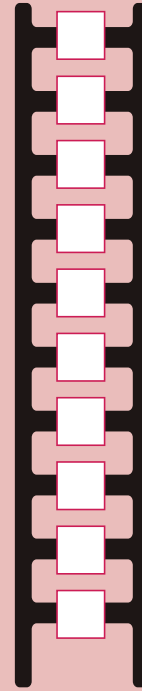
☐

63

Imagine that this ladder pictures how UK Society is set up. At the top of the ladder are the people who are the best off - they have the most money, the highest amount of schooling, and the jobs that bring the most respect. At the bottom are people who are the worst off - they have the least money, little or no education, no job, or jobs that no one wants or respects.

Now think about your family. Please tell us where you think your family would be on this ladder. Mark the rung that best represents where your family would be on this ladder with an 'x'.

YPSSSSFAM

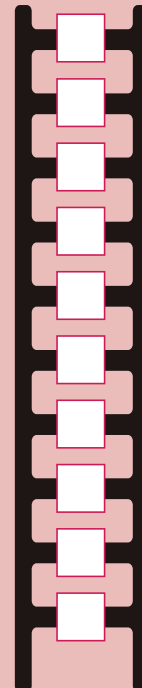


64

Now assume that the ladder is a way of picturing your school. At the top of the ladder are the people in your school with the most respect, the highest grades, and the highest standing. At the bottom are the people whom no one respects, no one wants to hang around with, and have the worst grades.

Where would you place yourself on this ladder? Mark the rung that best represents where you would be on this ladder with an 'x'.

YPSSSSSCH



Here are a few questions about health, nutrition and exercise.

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

ypsrhlth

Excellent

☐

Very good

☐

Good

☐

Fair

☐

Poor

☐

66 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.

ypltdis

Yes, limited a lot

☐

Yes, limited a little

☐

No

☐

67 How many days a week do you usually eat breakfast?

ypbreakfst

Everyday

☐

4 - 6 times

☐

1 - 3 times

☐

Never or hardly ever

☐

68 On how many days in a usual week do you eat fast food such as McDonalds, Burger King, Kentucky Fried Chicken or other take-aways like that?

ypffdwk

Every day or nearly every day

☐

About once a week

☐

Every now and then

☐

Never or hardly ever

☐

69 How many days in a usual week do you eat sugary foods, like biscuits, cakes, sweets and chocolates?

ypsugfd

Every day or nearly every day

☐

About once a week

☐

Every now and then

☐

Never or hardly ever

☐

70

How many days in a usual week do you drink sugary drinks, such as fizzy drinks or fruit drinks? Do not include Diet or 'no added sugar' drinks.

ypsugdr

Every day or nearly every day

☐

About once a week

☐

Every now and then

☐

Never or hardly ever

☐

71

How many days in a usual week do you eat crisps, crackers, or other salty snacks like that?

ypsltfld

Every day or nearly every day

☐

About once a week

☐

Every now and then

☐

Never or hardly ever

☐

72

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

☐

73

Do you think that you are...

yphlwtr

About the right weight

☐

Underweight

☐

Slightly overweight

☐

Very overweight

☐

Don't know

☐

74

Do you ever diet or try to lose weight?

yptrydiet

Yes, all the time

☐

Yes, sometimes

☐

No, never

☐

75

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)

☐

ypexotype1

Swimming or diving

☐

ypexotype2

Cycling

☐

ypexotype3

Jogging or running

☐

ypexotype4

Tennis, squash or badminton

☐

ypexotype5

Go to the gym

☐

ypexotype6

Football

☐

ypexotype7

Rugby

☐

ypexotype8

Netball, Basketball or Hockey

☐

ypexotype9

Cricket

☐

ypexotype10

Athletics

☐

ypexotype11

Martial arts

☐

ypexotype12

Horse riding

☐

ypexotype13

Gymnastics

☐

ypexotype14

Dance

☐

ypexotype15

Other type of sport or activity

☐

ypexotype16

76

How many days in a usual week do you play sports or do some other physical activity?

yppsprt

Every day ☐5 - 6 days ☐3 - 4 days ☐1 - 2 days ☐Less often than once a week ☐Never or hardly ever ☐

77

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 ☐

78

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

ypevrsmo

Yes

☐

79

No

☐

80

79

Please read the statements below and cross 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 ☐

80

Have you ever used e-cigarettes/vaping?

ypvresmo

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.

81

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

ypfralco

Yes

☐

No

☐

82

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

ypevralc

Yes

☐

83

No

☐

85

83

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

ypregalco

Yes

☐

No

☐

84

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

ypdklm

Most days

☐

Once or twice a week

☐

2 or 3 times

☐

Once only

☐

Never

☐

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

85

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 ☐

86

How interested are you in politics?

YPVTE6

Very interested ☐Fairly interested ☐Not interested ☐

Finally, a few questions about the environment.

87

How often do you... switch off lights in rooms that aren't being used?

ypenvhabit2

Always

☐

Very often

☐

Quite often

☐

Not very often

☐

Never

☐

88

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

ypenvhabit3

Always

☐

Very often

☐

Quite often

☐

Not very often

☐

Never

☐

89

When, if at all, do you think the UK will start to feel the effects of climate change?

YPENVWNCC

We are already feeling the effects

☐

In the next 10 years

☐

In the next 25 years

☐

In the next 50 years

☐

In the next 100 years

☐

Beyond the next 100 years

☐

Never

☐



Thank you for your help

**Please place the questionnaire in the envelope
provided and return it to the address below, free
of charge:**

**Verian
PO Box 1071
High Wycombe
HP12 3WY**



