

Your
questionnaire

Self-completion questionnaire (10-15 yrs)

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INTERVIEWER: WRITE IN FROM CAPI SCREEN

Serial

Person number

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--	--

First name

Interviewer number

Month

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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 YPDOBM 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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel that I do not have much to be proud of YPESTI	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I certainly feel useless at times YPESTB	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am able to do things as well as most other people YPESTJ	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am a likeable person YPESTC	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can usually solve my own problems YPESTK	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
All in all, I am inclined to feel I am a failure YPESTE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
At times I feel I am no good at all YPESTF	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
YPFPARTY						
Go to the cinema	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
YPPCINEMA						
Do painting, drawing, printmaking or sculpture	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
YPPPAINT						
Go to the theatre (for example play, pantomime or opera)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
YPPTHEATRE						
Use a computer to create original artworks or animation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
YPPFCART						
Go to watch live sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
YPPFLVESPT						
Go to a pub or bar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
YPPGO2PUB						
Just hang around/mess about near your home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
YPPFHNGHM						
Just hang around/mess about in the high street or the town/city centre	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
YPPFHNGTN						

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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
YPPFYTHCLUB						
Go to a library (not your school library)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
YPPFLIBRARY						
Go to museums or galleries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
YPPFMUSEUM						
Go to visit an historic place or stately home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
YPPFHISTPLC						
Do voluntary or community work (including doing this as part of school)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
YPPFVOLUNT						
Go to a political meeting/ march, rally or demonstration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
YPPPOLITM						

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.

YPPNBUKS

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

☐☐☐☐

YPDISBUK

We discuss TV programmes
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

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 ☐ YPOSCLAS 7

Something else
(WRITE IN)

YPOSCLAS8TXT










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
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>








B) Your appearance? YPHAP

						
1	2	3	4	5	6	7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>








C) Your family? YPHFM

						
1	2	3	4	5	6	7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>








D) Your friends? YPHFR

						
1	2	3	4	5	6	7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

E) The school you go to? YPHSC

						
1	2	3	4	5	6	7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

						
1	2	3	4	5	6	7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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?

YPHMWKRK

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.

YPFHWEVE Write in the number of evenings you do homework

24

When you do homework on a week-day evening during term time, how many hours do you usually spend doing your homework?

YPHMWHRH

Write in the number of hours

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?

YPLVC2DO

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?

PTRYDIET

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 ☐ YPEXTYPE1Cricket ☐ YPEXTYPE10Swimming or diving ☐ YPEXTYPE2Athletics ☐ YPEXTYPE11Cycling ☐ YPEXTYPE3Martial Arts ☐ YPEXTYPE12Jogging or running ☐ YPEXTYPE4Horse riding ☐ YPEXTYPE13Tennis, squash or badminton ☐ YPEXTYPE5Gymnastics ☐ YPEXTYPE14Keep fit, aerobics or gym training ☐ YPEXTYPE6Dance ☐ YPEXTYPE15Football ☐ YPEXTYPE7Other type of sport or activity ☐ YPEXTYPE16Rugby ☐ YPEXTYPE8Netball, 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?

YDPKLM

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?

YPDRNKLT

	0	1-2	3-5	6-9	10-19	20-39	40 or more
In your lifetime	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

YPDRNKYR

	0	1-2	3-5	6-9	10-19	20-39	40 or more
During the last twelve months	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

YPDRNK4W

	0	1-2	3-5	6-9	10-19	20-39	40 or more
During the last four weeks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

48

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

	Yes	No	
Glue/solvent sniffing	<input type="checkbox"/>	<input type="checkbox"/>	YPDRGSOL
Cannabis (also known as marijuana, dope, hash or skunk)	<input type="checkbox"/>	<input type="checkbox"/>	YPDRGMJ
Any other illegal drug (including ecstasy, cocaine, speed)	<input type="checkbox"/>	<input type="checkbox"/>	YPDRGOTH

49

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 ☐

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

YPEASMJ

Impossible	<input type="checkbox"/>
Very difficult	<input type="checkbox"/>
Fairly difficult	<input type="checkbox"/>
Fairly easy	<input type="checkbox"/>
Very easy	<input type="checkbox"/>
Don't know	<input type="checkbox"/>

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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smoke one or more packs of cigarettes per day YPSMRSK2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have one or two alcoholic drinks nearly every day YPALCRSK1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have four or five alcoholic drinks nearly every day YPALCRSK2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have five or more alcoholic drinks each weekend YPALCRSK3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	YPMJRSK1
Smoke cannabis (marijuana or hash) occasionally	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	YPMJRSK2
Smoke cannabis (marijuana or hash) regularly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	YPMJRSK3
Try ecstasy once or twice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	YPERSK1
Try an amphetamine (uppers, pep pills, speed) once or twice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	YPAMRSK1
Take amphetamines regularly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	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.

YPFUTATXT

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, HP11 2PR