

Understanding Society

40318310 W13/v2

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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.

For more information about Understanding Society and data security please visit our website:

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.

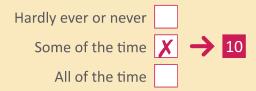
Please complete the questionnaire in black or blue ink, keeping your answers within the boxes. This questionnaire will be read by a scanner so if you change your mind, please completely fill the box next to the mistake and then put an "x" in the box next to the correct answer.

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

8 I

How often do you feel lonely?



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

The next questions are about friendships and socialising.

6 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 YPVIRFND

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

Every day or almost every day

Several times a week

About once a week

Less often

Never

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

Several times a week

About once a week

Less often

Never

 $\begin{array}{c|c} & \longrightarrow & 11 \\ & & \longrightarrow & 13 \end{array}$

YPSOCWEB

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

None YPNETCHT

1 - 3 hours 4-6 hours 7 or more hours

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

None YPNETCHTW

Less than an hour 4-6 hours 7 or more hours

13 How often do you feel lonely?

Hardly ever or never YPLONELY

Some of the time All of the time

Do you have your own personal mobile phone?

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

Yes No YPSMARTPH

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10 or more times

20 Do you have any brothers or sisters living with you at home?				
		4		
			BLING	
No		3		
s do any o	f the follow	ving to you	ıat	
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	
			YPSIBSTEAL	
			YPSIBVERA	
			YPSIBTEASI	
your bro	thers or sis	ters at hor	me?	
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	
			YPSTEALSIE	
			YPVERABSI	
			YPTEASESIE	
The next few questions are about your relationship with your parents even if either of them live in a different household to you.				
their par	ents. How	often do y	ou	
st days	VDARG	· 1.4		
a week	YPARG	σM		
a week				
lly ever				
mother				
	Yes No No Never Ne	Yes	Yes	

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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 Second ho	Only/ first home	
YPHOMEA			Mother
TITIONILA			Father
			Stepmother
			Stepfather
			Grandmother
YPHOMEB			Grandfather
			Other adult
			I live in a foster home
			I live in a children's home

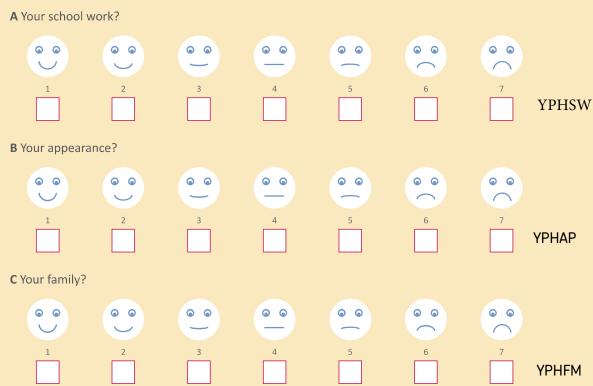
Strengths and Difficulties Questionnaire
Now for some questions about how you see yourself as a person. For each item,
please tick the box for Not True, Somewhat True or Certainly True. It would help us if you answered all items as best you can even if you aren't absolutely certain. Please give your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

	Not true	Somewhat true	Certainly true
I try to be nice to other people. I care about their feelings			YPBENICE
I am restless, I cannot stay still for long			YPRESTLESS
I get a lot of headaches, stomach-aches or sickness			YPUNWELL
I usually share with others (food, games, pens, etc.)			YPSHAROTH
I get very angry and often lose my temper			YPISANGRY
I am usually on my own. I generally play alone or keep to myself			YPALONER
I usually do as I am told			YPOBEYS
I worry a lot			YPWORRIES
I am helpful if someone is hurt, upset or feeling ill			YPOTHHELP
I am constantly fidgeting or squirming			YPFIDGET
I have one good friend or more			YPGDFREND
I fight a lot. I can make other people do what I want			YPFIGHTLOT
I am often unhappy, down-hearted or tearful			YPUNHAPPY
Other people my age generally like me			YPPEERLIKE
I am easily distracted, I find it difficult to concentrate			YPDSTRCTED
I am nervous in new situations, I easily lose confidence			YPNERVOUS
I am kind to younger children			YPKIND2KDS
I am often accused of lying or cheating			YPLIECHEAT
Other children or young people pick on me or bully me			YPISBULLIED
I often volunteer to help others (parents, teachers, children)			YPOFRHELP
I think before I do things			YPTHNKSB4
I take things that are not mine from home, school or elsewhere			YPSTEALS
I get on better with adults than with people my own age			YPRELADULT
I have many fears, I am easily scared			YPAFRAID
I finish the work I'm doing. My attention is good.			YPCOMPWRK

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.

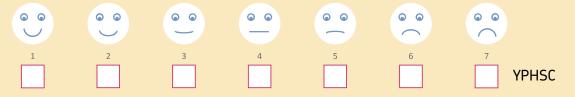
Please put an "x" in the box which comes closest to expressing how you feel about each of the following things..



D Your friends?



E The school you go to?



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



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.

Yes	\rightarrow	33	YPHMWRK
No	4	39	

33 How often are you given homework?

]	Most days
YPFHMWRK	More than once a week
	Less than once a week
	Hardly ever
	Never

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.

Write in the number of evenings you do homework

YPFHWEVE

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

Write in the number of hours YPHMWKHRS

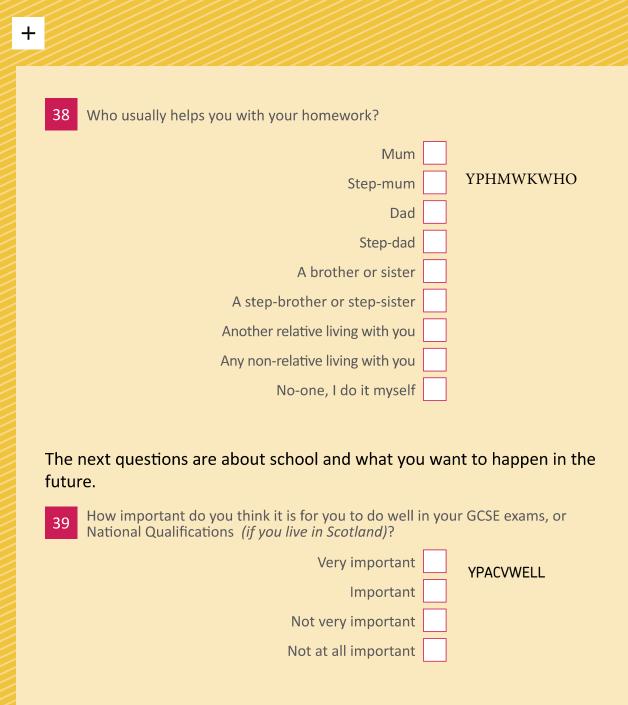
And how many hours do you usually spend doing homework on the weekend during term-time?

Write in the number of hours

YPHMWKWE

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

Yes YPHMWKHLP



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45	How often do other pupils at your school misbehave classes?	e or	cause trouble in your
	In most or all of your classes		YPOTRMISB
	Less often but in more than half of your classes		11 0 114.1102
	In about half your classes		
	Now and then		
	This is not a problem at all		
46	And how often would you say you yourself misbeha	ve o	r cause trouble in your
	In most or all of your classes		
	Less often but in more than half of your classes		YPMISBSCH
	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 <u>physically</u> bullied at school, for around or threatened, or having belongings stolen?	r ex	rample getting hit, pushed
	Never		YPFRPBULLI
	Not much (1-3 times in last 6 months)		TITILI BOLLI
	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 <u>other ways</u> at school names, getting left out of games, or having nasty stopurpose?		
	Never		YPFROBULLI
	Not much (1-3 times in last 6 months)		
	Quite a lot (more than 4 times in last 6 months)		
	Λ - t - f - · · · t - · · · · · · · · · · · · · · · · · ·		
	A lot (a few times every week)	Ш	

49	Do you physically bully other children at school by haround, threatening them or steeling their things?	nittin	g or pushing them
	around, threatening them or stealing their things? Never		
	Not much (1-3 times in last 6 months)		YPFRPBULLY
	Quite a lot (more than 4 times in last 6 months)		
	A lot (a few times every week)		
	A lot (a few tillies every week)		
50	How often do you bully children in other ways at schames, leaving them out of games or spreading has purpose?		
	Never		
	Not much (1-3 times in last 6 months)		YPFROBULLY
	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 <u>online</u> , such as getting nasty stories spread about you, being bothered or t		
	Never		
	Not much (1-3 times in last 6 months)		YPNETBULLI
	Quite a lot (more than 4 times in last 6 months)		
	A lot (a few times every week)		
52	Do you bully others <u>online</u> by calling them hurtful n about them, bothering or threatening them?	ame	s, spreading nasty stories
	Never		VDNETDIIIIV
	Not much (1-3 times in last 6 months)		YPNETBULLY
	Quite a lot (more than 4 times in last 6 months)		
	A lot (a few times every week)		

In the last 12 months, have you been treated differen	ntly by others, in a negative
way, for any of these reasons? (cross all that apply)	
Your gender	YPDISCRIMY
Your age	
Your ethnicity	
Your health or disability	
Your religion	
Your physique (tall/short, fat/thin)	
Your language or accent	
Other reason	
None of these	
Here are some questions about money and any wo	rk you may do.
Which of the following describes what you <u>usually</u> do	with your money?
I save up to buy things I want	YPSAVE
I save money and try not to spend it	
I spend money as soon as I get it	
How much money did you receive last week to spend pocket money and any allowance you get. But if you money you earned.	•
Write in number of £	and pence
Did you do any paid work last week?	
Yes	→ 57 _{YPWKLW}
No	→ 59
How many hours paid work did you do last week? If please write in the total hours worked at all of them.	
Write in the number of hours	YPWHRS
What was your total pay last week? If you earned mo job, please write in the total you earned from all of the Write in number of £	hem. YPPAY
vvrite 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?

Yes - in this household \longrightarrow 60 No \longrightarrow 63

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

Mother/Father

Grandfather/mother

Brother/Sister

Another adult relative

Another adult who is not a relative

Another child relative

Another child relative

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?

Once or twice a month YPCASCH

Here are a few questions about health, nutrition and exercise

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

Excellent
Very good
Good
Fair
Poor

64	Do you have a long-term health problem or disability th activities? By long term we mean anything that has laste at least 3 months.	
	Yes, limited a lot	YPLTDIS
	Yes, limited a little	
	No	
65	How many days a week do you usually eat breakfast?	
	Everyday	YPBREAKFST
	4 - 6 times	
	1 - 3 times	
	Never or hardly ever	
		•
66	On how many days in a usual week do you eat fast food Burger King, Kentucky Fried Chicken or other take-away	
	Every day or nearly every day	YPFFDWK
	About once a week	
	Every now and then	
	Never or hardly ever	
		YPJFD
67	How many days in a usual week do you eat sugary foods sweets and chocolates?	s, like biscuits, cakes,
	Every day or nearly every day	VDCUCED
	About once a week	YPSUGFD
	Every now and then	
	Never or hardly ever	
		l
68	How many days in a usual week do you drink sugary dri fruit drinks? Do not include Diet or 'no added sugar' dri	
	Every day or nearly every day	YPSUGDR
	About once a week	
	Every now and then	
	Never or hardly ever	

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	73	What type of exercise do you do, including things lik or what sports do you play? Please put an "x" in the	e cy	ycling or walking to school, x for each one you do.
		Walking (including walking the dog)		
		Swimming or diving		YPEXTYPE
		Cycling		
		Jogging or running		
		Tennis, squash or badminton		
		Go to the gym		
		Football		
		Rugby		
		Netball, Basketball or Hockey		
		Cricket		
		Athletics		
		Martial arts		
		Horse riding		
		Gymnastics		
		Dance		
		Other type of sport or activity		
	74	How many days in a usual week do you play sports of activity?	or d	o some other physical
		Every day		
		5 - 6 days		YPPSPRT
		3 - 4 days		
		1 - 2 days		
		Less often than once a week		
		Never or hardly ever		
	75	What is the main way you usually travel to school?		
		Walk all the way		YPTRVL2SCH
		Ride a bike		II II(VLZJCII
		By bus or tube		
		By car		
		By train		
		Some other way/combination		

	//////////////////////////////////////	<u> </u>
76	About what time do you usually go to sleep on a school	I night?
	Before 9 pm	
	9 - 9.59 pm	YPSLEEP1
	10 - 10.59 pm	
	11 - midnight	
	After midnight	
77	About what time do you usually wake up in the mornin	ng on a school day?
	Before 6 am	YPSLEEP2
	6 - 6.59 am]
	7 - 7.59 am	
	8 - 8.59 am	
	After 9 am	
78	About what time do you usually go to sleep on the night school the next day?	nts when you do not have
	Before 9 pm	YPSLEEP3
	9 - 9.59 pm	TESLEEFS
	10 - 10.59 pm	
	11 - midnight	
	After midnight	
79	About what time do you wake up in the morning on the have school?	e days when you do not
	Before 8 am	VOCI FER
	8 - 8.59 am	YPSLEEP4
	9 - 9.59 am	
	10 - 10.59 am	
	11 - 11.59 am	
	After midday	

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	80	During the last four weeks, how long did it usually to	ake '	for you to fall asleep?
		0 - 15 minutes		
		16 - 30 minutes		YPSLEEP5
		31 - 45 minutes		
		46 - 60 minutes		
		More than 60 minutes		
	During the last four weeks, how often did you wake up during your sle and have trouble falling back to sleep again?			during your sleep time
		All of the time		VDCL FFD/
		Most of the time		YPSLEEP6
		A good bit of the time		
		Some of the time		
		A little of the time		
		None of the time		
	82	Do you ever smoke cigarettes at all? Please do not in (e-cigarettes/vaping)	nclu	de electronic cigarettes
		Yes		→ 83 YPEVRSMO
		No		→ 84
	83	Please read the statements below and cross the box describes you best.	bes	side the statement that
		I have smoked only once or twice		YPSM0FRQ
		I used to smoke but I don't now		
		I sometimes smoke, but not every week		
	Lin	sually smoke between one and six cigarettes a week		

I usually smoke more than six cigarettes a week

Have you ever used e-cigarettes/vaping?					
I have never used e-cigarettes					
I have only tried using e-cigarettes once or twice	YPEVRESMO				
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 lease once a week					
Just to remind you, all your answers are confidential and will not be seen by anyone in your household.					
Do you have any friends who drink alcohol regularly,	, that is at least once a week?				
Yes No	YPFRALCO				
Have you ever had an alcoholic drink? That is a whole Yes No	le drink, not just a sip. 87 YPEVRALC 89				
And would you say that you drink regularly, that is a	t least once a week?				
Yes No	YPREGALCO				
How many times in the last <u>four weeks</u> have you had	d an alcoholic drink?				
Most days					
Once or twice a week	YPDKLM				
2 or 3 times					
Once only					
Never					

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Finally, a few questions about the environment.	Could you tell me	how often
you personally do each of the following things.		

89	How often do you leave the TV on standby		
	Always		
	Very often		YPEHAB1
	Quite often		
	Not very often		
	Never		
	We have no TV at home		
90	How often do you switch off lights in rooms that a	ren'	t being used
	Always		YPEHAB2
	Very often		
	Quite often		
	Not very often		
	Never		
91	How often do you keep the tap running while you	bru	sh your teeth
	Always		YPEHAB3
	Very often		225
	Quite often		
	Not very often		
	Never		
92	Do you believe that people in the UK will be affecte future?	d by	climate change in the
	Yes		YPOPECL
	No		
	Don't know		

Thank you for your help

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

Kantar PO Box 1071 High Wycombe HP12 3WY

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