Your questionnaire

Self-completion questionnaire (10-15 yrs)

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ΓΕ IN FROM CAF	PI SCREEN		
			Person number
	Interviewer n	umber	Month
	TE IN FROM CAF	Interviewer n	Interviewer number

Understanding Society

C111000361

IP17 GB

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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, Verian 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

16 Did you have breakfast today?



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.	
		Month PDOBM
2	Are you male or female?	
_	YPSEX Male Female	
First w	ve have some questions about technology (use and screen
3	Do you have any of the following devices, either or you can borrow?	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 Switch	YPDEVICE5
	A laptop or desktop computer	YPDEVICE6
4	On a normal <u>school day</u> , how many hours do you TV, smartphone, games console or computer?	spend using a tablet,
	YPTVVIDHRS None	
	Less than an hour	
	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 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 often than once a month	Never			
Watching programmes, YPDVPVM videos, or movies								
YPDVVC Video calling								
YPDVPG Playing games								
YPDVHM School work or studying								
YPDVCRT Posting pictures, videos, or other things								
7 Are there other activities	s you use	these dev	vices for?	YPDVAC	то			

The ne	ext questions are about friendships and socialising.
8	How many close friends would you say you have? YPNPAL Write in the 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? Yes No
10	In a typical week, how often do you get together with friends in person (outside of school or work)? Every day or almost every day Several times a week About once a week Less often
11	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)? 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, ho interacting with friends thrapps?						
	YPNETCHT	None					
		Less than an hour					
		1 - 3 hours					
		4 - 6 hours					
		7 or more hours					
14	On a weekend, that is on a you spend chatting or intergaming 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 lone	ly?					
	YPLONELY	Hardly ever or never					
		Some of the time					
		All of the time					

The ne	xt few questions	are about you and your fa	amily.				
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?						
YP	EATLIVU	None					
		1 - 2 times					
		3 - 5 times					
		6 - 7 times					
17	housework in an av	ours do you spend doing or hel erage week, such as time spen cleaning or doing laundry?	•				
YPHF	RSHSWK	Don't do any housework					
		Less than one hour					
		1 - 3 hours					
		4 - 6 hours					
		7 hours or more					
18	•	how many times have you stay ur parents knowing where you 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 o	t at you	YF	PPUN1				
	Ground you, stop you going out			YP	PUN2			
		eing your ay pocket		Y	PPUN3			
	Punish you ir	some otl	her way	١	PPUN97			
	N	one of the	e above	YI	PPUN96			
20	Do you have a steady boyfriend	or girlfrie	end?					
	YPSBFGF		Yes					
			No					
			NO					
21	Please say whether you strongly disagree, that the following state				trongly			
	<i>σ</i>	Strongly agree	Agree	Disagree	Strongly disagree			
YPESTA	I feel I have a number of good qualities							
YPESTI	I feel that I do not have much to be proud of							
YPESTB	I certainly feel useless at times							
YPESTJ	I am able to do things as well as most other people							
YPESTC	I am a likeable person							
YPESTK	(I can usually solve my own problems							
YPESTE	All in all, I am inclined to feel I am a failure							
YPESTF 4	At times I feel I am no good at all							

Now some questions at do you	Now some questions about how you spend your free time. How often							
uo you	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, YPFPARTY disco or nightclub								
YPFCINEMA Go to the cinema								
Do painting, drawing, YPFPAINT printmaking or sculpture								
Go to the theatre YPFTHEATRE (for example play, pantomime or opera)								
Use a computer to create original artworks YPFPCART or animation								
Go to watch live sport YPFLVESPT								
Go to a pub or bar YPFGO2PUB								
Just hang around near YPFHNGHM your home								
Just hang around in the high street or the town/ YPFHNGTN city centre								

And how often do you	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, YPFYTHCLUB scouts, girl guides or other organised activities							
Go to a library (not your school library) YPFLIBRARY							
Go to museums or YPFMUSEUM galleries							
Go to visit an historic YPFHISTPLCplace or stately home							
Do voluntary or YPFVOLUNT community work (including doing this as part of school)							
YPFPOLITM Go to a political meeting/march, rally or demonstration							
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. YPNBUKS							
Write in the number of	books						

Please read each of the follow box that best applies to you.	ing state	ements and p	out an "x"	in the
Sox that sest applies to you.	Often	Sometimes	Rarely	Never
YPDISBUK We discuss books at home				
YPDISTV				
We discuss TV programmes we have watched at home				
YPGETBUI My parents/other adults at home buy me books as gifts	<			
YPFADMUS My parents/other adults take me to museums or art galleries				
YPFADSPT My parents/other adults take me to watch sporting events				
My parents/other adults take me to theatre or to see a dance performance or classical music				

26	Do you play a musical in	strument?		
	YPMUSINST	Yes		
		No		
27	if any?	regular classes do you do o		·
	Please put an "x" in the	boxes next to all the thing	gs you c	lo.
		Music		YPOSCLAS1
		Art		YPOSCLAS2
		Dance		YPOSCLAS3
		Sport		YPOSCLAS4
	Tut	orials for school subjects		YPOSCLAS5
		Religious classes		YPOSCLAS6
		None of these		YPOSCLAS7
Sc	omething else (WRITE IN)			YPOSCLAS8

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

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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

0 0	0 0	© ©	0 0	0 0	0 0	O	
1	2	3	4	5	6	7	
B Your appearance? YPHAP							

	4		

C Your family? **YPHFM**



D Your friends? **YPHFR**



E The school you go to? **YPHSC**

0 0	0 0	0 0	0 0	0 0	0 0	0 0
U						
1	2	3	4	5	6	7

YPHLF

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

0 0	@ @	@ @	@ @	© ©	@ @	0 0
1	2	3	4	5	6	7

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

29

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	t very important	
Not	at all important	

30

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?

		GCSE/National Qualific	
ge 16?	YPLVSCDO		
		Get a full-time job	
Stay at scho	ol or college t	o do A levels/Highers	
	C	Get an apprenticeship	
	Do some o	other form of training	
		Do something else	
		Don't know	

	_					_				/	_	_			_	_	_			/	_	_	_	_				/	_	_		
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31	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							
32	In the last 12 months, have y school without permission, e lesson?								
	YPTRUANT	Yes							
		No							
Here a	re a few questions about	health, nutrition	and exercise.						
33	In general, would you say yo	ur health is							
	YPSRHLTH	Excellent							
		Very good							
		Good							
		Fair							
		Poor							
34	Do you have a long-term headay-to-day activities? By long or is expected to last, at leas	g term we mean anyt							
	YPLTDIS	Yes, limited a lot							
		Yes, limited a little							
		No							

35	How many days a week do you usually eat breakfast?								
	YPBREAKFST Everyday								
	4 - 6 times								
	1 - 3 times								
	Never or hardly ever								
36	On how many days in a usual week do you eat fast for McDonalds, Burger King, Kentucky Fried Chicken or olike that?								
	YPFFDWK Every day or nearly every day								
	About once a week								
	Every now and then								
	Never or hardly ever								
37	How many days in a usual week do you eat sugary fo cakes, sweets and chocolates?	ods, like biscuits,							
	YPSUGFD Every day or nearly every day								
	About once a week								
	Every now and then								
	Never or hardly ever								
38	How many days in a usual week do you drink sugary dri drinks or fruit drinks? Do not include Diet or 'no added								
	YPSUGDR Every day or nearly every day								
	About once a week								
	Every now and then								
	Never or hardly ever								

39	How many days in a usual week do you eat crisps, crackers, or other salty snacks like that?							
	YPSLTFD	Every day or nearly every day						
		About once a week						
		Every now and then						
		Never or hardly ever						
40		ns of fresh fruit or vegetables d is one piece of fruit or one serv						
	YPFRUT	TPPD 5 or more portions						
		3 - 4 portions						
		1 - 2 portions						
		None						
41	Do you think that	you are						
	YPHL\	NTR About the right weight						
		Underweight						
		Slightly overweight						
		Very overweight						
		Don't know						
42	Do you ever diet o	or try to lose weight?						
	YPTRYDIE	Yes, all the time						
		Yes, sometimes						
		No, never						

• -	What type of exercise do you do, including things walking to school, or what sports do you play? Ple each one you do.
YPEXTYPE1	Walking (including walking the dog)
YPEXTYPE2	Swimming or diving
YPEXTYPE3	Cycling
YPEXTYPE4	Jogging or running
YPEXTYPE5	Tennis, squash or badminton
YPEXTYPE6	Go to the gym
YPEXTYPE7	Football
YPEXTYPE8	Rugby
YPEXTYPE9	Netball, Basketball or Hockey
YPEXTYPE10	Cricket
YPEXTYPE11	Athletics
YPEXTYPE12	Martial arts
YPEXTYPE13	Horse riding
YPEXTYPE14	Gymnastics
YPEXTYPE15	Dance
YPEXTYPE16	Other type of sport or activity

44	How many days in a usual week physical activity?	k do you play sport	s or do some other
	YPPSPRT	Every day	
		5 - 6 days	
		3 - 4 days	
		1 - 2 days	
	Less often t	than once a week	
	Nev	ver or hardly ever	
45	What is the main way you usua	lly travel to school	?
	YPTRVL2SCH	Walk all the way	
		Ride a bike	
		By bus or tube	
		By car	
		By train	
	Some other	way/combination	
46	About what time do you usually	y go to sleep on a s	school night?
	YPSLEEP1	Before 9 pm	
		9 - 9:59 pm	
		10 - 10:59 pm	
		11 - midnight	
		After midnight	

47	About what time do you usually v day?	wake up in the m	orning on a school
	YPSLEEP2	Before 6 am	
		6 - 6:59 am	
		7 - 7:59 am	
		8 - 8:59 am	
		After 9 am	
48	About what time do you usually g do not have school the next day?		e nights when you
	YPSLEEP3	Before 9 pm	
		9 - 9:59 pm	
		10 - 10:59 pm	
		11 - midnight	
		After midnight	
49	About what time do you wake up you do not have school?	in the morning	on the days when
	YPSLEEP4	Before 8 am	
		8 - 8:59 am	
		9 - 9:59 am	
		10 - 10:59 am	
		11 - 11:59 am	
		After Midday	

50	During the last four we asleep?	eks, how long did it usual	ly take for you to fall
	YPSLEEP5	0 - 15 minutes	
		16 - 30 minutes	
		31 - 45 minutes	
		46 - 60 minutes	
		More than 60 minutes	
51		eks, how often did you awouble falling back to sleep 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	~ .
52	Do you ever smoke ciga cigarettes (e-cigarettes,	arettes at all? <i>Please do no</i> /vaping). Yes YPEVRSMO No	ot include electronic

53	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			
54	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			
	o remind you, all your answers are confider seen by anyone in your household.	ntial and will		
55	Have you ever had an alcoholic drink? That is a w sip.	hole drink, not just a		
	YPEVRALC Yes			
	No			

+			-
56	How many times in the last drink?	t <u>four weeks</u> have you h	nad an alcoholic
	YPDKLM	Most days	
		Once or twice a week	
		2 or 3 times	
		Once only	
		Never	

Thinking back over the last four weeks, how many times (if any) have 57 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	0. 120211
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

58 fro	om drinking alcoho le to speak proper appened?	l, for ex	ample	stagger	ed whe	en walk	ing, no	
	ppomour	0	1-2	3-5	6-9	10-19	20-39	40 or more
YPDRNKLT	In your lifetime							
YPDRNKYR	During the last twelve months							
Du YPDRNK4W	ring the last four weeks							

59 H	lave you ever tried any of t	he following?	
			Yes No
	YPDRGSOL	Glue/solvent sniffin	g
YPDRGMJ	Cannabis (also known as v	weed, marijuana, dope hash or skunk	
YPDRGOTH	Any other illegal drug (inc	luding ecstasy, cocaine speed	
60 H	low many times have you e	ver used or taken any	illegal drugs?
	YPFRDRG	Never	
		Once or twice	
		Three or four times	
		Five to ten times	
		More than ten times	
	low difficult do you think it weed, marijuana or hash) il	•	et cannabis
	YPEASMJ	Impossible	
		Very difficult	
		Fairly difficult	
		Fairly easy	
		Very easy	
		Don't know	
		_ 3	

How much do you think peop and in other ways, if they	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.				line.		
YPSMRSK1	No risk	Slight risk	Moderate risk	Great risk	Don't know		
Smoke cigarettes occasionally							
Smoke one or more packs of YPSMRSK2 cigarettes per day							
Have one or two alcoholic YPALCRSK1 drinks nearly every day							
Have four or five alcoholic YPALCRSK2 drinks nearly every day							
Have five or more alcoholic YPALCRSK3 drinks each weekend							
Try cannabis (weed, marijuana YPMJRSK1 or hash) once or twice							
Smoke cannabis (weed, YPMJRSK2 marijuana or hash) occasionally							
YPMJRSK3 Smoke cannabis (weed, marijuana or hash) regularly							
YPERSK1 Try ecstasy once or twice							
YPERSK2 Take ecstasy regularly							
PAMRSK1 Try an amphetamine (uppers, pep pills, speed) once or twice							
Take amphetamines regularly YPAMRSK2							

63	How often in the past month have involved physical violence, such as	-	
	YPFGHT	None	
		Once	
		2 - 5 times	
		6 - 9 times	
	10 c	or more times	
64	In the past year, have you deliberat that didn't belong to you?	ely broken or c	lamaged property
	YPVAND	None	
	C	Once or Twice	
	9	Several Times	
		Often	
65	In the past year, have you taken sor or department store without paying	_	shop, supermarket,
	YPSHOP	None	
	C	Once or Twice	
	5	Several Times	
		Often	

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

66	Which of the following	g grou	ups do you think you belong to?	YPRACE
Whi		hite	Asian or Asian Br	itish
	British		Indian	
	English		Pakistani	
	Scottish		Bangladeshi	
	Welsh		Chinese	
	Northern Irish		Any other Asian background	
	Irish			
	Gypsy or Irish Traveller		Black/Afri Caribbean/Black Br	_
	Roma		Caribbean	
	Any other White background		African	
			Any other Black background	
	Mi	xed		
	White and Black Caribbean		o	ther
	White and Black African		Arab	
	White and Asian		Any other ethnic group	
	Any other Mixed			

background

" in the box	an "x"	igion? If you have no religion put a	What is your religi "No religion".	67
		No Religion	YPRELIGGB	
		Church of England/Anglican		
		Roman Catholic		
		Church of Scotland		
]		n or Free Presbyterian Church Of Scotland	Free Church o	
		Episcopalian		
		Methodist		
		Baptist		
		gregational/United Reform/URC	Congr	
		Church in Wales		
		Other Christian		
		tian (no denomination specified)	Christia	
		Muslim/Islam		
		Hindu		
		Jewish		
		Sikh		
		Buddhist		
		Other		
		I don't know		

The ne	ext questions are about what you want to do in the future.
68	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
69	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
70	Thinking of your own future, what would you like to be doing with your life in about ten year's time from now? YPFUTATXT Write in as much as you like in the space provided.
71	At what age would you like to leave home?
	YPLVHM Please write in age

72

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 provided and return it to the address below, free of charge:

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Verian PO Box 1071 High Wycombe HP12 3WY