

Please do NOT write in

any shaded boxes

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Northumberland Secondary School HEALTH and LIFESTYLE SURVEY 2015 THE HEALTH-RELATED BEHAVIOUR QUESTIONNAIRE

The purpose of this questionnaire is to gain information that will help us as a school to provide a programme of education that is right for you. The information will also help people in public health in planning care for young people.

These questionnaires are confidential and will not be read by anyone connected with your school. All the completed questionnaires will be sent to Exeter for analysis and then the questionnaires will be destroyed.

The questionnaire is not a test and you can **ask for help** whenever you need it.

Also, if there are any questions you do not want to answer you may leave out any question.

1) Please answer all questions honestly.

2) Do NOT write your name on any page

Answer these questions in the box first

(Here are three statements about this survey		
	Please tick one answer on each row	No	Yes
Α	I understand why we have been asked to do this survey	0	1
В	I agree to take part in the survey	0	1
С	I can leave out any question if I don't want to answer it	0	1
D	Are you male or female? Please tick one answer	✓	
	Male	0 🗌	
	Female	1	
E	Which school year are you in? Please tick one answer	\checkmark	
	Year 7	07	
	Year 8	08	
	Year 9	09	
	Year 10	10	
	Year 11	11	
F	What is your home postcode?		
Plea	ase write on this dotted line		



Schools Health Education Unit, Exeter © SHEU

1 Which of the following best describes your ethnic background? Please tick one answer \checkmark

White

vville	
White British	01
White Irish	02
White Romany or Gypsy	03
White traveller of Irish heritage	04
Any other White background *	05
Asian	
Bangladeshi Asian	06
British Asian	07
Indian Asian	08
Pakistani Asian	09
Any other Asian background *	10
Black	
Black African	11
Black British	12
Black Caribbean	13
Any other Black background *	14

Chinese	
British Chinese	15
Chinese	16
Any other Chinese background *	17
Mixed	
Mixed White & Asian	18
Mixed White & Black African	19
Mixed White & Black Caribbean	20
Any other mixed background *	21
Other	
Any other background *	22
Prefer not to say	23

*please describe in box

Z

D

2 Which adults do you live with?

/
,

Mum & dad together	01
Foster parents	08
Mainly or only mum	02
Mainly or only dad	03
Mum & dad shared	04
Mum & stepdad/partner	05

Dad & stepmum/partner	06
Mum & mum or dad & dad	07
Residential Worker	09
Grandparent	10
Other carer (please describe below)	11

3 a) Are you a practising member of a religion?

(i.e. do you attend a place of worship or worship at home) *Please tick one answer* ✓ No □

Not sure
Yes 2

b) If yes, which of the following most nearly describes you?

Please tick one answer√

Christian (Protestant, Roman Catholic, etc.)	0
Muslim	1
Hindu	2
Buddhist	3
Sikh	4

Jewish	5
Bah'ai	6
Rastafarian	7
Other (Please describe below)	8
<u>A</u>	▼24

	Please tick one answer on each row	Νο	Not sure	Yes	Don't want to say
4	Is someone helping you fill in this questionnaire?	o 🗌	1	2	3
5	Are you disabled?	0	1	2	3
6	Do you have a long-standing illness?	0	1	2	3
7	Do you have a special educational need or a learning difficulty?	0	1	2	3

If you answered YES to any of the last three questions:

Are your additional needs properly looked after in school? 8

Please tick one answer	\checkmark
No	0
Not sure	1
Yes	2
I don't have any needs like that	3

9 a) Are you a 'young carer'?

Young carers are children and young people under 18 who provide (or intend to provide) care, assistance or support to another family member who is disabled, physically or mentally ill, or has a substance misuse problem.

Please tick one answer	\checkmark
No	0
Not sure	1
Yes	2
Don't want to say	3

b) If you are a 'young carer', who do you look after?

				1 .1	
е.а.	mum.	aaa.	arandma.	brother	or sister

Z

c) If you are a 'young carer', how much of your time does it take up each day?

Please tick one answer	\checkmark
Less than 1 hour	0
1-2 hours	1
More than 2 hours	2
Some time, but I don't do this every day	3

10 In the last 6 years have you ever had free school meals, or vouchers for free meals?

Please tick one answer	\checkmark
No	0
Yes, I have them now	1
Not now, but I have had them in the past 6 years	2
No, but I could have had them if I wanted	3
Don't know	4
Don't want to say	5

We'd like to ask you some questions about what you think other young people your age are doing. We want to ask you what proportion of them do you think have done various things. You might refer to this guide:

or	one just few	Some		Many		м	lost of th	em	ne	l or arly all
0%	10	20	30	40	50	60	70	80	90	100%

11 How many of people of your age, do you believe...?

Please tick one answer on each row	None or just a few	Some	Many	Most of them	All or nearly all
drank alcohol in the last 7 days?	0	1	2	3	4
have been drunk at least once in the last 7					
days?	0	1	2	3	4
have smoked a cigarette in the last 7 days?	0	1	2	3	4
have taken cannabis in the last 7 days?	0	1	2	3	4

These questions are about BEING HEALTHY.

12 In general, how happy do you feel with your life at the moment?

Please tick one answer	\checkmark
Not at all	0
Not much	1
Not sure	2
Quite a lot	3
A lot	4

13 How much do you agree or disagree with these statements?

Please tick one answer on each row	Disagree	Not sure	Agree
"I am in charge of my health."	0	1	2
"If I keep healthy, I've just been lucky."	0	1	2
"If I take care of myself I'll stay healthy."	0	1	2
"Even if I look after myself I can still easily fall ill."	0	1	2

14 Which statement describes you best?

Please tick one answer	\checkmark
I would like to put on weight	0
I would like to lose weight	1
I am happy with my weight as it is	2

★1

15 What are the main things that affect the way you feel about your appearance?

Please tick up to THREE things	$\checkmark\checkmark$
Just me	
Comments/attitudes of parents	
Comments/attitudes of other family members	
Comments/attitudes of friends	
Comments/attitudes of other people at school	
Seeing images of people	
on TV and films	
in features about fashion	
in general magazine features	
involved in sport/music/dance	
None of the above	

16 When choosing what to eat, do you consider your health?

Please tick one answer	\checkmark
Never	0
Sometimes	1
Quite often	2
Very often	3
Always	4

17 What did you do for lunch yesterday?

Please tick one answer	\checkmark
School food	0
Ate a packed lunch from home	1
Bought lunch from a takeaway or shop	2
Went home for lunch	3
Did not have any lunch	4

18 What did you have before lessons this morning?

<i>Please tick all that apply</i> Nothing to eat or drink	√ √
Energy drink (e.g. Red Bull, Lucozade energy etc.)	
Other drink	
Toast or bread	
Sugar-coated cereals	
Porridge/Readybrek	
Other cereals	
Yoghurt	

5	$\checkmark\checkmark$
Breakfast bars	
Crisp-type snack	
Chocolate bar, sweets	
Biscuits/cakes	
Fruit	
Cooked breakfast	
Something else (Please describe below)	
2	▼28

19 How often do you eat or drink the following?

		Once a		
Please tick one answer on each row	Rarely or never	week or less	2-3 days a week	On most days
Any fish/fish fingers	0	1	2	3
Fresh fruit	0	1	2	3
Salads	0	1	2	3
Vegetables	0	1	2	3
Water	0	1	2	3
Milk	0	1	2	3
'Diet' (low calorie) drinks	0	1	2	3
Other fizzy drinks	0	1	2	3
Energy drinks (e.g. Red Bull, Lucozade energy etc.)	0	1	2	3
Crisps	0	1	2	3
Sweets, chocolate, choc bars	0	1	2	3

20 How many portions* of fruit and vegetables did you eat yesterday?

Please circle ONE answer. If more than 8, circle 8.

0 1 2 3 4 5 6 7 8

* A portion is about a handful.

To help you decide, all of these examples count as ONE portion:

ONE portion = 80g = any of these...

- 1 apple, banana, pear, orange or other similar sized fruit
- 3 heaped tablespoons of vegetables (raw, cooked, frozen or tinned)
- 1 cupful of grapes, cherries or berries
- a glass (150ml) of fruit juice (however much you drink, fruit juice counts as one portion a day)
- a dessert bowl of salad

N.B. Potatoes don't count when thinking about 5-a-day

2

21 How much water did you drink yesterday?

Only count plain water, do not count tea, coffee, squash-type drinks or fizzy drinks.

Please tick one answer	\checkmark
Nothing	0
1 or 2 cups	1
3-5 cups	2
About a litre (6 cups)	3
About 2 litres (12 cups)	4
More than 2 litres	5
Are you able to get water at school?	
Please tick one answer	\checkmark
No	0
Not easily	1

★2

Yes

22

These questions are about ALCOHOL, SMOKING AND DRUGS

23	Have you had an alcoholic drink in the last 7 days	s?	
	Please tick one answer ✓		
	No 0	If you ticked 'No', go	to Q27 on page 8
	Yes 1		
24	Have you been drunk in the last 7 days?		
	Please tick one answer ✓		
	No 0		
	Yes 1		
5	During the last 7 days, how much of the following alco	holic drinks did you a	drink, if any?
	Assume that one small $can = half a$ large can	Please write in	Do not write in
	Please don't count canned/mixed shandy	these boxes	these boxes
	Large cans/pints of beer or lager:	à	
	Large cans/pints of cider:		
	Cans/bottles of pre-mixed drinks (e.g. WKD, Reef)	à	
	Glasses of wine (a bottle is about 4+ glasses)	à	
	Shooters/shots/jelly (number of shots etc.)		
	Glasses of Baileys, Tia Maria, Martini, Cinzano, Sherry etc.	à	
	Measures of spirits (e.g. gin, whisky, vodka, rum, etc.)		
	Something else (please describe below)	à	
	<u>a</u>		

26 Have YOU obtained alcoholic drink in any of these ways during the last 7 days? Do not include canned shandy

Do not include cunned shanay	
Please tick all that apply	$\checkmark\checkmark$
I bought alcohol myself from a pub/nightclub	
I bought alcohol myself from an off-licence	
I bought alcohol myself from a supermarket	
Parents/carers bought it for me/gave it to me	
I took it from my parents/carers without their consent	
Friends/family over 18 bought it for me/gave it to me	
Friends/family under 18 bought it for me/gave it to me	
I got adults outside shops to buy it for me	
Other source (please describe below)	
à	

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27 If you ever drink alcohol, do your parents/carers know?

Please tick one answer	\checkmark
I never drink alcohol	0
My parents/carers <u>always</u> know	1
My parents/carers <u>usually</u> know	2
My parents/carers <u>sometimes</u> know	3
My parents/carers <u>never</u> know	4

28 a) Is there a special drug and alcohol service for young people in your area?

Please tick one answer	\checkmark
No	0
Don't know	1
Yes	2
b) If yes, please write what it is (name):	

29 Which statement describes you best?

Please tick one answer and follow the instructions

v	
0	
1	≻→ Skip to Q33
2	J
3	Go on to the next
4	question 🗲
5	J
	0 1 2 3 4 5

1

(If NONE, write 0)

30 How many cigarettes have you smoked during the <u>last 7 days</u>?

D

Please write the number

31 If you have smoked recently, where did you get/buy your last cigarettes from?

Please tick one answer \checkmark

I bought them <u>myself</u>	
from a supermarket	01
from a newsagent	02
from a vending machine	03
from an off-licence	04
from a pub or bar	05
from a street seller/neighbour/ private house/van	06

From brothers/sisters/friends over 18	07
From brothers/sisters/friends under 18	08
I was given them	09
I stole them	10
They were brought back from abroad ('duty-free')	11
Other sources	
(please describe below)	12
2	

32 Hav	e you	ever	bought	?
--------	-------	------	--------	---

	Please tick all that apply	$\checkmark\checkmark$	
	Cigarettes with health warnings in a different language		
	Fake cigarettes (e.g. counterfeit - in packaging that looks like well-known brands)		
	Single cigarettes (not in packets)		
	Cigarettes from other sellers (i.e. from market stalls, neighbours, car boot etc.)		
	None of these		
→ 33	Please tick one answer on each row a) Do your parents/carers smoke?	No	Yes
	b) Does anyone smoke indoors at home in rooms that you use?	0	1
	c) Does anyone smoke in a car when you are in it too?	o 🗌	1
34	a) Do your parents/carers smoke e- cigarettes (electronic)?	0	1
	b) Have you ever tried e-cigarettes (electronic)?	0	1

35 Thinking about smoking at home, what best describes what happens in your home?

Please tick one answer	\checkmark
No-one ever smokes at home	0
Smoking happens outside only	1
Smoking happens on the doorstep only	2
Smoking happens in certain rooms only	3
Smokers can smoke anywhere	4

36 Do you know anyone personally who you think takes any drugs to get high? (not medicines, tobacco or alcohol)

Please tick one answer	\checkmark
No	0
Not sure	1
Fairly sure	2
Certain	3

37 Have you ever been offered cannabis?

Please tick one answer	\checkmark
No	0
Yes	1

38 a) Have you ever been offered other illegal drugs or new psychoactive substances? (these are sometimes called legal highs)?

A	
b) If yes, please write what it is (name):	
Yes	1
No	0
Please tick one answer	\checkmark



39 Have you taken any drugs to get high?

(not medicines, tobacco or alcohol)		
Please tick one answer	\checkmark	
Νο	0	If you ticked 'No', go to Q42 on page 11 🔪
Not sure	1	····

$\label{eq:constraint} 40 \quad \mbox{This question is about your EXPERIENCE of these drugs}$

(not prescribed to you by a doctor) Please tick one answer on each row	I have never taken this drug	I have taken during the last month	I have taken during the last year	I took this drug more than one year ago
Amphetamines (e.g. speed, sulphates, sulph, whizz, uppers)	0	1	2	3
Cannabis (resin, leaf or oil, e.g. hash, grass, pot, skunk, dope, weed)	0	1	2	3
Khat (e.g. Quat, qat, qaadka, chat, ghat)	0	1	2	3
Ecstasy (e.g. MDMA, E, Doves)	0	1	2	3
Cocaine (e.g. snow, charlie, coke, nose)	0	1	2	3
Crack (e.g. rock)	0	1	2	3
Hallucinogens: natural (e.g. magic mushrooms)	0	1	2	3
Hallucinogens: synthetic (e.g. acid, LSD)	0	1	2	3
Heroin (e.g. H, junk, skag, smack, brown)	0	1	2	3
Ketamine (e.g. Special K, Vitamin K)	0	1	2	3
Other Tranquillisers (e.g. Valium, Temazepam, Prozac)	0	1	2	3
Muscle-building steroids	0	1	2	3
Poppers (e.g. Liquid Gold, Rush, TNT)	0	1	2	3
Solvents used as drugs (e.g. glue, gas refills, aerosols, cleaning fluid)	0	1	2	3
Mephedrone (M-cat, Miaow miaow)	0	1	2	3
Other drugs*	0	1	2	3
New psychoactive substances* (sometimes called Legal Highs)	0	1	2	3
*Please describe below:	-			
<u>A</u>				

41 Have you EVER taken drugs listed in Q40 and alcohol on the same occasion?

Please tick one answer	\checkmark
No	0
Don't know	1
Yes	2

▼19

Hardly Quite a A little A lot Please tick one answer on each row ever lot Never School-work problems Exams and tests Bullying Your physical health Your mental health Mental health of someone in your family Problems with friends Family problems Money problems/family finances The way you look Relationships Sexually transmitted infections Becoming a parent before I'm ready Drugs The environment Wars and terrorism Crime Gambling The future Other (please tick, then describe below) Z

42 How much do you worry about the issues listed below?

43 If you were worried about something, do you know an adult you trust that you can talk to about it? e.g someone at home, someone at school, health professional, adult friend

Please tick one answer	\checkmark
No	0
Maybe	1
Yes	2

44 a) Can you remember learning about Sexually transmitted infections in or out of school?

Please tick all that apply	$\checkmark\checkmark$
Never learned about it anywhere	
Learned about it from school lessons	
Learned about it from parents/ carers	
Learned about it from friends	
Learned about it from Internet or magazines	
Other (please write below)	
2	

b) Can you remember learning about contraception in or out of school?

Please tick all that apply	$\checkmark\checkmark$
Never learned about it anywhere	
Learned about it from school lessons	
Learned about it from parents/ carers	
Learned about it from friends	
Learned about it from Internet or magazines	
Other (please write below)	
×	

45 a) Do you know where you can get condoms <u>free of charge</u>?

Please tick one answer	\checkmark
No	0
Yes	1

b) If yes, please write where:

~	~
	N

46 a) Is there a special sexual health service <u>for young people</u> in your area?

Please tick one answer	\checkmark
No	0
Don't know	1
Yes	2
b) If yes, please write where:	
<u></u>	



47 Where do you think young people would like to get condoms or emergency contraception from if they needed it?

Please tick all that apply	$\checkmark\checkmark$
GP	
Chemist	
School nurse	
Youth Centres	
Young people's sexual health clinic	
College sites	
Health Centres	
Walk-in Centres	
Other (please write below)	
À	



THE NEXT TWO QUESTIONS ARE FOR YEAR 10 ONLY YEAR 8 PUPILS PLEASE GO TO Q50 below →

	YEAR 8 PUPILS PLEASE GO TO Q50 below 🗲
48	At what age do you think most young people start having sex?
	Please tick one answer 🗸
	14 or younger 15 16 17 18 19 or older
49	Nationally, we know that most under 16s have not had sex (28% of under 16s report having sex). Which of the following best describes you?
	Please tick one answer \checkmark
	Not had a sexual relationship 0
	Currently in a relationship and thinking
	about having sex 1
	Had a sexual relationship in the past
	Currently in a sexual relationship 3
→	
50	How long ago did you last visit the doctor?
	Please tick one answer ✓
	In the past week 0 In the past 6 months 3
	In the past month 1 In the past year 4
	In the past 3 months 2 More than a year ago 5
51	On this last visit to the doctor, how did the reception and waiting room environment make you feel?
	Please tick one answer 🗸
	Very uneasy 0
	Quite uneasy 1
	OK 2
	At ease 3
52	Do you know who your school nurse is?
52	Please tick one answer \checkmark
	No 0
	Not sure
	Yes 2
	Don't have one 3
53	Do you know how to get to see you school nurse?
	Please tick one answer
	Not sure 1
	Yes 2
	Don't have one 3
54	How long ago did you last visit the dentist?
	Please tick one answer ✓
	In the past week In the past year 3
	In the past 3 months 1 More than a year ago 4
	In the past 6 months 2 I have never been to the dentist 5

These questions are about STAYING SAFE.

55 Do you ever feel afraid of going to school because of bullying?

Please tick one answer	\checkmark
Never	0
Sometimes	1
Often	2
Very often	3

56 Have you been bullied at or near school in the last 12 months?

Please tick one answer	\checkmark
No	0
Don't know	1
Yes	2

57 Have you <u>bullied someone else</u> at school in the last 12 months?

Please tick one answer	\checkmark
No	0
Don't know	1
Yes	2

58 How well does your school deal with bullying?

Please tick one answer	\checkmark
Don't know	0
Bullying is not a problem in my school	1
Badly	2
Not very well	3
Quite well	4
Very well	5

59 Have any of the following happened to you in the last month

Please tick all that apply	$\checkmark\checkmark$
Been teased/made fun of	
Called nasty names	
Received nasty/threatening text message	
Received nasty/threatening e-mail	
Received nasty/threatening message in a chatroom	
Seen nasty things written about you online	
Pushed/hit for no reason	
Had belongings taken/broken	
Been threatened for no reason	
Been threatened for money	
Been forced to do things you didn't want to do	
Been ganged up on	
Other (please write in the box below)	
None of these	
2	

If you ticked 'None of these' in Q59 please go on to Question 63 →

60 Where did they happen?

Please tick all that apply	$\checkmark\checkmark$
At or near home	
On the way to or from school	
During lesson time	
In a classroom (playtime/lunchtime)	
In the toilets	
In the corridors	
Outside at school (playtime/lunchtime)	
Other (please write below)	
2	

61 If you have been bullied recently, did you tell anyone about it?

Please tick all that apply	$\checkmark\checkmark$
Teacher or other staff at school	
Friend	
Mum or Dad/carer	
Other trusted adult	
Brother or sister	
No one	

62 ... and did the problem stop after telling someone?

Please tick one answer	\checkmark
No	0
Don't know	1
Yes	2

63 Do you think you have ever been picked on or bullied for any of the following?

Please tick all that apply	$\checkmark\checkmark$
Your size or weight	
The way you look	
The clothes you wear	
Your colour or race	
Your religion or faith	
Your sexuality (straight, gay, lesbian or bisexual)	
Your gender (being male or female)	
A disability or learning difficulty	
Your ability (being better or worse at lessons than most people)	
Your family background	
Your health	
Other (please write in the box below)	
I have never been picked on or bullied	
2	

≯

64 When a friend wants me to do something I don't want to do...

Please tick one answer	\checkmark
I can usually or always say no	0
l can sometimes say no	1
I can rarely say no	2
l can never say no	3

65 How do you rate the following in the area where you live?

	Very				Very
Please tick one answer on each row	poor	Poor	Adequate	Good	good
Your safety when going out after dark	0	1	2	3	4
Your safety when going out during the day	0	1	2	3	4
Your safety at school	0	1	2	3	4
Your safety when going to and from school	0	1	2	3	4

66 Do you try anything to avoid sunburn?

e.g. Wear a hat, Wear long sleeves, put on sun screen, stay in the shade

Please tick one answer	\checkmark
Never	0
Sometimes	1
Usually	2
Whenever possible	3

These questions are about SCHOOL and LEISURE TIME.

67 How many lessons do you enjoy at school?

\checkmark
0
1
2
3
4

68 How useful have you found school lessons about the following?

	Can't remember	Not at	Some	Quite	Very
Please tick one answer on each row	any	all useful	use	useful	useful
Managing money	0	1	2	3	4
Citizenship	0	1	2	3	4
Drug education (including alcohol & tobacco)	0	1	2	3	4
Emotional health and well-being	0	1	2	3	4
Bullying	0	1	2	3	4
Healthy eating	0	1	2	3	4
Physical activity	0	1	2	3	4
Safety	0	1	2	3	4
Sex and Relationships education	0	1	2	3	4

69 Do you think it is important to go to school regularly?

Please tick one answer	\checkmark
No	0
Don't know	1
Yes	2

70 In the last 12 months, have any of the following stopped you from going to school?

Please tick all that apply	$\checkmark\checkmark$
Illness or injury	
Caring for family members	
Medical/dental appointments	
Day trips or holiday in term time	
Shopping	

	$\checkmark\checkmark$
Worries about school	
Worries about bullying	
Effects of my social life	
Other (please write in the box below)	
I haven't missed any days	
A	▼22

	Please tick one answer on each row	Νο	Yes	
	a) Have you ever chatted online?	0	1	
	If Yes:			
	Do you use a webcam to chat online, e.g. Skype?	0	1	
	Do you chat to just your friends or family?	0	1	
	Do you chat to friends of friends?	0 <u> </u>	1	
	Do-you chat to other people who you don't know?	0	1	
	b) Have you ever got a message or picture that scared you or made you upset?	0	1	
	c) Have any of these things ever happened to you online?			
	Received a hurtful, unwanted or nasty message online	0	1	
	Hurtful comments were posted about you on a social networking site	0	1	
	Someone used your identity/password to post false or hurtful things online	0	1	
	Someone changed your password	0	1	
	Someone posted private information about you (including pictures)	0	1	
	Someone used/changed a picture to humiliate you	0	1	
	An offensive video clip was taken or posted about you	0	1	
	Someone voted for you in an insulting online poll	0	1	
	A nasty webpage was set up about you	0 0	1	
	Other (please describe below)	0	1	▼3
	Please tick one answer on each row	No	Yes	▼3
			1 Yes 1	▼3
	Please tick one answer on each row d) Has anyone you don't know in person asked to meet	No	1 Yes 1 1	₹3
	Please tick one answer on each row d) Has anyone you don't know in person asked to meet with you? If YES, was this person (as far as you know) quite a bit older than	No	1	₹3
	Please tick one answer on each row d) Has anyone you don't know in person asked to meet with you? If YES, was this person (as far as you know) quite a bit older than you?	No 0	1 Yes 1 1 1 1 1	▼3
	Please tick one answer on each row d) Has anyone you don't know in person asked to meet with you? If YES, was this person (as far as you know) quite a bit older than you? e) Have you ever been told how to stay safe while online?	No 0 0	1	₹3
-	Please tick one answer on each row d) Has anyone you don't know in person asked to meet with you? If YES, was this person (as far as you know) quite a bit older than you? e) Have you ever been told how to stay safe while online? If YES, do you always follow the advice you have been given? f) Have you ever sent personal information or images to someone and then wished you hadn't done or had thought	No 0 0 0	1 Yes 1 1 1 1 1 1 1	₹3
	Please tick one answer on each row d) Has anyone you don't know in person asked to meet with you? If YES, was this person (as far as you know) quite a bit older than you? e) Have you ever been told how to stay safe while online? If YES, do you always follow the advice you have been given? f) Have you ever sent personal information or images to someone and then wished you hadn't done or had thought more about? g) Have you ever visited websites which promote?	No 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	1	▼3
-	 Please tick one answer on each row d) Has anyone you don't know in person asked to meet with you? If YES, was this person (as far as you know) quite a bit older than you? e) Have you ever been told how to stay safe while online? If YES, do you always follow the advice you have been given? f) Have you ever sent personal information or images to someone and then wished you hadn't done or had thought more about? g) Have you ever visited websites which promote? Illegal downloading 	No 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	1 Yes 1	▼3
	 Please tick one answer on each row d) Has anyone you don't know in person asked to meet with you? If YES, was this person (as far as you know) quite a bit older than you? e) Have you ever been told how to stay safe while online? If YES, do you always follow the advice you have been given? f) Have you ever sent personal information or images to someone and then wished you hadn't done or had thought more about? g) Have you ever visited websites which promote? Illegal downloading Extreme dieting 	No 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	1 Yes 1	▼3
	 Please tick one answer on each row d) Has anyone you don't know in person asked to meet with you? If YES, was this person (as far as you know) quite a bit older than you? e) Have you ever been told how to stay safe while online? If YES, do you always follow the advice you have been given? f) Have you ever sent personal information or images to someone and then wished you hadn't done or had thought more about? g) Have you ever visited websites which promote? Illegal downloading Extreme dieting Suicide Racism/extreme views 	No 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	1 Yes 1	₹3
	Please tick one answer on each row A Has anyone you don't know in person asked to meet with you? If YES, was this person (as far as you know) quite a bit older than you? A Have you ever been told how to stay safe while online? A Have you ever been told how to stay safe while online? A Have you ever sent personal information or images to someone and then wished you hadn't done or had thought more about? A Have you ever visited websites which promote? A Have you ever visited websites which promote?	No 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	1 Yes 1	▼3
	 Please tick one answer on each row d) Has anyone you don't know in person asked to meet with you? If YES, was this person (as far as you know) quite a bit older than you? e) Have you ever been told how to stay safe while online? If YES, do you always follow the advice you have been given? f) Have you ever sent personal information or images to someone and then wished you hadn't done or had thought more about? g) Have you ever visited websites which promote? Illegal downloading Extreme dieting Suicide Racism/extreme views 	No 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	1 1	▼3

GΑ

V 18

72 How much do you enjoy physical activities?

Please tick one answer	\checkmark
Not at all	o 🗌
A little	1
Quite a lot	2
A lot	3

73 On which days did you do any physical activity in the last 7 days?

Physical activity means things like PE in school lessons, a school sports club, playing running games after school or doing hard housework at home.

Please tick all that apply	$\checkmark\checkmark$		$\checkmark\checkmark$
NONE		Wednesday	
Sunday		Thursday	
Monday		Friday	
Tuesday		Saturday	

If NONE, please tick the 'none' box and skip to Question 76 \rightarrow

74 On which days did you get out of breath and/or sweaty while doing physical activity, in the last 7 days?

Please tick all that apply	$\checkmark\checkmark$
NONE	
Sunday	
Monday	
Tuesday	

16
$\checkmark\checkmark$

If NONE, please tick the 'none' box and skip to Question 76 ightarrow

75 On which days did you get out of breath and/or sweaty while doing physical activity for an hour or more, in the last 7 days?

Please tick all that apply	$\checkmark\checkmark$
NONE	
Sunday	
Monday	
Tuesday	

	$\checkmark \checkmark$
Wednesday	
Thursday	
Friday	
Saturday	

→

76 Was this week's pattern of activity usual?

Please tick one answer	\checkmark
Yes, a normal week	2
More active than usual	1
Less active than usual	0

77 Does anything stop you from exercising as much as you would like?

Please tick all that apply	$\sqrt{}$
Nothing stops me	
I don't have enough time	
I don't know what to do	
I know what I want to do but I don't know where to go	
I don't like the places you go to	
Transport to get there is a problem	
It costs a lot to get there or to take part	
My parents won't let me go	
I don't like the people who go there	
I am shy in front of other people	
I don't like to try new things	
I'm not comfortable about how I look	
The facilities don't cater for my special needs	
Other (Please write below)	
A	

78 How long did you spend doing each of these things below after school yesterday?

Please tick one answer on each row	No time at all	Up to 1 hour	Up to 2 hours	Up to 3 hours	More than 3 hours
Watching TV	0	1	2	3	4
Doing homework	0	1	2	3	4
Playing computer games (e.g. Playstation, DS, PC, etc.)	0	1	2	3	4
Talking/texting on the 'phone	0	1	2	3	4
Talking/messaging online (e.g. Facebook, Twitter)	0	1	2	3	4

79 Did you spend any time doing any of these things after school yesterday?

Please tick all that apply	$\checkmark\checkmark$
Met with friends	
Used a computer for school work	
Read a book	
Cared for pets	
Played a musical instrument	
Sport	
Cared for family members	
Extra lessons/tutoring	
Listened to music	
Helping and volunteering outside the home	
None of the above	

80 What time did you go to bed last night to go to sleep?

Please tick one answer	\checkmark
8 – 9pm	0
9 – 10pm	1
10 – 11pm	2
11 – 12pm	3
12 midnight or later	4

81 Which of the devices listed below did you use in the last hour before going to sleep?

Please tick all that apply	$\checkmark\checkmark$
Computer	
Mobile phone	
MP3 player, iPod etc	
Tablet	
Game console	
TV, DVD etc.	
None of these.	

82 Please think about each of the following statements.

Please tick one answer on each row	Disagree	Not sure	Agree
"I feel happy talking to other pupils at school."	0	1	2
"There are lots of things about myself that I would like to change."	0	1	2
"When I have something to say in front of teachers in class, I usually feel uneasy."	0	1	2
"I often fall out with other pupils at school."	0	1	2
"I often feel lonely at school."	0	1	2
"I think other pupils usually say nasty things about me."	0	1	2
"When I want to tell a teacher something I usually feel shy."	o 🗌	1	2
"I often have to find new friends because my old ones are with somebody else."	0	1	2
"I usually feel foolish when I have to talk to my parents/carers"	0	1	2

▼18

These questions are about MAKING a POSITIVE CONTRIBUTION.

⁸³ The next questions are about whether adults ask young people for their opinions about changes at school and changes in their community

a) Are you asked for your ideas and opinions ...?

Please tick one answer on each row	No	Yes
About what you learn in school?	0	1
About how you learn in school?	0	1
About the school environment?	0	1
In your community?	0	1

b) Do the opinions of young people make a difference to decisions...?

Please tick one answer on each row	Νο	Yes
About what you learn in school?	0	1
About how you learn in school?	0	1
About the school environment?	0	1
In your community?	0	1

c) Would you like to be asked for your ideas and opinions more often...?

Please tick one answer on each row	No	Yes
About what you learn in school?	0	1
About how you learn in school?	0	1
About the school environment?	0	1
In your community?	0	1

84 If something goes wrong...

Please tick one answer on each row	Never	Sometimes	Usually	Always
I get upset and feel bad for ages	0	1	2	3
I might feel a bit bad but soon forget it	0	1	2	3
I'm calm and can carry on	0	1	2	3
I learn from it for next time	0	1	2	3
I might feel something else (please tick and write in the box below)	0	1	2	3
À				

85 If something goes wrong...

Please tick one answer on each row	Never	Sometimes	Usually	Always
I blame someone else	0	1	2	3
I keep on trying until I do	0	1	2	3
I might have another go	0	1	2	3
l give up	0	1	2	3
I try a different way of doing it	0	1	2	3
I ask for help	0	1	2	3
I go and do something else	0	1	2	3
I just accept that I can't do it	0	1	2	3

₹38

86 Please think about each of the following statements.

<i>Please tick one answer on each row</i> The school cares whether I am happy or not	Disagree 0	Not sure	Agree
My work is marked so I can see how to improve it	0	1	2
I set my own targets and I am helped to meet them	0	1	2
My achievements in and out of school are recognised	0	1	2
The school teaches me to deal with my feelings positively	0	1	2
The school helps me work as part of a team	0	1	2
In this school people with different backgrounds are valued	0	1	2
The school encourages everyone to take part in decisions, e.g. class discussions or school council	0	1	2
The school encourages me to contribute to community events	0	1	2
The school prepares me for when I leave this school	0	1	2

These questions are about YOUR FUTURE.

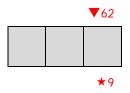
87 At the end of Year 11, do you want to...

		Don't	
Please tick one answer on each row	No	know	Yes
Continue in full-time education?	0	1	2
Find a job as soon as you can?	0	1	2
Get training for a skilled job?	0 🗌	1	2
Start a family?	0 🗌	1	2
Other (please describe below)	0	1	2
A			



THE END!

Thank you for completing this questionnaire



If you have time, please go back over your answers and check that you have not left any out.

Practice Page

There are four main types of question in this questionnaire

1. With most of them, you are asked to "Tick ONE number for each answer" :

Are you male or female?	
Please tick one answer	\checkmark
Male	0 📃
Female	1

2. With some questions you may tick more than one answer at the right-hand side of the page.

Which colours are you wearing n	low?
Please tick all that apply	$\checkmark \checkmark$
Red	
Blue	
Green	
White	

3. With some you tick one answer on each line:

With these questions, you might also need to write an answer.

88 At the end of Year 11, do you want to...

		Don't	
Please tick one answer on each row	No	know	Yes
Continue in full-time education?	0	1	2
Find a job as soon as you can?	o 🗌	1	2
Get training for a skilled job?	o 🗌	1	2
Start a family?	o 🗌	1	2
Other (please describe below)	0	1	2
X			

4. Some questions will ask you to follow directions if your answer is no

Have you been swimming in the last 7	days?	
Please tick one answer	\checkmark	
No	0	If you ticked 'No', go to Q27 on page 8
Yes	1	

Before going to Question 1, please make sure you have filled in Questions A to F on the front cover.