

Children's Health & Wellbeing Survey 2021

Thank you for helping Cardiff University with this important survey.

Please read the following points before deciding if you would like to do the survey:

- This survey is about Health & Wellbeing. Your answers will help us understand children's health & wellbeing experiences in Wales.
- It is your choice if you want to do this survey. You do not have to take part if you don't want to.
- We do not collect your name, so we will not be able to tell who has completed which survey. All answers will be kept private and will only be seen by the university researchers who are doing research to improve child health.
- You can stop completing at any time, and if there is a question you do not want to answer then leave it blank or tick the 'I don't want to answer' option.

Please tick the box that best fits your answer.

Choose 1 answer for each question or part of a question, unless we ask you otherwise. If it is difficult to choose just 1 answer, please think about what is true most of the time.

After you have completed the survey, please hand it back to your teacher to send back to us.

Thank you! Happy ticking!

What is the name of your school? _____

Q1 Are you a....?

- Boy
- Girl
- I don't want to answer
- Prefer to self-describe

If self-describe, please write this down _____

Q2 What school year are you in?

- Year 5
- Year 6
- I don't want to answer

Q3 What month were you born?

- | | |
|---|------------------------------------|
| <input type="checkbox"/> January | <input type="checkbox"/> July |
| <input type="checkbox"/> February | <input type="checkbox"/> August |
| <input type="checkbox"/> March | <input type="checkbox"/> September |
| <input type="checkbox"/> April | <input type="checkbox"/> October |
| <input type="checkbox"/> May | <input type="checkbox"/> November |
| <input type="checkbox"/> June | <input type="checkbox"/> December |
| <input type="checkbox"/> I don't want to answer | |



Q4 What year were you born?

- 2008
- 2009
- 2010
- 2011
- 2012
- 2013
- I don't want to answer

Q5 Would you describe yourself as...?

- White, British
- White, not British
- Black
- Asian
- Mixed or multiple ethnic group
- I don't want to answer
- Other

If other ethnic group, please write this down _____

These questions are about your home.

Q6 Where do you live...?

- I live in 1 house
- I live across 2 or more houses (e.g. mum & Dad live in separate houses and my time is split between them)
- I don't want to answer

Q7 Think of the home where you live all or most of the time.

Which adults do you live with? (Please tick one box)

- My Mum & Dad
- My Mum only
- My Dad only
- My Mum and her partner
- My Dad and his partner
- My two Mums
- My two Dads
- My Grandparents
- My Foster parents
- I don't want to answer
- Other adults

If other adults, please write this down _____

Q8 What language does your family normally speak at home?

- English
- Welsh
- Both English & Welsh
- I don't want to answer
- Other language

If other language, please write this down _____

Q9 Did any of your parents (or carers) go to university?

- Yes
- No
- I don't know
- I don't want to answer

Q10 Do any of your parents (or carers) have a paid job?

- Yes
- No
- I don't know
- I don't want to answer

Q11 Do you have your own bedroom?

- Yes
- No
- I don't want to answer

Q12 Does your family own a car, van or truck?

- No
- Yes, one
- Yes, more than one
- I don't want to answer

Q13 How many bathrooms (with a bath or shower in them) are in your home?

- 0
- 1
- 2
- More than 2
- I don't want to answer

Q14 Does your family own a dishwasher?

- Yes
- No
- I don't want to answer

Q15 How many computers (e.g. PCs, laptops, tablets - but NOT games consoles / smartphones) does your family own?

- 0
- 1
- 2
- More than 2
- I don't want to answer

Q16 How many times did you and your family travel out of Wales for a holiday/vacation last year?

- 0
- 1
- 2
- More than 2
- I don't know
- I don't want to answer

These questions ask you about your feelings.

Q17 On a scale of 0-10, how would you rate your life at the moment?

- 10 - I have the best possible life
- 9
- 8
- 7
- 6
- 5
- 4
- 3
- 2
- 1
- 0 - I have the worst possible life
- I don't want to answer

Q18 Below are some questions about how you feel. There are no right or wrong answers. You should just pick the answer which is best for you.

Place a tick in each row.

	Never	Sometimes	Always	I don't want to answer
I feel lonely				
I cry a lot				
I am unhappy				
Nobody likes me				
I worry a lot				
I have problems sleeping				
I wake up in the night				
I am shy				
I feel scared				
I worry when I am at school				
I get very angry				
I lose my temper				
I hit out when I am angry				
I do things to hurt people				
I am calm				
I break things on purpose				
I am bullied by others				

Q19 In the last 6 months, how often have you...?

Place a tick in each row.

	About every day	More than once a week	About every week	About once a month	Rarely	Never	I don't want to answer
Felt low							
Irritable or bad tempered							
Felt nervous							
Had difficulty getting to sleep							

Q20 We would like to know what thoughts about life you have had during the past several weeks. Think about how much you spend each day and night and then think about how your life has been during most of this time.

Here are some questions that ask you to indicate your satisfaction with your overall life.

It is important to know what you REALLY think, so please answer the questions the way you really think, not how you should think.

This is NOT a test. There are NO right or wrong answers.

Place in tick in each row.

	Strongly disagree	Moderately disagree	Mildly disagree	Mildly agree	Moderately agree	Strongly agree	I don't want to answer
My life is going well							
My life is just right							
I would like to change many things in my life							
I wish I had a different kind of life							
I have a good life							
I have what I want in life							
My life is better than most kids							

Q21 Thinking back to last year when the COVID-19 pandemic started, and most children had to stay at home. Since that time, how often have you felt worried about...?

Place a tick in each row.

	Never	Sometimes	Most of the time	All of the time	I don't want to answer
Becoming unwell yourself					
Your family becoming unwell					
Not seeing your friends					
Not having enough to eat					
Not seeing your family					
Being away from school					
Going back to school					
Going outside					

These questions are about your feelings towards school.

Q22 How do you feel about school?

- I like it a lot
- I like it a bit
- I don't like it very much
- I don't like it at all
- I don't want to answer

Q23 Thinking about the pupils in your class, how much do you agree or disagree with the following sentences...?

Place a tick in each row.

	Strongly agree	Agree	Neither agree / disagree	Disagree	Strongly disagree	I don't want to answer
Pupils enjoy being together						
Most pupils are kind & helpful						
Other pupils accept me as I am						

Q24 Thinking about pupils in your school, how much do you agree or disagree with the following sentences...?

Place a tick in each row.

	Strongly agree	Agree	Neither agree / disagree	Disagree	Strongly disagree	I don't want to answer
Pupils have a say in planning school activities						
Pupils have a chance to help plan school projects						
Pupils ideas are treated seriously						
I feel like I belong at this school						

Q25 Thinking about adults in your school, how much do you agree or disagree with the following sentences...?

Place a tick in each row.

	Strongly agree	Agree	Neither agree / disagree	Disagree	Strongly disagree	I don't want to answer
My teachers accept me as I am						
My teachers care about me as a person						
I trust my teachers						
There is at least one adult at this school I can talk to about things that worry me						

Q26 How do you feel about going to secondary school?

Place a tick in each row.

	Not at all	Very little	Some	Quite a bit	Very much	I don't want to answer
Are you <u>looking forward</u> to going to secondary school?						
Are you <u>worried</u> about going to secondary school?						

Q27 What is the main thing you are looking forward to about secondary school? *Only tick one answer*

- Making new friends
- New subjects to learn
- Feeling more grown up
- A new start
- New teachers
- Better food
- I'm not looking forward to anything
- I don't want to answer
- Other

If Other, please write this down _____

Q28 What is the main thing that worries you about going to secondary school? *Only tick one answer.*

- Being bullied
- Not seeing my primary school friends
- School work may be harder
- Not knowing my way around the big school
- Not seeing my primary school teachers
- What my new teachers will be like
- I'm not worried about anything
- I don't want to answer
- Other

If Other, please write this down _____

These questions are about electronic devices & social media.

Q29 Do you have your own...? *Tick ALL that you have.*

- Smartphone (such as an iphone)
- Computer or laptop
- Tablet (such as an ipad or kindle)
- None of the above
- I don't want to answer

Q30 How often do you use portable electronic devices to do the following...? (such as smartphones, tablets etc - any screens you can easily move around the house of perhaps use outside)

Place a tick in each row.

	Every-day	A few times a week	Once a week	Once a fortnight	Monthly	Never	I don't want to answer
Watch videos							
Watch TV/films							
Play computer games							
Read books							
Speak to your family online							
Speak to your friends online							
Do homework / schoolwork online							
Use social media sites or apps (such as Facebook, Tiktok, Instagram etc)							

Q31 How often do your parents do any of the following things when you are using portable screen devices? (such as smartphones, tablet, or laptop etc).

Place a tick in each row.

	Never	Sometimes	Most of the time	All of the time	I don't know	I don't want to answer
Limit how much time you spend using them						
Use settings which limit what you can access						
Check what you are watching / playing / doing						
Limit using them to only some rooms in the house						
Limit using them before bedtime						

The next two questions are about smoking.

'Smoking' does not include using electronic cigarettes (e-cigarettes) or vaping.

Q32 Do any of the following people smoke...?

Place a tick in each row.

	Smokes every day	Smokes sometimes	Does <u>not</u> smoke	I don't know	I don't have or see this person	I don't want to answer
Mother						
Father						
Mother's partner						
Father's partner						
Siblings						
Grandparents						
Best friend						

Q33 How often do the following people smoke INSIDE your home...?

Place a tick in each row.

	Smokes in the home every day	Sometimes smokes in the home	Does <u>not</u> smoke in the home	I don't know	I don't have or see this person	I don't want to answer
Mother						
Father						
Mother's partner						
Father's partner						
Other people <u>you live with</u>						
Your best friend						
Siblings						
Grandparents						
Other people <u>who come to your home</u>						

These questions are about your usual routine.

Q34 When do you usually go to bed if you have to go to school the next morning?

- Before 7pm
- 7pm
- 7.30pm
- 8pm
- 8.30pm
- 9pm
- 9.30pm
- 10pm
- 10.30pm
- 11pm
- 11.30pm
- Midnight or later
- I don't want to answer

Q35 How many times a week do you have...?

Place a tick in each row.

	Never	Less than once a week	Once a week	2-4 days a week	5-6 days a week	Once a day, every day	Every-day, more than once	I don't want to answer
Fruits								
Vegetables								
Coke / soft drinks (which contain sugar)								
Energy drinks (eg Red Bull / Monster)								
Tap or bottled water (NOT flavoured or squash)								

Q36 Outside of school hours, how often do you usually exercise in your spare time so much so that you get out of breath and sweat?

- Everyday
- 4-6 times a week
- 2-3 times a week
- Once a week
- Once a month
- Less than once a month
- Never
- I don't want to answer

Well done, you have finished!

Thank you for taking part!

If you have any questions please speak to your teacher.

You can also contact Childline on 0800 1111.

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