



Kids' Life and Times Survey 2015 Questionnaire

ARK

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Northern Ireland

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First, some questions about you

Q1. Are you a boy or a girl?

Boy	1
Girl	2

Q2. In which country were you born?

Northern Ireland	1
England	2
Scotland	3
Wales	4
Republic of Ireland	5
Somewhere else (Please type where below)	6
I don't know	7

Q3. Do you have a long-term disability, illness or medical condition?

Yes, (Please type which one below)	1
No	2
I'm not sure	3

Now some questions about your home and family.

Q4. Which of your parents do you live with?

My mum and dad in the same house	1
My mum for all or most of the time	2
My dad for all or most of the time	3
My mum for half of the time and my dad for half of the time	4
Somebody else (Please type who below)	5

Q5. Do you have your own bedroom for yourself in the home where you normally live?

No	1
Yes	2

Q6. How many bathrooms (room with a bath/shower or both) are there in the home where you normally live?

None	1
One	2
Two	3
More than two	4

Q7. Does your family own a car, van or truck?

No	1	
Yes, one	2	
Yes, two or more	3	
I don't live with a family	4	Skip to Q11

Q8. How many computers (including laptops and tablets, *not* including game consoles and smartphones) does your family own?

None	1
One	2
Two	3
More than two	4

Q9. How many times did you and your family travel out of Northern Ireland or Ireland for a holiday last year?

Not at all	1	
Once	2	
Twice	3	
More than twice	4	

Q10. Does your family have a dishwasher at home?

No	1
Yes	2

The next questions are about school.

Q11. Looking back over the time that you were at this school, would you say you were mostly happy at this school or mostly unhappy?

Mostly happy	1
Mostly unhappy	2
I can't decide	3

Q12. In the last 2 months, how often did you get physically bullied at school, for example, getting pushed around or threatened or having your belongings stolen?

A lot	1
A little	2
Not at all	3
I don't know	4

Q13. In the last 2 months, how often did you get bullied in other ways at school such as getting called names, getting left out of games, or having nasty stories spread about you on purpose?

A lot	1
A little	2
Not at all	3
I don't know	4

Q14. Have you ever been bullied by someone sending nasty texts or putting up bad things about you on the Internet?

Yes	1
No	2
I don't know	3

Q15. Sometimes primary schools get together with other schools. Pupils might go to another school to use the computers or swimming pool, or to do classes or projects with the pupils from the other school. Have you done anything like this?

Yes	1	Go to Q20
No	2	
I don't know	3	

Q16. Tell us if you have done any of the following things with pupils from other schools? (Please click on all the things you have done)

Have you ever had classes with pupils from other schools?	1
Have you ever done projects with pupils from other schools?	1
Have you ever used or shared sports facilities or equipment, like computers?	1
Maybe you have done something else with pupils from other schools? If you have please type below what you did with them.	

Q17. When you had classes, or did projects together, or shared facilities did you go to another school or did the other pupils you were sharing with come to your school? (Please click ALL that apply)

We went to the other school	1
The other pupils came to our school	1
We were not in school	1

Q18. Were the pupils from the other schools a different religion to you?

All of them were a different religion to me	1
Some of them were a different religion to me	2
None of them were a different religion to me	3
I don't know	4

Q19. How did you feel about sharing with other schools? Please click one option on each line to show how much you agree or disagree with each statement.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	I don't know
I enjoyed doing projects with other schools	1	2	3	4	5	6
I enjoyed having classes with other schools	1	2	3	4	5	6
I enjoyed sharing equipment and facilities with other schools	1	2	3	4	5	6

Q20. How do you think you **WOULD** feel if your school did get together with other schools to do classes or projects or to share facilities with them? Please click one option on each line to show how much you agree or disagree with each statement.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	I don't know
I would enjoy doing projects with other schools	1	2	3	4	5	6
I would enjoy having classes with other schools	1	2	3	4	5	6
I would enjoy sharing equipment and facilities with other schools	1	2	3	4	5	6

Q21. Here are some of the things that you might **like** or **dislike** about children from different schools getting together to share classes or facilities or to do projects. Please click one option on each line to show how much you would like or not like each one.

	Would like a lot	Would like a little	Would not like very much	Would not like at all	I don't know
Getting different teachers	1	2	3	4	5
Travelling to a different school	1	2	3	4	5
Doing classes we don't normally get to do at our school	1	2	3	4	5
Sharing sports facilities and computers or equipment	1	2	3	4	5
Making new friends	1	2	3	4	5
Being with children who are a different religion to me	1	2	3	4	5
Being with children who have a different skin colour or who speak a different language than me	1	2	3	4	5

Q22. Suppose a group of children from another school were coming to do a project with your class. Would you mind if they were from these kinds of schools? Please click one option on each line

	I would mind a lot	I would mind a little	I would not mind at all	I don't know
An all-boys primary school.	1	2	3	4
An all-girls primary school.	1	2	3	4
A primary school near this school	1	2	3	4
A school for children with special needs or disabilities	1	2	3	4
A secondary school for older children	1	2	3	4
A school where most of the children are a different religion to you.	1	2	3	4

Q23. A shared campus school could be two or more schools with pupils from Catholic and Protestant backgrounds either sharing facilities in each other's schools or sharing a single school building.

If your school was part of a single building shared campus do you think there should be... (Please click ALL that apply)

One school entrance?	1
Shared sports hall/dining room?	1
Sharing the same bus to/from school?	1
One school uniform?	1

Q24. If you were in a shared campus school do you think you would....

Like it a lot	Like it a little	Not like it at all	I don't know
1	2	3	4

Q25. What do you think you would like or dislike about a shared campus? (Please type below)

The next few questions are about sports and physical activities. Physical activity can be done in school - in sports classes, school activities, playing with friends or walking to school. It can include many activities, for example, walking quickly, dancing, cycling, skateboarding, rollerblading, trampolining, football, gymnastics, athletics.

Q26. In a normal week would you do any of the following things? (Please click on ALL that apply)

Walk or cycle to school	1
Do PE in school	1
Take part in sports in a sports club, organised activities in a gym or outdoor adventure activities outside school	1
I do not do any of these things	1

Q27. How many times during a normal week would you spend at least 60 minutes during a day playing sports or doing some physical activity? You don't have to do the 60 minutes all together, but you have to be active for at least 10 minutes at a time doing something that makes you sweaty or out of breath.

Never	1
Up to 4 times a week	2
4 - 6 times a week	3
7 times a week	4
More often	5

Q28. Please name the three main types of sports you play or physical activities you do in a normal week

1. _____
2. _____
3. _____

Q29. How much do you enjoy the following?

	A lot	A little	Not at all	I don't do this
PE classes in school	1	2	3	4
Sport outside school, for example, in a sports club or leisure centre	1	2	3	4
Doing outdoor adventure activities, for example, surfing, orienteering or kayaking	1	2	3	4

Q30. Below are some reasons why people take part in sports or physical activity. How important are these reasons for you?

	Very important	Somewhat Important	Not very important	Not important	I can't choose
To be fit and healthy	1	2	3	4	5
To gain new skills	1	2	3	4	5
To have fun and meet friends	1	2	3	4	5
To compete with others	1	2	3	4	5

Q31. Which, if any, of the following reasons prevent you from taking part in sports and physical activity more often? (Please click on ALL that apply)

Not enough time	1
Poor health or a disability	1
I don't have anyone I can go with	1
I don't know where I can do the activities I want to do	1
Nothing stops or prevents me	1

Q32. Has anyone ever encouraged or inspired you to take part in sports? (Please click on ALL that apply)

My family	1
A teacher	1
My friends	1
A famous person	1
No-one has inspired or encouraged me	1

Someone else, please type in _____ 1

Q33. Do you have any sports idols? These are the sports personalities that you admire

Yes, my sports idol is _____ 1

No, I don't have a sports idol _____ 2

Q34. Have you ever received any tuition or coaching from an instructor or coach (other than in PE lessons) to help improve your performance in any sport or physical activity?

Yes	1
No	2
I can't remember	3

Q35. How much do you think sport or physical activity help to improve ...

	A lot	A little	Not at all	I don't know
Your physical health	1	2	3	4
Your mental and emotional health	1	2	3	4

Q36. And do you think your body size is:

Too thin	1
About the right size	2
Too fat	3
I don't know	4

Now some questions about your health

Q37. In general, how would you say your health is?

Excellent	1
Very good	2
Good	3
Fair	4
Poor	5

And thinking about the last week...

Q38. Have you felt fit and well?

Not at all 1	Slightly 2	Moderately 3	Very 4	Extremely 5
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Q39. Have you felt full of energy?

Never 1	Seldom 2	Quite often 3	Very often 4	Always 5
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Q40. Have you felt sad?

Never 1	Seldom 2	Quite often 3	Very often 4	Always 5
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Q41. Have you felt lonely?

Never 1	Seldom 2	Quite often 3	Very often 4	Always 5
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Q42. Have you had enough time for yourself?

Never 1	Seldom 2	Quite often 3	Very often 4	Always 5
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Q43. Thinking about the last week have you been able to do the things that you want to do in your free time?

Never 1	Seldom 2	Quite often 3	Very often 4	Always 5
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Q44. Have your parent(s) or guardian(s) treated you fairly?

Never 1	Seldom 2	Quite often 3	Very often 4	Always 5
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Q45. Have you had fun with your friends?

Never 1	Seldom 2	Quite often 3	Very often 4	Always 5
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Q46. Have you got on well at school?

Not at all 1	Slightly 2	Moderately 3	Very 4	Extremely 5
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Q47. Have you been able to pay attention?

Never 1	Seldom 2	Quite often 3	Very often 4	Always 5
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Q48. Lots of children help out at home with shopping or cleaning. But as well as helping out like this, some children your age give **extra care or support** to someone, usually someone in their family, who is elderly (old), or has a long term illness or disability. Do you give any **special help or extra care** to someone?

Yes	1	
No	2	SKIP TO Q55
I don't know	3	SKIP TO Q55

Q49. Who do you give that special help or extra care to? (Please click on ALL that apply)

My mum	1
My dad	1
My brother or sister	1
My grandparent	1

Someone else (Please type in who it is)

Q50. Does the person or any of the people you give special help or extra care to live with you?

Yes, they live with me	1
No, they do not live with me	2
Some live with me and some don't live with me	3

Q51. Why do they need your help or care? (Please click on ALL that apply)

They are elderly	1
They have a physical illness or a disability	1
They have a learning difficulty	1
They have mental health problems	1

Something else, (Please type in below)

Q52. What kind of things do you do to help them? (Please click on ALL that apply)

Personal care - helping them to get washed, dressed, eat, use toilet	1
Physical care - helping in and out of bed/chair, getting up and down stairs	1
Practical care - helping with the shopping, housework, gardening	1
Emotional care - helping them to feel less stressed, keeping them company	1
Organising their medicine etc.	1
Looking after my brothers and sisters when my parent or guardian can't cope	1

Other things (Please type in below)

Q53. Is there anyone or any organisation you can go to for help if you are feeling stressed about your extra caring responsibilities?

Yes (please type in who this is) 1

No 2

I don't know 3

Q54. Everyone's experience of caring for someone is different. Please say how much you agree or disagree with the following statements. Please click ONE option in each row.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	I don't know
I cannot go to out-of-school activities because of my caring responsibilities	1	2	3	4	5	6
I never miss school because of my caring responsibilities	1	2	3	4	5	6
I worry all the time about the person I care for when I am not with them	1	2	3	4	5	6
I have been excluded or bullied because I care for someone	1	2	3	4	5	6

The next few questions are about things you might do in school that help you to stay calm or feel less stressed.

Q55. Do you ever do Take Ten/Steady Eddy/Safe Place in school to help you stay calm or feel less stressed?

Yes	1
No	2
I don't know	3

Q56. Do you do any of the following things in school to help you stay calm or feel less stressed? (Please click on ALL that apply)

	Yes
Meditation	1
Yoga	1
My school does not do anything like this	1

Something else (Please type in)

Q57. When you are in school does your teacher do lessons with you on how to stay calm?

Yes	1
No	2
I don't know	3

Q58. When you are in school does your teacher tell you to breathe deeply when you are about to do something important?

Yes	1
No	2
I don't know	3

Q59. When you are in school do you know how to go to a place in your imagination where you feel safe?

Yes	1
No	2
I don't know	3

Q60. When you are in school can you get less stressed by imagining happy thoughts?

Yes	1
No	2
I don't know	3

Q61. If you practice deep breathing in school does it help you to stay calm?

Yes	1
No	2
I don't know	3

Q62. What do you think could be done in school to help children learn how to stay calm and not to get stressed?
(Please type below)

The next (and last!) question asks for your suggestions for next year's KLT. Your suggestions are really important for our survey but they can also help your school and your teachers understand the things that are important to children of your age. So we will make a list of all the ideas we get and send them to your school but because we do not have your name they won't know who they came from.

Did we miss anything that was important to ask about? What questions do YOU think should be on the survey for next year's P7 children? Please type your suggestions in the box below.

I can't think of any other questions that should be on the survey