



# **Kids' Life and Times Survey 2023 Questionnaire**

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## Kids' Life and Times (KLT) 2023 Questionnaire

## First, some questions about you

Q1. Which one of the following describes you best? (Please tick one answer only) **RSEX**

Boy	1
Girl	2
Neither	3
I don't want to say	4

Q2. How would you describe the place where you live? (Please tick one answer only) **PLACELIV**

A city or town	1
A village or in the country	2
I'm not sure	3

Q3. Do you have a long-term disability, illness or medical condition? (Please tick one answer only)

**LONGILL**

Yes	1	Go to Q4
No	2	Skip to Q5
I'm not sure	3	Skip to Q5

Q4. What disability/medical condition do you have? (Please tick all that apply) **LONGILL1**

Physical disability (e.g. walking or getting around)	1
Intellectual disability (e.g. finding it hard to understand things or remember things)	1
Sensory disability (e.g. hearing, seeing or both)	1
Autism	1
Communication (e.g. talking to others, stammering)	1
Specific learning difficulty (e.g. dyslexia)	1
Mental health condition (e.g. anxiety or depression)	1
Other long term condition (e.g. asthma, diabetes, chronic fatigue)	1
I'm not sure	1

Q5. Which of your parents do you live with? (Please tick one answer only) **LIVEWITH**

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 in who you live with in the box below)	5

Q6. Do you have your own bedroom for yourself in the home where you normally live?

(Please tick one answer only) **OWNROOM**

No	1
Yes	2

Q7. How many bathrooms (room with a bath/shower or both) are there in the home where you normally live? (Please tick one answer only) **NUMBATH**

None	1
One	2
Two	3
More than two	4

Q8. Does your family own a car, van or truck? (Please tick one answer only) **FAMCAR**

No	1	Go to Q9
Yes, one	2	Go to Q9
Yes, two or more	3	Go to Q9
I don't live with a family	4	Skip to Q12

Q9. How many computers (including laptops and tablets, not including game consoles and smartphones) does your family own? (Please tick one answer only) **NUMCOMP**

None	1
One	2
Two	3
More than two	4

Q10. How many times did you and your family travel out of Northern Ireland or Ireland for a holiday last year? (Please tick one answer only) **ABROAD**

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

Q11. Does your family have a dishwasher at home? (Please tick one answer only) **FAMDISH**

No	1
Yes	2

**The next questions are about school**

Q12. Looking back over the time that you were at this school, would you say you were mostly happy at this school or mostly unhappy? (Please tick one answer only) **HAPPYSCH**

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

Q13. Have you personally ever been bullied in school? (Please tick one answer only) **BULLEVER**

Yes	1	Go to Q14
No	2	Skip to Q15
I don't know	3	Skip to Q15

Q14. What form(s) did this bullying take? (Please tick all that apply) **BULLFMEV**

Being teased or called hurtful names <b>BULLFMEV1</b>	1
Being left out of things on purpose <b>BULLFMEV2</b>	1
Being hit, kicked, punched, slapped or physically hurt in any other way <b>BULLFMEV3</b>	1
Having my money or possessions taken from me <b>BULLFMEV4</b>	1
Having lies/rumours or gossip spread about me <b>BULLFMEV5</b>	1
Cyber bullying - bullying using mobile phone, tablets, online games, social media etc. <b>BULLFMEV6</b>	1

**The next questions are about sport 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.

Q15. 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. (Please tick one answer only) **SPTIMES**

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

Q16. How much do you enjoy the following? (Please tick one answer on each line)

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

Q17. Below are some reasons why people take part in sports or physical activity. How important are these reasons for you? (Please tick one answer on each line)

	Very important	Somewhat Important	Not very important	Not important	I can't choose
To be fit and healthy <b>SPFIT</b>	1	2	3	4	5
To gain new skills <b>SPSKILLS</b>	1	2	3	4	5
To have fun and meet friends <b>SPFUN</b>	1	2	3	4	5
To compete with others <b>SPCOMP</b>	1	2	3	4	5

Q18. Do you have any sports idols? These are the sports personalities that you admire **SPIDOL**

My sports idol is \_\_\_\_\_  
 I don't have a sports idol

Q19. 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? (Please tick one answer only) **SPTUIT**

Yes	1
No	2
I can't remember	3

Q20. 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 <b>SPPHLTH</b>	1	2	3	4
Your mental and emotional health <b>SPMHLTH</b>	1	2	3	4

Q21. In a normal week would you do any of the following things? (Please tick one answer on each line)

	Yes	No
Walk or cycle to school <b>SPORTDO 1</b>	1	2
Do PE in school <b>SPORTDO 2</b>	1	2
Take part in sports in a sports club, organised activities in a gym or outdoor adventure activities outside school <b>SPORTDO 3</b>	1	2

Q22. Which, if any, of the following reasons prevent you from taking part in sports and physical activity more often? (Please tick one answer on each line)

	Yes	No
Not enough time <b>SPPREV1</b>	1	2
Poor health or a disability <b>SPPREV2</b>	1	2
I don't have anyone I can go with <b>SPPREV3</b>	1	2
I don't know where I can do the activities I want to do <b>SPPREV4</b>	1	2
Something else, please type in <b>SPPREV6</b>		

Q23. Has anyone ever encouraged or inspired you to take part in sports? (Please tick one answer on each line)

	Yes	No
My family <b>SPENCG1</b>	1	2
A teacher <b>SPENCG2</b>	1	2
My friends <b>SPENCG3</b>	1	2
A famous person <b>SPENCG4</b>	1	2
Someone else, please type in <b>SPENCG6</b>		

**Now some questions on how you are feeling about your life**

Sometimes children feel worried or stressed about things that are happening in their lives. The **Mental Health Champion** in Northern Ireland is interested in finding out what affects children's wellbeing and has asked us to include the next questions.

Q24. Which, if any, of the following things make you feel worried or stressed. (Please tick all that apply) **MHCWORRY**

Problems or arguments at home/with my family	1
My parent(s)/carer(s) being worried about not having enough money	1
Having to provide care for a family member	1
Being under pressure to do well at school	1
Not getting help with my disability/learning need	1
Problems or arguments with friends	1
Pressure to wear the latest trends in clothing/ makeup / sports gear	1
Not having safe places to play/hang out with friends	1
Pressure to get likes/positive comments on social media	1
Being sent unsuitable pictures/messages online	1
Other (please specify)	1
I never feel worried or stressed	1

Q25. If you wanted to talk to someone about any worries you might have, who would you talk to?

(Please tick all that apply) **MHCTALK**

Parent/carer	1
Brother/sister/other family member	1
Teacher/other school staff	1
School Nurse	1
Youth or community worker	1
Friend	1
Priest/Pastor/Minister	1
I would use a helpline such as Childline	1
Other (please specify)	1
I would not talk to anyone	1

Q26. The following statements ask about things that might make you feel better when you are worried or stressed. How much do you agree or disagree with each statement? (Please tick one in each line)

	Strongly agree	Agree	Disagree	Strongly disagree	I don't know	I don't have a pet
Spending time with my family/carers <b>MHCFAM</b>	1	2	3	4	5	n/a
Spending time with my friends <b>MHCFNDS</b>	1	2	3	4	5	n/a
Spending time with/looking after my pets <b>MHCPETS</b>	1	2	3	4	5	6
Doing sport, walking, cycling, dancing etc. <b>MHCEXER</b>	1	2	3	4	5	n/a
Spending time on my hobby (e.g. reading, making things) <b>MHCHOBB</b>	1	2	3	4	5	n/a
Other (please specify) <b>MHCOTH</b>						

Q27. If you were feeling worried or stressed which, if any, of the following might stop you talking to someone about how you are feeling? (Please tick all that apply) **MHCSTOP**

I would be worried that my parent(s)/carer(s) might find out	1
If I told my friends, I would worry that they might treat me differently	1
I wouldn't know who to ask for help	1
I wouldn't want anyone to know that something was wrong	1
Other (please specify)	

Q28. In general, how would you describe your mental health and wellbeing? (Please tick one answer only) **MHCWELLB**

Excellent	1
Very good	2
Good	3
Fair	4
Poor	5

Q29. What, if anything, do you think the Mental Health Champion could do to help improve the mental health and wellbeing of children in Northern Ireland? **MHCIMP**

You may have heard people talking about the 'cost of living crisis' that is affecting everyone in our country. This means that lots of things that families need every day like food, electricity, gas, and oil cost more now than they did a year ago.

Q30. In the last six months have you been doing the following things more often, less often or about the same? **COLCRIS**

	More	Same	Less	I don't know
Eating 3 meals each day <b>COLCRIS1</b>	1	2	3	4
Receiving treats like sweets/games <b>COLCRIS2</b>	1	2	3	4
Leaving electrical items (e.g. TV or gadgets) on during the day <b>COLCRIS3</b>	1	2	3	4
Attending after school clubs and activities <b>COLCRIS4</b>	1	2	3	4

Q31. Families and carers have to pay for a lot of things for children. There are **ordinary things like food and clothes**, and **special things like holidays and birthday presents**.

How do you think your family/carer(s) is managing with money for these things? **MONFAM**

I think we have enough money for ordinary things and special things	1	Skip to Q33
I think we have enough money for ordinary things but not for some special things	2	Go to Q32
I don't think we have enough money for ordinary things or for special things	3	Go to Q32
I don't know	4	Skip to Q33



Q32. What are some of the things that there is not enough money for? **MONENGH**

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**Now some questions about your health**

Q33. In general, how would you say your health is? (Please tick one answer only) **KY10PHYS**

Excellent	1
Very good	2
Good	3
Fair	4
Poor	5

**And thinking about the last week...**

Q34. Have you felt fit and well? **KY10IN01**

Not at all 1	Slightly 2	Moderately 3	Very 4	Extremely 5
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Q35. Have you felt full of energy? **KY10IN02**

Never 1	Seldom 2	Quite often 3	Very often 4	Always 5
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Q36. Have you felt sad? **KY10IN03**

Never 1	Seldom 2	Quite often 3	Very often 4	Always 5
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Q37. Have you felt lonely? **KY10IN04**

Never 1	Seldom 2	Quite often 3	Very often 4	Always 5
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Q38. Have you had fun with your friends? **KY10IN05**

Never 1	Seldom 2	Quite often 3	Very often 4	Always 5
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Q39. Have you had enough time for yourself? **KY10IN06**

Never 1	Seldom 2	Quite often 3	Very often 4	Always 5
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Q40. Thinking about the last week have you been able to do the things that you want to do in your free time? **KY10IN07**

Never 1	Seldom 2	Quite often 3	Very often 4	Always 5
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Q41. Have your parent(s) or guardian(s) treated you fairly? **KY10IN08**

Never 1	Seldom 2	Quite often 3	Very often 4	Always 5
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Q42. Have you got on well at school? **KY10IN09**

Not at all 1	Slightly 2	Moderately 3	Very 4	Extremely 5
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Q43. Have you been able to pay attention? **KY10IN10**

Never 1	Seldom 2	Quite often 3	Very often 4	Always 5
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**You are nearly at the end, just one more question to go!**

Q44. What is your favourite thing to do in your spare time, for example after school, at the weekend and in the holidays?

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