

## **2008 Young Life and Times Survey**

The first questions we would like to ask are about you and your family.

**RSEX**

1. Are you male or female?

- Male  1  
 Female  2

**YEARSNI**

2. How many years have you lived in Northern Ireland? (*Please write in*)

Years

**WHERELIV**

3. If you have not always lived in Northern Ireland, what other countries have you lived in?

\_\_\_\_\_

**PLACELIV**

4. Would you describe the place where you live as...

- A big city  1  
 The suburbs or outskirts of a big city  2  
 A small city or town  3  
 A country village  4  
 Or, a farm or home in the country?  5  
 Don't know  6

**ETHNCAT**

5. To which ethnic group do you consider you belong?

\_\_\_\_\_

**MEMMEC**

6. Do you consider yourself to be a member of a minority ethnic community?

- Yes  1  
 No  2

**THISOCT**

7. What have you been doing since October 2008?

(*Please tick one box only*)

- At school or college full time  1  
 Working full time  2  
 Working part time  3  
 At school or college and working part time  4  
 On a training scheme  5  
 Unemployed  6

(*Please say why you think you are unemployed*)

\_\_\_\_\_  
 \_\_\_\_\_

Other (*Please write in*)  7

\_\_\_\_\_

**OCT2YRS**

8. What do you think you will be doing in two years time, in October 2010?

(*Please tick one box only*)

- Going to college or university full time  1  
 Working full time  2  
 Working part time  3  
 At college or university and working part time  4  
 On a training scheme  5  
 Unemployed  6

(*Please say why you think you will be unemployed*)

\_\_\_\_\_  
 \_\_\_\_\_

Other (*Please write in*)  7

\_\_\_\_\_

**TYPESCHL**

9. What type of school did you last attend?

- Planned Integrated  1  
 Grammar  2  
 Secondary  3  
 Irish language  4  
 Special School  5  
 Other (*Please write in*)  6

\_\_\_\_\_

**RELSCHL**

10. Would you describe your school as ...

- All or nearly all Protestant  1  
 All or nearly all Catholic  2  
 Mostly Protestant  3  
 Mostly Catholic  4  
 About half Protestant and half Catholic  5  
 Don't know  6

**LIVEPAR**

11. Do you currently live with your parents, including adoptive parents?

- Yes, with my mother and my father in the same household  1
- Yes, with my mother, but not my father  2
- Yes, with my father, but not my mother  3
- Yes, with my mother for some of the time, and with my father for some of the time  4
- Other (*Please say who you live with*)  5

**QMOTHER**

12. Most young people have occasional quarrels with their parents. How often do you quarrel with your mother?

- Most days  1
- More than once a week  2
- Less than once a week  3
- Hardly ever  4
- Don't have a mother  5
- Don't know  6

**QFATHER**

13. How often do you quarrel with your father?

- Most days  1
- More than once a week  2
- Less than once a week  3
- Hardly ever  4
- Don't have a father  5
- Don't know  6

**TMOTHER**

14. How often do you talk to your mother about things that matter to you?

- Most days  1
- More than once a week  2
- Less than once a week  3
- Hardly ever  4
- Don't have a mother  5
- Don't know  6

**TFATHER**

15. How often do you talk to your father about things that matter to you?

- Most days  1
- More than once a week  2
- Less than once a week  3
- Hardly ever  4
- Don't have a father  5
- Don't know  6

**CAREHOME**

16. Some people have extra family responsibilities because they look after someone who is sick, disabled or elderly. Is there anyone **living with you** who is sick, disabled or elderly whom you personally look after or give special help to?

- Yes  1
- No  2
- Don't know  3

**CARESEP**

17. What about people **not living with you**, do you personally provide some regular service or help for any sick, disabled or elderly relative, friend or neighbour not living with you?

- Yes  1
- No  2
- Don't know  3

**WELLOFF**

8. How well off do you think your family is financially?

- Not at all well off  1
- Not very well off  2
- Average  3
- Well off  4
- Very well off  5
- Don't know  6

**CLFRREC**

19. How many close friends do you have – friends you could talk to if you were in some kind of trouble? (*Please write in*)

**DISAB1**

20. Do you have a long-standing illness, disability or infirmity? By long-standing we mean anything that has troubled you over a period of time or that is likely to affect you over a period of time?

- Yes  1 (Please go to the next question)  
 No  2 (Please go to question 22)

**LIMDISAB**

21. Does this illness or disability limit your activities in any way?

- Yes  1  
 No  2

**22. The next questions are about your views on minority ethnic groups living in Northern Ireland, regardless of whether or not you belong to one of these groups. By minority ethnic group we mean:**

- 1.) People living here who are not white, regardless of their nationality and whether they were born in the UK or in Ireland (for example, people who identify as black Africans or Chinese).
- 2.) Regardless of their skin colour, people who were not born in the British Isles and whose nationality is not Irish or British, but who moved to Northern Ireland to live or find work (for example, people from Poland or Lithuania).
- 3.) Irish Travellers.

**ANYMEG**

Below is a list of some minority ethnic groups. Please tell us if you yourself belong to any of these groups.

(Please tick all that apply)

- |  |                                     |    |
|--|-------------------------------------|----|
|  | <input checked="" type="checkbox"/> |    |
| Black (African, Caribbean)                     | <input type="checkbox"/>            | 1  |
| Chinese  | <input type="checkbox"/>            | 2  |
| South Asian (Indian, Pakistani or Bangladeshi) | <input type="checkbox"/>            | 3  |
| Irish Traveller                                | <input type="checkbox"/>            | 4  |
| Portuguese                                     | <input type="checkbox"/>            | 5  |
| Filipino                                       | <input type="checkbox"/>            | 6  |
| Polish   | <input type="checkbox"/>            | 7  |
| Bulgarian                                      | <input type="checkbox"/>            | 8  |
| Romanian                                       | <input type="checkbox"/>            | 9  |
| Other Eastern European (Please write in) _____ | <input type="checkbox"/>            | 10 |
| Other group (Please write in) _____            | <input type="checkbox"/>            | 11 |
| Mixed ethnic heritage                          | <input type="checkbox"/>            | 12 |
| Don't know                                     | <input type="checkbox"/>            | 13 |
| None of these groups                           | <input type="checkbox"/>            | 14 |

**CONMEG**

23. Looking at the same list again, have you had any contact (that is anything more than just a greeting) with someone from these groups? *(Please tick all that apply)*

- Black (African, Caribbean)  1
- Chinese  1
- South Asian (Indian, Pakistani or Bangladeshi)  1
- Irish Traveller  1
- Portuguese  1
- Filipino  1
- Polish  1
- Bulgarian  1
- Romanian  1
- Other Eastern European *(Please specify)*\_\_\_\_\_  1
- Other group *(Please specify)*\_\_\_\_\_  1
- Mixed ethnic heritage  1
- Don't know  1
- None of these groups  1 *(Please go to question 26)*

**FRNMEG**

24. And do any of your friends – that is, people you mix with socially – come from one or more of the following backgrounds? *(Please tick all that apply)*

- Black (African, Caribbean)  1
- Chinese  1
- South Asian (Indian, Pakistani or Bangladeshi)  1
- Irish Traveller  1
- Portuguese  1
- Filipino  1
- Polish  1
- Bulgarian  1
- Romanian  1
- Other Eastern European *(Please specify)*\_\_\_\_\_  1
- Other group *(Please specify)*\_\_\_\_\_  1
- Mixed ethnic heritage  1
- Don't know  1
- None of these groups  1 *(Please go to question 26)*

**HOWMEG**

25. And how have you come in contact with people from other ethnic backgrounds?

*(Please tick all that apply)*

- |   |                                     |   |
|---|-------------------------------------|---|
| Staff at school                                   | <input checked="" type="checkbox"/> | 1 |
| Other students at school                          | <input type="checkbox"/>            | 1 |
| As part of inter-school projects                  | <input type="checkbox"/>            | 1 |
| Travelling to school                              | <input type="checkbox"/>            | 1 |
| In my neighbourhood                               | <input type="checkbox"/>            | 1 |
| In a shop or restaurant                           | <input type="checkbox"/>            | 1 |
| Through my part-time job                          | <input type="checkbox"/>            | 1 |
| As part of my family                              | <input type="checkbox"/>            | 1 |
| Through my parents' work or social life           | <input type="checkbox"/>            | 1 |
| Through a sports club I attend                    | <input type="checkbox"/>            | 1 |
| Through a youth or community project              | <input type="checkbox"/>            | 1 |
| When going out, (for example to a cinema or club) | <input type="checkbox"/>            | 1 |
| Other <i>(Please write in)</i>                    | <input type="checkbox"/>            | 1 |

**PCNTMEC**

26. Among the figures below, which one, in your opinion, comes closest to the actual percentage of people from minority ethnic groups currently living in Northern Ireland?

- |                    |                                     |   |
|--------------------|-------------------------------------|---|
| Less than 1%       | <input checked="" type="checkbox"/> | 1 |
| Between 1 and 5%   | <input type="checkbox"/>            | 2 |
| Between 6 and 10%  | <input type="checkbox"/>            | 3 |
| Between 11 and 20% | <input type="checkbox"/>            | 4 |
| More than 20%      | <input type="checkbox"/>            | 5 |
| Don't know         | <input type="checkbox"/>            | 6 |

**IMPACMEG**

27. Thinking about how you feel about people from other ethnic backgrounds to yourself, what do you think has been the most important influence on your views?

- |                                |                                     |   |
|--------------------------------|-------------------------------------|---|
| My church or place of worship  | <input checked="" type="checkbox"/> | 1 |
| My family                      | <input type="checkbox"/>            | 2 |
| My school                      | <input type="checkbox"/>            | 3 |
| My friends                     | <input type="checkbox"/>            | 4 |
| The media                      | <input type="checkbox"/>            | 5 |
| Other <i>(Please write in)</i> | <input type="checkbox"/>            | 6 |

Don't know  7

**FEELMEC**

28. How favourable or unfavourable do you feel about people from minority ethnic groups?

- |                                     |                                     |   |
|-------------------------------------|-------------------------------------|---|
| Very favourable                     | <input checked="" type="checkbox"/> | 1 |
| Favourable                          | <input type="checkbox"/>            | 2 |
| Neither favourable nor unfavourable | <input type="checkbox"/>            | 3 |
| Unfavourable                        | <input type="checkbox"/>            | 4 |
| Very unfavourable                   | <input type="checkbox"/>            | 5 |
| Don't know                          | <input type="checkbox"/>            | 6 |

**RACOWNKD**

29. How much do you agree or disagree with the statement, "In relation to colour and ethnicity, I prefer to stick with people of my own kind"?

- |                            |                                     |   |
|----------------------------|-------------------------------------|---|
| Strongly agree             | <input checked="" type="checkbox"/> | 1 |
| Agree                      | <input type="checkbox"/>            | 2 |
| Neither agree nor disagree | <input type="checkbox"/>            | 3 |
| Disagree                   | <input type="checkbox"/>            | 4 |
| Strongly disagree          | <input type="checkbox"/>            | 5 |
| Don't know                 | <input type="checkbox"/>            | 6 |

**SOCMEG**

30. Based on the definition of minority ethnic group at the start of this section, how often do you socialise or play sport with people from a different ethnic background to yourself?

- ✓
- Very often  1
- Sometimes  2
- Rarely  3
- Never  4
- Don't know  5

**SETHFRND**

31. About how many of your friends would you say are the same race or ethnic origin as you?

- ✓
- All  1
- Most  2
- Half  3
- Less than half  4
- None  5
- Don't know  6
- Other (*Please write in*)  7

**FRNDNAME**

32. Have any of your friends called someone names to their face because of their colour or ethnic origin?

- ✓
- Often  1
- Sometimes  2
- Only once or twice  3
- Never  4
- Can't choose  5

**YOUNAME**

33. And how about you? Have you ever called someone names to their face because of their colour or ethnic origin?

- ✓
- Often  1
- Sometimes  2
- Only once or twice  3
- Never  4
- Can't choose  5

**RACEBULL**

34. Thinking about your time in school, have you yourself ever witnessed any kind of racist bullying or harassment in your school?

- ✓
- Yes  1
- No  2

**YOURABU1**

35. And have you yourself ever been a victim of any kind of racist bullying or harassment in your school?

- ✓
- Yes  1
- No  2

**KNOWRABU**

36. Do you yourself know anyone personally who has been the victim of any kind of racist harassment or assault outside of school?

- ✓
- Yes  1
- No  2

**YOURABU2**

37. And have you yourself ever been a victim of any kind of racist harassment or assault outside of school?

- ✓
- Yes  1
- No  2

**OMARRETH**

38. Do you think that most people in Northern Ireland would mind or not mind if one of their close relatives were to marry someone from a different ethnic background?

- ✓
- Most people would mind a lot  1
- Most people would mind a little  2
- Most people would not mind  3
- Don't know  4

**SMARRETH**

39. And you personally? Would you mind or not mind?

- ✓
- I would mind a lot  1
- I would mind a little  2
- I would not mind  3
- Don't know  4

**WHYMIND**

40. Why do you think *some* people would mind if one of their close relatives were to marry someone from a different ethnic background?

41. Below are some things that previous respondents to the Young Life and Times survey said about migrant workers and people from minority ethnic communities. Please tell us how much you agree or disagree with these statements.

	<b>Strongly agree</b>	<b>Agree</b>	<b>Neither agree nor disagree</b>	<b>Disagree</b>	<b>Strongly disagree</b>	<b>Don't know</b>
<b>CCSTATE3</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
a. The sectarian hatred is now being directed towards minority ethnic communities, especially foreign workers coming into Northern Ireland.						
<b>MEGSTAT2</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
b. A lot of local jobs are being taken by other ethnic groups, which is unfair to locals.						
<b>MEGSTAT3</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
c. There's a lot to be learned from other religions. It's fascinating, not intimidating.						
<b>MEGSTAT4</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
d. People are very wary of other races because of the terrorism in mainland UK.						
<b>MEGSTAT5</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
e. At the moment I feel there is little chance of being able to become friends with people of different races and religions unless they attend the same school.						

**MEGELSE**

42. Is there anything else you would like to say about migrant workers and minority ethnic groups in Northern Ireland?



**Now some questions about how you have felt in the last few weeks.**

**CONC**

43. Have you recently been able to concentrate on whatever you're doing?

- ✓
- Better than usual  1
- Same as usual  2
- Less than usual  3
- Much less than usual  4

**WORRY**

44. Have you recently lost much sleep over worry?

- ✓
- Not at all  1
- No more than usual  2
- Rather more than usual  3
- Much more than usual  4

**USEFPART**

45. Have you recently felt you were playing a useful part in things?

- ✓
- More so than usual  1
- Same as usual  2
- Less useful than usual  3
- Much less useful  4

**MAKEDEC**

46. Have you recently felt capable of making decisions about things?

- ✓
- More so than usual  1
- Same as usual  2
- Less so than usual  3
- Much less capable  4

**STRAIN**

47. Have you recently felt constantly under strain?

- ✓
- Not at all  1
- No more than usual  2
- Rather more than usual  3
- Much more than usual  4

**OVERCOME**

48. Have you recently felt you couldn't overcome your difficulties?

- ✓
- Not at all  1
- No more than usual  2
- Rather more than usual  3
- Much more than usual  4

**ENJOYACT**

49. Have you recently been able to enjoy your normal day-to-day activities?

- ✓
- More so than usual  1
- Same as usual  2
- Less so than usual  3
- Much less than usual  4

**FACEPROB**

50. Have you recently been able to face up to your problems?

- ✓
- More so than usual  1
- Same as usual  2
- Less able than usual  3
- Much less able  4

**UNHAPPY**

51. Have you recently been feeling unhappy and depressed?

- ✓
- Not at all  1
- No more than usual  2
- Rather more than usual  3
- Much more than usual  4

**LOSECONF**

52. Have you recently been losing confidence in yourself?

- ✓
- Not at all  1
- No more than usual  2
- Rather more than usual  3
- Much more than usual  4

**WORTHPER**

53. Have you recently been thinking of yourself as a worthless person?

- ✓
- Not at all  1
- No more than usual  2
- Rather more than usual  3
- Much more than usual  4

**HAPPY**

54. Have you recently been feeling reasonably happy, all things considered?

- ✓
- More so than usual  1
- About the same as usual  2
- Less so than usual  3
- Much less than usual  4

**STRESSED**

55. How often do you get stressed?

- Very often  1  
 Often  2  
 Sometimes  3  
 Rarely  4  
 Never  5 *Please go to question 57*

**MAKESTRESS2**

56. What makes you stressed?

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57. In general, are you able to talk to the following people about things that really bother you?  
*(Please tick one box in each row)*

		No	Yes	I don't have this person
Your father	<b>Q57_FATH</b>	<input type="checkbox"/> 1	<input checked="" type="checkbox"/> 2	<input type="checkbox"/> 3
Your mother	<b>Q57_MOTH</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
A brother or sister	<b>Q57_SIBL</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Another relative	<b>Q57_REL</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
A friend	<b>Q57_FRND</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
A teacher	<b>Q57_TEAC</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
	<b>Q57_SOME</b>			
Somebody else <i>(Please say who)</i>		<input type="checkbox"/> 1	<input type="checkbox"/> 2	

58. When you are worried or upset how often do you do any of the following things?  
*(Please tick one box in each row)*

		Never	Sometimes	Often
Talk to someone	<b>Q58_TALK</b>	<input type="checkbox"/> 1	<input checked="" type="checkbox"/> 2	<input type="checkbox"/> 3
Blame myself for getting into the mess	<b>Q58_BLAM</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Get angry	<b>Q58_GET</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Stay in my room	<b>Q58_STAY</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Think about how I have dealt with similar situations	<b>Q58_THNK</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Have an alcoholic drink	<b>Q58_ALC</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Try not to think about what is worrying me	<b>Q58_WORY</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Try to sort things out	<b>Q58_SORT</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3

**PROFHELP**

59. All young people have problems at some time or another, and sometimes they may try to get help. Have you **in the past year** had any serious personal, emotional, behavioural or mental health problem for which you felt you needed professional help (for example, a GP, social worker, psychologist, psychiatrist, telephone helpline)? *(Please tick one box only)*

- Yes, but I did not try to get professional help  1  
 Yes, and I did ask for professional help  2  
 No, I have had few or no problems  3  
 I have had, or now have, serious problems, but have never felt the need for professional help  4

The next few questions relate to self-harming (for example, taking an overdose of pills or other medication or cutting). We ask these questions because young people who took part in previous YLT surveys thought that self-harming is an important issue and because we would like to collect information and opinions that help to improve health services for young people.

60. Please say whether or not you agree with the following statements

	I agree	I don't know	I disagree
<b>HARMLONE</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
f. Most young people who harm themselves are lonely and depressed.			
<b>HARMSPUR</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
g. Most young people who harm themselves do it on the spur of the moment.			
<b>HARMSUIC</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
h. Most young people who harm themselves are feeling suicidal.			
<b>HARMATTN</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
i. Most young people who harm themselves are trying to get attention.			
<b>HARMPREV</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
j. Most young people who harm themselves could have been prevented from doing so.			
<b>HARMILL</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
k. Most young people who harm themselves are mentally ill.			
<b>HARMHURT</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
l. Most young people who harm themselves feel hurt inside.			

**OVERDOSE**

61. Have you during the past month or past year seriously thought about taking an overdose or trying to harm yourself, **but not actually done so**?

No	<input checked="" type="checkbox"/>	
Yes, the last time was in the past month	<input type="checkbox"/>	1 (Please go to question 64)
Yes, the last time was over a month ago, but less than a year ago.	<input type="checkbox"/>	2 (Please go to the next question)
	<input type="checkbox"/>	3 (Please go to the next question)

**HELPQ62**

62. If 'yes', did you talk to, or try to get help from, any of the following people or sources **on the last occasion**? (Please tick all that apply)

	Yes	No
Mother	<input type="checkbox"/> 1	<input type="checkbox"/> 2
Father	<input type="checkbox"/> 1	<input type="checkbox"/> 2
Brother/sister	<input type="checkbox"/> 1	<input type="checkbox"/> 2
Another relative	<input type="checkbox"/> 1	<input type="checkbox"/> 2
Your partner (or girlfriend/boyfriend)	<input type="checkbox"/> 1	<input type="checkbox"/> 2
A friend	<input type="checkbox"/> 1	<input type="checkbox"/> 2
A teacher	<input type="checkbox"/> 1	<input type="checkbox"/> 2
A GP (Family doctor)	<input type="checkbox"/> 1	<input type="checkbox"/> 2
A social worker	<input type="checkbox"/> 1	<input type="checkbox"/> 2
A psychologist or psychiatrist	<input type="checkbox"/> 1	<input type="checkbox"/> 2
A telephone helpline	<input type="checkbox"/> 1	<input type="checkbox"/> 2
A drop-in/advice centre	<input type="checkbox"/> 1	<input type="checkbox"/> 2
Other source (e.g. Internet, book magazine, other person etc) (Please write in) _____	<input type="checkbox"/> 1	<input type="checkbox"/> 2

If 'no' to all the above, please say why you didn't try to get any help.

**DELIBOD**

63. Have you ever deliberately taken an overdose? (For example of pills or other medication, or tried to harm yourself in some other way, such as cut yourself)

- No  
 Yes, once  
 Yes, more than once
- 1 (Please go to question 73)  
 2 (Please go to the next question)  
 3 (Please go to the next question)

**WHENOD**

64. When was the last time you took an overdose or tried to harm yourself?

- Less than a month ago  
 Between a month and a year ago  
 More than a year ago
- 1  
 2  
 3

**HOWHARM**

65. Please describe what you did to yourself on that occasion. Please give as much detail as you can – for example the name of the drug taken in an overdose.

**WHYHARM**

66. Do any of the following reasons help to explain why you took an overdose or harmed yourself in some other way? (Please tick all that apply)

- |  | <b>Yes</b>                 | <b>No</b>                  |
|--|----------------------------|----------------------------|
| I wanted to show how desperate I was feeling         | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 |
| I wanted to die                                      | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 |
| I wanted to punish myself                            | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 |
| I wanted to frighten someone                         | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 |
| I wanted to get my own back on someone               | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 |
| I wanted to find out whether someone really loved me | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 |
| I wanted to get some attention                       | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 |

**TRYHELP**

67. Did you talk or try to get help beforehand from any of the following people or sources? (Please tick all that apply)

- |   | <b>Yes</b>                 | <b>No</b>                  |
|---|----------------------------|----------------------------|
| Mother  | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 |
| Father  | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 |
| Brother/sister  | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 |
| Another relative  | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 |
| Your partner (or girlfriend/boyfriend)                          | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 |
| A friend  | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 |
| A teacher   | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 |
| A GP (Family doctor)  | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 |
| A social worker   | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 |
| A psychologist or psychiatrist                                  | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 |
| A telephone helpline  | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 |
| A drop-in/advice centre   | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 |
| Other source (e.g. internet, book, magazine, other person etc.) | <input type="checkbox"/> 1 | <input type="checkbox"/> 2 |

If yes, please specify:

**KNOWIT**

68. Did any of the following people know about what you did on that occasion? *(Please tick all that apply)*

	<b>Yes</b>	<b>No</b>
Mother	<input type="checkbox"/> 1	<input type="checkbox"/> 2
Father	<input type="checkbox"/> 1	<input type="checkbox"/> 2
Brother/sister	<input type="checkbox"/> 1	<input type="checkbox"/> 2
Another relative	<input type="checkbox"/> 1	<input type="checkbox"/> 2
Your partner (or girlfriend/boyfriend)	<input type="checkbox"/> 1	<input type="checkbox"/> 2
A friend	<input type="checkbox"/> 1	<input type="checkbox"/> 2
A teacher	<input type="checkbox"/> 1	<input type="checkbox"/> 2
A GP (Family doctor)	<input type="checkbox"/> 1	<input type="checkbox"/> 2
A social worker	<input type="checkbox"/> 1	<input type="checkbox"/> 2
A psychologist or psychiatrist	<input type="checkbox"/> 1	<input type="checkbox"/> 2
A telephone helpline	<input type="checkbox"/> 1	<input type="checkbox"/> 2
A drop-in/advice centre	<input type="checkbox"/> 1	<input type="checkbox"/> 2
Somebody else	<input type="checkbox"/> 1	<input type="checkbox"/> 2

**HLPAFTER**

69. Did you try to get help afterwards for the problems that led you to take an overdose or try to harm yourself on that occasion?

- ✓
- Yes  1 *(Please go to question 71)*
- No  2 *(Please go to the next question)*

**WHYNOHLP**

70. If no, please say why you didn't try to get any help.

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**HOSPHELP**

71. Did you go to hospital because of this overdose or attempt to harm yourself?

- ✓
- Yes  1
- No  2

**HELPFROM**

72. On that occasion did you receive help from any of the following people or sources? *(Please tick all that apply)*

	<b>Yes</b>	<b>No</b>
Mother	<input type="checkbox"/> 1	<input type="checkbox"/> 2
Father	<input type="checkbox"/> 1	<input type="checkbox"/> 2
Brother/sister	<input type="checkbox"/> 1	<input type="checkbox"/> 2
Another relative	<input type="checkbox"/> 1	<input type="checkbox"/> 2
Your partner (or girlfriend/boyfriend)	<input type="checkbox"/> 1	<input type="checkbox"/> 2
A friend	<input type="checkbox"/> 1	<input type="checkbox"/> 2
A teacher	<input type="checkbox"/> 1	<input type="checkbox"/> 2
A GP (Family doctor)	<input type="checkbox"/> 1	<input type="checkbox"/> 2
A social worker	<input type="checkbox"/> 1	<input type="checkbox"/> 2
A psychologist or psychiatrist	<input type="checkbox"/> 1	<input type="checkbox"/> 2
A telephone helpline	<input type="checkbox"/> 1	<input type="checkbox"/> 2
A drop-in/advice centre	<input type="checkbox"/> 1	<input type="checkbox"/> 2
Somebody else	<input type="checkbox"/> 1	<input type="checkbox"/> 2

**ELSEHARM**

73. Is there anything else you would like to say about stress, depression and self-harm?

**Stress and depression are quite common among young people in Northern Ireland. If you are affected by problems like these and want to speak to someone, call one of the helplines below.**

***DON'T IGNORE PROBLEMS LIKE THESE!***

**Youthline Northern Ireland 24/7: 0808 808 80 00**

**Samaritans: 08457 90 90 90**  
 Text: **07725 90 90 90** e-mail: **jo@samaritans.org**  
 Textphone (for deaf or hard of hearing): **08457 90 91 92**

**You can also find useful information at: [www.heads-away-just-say.com](http://www.heads-away-just-say.com)**  
**[www.mindingyourhead.com](http://www.mindingyourhead.com)**

**The next few questions are related to community relations in Northern Ireland.**

**RELAREA**

74. Would you describe your area as...

- 1  
Mainly Catholic
- 2  
Mainly Protestant
- 3  
Or mixed?
- 4  
Don't know

**ANYRELIG**

75. Do you regard yourself as belonging to any particular religion?

- 1 (Please go to the next question)  
Yes
- 2 (Please go to question 77)  
No

**RELIGION**

76. If yes, which?

- 1  
Church of Ireland (Anglican)
- 2  
Catholic
- 3  
Presbyterian
- 4  
Methodist
- 5  
Baptist
- 6  
Free Presbyterian
- 7  
Brethren
- 8  
Other (Please write in)

**RELIDIMP**

77. Some people feel very strongly about their religious identity, that is, whether they are Catholic, Protestant or something else – even if they don't go to church. Other people say that their religious identity is not important to them. How important is religious identity to you?

- 1  
Very important
- 2  
Quite important
- 3  
Neither important nor unimportant
- 4  
Not very important
- 5  
Not at all important
- 6  
I don't have a religious identity

**NINATID**

78. Which of these best describes the way you think of yourself?

- British  1
- Irish  2
- Ulster  3
- Northern Irish  4
- Other (Please write in)  5
- \_\_\_\_\_  6
- Don't know  6

**PROTCATH**

80. And do you see yourself as:

- Part of the Protestant community  1
- Part of the Catholic community  2
- Neither  3

**RLRELAGO**

81. What about relations between Protestants and Catholics? Would you say they are better than they were 5 years ago, worse, or about the same now as then?

- Better  1
- Worse  2
- About the same  3
- Other (Please write in)  4
- \_\_\_\_\_  5
- Don't know  5

**REL GALWY**

83. Do you think that religion will always make a difference to the way people feel about each other in Northern Ireland?

- Yes  1
- No  2
- Other (Please write in)  3
- \_\_\_\_\_  4
- Don't know  4

**NATIDIMP**

79. Some people feel very strongly about their national identity, that is, whether they feel British or Irish or something else. Other people say that their national identity is not important to them. How important is your national identity to you?

- Very important  1
- Quite important  2
- Neither important nor unimportant  3
- Not very important  4
- Not at all important  5
- Don't know  6

**RLRELFUT**

82. And what about in 5 years time? Do you think relations between Protestants and Catholics will be better than now, worse than now, or about the same as now?

- Better  1
- Worse  2
- About the same  3
- Other (Please write in)  4
- \_\_\_\_\_  5
- Don't know  5

**MXRLGNH**

84. If you had a choice, would you prefer to live in a neighbourhood with people of only your own religion, or in a mixed-religion neighbourhood?

- Own religion only  1
- Mixed-religion neighbourhood  2
- Other (Please write in)  3
- \_\_\_\_\_  4
- Don't know  4

**MXRLGWRK**

85. And if you were looking for a job, would you prefer a workplace with people of only your own religion, or a mixed-religion workplace?

- Own religion only  1
  - Mixed-religion workplace  2
  - Other (*Please write in*)  3
- 
- Don't know  4

**OWNMXSCH**

86. And if you were deciding where to send your children to school, would you prefer a school with children of only your own religion, or a mixed-religion school?

- Own religion only  1
  - Mixed-religion school  2
  - Other (*Please write in*)  3
- 
- Don't know  4

**COMMENTS**

87. Is there anything else you would like to say about community relations in Northern Ireland?

**Every year we ask respondents what they think we should be asking the 16-year olds in next year's survey. Below are some questions that last year's respondents suggested we should ask.**

**SEXATT**

88. Which of the following statements applies best to you?

- I have felt sexually attracted:
  - ...only to females and never to males  1
  - ...more often to females and at least once to a male  2
  - ...about equally often to females and males  3
  - ...more often to males and at least once to a female  4
  - ...only to males and never to females  5
- I have never felt sexually attracted to anyone at all.  6



89. Have you ever felt pressurised to do any of the following things even though you did not really want to? *(Please tick one box in each row)*

		✓ Yes	No	Don't know
Join a paramilitary organisation	<b>PRESSPM</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Take illegal drugs	<b>PRESSDRG</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Smoke cigarettes	<b>PRESSCIG</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Drink alcohol	<b>PRESSALC</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Use solvents to get high	<b>PRESSSOL</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Have sexual intercourse	<b>PRESSSEX</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Lose weight	<b>PRESSWGT</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Other <i>(Please write in)</i>	<b>PRESSOTH</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3

\_\_\_\_\_  
\_\_\_\_\_

90. If you answered 'yes' to any of the above, did the pressure mainly come from friends, peers, the media or from some other source? *(Please tick one box in each row)* ✓

	Friends	Peers, but not friends	The media	Other source <i>(Please write in)</i>
<b>WHOPARA</b> Join a paramilitary organisation	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4 _____
<b>WHODRUGS</b> Take illegal drugs	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4 _____
<b>WHOSMOKE</b> Smoke cigarettes	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4 _____
<b>WHODRINK</b> Drink alcohol	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4 _____
<b>WHOSOLV</b> Use solvents to get high	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4 _____
<b>WHOSEX</b> Have sexual intercourse	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4 _____
<b>WHOWGT</b> Lose weight	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4 _____
<b>WHOOOTH</b> Other <i>(Please write in)</i>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4 _____

\_\_\_\_\_  
\_\_\_\_\_

91. And have you yourself ever done any of these things?

(Please tick one box in each row)

		No	Once	A few times	✓ Many times	Can't remember
Used illegal drugs	<b>UDRUG</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Smoked tobacco	<b>USMOK</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Drunk alcohol	<b>UALC</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Used solvents to get high	<b>USOLV</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Had sexual intercourse	<b>USEX</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Stopped eating although you were hungry in order to lose weight	<b>UWGT</b>	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

**UBULLSCH**

92. Have you yourself ever been bullied in school?

- Yes  1 (Please go to the next question) ✓  
 No  2 (Please go to question 94)

**OFTENBUL**

93. How often have you yourself been bullied at school in the last two months in school?

- A lot  1 ✓  
 A little  2  
 Not at all  3

**UBULLOTH**

94. Have you yourself ever taken part in bullying other students?

- Yes  1 (Please go to the next question) ✓  
 No  2 (Please go to question 96)

**OFTENUB**

95. How often have you taken part in bullying other students at school in the last two months in school?

- A lot  1 ✓  
 A little  2  
 Not at all  3

**LEAVENI**

96. Thinking about the future, do you think that you yourself will stay in Northern Ireland, or do you think that you will leave at some point?

- Stay  1 (Please go to question 99) ✓  
 Leave  2 (Please go to the next question)  
 Don't know  3 (Please go to question 98)  
 Other  4 (Please go to question 98)  
 (Please write in)

97. Why do you think that you will leave? (Please tick all boxes that apply.)

- Better job prospects elsewhere **WHYGONI1**  1 ✓  
 Because of the Troubles **WHYGONI2**  1  
 To seek a better future in general **WHYGONI3**  1  
 Because of a relationship **WHYGONI4**  1  
 To go to college/university **WHYGONI5**  1  
 Other (Please write in) **WHYGONI6**  1  


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 Don't know **WHYGONI7**  1

98. And do you think that you would ever come back to live? **BACKNI**

- Yes  1  
No  2  
Don't know  3

99. We will be running another Young Life and Times Survey next year. Is there anything that you think we should be asking about life in Northern Ireland?

The results of this survey will be published in early 2009.

If you would like an invitation to the launch of the findings, please tick this box  and fill in your contact details below.

If you would like a summary of the results, please tick this box  and fill in your contact details below.

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Telephone number \_\_\_\_\_

Email address \_\_\_\_\_

**Thank you very much for taking the time to complete this questionnaire**

**If you have completed this questionnaire, please send it back in the Freepost envelope provided. Please note that you do not need a stamp.**

The 2008 Young Life and Times Survey was funded through successful grant applications to the Office of the First Minister and Deputy First Minister and the Nuffield Foundation.

