HEALTH & LIFESTYLE SURVEY OF YOUNG PEOPLE

You and Your Home 1. Are you Male or Female? Male **Female** (Please tick one box only) 11 years 12 years 13 years 14 years 15 years 2. How old are you? (Please tick one box only) Year 9 Year 8 Year 10 3. What school year are you? Year 7 (Please tick one box only) 4. How many brothers/sisters have you who are younger than you? (Please include step-brothers and step-sisters if living with you. Please write the numbers in the boxes) 5. How many brothers /sisters have you who are older than you? (Please include step-brothers and step-sisters if living with you. Please write the numbers in the boxes) 6. What is your postcode? (Please write it in the box) 7. How many times have you moved home in the last two years (Please write how many times) No-one 8. Do you help look after any of these people? III or disabled mother (Please tick as many as apply) Ill or disabled father Ill or disabled brother or sister Elderly grandparents Someone else 9. How do you usually get to school? (Please tick one box) by Car by Bus l by Train by Bike by Walking 10. How do you usually get home by Car by Bus by Train by Bike by Walking from school? (Please tick one box) 11. Is your home -Rented from the council (Please tick one box only) Rented from a private landlord Rented from a housing association Owned by your parents/being bought on a mortgage Don't know 12. Is your mother (female guardian) -In full time paid work (Please tick one box only) In part time paid work At home looking after the family Unemployed

Sick or disabled A student Don't know

13. Is your father (male guardian) – (Please tick one box only) 14. To which of these ethnic groups do you belor (Please tick one box only)	ng?		d work g after the fam	nily
			Asian or Asiaı Black or Blacl Chinese Other	
15. How many hours do you spend watching televis	sion on a norma	al school day?		
(Please say how many hours in the box)			_	
16. Do you have a television in your bedroom? (Please tick one box only)			Yes	No 🗌
17. Do you have access to a computer at home? Do not include games consoles, e.g. Nintendo, Gamel (<i>Please tick one box only</i>)	poys, etc.		Yes	No 🗌
18. Are you connected to the internet at home? (Please tick one box) If yes 19. How many hours do you spend on the interne (Please say how many hours in the box)	et in a normal w	reek?	Yes	No 🗌
20. How many hours do you spend playing comp a normal week? – include Gameboys, etc. (Please say how many hours in the box)	uter games in			
21. How much does it mean to you to do well at school?	A great G	Quite a A bit lot not m	•	
(Please tick one box only)				
22. Do you want to leave school at 16? (Please tick one box only)	Yes	No 🗌	Don't k	now
23. Would you like to stay in education in the 6 th form or in a college? (Please tick one box only)	Yes	No 🗌	Don't k	now
24. Some people think that these things are imported (Please tick one box for each line)	ant about a job,	how important	are they to y	ou ?
The job is secure with little danger of being fired or ma The working hours are short, with lots of free time The work involves using your brain The job is well paid The work is important and feels worthwhile	de redundant	important	important	important

25. How much have you worri (Please tick one box for each		following in the l	ast month?		
Homework School Tests/Exams Money Your health Getting a job Problems with your Boyfriend/girlfriend	A great deal	Quite a lot	A bit but	Very little	Not at all
Problems with friends Being bullied Problems at home The way you look Illegal drugs being available Puberty and growing up					
26. If you are worried or upset the things listed help you fee (Please tick one box for each line) If there is something else not of	l better?	Taking illegal dru Playing computer Spending time by	mily c c c eos your hobbies ribed for you by a gs games yourself	Yes	No
27. How often do you normali (Please tick one box for each ling) During school lessons In an organised club (foo At a leisure centre At a swimming pool In the park, street, etc.	<u>ne</u>)	Never or Hardly ever	Once or twice a month	Weekly	Twice a week or more

28. What are your 3 favourite sports.		om)		
(Please name them and show how	Never or Hardly ever	Once or	Weekly	Twice a week or more
a				
b				
C				
You and Your Health				
29. In the last month have you taken		na (pills, inhaler)	Yes	No No
medicines for any of these probl (Please tick one box for each line)		ions (antibiotics)	Yes	·
(Please lick <u>one box for each line</u>)	For diabe For epiler		Yes Yes	·
		ever or allergies	Yes	`
	For eczer	-	Yes	
				<u>.</u>
30. In the last month have you taken	anv Iron table	ts	Yes	s No
of these?	Vitamin ta		Yes	
(Please tick one box for each line)		s (for headaches	, etc.) Yes	No
	Cold or flo		Yes	
	Laxatives		Yes	s No
31. When you run, do you 'wheeze' trouble breathing? (not just out (Please tick one box only) 32. Do you cough at night enough to disturb you?	of breath) Never	Occasionally	Quite often \(\text{\ti}\text{\texi{\text{\texi{\text{\text{\text{\text{\text{\text{\texi}\text{\text{\texit{\texi{\texi{\texi{\texi{\texi{\texi{\texi{\texi}\texi{\texi{\texi{\texi{\texi{\texi{\texi{\texi{\texi{\texi{\texi{\texi{\tet	Very often
(Please tick one box only)				
33. During the last year have <u>you</u> used or attended any of the following as a patient?	An Accident and Em department A Minor Injuries Unit	ergency (Casualt	y) Yes	No No
(Please tick <u>one box for each line</u>))	A hospital clinic (out-	patient departme	ent) Yes	□ No □
	A hospital as a 'day'	patient (where yo	ou had an Yes	No N
	operation/procedure	but did not stay	overnight <u>)</u>	
	A hospital as an 'in-p stay overnight)	atient' (where yo	u did Yes	No
34. During the past month apart from seen your family doctor (GP) about (Please tick as many boxes as a	yourself for any reaso	n? Yes -	at your home in the doctor's su	ırgery
				<u> </u>
35. When did you LAST visit your de	entist?		g the past 6 month	
(Plane tick and have and the			en 7 and 12 mont	
(Please tick one box only)		More Never	een 1 and 2 years than 2 years ago know	ayo

36. The LAST TIME you visited your dentist,	You went for a check up
WHY did you go; was it because?	You were having trouble with your teeth or gums
(Diagon tight and have and the	You had a note from school
(Please tick one box only)	You can't remember
	You have never been to a dentist
The LACT TIME was a second lead of the second	A4 salesal
37. The LAST TIME you saw a dentist, was it?	At school
(Please tick one box only)	In a Health Centre
	At the Dentist's surgery At a Dental Hospital
	At a Dental Hospital
38. Have you ever had gas to have a tooth out?	
(Please tick one box only)	Yes No Don't know
(Fiedse tick one box only)	
39. Have you ever worn a brace on your teeth?	Never worn a brace
(Please tick one box only)	Waiting to have one fitted
1. Isaso don one box only)	Yes wear one now
	Yes, completed the treatment
	Yes, but did not complete the treatment
	100, 000 000 000 000 000 000 000 000 000
40. In general would you say your health is:	
(Please tick only one box only)	lent V Good Fair Poor
·	
YOU healthy? (Please tick one box only) If YES please write what it is that you do:	
42. Is there anything that you do in your day to day make YOU unhealthy? (Please tick one box only)	
If YES please write (i) what it is that you do:	
and (ii), why do you think that you	do it?
Your Diet 43. How often do you eat the following :	3 or 4 1 or 2 Less
(Please tick one box for each line) Every	times times than once Never

43. How often do you eat the following : (Please tick one box for each line)	Every Day	3 or 4 times per week	1 or 2 times per week	Less than once a week	Never
Breakfast before coming to school Breakfast at school School dinners A "packed lunch" from home Lunch bought outside school					

44. Would you like to eat a healthier diet?	Yes	No		Don't know	
45. Would you like to lose weight?	Yes	No		Don't know	
46. Would you like to increase weight?	Yes	No		Don't know	
(Please tick one box for each line)					
47. Which bread do you eat most often ?	Wholemeal (eg. ston		ranary)		
(Please tick one box only)	Brown (eg. Vitbe, Hov High Fibre White (eg		n Miaht	w Mhito)	
	White	i. Champioi	ii, iviigiii	.y vviiite)	
	Do not usually eat be	read			
	An alternative to bre	ad (eg cris	pbread,	rice cakes)	
	Do not know				
48. Which do you usually spread on your bread ?	Butter				
(Please tick one box only)	Soft margarine (e	.g. Flora)			
,	Neither	, 			
49. Which type of milk (bottles or cartons,	Whole Milk				
including UHT) do you use most often?	Semi-skimmed (H	Half Fat)			
(Please tick one box only)	Skimmed Other				
	None				
50. How many pieces of fruit did you get vestorday (Do not know	s oto\2			
 50. How many pieces of fruit did you eat yesterday ((Please write number in the box) 51. How many portions of vegetables other than pot Sweetcorn, salad, cabbage, etc)? (Please write number in the box) 	banana, apples, plum atoes did you eat yes		eas,		
(Please write number in the box) 51. How many portions of vegetables other than pot	banana, apples, plum atoes did you eat yes umber in the box)		eas,		
 (Please write number in the box) 51. How many portions of vegetables other than pot Sweetcorn, salad, cabbage, etc)? (Please write number in the box) 52. How many glasses of real fruit juice did you dring 	banana, apples, plum atoes did you eat yes umber in the box) k yesterday?	terday (pe			
 (Please write number in the box) 51. How many portions of vegetables other than pot Sweetcorn, salad, cabbage, etc)? (Please write number in the box) 52. How many glasses of real fruit juice did you drin (Please write number in the box) 53. How many glasses (or small cartons) of squash 	banana, apples, plum atoes did you eat yes umber in the box) k yesterday? or fruit drink did you	terday (pe	erday?	No	
 (Please write number in the box) 51. How many portions of vegetables other than pot Sweetcorn, salad, cabbage, etc)? (Please write number in the box) 52. How many glasses of real fruit juice did you drin (Please write number in the box) 53. How many glasses (or small cartons) of squash (Please write number in the box) 54. Have you ever drunk alcohol? (Please tick one box only) 55. How often do you normally have an alcoholic drin 	atoes did you eat yes umber in the box) k yesterday? or fruit drink did you	have yest	erday?		
 (Please write number in the box) 51. How many portions of vegetables other than pot Sweetcorn, salad, cabbage, etc)? (Please write number in the box) 52. How many glasses of real fruit juice did you drin (Please write number in the box) 53. How many glasses (or small cartons) of squash (Please write number in the box) Alcohol, Tobacco and other Drugon 54. Have you ever drunk alcohol? (Please tick one box only) 	atoes did you eat yes imber in the box) k yesterday? or fruit drink did you nk? Every day 4-6 days a we	terday (po	erday?		
 (Please write number in the box) 51. How many portions of vegetables other than pot Sweetcorn, salad, cabbage, etc)? (Please write number in the box) 52. How many glasses of real fruit juice did you drin (Please write number in the box) 53. How many glasses (or small cartons) of squash (Please write number in the box) 54. Have you ever drunk alcohol? (Please tick one box only) 55. How often do you normally have an alcoholic drin 	atoes did you eat yes umber in the box) k yesterday? or fruit drink did you hk? Every day 4-6 days a we 1-3 days a we	have yest	erday?		
 (Please write number in the box) 51. How many portions of vegetables other than pot Sweetcorn, salad, cabbage, etc)? (Please write number in the box) 52. How many glasses of real fruit juice did you drin (Please write number in the box) 53. How many glasses (or small cartons) of squash (Please write number in the box) Alcohol, Tobacco and other Drug 54. Have you ever drunk alcohol? (Please tick one box only) 55. How often do you normally have an alcoholic drin 	atoes did you eat yes imber in the box) k yesterday? or fruit drink did you nk? Every day 4-6 days a we	have yest Yeek eek onth	erday?		

56. If you have had any alcoholic drinks in th these drinks you have had.			
(Please write the <u>amount you have drunk in each</u>	<u>ch box)</u>		
Assume that one small can/bottle = half a pi	<u>nt</u>		
Shandy (canned)			pints
Shandy (mixed)			pints
Ordinary beer or lager (e.g. Riding bitter, I	Heineken Lager etc.)		pints
Strong beer or lager (e.g. Stella Artois, Te	nnant Extra)		pints
Low alcohol beer or lager			pints
Ordinary Cider (e.g. Woodpecker, etc.)			pints
Strong Cider (e.g. Diamond White)			pints
Alcopops (eg Hooch, Two Dogs, etc) or prosmirnoff Ice,V2 etc.)	e-mixed spirits (Bacardi Breezer, Metz, Mule,		bottles
Wine			glasses
Low alcohol wine			glasses
Spirits (Gin, Whisky, Vodka, Rum, etc.)			measures
If there is any alcoholic drink you have drur	nk not mentioned in the list please write	in below:	
	•		pints
57. Did you drink alcohol at any of these places during the last 7 days?	At home	Yes	No
(Please tick one box for each line))	At a disco, club or party At a pub or bar	Yes Yes	No No
	At a relation's home	Yes	No
	At a friend's	Yes	No
	In a restaurant	Yes	No
	In a public place (e.g. street, park)	Yes	No
If somewhere else please write in where:	Somewhere else	Yes	No
n comemicio cico picaco unto in unicio.			
58. Have you ever asked somebody else to be (Please tick one box only)	ouy alcohol for you?	Yes	No
59. During the last 7 days, on how many days of shandy) (Please write how many days		cans [
60. Have <u>you</u> bought any alcoholic drinks in (Please tick one box only)	the last 7 days?	Yes	No

61. l	f YES where did you buy the alcohol	?	I boug	ght it in a supermar	ket
	lease tick as many boxes as apply)			ght it in an off-licend	
				ght it in a pub or ba	
				ght it in a disco or c	
				ht it somewhere el	
				er buy alcohol	
					-
62.	Have you ever taken alcohol from ho (Please tick one box only)	me without po	ermission?	Yes	No 🗌
	Do you think that the amount of alcohease tick one box only)	ol you usuall	y drink could dama	ge your health	
	Do not drink alcohol	No	Possibly	Yes: it is likely	Don't know
64.	Have you smoked any cigarettes d (Please tick one box only)	uring the last	7 days?	Yes	No 🗌
65.	If YES, how many cigarettes have	you smoked o	luring the last 7 day	/s? □	
	(Please write the total number of ciga				
66.	Which statement describes you be	st?	I have never smo	ked at all, not ever	n a puff
	(Please tick one box only)		I have tried smok	ing once or twice	
			I used to smoke,	but I don't now	
			I smoke occasion	nally	
			I smoke regularly	,	
67.	Which statement describes you be	st?	I don't smoke no	w and I never will	
	(Please tick one box only)		I don't smoke no	w but I may when I	am older
	•		I smoke, but wou		
			I smoke and dor	n't want to give up	
68.	If you have ever tried a cigarette, h	ow old were y	ou when you	□ Na	
	smoked your first cigarette?	- hav)	Α	ge = Ne	
	(Please write how old you were in the	e box)		SINO	kea
69.	If you have never smoked please to	ick the 'never	smoked' box		
1					
70.	If you have ever smoked regularly,	how old were	you when you		
	became a regular smoker?		,		ot
	(Please write how old you were in the	box)	•	reg	gularly
71.	If you have never smoked ever or no	ot regularly ple	ease tick the 'not re	gularly' box	
70 '	Do any of those meanle amake as		Mother	Vaa	NI _O
	Do any of these people smoke on		Mother	Yes	No No
	most days?		Father	Yes	No No
(1	Please tick <u>one box for each line</u>)		A brother	Yes	No No
			A sister	Yes	No No
			A grandparent	Yes	No No
			Another close rela		No No
Ì			A close friend	Yes	No

What do You know about other Drugs?

73. What do you know about these drugs?			
(This list gives their real names and some street names)	0-4-14	A I	D 14
(Please tick one box for each drug)	Safe if properly used	Always unsafe	Don't Know
Amphetamines (eg speed, uppers, Billy, sulphate, whizz, crystal meth)			
Anabolic steroids – for body building/strength (e.g. Deca)			
Cannabis (eg grass, pot, marijuana, dope, blow, skunk, hash, puff, draw, ganja, spliff, joints, smoke, weed, Leb black, moroccan)			
Cocaine (eg snow, coke, Charlie, C)			
Crack (eg rock, stone)			
Ecstacy (E, MDMA, XTC, Mitsibishis/Mitzis, Rolexes, Doves, Beans			
Rolls, X)	·		
Heroin (eg H, junk, smack, skag, gear, Brown)			
LSD (eg acid, tabs, trips, dots)			
Methadone (Linctus, Physeptone, meth)			
Natural Hallucinogens (eg. magic mushrooms. shrooms) Poppers (eg liquid gold, rush)			
Semeron (Sem)			
Solvents used as drugs (eg glue, gas refills, cleansing fluid)			
Synthetic Hallucinogens (eg. acid, angel dust, LSD, Trips)			
Temgesic (Tem, Reckitts, Ricketts)			
Tranquilizers (eg Downers, Barbiturates, Blues, Librium, Valium,			
Tamazepam, wobbly eggs, jellies, tranx)			·
Other illegal drugs - Please say what			
74. Has anyone offered or encouraged you to try any of the dr	ugs listed bel	ow	
in the last three months?	J		
(Please tick one box for each drug)			
Apple atomic action and the second se		No 🗔	Vaa 🗔
Amphetamines (eg speed, uppers, Billy, sulphate, whizz, crystal meth)		No	Yes
Anabolic steroids – for body building/strength (e.g. Deca)		No 🗔	Voc 🗔
Cannabis (eg grass, pot, marijuana, dope, blow, skunk, hash,		No No	Yes Yes
puff, draw, ganja, spliff, joints, smoke, weed, Leb black, moroccan)		110	163
Cocaine (eg snow, coke, Charlie, C)		No	Yes
Crack (eg rock, stone)		No	Yes
Ecstacy (E, MDMA, XTC, Mitsibishis/Mitzis, Rolexes, Doves,		No	Yes
Beans, Rolls, X)			
Heroin (eg H, junk, smack, skag, gear, Brown)		No	Yes
LSD (eg acid, tabs, trips, dots)		No	Yes
Methadone (Linctus, Physeptone, meth)		No	Yes
Natural Hallucinogens (eg. magic mushrooms. shrooms)		No	Yes
Poppers (eg liquid gold, rush)		No	Yes
Semeron (Sem)		No	Yes
Solvents used as drugs (eg glue, gas refills, cleansing fluid)		No	Yes
Synthetic Hallucinogens (eg. acid, angel dust, LSD, Trips)		No	Yes
Temgesic (Tem, Reckitts, Ricketts)		No	Yes
Tranquilizers (eg Downers, Barbiturates, Blues, Librium, Valium,		No	Yes
Tamazepam, wobbly eggs, jellies, tranx)			
Other illegal drugs - Please say what			

75. Please say when, if ever, you have used any of		a below		
(Please tick one box for each drug)		Never	In the last	In the last 4 weeks
Amphetamines (eg speed, uppers, Billy, sulphate, whizz, crystal meth)			year	4 weeks
Anabolic steroids – for body building/strength (e.g. De	oca)			
Cannabis (eg grass, pot, marijuana, dope, blow, skunk, h				
puff, draw, ganja, spliff, joints, smoke, weed, Leb black, mo				
Cocaine (eg snow, coke, Charlie, C)				
Crack (eg rock, stone)				
Ecstacy (E, MDMA, XTC, Mitsibishis/Mitzis, Rolexes, Dove	es,			
Beans, Rolls, X)				
Heroin (eg H, junk, smack, skag, gear, Brown)				
LSD (eg acid, tabs, trips, dots)				
Methadone (Linctus, Physeptone, meth) Natural Hallucinogens (eg. magic mushrooms. shrooms)			
Poppers (eg liquid gold, rush)	,	-		-
Semeron (Sem)				
Solvents used as drugs (eg glue, gas refills, cleansing flu	uid)			
Synthetic Hallucinogens (eg. acid, angel dust, LSD, Trip.	s)			
Temgesic (Tem, Reckitts, Ricketts)				
Tranquilizers (eg Downers, Barbiturates, Blues, Librium,	Valium,			
Tamazepam, wobbly eggs, jellies, tranx)		_		
Other illegal drugs - Please say what				
				_
76. Where would you go, or who would you ask for	r help or advice	about any dr	ug (including	alcohol and
tobacco) (Please write where or whom in the box				
(Flease write where of whom in the box				
Covered Health				
Sexual Health				
Sexual Health				
	r Aids in the fo	llowing cityot	one in this co	ountry?
77. What risk do you think there is of getting HIV o	r Aids in the fo	llowing situati	ons in <u>this</u> co	ountry?
		_		
77. What risk do you think there is of getting HIV o	r Aids in the fo High risk	llowing situati Low risk	ons in <u>this</u> co No risk	ountry? Don't know
77. What risk do you think there is of getting HIV o		_		Don't
77. What risk do you think there is of getting HIV o (Please tick one box for each item)		_		Don't
77. What risk do you think there is of getting HIV of (Please tick one box for each item) Donating (giving) blood Receiving a blood transfusion Sharing needles for injecting drugs		_		Don't
77. What risk do you think there is of getting HIV of (Please tick one box for each item) Donating (giving) blood Receiving a blood transfusion Sharing needles for injecting drugs Sharing a house, flat, workplace or school		_		Don't
77. What risk do you think there is of getting HIV of (Please tick one box for each item) Donating (giving) blood Receiving a blood transfusion Sharing needles for injecting drugs		_		Don't
77. What risk do you think there is of getting HIV of (Please tick one box for each item) Donating (giving) blood Receiving a blood transfusion Sharing needles for injecting drugs Sharing a house, flat, workplace or school		_		Don't
77. What risk do you think there is of getting HIV of (Please tick one box for each item) Donating (giving) blood Receiving a blood transfusion Sharing needles for injecting drugs Sharing a house, flat, workplace or school with someone who has HIV or Aids		_		Don't

Having sexual intercourse with someone who has

HIV or Aids - using a condom correctly

78. If you wanted some help and advice on sexu	ual health who would you ask?
(Please tick as many boxes as apply)	My parents
(Flease lick as many boxes as apply)	School teacher
	Friends
	Brothers, sisters, other close relations
	Family Doctor
	School nurse
	Family Planning Clinic
	Youth worker
	Do not know
	Do not want any advice
	If there is someone else please write in below
	-1
79. Do you know anything about sexually transr	mitted
infections for example as chlamydia, HIV, Ai (Please tick one box only))	.ids, etc? Yes No Don't know
80. If yes where did you get the information?	
(Please tick as many boxes as apply)	My parents
, , , , , , , , , , , , , , , , , , , ,	School teacher
	Friends
	Brothers, sisters, other close relations
	Family Doctor
	School nurse
	Family Planning Clinic
	Youth worker
	Radio
	TV
	Books
	Internet Magazines/newspapers
	Leaflets
	Do not know
If there is someone/somewhere else please write in	
81. What do you think is the best way to get info	formation about contraception or sexual health?
1 '	mation only (a leaflet or similar)
	health professional (school nurse, etc)
_	relation or close friend
	teacher or youth worker
_	omeone and having written information to take away
	and having minor memanar to take and,
82. Do you know where you can get condoms ((Please tick one box only) If YES - Please write where	free? Yes No
92 At what ago can you obtain condomo from	
83. At what age can you obtain condoms <u>free?</u> (Please write in at what age or tick 'Do not Know' k	

write where	(Please tick one box on	-97	Yes N	lo
young people are avai	h control (contracepti ilable locally? (Please			No
an you use such a far t what age or tick 'Do no		Age =	Do not Know	
nything else yo dy given?	ou would like	to add to tl	he answe	rs you

Thank you <u>very much</u> for completing this questionnaire