

Children's Health & Wellbeing Survey 2022/23

Thank you for considering helping Cardiff University with this important survey.

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

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

Thank you for considering taking part in this research project. If you would like to participate, please press the "Next" button below to complete a consent form on the next page.



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This section is about you....

Remember that if there are any questions you don't want to answer, you can select 'I do not want to answer'.

Q1 What school year are you in?

Year 3

Year 4

Year 5

Year 6

Q2 Are you a....?

Boy

Girl

I do not want to answer

Neither word describes me

Q3 Which row includes the month you were born?

December, January, February

March, April, May

June, July, August

September, October, November

I do not want to answer



This section is about your home...

Remember that if there are any questions you don't want to answer, you can select 'I do not want to answer'.

Q4 Think of the home where you live all or most of the time.
Which adults do you live with? (Please tick one answer)

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

Q5 What language does your family normally speak at home?

- English
- Welsh
- Both English & Welsh
- I do not want to answer
- Other language

If other language, please write this down _____ (20 characters)

Q6 Do you have your own bedroom?

- Yes
- No
- I do not want to answer

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

- No
- Yes, one
- Yes, more than one
- I do not want to answer

Q8 How many bathrooms (with a bath or shower in them) are in your home?

- 0
- 1
- 2
- More than 2
- I do not want to answer

Q9 Does your family own a dishwasher?

- Yes
- No
- I do not want to answer

Q10 How many computers (e.g. PCs, laptops, tablets - but NOT games consoles / smartphones) does your family own?

- 0

- 1
- 2
- More than 2
- I do not want to answer

These questions ask you about your feelings.

Remember, if there are any questions you don't want to answer, you can pick 'I do not want to answer'.

Q11 On a scale of 0-10, how would you rate your life at the moment?

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

Q12 Below are some questions about how you feel. There are no right or wrong answers. You should just pick the answer which is best for you.

Place a tick in each row.

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

These questions are about your feelings towards school.

Remember that if there are any questions you don't want to answer, you can select 'I do not want to answer'.

Q13 How do you feel about school?

I like it a lot

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

Q14 Thinking about children in your school, how much do you agree or disagree with the following sentences...?

Place a tick in each row.

	Strongly agree	Agree	Neither agree / disagree	Disagree	Strongly disagree	I do not want to answer
I feel like I belong at this school						

Q15 Thinking about adults in your school, how much do you agree or disagree with the following sentences...?

Place a tick in each row.

	Strongly agree	Agree	Neither agree / disagree	Disagree	Strongly disagree	I do not want to answer
My teachers care about me as a person						

The next questions are about bullying.

We say a person is BEING BULLIED when:

- another person or a group of people repeatedly say or do nasty and unpleasant things to them or
- a person is teased in a way they do not like or
- they are left out of things on purpose.

Remember, if there are any questions you don't want to answer, you can pick 'I do not want to answer' and move on.

Q16 How often have you taken part in bullying another person(s) at school in the past couple of months?

- I have not bullied anyone
- It has happened once or twice
- It has happened more than twice
- I do not want to answer

Q17 How often have you been bullied at school in the past couple of months?

- I have not been bullied
- It has happened once or twice
- It has happened more than twice
- I do not want to answer

These questions are about electronic devices & social media.

Q18 Do you have your own...? *Tick ALL that you have.*

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

Q19 How often do you use portable electronic devices to do the following...? *(such as smartphones, tablets etc - any screens you can easily move around the house of perhaps use outside)*

Place a tick in each row.

	Every day	A few times a week	Once a week	Once every two weeks	Monthly	Never	I do not want to answer
Watch videos							
Watch TV/films							
Play computer games							
Read books							
Speak to your family online							

Speak to your friends online							
Use social media sites or apps (such as Facebook, Tiktok, Instagram etc)							

These questions are about what you usually do each day.

Q20 When do you usually go to bed if you have to go to school the next morning?

- Before 7pm
- 7pm
- 7.30pm
- 8pm
- 8.30pm
- 9pm
- 9.30pm
- 10pm
- 10.30pm
- 11pm
- 11.30pm
- Midnight or later

I do not want to answer

Q21 How many times a week do you have...?

Place a tick in each row.

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

Q22 How often do you have school dinners at lunch time?

- Everyday
- 4 days a week
- 3 days a week
- 2 days a week
- 1 day a week
- Never

I do not want to answer

Q23 How often do you have packed lunch at school lunch time?

- Everyday
- 4 days a week
- 3 days a week
- 2 days a week
- 1 day a week
- Never
- I do not want to answer

Q24 Outside of school, how often do you usually exercise so much that you get out of breath and sweaty?

- Everyday
- 4-6 times a week
- 2-3 times a week
- Once a week
- Once a month
- Less than once a month
- Never
- I do not want to answer

Q25 In the summer holidays, some schools run holiday clubs that include meals and activities, did you attend a summer holiday club at your school?

- No
- Yes, I went to club for 1- 5 days
- Yes, I went to club for 6-10 days
- Yes, I went to club for more than 10 days
- I do not want to answer

Thank you for completing the survey, please ensure your press the 'Finish the survey' button below to submit your response.

If you have any questions please speak to your teacher.
You can also contact Childline on 0800 1111.