## 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.**

**Diagram

Description automatically generated**

**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?**

September, October, November

December, January, February

March, April, May

June, July, August

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'.**

**All families are different (some people live with two parents; some live with one parent, some have two homes, or live with two families, or with grandparents). We would like to know about yours.**

**Q4 Think of the home(s) where you live all or most of the time, which adults do you live with? *(Please tick ALL options that apply)***

My Mum

My Dad

My Mum’s partner

My Dad’s partner

My two Mums

My two Dads

My Grandparents

My Foster parents

Other adults

I do not want to answer

**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)

**These questions are about what you usually do each day.**

**Q6 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

**Q7 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) |  |  |  |  |  |  |  |  |

**Q8 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

**Q9 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

**Q10 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

**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 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 |  |  |  |  |

**Q12 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

**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)* |  |  |  |  |  |  |  |

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.