

## 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

**Q4 What year were you born?**

2009

2010

2011



- 2012
- 2013
- 2014
- 2015
- 2016
- 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'.**

**Q5 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

**Q6 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)

**Q7 Do you have your own bedroom?**

Yes

No

I do not want to answer

**Q8 Does your family own a car, van or truck?**

No

Yes, one

Yes, more than one

I do not want to answer

**Q9 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

**Q10 Does your family own a dishwasher?**

- Yes
- No
- I do not want to answer

**Q11 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'.**

**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

**Q13** 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				

**Q14 In the last 6 months, how often have you...?**

Place a tick in each row.

	About every day	More than once a week	About every week	About once a month	Rarely	Never	I do not want to answer
Felt low							
Felt irritable or bad tempered							
Felt nervous							
Had difficulty getting to sleep							

**Q15 Please tick one of the boxes to say how happy you feel with things in your life**

These questions use a scale from 0 to 10. On this scale:

- 0 means 'very unhappy'
- 5 means 'not happy or unhappy'

- 10 means 'very happy'

Place in tick in each row.

How happy are you with...	Very unhappy      Not happy or unhappy      Very happy											I do not want to answer
	0	1	2	3	4	5	6	7	8	9	10	
Your relationships with your family?												
Your life overall?												
The home that you live in?												
How much choice you have in life?												
Your relationships with your friends?												
The things that you have (like money and the things you own)?												
Your health?												
Your appearance (the way that you look)?												
What may happen to you later in your life (in the future)?												
The school that you go to?												
The way that you use your time?												

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'.



### Q16 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

### Q17 Thinking about the children in your class, 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
Children enjoy being together						
Most children are kind & helpful						
Other children accept me as I am						

### Q18 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
Children have a say in planning school activities						
Children have a chance to help plan school projects						
Children's ideas are treated seriously						
I feel like I belong at this school						

Q19 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 accept me as I am						
My teachers care about me as a person						

I trust my teachers						
There is at least one adult at this school I can talk to about things that worry me						

This section asks you questions about secondary school...

Q20 How do you feel about going to secondary school?

Place a tick in each row.

	Not at all	Very little	Some	Quite a bit	Very much	I do not want to answer
Are you <u>looking forward</u> to going to secondary school?						
Are you <u>worried</u> about going to secondary school?						

Q21 What is the main thing you are looking forward to about secondary school? *Only tick one answer*

- Making new friends
- New subjects to learn
- Feeling more grown up
- A new start
- New teachers

- Better food
- I'm not looking forward to anything
- I do not want to answer
- Other

**Q22** What is the main thing that worries you about going to secondary school? *Only tick one answer.*

- Being bullied
- Not seeing my primary school friends
- School work may be harder
- Not knowing my way around the big school
- Not seeing my primary school teachers
- What my new teachers will be like
- I'm not worried about anything
- I do not want to answer
- Other

**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.**

**Q23 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

**Q24 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

**We say a person is BEING CYBERBULLIED when someone:**

- sends mean messages online to them or
- creates a website/account making fun of them or
- posts things like unflattering pictures of them online without their permission.

**Q25 In the past couple of months, how often have you taken part in cyberbullying**

- I have not cyberbullied anyone



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

**Q26 In the past couple of months, how often have you been cyberbullied**

- I have not been cyberbullied
- 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.**

**Q27 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

**Q28** 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 or 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.

**Q29** 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

**Q30** 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)								
Energy drinks (eg Red Bull / Monster)								
Tap or bottled water (NOT flavoured or squash)								

Q31 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



**Q32 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

**Q33 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

**Q34 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.