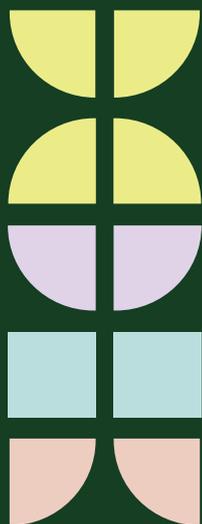


**Youth Health
+ Wellbeing Survey**



**MINISTRY OF SOCIAL
DEVELOPMENT**
TE MANATŪ WHAKAHIATO ORA

2025 Survey Questionnaire



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Note: The order of questions in the following questionnaire may not always be consecutive as they are in the same order as they appear in the data dictionary.

About You

Show: All **We are now ready to start the Youth Health and Wellbeing Survey.
To begin, we would like to start by asking some questions about you.**

Q2 **How do you feel about your life in general?**

LifeStat1  **Tool tip:** We mean your life in general – all parts of your life.

Ask: All

- 0. Dissatisfied
 - 1. 1
 - 2. 2
 - 3. 3
 - 4. 4
 - 5. 5
 - 6. 6
 - 7. 7
 - 8. 8
 - 9. 9
 - 10. Satisfied
 - 98. Not sure
 - 99. Prefer not to say
-

Q4 **Where were you born?**

- Dem1 1. Aotearoa New Zealand
- Ask: All 2. Australia
3. United Kingdom (England, Scotland, Wales or Northern Ireland)
4. China (People's Republic of)
5. India
6. South Africa
7. Samoa
8. Cook Islands
77. Other [Please specify] _____
99. Prefer not to say
-

Q5

Did you come to Aotearoa New Zealand as a refugee?

Dem3
Ask: IF 4.
Dem1 ≠
Aotearoa
New Zealand

 **Tool tip:** a refugee is someone who moved to Aotearoa New Zealand to escape the threat of being badly treated by rulers or government in their home country based on their religion, race, nationality, social group membership, or political opinion.

1. Yes
2. No
98. Not sure
99. Prefer not to say

Q6

Where were your parents born?

[Select up to two responses]

Dem5
Ask: All

1. Aotearoa New Zealand
 2. Australia
 3. United Kingdom (England, Scotland, Wales or Northern Ireland)
 4. China (People's Republic of)
 5. India
 6. South Africa
 7. Samoa
 8. Cook Islands
 77. Other [Please specify] _____
 98. Not sure
 99. Prefer not to say
-

Health – Washington Group Short Set

Q7

Health5

Ask: All

The questions below are about long-term difficulties you may have doing certain activities because of a health condition, disability or impairment.

Long-term is something that has lasted or is expected to last six months or more.

- a) **Do you have difficulty seeing, even if wearing glasses?**
- b) **Do you have difficulty hearing, even if using a hearing aid?**
- c) **Do you have difficulty walking or climbing steps?**
- d) **Do you have difficulty remembering or concentrating?**
- e) **Do you have difficulty with self-care, such as washing all over or dressing?**
- f) **Using your usual language, do you have difficulty communicating, for example understanding or being understood?**

- 1. No difficulty
 - 2. Some difficulty
 - 3. A lot of difficulty
 - 4. Cannot do at all
 - 99. Prefer not to say
-

Ethnicity and Culture

Show: All

Now we are going to ask some questions about your ethnicity and culture

Q8

What ethnic group(s) do you belong to?

[Select all that apply]

Dem7

Ask: All

1. New Zealand European
 2. Māori
 3. Samoan
 4. Cook Island Māori
 5. Tongan
 6. Niuean
 7. Chinese
 8. Indian
 77. Other [Please specify] _____
 99. Prefer not to say
-

Q9

Which languages can you have an everyday conversation in?

[Select all that apply]

Dem8

Ask: All

1. English
 2. Te Reo Māori
 3. New Zealand Sign Language
 4. Another language
 99. Prefer not to say
-

Q10

Please specify

Dem9

Ask: IF

Dem8 = 4

Q11

How much do you disagree or agree with the following statement:

I have someone I can ask about my culture, whakapapa, whānau/family tree, or ethnic group

Dem11

Ask: All

1. Strongly disagree
 2. Disagree
 3. Neutral
 4. Agree
 5. Strongly agree
 98. Not sure
 99. Prefer not to say
-

Q12

How much do you disagree or agree with the following statement:
I know my whakapapa, my heritage, or my family tree

Dem12
Ask: All

1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly agree
98. Not sure
99. Prefer not to say

Q13

How comfortable do you feel in your whānau/family's cultural and social surroundings, events or gatherings?

Dem14
Ask: All

1. Very uncomfortable
2. Uncomfortable
3. Slightly uncomfortable
4. Comfortable
5. Very comfortable
98. Not sure
99. Prefer not to say

Q14

How important to you are the values of your whānau or family's culture?

Dem16
Ask: All

1. Not at all important
 2. Not important
 3. Somewhat important
 4. Important
 5. Very important
 98. Not sure
 99. Prefer not to say
-

Q15

How much do you disagree or agree with the following statement:
I feel a sense of belonging to Aotearoa New Zealand as a whole

Dem19
Ask: All

1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly agree
98. Not sure
99. Prefer not to say

Q16

Do you know your iwi (tribe or tribes)?

Dem21
Ask: IF
Dem7 = 2

1. Yes
2. No
98. Not sure
99. Prefer not to say

Q17

What are your iwi?

[You may choose as many as you need]

Dem22
Ask
Dem21 = 1

The list of iwi provided may not include all options, you have the opportunity to enter your iwi as free text if it is not listed. Up to 16 iwi can be recorded.

Name _____ Region _____
Name _____ Region _____
Name _____ Region _____
Name _____ Region _____
Name _____ Region _____

Do you want to record another iwi?

Q18

How well are you able to **teach** Te Reo Māori in day-to-day conversation?

Dem24
Ask: All

 **Tool tip:** by this we mean more than a few words or phrases.

1. Not at all
2. No more than a few words or phrases
3. Not very well
4. Fairly well
5. Well
6. Very well
98. Not sure
99. Prefer not to say

Q19

How much do you disagree or agree with the following statement:
I am confident/comfortable participating in te ao Māori (the Māori world)
(e.g. hui, sports, etc.)

Dem25
Ask: All

1. Strongly disagree
 2. Disagree
 3. Neutral
 4. Agree
 5. Strongly agree
 98. Not sure
 99. Prefer not to say
-

Show: All

We would now like to ask you some questions about your home, whānau /family, and friends.

By whānau or family we mean whānau/family members who you are close with and who are an important part of your life. For some people this is mainly parents, brothers or sisters or siblings, while for others it includes aunts, uncles, cousins, and grandparents.

Q20

How much do you agree or disagree with the following statements:

Home1
Ask: All

- a) **There is someone in my family or whānau who I can trust to share my feelings with**
 - b) **There is someone in my family or whānau who I can talk to with about things that are worrying me**
 - c) **There is someone in my family or whānau who respects what is important to me**
 - d) **There is someone in my family or whānau who accepts me for who I am**
 - e) **There is someone in my family or whānau who I have a close bond with**
 - f) **There is someone in my family or whānau who will stick up for me and who has 'got my back'**
 - g) **There is someone in my family or whānau who I can have fun with, who makes me laugh**
 - h) **My family or whānau are proud and supportive of me participating in cultural, sporting, and academic activities**
(e.g. my whānau attend my competitions, help fundraise, coach)
 - i) **I feel like I get enough quality time with my family or whānau**
 - j) **Those who look after or care for me, love me**
1. Strongly disagree
 2. Disagree
 3. Neutral
 4. Agree
 5. Strongly agree
 98. Not sure
 99. Prefer not to say
-

Q21

Thinking about the group of people you consider as your whānau/family, **in general, how is your whānau/ family doing?**

Home3
Ask: All

1. Extremely badly
2. Badly
3. Neutral (not bad, but not well either)
4. Well
5. Extremely well
98. Not sure
99. Prefer not to say

Q22

Who usually looks after you or cares for you?

[Select all that apply]

Home4
Ask: All

1. No one
 2. Mum(s) or someone who acts as a mum
 3. Dad(s) or someone who acts as a dad
 4. Parent's partner(s) or step-parent(s)
 5. Foster parent(s)
 6. Brother(s), sister(s), or sibling(s)
 7. Grandparents
 8. Other family or wider whānau such as aunties, uncles, cousins
 9. Another adult(s)
 10. Someone else
 98. Not sure
 99. Prefer not to say
-

Q23

For some families, it is hard to find a house that they can afford or that has enough space for everyone to have their own bed.

Home5
Ask: All

In the last 12 months, have you had to sleep in any of the following because it was hard for your family to afford or get a home, or there was not enough space? (Do not include holidays or sleep-overs for fun).

[Select all that apply]

1. No, in the last 12 months I have always had a home and my own bed. [Exclusive check box]
2. A cabin, caravan, or sleep-out
3. A garage
4. A couch or on the floor
5. A bed with another person – because there is nowhere else to sleep
6. Stayed with lots of different people – couch surfing
7. In a motel
8. Hostel
9. Marae
10. Boarding home or other emergency housing
11. In a car or van
77. Other [Please specify] _____
98. Not sure
99. Prefer not to say

Q24

How many people, including you, usually live in the main or only place you live? Do **not** include pets.

Home7
Ask: All

1. 1 – I live by myself
 2. 2 – me and one other person
 3. 3
 4. 4
 5. 5
 6. 6
 7. 7
 8. 8
 9. 9
 10. 10 or more
 98. Not sure
 99. Prefer not to say
-

Q25**How many bedrooms are there where you live?**

Home8

Ask: All

0. None/Does not apply to me
1. 1
2. 2
3. 3
4. 4
5. 5
6. 6
7. 7
8. 8
9. 9
10. 10 or more
98. Not sure
99. Prefer not to say

Q26**Who do you usually live with? Include all the places you usually live.**

[Select all that apply]

Home9

Ask: All

1. No one
 2. Mum(s) or someone who acts as a mum
 3. Dad(s) or someone who acts as a dad
 4. Parent's partner(s) or step-parent(s)
 5. Foster parent(s)
 6. Brother(s) and/or sister(s), or sibling(s)
 7. Grandparent(s)
 8. Other family or wider whānau such as aunties, uncles, cousins
 9. Girlfriend, boyfriend, or partner
 10. Parents of my partner or friend(s)
 11. Friend(s)
 12. Flatmate(s)
 13. Workmate(s)
 14. Someone else
 98. Not sure
 99. Prefer not to say
-

Q27

Thinking about the places you usually live, how much do you disagree or agree with the following:

Home10

Ask: All

- a) **I feel safe**
- b) **I have somewhere warm to live**
- c) **I live somewhere that is damp**
- d) **There is mould growing on any part of the house** (e.g. the walls, ceiling, window frames, curtains, or blinds)
 - 1. Strongly disagree
 - 2. Disagree
 - 3. Neutral
 - 4. Agree
 - 5. Strongly agree
 - 98. Not sure
 - 99. Prefer not to say

Q28

In the past 12 months, how many times have you moved homes?

Home11

Ask: All

- 0. Zero – I have not moved home in the past 12 months
 - 1. Once
 - 2. Twice
 - 3. Three times
 - 4. Four or more times
 - 98. Not sure
 - 99. Prefer not to say
-

Q29

How often do you or your whānau/ family worry about not having enough money to...

Home12
Ask: All

- a) **Buy kai/food**
- b) **Pay for power/electricity**
- c) **Pay the rent or mortgage where you live**
- d) **Pay for petrol or transport to get to important places**
- e) **Buy personal care products** (e.g. soap, deodorant, shampoo, sanitary products)
 - 1. Never
 - 2. Occasionally
 - 3. Sometimes
 - 4. Often
 - 5. All the time
 - 98. Not sure
 - 99. Prefer not to say

Q30

Have you or anyone in your whānau/ family ever been involved with Oranga Tamariki (OT) or Child Youth & Family Services (CYFS)?

Home13
Ask: All

- 1. Yes
- 2. No
- 98. Not sure
- 99. Prefer not to say

Q31

Have you ever been in care?

Home14
Ask: IF
Home13 = 1

 **Tool tip:** Living with another adult or whānau/ family organised by CYFS/OT.

- 1. Yes
 - 2. No
 - 98. Not sure
 - 99. Prefer not to say
-

Q32**Are you currently in care?**

Home15

Ask: IF

Home14 = 1

**Tool tip:** That is living with another adult or whānau/family organised by CYFS/OT.

1. Yes
2. No
98. Not sure
99. Prefer not to say

Q33**In the last 12 months have you been in trouble with the police?**

Home16

Ask: All

1. No
2. Yes – once
3. Yes – more than once
98. Not sure
99. Prefer not to say

Q34**Have you been treated unfairly (picked on, hassled, etc.) by the police because of your ethnic group?**

Home17

Ask: All

1. Yes – within the past 12 months
2. Yes – more than 12 months ago
3. No
98. Not sure
99. Prefer not to say

Q35**Has someone who usually looks after you spent time in prison?**

Home18

Ask: All

1. Yes
2. No
98. Not sure
99. Prefer not to say

Q36**If you could change one thing to make your home or whānau/family life better, what would it be?**

Home19

Ask: All

[open text box]

Gender and Sexuality

Show: All **We will now ask a few questions about your gender, sex, and sexuality.**
All reports and published information from this survey will be anonymous.

Q37 **What is your gender?**

- Gend2 1. Male
Ask: All 2. Female
 3. Another gender/gender identity [Please state] _____
 99. Prefer not to say
-

Q38 **What was your sex at birth?** (E.g. what was recorded on your birth certificate)

- Gend1 1. Male
Ask: All 2. Female
 3. Intersex
 99. Prefer not to say
-

Q39 **Who are you attracted to?** (How you experience attraction)

- Gend3 1. I am attracted to people of a different gender
Ask: All (e.g. female attracted to males, or male attracted to females)
 2. I am attracted to people of the same gender
 (e.g. female attracted to females, male attracted to males)
 3. I am attracted to two or more genders
 (e.g. both males and females, or pansexual, bisexual, etc.)
 4. I am not sexually attracted to any gender
 5. I don't understand the question
 98. Not sure
 99. Prefer not to say
-

Show: All

Now we are going to ask you about your friendships (e.g. the people about the same age as you).

Q40

How much to do you agree or disagree with the following statements:

Gend6

Ask: All

- a) **I have at least one friend who I can trust to share my feelings with**
- b) **I have at least one friend who I can talk with about things that are worrying me**
- c) **I have at least one friend who understands what is important to me**
- d) **I have at least one friend who I have a close bond with**
- e) **I have at least one friend who will stick up for me and who has 'got my back'**
- f) **I have at least one friend who I have fun with, who makes me laugh**
- g) **I have at least one friend that I can talk to face-to-face (not online, text, or social media) most days**

1. Strongly disagree

2. Disagree

3. Neutral

4. Agree

5. Strongly agree

98. Not sure

99. Prefer not to say

School and Learning

Show: All

We now have some questions about your school, training, or educational situation.

Q42

Which of the following best describes where you get your education or training?

Learn2

[Select up to three]

Ask: All

1. Kura kaupapa Māori
 2. A school
 3. An alt-ed
 4. A teen parent unit
 5. A tertiary provider (e.g. University, Wānanga or polytechnic)
 6. An apprenticeship or workplace training
 7. Something else
 98. Not sure
 99. Prefer not to say
-

Q43

What year group are you at school?

Learn3

Ask: All

1. Year 9
 2. Year 10
 3. Year 11
 4. Year 12
 5. Year 13
 77. Other [Please specify] _____
 99. Prefer not to say
-

Q44

How often do you attend your school or kura kaupapa Māori?

Learn4

Ask: All

1. Hardly ever (e.g. 1 day a week or less)
 2. Sometimes (e.g. 2 days a week)
 3. About half of the time (e.g. 3 days a week)
 4. Most of the time (e.g. 4 days a week)
 5. All of the time (e.g. 5 days a week)
 98. Not sure
 99. Prefer not to say
-

Q45

How much do you disagree or agree with the following statements about your school or kura kaupapa Māori:

Learn6
Ask: All

- a) **People expect me to do well.**
- b) **I feel safe there.**
 - 1. Strongly disagree
 - 2. Disagree
 - 3. Neutral
 - 4. Agree
 - 5. Strongly agree
 - 98. Not sure
 - 99. Prefer not to say

Q46

How pressured do you feel by the schoolwork you have to do?

Learn7
Ask: All

- 1. Not at all
- 2. A little
- 3. Some
- 4. A lot
- 98. Not sure
- 99. Prefer not to say

Q47

Have you ever been treated unfairly (e.g. treated differently) by a teacher /tutor because...

Learn10
Ask: All

- a) **Of your ethnic group?**
- b) **Of your gender or sexuality?**
- c) **You are disabled?**
- d) **Of your health condition?**
 - 1. Yes, within the past 12 months
 - 2. Yes, more than 12 months ago
 - 3. No
 - 98. Not sure
 - 99. Prefer not to say

Q48

How much do you disagree or agree with the following statement?
It is important to me to be at school/ course every day.

Learn14
Ask: All

1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly agree
98. Not sure
99. Prefer not to say

Q49

My school/course is supportive of...

[Select all that apply]

Learn16
Ask: All

1. People from different ethnic groups or cultures
2. People from different religions
3. People of different shapes, weights, or body sizes
4. People who are or might be sexually diverse (e.g. lesbian, gay, or bisexual)
5. People who are or might be gender diverse (e.g. gender-queer, trans, takatāpui)
6. People who are disabled or have a health condition
97. None of these [Exclusive]
98. Not sure [Exclusive]
99. Prefer not to say [Exclusive]

Q50

What do you plan to do in the future?

[Select up to three options]

Learn18
Ask: All

1. Get more training or education
 2. Start work or look for a job
 3. Start a whānau/family
 4. Go overseas to study
 5. Go overseas to work
 6. Go back to my country of birth
 7. Travel or gap year
 8. Do nothing
 9. I have no plans
 98. Not sure
 99. Prefer not to say
-

Bullying

Show: All

Many young people experience bullying.

Q52

In the last 12 months have you been **bullied**?

Bully1

Ask: All

 **Tool tip:** Bullying can include being mean or nasty, name calling, teasing, spreading rumours, mean dms, being left out, being pushed, shoved, physically hit or harmed, and having your stuff taken or damaged.

1. Yes
 2. No
 98. Not sure
 99. Prefer not to say
-

Q53

What kind of bullying was it?

[Select all that apply to you]

Bully2

Ask IF

Bully1 = 1

1. It was a message(s) I got online or on my phone
 2. Someone spread a rumour about me, (e.g. on social media)
 3. I was pushed or shoved around
 4. I was teased or verbally abused
 5. I was physically hit or harmed
 6. I was excluded or left out (e.g. not included in games, not invited, or ignored)
 7. I felt bullied in another way
 98. Not sure
 99. Prefer not to say
-

Q54**What was the reason you were bullied?**

[Select all that apply]

Bully3

Ask IF

Bully1 = 1

1. I was bullied because of my ethnic group or culture
 2. I was bullied because of my religion
 3. I was bullied because of my gender
 4. I was bullied because I am lesbian, gay, bisexual, gender diverse, or because people thought I was
 5. I was bullied because of my disability or health issue
 6. Other [Please specify] _____
 98. Not sure
 99. Prefer not to say
-

Q55**In the last month, how many times have you not gone to school/course because you were afraid someone might hurt, tease, or bully you?**

Bully4

Ask IF

Bully1 = 1

1. Never – I kept going to school
 2. Once
 3. Two or three times
 4. Four or more times
 98. Not sure
 99. Prefer not to say
-

Substance Use and Harm

Show: All

This next section asks about some experiences you may have had, such as with cigarettes, alcohol, other drugs, and gambling.

Remember you can choose 'prefer not to say' to questions if you wish to.

Q56

Have you ever gambled or bet precious things or money on any of these activities?

Harm1

[Select all that apply to you]

Ask: All

1. Instant kiwi (scratchies)
 2. Lotto (e.g. including Strike, Powerball, and Big Wednesday)
 3. Pub or club (pokies)
 4. A casino (e.g. roulette, pokies)
 5. TAB betting (e.g. on-track racing or sports)
 6. In-game gambling (e.g. lootboxes, skins, bought upgrades, etc.)
 7. Gambling on the internet for money or prizes (e.g. internet casinos or cards games, on your phone or a computer)
 8. Bets with friends or whānau/family
 9. Cards or coin games (e.g. poker)
 10. eSports
 11. No, I have not done any of these
 98. Not sure
 99. Prefer not to say
-

Q57

In the last 4 weeks, how often have you gambled for money or bet on precious things?

Harm2

(E.g. scratchies, lotto, pokies, TAB, betting on sports games or races, cards, online casinos/poker, bets with friends or whānau/family)

Ask IF

Harm1 = 1–10

1. Once or twice in the last 4 weeks
 2. About once a week
 3. About twice a week
 4. About every second day
 5. About every day
 98. Not sure
 99. Prefer not to say
-

Q58

Have you ever...

[Select all that apply to you]

Harm3
Ask: All

1. Smoked a whole cigarette
2. Vaped nicotine
3. Used nicotine pouches or snus (e.g. Zyn, Velo)
4. Drunk alcohol (more than small tastes or sips)
5. Used cannabis/marijuana
6. Smoked synthetic cannabis or synnies
7. Used prescription drugs in a way they were not intended to be
8. Used other drugs that cause a high or trip (e.g. nangs, meth, MDMA, ketamine, acid, etc.)
9. Huffed or sniffed glue, bleach, petrol, aerosol cans, or similar
10. I've never done any of the above/ these
98. Not sure
99. Prefer not to say

Q59

About how old were you the first time you...

Age in years

Harm4
Ask IF
Harm3 = 1-9

1. Smoked a whole cigarette
 2. Vaped nicotine
 3. Used nicotine pouches or snus (e.g. Zyn, Velo)
 4. Had an alcoholic drink (not counting small tastes or sips)
 5. Used cannabis/marijuana
 6. Used synthetic cannabinoids or 'synies'
 7. Used prescription drugs in a way they were not intended to be
 8. Used other drugs that cause a high or trip (e.g. nangs, meth, MDMA, ketamine, acid, etc.)
 9. Huffed or sniffed glue, bleach, petrol, aerosol cans, or similar
-

Q62

During the past 4 weeks, about how often did you drink alcohol?

Harm10

Ask IF

Harm3 = 4

1. Not in the last 4 weeks
2. Once in the last 4 weeks
3. About once a week
4. Several times a week
5. Most days
6. Not at all – I don't drink alcohol now
98. Not sure
99. Prefer not to say

Q63

How many drinks do you have on a typical day when drinking?

Please look at the picture below to see what we mean by 'one drink'.

Harm11

Ask IF

Harm3 = 4

i **Tool tip:** By 'one drink' we mean a 330ml can or bottle of beer/cider/RTD, a large glass of wine, or a shot (alone or with mixers) of spirits.

1. One drink or less
2. 2 drinks
3. 3 drinks
4. 4 drinks
5. 5–9 drinks
6. 10 or more drinks
98. Not sure
99. Prefer not to say



One can or bottle of beer, cider, or RTD (2.5%–6% alc.)

One glass of wine (11%–13% alc.)

One shot of spirits (alone or with mixers)

Q65

How often have you...

Harm13

Ask IF

Harm3 =
1,2,3,5,6,7,8,9

- a) **Smoked cigarettes**
- b) **Vaped nicotine**
- c) **Used nicotine pouches or snus**
- d) **Used/smoked cannabis/marijuana**
- e) **Smoked synthetic cannabis**
- f) **Used prescription drugs in a way they were not intended to be**
- g) **Used other drugs that cause a high or trip** (e.g. nangs, meth, MDMA, ketamine, acid, etc.)
- h) **Huffed or sniffed glue, bleach, petrol, aerosol cans or similar**
 - 1. Never – I don't use now
 - 2. Occasionally
 - 3. Once or twice a month
 - 4. Once or twice a week
 - 5. Most days
 - 6. Daily
 - 98. Not sure
 - 99. Prefer not to say

Q66

Have you ever tried to cut down or give up on any of these things?

Harm15

Ask IF

Harm1 = 1–10
OR 58.Harm3
= 2–6

- 1. Yes
- 2. No – but I want to
- 3. No – I don't plan on stopping
- 98. Not sure
- 99. Prefer not to say

4)

Cigarettes

Ask IF

Harm13(1)
= 2–99

5) Vaping

Ask IF

Harm13(2)
= 2-99

6) Alcohol

Ask IF

Harm3 = 4 &
62.Harm10 ≠ 1

7) Cannabis/marijuana

Ask IF

Harm13(4)
= 2-9

8) Other drugs

Ask IF

Harm3 has
{5;6;7;8;9}

9) Gambling

Ask IF

Harm1 =
1,2,3,4,5,6,7,8,
9,10

Show: All

The following questions are about things you may have experienced, including, violence, physical, emotional, and sexual harms.

Remember all reports and published information from this survey will be anonymous and you can choose *'prefer not to say'* for any questions you don't want to answer.

Q67**In the last 12 months, have adults in your home yelled or sworn at...**

[Select all that apply]

Harm16

Ask: All

1. A child (other than yourself)
2. Each other
3. You
4. None of the above
98. Not sure
99. Prefer not to say

Q68**In the last 12 months, have adults in the places where you usually live hit or physically hurt...**

[Select all that apply]

Harm17

Ask: All

1. A child (other than yourself)
2. Each other
3. You
4. None of the above
98. Not sure
99. Prefer not to say

Q69**In the last 12 months, how many times were you hit or physically harmed on purpose by a...**

Harm18

Ask: All

- a) **Boyfriend or girlfriend**
 - b) **Sibling**
 - c) **Other young person**
 - d) **Parent or caregiver**
 - e) **Other adult**
1. Not in the last 12 months
 2. Once or twice
 3. Three or more times
 98. Not sure
 99. Prefer not to say

Show: All**Thank you for answering all of these questions.**

If these questions have been upsetting, remember you can talk to one of the people here, or talk to the school counsellor, health staff, or Youthline (free txt 234).

Health

Show: All

This section is about health, getting healthcare, and emotional health and wellbeing.

Q71

In general, how would you say your health is?

Health1
Ask: All

1. Poor
 2. Fair
 3. Good
 4. Very good
 5. Excellent
 98. Not sure
 99. Prefer not to say
-

Q72

Do you have any long-term disability?

Health2
Ask: All

 **Tool tip:** Lasting 6 months or more.

 **Tool tip:** E.g. sensory impaired hearing, visual impairment, in a wheelchair, learning difficulties.

1. Yes
 2. No
 98. Not sure
 99. Prefer not to say
-

Q73

Would you like to specify?

[Open text box]

Health3
Ask IF
Health2 = 1

Q74

Does this disability cause you difficulty or stop you doing:

(You may choose as many as you need)

Health4
Ask IF
Health2 = 1

1. Everyday activities that other people your age can usually do
 2. Communicating, talking, mixing with others, or socialising
 3. Any other activity that people your age can usually do
 4. No difficulty with any of these
 98. Not sure
 99. Prefer not to say
-

Q76**Do you have any long-term pain?**

Health6
Ask: All

i **Tool tip:** The pain may come and go, e.g. headaches, but overall, you have experienced it (possibly on and off) for 3 months or more.

1. Yes
2. No
98. Not sure
99. Prefer not to say

Q77**How often do you get this pain?**

Health7
Ask IF
Health6 = 1

1. Occasionally
2. Monthly or less often
3. Once or twice a month
4. Weekly
5. Most days
98. Not sure
99. Prefer not to say

Q78**How bad is the pain on average?**

Health8
Ask IF
Health6 = 1

0. 0 Doesn't hurt at all
1. 1
2. 2 Hurts little bit
3. 3
4. 4 Hurts little more
5. 5
6. 6 Hurts even more
7. 7
8. 8 Hurts whole lot
9. 9
10. 10 Hurts worse
98. Not sure
99. Prefer not to say

Show all
Image #2

Wong-Baker FACES Pain Rating Scale

Q79

Does pain cause you difficulty with, or stop you doing...

[Select all that apply]

Health9

Ask IF

Health6 = 1

1. Everyday activities that other people your age can usually do
 2. Communicating, talking, mixing with others, or socialising
 3. Any other activity that people your age can usually do
 4. None of these
98. Not sure
99. Prefer not to say

Q80

On average, how many servings of fruit do you eat per day?

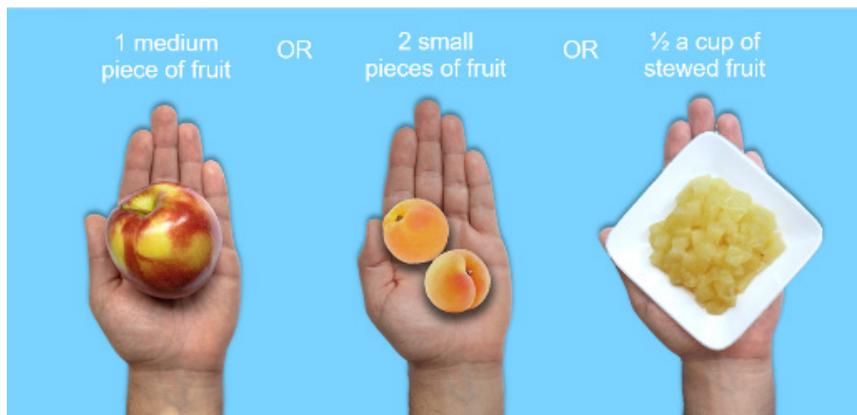
Please include fresh, frozen, and canned fruit. Do not include fruit juice or dried fruit.

Health10

Ask: All

i **Tool tip:** A 'serving' = 1 medium piece of fruit or 2 small pieces of fruit or ½ cup of stewed fruit. For example: 1 apple + 2 small apricots = 2 servings.

1. I don't eat fruit
 2. Less than 1 serving a day
 3. 1 serving a day
 4. 2 servings a day
 5. 3 servings a day
 6. 4 or more servings a day
98. Not sure
99. Prefer not to say



1 medium piece of fruit OR 2 small pieces of fruit OR 1/2 cup of canned, frozen or stewed fruit

Q81

Health11

Ask: All

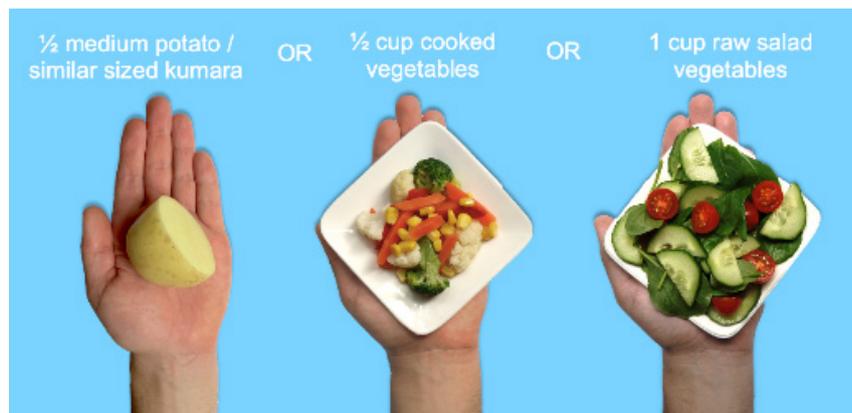
On average, how many servings of vegetables do you eat per day?

Please include fresh, frozen, and canned vegetables.

Do not include vegetable juices.

i Tool tip: A 'serving' = 1 medium potato/kumara or $\frac{1}{2}$ cup cooked vegetables or 1 cup of salad vegetables. For example: 2 medium potatoes + $\frac{1}{2}$ cup of peas = 3 servings

1. I don't eat vegetables
2. Less than 1 serving a day
3. 1 serving a day
4. 2 servings a day
5. 3 servings a day
6. 4 or more servings a day
98. Not sure
99. Prefer not to say



$\frac{1}{2}$ medium potato/similar-sized kumara OR $\frac{1}{2}$ cup cooked vegetables
OR 1 cup raw salad vegetables

Q82

Over the past 7 days, on how many days did you exercise for a total of at least 60 minutes (an hour) per day?

Health12
Ask: All

 **Tool tip:** Exercise is any activity that increases your heart rate and makes you get out of breath some of the time. Exercise can be done in sports, school activities, playing with friends, or walking to school. Some examples of exercise are running, walking quickly, playing tag, cycling, dancing, kapa haka, skateboarding, scootering, swimming, football, or going to the gym.

0. 0 – I did not exercise in the past 7 days
 1. 1 day
 2. 2 days
 3. 3 days
 4. 4 days
 5. 5 days
 6. 6 days
 7. 7 days/I exercise daily
I did exercise in the past 7 days, but for less than 60 minutes (an hour) at a time
 98. Not sure
 99. Prefer not to say
-

Q83**In the last 12 months, which of the following places have you used for health care?**

Health13

[Select all that apply to you]

Ask: All

1. Family doctor, GP, or nurse
2. Afterhours clinic or hospital emergency department (A&E or ED)
3. Hauora Māori provider
4. Pacific health provider
5. School nurse/clinic
6. Community clinic (e.g. Family Planning, Youth One Stop Shop, addiction services, etc.)
7. Dentists
8. Pharmacy/chemists
9. Counsellor/psychologist
10. Traditional or cultural healer (e.g. tohunga, fofo)
11. Alternative health care (e.g. homeopath, acupuncture, osteopath)
12. Somewhere else
97. Nowhere
98. Not sure
99. Prefer not to say

Q84**In the last 12 months, has there been any time when you wanted or needed to see a doctor or nurse or other health care worker about your health, but you weren't able to?**

Health14

Ask: All

1. Yes
2. No
98. Not sure
99. Prefer not to say

Q85**Why could you not see a doctor, nurse or other health care worker?**

[open text box]

Health15

98. Not sure

Ask IF

99. Prefer not to say

Health14 = 1

Q86

Have you ever been treated unfairly by a health professional?

Health16

Ask: All

 **Tool tip:** treated differently, kept waiting

 **Tool tip:** e.g. doctor, nurse, dentist, physio, counsellor/therapist/psychologist, etc.

1. No
 2. Yes – within the past 12 months
 3. Yes – more than 12 months ago
98. Not sure
99. Prefer not to say

Q87

Were you treated unfairly by a health professional because of your...?

[Select all that apply to you]

Health17

Ask: IF

Health16
= 2 or 3

 **Tool tip:** e.g. treated differently, kept waiting

 **Tool tip:** e.g. doctor, nurse, dentist, physio, counsellor/ therapist/psychologist, etc.

1. Age
 2. Ethnicity
 3. Gender
 4. Sexuality
 5. Disability
 6. Other reason [Please specify] _____
98. Not sure
99. Prefer not to say

Q88

Do you get periods, or menstrual bleeding?

Health18

Ask: IF

Gen1 = 2

 **Tool tip:** If you do not have a period (maybe because of HRT, the contraceptive pill, IUD, Jab, or Mirena), it is up to you whether you answer this question. However, if you are one of many people who has or have had difficult periods, answering these questions help us understand the ways it impacts you and young people like you, and how we can make changes to address that.

1. Yes
 2. No
98. Not sure
99. Prefer not to say
-

Q89**Have you experienced any of the following because of your period?**

[Select all that apply]

Health19

Ask IF

Health18 = 1

1. I can't always get or afford sanitary items (pads, tampons, etc.)
 2. I miss school
 3. I miss work
 4. I miss sports, music, or other activities
 5. I can't focus properly
 6. I get really tired
 7. I am in a lot of pain
 8. I bleed so much it's hard to do anything
 97. None of these
 98. Not sure
 99. Prefer not to say
-

Q90**When you do get your period, how many days are you significantly impacted by it?**

(E.g. the pain, bleeding, mood, etc. is very difficult to manage)

Health20

Ask IF

Health18 = 1

0. None, I am not significantly impacted
 1. One day
 2. Two days
 3. Three days
 4. Four days
 5. Five or more days
 98. Not sure
 99. Prefer not to say
-

Q91**How many hours of sleep do you usually get each day (24 hours)?**
Including all naps and sleeps.

Health21

Ask: All

_____ hours

98. Not sure
 99. Prefer not to say
-

Q92**If you could change one thing that would improve your health, what would it be?**

[open text box]

Health22

Ask: All

Sexual Health

Show: All

Now we are going to ask you some questions about porn, sexting, relationships, and communication.

You might find that some of these questions are about sensitive topics.

Remember you can skip any question by choosing 'prefer not to say' and ask for help or support.

Q93

Have you ever had sex?

(By this we mean sex that you have consented to or wanted to partake in)

Sex1

Ask: All

 **Tool tip:** This means consensual sex with a person or partner of any gender; and could be using hands, genitals, or objects, or oral, or anal.

1. Yes
 2. No
 98. Not sure
 99. Prefer not to say
-

Q94

Where do you go for advice or help about sex and relationships?

Sex2

Ask: All

1. Online
 2. Friends
 3. An adult
 4. A health professional
 5. Somewhere else [Please specify] _____
 6. Nowhere
 98. Not sure
 99. Prefer not to say
-

Q95

Thinking about the last time you had sex, did you and/or your partner use a condom or dam to prevent against sexually transmitted infection (STI)?

Sex3

Ask IF

Sex1 = 1

 **Tool tip:** An STI can be a rash, infection, or other kind of illness after having sex, e.g. chlamydia, crabs, or herpes.

1. Yes
 2. No
 98. Not sure
 99. Prefer not to say
-

Q96

Thinking about the last time you had sex, did you and/or your partner use contraception or protection to stop getting pregnant?

Sex4

Ask IF

Sex1 = 1

1. Yes
2. No
3. Not relevant (e.g. both women etc.)
98. Not sure
99. Prefer not to say

Q97

What type of contraception did you and/or your partner use?

[Select all that apply]

Sex5

Ask IF

Sex4 = 1

1. Condoms/dental dams
2. The pill (birth control pill or oral contraceptive)
3. Implant (rods in your arm)
4. Depo-Provera (the injection or jab)
5. An IUD (including a copper or non-hormonal IUD, a hormonal IUD like Mirena or Jaydess)
6. Withdrawal (pulling out)
7. The morning-after pill or emergency contraceptive pill
8. Some other method
9. None
98. Not sure
99. Prefer not to say

Q98

In general, how much do you disagree or agree that sex is a positive and enjoyable experience for you?

Sex6

Ask IF

Sex1 = 1

1. Strongly disagree
 2. Disagree
 3. Neutral
 4. Agree
 5. Strongly agree
 98. Not sure
 99. Prefer not to say
-

Q99

In general, how confident do you feel about talking to a partner/ boyfriend /girlfriend or sexual partner about issues like...

Sex7
Ask: All

- a) Talking about what you want to do sexually and what you do not want to do
- b) Talking about preventing pregnancy
- c) Talking about preventing sexually transmitted infections
- d) Breaking up
- e) Managing risks or concerns about sexts or 'nudes' if you split up
 - 1. Not very confident
 - 2. Somewhat confident
 - 3. Very confident
 - 97. Does not apply to me
 - 98. Not sure
 - 99. Prefer not to say

Q100

Have you ever had a harmful experience of sexting?

Sex8
Ask: All

 **Tool tip:** Sexting is considered harmful when you didn't consent to participating in it, so you are sending or receiving nudes or other sexual content against your wishes, or your own sexts have been shared without your permission.

 **Tool tip:** Sending 'nudes' or sexual pictures, or someone sending 'nudes' and sexual pictures to you on a smartphone or online.

- 1. Yes
 - 2. No
 - 98. Not sure
 - 99. Prefer not to say
-

Q101

How often do you look at porn?

Sex9
Ask: All

 **Tool tip:** By porn we mean explicit images, video, or movies of a person or people having real sex or doing sexual things, and you can see their genitals.

1. Daily
2. Most days
3. Once or twice a week
4. Once or twice a month
5. Never
98. Not sure
99. Prefer not to say

Q102

Have you ever felt pressured to do things that you or someone else saw in porn?

Sex10
Ask: All

1. Yes
2. No
98. Not sure
99. Prefer not to say

Q103

Have you ever been touched in a sexual way or made to do sexual things that you didn't want to? Include sexual abuse or rape.

Sex11
Ask: All

1. Yes
2. No
98. Not sure
99. Prefer not to say

Show: All

Thank you for answering these questions.

If these questions have been upsetting for you and you wish to talk with someone, remember you can talk to one of the people here or talk to the school counsellor, health staff, or Youthline (ph. 0800 376633 or free txt 234).

Emotional Wellbeing and Mental Health

Show: All

We would now like to ask some questions about how life is going for you and how you have been feeling.

Q104

Over the last 2 weeks...

EW1

Ask: All

- a) **I have felt cheerful and in good spirits**
 - b) **I have felt calm and relaxed**
 - c) **I have felt energetic**
 - d) **I woke up feeling fresh and rested**
 - e) **My daily life has been filled with things that interest me**
 - 0. At no time
 - 1. Some of the time
 - 2. Less than half of the time
 - 3. More than half of the time
 - 4. Most of the time
 - 5. All of the time
 - 99. Prefer not to say
-

Q105

To what extent do you feel hopeful about your future?

EW2

Ask: All

- 1. Very unhopeful
 - 2. A little unhopeful
 - 3. Neutral
 - 4. A little hopeful
 - 5. Very hopeful
 - 98. Not sure
 - 99. Prefer not to say
-

Show: All

We would like to ask you some questions about your mental health now.
Remember you can skip questions by selecting 'prefer not to say' and ask for help or support.

Q106

Do you currently experience any mental health conditions?

EW3

Ask: All

 **Tool tip:** A mental health condition means you experience serious challenges with your thoughts, feelings, emotions, or behaviour in a way that makes it difficult to do normal daily life (attend school, hang out with friends, exercise, look after yourself). Examples of mental health conditions include disordered eating, anxiety, depression, ADHD, anger issues or other big uncontrollable feelings, or schizophrenia.

1. Yes
 2. No
 98. Not sure
 99. Prefer not to say
-

Q107

Was this condition diagnosed by a health professional (doctor, nurse, psychologist, or psychiatrist)?

EW4

Ask IF:

EW3 = 1 OR 98

 **Tool tip:** Diagnosed means a health professional has told you have this condition. This will have been after having discussions with them about what you were experiencing (for example any symptoms), you may have completed some tests, you might have talked about what's been going on in your life that might be making you feel this way, and you might have talked about anyone else in your whānau/family experiencing similar things to you.

1. Yes
 2. No
 98. Not sure
 99. Prefer not to say
-

Q108

Would you mind sharing what kind of condition it is?

[Select all that apply]

EW5

Ask IF:

EW3=1 OR 98

1. An anxiety-type condition (social anxiety, OCD)
2. A depression-type condition
3. A PTSD or trauma-type condition
4. A neurodiversity-type condition (ADHD, ASD, Dyslexia)
5. A disordered-eating type condition
6. A psychosis-type condition (hearing voices, seeing things that aren't there, messy thoughts)
7. Another kind of mental health condition (like uncontrollable anger, personality changes, genetic)
98. Not sure
99. Prefer not to say

Q109

In the last 6 months, have you been **prescribed medication** for a **mental health condition**?

EW6

Ask: All

 **Tool tip:** Prescribed means a doctor gave it to you.

 **Tool tip:** A mental health condition means you experience serious challenges with your thoughts, feelings, emotions, or behaviour in a way that makes it difficult to do normal daily life (attend school, hang out with friends, exercise, look after yourself). Examples of mental health conditions include disordered eating, anxiety, depression, ADHD, anger issues or other big uncontrollable feelings, or schizophrenia.

1. Yes
2. No
98. Not sure
99. Prefer not to say

Q110

Do you know what type of medication it is?

[Select all that apply]

EW7

Ask IF:

EW6 = 1

1. Anti-anxiety
 2. Anti-depressant
 3. Ritalin or other ADHD medication
 4. Another kind of medication
 98. Not sure
 99. Prefer not to say
-

Q111

EW8
Ask: All

The following questions ask about how you have been feeling during the past 30 days.

For each question, please select the response that best describes how often you had this feeling.

During the past 30 days, about how often did you feel...

- a) **Nervous**
 - b) **Hopeless**
 - c) **Restless or fidgety**
 - d) **So depressed that nothing would cheer you up**
 - e) **That everything was an effort**
 - f) **Worthless**
- 0. None of the time
 - 1. A little of the time
 - 2. Some of the time
 - 3. Most of the time
 - 4. All of the time
 - 98. Not sure
 - 99. Prefer not to say

Q150

EW23
Ask: All

How much have you felt this way during the past week?

- a) **I was bothered by things that usually don't bother me**
 - b) **I felt like I couldn't pay attention to what I was doing**
 - c) **I felt down and unhappy**
 - d) **I felt like I was too tired to do things**
 - e) **I felt like something good was going to happen**
 - f) **I felt scared**
 - g) **I didn't sleep as well as I usually sleep**
 - h) **I was happy**
 - i) **I felt lonely, like I didn't have any friends**
 - j) **It was hard to get started doing things**
- 1. Not at all
 - 2. A little
 - 3. Some
 - 4. A lot
 - 98. Not sure
 - 99. Prefer not to say

Q113

The next questions are about how you feel about your body shape and eating.

EW10

Ask: All

a) **Have you ever thought you were fat even when other people told you that you were very thin?**

b) **Have you ever deliberately made yourself vomit (throw up)?**

i **Tool tip:** Don't include times you threw up because you were ill or had drunk too much alcohol.

c) **Do your worries about eating (such as what to eat, where to eat, hitting your macros, counting calories) really interfere with your life?**

d) **If you eat too much, do you blame yourself a lot?**

e) **If you miss a workout, gym session, or sport practice, do you do extra exercise or change what you eat to make up for it?**

f) **Is your body shape important to you?**

i **Tool tip:** For example, you think about it every day or exercise because of it.

1. Yes

2. Sometimes

3. No

98. Not sure

99. Prefer not to say

Show: All

We are now going to ask some questions about people trying to hurt or harm themselves or attempt suicide.

Some of these questions may upset you.

You can skip questions by selecting 'prefer not to say' and remember to ask for help or support if you need it.

Q115

During the last 12 months have you ever...

EW13

Ask: All

- a) **Felt overwhelmed or so down you can't cope?**
1. No
 2. Yes
 98. Not sure
 99. Prefer not to say
- b) **Felt like life was not worth living?**
1. No
 2. Yes
 98. Not sure
 99. Prefer not to say
- c) **Deliberately hurt yourself or done anything you knew might harm you (but not kill you)?**
1. No
 2. Yes – once
 3. Yes – two times
 4. Yes – three or more times
 98. Not sure
 99. Prefer not to say
- d) **Seriously thought about killing yourself (attempting suicide)?**
1. No
 2. Yes
 98. Not sure
 99. Prefer not to say
- e) **Made a plan about how you would kill yourself (attempt suicide)?**
1. No
 2. Yes
 98. Not sure
 99. Prefer not to say
- f) **Tried to kill yourself (attempt suicide)?**
1. No
 2. Yes
 98. Not sure
 99. Prefer not to say

Show: All

Thank you for answering these questions.

If these questions have been upsetting, remember you can talk to one of the people here, or talk to the school counsellor, health staff, or Youthline (free txt 234).

Show: All

These questions are about getting help when you are feeling bad or having a hard time.

This includes being depressed, worried, overwhelmed or having a mental health issue. It also includes feeling pissed off or angry all the time, or like life is no good.

Q119

If you were going through a difficult time and needed help, do you have someone you could turn to?

EW18

Ask: All

1. Yes
 2. No
 98. Not sure
 99. Prefer not to say
-

Q116

In the last 12 months, have you gone to or used any of the following for help or advice about feeling bad or having a hard time?

EW15

Ask: All

[Select all that apply]

1. A friend
 2. A parent or other adult
 3. Doctor
 4. School counsellor or nurse
 5. A counsellor or mental health professional (e.g. psychologist, psychiatrist)
 6. A phonenumber (e.g. Youthline)
 7. A social media groups or posts
 8. A website with information, e.g. justathought.co.nz
 9. An app or online programme like justathought.co.nz or Headspace
 10. Someone or something else
 11. No, I have not sought help
 98. Not sure
 99. Prefer not to say
-

Q121

Here are some reasons people don't get help with being stressed or down, worried or having a hard time, even when they need to.

EW20

Ask: All

Have any of these ever applied to you?

[Select all that apply to you]

1. I don't know how to
2. It cost too much
3. I had no transport to get there
4. I couldn't get an appointment
5. I had no one else to go with
6. I was too embarrassed
7. I was hoping that the problem would go away by itself or get better with time
8. I was worried it wouldn't be kept private
9. Nothing will change the problems I have
10. I think I should work out my own problems
11. I might find out there is something wrong with me
12. They wouldn't understand my problems
13. My problems aren't bad enough
97. None of these
98. Not sure
99. Prefer not to say

Show: All Thank you for answering these questions.

If these questions have been upsetting, remember you can talk to one of the people here or talk to the school counsellor, health staff, or Youthline (free txt 234).

Show: All

Thank you for answering these questions.

If these questions have been upsetting, remember you can talk to one of the people here or talk to the school counsellor, health staff, or Youthline (free txt 234).

Activities

Show: All

The next section is about activities like sport, work, and online time.

Q123

What is the average amount of time you spend watching TV or using computers, tablets, or your phone each day (24 hours)?

(Excluding for work or schoolwork).

Act1

Ask: All

____ hours

98. Not sure

99. Prefer not to say

Q151

What is the average amount of time you spend on social media on a weekday?

Act2

Ask: All

 **Tool tip:** Include all your devices (phones, computers, gaming, iPads)

0. 0 Hours

1. 1–2 hours

2. 3–4 hours

3. 5–6 hours

4. 7–8 hours

5. 9–10 hours

6. 11+ hours

98. Not sure

99. Prefer not to say

Q152

What are your main reasons for going on social media?

[Select all that apply]

Act3

Ask: IF

Act 2 ≠ 0

1. To socialise, chat, connect with like-minded people

2. To take my mind off problems or escape things

3. To look at content for entertainment (memes, videos, celebrity news, follow other people, etc.)

4. To find out about the world or to research (news, tutorials, etc.)

5. To post your own content (express yourself, share life updates)

6. I often don't know why I go on social media

7. Because I am bored

8. To get support

77. Something else [Please specify] _____

97. None of these

98. Not sure

99. Prefer not to say

Q124**How safe do you feel online?**

(E.g. safe from bullying, scammers, unsafe material)

Act4

Ask: All

1. Very unsafe
2. A little unsafe
3. Neutral
4. Mostly safe
5. Very safe
98. Not sure
99. Prefer not to say

Q125**Are you part of any groups, clubs, or teams?**

(E.g. cultural group, sport, dance or music group, choir, environment organisation)

Act5

Ask: All

1. Yes
2. No
98. Not sure
99. Prefer not to say

Q126**Do you help others in your neighbourhood or community?**

(E.g. help out on the marae or place of worship, belong to a volunteer organisation, mow lawns, collect for charity, give people food)

Act6

Ask: All

1. Yes, regularly
 2. Yes, occasionally
 3. No
 98. Not sure
 99. Prefer not to say
-

Q127

Over the last 12 months, have you worked for money or had a paid job?

[Select all that apply]

Act7

Ask: All

i **Tool tip:** This does not include work for pocket money at home (i.e. \$5 to clean the fridge). This does include work like an after-school job (paper-run or regular babysitting), a casual job (summer labouring, retail, lawn mowing, etc.), and irregular part-time work (e.g. a few hours now and then as a receptionist or cleaner).

1. Yes – a regular part-time job (e.g. paper run)
 2. Yes – a full-time job (e.g. 30 hours a week)
 3. Yes – I worked during the school holidays
 4. Yes – I sometimes worked during the school term (e.g. after school)
 5. No – I didn't work for pay in the last year
98. Not sure
99. Prefer not to say

Q128

Why do you work?

[Select all that apply]

Act8

Ask: IF

Act7 = 1-4:]

1. To help support my whānau/family costs around the house
 2. For pocket money/my own savings
 3. For work experience
98. Not sure
99. Prefer not to say

Q129

Do you have a responsibility to care for other people at home, such as providing regular support and assistance to younger children, older family members, or individuals with disability or illness?

Act9

Ask: All

1. No
 2. Less than once a week
 3. About once a week
 4. More than once a week – but not most days
 5. Most days
98. Not sure
99. Prefer not to say
-

Q130

How often do you stay home from school, start late, or come home early so that you can look after others at home, for example, younger children or older whānau/ family members?

Act10

Ask: All

1. Never
2. Once a week or more
3. More than once a month but less than a week
4. About once a month
5. Less than once a month
98. Not sure
99. Prefer not to say

Q131

Do you do extra work around your home because someone is disabled or sick or can't do things?

Act11

Ask: All

1. Yes
2. No
98. Not sure
99. Prefer not to say

Show: All

This is the last section! It asks about your community and beliefs. We would now like to ask some questions about your community, and your hopes for the future.

Community and Beliefs

Q132

These questions are about what you think of yourself.

How much do you agree with the following statements:

Comm2

Ask: All

- a) **When people disagree, fight, or have an argument, I work to understand both sides**
- b) **If I am really busy and have lots to do, I am good at making a plan and working to get things done**
- c) **I like cooperating and doing things with others** (e.g. sport, games, projects, study groups, orchestra, etc.)
- d) **When faced with a problem, I don't give up even if I get frustrated**
- e) **I talk and actively learn about big topics in the world** (e.g. the economy, climate change, gender equality, war, politics, poverty)
- f) **If I see something wrong happening** (e.g. someone stealing, someone being hurt, etc.) **I do something about it**

 **Tool tip:** Doing something might just mean tell an adult, not have to mean getting involved yourself.

- 1. Strongly disagree
- 2. Disagree
- 3. Neutral
- 4. Agree
- 5. Strongly agree
- 98. Not sure
- 99. Prefer not to say

Q133

We would now like to ask some questions about your hopes for the future...

How much do you disagree or agree with the following statements:

Comm3

Ask: All

- a) **I think about or make plans for my future**
- b) **I don't feel that I will get the support I need to achieve my plans for the future**
- c) **I get opportunities to show my talents and skills**
- d) **I can see a positive future for me in Aotearoa New Zealand**

- 1. Strongly disagree
- 2. Disagree
- 3. Neutral
- 4. Agree
- 5. Strongly agree
- 98. Not sure
- 99. Prefer not to say

Q134

Now we would like to ask some questions about your (spiritual) relationships to people, places, and the environment.

Comm4

Ask: All

How much do you disagree or agree with the following statements:

- a) **I believe it is important to protect our environment for future generations** (e.g. rivers, land, and sea)
- b) **I have a strong (spiritual) connection to certain places** (e.g. my church, mosque, shrine, or places like the mountains, bush, the sea, etc.)
- c) **I often feel a (spiritual) connection to people** (e.g. friends, whānau/ family, church members)
 - 1. Strongly disagree
 - 2. Disagree
 - 3. Neutral
 - 4. Agree
 - 5. Strongly agree
 - 98. Not sure
 - 99. Prefer not to say

Q135

Do you feel safe in your neighbourhood?

Comm5

Ask: All

- 1. All the time
 - 2. Sometimes
 - 3. Not often
 - 4. Never
 - 98. Not sure
 - 99. Prefer not to say
-

Q136

In the last 12 months, how often have you been treated unfairly or made to feel different because:

Comm6

Ask: All

- a) **Of your ethnicity?**
- b) **Of your gender or sexual identity?**
- c) **Of something else about you?**
 1. Several times a day
 2. Daily
 3. Weekly
 4. Monthly
 5. Never
 98. Not sure
 99. Prefer not to say

Q137

My feelings about climate change negatively affect my daily life?

Comm7

Ask: All

 **Tool tip:** At least one of the following: eating, concentrating, work, school, sleeping, spending time in nature, playing, having fun, relationships.

1. Yes
2. No
98. Not sure
99. Prefer not to say

Q138

What faith, spirituality, or religion are you?

Comm8

Ask: All

1. Christian (e.g. Anglican, Catholic, Presbyterian, Baptist, Methodist, Latter Day Saint/Mormon, Pentecostal, Brethren, Assembly of God, Salvation Army, Seventh Day Adventist, non-denominational)
 2. EFKS
 3. Rātana
 4. Ringatū
 5. Buddhist
 6. Hindu
 7. Islam/Muslim
 8. Judaism
 9. I have my own
 10. None
 77. Other
 98. Not sure
 99. Prefer not to say
-

Q139

How important to you are your spiritual beliefs or religious faith?

Comm9
Ask: All

1. Very important
2. Somewhat important
3. Not important
98. Not sure
99. Prefer not to say

Q140

How much do you disagree or agree with the following statement:
It is easy for me to express my identity

Comm10
Ask: All

 **Tool tip:** Your identity or sense of self as whole

1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly agree
98. Not sure
99. Prefer not to say

Q141

How much do you disagree or agree with the following statements:

Comm11
Ask: All

- a) **I feel like I am accepted by others**
- b) **I am proud of who I am**

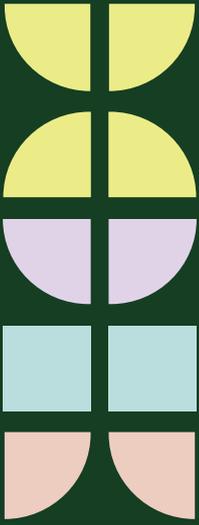
1. Strongly disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly agree
98. Not sure
99. Prefer not to say

Q142

What is one thing you think would help you to have a good life now, and in the future?

Comm12
Ask: All

[open text box]



Youth Health + Wellbeing Survey



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