

What young people do to help others, society or the environment

READ OUT TO ALL.

First of all, I'd like to know about anything you've done in the past 12 months to help other people or the environment. This can include things you've done online or in person. It might be things you've done with:

- **School, college or university**
- **Your apprenticeship or job (days supported by your employer)**
- **Your local community**
- **Your place of worship**
- **A club or group**
- **A structured programme**
- **A service year or gap year**
- **Friends, family or by yourself**

ASK ALL. USE SEPARATE SHOWCARDS FOR EACH ITEM 1A-1G (*see next page*)

Q1 **So firstly in the past 12 months have you...**[INTERVIEWER ASK ITEMS a-g IN TURN AND SINGLE CODE FOR EACH INTO SCALE BELOW].

INTERVIEWER: There are some examples of what this might include on the card. The card gives a few examples, so there might be things you've done that aren't on the list.

INTERVIEWER NOTE: RESPONDENTS SHOULD NOT INCLUDE THINGS THEY ARE PAID TO DO/ THINGS THAT ARE PART OF THEIR JOB.

- a) **Donated money or goods?**
- b) **Done any fundraising or a sponsored event?**
- c) **Helped improve your local area?**
- d) **Campaigned for something you believe in?**
INTERVIEWER READ OUT: THIS DOES NOT INCLUDE POLITICAL CAMPAIGNING
- e) **Tutored, coached or mentored anyone?**
- f) **Supported other people who aren't friends or relatives?**
- g) **Given time to help a charity or cause?**

SCALE FOR EACH:

Yes
No
Don't know

Q1 SHOWCARD

	Activity	Example
a	Donated money or goods	<ul style="list-style-type: none"> ▪ Giving money to a charity/cause directly either in person or online ▪ Donating clothes/ food to charity
b	Done any fundraising or a sponsored event	<ul style="list-style-type: none"> ▪ Sponsored activity e.g. silence, walk ▪ Organised/ ran raffle, bake sale, car wash ▪ Organising a fundraising event online
c	Helped improve your local area	<ul style="list-style-type: none"> ▪ Organising litter picking/ cleaning graffiti ▪ Painting murals ▪ Helping to build a farm/park/garden ▪ Helping with a road safety campaign ▪ Organising community street parties
d	Campaigned for something you believe in	<ul style="list-style-type: none"> ▪ Organising a petition ▪ Raising awareness on an issue in school, community or through social media ▪ Creating online campaigns
e	Tutored, coached or mentored anyone	<ul style="list-style-type: none"> ▪ Helping children in a reading programme ▪ Coaching a sports team ▪ Leading a local youth group ▪ Mentoring online ▪ Voluntary academic tutoring
f	Supported other people who aren't friends or relatives	<ul style="list-style-type: none"> ▪ Helping an elderly neighbour with shopping, housework ▪ Visiting elderly people ▪ Offering support to others online ▪ Befriending someone with special needs and/or older people
g	Given time to help a charity or cause	<ul style="list-style-type: none"> ▪ Helping organise events ▪ Creating posters/leaflets/magazine/website ▪ Collecting clothes, food etc. for charity ▪ Setting up or supporting a social enterprise

INTERVIEWER ROUTING INSTRUCTIONS

- IF RESPONDENT HAS NOT CODED YES TO ANY ACTIVITY AT Q1, GO TO Q8A
- IF RESPONDENT HAS CODED YES TO Q1A, BUT HAS NOT CODED YES TO ANY OF Q1B-Q1G, GO TO Q8B
- IF RESPONDENT HAS CODED YES TO ANY AT Q1B-Q1G, GO TO Q2X

ASK ALL WHO CODE 'YES' TO AN ACTIVITY AT Q1B-1G
SHOWCARD (SHOWING 1B-1G ACTIVITIES ONLY)

Q2a How old were you when you first did any of these activities? INTERVIEWER –
ASK FOR BEST ESTIMATE IF RESPONDENT CANNOT REMEMBER EXACT AGE

Under 10
10
11
12
13
14
15
16
17
18
19
20
Don't know

ASK ALL WHO CODE 'YES' TO AN ACTIVITY AT Q1B-G
SHOWCARD.

Q2b Please think about the thing you've done most often in the past 12 months to help other people or the environment ... Roughly how often did you do this in the past 12 months?

INTERVIEWER TO SHOW Q1 SHOWCARD AS A REMINDER OF ACTIVITIES IF NEEDED. INTERVIEWER – REASSURE RESPONDENT THAT AN APPROXIMATE ANSWER IS OK HERE.

Once a week or more
Once a fortnight or more
Once a month or more
Every few months or more
Once/ one-off activity
Don't know

ASK ALL WHO CODE 'YES' TO AN ACTIVITY AT Q1B-G
SHOWCARD

Q2c And thinking about the thing you did most often, how long did you usually spend doing it each time?

INTERVIEWER: PLEASE ENSURE ANSWER CORRESPONDS WITH ANSWER AT Q2A (I.E. SHOULD NOT SELECT A DURATION AT Q2B THAT IS HIGHER THAN THE FREQUENCY MENTIONED AT Q2A).

INTERVIEWER – REASSURE RESPONDENT THAT AN APPROXIMATE ANSWER IS OK HERE.

- 12 months or more
- A few months
- A month
- A fortnight
- A week
- A few days
- A whole day
- A few hours

ASK ALL WHO CODE 'YES' TO AN ACTIVITY AT Q1B-G

Q3 Using this card please tell me how much you agree or disagree with the following statements

INTERVIEWER: READ OUT IN ORDER

- a) Doing activities to help other people or the environment is important to you**
- b) Doing activities to help other people or the environment is part of your routine**
- c) Doing activities to help other people or the environment is something you'll always aim to do**

SCALE FOR EACH:

- Agree strongly
- Agree
- Neither agree nor disagree
- Disagree
- Disagree strongly
- Don't know

ASK ALL WHO CODE 'YES' TO AN ACTIVITY AT Q1B-G
SHOWCARD

Q4 Thinking overall about the things you've mentioned ... Have you done them in person or online, or a mix of both? SINGLE CODE.

- In person only
- Online only
- A mix of in person and online
- Don't know

ASK ALL WHO CODE 'YES' TO AN ACTIVITY AT Q1B-G
SHOWCARD

Q5 **Thinking overall about the things that you've mentioned. How did you get involved in the activities? Please choose as many answers on the card as apply.**

MULTICODE. INTERVIEWER: PLEASE ENCOURAGE RESPONDENTS TO THINK 'OVERALL' ABOUT THE ACTIVITIES THEY HAVE BEEN INVOLVED IN.

- School
- College
- University (16+ ONLY)
- Apprenticeship
- Job (e.g. days supported by your employer) (16+ ONLY)
- Local community
- Place of worship
- A club or group e.g. sports, hobbies, general youth group
- A uniformed group such as Scouts, Girl Guides, Cadets
- A programme through a charity such as Free the Children, Fixers or Children in Need.
- A development programme for young people, such as National Citizen Service programmes, Duke of Edinburgh Award
- A service year or gap year (16+ ONLY)
- Friends
- Family
- By yourself (e.g. finding or creating your own opportunity to get involved)
- Through a website, social media, or chatroom e.g. vInspired, Do-it
- Other
- Don't know

ASK ALL WHO CODE 'YES' TO AN ACTIVITY AT Q1B-G
SHOWCARD

Q7a **Thinking overall about all the things you've done.. How much do you feel you personally benefitted from taking part in activities to help others or the environment?**

SINGLE CODE. INTERVIEWER: PLEASE ENCOURAGE RESPONDENTS TO THINK 'OVERALL' ABOUT THE ACTIVITIES THEY HAVE BEEN INVOLVED IN.

- A lot
- A fair amount

A little
Not at all
Don't know

ASK IF CODE 'A LOT'/ 'A FAIR AMOUNT' AT Q7a
SHOWCARD

Q7b **And why was that?** INTERVIEWER PROBE: **What else?** MULTICODE OK.

I enjoyed helping other people
I helped a charity/ cause/ group that I believe in
I had fun
I felt better about myself
I could spend time with my friends/ family
I met new people
I felt I made a difference
I learnt new skills
I got experience making decisions/ leading an activity
It added to my CV/ job opportunities
I felt valued as part of a team
I gained confidence/ self-esteem
I learnt about things that affect me/ my community/ the environment
The activity was related to personal interest e.g. sports
It was well organised
Something else
Don't know

IF CODE 'A LITTLE'/ 'NOT AT ALL' AT Q7a ASK
SHOWCARD

Q7c **And why was that?** INTERVIEWER PROBE: **What else?**

MULTICODE OK.

I didn't think it was a worthwhile cause/ charity
I didn't have any say in the activity
I didn't find it fun/ engaging/ interesting
I didn't think it helped the community
I didn't learn anything
It didn't help build my experience/ CV
It was a one-off activity/ event
The activity was poorly planned/ organised
Something else
Don't know

ASK ALL WHO CODE 'YES' TO AN ACTIVITY AT Q1B-G
SHOWCARD

Q7d **And overall, how much do you feel other people or the environment benefitted
from the things you've done?**

SINGLE CODE.

A lot
A fair amount
A little
Not at all
Don't know

ASK IF CODE 'A LOT'/ 'A FAIR AMOUNT' AT Q7d
SHOWCARD

Q7e **And why was that?** INTERVIEWER PROBE: **What else?**

MULTICODE OK.

Other people had fun
Other people learnt new skills/ gained confidence/ self-esteem
The local community/ the environment were improved
Other people's lives were improved
Money was raised for a good cause/ charity
Awareness of the issue/ charity has improved
It helped people in other countries
It was motivating to see other people helping others/ the environment
Made the environment better for the future
Something else/other
Don't know

ASK IF CODE 'A LITTLE'/ 'NOT AT ALL' AT Q7d

SHOWCARD

Q7f **And why was that?** INTERVIEWER PROBE: **What else?**

MULTICODE OK.

It hasn't made a difference to anyone's lives/ the environment

It didn't raise awareness about the issue/ cause/ charity

There is no improvement in the local/ wider community/society/ the environment

It didn't improve other people's skills/ self-confidence/ self-esteem

The area/ issue/ cause did not need help

It seemed a pointless activity

It was not well planned/ organised

Not enough time/ activity was too short

Something else/other

Don't know

ASK ALL WHO CODE NO/DON'T KNOW TO ALL CODES AT Q1B-G

SHOWCARD

Q8a **Please can you say why you haven't been involved in these kinds of activities in the past 12 months?** INTERVIEWER PROBE: **What else?**

MULTICODE OK.

Put off by a previous experience

My friends aren't doing this type of thing

Don't have enough time

Travelling is difficult/ expensive

Don't think I'd find it fun/ engaging

I don't feel like I would be able to make a difference

I don't know how to get involved / no one has asked me

Activities are not advertised in my area

Few/no opportunities in my area

I have a health problem/ disability that makes it difficult to take part

It never occurred to me to take part

I'm not interested

Other

Don't know

ASK ALL WHO ONLY CODE YES TO CODE Q1A AND CODE NO TO ALL OTHER CODES AT Q1B-G

Q8b Apart from donating money or goods, please can you say why you haven't been involved in any other kinds of activities in the past 12 months? INTERVIEWER PROBE: **What else?** MULTICODE OK.

Put off by a previous experience
My friends aren't doing this type of thing
Don't have enough time
Travelling is difficult/ expensive
Don't think I'd find it fun/ engaging
I don't feel like I would be able to make a difference
I don't know how to get involved / no one has asked me
Activities are not advertised in my area
Few/no opportunities in my area
I have a health problem/ disability that makes it difficult to take part
It never occurred to me to take part
I'm not interested
Other
Don't know

ASK ALL WHO CODE NO/DON'T KNOW TO ALL CODES AT Q1B-G
SHOWCARD SHOWING Q1B-Q1G ACTIVITIES ONLY

Q8c Have you ever done any of these activities. INTERVIEWER CLARIFY IF NECESSARY: **Have you done any of these activities more than 12 months ago?**

Yes
No
Don't know

ASK ALL WHO CODE NO/DON'T KNOW TO ALL CODES AT Q1B-G
SHOWCARD

Q9 Thinking overall about types of activities that benefit other people or the environment, which of these would encourage you to take part in them?

INTERVIEWER PROBE: **What else?**

MULTICODE OK. INTERVIEWER PLEASE ENCOURAGE RESPONDENT TO CODE NON-BOLD RESPONSE OPTIONS.

If it was easier for me:

- If it was close to where I live
- If it was at the same time each week
- If it was in my free time, e.g. evenings/weekends, lunchtimes/break times
- If it was in class with help from my teachers/ lecturers

If I had more help/encouragement:

- If I could do it with my family/ friends
- If I had an adult to help me
- If someone I admired was doing the activity

If I had more information about it:

- If I could try it once to see if I liked it
- If I knew more about the chances to take part
- If I knew how it would benefit me/ my career or others/ the environment

If it fitted more with my interests:

- If I could help a particular cause/ charity
- If it related to my interests e.g. sports

If I saw an advert that inspired me to help

Nothing/ not interested (unprompted)

None of these things

Other

Don't know

ASK ALL
SHOWCARD

Q10a How likely is it, if at all, that you'll do activities to benefit other people or the environment in the next 12 months?

SINGLE CODE.

Definitely will
Very likely
Fairly likely
Not that likely
Not at all likely
Definitely won't
Don't know

ASK ALL
SHOWCARD

Q10b Do any of these people encourage you to take part in activities to help other people or the environment?

Parents/carers
Teachers
Friends
Other family members
Other person
None of the above

READ OUT TO ALL: Next I would like to ask you about your feelings on aspects of your life. There are no right or wrong answers. I'd like you to give an answer on a scale of nought to 10, where nought is 'not at all' and 10 is 'completely'.

ASK ALL
SHOWCARD

Q11 Overall, how satisfied are you with your life nowadays, where nought is 'not at all satisfied' and 10 is 'completely satisfied'?

0 – Not at all satisfied
1
2
3
4
5
6
7
8
9
10 – Completely satisfied

Q12 On a scale of 0-10, where 0 is not at all worthwhile and 10 is completely worthwhile, overall, to what extent do you feel the things you do in your life are worthwhile?

PLEASE SELECT ONE ANSWER.

0 – Not at all satisfied

1

2

3

4

5

6

7

8

9

10 – Completely satisfied

DEMOGRAPHICS

Q TV region [CODE FROM SAMLPE]

Scottish

Border

Tyne Tees

Yorkshire

Granada

Central

Harlech

Anglia

Carlton/LWT

Meridian

West Country

Ulster

Q Gender [INTERVIEWER OBSERVATION]

Q **Can you tell me how old you are?**

5

6

7

8

9

10

11

12

13

14

15

16
17
18
19
20

ASK PARENT FOR THOSE UNDER 16 YEARS OLD

Q What is the occupation of the chief income earner, whether from wages, benefits or any other income? PROBE FOR QUALIFICATIONS AND RESPONSIBILITY

A
B
C1
C2
D
E

ASK PARENT FOR THOSE UNDER 16 YEARS OLD

Q How many people live in the household aged 19 years and above? WRITE IN NUMBER

ASK PARENT FOR THOSE UNDER 16 YEARS OLD

Q And how many people live in the household aged 0-18 years? WRITE IN NUMBER

ASK IF AT SCHOOL

Q Which school year are you in?

Reception
Year 1
Year 2
Year 3
Year 4
Year 5
Year 6
Year 7
Year 8
Year 9
Year 10
Year 11
Year 12
Year 13

ASK IF NOT AT SCHOOL

Are you still in education, working or unemployed?

IF EDUCATION: Is that 6th form college or university or another form of higher education?

IF WORKING: Is that full or part time?

SCHOOL/WORKING STATUS

School
6th form college
University/higher education
Working full-time
Working part-time
Apprenticeship
Internship
Unemployed

HOUSEHOLD MEMBERS

Mother
Father
Step father/ mother
Other adult relation
Other adult
Older sibling
Younger sibling
Other child
No other child in household

ASK PARENT TO COMPLETE ON BEHALF OF CHILD IF CHILD UNDER 16.
SHOWCARD.

Q Which of the following best describes you? Choose a number from 1 to 5, and then tell me the letter in that section that best describes you.

White

British
Irish
Eastern European
Any other white background (WRITE IN)

Mixed

White and Black Caribbean
White and Black African
White and Asian
Any other mixed background (WRITE IN)

Asian or Asian British

Indian
Pakistani
Bangladeshi
Any other Asian background (WRITE IN)

Chinese or other ethnic group

Chinese
Any other (WRITE IN)

**Q Do you (does your child) have a longstanding illness, disability or infirmity?
By longstanding, I mean anything that has troubled you (your child) over a period of**

at least 12 months or that is likely to affect you (your child) over a period of at least 12 months?

Yes
No
Don't know
Refused

Q Do you/ does (name of child) have special educational needs of any kind?

NOTE TO INTERVIEWER – DO NOT INCLUDE GIFTED AND TALENTED IN THIS DEFINITION OF SPECIAL EDUCATIONAL NEEDS.

Yes
No
Don't know
Refused

Q Do you regard yourself as belonging to any particular religion? If yes, which?

No religion
Christian – no denomination
Roman Catholic
Church of England/Anglican
Baptist
Methodist
Presbyterian/Church of Scotland
Other Christian
Hindu
Jewish
Islam/Muslim
Sikh
Buddhist
Other non-Christian
Free Presbyterian
Brethren
United Reform Church (URC) Congregationalist
Other Protestant
Refused
Don't know