

# CensusAtSchool

## NEW ZEALAND

Information from CensusAtSchool helps you understand and explore data on young people. CensusAtSchool is run in New Zealand and other countries around the world. The information you provide can be used by students for educational purposes. Thank you for your time and effort.

### Questions about you

1. Are you:

- male
- female

2. What is your age in years?

 years

3. Which country were you born in?

- New Zealand
- Australia
- England
- China (People's Republic of)
- India
- South Africa
- Samoa
- Cook Islands

Other. Please type the name of the country:

4. Which ethnic group or groups do you belong to? Mark the space or spaces which apply to you.

- New Zealand European
- Māori
- Samoan
-

Cook Islands Māori

- Tongan
- Niuean
- Chinese
- Indian

Other such as DUTCH, JAPANESE, TOKELAUAN. Please state:

5. In how many languages can you hold a conversation about a lot of everyday things?

 languages

6. Are you right-handed, left-handed or ambidextrous? (An ambidextrous person is able to use their right and left hands equally well.)

- Right-handed
- Left-handed
- Ambidextrous

7. What is your height, without shoes on? Answer to the nearest centimetre.

 cm

8. What is the length of your right foot, without a shoe? Answer to the nearest centimetre.

 cm

9. What is your arm span? Answer to the nearest centimetre. (Open arms wide, measure distance from tip of right hand middle finger to tip of left hand middle finger.)

 cm

10. What is the circumference of your left wrist? Answer to the nearest centimetre.

 cm

11. What is the circumference of your neck? Answer to the nearest centimetre.

 cm

## Questions about school

12. What is the main way you usually get to school?

- walk
- car
- bus
- train
- bike
- boat
- other

13. How long does it usually take you to get to school? Answer to the nearest minute.

 minutes

14. What is the weight of your school bag today? Answer in kilograms and grams to the nearest 100 grams. (Weigh your school bag with all your books and other materials you brought to school today.)

 kg and  g

15. Did you bring any of your own devices (BYOD) to school today? (These are devices used for schoolwork including cellphone, tablet or laptop.)

- yes
- no

15 a. What is the total weight of your BYOD(s) today? Answer in kilograms and grams to the nearest 100 grams. (Weigh the device(s) you brought to school today for school work.)

kg and  g

16. Where did you get your lunch from today?

- home
- a shop on the way to school
- the school shop
- a friend at school
- provided by my school
- don't have any

16 a. Once you have eaten your lunch, how many different pieces of litter will be left?

16 b. How many of these different pieces of litter will you put in a rubbish bin?

16 c. How many of these different pieces of litter will you put in a compost bin/heap?

16 d. How many of these different pieces of litter will you put in a recycling bin?

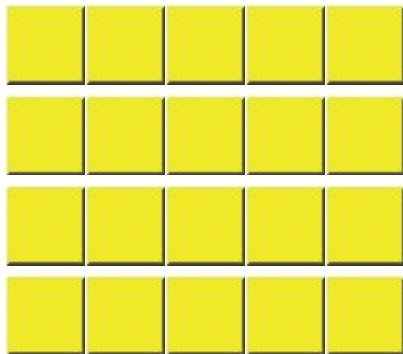
16 e. How many different pieces of your lunch today were grown at your home?

## Games

17. Test your memory. How quickly can you match all the pairs of pictures?

Click on "Start" and then click on two squares to uncover their pictures. Matching squares will remain uncovered. Keep clicking until you have uncovered all the pairs.

**Click to start**



18. How fast is your reaction time? Click on the green button. When it turns red, click it as fast as you can.

**Click to start**

19. How long can you stand on your **left** leg with your eyes closed? Answer in seconds. (Get your teacher or a friend to time you.)

 seconds

## Questions about activities you do

20. Which sport or activity do you **most** enjoy participating in?

21. In the past week, approximately how long have you spent playing or practising sport outside of school time? (Outside of school time means before the first school bell or after the last school bell.)

 hours  minutes

22. In the past year, how many different sports have you regularly played or practised outside of school time? (Outside of school time means before the first school bell or after the last school bell.)

23. Which of the following do you have? (You may tick more than one.)

- own cell phone
- a TV in your bedroom
- own MP3 player e.g. iPod
- access to the internet at home
- access to the internet from your cell phone
- access to paid streaming TV e.g. Netflix, Lightbox, Neon, Quickflix, Amazon Prime, HBO Now, Apple TV, Google Play, Showtime or Hulu
- a game console at home e.g. PlayStation, Xbox, Nintendo
- Bebo account
- Facebook account
- Google+ account
- Instagram account
- Kik Messenger account
- Messageme account
- MySpace account
- Pinterest account

- Skype account
- Snapchat account
- Tumblr account
- Twitter account
- Vine account
- WhatsApp account
- none of these

23 a. How long have you had your current cellphone for? (If you have more than one, choose the newest cellphone.) Approximately:

 months

23 b. What type of cell phone do you have? (If you have more than one, choose the newest cell phone.)

23 c. What do you use your cellphone for the most?

- Sending txt, SMS or other instant messages
- Making phone calls
- Social media
- Browsing the internet
- Playing games
- Checking email
- Watching videos
- Listening to music
- Listening to podcasts

23 d. If you could only have one app on your phone, what would it be?

23 e. In the past month, how much has your cellphone bill been?

\$

24. For your most recent whole school day, how much screen time did you spend on the following after school? Answer to the nearest 15 minutes. (After school means time from the last school bell to going to sleep at night.)

a. Computer/tablet

hours  minutes

b. TV

hours  minutes

c. Game console (e.g. Playstation, Xbox, Nintendo)

hours  minutes

d. Phone

hours  minutes

e. At a movie theatre

hours  minutes

25. On a school day, have you been given a limit on the amount of screen time you have at home?

- yes
- no

25 a. What is your limit?

hours  minutes

26. How often is your screen time supervised? (Supervised means a parent or caregiver is watching or in the same room as you.)



- never
- a little
- usually
- always

27. For your most recent whole school day, how much time did you spend on the following after school? Answer to the nearest 15 minutes. (After school means time from the last school bell to going to sleep at night.)

a. Homework

hours  minutes

b. Entertainment e.g. gaming, watching YouTube videos/TV shows/movies

hours  minutes

c. Communication e.g. texting, talking on the phone, Facebook, Twitter

hours  minutes

d. Reading e.g. books, websites

hours  minutes

e. Playing or practising a sport

hours  minutes

f. Other hobbies e.g. drawing, writing, painting, crafts

hours  minutes

g. Being outside (include time spent playing or practising a sport)

hours  minutes

h. Travelling (include time spent getting home from school and all other travelling)

hours  minutes

i. Doing paid work

hours  minutes

j. Doing housework or chores at home

hours  minutes

k. Spending time with family (if you spent time with family doing any the other activities listed, include this time in your answer)

hours  minutes

l. Spending time with friends (if you spent time with friends doing any the other activities listed, include this time in your answer)

hours  minutes

28. How much pressure do you feel because of the homework you have to do?

- none
- very little
- some
- a lot

29 a. In the past week, how much money did you receive? (If you did not get any, enter 0.)

i. From pocket money, allowance or gifts:

\$

ii. From a part-time job:

\$

29 b. In the past week, how much money have you spent or given away?

i. Spent:

\$

ii. Given away:

\$

30. What did you drink yesterday? Write the number of millilitres (ml) under each type of drink. (A standard cup is 250ml. If you did not drink any, enter 0.)

water

ml

fruit juice

ml

cordial

ml

fizzy drink (not diet) (e.g. Coke, Sprite)

ml

energy drink (e.g. Red Bull, V)

ml

diet fizzy drink (e.g. Coke Zero, Sprite Zero)

ml

sports drink (e.g. Powerade, Gatorade)

 ml

milk

 ml

smoothie or shake

 ml

tea

 ml

coffee

 ml

milo or hot chocolate

 ml

other

 ml

31. Where do your family's food scraps go? (You may tick more than one.)

- into rubbish bags
- into a compost bin/heap
- into an insinkerator or food waste disposal unit
- to feed animals

Other. Please state:

32. About what time did you go to sleep last night?

:  pm

33. About what time did you wake up this morning?

:  am

### Questions about your opinions

34. Who is your favourite New Zealand celebrity? (If you do not have one, type "Don't have one".)

35. Please check your answers before you sign.

I declare that the information I have given is true and complete as far as I know.

**Submit**