

# 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. What is your eye colour?

- Blue
- Brown
- Grey
- Green
- Hazel

7. 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

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

cm

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

cm

10. What is the circumference of your left wrist? Answer in centimetres to one decimal place.

cm

11. What is the circumference of your left thumb? Answer in centimetres to one decimal place.

cm

## Questions about school

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

- walk
- car
- bus
- train
- bike
- boat
- scooter
- 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 to one decimal place. (Weigh your school bag with all your books and other materials you brought to school today.)

kg

15 a. Does your lunch today contain litter? Litter means one-use plastic. (For example: yoghurt containers, gladwrap, or plastic wrappers.)

- yes
- no
- no lunch today

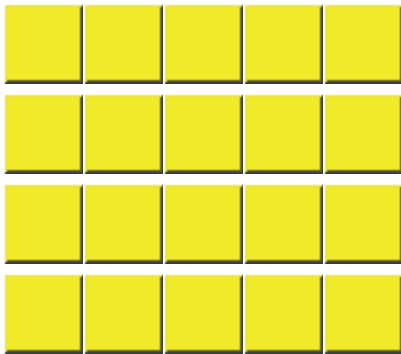
15 b. How many different fresh fruit or vegetables are in your lunch today?

## Games

16. 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



17. 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

18. 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

19. In the last **week**, on how many days did you do physical activity that made you **get puffed**, sweat or get tired? (For example: walking to school, biking, swimming, dancing, kapahaka, playing games and sport, or just running around.)

	None	1 day	2 days	3+ days
a. On school days (before school)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. At school (playtime, lunchtime)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. On school days (after school)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. On the weekend	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

20. In the past **week**, approximately how long have you spent doing scheduled activities outside of school time? Answer to the nearest 15 minutes. Enter zero if you spent no time on scheduled activities. (Outside of school time means before the first school bell or after the last school bell. For example: sport practices and games, swimming lessons, music lessons, scout clubs, church, youth group)

hours  minutes

21. For your most recent whole school day, how much **total** screen time did you have after school? Answer to the nearest 15 minutes. Enter zero if you spent no time on screens. (After school means time from the last school bell to going to sleep at night. Screen time includes: phone, tv, computer, tablet, ipod, Playstation, Xbox, Nintendo, movie theatre.)

hours  minutes

22. What is your favourite video game to play? (If you do not have one, type "Don't have one".)

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

- own cell phone
- Facebook account
- Instagram account
- Snapchat account
- Reddit account
- your own YouTube channel that you upload videos to
- none of these

24 a. Do you check your phone for messages or notifications as soon as you wake up?

- Always
- Often
- Sometimes
- Rarely
- Never

24 b. Do you feel as if you have to respond to messages from other people immediately?

- Always
- Often
- Sometimes
- Rarely
- Never

24 c. Do you take your phone to school?

- Always
- Often
- Sometimes
- Rarely
- Never

24 d. Do you lose focus in school due to your phone?

- Always
- Often
- Sometimes

- Rarely
- Never

25. If you were told you had to spend all weekend without your phone, how would that make you feel? Select as many options as apply.

- Angry
- Anxious
- Frustrated
- Happy
- Lonely
- Relieved
- Sad
- Neutral
- None of these

26. In your opinion, how much time do you spend in front of screens:

	Too much	About right	Too little
a. On your phone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. On social media	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Playing video games	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

27 a. About what time did you go to sleep last night? Answer to the nearest half hour.

:  pm

27 b. About what time did you wake up this morning? Answer to the nearest half hour.

:  am

27 c. For your most recent whole school day, about what time did you get home from school? Answer to the nearest half hour.

:  pm

27 d. For your most recent whole school day, about what time did you eat dinner? Answer to the nearest half hour.

:  pm

## Questions about your opinions

28. Which option best describes your opinion on climate change?

- It is an urgent problem that needs to be managed now.
- It is a problem that needs to be managed in the future.
- It is not a problem.
- I don't know or have no opinion.

29. How true are these statements for you? To show your answer, click on the slider box or move it to a new position.

Not true

Very true

a. I get carried away by my feelings.	<input type="range"/>
b. I say the first thing that comes into my mind without thinking enough about it.	<input type="range"/>
c. I can't stop myself from doing something, even if I know it is wrong.	<input type="range"/>
d. I try to talk out a problem instead of fighting.	<input type="range"/>
e. It is easy for me to make friends.	<input type="range"/>



f. I know how to stand up for myself without being mean.

30 a. (Years 11/12/13 only:) How wrong do you think it is for someone your age to:

Not at all wrong

Very wrong

i. Drink alcohol

ii. Smoke tobacco cigarettes

iii. Smoke e-cigarettes

iv. Smoke marijuana

30 b. (Years 11/12/13 only:) How wrong do you think your primary caregivers/parents feel it would be for you to:

Not at all wrong

Very wrong

i. Drink alcohol

ii. Smoke tobacco cigarettes

iii. Smoke e-cigarettes

iv. Smoke marijuana

31. 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

