

**GIRLS ACTIVE SURVEY SHORT VERSION – for teacher reference only**

Questions highlighted in **green** for young people in year groups 3-6 only; **blue** are for young people in year groups 7+ only; **yellow** are for girls in year groups 7+ only; **purple** for girls in year groups 3+ only.

**About you**

Please note: This information helps us to understand who is answering our survey. Your teachers will not be told what answers you give.

**Q1 What year group are you in?**

Year 3 <input type="radio"/>	Year 4 <input type="radio"/>	Year 5 <input type="radio"/>	Year 6 <input type="radio"/>	Year 7 <input type="radio"/>	Year 8 <input type="radio"/>
Year 9 <input type="radio"/>	Year 10 <input type="radio"/>	Year 11 <input type="radio"/>	Year 12 <input type="radio"/>	Year 13 <input type="radio"/>	

**Q2 Are you...?**

A boy <input type="radio"/>	A girl <input type="radio"/>	Other <input type="radio"/>	Prefer not to say <input type="radio"/>
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A boy <input type="radio"/>	A girl <input type="radio"/>	Prefer to self-describe <input type="radio"/>	Prefer not to say <input type="radio"/>
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**Q3 How do you feel about...**

**Please choose one answer for each sentence.**

	Like it a lot	Like it	Neither like it or dislike it	Dislike it	Dislike it a lot
...taking part in physical activity? <i>This includes activities like running, going for a walk or bike ride, gymnastics and might be at school or outside of school.</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...taking part in PE?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Q4 Last week, on how many days did you do 60 minutes (1 hour) or more of physical activity:**

- That made you feel warmer and made your heart beat faster
- It could be activity a few times in a day (like 3 lots of 20 minutes)

**Please choose one answer.**

None            1 day            2 days            3 days            4 days            5 days            6 days            7 days  
                                                                                   

**Q5** On an average school day, how many hours do you spend in front of a TV, smart phone, computer, table or similar electronic device when you watch shows, videos, play games or use social media? Do not count time on schoolwork.

**Please choose one answer.**

Less than 1 hour per day    1 hour per day    2 hours per day    3 hours per day    4 hours per day    5 or more hours per day  
                                                           

**What you think**

**Q6a** Would you like to be more active in school?

**Please choose one answer.**

Yes                            No  
                           

**Q6b** [If yes to Q6a] How would you like to be more active in school?

**You can choose more than one answer.**

- More PE
- More opportunities to be active at breaktimes/lunchtimes
- More opportunities to be active after school
- More opportunities to be active before school
- More opportunities to be active in other lessons like English, Maths and Science
- More opportunities for competition
  
- Something else

If 'something else', please specify

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**Q7** In PE and sport at school, which would you prefer?

**Please choose one answer.**

- A female teacher/coach
- A male teacher/coach
- I don't mind
  
- Other

If 'other', please specify

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**Q8 ...What, if anything, motivates you to be active at school?**

**Please choose all that apply. If nothing motivates you, please choose 'I am not motivated by anything'.**

- It is good for my wellbeing
- Getting fit and healthy
- Having fun
- Building confidence
- Feeling good about myself
- Playing to win
- Learning new sports / skills
- Getting better at the sports / games I play
- Being with friends
- Being outside
- Making new friends
- Being part of a team
- Learning skills that help me in life / other school subjects
- Being able to lead others
- Something else
- I am not motivated by anything
  
- Something else
- I am not motivated by anything

If 'something else', please specify

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**Q9 ...What, if anything, currently stops you being active / more active at school?**

**Please choose all that apply. If nothing stops you, please choose 'Nothing stops me taking part'.**

- I am not confident
- I can't be bothered
- I don't enjoy it
- I don't feel I can be myself in PE
- I don't feel I can be myself in extra-curricular activities
- I don't feel encouraged by my teachers
- I don't feel supported by the others in the activity
- I'm not good at it
- I worry about how I look
- I don't like the activities on offer
- I don't like getting hot and sweaty
- My breasts feel uncomfortable when I exercise
- My school work is more important to me
- PE/School sport is mainly for sporty boys/girls
- I don't feel good enough to join school sports teams
  
- I don't feel encouraged to take part by my family
- My friends don't want to do it
- Other people make fun of me

- I don't like getting changed in front of other people
- I don't like how the person delivers the activities
- I don't like other people watching me
- I don't like taking part with boys
- Boys take up most of the playground spaces
- Girls make negative comments about me when being active
- Boys make negative comments about me when being active

- I don't like the PE kit
- I can't get home if I stay after school
- I don't have time because I already do a lot of physical activity outside of school
- When I have my period
- I currently have an injury
- I have a medical condition
- My time is taken up with other activities (e.g. music lessons)
- My time is taken up with other responsibilities (e.g. caring for brother/sister)
- I'm not able to do it because the activities are not suitable for me
- I don't know how to get involved
- There isn't enough time to get changed
- When it's outside and it's not nice weather
- My school uniform makes it difficult to be physically active at break or lunchtimes
- There isn't enough space in the playground for physical activity
- Something else
- Nothing stops me taking part

If 'something else', please specify

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**Q10 How much do you agree with each of the following sentences about your school?**

**Please choose one answer for each sentence.**

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
Girls and boys have the opportunity to take part in the same range of sports and activities in PE	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Girls and boys have the same opportunities to do the sports and activities they want to outside of PE (e.g. clubs,	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

<b>fixtures, lunchtime)</b>					
Girls and boys have the same opportunities to access spaces and equipment outside of PE (e.g. clubs, fixtures, lunchtime)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Girls' sport and boys' sport are seen as equally important as each other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Q11** From surveys we have done in the past, we know that many girls don't want to participate in PE and physical activity when they are on their period. We would like to ask you more questions on that topic so that we can help make this time easier for you.

You don't have to answer these questions.

Click 'yes' if you do want to answer these questions.

Click 'no' if you don't want to answer these questions.

Click 'not applicable' if they don't apply to you, such as if you don't have periods.

**Are you happy to answer these questions?**

Please choose one answer.

- Yes
- No
- Not applicable

**Q12** [If yes to Q11] Do you take part in PE when you have your period?

Please choose one answer.

- Always
- Mostly
- Sometimes
- Never

**Q13** [If yes to Q11] When you have your period, do any of the following things worry you about taking part in PE or school sport?

Please choose all that apply. If nothing worries you, please choose 'Nothing worries me about taking part in PE/school sport when I have my period'.

- I don't have the energy
- I am in pain/ it is uncomfortable

- My mood is low
- My confidence is low
- I worry about leaking
- I worry others will know I am on my period
- I worry about being judged
- I feel self-conscious taking part
- I feel self-conscious changing in the changing rooms
- I don't feel supported/understood by my teachers
- I don't feel supported/understood by other girls
- I don't feel I can take part to the level expected
- My skill level isn't as good as usual (for example, my balance isn't as good)
- I have had a bad experience before
  
- Something else
- Nothing worries me about taking part in PE/school sport when I have my period

If 'something else', please specify

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**Q14 [If yes to Q11] What, if anything, can your school do to help you in PE when you have your period?**

**Please choose all that apply. If they don't need to do anything, please choose 'Nothing, what they already do is good'.**

- Better options for PE kit to help me feel more comfortable
- More support to help me cope in PE with how I feel
- Greater flexibility to participate to my ability at this time (for example, taking short breaks, less intense activity, or choice of different activities)
- Greater understanding shown by teachers (for example, improved changing room privacy, permission to use the bathroom)
- More support to help me understand about periods and exercise
- Greater understanding shown by boys
- Access to sanitary products in PE
- Information to my parents about PE and periods
- Offering girls only PE lessons
- Something else
- Nothing, what they already do is good

If 'something else', please specify

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**Q15 [If yes to Q11] In your PE lesson, how comfortable would you feel talking to your teacher about periods?**

**Please choose one answer.**

- Very comfortable
- Somewhat comfortable
- Not at all comfortable

## More about you

### Q16 How much do you agree with each of the following sentences?

Please choose one answer for each sentence.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
I am happy with the way my body looks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am happy with the amount of physical activity I do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel confident when I take part in physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would like to have a say in the activities we do in PE and after school clubs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My school listens to pupils about the sport and physical activity they want	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The skills I learn in PE help me in and outside of school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like it when my PE lessons are competitive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I understand why being active is good for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel like I can be myself when I am being active	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Some sports are for boys and some sports are for girls	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My school encourages me to be active	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am active with my family outside of school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
After being active at school, I feel more able to concentrate on my work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My school uniform is comfortable to move in when being active at school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Q17 Who, if at all, in your family supports you to be active?

**You can choose more than one answer.**

- Parent/Carer(s) - female
- Parent/Carer(s) – male
- Sister(s)
- Brother(s)
- Auntie(s)
- Uncle(s)
- Grandmother(s)
- Grandfather(s)
- Someone else – please specify:
- Noone in my family supports me to be active

**Q18. How much do you agree with each of the following?**

**Please choose one answer for each sentence.**

My PE/sports kit makes me feel...

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
...confident	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...comfortable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...smart	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...athletic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Q19 At school, when are you allowed to wear your PE/sports kit?**

**Please choose one answer.**

- Only during PE/Sport (we change into our PE kit for PE and sport)
- Only on school days with timetabled PE or sport
- Every school day regardless of whether I have PE or sport

**Q20 If you had the choice, which would you prefer?**

**Please choose one answer.**

- Wearing a school uniform and school shoes all day apart from in PE, where I would wear my PE kit and trainers
- Wearing a school uniform and trainers instead of school shoes all day (and wearing my PE kit and trainers in PE)
- Wearing a different school uniform and trainers all day that allows me to be active in PE and more active throughout the rest of the day

**Q21a Which of the following would you prefer to do on days you have PE?**

**Please choose one answer.**

- I would prefer to wear my PE kit all day on days I have PE
- I would prefer to wear my PE kit into school and change to my school uniform after PE for the rest of the school day

- I would prefer to wear my school uniform into school, change to my PE kit before PE and stay in my PE kit for the rest of the school day
- I would prefer to wear my school uniform into school and change into my PE kit before PE and change back into school uniform after PE
- I have no preference
- I don't know

**Q21b Thinking about the days that you have PE, what would stop you from wanting to wear your PE kit for the whole school day?**

**You can choose more than one answer. If nothing would stop you, please choose 'Nothing, I want to wear my PE kit for the whole school day on days that I have PE'.**

- I don't like the PE kit
- I don't feel comfortable staying in my PE kit
- I don't feel confident staying in my PE kit
- I don't feel as smart staying in my PE kit
- It feels unhygienic staying in my PE kit after PE
- I don't want to be dirty/wet for the rest of the school day after PE
- I don't want to smell staying in my PE kit after PE
- I don't want to feel different from other students in their school uniform
- I don't want to wear my PE kit in public on the way to/from school
- I might forget to come to school in my PE kit
- Nothing, I wouldn't want to wear my PE kit outside of PE lessons on days that I have PE
- Something else

If 'something else', please specify

**Q21c Thinking about the days that you have PE, what would motivate you to wear your PE kit for the whole school day?**

**You can choose more than one answer. If nothing would motivate you, please choose 'Nothing, I don't want to wear my PE kit outside of PE lessons on days that I have PE.'**

- I don't like getting changed in the changing rooms at school
- I don't like getting changed in front of others at school
- I don't feel safe in the changing rooms at school
- It's quicker and easier
- I feel more comfortable in my PE kit than my school uniform
- I feel more confident in my PE kit than my school uniform
- I don't have to carry as many things around school
- It will help me not forget my PE kit
- I will have more time in PE
- By spending less time changing, I won't be late for other lessons or lunch
- I will be more comfortable during other lessons in the day
- It means I can be more active during the day (like breaktime and lunch)
- I could travel to and from school in a more active way (e.g. cycle)
- Nothing would motivate me to want to wear my PE kit outside of PE lessons on days that I have PE
- Something else

If 'something else', please specify

**Q22** Thinking about all the things you do at school and at home, how much do you agree or disagree with the following statement:

If I find something difficult, I keep trying until I can do it.

- Strongly agree       Agree       Neither agree nor disagree       Disagree       Strongly disagree       Can't say / Don't know

**Q23** I feel that I belong at my school.

- Not at all       A little       Somewhat       Quite a bit       A lot

**Q24** Overall, how happy did you feel yesterday? On a scale of 0 to 10, where 0 is "not at all" and 10 is "completely".

- 
- 0      1      2      3      4      5      6      7      8      9      10

**Q25** Overall, how satisfied are you with your life nowadays? On a scale of 0 to 10, where 0 is "not at all" and 10 is "completely".

- 
- 0      1      2      3      4      5      6      7      8      9      10

**Q26** Which one of these best describes your background or ethnicity?

- White (British or English)       Black / African / Caribbean / Black British  
 White (not British or English)       Other ethnic group  
 Mixed / multiple ethnic groups       Don't know  
 Asian / Asian British       Prefer not to say

**Please specify your ethnic group? - White**

- British/English/Welsh/Scottish/Northern Irish       Irish       Gypsy or Irish Traveller  
 Other White       Prefer not to say

**Please specify your ethnic group? - Mixed / multiple ethnic groups**

- White and Black       Caribbean       White and Asian  
 White and Black African       Other mixed       Prefer not to say

**Please specify your ethnic group? - Asian / Asian British**

- Indian       Pakistani       Bangladeshi  
 Chinese       Other Asian       Prefer not to say

**Please specify your ethnic group? - Black / African / Caribbean / Black British**

- African       Caribbean       Other Black  
 Prefer not to say

**Please specify your ethnic group? - Other ethnic group**

- Arab  Other  Prefer not to say

If 'other', please specify

**Q27 What is your faith / religion?**

**Choose one option that best describes your faith or background.**

- |                                 |   |
|---------------------------------|---|
| <input type="radio"/> Christian | <input type="radio"/> Buddhist          |
| <input type="radio"/> Muslim    | <input type="radio"/> Other religion    |
| <input type="radio"/> Hindu     | <input type="radio"/> No religion       |
| <input type="radio"/> Sikh      | <input type="radio"/> Prefer not to say |
| <input type="radio"/> Jewish    |   |

**Q28 Do you have a disability, or a special educational need, which means you need extra help to do things?**

- Yes  
 No  
 Prefer not to say  
 Don't know

**Q29 Do your parents have to pay if you have school meals?**

- Yes  
 No  
 Prefer not to say  
 Don't know

**If you have any issues / concerns about anything you have been asked in this survey, please speak to your teacher.**

For teacher reference only - please ensure all survey responses are completed online