

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

Questions highlighted in blue are for young people in year groups 7+ only (yellow are for girls in year groups 7+ 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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If you prefer to self-describe, how would you prefer to self-describe?

**Q3 How do you feel about...**

Please choose one answer per row.

	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 make your heart beat faster
- It could be activity a few times in a day (like 3 lots of 20 minutes)

Please choose one answer.

Never	1 day	2 days	3 days	4 days	5 days	6 days	7 days
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**What you think**

**Q5a Would you like to be more active in school?**

Yes	No
<input type="radio"/>	<input type="radio"/>

**Q5b [If yes to Q5a] 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

**Looking at the list below...**

**Q6 ...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
- 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
  
- Other
- I am not motivated by anything

If 'other', please specify

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**Q7 ...What, if anything, currently stops you being active / more active at school?**

**Please choose all that apply, from any of the sections. If nothing stops you, please choose 'Nothing stops me taking part'.**

## Feelings

- 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'm not good at it
- I worry about how I look
- I don't like getting hot and sweaty
- My breasts feel uncomfortable when I exercise

## Other people

- 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

## Other things

- 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
- I don't like the activities on offer
- When I have my period
- I have an injury
- 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
  
- Something else
- Nothing stops me taking part

If 'something else', please specify

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**Q8 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, 'no' if you don't want to or 'not applicable' if they don't apply to you.**

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

Please choose one answer.

- Yes
- No
- Not applicable

**Q9 [If yes to Q8] Do you take part in PE when you have your period?**

Please choose one answer.

- Always
- Mostly
- Sometimes
- Never

**Q10 [If yes to Q8] 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 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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**Q11 [If yes to Q8] 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, 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
  - 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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**Q12 [If yes to Q8] How comfortable do you feel talking to your PE teacher about periods?**

**Please choose one answer.**

- Very comfortable
- Somewhat comfortable
- Not at all comfortable

**More about you**

**Q13 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 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"/>
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"/>
I have the same opportunities as boys in school to do the sports and activities I want to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Events like the Women's Football and the Olympics inspire me to be more active	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Q14. How much do you agree with each of the following?**

Please choose one answer per row.

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"/>

**Q15 Which one of these best describes your background or ethnicity?**

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

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**Q16 What is your faith / religion?**

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

- Christian  
 Muslim  
 Hindu  
 Sikh  
 Jewish  
 Buddhist  
 Other religion  
 No religion  
 Prefer not to say

**Q17 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

**Q18 Do your parents have to pay if you have school meals?**

- Yes  
 No  
 Prefer not to say  
 Don't know

**Q19 What is the name of your school?**

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