.YONDER

QP 4 – Children's wellbeing

[ASK ALL]

1. We are going to ask a series of questions about your activities online/ the things you do on the internet and the impact it has on your wellbeing.

   To begin, please select indicate which statement is closest to your own opinion on a 5-point scale, where 1 means complete agreement with the statement on the right, 5 means complete disagreement with the statement on the right, and 3 means you don't agree with either statement.

   [RANDOMISE STATEMENTS]

   A. Overall, being online is good for my mental health (1) vs Overall, being online is bad for my mental health (5)
   B. Overall, being online is good for my physical health (1) vs Overall, being online is bad for my physical health (5)
   C. I feel more relaxed online   vs I feel more relaxed offline .
   D. Being online makes me feel better about myself/ improves myself esteem vs being online makes me feel worse about myself /worsens my self esteem
   E. Being online makes me feel closer to my friends / peers vs being online makes me feel isolated /alone.

[ASK ALL]

2. Have you ever used websites, apps or online services to help you with any of the following things…?

   TO HELP ME: (MULTICODE)
   1. Relax
   2. Sleep
   3. Meditate
   4. Feel happy
   5. Feel energised
   6. Get support for feeling sad/anxious/worried
   7. Get help on 'growing up' such as relationships , puberty etc.
   8. Learn about health eating
   9. Follow fitness programmes/ health tracker
   10. Look up health symptoms
   11. I have not used websites, apps or online services to help me with any of the above [ANCHOR]
   12. Don't know [ANCHOR]

[ASK ALL EXCEPT CODE 11 OR 12 AT Q2]

3. You said you use the internet to help you to[ASK FOR ALL SELECTED AT Q2]. Where do you usually go for this/ where have you gone to for this?

SHOW INDIVIDUALLY FOR EACH OPTION SELECTED AT Q2, MULTICODE

1. Watch/follow influencers
2. Join/follow support forums on social media
3. Watch/listen to videos to make me feel calm or help me sleep
4. Watch videos to make me feel happy
5. Used a dedicated app or website
6. Listening to wellbeing podcasts
7. Using Google to find out more about a particular topic
8. Online therapy
9. Don't know

[ASK IF CODE 5 AT Q3]

Q4. Finally which of the following apps / websites have you used in the last year ?

[MULTICODE]

1. Calm
2. BBC Own it
3. Dreamy Kid
4. eQuoo
5. Focus on the Go
6. GoNoodle Kids
7. Headspace for Kids
8. JoyPop
9. Mindful Powers
10. Positive penguins
11. Push2Play
12. Smiling Min
13. Worrinots
14. Zombies, run!
15. None of the above
16. Don't Know

Demogs

- Age: 13-15, 16-17 (also broken down by age if poss)
- SEG
- Gender
- Nations
- Age/gender (i.e. boys aged 13-15, boys aged 16-17, girls aged 13-15, girls aged 16-17)
- Disability
- Websites used
- Daily internet usage coded as low/medium/high
- Ethnicity