

Youth ID#   |\_|\_|\_|\_|

School ID#   |\_|\_|\_|

## **YOUTH QUESTIONNAIRE**

Thank you for agreeing to join our Outdoor Play Study! In this questionnaire, you will be asked questions about your activities, attitudes and feelings, physical health and mental well-being.

Before completing the questionnaire you should know that:

- The questionnaire will take about 20 minutes to complete.
- You can skip any questions that you do not wish to answer.
- There are no right or wrong answers.
- Whether or not you complete the questionnaire will not affect your academic standing at this school.
- Your responses will be completely confidential (private). Your name will not appear anywhere on the questionnaire.
- When study results are reported, findings will be presented in such a way that it will not be possible to identify any of your responses to the questions you are asked.

**Please complete this survey using a BLACK PEN,  
and be sure to fill in all circles completely. Thank you!**

Children's Outdoor Play: Youth Survey CAMH © 2017

Home postal code \_\_\_\_\_ (Optional)

1. What grade are you in?     ☐ 6     ☐ 7     ☐ 8
2. What is your gender?    ☐ Male     ☐ Female     ☐ Other (*Please specify*) \_\_\_\_\_
3. How would you best describe yourself? (*Check all that apply*)
  - ☐ Aboriginal (e.g., First Nation, Métis, Inuit)
  - ☐ Black/African/Caribbean
  - ☐ East Asian (e.g., Chinese, Japanese, Korean)
  - ☐ Latin American/Hispanic (e.g., Mexican, South American, Central American)
  - ☐ Middle Eastern (e.g., Egyptian, Iranian, Lebanese)
  - ☐ South Asian (e.g., Indian, Pakistani, Sri Lankan)
  - ☐ White/Caucasian
  - ☐ Other (*Please specify*) \_\_\_\_\_
4. How long have you lived in Canada?
  - ☐ 2 years or less                      ☐ 3 – 5 years                      ☐ 6 – 10 years
  - ☐ More than 10 years                      ☐ Born in Canada
5. Does your home have a yard or outdoor space where you can run and play games or just have fun by yourself?
  - ☐ Yes                      ☐ No
6. Not including recess, about how many days in a week do you usually play outside **during the Spring, Summer and Fall?**
  - ☐ 0     ☐ 1     ☐ 2     ☐ 3     ☐ 4     ☐ 5     ☐ 6     ☐ 7
7. On days you play outside (excluding recess) **during the Spring, Summer and Fall**, about how much time do you usually play?
  - ☐ Less than 30 minutes                      ☐ 1 hour                      ☐ 3 or more hours
  - ☐ 30 minutes to less than 1 hour                      ☐ 2 hours
8. Not including recess, about how many days in a week do you usually play outside **during the Winter?**
  - ☐ 0     ☐ 1     ☐ 2     ☐ 3     ☐ 4     ☐ 5     ☐ 6     ☐ 7



15. When you go outside to play **without an adult**, where do you usually go? *(Please check all that apply)*

- |  |  |
|--|--|
| <input type="radio"/> I'm not allowed to go outside to play without an adult | <input type="radio"/> Parks                              |
| <input type="radio"/> Driveway, dead end or shared neighbourhood space       | <input type="radio"/> Street or roadway                  |
| <input type="radio"/> Parking lot  | <input type="radio"/> Wooded area or wetland             |
| <input type="radio"/> Open field   | <input type="radio"/> Pond, creek, river or lake         |
| <input type="radio"/> Your own yard  | <input type="radio"/> A friend's backyard                |
| <input type="radio"/> Playground   | <input type="radio"/> School or church yard              |
| <input type="radio"/> Sports field   | <input type="radio"/> Other places (Please specify)_____ |

16. The next questions ask you about your experiences and feelings about playing outdoors. How much do you agree with each statement?

		Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
a	Playing outside helps me think more clearly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b	Playing outside makes me healthier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c	When I'm angry, playing outside calms me down	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d	I learn new things when I play outside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e	I feel like I have freedom when I play outside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f	I like to make up games when I'm outside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g	I like to explore new places outside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h	I am afraid of getting lost outside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i	I don't like playing outside because there are strangers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

		Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
j	I am afraid of wild animals or insects outside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k	I am afraid of getting hurt if I play outside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l	I don't like playing outside because there are people drinking alcohol or with drugs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
m	Playing outside gives me a chance to make new friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
n	I am afraid someone will bully me when I play outside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
o	I don't like playing outside because the streets are busy with traffic (e.g., cars, trucks, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
p	Playing outside is fun and exciting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
q	Playing outside allows me to do things on my own	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
r	I don't like to play outside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
s	I don't like to play outside because it is boring	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
t	There are a lot of kids in my neighbourhood to play with outside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
u	I don't like to play outside because It is too dirty	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
v	I don't like to play outside because I will get too hot/sweaty	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
w	I don't like to play outside because I will get too cold	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
x	I don't like to play outside because there are better things to do inside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

		Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
y	I like to play outside in the summer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
z	I like to play outside in the winter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
aa	My parents/caregivers encourage me to play outside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

17. Please indicate how strongly you agree or disagree with the following statements:

		Strongly disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly agree
a	I'm not allowed to go outside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b	I'm not allowed to play far from home	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c	I'm only allowed to play outside with an adult	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d	People treat me unfairly because of my race/ethnicity when I play outside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e	I'm too busy with organized sports (e.g. hockey, gymnastics) for other play outside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f	I'm too busy with clubs (e.g. Drama, Guides/Scouts etc.) to play outside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g	I'm too busy with chores to play outside (e.g., babysitting, cleaning)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h	I'm too busy playing video games, watching TV, on the internet, social media or texting to play outside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i	I'm too busy with other things to play outside ( <i>What other things?</i> _____)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

18. Do you have a cellphone?

- ☐ Yes   ☐ No

19. Does your parent(s)/guardian(s) have you take a cellphone with you when you play outside **without an adult**?

- ☐ Never   ☐ Rarely   ☐ Sometimes   ☐ Most of the time  
☐ Always   ☐ I don't have a cellphone

20. When you play outside, do you text, use social media, or play games on your cell phone?

- ☐ Never   ☐ Rarely   ☐ Sometimes   ☐ Most of the time  
☐ Always   ☐ I don't have a cellphone

21. When you play outside without an adult, how often do you do the following things?

	<b>I don't play outside without an adult</b>	<b>Never</b>	<b>Rarely</b>	<b>Some times</b>	<b>Often</b>	<b>Very often</b>
a	Play rough and tumble games (e.g. wrestling, playfighting)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b	Ride a bicycle, skateboard, ski at high speed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c	Climb a cliff, building, tall tree or fence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d	Play near or around a deep or icy river, pond, or lake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e	Jump or swing from a high place	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f	Play with sharp objects or tools (e.g. knives, saws, axes)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g	Go exploring where you could get lost	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

22. Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day (add up all the time you spent on any kind of physical activity that increased your heart rate or made you breathe hard some of the time)—examples are brisk walking, running, jogging, weight lifting, roller blading, biking, dancing, skateboarding, swimming, soccer, hockey, basketball, football, tennis.

- ☐ 0   ☐ 1   ☐ 2   ☐ 3   ☐ 4   ☐ 5   ☐ 6   ☐ 7

23. How many hours a week do you usually exercise or do any activity in your free time so much that you get out of breath or sweat?

- ☐ None
 ☐ ½ hour a week
 ☐ 1 hour a week  
☐ 2-3 hours a week
 ☐ 4-6 hours a week
 ☐ 7 or more hours a week

24. Since the beginning of the school year, how often have you played organized sports or taken lessons with a coach or instructor (swimming lessons, snowboarding, baseball, hockey, karate, dance, gymnastics etc.) not including school recess?

- ☐ Never
 ☐ 1-3 times a week  
☐ Less than once a week
 ☐ 4 or more times a week

25. In the last 7 days, about how many hours a day, did you spend indoors watching TV/movies, playing video/computer games, on a computer or phone chatting, texting, e-mailing, or surfing the internet?

- ☐ None
 ☐ ½ hour a day
 ☐ 1 hour a day  
☐ 2-3 hours a day
 ☐ 4-6 hours a day
 ☐ 7 or more hours a day

26. How strongly do you agree or disagree with the following statements about your local neighbourhood?

		Strongly disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly agree
a	The traffic makes it difficult or unpleasant for me to walk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b	The speed of traffic on most streets is usually slow (50 kph or less)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c	Most drivers go faster than the posted speed limits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d	I'm afraid of being taken or hurt by a stranger in a local park	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e	Streets have good lighting at night	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f	Walkers and bikers can be easily seen by people in their homes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g	There are crosswalks and signals on busy streets	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h	There is a high crime rate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



		<b>Strongly disagree</b>	<b>Disagree</b>	<b>Neither Agree nor Disagree</b>	<b>Agree</b>	<b>Strongly agree</b>
i	I'm afraid of being taken or hurt by a stranger on local streets	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j	I'm afraid of being taken or hurt by a stranger in my yard, driveway or apartment common area	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k	I'm afraid of being taken or hurt by a known "bad" person in my neighbourhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l	I feel safe crossing the streets in my neighbourhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

27. Below is a list of statements that describe some of the feelings and behaviours of young people. For each statement, please select the response that best describes you now or within the past 6 months.

		<b>Never or not true</b>	<b>Sometimes or somewhat true</b>	<b>Often or very true</b>
a	I am nervous and tense	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b	I am too fearful or anxious	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c	I am anxious or on edge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d	I find it hard to stop worrying	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

28. In the last 4 weeks did you feel that you were under any stress, strain, or pressure?

- ☐ Yes, almost more than I could take     
 ☐ Yes, a little     
 ☐ Yes, some  
☐ Yes, a lot     
 ☐ Not at all

29. How often have you felt or behaved this way during the past week (7 days)?

		<b>Never or rarely</b>	<b>Some times</b>	<b>Often</b>	<b>Always</b>
a	I did not feel like eating; my appetite was poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b	I felt I could not shake off the blues or sadness even with help from my family or friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

		Never or rarely	Some times	Often	Always
c	I had trouble keeping my mind on what I was doing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d	I felt depressed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e	I felt like I was too tired to do things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f	I felt hopeful about the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g	My sleep was restless/I did not sleep well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h	I was happy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i	I felt lonely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j	I enjoyed life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k	I had crying spells	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l	I felt people disliked me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

30. Please tell us how much each of the statements below describe you.

		Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
a	I can solve many of the problems I have on my own	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b	I can change many of the important things in my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c	I do well even when things are tough	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d	What happens to me mostly depends on me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e	I can do just about anything I really set my mind to do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

31. How would you describe your physical health?

- ☐ Excellent      ☐ Good      ☐ Fair      ☐ Poor

32. What kind of grades do you usually get in your classes at school?

- ☐ Mostly A's / above 80% / level 4  
☐ Mostly B's / 70 - 79% / level 3  
☐ Mostly C's / 60 - 69% / level 2  
☐ Mostly D's / 50 - 59% / level 1  
☐ Mostly letter grades below D's / below 50% / below level 1

**Almost done! Just a few questions about your parents or guardians....**

33. How many parents/guardians do you live with?

- ☐ One parent/guardian  
☐ Two parents/guardians  
☐ Split between parents/guardians  
☐ Something else (Please specify): \_\_\_\_\_

34. What is the highest level of education your mother/female guardian completed?

- |  |   |
|--|---|
| <input type="radio"/> No mother/female guardian    | <input type="radio"/> College diploma           |
| <input type="radio"/> Did not complete high school | <input type="radio"/> Completed some university |
| <input type="radio"/> Graduated high school        | <input type="radio"/> University degree         |
| <input type="radio"/> Completed some college       | <input type="radio"/> Don't know                |

35. What is the highest level of education your father/male guardian completed?

- |  |   |
|--|---|
| <input type="radio"/> No father/male guardian      | <input type="radio"/> College diploma           |
| <input type="radio"/> Did not complete high school | <input type="radio"/> Completed some university |
| <input type="radio"/> Graduated high school        | <input type="radio"/> University degree         |
| <input type="radio"/> Completed some college       | <input type="radio"/> Don't know                |

**Thank you!**