

Parent ID# |_|_|_|_|

School ID# |_|_|_|

PARENT QUESTIONNAIRE

Thank you for agreeing to join our Children's Outdoor Play Study! In this questionnaire, you will be asked questions about your child's play outdoors as well as questions about your attitudes, feelings and behaviors. We will also ask you questions about your activities, perceptions of your neighborhood environment and your physical health and mental well-being.

Before completing the questionnaire you should know that:

- The questionnaire will take about 20 minutes to complete.
- When answering questions about your child, answer for your child who is in Grade 6, 7 or 8. **If you have more than one child in Grades 6, 7 or 8, please respond regarding your eldest child in those grades.**
- 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 child's academic standing at her/his school.
- Your responses will be completely confidential. Your name will not appear anywhere on the questionnaire. The questionnaire has a number code that the researchers will use to connect your answers to your child's answers. Your child will be completing a separate questionnaire.
- When study results are reported, findings will be presented in 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: Primary Caregiver Survey CAMH © 2017

Child's Primary Home Postal Code _____ (Optional)

1. What is your gender? ☐ Male ☐ Female ☐ Other (Please specify) _____
2. What is your year of birth? |____|____|____|____|

Thinking about your child in Grade 6, 7 or 8...

3. Not including recess, about how many days in an average week in the **Spring, Summer and Fall** does your child spend doing activities outside without adult supervision?
☐ 0 none ☐ 1 day ☐ 2 days ☐ 3 days ☐ 4 days
☐ 5 days ☐ 6 days ☐ 7 days ☐ My child doesn't play outside without an adult
4. On days your child goes outside to play without adult supervision in the **Spring, Summer and Fall**, how much time does he/she typically play (excluding recess)?
☐ <30 minutes ☐ 2 hours
☐ 30 minutes to <1 hour ☐ 3 or more hours
☐ 1 hour ☐ My child doesn't play outside without an adult
5. Not including recess, about how many days in an average week during the **Winter** does your child play outside without adult supervision?
☐ 0 none ☐ 1 day ☐ 2 days ☐ 3 days ☐ 4 days
☐ 5 days ☐ 6 days ☐ 7 days ☐ My child doesn't play outside without an adult
6. On days your child goes outside to play without adult supervision during the **Winter**, how much time does he/she typically play (excluding recess)?
☐ <30 minutes ☐ 2 hours
☐ 30 minutes to <1 hour ☐ 3 or more hours
☐ 1 hour ☐ My child doesn't play outside without an adult
7. Since the beginning of the school year, how often has your child 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
8. Does your child have a physical chronic health condition that limits their daily activities at home, school, or in the community?
☐ A lot ☐ Quite a bit ☐ A little ☐ Not at all
☐ My child has no physical chronic health conditions

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

		Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
a	Playing outside encourages too much aggressive behaviour	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b	All playgrounds should contain natural elements	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c	Playing outside would be good for my child's health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d	There is too much crime for my child to play outside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e	I think my child should go on nature hikes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f	Playing outside is a wasteful way for children to spend their free time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g	My neighbourhood is safe enough for children to play outside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h	My child gets too dirty when playing outside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i	I am afraid my child may be harmed by strangers outside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j	I worry that my child will be hurt by gangs if he/she plays outside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k	My child's learning can be stimulated by outdoor play	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l	Playing outside hurts my child's school grades	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
m	Playing outdoors is a good way to improve hand-eye coordination	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

		Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
n	Other children in my neighbourhood are safe for my child to play around	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
o	Children who play outdoors gain confidence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
p	I allow my child to have a wide range of recreational outdoor activities from which to choose	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
q	I feel that outdoor play interferes too much with my child's homework time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
r	My child is easier to manage after spending time outside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
s	I am afraid my child may be abducted outdoors	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
t	Taking part in outdoor recreation improves my child's communication skills	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
u	Outdoor activities over stimulate my child	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
v	Taking part in outdoor activities helps to build up my child's level of independence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
w	Outdoor activities are a good way for my child to make friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
x	Participating in outdoor play is a good way for my child to get exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
y	My child likes to play outside	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. Does your child use a cellphone?

☐ Yes ☐ No

11. Do you have your child take a cellphone with them when they play outside without an adult?

- ☐ Never ☐ Rarely ☐ Sometimes ☐ Most of the time
☐ Always ☐ My child doesn't use a cell phone ☐ My child doesn't play outside without an adult

12. Please answer each of the items regarding your child's feelings and behaviour.

		Not at all	Hardly ever	Sometimes	Most of the time	All the time
a	My child is quiet when he/she is with a group of kids	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b	My child is afraid to invite other kids to do things with him/her because they might say no	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c	My child feels shy even with kids my child knows well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d	It's hard for my child to ask other children to do things with him/her	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

13. What kind of grades does your child usually get in his/her 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

14. What is your child's weight? _____ pounds

15. What is your child's height? _____ feet and _____ inches

16. Please answer each of the following regarding your child.

		Not at all true	A little true	Somewhat true	Mostly true	Completely true
a	To my child having fun time is more important than a minor injury	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b	My child 'gets into things'	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c	My child will 'follow along' and do what other kids are doing even if these are things that s/he shouldn't do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d	Other children can talk my child into doing fun risky things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

		Not at all true	A little true	Somewhat true	Mostly true	Completely true
e	My child will go along with other kids and do something that could lead to injury	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f	My child is a thrill seeker	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g	I've never been surprised by the risks my child will take	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h	My child will 'go along with the crowd' and do things that might lead to injury	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i	My child likes taking risks even if these can lead to injury	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

17. For each statement, please check the answer that best describes you.

		Not at all true	A little true	Somewhat true	Mostly true	Completely true
a	I don't let my child out of my sight for too long	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b	When my child is with certain friends, I monitor him/her more closely than when s/he is with other friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c	I can leave my child alone for long periods of time without worrying something will happen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d	To keep my child safe, I need to be closely supervising at all times	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e	I think that at his/her age, my child is quite capable of keeping him/herself safe from injury	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f	As long as I generally know where my child is and what s/he is doing, I don't have to go check on him/her	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g	When we are at home, it works out fine for me to just wait until my child calls or comes to get me if s/he needs help	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h	I sometimes snoop around my child's room or belongings to be sure I haven't missed something I should be aware of	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

		Not at all true	A little true	Somewhat true	Mostly true	Completely true
i	I think it is important to monitor children closely even at these ages	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j	By 6-10 years of age, I think that only children who are poor at following rules need constant supervision	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k	I always check to see what my child is doing when s/he is out of sight for long	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l	I usually only allow my child to play with friends when an adult is around to supervise closely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
m	I think it is best to keep a child busy than let them have too much free time on their hands	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
n	I believe my child will follow the rules even if I am not there watching him/her	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
o	One way or another, I always figure out what my child is up to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

18. Please indicate how strongly you agree or disagree with the following statements about your neighbourhood:

		Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
a	It is safe to walk alone in this neighbourhood after dark	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b	It is safe for children to play outside during the day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c	There are good parks, playgrounds and play spaces in this neighbourhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d	If there is a problem around here, the neighbours get together to deal with it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e	There are adults in the neighbourhood that children can look up to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f	People around here are willing to help their neighbours	<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
g	You can count on adults in this neighbourhood to watch out that children are safe and don't get in trouble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h	When I'm away from home, I know that my neighbours will keep their eyes open for possible trouble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

19. Is there anything else you would like to add about your child playing outside?

Now some questions about you...

20. How would you best describe yourself? (*Check all that apply*)

- ☐ Aboriginal (e.g., First Nations, 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*] _____

21. How long have you lived in Canada?

- ☐ 2 years or less
- ☐ 3 – 5 years
- ☐ 6 – 10 years
- ☐ More than 10 years but was not born in Canada
- ☐ Born in Canada

22. How long have you lived at your current address?

- ☐ Less than one year
- ☐ 6-10 years
- ☐ 1 – 2 years
- ☐ More than 10 years
- ☐ 3 – 5 years

23. What best describes your main activities in the past 12 months (Check all that apply)?

- ☐ Working for pay
- ☐ Self-employed
- ☐ Going to school
- ☐ Caring for family
- ☐ Long-term illness/on disability
- ☐ Retired
- ☐ Unemployed/EI
- ☐ Unemployed/Ontario Works
- ☐ Other (specify) _____

24. What is the highest level of education you have completed?
- ☐ Did not complete high school ☐ College diploma
☐ Graduated high school ☐ Completed some university
☐ Completed some college ☐ University degree
25. How many children under 18 do you have living with you? (include biological, adopted, step-children, your partner's children or grandchildren)
- # children
26. Please estimate in which of the following groups your household income falls?
- ☐ Less than \$20,000 ☐ Between \$70,000 and \$79,999.99
☐ Between \$20,000 and \$29,999.99 ☐ Between \$80,000 and \$89,999.99
☐ Between \$30,000 and \$39,999.99 ☐ Between \$90,000 and \$99,999.99
☐ Between \$40,000 and \$49,999.99 ☐ \$100,000 or more
☐ Between \$50,000 and \$59,999.99 ☐ Prefer not to answer
☐ Between \$60,000 and \$69,999.99 ☐ I don't know
27. How often have you felt or behaved this way during the past week?

		Rarely or none of the time	Some or little of the time	Occasionally or moderate amount of time	Most or all of the time
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 that 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"/>
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 that everything I did was an effort	<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 that people disliked me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

28. About how many days in an average week, in the **Spring, Summer and Fall**, do you spend doing activities outside (e.g., playing with children, gardening, going for a walk, playing sports or doing exercise)?

- ☐ 0 none ☐ 1 day ☐ 2 days ☐ 3 days
☐ 4 days ☐ 5 days ☐ 6 days ☐ 7 days

29. On the days when you do activities outside in the **Spring, Summer and Fall**, how much time do you usually spend?

- ☐ <30 minutes ☐ 1 hour ☐ 3 or more hours
☐ 30 minutes to <1 hour ☐ 2 hours

30. About how many days in an average week, in the **Winter**, do you spend doing activities outside?

- ☐ 0 none ☐ 1 day ☐ 2 days ☐ 3 days
☐ 4 days ☐ 5 days ☐ 6 days ☐ 7 days

31. On the days when you do activities outside in the **Winter**, how much time do you usually spend?

- ☐ <30 minutes ☐ 1 hour ☐ 3 or more hours
☐ 30 minutes to <1 hour ☐ 2 hours

32. In a typical week, do you spent 150 or more minutes on physical activity that makes you breathe harder or sweat?

- ☐ Yes ☐ No ☐ Don't know

33. How would you describe your health?

- ☐ Excellent ☐ Good ☐ Fair ☐ Poor

Thank you!