

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); red are for young people in year groups 6+ only; green are for young people in year groups 5+ 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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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

Q6 In PE and sport at school, which would you prefer?

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

If 'other', please specify

Looking at the list below...

Q7 What five words would you most use to describe an active or 'sporty' boy?

Please choose up to five options. If you wouldn't use any of the words, please select 'none of the above' or select 'something else' and write in what word(s) you would use.

- | | | |
|-----------------------------------|----------------------------------|---|
| <input type="radio"/> Feminine | <input type="radio"/> Motivated | <input type="radio"/> Cool |
| <input type="radio"/> Masculine | <input type="radio"/> Determined | <input type="radio"/> Uncool |
| <input type="radio"/> Confident | <input type="radio"/> Proud | <input type="radio"/> Healthy |
| <input type="radio"/> Inspiring | <input type="radio"/> Modest | <input type="radio"/> Aggressive |
| <input type="radio"/> Judgmental | <input type="radio"/> Energetic | <input type="radio"/> Skilful |
| <input type="radio"/> Competitive | <input type="radio"/> Happy | <input type="radio"/> Successful |
| <input type="radio"/> Friendly | <input type="radio"/> Unhappy | <input type="radio"/> Graceful |
| <input type="radio"/> Unfriendly | <input type="radio"/> Calm | <input type="radio"/> Creative |
| <input type="radio"/> Weak | <input type="radio"/> Anxious | <input type="radio"/> None of the above |
| <input type="radio"/> Boastful | <input type="radio"/> Strong | <input type="radio"/> Something else |

If 'something else', please specify

Q8 What five words would you most use to describe an active or 'sporty' girl?

Please choose up to five options. If you wouldn't use any of the words, please select 'none of the above' or select 'something else' and write in what word(s) you would use.

- | | | |
|--------------------------------------|-------------------------------------|--|
| <input type="checkbox"/> Feminine | <input type="checkbox"/> Motivated | <input type="checkbox"/> Cool |
| <input type="checkbox"/> Masculine | <input type="checkbox"/> Determined | <input type="checkbox"/> Uncool |
| <input type="checkbox"/> Confident | <input type="checkbox"/> Proud | <input type="checkbox"/> Healthy |
| <input type="checkbox"/> Inspiring | <input type="checkbox"/> Modest | <input type="checkbox"/> Aggressive |
| <input type="checkbox"/> Judgmental | <input type="checkbox"/> Energetic | <input type="checkbox"/> Skilful |
| <input type="checkbox"/> Competitive | <input type="checkbox"/> Happy | <input type="checkbox"/> Successful |
| <input type="checkbox"/> Friendly | <input type="checkbox"/> Unhappy | <input type="checkbox"/> Graceful |
| <input type="checkbox"/> Unfriendly | <input type="checkbox"/> Calm | <input type="checkbox"/> Creative |
| <input type="checkbox"/> Weak | <input type="checkbox"/> Anxious | <input type="checkbox"/> None of the above |
| <input type="checkbox"/> Boastful | <input type="checkbox"/> Strong | <input type="checkbox"/> Something else |

If 'something else', please specify

Q9 ...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

- Something else
- I am not motivated by anything

If 'something else', please specify

Q10 ...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

Q11 [If 'I don't like taking part with boys' is selected for Q10]: You've told us that 'I don't like taking part with boys' is one of the things that stops you being active / more active in school. Why is this?

Please choose all that apply. If you wouldn't choose any of these reasons, please select 'none of the above' or select 'something else' and write in what reason(s) you have.

- | | |
|---|--|
| <input type="radio"/> Boys don't think girls have the skills to win | <input type="radio"/> I have low confidence taking part in front of boys |
| <input type="radio"/> Boys are too critical of girls | <input type="radio"/> I don't feel I can be myself in front of boys |
| <input type="radio"/> Boys are too aggressive towards girls | <input type="radio"/> I worry about how I look in front of boys |
| <input type="radio"/> Boys are too aggressive towards everyone | <input type="radio"/> I don't like getting hot and sweaty in front of boys |
| <input type="radio"/> Boys don't play fairly | <input type="radio"/> Boys make fun of me |
| <input type="radio"/> Boys don't value girls | <input type="radio"/> I am not skilful enough to take part with boys |
| <input type="radio"/> Boys dominate the sport/activity | <input type="radio"/> I am not strong enough to take part with boys |
| <input type="radio"/> Boys think their skills are better than girls | <input type="radio"/> I am not aggressive enough to take part with boys |
| <input type="radio"/> None of these | <input type="radio"/> Something else |

If 'something else', please specify

Q12 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

Q13 [If yes to Q12] Do you take part in PE when you have your period?

Please choose one answer.

- Always
- Mostly
- Sometimes
- Never

Q14 [If yes to Q12] 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

Q15 [If yes to Q12] 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

Q16 [If yes to Q12] 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

Q17 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"/>
In PE or sport at school, I feel pressure to win or perform well	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" 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"/>
If you are good at PE or sport at school, you are more likely to be popular in school	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" 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"/>

When I see females be successful in sport, I am inspired	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I see males be successful in sport, I am inspired	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In PE and sport at my school, girls and boys are treated equally	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If a boy doesn't treat a girl equally in PE or sport, I would challenge them and ask them why OR If a boy was unfair to a girl in PE or sport, I would say something	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q18 [If 'some sports are for boys and some sports are for girls' is selected as 'strongly agree' or 'agree' to Q17]: You've told us that you think 'some sports are for boys and some sports are for girls'. Why do you think this?

Please choose all that apply. If you wouldn't choose any of these reasons, please select 'none of the above' or select 'something else' and write in what reason(s) you have.

- | | |
|--|---|
| <input type="radio"/> Girls are faster so better at sports where you need to be fast | <input type="radio"/> Boys are faster so better at sports where you need to be fast |
| <input type="radio"/> Girls are stronger so better at sports where you need to be strong | <input type="radio"/> Boys are stronger so better at sports where you need to be strong |
| <input type="radio"/> Girls are more aggressive so better at sports where you need to be aggressive | <input type="radio"/> Boys are more aggressive so better at sports where you need to be aggressive |
| <input type="radio"/> Girls are more skilful so better at sports that require skill | <input type="radio"/> Boys are more skilful so better at sports that require skill |
| <input type="radio"/> Girls are more flexible so better at sports that require flexibility | <input type="radio"/> Boys are more flexible so better at sports that require flexibility |
| <input type="radio"/> Girls are more creative so are better at sports where you need to be creative | <input type="radio"/> Boys are more creative so are better at sports where you need to be creative |
| <input type="radio"/> Girls don't know the rules of team sports as well so aren't as good at them as boys | <input type="radio"/> Boys don't know the rules of team sports as well so aren't as good at them as girls |
| <input type="radio"/> Girls are better at teamwork so are better at team sports than boys | <input type="radio"/> Boys are better at teamwork so are better at team sports than girls |
| <input type="radio"/> Girls are better at following rules than boys so are better at team sports than boys | <input type="radio"/> Boys are better at following rules than girls so are better at team sports than girls |
| <input type="radio"/> I've been told by my friends that some sports are for boys and some sports are for girls | <input type="radio"/> I've been told by my family that some sports are for boys and some sports are for girls |

None of the above

Something else

If 'something else', please specify

Q19. 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"/>

Q20 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

Q21 I feel that I belong at my school.

Not at all A little Somewhat Quite a bit A lot

Q22 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

Q23 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

Q24 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

Q25 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

Q26 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

Q27 Do your parents have to pay if you have school meals?

- Yes
- No
- Prefer not to say
- Don't know

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