

Lockdown Wellbeing Survey

Child Questionnaire



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NOTE: The question numbers below is as they appear in the online survey but is not visible to the children, no coding inserted yet

Q1 Introduction

Welcome to this Growing Up in New Zealand special survey to find out more about your experience of the Covid-19 “lockdown”.

You have been a part of Growing Up in New Zealand since you were born and that means you’re in a special position to help us understand what it is like for New Zealand children to be living through these strange times.

By helping us with this survey, you’re speaking on behalf of lots of New Zealand children. You’re making a real difference and your voice and experience can help decision-makers to improve lives for all Kiwi children and families now and in the coming months.

The survey is short and easy. We’re going to ask you some questions about the past few weeks when we’ve all had to stay at home in our “bubbles” to help stop the spread of Covid-19.

Lots of people have called this “lockdown” or “Level 4”. Your “bubble” is the people you’ve been sharing your home or homes with over this time.

In this survey, there are no right or wrong answers. We want to hear what you think and feel. All of your answers will be kept private. We will ask for your name, but this will not be kept with the information you provide. You might want to ask an older family member to help you fill in the survey. It’s totally fine to do this. Please start the survey and pick the answer that best fits with how you think or feel. We want to know what matters to you.

You can skip any questions you don’t want to answer by clicking on the NEXT button.

Are you happy to take part in this special Growing Up in New Zealand survey? You can say yes or no.

Select the option below.

Yes

No → Go to *END OF QUESTIONS* and to the Closing statement

Q2 What is your full name?

Q3 When is your birthday?

(Day) (Month)

Q4 How old are you today in years? _____

Q5 How many people are living in the house you are in right now?

Number of children – including you (aged less than 18) _____

Number of adults (18 or over) _____

Total _____

Q6 At the beginning of lockdown (in level 4) did you have more than one bubble?

- ☐ Yes
- ☐ No

Q7 If yes, At the beginning of lockdown (in level 4), how many bubbles did you have?

Q8 If yes, During the highest level of lockdown (level 4), approximately how often did you move between bubbles?

- ☐ Every day
- ☐ Every week
- ☐ Less often

Tell us about the people in your bubble

Q9 Type the names of the other people in your level 4 bubble (don't include yourself) (Choose up to 10)	Q10 Who they are to you? (e.g. mum, dad, aunty, brother etc.)	Q11 How old are they? – if you know (if you are not sure you can guess)	Q12 Tick the box if they lived with you before the level 4 lockdown?	Q13 Did they have to leave the house to go to work somewhere else during level 4 lockdown? (You can choose more than one. It is okay if you don't select one)	Q14 Who has looked after you in lockdown? (You can choose more than one. It is okay if you don't select anyone)

My Family and local neighbourhood

Q15 How often during lockdown have you: (Choose the best one for each line)	Never	Almost never	Sometimes	Often	Always	I Don' t know
Felt able to talk to someone about your feelings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Felt your family supported you in this time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Participated in community activities within your bubble (e.g. teddy bear hunt, Easter egg hunt, online church/mosque activities etc, online arts or cultural events e.g ballet, theatre, Waiata)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Felt connected to school/kura	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Felt able to keep in touch with friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Felt safe and protected in your home	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Felt worried about how people in your home were getting on	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q16 How often do you worry about how much money your family has?
(Choose the answer that is closest too how you feel)

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ I don't think about it at all
- ☐ I don't know

Q17 How much do you agree with the following? (<i>Choose one for each line</i>)	I do NOT agree	Agree a little bit	Agree somewhat	Agree a lot	Totally agree	I don't know
My parents (or the people who look after me) listen to me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We have a good time together as a family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In my bubble there are enough places to play or to have a good time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel safe when I am out and about in the area I live in	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q18 Tell us if you have gone back to school already or are still at home in your bubble?

18.1 I am still doing school work at home in my bubble

18.2 I have gone back to school

Q19 If 18.1, How often are the following statements true? (<i>Choose one for each line</i>)	Never	Sometimes	Often	Almost always	I don't know
I look forward to doing school work in my bubble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like school work in my bubble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School work in my bubble is interesting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I wish I didn't have to do school work while in my bubble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are many things about school in my bubble that I like	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I enjoy the school activities I do in my bubble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am looking forward to going back to how school was before we had lockdown	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am worried about missing out on my usual school work while we are in lockdown	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q20 If 18.2, when you were doing school in your bubble, how often were the following statements true? (<i>Choose one for each line</i>)	Never	Sometimes	Often	Almost always	I don't know
I looked forward to doing school work in my bubble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I liked school work in my bubble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
School work in my bubble was interesting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I wished I didn't have to do school work while in my bubble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There were many things about school in my bubble that I liked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I enjoyed the school activities I did in my bubble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I looked forward to going back to how school was before we had lockdown	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I was worried about missing out on my usual school work while we were in lockdown	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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(Choose one only)	Excellent	Very good	Good	Fair	Poor
Q21 How would you say your health is right now?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Media use

Q22 Do you have internet at home?

(Tick one only)

- ☐ Yes
☐ No (go to next section)
☐ I don't know

Q23 Do you have a device that you can use during lockdown

- ☐ Yes
☐ No

Q24 What device have you been using during lockdown

(you can choose more than one)

- ☐ Tablet (e.g. an iPad)
- ☐ Laptop or Computer
- ☐ TV
- ☐ Smartphone (e.g. an iPhone or a Samsung Galaxy)
- ☐ Gaming console (e.g. Xbox, PSP or Playstation)
- ☐ Music player (e.g. iPod)
- ☐ Kindle or other eReader
- ☐ Smart watch (e.g. fitbit)
- ☐ A virtual reality headset
- ☐ Something else (list here _____)
- ☐ I don't know

Q25 Do any of your devices have a camera? (*pull through answers from previous questions*)

Child will select from the list pulled through from previous question and tick if the device has a camera

Q26 Do you belong or use any sites listed below?

(Select as many as you use)

- ☐ None
- ☐ Facebook

- Messenger
- Houseparty
- Reddit
- Tik Tok
- Instagram
- Snapchat
- Twitter
- WhatsApp
- YouTube
- Hangouts
- Something else? List them here _____

Q27 During lockdown, how often have you been doing the following things **using a screen-based device**?

<i>(Choose one only for each line)</i>	Every day	Several times a week	About once a week	About once a month	Hardly ever / never	I don't know
School work and homework	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Making phone calls or video calls e.g. Skype/ Facetime	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sending and receiving emails	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using social media (e.g. TikTok, Snapchat)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Instant messaging (e.g. WhatsApp, iMessage, Facebook Messenger, text message, chat)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listening to music on your device	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Taking photos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Watching TV or movies or videos (e.g. Netflix, Lightbox, TVNZ On Demand, YouTube and music videos)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Playing games - on your own on your device	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Playing games – with your family/bubble members/friends on a device	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Searching the internet (e.g. Google)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Creating digital art (art using a computer)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Making or editing a film or video	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Making new music, songs or sound recordings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Writing a story or poem	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Coding/ programming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trading or buying stuff on your device (not as part of a game)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other activity using a screen-based device (Type here)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q28 Have you had any contact (face-to-face, telephone or online) with your **friends** outside your family during lockdown?

- Yes
- No

Q29 If yes - how have you been in contact with **friends**? (You can select as many as you need)

- ☐ Telephone
- ☐ Texting, chatting
- ☐ Facetime/Zoom other videoconferencing,
- ☐ Online platforms such as Google Classrooms/Seesaw
- ☐ Apps such as WhatsApp/HouseParty
- ☐ Online Games
- ☐ In person (even if with physical distancing)
- ☐ Letters
- ☐ Other (type here)_____

Q30 How often have you connected with your **friends** during lockdown? (*answer for each of platforms identified above*)

- ☐ Everyday
- ☐ A few times a week
- ☐ Weekly
- ☐ Fortnightly,
- ☐ Less than fortnightly
- ☐ Only once or twice

Q31 Earlier we asked you about contact with friends. Now we would like to know about contact with extended family not living with you. Have you had any contact (face-to-face, telephone or online) with **extended family members** / whānau **not living with you** (e.g. grandparents, aunts, uncles, cousins etc) during lockdown?

- ☐ Yes
- ☐ No

Q32 If yes - how have you been in contact with **family not living with you**? (You can select as many as you need)

- ☐ Telephone
- ☐ Texting, chatting
- ☐ Facetime/Zoom other videoconferencing,
- ☐ Online platforms such as Google Classrooms/Seesaw
- ☐ Apps such as WhatsApp/HouseParty
- ☐ Online Games
- ☐ In person (even if with physical distancing)
- ☐ Letters
- ☐ Other (type here)_____

Q33 How often have you connected with your **family not living with you** during lockdown? (*answer for each of the platforms identified above*)

- ☐ Everyday
- ☐ A few times a week
- ☐ Weekly
- ☐ Fortnightly
- ☐ Less than fortnightly
- ☐ Only once or twice

Q34 During lock down, on a **school** day (Monday - Friday), about how many hours a day are you spending on screens (including schoolwork)?

- ☐ 0 hours
- ☐ Up to 1 hour
- ☐ Between 1 and 2 hours
- ☐ Between 2 and 3 hours
- ☐ Between 3 and 4 hours
- ☐ Between 4 and 5 hours
- ☐ Between 5 and 6 hours
- ☐ Between 6 and 7 hours
- ☐ Between 7 and 8 hours
- ☐ Between 8 and 9 hours
- ☐ More than 10 hours (if so how many to the nearest hour?) _____

Q35 During lock down, on a **weekend day** (Saturday-Sunday), about how many hours a day are you spending on screens (including schoolwork)?

- ☐ 0 hours
- ☐ Up to 1 hour
- ☐ Between 1 and 2 hours
- ☐ Between 2 and 3 hours
- ☐ Between 3 and 4 hours
- ☐ Between 4 and 5 hours
- ☐ Between 5 and 6 hours
- ☐ Between 6 and 7 hours
- ☐ Between 7 and 8 hours
- ☐ Between 8 and 9 hours
- ☐ More than 10 hours (if so how many to the nearest hour?) _____

Depression (*heading not included in digital survey*)

Q36 Below is a list of the ways you might feel or behave. Please pick how much you have felt or acted this way during the past week.

<i>(Choose one only for each line)</i>	Not At All	A Little	Some	A Lot
I was bothered by things that usually don't bother me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt like I couldn't pay attention to what I was doing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt down and unhappy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt like I was too tired to do things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt like something good was going to happen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt scared.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I didn't sleep as well as I usually sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was happy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt lonely, like I didn't have any friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It was hard to get started doing things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Anxiety (*heading not included in digital survey*)

Q37 This set of questions also asks you how you have been thinking, feeling, or acting. For each item, please select the answer that seems most true for you during the past week.

Remember there are no right or wrong answers, just answer how you have been feeling recently.

(Choose one only for each line)	Never	Almost Never	Sometimes	Often	Almost always
I felt scared	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I worried about what could happen to me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt worried	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt like something awful might happen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I worried when I went to bed at night	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel nervous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I worried when I was at home	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I got scared really easily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I was afraid that I would make mistakes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I thought about scary things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Activities

Q38 How often do you do the following activities with the people in your bubble during the lockdown?

(Choose one only for each line)	Never/ almost never	Once a week	Several times a week	Once a day	Several times a day	I don't know
Reading books together in my bubble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Watching TV/movies together in my bubble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Talking about feelings, or issues in my bubble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Singing a song, playing music, or doing some other musical activity in my bubble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drawing a picture or doing another art/ craft activity in my bubble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Homework and/ or school work or talking about homework or school work in my bubble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Outdoor sporty activities together (e.g. passing a ball, going for a walk, bike-riding, scootering) in my bubble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Baking or cooking together in my bubble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doing chores or housework together in my bubble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating a meal together in my bubble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q39 How true are the following statements about the food and drinks you have been having during the lockdown.

If you think you **eat the same** as before select **I do NOT agree**

<i>(Choose one only for each line)</i>	I do NOT agree	Agree a little bit	Agree somewhat	Agree a lot	Totally agree	I don't know
I eat more food than before	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I eat more often during the day than before (more meals and snacks)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I eat more fruit than before	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I eat more vegetables than before	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I eat more potato chips, chocolate, biscuits, cake or lollies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I drink more fizzy drink than before	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I drink more water than before	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I eat a greater variety (different types) of food than before	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q40 What did you like most about the food in your bubble?

Type your answer below

Q41 What foods did you miss most in your bubble?

Type your answer below

Tell us more about how you have felt in the last few weeks

Q42 What have been the best things for you about being in lockdown?

Type your answer below

Q43 What have been the hardest things for you about being in lockdown?

Type your answer below

Q44 What has worried you most about being in lockdown?

Type your answer below

Q45 What are you most excited for/about when lockdown is over?

Type your answer below

Q46 Is there anything else you want other people to know about what it's like to be in lockdown for you?

Type your answer below

Closing statement

Thank you so much from all the Growing Up in New Zealand team for sharing your ideas and thoughts with us today - we are very lucky to be able to ask you to share your answers to these questions with us at this strange time.

We will keep your information private and your name will not be used in any results. We will also share how you have helped with you and your families as soon as we can bring all the replies together.

We look forward to connecting with you again in the next 12 to 18 months – hopefully at home but maybe differently depending on how things go.

If you would like to tell us anything about how this survey made you feel or what you liked or not about it please do so at contact@growingup.co.nz

If you are worried about anything after answering these questions please talk to those in your bubble and you and they can also find help on our web-site www.growingup.co.nz or by phoning/texting 0508 476 946.

Kia kaha and thank you so much for telling us about how you are doing right now!