



# PARTICIPANT FOLLOW-UP Questionnaire

These activity sessions are supported by StreetGames – who in turn ask us to collect some information about the people that take part. However, **please be assured we will not be analysing or identifying any individual responses & you do not need to write your name on this questionnaire.**

We would be really grateful if you could take a few minutes to fill out the questions and return it to your project leader as soon as possible.

[www.streetgames.org](http://www.streetgames.org)



We would like to find out what you think about taking part at this sports session/project.

# ABOUT YOU

**01** How old are you?

- 10 - 13       14 - 15       16 - 19       20+

**02** Are you?

- Male       Female       Prefer not to say

**03** Which of the following best describes your ethnic origin:

- White       Black or Black British       Asian or Asian British       Mixed       Other ethnic group including Chinese       Prefer not to say

**04** Do you have any physical or mental health conditions or illness that have lasted or are expected to last 12 months or more?

- Yes       No       Prefer not to say

**05** On a scale of 0-10 where 0 is 'not at all' and 10 is 'completely'. Please circle one number on the scale:

Overall how happy did you feel yesterday:

Not at all										Completely
0	1	2	3	4	5	6	7	8	9	10

Overall to what extent do you feel the things you do in your life are worthwhile:

Not at all										Completely
0	1	2	3	4	5	6	7	8	9	10

Overall how satisfied are you with your life nowadays:

Not at all										Completely
0	1	2	3	4	5	6	7	8	9	10

**06** To what extent do you agree or disagree with the statement: 'I can achieve most of the goals I set myself'

- Strongly Agree       Agree       Disagree       Strongly Disagree       Can't say

**07** To what extent do you agree or disagree with the statement: 'If I find something difficult I keep trying until I can do it'

- Strongly Agree       Agree       Disagree       Strongly Disagree       Can't say

**08** To what extent do you agree or disagree with the statement: 'I feel confident at having a go at things that are new to me'

- Strongly Agree       Agree       Disagree       Strongly Disagree       Can't say

**09** How much do you feel you can trust people who are a similar age to you?

- I can trust them a lot       I can trust them a bit       I can't trust them very much       I can't trust them at all

**10** How strongly do you feel you belong to your immediate neighbourhood?  
(Please think of the area within a few minutes walking distance from your home).

- Very strongly       Fairly strongly       Not very strongly       Not at all strongly



## SPORT AND YOU

**11** In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate?

This may include sport, exercise, and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that may be part of your job. **DO NOT INCLUDE ACTIVITIES IN SCHOOL PE LESSONS**

Please circle the relevant number:

0      1      2      3      4      5      6      7

**12** Why did you decide to take part in this sports session/ project? Please tick all that apply to you

- |   |  |
|---|--|
| <input type="radio"/> I was told to come by another adult (e.g. support worker) | <input type="radio"/> My friends come to this session                  |
| <input type="radio"/> I was told to come by my family                           | <input type="radio"/> To be healthier                                  |
| <input type="radio"/> I like to do new things                                   | <input type="radio"/> To keep out of trouble                           |
| <input type="radio"/> Nothing else to do  | <input type="radio"/> Because I like sport                             |
| <input type="radio"/> To stay safe  | <input type="radio"/> The location suits me                            |
| <input type="radio"/> To be active  | <input type="radio"/> New things happen here                           |
| <input type="radio"/> To learn new things                                       | <input type="radio"/> To volunteer                                     |
| <input type="radio"/> To meet new people  | <input type="radio"/> To take part in training and get a qualification |
| <input type="radio"/> To have fun   | <input type="radio"/> To prepare me for getting a job                  |
| <input type="radio"/> Other please specify:                                     |  |


# THE SPORTS SESSION AND YOU

**13** Thinking about your involvement at this sports session/project, how much do you agree with the following statements?

	DO NOT AGREE	AGREE A LITTLE	AGREE A LOT
I enjoy playing sport at this session	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I enjoy helping out at this session	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I enjoy volunteering at this session	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel safe at this session	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The coaches are firm but fair	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The coach gets who I am	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can talk to the coach about things that bother me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am treated with respect here	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel part of something in this session	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have learnt new things here	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have achieved new things here	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have met new people here	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am getting on better at school/College because of this session	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would recommend this session to a friend	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**14** Thinking about attending this sports session/ project, what has changed as a result of you taking part at this session? How much do you agree with the following statements?

	DO NOT AGREE	AGREE A LITTLE	AGREE A LOT
I feel healthier now	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am more motivated to take part in activities now	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to communicate better now	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get on better with other young people now	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have made new friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get on better with adults now	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can be relied on more now	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have learnt things that will help me to do well at school/college	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have learnt things that will help me to prepare for getting a job	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SOME YOUNG PEOPLE

**15** Below are some statements about how some young people think about different things in their lives. Please read the statement and then choose how much the statement is like you.

	NOT like me	A BIT like me	QUITE like me	JUST like me
Love to do sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have lots of things to do in their spare time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Enjoy school/college	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do well at school/college	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feel valued by adults	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Live in places where there is lots of crime	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have choices about what to do in life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack confidence in themselves	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feel good about themselves	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Often get angry/lose temper	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Often get involved in conflicts & violence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do things that are bad for their health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do things they feel are wrong because friends do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Often get into trouble with adults	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Think they will get good jobs later in life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Have the skills that will help them get good jobs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# FINALLY

**16** Thinking about this sports session/project, please tell us what you think was the best thing about taking part.

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**17** Thinking about this sports session/ project, please tell us about anything that you didn't enjoy or that you think should be changed.

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**18** Please tell us what you would like your next steps to be.

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# THANK YOU

## FOR COMPLETING THIS SURVEY

*(To be completed by project Staff before returning to StreetGames)*

URN:

Name and location of your Project:

Date that the young person completed this survey:

Please tick the route of engagement into session by Young Person:

- 1. Referred (as a Participant)
- 2. Formally Referred (as a Volunteer)
- 3. Informally Referred (as a Volunteer)
- 4. Via open access (as a Participant)
- 5. Via open Access (as a Volunteer)