

Bradford 1000 Young Voices Quiz



1. From the list below, which are the five most important reasons why you take part, or would want take part in sport/physical activity?

- To develop skills
- Improve health and fitness
- Improve social skills, learning to be part of a team
- Make new friends
- Spend time with friends
- Improve body image/ the way you look
- Have fun/ have a laugh
- Compete against others
- Improve performance
- Let off steam/ releasing stress
- Escape worries/ stress
- Stop me from feeling bored
- Work towards and achieve goals
- Improve mental health
- Feels good/ enjoyment
- Increases my self-esteem/ confidence

2. From the list below, which are the five most important aspects that stop you or make it difficult for you to take part in sport/physical activity?

- Lack of time
- Lack of energy
- Not confident enough
- Don't enjoy it
- No one to go with
- Too anxious
- Too self-conscious
- Not a sporty person
- Don't like getting out of breath
- Health reasons
- Can't afford it
- Not able to get there/ no way of getting there
- Don't know if any sports clubs in my area
- Haven't found a sport or activity I enjoy
- Prefer spending time doing other things
- Periods/ PMT
- Not enough space at home
- Nothing to wear

3. What are the most common emotions that you feel when you have taken part in sport and activity? Please pick your top three:

- Worried/ anxious
- Humiliated
- Self-conscious
- Not good enough
- Angry
- Frustrated
- Lonely
- Like a failure
- Let people down
- Bored
- Unwelcome/ Out of place/ like I don't belong
- Judged
- Happy/ joyful
- Uplifted
- Relaxed
- Relieved
- De-stressed
- Energetic
- Feel free
- Feel I'm a part of something
- Supported

Demographics

4. How old are you?

- 9 or less
- 10 - 12
- 13 - 15
- 16 - 17
- 18+

5. Are you:

- Male
- Female
- Prefer not to say

6. What is your sex:

- Male
- Female
- Prefer not to say

7. Is the gender you identify with the same as your sex registered at birth?

Yes

No

8. Please write in gender identity:

9. What is your ethnic group? Choose one option that best describes your ethnic group or background:

Asian or Asian British

Black, Black British, Caribbean or African

Mixed or multiple ethnic groups

Other ethnic group

White

If Other, please specify...

10. Please tell us your postcode:

Please click Submit to see your results...