

Young People’s Survey (YPS)

To be completed by practitioner	
Date:	
Activity Name:	
Young person’s name or identifier:	

We would like to ask you some questions so that we can better plan our activities and help support your interests, learning, and personal growth.

Please read each statement and think about how often it is true for you in your day-to-day life.

If you are not sure about the meaning of a word or sentence, please ask for more information.

Completing this is voluntary: you are not required to answer all of the questions if you don’t want to, and you can stop at any time.

No one outside your organisation or research team will be able to link your answers back to you. An adult you work with might have a conversation with you about how your answers can help us to better support you.

If you want to change any of your answers, please mark an “X” through the old response and tick the new one.

Higher scores are not better or worse – all people will have a mix of high and low scores, and we want to know your unique mix!

Please try to be as honest as possible. When you are not sure, just pick the response option that is closest to how you think about yourself and keep moving.

Thank you!

A: How old are you? (Please clearly circle your response)

8 or less	9	10	11	12	13	14	15	16	17	18 to 21	22 to 25
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B: How many hours do you come here in a typical week? (Please clearly circle your response)

Less than 1 hour	1 to 2 hours	3 to 4 hours	5 to 6 hours	7 or more hours
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C: Thinking about what usually happens in your life: (Circle the box that best describes how you see yourself in general)

Item		Answer				
Emotion management						
1	I easily calm myself down when I'm feeling upset.	Never	Rarely	Sometimes	Often	Always
2	I react to things before thinking much about them.	Never	Rarely	Sometimes	Often	Always
3	My strong feelings get in the way of talking with others or taking part in activities.	Never	Rarely	Sometimes	Often	Always
4	I easily stop myself from doing things that might be bad for me.	Never	Rarely	Sometimes	Often	Always
Empathy						
5	I feel bad when someone gets their feelings hurt.	Never	Rarely	Sometimes	Often	Always
6	I think I understand how people close to me feel.	Never	Rarely	Sometimes	Often	Always
7	It is easy for me to feel what other people are feeling.	Never	Rarely	Sometimes	Often	Always
8	I feel bad for those who are suffering.	Never	Rarely	Sometimes	Often	Always
Initiative						
9	I stay focused and on-task despite distractions.	Never	Rarely	Sometimes	Often	Always
10	I give up when things get difficult.	Never	Rarely	Sometimes	Often	Always
11	I work as long and hard as necessary to get a job done.	Never	Rarely	Sometimes	Often	Always
12	I am willing to risk mistakes and setbacks to reach my goals.	Never	Rarely	Sometimes	Often	Always

Problem Solving						
13	I start a new task by thinking about different options for doing it.	Never	Rarely	Sometimes	Often	Always
14	I make step-by-step plans to reach my goals.	Never	Rarely	Sometimes	Often	Always
15	I make back-up plans in case things don't work out.	Never	Rarely	Sometimes	Often	Always
16	I take time to think about how others might react before I say something.	Never	Rarely	Sometimes	Often	Always
Responsibility						
17	People can count on me to get my part done.	Never	Rarely	Sometimes	Often	Always
18	I do the things I say I am going to do.	Never	Rarely	Sometimes	Often	Always
19	I take responsibility for my actions, even if I make a mistake.	Never	Rarely	Sometimes	Often	Always
20	I do my best when a trusted adult asks me to do something.	Never	Rarely	Sometimes	Often	Always
Teamwork						
21	I seek help from others when I need it.	Never	Rarely	Sometimes	Often	Always
22	I respect other points of view, even if I disagree.	Never	Rarely	Sometimes	Often	Always
23	I go out of my way to help others.	Never	Rarely	Sometimes	Often	Always
24	I encourage others to do their part.	Never	Rarely	Sometimes	Often	Always