

Young People's Survey Accessible (YPS-A)



To be completed by practitioner	
Date	
Project ID	
Site ID	
Young person ID	

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, please ask for help and support.

Completing this is voluntary, you are not required to answer all of the questions 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. Someone 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 circle 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 under	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				
I easily calm myself down when feeling upset	Never	Rarely	Sometimes	Often	Always
I recover quickly from bad experiences	Never	Rarely	Sometimes	Often	Always
I easily stop myself from doing things that might be bad for me	Never	Rarely	Sometimes	Often	Always

My strong feelings get in the way of talking with others or taking part in activities	Never	Rarely	Sometimes	Often	Always
I react to things before thinking much about them	Never	Rarely	Sometimes	Often	Always
I get nervous (or upset) when talking with others or working on a task	Never	Rarely	Sometimes	Often	Always
I stay focused and on-task despite distractions	Never	Rarely	Sometimes	Often	Always
I make step-by-step plans to reach my goals	Never	Rarely	Sometimes	Often	Always

I am good at managing time (e.g. I show up on time; I get things done on time)	Never	Rarely	Sometimes	Often	Always
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