1/1

(FOR OFFICE USE ONLY)

CODING FRAME?

Institute of Education

UCL



FOR VI AND V2 combined

VERSION 1

PUPIL.

- We are researchers and we want to get your views about school and find out about your health. This is <u>NOT</u> a test. There are no right or wrong answers!
- Your name is not on this questionnaire. <u>This questionnaire is COMPLETELY CONFIDENTIAL</u>. No-one except the researchers will find out what you write. <u>Your family, friends and school will NOT find out what you write.</u>
- Please answer all the questions as truthfully as you can. Please fill it all in and be honest. The answers you give will be used to try and improve schools and young people's health.

Please put a tick (√) in the boxes provided. If you have made a mistake, put a cross (x) through the box and answer again.

NO=1 YES=2

-9 Missing

- 8 Not Applicable (Goto Questions)

- 5 Incorrect response

1.e. multi response when only I required

1. How old are you?			
2. Are you: Male	Female	- 2	
3. Which ethnicity best de	escribes you?	Please √ <u>one</u> bo	×
White British White other Asian or Asian British Black or Black British Chinese or Chinese Britis Mixed ethnicity Other ethnic group	h		
4. What religious group of	r church do yo	ou belong to?	Please √ <u>one</u> bo
None Christian Jewish Muslim/Islam Hindu Sikh I don't know / not sure Other religious group	1 2 3 4 5 6 7		
5. Which adult or adults (given with?	<u>not</u> including o	older siblings) do you live
Please ✓ as many as appl My mother My father My stepmother My stepfather My foster-mother My foster-father Someone else		× 1	
6. Are any of the adults the part-time or full-time?	•	The second secon	k, either
Yes 🗆 2	No 🗆 l	I don	't know □ ੨

7. What kind of hous	e or flat do you live in?	Please ✓ one box only
One rented from a	r family (including one with a mortga	ge)
8. Does your family	own a car, van or truck?	
Please ✓ <u>one</u> box o	only	
No Yes, one Yes, two or more	□ 1 □ 2 □ 3	
9. Do you have your	own bedroom for yourself?	
No Yes	_ 1 _ 2	
•	12 months, how many times owith your family?	did you travel
Not at all Once Twice More than twice	□ 1 □ 2 □ 3 □ 4	
	outers (including laptops and consoles and smartphones)	•
Please √ <u>one</u> box o	only	
None One Two More than two	□ \\ □ 2 □ 3 □ 4	

The following questions are about your experiences of secondary school. Remember that your answers are confidential.

12. Have you been at this school	ol si	nce th	e start of	Year 7?					
Please ✓ <u>one</u> box only									
Yes, I have been at this school since the start of Year 7									
No, I have changed secondary so	_ '								
13. How much do you agree wit	th th	ne follo	wing sta	tements'	?				
Please ✓ one box on EVERY line									
		YES! Totally agree!!	Yes, I agree a bit	No, I don't really agree	NO! Totally disagree!!				
The teachers at this school are fair in dealing with students	Q				□ 1 − 4				
There's at least one teacher or other adult in this school I can talk to if I have a problem	b		_		_				
I feel I can go to my teachers with the things that are on my mind	C				_				
In this school, teachers believe all students can learn	d				_				
In this school, students' ideas are listened to and valued	9				_				
In this school, teachers and students really trust one another	E								

9

In this school, teachers treat students

This school really cares about students

Most of my teachers really listen to what

I really like most of my teachers at this

with respect

as individuals

I have to say

school

14. How much do you agree with the following statements?

Please √ one box on EVERY line

		YES! Totally agree!!	Yes, I agree a bit	No, I don't really	NO! Totally disagree!!	
I feel very different from most other students here	9			agree		1-4
I can really be myself at this school	b					
Other students in this school take my opinions seriously	C					
I am encouraged to express my own views in my classes	d					
Most of the students in my classes enjoy being together	e					
Most of the students in my classes are kind and helpful	E					
Most other students accept me as I am	9					
I feel I belong at this school	h					1

15. How much do you agree with the following statements?

Please ✓ one box on EVERY line

		YES! Totally agree!!	Yes, I agree a bit	No, I don't really agree	NO! Totally disagree!!
There are lots of chances for students at this school to get involved in sports, clubs and other activities outside class	9				<u> </u>
Teachers at this school notice when students are doing a good job and let them know about it	b				_
At this school, students have a lot of chances to help decide and plan school activities, events and policies	C				
Student activities at this school offer something for everyone	d				
Students have a say in decisions affecting them at this school	2				
Students at this school are encouraged to take part in activities, programmes and special events	F				
16. How much do you agree with Please √ one box on EVERY line	h t	he follo	wing stat	tements	?
		YES! Totally agree!!	Yes, I agree a bit	No, I don't really agree	NO! Totally disagree!!
I try hard in school	9				01-4
Doing well in school is important to me	b				
Continuing or completing my education is important to me	C				
I feel like I am successful in this school	4				

The following questions are all about your experiences of bullying and aggression at this school. Remember that all your answers are confidential and no-one will find out what you tell us.

We want to know if any of the following things have happened in your <u>last three months at school</u>.

17. Has an	yone TEASED YOU or	CALLED YOU NA	AMES at this
school	in the last 3 months?		

 $\Box \vdash \rightarrow$ If 'No', please go to question 18 below

No

Yes	2		
How ofter	n?		Please √ one box only
	s ce a week i once a week	-1 -2 -3	-8 -5 may apply
How upse	etting was it who	en you were teased	d or called names?
Please ✓ Not at all A bit I was quit	one box only		-8 -5 may apply
_	one spread R months?	UMOURS ABO	UT YOU at this school in
No Yes	□ \ → If 'No □ 2	o', please go to que	estion 19 on the next page
How ofte	n?		Please √ one box only
	s ce a week i once a week	\	-8 may apply
How upse	etting were the	rumours?	Please √ one box only
Not at all A bit I was quit	e upset	□1 □2 □3	-8 may apply

19. Have you been DELIBERATELY LEFT OUT OF THINGS at this school in the last 3 months?

No Yes	□ → If 'No	', please go to question 20 k	pelow
How often?			Please ✓ <u>one</u> box only
Most days About once a Less than on		□ 1 □ 2 □ 3	-8 may apr
How upsettir	ng was it bein	g left out of things?	Please √ one box only
Not at all A bit I was quite u	pset	□ 1 □ 2 □ 3	-8 -5 may apply
the second commence of		ATENED PHYSICALLY dent recently at this so	
No Yes	□ → If 'No □ 2	', please go to the next page	
How often?			Please ✓ <u>one</u> box only
Most days About once a Less than on		□ 1 □ 2 □ 3	-8 may apply
How upsettir	ng was it bein	g threatened or hurt?	Please ✓ <u>one</u> box only
Not at all A bit I was quite u	pset	□ 1 □ 2 □ 3	-8 may apply

21. How many times have you done the things below in the last three months?

Please √ one box on EVERY line

	Never	1 or 2 times	3 or 4 times	5 or more times	
I pushed, shoved, slapped, or kicked other students.					1-4
I called other students names					
I said things about other students to make other students laugh.					
I teased other students.					
I threatened to hit or hurt another student.					

The next questions are about your experiences of <u>cyberbullying</u>. This is bullying through <u>mobile phone use</u> or by using the <u>internet</u>.

Examples of bullying using a mobile phone are:

- Receiving upsetting phone calls (e.g. malicious prank calls)
- Receiving abusive text messages

Examples of bullying through the internet are:

- Malicious or threatening emails directly to you, or about you to others
- Intimidation or abuse when participating in chat rooms
- Abusive instant messages (e.g. MSN)
- Websites where nasty or unpleasant comments are being made

We want to know if any of these things have happened <u>either in school or outside school</u> in the <u>last THREE months</u>.

22. Have <u>you</u> been bullied through mobile phone use or on the internet in the <u>last three months</u>?

Please ✓ <u>one</u> box only		
No, I haven't	□ → If 'No', go to qu. 24 (next page)	e)
Yes, once or twice	2 🗆	'
Yes, two or three times a month	3 🗖	
Yes, about once a week	4 🗆	
Yes, several times a week or more	5 🗆	

23. If <u>Yes</u>, <u>how</u> did they bully you through mobile phone use or the internet in the <u>last three months</u>?

Please ✓ as MANY as apply

9	Using text messages	
b	Using multimedia texts (e.g. photos, videos, etc.)	
C	Using phone calls	
d	Through emails	10
6	Through instant messages (e.g. MSN, Blackberry Messenger)	13×1
F	Through Twitter	
9	Through Facebook	0 011
h	Through other social networking websites (e.g. myspace)	-8 may
L	Through video sharing websites (e.g. YouTube, Vine, etc.)	- 5 appur
Š	Through photo sharing websites (e.g. Instagram, flickr, etc.)	
K	Through a blog (e. blogspot, LiVEJOURNAL, etc.)	
L	Through chat rooms	
M	In another way	

24. Have YOU ever bullied anyone else using your mobile phone or using the internet?

Please ✓ one box only

I was given extra homework to do

No, never Yes, once or twice Yes, two or three times a month Yes, about once a week Yes, several times a week or more	е	□1 □2 □3 □4 □5							
These questions are about thing school in the last three months				happene	ed <u>at</u>				
25. During the last <u>3 months of school</u> how often did these things happen to you because of something <u>you</u> had done wrong?									
Please √ <u>one</u> box on <u>EVERY</u> line	N	Never!	1 or 2 times	3 or 4 times	5 or more times!				
The school got in touch with my parents by letter or telephone about an incident	-					1-4			
I got a punishment and my parents were informed about that	b								
I was given detention	C								
I was sent to the head of year, deputy head or head teacher for my behaviour	d								
I was put on a conduct/behaviour sheet	e								

26. During the last <u>3 months of school</u> how often did you do these things at school?

Please ✓ one box on EVERY line

Please ✓ one box on EVERY line								
		Most days!	At least once a week	Less than once a week	Hardly ever or never!			
Arrive late for classes	a					1-4		
Fight in or outside the class	b							
Refuse to do homework or class work	C							
Be cheeky to a teacher	d							
Use bad or offensive language	e							
Wander around school in class time	F							
Purposely damage or destroy things belonging to the school	9							
Threaten a teacher	h							
Hit or kick a teacher	ì							
Cheat doing homework or tests	j							
Threaten another student	K							
Hit or kick another student								
Get in a fight	~					V		
27. Have you ever been in a physical fight (e.g. punching or kicking) at this school? Yes No								
28. During the last 3 months of school, have you skipped / bunked off school? Yes No Yes								

this school				t <u>your triends</u>	at
Yes No	_2 _1				
30. Have <u>you</u> E from this so		temporaril	y or permaner	ntly excluded	
Yes No	- 2 - 1				
31. Have any or or permane	f <u>your frier</u> ently exclu	nds at this s ded?	school EVER b	een tempora	rily
Yes No	-2 -1				
32. In the past by the poli	12 months ce OUTSII	s, have you DE school?	ever been sto	pped or told	off
No Yes, twice		_ 1 _ 3	Yes, once Yes, three	e or more times	04
33. In the past or arrested			ever been for	mally caution	ed
No Yes, twice		□ 1	Yes, once Yes, three	e or more times	02
34. Please think about your friends who are the same age as you. How many of them have been told off, stopped or picked up by the police OUTSIDE school in the last 12 months? Please ✓ one box only					
None of then Most of them	n	□ 1 □ 3	A few of them All of them	_2 _4	
35. In the past of hospital bed Please √ one	cause you	how many had an acc	nights have yo	ou spent in 1?	
None Two nights			One night Three nights	0 4 0 4	

36. In the past 12 months how many times have you used any other health services (e.g. GP, hospital outpatients) because you had an accident or injury? Please ✓ one box only							
None Two time More tha		□ t □ 3 please state	One time Three times how many	02			
	We want to know if any of the following things have happened either in school or outside school.						
37. During t weapon fight?	he last 3 mo with you fo	onths, did r protecti	you ever carry a on or in case it v	a knife or other vas needed in a			
Yes	2	No					
38. During t weapon	38. During the last 3 months, did you use force, threats or a weapon to steal money or something else from somebody?						
Yes	2	No					
39. During t that did street lig	not belong	onths, did to you on	you damage or operation you damage or operations.	destroy property indows, cars or			
Yes	- 2	No					
40. During to to some	he last 3 mo	onths, did rpose (e.g	you ever set fire . bus shelter, sh	e or try to set fire nop, etc.)?			
Yes	2	No					
We also want to know about your health.							
41. Which of	the followi	ng best de	escribes you?				
I currently	smoke e-ciga	rettes		□ <i>\</i>			
	d e-cigarettes currently smo		2 months	2			
	d e-cigarettes go but do not c			3			
I have nev	er tried e-ciga	rettes		4			

42.	Read all of these statements carefully the one which describes you best	and tick	the box next to
	Please ✓ <u>one</u> box only		
	I have never smoked		Go to question 44
	I have tried smoking but have never smoked regularly	1 2	Go to question 43
	I used to smoke regularly but I never smoke a cigarette now	3	Go to question 43
	I smoke cigarettes regularly but not as many as one a week	4	Go to question 43
	I usually smoke between one and six cigarettes a week	□ 5	Go to question 43
	I usually smoke more than six cigarettes a week	6	Go to question 43
43.	How long is it since you last smoked a only a puff or two)?	cigare	tte (even if it was
	Please ✓ <u>one</u> box only		
	Less than one day One to three days Four to seven days More than a week but less than a month One to two months Three to six months More than six months	2 3 45 6	-8 -5 may apply
44.	Have you ever drunk alcohol (more tha	n just a	sip)?
	Yes □2 No □ 1 → If 'No', please go to ques		
45.	If yes, how often do you drink alcohol?		
	Please ✓ <u>one</u> box only		
	I have not drunk alcohol in the last week I have drunk alcohol once or more in the last we	eek	-8 may apply
46.	Have you ever had so much alcohol that drunk?	at you w	ere really
	Please ✓ <u>one</u> box only		
	No, never Yes, once Yes, 2-3 times Yes, 4-10 times Yes, more than 10 times	□ \ □ 2 □ 3 □ 4	-8 may apply

47. On how many occasions (if any) have you drunk 5 or more drinks in a row in the last 30 days?

0 1-2 3-5 6-9 10-19	1 2 3 4 5	-8 mayapply
10-19 20-39 40 or more	□ 5 □ 6 □ 7	

48. Has anyone ever offered you any drugs?

Please √ one box only

Please ✓ one box only No, I've never been offered drugs Yes, I've been offered drugs but I didn't try them Yes, I've been offered drugs and I tried them 3 □ → answer qu. 49

49. If you have tried drugs, have you tried any of the following and how often?

		Yes, in the last week	Yes, in the last month	Yes, but not in the last month
Cannabis (hash, weed, joints, spliff)	9			
Sniffing glue or solvents (lighter fuel, petrol, gas)	b			
Other drugs	C			



50. Have you ever had sex (sexual intercourse) wit woman?	th a girl or	
Please ✓ <u>one</u> box only		
Yes □ 2 No □		
If yes, how old were you the first time?Years	Months	
51. Have you ever had sex (sexual intercourse) with Please ✓ one box only	h a boy or man?	
Yes □ 2 No □		
If yes, how old were you the first time?Years	Months	
If you have never had sex, go to qu. 53		
52. The FIRST TIME you had sex, did you or your pa of the following? You can ✓ more than one box	artner use any	
Condom The pill The emergency contraception pill ('morning after' pill) Other, Please say what: Not sure OR Didn't use anything	-8 may) poli

53. For each of the following items, please mark either the box for "Not True", "Somewhat True" or "Definitely True".

Please answer them all as best you can even if you are not absolutely sure or they seem odd questions!

Please give your answers on the basis of how things have been for you over the last <u>SIX MONTHS</u>

Please √ <u>one</u> box on <u>EVERY</u> line	N	ot True	Somewhat True	Definitely True
I try to be nice to other people. I care about their feelings	9			□ 1-3
I am restless, I cannot stay still for long	d			
I get a lot of headaches	C			
I usually share with others (food, games, pens etc.)	d			
I get very angry and often lose my temper	e			
I am usually on my own. I generally play alone o keep to myself	or C			0
I usually do as I am told	9			
I worry a lot	h			0
I am helpful if someone is hurt, upset or feeling ill	ì			0
I am constantly fidgeting	Ĺ			0
I have one good friend or more	K			
I fight a lot. I can make other people do what I want	L			
I am often unhappy, down-hearted or tearful	M			
Other people my age generally like me	\cap			

ALL YOUR ANSWERS ARE COMPLETELY CONFIDENTIAL

	N	ot True	Somewhat True	Definitely True
I am easily distracted, I find it difficult to concentrate	0			<u> </u>
I am nervous in new situations. I easily lose confidence	P			
I am kind to younger children	9			
I am often accused of lying or cheating	•			
Other children or young people pick on me or bully me	S			
I often volunteer to help others (parents, teachers, children)	t			
I think before I do things	U			
I take things that are not mine from home, school or elsewhere	V			
I get on better with adults than with people my own age	ω			_
I have many fears, I am easily scared	7			
I finish the work I'm doing. My attention is good	Y			

54. How much of a problem have these things been for you in the past ONE month ... Please √one box on EVERY line

	ı	Never	Almost Never	Sometimes	Often	Almost Always
It is hard for me to walk more than 50 metres	a					□ 1-5
It is hard for me to run	b					
It is hard for me to do sports activity or exercise	C					
It is hard for me to lift something heavy	cl					
It is hard for me to take a bath or shower by myself	e					
It is hard for me to do chores around the house	F					
I hurt or ache	3					
I have low energy	h					
I feel afraid or scared	ì					0
I feel sad	3					
I feel angry	K					0
I have trouble sleeping	L					
I worry about what will happen to me	M					
I have trouble getting along with other kids	^					
Other kids do not want to be my friend	0					
Other kids tease me	P					

ALL YOUR ANSWERS ARE COMPLETELY CONFIDENTIAL

	N	ever	Almost Never	Sometimes	Often	Almost Always	
I cannot do things that other kids my age can do	9						
It is hard to keep up when I play with other kids	f						
It is hard to pay attention in class	S						
I forget things	t						
I have trouble keeping up with my schoolwork	U						
I miss school because of not feeling well	/						
I miss school to go to the doctor or hospital	W						
55. Below are some statements about <u>your feelings</u> and thoughts. Please tick the box that best describes your experience of each over the <u>LAST TWO WEEKS</u> . Please ✓ <u>one</u> box on <u>EVERY</u> line None of Rarely Sometimes Often Always							
I've been feeling optimistic		the time		_		Always	
about the future	9						
l've been feeling useful	b						
I've been feeling relaxed			_		ш		
	C		_				
I've been dealing with problems well	d	0		_		_	
	1		_	_			
problems well	4		_	_			

These questions ask about how you are **TODAY**.

56. For each question, read all the choices and decide which one is most like you <u>TODAY</u>. Then put a tick in the box next to it.

Please ✓ one box only for each question

	How worried are you today?	
a	I don't feel worried today I feel a little bit worried today I feel a bit worried today I feel quite worried today I feel very worried today	1 2 3 4 5
	How sad are you today?	
Ь	I don't feel sad today I feel a little bit sad today I feel a bit sad today I feel quite sad today I feel very sad today	2 2 3 4 5
	Are you in pain today?	
C	I don't have any pain today I have a little bit of pain today I have a bit of pain today I have quite a lot of pain today I have a lot of pain today	1
	How tired are you today?	
d	I don't feel tired today I feel a little bit tired today I feel a bit tired today I feel quite tired today I feel very tired today	□ 1 □ 2 □ 3 □ 4 □ 5
	How annoyed are you today?	
2	I don't feel annoyed today I feel a little bit annoyed today I feel a bit annoyed today I feel quite annoyed today I feel very annoyed today	1 2 3 4 5
	How well did you sleep last night?	
E	Last night I had no problems sleeping Last night I had a few problems sleeping Last night I had some problems sleeping Last night I had many problems sleeping Last night I couldn't sleep at all	1 2 3 4 5

Please ✓ one box only for each question

	Thinking about your school work/homework today (such as reading and writing)			
)	I have no problems with r I have a few problems with I have some problems with I have many problems with I can't do my schoolwork	th my schooly th my schooly th my schooly	vork/homework today vork/homework today vork/homework today	3
	Thinking about your daily	routine (thin	gs like eating, having	a bath/shower)
	I have no problems with r I have a few problems wit I have some problems wit I have many problems wit I can't do my daily routing	th my daily ro th my daily ro th my daily ro	utine today utine today	□\ □ 2 □ 3 □ 4 □ 5
	Are you able to join in act	tivities like pla	aying out with your frie	ends and doing sports?
	I can join in with any active I can join in with most act I can join in with some active I can join in with a few activities.	rities today ivities today tivities today tivities today		1
	And some more que			hool?
	Please √ <u>one</u> box o			
	Very fair Quite fair Quite unfair Very unfair	1 2 3 4		
	58. Does this school	have rule	s that are written	down somewhere?
	Yes 🗆 2	No	□ \	I don't know □ 3
	59. Do teachers at the rules?	his school	try to make sure	that students obey
	Please √ one box o	only		
	<u>All</u> teachers do <u>Some</u> teachers do	□1 □3	Most teachers do No teachers do	□ 2 □ 4

60. Are you involved	with any extra-curricula:	activities	at vour
school?	•		,

Please ✓ as many as apply		
No Yes – Sports Yes – Art, music or drama Yes – Other clubs		IF 'NO' and bicid are blank then -8 applies
61. Do you feel safe at this sc	hool?	
Please √ <u>one</u> box only		
All the time Most of the time Some of the time Never	□ ¹ □ ² □ ³ □ ⁴	
This part of the questionnaire	e is about your frie	nds at school.
62. First of all, how many frien	nds do you have <u>at</u>	this school?
Please ✓ one box only		
None $\square / \rightarrow \text{If 'N}$ One friend $\square 2$	one', please go to ques	tion 68 on the next page
Just a few □3 Several □4 Lots of friends □5		-8 may apply
63. Recently have you had an your <u>friends</u> at school?	y fights or argume	nts with any of
Please ✓ one box only		2
No Yes – with one or two people Yes – with more than two peop	□ (□ ² le □ ³	-8 may apply
64. If you get angry or upset of can tell how you feel?	do you have a frien	d at school you
Please ✓ <u>one</u> box only		2
No Yes – one or two people Yes – more than two people	□	-8 may apply

65. When you feel happy do you have a friend at sa share this with?	chool you can
Please ✓ <u>one</u> box only No □) Yes □ Z	-8 may apply
66. Do you have a friend at school you can trust w thoughts and feelings?	ith your private
Please ✓ <u>one</u> box only No □ □ Yes □ ∠	-8 may apply
67. Is there anyone who really knows you very we how you think and feel) at school?	II (understands
Please ✓ <u>one</u> box only No □ Yes □ Yes, sort of □	-8 may apple
68. Which of the following have you seen happen a the last <u>3 months of school</u> Please ✓ as many as apply	at this school in
Boys fighting Girls fighting Someone threatening someone A student trying to hurt another student Someone robbing money or a mobile phone Someone letting off a firework Someone carrying a knife	7×1
69. This school has recently been taking steps to rand aggression	educe bullying
Please ✓ <u>one</u> box only ¹ Yes □ ¹	
No □² Not sure □3	

70. Th	nis past year in ogether	class, we've been learning h	ow to get on well
ı	Please ✓ <u>one</u> box only		
	Yes	<u>_</u> ;	
	No Not sure		
71. Th	nis past year in our ur emotions	class, we've been learning h	ow to manage
F	Please ✓ <u>one</u> box or	nly	
	/es	<u></u> 1	
	No Not sure	□² □3	
72. Th	iis past year in o onflict	class, we've been learning ho	ow to resolve
F	Please ✓ <u>one</u> box on	ıly	
	′es		
	No Not sure	□ ²	
ľ	vot sure	□ 3	
73. l u	nderstand wha	t is meant by 'Restorative Pra	actice'
F	Please ✓ <u>one</u> box on	ly	
-	es		
	es, sort of Vo	□²- □³	
	T	_	
74. If t	there is trouble	at this school, staff respond	by:
P	Please ✓ <u>all that app</u>	olv	
	Punishing those who		g 🗖
Т	alking to those invo	lived to help them get on better	b 03×1
N	leither of the above		C -
		dents at this school get toget	ther to build
DE	etter relationshi	ps	
Р	Please √ <u>one</u> box on	lv	
S	Sometimes		
N	lever	3	

76.	Teachers and students at this school get together to	discuss
	their views and feelings	

Please ✓ <u>one</u> box only		
Often		
Sometimes	□ 2	
Never	$\square 3$	

77. At this school, students were involved in developing the behaviour policy or school rules

Please ✓ <u>one</u>	box only
Yes	
No	□ ²
Not sure	3

That is the end. THANK YOU!

Please remain quiet until everyone has finished.

For confidential advice and support for whatever you are worry about, whenever you need help:

- NSPCC Childline on 0800 1111
- Brook, the young people's sexual health & wellbeing charity https://www.brook.org.uk/