Inserm

Institut national
de la santé et de la recherche médicale

CENTRE HOSPITALIER
Fondation Vallée

Survey on Adolescence process

This multicentre survey is devised for teenagers aged 13 to 18 in Hautes-Alpes, Poitou-Charentes and Val-de-Marne. Its success depends on you. The questionnaire you have agreed to fill out is **confidential** and **anonymous**. You can therefore answer it with confidence. However, it is important for your answers to be honest to produce reliable results.

This questionnaire is not designed to find out what you know or judge you. It will be used to understand teenagers better in general by collecting new data to improve the help they are given if there are problems and to prevent problems more efficiently.

To answer:

For each question, put a cross in the box that you choose: ☒ ☐

If you make a mistake, black out the box completely and put a cross in the correct box. ■ ☒

For example:

Please note, for some questions, only one answer is possible, for others *(text in italics)* you can give several answers. For example:

4. Do you have another adult you are close with to talk about your health with? (Several answers possible)

Your father	☒ 1	*A friend of the family*	☒ 8
Your mother	☐ 2	*Your pupil supervisor*	☐ 9

When you see a line like this _____ , you must write your answer in full.

There are no right or wrong answers, just choose the answer that suits you the most. Read each statement carefully but do not spend too much time deciding on the answer. Answer all the questions, even if you are not sure of the answer.

Write in **black pen only and never use a corrector**. The numbers next to the boxes are for us to code the question. You can ignore them.

If you have difficulty answering questions, you can ask the adult supervising you and also write this at the end of the questionnaire on the "comments" form.

Thank you for taking part

SOME INFORMATION ABOUT YOU

1.1. **In what year were you born?** ☐☐☐☐

1.2. **Are you:** A girl ☐ 2 A boy ☐ 1

1.3. **What school year are you in?**
(Only one answer possible)

Year 9	☐ 1	Second agricultural cycle, Year 12	☐ 11
Year 10	☐ 2	Second agricultural cycle, Year 13	☐ 12
Year 11 (general or technological)	☐ 3	CAP[1], CAPA[1] 1st year	☐ 13
Year 12 (general or technological)	☐ 4	CAP[1], CAPA[1], 2nd year	☐ 14
Year 13 (general or technological)	☐ 5	CAP[1], CAPA[1], 3rd year	☐ 15
Year 11 vocational training	☐ 6	BEP[1], BEPA[1], 1st year	☐ 16
Year 12 vocational training	☐ 7	BEP[1], BEPA[1], 2nd year	☐ 17
Year 13 vocational training	☐ 8	SEGPA[2] (Years 7, 8, 9 and 10)	☐ 18
First agricultural cycle (Years 9 and 10)	☐ 9	SEGPA[2] (CAP[1])	☐ 19
Second agricultural cycle, Year 11	☐ 10	Other	☐ 20

[1]: vocational high school-level certificate, [2]: education section for pupils with learning difficulties

1.4. **Have you ever repeated a year?**
(Only one answer possible)

Never ☐ 1 **Once** ☐ 2 **Twice or more** ☐ 3

1.5. **Currently, what do you think about school?**
(Only one answer possible)

I like it a lot	I like it a bit	I don't like it a lot	I don't like it at all
☐ 1	☐ 2	☐ 3	☐ 4

YOUR HEALTH

2. Compared to other people your age, would you say that your health is:
(Only one answer possible)

Not at all satisfactory	Unsatisfactory	Fairly satisfactory	Very satisfactory
☐ 1	☐ 2	☐ 3	☐ 4

3. The last time you saw a doctor was
(Only one answer possible)

During the past week	During the past month	During the past year	Before last year
☐ 1	☐ 2	☐ 3	☐ 4

3.1. **When you see a doctor, can you talk to him/her easily about your problems?**

Yes ☐ 2 No ☐ 1

4. Do you have another adult you are close with to talk about your health with?
(Several answers possible)

Your father	☐ 1	*A friend of the family*	☐ 8
Your mother	☐ 2	*Your pupil supervisor*	☐ 9
Your stepfather	☐ 3	*One of your teachers*	☐ 10
Your stepmother	☐ 4	*The school nurse*	☐ 11
Your brother or your sister	☐ 5	*The school counsellor*	☐ 12
Your grandparents	☐ 6	*The school psychologist*	☐ 13
Another family member	☐ 7	*Someone else*	☐ 14

5. In the last 12 months, did you ever...?
(Only one answer possible for each line)

	Never	Sometimes	Often	Very often
5.1. Wake up during the night	☐1	☐2	☐3	☐4
5.2. Have trouble going to sleep	☐1	☐2	☐3	☐4
5.3. Feel not rested after sleeping	☐1	☐2	☐3	☐4
5.4. Feel like you were out of sync (falling asleep very late, waking up very late)	☐1	☐2	☐3	☐4
5.5. Arrive late for school because you did not wake up	☐1	☐2	☐3	☐4

6. Agree / disagree

Here are some phrases that teenagers have said. Read each of them and choose "true" if this is what you experience, or "false" if this is not the case.

6.1. I have no energy for school, for work	True	☐2	False	☐1
6.2. I have trouble thinking	True	☐2	False	☐1
6.3 I feel overwhelmed by sadness and listlessness	True	☐2	False	☐1
6.4. Nothing really interests or entertains me	True	☐2	False	☐1
6.5. What I do is useless	True	☐2	False	☐1
6.6. When I feel this way I wish Iwere dead	True	☐2	False	☐1
6.7. Everything annoys me	True	☐2	False	☐1
6.8. I feel downhearted and discouraged	True	☐2	False	☐1
6.9. I sleep badly	True	☐2	False	☐1
6.10. School/work doesn't interest me just now, I can't cope	True	☐2	False	☐1

THE FOLLOWING QUESTIONS ARE ABOUT SMOKING

7. How many times have you smoked cigarettes during your life?
(Only one answer possible)

0 times	1-2	3-5	6-9	10-19	20-39	40+
☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7

8. Have you smoked cigarettes in the last 30 days?
(Only one answer possible)

No	☐ 1	6-10 cigarettes a day	☐ 5
Less than one cigarette a week	☐ 2	11-20 cigarettes a day	☐ 6
Less than one cigarette a day	☐ 3	More than 20 cigarettes a day	☐ 7
1-5 cigarettes a day	☐ 4		

THE FOLLOWING QUESTIONS ARE ABOUT ALCOHOL

9. How many times have you had an alcoholic drink?
(Only one answer possible for each line)

	0	1-2	3-5	6-9	10-19	20-39	40+
9.1. In your life	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7
9.2. In the last 12 months	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7
9.3. In the last 30 days	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7

10. Show on this scale from 1 to 10 how drunk you think you were the last day you drank alcohol
(if you did not feel any effect, choose box 1).

1	2	3	4	5	6	7	8	9	10
☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7	☐ 8	☐ 9	☐ 10

I never drink alcohol 11 ☐

11. Think back over the last 30 days. How many times did you have five "drinks" or more on one occasion? (a "drink" is a glass of wine, a can of beer, a glass of champagne, cider, a spirit or cocktail, a cooler, etc.)
(Only one answer possible)

None	1 time	2 times	3-5 times	6-9 times	10 times or more
☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6

12. When you drink alcohol it tends to be during:
(Several answers possible)

A family meal	☐ 1
Parties or time with friends outside school or outside your workplace or work placement location	☐ 2
The afternoon at school or at your workplace or work placement location	☐ 3
Alone	☐ 4
Other	☐ 5

THE FOLLOWING QUESTION IS ABOUT MEDICATION

13. Have you ever taken sedatives or sleeping pills because a doctor told you to take them?
(Only one answer possible)

No, never ☐ 1 **Yes, but for less than 3 weeks** ☐ 2 **Yes, for more than 3 weeks** ☐ 3

THE FOLLOWING QUESTIONS ARE ABOUT CANNABIS

14. How many times have you had cannabis? (pot, a joint, hash, marijuana) (Only one answer possible per line)

	0	1-2	3-5	6-9	10-19	20-39	40+
14.1. In your life	☐1	☐2	☐3	☐4	☐5	☐6	☐7
14.2. In the last 12 months	☐1	☐2	☐3	☐4	☐5	☐6	☐7
14.3. In the last 30 days	☐1	☐2	☐3	☐4	☐5	☐6	☐7

15. During your life, have you ever been in a situation where you could have tried smoking cannabis (pot, a joint, hash, marijuana) **but you did not?**

Yes ☐ 2 No ☐ 1

15.1. **If so, how many times has this happened in your life?**
(Only one answer possible)

0 times	1-2 times	3-5 times	6-9 times	10-19 times	20-39 times	40 +
☐1	☐2	☐3	☐4	☐5	☐6	☐7

THE FOLLOWING QUESTIONS ARE ABOUT OTHER DRUGS

16. During your life, how many times have you taken the following drugs?
(Only one answer possible per line)

	0 times	1-2	3-5	6-9	10-19	20-39	40+
16.1. Sedatives or sleeping pills (without a prescription)	☐1	☐2	☐3	☐4	☐5	☐6	☐7
16.2. Amphetamines	☐1	☐2	☐3	☐4	☐5	☐6	☐7
16.3. Inhalant	☐1	☐2	☐3	☐4	☐5	☐6	☐7
16.4. Ecstasy	☐1	☐2	☐3	☐4	☐5	☐6	☐7
16.5. LSD or acid	☐1	☐2	☐3	☐4	☐5	☐6	☐7
16.6. Crack	☐1	☐2	☐3	☐4	☐5	☐6	☐7
16.7. Cocaine	☐1	☐2	☐3	☐4	☐5	☐6	☐7
16.8. Heroin	☐1	☐2	☐3	☐4	☐5	☐6	☐7
16.9. Magic mushrooms	☐1	☐2	☐3	☐4	☐5	☐6	☐7
16.10. Alcohol with cannabis	☐1	☐2	☐3	☐4	☐5	☐6	☐7
16.11. Drugs injected with a syringe	☐1	☐2	☐3	☐4	☐5	☐6	☐7
16.12. Alcohol with medication to feel certain effects	☐1	☐2	☐3	☐4	☐5	☐6	☐7
16.13. MDMA	☐1	☐2	☐3	☐4	☐5	☐6	☐7

YOUR BODY

17. How tall are you? ☐ m ☐☐ cm

18. What is your weight? ☐☐☐ kg

19. Do you weigh yourself regularly? Yes ☐ 2 No ☐ 1

If yes:

19.1. **At home** Yes ☐ 2 No ☐ 1

19.2. **In a medical environment** Yes ☐ 2 No ☐ 1

20. Is it important for you to have a muscular body? Yes ☐ 2 No ☐ 1

21. Is it important for you to be thin? Yes ☐ 2 No ☐ 1

22. Are you afraid of being too fat? Yes ☐ 2 No ☐ 1

23. If you are a girl: Have you had your period already? Yes ☐ 2 No ☐ 1

23.1. **If yes, the first time was at what age:** ☐☐ years old

24. If you are a boy: Has your voice changed?

No	Yes	I don't know
☐ 1	☐ 2	☐ 3

24.1. **If yes, at what age:** ☐☐ years old

25. Do you pay attention to your physical appearance? Yes ☐ 2 No ☐ 1

25.1. **If yes, do you look at yourself regularly in the mirror?** Yes ☐ 2 No ☐ 1

26. When you think about your physical appearance or look in a mirror
(Only one answer possible)

You are happy	You become sad	You doubt yourself	You don't care
☐ 1	☐ 2	☐ 3	☐ 4

27. Are there parts of your body that you do not like? Yes ☐ 2 No ☐ 1

27.1. **If yes, which parts?**
(Several answers possible)

Your nose	☐ 1	*Your stomach*	☐ 7	*Your buttocks*	☐ 13
Your ears	☐ 2	*Your torso*	☐ 8	*Your hips*	☐ 14
Your eyes	☐ 3	*Your breasts*	☐ 9	*Your knees*	☐ 15
Your cheeks	☐ 4	*Your arms*	☐ 10	*Your feet*	☐ 16
Your teeth	☐ 5	*Your thighs*	☐ 11	*Other part*	☐ 17
Your face	☐ 6	*Your legs*	☐ 12		

28. Do you avoid situations where a part or parts of your body would be visible to other people (like in locker rooms, at the pool etc.)**?**
(Only one answer possible)

Never	Sometimes	Often	Always
☐ 1	☐ 2	☐ 3	☐ 4

29. Would you say that your "look" is (Several answers possible)

29.a **If you are a boy**		29.b **If you are a girl**	
Manly	☐ 1	*Feminine*	☐ 1
Effeminate	☐ 2	*Too masculine*	☐ 2
Child-like	☐ 3	*Child-like*	☐ 3
A teenage look	☐ 4	*A teenage look*	☐ 4
Natural	☐ 5	*Natural*	☐ 5
Sophisticated	☐ 6	*Sophisticated*	☐ 6
Sporty	☐ 7	*Sporty*	☐ 7
Sexy	☐ 8	*Sexy*	☐ 8
Scruffy	☐ 9	*Scruffy*	☐ 9
Nothing in particular	☐ 10	*Nothing in particular*	☐ 10

	No	Yes
30. Do you place any importance on the way you dress?	☐ 1	☐ 2
31. Do you use products to take care of your skin?	☐ 1	☐ 2
32. Do you use beauty salons?	☐ 1	☐ 2
33. Do you remove body hair?	☐ 1	☐ 2

33.1. **If yes, you remove body hair to**
(Several answers possible)

Be fashionable	☐ 1	*Feel better about your body*	☐ 4
Be pretty/handsome	☐ 2	*Do what other people do*	☐ 5
Be more attractive	☐ 3	*Do sport*	☐ 6

34. Have you ever hurt yourself on purpose?
(Only one answer possible)

Never	Rarely	Quite often	Very often
☐ 1	☐ 2	☐ 3	☐ 4

35. Have you ever taken part in dangerous games?
(Only one answer possible)

Never	Rarely	Quite often	Very often
☐ 1	☐ 2	☐ 3	☐ 4

36. Would you like to have?
(Only one answer possible for each line)

	No	Possibly	Yes	I already have one
36.1. A tattoo on my body	☐ 1	☐ 2	☐ 3	☐ 4
36.2. Body piercing	☐ 1	☐ 2	☐ 3	☐ 4

FOOD

37. For you, eating is
(Only one answer possible)

A pleasure	An obligation	A bind, something you are made to do
☐ 1	☐ 2	☐ 3

38. Are you careful about what you eat? Yes ☐ 2 No ☐ 1

38.1. **If yes, why?**
(Several answers possible)

Your weight	☐ 1	*What other people think*	☐ 3
Your health	☐ 2	*Your parents*	☐ 4

	No	Yes
39. Have you ever suffered because of overeating?	☐ 1	☐ 2
39.1. **If yes, do you still suffer from this?**	☐ 1	☐ 2
40. Have you ever suffered because of undereating?	☐ 1	☐ 2
40.1. **If yes, do you still suffer from this?**	☐ 1	☐ 2
41. Have there been times in your life when you were overweight?	☐ 1	☐ 2

41.1. **If yes, specify**
(Several answers possible)

Before the age of 5	☐ 1	*In middle school*	☐ 3
In primary school	☐ 2	*After middle school*	☐ 4

YOUR SEXUALITY

42. Who are you attracted to?
(Only one answer possible)

Girls	Boys	Both	Nobody
☐ 1	☐ 2	☐ 3	☐ 4

			If yes at what age for the 1st time	
43. Have you ever been in love?	Yes ☐ 2	No ☐ 1	☐☐ Years old	43.1
44. Have you ever chatted someone up?	Yes ☐ 2	No ☐ 1	☐☐ Years old	44.1

45. Have you ever had sex? (made love)

Yes ☐ 2 No ☐ 1

45.1. **If yes, the first time you had sex was with:** A boy ☐ 1 A girl ☐ 2

45.1.1. **How old were you?** ☐☐ years old

45.1.2. **How old was your partner?** ☐☐ years old

45.1.3. **How long had you been together?**
(Only one answer possible)

A few years	A few months	A few days	I had just met him/her
☐ 1	☐ 2	☐ 3	☐ 4

45.1.4. **During this first time you had sex, did you (or your partner) use:** (Several answers possible)

The pill	☐ 1	*Another contraception method*	☐ 3
Condoms	☐ 2	*No contraception method*	☐ 4

45.1.5. **Were you in love with this partner?**
(Only one answer possible)

No	Yes	I don't know
☐ 1	☐ 2	☐ 3

46. For girls: Have you ever been pregnant? Yes ☐ 2 No ☐ 1

46.1. **If you are a girl, have you ever had an abortion?**

Yes ☐ 2 No ☐ 1

46.2. **If you are a boy, has your girlfriend ever had an abortion?**

No	Yes	I don't know
☐ 1	☐ 2	☐ 3

YOUR PARENTS

What is the highest level of education of: (Only one answer possible)

	47. Your father	**48. Your mother**
Never attended school	☐ 1	☐ 1
Primary school	☐ 2	☐ 2
End of middle school qualifications	☐ 3	☐ 3
End of high school qualifications	☐ 4	☐ 4
Further education (after high school qualifications)	☐ 5	☐ 5
Vocational high-school level certificate (CAP-BEP)	☐ 6	☐ 6
Other	☐ 7	☐ 7
I don't know	☐ 8	☐ 8

What is your parents' current situation?
(Only one answer possible per line)

	Working	Unemployed	Not working out of choice	On minimum social benefits	Retired	On disability	I don't know
49. Father	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7
50. Mother	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5	☐ 6	☐ 7

51. Have you lost either or both of your parents? Yes ☐ 2 No ☐ 1

51.1. **If yes, at what age?** ☐☐ years old

51.2. **If yes, which one?**
(Only one answer possible)

Your father	Your mother	Both
☐ 1	☐ 2	☐ 3

51.3. **If yes, under what circumstances?**
(Only one answer possible)

Accident	Illness	Suicide	Other	You don't know
☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

52. Most of the time you live:
(Only one answer possible)

With your father	☐ 1	In a group home	☐ 6
With your mother	☐ 2	With a foster family	☐ 7
With both your parents (together)	☐ 3	At boarding school	☐ 8
With a parent and a step-parent (Father-Stepmother and/or Mother-Stepfather)	☐ 4	In a health facility	☐ 9
		At a friend's house	☐ 10
With your grandparents	☐ 5	Other	☐ 11

53. Are your parents divorced or separated? Yes ☐ 2 No ☐ 1

53.1. **If yes, for how long?** ☐☐ years ☐☐ months

54. For each of these topics, who do you talk to most easily?
(Only one answer possible per line)

	With my mother	With my father	With a friend	With a brother or a sister	With nobody
54.1. School	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
54.2. Sexuality	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
54.3. Your family	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
54.4. Sport	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
54.5. Your health	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
54.6. Current events	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
54.7. The internet	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
54.8. Your problems	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

55. How often do you talk about:
(Only one answer possible per line)

	Rarely	Occasionally	Quite often	Very often
55.1. School	☐ 1	☐ 2	☐ 3	☐ 4
55.2. Sexuality	☐ 1	☐ 2	☐ 3	☐ 4
55.3. Your family	☐ 1	☐ 2	☐ 3	☐ 4
55.4. Sport	☐ 1	☐ 2	☐ 3	☐ 4
55.5. Your health	☐ 1	☐ 2	☐ 3	☐ 4
55.6. Current events	☐ 1	☐ 2	☐ 3	☐ 4
55.7. The internet	☐ 1	☐ 2	☐ 3	☐ 4
55.8. Your problems	☐ 1	☐ 2	☐ 3	☐ 4

56. Would you say that:

56.1. **Your mother finds you handsome/pretty?** Yes ☐ 2 No ☐ 1

56.2. **Your father finds you handsome/pretty?** Yes ☐ 2 No ☐ 1

57. In general, does your family argue?
(Only one answer possible)

Never	Rarely	Quite often	Very often
☐ 1	☐ 2	☐ 3	☐ 4

58. When these arguments are a problem, you can talk about it (Several answers possible)

With your parents	☐ 1	*With another adult*	☐ 5
With your family (brothers, sisters, grandparents, etc.)	☐ 2	*With friends you have met only on the internet*	☐ 6
With your doctor	☐ 3	*With actual (real life) friends*	☐ 7
With a therapist	☐ 4	*You do not talk to anyone about it*	☐ 8

59. Generally, how satisfied are you with:
(Only one answer possible per line)

	Very satisfied	Satisfied	Neither satisfied nor dissatisfied	Not very satisfied	Not satisfied at all
59.1. Your relationship with your mother	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
59.2. Your relationship with your father	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
59.3. Your relationship with your actual (real life) friends	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
59.4. Your relationship with friends you have only met on the internet	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

YOURSELF

60. Do you consider yourself a teenager?
(Only one answer possible)

Not at all	Not really	Probably	Definitely
☐ 1	☐ 2	☐ 3	☐ 4

62. Do you think that adolescence is an easy time?
(Only one answer possible)

No	Yes	Not always
☐ 1	☐ 2	☐ 3

63. Here are some statements that you may consider true or false:
(Only one answer possible)

63.1. I suffer because I have a body that does not represent what I am	True	☐ 1	False	☐ 2
63.2. Having muscles is masculine	True	☐ 1	False	☐ 2
63.3. Being thin is feminine	True	☐ 1	False	☐ 2
63.4. Hairs are manly	True	☐ 1	False	☐ 2
63.5. Hairs are repulsive	True	☐ 1	False	☐ 2
63.6. Beauty is masculine	True	☐ 1	False	☐ 2
63.7. Beauty is feminine	True	☐ 1	False	☐ 2
63.8. To live properly, you have to take risks without thinking too much about them	True	☐ 1	False	☐ 2
63.9. The most important thing in life is to get as many thrills as you can	True	☐ 1	False	☐ 2
63.10. The most important thing in life is to experience as much emotion as you can	True	☐ 1	False	☐ 2
63.11. To stop being anxious, you must think about what you are feeling	True	☐ 1	False	☐ 2
63.12. To stop being anxious, you must take action	True	☐ 1	False	☐ 2
63.13. Adults worry too much about teenagers	True	☐ 1	False	☐ 2
63.14. Adults do not worry enough about teenagers	True	☐ 1	False	☐ 2
63.15. Adults place too many limits on teenagers	True	☐ 1	False	☐ 2
63.16. Adults trust teenagers too much	True	☐ 1	False	☐ 2
63.17. Teenagers need limits so they do not put themselves in too much danger	True	☐ 1	False	☐ 2
63.18. Too many limits push teenagers to take risks	True	☐ 1	False	☐ 2
63.19. I cannot stand it when my parents forbid me to do things that they do themselves (smoking, drinking, etc.)	True	☐ 1	False	☐ 2
63.20. If I have doubts about my life, I feel bad	True	☐ 1	False	☐ 2

64. Have you ever thought that life was not worth living? Yes ☐ 2 No ☐ 1

64.1. **If yes, what do you do when this happens?**
(Several answers possible)

You go somewhere to be alone	☐ 1	*You take medication*	☐ 10
You play a musical instrument	☐ 2	*You draw or paint*	☐ 11
You read books	☐ 3	*You do sport*	☐ 12
You play video games	☐ 4	*You write*	☐ 13
You read comics	☐ 5	*You listen to music*	☐ 14
You go to see friends	☐ 6	*You drink alcohol*	☐ 15
You seek thrills	☐ 7	*You hurt yourself*	☐ 16
You smoke cannabis	☐ 8	*None of the above*	☐ 17
You smoke a cigarette	☐ 9		

65. Have you ever attempted suicide?
(Only one answer possible)

No	Once	Several times
☐ 1	☐ 2	☐ 3

66. Are you addicted to anything? Yes ☐ 2 No ☐ 1

67. Are you confident about the future?
(Only one answer possible)

No	Yes	Not always
☐ 1	☐ 2	☐ 3

69. How many friends do you have?
(Only one answer possible per line)

	None	1	2-4	5-10	>10
69.1. Actual (real life) friends	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
69.2. Met only on the internet	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

70. Have you actually met up with friends that you first met on the internet?

Yes ☐ 2 No ☐ 1

71. Which friends are most important to you?
(Only one answer possible)

Your actual (real life) friends ☐ 1

The ones you meet only on the internet ☐ 2

71.1. **They are most important because:**
(Several answers possible)

You can confide in them ☐ 1

They understand you better ☐ 2

You can get together ☐ 3

You can hug them ☐ 4

You have common interests ☐ 5

72. Do you go on any network? Yes ☐ 2 No ☐ 1

72.1. **If yes, which one do you prefer?**
(Only one answer possible)

Facebook	Twitter	Skype
☐ 1	☐ 2	☐ 3

72.2. **You prefer it because it is**
(Several answers possible)

Confidential	*Your friends go there*	*Interactive*
☐ 1	☐ 2	☐ 3

73. What do you think the following people think of you?
(Only one answer possible per line)

	Positive things	Negative things	I don't care	I would like to know	They don't know me
73.1. Other teenagers	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
73.2. Your friends	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
73.3. Adults	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

(Only one answer possible per line)	Never	Rarely	Quite often	Very often
74. Do you have doubts about yourself?	☐ 1	☐ 2	☐ 3	☐ 4
75. Do you have doubts about the world around you?	☐ 1	☐ 2	☐ 3	☐ 4

77. Are you currently seeing a psychiatrist or psychologist?

Yes ☐ 2 No ☐ 1

77.2. **If yes, did you see one last year?** Yes ☐ 2 No ☐ 1

77.3. **Does it help (or did it help you)?** Yes ☐ 2 No ☐ 1

78. Would you advise a friend in distress to go and see one?
(Only one answer possible)

Yes ☐ 2 No ☐ 1 Maybe ☐ 3

79. You believe that what you are worth depends mainly on

79.1. Your school results	Yes	☐ 2	No	☐ 1
79.2. Your creativity	Yes	☐ 2	No	☐ 1
79.3. Your sporting achievements	Yes	☐ 2	No	☐ 1
79.4. The value or quantity of the things you have	Yes	☐ 2	No	☐ 1
79.5. The image you reflect	Yes	☐ 2	No	☐ 1
79.6. The number of friends you have	Yes	☐ 2	No	☐ 1

80. You would say that a school education is

80.1. Rewarding	Yes	☐ 2	No	☐ 1
80.2. Important	Yes	☐ 2	No	☐ 1
80.3. Stressful, annoying	Yes	☐ 2	No	☐ 1
80.4. Pointless	Yes	☐ 2	No	☐ 1
80.5. Pleasant	Yes	☐ 2	No	☐ 1
80.6. Compulsory	Yes	☐ 2	No	☐ 1
80.7. Tiring	Yes	☐ 2	No	☐ 1
80.8. Tough	Yes	☐ 2	No	☐ 1
80.9. Daunting	Yes	☐ 2	No	☐ 1
80.10. Useful for the future	Yes	☐ 2	No	☐ 1
80.11. You have to succeed in school to succeed in life later on	Yes	☐ 2	No	☐ 1
80.12. Not important to your parents	Yes	☐ 2	No	☐ 1
80.13. Essential to your parents	Yes	☐ 2	No	☐ 1
80.14. The only thing that matters to your parents	Yes	☐ 2	No	☐ 1

YOUR HOBBIES

81. What are your favourite hobbies and how often do you do them?
(Only one answer possible per line)

	Never	Occasionally	Several times a week	Every day
81.1. Listening to music	☐ 1	☐ 2	☐ 3	☐ 4
81.2. Playing an instrument	☐ 1	☐ 2	☐ 3	☐ 4
81.3. Being with your real life friends	☐ 1	☐ 2	☐ 3	☐ 4
81.4. Being with friends you have met only on the internet	☐ 1	☐ 2	☐ 3	☐ 4
81.5. Reading books	☐ 1	☐ 2	☐ 3	☐ 4
81.6. Reading comics	☐ 1	☐ 2	☐ 3	☐ 4
81.7. Doing a sport in a club	☐ 1	☐ 2	☐ 3	☐ 4
81.8. Playing board games	☐ 1	☐ 2	☐ 3	☐ 4
81.9. A physical activity but not in a club (rollerblading, football, etc.)	☐ 1	☐ 2	☐ 3	☐ 4
81.10. Playing computer games	☐ 1	☐ 2	☐ 3	☐ 4
81.11. Using a computer to go on websites	☐ 1	☐ 2	☐ 3	☐ 4
81.12. Writing	☐ 1	☐ 2	☐ 3	☐ 4
81.13. Drawing, painting	☐ 1	☐ 2	☐ 3	☐ 4

82. Do you practise sports regularly? (At least once a week)

	Yes	No
82.1. For fun	☐ 2	☐ 1
82.2. In competitions	☐ 2	☐ 1

82.3. **If yes, which sport?** (the one you prefer doing)

82.4. **Do you consider this a high-risk sport?** Yes ☐ 2 No ☐ 1

82.4.1. **If yes, do you think you know your limits?** Yes ☐ 2 No ☐ 1

82.5. **How many hours per week do you practise this sport?**
(Only one answer possible)

1 hour per week	2 hours per week	3 hours per week	More than 3 hours per week
☐ 1	☐ 2	☐ 3	☐ 4

83. Your reasons for doing sport

83.1. To be healthy	Yes ☐ 2	No ☐ 1
83.2. To feel better about your body	Yes ☐ 2	No ☐ 1
83.3. For thrills	Yes ☐ 2	No ☐ 1
83.4. To be pretty/handsome	Yes ☐ 2	No ☐ 1
83.5. To perform well in competitions	Yes ☐ 2	No ☐ 1
83.6. To take risks	Yes ☐ 2	No ☐ 1
83.7. To be in a group	Yes ☐ 2	No ☐ 1
83.8. To push your limits	Yes ☐ 2	No ☐ 1
83.9. To hurt yourself when you are feeling down	Yes ☐ 2	No ☐ 1
83.10. To go into the "red zone" and not think anymore	Yes ☐ 2	No ☐ 1
83.11. To help you when you are feeling down	Yes ☐ 2	No ☐ 1
83.12. For treatment purposes	Yes ☐ 2	No ☐ 1
83.13. For pleasure	Yes ☐ 2	No ☐ 1
83.14. To do what other people do	Yes ☐ 2	No ☐ 1

84. You do not do sports regularly because you

(Only one answer possible)

Don't have time	Have a health problem	Don't like sport	Another reason
☐ 1	☐ 2	☐ 3	☐ 4

85. Do you do muscle training? Yes ☐ 2 No ☐ 1

If yes, why do you do muscle training?

85.1. For pleasure	Yes ☐ 2	No ☐ 1
85.2. To feel better about your body	Yes ☐ 2	No ☐ 1
85.3. To be strong	Yes ☐ 2	No ☐ 1
85.4. To be pretty/handsome	Yes ☐ 2	No ☐ 1
85.5. To be more attractive	Yes ☐ 2	No ☐ 1
85.6. To perform well in competitions	Yes ☐ 2	No ☐ 1

THE FOLLOWING QUESTIONS ARE ABOUT TV (normal TV, downloads, web TV)

86. What are your favourite types of TV shows?

(Only one answer possible per line)

	I love this	I like this	I don't really like this	I hate this
86.1. The news (the lunchtime or evening news, for example)	☐ 1	☐ 2	☐ 3	☐ 4
86.2. Current affairs or debates (political, literary, etc.)	☐ 1	☐ 2	☐ 3	☐ 4
86.3. Cultural programmes, documentaries (history, nature, etc.)	☐ 1	☐ 2	☐ 3	☐ 4
86.4. Series (comedies, fictions, etc.)	☐ 1	☐ 2	☐ 3	☐ 4
86.5. Films	☐ 1	☐ 2	☐ 3	☐ 4
86.6. Entertainment (talk shows, game shows)	☐ 1	☐ 2	☐ 3	☐ 4
86.7. Sports	☐ 1	☐ 2	☐ 3	☐ 4
86.8. Reality shows	☐ 1	☐ 2	☐ 3	☐ 4

87. At what time of day do you generally watch television?
(Only one answer possible per line)

	Normally in the daytime	Normally in the evening	Normally at night	Any time	Not at all
87.1. In the week	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
87.2. Weekends	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
87.3. Holidays	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

88. How much TV do you watch per day?
(Only one answer possible per line)

	Less than one hour	1 to 3 hours	More than 3
88.1. In the week	☐ 1	☐ 2	☐ 3
88.2. Weekends	☐ 1	☐ 2	☐ 3
88.3. Holidays	☐ 1	☐ 2	☐ 3

89. When you watch TV at home is it?
(Only one answer possible per line)

	In the living room	In the kitchen	In your bedroom	In another room
89.1. With your family	☐ 1	☐ 2	☐ 3	☐ 4
89.2. Alone	☐ 1	☐ 2	☐ 3	☐ 4
89.3. With friends	☐ 1	☐ 2	☐ 3	☐ 4

90. What are your favourite series and cartoons?
(Only one answer possible per line)

	I love this	I like this	I don't really like this	I hate this	I don't know this
90.1. Prison break	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
90.2. Malcom	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
90.3. Grey's anatomy	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
90.4. Plus belle la vie	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
90.5. Skins	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
90.6. CSI	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
90.7. House	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
90.8. NCIS	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
90.9. Glee	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
90.10. The Mentalist	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
90.11. Medium	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
90.12. The Simpsons	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
90.13. Naruto	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
90.14. One piece	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

92. What do you think about these shows?
(Only one answer possible per line)

	I love it	I like it	I don't really like it	I hate it	I don't know it
92.1. Un dîner presque parfait	☐1	☐2	☐3	☐4	☐5
92.2. Secret story	☐1	☐2	☐3	☐4	☐5
92.3. The Voice	☐1	☐2	☐3	☐4	☐5
92.4. Tous ensemble	☐1	☐2	☐3	☐4	☐5
92.5. La belle et ses princes presque charmants	☐1	☐2	☐3	☐4	☐5
92.6. Koh lanta	☐1	☐2	☐3	☐4	☐5
92.7. Star Academy	☐1	☐2	☐3	☐4	☐5
92.8. L'amour est dans le pré	☐1	☐2	☐3	☐4	☐5
92.9. La France a un incroyable talent	☐1	☐2	☐3	☐4	☐5
92.10. L'île de la tentation	☐1	☐2	☐3	☐4	☐5
92.11. Pékin Express	☐1	☐2	☐3	☐4	☐5
92.12. L'amour est aveugle	☐1	☐2	☐3	☐4	☐5
92.13. D&Co	☐1	☐2	☐3	☐4	☐5
92.14. Les anges de la téléréalité	☐1	☐2	☐3	☐4	☐5

93. Do you find the shows you prefer to watch:
(Several answers possible)

Interesting	☐1	*Shocking to other people*	☐4
Quite violent	☐2	*Quite sexual*	☐5
Funny	☐3	*They relax you*	☐6

94. What would you mostly criticize about the TV shows you watch?
(Several answers possible)

Too many adverts	☐1	*Too much sex*	☐4
Too violent	☐2	*Idiotic, stupid*	☐5
Too shocking	☐3		

THE FOLLOWING QUESTIONS ARE ABOUT MUSIC

95. What are your tastes in music?
(Only one answer possible per line)

	I love this	I like this	I don't really like	I hate this	I don't know this
95.1. Rock	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
95.2. Rap	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
95.3. Soul	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
95.4. Metal	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
95.5. R&B	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
95.6. Classical music	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
95.7. Funk	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
95.8. Reggae	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
95.9. Pop	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
95.10. Techno	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
95.11. Slam poetry	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
95.12. Jazz	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

THE FOLLOWING QUESTIONS ARE ABOUT VIDEO GAMES

96. Do you have your own computer? Yes ☐ 2 No ☐ 1

97. Do you play computer games? Yes ☐ 2 No ☐ 1

97.1. **If yes, how old were you when you played on a computer for the first time:** ☐☐ years

98. Do you have one or more consoles?
(Several answers possible)

No console	☐ 1	*Gamecube*	☐ 5
PlayStation Portable (PSP)	☐ 2	*Wii*	☐ 6
Xbox 360	☐ 3	*PS3*	☐ 7
Nintendo DS	☐ 4	*Other*	☐ 8

99. Which type of game do you prefer to play? (Only one answer possible)

Adventure	☐ 1	Mystery	☐ 6
Combat, war	☐ 2	Strategy	☐ 7
Sports (football etc.)	☐ 3	Other games	☐ 8
Fun (Mario, etc.)	☐ 4	I have no preference	☐ 9
Simulation	☐ 5		

100. Choose your favourite online game:
(Only one answer possible)

WOW: World of warcraft	☐ 1	Poker	☐ 7
Dofus	☐ 2	PES	☐ 8
Rappelz	☐ 3	Call of Duty	☐ 9
Counter strike	☐ 4	Battlefield	☐ 10
Starcraft 2	☐ 5	I have no preference	☐ 11
Crossfire	☐ 6		

101. Have you ever met up in real life with someone you play online games with and met online?

Yes ☐ 2 No ☐ 1

102. You generally play
(Only one answer possible per line)

	Normally in the daytime	Normally in the evening	Normally at night	Any time	Not at all
102.1. In the week	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
102.2. Weekends	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
102.3. Holidays	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

103. How much time do you spend playing per day?
(Only one answer possible per line)

	Less than one hour	1 to 3 hours	4 to 8 hours	More than 8 hours
103.1. In the week	☐ 1	☐ 2	☐ 3	☐ 4
103.2. Weekends	☐ 1	☐ 2	☐ 3	☐ 4
103.3. Holidays	☐ 1	☐ 2	☐ 3	☐ 4

If you would like more information or to talk,
you can contact the school nurse, counsellor, pupil supervisor, administration office, or school doctor,
or your group supervisor if you are at boarding school.

Thank you for answering this questionnaire honestly.