

## Active Lives Children and Young People survey

### Information and advice for Year 1–6 pupils



#### What is Active Lives?

Active Lives is the name of a survey. It asks children some questions about exercise and sport.



#### What is a survey?

A survey asks lots of people questions about what they think or do. This survey is about the sports and activities you do. It also asks some questions about you such as your age.



#### What would we like you to do?

Your teacher will give you some survey questions to answer on a computer or tablet. You will do this at school during a lesson.



#### Do I have to answer the questions?

No, you don't have to if you don't want to.  
Tell your teacher if you do not want to take part.  
You don't have to answer all the questions.



#### Will you tell anyone what I say?

No. **No one else will know what you have said.**  
You don't have to tell anyone else what you have said.



#### What if I have any questions?

You can ask your teacher if you have any questions.

## Thank you for taking part

If you have questions or are worried about anything in the survey, or anything else in your life the first person to talk to is a parent, other family member or someone else you trust, if you feel able to.

Below are some contact details for other types of help. It is absolutely fine if you don't need or want this information – it is just something we offer to everyone who takes part.

None of the organisations listed will know that you took part, nor will they get in touch.

### **NHS: [www.nhs.uk](http://www.nhs.uk)**

This site helps you make choices about your health, from lifestyle decisions about things like exercise, through to the practical aspects of finding and using NHS services. For advice and information on being physically active please visit <http://www.nhs.uk/LiveWell/Fitness>.

### **CHILDLINE: 0800 11 11**

A confidential and free helpline which will not appear on a phone bill. You can also go online for a 1-2-1 instant messenger chat with someone who is there to listen and support you at [www.childline.org.uk](http://www.childline.org.uk).