

Active Lives Children and Young People survey Information and advice for Year 7–11 pupils



What is Active Lives?

Sport England and Ipsos run the Active Lives Survey, which asks young people what sport and exercise they take part in. They are interested in lots of different activities including cycling, walking and dance, as well as sports.



What would we like you to do?

We would like you to take part in an online survey on a laptop, computer, or tablet. The survey will take about 20 minutes to complete. Your teacher will tell you when to do the survey and how to access the survey. The survey asks questions about sport and physical activity, attitudes to activity, wellbeing, resilience, social trust, volunteering, and some questions about you such as ethnicity, gender and disability.



Why are you giving the survey to me?

Your Head Teacher agreed that your school would take part in the survey and your class or group was selected. Everyone in your class or group has been asked to do the survey. It doesn't matter how much sport or exercise you do. There are no right or wrong answers.



Do I have to take part?

No, if you don't want to take part you don't have to. If you don't want to take part, tell your teacher. If you do take part there are some questions you do not need to answer.

What will happen to the information I have given you?



It will be combined with information from pupils in other schools. The results will be presented as data (numbers) and no individual schools or pupils will be named in the findings published by Sport England. Sport England will know which schools took part and which year groups but will not know which individual pupils took part. The answers you have given will not have your name on them, so no one else will know you said them. You do not have to tell your teachers, parents, or anyone else what you have said. The research follows the rules in the Market Research Society Code of Conduct and Data Protection Act 2018.

How can I find out more?



If you would like to know more about the survey, you can speak to your teacher. You can read the Privacy Notice (www.sportengland.org/ALCYPprivacypolicyY7-11) which contains more information.

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 on the leaflet will know that you took part, nor will they get in touch.

NHS: 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.

The Mix: 0808 808 4994

Free, confidential advice and support for young people. You can call them or get advice via webchat at www.themix.org.uk.