



OKO Health Monitor 2024

Wassenaar

Hello! Thank you for taking part in the OKO Health Monitor.

Here are some tips and extra information before you start:

- It is up to you whether or not you fill in the questionnaire, and you may skip a question if you do not want to answer it.
- There are no wrong answers: we want you hear **your opinions** and **your experiences**.
- Most questions require **one answer**, but you can give **multiple answers** to some questions.
- Your answers are saved immediately, even if you stop completing the questionnaire before the end. Do you want to delete your answer? Just go back to the question by clicking “back”, delete the answer and click on “next” again.
- Everything that you fill in remains **confidential**. This means that your teachers, classmates, parents, friends or anyone else will not be able to find out what you have filled in. More information about your privacy and how we handle your data can be found in the privacy statement.
- After filling in the questionnaire, you will be taken to a page that lists websites with more information on the topics included in the questionnaire.

Good Luck!

Background questions

Question 1. Which class/year are you in?

- 1
- 2
- 3
- 4
- 5
- 6

Question 2. What level of education are you currently following?

You may give more than one answer.

- Vmbo-b (pre-vocational secondary education, basic programme)
- Vmbo-k (pre-vocational secondary education, middle-management programme)
- Vmbo-g (pre-vocational secondary education, combined programme)
- Vmbo-t (pre-vocational secondary education, theoretical programme)
- Havo (senior general secondary education)
- Vwo (atheneum, gymnasium; pre-university education)
- Other type of education

Question 3. How old are you?

- 12 years or younger
- 13 years
- 14 years
- 15 years
- 16 years
- 17 years or older

Question 4. Are you ... ?

- A boy
- A girl
- Other than a boy or girl

Question 5. What are the four numbers of your postcode?

This is the postcode of the address at which you live for most of the time.

Question 6. Which village/town/city do you live in?

This is the village/town/city in which you live for most of the time.

Once you begin typing you will see multiple city names. Select the village/town/city you live in.

At home

Question 7. Who do you live with for most days of the week?

Give just one answer.

- With my parents
- About half the time with one parent and half the time with my other parent (co-parents)
- With my mother and her partner
- With my father and his partner
- Only with my mother
- Only with my father
- Other (e.g. foster parents, other family member, boarding school, I live on my own)

Answer the following question for the parent(s)/carer(s) who you live with most of the time.

Question 8. Can you talk to your parent(s)/carer(s) if you are worried about something?

- No, never
- Yes, sometimes
- Yes, usually
- Yes, always

To what extent do you agree with the following statement?

Question 9. My parent(s)/carer(s) have clear rules about what I may and may not do

- Completely disagree
- Disagree
- Neither agree nor disagree
- Agree
- Completely agree

To what extent do you agree with the following statement?

Question 10. My parent(s)/carer(s) spend a lot of time with me

- Completely disagree
- Disagree
- Neither agree nor disagree
- Agree
- Completely agree

Spending time with friends

Question 11. On how many days in the last week did you get home after 10 pm in the evening?

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

Answer the following question for the parent(s)/carer(s) who you live with most of the time.

Question 12. If you are not at home, do your parent(s)/carer(s) know where you are?

- No, never
- Yes, sometimes
- Yes, usually
- Yes, always

Question 13. How often do you do the following:

Spend time with friends at a friend's house in the evening without an adult present.

- Never or almost never
- Less than once a month
- 1-3 times a month
- 1-3 times a week
- 4 times a week or more

Question 14. How often do you do the following:

Spend time with friends somewhere else (not at a friend's house) in the evening without an adult present.

- Never or almost never
- Less than once a month
- 1-3 times a month
- 1-3 times a week
- 4 times a week or more

Question 15. Do you ever go to parties where there are NO adults present?

- Never or almost never
- Sometimes
- Often
- All or almost all of the time

Question 16. Do your parent(s)/carer(s) have contact with the parent(s)/carer(s) of your friends?

- No, no contact, they don't know them → [GO TO QUESTION 19](#)
- No, no contact, but they know some of them → [GO TO QUESTION 19](#)
- Yes, they have contact with some of them
- Yes, they have contact with most of them

Question 17. Do your parent(s)/carer(s) make arrangements with the parent(s)/carer(s) of your friends about what time you should be home?

- Yes
- No
- I don't know

Question 18. Do your parent(s)/carer(s) make agreements with the parent(s)/carer(s) of your friends about whether or not you may drink alcohol?






- Yes
- No
- I don't know

Health and Mental health

Question 19. How is your health in general?

- Very good
- Good
- Not too bad
- Bad
- Very bad

Question 20. How happy do you feel in general?

- 
- 
- 
- 
- 

The next question concerns how you have felt in the last four weeks.
Please give the answer that best reflects how you have felt.

Question 21. How much of the time have you been a very nervous person?

- All of the time
- Most of the time
- A good bit of the time
- Some of the time
- A little of the time
- None of the time

The next question concerns how you have felt in the last four weeks.
Please give the answer that best reflects how you have felt.

Question 22. How much of the time have you felt calm and peaceful?

- All of the time
- Most of the time
- A good bit of the time
- Some of the time
- A little of the time
- None of the time

The next question concerns how you have felt in the last four weeks.
Please give the answer that best reflects how you have felt.

Question 23. How much of the time have you felt downhearted and blue?

- All of the time
- Most of the time
- A good bit of the time
- Some of the time
- A little of the time
- None of the time

The next question concerns how you have felt in the last four weeks.
Please give the answer that best reflects how you have felt.

Question 24. How much of the time were you a happy person?

- All of the time
- Most of the time
- A good bit of the time
- Some of the time
- A little of the time
- None of the time

The next question concerns how you have felt in the last four weeks.
Please give the answer that best reflects how you have felt.

Question 25. How much of the time have you felt so down in the dumps that nothing could cheer you up?

- All of the time
- Most of the time
- A good bit of the time
- Some of the time
- A little of the time
- None of the time

Question 26. How much of the time have you felt lonely in the last four weeks?

- Never
- Almost never
- Sometimes
- Often
- Very often

At school

Question 27. What do you think of school?

- Lots of fun
- Fun
- It's okay
- I don't like it
- It's awful

To what extent do you agree with the following statement?

Question 28. I feel safe at school

- Completely disagree
- Disagree
- Neither agree nor disagree
- Agree
- Completely agree

To what extent do you agree with the following statement?

Question 29. I am bored at school

- Completely disagree
- Disagree
- Neither agree nor disagree
- Agree
- Completely agree

To what extent do you agree with the following statement?

Question 30. The students at my school treat each other well

- Completely disagree
- Disagree
- Neither agree nor disagree
- Agree
- Completely agree

To what extent do you agree with the following statement?

Question 31. The teachers at my school treat the students well

- Completely disagree
- Disagree
- Neither agree nor disagree
- Agree
- Completely agree

To what extent do you agree with the following statement?

Question 32. I can talk to an adult at school (e.g. teacher, mentor, counsellor) if something is on my mind

- Completely disagree
- Disagree
- Neither agree nor disagree
- Agree
- Completely agree

To what extent do you agree with the following statement?

Question 33. I think going to school is a waste of time

- Completely disagree
- Disagree
- Neither agree nor disagree
- Agree
- Completely agree

Spare time

Question 34. How many days a week do you work out or play sports?

E.g. work out at a gym, swimming, football, tennis, dancing.

- Never or almost never
- Less than once a week
- Once a week
- 2 or 3 times a week
- 4 to 6 times a week
- Every day

Question 35. How often do you sport or exercise in your spare time but not at a club or gym?

E.g. street football, cycling, running, rollerblading, swimming, dancing at home, delivering newspapers. Walking and cycling to school or work do not count.

- Never or almost never
- Less than once a week
- Once a week
- 2 or 3 times a week
- 4 to 6 times a week
- Every day

Question 36. On how many days of the week do you make music, sing, act, draw/paint or take photographs at a club outside of school time?

- Never or almost never
- Less than once a week
- Once a week
- 2 or 3 times a week
- 4 to 6 times a week
- Every day

Question 37. On how many days of the week do you take part in activities at another type of club or organisation outside of school time?

So not a sports club or creative club.

- Never or almost never
- Less than once a week
- Once a week
- 2 or 3 times a week
- 4 to 6 times a week
- Every day

Stress

Question 38. How often do you feel stressed because of school or homework?

- Never
- Almost never
- Sometimes
- Often
- Very often

Question 39. How often do you feel stressed because of your situation at home (e.g. worries, problems or quarrels at home)?

- Never
- Almost never
- Sometimes
- Often
- Very often

Question 40. How often do you feel stressed because of your own problems (e.g. your health, arguments with other children, secrets or debts)?

- Never
- Almost never
- Sometimes
- Often
- Very often

Question 41. How often do you feel stressed because of what others think of you?

- Never
- Almost never
- Sometimes
- Often
- Very often

Question 42. How often do you feel stressed because of everything you have to do (e.g. school, homework, social media, work, sport)?

- Never
- Almost never
- Sometimes
- Often
- Very often

Bullying

The next question is about bullying. Bullying is being aggressive to a person in a way that the person does not like. This includes, for example, cursing, gossiping, sending nasty messages, taking something from someone, spitting on or excluding someone.

Question 43. How often have you been bullied at school in the last three months?

- Never
- Less than twice a month
- 2 or 3 times a month
- About once a week
- Several times a week

The next question is about bullying on the internet or social media. We mean bullying in a way that the other person does not like.

Examples include:

- calling someone names on social media
- threatening someone on social media
- spreading vicious gossip about someone online
- spreading annoying photos or videos of someone

Question 44. How often have you been bullied via the internet or social media in the last three months?

- Never
- Less than twice a month
- 2 or 3 times a month
- About once a week
- Several times a week

Alcohol

Question 45. Have you ever drunk alcohol?

This does not include non-alcoholic drinks (e.g. Radler 0.0%).

- Yes, a whole glass or more
- Yes, just a few sips
- No → [GO TO QUESTION 53](#)

Question 46. On how many days have you drunk alcohol in the last 4 weeks?

- Never → [GO TO QUESTION 48](#)
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 days or more

Question 47. How often have you drunk FIVE OR MORE alcoholic drinks on one occasion (e.g. at a party or in one night) in the last 4 weeks?

- Never
- Once
- Twice
- 3 or 4 times
- 5 or 6 times
- 7 or 8 times
- 9 times or more

Question 48. How many times have you been drunk or tipsy from drinking alcohol in your entire life?

- Never → [GO TO QUESTION 50](#)
- Once
- Twice
- 3 times
- 4 to 10 times
- 11 times or more

Question 49. How many times have you been drunk or tipsy from drinking alcohol in the last 4 weeks?

- Never
- Once
- Twice
- 3 times
- 4 to 10 times
- 11 times or more

Question 50. If you drink alcohol, where do you usually do this?

You may give more than one answer.

- At home
- At a friend's house
- At a café, pub, disco/club, restaurant
- At a concert or festival
- At a fair, summer party or local party
- At a school party or on a school trip/excursion
- In the canteen at a sport or other club
- On the street, in a park or another place outside (not a café/pub)
- At a youth centre/other place for young people
- Somewhere else

Question 51. How do you usually get hold of alcohol?

You may give more than one answer.

- I buy it MYSELF
- I let someone else buy it (a friend, acquaintance or stranger)
- I get it from a friend or acquaintance
- I get it from my parents/carers
- I get it from another adult

Question 52. Wat vinden je ouders/verzorgers ervan dat je alcohol drinkt?

- They are fine with it → [GO TO QUESTION 54](#)
- They think I should drink less alcohol → [GO TO QUESTION 54](#)
- They advise against it → [GO TO QUESTION 54](#)
- They forbid it → [GO TO QUESTION 54](#)
- They don't say anything about it → [GO TO QUESTION 54](#)
- They don't know about it → [GO TO QUESTION 54](#)

Question 53. How would your parents/carers feel if you did drink alcohol?

- They would be fine with it
- They would advise against it
- They would forbid it
- They wouldn't say anything about it
- I don't know

Question 54. How many of your friends drink alcohol?

- None
- Some
- Most
- All or almost all

Smoking

Question 55. Have you ever smoked?

By this we mean cigarettes and tobacco, not a vape (e-cigarette).

- Yes, a whole cigarette or more
- Yes, just a few puffs
- No → [GO TO QUESTION 57](#)

Question 56. How often do you currently smoke?

- Every day
- At least once a week, but not every day
- Less than once a week
- I don't smoke any more

Question 57. Have you ever used a vape (e-cigarette)?

- Yes
- No → [GO TO QUESTION 59](#)

Question 58. How often do you currently vape?

- Every day
- At least once a week, but not every day
- Less than once a week
- I don't vape any more

Drugs

Question 59. Have you ever used cannabis or hash?

- Yes
- No → [GO TO QUESTION 61](#)

Question 60. On how many days have you used cannabis or hash in the last 4 weeks ?

- Never
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 days or more

Question 61. Have you ever used laughing gas?

- No, never
- Yes, in the last four weeks
- Yes, but more than four weeks ago

Question 62. Have you ever used any other drug (e.g. ecstasy, cocaine, magic mushrooms)?

- No, never
- Yes, in the last four weeks
- Yes, but more than four weeks ago

Friends' substance use

Question 63. How many of your friends smoke cigarettes?

- None
- Some
- Most
- All or almost all

Question 64. How many of your friends vape?

- None
- Some
- Most
- All or almost all

Question 65. How many of your friends smoke cannabis or hash?

- None
- Some
- Most
- All or almost all

Support from others

Question 66. Sometimes you might have a problem or be worried about something. In that case, who can you turn to?

You may give more than one answer.

- My parent(s)/carer(s)
- Another family member
- A friend
- An adult at school (e.g. a teacher, mentor or counsellor)
- A health care professional (e.g. a GP, psychologist or paediatric nurse)
- Someone else (e.g. a youth worker, trainer or neighbour)
- I have no one to turn to

Social media

The following questions are about your experiences with social media, such as Snapchat, TikTok, YouTube, Instagram and WhatsApp.

Question 67. How often do you find it difficult to stop using social media?

- Never
- Almost never
- Sometimes
- Often
- Very often

Question 68. How often does someone else (e.g. a parent or friend) say you should spend less time on social media?

- Never
- Almost never
- Sometimes
- Often
- Very often

Question 69. How often do you prefer using social media over spending time with someone else (e.g. a friend or parent) in real life?

- Never
- Almost never
- Sometimes
- Often
- Very often

Question 70. How often do you feel restless, stressed or irritated when you can't use social media?

- Never
- Almost never
- Sometimes
- Often
- Very often

Question 71. How often do you rush your homework so that you can use social media?

- Never
- Almost never
- Sometimes
- Often
- Very often

Question 72. How often do you use social media because you feel bad?

- Never
- Almost never
- Sometimes
- Often
- Very often

Question 73. How often do you not sleep enough because of social media?

- Never
- Almost never
- Sometimes
- Often
- Very often

Gaming

Question 74. How often do you play video games?

By video games, we mean all the games on your phone, tablet, laptop, computer or game console (e.g. PlayStation, Xbox, Nintendo).

- Never or almost never → **END OF THE QUESTIONNAIRE**
- Less than 1 day a week → **END OF THE QUESTIONNAIRE**
- 1 day a week → **END OF THE QUESTIONNAIRE**
- 2 or 3 days a week → **END OF THE QUESTIONNAIRE**
- 4 or 5 days a week
- Every day or almost every day

Question 75. How often do you find it difficult to stop playing video games?

- Never
- Almost never
- Sometimes
- Often
- Very often

Question 76. How often does someone else (e.g. a parent or friend) say you should spend less time playing video games?

- Never
- Almost never
- Sometimes
- Often
- Very often

Question 77. How often do you prefer to play video games than spend time with someone else (e.g. a friend or parent) in real life?

- Never
- Almost never
- Sometimes
- Often
- Very often

Question 78. How often do you feel restless, stressed or irritated when you can't play video games?

- Never
- Almost never
- Sometimes
- Often
- Very often

Question 79. How often do you rush your homework so that you can play video games?

- Never
- Almost never
- Sometimes
- Often
- Very often

Question 80. How often do you play video games because you feel bad?

- Never
- Almost never
- Sometimes
- Often
- Very often

Question 81. How often do you not sleep enough because of video games?

- Never
- Almost never
- Sometimes
- Often
- Very often

NOTE: This was the last question.

If you click "Send Answers" the questionnaire is completed and you will not be able to go back into the questionnaire to change your answers.

You have finished filling in the OKO Health Monitor questionnaire. Your responses have been sent.

Again, thank you!

We have asked you questions about a lot of different subjects.

Would you like to know more? If so, take a look at the following websites (not every website has an English version available):

- **Jongerenhulp online**

For when you're struggling with something or if you just want to talk: at Jongeren Hulp Online, there are more than 20 helplines for fast, anonymous and free support. Fast, anonymous and free help, via chat, phone or email.

- **JouwGGD.nl**

With films and tips for young people on all kinds of subjects, such as smoking, drinking & drugs. You can also chat anonymously, from 14:00–22:00 on week days and 18:00–20:00 at the weekend.

- **MIND**

For help with mental problems, or if you are worried about someone or having problems with someone. Available by phone, chat, WhatsApp and email.

- **Stichting 113**

Do you have suicidal thoughts and need help? If so, you can call 113 Suicide Prevention anonymously on 0800-0113 (available 24/7) or chat on 113.nl.

- **Sense**

For all your questions about sexuality.

- **Helpwanted**

For help dealing with online abuse. You can contact Helpwanted anonymously on 020-2615275 or chat on the website.

- **Kindertelefoon**

For when you want to talk or chat about something, free of charge and confidential. Available by phone 0800-0432 (also via chat online), every day between 11:00 and 21:00.

You can close this window.