

**Welcome!**

**For starters, how old are you?**

- Younger than 12 years old
- Between 12 and 15 years old
- 16 years or older

**You can fill in the questionnaire yourself, but you can also ask for help.**

**There are no right or wrong answers.**

**This questionnaire is anonymous: no one knows that you are filling it in, and which answers you give.**

**If possible, answer all questions. But if there are questions that you would rather not fill in, then that's okay. You may also stop filling in the questionnaire at any time.**

**If you work on a laptop or desktop, you can proceed to the following question by clicking enter (after you have answered). You can also save your answers and continue later.**

**About yourself**

**I am ...**

- A boy
- A girl
- Other

### How old are you?

years old

### I'm in the...

- 1st year of secondary education
- 2nd year of secondary education
- 3rd year of secondary education
- 4th year of secondary education
- 5th year of secondary education
- 6th year of secondary education
- OKAN class
- Higher education
- I do not go to school
- Other:

### I'm in:

- ASO (General Secondary Education)
- TSO (Technical Secondary Education)
- KSO (Secondary Art Education)
- BSO (Vocational Secondary Education)
- BUSO (Special Needs Education)

### Indicate what is correct:

- I live alternately with one parent and the other parent
- I always live in the same house with my parent(s)
- I live with another family (foster family, family, grandparents...).
- I live in a group (boarding school, institution, youth welfare, asylum centre, hospital...)

I live alone (assisted independent living, in a studio...)

I live a different way:

## About corona

Do the following statements apply to you?

---

I find the information regarding the rules around corona clear:

Someone I know well has or had corona:

I'm afraid my family or friends are going to become ill from corona:

I'm afraid of becoming ill myself from corona:

Because of corona, it is more difficult at home to pay for everything (like bills, clothing and food...)

Yes

No

I don't know

## My feelings

This is how I feel right now, compared to before corona. Tick all the statements that apply to you.

- I feel more anxious
- I feel happier
- I feel sadder
- I feel calmer
- I feel lonelier
- I feel tired more often
- I feel angry more often
- I am bored more often
- I have more stress

## Yes or no?

Yes

No

---

I've got a place of my own somewhere,  
where I can be alone without being disturbed.

I can turn to someone if I need to talk.

## I can turn to: (multiple answers possible)

- Parents, sisters or brothers
- Family
- Friends
- My boy/girlfriend
- Somebody from school (teacher, principal, care teacher...)
- A counsellor (educator, youth worker, care provider, personal assistant)
- Other:

**Indicate everything that is correct:**

- I see my friends in real life, just like old times
- I see my friends in real life, but from a distance
- I see or hear my friends digitally (e.g. calling or chatting via Facetime, Hangouts, Whatsapp, Instagram, Snapchat, TikTok, Facebook, Houseparty, Zoom, gaming...)

**Indicate everything that is correct:**

- I see my boy/girlfriend in real life, just like old times
- I see my boy/girlfriend in real life, but from a distance
- I see or hear my boy/girlfriend digitally (e.g. calling or chatting via Facetime, Hangouts, Whatsapp, Instagram, Snapchat, TikTok, Facebook, Houseparty, Zoom, gaming...)

**Some statements:**

Yes, a lot more      A little more      No, the same as before      No, less than before

---

I now have more arguments with the people I live with                       

I get more attention from the people I live with during corona (e.g. they have more time for me, I get more hugs or a compliment).                       

**I sometimes have to deal with violence from an adult, for example someone beating me, pulling my ears, touching me when I don't want to, or yelling or cursing at me or laughing at me...**

- Yes
- No

**That's been happening since corona...**

- A lot more
- A little more
- The same as before
- Less than before

**I get bullied sometimes (now or before corona).**

- Yes
- No

**That's been happening since corona...**

- A lot more
- A little more
- The same as before
- Less than before

**Since corona, someone has been angry because they thought I did not follow the rules properly:**

*For example, someone said that I'm not allowed to go to the shop, that I don't keep enough distance, that I sneeze or cough, that I go somewhere where I'm not allowed, that I hang out on the street or in the park for example, that I cannot touch anything, photos were taken of you because they thought you did something wrong.*

- Yes, a couple of times
- Yes, one time
- No, never experienced

**What I'm really missing right now is: (multiple answers possible)**

- My friends
- My boy/girlfriend
- My family

- Going outside
- Going to school
- Leisure (hobbies, youth movement, sports, music)
- Structure
- Other:

## School

Classes are not taking place as usual, but you still have schoolwork. What do you think of that? Do you agree, then tick 'YES'. If you do not agree, tick 'NO'.)

	Yes	No
I have somebody who helps me with my schoolwork	<input type="radio"/>	<input type="radio"/>
There are too many people in the house to be able to work for school	<input type="radio"/>	<input type="radio"/>
I would rather just go back to school	<input type="radio"/>	<input type="radio"/>
I have all the material I need to be able to work for school (a computer or laptop that I can use, good internet connection, work bundles on paper...)	<input type="radio"/>	<input type="radio"/>
I have more stress now because of my schoolwork (I feel anxious or nervous)	<input type="radio"/>	<input type="radio"/>
I can keep up with schoolwork	<input type="radio"/>	<input type="radio"/>

## Relaxation

I go outside to relax (for example to walk, cycle, skate, see people...):

- (Almost) every day

- Sometimes
- (Almost) never

**Where do you go to then? (You may give more than one answer)**

- At home on the balcony or terrace
- At home in the garden
- To a public place (street, square...)
- In nature (park, forest, fields...)
- Other:

**Why is that? (You may give more than one answer)**

- Because I'm afraid of corona
- Because there's no good place outside to relax
- Because I'm not allowed
- Because I can't do that with others
- Because I don't feel like it
- Because I don't have time
- Because I don't want any reactions from others or the police on my behaviour
- Because my parents/guardians don't have the time to go

**I can relax well indoors (reading, gaming, listening to music, drawing, watching TV, playing games, doing some exercise...)**

- Yes
- No

**Behaviour**

**I play videogames more than 2 hours a day.**

- Yes
- No



**Compared to before corona, that is...**

- More
- The same
- Less

**I sometimes gamble (e.g. sports betting, poker, scratch tickets, bingo or lotto).**

- Yes
- No

**Compared to before corona, that is...**

- More
- The same
- Less

**I smoke cigarettes**

- Yes
- No

**Compared to before corona, that is...**

- More
- The same
- Less

**I drink alcohol**

- Yes
- No

**Compared to before corona, that is...**

- More
- The same
- Less

**I use cannabis**

- Yes
- No

**Compared to before corona, that is...**

- More
- The same
- Less

**I use ADHD-medication (Rilatine) or sleeping pills and sedatives**

- Yes
- No

**Compared to before corona, that is...**

- More
- The same
- Less

**If you have questions about alcohol, drugs, pills, gaming and gambling, you can contact druglijn.be**

**And then there's this**

**The current corona crisis requires a lot of adjustments from everyone. Are you invited to think about the rules?**

**At home or in the facility where I live, I can share my thoughts on how to deal with the corona rules. For example, how and with whom I have contact.**

- Yes
- No

**How would you describe corona in one word?**

**If you were allowed to choose, which rules would you change first?**

**What are two things that can help young people during corona?**

- Suggestion 1:

- Suggestion 2:

**Is there anything else you want to tell us?**

**Do you want to make a difference?**

**Do you want to make your voice heard more often in the social debate? You can! Join Bpact and get points for your efforts! You can redeem them later for a reward!**

***Bpact is an online panel that is committed to working on social research, in order to achieve maximum impact in the society. When you register, you will occasionally receive a questionnaire that you can complete without obligation. For more information, visit the website [bpact.be](http://bpact.be)!***

- Yes, I would like to participate in social projects and research of Bpact.
- No, thanks.

**You can contact me using the following e-mail adress:**

**Thank you so much!**

**Thank you for filling in this questionnaire! Soon you will hear the results in the media, or you can read all about it on our website [www.kinderrechtencommissariaat.be](http://www.kinderrechtencommissariaat.be).**

**Remember that you can always turn to someone with your problems or questions.**

[Privacy Statement](#)