

Survey questions

RCH National Child Health Poll Survey: health information and social media

Questionnaire for parents

The next few questions are about social media. Social media means websites and applications that enable users to create and share content or to participate in social networking. Platforms like Instagram, TikTok, Facebook and Snapchat are some examples of social media.

1. Please rate your level of agreement with the following statements with regard to your teenager {BY CHILD}

Strongly agree/ Agree/ Disagree/ Strongly disagree/ Not sure
{present in random order}

1.1 It can be hard for my teenager to know what information is true and untrue on social media

1.2 When the government introduces an age restriction on access to social media platforms for children under 16 years, children under the age limit **will find ways** to access social media

1.3 Spending time on social media makes my teenager wish their body was different

Questionnaire for children aged 12 to 17 years

The next few questions are about social media. Social media means websites and applications that enable users to create and share content or to participate in social networking. Platforms like Instagram, TikTok, Facebook and Snapchat are some examples of social media.

1. How often do you go on or check social media? This includes viewing, scrolling, posting, sharing or chatting on any social media (e.g. checking your Snapchats or scrolling through TikTok).

Never

Once a week

2-3 days of the week

4-6 days of the week

Once every day

More than once every day

2. Tell us how much you agree or disagree with the following statements.

Strongly agree/ Agree/ Disagree/ Strongly disagree/ Not sure

2.1 It can be hard to know what is true and untrue on social media

2.2 When the government introduces an age restriction on access to social media platforms for children under 16 years, children under the age limit **will find ways** to access social media

2.3 I spend more time on social media than I would like to

2.4 I get health and wellbeing information from social media. For example, information on mental health, diet, exercise, period health, acne and skin health, sexual health and relationships.

2.5 Spending time on social media makes me wish my body was different

2.6 I have one or more social media accounts that my parents do **not** know about

3. Have you seen or heard information or content about health and wellbeing from any of the following sources in the past month? For example, information on mental health, diet, exercise, periods, acne and skin health, sexual health or relationships.

Select all that apply:

Parents

Siblings

School, including school nurse

Friends

Websites or apps

Social media

Podcasts

TV

Radio

Newspaper

Doctors, nurses or other health professionals

I have not seen or heard any information or content on health and wellbeing in the past month

4. Have you seen content on the following topics on social media in the past month?

Yes/No/Not sure

Acne and skin health

Sun tanning

Exercise and fitness
Nutrition and food
Sexual health (e.g. sex, contraception, sexually transmitted infections)
Sleep
Periods
Mental health (e.g. anxiety, depression)
Dealing with stress
Gender
Drinking alcohol
Vaping and other nicotine use like oral pouches (e.g. snus)
Caffeine
Puberty
Hygiene (e.g. brushing your teeth, taking a shower)
Body image
Friendship and relationship advice

{Offer Q5 to those who selected yes or not sure to any of the items in Q4}

5. After seeing content on any of these topics, have you tried or considered doing something new or different? For example, buying a new product or changing something in your daily routine.

Yes/No/Not Sure

6. If you were looking for information about your health or wellbeing, where would you go? Select up to three options.

Parents
Siblings
School including school nurse
Friends
Websites or apps
Social media
Podcasts
TV
Radio
Newspaper
Doctors, nurses or other health professionals
I don't look for information about my health and wellbeing