

Telephone:



Please take time to read this sheet carefully and decide whether you do or don't want to take part. Ask the research team if there is anything that is not clear or if you have questions. Thank you for reading this.

What is this study about? This study is about young people and their feelings about their lives. The government wants to know more about them so they can plan how to help young people and families better.

Do I have to take part? Not at all. It is up to you to decide whether or not to take part. If you do not want to, this will not affect any help you may be getting from anyone. You will not get in any trouble if you do not want to take part.

If you decide to take part, you are still free to stop at any time. You don't have to give a reason. Again, this will not affect any help or support you are getting from anyone.

What would I have to do? If you decide to take part, you will first sign a consent form (on the next page), and then spend about an hour talking together and doing activities with a researcher.

What if the questions upset me? You can stop at any point, and you do not have to give a reason. You can also contact the research team at any point after the group, and say that you want your answers about certain questions to be destroyed, which we will do straight away. If you want to talk to someone about anything that has come up from this, you can tell one of the researchers or contact Somaya Latief at Cape Town Child Welfare (021 638 3127).

Why should I take part in this study? This may help us to know more about what can help young people in South Africa. What you tell us will help inform future government policy.

What if I have a complaint? If there is anything to do with this research which you are unhappy with, you can complain to Dr. Lucie Cluver at Oxford University (lucie.cluver@socres.ox.ac.uk).

Will what I say be kept confidential? Anything you tell us about yourself will be kept strictly confidential, and will not be told to anyone else. Any information about you would have your name and address changed so that you cannot be recognised from it.

But during this study, it may become clear that you are suffering from serious difficulties. If so, the interviewer will explain to you some possibilities for further help. If there is a safety issue, we may contact a welfare organisation for you. All this will be talked over with you first.

What will happen to the results of the research study? The results of this study will be used to help the government and others to make policies for young people and families in situations much like yours.

Who is organising and reviewing the research? The research is being organised by the University of Oxford in England, the Department of Social Development in Pretoria and Cape Town Child Welfare. Ethics groups in both countries have approved the research. If you have any complaints about ethics, please contact the UCT Health Sciences Research Ethics Committee (E52-23 Old Main Building, Groote Schuur Hospital, Observatory, 7925).

Contact for further information: Somaya Latief or Dr Lucie Cluver Cape Town Child Welfare, Lower Klipfontein Road, Gatesville, Athlone, South Africa 8000 Email: lucie.cluver@socres.ox.ac.uk

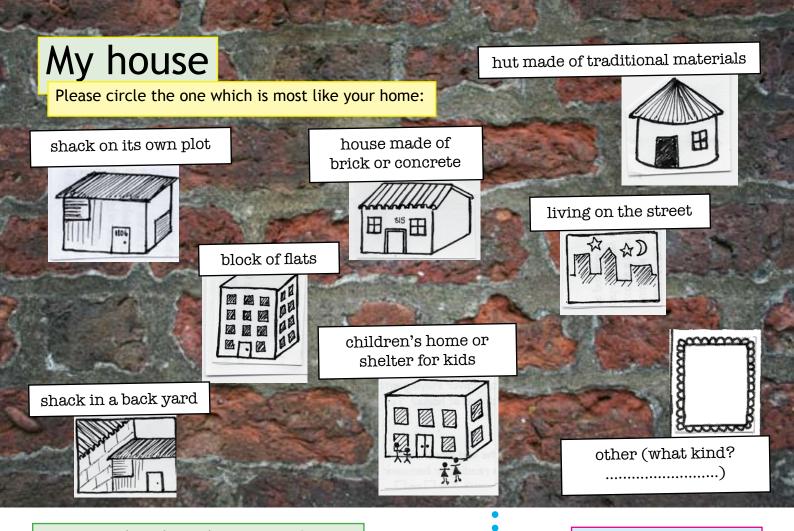
Thank you for reading this sheet. If you feel comfortable with everything, you can fill in the box: ^

Do I want to take part? Tick: 1. I have read and understand the information sheet for this study and have had the chance to ask questions 2. I understand that I have chosen to take part and that I am free to stop at any time, without giving any reason. This will not change any support or help I am getting 3. I agree that any words I may say during the interview can be used, without giving my name, in the presentation of the research. I agree to take part in the study Sign: Name of participant: Signature: Name of researcher: Date:









people looking after other people

Do you have a parent, guardian or caregiver staying with you and taking care of you at home?

..... yes no

If you do, please draw this person or write their name here.

How old is this person?

Is this person your:

..... Brother Uncle

..... Stepfather Neighbour/family friend

..... Grandma Biological father

..... Sister Aunt

..... Foster mother Stepmother

..... Grandpa Biological mother

..... No-one Social worker/careworker Other (who? ______)

My day

On a normal weekday, how many hours do you spend:

Sleeping?

At school?

Playing?

Doing homework?

Working for money?

Helping at home?



People I live with

How many rooms are there in your home, like a bathroom kitchen and other rooms? Draw them below.

1) Who sleeps in each room? 2) Write down their relationship to you, 3) whether they are a boy or girl and 4) how old they are!

5) Now, could you put a tick next to anyone in the home who has a job?

Write down next to them whether it is a regular job (every day) a parttime job (some days each week) or a 'sometimes' job (like just over harvest, or on a building project).



What I think and feel...

This part of the questionnaire looks at sadness and other difficulties which many people experience at some point in their lives. For each group of 3 statements, pick out which best describes how you have felt in the last 2 weeks...

 Nobody really loves me
 I am not sure if anybody loves me
Lam sure that somebody loves me

..... Nothing will ever work out for me I am not sure if things will work out for me Things will work out for me OK

 I have plenty of friends
 I have some friends but wish I had more
 I don't have any friends

I look OK
There are some bad things about my looks
I look ugly

I hate myself
I do not like myself
I like myself

 I do not feel alone
 I feel alone many times
 I feel alone all the time

 I do most things OK
 I do many things wrong
 I do everything wrong

Things bother me all the time
Things bother me many times
Things bother me once in a while

III tile past montal did y od.
Wish you were dead?
Want to hurt yourself?
Think about killing yourself?
Think of a way to kill yourself?
Try to kill yourself?

..... I am sad once in a while I am sad many times I am sad all the time

Many kids and teenagers feel nervous or anxious at times. Please say which of these is true for you:

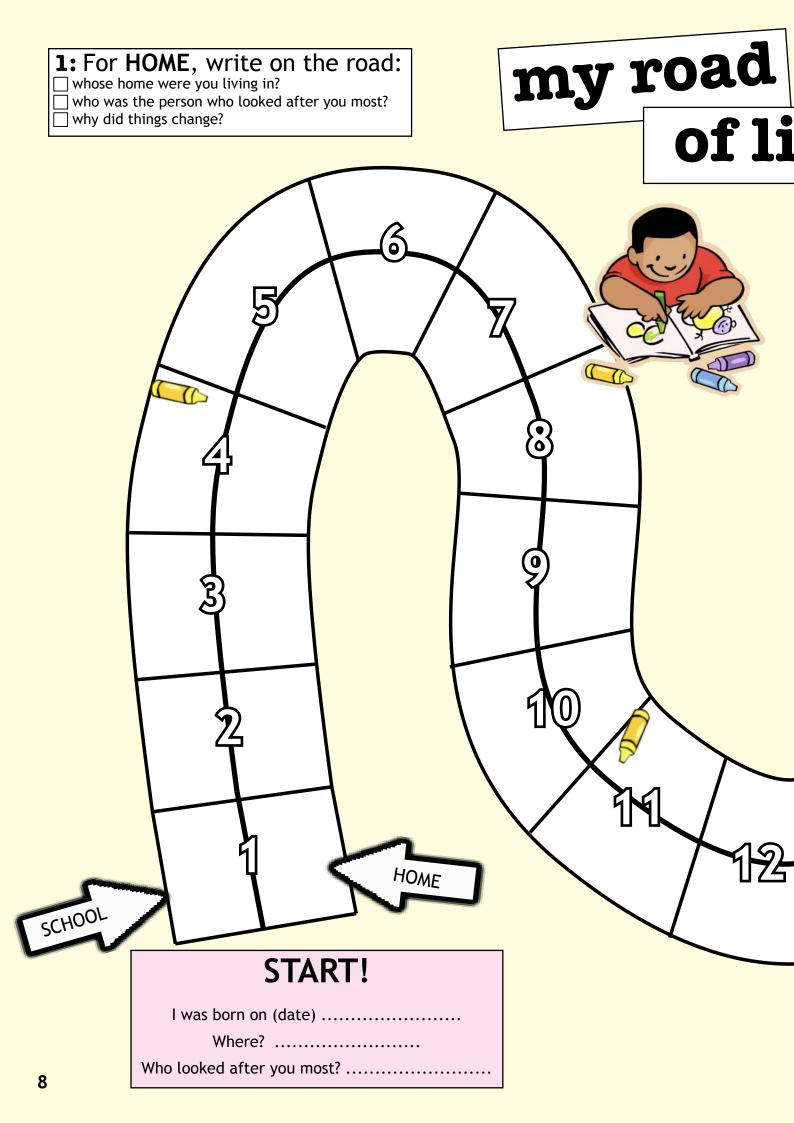


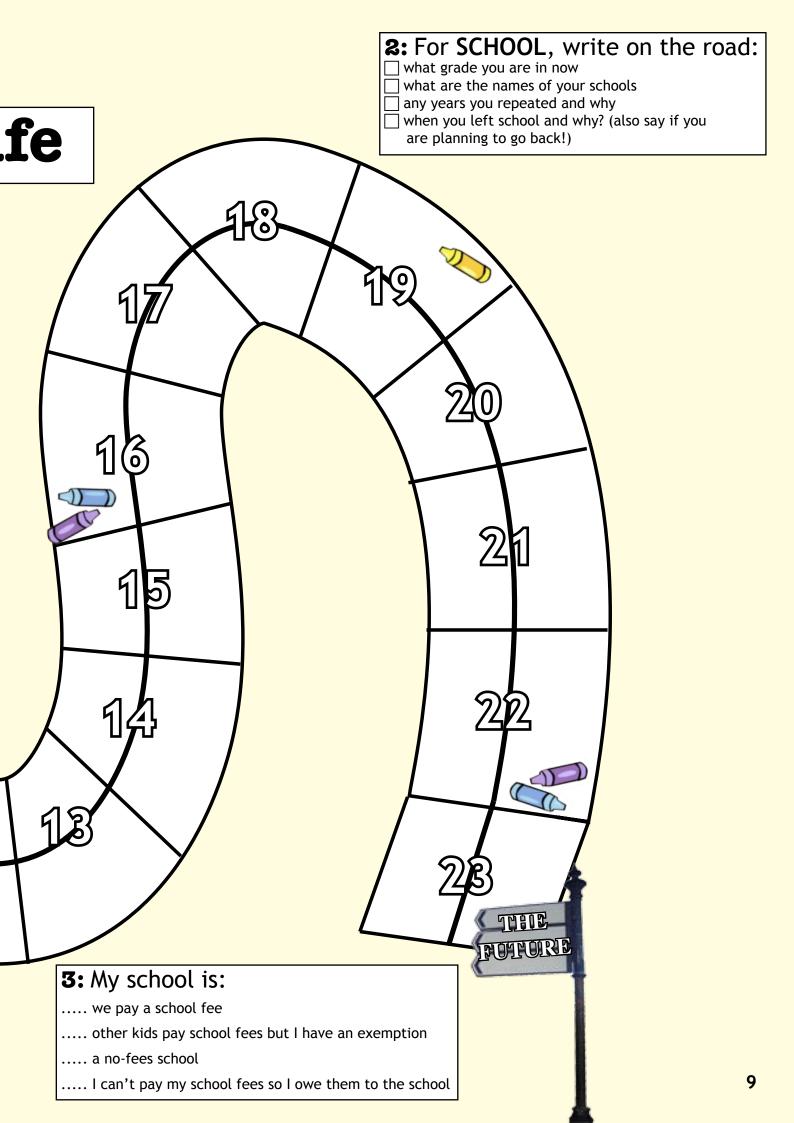
• • • • • • • • • • • • • • • • • • • •	• • • •	• • • •
I worry a lot of the time	yes	no
I worry about what my carers will say to me	yes	no
I feel that others do not like the way I do things	yes	no
It is hard for me to get to sleep at night	yes	no
I worry about what other people think about me	yes	no
I feel alone even when there are people with me	yes	no
I worry about what is going to happen	yes	no
Other children are happier than I am	yes	no
I have bad dreams	yes	no
I wake up scared some of the time	yes	no
I worry when I go to bed at night	yes	no
I am nervous	yes	no
A lot of people are against me	yes	no
I often worry about something bad happening to me	yes	no

It was great to talk to you in 2005/2006, but now it's 2009! How have the past 3 years been for you? Has anything happened which you would like to tell us about? You can write it yourself, or tell us and we'll write it for you.

Catching up

7





These are some tasks which kids do to help at home. How often have you done these things in the last month, and how long do they take?

		How many days in the week?	How long does this take you?
1.	Washing clothes for other people		
2.	Do the food shopping		
3.	Keep someone company when they are sick		
4.	Watch out for a sick person to check they are OK		
5.	Take brothers or sisters to school		
6.	Look after brothers or sisters		
7.	Remind someone to take their medication		
8.	Cook for the family		
9.	Feed a sick person		
10.	Clean the home		
11.	Take a sick person to the clinic		
12.	Go to the clinic to collect medication for someone		
13.	Fetching water		
14.	Doing a job to earn money for the family		
15.	Making the bed for a sick person		
16.	Washing bedclothes when a someone has been ill		
17.	Washing or feeding a younger sibling		
18.	Giving a sick person treatment (what kind?)		
19.	Giving a sick person medication		

Helping out

Sometimes we miss school a bit, sometimes a lot! And for all sorts of reasons. Remember that this is confidential.

This year, how many times have you missed school for more than a week?

<u></u>	The same of the sa	- 10 m	
7	Monday		
	Tuesday		
7	Wednesday		
	Thursday		
F	riday		

Why was that?

Could you draw in this timetable for the past week:

- 1) what days you missed school and why?
- 2) When you came in late/left early and why?
- 3) When you took off lessons and why?
- 4) When you didn't do homework and why?

Other kids and teenagers can be great. They can also be really mean to each other. Think about how things have been for you in the last 6 months. It would help if you answered all the questions even if you are not certain or if it seems silly!

	Not true for		Certainly
	me	true for me	true for me
I am usually on my own. I generally			
play alone or keep to myself			
I have one good friend or more			
Other people my age generally like me			
Other children or young people pick on			
me			
I get on better with adults than with			
people my age			

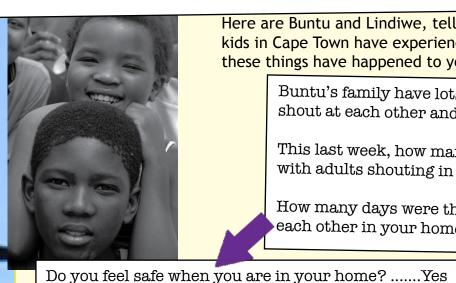
OTHER TEENS AND ME



Now we want to know about the past year. During this year have other kids...

	Not at all	Once	2-3 times	4 or more times
Called me names or swore at me				
Tried to get me into trouble with my friends				
Took something without permission or stole things from me				
Made fun of me for some reason				
Made me uncomfortable by standing too close or touching me				
Punched, kicked or beat me up				
Hurt me physically in some way				
Tried to break or damaged something of mine				
Refused to talk to me or made other people not talk to me				

Stuff that's been difficult for me



If you don't feel safe, why is this?

Said they would invoke ghosts or evil spirits, or

Insulted you by calling you dumb, lazy or other

..... Scared of criminals

Here are Buntu and Lindiwe, telling us some things which many kids in Cape Town have experienced. Could you tell us whether these things have happened to you also?

> Buntu's family have lots of arguments. Sometimes adults shout at each other and sometimes there is fighting.

This last week, how many days were there arguments with adults shouting in your home?

How many days were there arguments with adults hitting each other in your home?

.....No

Buntu has been

robbed and had his

things stolen. This

scared of carers scared of being alone scared for another reason (what reason?			year, how r times have things stole tim	nany you ha en?
	weekly	monthly	less often	never
Use a stick, belt or other hard item to hit you?				
Slap, punch or hit you so you were hurt?				
Said that you would be sent away or kicked out of				

There are inappropriate ways to touch Buntu and Lindiwe. Has anyone ever touched you in a way that made you feel uncomfortable?

Has anyone ever made you do anything with your private parts or their private parts that you did not want to do?

Buntu was attacked and hit when he was out. Have you ever been hit or attacked outside?

the house?

names?

harmful people?

Buntu saw someone in his neighbourhood being shot. Lindiwe saw someone being stabbed one evening.

Have you seen someone being shot? Or stabbed?

Buntu and Lindiwe's mother was ago. They had a little brother who also died. Has anyone close to you died? Could you tell us who they were? And when? Do you know what happened? (you can write, or draw them) Could you turn back to your picture of your house and circle who is stok? Buntu and Lindiwe's mother was ill for some time before she died. Their father is unwell at the moment. It's been difficult for them. Could you say how much these things are true for you? Because someone in my family is sick or has died I've been teased I've been treated badly People have gossiped behind my back I worry about being rejected Parents who know don't want me around their kids I avoid making new friends I feel different and alone If people know, they are afraid of me If people know, they think I am a bad person Did this upset you? Not at all Somewhat Very much Lindiwe and Buntu often don't have enough food in their home. How many days this week did you not have enough food in your How many days did you go to bed hungry?					
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how do you feel about...?

Many kids go through things that are very upsetting or frightening, We would like to know about them and how you felt about it. They might have happened recently or they might have happened a long time ago, but still upset you. They might have been in the list we asked you, or something else.

Can you tell us what was the most upsetting or frightening thing that has happened to you?	

Now for each question, could you tick one box to show whether you have felt this way 'not at all', 'some of the time', most of the time' or 'all the time' in this past month:

att, some of the time, most of the time of att the time in this past month.					
	Not	Some	Most	All	
Do you get nightmares or bad dreams about what happened?	0		•••	•	
Do you get upset when you think about what happened?					
When something reminds you of what happened, do you get tense or upset?					
Do you go over and over what happened in your mind?					
Do you think about (or see pictures in your head of) what happened even when you don't want to?					
Do you worry that it might happen again?					
Do you try not to think about what happened?					
Do you try to stay away from things that remind you of what happened?					
Do you have trouble remembering important parts of what happened?					
Do you act out things or repeat things like what happened?					
Do you feel like its happening all over again even when it's not?					

	Not	Some	Most	All
Do you feel it's hard to have any feelings any more, like you feel numb?				
Do you make yourself very busy and do things so you won't think about what happened?				
Do you get physically upset when something reminds you of what happened - like getting sweaty, shaking, your heart pounding, getting short of breath, or stomach aches?				
Do you have trouble falling asleep or staying asleep?				
Is it hard for you to pay attention - like listening to your teacher, or doing your work - because you can't concentrate well?				
Do you feel you need to stay 'on guard', like something could happen and you need to be ready?				
Do you get jumpy or startle easily?				
Do you get annoyed (grouchy) or irritable (kind of angry) real easy?				
Do you get angry or upset at people for no reason?				
Do you get so angry at people you hit or hurt someone?				
Do you ever think you won't grow up and be what you want to be?				
Do you feel it's hard to have fun doing things?				
Do you ever feel it's hard to feel happy?				
Do you feel alone even when other people are around?				
Do you feel bad or guilty - like what happened was your fault?				
Do you wet your pants or bed by accident?				
Do you feel like you are 'tuned out' or in a 'trance' so you can go away in your mind and not think?				

Please answer these questions about stuff that happens at home - just tick the best answer:

at home jabe than the best answer.					
	Never	Almost	Sometimes	Often	Always
		never			
Your carer says you have done something well					
Your carer threatens to punish you and then does not do it					
You go out without a set time to be home					
You talk your carer out of punishing you after you have done something wrong					
You stay out in the evening past the time you are supposed to be at home					
Your carer compliments you when you have done something well					
Your carer praises you for behaving well					
Your carer does not know who you are friends with					
Your carer lets you out of a punishment early					
Your carer tells you that they like it when you help out around the house					

stuff at home

What kinds of support do you get from people in your life?

	This p a pers I			This person is helpful when I have a personal problem	This person is helpful when I need money and other things	I have fun with this person
	yes	1	no	not at all / sort of / very	not at all / sort of / very	not at all / sort of / very
Your caregiver						
Your sisters or brothers						
A teacher, or the school principal						
Your best friend						
Your group of close friends						
Other people (tell us who:						
)						

)0 17011 dot +h -
Do you get the same amount of food as
oth and 1.7
Ollier kids in vous homes
other kids in your home?

 More
 ~**

..... The same

..... Less

Has your caregiver ta you will live with if th	lked to y ley aren'	ou about Who t able to look
ft on moil anymore:	Yes	No

fthey have,	who will that person bo.
il olioù	

CONFIDENTIAL SICKNESS REPORT SHEET

Questionnaire no:	
-------------------	--

Who is the person who you	help look after most	?	Thank	you for helping us	
How old are they?				With this. These questions	
How long have they been sick for?				ally confidential – ll be put in a sealed	
riow tong have they been sick for:			envelope	e. Please don't write	
In the past month, is this pe		bad very b	your na	ame on this sheet.	
Has this person been happy ☐ very happy ☐ happy		I □ very sad	☐ angry		
How often in the past mont	h has this nerson he	en unwell?			
	\Box 2 weeks \Box 3 v		onth		
Li llevel Li week i	□ Z Weeks □ 3 /	weeks 🗀 all III	Officia		
When people are unwell, t	hey find it difficult to	do everyday			
things. Could you think abou	it what this person fin	ds hard to do?			
3	Not at all difficult		Very difficult	Not able to do it	
Carrying shopping					
Climbing into a taxi or bus					
Bending or kneeling					
Walking a kilometre					
Walking 100 metres					
Washing or dressing					
Getting out of bed					
		Could you tell	us what this p	person is sick with?	
		<u> </u>	•••••••	•••••••	
Have they lost weight ar		?	• • • • • • • • • • • • • • • • • • • •	••••••	
Have they got diabetes? Have they had any of the		or hair changing	r colour or lea	s swelling up, or	
burning feelings in their				s swetting up, or	
Do they have emotional		Mir been very dry.			
Have their eyes been ye	•	d a fever? Or itch	ing?		
Have they had shingles o			J		
Have they got high blood pressure?					
Have they had sores on their body?					
Have they had ulcers or white patches in their mouth, or problems swallowing food?					
Do they drink alcohol too much? Do they have cancer? Where is the cancer?					
Have they had trouble breathing, or a cough for more than 2 days with fever?					
Have they had TB in the last five years?					
Do they have arthritis?					
l 💳	Have they been bewitched?				
Have they had diarrhoea	or a runny tummy f	for more than 2 da	ays?		
Do they have HIV?					
Have they had anything	else we haven't aske	ed about? (What c	io they have? .		
		• • • • • • • • • • • • • • • • • • • •			

CONFIDENTIAL PARENT REPORT SHEET

Questionnaire no:

Thank you for helping us with this. These questions are totally confidential – they will be put in a sealed envelope. Please don't write your name on this sheet.

How was this person related to you?
How old was this person when they died?
Do you know what happened? road accident illness - do you know what? attacked something else (Could you tell us?) How long were they sick for?
Could we ask you about some of the symptoms of sickness your parent had before they died?
 □ Did they lose weight and become very thin? □ Did they have diabetes? □ Did they have any of these things: very pale, or hair changing colour, or legs swelling up, or burning feelings in their feet, or was their skin very dry? □ Did they have emotional problems? □ Were their eyes yellow, and they had a fever? Or itching? □ Did they have shingles or a rash on their skin? □ Did they have high blood pressure? □ Did they have sores on their body? □ Did they have ulcers or white patches in their mouth, or problems swallowing food? □ Did they drink alcohol too much? □ Did they have cancer? Where was the cancer? □ Did they have trouble breathing, or a cough for more than 2 days with fever? □ Did they have arthritis? □ Did they have arthritis? □ Did they have diarrhoea or a runny tummy for more than 2 days? □ Did they have HIV? □ Did they have anything else we haven't asked about? (What did they have?

CAPE CONFIDENTIAL PAGE

Questionnaire no:

Thank you for helping us with this. These questions are totally confidential – they will be put in a sealed envelope. Please don't write your name on this sheet.

We all know that 'having sex	can mean a lot of t	things. Girls can slee	ep with boys,	girls with gir	ls,
or boys with boys. Some of the	nem have had anal s	ex. When we say 'h	ad sex', we m	nean any one	of
these!				77	

Have you ever had sex?

..... Yes

..... No

If your answer is 'No', do not fill in the rest of this page. Go on to the next page!

How old were you the first time you had sex? Write down the age:

How many people have you had sex with in the past year? Write down the number:

2

Of these people in the past year, write down how many of them were:

...... your main boyfriend/girlfriend, or a husband/wife?

...... someone who wasn't your main partner, but you had sex with quite regularly?

....... a casual partner like a one-night stand?

...... someone you paid to have sex with?

4

Has anyone that you've had sex with been more than 10 years older than you?

..... Yes

..... No

Have you ever had sex when you were drunk?
..... Yes No

Have you ever had sex when you were high on a drug like tik, dagga or anything else?

..... Yes

..... No

If you have had sex in the past year, how often did you use condoms?

..... always

..... more than half the time

..... half the time

..... less than half the time

..... never

Have you ever had sex with someone when you didn't want to because they hurt you, or you were afraid that they were going to hurt you if you didn't?

..... Yes

..... No

People have sex for lots of different reasons and for different benefits. Sometimes, people give presents to the person they are having sex with. Have you had any of the following presents given to you because you had sex with someone? Circle which ones:

Money

Buying you drinks Clothes

Cellphone airtime

Food

A place to stay

Lifts in a car/taxi

Better marks at school

School fees

Anything else

11

Do you have any children? Please write their ages:

someone pregnant? Yes No

Have you ever been pregnant or made

.....

19

CAPE CONFIDENTIAL PAGE

Questionnaire no:

Thank you for helping us with this. These questions are totally confidential they will be put in a sealed envelope. Please don't write your name on this sheet.

	metimes we get upset, or just plain angry. Can you tell			
us	how true these are for you in the past 6 months?	Not true	Somewhat	· · · · · · · · · · · · · · · · · · ·
			true	true
I cut cla	isses or skip school.			
I run aw	ay from home.			
I use alc	cohol or drugs for non-medical purposes.			
I don't f	feel guilty after doing something I shouldn't.			
I hang a	round with kids who get in trouble.			
I would	rather be with older kids than with kids my own age.			
l graffiti	i or break windows.			
I steal a	t home.			
I steal th	hings from places other than home.			
I swear	or use dirty language.			
I lie or c	cheat.			
I get ver	ry angry and often lose my temper.			
I fight a	lot. I can make other people do what I want.			
I usually	y do as I am told.			
I carry a	a knife on me for protection.			
I carry a	a gun on me for protection.			

During the past month, how often did you drink alcohol?

> Not once Every day Several times per week

> > Once a week

Once a month

Have you been drunk in the past month?

Yes No

On a day or evening when you drink, how many do you usually have?

Have you ever used any drug to make yourself feel high? Tick any you have:

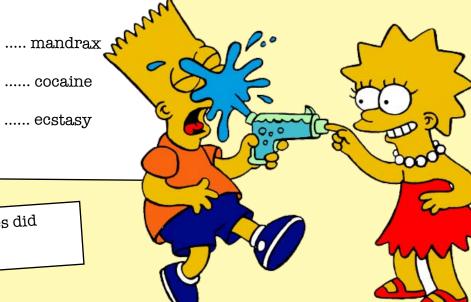
.... not once dagga

..... glue heroin cocaine

..... crack petrol ecstasy

..... acid tik

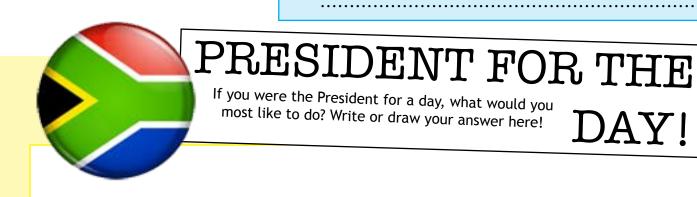
In the past month, how many times did you take these drugs?



he		
Didn't have the right documents (ID, birth certificate etc)		
Waiting for a social worker to do an assessment		

..... The grant office sent us away

..... Another reason (tell us?.....



..... disability grant

..... care dependency grant