

AEF SHORT WELLBEING SURVEY - LTO GUIDANCE

ABOUT THE SURVEY

The survey has been designed to help Active Essex Foundation understand the impacts that your work is having on the children and young people that you work with. The survey complements other elements of the evaluation of Active Essex Foundation's Sport and Youth Mental Health Project that you will be invited to participate in.

Before you use the survey, you must get consent from the child or young person (with the tick box on the survey) and their parent/carer (using the Parent/Carer Information and Consent form provided).

HOW OFTEN TO USE THE SURVEY

Ideally, we would like you to ask the children and young people that you work with to complete the survey at least twice during their time with you. We recommend asking them to complete it every 4-8 weeks, so that you (and AEF) can see the difference your work is making.

CHOOSING WHICH VERSION TO USE

There are 3 versions of the AEF Short Wellbeing Survey. As the survey includes elements from validated measures (Office for National Statistics questions and the Outcome Rating Scale/Child Outcome Rating Scale), it is important that you select the right version for the ages of the children and young people you work with.

However, you are welcome to select the version that best suits the needs and abilities of the children and young people you work with. For example, if you work with a 13-year-old young person with special educational needs, you could use Version 1, 2, or 3 (as appropriate).

We recommend that you take time to read through the survey and offer the children and young people any support you feel they might need as they complete it. For example, you could read the information at the top of the survey and the questions to them, and/or reword the questions in a way that suits them better.

Continued...



VERSION 1

- This version of the AEF Short Wellbeing Survey is designed for children and young people **aged 5-7**
 - **You can also use it with children and young people of all other ages, if you feel it is best suited to them**
-



VERSION 2

- This version of the AEF Short Wellbeing Survey is designed for children and young people **aged 8-10**
 - **You can use it with children and young people over the age of 10, if you feel it is best suited to them, but you should not use it with young people under the age of 8**
-



VERSION 3

- This version of the AEF Short Wellbeing Survey is designed for children and young people **aged 10+**
 - You should **only** use it with children and young people who are aged 10 or over
-

COMPLETING THE SESSION LEAD SECTION

Once the child or young person has completed the survey, they will be asked to pass it back to you. You should then complete the bottom section, entering the name of your organisation/club/session and creating a Unique Code for the child or young person using the instructions on the sheet.

RETURNING THE COMPLETED SURVEYS

To return the completed surveys to Active Essex Foundation, please keep hold of the paper copies and pass them back to a member of the Active Essex Foundation team when they next visit you.