

Aberystwyth University

Understanding the interactions that children and young people have with their natural and built environments

Holmes, Emily; Arkesteijn, Marco; Knowles, Kim; McKinney, Tracie; Mizen, Amy; Purcell, Catherine

Published in:
PLoS ONE

DOI:
[10.1371/journal.pone.0311498](https://doi.org/10.1371/journal.pone.0311498)

Publication date:
2024

Citation for published version (APA):

Holmes, E., Arkesteijn, M., Knowles, K., McKinney, T., Mizen, A., & Purcell, C. (2024). Understanding the interactions that children and young people have with their natural and built environments: A survey to identify targets for active travel behaviour change in Wales. *PLoS ONE*, 19(10), Article e0311498. <https://doi.org/10.1371/journal.pone.0311498>

General rights

Copyright and moral rights for the publications made accessible in the Aberystwyth Research Portal (the Institutional Repository) are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the Aberystwyth Research Portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the Aberystwyth Research Portal

Take down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

tel: +44 1970 62 2400
email: is@aber.ac.uk



INHABIT Holiadur Rhieni / INHABIT Parent Questionnaire

Dewis iaith / Language Preference

Nodwch p'un a hoffech barhau yn Gymraeg neu yn Saesneg.

Please indicate whether you would like to continue in Welsh or English. * *Required*

Welsh / Cymraeg

English / Saesneg

Participant Information Sheet

INHABIT - Understanding the Interactions that cHildren And young people have with their natural and Built environmenTs

Thank you for your interest in the study titled: '*INHABIT - Understanding the INteractions that cHildren And young people have with their natural and Built environmenTs*'.

Before you decide whether or not to take part, it is important for you to understand why the research is being undertaken and what it will involve. Please take time to read the following information carefully and discuss it with others, if you wish.

1. What is the purpose of this study?

Spending time outdoors has been shown to support good mental health and well-being in children and young people. However, previous research suggests that children and young people are spending less time outdoors than at any other time in history. What we don't know however is whether this is the case in Wales. We also don't know whether young people have the capability, opportunities and/or motivation to spend time outdoors. Therefore, this study aims to understand how young people in Wales are interacting with their built (human made surroundings) and natural environments (naturally occurring surroundings), from a parent's perspective and from the perspective of young people. In the context of this study, we are interested in public outdoor spaces (not including private gardens).

2. Who is running the study?

The research team comprises of Dr Catherine Purcell (Cardiff University), Dr Emily Holmes (Bangor University), Dr Amy Mizen (Swansea University), Dr Tracie McKinney (University of South Wales), Dr Marco Arkesteijn (Aberystwyth University), Dr Kim Knowles (Aberystwyth University) and Dr Ginu Rajan (Cardiff Metropolitan University). In addition, members of the public, specifically four parents and three young people, are actively contributing to this study.

3. Who can take part?

You have been invited to take part because you have parental responsibilities for a young person aged 12-16 years, who lives in Wales.

4. Do I have to take part?

No, your participation in this research project is entirely voluntary and it is up to you to decide whether or not to take part. If you decide that you want to take part, then click the next button at the bottom of this information sheet to access the e-consent form. Once you have provided e-consent you will automatically access the questionnaire. If you decide not to take part, you do not have to explain your reasons and it will not affect your legal rights.

You are free to withdraw your e-consent to participate in the research project at any time up to the point that you submit your completed questionnaire, without giving a reason, even after completing the e-consent form.

5. What will taking part involve?

If you do decide to take part, then click next at the end of this information, this will take you to an e-consent form to complete. If you complete the e-consent form, then when you click next you will be taken straight to the questionnaire. The questionnaire should take no longer than 10-15 minutes to complete per child and is entirely anonymous. Once you have completed the

questionnaire you will see a debrief sheet which provides you with contact details of organisations that you may be able to access for support/information.

6. Will I be paid for taking part?

No. Unfortunately, you will not get paid for taking part in this study. However, you do have the option to enter a prize draw: first prize is £25, second prize is £15 and third prize is £10. If you wish to enter the prize draw then please click on the link at the end of the questionnaire where you will be prompted to enter your e-mail address. Your email address will not be linked to your questionnaire data. The prize draw will take place at the end of August 2023.

7. What are the possible benefits of taking part?

There may not be any direct benefit to you or your child from taking part in this study. However, the findings from this study will enable us to better understand how young people in Wales are interacting with their built and natural environments, from a parent's perspective and from the perspective of young people. In the longer term, this understanding may enable us to, for example, influence infrastructure changes that are evidence-based, such as location of cycle routes, or incentives for active travel.

8. What are the possible risks of taking part?

The questions ask you to consider your child(ren)'s behaviour in relation to the outdoors. It also asks you to consider what motivates your child(ren) to spend time outdoors and whether they have the capability and opportunity to spend time outdoors. As such, the questions ask you to reflect on your child(ren)'s interactions with outdoor space. This may, unintentionally, cause you some distress. If you do experience any distress, please feel free to skip questions, or to exit the questionnaire entirely. If you exit the questionnaire, then your responses will not be submitted. At the end of the questionnaire, you will see a debrief sheet, which provides you with contact details and websites of organisations that you may want to contact for support/more information about how to access the outdoors. Once you have submitted your questionnaire your data will be entirely anonymous and stored securely (please see 'What will happen to my personal data' for more information).

9. Will my taking part in this research project be kept confidential?

All information collected from (or about) you during the research project will be kept confidential and any personal information you provide will be managed in accordance with data protection legislation. Please see 'What will happen to my Personal Data?' (below) for further information.

10. What will happen to my Personal Data?

All data collected from the questionnaire will be completely anonymous. Your email address will be known if you decide to provide it in order to be included in the prize draw or if you email a member of the project team with a query. Once the prize draw has taken place (August 2023) and / or your email query has been addressed, your email will be immediately deleted.

Cardiff University is the Data Controller and is committed to respecting and protecting your personal data in accordance with your expectations and Data Protection legislation. Further information about Data Protection, including:

- your rights

- the legal basis under which Cardiff University processes your personal data for research
- Cardiff University's Data Protection Policy
- how to contact the Cardiff University Data Protection Officer
- how to contact the Information Commissioner's Office

may be found at <https://www.cardiff.ac.uk/public-information/policies-and-procedures/data-protection>

Printed copies of the above-mentioned documentation and privacy notices can be provided on request.

11. What happens to the data at the end of the research project?

In accordance with the Cardiff University Records Retention Schedule (2021), your data (your anonymous questionnaire) will be destroyed after 5 years. It may however be published in support of the research project and/or retained indefinitely, where it is likely to have continuing value for research purposes. Your identity will not be added as the questionnaire is anonymous.

12. What will happen to the results of the research project?

It is our intention to publish the results of this research project in academic journals and present findings at conferences. We also plan to share the findings with parents and young people as well as youth organisations and other interested parties. Participants will not be identified in any report, publication or presentation. The results are likely to be published in 2024 and you will be able to obtain a copy of the published results by contacting any member of the research team.

13. What if there is a problem?

If you wish to complain or have grounds for concerns about any aspect of the manner in which you have been approached or treated during the course of this research, please contact Dr Catherine Purcell at PurcellC2@Cardiff.ac.uk. If you remain unhappy and wish to complain formally, you can do this by contacting the School of Healthcare Sciences Director of Research Governance (Dr Jen Davies daviesj@cardiff.ac.uk 02920688581).

If you are harmed by taking part in this research project, there are no special compensation arrangements. If you are harmed due to someone's negligence, you may have grounds for legal action, but you may have to pay for it.

14. Who is organising and funding this research project?

The research is funded by Welsh Crucible and organised by:

Dr Catherine Purcell

School of Healthcare Sciences
College of Biomedical and Life Sciences
Cardiff University
Tŷ Dewi Sant
Heath Park, Cardiff, CF14 4XN

Dr Emily Holmes

School of Medical and Health Sciences
Bangor University
Bangor
Gwynedd
LL57 2DG

Tel: +44 (0)29 2251 0961
Email: PurcellC2@Cardiff.ac.uk

Tel: +44(0) 1248 382709
Email: e.holmes@bangor.ac.uk

Dr Amy Mizen

Data Science, Health and Wellbeing
Swansea University
Singleton Park
Sketty
Swansea, SA2 8PP

Dr Tracie McKinney

Faculty of Computing, Engineering and
Science
University of South Wales
The Alfred Russel Wallace Building
Upper Glyntaff, Pontypridd, CF37 4BD

Tel: +44(0) 1792 205678
Email: a.r.mizen@swansea.ac.uk

Tel: +44(0) 1443 4829433
Email: tracie.mckinney@southwales.ac.uk

Dr Marco Arkesteijn

Department of Life Sciences
Aberystwyth University
Carwyn James Building
Penglais
Aberystwyth, Ceredigion, SY23 3FD

Dr Kim Knowles

Department of Theatre, Film & Television
Aberystwyth University
Parry – Williams Building
Penglais
Aberystwyth, Ceredigion, SY23 3FL

Tel: +44(0) 1970 628559
Email: maa36@aber.ac.uk

Tel: +44(0) 1970 628700
Email: kik2@aber.ac.uk

Dr Ginu Rajan

Department of Applied Computing and
Engineering
Cardiff Metropolitan University
Llandaff Campus
Western Avenue
Cardiff, CF5 2YB

Tel: +44(0)29 2041 2041
Email: GRajan@cardiffmet.ac.uk

15. Who has reviewed this research project?

This research project has been reviewed and given a favourable opinion by the School of Healthcare Sciences Research Ethics Committee, Cardiff University.

16. Further information and contact details

Should you have any questions relating to this research project, you may contact any member of the project team at any of the email addresses provided above. Any emails received by the project team will be deleted as soon as queries have been responded to.

Thank you for considering taking part in this research project. Please feel free to download this participant information for your records by clicking [here](#).

Dated 18.01.2023 version 2.0

e-Consent

School Research Ethics Committee (SREC) reference: REC985

Name of Principal Investigator: Dr Catherine Purcell

Contact email address: PurcellC2@cardiff.ac.uk

Cardiff University attaches high priority to the ethical conduct of research. We therefore ask you to consider the following points before completing this form. Completing this form confirms that you are happy to take part in the study.

The purpose of this e-consent form is to ensure that you are willing to take part in this study. You are free to withdraw by exiting the questionnaire at any time *without* penalty and your data will not be submitted.

I confirm that I am over 18 years of age. * *Required*

Yes

No

e-Consent

I confirm that I have read the information sheet dated 18.01.2023 version 2.0 for the above research project. * *Required*

Yes

No

e-Consent

I confirm that I have understood the information sheet dated 18.01.2023 version 2.0 for the above research project and that I have had the opportunity to ask questions and that these have been answered satisfactorily. * *Required*

 Yes No

e-Consent

I understand that my participation is voluntary and I am free to withdraw by exiting the questionnaire prior to submission, but once I have submitted the questionnaire it will not be possible to withdraw. * *Required*

 Yes No

e-Consent

I understand who will have access to information provided, how the data will be stored and what will happen to the data at the end of the research project. * *Required*

Yes

No

e-Consent

I understand how the findings and results of the research project will be written up and published. * *Required*

Yes

No

e-Consent

I understand that if I decide to enter the prize draw that my email address will be stored securely until after the prize draw has taken place (August 2023). * *Required*

 Yes No

e-Consent

I agree to take part in this research project. * *Required*

Yes

No

Questionnaire

Following some brief questions about you and your child, you are asked to respond to a series of questions relating to how your child(ren) interacts with outdoor space. For the purposes of this questionnaire, we are defining outdoor space as any public space that is outside, **this doesn't include private gardens.**

If you have more than one child aged between 12-16 years old, please complete this questionnaire for each of your children separately.

Please select your child's age * *Required*

12 years old

13 years old

14 years old

15 years old

16 years old

Please enter your age * *Required*

Please enter a number.

Please select your child's gender * *Required*

What is your child's ethnic group? (Choose one option that best describes your child's ethnic group or background) * *Required*

Other ethnic group

Arab Other

If you selected Other, please specify:

Black / African / Caribbean / Black British

African Caribbean Other

If you selected Other, please specify:

Asian / Asian British

Indian Pakistani Bangladeshi
 Chinese Other

If you selected Other, please specify:

Mixed / Multiple ethnic groups

White and Black Caribbean White and Black African White and Asian
 Other

If you selected Other, please specify:

White

- English / Welsh / Scottish / Northern Irish / British

 Irish

 Traveller
- Other

If you selected Other, please specify:

Which of the following characteristics best describes your child (please select all that apply):

*** Required**

- | | | |
|---|---|---|
| <input type="checkbox"/> My child has no known additional needs | <input type="checkbox"/> My child has communication and interaction needs | <input type="checkbox"/> My child has cognitive and additional learning needs |
| <input type="checkbox"/> My child has social, emotional and mental health needs | <input type="checkbox"/> My child has sensory and / or physical needs | <input type="checkbox"/> Prefer not to say |

Other

Does your child own a (please select all that apply): *** Required**

- | | | |
|------------------------------------|----------------------------------|--|
| <input type="checkbox"/> (Bi)cycle | <input type="checkbox"/> Scooter | <input type="checkbox"/> Skateboard |
| <input type="checkbox"/> e-Scooter | <input type="checkbox"/> e-Cycle | <input type="checkbox"/> None of these |

Other

Please enter your child's home postcode (please enter the full postcode e.g. CF14 4XN, leaving a space between the two sections of the postcode). * *Required*

Please enter a valid UK postcode.

What type of property does your child live in? * *Required*

- | | | |
|---|--|---|
| <input type="radio"/> House or bungalow with private garden | <input type="radio"/> House or bungalow with a shared garden | <input type="radio"/> Flat, maisonette or apartment with a private garden |
| <input type="radio"/> Flat, maisonette or apartment with a shared garden | <input type="radio"/> A caravan or other mobile or temporary structure with a private garden | <input type="radio"/> A caravan or other mobile or temporary structure with a shared garden |
| <input type="radio"/> A property that has no access to a private or shared garden | <input type="radio"/> House or bungalow on a farm | <input type="radio"/> Other |

If you selected Other, please specify:

On average, roughly how many hours does your child spend on a screen (e.g. computer, phone) outside of school hours each week? * *Required*

Please enter a number.

Please answer the following questions using a scale of 1 (strongly agree) to 5 (strongly disagree)

My child is physically able to access the outdoors * *Required*

- | | | |
|--------------------------------------|---|--|
| <input type="radio"/> Strongly agree | <input type="radio"/> Agree | <input type="radio"/> Neither agree nor disagree |
| <input type="radio"/> Disagree | <input type="radio"/> Strongly disagree | |

My child is physically able to spend time doing outdoor activities (e.g., cycling or pond dipping)

*** Required**

- | | | |
|--------------------------------------|---|--|
| <input type="radio"/> Strongly agree | <input type="radio"/> Agree | <input type="radio"/> Neither agree nor disagree |
| <input type="radio"/> Disagree | <input type="radio"/> Strongly disagree | |

My child has the physical ability to independently access the outdoors *** Required**

- | | | |
|--------------------------------------|---|--|
| <input type="radio"/> Strongly agree | <input type="radio"/> Agree | <input type="radio"/> Neither agree nor disagree |
| <input type="radio"/> Disagree | <input type="radio"/> Strongly disagree | |

My child has the physical ability to access the outdoors safely *** Required**

- | | | |
|--------------------------------------|---|--|
| <input type="radio"/> Strongly agree | <input type="radio"/> Agree | <input type="radio"/> Neither agree nor disagree |
| <input type="radio"/> Disagree | <input type="radio"/> Strongly disagree | |

I have the physical ability to help my child spend time outdoors *** Required**

- | | | |
|--------------------------------------|---|--|
| <input type="radio"/> Strongly agree | <input type="radio"/> Agree | <input type="radio"/> Neither agree nor disagree |
| <input type="radio"/> Disagree | <input type="radio"/> Strongly disagree | |

I know why it is important for my child to spend time outdoors *** Required**

- | | | |
|--------------------------------------|---|--|
| <input type="radio"/> Strongly agree | <input type="radio"/> Agree | <input type="radio"/> Neither agree nor disagree |
| <input type="radio"/> Disagree | <input type="radio"/> Strongly disagree | |

I have lots of ideas of what my child can do when they spend time outdoors * *Required*

- | | | |
|--------------------------------------|---|--|
| <input type="radio"/> Strongly agree | <input type="radio"/> Agree | <input type="radio"/> Neither agree nor disagree |
| <input type="radio"/> Disagree | <input type="radio"/> Strongly disagree | |

I believe my child has the psychological ability (i.e., they can engage in the necessary thought processes) to spend time outdoors * *Required*

- | | | |
|--------------------------------------|---|--|
| <input type="radio"/> Strongly agree | <input type="radio"/> Agree | <input type="radio"/> Neither agree nor disagree |
| <input type="radio"/> Disagree | <input type="radio"/> Strongly disagree | |

I believe it is important for my child to spend time outdoors * *Required*

- | | | |
|--------------------------------------|---|--|
| <input type="radio"/> Strongly agree | <input type="radio"/> Agree | <input type="radio"/> Neither agree nor disagree |
| <input type="radio"/> Disagree | <input type="radio"/> Strongly disagree | |

As a parent I make time for outdoor activities * *Required*

- | | | |
|--------------------------------------|---|--|
| <input type="radio"/> Strongly agree | <input type="radio"/> Agree | <input type="radio"/> Neither agree nor disagree |
| <input type="radio"/> Disagree | <input type="radio"/> Strongly disagree | |

My child makes time to be outdoors * *Required*

- | | | |
|--------------------------------------|---|--|
| <input type="radio"/> Strongly agree | <input type="radio"/> Agree | <input type="radio"/> Neither agree nor disagree |
| <input type="radio"/> Disagree | <input type="radio"/> Strongly disagree | |

I try to make sure that my child has enough time to spend outdoors * *Required*

- | | | |
|--------------------------------------|---|--|
| <input type="radio"/> Strongly agree | <input type="radio"/> Agree | <input type="radio"/> Neither agree nor disagree |
| <input type="radio"/> Disagree | <input type="radio"/> Strongly disagree | |

My child makes plans to meet people outdoors * *Required*

- | | | |
|--------------------------------------|---|--|
| <input type="radio"/> Strongly agree | <input type="radio"/> Agree | <input type="radio"/> Neither agree nor disagree |
| <input type="radio"/> Disagree | <input type="radio"/> Strongly disagree | |

This is an attention check question please choose 'disagree' * *Required*

- | | | |
|--------------------------------------|---|--|
| <input type="radio"/> Strongly agree | <input type="radio"/> Agree | <input type="radio"/> Neither agree nor disagree |
| <input type="radio"/> Disagree | <input type="radio"/> Strongly disagree | |

My child's friends enjoy meeting outdoors * *Required*

- | | | |
|--------------------------------------|---|--|
| <input type="radio"/> Strongly agree | <input type="radio"/> Agree | <input type="radio"/> Neither agree nor disagree |
| <input type="radio"/> Disagree | <input type="radio"/> Strongly disagree | |

My child generally prefers to spend time outdoors than indoors * *Required*

- | | | |
|--------------------------------------|---|--|
| <input type="radio"/> Strongly agree | <input type="radio"/> Agree | <input type="radio"/> Neither agree nor disagree |
| <input type="radio"/> Disagree | <input type="radio"/> Strongly disagree | |

Being outdoors makes my child feel good * *Required*

- | | | |
|--------------------------------------|---|--|
| <input type="radio"/> Strongly agree | <input type="radio"/> Agree | <input type="radio"/> Neither agree nor disagree |
| <input type="radio"/> Disagree | <input type="radio"/> Strongly disagree | |

My child wants to spend time outdoors * *Required*

- | | | |
|--------------------------------------|---|--|
| <input type="radio"/> Strongly agree | <input type="radio"/> Agree | <input type="radio"/> Neither agree nor disagree |
| <input type="radio"/> Disagree | <input type="radio"/> Strongly disagree | |

My child is motivated to spend time outdoors * *Required*

- | | | |
|--------------------------------------|---|--|
| <input type="radio"/> Strongly agree | <input type="radio"/> Agree | <input type="radio"/> Neither agree nor disagree |
| <input type="radio"/> Disagree | <input type="radio"/> Strongly disagree | |

As a parent I enjoy spending time outdoors with my child(ren) * *Required*

- | | | |
|--------------------------------------|---|--|
| <input type="radio"/> Strongly agree | <input type="radio"/> Agree | <input type="radio"/> Neither agree nor disagree |
| <input type="radio"/> Disagree | <input type="radio"/> Strongly disagree | |

The places that my child has access to enables them to spend time outdoors * *Required*

- | | | |
|--------------------------------------|---|--|
| <input type="radio"/> Strongly agree | <input type="radio"/> Agree | <input type="radio"/> Neither agree nor disagree |
| <input type="radio"/> Disagree | <input type="radio"/> Strongly disagree | |

My child has experienced things in the environment (such as traffic) that stops them from being outdoors * *Required*

- Strongly agree Agree Neither agree nor disagree
- Disagree Strongly disagree

There are local facilities that promote outdoor activities for my child * *Required*

- Strongly agree Agree Neither agree nor disagree
- Disagree Strongly disagree

We find that sometimes online questionnaires are targeted by 'bots' which can make the data meaningless. Please select a fruit from the drop down list. * *Required*

As a parent I take my child to places that enables them to take part in outdoor activities * *Required*

- Strongly agree Agree Neither agree nor disagree
- Disagree Strongly disagree

My child's friends encourage them to spend time outdoors * *Required*

- Strongly agree Agree Neither agree nor disagree
- Disagree Strongly disagree

I encourage my child to spend time outdoors * *Required*

- Strongly agree Agree Neither agree nor disagree
 Disagree Strongly disagree

My child belongs to organisations (e.g. Scouts, Guides etc) that enable them to take part in outdoor activities * *Required*

- Strongly agree Agree Neither agree nor disagree
 Disagree Strongly disagree

I would describe us as an 'outdoor family' * *Required*

- Strongly agree Agree Neither agree nor disagree
 Disagree Strongly disagree

My child(ren) would spend more time outdoors if the benefits were immediate * *Required*

- Strongly agree Agree Neither agree nor disagree
 Disagree Strongly disagree

Please respond to the following questions by entering a number in the text box provided:

Please indicate roughly how many hours your child spends outdoors in a normal week

	Number of hours per week during school term time * <i>Required</i>	Number of hours per week during school holiday time * <i>Required</i>
In winter	<input type="text"/>	<input type="text"/>
In summer	<input type="text"/>	<input type="text"/>

Please indicate roughly how many hours your child spends outdoors doing activities you have organised as a family to do together in a normal week

	Number of hours per week during school term time * <i>Required</i>	Number of hours per week during school holiday time * <i>Required</i>
In winter	<input type="text"/>	<input type="text"/>
In summer	<input type="text"/>	<input type="text"/>

Please indicate roughly how many hours your child spends outdoors doing activities that have been organised by someone else in a normal week

	Number of hours per week during school term time * <i>Required</i>	Number of hours per week during school holiday time * <i>Required</i>
In winter	<input type="text"/>	<input type="text"/>
In summer	<input type="text"/>	<input type="text"/>

Please indicate roughly how many hours your child spends outdoors doing activities that they have organised themselves and chosen to do in a normal week

	Number of hours per week during school term time * <i>Required</i>	Number of hours per week during school holiday time * <i>Required</i>
In winter	<input type="text"/>	<input type="text"/>
In summer	<input type="text"/>	<input type="text"/>

Finally, we'd like to ask you to answer some choice questions.

Imagine your child has two options of how they make a journey. Please indicate which of the following options, Option A or Option B, you would prefer your child to take. There are no right or wrong answers, we are simply interested in your views.

Landscape	Option A	Option B
Type of Travel	Rural <i>Natural Surroundings</i>	Residential <i>Built Environment</i>
Journey Time	Active Travel <i>e.g., Walk/Bicycle</i>	Motorised Transport <i>e.g., Car/Bus</i>
	10 minutes	25 minutes

Which option would you prefer for your Child (please select A or B)? * Required

Option A Option B

Landscape	Option A	Option B
Type of Travel	Residential <i>Built Environment</i>	Rural <i>Natural Surroundings</i>
Journey Time	Active Travel <i>e.g., Walk/Bicycle</i>	Motorised Transport <i>e.g., Car/Bus</i>
	25 minutes	10 minutes

Which option would you prefer for your Child (please select A or B)? * Required

Option A Option B

Landscape	Option A	Option B
Type of Travel	Rural <i>Natural Surroundings</i>	Residential <i>Built Environment</i>
Journey Time	Motorised Transport <i>e.g., Car/Bus</i>	Active Travel <i>e.g., Walk/Bicycle</i>
	25 minutes	10 minutes

Which option would you prefer for your Child (please select A or B)? * *Required*

Option A

Option B

	Option A	Option B
Landscape	Residential <i>Built Environment</i>	Rural <i>Natural Surroundings</i>
Type of Travel	Motorised Transport <i>e.g., Car/Bus</i>	Active Travel <i>e.g., Walk/Bicycle</i>
Journey Time	10 minutes	25 minutes

Which option would you prefer for your Child (please select A or B)? * *Required*

Option A

Option B

Debrief Page

Thank you for taking part in this study.

What were we looking for?

As mentioned in the Participant Information Sheet, this study aims to understand how young people in Wales are interacting with their built and natural environment, from a parent's perspective and importantly from the perspective of young people.

Storage of Data

As outlined in the Participant Information Sheet, the data you provide is processed in compliance with GDPR. All data will remain completely confidential and anonymous.

What should I do if I have concerns about this study?

If you wish to complain or have grounds for concerns about any aspect of the manner in which you have been approached or treated during the course of this research, please contact Dr Catherine Purcell at PurcellC2@Cardiff.ac.uk. If you remain unhappy and wish to complain formally, you can do this by contacting the School of Healthcare Sciences Director of Research Governance (Dr Jen Davies daviesj@cardiff.ac.uk 02920688581).

Support and Information

If any aspect of this study has inadvertently caused you any distress please contact your GP. If you wish to raise any safeguarding concerns, please contact your school's Safeguarding Officer.

The following organisations may be of interest and may be able to offer advice and opportunities for young people and families to spend time outdoors:

- National Trust Wales - <https://www.nationaltrust.org.uk/visit/wales>
- Woodland Trust - <https://www.woodlandtrust.org.uk/>
- RSPB - <https://www.rspb.org.uk/>
- Girlguiding Cymru - <https://girlguidingcymru.org.uk/>
- Scouts Cymru - <https://scoutscymru.org.uk/>
- Wood Craft Folk - <https://woodcraft.org.uk/>
- Wales Federation of Young Farmers - <https://yfc.wales/>
- Play Wales - <https://www.playwales.org.uk/eng/>
- Urdd Gobaith Cymru - <https://www.urdd.cymru/cy/>
- Disability Sports Wales - <https://www.disabilitysportwales.com/en-gb#cookieConsent>
- National Parks Wales - <https://www.nationalparkswales.uk/npw>
- Children's Commissioner for Wales - <https://www.childcomwales.org.uk/>
- Playful Childhoods - <https://www.playfulchildhoods.wales/Listing/Category/supporting-teenagers>

Final page

Thank you for completing this questionnaire, if you would like to enter the prize draw please click [here](#).

Key for selection options

12 - Please select your child's gender

- Male
- Female
- Other
- Prefer not to say

13 - What is your child's ethnic group? (Choose one option that best describes your child's ethnic group or background)

- White
- Mixed / Multiple ethnic groups
- Asian / Asian British
- Black / African / Caribbean / Black British
- Other ethnic group
- Prefer not to say

42 - We find that sometimes online questionnaires are targeted by 'bots' which can make the data meaningless. Please select a fruit from the drop down list.

- iPad
 - Lawnmower
 - Banana
 - Pigeon
-