

NATSAL 2022-23

SHOWCARDS

BLANK
(BACK OF FRONT COVER)

CARD A

1. Man/ boy
2. Woman/ girl
3. In another way (please describe)

CARD B

1. Physical health condition(s) or illness(es)
2. Mental health condition(s) or illness(es)
3. Both of these

CARD C

1. Almost every day
2. Five or six days a week
3. Three or four days a week
4. Once or twice a week
5. Once or twice a month
6. Once every couple of months
7. Once or twice in the last 12 months
8. Not at all in the last 12 months

CARD D

2 Units



1 standard glass (175ml) of wine

1 Unit



½ pint of ordinary strength beer, lager or cider

2 Units



½ pint of strong beer, lager or cider

1 Unit



1 small glass (50ml) of sherry, vermouth or other fortified wine

1 Unit



1 single measure of spirits

1.5 Units



Small can or bottle of alcopops

CARD E

1. Very underweight
2. A bit underweight
3. About the right weight
4. A bit overweight
5. Very overweight

CARD F

1. None of the time
2. Rarely
3. Some of the time
4. Often
5. All of the time

CARD G

1. Both birth parents
2. Parent and step parent
3. Two mothers
4. Two fathers
5. Mother only
6. Father only
7. Adoptive parents
8. Foster parent(s)
9. In local authority care/ residential home
10. Other

CARD H

1. Easy with at least one parent (or carer)
2. Difficult
3. Varied/depended on topic
4. Didn't discuss with any parent (or carer)

CARD I

1. Easy
2. Difficult
3. Easy sometimes and difficult other times
4. I did not discuss sexual matters with my children

CARD J

- (P) Mother/ female carer
- (Q) Father/ male carer
- (X) Sibling(s) (including half, step or adoptive)
- (D) Lessons at school
- (J) Friends of about my own age
- (S) First boyfriends/ girlfriends/ partners
- (A) At a GP/ family doctor surgery/ sexual health (GUM) clinic/ pharmacy
- (K) Television/ radio/ film/ DVDs/ video
- (G) Books/ magazines/ newspapers
- (B) Educational sexual health websites/ vlogs/ blogs
- (C) Social media/ chat rooms
- (T) Pornography
- (Z) Other (please say how)

CARD K

- (C) Sexual body parts and how bodies develop
- (K) How to talk about sex
- (G) How to start, maintain and end an intimate relationship
- (B) How to have sex
- (W) How to use a condom correctly
- (I) Sexually transmitted infections (STIs) and how to avoid them (e.g. Chlamydia/ HIV)
- (P) Contraception, birth control
- (D) Getting pregnant and experience of pregnancy
- (Q) Giving and getting consent
- (M) Managing pressure to have sex
- (L) Masturbation
- (U) How to make sex more pleasurable
- (R) Pornography
- (O) The law (e.g. about consent, abuse, pornography, sharing images)
- (A) Staying safe online
- (H) Sexual orientations and sexual identities
- (X) Gender identities
- (F) Where to get advice and help about sexual matters
- (Y) Other
- (Z) None – not ready for sexual experience yet

CARD L

None

- (A) Does not apply, I haven't had sex
- (B) No method used – ever

Barrier

- (C) Male condom
- (D) Female condom
- (E) Cap/ diaphragm
- (F) Dental dams

Sterilisation

- (G) Partner has been/ I have been sterilized or had a vasectomy

Long-acting reversible contraceptives and other hormonal methods

- (H) Combined oral contraceptive pill
- (I) Progesterone only contraceptive pill
- (J) Contraceptive pill – don't know which type
- (K) Hormonal intra-uterine device (IUD) (e.g. Mirena, Jaydress, Kyleena, Levosert)
- (L) Copper coil/ intra-uterine device (IUD)
- (M) Intra-uterine device (IUD) – don't know which type
- (N) Vaginal ring (e.g. NuvaRing)
- (O) Contraceptive patch (e.g. EVRA)
- (P) Injections
- (Q) Implants

Emergency methods

- (R) Emergency contraceptive pill/ “morning after” pill
- (S) Emergency copper coil/ emergency intra-uterine device (IUD) inserted after unprotected vaginal intercourse
- (T) Post-exposure prophylaxis (PEP) to prevent HIV

Other

- (U) Fertility awareness methods/ safe period/ calendar method/ rhythm method
- (V) Withdrawal (not ejaculating in a partner's mouth, vagina, or anus)
- (W) Avoiding penetrative sex
- (X) Pre-Exposure Prophylaxis (PrEP) to prevent HIV
- (Y) Other method of protection

CARD M

None

- (A) Does not apply, I haven't had sex in the last 12 months
- (B) No method used in the last 12 months

Barrier

- (C) Male condom
- (D) Female condom
- (E) Cap/ diaphragm
- (F) Dental dams

Sterilisation

- (G) Partner has been/ I have been sterilized or had a vasectomy

Long-acting reversible contraceptives and other hormonal methods

- (H) Combined oral contraceptive pill
- (I) Progesterone only contraceptive pill
- (J) Contraceptive pill – don't know which type
- (K) Hormonal intra-uterine device (IUD) (e.g. Mirena, Jaydress, Kyleena, Levosert)
- (L) Copper coil/ intra-uterine device (IUD)
- (M) Intra-uterine device (IUD) – don't know which type
- (N) Vaginal ring (e.g. NuvaRing)
- (O) Contraceptive patch (e.g. EVRA)
- (P) Injections
- (Q) Implants

Emergency methods

- (R) Emergency contraceptive pill/ "morning after" pill
- (S) Emergency copper coil/ emergency intra-uterine device (IUD) inserted after unprotected vaginal intercourse
- (T) Post-exposure prophylaxis (PEP) to prevent HIV

Other

- (U) Fertility awareness methods/ safe period/ calendar method/ rhythm method
- (V) Withdrawal (not ejaculating in a partner's mouth, vagina, or anus)
- (W) Avoiding penetrative sex
- (X) Pre-Exposure Prophylaxis (PrEP) to prevent HIV
- (Y) Other method of protection

CARD N

None

- (A) Does not apply, not having sex
- (B) No method used at the moment

Barrier

- (C) Male condom
- (D) Female condom
- (E) Cap/ diaphragm
- (F) Dental dams

Sterilisation

- (G) Partner has been/ I have been sterilized or had a vasectomy

Long-acting reversible contraceptives and other hormonal methods

- (H) Combined oral contraceptive pill
- (I) Progesterone only contraceptive pill
- (J) Contraceptive pill – don't know which type
- (K) Hormonal intra-uterine device (IUD) (e.g. Mirena, Jaydress, Kyleena, Levosert)
- (L) Copper coil/ intra-uterine device (IUD)
- (M) Intra-uterine device (IUD) – don't know which type
- (N) Vaginal ring (e.g. NuvaRing)
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Emergency methods

- (R) Emergency contraceptive pill/ "morning after" pill
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- (T) Post-exposure prophylaxis (PEP) to prevent HIV

Other

- (U) Fertility awareness methods/ safe period/ calendar method/ rhythm method
- (V) Withdrawal (not ejaculating in a partner's mouth, vagina, or anus)
- (W) Avoiding penetrative sex
- (X) Pre-Exposure Prophylaxis (PrEP) to prevent HIV
- (Y) Other method of protection

CARD O

- (A) Sexual health (GUM) clinic/ family planning clinic/ reproductive health clinic
- (B) GP surgery with either a GP/ family doctor or a nurse
- (C) NHS post-natal clinic/ midwife/ obstetrician
- (D) Private doctor or clinic
- (E) Young People's clinic (e.g. Brook clinic)
- (F) Pharmacy/ Chemist
- (G) Free from online source
- (H) Paid for from online source
- (I) School/ college/ university services
- (J) Supermarket / petrol station / shop (not online)
- (K) Vending machine
- (L) Hospital accident and emergency (A&E) department
- (M) Somewhere else (please say where)

CARD P

(A) In person

(B) Through a phone assessment

(C) Through a video assessment

(D) Online

(M) Some other way

CARD Q

I have felt **sexually attracted...**

- (K) Only to males, never to females
- (C) More often to males, and at least once to a female
- (F) About equally often to males and to females
- (L) More often to females, and at least once to a male
- (D) Only ever to females, never to males
- (W) I have (also) been attracted to individual(s) who do not identify as male or female
- (N) I have never felt sexually attracted to anyone at all

CARD R

I have felt **sexually attracted...**

(K) Only to females, never to males

(C) More often to females, and at least once to a male

(F) About equally often to females and to males

(L) More often to males, and at least once to a female

(D) Only ever to males, never to females

(W) I have (also) been attracted to individual(s) who do not identify as male or female

(N) I have never felt sexually attracted to anyone at all

CARD S

Sexual experience is any kind of contact with another person that you felt was sexual (it could be kissing or touching, or intercourse or any other form of sex).

I have had some **sexual experience...**

(R) Only with males (or a male), never with a female

(Q) More often with males, and at least once with a female

(T) About equally often with males and with females

(B) More often with females, and at least once with a male

(Z) Only with females (or a female), never with a male

(X) I have (also) had sexual experience with individual(s) who do not identify as male or female

(W) I have never had sexual experience with anyone at all

CARD T

Sexual experience is any kind of contact with another person that you felt was sexual (it could be kissing or touching, or intercourse or any other form of sex).

I have had some **sexual experience...**

(R) Only with females (or a female), never with a male

(Q) More often with females, and at least once with a male

(T) About equally often with females and with males

(B) More often with males, and at least once with a female

(Z) Only with males (or a male), never with a female

(X) I have (also) had sexual experience with individual(s) who do not identify as male or female

(W) I have never had sexual experience with anyone at all

CARD U

1. Always acceptable
2. Mostly acceptable
3. Sometimes acceptable
4. Rarely acceptable
5. Not acceptable at all
6. Depends
7. Don't know

CARD V

1. Very acceptable
2. Acceptable
3. Neither accept nor unacceptable
4. Unacceptable
5. Very unacceptable
6. Depends
7. Don't know

CARD W

1. Agree strongly
2. Agree
3. Neither agree nor disagree
4. Disagree
5. Disagree strongly
6. Depends
7. Don't know

CARD X

1. Very important
2. Quite important
3. Not very important
4. Not at all important
5. Depends
6. Don't know

CARD Y

(H) Greatly at risk

(B) Quite a lot

(W) Not very much

(S) Not at all at risk

CARD Z

1. Man/boy
2. Woman/girl
3. In another way (please describe)

CARD AA

1. Spouse/married partner
2. Civil partner
3. Cohabiting partner
4. Son/daughter (incl. adopted)
5. Step-son/daughter
6. Foster child
7. Son-in-law/daughter-in-law
8. Parent/guardian
9. Step-parent
10. Foster parent
11. Parent-in-law
12. Brother/sister (incl. adopted)
13. Step- or half-brother/sister
14. Foster brother/sister
15. Brother-in-law/sister-in-law
16. Grandchild
17. Grandparent
18. Other relative
19. Other non-relative (e.g. flat mates)

CARD BB

1. Own it outright
2. Buying it with the help of a mortgage or loan
3. Pay part rent and part mortgage (shared ownership)
4. Rent it
5. Live here rent free (including rent free in relative's/ friends' property; excluding squatting)
6. Squatting

CARD CC

1. Going to school or college full-time (including on vacation)
2. In paid employment or self-employed (or away temporarily)
3. On a Government scheme for employment training
4. Doing unpaid work for a business that you own, or that a relative owns
5. Waiting to take up paid work already obtained
6. Looking for paid work or a Government training scheme
7. Intending to look for work but prevented by temporary sickness or injury (if more than 28 days use option 8 instead)
8. Permanently unable to work because of long-term sickness or disability
9. Retired from paid work
10. Looking after the home or family
11. Doing something else (please say what)

CARD DD

	Weekly	Monthly	Annual
(E)	Under £50	Under £200	Under £2500
(X)	£50 - £99	£200-£399	£2,500 - £4,999
(J)	£100 - £199	£400-£829	£5,000 - £9,999
(B)	£200 - £389	£830-£1649	£10,000 - £19,999
(Z)	£390 - £579	£1,650 - £2,499	£20,000 - £29,999
(L)	£580 - £769	£2,500 - £3,349	£30,000 - £39,999
(K)	£770 - £969	£3,350 - £4,149	£40,000 - £49,999
(T)	£970 - £1,442	£4,150 - £6,250	£50,000 - £74,999
(O)	£1,443 - £1,923	£6,251 - £8,333	£75,000 - £99,999
(H)	£1,924 or more	£8,334 or more	£100,000 or more

CARD EE

A. White

1. English/Welsh/Scottish/Northern Irish/British
2. Irish
3. Gypsy or Irish Traveller
4. Any other White background (please describe)

B. Mixed/Multiple ethnic groups

5. White and Black Caribbean
6. White and Black African
7. White and Asian
8. Any other Mixed/Multiple ethnic background (please describe)

C. Asian or Asian British

9. Indian
10. Pakistani
11. Bangladeshi
12. Chinese
13. Any other Asian background (please describe)

D. Black/African/Caribbean/British Black

14. African
15. Caribbean
16. Any other Black/ African/ Caribbean background (please describe)

E. Other ethnic group

17. Arab
18. Any other ethnic group (please describe)

CARD FF

(R) Heterosexual/Straight

(H) Gay/Lesbian

(I) Bisexual

(J) Other (specify at next question)

CARD GG

(B) Asexual

(Y) Queer

(S) Pansexual

(E) In another way (please describe)

CARD HH

(R) Heterosexual/Straight

(H) Gay/Lesbian

(I) Bisexual

(B) Asexual

(Y) Queer

(S) Pansexual

(E) In another way (please describe)

(K) There was a time I did not have
a sexual identity