

# Your Guide to the FES Child Development Supplement

FOR ADOLESCENTS 12 YEARS AND OLDER





## Why me?

Every adolescent has their own unique story. As a member of an FES family, your story is invaluable, and no one can replace you.

## What do you want to talk about?

We ask about something you know better than anyone else — yourself! Your interviewer will ask about your experiences and feelings at school, at home, and with friends. Your answers help us understand how the various pieces of your life fit together. Because we talk to adolescents every few years, we also learn about what has changed over time.

## Are you going to ask me about personal stuff?

Some interview questions are about topics you might not want to discuss with just anyone. These include things like bullying, sexual activity, and substance use. These questions will be asked by a recorded voice on a computer. You can answer using the numbers on your telephone keypad. That way, no one hears the questions you're asked or the answers you provide. We keep your information private and will not share it with your parent or guardian.

## What will happen when you visit my family at home?

Adolescents have a lot to tell us and some things are easier to share face-to-face. During the home visit, your interviewer will:

- Talk with you about how you spent your time on two recent days
- Ask you questions about school subjects you study
- Measure your height and weight
- Collect a saliva sample for subsequent genetic analysis

You can say no to any of these activities.

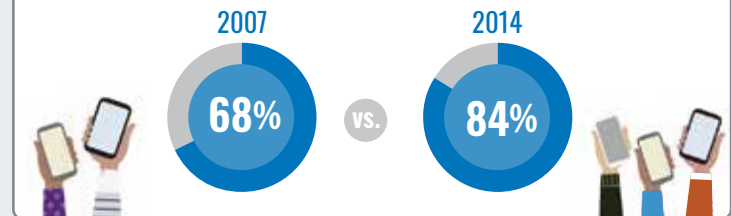
## The FES Child Development Supplement has been around for a while. What have you figured out?

CDS has been used in hundreds of scientific studies about child and adolescent well-being. Some highlights:

- Preschool attendance helps children from poor families to succeed all the way through high school.<sup>1</sup>
- A later start to the school day helps adolescents perform better on tests.<sup>2</sup>
- Children and teens act out or turn inward more when their parents have had to overcome their own difficult childhood experiences.<sup>3</sup>

### OWNING A CELL PHONE

Adolescents with their own cell phone:



### WAKE-UP TIMES

Teens most often wake up at:



<sup>1</sup> Joo 2010. Child. and Youth Svcs. Rvw.

<sup>2</sup> Heissel and Norris 2017. J of Human Rescs.

<sup>3</sup> Schickedanz et al. 2018. Pediatrics.



**I've got more  
questions. Who  
can answer them?**

Your interviewer can answer your questions before your interview begins.

If you have any questions or concerns later, please contact us at:

[1-866-796-5166]

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