

## School Health Promotion study 2025

### Teacher supervising the survey – READ INSTRUCTIONS IN ADVANCE

- Familiarise yourself with the attached **instructions for pupils and guardian information leaflet**. Inform guardians in advance about the study. The guardian may, if they wish, prohibit the participation of a child under the age of 15 by notifying the teacher.
- Each pupil needs their personal username and password in paper form. **Please ensure that enough of these have been delivered by letter**. If not, order more (please see the top of these instructions sent by post), if possible, for the entire school at the same time. Delivery of the additional order takes 1–2 weeks.

### Prepare for a response

- The survey is carried out during the school day under the supervision of a teacher. Select the appropriate time from the timetable.
- **Allow at least 45 minutes so that the survey can be continued for the next recess if necessary.**
- **A shorter and more clarified questionnaire is available.** There is no easy-to-read version. If a pupil has difficulty answering, they can proceed with the form as far as they can.
- Responses to the survey can be given using computers or mobile devices. The pupils may also respond to the survey with their personal devices.
- The survey is answered with online forms that are accessible and suitable for answering with assistive devices.
- The survey is answered independently. The pupil can ask for help from a teacher or assistant, if they wish.
- The pupils should be seated such that they cannot see others' answers. Make sure everyone is allowed to respond in peace.
- The recommended browser for answering is Chrome, Firefox or Safari.
- If you wish, you can test logging in to the questionnaire with the pupil's username and password.

### Do the following when carrying out the survey

- Share the pupil instructions and go through them with the pupils. Responding is voluntary.
- Tell the following to the pupils or show them a video (approximately 2 min, in Finnish and Swedish) from [thl.fi/kouluterveyskysely/opettaja](https://thl.fi/kouluterveyskysely/opettaja)
  - **The language options of the form are Finnish, Swedish, English, Russian and Northern Sami.** After logging in, the pupil can select the form language in the upper right corner of the questionnaire.
  - If filling in the form is interrupted, the pupil can log in with the same IDs and start from the beginning.
  - After responding, the pupil should click on the "submit answers" button and close the web browser. The pupil can also submit an incomplete form by going to the last page and clicking "submit answers".
  - The pupils may have concerns about some of the questions. Not all questions have to be answered.
  - **Explain how the school's school nurse, social worker and psychologist can be met.** The survey form mentions helplines and online services.
- **Share the paper usernames and passwords to the pupils** for answering the survey. The pupils sign in for the survey at: [thl.fi/kouluterveyskysely2025](https://thl.fi/kouluterveyskysely2025)

### After completing the survey

- Once all pupils in your class have responded, **securely dispose** of usernames and passwords, as well as teachers' instructions, so that the ID's cannot be misused.
- **Please give feedback** at [thl.fi/kouluterveyskysely/opettaja](https://thl.fi/kouluterveyskysely/opettaja), the password: (please see instructions in Finnish sent by post).  
Answering the feedback form takes about 5–10 minutes.

### Thank you for your cooperation!

School Health Promotion study information service line between 9.00 and 15.00,  
tel. 029 524 6082, [kouluterveyskysely@thl.fi](mailto:kouluterveyskysely@thl.fi) and [thl.fi/shpstudy](https://thl.fi/shpstudy)