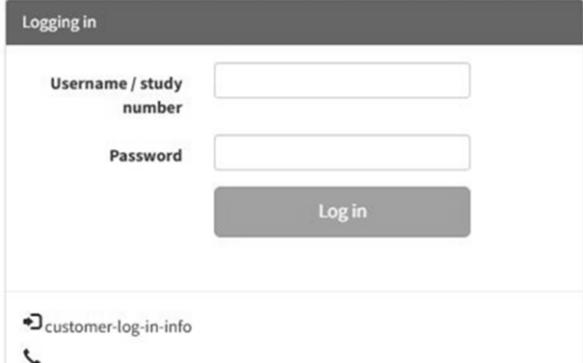


Welcome to the School Health Promotion study grades 4, 5, 8 and 9 of basic education

Taking the survey is voluntary, meaning you are not required to participate the survey. We will not ask you to give your name. All answers will be processed confidentially. So, no one will know how you have responded. The questions are related to health, well-being and schoolwork. There are also questions related to violence, mental health, substance abuse, gender and sexuality. Not all questions have to be answered.

To log in to the survey:

1. Go to thl.fi/kouluterveyskysely2025
2. Enter the username and password which you get from the teacher to the blank fields.
3. Click "Log in".



4. You can select the language after logging into the questionnaire. The languages are Finnish, Swedish, English, Russian, and Northern Sámi.
5. When you are done or the response time ends, go to the last page of the form and press the "Submit answers" button. After that, close your browser.

The responses will help educational institutions develop their activities. The responses can also be used to improve services for children and young people. The responses will be used for scientific research at the Finnish Institute for Health and Welfare (THL) and they can be made available to other researchers. The data is taken care of by the Finnish Institute for Health and Welfare and the FSD (Finnish Social Science Data Archive).

If you are concerned about issues related to your well-being, it is important to talk about them with your parents, school nurse, social worker or another adult in your school.

The following helplines and addresses also provide help for children and young people:

Helpline for children and young people, provided by the Mannerheim League for Child Welfare (MLL): 116 111

MLL chat service for children and young people: nuortennetti.fi

Apuu chat: apuu.fi

Victim Support Finland: riku.fi/en

Poikien Puhelin: vaestoliitto.fi/en/poikien-puhelin

Sekaisin-chat sekasin.fi

The privacy notice on the processing of personal data can be found at:

thl.fi/kouluterveyskysely/tietosuojailmoitus

Further information: information service line tel. 029 524 6082, kouluterveyskysely@thl.fi and thl.fi/shpstudy