

Basic education

ADDITIONAL ORDER USERNAME: see instructions in Finnish

ADDITIONAL ORDER PASSWORD: see instructions in Finnish

Additional order address: [thl.fi/kouluterveyskysely/opettaja](https://thl.fi/kouluterveyskysely/opettaja)

## Implementation of the School Health Promotion study 2025

Your educational institution participates in the national School Health Promotion study. The study is conducted by the Finnish Institute for Health and Welfare (THL). The School Health Promotion study produces wide-ranging follow-up data on children's and adolescents' self-rated health, well-being, lifestyle habits, schoolwork and studying. The form of the renewed questionnaire is about a third shorter than before and clarified. There is no easy-to-read version.

### The following groups will participate in the survey throughout the country:

- pupils in grades 4 and 5 of basic education 3–31 March 2025
- pupils in grades 8 and 9 of basic education 1–30 April 2025
- 1st and 2nd year students in general upper secondary schools 1–30 April 2025
- 1st and 2nd year students in vocational institutions 3 March–30 April 2025

### Familiarise yourself with the material sent to your educational institution:

- Usernames and passwords for the online survey sent by post
- Instructions for school for carrying out the survey (reverse of this instruction)
- Information for guardians of minors (message template)
- Instructions for the supervising teacher
- Pupil instructions

### Instructions and bulletins are also available at [thl.fi/kouluterveyskysely/opettaja](https://thl.fi/kouluterveyskysely/opettaja)

The School Health Promotion study provides municipalities and wellbeing services counties with follow-up data for monitoring and reporting on the health and wellbeing of children and young people. A comprehensive knowledge base is also important as a basis for national strategies, legislation and decision-making.

The survey is free of charge for municipalities and educational institutions, but it is recommended to reserve working hours for coordinating the implementation of the survey and for summarising and processing the results for each municipality and educational institution. The results should also be discussed with the pupils. Instructions on how to do this will be sent after the results are ready.

Our hope is that special schools providing basic education would also participate in the study. The form can also be answered with assistive devices. The form is answered independently, but the pupil can ask for an assistant if they wish.

The basic results for municipalities and wellbeing services counties will be available free of charge in the public result service at [thl.fi/kouluterveyskysely/tulokset](https://thl.fi/kouluterveyskysely/tulokset) (in Finnish and Swedish) in September 2025. The results for each educational institution will be delivered during the autumn semester 2025. The results of the entire country will be presented at the Hyvinvointiareena 2025 training event 22–23 September 2025 in Helsinki.

### Thank you for your cooperation!

Jenni Helenius, Development Manager, Finnish Institute for Health and Welfare

### The telephone service and email of the School Health Promotion study will be available throughout the implementation of the survey:

Telephone service 9.00–15.00, tel. 029 524 6082, [kouluterveyskysely@thl.fi](mailto:kouluterveyskysely@thl.fi) and [thl.fi/shpstudy](https://thl.fi/shpstudy)

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## INSTRUCTIONS FOR THE EDUCATIONAL INSTITUTION TO CONDUCT THE SURVEY

1. **Check** that the school's name, level of education and contact information are correct in the material you receive.
2. If necessary, order more usernames and passwords for the pupils from [thl.fi/kouluterveyskysely/opettaja](https://thl.fi/kouluterveyskysely/opettaja) with the additional order username and password at the top of this instruction (please see these instructions sent by post), if possible for the entire school at the same time. **Delivery of the additional materials takes about 1–2 weeks.**
3. Read **the teacher instructions** (see separate document).
4. **Pass on to the teachers supervising the survey**
  - a. teacher instructions
  - b. pupil instructions
  - c. the required number of pupil's usernames and passwords.
5. **Securely dispose** of the instructions and the pupils' usernames and passwords after everyone has filled in the survey so that the ID's cannot be misused.

### More information about carrying out the survey

- **Inform the guardians of the survey in advance.** Message template: [thl.fi/kouluterveyskysely/opettaja](https://thl.fi/kouluterveyskysely/opettaja). A guardian may prohibit the participation of a person under 15 years of age.
- **Reserve at least 45 minutes to complete the survey** so that the survey can be continued during the recess if necessary. A shorter and clearer questionnaire is available. There is no easy-to-read version.
- **The survey is carried out during the school day under the supervision of a teacher.** You can select the appropriate times from the timetable. If pupil groups respond at different times, there will be less burden on information systems and networks. Responses to the survey can be given using computers or mobile devices. The pupils may also respond to the survey with their personal devices.
- **Responding to the survey is anonymous and voluntary.** The pupils are informed of this when they respond.
- **Counselling.** Some questions may raise concerns for the respondents. It is the responsibility of the teacher supervising the survey to tell the pupils how the school's school nurse, social worker and psychologist can be met. The end of the questionnaire, as well as the pupil instructions, include helplines and online services which are equipped to discuss with children and young people.

### Further information:

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)