

General upper secondary schools and vocational institutions

ADDITIONAL ORDER USERNAME: see instructions in Finnish

ADDITIONAL ORDER PASSWORD: see instructions in Finnish

Additional order address: 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

*Students studying in the general upper secondary education syllabus for young people or a foreign qualification

**All students (both under the age of 21 and older) completing a vocational upper secondary qualification, who started their studies in 2023–2025, and TUVA-students

Familiarise yourself with the material sent to your educational institution:

- Instructions for educational institutions for carrying out the survey (reverse of this instruction)
- Information for guardians of minors (message template)
- Instructions for the supervising teacher
- Student instructions

Instructions and bulletins are also available at 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 students. Instructions on how to do this will be sent after the results are ready.

Our hope is that educational institutions providing special education will also participate in the study. The form can also be answered with assistive devices. The form is answered independently, but the student 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 (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 and thl.fi/shpstudy

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INSTRUCTIONS FOR THE EDUCATIONAL INSTITUTION TO CONDUCT THE SURVEY

1. **Check** that the educational institution name, level of education and contact information are correct in the material you receive.
2. If necessary, order more login-IDs for the students from thl.fi/kouluterveyskysely/opettaja with the additional order username and password at the top of this instruction (please see these instructions in Finnish sent by post), if possible for the entire educational institution at the same time. **Delivery of the additional materials takes about one week.**
3. Read **the teacher instructions** (see separate document).
4. **Share the teacher's instructions in a secure manner** with the teachers supervising the survey.

How the teachers log in:

The teachers' instructions include a confidential teacher username and password for the educational institution's Answer ID distributor. The teacher supervising the survey logs in to the Answer ID distributor using them and retrieves the web address and login-ID required by the students to access the survey form. Do not share or show Answer ID distributor username and password for teachers at any time to anyone except those teachers who monitor the survey.

Agree in advance on how the groups in the Answer ID distributor are distributed among the teachers supervising the survey (numbered 01, 02...). Each group has one web address and a login-ID for 30 respondents (vocational institutions) or 35 respondents (general upper secondary schools). If necessary, the teacher can select ID's from several groups.

More instructions for using the Answer ID distributor and for problems are available at thl.fi/kouluterveyskysely/ukk (in Finnish and Swedish)

5. **Securely dispose of the instructions and the teachers' IDs** 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. 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. The questionnaire has been shortened significantly since 2023.
- **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 student 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 students may also respond to the survey with their personal devices.
- **Responding to the survey is anonymous and voluntary.** The students 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 students how the educational institution's school nurse, social worker and psychologist can be met. The end of the questionnaire, as well as the student instructions, include helplines and online services which are equipped to discuss with young people.

Further information:

School Health Promotion study information service line between 9.00 and 15.00, tel. 029 524 6082, kouluterveyskysely@thl.fi and thl.fi/shpstudy