

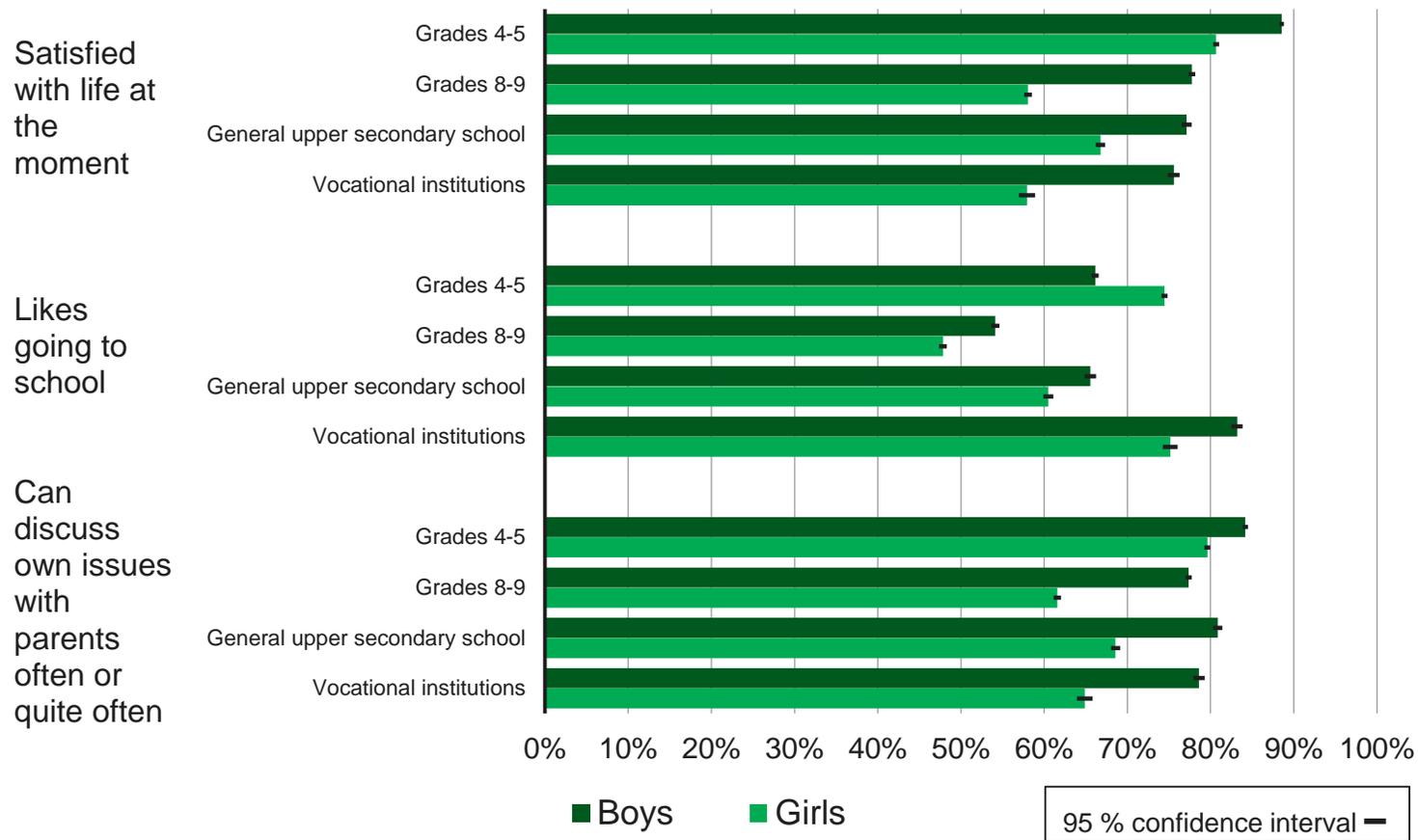


Well-being of children and young people – School Health Promotion study 2025

Statistical report 46/2025

17.9.2025 THL, the School Health Promotion study

Indicators describing the well-being experienced by children and young people by gender and school level in 2025, %

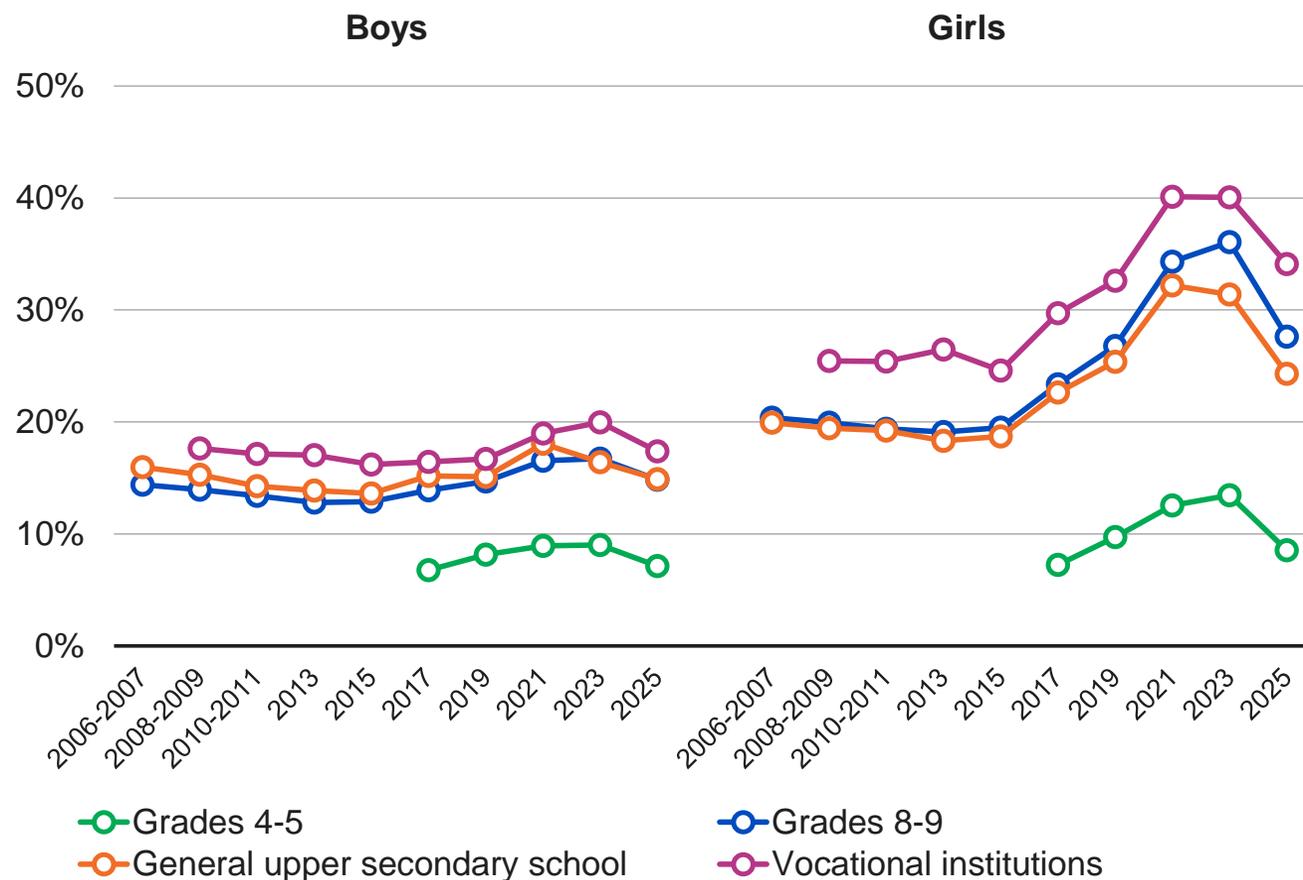


The regional and municipality-specific results of the School Health Promotion study are published as indicators in the interactive Results service of the School Health Promotion study (Tableau) and in the statistical cubes (thl.fi/kouluterveyskysely/tulokset, in Finnish and Swedish)

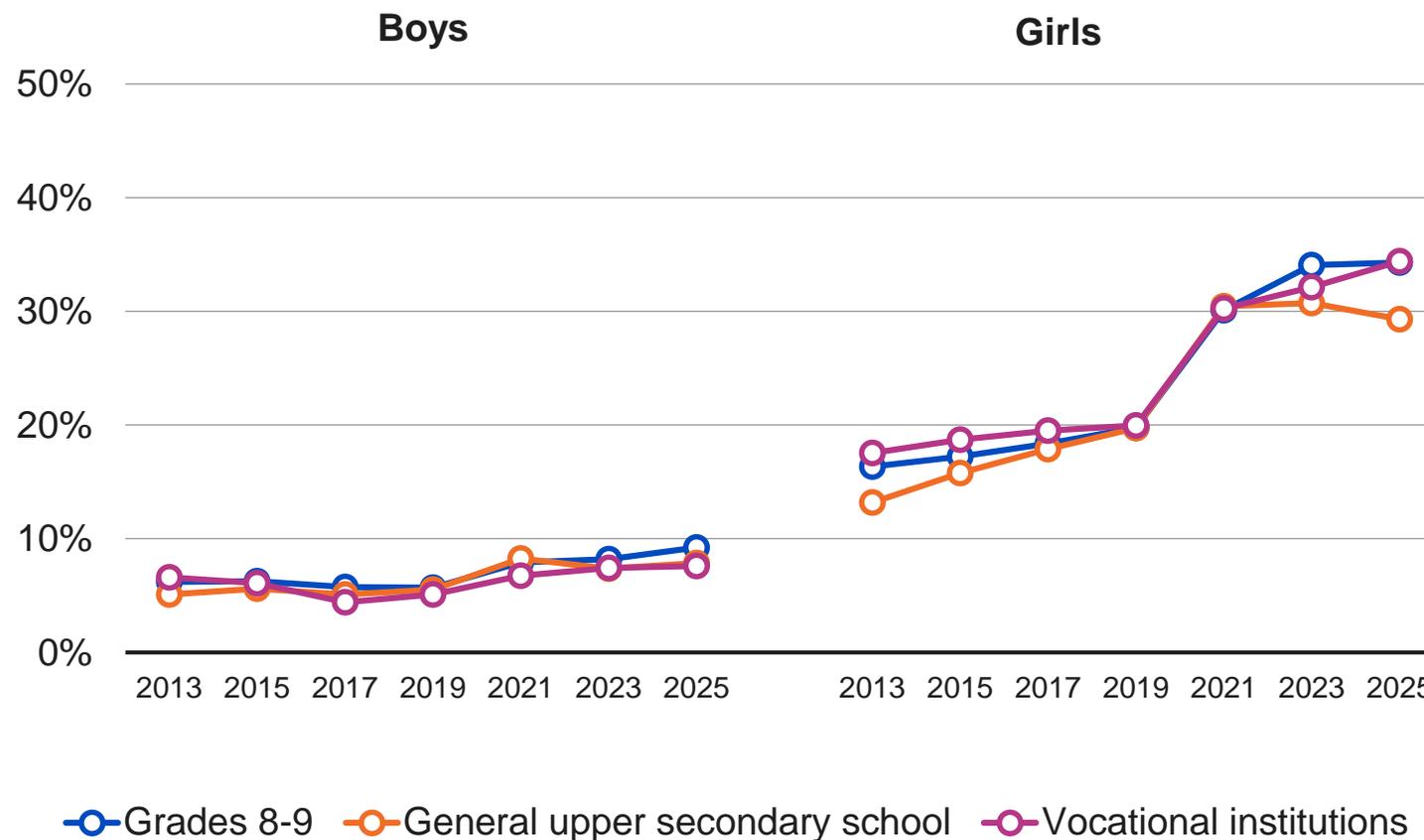
Also the distribution of responses to questions used in calculating indicators are published in the data cubes. The results can also be examined by background factors, i.e. the educational institution's official language (Finnish or Swedish) or the student's origin.



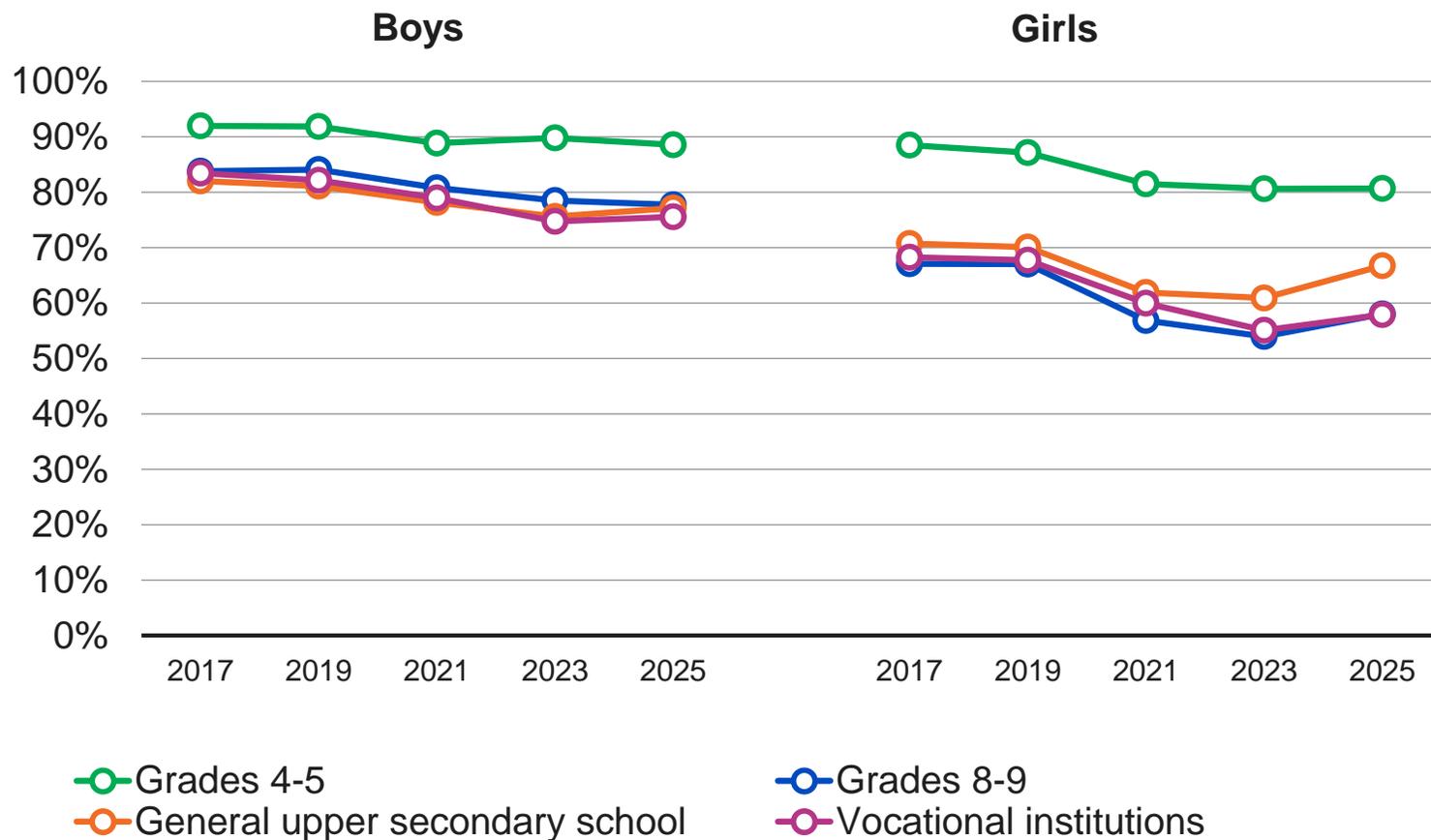
The proportion of children and young people considering their health as average or bad by gender and school level in 2006–2025, %.



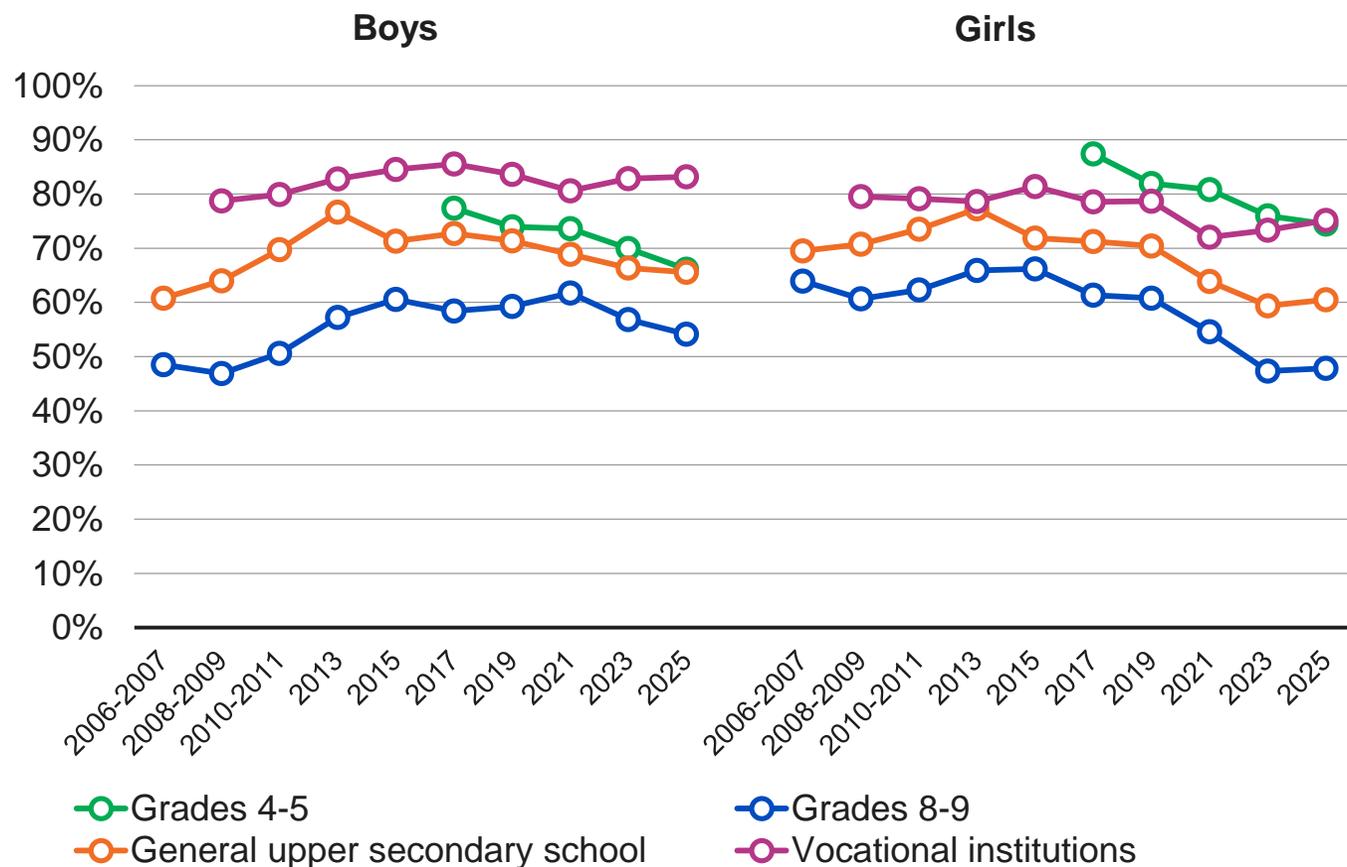
The proportion of young people who had experienced moderate or severe anxiety in the past two weeks by gender and school level in 2013–2025, %. (GAD7 sum indicator)



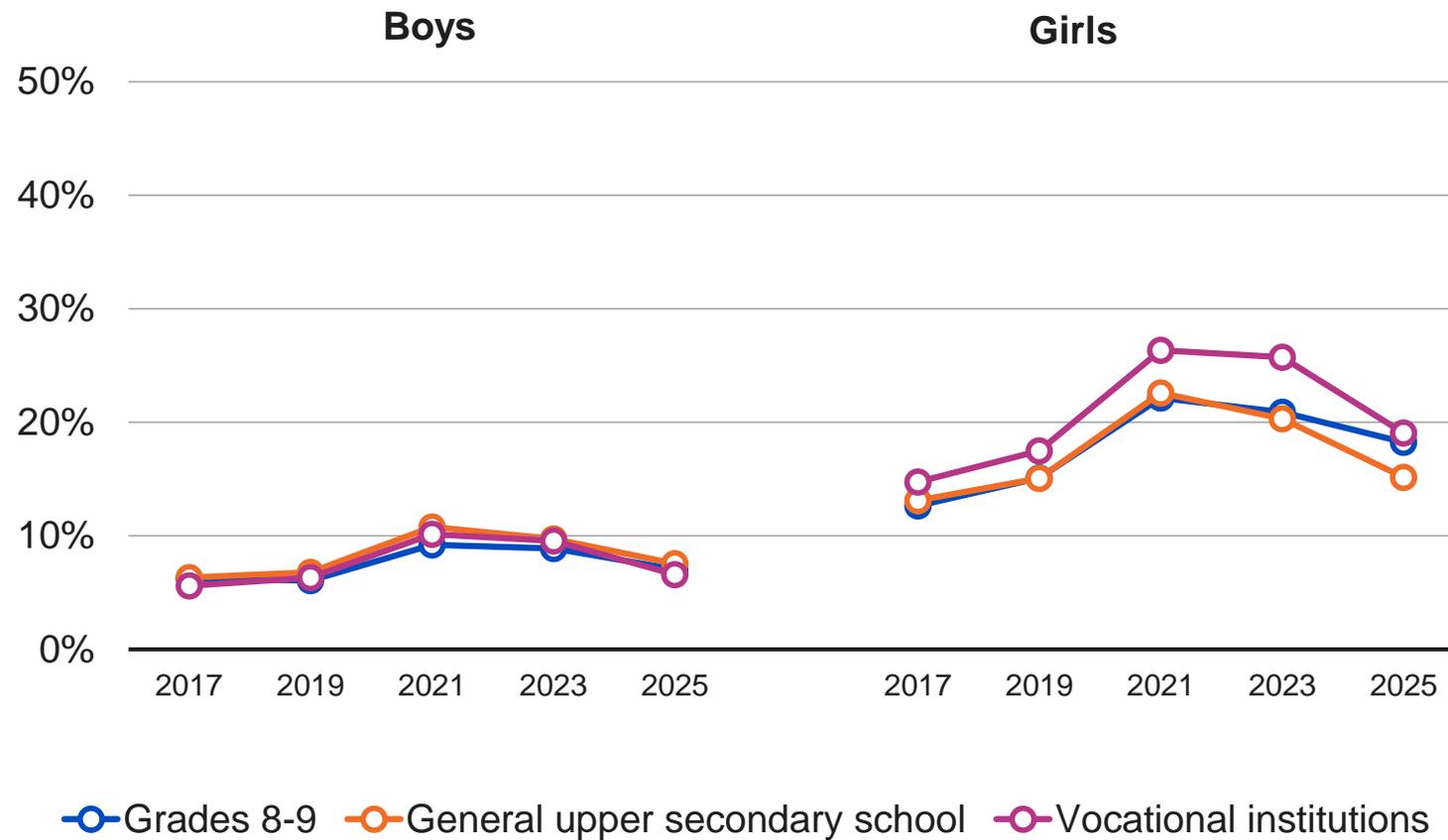
The proportion of children and young people satisfied with their lives by gender and school level in 2017–2025, %.



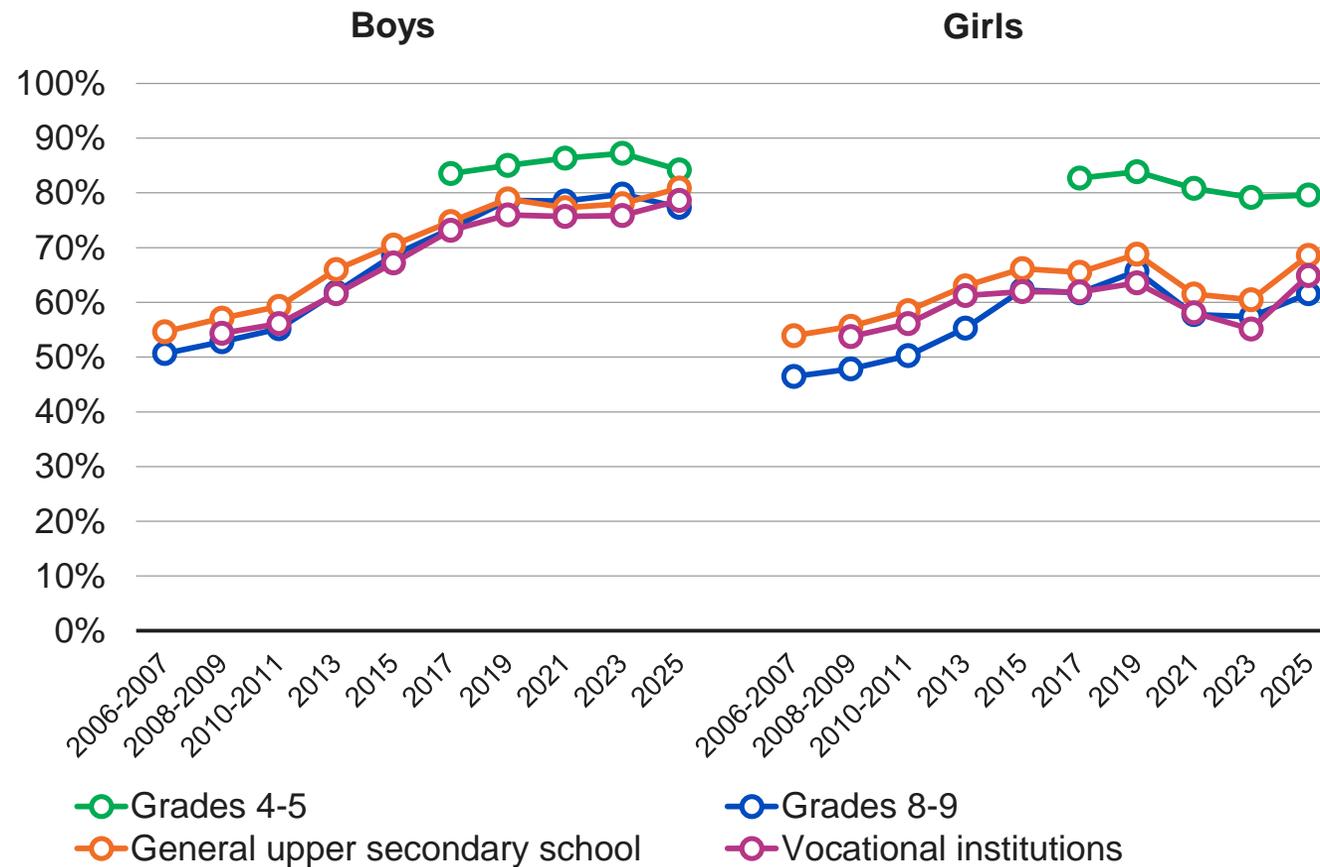
The proportion of children and young people who liked studying by gender and school level in 2006–2025, %.



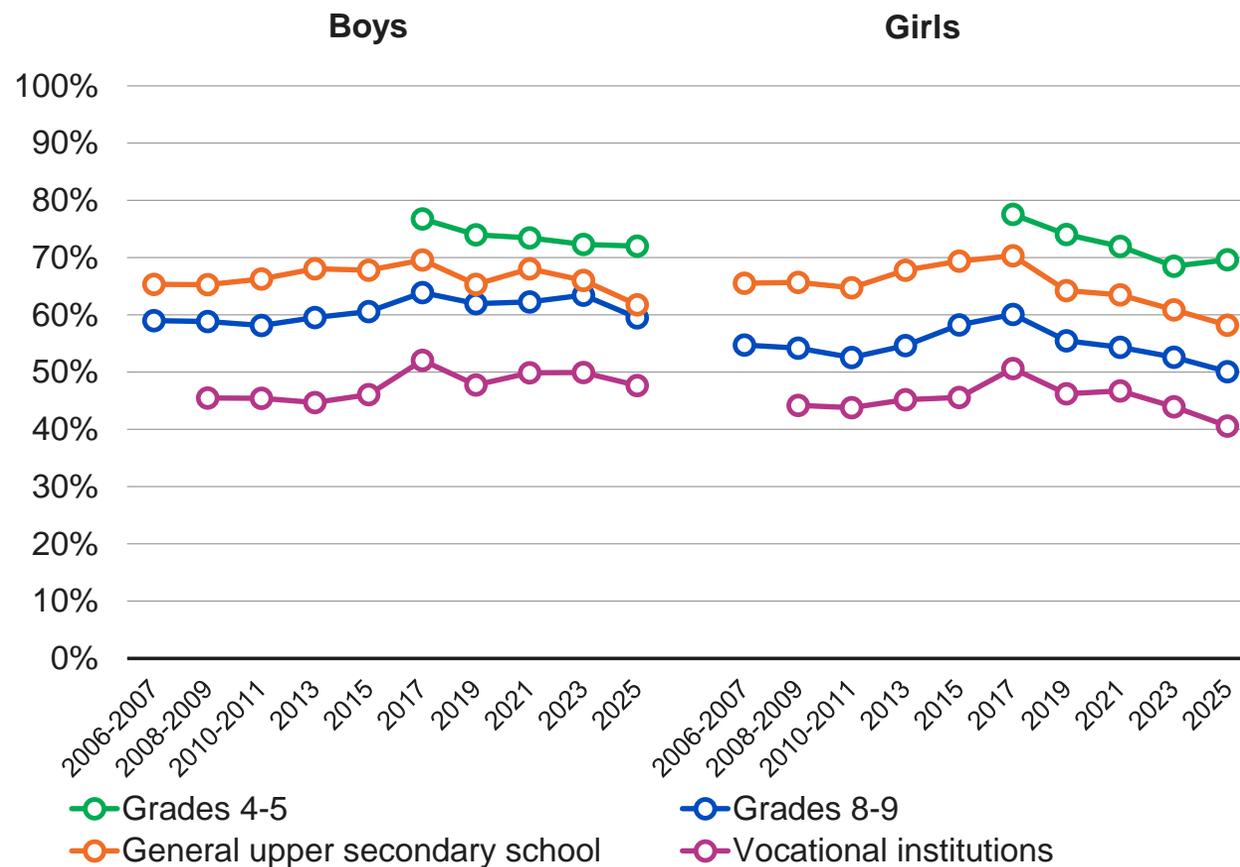
The proportion of children and young people who felt lonely by gender and school level in 2017–2025, %.



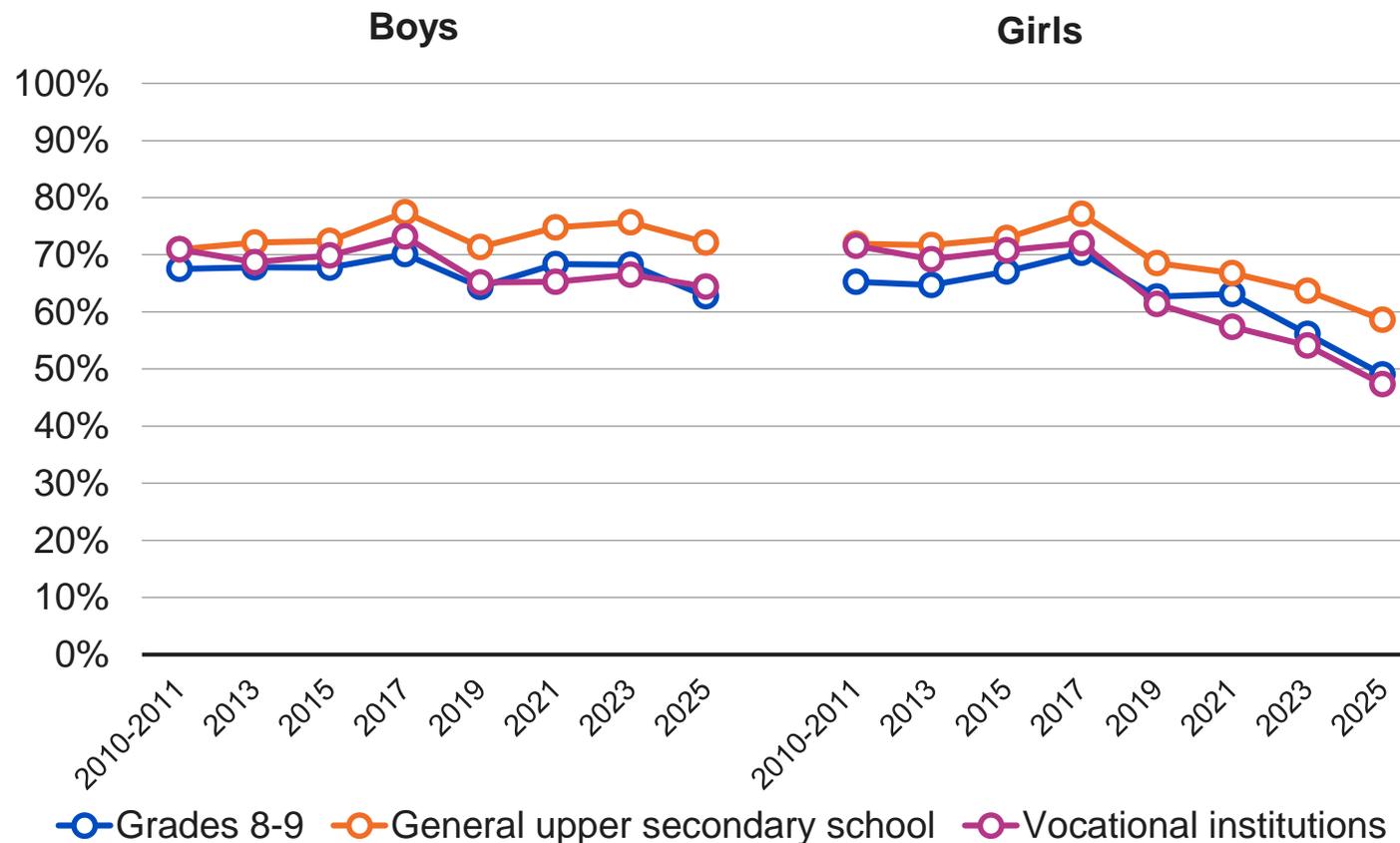
The proportion of children and young people experiencing good communications with their parents by gender and school level in 2006–2025, %.



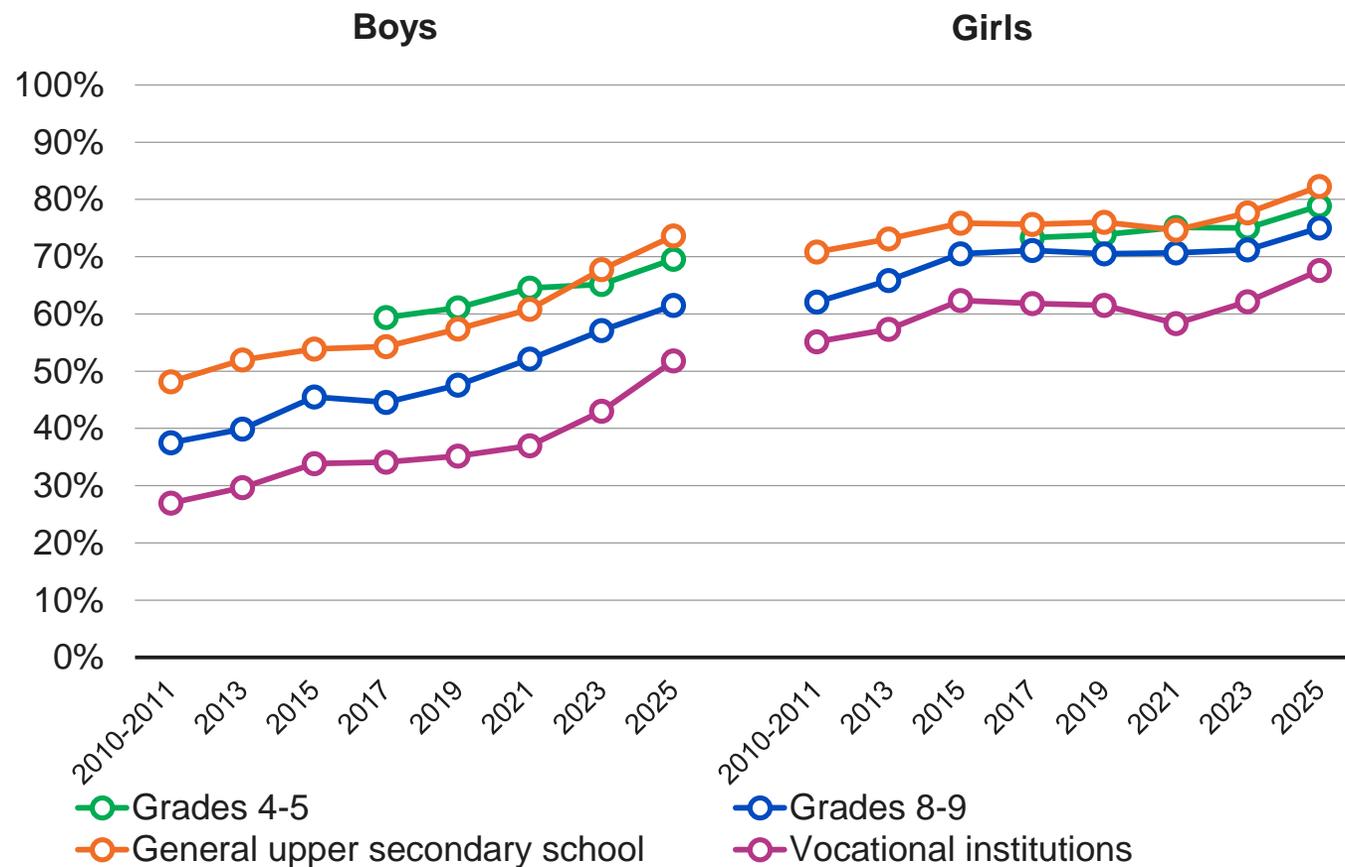
The proportion of children and young people eating breakfast every school day morning by gender and school level 2006–2025, %.



The proportion of young people eating school lunch every day by gender and school level 2010–2025, %.

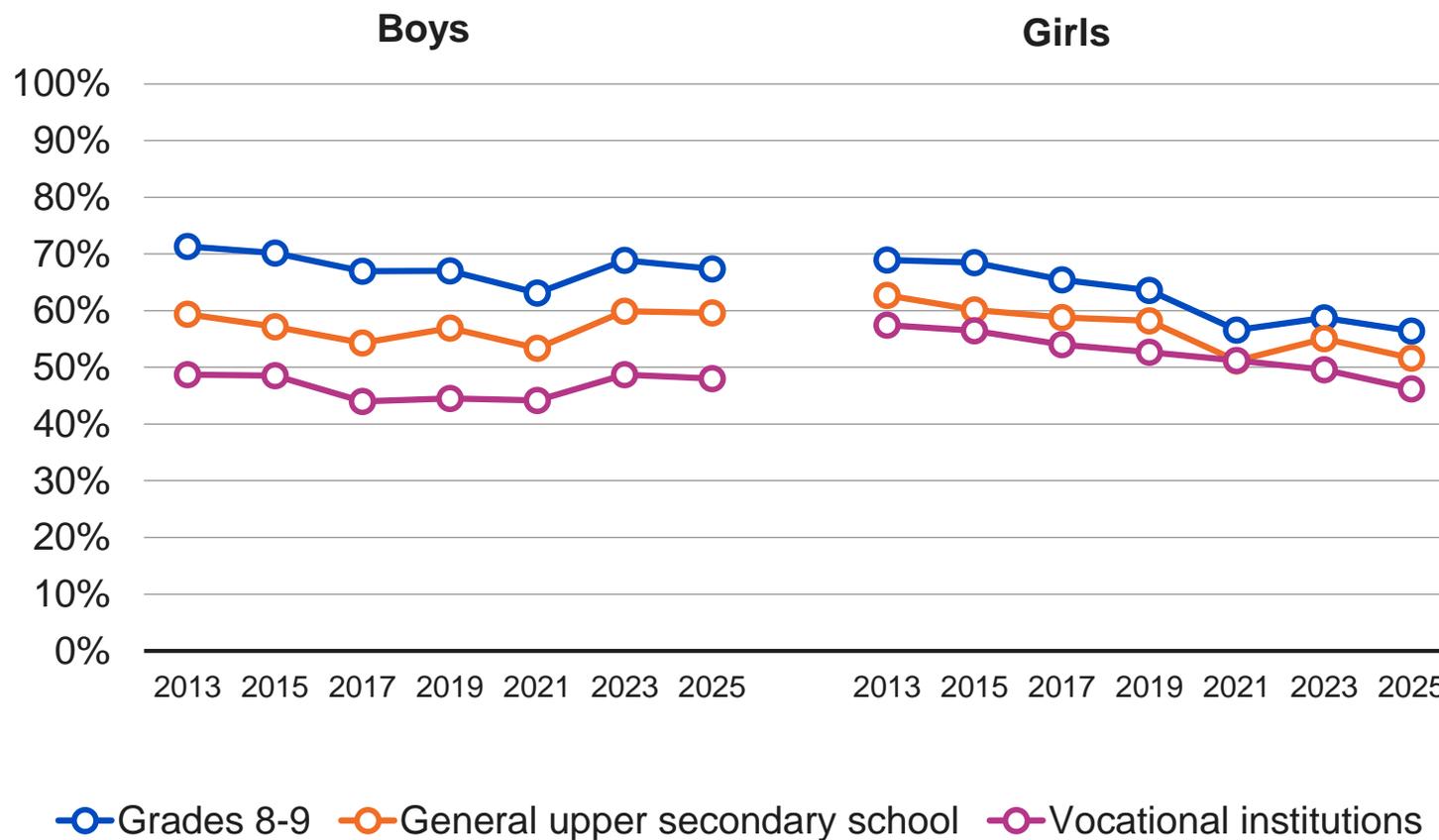


The proportion of children and young people brushing their teeth at least twice a day by gender and school level 2010–2025, %.

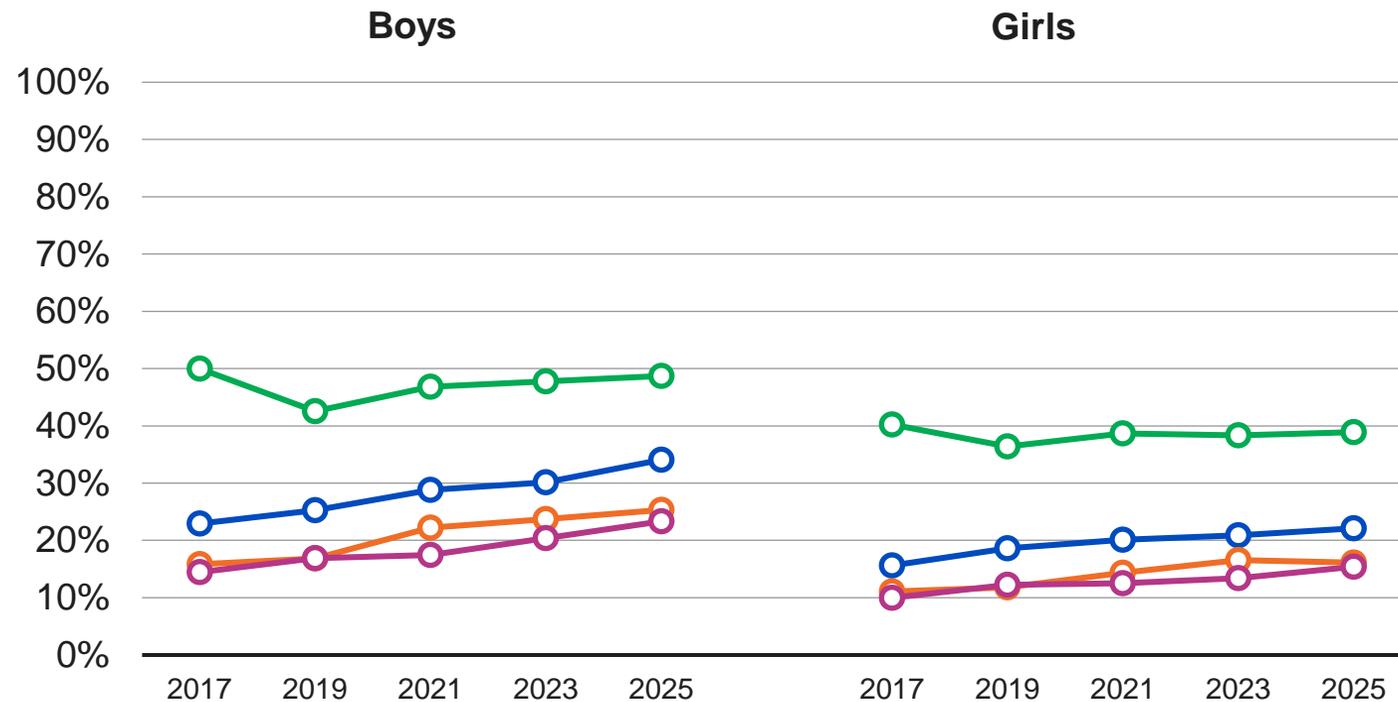


The proportion of young people who sleep at least eight hours on weeknights by gender and school level 2013–2025, %.

(Sum indicator)

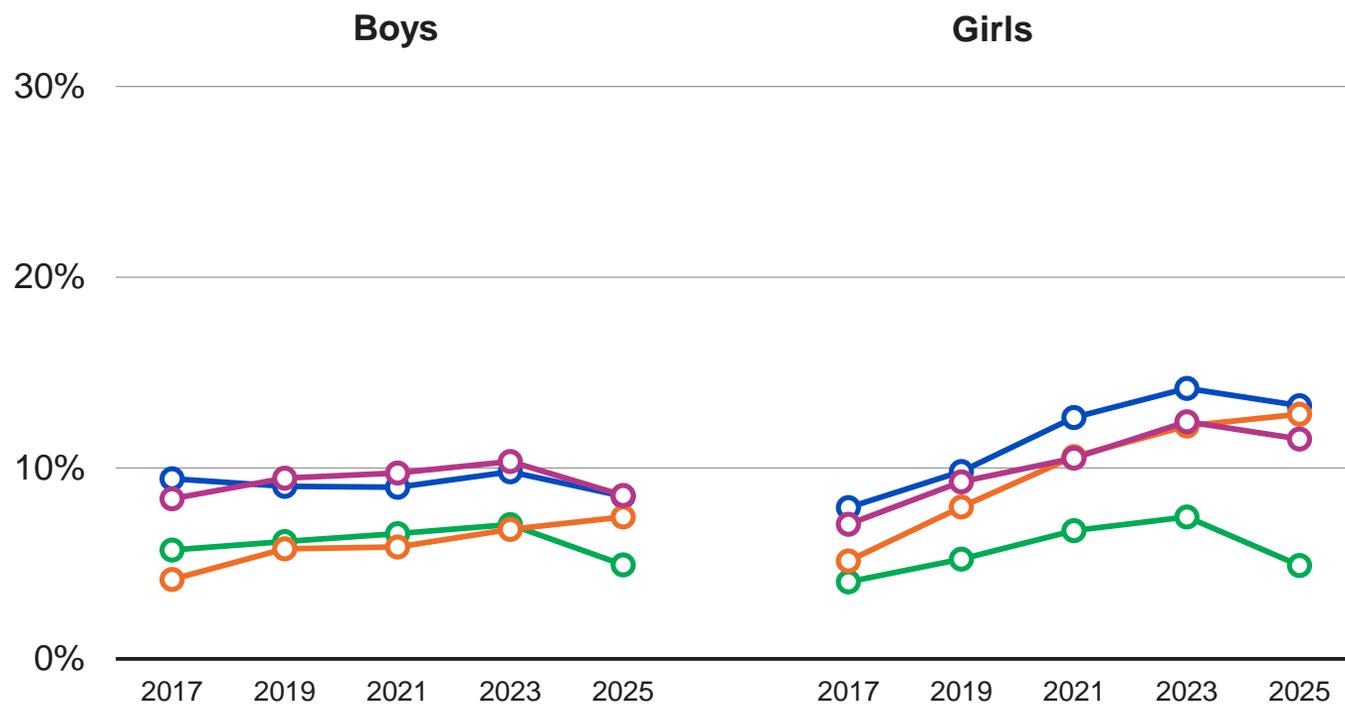


The proportion of children and young people engaging in at least one hour of physical activity a day by gender and school level 2017–2025, %.



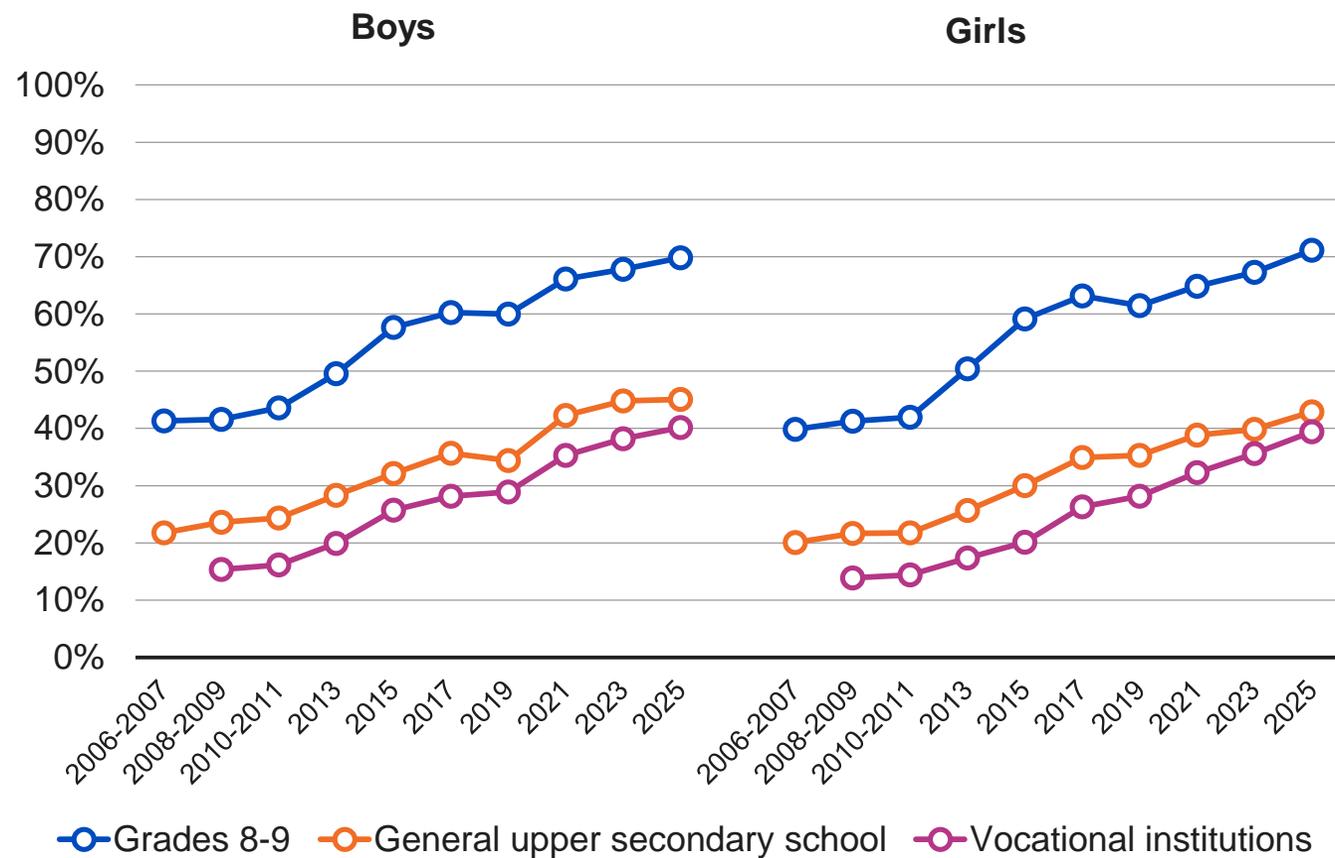
Grades 4-5
Grades 8-9
General upper secondary school
Vocational institutions

The proportion of young children and people who have excessive internet use by gender and school level 2017–2025, %. (EIU sum indicator)

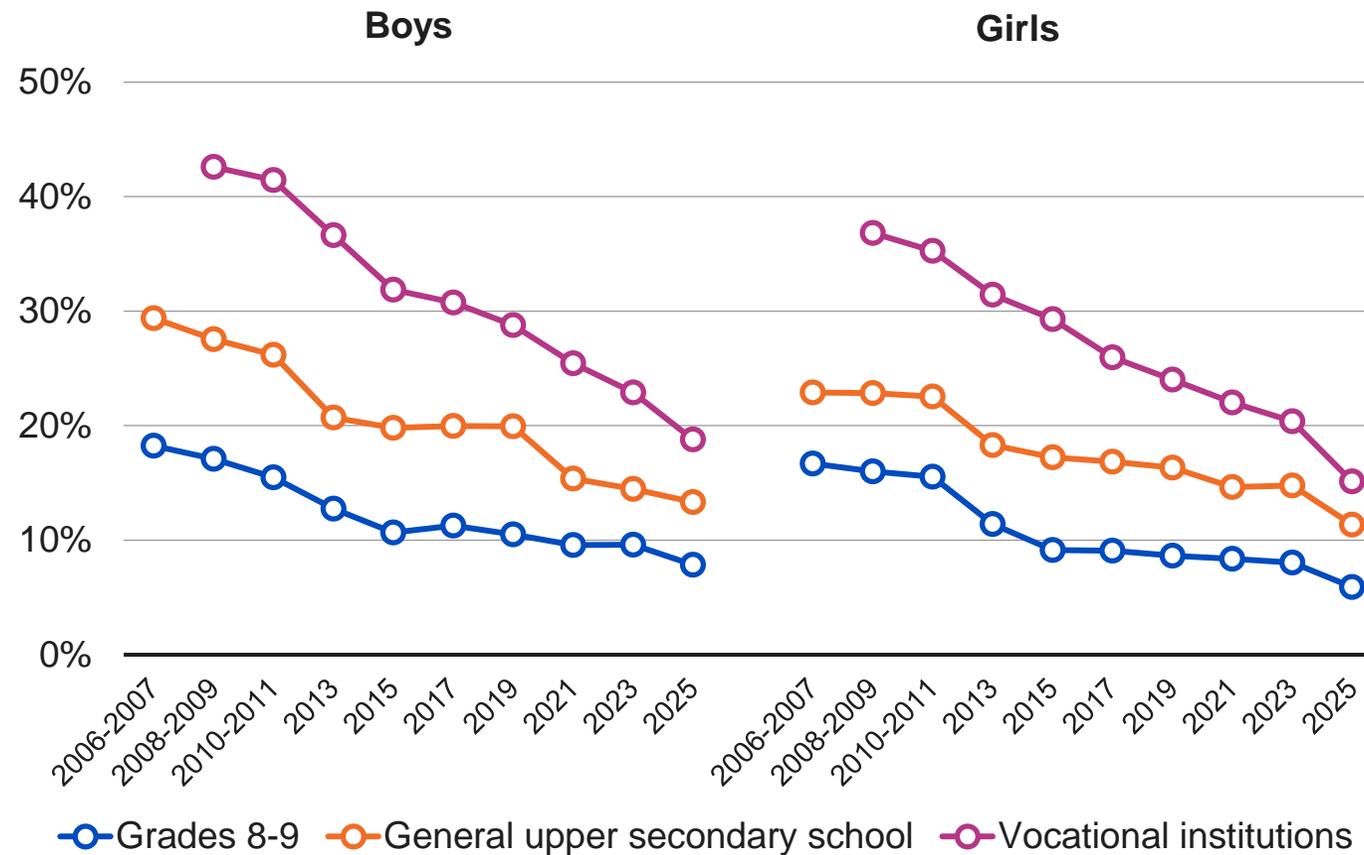


○ Grades 4-5 ○ Grades 8-9
○ General upper secondary school ○ Vocational institutions

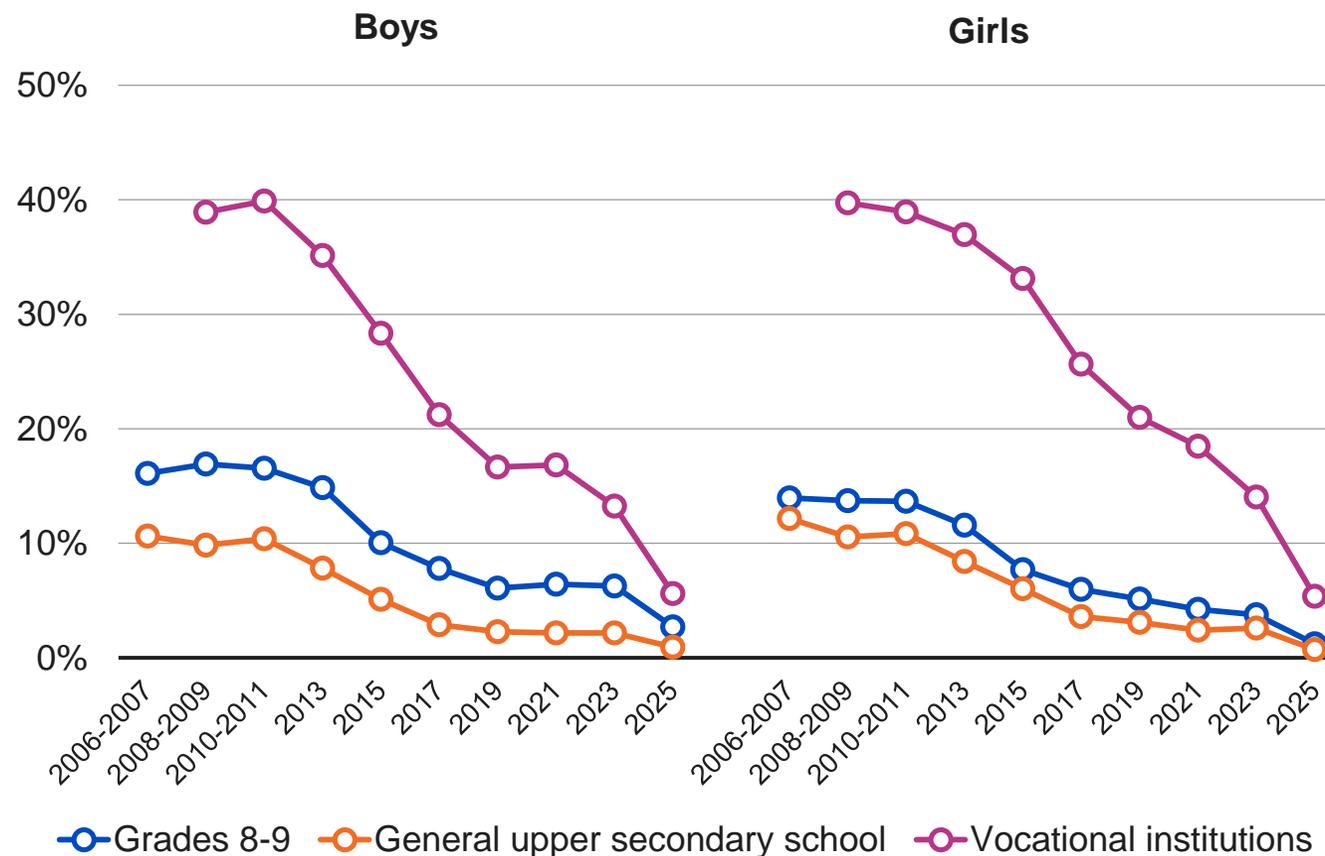
The proportion of young people abstaining from alcohol use by gender and school level 2006–2025, %.



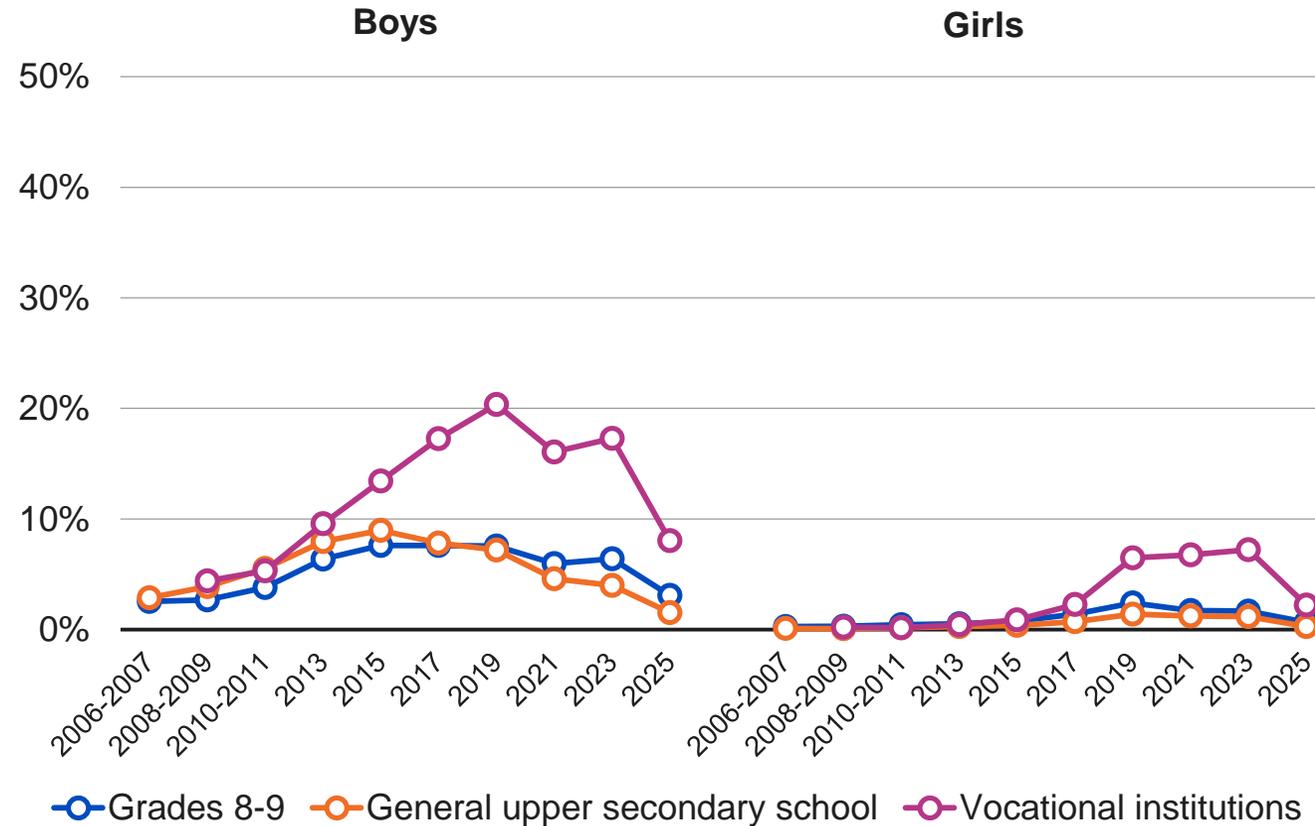
The proportion of young people who were heavily drunk at least once a month by gender and school level in 2006–2025, %.



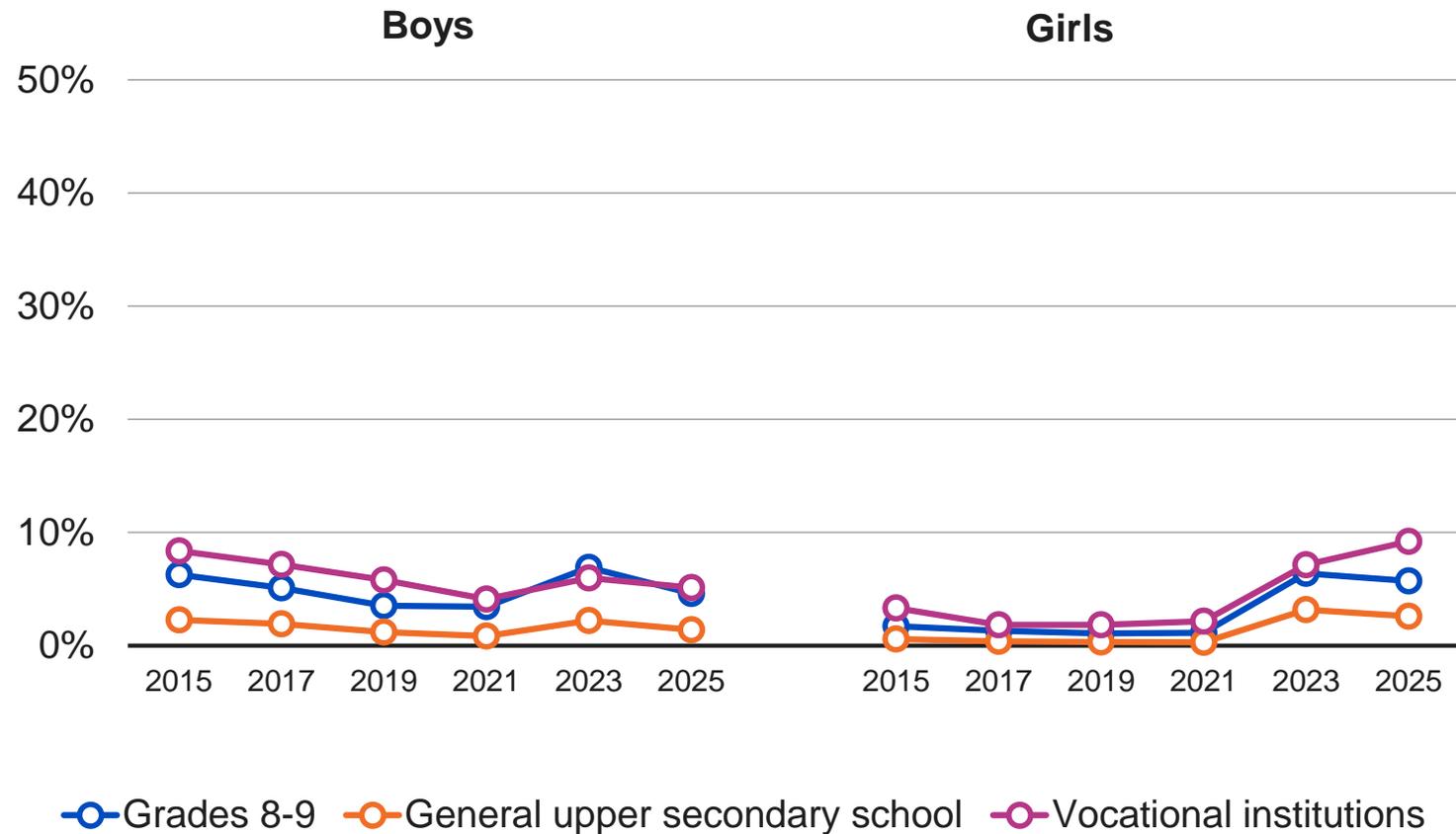
The proportion of young people who smoke daily by gender and school level 2006–2025, %.



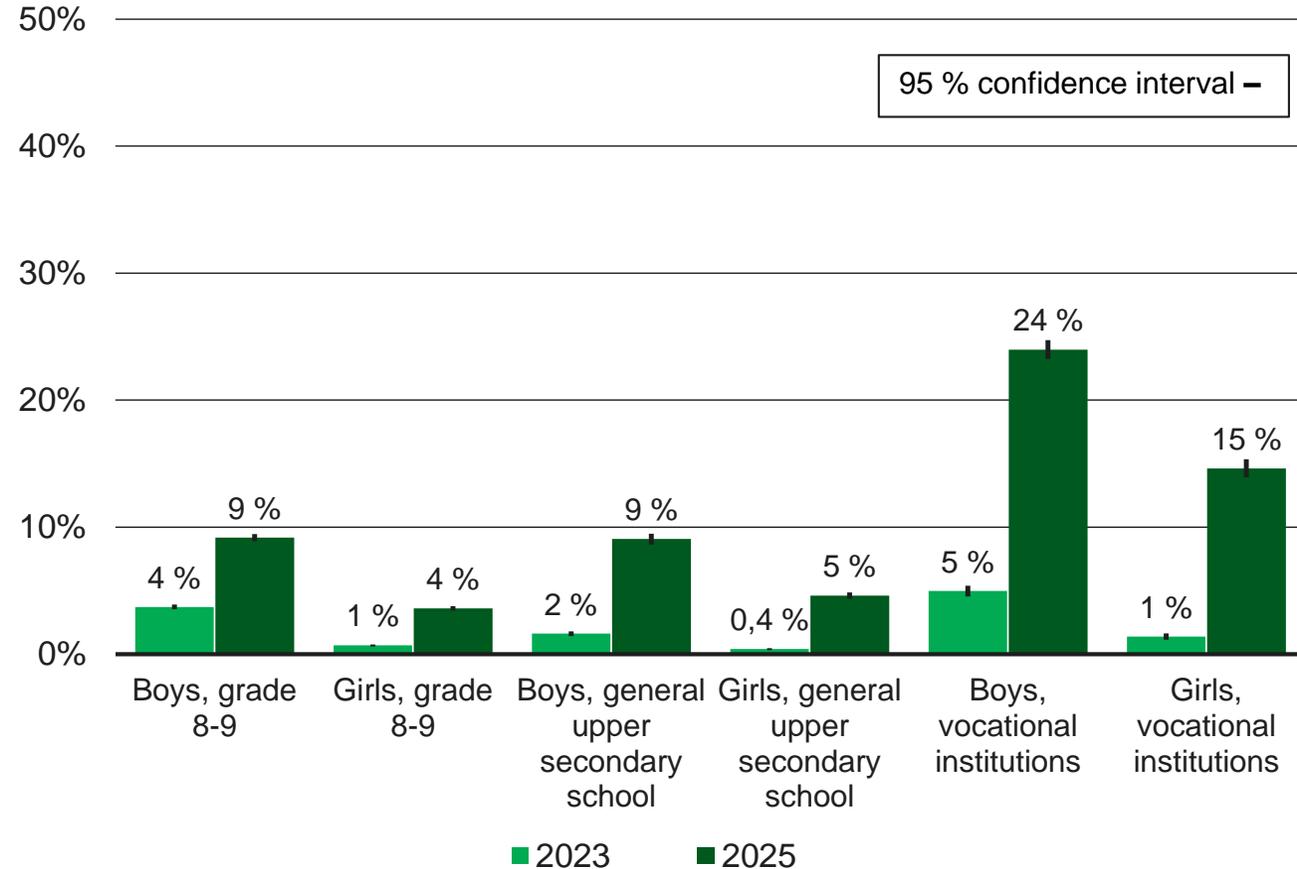
The proportion of young people who used snus daily by gender and school level 2006–2025, %.



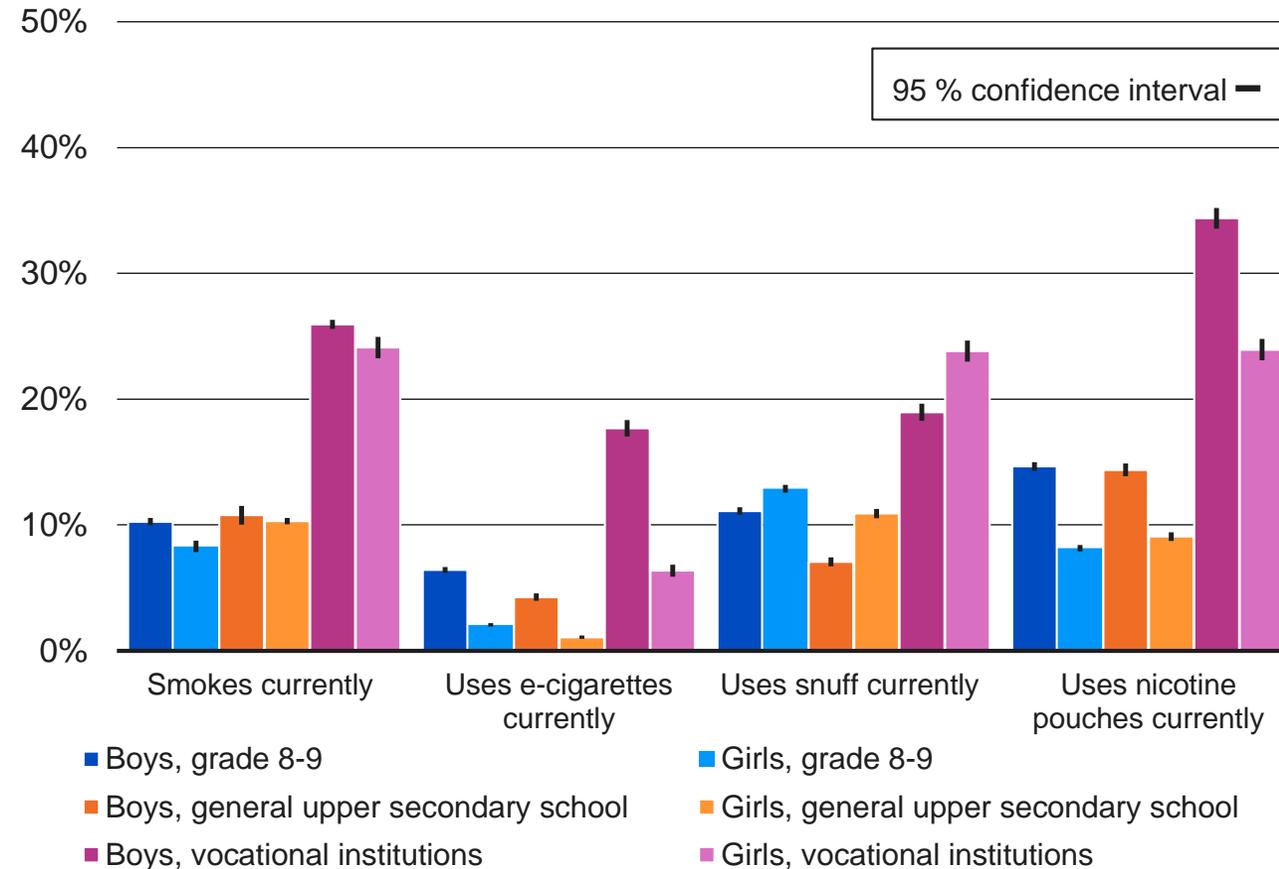
The proportion of young people who smoke e-cigarettes daily by gender and school level 2015–2025, %.



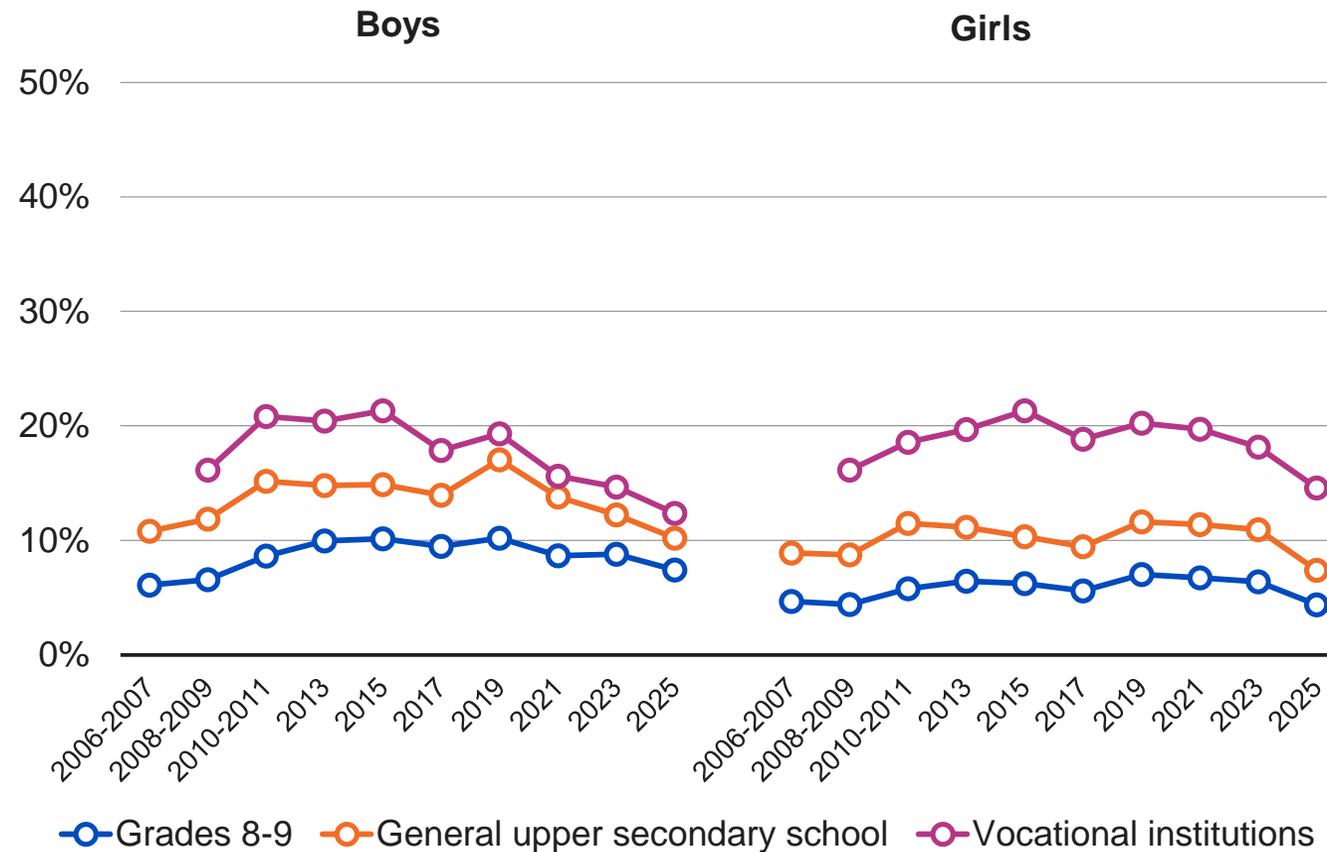
The proportion of young people reporting that they use nicotine pouches every day by gender and school level 2023 and 2025, %.



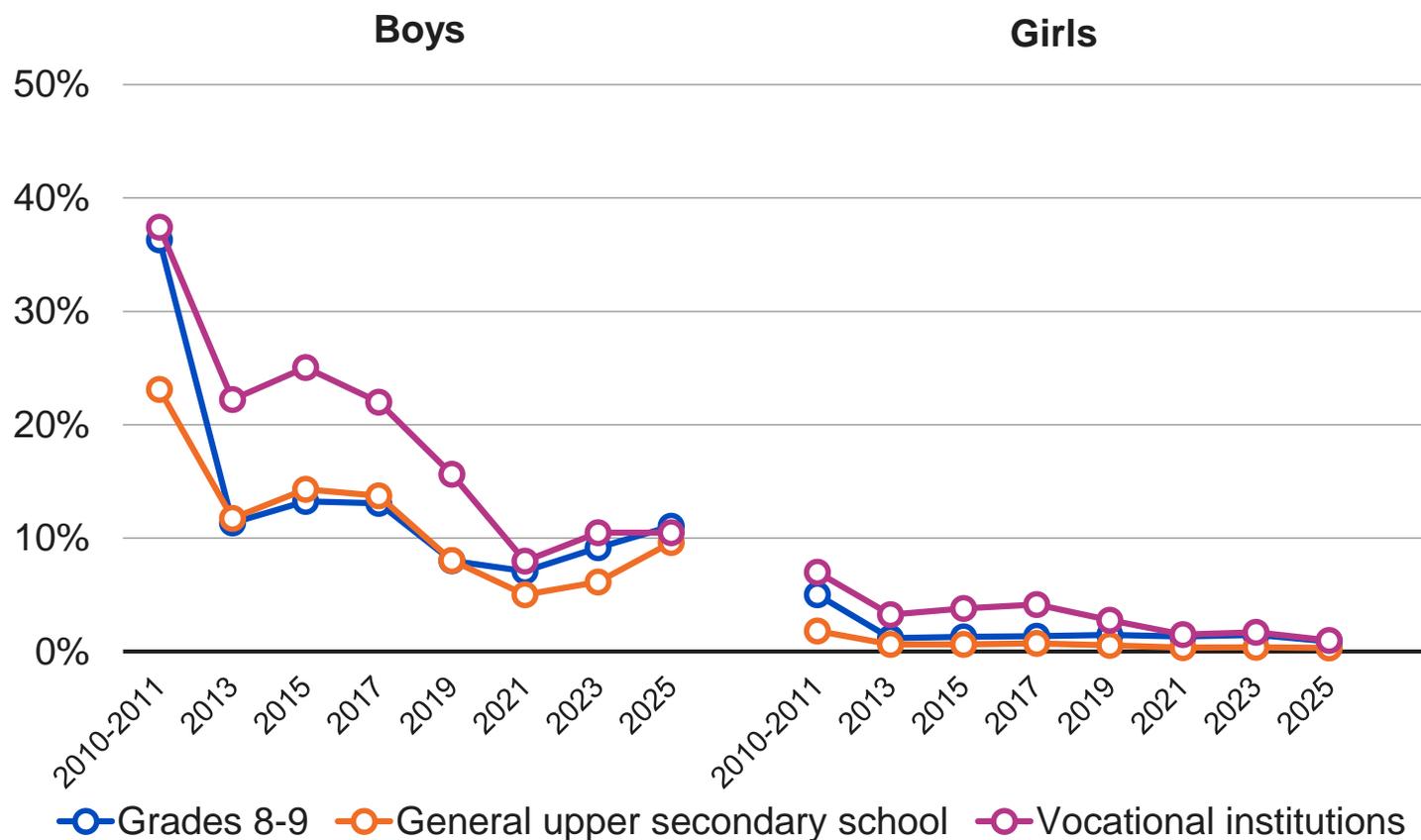
The proportion of young people currently using tobacco or nicotine products by gender and school level 2025, %.



The proportion of young people who had experimented with cannabis at least once by gender and school level in 2006–2025, %.

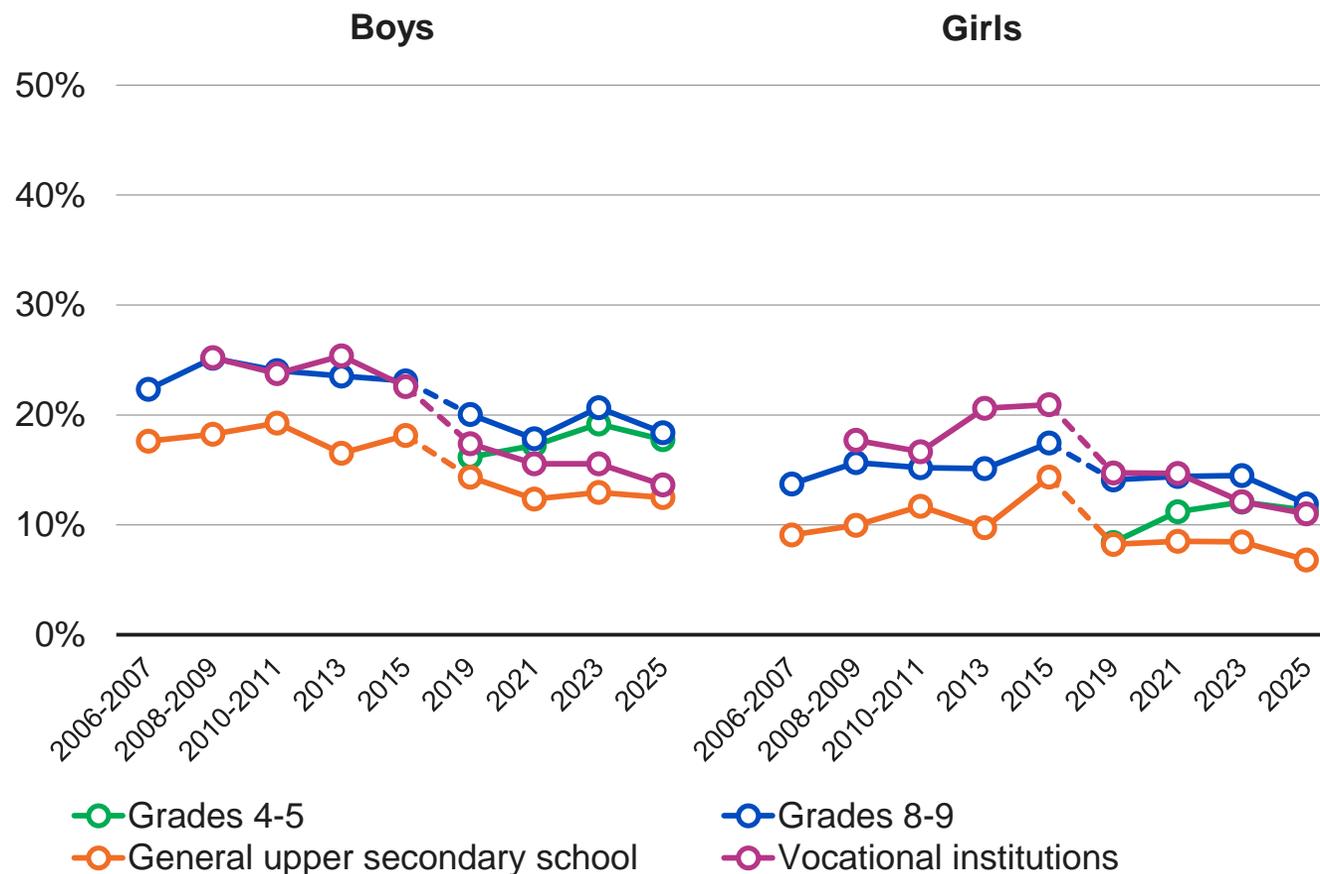


The proportion of young people who gamble on a weekly basis by gender and school level 2010–2025, %.

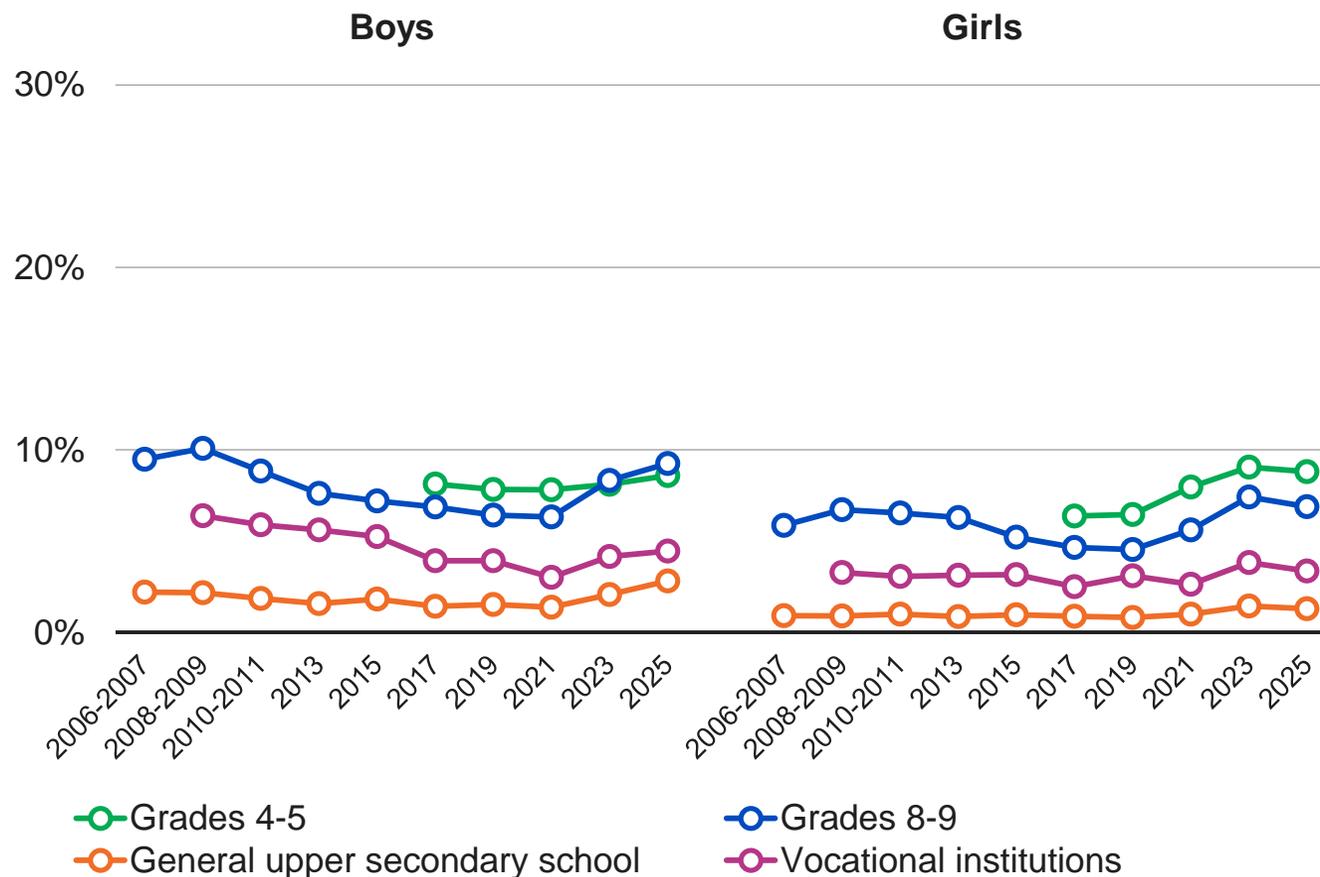


The proportion of children and young people who had experienced a physical threat during the year by gender and school level in 2006–2025, %.

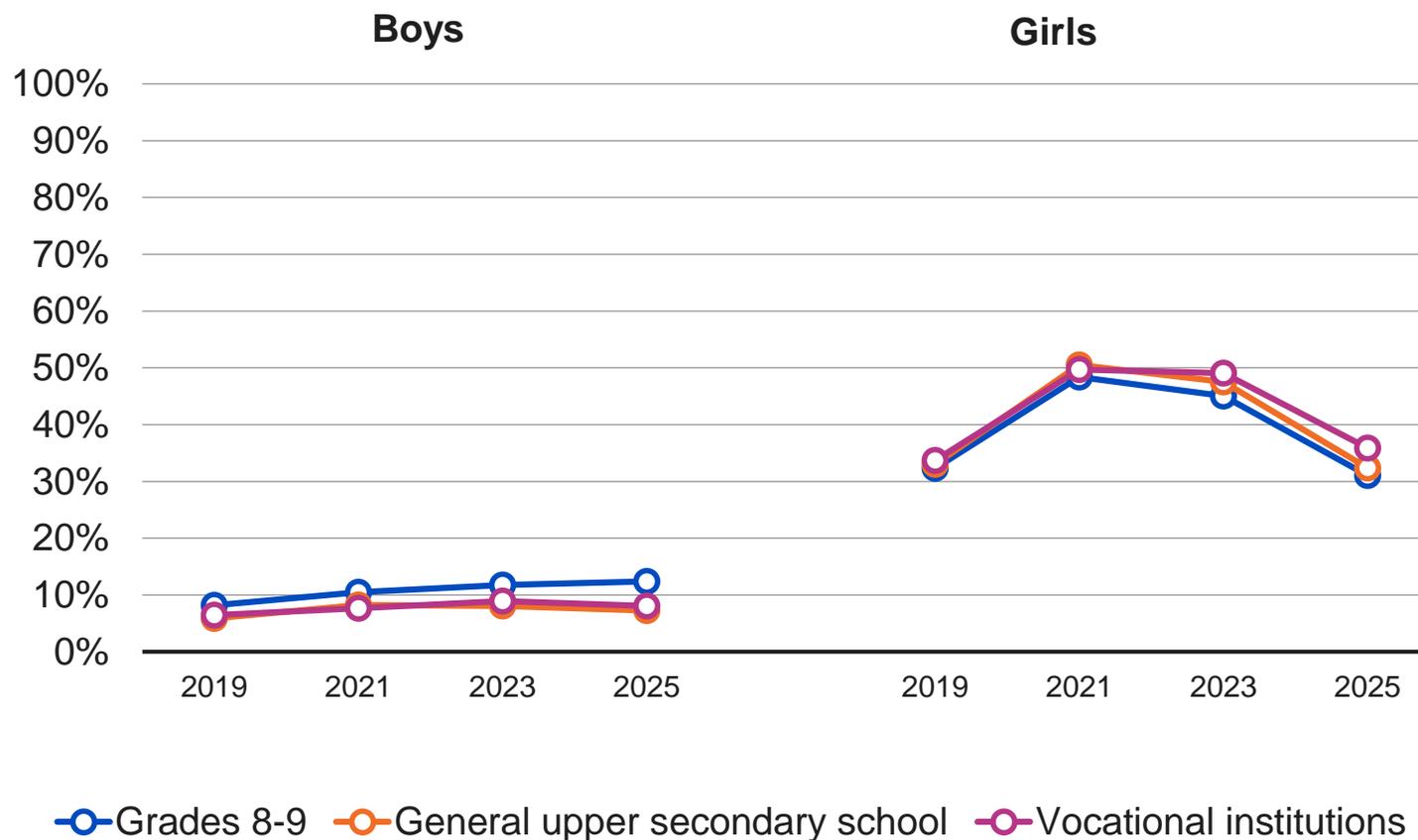
Data not available for 2017. (Sum indicator)



The proportion of children and young people who had been bullied at least once a week by gender and school level in 2006–2025, %.



The proportion of young people who had experienced disturbing sexual propositions or harassment during the year by gender and school level in 2019–2025, %. (Sum indicator)



Main findings

- A larger proportion of 8th and 9th-graders and upper secondary students than previously find their health fairly or very good.
- Only some of the respondents both had breakfast and exercised and slept enough. An increasing number did not have the school lunch every day.
- An increasing proportion of young people did not use alcohol, tobacco or snus. The use of nicotine pouches became considerably more common.
- Approximately one third of young girls and fewer than one tenth of boys experienced moderate or severe anxiety.
- One in three young girls experienced sexual harassment. The proportion declined from 2023.
- A large proportion of the respondents felt that they could discuss their personal matters with their parents often or fairly often.

