

# Welcome to the School Health Promotion study!

*Pupils in the 4th and 5th year of comprehensive school*

Responding to the survey is voluntary: you don't have to answer the survey.

Instructions:

- Choose the option that most closely matches your opinion or experience.
- Answer the questions honestly. You don't have to answer all the questions.
- Concentrate on giving your own answers. Don't look at what answers the others are giving. Let others fill in the form in peace.
- When you are ready or the response time ends, go to the last page of the form and press the "Submit answers" button. After that, close the browser.

We will not ask you to give your name. All answers will be treated confidentially. So, no one can find out exactly what you have answered.

The answers help educational institutions to develop their operations. Based on the answers, services for children and young people can be improved. The answers are also used for research at the Finnish Institute for Health and Welfare (THL) and they can be given to other researchers for use. The information is managed by the Finnish Institute for Health and Welfare and the Finnish Social Science Data Archive.

## Background information

### 1. What is your official gender?

- Boy
- Girl

### 2. What gender do you identify as?

- Boy
- Girl
- Both
- Neither
- It varies

### 3. Which grade are you in?

- 4th grade
- 5th grade

## School 1/2

4. How much do you like studying at this moment?

- Very much
- Quite a lot
- Fairly little
- Not at all

5. Is it peaceful in your class?

- Often
- Sometimes
- Never

6. When something is talked about in class, do you dare say what your opinion is?

- Often
- Sometimes
- Never

7. How well do you get along with schoolmates?

- Well
- Fairly well
- Poorly

8. How well do you get along with teachers?

- Well
- Fairly well
- Poorly

9. Are teachers interested in how you are doing?

- Often
- Sometimes
- Never

In the following question, bullying means that a school employee **repeatedly** upsets a pupil with words or actions. The employee can be a teacher or someone else who works at the school. Bullying does not include, however, if he/she deals with a pupil's disruptive behaviour or failure to do their tasks.

10. Have any of the teachers or other employees at your school bullied you during **the fall semester or spring semester?**

- Yes, several times a week
- Yes, about once a week
- Yes, less frequently
- Not at all

11. How much have you been involved in planning the following things during **the fall semester or spring semester?**

- A lot
- Some
- Not at all

**Common school rules**

**Activities at recess**

**School outdoor areas**

**School meals**

**School festivities, events and excursions**

**Content of lessons**

12. How often do you feel like you can be yourself at school?

- Always
- Often
- Rarely
- Never

13. How often do you feel that you feel safe at school?

- Always
- Often
- Rarely
- Never

## School 2/2

14. Do you have difficulties with reading?

- Not at all
- Some
- A lot

15. Do you have difficulties with counting?

- Not at all
- Some
- A lot

16. Do you have difficulties with writing?

- Not at all
- Some
- A lot

17. How often have you had the following feelings relating to your schoolwork?

- Almost never
- A few times a month
- A few days a week
- Almost every day

**In the morning, I feel good about starting schoolwork**

**I am enthusiastic about schoolwork**

**When I am doing schoolwork, I forget everything around me**

## Bullying

In this survey, bullying refers to a pupil or a group of pupils saying or doing something unpleasant to another pupil. Teasing a pupil **repeatedly** in ways he or she does not like is also bullying. An argument between two pupils who are more or less **equally strong** is not bullying.

18. How often have you been bullied at school during **the spring semester**?

- Several times a week
- About once a week
- Less frequently
- Not at all [goes to question 21]

19. Do any of the teachers or other employees at school know that you have been bullied during **the spring semester**?

- Yes
- No [goes to question 21]
- Don't know [goes to question 21]

20. What happened after the teacher or some other school employee at school found out about the bullying?

- The bullying stopped
- There is less bullying
- The bullying continues as before
- The bullying got worse

21. How often have you participated in bullying other pupils during **the spring semester**?

- Several times a week
- About once a week
- Less frequently
- Not at all

## Talking with an adult at school

22. Is there an adult at your school with whom you can talk, if something is weighing on your mind?

- No
- Yes
- Don't know

## Talking with parents

In these questions parents mean, for example, your mother or stepmother, father or stepfather, adoptive parents or foster family parents.

23. Can you talk with your parents about your personal matters?

- Almost never
- Occasionally
- Fairly often
- Often

24. How often do your parents support and encourage you?

- Often
- Sometimes
- Never

25. How often do you talk with your parent about your day at school?

- Often
- Sometimes
- Never

## Family and housing

26. Where do you live? Select the option that best describes your situation.

- In a shared home with my parents
- Alternately with my parents
- With one of my parents
- In a foster family
- At a children's home, a youth home or a reform school
- In a professional foster home
- Elsewhere

27. Were you born in Finland?

- Yes
- No

28. Was your mother born in Finland?

- Yes
- No
- Don't know

29. Was your father born in Finland?

- Yes
- No
- Don't know

30. How long have you lived in Finland?

- More than 10 years, or all my life
- 5-10 years
- 1-4 years
- Less than 1 year

## Friends

31. How many good friends do you have?

- None
- One
- Two
- More than two

32. Do you feel lonely?

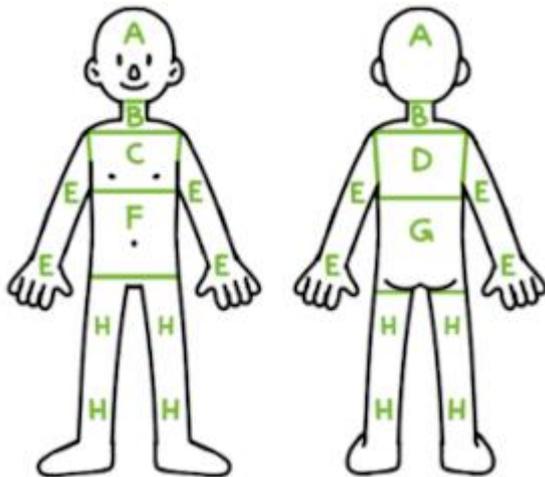
- Not at all
- Sometimes
- Often

## Health

33. What do you think about your state of health? My health is:

- Very good
- Fairly good
- Average
- Fairly bad or very bad

34. Pain can be caused by things like illness, an injury or physical activity. Pain can also occur without a clear reason. Look at the image. Think about the **previous three months** until this day. How often have you had pain in these areas?



- Every day or almost every day
- Approximately once a week
- Less often than once a week
- Never

**Head (A)**

**Neck or shoulders (B)**

**Chest (C)**

**Upper back (D)**

**Arms or hands (E)**

**Stomach (F)**

**Lower back or buttocks (G)**

**Legs or feet (H)**

## Injuries

35. During **the fall semester or spring semester**, have you had an injury at school or on your way to or from school which has required you to visit a physician, public health nurse or nurse?

- Never
- Once
- Twice or more often

**During recess**

**During PE class**

**During some other class**

**On my way to or from school**

## Brushing your teeth

36. How often do you brush your teeth?

- Twice a day or more often
- Once a day
- Less frequently than once a day

## Eating

37. How often do you have breakfast during **the school week?**

- On 5 mornings
- On 3-4 mornings
- On 1-2 mornings
- Not once

38. What do you think about school lunches?

- Always
- Often
- Rarely
- Never

**School lunches are provided at a good time of the day**

**There is enough time to eat**

**There is enough food**

**The food tastes good**

**The quality of the food is good**

## Sleeping

39. Do you think you sleep enough?

- Yes, almost always
- Yes, often
- Rarely or almost never
- Don't know

## Physical activity

Next, you will be asked about physical activity that **causes shortness of breath and increases your heart rate**. Physical activity can be something like cycling or walking fast, playing physically active games, running, exercising in PE class at school or practising some kind of sport.

40. Think about all the physical activity you have done over the past **7 days**. On how many days have you been physically active for at least one hour per day?

- On 0 days
- On 1 day
- On 2 days
- On 3 days
- On 4 days
- On 5 days
- On 6 days
- On 7 days

## Satisfaction with life

41. How satisfied are you with your life at the moment?

- Very satisfied
- Fairly satisfied
- Neither satisfied nor dissatisfied
- Fairly dissatisfied
- Very dissatisfied

## Getting help and services

42. How many times have you visited the school nurse during **the fall semester and spring semester**?

- Not once
- Once
- 2-3 times
- 4 or more times

The school nurse and physician regularly conduct health examinations on pupils. Usually the school nurse invites pupils to examinations or makes an appointment for them. Pupils may also visit the school nurse or physician as needed.

43. During **the fall semester or spring semester**, have you had a health examination with the school nurse or physician?

- Yes
- No [goes to question 45]
- Don't know [goes to question 45]

44. How were the following things at your health examination during **the fall semester or spring semester**?

- Agree
- Neither agree nor disagree
- Disagree

**Issues that are important to me were discussed**

**My opinions were listened to**

**Things related to my family were discussed**

**I felt safe talking about my issues**

## Mental well-being

45. Listed below are some sentences that describe different kinds of feelings and sensations. Select from the options the one which best describes you over the last **three months**.

- Never or hardly ever
- Sometimes or some
- Often or always

**I get scared if I sleep away from home**

**I am nervous**

**I am scared to go to school**

**When I get frightened, I feel dizzy**

**I feel nervous when I am going to parties, dances, or any place where there will be people that I don't know well**

If you are concerned about something to do with mental well-being, it is important that you talk about it for example with your parents or the school nurse. You can also talk about it for example in the helpline and chat service for children and young people provided by the Mannerheim League for Child Welfare.

## Smoking and intoxicants

46. Have you ever used these?

- No, I have not
- I have tried it once or twice
- I use it now and then

**Tobacco**

**E-cigarette (vape)**

**Snuff**

**Nicotine pouches**

47. Have you ever tasted or drunk an alcoholic beverage, such as beer or cider?

- No, I have not
- I have tasted a little
- I have drunk it several times

## Physical violence

48. During the past **12 months**, have the following been done to you?

- Yes
- No

**Someone stole or tried to steal something from me by using violence or by threatening to use violence**

**Someone stole something from me but did not use violence or threaten to use violence**

**Someone threatened to harm me physically**

**Someone attacked me and hit me, kicked me or used a weapon**

## Sexual harassment and violence

Verbal sexual harassment is when someone says or writes sexually suggestive, uncomfortable things about your body, makes offensive jokes, or talks about sex in a way that makes you feel uncomfortable, anxious, or unsafe.

49. Have you experienced any of the following during the past **12 months**?

- Yes
- No

**Disturbing or intimidating comments on your body or proposals**

**Sexually disturbing messages or showing of videos or images**

**Somebody has touched your breasts or genitals against your will**

**Somebody has pressured you or forced you to touch their breasts or genitals**

You have the right to decide how you want to be touched. If someone touches you in a way that you find confusing or unpleasant, tell an adult you trust. Also tell an adult if someone has forced you to touch them. You can tell your teacher or the school nurse, for example. You can also call the helpline for children and young people maintained by the Mannerheim League for Child Welfare, or Victim Support Finland.

## Violence experienced in the family

In these questions parents mean, for example, your mother or stepmother, father or stepfather, adoptive parents or foster family parents.

50. Has one of your parents done the following things to you in the past **12 months**?

- Yes
- No

**Verbally insulted me, for example called me names**

**Humiliated or embarrassed me**

**Threatened me with violence**

51. Has one of your parents done the following things to you in the past **12 months**?

- Yes
- No

**Grabbed me so that it hurt**

**Pushed or shaken me angrily**

**Pulled my hair**

**Slapped me**

**Hit me with their fist or an object**

**Kicked me**

**Otherwise hurt me physically**

If you have experienced harassment or violence, it is very important that you tell an adult. For example, you can talk to your teacher or the school nurse. You can also call the helpline for children and young people maintained by the Mannerheim League for Child Welfare, or Victim Support Finland.

## Free time

52. How often do you participate in hobbies?

- Almost every day
- Every week
- Every month
- Less frequently
- Never

53. How often do you do physical exercise or sports in **your free time?**

- Almost every day
- Every week
- Every month
- Less frequently
- Never

**I do physical exercise or sports where I am guided or coached**

**I do physical exercise independently, no one guides or coaches me**

Engaging in arts and culture includes drawing, writing and coding or going to the theatre, festivals or a circus or visiting a museum. Listening to music, reading books, taking photographs and making videos or watching movies are also engaging in arts and culture.

54. How often do you engage in arts or culture in **your free time?**

- Almost every day
- Every week
- Every month
- Less frequently
- Never

**I engage in arts or culture so that I am guided or taught**

**I engage in arts or culture independently, no one guides or teaches me**

In the following question, 'online' is used to refer to the use of applications, games, films or programmes available on various devices (phone, tablet, computer, TV). Social media and online services also come under 'online'.

55. How often have you experienced the following?

- Very often
- Fairly often
- Not very often
- Never

**I have tried unsuccessfully to spend less time online**

**I have spent less time than I should with either family, friends or doing schoolwork because of the time I spent online**

**I have caught myself being online although I'm not really interested**

**I have felt bothered when I cannot be online**

**I have gone without eating or sleeping because of being online**

56. What do you think adults should do to help pupils do well?

*Please enter up to 2000 characters.* \_\_\_\_\_

## Thank you for answering!

If you are concerned about something to do with your well-being, it is important to talk about it with your parents or the school nurse. You can also use the helpline and chat service for children and young people provided by the Mannerheim League for Child Welfare, or the Apuu chat, the Poikien Puhelin helpline or Victim Support Finland. [You can find contact details for these services here.](#)

What do you think of the survey? You may give feedback on the survey here if you want to:

*Please enter up to 2000 characters.* \_\_\_\_\_

**Finally, press the “Submit answers” button and close the browser.**