



Well-being of children and young people

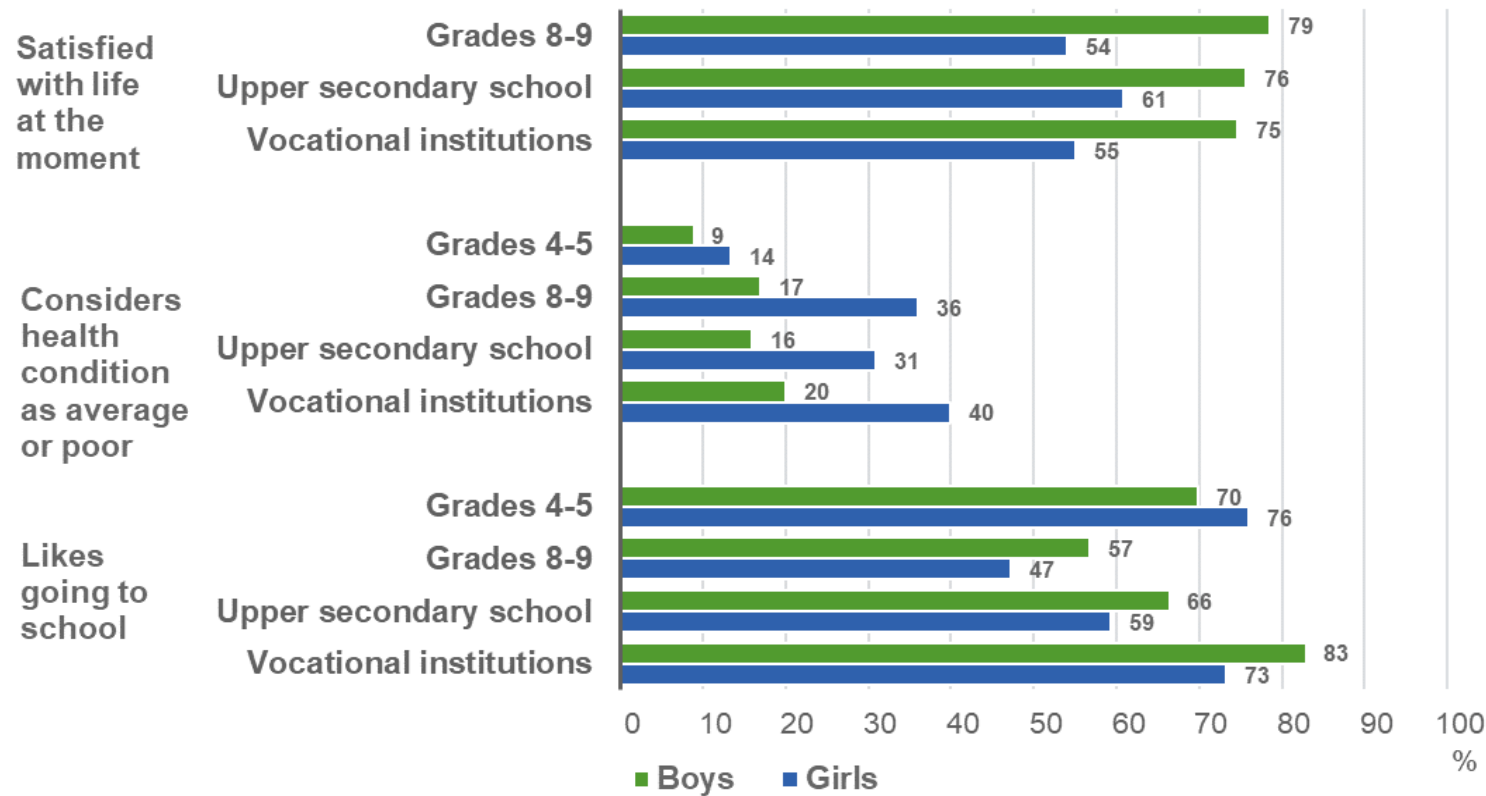
School Health Promotion study 2023

Jenni Helenius & Hanne Kivimäki

21/09/2023

Finnish Institute for Health and Welfare

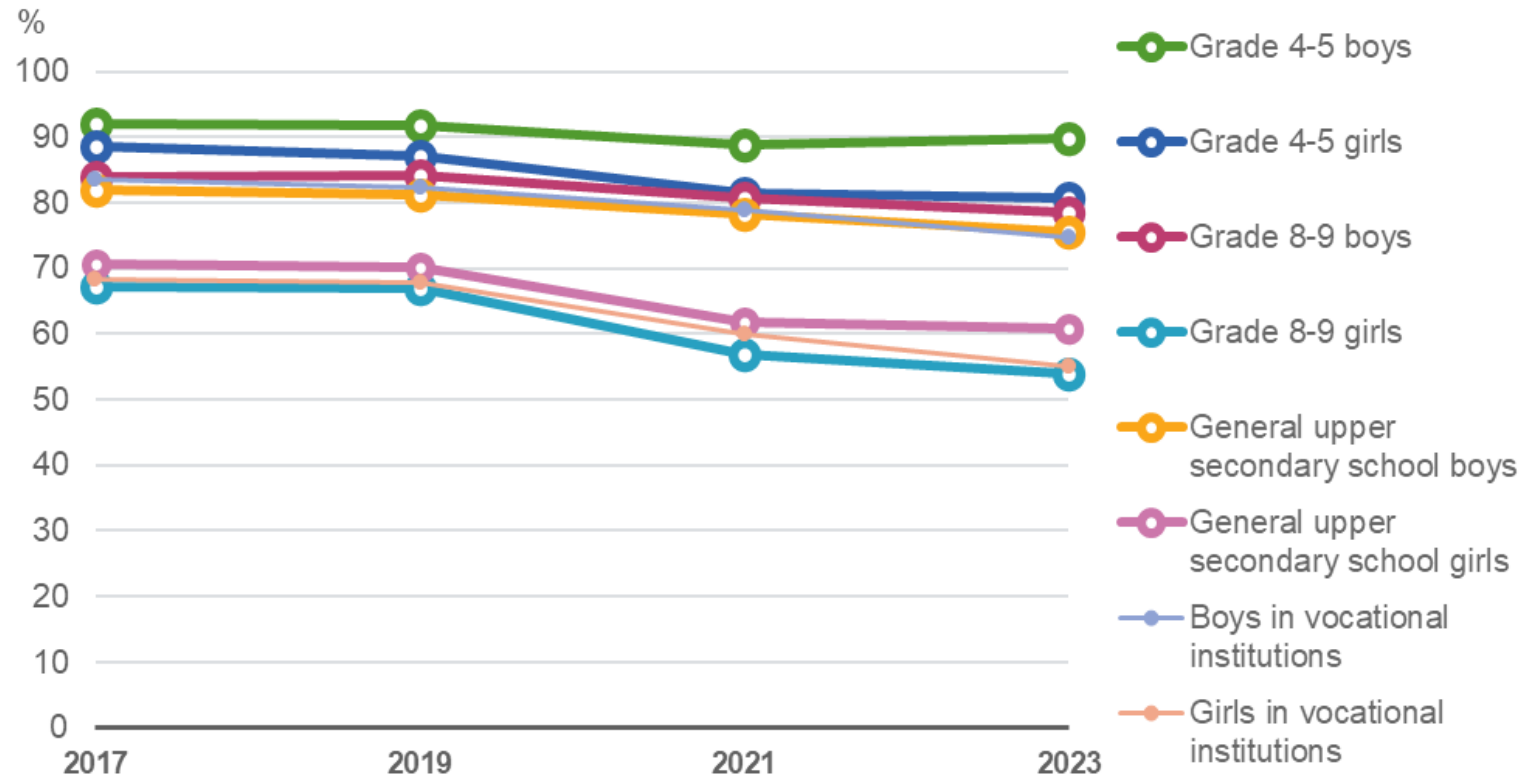
Indicators describing the well-being experienced by children and young people by gender and school level in 2023, %



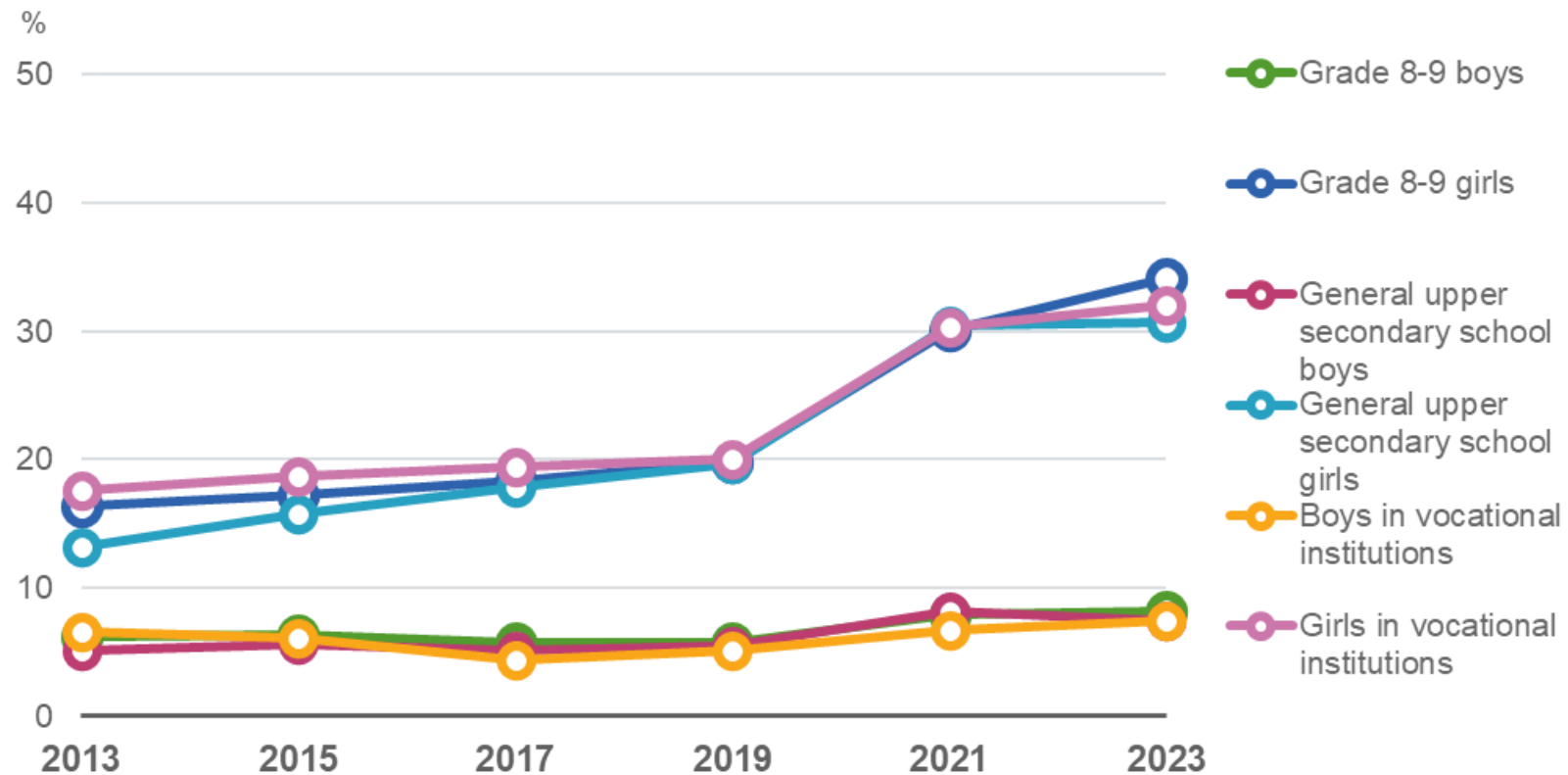
The regional and municipality-specific results of the School Health Promotion Study are published as indicators in the interactive the Health and well-being of children and adolescents environment (Tableau) and in the THL statistical cubes (thl.fi/kouluterveyskysely/tulokset, in Finnish and Swedish)

Also the distribution of responses for 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 (Swedish, Finnish or other) or the pupil's or student's origin.

The proportion of children and young people satisfied with their lives by gender and school level in 2017–2023, %

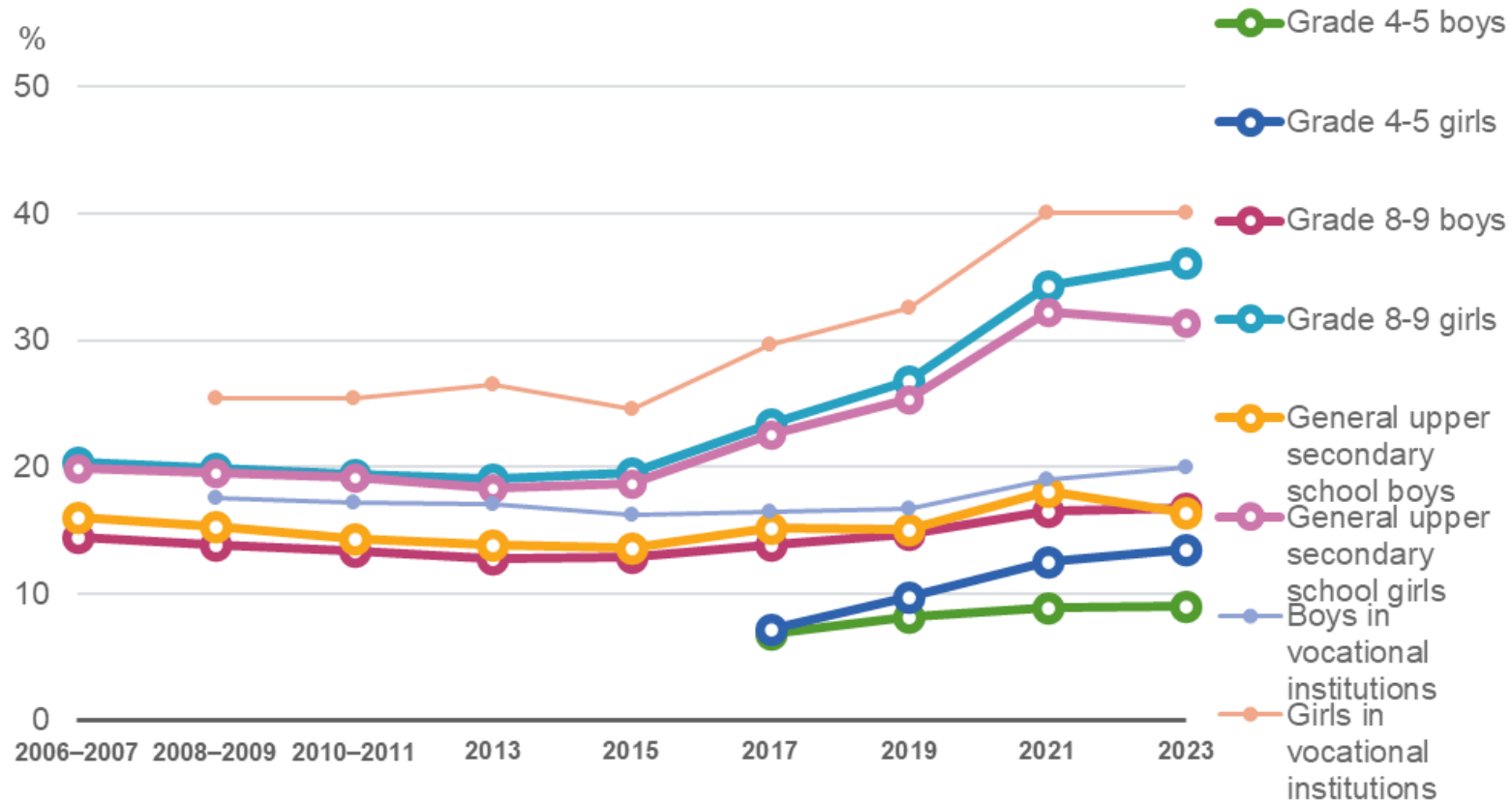


The proportion of young people who had experienced moderate or severe anxiety in the last two weeks by gender and school level in 2013–2023, %

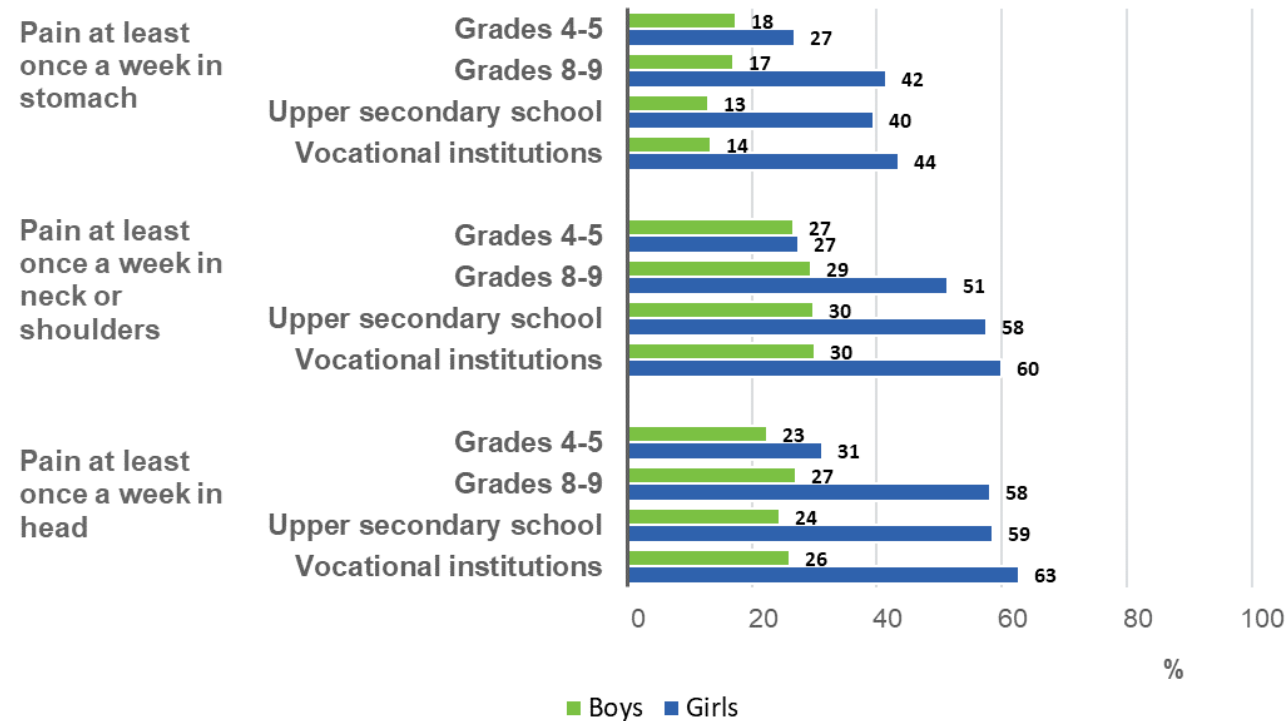


The indicator is based on the GAD7 meter (Generalised anxiety disorder).

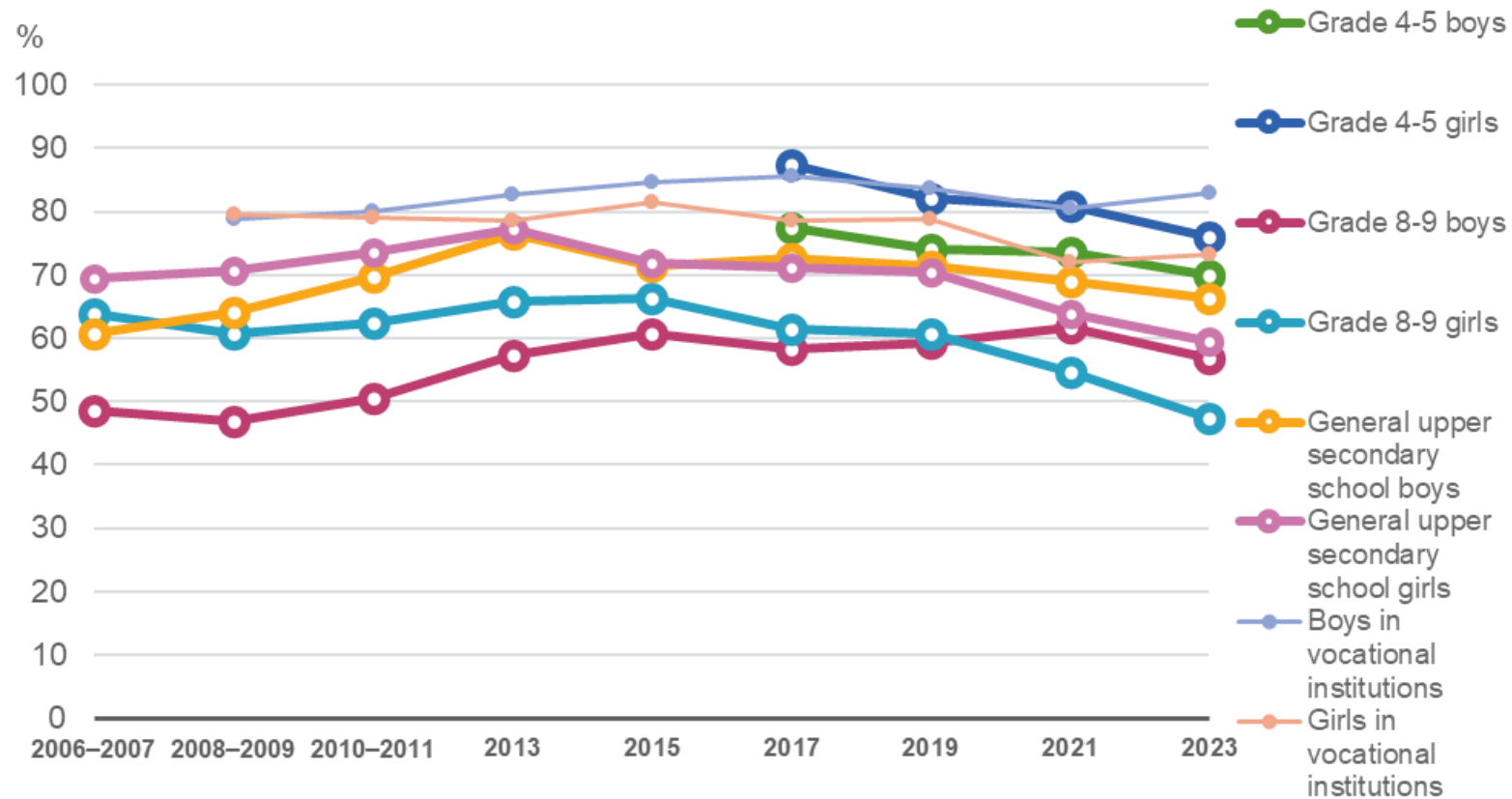
The proportion of children and young people considering their health condition as average or poor by gender and school level in 2006–2023, %



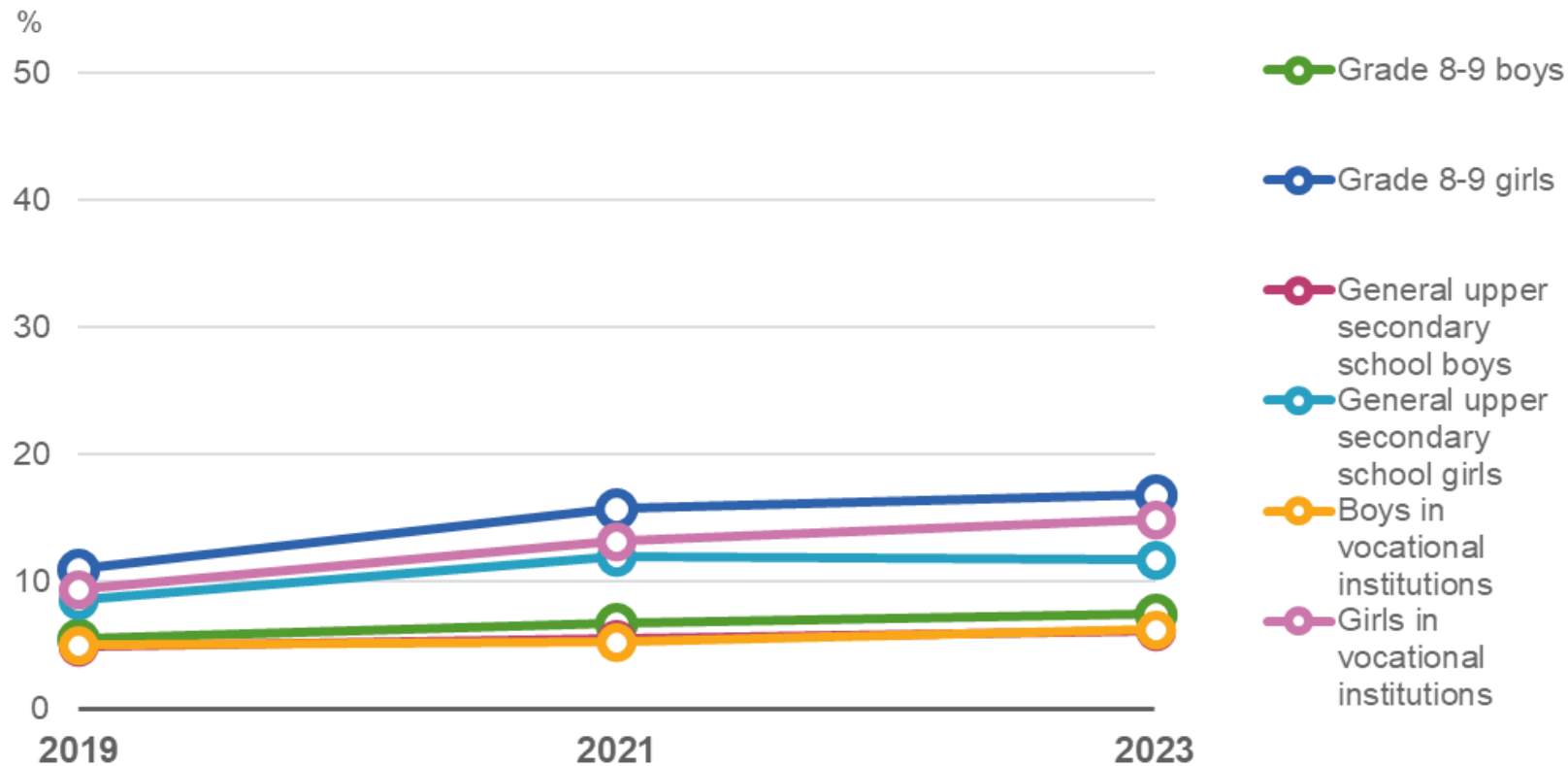
The proportion of children and young people who had experienced pain at least once a week by gender and school level in 2023, %



The proportion of children and young people who enjoyed going to school by gender and school level in 2006–2023, %

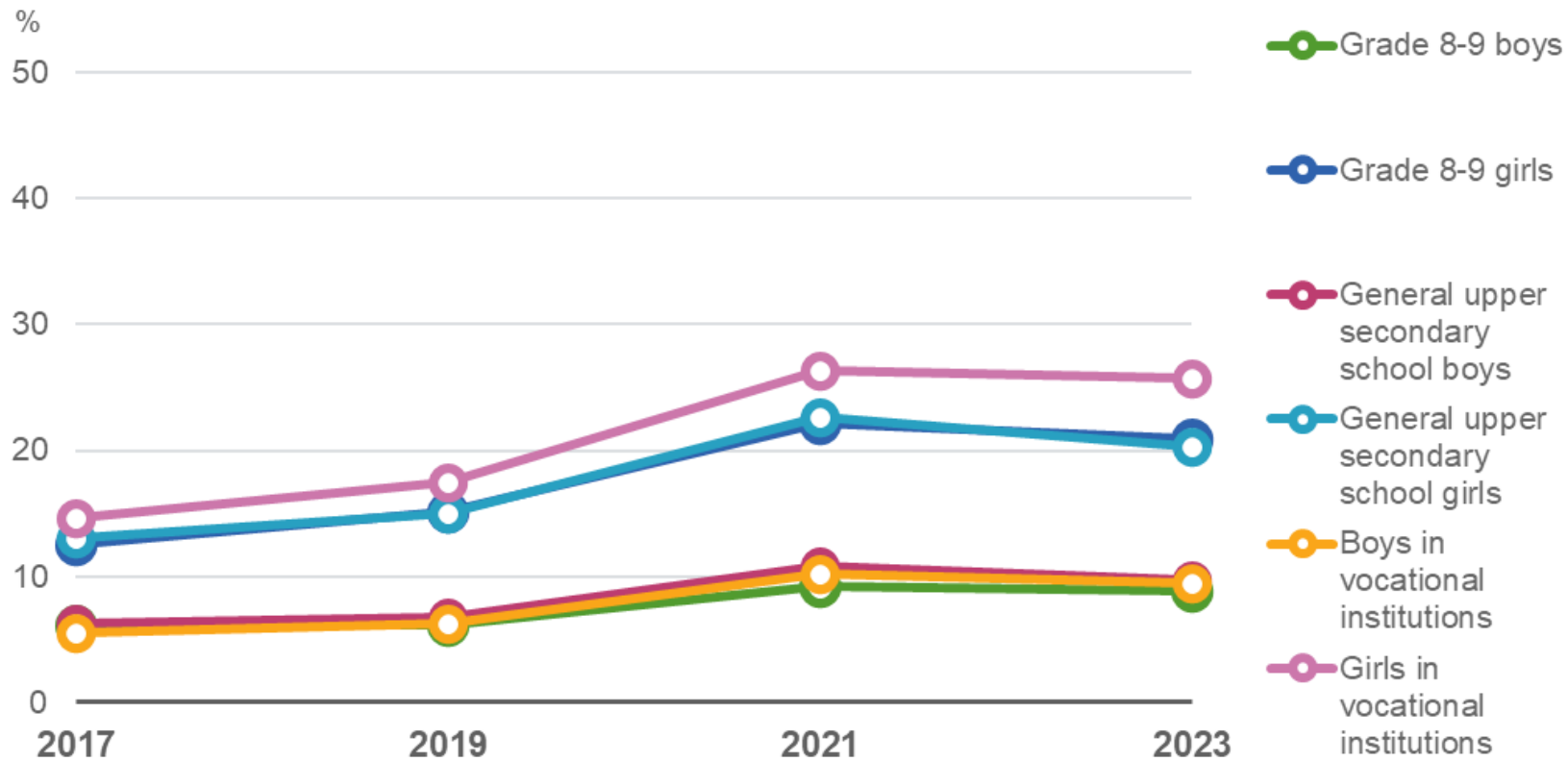


The proportion of young people who experienced extremely poor social inclusion by gender and school level 2019–2023, %

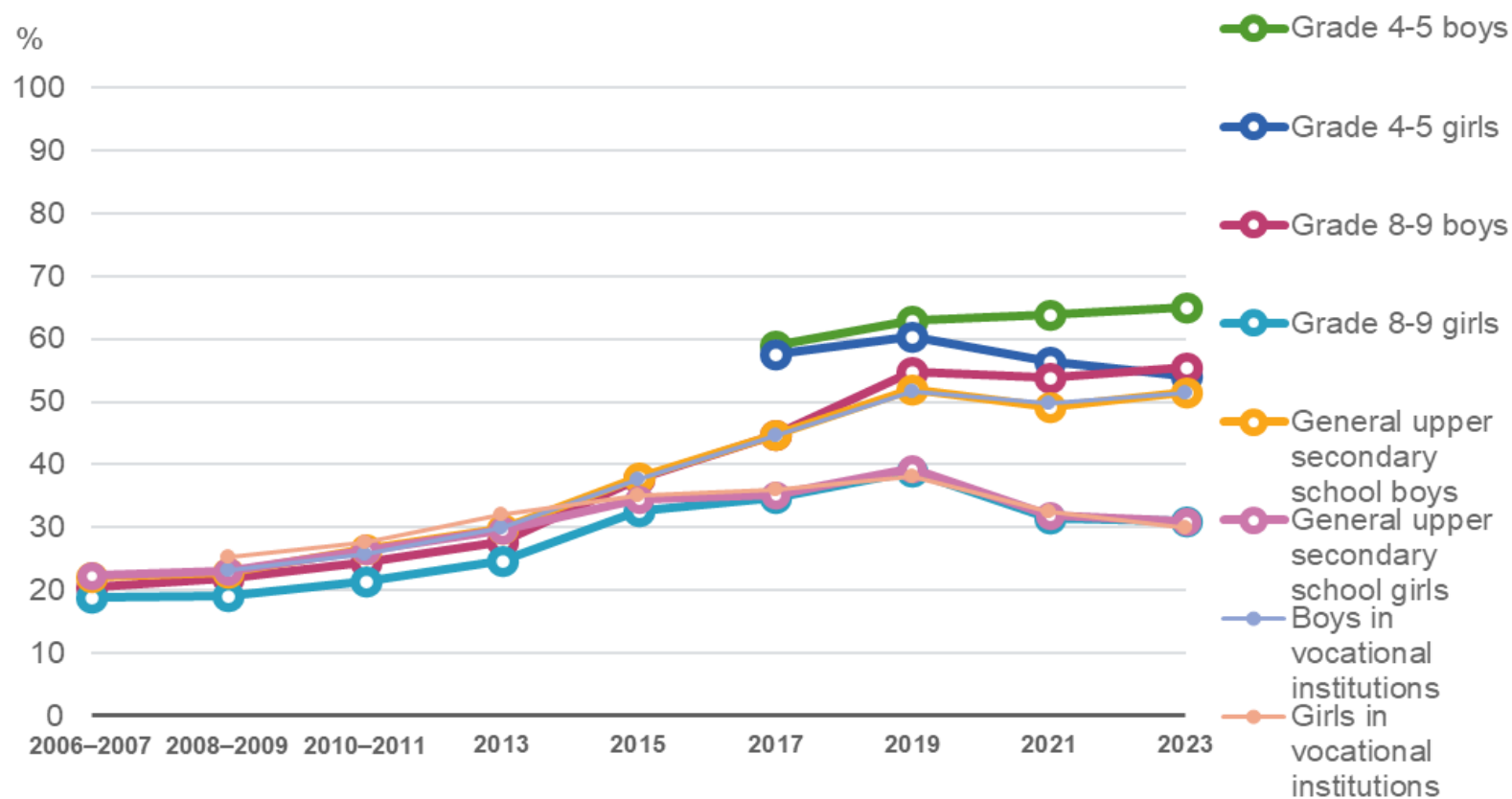


Social inclusion is described with THL's inclusion indicator (Experiences of Social Inclusion Scale, ESIS).

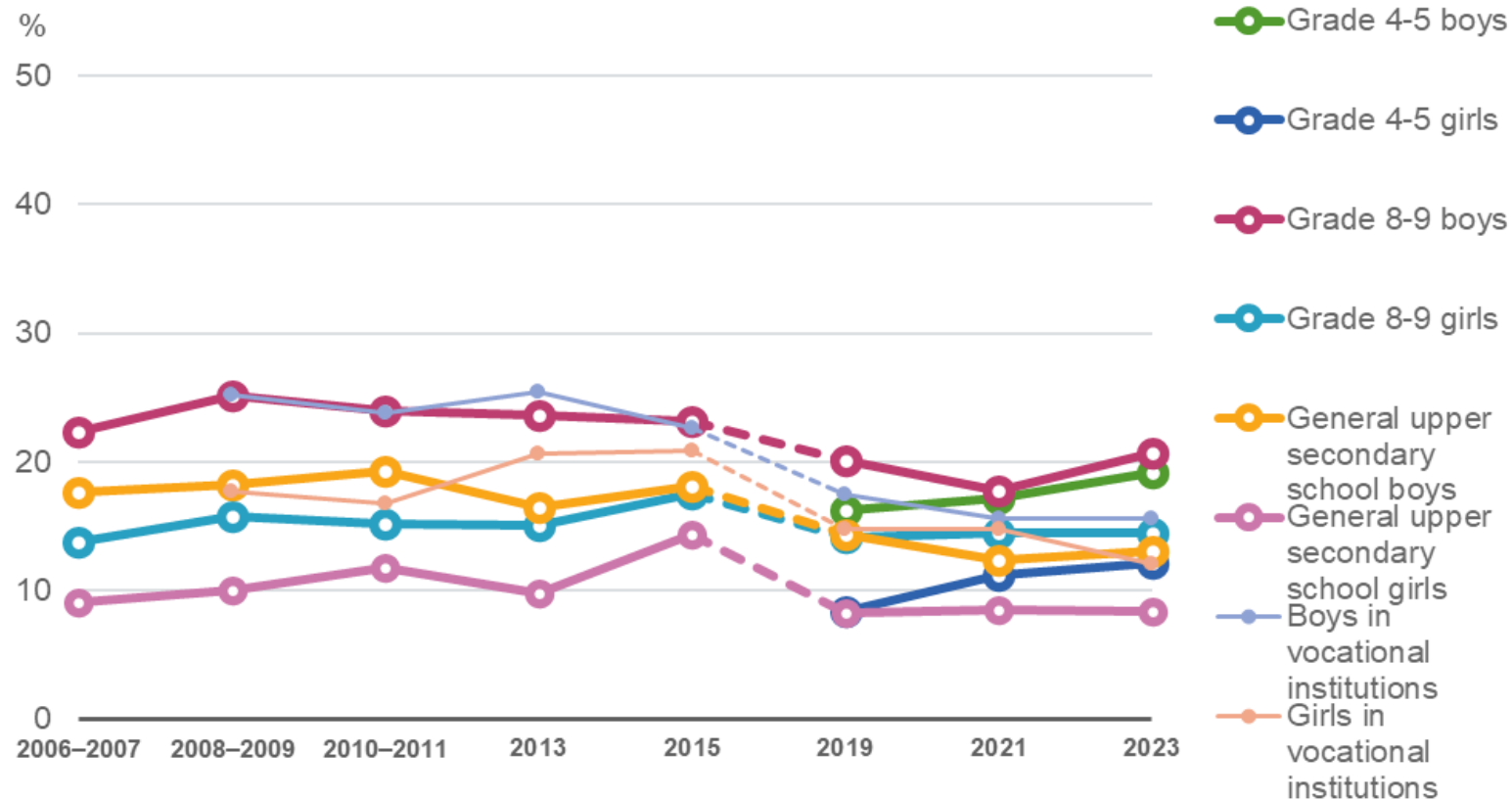
The proportion of children and young people who felt lonely by gender and school level in 2017–2023, %



The proportion of children and young people experiencing good communications with their parents by gender and school level in 2006–2023, %

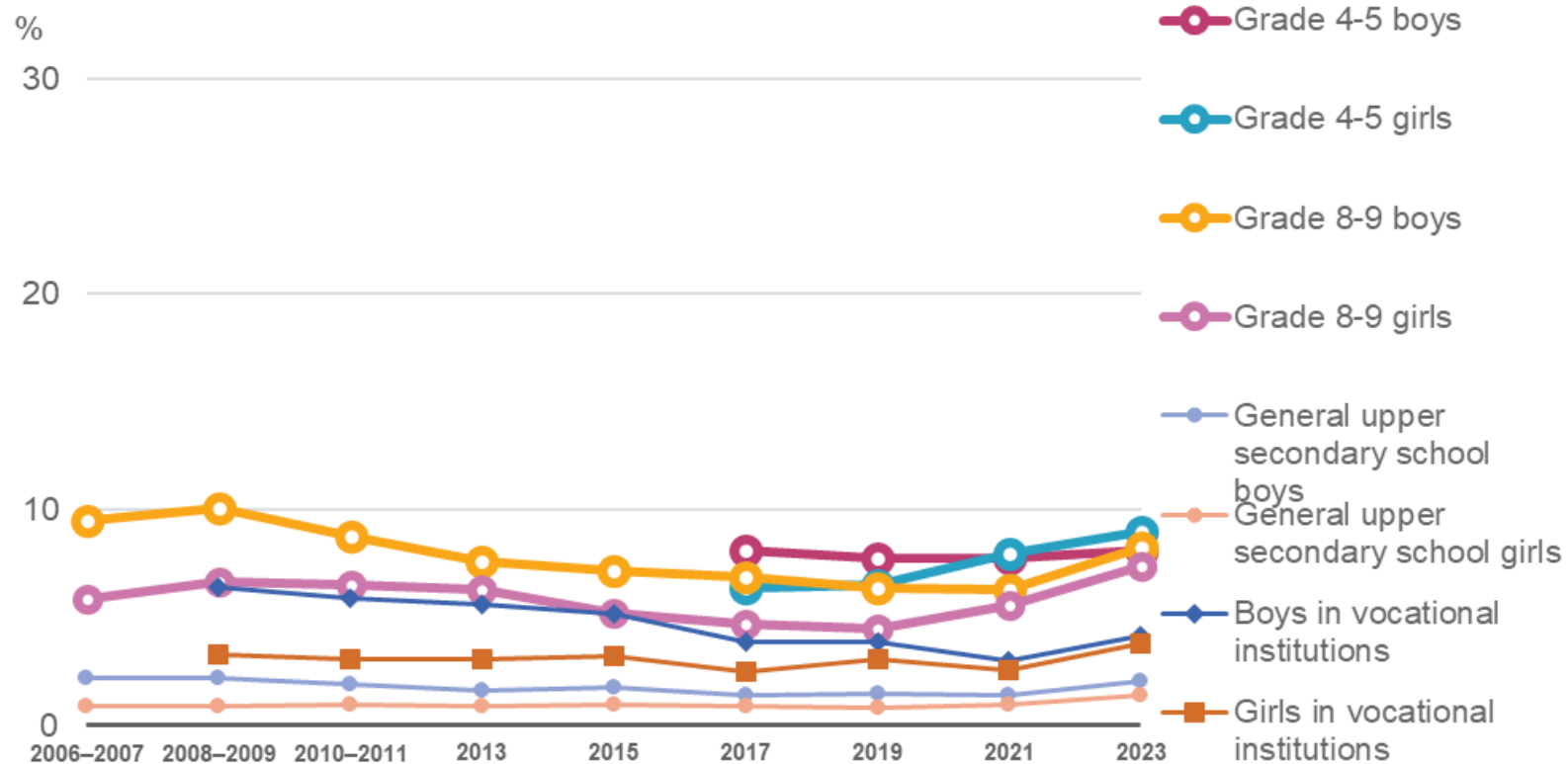


The proportion of children and young people who had experienced a physical threat by gender and school level in 2006–2023, %



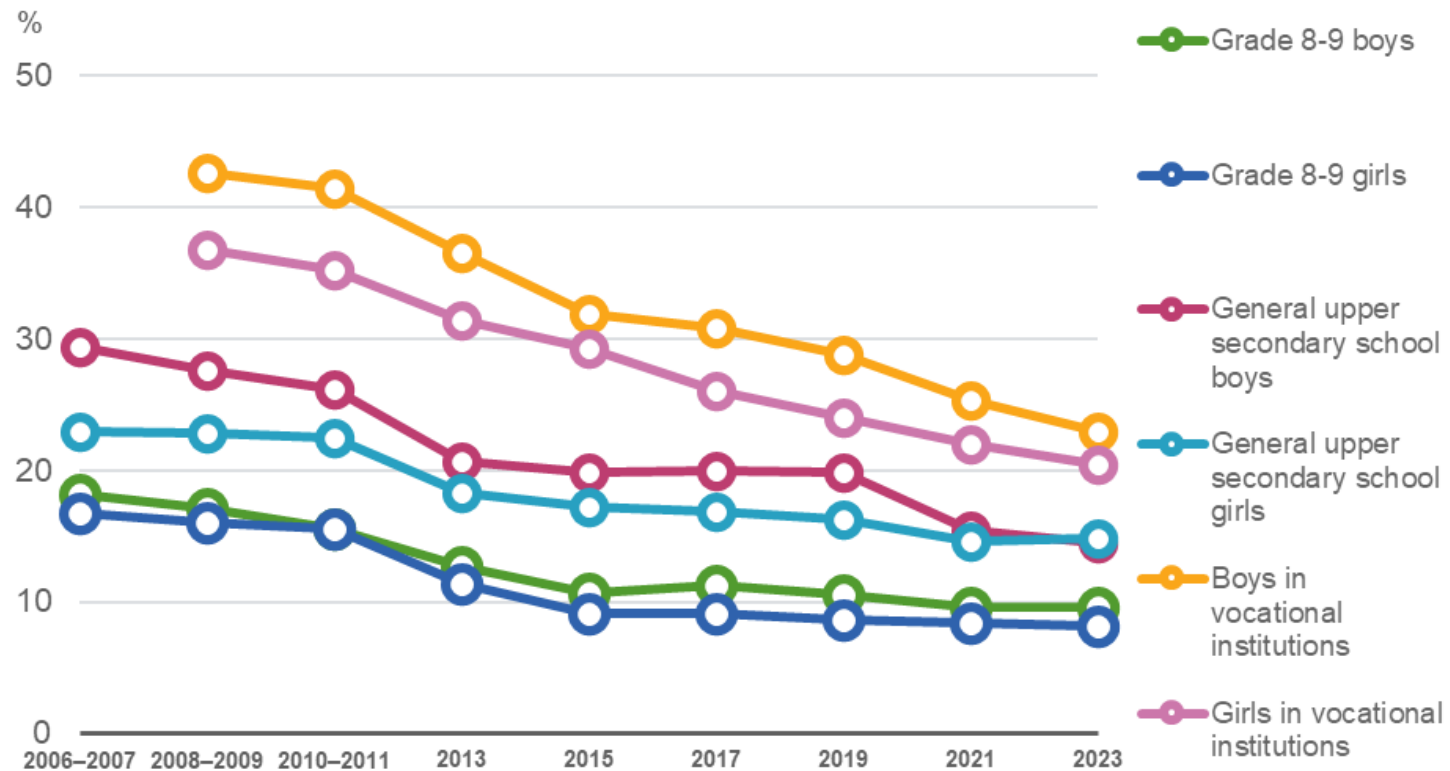
Physical threats included stealing or attempted stealing using violence or a threat thereof, a threat of causing physical harm, or physically attacking someone. Data not available for 2017.

The proportion of children and young people who had been bullied at least once a week by gender and school level in 2006–2023, %

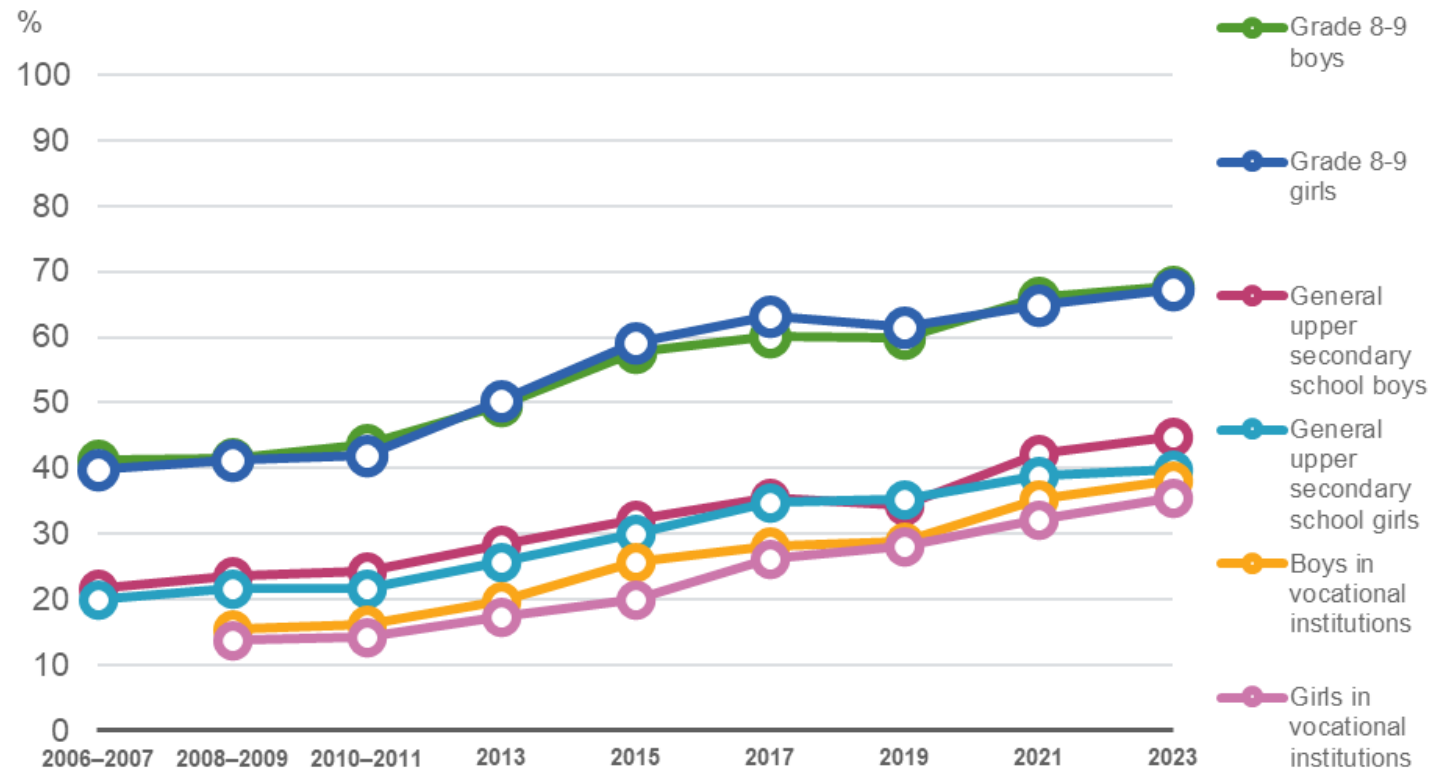


In this context, bullying refers to the harassment of a pupil by another pupil or a group of pupils either verbally or physically. Teasing a pupil repeatedly in ways he or she does not like is also considered bullying. An argument between two roughly equal pupils is not considered bullying.

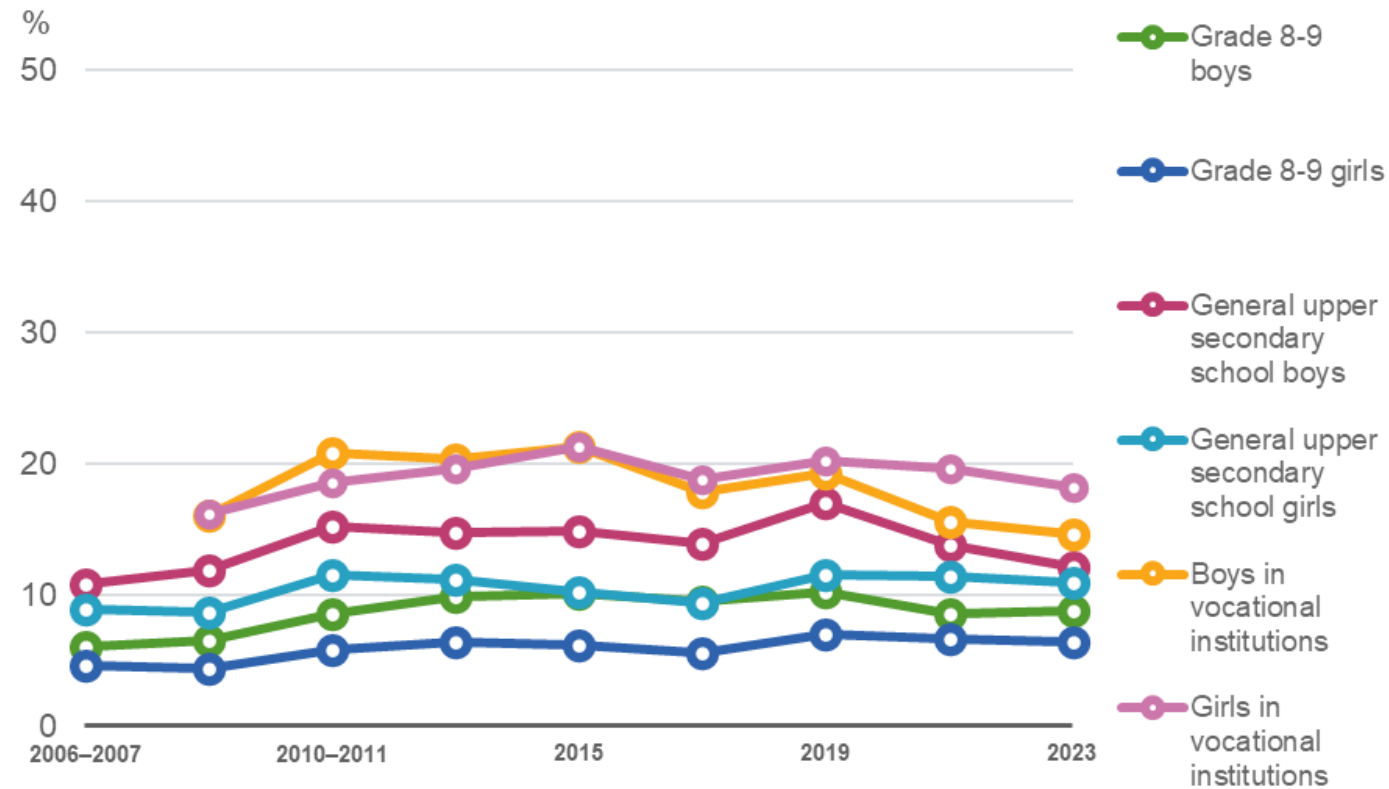
The proportion of young people who was heavily drunk at least once a month by gender and school level in 2006–2023, %



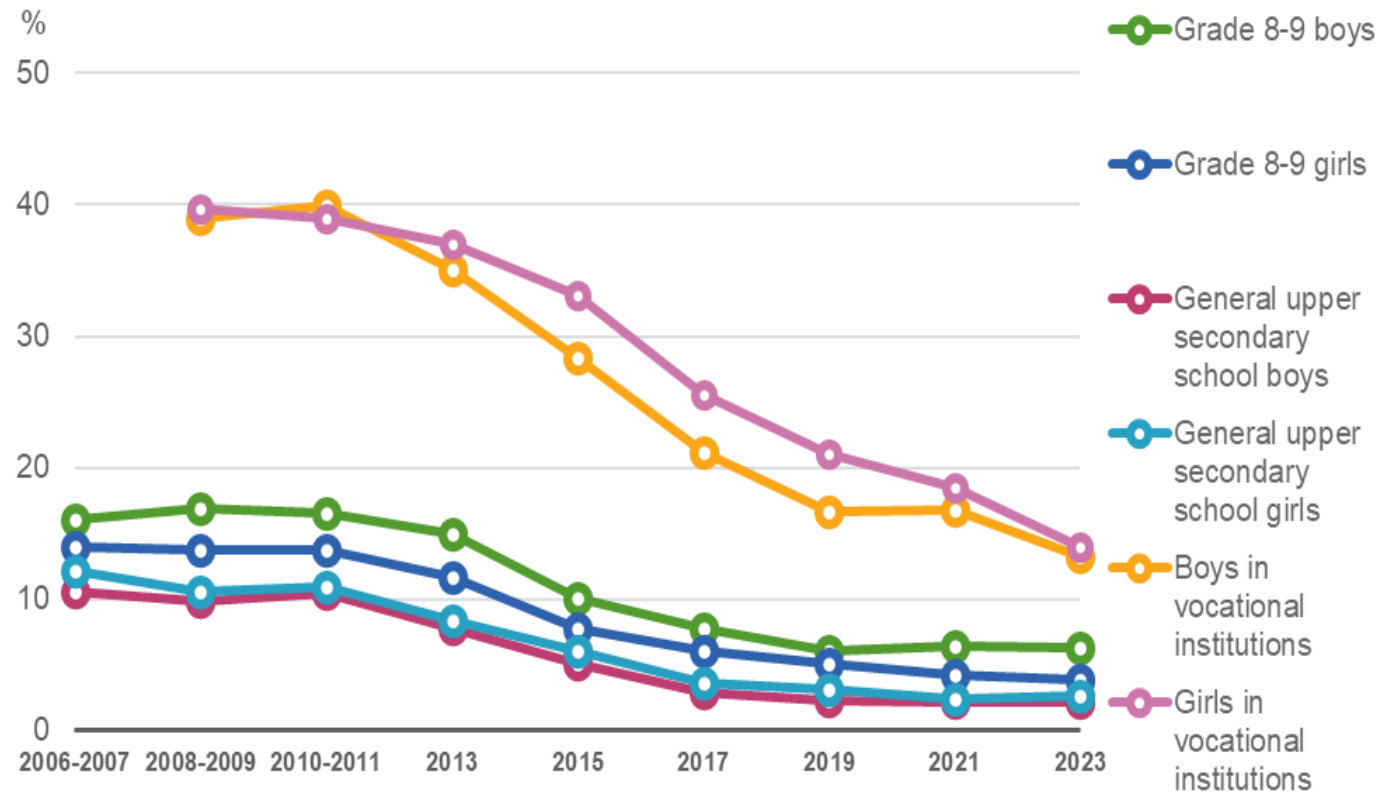
The proportion of young people abstaining from alcohol use by gender and school level 2006–2023, %



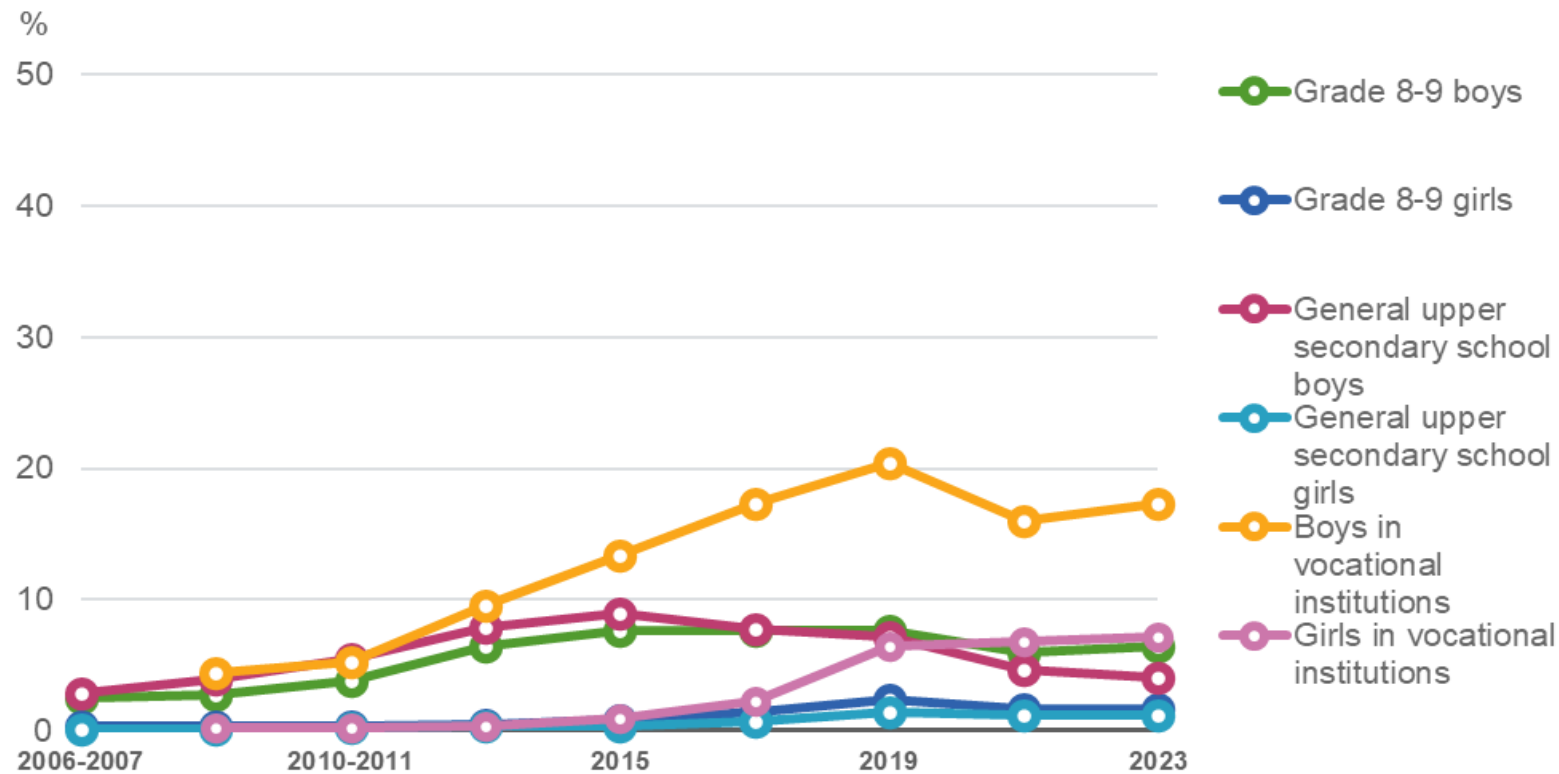
The proportion of young people who had experimented with cannabis at least once by gender and school level in 2006–2023, %



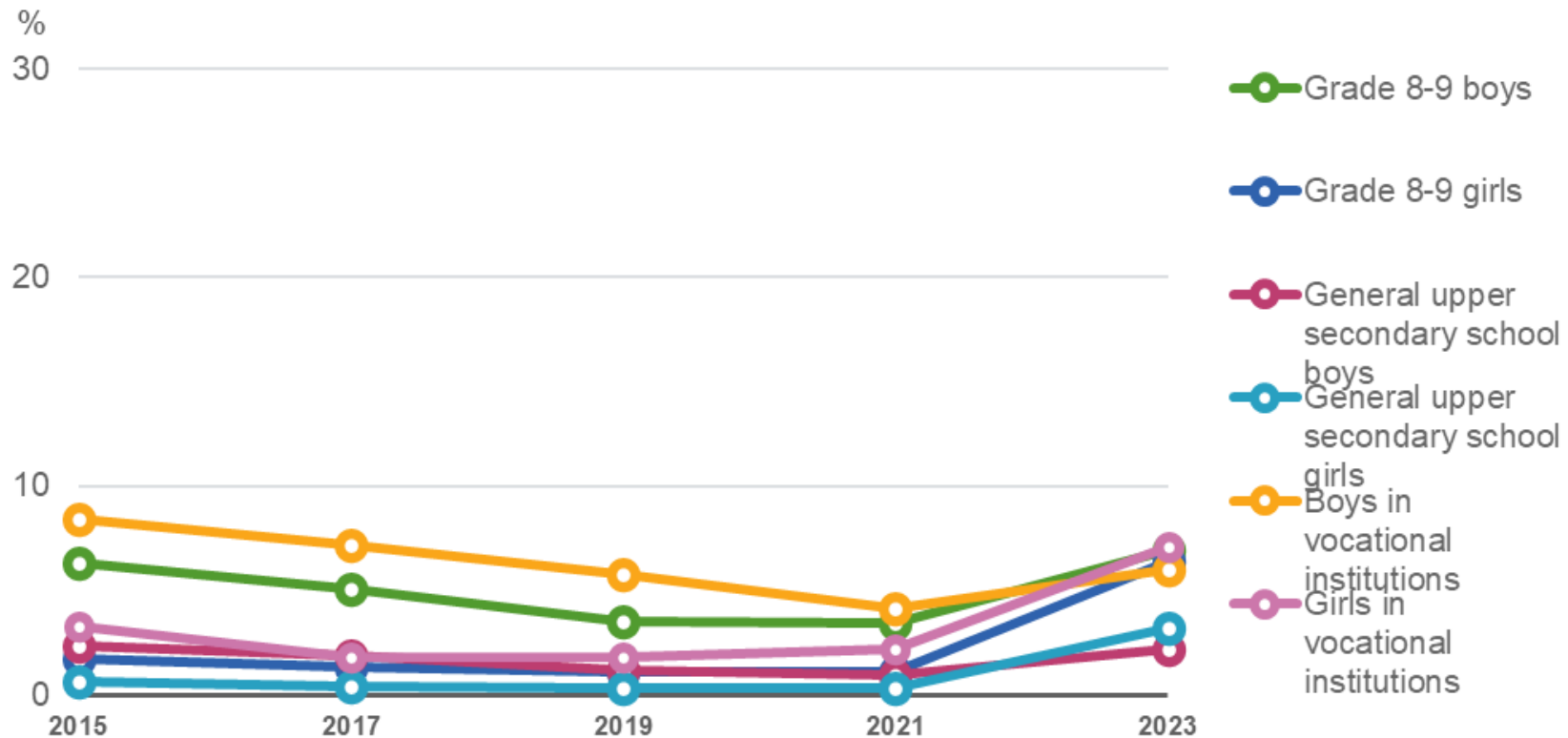
The proportion of young people who smoke daily by gender and school level 2006–2023, %



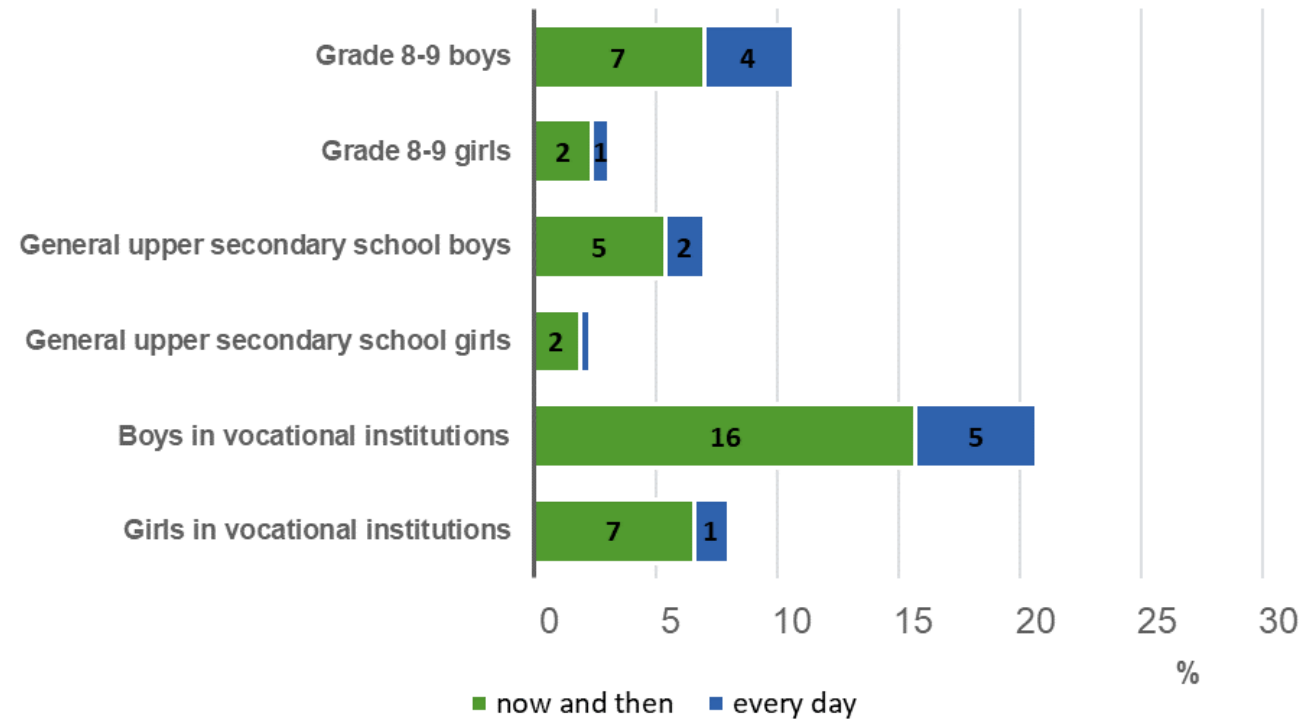
The proportion of young people who used snuff daily by gender and school level 2006–2023, %



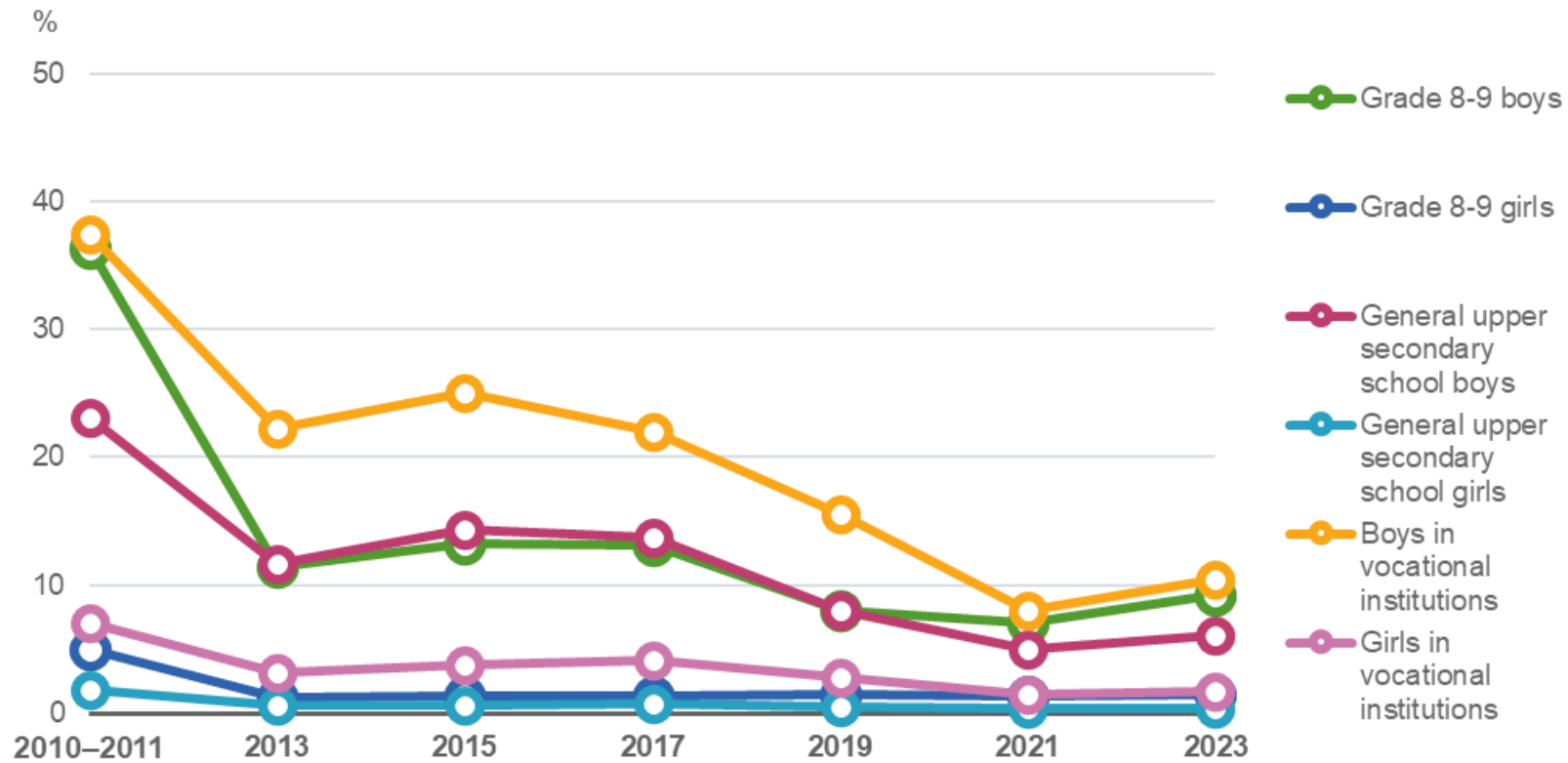
The proportion of young people who smoke e-cigarettes daily by gender and school level 2015–2023, %



The proportion of young people who reported that they use nicotine pouches now and then or every day by gender and school level 2023, %



The proportion of young people who gamble on a weekly basis by gender and school level 2010–2023, %



Main findings

- The majority of children and young people are satisfied with their lives.
- Between 31 and 40 per cent of girl students in grades 8 and 9 of basic education, general upper secondary schools and vocational institutions and 16–20 per cent of boys considered their health average or poor.
- Approximately one third of girls and 7–8 per cent of boys in grades 8 and 9 of basic education, in general upper secondary schools and in vocational institutions reported moderate to severe anxiety.
- Bullying at least on a weekly basis had been experienced by a larger proportion of pupils and students than in previous years at all the school levels.
- Experiences of physical threat were most common among boys in grades 8 and 9 (21%).
- Experiences of loneliness were almost as common as in 2021.