Kyselylomake: FSD3550 Kouluterveyskysely: perusopetuksen 4. ja 5. luokkien oppilaat 2019

QUESTIONNAIRE: FSD3550 SCHOOL HEALTH PROMOTION STUDY: FOURTH- AND FIFTH-GRADERS IN BASIC EDUCATION 2019

Tämä kyselylomake on osa yllä mainittua Yhteiskuntatieteelliseen tietoarkistoon arkistoitua tutkimusaineistoa.

Kyselylomaketta hyödyntävien tulee viitata siihen asianmukaisesti lähdeviitteellä.

This questionnaire forms a part of the above mentioned dataset, archived at the Finnish Social Science Data Archive.

If the questionnaire is used or referred to in any way, the source must be acknowledged by means of an appropriate bibliographic citation.

Detta frågeformulär utgör en del av den ovannämda datamängden, arkiverad på Finlands samhällsvetenskapliga dataarkiv.

Om frågeformuläret är utnyttjat eller refererat till måste källan anges i form av bibliografisk referens.

School Health Promotion study 2019

Welcome to the School Health Promotion study!

The responses will be used for improving the services for children and families, developing your school's operations, and scientific research purposes. The information will be stored at the National Institute for Health and Welfare.

Background information

- 1. What is your official gender?
 - Boy
 - 🔵 Girl
- 2. Which grade are you in?
 - 4th grade
 - 5th grade

School

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- 3. How do you like school at this moment? I like school
 - Very much
 - Quite a lot
 - Fairly little
 - Not at all

4. Is it peaceful in your class?

- Often
- Sometimes
- Never

5. When something is talked about in class, do you dare express your opinion?



Never

6. Do the pupils in your class get along together?



- Sometimes
- Never

7. How well do you get along with your schoolmates?

- Well
- Fairly well
- Poorly

8. How well do you get along with your teachers?

- Well
- Fairly well
- Poorly

9. Are teachers interested in how you are doing?

- Often
- Sometimes
- Never

10. How much have you been involved in planning the following things during **this school year**?

	A lot	Some	Not at all
Ground rules for the school	\bigcirc	0	\bigcirc
Activities at recess	\bigcirc	\bigcirc	
School outdoor areas	0	0	
School meals	0	0	
School festivities, events and excursions	\bigcirc	•	•
Content of lessons	•	0	•

11. I feel I am an important member of

	Agree	Neither agree nor disagree	Disagree
My classroom community	0		•
My school community	•	0	•

12. What do you feel about recesses and breaks?

	Agree	Neither agree nor disagree	Disagree
I am frightened of recesses or of going to recess	\bigcirc	•	\bigcirc
I feel lonely at recesses	0	•	•
I would like to have more organised programme at recesses	0	•	0

13. Do you have difficulties in reading?



Some

A lot

14. Do you have difficulties with counting?

Not at all

- Some
- A lot

15. Do you have difficulties with writing?

Not at all

- Some
- A lot

16. Have any of the following things bothered you at your school during **this school year**?

	Not at all	Some	A lot
Too hot inside		0	\bigcirc
Too cold inside		\bigcirc	\bigcirc
Stuffy air (poor indoor air)	0	0	•
Unpleasant odour	0	0	•
Cramped classroom	0	\bigcirc	\bigcirc
Noise	0	\bigcirc	\bigcirc
Lighting too bright or too dim	0	\bigcirc	\bigcirc
Uncomfortable chairs, desks or other furniture	•	\bigcirc	\bigcirc
Poor toilets, changing rooms, showers	0	0	•

17. At school

	Fully agree	Agree	Neither agree nor disagree	Disagree	Fully disagree
I like being at school	0	0	•	\bigcirc	\bigcirc
I am often tired	0	0	•	0	0
I am often excited about school work	0	0	•	0	0
There is no point in going to school	0	0	•	0	0
I cannot cope at school	0	0	•	0	0

https://www3.thl.fi/lomake/ktk19_alakoulu?l=en

Bullying

In this questionnaire, 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.

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

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

19. How often have you participated in bullying other pupils during **this semester**?

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

If you have not been bullied and have not participated in bullying at school during this semester, go to question 22.

20. Have you told any adult at your school about bullying at the school during **this semester**?

Yes No (go to question 22)

21. What has happened since you reported the bullying?

The bullying stopped

There is less bullying now

- The bullying continued as before
- The bullying got worse
- Don't know

Health

22. How is your health in general?

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

23. Have you had any of the following symptoms during **this school year**?

	Not at all	Sometimes	Often
Neck or shoulder pain	0	0	0
Stomach ache	0	0	•
Difficulty falling asleep, or waking up at night	•	0	0
Headache	0	0	0

Mood

5/17

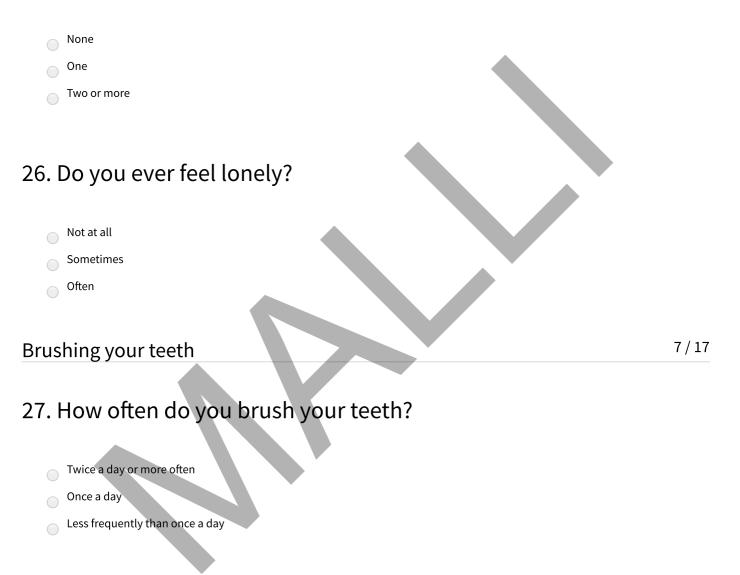
24. Think about the **last two weeks**. How true are the following statements for you?

	Very true	Occasionally true	Not true
I was desperate or unhappy	\bigcirc	•	\bigcirc
I did not enjoy anything	0	0	0
I was so tired that I just sat there doing nothing	0	0	0
It was difficult to think properly or to concentrate	0	0	0
I thought that nobody likes me	0	0	0

	Very true	Occasionally true	Not true	
I thought that I could never be as good as the other kids	0	\bigcirc	\bigcirc	

Friends

25. How many good friends do you have?



Meals

8/17

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



Physical exercise

In this questionnaire, physical exercise is any activity that increases your heart rate and causes shortness of breath for a while, for example in sports activities, playing games with friends, on the way to or from school, at recess or in PE class.

29. Think about all the moving around you have done over the past **7 days**. On how many days have you been on the move 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

Smoking and other intoxicants

10/17

30. If one of your best friends were to offer you any of these, would you use it? *Please give an answer for each item.*

	I do not know what that is	Certainly not	Probably not	Probably yes	Certainly yes
Smoking		•	\bigcirc	•	\bigcirc
Snuff				\bigcirc	\bigcirc
E-cigarettes	•		•	•	\bigcirc

31. Do you think it is likely that you will use any of the following during **this or the next school year**? *Please give an answer for each item.*

	l do not know what that is	Certainly not	Probably not	Probably yes	Certainly yes
Smoking	•	•	•	•	•
Snuff	•	0	•	0	0

	I do not know what that is	Certainly not	Probably not	Probably yes	Certainly yes
E-cigarettes	\odot	0	0	0	0

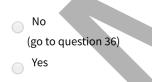
32. Have you ever used any of these?

	Never	I have tried it once or twice	I use it now and then
Smoking	0	•	•
Snuff	0	•	
E-cigarettes	0	•	

33. 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

34. In your opinion, does one of your parents consume too much alcohol?



35. Has this caused you harm?

No
Yes

36. Have you ever been offered any drugs?

No

Physical violence

37. During the past **12 months**, have you experienced any of the following?

	Yes	No
Someone stole or attempted to steal something from you by using violence or threats of violence	0	0
Someone stole something from you otherwise	0	0
Someone threatened to harm you physically	0	0
Someone attacked you physically (hitting, kicking, or by using a weapon)	•	0

Sexual harassment and violence

You have the right to decide how you want to be touched. If somebody has touched you in a way that you find confusing or upsetting or forced you to touch them, it is important that you tell an adult you can trust. For example, you can tell your teacher or the school nurse.

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

	Yes	No
Disturbing or intimidating comments on your physique, or requests for sexual favours	\bigcirc	\bigcirc
Sexually inappropriate messages or showing of sexually inappropriate videos or images	\bigcirc	\bigcirc
Somebody has touched your breasts or genitals against your will	0	\bigcirc
Somebody has pressured you or forced you to touch their breasts or genitals	0	0

If you answered 'no' to all items in the previous question, you can go to question 42.

39. Who has harassed you sexually or committed acts of sexual violence against you in the manner described in the previous question in the last **12 months**? *You may select several persons.*

- A friend or other child/adolescent you know
- An adult in your family (mother, stepmother, father, stepfather, someone your parent is dating)
- Foster family mother or father
- Sibling (sister, brother, half-sister, half-brother)
- Other relative (grandparent, aunt, uncle, cousin)
- Instructor or carer at a family care home or a child welfare institution
- Teacher or other adult at your school
- Coach at a hobby, instructor or similar
- Stranger
- Other person

40. Have you reported the harassment or violence you have experienced during the past **12 months** to an adult you trust?

Yes No

41. Have you received support and help concerning the sexual harassment or violence you have experienced during the past **12 months**?

Yes

No, but I would have needed it

I have not needed any help

Violence in the family

In these questions parents mean, for example, your mother or stepmother, father or stepfather, adopted parents, foster family parents or instructors at a child welfare institution.

42. Did your parent for long periods of time not provide **you** with enough food or drink, clean clothes, or a clean and warm place to live?

Once or twice in my life

Several times in my life

43. Did a parent swear at **you**, insult **you**, humiliate **you**, threaten **you** or make **you** feel unwanted?

Never

Once or twice in my life

Several times in my life

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

	No	1 to 2 times	3 times or more	They have but I cannot remember the number of times
Refused to talk to you for a long time	0	0	•	•
Verbally abused you, for example called you names	0	•		
Humiliated or embarrassed you	P			
Threatened to abandon you or leave you alone	0	0	•	0
Thrown, hit or kicked things (e.g. slammed doors)	0	0	\bigcirc	0
Locked you up	0	0	\bigcirc	•
Threatened you with violence	0	0	0	•

If you answered 'no' to all items in the previous question, you can go to question 46.

45. Who has done the things described in the previous question **to you** in the past **12 months**? *You may select several persons.*

Mother or stepmother

- Father or stepfather
- Foster family mother
- Foster family father

Instructor or carer at a family care home or a child welfare institution

Other parent or guardian

46. And have you personally seen or heard someone in your family doing one of the following **to another member of your family** in the past **12 months**?

	Yes	No
Refused to talk to them for a long time	\bigcirc	\bigcirc
Verbally abused them, for example called them names	\bigcirc	\bigcirc
Humiliated or embarrassed them	0	\bigcirc
Threatened to abandon them or leave them alone		•
Thrown, hit or kicked things (e.g. slammed doors)	0	•
Locked them up	0	•
Threatened them with violence	0	•

In these questions parents mean, for example, your mother or stepmother, father or stepfather, adopted parents, foster family parents or instructors at a child welfare institution.

47. Did a parent hit, beat, kick or physically try to hurt **you** in any way?

Never

Once or twice in my life

Several times in my life

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

	No	1 to 2 times	3 times or more	They have but I cannot remember the number of times
Grabbed you so hard that it hurt	\bigcirc	•	•	\odot
Pushed or shaken you angrily	\bigcirc	0	0	\odot

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	No	1 to 2 times	3 times or more	They have but I cannot remember the number of times
Pulled your hair	\circ	•	•	\odot
Slapped you	0	•	•	0
Hit you with their fist or an object	0	•	•	0
Kicked you	0	0	•	•
Otherwise hurt you physically	0	0	0	•

If you answered 'no' to all items in the previous question, you can go to question 50.

49. Who has done the things described in the previous question **to you** in the past **12 months**? *You may select several persons.*

- Mother or stepmother
- Father or stepfather
- Foster family mother
- Foster family father
- Instructor or carer at a family care home or a child welfare institution
- Other parent or guardian

50. And have you personally seen or heard someone in your family doing one of the following **to another member of your family** in the past **12 months**?

	Yes	No
Grabbed them so hard that it hurt	\bigcirc	\bigcirc
Pushed or shaken them angrily	\bigcirc	\bigcirc
Pulled their hair	0	•
Slapped them	0	0
Hit them with their fist or with an object	0	0
Kicked them	0	0
Otherwise hurt them physically	0	0

51. Have you reported the mental or physical violence you have experienced in your family during the past **12 months** to an adult you trust?

Yes

No

I have not experienced violence in my family (go to question 53)

52. Have you received help and support concerning the violence you have experienced in your family during the past **12 months**?

Yes

No, but I would have needed it

I have not needed any help

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.

Getting help and services

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53. How many times have you visited the school health nurse during **this school year**?

- Never
- Once
- 2–3 times
- 4 or more times

The school health nurse and physician regularly conduct medical examinations on pupils. Usually the school nurse invites pupils to examinations or books them an appointment.

54. During **this school year**, have you had a health examination with the school health nurse or physician?

 Yes
No (go to question 56)
Don't know (go to question 56)

55. How were the following things at your health examination during **this school year**?

	Agree	Neither agree nor disagree	Disagree
Issues that are important to me were addressed	\bigcirc	•	\bigcirc
My views were listened to	\bigcirc	•	0
Things about my home were discussed	•	2	0
I was able to talk about my situation honestly	0		0

56. During **this school year**, have you visited the school social worker?

No
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Yes

Don't know

57. During **this school year**, have you visited the school psychologist?

No
Yes
Don't know

58. Is there an adult at your school with whom you can talk about things that are worrying you if necessary?

No

Don't know

Family and housing

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

- In a shared home with my parents (go to question 61)
- I live roughly for the same length of time with both parents, who do not live together, for example in alternative weeks (go to question 61)
- I mainly live with one of my parents and stay with the other parent from time to time, for example at weekends (go to question 61)
- With one of my parents (go to question 61)
- I live with my grandparents or other relatives, without my parents
- I live in a foster family (go to question 61)
- At a children's home, a youth home or a reform school (go to question 61)
- l live in a family home (go to question 61)
- None of the above (go to question 61)

60. Why are you living with your grandparents or other relatives?

- A social worker has told me where to live
- For other reasons
- Cannot say

61. Are you helping or caring for a family member or some other person close to you who has, for example, a serious illness or an injury or who is very old?

- This situation or need for help does not concern my family
- A few times in the year
- Every month
- Every week

62. In which country were you and your parents born? *Please enter an answer for all of you.*

	You yourself	Mother	Father
Finland	\bigcirc	\bigcirc	\bigcirc
Sweden	0	•	0
Estonia	0	•	\odot
Russia or the former Soviet Union	0	0	0
Former Yugoslavia	0	0	0
Other European country	0	•	0
Somalia	0	0	0
Iraq	0	•	0
Iran	0	•	0
Afghanistan	0	•	0
China	0	•	0
Thailand	0	•	0
Vietnam	0	•	0
Other country	0	•	0
	·	-	

63. 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

64. Can you talk about things that concern you with your parents?

- Hardly ever
- Occasionally
- Fairly often
- Often

65. How often do the following happen to you?

	Often	Sometimes	Not at all
You talk with your parents about your day at school	0	•	0
When you go out, you agree when you will come home	0	0	0
Your parents talk to your friends when they meet them	0	•	0
Your parents support and encourage you	0	•	0

Satisfaction with life in general

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

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

Leisure time

15/17

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

67. How often have you experienced the following?

	Very often	Fairly often	Not very often	Never
I have tried spending less time online, but I have failed	\bigcirc	\bigcirc	\bigcirc	\bigcirc
I should spend more time with my family, friends or homework, but I spend all my time online	\bigcirc	\bigcirc	\bigcirc	0

	Very often	Fairly often	Not very often	Never
I have found that I was online even though I did not really feel like it	\bigcirc	\bigcirc	\bigcirc	\bigcirc
I have felt anxious when I do not get online	0	•	•	\bigcirc
I have failed to eat or sleep because of being online	0	0	0	\bigcirc

68. How often do you participate in hobbies?

- On 6–7 days a week
- On 5 days a week
- On 3–4 days a week
- 👝 On 1–2 days a week
- Less frequently

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 are also engaging in arts and culture.

69. Think about all of your art and cultural activities in the past **7 days**. On how many days have you engaged in artistic or cultural activities for at least one hour a 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

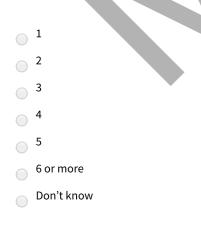
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Please answer the remaining questions if you live with relatives, in a foster family or a family care home, or at a child welfare institution.

70. How old were you when you went to live with your relatives, a foster family, a family care home or a children's home **for the first time**?

- Less than 1 year
- 🔵 1 year
- 2 years
- 3 years
- 4 years
- 5 years
- 6 years
- 7 years
- 8 years
- 9 years
- 10 years
- 11 years
- 12 years
- 13 years
- 14 years
- I don't know or can't remember

71. Sometimes children and young people move around for different reasons. In how many foster families or institutions have you lived in your life? Also include the place where you live now.



72. For how many years have you lived in the foster family or institution where you are **living at the moment**?

- Less than 1 year
- 1–3 years
- 4–6 years
- Seven years or more
- Don't know

Client plan negotiations are conducted to agree on matters concerning you with your social worker and the adults looking after you.

73. Have you taken part in client plan negotiations in the past **12 months**?

Yes

No, I have not had one (go to question 75)

- No, I did not want to take part (go to question 75)
- I don't know what it is (go to question 75)

74. Think about your latest client plan negotiation. To what extent were the following true for you?

	Agree	Neither agree nor disagree	Disagree
Issues that are important to me were addressed	\bigcirc	\odot	\bigcirc
My views were listened to	\bigcirc		\bigcirc
Things about my home were discussed	\bigcirc	•	0
I was able to talk about my situation honestly	0	0	0

Your personal child welfare social worker looks after all the matters associated with your placement. They prepare or make any decisions on your placement (including client plans). The social worker is not the same as your personal counsellor.

75. Do you know who your social worker is **at the moment**?

Yes

76. Have you met your personal social worker in the past **12 months**?

Yes

No

- I did not want to meet them
- 🚽 I do not have a social worker

77. Have you met your personal social worker **privately** in the past **12 months**?

Yes

- No
- I did not want to meet them
- I do not have a social worker

78. How do you feel about living in your current foster family or institution?

	Agree	Neither agree nor disagree	Disagree
I feel safe	\bigcirc	•	\bigcirc
This feels like a good place for me to live in	\bigcirc	•	\bigcirc
I am treated fairly	0	0	0

79. What kind of possibilities have you had to influence the following in your current foster family or institution in the past **12 months**?

	Good	Neither good nor poor	Poor
Drawing up the common rules	\bigcirc	0	\bigcirc
Everyday life, including meals and leisure time	0	•	\bigcirc

80. Are there other children or young people in your current foster family or institution?

○ ^{Yes}
No
(go to question 82)

81. Has another **child or young person** living in your current foster family or institution done some of the following to you in the past **12 months**?

	Yes	No
Taken your money or possessions or broken your things	\bigcirc	\bigcirc
Threatened you or forced you to do something you did not want to do	0	0
Shut or locked you up by force	•	0
Hit, kicked or pushed you	0	0

82. Do you keep in touch with the following persons **by meeting** them? *This question means persons with whom you are not living at the moment.*

	Yes, too often	Yes, suitably often	Yes, but too seldom	Never, because I don't want to meet them	Never, for other reasons	l do not have any
Mother	0	0	0	0	0	0
Father	0	0	•	0	0	0
The sister or brother closest to you	0	0	0	0	0	0
Other relative that you are close to, including a grandparent or a godparent	0	0	0	0	0	0
Your closest friend or mate	0	0	•	0	0	0

83. Do you keep in touch with the following persons **by other means besides meeting** them, for example by calling or messaging? *This question means persons with whom you are not living at the moment.*

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	Yes, too often	Yes, suitably often	Yes, but too seldom	Never, because I don't want to contact them	Never, for other reasons	l do not have any
Mother	0	0	0	0	0	0
Father	0	0	0	0	0	0
The sister or brother closest to you	0	0	0	0	0	0
Other relative that you are close to, including a grandparent or a godparent	•	0	0	0	0	•
Your closest friend or mate	0	•	0	0	0	•

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Thank you for completing this questionnaire!

If anything in this questionnaire troubles you, please talk about it to your parents or some other adult you know. You can also contact your teacher, nurse, or your school psychologist or social worker.

You may give feedback on the questionnaire if you wish:

CHILDREN, ADOLESCENTS AND FAMILIES UNIT

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