

# Wellbeing Measurement for Schools Pupil Survey



## Introduction to the survey

- Our school is taking part in a project which is trying to find out if certain types of mental health and wellbeing lessons are helping young people.
- As part of this project, you will be asked to complete some questions about your feelings, friendships and school life.
- The video you are about to watch was made by young people like you who completed similar questions. They will give you more information about surveys like this one.



## Introduction to the survey





## **Question types**

- As they said in the video you will be asked questions in different ways.
- Some of the questions use a scale to show how much you think or feel something. These can look a bit complicated at first but they are not hard to answer.
- To help you we will show you how to complete a couple of practice questions.



First, think about the statement 'I play football at lunchtime' and look at the options: Never, Sometimes, Always.

If you always play football with your friends at lunchtime you would click this box

Read the following statements and choose the answer which is right for you:										
I play football at lund	chtime	Never	Sometimes	Always						
I walk to school										

Now read the second statement 'I walk to school'

#### Remember:

You can only choose 1 answer for each statement

If you walk to school on some days but come by car other days, you would click this box

Let's try one more question...



In this question you will need to decide how **much** you agree with the statements.

That's completely untrue for me

That's a bit true for me

That's completely true for me

Read the followi	ng statemen	ts and choo	ose the ansv	wer which is	right for y	ou:	
	Strongly	2	3	4	5	6	Strongly
	disagree						agree
I like oranges			<b>□</b>				
I like cabbage			ф				

If you really don't like oranges at all you would choose this box

If you really love oranges you might choose this box

If you think oranges are ok but you don't like eating them often you might choose one of these boxes



### Remember

 This is **not a test** and there are no right or wrong answers, just choose the answer that is most appropriate for you today.

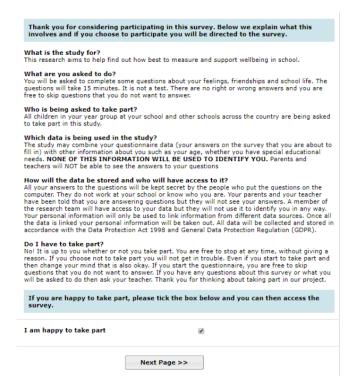
#### Don't rush

- If you are unsure it is fine to ask for help.
- Your answers will be kept private. Do not try to look at anyone else's answers.
- If completing this makes you think you may need some help or support please talk to your teacher, parent/ carer or another adult that you trust.



### Now it's your turn...

When you start the survey you will see this screen:



 If you are happy to take part, you need to type your password into the box and press Next > to begin

