



Wellbeing Measurement *for* Schools

Pupil Survey



EBPU Evidence Based Practice Unit

A partnership of



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:

	Never	Sometimes	Always
<u>I play football at lunchtime</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
<u>I walk to school</u>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

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 following statements and choose the answer which is right for you:

	Strongly disagree	2	3	4	5	6	Strongly agree
I like oranges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I like cabbage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

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

If you really love oranges you might choose this box

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:

Thank you for considering participating in this survey. Below we explain what this involves and if you choose to participate you will be directed to the survey.

What is the study for?
This research aims to help find out how best to measure and support wellbeing in school.

What are you asked to do?
You will be asked to complete some questions about your feelings, friendships and school life. The questions will take 15 minutes. It is not a test. There are no right or wrong answers and you are free to skip questions that you do not want to answer.

Who is being asked to take part?
All children in your year group at your school and other schools across the country are being asked to take part in this study.

Which data is being used in the study?
The study may combine your questionnaire data (your answers on the survey that you are about to fill in) with other information about you such as your age, whether you have special educational needs. **NONE OF THIS INFORMATION WILL BE USED TO IDENTIFY YOU.** Parents and teachers will NOT be able to see the answers to your questions

How will the data be stored and who will have access to it?
All your answers to the questions will be kept secret by the people who put the questions on the computer. They do not work at your school or know who you are. Your parents and your teacher have been told that you are answering questions but they will not see your answers. A member of the research team will have access to your data but they will not use it to identify you in any way. Your personal information will only be used to link information from different data sources. Once all the data is linked your personal information will be taken out. All data will be collected and stored in accordance with the Data Protection Act 1998 and General Data Protection Regulation (GDPR).

Do I have to take part?
No! It is up to you whether or not you take part. You are free to stop at any time, without giving a reason. If you choose not to take part you will not get in trouble. Even if you start to take part and then change your mind that is also okay. If you start the questionnaire, you are free to skip questions that you do not want to answer. If you have any questions about this survey or what you will be asked to do then ask your teacher. Thank you for thinking about taking part in our project.

If you are happy to take part, please tick the box below and you can then access the survey.

I am happy to take part

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