Student questionnaire

School: __________________________     Grade:___            Number___
Year: ________ seaon

School wellbeing

We want to know how you feel about this school year. Put an x in the box that best describes you.

Class and recess

1. Which do you like best:
   - class □
   - recess □
   - like both equally well □

2. What do you do during recess?

3. What do you like about recess?

4. How much do you like recess?
   - not at all □
   - not much □
   - so-so □
   - fine □
   - very much □

5. Do you have good friends at school?
   - none □
   - one good friend □
   - 2-3 good friends □
   - 4-5 good friends □
   - many good friends □

6. Do you look forward to class?
   - never □
   - seldom □
   - sometimes □
   - usually □
   - almost always □

PP-kontoret for Surnadal, Rindal og Halsa; Audhild Løhre
7. How much do you like schoolwork?

- not at all
- not much
- so-so
- fine
- very much

8. Do you have problems with any of these subjects:

- reading
- writing
- mathematics
- foreign language (English)
- P.E.

9. Do you feel that you get all the help that you need:

- at school (in class)
- with homework

10. Do you find the necessary peace to work well:

- at school (in class)
- with homework

11. How pleased are you with your own work:

- at school (in class)
- with homework

12. What does it mean to be lonely?
13. Do you ever see students at school who seem to be lonely?

<table>
<thead>
<tr>
<th>never</th>
<th>seldom</th>
<th>sometimes</th>
<th>about every week</th>
<th>about every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>

14. What do you usually do if someone you know at school seems lonely?

You may mark one or two boxes:

- ☐ don’t do anything because I’m busy with my own activities
- ☐ don’t do anything because I don’t dare
- ☐ don’t do anything because it’s not my problem
- ☐ go over and talk with the student
- ☐ ask the student to join in with the others

15. What do you think other students should do when they see someone who seems lonely?

You may mark one or two boxes:

- ☐ nothing
- ☐ go over and talk with the student
- ☐ ask the student to join in with the others

16. What do you think teachers should do when students seem to be lonely?

Explain:

17. What about you, do you ever feel lonely at school?

<table>
<thead>
<tr>
<th>never</th>
<th>seldom</th>
<th>sometimes</th>
<th>about every week</th>
<th>about every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>

If you never feel lonely, go to question 19.

18. Who can you ask for help when you feel lonely?

You may mark one or more boxes:

- ☐ classmates
- ☐ older students
- ☐ younger students
- ☐ teachers/other adults
- ☐ no one
19. Did you ever feel lonely before the start of this school year?

<table>
<thead>
<tr>
<th></th>
<th>never</th>
<th>seldom</th>
<th>sometimes</th>
<th>about every week</th>
<th>about every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>pre-school years</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>previous grades</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

**Bullying**

20. Do you ever see students who are teased or bothered during recess?

<table>
<thead>
<tr>
<th></th>
<th>never</th>
<th>seldom</th>
<th>sometimes</th>
<th>about every week</th>
<th>about every day</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

21. What do you usually do when a student is teased or bothered?

*You may mark one or more boxes:*

- ☐ don’t do anything because I’m busy with my own activities
- ☐ don’t do anything because I don’t dare
- ☐ don’t do anything because it’s not my problem
- ☐ tell the bullies to stop
- ☐ get adults
- ☐ tell the teachers later
- ☐ tell my parents

22. What do you think other students should do when someone is teased or bothered?

*You may mark one or two boxes:*

- ☐ nothing
- ☐ tell the bullies to stop
- ☐ get adults
- ☐ tell the teachers later
- ☐ tell their parents

23. What do you think teachers should do when students are teased or bothered?

Explain:
24. **Are you bothered in some way that makes you feel bad?**

<table>
<thead>
<tr>
<th></th>
<th>never</th>
<th>seldom</th>
<th>sometimes</th>
<th>about every week</th>
<th>about every day</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>to and from school</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>teased</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>hit, kicked, pushed</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>left out, excluded</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td><strong>during recess</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>teased</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>hit, kicked, pushed</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>left out, excluded</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>bothered in class</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If you are bothered in class, explain how:

If you are never bothered, go to question 28.

25. **Who teases or bothers you during recess?**

*You may mark one or more boxes:*
- classmates
- older students
- younger students
- teachers
- other adults

26. **Who comes and helps you when someone has bothered you?**

*You may mark one or more boxes:*
- classmates
- older students
- younger students
- teachers
- other adults
- no one
27. Who can you ask for help when you have been teased or bothered?

You may mark one or more boxes:
- classmates
- older students
- younger students
- teachers/other adults
- no one

28. Were you ever teased or bothered before the start of this school year?

<table>
<thead>
<tr>
<th></th>
<th>never</th>
<th>seldom</th>
<th>sometimes</th>
<th>about every week</th>
<th>about every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>pre-school years</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>previous grades</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

29. Do you ever bother others on purpose (intentionally):

<table>
<thead>
<tr>
<th></th>
<th>never</th>
<th>seldom</th>
<th>sometimes</th>
<th>about every week</th>
<th>about every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>tease</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>hit, kick, push</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>shut out, exclude</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

30. What kind of mood have you been in lately?

<table>
<thead>
<tr>
<th></th>
<th>very bad</th>
<th>not so good</th>
<th>good</th>
<th>very good</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

31. How have you felt lately? How often have you:

<table>
<thead>
<tr>
<th></th>
<th>never</th>
<th>seldom</th>
<th>sometimes</th>
<th>often</th>
<th>always</th>
</tr>
</thead>
<tbody>
<tr>
<td>been happy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>been sad</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>felt safe</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>felt anxious</td>
<td></td>
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</tr>
<tr>
<td>had a stomach ache</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>had a head ache</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>had other problems</td>
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</tr>
</tbody>
</table>
32. Do you dread recess?

never  seldom  sometimes  often  almost always
☐  ☐  ☐  ☐  ☐

33. Do you dread classroom time?

never  seldom  sometimes  often  almost always
☐  ☐  ☐  ☐  ☐

34. Who can you talk to if something hurtful or difficult happens to you:

other students  no, never  maybe  probably  certainly
☐  ☐  ☐  ☐  ☐
class advisor ☐  ☐  ☐  ☐  ☐
other teachers ☐  ☐  ☐  ☐  ☐
my parents ☐  ☐  ☐  ☐  ☐
other adults ☐  ☐  ☐  ☐  ☐
no one  ☐

35. How do you like it at school?

very bad  not so good  good  very good
☐  ☐  ☐  ☐

36. Explain why you feel this way about school:

37. Think about a fantastic recess. What would you like to be doing then?

Explain: