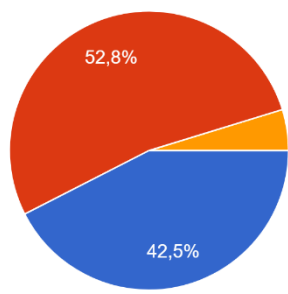


1.1 Gender

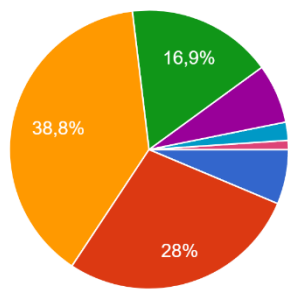
379 respostas



- Male
- Female
- Prefer not to say

1.2 Age

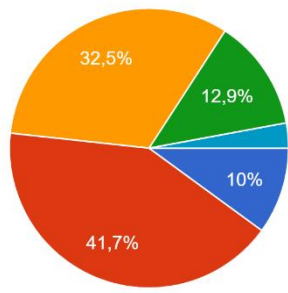
379 respostas



- 11
- 12
- 13
- 14
- 15
- 16
- 17+

1.3 School Grade

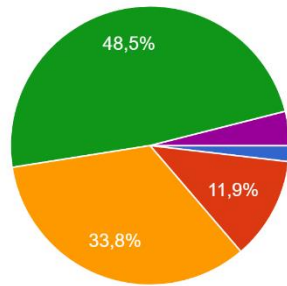
379 respostas



- Grade 6
- Grade 7
- Grade 8
- Grade 9
- Grade 10
- Grade 11

1.4 Nationality

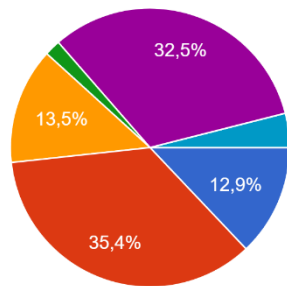
379 respostas



- Azerbaijani
- Greek
- Italian
- Portuguese
- Turkish

1.5 School Name

379 respostas

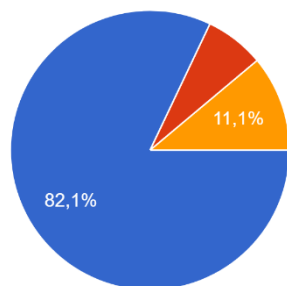


- 4th Junior High School Of Chios, Greece
- AE Cego do Maio, Póvoa de Varzim, Portugal
- AE de Sátão, Portugal
- Bəşirli kənd ümumi orta məktəb, Azerbaijan
- Istituto Comprensivo Luca Tozzi-Frignano, Italy
- Sultanbeyli Yunus Emre Ortaokulu, Tu...

SECTION 1: Physical Activity

1. Do you like doing exercise or sports activities?

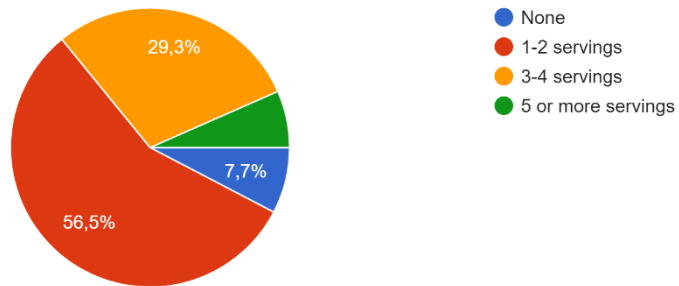
379 respostas



- a. Yes
- b. No
- c. Maybe

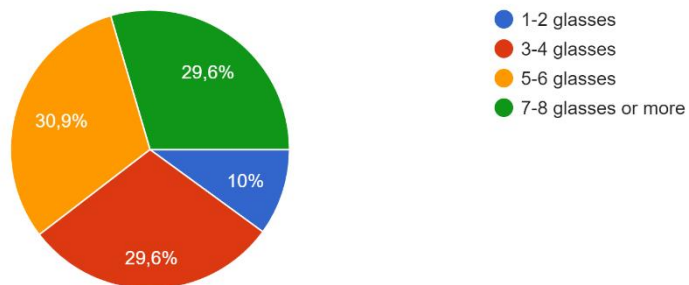
3. How many servings of fruits and vegetables do you typically consume per day?

379 respostas



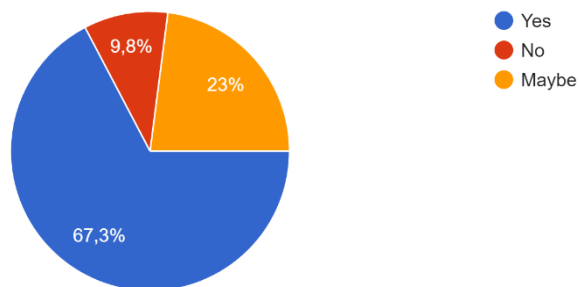
4. How many glasses of water do you drink per day?

379 respostas



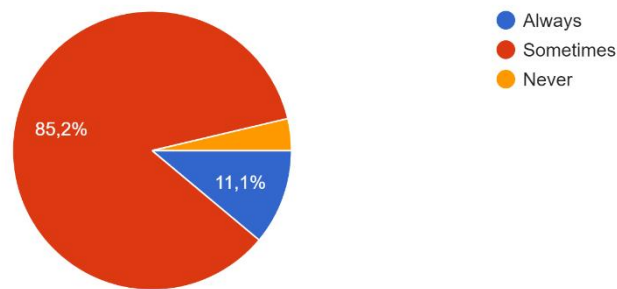
5. Do you have an adequate weight?

379 respostas



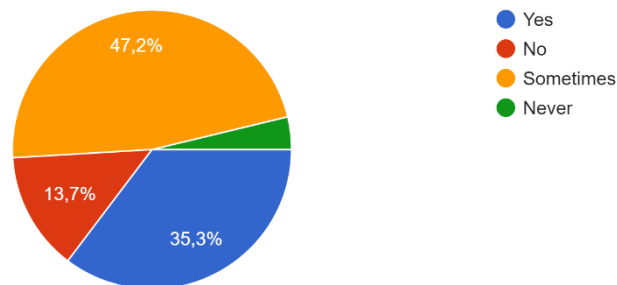
6. How often do you eat junk food?

379 respostas



7. Do you feel well-rested and refreshed upon waking up in the morning?

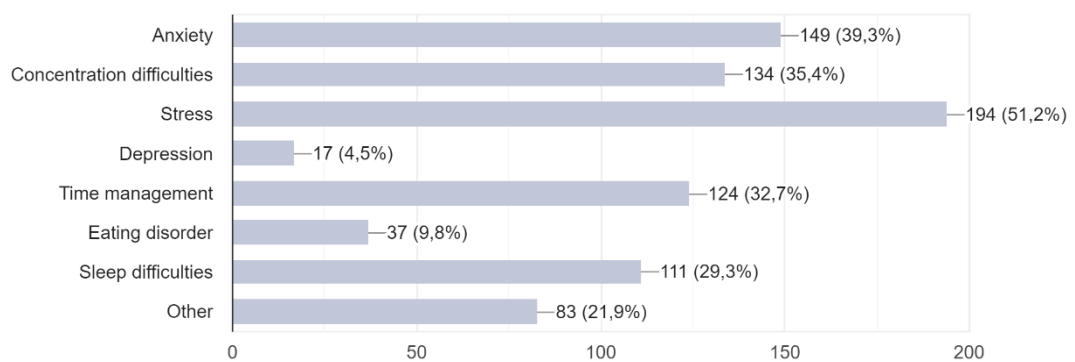
371 respostas



SECTION 2: Mind Matters

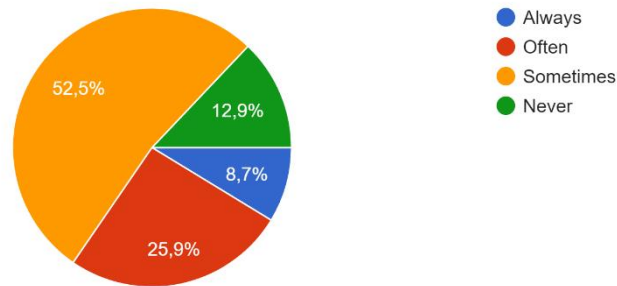
1. What kind of mental health problems do you have at school/home? (Select all that apply)

379 respostas



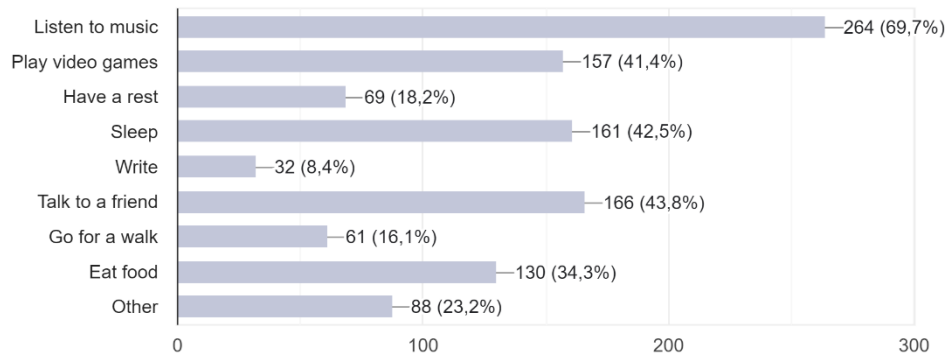
2. How often do you feel stressed in your daily life?

379 respostas



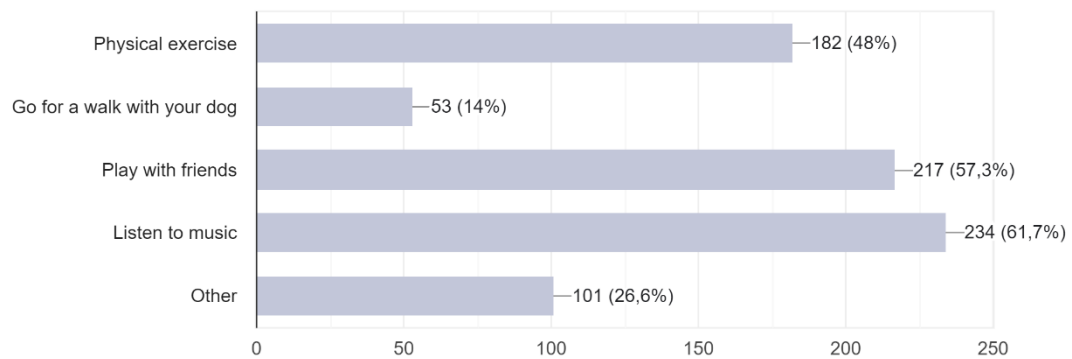
2. What do you do when you feel sad? (Select all that apply)

379 respostas



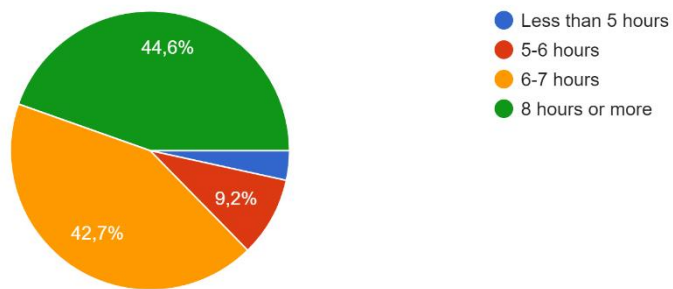
3. What do you like to do in your free time for your well-being? (Select all that apply)

379 respostas



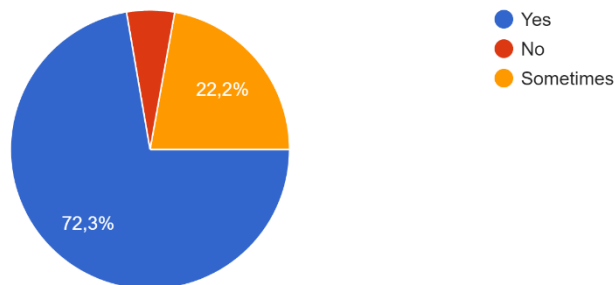
4. How many hours of sleep do you get per night?

379 respostas



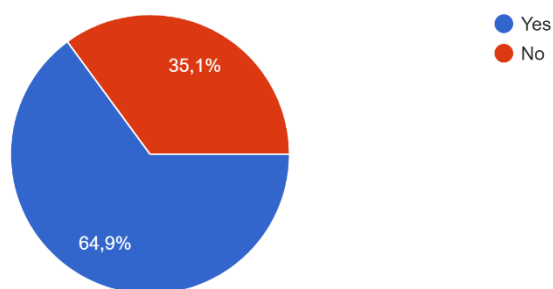
5. Do you feel supported by friends and family members in times of need?

379 respostas



6. Do you engage in activities such as exercise, meditation, deep breathing or hobbies to promote mental well-being?

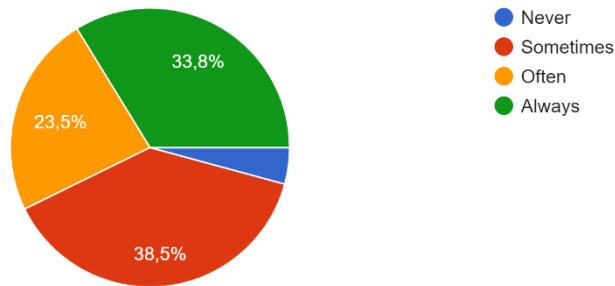
379 respostas



SECTION 3: Emotional wellness

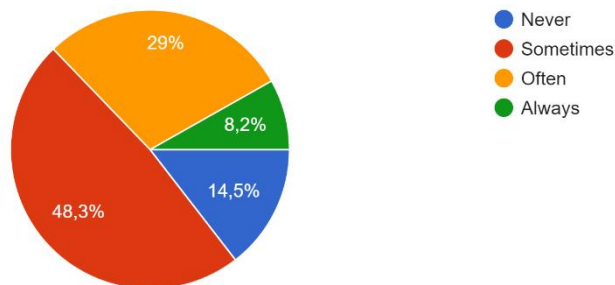
1. Are you good at making friends?

379 respostas



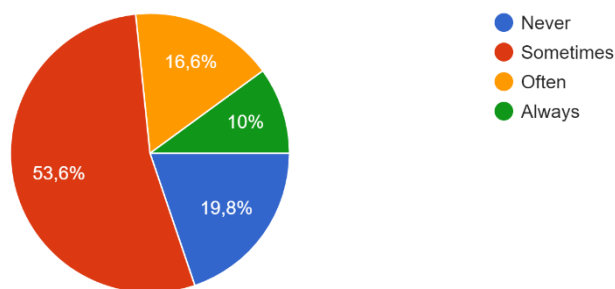
2. How often do you solve problems without starting an argument?

379 respostas



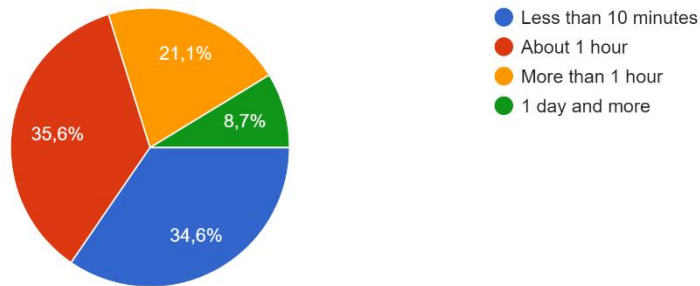
3. How often do you share a new idea with your class?

379 respostas



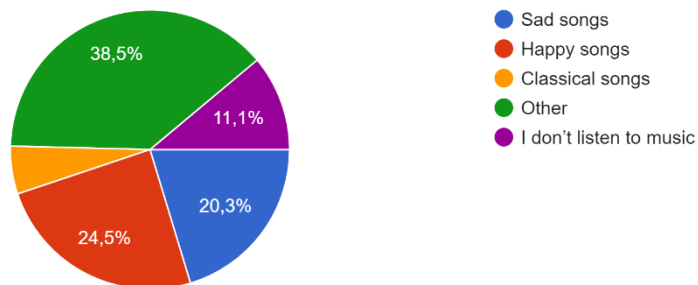
4. How long does it take to be calm when you are upset or frustrated?

379 respostas



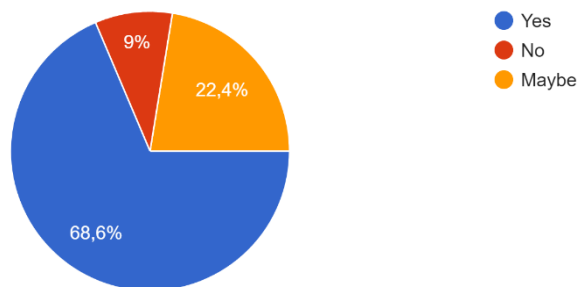
5. What kind of songs do you listen to when you feel bad?

379 respostas



6. Do you care about other people's feelings?

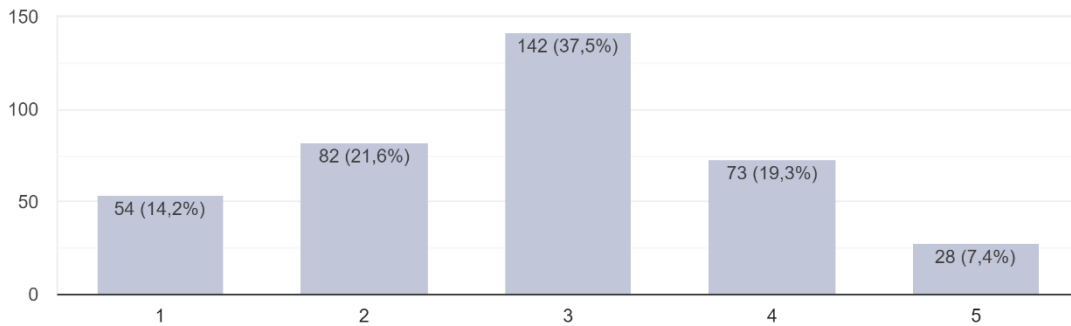
379 respostas



SECTION 4: Stress Management

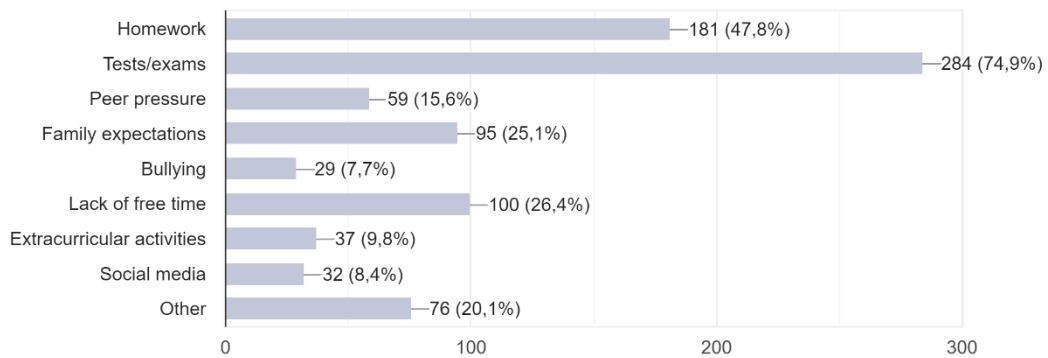
1. On a typical school day, how stressed do you feel? (Rate from 1 to 5, with 1 being very low and 5 being very high.)

379 respostas



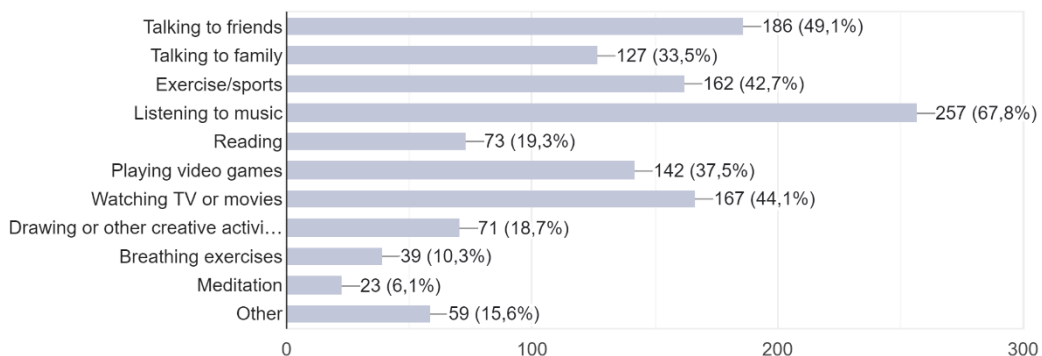
2. What stresses you out on a typical school day? (Select all that apply)

379 respostas



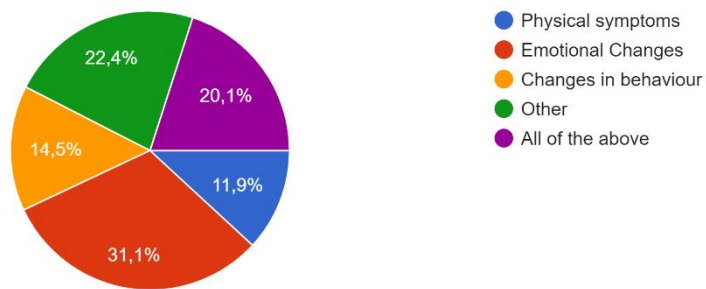
3. How do you usually cope with stress? (Select all that apply)

379 respostas



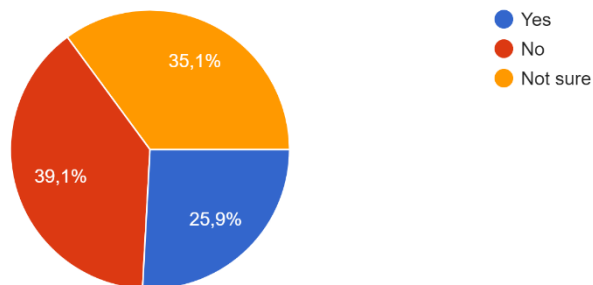
4. How do you experience stress?

379 respostas



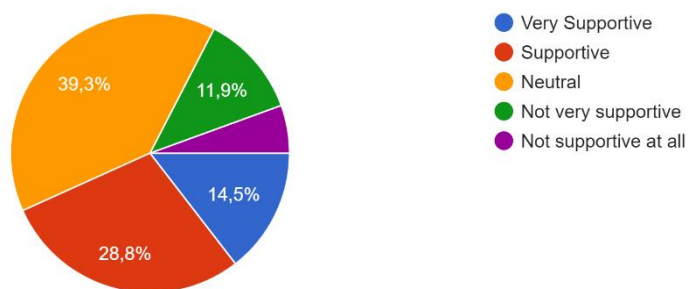
5. Do you feel comfortable talking to teachers or school counselors about your stress or problems?

379 respostas



6. How would you rate your school's support in helping students managing stress?

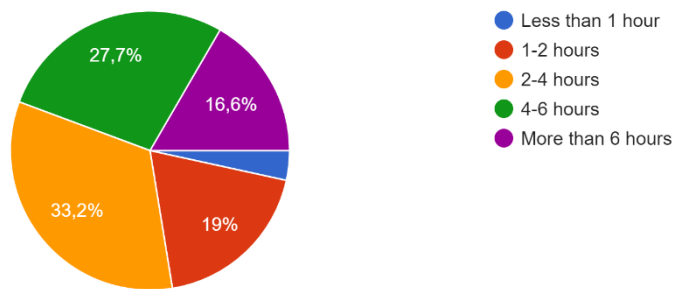
379 respostas



SECTION 5: Digital Well-being

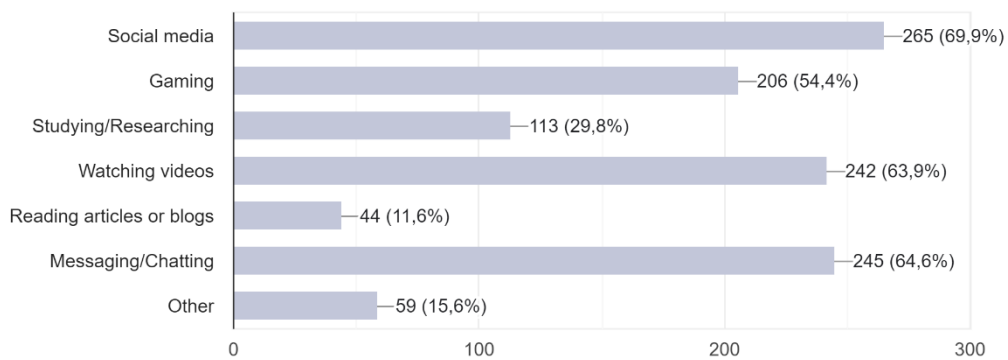
1. How much time do you spend on digital devices (phones, tablets, computers) each day?

379 respostas



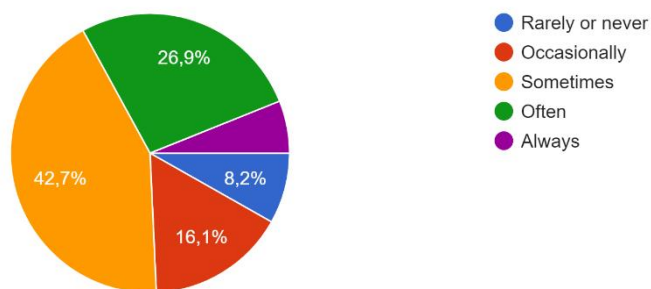
2. What activities do you mostly engage in while using digital devices? (Select all that apply)

379 respostas



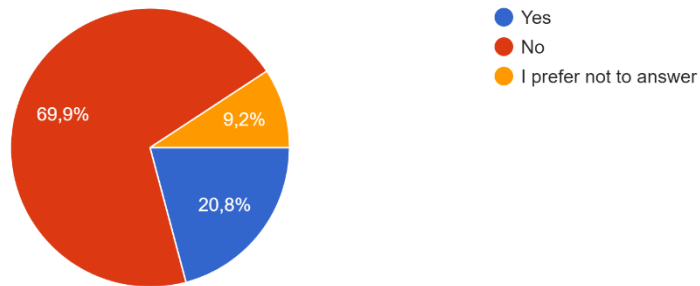
3. How often do you take breaks from using digital devices throughout the day?

379 respostas



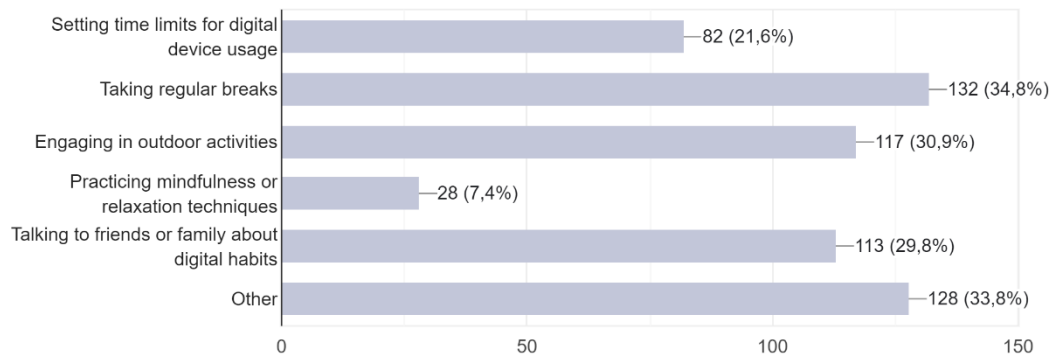
4. Have you ever experienced cyberbullying or negative interactions online?

379 respostas



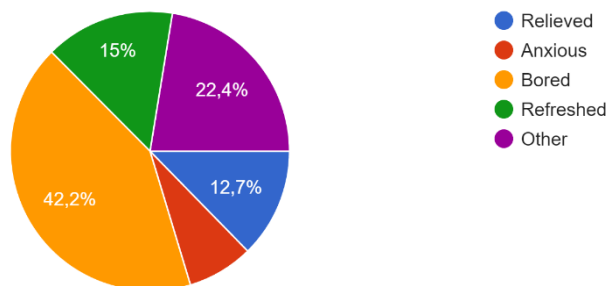
5. Do you have any strategies for maintaining a healthy balance between your online and offline activities? (Select all that apply)

379 respostas



6. How do you feel when you disconnect from digital devices for a while?

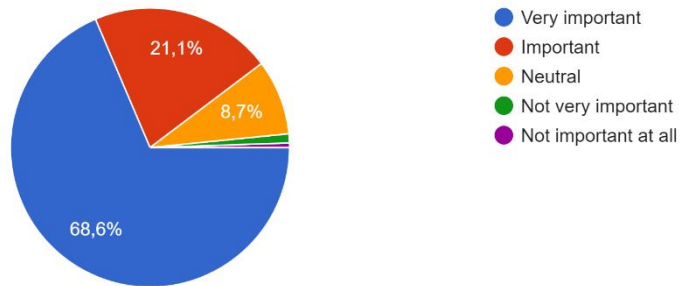
379 respostas



SECTION 6: Environmental Well-being

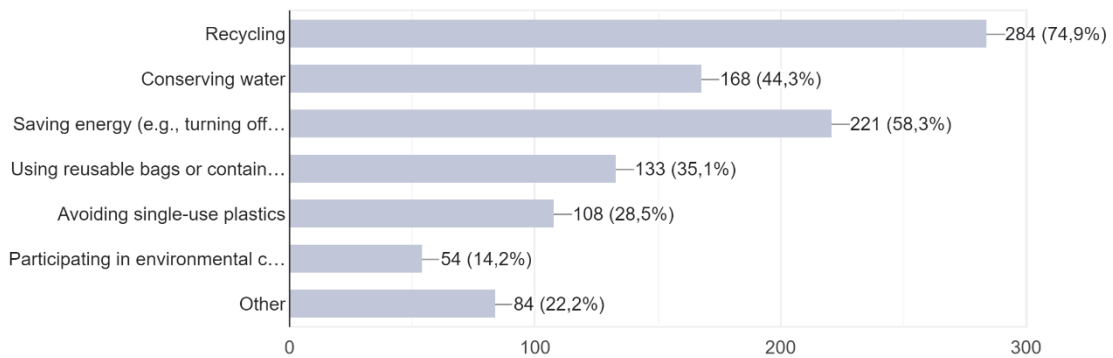
1. How important do you think it is to take care of the environment?

379 respuestas



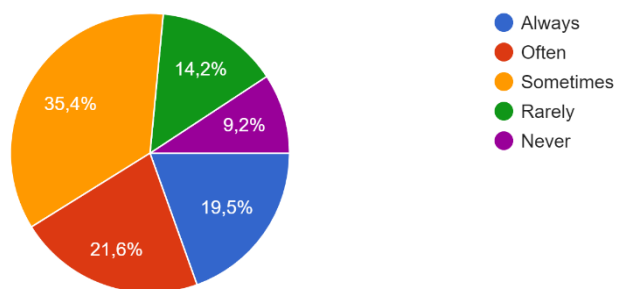
2. What actions do you take to help protect the environment in your daily life? (Select all that apply)

379 respuestas



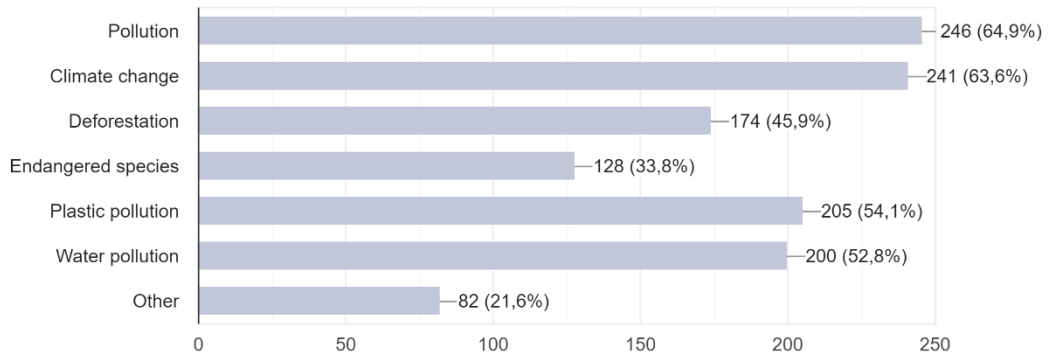
3. How often do you recycle or participate in other eco-friendly practices?

379 respuestas



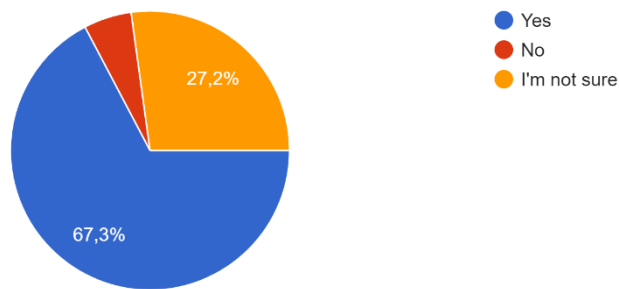
4. What concerns you the most about environmental issues in your community or the world?
(Select all that apply)

379 respostas



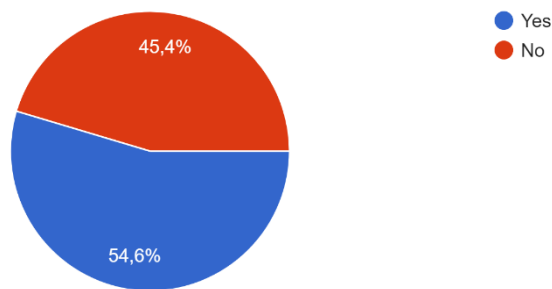
5. Do you think your school or community could do more to promote environmental sustainability?

379 respostas



6. Have you ever participated in any environmental conservation activities or projects?

379 respostas



How would you rate your overall health? [1 being poor and 5 excellent]

379 respostas

