

Youth Perspectives on Well-being

Welcome to the **SHINE eTwinning Project Survey!** We're a group of students excited to learn about how we can feel better and live happier lives. This survey is part of our eTwinning Project, where we're exploring all sorts of things that make us healthy and happy.

We want to know what you think about different parts of being healthy and happy. We're asking questions about how you feel physically, mentally, and emotionally. We also want to hear about how you handle stress, use digital stuff, and care for the environment.

Take your time reading each question. We want to hear what you really think and feel. There are no right or wrong answers! Just tell us what's true for you!

** Indica uma pergunta obrigatória*

A. Personal Information

1. 1.1 Gender *

Marcar apenas uma oval.

Male

Female

Prefer not to say

2. 1.2 Age *

Marcar apenas uma oval.

11

12

13

14

15

16

17+

3. **1.3 School Grade ***

Marcar apenas uma oval.

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

4. **1.4 Nationality ***

Marcar apenas uma oval.

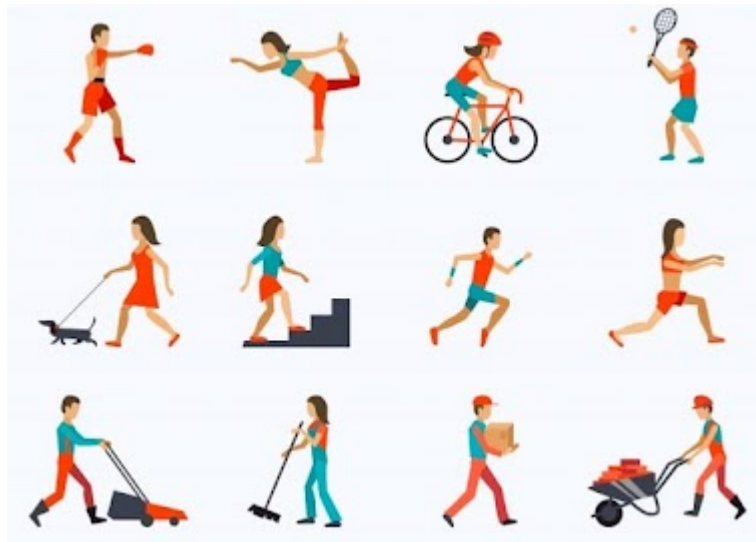
- Azerbaijani
- Greek
- Italian
- Portuguese
- Turkish

5. **1.5 School Name ***

Marcar apenas uma oval.

- 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, Turkey

SECTION 1: Physical Activity



6. **1. Do you like doing exercise or sports activities? ***

Marcar apenas uma oval.

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

7. **2.What is your favourite physical activity? ***

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

Marcar apenas uma oval.

- None
- 1-2 servings
- 3-4 servings
- 5 or more servings

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

Marcar apenas uma oval.

- 1-2 glasses
- 3-4 glasses
- 5-6 glasses
- 7-8 glasses or more

10. **5. Do you have an adequate weight? ***

Marcar apenas uma oval.

- Yes
- No
- Maybe

11. **6. How often do you eat junk food? ***

Marcar apenas uma oval.

- Always
- Sometimes
- Never

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

Marcar apenas uma oval.

- Yes
- No
- Sometimes
- Never



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

Marcar tudo o que for aplicável.

- Anxiety
- Concentration difficulties
- Stress
- Depression
- Time management
- Eating disorder
- Sleep difficulties
- Other

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

Marcar apenas uma oval.

- Always
- Often
- Sometimes
- Never

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

Marcar tudo o que for aplicável.

- Listen to music
- Play video games
- Have a rest
- Sleep
- Write
- Talk to a friend
- Go for a walk
- Eat food
- Other

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

Marcar tudo o que for aplicável.

- Physical exercise
- Go for a walk with your dog
- Play with friends
- Listen to music
- Other

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

Marcar apenas uma oval.

- Less than 5 hours
- 5-6 hours
- 6-7 hours
- 8 hours or more

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

Marcar apenas uma oval.

- Yes
- No
- Sometimes

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

Marcar apenas uma oval.

- Yes
- No

SECTION 3: Emotional wellness



20. **1. Are you good at making friends? ***

Marcar apenas uma oval.

- Never
- Sometimes
- Often
- Always

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

Marcar apenas uma oval.

- Never
- Sometimes
- Often
- Always

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

Marcar apenas uma oval.

- Never
- Sometimes
- Often
- Always

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

Marcar apenas uma oval.

- Less than 10 minutes
- About 1 hour
- More than 1 hour
- 1 day and more

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

Marcar apenas uma oval.

- Sad songs
- Happy songs
- Classical songs
- Other
- I don't listen to music

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

Marcar apenas uma oval.

- Yes
- No
- Maybe

SECTION 4: Stress Management



26. 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.)

Marcar apenas uma oval.

1 2 3 4 5

○ ○ ○ ○ ○

27. 2. What stresses you out on a typical school day? (Select all that apply) ^{*}

Marcar tudo o que for aplicável.

- Homework
- Tests/exams
- Peer pressure
- Family expectations
- Bullying
- Lack of free time
- Extracurricular activities
- Social media
- Other

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

Marcar tudo o que for aplicável.

- Talking to friends
- Talking to family
- Exercise/sports
- Listening to music
- Reading
- Playing video games
- Watching TV or movies
- Drawing or other creative activities
- Breathing exercises
- Meditation
- Other

29. **4. How do you experience stress? ***

Marcar apenas uma oval.

- Physical symptoms
- Emotional Changes
- Changes in behaviour
- Other
- All of the above

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

Marcar apenas uma oval.

- Yes
- No
- Not sure

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

Marcar apenas uma oval.

- Very Supportive
- Supportive
- Neutral
- Not very supportive
- Not supportive at all

SECTION 5: Digital Well-being



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

Marcar apenas uma oval.

- Less than 1 hour
- 1-2 hours
- 2-4 hours
- 4-6 hours
- More than 6 hours

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

Marcar tudo o que for aplicável.

- Social media
- Gaming
- Studying/Researching
- Watching videos
- Reading articles or blogs
- Messaging/Chatting
- Other

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

Marcar apenas uma oval.

- Rarely or never
- Occasionally
- Sometimes
- Often
- Always

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

Marcar apenas uma oval.

- Yes
- No
- I prefer not to answer

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

Marcar tudo o que for aplicável.

- Setting time limits for digital device usage
- Taking regular breaks
- Engaging in outdoor activities
- Practicing mindfulness or relaxation techniques
- Talking to friends or family about digital habits
- Other

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

Marcar apenas uma oval.

- Relieved
- Anxious
- Bored
- Refreshed
- Other

SECTION 6: Environmental Well-being



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

Marcar apenas uma oval.

- Very important
- Important
- Neutral
- Not very important
- Not important at all

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

Marcar tudo o que for aplicável.

- Recycling
- Conserving water
- Saving energy (e.g., turning off lights)
- Using reusable bags or containers
- Avoiding single-use plastics
- Participating in environmental clean-up activities
- Other

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

Marcar apenas uma oval.

- Always
- Often
- Sometimes
- Rarely
- Never

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

Marcar tudo o que for aplicável.

- Pollution
- Climate change
- Deforestation
- Endangered species
- Plastic pollution
- Water pollution
- Other

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

Marcar apenas uma oval.

- Yes
- No
- I'm not sure

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

Marcar apenas uma oval.

Yes

No

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

Marcar apenas uma oval.

1 2 3 4 5

45. **What do you believe schools can do to better support the well-being of students, considering the insights gathered from this survey?** *

Thank you for being awesome and helping us out with our survey! Your thoughts are super important to us. Together, let's figure out how to shine bright and feel our best.

Este conteúdo não foi criado nem aprovado pela Google.

Google Formulários