

# Erasmus+ "HEALTH 4 U" SURVEY

Dear student, your school is part of an Erasmus+ school partnership HEALTH 4 U. It's about all aspects of health: physical, mental and social. This survey is part of the H4U partnership. Please take some minutes to answer all the questions honestly. The survey is completely anonymous. The results of all schools will be published only within the project. Be aware that your answers will influence the ongoing process of the project. Thank you for taking part in the survey. The H4U Team!

---



1. I do sports/physical exercise.

- Every day
- Several times a week
- Once a week
- Rarely

2. I eat fruit and/or vegetables.

- Everyday
- Several times a week
- Once a week
- Rarely

3. I consume junk food, sweets and/or sugary drinks.

- Every day
- Several times a week
- Once a week
- Rarely

4. I drink enough water/drinks without sugar (about 6 glasses per day).

- Every day
- Several times a week
- Once a week
- Rarely

5. I experience physical pain (headache, stomach ache,...).

- Never
- Seldom
- Several times a month
- Several times a week
- Regularly

6.I drink alcohol.

- Several times a week
- Once a week
- Several times a month
- Seldom
- Never

7.During the week I sleep (per night) ...

- 5 hours or less
- 6 hours
- 7 hours
- 8 hours or more

8.I have problems to relax/fall asleep.

- Never
- Seldom
- Several times a month
- Several times a week
- Always

9.I have at least once experienced/suffered from... (more than one answer or no answer possible)

- Bullying
- Violence
- Peer pressure
- Sexual harassment
- Sexual abuse
- Suicidal thoughts
- Eating disorders
- 

10.I'm happy with my body/the way I look. (1 star = very unhappy, 6 stars = very happy)



11. I have experienced depressive thoughts/emotional crisis.

- Never
- Once
- Several times
- Regularly

12. When I have problems I talk to ... (more than one answer possible)

- Friends
- Family
- Teachers
- Therapist/Psychologist
- Nobody

13. At school I'm most stressed by ... (more than one answer possible)

- Homework
  - Certain subjects
  - Certain teachers
  - Pressure caused by parents
  - Social situation in class
  - Personal expectations
  -
- 

14. I have at least once in my life ... (more than one answer or no answer possible)

- drunk so much alcohol that I lost control.
- tried illegal drugs.
- had sex without protection.
- bullied someone.

15. I would have a problem to live a week without ... (more than one answer possible)

- Mobile phone
  - Sweets
  - Computer games
  - Alcohol
  - Nicotine
  - Social media
  -
-

16. Things I do to feel better/to relax. (more than one answer possible)

- Sports
- Music
- Eating
- Meeting friends
- Talking to someone
- Drinking alcohol
- Staying at home/sleeping
- Facebook, Instagram, etc.
- Watching movies/series
- 

17. I'm happy with my home situation (parents, siblings...). (1 star = very unhappy, 6 stars = very happy)



18. I would like to learn more about this topic at school: (more than one answer possible)

- Healthy diet
- Sexual health
- My fitness level
- Psychological problems
- Stress management
- Relaxation, meditation
- Addiction, drugs
- Dealing with conflicts
- 

19. How old are you?

- 12-14 years
- 15-17 years
- 18 years or older