**Pupil Wellbeing Questionnaire 2024**

Primary 3 to Primary 7

Response options:

* Yes, definitely
* Yes, most of the time
* No, only some of the time
* No, not really

Statements:

I am happy with who I am

I like playtimes

I think I have good ideas

I feel I have lots to be proud of

I think the way I behave affects what happens to me

I am easily hurt by what others say about me

I can choose how I behave

I can calm myself down quickly after getting angry

I would talk to an adult if I was very upset

I can usually work out the way to deal with problems

Even if I find something hard, I keep trying

I try to learn from my mistakes

I can ask for help when I need it

Children in this school are kind to each other

I try to help others when things are hard for them

I have some good friends at school

I find it easy to make up with people after falling out

Adults in our school listen to my views

I treat others the way I like to be treated

I think my teacher cares about me

Adults in our school treat everyone fairly

Adults in our school set a good example

I feel safe at school

Teachers notice when I do things well

I enjoy being in school

I find it easy to complete work by myself

My teacher talks to me about how I can make my work better

I am encouraged to take part in after school activities

I would know who to go to if I was being bullied

Adults in our school are good at dealing with bullying

I think I get enough sleep on school nights (9-11 hours)

I usually have breakfast (more than a glass of milk/fruit juice)

Children’s Rights are important at my school

I think I spend too much time online/on devices

At school, I take part in physical activity/exercise for at least half an hour a day (not including PE).  
For example, sports clubs before school, at lunchtime or immediately after school

Outside school, I take part in physical activity/exercise for at least an hour a day.  
For example, in the evening, at weekends.

**P5, 6 and 7 only**

How often do you use a vape at present?

* I do not use a vape
* Less than once per week
* At least once a week but not every day
* Every day
* Prefer not to say