

PHILIP – Protection of Health by Increasing the Health Literacy of Pupils

Questionnaire for Survey addressed to Pupils

The main goal of the PHILIP project is to contribute to increasing the health literacy levels of pupils aged between 11 to 15 through the development of learning modules targeted to the needs of the children and adolescents which are aimed at helping teachers tackle the content of health literacy properly at school.

Based on the World Health Organization glossary, the Health Literacy comprises “the cognitive and social skills which determine the motivation and ability of individuals to gain access to, understand and use information in ways which promote and maintain good health”¹.

The objective of this questionnaire is to investigate the level of health literacy of pupils in terms of knowledge and understanding of health issues and identify the health-related skills and competencies needed to protect their own and others’ health chances.

The survey respondents’ identity will remain strictly CONFIDENTIAL. All data collected for this research project will be stored in a secure digital space provided by the project partners. Only members of the research team at the **[local partner]** and the partner organizations will have access to the anonymous questionnaire data.

Elements of this survey were adapted from the research “Health Literacy for School-Aged Children” conducted by Olli Paakkari and Leena Paakkari, Faculty of Sport and Health Sciences, University of Jyväskylä, Finland.

1. What would you say is your sex/gender:

- Boy
- Girl
- I prefer not to answer

2. What is your age:

- 11
- 12
- 13
- 14
- 15

3. Which class are you attending?

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¹ Nutbeam D., WHO Collaborating Center for Health Promotion, *Health Promotion Glossary*, 1998



4. From the following options, choose the one that best describes your opinion

	Not at all true	Not quite true	Somewhat true	Absolutely true
1. I'm confident to have good information about health				
2. I can easily give examples of things that promote health				
3. I can follow the instructions given to me by healthcare personnel (e.g., doctor)				
4. When necessary, I find health-related information that is easy for me to understand				
5. I happen to look for health-related information on the Internet or on social media				
6. When I do not find satisfactory answers on health-related information, I ask my parents or friends.				
7. I am able to compare health-related information from different sources				
8. I can usually figure out if some health-related information is right or wrong				
9. I can judge how my behavior affects my health				
10. I am able to explain the choices I make regarding my health				
11. When necessary, I am able to give ideas on how to improve health in the context I live in (e.g., family, friends, classmates)				
12. I can judge how my own actions affect the surrounding natural environment				

5. Does your school pay enough attention to the basics of a healthy lifestyle? Please, give us your opinion on the following items:



	Do not know	Too little	Enough	much
1. Physical activity				
2. Nutrition				
3. Smoking prevention				
4. Alcohol use prevention				
5. Drug use prevention				
6. Prevention of bullying and cyberbullying				

6. Has the school held events for schoolchildren's health promotion in the current school year?

- I do not know
- No
- Was held, but earlier
- Was held once
- Yes, more than once

If yes, which of the following topics did the school events focus on?

- Nutrition
- Physical activity
- Alcohol, smoking and drug use
- Prevention of bullying and cyberbullying
- Other.....