

Y RHWYDWAITH
YMCHWIL IECHYD
MEWN YSGOLION

THE SCHOOL
HEALTH RESEARCH
NETWORK

shrn.org.uk

The School Health Research Network (SHRN)

The SHRN Student Health and Well-being Survey 2026

Question Set for Primary Schools



Rhwydwaith Ysgolion Cymru
sy'n Hybu Iechyd a Lles
Welsh Network of Health and
Well-being Promoting Schools



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hbsc
HEALTH BEHAVIOUR IN
SCHOOL-AGED CHILDREN



Llywodraeth Cymru
Welsh Government



1. About The School Health Research Network

The School Health Research Network (SHRN) is a policy-practice-research partnership between Welsh Government, Public Health Wales, and Cardiff University established in 2013.

SHRN aims to improve children and young people's health and well-being in Wales by working with schools in both primary and secondary schools to generate and use good quality evidence for health and well-being improvement. This includes student and school-level surveys, capturing key health and well-being metrics. These metrics are referenced in over 30 national policies and strategies including the Whole-School Approach to Mental Health and Well-being (2021) and Estyn's Healthy and Happy Report (2019).

2. About This Document

This document contains a copy of the questions included in The SHRN Student Health and Well-being Survey for Primary Schools 2026 .

The survey is completed by learners and is designed to help schools understand learners' experiences, behaviours and views on a range of health and well-being topics, including physical health, emotional well-being, relationships, online behaviours and school life.

The questions are provided here so that parents and carers can see the information learners are being asked about and understand how the survey helps schools identify areas where support may be needed.

Survey responses are confidential. Individual learners cannot be identified from the results, and findings are reported in summary form. This helps ensure learners can answer questions honestly and provides schools with an accurate picture of their learners' experiences.

3. What Learners See During the Survey

The following pages show the questions exactly as they are presented to learners when completing The SHRN Student Health and Well-being Survey 2026.

**1. This survey is about
Health & Wellbeing**



Your answers will help us to understand children's health & wellbeing

2. Taking Part



You don't have to do the survey if you don't want to.

3. Private



Your answers will be kept private. Your teachers & parents will not see your answers.

4. Skip a question



Click 'I don't want to answer' to skip any question.

Please read each of the sentences below carefully.

Tick the boxes to show you have read, understood and agree with each of the sentences.

Please talk to your teacher if you cannot put a tick next to each sentence. You will not be able to start the survey if you leave any blank.

- ☐ My teacher told me what this survey is about.
- ☐ I have had a chance to ask my teacher questions about this survey.
- ☐ I know it is my choice if I want to do the survey.
- ☐ I know I can skip any question I don't want to answer
- ☐ I can stop doing the survey at any time but the answers I give will be used by the researchers.

Please choose one of the options below

Yes, I'll do the survey

**No, I don't want to do
the survey**
(Your teacher will give
you something else to

This section is about you....

If there are any questions you don't want to answer, you can pick 'I do not want to answer'.

1. What school year are you in?

- Year 3
- Year 4
- Year 5
- Year 6

2. Are you a....?

- Boy
- Girl
- Neither word describes me
- I do not want to answer

3. Which of these best describes you?

- Asian
- Black
- White
- Mixed or Multiple ethnicity
- Gypsy, Roma or Traveller
- Another background
- I don't know
- I do not want to answer

This section is about your home....

If there are any questions you don't want to answer, you can pick 'I do not want to answer'.

All families are different.

Some children live with two parents; some live with one parent.

Some children have two homes, or live with two families, or live with their grandparents. We would like to know who you live with.

4. Think about your home, the place where you live all / or most of the time.

Which adults do you live with?

★ *Pick ALL options that apply.*

- My Mum
- My Dad
- My Mum's partner
- My Dad's partner
- My two Mums

My two Dads
My Grandparents
My Foster parents
Other adults (e.g. an aunt, uncle, or adult sibling)
I do not want to answer

5. Do you have your own bedroom?

Yes
No
I do not want to answer

6. Does your family own a car, van or truck?

No
Yes, one
Yes, more than one
I do not want to answer

ASKED TO YRS 5/6 ONLY

7. How many bathrooms (with a bath or shower in them) are in your home?

0
1
2
More than 2
I do not want to answer

ASKED TO YRS 5/6 ONLY

8. Does your family own a dishwasher?

Yes
No
I do not want to answer

9. How many computers (e.g. PCs, laptops, tablets – but NOT games consoles / smartphones) does your family own?

0
1
2
More than 2
I do not want to answer

10. During the past 12 month, how many times did you travel away on holiday with your family?

0

1

2

More than 2

I do not want to answer

This section is about things you do....

If there are any questions you don't want to answer, you can pick 'I do not want to answer'.

11. What time do you normally go to bed if you have school the next day?

Before 7pm

Between 7 – 8pm

Between 8 - 9pm

Between 9 – 10pm

Between 10 – 11pm

Later than 11pm

I don't know

I do not want to answer

12. How many times a week do you have...?

★ Place a tick in each row.

	Never	Less than once a week	Once a week	2-4 days a week	5-6 days a week	Once a day, every day	Every-day, more than once	I do not want to answer
Fruits								
Vegetables								
Coke / soft drinks (which contain sugar)								
Sweets (candy or chocolate)								
ASKED TO YRS 5/6 ONLY Energy drinks (e.g. PRIME, Red Bull, Monster etc)								
Tap or bottled water (not flavoured or squash)								

13. How often do you have school dinners or a packed lunch at school during the week?

	Never	1 day a week	2 days a week	3 days a week	4 days a week	Everyday	I do not want to answer
School Dinners							
Packed Lunch							

14. How do you normally get to school?

Walk
Bike

Bus, train, tram or boat
Car, taxi, motorcycle or moped
Another way
I do not want to answer

This section is about health....

If there are any questions you don't want to answer, you can pick 'I do not want to answer'.

Physical activity is any activity that makes your heartbeat faster and makes you get out of breath some of the time.

Physical activity includes sports, school activities, playing with friends, or walking/biking to school.

15. In the last 7 days, how many days did you do physical activity for at least 1 hour in total?

0 days
1-2 days
3-4 days
5-6 days
7 days
I don't know
I do not want to answer

ASKED TO YRS 5/6 ONLY

A vape is a device that a person uses to breathe in a vapour. The vapour often contains nicotine or is flavoured.

16. Have you ever tried a vape?

No
Yes, once
Yes, more than once
I don't know
I do not want to answer

ASKED TO YRS 5/6 GIRLS ONLY

The next question is about puberty.

17. Have you had your first period?

- Yes
- No
- I don't know
- I do not want to answer

ASKED IF Q17 = Yes

18. When did you have your first period?

- Year 4
- Year 5
- Year 6
- I don't know
- I do not want to answer

This section is about your feelings....

If there are any questions you don't want to answer, you can pick 'I do not want to answer'.

19. Below are some sentences about how you might feel.

There are no right or wrong answers.

You should just pick the answer which is best for you.

★ *Place a tick in each row.*

	Never	Sometimes	Always	I do not want to answer
I feel lonely				
I cry a lot				
I am unhappy				
Nobody likes me				
I worry a lot				
I have problems sleeping				
I wake up in the night				
I am shy				
I feel scared				
I worry when I am at school				
I get very angry				
I lose my temper				
I hit out when I am angry				
I do things to hurt people				
I am calm				
I break things on purpose				

20. On a scale of 0-10, how would you rate your life at the moment?

10 – I have the best possible life

9

8

7

6

5

4

3

2

1

0 – I have the worst possible life

I do not want to answer

ASKED TO YRS 5/6 ONLY

21. In the last 6 months, how often have you...?

★ Place a tick in each row.

	Never	Rarely	About once a month	About every week	More than once a week	About every day	I do not want to answer
Felt low							
Felt irritable or bad tempered							
Felt nervous							
Had difficulty getting to sleep							

This section is about school....

If there are any questions you don't want to answer, you can pick 'I do not want to answer'

22. How do you feel about school?

I like it a lot

I like it a bit

I don't like it very much

I don't like it at all

I do not want to answer

ASKED TO YRS 5/6 ONLY

23. Thinking about the children in your class, how much do you agree or disagree with the following sentences...?

★ Place a tick in each row.

	Strongly agree	Agree	Neither agree / disagree	Disagree	Strongly disagree	I do not want to answer
Children enjoy being together						
Most children are kind & helpful						
Other children accept me as I am						

24. Thinking about children in your school, how much do you agree or disagree with the following sentences...?

★ Place a tick in each row.

	Strongly agree	Agree	Neither agree / disagree	Disagree	Strongly disagree	I do not want to answer
ASKED TO YRS 5/6 ONLY Children have a say in planning school activities						
ASKED TO YRS 5/6 ONLY Children have a chance to help plan school projects						
ASKED TO YRS 5/6 ONLY Children's ideas are taken seriously						

ASKED TO ALL I feel like I belong at this school						
--	--	--	--	--	--	--

ASKED TO YRS 5/6 ONLY

25. Thinking about adults in your school, how much do you agree or disagree with the following sentences...?

★ Place a tick in each row.

	Strongly agree	Agree	Neither agree / disagree	Disagree	Strongly disagree	I do not want to answer
My teachers accept me as I am						
ASKED TO ALL My teachers care about me as a person						
I trust my teachers						
I can tell at least one adult in my school if I'm worried about anything						

26. In the summer holidays, some schools run holiday clubs that include meals and activities, did you attend a summer holiday club at your school?

No

Yes

I can't remember

I do not want to answer

ASK ALL

27. Thinking about the most recent summer holidays, how often did these things happen?

	Never	Sometimes	All of the time	I do not want to answer
I spent time with my friends				
I was physically active (e.g. running, playing games, sports)				
I felt hungry at bedtime because there wasn't enough food at home				
I felt lonely				

This section is about going into Year 7....

If there are any questions you don't want to answer, you can pick 'I do not want to answer'.

ASKED TO YEAR 6 ONLY

28. How do you feel about going into Year 7?

★ Place a tick in each row.

	Not at all	Very little	Some	Quite a bit	Very much	I do not want to answer
Are you <u>looking forward</u> to going into Year 7?						
Are you <u>worried</u> about going into Year 7?						

ASKED TO YRS 6 ONLY

29. What is the main thing you are looking forward to about going into Year 7?

★ Only pick one answer

Making new friends
New subjects to learn
Feeling more grown up
A new start
New teachers
Better food

I'm not looking forward to anything
Other
I do not want to answer

ASKED TO YRS 6 ONLY

30. What is the main thing that worries you about going into Year 7?

★ Only pick one answer

Being bullied
Not seeing my primary school friends
School work may be harder
Not knowing my way around the big school
Not seeing my primary school teachers
What my new teachers will be like
I'm not worried about anything
Other
I do not want to answer

This section is about bullying....

If there are any questions you don't want to answer, you can pick 'I do not want to answer'.

Please talk to your teacher or parents if you are worried about anything.

We say a person is **BEING BULLIED** when:

- another person or a group of people keep saying or doing nasty things to them,
- a person is teased in a way they do not like,
- a person is left out of things on purpose.

31. How often have YOU bullied another person at school in the past couple of months?

I have not bullied anyone
It has happened once or twice
It has happened more than twice
I do not want to answer

32. How often have you BEEN bullied at school in the past couple of months?

I have not been bullied
It has happened once or twice
It has happened more than twice
I do not want to answer

This section is about cyberbullying (online bullying)....

If there are any questions you don't want to answer, you can pick 'I do not want to answer'.

Please talk to your teacher or parents if you are worried about anything.

We say a person is BEING CYBERBULLIED (bullied online) when someone:

- **sends unkind or nasty online messages to them,**
- **posts unkind or nasty things online to make fun of them,**
- **posts or tags them in unkind or nasty online pictures without their permission.**

ASKED TO YRS 6 ONLY

33. In the past couple of months, how often have YOU taken part in cyberbullying?

I have not cyberbullied anyone
It has happened once or twice
It has happened more than twice
I do not want to answer

ASKED TO YRS 6 ONLY

34. In the past couple of months, how often have you BEEN cyberbullied?

I have not been cyberbullied
It has happened once or twice
It has happened more than twice
I do not want to answer

This section is about electronic devices & social media....

If there are any questions you don't want to answer, you can pick 'I do not want to answer'.

35. Do you have your own...?

★ ***Pick ALL that you have.***

Smartphone (such as an iphone)
Computer or laptop
Tablet (such as an ipad or kindle)
Mobile phone (just for calls and texts)

None of the above
I do not want to answer

Portable devices are smartphones and tablets. They are any screen you can easily move around the house or perhaps use outside.

36. How often do you use portable electronic devices to do the following...?

★ Place a tick in each row.

	Never	Less than once a week	Once a week	A few times a week	Everyday	I do not want to answer
Watch videos						
Watch TV/films						
Play computer games						
Read books						
Speak to your family online						
Speak to your friends online						
Use social media sites or apps (e.g. Snapchat, Tiktok, Instagram etc)						

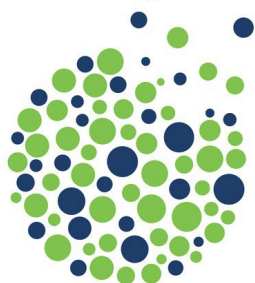
Thank you for completing!

Please press the 'submit' button to send your survey to us.

If you have any questions or want to talk about any of the topics covered in the survey then please speak to your teacher.

Childline for under 12s: Confidential support ☎ 0800 1111 (free, 24 hours a day)

🌐 <https://www.childline.org.uk/get-support/u12-landing/>



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THE SCHOOL
HEALTH RESEARCH
NETWORK

The School Health Research Network (SHRN)
sbarc|spark
Maindy Road
Cardiff
CF24 4HQ



shrn.org.uk



shrn@cardiff.ac.uk



[The School Health Research Network](https://www.linkedin.com/company/the-school-health-research-network/)



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