**Student Well-being Questionnaire**

*Instructions: Please respond honestly to the following statements by selecting the option that best represents your feelings and experiences.*

**Demographic Information:**

1. Name (optional):
2. Grade/Year:
3. Gender:
   * Male
   * Female
   * Prefer not to say
4. How old are you?

**Emotional Well-being:** On a scale from 1 to 5, with 1 being "Strongly Disagree" and 5 being "Strongly Agree," please rate the following statements:

* I generally feel happy and content.
* I can effectively manage stress and pressure.
* I feel confident about myself.
* I have a strong support system (friends, family, or mentors) I can talk to when needed.
* I feel safe at school.

**Social Well-being:** On a scale from 1 to 5, with 1 being "Strongly Disagree" and 5 being "Strongly Agree," please rate the following statements:

* I have positive and healthy relationships with my peers.
* I feel included and accepted by my classmates.
* I am involved in extracurricular activities or clubs that I enjoy.
* I can communicate openly with my teachers or school counsellors.
* I feel a sense of belonging in my school community.

**Academic Well-being:** On a scale from 1 to 5, with 1 being "Strongly Disagree" and 5 being "Strongly Agree," please rate the following statements:

* I am motivated to learn and do well academically.
* I have access to the necessary resources (books, technology, etc.) for my studies.
* I receive the support I need to succeed academically.
* I feel challenged in my classes, but not overwhelmed.
* I am satisfied with my academic progress.

**Physical Well-being:** On a scale from 1 to 5, with 1 being "Strongly Disagree" and 5 being "Strongly Agree," please rate the following statements:

* I engage in regular physical activity or exercise.
* I eat a balanced and healthy diet.
* I get enough sleep on most nights.
* I am conscious of maintaining my physical health.
* I am free from any major physical health concerns.

**Additional Comments:** Is there anything else you would like to share about your well-being as a student? Any specific concerns, suggestions, or thoughts you have related to well-being at school?

Thank you for participating in this well-being survey. Your feedback is valuable in helping us understand and improve the well-being of students at our school.