



Template for baseline and evaluation - input from children

This survey is meant for students. It can be used to measure the impact of a project on student's ability and willingness to take action on the issues which they consider important.

Name (optional).....

School.....

Country.....

Age.....

Date.....

Male/Female (please circle)

1. How much do you agree with the following sentences?

Please tick **ONE** answer **ON EACH LINE**.

	Agree	Disagree	Don't know
I can have a say about what goes on in my school			
I can have a say about what goes on in my local area			
Adults at school listen to my views			
I am a member of the school council			
If I want to change something about my school I know someone who can help me			
I know where I can get help and advice to stay healthy			

2. How much do you agree with the following sentences?

Please tick **ONE** answer **ON EACH LINE**.

	Agree	Disagree	Don't know
I have some ideas about how I can take care of my health			
I have some ideas about how my local area can be a healthier place			
I have some ideas about how my school could be a healthier place			

3. How much do you agree with the following sentences?

Please tick **ONE** answer **ON EACH LINE**.

	Agree	Disagree	Don't know
I don't mind working hard to improve my health			
I don't mind working hard to make my local area a healthier place			
I don't mind working hard to make my school a healthier place			

4. How much do you agree with the following sentences?

Please tick **ONE** answer **ON EACH LINE**.

	Agree	Disagree	Don't know
There are things in my daily life I can do to take care of my health			
There are things in my daily life I can do to make my local area a healthier place			
There are things in my daily life I can do to make my school a healthier place			

5. Have you ever done any of these things?

Please tick **ONE** answer **ON EACH LINE**.

	Yes	No	Don't know
Talked to teachers about changing something at school			
Talked to anyone about changing something in your local area			
Taken part in a demonstration or signed a petition			
Been to a local community meeting			
Been to a youth meeting			
Decided not to buy something because you don't agree with how it was made			
Joined an interest group (such as Greenpeace)			

6. Who do you think should help to keep young people healthy?

Please tick all that apply

Governments and politicians	Businesses and private companies	Schools and teachers	Parents and families	Local Councils	Doctors, nurses and health care people
Young people themselves	None of these	All of these			

7. How much do you agree or disagree with the following statements?

Please tick **ONE** answer **ON EACH LINE**.

	Agree	Disagree	Don't know
It is important to try to change things if we want them to be different			
There is no point in trying to change things even if we want them to be different			
Adults do not listen to what young people have to say			
I would use my free time to try to change the things that I want to be different			
I would work hard to try to change the things that are important to me			
I would support my friends if they were trying to change something that is considered important			
It takes too long to get things changed			
There is very little that I can do to change things even if I think they should be different			
The best way to learn how to change things is to learn about it in class			
The best way to change things is to do it yourself			
The best way to change things is to work together with others			

8. When we work with health issues at school it's more fun if

Please tick **ONE** answer **ONLY**.

the teacher tells us about health issues	we investigate health issues ourselves	Both of these

9. We learn more about health issues when.....

Please tick **ONE** answer **ONLY**.

the teacher tells us about health issues	we investigate health issues ourselves.	Both of these

10. How much would you say you know about Shape Up?

Please tick **ONE** answer **ONLY**.

Quite a lot	A little bit	Nothing at all

11. What do you expect to happen now that your school is part of the Shape Up project?

Please tick **ONE** answer **ON EACH LINE**.

	Agree	Disagree	Don't know
I will know how to take better care of my health			
My school will be a healthier place			
My neighbourhood will be a healthier place			
I will eat healthier food			
I will be more physically active			
I will be able to change things			
My views will be taken seriously			
I will have more of a say about what goes on in school			
Nothing will happen			
I don't know what will happen			

Thank you for taking part in this survey