

Ungdomsenkäten Om mig
med bildstöd
2024





Hej!



Om



mig

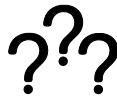
är en



enkät



med



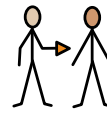
frågor



om



hur



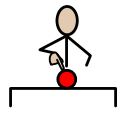
du



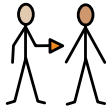
mår



och



vad



du



gillar

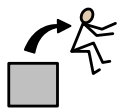
att göra.



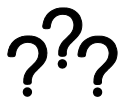
- Enkäten är frivillig



- Du kan

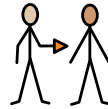


hoppa över



frågor

som



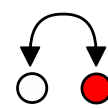
du



inte



kan



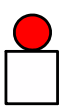
eller



vill



svara



på



- Ingen

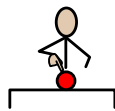


kommer

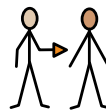
att



veta



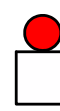
vad



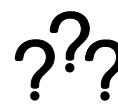
du



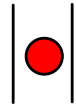
svarat



på



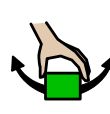
frågorna



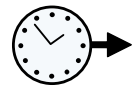
Enkäten är ett samarbete mellan Region Östergötland, Länsstyrelsen och



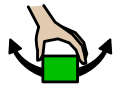
länets kommuner.



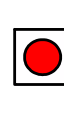
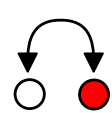
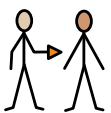
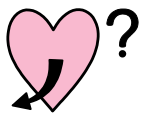
Dina svar är viktiga och kommer användas för att kunna göra



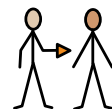
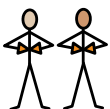
förbättringar i skolor och kommuner och kan även komma att



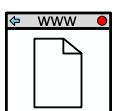
användas för forskning*.



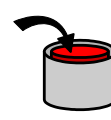
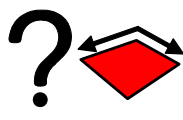
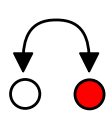
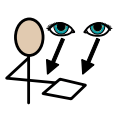
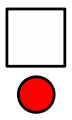
Vill du veta mer om enkäten eller komma i kontakt



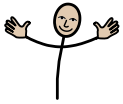
med oss som ansvarar för Om mig kan du besöka vår



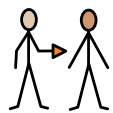
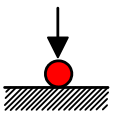
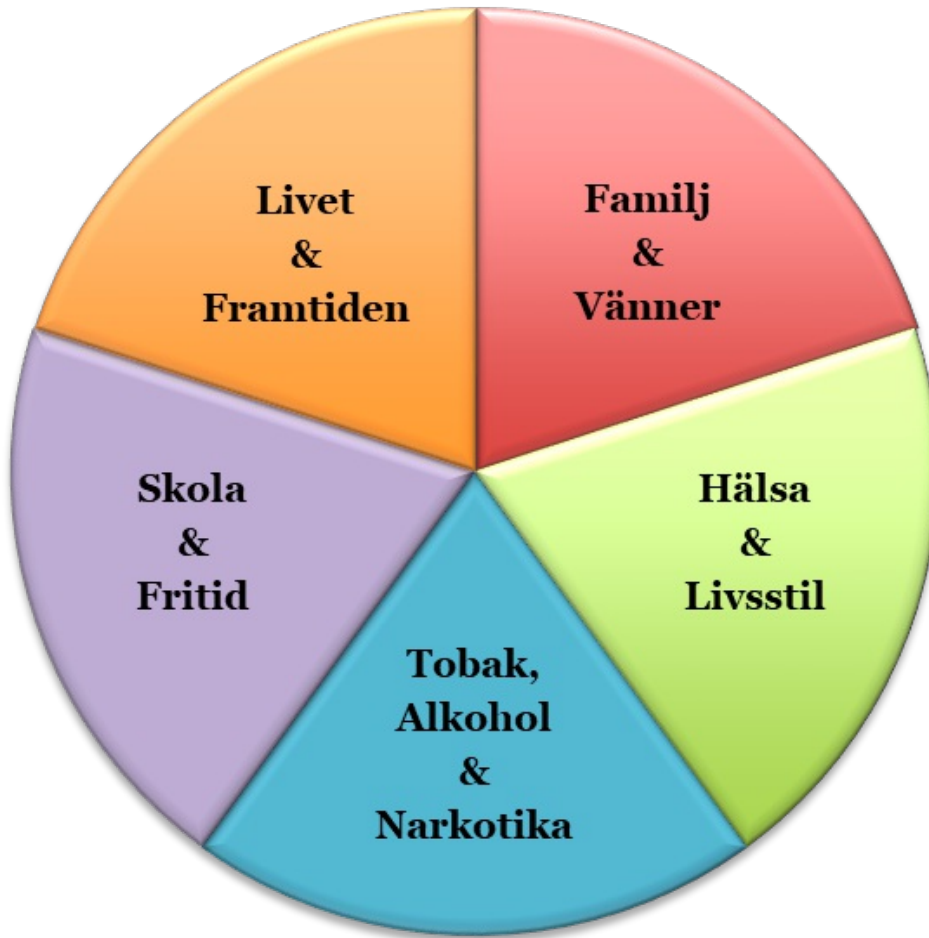
hemsida: <https://www.regionostergotland.se/ommig>



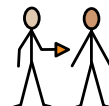
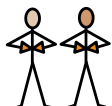
Bilden nedan visar vilka frågeområden som enkäten innehåller.



Välkommen att starta enkäten!



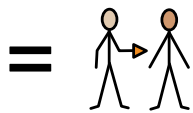
* Här kan du (med hjälp av en vuxen) läsa mer om



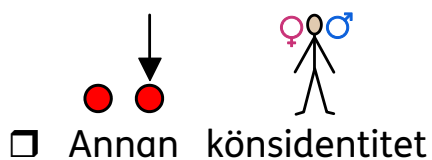
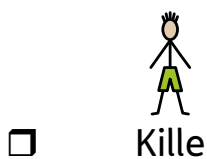
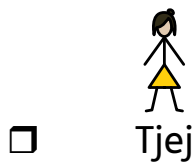
hur vi hanterar uppgifter om dig:

Brev till elever 2024- information om GDPR

BAKGRUND



1. Är du...?



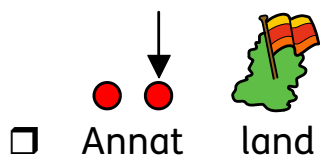
2. Var är du född?
















Sverige



Danmark, Finland, Norge, Island



3. Vilken kommun bor du i ?

-  B
Boxholm
-  F
Finspång
-  K
Kinda
-  L
Linköping
-  M
Mjölby
-  M
Motala
-  N
Norrköping
-  S
Söderköping
-  V
Valdemarsvik
-  V
Vadstena
-  Y
Ydre
-  Å
Åtvidaberg
-  Ö
Ödeshög

Till grundskolan:

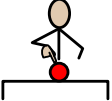

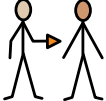


4. Vilken årskurs går du i ?





 7
Årskurs 7

 8
Årskurs 8

 9
Årskurs 9

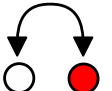

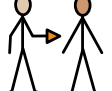

Till gymnasiet:

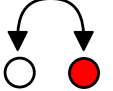

4.  **Vad**  **går**  **du** **för**  **program**  **i skolan?**

 **Introduktionsprogram**  **(Till exempel**  **IMA**  **eller** **IMS)**

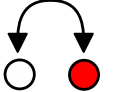

 **Anpassad**  **skola**

Om Introduktionsprogram:

5.  **Vilket**  **år** **är**  **du**  **född?**

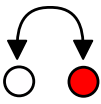
 **2009** **eller**  **senare**

2008 2007 2006 2005 2004

 **2003** **eller**  **tidigare**



Om anpassad skola:



5. Vilket



år



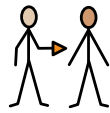
i



gymnasiet



går



du

?



År 1



År 2





År 3








År 4






FAMILJ & VÄNNER







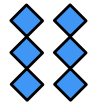

1.  Hjälper  dina  föräldrar (vårdnadshavare)  dig  om du



 får  problem?






 Alltid  Ofta  Ibland  Sällan  Aldrig


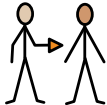


2.  Har  dina  föräldrar (vårdnadshavare)  tid  att  lyssna  på dig?





 Alltid  Ofta  Ibland  Sällan  Aldrig

3.  **Har**  **din**  **familj**  **råd**  **(pengar)** **att**  **köpa**  **samma**  **saker**

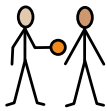


som andra?

 **Alltid**  **Ofta**  **Ibland**  **Sällan**  **Aldrig**

4.  **Har**  **du** **någon**  **bra**  **kompis?**

 **Ja,**  **flera**  **Ja,** **1** **en**  **Nej**

HÄLSA & LIVSSTIL



1. Hur är din hälsa?



Mycket bra



Bra



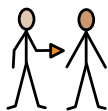
Sådär



Dålig



Mycket dålig



2. Hur sover du?



Mycket bra



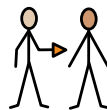
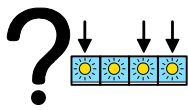
Ganska bra



Ganska dåligt



Mycket dåligt



3. Hur ofta känner du dig bra som du är ?



Alltid



Ofta



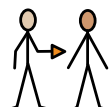
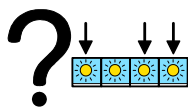
Ibland



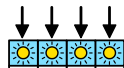
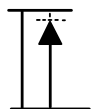
Sällan



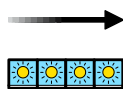
Aldrig



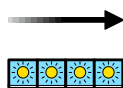
4. Hur ofta brukar du ha ont i huvudet?



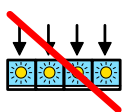
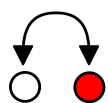
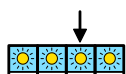
Nästan varje dag



Någon gång i veckan



Någon gång i månaden



Sällan eller aldrig



5. Hur ofta brukar du vara orolig (ångest)?

- Nästan varje dag Någon gång i veckan


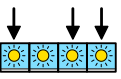
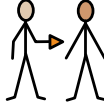


- Någon gång i månaden Sällan eller aldrig


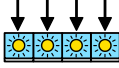


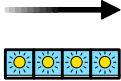


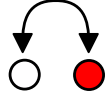
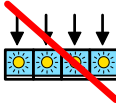
6. Hur ofta brukar du vara ledsen (deprimerad)?


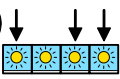
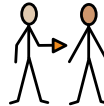


- Nästan varje dag Någon gång i veckan




- Någon gång i månaden Sällan eller aldrig


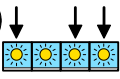
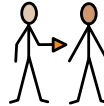


7.   brukar  du vara  arg eller  irriterad




 Nästan varje dag  Någon gång i  veckan 

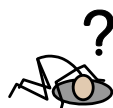
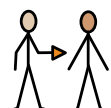
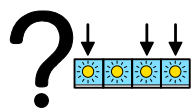
 Någon gång i  månaden  Sällan eller  aldrig 

8.   Hur ofta är  du  stressad i  skolan?

 Ofta  Ibland  Sällan

9.   Hur ofta är  du  glad i  skolan?

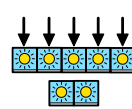
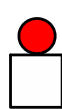
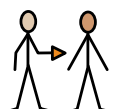
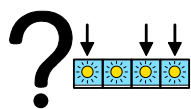
 Ofta  Ibland  Sällan



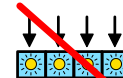
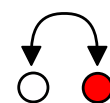
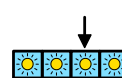
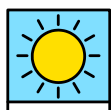
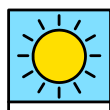
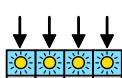
10. Hur ofta är du nyfiken (motiverad) i skolan?



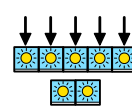
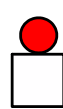
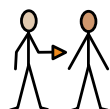
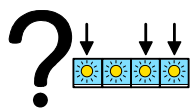
Ofta Ibland Sällan



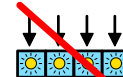
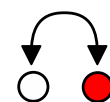
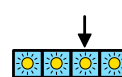
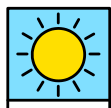
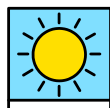
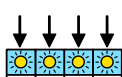
11. Hur ofta äter du frukost på vardagar (mån- fre)?



Varje dag 3-4 dagar 1-2 dagar Sällan eller aldrig


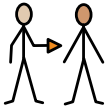
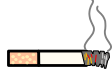




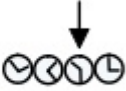

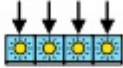
12. Hur ofta äter du skollunch på vardagar (mån- fre)?





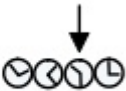

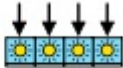
Varje dag 3-4 dagar 1-2 dagar Sällan eller aldrig


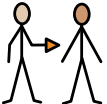


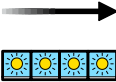
TOBAK, ALKOHOL & NARKOTIKA

1.    **Röker du cigaretter?**

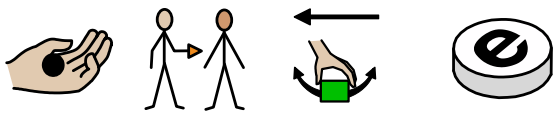
-  Nej
-  Ja,  ibland
-  Ja,  varje dag

2.   **Snusar du?**

-  Nej
-  Ja,  ibland
-  Ja,  varje dag

3.      **Har du druckit alkohol någon gång?**

-  Nej
-  Ja,  en gång
-  Ja,  flera gånger



4. Har du använt narkotika (droger)?



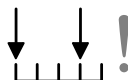
Nej



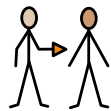
Ja, en gång



Ja, flera gånger



SKOLA & FRITID



1. Hur trivs du i skolan?



Mycket bra



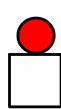
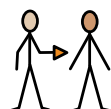
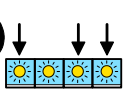
Ganska bra



Ganska dåligt



Mycket dåligt



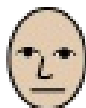
2. Hur ofta har du arbetsro på lektionerna?



Alltid



Ofta



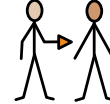
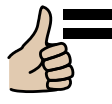
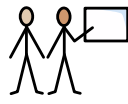
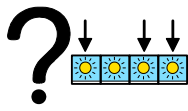
Ibland



Sällan



Aldrig



3.

Hur ofta är lärarna rättvisa mot dig?



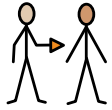
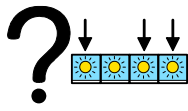
Alltid

Ofta

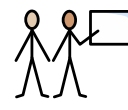
Ibland

Sällan

Aldrig



+



4.

Hur ofta får du stöd och hjälp av lärarna i skolan?



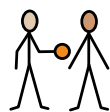
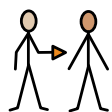
Alltid

Ofta

Ibland

Sällan

Aldrig



5.

Hur trivs du med din fritid?


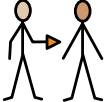
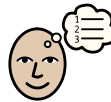
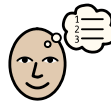

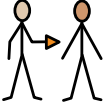


Mycket bra

Ganska bra




Ganska dåligt


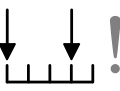



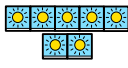
Mycket dåligt

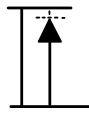
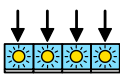
6.  Har  du  någon  planerad  fritidsaktivitet  som du


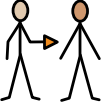

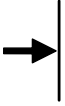


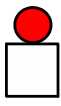

 gör  varje vecka?

 (Till exempel  fotbollsträning,  dansgrupp  eller  spela gitarr)?


-  Har  ingen  fritidsaktivitet


-  En  eller  flera  gånger  i  veckan


-  Nästan  varje dag

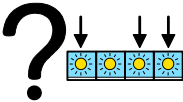

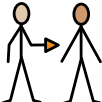
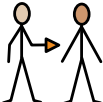

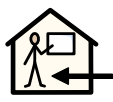
7.  Kan  du  vända dig  till  någon  vuxen  på  skolan om






 du  får  problem?

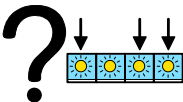

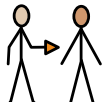
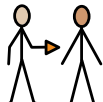


 Ja






 Nej

 vet inte

8.  Hur ofta  känner  du  dig  trygg  i skolan?

 Alltid  Ofta  Ibland  Sällan  Aldrig

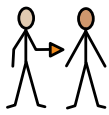
9.  Hur ofta  känner  du  dig  trygg  hemma?

 Alltid  Ofta  Ibland  Sällan  Aldrig

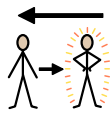
10.



Har



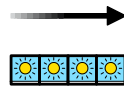
du



blivit



mobbad



någon gång?

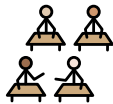


Nej

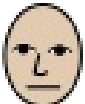


Ja,

av



elever



Ja,

av



skolpersonal

LIVET & FRAMTIDEN

1. Litar du på andra människor (i allmänhet) ?

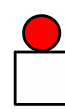
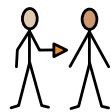
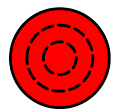
Mycket Ganska mycket Ganska lite Lite

2. Litar du på att du kan klara saker själv?

Mycket Ganska mycket Ganska lite Lite

3. Hur tror du att din framtid kommer bli?

Mycket bra ganska bra Ganska dåligt Mycket dåligt



Stort tack för att du svarade på enkäten!

