

Ungdomsenkäten Om mig  
med bildstöd  
2023





Hej!



Om



mig

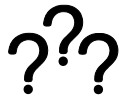
är en



enkät



med



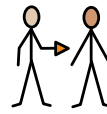
frågor



om



hur



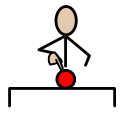
du



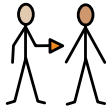
mår



och



vad



du



gillar

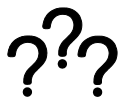
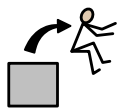
att göra.



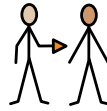
- Enkäten är frivillig



- Du kan hoppa över frågor som du inte kan eller vill



som



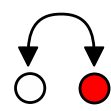
du



inte



kan

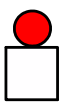


eller



vill

svara på



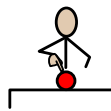
- Ingen kommer att veta vad du svarat på frågorna



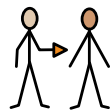
att



veta



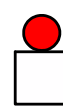
vad



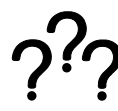
du



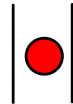
svarat



på



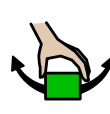
frågorna



Enkäten är ett samarbete mellan Region Östergötland, Länsstyrelsen och



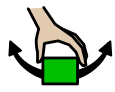
länets kommuner.



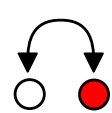
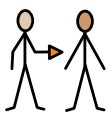
Dina svar är viktiga och kommer användas för att kunna göra



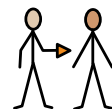
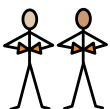
förbättringar i skolor och kommuner och kan även komma att



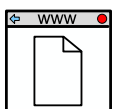
användas för forskning\*.



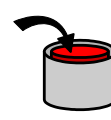
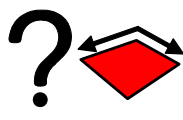
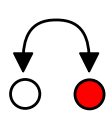
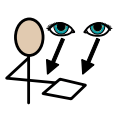
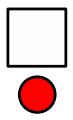
Vill du veta mer om enkäten eller komma i kontakt



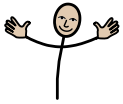
med oss som ansvarar för Om mig kan du besöka vår



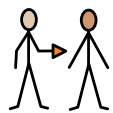
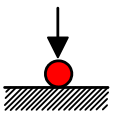
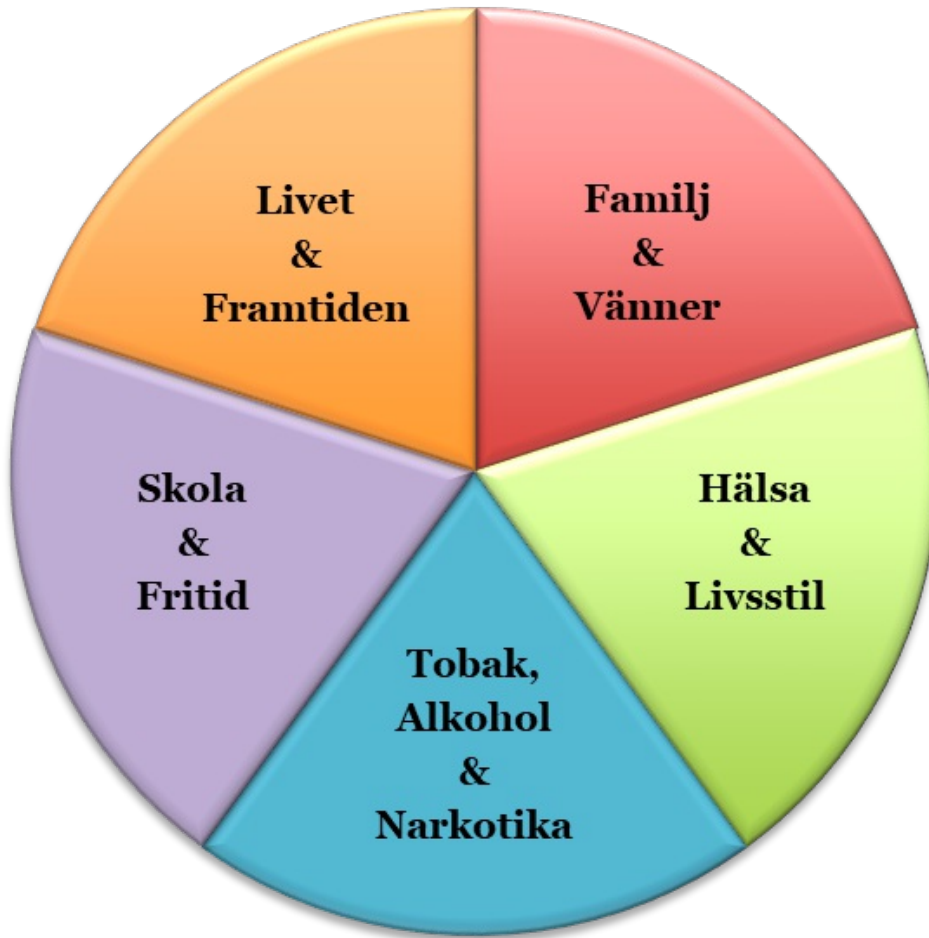
hemsida: <https://www.regionostergotland.se/ro/det-har-gor-vi/folkhalsa/ungdomsenkaten-om-mig>



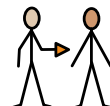
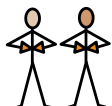
Bilden nedan visar vilka frågeområden som enkäten innehåller.



Välkommen att starta enkäten!



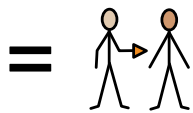
\* Här kan du (med hjälp av en vuxen) läsa mer om



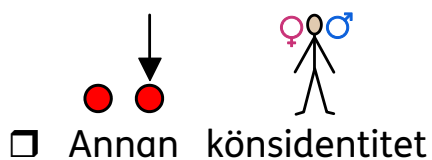
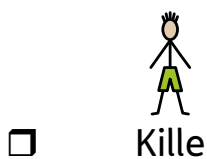
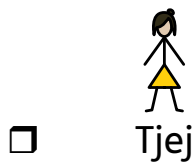
hur vi hanterar uppgifter om dig:

**Brev till elever 2023- information om GDPR**

# BAKGRUND



1. Är du...?



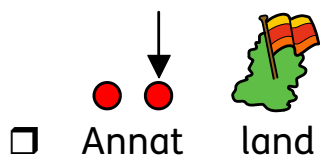
2. Var är du född?
















Sverige



Danmark, Finland, Norge, Island



3. Vilken kommun bor du i ?

-  Boxholm
-  Finspång
-  Kinda
-  Linköping
-  Mjölby
-  Motala
-  Norrköping
-  Söderköping
-  Valdemarsvik
-  Vadstena
-  Ydre
-  Åtvidaberg
-  Ödeshög

Till grundskolan:

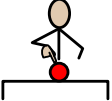

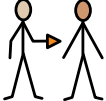


4. Vilken årskurs går du i ?







 Årskurs 7



 Årskurs 8

 Årskurs 9

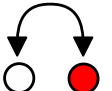

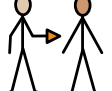

Till gymnasiet:

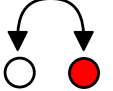

4.  **Vad**  **går**  **du** **för**  **program**  **i skolan?**

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

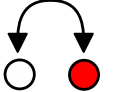

 **Anpassad**  **skola** **(gymnasiesärskola)**

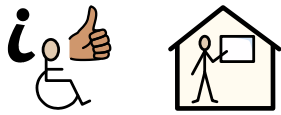
Om Introduktionsprogram:

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

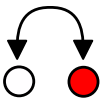
 **2008** **eller**  **senare**

2007  2006  2005  2004  2003

 **2002** **eller**  **tidigare**



Om anpassad skola:



5. Vilket



år



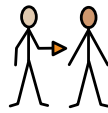
i



gymnasiet



går



du

?



År 1



År 2



År 3










År 4








# FAMILJ & VÄNNER







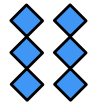

1.  **Hjälper**  **dina**  **föräldrar** **(vårdnadshavare)**  **dig** **om**  **du**



 **får**  **problem?**






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


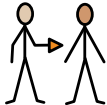


2.  **Har**  **dina**  **föräldrar** **(vårdnadshavare)**  **tid** **att**  **lyssna**  **på**  **dig?**





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

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

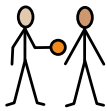
  
  
**som andra?**

 **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



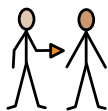
Sådär



Dålig



Mycket dålig



2. Hur sover du?



Mycket bra



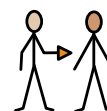
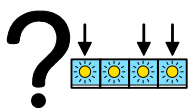
Ganska bra



Ganska dåligt



Mycket dåligt



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



Alltid



Ofta



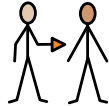
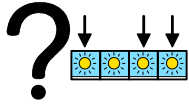
Ibland



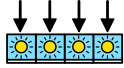
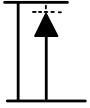
Sällan



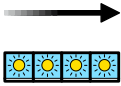
Aldrig



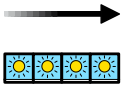
4. Hur ofta brukar du ha ont i huvudet?



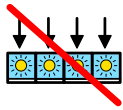
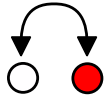
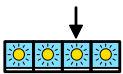
Nästan varje dag



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

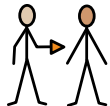
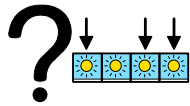
Någon gång i månaden  Sällan eller aldrig



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

Nästan varje dag  Någon gång i veckan

Någon gång i månaden  Sällan eller aldrig



7. Hur ofta är du stressad i skolan?



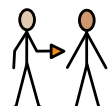
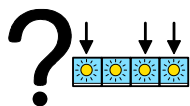
Ofta



Ibland



Sällan



8. Hur ofta är du glad i skolan?



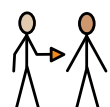
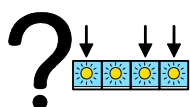
Ofta



Ibland



Sällan



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




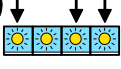

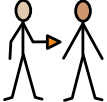

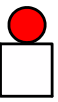
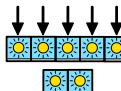
Ofta

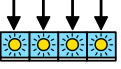


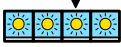

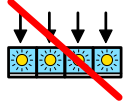


Ibland

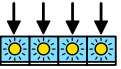


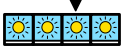

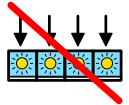


Sällan


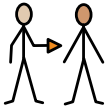
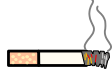
10.   Hur ofta  äter  du  frukost  på  vardagar (mån- fre)?



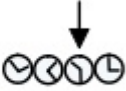

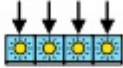
-  Varje dag   3-4 dagar   1-2 dagar   Sällan  eller  aldrig

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



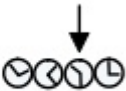

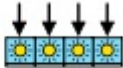
-  Varje dag   3-4 dagar   1-2 dagar   Sällan  eller  aldrig


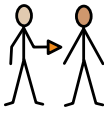


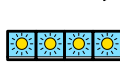
# TOBAK, ALKOHOL & NARKOTIKA

1.    **Röker du cigaretter?**

-  Nej
-  Ja,  ibland
-  Ja,  varje dag

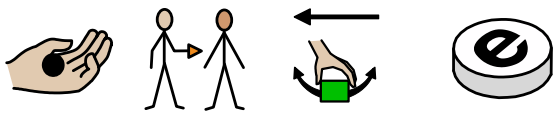
2.   **Snusar du?**

-  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



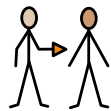
Ja, en gång



Ja, flera gånger



## SKOLA & FRITID



1. Hur trivs du i skolan?



Mycket bra



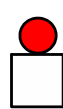
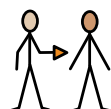
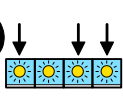
Ganska bra



Ganska dåligt



Mycket dåligt



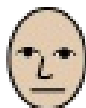
2. Hur ofta har du arbetsro på lektionerna?



Alltid



Ofta



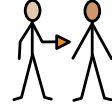
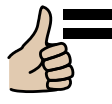
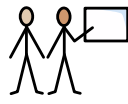
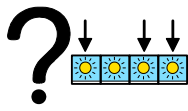
Ibland



Sällan



Aldrig



3.

Hur ofta är lärarna rättvisa mot dig?



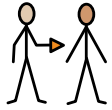
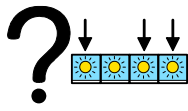
Alltid

Ofta

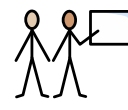
Ibland

Sällan

Aldrig



+



4.

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



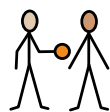
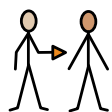
Alltid

Ofta

Ibland

Sällan

Aldrig



5.

Hur trivs du med din fritid?


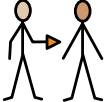
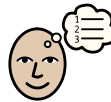
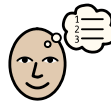

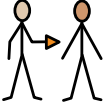


Mycket bra

Ganska bra




Ganska dåligt


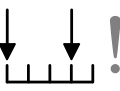



Mycket dåligt

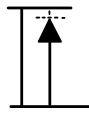
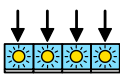
6.  Har  du  någon  planerad  fritidsaktivitet  som du


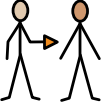

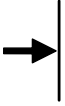


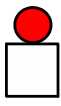

 gör  varje vecka?

 (Till exempel  fotbollsträning,  dansgrupp  eller  spela gitarr)?


-  Har  ingen  fritidsaktivitet


-  En  eller  flera  gånger  i veckan


-  Nästan  varje dag

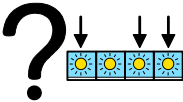

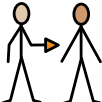
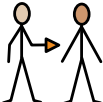

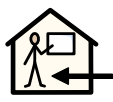
7.  Kan  du  vända dig  till  någon  vuxen  på  skolan om






 du  får  problem?

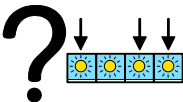

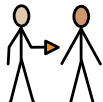
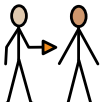


 Ja






 Nej

 vet inte

8.  **Hur ofta**  **känner**  **du**  **dig**  **trygg**  **i skolan?**

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

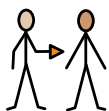
9.  **Hur ofta**  **känner**  **du**  **dig**  **trygg**  **hemma?**

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

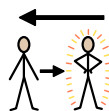
10.



Har



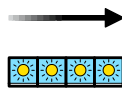
du



blivit



mobbad



någon gång?

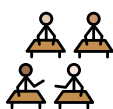


Nej



Ja,

av



elever



Ja,

av



skolpersonal

# LIVET & FRAMTIDEN

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

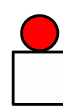
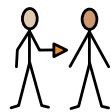
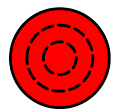
Mycket  Ganska mycket  Ganska lite  Lite

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!

