

## SELF-ASSESSMENT QUESTIONNAIRE ABOUT CHILDREN AND ADOLESCENT'S WELFARE

This self-assessment questionnaire about children and adolescent's welfare has been designed as an X-ray of the class. It is meant to know how our students feel so as to improve our teaching tasks and favour school success, taking into account the emotional situation of girls and boys and knowing beforehand with which member of the family they can establish complicity to help the child or adolescent in their development and learning, in a stimulating way nor in a coercitive one.

The questionnaire has to be answered anonymously, only specifying the year /course and the group/class in order to be able to design the methodological and educational actions which will favour the welfare, learning and enhancement of the self-esteem.

As you can see, the only information requested is just the date of birth, solely and exclusively and preserving the utmost confidentiality, in the case the program detects a student at risk. Therefore, the student will be referred to a qualified specialist.

Even if the tool is presented to the ERASMUS+ agency in a pdf format, from the document in word format , it is advised to convert it into another format to be able to reply on-line such as Google-forms, for various reasons:

- It facilitates anonymity
- It is more attractive for everyone and even more for the new generations
- It is easier to reply
- It is quicker to reply
- It is easier to correct and the grids for each answer are automatically downloaded which

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give us "the X-ray of the whole class".

The tool consists of 12 sections:

1. Identification in anonymity. Class, group, I live with..., my relationship is better with...
2. How I feel with myself, do I see life with light or dark?

Questions 2.4 - 2.8 - 2.9 - 2.12; - 2.16 - 2.17 - 2.18 intend to warn us if a child is at risk.

3. How the studies have gone so far
4. Me and the others

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Question 4.6 intends to discover if there's any indication of bullying

5. How do I look physically
6. Me and the academic results
7. Me and the people
8. Me at home (welfare/ discomfort, mess, wellness/ sadness)
9. Me and my siblings
10. Me with respect to my father (I feel loved/ abandoned, he demands a lot/ he ignores me, he stimulates me/ he makes me feel ridiculous...)

In this section, we try to discover if we can establish complicity with their father in order to encourage the girl or boy in their learning process, their behaviour and enhancement of wellness; or at worst we will try to avoid speaking with their father about the child's problems so as to minimize violence. In this section, we can deduce if there's been any gender violence against the mother.

11. Me with respect to my mother (I feel loved/ abandoned, he demands a lot/ he ignores me, he stimulates me/ he makes me feel ridiculous...)

In this section, we try to discover if we can establish complicity with their mother in order to encourage the girl or boy in their learning process, their behaviour and enhancement of wellness; or at worst we will try to avoid speaking with their mother about the child's problems so as to minimize violence.

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## CHILD AND ADOLESCENT WELFARE ASSESSMENT QUESTIONNAIRE

This questionnaire is confidential and the data only have a willingness to help the students and see how their opinion and the welfare of the students evolves:

### 1.1.- Date of the survey

dd/mm/yy

### 1.2.- Name of the school

### 1.3.- Course and group

### 1.4.- Birthdate

dd/mm/yy

### 1.5.- I live ...

- with the father and with the mother in the same home
- only with the mother
- a week with the father and another with the mother

### 1.6.- My relationship is better with

- father mother
- Paternal uncles
- Maternal uncles
- Paternal grandparents
- Maternal grandparents
- legal tutors

### 1.7.- About my grandparents....

- I eat with them many days

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- I never see them
- I don't have grandparents

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**1.8.- I'm**

1.8.- Boy

1.9.- Girl

**1.9.- I like**

Boys

Girls

Boys and girls

I'm doubting

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## HOW I FEEL

### 2.1.- I would like to be younger

- Yes  
 No

### 2.2.- I would like to be born again and be different from how I'm younger

- Yes  
 No

### 2.3.- Everything goes wrong for me

- Yes  
 No

### 2.4.- I think many times about death

- Yes  
 No

### 2.5.- The rest of the people are stronger than me

- Yes  
 No

### 2.6.- I get bored playing

- Yes  
 No

### 2.7.- I'm afraid

- Yes  
 No

### 2.8.- Many times I dream sad things

- Yes  
 No

### 2.9.- If there was a catastrophe surely I would die

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Yes

No

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**2.10.- I'm afraid of people**

Yes

No

**2.11.- I get scared and I cry many times**

Yes

No

**2.12.- I think I'm bad, I do not deserve that others want me**

Yes

No

**2.13.- I think I have a hard time understanding things**

Yes

No

**2.14.- I'm very shy**

Yes

No

**2.15.- Many times I'm sad and cry**

Yes

No

**2.16.- Sometimes I feel like I'm a disaster**

Yes

No

**2.17.- Life is sad many times**

Yes

No

**2.18.- Sometimes I would like to die**

Yes

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**2.19.- I have a tendency to have physical discomfort**

Yes

No

**2.20.- I get angry with myself (sometimes)**

Yes

No

**2.21. Sometimes I feel useless**

Yes

No

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## HOW THE STUDIES ARE GOING?

Think of this course and previous ones

### 3.1.- I like studying

- Yes  
 No

### 3.2.- I have bad grades

- Yes  
 No

### 3.3.- I spend a lot of time distracted / absent-minded

- Yes  
 No

### 3.4.- I study and work a little

- Yes  
 No

### 3.5.- I think I'm pretty lazy

- Yes  
 No

### 3.6.- I get tired quickly when I work or study

- Yes  
 No

### 3.7.- I behave badly in class

- Yes  
 No

### 3.8.- I speak and annoy in class usually

- Yes  
 No

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**3.9.- I'm moved and disobedient in the classroom**

Yes

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**3.10.- It's the same for me to learn or not to learn**

- Yes  
 No

**3.11.- It bores me to study**

- Yes  
 No

**3.12.- I wish it were always holidays**

- Yes  
 No

**3.13.- Everything that makes me study is boring**

- Yes  
 No

**3.14.- I'm upset with my teachers**

- Yes  
 No

**3.15.- I would like the teachers to be otherwise**

- Yes  
 No

**3.16.- I would like to have other teachers**

- Yes  
 No

**3.17.- It bothers me to go to school**

- Yes  
 No

**3.18.- I wish the class ran out to flee**

- Yes

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**3.19.- I get bored in class**

Yes

No

**3.20.- I would prefer to change schools**

Yes

No

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## ME AND THE OTHERS

### 4.1.- I have few friends

Yes

No

### 4.2.- Playing I prefer to be alone

Yes

No

### 4.3.- I'm very quiet when I'm with people

Yes

No

### 4.4.- It's hard for me to make friends with others

Yes

No

### 4.5.- I prefer to be with few people

Yes

No

### 4.6.- Classmates always bother me

Yes

No

### 4.7.- Classmates are bad and envious

Yes

No

### 4.8.- I would like to be very powerful and give orders

Yes

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**4.9.- I'm always arguing**

- Yes  
 No

**4.10.- I get angry on many occasions and I fight**

- Yes  
 No

**4.11.- I have a very bad character**

- Yes  
 No

**4.12.- Everyone says I'm very restless**

- Yes  
 No

**4.13.- Everyone says I'm dirty and careless wearing**

- Yes  
 No  
 A bit

**4.14.- Everyone says I'm very messy with things**

- Yes  
 No  
 A bit

**4.15.- I break and mess things up**

- Yes No  
 Sometimes

**4.16.- I get bored and I get tired right away of what I'm doing**

- Yes No  
 Sometimes

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4.17.- I get angry, I argue and I fight easily

Yes

No

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## HOW I LOOK

**5.1.- I think I'm a good person**

- Yes  
 No

**5.2.- I feel like people think I'm handsome**

- Yes  
 No

**5.3.- I think I'm an intelligent person**

- Yes  
 No

**5.4.- I think I'm a happy person**

- Yes  
 No

**5.5.- I'm almost always happy**

- Yes  
 No

**5.6.- Others think I'm brave**

- Yes  
 No

**5.7.- I'm almost always calm**

- Yes  
 No

**5.8.- Normally I feel good, I do not get dizzy, I do not lack air**

- Yes  
 No

**5.9.- I think I'm a calm and carefree person**

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**5.10.- I think that the others are responsible for the things that happen to me, not me**

Yes

No

**5.11.- I like how I'm**

Yes

No

**5.12.-When I get up I feel fine, pain free**

Yes

No

**5.13.- I'm almost always good with my stomach**

Yes

No

**5.14.- Virtually never my head hurts**

Yes

No

**5.15.- I eat with hungry and sleep well**

Yes

No

**5.16.- I have good health**

Yes

No

**5.17.- I speak with older people, calmly and without embarrassment**

Yes

No

**5.18.- Everyone loves me**

Yes

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5.19.- I'm a happy person

Yes

No

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## ME AND THE SCHOOL RESULTS

**6.1.- I study and work a lot**

- Yes  
 No

**6.2.- I have good grades**

- Yes  
 No

**6.3.- I'm usually attentive and focused**

- Yes  
 No

**6.4.- I use to be quiet in class**

- Yes  
 No

**6.5.- My teachers are happy with my behavior**

- Yes  
 No

**6.6.- I like to do math works**

- Yes  
 No

**6.7.- I like to study natural sciences**

- Yes  
 No

**6.8.- I like the exercises based on the language**

- Yes  
 No

**6.9.- I like the exercises of social or philosophical theme**

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**6.10.- I like artistic teachings**

- Yes  
 No

**6.11.- I like sports and physical education**

- Yes  
 No

**6.12.- I like the exercises related to technology**

- Yes  
 No

**6.13.-My teachers are good and kind**

- Yes  
 No

**6.14.- My teachers teach me well**

- Yes  
 No

**6.15.- In class I feel better than at a party**

- Yes  
 No

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## ME AND THE PEOPLE

**7.1.- I like to be with many people**

- Yes
- No
- I prefer small groups

**7.2.- I am very talkative and cheerful**

- Yes
- No

**7.3.- I get bored when I'm alone**

- Yes
- No

**7.4.- I prefer to go out with friends to watch television**

- Yes No
- Sometimes

**7.5.- I quickly become friends with people**

- Yes
- No

**7.6.- I behave in the same way whether I'm alone or accompanied**

- Yes
- No

**7.7.- Virtually all the people I know are good**

- Yes
- No

**7.8.- I usually prefer to keep quiet to discuss**

- Yes
- No

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**7.9.- Whether they laugh or criticize me, it does not affect me**

- Yes  
 No  
 I'm worried

**7.10.- Even if I lose in the game, I'm happy for those who win**

- Yes  
 No

**7.11.- I prefer to be one of the group than its leader**

- Yes  
 No

**7.12.- I'm very careful with my things**

- Yes No  
 Sometimes

**7.13.- People say that I am very obedient**

- Yes  
 No

**7.14.- I almost always do things without arguing**

- Yes  
 No

**7.15.- I treat animals with affection**

- Yes  
 No

**7.16.- People say that I am good and I behave well**

- Yes  
 No

**7.17.- Always, always, I tell the truth**

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Yes

No

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## AT HOME

**8.1.- I feel that my house is sad, I do not feel comfortable**

- Yes
- No

**8.2.- My parents argue many times**

- Yes
- No

**8.3.- My parents get angry many times**

- Yes
- No
- No, because they are not together

**8.4.- My parents love me very little**

- Yes
- No
- No, because they are not together

**8.4.- In my house there are troubles and complications**

- Yes
- No

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## WITH THE BROTHERS

Only answer if you have brothers, except the first question that is to know it

### 9.1.- I have brothers-sisters

- Yes
- No
- Stepbrothers and stepsisters

### 9.2.- I fight and behave with my siblings

- Yes
- No

### 9.3.- Some of the siblings get in a lot with me

- Yes
- No

### 9.4.- I would like to have no siblings and be an only child

- Yes
- No

### 9.5.- I would like some sibling to disappear

- Yes
- No

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## ABOUT MY FATHER

### 10.1.- You live with your

- Father
- Father and stepfather (alternate weeks)
- Stepfather
- No father figure

### 10.2.- He treats me very well, like an adult

- Yes
- No

### 10.3.- He loves me very much

- Yes
- No

### 10.4.- He encourages me to do things

- Yes
- No

### 10.5.- He punish me or quarrel a few times, only when necessary

- Yes
- No

### 10.6.- He punish me or quarrel a few times, only when necessary

- Yes
- No

### 10.7.- He is very aware of me; he cares about what I do

- Yes
- No

### 10.8.- He let me be independent, trust on me

- Yes

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**10.9.- He usually suffer if something happens to me**

- Yes  
 No

**10.10.- He helps me too much in the things that I have to do, it's very much over me**

- Yes  
 No

**10.11.- He cares about the things I do and with whom I go**

- Yes  
 No

**10.12.- He defends me against those who do something to me**

- Yes  
 No

**10.13.- He lets me do what I want**

- Yes  
 No

**10.14.-He likes the things that I do or say**

- Yes  
 No

**10.15.- He rarely punishes or scolds me**

- Yes  
 No

**10.16.- Almost everything I ask I get it**

- Yes  
 No

**10.17.- Crying or getting angry I always have what I want**

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Yes

No

**10.18.- He is always calling me attention**

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Yes

No

**10.19.- He wants me to behave like an adult**

Yes

No

**10.20.- He demands a lot from me and controls all the things I do**

Yes

No

**10.21.- Everything I do, it seems to be wrong**

Yes

No

**10.22.- He gets angry for whatever I do**

Yes

No

**10.23.- If I have bad grades or there are notices from school, He fights with my mother**

Yes

No

**10.24.- He pays me little attention when I speak**

Yes

No

**10.25.- He speaks little with me**

Yes

No

**10.26.- He loves more to my siblings or to the couple than to me**

Yes

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Yes

**10.27.- He cares little for me**

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No

**10.28.- Many times I feel that he has abandoned me**

Yes

No

**10.29.- He usually hit many times**

Yes

No

**10.30.- He usually hit many times**

Yes

No

**10.31.- He is always screaming at me**

Yes

No

**10.32.- He loves me little**

Yes

No

**10.33.- He is always serious with me**

Yes

No

**10.34.- He has a mania**

Yes

No

**10.35.- Year in which the father was born**

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No

## ABOUT MY MOTHER

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**11.1.- You live with your**

- Mother
- Mother and stepmother (alternate weeks)
- Stepmother
- No mother figure

**11.2.- She treats me very well, like an adult**

- Yes
- No

**11.3.- She loves me very much**

- Yes
- No

**11.4.- She encourages me to do things**

- Yes
- No

**11.5.- She punish me or quarrel a few times, only when necessary**

- Yes
- No

**11.6.- He punish me or quarrel a few times, only when necessary**

- Yes
- No

**11.7.- She is very aware of me; She cares about what I do**

- Yes
- No

**11.8.- She let me be independent, trust on me**

- Yes
- No

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**11.9.- She usually suffer if something happens to me**

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Yes

No

**11.10.- She helps me too much in the things that I have to do, it's very much over me**

Yes

No

**11.11.- She cares about the things I do and with whom I go**

Yes

No

**11.12.- She defends me against those who do something to me**

Yes

No

**11.13.- She lets me do what I want**

Yes

No

**11.14.-She likes the things that I do or say**

Yes

No

**11.15.- She rarely punishes or scolds me**

Yes

No

**11.16.- Almost everything I ask I get it**

Yes

No

**11.17.- Crying or getting angry I always have what I want**

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Yes

No

**11.18.- She is always calling me attention**

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Yes

No

**11.19.- She wants me to behave like an adult**

Yes

No

**11.20.- She demands a lot from me and controls all the things I do**

Yes

No

**11.21.- Everything I do, it seems to be wrong**

Yes

No

**11.22.- She gets angry for whatever I do**

Yes

No

**11.23.- If I have bad grades or there are notices from school, she fights with my father**

Yes

No

**11.24.- She pays me little attention when I speak**

Yes

No

**11.25.- She speaks little with me**

Yes

No

**11.26.- She loves more to my siblings or to the couple than to me**

Yes

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Yes

No

**11.19.- She wants me to behave like an adult**

Yes

No

No

**11.27.- She cares little for me**

Yes

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No

**11.28.- Many times I feel that she has abandoned me**

Yes

No

**11.29.- She usually hit many times**

Yes

No

**11.30.- She usually hit many times**

Yes

No

**11.31.- She is always screaming at me**

Yes

No

**11.32.- She loves me little**

Yes

No

**11.33.- She is always serious with me**

Yes

No

**11.34.- She has a mania**

Yes

No

**10.35.- Year in which the mother was born**

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No

## PERSONAL OPINION

Do you think there is a topic in which you have not seen represented? What?

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