

Adolescent Perceptions of Health

Thank you for taking the time to consider this survey for Miss Free's HSP 3C/3U class. The purpose of this survey is to gain insight into Canadian adolescent's perceptions of their health. Your responses are anonymous and your participation is voluntary. If you agree to complete the survey, please read each question carefully and answer truthfully. The information collected will be used for educational purposes within the classroom only.

A) General Information

1. What is your gender?

- Male
- Female

2. What is your first language?

- English
- French
- Spanish
- Other: _____

3. How many siblings do you have?

- 0
- 1
- 2
- 3
- 4
- More than 4

4. Among your siblings, where are you in terms of birth order?

- Youngest
- Middle (or, one of the middle children)
- Oldest
- Only child

5. Which grade are you currently in?

- 9
- 10
- 11
- 12
- Returning Student

6. Which of the following is your favourite subject area?

- Arts (Visual, Dramatic, Musical)

- Physical Education
- Technology (Communications, Manufacturing)
- Math
- Science
- English
- Canadian and World Studies (Geography, History, Native Studies)
- Business
- Social Sciences (Foods, Parenting, Fashion, SAP)
- Other: _____

7. Which of the following courses have you taken in high school so far?

(check all that apply)

- Biology
- Physical Education
- Social Sciences
- None of the above

B) Health Related Knowledge

8. Outside of school, where do you learn about health? (check all the apply)

- Training courses (first aid, CPR, babysitting, etc)
- Extracurricular Activities (sports, clubs, etc.)
- Family
- Media sources (internet, movies, news, etc.)
- Work
- Peers
- None of the above

9. Rank the following in order of importance to your health.

(1 being most important; 10 being least important)

- _____ Nutrition
- _____ Fitness
- _____ Religion
- _____ Stress
- _____ Social Life
- _____ Coping strategies
- _____ Self esteem
- _____ Sleep
- _____ Education
- _____ Socio-Economic Status

10. Which of the following do you regularly do to maintain your health?

(Check all that apply)

- Nothing
- Eat well
- Exercise
- Use meditation & relaxation techniques
- Take wellness classes (yoga, pilates, etc.)
- Take medication and/or supplements
- Socialize with friends & family
- Counselling and therapy
- Maintain personal hygiene
- Keep up in school
- Other (please specify) _____

Thank you for completing this survey!