Final Technical Report

for

Research Project

Global School-based Student Health Survey Sri Lanka - 2024

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Final Technical Report

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Message from the Secretary, Ministry of Health & Mass Media

It is with great honour that I present this message to the final report of the Global School-Based Health Survey (GSHS) 2024.

Non-communicable diseases (NCDs) remain the leading cause of hospital-based deaths in Sri Lanka, posing a significant challenge to the health and well-being of our population. The National Non-Communicable Disease Policy underscores the urgent need to reduce the burden of NCDs by promoting healthy lifestyles, addressing common risk factors, and providing integrated, evidence-based care for those affected. Schoolchildren and adolescents, as one of the most critical segments of our population, must be at the centre of these efforts.

The 2024 GSHS provides a comprehensive understanding of the health behaviours, protective factors, and challenges school-aged adolescents face. The findings from this survey serve as a vital resource for health ministry officials, the health workforce, educators, policymakers, and other stakeholders. We must collectively leverage this evidence to design and implement targeted interventions that improve the health and well-being of our younger generation. These efforts must include strengthening school health programs, addressing risk behaviours early, and fostering environments that promote lifelong health.

I urge all stakeholders to fully utilise the insights from this report to guide their work and to collaborate in creating innovative and sustainable strategies that ensure the future well-being of our schoolchildren. Let these findings be a call to action for all of us to renew our commitment to preventing NCDs and enhancing health outcomes for young people nationwide.

I want to express my sincere gratitude to the Family Health Bureau for their leadership in conducting this critical survey. I also extend my appreciation to the World Health Organization for its funding and technical support, which have been instrumental in the success of this endeavour.

With a united effort from health and education ministry officials, health professionals, education authorities and other key stakeholders, we can build a healthier, stronger, and more resilient future for our children and adolescents.

Dr Anil Jasinghe
Secretary Ministry of Health & Mass Media

Message from the Secretary, Ministry of Education, Higher Education and Vocational Education

It is my pleasure to send this message about the launch of the Global School-Based Student Health Survey (GSHS) report 2024.

The Ministry of Education, Higher Education and Vocational Education is moving from education methods limited to gaining knowledge to more productive and activity-based ones. Students need to be in sound physical and mental health to reap the benefits of these revolutionary changes in the education system.

Rapid changes in our lifestyles have posed many challenges to schoolchildren. Their inherent tendency to experiment attracts them to risky behaviours and overprotective approaches. Therefore, updated knowledge on these issues is needed to offer them precise guidance for an uninterrupted education. The Present Global School-based student survey conducted in Sri Lanka provides data on health-related risk behaviours among students in the present context after Covid 19 and during the economic downturn.

Hence, I believe that this survey, undertaken and completed by the Family Health Bureau of the Ministry of Health & Mass Media jointly with the Ministry of Education, Higher Education and Vocational Education with its findings and recommendations, would guide us in identifying priorities and making accurate policy decisions.

I wish to thank all those involved in this valuable survey and the World Health Organization for providing funds and technical assistance. I expect officials from the Ministry of Education, provincial educational authorities, principals and teachers at all schools to take necessary interventions to improve optimum well-being and health through the education system with an enabling environment at the schools.

Nalaka Kaluweva
Secretary Ministry of Education, Higher Education and Vocational Education

Message from the Director General of Health Services

Over 80% of the reported deaths in Sri Lanka are due to Non-communicable Diseases (NCDs). Measures to prevent and control NCDs are crucial to achieving Sri Lanka's Sustainable Development Goals (SDG). A comprehensive programme to prevent NCDs is in operation through school health programmes under the direct guidance and supervision of the Ministry of Health and Mass Media.

With changes in the country's demographic landscape, schoolchildren and adolescents have become essential to the population. Therefore, studying their behaviours and lifestyles concerning health and well-being has become imperative, especially after their exposure to multiple system shocks, such as the COVID-19 pandemic and economic crisis, to optimise our programme by rearranging its priorities and directions.

The Ministry of Health and Mass Media, in collaboration with the Ministry of Education, Higher Education and Vocational Education has successfully conducted the Global School-based Student Health Survey (GSHS) 2024 with technical and financial support from the World Health Organization (WHO) to address this challenge. This global survey aims to identify common risk behaviours and health issues among school-going adolescents in countries since it periodically monitors the prevalence of important health risk behaviours and protective factors among students.

As the Director General of Health Services, I am pleased to forward a message at this critical event: the launch of the final report of the GSHS Sri Lanka 2024. Further, I congratulate the GSHS team at the Family Health Bureau of the Ministry of Health and acknowledge WHO for their assistance. I expect all relevant health and non-health stakeholders will utilise the present findings to develop and implement interventions to improve the health and well-being of adolescents in the country.

Dr Asela Gunawardane
Director General of Health Services

Message from the Deputy Director General Public Health Services II

I am pleased to send this message regarding the successful completion of the Global School-Based Student Health Survey in Sri Lanka, conducted after a lapse of eight years. Non-Communicable Diseases (NCD) are a serious health challenge in the country. According to hospital admissions, an increasing trend of ischemic heart diseases, hypertension, Chronic Respiratory Diseases, Diabetes, and cancers has been identified over the recent past. These chronic debilitating diseases have been the primary cause of premature mortality and morbidity. A national directorate had been created exclusively in the Ministry of Health and Mass Media to address the considerable task of combatting NCD and preventing its risk factors.

The Global School-Based Health Survey (GSHS) is an important part of National NCD surveillance. It is conducted among 13 - 17-year-old students to assess their risk behaviours and protective factors.

Since 2003, the Ministries of Health and Education have been using GSHS to periodically monitor the prevalence of important health risk behaviours and protective factors among students. The last GSHS was done in Sri Lanka in 2016. Even after a lapse of 8 years, GSHS 2024 would allow us to compare across countries and within Sri Lanka on the prevalence of essential health behaviours among adolescents, which would be valuable to formulate evidence-based interventions.

As the acting Deputy Director General of Public Health Services II and the Deputy Director General of Non-Communicable Diseases, I found this survey to be doubly significant within my official capacity. I would like to thank the members of the survey team from the Family Health Bureau of the Ministry of Health for their enormous contribution to this much-needed task of conducting this activity. I expect both the health and education sectors to use present findings for the betterment of school-going adolescents through evidence-based interventions.

Dr S C Wickramasinghe
Deputy Director General Non Communicable Diseases
Acting Deputy Director General – Public Health Services II
Ministry of Health & Mass Media

Message from the Director of Maternal & Child Health

The Global School Health Survey (GSHS) 2024, conducted by the Family Health Bureau in collaboration with the Ministry of Education, Higher Education and Vocational Education marks a significant milestone in understanding the health and well-being of Sri Lankan schoolchildren. This survey, conducted under the technical guidance and funding support of the World Health Organization (WHO), provides vital data on health behaviours and protective factors among school-aged populations.

As a globally recognised initiative, the GSHS examines key health domains, including dietary behaviours, physical activity, mental health, and the use of tobacco and alcohol. It is essential for identifying priorities, guiding resource allocation, and strengthening school health programs.

The findings of this year's survey are particularly timely, as they contribute directly to the ongoing formulation and revision of key national strategies, including the National School Health Policy, the National Action Plan on School Health (2024–2030), and the National Strategic Plan for Adolescent and Youth Health (2026–2030). Grounding these strategic documents in robust, evidence-based data ensures that interventions are aligned with schoolchildren's current health challenges and needs nationwide.

The 2024 GSHS surveyed 2,912 students from 40 scientifically selected schools, providing a comprehensive and nationally representative snapshot of the current health behaviours and protective factors among Sri Lanka's adolescents. The results highlight several critical trends, some concerning and require targeted, evidence-driven responses. These findings will be instrumental in guiding advocacy efforts, policy development, and programmatic interventions to improve the health and well-being of school-aged populations.

I take this opportunity to commend the Family Health Bureau's survey team for their exceptional efforts and the World Health Organization for their invaluable funding and technical support. The successful completion of this survey demonstrates the strength of our collaboration. It underscores the importance of evidence-based decision-making in shaping the future of school health in Sri Lanka.

Dr Chandima Siritunga
Director Maternal & Child Health

Message from WHO Representative for Sri Lanka

Global school-based student health survey (GSHS) is an integrated surveillance tool to track the health and well-being of adolescents through the collection of data on multiple behavioural risk factors and protective factors. Periodic GSHS assists countries in establishing their own adolescent behaviour surveillance systems to enable more responsive health policies and programs. I congratulate the Ministry of Health and Mass Media, Sri Lanka and Ministry of Education for successful completion of the Global School-based Student Health Survey (GSHS) 2024, implemented with the support of the World Health Organization. This report highlights the health behaviours and well-being of our young population, offering valuable insights into the challenges and opportunities in promoting a healthier future.

The GSHS included school children in Grades 8 to 12, sampled from 40 schools with a 75.8% response rate. Key findings indicate an increasing trend in substance use, consumption of sugar-sweetened beverages, physical inactivity, sedentary behaviour, and psychosocial issues compared to the 2016 GSHS. The findings reveal a double burden of malnutrition alongside high rates of smoking, serious injuries, physical fights, and cyberbullying.

It is encouraging to note that nearly 69% of students reported that their parents spent quality time with them. Additionally, significant progress has been made in promoting gender equality teaching, with 73.3% of students indicating that they received lessons on fair treatment regardless of gender. Education on preventing sexual violence and harassment has expanded, with 57.7% of students reporting exposure.

These findings provide critical insights into the health and behavioral issues affecting today's adolescents and will inform policies and programs aimed at improving the health, education, and overall quality of life for adolescents in Sri Lanka.

I extend my heartfelt gratitude to all the students, teachers, and parents who participated in and supported this survey, to technical working group and to the dedicated team of researchers and staff in the Family Health Bureau, Ministry of Health who made this survey and the report possible. I also take this opportunity to thank the active technical contribution from the three levels of WHO.

As we move forward, let us use the insights from this report to strengthen our efforts in promoting healthy lifestyles, preventing disease, and ensuring that every child in Sri Lanka has the opportunity to thrive. Together, we can build a healthier, brighter future for our children.

Thank you.

Dr Alaka Singh
WHO Representative, Sri Lanka

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List of Abbreviations

AIDS - Acquired Immuno Deficiency Syndrome

BMI - Body Mass Index

CDC - Centre for Disease Control

ENDS - Electronic Nicotine Delivery Systems

GSHS - Global Student - based School Health Survey

HIV - Human Immunodeficiency Virus

MOH - Medical Officer Health

NCD - Non Communicable Disease

RMNCAH - Reproductive, Maternal, Newborn, Child and Adolescent Health

SEARO - South East Asia Regional Office

UNESCO - United Nations Educational, Scientific and Cultural Organisation

UNICEF - United Nations Children's Fund

WHO - World Health Organisation

SD - Standard deviation

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Executive Summary

The Global School-based Student Health Survey (GSHS) is a collaborative initiative that enables countries to analyse behavioural risk and protective factors among students aged 13 to 17 across ten key areas. This third survey in Sri Lanka assessed health-related practices regarding dietary habits, physical activity, hygiene, mental health, oral health, substance use, violence, injuries, engagement with parents and peers and sexual behaviour among students in government schools. The survey shares methodological similarities with the 2016 GSHS, incorporating updated questions to enhance relevance for 2024, including core modules and questions from core-expanded modules of the 2021 global GSHS and country-specific questions. The study involved students in grades 8 to 12, utilising a two-stage cluster sampling method for a nationally representative sample of 40 schools and 3,843 students. After data cleaning, 2,912 responses were usable, resulting in a 75.8% response rate. The analysis focused on those aged 13 to 17, yielding a sample size 2,585. Findings are categorised by sex and age, and results are presented using weighted percentages.

The main findings from the survey are the following:

Individual food security

Of the study sample, 4.3% of students reported frequent or constant hunger due to the non-availability of food at home during the past 30 days, reflecting an increase from 3.1% in 2016. Hunger was significantly more prevalent among males (5.3%) than females (3.4%) [p=0.04] and students aged 13-15 (4.7%) than in the 16–17-year group (3.4%) [p=0.143].

Malnutrition

One-fifth (21.4%) of students were underweight, with males (27.2%) disproportionately affected compared to females (15.8%) [p=0.04]. Further, 12.1% were overweight, including 3.0% classified as obese. Overweight prevalence was slightly higher among females (12.7%) than males (11.5%) [p=0.534]. Percentage of stunting was 10.9% Comparison with 2016 survey was not possible as height and weight measurement were not conduced in 2016.

Unhealthy dietary patterns

Fruit and vegetable consumption among students remains alarmingly low. Nearly a quarter (24.9%) of students did not consume fruit in the week preceding the survey, while 3.1% reported not eating vegetables during the same period. Only 26.1% consumed vegetables three or more times daily. Meaningful comparison with GSHS 2016 was not possible as in 2016 dietary habits were assessed over the past 30 days. In 2016, percentages of students who did not consume fruit and vegetables during the past 30 days were 7.1% and 1.7%

Nearly one-fifth of the students (17.4%) consumed carbonated drinks daily, with significantly higher rates among males (19.2%) compared to females (15.6%) [p=0.015] and younger age group (18.9%) than the older group (13.3%) [p<0.001]. Over one-fourth (28%) consumed sugar-sweetened beverages daily. Of all, 28.5% and 29.3% of students, respectively, consumed salty snacks and high-fat foods daily. While 40.9% of students reported consuming high-sugar food daily, 70.4% ate meals or snacks from fast food outlets or street vendors at least once during the past week.

Only 1.8% of students reported skipping breakfast due to food unavailability during the past seven days, despite having food insecurity of 4.3% at home. Percentage of skipping breakfast due to food unavailability has improved from 2016(4.2%)

Physical inactivity

This study highlights critical concerns regarding physical activity and sedentary behaviours among school-going adolescents, revealing high rates of physical inactivity and substantial sex and age-based disparities.

Over three-fourths (88.1%) of students did not meet the recommended 60 minutes of daily physical activity for all seven days preceding the survey and increased from 84.5% in 2016. Females (90.5%) exhibited significantly higher inactivity rates than males (85.7%) [p<0.001]. Furthermore, 29.9% of students did not engage in physical activity on any day during the previous week. Only 22.5% of students were involved in muscle-strengthening activities three or more days in the past week, with a significant difference between 2 sexes,—35.5% among males compared to 10% among females (p<0.001). Over half of the students (53.4%) did not participate in such exercises.

Weekly attendance in physical education classes was 50.6%, with substantially higher participation among younger students aged 13–15 (54.6%) compared to those aged 16–17 (39.8%) [p<0.001] due to the discontinuation of compulsory physical education after grade nine. This total percentage was lesser than 69.4% in 2016.

Out of the total, 43.9% of students reported sitting or lying down for three or more hours daily (excluding school, homework, and sleep), with older students (16–17 years) being significantly more sedentary (56.8%) than younger ones (39.2%) [p<0.001]. Present percentage was higher than 37.3% reported in 2016.Tuition attendance contributed considerably, with 88.7% of students sitting over an hour daily at tuition sessions, a trend significantly more pronounced in the older age group (93.6%) than the younger age group (86.7%) [p<0.001].

Hygiene practices

The study reveals behaviours concerning hand washing and oral hygiene. A notable 10.1% of students reported never washing their hands before eating at school in the past 30 days. Of those who washed their hands, only 68.9% used running water, indicating gaps in proper hygiene practices. Alarmingly, 5.9% of students reported never washing their hands after using the toilet or latrine, a twofold increase from 2.7% in 2016. Additionally, 4.3% of students reported the absence of latrines in their schools.

Oral health practices

While 95% of students brushed or cleaned their teeth at least once daily, only 47.8% adhered to the recommended practice of brushing twice daily, and only 66.1% of students who brushed their teeth reported that they used fluoride toothpaste, a critical component of dental health. Issues related to oral health caused 6.6% of students to miss school, with males (7.6%) more affected than females (5.6%) [p=0.055]. In 2016, students who brushed or cleaned their teeth at least once daily was slightly higher (97%).

Mental health

The findings of this study reveal critical trends and concerns in the mental health and psychosocial well-being of adolescents in 2024, as compared to 2016

Social isolation and feeling depressed

The percentage of students without close friends had increased to 7.5% in 2024 from 5.6% in 2016. Feelings of loneliness also had risen substantially, with 22.4% of students reporting loneliness in the past 12 months in 2024, compared to 9% in 2016. Over 11.9% of students reported being unable to sleep due to worry, a sharp increase from 4.6% in 2016. Further, 18% of students reported depressive symptoms, with a notable rise in prevalence among the 16–17 age group (26.3%) [p=0.001]

Bullying

Bullying on school property within the past 12 months is 18.9% and bullying outside school is 8.8%, depicting an overall bullying prevalence of 21.9%, which is a decline from 2016 value (38.5%.) , reflecting successful interventions

Suicidal ideation and attempts

The percentage of students considering suicide rose from 9.4% in 2016 to 15.4% in 2024, while those who attempted suicide increased from 6.8% to 9.1%.

The females had significantly higher percentages of considering suicide (17.1%) compared to males (13.6%) [p=0.003] and older age group had higher percentage (20.7%) compared to younger age group (13.4%) [p<0.001]. Similar pattern retained in attempting suicides in relation to sex and age group with 10.5% among females and 7.7% among males [p=0.007] while 11.1% among older group compared to 8.4% among younger group [p=0.034].

Access to support services

Approximately one third (36.2%) had faced extreme distress. Out of that, only 2.1% of students sought help from adolescent clinics.

Stress-management education

Only 52% of students reported learning stress-management strategies during the school year.

Substance use

Tobacco use

The findings of this study highlight concerning trends in tobacco use among adolescents in 2024, compared to 2016. The percentage of students who ever tried smoking cigarettes doubled from 6.4% in 2016 to 12.8% in 2024. Males (21.3%) reported significantly higher rates than females (5.1%) [p<0.001]. Among students who had tried smoking, 34.7% initiated smoking before the age of 14. This reflects a decrease from the corresponding 54.8% in 2016, suggesting delayed initiation.

Current cigarette use within the past 30 days increased to 5.7% in 2024, up from 3.5% in 2016. Males (10.6%) were significantly more likely to smoke than females (1%) [p<0.001] The use of smoked tobacco products other than cigarettes was 6.3%, while smokeless tobacco uses tripled, rising from 2.3% in 2016 to 7.3% in 2024. E-cigarette use was reported by 5% of students, with higher prevalence among males (8.1%) and older students (7.4%) among 16–17-year-olds. Overall use of any form of tobacco was 9.7%, with males (16.9%) outpacing females (2.9%) [p<0.001].

Alcohol use

Among students who have ever consumed alcohol, 39.3% reported their first drink before the age of 14, with a slightly higher prevalence among females (42.9%) than males (36.7%) [p=0.218]. This marks a reduction from 2016, when 42.5% of adolescents had their first drink before 14. The percentage of students who consumed alcohol in the 30 days before the survey was 5.3%, with males (8.3%) exhibiting significantly higher rates than females (2.4%) [p<0.001]. Current alcohol use significantly increased with age, from 4.1% among 13-15-year-olds to 8.8% among 16-17-year-olds [p<0.001}. The total current use of alcohol (5.3%) represents an increase from 3.2% in 2016.

A majority (63.9%) of students reported being able to say no to friends offering alcohol, with slightly higher confidence among males (64.1%) compared to females (63.7%) [p=0.747]. Older students (16-17 years) displayed greater confidence (74.8%) than younger students (59.9%) [p<0.001].

Addictive drug use

Among students who ever used addictive drugs, 47.7% reported starting before the age of 14, marking a reduction from 2016 (63.6%). Lifetime cannabis use was reported by 3.1% of students, with a significantly higher prevalence among males (5.4%) compared to females (0.7%) [p<0.001]. Current cannabis use was reported at 2.1%, with similar rates across both 13-15 and 16-17 age groups [p=0.695]. Lifetime non-medical use of amphetamines or methamphetamines was reported by 1.5% of students, with males (2.3%) having a higher prevalence than females (0.4%) which is significant [p<0.001].

Sleep patterns

A notable proportion of students (62.6%) reported obtaining less than eight hours of sleep on school days, with older students of 16-17 years (77%) significantly more affected than younger ones of 13-15 years (57.3%) [p<0.001]. The GSHS 2016 showed a similarly high percentage, with 63.5% of people having less than 8 hours of sleep.

Injuries

The findings, based on surveys conducted in 2024 with comparisons to 2016 data, reveal a concerning prevalence of serious injuries and violence among adolescents, with notable sex and age disparities.

Serious injuries

Nearly half (45.8%) of students had experienced serious injuries in the past year compared to 35.6% in 2016. In present survey, males (56.5%) were significantly more affected than females (35.5%) [p<0.001].The younger age group (13–15 years, 47.5%) reported a significantly higher prevalence than the older group (16–17 years, 41.2%) [p=0.007]. The most serious injuries involved broken bones or dislocated joints (23.8%), with minimal change from 2016 data (22.1%).

Motor vehicle accidents

Motor vehicle accidents had caused 12.7% of serious injuries, with higher rates among males (16.4%) and older students (13.2%) compared to females (6.6%) and younger students (12.5%). This figure remains consistent with 2016 data (12.1%), underscoring the need for improved road safety measures.

Violence

Physical violence

Physical attacks h ad affected 23 .8% of students, wi th ma les (3 2.8%) an d the younger age group (24.5%) at greater risk compared to females (15.2%) and older age group (21.9%) [p<0.001 and p=0.189 respectively]Although there was a decline from 2016 (35%), the prevalence remains high.

Sexual harassment and dating violence

Out of the respondents, 6.1% were forced into unwanted sexual activities with higher percentage among males(7.5%) compared to females(4.7%) [p=0.012] and among 13-15 age group(6.5%) than older age group(5%) [p=0.150].

Further 10.1% experienced dating violence, with males (12.7%) and younger students (11.8%) being more significantly affected than females (7.5%) and older age group (6.5%) [p=0.010 and p=0.008 respectively]. Cyber-sexual harassment was reported by 6.9% of students, highlighting the growing risks associated with digital platforms with higher percentage among male (9.2%) compared to females (4.7%) and among younger group (7.3%) compared to old group (6%) [p<0.001 and p=0.074 respectively]

Teacher-initiated physical punishment

Alarmingly, 47.9% of students reported being physically harmed by teachers, with males (59.3%) more significantly affected than females (37%) [p<0.001].The percentage was lesser among the younger age group (46.6%) compared to the older age group (51.2%) [p=0.034].

Physical fights

Over one-third (34.5%) of students were involved in physical fights, with males (51.3%) and younger students (35.5%) reporting higher involvement compared to females (18.1%) and older students (31.7%) [p<0.001 and p=0.085 respectively]. In 2016, percentage was even higher (43.8%).

Preventive education on sexual violence or harassment

While 57.7% of students received education on preventing sexual violence or harassment, the coverage was significantly lower among males (49.1%) compared to females (66%) [p<0.001].

Sexual health

The survey in 2024 also evaluated sexual health knowledge and education among students focusing on reasons for abstinence, HIV awareness, and sexual health education.

Key findings include :
Nearly 5% reported as having had sexual relationships.

Delaying sexual intercourse

Among students who have not engaged in sexual intercourse, 37.1% reported wanting to wait until they were older as their primary reason. This was significantly more prevalent among males (42.2%) than females (32.5%) [p<0.001] and was significantly higher in the 13-15 age group (39.8%) compared to the 16-17 age group (30%) [p<0.001].

Knowledge and education on HIV/AIDS

Percentage who ever heard of HIV/AIDS was 63% which was lower than the corresponding proportion of 77% in 2016. Female students (66.8%) and older students aged 16-17 (77.6%) heard about HIV/AIDS than their counterparts' males (59%) and students of 13-15(57.7%) [p<0.001 and p<0.001 respectively]. Only 44.2% of students reported receiving education on avoiding HIV infection in the current school year, a decrease from 64.1% in 2016. Receipt of education was reported more significantly by females (46.4%) than males (42%) [p=0.008] and older students (54.5%) than 13-15 group (40.4%) [p<0.001].

Pregnancy prevention education

Only 42.9% of students reported education on avoiding pregnancy in the present school year, with a significant sex disparity—50.1% of females versus 35.2% of males (p<0.001). The percentage was significantly higher among older students aged 16-17 (46.2%) compared to 13-15-year-olds (41.6%) [p=0.013].

Engagement with school peers and parents

The survey examined the student engagement with schools and peers, focusing on absenteeism, peer relationships, and access to emotional support.

Missing classes or school without permission

A notable percentage, 36.7% of students, reported missing classes or school without permission during the 30 days prior to the survey. This was higher among males (38.2%) than females (35.2%) [p=0.089], and among older students aged 16-17 (45.4%) compared to younger students aged 13-15 (33.5%) [p<0.001].

Peer relationships and support at school

Of all respondents, 45.6% of students indicated that their peers were kind and helpful most of the time or always, a decline from 2016 (51.2%). Conversely, 29.7% reported that peers were never or rarely kind and helpful.

 Only 25% of students reported that they could talk to someone about their problems and worries most of the time or always, while 50.7% felt they were never or rarely able to do so. The ability to talk to adults at school, such as teachers or counsellors, was particularly low, with just 7.9% reporting comfort in doing so, and 80.4% stating they rarely or never could.

Parental engagement with adolescents

Only 44.5% of students reported that their parents or guardians understood their problems and worries most of the time or always, a notable decline from 2016 (62.6%). Female students (48.3%) and younger students aged 13-15 (46.1%) reported slightly higher parental understanding than their counterparts, males (40.3%) and older students (40.2%) [p<0.001 and p=0.015 respectively]. A decline was observed in parental monitoring of homework (57.1%) in 2024 vs. 65.7% in 2016) and parental knowledge of how they spend their free time. (61% in 2024 vs. 69.2% in 2016). Further, 69.9% of students reported that their parents never or rarely examined their belongings without consent when compared to 68.4% in 2016

Despite other declines, 68.5% of students indicated that their parents spent quality time with them most of the time or always, with slightly higher percentages among females (69.9%) compared to males (67.1%) [p=0.129] younger students (69%) compared to older group (67%) [p=0.303].

Mobile phone and social media use

High mobile phone use (3+ hours/day) for social media or online communication or browsing in internet was reported by 28.4% of students, with significantly higher usage among males (31.3%) compared to females (25.5%) [p=0.006] and older students aged 16-17 (40.6%) than 13-15 age group (23.3%) [p<0.001]. However, 74.7% of students reported that their parents had rules regarding social media use, with slightly higher enforcement among females (76.9%) compared to males (72.4%) [p=0.007] and younger students (75.3%) than the 16-17 age group (73.1%) [p=0.282].

Teaching fair treatment irrespective of gender

Schools have made significant progress in teaching fair treatment irrespective of sex, with 73.3% of students reporting exposure to such lessons, significantly higher among females(75.1%) compared to males(71.5%) [p=0.039] and younger students(74.6%) compared to 16-17 year group(70%) [p=0.032].

The findings of the GSHS 2024 highlight the urgent need for a comprehensive, multi-dimensional approach to address the numerous challenges Sri Lankan adolescents face. Although some progress has been noted in areas like bullying and violence, the survey reveals notable shortcomings in key health domains, including nutrition, physical activity, mental health, substance use, hygiene, sexual health, and safety. These gaps reflect a pressing need for targeted interventions to ensure that adolescents receive the necessary support to physically and mentally thrive. Disparities based on sex and age emerge as a recurring concern, with younger adolescents and females often experiencing distinct vulnerabilities that require tailored solutions. Furthermore, barriers, such as limited parental engagement, inadequate school-based support, and insufficient access to comprehensive health education, amplify these challenges and hinder the delivery of holistic adolescent health services.

To address these issues effectively, there is an urgent need to strengthen adolescent-focused programs and interventions within the broader Universal Health Coverage (UHC) framework. Policymakers must prioritise cross-sectoral collaboration, adopting an "Adolescent Health in All Policies" approach to ensure that underlying determinants of health are addressed across all relevant sectors.

Schools play a pivotal role in this process, and there is a need to institutionalise health education as an integral part of the curriculum. This includes making health subjects consisting of mental health, nutrition, sexual and reproductive health, and substance use prevention compulsory across all grades while also promoting initiatives that enhance parental involvement in adolescent well-being.

Further, strengthening adolescent-responsive health systems must be a priority. This includes increasing resource allocation, making all health service providers aware on providing health services in an adolescent friendly manner, expanding access to adolescent-friendly health services, and creating widespread awareness of these services among adolescents and school children. Collaborative efforts among key sectors—such as health, education, transportation, and legal systems—are critical to overcoming barriers and building an environment that supports adolescent health and well-being. Targeted strategies should also address sex and age-specific disparities, ensuring equitable access to health education and services for all adolescents. Capacity building for educators, health professionals, and community stakeholders is essential to equip them with the knowledge and skills to effectively engage with adolescents.

Moreover, leveraging digital platforms and technologies can facilitate meaningful adolescent engagement, empowering adolescents to shape health policies and programs that affect their lives actively. To ensure sustained progress, robust monitoring and evaluation mechanisms must be established to assess the impact of interventions, identify gaps, and inform continuous improvements in adolescent health services. By adopting these integrated and equity-driven strategies, Sri Lanka can make significant strides toward fulfilling its national and global commitments to improve adolescent health and well-being comprehensively and inclusively.

1 Part 1: Background

Out of the total Sri Lankan population 21.4 million, nearly one-fifth (3.3 million) consists of adolescents aged 10-19(Department of Census and Statistics Sri Lanka, 2015). Of these, 71% are school going, and 29% are non-school going (1,2).

Non-communicable diseases (NCDs) such as cardiovascular disease, cancer, chronic respiratory diseases, and diabetes mellitus account for approximately half of all deaths recorded in government hospitals in Sri Lanka (3)**.** Specifically, ischemic heart disease accounted for 15.3% of mortality, cancers for 12.3%, cerebrovascular disease for 8.5%, hypertensive diseases for 1.2%, and diabetes mellitus for 1.4% (3). Traumatic injuries emerged as the primary cause of hospital admissions, except for infants under one year of age (3).

Adolescence and Risk Behaviours

Adolescents are often perceived as a generally healthy demographic. However, this period represents a significant time of rapid emotional, physical, and intellectual growth, transitioning individuals from childhood to adolescence and eventually into independent adulthood. While physical maturation typically occurs between the ages of 10 and 16, brain development continues until the mid-twenties. This phase is characterised by a natural inclination to explore new experiences, yet with a limited ability to comprehend the consequences fully. Consequently, adolescents are vulnerable to premature death from accidents, suicide, violence, pregnancy-related complications, and other preventable or treatable illnesses. The lifestyles adopted during this formative period often persist throughout their lifetime, impacting not only their own health but also extending effects beyond adulthood into future generations. Unhealthy behaviours such as tobacco and alcohol use, poor dietary habits, and sedentary lifestyles significantly increase the risk of premature illness and death later in life. (1,4).

Present Sri Lankan Context Related to Adolescents.

The aftermath of the COVID-19 pandemic has introduced a multitude of stressors, ranging from disrupted education and social isolation to financial strain within households. Social media and phone addiction have also been reported more because children freely have phones and tablets for online education. These stressors have significantly impacted the mental well-being of adolescents, exacerbating feelings of anxiety, depression, and uncertainty about the future.

Moreover, the economic downturn has compounded these challenges, with families facing heightened financial pressures, limited access to resources, and increased inequality. In the present post-COVID era and amidst the current economic crisis, the challenges surrounding lifestyle among adolescents in the country too have been exacerbated. The lingering effects of the pandemic, coupled with economic instability, might have intensified the existing vulnerabilities faced by adolescents to a greater extent. It has become increasingly imperative to thoroughly evaluate the risk factors and behaviours that are impacting adolescents in our current socio-economic climate.

In this context, conducting a comprehensive assessment of the risk factors and behaviours affecting adolescents is crucial. This includes examining the influence of socioeconomic status, access to healthcare services, educational disruptions, social support networks, and exposure to adverse childhood experiences. A deeper understanding of these factors would help identify the underlying determinants of poor health outcomes and enable the country to develop targeted interventions to mitigate their impact.

Furthermore, it is essential to recognize that the current circumstances have led to shifts in lifestyle behaviours among adolescents. These lifestyle modifications can have profound implications for both physical and mental health, from changes in physical activity levels and dietary habits to alterations in sleep patterns and screen time usage. By conducting thorough assessments, these emerging trends could be identified, which directs the country to tailor interventions to promote healthier behaviours and coping mechanisms.

Further, it is paramount to prioritise the well-being of adolescents by addressing the intersecting challenges related to lifestyle and mental health. Comprehensive assessments and targeted interventions would enable the country to support youth in navigating these turbulent times and fostering resilience for the future.

Global School-based Student Health Survey

The Global School-based Student Health Survey (GSHS) is a collaborative initiative that enables countries to estimate and analyses behavioural risk factors and protective factors across 10 key areas among adolescents aged 13 to 17. The GSHS is a relatively low-cost school-based survey that uses a self-administered questionnaire to obtain data on adolescents' health behaviour and protective factors related to the leading causes of morbidity and mortality among children and adults worldwide. (5).

In 2001, the World Health Organization (WHO), in conjunction with the United Nations programme on HIV/AIDS (UNAIDS), United Nations Educational, Scientific and Cultural Organization (UNESCO), and United Nations Children's Fund (UNICEF), and with technical support from the Centres for Disease Control and Prevention (CDC), embarked on the development of the GSHS. Since 2003, Ministries of Health and Education worldwide have utilised the GSHS to periodically monitor the prevalence of significant health risk behaviours and protective factors among students. The most recent GSHS conducted in Sri Lanka was in 2016 (6)

In 2016, the GSHS survey covered 40 schools across the island, involving 3,650 students with an 89% response rate. The survey found that only 32% of students ate fruit twice or more daily, while only 36% consumed vegetables three or more times a day. Daily carbonated drink consumption was reported to be 26%. Only 28% engaged in physical activity for 60 minutes or more at least 5 days a week. Alcohol and drug use rates remained steady at 3.2% and 2.7% respectively. Tobacco use prevalence was 9.2%, with smoking at 3.5% and smokeless tobacco use at 2.3%. Over half (54.8%) had tried smoking before age 14, yet 71% attempted quitting within the past year. Second hand smoke exposure was reported by 42.3%, and 21% had guardians using tobacco. In terms of mental health, 7% had attempted suicide in the previous year. However, 63% felt their parents or guardians mostly or always understood their concerns. Interpersonal violence was a concern, with 35% experiencing physical assault in the previous year and 39% reporting bullying in the past month. HIV/AIDS awareness was sub-optimal; 77% had heard of it, and about two-thirds (67.1%) learned about it in school (6)

The country has faced significant socio-economic challenges over the eight years since the 2016 GSHS survey, exacerbated by the COVID-19 pandemic and the current economic crisis. These changes might have negatively impacted on the behaviour of school-going adolescents. The present GSHS survey was conducted to offer valuable insights into these adolescents' current situation. This data would be crucial for developing evidence-based interventions to address their needs effectively.

The main expectation of the present GSHS was to furnish precise data concerning health behaviours and protective factors among students, serving multiple purposes, including aiding countries in developing priorities, establishing programs, and advocating for resources for school health and youth health initiatives. Additionally, it aimed to track trends in the prevalence of health behaviours and protective factors country-by-country, facilitating evaluations of

school health and youth health promotion efforts. Furthermore, the GSHS enables countries, international agencies, and other stakeholders to conduct comparisons across nations and within individual countries, providing valuable insights into the prevalence of health behaviours and protective factors.

The present study was conducted to identify prevalent health issues among school-going adolescents in Sri Lanka, and the findings are very important in developing and implementing evidence-based interventions based on its findings. Moreover, comparative analyses within and across countries would be crucial in a global context for moving forward in adolescent health initiatives, leading to the development of more comprehensive strategies to promote the well-being of school adolescents worldwide.

1.4 Objectives:

- To describe practices/ behaviours relevant to dietary habits, physical activity, hygiene, mental health, oral health, alcohol use, tobacco use, substance use, injuries and violence, and sexual behaviour among school-going adolescents in government schools in Sri Lanka.

2 Part 2: Methods

2.1 Study design

A descriptive cross-sectional study was conducted.

2.2 Study setting

The survey was conducted in government schools in Sri Lanka, where students in grades 8, 9, 10, 11, and 12.

2.3 Study period

Data collection was conducted from 14th of September to 20th of November 2024.

2.4 Study population

The study population consisted of students in grades 8, 9, 10, 11, and 12 in government schools in Sri Lanka.

Inclusion criteria: Grade 8, 9, 10, 11 and 12 students who were attending government schools in Sri Lanka

Exclusion criteria: Grade 8, 9, 10, 11 and 12 students who were absent on the day of data collection and those who were with mental retardation and hence unable to respond to the questionnaire will be excluded.

2.5 Sample size

An expert panel at the WHO South-East Asia Regional Office (SEARO) determined the number of schools and sample size for GSHS Sri Lanka based on a standardised global protocol.

The following formula was used to calculate the sample size needed to describe the practices/ behaviours of schoolchildren in grades 8-12 in government schools in Sri Lanka.(7).

$$n = \frac{Z2_* p^* (1-p)}{e}$$
$$= \frac{(1.96)^2 *0.5*(1-0.5)}{(0.05)^2}$$
$$= 384.16$$

Where:

Z= level of confidence measure, representing the number of standard errors away from the mean. This describes the uncertainty in the sample mean or prevalence as an estimate of the population mean (normal deviate if alpha equals 0.05, Z = 1.96, for 95% confidence level)

P= Expected baseline indicator. As this survey aims to estimate multiple risk factors and other indicators, 50% was used to calculate the sample size to arrive at the maximum sample size required

d= Margin of error. The expected half-width of the confidence interval and taken 0.05 for this study

Considering two age categories (13-15years old and 16-17 years old)-sex (male and female) and a design effect of 1.5 to address the issue of cluster sampling, the expected sample size is:

n= 384.16*1.5*4= 2304.06 rounded off as 2500

A non-response of 20% was considered at the selection of the desired number of schools and desired number of students

The desired number of schools	=	32
Expected school response rate	=	80%
Number of schools to be sampled	=	32 ÷ 80%
	=	40

The desired number of students	=	2500
Expected student response rate	=	80%
Number of schools to be sampled	=	2500 ÷ 80%
	=	3125

The final sample size was 3125

2.6   Sampling technique:

The GSHS used a two-stage cluster sample design to produce a nationally representative sample of students in grades 8 to 12.

2.6.1   The first stage of sampling

School selection: The sampling frame included all schools in Grades 8 through 12. Fourty schools were sampled with a probability proportional to enrolment.

All government schools in the country with grades 8-12 are eligible to be included in the study. The eligible school number is 5214. The WHO technical expert group pre-determined the school number as 40 based on statistical and practical considerations. Including 40 schools reduced the average number of students per school, thereby reducing the school "cluster" effect while efficiently using the resources (money and manpower) available for the survey. The selection of these schools was proportional to the number of students (school enrolment) in grades 8-12. The WHO conducted school selection.

2.6.2. The second stage of sampling

Class selection: The sampling frame included all classes, with most students in Grade 8-Grade 12. Systematic equal probability sampling with a random start was used to select classes from each school participating in the survey.

For the selected 40 schools, the number of clusters chosen from each school was calculated as a probability proportionate to the total number of students in grades 8-12 by WHO. A class in grades 8-12 was considered a cluster. For each school, a random number list to select classes was sent by WHO to PI. For the respective schools, classes in grades 8-12 were numbered and listed with the number of students in each class by the Sri Lankan team. If any class had less than 10 students, those students were combined with the preceding class for the sampling frame. Data was collected for all eligible students (n=3843) in the selected classes.

2.6.3. Response rates

    Schools -   100.0%40 of the 40 sampled schools participated.

    Students -   75.8% 2912 of the 3843 sampled students completed questionnaires.

          2912 questionnaires were usable after data editing.

    Overall response rate -   100.0%*75.8% = 75.8%

2.6.4 Weighting

A weight has been associated with each questionnaire to reflect the likelihood of sampling each student and to reduce bias by compensating for differing patterns of nonresponse. The weight used for estimation is given by:

$$W = W1 * W2 * f1 * f2 * f3$$

W1 = the inverse of the probability of selecting the school

W2 = the inverse of the probability of selecting the classroom within the school

f1 = a school-level nonresponse adjustment factor calculated by school size category (small, medium, large). The factor was calculated for school enrolment instead of the number of schools

f2 = a student-level nonresponse adjustment factor calculated by class.

f3 = a post stratification adjustment factor calculated by grade.

The weighted results were used to make meaningful inferences about the priority health-risk behaviours and protective factors of all students in Grades 8 - Grade 12 in Sri Lanka.
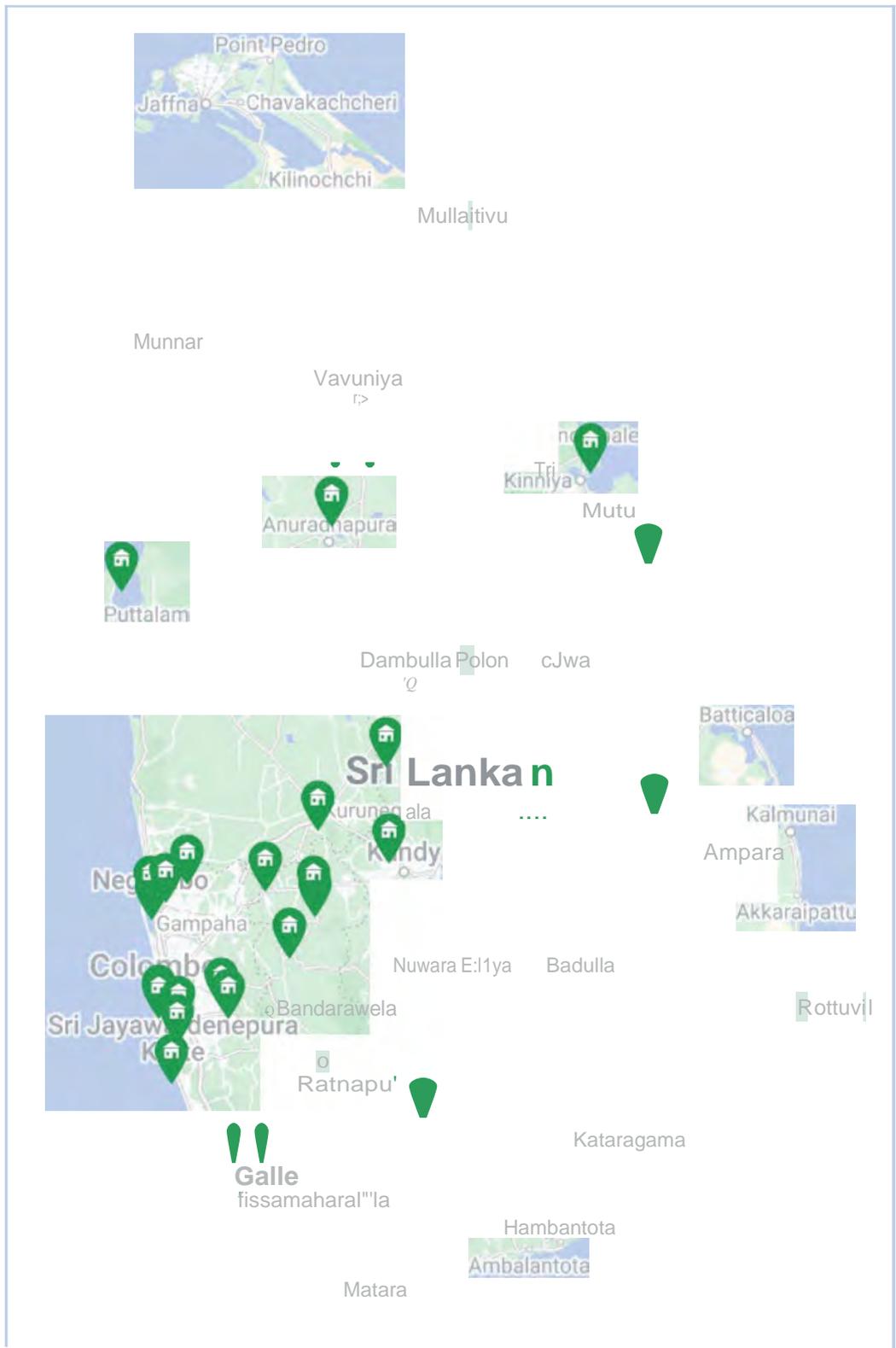
Figure 2.1 a: Distribution of schools

2.7   Study instruments

2.7.1   Selection of the questions

The questionnaire had 78 questions on basic socio-demographic details and questions under 11 modules. Standard WHO GSHS questionnaires consisted of 11 core modules and additional core-expanded modules. Core modules of the standard GSHS questionnaire were included for demographics, dietary behaviours, drug use, mental health, physical activity, protective factors, tobacco use, violence and unintentional injuries. For alcohol, hygiene, and sexual behaviours, selected questions from the core-expanded standard GSHS questionnaire were included, as well as country-specific questions. These modules covered alcohol use, dietary behaviours, drug use, hygiene, mental health, physical activity, protective factors, sexual behaviours, tobacco use, violence and unintentional injuries.

A team of experts culturally adapted the self-administered standard GSHS questionnaire and the tools were translated into Sinhala and Tamil by bilingual experts. Back translation of tools were also carried out to ensure the preservation of original concepts.

The final questionnaire was pretested among 25 students of the target age group in a school that was not selected for the study proper, and based on the findings of the pretesting, necessary modifications were made to improve comprehensiveness.

2.8   Study implementation

The PI and the research team facilitated the data collection process. Prior to pretesting and data collection, ethical approval was obtained from the ethical review committee, Faculty of Medicine, University of Colombo, and necessary administrative clearance was obtained from the Ministry of Education and Provincial Departments of Education and Ministry of Health. Since all the government schools in the country were included in the sampling frame, the questionnaire was prepared in all three languages.

The data collection process involved data collectors. Public Health Inspectors conducted data collection. Data collectors had undergone a training on the tools and the survey itself, as well as on assessing eligibility criteria, obtaining written informed consent while ensuring confidentiality, and conducting accurate data collection. The Medical Officers of Health (MOH) closely supervised data collection.

On the day of data collection, informed written consent was obtained from participants 18 years of age and older. For participants under 18 years old, informed written consent was obtained from their parents or guardians one week before the data collection by sending an information form and consent form through students.

On the day of data collection, an information sheet was provided to all the participants, and adequate time was provided for them to read. Then, informed written consent was obtained from the participants of 18 years and above, and assent was obtained from the participants under 18 years before the questionnaire was administered. Dates and times for data collection were coordinated with the respective school principals and identified with minimal disturbances for academic and other school activities.

Participants received an information sheet explaining the study's purpose, including a description provided by the PI and the data collectors. Any questions were promptly addressed. Privacy and confidentiality will be ensured for the participants. Participants were informed that their participation is voluntary, with the option to withdraw consent or decline participation at any time without facing negative consequences to their health or studies.

Confidentiality of the data provided by students was strictly maintained throughout the study, with any concerns regarding the questionnaire clarified by the PI and the data collectors.

The PI randomly cross-checked the data to ensure its accuracy. All possible measures were taken to ensure that the study participants did not discuss the responses among themselves or refer to books.

Ample time was provided for the completion of the questionnaire. A box was kept at the place of data collection for students to put in completed questionnaires.
The data collection was completed among the whole study population within the six weeks to minimise contamination.

2.9   Data analysis:

The data was cleaned and edited for inconsistencies. Missing data was not statistically imputed. Software that takes into consideration the complex sample design was used to compute prevalence estimates and 95% confidence intervals and to make data representative of all students attending grades 8-12 in Sri Lanka.

2.10   Administrative clearance

The approval of the study protocol was obtained from the Ministry of Education, Higher Education and Vocational Education and relevant zonal education directors and school principals.

2.11   Ethical issues and clearance:

Ethical clearance was obtained from the Ethics Review Committee of the Faculty of Medicine, University of Colombo.

2.12   Funding support-

Technical and Financial Support was provided by the World Health Organization, Sri Lanka.

3 Part 3: Results and Discussion

3.1 Overview

The survey was conducted among students in grades 8 to 12. Following a thorough data cleaning process, 2,912 answer sheets were identified as usable, yielding an overall response rate of 75.8%. To enhance consistency and allow for cross-country comparisons, the analysis focuses on individuals aged 13 to 17, resulting in a sample size of 2,585. The findings are further categorised by sex and age. It's important to note that, although the sampling criteria were based on grade rather than age, the ages of the surveyed students ranged from under 12 to over 18. The results are presented using weighted percentages.

The results were presented as follows:

1. Demographic details

2. Nutrition and Dietary behaviours

3. Physical activity

4. Hygiene

5. Oral health

6. Mental health and substance use

   - Mental Health

   - Tobacco use

   - Alcohol use

   - Drug use

7. Sleep

8. Violence and unintentional injuries

9. Sexual Health

10. Engagement of the school, peers and parents

3.2 Demographics Details

Out of the respondents (n=2906), 1336 were male and 1570 were female, with respective weighted percentages of 48.9% and 51.1%. The majority belonged to the ages 13, 14, 15, and 16, with respective percentages of 19.7%, 22.9%, 21.3% and 18.8. The respondents mainly came from grades 8 to 11, with percentages of 21.1%, 21.9%, 21.8%, and 21.1%. Most were in the 13-15 age group, accounting for 63.9% of the total (Table 1).

Table 1: Demographic characteristics of the respondents of Global School-based Student Health Survey 2024

Characteristic	Males		Females		Total	
	Number	**(%)**	**Number**	**(%)**	**Number**	**(%)**
Age						
12 or younger	37	2.6	47	2.9	87	2.8
13-15	875	64.7	979	63.1	1857	63.9
16-17	325	23.0	403	23.7	728	23.3
18 and older	99	9.6	141	10.3	240	9.9
Missing	37	-	47	-	87	-
Grade						
Class 8	293	21.6	333	20.7	628	21.1
Class 9	327	22.4	279	21.3	610	21.9
Class 10	267	22.2	366	21.5	633	21.8
Class 11	316	21.4	376	20.8	692	21.1
Class 12	129	12.5	212	15.7	341	14.1
Missing	4	-	4	-	8	-

*Missing values are not included in the calculation

3.3 Nutrition and Dietary Behaviour

Diet and nutritional status at a glance

Percentage of students (13-17 years old) who:

Reported going hungry	4.3%
Did not eat any fruit during past 7 days	24.9%
Did not eat any vegetable during past 7 days	3.1%
Took carbonated drinks 1 or more times per day	17.4%
Took food from local roadside restaurants, boutiques, Choon paan or fast-food restaurants one or more times a week	70.4%

3.3.1 Food security

Individual food insecurity was measured in "students were reported as hungry most of the time or always since there was not enough food in their home."

The data indicate that 4.7% of students aged 13-15 and 3.4% of those aged 16-17 reported being hungry most of the time or always due to a lack of food at home during the 30 days preceding the survey (p=0.143). Among males, the proportion was 5.3%, significantly high (p=0.040), compared to 3.4% among females (Figure 3.3 a). Overall, the total percentage of students reporting hunger while going to school most of the time or always stands at 4.3%.

Food insecurity seems to have increased from 2016(3.1%) to 2024(4.3%).(6)The country's economic downfall might have accounted for this worsening of the situation during the 2022-2023 period, which was preceded by the COVID-19 pandemic. Poor understanding among families about healthy, low-cost food available in the local community might have been a reason for this, and it needs to be further evaluated and addressed. The situation was more in the 13–15-year group compared to the 16-17 group in both surveys

WATER

	16-17 years	13-15 years	Total(13-17 years)
Female	2	3.9	3.4
Male	4.9	5.5	5.3
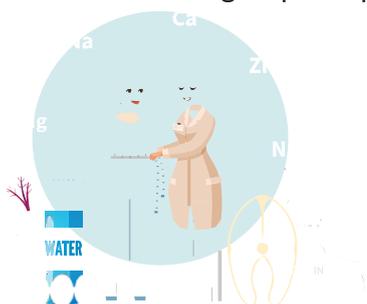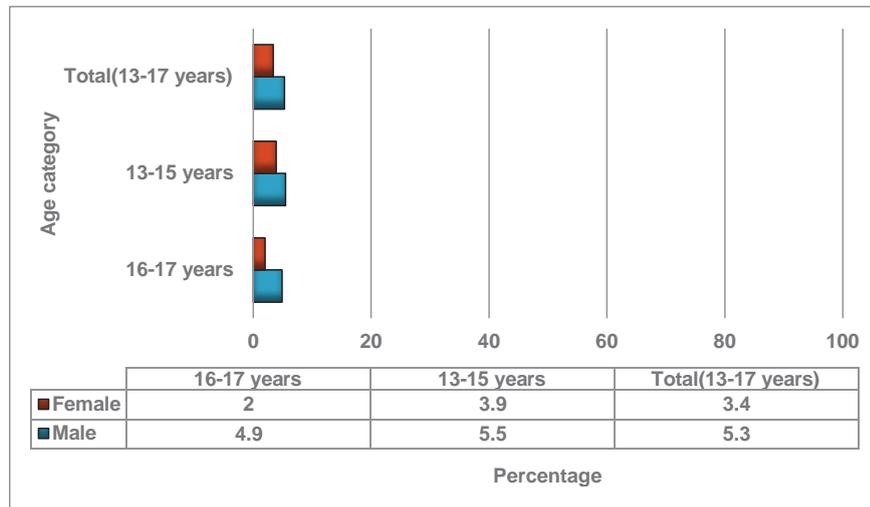
Percentage

Figure 3.3 a: Percentage of students who most of the time or always went hungry, because there was not enough food in their home during the 30 days before the survey, by sex and age

Over 60% of respondents (63.4%) reported having never experienced hunger due to insufficient food in their homes during the past 30 days (Figure 3.3 b).

	16-17 years	13-15 years	Total(13-17 years)
Never	64.9	62.8	63.4
Rarely	21.3	18.7	19.3
Sometimes	10.4	13.9	13
Most of the time	2.6	2.3	2.4
Always	0.7	2.3	1.9

Percentage
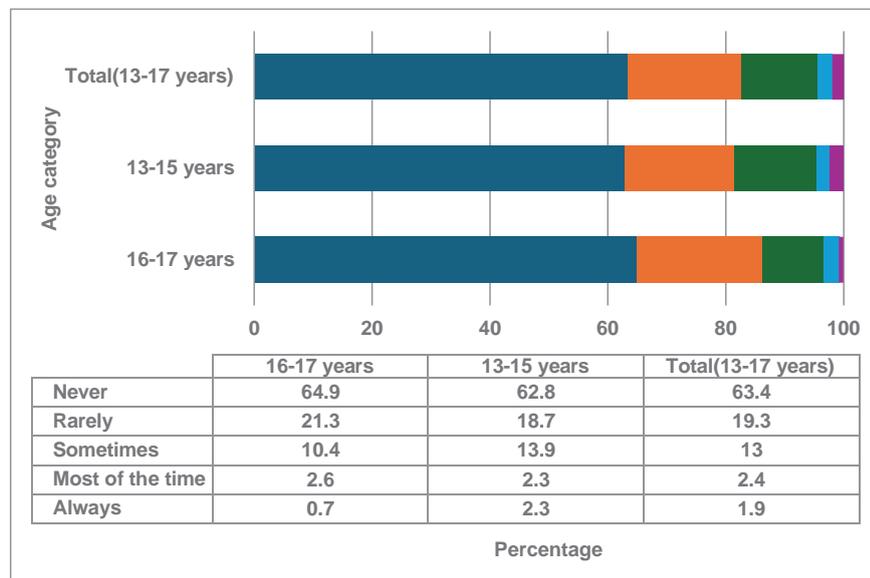
Figure 3.3 b: Distribution of students by status of going hungry during the past 30 days because there was not enough food in their home, by age

3.3.2 Body Mass Index (BMI), Underweight, Overweight and Obese

Underweight, overweight, and obese were identified by calculating BMI.

Underweight status among students

Of the respondents, 21.4% were underweight, while the percentage among males was 27.2% and among females 15.8% (Figure 3.3 c), depicting that the prevalence of underweight is significantly high among male students (p<0.001) compared to females. When two age groups were considered, percentages were similar, with 21.5% among 13-15 years and 21% among 16-17 years (p=0.767).

	16-17 years	13-15 years	Total(13-17 years)
Female	15.1	16	15.8
Male	27.4	27.1	27.2
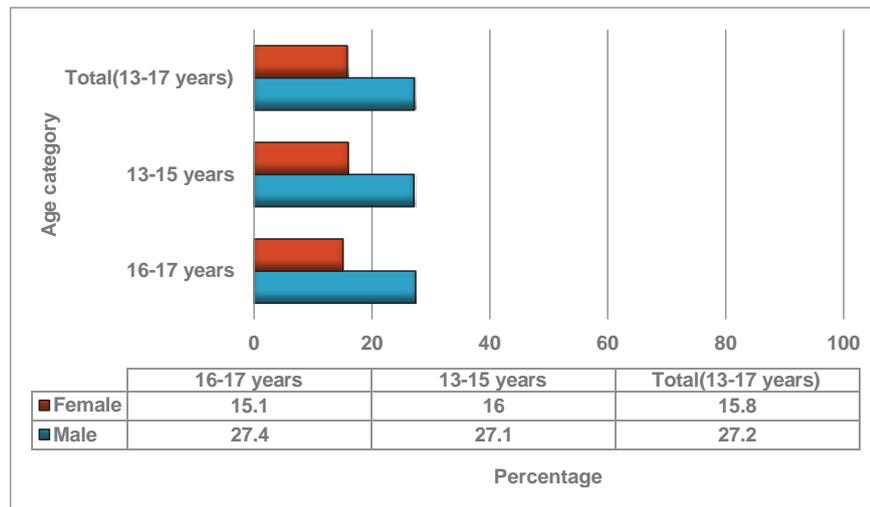
Percentage

Figure 3.3 c: Percentage of students who were underweight (less than -2SD from median for BMI), by sex and age

Overweight status among students

Of the respondents, 12.1% were overweight, with more than +1SD from the median BMI for age and sex. Among males, it was 11.5%, while among females, it was 12.7% (p=0.534) [Figure 3.3 d].

It was 12.6% among the 13-15 age group, while 10.9% among the older age group (16-17 years) [p=0.242].

	16-17 years	13-15 years	Total(13-17 years)
Female	10.9	13.4	12.7
Male	10.9	11.8	11.5
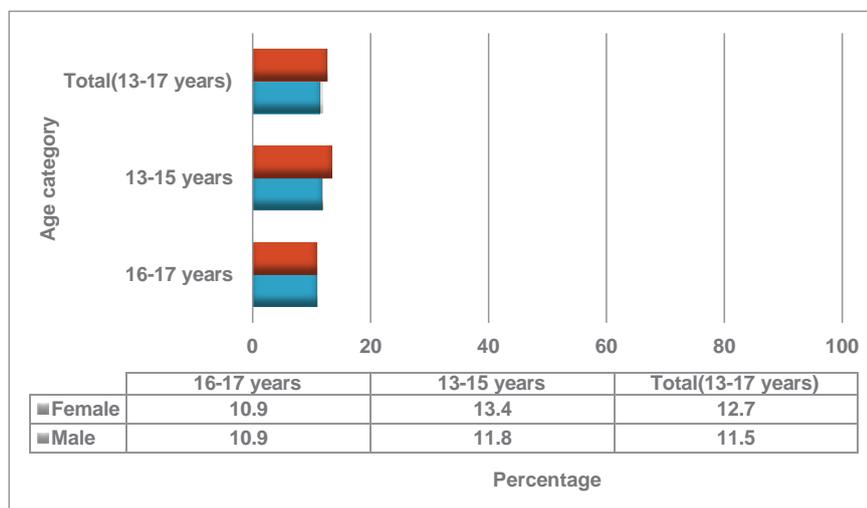
Percentage

Figure 3.3 d: Percentage of students who were overweight (>+1SD from the median for BMI), by sex and age

Obese status among students

The percentage of obese students with more than +2SD from median BMI (by sex and age) was 3.0%, with 3.1% among males and 2.9% among females (p=0.976) [Figure 3.3 e].The younger age group (13-15 years) had a higher percentage (3.4%) than the 16-17 age group (2%) [p=0.106].

	16-17 years	13-15 years	Total(13-17 years)
Female	1.5	3.5	2.9
Male	2.6	3.3	3.1
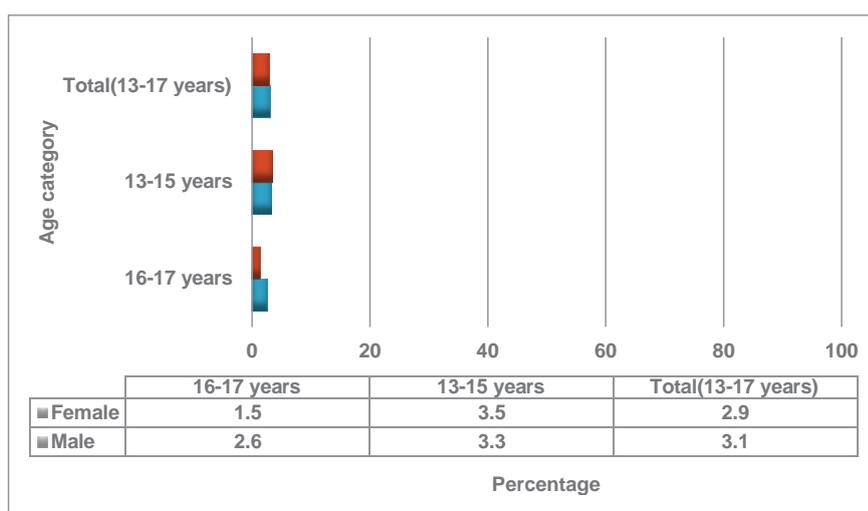
Percentage

Figure 3.3 e: Percentage of students who were obese (>+2SD from the median for BMI), by age and sex

In the National Nutrition and Micronutrient Survey conducted in 2022 among 10- 17-year-old age group, underweight, overweight, and obese were 25.2%, 7.9% and 4% while in present GSHS 2024, 21.4% were underweight, 12.1% were overweight, and 3% were obese. Differences in age groups might have partially contributed to the differences between the two surveys (8). Overweight has increased, and underweight and obesity have reduced over two years. In addition to the differences in age groups, the increase in unhealthy food consumption might have been due to the present economic downturn, and unhealthy lifestyles might have accounted for these trends.

In both surveys, the prevalence of overweight was higher among females, while underweight and obesity were higher among males. In 2022, underweight individuals were 27.9% among males and 22.5% among females. The percentage of overweight individuals was 6.2% among males and 9.4% among females, while obesity rates were 7.5% among males and 1.2% among females (8). In the present study, the percentage of underweight individuals was 27.2% among males and 15.8% among females. The percentage of overweight individuals was 11.5% among males and 12.7% among females, while obesity rates were 3.1% among males and 2.9% among females. Comparing the 2016 survey with the current survey was not possible as height and weight were not measured in 2016.

Stunting status among students

Percentage of stunting was 10.9%. It was 11% among males and 10.8% among females.

According to the World Health Organization, a healthy diet low in fat, sugar, and sodium should include over 400 grams of fruits and vegetables daily to enhance overall health and lower the risk of specific non-communicable diseases.

3.3.3 Fruit and vegetable consumption

Fruit consumption

Among the respondents, 24.9% reported not consuming fruit in the seven days prior to the survey, with 24.1% of males and 25.7% of females indicating they did not eat fruit (p=0.323) [Figure 3.3 f]. Notably, the prevalence of not consuming fruit was higher in the 16-17 age group at 27.5%, compared to 23.9% in the younger age group of 13-15 years (p=0.065).

	16-17 years	13-15 years	Total(13-17 years)
Female	28.5	24.6	25.7
Male	26.4	23.2	24.1
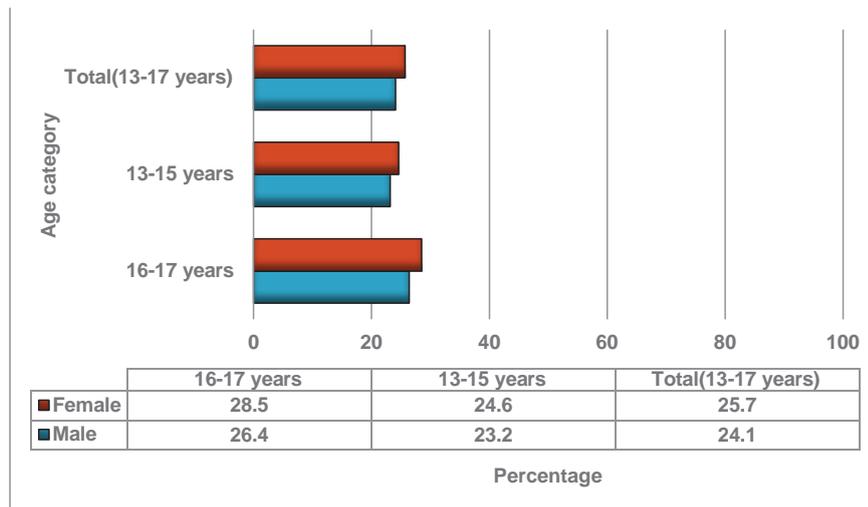
Percentage

Figure 3.3 f: Percentage of students who did not eat fruit (during the 7 days before the survey), by sex and age

In the past 7 days, the consumption of fruit 1 to 3 times was reported at 32.4% overall, with 31.1% among those aged 13 to 15 years and a significant higher percentage of 35.8% among those aged 16 to 17 years (p=0.005) [Figure 3.3 g].

	16-17 years	13-15 years	Total(13-17 years)
I did not eat fruits during the past 7 days	27.5	23.9	24.9
1 to 3 times during the past 7 days	35.8	31.1	32.4
4 to 6 times during the past 7 days	12.6	11.5	11.8
1 time per day	12.6	16.4	15.4
2 times per day	7	8.7	8.3
3 times per day	2.1	4.4	3.8
4 or more times per day	2.5	3.9	3.5

Percentage
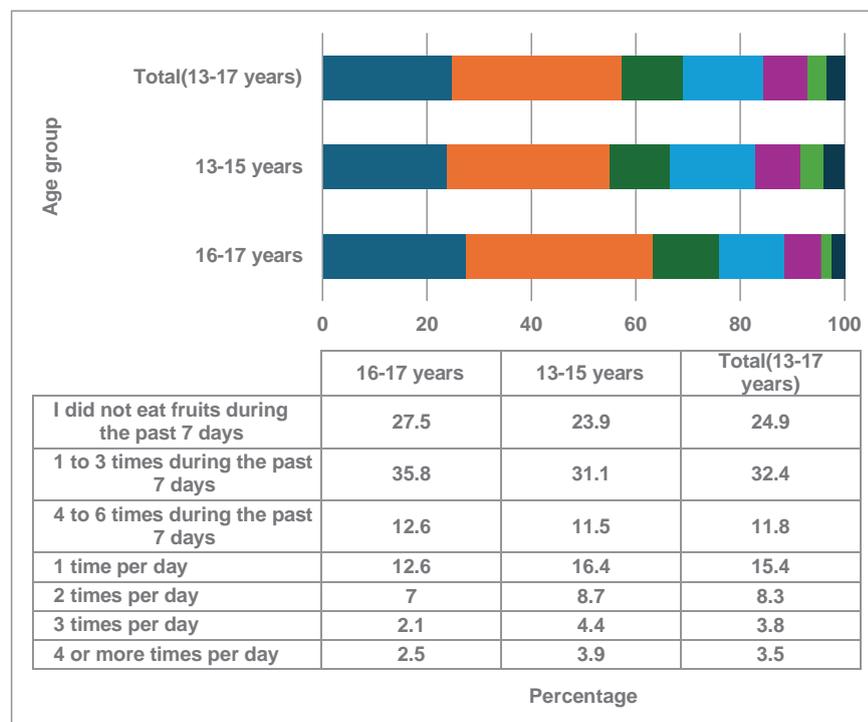
Figure 3.3 g: Pattern of consumption of fruit among students during the past 7 days, by age

Vegetable consumption

Among the respondents, 3.1% reported not eating vegetables during the seven days preceding the survey. This includes 2.7% of males and 3.5% of females (p=0.458) [Figure 3.3 h].The percentages were similar across both age groups, with 3% of those aged 13 to 15 years and 3.2% of those aged 16 to 17 years reporting that they did not consume vegetables within the past week (p=0.790).

	16-17 years	13-15 years	Total(13-17 years)
■ Female	4.6	3	3.5
■ Male	1.7	3.2	2.7
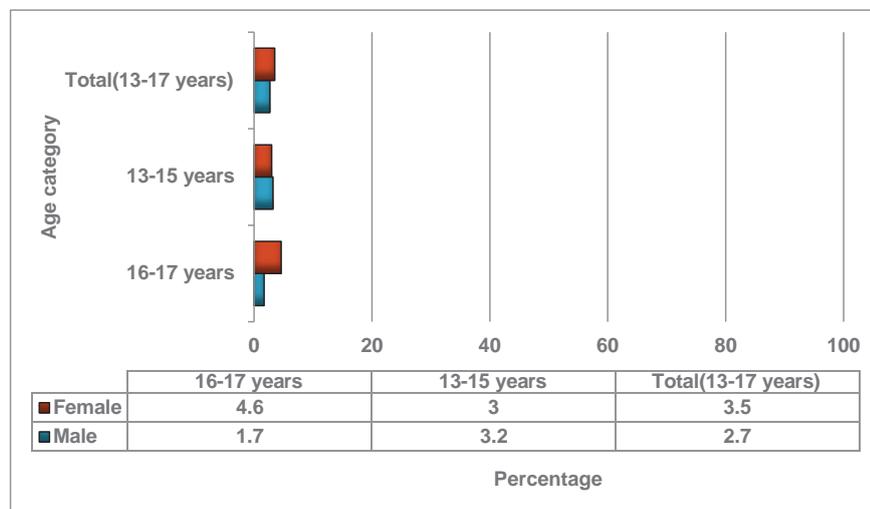
Percentage

Figure 3.3 h: Percentage of students who did not eat vegetables during the 7 days before the survey, by sex and age

Those who consumed vegetables 4-6 times over the past seven days were 20.3% (Figure 3.3 i), while those who consumed vegetables three or more times a day for the past 7 days accounted for 26.1%.

	16-17 years	13-15 years	Total(13-17 years)
I did not eat vegatables during the past 7 days	3.2	3	3.1
1 to 3 times during the past 7 days	21.3	20.5	20.7
4 to 6 times during the past 7 days	23.3	19.2	20.3
1 time per day	13.1	13	13
2 times per day	17.4	16.6	16.8
3 times per day	15.9	18.6	17.8
4 or more times per day	5.9	9.2	8.3

Percentage
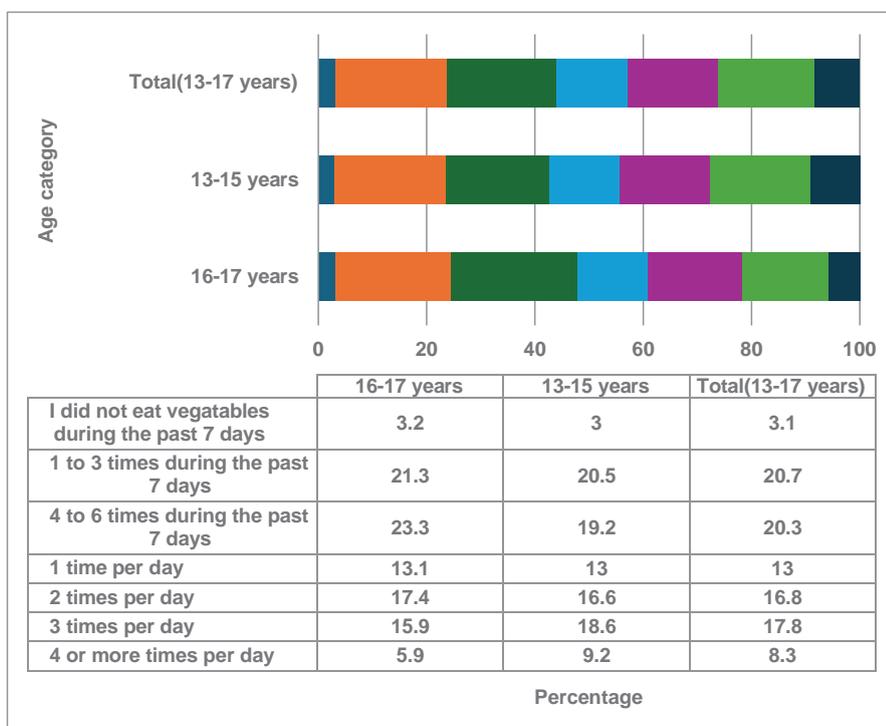
Figure 3.3 i: Pattern of consumption of vegetables among students during the past 7 days, by age

In the present GSHS, vegetable and fruit consumption was substandard, with 24.9% had not consumed fruits in the preceding 7 days of the survey and 3.1% had not eaten vegetables in the previous 7 days. A meaningful comparison with 2016 GSHS is not possible as the 2016 assessment was for the last 30 days, during which 7.1% of respondents did not eat fruit, and 1.7% of individuals did not eat vegetables. (6)

Consumption of carbonated drinks (excluding diet soft drinks)

Of the respondents, 17.4% reported consuming carbonated soft drinks once or more daily over the past week. This was 19.2% among males and 15.6% among females (Figure 3.3 j), which was significantly different (p=0.015). It was higher among the lower age group, with 18.9% of students aged 13 to 15 and 13.3% of students aged 16 to 17 consuming carbonated soft drinks once or more daily. There is a statistically significant difference between these 2 groups as well (p<0.001).

	16-17 Years	13-15 Years	Total (13-17 Years)
■ Female	10.1	17.7	15.6
■ Male	16.7	20.2	19.2
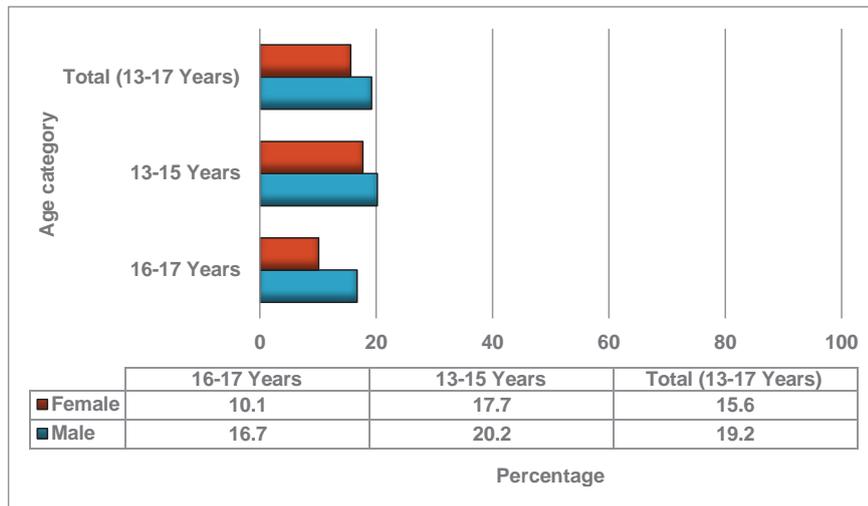
Percentage

Figure 3.3 j: Percentage of students who drank carbonated soft drinks one or more times per day, excluding diet soft drinks during the 7 days before the survey, by sex and age

However, most students, 41.6%, responded that they had not drunk carbonated soft drinks during the past 7 days (Figure 3.3 k).

	16-17 Years	13-15 Years	Total (13-17 Years)
I did not drink carbonated soft drinks during the past 7 days	38.1	42.9	41.6
1 to 3 times during the past 7 days	40	31.6	33.9
4 to 6 times during the past 7 days	8.6	6.5	7.1
1 time per day	7.5	12.3	11
2 times per day	2.6	3.5	3.3
3 times per day	1.7	1.7	1.7
4 or more times per day	1.5	1.4	1.4

Percentage
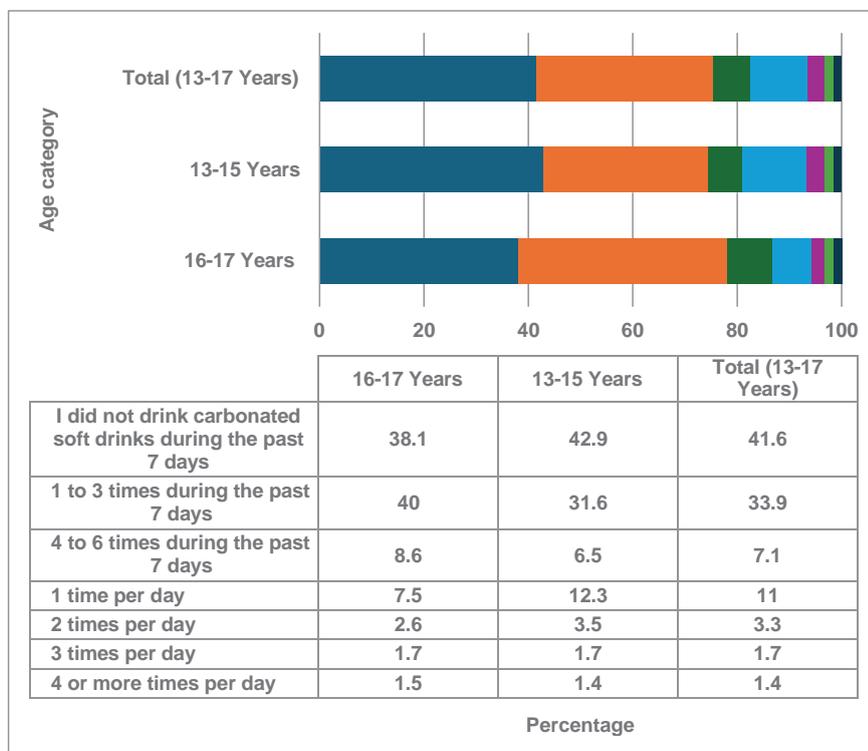
Figure 3.3 k: Pattern of consumption of carbonated soft drinks among students during the past 7 days by age

The consumption of carbonated soft drinks among school students is a noteworthy concern, particularly given the varying rates observed across different age groups. Specifically, 18.9% of students aged 13-15 and 13.3% of those aged 16-17 report consuming these beverages at least once a week. However, direct comparisons with data from the Global School-Based Student Health Survey (GSHS) 2016 are challenging, as that study focused on consumption over the preceding 30 days. In that period, a significant portion of students 26.2% indicated daily consumption of carbonated soft drinks, with 27% of the younger age group (13-15 years) and 24.6% of the older group (16-17 years) participating in this behaviour.(6)

Further insights from the National Youth Health Survey conducted in 2012-2013 revealed that a striking 53.8% of participants aged 15-19 consumed carbonated beverages (8). The current study indicates a slight positive downward trend in consumption compared to these prior studies, suggesting that increased awareness regarding the health risks associated with carbonated soft drinks may be having a beneficial impact or increasing the cost of these items. Further, adolescents would be a bit concerned and follow the traffic light on the food labels.

To continue this positive trend, it is crucial to implement more robust measures such as restrictions on advertising and sales of these products within and near school environments. Such strategies are essential to further reduce consumption rates and promote healthier choices among students.

Consumption of sugar-sweetened drinks

Those who drank sugar-sweetened drinks one or more times a day (excluding carbonated soft drinks and diet or calorie drinks) during the past seven days were 28%, 29% among males and 26.9% among females (p=0.236) [Figure 3.3 l]. In the 13–15 age group, the proportion was 29.6%, while in the 16–17 age group, it was 23.9% and it was a significant difference (p=0.001).

	16-17 Years	13-15 Years	Total (13-17 Years)
■Female	20.6	29.3	26.9
■Male	27.2	29.6	29
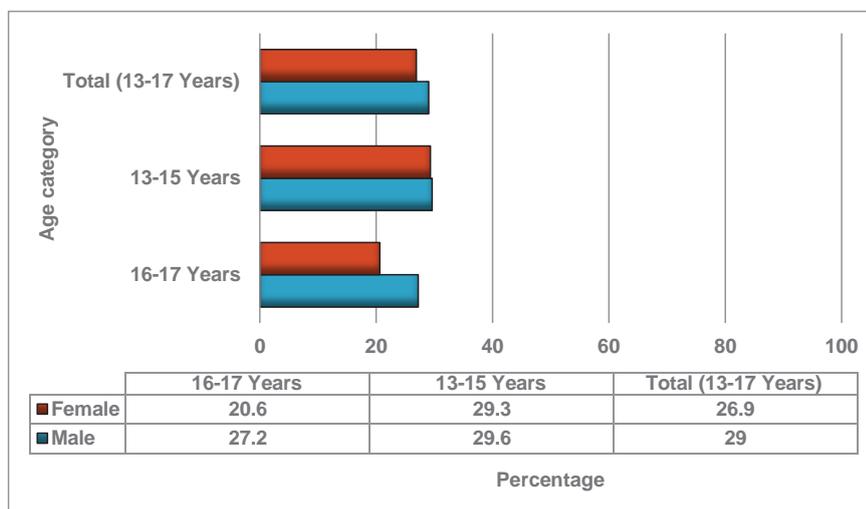
Percentage

Figure 3.3 l: Percentage of students who drank sugar-sweetened drinks one or more times per day, excluding carbonated soft drinks and diet or no-calorie drinks, during the 7 days before the survey, by sex and age

The percentage of students who did not drink sugar-sweetened drinks (excluding carbonated soft drinks and diet or no-calorie drinks) during the 7 days before the survey was 31.8% (Figure 3.3 m).

	16-17 Years	13-15 Years	Total (13-17 Years)
I did not drink carbonated soft drinks during the past 7 days	29.8	32.6	31.8
1 to 3 times during the past 7 days	36.3	28.3	30.4
4 to 6 times during the past 7 days	10	9.6	9.7
1 time per day	12.1	15.8	14.8
2 times per day	7.5	8.3	8.1
3 times per day	2.2	3	2.8
4 or more times per day	2	2.4	2.3

Percentage
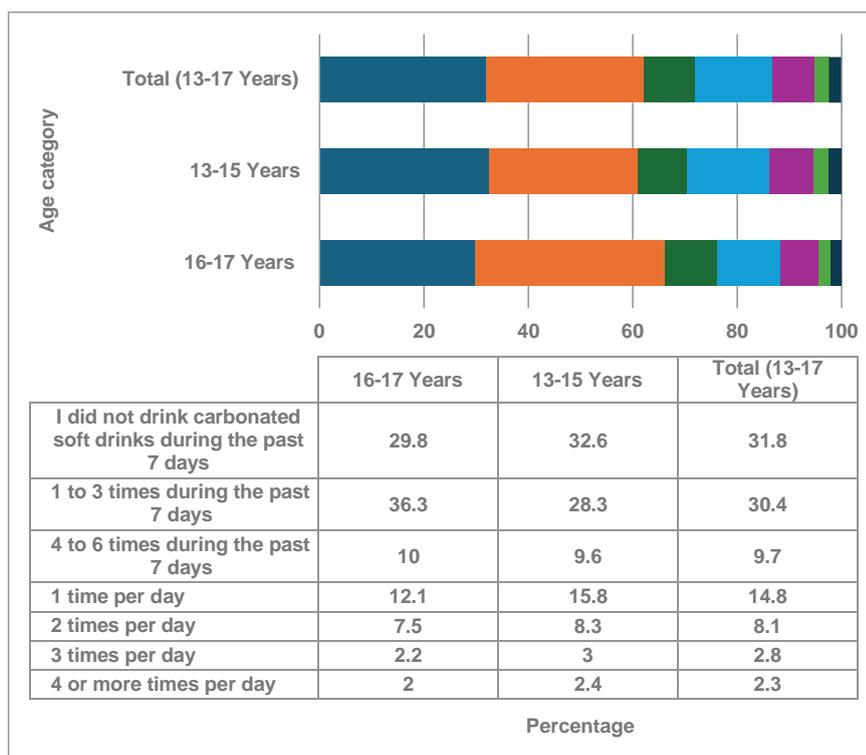
Figure 3.3 m: Pattern of consumption of sugar-sweetened drinks among students during the past 7 days, by age

The study revealed that a notable proportion of students reported consuming sugar-sweetened drinks regularly. Specifically, 28% indicated they had these beverages one or more times per day over the previous week, while a significant 68.2% consumed them at least once during that same period. Data on sugar-sweetened drink consumption was not evaluated in 2016. However, in 2016 energy drink consumption over the last 30 days was reported by 12.9% of students, with males exhibiting a slightly higher consumption rate at 13.6%, compared to 11.9% among females.(6)These findings highlight trends in beverage consumption among students that warrant further investigation.

Consumption of salty food and snacks

Out of respondents, 28.5% had consumed salty foods or snacks one or more times per day during the 7 days before the survey, 29.4% among males and 27.4% among females (p=0.211) [Figure 3.3 n]. Higher percentages were seen among the 13–15 age group (31.1 %) compared to the 16–17 age group (21.1%) which was statistically significant (p<0.001).

	16-17 Years	13-15 Years	Total (13-17 Years)
Female	20.4	30.1	27.4
Male	21.9	32.1	29.4
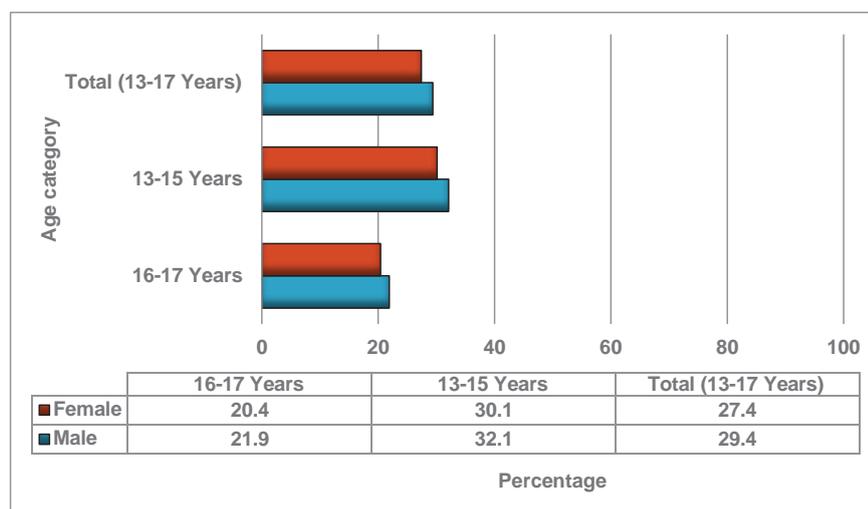
Figure 3.3 n: Percentage of students who ate salty foods or snacks one or more times per day during the 7 days before the survey, by sex and age

A majority, specifically 36.8%, reported consuming salty foods or snacks 1 to 3 times in the past seven days (Figure 3.3 o).

	Male	Female	Total (13-17 Years)
I did not eat salty food or snacks during the past 7 days	21.1	19.1	20
1 to 3 times during the past 7 days	34.7	38.9	36.8
4 to 6 times during the past 7 days	14.8	14.6	14.7
1 time per day	14.3	14.5	14.5
2 times per day	6.7	4.2	5.4
3 times per day	5.3	5	5.1
4 or more times per day	3.1	3.7	3.4

Percentage
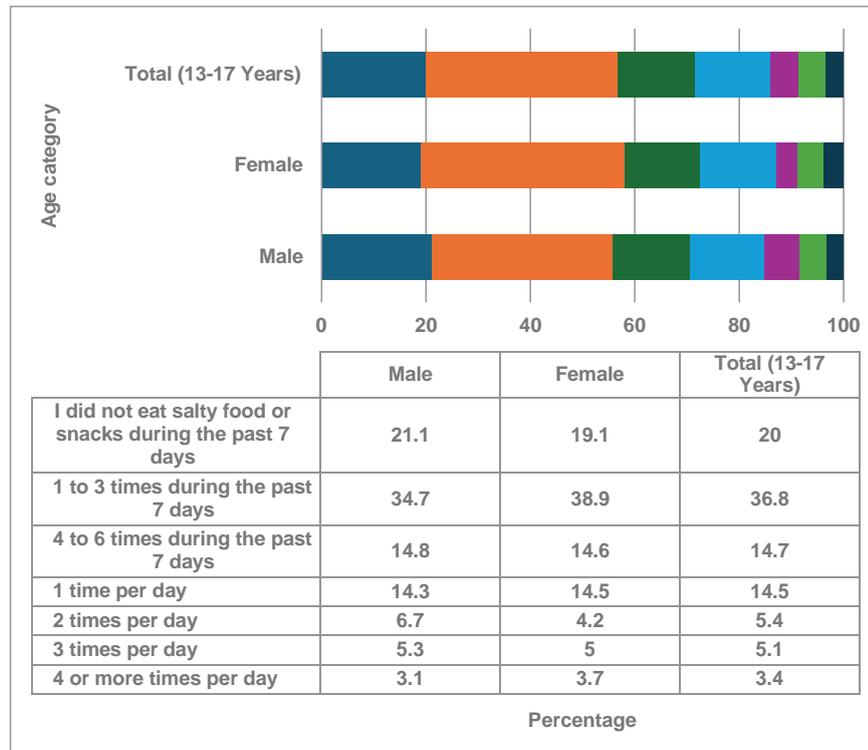
Figure 3.3 o: Pattern of consumption of salty foods or snacks among students during the past 7 days, by age

In the survey conducted, 28.5% of participants reported consuming salty food one or more times per day throughout the week. The National Youth Health Survey 2012 indicates that 24.5% of youth aged 15-19 years have consumed food items with high salt content in the previous month (9) A cross sectional study done among 630 students in Monaragala education zone, on unhealthy snacking portraits that 22.2% of school students do unhealthy snacking and that there is a significant association between the consumption of unhealthy food items and close proximity to food outlets [100m – p=0.031, 200m – p=0.033(10)

Addressing this and developing necessary policies may pave the way to a change in this trend.

Consumption of high-fat food

The percentage of students who ate high-fat food one or more times per day on all days during the past seven days was 29.3%, with 31.7% among males and 27% among females (Figure 3.3 p) having a significant difference between the sexes (p=0.004).

The younger age group, aged 13 to 15, had a higher percentage of 30.8% compared to the 16 to 17-year-old group, which was 25.3%. A chi square test indicated a statistically significant difference in these two age categories (p=0.008).

	16-17 Years	13-15 Years	Total (13-17 Years)
Female	21.4	29	27
Male	29.4	32.5	31.7
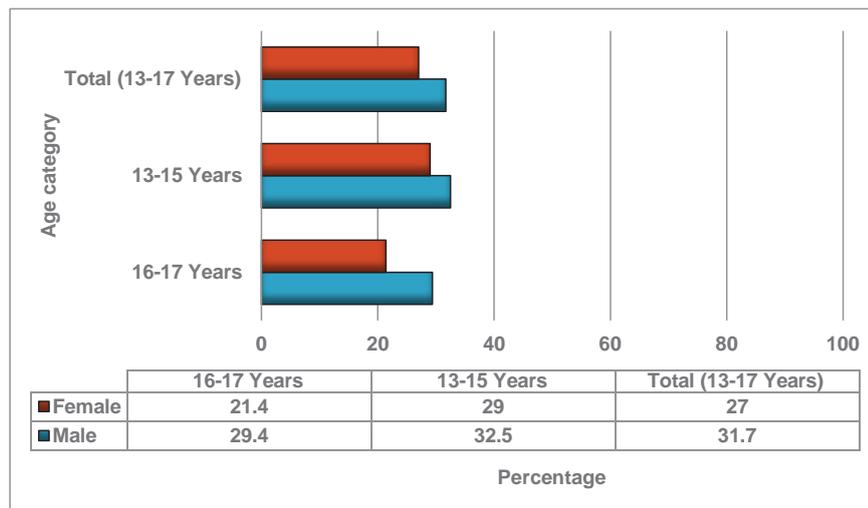
Percentage

Figure 3.3 p: Percentage of students who ate foods high in fat one or more times per day during the 7 days before the survey, by sex and age

A majority of 38.9% consumed high-fat food 1 to 3 times in the past seven days (Figure 3.3 q).

	16-17 Years	13-15 Years	Total (13-17 Years)
I did not eat foods high in fat during the past 7 days	11.3	14.7	13.8
1 to 3 times during the past 7 days	43.6	37.1	38.9
4 to 6 times during the past 7 days	19.8	17.4	18.1
1 time per day	13.8	16	15.4
2 times per day	5.8	7.6	7.1
3 times per day	3.1	4	3.8
4 or more times per day	2.5	3.2	3

Percentage

Figure 3.3 q: Pattern of consumption of foods high in fat among students during the past 7 days, by age

It's important to note that the consumption of high-fat food was not assessed in the GSHS 2016 report.

Consumption of high-sugar food

Among the respondents, 40.9% reported consuming foods high in sugar, such as cakes, traditional sweetmeats such as Kevum, biscuits, ice cream, or sweets such as toffees or chocolates one or more times per day in the week leading up to the survey. This percentage was higher for males, at 42.6%, compared to 39.3% for females (p=0.083) [Figure 3.3 r]. It was markedly high (p=0.037), 42.1% among those aged 13 to 15 compared to those among 16 to 17 years (37.7%), indicating a comparatively higher prevalence among the younger age group.

	16-17 Years	13-15 Years	Total (13-17 Years)
■ Female	35.4	40.7	39.3
■ Male	40.2	43.5	42.6
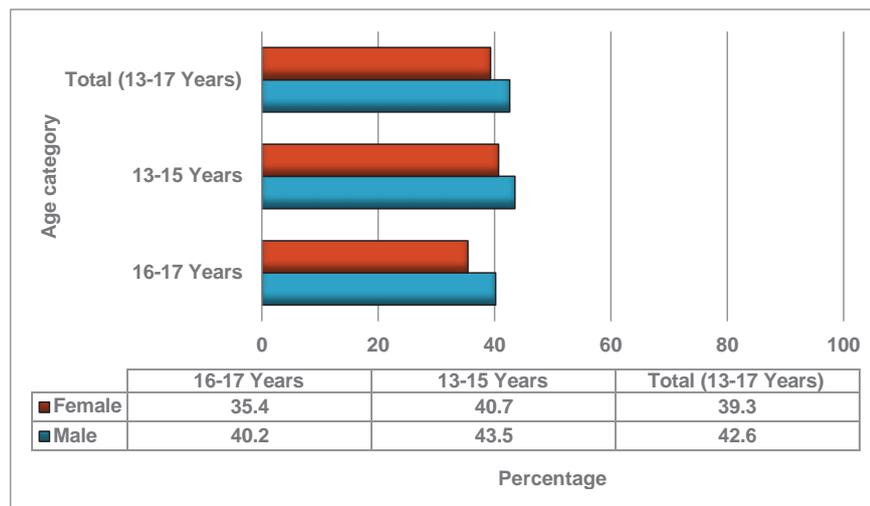
Figure 3.3 r: Percentage of students who ate foods high in sugar one or more times per day during the 7 days before the survey, by sex and age

Nearly 7% of participants reported not having consumed any sugary foods in the past seven days (Figure 3.3 s).

	16-17 Years	13-15 Years	Total (13-17 Years)
I did not eat sugary foods during the past 7 days	4.8	7.5	6.8
1 to 3 times during the past 7 days	29.8	27.5	28.2
4 to 6 times during the past 7 days	27.7	22.8	24.2
1 time per day	17.2	17.6	17.5
2 times per day	9.7	10.8	10.5
3 times per day	6	6.8	6.6
4 or more times per day	4.8	6.9	6.3

Percentage
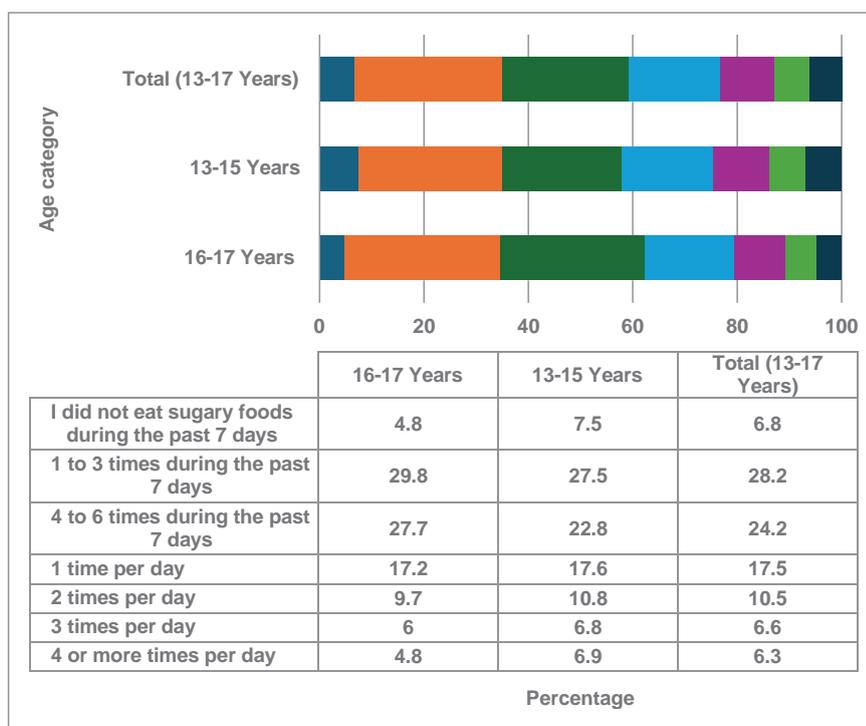
Figure 3.3 s: Pattern of consumption of foods high in sugar among students during the past 7 days by age

Consumption of high sugar food also has not been assessed in GSHS 2016.

Consumption of food from a local roadside restaurant, boutique, choon Paan, or fast food restaurant

Percentage of students who ate at least one meal/snack from a local roadside restaurant boutique, Choon Paan, or fast food restaurant on one or more days during the past 7 days was 70.4% with a significant difference (p=0.017) among males (72.9%) and 67.9% females (67.9%) [Figure 3.3 t]. In the older age group (16-17 years old), the percentage (71.8%) was higher than that of the 13 to 15-year-old age group (69.8%) [p=0.529].

Previous survey conducted in 2016 indicated that only 41.7% of participants had eaten meals from fast food restaurants during the same time frame.(6) This did not include consumption of food from roadside restaurant, boutique and choon paan as in our survey.

	16-17 Years	13-15 Years	Total (13-17 Years)
Female	66.2	68.6	67.9
Male	77.9	71.1	72.9
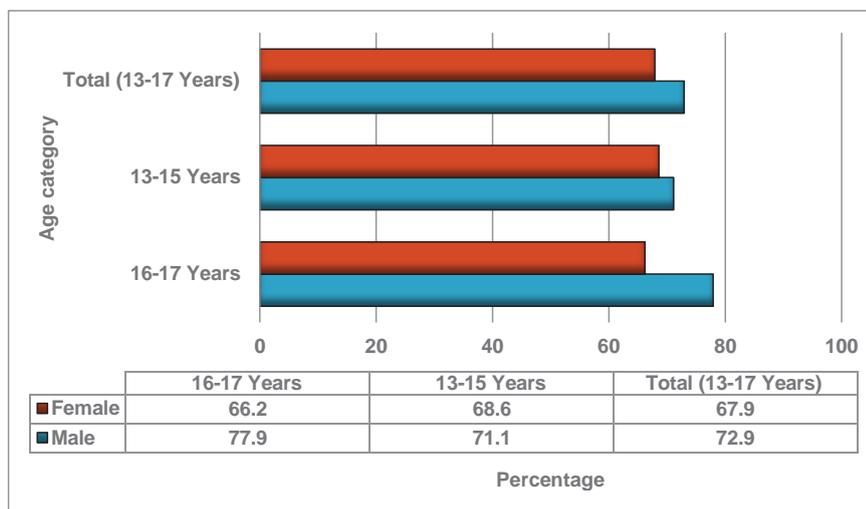
Percentage

Figure 3.3 t: Percentage of students who ate at least one meal or snack from a local roadside restaurant, boutique, Choon Paan, or fast-food restaurant on one or more days during the 7 days before the survey, by sex and age

	16-17 Years	13-15 Years	Total (13-17 Years)
0days	28.2	30.2	29.6
1day	21.4	25.6	24.5
2days	21.3	19.2	19.8
3days	14	13.1	13.4
4days	7.5	5.6	6.1
5days	4.7	3.4	3.7
6days	0.6	0.8	0.8
7days	2.3	2	2.1
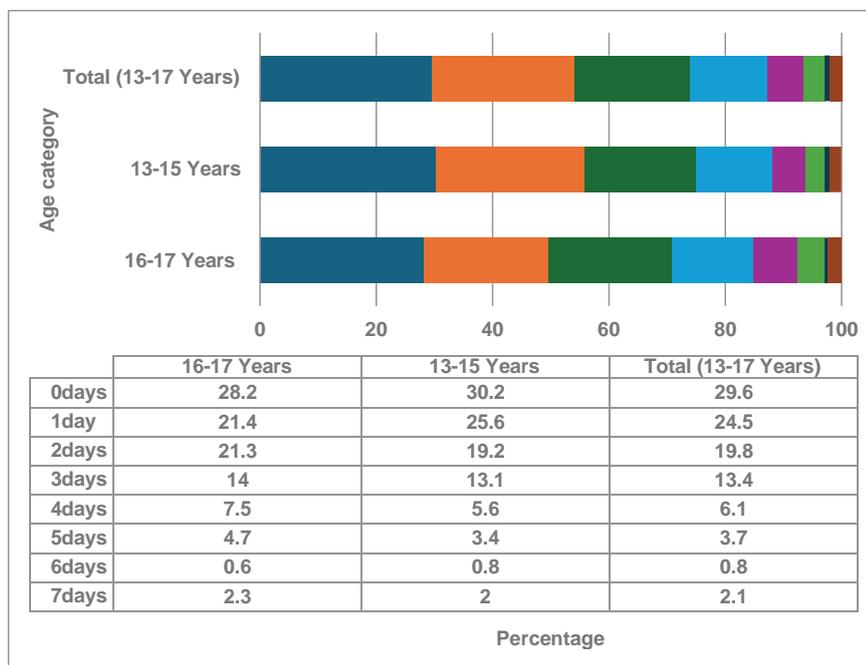
Percentage

Figure 3.3 u: Pattern of consumption of from a local roadside restaurant, boutique, Choon Paan, or fast food restaurant among students during the past 7 days, by age

Skipping breakfast

The percentage of students who did not eat breakfast because there was not always food available at home in the seven days prior to the survey was 1.8%. This issue was slightly more prevalent among females, with 1.9% compared to 1.6% for males (p=0.381) [Figure 3.3 v]. Additionally, the younger age group of 13 to 15 years had a slightly higher percentage of 1.9%, while the 16 to 17 years age group had a lower percentage of 1.4% (p=0.374).

	16-17 years	13-15 years	Total(13-17 years)
■ Female	1.4	2.2	1.9
■ Male	1.4	1.7	1.6
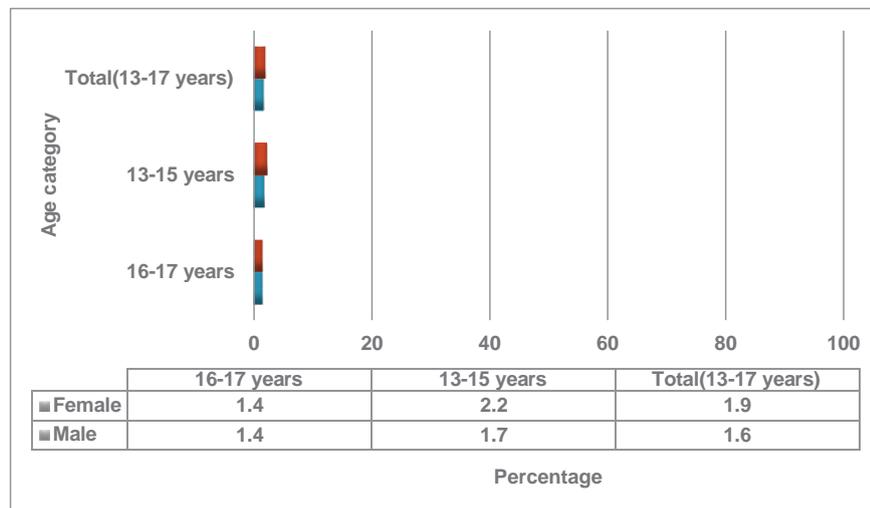
Percentage

Figure 3.3 v: Percentage of students who did not eat breakfast because there was not always food in their home for breakfast during the 7 days before the survey, by sex and age

Over 50% (51.9%) of students responded that they had consumed breakfast at home before going to school during the past seven days (Figure 3.3 w).

	16-17 years	13-15 years	Total(13-17 years)
I ate breakfast at home before going to school	49.7	52.7	51.9
I did not eat breakfast at home because I could eat breakfast at school	12.7	14.2	13.8
I did not eat breakfast because I do not have enough time	15.9	14.9	15.2
I did not eat breakfast because I cannot eat early in the morning	17.2	13.7	14.6
I did not eat breakfast because there is not always food in my home for breakfast	1.4	1.9	1.8
I did not eat breakfast for some other reason	3.1	2.5	2.7

Percentage

Figure 3.3 w: Usual pattern of eating breakfast among students during the past 7 days, by age

In the present study, 1.8% didn't eat breakfast since there was no food always at home during the past 7 days, while it had been 4.2% for the past 30 days in 2016.(6) The cause for the differences may be the difference in the duration of the assessment.

3.4 Physical activity

Physical activity at a glance

Percentage of students (13-17 years old) who:

Were physically active for at least 60 min/day on all 7 days	11.9%
Spent 3 or more hours/day doing sitting activities	43.9%
Did not walk or ride a bike to school	42.5%
Did not attend physical education classes	49.4%

Adolescents between 11 and 19 years old should aim for a daily total of at least 60 minutes of physical activity that ranges from moderate to vigorous intensity. This routine should also involve muscle and bone-strengthening exercises on at least three days each week, along with flexibility activities on five days a week for optimal health benefits (11). The recommended level of physical activity for adolescents in Sri Lanka is at least 60 minutes of either moderate-vigorous intensity aerobic physical activity per day, every day of the week(11).

The percentage of students who were physically active for at least 60 minutes per day on all 7 days during the past 7 days was 11.9%, with 14.3% among males and 9.5% among females (Figure 3.4 a) showing a notable difference between the two sex (p<0.001). The percentages were similar in both age groups: 11.9% in the 13- 15 year group and 11.7% in the 16- 17 year group (p=0.676).

	16-17 years	13-15 years	Total(13-17 years)
Female	8.8	9.8	9.5
Male	14.8	14.1	14.3
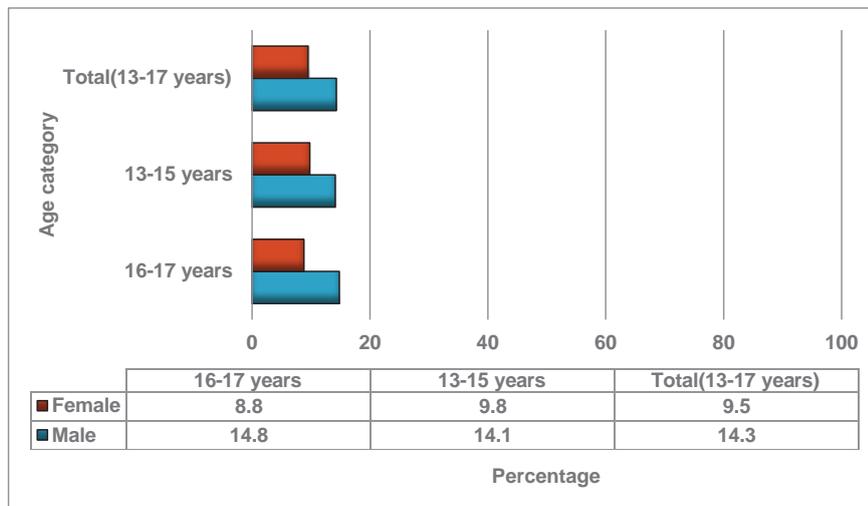
Percentage

Figure 3.4 a: Percentage of students who were physically active for a total of at least 60 minutes per day on all 7 days during the 7 days before the survey, by sex and age

The percentage of students who were not physically active for at least 60 minutes per day for all seven days preceding the survey was 88.1%. Among these students, the percentages were 85.7% for males and 90.5% for females (Figure 3.4 b) which was significant (p<0.001).

In the age group of 13 to 15 years, the percentage was also 88.3%, while in the 16 to 17-year age group, it was slightly lower at 88% (p=0.676).

	16-17 years	13-15 years	Total(13-17 years)
■ Female	91.2	90.2	90.5
■ Male	85.2	85.9	85.7
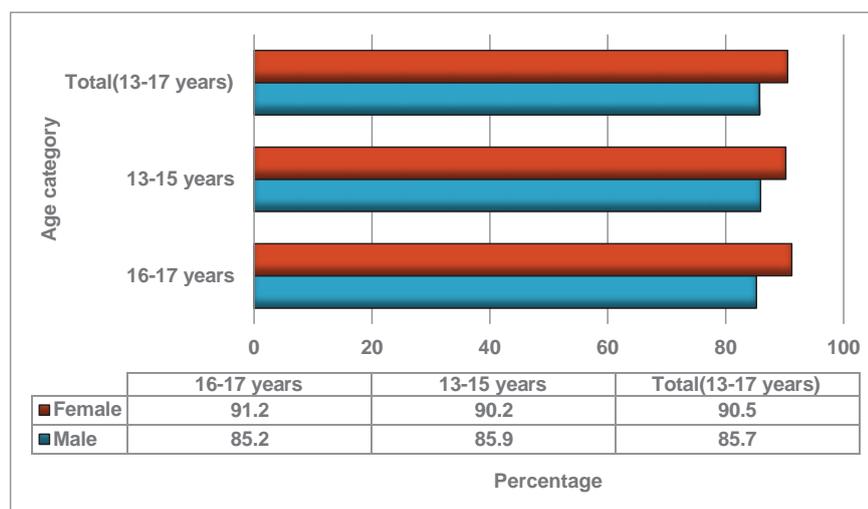
Percentage

Figure 3.4 b: Percentage of students who were not physically active for a total of at least 60 minutes per day on all 7 days during the 7 days before the survey, by sex and age

Over one fourth (29.9%) did not have physical activity of 60 minutes per day on any of the days in the past one week (Figure 3.4 c).

	16-17 years	13-15 years	Total(13-17 years)
0 days	28.8	30.3	29.9
1 day	15.7	16.8	16.5
2 days	13.8	14.2	14.1
3 days	13.1	10.6	11.2
4 days	9.1	8.1	8.3
5 days	5.2	5.7	5.6
6 days	2.6	2.5	2.6
7 days	11.7	11.9	11.9

Percentage
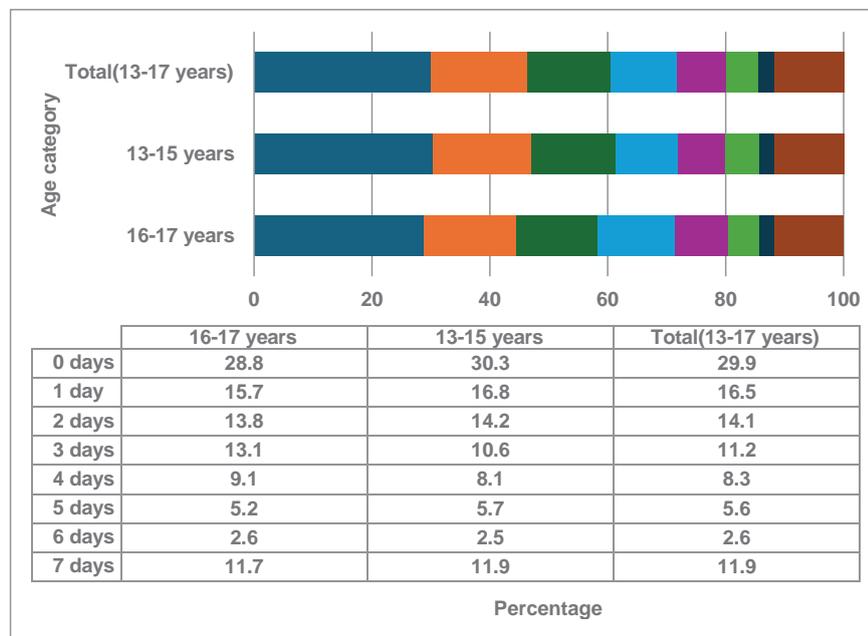
Figure 3.4 c: Pattern of number of days students were physically active for a total of at least 60 minutes per day during the past 7 days, by age

According to the GSHS 2024 survey, 88.1% of students did not meet this recommended level of physical activity (60 minutes per day, every day of the week). Specifically, 85.7% of males and 90.5% of females were not achieving the recommended activity levels.

The current findings illuminate a pressing concern regarding the decline in physical activity levels among youth, emphasizing the critical need for renewed public health initiatives. The proportion of individuals meeting the recommended satisfactory levels of physical activity has markedly decreased from 15.5% in 2016 to 11.9% in 2024.(6)

This downward trend is juxtaposed against data from the National Youth Health Survey conducted between 2012 and 2013, which documented a higher proportion of youth engaging in moderate to vigorous physical activities-16.8% reported participating for at least 60 minutes on five or more days each week (9).

National recommendations for adolescents include muscle and bone-strengthening physical activity, such as engaging in any sport or household activity at least three days a week and flexibility-maintaining activities five days per week as part of their 60 or more minutes of daily physical activity (11).

The percentage of students who engaged in exercises to strengthen or tone their muscles on three or more days in the week preceding the survey was 22.5%. This percentage varied significantly between sexes (p<0.001), with 35.5% of males and only 10% of females participating in such exercises (Figure 3.4 d).

In terms of age groups, 22% of students aged 13 to 15 reported doing these exercises on three or more days in the week, while that percentage was 23.9% among those aged 16 to 17 (p=0.349).

	16-17 years	13-15 years	Total(13-17 years)
Female	9.8	10.1	10
Male	39	34.2	35.5
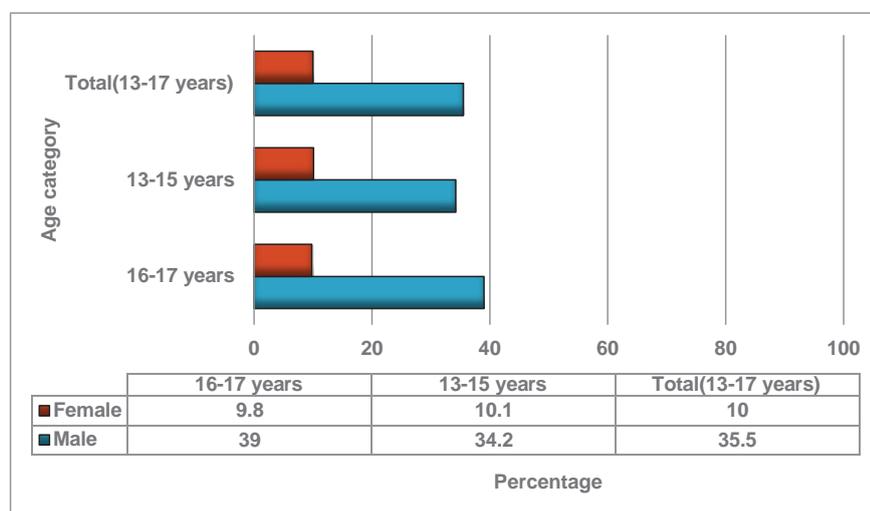
Percentage

Figure 3.4 d: Percentage of students who did exercises to strengthen or tone their muscles, on three or more days, during the 7 days before the survey, by sex and age

Over 50% of students (53.4%) had not done muscle-strengthening and toning exercises on any of the days in the past seven days (Figure 3.4 e).

	16-17 years	13-15 years	Total(13-17 years)
0 days	55.1	52.8	53.4
1 day	12	13.2	12.8
2 days	8.9	12.1	11.2
3 days	8.4	7.4	7.6
4 days	4.6	4.4	4.5
5 days	2.3	2.6	2.5
6 days	1.7	1	1.2
7 days	6.9	6.6	6.7

Percentage
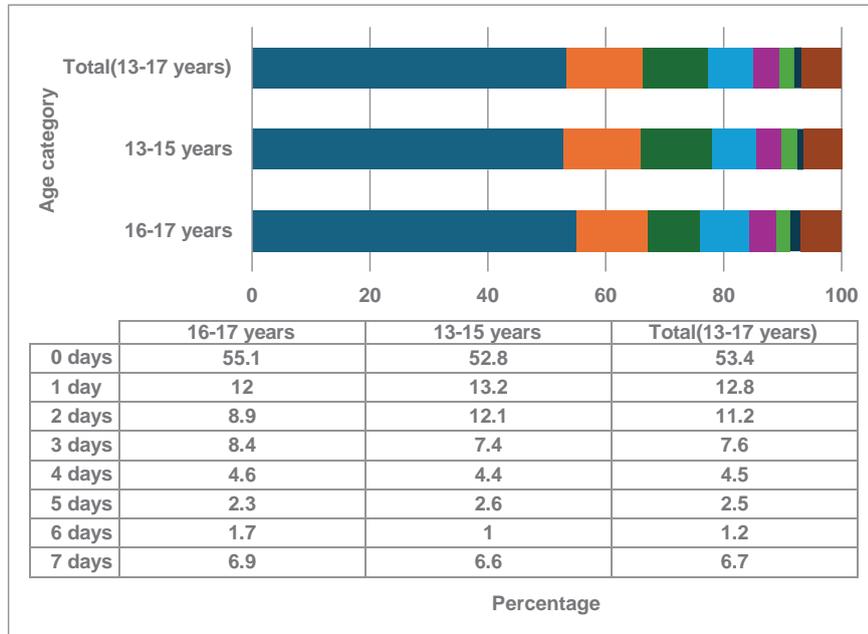
Figure 3.4 e: Number of days of conduction of muscle strengthening and toning activity during the 7 days before the survey by age

When examining the differences between males and females who did not participate in muscle and tone strengthening exercises on any day over the past week, females exhibited a much higher percentage than males, with rates of 71.5% for females and 34.8% for males (p<0.001) [Figure 3.4 f].

	Male	Female	Total
0 days	34.8	71.5	53.4
1 day	14.8	10.9	12.8
2 days	14.9	7.6	11.2
3 days	10.3	5	7.6
4 days	6.9	2.1	4.5
5 days	4.3	0.8	2.5
6 days	2.2	0.3	1.2
7 days	11.8	1.7	6.7

Percentage
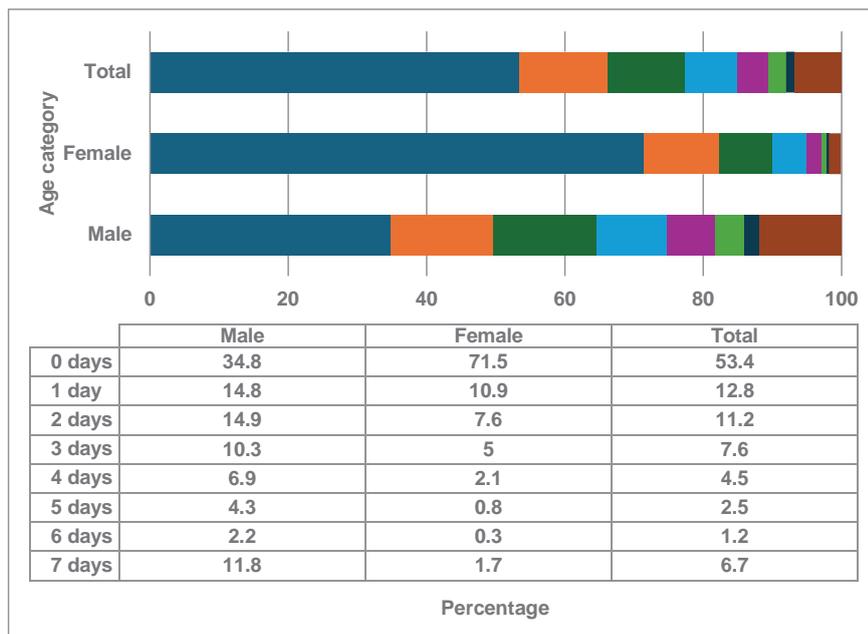
Figure 3.4 f: Number of days of conduction of muscle strengthening and toning activity during the 7 days before the survey, by sex

In the present study, only 22.5% of students reported incorporating muscle-strengthening exercises at least three times per week, as recommended by health guidelines. Notably, a significant gender disparity exists within these findings; male participants reported engagement rates of 35.5%, in stark contrast to only 10% of female participants. This represents a decline from previous findings, where participation in muscle-strengthening activities was reported at 25.5% in 2016.(6) These results also suggest exacerbating the differences between males and females in engagement. Addressing these issues is vital, as they have profound implications for adolescent's physical and mental health. It is essential to explore targeted interventions promoting physical activity among all adolescents, explicitly aiming to engage and support female students in overcoming barriers to participation.

Cycling or walking to the school

During the week before the survey, 42.5% of students did not walk or ride a bicycle to or from school. Among these students, 39.6% were male, and 45.4% were female (Figure 3.4 g). Here, too, there is a significant difference between the sexes (p=0.002). The percentage in the 13—to 15-year-old age group was 43.7%, while in the 16—to 17-year-old age group, it was 39.3%, showing a notable difference (p=0.013).

	16-17 years	13-15 years	Total(13-17 years)
Female	40.3	47.3	45.4
Male	38.2	40.1	39.6
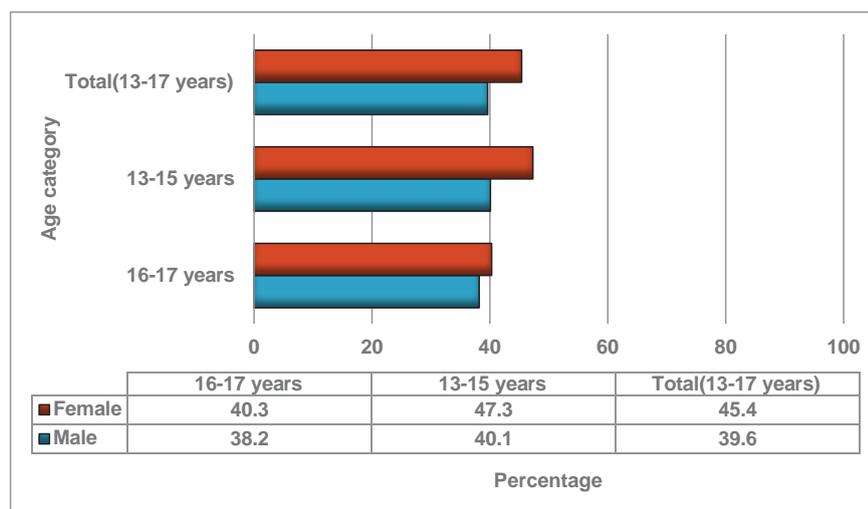
Figure 3.4 g: Percentage of students who did not walk or ride a bicycle to or from school during the 7 days before the survey, by sex and age

However, 23.4% of students walked or rode bicycles to or from school all seven days in the past week. Percentages among males and females were 24.7% and 22.2% respectively. (p=0.173) (Figure 3.4 h).

	Male	Female	Total
0 days	39.6	45.4	42.5
1 day	7.7	5.7	6.7
2 days	7.5	5.3	6.4
3 days	4.9	4	4.5
4 days	4.2	3.6	3.9
5 days	9.9	12.3	11.2
6 days	1.4	1.5	1.4
7 days	24.7	22.2	23.4

Percentage
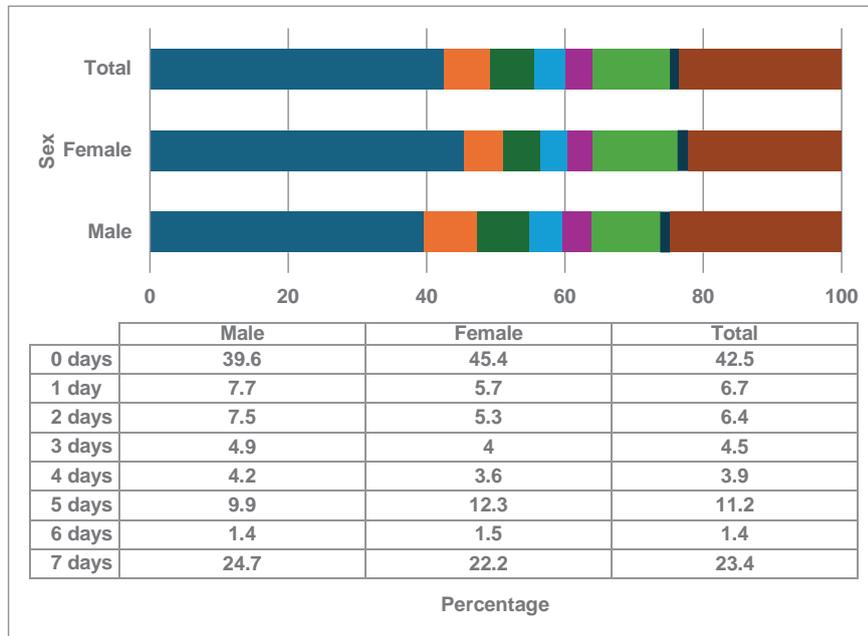
Figure 3.4 h: Frequency of walking or riding a bicycle to or from school during the 7 days before the survey, by sex

Participation in physical education classes

Physical activity classes in the school are compulsory up to grade nine.

The percentage of students who did not attend physical education class each week during this school year was 49.4%. Percentages among males and females were 45.2% and 53.5%, respectively (Figure 3.4 i), showing a significant difference (p<0.001).

There was also significantly different between 2 age groups (p<0.001). It was 45.4% amongthe13-15-year-oldgroup,whileitwas60.2%amongthe16-17-year-oldgroup.

	16-17 years	13-15 years	Total(13-17 years)
Female	64.4	49.4	53.5
Male	55.7	41.4	45.2
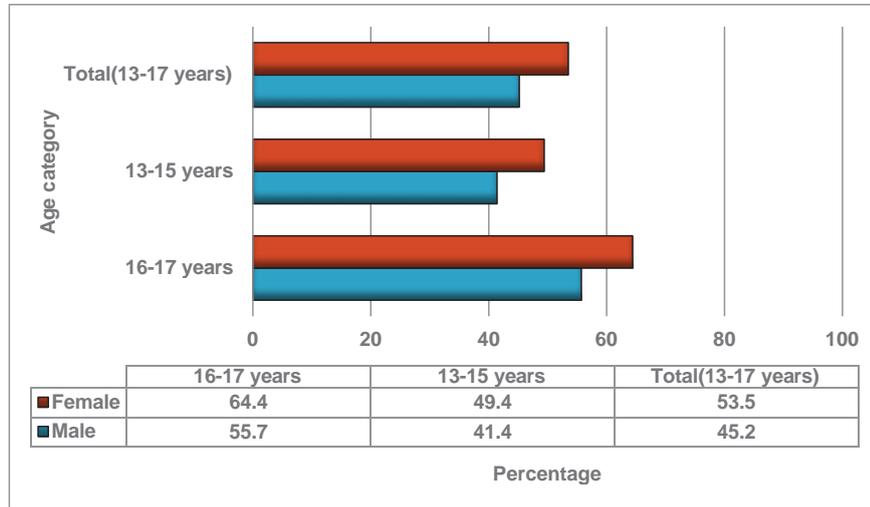
Percentage

Figure 3.4 i: Percentage of students who did not go to physical education class each week during this school year, by age and sex

The majority of 13- 15-year-olds (45.4%) and 16-17-year-olds (60.2%) responded that they did not attend physical education classes each week (Figure 3.4 j).

	16-17 years	13-15 years	Total(13-17 years)
0 days	60.2	45.4	49.4
1 day	12.1	18.8	17
2 days	9.6	13.9	12.8
3 days	6.3	8.3	7.8
4 days	3.6	3.9	3.8
5 or more days	8.2	9.6	9.2
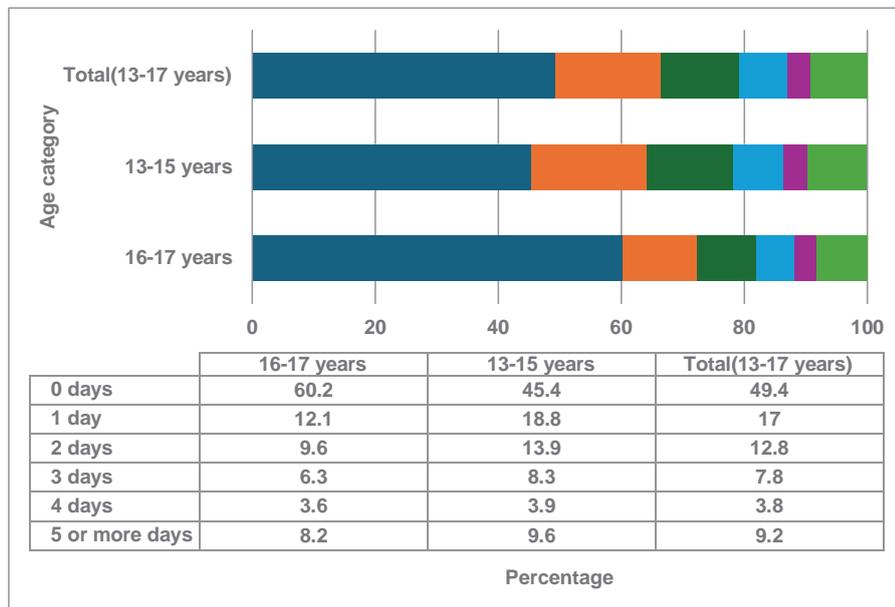
Percentage

Figure 3.4 j: Pattern of going to physical education (PE) class each week in present school year, by age

The percentage of students who did not attend physical education class in the week prior increased from 30.6% in 2016 to 49.4%.(6) This raises significant concern, as physical education is not compulsory from grade nine onward, and health and physical education is also not required for higher grades. This points out the need to revisit these in relation to school curriculums.

Duration of sitting or lying down

The national physical activity guidelines recommend that children and adolescents minimize sedentary time and limit long hours spent watching TV, using computers, or playing video games each day (11).

The percentage of students who spent three or more hours per day sitting or lying down (excluding time spent in school, doing homework, or sleeping at night) was 43.9%. This percentage was 44% for males and 43.8% for females (p=0.941) [Figure 3.4 k]. Among students aged 13 to 15, the percentage was 39.2%, while for those aged 16 to 17, it was significantly higher at 56.8% (p<0.001).

	16-17 years	13-15 years	Total(13-17 years)
Female	55.3	39.5	43.8
Male	58.5	38.7	44
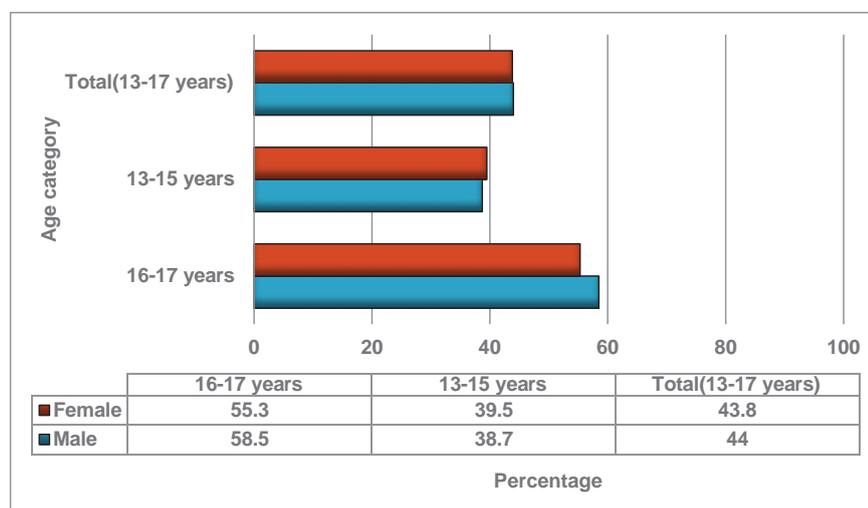
Percentage

Figure 3.4 k: Percentage of students who spent three or more hours per day sitting or lying down when they are not in school, or doing homework, or sleeping at night during a typical or usual day, by age and sex

A majority (30.7%) spent one to two hours per day sitting or lying down when they were not in school, or doing homework, or sleeping at night during a typical or usual day (Figure 3.4 l).

	16-17 years	13-15 years	Total(13-17 years)
Less than 1 hour per day	15.3	29.1	25.4
1 to 2 hours per day	27.9	31.7	30.7
3 to 4 hours per day	34.6	22.4	25.7
5 to 6 hours per day	13.4	8.9	10.1
7 to 8 hours per day	4.4	4.2	4.3
More than 8 hours per day	4.5	3.7	3.9

Percentage
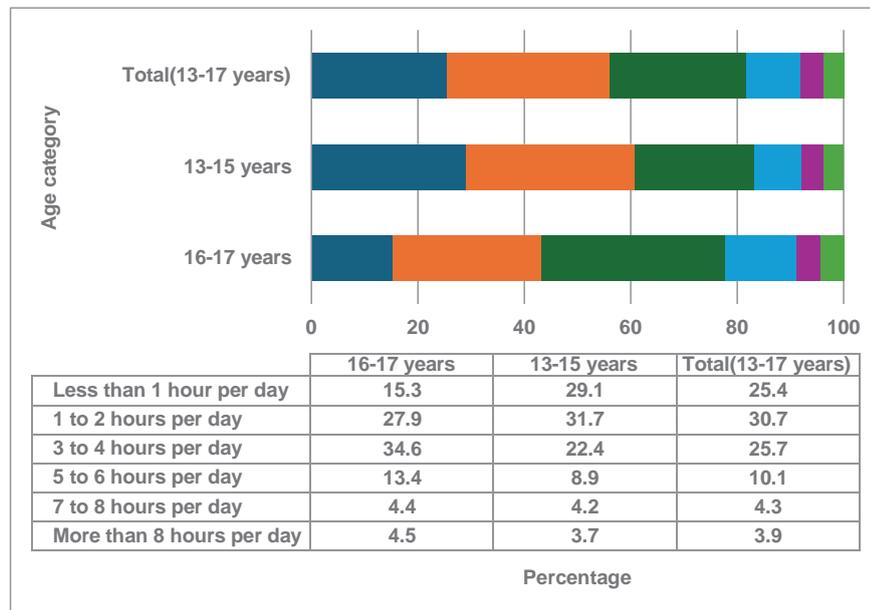
Figure 3.4 l: Pattern of the time spent on a typical or usual day sitting or lying down when not in school, or doing homework, or sleeping at night during a typical or usual day, by age

In the present study, more than four out of ten students (43.9%) spend three or more hours a day sitting or lying down in addition to school hours, studying at home, and sleeping. The prevalence is nearly equal among both sexes, although a higher percentage of older students (56.8%) are sedentary compared to younger students (39.2%).

In the similar study conducted in 2016, only 37.3% of students reported being sedentary in this way; however, more males (38.8%) and senior students (42.1%) fell into this category at that time.(6)

Sitting in a tuition class on a typical or usual day

Percentage of students who, during a typical or usual day, sit at a tuition session in person or online one or more hours per day among students who attend tuition sessions was 88.7%. The results indicate a significant disparity (p=0.035) among males (87.2%) and females (90.1%) [Figure 3.4 m].

Among the 13- 15 year group, it was 86.7%, while among the 16-17 year group, it was significantly elevated (93.6%) [p<0.001].

	16-17 years	13-15 years	Total(13-17 years)
Female	94.9	88.2	90.1
Male	92.3	85.2	87.2
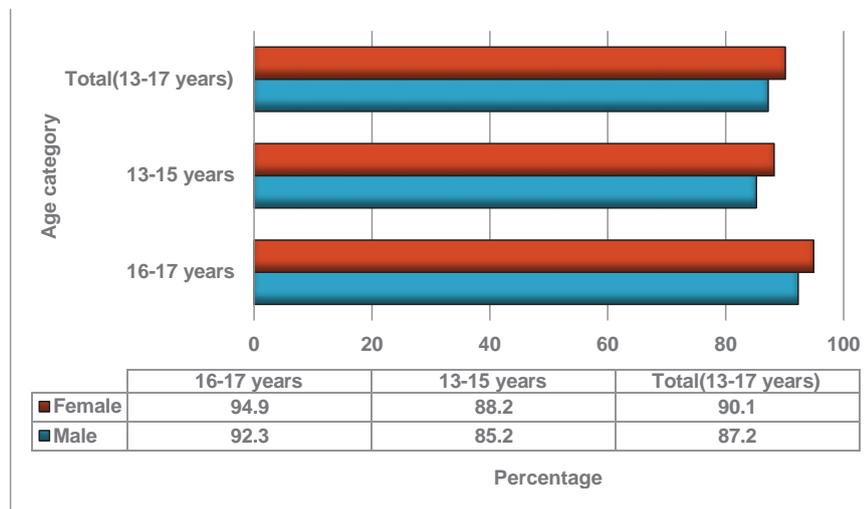
Percentage

Figure 3.4 m: Percentage of students who, during a typical or usual day, sit at a tuition session (in person or online) one or more hours per day, among students who attend tuition sessions, by sex and age

The majority (32.4%) spent sitting a tuition session (in person or online) 1-2 hours per day (Figure 3.4 n).

	16-17 years	13-15 years	Total(13-17 years)
I do not attend tuition sessions	18	25.9	23.8
Less than 1 hour per day	5.2	9.9	8.6
1 to 2 hours per day	25	35.1	32.4
3 to 4 hours per day	34.4	21.7	25.1
5 to 6 hours per day	12.2	4.6	6.7
7 to 8 hours per day	3	1.6	2
More than 8 hours per day	2.2	1.1	1.4

Percentage
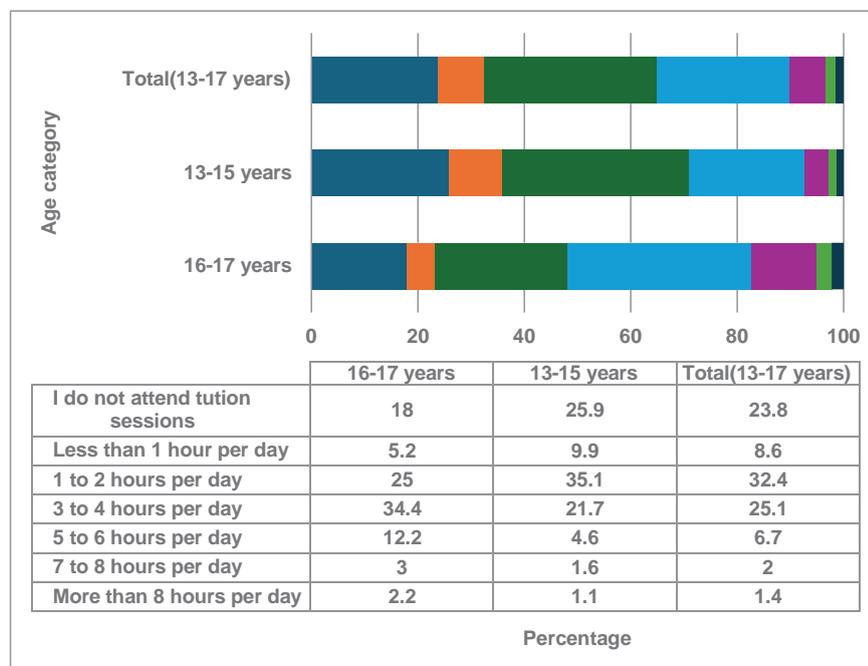
Figure 3.4 n: Pattern of the time spent during a typical or usual day sitting at a tuition session – in person or online by the students, by age

Currently, the majority of students (88.7%) spend one or more hours sitting during a tuition session, whether in person or online, on a typical day. This trend is particularly notable among females (90.1%) and older students (93.6%), who exceed their counterparts in sedentary behaviour. This situation highlights the need for standard practices to minimize sedentary behaviour in all settings, including tuition classes.

3.5 Hygiene

Hygiene at a glance
Percentage of students (13-17 years old) who:
Washed hand under running water before eating   68.9%
Most of the time or always washed hands after using toilets /latrines 70.3%

Children acquire essential hygiene habits in school through hygiene education and adequate facilities. These habits are likely to be upheld into adulthood and taught to their own children. The education system plays a crucial role in maintaining these facilities and promoting good hygiene practices at school and home (12)

A portion of students, specifically 10.1%, reported that they never washed their hands before eating at school in the past 30 days. This behavior varies by sex significantly, with 13% of males and 7.3% of females falling into this group ($p<0.001$). Additionally, the data shows that among the 13 to 15-year age group, 9.3% did not wash their hands, while the percentage($p=0.154$) increased to 12.2% among those aged 16 to 17 (Figure 3.5 a).
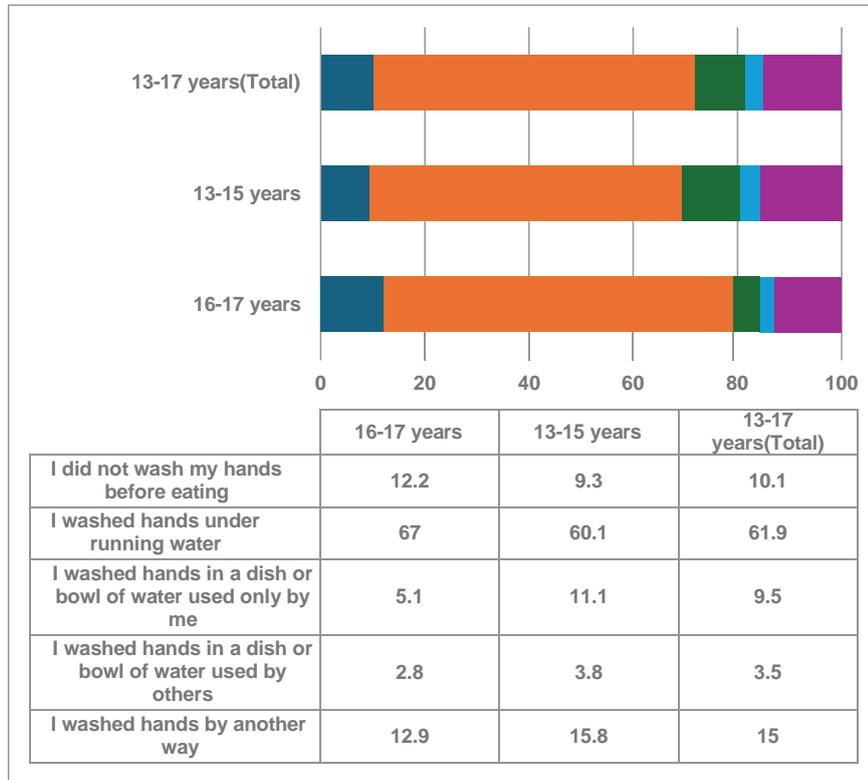
Figure 3.5 a: Pattern of hand washing before eating at school among students during the past 30 days, by age

	16-17 years	13-15 years	13-17 years(Total)
I did not wash my hands before eating	12.2	9.3	10.1
I washed hands under running water	67	60.1	61.9
I washed hands in a dish or bowl of water used only by me	5.1	11.1	9.5
I washed hands in a dish or bowl of water used by others	2.8	3.8	3.5
I washed hands by another way	12.9	15.8	15

Among students who washed their hands before eating in the 30 days, 68.9% usually washed their hands under running water before eating at school, with 71% among females and 66.7% among males, having a statistically significant difference (p=0.013) (Figure 3.5 b).

	16-17 Years	13-15 Years	Total (13-17 Years)
Female	76.8	68.8	71
Male	75.7	63.7	66.7
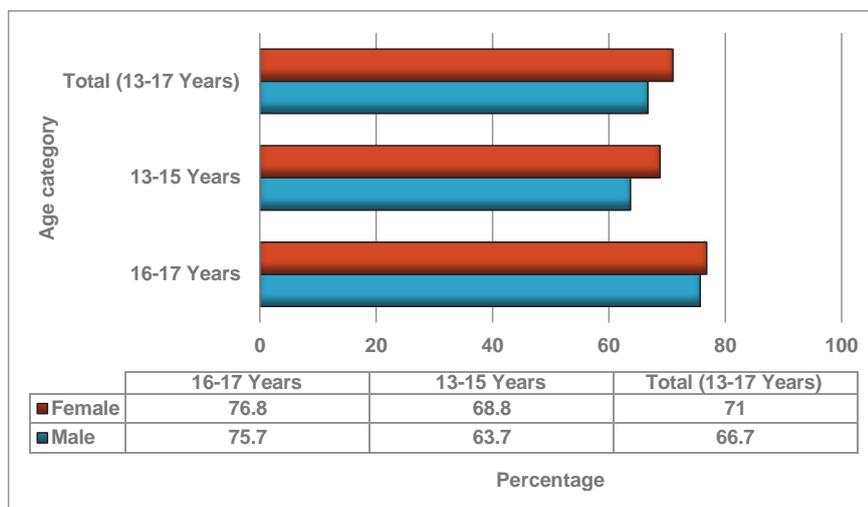
Figure 3.5 b: Percentage of students who usually washed their hands under running water before eating at school during the 30 days before the survey, among students who washed their hands before eating at school in the 30 days before the survey, by sex and age

In present study 10.1% had never washed hands under running water before eating during the past 30 days. This coincides with a cross sectional study conducted among 380 teenagers from, schools in Colombo educational zone using a self-administered questionnaire, which had revealed that 11.6% never washed hand using running water and soap before eating or preparing meals (13). Both studies reflect need of that improvement in teaching hygienic practices among school students.

Hand washing after using latrines

Among the respondents, 4.3% reported that there were no latrines in the school, while 5.9% indicated that they had never washed their hands after using the toilet or latrine in the past 30 days (Figure 3.5 c).

	16-17 years	13-15 years	Total(13-17 years)
There are no latrines at school	4.9	4	4.3
Never	4.9	6.3	5.9
Rarely	10.8	11.7	11.5
Sometimes	9.2	11.8	11.1
Most of the time	24.9	25.5	25.4
Always	45.2	40.7	41.9

Percentage
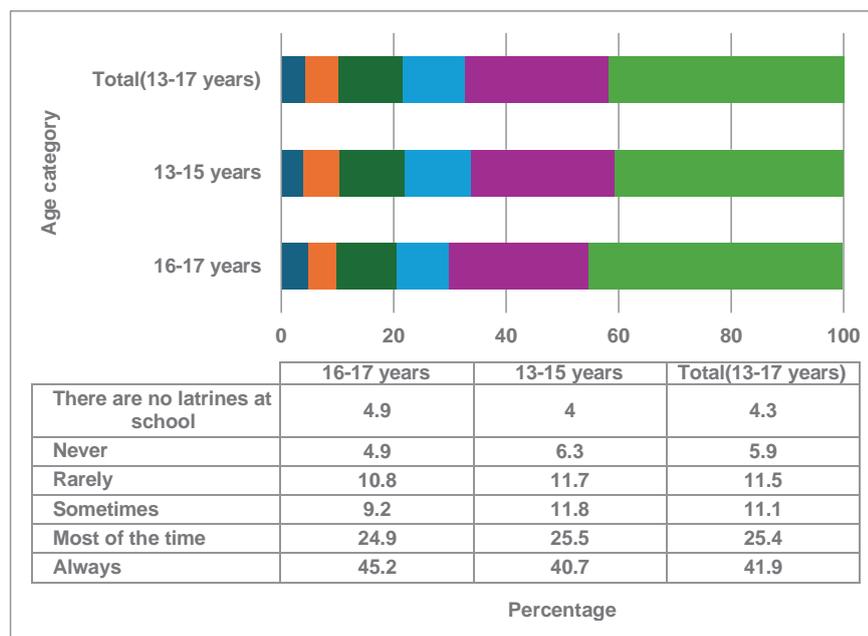
Figure 3.5 c: Pattern of hand washing after using the toilet or latrines at school by students in the past 30 days, by age

Among students who used latrines at school, 70.3% washed their hands most of the time or always after using toilets or latrines during the past 30 days, with 62.8% among males and 77.3% among females, sexes showing a significant difference (p<0.001) (Figure 3.5 d).

	16-17 years	13-15 years	Total(13-17 years)
Female	81.4	75.7	77.3
Male	65.2	61.9	62.8
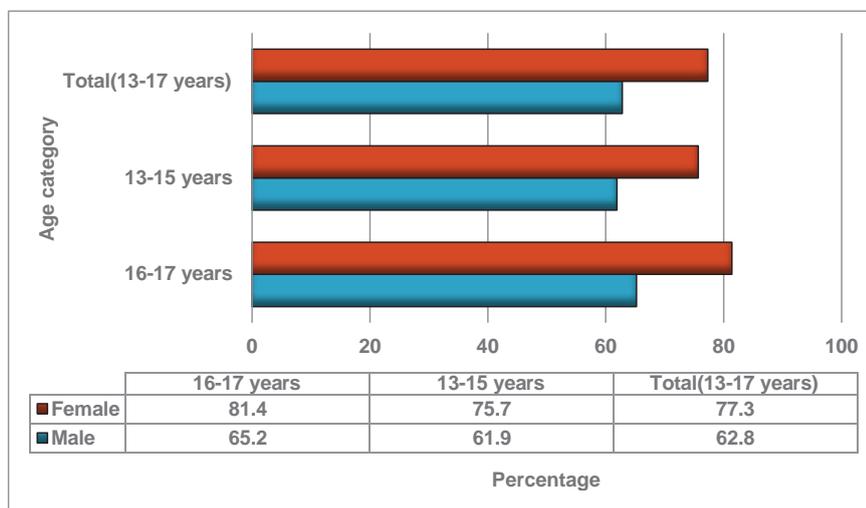
Figure 3.5 d: Percentage of students who washed their hands most of the time or always after using the toilets or latrines at school, among students who had toilets or latrines at school during the 30 days before the survey, by sex and age

In 2024, 17.4% of students have never or rarely washed their hands after toilet or latrine use in the past 30 days, while, and in 2016 it had been only 2.7%.(6) Though the expected finding was to have improved hand washing practices after Covid 19, this is a deviation from it. The reason behind this should be further analyzed using further qualitative studies and teaching good hygienic practice should be focused more at the schools.(14)

3.6 Oral Hygiene

Oral hygiene at a glance
Percentage of students (13-17 years old) who:
Clean or brush teeth 1 or more times/day 95.0%
Missed school due to a dental problem 6.6%

In the past 30 days, 95% of students reported cleaning or brushing their teeth at least once daily. This percentage was 93.3% among males and 96.6% among females (Figure 3.6 a), portraying a significant difference (p<0.001). There was a significant difference among two age groups as well (p=0.028). 94.5% of students aged 13-15 and 96.4% of those aged 16-17 reported brushing their teeth one or more times daily during last 30 days.

	16-17 Years	13-15 Years	Total (13-17 Years)
■ Female	96.8	96.5	96.6
■ Male	96	92.4	93.3
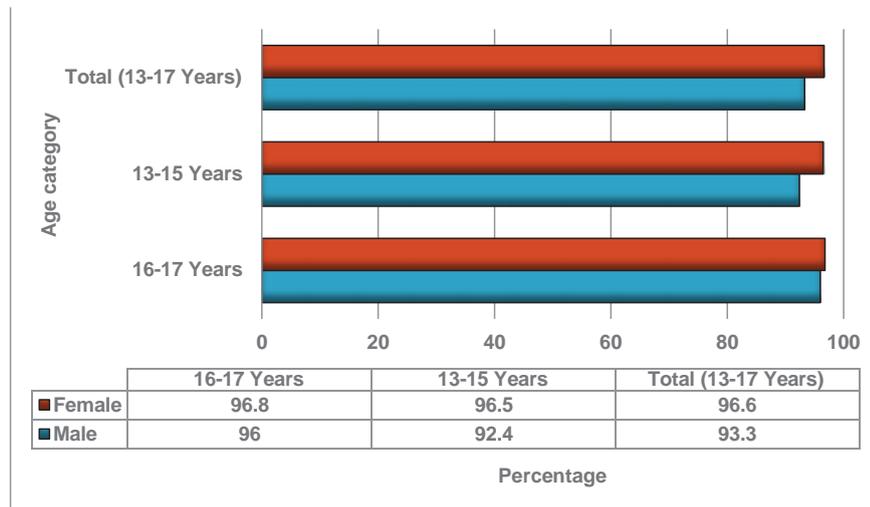
Percentage

Figure 3.6 a: Percentage of students who usually cleaned or brushed their teeth one or more times during the 30 days before the survey, by sex and age

Only 47.8% brushed or cleaned the tooth two times daily for the past 30 days (Figure 3.6 b)

	16-17 years	13-15 years	13-17 years
I did not clean or brush my teeth during the past 30 days	1	1.3	1.2
I cleaned or brushed my teeth at least once only on some days	2.6	4.3	3.8
1 time per day	44.9	38.5	40.2
2 times per day	45.7	48.5	47.8
3 or more times per day	5.7	7.5	7

Percentage
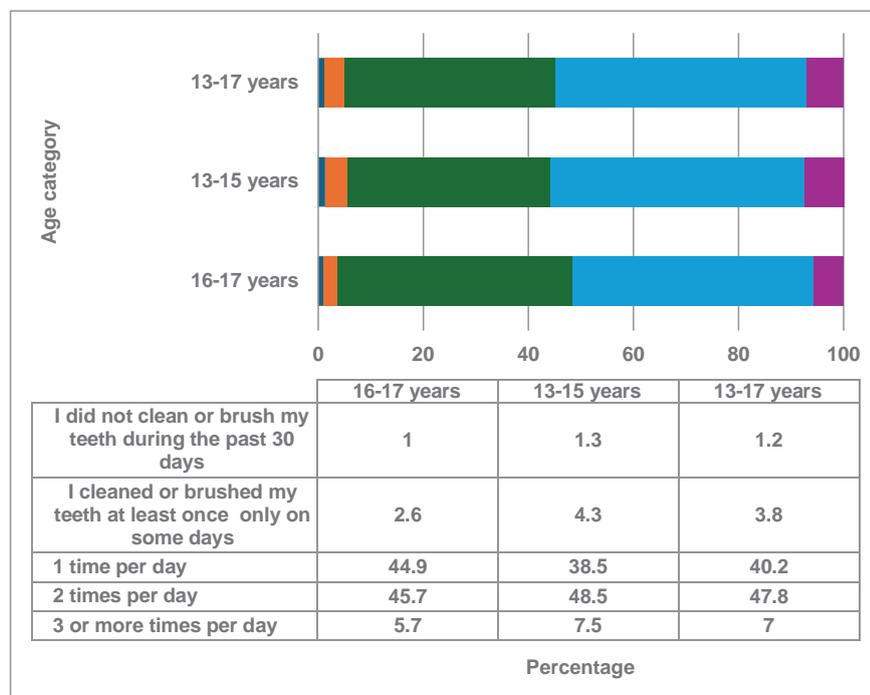
Figure 3.6 b: Pattern of cleaning or tooth brushing during the past 30 days among students, by age

In the present GSHS 2024, only 47.8% brushed their teeth two times a day as per recommendation in the country. It had been 50.1% among 12 years and 55.8% among 15 years, according to an Oral Health survey conducted in 2015-2016 period (15)

However, in 2024, 95% of students cleaned or brushed their teeth one or more times a day in the preceding 30 days. In 2016, 97.0% usually cleaned or brushed their teeth one or more times a day in the prior 30 days.(6)

In the past 30 days, 66.1% of students who brushed their teeth reported using toothpaste with fluoride. This percentage varied slightly between males and females, with 65.6% of males and 66.6% of females using fluoride toothpaste (p=0.452) (Figure 3.6 c). Among students aged 16 to 17, the percentage was higher at 69.8%, while it was lower at 64.7% among those aged 13 to 15 (p=0.009).

	16-17 Years	13-15 Years	Total (13-17 Years)
Female	70	65.3	66.6
Male	69.5	64.2	65.6

Percentage
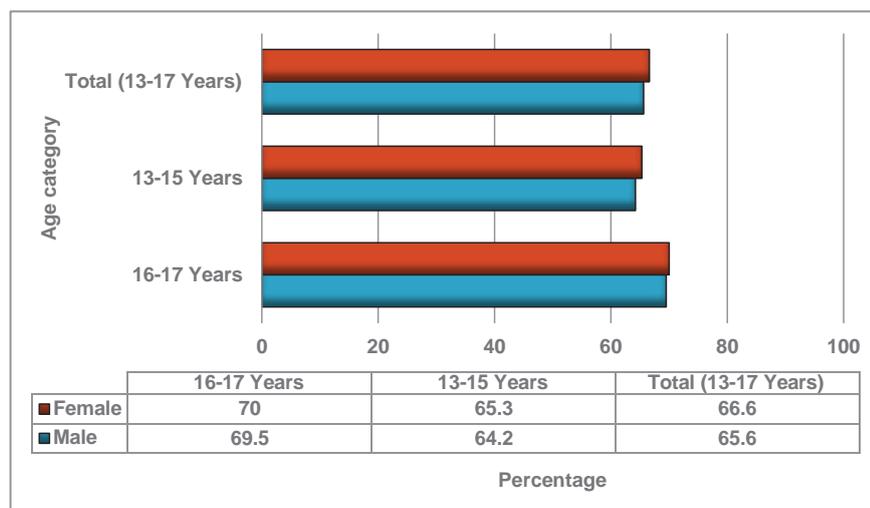
Figure 3.6 c: Pattern of using a toothpaste that contains fluoride when students cleaned or brushed their teeth during the 30 days before the survey, among students who brushed their teeth, by sex and age

	16-17 years	13-15 years	13-17 years
I I did not clean or brush my teeth during the past 30 days	1	1.5	1.4
Yes, I usually used a toothpaste that contain fluoride	69.1	63.8	65.2
No, I did not usually use a toothpaste that contains fluoride	11.4	11.8	11.7
I do not know if the toothpaste I usually used contains fluoride	18.5	23	21.8

Percentage
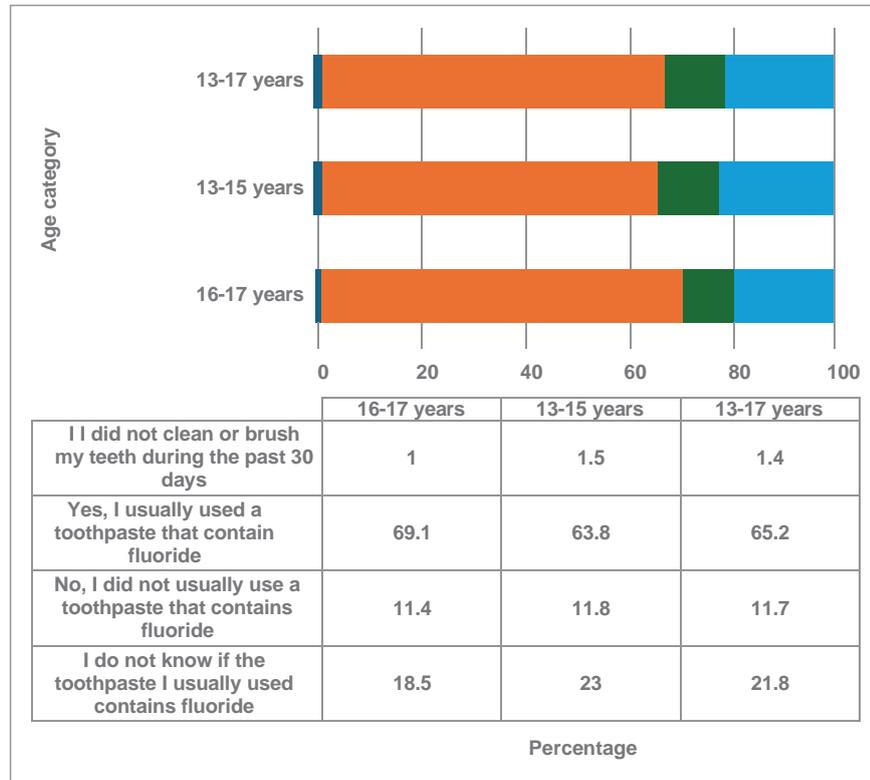
Figure 3.6 d: Pattern of use of toothpaste during the past 30 days for cleaning or brushing teeth among students, by age

In the present study, only 66.1% of students used fluoride toothpaste when they brushed their teeth during the past 30 days. This had been 80% among 12 years and 82.1% among 15 years in the oral health survey in 2016 (15).

Missing school due to issues related to their mouth, teeth, or gums

A notable 6.6% of students missed classes or school due to issues related to their mouth, teeth, or gums. Among these, 7.6% were males, while 5.6% were females (p=0.055) [Figure 3.6 e]. In the age group of 13 to 15 years, the percentage of students affected was 6.8%, whereas, in the 16 to 17 years age group, it was slightly lower at 6.1% (p=0.688).

	16-17 Years	13-15 Years	Total (13-17 Years)
Female	6.8	5.2	5.6
Male	5.4	8.3	7.6
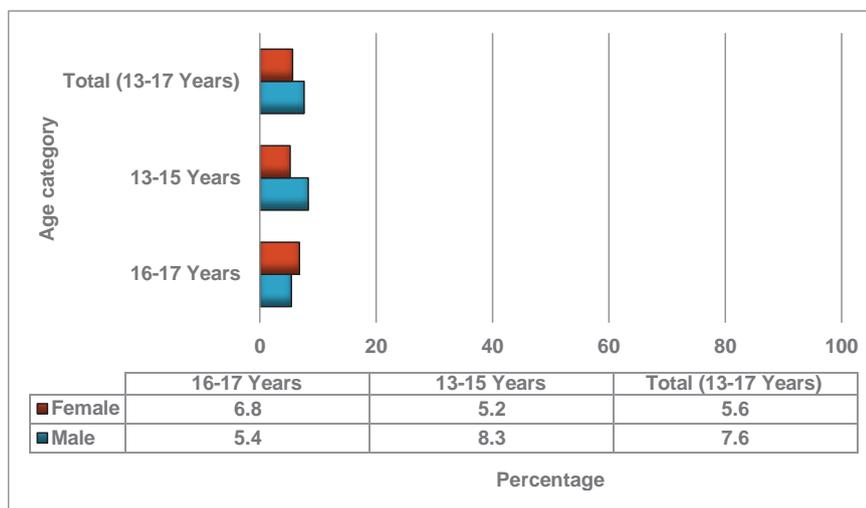
Percentage

Figure 3.6 e: Percentage of students who missed classes or school because of a problem with their mouth, teeth, or gums, during the 30 days before the survey, by sex and age

The gravity of dental issues was reflected in the present: 6.6% of students missed their classes or school due to problems in oral health in the 30 days before the survey. This highlights the need to strengthen adolescent oral health services for school children in the country.

3.7 Mental Health and Substance Use

Mental Health at a glance	
Percentage of students (13-17 years old) who:	
Felt lonely	22.4%
Felt always worried and could not sleep	11.9%
Attempted suicide	9.1%
Had no close friends	7.5%
Felt depressed	18.0%

Having no close friends

The percentage of students without close friends was 7.5%, with 7% among males and 7.9% among females (Figure 3.7 a). Among the 13-15 age group, the percentage was 7.2%, while in the 16-17 age group, it was 8.1%. There was no statistically significant difference in ages (p=0.414) and sexes (0.211).

	16-17 Years	13-15 Years	Total (13-17 Years)
■ Female	10.4	6.9	7.9
■ Male	5.6	7.5	7
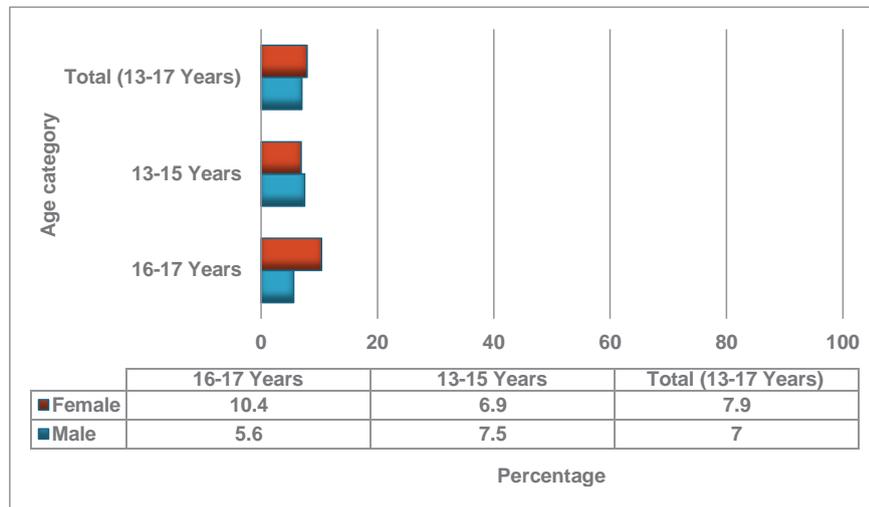
Percentage

Figure 3.7 a: Percentage of students who have no close friends, by sex and age

	16-17 years	13-15 years	13-17 years(Total)
0 friends	8.1	7.2	7.5
1 friend	9.4	12.5	11.6
2 friends	15.9	15.9	15.9
3 or more friends	66.6	64.4	65

Percentage

■ 0 friends   ■ 1 friend   ■ 2 friends   ■ 3 or more friends
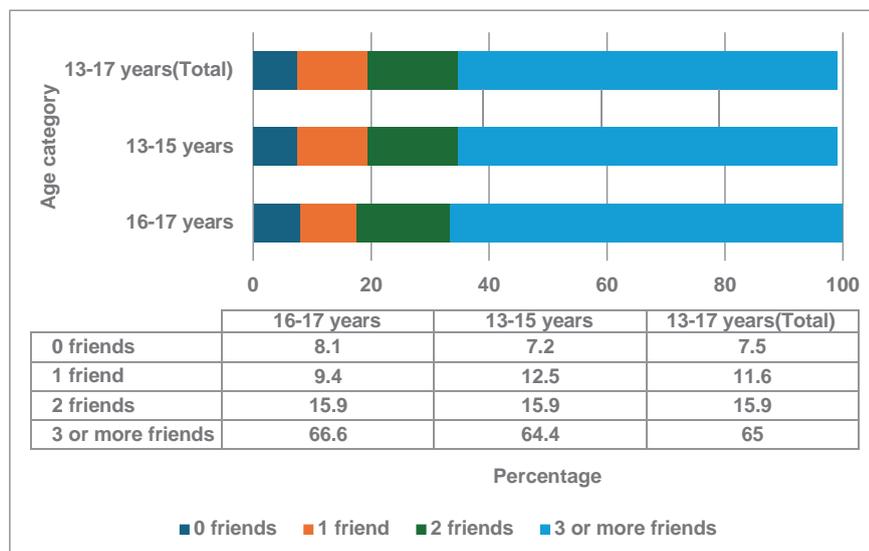
Figure 3.7 b: Pattern of having close friends among students, by age

In present GSHS 2024, 7.5% did not have close friends. This has increased since 2016 (5.6%).(6) A review done based on GSHS results over 8 Asian countries has pointed out the fact that having no close friends is significantly associated with the suicidal behavior of students (16).

Feeling lonely

The percentage of students who felt lonely most of the time or always during the past 12 months was 22.4%. It was significantly high among females (25.4%) compared to males (19.3%) (p<0.001) [Figure 3.7 c]

Among the 13-15 years age group, it was 19.6%, while among the 16-17 years age group, it was higher (29.9%) showing a significant difference between the age groups (p<0.001).

	16-17 Years	13-15 Years	Total (13-17 Years)
Female	35	21.8	25.4
Male	24.5	17.4	19.3
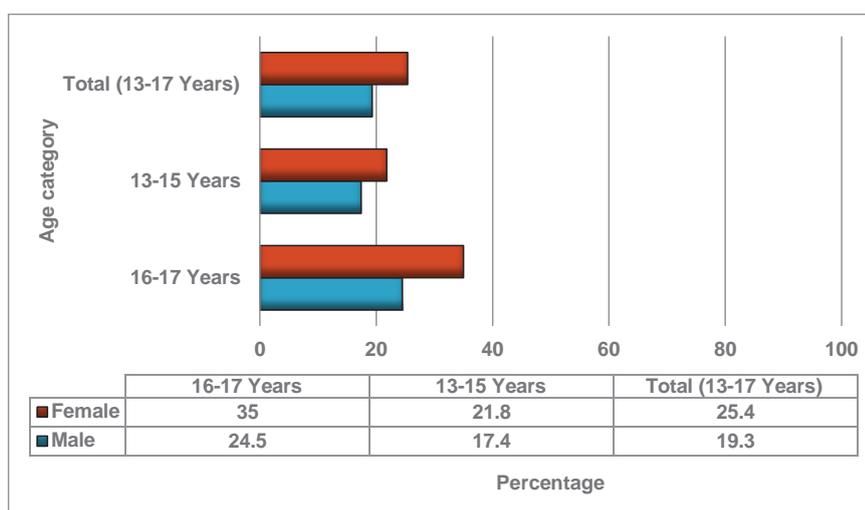
Percentage

Figure 3.7 c: Percentage of students who most of the time or always felt lonely, during the 12 months before the survey, by sex and age

	16-17 years	13-15 years	13-17 years(Total)
Never	14.6	32.4	27.6
Rarely	30.3	26.7	27.7
Sometimes	25.2	21.3	22.4
Most of the time	19.2	13.8	15.2
Always	10.7	5.8	7.2

Percentage
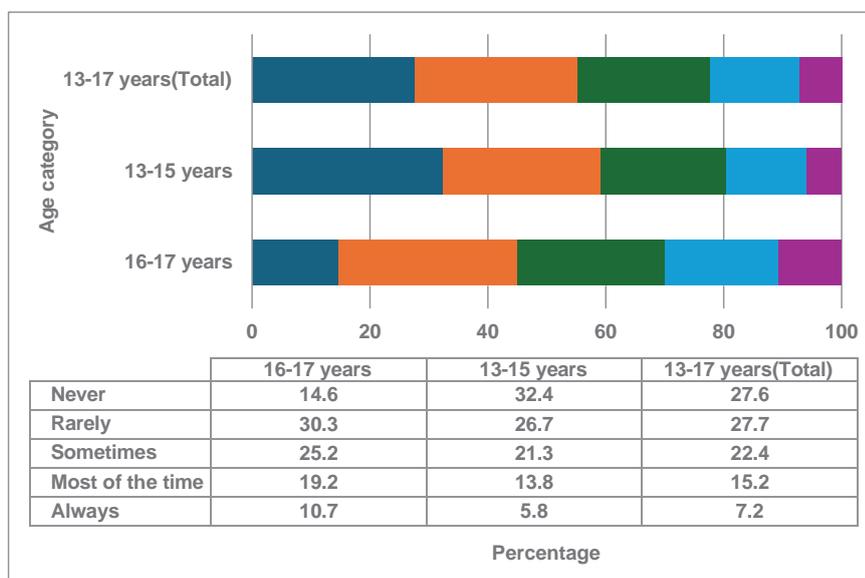
Figure 3.7 d: Pattern of the frequency of feeling loneliness among students, by age

Over one-fifth (22.4%) of students reported feeling lonely most of the time or always in the present survey. In 2016, 9.0% of students reported feeling lonely, most of the time or always.(6) Other literature on the prevalence of loneliness in Sri Lankan setting are scarce. A study done in Sri Lanka, based on GSHS 2016, has revealed that the prevalence of loneliness among school children is 30.8% and it was associated with food insecurity, truancy, second-hand smoking, physical fight, and being bullied (17). This emphasizes the need to adhere with healthy lifestyle and healthy nutrition for adolescents' mental health.

Worried of something, that they could not sleep at night

The percentage of students who were most of the time or always worried about something so much that they could not sleep at night during the 12 months before the survey was 11.9%, with 10.4% among males and 13.3% among females (Figure 3.7 e) showing a notable difference (p=0.007).

In the 13-15 age group, it was 9.7%, while it was significantly (p<0.001) higher among the 16-17 years age group at 17.8%.

	16-17 Years	13-15 Years	Total (13-17 Years)
■ Female	20.1	10.7	13.3
■ Male	15.3	8.6	10.4
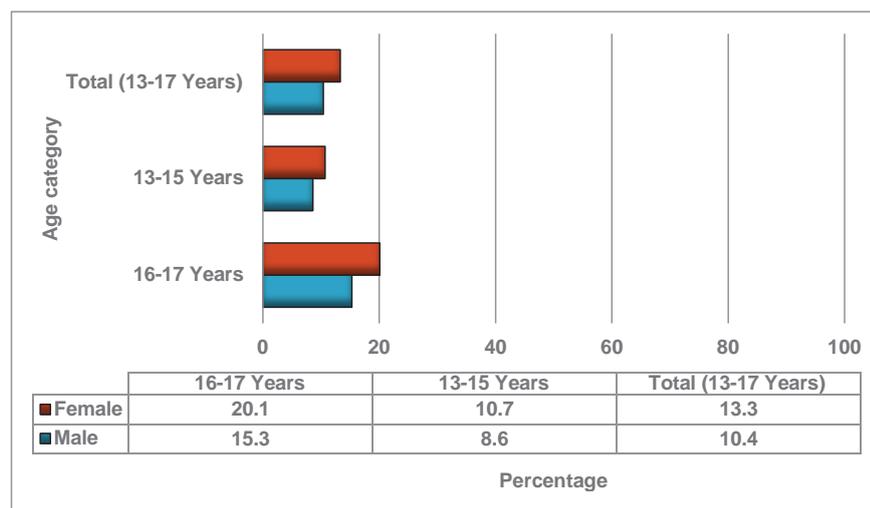
Figure 3.7 e: Percentage of students who most of the time or always were so worried about something that they could not sleep at night, during the 12 months before the survey, by sex and age

	16-17 years	13-15 years	13-17 years(Total)
Never	28.9	47.3	42.4
Rarely	32.1	24.9	26.8
Sometimes	21.2	18.1	18.9
Most of the time	12	6.6	8.1
Always	5.8	3.1	3.8

Percentage
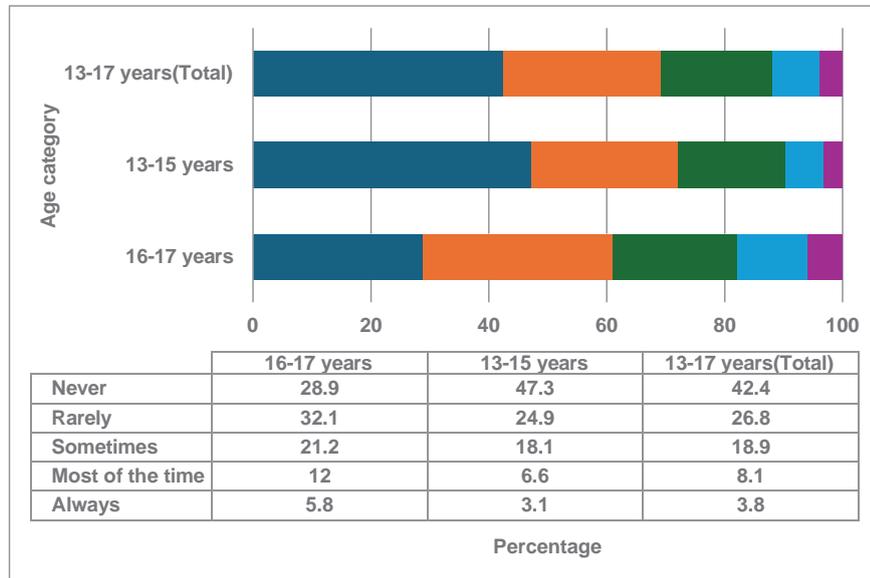
Figure 3.7 f: Pattern of frequencies of worrying about something that students could not sleep at night among students, by age

In GSHS 2024, 11.9% of school children between the ages of 13-17 years were worried about something, that they could not sleep at night, most of the time or always. In 2016, 4.6% students were so worried about something that they couldn't sleep at night during the 12 months before the survey. This implies that this problem has worsen over the years.(6)

Feeling depressed

The percentage of students who felt down, depressed, helpless, had little interest in, or got little pleasure from doing things during the past 12 months was 18.0%, with 14.8% among males and noteworthy higher percentage of 21.1% among females (p<0.001) [Figure 3.7 g].

The percentage was 14.9% in the 13-15 age group, whereas it momentously increased to 26.3% in the 16-17 age group (p<0.001).

	16-17 Years	13-15 Years	Total (13-17 Years)
Female	30.9	17.4	21.1
Male	21.4	12.4	14.8
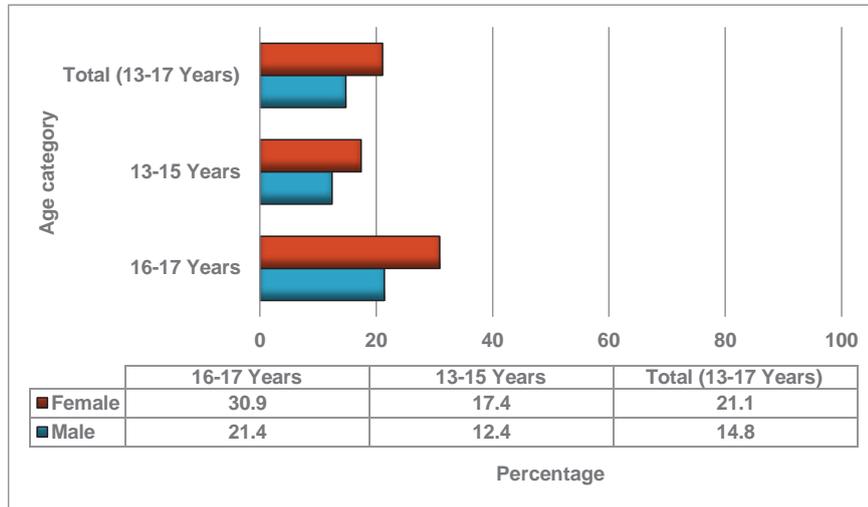
Percentage

Figure 3.7 g: Percentage of students who most of the time or always felt down, depressed, or hopeless or had little interest in or get much pleasure from doing things, during the 12 months before the survey, by sex and age

	16-17 years	13-15 years	13-17 years(Total)
Never	16.8	36	30.8
Rarely	29.9	28.5	28.9
Sometimes	26.9	20.6	22.3
Most of the time	17.8	11.1	12.9
Always	8.5	3.8	5.1

Percentage
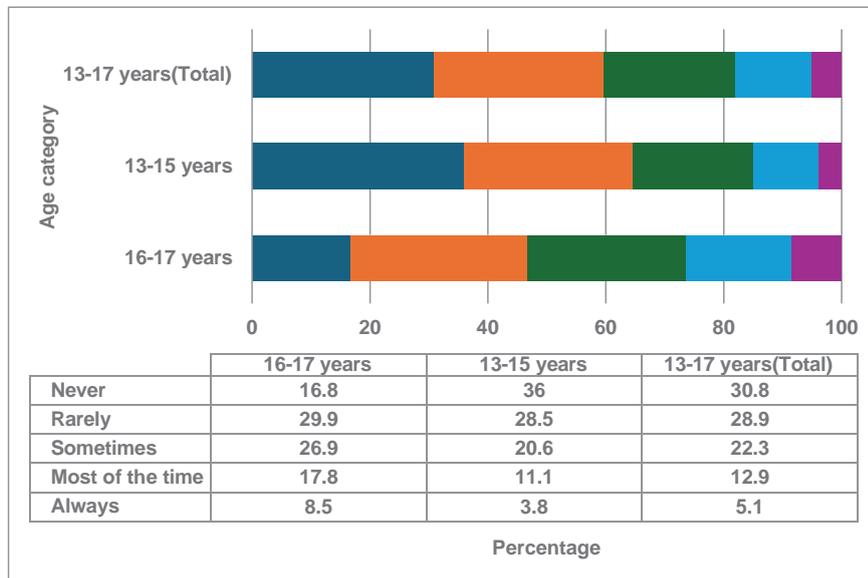
Figure 3.7 h: Pattern of frequency of feeling down, depressed, or hopeless or having little interest in or getting much pleasure from doing things during the past 12 months, by age

2024 survey elaborates that 18% of students feeling down, depressed, helpless or had little interest or pleasure from doing things in the past 1 year. A cross-sectional study done among 445 students has highlighted that 36% of students aged 14-18 years have mild or severe depression, with prevalence being statistically significant among female students(18)

Teaching at school on how to handle stress in healthy ways

During this school year, 52.0% of students responded that they were taught how to handle stress in healthy ways, with 48.9% among males and 55% among females (p=0.058) [Figure 3.7 i].

The percentage in the 13 to 15-year-old age group was 52.9%, while the older age group (16- to 17-year-olds) had a lower percentage of 49.6% (p=0.005).

This needs to be addressed within the curriculum as well as at schools at other everyday activities improving mental health.

	16-17 Years	13-15 Years	13-17 Years
Female	51.6	56.3	55
Male	47.4	49.5	48.9
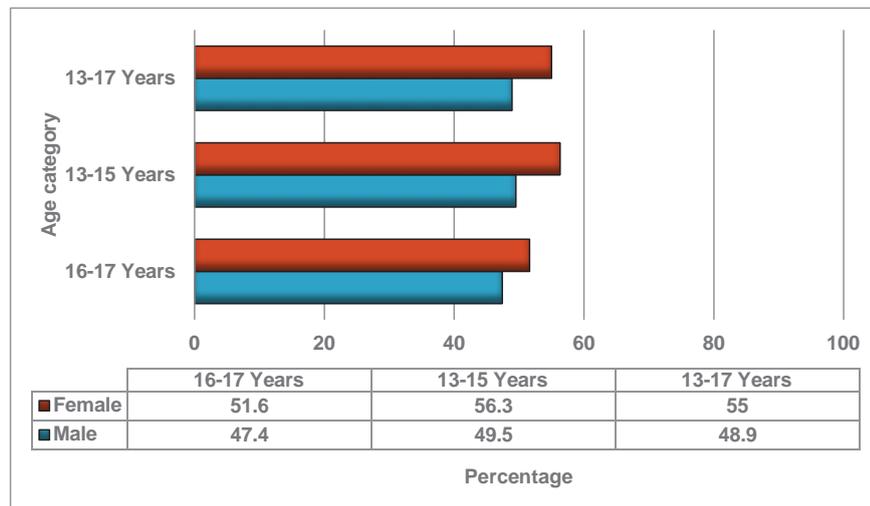
Percentage

Figure 3.7 i: Percentage of students who were you taught in any of their classes how to handle stress in healthy ways, during this school year, by sex and age

Asking for help

During the past 12 months, 2.1% of students reported seeking help from an adolescent clinic (Yowun Piyasa) during extremely difficult situations among students who have faced challenging situations. This was significantly better (p=0.013) among males at 3.6%, compared to females (1%) [Figure 3.7 j]. Among the 13 to 15 age group, the percentage was 2.7%, compared to just 1.1% in the 16 to 17 age group (p=0.16).

	16-17 Years	13-15 Years	Total (13-17 Years)
■ Female	0.9	1.1	1
■ Male	1.4	4.7	3.6
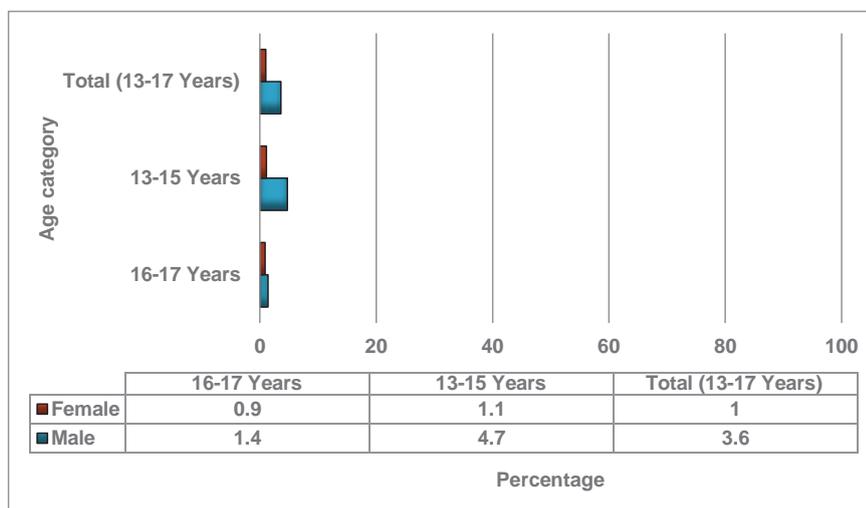
Percentage

Figure 3.7 j: Percentage of students who most often asked for help during extremely difficult situations from an adolescent clinic (Yowun Piyasa), among students who have faced challenging situations in the 12 months before the survey, by sex and age

During the past 12 months, 63.8% did not experience extremely difficult situations such as grief from the loss or death of parents or loved ones, broken or lost friendships or relationships, extreme stress, suicidal thoughts, extreme anger, or any other mental health issues such as depression (Figure 3.7 k). However, 27.9% responded that they had faced such a situation and did not seek help. Only 2% had spoken to a helpline.

	16-17 years	13-15 years	13-17 years(Total)
I have not faced a similar situation	53.1	67.7	63.8
I have faced such situations but have not sought help	36.3	24.8	27.9
I have sought help from a helpline	2	2	2
I have sought help from an adolescent clinic (Yovun Piyasa)	0.5	0.9	0.8
I have sought help from a doctor or nurse	0.5	0.6	0.6
I have sought help from a teacher or school counsellor	2.4	1.6	1.8
I have sought help from the Medical Officer of Health (MOH) or their staff	0	0.2	0.2
I have sought help some other way	5.1	2.1	2.9

Percentage

Figure 3.7 k: Pattern of seeking help during extremely difficult situations the past 12 months among students, by age

Suicidal ideation

In the past 12 months, 15.4% of students seriously considered attempting suicide. This percentage was 13.6% among males and significantly higher (p=0.003) at 17.1% among females (Figure 3.7 l). Within the age group of 13 to 15 years, the percentage was 13.4%, while it increased substantially (p<0.001) to 20.7% for the 16 to 17 years age group

	16-17 Years	13-15 Years	Total (13-17 Years)
Female	22.8	15	17.1
Male	18.5	11.9	13.6
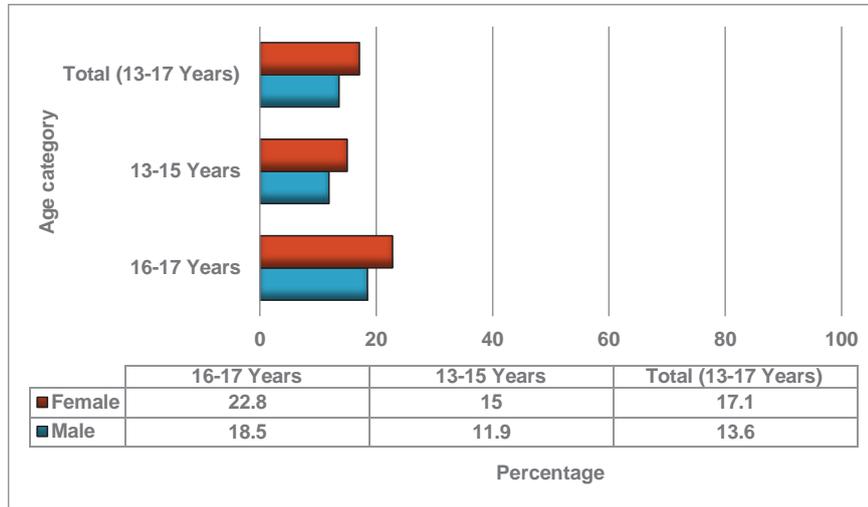
Percentage

Figure 3.7 l: Percentage of students who seriously considered attempting suicide, during the 12 months before the survey, by sex and age

Making plans to commit suicide

In the past twelve months, 9.6% of students reported having made plans regarding how they would attempt suicide, with a noteworthy variation (p=0.007) between males and females: 8.2% of males and 10.8% of females exhibited such tendencies (Figure 3.7 m). Within the age group of 13 to 15 years, the prevalence was 9.0%, while the rate increased to 11.1% among those aged 16 to 17 years (p=0.087).

	16-17 Years	13-15 Years	Total (13-17 Years)
Female	12.7	10.1	10.8
Male	9.4	7.7	8.2
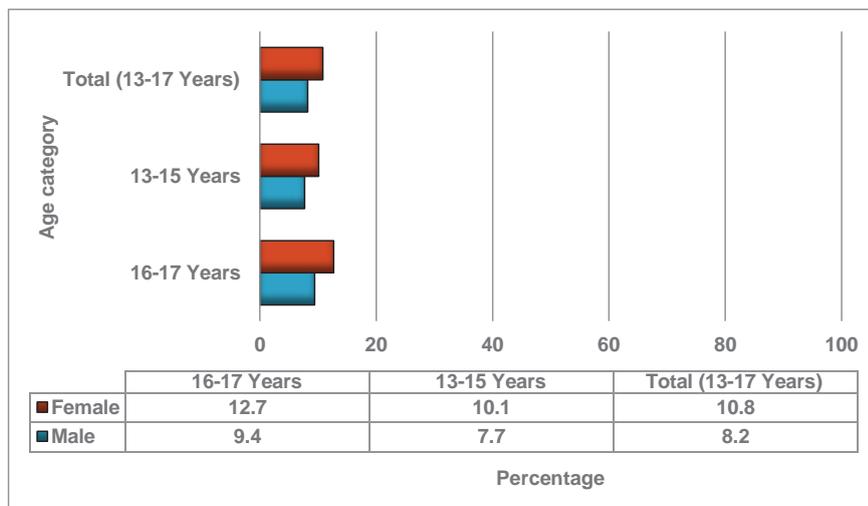
Percentage

Figure 3.7 m: Percentage of students who made a plan about how they would attempt suicide, during the 12 months before the survey, by sex and age

Attempting suicide

During the past 12 months, the percentage of students who have attempted suicide at least once was recorded at 9.1%. When analyzed by sex, the figures indicate that 7.7% of males and 10.5% of females reported such attempts (p=0.007) [Figure 3.7 n].

In terms of age groups, the prevalence was 8.4% among individuals aged 13 to 15 years, while it remarkably increased to 11.1% among those aged 16 to 17 years (p=0.034).

	16-17 Years	13-15 Years	Total (13-17 Years)
Female	13.3	9.4	10.5
Male	8.7	7.4	7.7
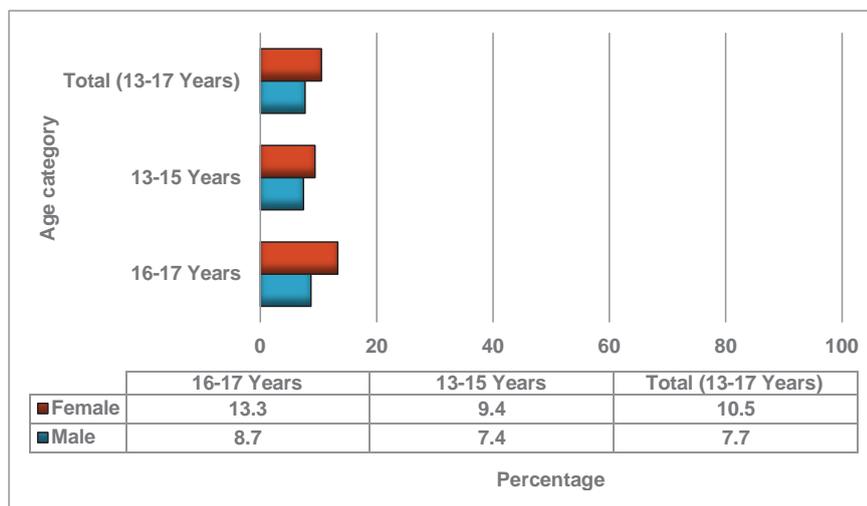
Percentage

Figure 3.7 n: Percentage of students who attempted suicide, one or more times during the 12 months before the survey, by sex and age

	16-17 years	13-15 years	13-17 years(Total)
0 times	88.9	91.6	90.9
1 time	5.7	5.1	5.3
2 or 3 times	3.9	2.3	2.7
4 or 5 times	0.8	0.4	0.5
6 or more times	0.7	0.7	0.7

Percentage
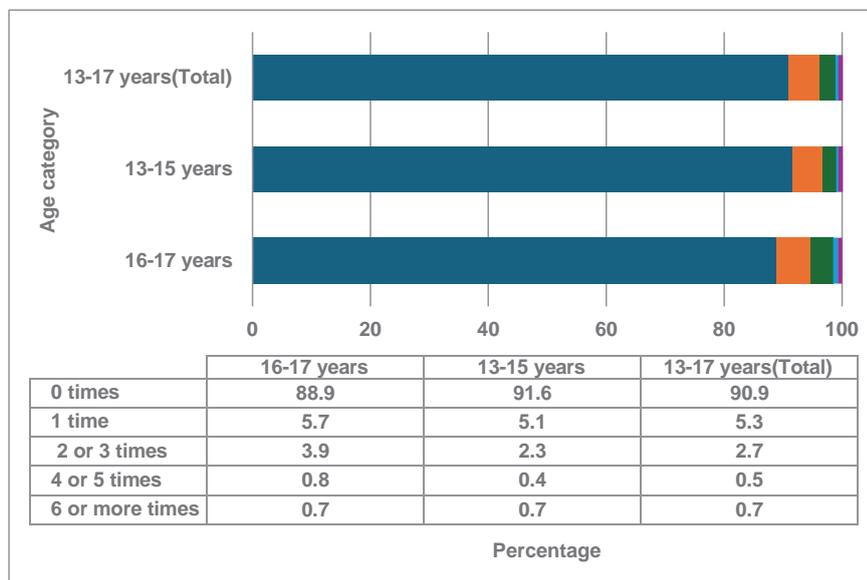
Figure 3.7 o: Pattern of the frequency of attempting suicide by students during the past 12 months, by age

	Male	Female	Total
0 times	92.3	89.5	90.9
1 time	4.4	6.1	5.3
2 or 3 times	2.3	3.1	2.7
4 or 5 times	0.5	0.5	0.5
6 or more times	0.6	0.8	0.7

Percentage
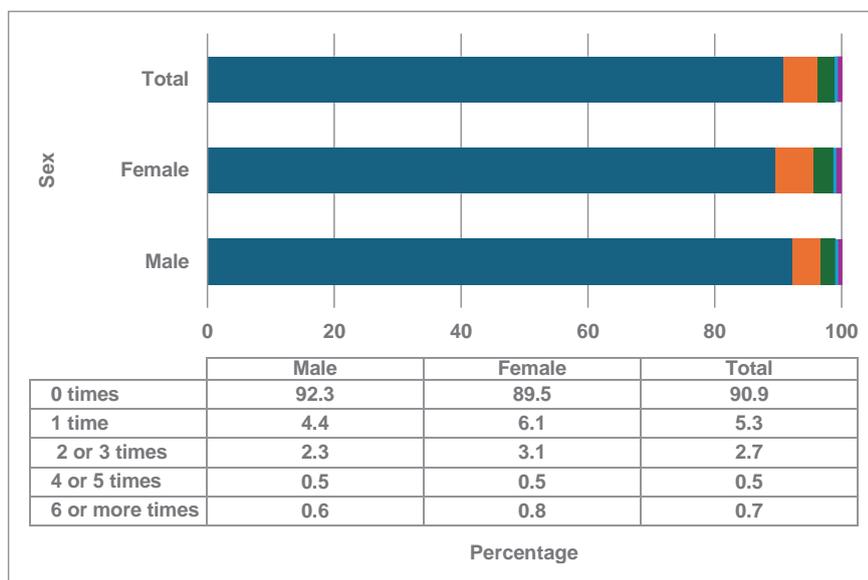
Figure 3.7 p: Pattern of the frequency of attempting suicide by students during the past 12 months, by sex

The comparison of data from the GSHS surveys reveals a remarkable increase in suicidal thoughts and behaviours among students, with those seriously considering suicide rising from 9.4% in 2016 to 15.4% in 2024, suicidal ideation with a plan increasing from 6.5% to 9.6%, and attempts at suicide rising from 6.7% to 9.1%. (6) The GSHS 2024 indicates a remarkable increase in suicidal ideation among

students, particularly among females, where 17.1% reported seriously considering suicide compared to 13.6% of males. This represents a significant rise from 2016, when 9.1% of females and 9.6% of males reported similar thoughts. Additionally, 10.8% of females had formulated a clear plan to attempt suicide in 2024, exceeding the 8.2% of males, whereas in 2016, the rates were more comparable at 6.8% for females and 6% for males. The trend extends to actual suicide attempts, with 10.5% of females attempting compared to 7.7% of males in 2024, up from equal rates of 6.8% for both genders in 2016. Furthermore, students aged 16-17 show pronounced increases in suicidal ideation, planning, and attempts compared to 2016, suggesting a heightened vulnerability as students' age.(6) These findings highlight an urgent need for targeted mental health interventions for all students, with a special focus on female and older adolescent students within educational settings.

The notable increase in results in 2024 can likely be attributed to several interrelated factors. Firstly, heightened academic stress is a significant contributor, compounded by the potential misuse of addictive substances among students. Additionally, mass media and social media play a critical role in this issue; they often report on incidents involving mental health crises in dramatic fashion, which can influence public perception and individual behaviour. Furthermore, topics such as suicide attempts, negative family dynamics, and problematic relationships between parents and children have emerged as prevalent concerns. Lastly, the lingering effects of the COVID-19 pandemic cannot be overlooked. The shift to online learning has increased isolation for many students, diminishing opportunities for social interaction with peers and teachers that typically occur in physical classroom settings. These factors create a complex environment that may explain the troubling trends observed in 2024.

This issue was reflected in a descriptive cross-sectional study conducted in the Galle educational division, among 1479 students from nine national schools where the lifetime prevalence of suicidal ideation was 21.9% with no sex difference in the prevalence. Furthermore, among them, 11.3% had passive suicidal ideation and 10.6% had active suicidal ideation (19)

The present increase is further reflected in comparison with the findings of the National Youth Health survey (2012-2013), where 2.2% of males and 4.2% of females 15-19 years of age had made plans about how they would attempt suicide during the past 12 months (9)

Bullying at the school

In the past 12 months, the percentage of students who were bullied on school property was 18.9%. This rate was slightly higher among males at 19.2%, compared to 18.6% among females (p=0.676) [Figure 3.7 q].

Within the age groups, 18.6% of students aged 13 to 15 reported being bullied, while the rate was slightly higher (19.7%) for those aged 16 to 17 (p=0.433).

	16-17 years	13-15 years	Total (13-17 years)
Female	20.2	18	18.6
Male	19.3	19.2	19.2
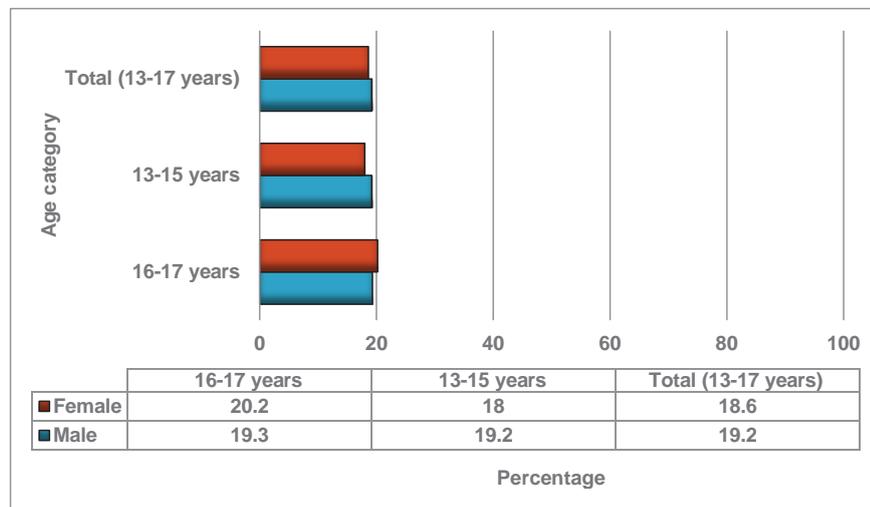
Percentage

Figure 3.7 q: Percentage of students who were bullied on school property, during the 12 months before the survey, by sex and age

Bullying when not in the school

The percentage of students who were bullied when not in school during the past 12 months was 8.8%, with 9.1% among males and 8.5% among females (p=0.499) [Figure 3.7 r].

It was higher in 16-17 years age group (9.7%) compared to the 13-15 years age group (8.4%) [p=0.254].

	16-17 years	13-15 years	Total (13-17 years)
■ Female	9.9	8	8.5
■ Male	9.5	8.9	9.1
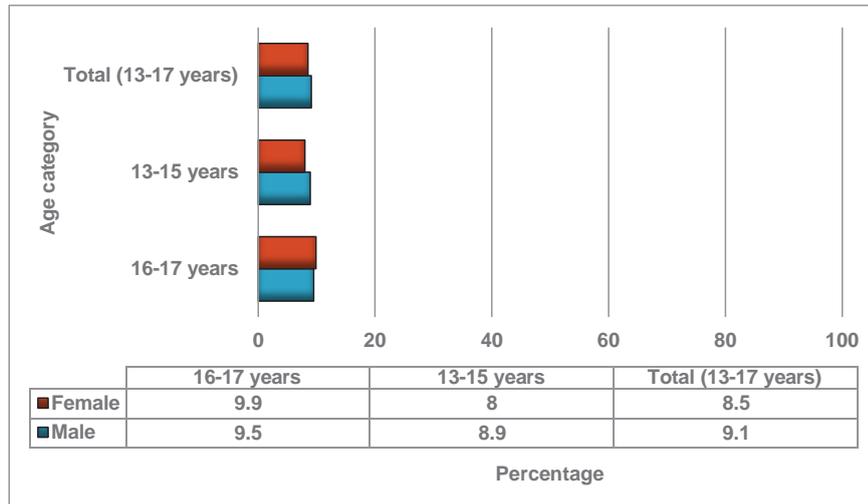
Percentage

Figure 3.7 r: Percentage of students who were bullied when not on school property, during the 12 months before the survey, by sex and age

The bullying percentage among school students in the present GSHS (18.9%) has significantly reduced from 38.5% in GSHS 2016. However 8.8% who were bullied when they were not at school were not included in 18.9%, whereas bullying in general (without specifying whether within school or outside) was included in 38.5% in 2016. Still, if we analyses all bullying in 2024 (21.93%), that figure was less than in 2016 (38.5%).(6) Further, a study conducted by UNICEF in 2020, which had qualitative and quantitative components (among 1600 students between 12 – 18 years), reported the prevalence of bullying been 47% in or around school property(20). This positive improvement in present survey might have occurred partly due to an improved understanding of the rights of others or social isolation after an increase in children being more online and school closures and high absenteeism after the COVID-19 pandemic at the schools.

Cyberbullying

During the past 12 months, 5.4% of students reported experiences of cyberbullying, with a notably higher incidence among males at 6.1%, compared to 4.7% among females (p=0.148)[Figure 3.7 s]. Furthermore, the prevalence of cyberbullying was slightly higher within the age group of 13 to 15 years, which recorded a rate of 5.6%, in contrast to the 16 to 17 years age group, which exhibited a rate of 4.9% (p=0.589).

	16-17 years	13-15 years	Total (13-17 years)
■ Female	4.8	4.6	4.7
■ Male	5	6.5	6.1
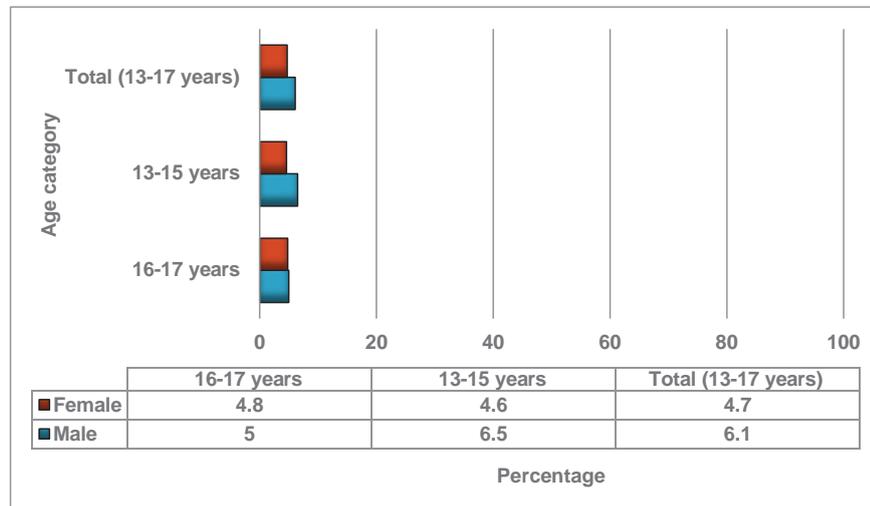
Percentage

Figure 3.7 s: Percentage of students who were cyberbullied, during the 12 months before the survey, by sex and age

According to our study, 5.4% were cyberbullied in the preceding 12 months. However this might be an under reporting as a previous study conducted in 2020, among 384 youth in 12-22 age group had reported, that only 44% were aware about cyber bullying (21)

Above mentioned study done by UNICEF, has shown that cyberbullying prevalence is 4% among children using the internet in Sri Lanka(20). This increase should be noted as cyberbullying is the type of bullying to which the least attention is paid.

Psychoactive substances (Tobacco,Alcohol and Other addictive substance)

Psychoactive substances, as defined by WHO, are those that can alter consciousness, mood, or thinking when consumed. Common examples include alcohol, nicotine, opioids, cannabis, cocaine, amphetamines, hallucinogens, sedatives, and inhalants. These substances not only lead to dependence, characterized by impaired control over use, but also have toxic effects on organs and an increased risk of various health conditions, including mental disorders and noncommunicable diseases(22).

Tobacco use

Tobacco use at a glance	
Percentage of students (13-17 years old) who:	
Currently use any tobacco product	9.7%
Currently smoke cigarettes	5.7%
Currently use smokeless tobacco	7.3%
Currently use electronic cigarettes	5.0%
Tried cigarette before age 14, among who ever smoked cigarettes	34.7%

The percentage of students who had ever used even one or more puffs of cigarette smoking was 12.8%. The percentage among males and females was 21.3% and 5.1%, respectively (Figure 3.7 t) showing a striking difference (p<0.001). In the 13-15 year age group, it was 11.1%, while in the 16-17 year group, it was notably higher at 17.5% (p<0.001).

There's a significant increase from GSHS 2016, where only 6.4% of students had ever tried cigarettes.(6) Adolescents are particularly vulnerable to smoking experimentation due to peer influence, curiosity, and the perception that smoking is acceptable. Contributing factors to this increase may include heightened social media usage, indirect advertising, and diminished parental oversight over the years.

	16-17 Years	13-15 Years	Total (13-17 Years)
Female	6	4.7	5.1
Male	30.1	18	21.3
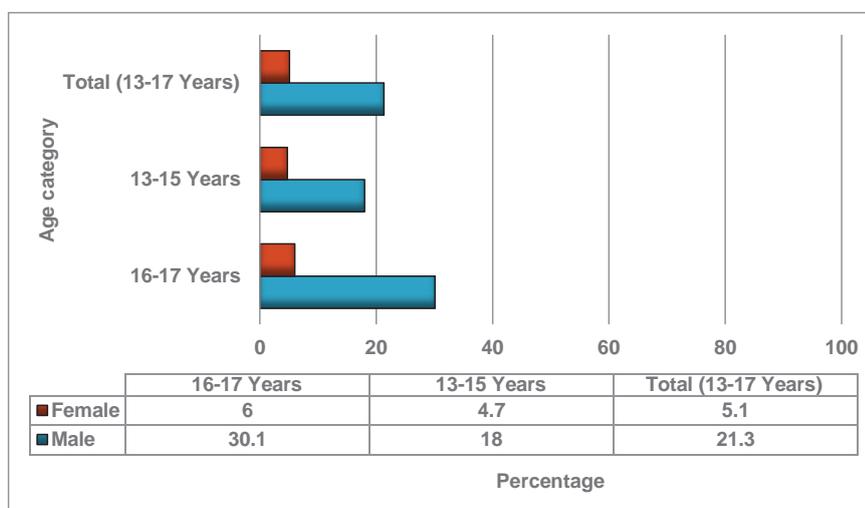
Figure 3.7 t: Percentage of students who ever tried or experimented with cigarette smoking, even one or two puffs, by sex and age

Trying smoking cigarettes before the age 14 years

Among the students who ever tried smoking a cigarette, the percentage of students who first tried smoking (12.8%) a cigarette before age 14 years was 34.7%. In the 13-15 years group, it was 47.6%, while in the 16-17 years group, it was 14.6% having a notable difference between two age groups (p<0.001) [Figure 3.7 u].

Notably, the incidence of students trying cigarettes before age 14 has declined since the GSHS 2016, which recorded 54.8%.(6)

Category	
Total	34.7
13-15 years	47.6
16-17 years	14.6
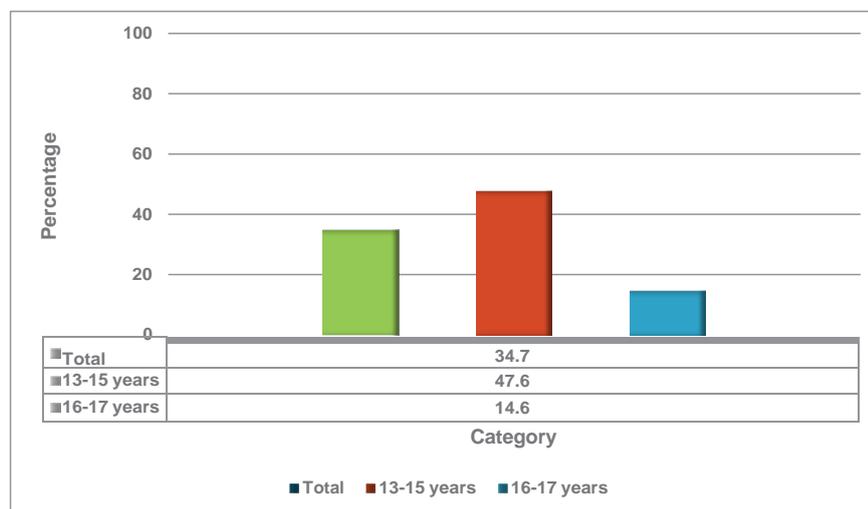
Figure 3.7 u Percentage of students who first tried smoking a cigarette before age 14 years, among students who ever tried smoking a cigarette, by age

Current use of cigarette smoking

In present GSHS 2024, current smokers among adolescents were identified as those who smoked within the past 30 days, with an overall rate of 5.7%. Notably, the prevalence was significantly higher among males (10.6%) compared to females (1%). This marks a rise from GSHS 2016, which reported a smoking rate of 3.5% (6.2% among males and 0.7% among females).(6) (Figure 3.7 v) showing a remarkable difference between sexes (p<0.001). In the age group of 13 to 15, the smoking rate was 4.9%, whereas in the 16 to 17 age group, it significantly increased to 7.7% (p=0.002). Despite ongoing prevention programs, factors such as easy access to tobacco products, lack of control over online advertising, academic stress, and the glamorization of smoking by celebrities contribute to this increase in adolescent smoking rates.

	16-17 Years	13-15 Years	Total (13-17 Years)
Female	0.4	1.2	1
Male	15.6	8.8	10.6
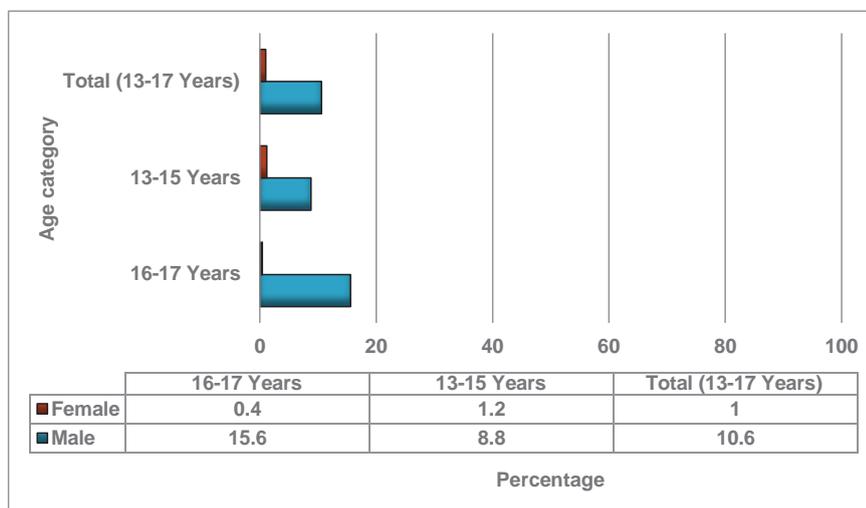
Percentage

Figure 3.7 v: Percentage of students who smoked cigarettes at least 1 day during the 30 days before the survey (current smokers), by sex and age

Use of other forms of smoked tobacco products other than cigarettes

The percentage of students who currently used any form of smoked tobacco products other than cigarettes (on at least 1 day during the past 30 days) was 6.3%. Percentages among males and females were 11.1% and 1.6%, respectively (Figure 3.7 w) showing a noteworthy difference again (p<0.001).

Both age groups, 13-15 years (6.3%) and 16-17 years (6.4%), had similar percentages (p=0.503).

	16-17 Years	13-15 Years	Total (13-17 Years)
Female	1.3	1.7	1.6
Male	11.8	10.9	11.1
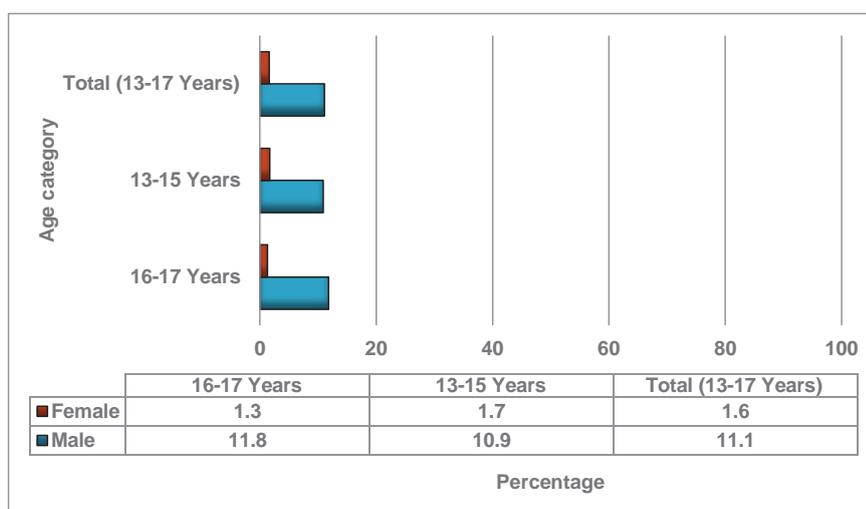
Percentage

Figure 3.7 w: Percentage of students who currently used any form of smoked tobacco products other than cigarettes, on at least 1 day during the 30 days before the survey, by sex and age

Use of smokeless tobacco products

The percentage of students who reported using any form of smokeless tobacco products at least one day in the 30 days prior to the survey was 7.3%. This percentage significantly varied between sexes, with 12.4% of males and 2.2% of females using these products (p<0.001) [Figure 3.7 x].

Additionally, among the age groups examined, 6.8% of students aged 13-15 reported usage, while the figure was notably higher at 8.6% for those aged 16-17 (p=0.025).

	16-17 Years	13-15 Years	Total (13-17 Years)
Female	1.6	2.4	2.2
Male	16.1	11.1	12.4
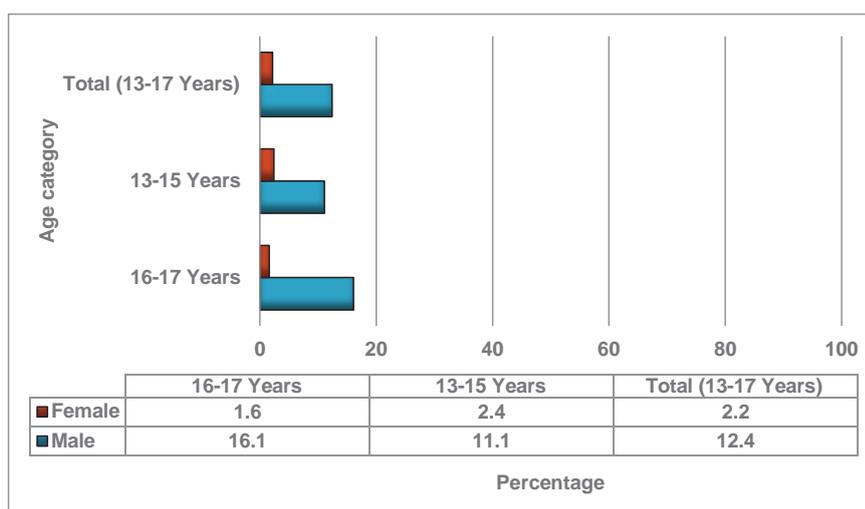
Percentage

Figure 3.7 x: Percentage of students who currently used any form of smokeless tobacco products, on at least 1 day during the 30 days before the survey, by sex and age

Use of smokeless tobacco products (7.3%) has increased from GSHS 2016 (2.3%).

Use of any form of tobacco

The percentage of students who used a tobacco product on at least one day during the 30 days before the survey was 9.7%. The percentages among males and females were 16.9% and 2.9%, respectively (Figure 3.7 y) showing a noteworthy difference (p<0.001). In 13-15 years group it was 8.4% while in the 16-17 years age group it was 13.2% (p<0.001).

	16-17 Years	13-15 Years	Total (13-17 Years)
Female	3.1	2.7	2.9
Male	24.2	14.2	16.9
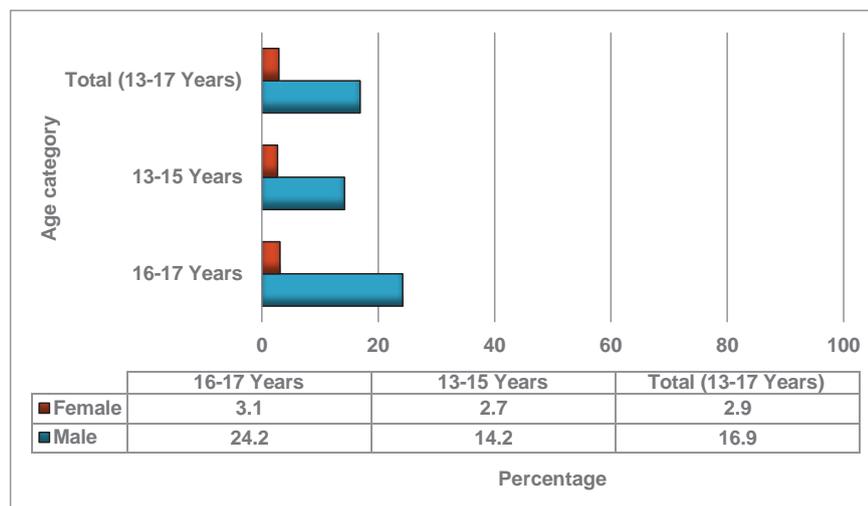
Percentage

Figure 3.7 y: Percentage of students who currently used a tobacco product, on at least 1 day during the 30 days before the survey, by sex and age

In GSHS 2024, 9.7% of students reported current tobacco use, with males at 16.9% and females at 2.9%. This shows little change from GSHS 2016, where 9.2% overall used tobacco (15.6% males, 3% females).(6)

The increase is evident when compared to the Global Youth Tobacco Survey conducted in Sri Lanka in 2015, where 5.7% of students had tried smoking, including 10% of males and 1.4% of females. Most students (65.6%), including 66.6% of males and 49.4% of females, first experimented with cigarettes between the ages of 13 and 15. Only 1.5% had smoked in the past month, primarily males (2.9%). Additionally, 3.7% of students used any tobacco products before the survey, with 6.7% of males and 0.7% of females. Smokeless tobacco use was reported by 2.4% of students, with 4.2% among males (23).

Use of electronic cigarettes

Electronic nicotine delivery systems (ENDS) have become a significant public health concern, particularly among adolescents. Moreover, as of 2022, 73 countries were actively monitoring e-cigarette use among adults through national population-based surveys, and 103 countries were assessing adolescent use via school-based surveys. However, 78 countries with a combined population of 1.9 billion people have yet to initiate monitoring efforts. Collectively, this data underscores the urgency of addressing e-cigarette use and nicotine addiction risks, particularly among youth, to inform effective regulatory decisions (24)

During the 30 days preceding the survey, 5% of students reported using electronic cigarettes on at least one day. The prevalence among male students was 8.1%, compared to 2% for female students (Figure 3.7 z). Among the age groups, 4.1% of individuals aged 13 to 15 reported usage, while the percentage increased to 7.4% within the 16 to 17 age group. The percentages were significantly different between the sexes (p<0.001) as well as age groups (p<0.001)

	16-17 Years	13-15 Years	Total (13-17 Years)
Female	2.3	1.8	2
Male	12.9	6.4	8.1
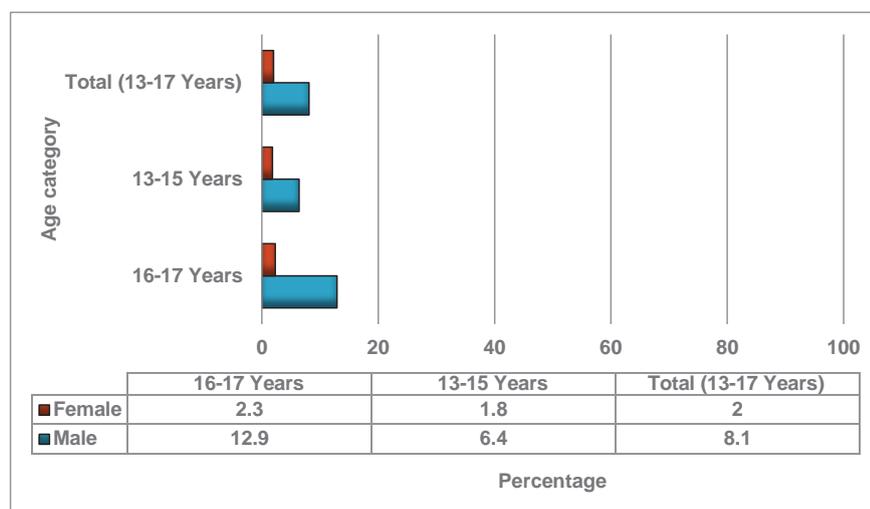
Percentage

Figure 3.7 z: Percentage of students who currently used electronic cigarettes, on at least 1 day during the 30 days before the survey, by sex and age

Alcohol use

Alcohol use at a glance	
Percentage of students (13-17 years old) who:	
Currently use alcohol in preceding 30 days	5.3%
First drank alcohol before age 14, among who ever had a drink of alcohol	39.3%

Among students who have ever consumed alcohol, 39.3% reported having their first drink before the age of 14, excluding just a few sips. This early consumption is further divided by sex, with 36.7% of males and 42.9% of females reporting they had their first drink at that age (p=0.218) [Figure 3.7 aa].

Trying alcohol before the age of 14 years

Total	39.3
Female	42.9
Male	36.7

Category

Total ■Female ■Male
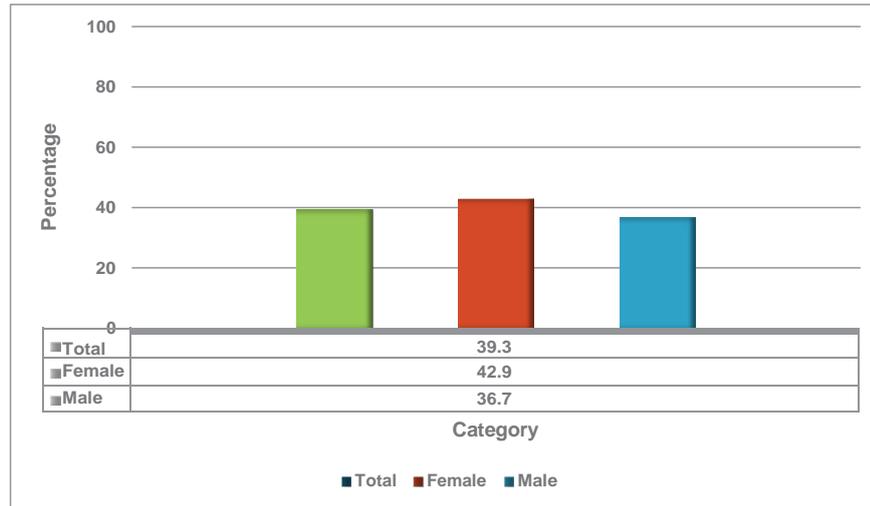
Figure 3.7 aa Percentage of students who had their first drink of alcohol before age 14 years, other than a few sips, among students who ever had a drink of alcohol

The figures are even higher in the younger age group of 13 to 15 years, where 56.9% have tried alcohol before turning 14. In contrast, only 17.1% of those aged 16 to 17 reported the same (p<0.001).

	16-17 years	13-15 years	Total(13-17 years)
I have never had a drink of alcohol other than a few sips	80.4	90.9	88.1
7 years old or younger	0.8	1.2	1.1
8 or 9 years old	0.6	0.8	0.7
10 or 11 years old	0.5	1	0.9
12 or 13 years old	1.5	2.2	2
14 or 15 years old	7.6	3.9	4.9
16 or 17 years old	8.7	0	2.3
18 years old or older	0	0	0
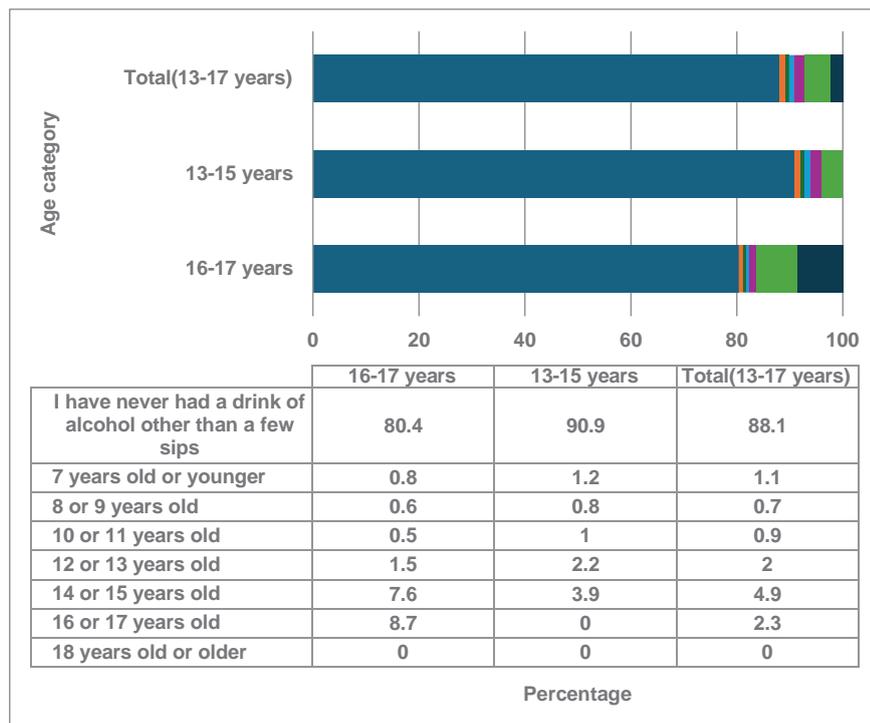
Percentage

Figure 3.7 bb: Age when student had your first drink of alcohol other than a few sips, by age

Current use of alcohol

The percentage of students who drank at least one drink containing alcohol on at least one day during the 30 days before the survey was 5.3%. The percentages were strikingly different (p<0.001) among males (8.3%) and females (2.4%) [Figure 3.7 cc].

In the age group of 13-15 years, the percentage was 4.1%, whereas in the older group of 16-17 years, it was 8.8%. Current alcohol consumption has significantly increased with age (p<0.001).

	16-17 years	13-15 years	Total(13-17 years)
■ Female	3.8	1.9	2.4
■ Male	14.2	6.2	8.3

Sex category
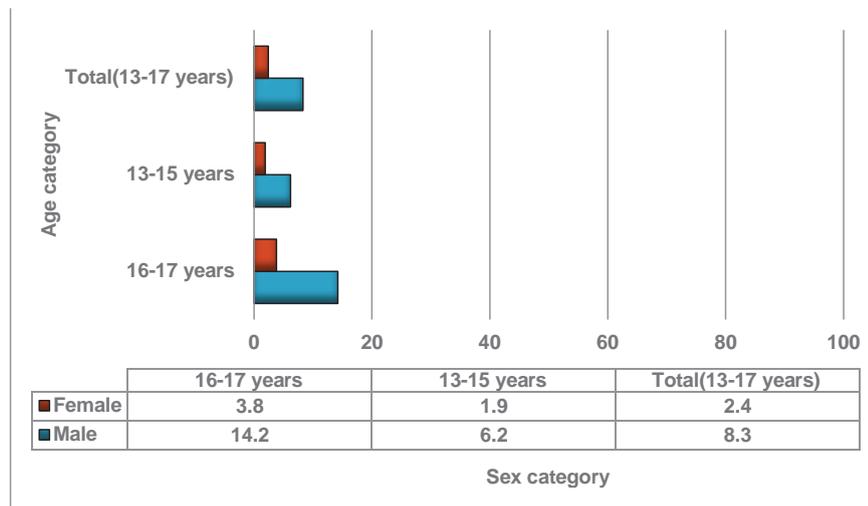
Figure 3.7 cc: Percentage of students who currently drank alcohol, at least one drink containing alcohol on at least 1 day during the 30 days before the survey, by sex and age

	16-17 years	13-15 years	Total(13-17 years)
0 days	91.2	95.9	94.7
1 or 2 days	6.1	2.4	3.4
3 to 5 days	1.4	0.8	0.9
6 to 9 days	0.7	0.6	0.7
10 to 19 days	0.6	0.1	0.2
20 to 29 days	0	0.1	0.1
All 30 days	0	0.1	0.1

Percentage
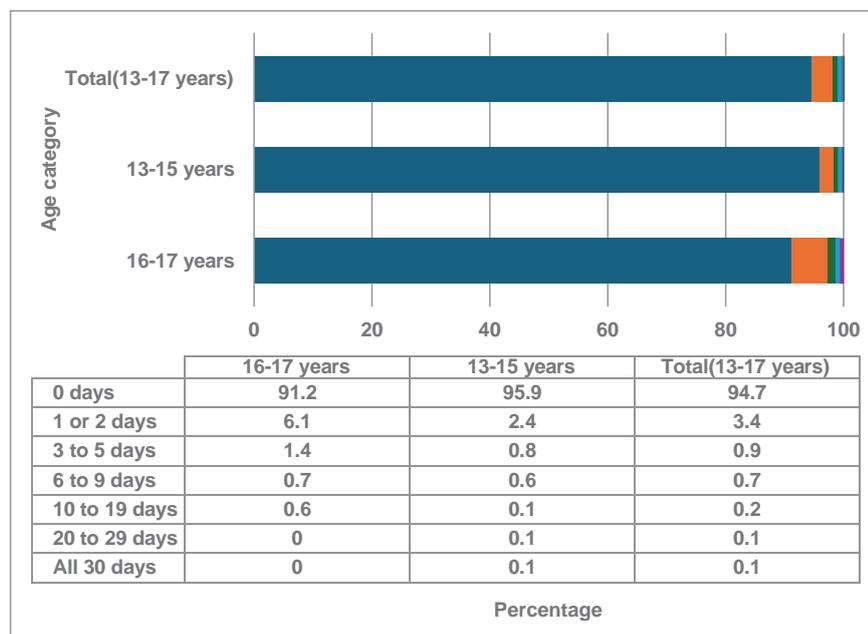
Figure 3.7 dd: Pattern of having at least one drink containing alcohol during the past 30 days, by age

	Male	Female	Total
0 days	91.7	97.6	94.7
1 or 2 days	5	1.8	3.4
3 to 5 days	1.6	0.3	0.9
6 to 9 days	1	0.2	0.7
10 to 19 days	0.3	0.1	0.2
20 to 29 days	0.1	0	0.1
All 30 days	0.2	0	0.1

Percentage
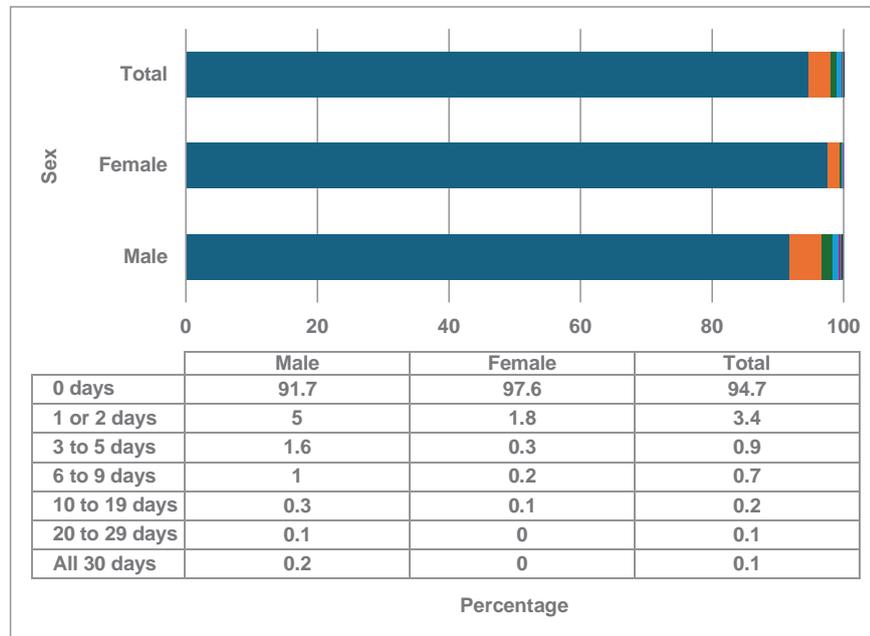
Figure 3.7 ee: Pattern of having at least one drink containing alcohol during the past 30 days, by sex

In the present survey, the number of current alcohol users over 30 days was 5.3%, which was higher than GSHS 2016, when it was 3.2%. Compared to 2016 (1%), the number of female current drinkers have notably increased in 2024 (2.4%).(6) This reflects the changes in societal norms as well as indirect advertising of alcohol. The percentage among the 16-17years age group (8.8%) is two-fold of that among the 13-15 years group (4.1%) and with an increased percentage (8.3%) among males compared to females (2.4%).

The National Youth Health Survey conducted in 2012/2013 asked participants about their alcohol use during the week prior to the survey as an indicator of current alcohol consumption. The results indicated that 10.4% of male youth and 0.6% of female youth in the 15-19 age group reported consuming alcohol in the week before the survey(9).

Saying no to invitations for alcohol use by friends

A total of 63.9% of students reported that they were able to communicate to a friend that they did not want the alcoholic beverage being offered. These percentages were 64.1% for males and 63.7% for females (p= 0.747) [Figure 3.7 ff]. In terms of age groups, 59.9% of students aged 13-15 felt confident in expressing this, whereas 74.8% of those aged 16-17 could do the same. This shows that ability to say "No" has remarkably increased with increasing age (p<0.001)

	16-17 years	13-15 years	Total(13-17 years)
Female	71.6	60.8	63.7
Male	78.4	59	64.1
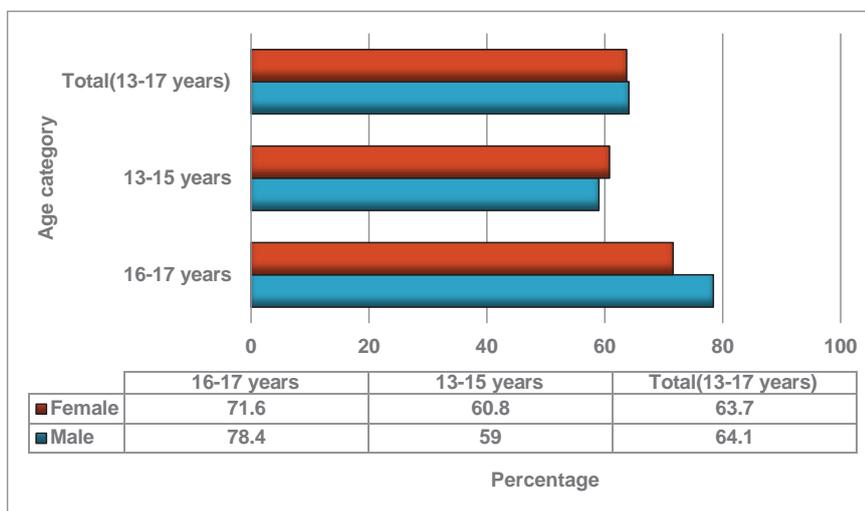
Percentage

Figure 3.7 ff: Percentage of students who knew how to tell a friend that they did not want the alcoholic drink they were offering, by sex and age

Addictive substance use

Substance use at a glance	
Percentage of students (13-17 years old) who:	
Currently use cannabis	2.1%
Have ever used Amphetamines or Methamphetamines for non-medical purposes	1.5%
Tried addictive substance before age 14, among who ever used drugs	47.7%

The percentage of students who first used drugs before age 14 years among students who ever used drugs was 47.7%.

Cannabis use

The Percentage of students who reported using cannabis one or more times during their life was 3.1%. Among males, the percentage was 5.4%, while for females it was 0.7% (Figure 3.7 gg) depicting a major difference (p<0.001). In the 13-15 years age group, the percentage stood at 2.8%, whereas in the 16-17 years age group, it was 3.9% again showing a statistically significant difference (p=0.031).

In 2016, 2.8% has used cannabis(also known as Marijuana) one or more times during their life time.

	16-17 years	13-15 years	Total(13-17 years)
Female	0.2	0.9	0.7
Male	7.8	4.5	5.4
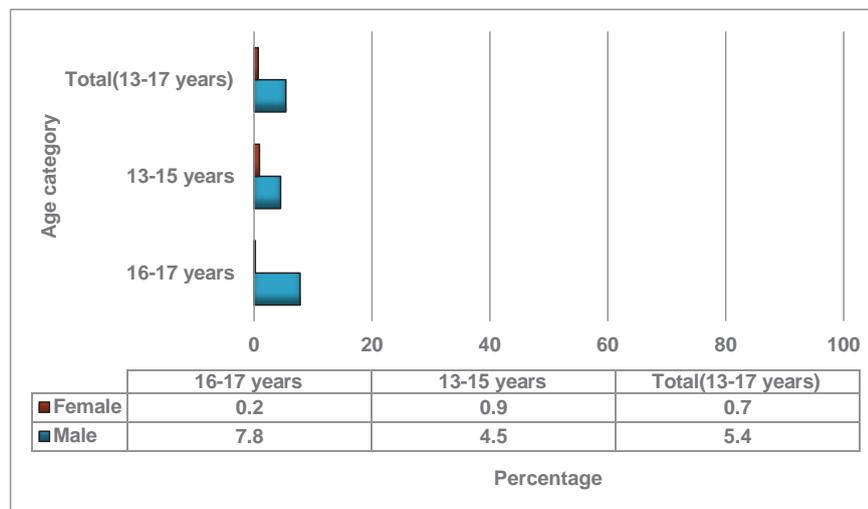
Percentage

Figure 3.7 gg: Percentage of students who used cannabis, one or more times during their life, by sex and age

Current use of Cannabis

The percentage of students who currently used cannabis (one or more times during the past 30 days was 2.1%. Percentages among males and females were 3.5% and 0.6%, respectively with a significant difference (p<0.001) [Figure 3.7 hh]. Both the 13-15 years age group (2.1%) and the 16-17 years age group (2.0%) have similar percentages (p=0.695). This had been 2.7% in 2016 depicting that current cannabis use has decreased over time.

	16-17 years	13-15 years	Total(13-17 years)
Female	0.2	0.8	0.6
Male	3.9	3.3	3.5
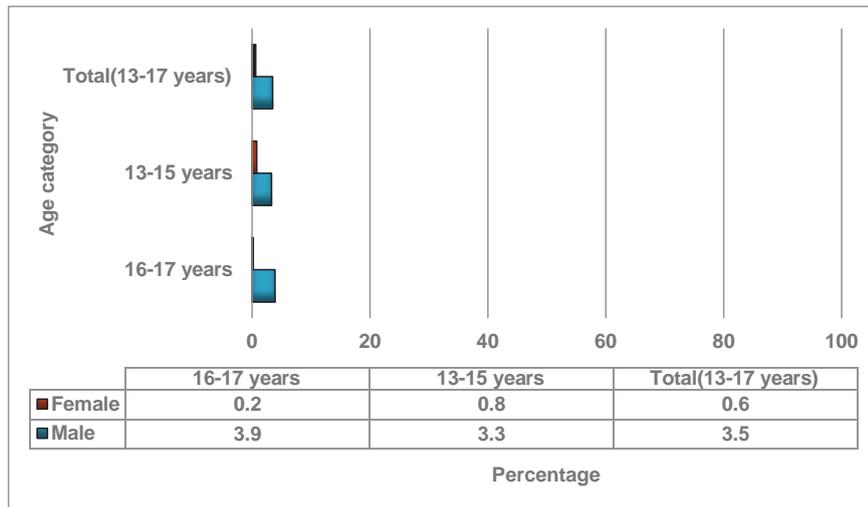
Percentage

Figure 3.7 hh: Percentage of students who currently used cannabis, one or more times during the 30 days before the survey, by sex and age

	16-17 years	13-15 years	Total(13-17 years)
0 times	98	97.9	97.9
1 or 2 times	0.8	0.8	0.8
3 to 5 times	0.9	0.8	0.8
6 to 9 times	0.1	0.1	0.1
10 to 19 times	0.1	0.1	0.1
20 or more times	0	0.2	0.2

Percentage
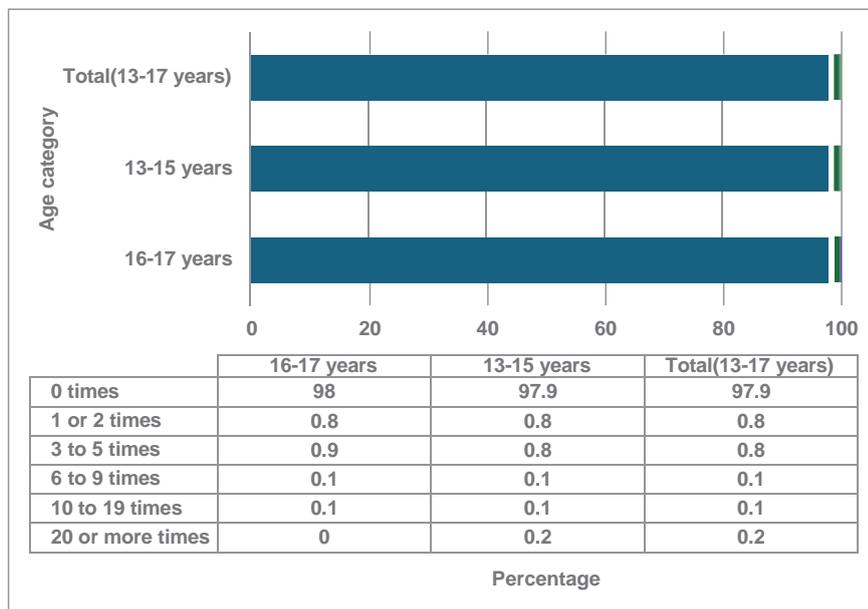
Figure 3.7 ii: Pattern of current use of Cannabis in the past 30 days among students, by age

	Male	Female	Total
0 times	96.5	99.4	97.9
1 or 2 times	1.6	0.1	0.8
3 to 5 times	1.3	0.4	0.8
6 to 9 times	0.2	0.1	0.1
10 to 19 times	0.2	0.1	0.1
20 or more times	0.3	0.1	0.2
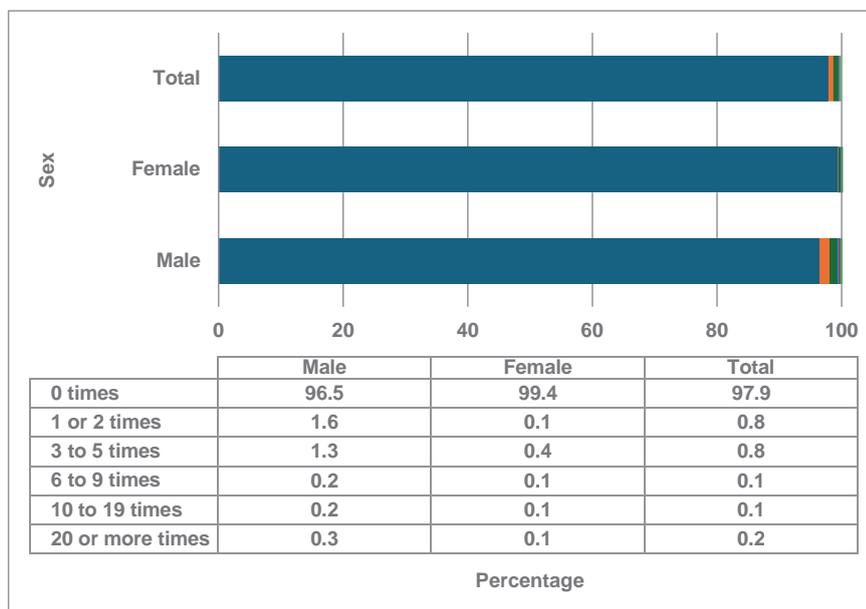
Percentage

Figure 3.7 jj: Pattern of current use of Cannabis in the past 30 days among students, by sex

Use of amphetamines or methamphetamines for non-medical purposes

The percentage of students who used amphetamines or methamphetamines for non-medical purposes one or more times during their life was 1.5%. Among males and females, the percentages were 2.3% and 0.4% respectively (Figure 3.7 kk) showing a noteworthy difference (p<0.001). In the age group of 13-15 years, it was 1.7%, while in the 16-17 years group, it was 0.7% (p=0.075).

	16-17 years	13-15 years	Total(13-17 years)
Female	0	0.6	0.4
Male	1.5	2.7	2.3
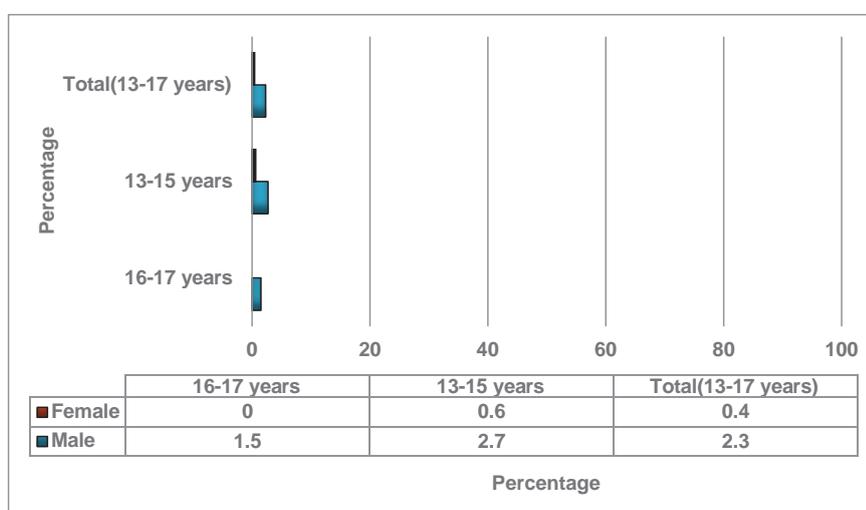
Percentage

Figure 3.7 kk: Percentage of students who used amphetamines or methamphetamines for non-medical purposes, one or more times during their life, by sex and age

	16-17 years	13-15 years	Total(13-17 years)
0 times	99.3	98.3	98.5
1 or 2 times	0.5	0.6	0.6
3 to 5 times	0.2	0.6	0.5
6 to 9 times	0	0.3	0.3
10 to 19 times	0	0.1	0.1
20 or more times	0	0.1	0.1
		Perentage	

Figure 3.7 ll: Pattern of use of amphetamines or methamphetamines (also called ice) for non-medical purposes during student's life, by age
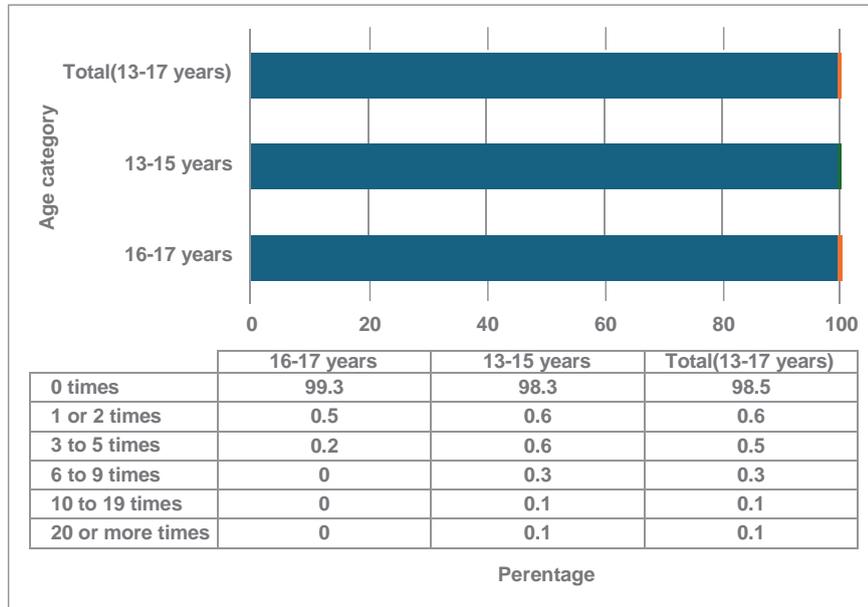
	Male	Female	Total
0 times	97.7	99.6	98.5
1 or 2 times	1.2	0.1	0.6
3 to 5 times	0.7	0.2	0.5
6 to 9 times	0.2	0.2	0.3
10 to 19 times	0.1	0.1	0.1
20 or more times	0.1	0	0.1
		Percentage	

Figure 3.7 mm: Pattern of use of amphetamines or methamphetamines (also called ice) for non-medical purposes during student's life, by sex

In present GSHS the percentage of students who have used amphetamines or methamphetamines for non-medical purposes at least once in their lifetime is 1.5%. The seriousness of this issue is further highlighted by drug-related statistics published by the National Dangerous Drugs Control Board. From January to October 2022, there were 3 students aged below 14 years and 78 students aged between 15 and 19 years who were admitted to government and non-government services due to substance use disorders (25).

3.8 Sleep

Out of the respondents, 35.7% had a sleep of 8-10 hours. Male and female percentages were similar with 35.7% and 35.8 % (p=0.477) [Figure 3.8 a].

	16-17 years	13-15 years	Total(13-17 years)
■ Female	20.7	41.5	35.8
■ Male	23.9	40	35.7
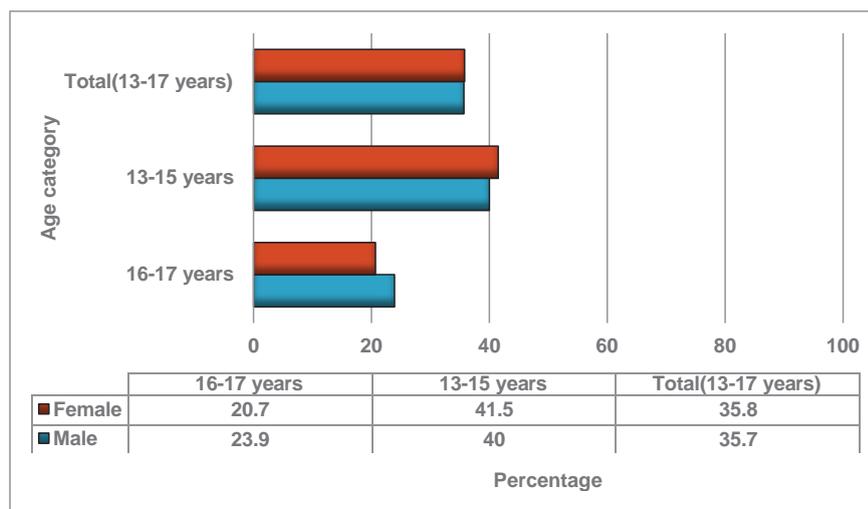
Percentage

Figure 3.8 a: Percentage of students who got eight to ten hours of sleep, on an average school day, by sex and age

Out of the respondents 37.5% had a sleep of 8 or more hours. Percentages among males and females were 37.8% and 37% respectively (p=0.234) [Figure 3.8 b].

	16-17 Years	13-15 Years	Total (13-17 Years)
Female	21.2	42.9	37
Male	24.8	42.5	37.8
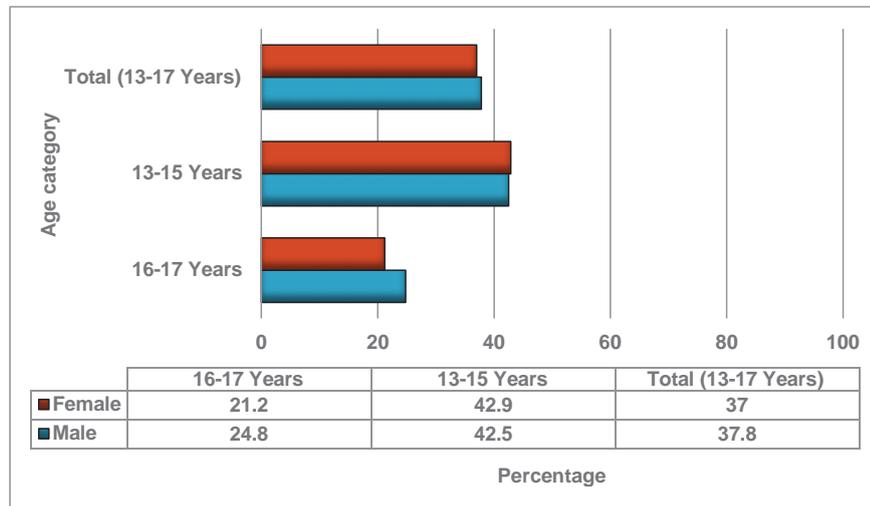
Percentage

Figure 3.8 b: **Percentage of students who had a sleep of 8 or more hours, by sex and age**

A majority (62.6%) of students were obtaining less than eight hours of sleep on average school day. Among males, this figure stands at 62.2%, while it was 63.1% for females (p=0.234) [Figure 3.8 c]. In the 13-15 age group, 57.3% are affected, and this percentage was 77% in the 16-17 age group (p<0.001).

	16-17 years	13-15 years	Total(13-17 years)
Female	78.8	57.1	63.1
Male	75.1	57.6	62.2
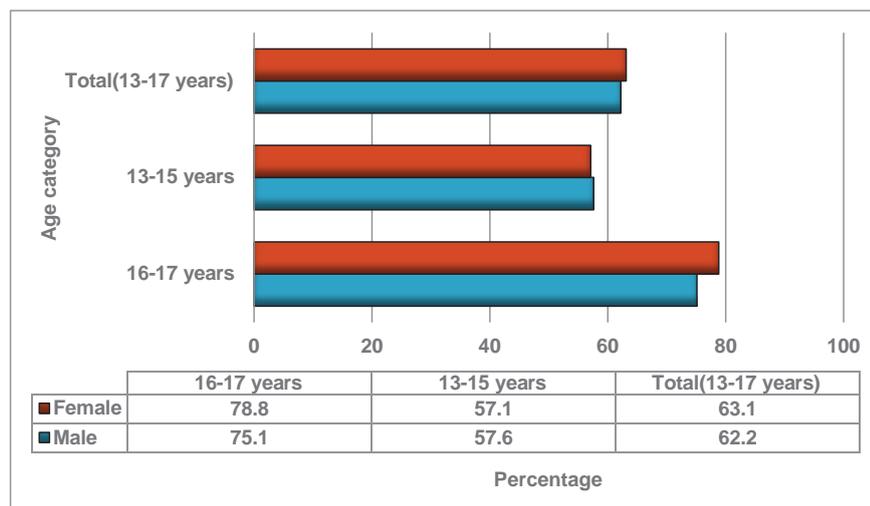
Percentage

Figure 3.8 c: **Percentage of students who got less than eight hours of sleep on an average school day, by sex and age**

	16-17 years	13-15 years	Total(13-17 years)
4 or less hours	8.2	7.6	7.8
5 hours	21	10.2	13.1
6 hours	27.9	19.8	22
7 hours	19.8	19.7	19.7
8 hours	16.2	25.2	22.8
9 hours	4.7	10.5	8.9
10 hours	1.4	5.1	4.1
11 or more hours	0.7	2	1.7

Percentage
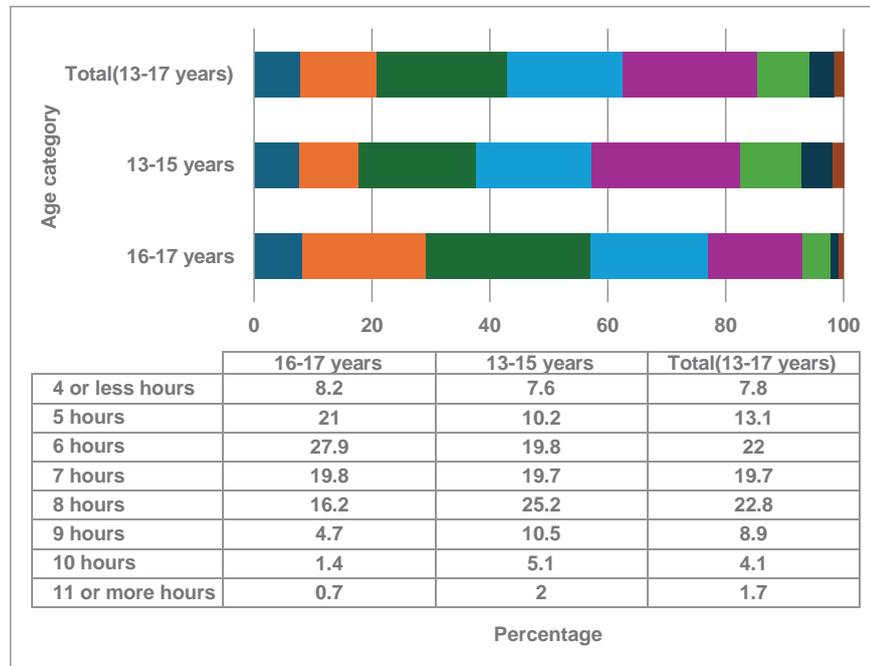
Figure 3.8 d: Pattern of the sleep duration on an average school day among students, by age

Only 37.5% of students achieve the recommended eight or more hours of sleep, with minimal differences between males (37.8%) and females (37%). However, a significant disparity exists between ages groups, where 42.8% of younger adolescents manage sufficient sleep compared to just 23% of older adolescents.

Comparative data from GSHS 2016 show little improvement, with only 36.5% of students sleeping eight hours or more.(6) A survey involving 538 adolescents across eight schools in Thiruvallur, Thiruppur, and Namakkal further confirms these trends: over 64% report sleeping less than eight hours, and 5.6% get fewer than six hours. Additionally, 48% experience prolonged sleep-onset latency and 43% report interrupted sleep (26).

These findings have significant implications, underscoring the need for focused interventions to promote having recommended level of sleep among adolescents. Prioritizing sleep health is essential to fostering optimal physical, mental, and academic development among young people.

3.9 Violence and Unintentional Injuries

Violence and injury at a glance

Percentage of students (13-17 years old) who:

Who were physically attacked	23.8%
Were in a physical fight	34.5%
Were seriously injured	45.8%
Most serious injury was a motor vehicle accident	12.7%

According to Registrar General data of the adolescent age group, external causes were the leading cause of death (27)

Serious injuries

In the past 12 months, 45.8% of students reported being seriously injured at least once. This percentage was remarkably higher among males, at 56.5%, compared to 35.5% among females (p<0.001) [Figure 3.9 a].

In the age group of 13 to 15 years, the injury rate was 47.5%, while in the 16 to 17 years age group, it was 41.2% implying a significant difference between age groups (p=0.007).

	16-17 years	13-15 years	Total(13-17 years)
Female	31.1	37.2	35.5
Male	52.2	58.1	56.5
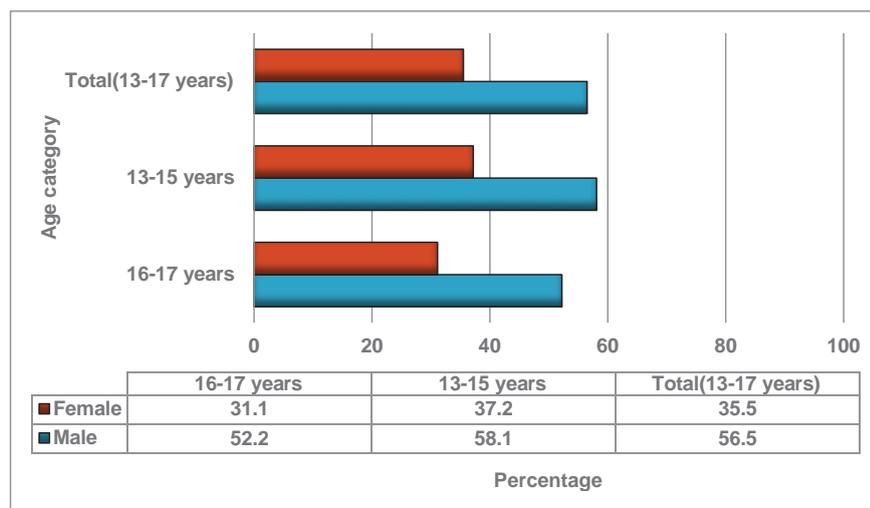
Percentage

Figure 3.9 a: Percentage of students who were seriously injured, one or more times during the 12 months before the survey, by sex and age

This 45.8% of serious injuries, with 56.5% among males and 35.5% among females is a rising trend from 2016 where, in 2016, it was 35.6% with higher percentage among males (45.3%) and 26.4% among females.(6) Accordingly, the pattern of male students being highly vulnerable to serious injuries had been persistent, and this might be due to risk-taking behaviour of male students.

The percentage of students who reported that the most serious injury was a broken bone, dislocated joint, or broken or knocked-out tooth among those seriously injured during the past 12 months was 23.8%, with 25.4% among males and 21.1% among females (p=0.349) [Figure 3.9 b]. In 2016, result was basically at a similar level, with 22.1%.(6)

The 13-15 age group had 24.2%, while the 16- 17 age group had 22.3% (p=0.304).

	Category
■Total	23.8
■Female	21.1
■Male	25.4

■Total ■Female ■Male
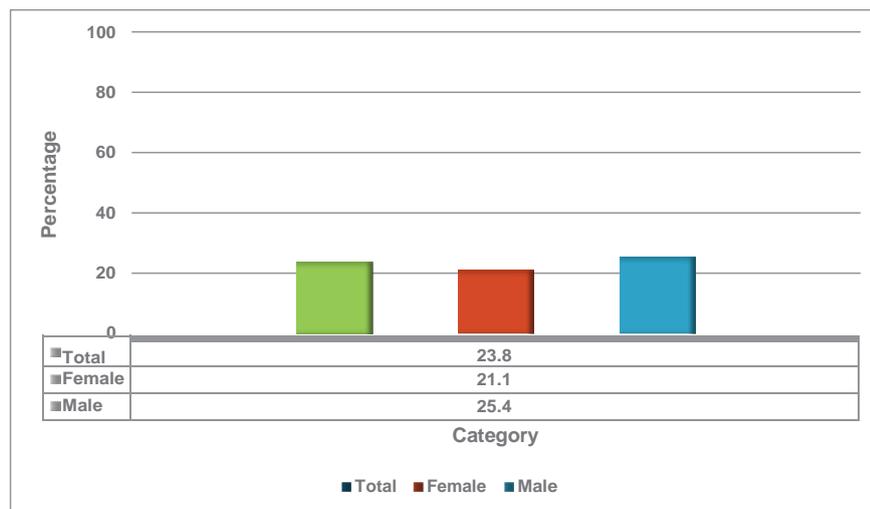
Figure 3.9 b: Percentage of students who reported that their most serious injury was a broken bone, dislocated joint, or a broken or knocked out tooth, among students who were seriously injured during the 12 months before the survey, by sex

	16-17 years	13-15 years	Total(13-17 years)
I was not seriously injured during the past 12 months	69.8	66.6	67.5
I had a broken bone, a dislocated joint, or a broken or knocked out tooth	6.7	8.1	7.7
I had a cut or stab wound	7.2	9	8.5
I had a concussion or other head or neck injury, was knocked out, or could not breathe	2.5	3.1	2.9
I had a gunshot wound	0.2	0.4	0.4
I had a bad burn	0.5	1.7	1.4
I was poisoned or took too much of a drug	0.6	0.4	0.4
Something else happened to me	12.4	10.7	11.1

Percentage
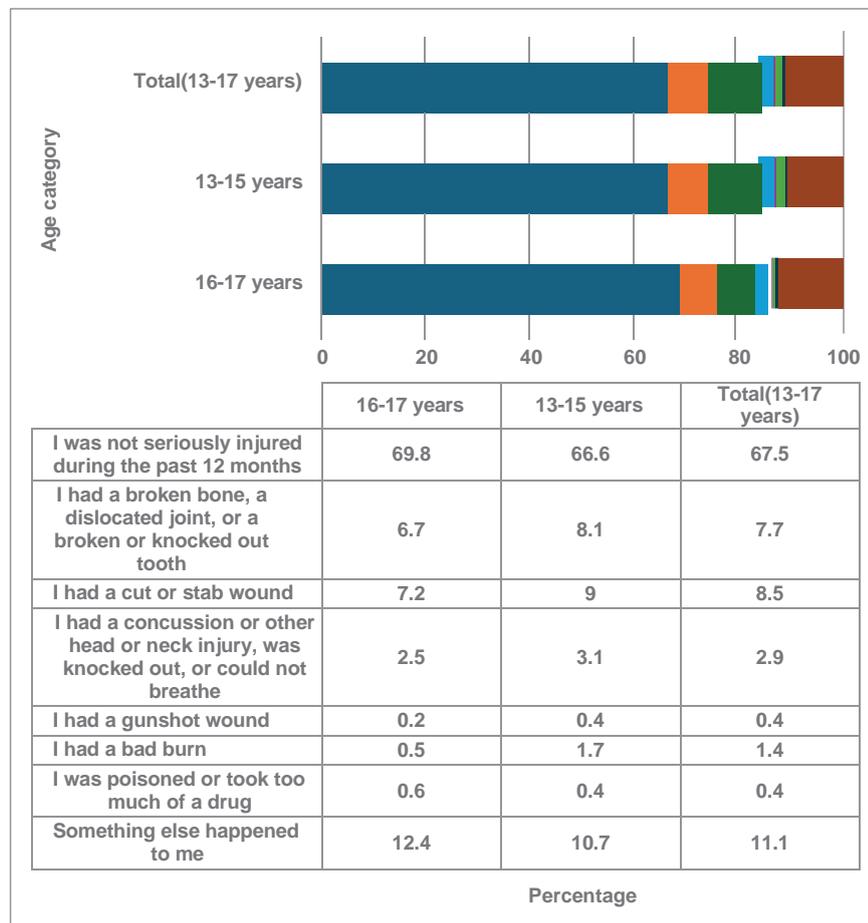
Figure 3.9 c: Pattern of most serious injury happened during the past 12 months among students, by age

Motor vehicle injuries

Among students who suffered serious injuries in the past 12 months, 12.7% reported that their most serious injury was caused by a motor vehicle accident, with a significantly higher percentage of 16.4% among males compared to 6.6% among females (p<0.001) [Figure 3.9 d]. In 2016 it was 12.17%, with males 15.1% and females 7%.(6)

In the 13 – 15 years age group, it was 12.5%, while among the 16-17 years age group, it was 13.2% (p=0.662).

Total	12.7
Female	6.6
Male	16.4
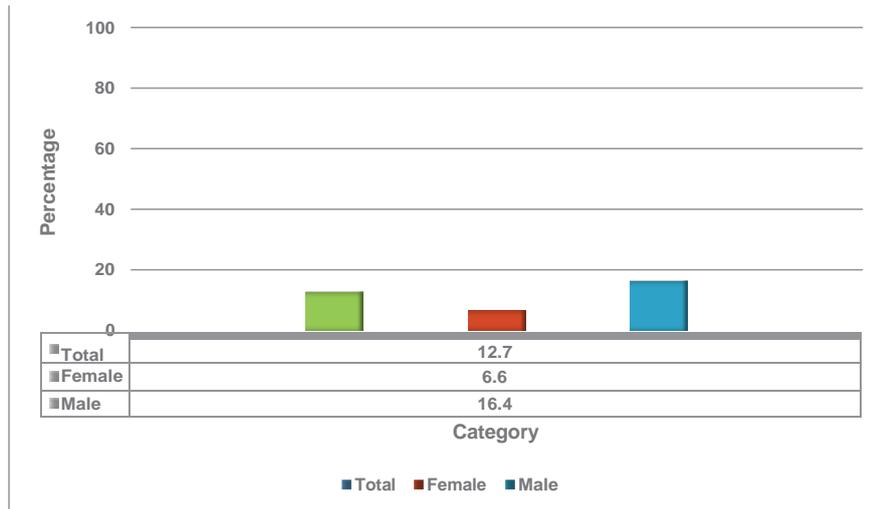
Figure 3.9 d: Percentage of students who reported that their most serious injury was caused by a motor vehicle accident or being hit by a motor vehicle, among students who were seriously injured during the 12 months before the survey, by sex and age

	16-17 years	13-15 years	Total(13-17 years)
I was not seriously injured during the past 12 months	69.7	65	66.3
I was in a motor vehicle accident or hit by a motor vehicle	4	4.4	4.3
I fell	9.5	12.4	11.6
Something fell on me or hit me	2.8	4.8	4.2
I was attacked or abused or was fighting with someone	1	0.9	0.9
I was in a fire or too near a flame or something hot	0.8	1.5	1.3
I inhaled or swallowed something bad for me	0.5	0.3	0.4
Something else caused my injury	11.7	10.7	11
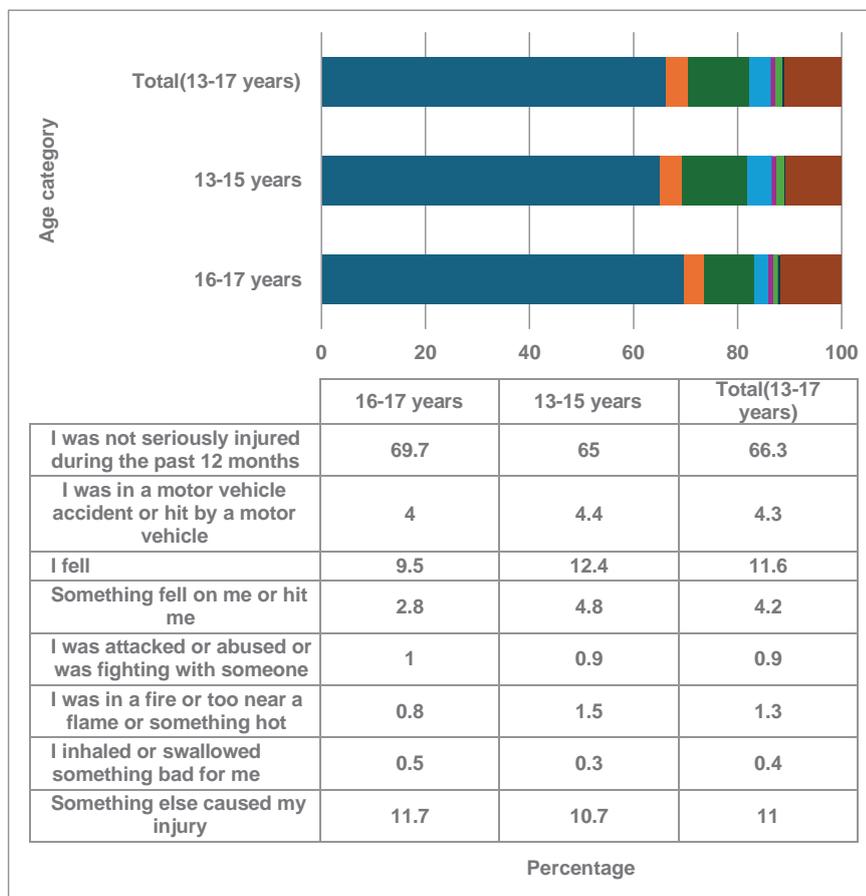
Figure 3.9 e: Pattern of the major cause of the most serious injury that happened to students, during past 12 months, by age

Physical attack

The Percentage of students who were physically attacked one or more times during the past 12 months was 23.8%, with 32.8% among males and 15.2% among females (Figure 3.9 f). It was significantly different between the 2 sexes (p<0.001) It was higher in the younger age group (24.5%) than in the 16-17 age group (21.9%) [p=0.189].

	16-17 years	13-15 years	Total(13-17 years)
Female	13.8	15.7	15.2
Male	30.5	33.6	32.8
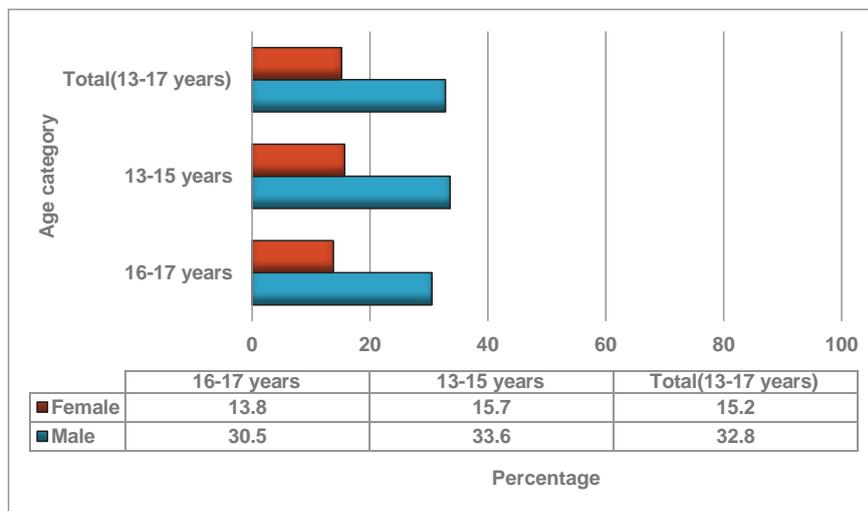
Percentage

Figure 3.9 f: Percentage of students who were physically attacked, one or more times during the 12 months before the survey, by sex and age

	16-17 years	13-15 years	Total(13-17 years)
0 times	78.1	75.5	76.2
1 time	8.1	11	10.2
2 or 3 times	8.1	7.6	7.7
4 or 5 times	2.2	2	2.1
6 or 7 times	0.6	0.7	0.7
8 or 9 times	0.4	0.6	0.6
10 or 11 times	0.3	0.4	0.4
12 or more times	2.2	2.2	2.2
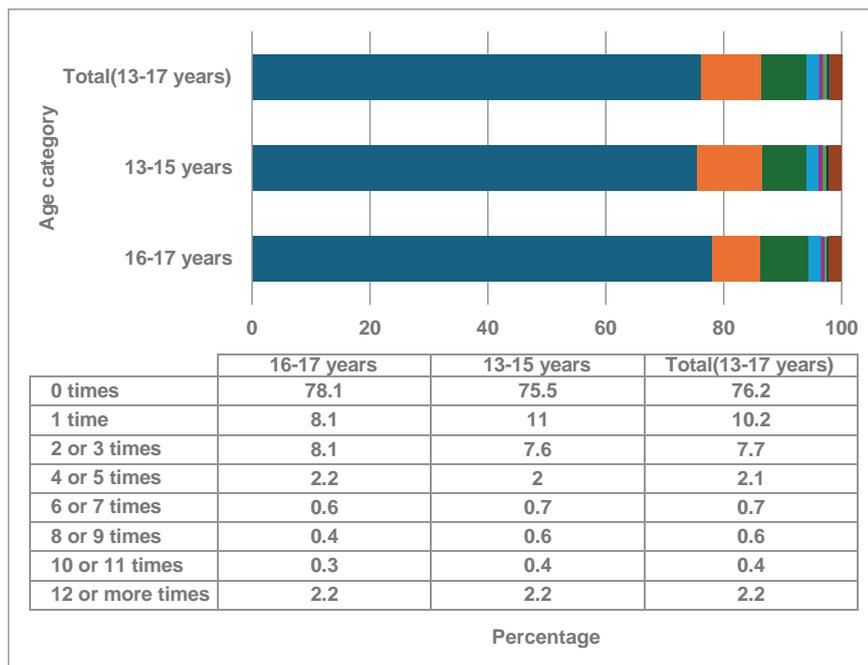
Percentage

Figure 3.9 g: Pattern of the frequency of physical attack during the past 12 months among students, by age

According to GSHS 2024, 23.8% students have been physically attacked and percentage of male victims have been 32.8% and the percentage of female victims have been 15.2%. In 2016, 35% of students were physically attacked during 12 months before the survey, with males 43.5% and females 26.5%. (6)

Forcing for sexual activities

In the past 12 months, 6.1% of students reported being forced by someone to engage in sexual activities they did not want to participate in, with 7.5% of males and 4.7% of females affected (Figure 3.9 h). Here there is a significantly higher prevalence among male students (p=0.012). Among the age group of 13 to 15 years, the percentage was slightly higher at 6.5%, compared to 5.0% in the 16 to 17 years age group(p=0.15).

According to a cross sectional study done on physical, sexual and emotional abuse during childhood, among 1500 students aged 18-19 years, 9.1% young adults reported that they were sexually abused during childhood. 4.05% reported being seriously sexually abused (28).

	16-17 years	13-15 years	Total(13-17 years)
Female	4.6	4.7	4.7
Male	5.4	8.3	7.5
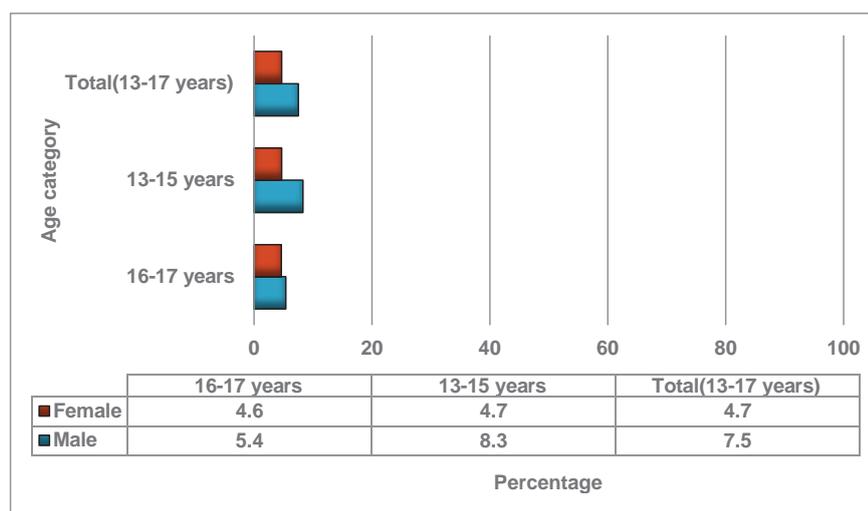
Percentage

Figure 3.9 h: Percentage of students who were forced by anyone to do sexual things that they did not want to do, one or more times during the 12 months before the survey, by sex and age

Dating violence

The percentage of students who were forced by a person they were dating or going out with to do things that they did not want one or more times during the past 12 months was 10.1%, with a significantly higher percentage among males (12.7%) compared to 7.5% among females (p=0.01) [Figure 3.9 i].This high percentage among males reflects concern in society towards abuse of male children, probably due to ignorance that these could happen to boys, too.

A strikingly higher percentage (11.8%) was in the younger age group compared to the 16-17 age group (6.5%) [p=0.008].

	16-17 years	13-15 years	Total(13-17 years)
Female	4.3	9.1	7.5
Male	9	14.4	12.7
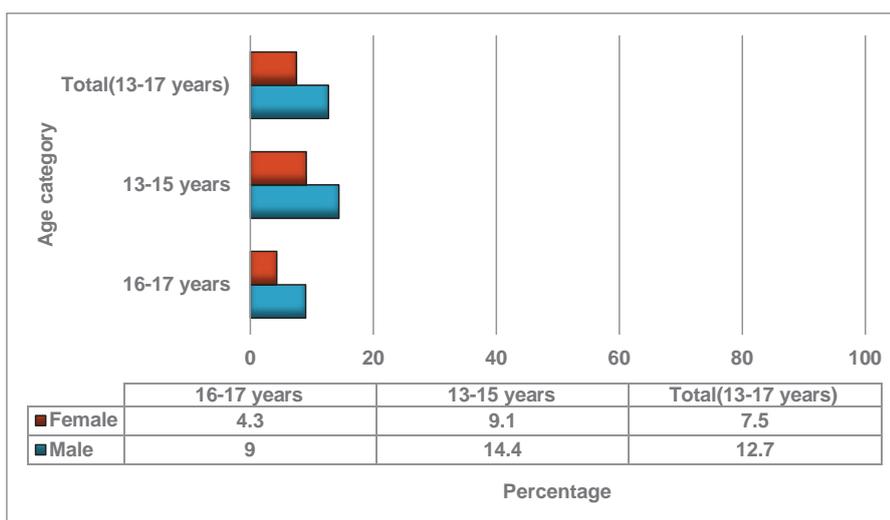
Percentage

Figure 3.9 i: Percentage of students who were forced by someone they were dating or going out with to do sexual things that they did not want to do, one or more times during the 12 months before the survey, among students who dated in the 12 months before the survey, by sex and age

	Male	Female	Total
I did not date or go out with anyone during the past 12 months	60.8	62	61.5
0 times	34.2	35.1	34.6
1 time	2.2	1.7	2
2 or 3 times	1	0.6	0.8
4 or 5 times	0.6	0.3	0.5
6 or more times	1.1	0.2	0.7
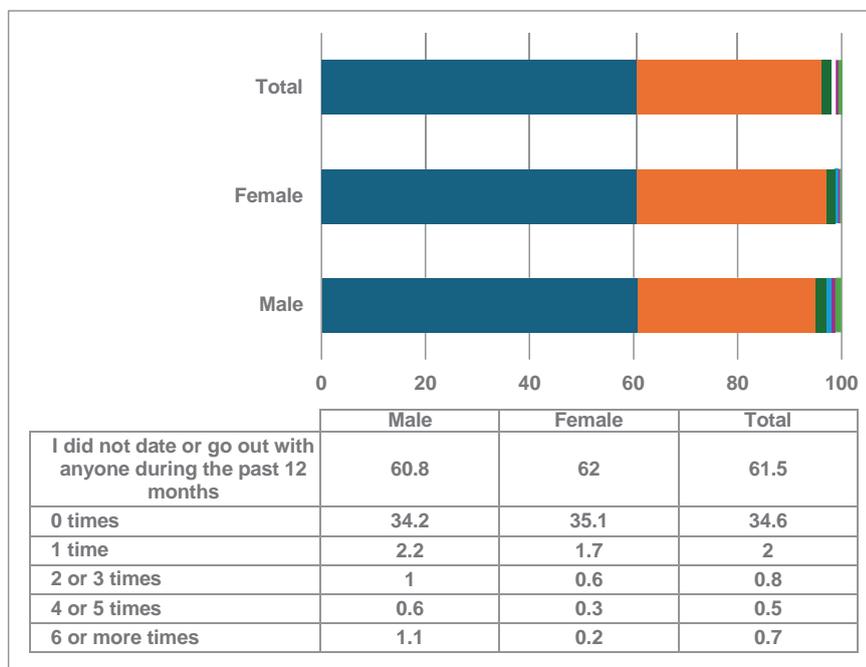
Figure 3.9 j: Frequency that the students were forced to do sexual things that they did not want to, during dating or going out, by sex

Cyber-sexual harassment

In the past 12 months prior to the survey, 6.9% of students reported that someone had asked them to engage in sexual activities on the internet or social media when they did not want to. This figure was significantly higher among males, at 9.2%, compared to females, who reported 4.7% (p<0.001) [Figure 3.9 k]. Additionally, the percentage was higher in the age group of 13-15 years (7.3%) than in the 16-17 years age group (6%) [p=0.074].

This reflects the need of the country to have a mechanism and provision of legislation against these things through increased awareness, law and implementation of monitoring and legislation

	16-17 years	13-15 years	Total(13-17 years)
Female	5.7	4.3	4.7
Male	6.3	10.2	9.2
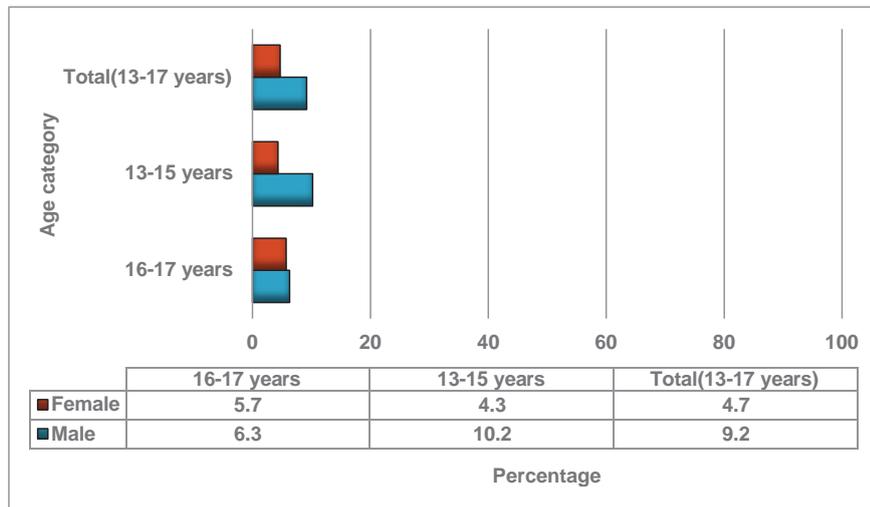
Percentage

Figure 3.9 k: Percentage of students who had someone ask them to do sexual things on the internet or social media when they did not want to, one or more times during the 12 months before the survey, by sex and age

	16-17 years	13-15 years	Total(13-17 years)
0 times	94	92.7	93.1
1 time	2.3	3.7	3.4
2 or 3 times	2.5	2	2.1
4 or 5 times	0.6	0.5	0.5
6 or more times	0.5	1.1	0.9

Percentage
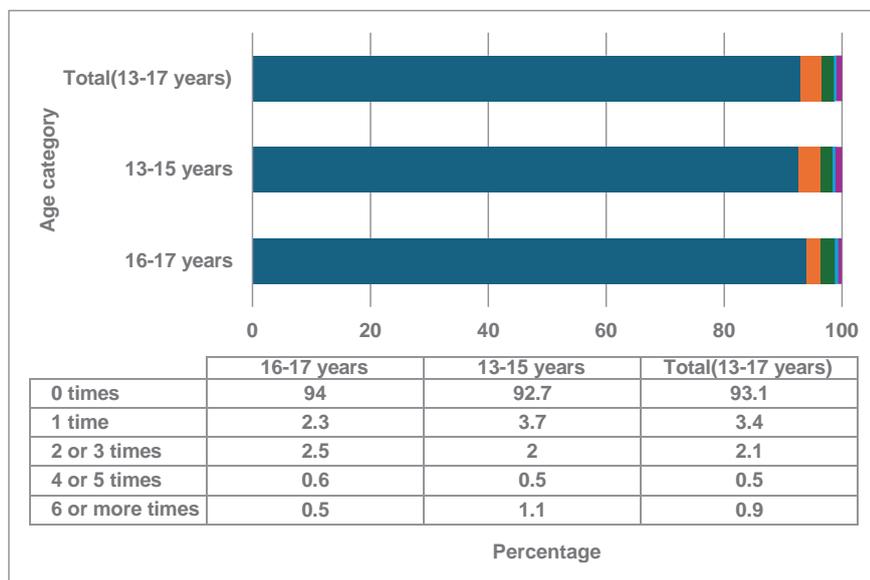
Figure 3.9 l: Pattern of the frequency of someone asking students to do sexual things on the internet or social media that they did not want to do during the past 12 months, by age

The teaching of prevention of sexual violence/harassment in school

The percentage of students who were taught in any of their classes what to do if someone is trying to touch them in a sexual way when they do not want them during this school year was 57.7% with 49.1% for males and 66% for females(Figure 3.9 m). The difference between two sexes is significant (p<0.001). This reflects the need to address this through school curriculum throughout all grades, ensuring both males and females are taught the preventive component.

The 13-15 years age group responded as 57.1%, while the 16-17 years age group responded as 59.4% (p=0.129).

	16-17 years	13-15 years	Total(13-17 years)
■Female	64.8	66.5	66
■Male	53.5	47.5	49.1
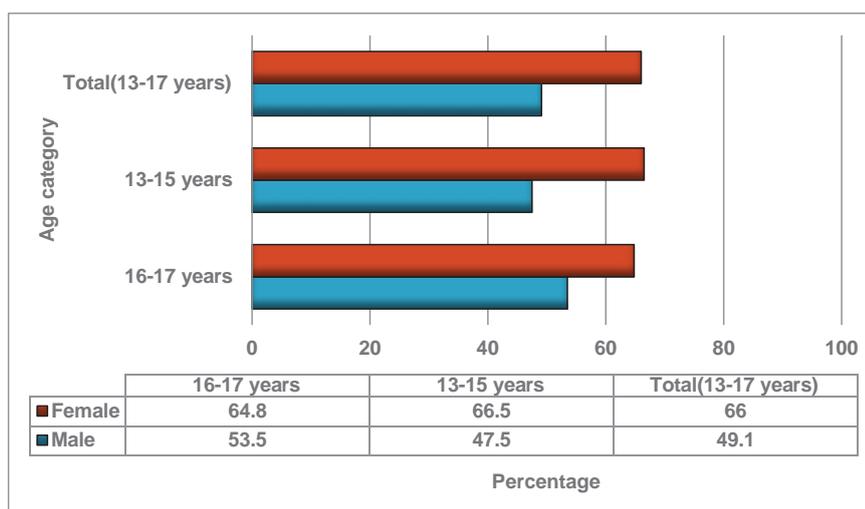
Figure 3.9 m: Percentage of students who were taught in any of their classes what to do if some-one is trying to touch them in a sexual way when they do not want them to, during this school year, by sex and age

Teacher physically hurting the students

In the past 12 months, 47.9% of students reported that their teacher hit, slapped, or physically hurt them on purpose, or made them do something that caused harm. This figure was 59.3% among males and 37% among females (Figure 3.9 n). This shows that significantly higher percentage of male students were subjected to corporal punishment as compared to female students (p<0.001). It was higher among 16-17 years age group (51.2%) compared to 13-15 group (46.6%) [p=0.034]. This high level of physically hurting by the teacher is still there even though the country is having legislation prohibiting corporal punishment. This should be further assessed with qualitative research, and positive discipline practices should be more focused on teacher training curriculum

	16-17 years	13-15 years	Total(13-17 years)
Female	37.3	36.9	37
Male	66.3	56.7	59.3
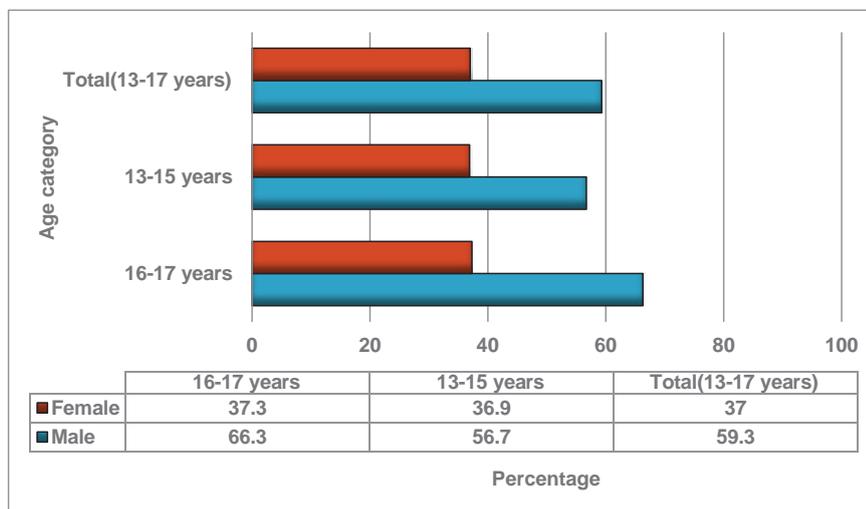
Percentage

Figure 3.9 n: Percentage of students whose teacher hit, slapped, or physically hurt them on purpose or made them do something that hurt, during the 12 months before the survey, by sex and age

Physical fights

In the past 12 months, 34.5% of students reported participating in a physical fight one or more times. The occurrence was significantly higher among males, at 51.3%, compared to females, who reported a rate of 18.1% (Figure 3.9 o) [p<0.001]. Additionally, among the younger age group (13-15 years), the percentage of students involved in fights was 35.5%, which is higher than the 31.7% reported in the 16-17 years age group (p=0.085).This needs to be addressed by improving life skills among students at schools.

	16-17 years	13-15 years	Total(13-17 years)
Female	15.4	19.1	18.1
Male	49.2	52	51.3
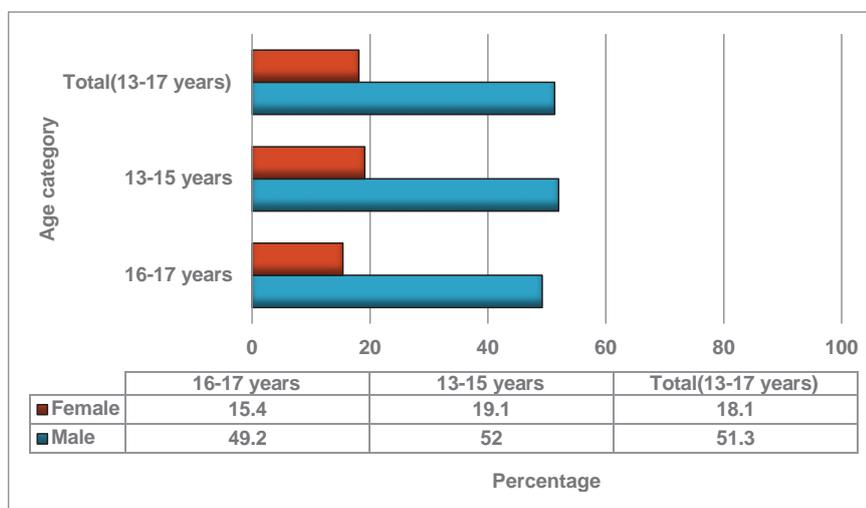
Percentage

Figure 3.9 o: Percentage of students who were in a physical fight, one or more times during the 12 months before the survey, by sex and age

	16-17 years	13-15 years	Total(13-17 years)
0 times	68.3	64.5	65.5
1 time	11.1	15.6	14.4
2 or 3 times	12	11.8	11.9
4 or 5 times	3.5	3	3.1
6 or 7 times	1.4	1.3	1.3
8 or 9 times	0.7	0.7	0.7
10 or 11 times	0.8	0.4	0.5
12 or more times	2.2	2.7	2.5
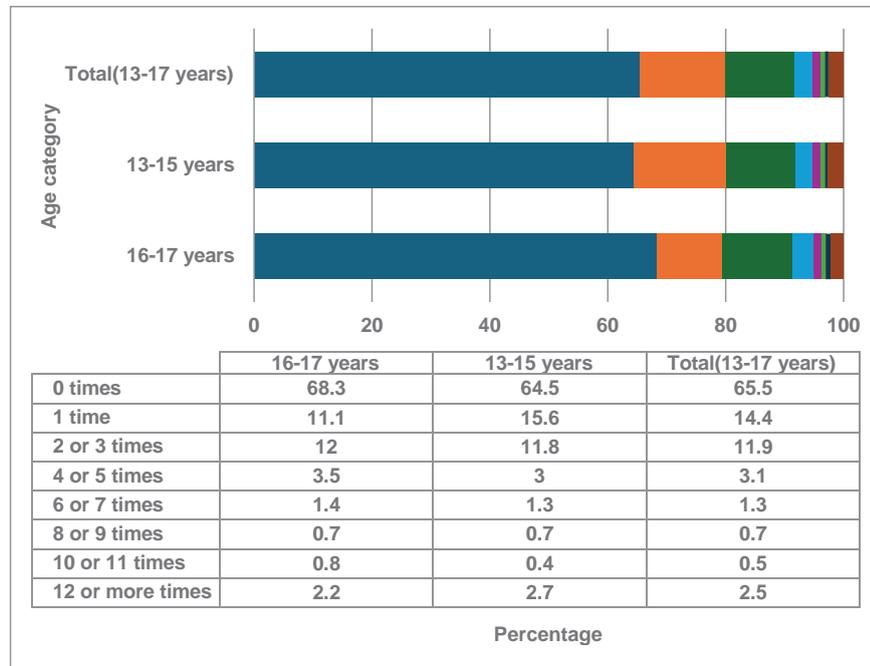
Percentage

Figure 3.9 p: Pattern of the frequency of physical fights among students during the past 12 months, by age

3.10 Sexual Health

Sexual health at a glance

Percentage of students (13-17 years old) who:

Have ever heard about HIV infection/ AIDS	63.0%
Have been taught how to avoid HIV infection/ AIDS	44.2%
Have been taught how to avoid getting pregnant	42.9%
Have had sexual relationships	4.9%

Reason for not having had sexual intercourse

The proportion of students who identified wanting to wait until they are older as their primary reason for not having engaged in sexual intercourse was 37.1% among those who have never participated in such activities. This figure significantly varies by sex, with a higher figure of 42.2% among males compared to 32.5% among females (Figure 3.10 a) [p<0.001]. In the age group of 13 to 15 years, the percentage was significantly greater (39.8%), than among students aged 16 to 17 years (30%) [p<0.001].

	16-17 years	13-15 years	Total(13-17 years)
Female	19.9	37.2	32.5
Male	40.8	42.7	42.2
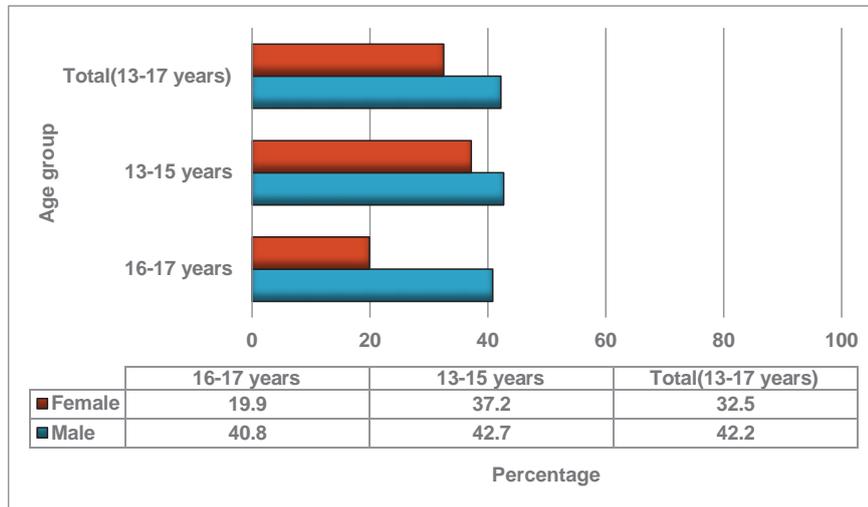
Percentage

Figure 3.10 a: Percentage of students whose main reason for not having had sexual intercourse was that they wanted to wait until they were older, among students who never had sexual intercourse, by age and sex

	16-17 years	13-15 years	Total(13-17 years)
I have had sexual relationships	3.7	5.3	4.9
I want to wait until I am older	28.9	37.7	35.3
I want to wait until I am married	41.4	29.7	32.9
I do not want to risk getting pregnant	5.2	8.3	7.5
I do not want to risk getting a sexually transmitted infection, such as	4.7	3.1	3.5
I have not had a chance to have sex or met anyone that I wanted to	5.8	3	3.8
It is against my religious beliefs or moral values	4.8	8.6	7.6
Some other reason	5.5	4.2	4.6

Percentage

Figure 3.10 b: Pattern of the main reason students did have had sexual intercourse by age

Knowledge on HIV

Among students, 63% reported having heard of HIV infection or AIDS. These percentages differed significantly by sex, with 59% of males and 66.8% of females having heard of the disease (Figure 3.10 c) [p<0.001]. In the 13-15 age group, awareness was at 57.7%, while it was significantly higher in the 16-17 age group (77.6%) [p<0.001].

	16-17 years	13-15 years	Total(13-17 years)
Female	82.1	61	66.8
Male	72.7	54.1	59
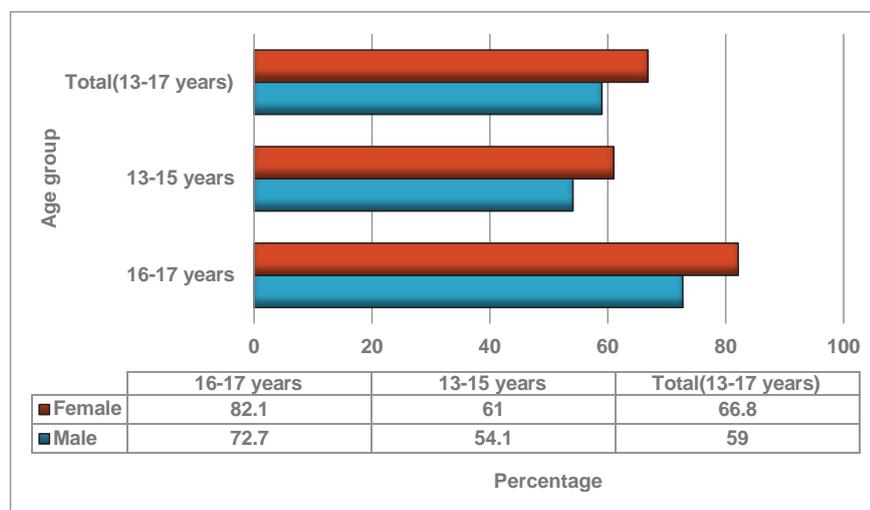
Percentage

Figure 3.10 c: Percentage of students who had ever heard of HIV infection or the disease called AIDS, by sex and age

Students who had heard of HIV infection or AIDS in the present study (63%), showed a notable decline from 77% in the GSHS 2016.(6)

The National Youth Health Survey (2012-2013) assessed students' knowledge about HIV among adolescents aged 15-19. The findings revealed that 66.9% of females and 64.8% of males were aware that HIV/AIDS can be transmitted through unprotected sexual intercourse with an infected person (9).

Teaching on avoiding HIV infection or AIDS

During the current school year, 44.2% of students were taught in their classes on how to avoid HIV infection or AIDS. The percentages varied by sex, with 42% of males and 46.4% of females receiving this education depicting a significant difference (p=0.008) [Figure 3.10 d].

Among students aged 13-15, the percentage was 40.4%, while for those aged 16-17, it remarkably increased to 54.5% (p<0.001).

	16-17 years	13-15 years	Total(13-17 years)
Female	52.6	44	46.4
Male	56.4	36.7	42
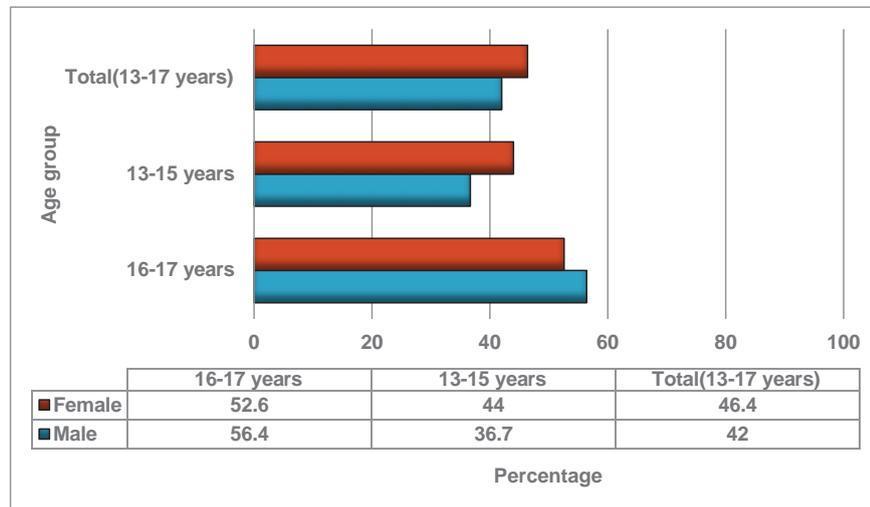
Percentage

Figure 3.10 d: Percentage of students who were taught in any of their classes how to avoid HIV infection or AIDS, during this school year, by sex and age

The percentage of students reported being taught in any of their classes about how to avoid HIV infection or AIDS during the current school year in present study(44.2%) has notably declined from 2016 (67.1%).(6) This decline in both knowledge and instruction about HIV suggests the need to revisit the implementation of sexual health education in schools as part of the curriculum.

Education on avoiding getting pregnant

During the current school year, 42.9% of students received education in any of their classes on how to avoid getting pregnant. The percentages were 35.2% for males and 50.1% for females (Figure 3.10 e). This difference between males and females was significant (p<0.001). Among students aged 13 to 15, the percentage was 41.6%, while for those aged 16 to 17, it increased to 46.2%, which is significant (p=0.013).

	16-17 years	13-15 years	Total(13-17 years)
Female	48.6	50.7	50.1
Male	43.8	32.1	35.2
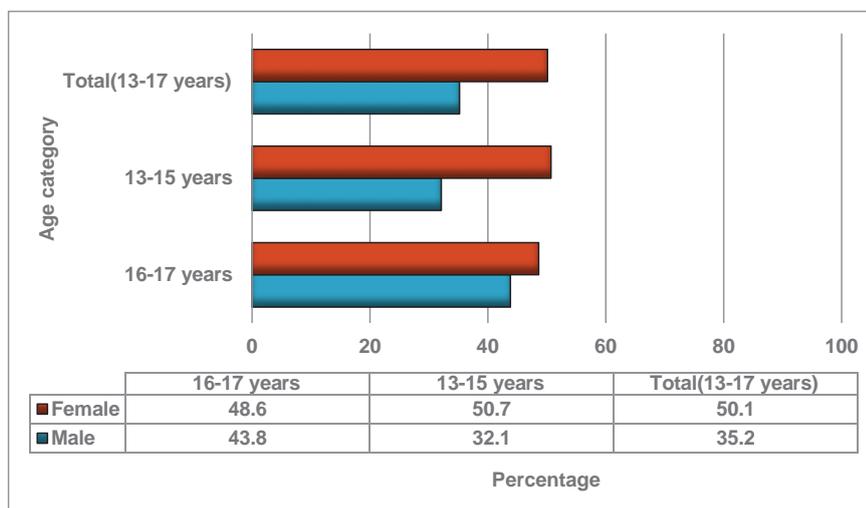
Percentage

Figure 3.10 e: Percentage of students who were taught in any of their classes how to avoid getting pregnant during this school year by sex and age

3.11 Engagement with school, peers and parents

Parental engagement at a glance

Percentage of students (13-17 years old) who:

Parents/guardians knew what they were doing with their free time	61.0%
Parents/guardians understood their problems	44.5%
Parents/guardians checked their homework	57.1%
Parents/guardians never or rarely went through their things without approval	14.2%

Engagement with school

The percentage of students who missed classes or school without permission (on at least 1 day during the 30 days before the survey) was 36.7% with 38.2% among males and 35.2% among females (p=0.089) [Figure 3.11 a]. Among students aged 13 to 15, the percentage was 33.5%, while for those aged 16 to 17, it increased to 45.4% showing a notable difference (p<0.001).

	16-17 years	13-15 years	Total(13-17 years)
Female	43	32.2	35.2
Male	47.9	34.7	38.2
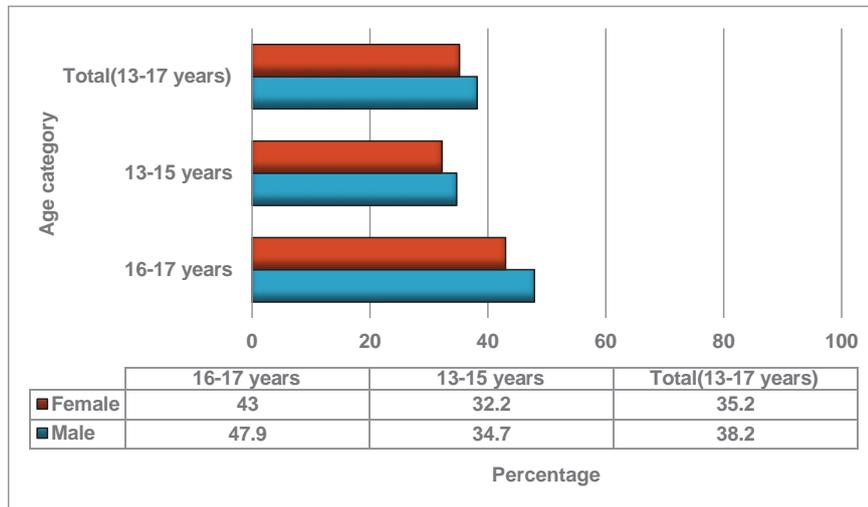
Percentage

Figure 3.11 a: Percentage of students who missed classes or school without permission, on at least 1 day during the 30 days before the survey, by sex and age

The proportion of students who indicated that the majority of their peers at school were kind and helpful most of the time or always during the 30 days prior to the survey was 45.6%. Specific percentages were reported for males and females, at 41.5% and 49.5%, respectively (Figure 3.11 b) showing a noteworthy difference (p<0.001). Among the age group of 13 to 15 years, the percentage was 46%, whereas, in the 16 to 17 years age group, it was recorded at 44.5%(p=0.634).

	16-17 Years	13-15 Years	Total (13-17 Years)
Female	46.1	50.7	49.5
Male	42.8	41	41.5
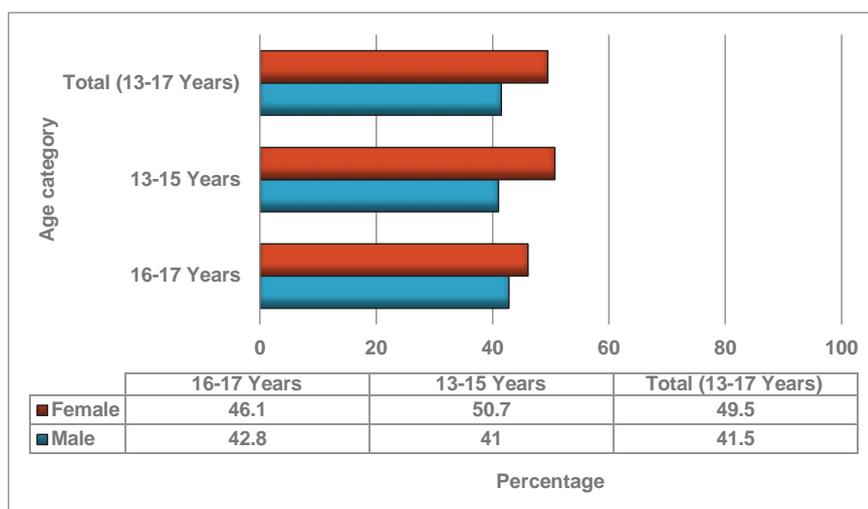
Percentage

Figure 3.11 b: Percentage of students who reported that most of the students in their school were most of the time or always kind and helpful, during the 30 days before the survey, by sex and age

The percentage of students who reported that most students in their school were never or rarely kind and helpful in the 30 days preceding the survey was 29.7%. This figure varied significantly between sexes, with 33.5% of males and 26.1% of females expressing this sentiment (p<0.001) [Figure 3.11 c]. Among the age groups, 30.1% of students aged 13-15 reported similar feelings, while the percentage for those aged 16-17 was 28.5% (p=0.43).

	16-17 Years	13-15 Years	Total (13-17 Years)
Female	28.1	25.3	26.1
Male	29	35.1	33.5
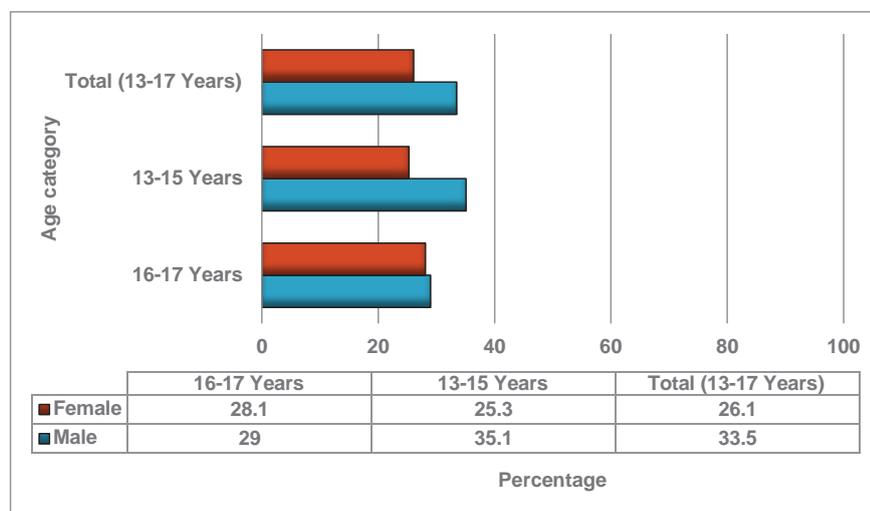
Percentage

Figure 3.11 c: Percentage of students who reported that most of the students in their school were never or rarely kind and helpful, during the 30 days before the survey, by sex and age

In the 30 days preceding the survey, 25% of students reported that they could talk to someone most of the time or always about difficult problems and worries. The percentages for males and females were 20.2% and 29.7%, respectively having a significant difference (p<0.001) [Figure 3.11 d]. Among the 13-15 years age group, the percentage was 23.6%, while in the 16-17 years age group, it was 28.8%, that too showing a significant difference (p=0.016).

	16-17 Years	13-15 Years	Total (13-17 Years)
■ Female	30.6	29.4	29.7
■ Male	26.8	17.9	20.2
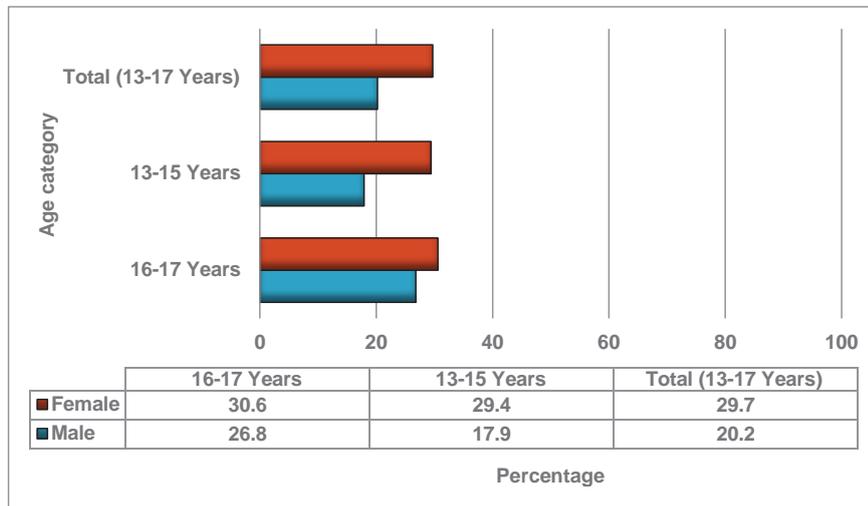
Percentage

Figure 3.11 d: Percentage of students who reported that they were able to talk to someone most of the time or always about difficult problems and worries, during the 30 days before the survey, by sex and age

Fifty per cent of students reported that they were never or rarely able to talk to someone about difficult problems and worries in the 30 days leading up to the survey, with an overall percentage of 50.7%. When looking at the percentages by sex, 56.8% of males and 44.7% of females reported this inability to communicate (Figure 3.11 e) with a significant difference (p<0.001). In the age group of 13 to 15 years, the percentage was 52.6%, while in the 16 to 17 years group, it was 45.5%, age groups also portraying a significant difference (p<0.001).

	16-17 Years	13-15 Years	Total (13-17 Years)
■ Female	40	46.5	44.7
■ Male	51.3	58.7	56.8
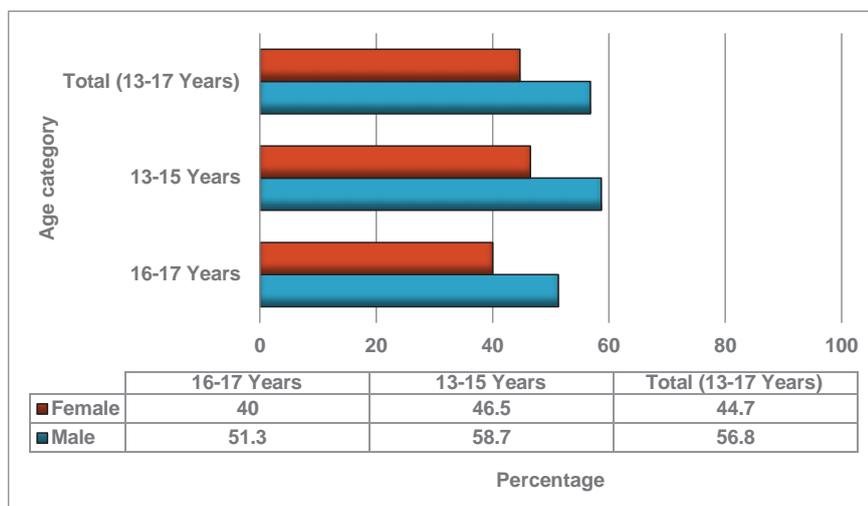
Percentage

Figure 3.11 e: Percentage of students who reported that they were never or rarely able to talk to someone about difficult problems and worries, during the 30 days before the survey, by sex and age

The percentage of students who reported that they could talk to an adult in their school-such as a teacher or a counsellor-most of the time or always about difficult problems and worries during the 30 days preceding the survey was 7.9%. Among males, this percentage was 6.7%, while for females it was 9% (Figure 3.11 f), showing a significant variation (p=0.02).

In the 13-15 year age group, 8.4% of students felt comfortable discussing such issues, compared to 6.6% in the 16-17 year age group (p=0.098).

	16-17 Years	13-15 Years	Total (13-17 Years)
■ Female	4.9	10.5	9
■ Male	8.4	6.1	6.9
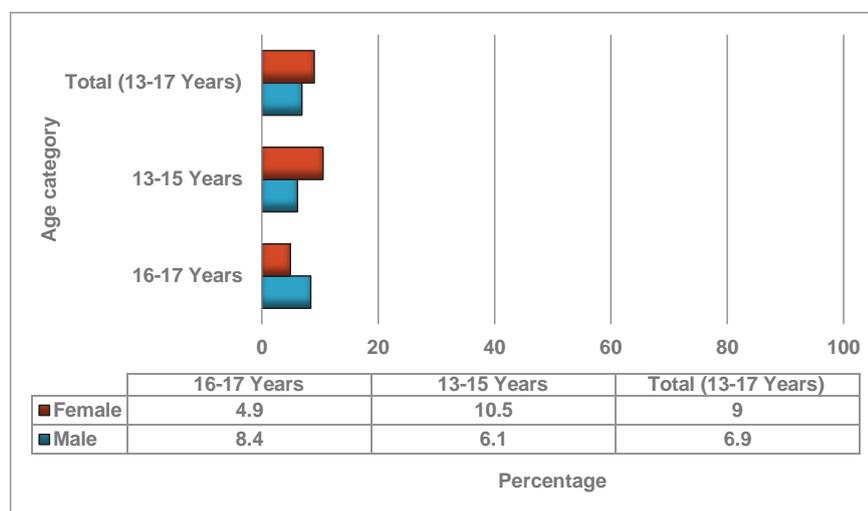
Percentage

Figure 3.11 f: Percentage of students who reported that they were able to talk to an adult in their school such as a teacher or a counsellor most of the time or always about difficult problems and worries, during the 30 days before the survey, by sex and age

The percentage of students who reported that they were never or rarely able to talk to an adult in their school, such as a teacher or a counsellor, about difficult problems and worries (during the 30 days before the survey) was 80.4%. Percentages among males and females were 81.2% and 79.5%, respectively (p=0.213) [Figure 3.11 g]. In the 13-15 years group, it was 79.3%, while in the 16-17 years group, it was 83.4% (p=0.017).
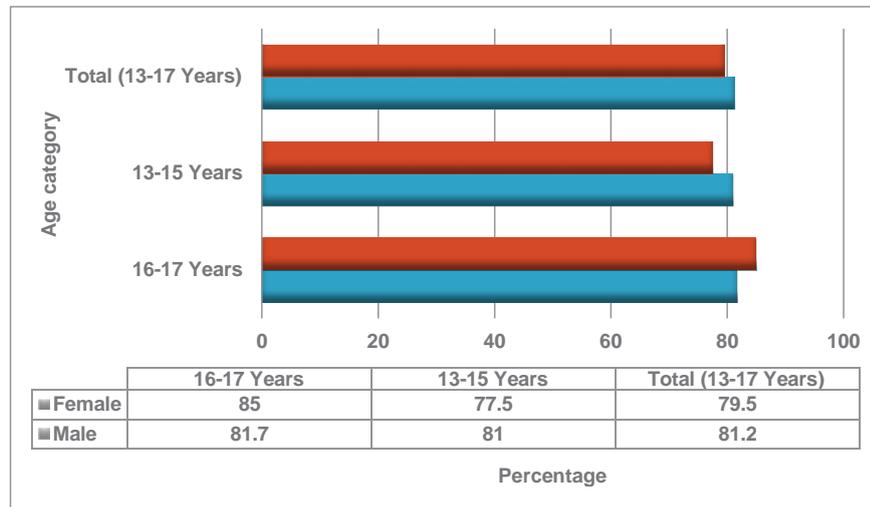
Figure 3.11 g: Percentage of students who reported that they were never or rarely able to talk to an adult in their school such as a teacher or a counsellor about difficult problems and worries, during the 30 days before the survey, by sex and age

	16-17 Years	13-15 Years	Total (13-17 Years)
Female	85	77.5	79.5
Male	81.7	81	81.2

Above findings from the GSHS 2024 survey reveal significant concerns regarding student support and kindness within schools. These findings underscore the urgent need for initiatives to foster a more supportive and compassionate school environment, addressing the emotional well-being of students.

Parental engagement

The percentage of students who reported that their parents or guardians understood their problems and worries most of the time or always during the 30 days prior to the survey was 44.5%. The percentages were 40.3% for males and 48.3% for females (Figure 3.11 h), depicting a significant difference (p<0.001). Among the age group of 13 to 15 years, the percentage was 46.1%, while for the 16 to 17 years group, it was 40.2% with a significant difference (p=0.015).

Recent finding (44.5%) revealed a significant drop from 62.6% from 2016 in parental understanding and engagement with their children's experiences and needs.

	16-17 Years	13-15 Years	Total (13-17 Years)
■ Female	40.8	51.2	48.3
■ Male	39.5	40.6	40.3
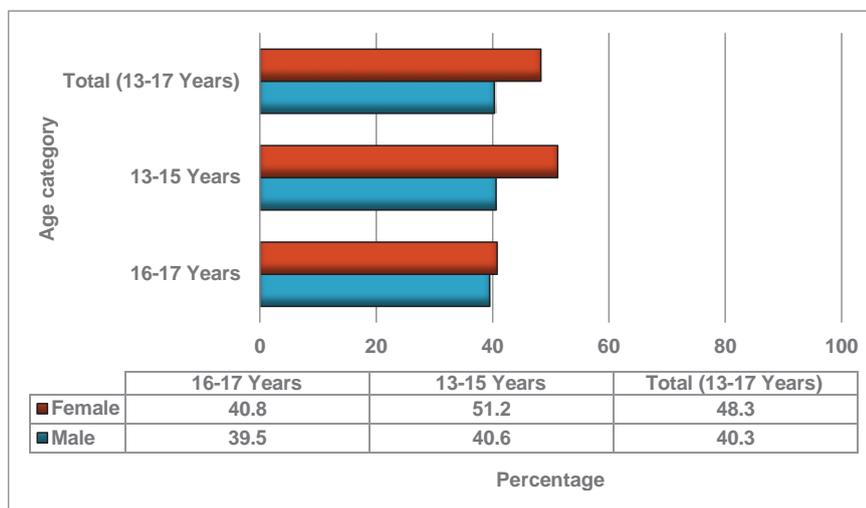
Percentage

Figure 3.11 h: Percentage of students who reported that their parents or guardians most of the time or always understood their problems and worries, during the 30 days before the survey, by sex and age

The percentage of students who reported that their parents or guardians either never or rarely comprehended their problems and concerns during the 30 days preceding the survey was 40.2%. This figure was significantly higher among males at 42.8%, compared to 37.8% among females (p=0.021) [Figure 3.11 i]. In the age group of 13 to 15 years, the percentage stood at 38.3%, while for the 16 to 17 years age group, it was significantly higher at 45.3% (p=0.004).

	16-17 Years	13-15 Years	Total (13-17 Years)
■ Female	44.7	35.2	37.8
■ Male	45.9	41.7	42.8
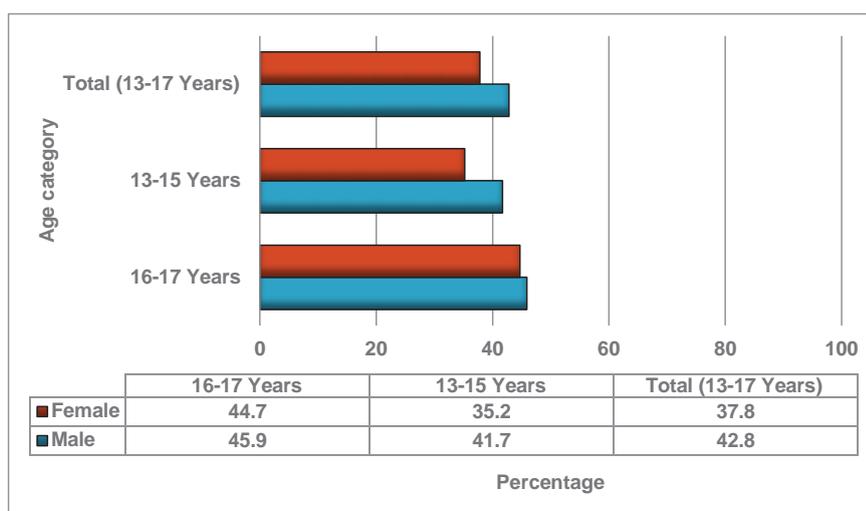
Percentage

Figure 3.11 i: Percentage of students who reported that their parents or guardians never or rarely understood their problems and worries, during the 30 days before the survey, by sex and age

During the 30 days prior to the survey, 57.1% of students reported that their parents or guardians checked to see if their homework was done most of the time or always. The percentages for males and females were 57% and 57.3%, respectively (p=0.707) [Figure 3.11 j]. Among the 13 to 15-year-old age group, the percentage was 59.2%, while for the 16 to 17-year-old group, it was significantly lesser at 51.5% (p<0.001).

	16-17 Years	13-15 Years	Total (13-17 Years)
■Female	51.6	59.5	57.3
■Male	51.4	59	57
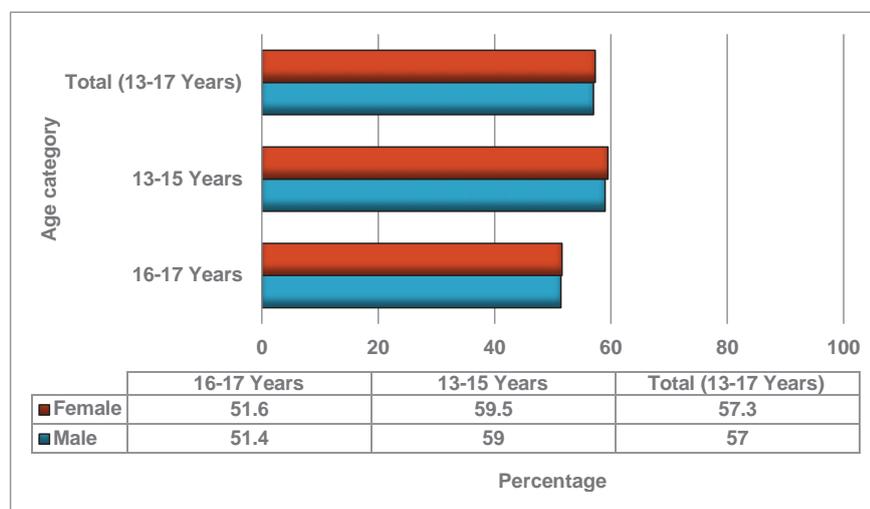
Percentage

Figure 3.11 j: Percentage of students who reported that their parents or guardians most of the time or always checked to see if their homework was done, during the 30 days before the survey, by sex and age

The percentage of students who reported that their parents or guardians never or rarely checked to see if their homework was done (during the 30 days before the survey) was 26.7%. Percentages among males and females were 26.9% and 26.3%, respectively (p=0.885) [Figure 3.11 k]. In the 13-15 years group, it was 25.5%, while in the 16-17 years group, it was 29.8%, which was significantly higher (p=0.038).
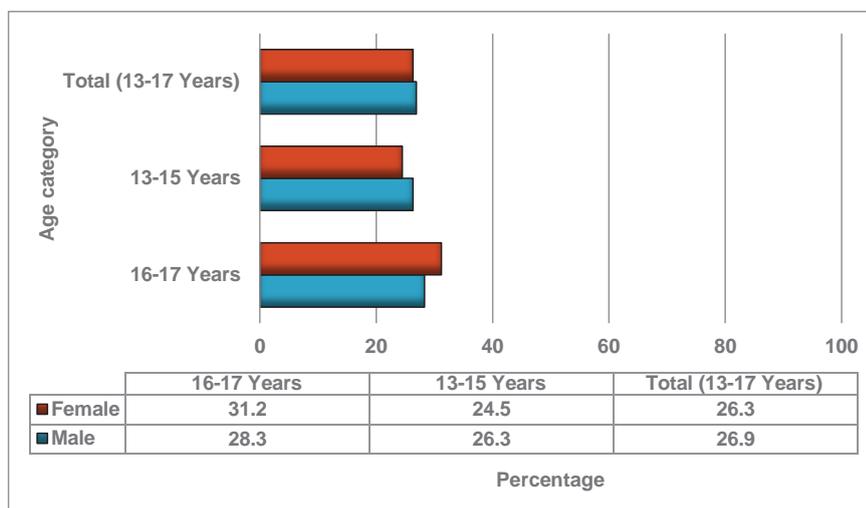
Figure 3.11 k: Percentage of students who reported that their parents or guardians never or rarely checked to see if their homework was done, during the 30 days before the survey, by sex and age

Sixty-one percent of students reported that their parents or guardians usually or always knew how they spent their free time in the 30 days preceding the survey. This percentage was 57% among males and 64.7% among females (Figure 3.11 l), hinting a significant difference between two sexes (p<0.001). For the age group of 13 to 15 years, the percentage was 61.7%, while for the 16 to 17 years group, it was 58.8% (p=0.298).

Parental awareness of how students spent their free time also declined from 69.2% in 2016 to 61% in 2024, possibly reflecting the impact of increasingly busy lifestyles and elevated screen time that limit family interaction.(6)

	16-17 Years	13-15 Years	Total (13-17 Years)
Female	63.1	65.3	64.7
Male	54.2	58.1	57
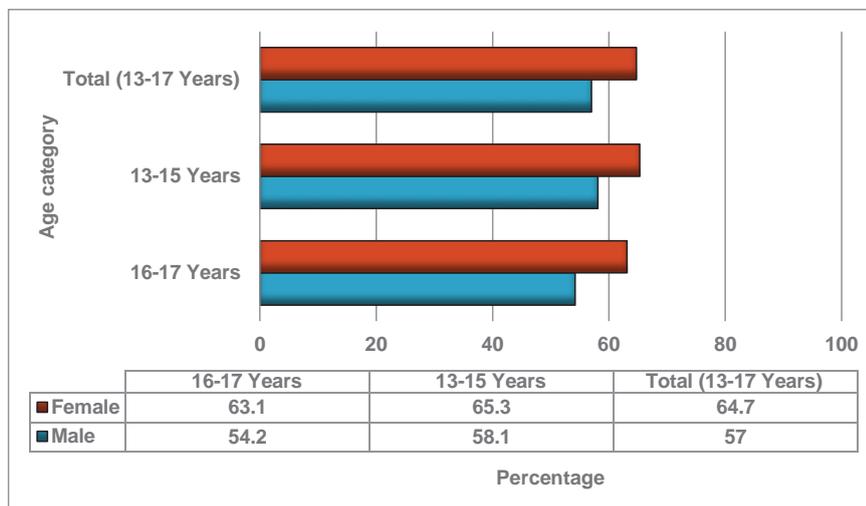
Percentage

Figure 3.11 l: Percentage of students who reported that their parents or guardians most of the time or always really knew what they were doing with their free time, during the 30 days before the survey, by sex and age

In the survey, 22.9% of students reported that their parents or guardians rarely or never knew how they spent their free time during the 30 days prior to the survey. This percentage was substantially higher among males at 25.3%, compared to 20.5% for females (p=0.004) [Figure 3.11 m]. Among different age groups, 22.9% of students aged 13-15 indicated this, while the percentage for those aged 16-17 was slightly lower at 22.7% (p=0.871).

	16-17 Years	13-15 Years	Total (13-17 Years)
Female	20.4	20.6	20.5
Male	25.2	25.3	25.3
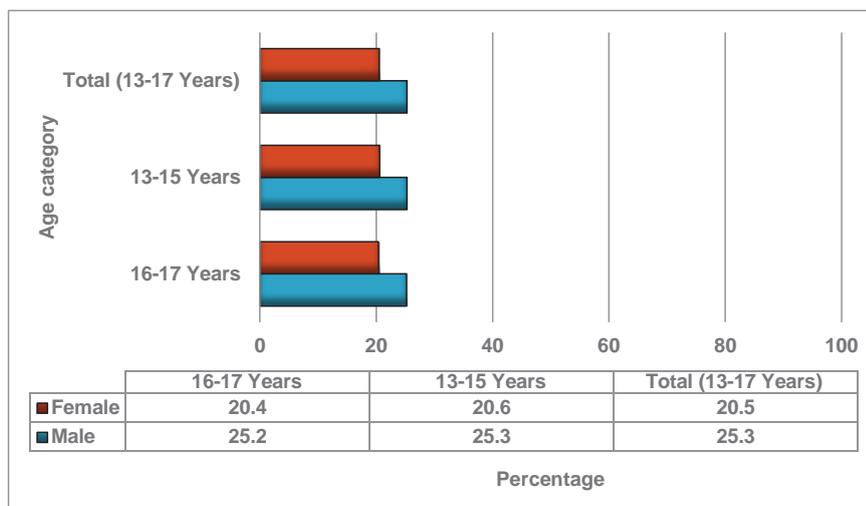
Percentage

Figure 3.11 m: Percentage of students who reported that their parents or guardians never or rarely really knew what they were doing with their free time, during the 30 days before the survey, by sex and age

The percentage of students reporting that their parents or guardians never or rarely examined their belongings without their consent during the 30 days preceding the survey was 69.9%. The breakdown of this percentage among male and female respondents was 67.5% and 72.1%, respectively (Figure 3.11 n) showing a significant difference (p=0.031). Within the age group of 13 to 15, the percentage stood at 69.9%, while for the 16 to 17 age group, it was 70% (p=0.774).

	16-17 Years	13-15 Years	13-17 Years
■ Female	71.4	72.4	72.1
■ Male	68.5	67.2	67.5
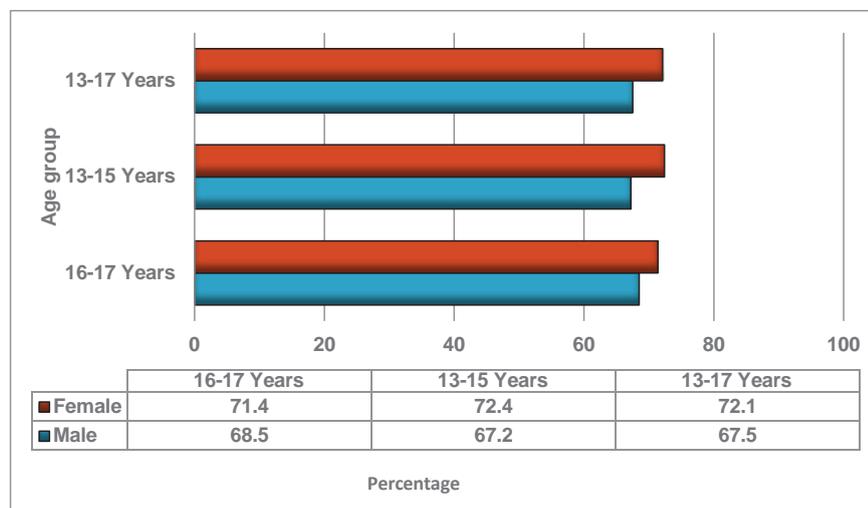
Percentage

Figure 3.11 n: Percentage of students who reported that their parents or guardians never or rarely went through their things without their approval during the past 30 days, by sex and age

During the 30 days prior to the survey, 14.1% of students reported that their parents or guardians most of the time or always went through their belongings without their approval. The percentage was 13.9% for males and 14.4% for females (p=0.823) [Figure 3.11 o]. Among the age group of 13-15 years, the percentage was 14.3%, while for those aged 16-17 years, it was 13.9% (p=0.665).

	16-17 Years	13-15 Years	13-17 Years
Female	13.7	14.7	14.4
Male	14	13.9	13.9
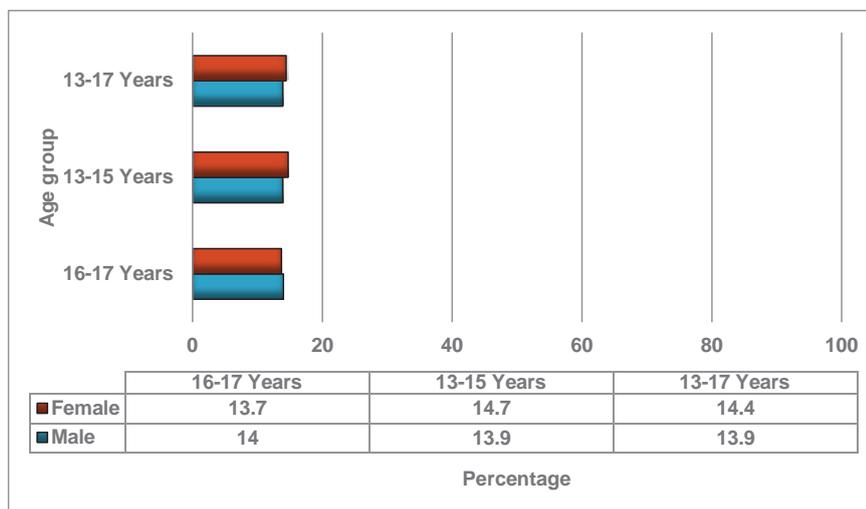
Percentage

Figure 3.11 o: Percentage of students who reported that their parents or guardians most of the time or always went through their things without their approval, during the 30 days before the survey, by sex and age

The percentage of students who reported that their parents or guardians spent quality time with them-providing undivided attention and showing affection-most of the time or always in the 30 days prior to the survey was 68.5%. This figure was 67.1% for males and 69.9% for females (p=0.129) [Figure 3.11 p]. Among the age group of 13-15 years, the percentage was 69%, while for those aged 16-17 years, it was 67% (p=0.303).

Converse to previous findings, the quality of time spent together has improved, with 68.5% of parents providing affectionate, undistracted attention rise from 62.6% in 2016.(6)

	16-17 Years	13-15 Years	Total (13-17 Years)
Female	68.6	70.4	69.9
Male	65.4	67.7	67.1
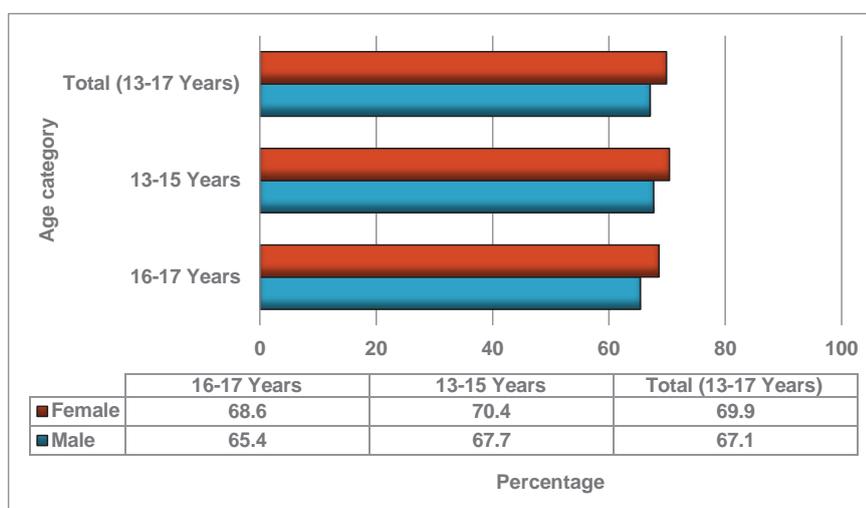
Percentage

Figure 3.11 p: Percentage of students who reported that their parents or guardians most of the time or always spent quality time with them giving them undivided attention and being affectionate, during the 30 days before the survey, by sex and age

The percentage of students who reported that their parents or guardians never or rarely spent quality time with them, giving them undivided attention and being affectionate (during the 30 days before the survey) was 18.1%. Percentages among males and females were 18.5% and 17.5% respectively (p=0.594).

In the 13-15 years group, it was 18.2%, while in the 16-17 years group, it was 17.9% (p=0.945).

	16-17 years	13-15 years	13-17 years(Total)
Never	4.4	7.7	6.8
Rarely	13.5	10.5	11.3
Sometimes	15.1	12.8	13.4
Most of the time	32.1	25.9	27.5
Always	34.9	43.2	40.9
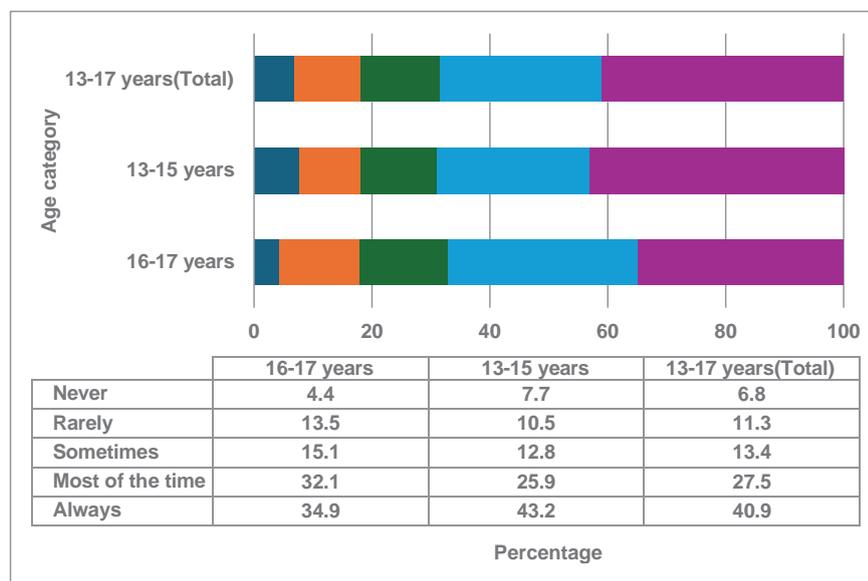
Percentage

Figure 3.11 q: How often parents or guardians spend quality time with, students, giving them undivided attention and being affectionate, by age

The percentage of students who used their mobile phones for social media, online communication, or internet browsing for three or more hours per day, among those who had a mobile phone in the week prior to the survey, was 28.4%. This percentage was significantly higher for males at 31.3% compared to females at 25.5% (p=0.006) [Figure 3.11 r]. Among the age groups, 23.3% of students aged 13 to 15 reported this heavy usage, while 40.6% of students aged 16 to 17 did showing a significant difference between two age groups (p<0.001).

	16-17 Years	13-15 Years	Total (13-17 years)
Female	36	21.1	25.5
Male	45.6	25.5	31.3
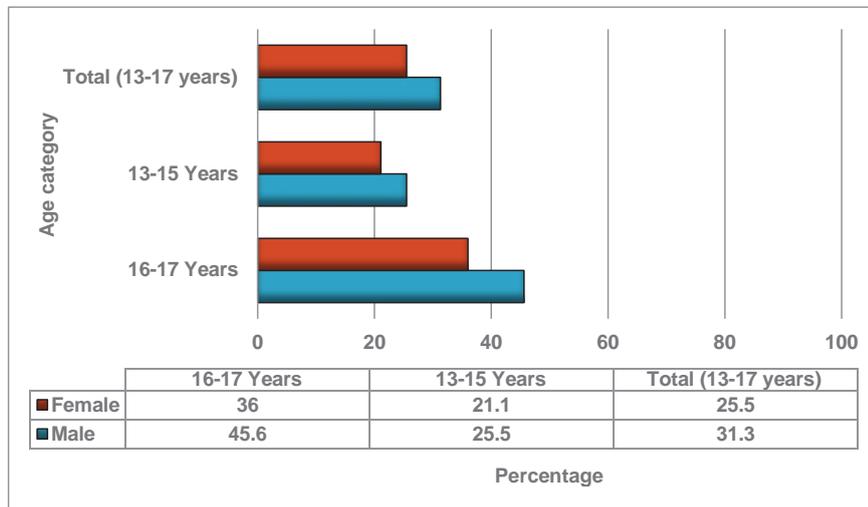
Percentage

Figure 3.11 r: Percentage of students who used their mobile phone to be on social media, for online communication, or to browse the internet three or more hours per day, among students who had a mobile phone during the 7 days before the survey, by sex and age

	16-17 Years	13-15 Years	Total (13-17 Years)
I did not have a mobile phone during the past 7 days	10.8	20.7	18.1
Less than one hour per day	22.5	37.1	33.2
1 to 2 hours per day	30.4	23.7	25.5
3 to 4 hours per day	22.8	11.9	14.8
5 to 6 hours per day	9.2	3.8	5.3
7 to 8 hours per day	2.4	1	1.4
More than 8 hours per day	1.9	1.8	1.8

Percentage
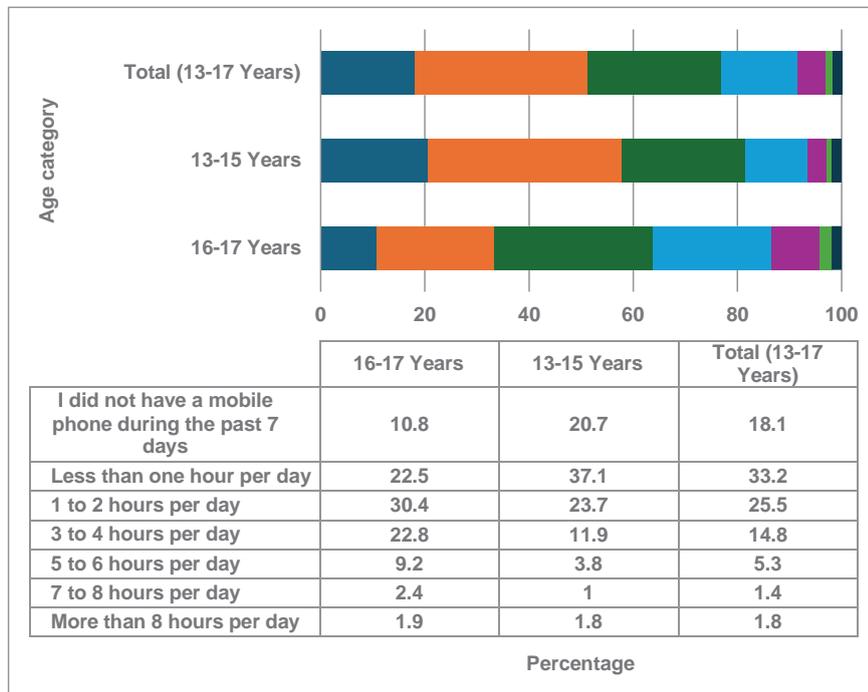
Figure 3.11 s: Pattern of use of student's mobile phone on social media, for online communication, or to browse the internet during the past 7 days, by age
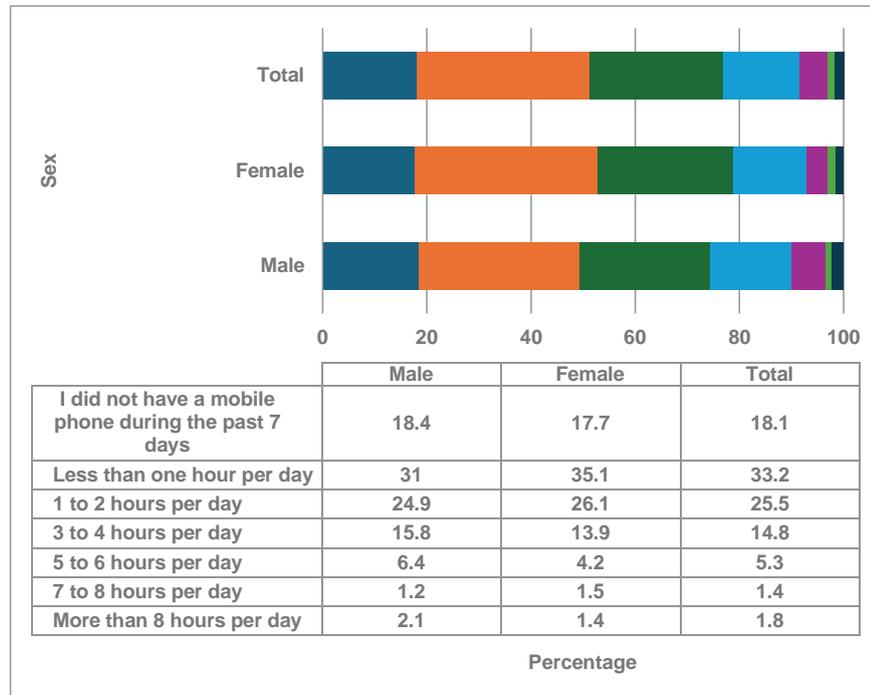
Figure 3.11 t: Pattern of use of student's mobile phone on social media, for online communication, or to browse the internet during the past 7 days, by sex

	Male	Female	Total
I did not have a mobile phone during the past 7 days	18.4	17.7	18.1
Less than one hour per day	31	35.1	33.2
1 to 2 hours per day	24.9	26.1	25.5
3 to 4 hours per day	15.8	13.9	14.8
5 to 6 hours per day	6.4	4.2	5.3
7 to 8 hours per day	1.2	1.5	1.4
More than 8 hours per day	2.1	1.4	1.8

The percentage of students who used their mobile phones online was 28.4%. This percentage of students who used mobile phones for more than three hours is high at 28.4%, especially compared to the previously mentioned survey at 12% (29).

Parents having rules for social media use

A total of 74.7% of students reported that their parents or guardians have rules regarding their use of social media. This percentage varies by sex, with 72.4% of males and 76.9% of females indicating that such rules exist (Figure 3.11 u). Significantly higher percentage have implemented rules to female children compared to male children (p=0.007)

Additionally, among the age groups, 75.3% of students aged 13-15 reported having social media rules from their parents or guardians, while the percentage for the 16-17 age group was 73.1% (p=0.282).

	16-17 years	13-15 years	Total(13-17 years)
Female	76.5	77	76.9
Male	69.4	73.5	72.4
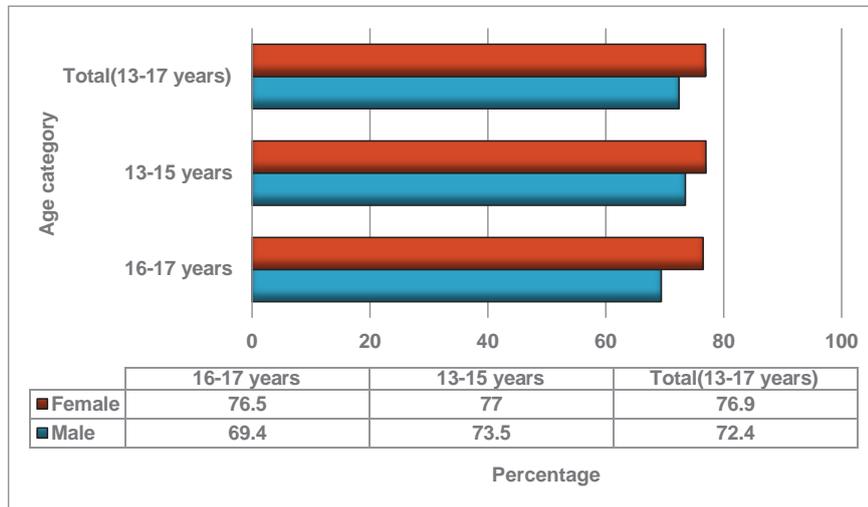
Percentage

Figure 3.11 u: Percentage of students who reported that their parents or guardians have rules about how they can use social media, by sex and age

Teaching on fair treatment irrespective of gender

During this school year, 73.3% of students reported that they were taught in their classes that both males and females should be treated fairly and with respect. The percentages for males and females were 71.5% and 75.1%, respectively (Figure 3.11 v) depicting a significant difference (p=0.039)

Among students aged 13-15 years, the percentage was 74.6%, while for those aged 16-17 years, it was 70% showing a significant difference (p=0.032).

	16-17 years	13-15 years	Total(13-17 years)
Female	68.8	77.4	75.1
Male	71.3	71.7	71.5
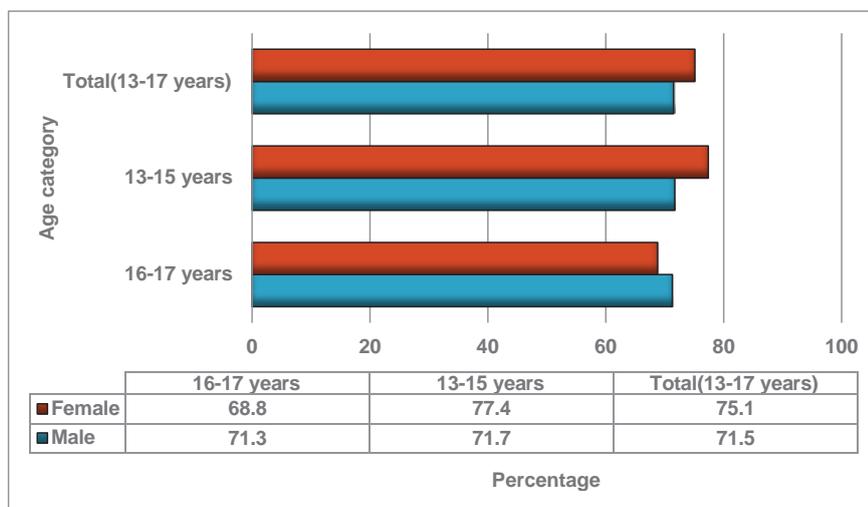
Percentage

Figure 3.11 v Percentage of students who were taught in any of their classes that both males and females should be treated fairly and with respect, during this school year, by sex and age

Part 4: Conclusions and Recommendations

4.1 Nutrition, Dietary Behaviour and Food Insecurity

Food insecurity

- Individual food security measured using hunger while going to school most of the time or always in the past 30 days among Sri Lankan school-going adolescents worsened (4.3% in 2024 vs 3.1% in 2016)

Malnutrition

- Malnutrition persists as a dual burden among adolescents, with 21.4% being underweight and 12.1% classified as overweight, including 3.0% obese. Percentage of stunting was 10.9%.

- Notably, underweight prevalence was higher among males (27.2%) than females (15.8%), while females reported a slightly higher prevalence of overweight (12.7%) than males (11.5%).

Unhealthy dietary Patterns

Several unhealthy dietary patterns were evident.

o Fruit and vegetable consumption among adolescents remains alarmingly low. Nearly a quarter reported not consuming fruit in the week preceding the survey, while 3.1% did not consume any vegetables.

o The consumption of unhealthy foods and beverages was high among adolescents.

  o 17.4% consumed carbonated drinks daily

  o Over one-fourth consumed sugar-sweetened drinks daily

  o Alarming over 40.9% consumed foods high in sugar daily

  o A substantial 70.4% ate one or more meals or snacks from fast food outlets or street vendors during the week

o However**,** breakfast skipping was notably low (1.8% in 2024 vs 4.2% in 2016)

Recommendations

1. **Regulate the Food Environment:** Implement policies to limit sugary drinks, high-fat snacks, and fast foods near schools, supported by legislation. This includes regulating the implementation of already available school canteen policies and accountability for principals to maintain a healthy food environment.

2. **Policies to improve the availability of healthy food, including fruits and vegetables at an affordable price –** agriculture, trade and financial sectors need to identify and implement policies and harmonised interventions to make fruits, vegetables and animal proteins available for household consumption

3. **Expanding and Strengthening School Nutrition Programs:** The school meal programme already covers all primary school children. Expand it to include needy secondary students. Improve dietary diversity and integrate fruit, vegetables, and balanced meals into school feeding programs involving the community.

4. **Implement awareness among students and parents:** Promote the importance of balanced diets and healthy eating habits through targeted educational initiatives for students and parents using evidence-based interventions such as participatory activities for the promotion of low-cost nutrient recipes

5. **Monitor and Evaluate Programs:** Regularly assess the effectiveness of dietary and nutritional interventions to ensure they reach needy adolescents and meet their evolving needs.

6. **Address Food Insecurity:** Provide financial and social support to families to alleviate food insecurity and reduce hunger among adolescents.

4.2 Physical Activity

This study emphasises the urgent need to address critical concerns regarding high rates of physical inactivity and notable disparities related to sex and age among school-going adolescents**.**

- The percentage not having the recommended level of physical activity per week further increased from 84.5% in 2016 to 88.1% in 2024, with higher rates among females (90.5%) than males (85.7%)

- Participation in muscle-strengthening exercises was low, with only 22.5% of students engaging in such activities three or more days a week.

- Still, weekly attendance to physical education classes in the school year was only 50.6%. A high percentage (43.9%) of students reported spending three or more hours per day sitting or lying down, (excluding school) has increased to 43.9% from 37.3% in 2016

- Participation in private tuition classes also contributed greatly to sedentary behaviour, with 88.7% of students attending tuition sessions for one or more hours daily. It was 90.1% among females 87.2% among males.

Recommendations

A holistic approach is needed to improve physical activity levels and reduce sedentary behaviours.

1. **Promote physical activity in schools:**
   - Reintroduce and enforce mandatory physical education classes for all grades, including higher grades.

   - Incorporate diverse and engaging physical activities that appeal to both males and females and age groups to increase participation.

   - Promote physical activity breaks between subject sessions and the class timetable.

   - Facilitate non-competitive sports/physical activities using diverse measures, including re-orienting available spaces for physical activities, infrastructure development, recruiting dedicated physical education trainers, setting examples by teachers, etc.

2. **Community and family-based interventions:**

   - Encourage families to prioritise daily physical activities and create and use environments that facilitate active lifestyles.

   - Launch sex and age-sensitive community fitness/physical activity programs focused on adolescents, with a special focus on females and younger age groups.

- o Promote community sports activities through the provision of sports equipment (volleyballs/ cricket/etc.); reorienting available community spaces via collaborating with other government officials etc.

3. **Campaigns on innovative approaches targeting increasing physical Activities:**

   - o Developing educational campaigns highlighting the benefits of regular physical activity and the risks of sedentary lifestyles and focusing on specific actionable steps.

   - o Promote messaging to address the sedentary lifestyles among female adolescents.

4. **Integrate muscle-strengthening exercises:**

   - o Provide accessible training and resources for muscle-strengthening exercises in schools and communities.

   - o Equip schools with proper facilities and trained instructors to support these activities.

   - o Disseminate information on practical muscle-strengthening exercises that can be done at home using available resources.

5. **Reduce sedentary time:**

   - o Encourage breaks during tuition sessions to reduce prolonged sitting.

   - o Advocate for active transport (i.e. walking/cycling) and recreational opportunities to minimise sedentary behaviour outside school hours / at home.

6. **Regular monitoring and evaluation:**

   - o Conduct periodic assessments to monitor physical activity levels and sedentary behaviours at schools, ensuring the effectiveness of interventions.

4.3 Hygiene Practices Including Oral Hygiene

Hygiene practices

There is a considerable gap in proper hand washing practices, with many students failing to wash their hands before eating or after using the toilet.

- Despite the ongoing improvement of school facilities, 4.3% reported no latrines, reflecting a major drawback
- Specifically, 10.1% reported that they had never washed their hands before eating at school in the past 30 days, compared to 2.4% in 2016.
- Further, 5.9% indicated that they had never washed their hands after using the toilet or latrine, a two fold increase from 2.7% in 2016.

Oral hygiene practices

The gravity of the issue in oral hygiene practice was reflected by 6.6% having had school absenteeism due to oral health issues.

Most students (95%) brush their teeth daily, with a slight decline compared to 97% in 2016. However, adherence to the recommended frequency of twice daily was low (47.8%).

- Using fluoride toothpaste (66.1%) was inadequate, compromising dental health.

Recommendations

1. **Improve hygiene practices:**

    o Educate and emphasise the importance of proper hand washing practices, particularly before eating and after using the toilet through school.

    o Ensure all schools have latrines and hand washing facilities with access to running water and soap and maintenance.

    o Introduce peer-led programs and interactive activities to promote habitual hand washing.

2. **Enhance oral health practices:**

   o Implement school-based oral health education programs to promote the importance of brushing teeth twice daily and using fluoride toothpaste.

   o Explore the possibility of upgrading existing school health programmes by introducing routine dental check-ups for adolescents with involvement in school dental surgeons, hospital dental surgeons and school dental therapists.

   o Strengthening preventive oral health programs, and nutritional interventions should go in hand in hand.

   o Educate students and parents about the risk factors (frequent snacking, etc.) and on impact of poor oral hygiene on their overall health and academic performance.

3. **Monitor and evaluate:**

   o Establish mechanisms to track the effectiveness of interventions and identify emerging trends through regular surveys and feedback from students and teachers.

4. **Policy and partnerships:**

   o Advocate for policies ensuring the provision of adequate hygiene and dental facilities in schools through enhancing financial allocation, private-public partnerships/etc.

4.4 Mental Health

Social isolation and feeling depressed

- The increase in students without close friends from 2016(5.6%) to 2024(7.5%) indicates a decline in social connectedness, which may contribute to students' poor psychosocial health.

- This was further reflected by over two-fold increase in the percentage of people who felt lonely most of the time in the past 12 months, from 9% in 2016 to 22.4%. It was 25.4% among females and 19.3% among males.

- Moreover, it reflects the growing emotional burden on students and gaps in their life skills. Students who felt down, depressed, helpless, had little interest in, or got little pleasure from doing things during the past 12 months was high(18.0%)

Bullying

- The overall rate of bullying within the past 12 months has notably decreased from 38.5% in 2016 to 21.93% in 2024, reflecting improvements in students' awareness and behaviour.
- The reduction in bullying at school reflects positive changes, yet bullying outside school and cyberbullying remains a considerable issue.
- The emerging risks of digital platforms as a medium for harassment were confirmed by 5.4% of students during the past 12 months have been affected by cyberbullying

Suicide-related behaviours during the past 12 months

The increasing prevalence of suicidal ideation, planning, and attempts highlights the critical need for proactive mental health interventions

- Suicide ideation in the past 12 months increased by over two-thirds, from 9.4% in 2016 to 15.4% in 2024.
- Making plans to commit suicide also increased by nearly half, from 6.5% in 2016 to 9.6%.
- The percentage of attempted suicides increased by over one-third from 6.8% in 2016 to 9.1%
- Percentages were higher among females and older adolescent groups on suicidal ideation, planning and attempting

Access to support

- The low percentage of students seeking help from adolescent clinics or helplines reveals gaps in the availability, awareness, and accessibility of mental health resources.

Stress-management education

- Only 52% of students reported learning stress-management strategies in school during the present school year, highlighting the gap in the education system catering for the psychosocial aspect and improvement in life skills

Recommendations

1. **Enhance mental health education:**

   o Integrate or upgrade school curricula with mental health promotion inputs to foster resilience, stress management, and emotional intelligence.

   o Review and improve mental health promotion in the pre-service curricula of teacher training.

   o Regular in service training on mental health promotion and interventions for teachers as an integral part of day today teaching.

   o Conduct workshops for students, teachers, and parents on recognising mental health challenges and providing support /referral services.

2. **Improve accessibility to mental health services:**

   o Improve teacher counselling services through regular case discussion audits; improvised teacher recruitment criteria; conduction of regular technical updates and skill-building workshops to provide better child-friendly counselling's services

   o Expand the reach and visibility of adolescent clinics (like *Yowun Piyasa);* other helplines like 1926 - National Mental Health Helpline to promote accessibility by students.

   o Develop and sustain partnerships with helpline services to provide 24/7 support for students in distress.

3. **Address bullying and cyberbullying:**

   o Strengthen anti-bullying policies and programs in schools, including digital literacy, to prevent cyberbullying.

   o Promote peer mentoring programs to encourage positive social interactions and reduce /respond to bullying and cyber-bullying.

o Enhance awareness among whole school community on available resources for cyberbullying prevention and response

4. **Target high-risk groups:**

o Focus interventions on older adolescents (16-17 years) and females who report higher levels of loneliness, depression, and suicidal behaviours.

o Provide targeted support for students without close friends, fostering inclusion and connectedness.

o Introduce appropriate mental health screening to school medical inspection and design care pathways aligned to primary health care

5. **Strengthen early detection and response:**

o Train school staff to identify early signs of mental health issues and intervene effectively in non-stigmatized manner.

o Train teachers on non-stigmatising and ensuring confidentiality in managing students with mental health issues.

o Implement regular mental health surveys to monitor trends and assess the impact of interventions.

o Develop interventions to reduce social isolation with the involvement of multi-disciplinary experts, including sociologists and psychologists.

6. **Promote a supportive school environment:**

o Encourage open discussions about mental health to reduce stigma and promote help-seeking behaviour.

o Introduce extracurricular activities and peer-led groups to create safe spaces for students to share their feelings and build connections.

o Capacity building of teacher-counsellors and teachers on mental health and wellbeing and early detection of mental ill health conditions

o Incorporate school-based interventions aiming at developing life skills and resilience and provide opportunities to face challenges through school curricula

7. **Developing parental awareness :**

   o Parental awareness targeting life skill development, early mental health conditions detection, and improving adolescent parent communication.

8. **Suicide prevention strategies :**

   o Implement policy and strategies for suicide prevention

   o Educate teachers and parents to identify, provide special care and refer students with suicidal ideation.

   o Widely and regularly publicise available mental health sources and helplines

4.5 Substance Use

Tobacco use

Tobacco use, including cigarettes, smokeless tobacco, and electronic cigarettes, has increased notably since 2016, highlighting the growing risk among adolescents.

- Current use of cigarette smoking increased by two times from 2016 from 3.5% to 5.7% in 2024

- Current use of any form of smokeless tobacco products notably increased over two folds from 2.3% to 7.3%

- Out of total, 5% of students reported using electronic cigarettes on at least one day during the past 30 days.

- Male students consistently report higher rates of tobacco use across all categories, indicating a sex difference in tobacco uptake and use.

Alcohol use

The over two-thirds rise in current alcohol consumption from 2016, from 3.2% to 5.3% in 2024, suggests the need of stronger preventive measures.

- Although there is a slight reduction in early initiation of alcohol use compared to 2016, nearly 4 in 10 adolescents who have consumed alcohol reported starting before age 14, highlighting the ongoing vulnerability of younger adolescents.

- Males and older adolescents consistently exhibit higher rates of current alcohol consumption, indicating specific high-risk groups that require targeted interventions. However, the current user percentage among females greatly increased from 2016, 1% to 2.4%, showing a 140% increase.

- A majority of adolescents (63.9%) demonstrate the ability to refuse alcohol from peers, with older adolescents showing greater confidence in resisting peer pressure. However, the confidence levels of younger adolescents need further improvement.

Other addictive drug use

- Early drug use initiation remains a concern. Nearly half of students (47.7%) who ever used drugs reported starting before age 14, though this represents a reduction compared to 2016(63.6%).

- Current use of Cannabis was 2.1%, with lifetime and current use rates higher among males and older adolescents, and this remained a major concern.

- The non-medical use of amphetamines or methamphetamines in a lifetime is 1.5% but remains concerning due to their severe health consequences.

Recommendations

1. **Strengthen law, policy and regulations :**

    o Strengthen enforcement of existing laws, including bans on advertising and sales to minors

    o Improve enforcement of regulations against selling tobacco, alcohol, and drugs to minors.

    o Enforce law to reduce the advertisements and availability of substances closer to schools

    o Introduce comprehensive policies addressing emerging substances like e-cigarettes and amphetamines

    o Have legislation against those who promote substance use for children

    o Review and improve the existing regulations to include emerging threats and modalities and also to facilitate full implementation

2. **School-based interventions:**

   o Establish anti-substance use clubs and peer-led awareness programs within schools.

   o Promote targeted skill-building interventions with students to identify and respond to industry tactics and peer pressure on substance use

   o Enhance peer-pressure resilience through life skill-based interventions

3. **Train teachers and school counsellors to identify early signs of substance use and provide appropriate support.**

4. **Community and parental engagement:**

   o Engage parents and communities through interventions to increase awareness about substance use risks, industry efforts, prevention and setting norms**.**

5. **Monitoring and evaluation:**

   o Conduct regular school-based surveys to monitor substance use trends among adolescents.

   o Use disaggregated data by age and sex to tailor future prevention and intervention programs.

4.6 Sleep

Not getting the recommended level of sleep of eight hours or more per day is a major concern A high prevalence of insufficient sleep (has remained unchanged in 2024 (62.6%) from GSHS 2016(63.5%), particularly affecting older adolescents, (77%) which may exacerbate other health and behavioural risks.

Recommendations:

1. **Integrate sleep education into curricula**: Include sleep health awareness programs in school curricula, emphasizing its link to physical health, mental well-being, and academic performance.

2. **Reduce evening screen time**: Develop policies and school awareness campaigns to limit screen use in the evenings (i.e., for school homework), addressing the impact of blue light on sleep cycles.

3. **Introduce sleep hygiene self-assessment tools for sleep hygiene**.

4. **Targeted interventions for older adolescents**: Empower adolescents to Implement stress management programs and time management workshops through diverse methodologies.

4.7 Injuries and Violence

Serious injuries:

An increase in serious injuries has become a considerable concern among schooling adolescents.

- Nearly half (45.8%) of students reported being seriously injured in the past year, with a notably higher prevalence among males (56.5%) compared to females (35.5%). These figures were higher than 2016 (35.6%)
- Injury rates were higher among the younger age group (13–15 years, 47.5%) than the older group (16–17 years, 41.2%).

Motor vehicle injuries

Motor vehicle accidents remained high, underscoring the need for improved road safety measures

- Motor vehicle accidents caused 12.7% of serious injuries, with higher rates among males (16.4%) and older students (13.2%). This figure remains consistent with 2016 data (12.1%),

Physical violence:

A notable 23.8% of students experienced physical attacks, with males (32.8%) and younger students (24.5%) being the most affected remained a major concern, though the percentage decreased by nearly one-third from 35% in 2016.

Sexual harassment and dating violence

Sexual harassment and dating violence remained a major issue.

- 6.1% of students reported being forced into unwanted sexual activities, with higher rates among males (7.5%) and younger students (6.5%).

- Further, among who were dating, 10.1% experienced dating violence, with males (12.7%) and younger students (11.8%) being more affected than females (7.5%) and older age groups (6.5%).

- Cyber-sexual harassment affected 6.9% of students, with males and younger age groups reporting higher exposure.

Physical punishment

Despite having legislation against corporal punishment, the present survey reveals physical punishment by teachers is still happening at a higher level

- Alarmingly, 47.9% of students reported physical harm inflicted by teachers, with male students (59.3%) being more affected than females.

Physical fights

Physical fights are still reported at a considerable level.

- Over one-third (34.5%) of students were involved in physical fights, with males (51.3%) and younger students (35.5%) being the most involved.

- Though this represents a decline from 2016(43.8%), the prevalence remains at a high level.

Gaps in education intervention reach

The gap in the education system in educating on the prevention of sexual harassment /violence is a major drawback

- While 57.7% of students reported receiving education on preventing sexual violence/harassment, gaps remain, especially for male students (49.1%).

Recommendations

1. **Strengthening injury prevention programs**:
   o Implement comprehensive safety programs in the innovative manner (simulation sessions, team activities, drama, etc.) in schools and communities targeting the leading causes of injuries, including falls and motor vehicle accidents.
   o Enhance road safety measures and ensure compliance with traffic laws, particularly around school zones.

2. **Addressing violence and harassment**:

   o   Establish mechanisms to identify, report, and respond to physical and sexual violence in schools, including confidential reporting systems and trained counsellors.

   o   Increase awareness and prevention programs focusing on cyber-sexual harassment and dating violence.

3. **Teacher training and school policies**:

   o   Conduct regular teacher training on non-violent disciplinary techniques to eliminate physical punishment in schools.

   o   Enforce strict policies and accountability frameworks against corporal punishments by teachers and on non-adherence by teachers.

4. **Promoting sex-sensitive interventions**:

   o   Customize intervention programs to address the specific vulnerabilities and characteristics of male and female students, acknowledging the higher prevalence of certain issues among males, the sex differences in the burden of issues, risk factors, and the intervention reach.

5. **Enhancing preventive education**:

   o   Expand and standardise educational programs on violence and harassment prevention, ensuring coverage for all students regardless of sex.

   o   Introduce age-appropriate curricula on self-defence, conflict resolution, and digital safety.

6. **Adolescent engagement and community collaboration**:

   o   Engage adolescent in designing and implementing violence prevention programs to ensure relevance and effectiveness -adhering to health promoting school concept.

   o   Foster partnerships between schools, parents, law enforcement, and health services to create a supportive environment for students.

   o   Promote adolescents to join with MOH based youth groups/networks.

7. **Monitoring and evaluation**:

   o Establish a robust system for monitoring trends in injuries, violence, and harassment, using data to evaluate and refine interventions.

4.8 Sexual Health

Nearly 5% reported having had sexual relationships. Gaps in knowledge on HIV and teaching if HIV prevention reflect a primary concern that needs to be addressed within the educational system

- Compared to 2016(77%), lesser students reported knowledge of HIV/AIDS in 2024(63%), indicating a decline in awareness despite its importance.
- The percentage of students receiving education on HIV/AIDS prevention has decreased considerably since 2016, from 64.1% to 44.2%, with notable gaps in reaching younger students and males.
- Female students (50.1%) reported receiving more education on pregnancy prevention, highlighting disparities in outreach to male students (35.2%).

Recommendations

1. **Strengthen sexual health education:**

   o Reinstate and expand comprehensive sexual health education in schools throughout the school period by making health subjects compulsory for higher grades, too.

   o Incorporate regular teacher training on teaching options on sexual health in the education system

   o Obtaining external expert support from the MOH in teaching sexual health

   o Prevention of HIV/AIDS, STI, pregnancy, and sexual abuse should be given more focus within Sexual Reproductive Health education.

   o Integrate age appropriate messaging from early adolescence to improve knowledge and awareness in younger age groups.

2. **Targeted programmes for males**:

   o Develop programs tailored to engage male students in sexual health education to address existing disparities.

   o Promote peer-led initiatives that encourage open discussion among male adolescents about sexual health.

- o Publicise available credible information resources to obtain knowledge and available helplines to prevent risky sexual behaviours

3. **Enhance HIV awareness campaigns**:

   - o Collaborate with health authorities to conduct awareness campaigns on HIV/AIDS, using social media and school-based interventions to reach adolescents effectively.

   - o Provide accurate, accessible, and age-appropriate information on HIV/ AIDS to and enhance awareness.

4. **Monitor and evaluate education programs**:

   - o Regularly evaluate the effectiveness of school-based sexual health programs to ensure they meet adolescents' needs and address gaps in knowledge.

   - o Use student feedback to tailor education programs and ensure they remain relevant and impactful.

5. **Foster parental and community involvement**:

   - o Engage parents and communities in discussions about adolescent sexual health to complement school-based education.

   - o Equip parents with resources to have open, informed conversations about abstinence, HIV prevention, and pregnancy avoidance.

Engagement with schools and peers

- A considerable proportion of students (36.7%) missed school or class without permission, reflecting a loophole in school connectedness. Most students lack access to emotional support, both from peers and school staff, with minimal comfort in talking to adults like teachers or counsellors about their problems.

- The proportion of students who indicated that most of their peers at school were kind and helpful most of the time or always during the 30 days before the survey dropped from 51.2 % in 2016 to 45.6%. It was 41.5% among males and 49.5% among females.

- The ability to talk to adults at school, such as teachers or counsellors, was particularly low, with just 7.9% reporting comfort in doing so, and 80.4% stating they rarely or never could.

Recommendations

1. **Reduce absenteeism**:

   o Re-activate multisectoral monitoring mechanisms to identify school dropouts and frequent absentees and address underlying causes through appropriate measures.

   o Strengthen follow-up through field staff and community engagement.

   o Improve child/ student-friendly approaches and school environment with a no-blame culture to facilitate school attendance, specially with students from poor socio-economic families

   o Prevent, monitor and respond to corporal punishment and other non-physical forms of abuse and bullying within the school environment

2. **Strengthen peer relationships**:

   o Introduce peer programs to foster kindness and mutual support among students.

   o Conduct activities that promote teamwork and empathy within the school environment.

3. **Enhance access to emotional support**:

   o Train teachers and school staff to provide basic counselling and emotional support, creating a safe and approachable environment for students.

   o Improve school counselling services with trained and competent professionals to address students' emotional and mental health needs.

4. **Increase student engagement**:

   o Conduct regular student forums to understand their challenges and involve them in creating solutions through implementing health-promoting school programmes with school health clubs.

   o Promote extracurricular activities focusing on emotional well-being, such as team games, school clubs and societies, mindfulness and stress management sessions.

5. **Address sex and age disparities**:

   o Design targeted interventions for males, focusing on improving emotional support and peer engagement.

   o Develop programs tailored to the specific developmental needs of different age groups, ensuring inclusivity and relevance.

6. **Promote awareness and communication**:

   o Organize campaigns to de-stigmatize seeking help and encourage students to discuss their problems.

   o Create awareness among parents and guardians about the importance of emotional support and their role in fostering it.

4.9 Parental engagement and mobile phone use

Parental engagement

Emotional support, activity monitoring, and understanding of adolescent concerns have declined remarkably since 2016, reflecting a reduced connection between parents and their children.

- The percentage of students who reported that their parents or guardians understood their problems and worries most of the time or always during the 30 days dropped considerably from 62.6% in 2016 to 44.5% in 2024. It was higher among females (48.3%) compared to females (40.3%).

- Students reporting that their belongings were not examined without consent increased from 68.4% to 69.9%.

- Despite declines in other areas, spending quality time with children is relatively high (68.5%), providing a foundation for strengthening family bonds.

Mobile phone use and social media restrictions

High levels of mobile phone use among adolescents, particularly older students, highlight the growing importance of digital monitoring and balanced screen-time rules.

- Over one quarter(28.4%) of students reported high mobile phone use (3+ hours/day) for social media or online communication or browsing the internet

- Only 74.7% of students reported that their parents or guardians have rules regarding their use of social media, reflecting the need for parental monitoring of these aspects.

Recommendations

1. **Strengthening parent-child communication**:

   o Develop/promote family-focused programs to enhance communication and understanding between parents and adolescents.

   o Encourage parents to engage in active listening and empathy-building practices to better understand their children's problems and worries through social media/ community programmes.

2. **Improve parental monitoring practices**:

   o Promote balanced monitoring approaches that respect adolescents' privacy while ensuring their safety.

   o Conduct parenting programs including on managing digital use by their children and setting boundaries for mobile phone and social media use.

3. **Encourage quality time**:

   o Advocate for regular family activities that foster emotional bonding, such as shared meals, outdoor activities, or family game nights. This can be combined with physical activity to improve adolescents engagement in physical activity

   o Support parents in creating structured routines that include time dedicated to their children. This can be combined with engagement in physical activity with adolescent child.

4. **Address sex disparities in engagement**:

   o Tailor made programs to address the specific needs of male adolescents, who report lower levels of parental understanding and emotional support.

- o   Encourage both parents to take an active role in emotional engagement and support.

5. **Leverage schools for parental education**:

- o   Partner with schools to provide workshops and resources for parents on adolescent development, emotional needs, and digital literacy.

- o   Utilize school platforms to introduce and reinforce sex equity and respectful behaviour at home.

6. **Promote digital well-being**:

- o   Encourage parents to set and enforce consistent rules for social media use, balancing supervision with autonomy and set examples at home.

Educate adolescents about the risks of excessive screen time and the benefits of healthy digital habits

As a final note – we would like to highlight

1) **Importance of monitoring:** Monitoring the coverage and effectiveness of interventions is crucial for enhancing the health and wellbeing of school children. It allows for identifying gaps and ensures that programs achieve their intended outcomes.

2) **Integrating evidence-based interventions**: Promptly incorporating evidence-based interventions based on local data and global evidence is essential. This ensures that the strategies implemented are relevant and effective.

3) **Whole-school approach:** Adopting a whole-school approach to designing health programs is vital. This approach emphasizes the importance of establishing and maintaining "health-promoting schools." By integrating all measures into a unified strategy and engaging the entire school community, we can create a supportive environment that nurtures the physical, emotional, and social well-being of all students.

4) **Parent and community engagement:** securing parent and community support and establishing public-private partnerships is crucial in the current context of resource limitations. However, this must be done with careful evaluation of conflict of interest to ensure that there is no risk of child exploitation by individuals or organisations.

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2024 COUNTRY GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY

This survey is about your health and the things you do that may affect your health. Students like you all over your country are doing this survey. Students in many other countries around the world also are doing this survey. The information you give will be used to develop better health programs for young people like yourself.

DO NOT write your name on this survey or the answer sheet. The answers you give will be kept private. No one will know how you answer. Answer the questions based on what you really know or do. There are no right or wrong answers.

Completing the survey is voluntary. Your grade or mark in this class will not be affected whether or not you answer the questions. If you do not want to answer a question, just leave it blank.

Make sure to read every question. Fill in the circles on your answer sheet that match your answer. Use only the pencil you are given. When you are done, do what the person who is giving you the survey says to do.

Here is an example of how to fill in the circles:

Fill in the circles like this ●   Not like this ⊗   or ⊘

Survey
    1. Do fish live in water?
       A. Yes
       B. No

Answer sheet
    1. ● Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ Ⓖ Ⓗ

Thank you very much for your help.

1. How old are you?

   A. 11 years old or younger
   B. 12 years old
   C. 13 years old
   D. 14 years old
   E. 15 years old
   F. 16 years old
   G. 17 years old
   H. 18 years old or older

2. What is your sex?

   A. Male
   B. Female

3. In what grade are you?

   A. Grade 8
   B. Grade 9
   C. Grade 10
   D. Grade 11
   E. Grade 12

The next 3 questions ask about your height, weight, and going hungry.

4. How tall are you without your shoes on? ON THE ANSWER SHEET, WRITE YOUR HEIGHT IN THE SHADED BOXES AT THE TOP OF THE GRID. THEN FILL IN THE CIRCLE BELOW EACH NUMBER.

Example

Height (cm)		
1	*5*	*3*
⓪	⓪	⓪
●	①	①
②	②	②
	③	●
	④	④
	●	⑤
	⑥	⑥
	⑦	⑦
	⑧	⑧
	⑨	⑨
I do not know		⑨

5. How much do you weigh without your shoes on? ON THE ANSWER SHEET, WRITE YOUR WEIGHT IN THE SHADED BOXES AT THE TOP OF THE GRID. THEN FILL IN THE CIRCLE BELOW EACH NUMBER.

Example

Weight (kg)		
0	*5*	*2*
●	⓪	⓪
①	①	①
②	②	●
	③	③
	④	④
	●	⑤
	⑥	⑥
	⑦	⑦
	⑧	⑧
	⑨	⑨
I do not know		⑨

6. During the past 30 days, how often did you go hungry because there was not enough food in your home?

   A. Never
   B. Rarely
   C. Sometimes
   D. Most of the time
   E. Always

The next 9 questions ask about what you might eat and drink.

7. During the past 7 days, how many times did you eat fruit, such as bananas, papaw, mango, or guava?

   A. I did not eat fruit during the past 7 days
   B. 1 to 3 times during the past 7 days
   C. 4 to 6 times during the past 7 days
   D. 1 time per day
   E. 2 times per day
   F. 3 times per day
   G. 4 or more times per day

8. During the past 7 days, how many times did you eat vegetables, such as pumpkin, beans, snake gourd, cabbage, or carrots?

   A. I did not eat vegetables during the past 7 days
   B. 1 to 3 times during the past 7 days
   C. 4 to 6 times during the past 7 days
   D. 1 time per day
   E. 2 times per day
   F. 3 times per day
   G. 4 or more times per day

9. During the past 7 days, how many times did you drink a can, bottle, or glass of a carbonated soft drink, such Necto, Portello, Fanta, cream soda, Coca Cola, or Sprite? (Do **not** count diet soft drinks.)

   A. I did not drink carbonated soft drinks during the past 7 days
   B. 1 to 3 times during the past 7 days
   C. 4 to 6 times during the past 7 days
   D. 1 time per day
   E. 2 times per day
   F. 3 times per day
   G. 4 or more times per day

For this question, sugar-sweetened drinks include sports drinks (Yeti, Isotone), energy drinks (Red Bull, Dew, Monster, Ride), 100% fruit juices (Kist, Fontana), fruit drinks that are not 100% juice (Smak fruit drinks, Kist Nectar, Fit-O Nectar), sugar-sweetened flavoured milks (Milo, Highland, Kotmale or Ambewela flavoured milks, Yoghurt drinks), and sugar-sweetened teas, coffees, or flavoured waters (Nescafe, NesTea, Iced Tea).

For this question, DO NOT COUNT carbonated soft drinks measured in the previous question or diet or no calorie drinks.

10. During the past 7 days, how many times did you drink a can, bottle, or glass of a sugar-sweetened drink?

    A. I did not drink sugar-sweetened drinks during the past 7 days
    B. 1 to 3 times during the past 7 days
    C. 4 to 6 times during the past 7 days
    D. 1 time per day
    E. 2 times per day
    F. 3 times per day
    G. 4 or more times per day

11. During the past 7 days, how many times did you eat salty foods or snacks, such as bite packets, potato chips or manioc chips, salted peanuts, salted biscuits, or Tipi Tip?

    A. I did not eat salty foods or snacks during the past 7 days
    B. 1 to 3 times during the past 7 days
    C. 4 to 6 times during the past 7 days
    D. 1 time per day
    E. 2 times per day
    F. 3 times per day
    G. 4 or more times per day

12. During the past 7 days, how many times did you eat foods high in fat, such as fried foods and fried short eats (Chinese rolls, Patties, or Vadai), kottu, murukku, or bite packets?

    A. I did not eat foods high in fat during the past 7 days
    B. 1 to 3 times during the past 7 days
    C. 4 to 6 times during the past 7 days
    D. 1 time per day
    E. 2 times per day
    F. 3 times per day
    G. 4 or more times per day

13. During the past 7 days, how many times did you eat foods high in sugar, such as cakes, traditional sweet meats such as Kevum, biscuits, ice cream, or sweets such as toffees or chocolates?

    A. I did not eat foods high in sugar during the past 7 days
    B. 1 to 3 times during the past 7 days
    C. 4 to 6 times during the past 7 days
    D. 1 time per day
    E. 2 times per day
    F. 3 times per day
    G. 4 or more times per day

14. During the past 7 days, on how many days did you eat (dine in/take away/online delivery) at least one meal or snack from a local roadside restaurant, boutique, Choon Paan, or fast food restaurant such as Perera & Sons, Mr. Kottu, Pizza Hut, KFC, or McDonalds?

   A. 0 days
   B. 1 day
   C. 2 days
   D. 3 days
   E. 4 days
   F. 5 days
   G. 6 days
   H. 7 days

15. During the past 7 days, what was your usual pattern of eating breakfast? SELECT ONLY ONE RESPONSE.

   A. I ate breakfast at home before going to school
   B. I did not eat breakfast at home because I could eat breakfast at school
   C. I did not eat breakfast because I do not have enough time
   D. I did not eat breakfast because I cannot eat early in the morning
   E. I did not eat breakfast because there is not always food in my home for breakfast
   F. I did not eat breakfast for some other reason

The next 2 questions ask about washing your hands.

16. During the past 30 days, how did you usually wash your hands before eating at school? SELECT ONLY ONE RESPONSE.

   A. I did not wash my hands before eating at school during the past 30 days
   B. I washed my hands under running water
   C. I washed my hands in a dish or bowl of water used only by me
   D. I washed my hands in a dish or bowl of water used by others
   F. I washed my hands another way

17. During the past 30 days, how often did you wash your hands after using the toilet or latrines **at school**?

   A. There are no toilets or latrines at school
   B. Never
   C. Rarely
   D. Sometimes
   E. Most of the time
   F. Always

The next 3 questions ask about oral health.

18. During the past 30 days, how many times per day did you **usually** clean or brush your teeth?

   A. I did not clean or brush my teeth during the past 30 days
   B. I cleaned or brushed my teeth at least once only on some days
   C. 1 time per day
   D. 2 times per day
   E. 3 or more times per day

19. During the past 30 days, did you usually use a toothpaste that contains fluoride when you cleaned or brushed your teeth? **Clogard, Signal, Ayush, Close Up, Sensodyne, and Colgate contain fluoride. Sudantha, Suprivicky, charcoal, salt, and tooth powders such as Haritha Kahata, Gajamuthu, and Parakumba do not contain fluoride.**

   A. I did not clean or brush my teeth during the past 30 days
   B. Yes, I usually used a toothpaste that contains fluoride
   C. No, I did not usually use a toothpaste that contains fluoride
   D. I do not know if the toothpaste I usually used contains fluoride

20. During the past 30 days, did a problem with your mouth, teeth, or gums cause you to miss classes or school?

   A. Yes
   B. No

The next 3 questions ask about <u>serious injuries</u> that happened to you. An injury is serious when it makes you miss at least one full day of usual activities (such as school, sports, or a job) or requires treatment by a doctor or nurse.

21. During the past 12 months, how many **times** were you seriously injured?

    A. 0 times
    B. 1 time
    C. 2 or 3 times
    D. 4 or 5 times
    E. 6 or 7 times
    F. 8 or 9 times
    G. 10 or 11 times
    H. 12 or more times

22. During the past 12 months, what was the **most serious injury** that happened to you?

    A. I was not seriously injured during the past 12 months
    B. I had a broken bone, a dislocated joint, or a broken or knocked out tooth
    C. I had a cut or stab wound
    D. I had a concussion or other head or neck injury, was knocked out, or could not breathe
    E. I had a gunshot wound
    F. I had a bad burn
    G. I was poisoned or took too much of a drug
    H. Something else happened to me

23. During the past 12 months, **what was the major cause** of the most serious injury that happened to you?

    A. I was not seriously injured during the past 12 months
    B. I was in a motor vehicle accident or hit by a motor vehicle
    C. I fell
    D. Something fell on me or hit me
    E. I was attacked or abused or was fighting with someone
    F. I was in a fire or too near a flame or something hot
    G. I inhaled or swallowed something bad for me
    H. Something else caused my injury

The next question asks about physical attacks. A physical attack occurs when one or more people hit or strike someone, or when one or more people hurt another person with a weapon (such as a stick, knife, or gun). It is not a physical attack when two students of about the same strength or power choose to fight each other.

24. During the past 12 months, how many times were you physically attacked?

    A. 0 times
    B. 1 time
    C. 2 or 3 times
    D. 4 or 5 times
    E. 6 or 7 times
    F. 8 or 9 times
    G. 10 or 11 times
    H. 12 or more times

Being forced to do sexual things that you do not want to do is called sexual violence. Sexual violence may include being kissed or touched, being spied on when you are not fully dressed, being shown someone's private parts, pulling at your clothes to expose your underwear or body, making sexual comments or gestures, and being physically or verbally forced to have sexual intercourse. Sexual violence may occur in person or on social media or the internet. The next 2 questions ask about sexual violence.

25. During the past 12 months, how many times did **anyone** force you to do sexual things that you did not want to do?

    A. 0 times
    B. 1 time
    C. 2 or 3 times
    D. 4 or 5 times
    E. 6 or more times

26. During the past 12 months, how many times did **someone you were dating or going out with** force you to do sexual things that you did not want to do?

    A. I did not date or go out with anyone during the past 12 months
    B. 0 times
    C. 1 time
    D. 2 or 3 times
    E. 4 or 5 times
    F. 6 or more times

Sexual violence may occur on the internet or social media when someone asks you to do sexual things you do not want to do. It may include being asked to talk about sex or sexual acts, being asked to do something sexual, being asked for a photo or video showing your private parts, and being shown sexual images without your consent.

27. During the past 12 months, how many times did **anyone** ask you to do sexual things on the internet or social media that you did not want to do?

    A. 0 times
    B. 1 time
    C. 2 or 3 times
    D. 4 or 5 times
    E. 6 or more times

The next question asks about what you were taught in school.

28. During this school year, were you taught in any of your classes what to do if someone is trying to touch you in a sexual way when you do not want them to?

    A. Yes
    B. No
    C. I do not know

The next question asks about whether or not a teacher has hurt you on purpose.

29. During the past 12 months, did your teacher hit, slap, or physically hurt you on purpose or make you do something that hurt, such as stand or kneel for a long period of time?

    A. Yes
    B. No

The next question asks about physical fights. A physical fight occurs when two students of about the same strength or power choose to fight each other.

30. During the past 12 months, how many times were you in a physical fight?

    A. 0 times
    B. 1 time
    C. 2 or 3 times
    D. 4 or 5 times
    E. 6 or 7 times
    F. 8 or 9 times
    G. 10 or 11 times
    H. 12 or more times

The next 3 questions ask about bullying. Bullying occurs when one or more <u>students or other people about your age </u>say or do hurtful or mean things. Bullying can occur when someone teases, threatens, ignores, spreads rumors about, calls someone a bad name, makes sexual remarks, or hits, shoves, or hurts another person <u>over and over again</u>. It is not bullying when two people of about the same strength or power argue or fight or tease each other in a friendly way.

31. During the past 12 months, were you bullied **on school property**?

    A. Yes
    B. No

32. During the past 12 months, were you bullied when you were **not on school property**?

    A. Yes
    B. No

Cyber bullying is a form of bullying using social media and other forms of online communication. Cyber bullying may happen on Instagram, Twitter, Snapchat, Facebook, YouTube or WhatsApp and other social media platforms or through texting and email.

33. During the past 12 months, were you **cyber bullied**?

    A. Yes
    B. No

The next 4 questions ask about your friendships and feelings.

34. How many close friends do you have?

    A. 0 friends
    B. 1 friend
    C. 2 friends
    D. 3 or more friends

35. During the past 12 months, how often did you feel lonely?

    A. Never
    B. Rarely
    C. Sometimes
    D. Most of the time
    E. Always

36. During the past 12 months, how often were you so worried about something that you could not sleep at night?

    A. Never
    B. Rarely
    C. Sometimes
    D. Most of the time
    E. Always

37. During the past 12 months, how often did you feel down, depressed, or hopeless or have little interest in or get much pleasure from doing things?

    A. Never
    B. Rarely
    C. Sometimes
    D. Most of the time
    E. Always

The next 2 questions asks about what you were taught in school and asking for help.

38. During this school year, were you taught in any of your classes how to handle stress in healthy ways?

    A. Yes
    B. No
    C. I do not know

39. During the past 12 months, how have you **most often** asked for help (from helplines or trained personnel) during extremely difficult situations such as grief from the loss or death of parents or loved ones, broken or lost friendships or relationships, extreme stress, suicidal thoughts, extreme anger, or during any other mental health issues such as depression? SELECT ONLY ONE RESPONSE.

    A. I have not faced a similar situation
    B. I have faced such situations but have not sought help
    C. I have sought help from a helpline
    D. I have sought help from an adolescent clinic (Yovun Piyasa)
    E. I have sought help from a doctor or nurse
    F. I have sought help from a teacher or school counsellor
    G. I have sought help from the Medical Officer of Health (MOH) or their staff
    H. I have sought help some other way

Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life. The next 3 questions ask about attempted suicide.

40. During the past 12 months, did you **seriously** consider attempting suicide?

    A. Yes
    B. No

41. During the past 12 months, did you make a plan about how you would attempt suicide?

    A. Yes
    B. No

42. During the past 12 months, how many times did you attempt suicide?

    A. 0 times
    B. 1 time
    C. 2 or 3 times
    D. 4 or 5 times
    E. 6 or more times

The next 3 questions ask about cigarette use. Cigarettes include manufactured cigarettes or roll-your-own cigarettes.

43. Have you ever tried or experimented with cigarette smoking, even one or two puffs?

    A. Yes
    B. No

44. How old were you when you first tried smoking a cigarette?

    A. I have never tried smoking a cigarette
    B. 7 years old or younger
    C. 8 or 9 years old
    D. 10 or 11 years old
    E. 12 or 13 years old
    F. 14 or 15 years old
    G. 16 or 17 years old
    H. 18 years old or older

45. During the past 30 days, on how many days did you smoke cigarettes?

    A. 0 days
    B. 1 or 2 days
    C. 3 to 5 days
    D. 6 to 9 days
    E. 10 to 19 days
    F. 20 to 29 days
    G. All 30 days

The next question asks about other forms of smoked tobacco products other than cigarettes. This includes pipes, cigars, mini cigars, cigarillos, waterpipes, hookah, shisha, narghile, hubble-bubble, bidis, and heated tobacco products (HTPs)

46. During the past 30 days, on how many days did you use any form of smoked tobacco products other than cigarettes?

    A. 0 days
    B. 1 or 2 days
    C. 3 to 5 days
    D. 6 to 9 days
    E. 10 to 19 days
    F. 20 to 29 days
    G. All 30 days

The next question asks about smokeless tobacco products. This includes snuff, chewing tobacco, dip, betel quid with tobacco, gutka, Mawa, Babul, Thool, Hans, Beda, Panparas etc

47. During the past 30 days, on how many days did you use any form of smokeless tobacco products?

    A. 0 days
    B. 1 or 2 days
    C. 3 to 5 days
    D. 6 to 9 days
    E. 10 to 19 days
    F. 20 to 29 days
    G. All 30 days

The next question asks about electronic cigarettes. Electronic cigarettes, or e-cigarettes, are electronic devices that usually contain a nicotine-based liquid that is vaporized and inhaled. You may also know them as vape-pens, hookah-pens, electronic hookahs (e-hookahs), electronic cigars (e-cigars), electronic pipes (e-pipes), or e-vaporizers. Some look like cigarettes and others look like pens or small pipes. They are battery-powered devices that produce vapor instead of smoke. They do not contain tobacco.

48. During the past 30 days, on how many days did you use electronic cigarettes?

    A. 0 days
    B. 1 or 2 days
    C. 3 to 5 days
    D. 6 to 9 days
    E. 10 to 19 days
    F. 20 to 29 days
    G. All 30 days

The next 3 questions ask about drinking alcohol. This includes drinking arrack, toddy, kasippu, beer, gin, rum, vodka, whiskey or any other spirits. Drinking alcohol does not include drinking a few sips of wine for religious purposes. A "drink" is a glass of wine, a bottle of beer, a small glass of liquor or home brew, or a mixed drink such as cocktails.

49. How old were you when you had your first drink of alcohol other than a few sips?

    A. I have never had a drink of alcohol other than a few sips
    B. 7 years old or younger
    C. 8 or 9 years old
    D. 10 or 11 years old
    E. 12 or 13 years old
    F. 14 or 15 years old
    G. 16 or 17 years old
    H. 18 years old or older

50. During the past 30 days, on how many days did you have at least one drink containing alcohol?

    A. 0 days
    B. 1 or 2 days
    C. 3 to 5 days
    D. 6 to 9 days
    E. 10 to 19 days
    F. 20 to 29 days
    G. All 30 days

51. Do you know how to tell a friend that you do not want the alcoholic drink they are offering you?

    A. Yes
    B No

The next 4 questions ask about drug use. This includes using cannabis (also called marijuana), amphetamines, cocaine, inhalants, and heroin. Do not count tobacco and alcohol use.

52. How old were you when you first used drugs?

    A. I have never used drugs
    B. 7 years old or younger
    C. 8 or 9 years old
    D. 10 or 11 years old
    E. 12 or 13 years old
    F. 14 or 15 years old
    G. 16 or 17 years old
    H. 18 years old or older

53. During your life, how many times have you used cannabis (also called marijuana and Ganja)?

    A. 0 times
    B. 1 or 2 times
    C. 3 to 5 times
    D. 6 to 9 times
    E. 10 to 19 times
    F. 20 or more times

54. During the past 30 days, how many times did you use cannabis (also called marijuana and Ganja)?

    A. 0 times
    B. 1 or 2 times
    C. 3 to 5 times
    D. 6 to 9 times
    E. 10 to 19 times
    F. 20 or more times

55. During your life, how many times have you used amphetamines or methamphetamines (also called ice) for non-medical purposes?

    A. 0 times
    B. 1 or 2 times
    C. 3 to 5 times
    D. 6 to 9 times
    E. 10 to 19 times
    F. 20 or more times

The next question asks about sexual intercourse.

56. What is the **main** reason you have <u>not</u> had sexual intercourse? SELECT ONLY ONE RESPONSE.

   A. I have had sexual intercourse
   B. I want to wait until I am older
   C. I want to wait until I am married
   D. I do not want to risk getting pregnant
   E. I do not want to risk getting a sexually transmitted infection, such as HIV or AIDS
   F. I have not had a chance to have sex or met anyone that I wanted to have sex with
   G. It is against my religious beliefs or moral values
   H. Some other reason

The next question asks about HIV infection.

57. Have you ever heard of HIV infection or the disease called AIDS?

   A. Yes
   B. No

The next 2 questions ask about what you were taught in school.

58. During this school year, were you taught in any of your classes how to avoid HIV infection or AIDS?

   A. Yes
   B. No
   C. I do not know

59. During this school year, were you taught in any of your classes how to avoid getting pregnant?

   A. Yes
   B. No
   C. I do not know

The next 4 questions ask about physical activity. Physical activity is any activity that increases your heart rate and makes you breathe hard. Physical activity can be done in sports, playing with friends, walking to school, or in physical education class. Some examples of physical activity are running, fast walking, biking, dancing, football, cricket, elle, volleyball and swimming.

60. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes <u>per day</u>? ADD UP ALL THE TIME YOU SPENT IN ANY KIND OF PHYSICAL ACTIVITY EACH DAY.

   A. 0 days
   B. 1 day
   C. 2 days
   D. 3 days
   E. 4 days
   F. 5 days
   G. 6 days
   H. 7 days

61. During the past 7 days, on how many days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weightlifting?

   A. 0 days
   B. 1 day
   C. 2 days
   D. 3 days
   E. 4 days
   F. 5 days
   G. 6 days
   H. 7 days

62. During the past 7 days, on how many days did you walk or ride a bicycle to or from school?

   A. 0 days
   B. 1 day
   C. 2 days
   D. 3 days
   E. 4 days
   F. 5 days
   G. 6 days
   H. 7 days

63. During this school year, on how many days did you go to physical education (PE) class <u>each week</u>?

    A. 0 days
    B. 1 day
    C. 2 days
    D. 3 days
    E. 4 days
    F. 5 or more days

The next question asks about the time you spend mostly sitting or lying down when you are not in school or doing homework.

64. How much time do you spend during a **typical or usual** day sitting or lying down doing such things as watching television, playing computer games, talking with friends, using your mobile phone, traveling in a motor vehicle, napping, or doing other activities sitting or lying down, such as chatting online/using Instagram, WhatsApp or Facebook? (Do **not** count time spent sleeping at night.)

    A. Less than 1 hour per day
    B. 1 to 2 hours per day
    C. 3 to 4 hours per day
    D. 5 to 6 hours per day
    E. 7 to 8 hours per day
    F. More than 8 hours per day

The next question asks about tuition sessions.

65. How much time do you spend during a typical or usual day sitting at a tuition session – in person or online?

    A. I do not attend tuition sessions
    B. Less than 1 hour per day
    C. 1 to 2 hours per day
    D. 3 to 4 hours per day
    E. 5 to 6 hours per day
    F. 7 to 8 hours per day
    G. More than 8 hours per day

The next question asks about how much sleep you get.

66. On an average school night, how many hours of sleep do you get?
    A. 4 or less hours
    B. 5 hours
    C. 6 hours
    D. 7 hours
    E. 8 hours
    F. 9 hours
    G. 10 hours
    H. 11 or more hours

The next 9 questions ask about your experiences at school and at home.

67. During the past 30 days, on how many days did you miss classes or school without permission?
    A. 0 days
    B. 1 or 2 days
    C. 3 to 5 days
    D. 6 to 9 days
    E. 10 or more days

68. During the past 30 days, how often were most of the students in your school kind and helpful?
    A. Never
    B. Rarely
    C. Sometimes
    D. Most of the time
    E. Always

69. During the past 30 days, how often were you able to talk to someone about difficult problems and worries?
    A. Never
    B. Rarely
    C. Sometimes
    D. Most of the time
    E. Always

70. During the past 30 days, how often were you able to talk to an adult in your school such as a teacher or a counselor about difficult problems and worries?

    A. Never
    B. Rarely
    C. Sometimes
    D. Most of the time
    E. Always

71. During the past 30 days, how often did your parents or guardians understand your problems and worries?

    A. Never
    B. Rarely
    C. Sometimes
    D. Most of the time
    E. Always

72. During the past 30 days, how often did your parents or guardians check to see if your homework was done?

    A. Never
    B. Rarely
    C. Sometimes
    D. Most of the time
    E. Always

73. During the past 30 days, how often did your parents or guardians **really** know what you were doing with your free time?

    A. Never
    B. Rarely
    C. Sometimes
    D. Most of the time
    E. Always

74. During the past 30 days, how often did your parents or guardians go through your things without your approval?

    A. Never
    B. Rarely
    C. Sometimes
    D. Most of the time
    E. Always

75. During the past 30 days, how often did your parents or guardians spend quality time with you giving you undivided attention and being affectionate?

    A. Never
    B. Rarely
    C. Sometimes
    D. Most of the time
    E. Always

Social media includes Instagram, Twitter, Snapchat, Facebook, WhatsApp and other social media platforms. Online communication includes texting and email.

76. During the past 7 days, how many hours **per day** did you use your mobile phone to be on social media, for online communication, or to browse the internet?

    A. I did not have a mobile phone during the past 7 days
    B. Less than one hour per day
    C. 1 to 2 hours per day
    D. 3 to 4 hours per day
    E. 5 to 6 hours per day
    F. 7 to 8 hours per day
    G. More than 8 hours per day

77. Do your parents or guardians have rules about how you can use social media, online communication, or the internet?

    A. Yes
    B. No

The next question asks about another health-related topic.

78. During this school year, were you taught in any of your classes that **both males and females** should be treated fairly and with respect?

    A. Yes
    B. No
    C. I do not know

ගෝලීය පාසල් ගසෞඛ්‍ය සමීක්ෂණය, ශ්‍රී ලංකාව - 2024

මෙ සමීක්ෂණය පවත්වන්මන් ඔබමේ මසෞඛ්‍ය සහ මසෞඛ්‍ය පිරිහීමෙට බලපන කරුණු පිළිබඳව දන ගණිමෙටය. මලෝකමේ රටවල් රැණියක සිසුන් ද මෙෙ සමීක්ෂණය ට සහභාගී මවති. ඔබ ලබාමදන මෙ ෙතුරු හඩි ො කර, ඔබ වැනි මයුන් දරුවන්මේ මසෞඛ්‍ය නගා සිටුවීමේ ජාතික වඩසටහන් නිර්ෙෙණය කරනු ලැම.

ඔබ ලබාමදන පිළිතුරු වල රහසය භාවය ආරක්ෂාකරනු ලැම. මෙ ප්‍රශ් පත්‍රමේ මහෝපිළිතුරු පත්‍රමේ ඔමේ නෙ ලියන්න එපාඔබ ලබාමදන පිළිතුරු කිසිවකුටත් මපන් ෙන්මන් නැ. එෙ නිසාසළ විටෙ, ඔබමේ සැ ය අත්දැකීෙ ෙ සටහන් කරන්න. මෙෙ ප්‍රශ්න වලට නිවරදි පිළිතුරු නැ .

පිළිතුරු සපයීෙ කළෙෙත්ම න්ෙ / ස්මෙච්ෂමවන්ෙ සිදු කරන්න. මෙෙ පිළිතුරු ඔබමේ පන්තිමේ ලකුණු වලට බලපන්මන් නැ. ඔබට යෙ ප්‍රශ්නයකට පිළිතුරු දීෙට බැරිනේ, එය හිස්ව ෙ බන්න.

සියල ප්‍රශ්න කියවන්න. පිළිතුරු පත්‍රමේ ඔමේ පිළිතුරට අදළ රවුෙ පබ කරන්න. මේ සඳහෙ ඔබට දී ඇති පැන්සල පෙෙක් හඩි ොකරන්න.

ප්‍රශ් සියල්ල අවසන් වූ පසු, ඔබමේ සමීක්ෂණ මෙමහයවන පුද්ගලයාකියන මදය කරන්න.

පිළිතුරු සළයීෙට මපර, පහෙ උදෑහරණය බලන්න.

පිළිතුර රවුෙේ කරන වී , මෙමස් කරන්න.   මෙමස් කරන්න එපා

මහෝ

උදෑහරණ -
1. ෙොෙලු ජීවත් වන්මන් ජලමේ ද ?
   A. මේ
   B. නැ පිළිතුර

= **A** මේ

මූලික තොරතුරු

1. ඔබේ වයස කියද?
   A. අවුරු 11 ට වඩා අඩු
   B. අවුරු 12
   C. අවුරු 13
   D. අවුරු 14
   E. අවුරු 15
   F. අවුරු 16
   G. අවුරු 17
   H. අවුරු 18 ට වඩා වැඩි

2. ඔබේ ස්ත්‍රී/පුරුෂ භාවය කුමක්ද?
   A. පුරුෂ
   B. ස්ත්‍රී

3. ඔබ ඉගෙන ගන්නා ශ්‍රේණිය කුමක්ද?
   A. 8 වන ශ්‍රේණිය
   B. 9 වන ශ්‍රේණිය
   C. 10 වන ශ්‍රේණිය
   D. 11 වන ශ්‍රේණිය
   E. 12 වන ශ්‍රේණිය

ඊළඟ ප්‍රශ්න 3 ඔබගේ උස, බර හා සෙබල කුසගින්නට
ලකුණු කිරීම පිළිබඳවයි

4. ඔබේ උස කොපමණද? (පාවහන් නැතිව)
   ඔබේ උස පහත දැක්වෙන පරිදි වගුවේ අදුරු වර ඇති
   බදවැනි කොටුවල සඳහන් කර, ඊට අදාළ වූ පහත
   ඇති රවුම් කොටු සරල පාටට කරන්න

උදාහරණය - උස සෙ.මී. 153 නම්

උස (සෙ.මී.)		
1	5	3
⓪	⓪	⓪
❶	①	①
②	②	②
	③	❸
	④	④
	❺	⑤
	⑥	⑥
	⑦	⑦
	⑧	⑧
	⑨	⑨
⑨	සොදනිම්	

5. ඔබේ බර කොපමණද? (පාවහන් නැතිව)
   පිළිතුර පහත දැක්වෙන පරිදි වගුවේ අදුරු
   වර ඇති බදවැනි කොටුවල සඳහන් කර, ඊට
   අදාළ වූ පහත ඇති රවුම් කොටු සරල පාටට කරන්න

උදාහරණය - බර කි.ග්‍රෑම්. 52 නම්

බර (කි.ග්‍රෑම්)		
0	5	2
❶	⓪	⓪
①	①	①
②	②	❷
	③	③
	④	④
	❺	⑤
	⑥	⑥
	⑦	⑦
	⑧	⑧
	⑨	⑨
⑨	සොදනිම්	

6. පසුගිය දින 30 තුළ නිවසට අවශ්‍ය තරම් ආහාර
   නැතිබූ නිසා බඩගින්නේ සිටියා?
   A. කිසිවිටක්ම නැත
   B. ලාතුරකින් C.
   සමහර විට D.
   බොහෝ විට E.
   සෑම විටම

ඊළඟ ප්‍රශ්න 9 ඔබ ගන්නා ආහාර පිළිබඳවයි

7. පසුගිය දින 7 තුළ ඔබ සාමාන්‍යයෙන් කී වරක්
   බ බනාස්, පැපොල්, අඹ, සෙර වැනි පළතුරු කෑමට
   ගත්තාද?
   A. පසුගිය දින 7 තුළ පළතුරු ආහාරයට ගත්තේ නැ
   B. පසුගිය දින 7 තුළ 1-3 වරක් C.
   පසුගිය දින 7 තු 4-6 වරක් D. දින
   ට 1 වරක්
   E. දින ට 2 වරක්
   F. දින ට 3 වරක්
   G. දින ට 4 වරක් ට වඩා වැඩියෙන්

8. පසුගිය දින 7 තුළ ඔබ කී වරක් එළවළු(වට්ටක්‍ො, බබෝගෝ‍ෝවි, පබතෝල, බෝවා, ‍ුරට වැනි) ‍ුෙ‍ොත්බත්ද?

   A. පසුගිය දින 7 තුළ එළවළු ආ‍ාරයට ‍ොත්බත් නෑ
   B. පසුගිය දින 7 තුළ 1-3 වරක් C. පසුගිය දින 7 තුළ 4-6 වරක් D. දින ‍ට 1 වරක්
   E. දින ‍ට 2 වරක්
   F. දින ‍ට 3 වරක්
   G. දින ‍ට 4 වරක් බ‍ෝ‍ට වැඩිබයන්

9. පසුගිය දින 7 තුළ ඔබ කී වරක් ‍ොබනි ‍ෙත සිසිල් බීමබනක්බෝබෝබෙප්ටබල‍ෝ‍ුත්‍ො‍ුක්‍ුම්බසෙ‍ඩ, බ ‍ා ‍ොබ‍ෝළ්,බෙජේස්, සරරයිට්, බ ‍ොබවනත්) ‍ුෙ ‍ ක්/බෙබෝතලයක්/වීදුරුවක් පානය බළ‍ිද?
   (බමයට සීනි රහිත ඩයට් බීම අයත් බනා‍ෙබ)

   A. පසුගිය දින 7 තුළ එවැනි බීම පානය බළර‍ෑ
   B. පසුගිය දින 7 තුළ 1-3 වරක් C. පසුගිය දින 7 තුළ 4-6 වරක් D. දින ‍ට 1 වරක්
   E. දින ‍ට 2 වරක්
   F. දින ‍ට 3 වරක්
   G. දින ‍ට 4 වරක් බ‍ෝ‍ට වැඩිබයන්

ප්‍රශ්‍න අංක 10 හි සදහාන් වන ස්‍ිනි දමු පැ‍ුණි බ‍ීම වි‍ට

අයත් වන්‍ෙත් -

ඩෝ‍ුස්‍ුෙ‍ෝමල‍ිදී පෙනය කරන Yeti, Isotone ‍ෙ‍ෂි ‍ෙත්වල්

ශක්‍වි‍ජනක පෙනයත් වන **Red Bull, Dew, Monster, Ride** වැනි ‍ෙත්වල්,

100% පලතුරු යැ‍ුෂ තනොවන **smak, Kist, Fit-o** ව‍ුෙනි ‍ැ‍තීම පලතුරු බීම

ස‍ීනි තයදු, රසකල කිරි වග‍ර වන **Milo, Highland, Kotmale, Ambewela, Anchor** වැනි ‍ෙත්වල්, තය‍ේ‍ෙ‍ේ පෙ‍ෙ වග‍ර

ස‍ීනි දමූ‍ ‍ත්/ තකෝපි සහ රස කළ වතුර වග‍ර වන **Nescafe, Nestea,** අය‍ුසර‍ෝ‍ත් වැනි ‍ෙත්වල් ‍ෙත්.

(‍ිට තපර කථ‍ො කල කෙබනිකැ සිසිල් බ‍ීම තහෝ කලරි බීම පිළිබඳව 10 තවනි ප්‍රශ්‍න‍ෙත්දී සලකනු තනෙළුබත්.)

10. පසුගිය දින 7 තුළ ඔබ කී වරක් සිනි දමු පැ‍ුණිරසබීම ‍ුෙන් එක්/බෙබෝතලයක්/ වීදුරුවක් පානය බළර‍ද?

   A. පසුගිය දින 7 තු, එවැනි බීම පානය බළර‍ෑ
   B. පසුගිය දින 7 තුළ 1-3 වරක් C. පසුගිය දින 7 තුළ 4-6 වරක් D. දින ‍ට 1 වරක්
   E. දින ‍ට 2 වරක්
   F. දින ‍ට 3 වරක්
   G. දින ‍ට 4 වරක් බ‍ෝ‍ට වැඩිබයන්

11. පසුගිය දින 7 තුළ ඔබ කී වරක් <u>ඕ ‍ුළුණු</u> සහිත ‍ොම (බයිට්, චි‍ස්සර, අල බපති, මැඝරබසැ‍ුක් ‍ා බපති, ‍ුණු දම‍ු‍ු‍ුරට ‍ජූ, ‍ුණු සහ‍ීත බිසර විබ ‍ෝටිපි-ටි‍ෙ‍ි වැ‍ි) ආ‍ාරයට ‍ොත්බත්ද ?

   A. පසුගිය දින 7 තුළ අධි ‍ුණු සහ‍ීත ‍ුෙම ආ‍ාරයට ‍ොත්බත් න‍ෑ
   B. පසුගිය දින 7 තු‍ 1-3 වරක් C. පසුගිය දින 7 තුළ 4-6 වරක් D. දින ‍ට 1 වරක්
   E. දින ‍ට 2 වරක්
   F. දින ‍ට 3 වරක්
   G. දින ‍ට 4 වරක් බ ‍ෝ ‍ට වැඩිබයන්

12. පසුගිය දින 7 තුළ ඔබ කීවරක් අධි බතල් සහිත _____ ‍ොම (බරෝල්සර, ප‍ැටිසර, වබෙ, බ ‍ාත්තු, මුරුක්කු, බය‍ිට් වර්‍ෙ‍ො ව‍ැනි බතබලන් බදින ලද බ වි ආ ‍ාර) ආ‍ාරයට ‍ොත්බත්ද ?

   A. පසුගිය දින 7 තුළ එවැනි ආ ‍ාර ‍ොත්බත් න‍ුෑ
   B. පසුගිය දින 7 තුළ 1-3 වරක් C. පසුගිය දින 7 තුළ 4-6 වරක් D. දින ‍ට 1 වරක්
   E. දින ‍ට 2 වරක්
   F. දින ‍ට 3 වරක්
   G. දින ‍ට 4 වරක් බ ‍ෝ ‍ට වැඩිබයන්

13. පසුගිය දින 7 තුළ ඔබ කීවරක් <u>ඕ සිනි</u> සහිත _____ අ‍ුබක්ක්, ‍ුෙළුම්, බිසර ‍ුට්, අයිසර ක්‍රීම්, කිරි බටෝ‍ී, බ ‍ාලට්, අයිසර පැට්, බටෝ‍ී, ව‍ැ‍ි) ආ‍ාරයට ‍ොත්බත්ද?

   A. පසුගිය දින 7 තුළ ආ ‍ාරයට ‍ොත්බත් න‍ෑ
   B. පසුගිය දින 7 තුළ 1-3 වරක් C. පසුගිය දින 7 තුළ 4-6 වරක් D. දින ‍ට 1 වරක්
   E. දින ‍ට 2 වරක්
   F. දින ‍ට 3 වරක්
   G. දින ‍ට 4 වරක් බ ‍ෝ ‍ට වැඩිබයන්

14. පසුගිය දින 7 තුළ ඔබ දින කියක්, ක්ෂණි අ ‍ාර ඇති ඩ/අවන් ‍ුෙවලින් බ‍ි ‍ුෙම බ ‍ෝ ආ ‍ාර ‍ොත්බත්ද ? නැතබ ‍ාත් බෙදර බෙනබොසර ‍ැබෙද ? නැතබ ‍ාත් ඔන්‍ලයින් බෙන්වා‍ොබන ‍ැබෙද? (උදා රණ - මෙ බඳපස ඇති අවනේ ‍ල්/බ‍ෝ‍ටලේ, බපට‍ි ඩ/බත් ඩ/බෙර‍, ‍ේ‍ෙම ආ ‍ාරබලවිරට (ව‍ෝ‍ෙ පා‍ුන්) බ ‍ෝ ‍ිසරට‍ර බ ‍ාත්තු, පිස‍ ‍ුට (Pizza Hut), KFC, මැක් බඩත‍ල්ලේ (McDonalds) බ ‍ෝ බපර‍්‍ො ඇන්‍ෙ සත‍ර්සර (P&S) වැනි බ‍ි ‍ුෙම අවනේ ‍ල් ආද‍ිය) A. දින 0

   B. දින 1 ක්
   C. දින 2 ක්
   D. දින 3 ක්
   E. දින 4 ක්
   F. දින 5 ක්
   G. දින 6 ක්
   H. දින 7 ක්

15. පසුගිය දින 7 තුළ ඔබ උබේ ආ ◌ාරබෙල සාමානයබයන් ලබා◌ෙත් ආ ◌ාරය ◌බ බසරද? ◌ක් පිළිතුරක් පමණක් ◌ සට ◌න් ◌රන්න.
   A. පාසල් ◌ය◌ාම◌ට බ◌පර නිවබසර◌දී, උබේ ආ ◌ාර ◌ෙත්බතම්
   B. ◌ම◌ට ප◌ාසබ◌ලන් උබේ ආ ◌ාරය ලැබබන නිසා නිවබසර◌දී, උබේ ආ◌ාර◌බ◌ා◌ෙත්බතම්
   C. ◌රමාණවත් බ◌ලාවක් බ◌නාති◌බීම◌නිසා උබේ ආ ◌ාර◌බ◌ා ◌ා◌ෙත්බතම්
   D. උ◌ද◌ාසුනින් ආ ◌ාර ◌ෙ◌ති◌ර්ම ◌ිය බ◌නබ◌ීම නිසා උබේ ආ ◌ාර ◌බ◌ා◌ෙත්බතම්
   E. ඇ◌තැම් දිනවල නිවබසර◌ආ ◌ාර බ◌නාති◌බීම◌නිසා උබේ ආ ◌ාර ◌බ◌ා◌ෙත්බතම්
   F. බ◌වනත් ◌බ◌රතුවක් නිසා උබේ ආ ◌ාර බ◌න◌ා◌ෙත්බතම්.

◌ඊළඟ ◌ර්ශ්න 2 ◌ඔ◌ෙත් අත් ◌තස්◌දීම පිළිබඳවයි

16. පසුගිය දින 30 තුළ, ඔබ පා◌ස◌බල් ◌දී ◌◌ම◌ට ◌බ◌පර ◌ැ ◌ බසර◌ද◌ුබේ ◌බ බසර◌ද? ◌එ ◌ පිළිතුරක් පමණක් බ◌තෝරන්න.
   A. මා පසුගිය දින 30 තුල පා◌සබල්◌දී ◌◌ම◌ට ◌බ◌පර අත් බසර◌ද◌ුබේ නැත
   B. ◌◌ෙ◌ලායන ජ◌ලබයන් (නල ජලබයන්) අත බසර◌ද◌ුබවම්
   C. මා පමණක් පාවිච්චවිය◌ට ◌ෙන්නා වතුර බ◌ඳුන ◌ට අත දම◌ා බසර◌ද◌ුබවම්
   D. අනිත් සිසුන් අත බසෝදන වතුර ඇති හ◌◌ාජනය ◌ට අත දම◌ා බසර◌ද◌ුබවම්
   E. මම බ◌වනත් ආ ◌ාරයකින් අත බසර◌ද◌ුබවම්.

17. පසුගිය දින 30 තුළ, ඔබ පා◌ස◌බල් ◌දී◌බ ◌◌ා පමණ වරක් වැසිකිලි භාවිතබයන් පසු අත් බසර◌ද◌ුබෙද?
   A. පා◌සබල් ◌ව◌ැසිකිලි ◌ප ◌සූ ම◌නැත
   B. කිසිබසර◌ත්ම නැත
   C. ◌◌ාතුරකිනි
   D. ස◌ම ◌ රවිට E.
   බ◌බ◌ා ◌ෝවිට F.
   ස◌ෑමවිටම

◌ඊළඟ ◌ර්ශ්න 3 ◌ඔ◌ත◌ේ මුඛ◌ තස◌ෞඛ◌ය පිළිබඳවයි

18. පසුගිය දින 30 තුළ, ඔබ ◌සො◌මොනයතයන් දින ◌ට කී වරක් දත් ◌මැදීම බ◌ළ◌හිද?
   A. පසුගිය ම◌ාසය (දින 30) තුළ මා දත් ම◌◌ැ◌ේබෙම නැත
   B. ස◌ම ◌ර දිනවල පමණක් දවස◌ට එක්වරක් ◌බ ◌ෝ දත් මැ◌ේබෙම්.
   C. දින ◌ට එක් වරක්
   D. දින ◌ට ◌බ◌ද◌වරක්
   E. දින ◌ට තුන් වරක් ◌බ ◌ෝ වැ◌ඩිබයන්

19. පසුගිය දින 30 තුළ දත් මැදීම සඳ◌◌ා ඔබ ස◌◌ා◌◌නයබයන් ◌ර◌බලෝරයි◌ේ සහ◌ිත දන්තා◌බල්පයක් හ◌◌ාව◌ිත◌◌ා බ◌ළ◌රද ? (ක්වතලෝ◌ෙ◌ගාඩ, සිග්නල්, ආයුෂ◌රි, ක්වතලෝස් අප්, තසන්තබසා◌ඩයින් ◌ෂ්ලෝරයිඩ් සහි ◌ දන්◌බ◌ාල්ප ◌ය.
සු◌දන් , සුපිරිවිකි, අ◌ඟුරු, ලූණු සහ දත් කුඩු (හරි ◌ කහට, ගස් මුතු, පර◌ුකුම්බො) ◌වත◌ු ◌ීරවය වල ◌ෙත්ලෙ◌ර්යඩ් නෑ)
   A. පසුගිය ම◌ාසය (දින 30) තුළ දත් මැ◌ේබ◌ෙම නැත
   B. ඔ◌ේ ම◌ම සාමානයබයන් ◌ර◌බලෝරයි◌ේ සහ◌ිත දන්තා◌බල්ප හාවිත◌ා බ◌ළම්
   C. නැත, මම සාමානයබයන් ◌ර◌බලෝරයි◌ේ සහ◌ිත දන්තා◌බල්පයක් හාවිත◌ා බ◌නා රම්
   D. මා හාවිත◌ා රන දත් ◌බ◌බබත◌ේ වල ◌ර◌බලෝරයි◌ේ තිබෙ◌දැයි මම බ◌නා◌දිනිම්

20. පසුගිය ම◌ාසය (දින 30) තුළ දත්, විදුරු◌මසර◌බ ◌ෝ මුබය සම්බන්ධ ◌◌ෙ◌ඩ◌ළ නිසා ඔබ පාසල් බ◌නා◌බොසර සිටි◌බෙද ?
   A. ◌◌ේ
   B. න◌ැත

◌ඊළඟ ◌ර්ශ්න 3 පසුගිය වසර තුළ ඔබ මුහුණ ප◌◌ඳ◌◌ෙත් ◌දරුණ◌ අනතුරු පිළිබඳවයි
තමහ◌ිද◌ි දරුණ◌ අනතුරක්◌ව යනු, ඔබට ◌ය◌ම් අනතුරක්ව නිසා ◌මුළු දවසක්◌වම දෛනික කට◌යුතුවලින් (උදා- පාඩ◌ාලප◌ර◌ියෝම, ◌ඩොක◌ිර්ම ◌ව◌◌ නි කට◌යුතුවලින්) ඉවත්වන්නට සි◌ද◌ු වූ තහ◌◌ෙ ◌දවදයවරයකුතගන්/තහ◌ද◌ියකතගන් ◌ර◌ිකර ග◌ැීම◌ට සිදුවූ අනතුරකි.

21. පසුගිය මාස 12 තුළ ඔබ කී◌ වතාවක් දරුණ◌ අනතුරුවලට ලක්◌ව◌ුවාද?
   A. 0 වාරයක්
   B. 1 වරක්
   C. 2-3 වතාවක්
   D. 4-5 වතාවක්
   E. 6-7 වතාවක්
   F. 8-9 වරක්
   G. 10-11 වරක්
   H. 12 වරක් බ◌◌ේ ◌ර්ට වැඩිබයන්

22. පසුගිය මාස 12 තුළ ඔබ මුහු◌ණ ප◌ දරුණ◌ම අනතුර කුමක්ද?
   A. පසුගිය මාස 12 තුළ දරුණ◌ අනතුර ◌ ◌ලක් බ◌න◌ා◌ව◌ීම්
   B. අසර◌ියක් බිඳීම/සන්ධියක් පැ◌ීම/◌දතක් ◌◌ෙ◌ළවී ය◌ාම/◌දතක් ◌ැ◌ඩි ය◌ාම
   C. ◌ැපීමකින්/උල් ආයුධයකින් ඇ◌ීමකින් ඇතිවූ තුවාලයක්
   D. හිසට ප ◌රක් වැදී, සිහි න◌ැති◌ීම◌ බ ◌ෝ බබල්බල් බ◌ෝ හිබසර තුවාල වී◌මක්, වැ◌ටීමක් බ ◌ෝ හුසරම ◌◌ෙනීම◌ අප◌ සු◌ව◌ීමක්
   E. බවඩ ◌◌ව◌ැ◌දීමක්
   F. තද බල පිළිබසර◌ස◌ීමක්
   G. විෂ ශ්රීර ◌ගත වී◌මක් බ ◌◌ෞෂධ අ◌ධි ම◌◌ත්රා ◌◌ෙනී◌මක්
   H. බ◌වනත් අනතුරක්

23. පසුගිය මාස 12 තුළ ඔබට සිදු (ඉ තසද න්) දරුණුම අනතුරට මුල් වූ රධ⬦ න බ රතුව කුමක්ද ?

    A. පසුගියගිය ම⬦ස 12 තුළ දරුණු අනතුර ට ලක් බනාවීම්

    B. මා⬦⬦මන් ළ වාහනය අනතුර ට ලක්වීම /මා වා නය ⬦ැ⬦ජීම

    C. ඇදවැටීම

    D. මෙබ සිරුර මත යමක් වැටීම/වැදීම

    E. මා යබමකු බෙන් ප ර ⬦ ⬦ම්/ අපබෝජනයට ලක්වීම බ ⬦ ⬦ගිබ්බට හුවමාරුවක්

    F. ගින්න ට මදිවීම/රත්ූ බදයක් ⬦ා සරපරෙ⬦ශ්වීම

    G. අභිත ර යමක්ආෂ⬦ණය කිරීම බ ⬦ෙ⬦ඇභිත රයමක්ගිල දෑුම්ම

    H. බවනත් බ රතුවක් නිසා අනතුරක් සිදුවීම

ඊළඟ ප්‍රශ්නය කයෙ⬦ික පහරදීම් පිළිබඳවයි

කයෙශික පහරදීමක්ව තලස තමහ⬦ දී සළකන්තන්

පුරෙ⬦ගලයන් එක්ව තකතනක්ව තහෝ කීප තදතනක්ව වත් අතයකුට ඇින් පයින් පහර දීමයි, නෑ තහොත් ආයුධයකින් (තපොල්ලකින්, අවියකින් තහෝ පිහියකින්) පහර දීමයි.

නමුත් සමෙ⬦වන සවිබල ඇි සිසුන් තදතදතනකු ගුටිබැට හුවමොරු කර ගැනීම කොයික පහරදීම් කොණ්ඩයට අදුළත් ⬦ තනොත.

24. පසුගිය මාස 12 තුළ ඔබ කී වරක් ⬦යි ⬦ ප රදීම්වලට ලක්වුනාද ?

    A. 0 වරක්

    B. 1 වරක්

    C. 2-3 වතාවක්

    D. 4-5 වතාවක්

    E. 6-7 වතාවක්

    F. 8 -9 වතාවක්

    G. 10-11 වරක්

    H. 12 වරක් බ ⬦ ⬦ ෝ⬦ට වැ⬦ඩිබයන්

ඊළඟ ප්‍රශ්න 2 ලිංගික ප්‍රචණ්ඩත්වය පිළිබඳවයි

ඔබ කිරීමට අකමැි ලිංගික හැසිරීම් ස්දු කිරීමට බල කිරීම ලිංගික ප්‍රචණ්ඩත්වයයි. තම් යටතත්, සිපගැනීම, ඇල්ලීම, ඔබ ඇඳුම් අදින විට බලෙ⬦සිටීම, තකනකුතග⬦ ලිංගික අවයව ඔබට තපෑන්ම, ඔතේ ඇඳුම් ඇද්දමෙ⬦ලිංගික අවයව තහො⬦සිරුර නිරෙබරණය කිරීම, ලිංගික අරුත් ඇි වචන කීම, බතලන් ලිංගික සංසර්ගයට තයෙ⬦මු කිරීම ඇතුලත් ය. තම්ඔත ⬦ෙ⬦ික වශයන් හමු⬦මකද්,සමෙෂ මෙය තුළින් තහෝඅත් ⬦ෙ⬦ළය හරහොසිදුවිය හැක.

25. පසුගිය මස 12 තුළ ඔබ කී වරක් ඔබට කිරීමට අනවශ්‍ය ලිංෙ⬦ංගි ⬦ සිරිම් සිදු කිරීම සඳ ⬦බල කිරීම්වලට ලක් වීද?

    A. 0 වරක්

    B. 1 වරක්

    C. 2-3 වතාවක්

    D. 4-5 වතාවක්

    E. 6 වතාවක් බ ⬦ෙ⬦ ෝ⬦ට වැඩිබයන්

26. පසුගිය මාස 12 තුළ ඔබ කී වරක් ඔබ⬦ෙස ⬦රු/⬦ස ⬦ාරිය/බපමවතා/බපමවතිය අතින්ඔබ අ ⬦ැ⬦ති ලිංෙ⬦ංගි ⬦ැසිරෑම් සිදු කිරීම සඳ ⬦ා බල කිරීම්වලට ⬦ ලක් වීද?

    A. පසුගිය මාස 12 තුළ මට ස ⬦රුකු/ බපමවබතකු සිටිෙබනඋත

    B. 0 වරක්

    C. 1 වරක්

    D. 2-3 වතාවක්

    E. 4-5 වතාවක්

    F. 6 වතාවක්බ ⬦ෙ⬦ ෝ⬦ට වැඩිබයන්

ඊළඟ ප්‍රශ්නය අන් ⬦ජෙ⬦ලය ඔස්තස⬦ සිදුවන ලිංගික ප්‍රචණ්ඩත්වය පිළිබඳවයි.

තමහිදි ඔබට කිරීමට අවශ්‍ය නෑි ලිංගික හැසිරීම් සිදු කිරීමට අන් ⬦ ජෙ⬦ලය/සමෝජ මෙය ඔස්තරෙ බල කිරීම සිදුවෙත්. **ලිංගික හැසිරීම් පිළිබඳ ප්‍රශ්න ඇසීම/කෙ⬦කිරීම, ලිංගිකව හැස්සිරී තපෙන්මට කීම, එතස් කිරීමට බල කිරීම, ලිංගික අවයව තපෙතනන ජෙෂයෙ⬦ප ⬦ඩිතයෝෂ්⬦ල්ලීම, ඵබදු තෝ⬦ ඔබට බතලන් තපෙන්⬦ම උදෙහාරණයි.**

27. පසුගිය මස 12 ඇතුලත,ඔබ කී වරක් ඔබට කිරීමට අනවශ්‍ය ලිංෙ⬦ංගි ⬦ සිරීම් සිදු කිරීමට අන්තර් ජළය ඔසරබසර බල කිරීම ට ලක් වී තිබෙද?

    A. 0 වරක්

    B. 1 වරක්

    C. 2-3 වතාවක්

    D. 4-5 වතාවක්

    E. 6 වතාවක්බ ⬦ෙ⬦ ෝ⬦ට වැඩිබයන්

ඊළඟප්‍රශ්නය ඔබට පෙෙ⬦තෙල්දෑ ⬦ ⬦ැ⬦ඳ්⬦තෙ⬦වෙල් පිළිබඳව යි.

28. යම් අයකු ඔබට ලිංෙ⬦ංගි ⬦ අතවරයක් කිරීමට තෑත්⬦ ⬦ රන විට කුමක් ⬦ ⬦ යුතු දැයි, බමම පාසල් වෂරිය තුළ, පාසබල්දී දෙන්⬦වා තිබෙද?

    A. ⬦ෙ⬦

    B. න⬦⬦ත

    C. බ⬦ා⬦දෑ

ඊළඟ ප්‍රශ්නය ගුරුවරුන් ඔබට දඬුවම් කර ඇද්ද යන්න පිළිබඳවයි.

29. පසුගිය මාස 12 තුළ ඔබට ගුරුවරුන් පහරදීමෙන් හෝ මිමුලට සෙංකහෝ ශාරීරිකව රිදවඩක හෝ හිටවා බහෝද්ගෙණසරවතිබේද?
   A. ඔව්
   B. නැත

ඊළඟ ප්‍රශ්නය ගුටිබැට හුවමාරු කර ගැනීම පිළිබඳවයි
ගුටිබැට හුවමාරු කර ගැනීම තුළ තමහිදී සලකා බලන්නන් සමෙන සවිබල ඇති සිසුන් තදතදනක්ව ගුටිබැට හුවමාරු කර ගනිමයි.

30. පසුගිය මාස 12 ඔබ කී වරක් ගුටිබැට හුවමාරු කර ගෙනෙනිමේවල බයදුබෙද?
   A. 0 වරක්
   B. 1 වරක්
   C. 2-3 වතාවක්
   D. 4-5 වතාවක්
   E. 6-7 වතාවක්
   F. 8-9 වතාවක්
   G. 10-11 වරක්
   H. 12 වරක් බහෝ ඊ්ට වැඩිබයන්

ඊළඟ ප්‍රශ්න 3 ඔබ හිංසනයට ලක්වීම පිළිබඳවයි

තමහිදී හිංසනය තුළ සළකන්තන් යම් සිසුතවක්ව/පුද්ගලතයක්ව තහෝසිසුන්/ පුද්ගලින් කණ්ඩයමක්ව තවත්ත සමවයතස් සිසුතවකුට යම් නපුරු, රිදවන සුළ තදයක්ව වචනතයන් කීම තහෝ එවඩු යම් ඵයෙබක්ව කිරීමයි.
යම් සිසුතවකු යළි යළිත් තබයෙතහෝගේ තසර විහිළුවට ලක්ව කිරීම, බිය වැළේදීම, තහෝක් කිරීම, කට කතොහ පැරීම, නමරී කී, ලිංගික සමචවලය, පහර දීම,
ඵ්ලු කිරීම හො පීඩො කිරීම මඊට ඇතුලත්ය.

නමුත් සමෙන සවිබල ඇති සිසුන් තදතදනක්ව, ගහගැනීම තහෝ බහන ගැනීම ද සිසුන් සුහද තුළස විහිළු කරගැනීම ද හිංසනය තුළස තනොසැළත්ව.

31. පසුගිය මාස 12 තුළ ඔබ පාසබල් දීඉහ තු දැක්වූ පරිදි හිහෝංසනයට ලක්වුවාද?
   A. ඔව්
   B. නැත

32. පසුගිය මාස 12 තුළ ඔබ පාසබලන් පිටතදී හිහෝංසනයට ලක්වුවාද?
   A. ඔව්
   B. නැත

සමෙස මෙඩය හරහො තහෝත්අන් ඊ් ජේළය හරහොහිංසනයට ලක්ව වීම සිදුවිය හැක. තමය ඊ් තමිල් පණිඩ, ලිබි තහෝ ශේෂයඵප මඟින් නහතහෙත් ඉන්ස්ට්ගුම්, සහනපහ්වඵ්, තහහ්සහ්ඵක්ව, යු ටියුහේ, වට්ස්අඵප හරහෙසිදුතේ.

33. පසුගිය මාස 12 තුළ, ඔබ අන්තර්ජාලය හරහා හිහෝහිංසනයට ලක්වුවාද?
   A. ඔව්
   B. නැත

ඊළඟ ප්‍රශ්න 4 ඔබට ඇවු හණීම හෙමිතුරු සබදො පිළිබඳවයි.

34. ඔබට සමීප මිතුරන්/මිතුරියන් කී බඳබනක් සිටිනවා ද?
   A. සමීප මිතුරන් නැත B. එක් අයකු පමණි C. බඳබනකු පමණි D. තිබඳනකුබහෝ වැඩිපුරසිටී

35. පසුගිය මාස 12 තුළ ඔබට බහාපමණ වාරගෙණනක් තනි මදෙනී ඇත්ද?
   A. කිසිබසරත්ම නැත
   B. ලාතුරකින්
   C. සම ර වීට D. බබහබ හෝවීට E. ෙැම වීටම

36. පසුගිය මාස 12තුළ බහාපමණ වාරගෙණනක් රාෑ නින්දට බහාඃබ්යවන ආහාරබෙ සඤ්බත් රදරය ට ඔබ ලක්වී ඇත්ද?
   A. කිසිබසරත්ම නැත
   B. ලාතුරකින්
   C. සම ර වීට D. බබහබ හෝ වීට E. ෙැම වීටම

37. පසුගිය මාස 12 තුළ බහාපමණ වරක් ඔබට මානසි ව වහ්ටඃම, විෂාදය, ඵපාවීම, වැඩ කිරීබම් අ මහ්ත්ත බහෝ රන වැඩ වලින් සතුටක් බහාදැණුහ් බවක් තිබුබන්ද?
   A. කිසිබසරත්ම නැත
   B. ලාතුරකින්
   C. සම ර වීට D. බබහබ හෝවීට E. ෙැම වීටම

ඊළඟ ප්‍රශ්න 2 පාසැලේ දී ඔබට උගන්වන දේවල් සහ උදේ ලබා ගැනීම පිළිබඳවයි.

38. මානසික ආතතිය (stress) අඩු කරගන්නා ආකාරය පිළිබඳව මෙම පාසල් වසර තුළ ඔබට පාසැලේදී දැන්වා තිබේද?
   A. ඔව්
   B. නැත
   C. බැහැදනී

39. පසුගිය මාස 12 තුළ ඔබේ සිබත් ඇතිවූ යම් තදබල ගැටළුවක් නිසා, ඔබ (පුහුණු නිලධාරියකු මුවීබ වී දිසි ඇමතුම්/උපකාර බලවා දුර ඇත මාර්ගයෙන්) උදේ ඉල්ලා ඇත්බත් බැසරද?
   (මෙම තදබල ගැටළුව සමීප අයකු මිය යාම නිසා ඇති වූදු ක්/මව බැව් පියාගේ මරණය/ළහම යැවා තර වීම/ආදර සම්බන්ධයක් ෙබ්ඩී යෑම/ අධි ආතතිය/සියදිවි නසා ගැනීබම් අද ස/අධි තර / විෂාදය/බවනත් මානසික ගැටළුවක්විය ෙන ැ)
   A. මට එවැනි ගැටළ ඇතිවී නැත
   B. මට එවැනි ගැටළ ඇතිනමුත් උදේ ඉල්ලා නැත
   C. මා එවැනි උපකාර දුර ඇත බසරවාවක් මඟින් උදේ ලබාබෙන ඇත.
   D. මම 'බයඹ්දුන්පියස' කින් උදේ ලබා ගෙනිමි.
   E. මම වැදයවරයකුගෙන්/බැදිය බෙන් උදේ ලබා ගෙනිම
   F. මම පාසැල් ගුරුවරයකුගෙන්/උපදේශ ගුරුතුමියගෙන් උදේ ලබාෙගනිමි.
   G. මම රජෙය්බේ බසෙ‍ඛ්‍ය වෛද්‍ය නිලධාරි වරයගෙන්/එම ෙථ්‍ය මේඩලයගෙන් උදේ ලබා ගෙනිම
   H. බවනත් විදියකින් උදේ ලබා ගෙනිමි.

සමහරවිට දරුවන් හට අනෙහ‍ය පිළිබඳ දුබලලියක්ව තහෙකලවත් කලකිරීමක්ව ඇරීම නිසා ම් ජීවිය අවසන් කර ගැනීතම් සිවිලි පහළ ීමට ඉද ඇ. ඊළඟ ප්‍රශ්න 3 ඔබට ඇදුනු දුබල මෙනසික පීඩනය/ මෙනසික ආෙ‍ය සහ සිය ද්‍වි නසෙගැනීතම් අදහස් පිළිබඳවයි.

40. පසුගිය මාස 12 තුළ සියදිවි නසා ගැනීබම් උත්සා යක් සඳ ඇ ඔබේ සිත තදින් ම බපළඹුනු අවසරථා තිබුබන්ද?
   A. ඔව්
   B. නැත

41. පසුගිය මාස 12 තුළ, ඔබ සියදිවි නසාෙන්බන් බ බසරදැයි සැලසුම් සැසර ළා ද?
   A. ඔව්
   B. නැත

42. පසුගිය මාස 12 තුළ ඔබ කීවතාවක් සියදිවි නසා ගැනීමට තැත් ළා ද?
   A. 0 වතාවක්
   B. 1 වතාවක්
   C. 2 – 3 වතාබක්
   D. 4 -5 වතාවක්
   E. 6 වතාවක්බ ෝ ඊට වැඩියි

ඊළඟ ප්‍රශ්න 3 දුම්වැඩි දේවිය පිළිබඳවයි. තමයට නි ෂ්පදේ සිගරට් තහගේ ඔබ විසින් ඔෙ ගන්නෙ සිගරට් සුත් තේ.

43. ඔබ වදාබ ගේදුම් වැටියක් පානය රබ ගේදුම් උගුරු 1-2 ක් ඇදබලා තිබේද ?
   A. ඔව්
   B. නැත

44. පළමුවරට දුම් පානය රන විට/දුම් පානය උත්ස රන විට ඔබේ වයස කීය ද?
   A. මා කිසිදින දුම්පානයට උත්සා දරා බනෑමෙත
   B. වයස අවුරුදු 7 බ ගේ ඊට අඩුයි
   C. වයස අවුරුදු 8 බගේ 9
   D. වයස අවුරුදු 10 බගේ 11
   E. වයස අවුරුදු 12 බ ගේ 13
   F. වයස අවුරුදු 14 බ ගේ 15
   G. වයස අවුරුදු 16 බගේ 17
   H. වයස අවුරුදු 18 බ ගේ ඊට වැඩි

45. පසුගිය දින 30 තුළ දවසර කීයක් ඔබ දුම් වැටියකින් දුම් පානය බළරද?
   A. දින 0
   B. දින 1 - 2
   C. දින 3 - 5
   D. දින 6 - 9
   E. දින 10 - 19
   F. දින 20 - 29
   G. දින 30 ම

ඊළඟ ප්‍රශ්න 3 අසනුතේ සිගරට් හරු තවනත් දුම් ‍තකෙද දුම් ආෙ නිෂ්පෙදන දේවිය පිළිබඳවය. පහ ප්‍රශ්නය යටතත්, පයිප්ප, සුරුට්ටු, කුඩෙසුරුට්ටු, ඔ න සුරුට්ටු, හුකෙෙයර්, ශීෂො, ෙනායගයිල්, හබල්-බබල්, බීඩි, රත් කල දුම්තකොළ (HTPs) වැනි තේවල් සලකො බැතල.

46. පසුගිය දින 30 තුළ දවසර කීයක් ඔබ බවනත් දුම්බ ළ දුම් ආශ්‍රිත නිෂරපෙදන භෙ‍ඛ්‍පීතා බළරද ?
   A. දින 0
   B. දින 1 - 2
   C. දින 3 - 5
   D. දින 6 - 9
   E. දින 10 - 19
   F. දින 20 - 29
   G. දින 30 ම

ඊළඟ ප්‍රශ්නය දුම නැති දුම්කොළ නිෂ්පාදන (smokeless tobacco) පිළිබඳව යි.

තම්හිදීු දුම්කුඩු, හපන දුම්කොළ, ඩිප්ර, පුලත් වීට, ග්නාර්කො, මොවො, බෝපුල්, තුල්, හොහාර්ස්, තබඩො, පැන්පරොස් වැනි තේවල් සලකා බැලේ.

47. පසුගිය දින 30 තුළ දවසර කීයක් ඔබ දුම නැති දුම්ඵ්බ කොළ නිෂ්පාදන (smokeless tobacco) භාවිතා කළ ද ?
   A. දින 0
   B. දින 1-2
   C. දින 3 - 5
   D. දින 6 - 9
   E. දින 10 - 19
   F. දින 20 - 29
   G. දින 30 ම

ඊළඟ ප්‍රශ්නය ඊ සිගරට් (E cigaratte) පිළිබඳව යි.
ඊ සිගරට් (E cigaratte) යනු, නිකොටින් අඩංගු දියරයක් සහිත කුඩෝපකරණයකි. බැටරි වලින් ආයෙක්ම තේ. නිකොටින් වෙෂ්පී සෑදෙන දුම් උරෑබීම තම්හිදී සිදුතකතරි.
තමොවොතේප් තපන (vepe-pen), හුකොස් තපන (hukas-pen), ඊ හුකොස් (E -hukas), ඊ සිගෙස් (E- cigars), ඊ පයිප්ප, ඊ තේපර් (E -vaper) වැනි නම් වලින් හඳින්තේ.
මෑන් සමහරෙක්ව සිගරට් බඳුය. අතනැක්වො පැන් තහෝ පයිප්ප වැනිය.
තම්හි දුම්කොළ නෑ.

48. පසුගිය දින 30 තුළ දවසර කීයක් ඔබ ඊ සිගරට් (E cigaratte) භාවිතා කළ ද ?
   A. දින 0
   B. දින 1-2
   C. දින 3 - 5
   D. දින 6 - 9
   E. දින 10 - 19
   F. දින 20 - 29
   G. දින 30 ම

ඊළඟ ප්‍රශ්න 3 අසනුතෙ මත්වතුර පෞනය කිරීම පිළිබඳය.

මත්වතුර යනු අරක්කුව, රා, කසිප්පු, බියර්, ජීන්, රම්, තවොඩිකොං, විස්කි තහෝ ස්පීතු අඩංගු බීම වගර් යි. මත්වතුර පෞනය කිරීම යන්නට ආගමික කටයුත් ක්ව සඳහො වයින් උගුරු කිහිපයක්ව තරොල ගැතුම ඇතුලත් වන්තන් නෑ.

මත්වතුර 'බීමක්ව තඹෂෙ එකක්ව' යන්නට අදහස් වනුතේ වයින් ‍ඳුරුවක්ව, බියර් තබෝළයක්ව, අරක්කුව/ තවනත් සරු මත්වතුර කුඩෝඳුරුවක්ව තහෝ මත්වතුර මිශ්‍ර බීමක්ව (cocktail) පෞනය කිරීමකි.

49. උගුරු කිහිපයකින් බතාල තොම ැරුණු විට ඔබ මුල් වරට මත්වතුර පානය කරන විට ඔබේ වයස බොපමණද?
   A. මම කිසිදින මත්වතුර පානවවිවවි කරැත
   B. වයස අවුරුදු 7 බ තෝ ට අඩු
   C. වයස අවුරුදු 8 බතෝ 9
   D. වයස අවුරුදු 10 බ තෝ 11
   E. වයස අවුරුදු 12 බතෝ 13
   F. වයස අවුරුදු 14 බතෝ 15
   G. වයස අවුරුදු 16 බතෝ 17
   H. වයස අවුරුදු 18 බ තෝ ට වැඩි

50. පසුගිය දින 30 තුළ දවසර කීයක් ඔබ 'මත්වතුර බීමක්/ බෂන්ඩ් එක්' බොපුනය කළ ද ?
   A. දින 0
   B. දින 1 - 2
   C. දින 3 - 5
   D. දින 6 - 9
   E. දින 10 - 19
   F. දින 20 - 29
   G. දින 30 ම

51. මෑතුරකු බ තෝ බවනත් අයකු ඔබට පිරිනමන මත්වතුර පානයක් කැතික්බෂරප කරන ආාරය ඔබ දන්නවාද ?
   A. ඔේ
   B. නෑත

ඊළඟ ප්‍රශ්න 4 අසනුතෙ මත්ද්‍රවය ‍ඵ්බ යපිළිබඳවයි.
මත්ද්‍රවය යනු ගංජෙ(මැරිජුවෙන්‍යකතුනාබිස්), ඇම්ීටමින් (අයිස්), තකොතක්ව‍න්, මත්කුඩු දුම සහ තහතරතේයීන් යනෙඳිය යි.
දුම්පොනය සහ මත්වතුර පෞනය තම්හිදී සලකො තනොබැලේ.

52. ඔබ පළමුබවන්ම මත්රවය භාවිතා කරනවිට ඔබේ වයස කීයද ?
   A. මම කිසිදින මත්රවය පාවිච්චවි කරැත
   B. වයස අවුරුදු 7 බ තෝ ර්ට අඩු
   C. වයස අවුරුදු 8 බතෝ 9
   D. වයස අවුරුදු 10 බ තෝ 11
   E. වයස අවුරුදු 12 බතෝ 13
   F. වයස අවුරුදු 14 බතෝ 15
   G. වයස අවුරුදු 16 බතෝ 17
   H. වයස අවුරුදු 18 බ තෝ ර්ට වැඩි

53. ඔබේ ජීවිත ාලය තුල බොපමණ වාර ගෙණනක් ගෝඤ්ජා(මැරිජුවාතා/ ැනබිසර)භාවිතා කරැන්ද ?
   A. 0 වරක්
   B. 1 - 2 වරක්
   C. 3 – 5 වරක්
   D. 6 - 9 වරක්
   E. 10-19 වරක්
   F. 20 වතාවක් බ තෝ ර්ට වැඩියන්

54. පසුගිය දින 30 තුළ ඔබ කොපමණ වාරගණනක් ගෝජා (මරිජුවානා / ගංජා) භාවිතා කළේද?
A. 0 වරක්
B. 1 - 2 වරක්
C. 3 – 5 වරක්
D. 6 - 9 වරක්
E. 10-19 වරක්
F. 20 වතාවක් හෝ ඊට වැඩියෙන්

55. ඔබේ ජීවිත කාලය තුළ වවදයමය නොවන කාරණාවක් මත කොපමණ වාරගණනක් අයිසර (ඇම්ෆටමින්/ මෙතැම්ෆටමින්) භාවිතා කර ඇත්ද?
A. 0 වරක්
B. 1 - 2 වරක්
C. 3-5 වරක්
D. 6-9 වරක්
E. 10-19 වරක්
F. 20 වතාවක් හෝ ඊට වැඩියෙන්

ඊළඟ ප්‍රශ්නය ඔබගේ ලිංගික සහ ප්‍රජනක තත්ත්වය දැනුම පිළිබඳවයි

56. ඔබ කිසිවකු සමඟ ලිංගික සබඳතා පවත්වාගෙන යෑමට රඳාපවතින කාරණාව කුමක් ද? එක් පිළිතුරක් බදින්න .
A. මම දැනට ලිංගික සබඳතා පවත්වමි
B. මාතාවම වයසින් අඩුනිසාය
C. මම විවාහ වනතුරු සිටිමි
D. මට ගැබ්ගැනීම් අවදානමට ලක්වීමට අවශ්‍ය නැත
E. මට ලිංගික ව්‍යාධි බෝරෝග/HIV/AIDS සඳහා අවදානමක් ගෙනහැරීමට අවශ්‍ය නැත
F. මට ලිංගික සබඳතාවක් පැවැත්වීමට අවසරත්‍යාවක් හෝ දැමති බඳනක් තවම ලැබී නැත
G. එය මාගේ ආගමික විශ්වාස/ රතිපත්ති/ සෝ්සර කියට විරුද්ධය
H. බවනත් බ කාරනවක්

ඊළඟ ප්‍රශ්නය HIV ආසාදනය පිළිබඳවයි.

57. ඔබ AIDS බෝරෝගය හෝ HIV ආසාදනය පිළිබඳව කවදාවත් අසා තිබේද?
A. ඔව්
B. නැහැ

ඊළඟ ප්‍රශ්න 2 ඔබට පාසැල්දී උගන්වන දේවල් පිළිබඳවයි.

58. මෙම පාසැල් වර්ෂය තුළ , ඔබට පාසැල් දී, HIV ආසාදනය/AIDS බෝරෝගය වළක්වා ගැනීම පිළිබඳ ඉගැන්වා තිබුණාද?
A. ඔව්
B. නැහැ
C. මම බොනාදනී

59. මෙම පාසැල්වර්ෂය තුළ, ඔබට පාසැල් දී, ඩ්‍රග් ගැනීම වළක්වා ගැනීම පිළිබඳව ඉගැන්වා තිබුණාද?
A. ඔව්
B. නැහැ
C. මම බොනාදනී

ඊළඟ ප්‍රශ්න 4 අසන්නේ ඔබගේ ශාරීරික ක්‍රියාකාරකම් පිළිබඳවයි
ශාරීරික ක්‍රියාකාරකම් යනු ඔබට හෘද වෙහෙසවන, ඔබේ හෘද ස්පන්දන වේගය වැඩිකරන විවිධ ක්‍රියාකාරකම් ය. ඩ්‍රෝකිරීමේදී, මිතුරන් සමඟ සෙල්ලම් කිරීමේදී, පාසින් පාසැල් යෑමේදී තහෝ වෙසෙම පන් වලදී ශාරීරික ක්‍රියාකාරකම්ස්‍රදු කළ හැක.
උදාහරණ-දිවීම, තේගයෙන් ඇවිදීම, සයිකල් පැදීම, නැටීම, පැසෙන්දු ගැසීම, හොකට ගැසීම, ඵ්ලතල්, තවෙල්තබෙල්, පිහිනීම.

60. පසුගිය දින 7 තුළ, ඔබ අඩු වශයෙන් දිනට පැයක්වත් ශාරීරික ක්‍රියාකර කම්වල යෙදුණු දින ගණන කොපමණද? (ඔබ දිනට ශාරීරික ක්‍රියාකාර කම් යෙදුනු මුළු කාලය එකතු කරන්න)
A. දින 0 ක
B. දින 1 ක
C. දින 2 ක
D. දින 3 ක
E. දින 4 ක
F. දින 5 ක
G. දින 6 ක
H. දින 7 ක

61. පසුගිය දින 7 තුළ කොපමණ දින ගණනක් ඔබ මාංශපේශී බෝශි ශක්තිමත් කරන ව්‍යායාම වල යෙදුනා ද? උදාරණ - push-ups (පුෂර-ෆේ), sit-ups (සිටප්-ෆේ), බරඑසවීම.
A. දින 0 ක
B. දින 1 ක
C. දින 2 ක
D. දින 3 ක
E. දින 4 ක
F. දින 5 ක
G. දින 6 ක
H. දින 7 ක

62. පසුගිය දින 7 තුළ කොපමණ දින ගණනක් ඔබ නිවසර සිට පාසලට/පාසැල් සිට නිවසට පාපැදියෙන්/පයින් ගෙමන් ළාද?
A. දින 0 ක
B. දින 1 ක
C. දින 2 ක
D. දින 3 ක
E. දින 4 ක
F. දින 5 ක
G. දින 6ක
H. දින 7ක

63. බොහොම පසුගිය වසර තුළ, සතියට දින කීයක්, ශරීරික අධ්‍යයනය සඳහ වෙන්ව පාසලෙහි පිටතදී පාසල් මිදුලට/පිට්ටනියට බොහොම ශරීර ක්‍රියාකාර මේ වල බයදුනද?
   A. දින 0 කි
   B. දින 1 කි
   C. දින 2 කි
   D. දින 3 කි
   E. දින 4 කි
   F. දින 5ක් බ හෝ වැඩිපුර

තමම කොලයට ඔබට පොසතලන් තදන තගදර වැඩ කිරීමට/පොඩම් කිරීමට ගතවූ කොලය අදෙළ තනොතේ.

64. වඩාවී බ හෝ තෙන්සි වී බ්‍රෝදුපවහිනිය නැරඹීම, පරිසණ ක්‍රිඩාවන්හි නිරතවීම, මිතුරන් සමෙ තොබ කිරීම, ජේ සෙ දුර ඇනය පරිච්වචිය, වාහනවල තමන් කිරීම, දිවා තාලෙබ ටී තින්දක් ලබ තනෆිම, අන්තර්ජාලය ර තොඩි කිරීම, ඉන්සරටගුම්/වට්සර තේ/බෆරසර බූක් හෆබිනය, බපත් පත්තර කියවීම වැනි වීඔෙක්ව බයබදන තර්යයන් සඳහ තසොමනෙය දිනය දී ඔබ තෙ රන තලය බ තොපමණද? බමයට රැයට නිදාතෙන්නා තාලය අයත් බනාබෙ.
   A. දින ට පැය 1 ට අඩුබවන්
   B. දින ට පැය 1-2 අතර C.
   දින ට පැය 3-4 අතර D.
   දින ට පැය 5-6 අතර E.
   දින ට පැය 7-8 අතර
   F. දින ට පැය 8 ට වැඩිබවන්

65. සාමානයබයන් දින ට පැය කීයක් ඔබ අමතර පන්ති/ඔන්ලයින් පන්ති වල වැඩිවී සිටිනවාද? A. මම අමතර පන්ති වලට සහභාගී බනාබවම B. දින ට පැය ට වඩා අඩුය
   C. දින ට පැය 1-2 තාලයකි
   D. දින ට පැය 3-4 තාලයකි
   E. දින ට පැය 5-6 තාලයකි
   F. දින ට පැය 7-8 තාලයකි
   G. දින ට පැය 8 ට වැඩිය

66. ඔබ පසුල් යන දිනය සමනයබයන් පැය කීයක් රාත්‍රියට නිදාතෙන්නවද?
   A. පැය 4 ක් බ හෝ ර්ට අඩුබවන්
   B. පැය 5
   C. පැය 6
   D. පැය 7
   E. පැය 8
   F. පැය 9
   G. පැය 10
   H. පැය 11 ක් බ හෝ ර්ට වැඩියන්

67. පසුගිය දින 30 තුළ, දින කීයක් නිසි අවසරයකින් බැහැරව ජෝතිබ හෝ පාසල් බනාය සිටිබෙද?
   A. දින 0 යි
   B. දින 1 - 2
   C. දින 3 - 5
   D. දින 6 - 9
   E. දින 10 බ හෝ ර්ට වැඩියන්

68. පසුගිය දින 30 තුළ, ඔබේ පහසබල් සිසුන් ඔබට රුණබවන් උදේ කිරීමට බ තොපමණ වාරයක් ඉදිරිපත් වී තිබෙද ?
   A. කිසි විටත් නැත
   B. කලාතුරකින්
   C. සම ර විට D.
   බබොබ තෝවිට E.
   තෑම විටම

69. පසුගිය දින 30 තුළ, ඔබට ඇති රෂන/ රදර පිළිබඳ යම් අයකු සමඟ තාකිරීමට බ තොපමණ වාරයක් තැකාවෙද?
   A. කිසි විටත් නැත
   B. කලාතුරකින
   C. සම ර විට D.
   බබොබ තෝවිට E.
   සෑම විටම

70. පසුගිය දින 30 තුළ ඔබබේ තොදෑටල්/ රදර පිළිබඳව පාසබල් වැඩිහිටියක් (ගුරුවරයක්/ උපදේශ වරබයක්) සමඟ බ තොපමණ වතාබක් තාකිරීමට තැකිවී්ද?
   A. කිසි විටත් නැත B.
   කලාතුරකිනි
   C. සම ර විට
   D. බබොබ තෝවිට
   E. සෑම විටම

71. පසුගිය දින 30 තුළ ඔබට ඇති රශ්න/ රදර පිළිබඳව බත්රුම් ගෙනීමට ඔබේ බඳමේ()පියන්/හාර රුවන්බ)සමණ වතාවක් සමත්වීද ?
    A. කිසි විට)ත් නැත
    B. ලාතුරකිනි
    C. සම රවීට
    D. බබාබ)ෝවීට
    E. සෑම විටම බත්රුම් ()ත්තා

72. පසුගිය දින 30 තුළ ඔබට පාසබලන් පැවබරන බ()දර වැඩනිසි පරිදිසිදු රන්බන්දැයි ඔබේ බඳමේ()පියන්/හාර රුවන්බ)පමණ වාරයක් බස()ය() බ()ලපුවා ද?
    A. කිසි විට)ත් නැත
    B. ලාතුරකිනි
    C. සම රවීට
    D. බබ()බ)ෝවීට
    E. සෑමවිටම

73. පසුගිය දින 30තුළ, ඔබට විබේ ඇති බේලාවලදී ඔබ ළ)ටයුතු පිළිබඳව, බඳමේ()පියන්/හාර රුවන් ()රිය())රව දැනසිටි අවසරථ() බ)පමණ තිබුණිද?
    A. කිසි විට)ත් නැත
    B. ලාතුරකිනි
    C. සම රවීට
    D. බබාබ)ෝවීට
    E. සෑම විටම බත්රුම් ()ත්තා

74. පසුගියදින 30 තුළ, බ)පමණ වතාවක් ඔබේ බඳමාපියන්/ හාර රුවන් ඔබට බනාදන්වා ඔබේ බඩු බාහිරාදිය පිරික්සුබේ ද?
    A. කිසි විට)ත් නැත
    B. ලාතුරකිනි
    C. සම රවීට D.
    බබ()බ)ෝවීට E.
    සෑමවිටම

75. පසුගිය දින 30 තුළ, බ)පමණ වතාවක් ඔබේ බඳමේ()පියන්/හාර රුවන් ඔබ සම() සපු දව ආදරබයන්)ත() බ)රම()නේ, ඔබ බවනුබවන්ම අවධානය බඳමින්, ()ලය ()ත)රමින් සිටිබේද? A.
    කිසි විට)ත් නැත
    B. ල()තුරක()නි
    C. සම රවීට
    D. බබ()බ)ෝවීට
    E. සෑම විටම

ඊළඟ ප්‍රශ්()න 2 ඔබතග් සමේ()ජ මඩය ()වී)ය පිළිබඳවයි. තම්වෙඋන්ස්ටග්‍රුම්/ට්විටර්/ස්නඡ්වඩ්/වට්ස්අප්/තඟ්ස්

ප්‍රුක්ව තහ()ඕ තවනත් සම()ජ ම()ධ්‍ය තේ. අන් ජේර()ල පණ්()ඩ යන්නට තටක්වස්ට තහ()ඕ ර්තමිල් පණ්()ඩ ඇතුලත් තේ.

76. පසුගිය දින 7 තුළ ඔබ ද()න)ට පැය කීයක් ජෝ()මේ දුර තනබයන්, අන්තර්ජාලබ()රි සැරීම සම()ජ ම()ධ්‍ය පිරික්සීම, අන්තර්ජාලය ර)ා)ැට් කිරීම ස()ද ()ළාද?
    A. මට පසුගිය දින 7 තුළ ජ()ෝ()මේ දුර)තනයක් තිබුබන් නැත
    B. දින)ට පැය 1ට අඩුබවන්
    C. දින)ට පැය 1-2 අතර D.
    දින)ට පැය 3-4 අතර
    E. දින)ට පැය 5-6 අතර
    F. දින)ට පැය 7-8 අතර

    G. දින)ට පැය)ට වැඩිබයන් 8

77. ඔබේ අන්()තර්ජාල හ()වීතය පිළිබඳ බඳමේ()පියන්/ හ()ර රුවන් න()ති පනව() තිබේ ද?
    A. ()ඕ
    B. නැත

ඊළඟ ප්‍රශ්නය තඅසෙඛ්‍ය පිළිබඳ)වත් ප්‍රශ්නයකි.

78. පසුගිය පංසල් වර්ෂය තුළ, ()ඉ()ණ()ස පිරිමි බඳප()ර්ශ්වයටම)තිසි තඇ බඳමින්, බෙ()ඩවත()ර්වීතව සලකඉය යුතුබව ඔබට පංසබල්දී ()දොන්ව()තිබේද?
    A. ()ඕ
    B. නැත
    C. බන()දනී

இலங்கை மாணவர்களுக்கான உலகளாவிய பாடசாலை சுகாதார மதிப்பீடு – 2024

இந்தக் மதிப்பீடு உங்கள் ஆரோக்கியத்தைப் பற்றியும் உங்கள் ஆரோக்கியத்தை பாதிக்கக்கூடிய செயற்போடுகதைப் பற்றியும் ஆகும். உங்களைப் ரபோன்ற மாணவர்கள் உங்கள் நோட்டில் இந்த மதிப்பீட்டில் பங்கரகைக்கொன்றனர். உலகத்தின் பல்வேறு நோடுகைின் மாணவர்களும் இந்த மதிப்பீடு டில் பங்கரகைக்கொன்றனர். நீங்கள் அைிக்கும் தகவல்கள் உங்களைப் ரபோன்ற இளம் மோணவர்களுக்கு ஓைறந்த ஆரோக்கியமோன திட்டங்களை உருவோக்க உதவும்.

தயவு செய்து உங்கள் சபயை இந்த மதிப்பீடு அல்லது விடைத்தோளைில் எழுத ரவண்டோமல். நீங்கள் அைிக்கும் பதில்கள் தனிப்பட்ட முதறயில் பாதுகோக்கப்படும். உங்கைின் பதில்களை யோரும் அைிய மோட்டோர்கள். நீங்கள் உண்தமயில் என்ன அறிவர்ீ கள் அல்லது செய்கிறர்ீ கள் என்பதன் அடிப்பதயில் ரகள்விகளுக்கு பதில் அைிக்கவும். ைெரியோன அல்லது தவறோன பதைில்கள் என்று எவையும் இல்தல.

இந்த மதிப்பீட்டை பூர்த்தி செய்வது தன்னோர்வத்தின் அடிப்பதயில் ஆகும். நீங்கள் இந்த மதிப்பீட்டில் ரகள்வைகளுக்கு பதிலெலிக்கிறர்ீ ைகோ இல்தலயோ என்பது உங்கள் தத்தத அல்லது மதிப்சபண்தண பாதிக்கோது. நீங்கள் ஒரு ரகள்விக்கு பதிலெலிக்க விரும்பவில்தல என்றோலை அதத சவறுதமயோக விட்டுவிடுங்கள்.

ஒவ்சவோரு ரகள்விதயயும் கவனமோக வோசிைெக்கவும். உங்கள் பதிலோைடன் சபோருந்தாைம் வட்டங்கதை உங்கள் விடைத்தோளைில் நி பைப்பவாைமல். உங்களுக்கு வழங்கப்பட்ட சபன்ைெைதல மட்டும் பயன்படைத்தவும். நீங்கள் முடித்த பிறகா இந்தக் தடை வழங்கிய நபர் மதிப்பம்ீ செோல்வதறறைகறைப செய்யவும்.

வட்டங்கதை எப்படி நி பைப்புவது என்பதறைக்கு ஒரு உதோ ணம்:

வட்டங்கதை இவ்வோறு நி ப்பவாைம்: ● இவ்வோறு இல்தல: ✕ அல்லது ⊘

மதிப்பீடு

. மீன்கள் நீரில் வோழ்கின்றனவோ?
  A. ஆம்
  B. இல்தல

விடைத்தோள் *1.* ● Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ Ⓖ Ⓗ

உங்கள் உதவிக்கு மிகுந்த நன்றி.

1. உங்களுடைய வயது என்ன?

   A. 11 வயது அல்லது அடை விைக் கூ
   B. வை 12
   C. 13 வயது
   D. 14 வயது
   E. 15 வயது
   F. 16 வயது
   G. 17 வயது
   H. 18 வயது அல்லது அைறக்கு மேல்

2. உங்களு ைய பாலினமை என்ன?
   A. ஆண்
   B. பைண்

3. நீங்கள் எந்ை வகுப்பில் கல்வி கறக்கின்றீர்கள்?
   A. ைரமெ 8
   B. ைரமெ 9
   C. ைரமெ 10
   D. ைரமெ 11
   E. ைரமெ 12

அடுத்து வரும் 3 வினாகக்களும் உங்கள் உயரமெ, நிறை, பசி பற்றியன.

4. காலணிகள் அணியாது உங்கள் உயரம் என்ன ?

விடைத்தாளில் நிரல் படட்டியில் மேமல உள்ள நிழற்படுத்தைப்பட்டை பகுதியில் உங்கள் உயரத்ைத எழுதைவும் (cm) பின்பு ைபாருத்தைமான இலக்கங்கைள பபனசிலால் நிழற்படுத்தைவும்

உ + ம்

உயரம் (cm)		
1	**5**	**3**
0	0	0
●	1	1
2	2	2
	3	●
	4	4
	●	5
	6	6
	7	7
	8	8
	9	9
9	எனக்கு பைரியாது	

5. காலணிகள் இல்லாது உங்களுடைய நிடை என்ன எனபடை விடைத்தாளில்

நிரல் படட்டியில் மேமல உள்ள நிழற்படுத்தைப்பட்டை இைதில் எழுைவைவம். பினபு கீழ்மழ உள்ள பைருத்ைமான இலக்கங்கள் உள்ள வட்ைஙக்கள பபனசிலால் நிழற்படுத்ைவைவம்.

உ + ம்

நிடை (kg)		
0	**5**	**2**
●	0	0
1	1	1
2	2	●
	3	3
	4	4
	●	5
	6	6
	7	7
	8	8
	9	9
9	எனக்கு பைரியாது	

6. கைந்ை 3ం நாடக்களில் உணவு மபாலைடியினால் எத்ைதன ைைடைவ நீங்கள் பசிடைய அனுபவித்துள்ளீர்கள்?

   A. ஒரு மபாதாம் இலல லை
   B. அரிைைாக
   C. சில மநரங்களில்
   D. அைைகளவு மநரங்களில்
   E. எப்பாழுதும்

அடுத்த 9 வினாக்களும் உங்களுைடைய உணவு மற்றும் நீராகாரம் பற்றியைவ

7. கைந்ை 7 நாடக்களில் ஒரு நாளில் எத்ைதன ைைடைவ பழங்கள் சாப்பிடடுள்ளீர்கள்? உ+மெ:

ோம்பழம், வாடைழப்பழம், பப்பாசி

   A. கைந்ை 7 நாட்களாக நானெ பழம் சாப்பிைைவிலட்டைல
   B. கைந்ை 7 நாட்களில் 1 முைல் 3 முைை
   C. கைந்ை 7 நாட்களில் 4 முைல் 6 முைை
   D. ஒரு நாடளக்கு 1 மு ைை
   E. ஒரு நாடளக்கு 2 முடைை
   F. ஒரு நாடளக்கு 3 முடைை
   G. ஒரு நாடளக்கு 4 அல்லது அைறக்கு மேற்பட்டை முடைை

8. கைந்த 7 நாட்களில் ஒரு நாளைக்கு எத்தைன தைடவகள் நொ°ஙுக்கள் காய்கைைைகள் (உ+மெ: பூசண‍ி, கரடெ, மபாஞ்சி, பைைலங்காய், மகாவைர) சாபப‍ிடுகை்தைரீ°கள்?

A. கைந்த 7 நாட்களாக நான் காய்கைகடள சாப்பைைைவிலைட்ட

B. கைந்த 7 நாட்களைில் 1 முைல் 3 முடை

C. கைந்த 7 நாட்களைில் 4 முைல் 6 முடை

D. ஒரு நாளைக்கு 1 மைடை

E. ஒரு நாளைக்கு 2 மைடை

F. ஒரு நாளைக்கு 3 மைடை

G. ஒரு நாளைக்கு 4 அலைது அைைற்கு மேற்பட்டை மைடை

9. கைந்த 7 நாட்களில் நொ°ஙுக்கள் எத்தைன தைடவ கார்பமனைறைைபப‍ட்டை குளிரப‍ானங்கடள பருகைி உள்ளைரீ°கள்? (சொ°ைனயைறைற குளிரப‍ானங்கடள எண்ண மவண்டைைமெ.)

(உ+மெ: பநகடமொ, மபார்பைலெமலா, ஃபாண்டைைா, கிரைஃம் மசாைைைா, மகாமகா மகாலைா அலல்லது ஸ்படைரட்)

A. கைைந்த 7 நாட்களாக நான் குளிரப‍ானங்கடள அருந்ைைவிலல்ல

B. கைந்த 7 நாட்களைில் 1 முைல் 3 மைடை

C. கைந்த 7 நாட்களைில் 4 முைல் 6 மைடை

D. ஒரு நாளைக்கு 1 மைடை

E. ஒரு நாளைக்கு 2 மைடை

F. ஒரு நாளைக்கு 3 மைடை

G. ஒரு நாளைக்கு 4 அலல்லது அைற்கு மேற்பட்டை மைடை

அடுத்ைு வருமெ கேள்விகைகு, இனிபப‍ு சுைவயூட்டப்பட்ட பானங்மள: உைாரணமாைோ வைவையாட்டு பானங்மள (எட்டி, ஐக ாகடைானெ), ஆற்றல் பானங்மள (ரரட் புல், டியைை, மைான்ஸ்டரெ, வரடு), 100% பழச ைாறுமேள் (ேொ°ைிஸ்டெ, ஃகபாண்டைானா), 100% பழச ைாறு இலல்லாத பழ பானங்மேள் (ஸ்மாகர், ேொ°ைிஸ்டெ ரெகடரெ, ஃபிடெ-ஓ ரைெகடரெ), ைொ°னரி - இனிபப‍ு சுைவயூட்டப்பட்ட பால் (வமகலா, சுைவயூட்டப்பட்ட பால்மேள், தயிர் பானங்மேள்), மற்றுமெ ரீகர் வர-இனிபப‍ு கதைொ°ரீ, ேொ°ப்பாைிமேள் (ரெஸ் ேிஃகப, ரெஸ் டெஃ, குைைைரெ கதைொ°ரீ)

இந்தக் கேள்விகைகு, முந்ைைய கேள்வியில் உள்ள ேோ°ர்பகைானற்றப்பட்ட குைைரப‍ானமேவை அலல்லதுெ ேோ°கலாரி பானங்மேவை எண்ண கவண்டாமெ.

10. கைந்த 7 நாட்களில் இனிப்பு சுடவயூட்டைபப‍ட்டை பானத்டை எத்தைன முடை குடித்ைோ°ரீகள்?

(right column)

கைந்த 7 நாட்களைில் நான் சீனைி கலந்தை பானங்கடள குடிக்கவைைலைட்டை

கைந்த 7 நாட்களைில் 1 முைல் 3 முடை

கைந்த 7 நாட்களைில் 4 முைல் 6 முடை

ஒரு நாளைக்கு 1 மைடை

ஒரு நாளைக்கு 2 மைடை

ஒரு நாளைக்கு 3 மைடை

ஒரு நாளைக்கு 4 அலலது அைைற்கு மேற்பட்டை மைடை

11. கைந்த 7 நாட்களைில், உபப‍ு நிடைந்தை உணவுகள் அலல்லது சிற்றுண்டிகடள எத்தைன மைடை சாப்பிடைடீரீகள்? (உரைைாக்கைைழுஙுக்கு வறுைல் அல்லது ேோ°ரெபவளள்ளிப் பைாரியல், உப்பு மசரைக்கபப‍ட்டை மவரக்கைைடல, உப்பு மசரைக்கைப்பட்டை பிஸ்கட் அலல்லது டிப்பி டிபைஸ் மபான்னைடவ)

A. கைந்தை 7 நொ°ட்களாக நான் உபப‍ு நிடைந்த உணவுகள் அலல்லது சிற்றுண்டிகடள சாப்பைைைவில்ல

B. கைந்த 7 நாட்களைில் 1 மைைல் 3 முடை

C. கைந்த 7 நாட்களைில் 4 மைைல் 6 முடை

D. ஒரு நாளைக்கு 1 மைடை

E. ஒரு நாளைக்கு 2 மைடை

F. ஒரு நாளைக்கு 3 மைடை

G. ஒரு நாளைக்கு 4 அல்லது அைைற்கு மேற்படைைை முடை

12. கைந்த 7 நாட்களைில், பைாரித்தை உணவுகள் ேோ°ற்றும் வறுத்த சைற்றுண்டொ°கள் (டசனஸ் மராலஸெ, பஜ்ஜைி அலல்லது வடை), பகாத்தைை, முறுகக்கு அலல்லது சிற்றைண்டிப் பைொ°தைிகள் மபான்னை பகாழுப்பு அைைைக்ம உள்ள உணவுகடள எத்தைன மைடை சாப்பிடைடீரீகள்?

A. கைந்த 7 நாட்களைில் நான் பகாழுைைபப‍ு அைைக்ம உள்ள உணவுகடள சாப்பைைைவிலைட்டை

B. கைந்த 7 நாட்களைில் 1 முைல் 3 முடை

C. கைந்த 7 நாட்களைில் 4 முைல் 6 முடை

D. ஒரு நாளைக்கு 1 மைடை

E. ஒரு நாளைக்கு 2 மைடை

F. ஒரு நாளைக்கு 3 மைடை

G. ஒரு நாளைக்கு 4 அல்லது அைைற்கு மேற்பட்டை மைடை

13. கைந்ை 7 நாட்களில், மகக்கௌகள், பாரம்பரிய இனிபப்பு உணவுகள், பௌஸ்கட், ஐஸ்கிரீம், மொஃபி அல்லது பசௌகௌமலட் மபான்ை சௌனி ஐைகம் உள்ள உணவௌகடள எத்ைடன முடை சாப்பிடடௌடீர்கள்?

    A. கைந்ை 7 நாடௌகளில் நான் சௌனி அைௌகம் உள்ள உணவௌகடள சாப்பௌீைவிலடௌல

    B. கைந்ை 7 நாடௌகளில் 1 முைல் 3 முடை

    C. கைந்ை 7 நாடௌகளில் 4 முைல் 6 முடை

    D. ஒரு நாடளக்கு 1 மௌடை. E. ஒரு நாடளக்கு 2 மௌடை. F. ஒரு நாடளக்கு 3 மௌடை

    G. ஒரு நாடளக்கு 4 அல்லது ஐறௌக்கு மௌேற்படௌ மௌடை

14. கைந்ை 7 நாடௌகளிலௌ, எதௌைடன நௌாடௌகள் உள்ளௌஉர் சாடலமயார உணவகம் அல்லது தௌரிடை உணவு உணவகம் ஆகியவறௌைௌில் இருநௌது (உணவவ சாபௌபிடௌடௌரௌகள்/ எடௌுத்தௌுச் பசனௌைௌௌரௌகள்/ இவைய ைபலௌௌிவரி) கௌைடநௌைை ஒரு உணவு அல்லது சிறௌறுண்டி சாப்பிடடௌடீர்கள்? ைொரணம்: Perera & Sons, Mr. Kottu, Pizza Hut, KFC, or McDonalds

    A. 0 நௌாட்கள்
    B. 1 நௌாள்
    C. 2 நௌாட்கள்
    D. 3 நௌாட்கள்
    E. 4 நௌாட்கள்
    F. 5 நௌாட்கள்
    G. 6 நௌாட்கள்
    H. 7 நௌாட்கள்

15. கைந்ை 7 நாடௌகளில, உங்கள் வழகௌகேௌன கௌடல உணவு எபௌபடி இருந்ைௌ? ஓமர ஒரு ைபிடலத் ைைரௌந்படைௌௌகௌகவௌம்.

    A. பாைௌசௌடலகௌச் பசலௌவைறௌக்கு முன் வடௌௌடில் கௌடல உணடவ சாப்பௌீடௌடமன
    B. பாைௌசௌடலயில் கௌடல உணடவ சாப்பௌீைௌலைௌாம் என்பைௌௌௌல் வடௌடில் கௌடல உணடவ சாப்பிடைவிலௌடல
    C. எனக்கு மநரம் மபாைௌைைௌைௌௌௌல் கௌடல உணடவ சாபௌபிடைவிலௌடல
    D. கௌடலயில் விவைவௌக சாப்பௌீைை முடியாதௌைௌௌௌல் நான் கௌடல உணடவ சாப்பிடைவிலௌடல
    E. நான் கௌடல உணடவ சாப்பௌீைவிலௌடல, ஏைனனௌைௌௌௌலௌ என் வடௌடிலௌ எப்மபௌதும் கௌடல உணவு இருபௌ திலௌ ைை

F. மவறு சில காரணங்களௌால் நான் கௌடல உணடவ சாப்பிடைவிலௌடல

அடௌுத்த வரும் 3 கௌகள்விகள் உங்களௌ றகௌறடை கௌழுவௌுவது பற்ைௌௌியவவயாகும்.

16. கைநௌைை 30 நௌாடௌகளௌில் பாைௌசௌடலயில் சௌாப்பிடௌடும் முன் எப்படௌௌ டௌகடள கௌழுவினரௌௌ கள்? ஒரு பைௌௌடலத் மைரௌந்படைௌௌகௌகவௌம்.

    A. கைந்ை 30 நௌாடௌகளாக நௌான் பாைௌசௌடலயௌில் சாப்பௌீடௌௌும் முன் டௌகடள கௌழுவவிலடௌல ஓடௌௌம் நௌௌரில் டௌகடளக் கழௌௌவிமனன்
    C. நானௌ மேடௌடௌௌம் பயனௌபடுதௌதௌௌும் பௌாத்ைௌௌிரம் அல்லது ைௌண்ணரௌௌ பௌாத்ைௌௌிரத்ைௌௌில் டௌகடள கழௌௌவிமனன் மேற்ைௌவர்கள் பயனௌபடௌௌதௌௌௌும் பௌாத்ைௌௌிரம் அல்லது ைௌண்ணரௌௌ பாதௌைௌௌிரதௌைௌௌௌில் டௌகடள கௌழுவிமனன் நான் என் டௌகடள மவறு வழியில் கௌழுவிமனன்

17. கைநௌை 30 நௌாடௌகளௌில் பாைௌசௌடலயில் மேலசல கூடௌைடௌை பாவிதௌைை பௌின் டௌக கௌழுவியது உண்டைௌா?

    A. பாைௌசௌடலயில் மேலசல கூைௌம் இலடௌ ல
    B. ஒரௌு பாதௌௌும் இலடௌல
    C. அரிடைௌௌக
    D. சில மநரஙௌகளில்
    E. பபரௌௌம்பாலௌன மநரஙௌகளௌில்

அடுதௌத 3 கேள்விமேள் வாய் சௌமேௌதாரதௌவதப் பற்றியன.

18. கைந்ை 30 நாடௌகளிலௌ, நௌௌஙௌகள் வழகௌகேௌௌக ஒரு நாடளக்கு எத்ைடன மௌடை பல் துலக்கௌினரௌௌ களௌ?

    A. கைந்ை 30 நாடௌகளில் நான் பல் துலக்கவிலௌ ல
    B. நானௌ சில நௌாடௌகளௌில் மேடௌடும் கௌடைந்ைது ஒரு மௌடை என் பறௌகடள சௌத்ைமௌ பசயௌமென் அல்லது தௌௌலகௌகிமனன்.
    C. ஒரு நாடளக்கு 1 மௌடை
    D. ஒரு நாடளக்கு 2 மௌடை
    E. ஒரு நாடளக்கு 3 அல்லது ஐறௌக்கு மௌேற்படௌ மௌடை

19. கைந்த 30 நாட்களிலல், பல் துலக்குமலமபாது பமளாடரடடு உள்ள பற்படடயப் யன்டுத்தினர்ீகளொ? க்மளாகார்ட், சிக்னலல், ஆயுஷ், க்மளாஸ் அபல், பசனலமசாடன் லேற்றலும் மகால்மகட ஆகியவறலலௌில பமளொடரடு உள்ளது. சலைந்த, சுப்ரலவிக்கி, கரி, உப்பல, பல் பபாடிகளான ஹரிதல கலஹாடலலொ, கஜமலுத்தலு, பரகலம்பா மபொன்லைவற்லௌில பமளொடரடடு இலல ல.

A. கைந்த 30 நாட்களில் நான் பல் துலக்கவிலல ல

B. ஆம், நான் வழக்கலேொக பமளாடரட்டு பகாணல பற்படடயப் பயனபடுத்தலௌிமனன்

C. இலல ல, நான் பபாதலுவாக பமளாடரடடொ பகாணல பற்படடயப் பயனபடுத்தலுவிலலடல

D. நான் வழக்கலேொக பயனபடுத்தலும் பற்படசயில் பமளாடரடடு உள்ளலைா எனறு பைரியவிலலடல

20. கைந்த 30 நாட்களிலல், உங்கள் வாயல், பற்கள் அல்லது ஈறுகளலில ஏற்படடல பிரச்சடனயால் நீௗங்கள் வகுப்புகள் அல்லது பாலைசாலைய வைவ விடடடௌௌர்களா?

A. ஆம்
B. இலல ல

அடலுத்த **3** ககளௌவிகள் உங்களுகலு ஏற்படடல கடுமயான கௌாயங்கலைறப் பற்ௌயின. குறைந்தபடலசம் ஒரலு நாலலாவது வழக்கலமான சசயல்பாடுகலைற (பாலைசாலை, வௌறயாடடு அல்லைதலு கவௌற) தலைவிடும் கபாது அல்லது மரலுத்தலுவ சிகிச்சற கதறவப்படலும் கபாது காயம் கடலௌமயானதாகக் கரலுதப்படும்.

21. கைந்த 12 லேொலைநக்களில், எதலடௌன மலுடை கடுவலையொன காயம் அடலைந்தலௌௌர்களௌ?

A. ௦ லைலைடவ
B. 01 லைலைடவ
C. 2-3 லைலைடவ
D. 4-5 லைலைடவ
E. 6-7 லைலைடவ
F. 8-9 லைலைடவ
G. 10-11 லைலைடவ
H. 12 லைலைடவகளுகலு மலேல்

22. கைந்த 12 லேொலைநக்களிலல், உங்களுகலு ஏற்படடல லேௌிகக் கடுடேயௌான காயம் என்ன?

A. கைந்த 12 லேொலைநக்களில் நான் பபரிலைொக காயடலையயிவிலடடல

B. எனக்கு எலலும்பு மலுலைௌலேநடைது. அல்லது மூட்டு விலகியது அல்லது லல் அடி டடல தலு/ உவடந்தது

C. எனக்கு ஒரு பவட்டு அல்லது குத்லைௌிய காயம் இருந்தை

D. லைடலயில் அடிபடடு நிலனவிழந்தலைமனல/ மூச்சலுத்தலைௌிணறல் ஏற்படடலை

E. எனக்கு துப்பாக்கலைச் சூடடலுக் காயம் ஏற்படடை

F. எனக்கு மலேொசலேொன லைலை௦கௌாயம் ஏற்படடலை

G. நான் விஷம் குடித்தலைமன் அல்லது லேருந்து ஐௗகலேொக உடௗபகாணடலைமன்

H. எனக்கு மவறு ஏலைமா நைந்தலை

23. கைந்த 12 லேொலைநக்களிலல, உங்களுகலு ஏற்படடல லேொௌிக் கடுடேயௌான காயத்லைௌிறகு முக்கியக் காரணம் எனல?

A. கைந்த 12 லேொலைநக்களில் நான் பபரிலைௌக காயடலையயிவிலடடல

B. நான் ஒரு மலேொட்டலைௌொரல வாகன விபத்லைௌில அல்லது ஒரு மலேொட்டலைௌொரல வாகனதலைௌௌௌி ல் அடிபடடமலைன்

C. நான் விழலுந்தமலைன்

D. என் லேலீது ஏலைமா விழுந்தது அல்லது அடித்தை

E. நான லைௌக்கப்படடமௌைல/ துஷ்பலேௌரமயாகம் பசய்யப்படடலைமனல/ ஒருவருடன சணடலையிடடமலைன

F. நானல பௗருப்பினால சுடப்படடமௌைன/ நான பௗருப்பௗற்கு அரலு க இரலுநதமௌைன்

G. நானல கூலைௌாலை ஒனடல சுவாசிதலைௌமலைன் அல்லது விழுௗகலௌமன்

H. மவறு ஏலைமாபவானௗு எனக்கு காயத்லைௌ ஏற்படடலைௌௌியது

அடுத்த கேள்வி உடல் தாக்குதல்களைப் பற்றியது. ஒன்று அல்லது அதற்கு கமறப்பட்ட பெர்களே ஒருவர அடிக்கும்பாது அலது ஒன்று அலலது அதற்கு கமறப்பட்ட பெர்களே மற்றொரு பெபர ஆயுததத்தால் (தடி, கேத் ைர அல்லது துபப்பாக்கைர கபானறவை) கோயப்படுத்தும்பாது உடல்ரீடைியான தாக்குதல் ஏற்படுகேறேத. ஏகக்குவறய ஒகர பலம் அலது கர்ைி ரோண்ட இரண்டு மாணவர்களே ஒருவரராயாருவர் ண்டையிடத் கதார்நரதடுகக்கும்பாது அவத உடல்ரைாீதியான தாக்குதலானேக் ரேராத கவணட்டாம.

24. கைந்தை 12 கோனைநக்களைைல், நைஙள் எத்தனை முடை ைைல் ரீகைியாக ைைாக்கப்படட்டிர்கள்?

  0 மு ை ை
B 1 மு ை ை
  2 அல்லது 3 முடை
  4 அல்லது 5 முடை
E 6 அல்லது 7 முடை
  8 அல்லது 9 முடை
  10 அல்லது 11 முடை
  12 அல்லது ைறக்கு மேற்பட்ட முடை

நைஙகள் சசய்ய விரும்பாத பாலைியல் சசயல்கறைக் கடடைாயப்படுத்துவது பாலைியல் வன்முறை என்று அறழக்கப்படுகேறது. பாலைியல் வனமுறையில் முதத்மைாிடுவது அலதாைது சதாடுவது, நைஙகள் முழுமையாக ஆைை அணியாதகைாது ைைவுபார்ப்பது, ஒருவரின் அந்தரங்க உறபப்பைறைக் காட்டுவது, உங்கள் உள்ைாறை அலதாது ைைறை சவைைப்படுத்துவதற்கைே உங்கள் ஆரைைைறை

இழிப்பதா, பாலைியல் கருத்துகள் அல்தாது நிசற்கைகள் அதிகறவு ஆஙகிரும்தியாகவியல் வுைைகுறுை கநிரிகா அல்தைாகைார சசைகை ஊரீக்கவைர அலைைாது இறணயத் ைிகைா நிகைைாம். அடுத் 2 ககள்வைக்ள் பாலைியல் வன்மைறறையப் பற்றைியறவயாகைும்.

25. கைந்தை 12 கோனைநக்களைல், நைஙகள் பசய்ய விரும்பாை பாலைியல் பசயல்கடளச் பசய்யும்படி எத்தனை முடை வற்பாுத்தைைப்படட்டீர்கள்?

A. 0 மு ை ை
B. 1 மு ை ை
C. 2 அல்லது 3 முடை
D. 4 அல்லது 5 முடை
E. 6 அல்லது ைைற்கு மேற்படட்ட முடை

26. கைந்தை 12 கோனைநக்களைல், எத்தைைன முடை நைஙகள் இவை முகல் (மைட்டிங) பசய்யும் அல்லது உங்களைனைச் பவளிமய பசல்லும் ஒரருவர், நைஙகள் பசய்ய விரும்பாை பாலைியல் பசயல்கடைச் பசய்யும்படி எத்தவன முடை மைற வற்பாுத்தினொரர்கள்?

A. கைந்தை 12 கோனைநக்களில் நான் யாருைைனும் மைட்டிங பசய்யவிலைட்டை அல்லது யாருைைனைம் பவளைிமய பசல்லவிலைட்டை
B. 0 முடை
C. 1 மு ை ை
D. 2 அல்லது 3 முடடை
E. 4 அல்லது 5 முடடை
F. 6 அல்லது ைைற்கு மேற்படட்ட முடடை

இவணயமை அலலது மைேை ஊடேங்கேைைில் பைஙகள் ரயைை விரும்பாத பாலியல் வைடயங்கேைவைசச் ரைையுைம்படி யாரைாவது உங்கேைைடம் கேடடக்குமை கபாது பாலியல் துஷ்பைரகையாமை ஏற்படலாமை. லேவகை அலது பாலியல் ரயைலேவைப் பற்றைி கபசுைம்படி கேடகேக்கப்படுவது, பாலியல் ரைாீதியாைே ஏதாவது ரயையுமைப்படி கேடகேக்கப்படுவது, உங்கேை அந்தரங்கை பாைைகேவைகை கோட்டைம் புவேப்படம் அலலது கோரணாைலைவயகை கேடபது, உங்கேை அனைமதயினறி பாலியல் படம்கேவைக் கோட்டைைது ஆகேியவை இதிலை அடைங்கேைம்.

27. கைந்தை 12 கோனைநக்களில், இடணயம் அல்லது சமூக ஊைகநக்களைல் நைஙகள் பசய்ய விரும்பாை பாலியல் பசயல்கடளச் பசய்யும்படி எத்தனை முடை ககட்கபட்டீர்கள்?

A. 0 மு ை ை
B. 1 மு ை ை
C. 2 அல்லது 3 முடடை
D. 4 அல்லது 5 முடடை
E. 6 அல்லது ைைற்கு மேற்படட்ட முடடை

அடுத்த கேள்வி பாட ைாலையில் உங்களுக்கு என்ன ேறைபிக்கேப்படட்டது எனப்வைத் பற்றியது.

28. இநை கல்வியாண்டில், நைஙகள் விரும்பாை மபாத, யாைரைனைம் ஒரருவர் உங்கடள பாலியல்ரீகைியாகத் பைாடை முயனகைால் என்ன பசய்ய மவண்டுை என்று உங்கள் வகுப்பில் ஏைைாவ து கறப்பிக்கப்படட்டுள்ளர்ை களா? A. ஆம்
  B. இலை ல
    C. எனக்குத் பைரியாது

அடுத்த கேள்வி, ஒரு ஆ○ிரியர் உங்○வேலை கவண்ட○ரமன்○ ற ○○ாயப்படுத○ ○ினார்ா இல்○வலயா என்பது ரதாடர்○பானத○.

29. கைந்தை 12 ○○ாலைநடக்களா○லல், உங்கள் ஆசிரியர் உங்கடள மவண்டுபேன்மை அடித்○தாரா, அடைந்○○ரா அல்லது ○லல்ரீ○○யாக காயப்படுத்○○○ினாரா அல்லது ந○ஙை மநரம் நிற்பது அல்லது ○ேண்டிய○ட○வது மபானம் வலிய உண்●○க்க○ம் ○சயல்க○ள ○சய்வித்○தொ○ெ?

    A. ஆம்
    B. இல○○ல

அடுத்த கேள்வி உடல○ண்வேடேன் பற்றியது. ஒகர பலம○ அல்○து கத்○ர ○ேராண்ட இரண்டு மாணவர்○ே○ ஒர○வருக்○ரே○ரா○வர் ○ண்டய○டட் ○தர○ந்○ரதடுக்க○ம் கபாது உடல்ரீதியான ○ண்○ட ஏற்படு○ே○றத○.

30. கைந்தை 12 ○○ாலைநடக்களா○லல், ந○ஙே எத்○டைன முடை உடல் ரீ○○யாக ச○டையை○ட்டீர்கள்?

    A. 0 மட○ை
    B. 1 மட○ை
    C. 2 அல்லது 3 ம○டை
    D. 4 அல்லது 5 ம○டை
    E. 6 அல்லது 7 ம○டை
    F. 8 அல்லது 9 ம○டை
    G. 10 அல்லது 11 மட○டை
    H. 12 அல்லது அறற்கு மறேற்படட்○ முடை

அடுத்த 3 கேள்வி○ே○ ரோடுவமப்படுத்○த்தல் பற்றியன. ○○ாட்டத்தட்ட உங்○ே○ வயவத உடய ஒன்று அல்லத○ அதற்க○ கமற்படட் மாணவர்○ே○ அல்லத○ கவறு ○பர○○ே○ த○○த ர ○யல்○வை உங்○ேனுக்க○ ர ○யும○ கபாது அல்லத○ த○○த வ○ர்வதேவை உங்○ே○ கமல் பயன்படுத்தும் கபாது ○○ாடுவமப்படுத○ ○○ேழ்○○றது. யாகரனும் ஒர○ ○ர் க○லை○, மட○ரட்டல○, பட○ரக்○ேணித்தல், வதந்த○ே○வைப் பரப்புதல், ஒருவரக் கூடாத ரபயரால் கூப்ப○டுதல், பாலியல் ○ர○த்துக்○வைச் ர ○ால்லலுதல், அல்லது ம○ண்டும் ம○ண்டா○ ஒருவர அடித்தல், தள்ள○தல் அல்லது ○○ாயப்படுத்○த்துதல் கபானறவற்றால் ○○ாடுவமப்படுத்○த்தல் ஏற்படலாம். ஏறக்குறய ஒகர பலம○ அல்○லு ○த்தி ○ர○ண்ட இர○○ர் ஒருவரரய○○ார○வர் ○ட்பா○ே வாதிடுவது○, ○ணவடயிடுவது○, ○○ாண்டல் ர ○யவத○ என்பன ○ர○டுவமப்படுத○தத்துதல் அல்ல.

31. கைந்தை 12 ○○ாலைநடக்களா○லல், பா○ைசாடல வளாகத்துள்
    ந○ஙக
    ள்
    பக○டுடேப○படுதல்○யப்பட்டீர்களா?

    A. ஆம்
    B. இல○○ல

32. கைந்தை 12 ○○ாலைநடக்களிலல்,
    ந○ஙகள்
    பா○ைசாடலகக்கு ○○வள○○மய
    பக○டுடேப○படுதல்○யப்பட்டீர்களா?

    A. ஆம்
    B. இல○○ல

இவணய மிரட்டல் எனப்பத○ மூ○ ஊடேங○ே○ மற்றும○ பிற இவணய த○வல்ரதாடர்ப○○வைப் பயன்படுத்த○ம் ர○○டுவமப்படுத்துதலினட் ஒரு வடிவமாகக○ம். இனஸ்டா○ே○ராம், டட் ○டெட்டர், ஸ்னாப் ○ாடட், ○கபஸ்ப○○கக், யூட○யூப் அல்லது வாடஸ்○ப் மற்றும○ பிற மூ○ே ஊடே தைந்○ே○○ில் அல்லத○ க○றுஞுர ○த்தி மற்றும் மின்னஞ்○ல் ம○லமா○ இவணய மிரட்டல் ○○ே○மலாம○.

33. கைந்தை 12 ○○ாலைநடக்களிலல்,
    ந○ஙக
    ள் இடணயதை○○ில் ○○ேரட்○யப்பட்ட○ர்களா?

    A. ஆம்
    B. இல○○ல

அடுத்த 4 கேள்வி○ே○ உங○○ே○ ○ெட்ப○ மற்றும் உணர்வு○○வைப் பற்றியவை.

34. உங்களுகக்கு எத்○டைன பருந○கிய நண்பர்கள் உள்ளனர○?

    A. 0 நண○பர்கள்
    B. 1 நண○பர்
    C. 2 நண○பர்கள்
    D. 3 அல்லது அறற்கு நண்பர்கள்

35. கைந்தை 12 ○○ாலைநடக்களா○லல், ந○ஙே ள் எத்○டைன முடை ○னிட○யாக உணர்ந்த○○ர்கள்?

    A. ஒர○ பாத○ம் இல்ட்டல
    B. அரி○○ாக
    C. சில மநரங○களில்
    D. பபர○ம்பாலான மநரங்களில்
    E. எப்மபாத○ம்

36. கைந்தை 12 ○○ாலைநடக்களா○லல், ஒரு விடயத்தைப் பற்ற○ கயாசித்த○, இரவில் ○ைஙக முடியாது எத்○டைன முடை கவடலப்படட்○ர்கள்?

    A. ஒர○ பாத○ம் இல்ட்டல
    B. அரி○○ாக
    C. சில மநரங○களில்
    D. பபர○ம்பாலான மநரங்களில்
    E. எப்மபாத○ம்

37. கைந்த 12 ○○ாணைஙக்கள○ால், ந○°ஙக்கள்
அடிக்கடி

○னசமசாரவடைந○○ர்களா? அலலது
நம்ப○கட்கயற்○வை○ை○க உணர்ந்○○ர்களா?
அல்லது விை்யஙக்கள்ச் ப○ய்வ○○ில் ஆர்வம்
கா○ட்○ா○○ல் இருந்த○○ர்களா ?

A. ஒ○○ பா○○ம் இல○ல
B. அரி○○க
C. சில ம○ர○க்களில்
D. ப○ற○ம்பாலான ம○ர○க்களில்
E. எப்ம○ாத○ம்

அடுத்த ○ேள்வி பாட ○○வல○○ில் உதவ○○ க○ட்பது பற்ற○
உங்○ளுக்கு எனன் ○ோறபிகப்○ப்டட்து எனபவத்ப்
பற்றியது.

38. இந்த ஆண்டில், ஆமராக்○○யோன
வழிகளில் ○ேன அழுத்தைத்டைக்
○கய○ாள்வது எப்படி என்று உங்கள்
வகுப்ப○ில் ஏ○○வது
கற்ப○ிக்கப்பட○ட○ள்ள○ா?

A. ஆ○ம்
B. இல○ ல
C. எனக்குத் ப○ரியாது

39. கைந்த 12 ○○ாணைஙக்களில், ப○ற்○மொர○
அன்ப○○க்குரியவர்கள○ின் இழப்பு அல்லது
இ○ைப்பு, ம○○ந்த நடப்பு அல்லது
○வ○○கள், ○○°விர ○ேன அழுத்த○ம் மபானன்த○
○ோ○கவ○ம் கடினனான சூழ்நிடலகளின் மப○ாது
அல்லது ○ற்○காட எண்ணஙகள், அ○○○
மகா○ம○/ ○ேனச்மசார்வ○ மப○ானன்த மவறு
ஏ○ையும் ○ேனலப் பிரச்சினைகள○ின் மப○ாது
ந○°ஙக்கள் எப்படி (உதவித் பத○ட
○○க்க○கங்கள○/ பய○ற்சி ப○ற்○
பண○ியாளர்கள○ிட○ம்) ○ைவி ○க○ட்ட○ர்கள்?
ஒ○பய○ொரு ○டல○த் ○ர○நட்டை○க்கவும்.

A. இது மப○ானன்த○ சூழ்நிடலய நான்
○ளை○ர○ப்கா○ள்ளவில○ட்ல

B. இது மப○ானன்த○ சூழ்நிடல○கள○ நான்
எ○○ர்ப○க○ண்மென், ஆனால்
○ைவிடய நா○வில்ட்ல

C. உதவித் பத○ட ○ை○க○கம் மூ○ம்
நான் உ○ைவிடய நா○டினன்

D. நான் இளம் பர○வத○ை○○ன்ருக்கான
ச○க○ச்சேவையக்தின் ○ைவிடய
நா○டினன் (பய○ொவுன் ○ேச)

E. நானன் ○ோ○ுத்த○ுவர்/
○ைா○○ய○
ன் உ○விட்ய நா○டினன்

F. நா○ன் ஆச○ரியர்/ பா○ைச○டல
ஆ○ல○ாசக○ரி○ம் உ○வி ○க○ட்○மென்.

G. நான் ச○காலை○ார ○ேருத்த○ுவ அ○ிகாரி
(MOH) அல்லது அவர்கள○○ின்
ஊ○○ியர்கள○ிட○ம் உ○வி ○க○ட்○மென்.

H. நான் மவறு வழ○ியில் ○ைவி
○க○ட்ட○ள்ளன்

○ல ○க○ரங்○○○ல் மக்○ள் எதிர்○○லத்வதப் பற்றி
ம○மேவும் மனசக ○ார்வவடவார்○ள்; அவர்○ள்
தற்○ோவலகக்கு முயற○ ○○ரய்யலாம○ம், அதாவது
தங்○ள் வா○ழ்வவ முடிக்○ ○ல
○டவடிக்○ேவை எடுப○ ○ார்○ள். அடுத் 3
○ேள்வி○ே○ தற○ ○ோ○வல முயற○ ○ பற்றியன.

40. கைந்த 12 ○○ாணைஙக்கள○ல், ○ற்காடல
முயற○சிடய ந○°ஙக்கள் ○○°விர○○ாக்
கருத்○○ில் ப○ாண்டிர○க்களா?

A. ஆம்
B. இல○ ல

41. கைந்த 12 ○○ாணைஙக்களில், ந○°ஙக்க
○ற்ப்காடலகக்கு முயல்வ○ைக்கு ○ை
○○ட்டினர்களா? ○ை○

A. ஆம்
B. இல○ ல

42. கைந்த 12 ○○ாணைஙக்கள○லட், ந○°ந○ ○ள்
எத்○ைன முட○ை ○ற்ப்காடலக்கு முயன்○ைச்○°
கள்?

A. 0 ம○○ ○ை
B. 1 ம○○ ○ை
C. 2 அல்லது 3 ம○ட○ை
D. 4 அல்லது 5 ம○ட○ை
E. 6 அல்லது ○ைறக்கு
ம○ேற்படட○ை முட○ை

அடுத்த 3 ○ேள்வி○ே○ ○ேரரட் மற்றும்
ப○ுவேய○வல உபகயா○ேத்வதப் பற்றியவவ.

43. ந○°ஙக்கள் எப்○ம○ாத○ாவது சிகப○ரட் ப○○டக்க
முயற்ச○த்த○ருக்க○க○ைற்○° கள○ா அல்லது
ப○ிமச○ரைடைன ப○ய்○○ருக்க○○ைற்○° கள○ா?

A. ஆம்
B. இல○ ல

44. ந○°ஙக்கள் முை○னனத்முை○லை○○ல் சிகப○ரட் ப○டிக்க
முயற்சித்த○ை○ம○ாது உங்கள○ு○டைய வயது
எவ்வள○○ு?

A. நான் ஒ○○ம○ாத○ும் சிகப○ரட் ப○டிக்க
முயற்சித்த○ை○○ல்○ல

B. 7 வயது அல்லது ○ைற்கு
க○ைட○வான வயது

C. 8 அல்லது 9 வயது

D. 10 அல்லது 11 வயது

E. 12 அல்லது 13 வயது

F. 14 அல்லது 15 வயது

G. 16 அல்லது 17 வயது

H. 18 வயது அல்லது ○ைற்கு
ம○ேற்படட○ைவர்கள்

45. கைந்த 30 நாட்களிலல், எத்தைன நாட்களில் நீங்கள் சிகரெட் படைதத்தைரீர்கள்?

A. 0 நாட்கள்
B. 1 அல்லது 2 நாட்கள்
C. 3 முதல் 5 நாட்கள்
D. 6 முதல் 9 நாட்கள்
E. 10 முதல் 19 நாட்கள்
F. 20 முதல் 29 நாட்கள்
G. அடைனத்து 30 நாட்களாம்

அடுதத கேளவி ரேராடவடத் தவிர மற்ற பஸுவேயிவல ரபாருடஸுவைப் பற்றியது. இதில் குழாயஸேள் (pipes), சுருட்டுஸேள், மினி சுருட்டுஸேள், ரேரிகலாஸ், ெ்ர் கஸுழாயஸேள், ஹஸுகடேஸா, ஷிஷா, ெர்வேலஸ, ஹப்பஸளபிபளஸ, பஸுடீஸேள் மற்றுமஸ சுடான பஸுவேயிவல ரபாருடஸேள் (HTPs) ஆேஸயவவ அடங்கஸுமஸ.

46. கைந்த 30 நாட்களிலஸ, சிகரெட் அல்லாதை படைகயிடலப் பபாருடஸகட எத்தைன நாட்களிலஸ பயன்படுத்தைரீயுளளர்ீகள்?

A. 0 நாட்கள்
B. 1 அல்லது 2 நாட்கள்
C. 3 முதல் 5 நாட்கள்
D. 6 முதல் 9 நாட்கள்
E. 10 முதல் 19 நாட்கள்
F. 20 முதல் 29 நாட்கள்
G. அடைனத்து 30 நாட்களாம்

அடுதத கேளவி புவேயில்லாத பஸுவேயிவலப் ரபாருடஸேவை பற்றியது. பஸுவேயிவல, குடடேஸா, மாவா, பாபஸுலஸ, தூளஸ, ஹானஸஸஸ, கபடா, பானஸபராஸ கபானஸறவவ இதஸில் அடங்கஸுமஸ.

47. கைந்த 30 நாட்களிலஸ, எத்தைன நாட்கள் படைகயில்லாதை படைகயிடல பபாருடஸகட பயன்படுத்தைரீயுளளர்ீகள்?

A. o நாட்கள்
B. 1 - 2 நாட்கள்
C. 3 - 5 நாட்கள்
D. 6 - 9 நாட்கள்
E. 10 - 19 நாட்கள்
F. 20 - 29 நாட்கள்
G. அடைனத்து 30 நாட்கள்

அடுதத கேளவி மின்னஸயல் ரேராடஸேவைப் பற்றியது. மின்னஸயல் ரேராடடுஸேள் அலலஸது இ- ரேராடடுஸேள், ரபாதஸவாே ஆவஸயாகக்ேஸப்படடு உளஸேஸழுகஸேஸப்படஸமஸ ெஸகோடின் அடிப்பவடயிலான திரவத்வதக் ரேஸாணஸடிருகஸகும் ாதனஸேஸஸாகஸுமஸ. அவற்ற கவபஸகபனாக்ேஸளஸ, ஹஸுகடேஸா-கபனாக்ேஸளஸ, மின்னஸு ஹஸுகடேஸாக்ேஸளஸ (இ-ஹஸுகடேஸாக்ேஸள்), மின்னஸு சஸுருடடுஸேளஸ (இ-சஸுருடடுஸேள்), மின்னஸு

குழாயஸேள் (இ-வபப்புஸேள்) அலலதஸு மஸனஸ- ஆவஸயாக்ேஸேஸேள் எனறுமஸ அறிந்திருகஸேேஸலாமஸ. ஸல ரேஸாட கபாலவும் மற்றவவ கபனா அலலது ெறிய வபப்புஸேள் கபாலவஸுமஸ இராஸகஸகஸமஸ. அவவ பஸுவேக்கு பதிலாே ெஸஸஸராவஸய உரஸுவாக்கஸுமஸ. இவவ மஸனேஸலதஸதஸிலஸ இயங்கஸுமஸ ஸாதனங்ேஸேஸாகஸுமஸ. அவற்றில் பஸுவேயிவல இருப்பதஸில்வல.

48. கைந்த 30 நாட்களிலஸ, எத்தைன நாட்கள் ைஸஸனஸியலஸ சிகரடடைப் பயனஸபடஸுத்தஸை உள்ளர்ீகள்?

A. 0 நாட்கள்
B. 1 அல்லது 2 நாட்கள்
C. 3 முதல் 5 நாட்கள்
D. 6 முதல் 9 நாட்கள்
E. 10 முதல் 19 நாட்கள்
F. 20 முதல் 29 நாட்கள்
G. அடைனத்து 30 நாட்களாம்

அடுதத 3 கேளவிஸேள் மது அருநத்துவது பற்றியவ. ெராயமஸ, ேளஸ, ேஸா ஸப்பஸு, பஸஸர், ஜஸனஸ, ரமஸ, கவாடஸேஸா, வஸஸஸேஸஸா அலஸ து கவறு ஏகதனுமஸ மதுபானமஸ குடிபஸபதஸு இதில் அடங்கஸுமஸ. மது அரஸுநத்துவதானது மத ெஸகஸக்ேேஸேஸேுக்ேஸா ெறஸதவெவு மது அரஸுநத்துவத உள்ளைடக்குவதிலஸவல. "பானமஸ" என்பது ஒரு ேஸஸயஸஸ ஒயின், ஒரு பாடடில் பஸஸரஸ, ஒரு ெறஸஸய ேஸஸயஸஸ ெராயம் அலஸ து கஹறாம் பஸரு அலஸலதஸு ேஸாகடஸரடயலஸ கபானஸறன ஆகுமஸ.

49. நீஸஸங்கள் முதனஸ்முதல் ஒரு சிறிதளவவத் ைஸவிர, ேது அருந்தஸைஸய மபாது உங்கள் வயது எவ்வளவஸு?

A. நானஸ ேது அருந்தஸியகத இலஸ ை
B. 7 வயது அல்லது அைஸற்கு கஸுடைஸவான வயது
C. 8 அல்லது 9 வயது
D. 10 அல்லது 11 வயது
E. 12 அல்லது 13 வயது
F. 14 அல்லது 15 வயது
G. 16 அல்லது 17 வயது
H. 18 வயது அல்லது அைஸற்கு மேற்படஸைஸவர்கள்

50. கைந்த 30 நாட்களஸிலஸ, எத்தைன நாஸடஸகளில் கஸு ைஸந்தைபடஸசம் ஒரு வடக ேதஸுபானமஸ குடித்தஸைரீர்கள்?

A. 0 நாட்கள்
B. 1 அல்லது 2 நாட்கள்
C. 3 முதல் 5 நாட்கள்
D. 6 முதல் 9 நாட்கள்
E. 10 முதல் 19 நாட்கள்
F. 20 முதல் 29 நாட்கள்
G. அடைனத்து 30 நாட்களாம்

51. நண்பர்கள் உங்களுக்கு வழங்கும் தேதுபானத்தை உங்களுக்கு மவண்ணாம் என்று நண்பரிடம் எப்படி பசால்வது என்று உங்களுக்குத் பெரியுமோ?

    A. ஆம்.
    B. இல்லை

அடுத்த 4 ககள்விகள் கபாறதப்சபாருள் பயன்பாடு பற்றியறவ. கஞ்சா (மரிஜுவானா என்றும் அறழக்கப்படுகிைது), அம்ஃரபடவமனலோள், ககாககாயினட், உள்ளிழுக்கலும் மருந்துகள் மற்றும் செராயின் ஆகியவற்றைப் பயன்படுத்துவதும் இதில் அவங்கும். புகையிலை மற்றும் மது அருந்துவரத இதில் உள்ளடைக்க கவண்ைாம்.

52. நீங்கள் முனைமுைலில் மபாடைப்பபாருள் பயன்படுத்திய மபாது உங்கள் வயது எவ்வளவு?

    A. நான் ஒரு மபாதும் மபாடைப் பபாருடளப் பாவித்தைலட்ல
    B. 7 வயது அல்லது குடைவு
    C. 8 வயது அல்லது 9 வயது
    D. 1o அல்லது 11 வயது
    E. 12 அல்லது 13 வயது
    F. 14 அல்லது 15 வயது
    G. 16 அல்லது 17 வயது
    H. 18 அல்லது மேல்

53. உங்கள் வாழ்நாளில் நீங்கள் எத்தைன தைடைவ கஞ்சா பாவித்துள்ளீர்கள்?

    A. o தைடைவ
    B. 1 அல்லது 2 தைடைவ
    C. 3 முைல் 5 முைடை
    D. 6 முைல் 9 முைடை
    E. 1o இலிருந்து 19 தைடைவ
    F. 2o அல்லது அைறக்கு மேல்

54. கடைந்த 3o நாடகளில் நீங்கள் எத்தைன தைடைவ கஞ்சா பாவித்துள்ளீர்கள்?

    A. o தைடைவ
    B. 1 அல்லது 2 தைடைவ
    C. 3 இலிருந்து 5 தைடைவ
    D. 6 முைல் 9 முைடை
    E. 1o இலிருந்து 19 தைடைவ
    F. 2o அல்லது மேல்

55. உங்கள் வாழ்நாளில், ேருத்துவம் அல்லாை மநாக்கங்களுக்காக நீங்கள் எத்தைன முைடை அமஃப டவனைனகள் அல்லது பேதைம்மபடத்ேனைக்டள (ஐஸ் என்றும் அடழக்கப்படுகிைை) பயன்படுத்தியுள்ளீர்கள்?

    A. 0 முைடை
    B. 1 அல்லது 2 முடதை
    C. 3 முைல் 5 முடதை
    D. 6 முைல் 9 முைடை
    E. 10 முதல் 19 முைடை
    F. 20 அல்லது அைறக்கு மேற்படடை முடை

அடுத்த கேள்வி உடலுறவு பற்றியது.

56. நீங்கள் உைலுறவை பகாள்ளாைைற்கு முக்கிய காரணம் என்ன? ஒமர ஒரு பைடலை மைரந்பைடுக்கவும்.

    A. நானே உைலுறவு பகாணடிருள் என்
    B. நான் க பொதிய வயது வடர காத்திருக்க விரும்பாகிமைன
    C. நான் தைிருமணம் ஆகும் வடர காத்திருக்க விரும்பாகிமைன்
    D. நான் கர்ப்பம் தைரிகக்க விரும்பவிலட்ல
    E. நான் எச்.ஐ.வி/ எய்ட்ஸ் மபான்ை பாலியல் ரீைலியாக பரவும் மநாய்ப்பைற்டை பை விரும்பவிலட்ல
    F. நான் உைலுறவு பகாள்ள விரும் கட்கூடிய ந ரட் ஒரு வடை சந்திகக்க வொய்ப்பு கிவடைக்கவிலட்வை
    G. இது எனது மை நம்பிகட்டகள் அல்லது ைார்மை க களுக்கு மைைேப்படுௌ்ளிராைது
    H. மவறு ஒரு காரணம்

அடுத்த ககள்வி எச்.ஐ.வி சதாற்று பற்றியது.

57. எச்.ஐ.வி பொற்று அல்லது எய்ட்ஸ் எனப்படும் மநாய் பற்றி நீங்கள் எப்பாைோவது மகள்விப்பட்டிருக்கிைர் களோ?

    A. ஆம்
    B. இல்லை

அடுத்த 2 கேள்விேள் பாட ாவலயில் உங்ேளுக்கு என்ன றேிக்கேப்படட்து என்பதப் பற்றியன.

58. இந்ைப் பாைைசாடல ஆண்டிலை, எச்.ஐ.வி பொற்று அல்லது எய்ட்ஸ் மநாடயத் ைவிரப்பதை எப்படி என்று உங்கள் வகுப்பில் ஏைோவது கற்பிக்கப்படட்துள்ளைா?

    A. ஆம்
    B. இல்லை
    C. எனக்கு பைரியாது

59. இந்தைக் கல்வியாண்டில், கரப்பம் தைரிபப்படைத் தைவிரப்பப்பது எப்படி என்று உங்கள் வகுப்பில் ஏதோவது கற்பிகக்கப்பட்டதுள்ளதா?

- A. ஆம்
- B. இலல் ல
- C. எனக்கு பரியாது

அடுதத்த 4 கேளவிகேள் உடற்ர யற்பாடு பற்றியன. உடற்ர யற்பாடு எனப்பது உங்கள் இதயத்துடிப்பவ அதிகரித்து, உங்கேவலை தேடினமாகேச் சுவா கெட்கேச் ர யக்கக்கூடிய எந்தரவாரு யற்பாடதுமாகும். உடற்ர யற்பாடானதது நண்பர்கேளோடுன் வ விவையயாடதுதல்லில், பாட ாவல தைவெடப்பயிற் ியில/ உடற்கேலவ வகுப்ப்ல் ர யப்படலாம். உடற்ர யற்பாடுகேலெ்ன ல உதாரணேகேள்: ஓடுதல், கேவேமான வெடப்யிற் ரி, துவேச் க்கேர வண்டி ஓடதுதல், டெனம், ேோறப்பந்து, ேேரிகக்ேேறட், எலகல, வேப்பந்து மறறும் கெசச் லல்.

60. கைந்தை 7 நாடகளில், ஒரு நாளளக்கு கடுந்தை 60 நிேெேலைனெகளாவது எத்தைன நாடகள் உடலல ரதியான பசயற் டொப்படொன்றில் ஈடு டடீர்கள்? ஒவ்பவாரு நாளும் எலலா விேேலான ஊைல பசயற்பாடுகளிலலும் ந◌ங்கள் பசலவழ◌தை மநரதத்டைச் மசரக்க்கலாம்.

- A. 0 ந◌ாட்கள்
- B. 1 ந◌ாள்
- C. 2 ந◌ாட்கள்
- D. 3 ந◌ாட்கள்
- E. 4 ந◌ாட்கள்
- F. 5 ந◌ாட்கள்
- G. 6 ந◌ாட்கள்
- H. 7 ந◌ாட்கள்

61. கைந்தை 7 நாடகளில், புஷ்-அப்கள், சிடட்-அப்கள் அல்லது பளு தூரக்குதல் மபானதை உங்கள் தைசகடள வலுப்படடைத்தைக்கூடிய யிற்சிகள எத்தைன நாட்கள் பசய்தேெரட்கள்?

- A. 0 ந◌ாட்கள்
- B. 1 ந◌ாள்
- C. 2 ந◌ாட்கள்
- D. 3 ந◌ாட்கள்
- E. 4 ந◌ாட்கள்
- F. 5 ந◌ாட்கள்
- G. 6 ந◌ாட்கள்
- H. 7 ந◌ாட்கள்

62. கைந்தை 7 நாடகளில், பாைசாடலகக்கு எத்தைன நாடகளில் நைநத்தேெரட்கள் அல்லது துவிசச்க்கை வண்டியில் பசன்றைர்கள்?

- A. 0 ந◌ாட்கள்
- B. 1 ந◌ாள்
- C. 2 ந◌ாட்கள்
- D. 3 ந◌ாட்கள்
- E. 4 ந◌ாட்கள்
- F. 5 ந◌ாட்கள்
- G. 6 ந◌ாட்கள்
- H. 7 ந◌ாட்கள்

63. இந்தை பாைசாடல ஆண்டிலல, ஒவ்பவாரு வாரமமுும் எத்தைடன நாடகளில் தைற்கலவி (PE) வகுப் றேக்கு பசனதேெரேகள்?

- A. o ந◌ாட்கள்
- B. 1 ந◌ாள்
- C. 2 ந◌ாட்கள்
- D. 3 ந◌ாட்கள்
- E. 4 ந◌ாட்கள்
- F. 5 அல்லது அறேக்கு மேறப்படத்தை நாட்கள்

அடுதத்த கேளவி பெ◌ங்கேள் பாட ாவலயில் இல்லாதைகப◌ாது அல்லது ◌டப்ப◌ாடம் வம் � ர யாதைகப◌ாது ரபர◌மப◌ாலும் உடற்கேரந்து அல்லது படத்துக் கேரளளளும் கெரத்வதப் பற்றியது.

64. பதொைவைகக்கொட்சி பாரப்பதது, கைேனி விளையொட்டு விடளயாடதுவதது, நண்பர்களுடேன் மபசதுவது, உங்கள் வகத்பதொைவைக சிவப் பயனப்படதுத்துவதது, மேொட்டொரர வ◌ாகனதத்த◌ில் பயணம் பசய்வதது, தூங்குவது அல்லது இவையமூடொக அரட்டை அடிப்பதது/ சமூக ஊடகங்களைப் பயனப்படதுத்துவதது, எழுதுவதது, பைதல் கஙக்கவளப் படிப்பதது, பசய்தைெத்தைெளக்களை வாசிப்பதது, மகரம் அல்லது சதுரங்கம் விடளயாடதுவதது, மப◌ான்தை விையங்கடளச் பசய்வதறக்கு ஒரு வழக்கேொன நாளில் உடகாரந்து அல்லது படத்துக் பகாண்டு எவ்வளவு மநரம் பசலவிடுகிறெரட◌் கள்? (இரவிலல் தூங்கும் மநரதத்தை உள்ளைக்க மவண்ட◌ாம்)

- A. ஒரு நாளளக்கு 1 ைேெ◌றதியொனதத்தேறக்கும் கெடைவாக
- B. ஒரு நாளளக்கு 1 முதல் 2 ைேெ◌றதியொனம்
- C. ஒரு நாளக்கு 3 முதல் 4 ைேெ◌றதியொனைக்கள்
- D. ஒரு நாளக்கு 5 முதல் 6 ைேெ◌றதியொனைக்கள்
- E. ஒரு நாளக்கு 7 முதல் 8 ைேெ◌றதியொனைக்கள்
- F. ஒரு நாளளக்கு 8 ைேெ◌றதியொனைக்களிறக்கும் மேல்

அடுத்த கேள்வி மேல் ○ா அமர0்வுமேவைப் பற்றியது.

65. மநிரிமலா அல்லது இவையத்௦ிகொ பயிற்சி மேரட்வில் உட்கொர்ந்திர○ந்து வழகக்மே○ன ந௦ொபளௌ௦ொன்ற○ில் எவ்வளவு மநரம் பசலவிடுக○ிறைர்○ீ கள்?

A. நான் பயிற்ச○ி மேரட்வௗ○களஇ○ில் கலந்த○பகாளௌவைலட்டல

B. ஒரு நாடளகக்கு ௦ைஇ௦த்தியொைத்௦ைஇறகஇம் க○டைவாக 1

C. ஒரு நாடளகக்கு 1 முல் 2 ௦ைஇ௦த்தியொைம்

D. ஒரு நாடளகக்கு 3 முஇல் 4 ௦ைஇ௦த்தியொைங்கள்

E. ஒரு நாடளகக்கு 5 முஇல் 6 ௦ைஇ௦த்தியொைஇகள்

F. ஒரு நாடளகக்கு 7 முஇல் 8 ௦ைஇ௦த்தியொைஇகள்

G. ஒரு நாடளகக்கு 8 ௦ைஇ௦த்தியொைஇகளிறட்கும் மேல்

அடுத்த கேள்வி எவ்○வு கெரம் ௦ொ○ங்மேள் தூங்குமேறறட்○ மேளௗ என்பது ரதாடரப்○ானதஇ.

66. ஒரு சராசரி பாஇசாடல நாளின் இரவஇ○ில், நீ○ங்கள் எதட்௦ட்ன மேணஇமநரம் தூங்குவரஇ கள்?

A. 4 அல்லது அஇறறட்கும் கஇட௦ைவான ௦ைஇ○த்தஇியொைஇகள்

B. 5 ௦ைஇத்த○ியொைஇஇகள்

C. 6 ௦ைஇ○த○ியொைஇஇகள்

D. 7 ௦ைஇத○ியொைஇஇகள்

E. 8 ௦ைஇ○த○ியொைஇஇகள்

F. 9 ௦ைஇ○த○ியொைஇஇகள்

G. 10 ௦ைஇத○த்தியொைஇகள்

H. 11 அல்லது அஇறற்கு மேற்பட்டஇ ௦ைஇ○த்தியொைஇஇகள்

அடுத்த 9 கேள்வ○ிமேள் ப○ொட இரவல மற்றும் வட்்டிலஇ உஙங்மேளஇ அனுபவங்மேவைப் பற்றியன.

67. கைந்தஇ 30 நாடகளஇ○லஇ, அனஇமேஇ○யினட்○ா எதட்௦ட்ன நாடகளஇ○ல் வகுப்ப○கள் அல்லது பாஇசாடலஇயத் ௦ைவைஇவிடட்டீர்கள்?

A. 0 ந○ாட்கள்

B. 1 அல்லது 2 நாட்கள்

C. 3 மஇ○ல் 5 நாட்கள்

D. 6 மஇ○ல் 9 நாட்கள்

E. 10 அல்லது அஇறற்கு மேறறப்படட்○ ந○ாட்கள்

68. கைந்தஇ 30 நாடகளிலஇ, உங்கள் பாஇசாடலயில் உளௗள பபரஇம்பாலஇ○ன மே○ாணவர்கள் எத்தஇைன முடஇை

உங்க○ளஇைனஇ அனஇப்பாகவும் ஐவிகரமே○ாகவஇ○ம் இருந்தஇனர்?

A. ஒரு மபாதஇ○ம் இலஇட்டல

B. அரிஇை○ாக

C. சில மநரங்க○ளில்

D. பபர○ம்பாலஇ○ன மநரங்க○ளில்

E. எப்பப○ழஇதஇ○ம்

69. கைந்தஇ 30 நாடகளஇ○லஇ, கடிமேஇ○ன ப○ரச்சனைகளஇ மேற்றறும் கவடலகளஇ பறற்தஇ○ா ஒரஇ○வரஇனட்னஇ எத்தஇைன மஇ○ை அடிக்கடி கவதக்க முடிந்தஇதஇ○?

A. ஒரஇ○ பாதஇ○ம் இலஇட்டல

B. அரிஇை○ாக

C. சில மநரங்க○ளில்

D. பபர○ம்பாலஇ○ன மநரங்க○ளில்

E. எப்மபாதஇ○ம்

70. கைந்தஇ 30 நாடகளிலஇ, உஙங்கள் பாஇ○சாடலயில் உளௗள ஆசிரியர் அல்லது ஆமலாசகர் மபானஇை பபரியவர்களிஇ○ம் கடிமேஇ○ன ப○ரச்சனைகள் மேற்றஇ○ம் கவடலகள் பறற்தஇ○ா எத்தஇைன மஇ○ட௦ை உங்களால் மபச முடிந்தஇதஇ○?

A. ஒரஇ○ பாதஇ○ம் இலஇட்டல

B. அரிஇை○ாக

C. சில மநரங்க○ளில்

D. பபர○ம்பாலஇ○ன மநரங்க○ளில்

A. எப்மபாதஇ○ம்

71. கைந்தஇ 30 நாடகளஇ○லஇ, உஙங்கள் பபறறஇ○ோர் அல்லது பாதஇ○காவலரஇ○கள் உஙங்கள் ப○ரச்சனைகளஇ மேற்றஇ○ம் கவடலகடள எத்தஇைன மஇ○டை ப○ரிந்தஇ○பகாண்டஇ○ரட்களஇ?

A. ஒரஇ○ பாதஇ○ம் இலஇட்டல

B. அரிஇை○ாக

C. சில மநரங்க○ளில்

D. பபர○ம்பாலஇ○ன மநரங்க○ளில்

E. எப்மபாதஇ○ம்

72. கைந்தஇ 30 நாடகளஇ○லஇ, உஙங்கள் வட்டுப○ப○ாமல் முடஇ○ிந்தஇ○த○ா என்பதஇ உஙங்கள் பபறறமஇ○ர் அல்லது பாதுகாவலரஇ○கள் எத்தஇைன மஇ○டை மசாஇ○ிஇத்துள்ளனரஇ?

A. ஒரஇ○ பாதஇ○ம் இலஇட்டல

B. அரிஇை○ாக

C. சில மநரங்க○ளில்

D. பபர○ம்பாலஇ○ன மநரங்க○ளில்

E. எப்மபாதஇ○ம்

73. கைந்த 30 நாட்கள ⬡லெ, உங்கள் ஓய்வு மநரத்⬡⬡ ⬡ல் நீங்கள் என்ன பசய்க ⬡மைற் ⬡ கள் எனப்படை உங்கள் பபற்மைர் அல்லது பாதுகாவலரர்கள் எத்தடைன முடை பைரிந்துபகாண்⬡⬡ரர்கள்?

    A. ஒர⬡ பாத⬡ம் இலட்டல
    B. அரிட⬡⬡க
    C. சில மநரங்களில்
    D. பபரரம்பாலான மநரங்களில்
    E. எப்மபாத⬡ம்

74. கைந்த 30 நாட்களிலர், உங்கள் அன⬡மே⬡⬡யினை⬡⬡⬡ உங்கள் பபற்மைர் அல்லது பாத⬡காவலரர்கள் எத்தடைன முடை உங்கள் விடையங்கடைச் பரிமசா⬡⬡த்⬡⬡ரிருக்கிடை⬡ரர்கள்?

    A. ஒர⬡ பாத⬡ம் இலட்டல
    B. அரிட⬡⬡க
    C. சில மநரங்களில்
    D. பபர⬡ம்பால⬡ன மநரங்களில்
    E. எப்மபாத⬡ம்

75. கைந்த 30 நாட்களிலர், உங்கள் பபற்மை⬡ரர்கள் அல்லது பாத⬡காவலரர்கள் எத்தடைன மடை உங்களுடைன பாசத்த⬡னை⬡ம், கவனிப்ப⬡டைன⬡ம் மநரத் டைச் பசலவழித்த⬡ள்ளனர்?

    A. ஒர⬡ பாத⬡ம் இலட்டல
    B. அரிட⬡⬡க
    C. சில மநரங்களில்
    D. பபர⬡ம்பால⬡ன மநரங்களில்
    E. எப்மபாத⬡ம்

மூட ஊடெங்⬡டை⬡⬡ல் Instagram, Twitter, Snapchat, Facebook, WhatsApp மற்⬡றும் பிற ம⬡டே ஊடெ தடை⬡⬡ளர் அடைங்க⬡மர். இடைணயவழ⬡ தட⬡வலரதாடர்ப⬡டை⬡⬡ல் க⬡றுஞர ⬡தி மற்றும் மின்னஞ⬡ ல் ஆடே⬡⬡யவவ அடைங்க⬡மர்.

76. கைந்த 7 நாட்கள ⬡ல், சமூக டைளஊங்கள ⬡ல் உலாவ, இடைவயவழி பபாரடைரப்ப⬡க்க⬡க அல்லது இடைணயத்⬡⬡ல் உலாவ உங்கள் வகத்பதாவடைக சிவய ஒரு நாடைளக்கு எத்தடைன டைடை⬡⬡த்தியொடைங⬡கள் பயன்படுத்த⬡⬡யுள்ளர் ⬡கள்?

    A. கைநத்த 7 நாட்களாக என்னிடைம் வகத்பதாவடைகசட ⬡ இலட் ல
    B. ஒரு நாடைளக்கு ஒரு டைடை⬡⬡தியொடைத்டை⬡⬡றகக⬡ம் க⬡டைடைவாக
    C. ஒரு நாடைளக்கு 1 முடைல் 2 டைடை⬡⬡தியொடைங⬡கள்

    D. ஒரு நாடைளக்கு 3 முடைல் 4 டைடை⬡⬡தியொடைங⬡கள்
    E. ஒரு நாடைளக்கு 5 முடைல் 6 டைடை⬡⬡தியொடைங⬡கள்
    F. ஒரு நாடைளக்கு 7 முடைல் 8 டைடை⬡⬡தியொடைங⬡கள்
    G. ஒரு நாடைளக்கு 8 டைடை⬡⬡தியொடைங்களிறக்கும் மேல்

77. சமூக டைளஊகம் அலர்லது இடைவயத் பதொடர் பொடைவடை நீங்கள் எவ்வா⬡று பயனப்படை⬡த்டைலை⬡லாம் எனப்து க⬡டை⬡த்து உங்கள் பபற்மடை⬡ர் அல்லது பாத⬡காவலரர்கள் விடை⬡⬡கள் டைவத்த⬡ள்ளாரர்களா?

    A. ஆம்
    B. இலர் ல

அடுதத்த கேளர்வி மற்றாரு உடலர் லம் ரதொடைடர்பான தவலப்பபப் பற்றியத⬡.

78. இந்த கலர்வியாண்டில் ஆண், பபண் இருபாலை⬡ொரும் நியாயேொகவ⬡மர் ,
மேரியாடைடையயு⬡டைன⬡ம் நடைத்பபை⬡பை மவண்ட⬡ம் என்று உங்கள் வகுப்பில் டைஞாவது கற்ப ⬡க்கப்படடை⬡ள்ளதொ?

    A. ஆம்
    B. இலர் ல
    C. எனக்குத் படை⬡ரியாது

ANNEX 2: DETAILED TABULATIONS OF ALL INDICATORS

2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_UNDERWT: Percentage of students who were underweight (<-2SD from median for BMI by age and sex)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	21.7	(19.3 - 24.4)	2890	27.9	(23.9 - 32.3)	1329	15.8	(13.9 - 18.0)	1561
Age (Years)									
12 or younger	-	-	84	-	-	37	-	-	47
13 - 15	21.5	(18.6 - 24.8)	1840	27.1	(22.9 - 31.8)	868	16.0	(13.5 - 19.0)	972
16 or 17	21.0	(17.7 - 24.8)	726	27.4	(20.8 - 35.1)	325	15.1	(11.2 - 20.0)	401
13 - 17	21.4	(18.9 - 24.2)	2566	27.2	(23.2 - 31.5)	1193	15.8	(13.6 - 18.2)	1373
18 or older	26.4	(22.4 - 30.8)	240	-	-	99	17.0	(11.4 - 24.7)	141
Grade									
Grade 8	22.4	(17.9 - 27.7)	621	29.1	(22.4 - 37.0)	289	15.8	(11.1 - 22.0)	332
Grade 9	20.7	(17.1 - 24.7)	600	25.2	(20.2 - 31.0)	325	16.1	(12.4 - 20.6)	275
Grade 10	20.5	(16.0 - 25.9)	630	26.0	(19.4 - 34.0)	266	15.1	(11.6 - 19.3)	364
Grade 11	21.9	(18.5 - 25.8)	690	26.9	(20.5 - 34.4)	316	17.1	(13.4 - 21.4)	374
Grade 12	23.9	(20.4 - 27.9)	341	35.6	(25.2 - 47.7)	129	15.1	(10.8 - 20.6)	212

N = Number of students in this group

- = Fewer than 100 students in this subgroup

2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_OVERWT: Percentage of students who were overweight (>+1SD from median for BMI by age and sex)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	12.5	(11.0 - 14.2)	2890	11.9	(9.9 - 14.1)	1329	13.1	(11.0 - 15.6)	1561
Age (Years)									
12 or younger	-	-	84	-	-	37	-	-	47
13 - 15	12.6	(10.8 - 14.7)	1840	11.8	(9.9 - 14.0)	868	13.4	(10.7 - 16.6)	972
16 or 17	10.9	(8.8 - 13.4)	726	10.9	(7.4 - 15.8)	325	10.9	(8.0 - 14.6)	401
13 - 17	12.1	(10.6 - 13.9)	2566	11.5	(9.6 - 13.8)	1193	12.7	(10.3 - 15.5)	1373
18 or older	13.6	(9.3 - 19.5)	240	-	-	99	14.3	(8.9 - 22.2)	141
Grade									
Grade 8	15.9	(13.5 - 18.7)	621	12.8	(10.5 - 15.4)	289	19.1	(15.5 - 23.4)	332
Grade 9	13.5	(11.2 - 16.3)	600	13.6	(10.1 - 18.0)	325	13.5	(9.9 - 18.1)	275
Grade 10	9.5	(6.6 - 13.5)	630	9.1	(6.4 - 12.7)	266	10.0	(5.9 - 16.4)	364
Grade 11	11.3	(8.8 - 14.4)	690	12.2	(8.7 - 17.0)	316	10.4	(7.3 - 14.5)	374
Grade 12	12.2	(8.5 - 17.1)	341	11.8	(6.6 - 20.4)	129	12.5	(8.1 - 18.7)	212

N = Number of students in this group

- = Fewer than 100 students in this subgroup

2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_OBESE: Percentage of students who were obese (>+2SD from median for BMI by age and sex)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	3.1	(2.4 - 4.0)	2890	3.2	(2.0 - 5.1)	1329	3.0	(2.3 - 4.0)	1561
Age (Years)									
12 or younger	-	-	84	-	-	37	-	-	47
13 - 15	3.4	(2.4 - 4.6)	1840	3.3	(1.7 - 6.0)	868	3.5	(2.5 - 4.7)	972
16 or 17	2.0	(1.2 - 3.5)	726	2.6	(1.2 - 5.4)	325	1.5	(0.8 - 3.0)	401
13 - 17	3.0	(2.2 - 4.0)	2566	3.1	(1.8 - 5.1)	1193	2.9	(2.1 - 4.0)	1373
18 or older	3.0	(1.5 - 6.0)	240	-	-	99	2.3	(0.8 - 6.7)	141
Grade									
Grade 8	4.2	(2.8 - 6.2)	621	2.8	(1.4 - 5.5)	289	5.6	(3.5 - 8.9)	332
Grade 9	3.6	(2.2 - 6.0)	600	3.9	(1.5 - 9.3)	325	3.4	(1.8 - 6.4)	275
Grade 10	2.5	(1.2 - 5.2)	630	2.7	(1.0 - 7.4)	266	2.3	(1.0 - 5.2)	364
Grade 11	2.6	(1.6 - 4.4)	690	3.6	(1.7 - 7.2)	316	1.7	(0.9 - 3.1)	374
Grade 12	2.4	(1.2 - 4.6)	341	3.0	(1.1 - 7.9)	129	2.0	(0.8 - 4.9)	212

N = Number of students in this group

- = Fewer than 100 students in this subgroup

DB_B_HUNGRY: Percentage of students who most of the time or always went hungry (because there was not enough food in their home during the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	4.0	(3.0 - 5.3)	2903	4.7	(2.9 - 7.5)	1331	3.3	(2.5 - 4.4)	1567
Age (Years)									
12 or younger	-	-	86	-	-	37	-	-	47
13 - 15	4.7	(3.5 - 6.1)	1851	5.5	(3.7 - 8.2)	871	3.9	(2.8 - 5.4)	977
16 or 17	3.4	(1.7 - 6.5)	727	4.9	(2.0 - 11.2)	324	2.0	(1.1 - 3.8)	403
13 - 17	4.3	(3.2 - 5.8)	2578	5.3	(3.4 - 8.3)	1195	3.4	(2.5 - 4.6)	1380
18 or older	1.1	(0.3 - 3.6)	239	-	-	99	2.1	(0.6 - 7.1)	140
Grade									
Grade 8	5.1	(2.9 - 9.0)	626	6.1	(2.6 - 13.6)	293	4.1	(2.6 - 6.5)	331
Grade 9	4.1	(2.6 - 6.4)	608	4.2	(2.3 - 7.7)	326	3.6	(1.8 - 7.3)	279
Grade 10	5.7	(3.4 - 9.7)	630	6.8	(3.0 - 14.7)	264	4.7	(2.8 - 7.8)	366
Grade 11	2.3	(1.1 - 4.8)	691	3.7	(1.5 - 9.1)	315	1.0	(0.3 - 2.9)	376
Grade 12	2.1	(1.2 - 3.6)	340	1.4	(0.2 - 7.3)	129	2.7	(1.4 - 4.9)	211

N = Number of students in this group

- = Fewer than 100 students in this subgroup

2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_B_FRUITNONE: Percentage of students who did not eat fruit (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	24.3	(21.5 - 27.3)	2905	23.4	(20.2 - 27.0)	1334	25.2	(21.8 - 28.9)	1566
Age (Years)									
12 or younger	-	-	86	-	-	37	-	-	47
13 - 15	23.9	(21.2 - 26.8)	1853	23.2	(20.0 - 26.8)	873	24.6	(21.3 - 28.3)	977
16 or 17	27.5	(23.4 - 32.1)	727	26.4	(21.5 - 32.0)	325	28.5	(22.9 - 34.9)	402
13 - 17	24.9	(22.2 - 27.7)	2580	24.1	(21.1 - 27.3)	1198	25.7	(22.3 - 29.4)	1379
18 or older	19.1	(13.9 - 25.8)	239	-	-	99	22.2	(15.9 - 30.0)	140
Grade									
Grade 8	24.3	(19.5 - 30.0)	627	25.4	(18.4 - 33.8)	293	23.5	(17.8 - 30.3)	332
Grade 9	23.1	(20.1 - 26.4)	608	22.6	(18.8 - 27.0)	326	23.9	(19.8 - 28.5)	279
Grade 10	24.4	(20.6 - 28.5)	631	23.7	(18.0 - 30.6)	266	25.0	(20.2 - 30.5)	365
Grade 11	27.6	(23.6 - 32.0)	692	25.8	(20.7 - 31.6)	316	29.4	(23.5 - 36.1)	376
Grade 12	21.1	(15.5 - 28.0)	339	17.5	(10.6 - 27.7)	129	23.8	(16.8 - 32.6)	210

N = Number of students in this group

- = Fewer than 100 students in this subgroup

2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_B_FRUITLESS: Percentage of students who ate fruit less than one time per day (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	70.2	(67.9 - 72.4)	2905	70.3	(67.3 - 73.1)	1334	70.1	(67.4 - 72.6)	1566
Age (Years)									
12 or younger	-	-	86	-	-	37	-	-	47
13 - 15	66.6	(63.8 - 69.3)	1853	66.9	(63.0 - 70.6)	873	66.2	(62.6 - 69.7)	977
16 or 17	75.9	(72.7 - 78.8)	727	75.8	(69.9 - 80.9)	325	75.9	(72.6 - 78.9)	402
13 - 17	69.1	(66.6 - 71.4)	2580	69.3	(66.4 - 72.0)	1198	68.9	(65.9 - 71.7)	1379
18 or older	80.9	(74.3 - 86.1)	239	-	-	99	81.8	(74.7 - 87.3)	140
Grade									
Grade 8	61.6	(55.9 - 66.9)	627	63.2	(54.5 - 71.2)	293	59.6	(52.8 - 66.1)	332
Grade 9	66.6	(61.8 - 71.0)	608	67.6	(60.9 - 73.7)	326	65.8	(60.5 - 70.8)	279
Grade 10	71.2	(66.9 - 75.1)	631	70.1	(65.3 - 74.5)	266	72.3	(66.5 - 77.5)	365
Grade 11	75.3	(71.3 - 79.0)	692	75.1	(68.6 - 80.6)	316	75.6	(71.2 - 79.5)	376
Grade 12	80.0	(75.2 - 84.1)	339	80.6	(72.8 - 86.5)	129	79.6	(73.7 - 84.5)	210

N = Number of students in this group

- = Fewer than 100 students in this subgroup

2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_B_FRUIT1: Percentage of students who ate fruit one or more times per day (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	29.8	(27.6 - 32.1)	2905	29.7	(26.9 - 32.7)	1334	29.9	(27.4 - 32.6)	1566
Age (Years)									
12 or younger	-	-	86	-	-	37	-	-	47
13 - 15	33.4	(30.7 - 36.2)	1853	33.1	(29.4 - 37.0)	873	33.8	(30.3 - 37.4)	977
16 or 17	24.1	(21.2 - 27.3)	727	24.2	(19.1 - 30.1)	325	24.1	(21.1 - 27.4)	402
13 - 17	30.9	(28.6 - 33.4)	2580	30.7	(28.0 - 33.6)	1198	31.1	(28.3 - 34.1)	1379
18 or older	19.1	(13.9 - 25.7)	239	-	-	99	18.2	(12.7 - 25.3)	140
Grade									
Grade 8	38.4	(33.1 - 44.1)	627	36.8	(28.8 - 45.5)	293	40.4	(33.9 - 47.2)	332
Grade 9	33.4	(29.0 - 38.2)	608	32.4	(26.3 - 39.1)	326	34.2	(29.2 - 39.5)	279
Grade 10	28.8	(24.9 - 33.1)	631	29.9	(25.5 - 34.7)	266	27.7	(22.5 - 33.5)	365
Grade 11	24.7	(21.0 - 28.7)	692	24.9	(19.4 - 31.4)	316	24.4	(20.5 - 28.8)	376
Grade 12	20.0	(15.9 - 24.8)	339	19.4	(13.5 - 27.2)	129	20.4	(15.5 - 26.3)	210

N = Number of students in this group

- = Fewer than 100 students in this subgroup

2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_B_FRUIT2: Percentage of students who ate fruit two or more times per day (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	15.1	(13.6 - 16.7)	2905	15.4	(13.4 - 17.7)	1334	14.7	(12.9 - 16.7)	1566
Age (Years)									
12 or younger	-	-	86	-	-	37	-	-	47
13 - 15	17.0	(15.0 - 19.2)	1853	16.7	(13.9 - 20.0)	873	17.2	(14.8 - 19.9)	977
16 or 17	11.6	(8.8 - 15.2)	727	12.5	(8.4 - 18.2)	325	10.7	(7.8 - 14.5)	402
13 - 17	15.6	(13.8 - 17.4)	2580	15.6	(13.4 - 18.1)	1198	15.4	(13.3 - 17.8)	1379
18 or older	10.3	(6.4 - 16.2)	239	-	-	99	6.5	(3.3 - 12.2)	140
Grade									
Grade 8	18.6	(15.6 - 22.1)	627	17.1	(12.7 - 22.6)	293	20.3	(16.2 - 25.1)	332
Grade 9	15.9	(12.3 - 20.4)	608	14.5	(10.1 - 20.6)	326	17.1	(12.6 - 22.8)	279
Grade 10	16.6	(14.0 - 19.6)	631	17.9	(14.2 - 22.3)	266	15.3	(12.0 - 19.4)	365
Grade 11	11.3	(8.5 - 14.9)	692	12.4	(8.5 - 17.6)	316	10.3	(7.1 - 14.6)	376
Grade 12	10.9	(7.8 - 15.0)	339	13.9	(8.9 - 21.0)	129	8.6	(5.9 - 12.2)	210

N = Number of students in this group

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_B_FRUIT3: Percentage of students who ate fruit three or more times per day (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	7.0	(5.8 - 8.5)	2905	7.5	(6.0 - 9.5)	1334	6.5	(5.2 - 8.2)	1566
Age (Years)									
12 or younger	-	-	86	-	-	37	-	-	47
13 - 15	8.3	(6.5 - 10.4)	1853	8.4	(6.2 - 11.4)	873	8.1	(6.0 - 10.8)	977
16 or 17	4.6	(3.1 - 6.8)	727	5.5	(3.3 - 9.0)	325	3.8	(2.3 - 6.2)	402
13 - 17	7.3	(5.9 - 9.0)	2580	7.7	(5.9 - 9.9)	1198	6.9	(5.4 - 8.8)	1379
18 or older	5.1	(2.5 - 10.0)	239	-	-	99	2.8	(0.8 - 9.2)	140
Grade									
Grade 8	8.6	(6.2 - 11.9)	627	7.2	(4.8 - 10.6)	293	10.1	(6.5 - 15.4)	332
Grade 9	7.5	(4.8 - 11.6)	608	7.4	(4.5 - 11.8)	326	7.8	(4.5 - 13.3)	279
Grade 10	8.4	(6.5 - 10.8)	631	10.3	(7.1 - 14.8)	266	6.5	(4.9 - 8.6)	365
Grade 11	4.7	(3.0 - 7.4)	692	5.3	(3.2 - 8.8)	316	4.1	(2.3 - 6.9)	376
Grade 12	4.5	(2.6 - 7.6)	339	6.7	(4.0 - 10.9)	129	2.8	(1.2 - 6.5)	210

N = Number of students in this group

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_B_VEGNONE: Percentage of students who did not eat vegetables (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	3.0	(2.3 - 3.9)	2893	2.6	(1.6 - 4.2)	1325	3.5	(2.8 - 4.4)	1562
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	3.0	(2.2 - 4.3)	1845	3.1	(1.9 - 5.0)	868	3.0	(1.9 - 4.7)	974
16 or 17	3.2	(2.1 - 4.9)	723	1.7	(0.9 - 3.3)	323	4.6	(3.1 - 6.8)	400
13 - 17	3.1	(2.3 - 4.2)	2568	2.7	(1.7 - 4.3)	1191	3.5	(2.5 - 4.7)	1374
18 or older	2.7	(1.2 - 6.1)	239	-	-	98	4.1	(1.6 - 10.4)	141
Grade									
Grade 8	3.6	(2.1 - 6.0)	625	2.7	(1.1 - 6.3)	290	4.4	(2.2 - 8.8)	333
Grade 9	2.5	(1.5 - 3.9)	604	3.5	(1.8 - 6.9)	323	1.5	(0.6 - 3.8)	277
Grade 10	3.1	(2.0 - 4.7)	630	3.2	(1.5 - 6.7)	267	2.9	(1.7 - 4.9)	363
Grade 11	3.2	(2.0 - 5.2)	688	1.5	(0.6 - 4.2)	314	4.9	(3.1 - 7.5)	374
Grade 12	2.8	(1.6 - 4.9)	338	1.4	(0.4 - 5.3)	127	3.9	(2.0 - 7.5)	211

N = Number of students in this group

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_B_VEGLESS: Percentage of students who ate vegetables less than one time per day (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	43.9	(41.8 - 46.0)	2893	45.2	(42.3 - 48.0)	1325	42.7	(39.1 - 46.4)	1562
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	42.7	(40.6 - 44.8)	1845	43.7	(40.5 - 47.0)	868	41.8	(38.2 - 45.5)	974
16 or 17	47.8	(42.4 - 53.3)	723	48.1	(40.2 - 56.1)	323	47.6	(38.8 - 56.6)	400
13 - 17	44.1	(41.9 - 46.3)	2568	44.8	(41.7 - 48.0)	1191	43.4	(39.8 - 47.1)	1374
18 or older	43.2	(35.5 - 51.3)	239	-	-	98	41.1	(31.0 - 52.2)	141
Grade									
Grade 8	39.7	(35.8 - 43.7)	625	40.5	(34.8 - 46.4)	290	39.2	(33.2 - 45.6)	333
Grade 9	48.0	(42.9 - 53.2)	604	49.4	(44.3 - 54.5)	323	46.3	(39.1 - 53.6)	277
Grade 10	38.6	(35.4 - 41.8)	630	41.0	(35.6 - 46.5)	267	36.2	(29.9 - 43.0)	363
Grade 11	48.9	(44.4 - 53.3)	688	49.8	(42.0 - 57.6)	314	48.0	(40.3 - 55.8)	374
Grade 12	44.8	(36.8 - 53.0)	338	45.1	(35.6 - 55.0)	127	44.5	(34.4 - 55.1)	211

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_B_VEG1: Percentage of students who ate vegetables one or more times per day (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	56.1	(54.0 - 58.2)	2893	54.8	(52.0 - 57.7)	1325	57.3	(53.6 - 60.9)	1562
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	57.3	(55.2 - 59.4)	1845	56.3	(53.0 - 59.5)	868	58.2	(54.5 - 61.8)	974
16 or 17	52.2	(46.7 - 57.6)	723	51.9	(43.9 - 59.8)	323	52.4	(43.4 - 61.2)	400
13 - 17	55.9	(53.7 - 58.1)	2568	55.2	(52.0 - 58.3)	1191	56.6	(52.9 - 60.2)	1374
18 or older	56.8	(48.7 - 64.5)	239	-	-	98	58.9	(47.8 - 69.0)	141
Grade									
Grade 8	60.3	(56.3 - 64.2)	625	59.5	(53.6 - 65.2)	290	60.8	(54.4 - 66.8)	333
Grade 9	52.0	(46.8 - 57.1)	604	50.6	(45.5 - 55.7)	323	53.7	(46.4 - 60.9)	277
Grade 10	61.4	(58.2 - 64.6)	630	59.0	(53.5 - 64.4)	267	63.8	(57.0 - 70.1)	363
Grade 11	51.1	(46.7 - 55.6)	688	50.2	(42.4 - 58.0)	314	52.0	(44.2 - 59.7)	374
Grade 12	55.2	(47.0 - 63.2)	338	54.9	(45.0 - 64.4)	127	55.5	(44.9 - 65.6)	211

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_B_VEG2: Percentage of students who ate vegetables two or more times per day (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	43.4	(40.8 - 45.9)	2893	41.3	(38.2 - 44.6)	1325	45.3	(41.4 - 49.2)	1562
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	44.3	(41.1 - 47.6)	1845	42.6	(38.2 - 47.2)	868	45.9	(42.1 - 49.8)	974
16 or 17	39.1	(34.1 - 44.3)	723	38.1	(29.6 - 47.4)	323	40.0	(33.2 - 47.2)	400
13 - 17	42.9	(40.2 - 45.7)	2568	41.4	(37.9 - 45.1)	1191	44.3	(40.7 - 48.0)	1374
18 or older	44.9	(35.0 - 55.1)	239	-	-	98	47.9	(33.3 - 62.8)	141
Grade									
Grade 8	46.2	(39.8 - 52.7)	625	45.0	(37.0 - 53.2)	290	46.9	(40.6 - 53.3)	333
Grade 9	40.0	(35.0 - 45.2)	604	39.3	(33.9 - 45.1)	323	40.9	(34.4 - 47.7)	277
Grade 10	48.5	(44.8 - 52.3)	630	43.2	(37.2 - 49.5)	267	53.8	(46.2 - 61.3)	363
Grade 11	38.9	(34.2 - 43.8)	688	38.2	(29.3 - 47.9)	314	39.6	(33.0 - 46.6)	374
Grade 12	42.6	(35.2 - 50.4)	338	40.3	(32.3 - 49.0)	127	44.3	(33.5 - 55.7)	211

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_B_VEG3: Percentage of students who ate vegetables three or more times per day (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	26.1	(23.2 - 29.2)	2893	25.5	(22.4 - 28.9)	1325	26.5	(22.5 - 30.8)	1562
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	27.7	(24.2 - 31.6)	1845	27.5	(23.0 - 32.4)	868	27.9	(23.4 - 32.9)	974
16 or 17	21.8	(18.4 - 25.5)	723	21.2	(15.0 - 29.1)	323	22.3	(17.5 - 28.0)	400
13 - 17	26.1	(23.0 - 29.5)	2568	25.8	(22.3 - 29.7)	1191	26.3	(22.4 - 30.8)	1374
18 or older	25.3	(18.9 - 33.1)	239	-	-	98	25.7	(15.6 - 39.2)	141
Grade									
Grade 8	28.7	(22.4 - 35.9)	625	29.5	(21.9 - 38.4)	290	27.4	(20.0 - 36.3)	333
Grade 9	22.6	(18.5 - 27.4)	604	22.5	(18.0 - 27.7)	323	22.8	(17.0 - 29.8)	277
Grade 10	33.1	(29.2 - 37.3)	630	29.9	(23.6 - 37.0)	267	36.3	(29.7 - 43.5)	363
Grade 11	20.9	(17.2 - 25.2)	688	21.5	(14.4 - 30.9)	314	20.3	(14.8 - 27.2)	374
Grade 12	23.9	(19.1 - 29.4)	338	22.6	(17.8 - 28.3)	127	24.8	(17.9 - 33.2)	211

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_B_SODANONE: Percentage of students who did not drink carbonated soft drinks (excluding diet soft drinks, during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	41.8	(37.3 - 46.5)	2907	37.6	(33.2 - 42.2)	1332	46.1	(40.1 - 52.2)	1569
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	42.9	(37.6 - 48.5)	1852	39.8	(34.8 - 44.9)	871	46.2	(38.9 - 53.7)	978
16 or 17	38.1	(31.7 - 44.9)	728	29.8	(23.3 - 37.2)	325	45.7	(37.1 - 54.6)	403
13 - 17	41.6	(36.7 - 46.7)	2580	37.1	(32.7 - 41.8)	1196	46.1	(39.4 - 52.9)	1381
18 or older	41.5	(31.2 - 52.5)	240	-	-	99	44.9	(37.0 - 53.0)	141
Grade									
Grade 8	47.0	(40.0 - 54.0)	628	46.9	(40.2 - 53.6)	293	47.4	(36.2 - 58.9)	333
Grade 9	42.8	(34.9 - 51.1)	608	36.5	(29.4 - 44.1)	325	49.4	(38.5 - 60.4)	279
Grade 10	40.1	(32.8 - 47.8)	631	36.7	(29.1 - 45.0)	266	43.3	(33.7 - 53.5)	365
Grade 11	38.9	(32.1 - 46.2)	691	32.0	(25.4 - 39.4)	315	45.6	(37.4 - 54.2)	376
Grade 12	40.6	(32.8 - 48.9)	341	35.3	(23.3 - 49.4)	129	44.7	(36.5 - 53.1)	212

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_B_SODALESS: Percentage of students who drank carbonated soft drinks less than one time per day (excluding diet soft drinks, during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	83.2	(81.1 - 85.2)	2907	81.5	(78.7 - 84.1)	1332	84.9	(82.3 - 87.3)	1569
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	81.1	(78.1 - 83.8)	1852	79.9	(75.5 - 83.6)	871	82.4	(78.9 - 85.3)	978
16 or 17	86.7	(83.5 - 89.4)	728	83.3	(77.6 - 87.8)	325	89.9	(86.4 - 92.6)	403
13 - 17	82.6	(80.3 - 84.7)	2580	80.8	(77.4 - 83.8)	1196	84.4	(81.9 - 86.7)	1381
18 or older	89.8	(84.2 - 93.6)	240	-	-	99	90.2	(82.6 - 94.7)	141
Grade									
Grade 8	79.1	(73.9 - 83.5)	628	77.8	(72.0 - 82.6)	293	80.2	(72.6 - 86.2)	333
Grade 9	80.7	(75.0 - 85.4)	608	78.5	(70.3 - 84.9)	325	83.3	(78.0 - 87.6)	279
Grade 10	81.9	(76.9 - 86.0)	631	80.9	(72.8 - 87.1)	266	82.9	(78.5 - 86.5)	365
Grade 11	87.0	(84.0 - 89.5)	691	85.8	(80.9 - 89.6)	315	88.2	(83.2 - 91.8)	376
Grade 12	90.6	(84.9 - 94.3)	341	88.2	(81.4 - 92.8)	129	92.4	(86.5 - 95.8)	212

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_B_SODA1: Percentage of students who drank carbonated soft drinks one or more times per day (excluding diet soft drinks, during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	16.8	(14.8 - 18.9)	2907	18.5	(15.9 - 21.3)	1332	15.1	(12.7 - 17.7)	1569
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	18.9	(16.2 - 21.9)	1852	20.1	(16.4 - 24.5)	871	17.6	(14.7 - 21.1)	978
16 or 17	13.3	(10.6 - 16.5)	728	16.7	(12.2 - 22.4)	325	10.1	(7.4 - 13.6)	403
13 - 17	17.4	(15.3 - 19.7)	2580	19.2	(16.2 - 22.6)	1196	15.6	(13.3 - 18.1)	1381
18 or older	10.2	(6.4 - 15.8)	240	-	-	99	9.8	(5.3 - 17.4)	141
Grade									
Grade 8	20.9	(16.5 - 26.1)	628	22.2	(17.4 - 28.0)	293	19.8	(13.8 - 27.4)	333
Grade 9	19.3	(14.6 - 25.0)	608	21.5	(15.1 - 29.7)	325	16.7	(12.4 - 22.0)	279
Grade 10	18.1	(14.0 - 23.1)	631	19.1	(12.9 - 27.2)	266	17.1	(13.5 - 21.5)	365
Grade 11	13.0	(10.5 - 16.0)	691	14.2	(10.4 - 19.1)	315	11.8	(8.2 - 16.8)	376
Grade 12	9.4	(5.7 - 15.1)	341	11.8	(7.2 - 18.6)	129	7.6	(4.2 - 13.5)	212

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_B_SODA2: Percentage of students who drank carbonated soft drinks two or more times per day (excluding diet soft drinks, during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	5.9	(4.9 - 7.1)	2907	6.7	(5.5 - 8.1)	1332	5.2	(3.6 - 7.3)	1569
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	6.6	(5.2 - 8.3)	1852	7.1	(5.6 - 8.9)	871	6.1	(4.1 - 9.0)	978
16 or 17	5.8	(4.5 - 7.4)	728	8.0	(5.3 - 12.0)	325	3.7	(2.2 - 6.3)	403
13 - 17	6.4	(5.3 - 7.7)	2580	7.3	(6.1 - 8.8)	1196	5.5	(3.8 - 7.8)	1381
18 or older	1.2	(0.7 - 1.9)	240	-	-	99	0.5	(0.1 - 3.8)	141
Grade									
Grade 8	7.9	(5.8 - 10.8)	628	7.6	(4.9 - 11.8)	293	8.3	(5.3 - 12.8)	333
Grade 9	5.7	(3.8 - 8.5)	608	6.0	(4.0 - 9.1)	325	5.5	(3.0 - 9.8)	279
Grade 10	6.5	(4.5 - 9.1)	631	7.1	(4.7 - 10.7)	266	5.8	(3.5 - 9.4)	365
Grade 11	5.4	(4.1 - 7.1)	691	7.1	(4.9 - 10.3)	315	3.7	(1.8 - 7.5)	376
Grade 12	2.4	(1.0 - 5.7)	341	4.2	(1.3 - 12.6)	129	1.0	(0.2 - 4.4)	212

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_B_SODA3: Percentage of students who drank carbonated soft drinks three or more times per day (excluding diet soft drinks, during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	2.9	(2.2 - 3.7)	2907	3.5	(2.5 - 4.9)	1332	2.3	(1.4 - 3.5)	1569
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	3.0	(2.3 - 4.1)	1852	3.4	(2.3 - 4.9)	871	2.7	(1.6 - 4.6)	978
16 or 17	3.2	(1.9 - 5.4)	728	5.0	(2.7 - 9.1)	325	1.5	(0.6 - 3.8)	403
13 - 17	3.1	(2.4 - 4.0)	2580	3.8	(2.7 - 5.3)	1196	2.4	(1.6 - 3.6)	1381
18 or older	0.5	(0.1 - 3.5)	240	-	-	99	0.0	(0.0 - 0.0)	141
Grade									
Grade 8	3.7	(2.3 - 5.9)	628	3.8	(2.1 - 6.9)	293	3.7	(1.9 - 7.2)	333
Grade 9	3.0	(1.7 - 5.3)	608	4.0	(2.1 - 7.3)	325	2.1	(0.8 - 5.5)	279
Grade 10	2.7	(1.4 - 5.1)	631	2.6	(1.0 - 6.3)	266	2.8	(1.2 - 6.2)	365
Grade 11	2.4	(1.5 - 3.9)	691	3.3	(1.8 - 5.9)	315	1.5	(0.7 - 3.3)	376
Grade 12	2.1	(0.8 - 5.6)	341	4.2	(1.3 - 12.6)	129	0.5	(0.1 - 4.3)	212

N = Number of students in this group

- = Fewer than 100 students in this subgroup

2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_B_SSBNONE: Percentage of students who did not drink sugar-sweetened drinks (excluding carbonated soft drinks and diet or no calorie drinks, during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	32.3	(28.9 - 35.9)	2899	29.8	(25.8 - 34.1)	1331	34.8	(30.9 - 39.0)	1562
Age (Years)									
12 or younger	-	-	86	-	-	37	-	-	46
13 - 15	32.6	(28.5 - 37.0)	1846	30.7	(26.2 - 35.7)	870	34.5	(29.4 - 39.9)	973
16 or 17	29.8	(26.6 - 33.3)	728	25.1	(20.9 - 29.8)	325	34.3	(29.5 - 39.3)	403
13 - 17	31.8	(28.4 - 35.5)	2574	29.3	(25.4 - 33.4)	1195	34.4	(30.1 - 39.1)	1376
18 or older	33.9	(26.4 - 42.3)	239	-	-	99	36.2	(26.1 - 47.6)	140
Grade									
Grade 8	37.7	(32.0 - 43.7)	624	37.2	(30.4 - 44.5)	292	38.4	(30.1 - 47.4)	330
Grade 9	32.3	(27.1 - 38.1)	608	27.2	(21.8 - 33.4)	326	37.5	(30.1 - 45.6)	278
Grade 10	29.4	(23.8 - 35.8)	627	28.5	(22.1 - 35.9)	264	30.3	(24.1 - 37.4)	363
Grade 11	29.4	(25.8 - 33.4)	692	25.9	(21.2 - 31.1)	316	32.9	(28.0 - 38.3)	376
Grade 12	33.8	(27.8 - 40.3)	340	31.4	(24.1 - 39.7)	129	35.6	(28.6 - 43.3)	211

N = Number of students in this group

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_B_SSBLESS: Percentage of students who drank sugar-sweetened drinks less than one time per day (excluding carbonated soft drinks and diet or no calorie drinks, during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	72.4	(69.8 - 74.7)	2899	71.3	(68.6 - 73.9)	1331	73.5	(69.9 - 76.8)	1562
Age (Years)									
12 or younger	-	-	86	-	-	37	-	-	46
13 - 15	70.4	(67.4 - 73.3)	1846	70.4	(67.1 - 73.5)	870	70.7	(66.0 - 75.1)	973
16 or 17	76.1	(71.7 - 80.1)	728	72.7	(67.5 - 77.4)	325	79.3	(74.5 - 83.4)	403
13 - 17	72.0	(69.1 - 74.7)	2574	71.0	(68.0 - 73.9)	1195	73.1	(69.0 - 76.8)	1376
18 or older	76.1	(71.8 - 79.9)	239	-	-	99	77.2	(72.1 - 81.5)	140
Grade									
Grade 8	70.2	(66.6 - 73.6)	624	70.2	(65.4 - 74.5)	292	70.8	(63.7 - 76.9)	330
Grade 9	71.5	(65.1 - 77.1)	608	70.0	(62.8 - 76.4)	326	73.3	(65.0 - 80.2)	278
Grade 10	69.0	(64.0 - 73.5)	627	68.6	(62.6 - 74.1)	264	69.3	(61.4 - 76.2)	363
Grade 11	76.3	(70.7 - 81.1)	692	74.5	(67.9 - 80.2)	316	78.0	(72.5 - 82.7)	376
Grade 12	76.7	(71.3 - 81.3)	340	76.3	(70.2 - 81.4)	129	76.9	(70.3 - 82.4)	211

N = Number of students in this group

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

Summary Tables - Weighted Data

DB_B_SSB1: Percentage of students who drank sugar-sweetened drinks one or more times per day (excluding carbonated soft drinks and diet or no calorie drinks, during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	27.6	(25.3 - 30.2)	2899	28.7	(26.1 - 31.4)	1331	26.5	(23.2 - 30.1)	1562
Age (Years)									
12 or younger	-	-	86	-	-	37	-	-	46
13 - 15	29.6	(26.7 - 32.6)	1846	29.6	(26.5 - 32.9)	870	29.3	(24.9 - 34.0)	973
16 or 17	23.9	(19.9 - 28.3)	728	27.3	(22.6 - 32.5)	325	20.7	(16.6 - 25.5)	403
13 - 17	28.0	(25.3 - 30.9)	2574	29.0	(26.1 - 32.0)	1195	26.9	(23.2 - 31.0)	1376
18 or older	23.9	(20.1 - 28.2)	239	-	-	99	22.8	(18.5 - 27.9)	140
Grade									
Grade 8	29.8	(26.4 - 33.4)	624	29.8	(25.5 - 34.6)	292	29.2	(23.1 - 36.3)	330
Grade 9	28.5	(22.9 - 34.9)	608	30.0	(23.6 - 37.2)	326	26.7	(19.8 - 35.0)	278
Grade 10	31.0	(26.5 - 36.0)	627	31.4	(25.9 - 37.4)	264	30.7	(23.8 - 38.6)	363
Grade 11	23.7	(18.9 - 29.3)	692	25.5	(19.8 - 32.1)	316	22.0	(17.3 - 27.5)	376
Grade 12	23.3	(18.7 - 28.7)	340	23.7	(18.6 - 29.8)	129	23.1	(17.6 - 29.7)	211

N = Number of students in this group

- = Fewer than 100 students in this subgroup

2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

Summary Tables - Weighted Data

DB_B_SSB2: Percentage of students who drank sugar-sweetened drinks two or more times per day (excluding carbonated soft drinks and diet or no calorie drinks, during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	13.0	(11.5 - 14.6)	2899	14.1	(12.4 - 16.1)	1331	11.6	(9.8 - 13.7)	1562
Age (Years)									
12 or younger	-	-	86	-	-	37	-	-	46
13 - 15	13.7	(11.8 - 15.9)	1846	13.6	(11.5 - 16.0)	870	13.6	(10.8 - 16.9)	973
16 or 17	11.7	(9.8 - 13.9)	728	15.2	(12.3 - 18.7)	325	8.5	(6.6 - 10.8)	403
13 - 17	13.2	(11.6 - 14.9)	2574	14.0	(12.3 - 15.9)	1195	12.2	(10.1 - 14.7)	1376
18 or older	10.8	(8.4 - 13.9)	239	-	-	99	6.5	(3.8 - 10.8)	140
Grade									
Grade 8	13.0	(10.4 - 16.1)	624	12.6	(9.5 - 16.5)	292	12.8	(8.4 - 18.9)	330
Grade 9	12.7	(9.3 - 17.1)	608	14.5	(9.7 - 21.1)	326	10.3	(6.1 - 16.9)	278
Grade 10	15.1	(11.7 - 19.3)	627	14.1	(10.7 - 18.2)	264	16.1	(10.5 - 24.1)	363
Grade 11	11.8	(9.3 - 14.8)	692	13.8	(10.3 - 18.2)	316	9.9	(7.6 - 12.7)	376
Grade 12	11.1	(8.2 - 14.8)	340	15.3	(11.8 - 19.8)	129	7.8	(4.5 - 13.1)	211

N = Number of students in this group

- = Fewer than 100 students in this subgroup

2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

Summary Tables - Weighted Data

DB_B_SSB3: Percentage of students who drank sugar-sweetened drinks three or more times per day (excluding carbonated soft drinks and diet or no calorie drinks, during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	5.0	(4.3 - 5.9)	2899	5.9	(4.8 - 7.2)	1331	4.1	(3.0 - 5.6)	1562
Age (Years)									
12 or younger	-	-	86	-	-	37	-	-	46
13 - 15	5.5	(4.3 - 6.9)	1846	6.1	(4.7 - 7.9)	870	4.8	(3.3 - 7.0)	973
16 or 17	4.3	(3.1 - 5.8)	728	5.0	(2.9 - 8.5)	325	3.6	(2.5 - 5.1)	403
13 - 17	5.1	(4.2 - 6.2)	2574	5.8	(4.7 - 7.2)	1195	4.5	(3.3 - 6.2)	1376
18 or older	3.8	(2.0 - 7.2)	239	-	-	99	1.7	(0.4 - 6.0)	140
Grade									
Grade 8	5.5	(4.2 - 7.1)	624	7.3	(5.3 - 10.1)	292	3.7	(2.0 - 6.7)	330
Grade 9	6.8	(4.3 - 10.6)	608	7.0	(3.7 - 12.9)	326	6.3	(3.3 - 12.0)	278
Grade 10	4.7	(3.4 - 6.5)	627	5.2	(3.5 - 7.6)	264	4.2	(2.2 - 7.9)	363
Grade 11	3.4	(2.3 - 4.9)	692	3.4	(1.7 - 6.6)	316	3.3	(2.3 - 4.9)	376
Grade 12	4.3	(2.6 - 7.0)	340	6.3	(3.1 - 12.2)	129	2.7	(1.3 - 5.4)	211

N = Number of students in this group

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_B_ALLSSBNONE: Percentage of students who did not drink any sugar-sweetened drink (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	21.3	(18.7 - 24.2)	2894	19.2	(16.6 - 22.0)	1327	23.4	(19.7 - 27.6)	1561
Age (Years)									
12 or younger	-	-	86	-	-	37	-	-	46
13 - 15	22.0	(18.9 - 25.5)	1841	20.6	(17.7 - 23.9)	866	23.5	(18.8 - 29.0)	972
16 or 17	19.2	(16.1 - 22.8)	728	14.4	(11.1 - 18.4)	325	23.8	(18.6 - 29.8)	403
13 - 17	21.3	(18.6 - 24.2)	2569	19.0	(16.6 - 21.5)	1191	23.6	(19.4 - 28.3)	1375
18 or older	19.5	(14.2 - 26.2)	239	-	-	99	20.8	(14.4 - 29.2)	140
Grade									
Grade 8	27.4	(22.8 - 32.6)	624	26.5	(21.8 - 31.8)	292	28.6	(21.3 - 37.2)	330
Grade 9	20.7	(16.6 - 25.5)	606	17.0	(13.4 - 21.4)	324	24.3	(16.9 - 33.8)	278
Grade 10	19.4	(14.6 - 25.3)	625	18.9	(13.0 - 26.6)	263	19.9	(14.6 - 26.6)	362
Grade 11	19.1	(16.0 - 22.7)	691	15.9	(12.2 - 20.6)	315	22.3	(17.4 - 28.0)	376
Grade 12	19.8	(14.7 - 26.0)	340	16.8	(10.5 - 25.8)	129	22.0	(15.6 - 30.2)	211

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_B_ALLSSBLESS: Percentage of students who drank any sugar-sweetened drink less than one time per day (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	65.8	(63.4 - 68.1)	2894	64.4	(61.4 - 67.2)	1327	67.3	(64.1 - 70.5)	1561
Age (Years)									
12 or younger	-	-	86	-	-	37	-	-	46
13 - 15	63.2	(60.4 - 66.0)	1841	63.0	(59.2 - 66.7)	866	63.7	(59.3 - 67.8)	972
16 or 17	70.0	(65.3 - 74.4)	728	65.2	(58.7 - 71.2)	325	74.5	(70.0 - 78.5)	403
13 - 17	65.1	(62.4 - 67.7)	2569	63.6	(60.0 - 67.0)	1191	66.6	(63.2 - 69.9)	1375
18 or older	73.6	(69.5 - 77.3)	239	-	-	99	74.8	(69.9 - 79.2)	140
Grade									
Grade 8	62.4	(57.5 - 67.0)	624	61.8	(55.9 - 67.4)	292	63.4	(55.5 - 70.6)	330
Grade 9	63.5	(57.7 - 68.9)	606	61.1	(53.9 - 67.8)	324	66.1	(58.9 - 72.6)	278
Grade 10	62.6	(58.0 - 67.0)	625	63.4	(57.0 - 69.2)	263	61.9	(54.9 - 68.3)	362
Grade 11	70.1	(64.3 - 75.4)	691	68.2	(59.9 - 75.5)	315	72.0	(67.0 - 76.4)	376
Grade 12	73.6	(67.2 - 79.1)	340	70.8	(62.8 - 77.8)	129	75.8	(69.1 - 81.3)	211

N = Number of students in this group

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_B_ALLSSB1: Percentage of students who drank any sugar-sweetened drink one or more times per day (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	34.2	(31.9 - 36.6)	2894	35.6	(32.8 - 38.6)	1327	32.7	(29.5 - 35.9)	1561
Age (Years)									
12 or younger	-	-	86	-	-	37	-	-	46
13 - 15	36.8	(34.0 - 39.6)	1841	37.0	(33.3 - 40.8)	866	36.3	(32.2 - 40.7)	972
16 or 17	30.0	(25.6 - 34.7)	728	34.8	(28.8 - 41.3)	325	25.5	(21.5 - 30.0)	403
13 - 17	34.9	(32.3 - 37.6)	2569	36.4	(33.0 - 40.0)	1191	33.4	(30.1 - 36.8)	1375
18 or older	26.4	(22.7 - 30.5)	239	-	-	99	25.2	(20.8 - 30.1)	140
Grade									
Grade 8	37.6	(33.0 - 42.5)	624	38.2	(32.6 - 44.1)	292	36.6	(29.4 - 44.5)	330
Grade 9	36.5	(31.1 - 42.3)	606	38.9	(32.2 - 46.1)	324	33.9	(27.4 - 41.1)	278
Grade 10	37.4	(33.0 - 42.0)	625	36.6	(30.8 - 43.0)	263	38.1	(31.7 - 45.1)	362
Grade 11	29.9	(24.6 - 35.7)	691	31.8	(24.5 - 40.1)	315	28.0	(23.6 - 33.0)	376
Grade 12	26.4	(20.9 - 32.8)	340	29.2	(22.2 - 37.2)	129	24.2	(18.7 - 30.9)	211

N = Number of students in this group

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_B_ALLSSB2: Percentage of students who drank any sugar-sweetened drink two or more times per day (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	16.2	(14.7 - 17.8)	2894	18.0	(16.2 - 19.8)	1327	14.3	(12.1 - 16.8)	1561
Age (Years)									
12 or younger	-	-	86	-	-	37	-	-	46
13 - 15	17.1	(15.2 - 19.1)	1841	17.2	(15.3 - 19.4)	866	16.6	(13.6 - 20.2)	972
16 or 17	15.5	(13.1 - 18.2)	728	21.3	(17.3 - 26.0)	325	10.1	(8.1 - 12.6)	403
13 - 17	16.7	(15.0 - 18.4)	2569	18.3	(16.5 - 20.2)	1191	14.8	(12.4 - 17.6)	1375
18 or older	11.1	(8.8 - 14.1)	239	-	-	99	7.0	(4.6 - 10.7)	140
Grade									
Grade 8	17.3	(14.3 - 20.8)	624	16.4	(12.4 - 21.4)	292	17.7	(12.9 - 23.7)	330
Grade 9	15.6	(12.3 - 19.5)	606	17.6	(13.1 - 23.3)	324	13.0	(8.3 - 19.8)	278
Grade 10	18.6	(14.9 - 23.0)	625	18.0	(14.1 - 22.7)	263	19.2	(13.6 - 26.4)	362
Grade 11	15.1	(12.4 - 18.2)	691	18.5	(14.8 - 23.0)	315	11.8	(9.2 - 14.9)	376
Grade 12	12.5	(9.2 - 16.9)	340	18.7	(13.5 - 25.4)	129	7.8	(4.5 - 13.1)	211

N = Number of students in this group

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_B_ALLSSB3: Percentage of students who drank any sugar-sweetened drink three or more times per day (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	7.0	(6.0 - 8.2)	2894	8.4	(6.9 - 10.2)	1327	5.6	(4.3 - 7.3)	1561
Age (Years)									
12 or younger	-	-	86	-	-	37	-	-	46
13 - 15	7.3	(6.0 - 8.9)	1841	8.1	(6.4 - 10.1)	866	6.6	(4.9 - 8.8)	972
16 or 17	6.9	(5.3 - 9.0)	728	9.7	(6.5 - 14.2)	325	4.3	(3.0 - 6.1)	403
13 - 17	7.2	(6.1 - 8.5)	2569	8.5	(7.0 - 10.3)	1191	6.0	(4.6 - 7.7)	1375
18 or older	4.3	(2.4 - 7.5)	239	-	-	99	1.7	(0.4 - 6.0)	140
Grade									
Grade 8	8.1	(6.2 - 10.6)	624	9.4	(6.8 - 12.9)	292	6.8	(4.0 - 11.5)	330
Grade 9	8.5	(5.6 - 12.5)	606	9.6	(5.8 - 15.5)	324	7.1	(3.8 - 13.0)	278
Grade 10	6.3	(4.5 - 8.8)	625	6.7	(4.5 - 9.9)	263	6.0	(3.5 - 9.9)	362
Grade 11	5.4	(4.0 - 7.2)	691	6.4	(4.0 - 10.1)	315	4.4	(3.0 - 6.3)	376
Grade 12	6.1	(3.7 - 9.7)	340	10.5	(5.7 - 18.3)	129	2.7	(1.3 - 5.4)	211

N = Number of students in this group

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_B_SALTNONE: Percentage of students who did not eat salty foods or snacks (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	19.8	(17.8 - 21.9)	2906	20.9	(17.5 - 24.8)	1331	18.8	(16.6 - 21.3)	1569
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	20.4	(18.3 - 22.7)	1853	21.9	(18.2 - 26.1)	872	19.0	(16.7 - 21.5)	978
16 or 17	19.1	(15.2 - 23.7)	728	18.9	(13.8 - 25.4)	325	19.3	(14.5 - 25.1)	403
13 - 17	20.0	(18.1 - 22.2)	2581	21.1	(17.9 - 24.7)	1197	19.1	(17.1 - 21.2)	1381
18 or older	16.8	(10.6 - 25.7)	239	-	-	98	15.8	(9.4 - 25.4)	141
Grade									
Grade 8	23.9	(20.6 - 27.4)	626	23.4	(17.8 - 30.1)	292	24.5	(20.3 - 29.3)	332
Grade 9	21.9	(17.4 - 27.3)	609	25.3	(18.5 - 33.5)	326	18.6	(14.1 - 24.0)	279
Grade 10	16.3	(13.3 - 19.7)	631	17.6	(13.3 - 23.0)	265	14.9	(11.1 - 19.8)	366
Grade 11	19.1	(14.7 - 24.4)	692	19.2	(13.9 - 26.0)	316	19.0	(13.7 - 25.8)	376
Grade 12	17.4	(12.1 - 24.2)	340	17.7	(9.8 - 29.7)	128	17.1	(10.9 - 25.8)	212

N = Number of students in this group

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Summary Tables - Weighted Data

DB_B_SALTLESS: Percentage of students who ate salty foods or snacks less than one time per day (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	72.9	(69.9 - 75.8)	2906	72.2	(67.9 - 76.2)	1331	73.7	(69.6 - 77.4)	1569
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	68.9	(65.5 - 72.0)	1853	67.9	(63.0 - 72.4)	872	69.9	(65.3 - 74.2)	978
16 or 17	78.9	(75.0 - 82.3)	728	78.1	(72.1 - 83.1)	325	79.6	(73.9 - 84.3)	403
13 - 17	71.5	(68.4 - 74.5)	2581	70.6	(66.4 - 74.4)	1197	72.6	(68.5 - 76.3)	1381
18 or older	85.9	(78.4 - 91.1)	239	-	-	98	84.0	(71.2 - 91.8)	141
Grade									
Grade 8	65.2	(60.7 - 69.5)	626	64.2	(59.0 - 69.1)	292	66.7	(60.0 - 72.7)	332
Grade 9	69.5	(62.8 - 75.5)	609	68.8	(58.0 - 77.8)	326	69.8	(62.6 - 76.2)	279
Grade 10	71.1	(65.0 - 76.6)	631	69.3	(63.2 - 74.8)	265	72.9	(64.1 - 80.2)	366
Grade 11	77.9	(73.5 - 81.9)	692	78.4	(71.8 - 83.8)	316	77.5	(71.4 - 82.5)	376
Grade 12	86.0	(79.1 - 90.9)	340	87.9	(75.8 - 94.4)	128	84.6	(74.9 - 91.0)	212

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_B_SALT1: Percentage of students who ate salty foods or snacks one or more times per day (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	27.1	(24.2 - 30.1)	2906	27.8	(23.8 - 32.1)	1331	26.3	(22.6 - 30.4)	1569
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	31.1	(28.0 - 34.5)	1853	32.1	(27.6 - 37.0)	872	30.1	(25.8 - 34.7)	978
16 or 17	21.1	(17.7 - 25.0)	728	21.9	(16.9 - 27.9)	325	20.4	(15.7 - 26.1)	403
13 - 17	28.5	(25.5 - 31.6)	2581	29.4	(25.6 - 33.6)	1197	27.4	(23.7 - 31.5)	1381
18 or older	14.1	(8.9 - 21.6)	239	-	-	98	16.0	(8.2 - 28.8)	141
Grade									
Grade 8	34.8	(30.5 - 39.3)	626	35.8	(30.9 - 41.0)	292	33.3	(27.3 - 40.0)	332
Grade 9	30.5	(24.5 - 37.2)	609	31.2	(22.2 - 42.0)	326	30.2	(23.8 - 37.4)	279
Grade 10	28.9	(23.4 - 35.0)	631	30.7	(25.2 - 36.8)	265	27.1	(19.8 - 35.9)	366
Grade 11	22.1	(18.1 - 26.5)	692	21.6	(16.2 - 28.2)	316	22.5	(17.5 - 28.6)	376
Grade 12	14.0	(9.1 - 20.9)	340	12.1	(5.6 - 24.2)	128	15.4	(9.0 - 25.1)	212

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Sri Lanka
Summary Tables - Weighted Data

DB_B_SALT2: Percentage of students who ate salty foods or snacks two or more times per day (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	13.1	(11.0 - 15.4)	2906	14.2	(11.9 - 16.8)	1331	12.0	(9.4 - 15.2)	1569
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	15.5	(13.1 - 18.3)	1853	16.8	(14.0 - 20.0)	872	14.3	(11.1 - 18.3)	978
16 or 17	9.7	(7.6 - 12.4)	728	10.6	(7.8 - 14.2)	325	9.0	(6.3 - 12.6)	403
13 - 17	14.0	(11.9 - 16.4)	2581	15.1	(13.0 - 17.6)	1197	12.9	(10.1 - 16.3)	1381
18 or older	5.9	(3.0 - 11.4)	239	-	-	98	5.2	(2.5 - 10.5)	141
Grade									
Grade 8	15.6	(12.6 - 19.2)	626	18.5	(14.3 - 23.5)	292	12.9	(8.6 - 18.9)	332
Grade 9	15.2	(11.9 - 19.1)	609	14.8	(10.2 - 20.9)	326	15.8	(10.5 - 23.0)	279
Grade 10	15.0	(10.9 - 20.2)	631	15.9	(11.8 - 21.2)	265	14.0	(8.5 - 22.2)	366
Grade 11	11.0	(8.8 - 13.6)	692	11.6	(9.1 - 14.8)	316	10.3	(7.1 - 14.7)	376
Grade 12	5.5	(3.0 - 9.8)	340	6.2	(2.4 - 15.0)	128	5.0	(2.4 - 10.1)	212

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DB_B_SALT3: Percentage of students who ate salty foods or snacks three or more times per day (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	8.0	(6.4 - 9.9)	2906	8.0	(6.3 - 10.1)	1331	8.0	(5.8 - 10.9)	1569
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	9.9	(7.9 - 12.4)	1853	9.8	(7.4 - 12.7)	872	10.1	(7.2 - 14.1)	978
16 or 17	4.8	(3.3 - 6.9)	728	4.8	(3.0 - 7.7)	325	4.8	(2.8 - 8.1)	403
13 - 17	8.6	(6.9 - 10.6)	2581	8.5	(6.7 - 10.6)	1197	8.7	(6.3 - 11.9)	1381
18 or older	3.5	(1.9 - 6.3)	239	-	-	98	2.0	(0.7 - 5.7)	141
Grade									
Grade 8	10.8	(8.3 - 14.1)	626	11.8	(7.8 - 17.6)	292	9.9	(6.4 - 15.1)	332
Grade 9	8.6	(6.0 - 12.2)	609	8.4	(5.3 - 13.1)	326	8.9	(4.7 - 16.3)	279
Grade 10	9.9	(6.5 - 15.0)	631	8.3	(5.3 - 12.9)	265	11.5	(6.2 - 20.3)	366
Grade 11	5.6	(3.9 - 7.9)	692	5.0	(3.2 - 7.6)	316	6.2	(3.8 - 10.1)	376
Grade 12	2.7	(1.5 - 4.8)	340	4.0	(1.6 - 9.6)	128	1.7	(0.6 - 4.4)	212

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DB_B_FATNONE: Percentage of students who did not eat foods high in fat (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	13.7	(12.0 - 15.7)	2908	12.3	(10.0 - 15.0)	1334	15.2	(13.0 - 17.8)	1569
Age (Years)									
12 or younger	-	-	85	-	-	36	-	-	47
13 - 15	14.7	(12.6 - 17.0)	1855	14.3	(11.7 - 17.3)	874	15.1	(12.1 - 18.7)	978
16 or 17	11.3	(8.6 - 14.7)	728	6.2	(3.7 - 10.2)	325	16.1	(11.8 - 21.4)	403
13 - 17	13.8	(11.9 - 15.8)	2583	12.1	(9.8 - 15.0)	1199	15.4	(13.0 - 18.1)	1381
18 or older	13.4	(9.0 - 19.6)	240	-	-	99	13.3	(8.7 - 19.8)	141
Grade									
Grade 8	15.9	(12.5 - 20.0)	627	14.8	(11.0 - 19.7)	292	17.1	(11.5 - 24.7)	333
Grade 9	14.5	(11.4 - 18.3)	608	14.4	(9.7 - 20.9)	326	14.8	(10.9 - 19.7)	279
Grade 10	13.3	(11.5 - 15.4)	632	12.5	(9.4 - 16.4)	267	14.2	(11.5 - 17.2)	365
Grade 11	12.0	(8.8 - 16.0)	692	7.4	(4.8 - 11.1)	316	16.5	(11.7 - 22.8)	376
Grade 12	12.8	(9.7 - 16.8)	341	12.2	(6.9 - 20.6)	129	13.3	(9.7 - 18.1)	212

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Sri Lanka
Summary Tables - Weighted Data

DB_B_FATLESS: Percentage of students who ate foods high in fat less than one time per day (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	72.0	(69.1 - 74.7)	2908	70.2	(67.1 - 73.2)	1334	73.7	(70.0 - 77.1)	1569
Age (Years)									
12 or younger	-	-	85	-	-	36	-	-	47
13 - 15	69.2	(66.2 - 72.1)	1855	67.5	(63.7 - 71.1)	874	71.0	(66.4 - 75.1)	978
16 or 17	74.7	(70.8 - 78.2)	728	70.6	(64.5 - 76.0)	325	78.6	(73.4 - 83.0)	403
13 - 17	70.7	(67.9 - 73.4)	2583	68.3	(65.6 - 70.9)	1199	73.0	(69.1 - 76.6)	1381
18 or older	84.6	(76.0 - 90.4)	240	-	-	99	82.5	(71.5 - 89.9)	141
Grade									
Grade 8	64.9	(60.2 - 69.3)	627	63.5	(57.5 - 69.2)	292	66.0	(59.0 - 72.3)	333
Grade 9	70.3	(62.1 - 77.4)	608	70.4	(60.5 - 78.6)	326	70.7	(61.9 - 78.2)	279
Grade 10	70.0	(65.2 - 74.3)	632	67.5	(62.9 - 71.9)	267	72.4	(65.0 - 78.7)	365
Grade 11	74.7	(70.6 - 78.3)	692	71.7	(65.3 - 77.3)	316	77.6	(72.0 - 82.3)	376
Grade 12	84.6	(77.0 - 90.0)	341	84.3	(72.4 - 91.7)	129	84.7	(76.7 - 90.3)	212

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Sri Lanka
Summary Tables - Weighted Data

DB_B_FAT1: Percentage of students who ate foods high in fat one or more times per day (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	28.0	(25.3 - 30.9)	2908	29.8	(26.8 - 32.9)	1334	26.3	(22.9 - 30.0)	1569
Age (Years)									
12 or younger	-	-	85	-	-	36	-	-	47
13 - 15	30.8	(27.9 - 33.8)	1855	32.5	(28.9 - 36.3)	874	29.0	(24.9 - 33.6)	978
16 or 17	25.3	(21.8 - 29.2)	728	29.4	(24.0 - 35.5)	325	21.4	(17.0 - 26.6)	403
13 - 17	29.3	(26.6 - 32.1)	2583	31.7	(29.1 - 34.4)	1199	27.0	(23.4 - 30.9)	1381
18 or older	15.4	(9.6 - 24.0)	240	-	-	99	17.5	(10.1 - 28.5)	141
Grade									
Grade 8	35.1	(30.7 - 39.8)	627	36.5	(30.8 - 42.5)	292	34.0	(27.7 - 41.0)	333
Grade 9	29.7	(22.6 - 37.9)	608	29.6	(21.4 - 39.5)	326	29.3	(21.8 - 38.1)	279
Grade 10	30.0	(25.7 - 34.8)	632	32.5	(28.1 - 37.1)	267	27.6	(21.3 - 35.0)	365
Grade 11	25.3	(21.7 - 29.4)	692	28.3	(22.7 - 34.7)	316	22.4	(17.7 - 28.0)	376
Grade 12	15.4	(10.0 - 23.0)	341	15.7	(8.3 - 27.6)	129	15.3	(9.7 - 23.3)	212

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Summary Tables - Weighted Data

DB_B_FAT2: Percentage of students who ate foods high in fat two or more times per day (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	12.9	(11.2 - 14.8)	2908	13.6	(11.4 - 16.3)	1334	12.1	(10.1 - 14.4)	1569
Age (Years)									
12 or younger	-	-	85	-	-	36	-	-	47
13 - 15	14.8	(12.8 - 17.1)	1855	15.5	(12.4 - 19.2)	874	14.0	(11.7 - 16.7)	978
16 or 17	11.4	(8.5 - 15.2)	728	13.1	(9.1 - 18.4)	325	9.9	(6.9 - 14.1)	403
13 - 17	13.9	(12.1 - 15.9)	2583	14.9	(12.6 - 17.4)	1199	12.9	(10.7 - 15.5)	1381
18 or older	4.1	(1.8 - 9.1)	240	-	-	99	4.6	(2.0 - 10.3)	141
Grade									
Grade 8	17.5	(13.7 - 22.2)	627	19.4	(13.9 - 26.5)	292	15.8	(10.6 - 22.9)	333
Grade 9	15.3	(11.5 - 20.2)	608	15.2	(10.2 - 22.2)	326	14.9	(11.4 - 19.3)	279
Grade 10	12.5	(10.1 - 15.4)	632	12.3	(8.5 - 17.4)	267	12.7	(9.7 - 16.5)	365
Grade 11	11.2	(8.3 - 15.1)	692	12.8	(9.1 - 17.6)	316	9.7	(6.4 - 14.6)	376
Grade 12	4.7	(2.4 - 9.0)	341	3.8	(1.3 - 10.6)	129	5.4	(2.9 - 9.8)	212

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DB_B_FAT3: Percentage of students who ate foods high in fat three or more times per day (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	6.5	(5.4 - 7.8)	2908	7.4	(5.9 - 9.4)	1334	5.5	(4.1 - 7.4)	1569
Age (Years)									
12 or younger	-	-	85	-	-	36	-	-	47
13 - 15	7.2	(6.1 - 8.6)	1855	8.3	(6.4 - 10.6)	874	6.1	(4.6 - 8.0)	978
16 or 17	5.6	(3.9 - 8.1)	728	6.6	(4.5 - 9.7)	325	4.7	(2.7 - 8.1)	403
13 - 17	6.8	(5.6 - 8.2)	2583	7.9	(6.3 - 9.8)	1199	5.7	(4.2 - 7.7)	1381
18 or older	2.9	(1.4 - 6.2)	240	-	-	99	2.4	(1.0 - 5.8)	141
Grade									
Grade 8	9.2	(6.7 - 12.5)	627	10.9	(7.9 - 14.9)	292	7.5	(3.8 - 14.2)	333
Grade 9	6.7	(4.7 - 9.3)	608	7.5	(4.5 - 12.4)	326	5.5	(3.1 - 9.5)	279
Grade 10	6.7	(5.2 - 8.5)	632	6.8	(4.0 - 11.2)	267	6.6	(4.7 - 9.3)	365
Grade 11	6.0	(4.0 - 8.8)	692	6.9	(4.4 - 10.7)	316	5.1	(2.8 - 9.0)	376
Grade 12	2.3	(1.1 - 4.7)	341	2.7	(0.8 - 8.8)	129	1.9	(0.8 - 4.4)	212

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DB_B_SUGARNONE: Percentage of students who did not eat foods high in sugar (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	6.5	(5.6 - 7.5)	2902	6.8	(5.4 - 8.6)	1331	6.2	(4.8 - 7.8)	1565
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	7.5	(6.3 - 8.9)	1850	8.3	(6.5 - 10.5)	872	6.8	(5.1 - 9.1)	975
16 or 17	4.8	(3.4 - 6.6)	727	4.6	(2.6 - 8.0)	325	5.0	(3.7 - 6.6)	402
13 - 17	6.8	(5.9 - 7.8)	2577	7.3	(5.7 - 9.3)	1197	6.3	(5.0 - 7.9)	1377
18 or older	5.0	(2.8 - 8.9)	239	-	-	98	5.6	(2.3 - 12.8)	141
Grade									
Grade 8	9.1	(6.6 - 12.4)	624	10.7	(6.8 - 16.5)	292	7.6	(4.8 - 12.0)	330
Grade 9	7.0	(5.1 - 9.6)	607	8.5	(5.9 - 12.1)	324	5.6	(3.4 - 8.9)	279
Grade 10	6.1	(4.3 - 8.6)	631	5.4	(3.1 - 9.1)	267	6.9	(4.4 - 10.6)	364
Grade 11	5.0	(3.4 - 7.1)	692	3.7	(2.0 - 6.7)	316	6.2	(4.2 - 9.0)	376
Grade 12	4.6	(2.7 - 7.7)	340	5.2	(2.7 - 9.7)	128	4.0	(1.8 - 8.7)	212

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DB_B_SUGARLESS: Percentage of students who ate foods high in sugar less than one time per day (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	60.1	(57.8 - 62.2)	2902	59.0	(55.4 - 62.5)	1331	61.1	(58.3 - 63.8)	1565
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	57.9	(55.2 - 60.6)	1850	56.5	(51.7 - 61.2)	872	59.3	(55.6 - 62.8)	975
16 or 17	62.3	(58.5 - 66.0)	727	59.8	(55.3 - 64.2)	325	64.6	(59.3 - 69.6)	402
13 - 17	59.1	(56.4 - 61.7)	2577	57.4	(53.2 - 61.5)	1197	60.7	(57.6 - 63.8)	1377
18 or older	69.5	(64.5 - 74.1)	239	-	-	98	65.3	(56.3 - 73.2)	141
Grade									
Grade 8	56.7	(52.7 - 60.6)	624	55.4	(48.3 - 62.3)	292	57.8	(50.8 - 64.5)	330
Grade 9	58.5	(51.3 - 65.4)	607	58.4	(48.3 - 67.9)	324	59.1	(51.4 - 66.4)	279
Grade 10	57.7	(52.1 - 63.1)	631	55.5	(47.0 - 63.7)	267	59.9	(52.8 - 66.6)	364
Grade 11	61.5	(57.9 - 65.1)	692	59.9	(54.9 - 64.7)	316	63.2	(59.3 - 66.9)	376
Grade 12	69.1	(63.2 - 74.4)	340	71.7	(66.9 - 76.1)	128	67.0	(56.1 - 76.4)	212

N = Number of students in this group

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DB_B_SUGAR1: Percentage of students who ate foods high in sugar one or more times per day (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	39.9	(37.8 - 42.2)	2902	41.0	(37.5 - 44.6)	1331	38.9	(36.2 - 41.7)	1565
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	42.1	(39.4 - 44.8)	1850	43.5	(38.8 - 48.3)	872	40.7	(37.2 - 44.4)	975
16 or 17	37.7	(34.0 - 41.5)	727	40.2	(35.8 - 44.7)	325	35.4	(30.4 - 40.7)	402
13 - 17	40.9	(38.3 - 43.6)	2577	42.6	(38.5 - 46.8)	1197	39.3	(36.2 - 42.4)	1377
18 or older	30.5	(25.9 - 35.5)	239	-	-	98	34.7	(26.8 - 43.7)	141
Grade									
Grade 8	43.3	(39.4 - 47.3)	624	44.6	(37.7 - 51.7)	292	42.2	(35.5 - 49.2)	330
Grade 9	41.5	(34.6 - 48.7)	607	41.6	(32.1 - 51.7)	324	40.9	(33.6 - 48.6)	279
Grade 10	42.3	(36.9 - 47.9)	631	44.5	(36.3 - 53.0)	267	40.1	(33.4 - 47.2)	364
Grade 11	38.5	(34.9 - 42.1)	692	40.1	(35.3 - 45.1)	316	36.8	(33.1 - 40.7)	376
Grade 12	30.9	(25.6 - 36.8)	340	28.3	(23.9 - 33.1)	128	33.0	(23.6 - 43.9)	212

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_B_SUGAR2: Percentage of students who ate foods high in sugar two or more times per day (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	22.6	(20.4 - 24.9)	2902	23.5	(21.0 - 26.3)	1331	21.6	(18.7 - 24.8)	1565
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	24.4	(21.8 - 27.3)	1850	25.2	(22.0 - 28.7)	872	23.6	(20.2 - 27.4)	975
16 or 17	20.5	(17.4 - 24.0)	727	24.5	(20.0 - 29.6)	325	16.7	(13.2 - 20.9)	402
13 - 17	23.4	(21.1 - 25.8)	2577	25.0	(22.4 - 27.9)	1197	21.7	(18.8 - 24.9)	1377
18 or older	12.9	(8.8 - 18.5)	239	-	-	98	16.7	(8.9 - 29.1)	141
Grade									
Grade 8	26.6	(23.2 - 30.3)	624	29.2	(22.9 - 36.5)	292	24.2	(19.9 - 29.0)	330
Grade 9	23.6	(18.2 - 30.2)	607	22.7	(15.8 - 31.4)	324	24.3	(17.1 - 33.2)	279
Grade 10	24.5	(20.9 - 28.6)	631	24.3	(18.7 - 30.9)	267	24.8	(19.9 - 30.4)	364
Grade 11	20.9	(18.0 - 24.0)	692	24.1	(19.8 - 28.8)	316	17.7	(14.9 - 21.0)	376
Grade 12	14.2	(10.5 - 18.8)	340	12.2	(7.9 - 18.4)	128	15.6	(8.7 - 26.5)	212

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DB_B_SUGAR3: Percentage of students who ate foods high in sugar three or more times per day (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	12.3	(10.9 - 13.9)	2902	12.6	(10.6 - 14.8)	1331	12.0	(10.4 - 13.8)	1565
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	13.7	(11.8 - 15.7)	1850	13.7	(11.0 - 17.0)	872	13.5	(11.1 - 16.3)	975
16 or 17	10.8	(8.6 - 13.4)	727	11.8	(8.7 - 15.9)	325	9.8	(7.1 - 13.5)	402
13 - 17	12.9	(11.3 - 14.6)	2577	13.2	(11.2 - 15.6)	1197	12.5	(10.6 - 14.7)	1377
18 or older	4.8	(2.6 - 8.7)	239	-	-	98	6.0	(2.7 - 12.8)	141
Grade									
Grade 8	16.5	(13.7 - 19.8)	624	17.0	(12.8 - 22.1)	292	16.2	(12.5 - 20.8)	330
Grade 9	14.3	(10.7 - 18.8)	607	14.5	(9.0 - 22.4)	324	13.6	(9.6 - 18.9)	279
Grade 10	11.4	(8.8 - 14.8)	631	10.6	(7.2 - 15.3)	267	12.3	(8.4 - 17.5)	364
Grade 11	12.2	(10.1 - 14.7)	692	13.6	(9.9 - 18.4)	316	10.9	(8.5 - 13.8)	376
Grade 12	4.4	(2.7 - 7.1)	340	3.2	(1.5 - 6.5)	128	5.3	(2.6 - 10.4)	212

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

LKA_B_DB_ROADSIDE: Percentage of students who ate at least one meal or snack from a local roadside restaurant, boutique, Choon Paan, or fast food restaurant
(on 1 or more days during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	70.3	(66.2 - 74.1)	2905	72.3	(67.7 - 76.5)	1334	68.4	(63.1 - 73.2)	1566
Age (Years)									
12 or younger	-	-	86	-	-	37	-	-	46
13 - 15	69.8	(65.2 - 74.1)	1852	71.1	(65.7 - 75.9)	873	68.6	(62.3 - 74.3)	977
16 or 17	71.8	(65.4 - 77.5)	727	77.9	(71.3 - 83.4)	325	66.2	(56.8 - 74.4)	402
13 - 17	70.4	(66.0 - 74.4)	2579	72.9	(68.2 - 77.1)	1198	67.9	(62.2 - 73.2)	1379
18 or older	67.5	(61.6 - 72.8)	240	-	-	99	69.3	(62.3 - 75.5)	141
Grade									
Grade 8	73.1	(67.2 - 78.3)	627	73.9	(66.0 - 80.6)	293	72.1	(63.4 - 79.4)	332
Grade 9	65.8	(58.1 - 72.8)	608	67.6	(56.3 - 77.2)	327	64.0	(54.6 - 72.4)	278
Grade 10	71.6	(66.3 - 76.3)	629	71.9	(66.0 - 77.2)	265	71.2	(63.8 - 77.7)	364
Grade 11	72.7	(64.9 - 79.4)	692	79.4	(72.0 - 85.2)	316	66.2	(55.7 - 75.3)	376
Grade 12	67.3	(61.7 - 72.4)	341	66.4	(56.5 - 75.1)	129	68.0	(59.0 - 75.8)	212

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data
LKA_B_DB_USUALBREAKFAST: Percentage of students who did not eat breakfast because there is not always food in their home for breakfast
(during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	1.7	(1.2 - 2.4)	2910	1.6	(1.1 - 2.4)	1334	1.8	(1.1 - 3.0)	1570
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	1.9	(1.3 - 2.9)	1857	1.7	(1.0 - 2.8)	875	2.2	(1.2 - 3.8)	979
16 or 17	1.4	(0.8 - 2.4)	727	1.4	(0.5 - 3.9)	324	1.4	(0.7 - 2.8)	403
13 - 17	1.8	(1.2 - 2.5)	2584	1.6	(1.1 - 2.4)	1199	1.9	(1.1 - 3.3)	1382
18 or older	1.1	(0.4 - 3.2)	240	-	-	99	1.1	(0.3 - 4.2)	141
Grade									
Grade 8	2.0	(1.0 - 3.8)	628	1.8	(0.7 - 4.5)	293	2.1	(1.1 - 4.0)	333
Grade 9	2.2	(1.2 - 3.9)	609	1.9	(0.8 - 4.3)	326	2.5	(1.1 - 5.3)	279
Grade 10	1.3	(0.7 - 2.4)	633	1.6	(0.6 - 4.1)	267	1.1	(0.3 - 3.9)	366
Grade 11	1.9	(1.0 - 3.7)	691	1.5	(0.5 - 4.3)	315	2.3	(0.9 - 6.0)	376
Grade 12	0.8	(0.2 - 2.3)	341	0.8	(0.1 - 6.0)	129	0.7	(0.2 - 2.8)	212

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

LKA_HY_B_EATHANDWASHING: Percentage of students who usually washed their hands under running water before eating at school
(during the 30 days before the survey, among studetns who washed their hands before eating at school in the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	70.1	(63.6 - 75.9)	2608	68.3	(61.9 - 74.0)	1163	72.0	(64.7 - 78.3)	1440
Age (Years)									
12 or younger	-	-	74	-	-	30	-	-	42
13 - 15	66.2	(58.6 - 73.0)	1671	63.7	(55.8 - 70.9)	776	68.8	(60.1 - 76.4)	892
16 or 17	76.3	(67.5 - 83.3)	646	75.7	(65.4 - 83.7)	270	76.8	(66.8 - 84.6)	376
13 - 17	68.9	(61.7 - 75.2)	2317	66.7	(59.6 - 73.1)	1046	71.0	(62.9 - 78.0)	1268
18 or older	80.7	(72.6 - 86.8)	217	-	-	87	78.4	(70.1 - 84.9)	130
Grade									
Grade 8	67.4	(57.0 - 76.3)	566	62.5	(51.6 - 72.3)	261	72.7	(60.4 - 82.3)	303
Grade 9	63.6	(53.1 - 73.1)	565	66.2	(55.8 - 75.2)	298	61.5	(48.2 - 73.4)	264
Grade 10	66.7	(56.2 - 75.8)	552	60.3	(47.9 - 71.5)	227	72.7	(60.8 - 82.1)	325
Grade 11	77.5	(66.5 - 85.7)	613	77.1	(66.1 - 85.4)	261	77.8	(64.3 - 87.2)	352
Grade 12	79.1	(70.1 - 85.8)	304	82.1	(71.9 - 89.2)	112	76.9	(67.5 - 84.2)	192

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

Summary Tables - Weighted Data

HY_B_WASHTOILETSCH: Percentage of students who washed their hands most of the time or always after using the toilets or latrines at school
(among students who had toilets or latrines at school during the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	71.0	(67.1 - 74.6)	2749	63.3	(58.7 - 67.7)	1245	78.1	(74.0 - 81.8)	1499
Age (Years)									
12 or younger	-	-	83	-	-	36	-	-	45
13 - 15	69.0	(64.5 - 73.2)	1758	61.9	(56.5 - 67.0)	820	75.7	(70.6 - 80.2)	935
16 or 17	73.8	(68.4 - 78.5)	676	65.2	(58.0 - 71.7)	295	81.4	(75.6 - 86.1)	381
13 - 17	70.3	(66.1 - 74.1)	2434	62.8	(58.0 - 67.3)	1115	77.3	(72.8 - 81.2)	1316
18 or older	79.4	(71.3 - 85.7)	232	-	-	94	85.5	(76.2 - 91.6)	138
Grade									
Grade 8	67.9	(59.8 - 75.1)	601	59.8	(48.1 - 70.4)	278	75.7	(68.3 - 81.8)	321
Grade 9	69.6	(63.5 - 75.0)	579	63.5	(55.4 - 71.0)	311	75.6	(67.9 - 82.0)	265
Grade 10	67.8	(61.1 - 73.9)	597	60.0	(51.9 - 67.5)	249	75.4	(67.6 - 81.9)	348
Grade 11	73.6	(68.3 - 78.4)	637	65.5	(58.3 - 72.1)	282	81.2	(76.0 - 85.5)	355
Grade 12	78.6	(71.1 - 84.6)	328	71.1	(63.2 - 77.9)	121	84.1	(74.8 - 90.4)	207

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

LKA_HY_B_TIMESBRUSHED: Percentage of students who usually cleaned or brushed their teeth (1 or more times during the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	95.3	(94.2 - 96.2)	2903	93.7	(92.0 - 95.0)	1332	96.8	(95.8 - 97.6)	1565
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	94.5	(93.0 - 95.6)	1850	92.4	(90.4 - 93.9)	872	96.5	(95.2 - 97.5)	975
16 or 17	96.4	(94.4 - 97.7)	726	96.0	(92.8 - 97.8)	324	96.8	(93.3 - 98.5)	402
13 - 17	95.0	(93.7 - 96.0)	2576	93.3	(91.5 - 94.8)	1196	96.6	(95.4 - 97.5)	1377
18 or older	98.7	(94.6 - 99.7)	240	-	-	99	99.2	(94.4 - 99.9)	141
Grade									
Grade 8	93.4	(90.4 - 95.5)	624	90.7	(85.9 - 94.0)	293	96.0	(93.4 - 97.6)	329
Grade 9	94.2	(91.8 - 95.9)	609	91.1	(88.7 - 93.0)	326	97.2	(94.0 - 98.7)	279
Grade 10	95.1	(92.8 - 96.7)	631	94.4	(90.4 - 96.8)	265	95.8	(92.7 - 97.7)	366
Grade 11	96.8	(94.9 - 98.0)	690	96.1	(91.5 - 98.3)	315	97.5	(95.5 - 98.6)	375
Grade 12	97.7	(93.8 - 99.2)	341	97.8	(89.7 - 99.6)	129	97.6	(92.7 - 99.2)	212

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

LKA_HY_B_TOOTHPASTEFLOURIDE: Percentage of students who usually used a toothpaste that contains flouride when they cleaned or brushed their teeth
(during the 30 days before the survey, among students who brushed their teeth in the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	67.5	(64.9 - 70.0)	2852	67.3	(63.6 - 70.8)	1296	67.6	(64.4 - 70.7)	1550
Age (Years)									
12 or younger	-	-	82	-	-	34	-	-	45
13 - 15	64.7	(61.4 - 67.9)	1819	64.2	(59.4 - 68.7)	848	65.3	(61.1 - 69.2)	968
16 or 17	69.8	(66.7 - 72.7)	717	69.5	(63.2 - 75.2)	317	70.0	(65.2 - 74.5)	400
13 - 17	66.1	(63.3 - 68.8)	2536	65.6	(61.8 - 69.2)	1165	66.6	(63.0 - 70.0)	1368
18 or older	78.4	(70.0 - 85.0)	234	-	-	97	77.7	(67.8 - 85.3)	137
Grade									
Grade 8	61.7	(56.1 - 66.9)	609	63.1	(56.8 - 69.0)	279	60.0	(51.3 - 68.1)	328
Grade 9	65.8	(59.7 - 71.4)	599	66.1	(59.1 - 72.5)	318	65.7	(55.5 - 74.7)	277
Grade 10	67.2	(62.4 - 71.6)	621	64.6	(56.4 - 72.0)	260	69.8	(64.2 - 74.8)	361
Grade 11	69.6	(65.8 - 73.1)	681	70.7	(63.3 - 77.0)	308	68.5	(62.7 - 73.8)	373
Grade 12	75.7	(69.7 - 80.9)	334	75.0	(64.0 - 83.6)	127	76.3	(70.7 - 81.0)	207

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

HY_B_ORALPROB: Percentage of students who missed classes or school because of a problem with their mouth, teeth, or gums (during the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	6.7	(5.3 - 8.4)	2851	7.7	(5.7 - 10.3)	1305	5.6	(4.3 - 7.2)	1540
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	6.8	(5.2 - 8.9)	1818	8.3	(6.2 - 11.1)	854	5.2	(3.6 - 7.6)	961
16 or 17	6.1	(4.2 - 8.7)	710	5.4	(3.2 - 8.8)	318	6.8	(3.9 - 11.4)	392
13 - 17	6.6	(5.1 - 8.5)	2528	7.6	(5.7 - 10.0)	1172	5.6	(4.2 - 7.4)	1353
18 or older	5.7	(2.9 - 10.9)	237	-	-	97	4.4	(1.9 - 9.9)	140
Grade									
Grade 8	9.0	(5.3 - 15.0)	616	11.7	(6.8 - 19.3)	287	6.4	(3.0 - 13.1)	327
Grade 9	6.5	(4.6 - 9.0)	596	8.8	(6.4 - 12.1)	317	3.5	(1.5 - 8.0)	275
Grade 10	5.9	(4.1 - 8.4)	620	6.0	(3.7 - 9.6)	261	5.8	(3.6 - 9.1)	359
Grade 11	5.9	(3.9 - 8.7)	677	4.9	(2.9 - 8.2)	310	6.8	(4.2 - 10.9)	367
Grade 12	5.8	(2.7 - 12.1)	334	6.3	(2.6 - 14.6)	126	5.5	(2.0 - 13.9)	208

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

IN_B_TIMESINJ: Percentage of students who were seriously injured (one or more times during the 12 months before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	44.3	(39.7 - 49.0)	2724	54.8	(49.2 - 60.2)	1234	34.3	(30.1 - 38.8)	1485
Age (Years)									
12 or younger	-	-	83	-	-	35	-	-	46
13 - 15	47.5	(42.0 - 53.1)	1725	58.1	(52.0 - 64.0)	800	37.2	(32.0 - 42.6)	922
16 or 17	41.2	(36.3 - 46.3)	689	52.2	(46.0 - 58.4)	305	31.1	(25.2 - 37.7)	384
13 - 17	45.8	(40.9 - 50.7)	2414	56.5	(51.4 - 61.5)	1105	35.5	(30.9 - 40.4)	1306
18 or older	31.2	(18.9 - 46.9)	227	-	-	94	24.5	(13.6 - 40.0)	133
Grade									
Grade 8	48.0	(40.2 - 55.9)	581	56.4	(47.4 - 65.1)	266	39.5	(31.2 - 48.4)	313
Grade 9	48.5	(41.3 - 55.7)	560	57.7	(47.3 - 67.5)	295	39.0	(30.7 - 47.9)	262
Grade 10	46.3	(39.6 - 53.1)	595	59.3	(49.5 - 68.4)	249	33.6	(28.7 - 38.9)	346
Grade 11	41.9	(36.2 - 47.9)	653	54.1	(48.2 - 59.9)	297	30.1	(24.4 - 36.6)	356
Grade 12	33.0	(21.0 - 47.6)	328	40.0	(24.3 - 58.1)	124	27.7	(16.1 - 43.3)	204

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

IN_B_TYPEINJ: Percentage of students who reported that their most serious injury was a broken bone, dislocated joint, or a broken or knocked out tooth
(among students who were seriously injured during the 12 months before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	23.3	(19.8 - 27.1)	845	25.1	(20.3 - 30.6)	502	20.2	(16.3 - 24.8)	338
Age (Years)									
12 or younger	-	-	22	-	-	9	-	-	11
13 - 15	24.2	(20.4 - 28.5)	568	25.6	(20.2 - 31.8)	342	22.3	(16.7 - 29.1)	223
16 or 17	22.3	(15.1 - 31.7)	204	24.9	(16.1 - 36.3)	127	-	-	77
13 - 17	23.8	(20.0 - 28.1)	772	25.4	(20.0 - 31.7)	469	21.1	(16.3 - 27.0)	300
18 or older	-	-	51	-	-	24	-	-	27
Grade									
Grade 8	20.4	(14.9 - 27.4)	185	17.3	(12.4 - 23.6)	103	-	-	80
Grade 9	25.0	(17.9 - 33.7)	184	31.1	(21.5 - 42.6)	120	-	-	61
Grade 10	26.3	(20.0 - 33.7)	195	25.9	(16.3 - 38.6)	114	-	-	81
Grade 11	25.5	(16.6 - 36.9)	204	28.2	(17.9 - 41.5)	130	-	-	74
Grade 12	-	-	76	-	-	35	-	-	41

N = Number of students in this group

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

IN_B_CAUSEINJ: Percentage of students who reported that their most serious injury was caused by a motor vehicle accident or being hit by a motor vehicle (among students who were seriously injured during the 12 months before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	12.4	(9.7 - 15.8)	887	16.3	(12.7 - 20.8)	518	6.3	(4.1 - 9.6)	365
Age (Years)									
12 or younger	-	-	26	-	-	11	-	-	14
13 - 15	12.5	(9.8 - 15.9)	601	16.1	(12.0 - 21.2)	353	6.9	(4.1 - 11.3)	245
16 or 17	13.2	(8.3 - 20.2)	205	17.4	(11.4 - 25.7)	125	-	-	80
13 - 17	12.7	(10.1 - 15.7)	806	16.4	(13.0 - 20.5)	478	6.6	(4.3 - 9.9)	325
18 or older	-	-	55	-	-	29	-	-	26
Grade									
Grade 8	12.7	(8.2 - 19.0)	201	15.0	(9.7 - 22.4)	110	-	-	89
Grade 9	10.8	(7.4 - 15.6)	191	14.9	(8.7 - 24.4)	124	-	-	65
Grade 10	12.1	(7.3 - 19.4)	208	15.6	(9.4 - 24.8)	115	-	-	93
Grade 11	17.8	(11.9 - 25.7)	203	23.1	(16.0 - 32.1)	129	-	-	74
Grade 12	-	-	81	-	-	39	-	-	42

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

IN_B_ATTACK: Percentage of students who were physically attacked (one or more times during the 12 months before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	22.5	(19.5 - 25.7)	2910	30.9	(26.2 - 36.0)	1335	14.5	(11.7 - 17.9)	1569
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	24.5	(21.1 - 28.3)	1856	33.6	(29.1 - 38.3)	874	15.7	(12.4 - 19.7)	979
16 or 17	21.9	(18.0 - 26.3)	727	30.5	(23.2 - 39.1)	325	13.8	(9.8 - 19.0)	402
13 - 17	23.8	(20.8 - 27.1)	2583	32.8	(28.2 - 37.7)	1199	15.2	(12.2 - 18.8)	1381
18 or older	10.3	(4.7 - 20.8)	240	-	-	99	9.8	(4.7 - 19.2)	141
Grade									
Grade 8	24.1	(19.3 - 29.7)	627	33.4	(27.5 - 39.9)	292	14.9	(10.2 - 21.5)	333
Grade 9	27.0	(20.3 - 34.9)	610	37.1	(28.0 - 47.3)	327	17.2	(11.4 - 25.1)	279
Grade 10	23.0	(18.4 - 28.3)	633	31.7	(23.0 - 42.0)	267	14.3	(11.4 - 17.9)	366
Grade 11	22.1	(18.1 - 26.7)	691	31.5	(24.6 - 39.4)	316	12.8	(9.6 - 16.9)	375
Grade 12	12.3	(6.3 - 22.8)	341	12.1	(5.1 - 26.2)	129	12.5	(6.3 - 23.5)	212

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

Summary Tables - Weighted Data

IN_B_FORCEDSEX: Percentage of students who were forced by anyone to do sexual things that they did not want to do
(one or more times during the 12 months before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	5.9	(4.7 - 7.5)	2907	7.0	(5.0 - 9.6)	1332	4.9	(3.6 - 6.6)	1569
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	6.5	(4.8 - 8.9)	1854	8.3	(5.6 - 12.2)	873	4.7	(3.2 - 6.9)	978
16 or 17	5.0	(3.5 - 7.2)	726	5.4	(2.8 - 10.3)	323	4.6	(2.6 - 8.1)	403
13 - 17	6.1	(4.7 - 7.9)	2580	7.5	(5.4 - 10.5)	1196	4.7	(3.3 - 6.6)	1381
18 or older	4.1	(2.5 - 6.5)	240	-	-	99	6.0	(3.5 - 10.2)	141
Grade									
Grade 8	6.4	(3.5 - 11.5)	627	7.7	(3.9 - 14.6)	292	5.2	(2.5 - 10.4)	333
Grade 9	5.9	(4.1 - 8.4)	610	7.5	(4.9 - 11.3)	327	4.0	(2.0 - 7.8)	279
Grade 10	7.3	(4.9 - 10.6)	631	9.7	(5.9 - 15.5)	266	4.9	(2.4 - 9.8)	365
Grade 11	5.1	(3.3 - 7.8)	690	5.5	(2.7 - 10.9)	314	4.7	(2.5 - 8.8)	376
Grade 12	4.1	(2.7 - 6.2)	341	2.4	(0.8 - 7.6)	129	5.4	(3.3 - 8.7)	212

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

Summary Tables - Weighted Data

IN_B_FORCEDDATINGSEX: Percentage of students who were forced by someone they were dating or going out with to do sexual things that they did not want to do (one or more times during the 12 months before the survey, among students who dated in the 12 months before the survey)

	Total			Males			Females		
	Percentage	**95% confidence interval**	**N**	**Percentage**	**95% confidence interval**	**N**	**Percentage**	**95% confidence interval**	**N**
Total	9.2	(6.7 - 12.3)	1127	11.2	(8.2 - 15.0)	519	7.1	(4.8 - 10.5)	608
Age (Years)									
12 or younger	-	-	33	-	-	12	-	-	21
13 - 15	11.8	(8.0 - 17.0)	648	14.4	(9.5 - 21.2)	313	9.1	(5.4 - 14.8)	335
16 or 17	6.5	(4.3 - 9.8)	335	9.0	(5.8 - 13.7)	148	4.3	(1.9 - 9.7)	187
13 - 17	10.1	(7.5 - 13.5)	983	12.7	(9.4 - 17.0)	461	7.5	(5.0 - 11.1)	522
18 or older	3.1	(0.9 - 9.9)	111	-	-	46	-	-	65
Grade									
Grade 8	13.3	(6.8 - 24.4)	223	15.4	(7.8 - 28.4)	114	10.7	(4.3 - 24.4)	109
Grade 9	8.0	(4.5 - 13.8)	208	11.1	(6.0 - 19.6)	106	5.1	(1.8 - 13.8)	102
Grade 10	13.1	(8.3 - 20.0)	217	-	-	97	9.8	(5.4 - 17.0)	120
Grade 11	7.9	(5.1 - 11.9)	316	8.7	(5.4 - 13.7)	139	7.1	(3.5 - 14.0)	177
Grade 12	2.9	(1.0 - 8.1)	159	-	-	61	-	-	98

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

IN_B_INTERNETSEX: Percentage of students who had someone ask them to do sexual things on the internet or social media when they did not want to (one or more times during the 12 months before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	6.6	(5.2 - 8.5)	2907	8.6	(6.1 - 12.1)	1331	4.7	(3.7 - 6.1)	1570
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	7.3	(5.2 - 10.2)	1854	10.2	(6.8 - 15.2)	872	4.3	(3.0 - 6.2)	979
16 or 17	6.0	(4.1 - 8.6)	727	6.3	(4.0 - 9.6)	324	5.7	(3.1 - 10.2)	403
13 - 17	6.9	(5.3 - 9.0)	2581	9.2	(6.4 - 13.0)	1196	4.7	(3.6 - 6.1)	1382
18 or older	5.0	(2.9 - 8.7)	240	-	-	99	5.3	(2.5 - 11.1)	141
Grade									
Grade 8	7.0	(3.8 - 12.3)	628	9.6	(4.9 - 17.9)	293	4.4	(2.1 - 9.1)	333
Grade 9	6.0	(3.6 - 9.6)	607	9.1	(5.0 - 16.0)	324	2.5	(1.0 - 6.2)	279
Grade 10	8.5	(5.7 - 12.3)	632	12.1	(7.3 - 19.3)	266	4.9	(3.3 - 7.3)	366
Grade 11	5.4	(3.5 - 8.4)	691	5.1	(3.3 - 7.9)	315	5.8	(2.9 - 11.1)	376
Grade 12	6.2	(4.1 - 9.1)	341	6.0	(2.3 - 14.7)	129	6.3	(3.7 - 10.6)	212

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

Summary Tables - Weighted Data

IN_B_TEACHAVOIDTOUCH: Percentage of students who were taught in any of their classes what to do if someone is trying to touch them in a sexual way when they do not want them to (during this school year)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	56.8	(52.5 - 61.0)	2895	47.8	(43.2 - 52.3)	1321	65.6	(60.3 - 70.5)	1568
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	57.1	(52.0 - 62.0)	1842	47.5	(43.3 - 51.8)	861	66.5	(60.2 - 72.2)	978
16 or 17	59.4	(52.8 - 65.6)	727	53.5	(46.0 - 60.8)	324	64.8	(57.3 - 71.7)	403
13 - 17	57.7	(53.1 - 62.2)	2569	49.1	(44.8 - 53.4)	1185	66.0	(60.4 - 71.3)	1381
18 or older	49.6	(36.6 - 62.6)	239	-	-	99	61.7	(43.0 - 77.5)	140
Grade									
Grade 8	54.1	(46.9 - 61.2)	624	43.0	(35.6 - 50.7)	290	65.5	(56.9 - 73.1)	332
Grade 9	55.8	(47.8 - 63.5)	602	49.0	(40.3 - 57.7)	319	63.2	(54.5 - 71.1)	279
Grade 10	59.7	(53.1 - 66.0)	629	51.2	(43.1 - 59.1)	263	68.0	(60.4 - 74.8)	366
Grade 11	62.2	(54.1 - 69.6)	692	54.4	(46.0 - 62.5)	316	69.8	(59.6 - 78.3)	376
Grade 12	50.0	(39.2 - 60.9)	340	37.0	(24.0 - 52.2)	129	60.0	(44.9 - 73.5)	211

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

Summary Tables - Weighted Data

IN_B_TEACHERHIT: Percentage of students whose teacher hit, slapped, or physically hurt them on purpose or made them do something that hurt
(during the 12 months before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	45.8	(41.0 - 50.7)	2884	57.0	(51.2 - 62.6)	1316	35.3	(29.9 - 41.1)	1563
Age (Years)									
12 or younger	-	-	85	-	-	36	-	-	47
13 - 15	46.6	(40.6 - 52.8)	1835	56.7	(50.2 - 63.0)	859	36.9	(30.1 - 44.2)	973
16 or 17	51.2	(44.1 - 58.3)	725	66.3	(56.6 - 74.7)	323	37.3	(30.0 - 45.2)	402
13 - 17	47.9	(42.9 - 52.9)	2560	59.3	(53.6 - 64.7)	1182	37.0	(31.4 - 43.0)	1375
18 or older	24.3	(16.6 - 34.3)	239	-	-	98	17.1	(10.7 - 26.3)	141
Grade									
Grade 8	48.3	(41.7 - 54.9)	617	55.7	(43.9 - 67.0)	284	41.4	(34.7 - 48.4)	331
Grade 9	44.8	(35.6 - 54.4)	601	55.2	(47.0 - 63.1)	321	34.2	(22.7 - 47.8)	277
Grade 10	47.1	(38.7 - 55.7)	628	58.8	(49.7 - 67.3)	264	35.6	(26.2 - 46.4)	364
Grade 11	57.3	(50.0 - 64.3)	690	72.5	(65.6 - 78.5)	315	42.4	(34.6 - 50.5)	375
Grade 12	24.8	(17.4 - 34.1)	340	33.0	(19.3 - 50.4)	128	18.6	(13.0 - 26.0)	212

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

IN_B_FIGHT: Percentage of students who were in a physical fight (one or more times during the 12 months before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	32.9	(29.6 - 36.4)	2908	49.5	(45.8 - 53.2)	1335	16.8	(13.9 - 20.2)	1567
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	35.5	(32.0 - 39.2)	1854	52.0	(47.7 - 56.3)	874	19.1	(15.4 - 23.5)	977
16 or 17	31.7	(26.2 - 37.7)	727	49.2	(41.0 - 57.5)	325	15.4	(11.0 - 21.1)	402
13 - 17	34.5	(31.1 - 38.0)	2581	51.3	(47.3 - 55.2)	1199	18.1	(15.1 - 21.5)	1379
18 or older	17.2	(10.8 - 26.3)	240	-	-	99	5.0	(2.0 - 11.9)	141
Grade									
Grade 8	36.0	(30.9 - 41.5)	626	52.1	(44.3 - 59.8)	292	19.5	(14.5 - 25.7)	332
Grade 9	38.3	(32.4 - 44.6)	610	56.8	(52.6 - 60.8)	327	19.6	(14.6 - 25.9)	279
Grade 10	32.1	(27.7 - 36.7)	632	46.0	(38.5 - 53.7)	267	18.2	(13.3 - 24.5)	365
Grade 11	35.7	(30.2 - 41.5)	692	55.6	(49.0 - 61.9)	316	16.1	(12.1 - 21.1)	376
Grade 12	16.7	(11.2 - 24.0)	340	28.1	(18.8 - 39.7)	129	7.9	(3.4 - 17.3)	211

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

IN_B_BULLSCH: Percentage of students who were bullied on school property (during the 12 months before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	18.6	(16.2 - 21.2)	2887	19.1	(16.1 - 22.4)	1317	18.0	(15.1 - 21.4)	1564
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	18.6	(16.3 - 21.2)	1834	19.2	(16.6 - 22.1)	858	18.0	(15.0 - 21.5)	973
16 or 17	19.7	(15.8 - 24.4)	726	19.3	(13.3 - 27.0)	323	20.2	(15.5 - 25.8)	403
13 - 17	18.9	(16.5 - 21.6)	2560	19.2	(16.4 - 22.3)	1181	18.6	(15.5 - 22.2)	1376
18 or older	14.3	(10.1 - 19.9)	240	-	-	99	13.5	(8.8 - 20.2)	141
Grade									
Grade 8	18.7	(15.0 - 23.0)	615	21.5	(16.4 - 27.6)	283	16.1	(12.0 - 21.3)	330
Grade 9	17.0	(14.3 - 20.2)	601	16.6	(13.5 - 20.2)	320	17.0	(12.8 - 22.1)	277
Grade 10	20.5	(17.2 - 24.2)	631	20.2	(16.2 - 25.0)	266	20.7	(16.3 - 26.1)	365
Grade 11	20.6	(16.3 - 25.6)	691	20.9	(14.5 - 29.0)	315	20.3	(14.8 - 27.1)	376
Grade 12	15.1	(11.9 - 19.0)	341	14.8	(8.3 - 24.9)	129	15.4	(11.2 - 20.9)	212

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

IN_B_BULLNOSCH: Percentage of students who were bullied when not on school property (during the 12 months before the survey)

	Total			**Males**			**Females**		
	Percentage	**95% confidence interval**	**N**	**Percentage**	**95% confidence interval**	**N**	**Percentage**	**95% confidence interval**	**N**
Total	8.8	(7.7 - 10.1)	2881	9.3	(7.6 - 11.4)	1316	8.3	(6.9 - 9.9)	1559
Age (Years)									
12 or younger	-	-	85	-	-	35	-	-	47
13 - 15	8.4	(7.3 - 9.8)	1833	8.9	(7.0 - 11.4)	861	8.0	(6.3 - 10.0)	969
16 or 17	9.7	(7.5 - 12.5)	723	9.5	(5.9 - 15.0)	321	9.9	(7.5 - 12.9)	402
13 - 17	8.8	(7.7 - 10.0)	2556	9.1	(7.2 - 11.5)	1182	8.5	(7.1 - 10.1)	1371
18 or older	7.8	(4.9 - 12.3)	240	-	-	99	8.4	(4.4 - 15.7)	141
Grade									
Grade 8	9.3	(6.4 - 13.3)	617	12.6	(8.5 - 18.3)	286	6.2	(3.4 - 10.8)	329
Grade 9	9.2	(6.6 - 12.6)	602	8.9	(5.6 - 13.6)	320	9.3	(6.1 - 14.0)	278
Grade 10	7.4	(5.2 - 10.4)	624	7.3	(3.8 - 13.4)	263	7.5	(5.2 - 10.8)	361
Grade 11	9.7	(7.4 - 12.6)	690	9.8	(5.7 - 16.1)	315	9.6	(7.8 - 11.9)	375
Grade 12	8.3	(5.7 - 12.0)	340	7.7	(4.1 - 14.2)	128	8.8	(4.9 - 15.2)	212

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

IN_B_CYBERBULL: Percentage of students who were cyber bullied (during the 12 months before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	5.2	(4.3 - 6.4)	2889	6.0	(4.4 - 8.0)	1318	4.5	(3.3 - 6.0)	1565
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	5.6	(4.2 - 7.3)	1837	6.5	(4.6 - 9.1)	860	4.6	(3.2 - 6.5)	974
16 or 17	4.9	(3.9 - 6.2)	725	5.0	(2.7 - 8.9)	322	4.8	(3.3 - 7.1)	403
13 - 17	5.4	(4.3 - 6.8)	2562	6.1	(4.4 - 8.4)	1182	4.7	(3.4 - 6.3)	1377
18 or older	3.5	(1.6 - 7.4)	240	-	-	99	3.7	(1.6 - 8.3)	141
Grade									
Grade 8	5.1	(3.1 - 8.3)	626	6.3	(3.4 - 11.3)	292	4.0	(2.1 - 7.4)	332
Grade 9	5.9	(4.1 - 8.3)	598	7.0	(4.3 - 11.0)	318	4.5	(2.5 - 8.0)	276
Grade 10	5.6	(3.7 - 8.4)	626	6.7	(4.2 - 10.5)	261	4.6	(2.7 - 7.5)	365
Grade 11	4.8	(3.7 - 6.2)	690	5.4	(3.0 - 9.5)	314	4.3	(2.8 - 6.5)	376
Grade 12	4.5	(2.7 - 7.3)	341	3.8	(1.5 - 9.3)	129	5.0	(3.0 - 8.3)	212

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

MH_B_FRIENDS: Percentage of students who have no close friends

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	7.7	(6.4 - 9.3)	2890	7.7	(6.4 - 9.2)	1322	7.8	(5.9 - 10.3)	1562
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	7.2	(5.7 - 9.1)	1840	7.5	(6.0 - 9.5)	864	6.9	(5.0 - 9.5)	973
16 or 17	8.1	(6.0 - 10.9)	724	5.6	(3.1 - 9.9)	323	10.4	(7.1 - 15.2)	401
13 - 17	7.5	(6.2 - 9.0)	2564	7.0	(5.7 - 8.7)	1187	7.9	(6.1 - 10.1)	1374
18 or older	9.1	(5.7 - 14.1)	240	-	-	99	6.8	(2.6 - 16.5)	141
Grade									
Grade 8	7.7	(5.9 - 10.1)	624	9.3	(6.2 - 13.8)	290	6.2	(3.9 - 9.5)	332
Grade 9	6.8	(4.6 - 10.1)	601	7.7	(5.5 - 10.7)	320	6.1	(3.3 - 11.0)	277
Grade 10	8.1	(5.9 - 10.8)	628	7.0	(4.4 - 11.1)	265	9.1	(6.5 - 12.5)	363
Grade 11	7.8	(5.8 - 10.5)	689	5.3	(2.9 - 9.4)	314	10.3	(7.5 - 14.1)	375
Grade 12	8.4	(5.2 - 13.5)	340	10.1	(6.0 - 16.3)	129	7.2	(2.9 - 16.9)	211

N = Number of students in this group

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

MH_B_LONELY: Percentage of students who most of the time or always felt lonely (during the 12 months before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	21.8	(19.6 - 24.2)	2888	18.8	(16.2 - 21.7)	1323	24.7	(22.0 - 27.7)	1560
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	19.6	(17.4 - 22.1)	1838	17.4	(15.2 - 19.9)	864	21.8	(18.1 - 26.0)	972
16 or 17	29.9	(25.5 - 34.8)	723	24.5	(18.9 - 31.0)	323	35.0	(29.8 - 40.5)	400
13 - 17	22.4	(20.1 - 24.9)	2561	19.3	(16.6 - 22.3)	1187	25.4	(22.2 - 28.9)	1372
18 or older	19.2	(14.4 - 25.0)	240	-	-	99	24.5	(18.5 - 31.8)	141
Grade									
Grade 8	14.5	(10.7 - 19.4)	622	15.3	(11.2 - 20.6)	290	13.8	(8.5 - 21.8)	330
Grade 9	18.5	(16.2 - 21.1)	603	17.3	(14.1 - 21.0)	323	20.0	(15.2 - 25.9)	277
Grade 10	22.9	(19.8 - 26.4)	630	18.7	(15.9 - 21.8)	264	27.1	(21.1 - 34.0)	366
Grade 11	30.6	(26.3 - 35.2)	686	25.4	(20.1 - 31.6)	314	35.7	(29.6 - 42.2)	372
Grade 12	22.6	(18.9 - 26.8)	339	16.8	(12.3 - 22.6)	128	27.0	(22.9 - 31.5)	211

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

MH_B_WORRY: Percentage of students who most of the time or always were so worried about something that they could not sleep at night
(during the 12 months before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	11.4	(10.1 - 12.9)	2905	10.1	(8.2 - 12.3)	1332	12.7	(10.8 - 14.8)	1568
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	9.7	(8.3 - 11.3)	1851	8.6	(6.8 - 11.0)	871	10.7	(8.5 - 13.4)	978
16 or 17	17.8	(14.5 - 21.6)	727	15.3	(11.7 - 19.8)	325	20.1	(15.3 - 26.0)	402
13 - 17	11.9	(10.6 - 13.3)	2578	10.4	(8.6 - 12.5)	1196	13.3	(11.4 - 15.5)	1380
18 or older	9.8	(5.9 - 16.0)	240	-	-	99	10.6	(6.0 - 18.2)	141
Grade									
Grade 8	5.2	(3.0 - 8.8)	625	4.9	(2.8 - 8.4)	290	5.5	(2.6 - 11.5)	333
Grade 9	6.9	(4.8 - 9.8)	607	6.0	(3.7 - 9.6)	326	7.9	(4.7 - 12.9)	278
Grade 10	14.8	(12.6 - 17.3)	633	12.6	(9.2 - 17.0)	267	17.0	(12.7 - 22.4)	366
Grade 11	17.8	(14.5 - 21.7)	691	15.6	(12.0 - 20.2)	316	19.9	(15.4 - 25.4)	375
Grade 12	12.4	(7.9 - 19.0)	341	11.6	(5.9 - 21.5)	129	13.0	(7.9 - 20.8)	212

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

MH_B_DEPRESSED: Percentage of students who most of the time or always felt down, depressed, or hopeless or had little interest in or get much pleasure from doing things (during the 12 months before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	18.2	(15.8 - 20.7)	2899	15.3	(12.9 - 18.0)	1331	21.0	(18.2 - 24.2)	1562
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	14.9	(12.6 - 17.5)	1845	12.4	(9.9 - 15.5)	870	17.4	(14.3 - 21.1)	972
16 or 17	26.3	(22.2 - 31.0)	727	21.4	(16.5 - 27.4)	325	30.9	(25.3 - 37.1)	402
13 - 17	18.0	(15.5 - 20.8)	2572	14.8	(12.2 - 17.9)	1195	21.1	(17.9 - 24.8)	1374
18 or older	22.8	(19.0 - 27.1)	240	-	-	99	24.2	(17.5 - 32.4)	141
Grade									
Grade 8	8.3	(5.6 - 12.2)	624	8.4	(4.8 - 14.3)	292	8.2	(4.7 - 14.0)	330
Grade 9	14.0	(9.9 - 19.3)	604	11.7	(6.6 - 19.9)	324	16.4	(11.0 - 23.8)	276
Grade 10	20.3	(17.4 - 23.5)	631	15.7	(13.7 - 17.9)	266	24.8	(19.2 - 31.5)	365
Grade 11	26.7	(22.0 - 32.0)	692	21.8	(16.5 - 28.4)	316	31.4	(25.5 - 38.0)	376
Grade 12	23.2	(19.9 - 26.8)	340	21.1	(16.4 - 26.6)	129	24.9	(20.6 - 29.6)	211

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

MH_B_TEACHSTRESS: Percentage of students who were you taught in any of their classes how to handle stress in healthy ways (during this school year)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	52.1	(49.1 - 55.1)	2875	49.1	(45.2 - 53.0)	1312	54.9	(50.9 - 58.8)	1557
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	52.9	(48.6 - 57.3)	1829	49.5	(44.0 - 55.0)	856	56.3	(50.3 - 62.0)	970
16 or 17	49.6	(43.3 - 55.8)	721	47.4	(38.1 - 56.9)	321	51.6	(45.4 - 57.7)	400
13 - 17	52.0	(48.6 - 55.5)	2550	48.9	(44.4 - 53.5)	1177	55.0	(50.5 - 59.3)	1370
18 or older	51.1	(43.3 - 58.9)	239	-	-	99	51.8	(41.0 - 62.5)	140
Grade									
Grade 8	60.0	(54.3 - 65.4)	617	59.1	(51.8 - 66.0)	287	60.5	(51.7 - 68.8)	328
Grade 9	52.8	(45.6 - 59.9)	594	47.4	(39.3 - 55.6)	315	58.2	(47.2 - 68.4)	275
Grade 10	47.1	(43.0 - 51.4)	630	43.0	(35.9 - 50.3)	264	51.2	(46.3 - 56.2)	366
Grade 11	49.9	(43.6 - 56.1)	686	46.3	(38.7 - 54.1)	313	53.3	(45.1 - 61.3)	373
Grade 12	50.3	(43.1 - 57.5)	340	50.7	(41.4 - 59.9)	129	50.0	(41.4 - 58.6)	211

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

Summary Tables - Weighted Data

LKA_B_MH_HELPNEEDED: Percentage of students who most often asked for help during extremely difficult situations from an adolescent clinic (Yovun Piyasa)
(during the 12 months before the survey, among students who have faced extremely difficult situations in the 12 months before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	1.9	(1.1 - 3.2)	1070	3.1	(1.7 - 5.7)	431	0.9	(0.3 - 2.8)	638
Age (Years)									
12 or younger	-	-	18	-	-	10	-	-	8
13 - 15	2.7	(1.3 - 5.3)	603	4.7	(2.4 - 9.1)	247	1.1	(0.2 - 5.1)	355
16 or 17	1.1	(0.4 - 3.0)	345	1.4	(0.3 - 5.8)	139	0.9	(0.2 - 3.6)	206
13 - 17	2.1	(1.2 - 3.7)	948	3.6	(1.9 - 6.6)	386	1.0	(0.3 - 3.2)	561
18 or older	0.0	(0.0 - 0.0)	104	-	-	35	-	-	69
Grade									
Grade 8	2.8	(0.8 - 9.0)	164	-	-	67	-	-	97
Grade 9	2.6	(1.0 - 6.6)	186	-	-	92	-	-	93
Grade 10	2.8	(1.1 - 6.7)	236	-	-	85	0.0	(0.0 - 0.0)	151
Grade 11	1.0	(0.3 - 3.1)	323	1.5	(0.4 - 6.3)	137	0.5	(0.1 - 3.6)	186
Grade 12	0.5	(0.1 - 3.0)	158	-	-	48	0.7	(0.1 - 4.8)	110

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

MH_B_CONSIDERSUI: Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	14.9	(12.8 - 17.1)	2884	13.2	(10.6 - 16.3)	1316	16.5	(13.6 - 19.9)	1563
Age (Years)									
12 or younger	-	-	85	-	-	36	-	-	47
13 - 15	13.4	(11.5 - 15.6)	1834	11.9	(9.7 - 14.5)	858	15.0	(12.3 - 18.0)	973
16 or 17	20.7	(16.9 - 25.1)	726	18.5	(12.9 - 25.9)	323	22.8	(17.3 - 29.4)	403
13 - 17	15.4	(13.3 - 17.8)	2560	13.6	(11.1 - 16.7)	1181	17.1	(14.0 - 20.7)	1376
18 or older	13.0	(10.0 - 16.7)	239	-	-	99	15.6	(10.2 - 23.1)	140
Grade									
Grade 8	11.9	(9.2 - 15.4)	621	14.2	(10.2 - 19.3)	288	9.8	(6.6 - 14.3)	331
Grade 9	12.1	(9.4 - 15.4)	596	9.9	(6.8 - 14.3)	317	14.4	(9.8 - 20.7)	276
Grade 10	13.8	(11.3 - 16.8)	628	10.6	(7.9 - 13.9)	263	17.0	(13.3 - 21.4)	365
Grade 11	21.8	(17.3 - 26.9)	691	19.2	(12.6 - 28.3)	315	24.3	(18.1 - 31.8)	376
Grade 12	14.2	(11.2 - 17.8)	340	11.0	(7.3 - 16.2)	129	16.7	(11.7 - 23.3)	211

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

MH_B_PLANSUI: Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	9.3	(8.4 - 10.2)	2885	8.2	(6.6 - 10.0)	1316	10.2	(8.5 - 12.3)	1563
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	9.0	(7.9 - 10.3)	1832	7.7	(6.2 - 9.7)	856	10.1	(8.2 - 12.5)	973
16 or 17	11.1	(9.4 - 13.1)	727	9.4	(6.5 - 13.4)	324	12.7	(9.6 - 16.6)	403
13 - 17	9.6	(8.9 - 10.3)	2559	8.2	(6.6 - 10.1)	1180	10.8	(9.1 - 12.8)	1376
18 or older	7.5	(4.7 - 11.7)	239	-	-	99	7.4	(3.5 - 15.1)	140
Grade									
Grade 8	8.4	(6.5 - 10.7)	619	9.7	(7.0 - 13.2)	287	7.1	(4.7 - 10.7)	330
Grade 9	8.1	(6.4 - 10.3)	599	6.3	(4.5 - 8.7)	318	9.7	(6.6 - 14.0)	277
Grade 10	9.6	(7.7 - 11.9)	628	7.7	(4.5 - 12.8)	263	11.4	(8.4 - 15.3)	365
Grade 11	11.6	(9.6 - 13.9)	691	9.2	(6.0 - 13.8)	315	14.0	(10.1 - 19.0)	376
Grade 12	8.5	(6.8 - 10.5)	340	8.4	(5.1 - 13.5)	129	8.5	(5.7 - 12.7)	211

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

MH_B_ATTEMPTSUI: Percentage of students who attempted suicide (one or more times during the 12 months before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	8.6	(7.5 - 9.8)	2903	7.4	(6.0 - 9.1)	1329	9.7	(7.9 - 11.7)	1568
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	8.4	(7.0 - 10.0)	1848	7.4	(5.6 - 9.8)	868	9.4	(7.7 - 11.5)	977
16 or 17	11.1	(8.7 - 14.0)	728	8.7	(5.2 - 14.0)	325	13.3	(9.3 - 18.7)	403
13 - 17	9.1	(8.0 - 10.4)	2576	7.7	(6.2 - 9.7)	1193	10.5	(8.6 - 12.7)	1380
18 or older	4.6	(2.2 - 9.5)	240	-	-	99	4.3	(1.7 - 10.7)	141
Grade									
Grade 8	6.9	(5.1 - 9.3)	626	7.6	(4.9 - 11.7)	292	6.2	(4.2 - 9.1)	332
Grade 9	7.4	(5.2 - 10.5)	604	5.4	(2.7 - 10.5)	322	9.2	(6.0 - 14.0)	278
Grade 10	9.7	(7.3 - 12.7)	632	8.1	(5.0 - 13.0)	266	11.2	(8.2 - 15.0)	366
Grade 11	11.6	(9.1 - 14.8)	692	9.1	(5.5 - 14.9)	316	14.1	(9.8 - 19.8)	376
Grade 12	6.5	(4.6 - 9.1)	341	6.5	(3.5 - 11.6)	129	6.6	(4.4 - 9.7)	212

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

TO_B_TRIEDCIG: Percentage of students who ever tried or experimented with cigarette smoking (even one or two puffs)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	13.0	(10.6 - 15.8)	2829	22.2	(18.3 - 26.6)	1274	4.5	(3.7 - 5.6)	1551
Age (Years)									
12 or younger	-	-	83	-	-	35	-	-	46
13 - 15	11.1	(8.7 - 14.1)	1795	18.0	(13.8 - 23.2)	825	4.7	(3.5 - 6.3)	968
16 or 17	17.5	(13.1 - 23.0)	711	30.1	(23.3 - 38.0)	315	6.0	(3.6 - 9.8)	396
13 - 17	12.8	(10.3 - 15.9)	2506	21.3	(17.3 - 25.9)	1140	5.1	(4.1 - 6.3)	1364
18 or older	15.6	(9.7 - 24.1)	240	-	-	99	0.5	(0.1 - 3.8)	141
Grade									
Grade 8	8.0	(5.7 - 11.1)	610	11.6	(7.9 - 16.7)	280	4.5	(2.7 - 7.7)	328
Grade 9	8.5	(6.1 - 11.6)	583	12.7	(9.0 - 17.7)	303	4.6	(2.6 - 8.0)	278
Grade 10	16.1	(10.6 - 23.9)	614	28.3	(18.7 - 40.2)	252	4.8	(3.2 - 7.2)	362
Grade 11	18.4	(13.6 - 24.5)	679	32.1	(24.6 - 40.6)	309	5.1	(3.1 - 8.2)	370
Grade 12	14.2	(8.8 - 22.0)	336	28.6	(20.8 - 37.9)	126	3.4	(1.1 - 9.4)	210

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

TO_B_AGECIG: Percentage of students who first tried smoking a cigarette before age 14 years (among students who ever tried smoking a cigarette)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	31.6	(25.2 - 38.9)	304	29.1	(23.2 - 35.7)	258	-	-	45
Age (Years)									
12 or younger	-	-	4	-	-	3	-	-	0
13 - 15	47.6	(35.9 - 59.6)	157	43.5	(32.2 - 55.5)	129	-	-	28
16 or 17	14.6	(7.2 - 27.4)	110	-	-	94	-	-	16
13 - 17	34.7	(27.9 - 42.1)	267	32.3	(26.2 - 39.1)	223	-	-	44
18 or older	-	-	33	-	-	32	-	-	1
Grade									
Grade 8	-	-	33	-	-	26	-	-	7
Grade 9	-	-	41	-	-	33	-	-	7
Grade 10	-	-	80	-	-	67	-	-	13
Grade 11	14.2	(7.5 - 25.1)	107	-	-	95	-	-	12
Grade 12	-	-	42	-	-	36	-	-	6

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

TO_B_DAYSCIG: Percentage of students who currently smoked cigarettes (on at least 1 day during the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	6.0	(4.4 - 8.2)	2876	11.5	(8.8 - 14.8)	1309	0.9	(0.4 - 1.7)	1562
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	4.9	(3.4 - 7.2)	1828	8.8	(6.2 - 12.4)	854	1.2	(0.6 - 2.4)	972
16 or 17	7.7	(5.2 - 11.2)	722	15.6	(11.4 - 21.0)	320	0.4	(0.1 - 2.0)	402
13 - 17	5.7	(4.1 - 7.9)	2550	10.6	(8.1 - 13.9)	1174	1.0	(0.5 - 2.0)	1374
18 or older	9.4	(5.4 - 15.8)	240	-	-	99	0.0	(0.0 - 0.0)	141
Grade									
Grade 8	3.3	(1.6 - 6.6)	620	5.1	(2.4 - 10.2)	288	1.6	(0.5 - 4.5)	330
Grade 9	3.2	(2.0 - 5.0)	597	5.4	(3.2 - 8.9)	316	0.7	(0.2 - 2.8)	278
Grade 10	8.4	(4.9 - 14.1)	625	15.8	(9.9 - 24.1)	261	1.3	(0.3 - 4.9)	364
Grade 11	8.2	(5.4 - 12.3)	687	16.2	(11.5 - 22.2)	312	0.5	(0.1 - 2.4)	375
Grade 12	7.7	(4.5 - 12.7)	339	17.7	(10.0 - 29.6)	128	0.0	(0.0 - 0.0)	211

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

Summary Tables - Weighted Data

TO_B_DAYSTOB: Percentage of students who currently used any form of smoked tobacco products other than cigarettes
(on at least 1 day during the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	6.4	(5.3 - 7.8)	2905	11.5	(9.6 - 13.7)	1331	1.5	(1.0 - 2.2)	1568
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	6.3	(4.8 - 8.2)	1850	10.9	(8.5 - 13.8)	870	1.7	(0.9 - 3.2)	977
16 or 17	6.4	(4.5 - 9.0)	728	11.8	(8.1 - 16.8)	325	1.3	(0.7 - 2.7)	403
13 - 17	6.3	(5.0 - 7.9)	2578	11.1	(9.2 - 13.5)	1195	1.6	(1.0 - 2.6)	1380
18 or older	7.0	(3.6 - 13.1)	240	-	-	99	0.0	(0.0 - 0.0)	141
Grade									
Grade 8	5.2	(3.3 - 8.0)	628	8.0	(5.0 - 12.5)	293	2.4	(1.1 - 5.2)	333
Grade 9	4.4	(2.6 - 7.2)	604	7.8	(4.7 - 12.6)	322	0.3	(0.0 - 2.4)	278
Grade 10	9.2	(6.2 - 13.3)	632	16.2	(11.8 - 21.9)	267	2.2	(0.9 - 5.2)	365
Grade 11	7.5	(5.3 - 10.5)	692	13.7	(9.3 - 19.8)	316	1.4	(0.8 - 2.6)	376
Grade 12	5.5	(3.0 - 9.8)	341	12.1	(6.8 - 20.8)	129	0.5	(0.1 - 3.8)	212

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

TO_B_DAYSSMOKELESS: Percentage of students who currently used any form of smokeless tobacco products (on at least 1 day during the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	7.0	(5.6 - 8.7)	2887	12.2	(9.8 - 15.0)	1321	2.0	(1.3 - 2.9)	1560
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	6.8	(5.3 - 8.6)	1836	11.1	(8.6 - 14.2)	863	2.4	(1.6 - 3.7)	970
16 or 17	8.6	(6.1 - 12.0)	725	16.1	(11.7 - 21.9)	323	1.6	(0.6 - 3.8)	402
13 - 17	7.3	(5.8 - 9.0)	2561	12.4	(10.2 - 15.1)	1186	2.2	(1.5 - 3.2)	1372
18 or older	4.4	(1.7 - 10.6)	239	-	-	98	0.0	(0.0 - 0.0)	141
Grade									
Grade 8	6.2	(4.3 - 8.8)	623	9.2	(6.6 - 12.8)	291	3.2	(1.7 - 6.0)	330
Grade 9	4.5	(2.6 - 7.6)	598	7.5	(4.5 - 12.0)	319	1.2	(0.3 - 4.9)	275
Grade 10	9.6	(6.4 - 14.2)	629	16.7	(10.9 - 24.7)	265	2.7	(1.6 - 4.4)	364
Grade 11	9.7	(6.9 - 13.5)	689	17.2	(12.2 - 23.8)	314	2.3	(1.1 - 4.8)	375
Grade 12	3.9	(1.7 - 8.8)	340	9.2	(3.9 - 20.0)	128	0.0	(0.0 - 0.0)	212

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

TO_B_ANYTOB: Percentage of students who currently used a tobacco product (on at least 1 day during the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	9.7	(7.8 - 12.1)	2855	17.3	(14.1 - 21.1)	1297	2.6	(1.9 - 3.4)	1553
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	8.4	(6.3 - 11.1)	1811	14.2	(10.6 - 18.9)	845	2.7	(1.8 - 4.3)	964
16 or 17	13.2	(10.3 - 16.8)	719	24.2	(19.2 - 30.1)	318	3.1	(2.0 - 5.0)	401
13 - 17	9.7	(7.7 - 12.1)	2530	16.9	(13.8 - 20.5)	1163	2.9	(2.0 - 4.0)	1365
18 or older	10.7	(6.1 - 18.2)	239	-	-	98	0.0	(0.0 - 0.0)	141
Grade									
Grade 8	6.2	(4.5 - 8.6)	615	9.2	(6.6 - 12.7)	286	3.4	(1.8 - 6.1)	327
Grade 9	5.0	(3.5 - 7.2)	589	8.8	(5.9 - 12.8)	311	1.2	(0.3 - 4.9)	275
Grade 10	13.4	(8.7 - 20.1)	621	23.4	(15.2 - 34.1)	259	3.7	(2.1 - 6.6)	362
Grade 11	14.7	(11.0 - 19.3)	684	26.3	(20.1 - 33.6)	310	3.5	(2.3 - 5.2)	374
Grade 12	9.1	(5.4 - 15.0)	338	20.6	(11.2 - 34.7)	127	0.5	(0.1 - 3.8)	211

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TO_B_DAYSECIG: Percentage of students who currently used electronic cigarettes (on at least 1 day during the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	4.7	(3.8 - 5.9)	2906	7.8	(5.9 - 10.2)	1333	1.7	(1.2 - 2.5)	1568
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	4.1	(3.3 - 5.2)	1851	6.4	(4.8 - 8.4)	872	1.8	(1.1 - 2.9)	977
16 or 17	7.4	(5.3 - 10.3)	728	12.9	(9.4 - 17.6)	325	2.3	(1.1 - 4.9)	403
13 - 17	5.0	(4.1 - 6.2)	2579	8.1	(6.2 - 10.5)	1197	2.0	(1.4 - 2.8)	1380
18 or older	2.9	(1.3 - 6.4)	240	-	-	99	0.0	(0.0 - 0.0)	141
Grade									
Grade 8	3.4	(1.7 - 6.9)	628	4.5	(2.0 - 9.7)	293	2.0	(0.7 - 5.4)	333
Grade 9	2.7	(1.7 - 4.2)	604	3.9	(2.0 - 7.4)	324	1.2	(0.5 - 3.3)	277
Grade 10	5.4	(2.9 - 9.7)	633	9.5	(5.1 - 17.0)	267	1.3	(0.5 - 3.6)	366
Grade 11	9.2	(7.1 - 11.7)	692	15.2	(12.1 - 18.9)	316	3.3	(1.4 - 7.5)	376
Grade 12	2.0	(0.9 - 4.6)	341	4.7	(1.8 - 12.0)	129	0.0	(0.0 - 0.0)	212

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
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AL_B_AGE: Percentage of students who had their first drink of alcohol before age 14 years (other than a few sips, among students who ever had a drink of alcohol)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	36.0	(30.3 - 42.2)	351	33.5	(26.8 - 40.8)	222	39.3	(30.9 - 48.4)	126
Age (Years)									
12 or younger	-	-	4	-	-	0	-	-	3
13 - 15	56.9	(47.2 - 66.0)	161	-	-	99	-	-	60
16 or 17	17.1	(11.4 - 24.9)	144	-	-	95	-	-	49
13 - 17	39.3	(33.0 - 45.9)	305	36.7	(29.3 - 44.9)	194	42.9	(33.4 - 52.9)	109
18 or older	-	-	42	-	-	28	-	-	14
Grade									
Grade 8	-	-	30	-	-	16	-	-	13
Grade 9	-	-	45	-	-	27	-	-	16
Grade 10	-	-	80	-	-	52	-	-	28
Grade 11	17.7	(11.6 - 25.9)	132	-	-	90	-	-	42
Grade 12	-	-	62	-	-	36	-	-	26

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

AL_B_DAYS: Percentage of students who currently drank alcohol (at least one drink containing alcohol on at least 1 day during the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	5.6	(4.4 - 7.0)	2879	9.0	(6.9 - 11.6)	1314	2.2	(1.5 - 3.1)	1559
Age (Years)									
12 or younger	-	-	85	-	-	35	-	-	47
13 - 15	4.1	(2.7 - 6.0)	1833	6.2	(4.1 - 9.2)	859	1.9	(1.2 - 3.2)	971
16 or 17	8.8	(7.0 - 11.0)	722	14.2	(10.3 - 19.3)	321	3.8	(2.4 - 6.0)	401
13 - 17	5.3	(4.3 - 6.7)	2555	8.3	(6.5 - 10.5)	1180	2.4	(1.7 - 3.5)	1372
18 or older	8.7	(5.4 - 13.9)	239	-	-	99	0.6	(0.1 - 4.8)	140
Grade									
Grade 8	2.5	(1.3 - 4.7)	618	2.8	(1.3 - 5.8)	285	1.9	(0.7 - 4.6)	331
Grade 9	2.2	(1.4 - 3.6)	600	3.1	(1.6 - 6.0)	320	1.1	(0.4 - 3.0)	276
Grade 10	7.2	(4.3 - 11.8)	629	12.0	(7.6 - 18.5)	264	2.5	(1.2 - 5.4)	365
Grade 11	8.7	(6.6 - 11.4)	686	14.2	(10.0 - 19.8)	313	3.4	(1.7 - 6.5)	373
Grade 12	8.1	(5.5 - 11.9)	338	16.0	(8.8 - 27.2)	128	2.1	(1.2 - 3.8)	210

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

AL_B_TELLFRIENDNO: Percentage of students who knew how to tell a friend that they did not want the alcoholic drink they were offering

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	64.7	(61.8 - 67.5)	2889	65.1	(61.9 - 68.3)	1322	64.3	(60.1 - 68.2)	1562
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	59.9	(56.4 - 63.4)	1840	59.0	(54.8 - 63.1)	864	60.8	(56.2 - 65.2)	974
16 or 17	74.8	(70.6 - 78.7)	723	78.4	(73.5 - 82.5)	323	71.6	(65.2 - 77.2)	400
13 - 17	63.9	(60.8 - 66.9)	2563	64.1	(60.8 - 67.4)	1187	63.7	(59.3 - 67.9)	1374
18 or older	72.6	(65.3 - 79.0)	240	-	-	99	69.3	(60.6 - 76.9)	141
Grade									
Grade 8	52.2	(45.8 - 58.5)	621	50.7	(43.0 - 58.4)	289	53.5	(46.2 - 60.6)	331
Grade 9	58.1	(52.8 - 63.2)	603	57.5	(50.9 - 63.8)	322	58.7	(50.4 - 66.5)	277
Grade 10	67.4	(62.4 - 72.1)	629	67.1	(60.8 - 72.8)	264	67.8	(61.3 - 73.6)	365
Grade 11	75.7	(69.9 - 80.7)	687	77.0	(70.7 - 82.2)	314	74.5	(65.9 - 81.5)	373
Grade 12	72.2	(65.9 - 77.7)	341	78.6	(70.3 - 85.0)	129	67.3	(59.7 - 74.2)	212

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DR_B_AGE: Percentage of students who first used drugs before age 14 years (among students who ever used drugs)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	43.1	(36.2 - 50.3)	208	38.4	(31.7 - 45.5)	175	-	-	32
Age (Years)									
12 or younger	-	-	5	-	-	4	-	-	1
13 - 15	63.6	(53.7 - 72.5)	108	-	-	83	-	-	24
16 or 17	-	-	72	-	-	66	-	-	6
13 - 17	47.7	(41.4 - 54.1)	180	42.9	(36.9 - 49.1)	149	-	-	30
18 or older	-	-	23	-	-	22	-	-	1
Grade									
Grade 8	-	-	28	-	-	17	-	-	10
Grade 9	-	-	29	-	-	24	-	-	5
Grade 10	-	-	52	-	-	45	-	-	7
Grade 11	-	-	66	-	-	59	-	-	7
Grade 12	-	-	31	-	-	29	-	-	2

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DR_B_CANLIFE: Percentage of students who used cannabis (one or more times during their life)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	3.3	(2.4 - 4.5)	2873	6.0	(4.4 - 8.0)	1307	0.7	(0.4 - 1.1)	1560
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	2.8	(1.8 - 4.3)	1822	4.5	(2.7 - 7.4)	850	0.9	(0.5 - 1.7)	969
16 or 17	3.9	(2.4 - 6.2)	726	7.8	(5.1 - 11.9)	323	0.2	(0.0 - 1.8)	403
13 - 17	3.1	(2.1 - 4.4)	2548	5.4	(3.7 - 7.7)	1173	0.7	(0.4 - 1.3)	1372
18 or older	6.0	(3.2 - 10.9)	238	-	-	97	0.0	(0.0 - 0.0)	141
Grade									
Grade 8	2.1	(0.9 - 4.5)	620	2.7	(1.1 - 6.4)	285	1.1	(0.5 - 2.6)	333
Grade 9	2.5	(1.4 - 4.4)	594	3.8	(2.0 - 7.3)	317	0.8	(0.2 - 2.8)	273
Grade 10	3.2	(1.3 - 7.4)	623	5.9	(2.4 - 14.0)	260	0.5	(0.1 - 2.4)	363
Grade 11	4.5	(2.8 - 7.2)	689	8.6	(5.6 - 13.1)	314	0.5	(0.1 - 2.4)	375
Grade 12	4.7	(2.6 - 8.4)	339	11.1	(6.4 - 18.4)	127	0.0	(0.0 - 0.0)	212

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DR_B_CAN30: Percentage of students who currently used cannabis (one or more times during the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	2.2	(1.6 - 3.1)	2890	3.8	(2.8 - 5.3)	1323	0.6	(0.2 - 1.2)	1561
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	2.1	(1.3 - 3.3)	1838	3.3	(2.1 - 5.3)	864	0.8	(0.3 - 1.9)	971
16 or 17	2.0	(1.3 - 3.1)	727	3.9	(2.7 - 5.6)	324	0.2	(0.0 - 1.8)	403
13 - 17	2.1	(1.4 - 3.0)	2565	3.5	(2.4 - 5.0)	1188	0.6	(0.3 - 1.4)	1374
18 or older	3.4	(1.2 - 9.1)	238	-	-	98	0.0	(0.0 - 0.0)	140
Grade									
Grade 8	1.9	(0.8 - 4.9)	621	2.9	(1.0 - 8.5)	290	0.6	(0.1 - 2.6)	329
Grade 9	1.9	(1.0 - 3.5)	603	3.1	(1.4 - 6.9)	323	0.7	(0.2 - 3.2)	276
Grade 10	2.1	(0.9 - 4.7)	628	3.6	(1.5 - 8.3)	263	0.5	(0.1 - 2.3)	365
Grade 11	2.6	(1.7 - 4.0)	691	4.8	(3.1 - 7.1)	315	0.5	(0.1 - 2.1)	376
Grade 12	2.4	(0.8 - 6.7)	339	5.5	(1.9 - 15.0)	128	0.0	(0.0 - 0.0)	211

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

DR_B_AMPHLIFE: Percentage of students who used amphetamines or methamphetamines for non-medical purposes (one or more times during their life)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	1.5	(1.0 - 2.1)	2872	2.4	(1.7 - 3.5)	1312	0.4	(0.1 - 1.1)	1554
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	1.7	(1.0 - 2.9)	1823	2.7	(1.6 - 4.5)	853	0.6	(0.2 - 1.7)	967
16 or 17	0.7	(0.3 - 1.8)	723	1.5	(0.6 - 3.7)	323	0.0	(0.0 - 0.0)	400
13 - 17	1.5	(1.0 - 2.2)	2546	2.3	(1.5 - 3.6)	1176	0.4	(0.2 - 1.3)	1367
18 or older	1.4	(0.5 - 3.7)	239	-	-	99	0.0	(0.0 - 0.0)	140
Grade									
Grade 8	1.9	(0.8 - 4.3)	617	2.8	(1.1 - 6.6)	284	0.6	(0.1 - 3.0)	331
Grade 9	2.0	(1.2 - 3.6)	601	3.3	(1.9 - 5.7)	321	0.4	(0.1 - 2.9)	276
Grade 10	1.3	(0.6 - 2.8)	620	2.1	(0.8 - 5.1)	260	0.5	(0.1 - 2.4)	360
Grade 11	0.6	(0.2 - 1.5)	689	1.2	(0.4 - 3.2)	315	0.0	(0.0 - 0.0)	374
Grade 12	1.3	(0.6 - 3.2)	337	3.1	(1.4 - 6.9)	128	0.0	(0.0 - 0.0)	209

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

Summary Tables - Weighted Data

SX_B_WHYNOSEX: Percentage of students whose main reason for not having had sexual intercourse was that they wanted to wait until they were older (among students who never had sexual intercourse)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	36.0	(32.4 - 39.8)	2701	40.4	(36.4 - 44.5)	1216	32.1	(27.7 - 36.7)	1480
Age (Years)									
12 or younger	-	-	76	-	-	31	-	-	43
13 - 15	39.8	(35.7 - 44.1)	1713	42.7	(37.3 - 48.2)	787	37.2	(32.0 - 42.7)	923
16 or 17	30.0	(24.2 - 36.5)	683	40.8	(33.4 - 48.6)	305	19.9	(15.0 - 25.9)	378
13 - 17	37.1	(33.2 - 41.2)	2396	42.2	(37.4 - 47.0)	1092	32.5	(28.0 - 37.2)	1301
18 or older	22.0	(17.7 - 27.0)	229	-	-	93	22.1	(18.5 - 26.1)	136
Grade									
Grade 8	44.3	(34.6 - 54.3)	576	46.4	(36.5 - 56.5)	257	42.2	(30.4 - 55.1)	317
Grade 9	40.1	(33.7 - 46.9)	552	44.9	(33.3 - 57.1)	291	35.9	(28.0 - 44.7)	258
Grade 10	38.4	(34.6 - 42.4)	589	38.1	(32.4 - 44.2)	244	38.7	(32.0 - 45.8)	345
Grade 11	30.0	(23.4 - 37.7)	653	39.6	(31.6 - 48.1)	299	20.6	(15.3 - 27.0)	354
Grade 12	23.7	(20.0 - 28.0)	324	28.7	(22.4 - 35.9)	121	20.1	(15.9 - 25.0)	203

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

SX_B_HEARDOFHIV: Percentage of students who had ever heard of HIV infection or the disease called AIDS

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	64.4	(59.7 - 68.9)	2879	60.1	(54.2 - 65.7)	1316	68.5	(64.2 - 72.4)	1558
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	57.7	(52.3 - 62.9)	1832	54.1	(47.5 - 60.6)	859	61.0	(55.9 - 66.0)	971
16 or 17	77.6	(72.6 - 81.8)	723	72.7	(66.3 - 78.3)	323	82.1	(77.0 - 86.3)	400
13 - 17	63.0	(58.1 - 67.7)	2555	59.0	(53.3 - 64.5)	1182	66.8	(62.2 - 71.1)	1371
18 or older	83.8	(78.4 - 88.1)	237	-	-	97	85.6	(79.9 - 89.9)	140
Grade									
Grade 8	36.6	(27.9 - 46.3)	621	28.8	(22.3 - 36.2)	289	44.2	(32.7 - 56.3)	331
Grade 9	60.4	(51.1 - 69.1)	597	59.7	(46.4 - 71.7)	319	60.9	(52.6 - 68.6)	274
Grade 10	69.6	(62.0 - 76.3)	629	65.3	(55.9 - 73.7)	264	73.8	(65.5 - 80.7)	365
Grade 11	77.3	(71.6 - 82.1)	686	73.2	(65.8 - 79.5)	313	81.3	(75.2 - 86.1)	373
Grade 12	84.6	(78.9 - 89.0)	338	83.1	(74.7 - 89.2)	127	85.7	(79.6 - 90.2)	211

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

SX_B_TEACHAVOIDHIV: Percentage of students who were taught in any of their classes how to avoid HIV infection or AIDS (during this school year)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	42.9	(38.7 - 47.1)	2883	40.5	(35.5 - 45.8)	1315	45.2	(41.1 - 49.3)	1562
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	40.4	(34.9 - 46.2)	1835	36.7	(30.0 - 44.1)	858	44.0	(38.4 - 49.8)	974
16 or 17	54.5	(47.7 - 61.1)	724	56.4	(49.6 - 63.0)	323	52.6	(43.6 - 61.5)	401
13 - 17	44.2	(39.5 - 49.1)	2559	42.0	(36.3 - 47.9)	1181	46.4	(41.8 - 51.0)	1375
18 or older	34.2	(27.2 - 42.0)	238	-	-	98	36.4	(24.0 - 50.9)	140
Grade									
Grade 8	29.4	(22.0 - 37.9)	621	25.3	(17.8 - 34.6)	289	33.2	(25.5 - 42.1)	330
Grade 9	38.8	(31.6 - 46.4)	600	38.2	(28.5 - 48.9)	319	39.8	(31.5 - 48.9)	277
Grade 10	49.2	(38.9 - 59.6)	628	43.3	(33.2 - 54.0)	262	55.0	(42.2 - 67.1)	366
Grade 11	58.4	(50.4 - 66.1)	687	59.5	(51.8 - 66.8)	313	57.3	(46.2 - 67.8)	374
Grade 12	36.4	(29.6 - 43.7)	339	34.0	(25.9 - 43.1)	128	38.2	(28.3 - 49.1)	211

N = Number of students in this group

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

SX_B_TEACHAVOIDPREG: Percentage of students who were taught in any of their classes how to avoid getting pregnant (during this school year)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	40.7	(36.6 - 45.0)	2863	33.2	(29.2 - 37.4)	1305	47.7	(42.3 - 53.2)	1553
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	41.6	(36.9 - 46.5)	1819	32.1	(28.0 - 36.4)	849	50.7	(43.6 - 57.7)	968
16 or 17	46.2	(40.0 - 52.6)	719	43.8	(37.5 - 50.3)	321	48.6	(40.6 - 56.5)	398
13 - 17	42.9	(38.5 - 47.4)	2538	35.2	(31.5 - 39.1)	1170	50.1	(43.7 - 56.4)	1366
18 or older	21.9	(14.6 - 31.4)	238	-	-	98	27.6	(16.9 - 41.8)	140
Grade									
Grade 8	44.0	(37.5 - 50.8)	620	34.6	(26.0 - 44.2)	288	53.0	(46.5 - 59.4)	330
Grade 9	34.5	(26.9 - 43.0)	591	24.0	(19.0 - 29.8)	314	44.5	(33.1 - 56.5)	274
Grade 10	44.4	(36.7 - 52.3)	623	36.8	(29.0 - 45.3)	259	51.7	(42.1 - 61.3)	364
Grade 11	49.6	(42.5 - 56.6)	685	45.6	(38.5 - 52.9)	313	53.5	(44.1 - 62.6)	372
Grade 12	26.4	(19.3 - 35.0)	336	19.3	(13.5 - 26.7)	127	31.9	(22.5 - 43.1)	209

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

PA_B_DAYS7: Percentage of students who were physically active for a total of at least 60 minutes per day on all 7 days (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	11.9	(9.9 - 14.3)	2896	14.3	(12.0 - 16.9)	1328	9.8	(7.2 - 13.1)	1562
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	11.9	(9.6 - 14.7)	1843	14.1	(11.5 - 17.1)	868	9.8	(7.1 - 13.5)	972
16 or 17	11.7	(9.2 - 14.7)	728	14.8	(10.8 - 19.9)	325	8.8	(5.5 - 13.6)	403
13 - 17	11.9	(9.8 - 14.2)	2571	14.3	(11.7 - 17.3)	1193	9.5	(7.2 - 12.5)	1375
18 or older	10.5	(6.2 - 17.4)	239	-	-	99	8.9	(4.0 - 18.4)	140
Grade									
Grade 8	12.8	(9.5 - 17.0)	624	16.4	(12.8 - 20.7)	291	9.3	(5.3 - 15.8)	331
Grade 9	11.0	(7.9 - 15.0)	602	11.0	(7.1 - 16.6)	323	11.1	(7.1 - 17.0)	275
Grade 10	13.7	(10.4 - 17.9)	630	16.1	(11.6 - 22.1)	265	11.4	(8.1 - 15.7)	365
Grade 11	10.9	(8.7 - 13.5)	692	15.7	(12.0 - 20.2)	316	6.2	(4.4 - 8.7)	376
Grade 12	11.0	(7.3 - 16.3)	340	11.3	(8.3 - 15.2)	129	10.9	(5.7 - 19.6)	211

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

PA_B_DAYSNOT7: Percentage of students who were not physically active for a total of at least 60 minutes per day on all 7 days (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	88.1	(85.7 - 90.1)	2896	85.7	(83.1 - 88.0)	1328	90.2	(86.9 - 92.8)	1562
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	88.1	(85.3 - 90.4)	1843	85.9	(82.9 - 88.5)	868	90.2	(86.5 - 92.9)	972
16 or 17	88.3	(85.3 - 90.8)	728	85.2	(80.1 - 89.2)	325	91.2	(86.4 - 94.5)	403
13 - 17	88.1	(85.8 - 90.2)	2571	85.7	(82.7 - 88.3)	1193	90.5	(87.5 - 92.8)	1375
18 or older	89.5	(82.6 - 93.8)	239	-	-	99	91.1	(81.6 - 96.0)	140
Grade									
Grade 8	87.2	(83.0 - 90.5)	624	83.6	(79.3 - 87.2)	291	90.7	(84.2 - 94.7)	331
Grade 9	89.0	(85.0 - 92.1)	602	89.0	(83.4 - 92.9)	323	88.9	(83.0 - 92.9)	275
Grade 10	86.3	(82.1 - 89.6)	630	83.9	(77.9 - 88.4)	265	88.6	(84.3 - 91.9)	365
Grade 11	89.1	(86.5 - 91.3)	692	84.3	(79.8 - 88.0)	316	93.8	(91.3 - 95.6)	376
Grade 12	89.0	(83.7 - 92.7)	340	88.7	(84.8 - 91.7)	129	89.1	(80.4 - 94.3)	211

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

PA_B_DAYSNONE: Percentage of students who were not physically active for a total of at least 60 minutes per day on any day (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	29.7	(26.3 - 33.4)	2896	25.8	(22.7 - 29.1)	1328	33.6	(28.6 - 38.9)	1562
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	30.3	(26.5 - 34.4)	1843	28.0	(23.6 - 32.8)	868	32.7	(27.5 - 38.3)	972
16 or 17	28.8	(23.9 - 34.2)	728	22.0	(18.0 - 26.6)	325	35.1	(28.6 - 42.2)	403
13 - 17	29.9	(26.3 - 33.7)	2571	26.4	(22.9 - 30.2)	1193	33.3	(28.4 - 38.7)	1375
18 or older	27.4	(20.4 - 35.8)	239	-	-	99	35.6	(24.4 - 48.7)	140
Grade									
Grade 8	31.3	(25.5 - 37.9)	624	31.4	(25.4 - 38.1)	291	31.5	(22.5 - 42.1)	331
Grade 9	29.1	(23.7 - 35.2)	602	27.5	(18.7 - 38.6)	323	30.7	(24.7 - 37.4)	275
Grade 10	30.3	(25.1 - 36.1)	630	27.0	(20.2 - 35.2)	265	33.5	(24.9 - 43.4)	365
Grade 11	31.1	(25.6 - 37.1)	692	21.3	(17.3 - 26.0)	316	40.7	(33.4 - 48.4)	376
Grade 12	25.1	(20.9 - 29.7)	340	17.0	(11.6 - 24.1)	129	31.2	(24.5 - 38.9)	211

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

PA_B_STRENGTH3: Percentage of students who did exercises to strengthen or tone their muscles on three or more days (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	22.6	(19.8 - 25.6)	2891	36.0	(33.3 - 38.8)	1326	9.8	(8.0 - 11.9)	1559
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	22.0	(18.6 - 25.8)	1842	34.2	(29.6 - 39.1)	868	10.1	(8.1 - 12.4)	971
16 or 17	23.9	(19.0 - 29.6)	725	39.0	(32.6 - 45.9)	324	9.8	(7.2 - 13.4)	401
13 - 17	22.5	(19.5 - 25.9)	2567	35.5	(32.1 - 39.0)	1192	10.0	(8.1 - 12.3)	1372
18 or older	23.6	(17.1 - 31.5)	238	-	-	98	6.6	(3.5 - 12.1)	140
Grade									
Grade 8	19.3	(16.1 - 22.9)	623	28.3	(23.2 - 34.1)	291	10.4	(7.8 - 13.6)	330
Grade 9	22.8	(17.0 - 29.7)	602	35.0	(27.1 - 43.8)	322	10.9	(7.3 - 15.9)	276
Grade 10	23.6	(18.9 - 29.2)	629	37.9	(30.9 - 45.5)	266	9.5	(6.4 - 13.9)	363
Grade 11	26.4	(21.0 - 32.8)	690	42.5	(37.0 - 48.2)	315	10.7	(8.2 - 13.9)	375
Grade 12	19.9	(14.7 - 26.3)	339	37.7	(30.7 - 45.2)	128	6.4	(3.6 - 11.3)	211

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

PA_B_STRENGTHNONE: Percentage of students who did not do exercises to strengthen or tone their muscles on any day (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	54.1	(49.7 - 58.5)	2891	35.0	(31.9 - 38.3)	1326	72.4	(68.5 - 76.0)	1559
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	52.8	(48.2 - 57.3)	1842	35.5	(31.4 - 40.0)	868	69.8	(66.0 - 73.4)	971
16 or 17	55.1	(47.8 - 62.2)	725	32.9	(26.1 - 40.6)	324	75.8	(68.6 - 81.8)	401
13 - 17	53.4	(48.8 - 58.0)	2567	34.8	(31.1 - 38.8)	1192	71.5	(67.5 - 75.1)	1372
18 or older	59.9	(48.4 - 70.4)	238	-	-	98	82.0	(70.7 - 89.6)	140
Grade									
Grade 8	54.7	(50.1 - 59.1)	623	43.0	(36.7 - 49.6)	291	66.3	(60.5 - 71.7)	330
Grade 9	50.4	(42.4 - 58.4)	602	29.9	(23.4 - 37.3)	322	70.8	(65.2 - 75.9)	276
Grade 10	52.4	(46.0 - 58.7)	629	34.1	(26.8 - 42.3)	266	70.5	(64.7 - 75.6)	363
Grade 11	53.7	(45.2 - 62.0)	690	31.7	(25.9 - 38.1)	315	75.3	(68.7 - 80.9)	375
Grade 12	62.2	(53.5 - 70.2)	339	37.0	(27.4 - 47.8)	128	81.3	(72.6 - 87.7)	211

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

PA_B_TOSCHOOL: Percentage of students who did not walk or ride a bicycle to or from school (during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	43.5	(38.6 - 48.5)	2882	41.0	(35.7 - 46.4)	1321	46.0	(39.9 - 52.2)	1555
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	43.7	(38.4 - 49.0)	1834	40.1	(34.4 - 46.0)	864	47.3	(40.7 - 54.1)	967
16 or 17	39.3	(31.8 - 47.4)	725	38.2	(31.3 - 45.7)	323	40.3	(30.9 - 50.5)	402
13 - 17	42.5	(37.2 - 47.9)	2559	39.6	(34.6 - 44.8)	1187	45.4	(38.7 - 52.3)	1369
18 or older	48.6	(37.7 - 59.7)	237	-	-	98	47.5	(37.7 - 57.6)	139
Grade									
Grade 8	50.8	(43.9 - 57.7)	620	48.8	(40.0 - 57.8)	289	53.2	(46.2 - 60.0)	329
Grade 9	42.1	(33.9 - 50.8)	600	39.8	(30.0 - 50.5)	320	44.6	(32.6 - 57.3)	276
Grade 10	38.3	(33.6 - 43.2)	628	32.4	(26.4 - 39.1)	266	44.1	(38.5 - 49.9)	362
Grade 11	41.2	(33.1 - 49.9)	688	38.8	(31.8 - 46.3)	314	43.6	(33.0 - 54.9)	374
Grade 12	46.4	(36.2 - 56.8)	338	49.5	(35.3 - 63.8)	128	44.0	(32.5 - 56.1)	210

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

PA_B_PENONE: Percentage of students who did not go to physical education class (each week during this school year)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	51.9	(46.7 - 57.0)	2876	47.9	(43.2 - 52.5)	1311	55.6	(49.0 - 62.0)	1559
Age (Years)									
12 or younger	-	-	85	-	-	35	-	-	47
13 - 15	45.4	(40.0 - 51.0)	1834	41.4	(35.7 - 47.3)	859	49.4	(42.9 - 55.9)	972
16 or 17	60.2	(52.0 - 67.9)	721	55.7	(46.5 - 64.6)	320	64.4	(54.8 - 72.9)	401
13 - 17	49.4	(43.8 - 55.0)	2555	45.2	(39.6 - 50.8)	1179	53.5	(46.8 - 60.1)	1373
18 or older	73.9	(61.8 - 83.2)	236	-	-	97	75.0	(62.6 - 84.4)	139
Grade									
Grade 8	41.6	(33.7 - 49.8)	623	41.8	(33.7 - 50.4)	289	41.3	(31.1 - 52.2)	332
Grade 9	43.9	(35.6 - 52.6)	597	37.3	(27.2 - 48.7)	318	50.0	(40.2 - 59.9)	275
Grade 10	50.6	(42.9 - 58.3)	626	45.4	(35.8 - 55.4)	262	55.6	(47.7 - 63.3)	364
Grade 11	54.8	(45.2 - 64.1)	686	51.8	(40.2 - 63.2)	311	57.8	(47.3 - 67.6)	375
Grade 12	76.8	(67.0 - 84.3)	336	73.8	(53.6 - 87.3)	127	79.1	(69.2 - 86.4)	209

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

PA_B_PE3: Percentage of students who went to physical education class on three or more days (each week during this school year)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	20.0	(15.8 - 25.0)	2876	23.6	(18.5 - 29.6)	1311	16.6	(12.5 - 21.7)	1559
Age (Years)									
12 or younger	-	-	85	-	-	35	-	-	47
13 - 15	21.8	(16.8 - 27.9)	1834	26.7	(19.9 - 34.9)	859	17.0	(13.1 - 21.7)	972
16 or 17	18.1	(13.8 - 23.2)	721	20.0	(14.8 - 26.6)	320	16.2	(11.1 - 23.2)	401
13 - 17	20.8	(16.4 - 26.1)	2555	25.0	(19.2 - 31.7)	1179	16.8	(12.8 - 21.7)	1373
18 or older	11.2	(5.8 - 20.5)	236	-	-	97	12.3	(6.2 - 22.8)	139
Grade									
Grade 8	26.0	(18.2 - 35.6)	623	31.0	(21.3 - 42.6)	289	20.8	(13.2 - 31.4)	332
Grade 9	20.1	(14.9 - 26.5)	597	26.0	(17.0 - 37.6)	318	14.5	(9.6 - 21.2)	275
Grade 10	21.0	(14.1 - 30.0)	626	24.2	(15.1 - 36.5)	262	17.8	(12.1 - 25.3)	364
Grade 11	19.6	(15.1 - 25.0)	686	20.9	(15.4 - 27.7)	311	18.3	(12.9 - 25.3)	375
Grade 12	10.4	(5.9 - 17.6)	336	10.5	(4.7 - 21.7)	127	10.3	(5.6 - 18.2)	209

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

PA_B_PE5: Percentage of students who went to physical education class on five or more days (each week during this school year)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	8.9	(6.9 - 11.5)	2876	10.1	(7.9 - 12.8)	1311	7.9	(5.3 - 11.5)	1559
Age (Years)									
12 or younger	-	-	85	-	-	35	-	-	47
13 - 15	9.6	(7.5 - 12.2)	1834	11.2	(8.3 - 14.9)	859	8.1	(5.7 - 11.4)	972
16 or 17	8.2	(5.6 - 12.0)	721	9.1	(6.0 - 13.5)	320	7.4	(4.5 - 12.0)	401
13 - 17	9.2	(7.1 - 11.8)	2555	10.6	(8.1 - 13.8)	1179	7.9	(5.4 - 11.4)	1373
18 or older	6.1	(3.3 - 11.2)	236	-	-	97	6.3	(2.5 - 14.6)	139
Grade									
Grade 8	10.6	(7.0 - 15.8)	623	12.6	(7.9 - 19.6)	289	8.7	(4.8 - 15.3)	332
Grade 9	9.5	(6.9 - 12.8)	597	9.0	(5.8 - 13.7)	318	10.1	(6.4 - 15.6)	275
Grade 10	9.1	(6.3 - 13.0)	626	11.4	(7.4 - 17.2)	262	6.9	(4.0 - 11.5)	364
Grade 11	8.6	(6.2 - 11.9)	686	10.2	(7.3 - 14.2)	311	7.1	(4.5 - 10.9)	375
Grade 12	5.6	(3.0 - 10.1)	336	4.6	(1.9 - 10.7)	127	6.3	(2.9 - 13.4)	209

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

Summary Tables - Weighted Data

PA_B_SEDENTARY: Percentage of students who spent three or more hours per day sitting or lying down (when they are not in school or doing homework or sleeping at night during a typical or usual day)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	45.4	(42.4 - 48.5)	2874	44.8	(42.0 - 47.7)	1314	45.9	(41.3 - 50.6)	1554
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	39.2	(36.2 - 42.3)	1832	38.7	(35.5 - 42.1)	860	39.5	(35.0 - 44.2)	969
16 or 17	56.8	(52.6 - 61.0)	723	58.5	(53.4 - 63.4)	323	55.3	(49.6 - 60.9)	400
13 - 17	43.9	(41.0 - 46.9)	2555	44.0	(41.4 - 46.6)	1183	43.8	(39.6 - 48.1)	1369
18 or older	61.5	(51.3 - 70.7)	233	-	-	95	66.8	(56.8 - 75.5)	138
Grade									
Grade 8	30.2	(25.4 - 35.5)	620	28.2	(20.9 - 36.9)	288	32.0	(27.8 - 36.5)	330
Grade 9	37.3	(32.8 - 42.0)	597	39.5	(33.6 - 45.7)	320	34.9	(29.0 - 41.4)	273
Grade 10	47.7	(42.1 - 53.4)	628	46.5	(40.2 - 52.8)	263	48.9	(41.3 - 56.5)	365
Grade 11	53.6	(48.4 - 58.7)	689	56.7	(49.2 - 63.9)	315	50.6	(44.4 - 56.8)	374
Grade 12	64.6	(55.3 - 73.0)	332	59.8	(45.7 - 72.4)	124	68.2	(59.7 - 75.7)	208

N = Number of students in this group

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

Summary Tables - Weighted Data

LKA_B_PA_TUITIONSESSION: Percentage of students who during a typical or usual day sit at a tuition session (in person or online) one or more hours per day (among students who attend tuition sessions)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	89.2	(86.4 - 91.5)	2230	87.5	(84.2 - 90.1)	992	90.8	(87.7 - 93.2)	1234
Age (Years)									
12 or younger	-	-	58	-	-	21	-	-	36
13 - 15	86.7	(83.2 - 89.5)	1372	85.2	(81.0 - 88.6)	627	88.2	(84.2 - 91.2)	742
16 or 17	93.6	(90.4 - 95.8)	593	92.3	(88.0 - 95.1)	265	94.9	(90.4 - 97.4)	328
13 - 17	88.7	(85.4 - 91.3)	1965	87.2	(83.7 - 90.1)	892	90.1	(86.3 - 93.0)	1070
18 or older	92.7	(88.6 - 95.4)	207	-	-	79	95.0	(91.2 - 97.2)	128
Grade									
Grade 8	87.7	(82.3 - 91.6)	442	86.2	(76.2 - 92.4)	199	89.4	(86.2 - 91.9)	241
Grade 9	83.8	(75.7 - 89.5)	426	83.7	(75.4 - 89.5)	233	83.7	(73.2 - 90.7)	191
Grade 10	88.1	(84.1 - 91.2)	500	84.8	(77.7 - 90.0)	197	91.0	(86.8 - 93.9)	303
Grade 11	94.2	(90.8 - 96.4)	564	94.4	(90.8 - 96.6)	256	94.0	(89.2 - 96.8)	308
Grade 12	92.3	(89.0 - 94.6)	293	87.5	(77.7 - 93.4)	105	95.6	(93.1 - 97.2)	188

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

PA_B_SLEEP: Percentage of students who got eight to ten hours of sleep (on an average school night)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	34.3	(31.9 - 36.8)	2888	34.4	(30.8 - 38.1)	1322	34.3	(31.3 - 37.4)	1560
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	40.7	(38.2 - 43.3)	1838	40.0	(36.6 - 43.4)	864	41.5	(38.2 - 44.9)	971
16 or 17	22.3	(18.5 - 26.5)	726	23.9	(18.8 - 29.8)	324	20.7	(16.9 - 25.2)	402
13 - 17	35.7	(33.4 - 38.2)	2564	35.7	(32.5 - 39.1)	1188	35.8	(33.0 - 38.7)	1373
18 or older	16.1	(10.3 - 24.1)	238	-	-	98	15.2	(9.3 - 23.8)	140
Grade									
Grade 8	51.4	(47.2 - 55.6)	622	46.7	(39.3 - 54.1)	290	56.1	(50.9 - 61.1)	330
Grade 9	43.7	(39.9 - 47.5)	599	42.4	(38.3 - 46.7)	320	45.5	(39.4 - 51.6)	275
Grade 10	31.1	(26.0 - 36.8)	630	34.6	(28.0 - 41.9)	265	27.7	(22.0 - 34.3)	365
Grade 11	22.7	(18.7 - 27.3)	690	24.1	(18.7 - 30.4)	315	21.3	(17.4 - 25.9)	375
Grade 12	16.6	(11.2 - 23.9)	339	16.0	(8.5 - 28.1)	128	17.0	(11.3 - 24.8)	211

N = Number of students in this group

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

PA_B_LITTLESLEEP: Percentage of students who got less than eight hours of sleep on an average school night

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	64.2	(61.6 - 66.6)	2888	63.6	(59.7 - 67.4)	1322	64.7	(61.5 - 67.8)	1560
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	57.3	(54.5 - 60.0)	1838	57.6	(53.9 - 61.2)	864	57.1	(53.6 - 60.5)	971
16 or 17	77.0	(73.2 - 80.4)	726	75.1	(69.7 - 79.8)	324	78.8	(74.4 - 82.6)	402
13 - 17	62.6	(60.1 - 65.1)	2564	62.2	(58.7 - 65.6)	1188	63.1	(60.0 - 66.0)	1373
18 or older	83.6	(75.7 - 89.3)	238	-	-	98	84.8	(76.2 - 90.7)	140
Grade									
Grade 8	45.9	(41.6 - 50.3)	622	49.4	(42.5 - 56.3)	290	42.4	(37.6 - 47.5)	330
Grade 9	54.2	(49.8 - 58.5)	599	56.2	(51.1 - 61.1)	320	52.3	(45.7 - 58.8)	275
Grade 10	67.6	(61.8 - 72.8)	630	63.0	(55.3 - 70.1)	265	72.0	(65.4 - 77.8)	365
Grade 11	76.3	(72.1 - 80.1)	690	74.8	(68.9 - 79.9)	315	77.9	(73.4 - 81.8)	375
Grade 12	83.2	(76.0 - 88.6)	339	83.4	(71.1 - 91.2)	128	83.0	(75.2 - 88.7)	211

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

PF_B_MISSSCH: Percentage of students who missed classes or school without permission (on at least 1 day during the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	37.2	(34.3 - 40.2)	2881	38.5	(34.9 - 42.3)	1317	35.7	(32.5 - 39.0)	1558
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	33.5	(29.8 - 37.3)	1834	34.7	(30.1 - 39.6)	861	32.2	(28.4 - 36.2)	970
16 or 17	45.4	(41.6 - 49.3)	725	47.9	(41.5 - 54.3)	324	43.0	(37.5 - 48.8)	401
13 - 17	36.7	(33.6 - 39.9)	2559	38.2	(34.2 - 42.3)	1185	35.2	(32.1 - 38.4)	1371
18 or older	44.2	(37.6 - 51.0)	236	-	-	96	41.7	(32.6 - 51.5)	140
Grade									
Grade 8	25.8	(20.9 - 31.4)	623	24.2	(17.9 - 31.7)	290	27.2	(21.4 - 33.9)	331
Grade 9	35.9	(29.2 - 43.3)	597	36.4	(28.2 - 45.5)	318	34.6	(27.7 - 42.2)	275
Grade 10	36.8	(32.8 - 41.0)	628	40.7	(33.3 - 48.6)	265	32.9	(28.3 - 37.8)	363
Grade 11	45.8	(41.9 - 49.8)	688	51.2	(46.1 - 56.2)	314	40.5	(34.9 - 46.4)	374
Grade 12	44.1	(36.8 - 51.6)	337	41.3	(33.0 - 50.2)	126	46.1	(35.6 - 57.0)	211

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

Summary Tables - Weighted Data

PF_B_STUDENTKIND: Percentage of students who reported that most of the students in their school were most of the time or always kind and helpful
(during the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	46.3	(44.0 - 48.6)	2863	42.4	(38.8 - 46.0)	1311	50.0	(47.4 - 52.5)	1547
Age (Years)									
12 or younger	-	-	85	-	-	35	-	-	47
13 - 15	46.0	(42.8 - 49.2)	1822	41.0	(36.3 - 45.8)	858	50.7	(47.1 - 54.4)	962
16 or 17	44.5	(38.2 - 51.0)	719	42.8	(34.9 - 51.2)	321	46.1	(39.4 - 53.0)	398
13 - 17	45.6	(43.0 - 48.2)	2541	41.5	(37.9 - 45.1)	1179	49.5	(46.4 - 52.6)	1360
18 or older	50.6	(43.4 - 57.7)	237	-	-	97	51.0	(44.3 - 57.7)	140
Grade									
Grade 8	43.6	(37.4 - 49.9)	613	35.5	(27.7 - 44.1)	288	51.4	(44.9 - 57.8)	323
Grade 9	48.1	(43.1 - 53.1)	595	43.1	(38.5 - 47.7)	316	53.1	(46.7 - 59.4)	276
Grade 10	47.7	(43.7 - 51.6)	626	45.2	(38.7 - 51.8)	264	50.1	(43.9 - 56.3)	362
Grade 11	43.7	(38.6 - 49.0)	684	42.3	(36.3 - 48.6)	312	45.0	(37.7 - 52.6)	372
Grade 12	49.5	(42.0 - 56.9)	337	48.4	(35.7 - 61.4)	127	50.3	(43.4 - 57.1)	210

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

PF_B_STUDENTNOTKIND: Percentage of students who reported that most of the students in their school were never or rarely kind and helpful
(during the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	28.9	(26.0 - 31.9)	2863	32.7	(29.3 - 36.2)	1311	25.3	(22.0 - 28.9)	1547
Age (Years)									
12 or younger	-	-	85	-	-	35	-	-	47
13 - 15	30.1	(26.5 - 34.0)	1822	35.1	(30.2 - 40.3)	858	25.3	(21.1 - 30.1)	962
16 or 17	28.5	(23.1 - 34.7)	719	29.0	(21.6 - 37.6)	321	28.1	(21.9 - 35.1)	398
13 - 17	29.7	(26.5 - 33.1)	2541	33.5	(30.2 - 36.9)	1179	26.1	(22.2 - 30.4)	1360
18 or older	20.6	(15.2 - 27.3)	237	-	-	97	20.1	(13.6 - 28.5)	140
Grade									
Grade 8	34.0	(29.1 - 39.2)	613	41.3	(35.0 - 47.9)	288	26.8	(20.9 - 33.6)	323
Grade 9	30.7	(26.0 - 35.9)	595	35.7	(29.8 - 42.2)	316	25.8	(19.3 - 33.5)	276
Grade 10	26.9	(23.0 - 31.2)	626	30.9	(24.3 - 38.5)	264	23.0	(19.1 - 27.3)	362
Grade 11	29.4	(24.7 - 34.5)	684	30.1	(23.7 - 37.3)	312	28.7	(23.0 - 35.2)	372
Grade 12	20.8	(15.5 - 27.4)	337	19.9	(13.9 - 27.7)	127	21.5	(14.1 - 31.5)	210

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

Summary Tables - Weighted Data

PF_B_TALK: Percentage of students who reported that they were able to talk to someone most of the time or always about difficult problems and worries (during the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	25.5	(23.1 - 28.1)	2877	20.2	(17.8 - 22.9)	1319	30.7	(27.3 - 34.4)	1552
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	23.6	(20.8 - 26.7)	1832	17.9	(14.4 - 21.9)	862	29.4	(25.7 - 33.3)	967
16 or 17	28.8	(24.6 - 33.4)	723	26.8	(20.9 - 33.7)	324	30.6	(25.4 - 36.4)	399
13 - 17	25.0	(22.5 - 27.7)	2555	20.2	(17.6 - 23.2)	1186	29.7	(26.3 - 33.3)	1366
18 or older	29.8	(22.9 - 37.7)	236	-	-	97	38.6	(26.6 - 52.3)	139
Grade									
Grade 8	23.1	(19.7 - 26.8)	620	18.7	(14.2 - 24.2)	289	27.6	(22.2 - 33.8)	329
Grade 9	20.8	(16.3 - 26.2)	600	14.7	(10.5 - 20.2)	320	27.1	(20.5 - 34.8)	276
Grade 10	27.8	(23.9 - 32.0)	626	21.4	(16.7 - 27.0)	264	34.1	(29.3 - 39.2)	362
Grade 11	27.4	(23.0 - 32.3)	686	25.0	(19.8 - 30.9)	315	29.9	(24.8 - 35.5)	371
Grade 12	30.5	(24.0 - 37.9)	338	22.7	(15.8 - 31.6)	127	36.4	(25.8 - 48.6)	211

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

PF_B_NOTTALK: Percentage of students who reported that they were never or rarely able to talk to someone about difficult problems and worries (during the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	50.0	(47.5 - 52.6)	2877	56.3	(53.7 - 59.0)	1319	43.8	(40.7 - 46.9)	1552
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	52.6	(49.8 - 55.4)	1832	58.7	(55.3 - 62.1)	862	46.5	(42.3 - 50.7)	967
16 or 17	45.5	(40.8 - 50.2)	723	51.3	(45.1 - 57.4)	324	40.0	(34.8 - 45.4)	399
13 - 17	50.7	(47.9 - 53.5)	2555	56.8	(54.0 - 59.5)	1186	44.7	(41.2 - 48.2)	1366
18 or older	41.4	(36.5 - 46.5)	236	-	-	97	35.9	(27.9 - 44.9)	139
Grade									
Grade 8	57.8	(54.0 - 61.5)	620	63.3	(58.3 - 68.2)	289	52.0	(46.0 - 57.9)	329
Grade 9	56.5	(50.5 - 62.3)	600	65.1	(58.8 - 70.9)	320	47.4	(39.5 - 55.3)	276
Grade 10	44.5	(41.0 - 48.0)	626	49.3	(43.0 - 55.7)	264	39.7	(35.2 - 44.5)	362
Grade 11	46.7	(41.2 - 52.4)	686	53.3	(46.8 - 59.7)	315	40.2	(34.3 - 46.5)	371
Grade 12	41.9	(36.5 - 47.5)	338	46.7	(37.3 - 56.3)	127	38.3	(29.8 - 47.6)	211

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

LKA_B_PF_ADULTTALK: Percentage of students who reported that they were able to talk to an adult in their school such as a teacher or a counselor most of the time or always about difficult problems and worries (during the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	8.0	(6.9 - 9.2)	2864	6.7	(5.4 - 8.4)	1310	9.2	(7.4 - 11.3)	1548
Age (Years)									
12 or younger	-	-	85	-	-	35	-	-	47
13 - 15	8.4	(7.1 - 9.9)	1827	6.1	(4.4 - 8.4)	860	10.5	(8.4 - 13.1)	964
16 or 17	6.6	(4.7 - 9.1)	717	8.4	(5.6 - 12.5)	319	4.9	(2.4 - 9.5)	398
13 - 17	7.9	(6.7 - 9.2)	2544	6.7	(5.1 - 8.7)	1179	9.0	(7.1 - 11.3)	1362
18 or older	8.0	(5.8 - 11.0)	235	-	-	96	10.1	(6.3 - 15.8)	139
Grade									
Grade 8	12.4	(9.8 - 15.7)	618	8.8	(5.4 - 14.0)	288	16.1	(13.6 - 19.0)	328
Grade 9	6.4	(4.3 - 9.4)	596	4.8	(2.3 - 9.8)	317	7.7	(4.5 - 12.9)	275
Grade 10	7.6	(5.5 - 10.4)	627	6.5	(3.6 - 11.4)	265	8.7	(6.5 - 11.6)	362
Grade 11	6.0	(4.2 - 8.5)	680	7.0	(4.7 - 10.3)	311	5.0	(2.5 - 10.0)	369
Grade 12	7.6	(5.6 - 10.2)	335	6.6	(3.4 - 12.5)	125	8.3	(5.1 - 13.3)	210

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

PF_B_PARUNDERSTOOD: Percentage of students who reported that their parents or guardians most of the time or always understood their problems and worries (during the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	45.0	(42.6 - 47.4)	2858	41.2	(37.6 - 44.9)	1307	48.5	(45.9 - 51.1)	1545
Age (Years)									
12 or younger	-	-	85	-	-	35	-	-	47
13 - 15	46.1	(42.7 - 49.5)	1817	40.6	(35.6 - 45.9)	856	51.2	(47.2 - 55.2)	958
16 or 17	40.2	(35.1 - 45.5)	720	39.5	(33.2 - 46.2)	319	40.8	(34.0 - 48.1)	401
13 - 17	44.5	(41.7 - 47.3)	2537	40.3	(36.3 - 44.5)	1175	48.3	(45.3 - 51.3)	1359
18 or older	49.8	(43.0 - 56.6)	236	-	-	97	47.9	(39.7 - 56.3)	139
Grade									
Grade 8	46.1	(39.7 - 52.5)	617	37.1	(28.9 - 46.2)	287	54.6	(48.3 - 60.7)	328
Grade 9	48.4	(42.6 - 54.1)	593	43.1	(37.5 - 49.0)	315	53.8	(46.4 - 61.0)	274
Grade 10	42.6	(36.9 - 48.6)	622	39.1	(30.0 - 49.1)	265	46.1	(41.8 - 50.5)	357
Grade 11	40.8	(36.2 - 45.5)	681	38.3	(33.8 - 43.2)	309	43.2	(35.6 - 51.1)	372
Grade 12	48.4	(41.9 - 55.0)	338	54.0	(45.5 - 62.2)	127	44.2	(36.9 - 51.8)	211

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

Summary Tables - Weighted Data

PF_B_PARNOTUNDERSTOOD: Percentage of students who reported that their parents or guardians never or rarely understood their problems and worries (during the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	39.6	(36.9 - 42.4)	2858	42.2	(39.0 - 45.5)	1307	37.1	(33.7 - 40.6)	1545
Age (Years)									
12 or younger	-	-	85	-	-	35	-	-	47
13 - 15	38.3	(34.7 - 42.1)	1817	41.7	(37.7 - 45.8)	856	35.2	(30.9 - 39.8)	958
16 or 17	45.3	(40.2 - 50.4)	720	45.9	(39.8 - 52.2)	319	44.7	(37.1 - 52.6)	401
13 - 17	40.2	(37.2 - 43.3)	2537	42.8	(39.3 - 46.3)	1175	37.8	(33.9 - 41.9)	1359
18 or older	33.6	(27.7 - 40.0)	236	-	-	97	33.5	(28.7 - 38.7)	139
Grade									
Grade 8	39.5	(33.2 - 46.2)	617	45.3	(37.9 - 52.9)	287	34.1	(27.1 - 41.9)	328
Grade 9	36.0	(31.1 - 41.3)	593	40.2	(34.5 - 46.2)	315	31.4	(25.5 - 38.1)	274
Grade 10	40.5	(34.9 - 46.3)	622	42.7	(33.7 - 52.2)	265	38.2	(33.6 - 43.0)	357
Grade 11	45.8	(41.2 - 50.4)	681	46.3	(41.8 - 50.8)	309	45.3	(37.0 - 53.8)	372
Grade 12	34.6	(28.8 - 40.9)	338	32.3	(24.2 - 41.7)	127	36.3	(30.8 - 42.3)	211

N = Number of students in this group

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

PF_B_PARHMWORK: Percentage of students who reported that their parents or guardians most of the time or always checked to see if their homework was done (during the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	57.3	(53.2 - 61.3)	2881	57.2	(51.1 - 63.1)	1317	57.4	(54.0 - 60.8)	1558
Age (Years)									
12 or younger	-	-	85	-	-	36	-	-	46
13 - 15	59.2	(55.6 - 62.7)	1834	59.0	(52.2 - 65.4)	860	59.5	(56.8 - 62.2)	971
16 or 17	51.5	(44.8 - 58.2)	725	51.4	(43.6 - 59.2)	324	51.6	(43.3 - 59.9)	401
13 - 17	57.1	(53.0 - 61.1)	2559	57.0	(50.6 - 63.1)	1184	57.3	(54.2 - 60.4)	1372
18 or older	54.1	(46.2 - 61.8)	237	-	-	97	52.3	(41.2 - 63.3)	140
Grade									
Grade 8	64.4	(56.5 - 71.5)	621	60.9	(48.5 - 72.1)	288	68.3	(62.3 - 73.6)	331
Grade 9	58.2	(53.5 - 62.7)	599	57.8	(50.0 - 65.1)	318	58.3	(53.8 - 62.7)	277
Grade 10	58.6	(53.3 - 63.8)	627	59.4	(48.7 - 69.3)	265	57.9	(52.4 - 63.2)	362
Grade 11	50.5	(44.3 - 56.8)	688	51.7	(44.5 - 58.9)	315	49.4	(40.5 - 58.3)	373
Grade 12	54.4	(45.5 - 63.1)	338	56.9	(43.1 - 69.7)	127	52.6	(41.7 - 63.1)	211

N = Number of students in this group

- = Fewer than 100 students in this subgroup

Sri Lanka

Summary Tables - Weighted Data

PF_B_PARNOHMWORK: Percentage of students who reported that their parents or guardians never or rarely checked to see if their homework was done (during the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	26.8	(24.7 - 28.9)	2881	27.0	(23.8 - 30.4)	1317	26.5	(23.6 - 29.5)	1558
Age (Years)									
12 or younger	-	-	85	-	-	36	-	-	46
13 - 15	25.5	(23.5 - 27.5)	1834	26.3	(22.8 - 30.2)	860	24.5	(22.0 - 27.2)	971
16 or 17	29.8	(25.0 - 35.1)	725	28.3	(22.0 - 35.6)	324	31.2	(24.5 - 38.8)	401
13 - 17	26.7	(24.5 - 28.9)	2559	26.9	(23.5 - 30.6)	1184	26.3	(23.9 - 29.0)	1372
18 or older	29.4	(23.9 - 35.7)	237	-	-	97	30.6	(20.3 - 43.4)	140
Grade									
Grade 8	23.3	(19.0 - 28.3)	621	27.0	(19.2 - 36.6)	288	19.1	(16.6 - 21.9)	331
Grade 9	25.3	(21.3 - 29.8)	599	28.1	(22.5 - 34.5)	318	22.6	(17.1 - 29.2)	277
Grade 10	26.5	(23.2 - 30.2)	627	24.4	(19.6 - 30.0)	265	28.6	(24.8 - 32.9)	362
Grade 11	29.8	(25.0 - 35.2)	688	26.6	(20.9 - 33.2)	315	33.0	(25.7 - 41.2)	373
Grade 12	29.6	(23.9 - 36.2)	338	29.6	(21.0 - 40.1)	127	29.7	(20.3 - 41.0)	211

N = Number of students in this group

- = Fewer than 100 students in this subgroup

2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

Summary Tables - Weighted Data

PF_B_PARFREE: Percentage of students who reported that their parents or guardians most of the time or always really knew what they were doing with their free time (during the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	61.8	(58.0 - 65.4)	2882	57.7	(52.3 - 63.0)	1318	65.7	(62.7 - 68.6)	1558
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	61.7	(57.1 - 66.1)	1833	58.1	(50.4 - 65.3)	861	65.3	(61.9 - 68.6)	969
16 or 17	58.8	(53.9 - 63.6)	726	54.2	(47.3 - 61.0)	325	63.1	(55.2 - 70.4)	401
13 - 17	61.0	(56.9 - 64.9)	2559	57.0	(51.2 - 62.7)	1186	64.7	(61.2 - 68.1)	1370
18 or older	68.7	(62.3 - 74.5)	237	-	-	96	72.4	(63.3 - 80.0)	141
Grade									
Grade 8	62.6	(54.6 - 70.0)	618	56.5	(45.4 - 67.0)	286	68.3	(61.6 - 74.3)	330
Grade 9	63.1	(55.8 - 69.9)	603	61.9	(52.7 - 70.3)	323	65.2	(57.6 - 72.2)	276
Grade 10	60.2	(53.5 - 66.7)	626	56.1	(45.3 - 66.4)	263	64.3	(59.8 - 68.5)	363
Grade 11	58.3	(53.0 - 63.5)	690	53.6	(45.8 - 61.2)	316	62.9	(53.9 - 71.2)	374
Grade 12	66.1	(60.6 - 71.1)	337	62.7	(53.4 - 71.1)	126	68.6	(62.7 - 73.9)	211

N = Number of students in this group

- = Fewer than 100 students in this subgroup

2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

Summary Tables - Weighted Data

PF_B_PARNOTFREE: Percentage of students who reported that their parents or guardians never or rarely really knew what they were doing with their free time (during the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	22.5	(20.2 - 24.9)	2882	25.0	(21.8 - 28.5)	1318	19.9	(17.3 - 22.9)	1558
Age (Years)									
12 or younger	-	-	86	-	-	36	-	-	47
13 - 15	22.9	(20.1 - 26.1)	1833	25.3	(20.9 - 30.3)	861	20.6	(17.3 - 24.2)	969
16 or 17	22.7	(19.8 - 25.8)	726	25.2	(20.9 - 30.0)	325	20.4	(16.2 - 25.3)	401
13 - 17	22.9	(20.3 - 25.6)	2559	25.3	(21.8 - 29.1)	1186	20.5	(17.4 - 24.1)	1370
18 or older	17.5	(13.7 - 22.0)	237	-	-	96	17.1	(13.3 - 21.6)	141
Grade									
Grade 8	23.4	(18.9 - 28.7)	618	29.9	(23.0 - 37.9)	286	17.3	(13.1 - 22.5)	330
Grade 9	23.7	(18.2 - 30.3)	603	24.2	(18.5 - 30.9)	323	22.6	(16.3 - 30.5)	276
Grade 10	22.1	(17.1 - 28.0)	626	23.2	(15.3 - 33.5)	263	21.0	(15.8 - 27.3)	363
Grade 11	23.2	(20.5 - 26.0)	690	25.6	(21.3 - 30.5)	316	20.7	(16.1 - 26.3)	374
Grade 12	18.7	(15.3 - 22.6)	337	20.8	(15.2 - 27.7)	126	17.1	(14.2 - 20.5)	211

N = Number of students in this group

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

PF_B_PARTHINGS: Percentage of students who reported that their parents or guardians most of the time or always went through their things without their approval
(during the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	14.1	(12.5 - 15.7)	2865	14.0	(12.6 - 15.6)	1310	14.2	(11.4 - 17.4)	1549
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	14.3	(12.6 - 16.1)	1822	13.9	(11.8 - 16.3)	856	14.7	(11.8 - 18.1)	963
16 or 17	13.9	(11.1 - 17.3)	719	14.0	(9.8 - 19.7)	320	13.7	(10.3 - 18.1)	399
13 - 17	14.2	(12.7 - 15.8)	2541	13.9	(12.5 - 15.6)	1176	14.4	(11.8 - 17.6)	1362
18 or older	13.8	(9.3 - 19.9)	237	-	-	97	13.6	(7.2 - 24.2)	140
Grade									
Grade 8	14.6	(10.9 - 19.3)	620	13.9	(10.5 - 18.2)	286	15.4	(9.7 - 23.5)	332
Grade 9	13.1	(10.2 - 16.7)	595	11.6	(8.4 - 15.9)	317	14.7	(10.9 - 19.5)	274
Grade 10	15.6	(12.3 - 19.6)	623	16.7	(11.2 - 24.1)	265	14.5	(10.1 - 20.5)	358
Grade 11	14.5	(11.5 - 18.1)	682	14.6	(10.2 - 20.5)	311	14.3	(10.2 - 19.7)	371
Grade 12	11.5	(8.3 - 15.7)	337	12.0	(7.9 - 17.8)	127	11.1	(6.6 - 18.1)	210

N = Number of students in this group

- = Fewer than 100 students in this subgroup

2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

PF_B_PARNOTTHINGS: Percentage of students who reported that their parents or guardians never or rarely went through their things without their approval (during the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	70.0	(66.4 - 73.3)	2865	67.4	(63.2 - 71.2)	1310	72.4	(67.5 - 76.8)	1549
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	69.8	(65.8 - 73.5)	1822	67.2	(62.3 - 71.7)	856	72.4	(67.5 - 76.8)	963
16 or 17	70.0	(64.8 - 74.7)	719	68.5	(61.4 - 74.8)	320	71.4	(64.3 - 77.5)	399
13 - 17	69.9	(66.1 - 73.4)	2541	67.5	(63.0 - 71.8)	1176	72.1	(67.4 - 76.4)	1362
18 or older	68.9	(56.8 - 78.8)	237	-	-	97	73.0	(55.5 - 85.4)	140
Grade									
Grade 8	71.9	(66.1 - 77.0)	620	70.9	(64.2 - 76.8)	286	72.7	(64.3 - 79.7)	332
Grade 9	70.0	(63.4 - 75.8)	595	68.0	(58.9 - 76.0)	317	71.9	(64.6 - 78.2)	274
Grade 10	67.0	(60.6 - 72.8)	623	62.3	(53.2 - 70.6)	265	71.6	(65.1 - 77.4)	358
Grade 11	70.9	(64.7 - 76.3)	682	69.2	(62.3 - 75.3)	311	72.5	(63.3 - 80.2)	371
Grade 12	70.9	(61.2 - 79.0)	337	67.3	(56.7 - 76.4)	127	73.6	(59.5 - 84.1)	210

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

LKA_B_PF_PARENTQUALITY: Percentage of students who reported that their parents or guardians most of the time or always spent quality time with them giving them undivided attention and being affectionate (during the 30 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	69.4	(66.8 - 72.0)	2869	67.9	(64.7 - 71.0)	1310	71.0	(67.3 - 74.5)	1553
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	69.0	(65.7 - 72.1)	1825	67.7	(62.7 - 72.3)	854	70.4	(65.5 - 74.9)	968
16 or 17	67.0	(62.6 - 71.1)	721	65.4	(61.3 - 69.3)	323	68.6	(61.0 - 75.3)	398
13 - 17	68.5	(65.7 - 71.1)	2546	67.1	(63.6 - 70.4)	1177	69.9	(65.8 - 73.7)	1366
18 or older	76.0	(68.7 - 82.0)	236	-	-	96	78.2	(67.4 - 86.1)	140
Grade									
Grade 8	71.9	(66.6 - 76.7)	621	68.7	(60.2 - 76.2)	289	75.3	(70.1 - 79.8)	330
Grade 9	69.9	(64.5 - 74.7)	593	71.2	(65.7 - 76.2)	313	69.2	(59.7 - 77.3)	276
Grade 10	65.8	(63.1 - 68.3)	626	63.8	(56.6 - 70.5)	264	67.7	(61.9 - 72.9)	362
Grade 11	67.0	(63.1 - 70.7)	686	65.6	(61.4 - 69.5)	315	68.5	(61.7 - 74.5)	371
Grade 12	74.8	(67.7 - 80.8)	335	72.8	(64.4 - 79.8)	125	76.3	(66.5 - 83.9)	210

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

Summary Tables - Weighted Data

OT_B_MOBILEHOURS: Percentage of students who used their mobile phone to be on social media, for online communication, or to browse the internet three or more hours per day (among students who had a mobile phone during the 7 days before the survey)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	29.8	(26.7 - 33.1)	2377	32.2	(28.9 - 35.7)	1082	27.5	(23.7 - 31.7)	1291
Age (Years)									
12 or younger	-	-	63	-	-	24	-	-	38
13 - 15	23.3	(20.6 - 26.2)	1455	25.5	(21.9 - 29.5)	680	21.1	(17.4 - 25.4)	772
16 or 17	40.6	(35.5 - 46.0)	643	45.6	(39.6 - 51.9)	287	36.0	(29.8 - 42.7)	356
13 - 17	28.4	(25.3 - 31.7)	2098	31.3	(28.0 - 34.9)	967	25.5	(21.8 - 29.7)	1128
18 or older	44.0	(34.5 - 53.9)	216	-	-	91	46.2	(35.7 - 57.1)	125
Grade									
Grade 8	14.3	(11.8 - 17.3)	466	16.2	(11.1 - 23.1)	213	12.6	(8.6 - 18.0)	251
Grade 9	21.6	(17.6 - 26.4)	473	25.3	(19.9 - 31.6)	258	17.6	(12.3 - 24.5)	213
Grade 10	31.6	(26.6 - 37.1)	508	32.6	(25.5 - 40.7)	206	30.6	(24.6 - 37.4)	302
Grade 11	38.2	(33.0 - 43.6)	610	45.4	(39.3 - 51.6)	280	31.1	(25.1 - 37.8)	330
Grade 12	44.7	(35.6 - 54.3)	312	41.9	(32.0 - 52.5)	121	47.0	(35.4 - 58.9)	191

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS
Sri Lanka
Summary Tables - Weighted Data

OT_B_PARMEDIARULE: Percentage of students who reported that their parents or guardians have rules about how they can use social media

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	73.6	(70.8 - 76.1)	2808	71.2	(66.8 - 75.2)	1274	75.7	(73.3 - 77.9)	1530
Age (Years)									
12 or younger	-	-	84	-	-	36	-	-	46
13 - 15	75.3	(72.2 - 78.2)	1778	73.5	(68.4 - 78.0)	826	77.0	(73.9 - 79.9)	950
16 or 17	73.1	(68.5 - 77.2)	710	69.4	(61.8 - 76.0)	316	76.5	(73.1 - 79.5)	394
13 - 17	74.7	(72.0 - 77.3)	2488	72.4	(68.0 - 76.4)	1142	76.9	(74.4 - 79.2)	1344
18 or older	60.7	(51.6 - 69.1)	236	-	-	96	62.6	(51.0 - 73.0)	140
Grade									
Grade 8	78.5	(73.6 - 82.7)	603	76.9	(69.3 - 83.1)	276	79.8	(73.7 - 84.8)	325
Grade 9	72.6	(69.0 - 75.9)	577	71.2	(66.6 - 75.4)	307	73.8	(67.2 - 79.4)	268
Grade 10	77.7	(73.5 - 81.4)	612	75.7	(67.7 - 82.3)	255	79.7	(75.7 - 83.2)	357
Grade 11	73.2	(69.0 - 77.0)	673	68.9	(62.4 - 74.8)	306	77.3	(73.1 - 80.9)	367
Grade 12	62.3	(54.2 - 69.7)	335	58.3	(45.2 - 70.4)	126	65.2	(57.5 - 72.2)	209

N = Number of students in this group

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

Summary Tables - Weighted Data

OT_B_TEACHBOTH: Percentage of students who were taught in any of their classes that both males and females should be treated fairly and with respect (during this school year)

	Total			Males			Females		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	72.9	(70.1 - 75.5)	2850	70.7	(67.5 - 73.7)	1303	75.1	(71.3 - 78.5)	1541
Age (Years)									
12 or younger	-	-	87	-	-	37	-	-	47
13 - 15	74.6	(71.3 - 77.5)	1815	71.7	(67.2 - 75.7)	850	77.4	(74.1 - 80.4)	962
16 or 17	70.0	(66.3 - 73.5)	714	71.3	(67.6 - 74.7)	321	68.8	(63.5 - 73.7)	393
13 - 17	73.3	(70.9 - 75.6)	2529	71.5	(68.3 - 74.6)	1171	75.1	(72.1 - 77.9)	1355
18 or older	70.0	(59.6 - 78.6)	234	-	-	95	74.7	(59.9 - 85.4)	139
Grade									
Grade 8	74.6	(69.0 - 79.4)	616	70.2	(60.4 - 78.4)	286	78.7	(72.6 - 83.8)	328
Grade 9	73.2	(67.8 - 78.0)	594	71.7	(65.8 - 77.0)	316	75.3	(69.3 - 80.5)	274
Grade 10	74.9	(69.1 - 80.0)	621	71.4	(63.9 - 77.9)	260	78.3	(71.8 - 83.7)	361
Grade 11	71.9	(68.2 - 75.2)	677	71.8	(67.0 - 76.1)	312	71.9	(67.0 - 76.4)	365
Grade 12	68.3	(59.2 - 76.3)	334	67.1	(58.9 - 74.4)	125	69.3	(56.3 - 79.8)	209

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ANNEX 3: COMPARISON OF GSHS 2016 AND GSHS 2024 FINDINGS

Indicators	Total (%)		Male (%)		Female (%)	
	2024	2016	2024	2016	2024	2016
Went hungry due to unavailability of food	4.3 (3.2-5.8)	3.1 (2.5-3.9)	5.3 (3.4-8.3)	3.2 (2.2-4.6)	3.4 (2.5-4.6)	2.9 (2.2-4.0)
Ate from a fast-food restaurant one or more days during past 7 days.	70.4 (66-74.4)	41.7 (36.7- 46.9)	72.9 (68.2-77.1)	38.9 (33.7-44.5)	67.9 (62.2-73.2)	44.1 (38.5-49.8)
Did not eat from a fast- food restaurant	29.6 (28.61-31.18)	58.3 (53.1-63.3)	27.1 (25.6-29.2)	61.1 (55.5-66.3)	32.1 (30.6-34.3)	55.9 (50.2-61.5)
Were physically active for a total of at least 60 minutes per day on all 7 days of previous week	11.9 (9.8-14.2)	15.5 (12.9-18.4)	14.3 (11.7-17.3)	19.3 (16.2-22.8)	9.5 (7.2-12.5)	11.7 (9.2-14.9)
Did exercises to strengthen or tone their muscles on three or more days (during the 7 days before the survey)	22.5 (19.5-25.9)	25.5 (21.9-29.6)	35.5 (32.1-39)	36.1 (32.8-39.6)	10 (8.1-12.3)	15.4 (11.5-20.2)
Did not go to physical education class (each week during this school year)	49.4 (43.8-55)	30.6 (24.8-37.1)	45.2 (39.6-50.8)	28 (22.6-34.1)	53.5 (46.8-60.1))	32.9 (26-40.7)
Did not walk or ride a bicycle to or from school (during the 7 days before the survey)	42.5 (37.2-47.9)	38.3 (34.1-42.6)	39.6 (34.6-44.8)	32.8 (27.4-38.6)	45.4 (38.7-52.3)	43.6 (37.9-49.4)
Spent three or more hours per day sitting or lying down (except in school, doing homework or sleeping at night)	43.9 (41-46.9)	37.3 (32.9-41.9)	44 (41.4-46.6)	38.8 (34.2-43.6)	43.8 (39.6-48.1)	36 (30-42.5)
Never or rarely washed their hands after using the toilets or latrines at school	17.4 (16.5-18.6)	2.7 (2.1-3.5)	21.8 (20.4-23.7)	3.7 (2.7-5)	13 (11.8-14.5)	1.6 (1-2.5)

Indicators	Total (%)		Male (%)		Female (%)	
	2024	2016	2024	2016	2024	2016
*Did not wash their hands before eating at school during the past 30 days	10.1 (9.4-11.0)	2.4 (1.7-3.5)	13 (11.8-14.5)	3.6(2.6-5.1)	7.3 (6.4-8.4)	1.2 (0.7-2.0)
Usually cleaned or brushed their teeth (1 or more times during the 30 days before the survey)	95 (93.7-96)	97 (96.3-97.5)	93.3 (91.5-94.8)	96.5 (95.4-97.3)	96.6 (95.4-97.5)	97.6 (96.6-98.3)
Currently smoked cigarettes (on at least 1 day during the 30 days before the survey)	5.7 (4.1-7.9)	3.5 (2.4-4.9)	10.6 (8.1-13.9)	6.2 (4.2-9.2)	1 (0.5-2.0)	0.7 (0.4-1.3)
Currently used any form of smokeless tobacco products (on at least 1 day during the 30 days before the survey)	7.3 (5.8- 9.0)	2.3 (1.5-3.6)	12.4 (10.2-15.1)	4.3 (2.7-6.9)	2.2 (1.5-3.2)	0.4 (0.2-0.9)
Currently used any tobacco product (on at least 1 day during the 30 days before the survey)	9.7 (7.7-12.1)	9.2 (7.3-11.5)	16.9 (13.8-20.5)	15.6 (12-19.9)	2.9 (2.0-4.0)	3 (2.3-4.0)
First tried smoking a cigarette before age 14 years (among students who ever tried smoking a cigarette)	34.7 (27.9-42.1)	54.8 (43.6-65.7)	32.3 (26.2-39.1)	49.3 (36.7-62.1)		
Currently drank alcohol (at least one drink containing alcohol on at least 1 day during the 30 days before the survey)	5.3 (4.3-6.7)	3.2 (2.5-4.1)	8.3 (6.5-10.5)	5.5 (3.9-7.6)	2.4 (1.7-3.5)	1.0 (0.6-1.7)
Had their first drink of alcohol before age 14 years (other than a few sips, among students who ever had a drink of alcohol)	39.3 (33-45.9)	42.5 (31.7-54.2)	36.7 (29.3-44.9)	39.1 (27.5-52.1)	42.9 (33.4-52.9)	

* 2016- Measured, "Never or rarely washed their hands"
  2024- Measured, "Did not wash their hands"

Indicators	Total (%)		Male (%)		Female (%)	
	2024	**2016**	**2024**	**2016**	**2024**	**2016**
Used cannabis (one or more times during their life)	3.1 (2.1-4.4)	2.8 (1.6-4.6)	5.4 (3.7-7.7)	4.6 (2.6-8.0)	0.7 (0.4-1.3)	0.8 (0.4-1.5)
Currently used cannabis (one or more times during the 30 days before the survey)	2.1 (1.4-3.0)	2.7 (1.7-4.2)	3.5 (2.4-5.0)	4.2 (2.3-7.4)	0.6 (0.3-1.4)	1.1 (0.7-1.8)
Used drugs before age 14 years (among students who ever used drugs)	47.7 (41.4-54.1)	63.6 (51.6-74)	42.9 (36.9-49.1)	60.4 (48.1-71.6)		
Slept 8 hours or more on an average school night	37.5 (36.5-39.2)	36.4 (33.7-39.2)	37.8 (36.2-40.1)	37.4(34.1-40.9)	37 (35.5-39.3)	35.2 (30.9-39.8)
Most of the time or always were so worried about something that they could not sleep at night (during the 12 months before the survey)	11.9 (10.6-13.3)	4.6 (3.5-6.1)	10.4 (8.6-12.5)	4.2 (2.7-6.6)	13.3 (11.4-15.5)	4.9 (3.8-6.3)
Most of the time or always felt lonely (during the 12 months before the survey)	22.4 (20.1-24.9)	9 (7.7-10.5)	19.3 (16.6-22.3)	8.3 (6.9-10)	25.4 (22.2-28.9)	9.5 (7.8-11.6)
Have no close friends	7.5 (6.2-9.0)	5.6 (4.5-7.0)	7.0 (5.7-8.7)	5.0 (3.5-7.0)	7.9 (6.1-10.1)	6.1 (5.1-7.3)
Seriously considered attempting suicide (during the 12 months before the survey)	15.4 (13.3-17.8)	9.4 (7.9-12.2)	13.6 (11.1-16.7)	9.6 (7.5-11.2)	17.1 (14-20.7)	9.1 (7.4-11.1)
Made a plan about how they would attempt suicide (during the 12 months before the survey)	9.6 (8.9-10.3)	6.5 (5.5-7.6)	8.2 (6.6-10.1)	6.0 (4.8-7.6)	10.8 (9.1-12.8)	6.8 (5.5-8.3)

Indicators	Total (%)		Male (%)		Female (%)	
	2024	2016	2024	2016	2024	2016
Attempted suicide (one or more times during the 12 months before the survey)	9.1 (8.0-10.4)	6.8 (5.8-7.9)	7.7 (6.2-9.7)	6.7 (5.3-8.4)	10.5 (8.6-12.7)	6.7 (5.3-8.4)
Most of the students in their school were most of the time or always kind and helpful (during the 30 days before the survey)	45.6 (43-48.2)	51.2 (47.6-54.8)	41.5 (37.9-45.1)	47.6 (43.9-51.2)	49.5 (46.4-52.6)	54.6 (49.5-59.6)
Who were bullied during past 12 months	21.9(21.0-23.3)	38.5 (33-44.2)	22.8 (21.4-24.7)	48.6 (43-54.3)	21.0(19.6-22.9)	28.7 (23.2-35)
Were physically attacked (one or more times during the 12 months before the survey)	23.8 (20.8-27.1)	35.0 (30.9-39.4)	32.8 (28.2-37.7)	43.5 (39.2-47.8)	15.2 (12.2-18.8)	26.5 (22.0-31.6)
Were in a physical fight (one or more times during the 12 months before the survey)	34.5 (31.1-38.0)	43.8 (38.7-49.0)	51.3 (47.3-55.2)	54.9 (50.0-59.8)	18.1 (15.1-21.5)	33.2 (27.1-39.8)
were seriously injured (one or more times during the 12 months before the survey)	45.8 (40.9-50.7)	35.6 (30.6-40.9)	56.6 (51.4-61.5)	45.3 (39.7-51.1)	35.5 (30.9-40.4)	26.4 (21.5-31.9)
Most serious injury was a broken bone, dislocated joint, or a broken or knocked out tooth (among students who were seriously injured during the 12 months before the survey)	23.8 (20.0-28.1)	22.1 (17.7-27.2)	25.4 (20.0-31.7)	24.9 (19.6-31.1)	21.1 (16.3-27.0)	17.7 (12.6-24.4)

Indicators	Total (%)		Male (%)		Female (%)	
	2024	2016	2024	2016	2024	2016
Most serious injury was caused by a motor vehicle accident or being hit by a motor vehicle (among students who were seriously injured during the 12 months before the survey)	12.7 (10.1-15.7)	12.1 (9.6-15.1)	16.4 (13.0-20.5)	15.1 (11.4-19.8)	6.6 (4.3-9.9)	7.0 (4.6-10.5)
Missed classes or school without permission (on at least 1 day during the 30 days before the survey)	36.7 (33.6-39.9)	33.3 (31.4-35.2)	38.2 (34.2-42.3)	34.7 (32.3-37.2)	35.2 (32.1-38.4)	32.0 (29.2-35.0)
Parents or guardians most of the time or always checked to see if their homework was done (during the 30 days before the survey)	57.1 (53.0-61.1)	65.7 (60.8-70.4)	57.0 (50.6-63.1)	61.4 (55.8-66.8)	57.3 (54.2-60.4)	70.0 (64.1-75.3)
Parents or guardians most of the time or always understood their problems and worries (during the 30 days before the survey)	44.5 (41.7-47.3)	62.6 (59.8-65.2)	40.3 (36.3-44.5)	57.3 (53.8-60.7)	48.3 (45.3-51.3)	67.7 (65.2-70.1)
Parents or guardians most of the time or always really knew what they were doing with their free time (during the 30 days before the survey)	61.0 (56.9-64.9)	69.2 (65.7-72.5)	57.0 (51.2-62.7)	63.4 (59.3- 67.4)	64.7 (61.2-68.1)	74.8 (71.3-78.1)
Parents or guardians never or rarely went through their things without their approval (during the 30 days before the survey)	69.9 (66.1-73.4)	68.4 (65.5-71.3)	67.5 (63.0-71.8)	64.7 (60.9-68.2)	72.1 (67.4-76.4)	72.0 (68.1-75.6)
Had ever heard of HIV infection or the disease called AIDS	63 (58.1-67.7)	77 (72.7-80.7)	59 (53.3-64.5)	73.6 (67.7-78.8)	66.8 (62.2-71.1)	80.4 (75.3-84.7)
Were taught in any of their classes how to avoid HIV infection or AIDS (during this school year)	44.2 (39.5-49.1)	64.1 (58.6-69.2)	42.0 (36.3-47.9)	60.8 (55.2-66.1)	46.4 (41.8-51.0)	67.5 (61.0-73.4)

* Empty cells- Percentages were not calculated for responses with count less than 100.