

Student ARACY Question Set



Linewize Pulse asks students to answer anonymous questions which are drawn from the Australian Research Alliance for Children and Youth's (ARACY) Common Approach™ framework.

Introduction

The Common Approach™ framework was selected based on its **evidentiary base and track record of use in Schools.**



Data is collected from students through experience questions. Experience questions are completely anonymous and differ from week to week, covering 6 areas of wellbeing: Healthy, Valued and Safe, Learning, Participating, Positive Sense of Identity and Culture, and Material Basics.

To help the school interpret and anticipate the data that will be collected, this document provides the comprehensive list of questions, and the areas under which they are grouped in the Pulse application.

We also note that ARACY provides training for all school staff to ensure they are equipped to have best practice conversations about wellbeing with students and their families. We believe that the impact of Linewize Pulse can be amplified by training your staff to have such conversations.

Healthy: The overall physical, mental and emotional health of students.

Age Group	Question
Junior	I have a lot of fun.
Junior	I start the day happy.
Junior	My life is good.
Junior	I feel unhappy.
Junior	I feel that I do things wrong a lot.
Junior	I worry a lot about things at school.
Junior	I worry a lot about mistakes that I make.
Junior	I am healthy.
Junior	Do you go to the doctor when you need to?
Junior	I like to play outdoors.
Junior	Do you play in nature (park, woods, beach)?
Junior	I like to move my body (run, dance, climb, play sports).
Junior	If I feel unwell, I know who to speak to.
Senior	I feel happy.
Senior	I have a lot of fun.
Senior	I love life.
Senior	I have more good times than bad times.
Senior	I believe more good things than bad things will happen to me.
Senior	I start the day thinking I will have a good day.
Senior	In most ways my life is close to the way I would want it to be.
Senior	I am happy with my life.
Senior	I have the important things I want in life.
Senior	If I could live my life over again, I would have it the same way.

Healthy: The overall physical, mental and emotional health of students.

Age Group	Question
Senior	When I'm worried about something, I make myself think about it in a different way that helps me feel better.
Senior	I feel unhappy a lot of the time.
Senior	I feel upset about things.
Senior	I feel that I do things wrong a lot.
Senior	I worry a lot about things at school.
Senior	I worry a lot about mistakes that I make.
Senior	In the last month, about how often did you feel nervous?
Senior	In the last month, about how often did you feel hopeless?
Senior	In the last month, about how often did you feel so sad that nothing could cheer you up?
Senior	In the last month, about how often did you feel that everything was an effort?
Senior	In the last month, about how often did you feel worthless?
Senior	Most weeks, how many nights do you get enough sleep?
Senior	In general, how would you describe your physical health?
Senior	In general, how would you describe your mental health?
Senior	In general, how would you describe your emotional health?
Senior	I get enough physical activity each week.
Senior	If there is a problem with my health, there is someone I can speak with.
Senior	I worry a lot about things at home.
Senior	Do thoughts in your head keep you awake at night?

Valued and Safe: How valued and safe a student feels.

Age Group	Question
Junior	I can go to a teacher if I am upset.
Junior	Adults in my school care for me.
Junior	I can trust adults in my school.
Junior	People care about each other in this school.
Junior	I am safe at school.
Junior	People at my school care for the environment.
Junior	I like to play in the playground.
Junior	Teachers and students treat each other kindly.
Junior	I can get help at school if I need it.
Junior	I am happy at school.
Junior	At school, do other children try to upset you or treat you badly?
Junior	Are people mean to you?
Junior	The playground is safe for me.
Junior	I can get help from adults if I need it.
Junior	I have friends at school.
Junior	I have adults who care about me.
Senior	Are there any adults who are important to you at your school?
Senior	Do you feel confident that you can go to a teacher if you are worried or concerned about something?
Senior	At my school, there is a teacher or another adult who really cares about me.
Senior	Teachers and students treat each other with respect in this school.
Senior	People care about each other in this school.
Senior	Students in this school help each other, even if they are not friends.
Senior	I feel like I fit in at school.

Valued and Safe: How valued and safe a student feels.

Age Group	Question
Senior	I feel supported at school.
Senior	If something is worrying me there is someone at school I can talk to.
Senior	I feel safe at school.
Senior	The people around me care for the environment.
Senior	At school, are you physically bullied (for example, someone hit, shoved, or kicked you, spat at you, beat you up, or damaged or took your things without permission)?
Senior	At school, are you verbally bullied (for example, someone called you names, teased, embarrassed, threatened you, or made you do things you didn't want to do)?
Senior	At school, are you socially bullied (for example, someone left you out, excluded you, gossiped and spread rumours about you, or made you look foolish)?
Senior	Are you bullied online (for example, someone used the computer or text messages to exclude, threaten, embarrass you, or to hurt your feelings)?

Learning: How a student learns.

Age Group	Question
Junior	I like my teachers.
Junior	My teachers really listen to what I have to say.
Junior	If I need extra help with schoolwork I can get it.
Junior	My teachers treat me the same as others.
Junior	I keep at my schoolwork until I have finished it all.
Junior	I work hard.
Junior	It is OK to make mistakes.
Junior	When I make mistakes, I try again.
Junior	I take care with my work.
Junior	I am sure I can do my schoolwork.

Learning: How a student learns.

Age Group	Question
Junior	I can do a good job on my schoolwork.
Junior	I like to learn at school.
Junior	I can pay attention when I need to.
Junior	I can remember what I learn in school.
Junior	I can do the work my teacher gives me.
Junior	I do my homework.
Senior	I get along well with my teachers.
Senior	My teachers are interested in my wellbeing.
Senior	My teachers really listen to what I have to say.
Senior	If I need extra help, I will receive it from my teachers.
Senior	My teachers treat me fairly.
Senior	When I do an activity, I enjoy it so much that I lose track of time.
Senior	I get so involved in activities that I forget about everything else.
Senior	I keep at my school work until I am done with it.
Senior	I finish whatever I begin.
Senior	Once I make a plan to get something done, I stick to it.
Senior	I am a hard worker.
Senior	When I find something hard I try another way.
Senior	I take a lot of care with what I do.
Senior	I am excited to come up with new things.
Senior	I am sure I can learn the skills taught in school this year.
Senior	If I have enough time, I can do a good job on all my school work.
Senior	Even if the work in school is hard, I can learn it.
Senior	I can finish my homework assignments by the deadlines.

Learning: How a student learns.

Age Group	Question
Senior	I can get myself to study when there are other interesting things to do.
Senior	I can concentrate on school subjects during class.
Senior	I can take good notes during school lessons.
Senior	I can plan my schoolwork for the day.
Senior	I can organize my schoolwork.
Senior	I can remember information presented in class and textbooks.
Senior	I can arrange a place to study without distractions.
Senior	I can get myself to do schoolwork.

Participating: How a student participates in the activities and relationships around them.

Category	Question
Junior	I have a friend I can tell everything to.
Junior	I play with my friends.
Junior	I try to do my best.
Junior	Do you do any activities outside of school (sports, art, crafts, music)?
Junior	I get to make choices at school.
Senior	I have at least one really good friend I can talk to when something is bothering me.
Senior	I have a friend I can tell everything to.
Senior	I spend time with my friends.
Senior	I tend to bounce back quickly after hard times.
Senior	I usually come through difficult times with little trouble.
Senior	I actively pursue my goals.
Senior	I have done well in the past.
Senior	I meet the goals that I set for myself.
Senior	There are lots of ways around any problem.
Senior	There are different ways to achieve my goals.
Senior	How confident are you in your ability to achieve your study/work goals after school?
Senior	How often do you participate in organized activities (e.g. sports, art, crafts, music, etc.)?
Senior	I have a say in the decisions that affect me at school.

Positive Sense of Identity and Culture: How a student feels they belong within the school academic and social environment, and the expectations they perceive to be placed on them.

Age Group	Question
Junior	I fit in at this school.
Junior	I have a group of friends.
Junior	I fit in with other kids around me.
Junior	I expect the best from myself.
Junior	I see people who are like me on TV, in books or online.
Junior	I get treated unfairly.
Junior	I am treated the same as other students in my school.
Junior	I am liked at school because I am me.
Senior	I feel like I belong in this school.
Senior	I feel like I am important to this school.
Senior	I feel part of a group of friends that do things together.
Senior	I feel that I usually fit in with other kids around me.
Senior	When I am with other kids my age, I feel I belong.
Senior	I often feel disappointed after completing a task because I knew I could have done better.
Senior	I often feel like I could have done better.
Senior	I have high expectations for myself.
Senior	I have a strong need to strive for excellence.
Senior	I expect the best from myself.
Senior	How would you describe your feelings when you think about the future?
Senior	I see positive representations of people who are like me in school resources, television, social media.
Senior	I experience discrimination.
Senior	I have role models I can look up to in my school.
Senior	I have the same opportunities at school as other students in my school.
Senior	I can be myself at school.

Material Basics: The basic parts of life that contribute to an overall well-rounded individual.

Age Group	Question
Junior	I have the things I need to be healthy.
Junior	I have the things I need for school (uniforms, equipment, etc).
Junior	I try to eat healthy food.
Senior	How often do you eat breakfast?
Senior	I have the things I need for school (uniforms, equipment, etc).
Senior	I generally eat healthy food.
Senior	Do you spend time in nature (e.g. the park, woods, beach, etc.)?
Senior	I try to eat healthy food.



Linewize is a unique response to the challenge of today's connected learning environments, supporting the integration of technology, education and engagement to create cyber safe communities where students thrive.

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Linewize is part of Qoria, a global technology company, dedicated to keeping children safe and well in their digital lives. We harness the power of connection to close the gaps that children fall through, and to seamlessly support them on all sides - at school, at home and everywhere in between.

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