

Global School-based Student Health Survey Sri Lanka

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2024

Family Health Bureau of the Ministry of Health and Mass Media
&
Ministry of Education, Higher Education and Vocational Education



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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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- **The Director General of Health Services, Deputy Director General of Public Health Services II, and the Director of Maternal & Child Health, Ministry of Health**, for their unwavering support and technical guidance throughout the process.
- **Members of the Technical Working Group**, comprising representatives from academia, the Health & Nutrition Branch of the Ministry of Education, Higher Education and Vocational Education and various specialised units of the Ministry of Health—including the Directorate of Non-Communicable Diseases, Directorate of Mental Health, Family Health Bureau, Nutrition Division, Health Promotion Bureau, Directorate of Estate & Urban Health—as well as UN agencies, including WHO and UNICEF, for their commitment and expertise.
- **The GSHS 2024 team**, including the central core group from the Family Health Bureau's school and adolescent health units, and the regional team, which comprised nominated teachers from surveyed schools and designated members of relevant Medical Officer of Health (MOH) teams, for their dedication and tireless efforts.
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- **Dr. Chithramalee De Silva**, former Director of Maternal & Child Health, Family Health Bureau, and acting Deputy Director General of Public Health Services II, for her valuable guidance and leadership.
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- This survey represents a collaborative achievement, and we express our deepest gratitude to everyone who contributed to its successful completion.

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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 conducted 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. Alarming, 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 had affected 23.8% of students, with males (32.8%) and 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

Alarming, 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).

1.1 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).

1.2 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.

1.3 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).

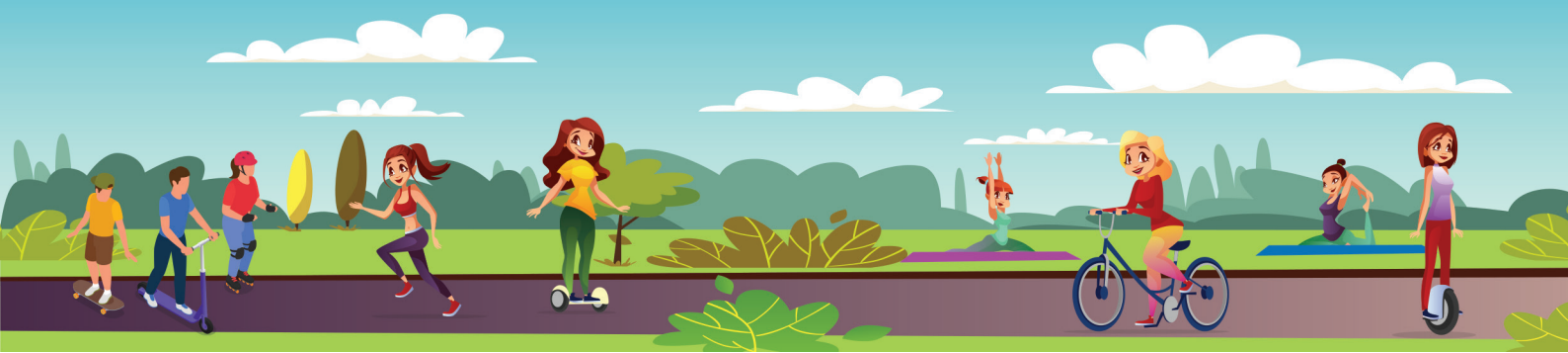


In 2001, the World Health Organization (WHO), in conjunction with the United Nations programme on HIV/AIDS (UNAIDS), United Nations Educational, Scientific and Cultural Organization (UNESCO), and United Nations Children's Fund (UNICEF), and with technical support from the Centres for Disease Control 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).

$$\begin{aligned}n &= \frac{Z^2 * p * (1-p)}{e^2} \\ &= \frac{(1.96)^2 * 0.5 * (1-0.5)}{(0.05)^2} \\ &= 384.16\end{aligned}$$



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:

$$n = 384.16 * 1.5 * 4 = 2304.06 \text{ rounded off as } 2500$$

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	=	$32 \div 80\%$
	=	40

The desired number of students	=	2500
Expected student response rate	=	80%
Number of schools to be sampled	=	$2500 \div 80\%$
	=	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. Forty 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.

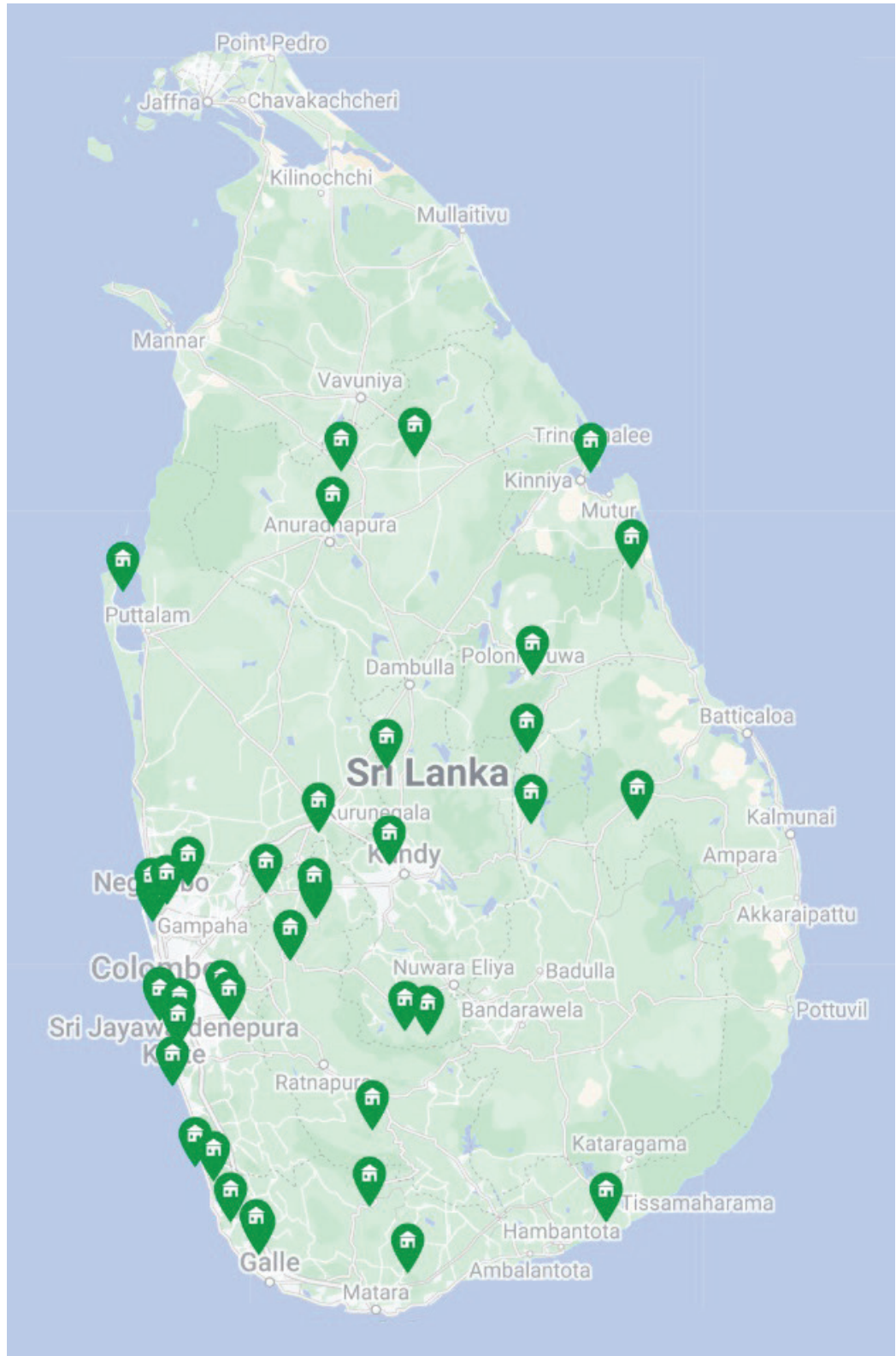


Figure 2.1 a: Distribution of schools



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

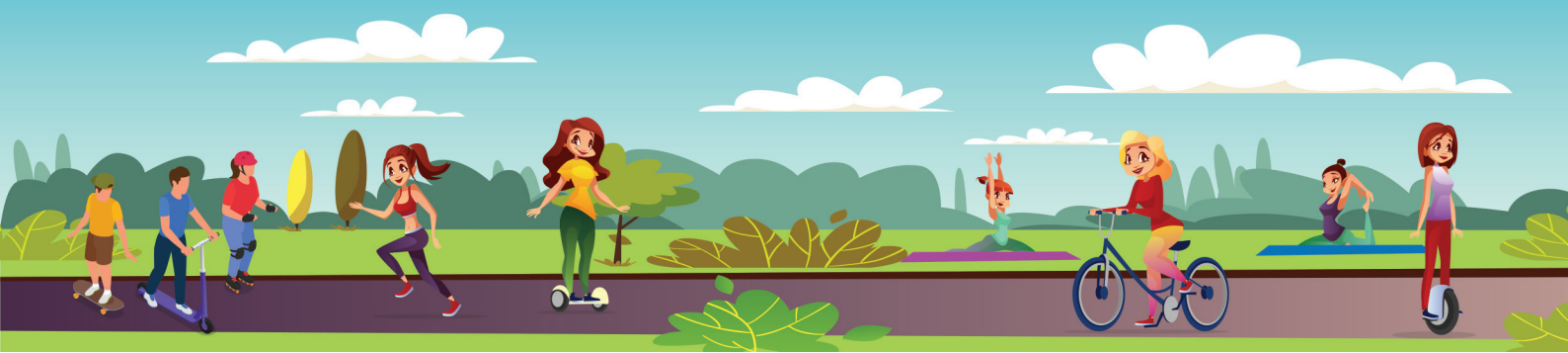
The survey was conducted among students in grades 8 to 12. Following a thorough data cleaning process, 2,912 answer sheets were identified as usable, yielding an overall response rate of 75.8%. To enhance consistency and allow for cross-country comparisons, the analysis focuses on individuals aged 13 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:

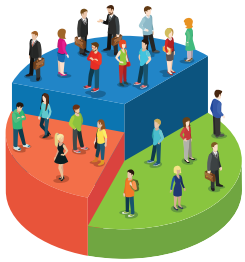


1. Demographic details
2. Nutrition and Dietary behaviours
3. Physical activity
4. Hygiene
5. Oral health
6. Mental health and substance use
 - Mental Health
 - Tobacco use
 - Alcohol use
 - Drug use
7. Sleep
8. Violence and unintentional injuries
9. Sexual Health
10. Engagement of the school, peers 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



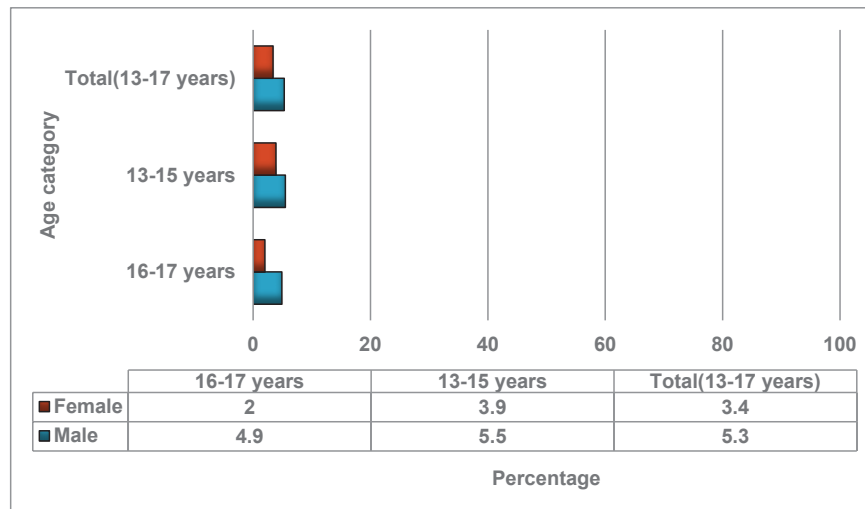


Figure 3.3 a: Percentage of students who most of the time or always went hungry, because there was not enough food in their home during the 30 days before the survey, by sex and age

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).

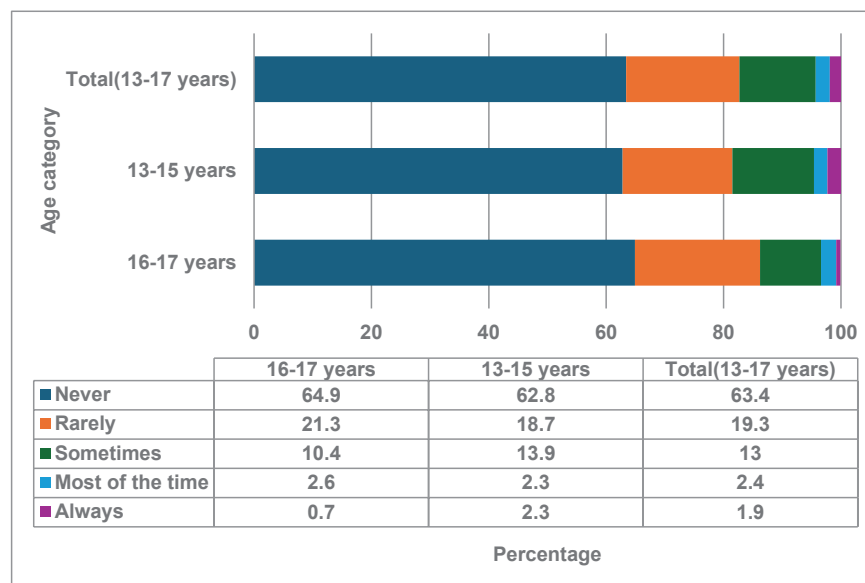


Figure 3.3 b: Distribution of students by status of going hungry during the past 30 days because there was not enough food in their home, by age



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 ($p = 0.767$).

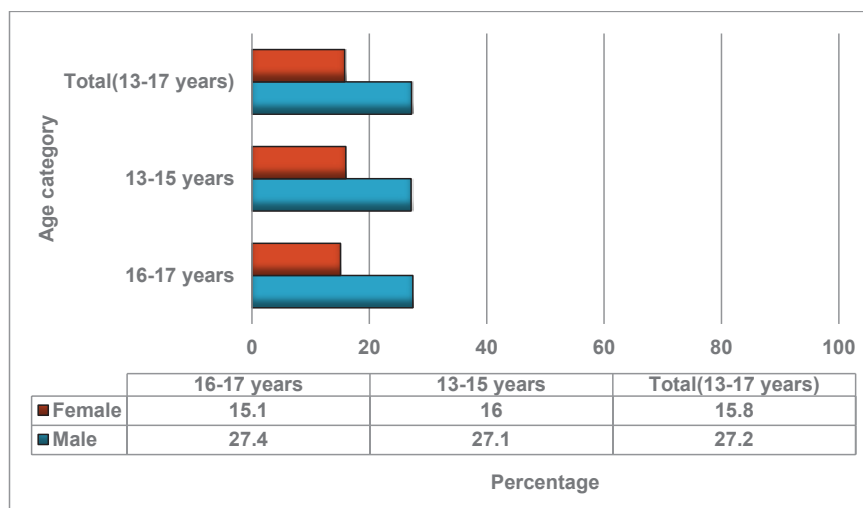


Figure 3.3 c: Percentage of students who were underweight (less than -2SD from median for BMI), by sex and age

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) [$p = 0.242$].

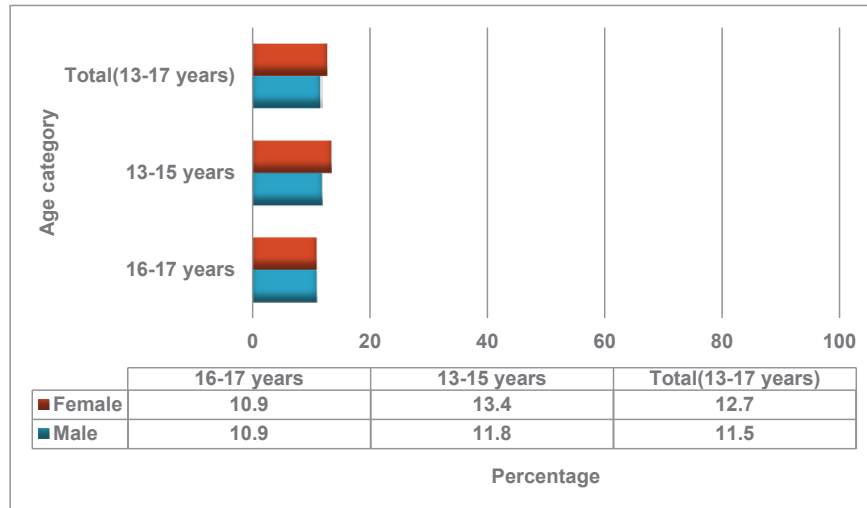
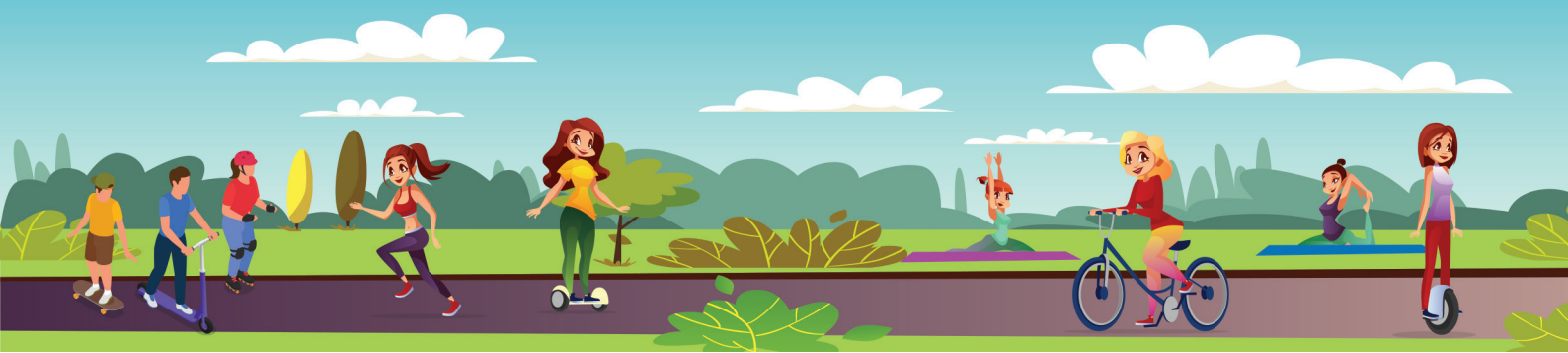


Figure 3.3 d: Percentage of students who were overweight (>+1SD from the median for BMI), by sex and age

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%) [$p=0.106$].

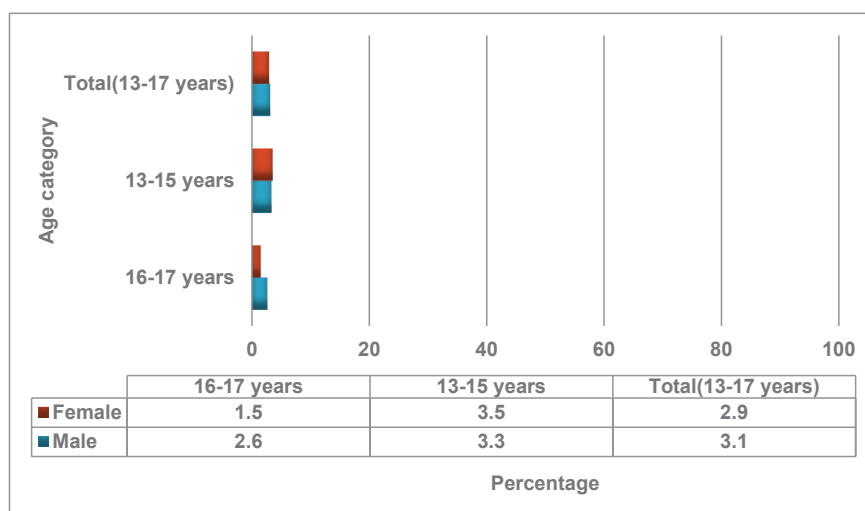


Figure 3.3 e: Percentage of students who were obese (>+2SD from the median for BMI), by age and sex



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 ($p=0.065$).



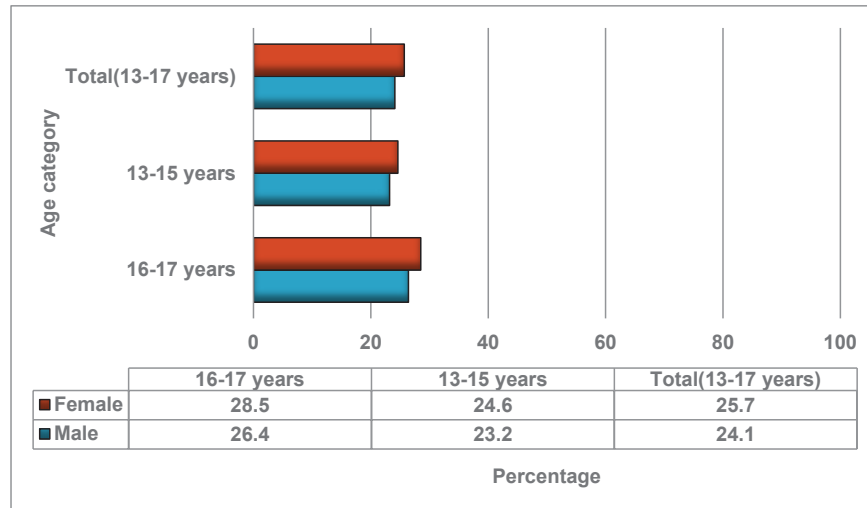
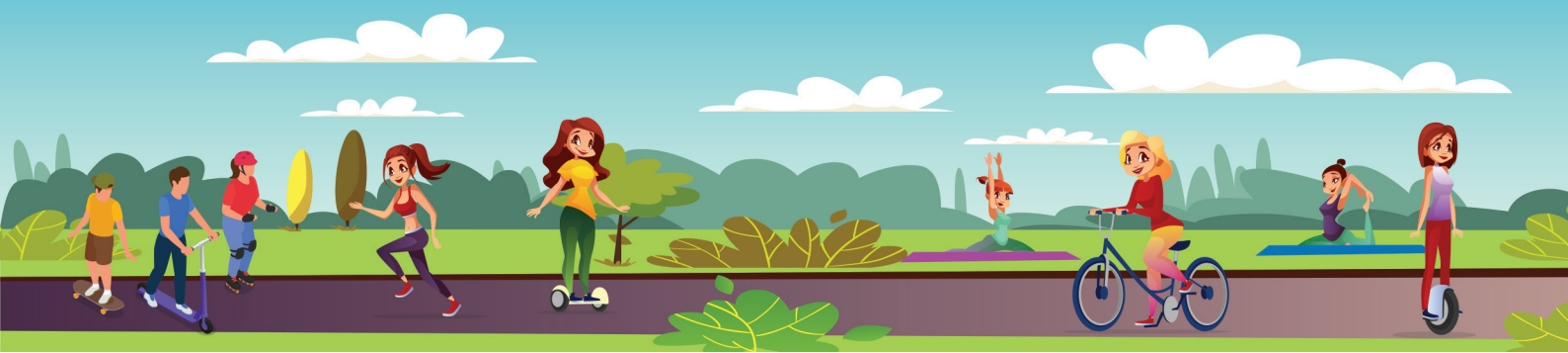


Figure 3.3 f: Percentage of students who did not eat fruit (during the 7 days before the survey), by sex and age

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].

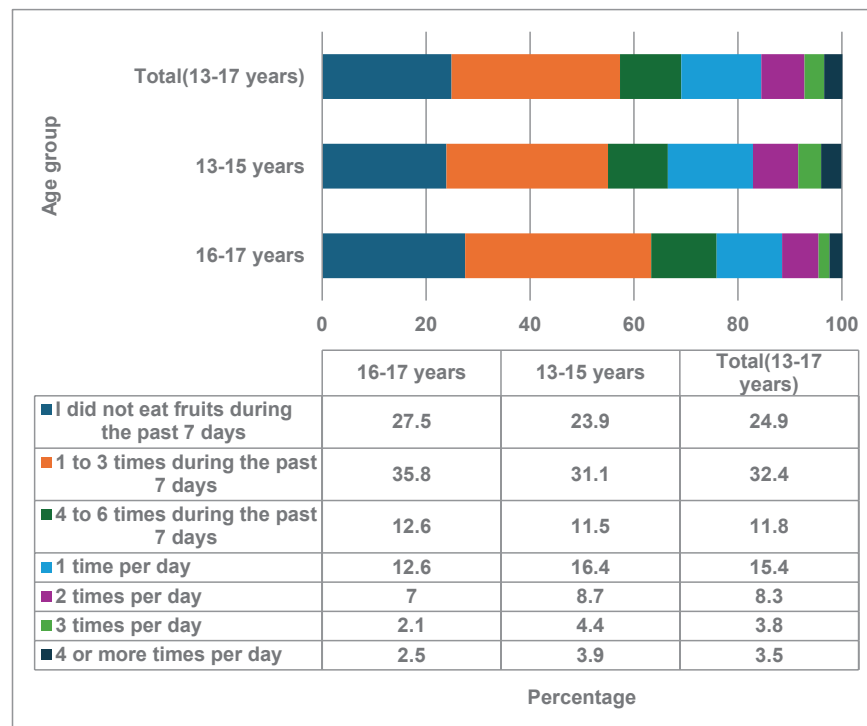


Figure 3.3 g: Pattern of consumption of fruit among students during the past 7 days, by age



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 ($p=0.790$).

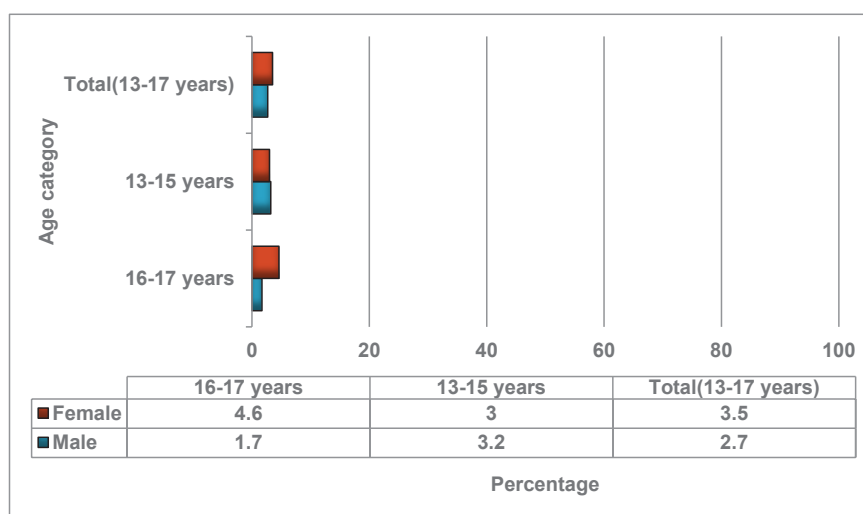


Figure 3.3 h: Percentage of students who did not eat vegetables during the 7 days before the survey, by sex and age

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%.



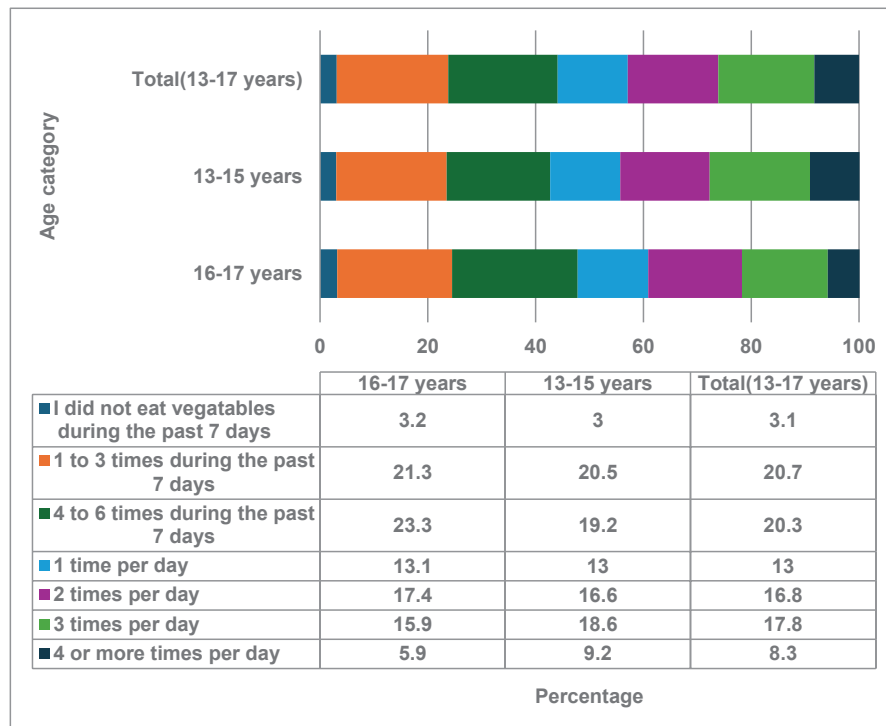


Figure 3.3 i: Pattern of consumption of vegetables among students during the past 7 days, by age

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 ($p<0.001$).

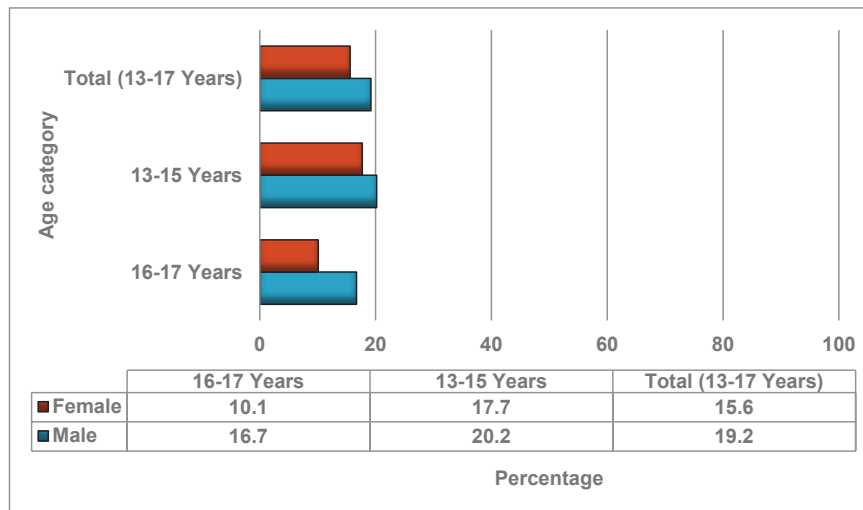


Figure 3.3 j: Percentage of students who drank carbonated soft drinks one or more times per day, excluding diet soft drinks during the 7 days before the survey, by sex and age

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

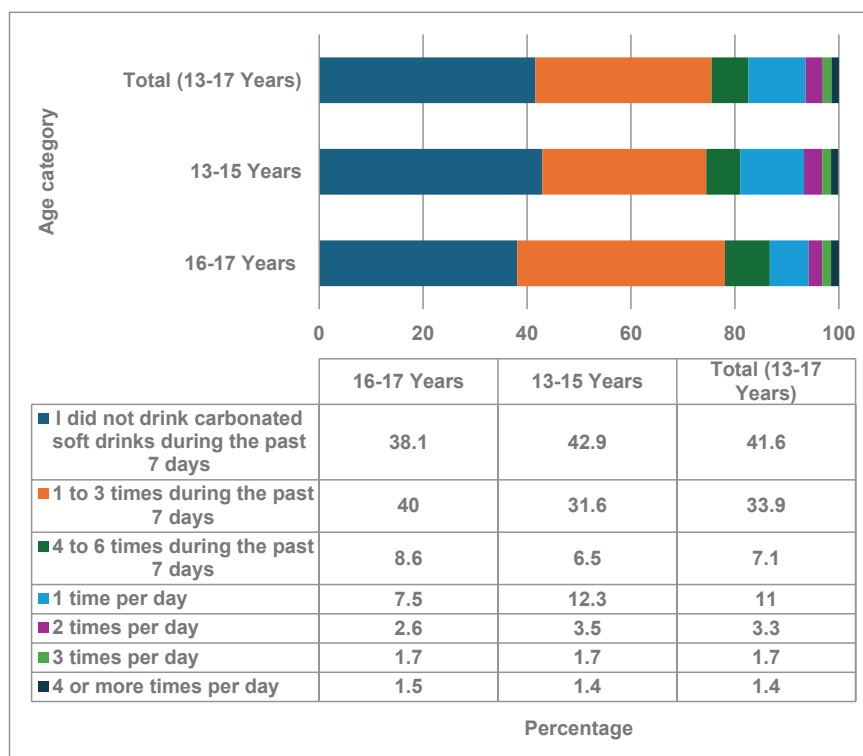


Figure 3.3 k: Pattern of consumption of carbonated soft drinks among students during the past 7 days by age



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 I]. 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 ($p=0.001$).



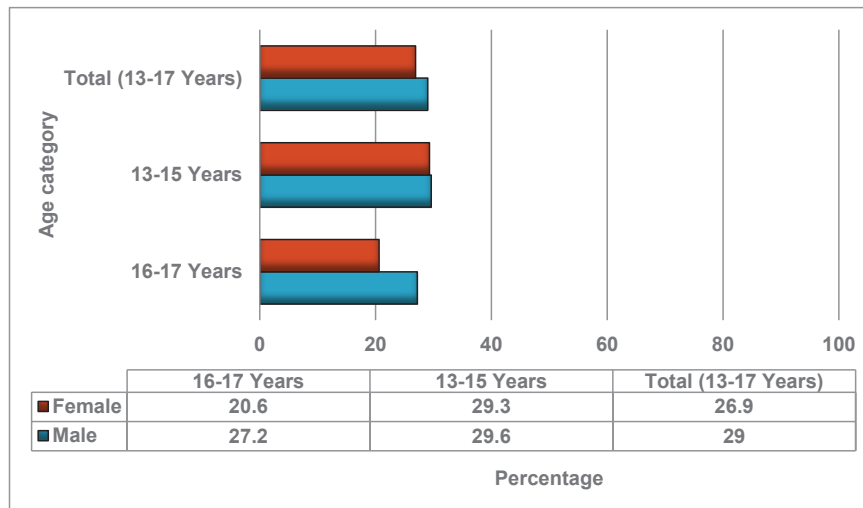


Figure 3.3 I: Percentage of students who drink sugar-sweetened drinks one or more times per day, excluding carbonated soft drinks and diet or no-calorie drinks, during the 7 days before the survey, by sex and age

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).

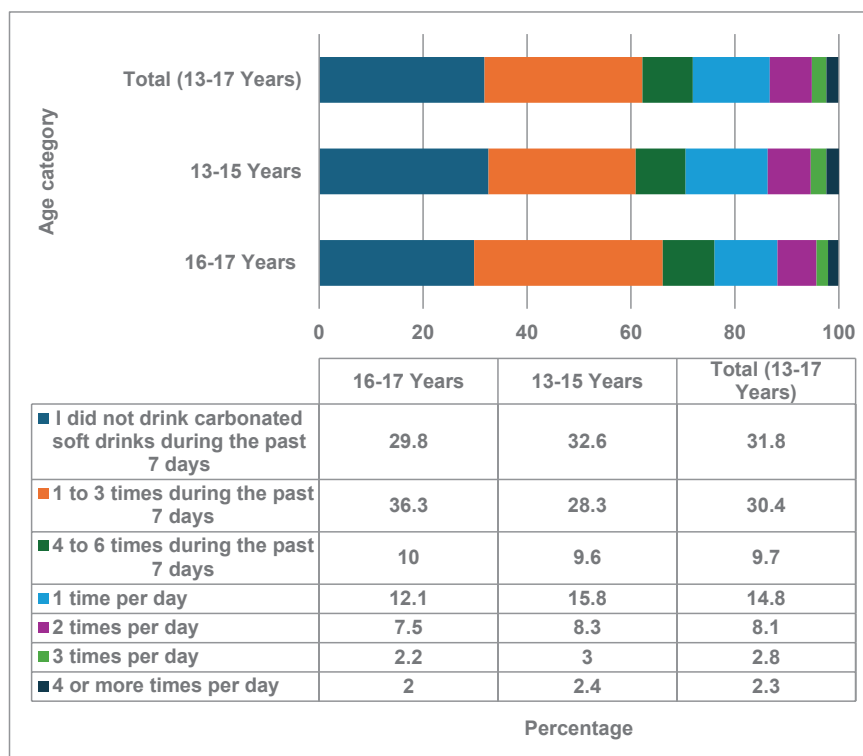


Figure 3.3 m: Pattern of consumption of sugar-sweetened drinks among students during the past 7 days, by age



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 ($p<0.001$).

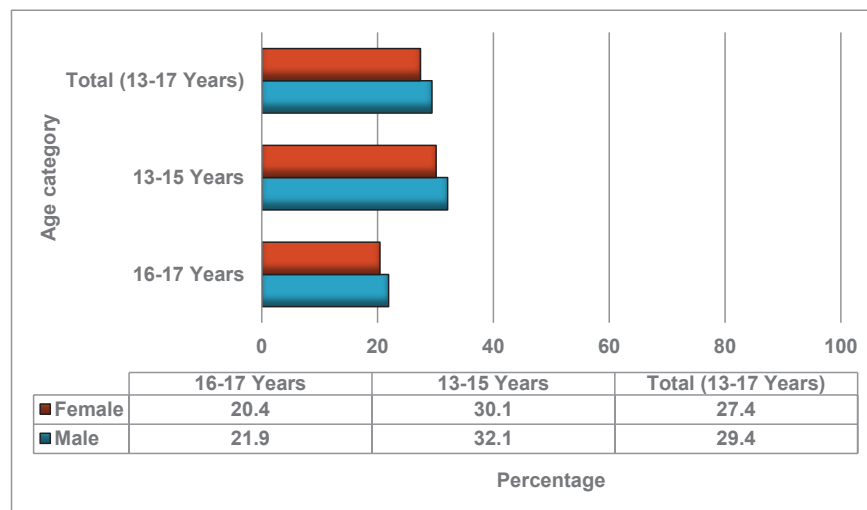


Figure 3.3 n: Percentage of students who ate salty foods or snacks one or more times per day during the 7 days before the survey, by sex and age

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

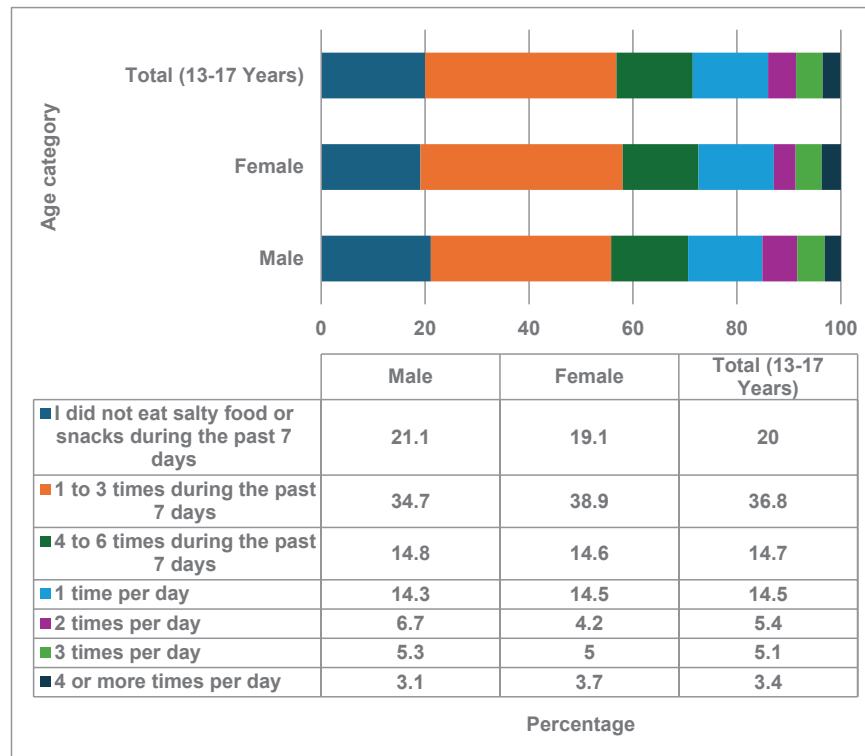


Figure 3.3 o: Pattern of consumption of salty foods or snacks among students during the past 7 days, by age

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 ($p=0.008$).

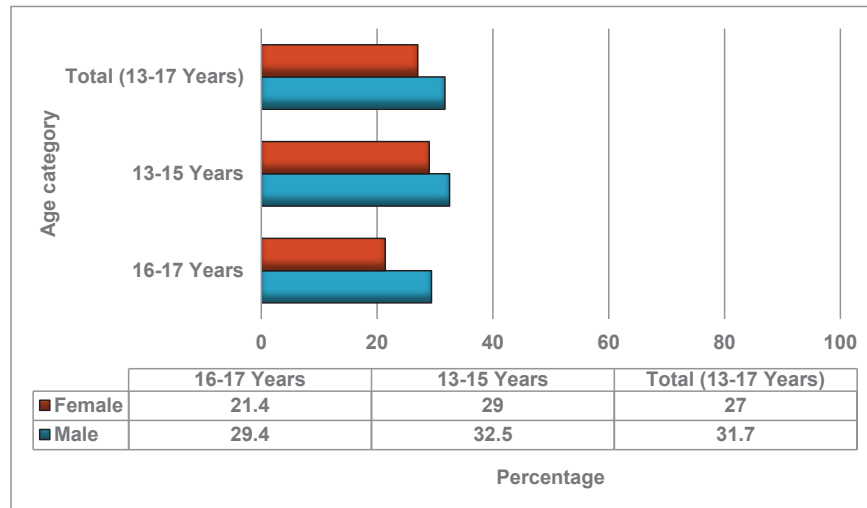


Figure 3.3 p: Percentage of students who ate foods high in fat one or more times per day during the 7 days before the survey, by sex and age

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

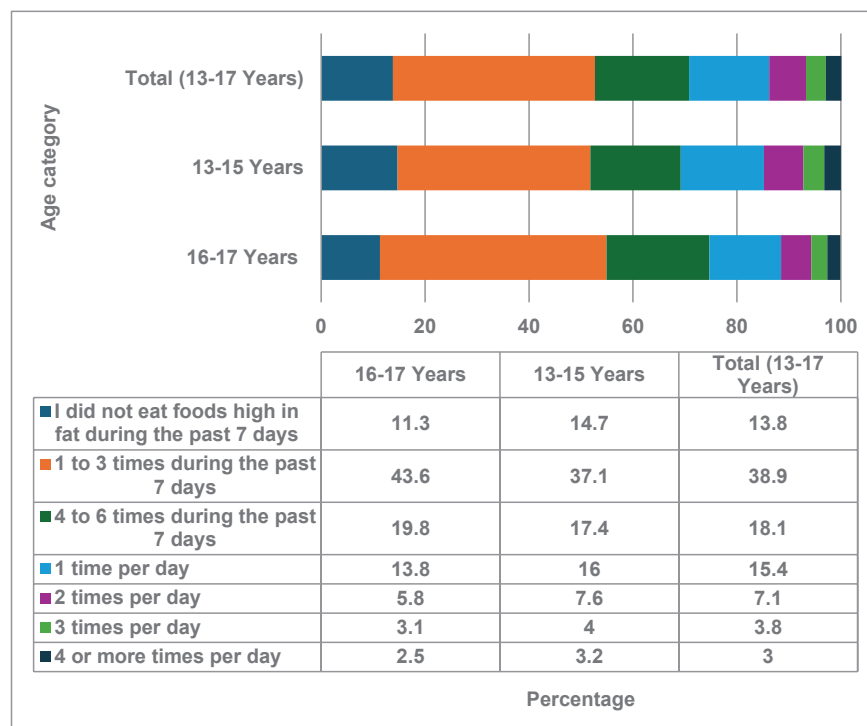


Figure 3.3 q: Pattern of consumption of foods high in fat among students during the past 7 days, by age



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.

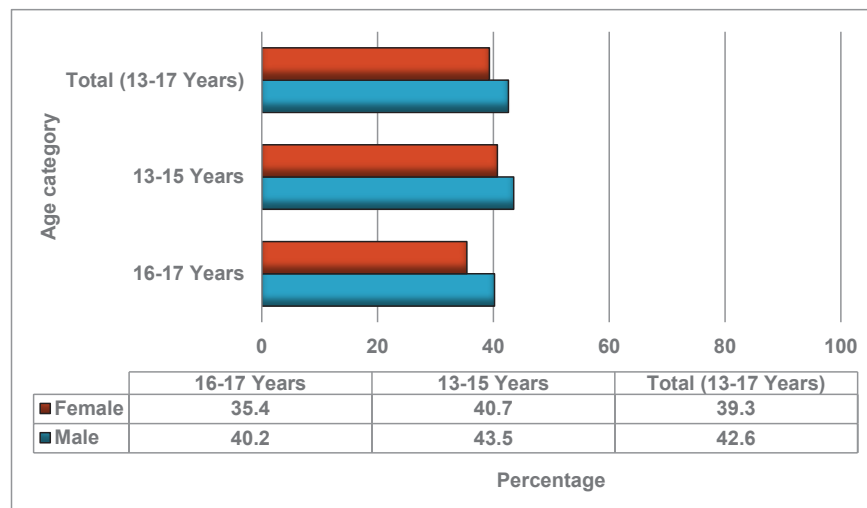


Figure 3.3 r: Percentage of students who ate foods high in sugar one or more times per day during the 7 days before the survey, by sex and age

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

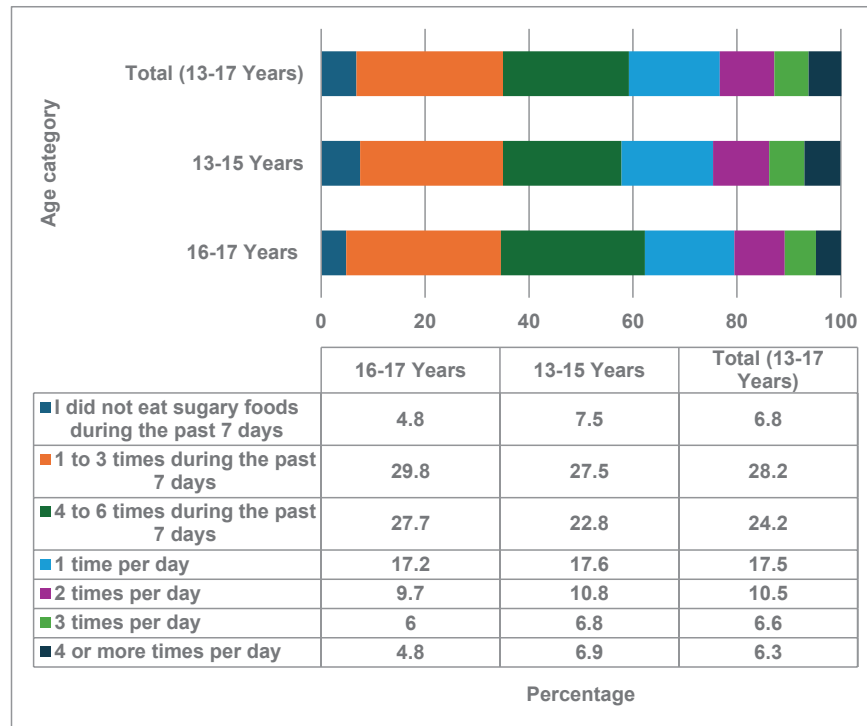
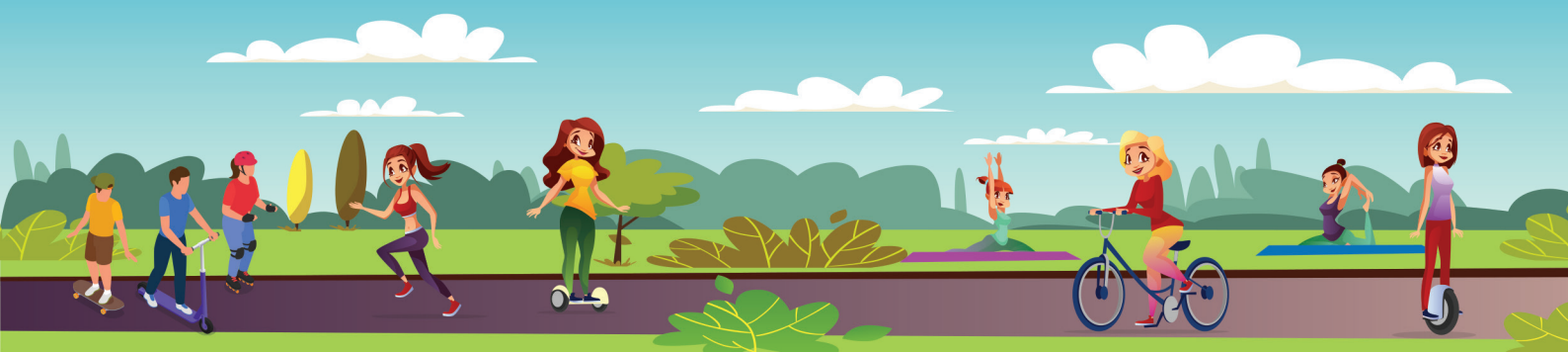


Figure 3.3 s: Pattern of consumption of foods high in sugar among students during the past 7 days by age

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.

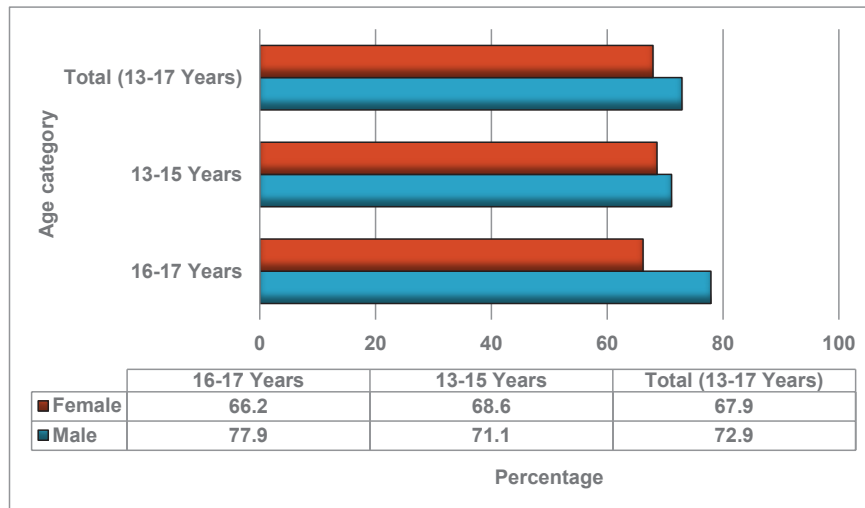


Figure 3.3 t: Percentage of students who ate at least one meal or snack from a local roadside restaurant, boutique, Choon Paan, or fast-food restaurant on one or more days during the 7 days before the survey, by sex and age

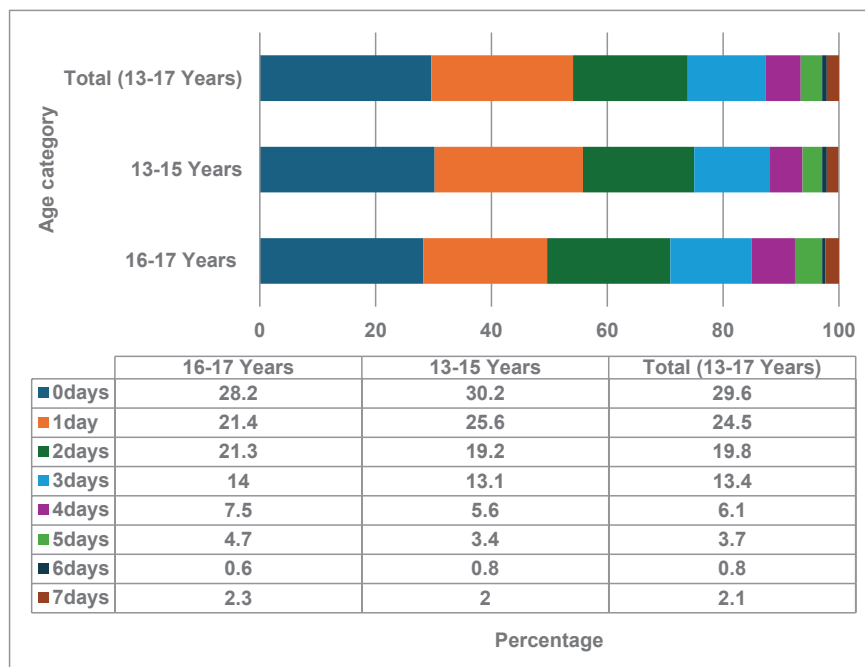


Figure 3.3 u: Pattern of consumption of from a local roadside restaurant, boutique, Choon Paan, or fast food restaurant among students during the past 7 days, by age



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% ($p=0.374$).

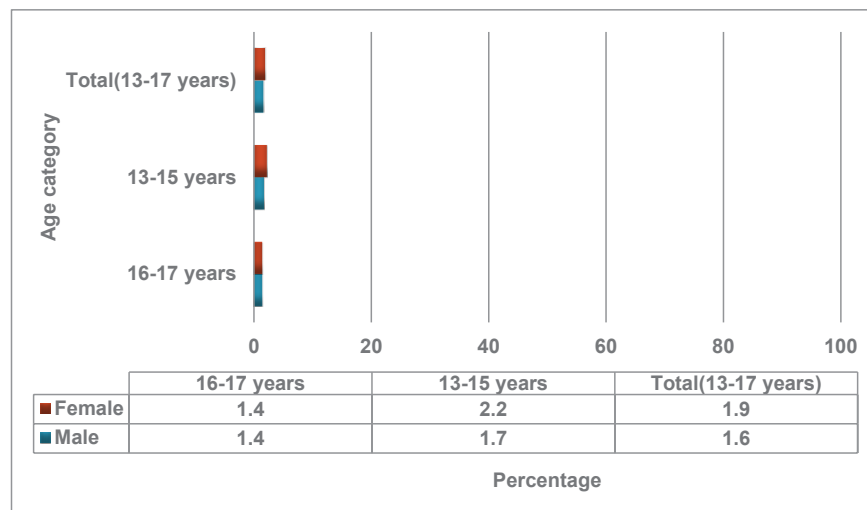


Figure 3.3 v: Percentage of students who did not eat breakfast because there was not always food in their home for breakfast during the 7 days before the survey, by sex and age

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).

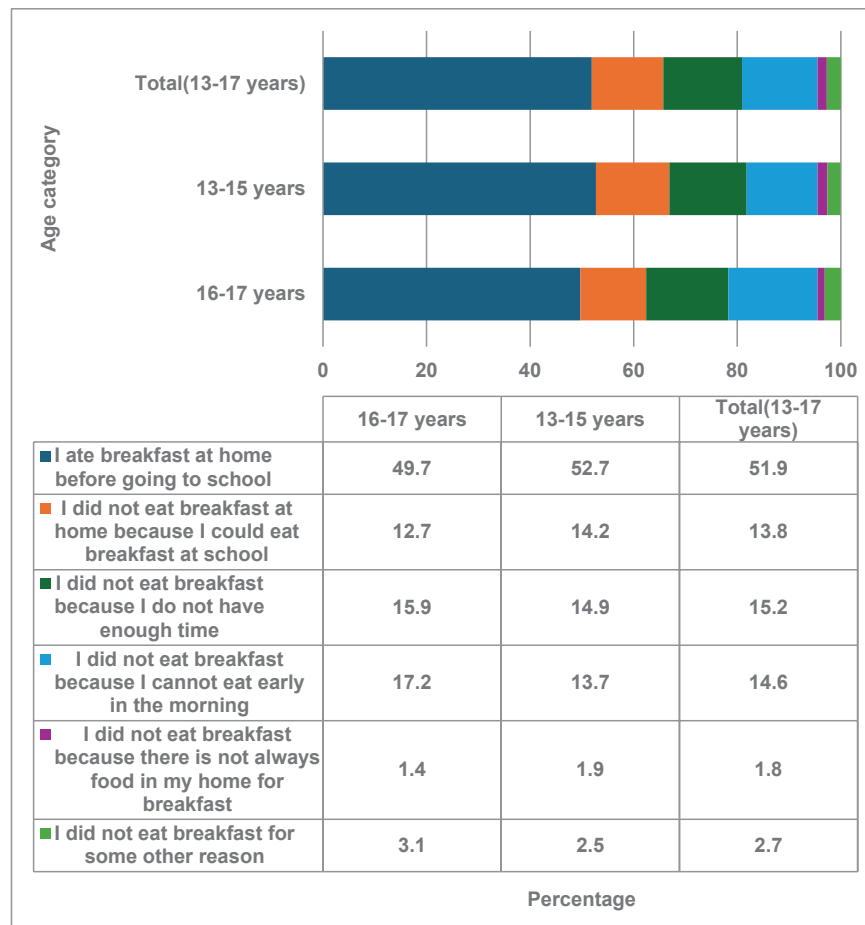
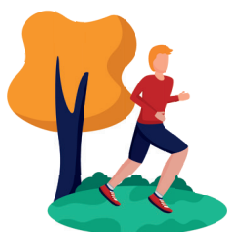


Figure 3.3 w: Usual pattern of eating breakfast among students during the past 7 days, by age

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.



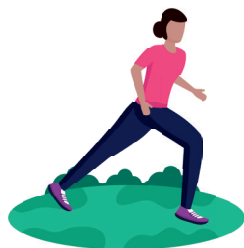
3.4 Physical activity



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 ($p = 0.676$).

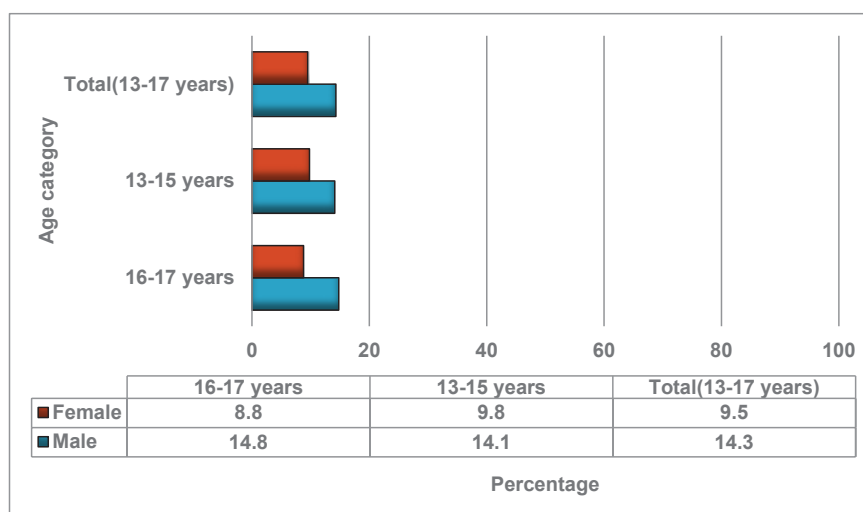


Figure 3.4 a: Percentage of students who were physically active for a total of at least 60 minutes per day on all 7 days during the 7 days before the survey, by sex and age



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% ($p = 0.676$).

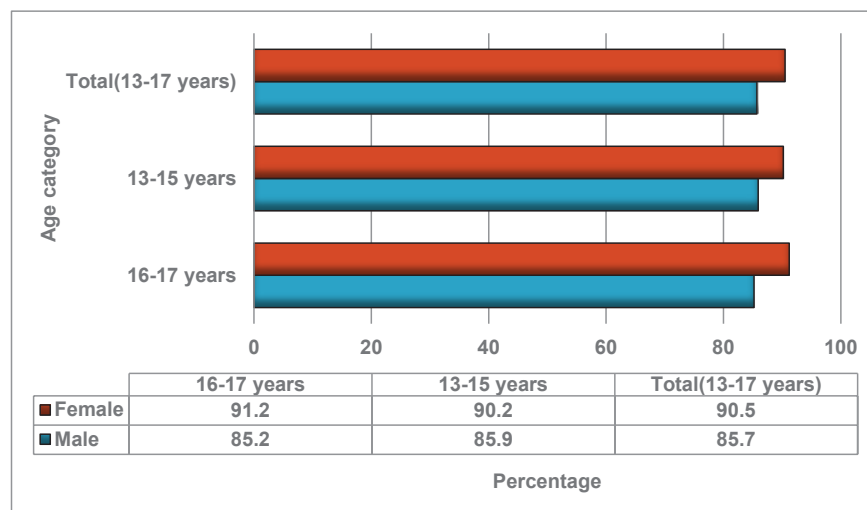


Figure 3.4 b: Percentage of students who were not physically active for a total of at least 60 minutes per day on all 7 days during the 7 days before the survey, by sex and age

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).



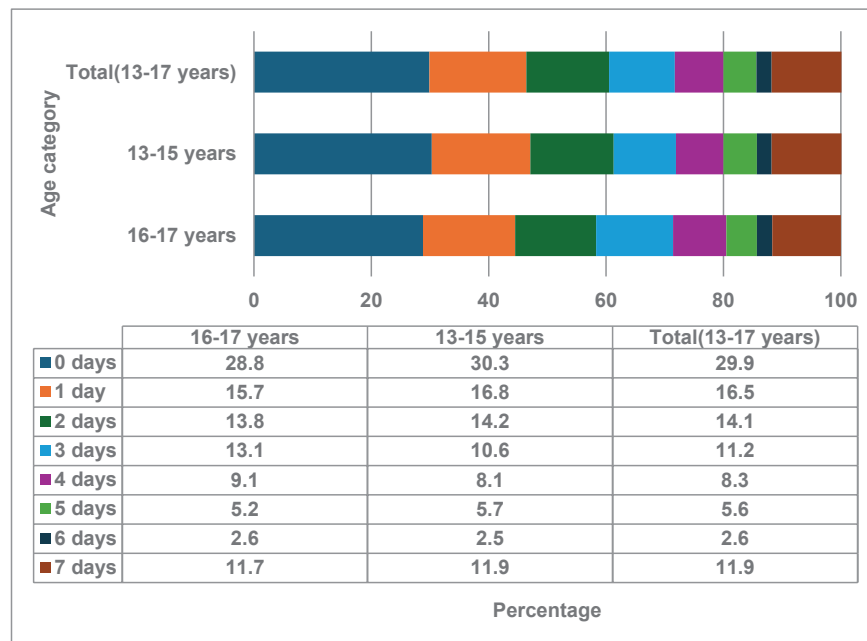


Figure 3.4 c: Pattern of number of days students were physically active for a total of at least 60 minutes per day during the past 7 days, by age

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 ($p = 0.349$).

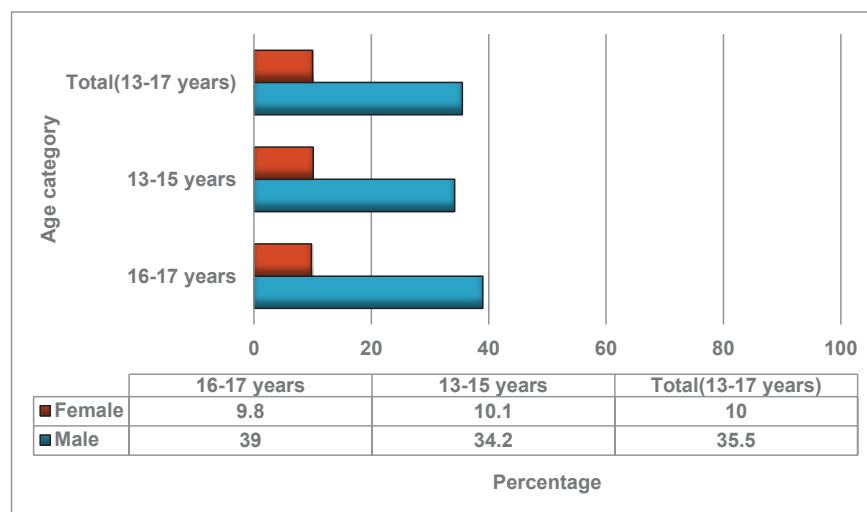


Figure 3.4 d: Percentage of students who did exercises to strengthen or tone their muscles, on three or more days, during the 7 days before the survey, by sex and age

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).

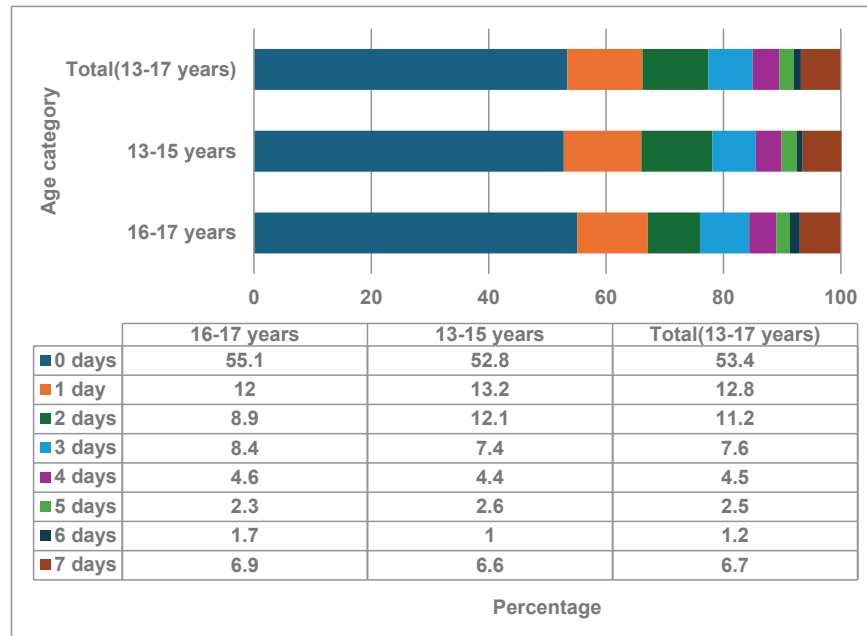


Figure 3.4 e: Number of days of conduction of muscle strengthening and toning activity during the 7 days before the survey by age

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].

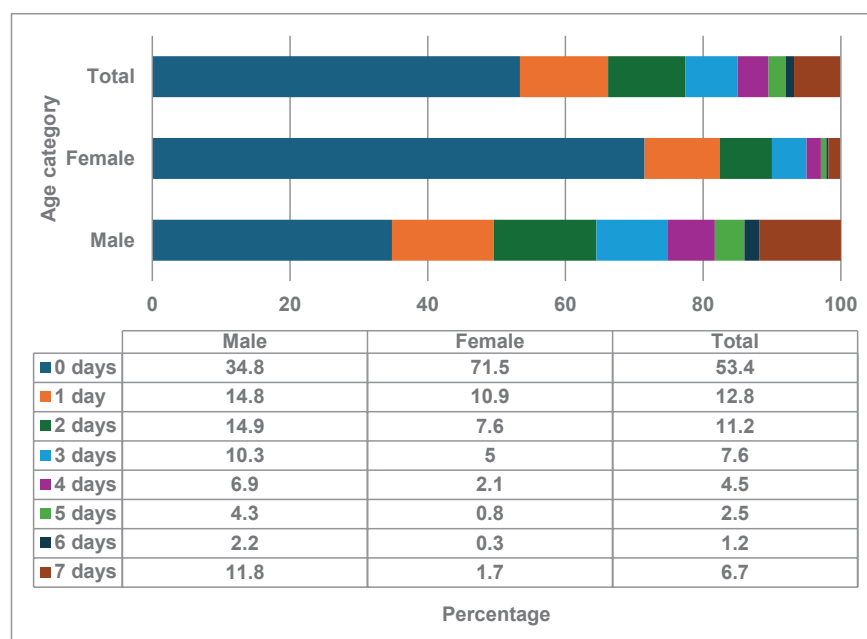


Figure 3.4 f: Number of days of conduction of muscle strengthening and toning activity during the 7 days before the survey, by sex



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 ($p=0.013$).

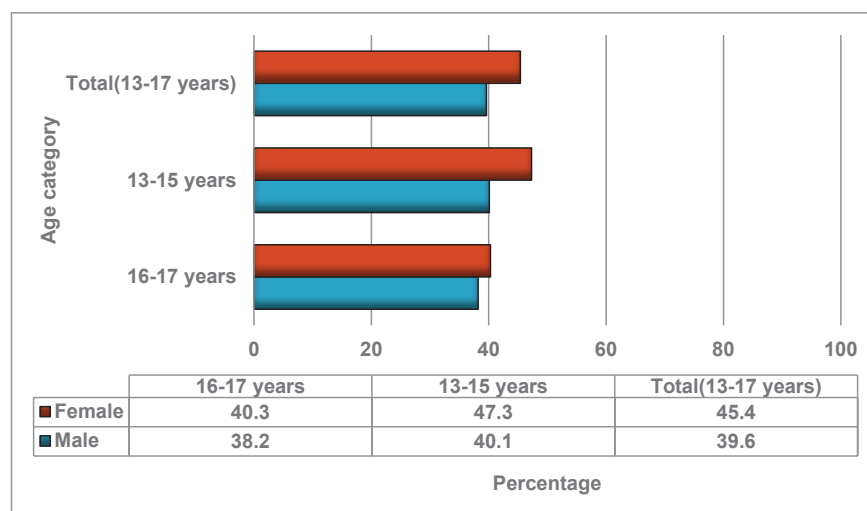


Figure 3.4 g: Percentage of students who did not walk or ride a bicycle to or from school during the 7 days before the survey, by sex and age

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).

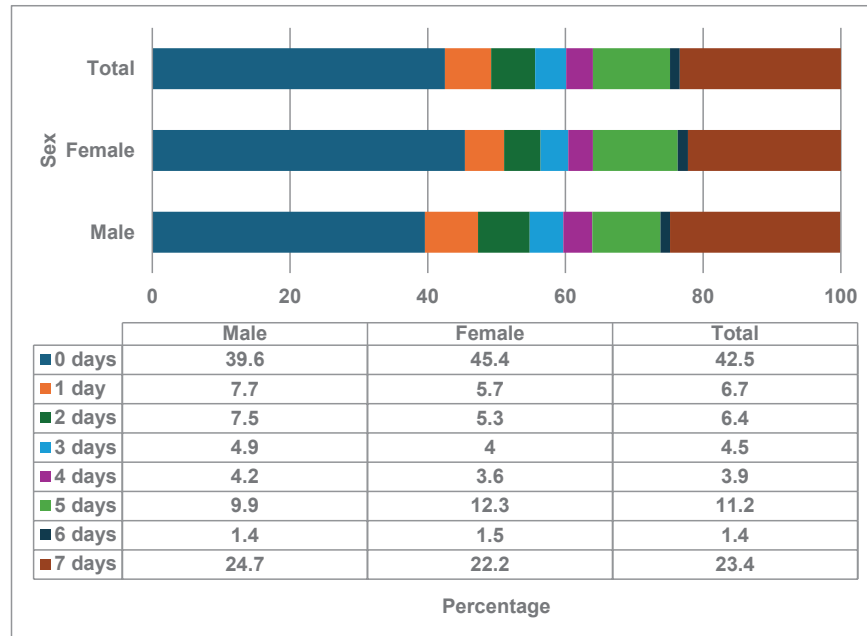


Figure 3.4 h: Frequency of walking or riding a bicycle to or from school during the 7 days before the survey, by sex

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% among the 13-15-year-old group, while it was 60.2% among the 16-17-year-old group.

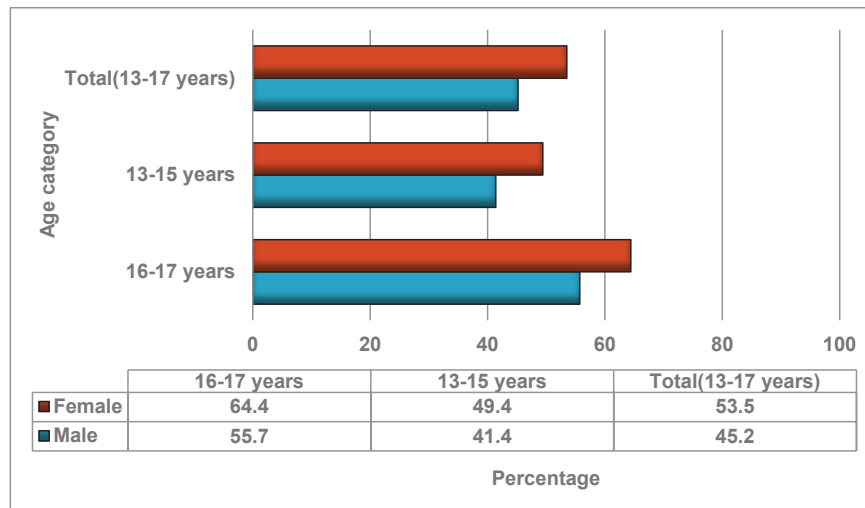


Figure 3.4 i: Percentage of students who did not go to physical education class each week during this school year, by age and sex

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).

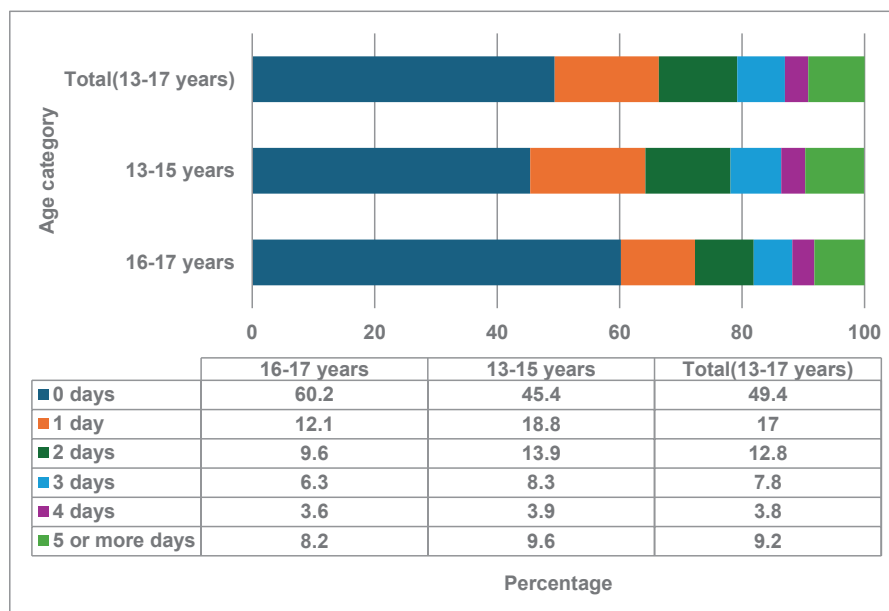


Figure 3.4 j: Pattern of going to physical education (PE) class each week in present school year, by age



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% ($p<0.001$).

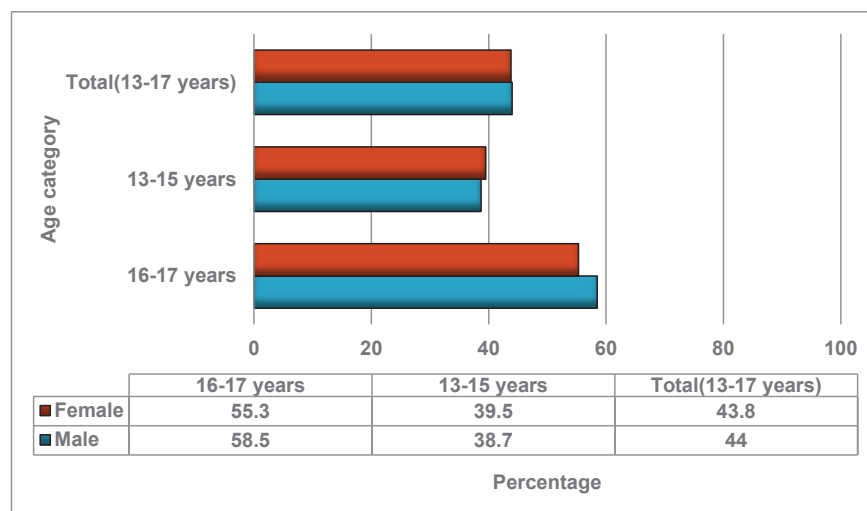


Figure 3.4 k: Percentage of students who spent three or more hours per day sitting or lying down when they are not in school, or doing homework, or sleeping at night during a typical or usual day, by age and sex

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).

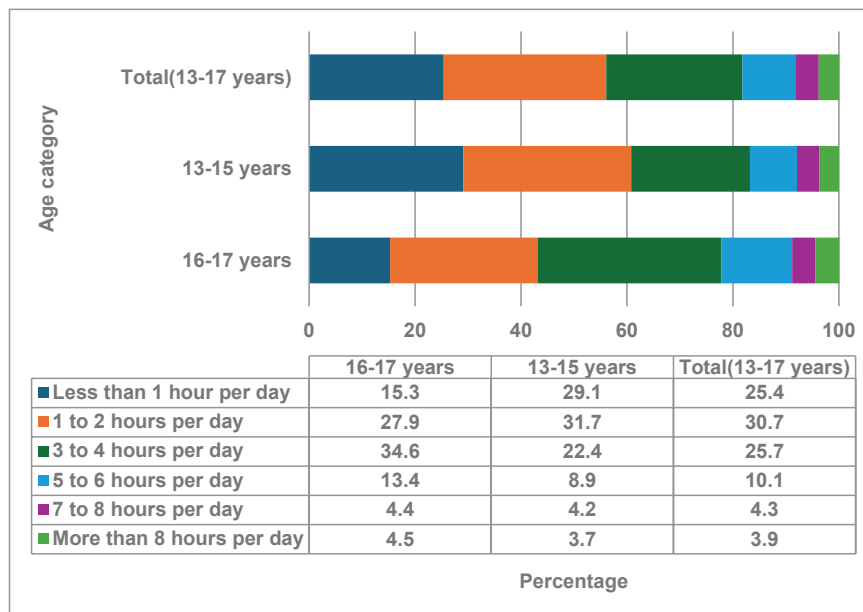


Figure 3.4 I: Pattern of the time spent on a typical or usual day sitting or lying down when not in school, or doing homework, or sleeping at night during a typical or usual day, by age

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%) [$p<0.001$].

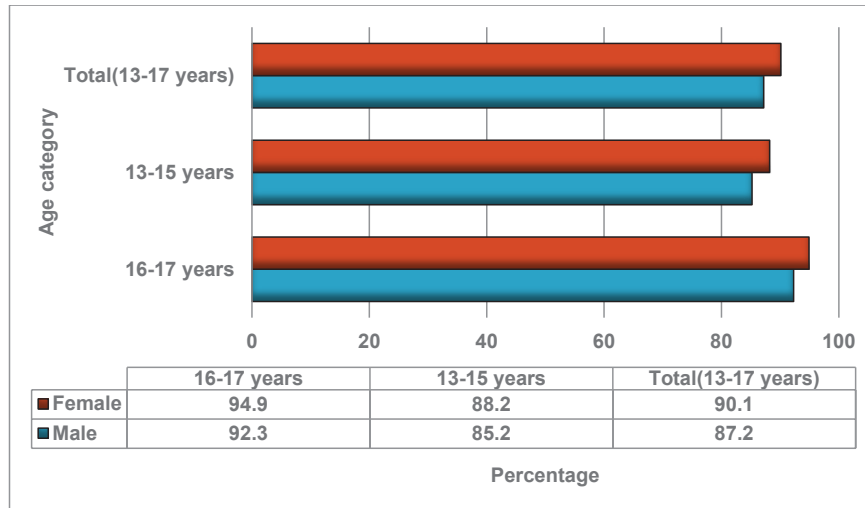


Figure 3.4 m: Percentage of students who, during a typical or usual day, sit at a tuition session (in person or online) one or more hours per day, among students who attend tuition sessions, by sex and age

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

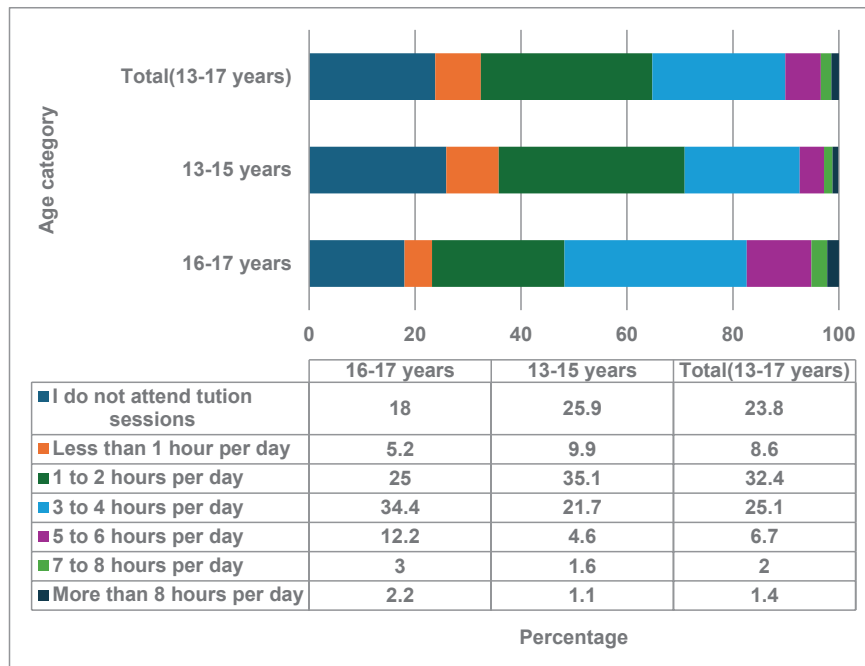


Figure 3.4 n: Pattern of the time spent during a typical or usual day sitting at a tuition session – in person or online by the students, by age



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).



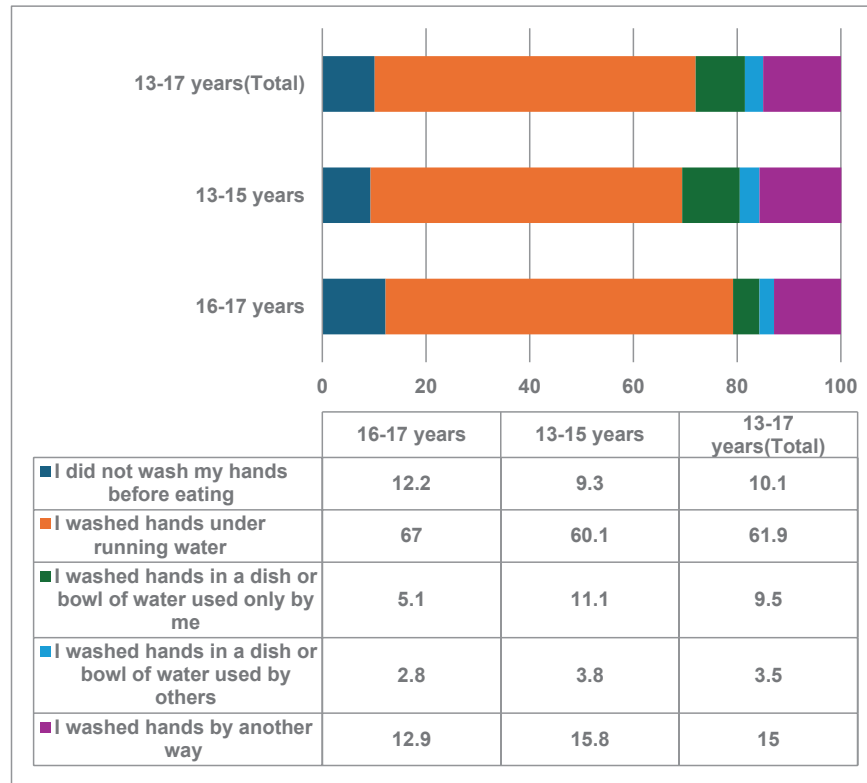


Figure 3.5 a: Pattern of hand washing before eating at school among students during the past 30 days, by age

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).

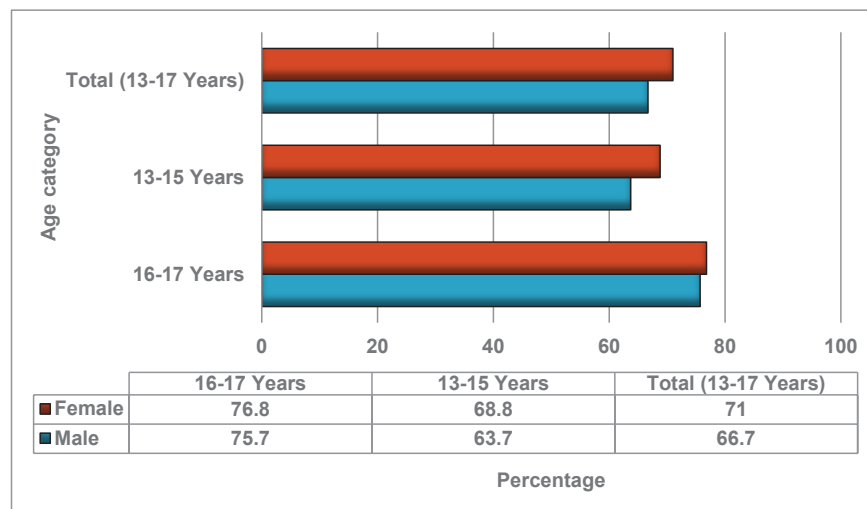


Figure 3.5 b: Percentage of students who usually washed their hands under running water before eating at school during the 30 days before the survey, among students who washed their hands before eating at school in the 30 days before the survey, by sex and age



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).

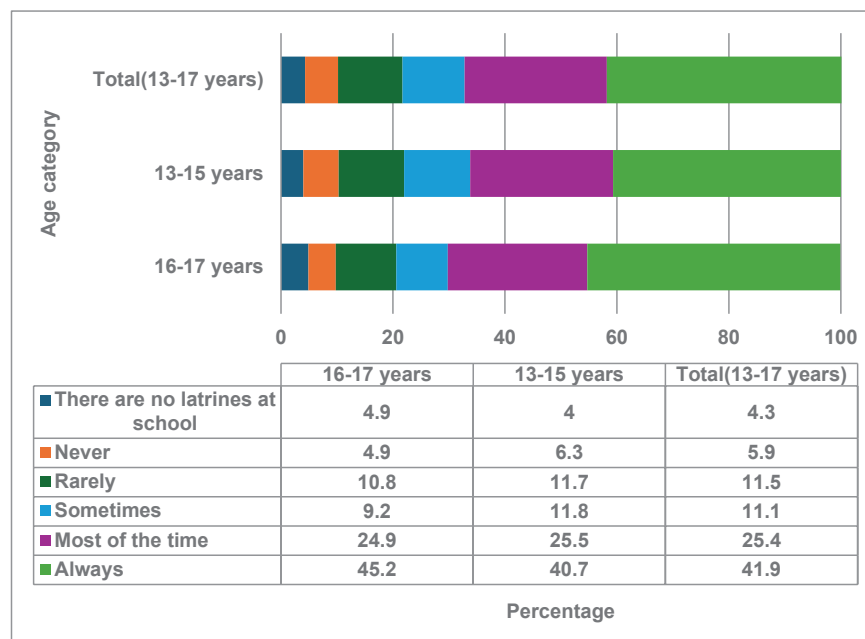


Figure 3.5 c: Pattern of hand washing after using the toilet or latrines at school by students in the past 30 days, by age

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).

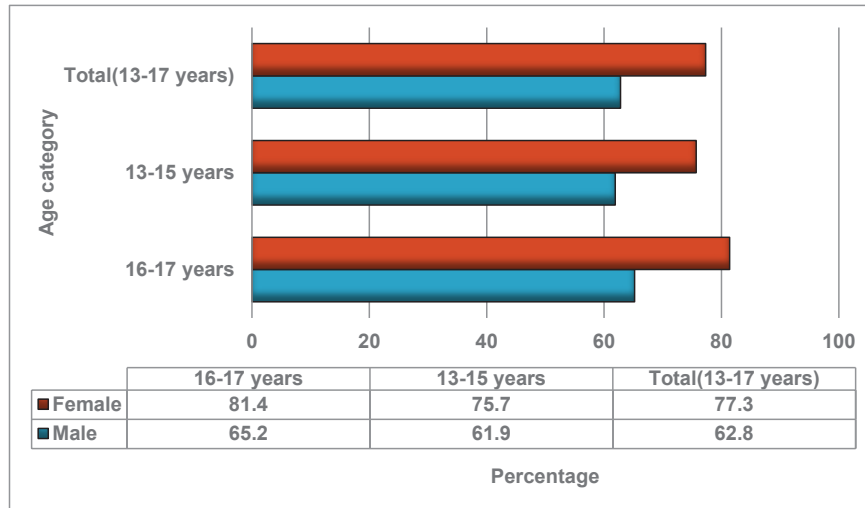


Figure 3.5 d: Percentage of students who washed their hands most of the time or always after using the toilets or latrines at school, among students who had toilets or latrines at school during the 30 days before the survey, by sex and age

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.

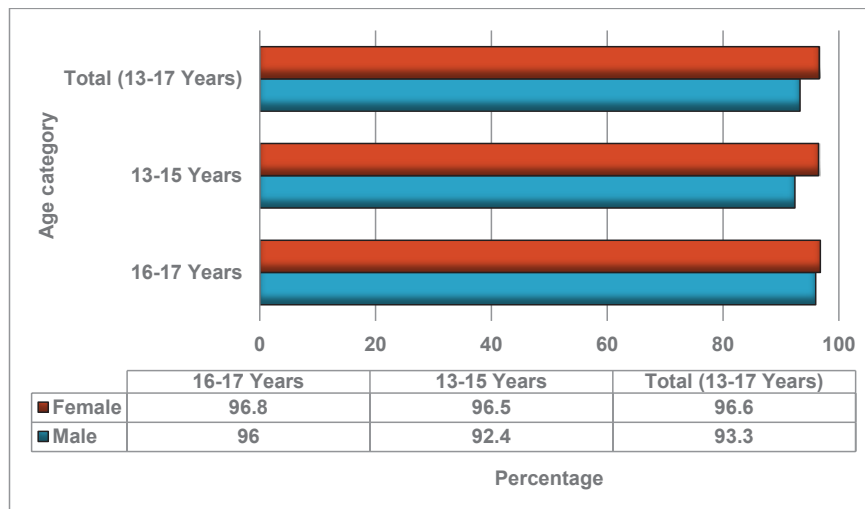


Figure 3.6 a: Percentage of students who usually cleaned or brushed their teeth one or more times during the 30 days before the survey, by sex and age

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

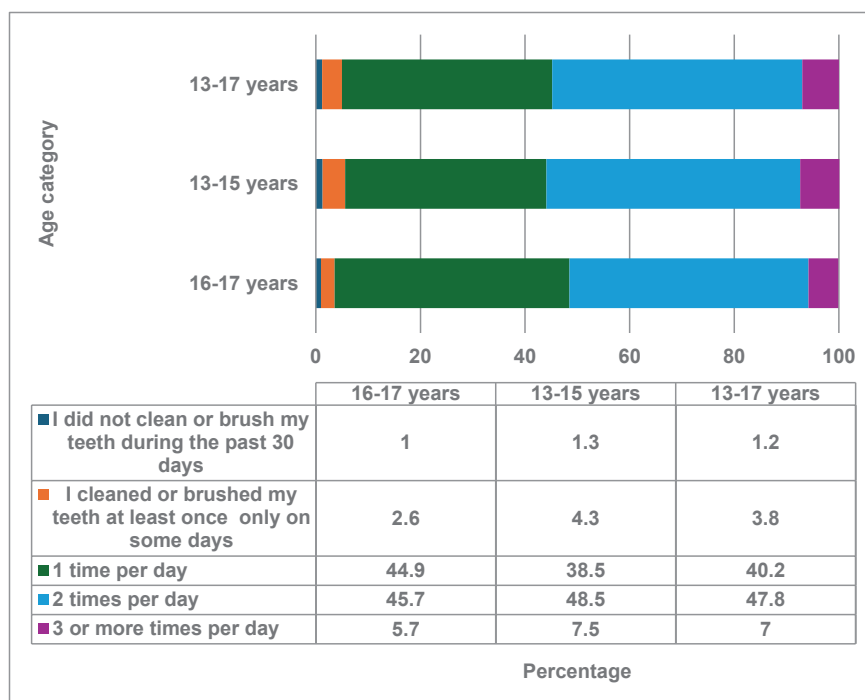


Figure 3.6 b: Pattern of cleaning or tooth brushing during the past 30 days among students, by age



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).

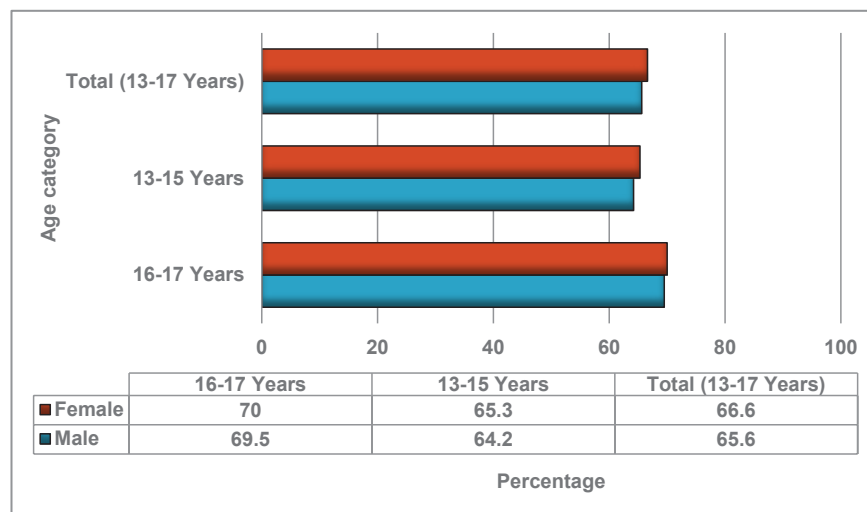


Figure 3.6 c: Pattern of using a toothpaste that contains fluoride when students cleaned or brushed their teeth during the 30 days before the survey, among students who brushed their teeth, by sex and age

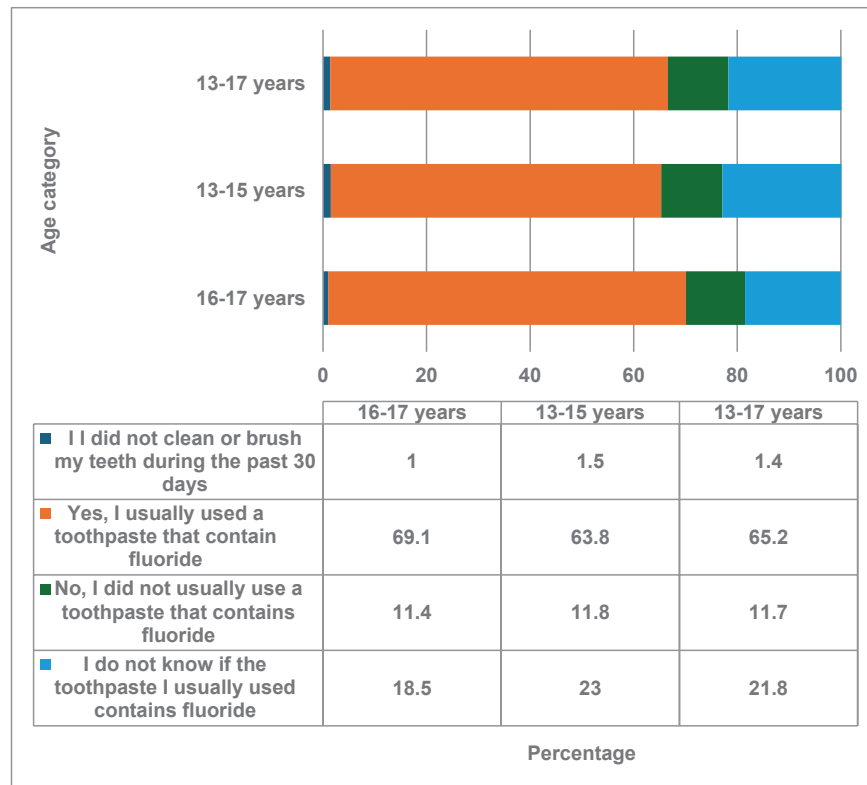


Figure 3.6 d: Pattern of use of toothpaste during the past 30 days for cleaning or brushing teeth among students, by age

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).

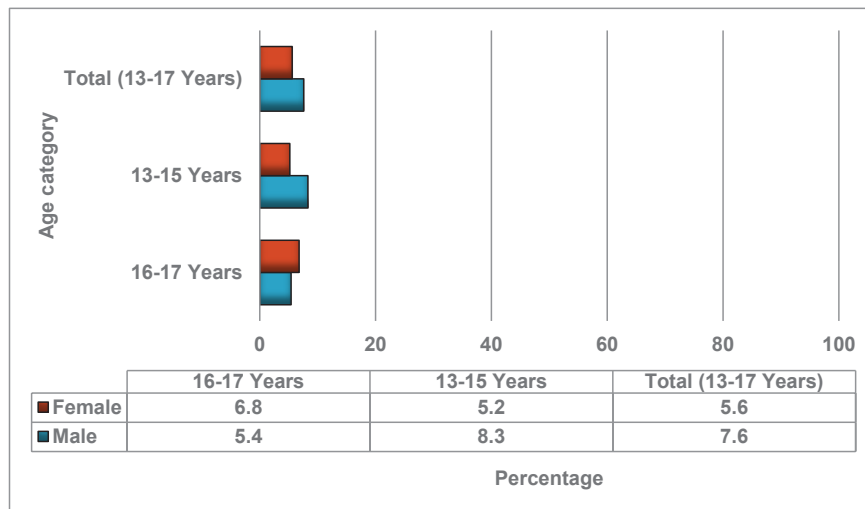


Figure 3.6 e: Percentage of students who missed classes or school because of a problem with their mouth, teeth, or gums, during the 30 days before the survey, by sex and age

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).

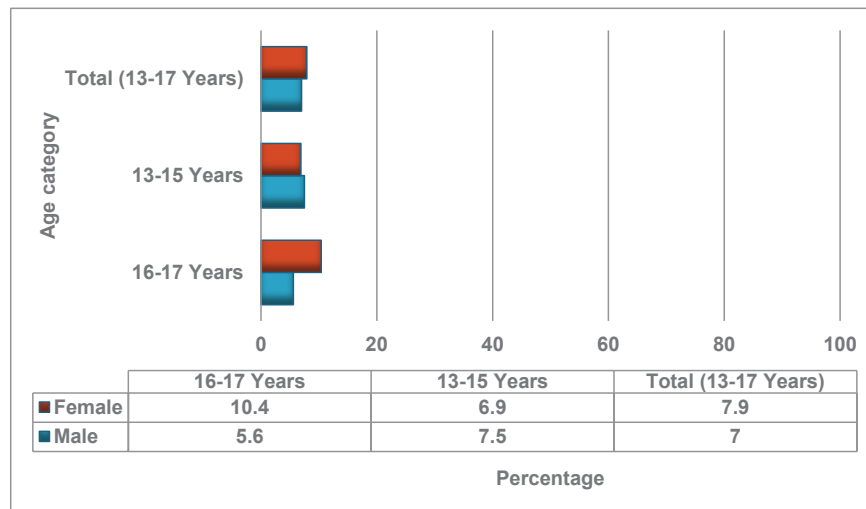


Figure 3.7 a: Percentage of students who have no close friends, by sex and age

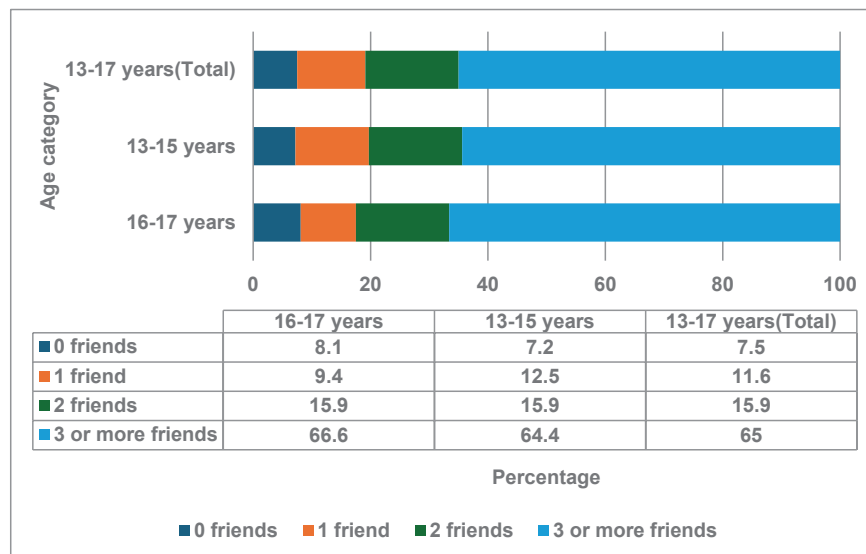


Figure 3.7 b: Pattern of having close friends among students, by age

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 ($p < 0.001$).

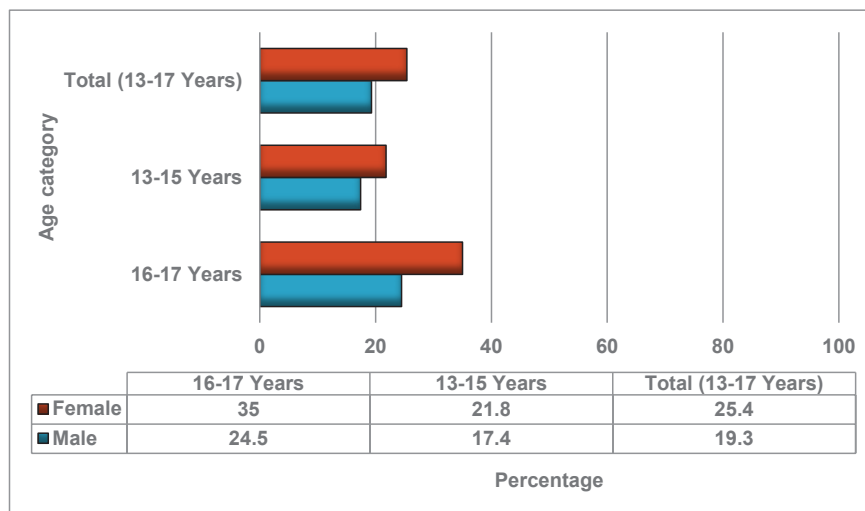


Figure 3.7 c: Percentage of students who most of the time or always felt lonely, during the 12 months before the survey, by sex and age

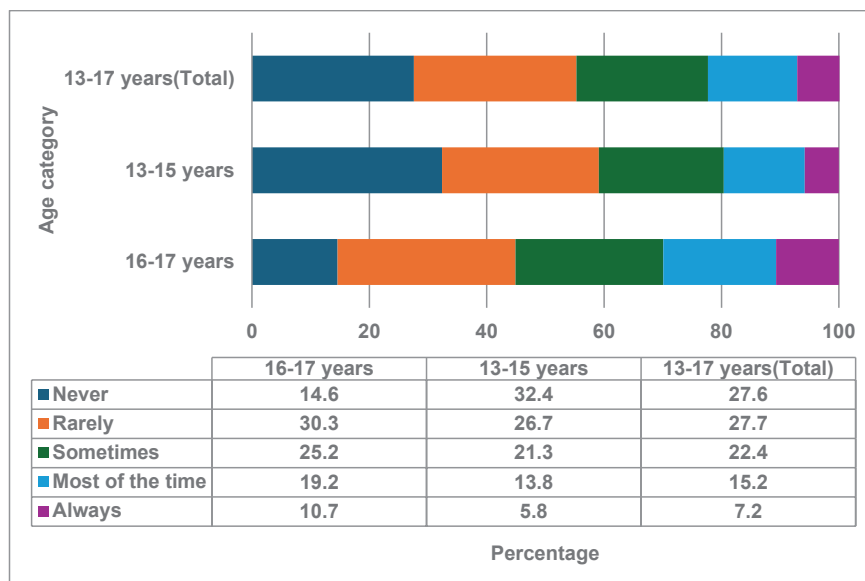


Figure 3.7 d: Pattern of the frequency of feeling loneliness among students, by age



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%.

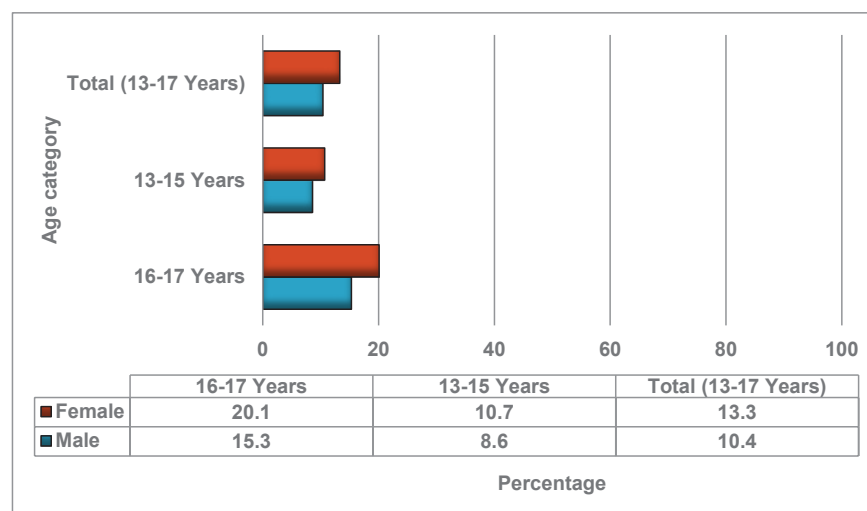


Figure 3.7 e: Percentage of students who most of the time or always were so worried about something that they could not sleep at night, during the 12 months before the survey, by sex and age

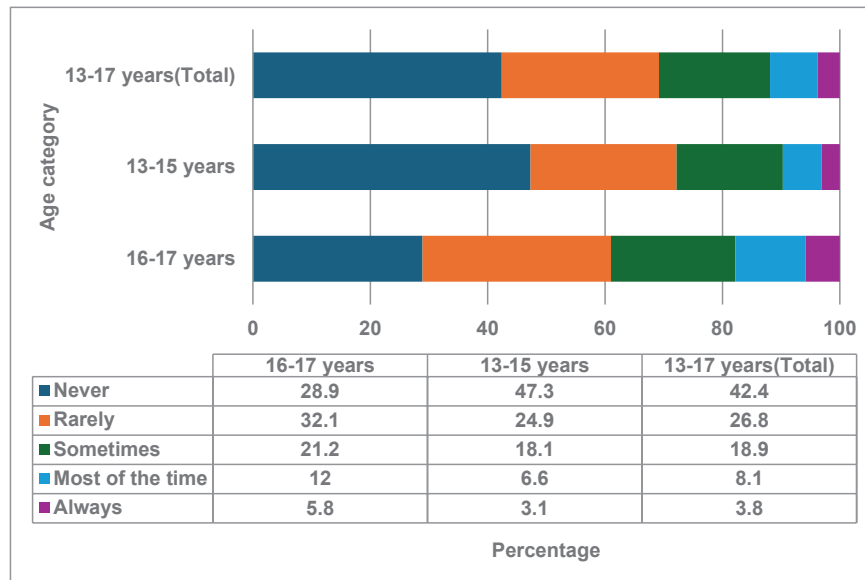


Figure 3.7 f: Pattern of frequencies of worrying about something that students could not sleep at night among students, by age

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 worsened 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 momentarily increased to 26.3% in the 16-17 age group ($p < 0.001$).

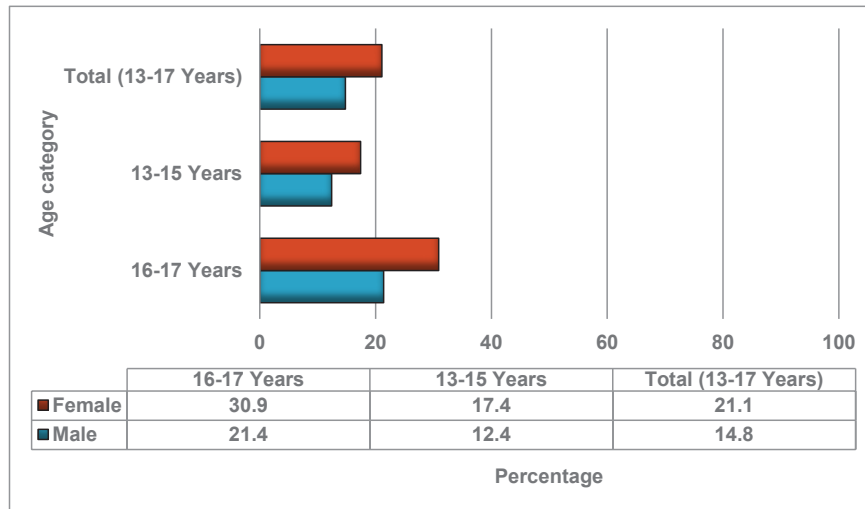


Figure 3.7 g: Percentage of students who most of the time or always felt down, depressed, or hopeless or had little interest in or get much pleasure from doing things, during the 12 months before the survey, by sex and age

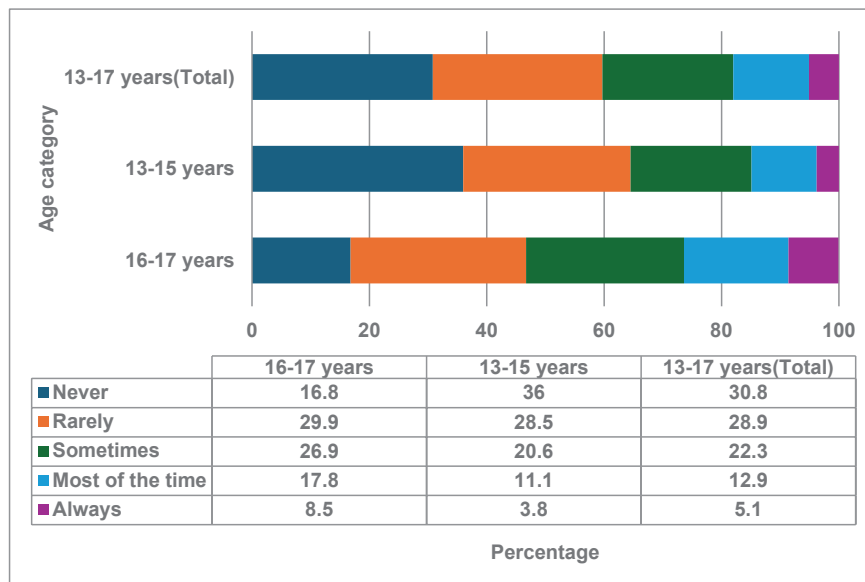


Figure 3.7 h: Pattern of frequency of feeling down, depressed, or hopeless or having little interest in or getting much pleasure from doing things during the past 12 months, by age

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.

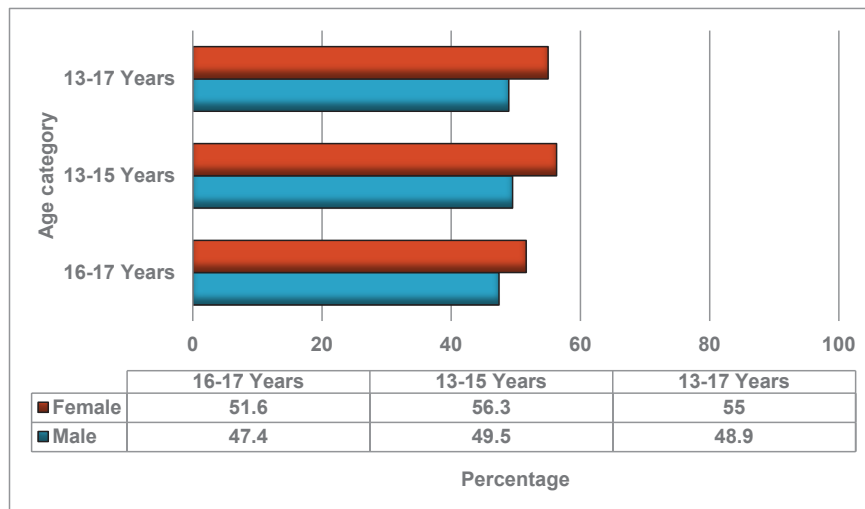


Figure 3.7 i: Percentage of students who were you taught in any of their classes how to handle stress in healthy ways, during this school year, by sex and age

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).

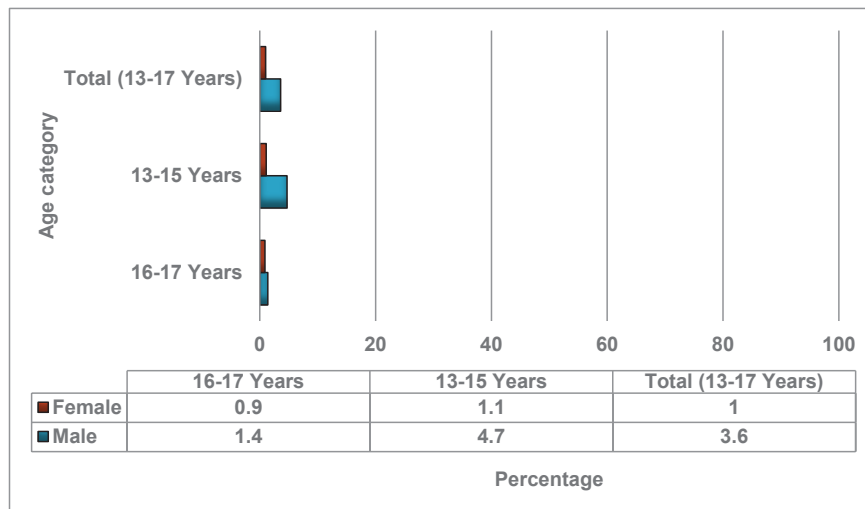


Figure 3.7 j: Percentage of students who most often asked for help during extremely difficult situations from an adolescent clinic (Yowun Piyasa), among students who have faced challenging situations in the 12 months before the survey, by sex and age

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.

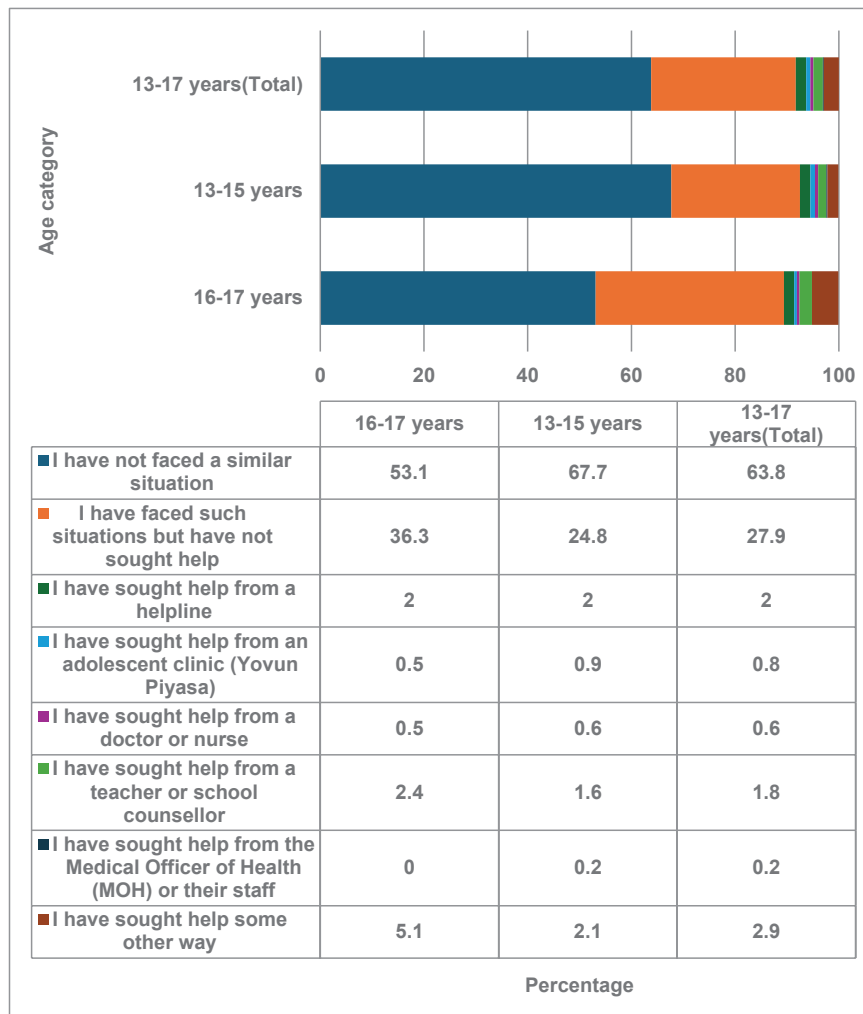


Figure 3.7 k: Pattern of seeking help during extremely difficult situations the past 12 months among students, by age

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

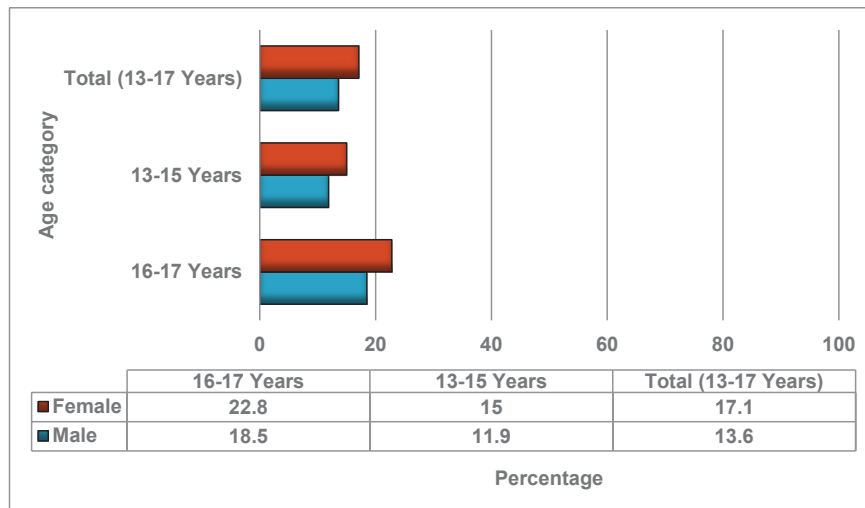


Figure 3.7 l: Percentage of students who seriously considered attempting suicide, during the 12 months before the survey, by sex and age

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 ($p=0.087$).

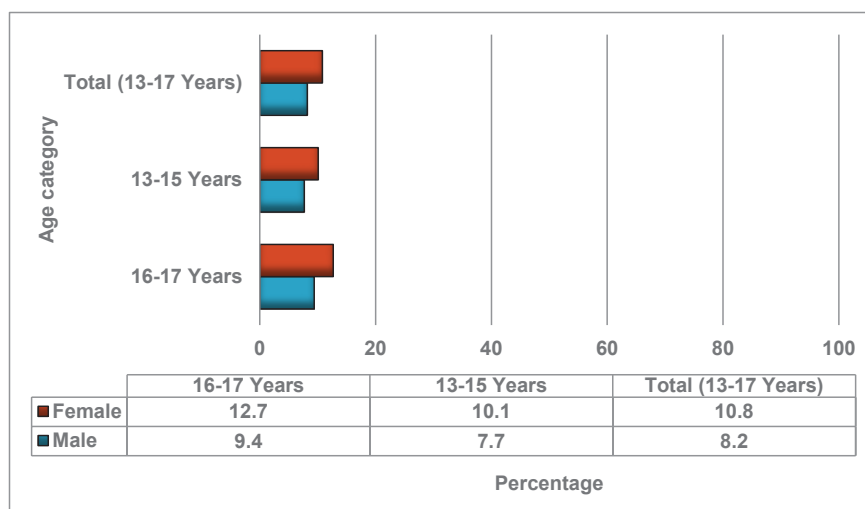


Figure 3.7 m: Percentage of students who made a plan about how they would attempt suicide, during the 12 months before the survey, by sex and age



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 ($p=0.034$).

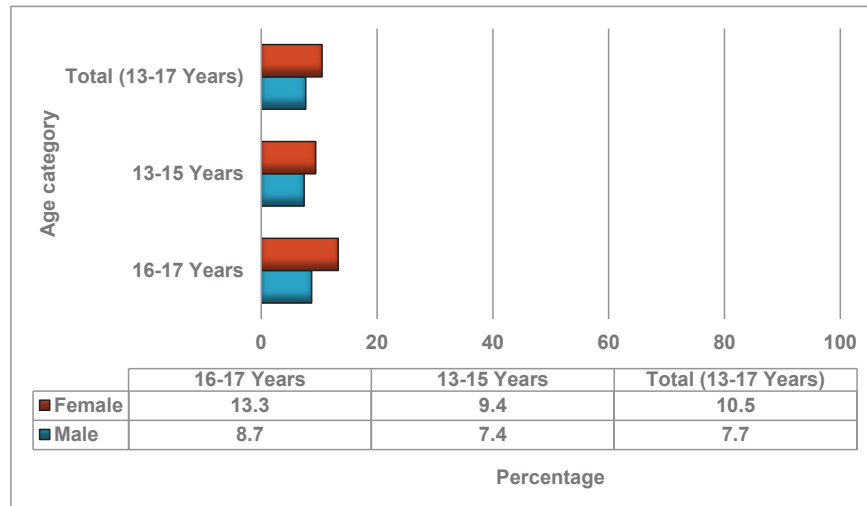


Figure 3.7 n: Percentage of students who attempted suicide, one or more times during the 12 months before the survey, by sex and age

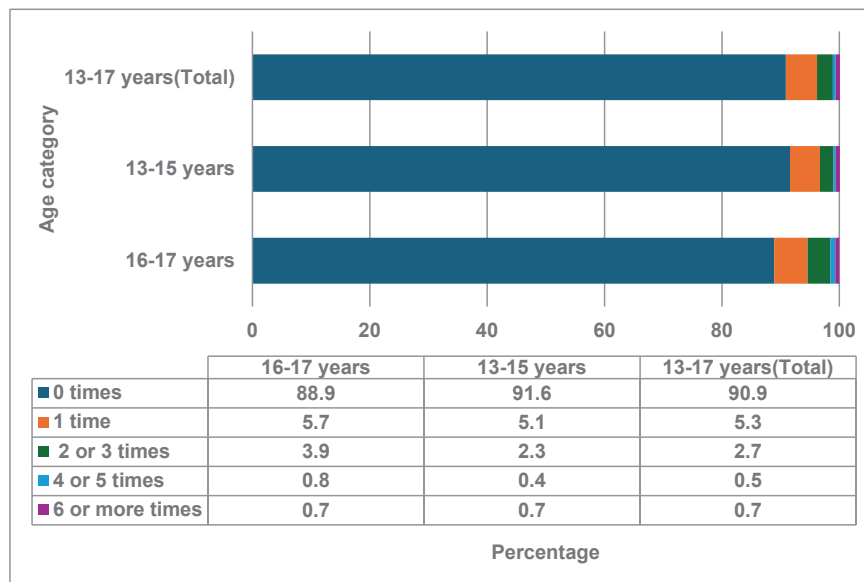


Figure 3.7 o: Pattern of the frequency of attempting suicide by students during the past 12 months, by age

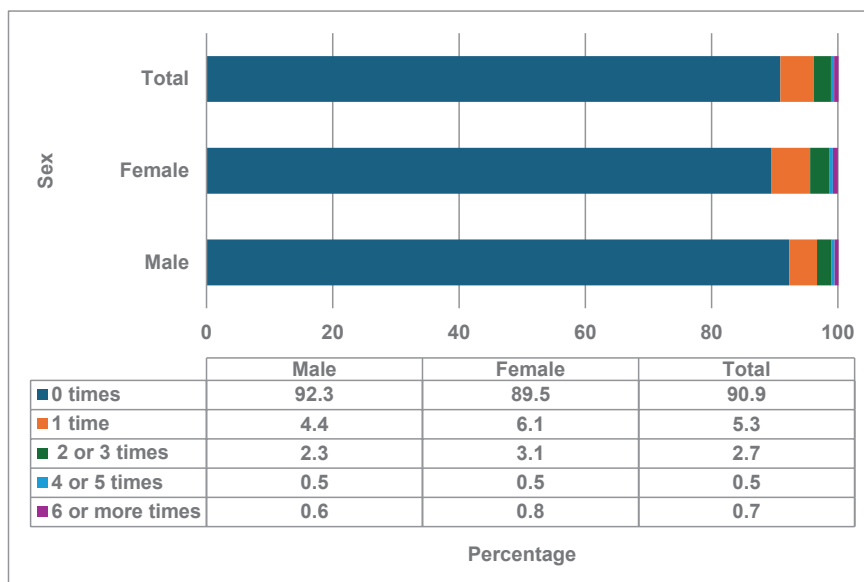


Figure 3.7 p: Pattern of the frequency of attempting suicide by students during the past 12 months, by sex

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 ($p=0.433$).

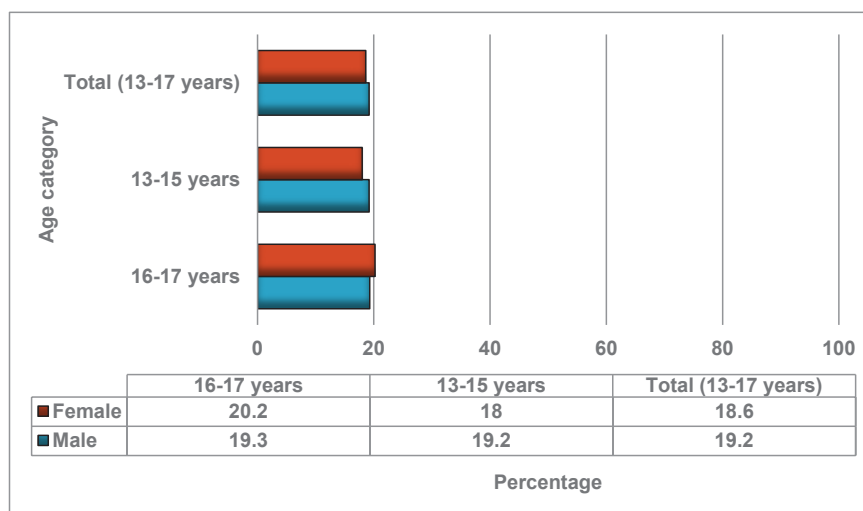


Figure 3.7 q: Percentage of students who were bullied on school property, during the 12 months before the survey, by sex and age

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%) [$p=0.254$].

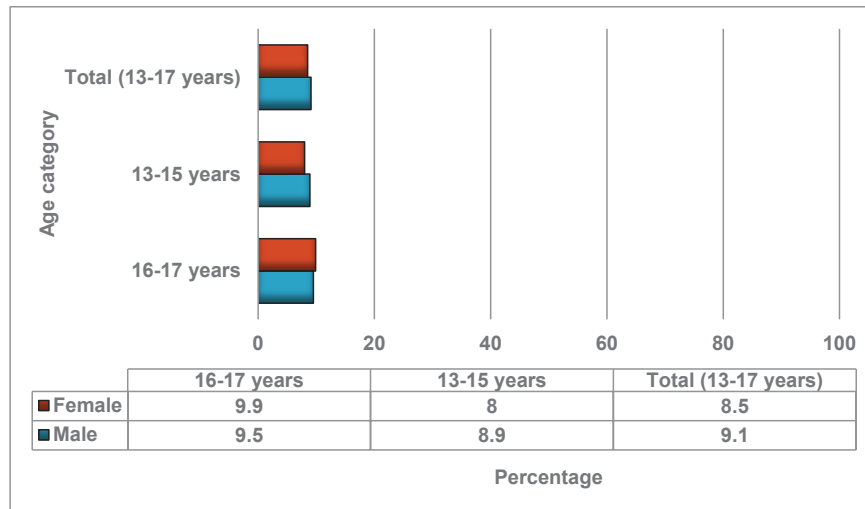


Figure 3.7 r: Percentage of students who were bullied when not on school property, during the 12 months before the survey, by sex and age

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 analyse 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).

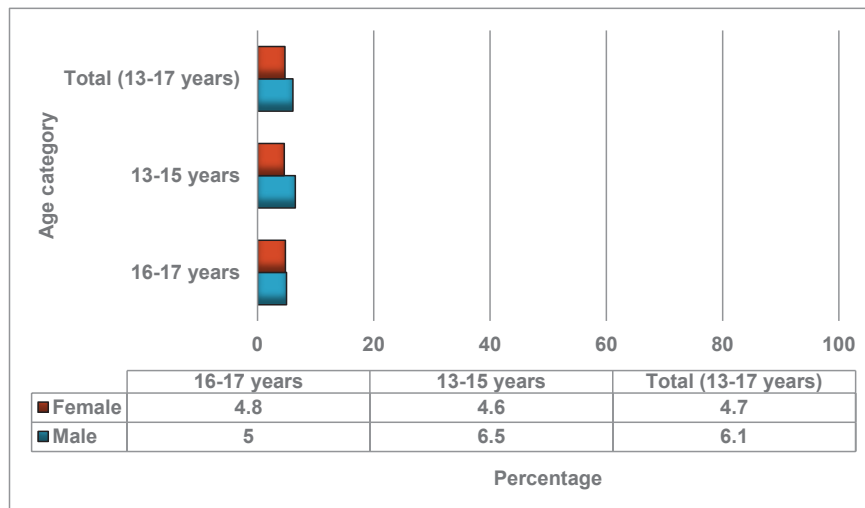


Figure 3.7 s: Percentage of students who were cyberbullied, during the 12 months before the survey, by sex and age

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.

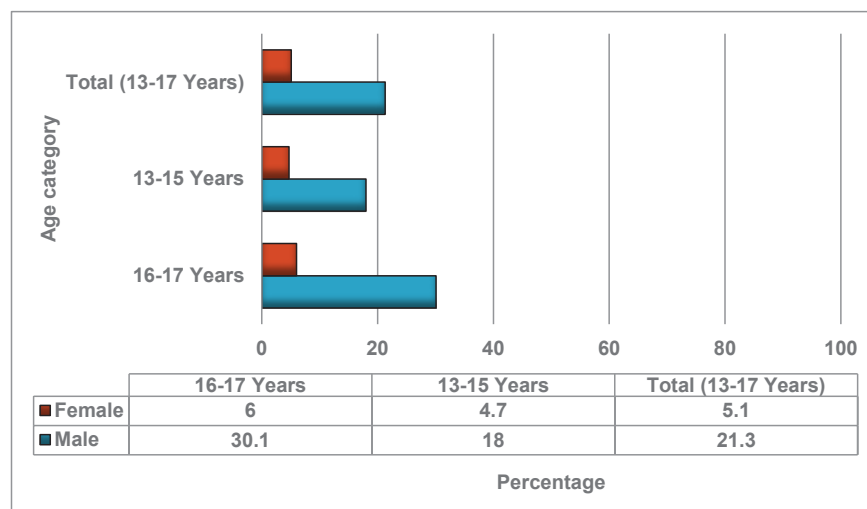


Figure 3.7 t: Percentage of students who ever tried or experimented with cigarette smoking, even one or two puffs, by sex and age



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⁾

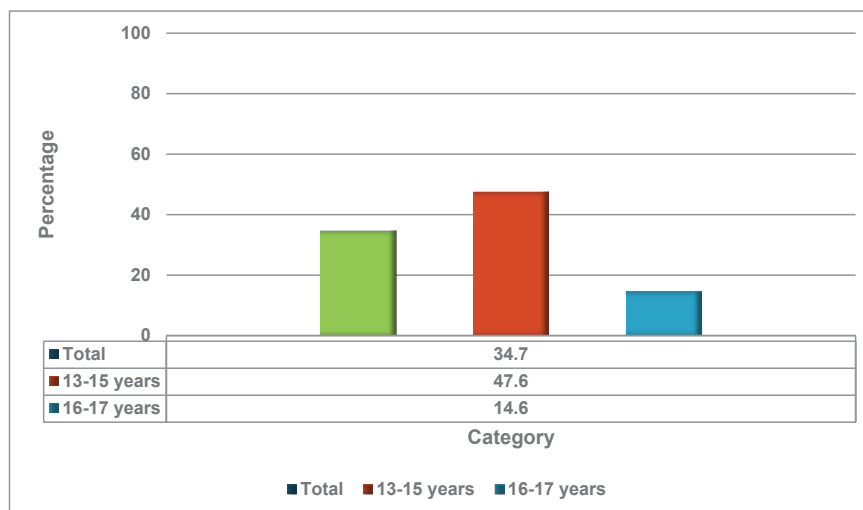


Figure 3.7 u Percentage of students who first tried smoking a cigarette before age 14 years, among students who ever tried smoking a cigarette, by age

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.

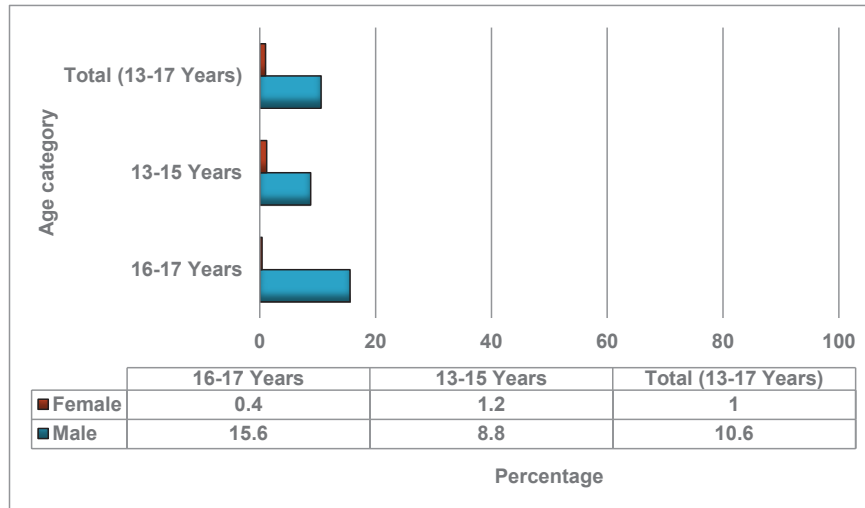


Figure 3.7 v: Percentage of students who smoked cigarettes at least 1 day during the 30 days before the survey (current smokers), by sex and age

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 ($p = 0.503$).

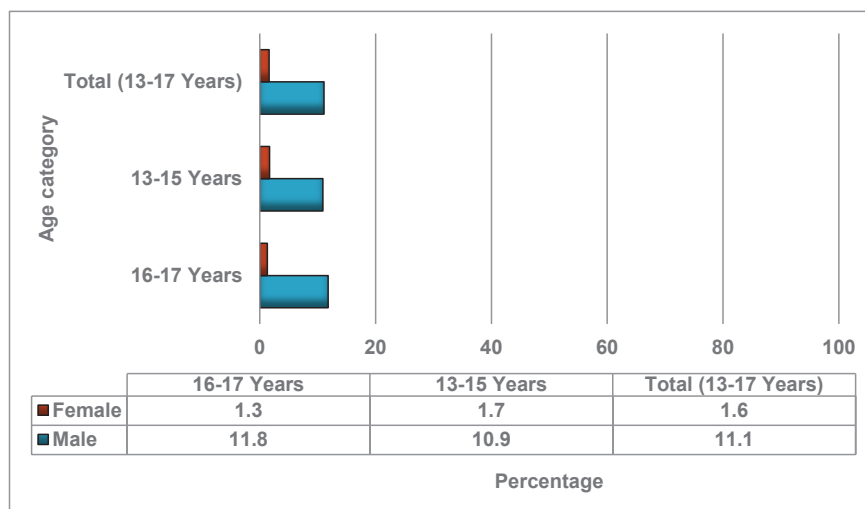


Figure 3.7 w: Percentage of students who currently used any form of smoked tobacco products other than cigarettes, on at least 1 day during the 30 days before the survey, by sex and age



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 ($p = 0.025$).

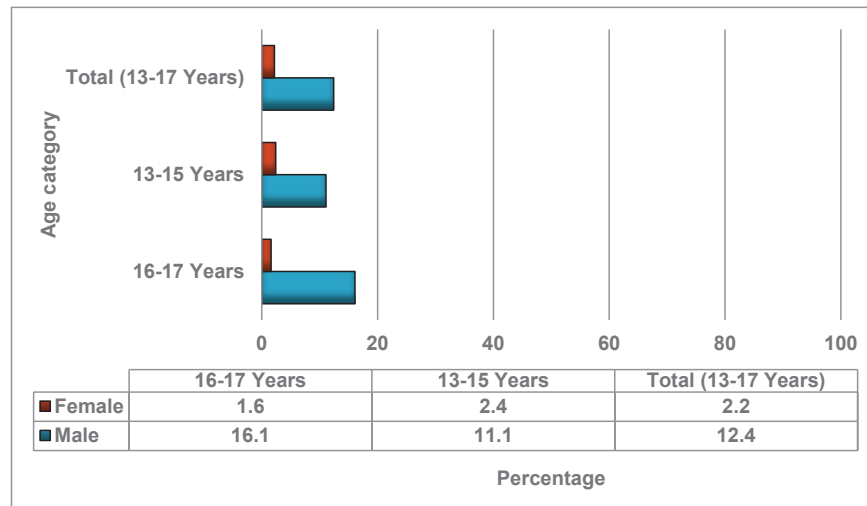


Figure 3.7 x: Percentage of students who currently used any form of smokeless tobacco products, on at least 1 day during the 30 days before the survey, by sex and age

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% ($p < 0.001$).

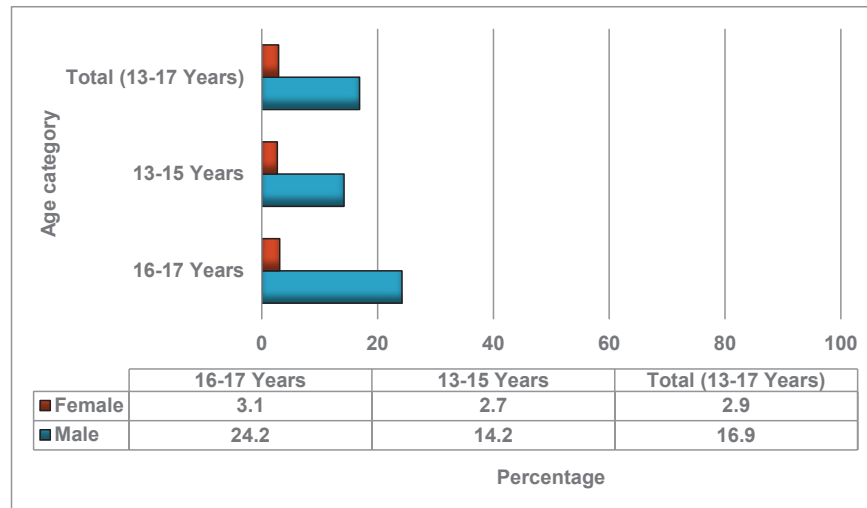


Figure 3.7 y: Percentage of students who currently used a tobacco product, on at least 1 day during the 30 days before the survey, by sex and age

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 ($p < 0.001$)

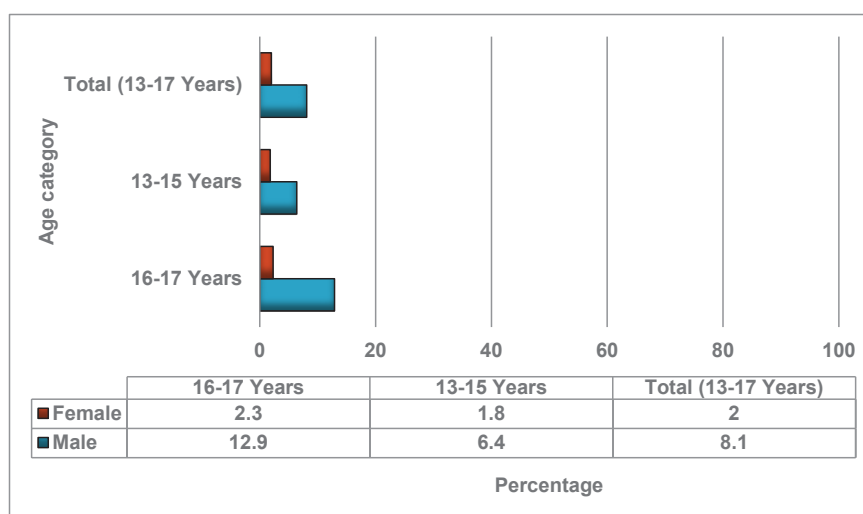


Figure 3.7 z: Percentage of students who currently used electronic cigarettes, on at least 1 day during the 30 days before the survey, by sex and age

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

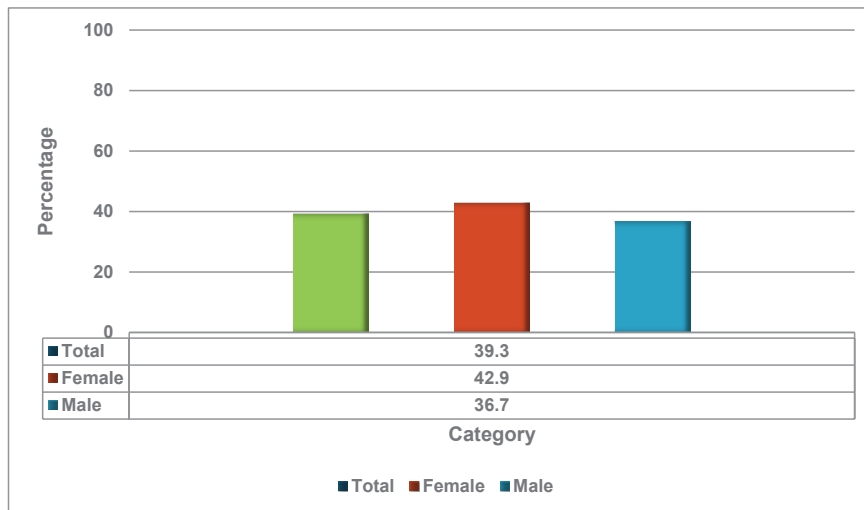


Figure 3.7 aa Percentage of students who had their first drink of alcohol before age 14 years, other than a few sips, among students who ever had a drink of alcohol

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 ($p < 0.001$).

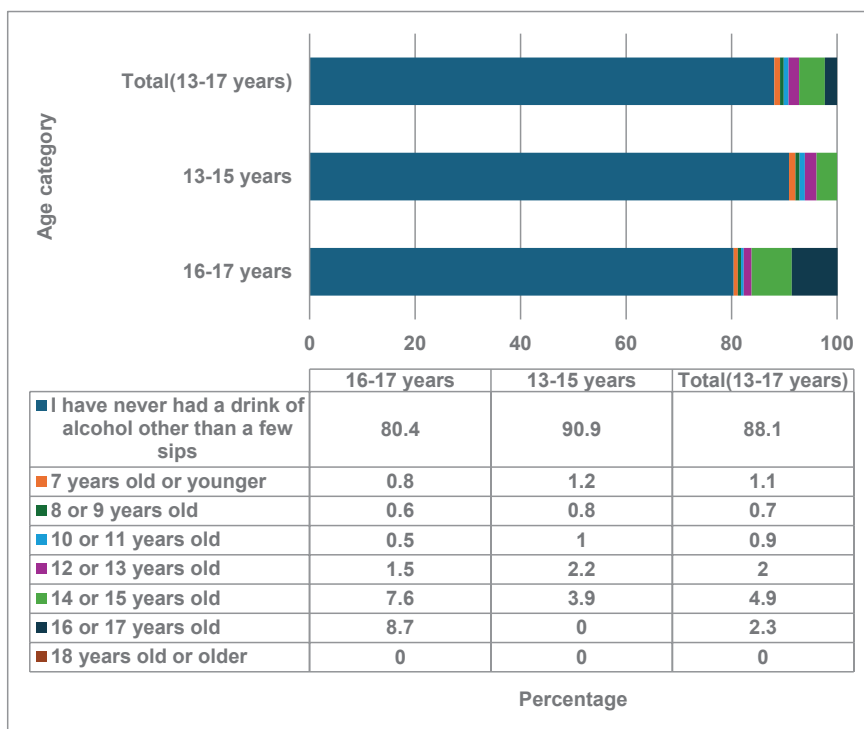


Figure 3.7 bb: Age when student had your first drink of alcohol other than a few sips, by age



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 ($p < 0.001$).

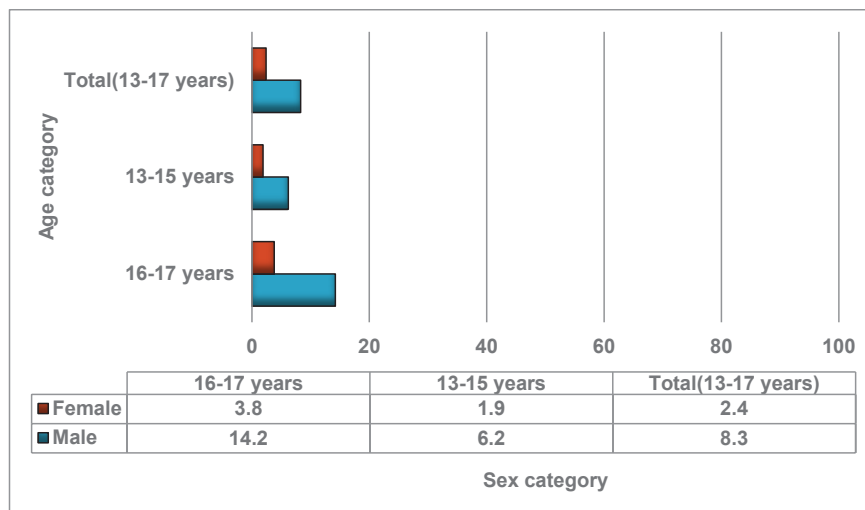


Figure 3.7 cc: Percentage of students who currently drink alcohol, at least one drink containing alcohol on at least 1 day during the 30 days before the survey, by sex and age

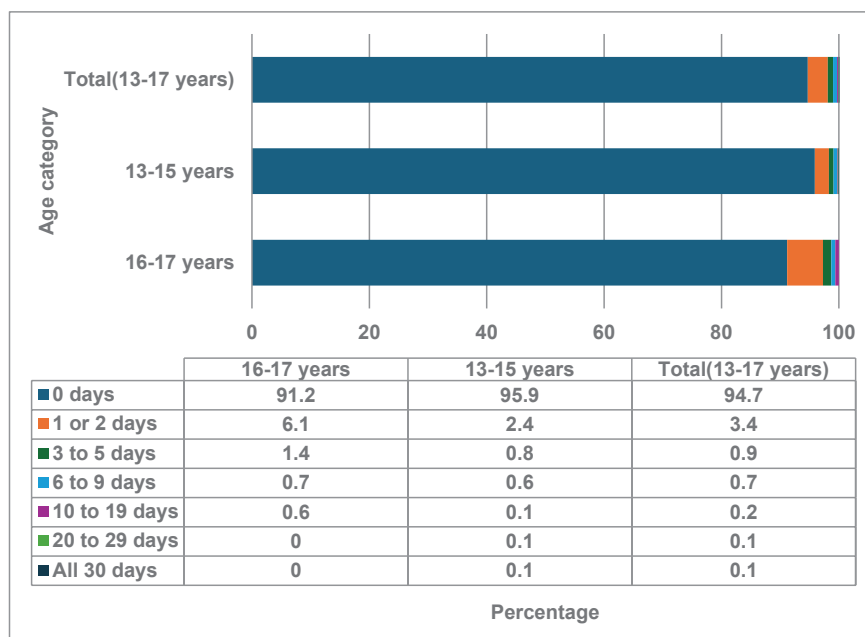


Figure 3.7 dd: Pattern of having at least one drink containing alcohol during the past 30 days, by age

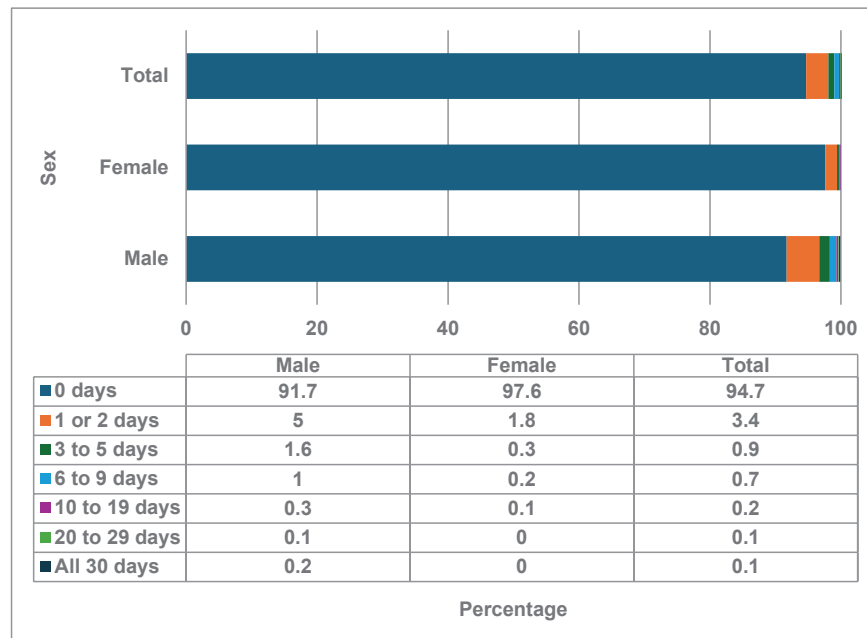


Figure 3.7 ee: Pattern of having at least one drink containing alcohol during the past 30 days, by sex

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 ($p<0.001$)

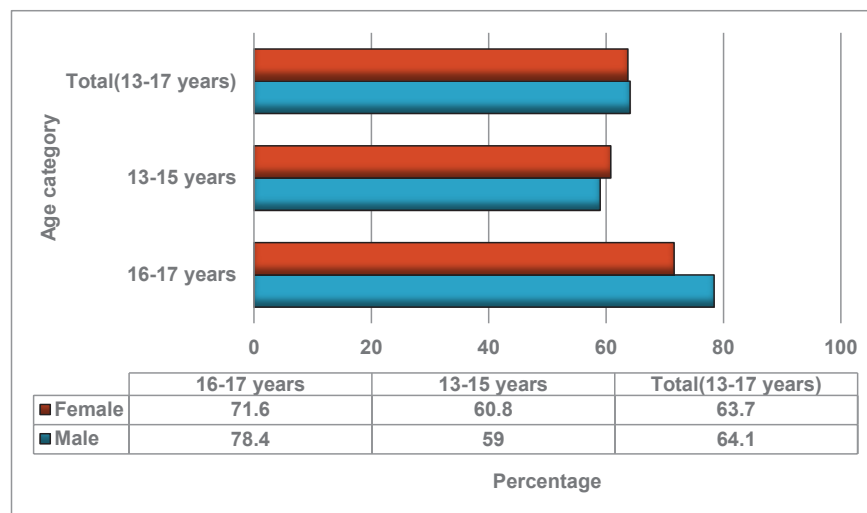


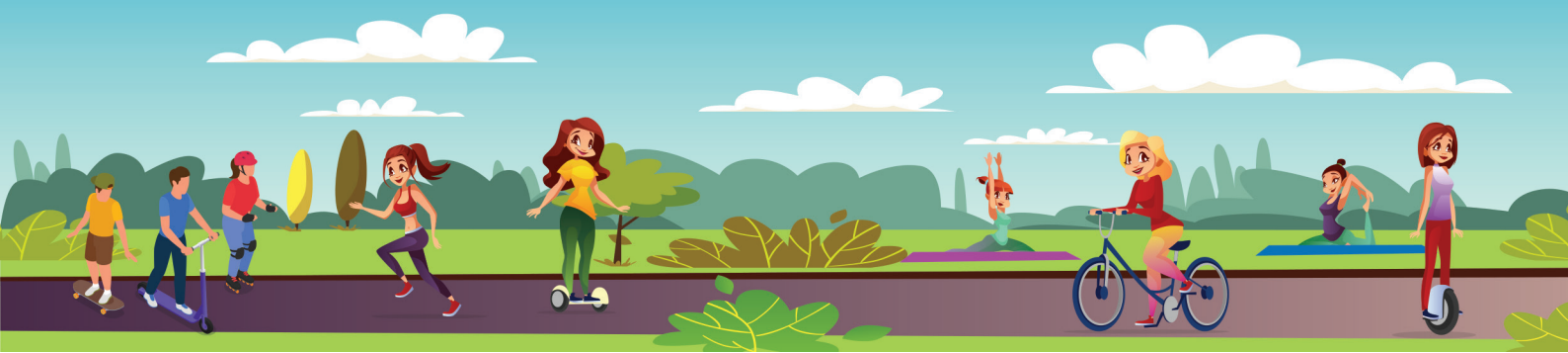
Figure 3.7 ff: Percentage of students who knew how to tell a friend that they did not want the alcoholic drink they were offering, by sex and age

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.

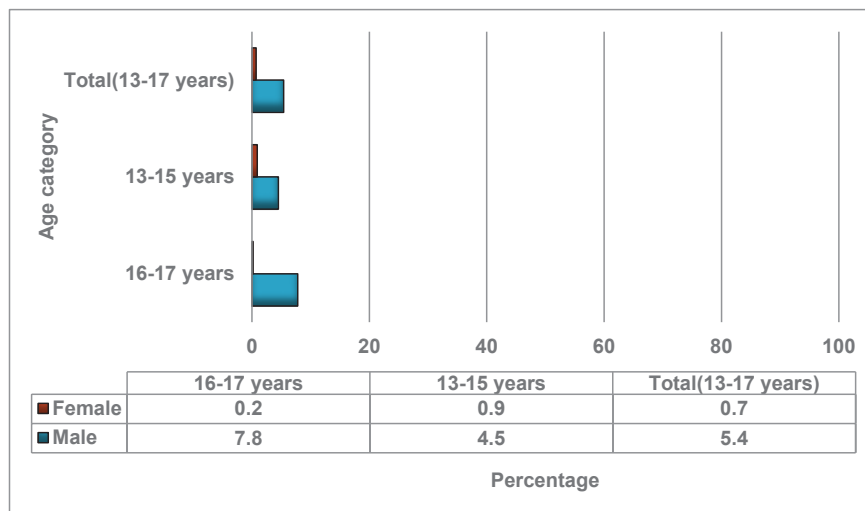


Figure 3.7 gg: Percentage of students who used cannabis, one or more times during their life, by sex and age

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.

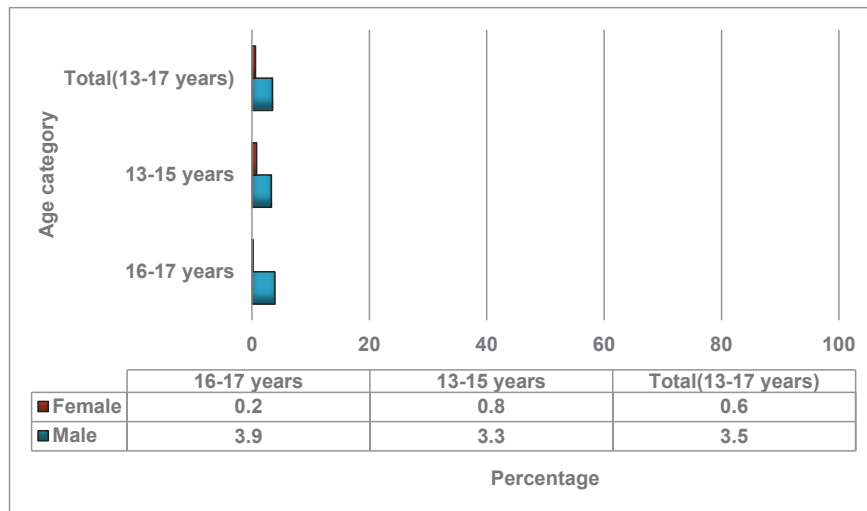


Figure 3.7 hh: Percentage of students who currently used cannabis, one or more times during the 30 days before the survey, by sex and age

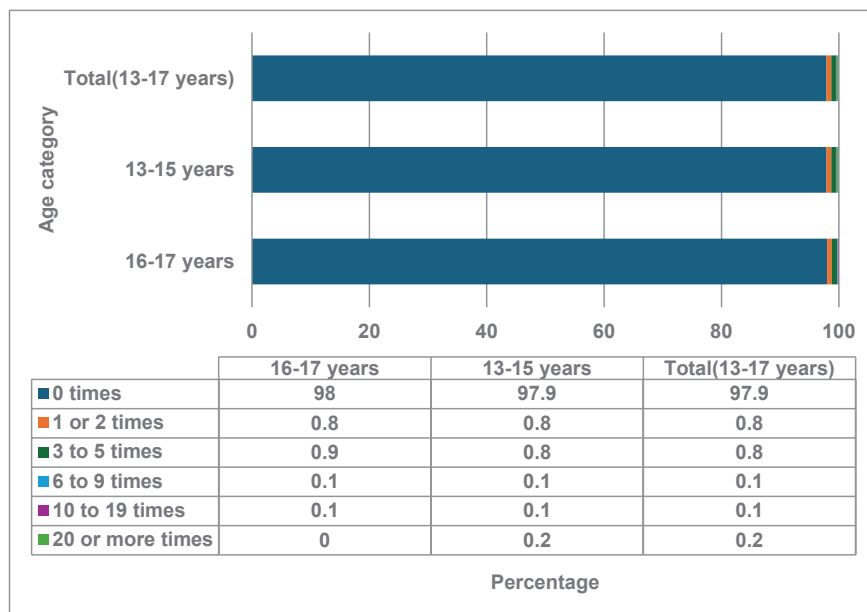


Figure 3.7 ii: Pattern of current use of Cannabis in the past 30 days among students, by age

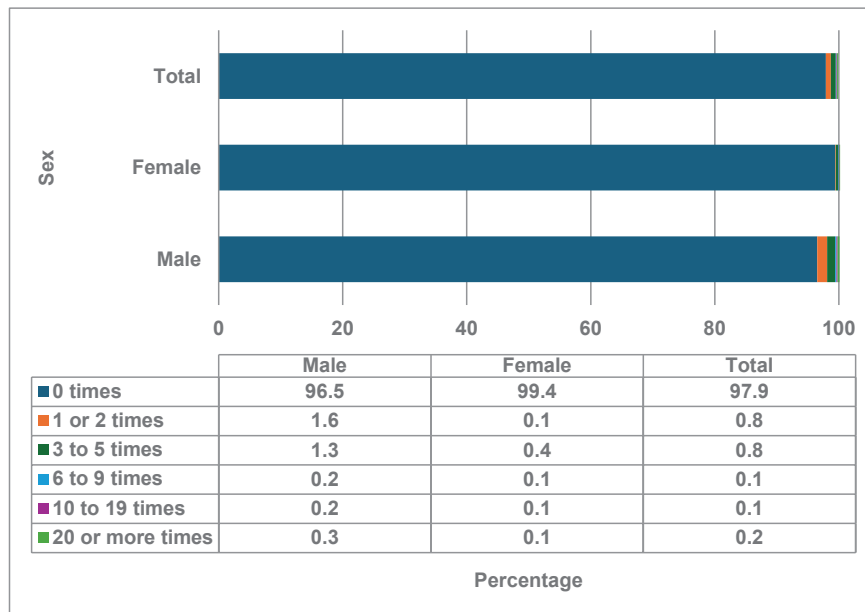


Figure 3.7 jj: Pattern of current use of Cannabis in the past 30 days among students, by sex

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% ($p = 0.075$).

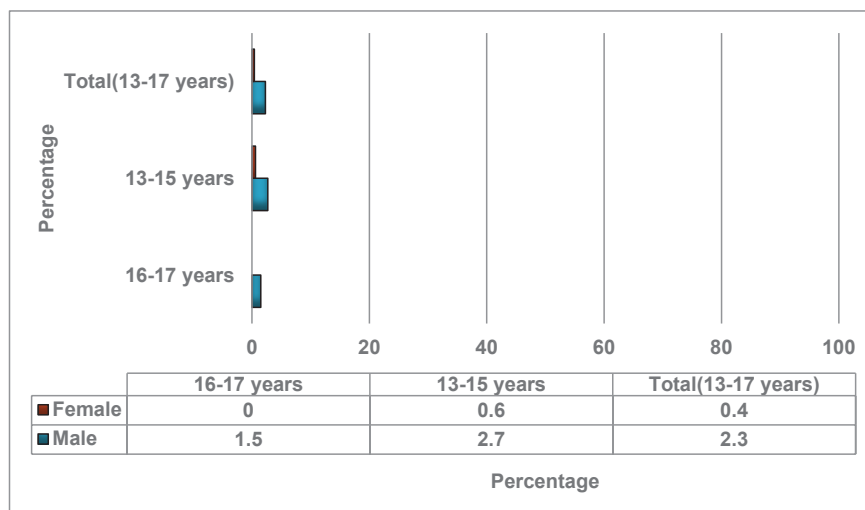


Figure 3.7 kk: Percentage of students who used amphetamines or methamphetamines for non-medical purposes, one or more times during their life, by sex and age

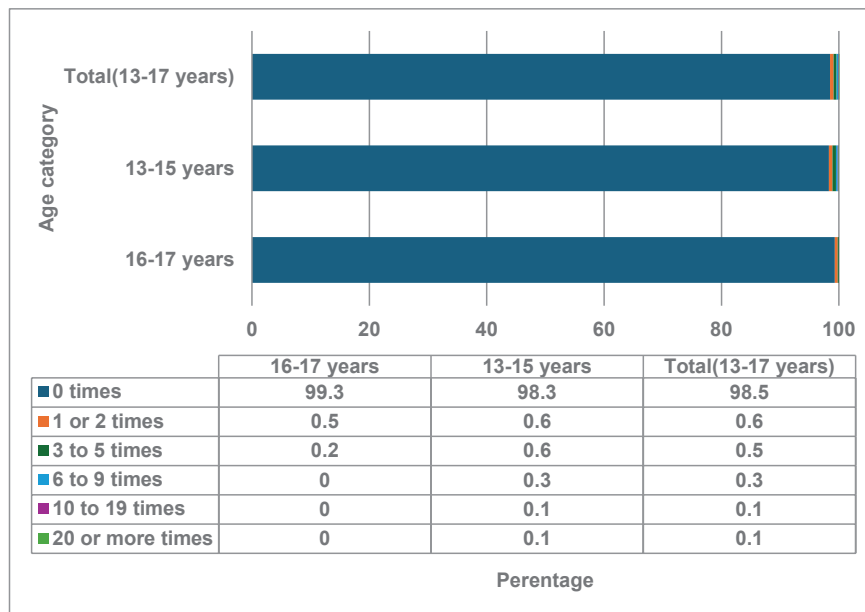


Figure 3.7 II: Pattern of use of amphetamines or methamphetamines (also called ice) for non-medical purposes during student's life, by age

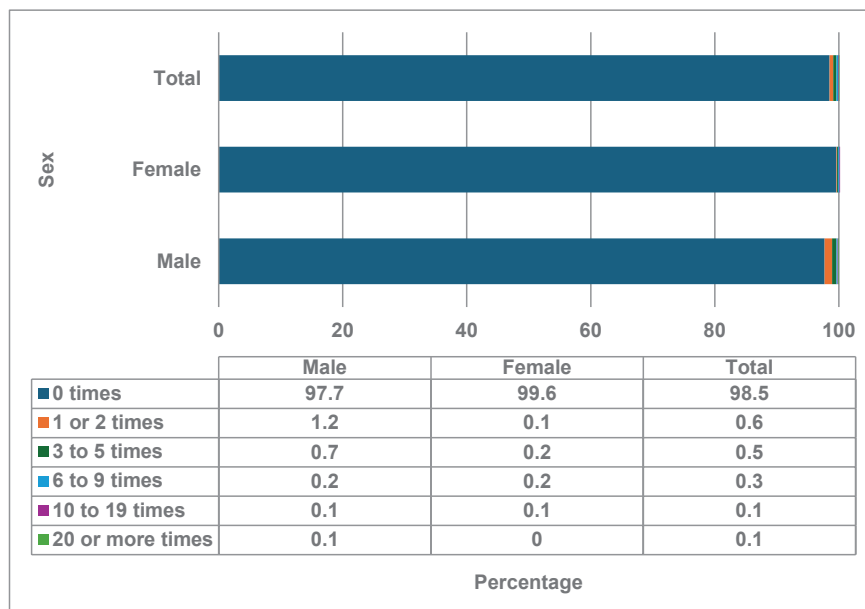


Figure 3.7 mm: Pattern of use of amphetamines or methamphetamines (also called ice) for non-medical purposes during student's life, by sex



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].

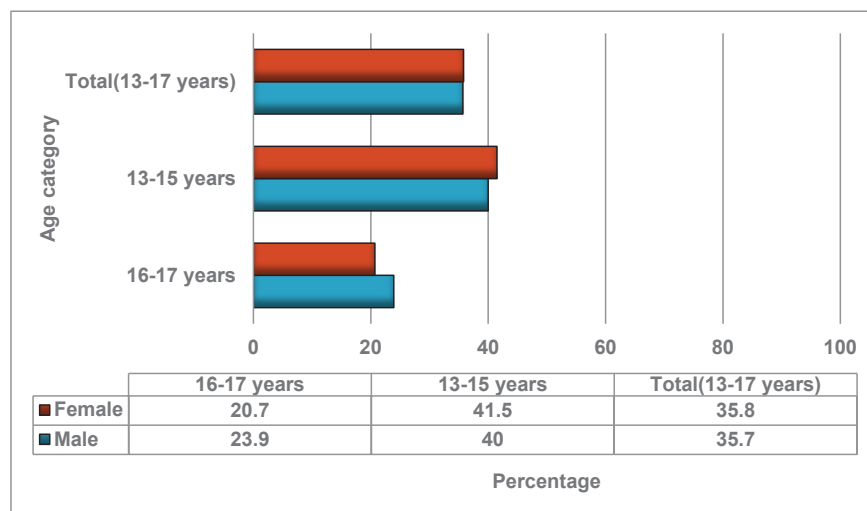


Figure 3.8 a: Percentage of students who got eight to ten hours of sleep, on an average school day, by sex and age

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].

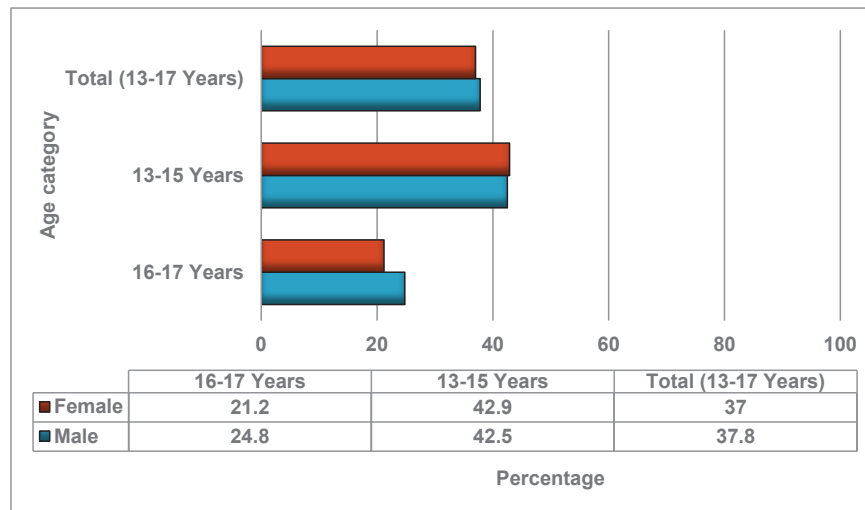


Figure 3.8 b: Percentage of students who had a sleep of 8 or more hours, by sex and age

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 ($p<0.001$).

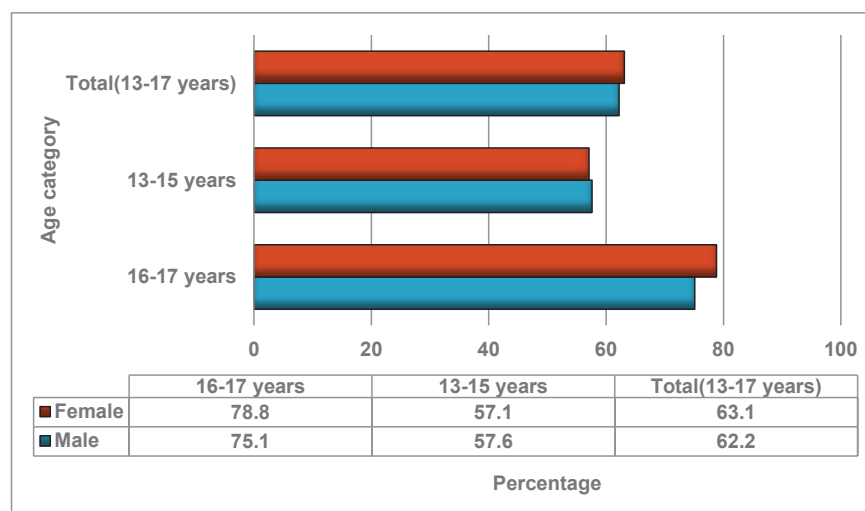


Figure 3.8 c: Percentage of students who got less than eight hours of sleep on an average school day, by sex and age

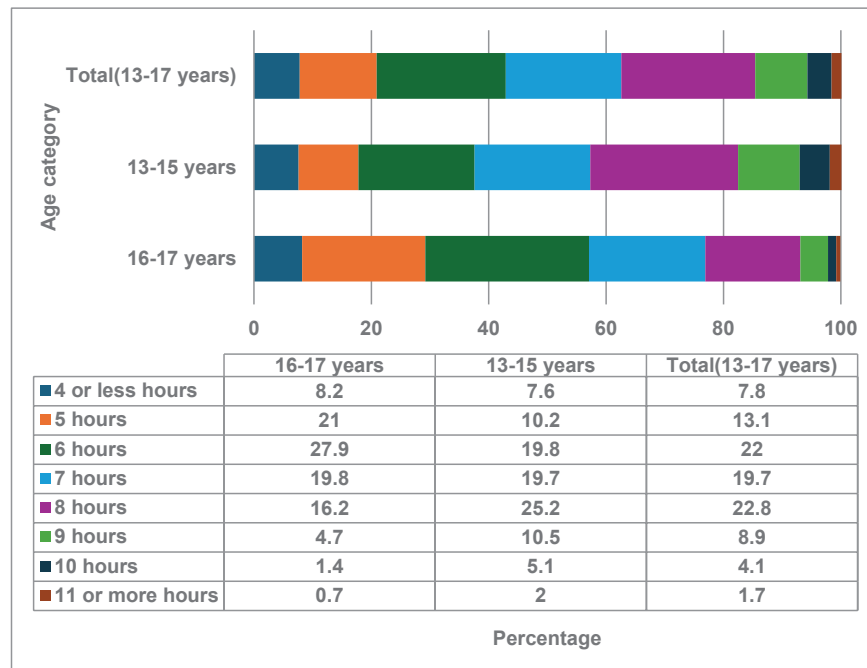


Figure 3.8 d: Pattern of the sleep duration on an average school day among students, by age

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 ($p = 0.007$).

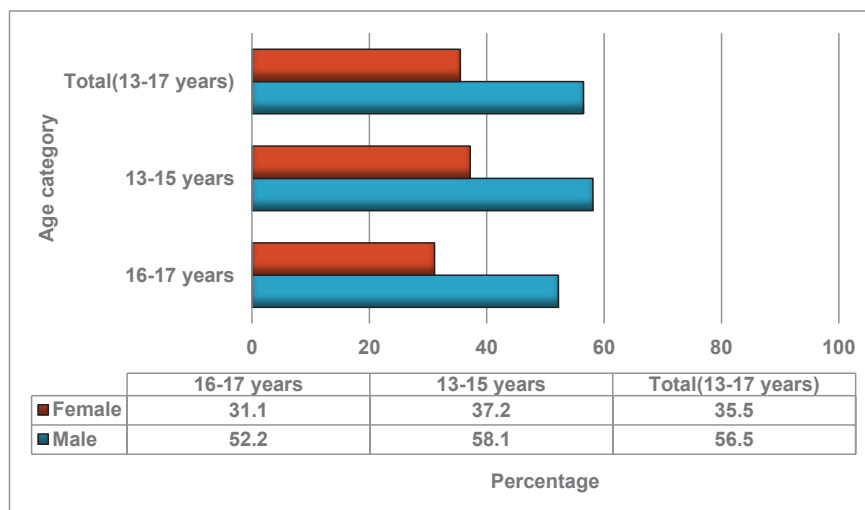


Figure 3.9 a: Percentage of students who were seriously injured, one or more times during the 12 months before the survey, by sex and age



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).

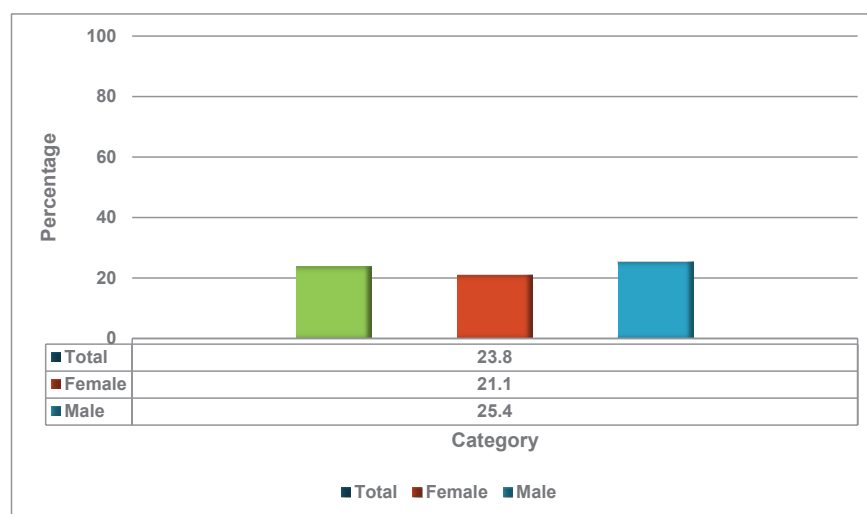


Figure 3.9 b: Percentage of students who reported that their most serious injury was a broken bone, dislocated joint, or a broken or knocked out tooth, among students who were seriously injured during the 12 months before the survey, by sex

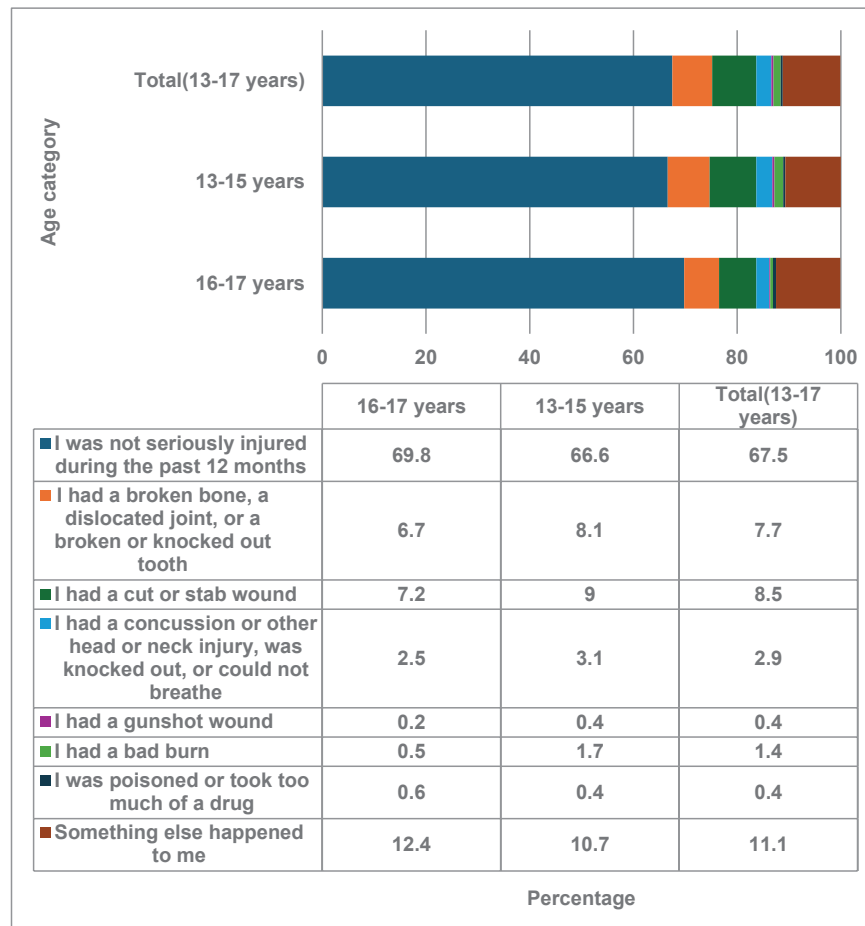


Figure 3.9 c: Pattern of most serious injury happened during the past 12 months among students, by age

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% ($p = 0.662$).

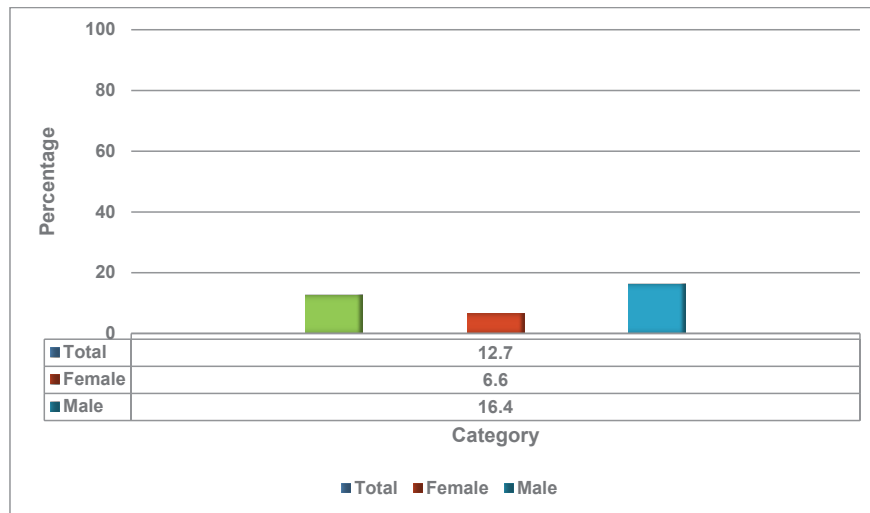


Figure 3.9 d: Percentage of students who reported that their most serious injury was caused by a motor vehicle accident or being hit by a motor vehicle, among students who were seriously injured during the 12 months before the survey, by sex and age

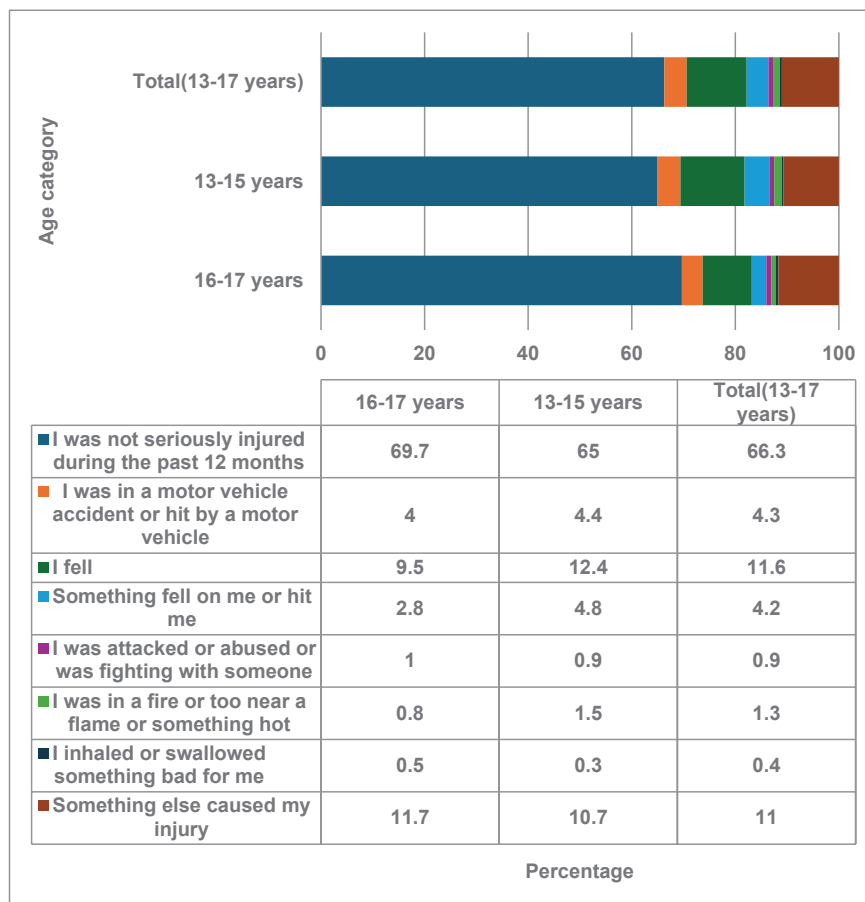


Figure 3.9 e: Pattern of the major cause of the most serious injury that happened to students, during past 12 months, by age



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%) [$p = 0.189$].

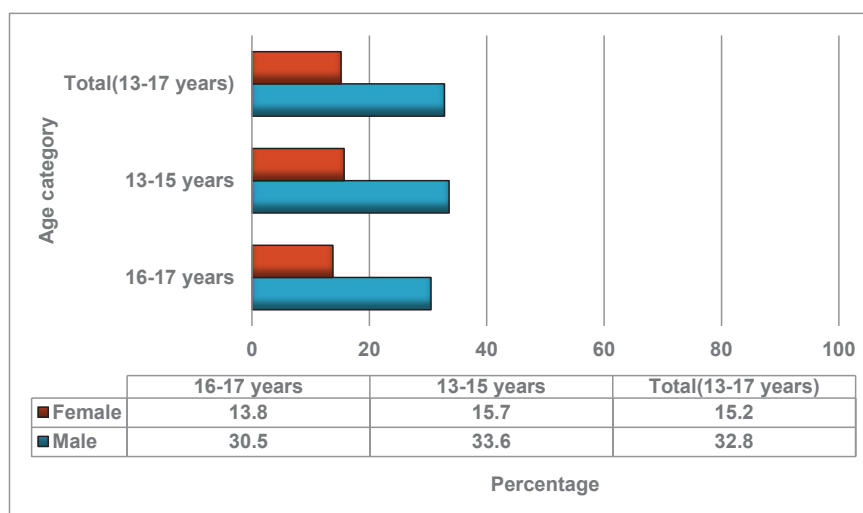


Figure 3.9 f: Percentage of students who were physically attacked, one or more times during the 12 months before the survey, by sex and age

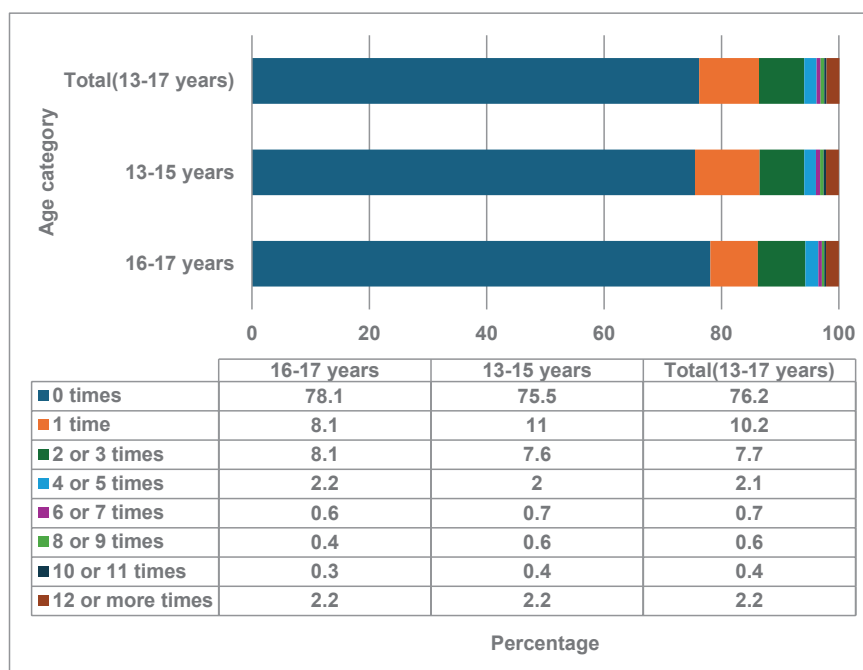


Figure 3.9 g: Pattern of the frequency of physical attack during the past 12 months among students, by age



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).

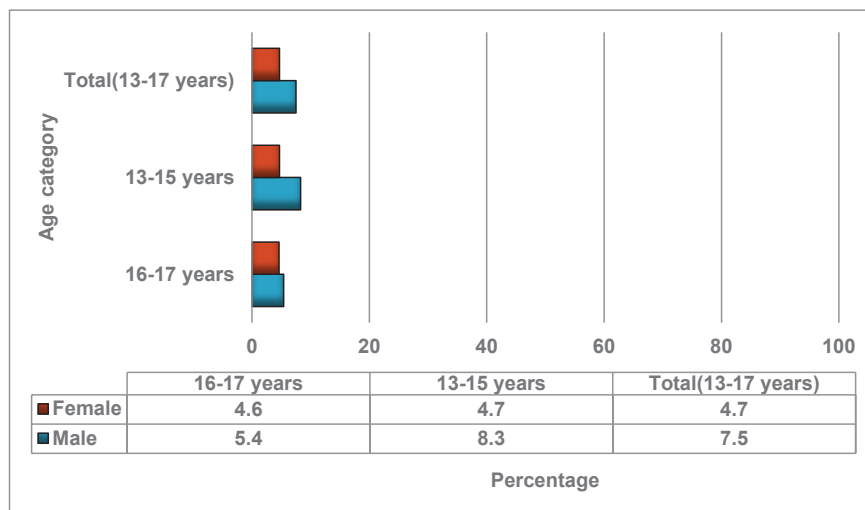


Figure 3.9 h: Percentage of students who were forced by anyone to do sexual things that they did not want to do, one or more times during the 12 months before the survey, by sex and age



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%) [$p=0.008$].

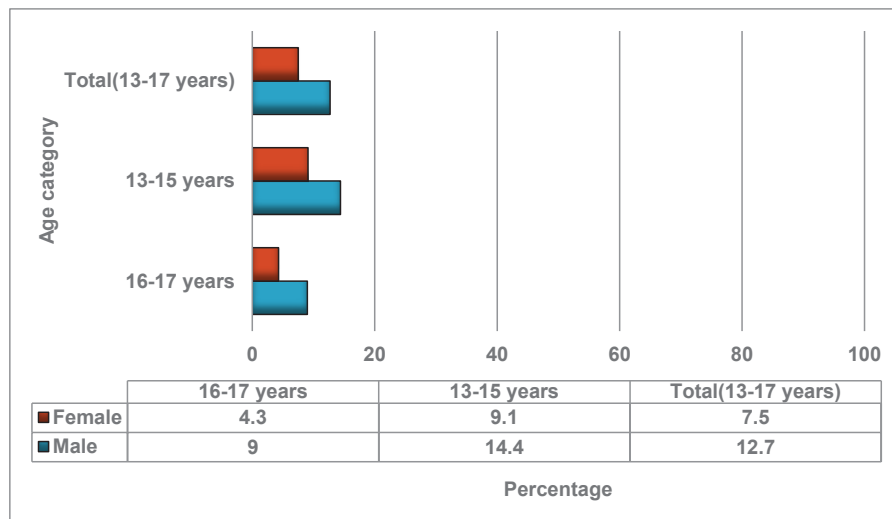


Figure 3.9 i: Percentage of students who were forced by someone they were dating or going out with to do sexual things that they did not want to do, one or more times during the 12 months before the survey, among students who dated in the 12 months before the survey, by sex and age

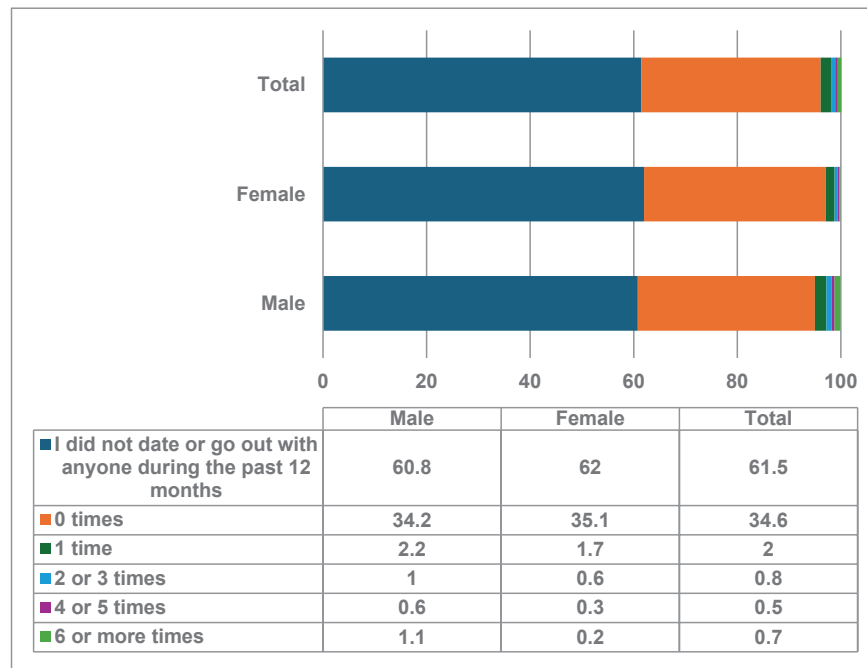


Figure 3.9 j: Frequency that the students were forced to do sexual things that they did not want to, during dating or going out, by sex

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

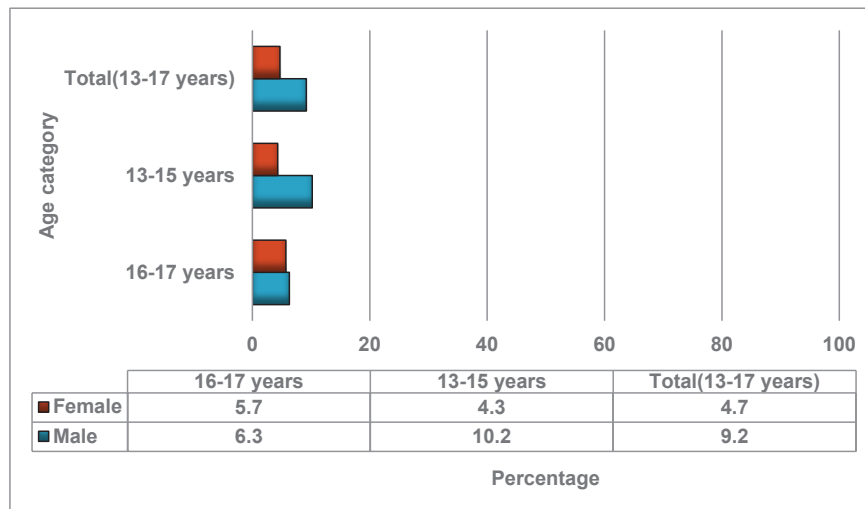


Figure 3.9 k: Percentage of students who had someone ask them to do sexual things on the internet or social media when they did not want to, one or more times during the 12 months before the survey, by sex and age

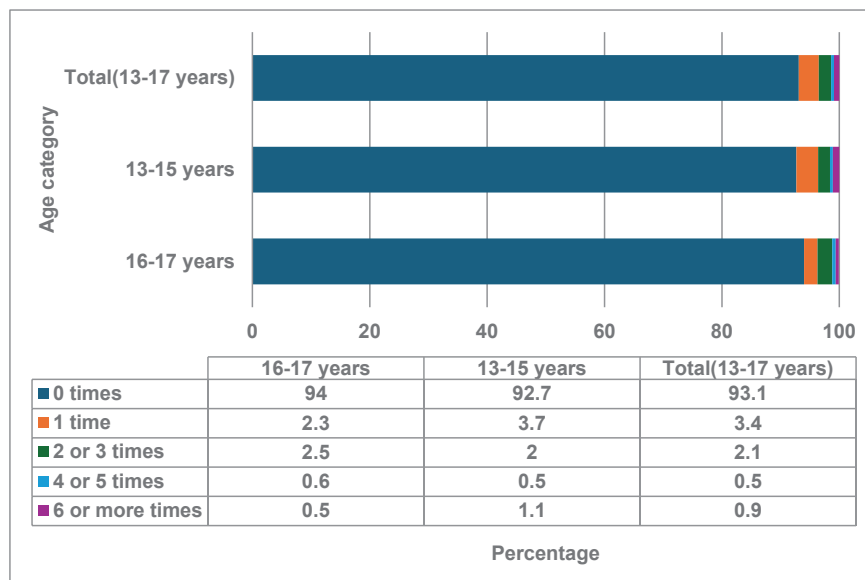
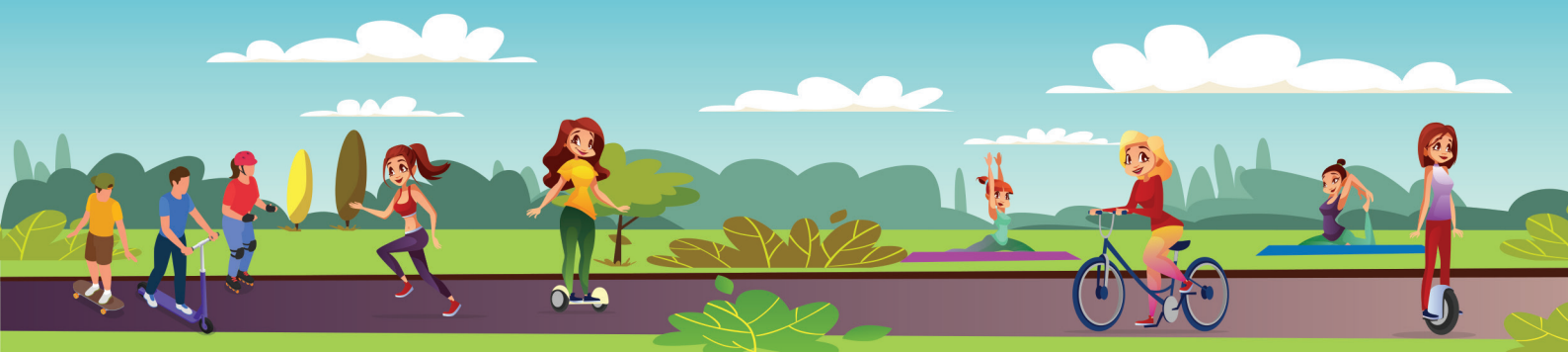


Figure 3.9 l: Pattern of the frequency of someone asking students to do sexual things on the internet or social media that they did not want to do during the past 12 months, by age



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% ($p = 0.129$).

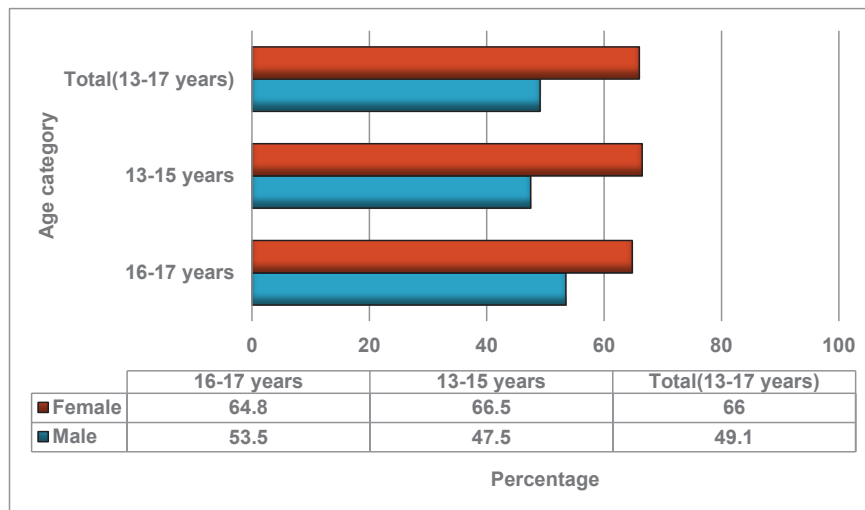


Figure 3.9 m: Percentage of students who were taught in any of their classes what to do if someone is trying to touch them in a sexual way when they do not want them to, during this school year, by sex and age

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

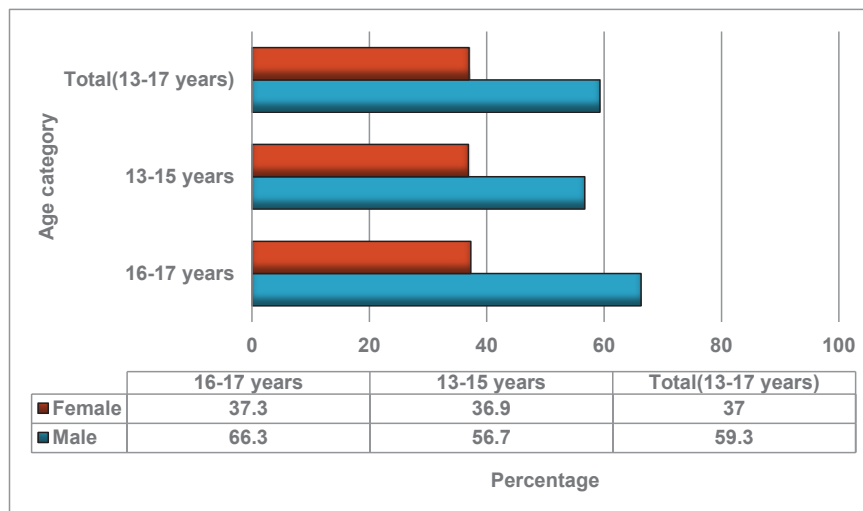


Figure 3.9 n: Percentage of students whose teacher hit, slapped, or physically hurt them on purpose or made them do something that hurt, during the 12 months before the survey, by sex and age

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.

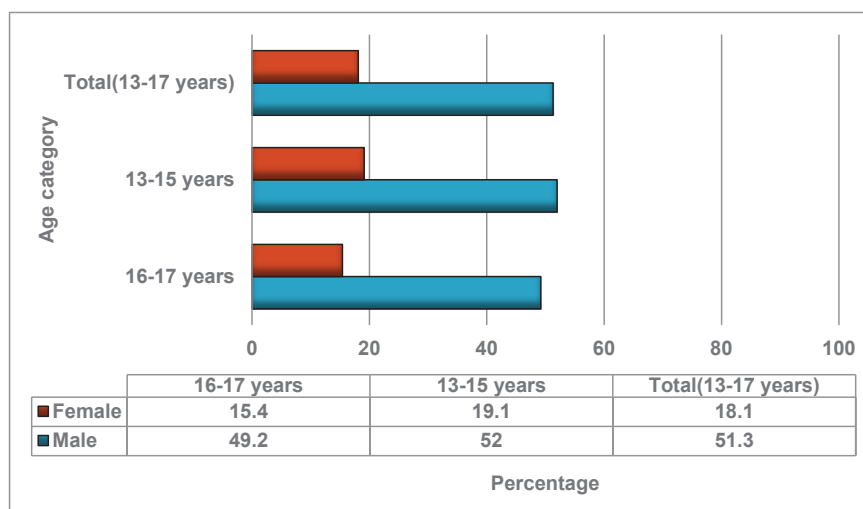


Figure 3.9 o: Percentage of students who were in a physical fight, one or more times during the 12 months before the survey, by sex and age

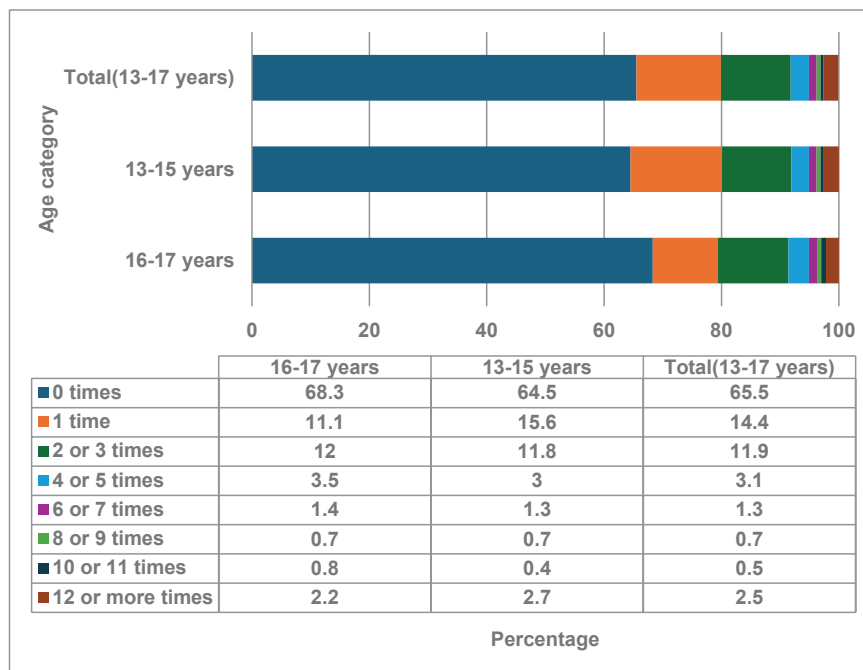


Figure 3.9 p: Pattern of the frequency of physical fights among students during the past 12 months, by age

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%) [$p < 0.001$].

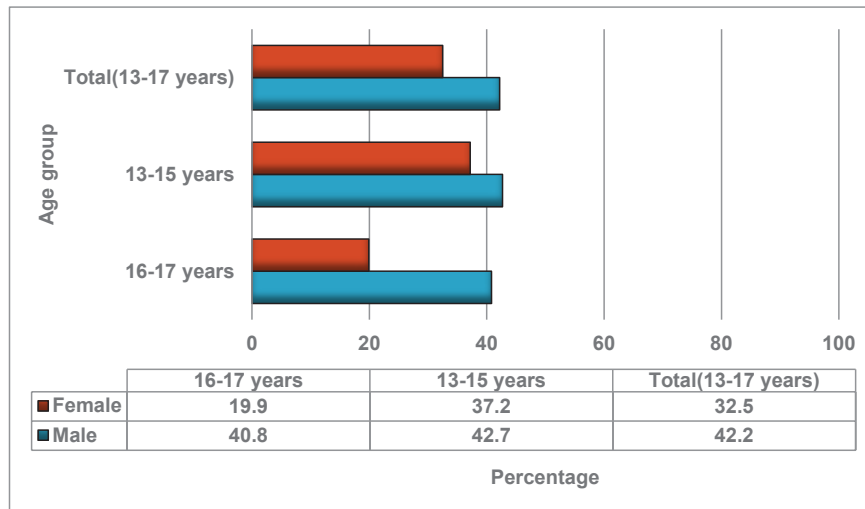


Figure 3.10 a: Percentage of students whose main reason for not having had sexual intercourse was that they wanted to wait until they were older, among students who never had sexual intercourse, by age and sex

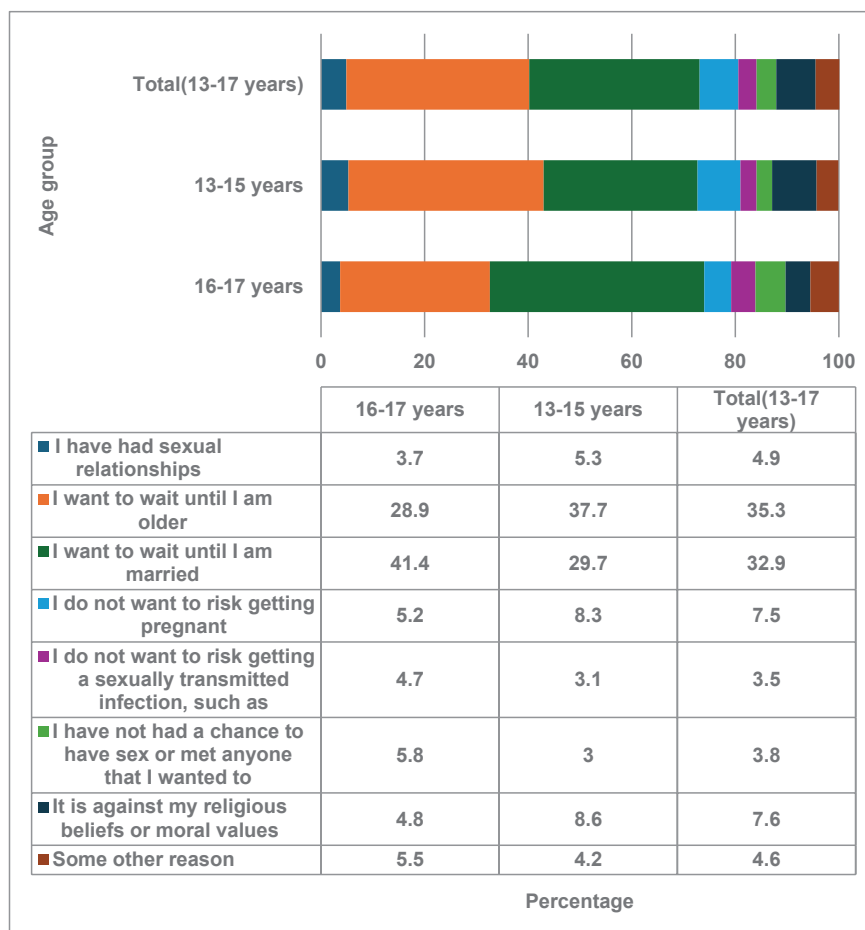


Figure 3.10 b: Pattern of the main reason students did have had sexual intercourse by age



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%) [$p < 0.001$].

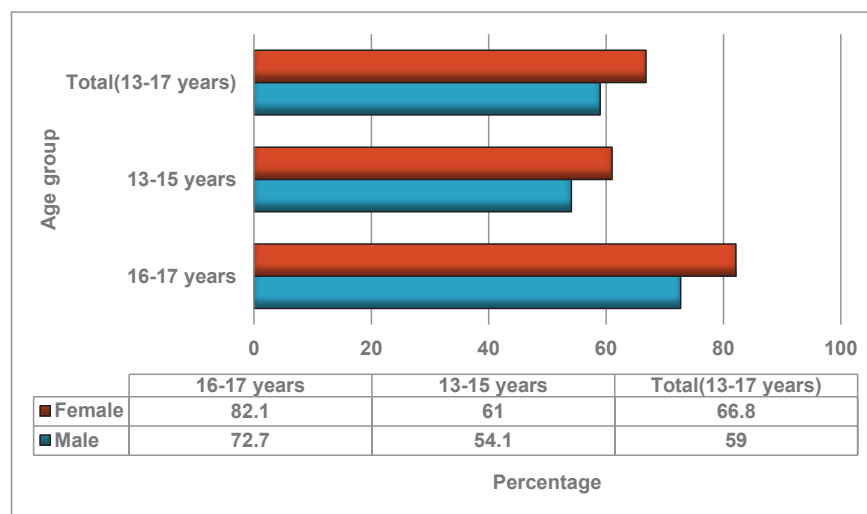


Figure 3.10 c: Percentage of students who had ever heard of HIV infection or the disease called AIDS, by sex and age

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% ($p < 0.001$).

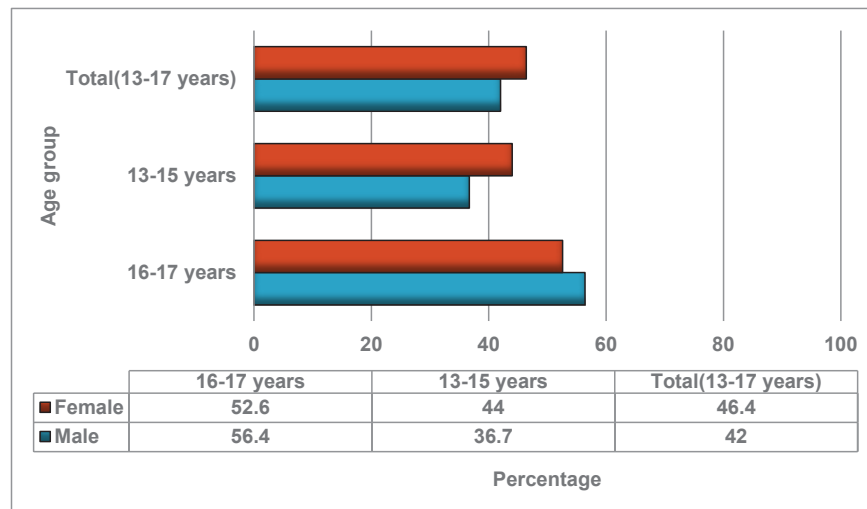


Figure 3.10 d: Percentage of students who were taught in any of their classes how to avoid HIV infection or AIDS, during this school year, by sex and age

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 ($p = 0.013$).

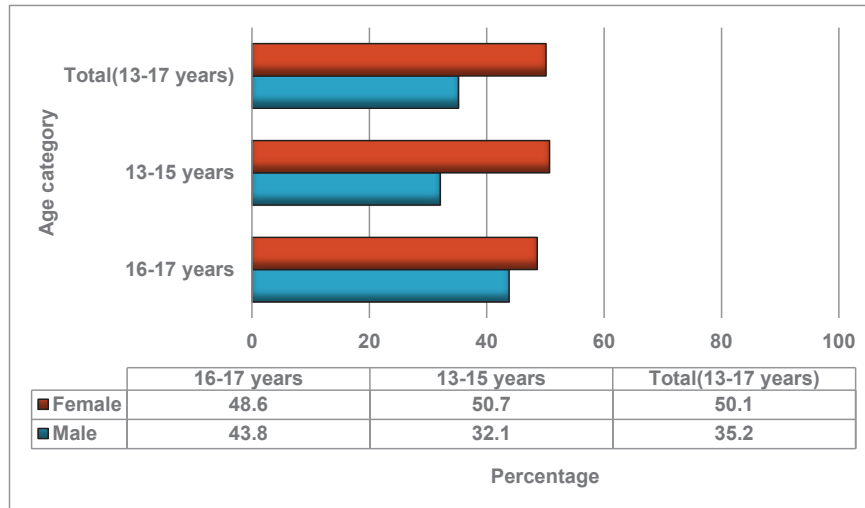


Figure 3.10 e: Percentage of students who were taught in any of their classes how to avoid getting pregnant during this school year by sex and age

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 ($p<0.001$).



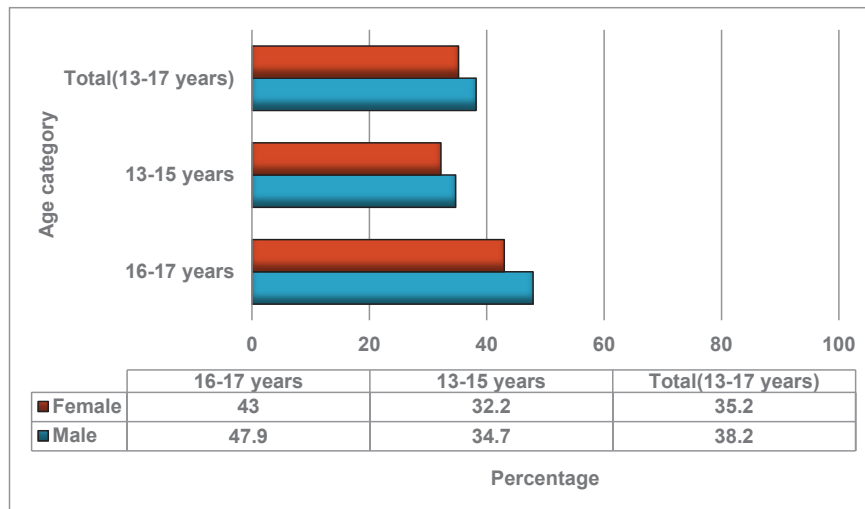


Figure 3.11 a: Percentage of students who missed classes or school without permission, on at least 1 day during the 30 days before the survey, by sex and age

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% ($p = 0.634$).

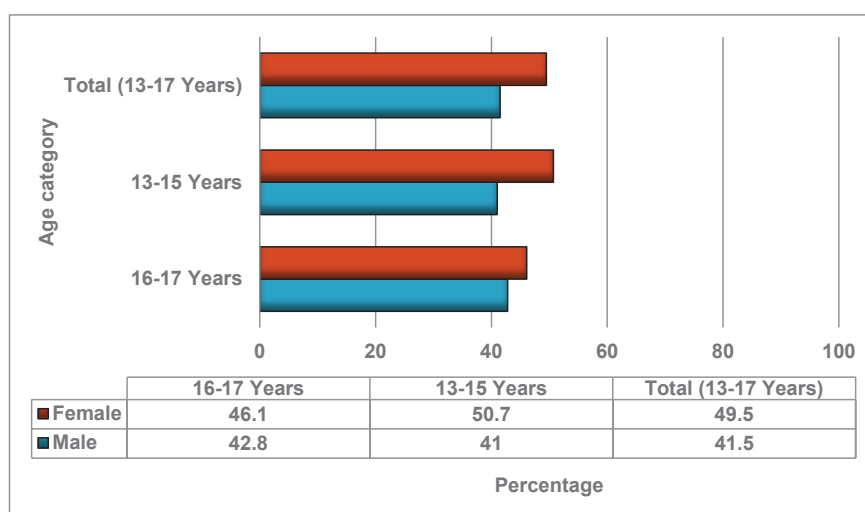


Figure 3.11 b: Percentage of students who reported that most of the students in their school were most of the time or always kind and helpful, during the 30 days before the survey, by sex and age



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% ($p = 0.43$).

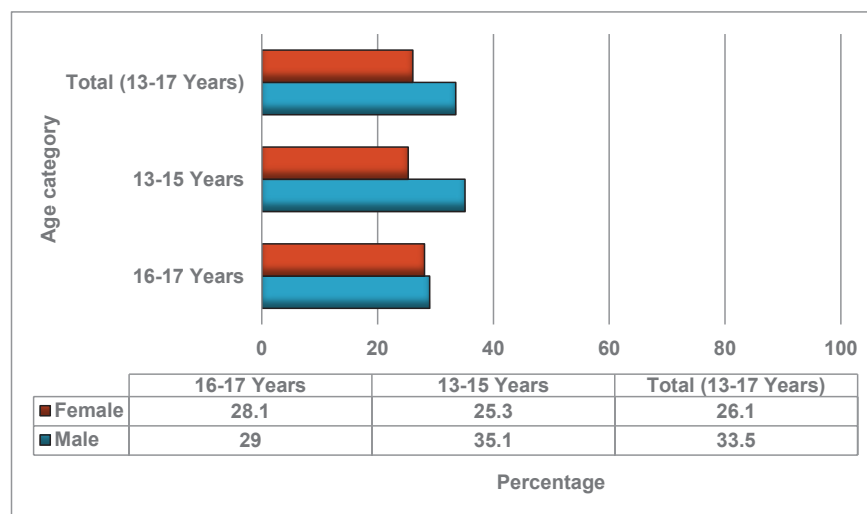


Figure 3.11 c: Percentage of students who reported that most of the students in their school were never or rarely kind and helpful, during the 30 days before the survey, by sex and age

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 ($p = 0.016$).

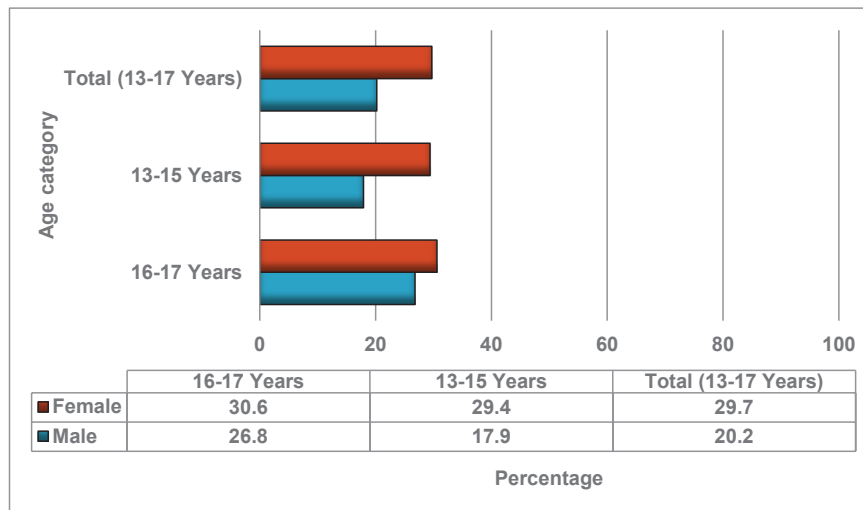


Figure 3.11 d: Percentage of students who reported that they were able to talk to someone most of the time or always about difficult problems and worries, during the 30 days before the survey, by sex and age

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 ($p < 0.001$).

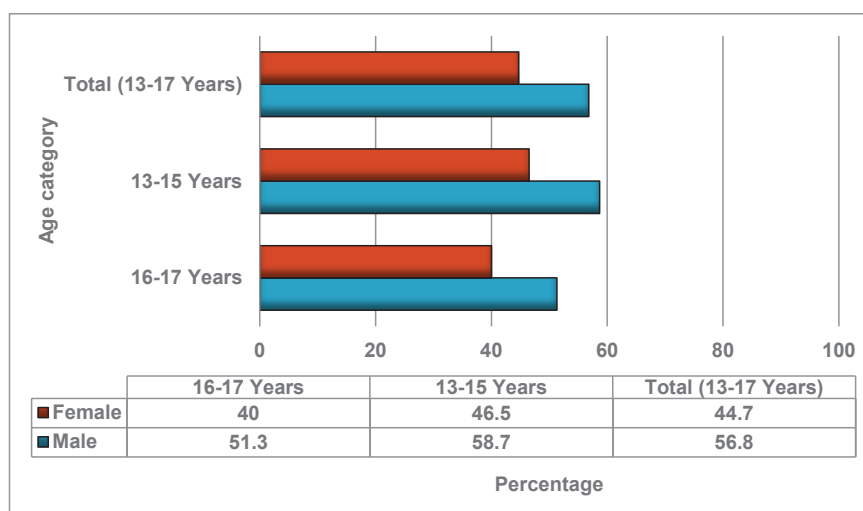
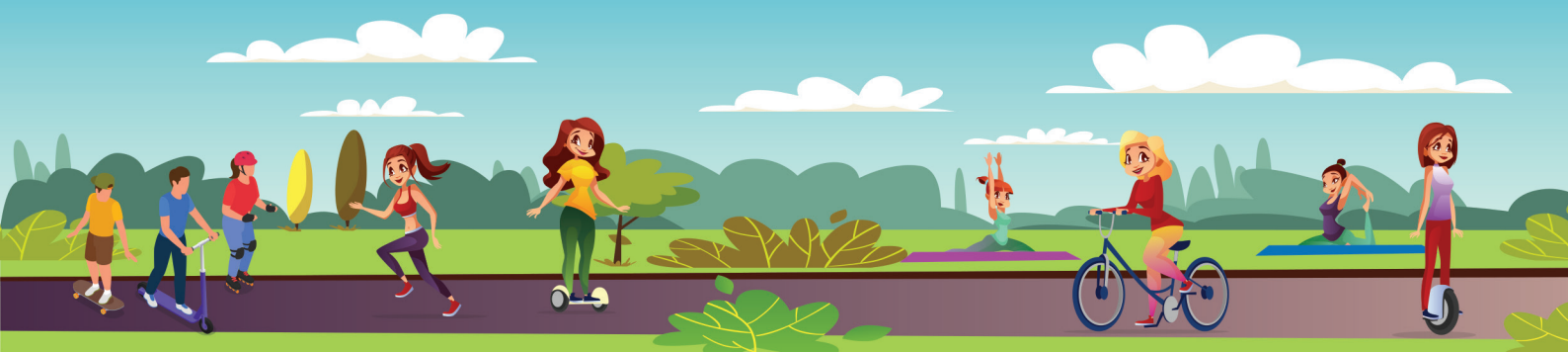


Figure 3.11 e: Percentage of students who reported that they were never or rarely able to talk to someone about difficult problems and worries, during the 30 days before the survey, by sex and age



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 ($p=0.098$).

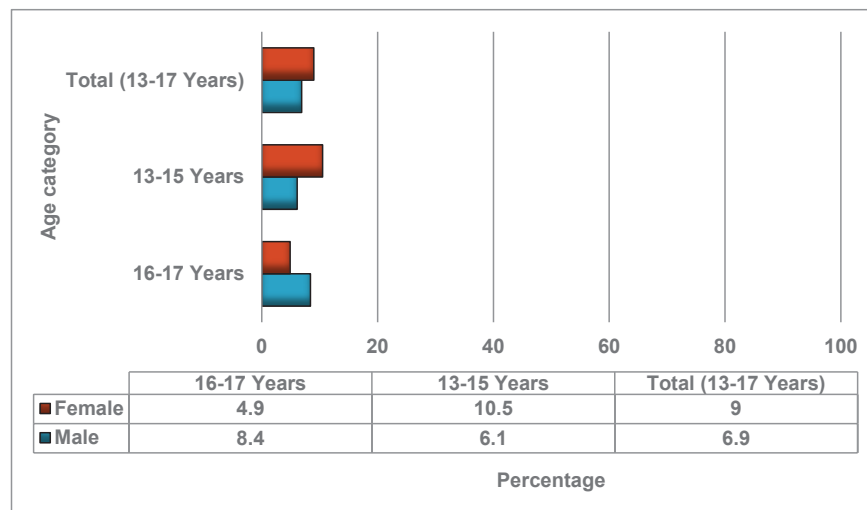


Figure 3.11 f: Percentage of students who reported that they were able to talk to an adult in their school such as a teacher or a counsellor most of the time or always about difficult problems and worries, during the 30 days before the survey, by sex and age

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% ($p=0.017$).

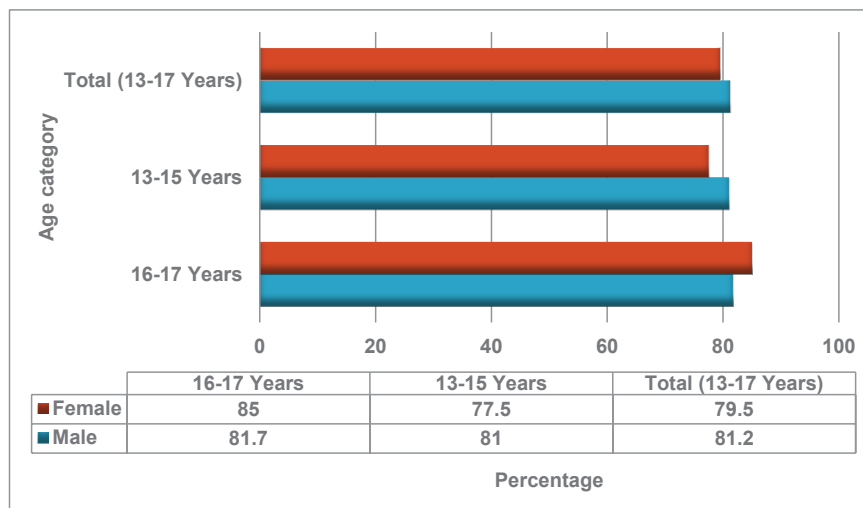


Figure 3.11 g: Percentage of students who reported that they were never or rarely able to talk to an adult in their school such as a teacher or a counsellor about difficult problems and worries, during the 30 days before the survey, by sex and age

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.

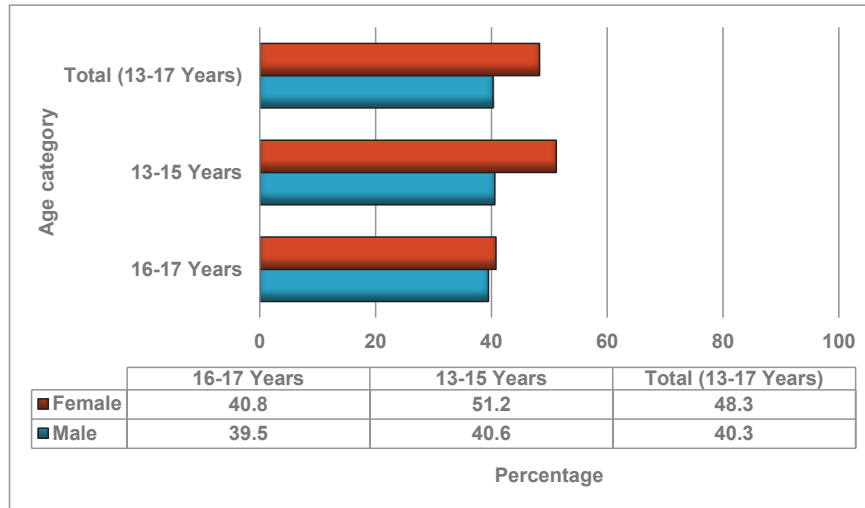


Figure 3.11 h: Percentage of students who reported that their parents or guardians most of the time or always understood their problems and worries, during the 30 days before the survey, by sex and age

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% ($p=0.004$).

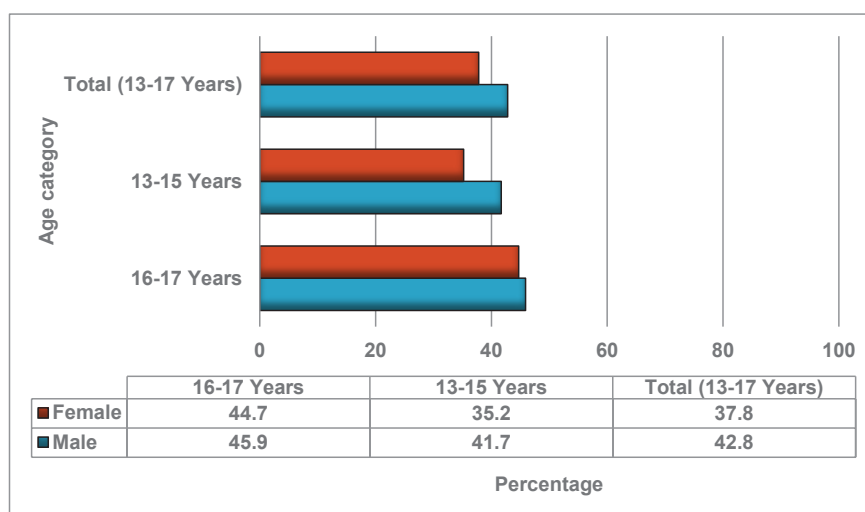


Figure 3.11 i: Percentage of students who reported that their parents or guardians never or rarely understood their problems and worries, during the 30 days before the survey, by sex and age



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% ($p<0.001$).

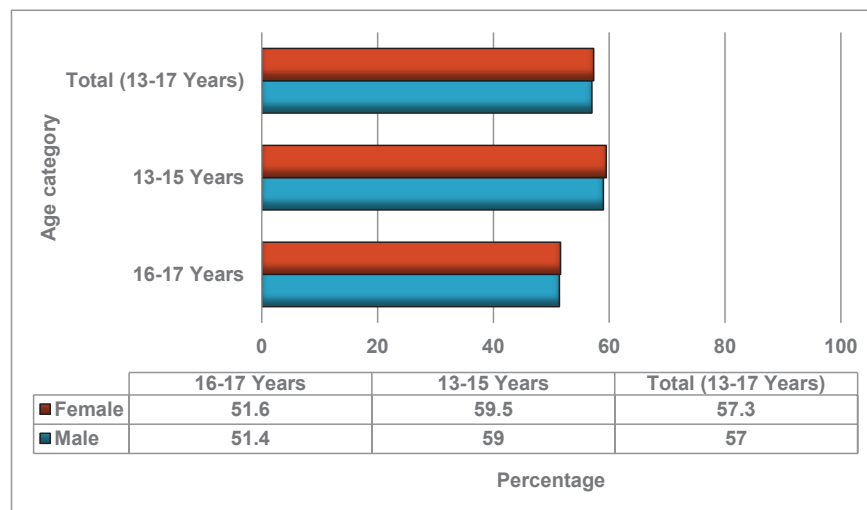


Figure 3.11 j: Percentage of students who reported that their parents or guardians most of the time or always checked to see if their homework was done, during the 30 days before the survey, by sex and age

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 ($p=0.038$).

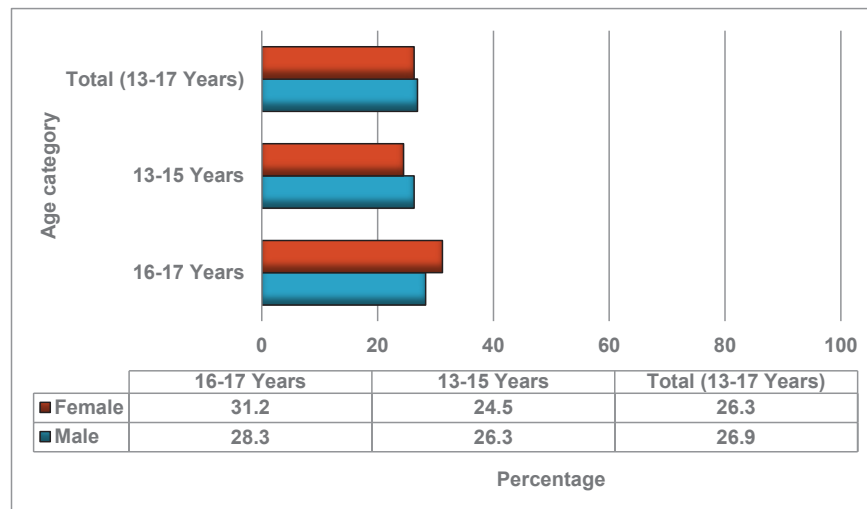


Figure 3.11 k: Percentage of students who reported that their parents or guardians never or rarely checked to see if their homework was done, during the 30 days before the survey, by sex and age

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 I), 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)

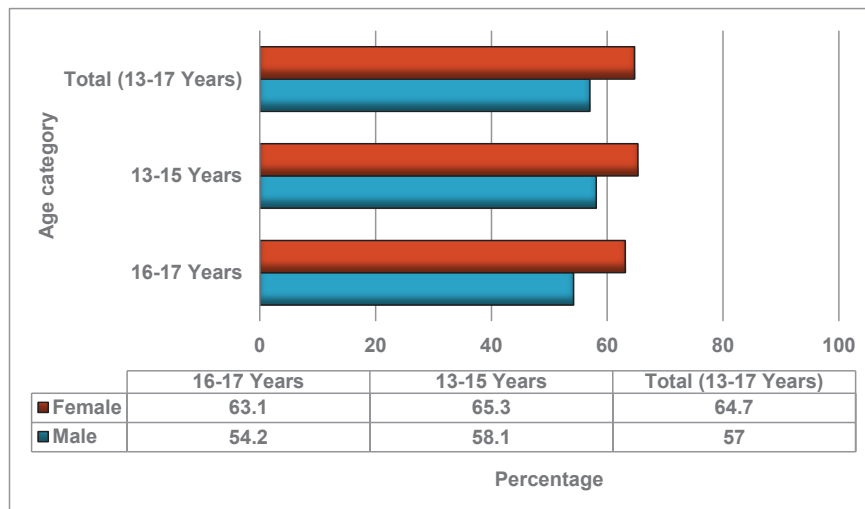


Figure 3.11 l: Percentage of students who reported that their parents or guardians most of the time or always really knew what they were doing with their free time, during the 30 days before the survey, by sex and age

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% ($p=0.871$).

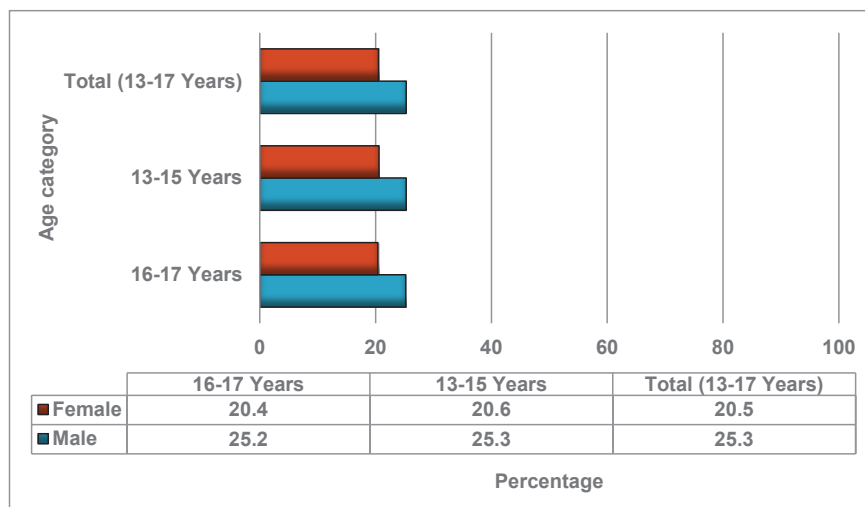
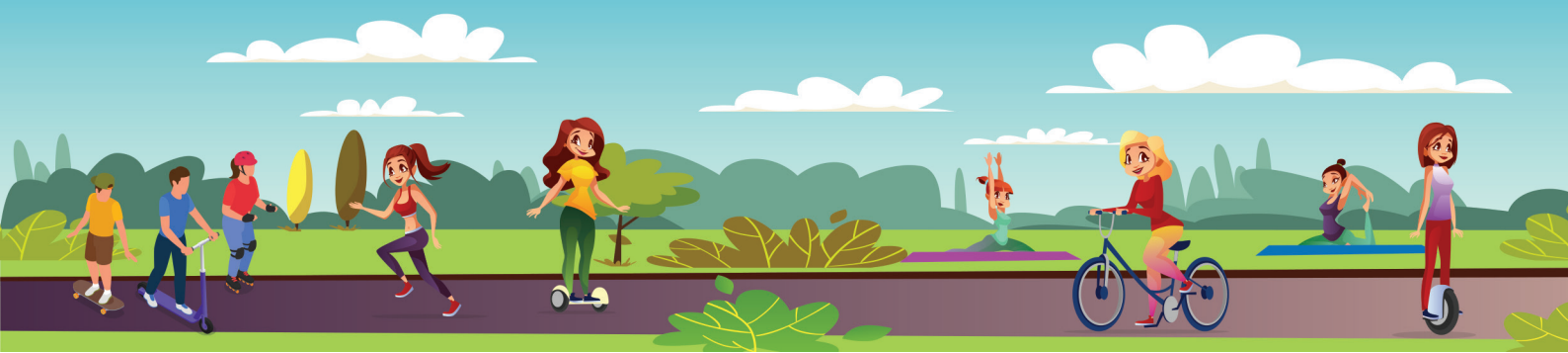


Figure 3.11 m: Percentage of students who reported that their parents or guardians never or rarely really knew what they were doing with their free time, during the 30 days before the survey, by sex and age



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% ($p=0.774$).

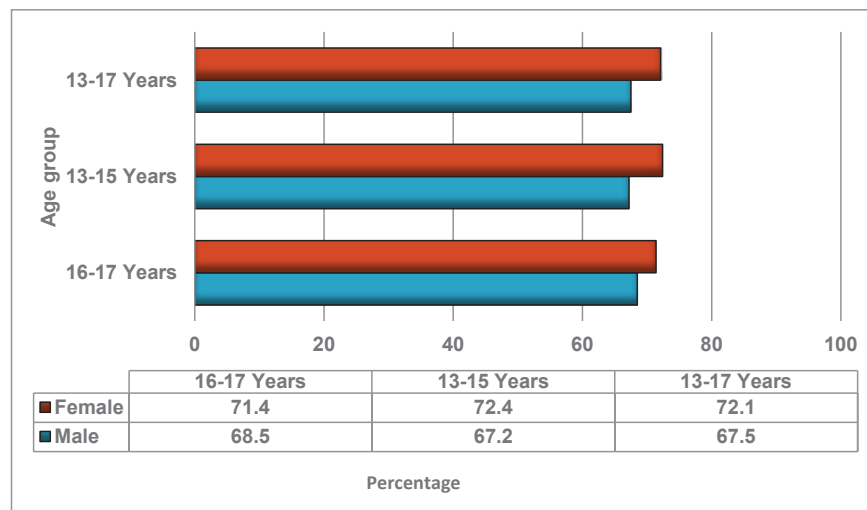


Figure 3.11 n: Percentage of students who reported that their parents or guardians never or rarely went through their things without their approval during the past 30 days, by sex and age

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% ($p=0.665$).

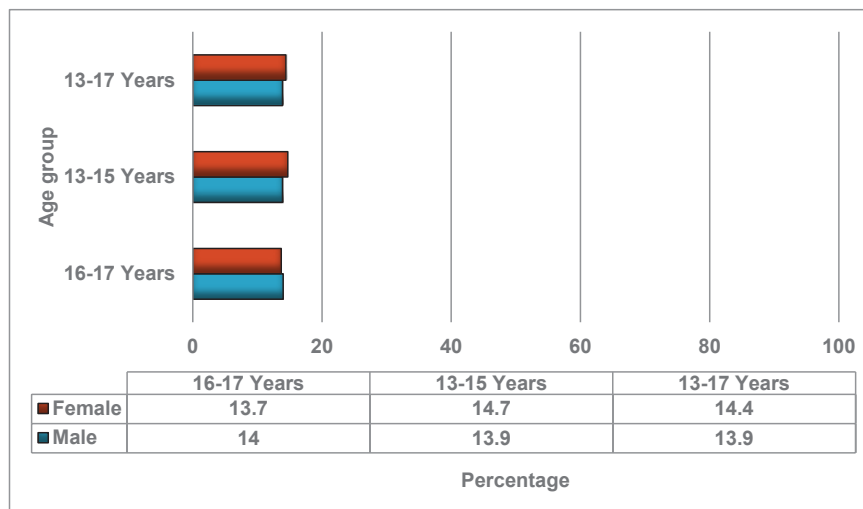


Figure 3.11 o: Percentage of students who reported that their parents or guardians most of the time or always went through their things without their approval, during the 30 days before the survey, by sex and age

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)

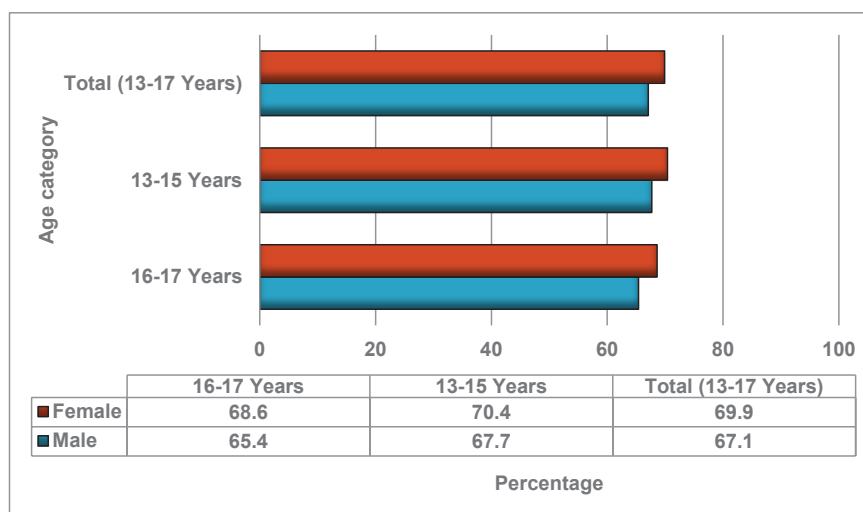


Figure 3.11 p: Percentage of students who reported that their parents or guardians most of the time or always spent quality time with them giving them undivided attention and being affectionate, during the 30 days before the survey, by sex and age



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% ($p=0.945$).

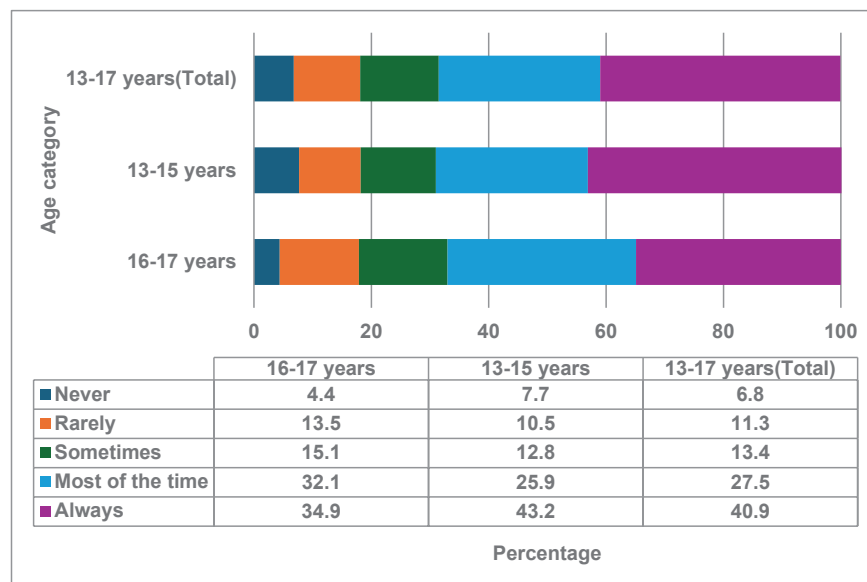


Figure 3.11 q: How often parents or guardians spend quality time with, students, giving them undivided attention and being affectionate, by age

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 ($p<0.001$).

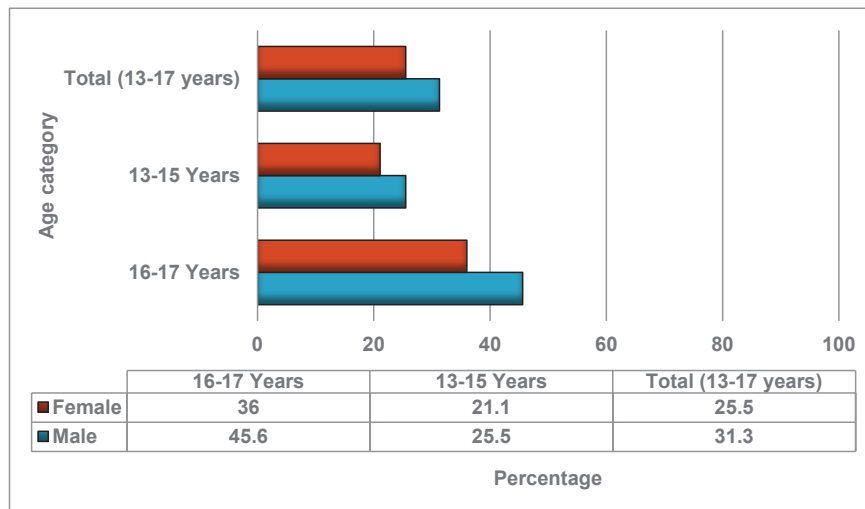


Figure 3.11 r: Percentage of students who used their mobile phone to be on social media, for online communication, or to browse the internet three or more hours per day, among students who had a mobile phone during the 7 days before the survey, by sex and age

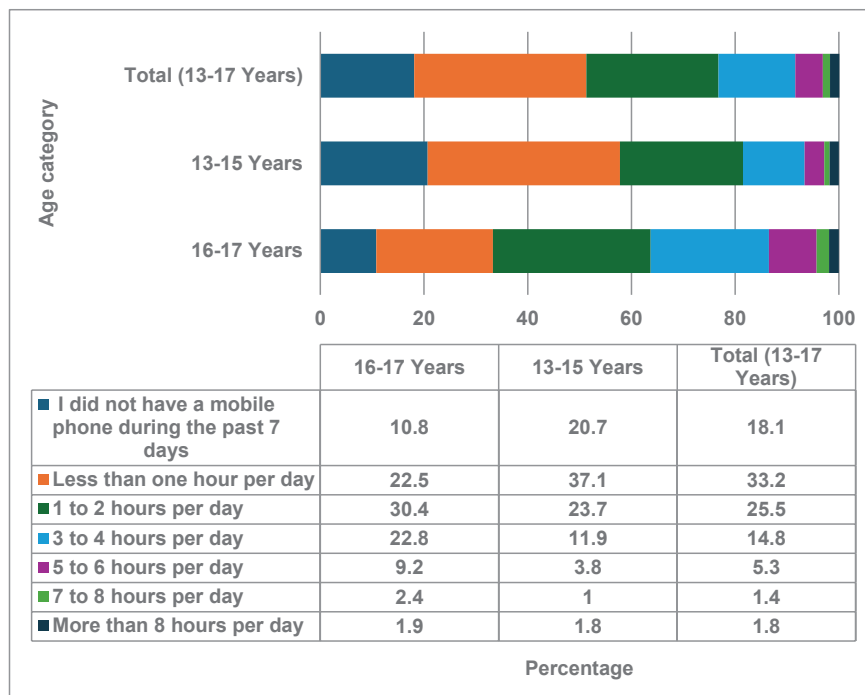


Figure 3.11 s: Pattern of use of student's mobile phone on social media, for online communication, or to browse the internet during the past 7 days, by age

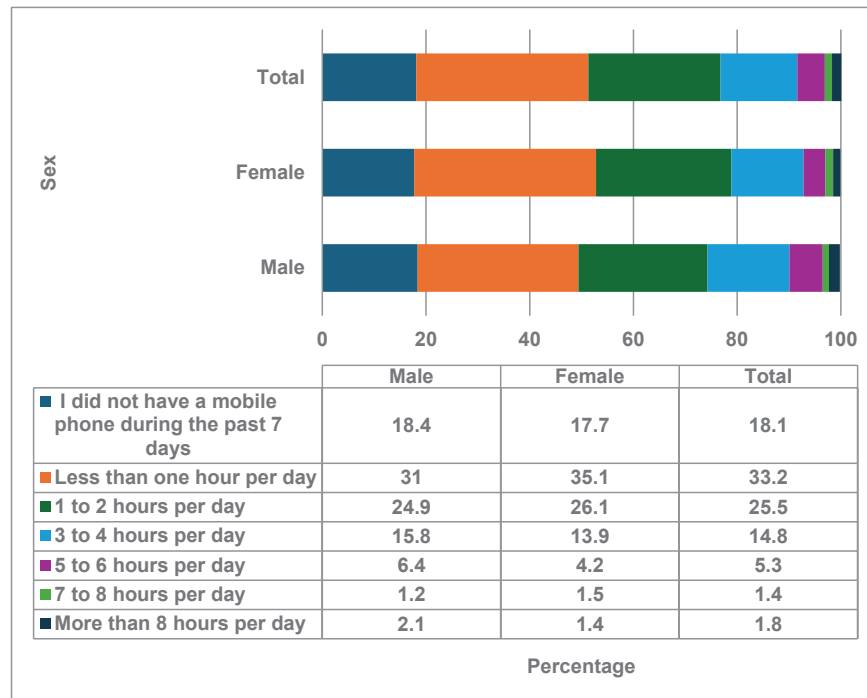


Figure 3.11 t: Pattern of use of student's mobile phone on social media, for online communication, or to browse the internet during the past 7 days, by sex

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% ($p=0.282$).

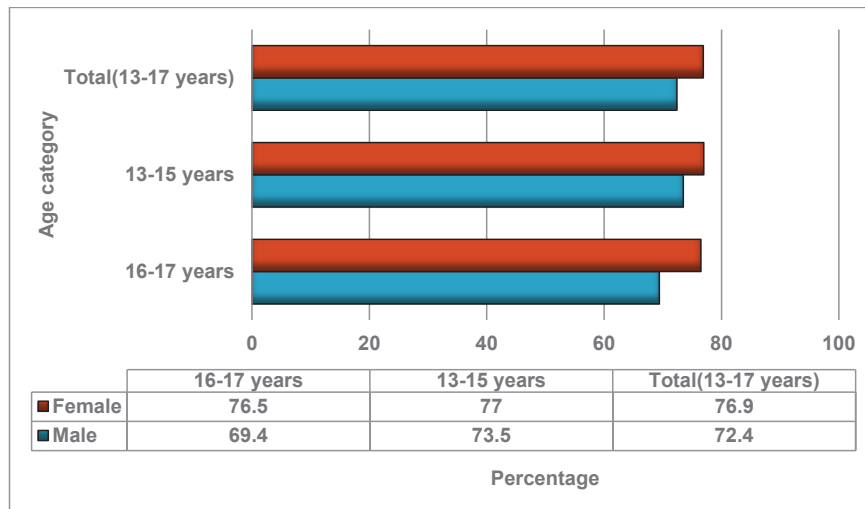


Figure 3.11 u: Percentage of students who reported that their parents or guardians have rules about how they can use social media, by sex and age

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 ($p=0.032$).

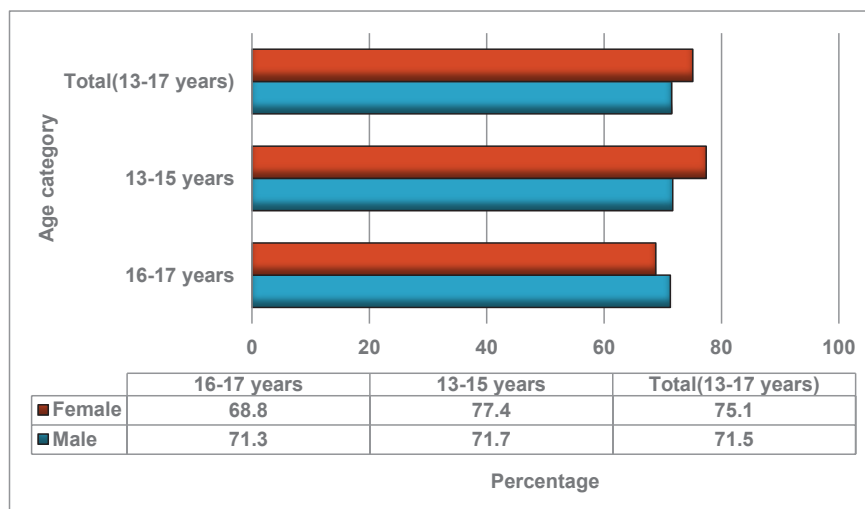


Figure 3.11 v Percentage of students who were taught in any of their classes that both males and females should be treated fairly and with respect, during this school year, by sex and age



4

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.

- 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.
- The consumption of unhealthy foods and beverages was high among adolescents.
 - 17.4% consumed carbonated drinks daily
 - Over one-fourth consumed sugar-sweetened drinks daily
 - Alarming over 40.9% consumed foods high in sugar daily
 - A substantial 70.4% ate one or more meals or snacks from fast food outlets or street vendors during the week
- 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.



- 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:

- Developing educational campaigns highlighting the benefits of regular physical activity and the risks of sedentary lifestyles and focusing on specific actionable steps.
- Promote messaging to address the sedentary lifestyles among female adolescents.

4. Integrate muscle-strengthening exercises:

- Provide accessible training and resources for muscle-strengthening exercises in schools and communities.
- Equip schools with proper facilities and trained instructors to support these activities.
- Disseminate information on practical muscle-strengthening exercises that can be done at home using available resources.

5. Reduce sedentary time:

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

- 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:

- Educate and emphasise the importance of proper hand washing practices, particularly before eating and after using the toilet through school.
- Ensure all schools have latrines and hand washing facilities with access to running water and soap and maintenance.
- Introduce peer-led programs and interactive activities to promote habitual hand washing.



2. Enhance oral health practices:

- Implement school-based oral health education programs to promote the importance of brushing teeth twice daily and using fluoride toothpaste.
- 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.
- Strengthening preventive oral health programs, and nutritional interventions should go in hand in hand.
- 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:

- 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:

- 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:

- Integrate or upgrade school curricula with mental health promotion inputs to foster resilience, stress management, and emotional intelligence.
- Review and improve mental health promotion in the pre-service curricula of teacher training.
- Regular in service training on mental health promotion and interventions for teachers as an integral part of day today teaching.
- Conduct workshops for students, teachers, and parents on recognising mental health challenges and providing support /referral services.

2. Improve accessibility to mental health services:

- 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
- Expand the reach and visibility of adolescent clinics (like *Yowun Piyasa*); other helplines like 1926 - National Mental Health Helpline to promote accessibility by students.
- Develop and sustain partnerships with helpline services to provide 24/7 support for students in distress.

3. Address bullying and cyberbullying:

- Strengthen anti-bullying policies and programs in schools, including digital literacy, to prevent cyberbullying.
- Promote peer mentoring programs to encourage positive social interactions and reduce /respond to bullying and cyber-bullying.



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

4. Target high-risk groups:

- Focus interventions on older adolescents (16-17 years) and females who report higher levels of loneliness, depression, and suicidal behaviours.
- Provide targeted support for students without close friends, fostering inclusion and connectedness.
- Introduce appropriate mental health screening to school medical inspection and design care pathways aligned to primary health care

5. Strengthen early detection and response:

- Train school staff to identify early signs of mental health issues and intervene effectively in non-stigmatized manner.
- Train teachers on non-stigmatising and ensuring confidentiality in managing students with mental health issues.
- Implement regular mental health surveys to monitor trends and assess the impact of interventions.
- Develop interventions to reduce social isolation with the involvement of multi-disciplinary experts, including sociologists and psychologists.

6. Promote a supportive school environment:

- Encourage open discussions about mental health to reduce stigma and promote help-seeking behaviour.
- Introduce extracurricular activities and peer-led groups to create safe spaces for students to share their feelings and build connections.
- Capacity building of teacher-counsellors and teachers on mental health and wellbeing and early detection of mental ill health conditions
- Incorporate school-based interventions aiming at developing life skills and resilience and provide opportunities to face challenges through school curricula



7. Developing parental awareness :

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

8. Suicide prevention strategies :

- Implement policy and strategies for suicide prevention
- Educate teachers and parents to identify, provide special care and refer students with suicidal ideation.
- Widely and regularly publicise available mental health sources and helplines

4.5 Substance Use

Tobacco use

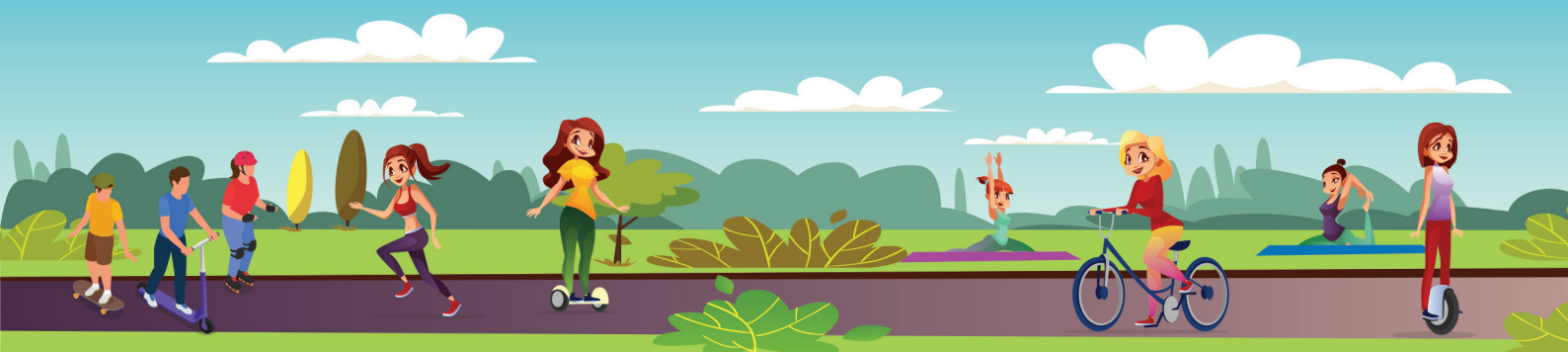
Tobacco use, including cigarettes, smokeless tobacco, and electronic cigarettes, has increased notably since 2016, highlighting the growing risk among adolescents.

- 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 :

- Strengthen enforcement of existing laws, including bans on advertising and sales to minors
- Improve enforcement of regulations against selling tobacco, alcohol, and drugs to minors.
- Enforce law to reduce the advertisements and availability of substances closer to schools
- Introduce comprehensive policies addressing emerging substances like e-cigarettes and amphetamines
- Have legislation against those who promote substance use for children
- Review and improve the existing regulations to include emerging threats and modalities and also to facilitate full implementation



2. School-based interventions:

- Establish anti-substance use clubs and peer-led awareness programs within schools.
- Promote targeted skill-building interventions with students to identify and respond to industry tactics and peer pressure on substance use
- 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:

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

5. Monitoring and evaluation:

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

- Alarming, 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:

- 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.
- Enhance road safety measures and ensure compliance with traffic laws, particularly around school zones.



2. Addressing violence and harassment:

- Establish mechanisms to identify, report, and respond to physical and sexual violence in schools, including confidential reporting systems and trained counsellors.
- Increase awareness and prevention programs focusing on cyber-sexual harassment and dating violence.

3. Teacher training and school policies:

- Conduct regular teacher training on non-violent disciplinary techniques to eliminate physical punishment in schools.
- Enforce strict policies and accountability frameworks against corporal punishments by teachers and on non-adherence by teachers.

4. Promoting sex-sensitive interventions:

- 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:

- Expand and standardise educational programs on violence and harassment prevention, ensuring coverage for all students regardless of sex.
- Introduce age-appropriate curricula on self-defence, conflict resolution, and digital safety.

6. Adolescent engagement and community collaboration:

- Engage adolescent in designing and implementing violence prevention programs to ensure relevance and effectiveness -adhering to health promoting school concept.
- Foster partnerships between schools, parents, law enforcement, and health services to create a supportive environment for students.
- Promote adolescents to join with MOH based youth groups/networks.



7. Monitoring and evaluation:

- 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:

- Reinstate and expand comprehensive sexual health education in schools throughout the school period by making health subjects compulsory for higher grades, too.
- Incorporate regular teacher training on teaching options on sexual health in the education system
- Obtaining external expert support from the MOH in teaching sexual health
- Prevention of HIV/AIDS, STI, pregnancy, and sexual abuse should be given more focus within Sexual Reproductive Health education.
- Integrate age appropriate messaging from early adolescence to improve knowledge and awareness in younger age groups.

2. Targeted programmes for males:

- Develop programs tailored to engage male students in sexual health education to address existing disparities.
- Promote peer-led initiatives that encourage open discussion among male adolescents about sexual health.



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

3. Enhance HIV awareness campaigns:

- Collaborate with health authorities to conduct awareness campaigns on HIV/AIDS, using social media and school-based interventions to reach adolescents effectively.
- Provide accurate, accessible, and age-appropriate information on HIV/AIDS to and enhance awareness.

4. Monitor and evaluate education programs:

- Regularly evaluate the effectiveness of school-based sexual health programs to ensure they meet adolescents' needs and address gaps in knowledge.
- Use student feedback to tailor education programs and ensure they remain relevant and impactful.

5. Foster parental and community involvement:

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

- Re-activate multisectoral monitoring mechanisms to identify school dropouts and frequent absentees and address underlying causes through appropriate measures.
- Strengthen follow-up through field staff and community engagement.
- 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
- Prevent, monitor and respond to corporal punishment and other non-physical forms of abuse and bullying within the school environment

2. Strengthen peer relationships:

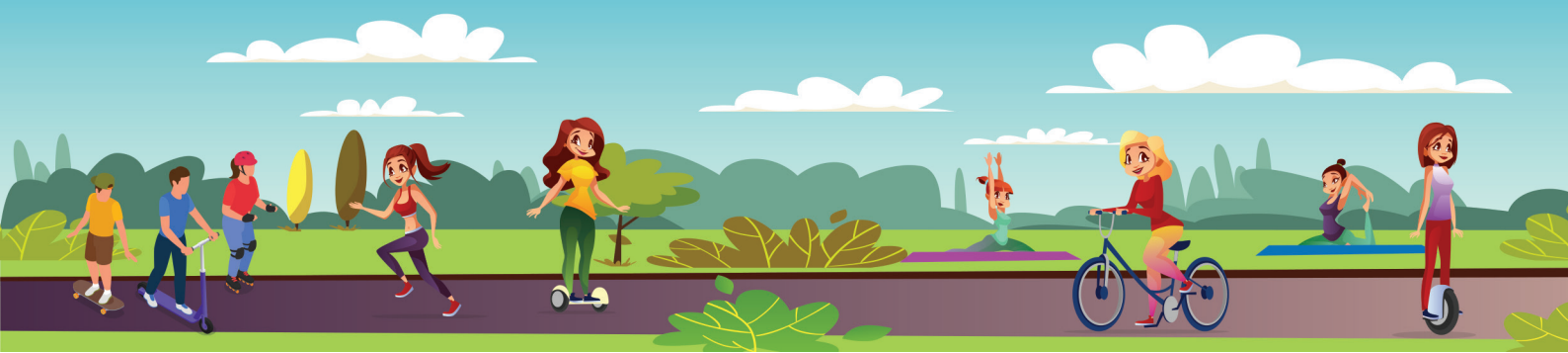
- Introduce peer programs to foster kindness and mutual support among students.
- Conduct activities that promote teamwork and empathy within the school environment.

3. Enhance access to emotional support:

- Train teachers and school staff to provide basic counselling and emotional support, creating a safe and approachable environment for students.
- Improve school counselling services with trained and competent professionals to address students' emotional and mental health needs.

4. Increase student engagement:

- Conduct regular student forums to understand their challenges and involve them in creating solutions through implementing health-promoting school programmes with school health clubs.
- 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:

- Design targeted interventions for males, focusing on improving emotional support and peer engagement.
- Develop programs tailored to the specific developmental needs of different age groups, ensuring inclusivity and relevance.

6. Promote awareness and communication:

- Organize campaigns to de-stigmatize seeking help and encourage students to discuss their problems.
- 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 males (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:

- Develop/promote family-focused programs to enhance communication and understanding between parents and adolescents.
- 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:

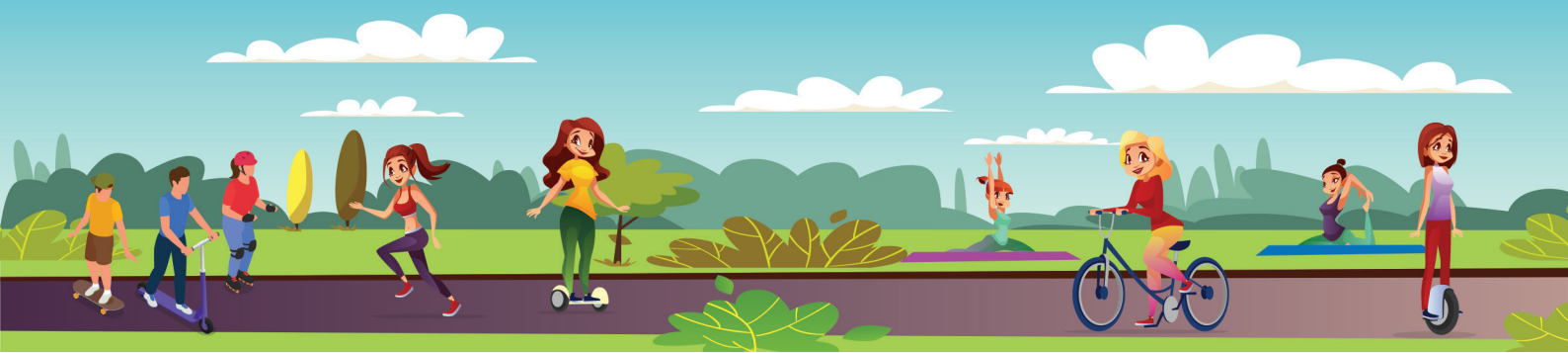
- Promote balanced monitoring approaches that respect adolescents' privacy while ensuring their safety.
- Conduct parenting programs including on managing digital use by their children and setting boundaries for mobile phone and social media use.

3. Encourage quality time:

- 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
- 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:

- Tailor made programs to address the specific needs of male adolescents, who report lower levels of parental understanding and emotional support.



- Encourage both parents to take an active role in emotional engagement and support.

5. Leverage schools for parental education:

- Partner with schools to provide workshops and resources for parents on adolescent development, emotional needs, and digital literacy.
- Utilize school platforms to introduce and reinforce sex equity and respectful behaviour at home.

6. Promote digital well-being:

- 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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Annexures

ANNEX 1: GSHS QUESTIONNAIRE

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.

- How old are you?
 - 11 years old or younger
 - 12 years old
 - 13 years old
 - 14 years old
 - 15 years old
 - 16 years old
 - 17 years old
 - 18 years old or older

- What is your sex?
 - Male
 - Female

- In what grade are you?
 - Grade 8
 - Grade 9
 - Grade 10
 - Grade 11
 - Grade 12

The next 3 questions ask about your height, weight, and going hungry.

- 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	

- 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	

- During the past 30 days, how often did you go hungry because there was not enough food in your home?
 - Never
 - Rarely
 - Sometimes
 - Most of the time
 - Always

The next 9 questions ask about what you might eat and drink.

- During the past 7 days, how many times did you eat fruit, such as bananas, papaw, mango, or guava?
 - I did not eat fruit during the past 7 days
 - 1 to 3 times during the past 7 days
 - 4 to 6 times during the past 7 days
 - 1 time per day
 - 2 times per day
 - 3 times per day
 - 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 as 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 **serious injuries** 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 students or other people about your age 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 over and over again. 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 not 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 per day? 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 each week?

- 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 සෞඛ්‍ය සමීක්ෂණය, ශ්‍රී ලංකාව - 2024

මෙම සමීක්ෂණය පවත්වන්නේ ඔබගේ සෞඛ්‍ය සහ සෞඛ්‍ය පිරිහීමට බලපාන කරුණු පිළිබඳව දැන ගැනීමටය. ලෝකයේ රටවල් රාශියක සිසුන් ද මෙම සමීක්ෂණයට සහභාගී වෙති. ඔබ ලබාදෙන තොරතුරු භාවිතා කර, ඔබ වැනි යොවුන් දරුවන්ගේ සෞඛ්‍ය නගා සිටුවීමේ ජාතික වැඩසටහන් නිර්මාණය කරනු ලැබේ.

ඔබ ලබා දෙන පිළිතුරු වල රහස්‍ය භාවය ආරක්ෂා කරනු ලැබේ. මෙම ප්‍රශ්න පත්‍රයේ හෝ පිළිතුරු පත්‍රයේ ඔබේ නම ලියන්න එපා. ඔබ ලබා දෙන පිළිතුරු කිසිවකුටත් පෙන්වන්නේ නැත. එම නිසා සෑම විටම, ඔබගේ සත්‍ය අත්දැකීම ම සටහන් කරන්න. මෙම ප්‍රශ්න වලට නිවැරදි පිළිතුරු නැත.

පිළිතුරු සැපයීම කැමැත්තෙන්ම / ස්වේච්ඡාවෙන්ම සිදු කරන්න. මෙම පිළිතුරු ඔබගේ පන්තියේ ලකුණු වලට බලපාන්නේ නැත. ඔබට යම් ප්‍රශ්නයකට පිළිතුරු දීමට බැරිනම්, එය හිස්ව තබන්න.

සියළු ප්‍රශ්න කියවන්න. පිළිතුරු පත්‍රයේ ඔබේ පිළිතුරට අදාළ රවුම පාට කරන්න. මේ සඳහා ඔබට දී ඇති පැන්සල පමණක් භාවිතා කරන්න.

ප්‍රශ්න සියල්ල අවසන් වූ පසු, ඔබගේ සමීක්ෂණ මෙහෙයවන පුද්ගලයා කියන දෙය කරන්න.

පිළිතුරු සැපයීමට පෙර, පහත උදාහරණය බලන්න.

පිළිතුර රවුම් කරන විට, මෙසේ කරන්න.

මෙසේ කරන්න එපා



හෝ

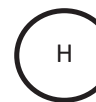
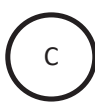
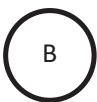


උදාහරණ -

1. මාලු ජීවත් වන්නේ ජලයේ ද ?

- A. ඔව්
- B. නැ

පිළිතුර = A නම්



ගෝලීය පාසල් සෞඛ්‍ය සමීක්ෂණය, ශ්‍රී ලංකාව - 2024

මූලික තොරතුරු

1. ඔබේ වයස කීයද?
 - A. අවු 11 හෝ ඊට අඩු
 - B. අවු 12
 - C. අවු 13
 - D. අවු 14
 - E. අවු 15
 - F. අවු 16
 - G. අවු 17
 - H. අවු 18 හෝ ඊට වැඩි

2. ඔබගේ 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 ඔබේ උස, බර හා ඔබ කුසගින්නට ලක්වීම පිළිබඳවයි

4. ඔබේ උස කොපමණද? (පාවහන් නැතිව)
ඔබේ උස පහත දැක්වෙන පරිදි වගුවේ අඳුරු කර ඇති දෙවැනි ඡේලියේ කොටුවල සඳහන් කර, ඊට අදාළ ව පහත ඇති රවුම් කොටස් පාට කරන්න

උදාහරණය - උස සෙ. මී. 153 නම්

උස (සෙ.මී)		
1	5	3
0	0	0
1	1	1
2	2	2
	3	3
	4	4
	5	5
	6	6
	7	7
	8	8
	9	9
9	නොදැනීම	

5. ඔබේ බර කොපමණද? (පාවහන් නැතිව)
පිළිතුර පහත පහත දැක්වෙන පරිදි වගුවේ අඳුරු කර ඇති දෙවැනි ඡේලියේ කොටුවල සඳහන් කර, ඊට අදාළ ව පහත ඇති රවුම් කොටස් පාට කරන්න

උදාහරණය - බර කි.ග්‍රෑම්. 52 නම්

බර (කි.ග්‍රෑම්)		
0	5	2
0	0	0
1	1	1
2	2	2
	3	3
	4	4
	5	5
	6	6
	7	7
	8	8
	9	9
9	නොදැනීම	

6. පසුගිය දින 30 තුළ නිවසේ අවශ්‍ය තරම් ආහාර නොතිබූ නිසා ඔබ බඩගින්නෙන් පෙළුණු අවස්ථා කොපමණ තිබුණේද?
 - A. කිසිසේත්ම නැත
 - B. කලාතුරකින්
 - 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 කෙසෙල්, පැපොල්, අඹ, ජේර වැනි පලතුරු කෑමට ගත්තේද?
 - A. පසුගිය දින 7 තුළ පලතුරු ආහාරයට ගත්තේ නෑ
 - B. පසුගිය දින 7 තුළ 1-3 වරක්
 - C. පසුගිය දින 7 තුළ 4-6 වරක්
 - D. දිනකට 1 වරක්
 - E. දිනකට 2 වරක්
 - F. දිනකට 3 වරක්
 - G. දිනකට 4 වරක් හෝ ඊට වැඩියෙන්

8. පසුගිය දින 7 තුළ ඔබ කී වරක් එළවළු(වට්ටක්කා, බෝංචි, පතෝල, ගෝවා, කැරට් වැනි) කෑමට ගත්තේද?
- පසුගිය දින 7 තුළ එළවළු ආහාරයට ගත්තේ නෑ
 - පසුගිය දින 7 තුළ 1-3 වරක්
 - පසුගිය දින 7 තුළ 4-6 වරක්
 - දිනකට 1 වරක්
 - දිනකට 2 වරක්
 - දිනකට 3 වරක්
 - දිනකට 4 වරක් හෝ ඊට වැඩියෙන්

9. පසුගිය දින 7 තුළ ඔබ කී වරක් කාබනිකාන සිසිල් බීම(තෙක්ටෝ, පෝටෙලෝ, ෆැන්ටා, ක්‍රීම් සෝඩා, කොකා- කෝලා, පෙප්සි, ස්ප්‍රයිට්, හෝ වෙනත්) කෑන් එකක්/බෝතලයක්/විදුරුවක් පානය කළේද?
- (මෙයට සිනී රහිත ඩයට් බීම අයත් නොවේ)
- පසුගිය දින 7 තුළ එවැනි බීම පානය කළේ නෑ
 - පසුගිය දින 7 තුළ 1-3 වරක්
 - පසුගිය දින 7 තුළ 4-6 වරක්
 - දිනකට 1 වරක්
 - දිනකට 2 වරක්
 - දිනකට 3 වරක්
 - දිනකට 4 වරක් හෝ ඊට වැඩියෙන්

ප්‍රශ්න අංක 10 හි සඳහන් වන සිනී දැමූ පැණි බීම වලට අයත් වන්නේ -
ක්‍රීඩා අවස්ථාවලදී පානය කරන Yeti, Isotone වැනි දේවල්
ශක්ති ජනක පානයන් වන Red Bull, Dew, Monster, Ride වැනි දේවල්,
100% පලතුරු යුෂ නොවන smak, Kist, Fit-o වැනි කෘතීම පලතුරු බීම
සිනී යෙදූ, රසකල කිරි වර්ග වන Milo, Highland, Kotmale, Ambewela, Anchor වැනි දේවල්,
යෝගට් පාන වර්ග
සිනී දැමූ තේ/ කෝපි සහ රස කළ වතුර වර්ග වන Nescafe, Nestea, අයිස් තේ වැනි දේවල් වේ.

(මීට පෙර කථා කල කාබනිකාන සිසිල් බීම හෝ කැලරි බීම පිලිබඳව 10 වෙනි ප්‍රශ්නයේදී සලකනු නොලැබේ.)

10. පසුගිය දින 7 තුළ ඔබ කී වරක් සිනී දැමූ පැණිරස බීම කෑන් එකක්/බෝතලයක්/විදුරුවක් පානය කළේ ද ?
- පසුගිය දින 7 තුළ, එවැනි බීම පානය කළේ නෑ
 - පසුගිය දින 7 තුළ 1-3 වරක්
 - පසුගිය දින 7 තුළ 4-6 වරක්
 - දිනකට 1 වරක්
 - දිනකට 2 වරක්
 - දිනකට 3 වරක්
 - දිනකට 4 වරක් හෝ ඊට වැඩියෙන්

11. පසුගිය දින 7 තුළ ඔබ කීවරක් අධික ලුණු සහිත කෑම (බයිට්, විස්ස්, අල පෙනි, මඤ්ඤොක්කා පෙනි, ලුණු දැමූ රට කපු, ලුණු සහිත බිස්කට් හෝ ටීපී-ටීප්” වැනි) ආහාරයට ගත්තේද ?
- පසුගිය දින 7 තුළ අධික ලුණු සහිත කෑම ආහාරයට ගත්තේ නෑ
 - පසුගිය දින 7 තුළ 1-3 වරක්
 - පසුගිය දින 7 තුළ 4-6 වරක්
 - දිනකට 1 වරක්
 - දිනකට 2 වරක්
 - දිනකට 3 වරක්
 - දිනකට 4 වරක් හෝ ඊට වැඩියෙන්

12. පසුගිය දින 7 තුළ ඔබ කීවරක් අධික තෙල් සහිත කෑම(රෝල්ස්, පැට්ස්, වඩේ, කොත්තු, මුරුක්කු, බයිට් වර්ග වැනි තෙලෙන් බදින ලද කෙටි ආහාර) ආහාරයට ගත්තේද ?
- පසුගිය දින 7 තුළ එවැනි ආහාර ගත්තේ නෑ
 - පසුගිය දින 7 තුළ 1-3 වරක්
 - පසුගිය දින 7 තුළ 4-6 වරක්
 - දිනකට 1 වරක්
 - දිනකට 2 වරක්
 - දිනකට 3 වරක්
 - දිනකට 4 වරක් හෝ ඊට වැඩියෙන්

13. පසුගිය දින 7 තුළ ඔබ කීවරක් අධික සිනී සහිත කෑම(කේක්, කැවුම්, බිස්කට්, අයිස් ක්‍රීම්, කිරි ටොරි, වොකලට්, අයිස් පැකට්, ටොරි, වැනි) ආහාරයට ගත්තේද ?
- පසුගිය දින 7 තුළ ආහාරයට ගත්තේ නෑ
 - පසුගිය දින 7 තුළ 1-3 වරක්
 - පසුගිය දින 7 තුළ 4-6 වරක්
 - දිනකට 1 වරක්
 - දිනකට 2 වරක්
 - දිනකට 3 වරක්
 - දිනකට 4 වරක් හෝ ඊට වැඩියෙන්

14. පසුගිය දින 7 තුළ ඔබ දින කීයක්, ක්ෂණික අහාර ඇති කඩ/අවන්හල් වලින් කෙටි කෑම හෝ ආහාර ගත්තේද ? නැතහොත් ගෙදර ගෙනගොස් කෑවේද ? නැතහොත් ඔන්ලයින් ගෙන්වා ගෙන කෑවේද? (උදාහරණ - මග දෙපස ඇති අවන්හල්/හෝටල්, පෙට්ටි කඩ/තේ කඩ/බේකරි, ජංගම ආහාර අලෙවි රථ (ඩ්‍රූ-පාන්) හෝ මිස්ටර් කොත්තු, පීසා හට් (Pizza Hut), KFC, මැක් ඩොනල්ඩ්ස් (McDonalds) හෝ පෙරේරා ඇන්ඩ් සන්ස් (P&S) වැනි කෙටි කෑම අවන්හල් ආදිය)
- දින 0
 - දින 1 ක්
 - දින 2 ක්
 - දින 3 ක්
 - දින 4 ක්
 - දින 5 ක්
 - දින 6 ක්
 - දින 7 ක්

15. පසුගිය දින 7 තුළ ඔබ උදේ ආහාර වේල සාමාන්‍යයෙන් ලබා ගත් ආකාරය කෙසේද? එක් පිළිතුරක් පමණක් සටහන් කරන්න.
- A. පාසල් යාමට පෙර නිවසේ දී, උදේ ආහාර ගත්තෙමි
 - B. මට පාසලෙන් උදේ ආහාරය ලැබෙන නිසා නිවසේ දී, උදේ ආහාර නො ගත්තෙමි
 - C. ප්‍රමාණවත් වෙලාවක් නොතිබීම නිසා උදේ ආහාර නොගත්තෙමි
 - D. උදෑසනින් ආහාර ගැනීම ප්‍රිය නොවීම නිසා උදේ ආහාර නොගත්තෙමි
 - E. ඇතැම් දිනවල නිවසේ ආහාර නොතිබීම නිසා උදේ ආහාර නොගත්තෙමි
 - F. වෙනත් හේතුවක් නිසා උදේ ආහාර නොගත්තෙමි.

ඊළඟ ප්‍රශ්න 2 ඔබේ අත් සේදීම පිළිබඳවයි

16. පසුගිය දින 30 තුළ, ඔබ පාසලේ දී කෑමට පෙර අත් සේදුවේ කෙසේද? එක පිළිතුරක් පමණක් තෝරන්න.
- A. මා පසුගිය දින 30 තුළ පාසලේදී කෑමට පෙර අත් සේදුවේ නැත
 - B. ගලායන ජලයෙන් (නල ජලයෙන්) අත සේදුවෙමි
 - C. මා පමණක් පාවිච්චියට ගන්නා වතුර බඳුනකට අත දමා සේදුවෙමි
 - D. අනිත් සියුන් අත සෝදන වතුර ඇති භාජනයකට අත දමා සේදුවෙමි
 - E. මම වෙනත් ආකාරයකින් අත සේදුවෙමි.
17. පසුගිය දින 30 තුළ, ඔබ පාසලේ දී කොපමණ වරක් වැසිකිලි භාවිතයෙන් පසු අත් සේදුවේද?
- A. පාසලේ වැසිකිලි පහසුකම් නැත
 - B. කිසිසේත්ම නැත
 - C. කලාතුරකිනි
 - D. සමහර විට
 - E. බොහෝවිට
 - F. සෑමවිටම

ඊළඟ ප්‍රශ්න 3 ඔබේ මුඛ සෞඛ්‍ය පිළිබඳවයි

18. පසුගිය දින 30 තුළ, ඔබ සාමාන්‍යයෙන් දිනකට කී වරක් දත් මැදීම කළෙහිද?
- A. පසුගිය මාසය (දින 30) තුළ මා දත් මැදීමේ ම නැත
 - B. සමහර දිනවල පමණක් දවසට එක් වරක් හෝ දත් මැදීමේ.
 - C. දිනකට එක් වරක්
 - D. දිනකට දෙවරක්
 - E. දිනකට තුන් වරක් හෝ වැඩියෙන්

19. පසුගිය දින 30 තුළ දත් මැදීම සඳහා ඔබ සාමාන්‍යයෙන් භාවිතා කළේද? (ක්ලෝරොක්සි, සිත්නල්, ආයුෂ්, ක්ලෝස් අප්, සෙන්සොඩයින් ජලෝරොක්සිඩ් සහිත දන්තලේපය, සුදන්ත, සුපිරිවිකි, අඟුරු, ලුණු සහ දත් කුඩු (හරිත කහට, ගජ මුතු, පැරකුම්බා) වැනි ද්‍රව්‍ය වල ජලෝරොක්සිඩ් නැත)
- A. පසුගිය මාසය (දින 30) තුළ දත් මැදීමේ නැත
 - B. ඔව් මම සාමාන්‍යයෙන් ජලෝරොක්සිඩ් සහිත දන්තලේප භාවිතා කළෙමි
 - C. නැත, මම සාමාන්‍යයෙන් ජලෝරොක්සිඩ් සහිත දන්තලේපයක් භාවිතා නොකරමි
 - D. මා භාවිතා කරන දත් බෙහෙත් වල ජලෝරොක්සිඩ් තිබේදැයි මම නොදනිමි

20. පසුගිය මාසය (දින 30) තුළ දත්, විදුරුමස් හෝ මුඛය සම්බන්ධ ගැටළු නිසා ඔබ පාසල් නොගොස් සිටියේද?
- A. ඔව්
 - B. නැත

ඊළඟ ප්‍රශ්න 3 පසුගිය වසර තුළ ඔබ මුහුණ පෑ වඩාත් දරුණු අනතුරු පිළිබඳවයි

මෙහිදී දරුණු අනතුරක් යනු, ඔබට යම් අනතුරක් නිසා මුළු දවසක්ම දෛනික කටයුතුවලින් (උදා- පාසල්යාම, ක්‍රීඩා කිරීම වැනි කටයුතුවලින්) ඉවත්වන්නට සිදු වූ හෝ වෛද්‍යවරයකුගෙන්/හෙදියකුගෙන් ප්‍රතිකාර ගැනීමට සිදුවූ අනතුරකි.

21. පසුගිය මාස 12 තුළ ඔබ කී වතාවක් දරුණු අනතුරුවලට ලක්වුවාද?
- 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 හෝ ඊට වැඩියෙන්
22. පසුගිය මාස 12 තුළ ඔබ මුහුණ පෑ දරුණුම අනතුර කුමක්ද?
- A. පසුගිය මාස 12 තුළ දරුණු අනතුරකට ලක් නොවීම
 - B. අස්ථියක් බිඳීම/සන්ධියක් පැනීම/දතක් ගැලවී යාම/දතක් කැඩී යාම
 - C. කැපීමකින්/උල් ආයුධයකින් ඇනීමකින් ඇතිවූ තුවාලයක්
 - D. හිසට පහරක් වැදී, සිහි නැතිවීම හෝ බෙල්ලේ හෝ හිසේ තුවාල වීමක්, වැටීමක් හෝ හුස්ම ගැනීම අපහසු වීමක්
 - E. වෙඩි වැදීමක්
 - F. තද බල පිළිස්සීමක්
 - G. විෂ ගරිර ගත වීමක් හෝ ඖෂධ අධි මාත්‍රා ගැනීමක්
 - H. වෙනත් අනතුරක්

23. පසුගිය මාස 12 තුළ ඔබට සිදුවූ (ඉහත සඳහන්) දරුණුම අනතුරට මුල් වූ ප්‍රධාන හේතුව කුමක්ද ?
- පසුගිය මාස 12 තුළ දරුණු අනතුරකට ලක් නොවීම
 - මා ගමන් කළ වාහනය අනතුරකට ලක්වීම / මා වාහනයක හැසීම
 - ඇඳ වැටීම
 - මගේ සිරුර මත යමක් වැටීම/වැදීම
 - මා යමෙකු ගෙන් පහර කෑම/ අපයෝජනයට ලක්වීම හෝ ගුවිබැට හුවමාරුවක්
 - ගින්නකට මැදිවීම/රන්වූ දෙයක් හා ස්පර්ශවීම
 - අහිතකර යමක් ආභ්‍රාණය කිරීම හෝ අහිතකර යමක් ගිල දැමීම
 - වෙනත් හේතුවක් නිසා අනතුරක් සිදුවීම

ඊළඟ ප්‍රශ්නය කායික පහරදීම් පිළිබඳවයි
 කායික පහරදීමක් ලෙස මෙහි දී සලකන්නේ පුද්ගලයන් එක් කෙනෙක් හෝ කීප දෙනෙක් තවත් අයෙකුට අතින් පයින් පහර දීමයි, නැතහොත් ආයුධයකින් (පොල්ලකින්, අවියකින් හෝ පිහියකින්) පහර දීමයි.

නමුත් සමාන සවිබල ඇති සිසුන් දෙදෙනෙකු ගුවිබැට හුවමාරු කර ගැනීම කායික පහරදීම් කාණ්ඩයට ඇතුළත් නොවේ.

24. පසුගිය මාස 12 තුළ ඔබ කී වරක් කායික පහරදීම්වලට ලක්වූනද ?
- 0 වරක්
 - 1 වරක්
 - 2-3 වතාවක්
 - 4-5 වතාවක්
 - 6-7 වතාවක්
 - 8-9 වතාවක්
 - 10-11 වරක්
 - 12 වරක් හෝ ඊට වැඩියෙන්

ඊළඟ ප්‍රශ්න 2 ලිංගික ප්‍රචණ්ඩත්වය පිළිබඳවයි
 ඔබ කිරීමට අකමැති ලිංගික හැසිරීම් සිදු කිරීමට බල කිරීම ලිංගික ප්‍රචණ්ඩත්වයයි. මේ යටතේ, සිපගැනීම, ඇල්ලීම, ඔබ ඇඳුම් අඳින විට බලා සිටීම, කෙනකුගේ ලිංගික අවයව ඔබට පෙන්වීම, ඔබේ ඇඳුම් ඇඳදමා ලිංගික අවයව හෝ සිරුර නිරාවරණය කිරීම, ලිංගික අරුත් ඇති වචන කීම, බලෙන් ලිංගික සංසර්ගයට යොමු කිරීම ඇතුළත් ය. මේවා භෞතික වශයෙන් හමුවීමකදී, සමාජ මාධ්‍ය තුළින් හෝ අන්තර්ජාලය හරහා සිදුවිය හැක.

25. පසුගිය මාස 12 තුළ ඔබ කී වරක් ඔබට කිරීමට අනවශ්‍ය ලිංගික හැසිරීම් සිදු කිරීම සඳහා බල කිරීම්වලට ලක් වීද?
- 0 වරක්
 - 1 වරක්
 - 2-3 වතාවක්
 - 4-5 වතාවක්
 - 6 වතාවක් හෝ ඊට වැඩියෙන්
26. පසුගිය මාස 12 තුළ ඔබ කී වරක් ඔබගේ සහකරු/ සහකාරිය/පෙම්වතා/පෙම්වතිය අතින් ඔබ අකමැති ලිංගික හැසිරීම් සිදු කිරීම සඳහා බල කිරීම් වලට ලක් වීද?
- පසුගිය මාස 12 තුළ මට සහකරුවකු/ පෙම්වතෙකු සිටියේ නැත
 - 0 වරක්
 - 1 වරක්
 - 2-3 වතාවක්
 - 4-5 වතාවක්
 - 6 වතාවක් හෝ ඊට වැඩියෙන්

ඊළඟ ප්‍රශ්නය අන්තර්ජාලය ඔස්සේ සිදුවන ලිංගික ප්‍රචණ්ඩත්වය පිළිබඳවයි.
 මෙහිදී ඔබට කිරීමට අවශ්‍ය නැති ලිංගික හැසිරීම් සිදු කිරීමට අන්තර් ජාලය/සමාජ මාධ්‍ය ඔස්සේ බල කිරීම සිදුවේ.
 ලිංගික හැසිරීම් පිළිබඳ ප්‍රශ්න ඇසීම/ කතා කිරීම, ලිංගිකව හැසිරී පෙන්වීමට කීම, එසේ කිරීමට බල කිරීම, ලිංගික අවයව පෙනෙන ඡායාරූප /වීඩියෝ ඉල්ලීම, එබඳු දේ ඔබට බලෙන් පෙන්වීම උදාහරණයි.

27. පසුගිය මාස 12 ඇතුළත, ඔබ කී වරක් ඔබට කිරීමට අනවශ්‍ය ලිංගික හැසිරීම් සිදු කිරීමට අන්තර් ජාලය ඔස්සේ බල කිරීමකට ලක් වී තිබේද?
- 0 වරක්
 - 1 වරක්
 - 2-3 වතාවක්
 - 4-5 වතාවක්
 - 6 වතාවක් හෝ ඊට වැඩියෙන්

ඊළඟ ප්‍රශ්නය ඔබට පාසලේදී ඉගැන්වූ දේවල් පිළිබඳව යි.

28. යම් අයකු ඔබට ලිංගික අතවරයක් කිරීමට තැත් කරන විටක කුමක් කළ යුතු දැයි, මෙම පාසල් වර්ෂය තුළ, පාසලේදී උගන්වා තිබේද?
- ඔව්
 - නැත
 - නොදනී

ඊළඟ ප්‍රශ්නය ගුරුවරුන් ඔබට දඩුවම් කර ඇතිද යන්න පිළිබඳවයි.

29. පසුගිය මාස 12 තුළ ඔබට ගුරුවරුන් පහරදී හෝ කම්මුලට ගසා හෝ ශාරීරිකව රිදවා හෝ හිටවා හෝ දණගස්වා තිබේද?
 A. ඔව්
 B. නැත

ඊළඟ ප්‍රශ්නය ගුවිබැට හුවමාරු කර ගැනීම පිළිබඳවයි
 ගුවිබැට හුවමාරු කර ගැනීම ලෙස මෙහිදී සලකා බැලෙන්නේ සමාන සවිබල ඇති සිසුන් දෙදෙනෙක් ගුවිබැට හුවමාරු කර ගැනීමයි.

30. පසුගිය මාස 12 ඔබ කී වරක් ගුවිබැට හුවමාරු කර ගැනීමේදී යෙදුණේද?
 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 හෝ ඊට වැඩියෙන්

ඊළඟ ප්‍රශ්න 3 ඔබ හිංසනයට ලක් වීම පිළිබඳවයි

මෙහිදී හිංසනය ලෙස සලකන්නේ යම් සිසුවෙක්/පුද්ගලයෙක් හෝ සිසුන්/ පුද්ගලයින් කණ්ඩායමක් වෙතත් සමවයසේ සිසුවෙකුට යම් නපුරු, රිදවන සුළු දෙයක් වචනයෙන් කීම හෝ එවැනි යම් ක්‍රියාවක් කිරීමයි.
 යම් සිසුවෙකු යළි යළිත් බොහෝ සේ විහිළවට ලක් කිරීම, බිය වැද්දීම, කොන් කිරීම, කට කතා පැතිරවීම, නම් කීම, ලිංගික සම්බන්ධය, පහර දීම, තල්ලු කිරීම හා පීඩා කිරීම මීට ඇතුළත්ය.

නමුත් සමාන සවිබල ඇති සිසුන් දෙදෙනෙක්, ගහගැනීම හෝ බැන ගැනීම ද සිසුන් සුභද ලෙස විභිලු කර ගැනීම ද හිංසනය ලෙස නොසැලකේ.

31. පසුගිය මාස 12 තුළ ඔබ පාසලේ දී ඉහත දැක්වූ පරිදි හිංසනයට ලක්වුවාද?
 A. ඔව්
 B. නැත
32. පසුගිය මාස 12 තුළ ඔබ පාසලෙන් පිටතදී හිංසනයට ලක්වුවාද?
 A. ඔව්
 B. නැත

සමාජ මාධ්‍ය හරහා හෝ අන්තර් ජාලය හරහා හිංසනයට ලක් වීම සිදුවිය හැක. මෙය ඊ මේල් පණිවුඩ, ලිඛිත හෝ ඡායාරූප මගින් නැතහොත් ඉන්ස්ටග්‍රෑම්, ස්නැප් චැට්, ෆේස්බුක්, යු ටියුබ්, වට්ස් ඇප් හරහා සිදුවේ.

33. පසුගිය මාස 12 තුළ, ඔබ අන්තර්ජාලය හරහා හිංසනයට ලක්වුවාද?
 A. ඔව්
 B. නැත

ඊළඟ ප්‍රශ්න 4 ඔබට ඇතිවූ හැඟීම් හා මිතුරු සබඳතා පිළිබඳවයි.

34. ඔබට සමීප මිතුරන් /මිතුරියන් කී දෙනෙක් සිටිනවාද?
 A. සමීප මිතුරන් නැත
 B. එක් අයකු පමණි
 C. දෙදෙනෙකු පමණි
 D. තිදෙනෙකු හෝ වැඩිපුර සිටී
35. පසුගිය මාස 12 තුළ ඔබට කොපමණ වාර ගණනක් තනිකම දැනී ඇත්ද?
 A. කිසිසේත් ම නැත
 B. කලාතුරකින්
 C. සමහර විට
 D. බොහෝ විට
 E. හැම විටම

36. පසුගිය මාස 12 තුළ කොපමණ වාර ගණනක් රාත්‍රී නින්දට බාධාවන ආකාරයේ සිතේ කරදරයකට ඔබ ලක්වී ඇත්ද?
 A. කිසිසේත් ම නැත
 B. කලාතුරකින්
 C. සමහර විට
 D. බොහෝ විට
 E. හැම විටම

37. පසුගිය මාස 12 තුළ කොපමණ වරක් ඔබට මානසිකව වැටීම, විෂාදය, එපාවීම, වැඩ කිරීමේ අකමැත්ත හෝ කරන වැඩ වලින් සතුටක් නොදැනුණු බවක් තිබුණේද?
 A. කිසිසේත් ම නැත
 B. කලාතුරකින්
 C. සමහර විට
 D. බොහෝ විට
 E. හැම විටම

ඊළඟ ප්‍රශ්න 2 පාසලේ දී ඔබට උගන්වන දේවල් සහ උදව් ලබා ගැනීම පිළිබඳවයි.

38. මානසික ආතතිය (stress) අඩු කර ගන්නා ආකාරය පිළිබඳව මෙම පාසලේ වසර තුළ ඔබට පාසලේදී උගන්වා තිබේද?
 A. ඔව්
 B. නැත
 C. නොදනී

39. පසුගිය මාස 12 තුළ ඔබගේ සිතේ ඇතිවූ යම් තදබල ගැටළුවක් නිසා, ඔබ (හුඹුණු නිලධාරියකු හමු වී හෝ හදිසි ඇමතුම්/උපකාරක සේවා දුරකථන මාර්ගයෙන්) උදව් ඉල්ලා ඇත්තේ කෙසේද?
 (මෙම තදබල ගැටළුව සම්ප අයකු මිය යාම නිසා ඇති වූ දුකක්/මව හෝ පියාගේ මරණය/ලහම යහළුවා තරහ වීම/ආදර සම්බන්ධයක් කැඩී යාම/ අධික ආතතිය/සියදිවි නසා ගැනීමේ අදහස/අධික තරහ/ විෂාදය/වෙනත් මානසික ගැටළුවක් විය හැක)
 A. මට එවැනි ගැටළු ඇතිවී නැත
 B. මට එවැනි ගැටළු ඇතිවූ නමුත් උදව් ඉල්ලා නැත
 C. මා එවැනි උපකාරක දුරකථන සේවාවක් මගින් උදව් ලබාගෙන ඇත.
 D. මම 'යොවුන් පියස' කින් උදව් ලබා ගතිමි.
 E. මම වෛද්‍යවරයකුගෙන්/හෙදියකගෙන් උදව් ලබා ගතිමි
 F. මම පාසලේ ගුරුවරයෙකුගෙන්/උපදේශක ගුරුතුමියගෙන් උදව් ලබා ගතිමි.
 G. මම ප්‍රදේශයේ සෞඛ්‍ය වෛද්‍ය නිලධාරී වරයාගෙන්/එම කාර්ය මණ්ඩලයෙන් උදව් ලබා ගතිමි
 H. වෙනත් විදියකින් උදව් ලබා ගතිමි.

සමහර විට දරුවන් හට අනාගතය පිළිබඳ තදබල බියක් හෝ බලවත් කලකිරීමක් ඇති වීම නිසා තම ජීවිතය අවසන් කර ගැනීමේ සිතිවිලි පහළ වීමට ඉඩ ඇත.
 ඊළඟ ප්‍රශ්න 3 ඔබට ඇතිවූ තදබල මානසික පීඩනය/ මානසික ආතතිය සහ සිය දිවි නසා ගැනීමේ අදහස් පිළිබඳවයි.

40. පසුගිය මාස 12 තුළ සියදිවි නසා ගැනීමේ උත්සාහයක් සඳහා ඔබේ සිත තදින් ම පෙළඹුණු අවස්ථා තිබුණේද?
 A. ඔව්
 B. නැත

41. පසුගිය මාස 12 තුළ, ඔබ සියදිවි නසා ගන්නේ කෙසේදැයි සැලසුම් සකස් කළා ද?
 A. ඔව්
 B. නැත

42. පසුගිය මාස 12 තුළ ඔබ කී වතාවක් සියදිවි නසා ගැනීමට තැත් කළා ද?
 A. 0 වතාවක්
 B. 1 වතාවක්
 C. 2 - 3 වතාවක්
 D. 4 -5 වතාවක්
 E. 6 වතාවක් හෝ ඊට වැඩියි

ඊළඟ ප්‍රශ්න 3 දුම් වැටී භාවිතය පිළිබඳවයි. මෙයට නිෂ්පාදන සිගරට් හෝ ඔබ විසින් ඔතා ගන්නා සිගරට් අයත් වේ.

43. ඔබ කවදා හෝ දුම් වැටියක් පානය කර හෝ දුම් උගුරු 1-2 ක් ඇද බලා තිබේද ?
 A. ඔව්
 B. නැත

44. පළමු වරට දුම් පානය කරන විට/දුම් පානය උත්සාහ කරන විට ඔබගේ වයස කීය ද?
 A. මා කිසිදිනක දුම්පානයට උත්සාහ දරා නොමැත
 B. වයස අවුරුදු 7 හෝ ඊට අඩුයි
 C. වයස අවුරුදු 8 හෝ 9
 D. වයස අවුරුදු 10 හෝ 11
 E. වයස අවුරුදු 12 හෝ 13
 F. වයස අවුරුදු 14 හෝ 15
 G. වයස අවුරුදු 16 හෝ 17
 H. වයස අවුරුදු 18 හෝ ඊට වැඩියි

45. පසුගිය දින 30 තුළ දවස් කීයක් ඔබ දුම් වැටියකින් දුම් පානය කළේ 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 අසනුයේ සිගරට් හැර වෙනත් දුම්කොළ දුම් ආශ්‍රිත නිෂ්පාදන භාවිතය පිළිබඳව ය.

පහත ප්‍රශ්නය යටතේ, පයිප්ප, සුරුවටු, කුඩා සුරුවටු, ඔතන සුරුවටු, හුකාස්, ශීෂා, නාගයිල්, හබල්-බබල්, බීඩ්, රත් කල දුම්කොළ (HTPs) වැනි දේවල් සලකා බැලේ.

46. පසුගිය දින 30 තුළ දවස් කීයක් ඔබ වෙනත් දුම්කොළ දුම් ආශ්‍රිත නිෂ්පාදන භාවිතා කළේ 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 දුම නැති දුම්කොළ නිෂ්පාදන (smokeless tobacco) පිළිබඳව යි. මෙහිදී දුම්කුඩු, හපන දුම්කොළ, ඩිප්, බුලත් වීට, ගුවකා, මාවා, බාබුල්, තුල්, හාන්ස්, බෙඩා, පැන්පරාස් වැනි දේවල් සලකා බැලේ.

47. පසුගිය දින 30 තුළ දවස් කීයක් ඔබ දුම නැති දුම්කොළ නිෂ්පාදන (smokeless tobacco) භාවිතා කළේ 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 cigarette) පිළිබඳව යි. ඊ සිගරට් (E cigarette) යනු, නිකොටින් අඩංගු දියරයක් සහිත කුඩා උපකරණයකි. බැටරි වලින් ක්‍රියාත්මක වේ. නිකොටින් වාෂ්ප වී සාදන දුම උරා බීම මෙහිදී සිදුකෙරේ.

මේවා වෙප් පෙන් (vepe-pen), හුකාස් පෙන් (hukas-pen), ඊ හුකාස් (E -hukas), ඊ සිගාස් (E-cigars), ඊ පයිප්ප, ඊ වෙපර් (E -vaper) වැනි නම් වලින් හැඳින්වේ.

මින් සමහරක් සිගරට් බඳුය. අනෙක්වා පැන් හෝ පයිප්ප වැනිය.

මෙහි දුම්කොළ නැත.

48. පසුගිය දින 30 තුළ දවස් කීයක් ඔබ ඊ සිගරට් (E cigarette) භාවිතා කළේ 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 අසනුයේ මත්වතුර පානය කිරීම පිළිබඳවය.

මත්වතුර යනු අරක්කු, රා, කසිප්පු, බියර්, ජින්, රම්, වොඩ්කා, විස්කි හෝ ස්ප්‍රිතු අඩංගු බීම වර්ග යි.

මත්වතුර පානය කිරීම යන්නට ආගමික කටයුත්තක් සඳහා වයින් උගුරු කිහිපයක් තොල ගැම ඇතුළත් වන්නේ නැත.

මත්වතුර ‘බීමක් ෂොට් එකක්’ යන්නට අදහස් වනුයේ වයින් වීදුරුවක්, බියර් බෝතලයක්, අරක්කු/වෙනත් සැර මත්වතුර කුඩා වීදුරුවක් හෝ මත්වතුර මිශ්‍ර බීමක් (cocktail) පානය කිරීමකි.

49. උගුරු කිහිපයක් තොල ගැම හැරුණු විට ඔබ මුල් වරට මත්වතුර පානය කරන විට ඔබගේ වයස කොපමණද?

- A. මම කිසි දිනක මත්වතුර පාවිච්චි කර නැත
- B. වයස අවුරුදු 7 හෝ ඊට අඩු
- C. වයස අවුරුදු 8 හෝ 9
- D. වයස අවුරුදු 10 හෝ 11
- E. වයස අවුරුදු 12 හෝ 13
- F. වයස අවුරුදු 14 හෝ 15
- G. වයස අවුරුදු 16 හෝ 17
- H. වයස අවුරුදු 18 හෝ ඊට වැඩි

50. පසුගිය දින 30 තුළ දවස් කීයක් ඔබ ‘මත්වතුර බීමක්/ ෂොට් එකක්’ හෝ පානය කළේ 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. මිතුරකු හෝ වෙනත් අයකු ඔබට පිරිනමන මත්වතුර පානයක් ප්‍රතික්ෂේප කරන ආකාරය ඔබ දන්නවාද ?

- A. ඔව්
- B. නැත

ඊළඟ ප්‍රශ්න 4 අසනුයේ මත්ද්‍රව්‍ය භාවිතය පිළිබඳවය.

මත්ද්‍රව්‍ය යනු ගංජා (මරිජුවානා/කැනබිස්), ඇම්පිටමින් (අයිස්), කොකේන්, මත්කුඩු දුම සහ හෙරෝයින් යනාදිය යි.

දුම්පානය සහ මත්වතුර පානය මෙහිදී සලකා නොබැලේ.

52. ඔබ පළමුවෙන්ම මත්ද්‍රව්‍ය භාවිතා කරනවිට ඔබගේ වයස කීයද ?

- A. මම කිසිදිනක මත්ද්‍රව්‍ය පාවිච්චි කර නැත
- B. වයස අවුරුදු 7 හෝ ඊට අඩු
- C. වයස අවුරුදු 8 හෝ 9
- D. වයස අවුරුදු 10 හෝ 11
- E. වයස අවුරුදු 12 හෝ 13
- F. වයස අවුරුදු 14 හෝ 15
- G. වයස අවුරුදු 16 හෝ 17
- H. වයස අවුරුදු 18 හෝ ඊට වැඩි

53. ඔබගේ ජීවිත කාලය තුළ කොපමණ වාර ගණනක් ගංජා (මරිජුවානා /කැනබිස්) 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

54. පසුගිය දින 30 තුළ ඔබ කොපමණ වාර ගණනක් ගංජා (මරිජුවානා / කැනබිස්) 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. ඔබගේ ජීවිත කාලය තුළ වෛද්‍යමය හේතුවක් මත හැර කොපමණ වාර ගණනක් අයිස් (ඇම්ෆිටමින්/ මෙනැම්ෆිටමින්) 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 සෞඛ්‍ය දැනුම පිළිබඳවයි

56. ඔබ කිසිවකු සමඟ ලිංගික සබඳතා නොපැවැත්වීමට ප්‍රධාන හේතුව කුමක් ද? එක පිළිතුරක් දෙන්න .
- A. මම දැනට ලිංගික සබඳතා පවත්වමි
 - B. මා තවම වයසින් අඩු නිසා ය
 - C. මම විවාහ වන තුරු සිටිමි
 - D. මට ගැබ් ගැනීමේ අවදානමට ලක් වීමට අවශ්‍ය නැත
 - E. මට ලිංගිකව බෝ වන රෝග/HIV/AIDS සෑදීමට අවදානමක් ගැනීමට අවශ්‍ය නැත
 - F. මට ලිංගික සබඳතාවක් පැවැත්වීමට අවස්ථාවක් හෝ කැමති කෙනෙක් තවම ලැබී නැත
 - G. එය මාගේ ආගමික විශ්වාස/ ප්‍රතිපත්ති/ සංස්කෘතියට විරුද්ධ ය
 - H. වෙනත් හේතුවක්

ඊළඟ ප්‍රශ්නය HIV ආසාදනය පිළිබඳවයි.

57. ඔබ AIDS රෝගය හෝ HIV ආසාදනය පිළිබඳව කෙදිනක හෝ අසා තිබේ ද?
- A. ඔව්
 - B. නැහැ

ඊළඟ ප්‍රශ්න 2 ඔබට පාසලේදී උගන්වන දේවල් පිළිබඳවයි.

58. මෙම පාසල් වර්ෂය තුළ , ඔබට පාසලේ දී, HIV ආසාදනය/AIDS රෝගය වළක්වා ගැනීම පිළිබඳ උගන්වා තිබෙනවාද?
- A. ඔව්
 - B. නැහැ
 - C. මම නොදනි

59. මෙම පාසල් වර්ෂය තුළ, ඔබට පාසලේ දී, ගැබ් ගැනීම වළක්වා ගැනීම පිළිබඳව ,උගන්වා තිබෙනවාද?
- A. ඔව්
 - B. නැහැ
 - C. මම නොදනි

ඊළඟ ප්‍රශ්න 4 අසනුයේ ශාරීරික ක්‍රියාකාරකම් පිළිබඳවයි
 ශාරීරික ක්‍රියාකාරකම් යනු ඔබට හති වැටෙන, ඔබේ හෘද ස්පන්දන වේගය වැඩිකරන විවිධ ක්‍රියාකාරකම් වේ. ක්‍රීඩා කිරීමේදී , මිතුරන් සමඟ සෙල්ලම් කිරීමේදී, පයින් පාසල් යාමේදී හෝ ව්‍යායාම පන්ති වලදී ශාරීරික ක්‍රියාකාරකම් සිදු කළ හැක. උදාහරණ-දිවීම, වේගයෙන් ඇවිදීම, සයිකල් පැදීම, නැටීම, පාපන්දු ගැසීම, ක්‍රිකට් ගැසීම, එල්ලේ, වොලිබෝල්, පිහිනීම.

60. පසුගිය දින 7 තුළ ඔබ අඩු වශයෙන් දිනකට පැයක්වත් ශාරීරික ක්‍රියාකාරකම්වල යෙදුණු දින ගණන කොපමණද? (ඔබ දිනකට ශාරීරික ක්‍රියාකාරකමක යෙදුණු මුළු කාලය එකතු කරන්න)
- A. දින 0 කි
 - B. දින 1 කි
 - C. දින 2 කි
 - D. දින 3 කි
 - E. දින 4 කි
 - F. දින 5 කි
 - G. දින 6 කි
 - H. දින 7 කි

61. පසුගිය දින 7 තුළ කොපමණ දින ගණනක් ඔබ මාංශ පේශි ශක්තිමත් කරන ව්‍යායාම වල යෙදුණා ද? උදාහරණ - push-ups (පුෂ්-අප්), sit-ups (සිට්-අප්), බර එසවීම.
- A. දින 0 කි
 - B. දින 1 කි
 - C. දින 2 කි
 - D. දින 3 කි
 - E. දින 4 කි
 - F. දින 5 කි
 - G. දින 6 කි
 - H. දින 7 කි

62. පසුගිය දින 7 තුළ කොපමණ දින ගණනක් ඔබ නිවසේ සිට පාසලට/පාසලේ සිට නිවසට පාපැදියෙන්/පයින් ගමන් කළා ද?
- A. දින 0 කි
 - B. දින 1 කි
 - C. දින 2 කි
 - D. දින 3 කි
 - E. දින 4 කි
 - F. දින 5 කි
 - G. දින 6 කි
 - H. දින 7 කි

63. මෙම පාසල් වසර තුළ සතියකට දින කීයක්, ශාරීරික අධ්‍යාපනය සඳහා වෙන්කල කාලවේලාවේදී පාසලේ මිදුලට/පිට්ටනියට ගොස් ශාරීරික ක්‍රියාකාරකම් වල යෙදුනාද?
- A. දින 0 කි
 - B. දින 1 කි
 - C. දින 2 කි
 - D. දින 3 කි
 - E. දින 4 කි
 - F. දින 5 ක් හෝ වැඩිපුර

ඊළඟ ප්‍රශ්නය පාසලෙන් පිටදී ඔබ විවේකීව සිටින (ශාරීරික ක්‍රියාකාරකම්වල නොයෙදෙන) කාලය පිළිබඳවයි.

මෙම කාලයට ඔබට පාසලෙන් දෙන ගෙදර වැඩ කිරීමට/පාඩම් කිරීමට ගතවූ කාලය අදාළ නොවේ.

64. වාඩිවී හෝ භාන්සි වී හෝ රූපවාහිනිය නැරඹීම, පරිසරයේ ක්‍රීඩාවන්හි නිරතවීම, මිතුරන් සමඟ කතා බහ කිරීම, ජංගම දුරකථනය පාවිච්චිය, වාහනවල ගමන් කිරීම, දිවා කාලයේ කෙටි නින්දක් ලබා ගැනීම, අන්තර්ජාලය හරහා වැටි කිරීම, ඉන්ස්ටග්‍රෑම්/වට්ස් ඇප්/ෆේස් බුක් භාවිතය, පොත් පත්තර කියවීම වැනි විවේකීව යෙදෙන කාර්යයන් සඳහා සාමාන්‍ය දිනයකදී ඔබ ගතකරන කාලය කොපමණද? මෙයට රාත්‍රියට නිදාගන්නා කාලය අයත් නොවේ.
- A. දිනකට පැය 1කට අඩුවෙන්
 - B. දිනකට පැය 1-2 අතර
 - C. දිනකට පැය 3-4 අතර
 - D. දිනකට පැය 5-6 අතර
 - E. දිනකට පැය 7-8 අතර
 - F. දිනකට පැය 8 ට වැඩියෙන්

ඊළඟ ප්‍රශ්නය ඔබගේ අමතර පන්ති පිළිබඳවයි

65. සාමාන්‍යයෙන් දිනකට පැය කීයක් ඔබ අමතර පන්ති/මන්ලයින් පන්ති වල වාඩිවී සිටිනවාද?
- A. මම අමතර පන්ති වලට සහභාගී නොවෙමි
 - B. දිනකට පැයකට වඩා අඩුය
 - C. දිනකට පැය 1-2 කාලයකි
 - D. දිනකට පැය 3-4 කාලයකි
 - E. දිනකට පැය 5-6 කාලයකි
 - F. දිනකට පැය 7-8 කාලයකි
 - G. දිනකට පැය 8 කට වැඩිය

ඊළඟ ප්‍රශ්නය ඔබගේ නින්ද පිළිබඳවයි

66. ඔබ පාසල් යන දිනයක සාමාන්‍යයෙන් පැය කීයක් රාත්‍රියට නිදා ගන්නවාද ?
- A. පැය 4 ක් හෝ ඊට අඩුවෙන්
 - B. පැය 5
 - C. පැය 6
 - D. පැය 7
 - E. පැය 8
 - F. පැය 9
 - G. පැය 10
 - H. පැය 11 ක් හෝ ඊට වැඩියෙන්

ඊළඟ ප්‍රශ්න 9 ඔබගේ නිවසේ සහ පාසලේ අත්දැකීම් පිළිබඳවයි

67. පසුගිය දින 30 තුළ, දින කීයක් නිසි අවසරයකින් තොරව පංති හෝ පාසල් නොයා සිටියේ ද?
- A. දින 0 යි
 - B. දින 1 - 2
 - C. දින 3 - 5
 - D. දින 6 - 9
 - E. දින 10 හෝ ඊට වැඩියෙන්
68. පසුගිය දින 30 තුළ, ඔබේ පාසලේ සිසුන් ඔබට කරුණාවෙන් උදව් කිරීමට කොපමණ වාරයක් ඉදිරිපත් වී තිබේද ?
- A. කිසි විටකත් නැත
 - B. කලාතුරකින්
 - C. සමහර විට
 - D. බොහෝ විට
 - E. හැම විටම
69. පසුගිය දින 30 තුළ ඔබට ඇති ප්‍රශ්න/කරදර පිළිබඳ යම් අයකු සමඟ කතා කිරීමට කොපමණ වාරයක් හැකිවීද?
- A. කිසි විටකත් නැත
 - B. කලාතුරකින්
 - C. සමහරවිට
 - D. බොහෝ විට
 - E. සැම විටම
70. පසුගිය දින 30 තුළ ඔබගේ ගැටළු/කරදර පිළිබඳව පාසලේ වැඩිහිටියෙක් (ගුරුවරයෙක්/ උපදේශකවරයෙක්) සමඟ කොපමණ වතාවක් කතා කිරීමට හැකිවීද?
- A. කිසි විටකත් නැත
 - B. කලාතුරකින්
 - C. සමහරවිට
 - D. බොහෝ විට
 - E. සැම විටම

71. පසුගිය දින 30 තුළ ඔබට ඇති ප්‍රශ්න/කරදර පිළිබඳව තේරුම් ගැනීමට ඔබේ දෙමව්පියන්/භාරකරුවන් කොපමණ වතාවක් සමත්වීද ?
- කිසි විටකත් නැත
 - කලාතුරකිනි
 - සමහරවිට
 - බොහෝ විට
 - සැම විටම තේරුම් ගන්නා
72. පසුගිය දින 30 තුළ ඔබට පාසලෙන් පැවරෙන ගෙදර වැඩ නිසි පරිදි සිදුකරන්නේදැයි ඔබගේ දෙමව්පියන්/භාරකරුවන් කොපමණ වාරයක් සොයා බැලුවා ද?
- කිසි විටකත් නැත
 - කලාතුරකිනි
 - සමහරවිට
 - බොහෝ විට
 - සැම විටම
73. පසුගිය දින 30 තුළ, ඔබට විවේක ඇති වේලාවලදී ඔබ කළ කටයුතු පිළිබඳව, දෙමව්පියන්/භාරකරුවන් හරියාකාරව දැනසිටි අවස්ථා කොපමණ තිබුණිද?
- කිසි විටකත් නැත
 - කලාතුරකිනි
 - සමහරවිට
 - බොහෝ විට
 - සැම විටම තේරුම් ගන්නා
74. පසුගියදින 30 තුළ ,කොපමණ වතාවක් ඔබේ දෙමව්පියන්/භාරකරුවන් ඔබට නොදන්වා ඔබගේ බඩු බාහිරාදිය පිරික්සුවේ ද?
- කිසි විටකත් නැත
 - කලාතුරකිනි
 - සමහරවිට
 - බොහෝ විට
 - සැම විටම
75. පසුගිය දින 30 තුළ,කොපමණ වතාවක් ඔබේ දෙමව්පියන් /භාරකරුවන් ඔබ සමග සුභදව ආදරයෙන් කතා බහ කරමින්, ඔබ වෙනුවෙන්ම අවධානය දෙමින්, කාලය ගත කරමින් සිටියේද ?
- කිසි විටකත් නැත
 - කලාතුරකිනි
 - සමහරවිට
 - බොහෝ විට
 - සැම විටම

ඊළඟ ප්‍රශ්න 2 ඔබගේ සමාජ මාධ්‍ය භාවිතය පිළිබඳවයි.
මේවා ඉන්ස්ටග්‍රෑම්/ ටවිටර්/ස්තැප් වැට්/වට්ස් ඇප්/ලේස් බ්‍රෑක් හෝ වෙනත් සමාජ මාධ්‍ය වේ. අන්තර්ජාල පණිවුඩ යන්නට ටෙක්ස්ට් හෝ ඊ මේල් පණිවුඩ ඇතුළත් වේ.

76. පසුගිය දින 7 තුළ ඔබ දිනකට පැය කීයක් ජංගම දුරකතනයෙන්, අන්තර් ජාලයේ සැරි සැරිම සමාජ මාධ්‍ය පිරික්සීම, අන්තර් ජාලය හරහා වැට් කිරීම සිදු කළාද?
- මට පසුගිය දින 7 තුළ ජංගම දුරකතනයක් තිබුණේ නැත
 - දිනකට පැය 1ට අඩුවෙන්
 - දිනකට පැය 1-2 අතර
 - දිනකට පැය 3-4 අතර
 - දිනකට පැය 5-6 අතර
 - දිනකට පැය 7-8 අතර
 - දිනකට පැය ෮ වැඩියෙන් 8

77. ඔබගේ අන්තර්ජාල භාවිතය පිළිබඳ දෙමව්පියන්/භාරකරුවන් නීති පනවා තිබේ ද?
- ඔව්
 - නැත

ඊළඟ ප්‍රශ්නය සෞඛ්‍ය පිළිබඳ තවත් ප්‍රශ්නයකි.

78. පසුගිය පාසල් වර්ෂය තුළ, ගැහැණු සහ පිරිමි දෙපාර්ශවයටම නිසි තැන දෙමින්, ගෞරවයෙන්ම සැලකිය යුතු බව ඔබට පාසලේ දී උගන්වා තිබේද?
- ඔව්
 - නැත
 - නොදනි

இலங்கை மாணவர்களுக்கான உலகளாவிய பாடசாலை சுகாதார மதிப்பீடு - 2024

இந்தக் மதிப்பீடு உங்கள் ஆரோக்கியத்தைப் பற்றியும், உங்கள் ஆரோக்கியத்தை பாதிக்கக்கூடிய செயற்பாடுகளைப் பற்றியும் ஆகும். உங்களைப் போன்ற மாணவர்கள் உங்கள் நாட்டில் இந்த மதிப்பீட்டில் பங்கேற்கின்றனர். உலகத்தின் பல்வேறு நாடுகளின் மாணவர்களும் இந்த மதிப்பீட்டில் பங்கேற்கின்றனர். நீங்கள் அளிக்கும் தகவல்கள் உங்களைப் போன்ற இளம் மாணவர்களுக்கு சிறந்த, ஆரோக்கியமான திட்டங்களை உருவாக்க உதவும்.

தயவு செய்து உங்கள் பெயரை இந்த மதிப்பீடு அல்லது விடைத்தாளில் எழுத வேண்டாம். நீங்கள் அளிக்கும் பதில்கள் தனிப்பட்ட முறையில் பாதுகாக்கப்படும். உங்களின் பதில்களை யாரும் அறிய மாட்டார்கள். நீங்கள் உண்மையில் என்ன அறிவீர்கள் அல்லது செய்கிறீர்கள் என்பதன் அடிப்படையில் கேள்விகளுக்கு பதில் அளிக்கவும். சரியான அல்லது தவறான பதில்கள் என்று எவையும் இல்லை.

இந்த மதிப்பீட்டை பூர்த்தி செய்வது தன்னார்வத்தின் அடிப்படையில் ஆகும். நீங்கள் இந்த மதிப்பீட்டில் கேள்விகளுக்கு பதிலளிக்கிறீர்களா, இல்லையா என்பது உங்கள் தரத்தை அல்லது மதிப்பெண்ணை பாதிக்காது. நீங்கள் ஒரு கேள்விக்கு பதிலளிக்க விரும்பவில்லை என்றால், அதை வெறுமையாக விட்டுவிடுங்கள்.

ஒவ்வொரு கேள்வியையும் கவனமாக வாசிக்கவும். உங்கள் பதிலுடன் பொருந்தும் வட்டங்களை உங்கள் விடைத்தாளில் நிரப்பவும். உங்களுக்கு வழங்கப்பட்ட பென்சிலை மட்டும் பயன்படுத்தவும். நீங்கள் முடித்த பிறகு, இந்தக் மதிப்பீட்டை வழங்கிய நபர் சொல்வதற்கேற்ப செய்யவும்.

வட்டங்களை எப்படி நிரப்புவது என்பதற்கு ஒரு உதாரணம்:

வட்டங்களை இவ்வாறு நிரப்பவும்: இவ்வாறு இல்லை: அல்லது

மதிப்பீடு

1. மீன்கள் நீரில் வாழ்கின்றனவா?

- A. ஆம்
- B. இல்லை

விடைத்தாள் 1. (B) (C) (D) (E) (F) (G) (H)

உங்கள் உதவிக்கு மிகுந்த நன்றி.

1. உங்களுடைய வயது என்ன?
 - A. 11 வயது அல்லது அதை விடக் குறைவு
 - B. 12 வயது
 - C. 13 வயது
 - D. 14 வயது
 - E. 15 வயது
 - F. 16 வயது
 - G. 17 வயது
 - H. 18 வயது அல்லது அதற்கு மேல்
2. உங்களுடைய பாலினம் என்ன?
 - A. ஆண்
 - B. பெண்
3. நீங்கள் எந்த வகுப்பில் கல்வி கற்கின்றீர்கள்?
 - A. தரம் 8
 - B. தரம் 9
 - C. தரம் 10
 - D. தரம் 11
 - E. தரம் 12

அடுத்து வரும் 3 வினாக்களும் உங்கள் உயரம், நிறை, பசி பற்றியன.

4. காலணிகள் அணியாது உங்கள் உயரம் என்ன ?
விடைத்தாளில் நிரல் பெட்டியில் மேலே உள்ள நிழற்படுத்தப்பட்ட பகுதியில் உங்கள் உயரத்தை எழுதவும் (cm) பின்பு பொருத்தமான இலக்கங்களை பென்சிலால் நிழற்படுத்தவும்
உ + ம்

உயரம் (cm)		
1	5	3
0	0	0
1	1	1
2	2	2
	3	3
	4	4
	5	5
	6	6
	7	7
	8	8
	9	9
9	எனக்கு தெரியாது	

5. காலணிகள் இல்லாது உங்களுடைய நிறை என்ன என்பதை விடைத்தாளில்

நிரல் பெட்டியில் மேலே உள்ள நிழற்படுத்தப்பட்ட இடத்தில் எழுதவும். பின்பு கீழே உள்ள பொருத்தமான இலக்கங்கள் உள்ள வட்டங்களை பென்சிலால் நிழற்படுத்தவும்.

உ + ம்		
நிறை (kg)		
0	5	2
0	0	0
1	1	1
2	2	2
	3	3
	4	4
	5	5
	6	6
	7	7
	8	8
	9	9
9	எனக்கு தெரியாது	

6. கடந்த 30 நாட்களில் உணவு போதாமையினால் எத்தனை தடவை நீங்கள் பசியை அனுபவித்துள்ளீர்கள்?
 - A. ஒரு போதும் இல்லை
 - B. அரிதாக
 - C. சில நேரங்களில்
 - D. அதிகளவு நேரங்களில்
 - E. எப்பொழுதும்

அடுத்த 9 வினாக்களும் உங்களுடைய உணவு மற்றும் நீராகாரம் பற்றியவை

7. கடந்த 7 நாட்களில் ஒரு நாளில் எத்தனை தடவை பழங்கள் சாப்பிட்டுள்ளீர்கள்?

உ + ம்: மாம்பழம், வாழைப்பழம், பப்பாசி

- A. கடந்த 7 நாட்களாக நான் பழம் சாப்பிடவில்லை
- B. கடந்த 7 நாட்களில் 1 முதல் 3 முறை
- C. கடந்த 7 நாட்களில் 4 முதல் 6 முறை
- D. ஒரு நாளைக்கு 1 முறை
- E. ஒரு நாளைக்கு 2 முறை
- F. ஒரு நாளைக்கு 3 முறை
- G. ஒரு நாளைக்கு 4 அல்லது அதற்கு மேற்பட்ட முறை

8. கடந்த 7 நாட்களில் ஒரு நாளைக்கு எத்தனை தடவைகள் நீங்கள் காய்கறிகள் (உ+ம்: பூசணி, கரட், போஞ்சி, புடலங்காய், கோவா) சாப்பிடுகிறீர்கள்?

- A. கடந்த 7 நாட்களாக நான் காய்கறிகளை சாப்பிடவில்லை
- B. கடந்த 7 நாட்களில் 1 முதல் 3 முறை
- C. கடந்த 7 நாட்களில் 4 முதல் 6 முறை
- D. ஒரு நாளைக்கு 1 முறை
- E. ஒரு நாளைக்கு 2 முறை
- F. ஒரு நாளைக்கு 3 முறை
- G. ஒரு நாளைக்கு 4 அல்லது அதற்கு மேற்பட்ட முறை

9. கடந்த 7 நாட்களில் நீங்கள் எத்தனை தடவை கார்பனேற்றப்பட்ட குளிர்பானங்களை பருகி உள்ளீர்கள்? (சீனியற்ற குளிர்பானங்களை எண்ண வேண்டாம்.)

(உ+ம்: நெக்டோ, போர்டெல்லோ, ஃபாண்டா, கிரீம் சோடா, கோகோ கோலா அல்லது ஸ்ப்ரைட்)

- A. கடந்த 7 நாட்களாக நான் குளிர்பானங்களை அருந்தவில்லை
- B. கடந்த 7 நாட்களில் 1 முதல் 3 முறை
- C. கடந்த 7 நாட்களில் 4 முதல் 6 முறை
- D. ஒரு நாளைக்கு 1 முறை
- E. ஒரு நாளைக்கு 2 முறை
- F. ஒரு நாளைக்கு 3 முறை
- G. ஒரு நாளைக்கு 4 அல்லது அதற்கு மேற்பட்ட முறை

அடுத்து வரும் கேள்விக்கு, இனிப்பு சுவையூட்டப்பட்ட பானங்கள்: உதாரணமாக வினையாட்டு பானங்கள் (எட்டி, ஐசோடோன்), ஆற்றல் பானங்கள் (ரெட் புல், டியூ, மான்ஸ்டர், ரைடு), 100% பழச்சாறுகள் (கிஸ்ட், ஃபோண்டானா), 100% பழச்சாறு இல்லாத பழ பானங்கள் (ஸ்மாக், கிஸ்ட் நெக்டர், ஃபிட்-ஓ நெக்டர்), சீனி - இனிப்பு சுவையூட்டப்பட்ட பால் (மைலோ, சுவையூட்டப்பட்ட பால்கள், தயிர் பானங்கள்), மற்றும் சர்க்கரை-இனிப்பு தேநீர், காப்பிகள் (நெஸ் கஃபே, நெஸ் டீ, குளிர் தேநீர்)

இந்தக் கேள்விக்கு, முந்தைய கேள்வியில் உள்ள கார்பனேற்றப்பட்ட குளிர்பானங்களை அல்லது கலோரி பானங்களை எண்ண வேண்டாம்.

10. கடந்த 7 நாட்களில் இனிப்பு சுவையூட்டப்பட்ட பானத்தை எத்தனை முறை குடித்தீர்கள்?

- A. கடந்த 7 நாட்களில் நான் சீனி கலந்த பானங்களை குடிக்கவில்லை
- B. கடந்த 7 நாட்களில் 1 முதல் 3 முறை
- C. கடந்த 7 நாட்களில் 4 முதல் 6 முறை
- D. ஒரு நாளைக்கு 1 முறை
- E. ஒரு நாளைக்கு 2 முறை
- F. ஒரு நாளைக்கு 3 முறை
- G. ஒரு நாளைக்கு 4 அல்லது அதற்கு மேற்பட்ட முறை

11. கடந்த 7 நாட்களில், உப்பு நிறைந்த உணவுகள் அல்லது சிற்றுண்டிகளை எத்தனை முறை சாப்பிட்டீர்கள்? (உருளைக்கிழங்கு வறுவல் அல்லது மரவெள்ளிப் பொரியல், உப்பு சேர்க்கப்பட்ட வேர்க்கடலை, உப்பு சேர்க்கப்பட்ட பிஸ்கட் அல்லது டிப்பி டிப்ஸ் போன்றவை)

- A. கடந்த 7 நாட்களாக நான் உப்பு நிறைந்த உணவுகள் அல்லது சிற்றுண்டிகளை சாப்பிடவில்லை
- B. கடந்த 7 நாட்களில் 1 முதல் 3 முறை
- C. கடந்த 7 நாட்களில் 4 முதல் 6 முறை
- D. ஒரு நாளைக்கு 1 முறை
- E. ஒரு நாளைக்கு 2 முறை
- F. ஒரு நாளைக்கு 3 முறை
- G. ஒரு நாளைக்கு 4 அல்லது அதற்கு மேற்பட்ட முறை

12. கடந்த 7 நாட்களில், பொரித்த உணவுகள் மற்றும் வறுத்த சிற்றுண்டிகள் (சைனீஸ் ரோல்ஸ், பஜ்ஜி அல்லது வடை), கொத்து, முறுக்கு அல்லது சிற்றுண்டிப் பொதிகள் போன்ற கொழுப்பு அதிகம் உள்ள உணவுகளை எத்தனை முறை சாப்பிட்டீர்கள்?

- A. கடந்த 7 நாட்களில் நான் கொழுப்பு அதிகம் உள்ள உணவுகளை சாப்பிடவில்லை
- B. கடந்த 7 நாட்களில் 1 முதல் 3 முறை
- C. கடந்த 7 நாட்களில் 4 முதல் 6 முறை
- D. ஒரு நாளைக்கு 1 முறை
- E. ஒரு நாளைக்கு 2 முறை
- F. ஒரு நாளைக்கு 3 முறை
- G. ஒரு நாளைக்கு 4 அல்லது அதற்கு மேற்பட்ட முறை

13. கடந்த 7 நாட்களில், கேக்குகள், பாரம்பரிய இனிப்பு உணவுகள், பிஸ்கட், ஐஸ்கிரீம், டோபி அல்லது சொக்லேட் போன்ற சீனி அதிகம் உள்ள உணவுகளை எத்தனை முறை சாப்பிட்டீர்கள்?

- A. கடந்த 7 நாட்களில் நான் சீனி அதிகம் உள்ள உணவுகளை சாப்பிடவில்லை
- B. கடந்த 7 நாட்களில் 1 முதல் 3 முறை
- C. கடந்த 7 நாட்களில் 4 முதல் 6 முறை
- D. ஒரு நாளைக்கு 1 முறை.
- E. ஒரு நாளைக்கு 2 முறை
- F. ஒரு நாளைக்கு 3 முறை
- G. ஒரு நாளைக்கு 4 அல்லது அதற்கு மேற்பட்ட முறை

14. கடந்த 7 நாட்களில், எத்தனை நாட்கள் உள்ளூர் சாலையோடு உணவகம் அல்லது துரித உணவு உணவகம் ஆகியவற்றில் இருந்து (உணவை சாப்பிட்டீர்கள்/ எடுத்துச் சென்றீர்கள்/ இணைய டெலிவரி) குறைந்தது ஒரு உணவு அல்லது சிற்றுண்டி சாப்பிட்டீர்கள்? உதாரணம்: Perera & Sons, Mr. Kottu, Pizza Hut, KFC, or McDonalds

- A. 0 நாட்கள்
- B. 1 நாள்
- C. 2 நாட்கள்
- D. 3 நாட்கள்
- E. 4 நாட்கள்
- F. 5 நாட்கள்
- G. 6 நாட்கள்
- H. 7 நாட்கள்

15. கடந்த 7 நாட்களில், உங்கள் வழக்கமான காலை உணவு எப்படி இருந்தது? ஒரே ஒரு பதிலைத் தேர்ந்தெடுக்கவும்.

- A. பாடசாலைக்குச் செல்வதற்கு முன் வீட்டில் காலை உணவை சாப்பிட்டேன்
- B. பாடசாலையில் காலை உணவை சாப்பிடலாம் என்பதால் வீட்டில் காலை உணவை சாப்பிடவில்லை
- C. எனக்கு நேரம் போதாததால் காலை உணவை சாப்பிடவில்லை
- D. காலையில் விரைவாக சாப்பிட முடியாததால் நான் காலை உணவை சாப்பிடவில்லை
- E. நான் காலை உணவை சாப்பிடவில்லை, ஏனென்றால் என் வீட்டில் எப்போதும் காலை உணவு இருப்பதில்லை

F. வேறு சில காரணங்களால் நான் காலை உணவை சாப்பிடவில்லை

அடுத்த வரும் 3 கேள்விகள் உங்கள் கைகளை கழுவுவது பற்றியவையாகும்.

16. கடந்த 30 நாட்களில் பாடசாலையில் சாப்பிடும் முன் எப்படி கைகளை கழுவினீர்கள்? ஒரு பதிலைத் தேர்ந்தெடுக்கவும்.

- A. கடந்த 30 நாட்களாக நான் பாடசாலையில் சாப்பிடும் முன் கைகளை கழுவவில்லை
- B. ஓடும் நீரில் கைகளைக் கழுவினேன்
- C. நான் மட்டும் பயன்படுத்தும் பாத்திரம் அல்லது தண்ணீர் பாத்திரத்தில் கைகளை கழுவினேன்
- D. மற்றவர்கள் பயன்படுத்தும் பாத்திரம் அல்லது தண்ணீர் பாத்திரத்தில் கைகளை கழுவினேன்
- E. நான் என் கைகளை வேறு வழியில் கழுவினேன்

17. கடந்த 30 நாட்களில் பாடசாலையில் மலசல கூடத்தை பாவித்த பின் கை கழுவியது உண்டா?

- A. பாடசாலையில் மலசல கூடம் இல்லை
- B. ஒருபோதும் இல்லை
- C. அரிதாக
- D. சில நேரங்களில்
- E. பெரும்பாலான நேரங்களில்

அடுத்த 3 கேள்விகள் வாய் சுகாதாரத்தைப் பற்றியன.

18. கடந்த 30 நாட்களில், நீங்கள் வழக்கமாக ஒரு நாளைக்கு எத்தனை முறை பல் துலக்கினீர்கள் ?

- A. கடந்த 30 நாட்களில் நான் பல் துலக்கவில்லை
- B. நான் சில நாட்களில் மட்டும் குறைந்தது ஒரு முறை என் பற்களை சுத்தம் செய்தேன் அல்லது துலக்கினேன்.
- C. ஒரு நாளைக்கு 1 முறை
- D. ஒரு நாளைக்கு 2 முறை
- E. ஒரு நாளைக்கு 3 அல்லது அதற்கு மேற்பட்ட முறை

19. கடந்த 30 நாட்களில், பல் துலக்கும்போது புளோரைட்டு உள்ள பற்பசையைப் பயன்படுத்தினீர்களா? க்ளோகார்ட், சிக்னல், ஆயுஷ், க்ளோஸ் அப், சென்சோடைன் மற்றும் கோல்கேட் ஆகியவற்றில் புளோரைட்டு உள்ளது. சுதந்த, சுப்ரிவிக்கி, கரி, உப்பு, பல் பொடிகளான ஹரித கஹட்டா, கஜமுத்து, பரகும்பா போன்றவற்றில் புளோரைட்டு இல்லை.

- A. கடந்த 30 நாட்களில் நான் பல் துலக்கவில்லை
- B. ஆம், நான் வழக்கமாக புளோரைட்டு கொண்ட பற்பசையைப் பயன்படுத்தினேன்
- C. இல்லை, நான் பொதுவாக புளோரைட்டு கொண்ட பற்பசையைப் பயன்படுத்துவதில்லை
- D. நான் வழக்கமாக பயன்படுத்தும் பற்பசையில் புளோரைட்டு உள்ளதா என்று தெரியவில்லை

20. கடந்த 30 நாட்களில், உங்கள் வாய், பற்கள் அல்லது ஈறுகளில் ஏற்பட்ட பிரச்சனையால் நீங்கள் வகுப்புகள் அல்லது பாடசாலையை தவற விட்டீர்களா?

- A. ஆம்
- B. இல்லை

அடுத்த 3 கேள்விகள் உங்களுக்கு ஏற்பட்ட கடுமையான காயங்களைப் பற்றியன. குறைந்தபட்சம் ஒரு நாளாவது வழக்கமான செயல்பாடுகளை (பாடசாலை, விளையாட்டு அல்லது வேலை) தவறவிடும் போது அல்லது மருத்துவ சிகிச்சை தேவைப்படும் போது காயம் கடுமையானதாகக் கருதப்படும்.

21. கடந்த 12 மாதங்களில், எத்தனை முறை கடுமையான காயம் அடைந்தீர்கள்?

- A. 0 தடவை
- B. 01 தடவை
- C. 2-3 தடவை
- D. 4-5 தடவை
- E. 6-7 தடவை
- F. 8-9 தடவை
- G. 10-11 தடவை
- H. 12 தடவைகளுக்கு மேல்

22. கடந்த 12 மாதங்களில், உங்களுக்கு ஏற்பட்ட மிகக் கடுமையான காயம் என்ன?

- A. கடந்த 12 மாதங்களில் நான் பெரிதாக காயமடையவில்லை
- B. எனக்கு எலும்பு முறிந்தது. அல்லது மூட்டு விலகியது அல்லது பல் அடிபட்டது/ உடைந்தது
- C. எனக்கு ஒரு வெட்டு அல்லது குத்திய காயம் இருந்தது
- D. தலையில் அடிபட்டு நினைவிழந்தேன்/ மூச்சுத்திணறல் ஏற்பட்டது
- E. எனக்கு துப்பாக்கிச் சூட்டுக் காயம் ஏற்பட்டது
- F. எனக்கு மோசமான தீக்காயம் ஏற்பட்டது
- G. நான் விஷம் குடித்தேன் அல்லது மருந்து அதிகமாக உட்கொண்டேன்
- H. எனக்கு வேறு ஏதோ நடந்தது

23. கடந்த 12 மாதங்களில், உங்களுக்கு ஏற்பட்ட மிகக் கடுமையான காயத்திற்கு முக்கியக் காரணம் என்ன?

- A. கடந்த 12 மாதங்களில் நான் பெரிதாக காயமடையவில்லை
- B. நான் ஒரு மோட்டார் வாகன விபத்தில் அல்லது ஒரு மோட்டார் வாகனத்தில் அடிபட்டேன்
- C. நான் விழுந்தேன்
- D. என் மீது ஏதோ விழுந்தது அல்லது அடித்தது
- E. நான் தாக்கப்பட்டேன்/ துஷ்பிரயோகம் செய்யப்பட்டேன்/ ஒருவருடன் சண்டையிட்டேன்
- F. நான் நெருப்பினால் சுடப்பட்டேன்/ நான் நெருப்பிற்கு அருகே இருந்தேன்
- G. நான் கூடாத ஒன்றை சுவாசித்தேன் அல்லது விழுங்கினேன்
- H. வேறு ஏதாவொன்று எனக்கு காயத்தை ஏற்படுத்தியது

அடுத்த கேள்வி உடல் தாக்குதல்கள் பற்றியது. ஒன்று அல்லது அதற்கு மேற்பட்ட நபர்கள் ஒருவரை அடிக்கும்போது அல்லது தாக்கும்போது அல்லது ஒன்று அல்லது அதற்கு மேற்பட்ட நபர்கள் மற்றொரு நபரை ஆயுதத்தால் (தடி, கத்தி அல்லது துப்பாக்கி போன்றவை) காயப்படுத்தும்போது உடல்ரீதியான தாக்குதல் ஏற்படுகிறது. ஏறக்குறைய ஒரே பலம் அல்லது சக்தி கொண்ட இரண்டு மாணவர்கள் ஒருவரையொருவர் சண்டையிடத் தேர்ந்தெடுக்கும்போது அதை உடல்ரீதியான தாக்குதலாகக் கருத வேண்டாம்.

24. கடந்த 12 மாதங்களில், நீங்கள் எத்தனை முறை உடல் ரீதியாக தாக்கப்பட்டீர்கள்?
- A. 0 முறை
B. 1 முறை
C. 2 அல்லது 3 முறை
D. 4 அல்லது 5 முறை
E. 6 அல்லது 7 முறை
F. 8 அல்லது 9 முறை
G. 10 அல்லது 11 முறை
H. 12 அல்லது அதற்கு மேற்பட்ட முறை

நீங்கள் செய்ய விரும்பாத பாலியல் செயல்களைக் கட்டாயப்படுத்துவது பாலியல் வன்முறை என்று அழைக்கப்படுகிறது. பாலியல் வன்முறையில் முத்தமிடுவது அல்லது தொடுவது, நீங்கள் முழுமையாக ஆடை அணியாதபோது உள்வூப்பை, ஒருவரின் அந்தரங்க உறுப்புகளைக் காட்டுவது, உங்கள் உள்ளாடை அல்லது உடலை வெளிப்படுத்துவதற்காக உங்கள் ஆடைகளை இழுப்பது, பாலியல் கருத்துகள் அல்லது சைகைகள் செய்வது, உடல் ரீதியாகவோ அல்லது வாய்மொழியாகவோ கட்டாயப்படுத்துவது ஆகியவை அடங்கும். பாலியல் வன்முறை நேரிலோ அல்லது சமூக ஊடகத்திலோ அல்லது இணையத்திலோ நிகழலாம். அடுத்த 2 கேள்விகள் பாலியல் வன்முறையைப் பற்றியவையாகும்.

25. கடந்த 12 மாதங்களில், நீங்கள் செய்ய விரும்பாத பாலியல் செயல்களைச் செய்யும்படி எத்தனை முறை வற்புறுத்தப்பட்டீர்கள்?
- A. 0 முறை
B. 1 முறை
C. 2 அல்லது 3 முறை
D. 4 அல்லது 5 முறை
E. 6 அல்லது அதற்கு மேற்பட்ட முறை

26. கடந்த 12 மாதங்களில், எத்தனை முறை நீங்கள் இணை பழகல் (டேட்டிங்) செய்யும் அல்லது உங்களுடன் வெளியே செல்லும் ஒருவர், நீங்கள் செய்ய விரும்பாத பாலியல் செயல்களைச் செய்யும்படி எத்தனை முறை வற்புறுத்தினார்கள்?

- A. கடந்த 12 மாதங்களில் நான் யாருடனும் டேட்டிங் செய்யவில்லை அல்லது யாருடனும் வெளியே செல்லவில்லை
B. 0 முறை
C. 1 முறை
D. 2 அல்லது 3 முறை
E. 4 அல்லது 5 முறை
F. 6 அல்லது அதற்கு மேற்பட்ட முறை

இணையம் அல்லது சமூக ஊடகங்களில் நீங்கள் செய்ய விரும்பாத பாலியல் விடயங்களைச் செய்யும்படி யாராவது உங்களிடம் கேட்கும் போது பாலியல் துஷ்பிரயோகம் ஏற்படலாம். கலவி அல்லது பாலியல் செயல்களைப் பற்றி பேசும்படி கேட்கப்படுவது, பாலியல் ரீதியாக ஏதாவது செய்யும்படி கேட்கப்படுவது, உங்கள் அந்தரங்க பாகங்களைக் காட்டும் புகைப்படம் அல்லது காணொளியைக் கேட்பது, உங்கள் அனுமதியின்றி பாலியல் படங்களைக் காட்டுவது ஆகியவை இதில் அடங்கும்.

27. கடந்த 12 மாதங்களில், இணையம் அல்லது சமூக ஊடகங்களில் நீங்கள் செய்ய விரும்பாத பாலியல் செயல்களைச் செய்யும்படி எத்தனை முறை கேட்கப்பட்டீர்கள்?
- A. 0 முறை
B. 1 முறை
C. 2 அல்லது 3 முறை
D. 4 அல்லது 5 முறை
E. 6 அல்லது அதற்கு மேற்பட்ட முறை

அடுத்த கேள்வி பாடசாலையில் உங்களுக்கு என்ன கற்பிக்கப்பட்டது என்பதைப் பற்றியது.

28. இந்த கல்வியாண்டில், நீங்கள் விரும்பாத போது, யாரேனும் ஒருவர் உங்களை பாலியல்ரீதியாகத் தொட முயன்றால் என்ன செய்ய வேண்டும் என்று உங்கள் வகுப்பில் ஏதாவது கற்பிக்கப்பட்டுள்ளீர்களா?
- A. ஆம்
B. இல்லை
C. எனக்குத் தெரியாது

அடுத்த கேள்வி, ஒரு ஆசிரியர் உங்களை வேண்டுமென்றே காயப்படுத்தினாரா இல்லையா என்பது தொடர்பானது.

29. கடந்த 12 மாதங்களில், உங்கள் ஆசிரியர் உங்களை வேண்டுமென்றே அடித்தாரா, அறைந்தாரா அல்லது உடல்ரீதியாக காயப்படுத்தினாரா அல்லது நீண்ட நேரம் நிற்பது அல்லது மண்டியிடுவது போன்ற வலியை உண்டாக்கும் செயல்களை செய்வித்தாரா?

- A. ஆம்
- B. இல்லை

அடுத்த கேள்வி உடல் சண்டைகள் பற்றியது. ஒரே பலம் அல்லது சக்தி கொண்ட இரண்டு மாணவர்கள் ஒருவருக்கொருவர் சண்டையிடத் தேர்ந்தெடுக்கும் போது உடல்ரீதியான சண்டை ஏற்படுகிறது.

30. கடந்த 12 மாதங்களில், நீங்கள் எத்தனை முறை உடல் ரீதியாக சண்டையிட்டீர்கள்?

- A. 0 முறை
- B. 1 முறை
- C. 2 அல்லது 3 முறை
- D. 4 அல்லது 5 முறை
- E. 6 அல்லது 7 முறை
- F. 8 அல்லது 9 முறை
- G. 10 அல்லது 11 முறை
- H. 12 அல்லது அதற்கு மேற்பட்ட முறை

அடுத்த 3 கேள்விகள் கொடுமைப்படுத்துதல் பற்றியன. கிட்டத்தட்ட உங்கள் வயதை உடைய ஒன்று அல்லது அதற்கு மேற்பட்ட மாணவர்கள் அல்லது வேறு நபர்கள் தகாத செயல்களை உங்களுக்கு செய்யும் போது அல்லது தகாத வார்த்தைகளை உங்கள் மேல் பயன்படுத்தும் போது கொடுமைப்படுத்தல் நிகழ்கிறது. யாரேனும் ஒருவர் கேலி, மிரட்டல், புறக்கணித்தல், வதந்திகளைப் பரப்புதல், ஒருவரைக் கூடாத பெயரால் கூப்பிடுதல், பாலியல் கருத்துக்களைச் சொல்லுதல், அல்லது மீண்டும் மீண்டும் ஒருவரை அடித்தல், தள்ளுதல் அல்லது காயப்படுத்துதல் போன்றவற்றால் கொடுமைப்படுத்துதல் ஏற்படலாம். ஏறக்குறைய ஒரே பலம் அல்லது சக்தி கொண்ட இருவர் ஒருவரையொருவர் நட்பாக வாதிடுவது, சண்டையிடுவது, கிண்டல் செய்வது என்பன கொடுமைப்படுத்துதல் அல்ல.

31. கடந்த 12 மாதங்களில், பாடசாலை வளாகத்துள் நீங்கள் கொடுமைப்படுத்தப்பட்டீர்களா?

- A. ஆம்
- B. இல்லை

32. கடந்த 12 மாதங்களில், நீங்கள் பாடசாலைக்கு வெளியே கொடுமைப்படுத்தப்பட்டீர்களா?

- A. ஆம்
- B. இல்லை

இணைய மிரட்டல் என்பது சமூக ஊடகங்கள் மற்றும் பிற இணைய தகவல்தொடர்புகளைப் பயன்படுத்தும் கொடுமைப்படுத்துதலின் ஒரு வடிவமாகும். இன்ஸ்டாகிராம், ட்விட்டர், ஸ்னாப்சாட், ஃபேஸ்புக், யூடியூப் அல்லது வாட்ஸ்அப் மற்றும் பிற சமூக ஊடக தளங்களில் அல்லது குறுஞ்செய்தி மற்றும் மின்னஞ்சல் மூலமாக இணைய மிரட்டல் நிகழலாம்.

33. கடந்த 12 மாதங்களில், நீங்கள் இணையத்தில் மிரட்டப்பட்டீர்களா?

- A. ஆம்
- B. இல்லை

அடுத்த 4 கேள்விகள் உங்கள் நட்பு மற்றும் உணர்வுகளைப் பற்றியவை.

34. உங்களுக்கு எத்தனை நெருங்கிய நண்பர்கள் உள்ளனர்?

- A. 0 நண்பர்கள்
- B. 1 நண்பர்
- C. 2 நண்பர்கள்
- D. 3 அல்லது அதற்கு மேற்பட்ட நண்பர்கள்

35. கடந்த 12 மாதங்களில், நீங்கள் எத்தனை முறை தனிமையாக உணர்ந்தீர்கள்?

- A. ஒருபோதும் இல்லை
- B. அரிதாக
- C. சில நேரங்களில்
- D. பெரும்பாலான நேரங்களில்
- E. எப்போதும்

36. கடந்த 12 மாதங்களில், ஒரு விடயத்தைப் பற்றி யோசித்து, இரவில் உறங்க முடியாது எத்தனை முறை கவலைப்பட்டீர்கள்?

- A. ஒருபோதும் இல்லை
- B. அரிதாக
- C. சில நேரங்களில்
- D. பெரும்பாலான நேரங்களில்
- E. எப்போதும்

37. கடந்த 12 மாதங்களில், நீங்கள் அடிக்கடி மனச்சோர்வடைந்தீர்களா? அல்லது நம்பிக்கையற்றவராக உணர்ந்தீர்களா? அல்லது விடயங்களைச் செய்வதில் ஆர்வம் காட்டாமல் இருந்தீர்களா ?

- A. ஒருபோதும் இல்லை
- B. அரிதாக
- C. சில நேரங்களில்
- D. பெரும்பாலான நேரங்களில்
- E. எப்போதும்

அடுத்த கேள்வி பாடசாலையில் உதவி கேட்பது பற்றி உங்களுக்கு என்ன கற்பிக்கப்பட்டது என்பதைப் பற்றியது.

38. இந்த ஆண்டில், ஆரோக்கியமான வழிகளில் மன அழுத்தத்தைக் கையாள்வது எப்படி என்று உங்கள் வகுப்பில் ஏதாவது கற்பிக்கப்பட்டுள்ளதா?

- A. ஆம்
- B. இல்லை
- C. எனக்குத் தெரியாது

39. கடந்த 12 மாதங்களில், பெற்றோர்/ அன்புக்குரியவர்களின் இழப்பு அல்லது இறப்பு, முறிந்த நட்பு அல்லது உறவுகள், தீவிர மன அழுத்தம் போன்ற மிகவும் கடினமான சூழ்நிலைகளின் போது அல்லது தற்கொலை எண்ணங்கள், அதீத கோபம்/ மனச்சோர்வு போன்ற வேறு ஏதேனும் மனநலப் பிரச்சினைகளின் போது நீங்கள் எப்படி (உதவித் தொடர்பிலக்கங்கள்/ பயிற்சி பெற்ற பணியாளர்களிடம்) உதவி கேட்டீர்கள்? ஒரேயொரு பதிலைத் தேர்ந்தெடுக்கவும்.

- A. இது போன்ற சூழ்நிலையை நான் எதிர்கொள்ளவில்லை
- B. இது போன்ற சூழ்நிலைகளை நான் எதிர்கொண்டேன், ஆனால் உதவியை நாடவில்லை
- C. உதவித் தொடர்பிலக்கம் மூலம் நான் உதவியை நாடினேன்
- D. நான் இளம் பருவத்தினருக்கான சிகிச்சையகத்தின் உதவியை நாடினேன் (யொவுன் பியச)
- E. நான் மருத்துவர்/ தாதியின் உதவியை நாடினேன்
- F. நான் ஆசிரியர்/ பாடசாலை ஆலோசகரிடம் உதவி கேட்டேன்.
- G. நான் சுகாதார மருத்துவ அதிகாரி (MOH) அல்லது அவர்களின் ஊழியர்களிடம் உதவி கேட்டேன்.
- H. நான் வேறு வழியில் உதவி கேட்டுள்ளேன்

சில நேரங்களில் மக்கள் எதிர்காலத்தைப் பற்றி மிகவும் மனச்சோர்வடைவார்கள்; அவர்கள் தற்கொலைக்கு முயற்சி செய்யலாம், அதாவது தங்கள் வாழ்வை முடிக்க சில நடவடிக்கைகளை எடுப்பார்கள். அடுத்த 3 கேள்விகள் தற்கொலை முயற்சி பற்றியன.

40. கடந்த 12 மாதங்களில், தற்கொலை முயற்சியை நீங்கள் தீவிரமாகக் கருத்தில் கொண்டீர்களா?

- A. ஆம்
- B. இல்லை

41. கடந்த 12 மாதங்களில், நீங்கள் தற்கொலைக்கு முயல்வதற்கு திட்டம் தீட்டினீர்களா?

- A. ஆம்
- B. இல்லை

42. கடந்த 12 மாதங்களில், நீங்கள் எத்தனை முறை தற்கொலைக்கு முயன்றீர்கள்?

- A. 0 முறை
- B. 1 முறை
- C. 2 அல்லது 3 முறை
- D. 4 அல்லது 5 முறை
- E. 6 அல்லது அதற்கு மேற்பட்ட முறை

அடுத்த 3 கேள்விகள் சிகரெட் மற்றும் புகையிலை உபயோகத்தைப் பற்றியவை.

43. நீங்கள் எப்போதாவது சிகரெட் புகைக்க முயற்சித்திருக்கிறீர்களா அல்லது பரிசோதனை செய்திருக்கிறீர்களா?

- A. ஆம்
- B. இல்லை

44. நீங்கள் முதன்முதலில் சிகரெட் பிடிக்க முயற்சித்தபோது உங்களுடைய வயது எவ்வளவு?

- A. நான் ஒருபோதும் சிகரெட் பிடிக்க முயற்சித்ததில்லை
- B. 7 வயது அல்லது அதற்கு குறைவான 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 அதற்கு மேற்பட்டவர்கள்

45. கடந்த 30 நாட்களில், எத்தனை நாட்களில் நீங்கள் சிகரெட் புகைத்தீர்கள்?

- 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. அனைத்து 30 நாட்களும்

அடுத்த கேள்வி சிகரெட்டைத் தவிர மற்ற புகையிலை பொருட்களைப் பற்றியது. இதில் குழாய்கள் (pipes), சுருட்டுகள், மினி சுருட்டுகள், சிகரிலோஸ், நீர் குழாய்கள், ஹூக்கா, விஷா, நர்கைல், ஹப்பிள்-பிள், பீடிகள் மற்றும் தூடான புகையிலை பொருட்கள் (HTPs) ஆகியவை அடங்கும்.

46. கடந்த 30 நாட்களில், சிகரெட் அல்லாத புகையிலைப் பொருட்களை எத்தனை நாட்களில் பயன்படுத்தியுள்ளீர்கள்?

- 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. அனைத்து 30 நாட்களும்

அடுத்த கேள்வி புகையில்லாத புகையிலைப் பொருட்களை பற்றியது. புகையிலை, குட்கா, மாவா, பாபுல், தூள், ஹான்ஸ், பேடா, பான்பராஸ் போன்றவை இதில் அடங்கும்.

47. கடந்த 30 நாட்களில், எத்தனை நாட்கள் புகையில்லாத புகையிலை பொருட்களை பயன்படுத்தியுள்ளீர்கள்?

- A. 0 நாட்கள்
- B. 1 - 2 நாட்கள்
- C. 3 - 5 நாட்கள்
- D. 6 - 9 நாட்கள்
- E. 10 - 19 நாட்கள்
- F. 20 - 29 நாட்கள்
- G. அனைத்து 30 நாட்கள்

அடுத்த கேள்வி மின்னியல் சிகரெட்களைப் பற்றியது. மின்னியல் சிகரெட்டுகள் அல்லது இ-சிகரெட்டுகள், பொதுவாக ஆவியாக்கப்பட்டு உள்ளிழுக்கப்படும் நிகோடின் அடிப்படையிலான திரவத்தைக் கொண்டிருக்கும் சாதனங்களாகும். அவற்றை வேப்-பேனாக்கள், ஹூக்கா-பேனாக்கள், மின்னணு ஹூக்காக்கள் (இ-ஹூக்காக்கள்), மின்னணு சுருட்டுகள் (இ-சுருட்டுகள்), மின்னணு

குழாய்கள் (இ-பைப்புகள்) அல்லது மின்-ஆவியாக்கிகள் என்றும் அறிந்திருக்கலாம். சில சிகரெட் போலவும் மற்றவை பேனா அல்லது சிறிய பைப்புகள் போலவும் இருக்கும். அவை புகைக்கு பதிலாக நீராவியை உருவாக்கும். இவை மின்கலத்தில் இயங்கும் சாதனங்களாகும். அவற்றில் புகையிலை இருப்பதில்லை.

48. கடந்த 30 நாட்களில், எத்தனை நாட்கள் மின்னியல் சிகரெட்டைப் பயன்படுத்தி உள்ளீர்கள்?

- 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. அனைத்து 30 நாட்களும்

அடுத்த 3 கேள்விகள் மது அருந்துவது பற்றியவை. சாராயம், கள், காசிப்பு, பீர், ஜின், ரம், வோட்கா, விஸ்கி அல்லது வேறு ஏதேனும் மதுபானம் குடிப்பது இதில் அடங்கும். மது அருந்துவதானது மத நோக்கங்களுக்காக சிறிதளவு மது அருந்துவதை உள்ளடக்குவதில்லை. "பானம்" என்பது ஒரு கிளாஸ் ஒயின், ஒரு பாட்டில் பீர், ஒரு சிறிய கிளாஸ் சாராயம் அல்லது ஹோம் ப்ரூ அல்லது காக்கெய்ல் போன்றன ஆகும்.

49. நீங்கள் முதன்முதல் ஒரு சிறிதளவைத் தவிர, மது அருந்திய போது உங்கள் வயது எவ்வளவு?

- A. நான் மது அருந்தியதே இல்லை
- B. 7 வயது அல்லது அதற்கு குறைவான 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 அதற்கு மேற்பட்டவர்கள்

50. கடந்த 30 நாட்களில், எத்தனை நாட்களில் குறைந்தபட்சம் ஒரு வகை மதுபானம் குடித்தீர்கள்?

- 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. அனைத்து 30 நாட்களும்

51. நண்பர்கள் உங்களுக்கு வழங்கும் மதுபானத்தை உங்களுக்கு வேண்டாம் என்று நண்பரிடம் எப்படி சொல்வது என்று உங்களுக்குத் தெரியுமா?

- A. ஆம்.
- B. இல்லை

- A. 0 முறை
- B. 1 அல்லது 2 முறை
- C. 3 முதல் 5 முறை
- D. 6 முதல் 9 முறை
- E. 10 முதல் 19 முறை
- F. 20 அல்லது அதற்கு மேற்பட்ட முறை

அடுத்த 4 கேள்விகள் போதைப்பொருள் பயன்பாடு பற்றியவை. கஞ்சா (மரிஜுவானா என்றும் அழைக்கப்படுகிறது), அம்.பெடமைன்கள், கோகோயின், உள்ளிழுக்கும் மருந்துகள் மற்றும் ஹெராயின் ஆகியவற்றைப் பயன்படுத்துவதும் இதில் அடங்கும். புகையிலை மற்றும் மது அருந்துவதை இதில் உள்ளடக்க வேண்டாம்.

52. நீங்கள் முதன்முதலில் போதைப்பொருள் பயன்படுத்திய போது உங்கள் வயது எவ்வளவு?

- A. நான் ஒரு போதும் போதைப் பொருளைப் பாவித்ததில்லை
- B. 7 வயது அல்லது குறைவு
- C. 8 வயது 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 அல்லது மேல்

53. உங்கள் வாழ்நாளில் நீங்கள் எத்தனை தடவை கஞ்சா பாவித்துள்ளீர்கள்?

- A. 0 தடவை
- B. 1 அல்லது 2 தடவை
- C. 3 முதல் 5 முறை
- D. 6 முதல் 9 முறை
- E. 10 இலிருந்து 19 தடவை
- F. 20 அல்லது அதற்கு மேல்

54. கடந்த 30 நாட்களில் நீங்கள் எத்தனை தடவை கஞ்சா பாவித்துள்ளீர்கள்?

- A. 0 தடவை
- B. 1 அல்லது 2 தடவை
- C. 3 இலிருந்து 5 தடவை
- D. 6 முதல் 9 முறை
- E. 10 இலிருந்து 19 தடவை
- F. 20 அல்லது மேல்

55. உங்கள் வாழ்நாளில், மருத்துவம் அல்லாத நோக்கங்களுக்காக நீங்கள் எத்தனை முறை அம்.பெடமைன்கள் அல்லது மெத்தம்பேட்டமைன்களை (ஐஸ் என்றும் அழைக்கப்படுகிறது) பயன்படுத்தியுள்ளீர்கள்?

அடுத்த கேள்வி உடலுறவு பற்றியது.

56. நீங்கள் உடலுறவு கொள்ளாததற்கு முக்கிய காரணம் என்ன? ஒரே ஒரு பதிலைத் தேர்ந்தெடுக்கவும்.

- A. நான் உடலுறவு கொண்டுள்ளேன்
- B. நான் போதிய வயது வரை காத்திருக்க விரும்புகிறேன்
- C. நான் திருமணம் ஆகும் வரை காத்திருக்க விரும்புகிறேன்
- D. நான் கர்ப்பம் தரிக்க விரும்பவில்லை
- E. நான் எச்.ஐ.வி/ எய்ட்ஸ் போன்ற பாலியல் ரீதியாக பரவும் நோய்த்தொற்றை பெற விரும்பவில்லை
- F. நான் உடலுறவு கொள்ள விரும்பக்கூடிய நபர் ஒருவரை சந்திக்க வாய்ப்பு கிடைக்கவில்லை
- G. இது எனது மத நம்பிக்கைகள் அல்லது தார்மீக மதிப்பீடுகளுக்கு எதிரானது
- H. வேறு ஒரு காரணம்

அடுத்த கேள்வி எச்.ஐ.வி தொற்று பற்றியது.

57. எச்.ஐ.வி தொற்று அல்லது எய்ட்ஸ் எனப்படும் நோய் பற்றி நீங்கள் எப்போதாவது கேள்விப்பட்டிருக்கிறீர்களா?

- A. ஆம்
- B. இல்லை

அடுத்த 2 கேள்விகள் பாடசாலையில் உங்களுக்கு என்ன கற்பிக்கப்பட்டது என்பதைப் பற்றியன.

58. இந்தப் பாடசாலை ஆண்டில், எச்.ஐ.வி தொற்று அல்லது எய்ட்ஸ் நோயைத் தவிர்ப்பது எப்படி என்று உங்கள் வகுப்பில் ஏதாவது கற்பிக்கப்பட்டுள்ளதா?

- A. ஆம்
- B. இல்லை
- C. எனக்கு தெரியாது

59. இந்தக் கல்வியாண்டில், கர்ப்பம் தரிப்பதைத் தவிர்ப்பது எப்படி என்று உங்கள் வகுப்பில் ஏதாவது கற்பிக்கப்பட்டுள்ளதா?

- A. ஆம்
- B. இல்லை
- C. எனக்கு தெரியாது

அடுத்த 4 கேள்விகள் உடற்செயற்பாடு பற்றியன. உடற்செயற்பாடு என்பது உங்கள் இதயத்துடிப்பை அதிகரித்து, உங்களை கடினமாகச் சுவாசிக்கச் செய்யக்கூடிய எந்தவொரு செயற்பாடுமாகும். உடற்செயற்பாடானது நண்பர்களுடன் விளையாடுதலில், பாடசாலை நடைப்பயிற்சியில்/ உடற்கல்வி வகுப்பில் செய்யப்படலாம். உடற்செயற்பாடுகளின் சில உதாரணங்கள்: ஓடுதல், வேகமான நடைப்பயிற்சி, துவிச்சக்கர வண்டி ஓடுதல், நடனம், காற்பந்து, கிரிக்கெட், எல்லே, கைப்பந்து மற்றும் நீச்சல்.

60. கடந்த 7 நாட்களில், ஒரு நாளைக்கு குறைந்தது 60 நிமிடங்களாவது எத்தனை நாட்கள் உடல் ரீதியான செயற்பாட்டொன்றில் ஈடுபட்டீர்கள்? ஒவ்வொரு நாளும் எல்லா விதமான உடல் செயற்பாடுகளிலும் நீங்கள் செலவழித்த நேரத்தைச் சேர்க்கவும்.

- A. 0 நாட்கள்
- B. 1 நாள்
- C. 2 நாட்கள்
- D. 3 நாட்கள்
- E. 4 நாட்கள்
- F. 5 நாட்கள்
- G. 6 நாட்கள்
- H. 7 நாட்கள்

61. கடந்த 7 நாட்களில், புஷ்-அப்கள், சிட்-அப்கள் அல்லது பளு தூக்குதல் போன்ற உங்கள் தசைகளை வலுப்படுத்தக்கூடிய பயிற்சிகளை எத்தனை நாட்கள் செய்தீர்கள்?

- A. 0 நாட்கள்
- B. 1 நாள்
- C. 2 நாட்கள்
- D. 3 நாட்கள்
- E. 4 நாட்கள்
- F. 5 நாட்கள்
- G. 6 நாட்கள்
- H. 7 நாட்கள்

62. கடந்த 7 நாட்களில், பாடசாலைக்கு எத்தனை நாட்களில் நடந்தீர்கள் அல்லது துவிச்சக்கர வண்டியில் சென்றீர்கள்?

- A. 0 நாட்கள்
- B. 1 நாள்
- C. 2 நாட்கள்
- D. 3 நாட்கள்
- E. 4 நாட்கள்
- F. 5 நாட்கள்
- G. 6 நாட்கள்
- H. 7 நாட்கள்

63. இந்த பாடசாலை ஆண்டில், ஒவ்வொரு வாரமும் எத்தனை நாட்களில் உடற்கல்வி (PE) வகுப்பிற்கு சென்றீர்கள்?

- A. 0 நாட்கள்
- B. 1 நாள்
- C. 2 நாட்கள்
- D. 3 நாட்கள்
- E. 4 நாட்கள்
- F. 5 அல்லது அதற்கு மேற்பட்ட நாட்கள்

அடுத்த கேள்வி நீங்கள் பாடசாலையில் இல்லாதபோது அல்லது வீட்டுப்பாடம் செய்யாதபோது பெரும்பாலும் உட்கார்ந்து அல்லது படுத்துக் கொள்ளும் நேரத்தைப் பற்றியது.

64. தொலைக்காட்சி பார்ப்பது, கணினி விளையாட்டு விளையாடுவது, நண்பர்களுடன் பேசுவது, உங்கள் கைத்தொலைபேசியைப் பயன்படுத்துவது, மோட்டார் வாகனத்தில் பயணம் செய்வது, தூங்குவது அல்லது இணையமூடாக அரட்டை அடிப்பது/ சமூக ஊடங்களைப் பயன்படுத்துவது, எழுதுவது, புத்தகங்களைப் படிப்பது, செய்தித்தாள்களை வாசிப்பது, கேரம் அல்லது சதுரங்கம் விளையாடுவது, போன்ற விடயங்களைச் செய்வதற்கு ஒரு வழக்கமான நாளில் உட்கார்ந்து அல்லது படுத்துக் கொண்டு எவ்வளவு நேரம் செலவிடுகிறீர்கள்? (இரவில் தூங்கும் நேரத்தை உள்ளடக்க வேண்டாம்)

- A. ஒரு நாளைக்கு 1 மணித்தியாலத்திற்கும் குறைவாக
- B. ஒரு நாளைக்கு 1 முதல் 2 மணித்தியாலம்
- C. ஒரு நாளைக்கு 3 முதல் 4 மணித்தியாலங்கள்
- D. ஒரு நாளைக்கு 5 முதல் 6 மணித்தியாலங்கள்
- E. ஒரு நாளைக்கு 7 முதல் 8 மணித்தியாலங்கள்
- F. ஒரு நாளைக்கு 8 மணித்தியாலங்களிற்கும் மேல்

அடுத்த கேள்வி கல்வி அமர்வுகளைப் பற்றியது.

65. நேரிலோ அல்லது இணையத்திலோ பயிற்சி அமர்வில் உட்கார்ந்திருந்து வழக்கமான நாளொன்றில் எவ்வளவு நேரம் செலவிடுகிறீர்கள்?
- A. நான் பயிற்சி அமர்வுகளில் கலந்துகொள்வதில்லை
- B. ஒரு நாளைக்கு 1 மணித்தியாலத்திற்கும் குறைவாக
- C. ஒரு நாளைக்கு 1 முதல் 2 மணித்தியாலம்
- D. ஒரு நாளைக்கு 3 முதல் 4 மணித்தியாலங்கள்
- E. ஒரு நாளைக்கு 5 முதல் 6 மணித்தியாலங்கள்
- F. ஒரு நாளைக்கு 7 முதல் 8 மணித்தியாலங்கள்
- G. ஒரு நாளைக்கு 8 மணித்தியாலங்களிற்கும் மேல்

அடுத்த கேள்வி எவ்வளவு நேரம் நீங்கள் தூங்குகிறீர்கள் என்பது தொடர்பானது.

66. ஒரு சராசரி பாடசாலை நாளின் இரவில், நீங்கள் எத்தனை மணிநேரம் தூங்குவீர்கள்?
- A. 4 அல்லது அதற்கும் குறைவான மணித்தியாலங்கள்
- B. 5 மணித்தியாலங்கள்
- C. 6 மணித்தியாலங்கள்
- D. 7 மணித்தியாலங்கள்
- E. 8 மணித்தியாலங்கள்
- F. 9 மணித்தியாலங்கள்
- G. 10 மணித்தியாலங்கள்
- H. 11 அல்லது அதற்கு மேற்பட்ட மணித்தியாலங்கள்

அடுத்த 9 கேள்விகள் பாடசாலை மற்றும் வீட்டில் உங்கள் அனுபவங்களைப் பற்றியன.

67. கடந்த 30 நாட்களில், அனுமதியின்றி எத்தனை நாட்களில் வகுப்புகள் அல்லது பாடசாலையைத் தவறவிட்டீர்கள்?
- A. 0 நாட்கள்
- B. 1 அல்லது 2 நாட்கள்
- C. 3 முதல் 5 நாட்கள்
- D. 6 முதல் 9 நாட்கள்
- E. 10 அல்லது அதற்கு மேற்பட்ட நாட்கள்
68. கடந்த 30 நாட்களில், உங்கள் பாடசாலையில் உள்ள பெரும்பாலான மாணவர்கள் எத்தனை முறை

உங்களுடன் அன்பாகவும் உதவிகரமாகவும் இருந்தனர்?

- A. ஒரு போதும் இல்லை
- B. அரிதாக
- C. சில நேரங்களில்
- D. பெரும்பாலான நேரங்களில்
- E. எப்போதும்
69. கடந்த 30 நாட்களில், கடினமான பிரச்சனைகள் மற்றும் கவலைகள் பற்றி ஒருவருடன் எத்தனை முறை அடிக்கடி கதைக்க முடிந்தது?
- A. ஒருபோதும் இல்லை
- B. அரிதாக
- C. சில நேரங்களில்
- D. பெரும்பாலான நேரங்களில்
- E. எப்போதும்
70. கடந்த 30 நாட்களில், உங்கள் பாடசாலையில் உள்ள ஆசிரியர் அல்லது ஆலோசகர் போன்ற பெரியவர்களிடம் கடினமான பிரச்சனைகள் மற்றும் கவலைகள் பற்றி எத்தனை முறை உங்களால் பேச முடிந்தது?
- A. ஒருபோதும் இல்லை
- B. அரிதாக
- C. சில நேரங்களில்
- D. பெரும்பாலான நேரங்களில்
- A. எப்போதும்
71. கடந்த 30 நாட்களில், உங்கள் பெற்றோர் அல்லது பாதுகாவலர்கள் உங்கள் பிரச்சனைகள் மற்றும் கவலைகளை எத்தனை முறை புரிந்துகொண்டார்கள்?
- A. ஒருபோதும் இல்லை
- B. அரிதாக
- C. சில நேரங்களில்
- D. பெரும்பாலான நேரங்களில்
- E. எப்போதும்
72. கடந்த 30 நாட்களில், உங்கள் வீட்டுப்பாடம் முடிந்ததா என்பதை உங்கள் பெற்றோர் அல்லது பாதுகாவலர்கள் எத்தனை முறை சோதித்துள்ளனர்?
- A. ஒருபோதும் இல்லை
- B. அரிதாக
- C. சில நேரங்களில்
- D. பெரும்பாலான நேரங்களில்
- E. எப்போதும்

73. கடந்த 30 நாட்களில், உங்கள் ஓய்வூதிய நேரத்தில் நீங்கள் என்ன செய்கிறீர்கள் என்பதை உங்கள் பெற்றோர் அல்லது பாதுகாவலர்கள் எத்தனை முறை தெரிந்துகொண்டார்கள்?

- A. ஒருபோதும் இல்லை
- B. அரிதாக
- C. சில நேரங்களில்
- D. பெரும்பாலான நேரங்களில்
- E. எப்போதும்

74. கடந்த 30 நாட்களில், உங்கள் அனுமதியின்றி உங்கள் பெற்றோர் அல்லது பாதுகாவலர்கள் எத்தனை முறை உங்கள் விடயங்களைப் பரிசோதித்திருக்கிறார்கள்?

- A. ஒருபோதும் இல்லை
- B. அரிதாக
- C. சில நேரங்களில்
- D. பெரும்பாலான நேரங்களில்
- E. எப்போதும்

75. கடந்த 30 நாட்களில், உங்கள் பெற்றோர்கள் அல்லது பாதுகாவலர்கள் எத்தனை முறை உங்களுடன் பாசத்துடனும், கவனிப்புடனும் நேரத்தைச் செலவழித்துள்ளனர்?

- A. ஒருபோதும் இல்லை
- B. அரிதாக
- C. சில நேரங்களில்
- D. பெரும்பாலான நேரங்களில்
- E. எப்போதும்

சமூக ஊடகங்களில் Instagram, Twitter, Snapchat, Facebook, WhatsApp மற்றும் பிற சமூக ஊடக தளங்கள் அடங்கும். இணையவழி தகவல்தொடர்புகளில் குறுஞ்செய்தி மற்றும் மின்னஞ்சல் ஆகியவை அடங்கும்.

76. கடந்த 7 நாட்களில், சமூக ஊடகங்களில் உலாவ, இணையவழி தகவல்தொடர்புக்காக அல்லது இணையத்தில் உலாவ உங்கள் கைத்தொலைபேசியை ஒரு நாளைக்கு எத்தனை மணித்தியாலங்கள் பயன்படுத்தியுள்ளீர்கள்?

- A. கடந்த 7 நாட்களாக என்னிடம் கைத்தொலைபேசி இல்லை
- B. ஒரு நாளைக்கு ஒரு மணித்தியாலத்திற்கும் குறைவாக
- C. ஒரு நாளைக்கு 1 முதல் 2 மணித்தியாலங்கள்

- D. ஒரு நாளைக்கு 3 முதல் 4 மணித்தியாலங்கள்
- E. ஒரு நாளைக்கு 5 முதல் 6 மணித்தியாலங்கள்
- F. ஒரு நாளைக்கு 7 முதல் 8 மணித்தியாலங்கள்
- G. ஒரு நாளைக்கு 8 மணித்தியாலங்களிற்கும் மேல்

77. சமூக ஊடகம் அல்லது இணையத் தொடர்பாடலை நீங்கள் எவ்வாறு பயன்படுத்தலாம் என்பது குறித்து உங்கள் பெற்றோர் அல்லது பாதுகாவலர்கள் விதிகள் வைத்துள்ளார்களா?

- A. ஆம்
- B. இல்லை

அடுத்த கேள்வி மற்றொரு உடல்நலம் தொடர்பான தலைப்பைப் பற்றியது.

78. இந்த கல்வியாண்டில் ஆண், பெண் இருபாலாரும் நியாயமாகவும், மரியாதையுடனும் நடத்தப்பட வேண்டும் என்று உங்கள் வகுப்பில் ஏதாவது கற்பிக்கப்பட்டுள்ளதா?

- A. ஆம்
- B. இல்லை
- C. எனக்குத் தெரியாது

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
Age (Years)									
Total	12.5	(11.0 - 14.2)	2890	11.9	(9.9 - 14.1)	1329	13.1	(11.0 - 15.6)	1561
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

2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

Summary Tables - Weighted Data

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
Age (Years)									
Total	24.3	(21.5 - 27.3)	2905	23.4	(20.2 - 27.0)	1334	25.2	(21.8 - 28.9)	1566
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
Age (Years)									
Total	29.8	(27.6 - 32.1)	2905	29.7	(26.9 - 32.7)	1334	29.9	(27.4 - 32.6)	1566
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

- = Fewer than 100 students in this subgroup

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
Age (Years)									
Total	3.0	(2.3 - 3.9)	2893	2.6	(1.6 - 4.2)	1325	3.5	(2.8 - 4.4)	1562
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
Age (Years)									
Total	43.9	(41.8 - 46.0)	2893	45.2	(42.3 - 48.0)	1325	42.7	(39.1 - 46.4)	1562
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

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_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
Age (Years)									
Total	41.8	(37.3 - 46.5)	2907	37.6	(33.2 - 42.2)	1332	46.1	(40.1 - 52.2)	1569
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
Age (Years)									
Total	83.2	(81.1 - 85.2)	2907	81.5	(78.7 - 84.1)	1332	84.9	(82.3 - 87.3)	1569
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
Age (Years)									
Total	16.8	(14.8 - 18.9)	2907	18.5	(15.9 - 21.3)	1332	15.1	(12.7 - 17.7)	1569
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
Age (Years)									
Total	2.9	(2.2 - 3.7)	2907	3.5	(2.5 - 4.9)	1332	2.3	(1.4 - 3.5)	1569
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

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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

- = Fewer than 100 students in this subgroup

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
Age (Years)									
Total	72.4	(69.8 - 74.7)	2899	71.3	(68.6 - 73.9)	1331	73.5	(69.9 - 76.8)	1562
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
Age (Years)									
Total	27.6	(25.3 - 30.2)	2899	28.7	(26.1 - 31.4)	1331	26.5	(23.2 - 30.1)	1562
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

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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
Age (Years)									
Total	5.0	(4.3 - 5.9)	2899	5.9	(4.8 - 7.2)	1331	4.1	(3.0 - 5.6)	1562
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
Age (Years)									
Total	21.3	(18.7 - 24.2)	2894	19.2	(16.6 - 22.0)	1327	23.4	(19.7 - 27.6)	1561
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

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_ALLSBLESS: 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
Age (Years)									
Total	65.8	(63.4 - 68.1)	2894	64.4	(61.4 - 67.2)	1327	67.3	(64.1 - 70.5)	1561
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
Age (Years)									
Total	34.2	(31.9 - 36.6)	2894	35.6	(32.8 - 38.6)	1327	32.7	(29.5 - 35.9)	1561
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

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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
Age (Years)									
Total	7.0	(6.0 - 8.2)	2894	8.4	(6.9 - 10.2)	1327	5.6	(4.3 - 7.3)	1561
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

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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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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

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
Age (Years)									
Total	72.9	(69.9 - 75.8)	2906	72.2	(67.9 - 76.2)	1331	73.7	(69.6 - 77.4)	1569
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

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_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

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_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
Age (Years)									
Total	13.1	(11.0 - 15.4)	2906	14.2	(11.9 - 16.8)	1331	12.0	(9.4 - 15.2)	1569
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

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_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

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_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
Age (Years)									
Total	13.7	(12.0 - 15.7)	2908	12.3	(10.0 - 15.0)	1334	15.2	(13.0 - 17.8)	1569
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

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_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

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_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
Age (Years)									
Total	28.0	(25.3 - 30.9)	2908	29.8	(26.8 - 32.9)	1334	26.3	(22.9 - 30.0)	1569
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

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_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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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

Summary Tables - Weighted Data

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
Age (Years)									
Total	6.5	(5.4 - 7.8)	2908	7.4	(5.9 - 9.4)	1334	5.5	(4.1 - 7.4)	1569
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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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

Summary Tables - Weighted Data

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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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

Summary Tables - Weighted Data

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
Age (Years)									
Total	60.1	(57.8 - 62.2)	2902	59.0	(55.4 - 62.5)	1331	61.1	(58.3 - 63.8)	1565
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

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

Summary Tables - Weighted Data

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
Age (Years)									
Total	22.6	(20.4 - 24.9)	2902	23.5	(21.0 - 26.3)	1331	21.6	(18.7 - 24.8)	1565
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

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_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
Age (Years)									
Total	70.3	(66.2 - 74.1)	2905	72.3	(67.7 - 76.5)	1334	68.4	(63.1 - 73.2)	1566
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 students 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
Age (Years)									
Total	70.1	(63.6 - 75.9)	2608	68.3	(61.9 - 74.0)	1163	72.0	(64.7 - 78.3)	1440
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
Age (Years)									
Total	95.3	(94.2 - 96.2)	2903	93.7	(92.0 - 95.0)	1332	96.8	(95.8 - 97.6)	1565
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_TOOTH PASTE FLOURIDE: 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
Age (Years)									
Total	6.7	(5.3 - 8.4)	2851	7.7	(5.7 - 10.3)	1305	5.6	(4.3 - 7.2)	1540
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
Age (Years)									
Total	23.3	(19.8 - 27.1)	845	25.1	(20.3 - 30.6)	502	20.2	(16.3 - 24.8)	338
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

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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
Age (Years)									
Total	12.4	(9.7 - 15.8)	887	16.3	(12.7 - 20.8)	518	6.3	(4.1 - 9.6)	365
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
Age (Years)									
Total	22.5	(19.5 - 25.7)	2910	30.9	(26.2 - 36.0)	1335	14.5	(11.7 - 17.9)	1569
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

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_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
Age (Years)									
Total	9.2	(6.7 - 12.3)	1127	11.2	(8.2 - 15.0)	519	7.1	(4.8 - 10.5)	608
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
Age (Years)									
Total	6.6	(5.2 - 8.5)	2907	8.6	(6.1 - 12.1)	1331	4.7	(3.7 - 6.1)	1570
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
Age (Years)									
Total	56.8	(52.5 - 61.0)	2895	47.8	(43.2 - 52.3)	1321	65.6	(60.3 - 70.5)	1568
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
Age (Years)									
Total	32.9	(29.6 - 36.4)	2908	49.5	(45.8 - 53.2)	1335	16.8	(13.9 - 20.2)	1567
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
Age (Years)									
Total	8.8	(7.7 - 10.1)	2881	9.3	(7.6 - 11.4)	1316	8.3	(6.9 - 9.9)	1559
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
Age (Years)									
Total	7.7	(6.4 - 9.3)	2890	7.7	(6.4 - 9.2)	1322	7.8	(5.9 - 10.3)	1562
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

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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
Age (Years)									
Total	11.4	(10.1 - 12.9)	2905	10.1	(8.2 - 12.3)	1332	12.7	(10.8 - 14.8)	1568
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

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_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
Age (Years)									
Total	18.2	(15.8 - 20.7)	2899	15.3	(12.9 - 18.0)	1331	21.0	(18.2 - 24.2)	1562
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

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_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
Age (Years)									
Total	52.1	(49.1 - 55.1)	2875	49.1	(45.2 - 53.0)	1312	54.9	(50.9 - 58.8)	1557
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
Age (Years)									
Total	8.6	(7.5 - 9.8)	2903	7.4	(6.0 - 9.1)	1329	9.7	(7.9 - 11.7)	1568
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_AGEIG: 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
Age (Years)									
Total	6.4	(5.3 - 7.8)	2905	11.5	(9.6 - 13.7)	1331	1.5	(1.0 - 2.2)	1568
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_DAYSMOKELESS: 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
Age (Years)									
Total	7.0	(5.6 - 8.7)	2887	12.2	(9.8 - 15.0)	1321	2.0	(1.3 - 2.9)	1560
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
Age (Years)									
Total	9.7	(7.8 - 12.1)	2855	17.3	(14.1 - 21.1)	1297	2.6	(1.9 - 3.4)	1553
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

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

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

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

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
Age (Years)									
Total	5.6	(4.4 - 7.0)	2879	9.0	(6.9 - 11.6)	1314	2.2	(1.5 - 3.1)	1559
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
Age (Years)									
Total	64.7	(61.8 - 67.5)	2889	65.1	(61.9 - 68.3)	1322	64.3	(60.1 - 68.2)	1562
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
Age (Years)									
Total	3.3	(2.4 - 4.5)	2873	6.0	(4.4 - 8.0)	1307	0.7	(0.4 - 1.1)	1560
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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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

Sri Lanka

Summary Tables - Weighted Data

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
Age (Years)									
Total	1.5	(1.0 - 2.1)	2872	2.4	(1.7 - 3.5)	1312	0.4	(0.1 - 1.1)	1554
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
Age (Years)									
Total	36.0	(32.4 - 39.8)	2701	40.4	(36.4 - 44.5)	1216	32.1	(27.7 - 36.7)	1480
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_TEACHAVIDHIV: 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

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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
Age (Years)									
Total	40.7	(36.6 - 45.0)	2863	33.2	(29.2 - 37.4)	1305	47.7	(42.3 - 53.2)	1553
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

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

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

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_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
Age (Years)									
Total	88.1	(85.7 - 90.1)	2896	85.7	(83.1 - 88.0)	1328	90.2	(86.9 - 92.8)	1562
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

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_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
Age (Years)									
Total	29.7	(26.3 - 33.4)	2896	25.8	(22.7 - 29.1)	1328	33.6	(28.6 - 38.9)	1562
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	Percentage	95% confidence interval	N
Age (Years)												
12 or younger	-	-	86	-	-	36	-	-	47	-	-	47
13 - 15	22.0	(18.6 - 25.8)	1842	34.2	(29.6 - 39.1)	868	10.1	(8.1 - 12.4)	971	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	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	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	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	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	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	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	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	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
Age (Years)									
Total	43.5	(38.6 - 48.5)	2882	41.0	(35.7 - 46.4)	1321	46.0	(39.9 - 52.2)	1555
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
Age (Years)									
Total	20.0	(15.8 - 25.0)	2876	23.6	(18.5 - 29.6)	1311	16.6	(12.5 - 21.7)	1559
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
Age (Years)									
Total	45.4	(42.4 - 48.5)	2874	44.8	(42.0 - 47.7)	1314	45.9	(41.3 - 50.6)	1554
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_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
Age (Years)									
Total	34.3	(31.9 - 36.8)	2888	34.4	(30.8 - 38.1)	1322	34.3	(31.3 - 37.4)	1560
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

- = Fewer than 100 students in this subgroup

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

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_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
Age (Years)									
Total	37.2	(34.3 - 40.2)	2881	38.5	(34.9 - 42.3)	1317	35.7	(32.5 - 39.0)	1558
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

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_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

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_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
Age (Years)									
Total	28.9	(26.0 - 31.9)	2863	32.7	(29.3 - 36.2)	1311	25.3	(22.0 - 28.9)	1547
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

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_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

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_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
Age (Years)									
Total	50.0	(47.5 - 52.6)	2877	56.3	(53.7 - 59.0)	1319	43.8	(40.7 - 46.9)	1552
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

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_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

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_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
Age (Years)									
Total	45.0	(42.6 - 47.4)	2858	41.2	(37.6 - 44.9)	1307	48.5	(45.9 - 51.1)	1545
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

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_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_PARHWORK: 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
Age (Years)									
Total	57.3	(53.2 - 61.3)	2881	57.2	(51.1 - 63.1)	1317	57.4	(54.0 - 60.8)	1558
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

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2024 GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY RESULTS

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

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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
Age (Years)									
Total	22.5	(20.2 - 24.9)	2882	25.0	(21.8 - 28.5)	1318	19.9	(17.3 - 22.9)	1558
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

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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
Age (Years)									
Total	14.1	(12.5 - 15.7)	2865	14.0	(12.6 - 15.6)	1310	14.2	(11.4 - 17.4)	1549
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
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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
Age (Years)									
Total	70.0	(66.4 - 73.3)	2865	67.4	(63.2 - 71.2)	1310	72.4	(67.5 - 76.8)	1549
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
Age (Years)									
Total	29.8	(26.7 - 33.1)	2377	32.2	(28.9 - 35.7)	1082	27.5	(23.7 - 31.7)	1291
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
Age (Years)									
Total	73.6	(70.8 - 76.1)	2808	71.2	(66.8 - 75.2)	1274	75.7	(73.3 - 77.9)	1530
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

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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

N = Number of students in this group
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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)
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)
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)
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)
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.

