

What contributes to students' well-being at school?

Psychological

Students' life satisfaction, sense of purpose, self-awareness, and absence of emotional problems

Physical

Adapting a healthy lifestyle and students' overall health

Cognitive

Students' proficiency in applying what they know to solve problems

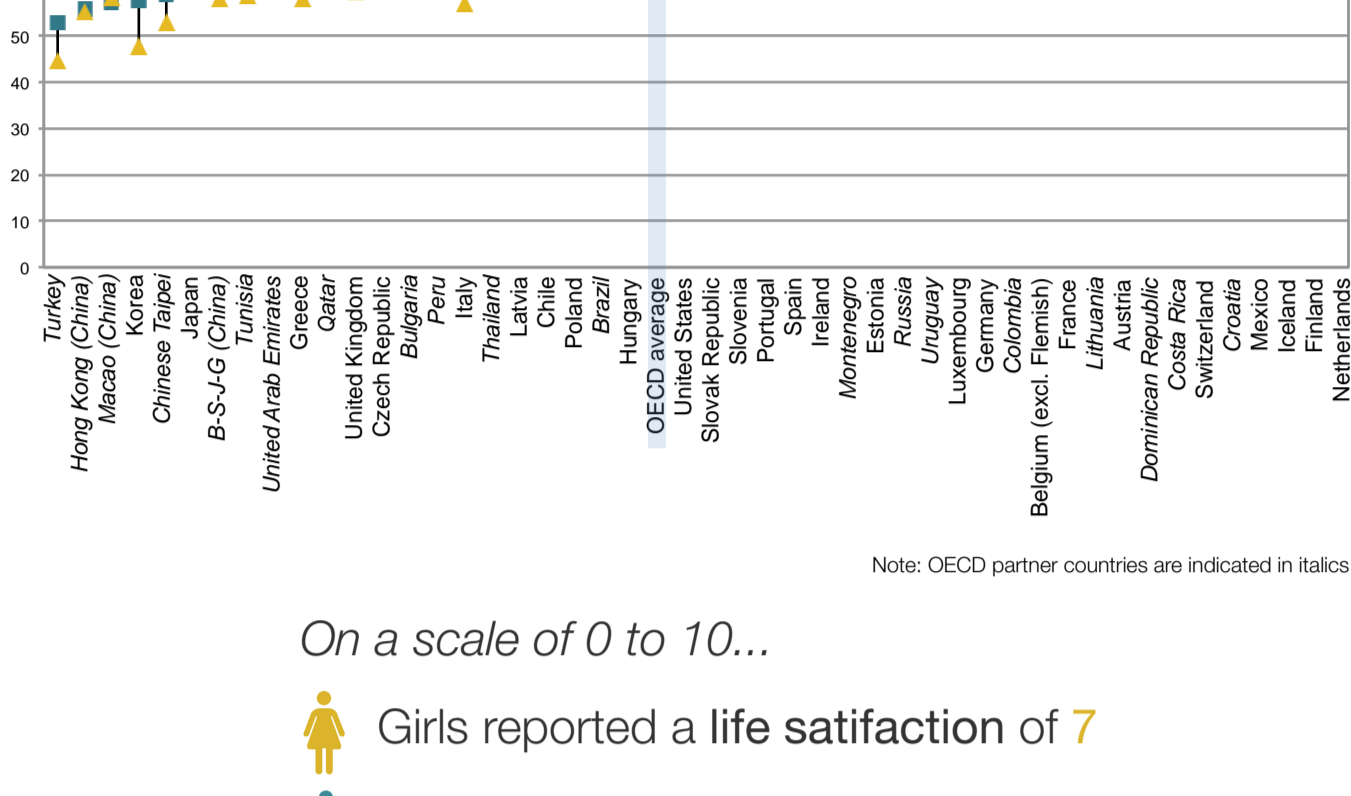
Social

Students' relationships with family, peers and teachers, and students' feelings about their social life

Well-being

Are students satisfied with their lives?

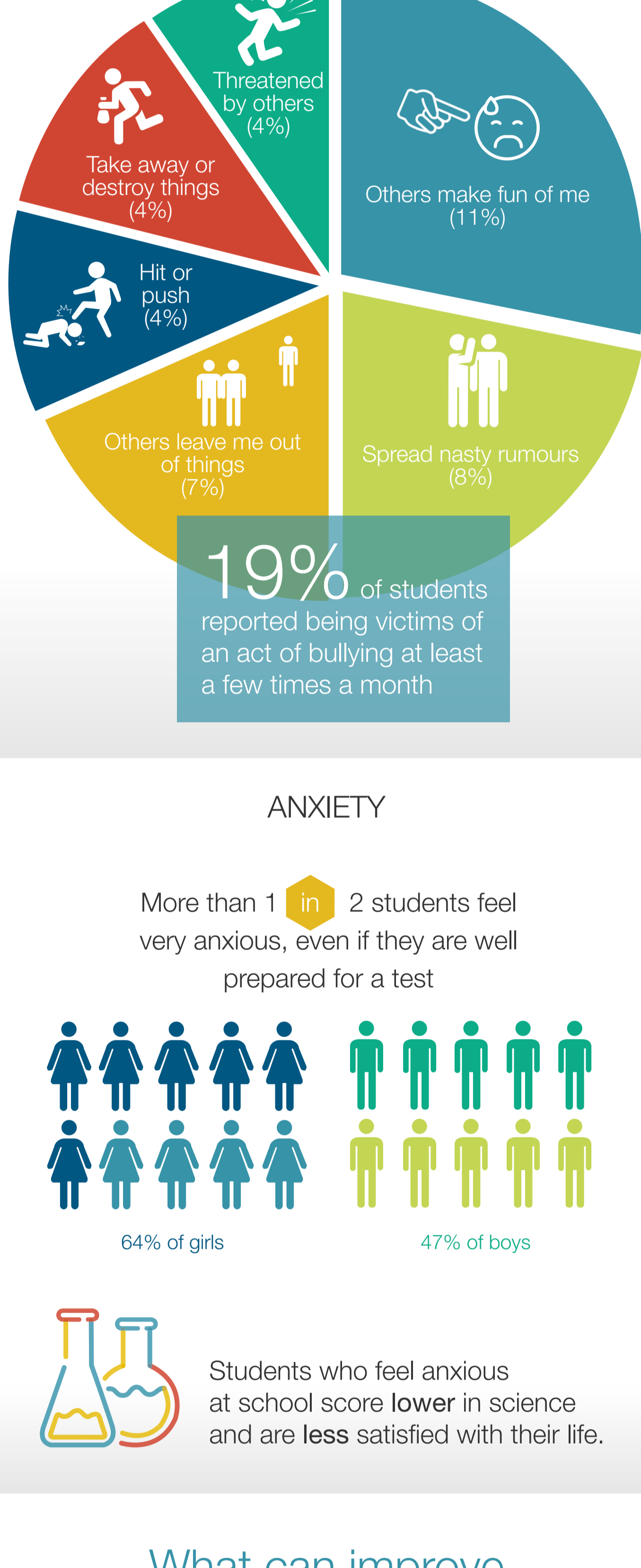
Percentage of boys and girls who are satisfied with their life (reported 7 or higher on a life satisfaction scale from 0 to 10)



On a scale of 0 to 10...
 Girls reported a life satisfaction of 7
 and boys 7.5

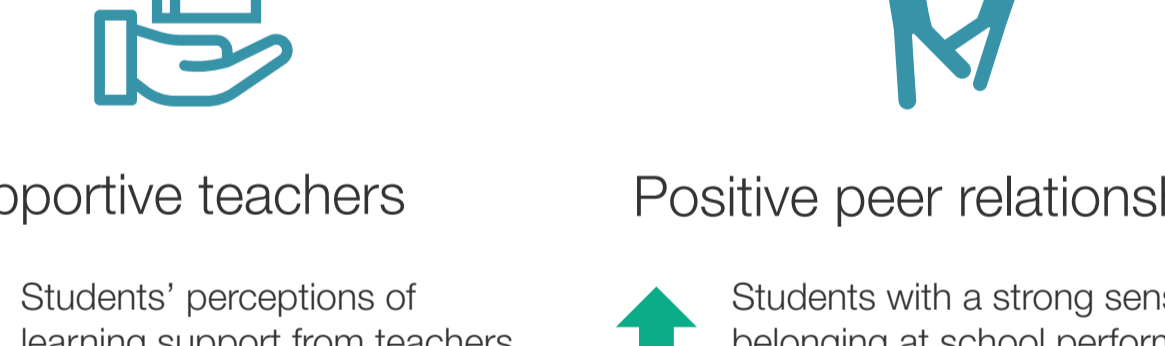
What are the major threats to students' well-being?

BULLYING



ANXIETY

More than 1 in 2 students feel very anxious, even if they are well prepared for a test



Students who feel anxious at school score lower in science and are less satisfied with their life.

What can improve students' well-being?



Supportive teachers

Students' perceptions of learning support from teachers are associated with higher life satisfaction.

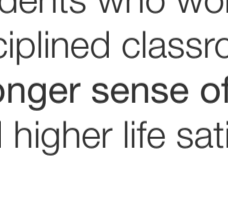
20% of students reported being treated unfairly by their teachers at least a few times a month.



Positive peer relationships

Students with a strong sense of belonging at school perform better and are more satisfied with their life.

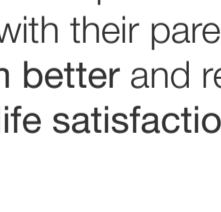
26% of frequently bullied students are not satisfied with their life, while only 10% of students who are not frequently bullied reported so.



A disciplined learning environment

Students who work in a disciplined classroom have a stronger sense of belonging and higher life satisfaction.

Bullying is more frequent in schools with poor disciplinary climate.

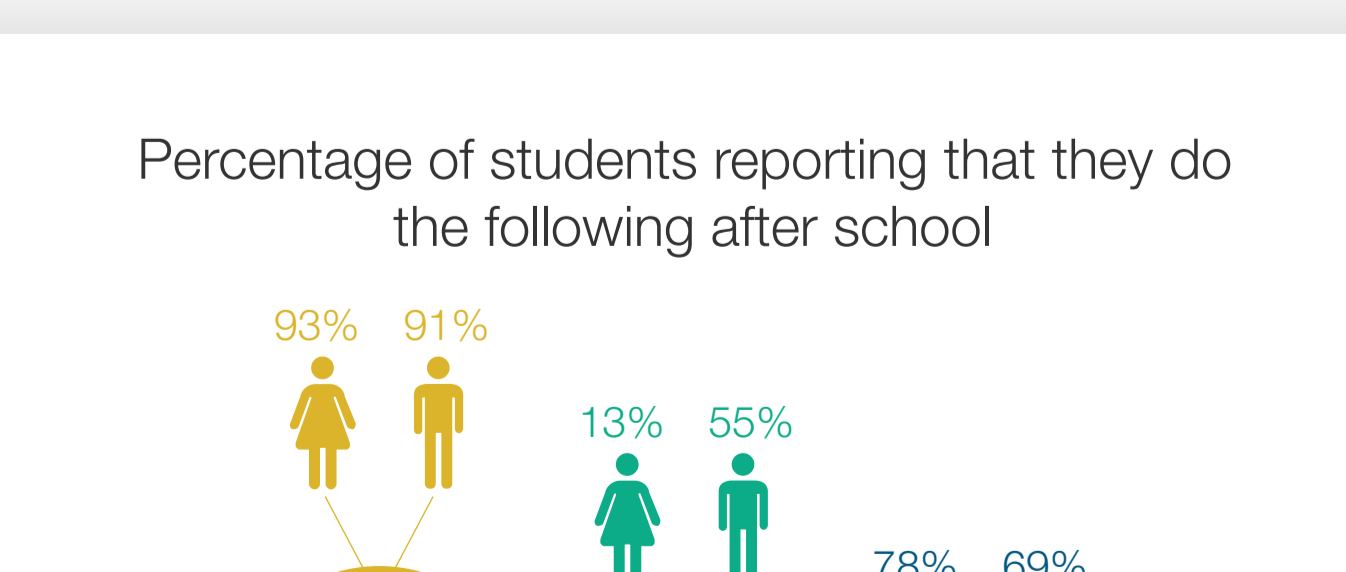


Caring parents

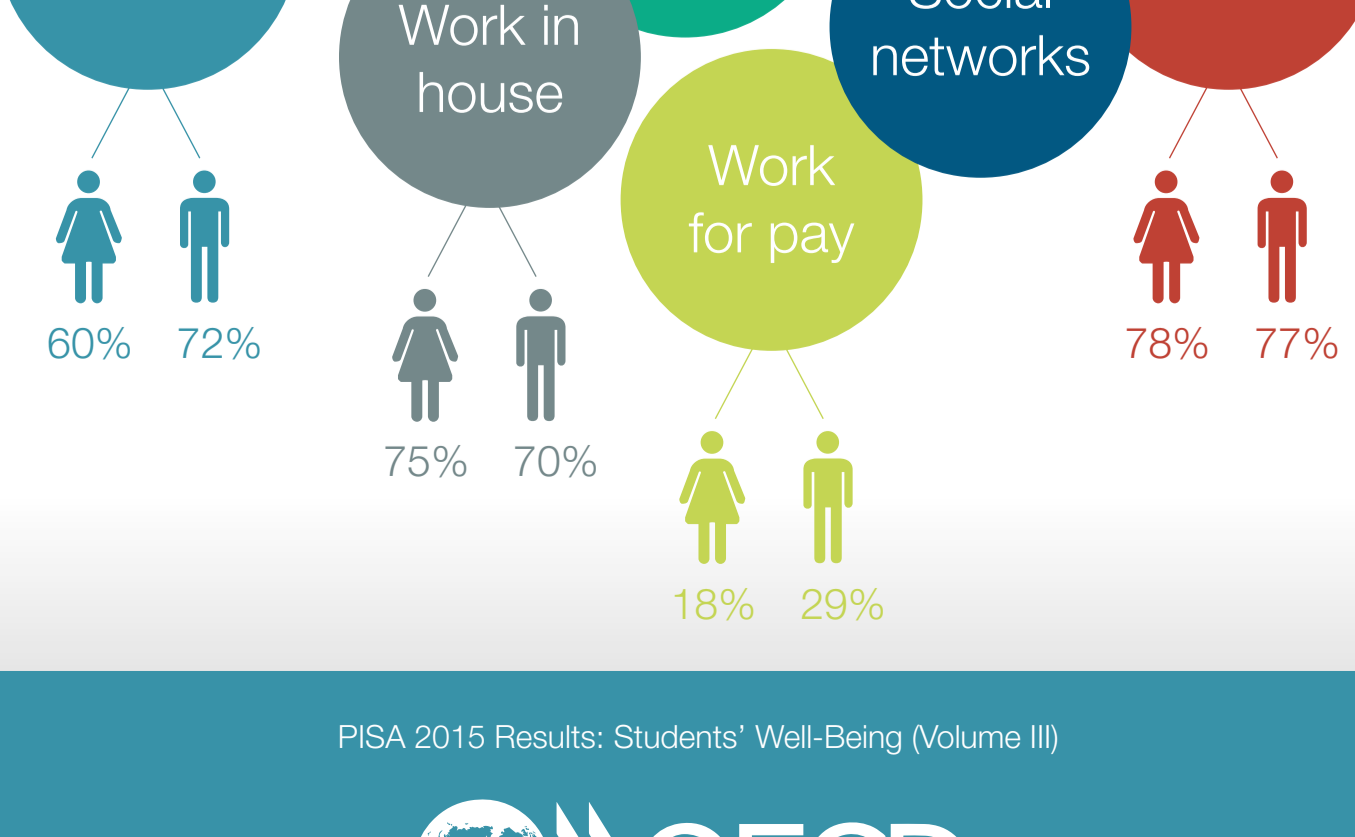
Students who eat the main meal with or who spend time just talking with their parents perform better and report higher life satisfaction.

What does students' life after school look like?

Time spent per day after school



Percentage of students reporting that they do the following after school



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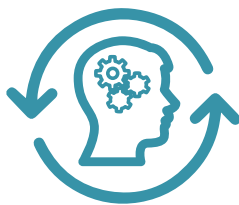
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