





The Perceived Stress Scale - Children (PSS-C)

// The PSS-C is helpful for the early identification of children at risk of anxiety/stress. This is important because stress appears to result in increased vulnerability for poorer school outcomes and reduced home functional performance, as well as resulting in problems with overall health, mental health and body weight.

An effective and efficient assessment for early identification of anxiety/stress in children assists in the development of appropriate interventions.

Created by The University of New Hampshire

-  **Category:** General Wellbeing, Perceived Stress, Mental Health and Wellbeing
-  **Target Audience:** KS1, KS2
-  **Bounce Alerts:** "In the last week, how often did your parent(s)/carer(s) make you feel loved." **Never**
-  **Lesson Plans:** If you are a BounceTogether customer, please visit your Knowledge Centre for our full collection of lesson plans.

Interested in running this survey online, with instant reports? Contact...

www.bouncetogether.co.uk

0161 518 5242 / hello@bouncetogether.co.uk / [@bouncetogether](https://twitter.com/bouncetogether)

What do you need to consider before running a paper survey?

How much will it cost you to print the survey?

There are 4 pages in this survey. If you are going to print a copy for every pupil in your school, this can quickly amount to a significant expense. You also need to factor in the cost of the time it will take you or your school admin to assign the survey and analyse the findings.

How will you collect and analyse the findings?

You need to decide how you will assign the survey, when pupils will complete the questions and how you will collate the findings. It can be very difficult and time consuming to collect the data, especially if you are assigning the survey to your whole school community.

Will you be able to draw valuable insights from the questions?

Assigning the survey on paper can limit your ability to draw valuable insights from the data. You won't be able to segment or compare findings by different school groups or demographics.

Do you need to see individual pupil's results?

Unless you ask pupils to add their name to each survey, you will not be able to see their answers at the individual level. This can be critical, especially for a topic with such close links to safeguarding, as you need to be able to take action if a child answers a particular question in a concerning way.

Let us run a fully-managed survey for you!

- ✓ We will run the survey for **just £49** - use discount code 'BTSurvey'
- ✓ We will create the survey and send you a unique url to send to all pupils.
- ✓ We will analyse all findings for you and provide your results in a professionally-formatted report.
- ✓ Choose to segment findings by year groups or school groups.
- ✓ We will help you digest and understand your results in a one-to-one call.



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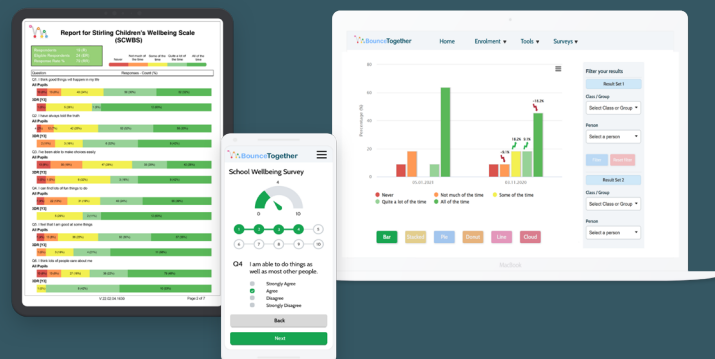
Here are some statements or descriptions about how you might have been feeling or thinking about things over the last week. Please put a tick underneath the answer which best describes your thoughts or feelings. There are no right or wrong answers!

Statements 'In the last week...'	Never	A little	Sometimes	A lot
...how often did you feel rushed or hurried?				
...how often did you have enough time to do what you wanted?				
...how often did you feel worried about being too busy?				
...how often did you feel worried about your grades or school?				
...how often did your parent(s)/carer(s) make you feel better?				
...how often did your parent(s)/carer(s) make you feel loved?				
...how often did you feel nervous?				
...how often did you feel angry?				
...how often did you feel happy?				
...how often did you get enough sleep?				
...how often did you have fights with friends?				
...how often did you play with friends?				
...how often did you feel that you have enough friends?				

😊 **Thank you for completing this survey and for your honesty!** 😊



- ✓ Access the largest repository of evidence-based, fully researched surveys for pupils, staff and parents.
- ✓ Produce clear, presentation ready reports to share instantly with different stakeholders.
- ✓ Use powerful insights to make confident, data-driven decisions on your whole-school wellbeing strategy.
- ✓ Easily filter and segment findings to make comparisons between year groups, classes, and school demographics.
- ✓ Be alerted in real-time to concerning responses, dips in wellbeing, and add unfiltered pupil to your safeguarding records.
- ✓ Use our collection of fully-researched lesson plans to develop targeted action plans for pupils and cohorts.



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