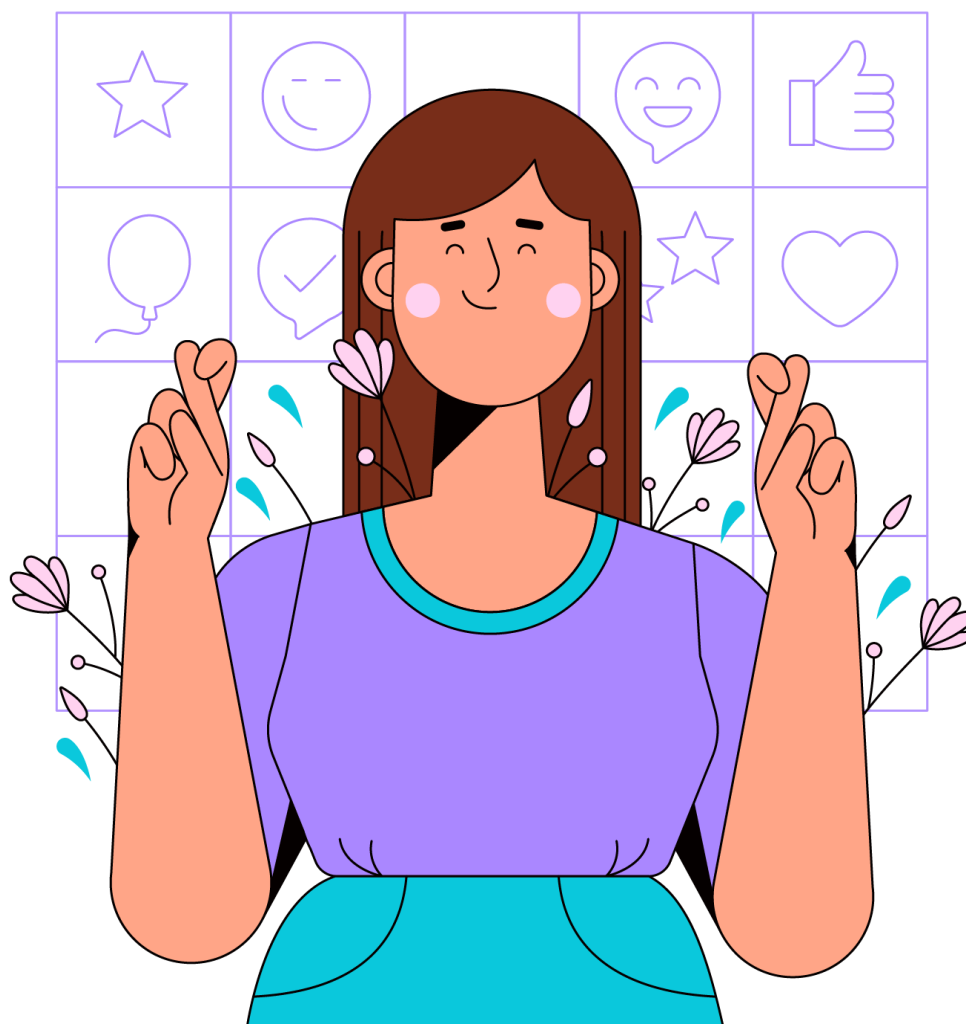


:PERMA:DIGITAL

PERMA Digital Well-being Index for Students



User Manual

Each statement is rated on a 5-point Likert scale:

| | |
|---|--|
| 1 – Strongly Disagree 2 – Disagree | Low Scores (1–2): Signals potential risks or gaps; prioritise these areas for strategic planning and support. |
| 3 – Neither Agree nor Disagree | Moderate Scores (3): Suggests room for improvement; may benefit from targeted interventions or training. |
| 4 – Agree 5 – Strongly Agree | High Scores (4–5): Indicates strong alignment with digital well-being practices; consider sharing best practices. |

Scores can be aggregated by domain to assess strengths and areas for growth. Optionally, average scores per domain are calculated and compared across roles (e.g., teachers, students, leaders). Use trends across domains to inform professional development planning, technology purchase decisions, curriculum updates and policy revision.



PERMA Digital Well-being Index for Students

This questionnaire helps you think about how you feel and act when using digital tools like computers, tablets, and phones. There are five parts. For each sentence, think about how true it is for you.

| | | | | | |
|---|---|---|---|---|---|
| Circle the number that shows how much you agree or disagree | | | | | |
| 1 = Strongly Disagree | | | | | |
| 2 = Disagree | | | | | |
| 3 = Neither Agree nor Disagree | | | | | |
| 4 = Agree | | | | | |
| 5 = Strongly Agree | | | | | |
| I like using technology in school activities. | 1 | 2 | 3 | 4 | 5 |
| Using technology for learning is fun. | 1 | 2 | 3 | 4 | 5 |
| I get stressed when I use technology for learning | 1 | 2 | 3 | 4 | 5 |
| I feel safe online. | 1 | 2 | 3 | 4 | 5 |
| I am aware of how much time I spend using technology for learning. | 1 | 2 | 3 | 4 | 5 |
| I know when I need a break when using technology. | 1 | 2 | 3 | 4 | 5 |
| I find it hard to focus on learning when using technology. | 1 | 2 | 3 | 4 | 5 |
| Technology helps me connect with my friends. | 1 | 2 | 3 | 4 | 5 |
| Using technology makes me feel lonely | 1 | 2 | 3 | 4 | 5 |
| I can easily communicate with my teacher using technology | 1 | 2 | 3 | 4 | 5 |
| I use technology to learn together (e.g. group activities) with my classmates | 1 | 2 | 3 | 4 | 5 |
| I have felt anxious because of the things I see and experience online | 1 | 2 | 3 | 4 | 5 |

| | | | | | |
|---|---|---|---|---|---|
| Digital tools help me learn about things that are important to me | 1 | 2 | 3 | 4 | 5 |
| Technology helps me spend time with my friends and do my hobbies | 1 | 2 | 3 | 4 | 5 |
| People online have pressured me to say or do something I did not want to | 1 | 2 | 3 | 4 | 5 |
| I know how to use digital tools well for my schoolwork | 1 | 2 | 3 | 4 | 5 |
| I get feedback on my schoolwork through digital tools | 1 | 2 | 3 | 4 | 5 |
| Technology helps me to do better at school | 1 | 2 | 3 | 4 | 5 |
| In our school, we discuss with teachers what is safe, purposeful and balanced use of digital technologies | 1 | 2 | 3 | 4 | 5 |
| In our school, I know who I can talk to if I am being bullied online | 1 | 2 | 3 | 4 | 5 |
| In our school we learn about new digital technologies (e.g. artificial intelligence, robots, augmented and virtual reality) | 1 | 2 | 3 | 4 | 5 |
| Our teachers listen to our preferences on the use of digital tools and devices | 1 | 2 | 3 | 4 | 5 |
| My parents can help me if I have trouble online | 1 | 2 | 3 | 4 | 5 |
| My parents can help me learn to use digital tools for schoolwork | 1 | 2 | 3 | 4 | 5 |
| My parents help me control the time I spend online | 1 | 2 | 3 | 4 | 5 |
| In our school, we have enough modern computers or tablets so everyone can be part of the lesson and learning | 1 | 2 | 3 | 4 | 5 |
| The digital technologies at school are easy to use | 1 | 2 | 3 | 4 | 5 |
| The digital technologies we use in our school actually help me learn | 1 | 2 | 3 | 4 | 5 |
| Our school has rules on the use of digital devices (when and where they are allowed) | 1 | 2 | 3 | 4 | 5 |

| | | | | | |
|---|---|---|---|---|---|
| Our school has rules on safe online and offline communication among school community members | 1 | 2 | 3 | 4 | 5 |
| I am aware of online dangers and the protection of personal information | 1 | 2 | 3 | 4 | 5 |
| In our school, we are taught how to use technology in a healthy and useful way (e.g. healthy online habits) | 1 | 2 | 3 | 4 | 5 |
| In our school, I learn about new digital technologies (e.g. AI) and both their benefits and risks | 1 | 2 | 3 | 4 | 5 |
| In our school, I learn about the safe, balanced and purposeful use of digital technology | 1 | 2 | 3 | 4 | 5 |