

Project Cal-Well California Healthy Kids Survey Custom Module – SECONDARY
11/26/19

Please mark one answer for each statement unless it says to mark all that apply. You do not have to answer any questions you don't want to answer.

How strongly do you agree or disagree with the following statements?	Strongly disagree	Disagree	Agree	Strongly agree
1. My school encourages students to understand how others think and feel.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. My school helps students solve conflicts with one another.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I have an adult at school I can talk to about my problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I know where to go at school for help when I am very sad, stressed, or depressed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The next questions ask about when you or someone you know was having a hard time and feeling very sad, stressed, or depressed.

If someone my age felt very sad, stressed or depressed...	Strongly disagree	Disagree	Agree	Strongly agree
5. Talking to an adult could help them feel better.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Kids at my school would be nice to them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If I was very sad, stressed or depressed...	Strongly disagree	Disagree	Agree	Strongly agree
7. Talking to an adult could help me feel better.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Kids at my school would be nice to me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

9. In the past month, how often did you feel stressed?

- Never
- Sometimes
- Most of the time
- All of the time

10. In the past month, how often did you feel very sad or depressed?

- Never
- Sometimes
- Most of the time
- All of the time

11. If you were feeling very sad, stressed or depressed, would you... *(mark all that apply)*

- Talk to a teacher or another adult at school
- Talk to your parents or someone else in your family
- Get help from a counselor, doctor or therapist
- Talk to your friends
- Be afraid to get help
- Feel bad about yourself if you made the choice to get help
- Not know what to do

The next questions ask about talking to an “adult professional,” like a counselor, doctor or therapist.

12. In the past year, did you want to talk to an adult professional about feeling very sad, stressed or depressed?

- No
- Yes
- I don't know

13. In the past year, did you get help from an adult professional to talk about your feelings when you needed it?

- Does not apply, I didn't need help
- No, I didn't get help when I needed it
- Yes, I got help when I needed it

14. In the past year, where did you get help from an adult professional to talk about your feelings? *(mark all that apply)*

- Nowhere
- At school
- At a counselor, doctor or therapist's office not at school
- Somewhere else
- I don't know

15. In the past year, did an adult at school refer or connect you to a counselor, doctor or therapist outside of school?

- No
- Yes
- I don't know

16. If you were very sad, stressed or depressed, would any of these things stop you from talking to an adult professional? *(mark all that apply)*

- You don't know where to go for help
- There isn't anyone you can talk to
- They wouldn't understand
- People would think there's something wrong with you
- Your parents might find out
- Other students might find out
- You don't have a way to pay for it
- You don't want to talk to an adult professional
- Other reasons
- Does not apply, none of these things would stop me from talking to an adult professional