

Project Cal-Well California Healthy Kids Survey Custom Module – SECONDARY

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.

	Not at all true	A little true	Pretty much true	Very much true
1. This school encourages students to feel responsible for how they act.				
2. This school encourages students to understand how others think and feel.				
3. This school helps students solve conflicts with one another.				
4. I have a friend who really cares about me.				
5. I have a friend I can talk to about my problems.				
6. I have a friend who helps me when I'm having a hard time.				
7. I have an adult I can talk to about my problems.				
8. I know who to go to for help when I am sad, stressed, or depressed.				
9. There is a purpose to my life.				
10. I understand my moods and feelings.				
11. I know why I do what I do.				
12. I feel bad when someone gets their feelings hurt.				
13. I try to understand what other people go through.				
14. I try to understand how other people feel and think.				
15. Overall, I expect more good things to happen to me than bad things.				
16. Each day I look forward to having a lot of fun.				
17. I usually expect to have a good day.				

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

18. If a friend of mine felt this way, I would... (mark all that apply)

- Offer my support
- Listen to them without judging or criticizing
- Tell them to talk to a teacher or another adult at school
- Tell them to talk to a parent or someone else in their family
- Tell them to get help from a counselor, doctor or therapist
- Try not to talk to them until they got better
- Not know what to do

19. If I felt this way, I would... (mark all that apply)

- Talk to a teacher or another adult at school
- Talk to my parents or someone else in my family
- Get help from a counselor, doctor or therapist
- Talk to my friends
- Not know what to do

If someone my age felt sad, stressed or depressed...	Not at all true	A little true	Pretty much true	Very much true
20. Talking to an adult could help them feel better.				
21. Kids at my school would be nice to them.				

22. I would be afraid to ask for help.				
23. I would feel bad about myself if I made the choice to get help.				

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

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

- Yes
- No
- Don't know

25. In the past year, how often did you get help from an adult professional when you needed it?

- Always
- Most of the time
- Some of the time
- Never
- Does not apply, I didn't need help

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

- I don't know where to go for help
- There isn't anyone I can talk to
- They wouldn't understand
- People would think there's something wrong with me
- My parents might find out
- Other students might find out
- I don't have a way to pay for it
- Other