



## Spring 2022 Updated Content

To better support you, your school and teachers would like to ask you some questions about how you think and feel. Only your teachers and school leaders will be able to see your responses, which will not affect your class grades. Please respond honestly—there are no right or wrong answers!

### Feelings in General

In this section, we are hoping to learn how you experience different emotions that may occur in your life (whether inside or outside of school).

1. When you are feeling pressured, how easily can you stay in control?

- Not easily at all     
  Slightly easily     
  Somewhat easily     
  Quite easily     
  Extremely easily

2. How often are you able to pull yourself out of a bad mood?

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always

3. When everybody around you gets angry, how relaxed can you stay?

- Not relaxed at all     
  Slightly relaxed     
  Somewhat relaxed     
  Quite relaxed     
  Extremely relaxed

4. How often are you able to control your emotions when you need to?

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always

5. Once you get upset, how often can you get yourself to relax?

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always

6. When things go wrong for you, how calm are you able to remain?

- Not calm at all     
  Slightly calm     
  Somewhat calm     
  Quite calm     
  Extremely calm

### Your Feelings

These questions ask about how you've been feeling recently. Please respond honestly—there are no right or wrong answers because there are no right or wrong feelings! Your answers will help us better support you and other students, and will not affect your grades or show up on your report card. You can skip any question you don't feel comfortable answering.

During the past week, how often did you feel \_\_\_\_\_?

7. excited

- Almost never     
  Once in a while     
  Sometimes     
  Frequently     
  Almost always



8. happy

Almost never

Once in a while

Sometimes

Frequently

Almost always

9. loved

Almost never

Once in a while

Sometimes

Frequently

Almost always

10. safe

Almost never

Once in a while

Sometimes

Frequently

Almost always

11. hopeful

Almost never

Once in a while

Sometimes

Frequently

Almost always

12. angry

Almost never

Once in a while

Sometimes

Frequently

Almost always

13. lonely

Almost never

Once in a while

Sometimes

Frequently

Almost always

14. sad

Almost never

Once in a while

Sometimes

Frequently

Almost always

15. worried

Almost never

Once in a while

Sometimes

Frequently

Almost always

16. frustrated

Almost never

Once in a while

Sometimes

Frequently

Almost always

17. Thinking about everything in your life right now, what makes you feel the happiest?

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18. Thinking about everything in your life right now, what feels the hardest for you?

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### Help From Other People

In this section, tell us about how other people help you.

19. Do you have a teacher or other adult from school who you can count on to help you, no matter what?

       
No      Yes

20. Do you have a family member or other adult outside of school who you can count on to help you, no matter what?

       
No      Yes

21. Do you have a friend from school who you can count on to help you, no matter what?

       
No      Yes

22. Do you have a teacher or other adult from school who you can be completely yourself around?

       
No      Yes

23. Do you have a family member or other adult outside of school who you can be completely yourself around?

       
No      Yes

24. Do you have a friend from school who you can be completely yourself around?

       
No      Yes

25. What can teachers or other adults at school do to better support you?

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26. What is your current grade?

                                                                   
9th Grade                      10th Grade                      11th Grade                      12th Grade

27. During the past 30 days did you smoke part or all of a cigarette?

       
Yes      No

28. During the past 30 days did you drink one or more drinks of an alcoholic beverage?

       
Yes      No



29. During the past 30 days did you use marijuana or hashish?

Yes No

30. During the past 30 days did you use prescription drugs not prescribed to you?

Yes No

31. How wrong do your friends feel it would be for you to smoke tobacco?

Not wrong at all

A little bit wrong

Wrong

Very wrong

32. How wrong do your friends feel it would be for you to have one or two drinks of an alcoholic beverage nearly every day?

Not wrong at all

A little bit wrong

Wrong

Very wrong

33. How wrong do your friends feel it would be for you to smoke marijuana?

Not wrong at all

A little bit wrong

Wrong

Very wrong

34. How wrong do you friends feel it would be for you to use prescription drugs not prescribed to you?

Not wrong at all

A little bit wrong

Wrong

Very wrong

35. How much do you think people risk harming themselves (physically or in other ways) if they smoke one or more packs of cigarettes per day?

No Risk

Slight Risk

Moderate Risk

Great Risk

36. How much do you think people risk harming themselves (physically or in other ways) if they have five or more drinks of an alcoholic beverage once or twice per week?

No Risk

Slight Risk

Moderate Risk

Great Risk

37. How much do you think people risk harming themselves (physically or in other ways) if they take one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day?

No Risk

Slight Risk

Moderate Risk

Great Risk

38. How much do you think people risk harming themselves (physically or in other ways) if they smoke marijuana once or twice per week?

No Risk

Slight Risk

Moderate Risk

Great Risk



39. How much do you think people risk harming themselves (physically or in other ways) if they use prescription drugs that are not prescribed to them?

No Risk

Slight Risk

Moderate Risk

Great Risk

40. How wrong do your parents feel it would be for you to smoke tobacco?

Not wrong at all

A little bit wrong

Wrong

Very Wrong

41. How wrong do your parents feel it would be for you to have one or two drinks of an alcoholic beverage (for example beer, coolers, or liquor) nearly every day?

Not wrong at all

A little bit wrong

Wrong

Very Wrong

42. How wrong do your parents feel it would be for you to smoke marijuana?

Not wrong at all

A little bit wrong

Wrong

Very wrong

43. How wrong do your parents feel it would be for you to use prescriptions drugs not prescribed to you?

Not wrong at all

A little bit wrong

Wrong

Very wrong

SAMPLE FORM