

Wyoming Project AWARE Student Survey: High School

Instructions: Thank you for taking part in this survey. The purpose of the survey is to learn how students in our schools feel about their community, peers, and family. We also want to learn about their knowledge of mental health and substance use supports. Your answers give us important information that will help Wyoming communities to become even better!

- The survey is completely voluntary and anonymous, which means your teachers and family will not see your answers. No one will ever see how you filled out your survey.
- This is not a test, so there are no right or wrong answers. We just want to know how you feel.
- Please read each item carefully. Most questions ask for only one answer. You may select more than one answer on the questions that have: "Select all that apply" next to a square box. If you do not find an answer that fits exactly, use the one that comes closest. If you are unsure of what it means, just leave it blank. You can skip any questions that you do not wish to answer.
- If you need help reading a question, you may ask an adult in the room.

This survey should take you about 20 minutes. Thank you for taking this survey!

To begin, the following questions ask about your experiences at school, with family, and in your community.

1. What is your grade?

- 9
- 11

2. An adult I know believes that I will be a success.

- Not at all true
- A little true
- Pretty much true
- Very much true

3. An adult I know listens to me when I have something to say.

- Not at all true
- A little true
- Pretty much true
- Very much true

4. An adult I know really cares about me.

- Not at all true
- A little true
- Pretty much true
- Very much true

5. A student at my school really cares about me.

- Not at all true
- A little true
- Pretty much true
- Very much true

6. A student at my school helps me when I'm having a hard time.

- Not at all true
- A little true
- Pretty much true
- Very much true

7. My family members really help and support one another.

- Not at all true
- A little true
- Pretty much true
- Very much true

8. I can count on my family to support me 100% no matter what.

- Not at all true
- A little true
- Pretty much true
- Very much true

9. What activities do you participate in?

Select all that apply.

- I play on or help with sports teams at school
- I play on or help with sports teams in the community
- I join clubs or organizations at school (e.g., school newspaper, student government, school plays, language clubs, hobby clubs, drama club, debate)
- I join clubs or organizations outside of school (e.g., 4-H, Scouts, Boys and Girls Clubs, YWCA, YMCA, community gym/pool, youth groups)
- I take lessons or practice a hobby in music, art, drama, or dance
- I help other people without getting paid (e.g., volunteering)
- I work for money (e.g., babysitting, yard work)
- None of the above

10. On most days, how much time do you spend with no adult at home before and after school?

- There is almost always an adult at home with me before and after school
- 1-2 hours
- 3-4 hours
- 5 or more hours

11. In the last month, how many days did you not go to school because you felt unsafe at school or on your way to or from school?

- 0 days
- 1 day
- 2 or 3 days
- 4 or more days

12. Bullying is when someone repeatedly harms you or intimidates you for any reason.

In the last month, have you been bullied?

- No (Skip to 14)
- Yes

13. IF YES TO BULLYING: In what way(s) were you bullied?

Select all that apply.

- Someone said things about me to make other students laugh (made fun of)
- Someone called me (or my family) bad names
- Someone spread a false rumor or lied about me
- I was left out on purpose by other kids when it was time to do an activity
- Someone said negative things about my culture, race/ethnicity, or religion
- I was electronically bullied through texting, Instagram, Facebook, or other social media
- I was pushed, shoved, or physically hurt
- I was bullied by a sibling
- Other (please specify: _____)

Mental health includes emotional, psychological, spiritual, and social well-being. It affects how people think, feel, and act, as well as how we handle stress, relate to others, and make choices. The next set of questions ask about your knowledge, feelings, and experiences related to mental health.

14. People at my school talk openly about mental health.

- Not at all true
- A little true
- Pretty much true
- Very much true

15. My school encourages students to take care of their mental health.

- Not at all true
- A little true
- Pretty much true
- Very much true

16. Where do you learn about mental health?

Select all that apply.

- Social media/online/apps
- A parent/family member/caregiver
- A friend/other students
- Teachers/adults at my school
- My doctor/therapist
- My church/religious community
- Books or magazines/podcasts/TV
- None - I have not received information about mental health.

17. I have learned a lot about mental health from an adult at my school (for example, what it is, how to take care of myself, what to do if I need help).

- Not at all true
- A little true
- Pretty much true
- Very much true

A mental health issue affects a person's thinking, feeling, mood, or behavior, such as depression, anxiety, or schizophrenia. Such conditions may happen every once in a while or be long-lasting.

18. My family is generally caring and understanding of people with a mental health issue.

- Not at all true
- A little true
- Pretty much true
- Very much true

19. Most kids my age are generally caring and understanding of people with a mental health issue.

- Not at all true
- A little true
- Pretty much true
- Very much true
- I don't know

20. People with a mental health issue can get better.

- Not at all true
- A little true
- Pretty much true
- Very much true

21. Having a mental health issue is nothing to be ashamed of.

- Not at all true
- A little true
- Pretty much true
- Very much true

22. People with a mental health issue make me feel uncomfortable.

- Not at all true
- A little true
- Pretty much true
- Very much true

23. Mental health issues are uncommon, and most people are not affected by them.

- Not at all true
- A little true
- Pretty much true
- Very much true

24. People with a mental health issue can lead normal lives.

- Not at all true
- A little true
- Pretty much true
- Very much true

25. At school, I know where to go or who to contact for help when I am very sad, stressed, angry, out-of-control, or lonely.

- No
- Yes

26. In the past year, did you get help from a school/guidance counselor when you needed it (for example, because you felt very sad, stressed, angry, out-of-control, or lonely)?

- Does not apply, I didn't need help
- No, I didn't get help when I needed it
- No, I didn't know where to go for help when I needed it
- Yes, I got help when I needed it

27. If I was feeling very sad, stressed, angry, out-of-control, or lonely, I would...

Select all that apply.

- talk to a teacher or another adult from my school
- talk to my parents or someone else in my family
- get help from a therapist/ counselor through my school
- get help from a therapist/counselor, but not through my school
- talk to my friends
- call or text a hotline (telephone number that anyone can use to get help)
- search social media/online/apps
- deal with it on my own
- be afraid to get help
- not know what to do

28. Which of the following do you use to help you when you feel sad, stressed, angry, out-of-control, or lonely?

Select all that apply.

- Ignore my feelings and act like everything is normal
- Spend more time alone
- Spend more time on social media or gaming
- Sleep or spend time in bed
- Do something creative or a hobby
- Talk to someone about how I'm feeling
- Eat more food
- Exercise more
- Spend time outdoors
- Spend time with pets
- Learn about what makes me stressed/upset
- Shop

- Journal, draw, or do art
- Listen to music
- Drink alcohol or do drugs

29. Which of the following made you feel sad, stressed, angry, out-of-control, or lonely during the past 30 days?

Select all that apply.

- Too much homework
- Tests/exams at school
- Difficult classes or homework
- Getting good grades
- Doing what is expected of me at school
- Getting along with my teachers
- Pressure to fit in
- Pressure from my family to do well at school
- Thinking about my future
- None of the above

30. Which of the following made you feel sad, stressed, angry, out-of-control, or lonely during the past 30 days?

Select all that apply.

- Problems at home
- Being alone
- Concerns about the world
- Being around people
- What I saw on social media
- Money concerns
- Medical concerns
- Traveling
- Getting along with my friends
- Drinking or doing drugs
- None of the above

31. In the past 30 days, the following happened to me...

Select all that apply.

- I broke up with my boyfriend/girlfriend
- I failed a test or a class
- someone I know was homeless
- my parents got divorced
- someone I know went to sleep hungry
- I had a big fight with someone I care about
- someone I know went to jail or got in trouble with the police
- someone I know died
- someone I know attempted suicide
- someone I know was seriously injured, sick, or hospitalized

- someone I know used drugs or drank heavily
- none of these happened to me

The next section asks about your experiences and feelings about drugs and alcohol.

32. Where do you learn about the risks of using drugs and alcohol?

Select all that apply.

- Social media/online/apps
- A parent/family member/caregiver
- A friend/other students
- My teachers/adults at my school
- My doctor/therapist
- My church/religious community
- Books or magazines/podcasts/TV
- Law enforcement or other community organizations (for example, DARE)
- None - I have not received information about drugs and alcohol.

33. I have learned a lot about the risks of using drugs and alcohol from an adult at my school.

- Not at all true
- A little true
- Pretty much true
- Very much true

34. If I had concerns about drugs, alcohol, or some other substance-related issue, I would...

Select all that apply.

- talk to a teacher or another adult from my school
- talk to my parents or someone else in my family
- get help from a school/guidance counselor
- get help from a therapist
- talk to my friends
- call or text a hotline (telephone number that anyone can use to get help)
- search social media/online/apps
- deal with it on my own
- be afraid to get help
- not know what to do

Vape products include vape juice, e-cigarettes, vapes, vape pens, dab pens, wax pens, dab rings, mods, and pod-mods (e.g., Juul, Puff Bar, N Joy).

35. Have you ever Juuled, vaped, or used an electronic vape product?

- No
- Yes
- I'm not sure

36. IF YES TO USE: What have you vaped?

Select all that apply.

- Tobacco/nicotine (e-cigarette)

- Cannabis - marijuana (primarily THC)
- Cannabis - hemp (primarily CBD)
- Synthetics (Spice, K2, etc.)
- I don't know

37. IF YES TO USE: How easy is it for you to get vape products?

- Very hard
- Sort of hard
- Sort of easy
- Very easy

38. IF YES TO USE: Where do you get vape products?

Select all that apply.

- The store
- The internet
- I took it from someone/somewhere
- Friends
- Siblings
- Parents/guardians
- Other adults
- Relatives

39. Most kids my age think vaping is cool.

- Not at all true
- A little true
- Pretty much true
- Very much true

40. What do you think is in vape products?

Select all that apply.

- Water
- Oil
- Cancer-causing chemicals
- Tobacco/nicotine
- Drugs such as CBD, THC, and synthetics
- Metals such as nickel, tin, and lead
- Flavorings/juice
- Chemicals that are unstable and can explode
- Tiny particles that can go into your lungs and other organs
- I don't know

41. How much do you think people harm themselves when they vape nicotine (tobacco)?

- No harm
- A little harm
- Moderate harm
- Great harm

42. How much do you think people harm themselves when they vape cannabis (marijuana or hemp)?

- No harm
- A little harm
- Moderate harm
- Great harm

43. What is the most important thing your school could do to support your mental health?

These final questions ask for some general information about you.

44. Are you...

- Male
- Female
- Prefer not to say

45. What race/ethnicity do you consider yourself?

- White
- Black
- American Indian or Alaska Native
- Asian or Pacific Islander
- Hispanic or Latino/a
- Two or more races
- Prefer not to say

46. Do you have a parent in the military who:

- Is currently away from home because of military service and has been gone more than two weeks?
- Returned home after being away for more than two weeks because of military service in the last year?
- Is in the military but has not been away from home for more than two weeks because of military service in the last year?
- I do not have a parent active in the military.