

Module: Mental Health

The following questions ask about what you **THINK OR FEEL**.

1. During the past 30 days, how often was your mental health not good? (Poor mental health includes stress, anxiety, and depression.)

Never
 Rarely
 Sometimes
 Most of the time
 Always

2. During the past 12 months, how many times has a friend told you they had thoughts of suicide?

0 times
 1 time
 2 or 3 times
 4 or 5 times
 6 or more times

The following questions ask about your **SCHOOL EXPERIENCES**.

	YES!	yes	no	NO!
3. In my school, I know where to go if I am having mental health problems.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Students would rather not be friends with students with mental health issues.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. My school has really stepped up to help us understand mental health issues.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. There is a lot of stigmas around mental health in my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Students with mental health problems are more likely to be violent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I worry a lot about school shootings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9. The next question asks about bullying. During the past 12 months, have you ever been bullied? What were you bullied about:

	Yes	No
My race/ethnicity	<input type="radio"/>	<input type="radio"/>
My sexual orientation	<input type="radio"/>	<input type="radio"/>
My appearance (weight/clothes/way you look)	<input type="radio"/>	<input type="radio"/>
My mental health issues	<input type="radio"/>	<input type="radio"/>
My grades	<input type="radio"/>	<input type="radio"/>

The following questions ask about your FAMILY AND FRIENDS.

	YES!	yes	no	NO!
10. My parents would be embarrassed if I had a mental health problem.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I would go to my parents if I felt I was having a mental health problem.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I would talk to my parents if I was thinking about suicide.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. My parents would want me to keep secret about mental health problems.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

14. Think of your four best friends (the friends you feel closest to). In the past year (12 months), how many of your best friends have mental health issues?

- None 1 2 3 4