

Optional Module: Mental Health

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

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

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!
In my school, I know where to go if I am having mental health problems.	☐	☐	☐	☐
Students would rather not be friends with students with mental health issues.	☐	☐	☐	☐
My school has really stepped up to help us understand mental health issues.	☐	☐	☐	☐
There is a lot of stigmas around mental health in my school.	☐	☐	☐	☐
Students with mental health problems are more likely to be violent.	☐	☐	☐	☐
I worry a lot about school shootings.	☐	☐	☐	☐

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	☐	☐
My sexual orientation	☐	☐
My appearance (weight/clothes/way you look)	☐	☐
My mental health issues	☐	☐
My grades	☐	☐

The following questions ask about your FAMILY AND FRIENDS.

	YES!	yes	no	NO!
My parents would be embarrassed if I had a mental health problem.	☐	☐	☐	☐
I would go to my parents if I felt I was having a mental health problem.	☐	☐	☐	☐
I would talk to my parents if I was thinking about suicide.	☐	☐	☐	☐
My parents would want me to keep secret about mental health problems.	☐	☐	☐	☐

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