

2016 Student Behavioral Health Survey

Thank you for taking the time to complete this survey. There are no “right” or “wrong” answers, but it is very important that you provide an honest answer to each question. If you find a question in the survey that you would prefer not to answer, do not understand, or cannot answer truthfully, you may skip it. In all other instances, select the one response that comes closest to your honest answer to each question. Your responses are confidential. That means there is no way anyone will be able to connect your answers with your name. Your answers will be combined with the answers from all the other students, and this combination of answers will be used to help design and implement programs that will benefit students in Iowa’s schools. Please relax and answer the questions honestly. If all of us do the best we can do, then all students in Iowa should benefit from your participation in this survey.

Do not click “**Next**” until your teacher tells you to.

In what grade of school are you?

- 6th
- 8th
- 11th

Are you male or female?

- Male
- Female

Would you describe yourself as...?

- White
- Black or African American
- American Indian or Alaska Native
- Asian/Pacific Islander (Asian Indian, Chinese, Filipino, Japanese, Korean, Vietnamese, Native Hawaiian, Guamanian or Chamorro, Samoan, Other Asian, Other Pacific Islander)
- Ethnicity: Hispanic or Latino (Mexican-American, Cuban, Puerto Rican, Chicano, etc.)
- Mixed or Multiple races
- Some other race

I 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 in the military.

In the last 30 days, how many times have you bullied someone else at school?

- 0 times
- 1 time
- 2 times
- 3-5 times
- 6-10 times
- 11+ times

In the last 30 days, how many times did you NOT go to school because you felt unsafe at school or on your way to and from school as a result of bullying?

- 0 times
- 1 time
- 2 times
- 3 or more times

How much do you agree or disagree that each of the following statement is true?

	Strongly Agree	Agree	Disagree	Strongly Disagree
Students in this school respect each other's differences (for example, gender, race, culture, learning differences, sexual orientation, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Students in this school respect differences in adults (for example, gender, race, culture, learning differences, sexual orientation, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When a student is being bullied at school, how often do the teachers or other adults at school try to put a stop to it?

- Almost never
- Once in a while
- Sometimes
- Often
- Almost always

How much do you agree or disagree that each of the following statements is true:

	Strongly Agree	Agree	Disagree	Strongly Disagree
My teachers care about me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My teachers are available to talk with students one-on-one.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My teachers notice when I am doing a good job and let me know about it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Adults in this school respect differences in students (for example, gender, race, culture, learning differences, sexual orientation, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Adults who work in my school treat students with respect.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My school lets a parent/guardian know if I am doing a good job.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is at least one adult at school that I could go to for help with a problem.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

MY BELIEFS AND ATTITUDES

This section of the survey asks you to describe your beliefs and attitudes. Your answers need to show your real beliefs and attitudes, not what you “think” is an acceptable answer to others.

How much do you agree or disagree that each of the following statements is true:

	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
If a friend of mine developed a mental health problem, I would offer her/him support.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I had a mental health problem I would seek help from my family.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If a friend of mine developed a mental health problem, I would encourage her/him to look for a psychologist.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If a friend of mine developed a mental health problem, I would talk to her/his parents.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I had a mental health problem I would seek professional help (psychologist and/or psychiatrist).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If a friend of mine developed a mental health problem, I would listen to her/him without judging or criticizing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If a friend of mine developed a mental health problem, I would encourage her/him to get medical support.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I had a mental health problem I would seek help from my friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If a friend of mine developed a mental health problem, I would not be able to help her/him.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If a friend of mine developed a mental health problem, I would talk to a teacher at my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How much do you agree or disagree that each of the following statements is true:

	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
Physical exercise helps to improve mental health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Good sleep helps to improve mental health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The sooner mental health problems are identified and treated, the better.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having a balanced diet helps to improve mental health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Doing something one enjoys helps to improve mental health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Talking over problems with someone helps to improve mental health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
Mental health problems often develop during adolescence.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People with mental health problems can get better and many recover completely.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Some mental illnesses are more serious than others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People with mental illness are more likely to be a victim of a crime than commit a crime.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental illness is a medical problem just as diabetes or asthma are.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Depressed people can just feel happier if they try.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Many people with mental illness don't go for treatment because they are embarrassed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>