

# California *Healthy Kids* Survey: Ventura County Module, AY 2019/20

10/4/2019

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*This section asks a few more questions about school, tobacco, alcohol and other drugs, and other health issues. Please keep in mind that your individual answers are confidential and will never be shared with your teachers, parents, peers, or anyone else.*

- X1. Please mark which, if any, of the services you receive or participate in **at school**. *(Mark all that apply)*
- A) Occupational Therapy (OT) at school
  - B) Physical Therapy (PT) at school
  - C) Speech/Language Therapy at school
  - D) None of these
  - E) Prefer not to say

How strongly do you **agree** or **disagree** with the following statements?

	Strongly Disagree	Disagree	Neither Disagree Nor Agree	Agree	Strongly Agree
X2. Teachers and other adults at this school treat all students with respect.	A	B	C	D	E
X3. Teachers and other adults encourage me to work hard in school so I can be successful in college or at the job I choose.	A	B	C	D	E
X4. Teachers and other adults work hard to help me with schoolwork when I need it.	A	B	C	D	E
X5. Teachers show how classroom lessons are important and helpful to me in real life.	A	B	C	D	E
X6. This school promotes academic success for all students.	A	B	C	D	E
X7. This school makes it clear how students are expected to act.	A	B	C	D	E
X8. Students in this school respect each other's differences (for example, gender, race, culture, sexual orientation).	A	B	C	D	E

How true do you feel these statements are?

	Not at All True	A Little True	Pretty Much True	Very Much True
X9. This school helps students resolve conflicts with one another.	A	B	C	D
X10. This school encourages students to understand how others think and feel.	A	B	C	D

X11. I have an adult at school I can talk to about my problems.	A	B	C	D
X12. I know who to go to at school for help when I am sad, stressed, or depressed.	A	B	C	D
X13. I have high goals and expectations for myself.	A	B	C	D
X14. I plan to go to college or some other school/career program after high school.	A	B	C	D

How strongly do you **agree** or **disagree** with the following statements?

Students at my school feel safe . . .	Strongly Disagree	Disagree	Agree	Strongly Agree
X15. in classrooms.	A	B	C	D
X16. during on-campus lunch.	A	B	C	D
X17. in the bathrooms.	A	B	C	D
X18. during passing periods.	A	B	C	D
X19. in the locker rooms.	A	B	C	D
X20. at after school activities.	A	B	C	D

X21. During the **past 12 months**, on how many days did you have a lesson on alcohol, tobacco, or other drugs in school?

- A) None; I had no lessons about alcohol, tobacco, or other drugs in school
- B) 1–3 days
- C) 4-6 days
- D) 7 or more days

X22. If you are currently using tobacco products, including smoking cigarettes or any electronic vaping devices such as JUUL or other vaping products, how likely are you to try to quit?

- A) I don't currently smoke tobacco or JUUL/vape.
- B) Definitely will try to quit
- C) Probably will try to quit
- D) May or may not try to quit
- E) Probably will not try to quit
- F) Definitely will not try to quit

X23. In your opinion, how likely is it that a student would find help at your school to stop using cigarettes or any electronic vaping devices, such as JUUL or other vaping products?

- A) Not likely
- B) Somewhat likely
- C) Likely

If you smoked or vaped tobacco during the past **12 months**, did you do any of the following things **at school** to get help to quit using?

	I Did Not Use Tobacco	No	Yes
X24. Talk to an adult at school about how to quit	A	B	C
X25. Talk to a peer helper about how to quit	A	B	C

**The next questions ask about when you or someone you know was having a hard time and feeling sad, stressed, or depressed.**

X26. If I was having a hard time and feeling sad, stressed, or depressed, I would... *(Mark all that apply)*

- A) talk to a teacher or another adult at school.
- B) talk to my parents or someone else in my family.
- C) get help from a counselor, doctor or therapist.
- D) talk to my friends.
- E) not know what to do.

If someone my age felt sad, stressed, or depressed,...

	Not at All True	A Little True	Pretty Much True	Very Much True
X27. Talking to an adult could help them feel better.	A	B	C	D
X28. Kids at my school would be nice to them.	A	B	C	D

If I were sad, stressed, or depressed,...

	Not at All True	A Little True	Pretty Much True	Very Much True
X29. I would be afraid to ask for help.	A	B	C	D
X30. I would feel bad about myself if I made the choice to get help.	A	B	C	D

**The next questions ask about talking to an “adult professional,” like a doctor, counselor, or therapist.**

X31. In the past year, did you want to talk to an adult professional about feeling sad, stressed, or depressed?

- A) No
- B) Yes
- C) I don’t know.

X32. In the past year, did you get help from an adult professional to talk about your feelings when you needed it?

- A) No, I didn’t get help.
- B) Yes, I got help.
- C) Does not apply; I didn’t need help.

X33. In the past year, how often did you get help from an adult professional when you needed it?

- A) Always
- B) Sometimes
- C) Never
- D) Does not apply; I didn’t need help.

X34. In the past year, where did you get help from a counselor, doctor, or therapist about your feelings?

- A) At school
- B) At a counselor, doctor, or therapist’s office not at school
- C) Somewhere else
- D) I didn’t get help when I needed it.
- E) Does not apply; I didn’t need help.

- X35. In the past year, did someone at school refer or connect you to a counselor, doctor, or therapist outside of school?
- A) No
  - B) Yes
  - C) I don't know.
  - D) Does not apply; I didn't need help.
- X36. If you were sad, stressed, or depressed, would any of these things stop you from talking to an adult professional? *(Mark all that apply)*
- A) I don't know where to go for help.
  - B) There isn't anyone I can talk to.
  - C) They wouldn't understand.
  - D) People would think there's something wrong with me.
  - E) My parents might find out.
  - F) Other students might find out.
  - G) I don't have a way to pay for it.
  - H) Other
  - I) Nothing would stop me from talking to an adult professional.
- X37. When did you last visit a dentist to get your teeth checked, cleaned, or have work done on them?
- A) I've never been to a dentist to have my teeth checked.
  - B) Within the last year
  - C) More than one year ago
  - D) More than two years ago
  - E) I don't know/remember.