

Population report - All Q

Check Yourself School Based

Account: Northshore District, Leota, Canyon Park, Kenmore , Northshore, Timbercrest Date: Sep 01, 2024 — May 20, 2025

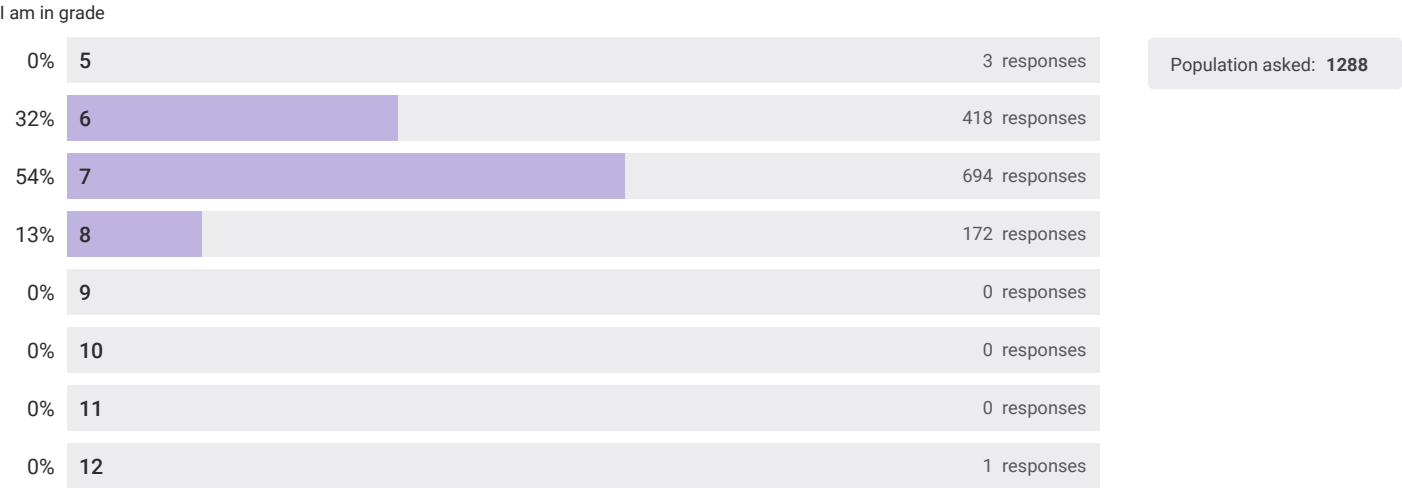
Tier 3 Tier 2 - No flag

Submissions: 1483

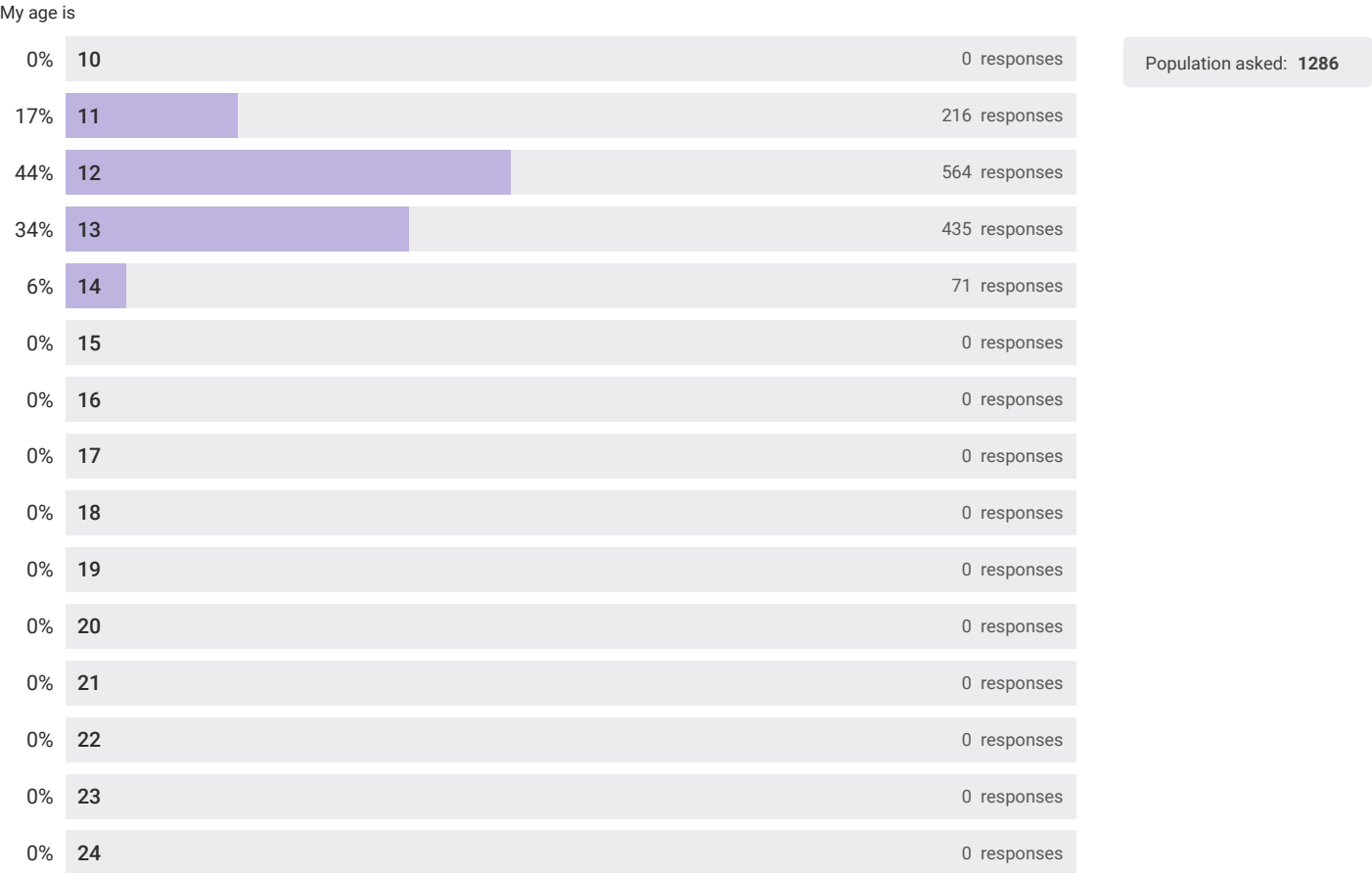
What to expect



Grade



Age



Goals

My top goals for the coming year are

0%	be famous	0 responses
0%	be in a romantic relationship	0 responses
0%	excel in the arts or performance	0 responses
100%	get / stay healthy	1 responses
0%	get a job	0 responses
0%	get along better with family	0 responses
0%	get into college / trade school	0 responses
0%	improve / keep up grades	0 responses
100%	improve in sports / athletics	1 responses
0%	learn a new skill	0 responses
0%	spend more time with friends	0 responses
0%	other (write it in)	0 responses

Population asked: 1

Goals

My top goals for the coming year are

8%	be famous	105 responses
10%	be in a romantic relationship	127 responses
23%	excel in the arts or performance	295 responses
52%	get / stay healthy	671 responses
22%	get along better with family	277 responses
78%	improve / keep up grades	1007 responses
60%	improve in sports / athletics	769 responses
32%	learn a new skill	411 responses
50%	spend more time with friends	645 responses
5%	other (write it in)	64 responses

Population asked: 1285

Write in

My top goals for the coming year are

to get mentally better

To get through the school year

To get up my grades so that I can have Legends of Zelda for my birthday!

To make friends and hopefully a best friend

To not HATE school

To perform the best in AAA hockey

Waking up early enough to eat breakfast and relax at home before I go to school

Working towards my future career and focused on things that will get me there and teach me new skills.

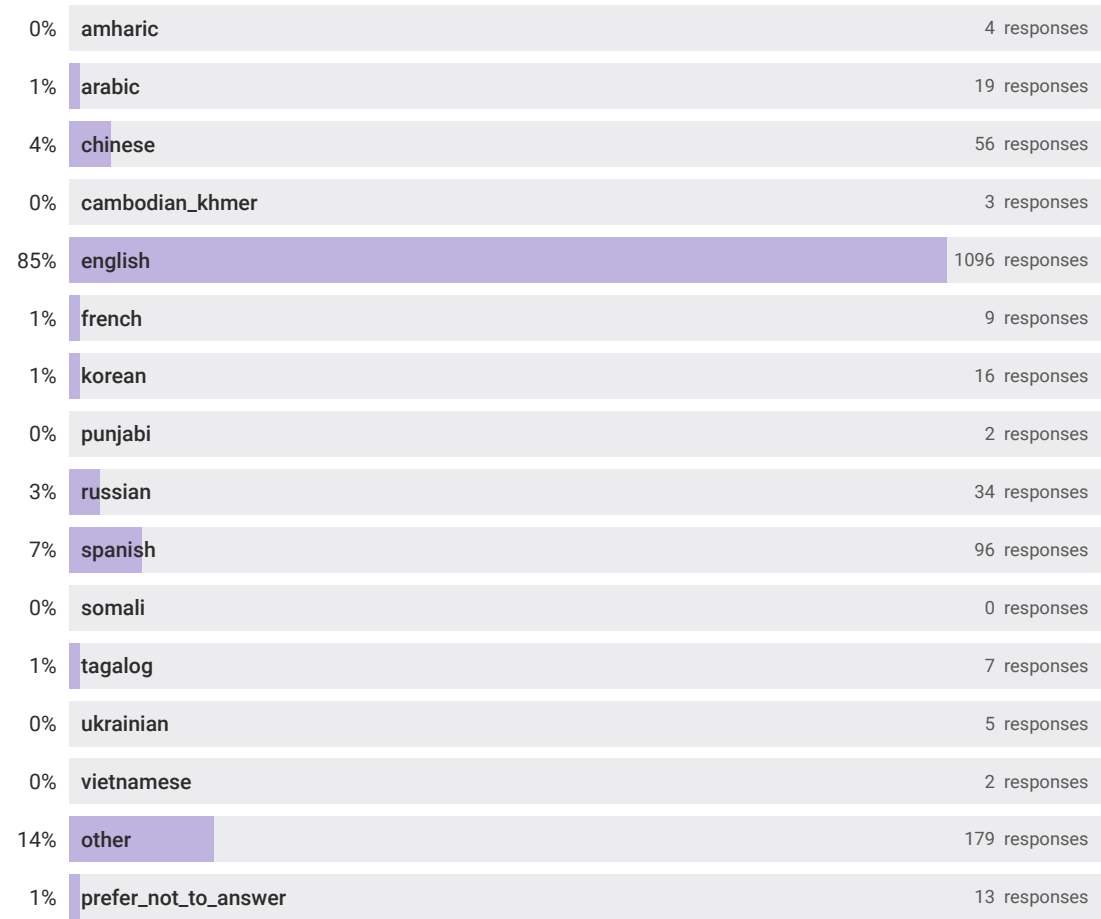
work on not overthinking things

write a novel

Writing a book

Language(s) spoken at home

At home most of the time I speak



Population asked: 1285

Write in

At home I usually speak

Unasked (1304)
Tamil (15 responses)
Hindi (13 responses)
English (12 responses)
Telugu (12 responses)
Hebrew (7 responses)
Japanese (7 responses)
Portuguese (7 responses)
malayalam (5 responses)
Urdu (5 responses)
Armenian (4 responses)

I would describe myself as

1%	american_indian_or_alaska_native	17 responses	Population asked: 1285
9%	asian_indian	121 responses	
3%	black_or_african_american	43 responses	
7%	chinese	88 responses	
0%	ethiopian	2 responses	
3%	filipino	34 responses	
1%	japanese	15 responses	
3%	korean	39 responses	
8%	mexican_mexican_american_chicano	104 responses	
2%	middle_eastern_or_north_african	26 responses	
0%	native_hawaiian	2 responses	
4%	other_latino	50 responses	
1%	pacific_islander	18 responses	
0%	somali	1 responses	
1%	vietnamese	11 responses	
55%	white	712 responses	
10%	other	131 responses	
6%	prefer_not_to_answer	77 responses	

Write in

The name of my tribe(s) is

Unasked (1466)

?

American Indian

Brazilian

Cherokee

Cherokee flatfoot

cherokke

Cowlitz

idk

Indian

italian, german, native american

Write in

I would describe my race or ethnicity as

Unasked (1352)

Asian American (5 responses)

Asian-American (3 responses)

Mixed (3 responses)

American (2 responses)

asian (2 responses)

german (2 responses)

Indian-American (2 responses)

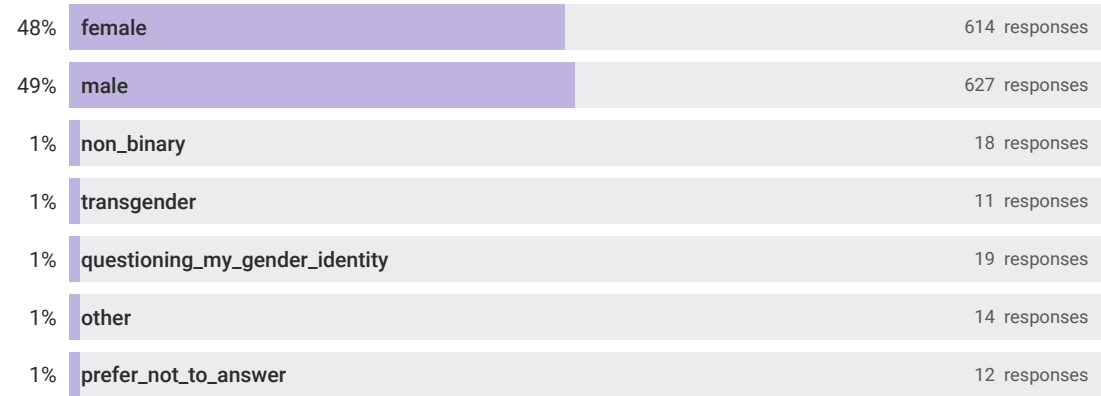
Japanese American (2 responses)

Jewish (2 responses)

Aisia

Identify as

I identify as



Population asked: 1285

I would describe my gender identity as

Unasked (1469)
Agender
BiGender
boy
Boyhoardxen-- identifying as male, however still identifying with xenogenders
Boyhoardxen- male but also "hoards" xenogenders
demi-boy basically meaning my preferred pronouns are he and they
Demigirl (so guess non-binary)
gender fluid
i'm any but i don't like having girl parts
I'm genderfluid

3%	all genders	40 responses
3%	both males and females	39 responses
40%	females	518 responses
35%	males	455 responses
4%	not sure	55 responses
1%	something else fits better (write it in)	8 responses
6%	prefer not to answer	80 responses
7%	none	89 responses

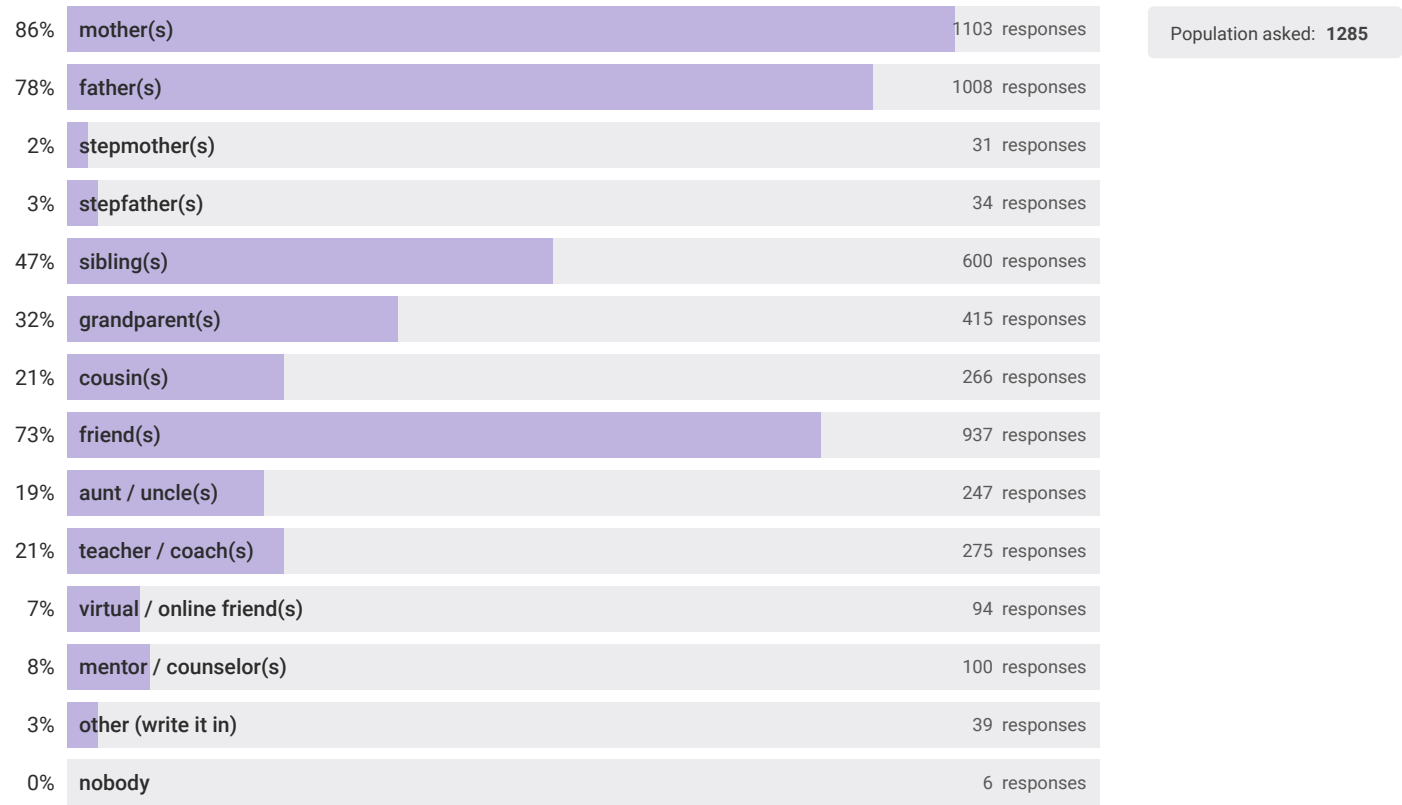
Population asked: 1284

I am most likely to have a crush on

Unasked (1472)
Unanswered (1)
All genders with a female preference
I have had no crushes and am currently not interested so idk
Men and non-binary people, however I experience attraction to women occasionally
Mostly girls, but occasionally boys as well. Note that I have never had a crush and I'm talking about fictional characters I find attractive.
Mostly not only but mostly females
[name], I already have a crush on.
no one or a female
[pro athlete name]
suit screwing with me we are too young for this

Biggest supports

The biggest supports in my life are



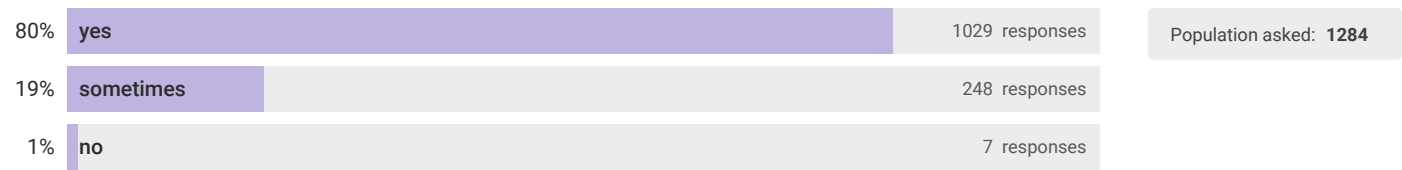
Write in

The biggest supports in my life are



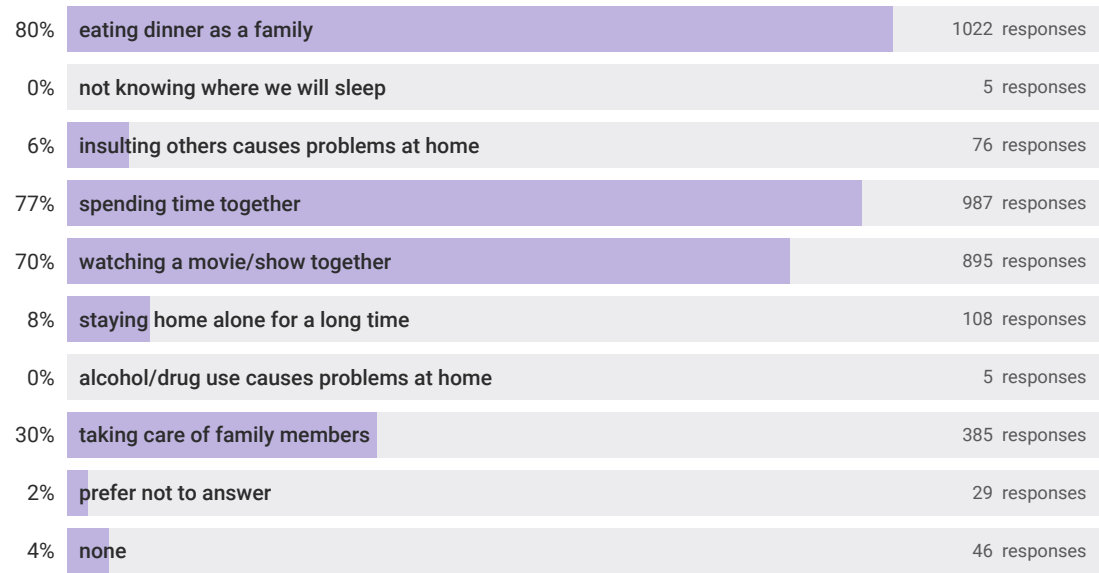
Gets along with people they live with

I get along with the people I live with



At home experiences part 1

At home I sometimes or always experience (Part 1)



Population asked: 1284

At home experiences part 2

At home I sometimes or always experience (Part 2)



Population asked: 1284

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Write in

Please describe what you experience at home

Unasked (1451)

alot of fighting with sibling and parents doing their own thing all day

bonding with our dog

Going out places

going out to eat at times and visiting new places.

going to sport games together

going to the gym every day to play basketball

Go on fun trips

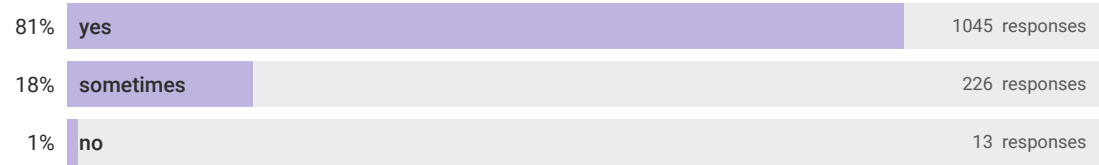
homework

I do stuff by myself most of the time but I come down to eat food and do pokemon go with my parents

I experience lots of support. there are no problems at home.

Feels safe at school

I feel safe at school

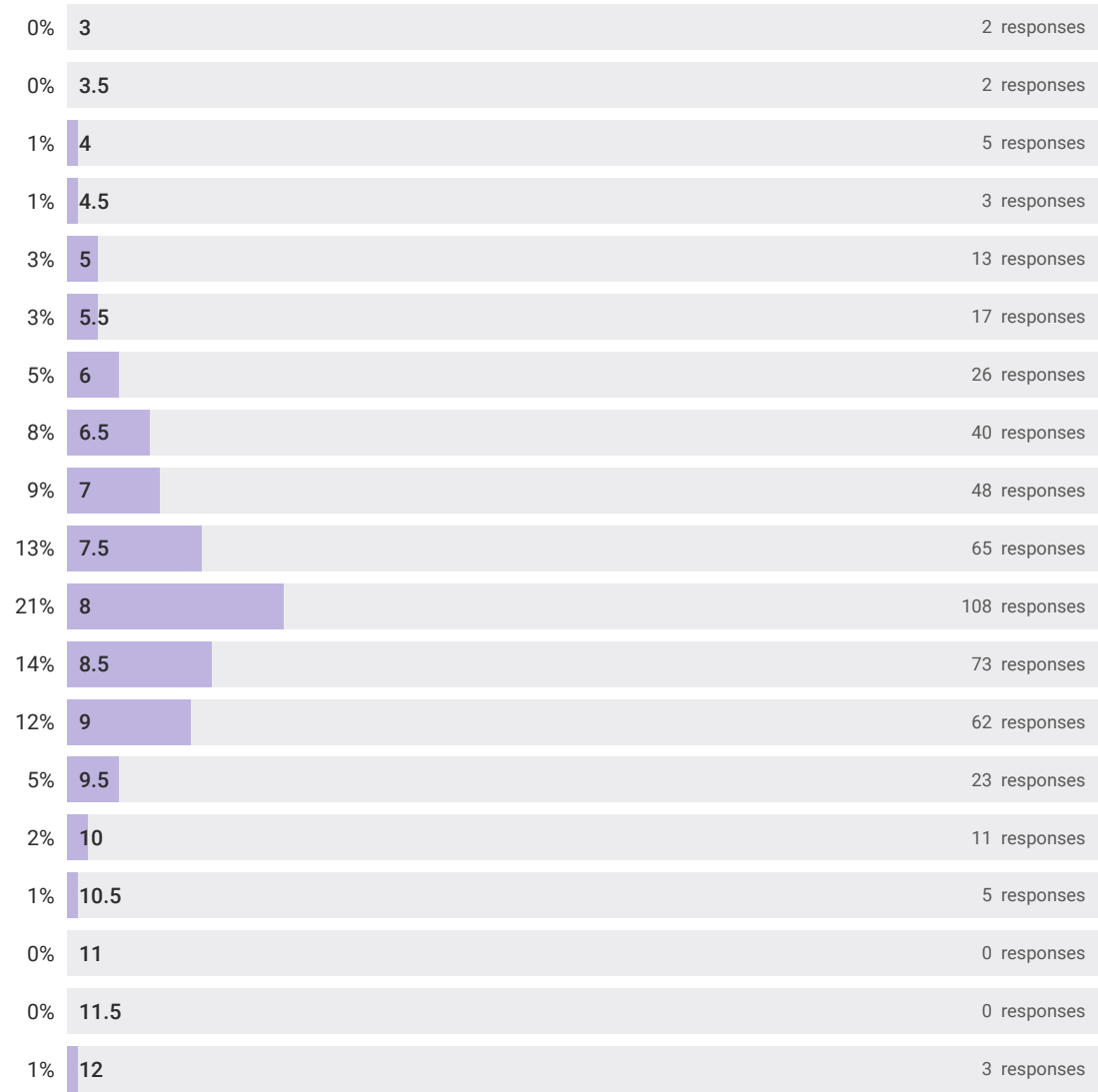


Population asked: 1284

Sleep hrs/night (age 13-18)

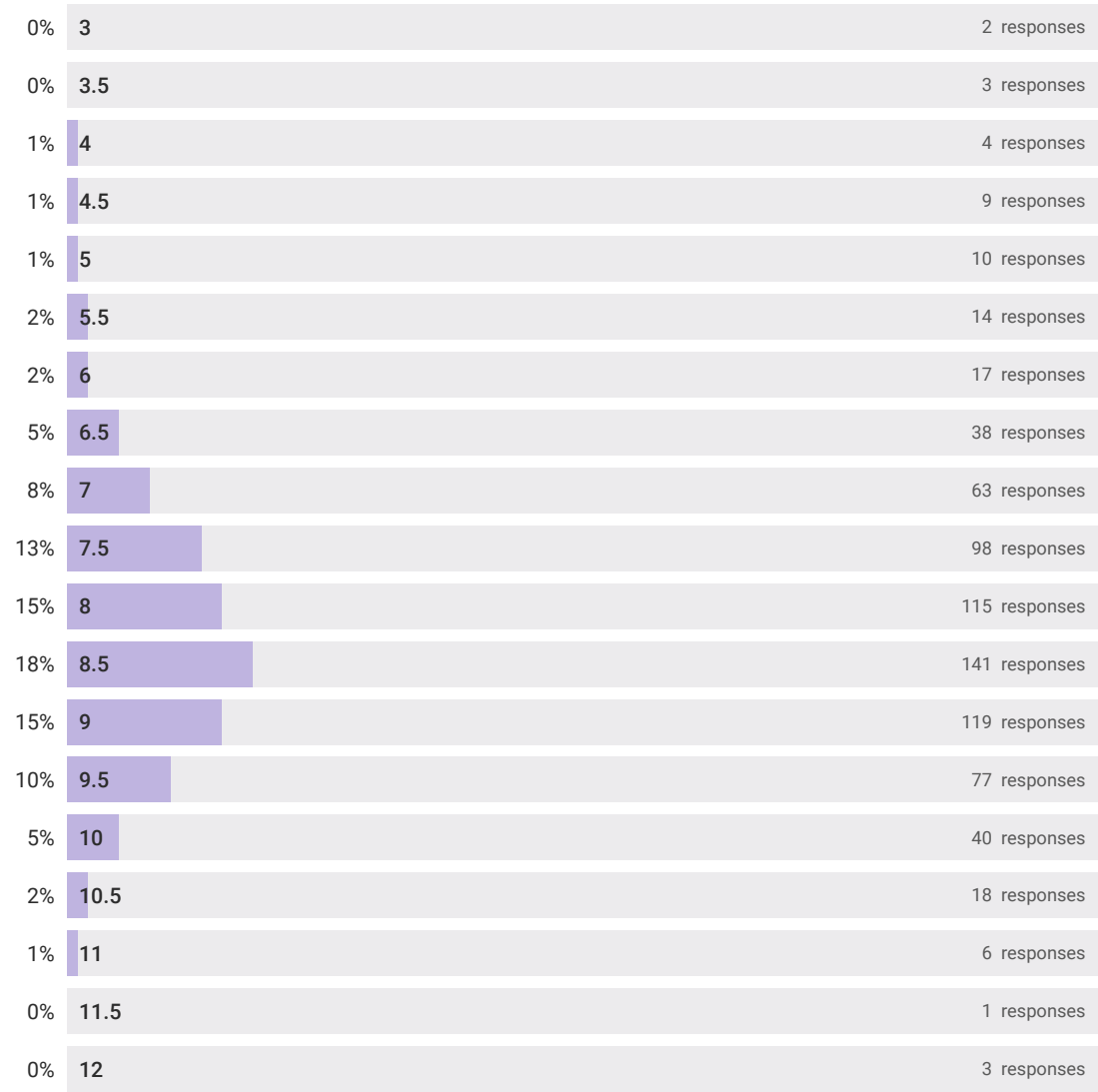
I sleep this many hours, on an average night

Population asked: 506



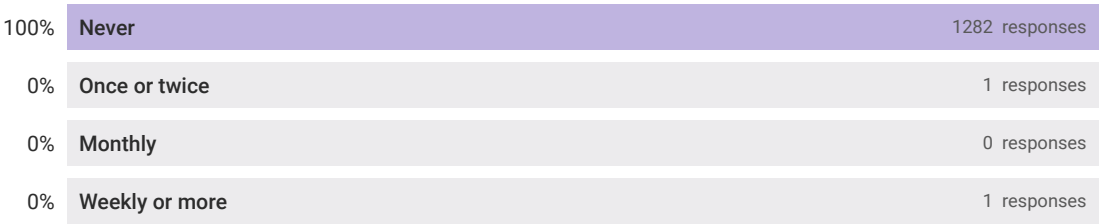
Sleep hrs/night (age 11-12)

I sleep this many hours, on an average night



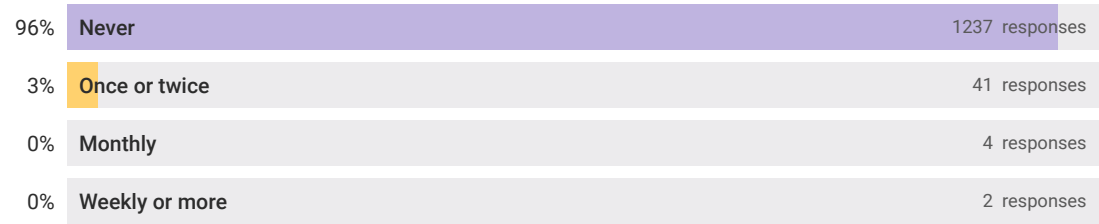
Population asked: 778

In the past year, how many times have you used cigarettes/tobacco?



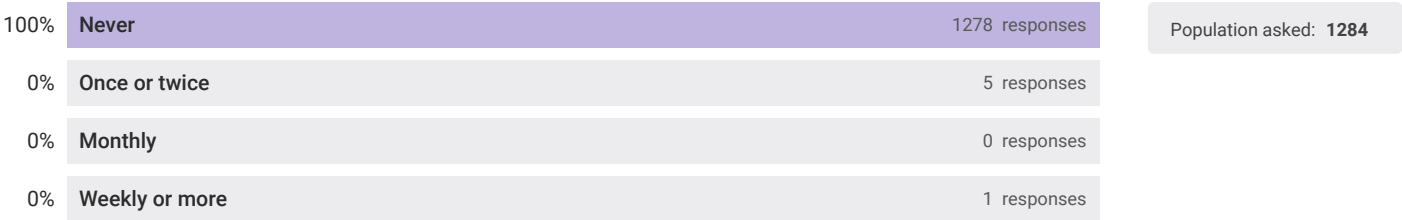
Population asked: 1284

In the past year, how many times have you drank alcohol?



Population asked: 1284

In the past year, how many times have you used marijuana/weed/cannabis?



In the past year, how many times have you used a vaping device containing nicotine and/or other flavors?



Likelihood of smoking cigarettes

How likely are you to smoke cigarettes or use tobacco in the next year?



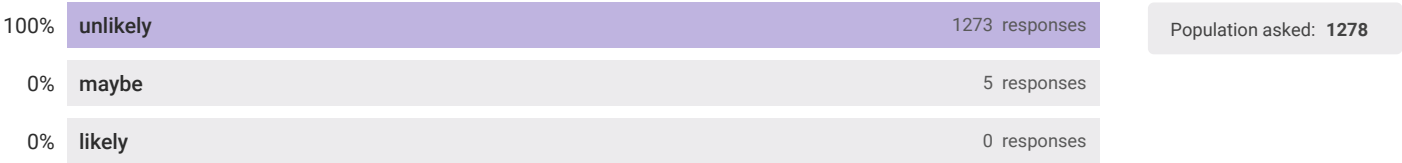
Likelihood of drinking alcohol

How likely are you to drink alcohol in the next year?



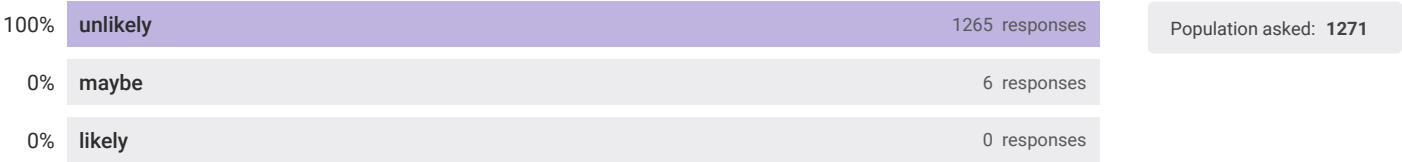
Likelihood of using marijuana

How likely are you to use marijuana / weed / cannabis in the next year?



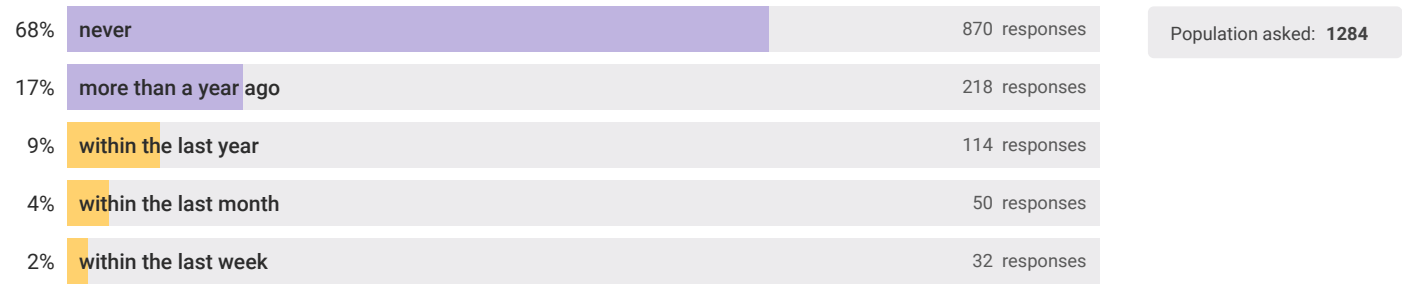
Likelihood of vaping/using e-cigs

How likely are you to vape, or use e-cigs in the next year?



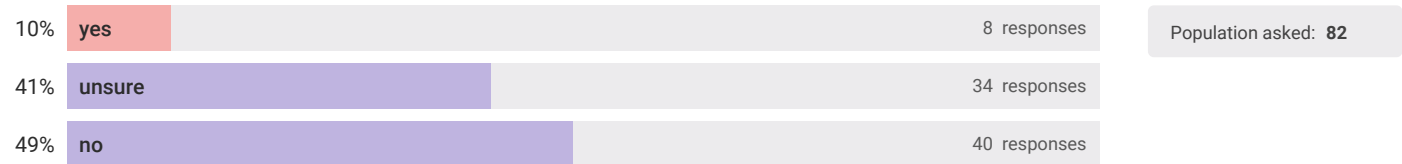
Feels harassed or threatened

Has anyone bullied, threatened or harassed you in real life or on social media?



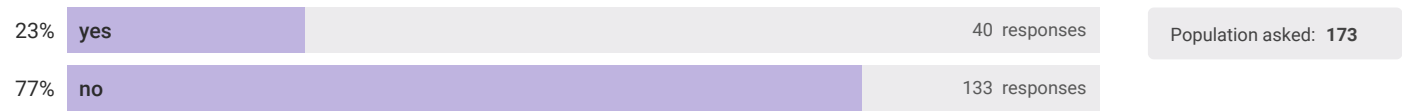
Feels safety is at risk right now

Because of bullying, I feel my safety is at risk now



Has been in a relationship

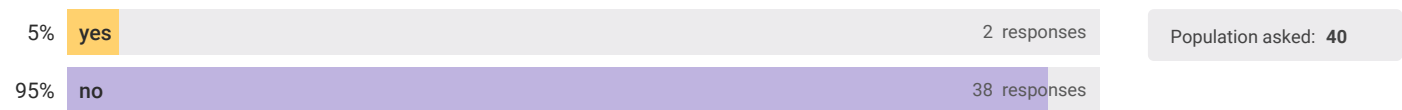
In the past year, have you been in a romantic and/or intimate relationship?



Has someone you were in a romantic and/or intimate relationship with pressured you to do things you did not feel comfortable doing?

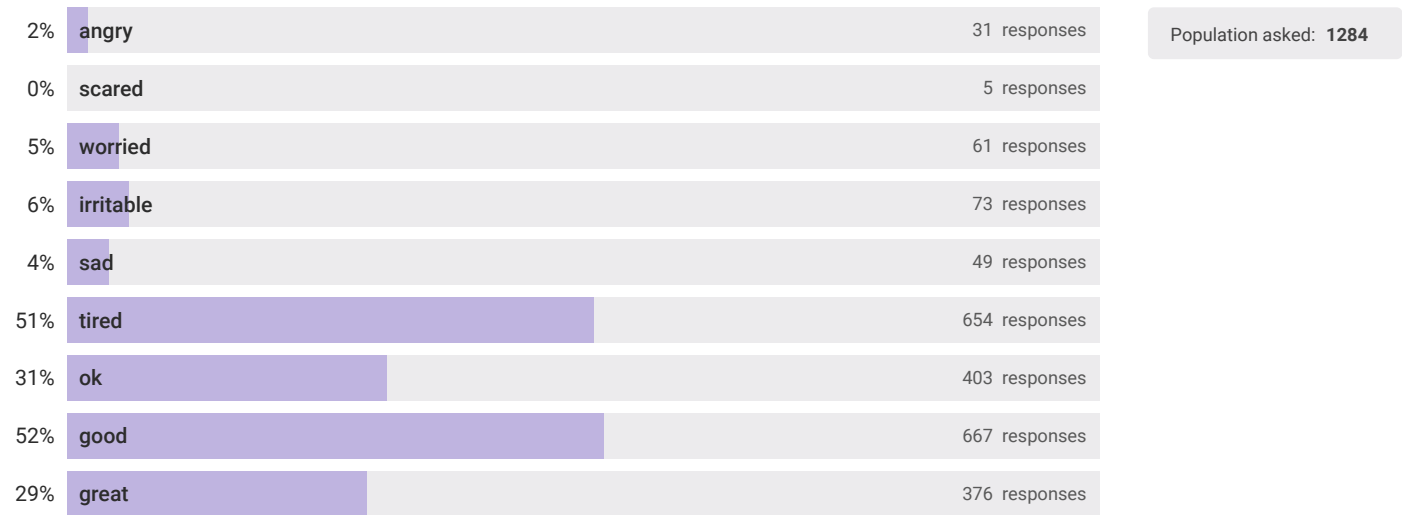


Has someone you were in a romantic and/or intimate relationship with tried to control you?



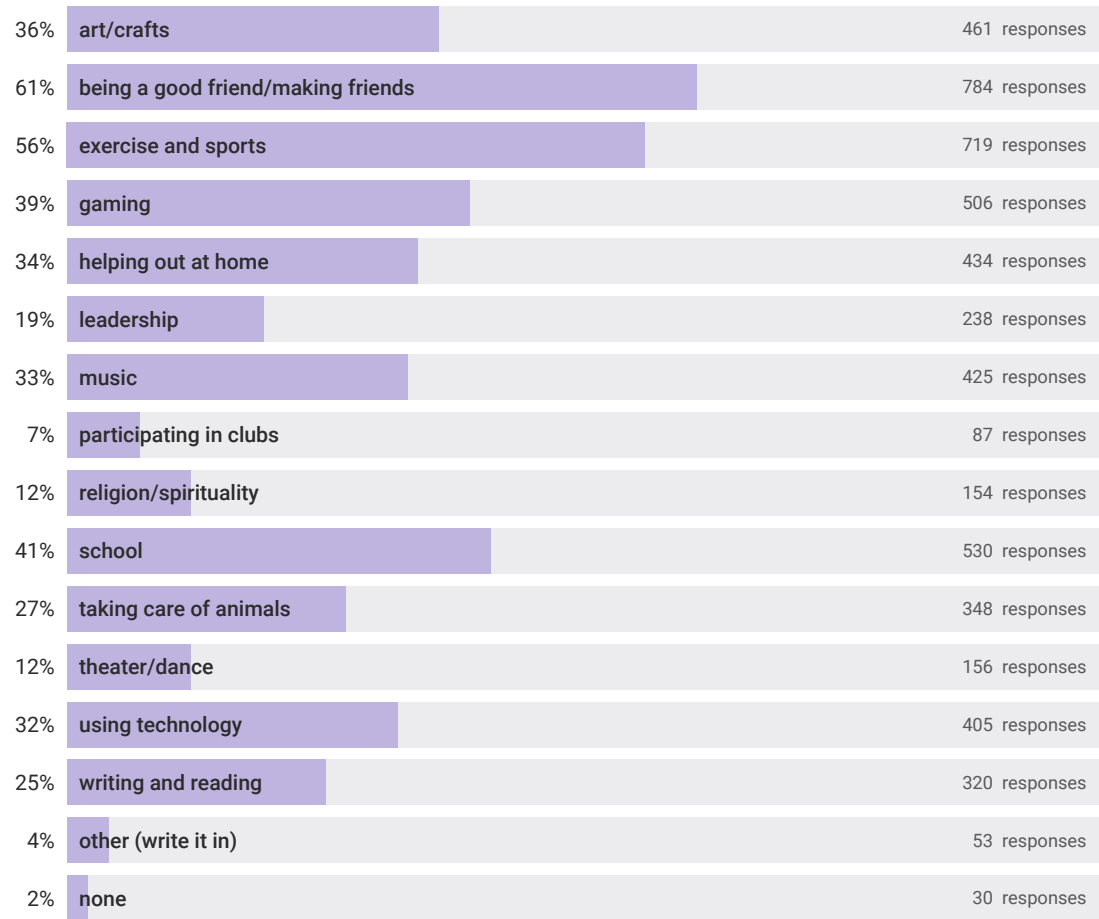
On most days feels

On most days I feel



Strongest qualities

What have others said you are good at or what makes you proud of yourself?



Population asked: 1284

Write in

Others have said I am good at

Unasked (1430)

Math (3 responses)

cooking (2 responses)

Academics such as math and business and also playing the piano

At sports

baking

Baking and Biking

Being kind to people and always including people

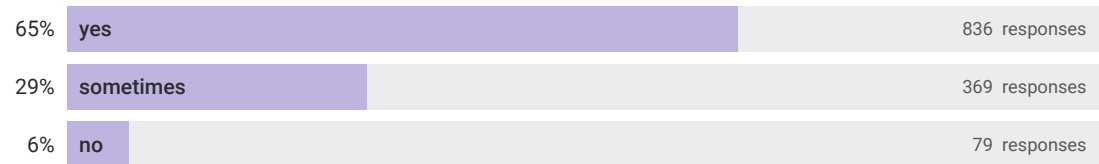
Cheer

Chess

coding

Happy with body image/eating habits

I am happy with my eating habits and the way I feel about my body



Population asked: 1284

Has tried to control their weight

Within the last year, have you purposefully vomited, taken diet pills, or intentionally not eaten to lose weight or control your weight?



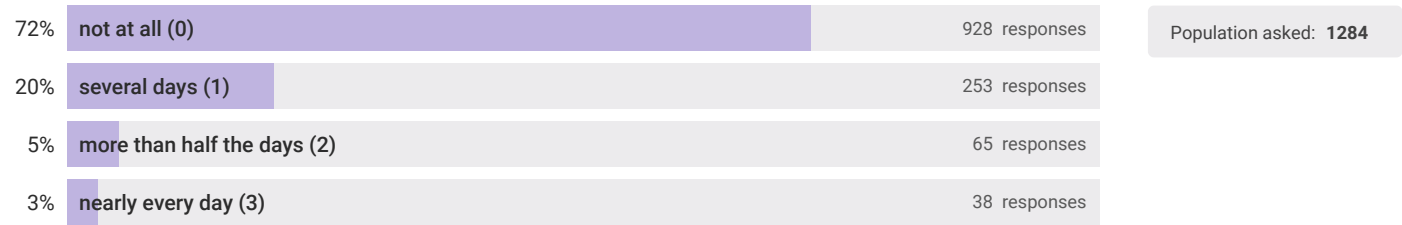
GAD-2 anxiety screen 1/2

Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious or on edge?



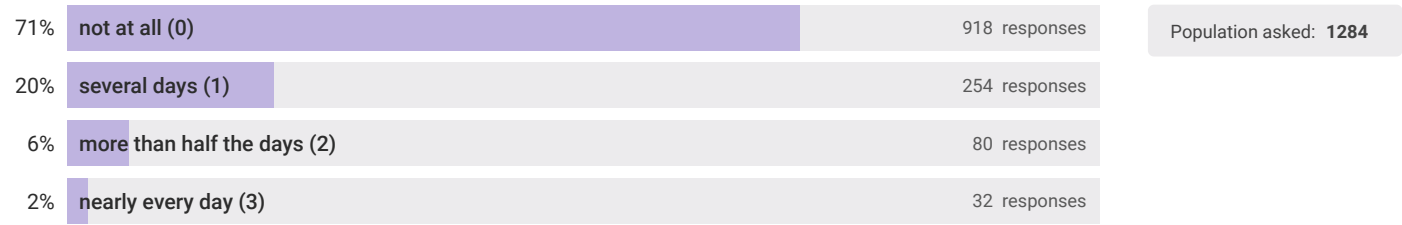
GAD-2 anxiety screen 2/2

Over the last 2 weeks, how often have you been bothered by not being able to stop or control worrying?



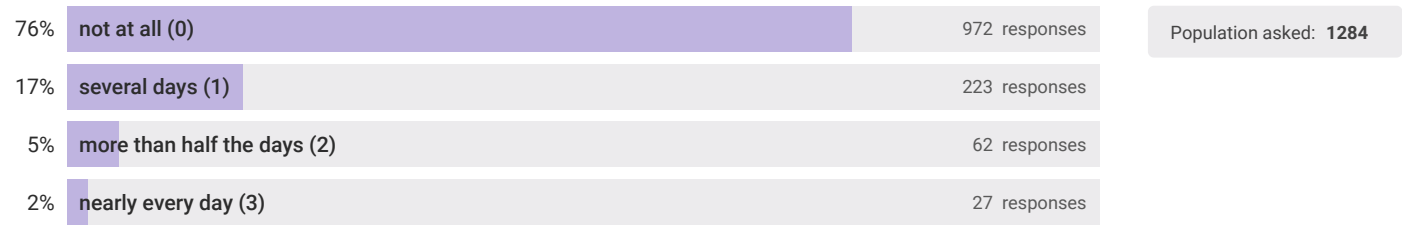
PHQ-2 depression screen 1/2

Over the last 2 weeks, how often have you been bothered by little interest or pleasure in doing things?



PHQ-2 depression screen 2/2

Over the last 2 weeks, how often have you been bothered by feeling down, depressed, irritable, or hopeless?



Self-harm indicated

During the past year, have you ever hurt yourself on purpose like cutting, biting, burning, or hitting?



Last hurt yourself

When did you last hurt yourself on purpose?



Suicidal thoughts past year

During the past year, did you ever seriously think about ending your life?



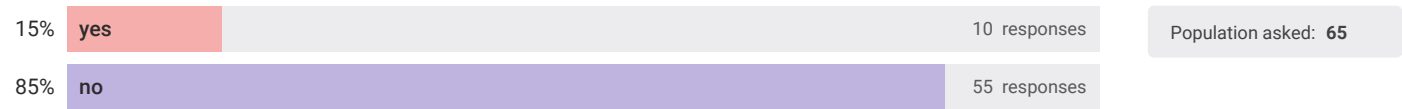
Last felt this way

When did you last feel this way?



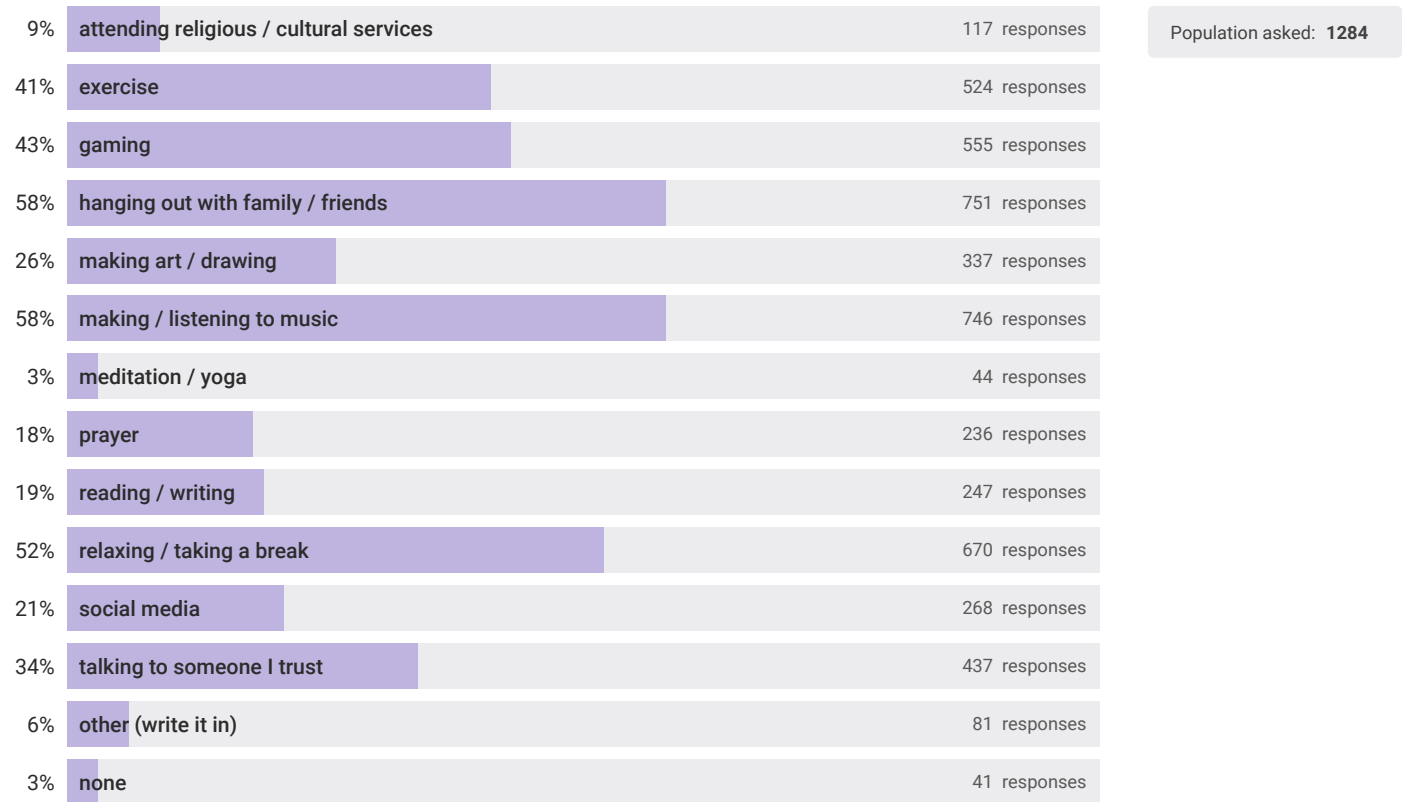
Ever tried to kill themselves

Have you ever tried to kill yourself?



Positive coping strategies

When things are tough or stressful, I get through the tough times by



Write in

When things are tough or stressful, I get through the tough times by

Unasked (1402)

sleep (2 responses)

Sleeping (2 responses)

watching TV (2 responses)

.

Baking

Being alone

being alone and not telling people

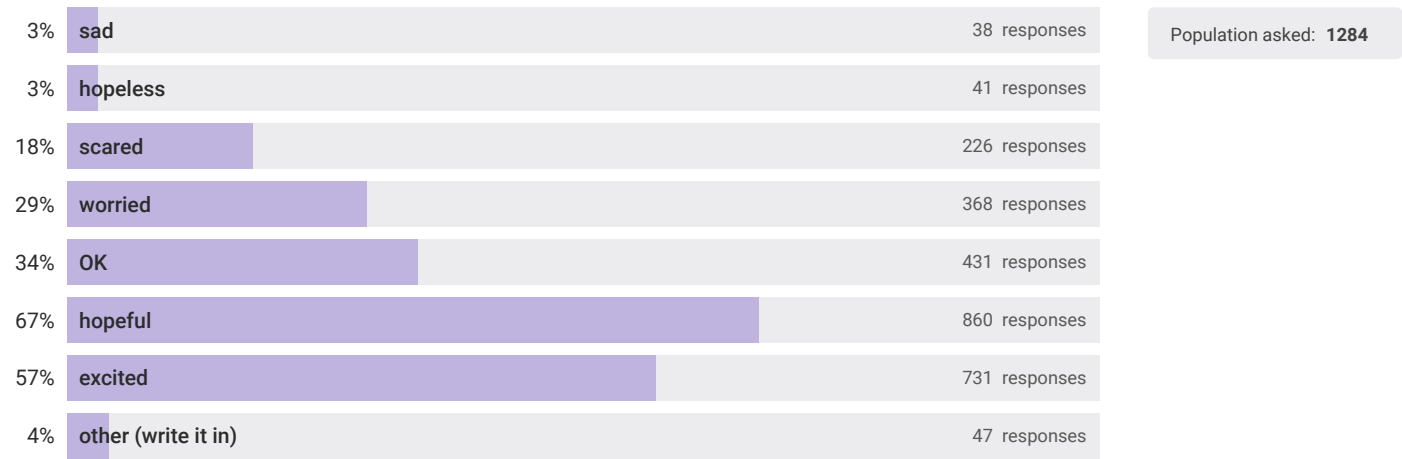
Being alone/ processing

being with my cosins they help me out a lot

Being with my horse

Feels about the future

I feel this way about the future:



Write in

I feel this way about the future:

Unasked (1436)

Good (2 responses)

Nervous (2 responses)

Proud (2 responses)

a little confused for what will we get in the furture and for 2025

A little nervos it is unpredictable

Amazed at my potential

Anticipation/anticipating, similar to excited

Anxious The other day I whent to doctor and I have some mild anxiety

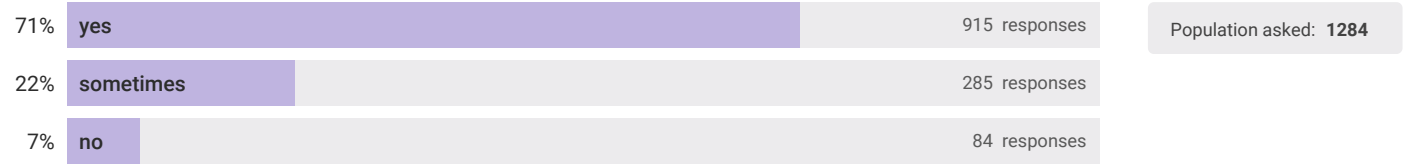
Confident

Determained

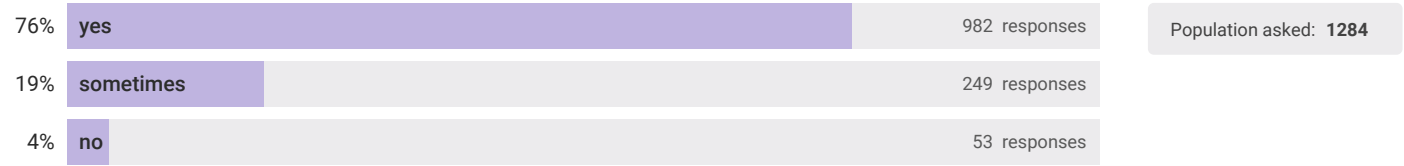
At school, there is an adult who will help me if I need it



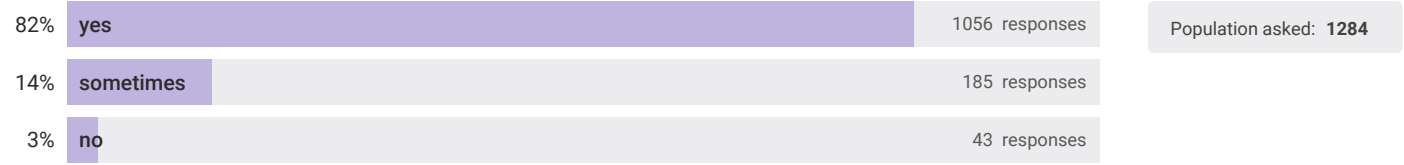
At school, there is an adult who really cares about me



At school, there is an adult who tells me when I do a good job



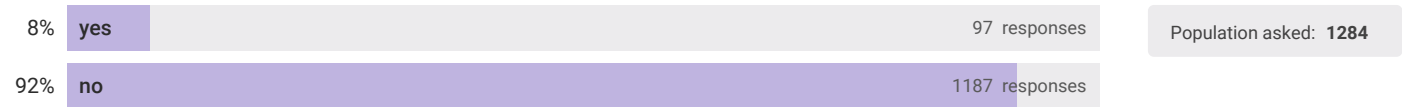
At school, there is an adult who listens to me when I have something to say



At school, there is an adult who believes that I will be a success



Would you like to see additional tips about alcohol and drugs?



Would you like to see tips for coping with anxiety?



Your feelings

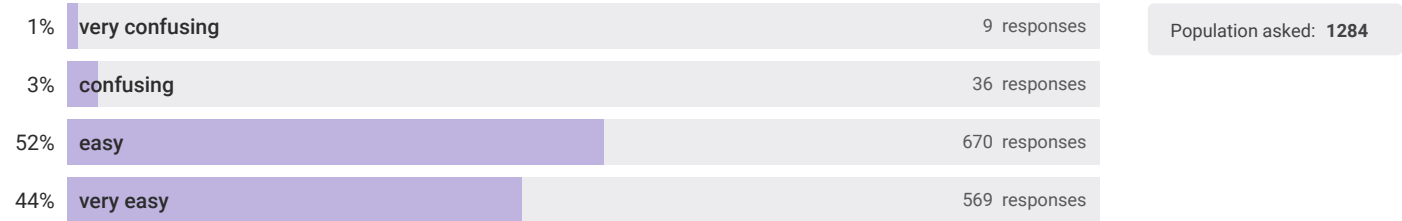


Already seeing a counselor/therapist?

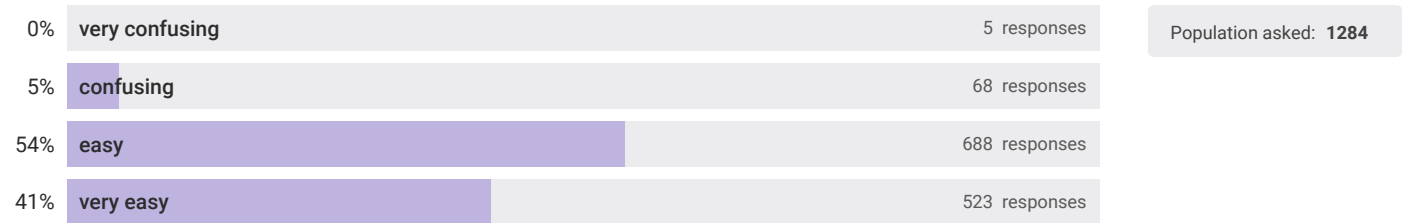
Are you currently seeing a counselor or therapist?



Using this tool was



Understanding the questions in this survey was



Write in

Is there anything else you want to say about this survey?

Unasked (199)
Unanswered (719)
no (219 responses)
nope (34 responses)
No. (10 responses)
no (7 responses)
N/A (6 responses)
nothing (6 responses)
No (5 responses)
nope! (5 responses)
Nope. (5 responses)