



Life Skills Equity & Well Being Survey

For the following questions, we are interested in learning more about how you think about your school. Please give us your honest opinions so that we can better understand your experience and work to make the school a better place.

Your Current Classes

Please tell us about how you feel about your current teachers and classes.

1. How often do you spend time at school with students from different races, ethnicities, or cultures?

☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ Frequently
 ☐ Almost always

2. How often do you have classes with students from different racial, ethnic, or cultural backgrounds?

☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ Frequently
 ☐ Almost always

3. At your school, how often do students from different races, ethnicities, or cultures hang out with each other?

☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ Frequently
 ☐ Almost always

4. At your school, how common is it for students to have close friends from different racial, ethnic, or cultural backgrounds?

☐ Not at all common
 ☐ Slightly common
 ☐ Somewhat common
 ☐ Quite common
 ☐ Extremely common

5. How fairly do students at your school treat people from different races, ethnicities, or cultures?

☐ Not at all fairly
 ☐ Slightly fairly
 ☐ Somewhat fairly
 ☐ Quite fairly
 ☐ Extremely fairly

6. How fairly do adults at your school treat people from different races, ethnicities, or cultures?

☐ Not at all fairly
 ☐ Slightly fairly
 ☐ Somewhat fairly
 ☐ Quite fairly
 ☐ Extremely fairly

7. How often do teachers encourage you to learn about people from different races, ethnicities, or cultures?

☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ Frequently
 ☐ Almost always

8. How often do you think about what someone of a different race, ethnicity, or culture experiences?

☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ Frequently
 ☐ Almost always

9. How confident are you that students at your school can have honest conversations with each other about race?

☐ Not at all confident
 ☐ Slightly confident
 ☐ Somewhat confident
 ☐ Quite confident
 ☐ Extremely confident



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10. At your school, how often are you encouraged to think more deeply about race-related topics?

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ Frequently
 ☐ Almost always

11. How comfortable are you sharing your thoughts about race-related topics with other students at your school?

- ☐ Not at all comfortable
 ☐ Slightly comfortable
 ☐ Somewhat comfortable
 ☐ Quite comfortable
 ☐ Extremely comfortable

12. How often do students at your school have important conversations about race, even when they might be uncomfortable?

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ Frequently
 ☐ Almost always

13. When there are major news events related to race, how often do adults at your school talk about them with students?

- ☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ Frequently
 ☐ Almost always

14. How well does your school help students speak out against racism?

- ☐ Not at all well
 ☐ Slightly well
 ☐ Somewhat well
 ☐ Quite well
 ☐ Extremely well

15. Do you feel unsafe at your school because of...? (check all that apply to you)

- ☐ Your race or ethnicity
 ☐ Your identify or what you identify as
 ☐ Your gender
 ☐ Your disability or because people think you have a disability
 ☐ I feel safe

16. Do you avoid these spaces at school because you feel uncomfortable or unsafe in the space? (please check all that apply to you)

- ☐ Classroom
 ☐ Cafeteria or lunchroom
 ☐ Locker rooms
 ☐ Hallways/stairwells
 ☐ School athletic fields or facilities
 ☐ School buses
- ☐ Physical Education (PE) or gym class
 ☐ School functions (dances, assemblies, etc.)
 ☐ Extracurricular programs/facilities at school
 ☐ Another space not listed above (please specify)
 ☐ I don't avoid anywhere at school because of feeling uncomfortable or safe
 ☐ Bathrooms

17. Another space not listed above(Please specify)

In the past two years, how often have you been verbally harassed (name-calling, threats, etc. directed at you) at your school because of...



18. Your race or ethnicity

☐

Never

☐

Rarely

☐

Sometimes

☐

Often

☐

Never

19. Your identity or what you identify as

☐

Never

☐

Rarely

☐

Sometimes

☐

Often

☐

Frequently

20. Your gender

☐

Never

☐

Rarely

☐

Sometimes

☐

Often

☐

Frequently

21. Your disability or because people think you have a disability

☐

Never

☐

Rarely

☐

Sometimes

☐

Often

☐

Frequently

22. How often do you hear the word "gay" used in a negative way (such as "that's so gay" or "you're so gay") in school?

☐

Never

☐

Rarely

☐

Sometimes

☐

Often

☐

Frequently

23. Are people's preferred pronouns/name being respected in your school setting?

☐

Never

☐

Sometimes

☐

Always

☐

Pronouns-
yes/names-no

☐

Pronouns-no/names-
yes

☐

Not allowed to use
them

24. How well do people at your school understand the kind of person you are?

☐

Do not understand at all

☐

Understand a little

☐

Understand somewhat

☐

Understand mostly

☐

Completely understand

25. How much support do the adults at your school give you?

☐

No support at all

☐

A little bit of support

☐

Some support

☐

A lot of support

☐

A huge amount of support

26. How much respect do students at your school show you?

☐

No respect at all

☐

A little bit of respect

☐

Some respect

☐

A lot of respect

☐

A huge amount of respect

27. When you are at school, how much do you feel like you belong?

☐

Do not belong at all

☐

Belong a little bit

☐

Belong somewhat

☐

Mostly belong

☐

Completely belong

28. What do you wish your teachers knew about your experiences of race/ ethnicity, culture, abilities/disabilities and gender?



29. What is the most important thing your school can keep doing to support students of different races, ethnicities, cultures, abilities and gender preferences?

30. How respectful are your teachers towards you?

☐ Not at all respectful
 ☐ A little respectful
 ☐ Somewhat respectful
 ☐ Very respectful
 ☐ Extremely respectful

31. If you were upset when you came into class, how concerned would your teachers be?

☐ Not at all concerned
 ☐ A little concerned
 ☐ Somewhat concerned
 ☐ Very concerned
 ☐ Extremely concerned

32. When your teachers ask, "How are you?", how often do you feel they really want to know your answer?

☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ A lot of the time
 ☐ Almost always

Feelings About Being at School

In this section, we would like to understand how you feel about your school.

Your Teachers During Class

Please tell us about how much your teachers encourage you to do your best.

33. How often do your teachers ask you to explain your answers?

☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ A lot of the time
 ☐ Almost always

34. When you feel like giving up, how likely is it that your teachers will ask you to keep trying?

☐ Not at all likely
 ☐ A little likely
 ☐ Somewhat likely
 ☐ Very likely
 ☐ Extremely likely

35. How often do your teachers take time to make sure you understand your schoolwork?

☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ A lot of the time
 ☐ Almost always

36. How high are your teachers' expectations of you?

☐ Not high at all
 ☐ A little high
 ☐ Somewhat high
 ☐ Very high
 ☐ Extremely high

Feelings About School

Please let us know what you think about school in general.

37. How important is it to you to do well in your classes?

☐ Not at all important
 ☐ Slightly important
 ☐ Somewhat important
 ☐ Quite important
 ☐ Extremely important



38. How useful do you think school will be to you in the future?

☐ Not at all useful
 ☐ Slightly useful
 ☐ Somewhat useful
 ☐ Quite useful
 ☐ Extremely useful

39. How comfortable are you asking your teachers questions about what you are learning in his/her class?

☐ Not comfortable at all
 ☐ Slightly comfortable
 ☐ Somewhat comfortable
 ☐ Quite comfortable
 ☐ Extremely comfortable

40. During class, how good are your teachers at making sure students do not get out of control?

☐ Not good at all
 ☐ Slightly good
 ☐ Somewhat good
 ☐ Quite good
 ☐ Extremely good

41. How interesting do your teachers make what you are learning in class?

☐ Not at all interesting
 ☐ Slightly interesting
 ☐ Somewhat interesting
 ☐ Quite interesting
 ☐ Extremely interesting

42. How often do your teachers give you feedback that helps you learn?

☐ Almost never
 ☐ Once in a while
 ☐ Sometimes
 ☐ Often
 ☐ Almost Always

43. How confident are you that you can choose an effective strategy to get your work for this class done well?

☐ Not at all confident
 ☐ Slightly confident
 ☐ Somewhat confident
 ☐ Quite confident
 ☐ Extremely confident

44. In your core classes (ex: English, Math, History, Science), classes, how often do you use WICOR (Writing, Inquiry, Collaboration, Organization, Reading) strategies to learn more effectively?

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

45. What is the biggest thing that gets in the way of people at this school getting along with each other better?

Over the last 2 weeks, how often have you been bothered by any of the following problems?

46. Feeling down, depressed, or hopeless

☐ Never
 ☐ Some days
 ☐ More than half the days
 ☐ Almost every day

47. Little interest or pleasure in doing things

☐ Never
 ☐ Some days
 ☐ More than half the days
 ☐ Almost every day

48. Trouble falling or staying asleep, or sleeping too much

☐ Never
 ☐ Some days
 ☐ More than half the days
 ☐ Almost every day



49. Feeling tired or having little energy

☐

Never

☐

Some days

☐

More than half the days

☐

Almost every day

50. Feeling bad about yourself - or that you are a failure or have let yourself or your family down

☐

Never

☐

Some days

☐

More than half the days

☐

Almost every day

51. Thoughts that you would be better off dead or of hurting yourself in some way

☐

Never

☐

Some days

☐

More than half the days

☐

Almost every day

52. Do you want to see someone to discuss something you are concerned with?

☐

Yes

☐

No

53. Are you already receiving care for your mental health?

☐

Yes

☐

No