

In-School Core Survey

Elementary School Questionnaire

2022-2023

This survey asks about your experiences related to your school and health. It also asks about your experiences learning and doing schoolwork from home if you are not going to your school building every weekday in-person.

This survey is voluntary. **You do not have to complete this survey**, but we hope that you will. We need your help!

Your answers will help improve your school.

Please read every question carefully.

Thank you for taking this survey!

In-School Core Survey

1. Which of the following best describes your school schedule during the past 30 days?
 - A) I went to school in person at my school building for the entire day, Monday through Friday. [**In-School Model**]
 - B) I participated in school from home for the entire day on most or all weekdays and did not go to school in person. [**Remote Learning Model**]
2. Are you female or male?
 - A) Female
 - B) Male
3. What grade are you in?
 - A) 3rd grade
 - B) 4th grade
 - C) 5th grade
 - D) 6th grade
4. What is your race or ethnicity? (*Mark All That Apply.*)

A) American Indian or Alaska Native	E) Native Hawaiian or Pacific Islander
B) Asian or Asian American	F) White
C) Black or African American	G) Something else
D) Hispanic or Latinx	
5. Did you eat breakfast this morning?
 - A) No
 - B) Yes
6. How many days a week do you usually go to your school's afterschool program?
 - A) 0 days
 - B) 1 day
 - C) 2 days
 - D) 3 days
 - E) 4 days
 - F) 5 days

In-School Core Survey

7. What time did you go to bed last night?

- A) Before 9:00 pm
- B) Between 9:00 pm and 10:00 pm
- C) Between 10:00 pm and 11:00 pm
- D) Between 11:00 pm and midnight
- E) After 12:00 am

8. In the past 30 days, how often did you miss an entire day of school for any reason?

- A) I did not miss any days of school in the past 30 days
- B) 1 day
- C) 2 days
- D) 3 or more days

The next questions ask about your relationships with people at school and your learning experiences.

9. Do you feel close to people at school?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

10. Are you happy to be at this school?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

11. Do you feel like you are part of this school?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

In-School Core Survey

12. Do you feel proud to belong to your school?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

13. Are the students at your school motivated to learn?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

14. Do teachers treat students fairly at school?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

15. Is your school building neat and clean?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

16. Do the teachers and other grown-ups from your school check on how you are feeling?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

17. Are you given a chance to help decide school activities or rules?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

In-School Core Survey

- 18. Do the teachers and other grown-ups at school care about you?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 19. Do the teachers and other grown-ups at school tell you when you do a good job?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 20. Do the teachers and other grown-ups at school ask you about your ideas?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 21. Do the teachers and other grown-ups give you a chance to solve school problems?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 22. Do you get to do interesting activities at school?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 23. Are you given a chance to help decide class activities or rules?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time

In-School Core Survey

- 24. Do your teachers ask you what you want to learn about?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 25. How well do you do in your schoolwork?**
- A) I'm one of the best students
 - B) I do better than most students
 - C) I do about the same as others
 - D) I don't do as well as most others
- 26. Do the teachers and other grown-ups at school listen when you have something to say?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 27. Do the teachers and other grown-ups at school believe that you can do a good job?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 28. Do you do things to be helpful at school?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 29. Do the teachers and other grown-ups at school make an effort to get to know you?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time

In-School Core Survey

30. Do the teachers and other grown-ups at school want you to do your best?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

31. Are the school rules fair?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

32. Do teachers and other grown-ups at school treat students with respect?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

33. Are students treated fairly when they break school rules?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

34. Are students at this school well behaved?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

35. Do students know what the rules are?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

In-School Core Survey

36. Does your school help students resolve conflicts with one another?
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
37. Does your school teach students to understand how other students think and feel?
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
38. Does your school teach students to feel responsible for how they act?
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
39. Does your school teach students to care about each other and treat each other with respect?
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
40. Do the teachers and other grown-ups make it clear that bullying is not allowed?
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
41. If you tell a teacher that you've been bullied, will the teacher do something to help?
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time

In-School Core Survey

42. Do students at your school try to stop bullying when they see it happening?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

43. Do you get really bored at school?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

44. Do you finish all your school assignments?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

45. When you get a bad grade, do you try even harder the next time?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

46. Do you keep working and working on your schoolwork until you get it right?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

47. Do you keep doing your schoolwork even when it's really hard for you?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

In-School Core Survey

48. Do you follow the classroom rules?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

49. Do you follow the playground rules at recess and lunch times?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

50. Do you listen when your teacher is talking?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

51. Are you nice to other students?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

52. During the past 30 days, did kids spread mean rumors or lies, or hurtful pictures, about you online, on social media, or on a cell phone?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

53. Do other kids hit or push you at school when they are not just playing around?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

In-School Core Survey

54. Do other kids at school spread mean rumors or lies about you?
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
55. During the past year, did you ever bring a gun or knife to school?
- A) No
 - B) Yes
56. Do other kids at school call you bad names or make mean jokes about you?
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
57. During the past year, have you ever seen another kid with a gun or knife at school?
- A) No
 - B) Yes
58. Do you feel safe at school?
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
59. Do you feel safe on your way to and from school?
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
60. Have other kids at school ever teased you about what your body looks like?
- A) No
 - B) Yes

In-School Core Survey

**These next questions are about how you felt over the past 30 days.
Please choose the answer that best describes you.**

61. Do you feel good and happy?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

62. Do you feel sad?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

In-School Core Survey

The next questions are about cigarettes, vaping, alcohol, and other drugs.

Keep the following definitions in mind

- **One drink of alcohol** means drinking one regular size can/bottle of beer or wine cooler, one glass of wine, one mixed drink, or one shot glass of liquor. Questions about alcohol do not include drinking a few sips of wine for religious purposes.
- **Drug** means any substance you use to get “high” or for reasons other than medical (as ordered by a doctor).

63. Have you ever smoked a cigarette?
- A) No
 - B) Yes, I smoked a part of a cigarette, like one or two puffs
 - C) Yes, I smoked a whole cigarette
64. Have you ever vaped?
- A) No
 - B) Yes
65. Have you ever drunk beer, wine, or other alcohol?
- A) No
 - B) Yes, I drank one or two sips
 - C) Yes, I drank a full glass
66. Have you ever sniffed something through your nose to get “high”?
- A) No
 - B) Yes
67. Have you ever used any marijuana (smoke, vape, eat, or drink)?
- A) No
 - B) Yes
 - C) I don’t know what marijuana is
68. Do you think smoking cigarettes is bad for a person’s health?
- A) No, not bad
 - B) Yes, a little bad
 - C) Yes, very bad

In-School Core Survey

69. Do you think vaping is bad for a person's health?

- A) No, not bad
- B) Yes, a little bad
- C) Yes, very bad

70. Do you think drinking alcohol (beer, wine, liquor) is bad for a person's health?

- A) No, not bad
- B) Yes, a little bad
- C) Yes, very bad

71. Do you think using marijuana (smoke, vape, eat, or drink) is bad for a person's health?

- A) No, not bad
- B) Yes, a little bad
- C) Yes, very bad
- D) I don't know what marijuana is

Here are questions about your home.

72. Does a parent or some other grown-up at home care about your schoolwork?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

73. Does a parent or some other grown-up at home believe that you can do a good job?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

74. Does a parent or some other grown-up at home want you to do your best?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

In-School Core Survey

75. Does a parent or some other grown-up at home ask if you did your homework?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

76. Does a parent or some other grown-up at home check your homework?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

77. Does a parent or some other grown-up at home ask you about school?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

78. Does a parent or some other grown-up at home ask you about your grades?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

Mental Health Supports Module

SUPPLEMENT 1

**Please mark one answer for each statement unless it says to mark all that apply.
You do not have to answer any questions you don't want to answer.**

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

- X1. In the past month, how often did you feel very stressed?**
- A) Never
 - B) Sometimes
 - C) Most of the time
 - D) All of the time
- X2. In the past month, how often did you feel very lonely?**
- A) Never
 - B) Sometimes
 - C) Most of the time
 - D) All of the time
- X3. Do you know who to get help from at school when you feel very sad, stressed, lonely, or depressed?**
- A) No
 - B) Yes
- X4. If someone your age felt very sad, stressed, lonely, or depressed, could talking to an adult help them feel better?**
- A) No
 - B) Yes
 - C) I don't know
- X5. If someone your age felt very sad, stressed, lonely, or depressed, would kids at your school be nice to them?**
- A) No
 - B) Yes
 - C) I don't know
- X6. If you felt very sad, stressed, lonely, or depressed, could talking to an adult help you feel better?**
- A) No
 - B) Yes
 - C) I don't know

Mental Health Supports Module

SUPPLEMENT 1

- X7. If you felt very sad, stressed, lonely, or depressed, would kids at your school be nice to you?**
- A) No
 - B) Yes
 - C) I don't know
- X8. If you felt very sad, stressed, lonely, or depressed, would you... (Mark All That Apply.)**
- A) talk to a teacher or another adult from your school?
 - B) talk to your parents or someone in your family?
 - C) get help from a counselor or therapist?
 - D) talk to your friends?
 - E) be afraid to get help?
 - F) not know what to do?
- X9. In the past year, did you want to talk to a counselor or therapist about your feelings?**
- A) No
 - B) Yes
 - C) I don't know
- X10. In the past year, did you get help from a counselor or therapist when you needed it?**
- A) No, because I didn't need help
 - B) No, I didn't get help when I needed it
 - C) Yes, I got help when I needed it
- X11. In the past year, where did you get help from a counselor or therapist? (Mark All That Apply.)**
- A) Nowhere
 - B) At school (in person, by phone, or online)
 - C) From a counselor or therapist not from my school (in person, by phone, or online)
 - D) Somewhere else
 - E) I don't know
- X12. In the past year, did an adult at school refer or connect you to a counselor or therapist outside of school to talk about your feelings?**
- A) No
 - B) Yes
 - C) I don't know

This survey was created in 2016 and revised in 2020 by the California Department of Education (CDE) and University of California, San Francisco Institute for Health Policy Studies (UCSF) with funding from the Substance Abuse and Mental Health Services Administration (SAMHSA).