

In-School Core Survey

Elementary School Questionnaire

2023-2024

This survey asks about your experiences related to your school and health.

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
- B) Asian or Asian American
- C) Black or African American
- D) Hispanic or Latinx
- E) Native Hawaiian or Pacific Islander
- F) White
- G) Something else

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

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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

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12. **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
13. **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
14. **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
15. **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
16. **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
17. **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

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18. 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

19. 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

20. 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

21. 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

22. 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

23. 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

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24. **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
25. **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
26. **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
27. **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
28. **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
29. **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

In-School Core Survey

- 30. 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
- 31. 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
- 32. 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
- 33. 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
- 34. 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
- 35. 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

In-School Core Survey

36. 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
37. 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
38. 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
39. 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
40. 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
41. 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

In-School Core Survey

42. 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

43. 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

44. 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

45. 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

46. 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

47. 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

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48. **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
49. **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
50. **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
51. **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
52. **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
53. **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

In-School Core Survey

54. During the past year, did you ever bring a gun or knife to school?
- A) No
 - B) Yes
55. 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
56. During the past year, have you ever seen another kid with a gun or knife at school?
- A) No
 - B) Yes
57. 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
58. 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
59. 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.**

60. 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

61. 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

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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 hard seltzer, 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).

62. 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
63. Have you ever vaped?
- A) No
 - B) Yes
64. 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
65. Have you ever sniffed something through your nose to get “high”?
- A) No
 - B) Yes
66. Have you ever used any marijuana (smoke, vape, eat, or drink)?
- A) No
 - B) Yes
 - C) I don’t know what marijuana is
67. 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

68. Do you think vaping is bad for a person's health?
- A) No, not bad
 - B) Yes, a little bad
 - C) Yes, very bad
69. 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
70. 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.

71. 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
72. 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
73. 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

74. 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

75. 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

76. 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

77. 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 I

**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

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TUPE Module

SUPPLEMENT 1

In-School Only

- X1.** Have you smoked a cigarette in the last 30 days?
- A) No
 - B) Yes
- X2.** Have you vaped in the last 30 days?
- A) No
 - B) Yes
- X3.** Is smoking cigarettes allowed inside your home?
- A) No
 - B) Yes
 - C) Don't know
- X4.** Is vaping allowed inside your home?
- A) No
 - B) Yes
 - C) Don't know
- X5.** Do any of your friends smoke cigarettes?
- A) No
 - B) Yes
- X6.** Do any of your friends vape?
- A) No
 - B) Yes
- X7.** In the last 30 days, have you seen any students smoke cigarettes at school?
- A) No
 - B) Yes

TUPE Module

SUPPLEMENT 1

- X8.** In the **last 30 days**, have you seen any students vape at school?
- A) No
 - B) Yes
- X9.** How wrong would your close friends feel it would be if you **smoked cigarettes**?
- A) Very wrong
 - B) Wrong
 - C) A little wrong
 - D) Not at all wrong
- X10.** How wrong would your close friends feel it would be if you **vaped**?
- A) Very wrong
 - B) Wrong
 - C) A little wrong
 - D) Not at all wrong
- X11.** Do you think you will **smoke a cigarette** at any time during the next year?
- A) Definitely not
 - B) Probably not
 - C) Probably yes
 - D) Definitely yes
- X12.** Do you think you will **vape** at any time during the next year?
- A) Definitely not
 - B) Probably not
 - C) Probably yes
 - D) Definitely yes
- X13.** If you wanted to get a cigarette, how easy or difficult would it be?
- A) Very easy
 - B) Fairly easy
 - C) Fairly difficult
 - D) Very difficult

CALIFORNIA *healthy kids* SURVEY

TUPE Module

SUPPLEMENT 1

- X14.** If you wanted to get a vape, how easy or difficult would it be?
- A) Very easy
 - B) Fairly easy
 - C) Fairly difficult
 - D) Very difficult
- X15.** In the **last 12 months**, did any of your classes or school activities talk about how smoking cigarettes is bad for a person's health?
- A) No
 - B) Yes
- X16.** In the **last 12 months**, did any of your classes or school activities talk about how vaping is bad for a person's health?
- A) No
 - B) Yes