

Cal-Well 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.**

How true do you feel these statements are?

		Not At All True	A Little True	Pretty Much True	Very Much True
W1.	This school encourages students to feel responsible for how they act.	A	B	C	D
W2.	This school encourages students to understand how others think and feel.	A	B	C	D
W3.	This school helps students solve conflicts with one another.	A	B	C	D
W4.	I have a friend who really cares about me.	A	B	C	D
W5.	I have a friend I can talk to about my problems.	A	B	C	D
W6.	I have a friend who helps me when I'm having a hard time.	A	B	C	D
W7.	I have an adult I can talk to about my problems.	A	B	C	D
W8.	I know who to go to for help when I am sad, stressed, or depressed.	A	B	C	D
W9.	There is a purpose to my life.	A	B	C	D
W10.	I understand my moods and feelings.	A	B	C	D
W11.	I know why I do what I do.	A	B	C	D
W12.	I feel bad when someone gets their feelings hurt.	A	B	C	D
W13.	I try to understand what other people go through.	A	B	C	D
W14.	I try to understand how other people feel and think.	A	B	C	D
W15.	Overall, I expect more good things to happen to me than bad things.	A	B	C	D
W16.	Each day I look forward to having a lot of fun.	A	B	C	D
W17.	I usually expect to have a good day.	A	B	C	D

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

W18. If a friend of mine felt sad, stressed, or depressed, I would... (*Mark All That Apply*)

- A) Offer my support
- B) Listen to them without judging or criticizing
- C) Tell them to talk to a teacher or another adult at school
- D) Tell them to talk to a parent or someone else in their family
- E) Tell them to get help from a counselor, doctor, or therapist
- F) Try not to talk to them until they got better
- G) Not know what to do

W19. If I felt 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
W20. Talking to an adult could help them feel better	A	B	C	D
W21. 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
W22. I would be afraid to ask for help	A	B	C	D
W23. 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.

W24. 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

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W25. In the past year, how often did you get help from an adult professional when you needed it?

- A) Always
- B) Most of the time
- C) Some of the time
- D) Never
- E) Does not apply, I didn't need help

W26. 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