

SPAI-C

Below are some places or activities that sometimes make boys or girls feel nervous or scared. All of these activities are called social situations because they involve being with other people. Social situations include playing outside with other boys and girls, playing a sport while others are watching, being in a play or recital, going to a party or a meeting, playing at the playground, or just being around other boys and girls at school.

Think about yourself and select the number that shows how often you would feel nervous or scared when doing this.

- | | |
|--|---|
| 1) I feel scared when I am with other boys and girls or adults and I have to do something while they watch me (read aloud, play a game, play a sport). | <input type="radio"/> Never, or Hardly Ever
<input type="radio"/> Sometimes
<input type="radio"/> Most of the Time, or Always |
| 2) I feel scared when I have to speak or read in front of a group of people. | <input type="radio"/> Never, or Hardly Ever
<input type="radio"/> Sometimes
<input type="radio"/> Most of the Time, or Always |

If somebody starts arguing with me, I feel scared and do not know what to do if that person is...

- | | Never, or Hardly Ever | Sometimes | Most of the Time, or Always |
|--|-----------------------|-----------------------|-----------------------------|
| 3) ...a boy or girl my age who I know | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4) ...a boy or girl my age who I don't know. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5) ...an adult. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

If somebody asks me to do something that I don't want to do, I feel scared and don't know what to say if that person is...

- | | Never, or Hardly Ever | Sometimes | Most of the Time, or Always |
|--|-----------------------|-----------------------|-----------------------------|
| 6) ...a boy or girl my age who I know | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7) ...a boy or girl my age who I don't know. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 8) ...an adult. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

I feel scared and don't know what to do when in an embarrassing situation with... (embarrassed means that your face gets hot and red)

- | | Never, or Hardly Ever | Sometimes | Most of the Time, or Always |
|---|-----------------------|-----------------------|-----------------------------|
| 9) ...a boy or girl my age who I know | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 10) ...a boy or girl my age who I don't know. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 11) ...an adult. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

If somebody says something that I think is wrong or bad, I feel scared saying what I think if that person is...

- | | Never, or Hardly Ever | Sometimes | Most of the Time, or Always |
|---|-----------------------|-----------------------|-----------------------------|
| 12) ...a boy or girl my age who I know. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 13) | | | |

...a boy or girl my age who I don't know.

☐☐☐

14) ...an adult.

☐☐☐

I feel scared when I start to talk to...

Never, or Hardly Ever

Sometimes

Most of the Time, or Always

15) ...boys or girls my age that I know.

☐☐☐

16) ...boys or girls my age that I don't know.

☐☐☐

17) ...adults.

☐☐☐

I feel scared if I have to talk for longer than a few minutes with...

Never, or Hardly Ever

Sometimes

Most of the Time, or Always

18) ...boys or girls my age that I know.

☐☐☐

19) ...boys or girls my age that I don't know.

☐☐☐

20) ...adults.

☐☐☐

I feel scared when speaking (giving a book report, reading in front of the class) in front of...

Never, or Hardly Ever

Sometimes

Most of the Time, or Always

21) ...boys or girls my age that I know.

☐☐☐

22) ...boys or girls my age that I don't know.

☐☐☐

23) ...adults.

☐☐☐

I feel scared when I am in a school play, choir, music or dance recital in front of...

Never, or Hardly Ever

Sometimes

Most of the Time, or Always

24) ...boys or girls my age that I know.

☐☐☐

25) ...boys or girls my age that I don't know.

☐☐☐

26) ...adults.

☐☐☐

27) I usually do not speak to anyone until they speak to me.

☐ Never, or Hardly Ever

☐ Sometimes

☐ Most of the Time, or Always