



Check Yourself Questions

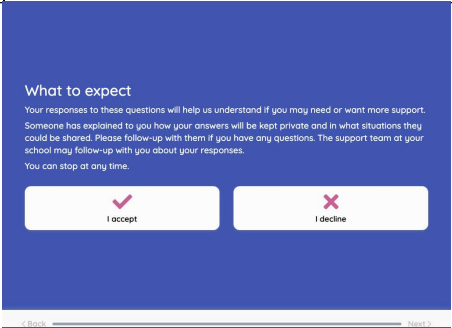

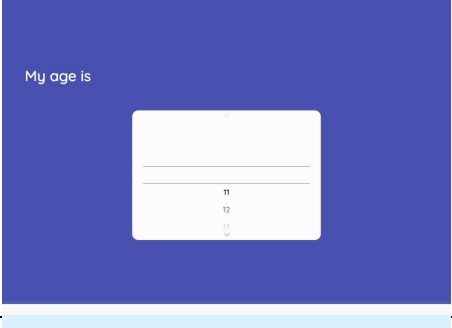
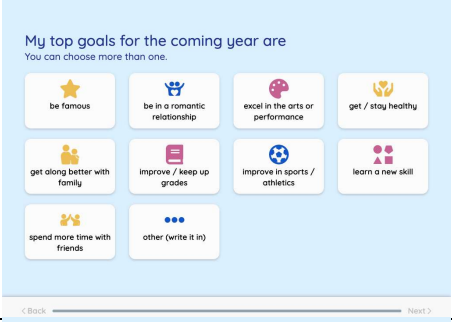
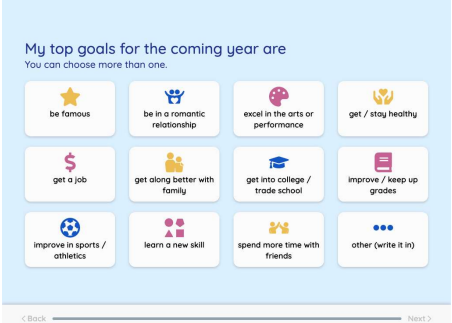
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

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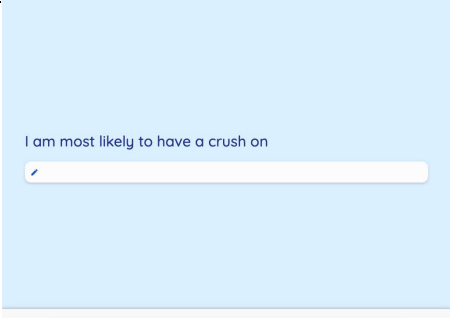
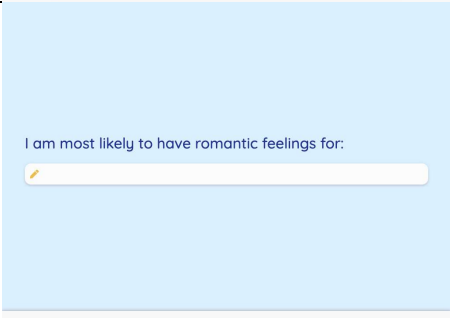

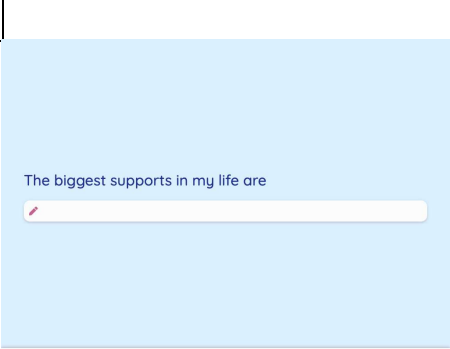
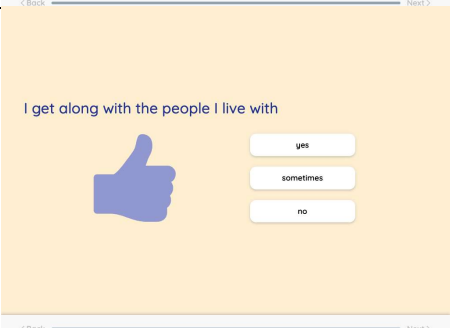

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This document contains a list of questions asked on the Check Yourself questionnaire as part of the SBIRT program. It notes how the questions branch from one another and to which grade levels the questions are asked.

Question ID	Screenshot	Question (Branching in red)	Options	Flags/Tallies
Consent		What to expect	I accept I decline	
Grade		I am in grade	6 7 8 9 10 11 12	
Age		My age is	11 12 13 14 15 16 17 18 19 20 21 22	
Goals - Middle school		My top goals for the coming year are If grades 6, 7, 8	be famous be in a romantic relationship excel in the arts or performance get / stay healthy get along better with family improve / keep up grades improve in sports / athletics learn a new skill spend more time with friends other (write it in)	
Goals - High school		My top goals for the coming year are If grades 9, 10, 11, 12	be famous be in a romantic relationship excel in the arts or performance get / stay healthy get a job get along better with family get into college / trade school improve / keep up grades improve in sports / athletics learn a new skill spend more time with friends other (write it in)	

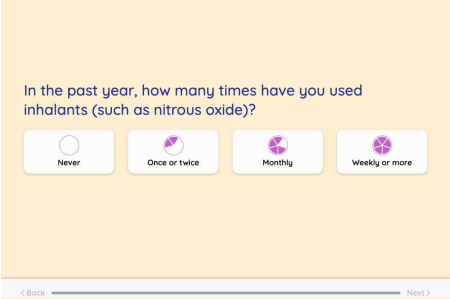
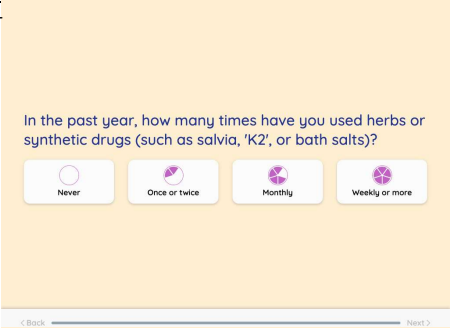
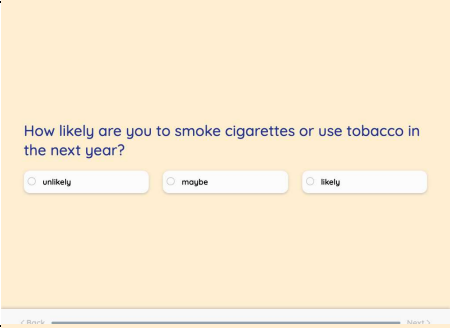
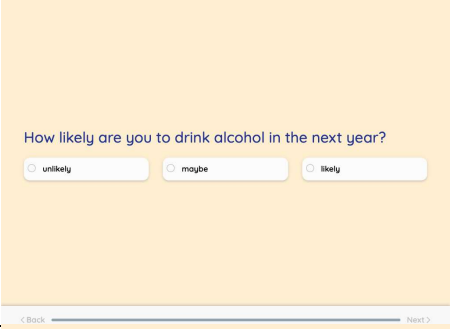
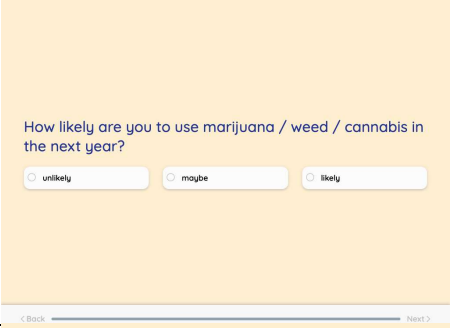

Goals - other	<p>My top goals for the coming year are</p> <div style="border: 1px solid #ccc; height: 40px; width: 240px;"></div> <p style="text-align: center;">< Back Next ></p>	My top goals for the coming year are If answered "Other"		
Language at home	<p>At home most of the time I speak</p> <p>You can choose more than one.</p> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 33%;"><input type="checkbox"/> Amharic</div> <div style="width: 33%;"><input type="checkbox"/> Arabic</div> <div style="width: 33%;"><input type="checkbox"/> Chinese</div> <div style="width: 33%;"><input type="checkbox"/> Cambodian</div> <div style="width: 33%;"><input type="checkbox"/> English</div> <div style="width: 33%;"><input type="checkbox"/> French</div> <div style="width: 33%;"><input type="checkbox"/> Khmer</div> <div style="width: 33%;"><input type="checkbox"/> Korean</div> <div style="width: 33%;"><input type="checkbox"/> Punjabi</div> <div style="width: 33%;"><input type="checkbox"/> Russian</div> <div style="width: 33%;"><input type="checkbox"/> Spanish</div> <div style="width: 33%;"><input type="checkbox"/> Somali</div> <div style="width: 33%;"><input type="checkbox"/> Tagalog</div> <div style="width: 33%;"><input type="checkbox"/> Ukrainian</div> <div style="width: 33%;"><input type="checkbox"/> Vietnamese</div> <div style="width: 33%;"><input type="checkbox"/> Other (write it in)</div> <div style="width: 33%;"><input type="checkbox"/> prefer not to answer</div> </div> <p style="text-align: center;">< Back Next ></p>	At home most of the time I speak	Amharic Arabic Chinese Cambodian English French Khmer Korean Punjabi Russian Spanish Somali Tagalog Ukrainian Vietnamese Other (write it in) prefer not to answer	
Language at home - other	<p>At home I usually speak</p> <div style="border: 1px solid #ccc; height: 20px; width: 240px;"></div> <p style="text-align: center;">< Back Next ></p>	At home I usually speak If answered "Other"		
Ethnicity	<p>I would describe myself as</p> <p>You can choose more than one.</p> <div style="display: flex; flex-wrap: wrap;"> <div style="width: 33%;"><input type="checkbox"/> American Indian or Alaska Native</div> <div style="width: 33%;"><input type="checkbox"/> Asian Indian</div> <div style="width: 33%;"><input type="checkbox"/> Black or African American</div> <div style="width: 33%;"><input type="checkbox"/> Chinese</div> <div style="width: 33%;"><input type="checkbox"/> Ethiopian</div> <div style="width: 33%;"><input type="checkbox"/> Filipino</div> <div style="width: 33%;"><input type="checkbox"/> Japanese</div> <div style="width: 33%;"><input type="checkbox"/> Korean</div> <div style="width: 33%;"><input type="checkbox"/> Mexican, Mexican American, Chicano</div> <div style="width: 33%;"><input type="checkbox"/> Middle Eastern or North African</div> <div style="width: 33%;"><input type="checkbox"/> Native Hawaiian</div> <div style="width: 33%;"><input type="checkbox"/> Other Latino/a/x</div> <div style="width: 33%;"><input type="checkbox"/> Pacific Islander</div> <div style="width: 33%;"><input type="checkbox"/> Somali</div> <div style="width: 33%;"><input type="checkbox"/> Vietnamese</div> <div style="width: 33%;"><input type="checkbox"/> White</div> <div style="width: 33%;"><input type="checkbox"/> Something else fits better (write it in)</div> <div style="width: 33%;"><input type="checkbox"/> Prefer not to answer</div> </div> <p style="text-align: center;">< Back Next ></p>	I would describe myself as	American Indian or Alaska Native Asian Indian Black or African American Chinese Ethiopian Filipino Japanese Korean Mexican, Mexican American, Chicano Middle Eastern or North African Native Hawaiian Other Latino/a/x Pacific Islander Somali Vietnamese White Something else fits better (write it in) Prefer not to answer	

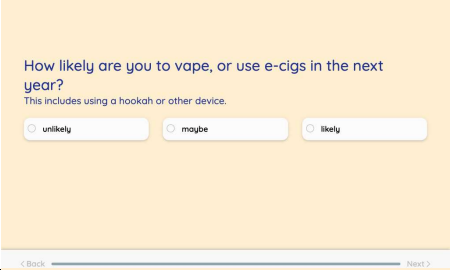
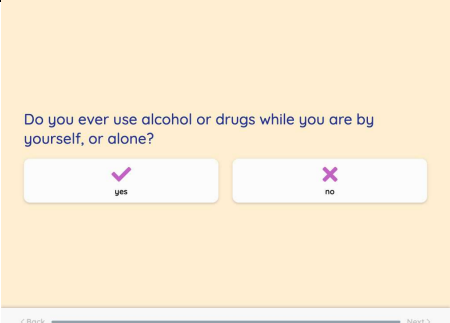
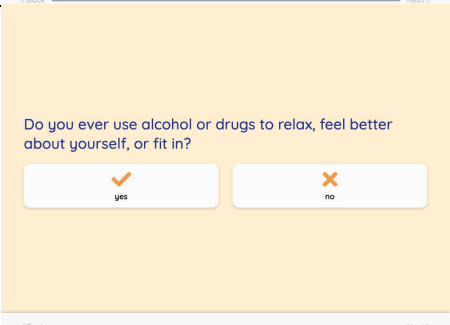


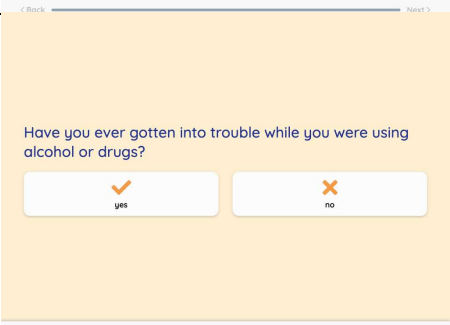
Tribe	<p>The name of my tribe(s) is</p> <input type="text"/>	<p>The name of my tribe(s) is If response to "I would describe myself as" is "American Indian or Alaska Native"</p>		
Ethnicity - Other	<p>I would describe my race or ethnicity as</p> <input type="text"/>	<p>I would describe my race or ethnicity as If response to "I would describe myself as" is "Something else fits better (write it in)"</p>		
Gender	<p>I identify as</p> <p>You can choose more than one option.</p> <div style="display: flex; flex-wrap: wrap; gap: 10px;"> <div style="border: 1px solid #ccc; padding: 5px; text-align: center;">  <small>female</small> </div> <div style="border: 1px solid #ccc; padding: 5px; text-align: center;">  <small>male</small> </div> <div style="border: 1px solid #ccc; padding: 5px; text-align: center;">  <small>non-binary</small> </div> <div style="border: 1px solid #ccc; padding: 5px; text-align: center;">  <small>transgender</small> </div> <div style="border: 1px solid #ccc; padding: 5px; text-align: center;">  <small>questioning my gender identity</small> </div> <div style="border: 1px solid #ccc; padding: 5px; text-align: center;">  <small>something else fits better (write it in)</small> </div> <div style="border: 1px solid #ccc; padding: 5px; text-align: center;">  <small>prefer not to answer</small> </div> </div>	<p>I identify as</p>	<p>female male non-binary transgender questioning my gender identity something else fits better (write it in) prefer not to answer</p>	
Gender - other	<p>I would describe my gender identity as</p> <input type="text"/>	<p>I would describe my gender identity as If response to "I identify as" is "Something else fits better (write it in)"</p>		
Attraction - Middle school	<p>I am most likely to have a crush on</p> <p>Someone you are interested in dating or as more than a friend.</p> <div style="display: flex; flex-wrap: wrap; gap: 10px;"> <div style="border: 1px solid #ccc; padding: 5px;"><input type="radio"/> all genders</div> <div style="border: 1px solid #ccc; padding: 5px;"><input type="radio"/> both males and females</div> <div style="border: 1px solid #ccc; padding: 5px;"><input type="radio"/> females</div> <div style="border: 1px solid #ccc; padding: 5px;"><input type="radio"/> males</div> <div style="border: 1px solid #ccc; padding: 5px;"><input type="radio"/> not sure</div> <div style="border: 1px solid #ccc; padding: 5px;"><input type="radio"/> something else fits better (write it in)</div> <div style="border: 1px solid #ccc; padding: 5px;"><input type="radio"/> prefer not to answer</div> <div style="border: 1px solid #ccc; padding: 5px;"><input type="radio"/> none</div> </div>	<p>I am most likely to have a crush on If grades 6, 7, 8</p>	<p>all genders both males and females females males not sure something else fits better (write it in) prefer not to answer none</p>	
Attraction - High school	<p>I am most likely to have romantic feelings for:</p> <p>Someone you are interested in dating or as more than a friend.</p> <div style="display: flex; flex-wrap: wrap; gap: 10px;"> <div style="border: 1px solid #ccc; padding: 5px;"><input type="radio"/> all genders</div> <div style="border: 1px solid #ccc; padding: 5px;"><input type="radio"/> both males and females</div> <div style="border: 1px solid #ccc; padding: 5px;"><input type="radio"/> females</div> <div style="border: 1px solid #ccc; padding: 5px;"><input type="radio"/> males</div> <div style="border: 1px solid #ccc; padding: 5px;"><input type="radio"/> not sure</div> <div style="border: 1px solid #ccc; padding: 5px;"><input type="radio"/> something else fits better (write it in)</div> </div>	<p>I am most likely to have romantic feelings for: If grades 9, 10, 11, 12</p>	<p>all genders both males and females females males not sure something else fits better (write it in) prefer not to answer</p>	

			none	
Attraction - other - Middle school		I am most likely to have a crush on If grades 6, 7, 8 and response to "I am most likely to have a crush on" is "Something else fits better (write it in)"		
Attraction - other -High school		I am most likely to have romantic feelings for: If grades 9, 10, 11, 12 and response to "I am most likely to have romantic feelings for" is "Something else fits better (write it in)"		
Supports		The biggest supports in my life are	mother(s) father(s) stepmother(s) stepfather(s) sibling(s) grandparent(s) cousin(s) friend(s) aunt / uncle(s) teacher / coach(s) virtual / online friend(s) mentor / counselor(s) other (write it in) nobody	
Supports - other		The biggest supports in my life are If answered "Other"		
Home life		I get along with the people I live with	yes sometimes no	
Home life		At home I sometimes or always experience (Part 1)	eating dinner as a family not knowing where we will sleep	

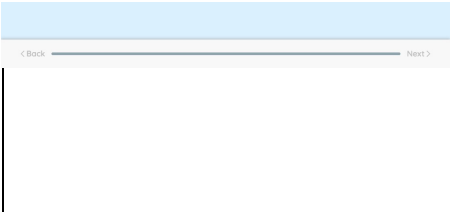
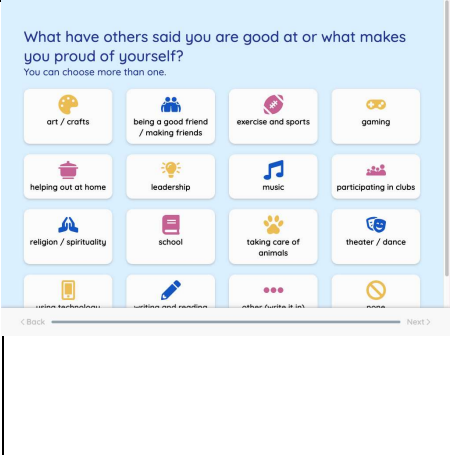
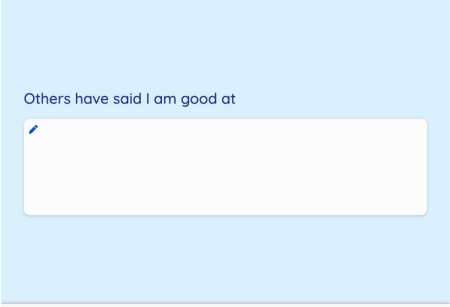
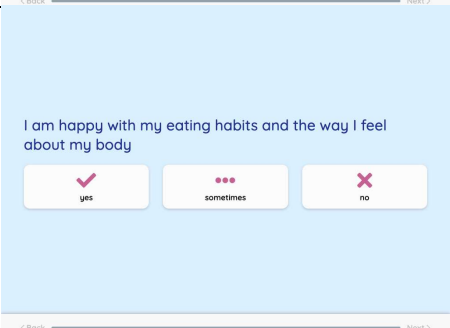
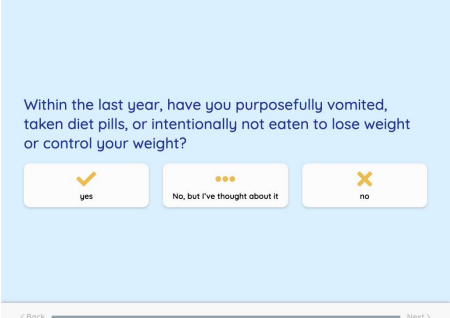
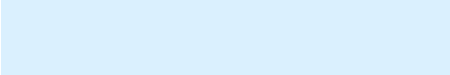
	<p>At home I sometimes or always experience (Part 1) You can choose more than one and there are more options on the next screen.</p> <p><input type="checkbox"/> eating dinner as a family</p> <p><input type="checkbox"/> spending time together</p> <p><input type="checkbox"/> alcohol/drug use causes problems at home</p> <p><input type="checkbox"/> none</p> <p><input type="checkbox"/> not knowing where we will sleep</p> <p><input type="checkbox"/> watching a movie/show together</p> <p><input type="checkbox"/> taking care of family members</p> <p><input type="checkbox"/> insulting others causes problems at home</p> <p><input type="checkbox"/> staying home alone for a long time</p> <p><input type="checkbox"/> prefer not to answer</p>		<p>insulting others causes problems at home</p> <p>spending time together</p> <p>watching a movie/show together</p> <p>staying home alone for a long time</p> <p>alcohol/drug use causes problems at home</p> <p>taking care of family members</p> <p>prefer not to answer</p> <p>none</p>	
Home life	<p>At home I sometimes or always experience (Part 2) You can choose more than one.</p> <p><input type="checkbox"/> playing games together</p> <p><input type="checkbox"/> going out in nature</p> <p><input type="checkbox"/> family member serving time in jail</p> <p><input type="checkbox"/> prefer not to answer</p> <p><input type="checkbox"/> skipping/missing meals</p> <p><input type="checkbox"/> moving from place to place</p> <p><input type="checkbox"/> cooking together</p> <p><input type="checkbox"/> none</p> <p><input type="checkbox"/> fighting or physically hurting others or animals</p> <p><input type="checkbox"/> family traditions we do together</p> <p><input type="checkbox"/> other (write it in)</p>	At home I sometimes or always experience (Part 2)	<p>playing games together</p> <p>skipping/missing meals</p> <p>fighting or physically hurting others or animals</p> <p>going out in nature</p> <p>moving from place to place</p> <p>family traditions we do together</p> <p>family member serving time in jail</p> <p>cooking together</p> <p>other (write it in)</p> <p>prefer not to answer</p> <p>none</p>	
Home life - other	<p>Please describe what you experience at home</p> <p>Please describe what you experience at home</p>	Please describe what you experience at home If answered "Other"		
School safety	<p>I feel safe at school</p> <p></p> <p><input type="radio"/> yes</p> <p><input type="radio"/> sometimes</p> <p><input type="radio"/> no</p>	I feel safe at school	<p>yes</p> <p>sometimes</p> <p>no</p>	
Sleep	<p>I sleep this many hours, on an average night If you usually go to bed at 10pm and wake up at 6am you sleep 8 hours.</p> <p><input type="text" value="4"/></p> <p>4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 9.5 10 10.5 11 11.5 12</p>	I sleep this many hours, on an average night	<p>4</p> <p>4.5</p> <p>5</p> <p>5.5</p> <p>6</p> <p>6.5</p> <p>7</p> <p>7.5</p> <p>8</p> <p>8.5</p> <p>9</p> <p>9.5</p> <p>10</p> <p>10.5</p> <p>11</p> <p>11.5</p> <p>12</p>	
Cigarette/Tobacco use		In the past year, how many times have you used cigarettes/tobacco?	<p>Never</p> <p>Once or twice</p> <p>Monthly</p>	<p>moderate risk</p> <p>moderate risk</p>

	<p>In the past year, how many times have you used cigarettes/tobacco?</p> <p>Never Once or twice Monthly Weekly or more</p> <p>< Back Next ></p>		Weekly or more	moderate risk
Alcohol use	<p>In the past year, how many times have you drank alcohol?</p> <p>Never Once or twice Monthly Weekly or more</p> <p>< Back Next ></p>	In the past year, how many times have you drank alcohol?	Never Once or twice Monthly Weekly or more	moderate risk moderate risk moderate risk
Marijuana use	<p>In the past year, how many times have you used marijuana/weed/cannabis?</p> <p>Never Once or twice Monthly Weekly or more</p> <p>< Back Next ></p>	In the past year, how many times have you used marijuana/weed/cannabis?	Never Once or twice Monthly Weekly or more	moderate risk moderate risk moderate risk
Vape use	<p>In the past year, how many times have you used a vaping device containing nicotine and/or other flavors?</p> <p>Never Once or twice Monthly Weekly or more</p> <p>< Back Next ></p>	In the past year, how many times have you used a vaping device containing nicotine and/or other flavors?	Never Once or twice Monthly Weekly or more	moderate risk moderate risk moderate risk
Prescription drug use - High school	<p>In the past year, how many times have you used prescription drugs that were <u>not prescribed for you</u> (such as pain medication or Adderall)?</p> <p>Never Once or twice Monthly Weekly or more</p> <p>< Back Next ></p>	In the past year, how many times have you used prescription drugs that were not prescribed for you (such as pain medication or Adderall)? If grades 9, 10, 11, 12	Never Once or twice Monthly Weekly or more	moderate risk moderate risk moderate risk
Illegal drug use - High school	<p>In the past year, how many times have you used illegal drugs (such as cocaine or Ecstasy)?</p> <p>Never Once or twice Monthly Weekly or more</p> <p>< Back Next ></p>	In the past year, how many times have you used illegal drugs (such as cocaine or Ecstasy)? If grades 9, 10, 11, 12	Never Once or twice Monthly Weekly or more	moderate risk moderate risk moderate risk
Inhalant use -		In the past year, how many	Never	

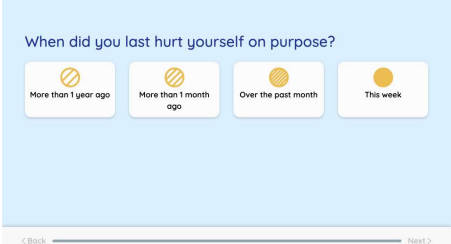
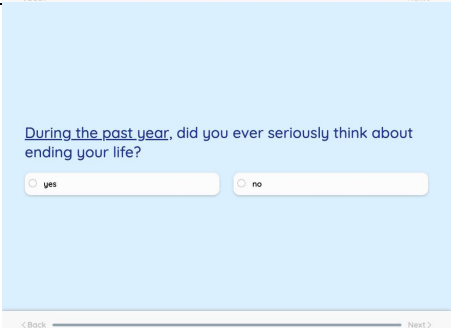
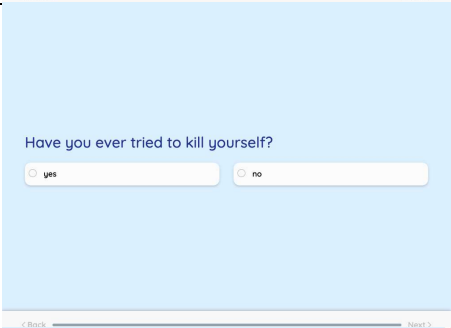
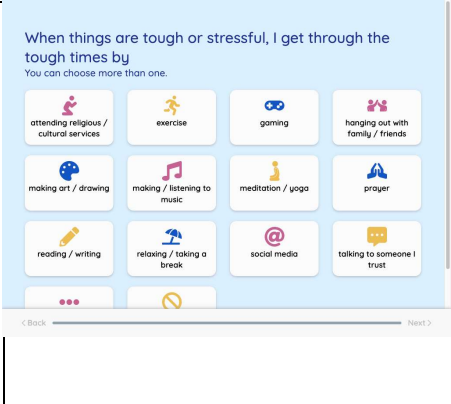
High school		<p>times have you used inhalants (such as nitrous oxide)? If grades 9, 10, 11, 12</p>	<p>Once or twice Monthly Weekly or more</p>	<p>moderate risk moderate risk moderate risk</p>
Herbal drug use - High school		<p>In the past year, how many times have you used herbs or synthetic drugs (such as salvia, 'K2', or bath salts)? If grades 9, 10, 11, 12</p>	<p>Never Once or twice Monthly Weekly or more</p>	<p>moderate risk moderate risk moderate risk</p>
Intent to use cigarettes/tobacco - Middle school		<p>How likely are you to smoke cigarettes or use tobacco in the next year? If grades 6, 7, 8 and response to "In the past year, how many times have you used cigarettes/tobacco?" is "Never"</p>	<p>unlikely maybe likely</p>	<p>moderate risk moderate risk</p>
Intent to use alcohol - Middle school		<p>How likely are you to drink alcohol in the next year? If grades 6, 7, 8 and response to "In the past year, how many times have you used alcohol?" is "Never"</p>	<p>unlikely maybe likely</p>	<p>moderate risk moderate risk</p>
Intent to use marijuana - Middle school		<p>How likely are you to use marijuana / weed / cannabis in the next year? If grades 6, 7, 8 and response to "In the past year, how many times have you used marijuana/weed/cannabis?" is "Never"</p>	<p>unlikely maybe likely</p>	<p>moderate risk moderate risk</p>
Intent to use vape - Middle		<p>How likely are you to vape, or use e-cigs in the next year?</p>	<p>unlikely maybe</p>	<p>moderate risk</p>



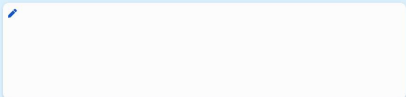
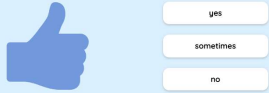
school		<p>If grades 6, 7, 8 and response to "In the past year, how many times have you used a vaping device containing nicotine and/or other flavors?" is "Never"</p>	likely	moderate risk
Problem use of substances - High school		<p>Do you ever use alcohol or drugs while you are by yourself, or alone? If grades 9, 10, 11, 12 and substance use was endorsed in previous questions</p>	yes no	moderate risk
Problem use of substances - High school		<p>Do you ever use alcohol or drugs to relax, feel better about yourself, or fit in? If grades 9, 10, 11, 12 and substance use was endorsed in previous questions</p>	yes no	moderate risk
Problem use of substances - High school		<p>Do you ever forget things you did while using alcohol or drugs? If grades 9, 10, 11, 12 and substance use was endorsed in previous questions</p>	yes no	moderate risk
Problem use of substances - High school		<p>Do your family or friends ever tell you that you should cut down on your drinking or drug use? If grades 9, 10, 11, 12 and substance use was endorsed in previous questions</p>	yes no	moderate risk
Problem use of substances - High school		<p>Have you ever gotten into trouble while you were using alcohol or drugs? If grades 9, 10, 11, 12 and substance use was endorsed in previous questions</p>	yes no	moderate risk


<p>Bullying/Harassment</p>	<p>Has anyone bullied, threatened or harassed you in real life or on social media? (Used power to repeatedly hurt you on purpose with words or physical attacks).</p> <p>never more than a year ago within the last year within the last month within the last week</p>	<p>Has anyone bullied, threatened or harassed you in real life or on social media?</p>	<p>never more than a year ago within the last year within the last month within the last week</p>	<p>moderate risk moderate risk moderate risk</p>
<p>Bullying/Harassment - safety at risk</p>	<p>Because of bullying, I feel my safety is at risk now</p> <p>yes unsure no</p>	<p>Because of bullying, I feel my safety is at risk now If response to "Has anyone bullied, threatened, or harassed you in real life or on social media?" is "Within the last week" or "Within the last month"</p>	<p>yes unsure no</p>	<p>high risk</p>
<p>Relationships - Grades 8-12</p>	<p>In the past year, have you been in a romantic and/or intimate relationship?</p> <p>yes no</p>	<p>In the past year, have you been in a romantic and/or intimate relationship? If grades 8, 9, 10, 11, 12</p>	<p>yes no</p>	
<p>Relationships - Grades 8-12</p>	<p>Has someone you were in a romantic and/or intimate relationship with pressured you to do things you did not feel comfortable doing?</p> <p>yes no</p>	<p>Has someone you were in a romantic and/or intimate relationship with pressured you to do things you did not feel comfortable doing? If grades 8, 9, 10, 11, 12 and response to "In the past year, have you been in a romantic and/or intimate relationship?" is "Yes"</p>	<p>yes no</p>	<p>moderate risk</p>
<p>Relationships - Grades 8-12</p>	<p>Has someone you were in a romantic and/or intimate relationship with tried to control you? (e.g. making you fearful or scared, telling you what to wear, deciding who you will get to spend time with, demanding phone passwords, etc.?)</p> <p>yes no</p>	<p>Has someone you were in a romantic and/or intimate relationship with tried to control you? If grades 8, 9, 10, 11, 12 and response to "In the past year, have you been in a romantic and/or intimate relationship?" is "Yes"</p>	<p>yes no</p>	<p>moderate risk</p>
<p>Mood</p>	<p>On most days I feel Please choose up to two.</p> <p>angry scared worried irritable sad tired ok good great</p>	<p>On most days I feel</p>	<p>angry scared worried irritable sad</p>	

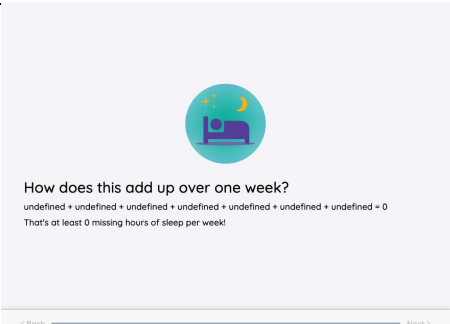
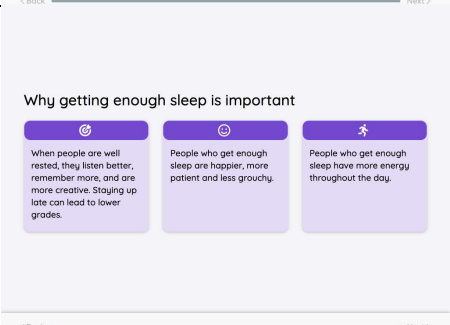
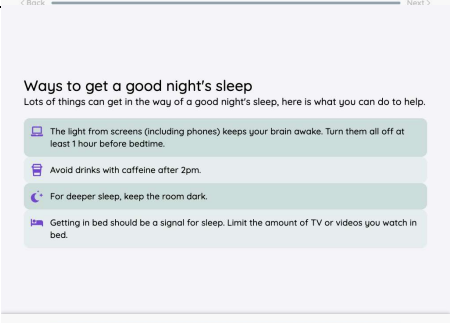
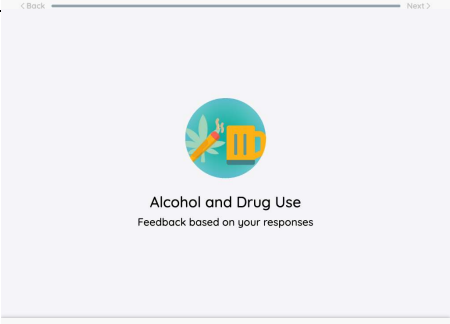
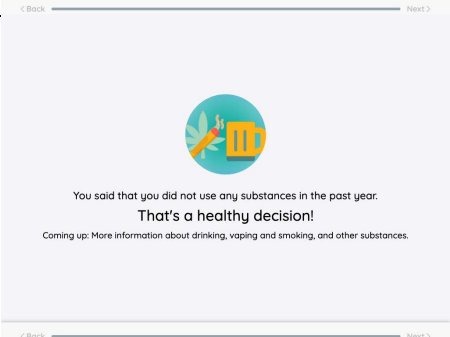
			tired ok good great	
Strengths		What have others said you are good at or what makes you proud of yourself?	art / crafts being a good friend / making friends exercise and sports gaming helping out at home leadership music participating in clubs religion / spirituality school taking care of animals theater / dance using technology writing and reading other (write it in) none	
Strengths - other		Others have said I am good at If answered "Other"		
Body image		I am happy with my eating habits and the way I feel about my body	yes sometimes no	
Eating habits		Within the last year, have you purposefully vomited, taken diet pills, or intentionally not eaten to lose weight or control your weight? If grades 8, 9, 10, 11, 12	yes No, but I've thought about it no	moderate risk
GAD-2 Anxiety Screen		Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious or	not at all several days more than half the days	GAD-2 Anxiety Screen: 0 GAD-2 Anxiety Screen: 1 GAD-2 Anxiety Screen: 2




	<p>Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious or on edge?</p> <p>not at all several days more than half the days nearly every day</p> <p>< Back Next ></p>	on edge?	nearly every day	GAD-2 Anxiety Screen: 3
GAD-2 Anxiety Screen	<p>Over the last 2 weeks, how often have you been bothered by not being able to stop or control worrying?</p> <p>not at all several days more than half the days nearly every day</p> <p>< Back Next ></p>	Over the last 2 weeks, how often have you been bothered by not being able to stop or control worrying?	not at all several days more than half the days nearly every day	GAD-2 Anxiety Screen: 0 GAD-2 Anxiety Screen: 1 GAD-2 Anxiety Screen: 2 GAD-2 Anxiety Screen: 3
PHQ-2 Depression Screen	<p>Over the last 2 weeks, how often have you been bothered by little interest or pleasure in doing things? How often have you felt like not doing your usual activities?</p> <p>not at all several days more than half the days nearly every day</p> <p>< Back Next ></p>	Over the last 2 weeks, how often have you been bothered by little interest or pleasure in doing things?	not at all several days more than half the days nearly every day	PHQ-2 Depression Screen: 0 PHQ-2 Depression Screen: 1 PHQ-2 Depression Screen: 2 PHQ-2 Depression Screen: 3
PHQ-2 Depression Screen	<p>Over the last 2 weeks, how often have you been bothered by feeling down, depressed, irritable, or hopeless?</p> <p>not at all several days more than half the days nearly every day</p> <p>< Back Next ></p>	Over the last 2 weeks, how often have you been bothered by feeling down, depressed, irritable, or hopeless?	not at all several days more than half the days nearly every day	PHQ-2 Depression Screen: 0 PHQ-2 Depression Screen: 1 PHQ-2 Depression Screen: 2 PHQ-2 Depression Screen: 3
Self-harm	<p>During the past year, have you ever hurt yourself on purpose like cutting, biting, burning, or hitting?</p> <p><input type="radio"/> yes <input type="radio"/> no</p> <p>< Back Next ></p>	During the past year, have you ever hurt yourself on purpose like cutting, biting, burning, or hitting?	yes no	
Self-harm timing		When did you last hurt yourself on purpose? If response to "During the	More than 1 year ago More than 1 month ago Over the past month	moderate risk high risk high risk

		<p>past year, have you ever hurt yourself on purpose like cutting, biting, burning, or hitting?" is "Yes"</p>	<p>This week</p>	<p>high risk</p>
<p>Suicidal ideation</p>		<p>During the past year, did you ever seriously think about ending your life?</p>	<p>yes no</p>	
<p>Suicidal ideation timing</p>		<p>When did you last feel this way? If response to "During the past year, did you ever seriously think about ending your life?" is "Yes"</p>	<p>More than 1 year ago More than 1 month ago Over the past month This week</p>	<p>moderate risk high risk high risk high risk</p>
<p>Suicide attempt</p>		<p>Have you ever tried to kill yourself? If response to "During the past year, did you ever seriously think about ending your life?" is "Yes"</p>	<p>yes no</p>	<p>high risk</p>
<p>Coping mechanisms</p>		<p>When things are tough or stressful, I get through the tough times by</p>	<p>attending religious / cultural services exercise gaming hanging out with family / friends making art / drawing making / listening to music meditation / yoga prayer reading / writing relaxing / taking a break social media talking to someone I trust other (write it in) none</p>	


Coping mechanisms - other	<p>When things are tough or stressful, I get through the tough times by</p> 	When things are tough or stressful, I get through the tough times by If answered "Other"		
Outlook	<p>I feel this way about the future: You can choose up to 3 feelings.</p> 	I feel this way about the future:	sad hopeless scared worried OK hopeful excited other (write it in)	
Outlook - other	<p>I feel this way about the future:</p> 	I feel this way about the future: If answered "Other"		
Isolation - help	<p><u>At school</u>, there is an adult who will help me if I need it</p> 	<u>At school</u> , there is an adult who will help me if I need it	yes sometimes no	Isolation (tally): 1
Isolation - cares	<p><u>At school</u>, there is an adult who really cares about me</p> 	<u>At school</u> , there is an adult who really cares about me	yes sometimes no	Isolation (tally): 1
Isolation - praise		<u>At school</u> , there is an adult who tells me when I do a good	yes sometimes	

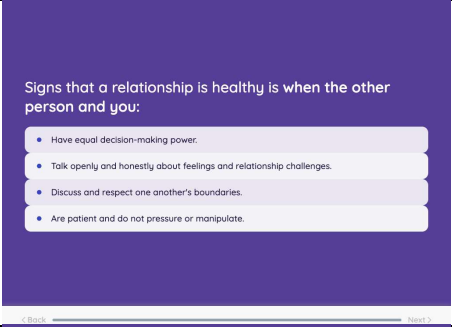
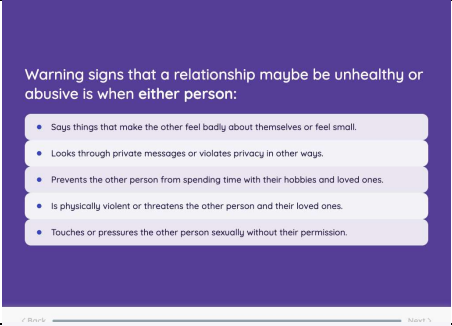
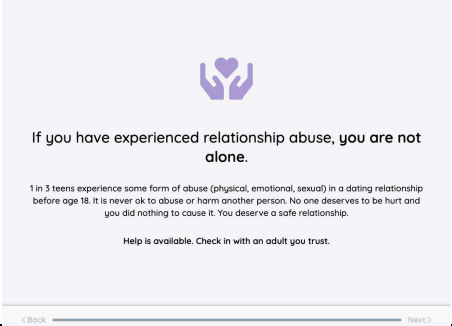
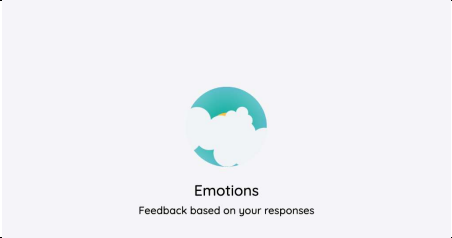
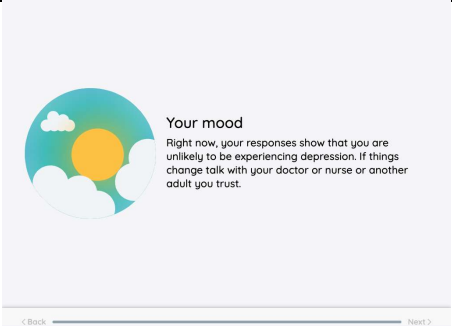
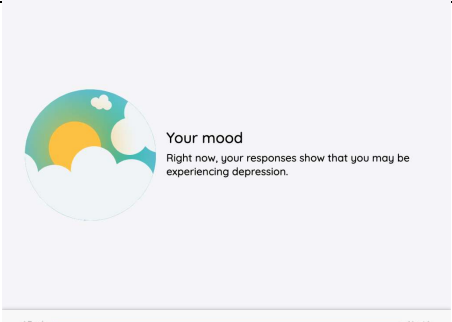
	<p>At school, there is an adult who tells me when I do a good job</p>  <p>yes sometimes no</p>	job	no	Isolation (tally): 1
Isolation - listens	<p>At school, there is an adult who listens to me when I have something to say</p>  <p>yes sometimes no</p>	At school, there is an adult who listens to me when I have something to say	yes sometimes no	Isolation (tally): 1
Isolation - believes in me	<p>At school, there is an adult who believes that I will be a success</p>  <p>yes sometimes no</p>	At school, there is an adult who believes that I will be a success	yes sometimes no	Isolation (tally): 1
Feedback introduction	 <p>Feedback</p> <p>In the next section, you'll receive feedback based on your responses and more information about each area. The feedback will come in this order: Sleep, Alcohol and Drug Use, Relationships, and Emotions.</p>	Feedback		
Sleep feedback	 <p>Because you indicated that you get at least 8 hours of sleep every night, you are making healthy decisions. Great job!</p>	Great amount of sleep If amount of sleep is appropriate for age		
Sleep feedback		(Individualized sleep graph) If amount of sleep is less than what is appropriate for age		

<p>Sleep feedback</p>		<p>How does this add up over one week? If amount of sleep is less than what is appropriate for age</p>		
<p>Sleep feedback</p>		<p>Why getting enough sleep is important</p>		
<p>Sleep feedback</p>		<p>Ways to get a good night's sleep If amount of sleep is less than what is appropriate for age</p>		
<p>Substance use feedback</p>		<p>Alcohol and Drug Use: Feedback based on your responses</p>		
<p>Substance use feedback</p>		<p>Your results: Healthy Decision If answer to all substance use questions is "Never"</p>		

<p>Substance use feedback</p>	 <p>Your results: alcohol use You said that you did not drink any alcohol in the last year. That's a healthy decision!</p>	<p>Your results: Healthy Decision If answer to "In the past year, how many time have you drank alcohol?" is "Never"</p>		
<p>Substance use feedback</p>	<p>What are common risks of alcohol use? Here are the facts.</p> <ul style="list-style-type: none"> Accidents Alcohol increases risk for car and bike accidents, being involved in a fight, and injuries due to falls. Harm Alcohol interferes with decision making. Being drunk puts you at greater risk for being a victim of crime like robbery and sexual assault. Alcohol poisoning People can die from drinking too much alcohol because it slows your breathing and changes your body's chemical balance. 	<p>What are common risks of alcohol use? If grades 6, 7, 8</p>		
<p>Substance use feedback</p>	 <p>That's a healthy decision! You said that you did not use any marijuana in the last year.</p>	<p>Your results: Healthy Decision If answer to "In the past year, how many times have you used marijuana/weed/cannabis?" is "Never"</p>		
<p>Substance use feedback</p>	<p>Marijuana can have harmful effects on teen health</p> <ul style="list-style-type: none"> Memory Marijuana can make it hard to learn and remember things. Mental health It can increase worry, fear and risk for psychosis (losing touch with reality) especially in teens. Health risk Marijuana smoke can damage the lungs just like tobacco smoke. 	<p>Marijuana can have harmful effects on teen health If grades 6, 7, 8</p>		
<p>Substance use feedback</p>	 <p>Your results: cigarette smoking You said that you did not smoke cigarettes in the last year. That's a healthy decision!</p>	<p>Your results: Healthy decision If response to "In the past year, how many times have you used cigarettes/tobacco?" is "Never"</p>		

<p>Substance use feedback</p>	<p>Is vaping just inhaling "flavoring?"</p> <ul style="list-style-type: none"> Vape companies call the liquid used in vaping devices "juice" which sounds harmless. Vape liquid is a mixture of nicotine and chemicals which damage your body. One pod of liquid in a Juul has the same amount of nicotine as a whole pack of cigarettes. Nicotine is addictive. 31% of teens who vape begin to smoke cigarettes within 6 months. 	<p>Is vaping just inhaling "flavoring?" If grades 6, 7, 8</p>		
<p>Substance use feedback</p>	<p>What's in the vapor?</p> <p>The vapor contains even more harmful chemicals that weren't originally in the liquid because of the heating process.</p> <ul style="list-style-type: none"> Cadmium Cadmium is found in cell phone batteries and when inhaled can cause nausea, vomiting, and diarrhea. Aluminum Inhaling aluminum can cause pneumonia and in teens can slow growth and deform bones. Lead Lead exposure can lead to a drop in IQ, nerve damage, digestive problems, and death. 	<p>What's in the vapor? If grades 6, 7, 8</p>		
<p>Substance use feedback</p>	<p>Substance Use & Its Effects</p> <ul style="list-style-type: none"> Marijuana Marijuana can have harmful effects on teen memory and mental health, and other health risks such as damaging the lungs. Alcohol Alcohol consumption can lead to accidents, fights, or injuries, and can increase your chances of being involved in a crime or getting alcohol poisoning. Vaping Vaping contains harmful chemicals that can lead to the slow growth and deformation of your bones, a drop in your IQ, nerve damage or digestive problems. 	<p>Substance Use & Its Effects</p>		
<p>Substance use feedback</p>	<p>Would you like to see additional tips about alcohol and drugs?</p> <p>yes no</p>	<p>Would you like to see additional tips about alcohol and drugs?</p>	<p>yes no</p>	
<p>Substance use feedback</p>	<p>Prescription Drug Misuse</p> <p>Taking someone else's prescription medication can have unintended side effects, or negatively interact with other medications you're taking. Some of the most misused medications are:</p> <ul style="list-style-type: none"> Opioids Opioids are usually prescribed to treat pain (OxyContin, Percocet, Vicodin) Depressants Depressants are used to treat anxiety and sleep disorders (Valium, Xanax) Stimulants Stimulants are most often prescribed to treat attention-deficit hyperactivity disorder (ADHD) (Ritalin, Adderall) 	<p>Prescription Drug Misuse If response to "Would you like to see additional tips about alcohol and drugs?" is "Yes"</p>		

<p>Substance use feedback</p>	<p>Prescription Drug Misuse (continued) Opioids are highly addictive.</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>Side Effects</p> <p>Depending on the opioid, negative side effects can include vomiting, mood changes, the inability to think clearly, and even decreased respiratory function, coma, or death.</p> </div> <div style="width: 45%;"> <p>Mixing Opioids</p> <p>This can be especially true if opioids are mixed with other substances such as alcohol or anti-depressants.</p> </div> </div>	<p>Prescription Drug Misuse (continued) If response to "Would you like to see additional tips about alcohol and drugs?" is "Yes"</p>		
<p>Substance use feedback</p>	<p>Fentanyl has been found locally in these substances:</p> <ul style="list-style-type: none"> M30 pills These are the most common pills containing fentanyl in our area. V48 & A215 pills These pills, although less common, may also contain fentanyl. Powders Fentanyl can also be found in white powders. <p>Fentanyl can be fatal. Fentanyl is a powerful synthetic opioid drug that is approximately 100 times more powerful than other opioids. If you are taking a pill that someone else has given you, you may not know what else is in it - it could be laced with Fentanyl. Fentanyl does not have a taste or smell. It is sometimes sold as counterfeit OxyContin, Xanax, and other prescription drugs.</p>	<p>Fentanyl If response to "Would you like to see additional tips about alcohol and drugs?" is "Yes"</p>		
<p>Substance use feedback</p>	<p>What is binge drinking?</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>B</p> <p>Binge drinking is when you drink many drinks over a short period of time.</p> </div> <div style="width: 45%;"> <p>!</p> <p>If you binge drink, your blood alcohol (the amount of alcohol in your blood) rises rapidly which can be dangerous.</p> </div> </div>	<p>What is binge drinking? If response to "Would you like to see additional tips about alcohol and drugs?" is "Yes"</p>		
<p>Substance use feedback</p>	<p>Tips to avoid drinking and drugs</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p>🗣️</p> <p>Practice easy-to-say phrases for refusing when you are offered, like:</p> <ul style="list-style-type: none"> "I'm good, no thanks." "I don't like it." "I'll get in trouble at home." </div> <div style="width: 30%;"> <p>🏃</p> <p>Find healthy ways to feel good, like exercise, participating in hobbies and doing other activities.</p> </div> <div style="width: 30%;"> <p>🚫</p> <p>Don't go to places where you know people will be drinking or using drugs when possible.</p> </div> </div>	<p>Tips to avoid drinking and drugs If response to "Would you like to see additional tips about alcohol and drugs?" is "Yes"</p>		
<p>Relationship feedback</p>	<p style="text-align: center;"></p> <p style="text-align: center;">Relationships</p> <p>Everybody deserves a healthy relationship, and no one deserves to be harmed in their relationships. Harm is not just physical.</p> <p style="text-align: center;">Click next to see feedback based on your responses.</p>	<p>Feedback: Relationships If grades 8, 9, 10, 11, 12</p>		

<p>Relationship feedback</p>		<p>Signs that a relationship is healthy is when the other person and you: If grades 8, 9, 10, 11, 12</p>		
<p>Relationship feedback</p>		<p>Warning signs that a relationship maybe be unhealthy or abusive is when either person: If grades 8, 9, 10, 11, 12</p>		
<p>Relationship feedback</p>		<p>Feedback: Unhealthy relationship If grades 8, 9, 10, 11, 12 and response to "Has someone you were in a romantic and/or intimate relationship with pressured you to do things you did not feel comfortable doing/tried to control you" is "Yes"</p>		
<p>Emotions feedback</p>		<p>Feedback: Emotions</p>		
<p>Emotions feedback</p>		<p>Your mood If PHQ-2 Depression Screen tally is 0-2</p>		
<p>Emotions feedback</p>		<p>Your mood If PHQ-2 Depression Screen tally is 3+</p>		

<p>Emotions feedback</p>	<p>Steps YOU can take to try to improve</p> <ul style="list-style-type: none"> • Get regular exercise, or plan and do fun activities. • Sleep more each night. • Spend more time with the people you care about. • Start small. Studies show that even making small changes can improve your mood. 	<p>Feedback: Mood If grades 6, 7, 8 and PHQ-2 Depression Screen tally is 3+</p>		
<p>Emotions feedback</p>	<p>Many teens get help with depression or sad feelings. Below are some benefits of sharing your feelings.</p> <ul style="list-style-type: none"> Friendships Depression can affect your relationships with friends and family. Getting help can improve your relationships and sense of wellbeing. Sleep Depression can disrupt sleep, or make you tired. Getting help can improve your sleep. School Feeling down can affect your grades and motivation at school. Sharing your feelings with a trusted adult can help. 	<p>Feedback: Mood If grades 6, 7, 8</p>		
<p>Emotions feedback</p>	<p>Many teens get help with depression or sad feelings. Below are some benefits of sharing your feelings.</p> <ul style="list-style-type: none"> Friendships Depression can affect your relationships with friends and family. Getting help can improve your relationships and sense of wellbeing. Sleep Depression can disrupt sleep, or make you tired. Getting help can improve your sleep. Wellness tips Get regular exercise, or plan and do fun activities. Sleep more each night. Spend more time with the people you care about. Start small. Studies show that even making small changes can improve your mood. 	<p>Feedback: Mood If grades 9, 10, 11, 12</p>		
<p>Current support</p>	<p>Are you currently seeing a counselor or therapist?</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> yes, in school <input checked="" type="checkbox"/> yes, outside of school <input type="checkbox"/> no 	<p>Are you currently seeing a counselor or therapist?</p>	<p>yes, in school yes, outside of school no</p>	

Survey feedback		Survey feedback		
Usability		Using this tool was	very confusing confusing easy very easy	
Comprehension		Understanding the questions in this survey was	very confusing confusing easy very easy	
Other feedback		Is there anything else you want to say about this survey?		
End		All done! Thank you for completing Check Yourself.		