

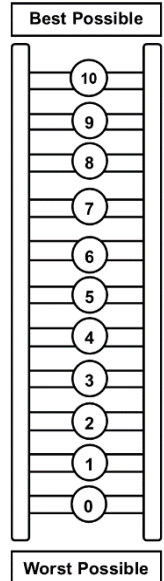


Adolescent Well-Being Assessment (School Based)

For the first 11 questions, select the answer that best applies to you. There are no right or wrong answers.

1. Please imagine a ladder with steps numbered from zero at the bottom to ten at the top. The top of the ladder represents the **best possible life for you** and the bottom of the ladder represents the **worst possible life for you**. **Indicate on which step of the ladder you feel you personally stand right now.**

0 1 2 3 4 5 6 7 8 9 10



2. **On which step do you think you will stand about five years from now?**

0 1 2 3 4 5 6 7 8 9 10

3. **If something interests me, I try to learn more about it.**

| | | | | |
|----------------|----------------|----------------------------|-------------------|-------------------|
| Strongly Agree | Somewhat Agree | Neither Agree Nor Disagree | Somewhat Disagree | Strongly Disagree |
|----------------|----------------|----------------------------|-------------------|-------------------|

4. **My life will make a difference in the world.**

| | | | | |
|----------------|----------------|----------------------------|-------------------|-------------------|
| Strongly Agree | Somewhat Agree | Neither Agree Nor Disagree | Somewhat Disagree | Strongly Disagree |
|----------------|----------------|----------------------------|-------------------|-------------------|

5. **I feel I am an important part of my community.**

| | | | | |
|----------------|----------------|----------------------------|-------------------|-------------------|
| Strongly Agree | Somewhat Agree | Neither Agree Nor Disagree | Somewhat Disagree | Strongly Disagree |
|----------------|----------------|----------------------------|-------------------|-------------------|

6. **I like coming up with new ways to solve problems.⁴**

| | | | | |
|-----------------|---------------|------------------|------------------|--------------------|
| Exactly Like Me | A Lot Like Me | Somewhat Like Me | A Little Like Me | Not At All Like Me |
|-----------------|---------------|------------------|------------------|--------------------|

7. **If I set goals, I take action to reach them.⁴**

| | | | | |
|-----------------|---------------|------------------|------------------|--------------------|
| Exactly Like Me | A Lot Like Me | Somewhat Like Me | A Little Like Me | Not At All Like Me |
|-----------------|---------------|------------------|------------------|--------------------|

8. Setbacks don't discourage me.³

| | | | | |
|--------------------|------------------|---------------------|---------------------|-----------------------|
| Exactly Like Me | A Lot Like Me | Somewhat Like Me | A Little Like Me | Not At All Like Me |
|--------------------|------------------|---------------------|---------------------|-----------------------|

9. I have:

| | | |
|--|-----|----|
| A friend who I can count on to be there for me. | Yes | No |
| A family member who I can count on to be there for me. | Yes | No |
| An adult in my life who cares about my future. | Yes | No |
| At least one teacher who makes me excited about the future. | Yes | No |

10. In general, how would you rate your emotional health?

| | | | | |
|-----------|-----------|------|------|------|
| Excellent | Very Good | Good | Fair | Poor |
|-----------|-----------|------|------|------|

11. In general, how would you rate your physical health?

| | | | | |
|-----------|-----------|------|------|------|
| Excellent | Very Good | Good | Fair | Poor |
|-----------|-----------|------|------|------|

For the **final 5 questions** please provide demographic information about yourself.

12. What is your age? _____ years

13. What is your gender? Male Female Transgender Other

14. Which one or more of the following would you say is your race/ethnicity? (select all that apply)

| | | | | | | | |
|-------|---------------------------------|---|-------|---------------------|------------------------------------|-------------------------|-------|
| White | Black or African American | American Indian or Alaska Native | Asian | Pacific Islander | Middle Eastern or North African | Hispanic or Latino/a | Other |
|-------|---------------------------------|---|-------|---------------------|------------------------------------|-------------------------|-------|

15. In what grade are you now?

- 6th Grade
- 7th Grade
- 8th Grade
- 9th Grade
- 10th Grade
- 11th Grade
- 12th Grade
- Ungraded or other grade

16. What is the ZIP code where you live? _____