

California Healthy Kids Survey Questions 2015-2016

Questions to be added to Palo Alto Unified School District CHKS survey for MS/HS

Safety and Violence Module Version 19 2015-2016

Question	Middle School	High School
12	During the past 12 months, how many times did you actually attempt suicide?	During the past 12 months, how many times did you actually attempt suicide?
13	If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?	If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

School Climate Module Version 19 2015-2016

Question	Middle School	High School
8	Teachers help students catch up when they return from an absence.	Teachers help students catch up when they return from an absence.

Resilience and Youth Development Module Version 19 2015-2016

Question	Middle School	High School
33	I help make decisions with my family.	I help make decisions with my family.

Social Emotional Health Module Version 19 2015-2016

Question	Middle School	High School
22	My family members really help and support one another.	My family members really help and support one another.
23	There is a feeling of togetherness in my family	There is a feeling of togetherness in my family.

Gender and Sex-based Harassment Module 18 2014-2015

Question	Middle School	High School
1	My school is safe for: Guys who are not as “masculine” as other guys	My school is safe for: Guys who are not as “masculine” as other guys
2	My school is safe for: Girls who are not as “feminine” as other girls.	My school is safe for: Girls who are not as “feminine” as other girls.
3	My school is safe for: Students who are lesbian, gay, bisexual, transgender, queer or questioning (LBGTQQ)	My school is safe for: Students who are lesbian, gay, bisexual, transgender, queer or questioning (LBGTQQ)
4	My school is safe for: Students with LGBTQ parents.	My school is safe for: Students with LGBTQ parents
13	If you wanted information and support from your school about sexual orientation, gender identity, or LGBTQ issues, would you know where to go?	If you wanted information and support from your school about sexual orientation, gender identity, or LGBTQ issues, would you know where to go?

Sleep Questions (customized at PAUSD)

Question	Middle School	High School
1	1) On an average school night, how many hours of sleep do you get? A) 4 or less hours B) 5 hours C) 6 hours D) 7 hours E) 8 hours F) 9 hours G) 10 or more hours	1) On an average school night, how many hours of sleep do you get? A) 4 or less hours B) 5 hours C) 6 hours D) 7 hours E) 8 hours F) 9 hours G) 10 or more hours

2	<p>2) Do you go to bed at the same time or near the same time every night? (within ~30 minutes)</p> <p>A) Always</p> <p>B) Almost always (5-6 days each week)</p> <p>C) Sometimes (3-4 days each week)</p> <p>D) Almost never (1-2 days each week)</p> <p>E) Never</p>	<p>2) Do you go to bed at the same time or near the same time every night? (within ~30 minutes)</p> <p>A) Always</p> <p>B) Almost always (5-6 days each week)</p> <p>C) Sometimes (3-4 days each week)</p> <p>D) Almost never (1-2 days each week)</p> <p>E) Never</p>
3	<p>To what extent do you consider sleep difficulties to interfere with your daily functioning?</p> <p>A) Not at all interfering</p> <p>B) A little</p> <p>C) Somewhat</p> <p>D) Much</p> <p>E) Very much interfering</p>	<p>To what extent do you consider sleep difficulties to interfere with your daily functioning?</p> <p>A) Not at all interfering</p> <p>B) A little</p> <p>C) Somewhat</p> <p>D) Much</p> <p>E) Very much interfering</p>
4	<p>For each of the following statements, please indicate how well they describe your current semester.</p> <p>Sleep difficulties affected my school work.</p> <p>A) Strongly disagree</p> <p>B) Disagree</p> <p>C) Mildly disagree</p> <p>D) Mildly agree</p> <p>E) Agree</p> <p>F) Strongly agree</p>	<p>For each of the following statements, please indicate how well they describe your current semester.</p> <p>Sleep difficulties affected my school work.</p> <p>A) Strongly disagree</p> <p>B) Disagree</p> <p>C) Mildly disagree</p> <p>D) Mildly agree</p> <p>E) Agree</p> <p>F) Strongly agree</p>
5	<p>For each of the following statements, please indicate how well they describe your current semester.</p> <p>I felt sleepy during the school day.</p> <p>A) Strongly disagree</p> <p>B) Disagree</p> <p>C) Mildly disagree</p> <p>D) Mildly agree</p> <p>E) Agree</p> <p>F) Strongly agree</p>	<p>For each of the following statements, please indicate how well they describe your current semester.</p> <p>I felt sleepy during the school day.</p> <p>A) Strongly disagree</p> <p>B) Disagree</p> <p>C) Mildly disagree</p> <p>D) Mildly agree</p> <p>E) Agree</p> <p>F) Strongly agree</p>

6	<p>For each of the following statements, please indicate how well they describe your current semester.</p> <p>I had difficulty concentrating on things I did because I was sleepy or tired.</p> <p>A) Strongly disagree B) Disagree C) Mildly disagree D) Mildly agree E) Agree F) Strongly agree</p>	<p>For each of the following statements, please indicate how well they describe your current semester.</p> <p>I had difficulty concentrating on things I did because I was sleepy or tired.</p> <p>A) Strongly disagree B) Disagree C) Mildly disagree D) Mildly agree E) Agree F) Strongly agree</p>
7	<p>For each of the following statements, please indicate how well they describe your current semester.</p> <p>I had difficulty remembering things because I was sleepy or tired.</p> <p>A) Strongly disagree B) Disagree C) Mildly disagree D) Mildly agree E) Agree</p>	<p>For each of the following statements, please indicate how well they describe your current semester.</p> <p>I had difficulty remembering things because I was sleepy or tired.</p> <p>A) Strongly disagree B) Disagree C) Mildly disagree D) Mildly agree E) Agree</p>
8	<p>On an average school day and school night, how many hours do you play video or computer games or use a computer for something that is not school work? (Count time spent on things such as Xbox, Playstation, an iPod, iPad or tablet, smartphone, YouTube, Facebook or other social networking tools, and the internet.)</p> <p>A. I do not play video or computer games or use a computer for something that is not school work B. Less than 1 hour per day C. 1 hour per day D. 2 hours per day E. 3 hours per day F. 4 hours per day G. 5 or more hours per day</p>	<p>On an average school day and school night, how many hours do you play video or computer games or use a computer for something that is not school work? (Count time spent on things such as Xbox, Playstation, an iPod, iPad or tablet, smartphone, YouTube, Facebook or other social networking tools, and the internet.)</p> <p>A. I do not play video or computer games or use a computer for something that is not school work B. Less than 1 hour per day C. 1 hour per day D. 2 hours per day E. 3 hours per day F. 4 hours per day G. 5 or more hours per day</p>