



CONVENED BY



## 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.<sup>4</sup>

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.<sup>4</sup>

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.<sup>3</sup>**Exactly  
Like MeA Lot  
Like MeSomewhat  
Like MeA Little  
Like MeNot 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  
AmericanAmerican  
Indian or  
Alaska  
Native

Asian

Pacific  
IslanderMiddle Eastern or  
North AfricanHispanic or  
Latino/a

Other

**15. In what grade are you now?**☐ 6<sup>th</sup> Grade☐ 7<sup>th</sup> Grade☐ 8<sup>th</sup> Grade☐ 9<sup>th</sup> Grade☐ 10<sup>th</sup> Grade☐ 11<sup>th</sup> Grade☐ 12<sup>th</sup> Grade☐ Ungraded or other grade**16. What is the ZIP code where you live?** \_\_\_\_\_