



Groups to Develop SA Speak Up Teen Mental Health Survey Questions

Based on the last meeting and the insightful ideas you all brought to the table, here are the three categories we would like to use for the branching with the *SA Speak Up Teen Mental Health Survey*:

- Middle school
- High School
- Out of School

Considering the audience for our Teen Mental Health Survey, these three categories felt like they will be open to most young people between the ages of 12-19. After participants select one of these three categories, they can be directed to the more age-appropriate questions that will follow.

Our Youth Commission Chair, Michael Valdez, will be organizing the three groups via email and our GroupMe chat. Each group will develop ten to fifteen questions for consideration by the full commission and the Teen Ambassadors.

During our Saturday, January 8, 2022, meeting, the following items will be accomplished:

- Share the 10-15 questions developed per category (middle school, high school, out-of-school youth). Each team can pick one person to share all the questions or take turns.
- Determine which questions we want to include on the survey and which we do not.
- Determine the format of the survey answers. Here are some examples:
 - Scale (e.g., 1-10)
 - Ranking Questions (e.g., rank the terms from highest to lowest)
 - Likert Questions (e.g., do you strongly agree? Do you disagree?)
 - Multiple choice questions (e.g., ask a question and the youth can only pick one answer or all that apply from preselected answers)
 - Open-ended questions (e.g., a person can choose how to answer)
- Finalize what languages the survey should be translated in (e.g., most spoken or languages with the highest number of speakers who understand little to know English).
- Begin planning the press release and awareness campaign discussed at the December meeting.



SA Speak UP Teen Mental Health Survey Questions

Middle School

1. What do you know about mental health? Have you been talked to about mental health?
2. Have you or someone you know experienced mental health related issues?
3. How has the pandemic affected your mental health?
4. Do you ever feel overwhelmed or unmotivated at school?
5. How does attending school affect you?
6. How comfortable do you feel around friends?
7. Do you feel comfortable talking about your mental health?
 - At school
 - At home
 - With friends
8. Do you compare yourself to others frequently?
9. Does Social Media impact your mental health? If so, how?
10. Are you involved in activities outside of school? How do they affect your mental health?
11. Where do you feel most comfortable?
 - At school
 - At home
 - Other: _____
12. Do you think you have a good support system?

High School

1. What do you know about mental health? (short answer)
2. How are you doing mentally? (short answer)
3. Do you feel like your mental health has been affected? (yes or no) If so have you
4. considered/attended counseling and/or sought help? (yes or no)
5. What do you (survey participant) feel most heavily affects your mental health? (short
6. answer)
7. Have you experienced any of the mental health related issues listed below? (yes or no
8. drop down)(ex: anxiety, depression, substance abuse, etc.)
9. Do these environments affect your mental health? (yes or no drop down)
10. School, home life, friend/social life, work, other
11. Do you have support at school, at home, or with friends? (yes or no)
12. When speaking to adults at your school do you feel comfortable (yes or no) and feel as if

13. you are getting the resources you need? (yes or no)
14. Do you compare yourself to others frequently? (yes or no) How does it make you
15. feel? (short answer)
16. Do you or someone you know struggle with substance abuse and/or illegally use drugs
17. and/or alcohol? (yes or no)
18. In what space is your mental health at its best? In what space is your mental health at its
19. worst? (location) (double short answer)
20. What do you think the city could do best to help with mental health struggles? (ex of
21. answer choices can be; seminars, city events, information, etc.) (multiple choice)

Out of School

1. Are you happy generally?
2. Has social media made a more positive or negative impact during this time?
3. How does your family support you or do you have a support system?
4. Do you work? If so, do you feel that it helps with your mental health?
5. Where is your mental health best at?
6. What is one outlet you use to distract yourself?
7. Would you like to briefly explain why you are out of school? If not, is being out of school helping with your mental health?
8. Have you ever thought about going back to school in the future?
9. Do you ever find yourself unmotivated?
10. Do you have goals when you grow up?
11. What do you prioritize most in your life?