



Suzanne Pegas, Restorative Justice Coordinator at Roosevelt Middle School. Roosevelt Middle School wellness committee, Oakland Unified School District, Oakland, CA.

## Tool- School Wellness Assessment-Students

### **1) I am happy to be at this school.**

- Yes, most of the time
- Sometimes
- Not often

### **2) The adults at this school treat students fairly.**

- Yes, most of the time
- No
- Do not know

### **3) At my school, there is at least one adult that cares about me and believes I will be successful.**

- Yes
- I'm not sure
- No

### **4) I know how to calm down and resolve conflicts with others peacefully.**

- Yes, most of the time
- Sometimes
- Not often

### **5) At my school, there is at least one adult that I can talk about my problems.**

- Yes
- I'm not sure
- No

### **6) I am excited about my future.**

- Yes



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Sometimes

No

**7) Yesterday, how many times did you .....**

	0 times	1 to 3 times	More than 3 times
eat fast food			
eat vegetables			
exercise outside of PE class			

**8) I feel safe at this school.**

Yes, most of the time

Sometimes

Not often

**9) In the last week, have you....**

	Yes, more than once	Yes, one time	No
been pushed, slapped, hit or kicked by someone who wasn't just kidding around?			
been afraid of being beaten up?			
had mean rumors or lies spread about you?			
been made fun of because of your looks or the way you talk?			
felt down, depressed or hopeless?			
missed school because I felt sad?			



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<b>missed school because I was scared to come to school?</b>			

**9) In the last week, have you been harassed or bullied for any of the following reasons?**

	Yes, more than once	Yes, one time	No
<b>Because of your race or culture?</b>			
<b>Because of your religion?</b>			
<b>Because of your gender?</b>			
<b>Because you are gay or lesbian or someone thought you were?</b>			
<b>Because of physical or mental disability?</b>			

**10) Where do you feel SAFEST at school in the/on the..(Choose one)**

- Courtyard
- Cafeteria
- Classroom
- Hallways
- Blacktop during lunch
- Blacktop during PE
- Main office
- Bathrooms
- Gym/locker room
- On the street around school

**12) Where do you feel the most UNSAFE at school in the/on the (Choose one)**

- Courtyard
- Cafeteria



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- Classroom
- Hallways
- Blacktop during lunch
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- Bathrooms
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**13) What grade are you in?**

- 6th
- 7th
- 8<sup>th</sup>

**14) What is your race?**

- Hispanic or Latino
- Mixed (two or more) races
- Native Hawaiian or Pacific Islander
- White
- Other

**15) Which of the following best describes you?**

- Female
- Male
- Other

**16) How many questions on this survey did you answer honestly?**

- All of them
- Some of them
- None of them