**POST Survey**

**(Insert Program Title)**

**(Insert Date)**

**You: The first set of questions are about you.**

1. **For each sentence, please think about how you are in most situations.**

Circle one response in each row that describes YOU the best. There are no right or wrong answers.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1. I think I am doing pretty well.
 | *None of the time* | *A little of the time* | *Some of the time* | *A lot of the time* | *Most of the time* | *All of the time* |
| 1. I can think of many ways to get the things in life that are most important to me.
 | *None of the time* | *A little of the time* | *Some of the time* | *A lot of the time* | *Most of the time* | *All of the time* |
| 1. I am doing just as well as other kids my age.
 | *None of the time* | *A little of the time* | *Some of the time* | *A lot of the time* | *Most of the time* | *All of the time* |
| 1. When I have a problem, I can come up with lots of ways to solve it.
 | *None of the time* | *A little of the time* | *Some of the time* | *A lot of the time* | *Most of the time* | *All of the time* |
| 1. I think the things I have done in the past will help me in the future.
 | *None of the time* | *A little of the time* | *Some of the time* | *A lot of the time* | *Most of the time* | *All of the time* |
| 1. Even when others want to quit, I know that I can find ways to solve the problem.
 | *None of the time* | *A little of the time* | *Some of the time* | *A lot of the time* | *Most of the time* | *All of the time* |

**Family: The next set of questions is about your family and home life.**

1. **How much do you agree or disagree with the following statements about your family/home?** Circle the answer that fits for you.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. My parents or guardians notice when I am doing a good job and let me know about it.
 | *Strongly Disagree* | *Disagree* | *Agree* | *Strongly Agree* |
| 1. I feel safe at home.
 | *Strongly Disagree* | *Disagree* | *Agree* | *Strongly Agree* |
| 1. When I am not home, a parent or guardian knows where I am and who I am with.
 | *Strongly Disagree* | *Disagree* | *Agree* | *Strongly Agree* |
| 1. I enjoy spending time with my family.
 | *Strongly Disagree* | *Disagree* | *Agree* | *Strongly Agree* |
| 1. There is someone in my family I can talk to about anything.
 | *Strongly Disagree* | *Disagree* | *Agree* | *Strongly Agree* |

**School: The next questions are about school (middle or high school, college, etc.).**

1. **If you were not in school over the past 12 months, check the box and skip to the next section about your community.**
* I was not in school (middle school, high school, college, etc.) in the past 12 months.

| 1. **How much do you agree or disagree with the following statements about your school?** Circle the answer that fits for you.
 |
| --- |
| 1. My teachers notice when I am doing a good job and let me know about it.
 | *Strongly Disagree* | *Disagree* | *Agree* | *Strongly Agree* |
| 1. I feel safe at my school.
 | *Strongly Disagree* | *Disagree* | *Agree* | *Strongly Agree* |
| 1. I enjoy being at school.
 | *Strongly Disagree* | *Disagree* | *Agree* | *Strongly Agree* |
| 1. I try hard in school.
 | *Strongly Disagree* | *Disagree* | *Agree* | *Strongly Agree* |

**Community: The next questions are about your community.**

| 1. **How much do you agree or disagree with the following statements about your community?** Circle the answer that fits for you.
 |
| --- |
| 1. There is an Elder in my community that I hang out with and go to for advice.
 | *Strongly Disagree* | *Disagree* | *Agree* | *Strongly Agree* |
| 1. I feel safe in my community.
 | *Strongly Disagree* | *Disagree* | *Agree* | *Strongly Agree* |

**Friends: The next questions are about your friends.**

| 1. **In the past year (12 months), how many of your friends...?**
 |
| --- |
| 1. Try to do their best?
 | *None* | *1 friend* | *2 friends* | *3 or more friends* |
| 1. Do well in school?
 | *None* | *1 friend* | *2 friends* | *3 or more friends* |

**Health: The following questions are about your health.**

|  |
| --- |
| 1. **Circle the answer about your health that fits best for you.**
 |
| 1. In general, how good is your physical health?
 | *Poor* | *Fair* | *Good* | *Excellent* |
| 1. In general, how good is your mental health? *Mental health includes stress, anxiety, depression, and problems with emotions.*
 | *Poor* | *Fair* | *Good* | *Excellent* |

1. **On an average week night, how many hours of sleep do you get?** (Please check one box)
* 4 hours or less
* 5 hours
* 6 hours
* 7 hours
* 8 hours
* 9 hours
* 10 hours or more
1. **During the past 7 days, on how many days did you eat breakfast?** (Please check one box)
* 0 days
* 1 day
* 2 days
* 3 days
* 4 days
* 5 days
* 6 days
* 7 days
1. **During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?** (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.) (Please check one box)
* 0 days
* 1 day
* 2 days
* 3 days
* 4 days
* 5 days
* 6 days
* 7 days

**The next set of questions are about your alcohol and/or drug use.**

**Remember that your answers are CONFIDENTIAL and that they will be kept PRIVATE.**

|  |
| --- |
| 1. **During the past 30 days, on how many days did you**… (Circle the answer that fits for you)
 |
| 1. Smoke cigarettes? Includes vaping (tobacco) & using chewing tobacco, but NOT ceremonial tobacco use.
 | *0 days* | *1 to 10 days* | *11 or more days* |
| 1. Drink alcohol?
 | *0 days* | *1 to 10 days* | *11 or more days* |
| 1. Use marijuana? Includes edibles, vaping (marijuana), and smoking
 | *0 days* | *1 to 10 days* | *11 or more days* |
| 1. Use non-prescription, over the counter drugs for the feeling they cause? (examples: diet pills, No Doze, cough medicine, etc.)
 | *0 days* | *1 to 10 days* | *11 or more days* |
| 1. Use derbisol?
 | *0 days* | *1 to 10 days* | *11 or more days* |
| 1. Use prescription drugs (like Vicodin, OxyContin, Tylox, Xanax, Valium, Ritalin, Ambien, etc.) ***without*** a doctor’s orders?
 | *0 days* | *1 to 10 days* | *11 or more days* |
| 1. Use illegal drugs (like cocaine, meth, inhalants, psychadelics, heroin, etc.)?
 | *0 days* | *1 to 10 days* | *11 or more days* |

**Your answers will not be shared with your instructors, guardians, or anyone else,
and NO ONE who sees the survey will know your name.**

1. **During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?** (Please check one box)
* I did not drink alcohol in the past 30 days
* 1 or 2 days
* 3 to 5 days
* 6 to 9 days
* 10 to 19 days
* 20 or more days

**The next question is about big life events.**

1. **Please check if any of the following have happened to you in the past 3 months:**
* Changed or left school
* Moved to a different home or became homeless (for example, foster care, relatives/friends, shelter, group home, treatment center, etc.)
* Broke up with a boyfriend or girlfriend
* One or more adults important to you had a serious alcohol or drug problem
* Death among family/friends
* Experienced violence (physical, emotional, sexual, etc.)
* Other (please describe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)
* None of the above

**The next questions are about harassment and violence.**

*Harassment can include threatening, bullying, online bullying, picking on people, name calling or swearing, offensive notes, texts or graffiti, unwanted touching and physical attacks*.

1. **During the past 12 months, have you been harassed at school or anywhere else because of any of the following issues?** (Pick all that apply)
* Harassment about your race or ethnic origin
* Unwanted sexual comments or attention
* Harassment because someone thought you were gay, lesbian, or bisexual
* Harassment about your weight, clothes, acne, or other physical characteristics
* Harassment about your group of friends
* Other reasons (please specify:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)
* I have not been harassed
1. **During the past 12 months, have you been electronically bullied?** *(Count being bullied through social media, e-mail, chat rooms, instant messaging, websites, or texting.)*
* Yes
* No
1. **During the past 12 months, how many times were you in a physical fight? (Please check one)**
* 0 times
* 1 time
* 2 or 3 times
* 4 or 5 times
* 6 or 7 times
* 8 or 9 times
* 10 or 11 times
* 12 or more times
1. **Have you ever been physically abused (like pushed, slapped, or kicked)?**
* Yes
* No
* Don't know
* Don't want to answer
1. **Have you ever been forced to do something sexual that you didn’t want to do?**
* Yes
* No
* Don't know
* Don't want to answer

**The next set of questions is about your beliefs and culture.**

| 1. **Please circle one answer for each statement.**
 |
| --- |
| 1. I am proud of my ethnic background.
 | *Strongly Disagree* | *Disagree* | *Agree* | *Strongly Agree* |
| 1. I enjoy my community's traditions.
 | *Strongly Disagree* | *Disagree* | *Agree* | *Strongly Agree* |
| 1. I feel connected to my own culture, race or ethnic group.
 | *Strongly Disagree* | *Disagree* | *Agree* | *Strongly Agree* |
| 1. It is important to me to have American Indian values and practices, such as respect for elders and generosity.
 | *Strongly Disagree* | *Disagree* | *Agree* | *Strongly Agree* |
| 1. Spiritual beliefs are a source of strength for me.
 | *Strongly Disagree* | *Disagree* | *Agree* | *Strongly Agree* |

**Great job - You’re almost there!
The next set of questions is about suicide and self-harm. These questions are very personal.**

**Remember, your answers will be kept private. *If you tell us that you might hurt yourself***

***or someone else, we will take steps to keep you and others safe.***

|  |
| --- |
| 1. **Sometimes people feel so depressed about the future that they may consider attempting suicide; that is, taking some action to end their own life.**
 |
| 1. How likely are you to seek help **for a friend** who you thought might be depressed or suicidal?
 | *Very**Likely* | *Somewhat likely* | *Somewhat unlikely* | *Very unlikely* |
| 1. How likely are you to seek help if **you** were feeling depressed or suicidal?
 | *Very**Likely* | *Somewhat likely* | *Somewhat unlikely* | *Very unlikely* |
| 1. Do you feel confident that you could help a friend or family member who is thinking about suicide?
 | *Very Confident* | *Confident* | *Not Confident* | *Not Confident at All* |

1. **During the past 12 months, did you attempt suicide?**

🞏 I did not attempt suicide in the last 12 months

🞏 I attempted 1 time

🞏 I attempted 2 or 3 times

🞏 I attempted 4 or more times

1. **What is your favorite thing to do during the day?**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. **What is one thing you are grateful for?**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**The next set of questions is about you and different parts of your life.**

| 1. **Please circle one answer for each statement.**
 |
| --- |
| 1. I have people I look up to.
 | *Not at all* | *A little* | *Somewhat* | *Quite a bit* | *A lot* |
| 1. Getting an education is important to me
 | *Not at all* | *A little* | *Somewhat* | *Quite a bit* | *A lot* |
| 1. My parent(s)/caregiver(s) know a lot about me (for example, who my friends are, what I like to do).
 | *Not at all* | *A little* | *Somewhat* | *Quite a bit* | *A lot* |
| 1. I try to finish what I start.
 | *Not at all* | *A little* | *Somewhat* | *Quite a bit* | *A lot* |
| 1. I solve problems without harming myself or others (for example, hitting others, saying nasty things, using drugs and/or being violent).
 | *Not at all* | *A little* | *Somewhat* | *Quite a bit* | *A lot* |
| 1. I know where to go in my community to get help.
 | *Not at all* | *A little* | *Somewhat* | *Quite a bit* | *A lot* |
| 1. I feel I belong at my school.
 | *Not at all* | *A little* | *Somewhat* | *Quite a bit* | *A lot* |
| 1. My family stands by me during difficult times.
 | *Not at all* | *A little* | *Somewhat* | *Quite a bit* | *A lot* |
| 1. My friends stand by me during difficult times.
 | *Not at all* | *A little* | *Somewhat* | *Quite a bit* | *A lot* |
| 1. I am treated fairly in my community.
 | *Not at all* | *A little* | *Somewhat* | *Quite a bit* | *A lot* |
| 1. I have opportunities to develop skills that will be useful later in life (like job skills and skills to care for others).
 | *Not at all* | *A little* | *Somewhat* | *Quite a bit* | *A lot* |
| 1. I like the way my community celebrates things (like holidays, festivals).
 | *Not at all* | *A little* | *Somewhat* | *Quite a bit* | *A lot* |

1. **Did you participate in the (insert program title) in the past year?**

🞏 No, I did not participate in the (insert Program) *(please skip to the question about age*

🞏 Yes, I did participate in the (insert Program) *(please go to the next question about Youth Spirit)*

1. **What was the most useful thing you learned in the (insert - Program)?**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Last, but not least…**

1. **How old are you?** (Please fill in the blank.)
* I am \_\_\_\_\_\_\_\_\_\_ years old
1. **What is your sex?**
* Female 🞏 Male 🞏 Other (please describe): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
1. **What is your race/ethnicity? (Please choose all that apply to you.)**
* American Indian or Alaska Native
* Asian or Pacific Islander
* Black or African American
* Hispanic or Latino
* White
* Other (please describe): \_\_\_\_\_\_\_\_\_\_\_\_\_
1. **How do you describe your sexual orientation? (Please choose all that apply.)**
* Straight or heterosexual (attracted to the opposite sex)
* Lesbian (you are female attracted to other females) or Gay (you are male attracted to other males)
* Bi-sexual (attracted to both males and females)
* Two-Spirit
* Other (please describe): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Don’t know
* Choose not to say
1. **How honest were you in filling out this survey?**
* I was very honest
* I was honest much of the time
* I was honest some of the time
* I was honest once in a while
* I was not honest at all

THANK YOU!

