

In-School Core Survey

Elementary School

2020-2021

This survey asks about your behavior, experiences, and attitudes related to your school, health, and well-being, including while you are not attending school in person due to the novel coronavirus (COVID-19).

You do not have to answer these questions, but your answers will be very helpful in improving school and health programs. **You will be able to answer** whether or not you have done or experienced any of these things.

Please do not write your name on this form or the answer sheet. Do not identify yourself in any other way.

Please mark all of your answers on the answer sheet. Fill in the bubbles neatly with a **#2 pencil**. Do not write on the questionnaire. Mark only one answer unless told to ***“Mark All That Apply.”***

This survey asks about things you may have done during different periods of time, such as during your **lifetime** (you ever did something), or the past **12 months**, or **30 days**. Each provides different information. Please pay careful attention to these time periods.

Thank you for taking this survey!

In-School Core Survey

Your School Schedule

This year, some students have returned to their school buildings to attend school. Some students are working from home and not going to the school buildings at all. And some students are doing a combination of both.

1. Which of the following best describes your school schedule during the past 30 days?

- A) I went to school in person at my school building for the entire day, Monday through Friday. [**In-School Model**]
- B) I participated in school from home for the entire day on most or all weekdays and did not go to school in person. [**Remote Learning Model**]
- C) I went to school in person at my school building for the entire day on some weekdays and participated in school from home on other weekdays. [**Hybrid Model**]
- D) I went to school in person at my school building for half of the day and participated in classes from home during the other half of the day on most or all weekdays. [**Hybrid Model**]

2. Are you female or male?

- A) Female
- B) Male

3. What grade are you in?

- A) 3rd grade
- B) 4th grade
- C) 5th grade
- D) 6th grade

4. Did you eat breakfast this morning?

- A) No
- B) Yes

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5. How many days a week do you usually go to your school's afterschool program?

- A) 0 days
- B) 1 day
- C) 2 days
- D) 3 days
- E) 4 days
- F) 5 days

6. On how many of the past 7 days did you exercise, dance, or play sports for 20 minutes or more?

- A) 0 days
- B) 1 day
- C) 2 days
- D) 3 days
- E) 4 days
- F) 5 days
- G) 6 days
- H) 7 days

7. On how many of the past 7 days did you talk to your friends by phone, computer, or tablet (iPad)?

- A) 0 days
- B) 1 day
- C) 2 days
- D) 3 days
- E) 4 days
- F) 5 days
- G) 6 days
- H) 7 days

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8. What time did you go to bed last night?

- A) Before 7:00 pm
- B) 7:00–7:59 pm
- C) 8:00–8:59 pm
- D) 9:00–9:59 pm
- E) 10:00–10:59 pm
- F) 11:00–11:59 pm
- G) After 12:00 am

9. What time did you wake up this morning?

- A) Before 5:00 am
- B) 5:00–5:59 am
- C) 6:00–6:59 am
- D) 7:00–7:59 am
- E) 8:00–8:59 am
- F) 9:00–9:59 am
- G) 10:00–10:59 am
- H) After 11:00 am

10. In the past 30 days, how often did you miss an entire day of school for any reason?

- A) I did not miss any days of school in the past 30 days
- B) 1 day
- C) 2 days
- D) 3 or more days

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The next questions ask about your relationships with people at school and your learning experiences.

11. Do you feel close to people at school?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

12. Are you happy to be at this school?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

13. Do you feel like you are part of this school?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

14. Do you feel proud to belong to your school?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

15. Are the students at your school motivated to learn?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

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16. Do teachers treat students fairly at school?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

17. Is your school building neat and clean?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

18. Do the teachers and other grown-ups from your school check on how you are doing?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

19. Are you given a chance to help decide school activities or rules?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

20. Do the teachers and other grown-ups at school care about you?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

21. Do the teachers and other grown-ups at school tell you when you do a good job?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

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- 22. Do the teachers and other grown-ups at school ask you about your ideas?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 23. Do the teachers and other grown-ups give you a chance to solve school problems?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 24. Do you get to do interesting activities at school?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 25. Are you given a chance to help decide class activities or rules?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 26. Do your teachers ask you what you want to learn about?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 27. How well do you do in your schoolwork?**
- A) I'm one of the best students
 - B) I do better than most students
 - C) I do about the same as others
 - D) I don't do as well as most others

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28. Do the teachers and other grown-ups at school listen when you have something to say?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

29. Do the teachers and other grown-ups at school believe that you can do a good job?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

30. Do you do things to be helpful at school?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

31. Do the teachers and other grown-ups at school make an effort to get to know you?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

32. Do the teachers and other grown-ups at school want you to do your best?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

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33. Are the school rules fair?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

34. Do teachers and other grown-ups at school treat students with respect?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

35. Are students treated fairly when they break school rules?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

36. Are students at this school well behaved?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

37. Do students know what the rules are?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

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- 38. Does your school help students resolve conflicts with one another?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 39. Does your school teach students to understand how other students think and feel?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 40. Does your school teach students to feel responsible for how they act?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 41. Does your school teach students to care about each other and treat each other with respect?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 42. Do the teachers and other grown-ups make it clear that bullying is not allowed?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time

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- 43. If you tell a teacher that you've been bullied, will the teacher do something to help?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 44. Do students at your school try to stop bullying when they see it happening?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 45. Are you interested in the schoolwork you do at school?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 46. Do you finish all your school assignments?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 47. When you get a bad grade, do you try even harder the next time?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 48. Do you keep working and working on your schoolwork until you get it right?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time

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49. Do you keep doing your schoolwork even when it's really hard for you?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

50. Do you follow the classroom rules?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

51. Do you follow the playground rules at recess and lunch times?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

52. Do you listen when your teacher is talking?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

53. Are you nice to other students?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

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54. **During the past 30 days**, did kids spread mean rumors or lies, or hurtful pictures, about you online, on social media, or on a cell phone?
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
55. **Do other kids hit or push you at school when they are not just playing around?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
56. **Do other kids at school spread mean rumors or lies about you?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
57. **During the past year**, did you ever bring a gun or knife to school?
- A) No
 - B) Yes
58. **Do other kids at school call you bad names or make mean jokes about you?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
59. **During the past year**, have you ever seen another kid with a gun or knife at school?
- A) No
 - B) Yes

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60. Do you feel safe at school?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

61. Do you feel safe on your way to and from school?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

62. Have other kids at school ever teased you about what your body looks like?

- A) No
- B) Yes

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**These next questions are about how you felt over the 30 days.
Please choose the answer that best describes you.**

63. Can you do most things if you try?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

64. Do you feel good and happy?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

65. Do you try to work out your problems?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

66. Are there many things you do well?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

67. Do you feel sad?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

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68. Do you know where to go for help with a problem?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

69. Do you try to work out your problems by talking or writing about them?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

70. When you need help, do you find someone to talk with about it?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

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The next questions are about cigarettes, alcohol, and other drugs.

Keep the following definitions in mind

- **One drink of alcohol** means drinking one regular size can/bottle of beer or wine cooler, one glass of wine, one mixed drink, or one shot glass of liquor. Questions about alcohol do not include drinking a few sips of wine for religious purposes.
- **Drug** means any substance you use to get “high” or for reasons other than medical (as ordered by a doctor).

71. Have you ever smoked a cigarette?

- A) No
- B) Yes, I smoked a part of a cigarette, like one or two puffs
- C) Yes, I smoked a whole cigarette

72. Have you ever vaped (used JUUL, Vuse, Suorin, MarkTen)?

- A) No
- B) Yes

73. Have you ever drunk beer, wine, or other alcohol?

- A) No
- B) Yes, I drank one or two sips
- C) Yes, I drank a full glass

74. Have you ever sniffed something through your nose to get “high”?

- A) No
- B) Yes

75. Have you ever used any marijuana (smoke, vape, eat, or drink)?

- A) No
- B) Yes
- C) I don't know what marijuana is

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- 76. Do you think smoking cigarettes is bad for a person's health?**
- A) No, not bad
 - B) Yes, a little bad
 - C) Yes, very bad
- 77. Do you think using an electronic cigarette, e-cigarette, hookah pen, or other vaping device is bad for a person's health?**
- A) No, not bad
 - B) Yes, a little bad
 - C) Yes, very bad
- 78. Do you think drinking alcohol (beer, wine, liquor) is bad for a person's health?**
- A) No, not bad
 - B) Yes, a little bad
 - C) Yes, very bad
- 79. Do you think using marijuana (smoke, vape, eat, or drink) is bad for a person's health?**
- A) No, not bad
 - B) Yes, a little bad
 - C) Yes, very bad
 - D) I don't know what marijuana is

In-School Core Survey

Here are questions about your home.

- 80. Does a parent or some other grown-up at home care about your schoolwork?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 81. Does a parent or some other grown-up at home believe that you can do a good job?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 82. Does a parent or some other grown-up at home want you to do your best?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 83. Does a parent or some other grown-up at home ask if you did your homework?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
- 84. Does a parent or some other grown-up at home check your homework?**
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time

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85. Does a parent or some other grown-up at home ask you about school?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

86. Does a parent or some other grown-up at home ask you about your grades?

- A) No, never
- B) Yes, some of the time
- C) Yes, most of the time
- D) Yes, all of the time

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Please tell us how true each statement is for you over the 30 days.

87. I have a friend my age who really cares about me.

- A) Not at all true
- B) A little true
- C) Pretty much true
- D) Very much true

88. I have a friend my age who helps me when I am having a hard time.

- A) Not at all true
- B) A little true
- C) Pretty much true
- D) Very much true

89. I have a friend my age who talks with me about my problems.

- A) Not at all true
- B) A little true
- C) Pretty much true
- D) Very much true