

Cal-Well Module

SUPPLEMENT 1

**Please mark one answer for each statement unless it says to mark all that apply.
You do not have to answer any questions you don't want to answer.**

75. **Do you have a friend who really cares about you?**
A) No, never
B) Yes, some of the time
C) Yes, most of the time
D) Yes, all of the time
76. **Do you have a friend who you talk to about your problems?**
A) No, never
B) Yes, some of the time
C) Yes, most of the time
D) Yes, all of the time
77. **Do you have a friend who helps you when you're having a hard time?**
A) No, never
B) Yes, some of the time
C) Yes, most of the time
D) Yes, all of the time
78. **Do you try to understand how other people feel?**
A) No, never
B) Yes, some of the time
C) Yes, most of the time
D) Yes, all of the time
79. **Do you feel bad when someone else gets their feelings hurt?**
A) No, never
B) Yes, some of the time
C) Yes, most of the time
D) Yes, all of the time
80. **Do you try to understand your moods and feelings (like why some things make you feel angry, sad, or happy)?**
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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81. Do you understand why you make the choices you make?
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
82. Do you have an adult you can talk to about your problems?
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
83. Do you know where to go for help when you feel sad, scared, or stressed?
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
84. Do you expect good things to happen to you?
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time

The next questions ask about times when you or someone you know feels sad, scared, or stressed.

85. If a friend of mine felt sad, scared, or stressed, I would... *(Mark All That Apply)*
- A) Listen to them
 - B) Tell them to talk to a teacher
 - C) Tell them to talk to someone in their family
 - D) Try not to talk to them until they got better
 - E) Not know what to do
86. If I felt sad, scared, or stressed, I would...*(Mark All That Apply)*
- A) Talk to someone in my family
 - B) Get help from a counselor, doctor or therapist
 - C) Talk to a teacher or another adult
 - D) Talk to my friends
 - E) Be afraid to get help
 - F) Not know what to do

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87. If someone my age felt sad, scared, or stressed, talking to an adult could help them feel better.
- A) Strongly disagree
 - B) Disagree
 - C) Agree
 - D) Strongly agree
88. Kids at my school would be nice to someone my age who felt sad, scared, or stressed.
- A) Strongly disagree
 - B) Disagree
 - C) Agree
 - D) Strongly agree
89. In the past year, did you want to talk to a counselor, doctor, or therapist about feeling sad, scared, or stressed?
- A) No
 - B) Yes
 - C) I don't know
90. Were you able to get help from a counselor, doctor, or therapist about your feelings when you needed it?
- A) No, never
 - B) Yes, some of the time
 - C) Yes, most of the time
 - D) Yes, all of the time
 - E) I didn't need this kind of help