

Drake High School Wellness Survey Summary (Student Report)

ETR

1333 Broadway Street, Suite P110
Oakland, CA 94612

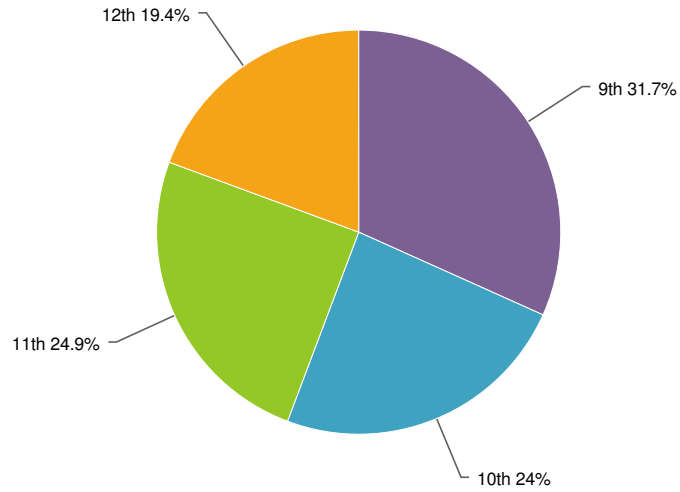
www.etr.org



Advancing science
Reducing risk
Improving lives

Drake Wellness Student Survey Summary Report

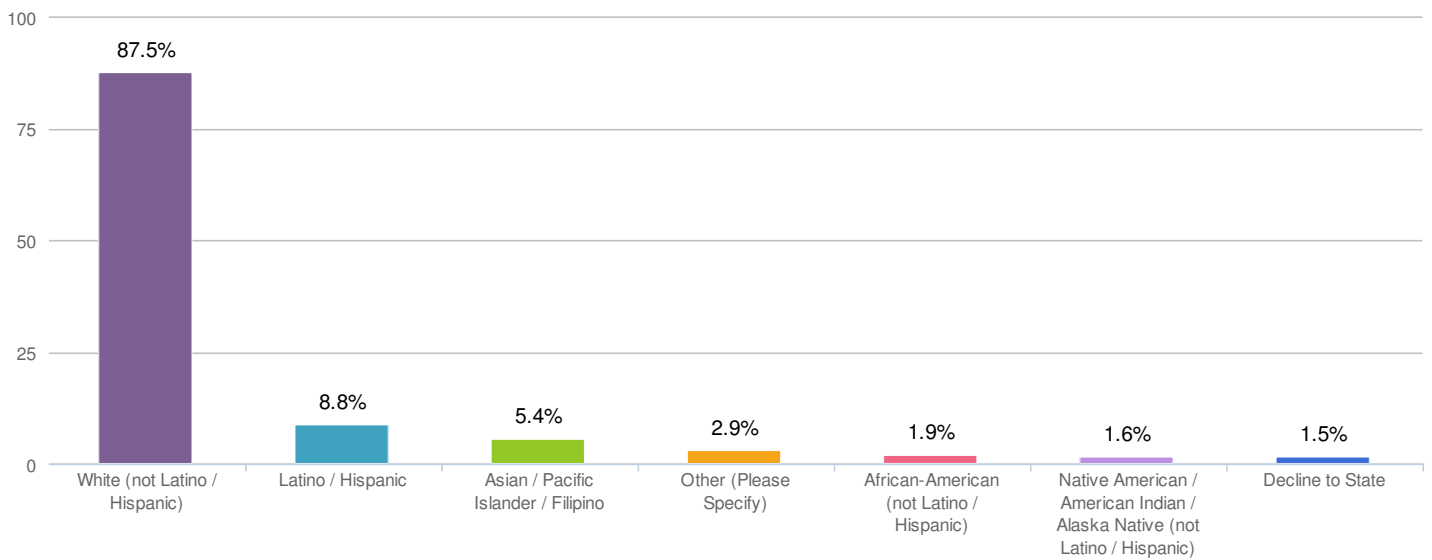
1. What grade are you in?



Value	Percent	Count
9th	31.7%	288
10th	24.0%	218
11th	24.9%	226
12th	19.4%	176
Total		908

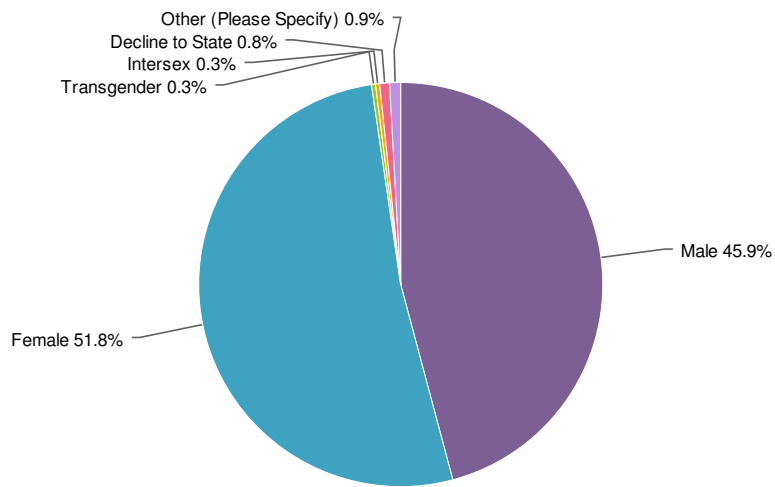
Statistics	
Sum	9,370.0
Average	10.3
StdDev	1.1
Max	12.0

2. (Optional) What is your race/ethnicity? Please mark all that apply.



Value	Percent	Count
White (not Latino / Hispanic)	87.5%	785
Latino / Hispanic	8.8%	79
Asian / Pacific Islander / Filipino	5.4%	48
Other (Please Specify)	2.9%	26
African-American (not Latino / Hispanic)	1.9%	17
Native American / American Indian / Alaska Native (not Latino / Hispanic)	1.6%	14
Decline to State	1.5%	13
Total		897

3. (Optional) What is your gender?



Value	Percent	Count
Male	45.9%	415
Female	51.8%	469
Transgender	0.3%	3
Intersex	0.3%	3
Decline to State	0.8%	7
Other (Please Specify)	0.9%	8
	Total	905

4. What do you identify as the top 3 social and emotional challenges faced by students at Drake High School?

	Score*	Overall Rank
Stress and pressure around academic performance	10378	1
Anxiety	4808	2
Drug Use (other than alcohol)	4358	3
Social challenges (fitting in)	3794	4
Alcohol Use	3715	5
Depression	2836	6
Low self-esteem	2249	7
Family issues	1570	8
Lack of Cultural Awareness	1445	9
Other	833	10
Unhealthy relationships	800	11
Making decisions about sex	796	12
Cyber-bullying	396	13
Verbal harassment	237	14
Bullying at school	235	15

Total Respondents 873

*Score is a weighted calculation. Items ranked first are valued higher than the following ranks, the score is the sum of all weighted rank counts.

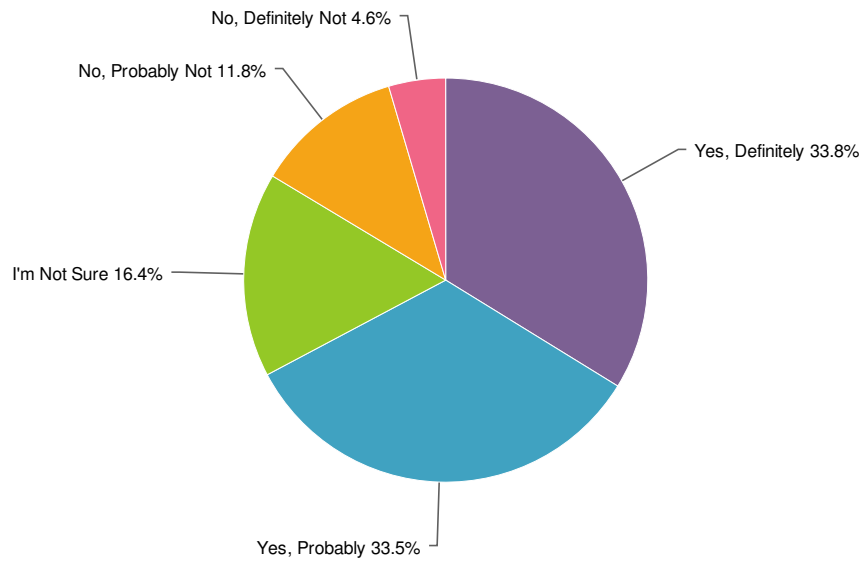
5. What do you identify as the top 3 things that cause you stress at school?

	Score*	Overall Rank
Amount of Homework	4644	1
Pressure to get into a Good College	3516	2
Balancing academics with sports and other extra-curricular activities	3442	3
Pressure on Self	2742	4
Friendship/Social issues	1766	5
Parent Pressure	1350	6
Peer Pressure	540	7
Teacher Pressure	473	8

Total Respondents 870

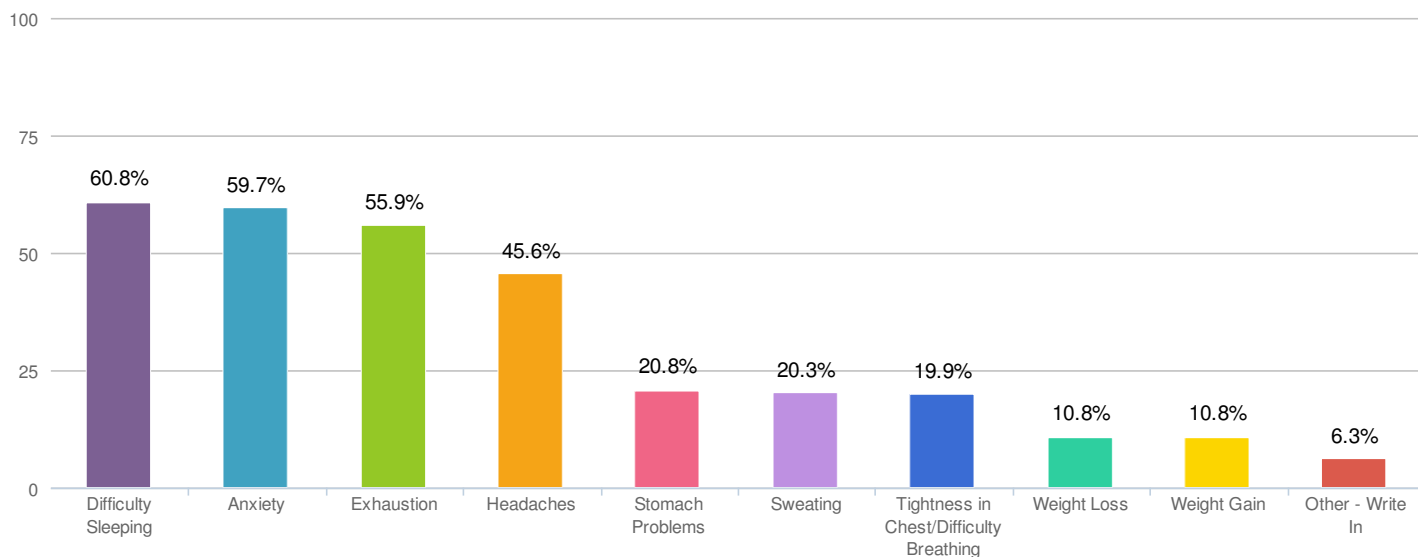
*Score is a weighted calculation. Items ranked first are valued higher than the following ranks, the score is the sum of all weighted rank counts.

6. If you needed help with a personal problem, is there at least one adult at this school who you feel you could go to?



Value	Percent	Count
Yes, Definitely	33.8%	297
Yes, Probably	33.5%	294
I'm Not Sure	16.4%	144
No, Probably Not	11.8%	104
No, Definitely Not	4.6%	40
Total		879

8. In the last month, have you experienced any of the following stress-related health issues? (Please select all that have occurred because of stress.)



Value	Percent	Count
Difficulty Sleeping	60.8%	447
Anxiety	59.7%	439
Exhaustion	55.9%	411
Headaches	45.6%	335
Stomach Problems	20.8%	153
Sweating	20.3%	149
Tightness in Chest/Difficulty Breathing	19.9%	146
Weight Loss	10.8%	79
Weight Gain	10.8%	79
Other - Write In	6.3%	46
Total		735

9. The following workshops, groups, school wide education and presentation topics could be offered through a Wellness Center. Please rate your level of interest in learning about the following topics:

	Not Interested at All	Somewhat Interested	Interested	Very Interested	Responses
Academic Stress	106 12.7%	229 27.4%	271 32.4%	231 27.6%	837
Sexual Decision Making	307 36.7%	294 35.2%	163 19.5%	72 8.6%	836
Alcohol and Drug Education & Support	319 38.3%	299 35.9%	152 18.2%	63 7.6%	833
Nutrition & Fitness	167 19.9%	237 28.3%	258 30.8%	176 21.0%	838
Anxiety & Depression	197 23.6%	291 34.9%	206 24.7%	141 16.9%	835
College Application Stress	86 10.3%	178 21.3%	265 31.7%	307 36.7%	836
Drug Free Alternatives for Free Time	396 47.1%	277 33.0%	113 13.5%	54 6.4%	840
Family Stress	247 29.6%	309 37.0%	190 22.8%	89 10.7%	835
Healthy Relationships	214 25.6%	337 40.4%	203 24.3%	81 9.7%	835
Safer Partying	350 41.8%	264 31.5%	164 19.6%	60 7.2%	838
Social Media & How It Impacts Your Life	301 36.0%	302 36.1%	156 18.7%	77 9.2%	836
Teen Mental Health	198 23.7%	300 35.8%	207 24.7%	132 15.8%	837
Safer Sex	270 32.3%	301 36.0%	190 22.8%	74 8.9%	835
Mindfulness Meditation / Relaxation Techniques	221 26.4%	252 30.1%	185 22.1%	180 21.5%	838
Yoga	279 33.4%	197 23.6%	182 21.8%	177 21.2%	835

11. When would be the best time for you to use Wellness Center services?

	Score*	Overall Rank
During Class	2368	1
Advisory or Tutorial	2221	2
After School	1358	3
During Lunch	1095	4
Before School Starts	604	5

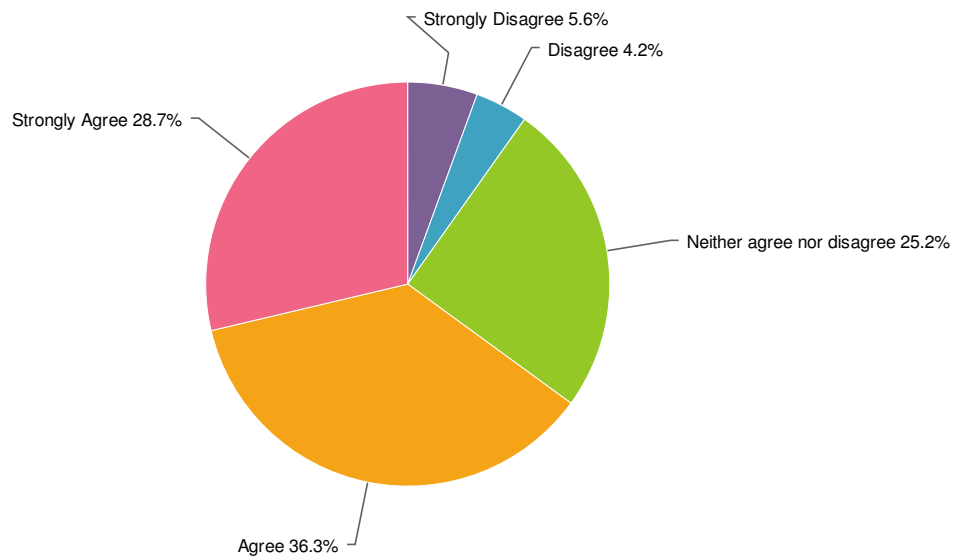
Total Respondents 820

*Score is a weighted calculation. Items ranked first are valued higher than the following ranks, the score is the sum of all weighted rank counts.

12. How interested are you in participating in the following types of Wellness Center services?

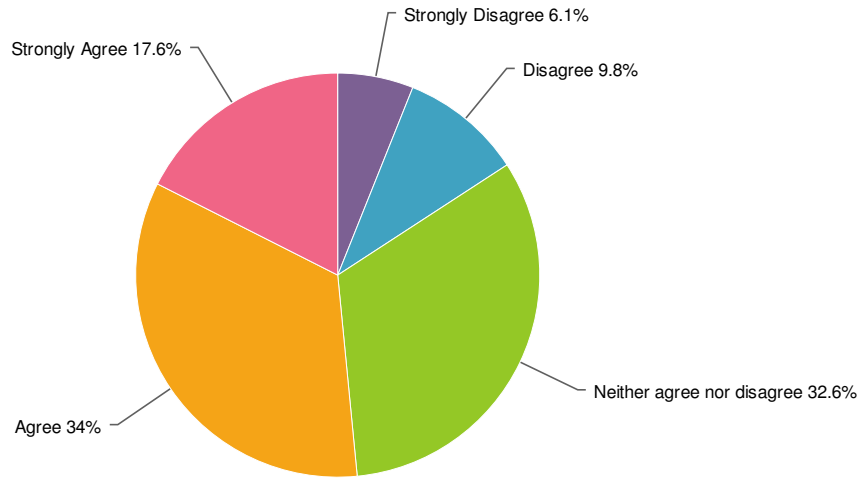
	Not Interested at All	Somewhat Interested	Interested	Very Interested	Responses
Workshops in classrooms or at school that focus on topics such as safer sex practices, college application stress, etc.	178 21.2%	302 35.9%	253 30.1%	108 12.8%	841
Individual Counseling / Therapy (you talk with a mental health counselor 1:1 confidentially)	272 32.3%	270 32.1%	189 22.4%	111 13.2%	842
Alcohol & Drug Counseling (you talk with a counselor 1:1 confidentially)	469 55.8%	242 28.8%	98 11.7%	32 3.8%	841
Student Support/Discussion Groups (A group of students who meet weekly for support around topics such as family life or academic stress)	411 48.8%	251 29.8%	126 14.9%	55 6.5%	843
“Break Zone” - A hang out space for students when classes are not in-session (before school, during lunch, after school) where students can hang out, de-stress, get tea/water/healthy snacks, get info, play games	220 26.2%	210 25.0%	192 22.9%	217 25.9%	839
Peer Resource Support (you talk with a trained peer confidentially)	359 42.8%	279 33.3%	124 14.8%	76 9.1%	838
School-Wide Events (Students participate in lunch time events to play games and learn about topics such as teen mental health, stress, alcohol and drug abuse, sexual health, safer partying, etc.)	364 43.4%	278 33.2%	130 15.5%	66 7.9%	838
Interactive Wellness Website where students can get real answers to questions about health, mental health, substance use/abuse and reproductive health	275 32.9%	276 33.1%	185 22.2%	99 11.9%	835

14. I would use free, confidential reproductive health services (e.g., sex education, birth control, condoms, STD testing, pregnancy testing, etc.) at a Wellness Center.



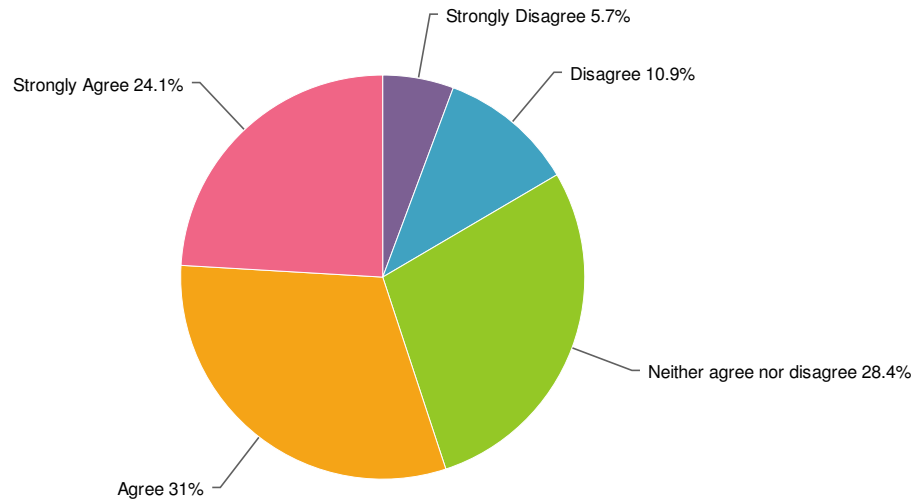
Value	Percent	Count
Strongly Disagree	5.6%	45
Disagree	4.2%	34
Neither agree nor disagree	25.2%	203
Agree	36.3%	292
Strongly Agree	28.7%	231
Total		805

15. I would be more likely to use reproductive health services at a Wellness Center on campus than at an outside clinic off campus.



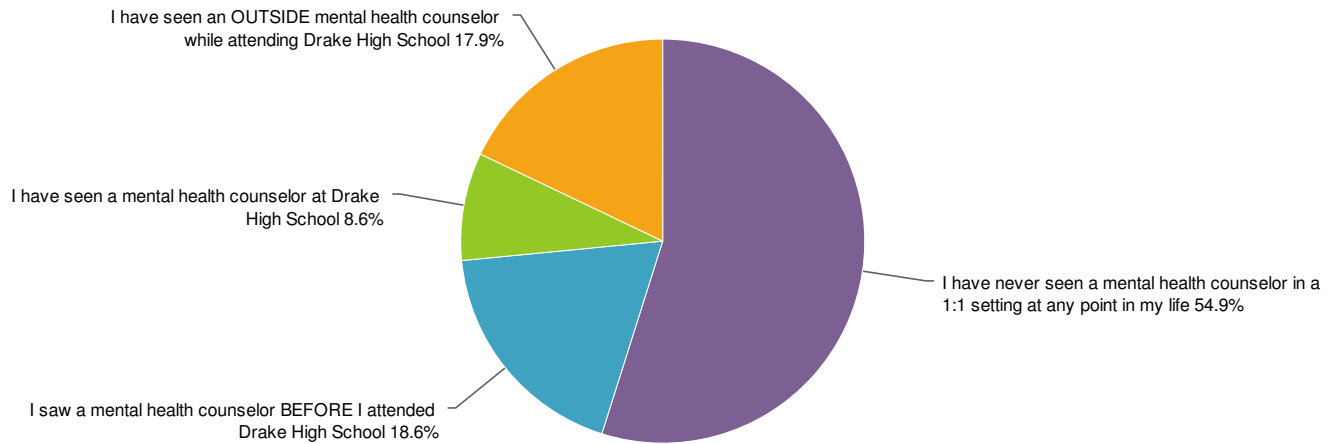
Value	Percent	Count
Strongly Disagree	6.1%	49
Disagree	9.8%	79
Neither agree nor disagree	32.6%	264
Agree	34.0%	275
Strongly Agree	17.6%	142
Total		809

16. If I needed my parent/guardian's permission to see a Wellness counselor (e.g. individual counseling, substance use/abuse counseling, and/or support groups) at a Wellness Center, I would not use this service.



Value	Percent	Count
Strongly Disagree	5.7%	46
Disagree	10.9%	88
Neither agree nor disagree	28.4%	230
Agree	31.0%	251
Strongly Agree	24.1%	195
Total		810

17. Have you ever seen a mental health counselor? (Not including your school counselor) Please check all that apply.



Value	Percent	Count
I have never seen a mental health counselor in a 1:1 setting at any point in my life	62.4%	484
I saw a mental health counselor BEFORE I attended Drake High School	21.1%	164
I have seen a mental health counselor at Drake High School	9.8%	76
I have seen an OUTSIDE mental health counselor while attending Drake High School	20.4%	158
	Total	776

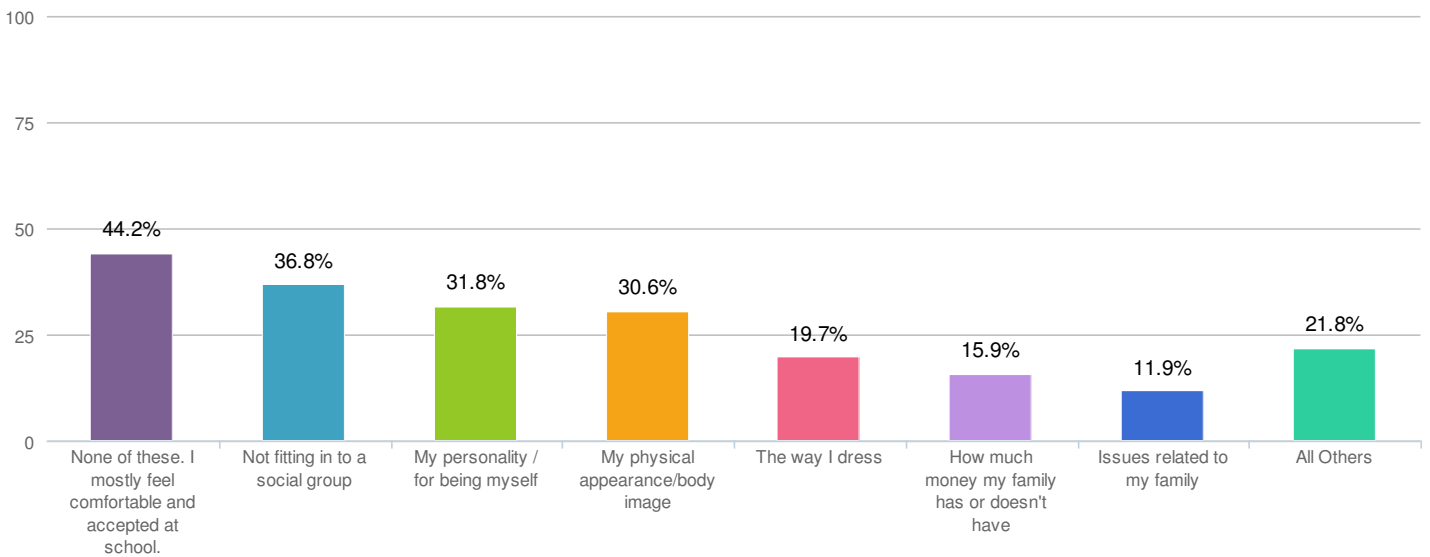
18. If you were having a serious health or emotional issue at school, how helpful would the following Wellness Center services be:

	Not Helpful at All	A Little Helpful	Helpful	Very Helpful	Responses
To show up and have time by yourself in a private space at the Wellness Center	112 13.9%	264 32.8%	284 35.3%	144 17.9%	804
To show up and chill in the student space at the Wellness Center for a designated period of time until you feel better	118 14.7%	241 29.9%	280 34.8%	166 20.6%	805
To show up and talk to a counselor one-on-one immediately or as soon as they are available at the Wellness Center	116 14.5%	254 31.7%	283 35.3%	149 18.6%	802
To make an appointment to talk to a counselor later that day	155 19.5%	271 34.2%	285 35.9%	82 10.3%	793
To make an appointment to talk to a counselor later that week	255 32.2%	302 38.1%	184 23.2%	52 6.6%	793

19. Would you see a Nurse at a Wellness Center for the following confidential services?

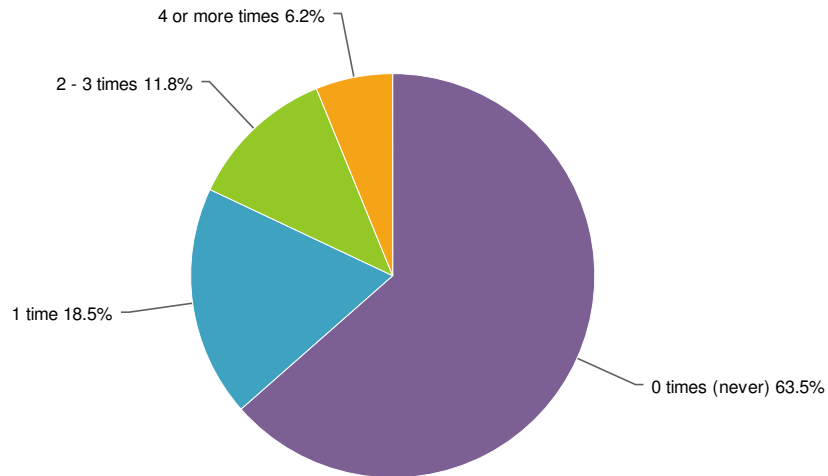
	No, Definitely Not	No, Probably Not	Maybe	Yes, Probably	Yes, Definitely	Responses
Get medical attention if I felt sick	67 8.3%	71 8.8%	215 26.5%	301 37.1%	157 19.4%	811
Get condoms / birth control / contraceptives	67 8.3%	117 14.5%	262 32.4%	192 23.8%	170 21.0%	808
Get first aid if I got hurt / injured	35 4.3%	45 5.6%	155 19.2%	330 40.9%	241 29.9%	806
Get help with a chronic health condition	76 9.4%	130 16.1%	265 32.9%	202 25.1%	133 16.5%	806
Get a STD test	124 15.4%	143 17.8%	243 30.2%	161 20.0%	134 16.6%	805

20. Have you ever felt uncomfortable at school or been excluded from social situations due to any of the following? (Please check all that apply)



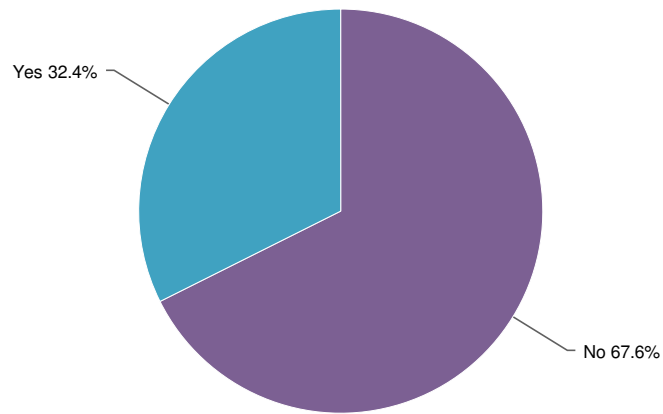
Value	Percent	Count
None of these. I mostly feel comfortable and accepted at school.	44.2%	332
Not fitting in to a social group	36.8%	276
My personality / for being myself	31.8%	239
My physical appearance/body image	30.6%	230
The way I dress	19.7%	148
How much money my family has or doesn't have	15.9%	119
Issues related to my family	11.9%	89
My religious identity	5.6%	42
My racial and/or ethnic identity	5.2%	39
Other (Please Specify)	4.7%	35
My sexual orientation and/or expression	4.7%	35
My gender identity and/or expression	1.6%	12
Total		751


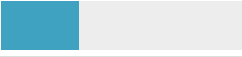
21. During the past 12 months, how many times did other students spread mean rumors or lies about you or post mean comments on the internet (e.g., by email and/or Instagram, Snapchat, Vine, Tumblr or other social media sites)?



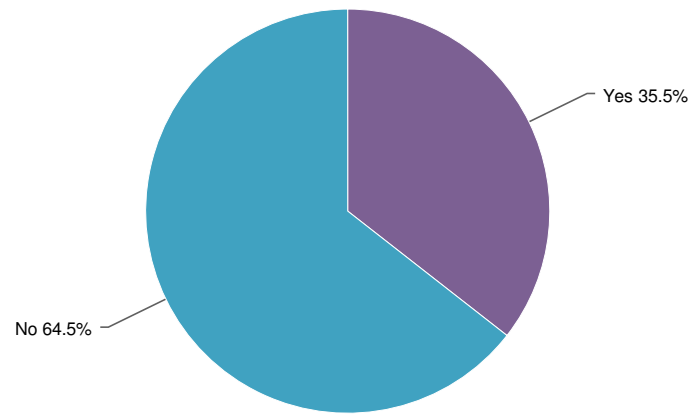
Value	Percent	Count	Statistics	
0 times (never)	63.5%	505	Sum	531.0
1 time	18.5%	147	Average	1.8
2 - 3 times	11.8%	94	StdDev	1.1
4 or more times	6.2%	49	Max	4.0
Total		795		

22. During the past 12 months, did you ever feel so sad or hopeless almost everyday for two weeks or more that you stopped doing some usual activities?



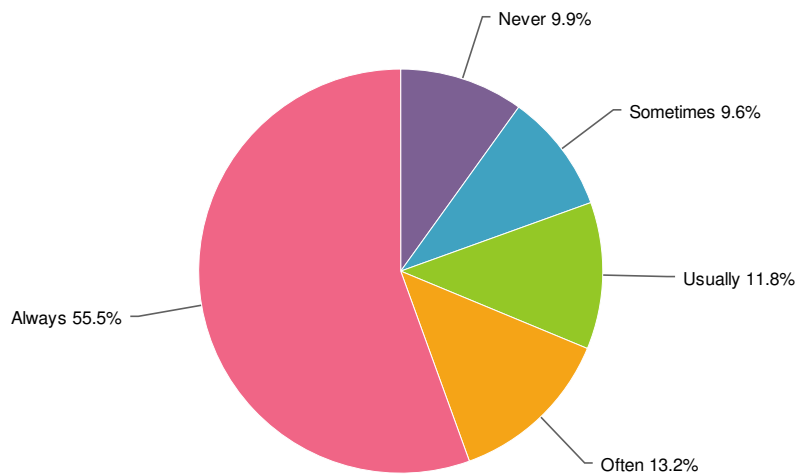
Value	Percent		Count
No	67.6%		543
Yes	32.4%		260
		Total	803

23. Are you sexually active? To be sexually active means a person has engaged in oral, vaginal, or anal sex one or more times.



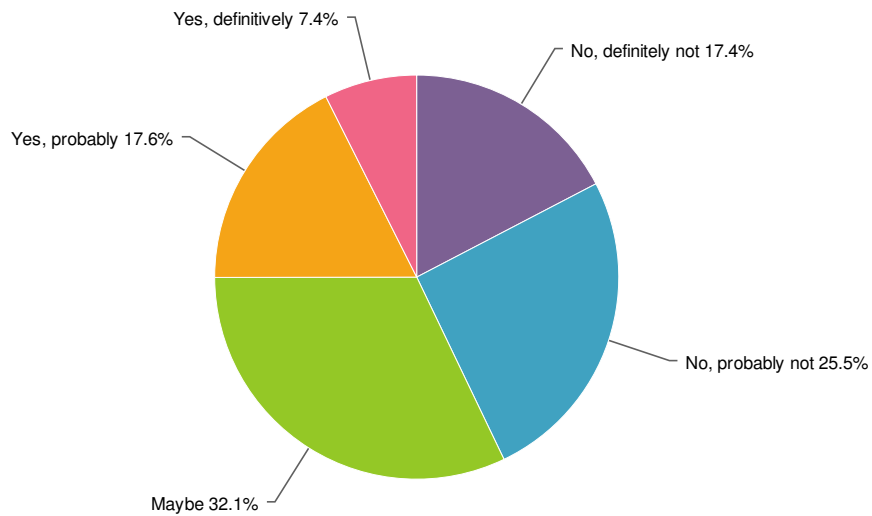
Value	Percent	Count
Yes	35.5%	284
No	64.5%	515
Total		799

24. If you are sexually active, do you use protection against pregnancy and sexually transmitted diseases/infections (e.g., a condom, or a combination of a condom and other birth control methods)?



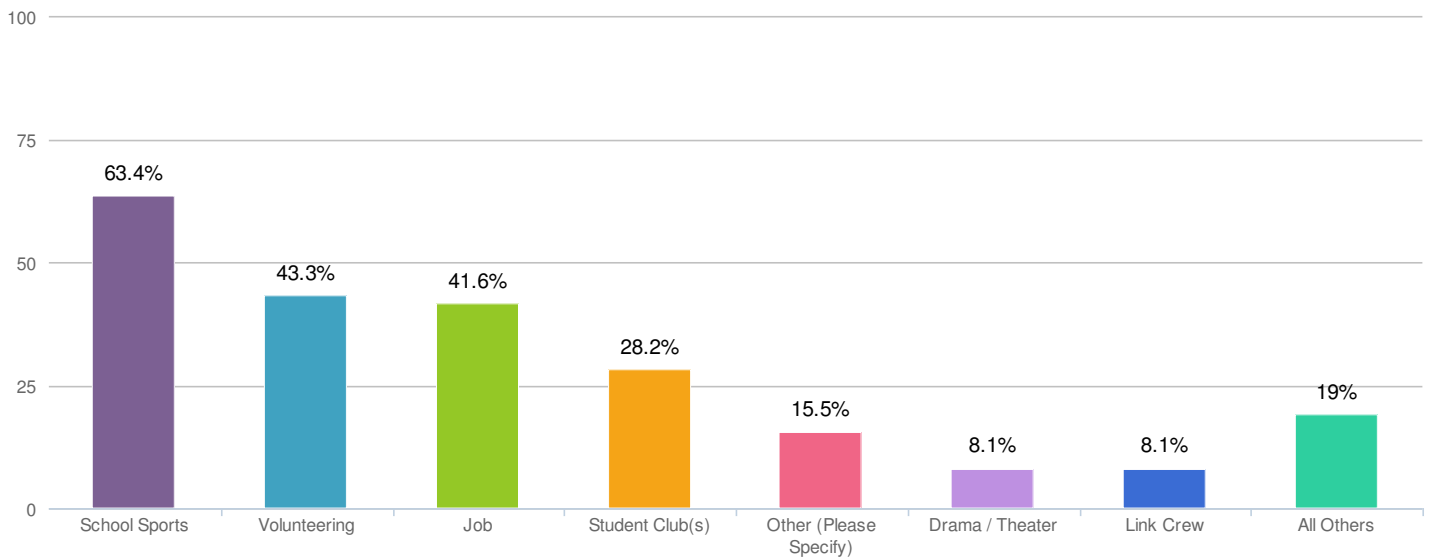
Value	Percent	Count
Never	9.9%	27
Sometimes	9.6%	26
Usually	11.8%	32
Often	13.2%	36
Always	55.5%	151
Total		272

25. If you knew no one was going to tell anyone (your parents, teachers, friends), would you or your friends be interested in talking with a counselor and getting information about drugs and alcohol?



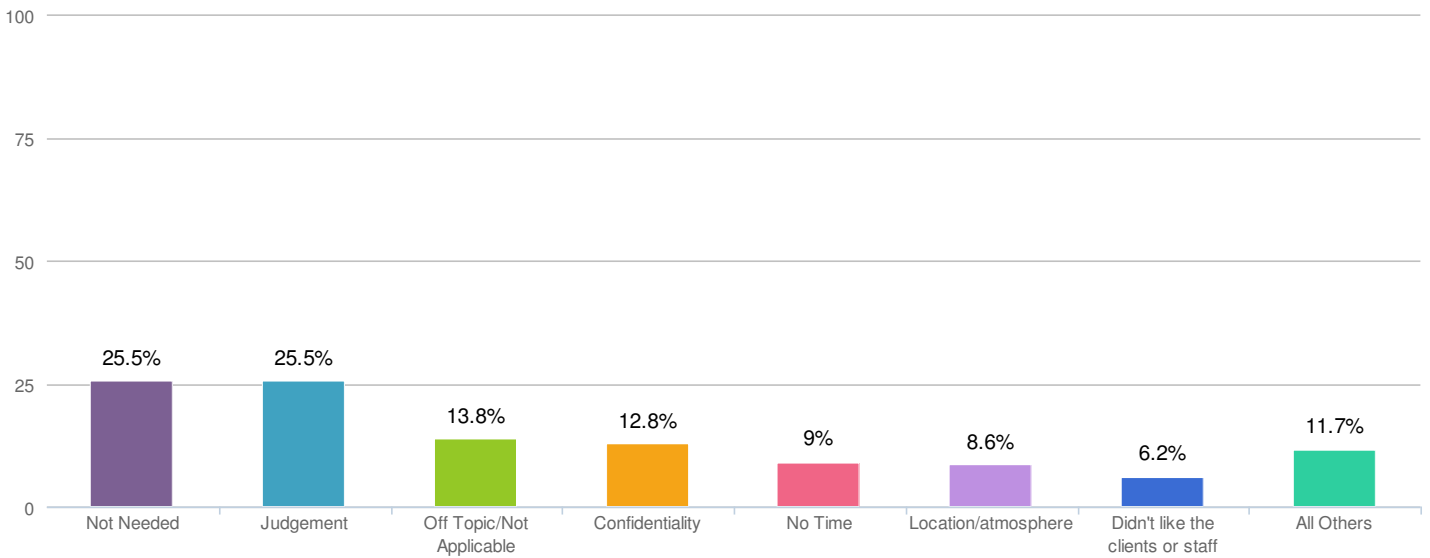
Value	Percent	Count
No, definitely not	17.4%	138
No, probably not	25.5%	203
Maybe	32.1%	255
Yes, probably	17.6%	140
Yes, definitely	7.4%	59
Total		795

26. Do you participate in one or more of the following activities at or outside of school? (Please check all that apply)



Value	Percent	Count
School Sports	63.4%	470
Volunteering	43.3%	321
Job	41.6%	308
Student Club(s)	28.2%	209
Other (Please Specify)	15.5%	115
Drama / Theater	8.1%	60
Link Crew	8.1%	60
Student Senate	6.6%	49
Leadership	5.3%	39
Mentoring	4.3%	32
Peer Resource	2.8%	21
Total		741

What is the main reason you might not go to the Wellness Center? - Text Analysis



Value	Percent	Count
Not Needed	25.5%	74
Judgement	25.5%	74
Off Topic/Not Applicable	13.8%	40
Confidentiality	12.8%	37
No Time	9.0%	26
Location/atmosphere	8.6%	25
Didn't like the clients or staff	6.2%	18
Too many people	4.8%	14
Doubts about services	2.8%	8
No One Else Goes	2.4%	7
Embarassing	1.7%	5
The Wellness center has a bad reputation	0.0%	0
Total		290

