

Redwood High School Wellness Survey Summary (Student Report)

April 27, 2015

ETR

1333 Broadway Street, Suite P110
Oakland, CA 94612

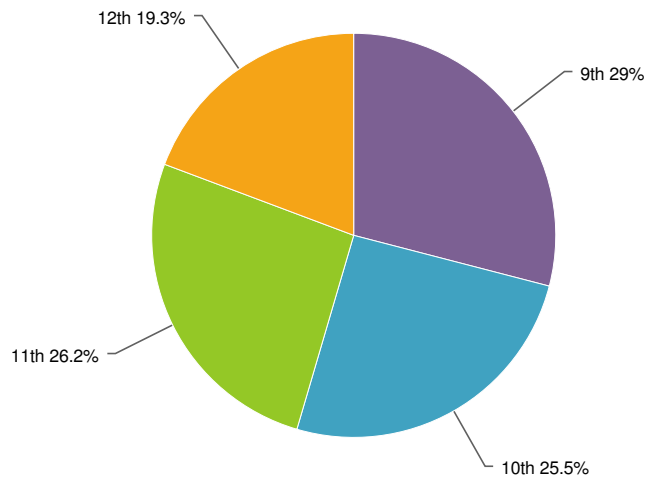
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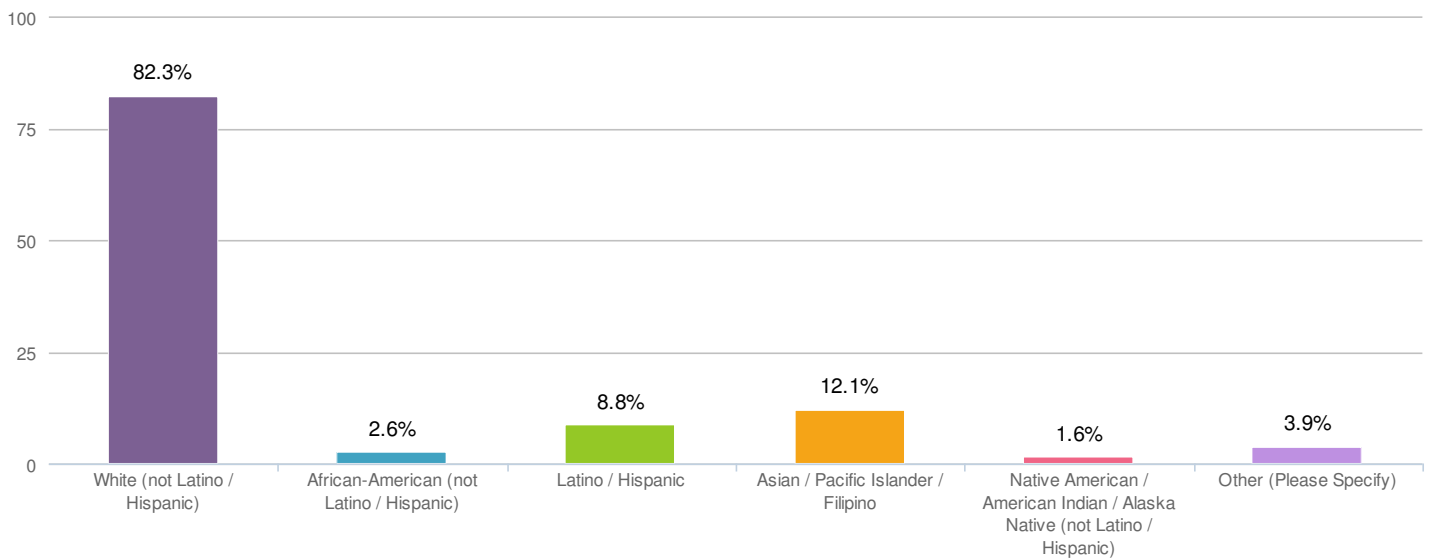
Redwood Student Survey Report

1. What grade are you in?



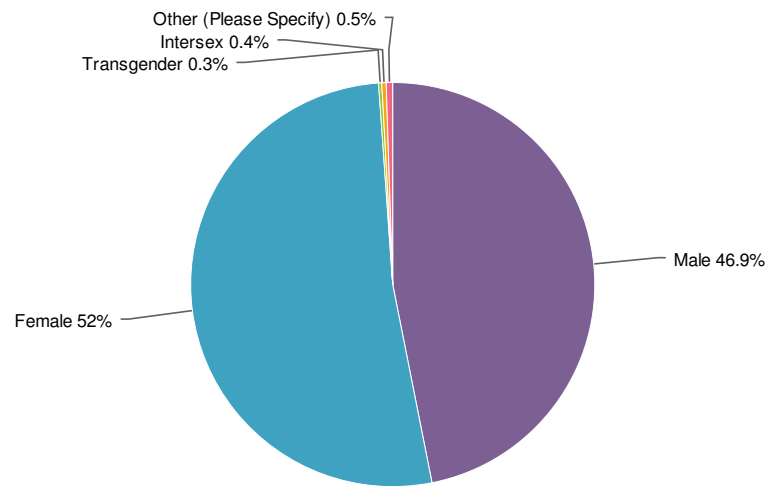
Value	Percent	Count	Statistics	
9th	29.0%	336	Sum	11,983.0
10th	25.5%	295	Average	10.4
11th	26.2%	303	StdDev	1.1
12th	19.3%	223	Max	12.0
Total		1,157		

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



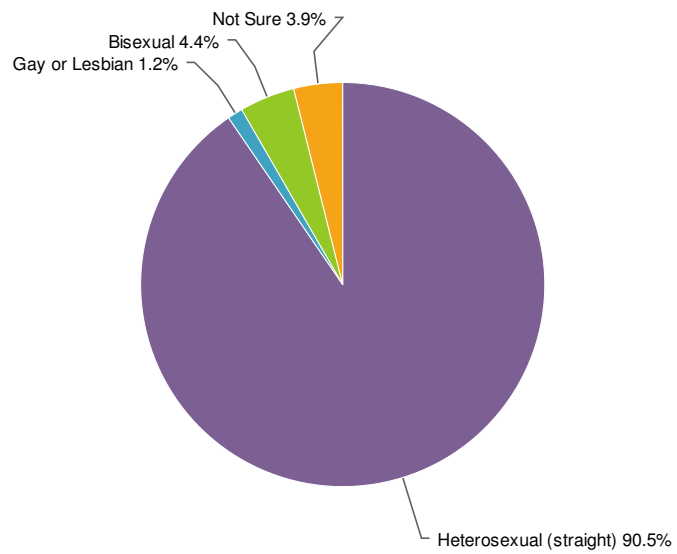
Value	Percent	Count
White (not Latino / Hispanic)	82.3%	949
African-American (not Latino / Hispanic)	2.6%	30
Latino / Hispanic	8.8%	101
Asian / Pacific Islander / Filipino	12.1%	140
Native American / American Indian / Alaska Native (not Latino / Hispanic)	1.6%	18
Other (Please Specify)	3.9%	45
Total		1,153

3. What is your gender?



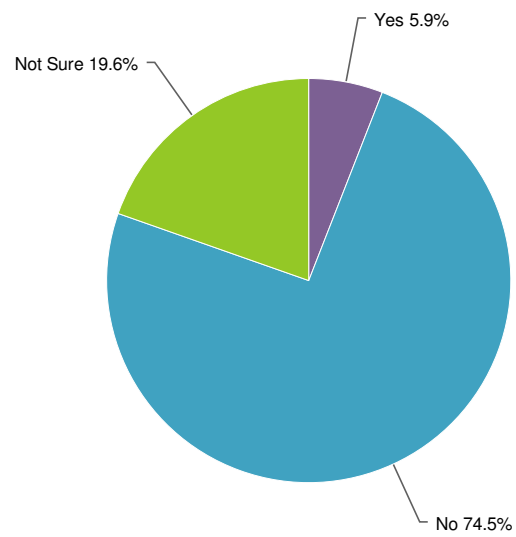
Value	Percent	Count
Male	46.9%	542
Female	52.0%	601
Transgender	0.3%	3
Intersex	0.4%	4
Other (Please Specify)	0.5%	6
Total		1,156

4. What is your sexual orientation?



Value	Percent	Count
Heterosexual (straight)	90.5%	1,042
Gay or Lesbian	1.2%	14
Bisexual	4.4%	51
Not Sure	3.9%	45
Total		1,152

5. Do you qualify for a free or reduced-priced lunch?



Value	Percent	Count
Yes	5.9%	68
No	74.5%	854
Not Sure	19.6%	225
Total		1,147

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

	Score*	Overall Rank
Stress and pressure around academic performance	14034	1
Social challenges (fitting in)	5815	2
Anxiety	5002	3
Alcohol Use	4635	4
Low self-esteem	3577	5
Depression	3356	6
Family issues	2975	7
Drug Use (other than alcohol)	2494	8
Unhealthy relationships	1167	9
Other	922	10
Making decisions about sex	745	11
Verbal harassment	517	12
Bullying at school	361	13
Cyber-bullying	355	14

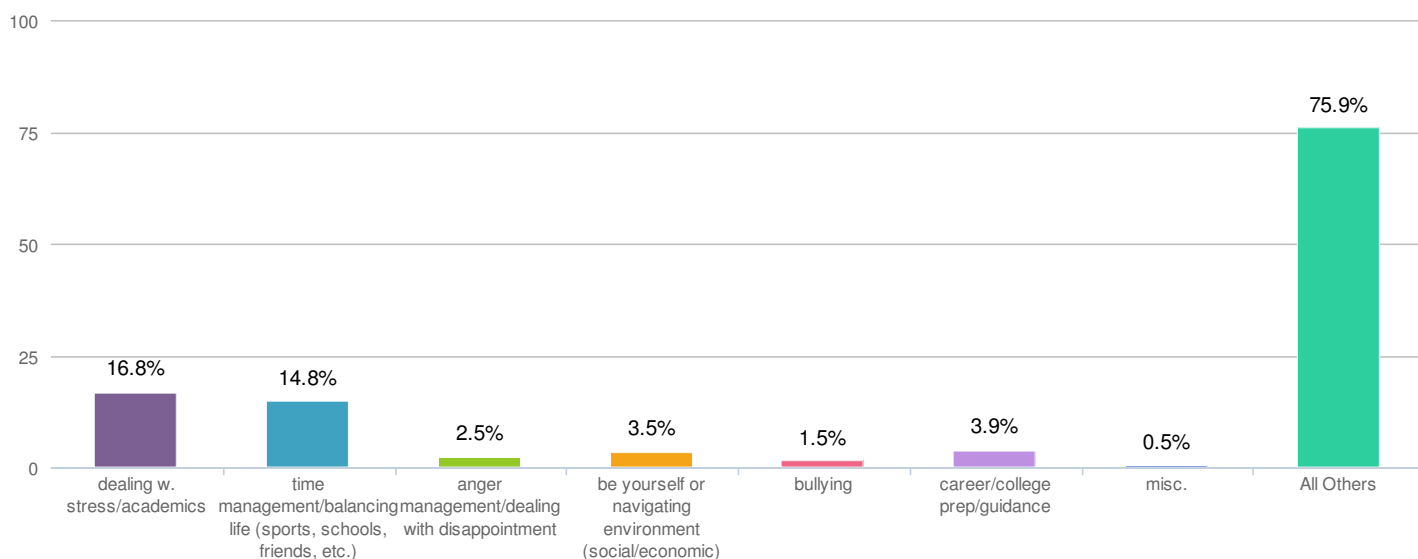
Total Respondents 1109

*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.

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

	Not Interested at All		Somewhat Interested		Interested		Very Interested		Total	
Academic Stress	147	14.2%	267	25.7%	352	33.9%	272	26.2%	1038	100%
Sexual Decision Making	432	41.9%	365	35.4%	181	17.5%	54	5.2%	1032	100%
Alcohol and Drug Education & Support	441	42.6%	380	36.8%	159	15.4%	54	5.2%	1034	100%
Nutrition & Fitness	243	23.5%	303	29.3%	306	29.6%	182	17.6%	1034	100%
Anxiety & Depression	226	21.8%	333	32.1%	319	30.7%	161	15.5%	1039	100%
College Application Stress	144	13.8%	206	19.8%	379	36.4%	312	30.0%	1041	100%
Drug Free Alternatives for Free Time	542	52.5%	333	32.3%	118	11.4%	39	3.8%	1032	100%
Family Stress	303	29.2%	376	36.3%	250	24.1%	108	10.4%	1037	100%
Healthy Relationships	274	26.4%	423	40.8%	244	23.5%	97	9.3%	1038	100%
Safer Partying	490	47.1%	348	33.5%	161	15.5%	41	3.9%	1040	100%
Social Media & How It Impacts Your Life	412	39.8%	355	34.3%	207	20.0%	61	5.9%	1035	100%
Teen Mental Health	232	22.4%	360	34.7%	295	28.5%	149	14.4%	1036	100%
Safer Sex	384	37.3%	376	36.5%	199	19.3%	71	6.9%	1030	100%
Mindfulness Meditation / Relaxation Techniques	273	26.3%	314	30.2%	278	26.7%	175	16.8%	1040	100%
Yoga	400	38.6%	246	23.7%	217	20.9%	174	16.8%	1037	100%
fitting in	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	100%
romantic relationships	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	100%

8. What other workshops/groups are you interested in



Value	Percent	Count
dealing w. stress/academics	16.8%	34
time management/balancing life (sports, schools, friends, etc.)	14.8%	30
already mentioned in survey	0.0%	0
anger management/dealing with disappointment	2.5%	5
art	0.0%	0
problem solving	0.0%	0
be yourself or navigating environment (social/economic)	3.5%	7
bullying	1.5%	3
career/college prep/guidance	3.9%	8
misc.	0.5%	1
mental health	5.9%	12
communication/problem solving with family	3.9%	8
communication/problem solving with peers	3.5%	7
drug/alcohol awareness/ed	2.5%	5
making friends/community building	3.9%	8
eating disorders/body image	3.0%	6
ethnicity/identity focus	0.5%	1
hangout/play/socialize/games	5.4%	11
gender/sexuality	5.4%	11
healthier relationships	3.5%	7
happiness	0.0%	0
don't know/care	0.0%	0
meditation/calming/relaxation	6.4%	13
nutrition/health/fitness	5.9%	12
sexual health	4.9%	10
self-esteem	4.9%	10
sleep	2.5%	5
equity/social justice/respect	3.9%	8
Total		203

Value	Percent	Count
other (1 or less)	9.9%	20
	Total	203

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

	Score*	Overall Rank
During Homeroom or SMART Period (if possible)	3018	1
During Class	2758	2
During Lunch	1951	3
After School	1770	4
Before School Starts	1166	5

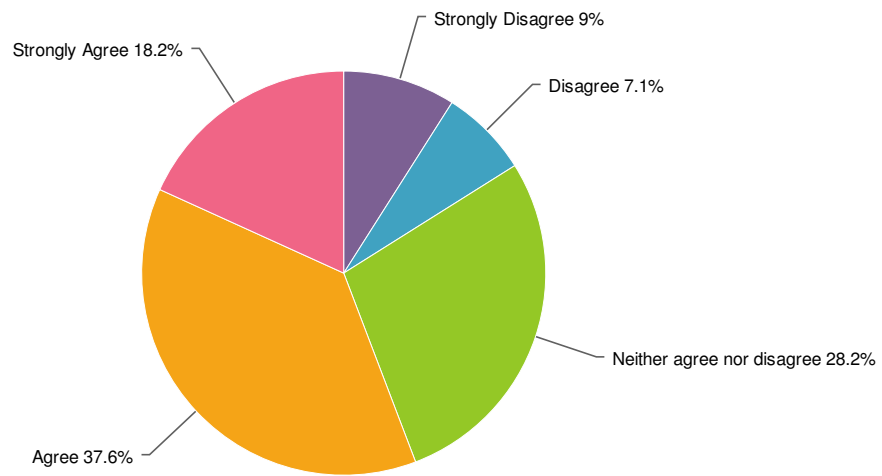
Total Respondents 1026

*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.

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

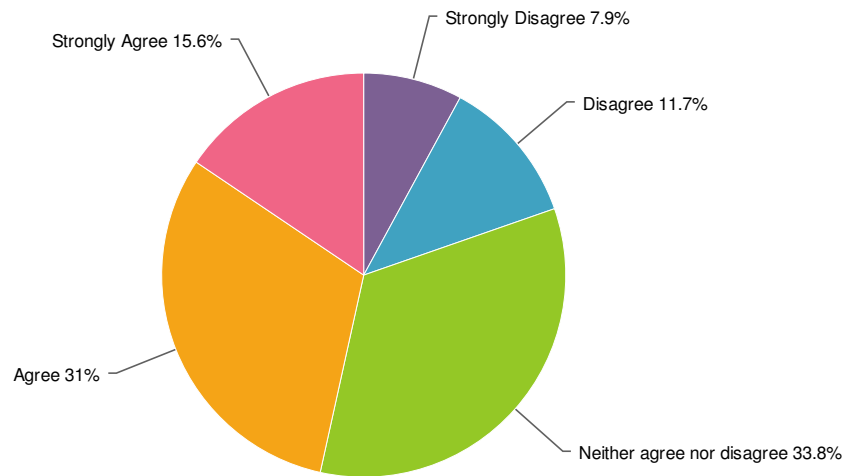
	Not Interested at All		Somewhat Interested		Interested		Very Interested		Total	
Workshops in classrooms or at school that focus on topics such as safer sex practices, college application stress, etc.	275	26.4%	405	38.9%	255	24.5%	105	10.1%	1040	100%
Individual Counseling / Therapy (you talk with a counselor 1:1 confidentially)	317	30.6%	333	32.2%	240	23.2%	145	14.0%	1035	100%
Alcohol & Drug Counseling (you talk with a counselor 1:1 confidentially)	610	59.1%	273	26.5%	104	10.1%	45	4.4%	1032	100%
Student Support Groups (A group of students who meet weekly for support around topics such as family problems or academic stress)	493	47.7%	330	31.9%	148	14.3%	62	6.0%	1033	100%
“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	266	25.9%	260	25.3%	243	23.6%	260	25.3%	1029	100%
Peer Resource Support (you talk with a trained peer confidentially)	470	45.8%	330	32.2%	138	13.5%	88	8.6%	1026	100%
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.)	365	35.7%	345	33.8%	212	20.8%	99	9.7%	1021	100%
Interactive Wellness Website where students can get real answers to questions about health, mental health, substance use/abuse and reproductive health	340	33.1%	339	33.0%	230	22.4%	118	11.5%	1027	100%
Nurses who can give out birth control after certification	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	100%
small groups of students who are interested in the same topic (for example yoga) who meet at lunch time or after school	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	100%
you can come to the wellness center when you need a break during class if you really need it	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	100%

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



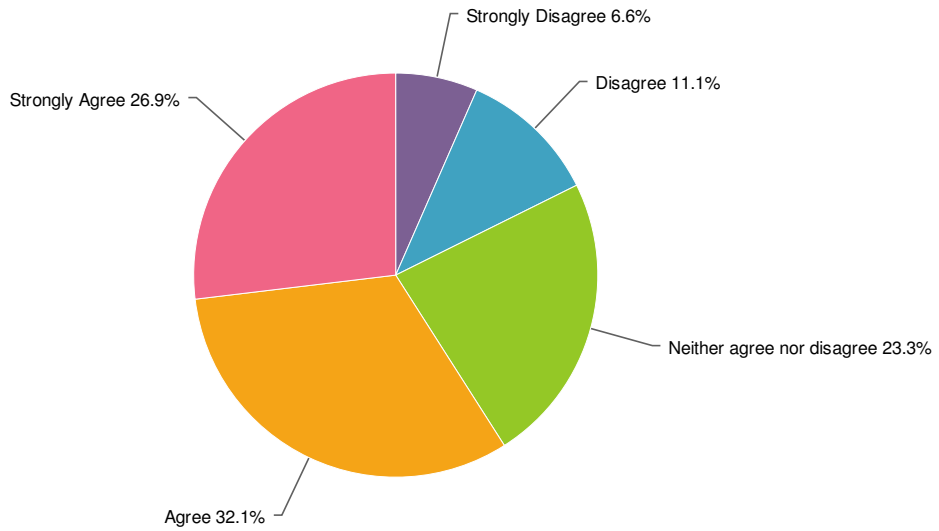
Value	Percent	Count
Strongly Disagree	9.0%	88
Disagree	7.1%	69
Neither agree nor disagree	28.2%	275
Agree	37.6%	367
Strongly Agree	18.2%	178
Total		977

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



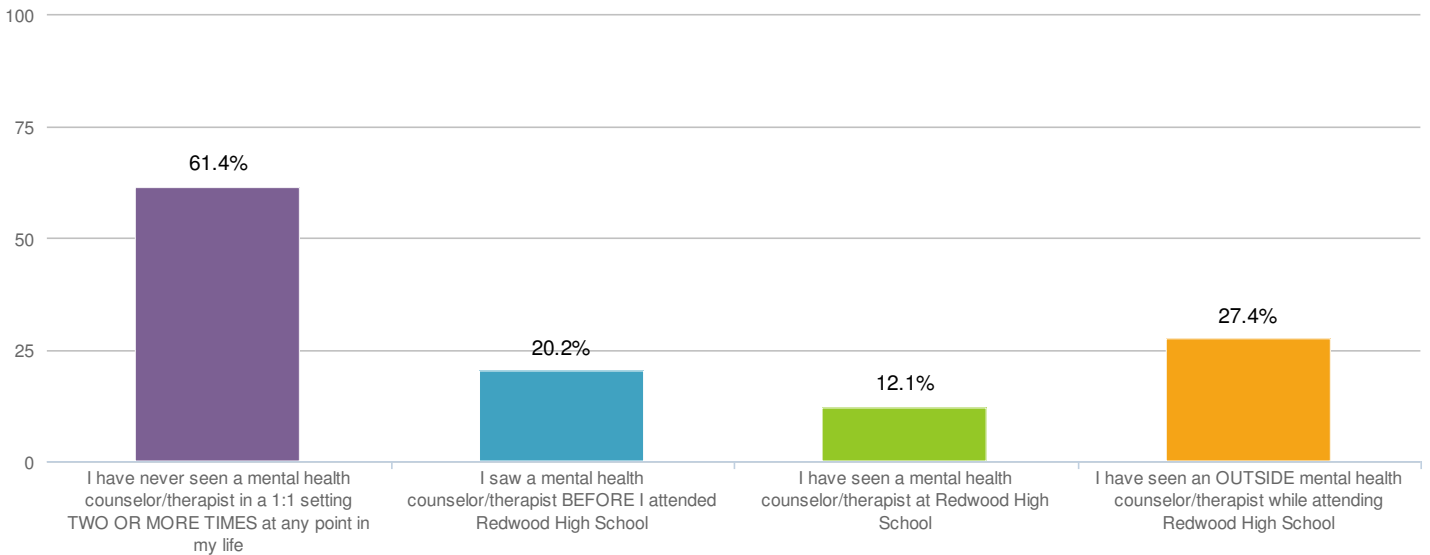
Value	Percent	Count
Strongly Disagree	7.9%	77
Disagree	11.7%	114
Neither agree nor disagree	33.8%	328
Agree	31.0%	301
Strongly Agree	15.6%	151
Total		971

14. 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 the Wellness Center, I would not use this service.



Value	Percent	Count
Strongly Disagree	6.6%	64
Disagree	11.1%	108
Neither agree nor disagree	23.3%	227
Agree	32.1%	313
Strongly Agree	26.9%	262
Total		974

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



Value	Percent	Count
I have never seen a mental health counselor/therapist in a 1:1 setting TWO OR MORE TIMES at any point in my life	61.4%	567
I saw a mental health counselor/therapist BEFORE I attended Redwood High School	20.2%	186
I have seen a mental health counselor/therapist at Redwood High School	12.1%	112
I have seen an OUTSIDE mental health counselor/therapist while attending Redwood High School	27.4%	253
	Total	923

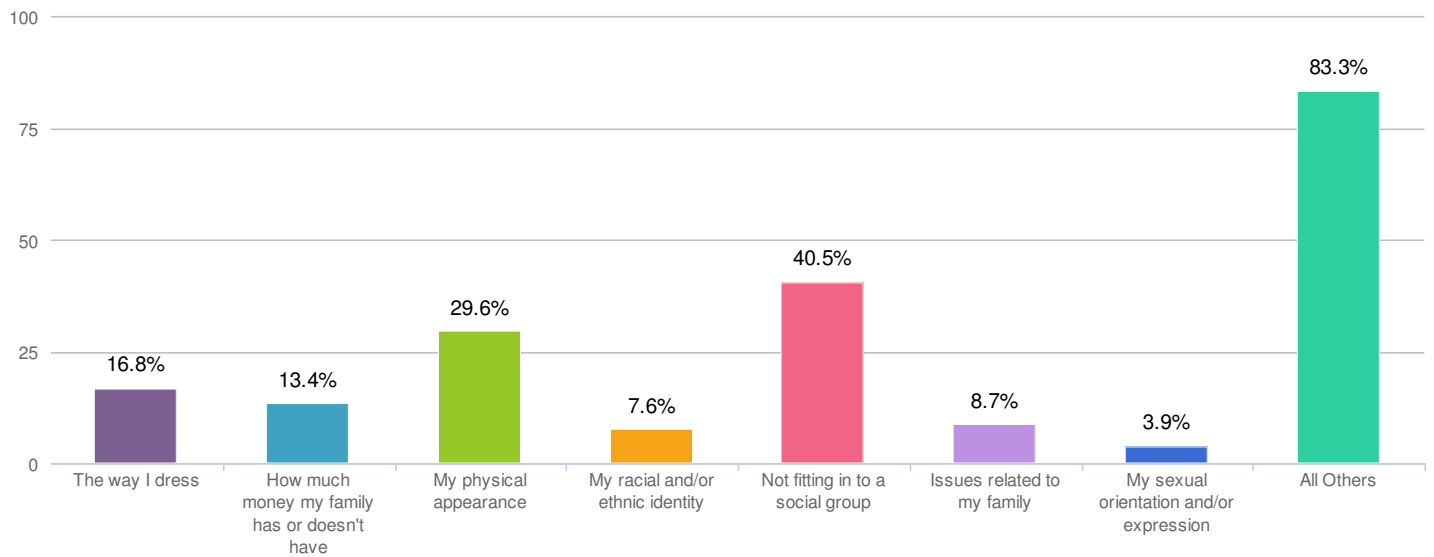
16. If you were having a health or emotional crisis at school, how helpful would the following services be:

	Not Helpful at All	A Little Helpful	Helpful	Very Helpful	Responses
To show up and have time by yourself in a private space	135 13.9%	266 27.4%	347 35.7%	224 23.0%	972
To show up and chill out in the student space at the Wellness Center for up to 15 minutes until you feel better	169 17.5%	284 29.4%	314 32.5%	200 20.7%	967
To show up and talk to a counselor one-on-one immediately or as soon as they are available	191 19.8%	260 26.9%	332 34.4%	183 18.9%	966
To make an appointment to talk to a counselor later that day	246 25.6%	347 36.1%	283 29.4%	86 8.9%	962
To make an appointment to talk to a counselor later that week	433 45.1%	314 32.7%	177 18.4%	36 3.8%	960

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

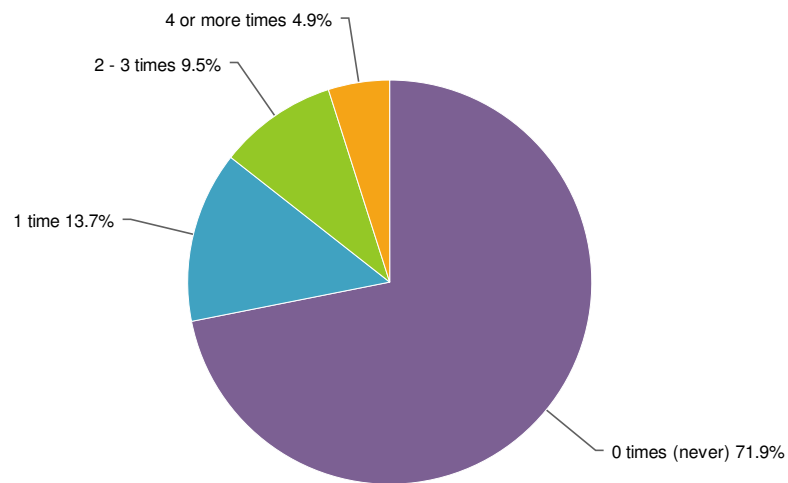
	No, Definitely Not	No, Probably Not	Maybe	Yes, Probably	Yes, Definitely	Responses
Get medical attention if I felt sick	83 8.4%	120 12.1%	271 27.4%	353 35.7%	161 16.3%	988
Get condoms / birth control / contraceptives	134 13.6%	168 17.1%	290 29.4%	223 22.6%	170 17.3%	985
Get first aid if I got hurt / injured	56 5.7%	68 6.9%	200 20.4%	414 42.2%	244 24.8%	982
Get help with a chronic health condition	127 13.0%	205 21.0%	280 28.7%	258 26.5%	105 10.8%	975
Get a STD test	240 24.5%	241 24.6%	264 27.0%	139 14.2%	94 9.6%	978

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



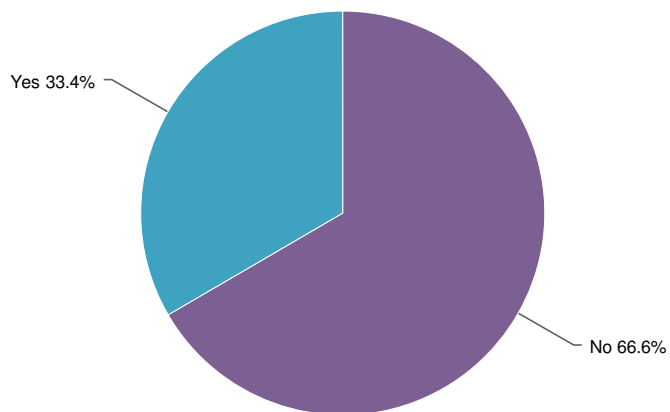
Value	Percent	Count
The way I dress	16.8%	157
How much money my family has or doesn't have	13.4%	125
My physical appearance	29.6%	277
My racial and/or ethnic identity	7.6%	71
Not fitting in to a social group	40.5%	379
Issues related to my family	8.7%	81
My sexual orientation and/or expression	3.9%	36
My gender identity and/or expression	2.2%	21
My personality / for being myself	32.8%	307
None of these. I mostly feel comfortable and accepted at school.	43.8%	410
Other (Please Specify)	4.5%	42
Total		936

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



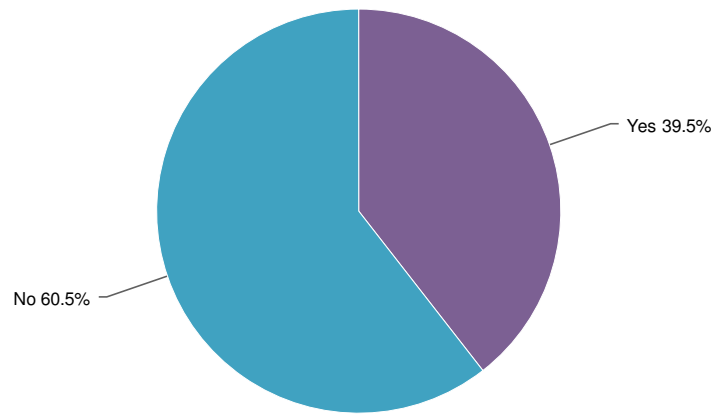
Value	Percent	Count	Statistics	
0 times (never)	71.9%	703	Sum	512.0
1 time	13.7%	134	Average	1.9
2 - 3 times	9.5%	93	StdDev	1.1
4 or more times	4.9%	48	Max	4.0
Total		978		

20. 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?



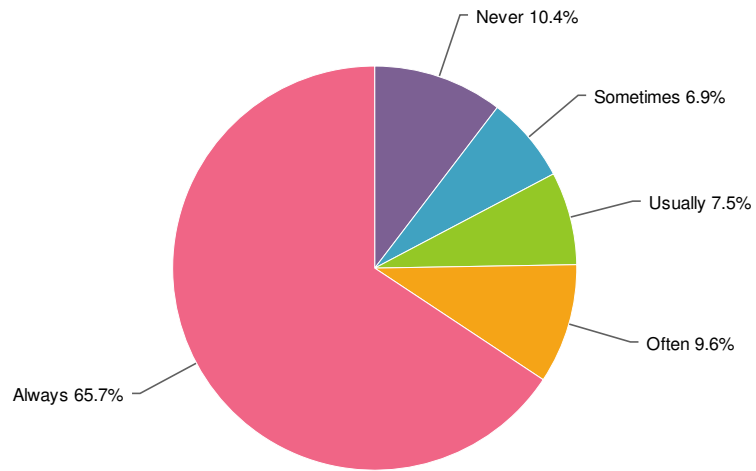
Value	Percent		Count
No	66.6%		650
Yes	33.4%		326
		Total	976

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



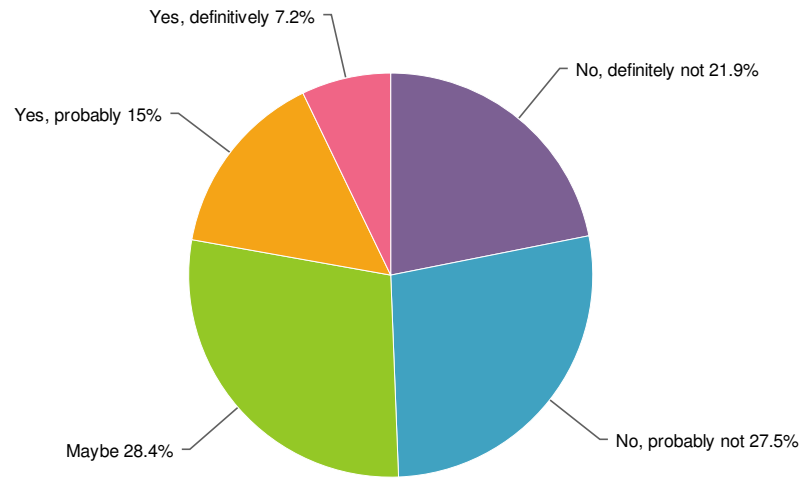
Value	Percent		Count
Yes	39.5%		386
No	60.5%		592
		Total	978

22. 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)?



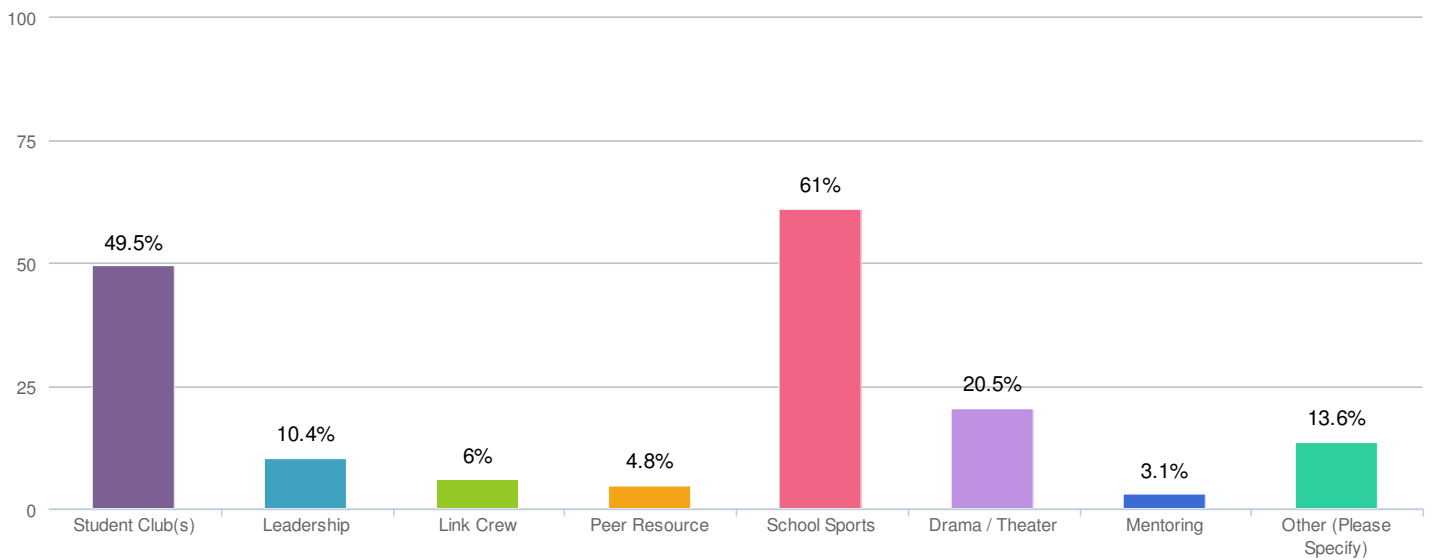
Value	Percent	Count
Never	10.4%	39
Sometimes	6.9%	26
Usually	7.5%	28
Often	9.6%	36
Always	65.7%	247
Total		376

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



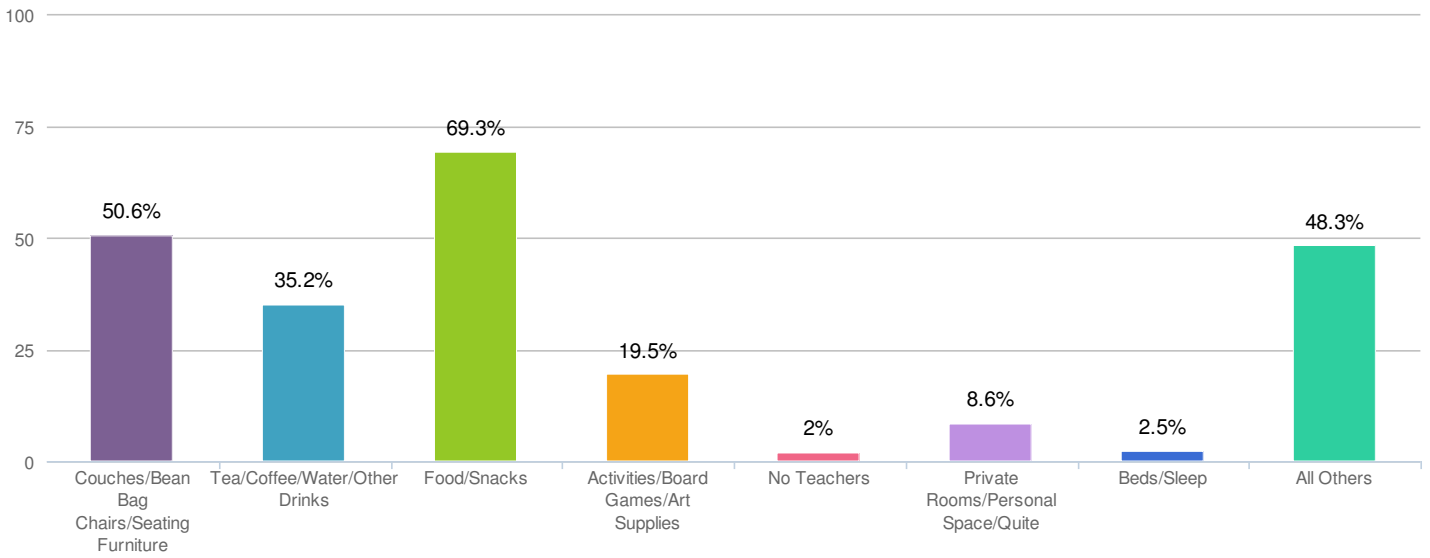
Value	Percent		Count
No, definitely not	21.9%		214
No, probably not	27.5%		269
Maybe	28.4%		278
Yes, probably	15.0%		147
Yes, definitely	7.2%		70
		Total	978

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



Value	Percent	Count
Student Club(s)	49.5%	405
Leadership	10.4%	85
Link Crew	6.0%	49
Peer Resource	4.8%	39
School Sports	61.0%	499
Drama / Theater	20.5%	168
Mentoring	3.1%	25
Other (Please Specify)	13.6%	111
Total		818

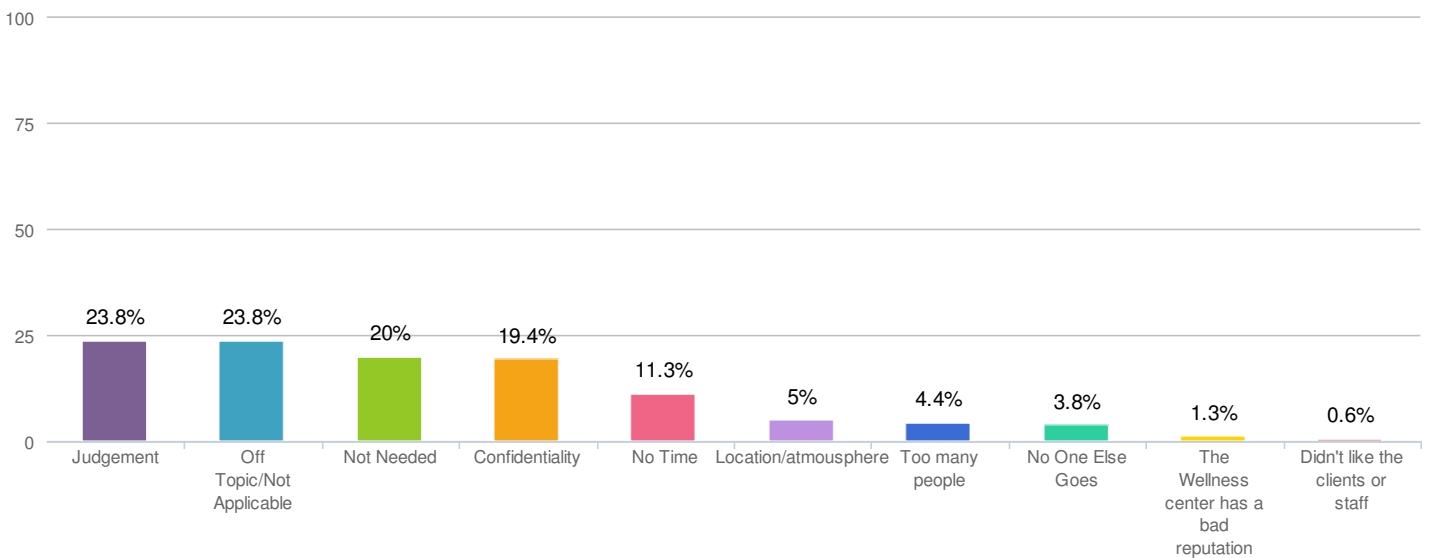
What would make the Wellness Center a place where you would want to hang out, even if you didn't need help with anything? For example, comfortable couches, water, tea, snacks, art supplies, etc. - Text Analysis



Value	Percent	Count
Couches/Bean Bag Chairs/Seating Furniture	50.6%	306
Tea/Coffee/Water/Other Drinks	35.2%	213
Food/Snacks	69.3%	419
Activities/Board Games/Art Supplies	19.5%	118
No Teachers	2.0%	12
Private Rooms/Personal Space/Quite	8.6%	52
Beds/Sleep	2.5%	15
Therapist/Counselor on Call/Support	3.5%	21
No Judgement Zone	0.5%	3
Homework Help	1.2%	7
Condoms	0.3%	2
Books/Self Help/Entertainment Magazines	2.6%	16
TV/Video Games/Cable	8.1%	49
Music/Musical Instruments	8.9%	54
Hangout Space/Comfortable/Cozy	8.9%	54
Colorful/natural lighting	2.3%	14
Plants/Flowers	0.5%	3
My Friends/Other People Also Go	5.5%	33
Total		605

Value	Percent	Count
Billiards (Ping Pong, Pool, Darts, Foosball)	2.0%	12
Computers/lpads	2.5%	15
WiFi	1.5%	9
	Total	605

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



Value	Percent	Count
Judgement	23.8%	38
Off Topic/Not Applicable	23.8%	38
Not Needed	20.0%	32
Confidentiality	19.4%	31
No Time	11.3%	18
Location/atmosphere	5.0%	8
Too many people	4.4%	7
No One Else Goes	3.8%	6
The Wellness center has a bad reputation	1.3%	2
Didn't like the clients or staff	0.6%	1
Total		160

