

# Tamalpais High School Wellness Survey Summary (Student Report)

**April 20, 2016**

**ETR**

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Oakland, CA 94612

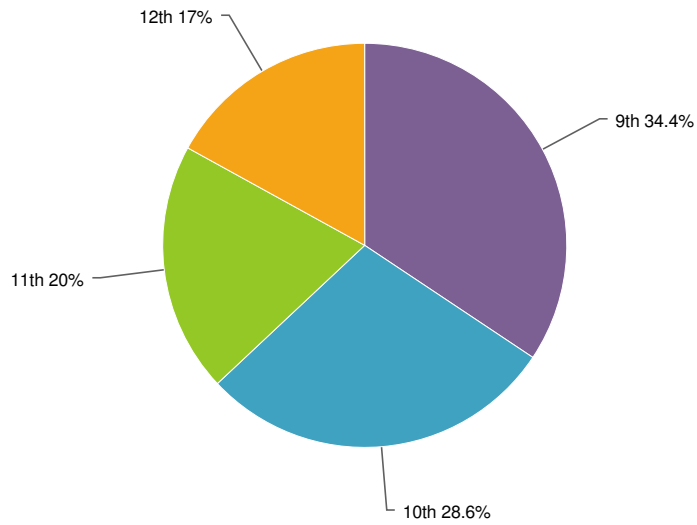
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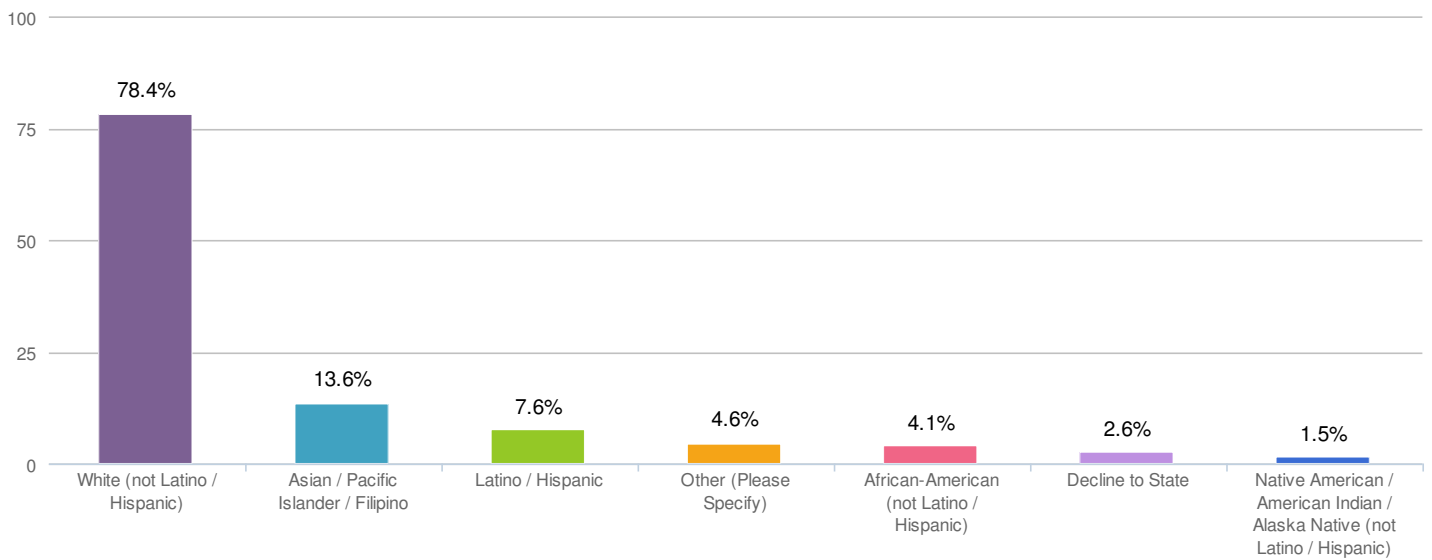
# Tam HS Student Survey Report

## 1. What grade are you in?



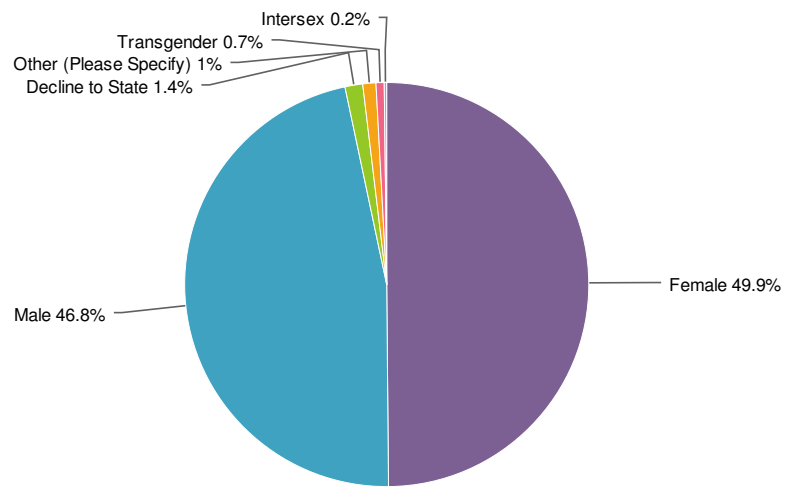
Value	Percent	Count
9th	34.4%	366
10th	28.6%	305
11th	20.0%	213
12th	17.0%	181
Total		1,065

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



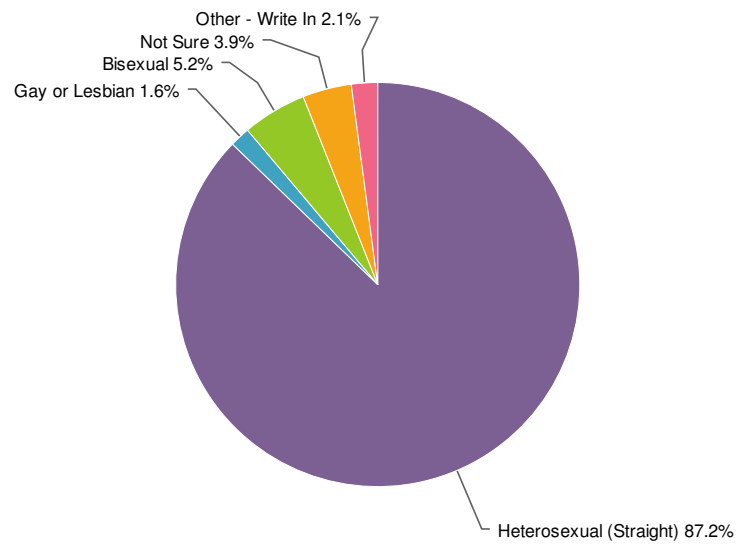
Value	Percent	Count
White (not Latino / Hispanic)	78.4%	817
Asian / Pacific Islander / Filipino	13.6%	142
Latino / Hispanic	7.6%	79
Other (Please Specify)	4.6%	48
African-American (not Latino / Hispanic)	4.1%	43
Decline to State	2.6%	27
Native American / American Indian / Alaska Native (not Latino / Hispanic)	1.5%	16
Total		1,042

### 3. (Optional) What is your gender?



Value	Percent	Count
Female	49.9%	525
Male	46.8%	493
Decline to State	1.4%	15
Other (Please Specify)	1.0%	11
Transgender	0.7%	7
Intersex	0.2%	2
Total		1,053

4. Which of the following best describes your sexual orientation?



Value	Percent	Count
Heterosexual (Straight)	87.2%	915
Gay or Lesbian	1.6%	17
Bisexual	5.2%	54
Not Sure	3.9%	41
Other - Write In	2.1%	22
Total		1,049

5. What do you identify as the top social and emotional challenges faced by students at Tam High School?

	Score*	Overall Rank
Stress and pressure around academic performance	17163	1
Anxiety	10598	2
Social challenges (fitting in)	8783	3
Depression	8035	4
Drug Use (other than alcohol)	8019	5
Low self-esteem	7700	6
Alcohol Use	6892	7
Family issues	6209	8
Unhealthy relationships	3939	9
Lack of Cultural Awareness	3880	10
Making decisions about sex	3264	11
Self-Harming Behaviors	3210	12
Financial Stresses	2982	13
Eating Disorders	2901	14
Relationships with Teachers	2799	15
Verbal harassment	2723	16
Suicidality	2173	17
Cyber-bullying	2106	18
Bullying at school	2005	19
Other	1288	20

Total Respondents 986

\*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.

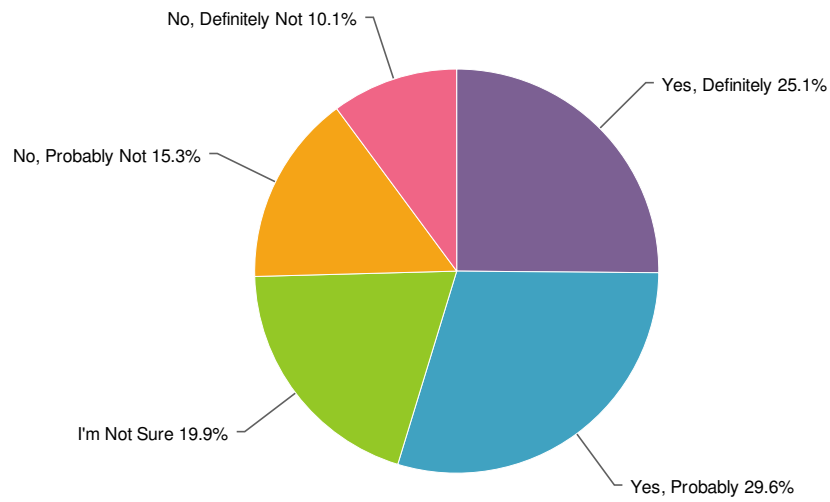
6. What do you identify as the top 3 things that cause you stress at school?

	Score*	Overall Rank
Amount of Homework	5087	1
Pressure to get into a Good College	4065	2
Balancing academics with sports and other extra-curricular activities	3845	3
Pressure on Self	3428	4
Parent Pressure	2246	5
Friendship/Social issues	1737	6
Peer Pressure	759	7
Teacher Pressure	666	8

Total Respondents 985

\*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.

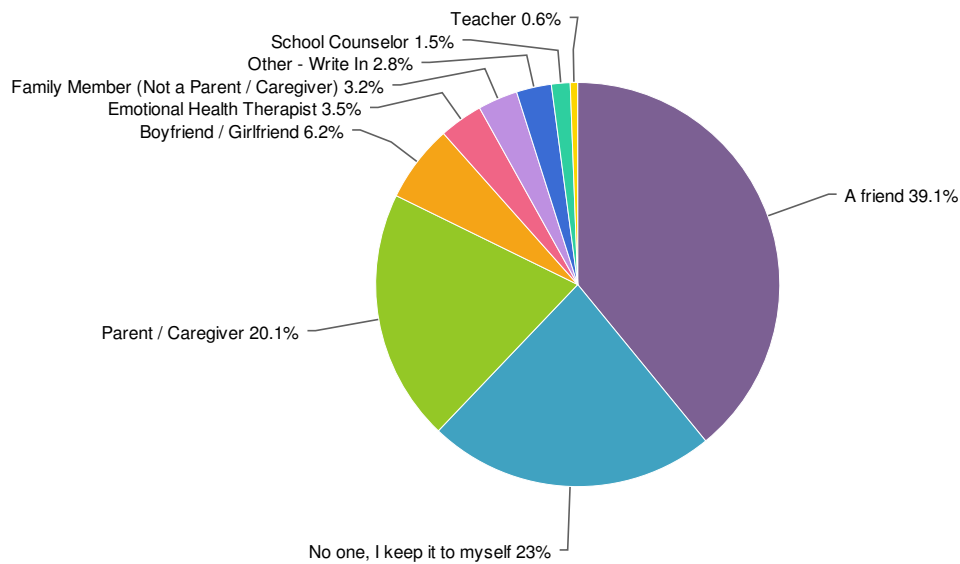
7. If you needed help with a personal problem, is there at least one adult at this school who you feel you could go to?



Value	Percent	Count
Yes, Definitely	25.1%	253
Yes, Probably	29.6%	298
I'm Not Sure	19.9%	200
No, Probably Not	15.3%	154
No, Definitely Not	10.1%	102
Total		1,007

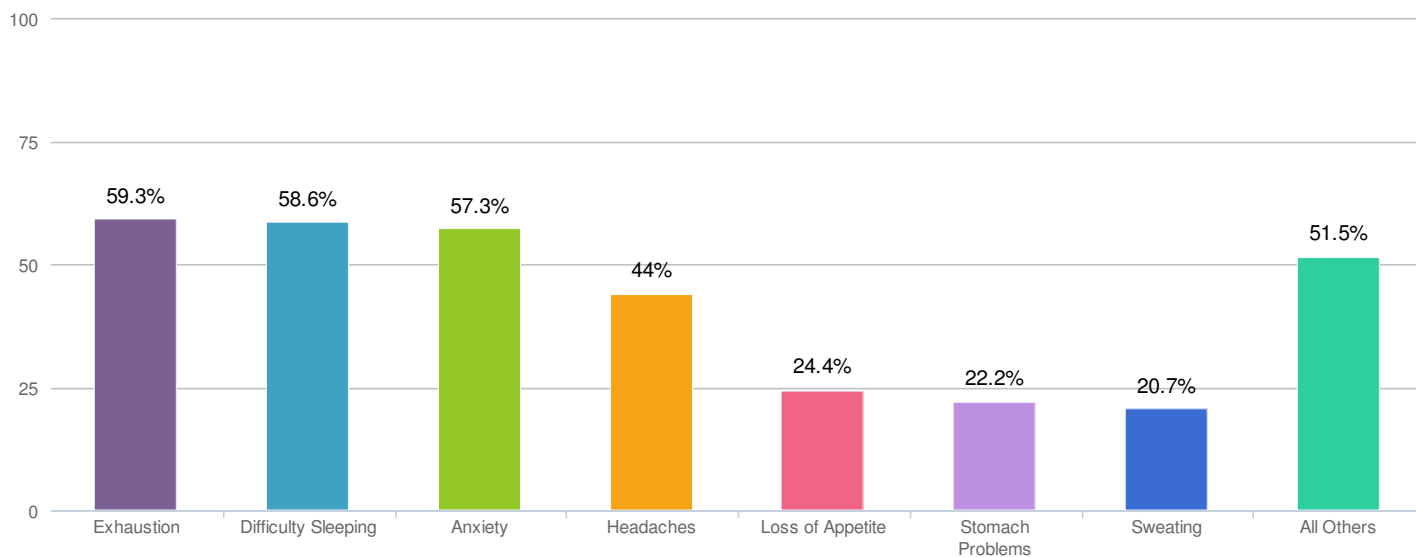


10. When you have a personal problem, who do you usually talk to about it?



Value	Percent	Count
A friend	39.1%	392
No one, I keep it to myself	23.0%	231
Parent / Caregiver	20.1%	202
Boyfriend / Girlfriend	6.2%	62
Emotional Health Therapist	3.5%	35
Family Member (Not a Parent / Caregiver)	3.2%	32
Other - Write In	2.8%	28
School Counselor	1.5%	15
Teacher	0.6%	6
Total		1,003

11. 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
Exhaustion	59.3%	529
Difficulty Sleeping	58.6%	523
Anxiety	57.3%	511
Headaches	44.0%	392
Loss of Appetite	24.4%	218
Stomach Problems	22.2%	198
Sweating	20.7%	185
Tightness in Chest/Difficulty Breathing	20.2%	180
Weight Gain	13.1%	117
Other - Write In	9.6%	86
Weight Loss	8.6%	77
Total		892

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

	<b>Not Interested at All</b>	<b>Somewhat Interested</b>	<b>Interested</b>	<b>Very Interested</b>	<b>Responses</b>
Academic Stress	<b>166</b> 17.9%	<b>260</b> 28.1%	<b>284</b> 30.7%	<b>216</b> 23.3%	926
Sexual Decision Making	<b>434</b> 46.7%	<b>297</b> 31.9%	<b>142</b> 15.3%	<b>57</b> 6.1%	930
Alcohol and Drug Education & Support	<b>473</b> 50.9%	<b>287</b> 30.9%	<b>117</b> 12.6%	<b>53</b> 5.7%	930
Nutrition & Fitness	<b>267</b> 28.6%	<b>283</b> 30.4%	<b>217</b> 23.3%	<b>165</b> 17.7%	932
Anxiety & Depression	<b>239</b> 25.7%	<b>301</b> 32.4%	<b>228</b> 24.5%	<b>161</b> 17.3%	929
College Application Stress	<b>159</b> 17.2%	<b>230</b> 24.8%	<b>275</b> 29.7%	<b>262</b> 28.3%	926
Drug Free Alternatives for Free Time	<b>589</b> 63.3%	<b>230</b> 24.7%	<b>72</b> 7.7%	<b>40</b> 4.3%	931
Family Stress	<b>345</b> 37.0%	<b>312</b> 33.4%	<b>190</b> 20.4%	<b>86</b> 9.2%	933
Healthy Relationships	<b>315</b> 34.1%	<b>322</b> 34.9%	<b>210</b> 22.8%	<b>76</b> 8.2%	923
Body Image	<b>358</b> 38.4%	<b>300</b> 32.2%	<b>180</b> 19.3%	<b>94</b> 10.1%	932
Safer Decision Making	<b>392</b> 42.1%	<b>336</b> 36.1%	<b>143</b> 15.3%	<b>61</b> 6.5%	932
Social Media & How It Impacts Your Life	<b>432</b> 46.6%	<b>299</b> 32.2%	<b>137</b> 14.8%	<b>60</b> 6.5%	928
Teen Mental Health	<b>268</b> 28.7%	<b>296</b> 31.7%	<b>251</b> 26.9%	<b>118</b> 12.6%	933
Safer Sex	<b>420</b> 45.3%	<b>293</b> 31.6%	<b>137</b> 14.8%	<b>78</b> 8.4%	928
Mindfulness Meditation / Relaxation Techniques	<b>300</b> 32.0%	<b>259</b> 27.6%	<b>213</b> 22.7%	<b>166</b> 17.7%	938
Yoga	<b>427</b> 45.8%	<b>187</b> 20.0%	<b>151</b> 16.2%	<b>168</b> 18.0%	933

14. When would be the best time for you to use Counseling & Wellness Center services?

	Score*	Overall Rank
Tutorial	3012	1
During Class	2506	2
After School	1567	3
During Lunch	1268	4
Before School Starts	943	5

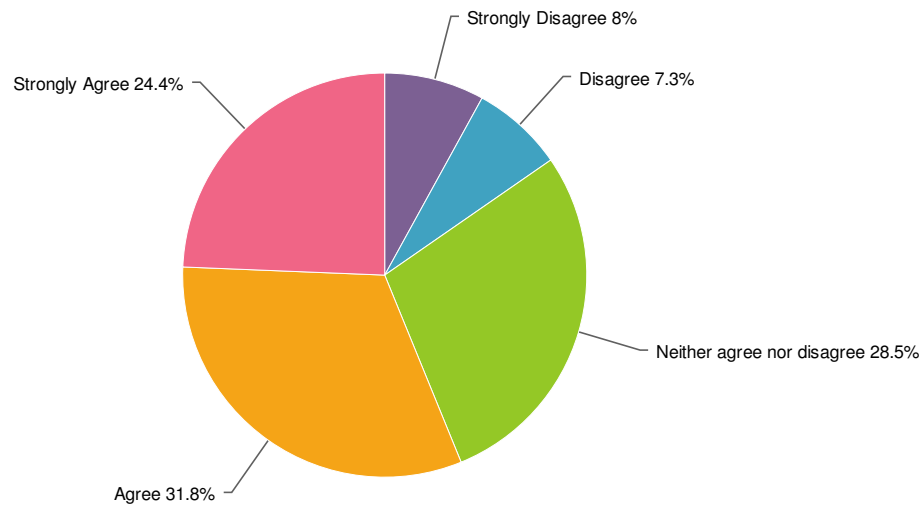
Total Respondents 921

\*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.

15. How interested are you in participating in the following types of Counseling & Wellness Center services?

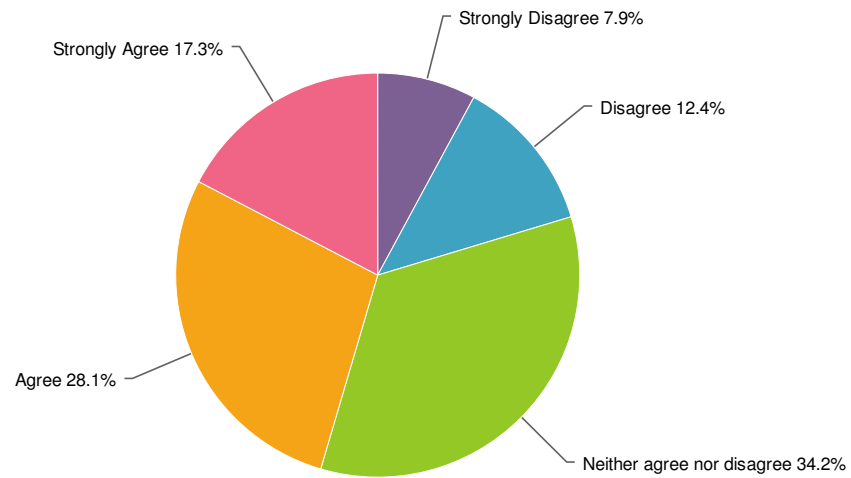
	<b>Not Interested at All</b>	<b>Somewhat Interested</b>	<b>Interested</b>	<b>Very Interested</b>	<b>Responses</b>
Workshops in classrooms or at school that focus on topics such as safer sex practices, college application stress, etc.	<b>245</b> 26.1%	<b>389</b> 41.4%	<b>189</b> 20.1%	<b>116</b> 12.4%	939
Individual Counseling / Therapy (you talk with a mental health counselor 1:1 confidentially)	<b>330</b> 35.3%	<b>289</b> 30.9%	<b>192</b> 20.6%	<b>123</b> 13.2%	934
Alcohol & Drug Counseling (you talk with a counselor 1:1 confidentially)	<b>633</b> 68.8%	<b>186</b> 20.2%	<b>68</b> 7.4%	<b>33</b> 3.6%	920
Academic Counseling (you talk with a counselor 1:1 confidentially)	<b>242</b> 26.4%	<b>292</b> 31.8%	<b>245</b> 26.7%	<b>139</b> 15.1%	918
Student Support/Discussion Groups (A group of students who meet weekly for support around topics such as family life or academic stress)	<b>503</b> 55.2%	<b>252</b> 27.7%	<b>103</b> 11.3%	<b>53</b> 5.8%	911
“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	<b>305</b> 33.6%	<b>217</b> 23.9%	<b>167</b> 18.4%	<b>218</b> 24.0%	907
Peer Resource Support (you talk with a trained peer confidentially)	<b>487</b> 54.4%	<b>263</b> 29.4%	<b>101</b> 11.3%	<b>45</b> 5.0%	896
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.)	<b>505</b> 55.7%	<b>260</b> 28.7%	<b>78</b> 8.6%	<b>64</b> 7.1%	907
Interactive Wellness Website where students can get real answers to questions about health, mental health, substance use/abuse and reproductive health	<b>333</b> 37.0%	<b>279</b> 31.0%	<b>183</b> 20.4%	<b>104</b> 11.6%	899

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



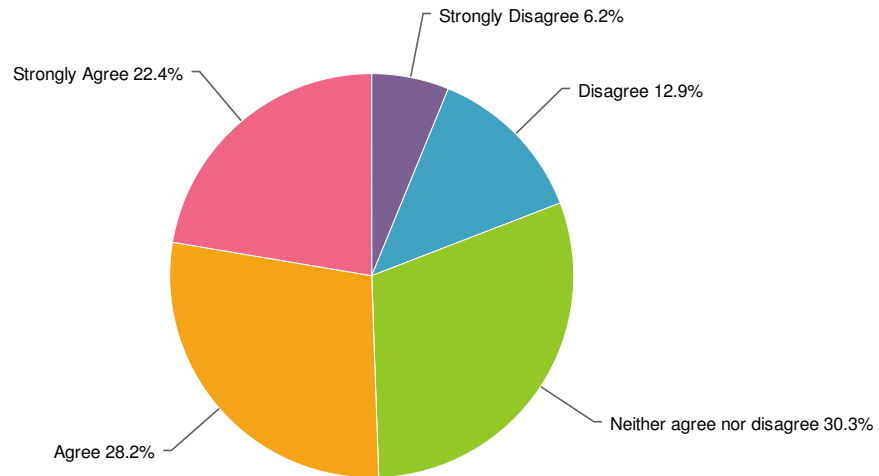
Value	Percent	Count
Strongly Disagree	8.0%	72
Disagree	7.3%	66
Neither agree nor disagree	28.5%	256
Agree	31.8%	286
Strongly Agree	24.4%	219
Total		899

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



Value	Percent	Count
Strongly Disagree	7.9%	71
Disagree	12.4%	112
Neither agree nor disagree	34.2%	308
Agree	28.1%	253
Strongly Agree	17.3%	156
Total		900

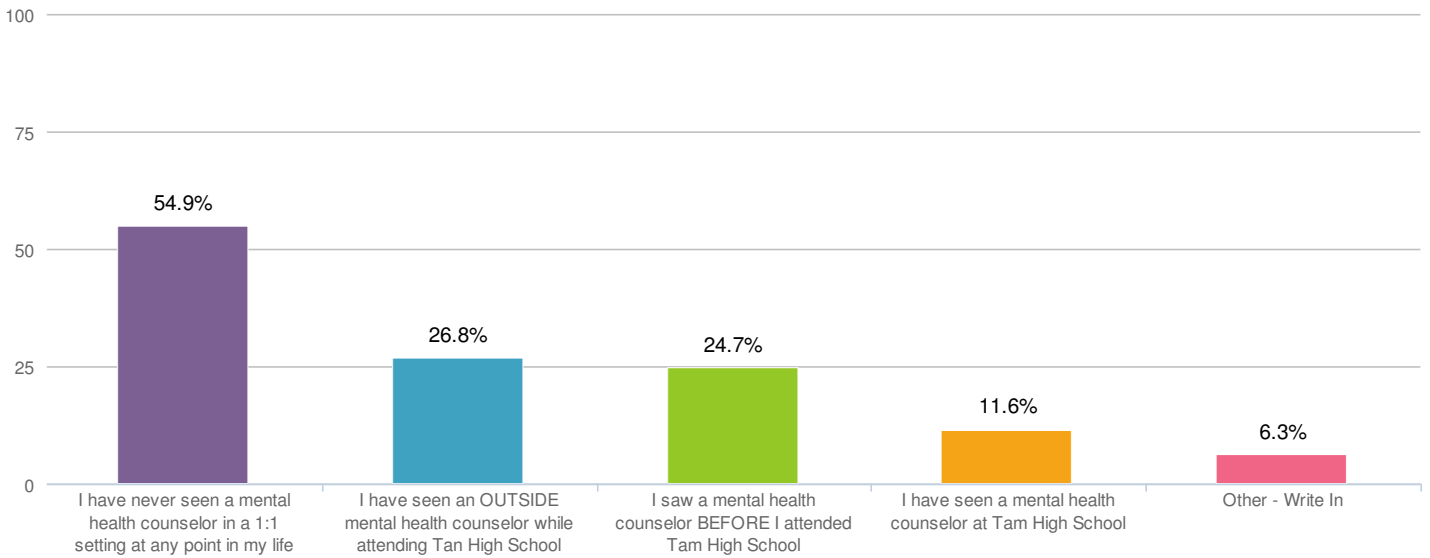
19. If I needed my parent/guardian's permission to see a Wellness counselor (e.g. individual counseling, substance use/abuse counseling, and/or support groups) at a Counseling & Wellness Center, I would not use this service.



Value	Percent	Count
Strongly Disagree	6.2%	56
Disagree	12.9%	117
Neither agree nor disagree	30.3%	274
Agree	28.2%	255
Strongly Agree	22.4%	202
Total		904



20. Have you ever seen a mental health counselor (like a therapist, psychologist, social workers or psychiatrist)? 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	54.9%	462
I have seen an OUTSIDE mental health counselor while attending Tan High School	26.8%	226
I saw a mental health counselor BEFORE I attended Tam High School	24.7%	208
I have seen a mental health counselor at Tam High School	11.6%	98
Other - Write In	6.3%	53
	Total	842

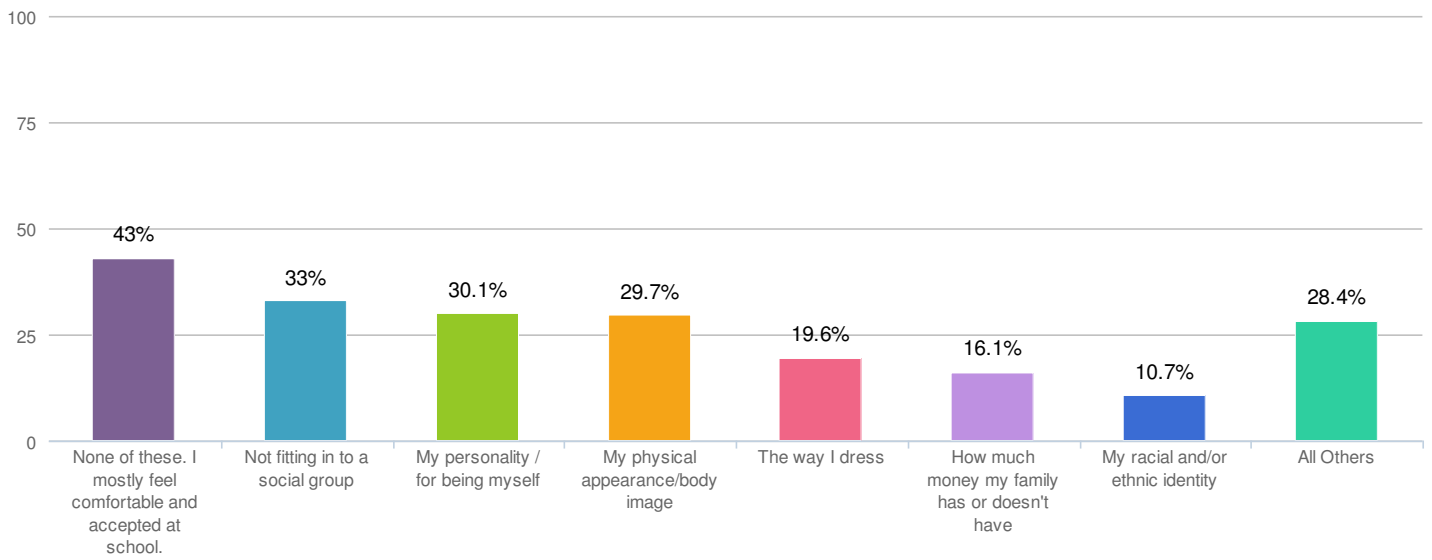
21. If you were having a serious health or emotional issue at school, how helpful would the following services be in a Counseling & Wellness Center:

	<b>Not Helpful at All</b>	<b>A Little Helpful</b>	<b>Helpful</b>	<b>Very Helpful</b>	<b>Responses</b>
To show up and have time by yourself in a private space at the Counseling & Wellness Center	<b>163</b> 18.5%	<b>286</b> 32.4%	<b>284</b> 32.2%	<b>149</b> 16.9%	882
To show up and chill in the student space at the Counseling & Wellness Center for a designated period of time until you feel better	<b>188</b> 21.2%	<b>266</b> 30.0%	<b>271</b> 30.6%	<b>161</b> 18.2%	886
To show up and talk to a counselor one-on-one immediately or as soon as they are available at the Counseling & Wellness Center	<b>142</b> 16.1%	<b>255</b> 29.0%	<b>309</b> 35.1%	<b>174</b> 19.8%	880
To make an appointment to talk to a counselor later that day	<b>179</b> 20.5%	<b>302</b> 34.6%	<b>297</b> 34.0%	<b>96</b> 11.0%	874
To make an appointment to talk to a counselor later that week	<b>301</b> 34.7%	<b>306</b> 35.3%	<b>211</b> 24.3%	<b>50</b> 5.8%	868

22. Would you see a Nurse at a Counseling & Wellness Center for the following confidential services?

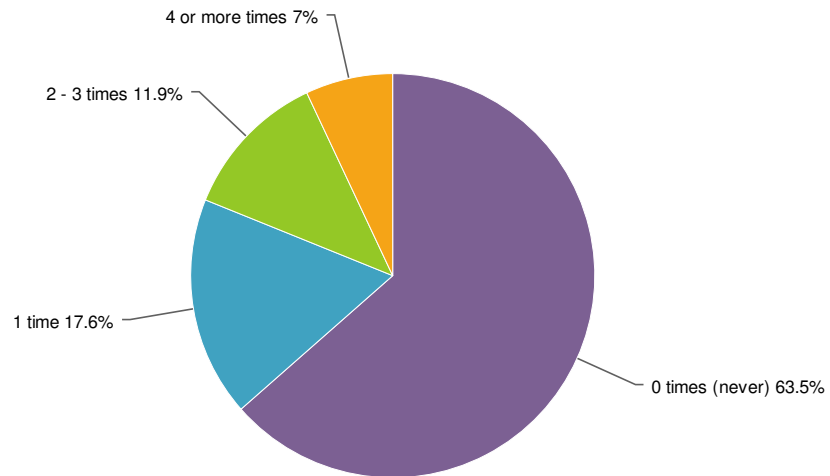
	No, Definitely Not	No, Probably Not	Maybe	Yes, Probably	Yes, Definitely	Responses
Get medical attention if I felt sick	59 6.7%	84 9.5%	222 25.2%	353 40.0%	164 18.6%	882
Get condoms / birth control / contraceptives	115 13.0%	142 16.1%	253 28.6%	178 20.1%	196 22.2%	884
Get first aid if I got hurt / injured	37 4.2%	43 4.9%	150 17.1%	360 41.0%	289 32.9%	879
Get help with a chronic health condition	103 11.7%	164 18.7%	264 30.0%	220 25.0%	128 14.6%	879
Get a STD test	163 18.8%	194 22.4%	216 24.9%	154 17.7%	141 16.2%	868

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



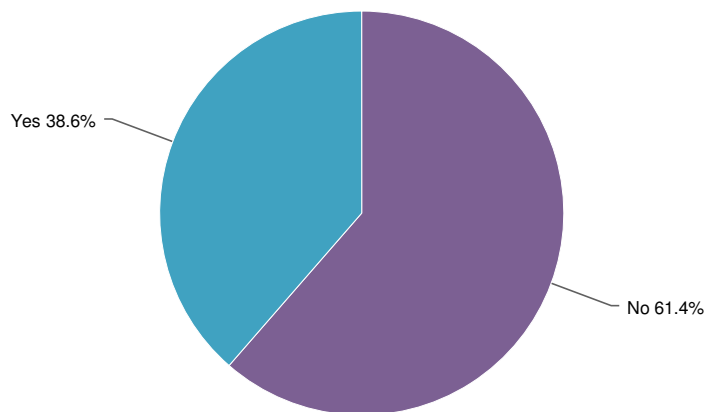
Value	Percent	Count
None of these. I mostly feel comfortable and accepted at school.	43.0%	357
Not fitting in to a social group	33.0%	274
My personality / for being myself	30.1%	250
My physical appearance/body image	29.7%	247
The way I dress	19.6%	163
How much money my family has or doesn't have	16.1%	134
My racial and/or ethnic identity	10.7%	89
Issues related to my family	7.9%	66
Other (Please Specify)	6.7%	56
My sexual orientation and/or expression	5.3%	44
My religious identity	5.2%	43
My gender identity and/or expression	3.3%	27
Total		831

24. 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)?



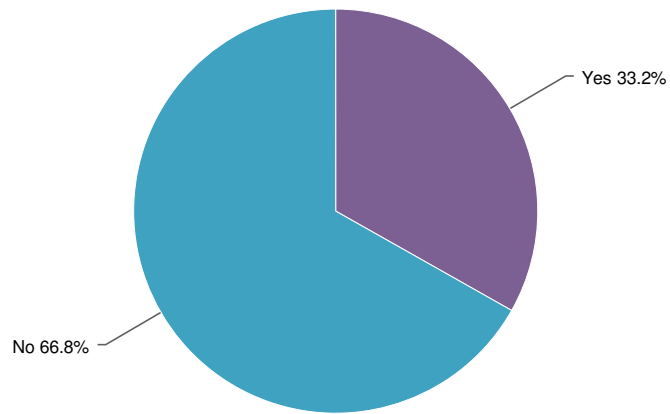
Value	Percent	Count
0 times (never)	63.5%	545
1 time	17.6%	151
2 - 3 times	11.9%	102
4 or more times	7.0%	60
Total		858



25. 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?



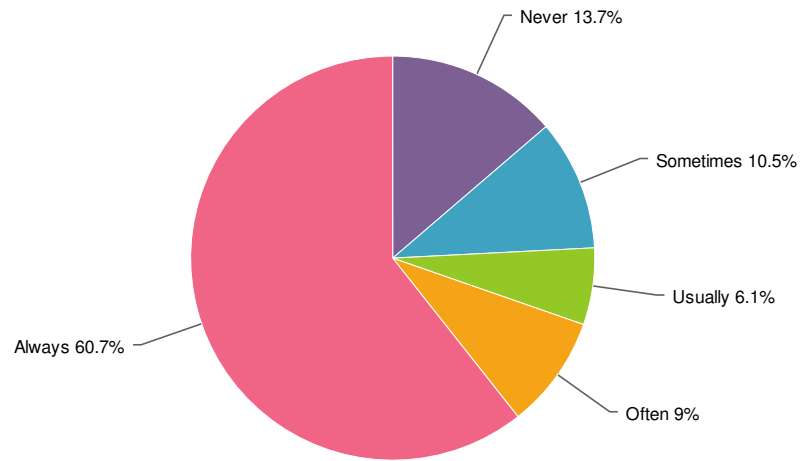
Value	Percent		Count
No	61.4%		533
Yes	38.6%		335
		Total	868

26. 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	33.2%		288
No	66.8%		580
		Total	868

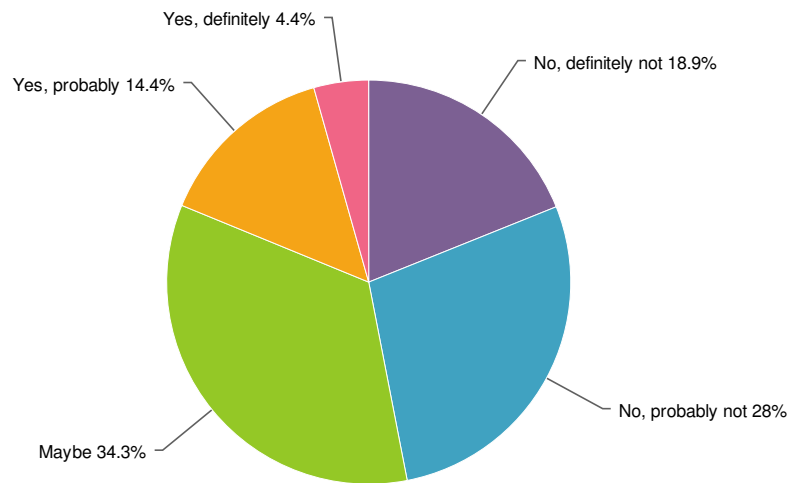
27. If you are sexually active, do you use protection against pregnancy and sexually transmitted diseases/infections (e.g., a condom, or a combination of a condom and other birth control methods)?



Value	Percent	Count
Never	13.7%	38
Sometimes	10.5%	29
Usually	6.1%	17
Often	9.0%	25
Always	60.7%	168
Total		277

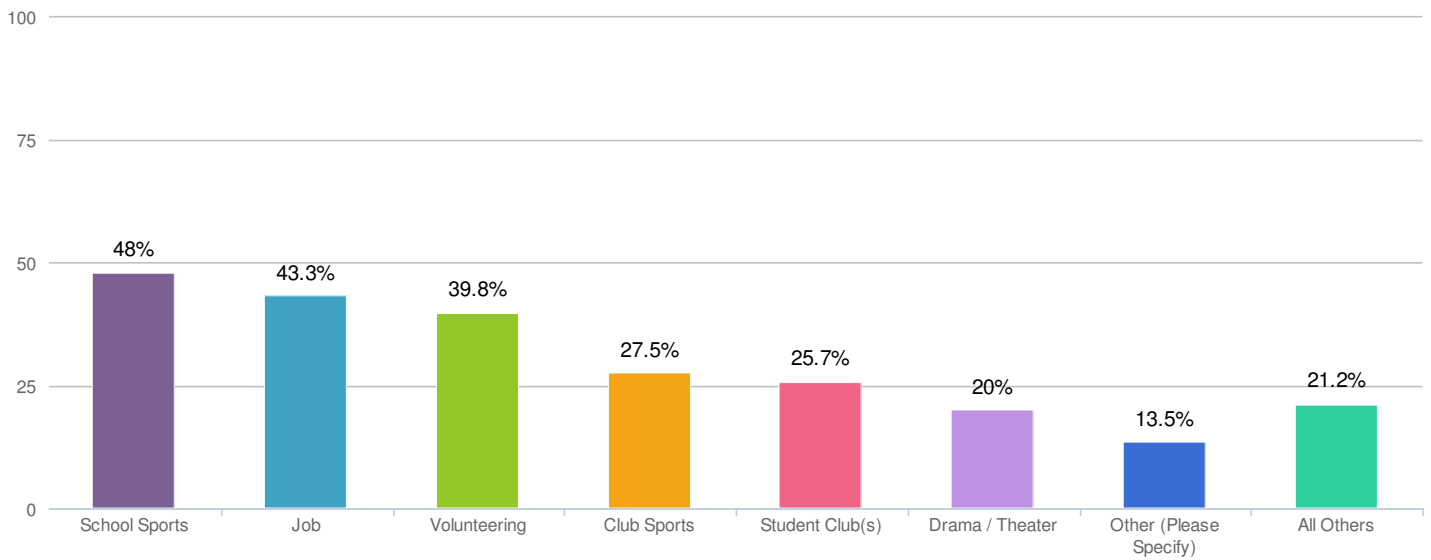


28. If you knew no one was going to tell anyone (your parents, teachers, friends), would you or your friends be interested in talking with a counselor and getting information about drugs and alcohol?



Value	Percent		Count
No, definitely not	18.9%		164
No, probably not	28.0%		243
Maybe	34.3%		297
Yes, probably	14.4%		125
Yes, definitely	4.4%		38
		Total	867

29. 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	48.0%	378
Job	43.3%	341
Volunteering	39.8%	313
Club Sports	27.5%	216
Student Club(s)	25.7%	202
Drama / Theater	20.0%	157
Other (Please Specify)	13.5%	106
Link Crew	7.5%	59
Mentoring	6.4%	50
Leadership	5.2%	41
Peer Resource	1.1%	9
Student Senate	1.0%	8
Total		787

