



Panorama Mental Health and Well-Being

To better support you, your school and teachers would like to ask you some questions about how you think and feel. Only your teachers and school leaders will be able to see your responses, which will not affect your class grades. Please respond honestly—there are no right or wrong answers!

Safety & Security

Are you concerned: Y/N

1. Do you regularly feel hungry at home because you do not have enough food to eat?

Yes No

2. Do you live in a tent, a camper, a hotel, a homeless shelter or in someone else's house with friends or another family?

Yes No

3. Would you like to speak to a school counselor about major changes in your family in the past 6 months? (death, divorce, illness, unemployment)

Yes No

4. Are you worried about the health of your family members?

Yes No

5. Are you currently being bullied at school?

Yes No

6. Do you have a trusted adult at school?

Yes No

7. If so, who?

8. Do you have a trusted adult outside of school?

Yes No



Your Feelings

These questions ask about how you've been feeling recently. Please respond honestly—there are no right or wrong answers! You do not have to answer any of these questions, but any answers you do give will help us better support you and other students. Only your teachers and school leaders will be able to see your responses, which will not affect your class grades.

During the past week, how often did you feel...?

9. Happy

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almost never	Once in a while	Sometimes	Frequently	Almost always

10. Safe

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almost never	Once in a while	Sometimes	Frequently	Almost always

11. A sense of belonging

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almost never	Once in a while	Sometimes	Frequently	Almost always

12. Hopeful

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almost never	Once in a while	Sometimes	Frequently	Almost always

13. Mad

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almost never	Once in a while	Sometimes	Frequently	Almost always

14. Sad

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almost never	Once in a while	Sometimes	Frequently	Almost always

15. Stressed Out

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almost never	Once in a while	Sometimes	Frequently	Almost always

16. Frustrated

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almost never	Once in a while	Sometimes	Frequently	Almost always

17. Afraid

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Almost never	Once in a while	Sometimes	Frequently	Almost always



18. For my teachers to best support me, they need to know this about me...

Feelings in General

In this section, we are hoping to learn how you experience different emotions that may occur in your life (whether inside or outside of school).

19. How often does social media have a negative impact on your life?

- Almost never Once in a while Sometimes Frequently Almost always

20. How often are you able to control your emotions when you need to?

- Almost never Once in a while Sometimes Frequently Almost always

21. Do you use positive coping skills to deal with your emotions? (exercise, music, talking with a trusted person, music, drawing, etc.)

- Yes No

22. Would you like to talk privately with someone about your well-being or any of the questions on this survey?

- Yes No

SAMPLE FORM