

MHSUS Student Survey - Secondary

Start of Block: Informed Consent Choice

Q19 Before you start, you need to learn about why we are doing this survey. Please choose how you want to get this information:

- ☐ I want to read it (1)
- ☐ I want to watch a video and listen to it (2)

End of Block: Informed Consent Choice

Start of Block: Reading Consent Form

Q29

The Limestone District School Board is writing the Mental Health and Substance Use Strategy for 2021-2024. This strategy helps the board make decisions about how to support your mental health and well-being at school.

There are eight (8) questions on this survey. We ask who you go to at school for support or information on mental health and substance use issues ; what you think the strengths and needs are at your school for supporting student mental health; some questions about your identity so we can understand whether you have the support you need; and what school you go to. Remember that you can say “prefer not to answer” to any question. **The survey should take about 15 minutes.**

Your answers are confidential but not anonymous. This is so that someone from your school can contact you if you say something that makes us concerned for your safety.

If you are having a mental health emergency, please call 911 or go to your nearest emergency room. This survey is not designed as a crisis response tool and we will not see your answers right away. If you say you plan to hurt yourself or someone else, we cannot keep your answers confidential.

We will give you a list of places you can go for support with mental health and substance use at your school, in the community and online at the end of the survey. If you decide not to do the survey, you can still get this list by clicking “no” at the bottom of the page.

Your answers will be combined with the answers from Limestone staff, families, other students and community partners to create a list of priorities and goals that will make up the main part of the strategy. The information about your identity and where you go to school will be used to understand what you need and how your school can support you better.

We will share results with the public in the Fall and Spring of 2021-2022 to help more people understand student mental health, substance use issues and well-being. We will only share information about large groups of people: no individual student or school will be identified. If you have any questions, please send them to mentalhealth@limestone.on.ca.

At the end of the survey, you can enter a draw to win one of twenty **\$25 President's Choice gift cards**. This is to thank you for sharing your thoughts and ideas, and for your time.

By clicking "yes" below, you agree that the Limestone District School Board can use your answers to help write our Mental Health and Substance Use Strategy. You understand that your answers are confidential unless there is a concern for your or someone else's safety.

Click "Yes" to do the survey.

☐ Yes (1)

☐ No (2)

End of Block: Reading Consent Form

Start of Block: Definitions

Q8 What is mental health?

Mental health is a state of well-being in which a person can use their own abilities, can cope with the normal stresses of life, can participate productively, and can make a contribution to their community

(Adapted from the World Health Organization, <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>)

What is substance use?

Substances (like drugs or alcohol) change how we think, feel, act and see the world around us.

Substance use can range from no use at all; to substance use disorders; and everything in between.

(Adapted from School Mental Health Ontario, <https://smho-smso.ca/educators/learn-more/explore-by-topic/substance-use-and-addiction/>)

End of Block: Definitions

Start of Block: Informed consent: Video

Q16 Watch the video below, then click "Next question."

End of Block: Informed consent: Video

Start of Block: Video sign-off

Q21

By clicking "yes" below, you are telling us that **you watched and understood** the video consent form. You agree that the Limestone District School Board can use your answers to help write our Mental Health and Substance Use Strategy. You understand that your answers are confidential unless there is a concern for your or someone else's safety.

Click "Yes" to do the survey.

☐ Yes (1)

☐ No (2)

End of Block: Video sign-off

Start of Block: Mental Health

Q8 Who have you turned to at school when you needed support or information on **mental health**? (Click all that apply)

- ☐ A Teacher (3)
 - ☐ A Friend (6)
 - ☐ A Principal or Vice Principal (4)
 - ☐ A Guidance Counsellor (5)
 - ☐ The Social Worker (2)
 - ☐ The Adolescent Care Worker (or ACW) (1)
 - ☐ The Kairos Substance Use Counsellor (7)
 - ☐ Other (please specify) (9)
-
- ☐ A Clinical Consultant (17)
 - ☐ An Educational Assistant (EA) or another classroom helper (8)
 - ☐ The Attendance Counsellor (11)
 - ☐ A Custodian (13)
 - ☐ A Front Office Staff (14)
 - ☐ I have not needed support at school for my mental health (10)
 - ☐ I don't feel like I can talk to anyone at school about my mental health (15)
 - ☐ Prefer not to answer (16)

End of Block: Mental Health

Start of Block: Substance Use

Q6 Who have you turned to at school when you needed support or information on **substance use**? (Click all that apply)

- ☐ A Teacher (3)
 - ☐ A Friend (6)
 - ☐ A Principal or Vice Principal (4)
 - ☐ A Guidance Counsellor (5)
 - ☐ The Social Worker (2)
 - ☐ The Adolescent Care Worker (or ACW) (1)
 - ☐ The Kairos Substance Use Counsellor (7)
 - ☐ Other (please specify) (9)
-
- ☐ A Clinical Consultant (17)
 - ☐ An Educational Assistant (EA) or another classroom helper (8)
 - ☐ The Attendance Counsellor (11)
 - ☐ A Custodian (13)
 - ☐ A Front Office Staff (14)
 - ☐ I have not needed support at school for substance use. (10)
 - ☐ I don't feel like I can talk to anyone at school about substance use. (15)
 - ☐ Prefer not to answer (16)

End of Block: Substance Use

Start of Block: Strengths

Q10 What do you think your school **does well** to support mental health, substance use issues and well-being at school?

End of Block: Strengths

Start of Block: Needs

Q11 What do you think your school **could do better** to support mental health, substance use issues and well-being at school?

End of Block: Needs

Start of Block: Race

Q18 In our society, people are often described by their race or racial background. You may identify as Mixed or multiracial. **Please identify the racial group(s) that best describe you. Select all that apply.**

- ☐ **Black** (example: African, Afro-Caribbean, African-Canadian descent) (1)
- ☐ **East Asian** (example: Chinese, Korean, Japanese, Taiwanese descent) (2)
- ☐ **Indigenous** (example: First Nations, Métis, Inuit descent) (3)
- ☐ **Latino/Latina/Latinx** (example: Brazilian, Mexican, Puerto Rican, Honduran, Cuban, Venezuelan, Hispanic descent) (4)
- ☐ **Middle Eastern** (example: Arab, Persian, Afghan, Egyptian, Iranian, Lebanese, Turkish, Kurdish descent) (5)
- ☐ **South Asian** (example: Indian (India), Pakistani, Bangladeshi, Sri Lankan, Indo-Caribbean descent) (6)
- ☐ **Southeast Asian** (example: Filipino, Vietnamese, Cambodian, Thai, Malaysian, Indonesian descent) (7)
- ☐ **White** (example: Polish, Italian, German, British, Ukrainian, European descent, Australian) (8)
- ☐ **If not listed above, please write in the box:** (9)
-
- ☐ **Not sure** (10)
- ☐ **I do not understand the question** (11)
- ☐ **Prefer not to answer** (13)

End of Block: Race

Start of Block: Sexual Orientation

Q17 What is your sexual orientation? Choose all that apply.

- ☐ Asexual (8)
- ☐ Bisexual (4)
- ☐ Gay (3)
- ☐ Lesbian (2)
- ☐ Pansexual (9)
- ☐ Queer (6)
- ☐ Questioning (7)
- ☐ Straight / Heterosexual (1)
- ☐ Two-Spirit (An Indigenous person whose gender identity, spiritual identity, or sexual orientation includes masculine, feminine, or non-binary spirits) (10)
- ☐ A sexual orientation(s) not listed above (please specify): (11)

- ☐ Not sure (12)
- ☐ I do not understand this question (13)
- ☐ Prefer not to answer (15)

End of Block: Sexual Orientation

Start of Block: Gender Identity

Q18 **What is your gender identity? Choose all that apply.**

- ☐ Girl/woman (1)
- ☐ Boy/man (2)
- ☐ Non-Binary (3)
- ☐ Gender Fluid (4)
- ☐ Two-Spirit (An Indigenous person whose gender identity, spiritual identity, or sexual orientation includes masculine, feminine, or non-binary spirits) (5)
- ☐ Gender identity(ties) not listed above (please specify): (6)
-
- ☐ Not sure (7)
- ☐ I do not understand this question (8)
- ☐ Prefer not to answer (10)

End of Block: Gender Identity

Start of Block: Gift Card Draw

Q10 To enter the draw for a \$25 gift card, click "Yes."

We will draw names during **Mental Health Week (May 3-7)** and will contact you by email if you win.

- ☐ Yes (1)
- ☐ No (2)

End of Block: Gift Card Draw

Start of Block: School

Q13 Which school do you go to right now?

- ☐ Bayridge Secondary School (1)
- ☐ Bayridge Learning Centre (14)
- ☐ Ernestown Secondary School (2)
- ☐ Frontenac Secondary School (3)
- ☐ Granite Ridge Education Centre (4)
- ☐ Kingston Secondary School (KSS) (5)
- ☐ Katarokwi Learning Centre (6)
- ☐ LaSalle Intermediate and Secondary School (7)
- ☐ Loyalist Collegiate Vocational Institute (8)
- ☐ Napanee District Secondary School/Gateway (9)
- ☐ North Addington Education Centre (10)
- ☐ Sydenham High School (11)
- ☐ Virtual School (12)
- ☐ Prefer not to answer (13)
- ☐ Other (e.g. SNAP, LINKS) (19)
- ☐ I do not see my school on this list (21)

End of Block: School

Start of Block: Block 14

Q15 Sorry we missed it on the list! Please type the name of your school.

End of Block: Block 14
