

## Healthy Reality Survey 1

**Your responses are anonymous, which means they are private and cannot be linked to you. No one at your school will see your individual responses. Many students at different schools are completing this survey, and their responses are combined so that no one can tell which answers came from which school.**

1. What is your age?

- 12
- 13
- 14
- 15

2. What is your gender?

- Male
- Female
- Not Listed (please specify)

3. Which race/ethnicity best describes you? (Please choose only one.)

- Native American/American Indian
- Asian / Pacific Islander
- Black/African American
- Hispanic/Latino
- White / Caucasian
- Multiple ethnicity / Other (please specify)

4. How much do you agree with each of the following?

	Strongly Disagree	Disagree	Agree	Strongly Agree
People can work on building their self-esteem.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a positive self-image.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I respect myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can stand up to negative peer pressure.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can be a positive influence on my friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5. How much do you agree with each of the following?

	Strongly Disagree	Disagree	Agree	Strongly Agree
I am satisfied with how I look.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can handle obstacles or difficulties.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I actively show respect to my peers.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I value myself as an individual	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I use social media responsibly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. How much do you agree with each of the following?

	Strongly Disagree	Disagree	Agree	Strongly Agree
I have a positive outlook on life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I accept the differences of others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My friends accept me for who I truly am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I behave responsibly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel comfortable handling a dating relationship.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

7. How much do you agree with each of the following?

	Strongly Disagree	Disagree	Agree	Strongly Agree
Choosing not to be sexually active in high school is OK.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Most high school students are sexually active.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can help my friends make healthy choices.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I want to be the "healthiest version" of me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People's bodies mature at different rates during middle school/junior high.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. How much do you agree with each of the following?

	Strongly disagree	Disagree	Agree	Strongly Agree
Bullies often feel insecure in some way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A healthy dating relationship does not include verbal insults.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in a relationship increases my value as a person.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>