

YOUTH DEVELOPMENT MEASUREMENT TOOL SURVEY MODULES



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Social and Emotional Development Modules

Self-Awareness

Instructions:

This short survey will take a few minutes to complete. *It is meant to help us better understand how well you feel you know yourself.* The response options for each question range from “strongly disagree” to “strongly agree.” There is no right or wrong answer. Choose the response that is best for you. Please select one response only for each question.

Self-Awareness	
Questions	Response Options
1. I know my strengths and weaknesses.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
2. I know how to stand up for myself.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
3. I know who I am and the things that I like.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree

Growth Mindset

Instructions:

This short survey will take a few minutes to complete. *It is meant to help us better understand your perspective towards goals and challenges in life.* The response options for each question range from “strongly disagree” to “strongly agree.” There is no right or wrong answer. Choose the response that is best for you. Please select one response only for each question.

Mindsets	
Questions	Response Options
1. I believe that I can do something I put my mind to.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
2. I still work on my goals even if things get hard.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
3. My ability to succeed is something I can change with effort.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree

Relationships

Instructions:

This short survey will take a few minutes to complete. *It is meant to help us better understand how you engage in relationships with others.* The response options for each question range from “strongly disagree” to “strongly agree.” There is no right or wrong answer. Choose the response that is best for you. Please select one response only for each question.

Relationships	
Questions	Response Options
1. I work to understand and respect other people’s feelings.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
2. I care about having good relationships with others.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
3. If I do something wrong, I take responsibility for my actions.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
4. I try to help when I see someone having a problem.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree

Community

Instructions:

This short survey will take a few minutes to complete. *It is meant to help us better understand what is important to you about your community.* The response options for each question range from “strongly disagree” to “strongly agree.” There is no right or wrong answer. Choose the response that is best for you. Please select one response only for each question.

Community	
Please read before answering questions. All of us belong to many communities. Community can mean your racial or ethnic group, your religious group, people who share your gender identity, your school community, or the neighborhood you live in. Community is a space where relationships are built and maintained.	
Questions	Response Options
1. It is important to me to make a positive difference in my community.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
2. I like to be involved in my community.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
3. I have a community that I belong to and feel a part of.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree

Identity Development Modules

Racial Identity

Instructions:

This short survey will take a few minutes to complete. *It is meant to help us better understand your relationship to your racial identity and how important it is to you.* The response options for each question range from “strongly disagree” to “strongly agree.” There is no right or wrong answer. Choose the response that is best for you. Please select one response only for each question.

Racial Identity	
<p>Please read before answering questions. In the U.S., race has historically been assigned to groups of people based on their skin color and shared physical characteristics. For some people their race and ethnicity might be the same; for others, they might be different. Some example names of different races include:</p> <ul style="list-style-type: none">• Asian/Asian American/Asian• Indian• Black/African American• Hispanic or Latina/Latino• White• Native American, American Indian/Alaskan Native, or Indigenous• Pacific Islander• Multiracial or Bi-Racial	
Questions	Response Options
1. My race is an important part of who I am.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
2. I have a strong connection to my race.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree

	<input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
3. It is important to have relationships with people I look up to who are the same race as me.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree

Ethnic Identity

Instructions:

This short survey will take a few minutes to complete. *It is meant to help us better understand your relationship to your ethnic identity and how important it is to you.* The response options for each question range from “strongly disagree” to “strongly agree.” There is no right or wrong answer. Choose the response that is best for you. Please select one response only for each question.

Ethnic Identity

Please read before answering questions. Ethnicity is linked to where people come from. People who identify with the same ethnic group often share the same traditions, foods, languages, and religious practices. Some examples of different ethnicities include:

- Eritrean, Somali, Ethiopian, African American
- Cambodian, Khmer, Filipino, Korean, Chinese, Japanese
- Vietnamese, Taiwanese, Asian-American
- Mexican, Cuban, Salvadorian
- Panamanian, Honduran, Costa Rican
- Samoan, Native Hawaiian, Polynesian, Marshallese, Chamorro
- Native American, American Indian, Alaskan Native
- Romanian, French, Polish, Jewish, Scandinavian, Scottish, German, Danish

Questions	Response Options
1. I spend time trying to find out more about my ethnicity.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
2. I talk to other people in order to learn more about my ethnicity.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
3. I do things that will help me understand my ethnicity better.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
4. My ethnicity is an important part of who I am.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree

Gender Identity

Instructions:

This short survey will take a few minutes to complete. *It is meant to help us better understand your relationship to your gender identity and how important it is to you.* The response options for each question range from “strongly disagree” to “strongly agree.” There is no right or wrong answer. Choose the response that is best for you. Please select one response only for each question.

Gender Identity	
<p>Please read before answering questions. A person's gender identity is based on how they identify with being male, female, a blend of both, gender non-conforming, or two-spirit and more. A person might identify with one or more gender identities, which may or may not be the same as a person's sex at birth or how others see them. A person's gender identity cannot be known simply by looking at them.</p>	
Questions	Response Options
1. I understand what my gender identity means to me.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
2. I feel positive about my gender identity.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
3. I have explored different aspects of my gender identity.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree

Program Environments Modules

Opportunities to Explore Racial and Ethnic Identity

Instructions:

This short survey will take a few minutes to complete. *It is meant to help us learn about your experience with the program you have participated in, as it relates to exploring your racial and ethnic identity.* The response options for each question range from “never” to “always” and “strongly disagree” to “strongly agree.” There is no right or wrong answer. Chose the response that is best for you. Please select one response only for each question.

Opportunities to Explore Racial and Ethnic Identity	
Questions	Response Options
1. In this program I have learned about my race and ethnicity by doing things such as attending events, talking with others, reading, searching the internet, or discussing current events.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
2. In this program how often do you have opportunities to explore your race and culture?	<input type="checkbox"/> Never <input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Almost Always <input type="checkbox"/> Always
3. In this program how often do you have opportunities to share your culture and family background?	<input type="checkbox"/> Never <input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Almost Always <input type="checkbox"/> Always

Opportunities to Explore Gender Identity

This question is meant to help us learn about your experience with the program you have participated in as it relates to exploring your gender identity. There is no right or wrong answer. Chose the response that is best for you. Please select one response only for each question.

Opportunities to Explore Gender Identity	
1. In this program, how often do you participate in activities that help you understand your gender identity?	<input type="checkbox"/> Never <input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Almost Always <input type="checkbox"/> Always

Adult Support and Expectations

Instructions:

This short survey will take a few minutes to complete. *It is meant to help us learn about the quality of support you've received from adults leading the program.* Response options for each question range from “strongly disagree” to “strongly agree.” There is no right or wrong answer. Choose the response that is best for you. Please select one response only for each question.

Adult Support and Expectations	
Questions	Response Options
1. In this program the adults believe in all of us and encourage us to try our best.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
2. In this program the adults value me for who I am.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
3. In this program the adults make an effort to support all young people.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
4. In this program the adults listen to my thoughts and ideas.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree

Peer and Adult Relationships

Instructions:

This short survey will take a few minutes to complete. *It is meant to help us learn about your experience engaging in relationships with peers and adults involved with the program.* Response options for each question range from “never” to “always.” There is no right or wrong answer. Choose the response that is best for you. Please select one response only for each question.

Peer and Adult Relationships	
Questions	Response Options
1. In this program how often do you build positive relationships with other young people who attend this program?	<input type="checkbox"/> Never <input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Almost Always <input type="checkbox"/> Always
2. In this program, we learn to solve conflicts with each other.	<input type="checkbox"/> Never <input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Almost Always <input type="checkbox"/> Always
3. In this program, how often do you feel comfortable talking about problems you are having at home or at school?	<input type="checkbox"/> Never <input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Almost Always <input type="checkbox"/> Always
4. How often does this program help you build positive relationships with adults?	<input type="checkbox"/> Never <input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Almost Always <input type="checkbox"/> Always

Health and Well-Being Modules

Physical and Social Well-Being

Instructions:

This short survey will take a few minutes to complete. *It is meant to help us better understand your physical well-being and the extent to which you feel safe and supported in your community.* Response options for each question range from “strongly disagree” to “strongly agree.” There is no right or wrong answer. Choose the response that is best for you. Please select one response only for each question.

Physical and Social Well-Being	
Questions	Response Options
1. I feel safe and comfortable in the places I spend most of my time (e.g., work, school, home).	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
2. I take care of my body by eating healthy, exercising, and getting enough sleep.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
3. People in my community make me feel welcomed.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
4. I have reliable and consistent people in my life who provide me support and have my best interests in mind.	<input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Neither Agree nor Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree

Mental Health

Instructions:

This short survey will take a few minutes to complete. *It is meant to help us better understand your mental health.* Response options for each question range from “not at all” to “nearly every day.” There is no right or wrong answer. Choose the response that is best for you. Please select one response only for each question.

Mental Health (source: PHQ2 & GAD2)	
In the last 2 weeks, how often have you been bothered by the following problems?	
1. Little interest or pleasure in doing things.	<input type="checkbox"/> Not at all <input type="checkbox"/> Several days <input type="checkbox"/> More than half the days <input type="checkbox"/> Nearly everyday
2. Feeling down, depressed or hopeless.	<input type="checkbox"/> Not at all <input type="checkbox"/> Several days <input type="checkbox"/> More than half the days <input type="checkbox"/> Nearly everyday
In the last 2 weeks, how often have you been bothered by the following problems?	
1. Feeling nervous, anxious or on edge.	<input type="checkbox"/> Not at all <input type="checkbox"/> Several days <input type="checkbox"/> More than half the days <input type="checkbox"/> Nearly everyday
2. Not being able to stop or control worrying.	<input type="checkbox"/> Not at all <input type="checkbox"/> Several days <input type="checkbox"/> More than half the days <input type="checkbox"/> Nearly everyday

School Engagement

Instructions:

This short survey *is meant to help us better understand how engaged you are with school.* There is no right or wrong answer. Choose the response that is best for you. Please select one response only for each question.

School Engagement	
Questions	Response Options
1. Over the last month, how often have you attended school?	<input type="checkbox"/> Never <input type="checkbox"/> Rarely <input type="checkbox"/> Sometimes <input type="checkbox"/> Almost Always <input type="checkbox"/> Always
2. Putting them all together, what were your grades like last year?	<input type="checkbox"/> Mostly As <input type="checkbox"/> Mostly Bs <input type="checkbox"/> Mostly Cs <input type="checkbox"/> Mostly Ds <input type="checkbox"/> Mostly Es or Fs