Rise Up Baseline Survey

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Thank you for being a part of the Rise Up program. We'd like to ask you a series of questions to better understand how you feel about common ways youth manage their feelings. At the end of the program, we will ask you these same questions again to understand what you've learned through the Rise Up program. Your feedback will help us make the program better for young people here in your country and around the world. You can skip any question for any reason by simply selecting the "refused to answer" option. For each statement, please select the response that fits you best.

					_	
Respondent ID	<u> </u>					
Section 1						
Select one	Strongly agree	Agree	Disagree	Strongly disagree	l don't know	Refused to answe
I know how to use this skill:						
Noticing and naming your feelings, especially when you're upset.		\bigcirc	\bigcirc			
Using a breathing technique to calm down when feeling overwhelmed.		\bigcirc		\bigcirc	\bigcirc	\bigcirc
Noticing how your body feels to understand your emotions, like tight muscles or discomfort.	\bigcirc	\bigcirc	\bigcirc		\bigcirc	\bigcirc
Using the five senses to notice your surroundings and feel more present during stressful moments.	\bigcirc			\bigcirc	\bigcirc	\bigcirc
Knowing who you can trust and talk to when something hard happens.		\bigcirc			\bigcirc	\bigcirc
Telling your story to release difficult emotions.		\bigcirc			\bigcirc	\bigcirc
Telling God how you feel through words, prayer, or creative activities.		\bigcirc		\bigcirc	\bigcirc	\bigcirc
Allowing yourself to move through stages of grief as part of healing after loss.		\bigcirc		\bigcirc	\bigcirc	\bigcirc
Letting go of anger and revenge so you can forgive.		\bigcirc		\bigcirc	\bigcirc	\bigcirc
Caring for myself emotionally, physically, and spiritually.		\bigcirc	\bigcirc		\bigcirc	\bigcirc

Section 2

Select one	Strongly agree	Agree	Disagree	Strongly disagree	l don't know	Refused to answer	
I feel confident using this skill when needed:					_		
Noticing and naming your feelings, especially when you're upset.	\bigcirc	\bigcirc	\bigcirc		\bigcirc	\bigcirc	
Using a breathing technique to calm down when feeling overwhelmed.			\bigcirc				
Noticing how your body feels to understand your emotions, like tight muscles or discomfort.	\bigcirc				\bigcirc	\bigcirc	
Using the five senses to notice your surroundings and feel more present during stressful moments.	\bigcirc	\bigcirc				\bigcirc	
Knowing who you can trust and talk to when something hard happens.		\bigcirc	\bigcirc		\bigcirc	\bigcirc	
Telling your story to release difficult emotions.			\bigcirc		\bigcirc	\bigcirc	
Telling God how you feel through words, prayer, or creative activities.					\bigcirc		
Allowing yourself to move through stages of grief as part of healing after loss.		\bigcirc			\bigcirc	\bigcirc	
Letting go of anger and revenge so you can forgive.		\bigcirc			\bigcirc		
Caring for myself emotionally, physically, and spiritually.		\bigcirc	\bigcirc	\bigcirc	\bigcirc		
Section 3 Select one	Strongly	Agree	Disagree	Strongly	l don't	Refused	
I like this skill:	agree			disagree	know	to answer	
Noticing and naming your feelings, especially when you're upset.	\bigcirc	\bigcirc	\bigcirc	\bigcirc		\bigcirc	
Using a breathing technique to calm down when feeling overwhelmed.		\bigcirc		\bigcirc	\bigcirc	\bigcirc	
Noticing how your body feels to understand your emotions, like tight muscles or discomfort.	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	
Using the five senses to notice your surroundings and feel more present during stressful moments.		\bigcirc			\bigcirc		

when something hard happens.	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
Telling your story to release difficult emotions.	\bigcirc		\bigcirc			\bigcirc
Telling God how you feel through words, prayer, or creative activities.		\bigcirc			\bigcirc	
Allowing yourself to move through stages of grief as part of healing after loss.					\bigcirc	
Letting go of anger and revenge so you can forgive.					\bigcirc	\bigcirc
Caring for myself emotionally, physically, and spiritually.	\bigcirc	\bigcirc	\bigcirc		\bigcirc	
Section 4						
Select one	Strongly agree	Agree	Disagree	Strongly disagree	l don't know	Refused to answer
My friends at church would support me using	g this skill:				_	
Noticing and naming your feelings, especially when you're upset.	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	
Using a breathing technique to calm down when feeling overwhelmed.					\bigcirc	\bigcirc
Noticing how your body feels to understand your emotions, like tight muscles or discomfort.	\bigcirc	\bigcirc	\bigcirc		\bigcirc	\bigcirc
Using the five senses to notice your surroundings and feel more present during stressful moments.	\bigcirc	\bigcirc	\bigcirc		\bigcirc	\bigcirc
Knowing who you can trust and talk to when something hard happens.	\bigcirc	\bigcirc	\bigcirc		\bigcirc	\bigcirc
Telling your story to release difficult emotions.	\bigcirc		\bigcirc			\bigcirc
Telling God how you feel through words, prayer, or creative activities.						\bigcirc
Allowing yourself to move through stages of grief as part of healing after loss.		\bigcirc			\bigcirc	
Letting go of anger and revenge so you can forgive.		\bigcirc		\bigcirc	\bigcirc	\bigcirc
Caring for myself emotionally, physically, and spiritually.						

Section 5

Next I will read a list of statements dealing with your general feelings about yourself. Please indicate how strongly you agree or disagree with each statement.

Please turn to Response Set 11

When I am upset, I feel like I am weak

Please answer honestly and to the best of your ability. There are no wrong answers.

Select one	Strongly agree	Ag	ree	Disagree	Strongly disagree		on't ow	Refused to answer
On the whole, I am satisfied with myself.								
I feel that I have a number of good qualities.	\bigcirc			\bigcirc				\bigcirc
l am able to do things as well as most other people.	\bigcirc			\bigcirc	\bigcirc			
I take a positive attitude toward myself.								
l feel that I'm a person of worth, at least on an equal plane with others.	\bigcirc			\bigcirc	\bigcirc			
Section 6 Please indicate how often the following state	ments appl	ly to you	by selecti	ng the appro	opriate opti	on for ead	ch item.	
Select one	At no time	Some of the time	Less than half of the time	More than half of the time	Most of the time	All the time	l don't know	Refuse d to answe r
I have difficulty making sense out of my feelings		\bigcirc		\bigcirc	\bigcirc			
l am confused about how l feel		\bigcirc				\bigcirc		
When I am upset, I have difficulty getting work done	\bigcirc	\bigcirc		\bigcirc	\bigcirc	\bigcirc	\bigcirc	
When I am upset, I become out of control						\bigcirc		
When I am upset, I believe that I will remain that way for a long time	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	
When I am upset, I believe that I'll end up feeling very depressed	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	
When I am upset, I have difficulty focusing on other things		\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	
When I am upset, I feel out of control		\bigcirc				\bigcirc		
When I am upset, I feel ashamed with myself for feeling that way	\bigcirc				\bigcirc	\bigcirc		

When I am upset, I have difficulty controlling my behaviours	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc
When I am upset, I believe that there is nothing I can do to make myself feel better	\bigcirc	\bigcirc		\bigcirc	\bigcirc			
When I am upset, I become irritated with myself for feeling that way	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc		\bigcirc	
When I am upset, I start to feel very bad about myself	\bigcirc		\bigcirc	\bigcirc	\bigcirc			\bigcirc
When I am upset, I have difficulty thinking about anything else		\bigcirc	\bigcirc	\bigcirc	\bigcirc			
When I am upset, my emotions feel overwhelming		\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc		\bigcirc
Section 7								
People experience their faith or spirituality ir of the ways you have recently experienced you how true are each of the following statements	our faith o	•						
Select one	Never true	Rarely true	Some mes true	the the	st of <i>F</i> time ue	Always true	l don't know	Refused to answer
I try to follow the teachings of the Bible.								
My spiritual beliefs define my understanding of the world.			\bigcirc	\bigcirc		\bigcirc	\bigcirc	\bigcirc
I cope with major challenges in life by thinking that my life is part of God's plan.	\bigcirc			\circ		\bigcirc		\bigcirc
l try to incorporate my religion into all aspects of my life.						\bigcirc		\bigcirc
I try to incorporate my spirituality into all aspects of my life.						\bigcirc	\bigcirc	
Section 8								
Select one	Strongl y Agree	Agree	Slightly Agree	Slightly Disgre e	Disagr ee	Strongl y Disagr ee	l don't know	Refuse d to answe r
As a result of using the Bible within the past month, I feel more willing to engage in my faith.		\bigcirc					\bigcirc	
As a result of using the Bible within the past month, I show more loving behavior towards others.		\bigcirc	\bigcirc	\bigcirc	\bigcirc			

I believe the Bible is a rulebook or guide on how to live my best life.		\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	
I believe the Bible is a letter from God expressing his love and salvation for me.	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	
I believe the Bible is a way of knowing what God expects from me.	\bigcirc						\bigcirc	
Section 9								
Realistically, how often do you use the Bib	le?							
Never								
Less than once a year								
Once or twice a year								
Three or four times a year								
Once a month								
Once a week								
Several times a week								
Four or more times a week								
Every day								
I don't know								
Refused to answer								
How often do you use the Bible on your ov	vn, not in	cluding tir	nes when	you are a	t a large c	hurch serv	ice or Ma	ss?
Never								
Less than once a year								
Once or twice a year								
Three or four times a year								
Once a month								
Once a week								
Several times a week								
Four or more times a week								
Every day								
I don't know								
Refused to answer								

When I use the Bible I experience a sense of connection to God.
Never
Rarely
Occasionally
Most of the time
Always
I don't know
Refused to answer