School Name _____

Age _____

Gender _____

Youth Wellbeing & Skills Survey Instructions:
Circle the face that shows how true each statement is for you.

1 = Not true at all **5 = Very true**

Rating	Face	Meaning
1	😢	Not true at all
2	😕	A little true
3	😐	Not sure / sometimes
4	🙂	Mostly true
5	😀	Very true

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1. Knowledge of mental health

"I can explain what mental health means and give examples of things that can affect it."
😢 😕 😐 🙂 😀

2. Coping with challenges

"When I face challenges or setbacks, I know healthy ways to cope and keep going."
😢 😕 😐 🙂 😀

3. Positive relationships

"I can recognise what a positive, supportive relationship looks like and how to build one."
😢 😕 😐 🙂 😀

4. Wellbeing

"I often feel good about myself, my feelings, and how things are going in my life."
😢 😕 😐 🙂 😀

5. Decision-making & social awareness

"I think about how my choices affect me and others before I make a decision."
😢 😕 😐 🙂 😀

6. Help-seeking (optional booster)

"If I'm struggling, I know who I can talk to and how to get support."

😢 😕 😐 🙂 😀

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