

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

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.”



Logged by _____