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## Student Representative Report

### *Survey Description*

For this month's report, I had sent a survey out for 7<sup>th</sup>-12<sup>th</sup> grade aged students regarding student/youth mental health. As it is very close to the end of this school year, my goal with this survey was to see what students thought could be improved for next school year when it comes to their mental and emotional well-being in school.

### *Survey Questions*

- 1) How would you rate your overall mental or emotional health?
- 2) Do you feel like mental health is a big issue among students in your community?
- 3) What is one issue in your school, or in your community that you think causes mental health problems among students?
- 4) What would you like to see next school year to support/improve student mental health in your school?

### *Survey Responses*

- 1) The first question I had asked was "In general, how would you rate your overall mental or emotional health?" Roughly 3% of students picked "poor", 29% of students picked that their mental health was fair, 43% picked that their mental health was good, 17% picked that their mental health was great and 8% of students picked that their mental health was excellent on this survey question.
- 2) When asked "Do you feel like mental health is a big issue among students in your community?" 92% of students picked "Yes" and 8% picked "No"
- 3) When asked "What is one issue in your school, or in your community that you think causes mental health problems among students?" The students responded that they think mental health issues in their communities are caused by alcohol and drug abuse by adults in the family but also among students, unstable homes, family issues, not having many activities to do, and not having a gym to play the sports that they are passionate about.
- 4) When asked "What would you like to see next school year to support/improve mental health in your school?" students responded saying that they'd like more events for youth, better mental health awareness curriculum in schools, more travel opportunities, personal counseling for each student, having an additional counselor specifically for mental and emotional health at each school, reliable teachers, and for the conversation around mental health to continue to be normalized in our communities and school.