



STUDENT WELLNESS CHECKLIST

BE 
STRONG
[BESTSTRONG.ORG](https://beststrong.org)

STUDENT WELLNESS CHECKLIST

How do I feel? – Assess – **STEP 1**

It's important to remember that the results of this checklist are not a diagnosis. Instead, it aims to provide a snapshot of your mental health to help you think through your concerns and seek appropriate support. Remember, it's a journey.

Regardless of the checklist results, if you're worried about your mental health at any point, you should talk things through with a health professional.

The Pediatric Symptom Checklist (PSC) is a brief screening questionnaire used to improve the recognition of social, emotional, and behavioral problems in young people.



	Never	Sometimes	Often
Feels sad, unhappy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feels hopeless	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is down on self	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Worries a lot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Seems to be having less fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fidgety, unable to sit still	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Daydreams too much	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Distracted easily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Has trouble concentrating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Acts as if driven by a motor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does not listen to rules	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Does not understand people's feelings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Teases others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Blames others for his/her troubles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Refuses to share	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Takes things that do not belong to him/her	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

STUDENT WELLNESS CHECKLIST

Not alone – Connect – **STEP 2**

Did you know two thirds of students will not tell an adult the challenges they face but will tell a peer?

Be the change you would like to see in your home, school, and community. Get comfortable speaking openly about your day with your parent or guardian, while making sure you're communicating calmly and respectfully. Staying calm & being respectful during interactions with others can be difficult – but it's powerful – especially if they are being disrespectful. This will help develop and create a healthy form of communication, build character and resilience.

ACTION STEP

Watch the [Be Strong Live Tour](#), an informative and entertaining 45-minute video that provides useful resiliency tools and stories from young people who have overcome. This will equip and encourage you to be the hero of your own story.

What's at your fingertips? – Intervention – **STEP 3**

You don't need to be an expert – you have influence. One of the greatest challenges with getting help is getting to the help. Use your influence for good.

ACTION STEP

Download the Be Strong App to strengthen mental, emotional, and relational health. If you stay ready, you don't have to get ready, and when those tough moments happen, be courageous enough to take action. People in crisis need a friend who knows how and where to get help, and you can be that bridge with the Be Strong App.

STUDENT WELLNESS CHECKLIST

What's your power? – Strengthen – **STEP 4**

ACTION STEP

The power lies in your voice and actions. Get nominated by a parent, guardian, school staff member or community group to become a **Be Strong Student State Representative**. As a Rep, you will be part of a fearless group of leaders who inspire hope and positive change. You will be an agent of change in your school culture as you tackle monthly activations in resiliency training, peer impact volunteerism, awareness, and advocacy. This is a free program.

How to Become a Champion of Change – **STEP 5**

You don't need to be an expert – you have influence. One of the greatest challenges with getting help is getting to the help. Use that influence for good.

ACTION STEP

Request your school leadership or PTA hold an assembly to watch the **Be Strong LIVE Tour**. The viewing will create a school-wide discussion on issues related to students' challenges, while providing a safe space for students to get help. Also, sign up for our newsletter, the "Monthly Guide to Resilience", that address issues relevant to you.

How to Create Change – Implement – **STEP 6**

ACTION STEP

Request your principal allow you to hang up Be Strong App posters at school. Also, encourage your principal to use social emotional learning tools to teach resiliency, and to make those tools available for all students and families. Be Strong offers a free Resiliency Training Program for schools and nonprofits. For more information, email resilience.program@bestrong.org

GET HELP NOW

If you or someone you know needs help immediately, take one or more of the following actions:

- Stay with them while you assist them in getting help.
- Open the Be Strong App, go to the immediate help section and send a text to the crisis counselor about what is happening.
- If you do not have the Be Strong App, move to the next step.
- Text START to 741-741 (immediately connected to a crisis counselor)
- Call 1-800-273-TALK (8255)
- Bring your friend or loved one to the nearest hospital emergency room.
- If someone is agitated or potentially violent, avoid putting yourself in a personally dangerous situation – call rather than bringing someone to the hospital yourself.
- Call 911
- Contact your campus counselor or other mental health professional.

For more information on how to host an assembly please call: 954.246.5807

For more information: bestrong.org



@bestrongglobal #icanbestrong