



# Student Safety & Emotional Distress

from the CALIFORNIA STUDENT WELLNESS STUDY (Grades 9-12)

Students who feel unsafe at school report substantially more past-month emotional distress (sadness and worries) than students who feel safe at school.

No. 8 of 9 in student safety and mental health series



How safe do you feel when you are at school?

**Unsafe**

**Safe**



I felt sad and down (past month)

**56%**



**30%**

I was scared for no good reason (past month)

**42%**



**17%**

I had a hard time relaxing (past month)

**54%**



**30%**

It was hard for me to get excited about anything (past month)

**41%**



**19%**

Percent responding *pretty much true* or *very true*

[Data Table](#)

[Study Information](#)