



# UC SANTA BARBARA

Gevirtz Graduate School of Education

Project Covitality School Safety & Social Emotional Wellness Series




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## Student Safety and Positive Well-being: Information from the California Student Wellness Study

One component of Project Covitality is the development and continuing validation of the Social Emotional Health Survey- Secondary (SEHS-S) to provide a practical measure that schools can use to monitor students' positive psychosocial well-being. As part of our four-year IES funded project, we are working with our WestEd partners to assess the complete mental wellness of a sample of 25,000 California school high schools. In June 2019, this large, cross-sectional survey will be completed and final reports will be developed to inform parents, educators, and policy makers about the well-being status of California's high school students. The data table presented here, and its accompanying infographics, provides a preliminary look at the how students perceptions of school safety are associated with well-being indicators. Additional reports will be available in late 2019 an early 2020. In the meantime, if you have any questions about Project Covitality, we would be happy to talk with you.

## Sample Information

The data for this report was collected between February and July of 2018 from 23 public schools in California (n = 12,765). Students came from grades 6-12, with the majority in grades 9-12 (97.4%). The sample was evenly divided between males (39%) and females (40.1%), with 20.9% missing. Most of the sample identified as White (35.9%) or mixed race (34.7%), with the remainder identifying as Asian (10.1%), American Indian or Alaskan Native (5.7%), Black (4.1%), Native Hawaiian or Pacific Islander (2.2%), with 7.4% missing. Nearly half the sample identified as Hispanic (48.1%). Almost half of the sample reported receiving free or reduced-price lunch (47.6%) while 9.2% of students were not sure.

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Website: [www.project-covitality.info](http://www.project-covitality.info)

Twitter: @UCSBCovitality

Link to Infographics: <http://www.project-covitality.info/infographics/>

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**Associations between California high school students' safety perceptions and school connectedness, psychosocial distress, and social emotional well-being**

	How safe do you feel when you are at school?		
	Unsafe n = 1085	Neutral n = 4494	Safe n = 7056
<b>No. 1 of 9: Student Safety &amp; Affective Well-being</b> (past month: response almost every day + every day)			
... how often felt happy.	36.2%	52.4%	72.7%
... how often felt interested in life.	38.6%	50.7%	68.3%
... how often satisfied with life.	30.8%	40.8%	64.0%
<b>No. 2 of 9: Student Safety &amp; Psychological Well-being</b> (past month: response almost every day + every day)			
... felt you liked most parts of your personality.	35.2%	46.3%	66.6%
... felt good at managing the responsibilities of your daily life.	33.3%	38.8%	57.3%
... felt confident to think or express your own ideas and opinions.	31.0%	37.8%	56.8%
... felt that your life had a sense of direction or meaning to it.	33.6%	44.7%	66.4%
<b>No. 3 of 9: Student Safety &amp; Social Well-being</b> (past month: response almost every day + every day)			
...felt you belonged to a community (social group, school, neighborhood).	29.2%	36.9%	59.3%
...felt people are basically good.	19.7%	31.5%	55.4%
...felt our society is a good place, or becoming a better place, for all.	14.2%	20.3%	42.5%
...felt you belonged to a community.	21.0%	27.2%	48.2%
<b>No. 4 of 9: Student Safety &amp; Life Satisfaction</b> (response: satisfied or very satisfied)			
Satisfaction with my SCHOOL experience.	34.4%	59.2%	81.1%
Satisfaction with my FRIENDS.	67.8%	83.6%	91.1%
Satisfaction with my FAMILY.	61.6%	75.5%	85.7%
Satisfaction with where I live.	61.1%	77.5%	87.3%
<b>No. 5 of 9: Student Safety &amp; Belonging</b> (response: satisfied or very satisfied)			
I feel close to people at school.	35.4%	46.5%	70.9%
I am happy to be at this school.	22.8%	35.1%	71.1%
I feel I am a part of this school.	22.9%	31.9%	65.6%
The teachers at this school treat the students fairly.	27.7%	40.5%	68.3%
<b>No. 6 of 9: Student Safety &amp; INTER-personal Strengths</b> (response: pretty much true or very true)			
Overall, I expect more good things to happen to me than bad.	31.3%	39.1%	61.3%
I understand my moods and feelings.	48.5%	52.5%	71.6%
I can do most things if I try.	61.7%	70.1%	83.2%
When I make a mistake, I admit it.	31.3%	39.1%	61.3%
<b>No. 7 of 9: Student Safety and INTRA-personal Strengths</b> (response: pretty much true or very true)			
I could make a long list of things that I am grateful for.	50.2%	58.6%	75.8%
I have a friend my age who helps me when I'm having a hard time.	57.2%	65.9%	79.0%
I feel bad when someone gets their feelings hurt.	56.1%	68.5%	76.6%
I am thankful for so much in life.	57.2%	68.7%	85.4%
<b>No. 8 of 9: Student Safety &amp; Emotional Distress</b> (past month, response: pretty much true or very true)			
I felt sad and down.	56.0%	45.6%	30.0%
I was scared for no good reason.	41.8%	26.4%	16.9%
I had a hard time relaxing.	54.4%	43.6%	29.5%
It was hard for me to get excited about anything.	41.3%	29.4%	18.5%
<b>No. 9 of 9: Student Safety &amp; Victimization at School</b>			
...been in a physical fight at school? (% yes, past 12 months)	24.9%	10.6%	6.4%
...had mean rumors or lies spread about you. (% yes, past month)	57.8%	40.5%	28.6%
...been threatened with harm or injury. (% yes, past month)	27.9%	9.5%	4.7%
...been made fun of, insulted, or called names. (% yes, past month)	52.4%	35.9%	24.7%

The item asking students about their perceptions of school safety is from the California Healthy Kids Survey core module: How safe do you feel when you are at school? (a) very safe, (b) safe, (c) neither safe nor unsafe, (d) unsafe, (e) very unsafe.