**DOMAIN:** Social-Emotional Skills

**OUTCOME:** Self-Advocacy

**MEASURE:** Help-Seeking Scale

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| These questions are about you and how you feel about yourself. Kids feel lots of different ways, so there are no "right" or "wrong" answers. For each sentence, decide how true the sentence is for you. Then circle the number for the answer that fits best. |
|  | **(Circle One)** |
| **Not at all true** | **A little true** | **Mostly true** | **Very true** |
| When I need help, I find someone to talk with. | 1 | 2 | 3 | 4 |
| I know where to go for help with a problem. | 1 | 2 | 3 | 4 |
| I look for people who can give me good advice. | 1 | 2 | 3 | 4 |
| I ask for help from teachers or friends when I have difficult school work. | 1 | 2 | 3 | 4 |
| I try not to ask others for help even when I have trouble figuring things out on my own. | 1 | 2 | 3 | 4 |
| When I have trouble with something, I try to learn from someone who knows about it. | 1 | 2 | 3 | 4 |
| I don’t like to ask for help from other people. | 1 | 2 | 3 | 4 |