

# Mott Poll Questions



## *Peer Support Leader Programs*

*The following questions were answered by parents with children age 13-18 years old who attended school during the 2020-21 school year.*

Q1. Training teens to be peer support leaders is one way schools can help students with mental health problems. Peer support leaders are carefully selected and trained, not as counselors, but with skills to be good listeners, encourage teens to seek help, and alert an adult if signs of suicide or other serious problems are identified.

Does your x-year-old's school have peer support leaders or a similar program?

1. Yes
2. No
3. Unsure

Q2. Do you think having peer support leaders at the school would encourage more teens to talk with someone about their mental health concerns?

1. Definitely
2. Probably
3. Unsure
4. No

Q3. Do you think peer support leaders would have a better understanding of the challenges facing teens, compared to an adult in the school (e.g., teacher or counselor)?

1. Definitely
2. Probably
3. Unsure
4. No

Q4. If your x-year-old was struggling with a mental health concern (such as depression or anxiety), how likely would he/she be to talk with a peer support leader if this option were available through his/her school?

1. Very likely
2. Probably
3. Possibly
4. Unlikely

Q5. What would be your main concerns about your x-year-old talking with a trained peer support leader? *Select all that apply.*

1. If the peer support leader would be able to tell if my teen needs immediate crisis help
2. If the peer support leader would keep my teen's information confidential
3. If the peer support leader would know when and how to inform adults about a problem
4. If my teen would feel comfortable talking with another student
5. If teens can be trained to provide this kind of support
6. Other
7. No concerns

Q6. Overall, do you support having a peer support leaders program through your x-year-old's school?

1. Definitely support
2. Probably support
3. Do not support
4. Unsure

Q7. Would you allow your x-year-old to volunteer to be trained as a peer support leader?

1. Definitely
2. Probably
3. Unsure
4. No
5. N/a – Teen would not want to do it

Q8. What are your reservations about allowing your x-year-old to be a peer support leader? *Select all that apply.*

1. Time commitment
2. My teen may feel responsible if something bad happened
3. Whether there would be enough training and adult oversight
4. Unsure if my teen is mature enough
5. May make my teen feel depressed, anxious or overwhelmed
6. Other
7. None

Q9. What benefits do you perceive to allowing your x-year-old to be a peer support leader? *Select all that apply.*

1. Gain confidence
2. Develop leadership skills
3. Greater understanding of the challenges facing others
4. Opportunity for service/to help the school community
5. Exposure to the field of mental health and related careers
6. Other
7. None

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