

Default Question Block

Leadership in your School have signed a "Community Immunity - Understandings and Agreements form." The form expresses that Traumatic Systems arise when there is a Lack of Adequate Kindness within the culture, policies, rules, and procedures. These Traumatic Systems have been passed down intergenerationally and are the root cause of the problems we are all facing. The form expresses that your school is implementing Kindness Systems to improve the safety, health, and learning environment for everyone who embodies the school.

Kindness Systems recognizes that All children need to have Quality basic needs met so that everyone can more easily access their innate curiosity and motivation for learning, and that families who do not have access to quality basic needs are not at fault in any way. This Anonymous Survey is being used so that everyone can better understand the barriers and solutions to Kindness that are present within the local school community.

Answering honestly will help your organization better Understand what those in your school Need and What Supports are Available Locally. Answering these questions does not obligate you to receive or offer assistance in any way. When at least 30 people have completed the survey, everyone in the school will have access to a visual data map of the results without identifying people individually.

Sometimes we might Need Support to get Our needs Met, but because we have been hurt or taken advantage of in the past, we feel hesitant to ask for support again. This is why Somatic Schools educates everyone in the School on how to form Healthy Boundary Agreements using Kindness for Ourselves and Others.

Sometimes we might like to receive support but are concerned that asking for support could get us in trouble with the law or cause us to feel ashamed. To navigate these issues, Somatic Schools helps your School find ways to help Everyone get the support they need in the way they feel comfortable receiving that support. This may mean putting donations for items in a location that only those who need those items can access or receiving anonymous emotional/mental health support online from people in a distant community.

You are not under any obligation to receive or give support by answering these questions. These answers are simply to assist the Kindness Committee at your school in forming Kindness objectives that fit the needs and supports available locally.

Basic Needs include Access to the following:

Quality Water (including water that is filtered if you would like it to be)

Quality Food/Nutrition (this includes adequate refrigeration and/ or time to cook a healthy meal)

Shelter (this includes adequate plumbing, electrical, and roof)

Clothing (this includes access to laundering facilities)

Heating/Cooling Air (this includes access to finances that afford adequate Heat or Air Conditioning)

Emotional/Mental Support (access may be limited due to financial, time, or anonymity concerns)

Healthcare (Doctors/Dentists/Eyes)

Social Support (social anxiety, depression, disability, or NeuroDifferences may decrease access)

Educational/Learning Support (this includes access to computer/internet, tutors, and Learning Differences support)

Transportation (this includes the the ability to access any of the other Needs with transportation)

Do You Feel that these Needs are Being Met Adequately?

- All of My Needs are Being Met adequately
- None of My Needs Are Being Met
- Some of My Needs are Being Met

You answered "Some of My Needs are Being Met." Which Needs do you Feel are NOT being Met Adequately?

- I do not have access to adequate clean Water (okay to check if your water is not filtered but you would like it to be)
- I do not have access to adequate Food/Nutrition (IE: lack adequate refrigeration and/ or time to cook a healthy meal)
- I do not have access to adequate Shelter (IE: leaking roof, plumbing or electrical issues)
- I do not have access to adequate Heating/Cooling Air
- I do not have access to adequate clothing (may include access to laundry facilities)
- I do not have access to adequate Emotional/Mental Health Support
- I do not have access to adequate Healthcare - Doctors/Dentists/Eyes
- I do not have access to adequate Educational/Learning Support (IE: computer/internet, tutoring, and/ or financial support to go back to school)
- I do not have access to adequate Social Support (can check if access limited due to social anxiety, depression, disability, or Neurodifferences)
- I do not have access to adequate Transportation (can check if a lack of transportation results in an inability to access any of above Needs)

You answered "Some of My Needs Are Being met Adequately." Would You like to See a List of Organizations You Can Contact now to Receive Assistance with the Needs you said are Not being met Adequately at the end of this survey ?

- Yes
- No

You answered "None of My Needs are Being Met Adequately." Would You like to See a List of Organizations You Can Contact To Receive Assistance with Your Needs at the end of this survey?

- Yes
- No

Which of these Needs Would You Like Your School Community to do their Best to Help support you with?

- Quality Water
- Quality Food/Nutrition
- Adequate Shelter
- Adequate Clothing
- Emotional/Mental Health Support
- Social Support
- Transportation
- Healthcare - Doctors/Dentists/Eyes
- Heating/Cooling
- Educational/Learning Support
- Other
- None of the Above

You answered "None of the Above" to the Question "Which of these Needs Would You Like Your Organization to do their Best to Help You Meet?" Do you feel any of the following contribute to your answer?

- I do not feel I need support in getting any of my needs met
- I believe receiving support for these things from people in the School Community might be harmful to me in some way
- I do not Feel Safe with Leadership/Teachers/Administration of the School
- I do not Feel Safe with Students at the School
- I do not believe the Support I need can be Anonymous
- In my past, I was Harmed by Someone who was supposed to be Helping / Supporting me
- Other
- Not Sure or Decline to Answer

If you Knew that you would Always have Support / Assistance from someone to help you navigate healthy boundaries with Kindness when receiving support, would you feel more comfortable receiving support?

- Yes
- Yes, but only if I could remain Anonymous
- Yes, but only if that support came from someone outside of the School
- No
- Maybe / Not Sure

Sometimes we might Like to Offer Support to Others, but because we have been hurt or taken advantage of in the past, we feel hesitant to Offer support again. Sometimes because we have difficulty navigating healthy boundaries (IE: someone needs more time than you feel comfortable offering, or your circumstances changed and you no longer are able to offer the help you intended and don't want someone to be angry with you if you can't help anymore).

Somatic Schools educates everyone in the Organization on how to form Healthy Boundary Agreements using Kindness for Ourselves and Others to help avoid these problems. We also train staff in Your School to assist Others when disagreements or changes arise.

Helping or Supporting Someone to Get their Needs Met can be done in many ways! "Time Support" might be helping someone get their transportation needs met by providing a ride or tutoring someone. "Technical Support" might be assisting someone in navigating websites, filling out forms, or making phone calls to help. "Donation support" might assist others in getting Food, Clothing, or other household items by offering physical items you already have to them. "Social Support" might assist someone with making friends, being a friend, or even helping to start a friendship club. "Expertise Support" might be assisting others with getting their cars or air conditioning fixed. "Creative Support" could be creating Arts, Crafts, or Poetry for or with someone.

Somatic Schools wants to create a school community where everyone feels comfortable giving and receiving support in ways that feel safe to them. Answering that you feel you can offer support in some ways does not obligate you to offer any support

in the future. This survey will remain anonymous, and is only being used to estimate the different types of support available through the school community.

I feel I can offer support to someone in some way.

- Yes
- No
- Maybe / Not Sure

You answered "Yes" to the question "I feel I can offer support to someone in some way." What types of Support do you Feel You can offer?

- Time Support
- Technical Support
- Social Support
- Emotional/Mental Health Support
- Expertise Support
- Donation Support
- Educational/Learning Support
- Creative Support
- Financial Support
- Other
- Not Sure

You answered "No" to the Question "I feel I can offer support to someone in some way." If you Knew that you would Always have Support / Assistance from someone to help you navigate healthy boundaries with Kindness when offering support to others, would you feel more comfortable offering support to someone?

- Yes
- Yes, but only if my own support needs were met first
- Yes, but only if I could remain Anonymous
- No
- Maybe / Not Sure

You answered "Maybe / Not Sure" to the Question "I feel I can offer support to someone in some way." If you Knew that you would Always have Support / Assistance from someone to help you navigate healthy boundaries with Kindness when offering support to others, would you feel more comfortable offering support to someone?

- Yes
- Yes, but only if my own support needs were met first
- Yes, but only if I could remain Anonymous
- No
- Maybe / Not Sure

You answered "Maybe / Not Sure" or "No" to the Question "If you Knew that you would Always have Support / Assistance from someone in the School to help you navigate healthy boundaries with Kindness, would you feel more comfortable offering support to someone in some way." Which of the Following do you believe contribute to your Feelings in this way?

- I do not feel I have the capacity to support others because I need support
- I do not Feel Safe with Leadership/Teachers/Administration of the School
- I do not Feel safe with some of the students at the school
- In my past, I was Harmed by Someone I was helping to support
- I do not Feel the Support I offer can be Anonymous
- Not Sure/Decline to Answer
- Other

Did You Feel Safe to Answer the survey Questions Honestly?

- Yes
- Maybe / Not Sure
- No

Thank You For Taking the Time to Answer These Questions! Would you like to Share any Feedback about what you thought or how you felt about the Survey? Was there any information on the Survey you did not Understand? Were there any Questions you wish had been included on the Survey? Your Feedback is Appreciated and will help us improve!

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