PUPIL VOICE SURVEY

How Authentic Do You Feel at School?

You can tick, circle, or leave blank. Only share what feels safe.

_____

1.Feeling Safe to Be Yourself

At school, I feel able to be myself

Alway | Most of the time | Sometimes | Rarely | Never

In class, I feel comfortable showing when I don't understand

Yes | No | Sometimes

I feel safe asking for help

Yes | No | Sometimes



connections in mind

2.Masking (Hiding My True Feelings or Needs)

At school, I hide how I feel so I don't stand out

Yes Sometimes Never

I pretend I'm okay when I'm not

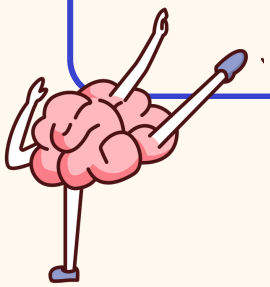
Often Sometimes Never

I copy others so I can fit in

Often Sometimes Never

I worry about being judged if I show my real self

Yes Sometimes No



connections in mind

3. Regulation & Overwhelm

During the school day, I feel overwhelmed

Often | Sometimes | Rarely | Never

When I'm starting to struggle, I feel able to tell someone

Yes | Sometimes | No

After school, I feel very tired or "shut down"

Often | Sometimes | Never



connections in mind

4. Learning & Participation

I can learn in ways that work for my brain

Yes | Sometimes | No

I know what helps me stay calm and focused

Yes | A bit | No

When schoolwork feels too much, I know what to do

Yes | Sometimes | No



connections in mind

5. What Helps Me Feel More Authentic

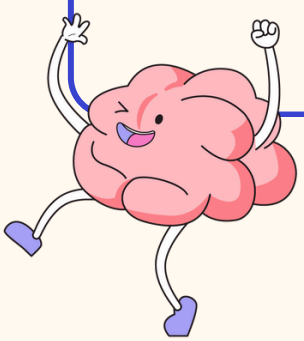
((You can write, draw, or leave blank.)

School feels most “me” when

School feels least “me” when

Something that would help me feel safer to be myself

A way adults could support me better



connections in mind