

Camper Camp Staff			
Camper Camp Staff	I		l am a
		Camp Staf	Camper

am a

#### • Camper [campertool]

• Camp Staff [campstafftool]

#### • community Green flag

- family Green flag
- friends Green flag
- school Green flag
- sports / exercise Green flag
- animals/pets Green flag
- books/reading Green flag
- gaming Green flag
- art Green flag
- music Green flag
- eating well Green flag
- spirituality Green flag
- nature Green flag
- coworkers Green flag
- work Green flag
- other [keepstrongother] Green flag
- nothing Yellow flag
- community Green flag
- family Green flag
- friends Green flag
- school Green flag
- sports / exercise Green flag
- art Green flag
- music Green flag
- eating well Green flag
- spirituality Green flag
- nature Green flag
- animals/pets Green flag
- books/reading Green flag
- gaming Green flag
- other [keepstrongother] Green flag
- nothing Yellow flag

keep\_strong\_staff

Role

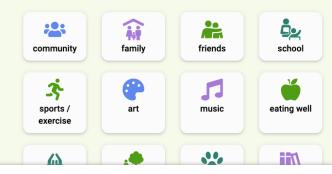
#### These things keep me strong Choose as many as you like

Â community family friends school 3 \*\* // Ð sports / animals/pets books/reading gaming exercise

~

6

#### These things keep me strong Choose as many as you like



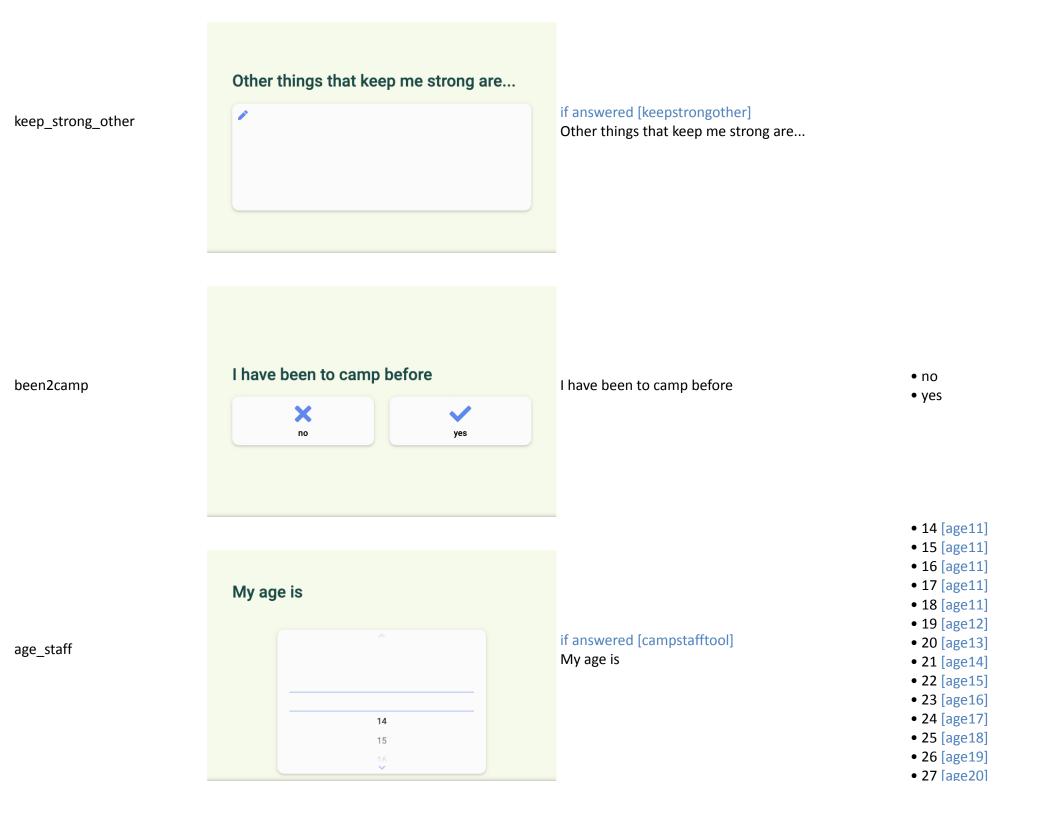
# if answered [campertool]

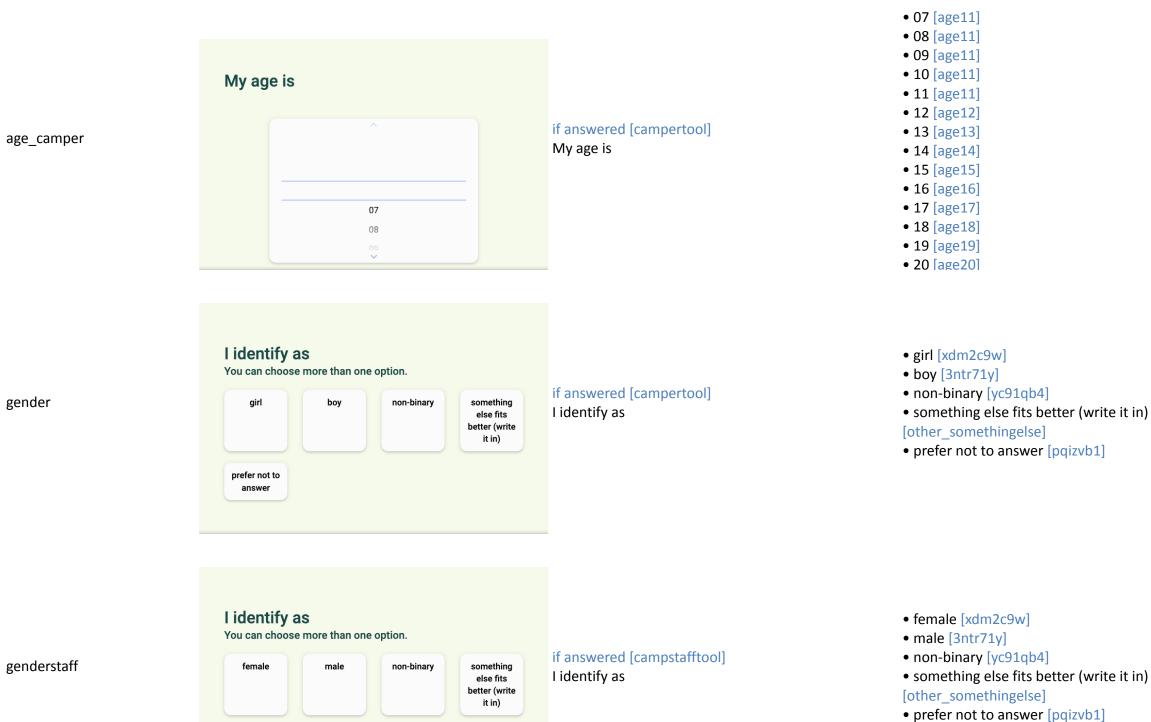
These things keep me strong

if answered [campstafftool]

These things keep me strong

keep\_strong\_camper





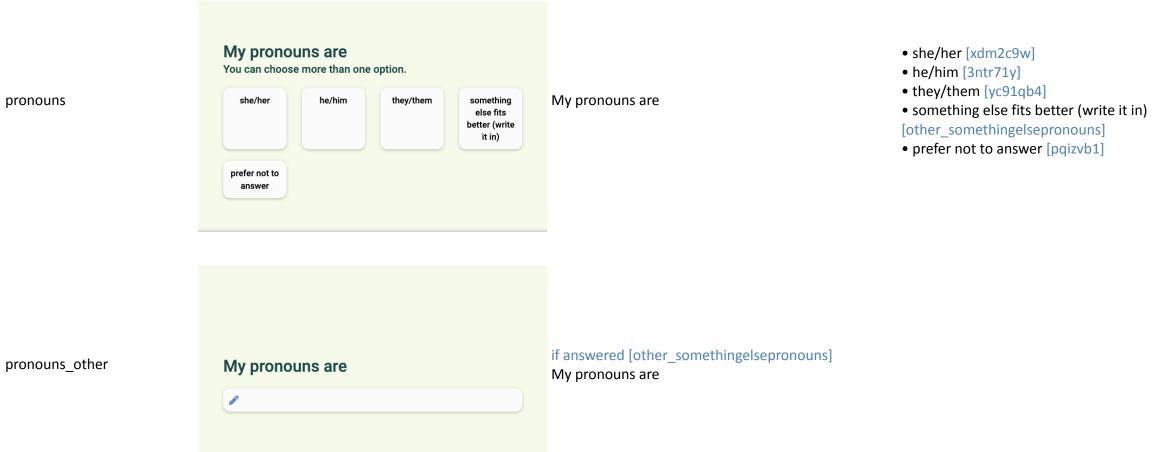
prefer not to answer

# gender\_other

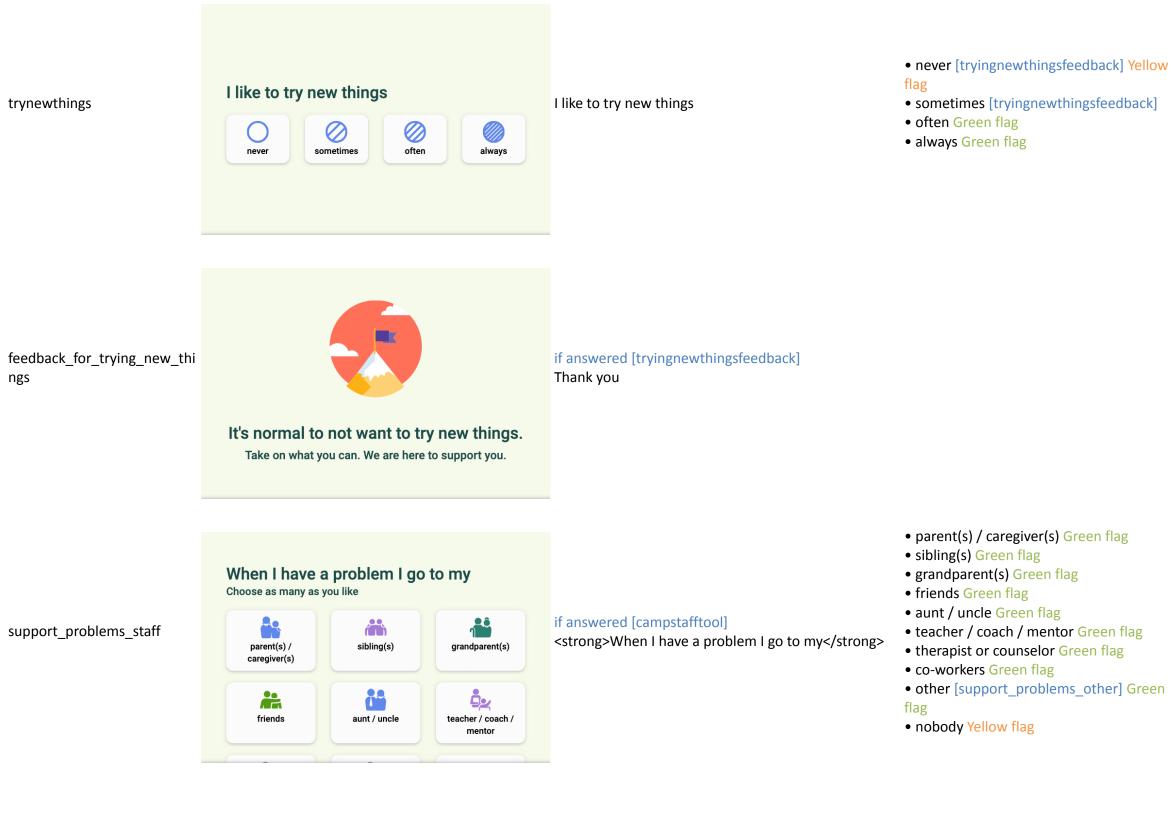
# I would describe my gender identity as

# if answered [other\_somethingelse]

I would describe my gender identity as



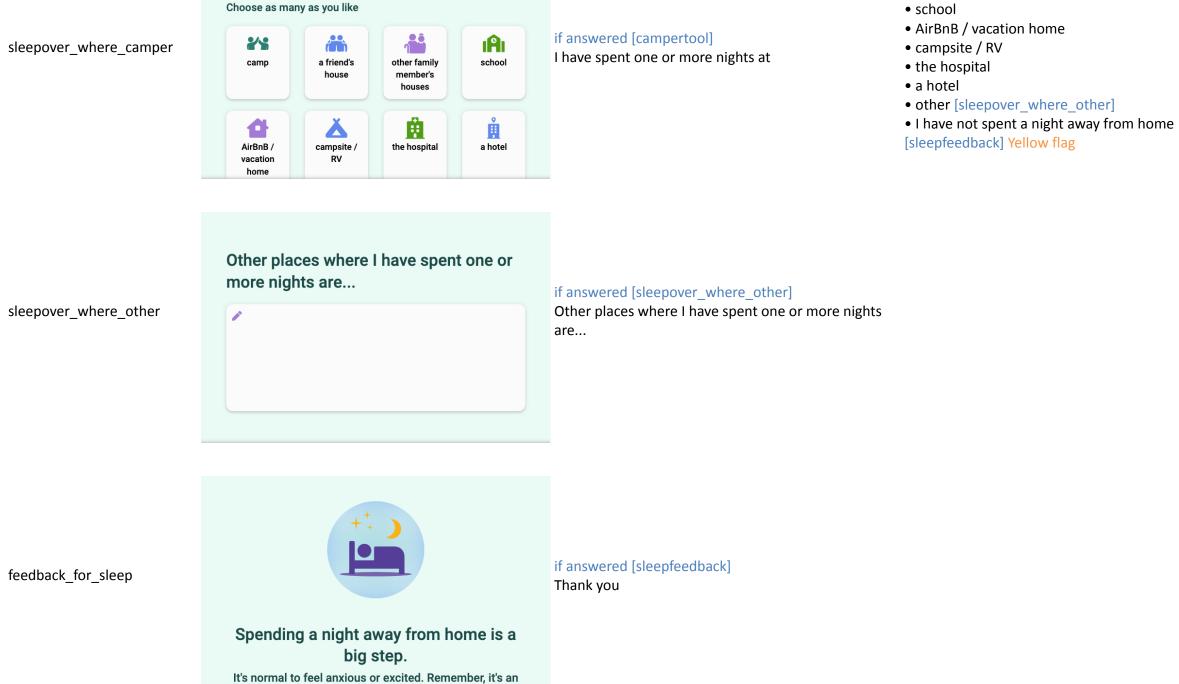
pronouns



support_problems_camper	When I have a problem I go to myChoose as many as you likeparent(s) / caregiver(s)parent(s) / caregiver(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)parent(s)	if answered [campertool] <strong>When I have a problem I go to my</strong>	<ul> <li>parent(s) / caregiver(s) Green flag</li> <li>sibling(s) Green flag</li> <li>grandparent(s) Green flag</li> <li>friends Green flag</li> <li>aunt / uncle Green flag</li> <li>teacher / coach / mentor Green flag</li> <li>therapist or counselor Green flag</li> <li>other [support_problems_other] Green flag</li> <li>nobody Yellow flag</li> </ul>
support_problem_other	When I have a problem, I go to my	if answered [support_problems_other] When I have a problem, I go to my	
like_spend_time_staff	<section-header>At home I usually like to spend timeChoose as many as you likeIstening to musicIstening to musicIstening to musicIstering to musicIstering to musicIstering to musicIstering to musicIstering to musicIstering to musicIstering to musi</br></br></section-header>	<text></text>	<ul> <li>listening to music</li> <li>studying</li> <li>with pets</li> <li>doing chores</li> <li>on social media</li> <li>physical activity</li> <li>drawing / art</li> <li>watching tv</li> <li>reading / writing</li> <li>eating</li> <li>with friends</li> <li>playing video games</li> <li>with family</li> <li>in nature / outdoors</li> <li>organized activities</li> <li>not sure</li> <li>other [likespendtimeother]</li> </ul>

 doing homework • with pets doing chores At home I usually like to spend time • on social media Choose as many as you like • playing sports 1 ö ٣ if answered [campertool] 5 drawing / art like spend time camper At home I usually like to spend time watching tv listening to doing with pets doing chores music homework reading / writing eating \* **P** Ď • with friends on social playing • playing video games watching tv drawing / art media sports with family • in nature / outdoors At home I spend my time... if answered [likespendtimeother] like\_spend\_time\_other At home I spend my time... camp • a friend's home • other family member's home I have spent one or more nights at the hospital Choose as many as you like school Ĥ if answered [campstafftool] • AirBnB / vacation home 1 Î sleepover where camp I have spent one or more nights at • campsite / RV camp a friend's other family the hospital home member's a hotel home • university or college • other [sleepover\_where\_other] ıAı 4 Å À • I have not spent a night away from home AirBnB / school campsite / a hotel [sleepfeedback] Yellow flag vacation RV home

• listening to music



I have spent one or more nights at Choose as many as you like

opportunity to grow and experience new things, and we're

have for your offering compart and a u

#### sleepover\_where\_camper

## sleepover\_where\_other

• camp

• a friend's house

• other family member's houses

schoolandwork	I am currently In school working	neither both	I am currently	<ul> <li>In school [student]</li> <li>working [working]</li> <li>neither</li> <li>both [working_student]</li> </ul>
connected_school	Going to school is	great it's OK not great awful	if answered [student,working_student] Going to school is	<ul> <li>great</li> <li>it's OK</li> <li>not great</li> <li>awful [school_awful] Yellow flag</li> </ul>
connected_work	Going to work is	great it's OK not great awful	if answered [working,working_student] Going to work is	<ul> <li>great</li> <li>it's OK</li> <li>not great</li> <li>awful [work_awful] Yellow flag</li> </ul>

# Going to work is awful because...

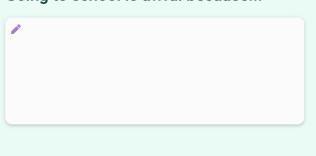
## work\_awful



if answered [work\_awful] Going to work is awful because...

Going to school is awful because...

## school\_awful



#### if answered [school\_awful] Going to school is awful because...

without\_technology

I will miss technology while I'm at camp Examples of technology are phones, TVs, videogame consoles, computers, etc.

 $\oslash$  $\oslash$  $\bigcirc$ never sometimes often always I will miss technology while I'm at camp

- never
- sometimes
- often [technologyfeedback]
- always [technologyfeedback] Yellow flag

#### without\_technology2

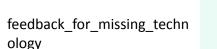
Other than camp, I am separated from technology

Examples of technology are phones, TVs, videogame consoles, computers, etc.



Other than camp, I am separated from technology

- never [technologyfeedback]
- sometimes [technologyfeedback]
- often [technologyfeedback]
- always [technologyfeedback] Yellow flag





Green Time Vs. Screen Time. Camp is a great way to explore new activities and connect with others in a different way. Remember, it's okay to miss technology, and we're here to support you.

ology

technology\_allowed

if answered [technologyfeedback] Thank you



Examples of technology are phones, TVs, videogame consoles, computers, etc.



I think technology at camp should be allowed

- no
- sometimes
- yes [technology\_purpose]

## I would like technology at camp because ...

technology\_purpose



#### if answered [technology\_purpose]

I would like technology at camp because...

<strong>Because of my diet, I DON'T eat





• beef

any meat

- fish
- pork

• any animal products (eggs, honey, milk, etc.)

- other [diet\_other]
- I eat all types of animal products

Because of my diet, I DON'T eat these things...

diet\_other

diet

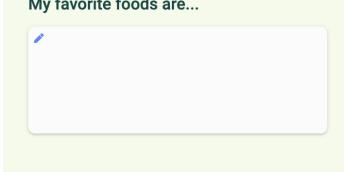
#### if answered [diet other]

<strong>Because of my diet, I DON'T eat these things...

allergies	Because of my allergies, I DON'T eat   Choose as many as you like   milk eggs   milk eggs   fish   crustacean /   shellfish   gluten   sesame   other   I don't have any   food allergies	<strong>Because of my allergies, I DON'T eat</strong>	<ul> <li>milk</li> <li>eggs</li> <li>fish</li> <li>crustacean / shellfish</li> <li>tree nuts</li> <li>peanuts</li> <li>gluten</li> <li>sesame</li> <li>soy</li> <li>other [diet_other]</li> <li>I don't have any food allergies</li> </ul>
allergies_other	Because of my allergies, I DON'T eat these things	if answered [diet_other] Because of my allergies, I DON'T eat these things	
eating_habits	With food, I like toeat the same thingsit dependstry new things	<strong>With food, I like to</strong>	<ul> <li>eat the same things</li> <li>it depends</li> <li>try new things</li> </ul>

# My favorite foods are...





<strong>My favorite foods are...</strong>

eatinghabits\_awayfromhome

I have trouble eating enough when I'm away from home



<strong>I have trouble eating enough when I'm away from home</strong>

#### • no

- sometimes
- yes [eatinghabitfeedback] Yellow flag



feedback\_for\_eating\_habits

Having trouble eating away from home is normal and understandable.

Remember, camp is here to support you and can help in finding food options that work for you.

if answered [eatinghabitfeedback] Thank you

eating_at_camp	Eating around other people at camp will be Choose as many as you like uncomfortable always Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconting Disconti	<strong>Eating around other people at camp will be</strong>	<ul> <li>uncomfortable always</li> <li>[eatingaroundothersfeedback] Yellow flag</li> <li>uncomfortable sometimes</li> <li>[eatingaroundothersfeedback] Yellow flag</li> <li>fine</li> <li>uncomfortable never</li> </ul>
feedback_for_eating_around _others	Feeling uneasy about eating around others is common, and it's okay to feel that way. We are here to help and can find ways to make meal times easier and more comfortable for you.	if answered [eatingaroundothersfeedback] Thank you	
food_at_camp	I am worried about the food at camp	I am worried about the food at camp	<ul> <li>no</li> <li>yes [worriedaboutfoodatcamp] {Worrie</li> <li>1} Yellow flag</li> </ul>

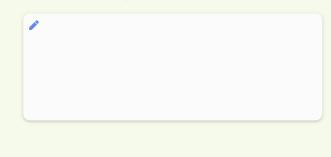
ı flag

/ flag

orries:

# What worries you about food at camp?

#### worriedaboutfoodtext

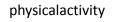


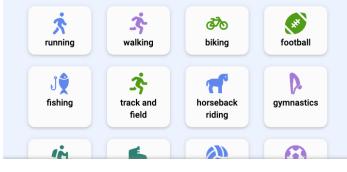
#### if answered [worriedaboutfoodatcamp]

<strong>What worries you about food at camp? </strong>

- running
- walking
- biking
- football
- fishing
- track and field
- horseback riding
- gymnastics
- hiking
- skating / hockey
- volleyball
- soccer
- rugby
- swimming

l like Choose as many activities as you like





I like to do this type of activity...

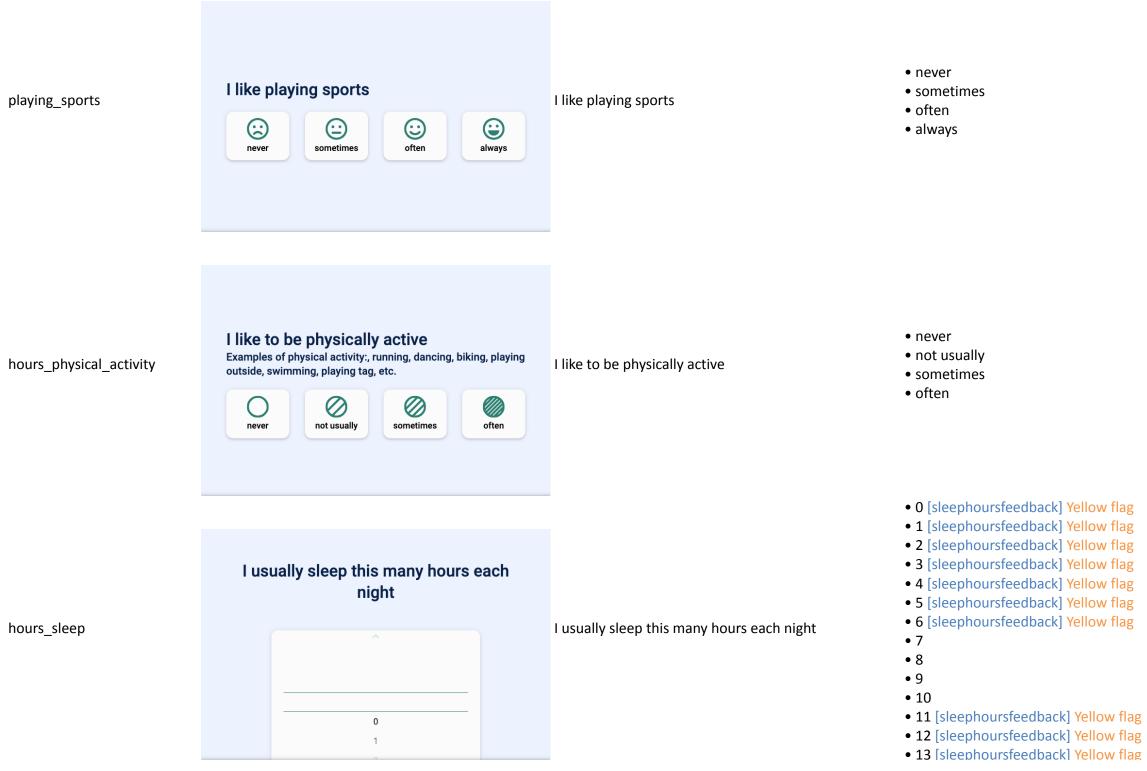
physicalactivity\_other



# if answered [playsportsother]

I like to do this type of activity...

I like



#### feedback\_for\_hours\_of\_slee р



Too much or too little sleep can affect how you feel. We are here to support you to get a good nights sleep.

# I usually go to bed at this time

# I usually go to bed at this time

if answered [sleephoursfeedback]

Thank you



- 8pm
- 9pm
- 10pm
- 11pm
- after 12am

#### • angry [2mhsjbf] {On most days feels (tally):1}

- worried [n4aots0] {On most days feels (tally):1}
- irritable [f8a7ixp] {On most days feels (tally):1}
- sad [i072e39] {On most days feels (tally): 1}
- tired [6naru95] {On most days feels (tally):1}
- ok [3c6kcrk]
- happy [ifri6q8]
- joyful [f5h8tap]
- excited [f5h8tap]

## time\_go\_to\_bed

mood

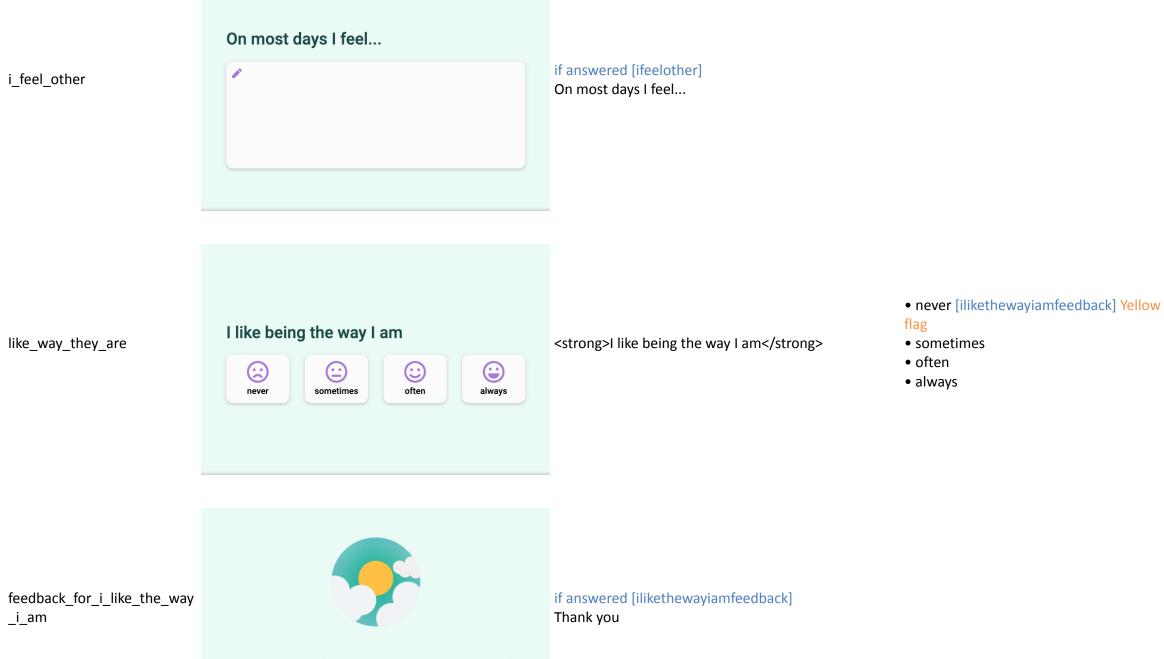
		befor	e 8pm		
		8	om		
		ays I feel			
Plea	se choose ι	up to <b>two</b> .			
	(m)	$\odot$	0	$\bigcirc$	
	angry	worried	irritable	sad	
	ungry	Wonned		344	
	6	$\bigcirc$	$\bigcirc$	$\bigcirc$	
	tired	ok	happy	joyful	

# On most days I feel

0 tired

6

...

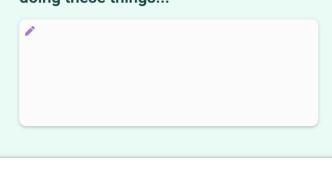


It's okay to feel unsure about yourself; lots of people do. Remember, everyone is different. At camp each belongs and matters.

#### These things help me with my life's ups and downs Choose as many as you like These things help me with my life's ups and downs 3 ر A prayer / religious excercise / sports meditation services **;†** 5 art / music being in nature reading / writing I cope with my life's ups and downs by doing these things... if answered [other spiritual]

coping\_other

coping



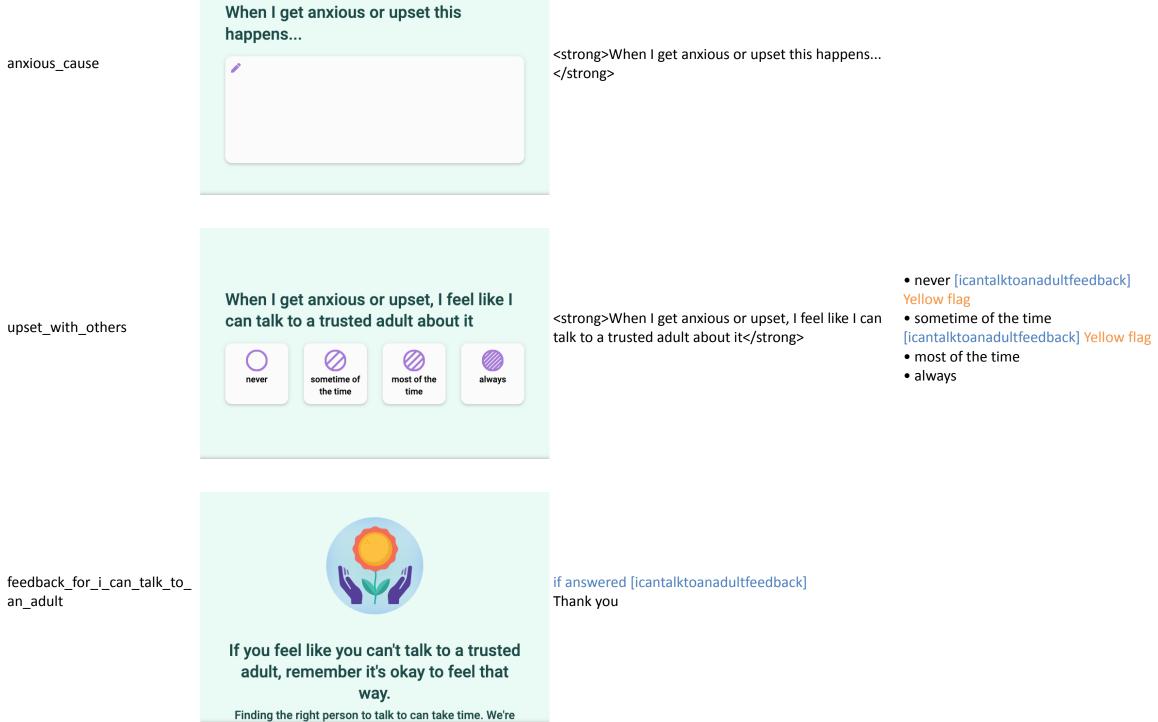
I cope with my life's ups and downs by doing these things...

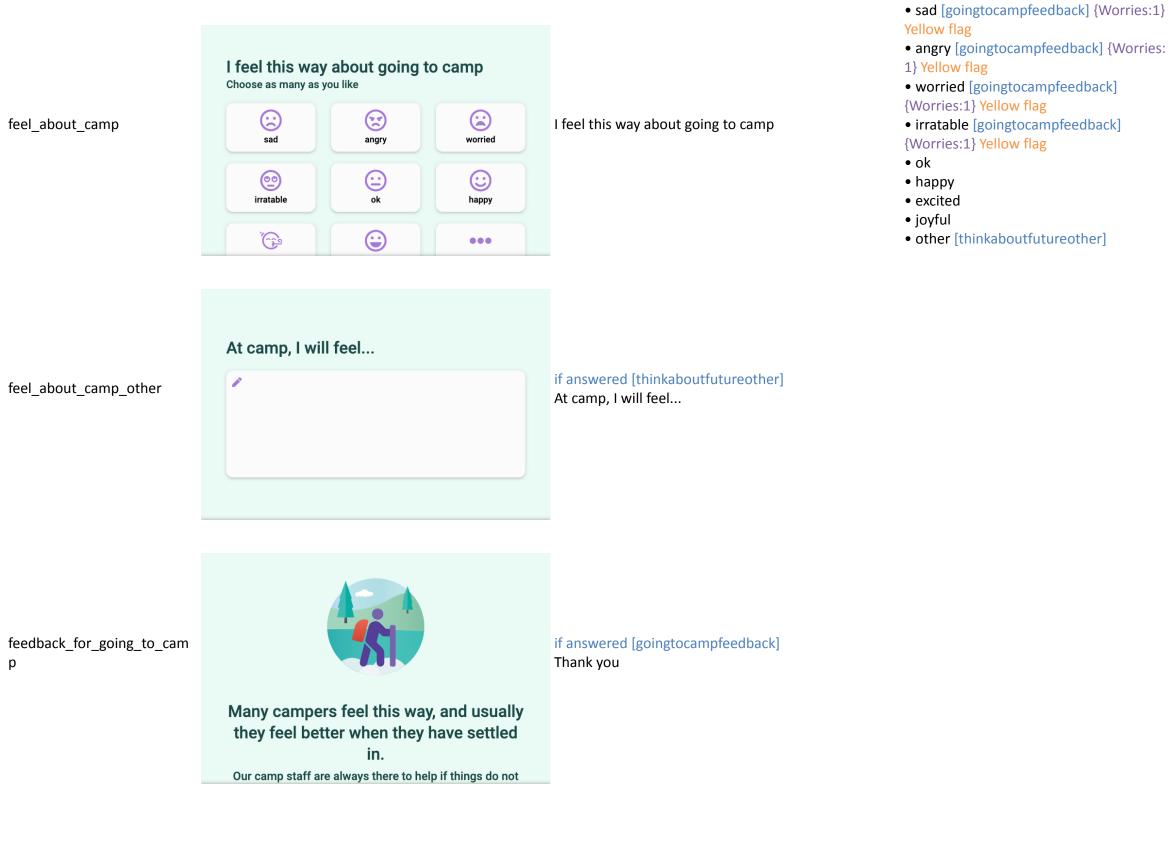
anxious\_when

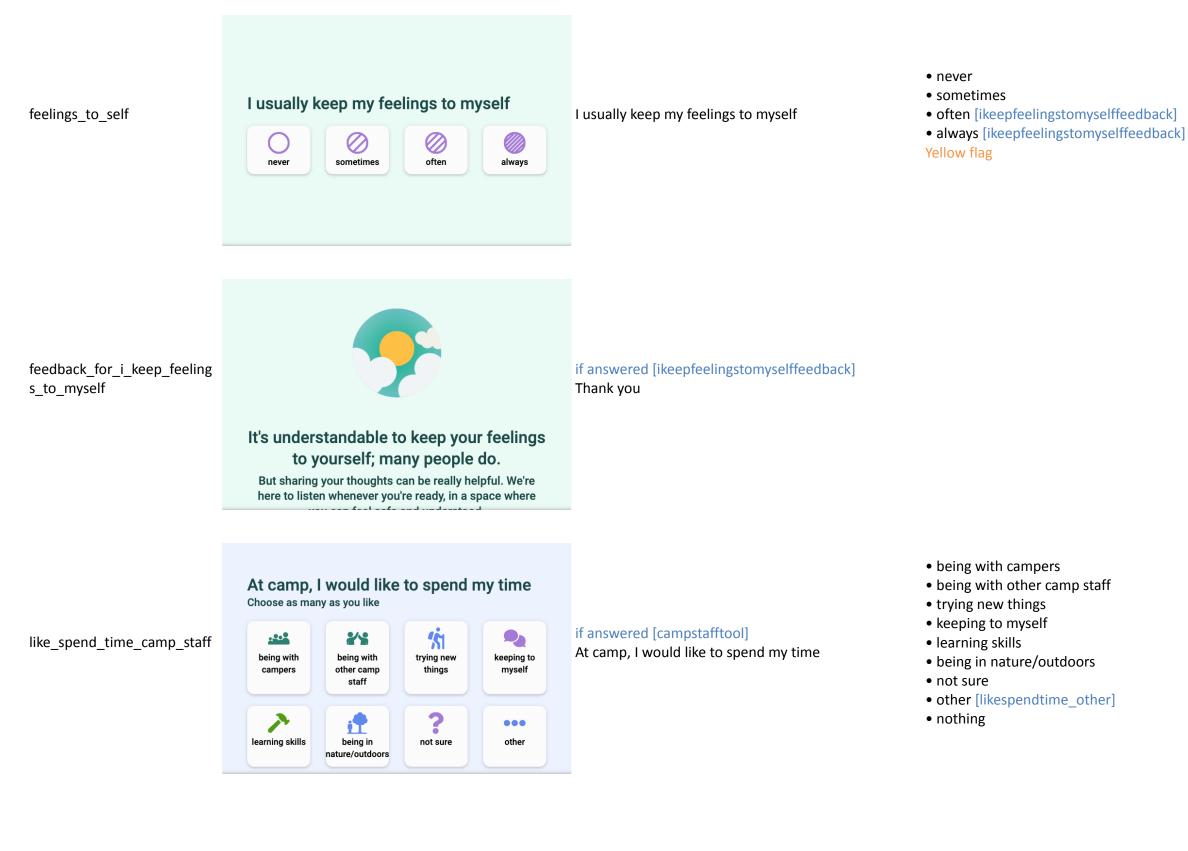
- prayer / religious services
- excercise / sports
- meditation
- art / music
- reading / writing
- being in nature
- spending time with friends
- pets / animals
- gaming
- talking to someone I trust
- other [other\_spiritual]
- nothing

<strong>l feel anxious or upset when...</strong>









like_spend_time_camp_cam per	At camp, I would like to spend my timeChoose as many as you likewith other camperswith other campersin n 	if answered [campertool] At camp, I would like to spend my time	<ul> <li>with other campers</li> <li>trying new things</li> <li>keeping to myself</li> <li>learning skills</li> <li>in nature/outdoors</li> <li>not sure</li> <li>other [likespendtime_other]</li> <li>nothing</li> </ul>
like_spend_time_other_cam p	At camp, I would like to spend my time	if answered [likespendtime_other] At camp, I would like to spend my time	
belongatcamp	I feel like I will really belong at camp         Strongly         disagree	I feel like I will really belong at camp	<ul> <li>strongly disagree</li> <li>[campbelongingfeedback] {Worries:1}</li> <li>Yellow flag</li> <li>disagree [campbelongingfeedback]</li> <li>{Worries:1} Yellow flag</li> <li>agree</li> <li>strongly agree</li> </ul>

# feedback\_for\_belonging\_at\_c

amp

# It's normal to feel out of place at camp, especially at first.

At camp each person is unique and we're here to make you feel comfortable and safe.

if answered [campbelongingfeedback] Thank you

- food {Worries:1}
- being a camp leader {Worries:1} Yellow flag
- visiting the bathroom
- [bathroomquestions] {Worries:1}
- handling camper conflicts {Worries:1} Yellow flag
- sleep {Worries:1}
- making friends {Worries:1}
- missing my family {Worries:1}
- not fitting in {Worries:1} Yellow flag
- living with a group {Worries:1}
- getting teased {Worries:1} Yellow flag
- getting sick or injured {Worries:1} Yellow
- food {Worries:1}
- getting teased {Worries:1} Yellow flag
- visiting the bathroom {Worries:1}
- sleep {Worries:1}
- making friends {Worries:1}
- missing my family {Worries:1}
- living with a group {Worries:1}
- not fitting in {Worries:1} Yellow flag
- getting sick or injured {Worries:1} Yellow flag
- my mental health {Worries:1} Yellow flag
- other [worried\_other] {Worries:1}
- nothing

# At camp I might worry about these things



At camp I might worry about these things

camp\_worry\_camper

camp\_worry\_staff



#### if answered [campertool]

if answered [campstafftool]

At camp I might worry about these things

At camp I might worry about these things

# At camp I am worried about...

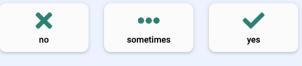
camp\_worry\_other



#### if answered [worried\_other] At camp I am worried about...

bathroomhabits\_awayfromh ome

I have trouble visiting the bathroom when I'm away from home



<strong>I have trouble visiting the bathroom when I'm away from home</strong>

#### • no

- sometimes [bathroomworry]
- yes [bathroomworry2] Yellow flag

What worries you about visting the bathroom at camp?

worriedaboutbathroomtext



#### if answered [bathroomworry,bathroomworry2]

What worries you about visting the bathroom at camp?

# I think I will be able to talk to a camp if answered [campertool] counselor when I need help

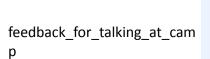
always

I think I will be able to talk to a camp counselor when • sometimes I need help

• never [talkingtostafffeedback] Yellow

## flag

- often
- always



talk\_camp\_staff



 $\oslash$ 

sometimes

Ο

never

 $\oslash$ 

often

It's normal to not feel comfortable talking to camp counselors. We're here for you, whenever you are ready.

if answered [talkingtostafffeedback] Thank you

I would like my camp counselors to know these things about me... Please include your feelings, what you like, your hobbies, and anything else you want to say

if answered [campertool]

I would like my camp counselors to know these things about me...

know\_about\_me

endmessage



Thank you for sharing your view.

Thank you for sharing your view! The camp staff will check out your responses so they can support you and the camp better.