

Sample Questions: The Belonging Barometer (Connectivity– Voice/Safety – Agency/Co-Creation)

1. I feel emotionally connected to (setting)?
2. People in (setting) welcome and include me in activities.
3. My relationships with others in (setting) are as satisfying as I want them to be.
4. I feel unable to be my whole and authentic self with people in (setting).
5. People in (setting) value me and my contributions.
6. I am comfortable expressing my opinions in (setting).
7. I am unable to influence decision-making in (setting).
8. I feel like an “insider” who understands how (setting) works.
9. I am treated as “less than” other youth in (setting).
10. When interacting with people in (setting), I feel like I truly belong.

Strongly Disagree, Disagree, Neither agree or disagree, Agree, Strongly Agree