

■ The SSHADESS Screen

KEY QUESTIONS you might ask in a SSHADESS screen follow. Positive or concerning responses will require a deeper level of questioning than included here.

- ▶ **STRENGTHS:** What do you like doing? How would you describe yourself? Tell me what you're most proud of. How would your best friends describe you?
- ▶ **SCHOOL:** What do you enjoy most/least about school? How many days have you missed or had to be excused early or arrived late to school? How are your grades? Any different from last year? Do you feel like you are doing your best at school? (If no) Why not? What's getting in the way? Do you feel safe on the way to school and in school? Do you participate in gym class? What would you like to do when you get older?
- ▶ **HOME:** Who do you live with? Any changes in your family? Could you talk to your family if you were stressed? Who would you go to first?
- ▶ **ACTIVITIES:** Are your friends treating you well? Do you have a best friend or adult you can trust outside your family? Are you still involved in the activities you were doing last year? What kind of things do you do just for fun? Are you spending as much time with your friends as you used to?
- ▶ **DRUGS/SUBSTANCE USE:** Do any of your friends talk about smoking cigarettes, taking drugs, or drinking alcohol? Do you smoke cigarettes? Drink alcohol? Have you tried sniffing glue, smoking weed, or using pills or other drugs? When/if you smoke, drink, or get high, how does it make you feel, or what does it do for you?
- ▶ **EMOTIONS/EATING/DEPRESSION:** Have you been feeling stressed? Do people get on your nerves more than they used to? Are you feeling more bored than usual? Do you feel nervous a lot? Have you been having trouble sleeping lately? (If yes) What kind of trouble? Would you describe yourself as a healthy eater? Have you been trying to gain or lose weight? Tell me why. Have you been feeling down, sad, or depressed? Have you thought of hurting yourself or someone else? Have you ever tried to hurt yourself?
- ▶ **SEXUALITY:** Are you attracted to anyone? Tell me about that person. (Using gender-neutral language) Are you comfortable with your sexual feelings? Are you attracted to guys, girls, or both? What kind of things have you done sexually? Kissing? Touching? Oral sex? Have you ever had sexual intercourse? Have you enjoyed it? What kind of steps do you take to protect yourself? Have you ever been worried that you could be pregnant? Have you ever been worried about or had a sexually transmitted infection?
- ▶ **SAFETY:** Are there a lot of fights at your school? Do you feel safe at school? Is there bullying? Have you been bullied? Do you carry weapons? What kinds of things make you mad enough to fight? Has anyone every touched you physically or sexually when you didn't want them to? Does your boyfriend/girlfriend get jealous? (Jealousy is an early sign of controlling, potentially abusive, relationships.) Do you ever get into fights with your boyfriend/girlfriend? Physical fights? Have you ever seen people in your family or home hurt each other? Say mean things? Throw things or hit each other?

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