

Comfort in Social Situations Survey

Read the following statements and rate what you think your comfort level would be in each situation using the scale below. There are no right or wrong answers. Answer quickly and do not over-think the situations. The way you answer the questions may be different depending on your own social group membership, such as your race/ethnicity, gender, age, size, or ability status. In some cases, you may not think a situation is personally applicable; if so, mark "N/A" in the space provided. After you have completed all sections, follow the instructions to create a total score for each section.

1	2	3	4	5
Very Comfortable	Comfortable	Neutral	Uncomfortable	Very Uncomfortable

Section A

- _____ Your best friend is dating someone who does not speak the same language as you.
- _____ A new student from the Middle East sits next to you in the cafeteria.
- _____ The doctor treating you went to medical school in China.
- _____ You attend a local concert and realize that your race is different from those surrounding you.
- _____ Your Social Studies teacher is a Black person.

Total: _____

Section B

- _____ You meet someone in a school club, but you are not sure of the student's gender.
- _____ Your friend's dad is a stay-at-home dad while the mother works.
- _____ You see a little boy playing with a princess Barbie.
- _____ You walk by a nail spa in the mall and see a man getting a manicure.
- _____ A transgender individual is using the same bathroom as you.

Total: _____

Section C:

- _____ You see two men holding hands.
- _____ A same-gender couple with two children move in next door.
- _____ You see two female adults kiss in the park.
- _____ Your best friend confides that he or she is gay.
- _____ In class you sit next to a student that came out last year.

Total: _____



Section D:

_____ You don't know whether to open a door for someone in a wheelchair.

_____ You are standing in line behind a deaf person at a fast food restaurant.

_____ You walk by a person with Down Syndrome in the grocery store.

_____ A student from the Autistic Support Room sits next to you in art class.

_____ You find out your friend is diagnosed as bipolar.

Total: _____

Section E:

_____ A nearby classmate has difficulty getting in and out of a desk due to her large size.

_____ In gym class, you are put in teams for a four-on-four volleyball game. The shortest person in the school is placed on your team.

_____ Your friend makes a joke about an overweight teacher.

_____ At recess, a very skinny student is not chosen for any of the kickball teams.

_____ You are waiting to get food behind an overweight person at a buffet.

Total: _____

Section F:

_____ You see an older adult with all-white hair playing soccer in an outdoor league.

_____ Your grandmother is always asking you for help with her smart phone.

_____ There is a 20-year difference in the age of your friend's parents.

_____ A 90-year-old man sits down near you in the movie theatre.

_____ Your friend asks if they can bring a younger sibling along to the mini-golf course with you.

Total: _____

Section G:

_____ You walk past a homeless person on a bench along the street.

_____ Your friend mentions qualifying for free/reduced lunch.

_____ You find out that a classmate's clothes come from Goodwill.

_____ A classmate invites you over to his mobile home for a birthday party.

_____ Your friend does not own a smart phone or computer.

Total: _____



Results: Compute total for each section by adding up the numbers from responses. If marked "N/A," it will be scored as a "3" before computing total for that section. Higher numbers indicate greater discomfort with social situations in that section.

_____ Section A: Race

_____ Section B: Gender

_____ Section C: Sexuality

_____ Section D: Disability

_____ Section E: Size

_____ Section F: Age

_____ Section G: Class

