

## Supplemental File

### Investigator-Developed Items.

These items are stand-alone questions and are not included in the scoring of already validated questionnaires used in the survey.

#### School/employment status:

Question: Think about the past 6 months, including now. Pick all the answers that are true for you.

- ☐ in school full-time
- ☐ in school part-time
- ☐ stopped going to school
- ☐ graduated from school, received a GED, or finished a training program
- ☐ had a paid or unpaid part-time job, internship or other training (less than 32 hours per week)
- ☐ had a paid or unpaid full-time job, internship, or training program (for 32 or more hours per week)
- ☐ I did not have a job or go to school

#### Voting status:

Question: Have you ever been registered to vote?

- ☐ Yes
- ☐ No

#### Race/policing:

Question: How often has at least one of your parents or another adult in your home talked to you about discrimination from police against your own racial or ethnic group?

- ☐ Never
- ☐ Sometimes
- ☐ A lot of times

#### Health Service Access:

Question: Are you able to get the physical healthcare services that you need? This includes things like doctor or dentist appointments

- ☐ Yes
- ☐ No

Question: Are you able to get the mental healthcare services that you need? This includes things like therapist, counselor, and psychiatrist appointments.

- ☐ Yes
- ☐ No

## Qualitative Interview Guides

### Semi-Structured Interview Guide for Youth Participants

*Note: Interviews will be conducted via Zoom. We will aim to include an equal number of Black, Latinx, and white youth, half with high scores and half with low scores on the critical consciousness measure in our baseline survey. Within each group, we will attempt to interview an equal number of males and females.*

#### Introduction:

My name is \_\_\_\_\_ and I work with the RISE Baltimore study at the Johns Hopkins Bloomberg School of Public Health. How are you doing today?

You remember the survey you took for the RISE study? Today we're going to be doing an interview instead of a survey. It should last about 30-45 minutes. This interview asks about different topics, such as activities you're involved in, issues you care about, and things that are stressful. Your information is important to us, and we want to understand your point of view. There are no right or wrong answers – just what's true for you. If any questions make you uncomfortable, you don't have to answer them. You can also stop the interview at any time.

You'll get a \$25 e-gift card about a day after you finish the interview. It will come from this email address: [specify]. If you don't get the e-gift card within one day, please let me know. You should also check your spam since sometimes it goes into spam.

I'm going to record this interview so that we have a record of what you tell us, but I'll only record audio, not video, to protect your confidentiality. We also won't include your name when we save the recording; we'll use a study number instead of your name.

Also, if you say your own name or another person's name during the interview, we'll delete it in the transcript to protect confidentiality. We'll store the transcript of this interview in a secure online folder with a password that only our study team has access to, and we'll delete the transcript after we analyze it.

We won't share your interview with your parents or caregivers or anyone else.

But there are a few special situations where we do need to share things you tell us with your caregivers or other people. If you tell us you want to harm yourself or someone else, we need to tell other people to keep you safe. If you tell us that you or another youth under 18 or an older adult or disabled individual are being neglected or abused, we need to report that information. We aren't going to ask you questions about these topics.

Also, just a heads up that if you tell us you're feeling very sad or depressed, a project leader may follow up with you to see if you need any support. We won't share this information outside the project unless you want us to. It's totally fine to share this information about how you're feeling, we just want you to know a project leader may follow up with you.

Do you have any questions? *[Answer any questions the participant may have.]*

Are you in a private space where others can't hear what you're saying? *[Make sure the participant is in a private space or give them time to get to a private space.]*

Are you ready to get started?

OK great. Let's turn our cameras off before I start recording so that we only get an audio recording.

*[Press record and request transcription option on zoom.]*

Q1: I'm going to start out with some questions about activities you enjoy. Tell me about what kinds of activities you like to do.

Probe: *[for each activity that the participant mentions]:*

- What is it about [activity] that you like?
- Tell me more about how it makes you feel.

Q2: Sometimes activities can make a person feel like they are making a difference or having a positive impact. Tell me about whether you do any activities that make you feel that way.

Probe: *[for each activity that the participant mentions]:*

- What is it about [activity] that makes you feel like you're having a positive impact?
- Tell me more about how it makes you feel.

Follow up: Tell me about whether there are other activities make you feel that way.

*Note: If the participant talked about social issues/social activism when they answered Q2, you can skip to Q4.*

Q3: Some young people are involved in thinking about social issues or doing activities to support social change, and some young people are not. Some examples of social issues are poverty, lack of housing, and gun violence.

Tell me about whether there are any issues or problems like these that you care about. These could be problems in your community or problems that affect people beyond your community.

Follow up: Why is this issue (or these issues) important to you?

*Note: If the participant says they don't care about social issues, say:*

Tell me about why you don't care about these kinds of issues.

Tell me about what types of things matter more to you than these kinds of issues.

*Then you can skip to Q10*

*Note: For Q4-Q9, if the participant has mentioned more than one social issue they care about, try to ask about each one separately to get a sense of how they got interested in each one, whether they are part of activities for each one, etc.*

Q4: How did you get interested in this issue/issues?

Follow up: When did you first start caring about this issue/issues? (probe about experiences they may have had that sparked their interest)  
Who helped you get interested in this? (Probe about family involvement, peer involvement)  
Tell me about how your interest in this issue/issues has impacted you.

Q5. Tell me about whether you have ever done an activity to help create positive change on this issue. (Probe about groups or activities or events they may have participated in or art they may have made about it.)

Follow up: Tell me about when you were involved in this activity (or group or event).  
Tell me about how long you were involved with this activity (or group or event).  
Tell us about a memory you have of this activity (or group or event).  
Why did you decide to do this activity? (Probe about what seemed important to them about the activity or group or event.)

*Note: If the participant has never been involved with an activity, group, or event related to the issue/issues they mentioned, say:*

Tell me about why you have not been involved. (Probe about whether they were not aware of any activities, groups, or events they could participate in. If they were aware of options, probe about why they decided not to take part.

*Then you can skip to Q10.*

Q6. How involved are you currently with the issue? (e.g., readings, groups, activities, arts)

Q7. What would you say to someone who didn't think this issue was important?

Q8. Tell me about whether it feels like you are helping create change when you've been involved with this issue. (Probe about whether they feel like they are making a positive difference.)

Q9. Tell me about whether being involved with those issues affects your mood or how you feel.

If they say yes, probe: Tell me more about that.  
Tell me about whether it affects how you feel about

yourself? How you feel about your community or about the US?

Q10. Tell me about whether there are social issues that are important to your family members or people who are close to you. (Probe about which people in their lives care about social issues and how they are involved in addressing the issues.)

Q11. Tell me about whether there are social issues that are important to your friends. (Probe about how their friend/friends are involved in addressing the issues.)

Q12. Now I'm going to shift a little and ask you about things that stress you out. What kinds of things stress you out?

Probe:           What about those things stresses you out?  
How do you think that stress affects you in your daily life?

Over the last year, what has been stressful?  
[Can probe on COVID-related stressors and race-related stressors]

Q13. How do you deal with your stress?

Probe:           Think about something that stresses you, how do you deal with that?  
Tell me about whether that helps you manage stress.

Q14. How do you know when stress is getting to you? What do you notice? (Probe about what they notice physically and with their emotions, behavior, and relationships.)

Q15. And finally, I want to hear about how you feel when things are going well for you. (Probe about what they notice physically and with their emotions, behavior, and relationships.)

Follow up:      What brings you happiness and joy?  
What makes you feel calm and peaceful? What makes you feel hopeful?

That's all the questions I have. Thank you! We appreciate your time and all the information you shared today. You'll be getting your \$25 gift card by email, as well as a list of local resources, so make sure to look out for it and to check your spam too. Please let us know if you don't receive the gift card. You'll also be getting an email with a link to answer a few questions about this interview. Those questions will help us understand if there's anything we need to change about the interview format or questions.

Do you have any questions before we end? [Answer questions, if there are any.]

### Semi-Structured Interview Guide for Parents

#### Introduction:

My name is \_\_\_\_\_, my pronouns are \_\_\_\_\_, and I work with the RISE Baltimore study at the Johns Hopkins Bloomberg School of Public Health. How are you doing today?

Your child [*child's name*] is participating in the RISE study, and they recently did an interview with us. Today I'll be interviewing you. The interview should last about 30-45 minutes. I'll be asking about different topics, such as your child's moods, stress, and things they enjoy, activities you and your child are involved in, and issues you care about. Your information is important to us, and we want to understand your point of view. There are no right or wrong answers – just what's true for you. If any questions make you uncomfortable, you don't have to answer them. You can also stop the interview at any time.

You'll get a \$25 e-gift card about a day after you finish the interview. It will come from this email address: [*specify*]. If you don't get the e-gift card within one day, please let me know. You should also check your spam since sometimes it goes into spam.

I'm going to record this interview so that we have a record of what you tell us, but I'll only record audio, not video, to protect your confidentiality. We also won't include your name when we save the recording; we'll use a study number instead of your name. Also, if you say your own name or another person's name during the interview, we'll delete it in the transcript to protect confidentiality. We'll store the transcript of this interview in a secure online folder with a password that only our study team has access to, and we'll delete the transcript after we analyze it.

We won't share your interview with anyone outside the research team, except in very special circumstances, such as if you share that a child is being abused or neglected; we won't ask you about those kinds of topics.

Do you have any questions? [*Answer any questions the participant may have.*]

Are you in a private space where others can't hear what you're saying? [*Make sure the participant is in a private space or give them time to get to a private space.*]

Are you ready to get started?

OK great. Let's turn our cameras off before I start recording so that we only get an audio recording.

[*Press record and request transcription option on zoom.*]

Q1: I'm going to start out with some questions about activities your child enjoys. Tell me about what kinds of activities they like to do.

Probe: [for each activity that the participant mentions]:

- What is it about [activity] that your child likes?

Q2: Sometimes activities can make a person feel like they are making a difference or having a positive impact. Tell me about whether your child does any activities that make them feel that way.

Probe: [for each activity that the participant mentions]:

- What is it about [activity] that makes your child feel like they're having a positive impact?
- Tell me more about how it makes them feel.

Follow up: Tell me about whether there are other activities that seem to make them feel that way.

*Note: If the participant talked about their child's social issues/social activism when they answered Q2, you can skip to Q4.*

Q3: Some young people are involved in thinking about social issues or doing activities to support social change, and some young people are not. Some examples of social issues are poverty, lack of housing, and gun violence.

Tell me about whether there are any issues or problems like these that your child cares about. These could be problems in your community or problems that affect people beyond your community.

Follow up: Why is this issue (or these issues) important to them?

*Note: If the participant says their child doesn't care about social issues, say:*

Tell me about why you think your child isn't so interested in these kinds of issues.

Tell me about what types of things matter more to your child than these kinds of issues.

*Then you can skip to Q10*

*Note: For Q4-Q9, if the participant has mentioned more than one social issue their child cares about, try to ask about each one separately to get a sense of how they got interested in each one, whether they are part of activities for each one, etc.*

Q4: How did your child get interested in this issue/issues?

Follow up: When did they first start caring about this issue/issues? (probe about experiences they may have had that sparked their interest)

Who helped them get interested in this? (Probe about family involvement, peer involvement)

Q5. Tell me about whether your child has ever done an activity to help create positive change on this issue. (Probe about groups or activities or events they may have participated in or art they may have made about it.)

Follow up: Tell me about when they were involved in this activity (or group or event).  
Tell me about how long they were involved with this activity (or group or event).  
Why did they decide to do this activity? (Probe about what seemed important to them about the activity or group or event.)

*Note: If the participant has never been involved with an activity, group, or event related to the issue/issues they mentioned, say:*

Tell me about why you think your child has not been involved. (Probe about whether they were not aware of any activities, groups, or events they could participate in. If they were aware of options, probe about why they decided not to take part.

Q6: Have you seen your child's interest in this issue change over time? How?

Follow up: Has your child's participation in activities related to the issue changed over time? How?

Q7: How does your child's involvement affect them?

Q8: How does it make them feel?

Probe regarding:

- whether it makes them feel more than one way
- whether and how it affects their child's stress level
- why they think it has these effects on their child



Q10: Now I want to shift a bit and learn more about you. We just talked about your child's interest in social issues. Please tell me about whether you are interested in any social issues – these could be issues or problems in your community or problems that affect people beyond your community.

Why is this issue (or these issues) important to you?

Q11: How did you first get interested in this issue or issues?

Follow up: When did you first start caring about this issue/issues?  
(probe about experiences they may have had that  
sparked their interest)  
Who helped you get interested in this?

Q12. Tell me about the role this issue played in your life.

Probe: Tell me more about how this issue fits into the way you see yourself, your place in the world, your role as a parent.

Q13. How involved are you currently in doing activities related to this issue or issues? (e.g., readings, groups, activities, arts)

Probe regarding:

- what their involvement looks like
- how long they have been involved in these or other activities related to the issue
- whether they used to be involved in activities but are no longer involved

Q14: How does your involvement make you feel?

Probe regarding:

- whether it makes them feel more than one way
- why they think it makes them feel that way

Q15: How does your involvement affect you?

Q16: How does it make you feel?

Probe regarding:

- whether it makes them feel more than one way
- whether and how it affects their stress level
- why they think it has these effects on them

Q17: Tell me about whether you have shared this interest with your child.

Probe : How have you shared your interest?

How did this affect your child?

How has this affected your relationship with your child?

Q18. Tell me about whether you've ever involved your child in activities to help create positive change on this issue.

Q19. How often do you and your child discuss social issues in general?

Q20. What values do you try to teach or communicate to your child?

Probe: How do you do that? Tell me about ways you do that. Please provide an example.

Is there anything else you'd like to share related to the topics we just talked about?

That's all the questions I have. Thank you! We appreciate your time and all the information you shared today. You'll be getting your \$25 gift card by email, as well as a list of local resources, so make sure to look out for it and to check your spam too. Please let us know if you don't receive the gift card. You'll also be getting an email with a link to answer a few questions about this interview. Those questions will help us understand if there's anything we need to change about the interview format or questions.

Do you have any questions before we end? *[Answer questions, if there are any.]*

Thanks again!