

The S.A.F.E. Diagnostic survey provides a clear picture of how fully Conscious Discipline's S.A.F.E. Framework is implemented in your school, program, or district — and pinpoints the practices and elements that can most effectively support your next phase of growth. Upon completion, you'll receive a personalized snapshot highlighting your strengths and opportunities across all four S.A.F.E. domains.

There are no wrong answers. This is a reflection, not a test — honest responses give you the most useful results.

Three Questions It Answers

	Question	Answer
1	Where am I?	Your current level across Sustained Leadership (S), Adult Self-Regulation (A), Fostering Community (F), and Engaged Classroom (E).
2	What does good look like?	Clear benchmarks for each S.A.F.E. domain at every level.
3	What are the outcomes?	Measurable impact on behavior, culture, and key metrics.

What It Measures

The diagnostic maps to the four domains of the S.A.F.E. Framework — Conscious Discipline's model for school and district implementation:

Domain	Title	Focus	Description
S	Sustained Leadership	LEADERSHIP	We empower leaders to drive sustainable change through embedded practices, data-informed systems, and consistent implementation.
A	Adult Self-Regulation	ADULT MINDSET	We start with the adult. By building self-awareness, emotional regulation, and composure, educators model the behavior they want to see.
F	Foster Community	CULTURE & SYSTEMS	We foster strong, meaningful relationships through rituals, inclusive practices, and systems that prioritize empathy and connection.
E	Engaged Classrooms	CLASS MANAGEMENT	We design physical and emotional spaces that promote safety, reduce conflict, and optimize learning.

What to Expect

The survey walks you through six steps:

Step	Title	Description
1	Who are you?	Select your role — principal, district leader, coach, director, teacher, parent, and more. This tailors your results to your implementation journey.
2	Your priorities	Choose what you're most focused on — school climate, staff burnout, behavior, family engagement, or leadership.
3	A moment to reflect	A brief overview of Conscious Discipline and S.A.F.E., followed by your agreement to continue.
4	The self-assessment	Rate statements across all four S.A.F.E. areas based on what's true for your school or system today.
5	Your email	Enter your email so we can send your personalized summary.
6	Results and next steps	See your scores, a visual snapshot of all four domains, and recommendations matched to your results.

How the rating works: In Step 4 you'll rate statements about your school using a star scale — for example, "Adults model composure under stress" or "Students feel emotionally safe and connected". Some areas also include a short checklist. Rate what's true now, not what you're working toward.

Your Results

Each S.A.F.E. domain gets a score from 0 to 5:

Score	Label	What it means
0	None	Not yet part of your school's practice
1	New to This	You're beginning to explore this area
2	Growing	Early practice is in place and developing
3	Getting There	Consistent application is taking hold
4	Sounds Like Us	This reflects how most of your community operates
5	We Are Doing It!	Fully embedded — your school is a model for this

You'll also see a bar chart of all four domains side-by-side and personalized Conscious Discipline recommendations matched to your scores and stated priorities.

After You Finish

Action	Description
Download a PDF	Save or share your results with your team or leadership.
Share your results	Send your summary to colleagues for a shared starting point.
Connect with a specialist	Talk through your results and explore next steps with a Conscious Discipline specialist.

Quick Tips

- ✓ 10 minutes, uninterrupted, is all you need.
- ✓ Answer for now — not what you're aiming for.
- ✓ Reflect at the level you know best: your school, program, or system.

Questions? Reach out to your Conscious Discipline contact or connect with a specialist directly from your results page.