

2013 Youth Risk Behavior Survey

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to develop better health education for young people like yourself.

Please **DO NOT write your name** on this survey or on the answer sheet. The answers you give will be kept private. No one will be able to connect your answers to you. Answer the questions based on what you really do. If you like, you may use an extra piece of paper to cover your answers.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

The questions that ask about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name. **No names will ever be reported.**

Make sure to read every question. Then, use the **answer sheet** to mark your response. Make sure that the question numbers on the survey form *match* the ones on your answer sheet. Fill in the ovals *completely*. If you need help understanding a question, raise your hand and the teacher or survey administrator will assist you.

When you finish, please remain seated. At the end of class, the teacher will place the answer sheets in an envelope and seal it.

Directions

- Use a #2 pencil to mark answers on the **separate answer sheet**.
- Make solid marks and completely fill in the bubble *on the answer sheet* that matches your response.
- Erase completely any marks you wish to change and any stray marks.
- If you need help understanding a word or a question, raise your hand.

Thank you very much for your help.

1. How old are you?

- a. 12 years old or younger
- b. 13 years old
- c. 14 years old
- d. 15 years old
- e. 16 years old
- f. 17 years old
- g. 18 years old or older

2. In what grade are you?

- a. 8th grade
- b. 9th grade
- c. 10th grade
- d. 11th grade
- e. 12th grade
- f. Ungraded or other grade

3. Are you Hispanic or Latino?

- a. Yes
- b. No

4. What is your race? (Select one or more responses.)

- a. American Indian or Alaska Native
- b. Asian
- c. Black or African American
- d. Native Hawaiian or other Pacific Islander
- e. White

5. Which of the following best describes you?

- a. Female
- b. Male
- c. Transgender, male-to-female
- d. Transgender, female-to-male
- e. Transgender, do not identify as exclusively male or female
- f. Not sure

6. Would you say that you are...?

- a. Only straight/heterosexual
- b. Mostly straight/heterosexual
- c. Bisexual
- d. Mostly lesbian/gay
- e. Only lesbian/gay

- 7. During *this* school year, how would you describe your grades in school?**
- a. Mostly A's
 - b. Mostly B's
 - c. Mostly C's
 - d. Mostly D's
 - e. Mostly F's
 - f. None of these grades
- 8. On an average school day, about how much time do you spend doing homework outside of school?**
- a. None
 - b. Half an hour or less
 - c. More than half an hour but less than an hour
 - d. 1 hour
 - e. 2 hours
 - f. More than 2 hours
- 9. Which of the following best describes your family? (Choose the one best answer.)**
- a. I live with both parents.
 - b. I live with a single parent.
 - c. Sometimes I live with my mom and sometimes my dad.
 - d. I live with a parent and a step-parent.
 - e. I live with foster parents.
 - f. I live with my grandparents or other adult relatives who take care of me.
 - g. Other
- 10. What is the highest level of schooling your mother (or step-mother or female foster parent / guardian) completed?**
- a. Grade school or less
 - b. Some high school
 - c. High school
 - d. Some college
 - e. College degree
 - f. Graduate or professional school after college
 - g. Don't know
- 11. How do you describe your health in general?**
- a. Excellent
 - b. Very good
 - c. Good
 - d. Fair
 - e. Poor

12. When was the last time you saw a doctor or health care provider for a check-up or physical exam when you were NOT sick or injured?

- a. During the past 12 months
- b. Between 12 and 24 months ago
- c. More than 24 months ago
- d. Never
- e. Not sure

13. On a typical school night, how many hours of sleep do you get?

- a. 4 or less hours
- b. 5 hours
- c. 6 hours
- d. 7 hours
- e. 8 hours
- f. 9 hours
- g. 10 or more hours

The next few questions ask about personal safety.

14. When you rode a bicycle during the past 12 months, how often did you wear a helmet?

- a. I did not ride a bicycle during the past 12 months
- b. Never wore a helmet
- c. Rarely wore a helmet
- d. Sometimes wore a helmet
- e. Most of the time wore a helmet
- f. Always wore a helmet

15. How often do you wear a seat belt when *riding in* a car driven by someone else?

- a. Never
- b. Rarely
- c. Sometimes
- d. Most of the time
- e. Always

16. During the past 30 days, how many times did you *ride* in a car or other vehicle *driven by someone who had been drinking alcohol*?

- a. 0 times
- b. 1 time
- c. 2 or 3 times
- d. 4 or 5 times
- e. 6 or more times

17. During the past 30 days, how many times did you *drive* a car or other vehicle *when you had been drinking alcohol*?

- a. 0 times
- b. 1 time
- c. 2 or 3 times
- d. 4 or 5 times
- e. 6 or more times

18. During the past 30 days, how many days did you *text or e-mail* while *driving a car or other vehicle*?

- a. I did not drive a car or other vehicle during the past 30 days
- b. 0 days
- c. 1 or 2 days
- d. 3 to 5 days
- e. 6 to 9 days
- f. 10 to 19 days
- g. 20 to 29 days
- h. All 30 days

The next set of questions asks about BULLYING. For this survey, being bullied means being repeatedly called names, teased in a hurtful or malicious way, threatened, hit, kicked or pushed or being repeatedly ignored or shunned by a group, usually because one or two people in the group insist on it. CYBERBULLYING is when bullying takes place through text messages, Email messages, instant messaging, or a Web site.

19. In the past 12 months, have you been bullied by another young person?

- a. No
- b. Yes

20. In the past 12 months have you been bullied by another young person *on school property*?

- a. No
- b. Yes

21. In the past 12 months, have you been *cyberbullied* by another young person – that is, bullied by another young person through text messages, email, Instant Messages, or Web sites?

- a. No
- b. Yes

22. How much do you agree or disagree with the following statement?

Bullying is a serious problem in my school.

- a. Strongly disagree
- b. Disagree
- c. Neither agree nor disagree
- d. Agree
- e. Strongly agree

23. How much do you agree or disagree with the following statement?

Bullying is a serious problem in my neighborhood.

- a. Strongly disagree
- b. Disagree
- c. Neither agree nor disagree
- d. Agree
- e. Strongly agree

24. How much do you agree or disagree with the following statement? If I tell a parent, teacher or other adult about being bullied, the adult(s) will try to help me stop it.

- a. Strongly disagree
- b. Disagree
- c. Neither agree nor disagree
- d. Agree
- e. Strongly agree

25. How much do you agree or disagree with the following statement? Most adults in this community think bullying is only a small problem.

- a. Strongly disagree
- b. Disagree
- c. Neither agree nor disagree
- d. Agree
- e. Strongly agree

The next set of questions asks about violence-related behaviors.

26. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?

- a. 0 days
- b. 1 day
- c. 2 or 3 days
- d. 4 or 5 days
- e. 6 or 7 days
- f. 8 or more days

- 27. During the past 30 days, on how many days did you carry a gun?**
- a. 0 days
 - b. 1 day
 - c. 2 or 3 days
 - d. 4 or 5 days
 - e. 6 or 7 days
 - f. 8 or more days
- 28. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club *on school property*?**
- a. 0 days
 - b. 1 day
 - c. 2 or 3 days
 - d. 4 or 5 days
 - e. 6 or 7 days
 - f. 8 or more days
- 29. During the past 30 days, on how many days did you *not* go to school because you felt you would be unsafe at school or on your way to or from school?**
- a. 0 days
 - b. 1 day
 - c. 2 or 3 days
 - d. 4 or 5 days
 - e. 6 or 7 days
 - f. 8 or more days
- 30. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club *on school property*?**
- a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or 7 times
 - f. 8 or 9 times
 - g. 10 or 11 times
 - h. 12 or more times

- 31. During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books *on school property*?**
- a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or 7 times
 - f. 8 or 9 times
 - g. 10 or 11 times
 - h. 12 or more times
- 32. During the past 12 months, how many times were you in a physical fight?**
- a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or 7 times
 - f. 8 or 9 times
 - g. 10 or 11 times
 - h. 12 or more times
- 33. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?**
- a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or more times
- 34. During the past 12 months, how many times were you in a physical fight *on school property*?**
- a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or 7 times
 - f. 8 or 9 times
 - g. 10 or 11 times
 - h. 12 or more times

- 35. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?**
- a. No
 - b. Yes
- 36. During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose, such as being hit, slammed into something, or injured with an object or weapon?**
- a. I did not date or go out with anyone during the past 12 months
 - b. 0 times
 - c. 1 time
 - d. 2 or 3 times
 - e. 4 or 5 times
 - f. 6 or more times
- 37. Have you ever been physically forced to have sexual intercourse when you did not want to?**
- a. No
 - b. Yes
- 38. During the past 12 months, how many times did someone you were dating or going out with force you to do sexual things that you did not want to do, such as kissing, touching, or being physically forced to have sexual intercourse?**
- a. I did not date or go out with anyone during the past 12 months
 - b. 0 times
 - c. 1 time
 - d. 2 or 3 times
 - e. 4 or 5 times
 - f. 6 or more times
- 39. Have you ever had a partner in a dating or serious relationship who always wanted to know your whereabouts?**
- a. No
 - b. Yes
- 40. Have you ever had a partner in a dating or serious relationship who called you names or put you down verbally?**
- a. No
 - b. Yes

The next set of questions asks about feeling sad or hopeless or thoughts of suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide; that is, taking some action to end their own life.

- 41. During the past 12 months, did you ever feel so sad or hopeless almost every day for *two weeks or more in a row* that you stopped doing some usual activities?**
- a. No
 - b. Yes
- 42. During the past 12 months, did you ever *seriously* consider attempting suicide?**
- a. No
 - b. Yes
- 43. During the past 12 months, did you make a plan about how you would attempt suicide?**
- a. No
 - b. Yes
- 44. During the past 12 months, how many times did you actually attempt suicide?**
- a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or more times
- 45. *If you attempted suicide* during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?**
- a. I did not attempt suicide in the past 12 months
 - b. No
 - c. Yes

The next set of questions asks about cigarette and tobacco use.

- 46. Have you ever tried cigarette smoking, even one or two puffs?**
- a. No
 - b. Yes

47. How old were you when you smoked a whole cigarette for the first time?

- a. I have never smoked a whole cigarette
- b. 8 years old or younger
- c. 9 or 10 years old
- d. 11 or 12 years old
- e. 13 or 14 years old
- f. 15 or 16 years old
- g. 17 years old or older

48. During the past 30 days, on how many days did you smoke cigarettes?

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 to 29 days
- g. All 30 days

49. During the past 30 days, on the days you smoked, how many cigarettes did you smoke *per day*?

- a. I did not smoke cigarettes during the past 30 days
- b. Less than 5 cigarettes per day
- c. 6 to 10 cigarettes per day
- d. 11 to 20 cigarettes per day
- e. More than 20 cigarettes (a pack) per day

50. During the past 30 days, how did you *usually* get your own cigarettes?

(Select only one response.)

- a. I did not smoke cigarettes during the past 30 days
- b. I bought them in a store such as a convenience store, supermarket, discount store, or gas station
- c. I bought them in a vending machine
- d. I gave someone else money to buy them for me
- e. I borrowed (or bummed) them from someone else
- f. A person 18 years old or older gave them to me
- g. I took them from a store or family member
- h. I got them some other way

- 51. During the past 30 days, on how many days did you smoke cigarettes *on school property*?**
- a. 0 days
 - b. 1 or 2 days
 - c. 3 to 5 days
 - d. 6 to 9 days
 - e. 10 to 19 days
 - f. 20 to 29 days
 - g. All 30 days
- 52. During the past 12 months, did you ever try *to quit* smoking cigarettes?**
- a. I did not smoke during the past 12 months
 - b. Yes
 - c. No
- 53. How much do you think people risk harming themselves (physically or in other ways) if they smoke one or more packs of cigarettes per day?**
- a. No risk
 - b. Slight risk
 - c. Moderate risk
 - d. Great risk
- 54. During the past 30 days, on how many days did you use *chewing tobacco, snuff, or dip*, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?**
- a. 0 days
 - b. 1 or 2 days
 - c. 3 to 5 days
 - d. 6 to 9 days
 - e. 10 to 19 days
 - f. 20 to 29 days
 - g. All 30 days
- 55. During the past 30 days, on how many days did you smoke *cigars, cigarillos, or little cigars*?**
- a. 0 days
 - b. 1 or 2 days
 - c. 3 to 5 days
 - d. 6 to 9 days
 - e. 10 to 19 days
 - f. 20 to 29 days
 - g. All 30 days

The next questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

56. During your life, on how many days have you had at least one drink of alcohol?

- a. 0 days
- b. 1 or 2 days
- c. 3 to 4 days
- d. 5 to 9 days
- e. 10 to 19 days
- f. 20 to 39 days
- g. 40 to 99 days
- h. 100 or more days

57. How old were you when you had your first drink of alcohol other than a few sips?

- a. I have never had a drink of alcohol other than a few sips
- b. 8 years old or younger
- c. 9 or 10 years old
- d. 11 or 12 years old
- e. 13 or 14 years old
- f. 15 or 16 years old
- g. 17 years old or older

58. During the past 30 days, on how many days did you have at least one drink of alcohol?

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 to 29 days
- g. All 30 days

59. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 to 29 days
- g. All 30 days

60. During the past 30 days, what is the largest number of alcoholic drinks you had in a row, that is, within a couple of hours?

- a. I did not drink alcohol during the past 30 days
- b. 1 or 2 drinks
- c. 3 drinks
- d. 4 drinks
- e. 5 drinks
- f. 6 or 7 drinks
- g. 8 or 9 drinks
- h. 10 or more drinks

61. During the past 30 days, how did you *usually* get the alcohol you drank?

(Select only one response.)

- a. I did not drink alcohol during the past 30 days
- b. I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station
- c. I bought it at a restaurant, bar, or club
- d. I bought it at a public event such as a concert or a sporting event
- e. I gave someone else money to buy it for me
- f. Someone gave it to me
- g. I took it from a store or family member
- h. I got it some other way

62. During the past 30 days, on how many days did you have at least one drink of alcohol *on school property*?

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 to 29 days
- g. All 30 days

63. How many of the students in your grade at school would *you* say drink beer, wine, or other alcoholic beverages?

- a. None of them
- b. A few of them
- c. About half of them
- d. Most of them
- e. All of them

- 64. How much do you agree or disagree with the following statement? If someone my age wanted to get some beer, wine, or other alcohol, it would be easy to do.**
- a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree
- 65. How much do you think people risk harming themselves (physically or in other ways) if they take one or two drinks of an alcoholic beverage (beer, wine or liquor) nearly every day?**
- a. No risk
 - b. Slight risk
 - c. Moderate risk
 - d. Great risk
- 66. How much do you think people risk harming themselves (physically or in other ways) if they have 5 or more drinks of an alcoholic beverage (beer, wine, liquor) within a couple of hours?**
- a. No risk
 - b. Slight risk
 - c. Moderate risk
 - d. Great risk

The next few questions ask about marijuana use. Marijuana is also called weed, grass, or pot.

- 67. During your life, how many times have you used marijuana?**
- a. 0 times
 - b. 1 or 2 times
 - c. 3 to 4 times
 - d. 5 to 9 times
 - e. 10 to 19 times
 - f. 20 to 39 times
 - g. 40 to 99 times
 - h. 100 or more times

68. How old were you when you tried marijuana for the first time?

- a. I have never tried marijuana
- b. 8 years old or younger
- c. 9 or 10 years old
- d. 11 or 12 years old
- e. 13 or 14 years old
- f. 15 or 16 years old
- g. 17 years old or older

69. During the past 30 days, how many times did you use marijuana?

- a. 0 times
- b. 1 or 2 times
- c. 3 to 4 times
- d. 5 to 9 times
- e. 10 to 19 times
- f. 20 to 39 times
- g. 40 or more times

70. During the past 30 days, how many times did you use marijuana *on school property*?

- a. 0 times
- b. 1 or 2 times
- c. 3 to 4 times
- d. 5 to 9 times
- e. 10 to 19 times
- f. 20 to 39 times
- g. 40 or more times

71. How much do you think people risk harming themselves (physically or in other ways) if they smoke marijuana regularly?

- a. No risk
- b. Slight risk
- c. Moderate risk
- d. Great risk

The next few questions ask about other drug use.

- 72. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?**
- a. 0 times
 - b. 1 or 2 times
 - c. 3 to 4 times
 - d. 5 to 9 times
 - e. 10 to 19 times
 - f. 20 to 39 times
 - g. 40 or more times
- 73. How old were you when you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high for the first time?**
- a. I have never tried inhalants
 - b. 8 years old or younger
 - c. 9 or 10 years old
 - d. 11 or 12 years old
 - e. 13 or 14 years old
 - f. 15 or 16 years old
 - g. 17 years old or older
- 74. During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?**
- a. 0 times
 - b. 1 or 2 times
 - c. 3 to 4 times
 - d. 5 to 9 times
 - e. 10 to 19 times
 - f. 20 to 39 times
 - g. 40 or more times
- 75. During your life, how many times have you taken *steroid pills or shots* without a doctor's prescription?**
- a. 0 times
 - b. 1 or 2 times
 - c. 3 to 4 times
 - d. 5 to 9 times
 - e. 10 to 19 times
 - f. 20 to 39 times
 - g. 40 or more times

- 76. During your life, how many times have you used ecstasy (also known as X, T, or MDMA)?**
- a. 0 times
 - b. 1 or 2 times
 - c. 3 to 4 times
 - d. 5 to 9 times
 - e. 10 to 19 times
 - f. 20 to 39 times
 - g. 40 or more times
- 77. During your life, how many times have you used *any* form of cocaine, including powder, crack, or freebase?**
- a. 0 times
 - b. 1 or 2 times
 - c. 3 to 4 times
 - d. 5 to 9 times
 - e. 10 to 19 times
 - f. 20 to 39 times
 - g. 40 or more times
- 78. During your life, how many times have you used *heroin* (also called smack, junk, or China White)?**
- a. 0 times
 - b. 1 or 2 times
 - c. 3 to 4 times
 - d. 5 to 9 times
 - e. 10 to 19 times
 - f. 20 to 39 times
 - g. 40 or more times
- 79. During your life, how many times have you used *methamphetamines* (also called speed, crystal, crank, or ice)?**
- a. 0 times
 - b. 1 or 2 times
 - c. 3 to 4 times
 - d. 5 to 9 times
 - e. 10 to 19 times
 - f. 20 to 39 times
 - g. 40 or more times

- 80. During your life, how many times have you used *hallucinogenic drugs*, such as LSD, acid, PCP, angel dust, mescaline, or mushrooms?**
- a. 0 times
 - b. 1 or 2 times
 - c. 3 to 4 times
 - d. 5 to 9 times
 - e. 10 to 19 times
 - f. 20 to 39 times
 - g. 40 or more times
- 81. During your life, how many times have you used a needle to inject any illegal drug into your body?**
- a. 0 times
 - b. 1 time
 - c. 2 or more times
- 82. During your life, how many times have you taken a *prescription drug* (such as OxyContin, Vicodin, Percocet, Codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?**
- a. 0 times
 - b. 1 or 2 times
 - c. 3 to 4 times
 - d. 5 to 9 times
 - e. 10 to 19 times
 - f. 20 to 39 times
 - g. 40 or more times
- 83. During your life, how many times have you taken over-the-counter (OTC) drugs such as cold, allergy or sleep preparations in order to get high or to change your mood?**
- a. 0 times
 - b. 1 or 2 times
 - c. 3 to 4 times
 - d. 5 to 9 times
 - e. 10 to 19 times
 - f. 20 to 39 times
 - g. 40 or more times
- 84. During the past 12 months, has anyone offered, sold, or given you an illegal drug *on school property*?**
- a. No
 - b. Yes

85. How wrong do your parents feel it would be *for you* to drink beer, wine, or hard liquor (for example, vodka, whisky or gin) regularly?

- a. Very wrong
- b. Wrong
- c. A little bit wrong
- d. Not at all wrong

86. How wrong do your parents feel it would be *for you* to smoke cigarettes?

- a. Very wrong
- b. Wrong
- c. A little bit wrong
- d. Not at all wrong

87. How wrong do your parents feel it would be *for you* to smoke marijuana?

- a. Very wrong
- b. Wrong
- c. A little bit wrong
- d. Not at all wrong

The next few questions ask about sexual behavior and contraceptive use.

88. Have you ever had sexual intercourse?

- a. Yes
- b. No

89. How old were you when you had sexual intercourse for the first time?

- a. I have never had sexual intercourse
- b. 11 years old or younger
- c. 12 years old
- d. 13 years old
- e. 14 years old
- f. 15 years old
- g. 16 years old
- h. 17 years old or older

90. During your life, with how many people have you had sexual intercourse?

- a. I have never had sexual intercourse
- b. 1 person
- c. 2 people
- d. 3 people
- e. 4 or more people

- 91. During your lifetime, with whom have you had sexual contact?**
- I have never had sexual contact
 - Males
 - Females
 - Females and males
- 92. During the past 3 months, have you had sexual intercourse?**
- Yes
 - No
- 93. Did you drink alcohol or use drugs before you had sexual intercourse the *last time*?**
- I have never had sexual intercourse
 - Yes
 - No
- 94. The *last time* you had sexual intercourse did you or your partner use a condom?**
- I have never had sexual intercourse
 - Yes
 - No
- 95. The *last time* you had sexual intercourse, what *one* method did you or your partner use to *prevent pregnancy*? (Select only one response.)**
- I have never had sexual intercourse
 - No method was used to prevent pregnancy
 - Birth control pills
 - Condoms
 - An IUD (such as Mirena or ParaGuard) or implant (such as Implanon or Nexplanon)
 - Depo-Provera (injectable birth control)
 - Withdrawal or some other method
 - Not sure
- 96. Have you ever been pregnant or gotten someone pregnant?**
- No
 - Yes
- 97. Have you ever been tested for any sexually transmitted infections?**
- Yes
 - No
 - Not sure

98. Have you ever been taught about AIDS or HIV infection in school?

- a. Yes
- b. No
- c. Not sure

99. Have you ever been tested for HIV, the virus that causes AIDS? (Do not count tests done if you donated blood)

- a. Yes
- b. No
- c. Not sure

Thinking about all the health classes you have had, including any class you are taking now, how much do you agree or disagree with the following statements?

100. My health classes have taught me useful information about the prevention of sexually-transmitted infections, including HIV.

- a. Strongly disagree
- b. Disagree
- c. Neither agree nor disagree
- d. Agree
- e. Strongly agree

101. My health classes have taught me about communication and decision-making skills needed to prevent sexually-transmitted infections.

- a. Strongly disagree
- b. Disagree
- c. Neither agree nor disagree
- d. Agree
- e. Strongly agree

102. My health classes have used interesting activities to teach me about prevention of sexually-transmitted infections.

- a. Strongly disagree
- b. Disagree
- c. Neither agree nor disagree
- d. Agree
- e. Strongly agree

The next questions ask about body weight.

- 103. How do you describe your weight?**
- a. Very underweight
 - b. Slightly underweight
 - c. About the right weight
 - d. Slightly overweight
 - e. Very overweight
- 104. Which of the following are you trying to do about your weight?**
- a. *Lose* weight
 - b. *Gain* weight
 - c. *Stay* the same weight
 - d. I am *not trying to do anything* about my weight
- 105. During the past 30 days, did you *exercise* to lose weight or to keep from gaining weight?**
- a. No
 - b. Yes
- 106. During the past 30 days, did you *eat less food, fewer calories, or foods low in fat* to lose weight or to keep from gaining weight?**
- a. No
 - b. Yes
- 107. During the past 30 days, did you *go without eating for 24 hours or more (also called fasting)* to lose weight or to keep from gaining weight?**
- a. No
 - b. Yes
- 108. During the past 30 days, did you *take any diet pills, powders, or liquids without a doctor's advice* to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)**
- a. No
 - b. Yes
- 109. During the past 30 days, did you *vomit or take laxatives* to lose weight or to keep from gaining weight?**
- a. No
 - b. Yes

The next few questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.

- 110. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice?** (*Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.*)
- I did not drink 100% fruit juice during the past 7 days
 - 1 to 3 times during the past 7 days
 - 4 to 6 times during the past 7 days
 - 1 time per day
 - 2 times per day
 - 3 times per day
 - 4 or more times per day
- 111. During the past 7 days, how many times did you eat fruit?** (*Do not count fruit juice.*)
- I did not eat fruit during the past 7 days
 - 1 to 3 times during the past 7 days
 - 4 to 6 times during the past 7 days
 - 1 time per day
 - 2 times per day
 - 3 times per day
 - 4 or more times per day
- 112. During the past 7 days, how many times did you eat green salad?**
- I did not eat green salad during the past 7 days
 - 1 to 3 times during the past 7 days
 - 4 to 6 times during the past 7 days
 - 1 time per day
 - 2 times per day
 - 3 times per day
 - 4 or more times per day
- 113. During the past 7 days, how many times did you eat potatoes?** (*Do not count french fries, fried potatoes, or potato chips.*)
- I did not eat potatoes during the past 7 days
 - 1 to 3 times during the past 7 days
 - 4 to 6 times during the past 7 days
 - 1 time per day
 - 2 times per day
 - 3 times per day
 - 4 or more times per day

- 114. During the past 7 days, how many times did you eat *carrots*?**
- a. I did not eat carrots during the past 7 days
 - b. 1 to 3 times during the past 7 days
 - c. 4 to 6 times during the past 7 days
 - d. 1 time per day
 - e. 2 times per day
 - f. 3 times per day
 - g. 4 or more times per day
- 115. During the past 7 days, how many times did you eat *other vegetables*?**
(Do not count green salad, potatoes, or carrots.)
- a. I did not eat other vegetables during the past 7 days
 - b. 1 to 3 times during the past 7 days
 - c. 4 to 6 times during the past 7 days
 - d. 1 time per day
 - e. 2 times per day
 - f. 3 times per day
 - g. 4 or more times per day
- 116. During the past 7 days, how many glasses of milk did you drink?** (Include the milk you drank in a glass or cup, from a carton, or with cereal. Count the half-pint of milk served at school as equal to 1 glass.)
- a. I did not drink milk during the past 7 days
 - b. 1 to 3 glasses during the past 7 days
 - c. 4 to 6 glasses during the past 7 days
 - d. 1 glass per day
 - e. 2 glasses per day
 - f. 3 glasses per day
 - g. 4 or more glasses per day
- 117. During the past 7 days, how many times did you drink a can, bottle or glass of soda such as Coke, Pepsi or Sprite?** (Do not include diet soda.)
- a. I did not drink soda during the past 7 days
 - b. 1 to 3 times during the past 7 days
 - c. 4 to 6 times during the past 7 days
 - d. 1 time per day
 - e. 2 times per day
 - f. 3 times per day
 - g. 4 or more times per day

118. During the past 7 days, on how many days did you eat *breakfast*?

- a. 0 days
- b. 1 day
- c. 2 days
- d. 3 days
- e. 4 days
- f. 5 days
- g. 6 days
- h. 7 days

The next few questions ask about exercise, sports teams and other activities.

119. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? *(Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)*

- a. 0 days
- b. 1 day
- c. 2 days
- d. 3 days
- e. 4 days
- f. 5 days
- g. 6 days
- h. 7 days

120. On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?

- a. 0 days
- b. 1 day
- c. 2 days
- d. 3 days
- e. 4 days
- f. 5 days
- g. 6 days
- h. 7 days

121. On an average school day, how many hours do you watch TV?

- a. I do not watch TV on an average school day
- b. Less than 1 hour per day
- c. 1 hour per day
- d. 2 hours per day
- e. 3 hours per day
- f. 4 hours per day
- g. 5 or more hours per day

- 122. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work?** *(Include activities like Nintendo, PlayStation, Xbox, computer games and the Internet.)*
- a. I do not play video or computer games on an average school day
 - b. Less than 1 hour per day
 - c. 1 hour per day
 - d. 2 hours per day
 - e. 3 hours per day
 - f. 4 hours per day
 - g. 5 or more hours per day
- 123. On an average school day, how many hours do you spend using a computer, cell phone, or other device to email, play games, surf the Web, Instant Message, or text with friends?**
- a. I do not use a computer, cell phone, or other device on an average school day
 - b. Less than 1 hour per day
 - c. 1 hour per day
 - d. 2 hours per day
 - e. 3 hours per day
 - f. 4 hours per day
 - g. 5 or more hours per day
- 124. How often would you say you talk to people via the internet that you do not know, but have met online?**
- a. All the time
 - b. Very often
 - c. Sometimes
 - d. Not very often
 - e. Not at all
- 125. Have you ever had a scary online experience, or an online experience that has made you uncomfortable in any way?**
- a. No
 - b. Yes
- 126. During the past 12 months, on how many sports teams did you play?** *(Include any teams run by your school or community groups.)*
- a. 0 teams
 - b. 1 team
 - c. 2 teams
 - d. 3 or more teams

- 127. On an average school day, about how much time are you physically active *outside*?** *(Include PE, walking, running, cycling, skateboarding, exercising, sports practice and games, and playing with friends)*
- a. None
 - b. Half an hour or less
 - c. More than half an hour but less than an hour
 - d. 1 hour
 - e. 2 hours
 - f. More than 2 hours
- 128. During the past 7 days, on how many days were you physically active *outside* for at least 60 minutes per day?** *(Include PE, walking, running, cycling, skateboarding, exercising, sports practice and games, and playing with friends.)*
- a. 0 days
 - b. 1 day
 - c. 2 days
 - d. 3 days
 - e. 4 days
 - f. 5 days
 - g. 6 days
 - h. 7 days
- 129. When you are outside for more than one hour on a sunny day, how often do you wear sunscreen with an SPF of 15 or higher?**
- a. Never
 - b. Rarely
 - c. Sometimes
 - d. Most of the time
 - e. Always
- 130. In the past year, have you had a job, other than doing chores around the house?** *(Include work such as babysitting and lawn mowing for pay and summer jobs.)*
- a. No
 - b. Yes
- 131. In the past month, about how many hours per week did you work at a job** *(other than household chores)?*
- a. 0 hours
 - b. 1 to 5 hours
 - c. 6 to 10 hours
 - d. 11 to 15 hours
 - e. 16 to 20 hours
 - f. Over 20 hours

The next few questions ask about gang membership and activity.

- 132. During the past 12 months, have you been a member of a gang?**
- a. No
 - b. Yes
- 133. During the past 12 months, did you have friends who were members of a gang?**
- a. No
 - b. Yes
- 134. During the past 12 months, were there gang members in either your school or in your neighborhood?**
- a. No
 - b. Yes
- 135. How much do you agree or disagree with the following statement? You are safer and have protection if you join a gang.**
- a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree
- 136. How much do you agree or disagree with the following statement? Being in a gang makes it more likely you will get into trouble or get hurt.**
- a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree
- 137. Have you ever been approached about joining a gang?**
- a. No
 - b. Yes

- 138. If you had an important concern about drugs, alcohol, sex or some other serious issue, would you talk to your parent(s) about it?**
- a. Yes
 - b. Probably yes
 - c. I'm not sure
 - d. Probably not
 - e. No
- 139. If you had an important concern about drugs, alcohol, sex or some other serious issue, would you talk to a responsible adult *other than your parents*, such as a teacher, coach, mentor, counselor, youth program leader, family friend, or extended family member about it?**
- a. Yes
 - b. Probably yes
 - c. I'm not sure
 - d. Probably not
 - e. No
- 140. How many adults have you known for *two or more years* who spend a lot of time helping other people?**
- a. 0 people
 - b. 1 person
 - c. 2 people
 - d. 3 or 4 people
 - e. 5 or more people
- 141. How many adults have you known for *two or more years* who do things that are wrong or dangerous?**
- a. 0 people
 - b. 1 person
 - c. 2 people
 - d. 3 or 4 people
 - e. 5 or more people
- 142. How much do you agree or disagree with the following statement?
In my town or city, I feel like I matter to people.**
- a. Strongly disagree
 - b. Disagree
 - c. Neither agree nor disagree
 - d. Agree
 - e. Strongly agree

143. How much do you agree or disagree with the following statement?

Adults in my town listen to what I have to say.

- a. Strongly disagree
- b. Disagree
- c. Neither agree nor disagree
- d. Agree
- e. Strongly agree

The last two questions ask about your weight and height. Please think about how much you weigh and how tall you are *without your shoes!*

144. Height: How tall are you without your shoes on? *Your answer should be in feet and inches.*

145. Weight: How much do you weigh without your shoes on? *Your answer should be in pounds. If you weigh less than 100 pounds, put a zero in the first column of the answer box.*

***This is the end of the survey. Please remain seated until the end of class.
Thank you very much!***