

Healthy Youth Survey 2010 Survey Results

Statewide Results

Grade 6

RMC Research Corporation
111 SW Columbia Street, Suite 1200
Portland, OR 97201

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Healthy Youth Survey 2010 Survey Results

Statewide Results, Grade 6

Number of students surveyed:	11772
Number of valid responses:	11549
Estimate of enrolled students:*	13528
Survey participation rate:**	85%

Introduction and Overview

The impact of adolescent health risk behaviors remains a primary concern of citizens throughout the country. Many health problems experienced by adolescents are caused by a very few preventable behaviors. Patterns of alcohol, tobacco, and other drug (ATOD) use and related risk behaviors are often formed during adolescence. These patterns play an important role in health throughout adulthood.

This report presents results from the fall 2010 Healthy Youth Survey in Washington State. This survey was sponsored by the Department of Health (DOH), Office of Superintendent of Public Instruction, the Department of Social and Health Services, the Department of Commerce, the Family Policy Council, and the Liquor Control Board in cooperation with schools throughout the state of Washington.

For each item, local results appear in the first two columns and statewide results appear in the second two columns. The number of valid responses (“*n*”) appears in parentheses for each item. Survey items covering the same topics are grouped together (the item numbering is specific to this report and does not necessarily reflect the item order on the actual survey). The bulleted points and graphs included at the beginning of this report highlight selected findings. Additional information may be found in the *Interpretive Guide* posted to the Healthy Youth Survey web site (<http://www.hys.wa.gov/>).

Survey participation rates can be found on the Healthy Youth Survey web site. The following guidance from DOH may be used when reviewing your results. However, if a particular group(s) of students did not complete the survey and therefore did not contribute to your results, there may be limitations to your results even if you have a high participation rate (i.e., if differences exist between students who *did* and who *did not* complete the survey). There may be value in discussing the potential limitations when using the results in this report.

- 70% or greater participation—Results are probably representative of students in this grade.
- 40–69% participation—Results may be representative of students in this grade.
- Less than 40% participation—Results are likely not representative of students in this grade but do reflect students who completed the survey.

Key to the Notes

The survey was administered in 4 versions: Forms A and B (or alternate Form NS, identical to Form B but without the sexual behavior questions) were administered to students in Grades 8, 10, and 12. Forms A and B (or NS) contained a core set of common items (see “List of Core Items” on the last page of this report) and additional items unique to each form. Form C was administered to students in Grade 6. This form consisted primarily of items drawn from Forms A and B but also included some unique items. Several items on each form were optional at the discretion of the school; schools that did not administer the optional items tore off the last page of the survey booklet. The following notes are used throughout this report to document the differences between the items on different versions and indicate the optional items:

- A = wording on Form A
- B = wording on Form B (and NS)
- C = wording on Form C
- † = optional item

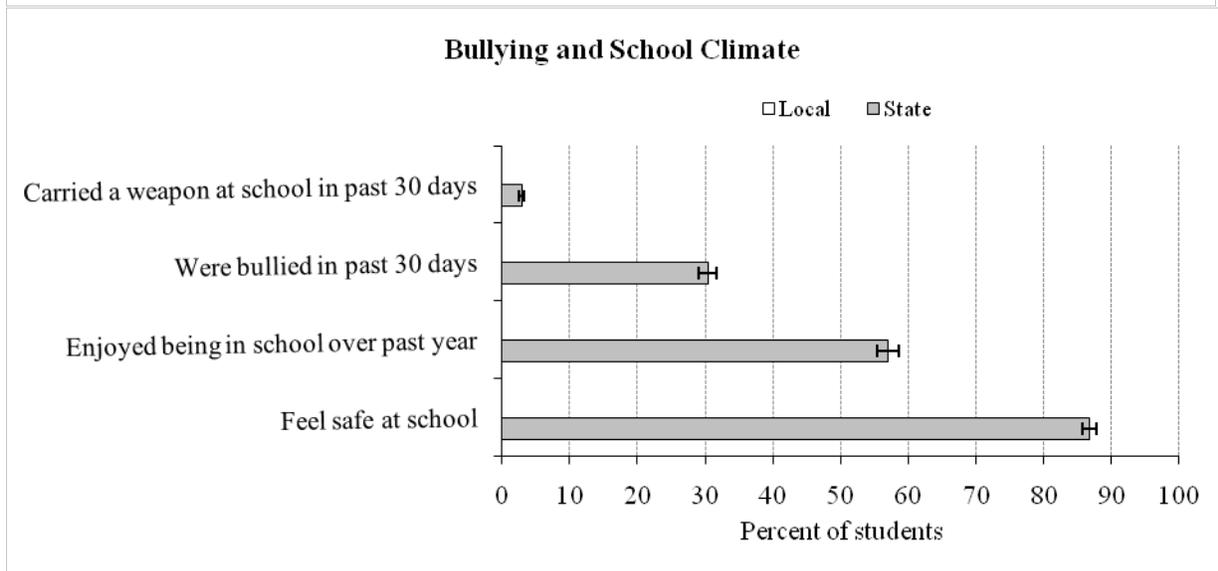
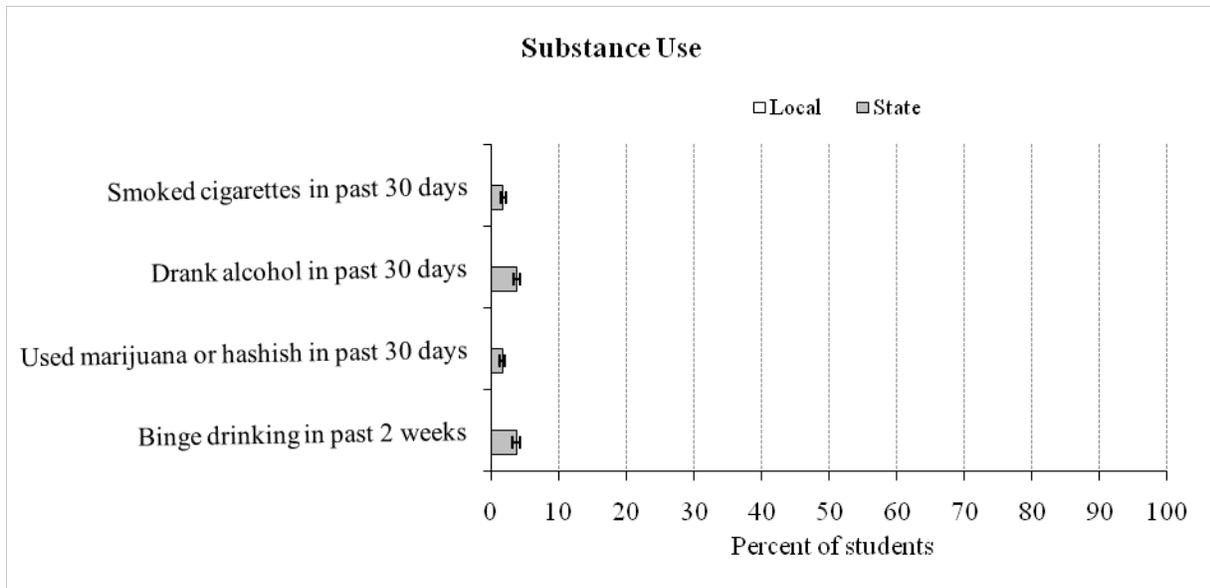
* Estimate of enrolled students based on figures from the 2008–2009 school year, provided by OSPI (or later if school not in 2008 enrollment file).

** Participation rate = valid responses ÷ enrolled students (may be >100% if enrollment greater in 2010 than 2008).

Highlights of the Local Results

Students statewide reported the following behaviors and attitudes:

	Statewide
▪ Smoking cigarettes in the past 30 days (see item 24).	1.7% (± 0.4%)
▪ Drinking alcohol in the past 30 days (see item 28).	3.8 (± 0.5)
▪ Using marijuana or hashish in the past 30 days (see item 29).	1.6 (± 0.4)
▪ Drinking five or more drinks in a row in the past 2 weeks (see Item 55).	3.7 (± 0.6)
▪ Carrying a weapon at school in the past 30 days (see item 101).	2.9 (± 0.4)
▪ Being bullied in the past 30 days (see item 122).	30.4 (± 1.4)
▪ Enjoyed being in school over the past year (see item 191).	57.1 (± 1.6)
▪ Feeling safe at school (see item 202).	86.8 (± 1.1)



Selected Results by Gender

Selected items are presented by gender to highlight any differences between females and males. The p-values reported after each item can be used to examine whether differences in the local data between females and males are statistically significant. A p-value of less than .05 means, for the local results, there is a significant difference between females and males (i.e., the probability that the difference occurred by chance is less than 5%). To ensure student anonymity, local results are suppressed for each item on this page if any cell (e.g., females who reported smoking) represented fewer than 10 students.

During the past 30 days, on how many days did you smoke cigarettes? (See item 24.)

	State (n = 11,129)	
	Female	Male
None	98.6%	97.9%
1 or more	1.4	2.1

During the past 30 days, on how many days did you drink a glass, can or bottle of alcohol (beer, wine, wine coolers, hard liquor)? (See item 28.)

	State (n = 11,072)	
	Female	Male
None	97.0%	95.5%
1 or more	3.0	4.5

Think back over the last 2 weeks. How many times have you had five or more drinks in a row? (A drink is a glass of wine, a bottle of beer, a shot glass of liquor, or a mixed drink.) (See item 55.)

	State (n = 10,854)	
	Female	Male
None	97.3%	95.4%
Once or more	2.8	4.6

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? (See item 110.)

[Only on the secondary version of the survey.]

In the last 30 days, how often have you been bullied? (See item 122.)

	State (n = 10,826)	
	Female	Male
I have not been bullied	69.9%	69.3%
Once or more	30.1	30.7

I feel safe at my school. (See item 202.)

	State (n = 11,323)	
	Female	Male
No	10.5%	16.0%
Yes	89.5	84.0

General Information

[Item 1 appears only on the secondary version of the survey.]

		State
2.	How old are you?	(<i>n</i> = 11,523)
	a. 10 or younger	2.1% (± 0.3%)
	b. 11	72.7 (± 1.4)
	c. 12	24.3 (± 1.3)
	d. 13	0.8 (± 0.2)
	e. 14	0.1 (± 0.1)
	f. 15 or older	0.0 (± 0.0)

		State
3.	Are you:	(<i>n</i> = 11,512)
	a. Female	50.3% (± 0.9%)
	b. Male	49.7 (± 0.9)

		State
4.	How do you describe yourself? (Select one or more responses.)	(<i>n</i> = 11,201)
	b. Asian or Asian American	8.9% (± 2.3%)
	a. American Indian or Alaskan Native	4.8 (± 0.8)
	c. Black or African-American	5.6 (± 1.5)
	d. Hispanic or Latino/Latina	14.9 (± 3.6)
	e. Native Hawaiian or other Pacific Islander	1.8 (± 0.4)
	f. White or Caucasian	37.6 (± 4.4)
	g. Other	14.5 (± 1.1)
	<i>More than one race/ethnicity marked</i>	12.0 (± 1.1)

[Item 5 appears only on the secondary version of the survey.]

		State
6.	What language is usually spoken in the home?	(<i>n</i> = 11,412)
	a. English	80.5% (± 4.1%)
	b. Spanish	12.0 (± 3.7)
	c. Other	7.5 (± 2.0)

[Items 7–13 appear only on the secondary version of the survey.]

		State
14.	How honest were you in filling out this survey?	(<i>n</i> = 10,099)
	a. I was very honest	89.6% (± 1.0%)
	b. I was honest pretty much of the time	9.0 (± 0.9)
	c. I was honest some of the time	1.5 (± 0.3)
	d. I was honest once in a while	Surveys pulled
	e. I was not honest at all	Surveys pulled

Alcohol, Tobacco, and Other Drug Use

Alcohol, tobacco, and other drug use has been a major concern in this country for many years. The consequences of ATOD use are well known. In the short term, ATOD use interferes with positive physical, emotional, and social development. In the long term, ATOD use is associated with delinquency and criminal activity, unintended injuries, and a variety of health complications including shorter life expectancy. The economic costs of ATOD use are enormous (in Washington State an estimated \$1.81 billion in 1990, \$2.54 billion in 1996, and \$5.21 billion in 2005). Tobacco use is the world's leading cause of preventable death, disease, and disability. This section provides information about lifetime ATOD use (which in part reflects experimental use), use in the past 30 days (i.e., current use), and other tobacco-, alcohol-, and drug-related issues.

Lifetime Use

[Item 15 appears only on the secondary version of the survey.]

- | | |
|---|-------------------------------|
| 16. Have you ever had more than a sip or two of beer, wine, or hard liquor (for example, vodka, whiskey, or gin)?
(Computed from item 211 or 212.) | State
(<i>n</i> = 10,970) |
| a. No | 73.7% (± 1.2%) |
| b. Yes | 26.3 (± 1.2) |
| | |
| 17. Have you ever smoked marijuana? (Computed from item 208 or 209.) | State
(<i>n</i> = 10,982) |
| a. No | 96.1% (± 0.6%) |
| b. Yes | 3.9 (± 0.6) |
| | |
| 18. Have you ever, even once in your lifetime, used inhalants (things you sniff to get high)? | State
(<i>n</i> = 10,957) |
| b. No | 96.5% (± 0.5%) |
| a. Yes | 3.5 (± 0.5) |

[Items 19–22 appear only on the secondary version of the survey.]

- | | |
|--|-------------------------------|
| 23. Have you ever, even once in your lifetime, used other illegal drugs? | State
(<i>n</i> = 10,943) |
| b. No | 97.7% (± 0.4%) |
| a. yes | 2.3 (± 0.4) |

30-Day Use (Use in the Past 30 Days)

During the past 30 days, on how many days did you:

- | | |
|--------------------------------|-------------------------------|
| 24. Smoke cigarettes? | State
(<i>n</i> = 11,161) |
| a. None | 98.3% (± 0.4%) |
| b. 1–2 days | 1.1 (± 0.2) |
| c. 3–5 days | 0.2 (± 0.1) |
| d. 6–9 days | 0.1 (± 0.1) |
| e. 10–29 days | 0.1 (± 0.1) |
| f. All 30 days | 0.2 (± 0.1) |
| <i>Any use in past 30 days</i> | <i>1.7 (± 0.4)</i> |

25.	Use chewing tobacco, snuff, or dip?	State (<i>n</i> = 11,108)
	a. None	99.0% (± 0.3%)
	b. 1–2 days	0.7 (± 0.2)
	c. 3–5 days	0.2 (± 0.1)
	d. 6–9 days	0.1 (± 0.0)
	e. 10–29 days	0.1 (± 0.0)
	f. All 30 days	0.1 (± 0.1)
	<i>Any use in past 30 days</i>	1.0 (± 0.3)

[Items 26–27 appear only on the secondary version of the survey.]

28.	Drink a glass, can or bottle of alcohol (beer, wine, wine coolers, hard liquor)?	State (<i>n</i> = 11,103)
	a. None	96.2% (± 0.5%)
	b. 1–2 days	2.7 (± 0.3)
	c. 3–5 days	0.5 (± 0.2)
	d. 6–9 days	0.2 (± 0.1)
	e. 10 or more days	0.3 (± 0.1)
	<i>Any use in past 30 days</i>	3.8 (± 0.5)

29.	Use marijuana or hashish (grass, hash, pot)?	State (<i>n</i> = 11,067)
	a. None	98.4% (± 0.4%)
	b. 1–2 days	0.8 (± 0.2)
	c. 3–5 days	0.3 (± 0.1)
	d. 6–9 days	0.3 (± 0.1)
	e. 10 or more days	0.3 (± 0.1)
	<i>Any use in past 30 days</i>	1.6 (± 0.4)

30.	Not counting alcohol, tobacco, or marijuana, use another illegal drug?	State (<i>n</i> = 11,018)
	a. None	99.1% (± 0.2%)
	b. 1–2 days	0.4 (± 0.1)
	c. 3–5 days	0.2 (± 0.1)
	d. 6–9 days	0.1 (± 0.0)
	e. 10 or more days	0.3 (± 0.1)
	<i>Any use in past 30 days</i>	0.9 (± 0.2)

31.	Use any illegal drug, including marijuana? (Computed from items 29 and 30.)	State (<i>n</i> = 10,988)
	None	98.0% (± 0.4%)
	1 or more	2.0 (± 0.4)
	<i>Any use in the past 30 days</i>	2.0 (± 0.4)

[Items 32–33 appear only on the secondary version of the survey.]

Other Tobacco-Related Questions

34.	If one of your best friends offered you a cigarette, would you smoke it?	State (<i>n</i> = 10,763)
	a. Definitely no	89.4% (± 1.1%)
	b. Probably no	7.4 (± 0.7)
	c. Probably yes	2.3 (± 0.5)
	d. Definitely yes	0.8 (± 0.2)

35.	Do you think that you will smoke a cigarette anytime in the next year?	State (<i>n</i> = 10,727)
	a. Definitely no	88.7% (± 1.2%)
	b. Probably no	8.1 (± 0.8)
	c. Probably yes	2.3 (± 0.4)
	d. Definitely yes	0.9 (± 0.2)
36.	Have made a firm commitment to not smoke cigarettes; i.e., not susceptible to smoking. (Computed from both items 34 and 35).	State (<i>n</i> = 10,726)
	a. Yes, not susceptible	85.6% (± 1.3%)
	b. No, susceptible	14.4 (± 1.3)
37.	Do you think young people risk harming themselves if they smoke 1–5 cigarettes a day?	State (<i>n</i> = 10,309)
	a. Definitely no	7.7% (± 1.0%)
	b. Probably no	5.2 (± 0.5)
	c. Probably yes	26.3 (± 0.9)
	d. Definitely yes	60.8 (± 1.5)
38.	During the past year in school, how many times did you get information in classes about the dangers of tobacco use?	State (<i>n</i> = 11,312)
	a. None	24.2% (± 2.2%)
	b. Once	19.6 (± 1.3)
	c. 2 or 3 times	31.3 (± 1.5)
	d. 4 or more times	25.0 (± 2.5)

[Items 39–40 appear only on the secondary version of the survey.]

41.	Do you think the smoke from other people's cigarettes (secondhand smoke) is harmful to you?	State (<i>n</i> = 10,045)
	a. Definitely no	6.6% (± 0.9%)
	b. Probably no	6.2 (± 0.6)
	c. Probably yes	30.3 (± 1.4)
	d. Definitely yes	56.9 (± 1.7)

[Item 42 appears only on the secondary version of the survey.]

43.	During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?	State (<i>n</i> = 10,116)
	a. 0 days	76.4% (± 1.6%)
	b. 1–2 days	11.8 (± 0.7)
	c. 3–4 days	4.1 (± 0.5)
	d. 5–6 days	1.6 (± 0.3)
	e. 7 days	6.1 (± 0.7)

[Item 44 appears only on the secondary version of the survey.]

45.	During the past 7 days, on how many days did you ride in a car with someone who was smoking cigarettes?	State (<i>n</i> = 10,075)
	a. 0 days	80.0% (± 2.0%)
	b. 1-2 days	8.9 (± 1.0)
	c. 3-4 days	4.1 (± 0.5)
	d. 5-6 days	2.1 (± 0.4)
	e. 7 days	4.9 (± 0.6)

46.	Has either of your parents (or guardians) discussed the dangers of tobacco use with you?	State (<i>n</i> = 10,111)
a.	Mother (or female guardian) only	14.9% (± 0.9%)
b.	Father (or male guardian) only	4.1 (± 0.4)
c.	Both	59.5 (± 1.5)
d.	Neither	21.5 (± 1.1)

[Items 47–49 appears only on the secondary version of the survey.]

Other Alcohol- and Drug-Related Questions

[Items 50–51 appear only on the secondary version of the survey.]

52.	During the past year in school, how many times did you get information in classes about reasons not to use alcohol and other drugs?	State (<i>n</i> = 10,229)
a.	None	19.4% (± 1.7%)
b.	Once	17.9 (± 1.3)
c.	2 or 3 times	30.2 (± 1.3)
d.	4 or more times	32.5 (± 2.3)

[Items 53–54 appear only on the secondary version of the survey.]

55.	Think back over the last 2 weeks. How many times have you had five or more drinks in a row? (A drink is a glass of wine, a bottle of beer, a shot glass of liquor, or a mixed drink.)	State (<i>n</i> = 10,883)
a.	None	96.4% (± 0.6%)
b.	Once	2.2 (± 0.3)
c.	Twice	0.7 (± 0.2)
d.	3–5 times	0.3 (± 0.1)
e.	6–9 times	0.1 (± 0.1)
f.	10 or more times	0.3 (± 0.1)

[Items 56–57 appear only on the secondary version of the survey.]

58.	Drinking Categories Variable (Computed from items 28 and 55).	State (<i>n</i> = 10,850)
a.	No alcohol use	94.3% (± 0.7%)
b.	1-2 days and no binges	1.7 (± 0.2)
c.	3-5 days or 1 binge	2.4 (± 0.4)
d.	6+ days or 2+ binges	1.6 (± 0.4)

[Items 59–62 appear only on the secondary version of the survey.]

Other Health Concerns

This section provides results regarding other health concerns including nutrition and fitness, health conditions and health care, safety, behaviors related to intentional injury, depression, and gambling behavior. Proper nutrition and exercise are critical components of a healthy life, as is access to preventive health care. Safety-related behaviors, such as wearing a seat belt when in a moving vehicle, can profoundly influence the outcome of an accident. Injury is the leading cause of death for adolescents aged 10 to 19, and violence contributes to injury-related deaths. People who are depressed experience a range of symptoms, and depression is associated with suicidal behavior.

Nutrition and Fitness

[Items 63–64 appear only on the secondary version of the survey.]

65.	How often do you eat dinner with your family? [†]	State (<i>n</i> = 8,866)
a.	Never	3.2% (± 0.5%)
b.	Rarely	8.9 (± 0.9)
c.	Sometimes	12.4 (± 0.9)
d.	Most of the time	30.8 (± 1.3)
e.	Always	44.7 (± 1.5)

[Item 66 appears only on the secondary version of the survey.]

67.	Did you eat breakfast today?	State (<i>n</i> = 10,246)
a.	Yes	77.2% (± 1.9%)
b.	No	22.8 (± 1.9)

68.	How many sodas or pops did you drink yesterday? (Do not count diet soda.)	State (<i>n</i> = 10,199)
a.	None	65.2% (± 2.0%)
b.	1	24.2 (± 1.2)
c.	2	6.0 (± 0.7)
d.	3	2.0 (± 0.3)
e.	4 or more	2.6 (± 0.5)

[Items 69–70 appear only on the secondary version of the survey.]

On how many of the past 7 days did you:

71.	In 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 increases your heart rate or makes you breathe hard some of the time.)	State (<i>n</i> = 11,242)
a.	0 days	5.4% (± 0.6%)
b.	1 day	4.9 (± 0.4)
c.	2 days	7.4 (± 0.6)
d.	3 days	11.1 (± 0.8)
e.	4 days	12.8 (± 0.8)
f.	5 days	17.6 (± 0.8)
g.	6 days	12.2 (± 1.1)
h.	7 days	28.7 (± 1.2)

72.	On average how many days a week do you walk to or from school?	State (<i>n</i> = 11,505)
	a. Never	64.8% (± 4.5%)
	b. 1–2	10.3 (± 1.1)
	c. 3–4	6.4 (± 1.0)
	d. I walk every day	18.5 (± 3.0)
73.	On average how many days a week do you ride a bicycle to or from school?	State (<i>n</i> = 11,499)
	a. Never	91.9% (± 1.1%)
	b. 1–2	4.3 (± 0.6)
	c. 3–4	1.8 (± 0.3)
	d. I bike every day	2.0 (± 0.5)

[Items 74–78 appear only on the secondary version of the survey.]

Health Conditions and Health Care

79.	Has a doctor or nurse ever told you that you have asthma?	State (<i>n</i> = 11,481)
	a. Yes	14.4% (± 0.8%)
	b. No	75.9 (± 0.9)
	c. Not sure	9.7 (± 0.5)
80.	Do you still have asthma?	State (<i>n</i> = 11,455)
	a. I have never had asthma	68.9% (± 1.1%)
	b. Yes	10.3 (± 0.7)
	c. No	11.0 (± 0.7)
	d. Not sure	9.8 (± 0.5)

[Items 81–84 appear only on the secondary version of the survey.]

85.	During the past year, did you miss any time from school because of a toothache (do not include toothache due to braces or an injury)? (For the secondary version of this question, please see Item 256.)	State (<i>n</i> = 11,439)
	a. Yes	8.4% (± 0.8%)
	b. No	81.8 (± 1.4)
	c. Not sure	9.8 (± 0.8)

[Items 86–88 appear only on the secondary version of the survey.]

Sexual Behavior

[Items 89–92 appear only on the secondary version of the survey.]

Safety

[Item 93 appears only on the secondary version of the survey.]

	State
94. When you ride a bicycle, how often do you wear a helmet?	(<i>n</i> = 11,504)
a. I do not ride a bicycle	11.5% (± 1.2%)
b. Never wear a helmet	22.6 (± 3.2)
c. Rarely wear a helmet	13.2 (± 1.2)
d. Sometimes wear a helmet	13.4 (± 0.9)
e. Most of the time wear a helmet	15.4 (± 1.5)
f. Always wear a helmet	23.9 (± 3.2)

[Item 95 appears only on the secondary version of the survey.]

	State
96. How often do you wear a seat belt when riding in a car (driven by someone else) ^B ?	(<i>n</i> = 11,512)
a. Never	0.8% (± 0.2%)
b. Rarely	1.2 (± 0.2)
c. Sometimes	3.2 (± 0.5)
d. Most of the time	13.5 (± 0.8)
e. Always	81.3 (± 1.2)

[Item 97 appears only on the secondary version of the survey.]

	State
98. Have you ever ridden in a car driven by someone who had been drinking alcohol?	(<i>n</i> = 10,292)
a. Yes	19.5% (± 1.5%)
b. No	62.6 (± 1.3)
c. Not sure	17.9 (± 0.9)

[Item 99 appears only on the secondary version of the survey.]

Behaviors Related to Intentional Injuries

[Item 100 appears only on the secondary version of the survey.]

	State
101. During the past 30 days, did you carry a weapon such as a gun, knife, or club on school property?	(<i>n</i> = 10,986)
a. Yes	2.9% (± 0.4%)
b. No	97.1 (± 0.4)

[Item 102 appears only on the secondary version of the survey.]

	State
103. During the past 12 months, how many times were you in a physical fight?	(<i>n</i> = 10,816)
a. 0 times	70.7% (± 1.4%)
b. 1 time	13.3 (± 0.8)
c. 2–3 times	8.3 (± 0.6)
d. 4–5 times	2.5 (± 0.3)
e. 6 or more times	5.3 (± 0.5)

[Items 104–109 appear only on the secondary version of the survey.]

Depression

[Items 110–113 appear only on the secondary version of the survey.]

114.	Have you ever seriously thought about killing yourself?	State (<i>n</i> = 10,796)
	a. Yes	14.0% (± 1.1%)
	b. No	86.0 (± 1.1)
115.	Have you ever tried to kill yourself?	State (<i>n</i> = 10,815)
	a. Yes	4.5% (± 0.5%)
	b. No	95.5 (± 0.5)
116.	When you feel sad or hopeless, are there adults you can turn to for help?	State (<i>n</i> = 10,767)
	a. I never feel sad or hopeless	22.3% (± 1.0%)
	b. Yes	57.5 (± 1.7)
	c. No	8.7 (± 0.7)
	d. Not sure	11.6 (± 0.8)

[Items 117–119 appear only on the secondary version of the survey.]

Gambling

[Items 120–121 appear only on the secondary version of the survey.]

School Climate

In the past few years Washington State has given increased attention to supportive learning environments. Students need a safe, nurturing, healthy, and civil learning environment if they are to be successful in school. This section provides information about student perceptions of school climate.

122.	A student is being bullied when another student, or group of students, say or do nasty or unpleasant things to him or her. It is also bullying when a student is teased repeatedly in a way he or she doesn't like. It is NOT bullying when two students of about the same strength argue or fight. In the last 30 days, how often have you been bullied?	State (<i>n</i> = 10,856)
	a. I have not been bullied	69.6% (± 1.4%)
	b. Once	15.0 (± 0.8)
	c. 2–3 times	7.9 (± 0.6)
	d. About once a week	2.2 (± 0.3)
	e. Several times a week	5.3 (± 0.5)

[Items 123–135 appear only on the secondary version of the survey.]

Quality of Life

Health-related quality of life is an individual's or group's perceived physical and mental health over time. At the individual level it involves a person's health and health-related conditions; at the community level it involves conditions that influence people's health. This section contains the results of the items related to individual quality of life.

[Items 136–143 appear only on the secondary version of the survey.]

144. Has your parent or guardian served in the military (Army, Navy, Air Force, Marines, Coast Guard, National Guard, and Reserves)?	State (<i>n</i> = 11,461)
a. No	65.2% (± 2.0%)
b. Yes	23.2 (± 2.1)
c. Not sure	11.7 (± 0.9)

[Item 145 appears only on the secondary version of the survey.]

146. Do you have goals and plans for the future?	State (<i>n</i> = 11,298)
a. No	12.6% (± 0.9%)
b. Yes	87.4 (± 0.9)

Risk and Protective Factors

Decades of research have shown that certain risk factors are associated with increased likelihood of health risk behaviors including ATOD use, violence, and delinquent behaviors. Similarly, research has shown that protective factors exert a positive influence against the negative influence of risk factors. The survey included substantial coverage of risk and protective factors based on the work of Drs. Hawkins and Catalano and associates at the University of Washington. The premise of the risk reduction and protective factor enhancement approach to prevention is that preventing a problem before it occurs requires addressing the factors that predict the problem. Ideally, this strategy entails discovering the causes of the problem behavior and influencing those causes. Many of the survey items were used to assess students' status on risk and protective factors in the community, school, and peer-individual domains. Composite scales were computed for use in local program planning.

The table on the following page provides the complete list of risk and protective factors and indicates the years the Healthy Youth Survey has included each factor.

Risk and Protective Factor Framework and Reporting Schedule

	Healthy Youth Survey Administration Year							
	1995	1998	2000	2002	2004	2006	2008	2010
Community Risk Factors								
Low Neighborhood Attachment	X	X	X	X ^S		X ^S	X ^S	X ^S
Community Disorganization	X							
Transitions and Mobility	X				X ^S			
Perceived Availability of Drugs	X	X	X	X	X	X	X	X
Perceived Availability of Handguns	X	X	X	X ^S				
Laws And Norms Favorable to Drug Use	X	X	X	X	X	X	X	X
Community Protective Factors								
Opportunities for Prosocial Involvement			X	X	X ^S	X ^S	X ^S	X ^S
Rewards for Prosocial Involvement	X	X	X	X	X	X	X	X ^E
Family Risk Factors								
Family History of Antisocial Behavior	X							
Poor Family Management	X			X ^{S, †}				
Family Conflict								
Parental Attitudes Favorable towards Drug Use					X ^{S, †}		X ^{S, †}	X ^S
Parental Attitudes Favorable to Antisocial Behavior	X				X ^{S, †}			
Antisocial Behavior Among Familiar Adults				X ^S				
Family Protective Factors								
Attachment								
Opportunities for Prosocial Involvement	X			X [†]	X ^{E, †}	X [†]	X [†]	X [†]
Rewards for Prosocial Involvement	X			X [†]	X ^{E, †}	X [†]	X [†]	X [†]
School Risk Factors								
Academic Failure	X	X	X	X	X	X	X	X
Low Commitment to School	X	X	X	X	X	X	X	X
School Protective Factors								
Opportunities for Prosocial Involvement	X	X	X	X ^S				
Rewards for Prosocial Involvement	X	X	X	X	X	X	X	X
Peer-Individual Risk Factors								
Rebelliousness	X	X						
Gang Involvement								
Perceived Risk of Drug Use		X	X	X	X	X	X	X
Early Initiation of Drug Use			X	X ^S				
Early Initiation of Antisocial Behavior	X	X	X	X ^S				
Favorable Attitudes Towards Drug Use	X	X	X	X	X	X	X	X
Favorable Attitudes Towards Antisocial Behavior	X	X	X	X ^S				
Sensation Seeking	X	X						
Rewards for Antisocial Involvement		X	X	X ^S	X ^S	X ^S	X ^S	
Friends' Use of Drugs	X	X	X	X ^S				
Interaction With Antisocial Peers	X	X			X ^S	X ^S	X ^S	X ^S
Intentions to Use				X ^S				
Peer-Individual Protective Factors								
Interaction With Prosocial Peers					X	X	X	X ^S
Belief in the Moral Order	X	X	X	X ^S				
Prosocial Involvement					X	X	X ^E	X ^E
Rewards for Prosocial Involvement								
Social Skills	X	X	X ^S	X ^S	X ^S	X ^S	X ^S	X ^S
Religiosity		X						

Note. S = Included only on the secondary version; E = Included only on the elementary version; † = Based on optional items.

Risk and Protective Factor Scale Results

For each *risk* factor scale, the percentage of students who are at risk (i.e., who agreed with statements that predict ATOD use or other problem behaviors) is reported; higher percentages indicate that *more* students are likely to engage in problem behaviors. For each *protective* factor scale, the percentage of students who are resilient (i.e., who agreed with statements that predict the ability to resist ATOD use or other problem behaviors) is reported; higher percentages indicate that *fewer* students are likely to engage in problem behaviors. These percentages are based on computational methods provided by the University of Washington's Social Development Research Group.

Community Risk Factors

	State (<i>n</i> = 10,671)
Perceived Availability of Drugs (Items 150–153)	22.6% (± 1.3%)
Laws And Norms Favorable to Drug Use (Items 155–160)	36.5% (± 1.6%)

Community Protective Factors

	State (<i>n</i> = 11,202)
Rewards for Prosocial Involvement (Items 165–167)	35.9% (± 1.3%)

Family Risk Factors

[Only on the secondary version of the survey.]

Family Protective Factors

	State (<i>n</i> = 8,868)
Opportunities for Prosocial Involvement (Items 176–178)	53.2% (± 1.9%)
Rewards for Prosocial Involvement (Items 179–182)	56.8% (± 2.1%)

School Risk Factors

	State (<i>n</i> = 10,733)
Academic Failure (Items 186–187)	41.9% (± 2.0%)
Low Commitment to School (Items 188–194)	38.9% (± 1.5%)

School Protective Factors

	State (<i>n</i> = 11,335)
Rewards for Prosocial Involvement (Items 200–203)	49.5% (± 1.6%)

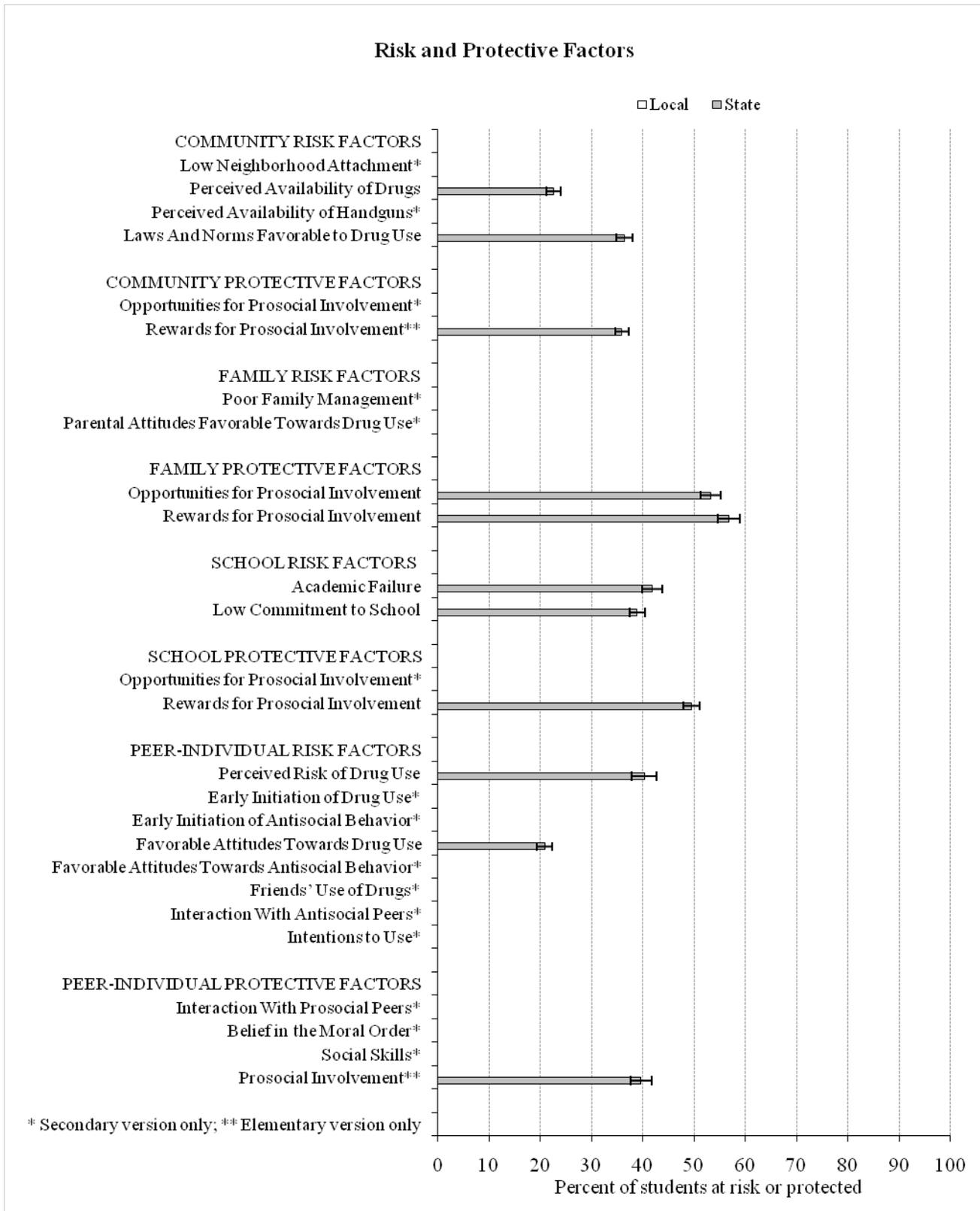
Peer-Individual Risk Factors

	State (<i>n</i> = 9,134)
Perceived Risk of Drug Use (Items 204–207)	40.3% (± 2.4%)
Favorable Attitudes Towards Drug Use (Items 218–221)	20.9% (± 1.5%)

Peer-Individual Protective Factors

	State (<i>n</i> = 11,195)
Prosocial Involvement (Items 250–252)	39.7% (± 2.0%)

Graph of Scale Results



Risk and Protective Factors: Individual Item Results

The remainder of the report provides results for the individual items used to compute the risk and protective factors.

Community Domain

[Items 147–149 appear only on the secondary version of the survey.]

- | | |
|--|-------------------------------|
| 150. If you wanted to get some beer, wine, or hard liquor (for example, vodka, whiskey, or gin), how easy would it be for you to get some? | State
(<i>n</i> = 10,760) |
| a. Very hard | 69.5% (± 1.2%) |
| b. Sort of hard | 15.6 (± 0.8) |
| c. Sort of easy | 8.2 (± 0.5) |
| d. Very easy | 6.8 (± 0.5) |
| | |
| 151. If you wanted to get some cigarettes, how easy would it be for you to get some? | State
(<i>n</i> = 10,702) |
| a. Very hard | 71.2% (± 1.4%) |
| b. Sort of hard | 13.5 (± 0.6) |
| c. Sort of easy | 7.9 (± 0.6) |
| d. Very easy | 7.4 (± 0.7) |
| | |
| 152. If you wanted to get some marijuana, how easy would it be for you to get some? | State
(<i>n</i> = 10,635) |
| a. Very hard | 84.3% (± 1.4%) |
| b. Sort of hard | 7.2 (± 0.6) |
| c. Sort of easy | 4.3 (± 0.6) |
| d. Very easy | 4.3 (± 0.6) |
| | |
| 153. If you wanted to get a drug like cocaine, LSD, or amphetamines, how easy would it be for you to get some? | State
(<i>n</i> = 10,590) |
| a. Very hard | 87.5% (± 0.9%) |
| b. Sort of hard | 7.1 (± 0.6) |
| c. Sort of easy | 2.8 (± 0.4) |
| d. Very easy | 2.7 (± 0.4) |

[Item 154 appears only on the secondary version of the survey.]

- | | |
|--|-------------------------------|
| 155. How wrong would most adults in your neighborhood ^C /
neighborhood or community ^A think it was for kids your age
to use marijuana? | State
(<i>n</i> = 11,075) |
| a. Very wrong | 83.5% (± 1.4%) |
| b. Wrong | 10.4 (± 0.8) |
| c. A little bit wrong | 3.9 (± 0.5) |
| d. Not wrong at all | 2.2 (± 0.4) |
| | |
| 156. How wrong would most adults in your neighborhood ^C /
neighborhood or community ^A think it was for kids your age
to drink alcohol? | State
(<i>n</i> = 11,097) |
| a. Very wrong | 78.1% (± 1.1%) |
| b. Wrong | 14.6 (± 0.7) |
| c. A little bit wrong | 5.0 (± 0.5) |
| d. Not wrong at all | 2.2 (± 0.4) |

157. How wrong would most adults in your neighborhood ^C / neighborhood or community ^A think it was for kids your age to smoke cigarettes?	State (n = 11,098)
a. Very wrong	79.3% (± 1.1%)
b. Wrong	13.3 (± 0.6)
c. A little bit wrong	4.7 (± 0.5)
d. Not wrong at all	2.7 (± 0.4)
158. If a kid drank some beer, wine, or hard liquor (for example, vodka, whiskey, or gin) in your neighborhood ^C / community ^A would he or she be caught by the police?	State (n = 10,971)
a. NO!	12.0% (± 0.8%)
b. no	27.0 (± 1.2)
c. yes	32.1 (± 1.1)
d. YES!	29.0 (± 1.2)
159. If a kid carried a handgun in your neighborhood ^C / community ^A would he or she be caught by the police?	State (n = 10,990)
a. NO!	8.6% (± 0.6%)
b. no	13.1 (± 0.8)
c. yes	28.5 (± 1.0)
d. YES!	49.9 (± 1.3)
160. If a kid smoked marijuana in your neighborhood ^C / community ^A would he or she be caught by the police?	State (n = 10,929)
a. NO!	9.4% (± 0.8%)
b. no	20.0 (± 1.1)
c. yes	33.1 (± 1.1)
d. YES!	37.5 (± 1.4)

[Item 161 appears only on the secondary version of the survey.]

Which of the following activities for people your age are available in your community?

[Item 162–164 appears only on the secondary version of the survey.]

165. My neighbors notice when I am doing a good job and let me know.	State (n = 11,205)
a. NO!	40.8% (± 1.7%)
b. no	33.8 (± 1.3)
c. yes	18.8 (± 0.9)
d. YES!	6.7 (± 0.4)
166. There are people in my neighborhood who encourage me to do my best.	State (n = 11,206)
a. NO!	28.7% (± 1.3%)
b. no	27.4 (± 0.9)
c. yes	30.0 (± 1.1)
d. YES!	13.9 (± 0.7)
167. There are people in my neighborhood who are proud of me when I do something well.	State (n = 11,154)
a. NO!	28.0% (± 1.2%)
b. no	28.3 (± 1.0)
c. yes	31.6 (± 1.2)
d. YES!	12.1 (± 0.7)

Family Domain

The next set of questions asks about your family. When answering these questions, please think about the people you consider to be your family—parents, stepparents, grandparents, aunts, uncles, etc.

[Items 168–175 appear only on the secondary version of the survey.]

176.	If I had a personal problem, I could ask my mom or dad for help. [†]	State (<i>n</i> = 8,838)
	a. NO!	6.4% (± 0.6%)
	b. no	7.1 (± 0.7)
	c. yes	29.4 (± 1.1)
	d. YES!	57.1 (± 1.7)
177.	My parents give me lots of chances to do fun things with them. [†]	State (<i>n</i> = 8,939)
	a. NO!	5.8% (± 0.6%)
	b. no	12.3 (± 0.9)
	c. yes	39.9 (± 1.1)
	d. YES!	42.0 (± 1.5)
178.	My parents ask me what I think before most family decisions affecting me are made. [†]	State (<i>n</i> = 8,675)
	a. NO!	10.8% (± 1.0%)
	b. no	19.6 (± 1.0)
	c. yes	39.2 (± 1.1)
	d. YES!	30.4 (± 1.6)
179.	My parents notice when I am doing a good job and let me know about it. [†]	State (<i>n</i> = 8,835)
	a. Never or almost never	6.4% (± 0.7%)
	b. Sometimes	20.1 (± 1.5)
	c. Often	28.5 (± 1.2)
	d. All the time	44.9 (± 1.5)
180.	How often do your parents tell you they're proud of you for something you've done? [†]	State (<i>n</i> = 8,820)
	a. Never or almost never	5.4% (± 0.6%)
	b. Sometimes	17.4 (± 1.3)
	c. Often	31.5 (± 1.2)
	d. All the time	45.7 (± 1.5)
181.	Do you enjoy spending time with your mom ^C /mother ^A ? [†]	State (<i>n</i> = 8,816)
	a. NO!	2.5% (± 0.4%)
	b. no	3.1 (± 0.5)
	c. yes	24.4 (± 1.1)
	d. YES!	70.0 (± 1.4)
182.	Do you enjoy spending time with your dad ^C /father ^A ? [†]	State (<i>n</i> = 8,674)
	a. NO!	5.5% (± 0.6%)
	b. no	4.4 (± 0.5)
	c. yes	25.0 (± 1.1)
	d. YES!	65.1 (± 1.8)

[Items 183–185 appear only on the secondary version of the survey.]

School Domain

186.	Putting them all together, what were your grades like last year?	State (<i>n</i> = 11,056)
	a. Mostly As	41.8% (± 2.7%)
	b. Mostly Bs	41.0 (± 1.8)
	c. Mostly Cs	13.1 (± 1.2)
	d. Mostly Ds	2.7 (± 0.4)
	e. Mostly Fs	1.5 (± 0.4)
187.	Are your school grades better than the grades of most students in your class?	State (<i>n</i> = 11,059)
	a. NO!	5.9% (± 0.7%)
	b. no	31.7 (± 1.3)
	c. yes	50.1 (± 1.6)
	d. YES!	12.3 (± 0.8)
188.	How often do you feel the schoolwork you are assigned is meaningful and important?	State (<i>n</i> = 11,308)
	a. Almost always	32.4% (± 1.4%)
	b. Often	27.0 (± 1.1)
	c. Sometimes	27.7 (± 1.1)
	d. Seldom	8.2 (± 0.6)
	e. Never	4.7 (± 0.5)
189.	How interesting are most of your courses to you?	State (<i>n</i> = 11,067)
	a. Very interesting and stimulating	16.8% (± 1.4%)
	b. Quite interesting	36.0 (± 1.3)
	c. Fairly interesting	31.7 (± 1.3)
	d. Slightly dull	10.6 (± 0.8)
	e. Very dull	4.9 (± 0.5)
190.	How important do you think the things you are learning in school are going to be for you later in life?	State (<i>n</i> = 11,339)
	a. Very important	56.6% (± 2.0%)
	b. Quite important	25.8 (± 1.1)
	c. Fairly important	11.4 (± 0.9)
	d. Slightly important	4.6 (± 0.5)
	e. Not at all important	1.7 (± 0.3)

Think back over the past year in school. How often did you:

191.	Enjoy being in school?	State (<i>n</i> = 11,511)
	a. Never	6.8% (± 0.6%)
	b. Seldom	5.3 (± 0.4)
	c. Sometimes	30.9 (± 1.3)
	d. Often	24.6 (± 1.2)
	e. Almost always	32.5 (± 1.4)

192. Hate being in school?	State (<i>n</i> = 11,424)
a. Never	24.3% (± 1.1%)
b. Seldom	23.8 (± 1.7)
c. Sometimes	37.1 (± 1.4)
d. Often	7.8 (± 0.6)
e. Almost always	7.0 (± 0.6)
193. Try to do your best work in school?	State (<i>n</i> = 11,384)
a. Never	1.7% (± 0.3%)
b. Seldom	1.1 (± 0.2)
c. Sometimes	6.2 (± 0.8)
d. Often	18.1 (± 0.9)
e. Almost always	72.9 (± 1.5)
194. During the LAST 4 WEEKS, how many whole days of school have you missed because you skipped or “cut”?	State (<i>n</i> = 11,437)
a. None	82.6% (± 1.1%)
b. 1	8.4 (± 0.5)
c. 2	3.7 (± 0.4)
d. 3	2.2 (± 0.4)
e. 4–5	1.8 (± 0.3)
f. 6–10	0.7 (± 0.1)
g. 11 or more	0.6 (± 0.1)
[Items 195–199 appear only on the secondary version of the survey.]	
200. My teacher(s) notices when I am doing a good job and lets me know about it.	State (<i>n</i> = 11,365)
a. NO!	6.5% (± 0.6%)
b. no	17.0 (± 1.0)
c. yes	52.5 (± 1.1)
d. YES!	24.0 (± 1.2)
201. The school lets my parents know when I have done something well.	State (<i>n</i> = 11,248)
a. NO!	15.6% (± 0.8%)
b. no	34.7 (± 1.3)
c. yes	35.1 (± 1.2)
d. YES!	14.7 (± 0.8)
202. I feel safe at my school.	State (<i>n</i> = 11,356)
a. NO! ^{A,C} / Definitely NOT true ^B	4.1% (± 0.5%)
b. no ^{A,C} / Mostly not true ^B	9.1 (± 0.8)
c. yes ^{A,C} / Mostly true ^B	46.6 (± 1.5)
d. YES! ^{A,C} / Definitely true ^B	40.2 (± 2.1)
203. My teachers praise me when I work hard in school.	State (<i>n</i> = 11,035)
a. NO!	12.4% (± 0.8%)
b. no	29.6 (± 1.3)
c. yes	44.0 (± 1.3)
d. YES!	14.0 (± 0.9)

Peer and Individual Domain

How much do you think people risk harming themselves if they:

204. Smoke one or more packs of cigarettes per day?	State (<i>n</i> = 10,575)
a. No risk	8.7% (± 1.2%)
b. Slight risk	4.5 (± 0.4)
c. Moderate risk	13.4 (± 0.7)
d. Great risk	61.3 (± 2.4)
e. Not sure	12.2 (± 1.3)
205. Try marijuana once or twice?	State (<i>n</i> = 10,520)
a. No risk	13.5% (± 1.6%)
b. Slight risk	16.2 (± 0.9)
c. Moderate risk	22.2 (± 1.3)
d. Great risk	34.7 (± 1.6)
e. Not sure	13.4 (± 1.0)
206. Smoke marijuana regularly (at least once or twice a week)?	State (<i>n</i> = 10,479)
a. No risk	12.2% (± 1.6%)
b. Slight risk	8.2 (± 0.6)
c. Moderate risk	17.4 (± 0.7)
d. Great risk	49.5 (± 2.8)
e. Not sure	12.8 (± 1.0)
207. Take one or two drinks of an alcoholic beverage (wine, beer, a shot, liquor) nearly every day?	State (<i>n</i> = 10,494)
a. No risk	15.3% (± 1.4%)
b. Slight risk	18.3 (± 0.8)
c. Moderate risk	23.9 (± 1.2)
d. Great risk	30.8 (± 1.5)
e. Not sure	11.7 (± 0.8)
[Item 208 appears only on the secondary version of the survey.]	
209. Have you ever, even once in your lifetime smoked marijuana?	State (<i>n</i> = 10,982)
a. Yes	3.9% (± 0.6%)
b. No	96.1 (± 0.6)
[Items 210–211 appear only on the secondary version of the survey.]	
212. Have you ever, even once in your lifetime had more than a sip or two of beer, wine, or hard liquor (for example, vodka, whiskey, or gin)?	State (<i>n</i> = 10,970)
a. Yes	26.3% (± 1.2%)
b. No	73.7 (± 1.2)

[Items 213–217 appear only on the secondary version of the survey.]

How wrong do you think it is for someone your age to:

218. Drink beer, wine, or hard liquor (for example, vodka, whiskey, or gin) regularly?	State (<i>n</i> = 10,494)
a. Very wrong	83.4% (± 1.2%)
b. Wrong	11.3 (± 0.8)
c. A little bit wrong	4.0 (± 0.5)
d. Not wrong at all	1.3 (± 0.2)
219. Smoke cigarettes?	State (<i>n</i> = 10,463)
a. Very wrong	87.1% (± 1.2%)
b. Wrong	9.6 (± 0.9)
c. A little bit wrong	2.3 (± 0.4)
d. Not wrong at all	1.0 (± 0.2)
220. Smoke marijuana?	State (<i>n</i> = 10,429)
a. Very wrong	91.5% (± 1.1%)
b. Wrong	5.7 (± 0.7)
c. A little bit wrong	1.8 (± 0.4)
d. Not wrong at all	1.1 (± 0.3)
221. Use LSD, cocaine, amphetamines, or another illegal drug?	State (<i>n</i> = 10,424)
a. Very wrong	93.7% (± 0.7%)
b. Wrong	3.9 (± 0.5)
c. A little bit wrong	1.0 (± 0.2)
d. Not wrong at all	1.4 (± 0.2)

[Items 222–249 appear only on the secondary version of the survey.]

How many times in the past year (12 months) have you . . .

250. Participated in clubs, organizations or activities at school?	State (<i>n</i> = 11,209)
a. Never	26.9% (± 1.9%)
b. 1 or 2 times	30.5 (± 0.9)
c. 3 to 5 times	17.5 (± 0.9)
d. 6 to 9 times	8.6 (± 0.5)
e. 10 to 19 times	5.9 (± 0.5)
f. 20 to 29 times	2.8 (± 0.3)
g. 30 to 39 times	1.7 (± 0.2)
h. 40+ times	6.2 (± 0.6)
251. Done extra work on your own for school?	State (<i>n</i> = 11,162)
a. Never	25.2% (± 1.4%)
b. 1 or 2 times	31.8 (± 0.9)
c. 3 to 5 times	16.9 (± 0.8)
d. 6 to 9 times	10.4 (± 0.6)
e. 10 to 19 times	6.7 (± 0.6)
f. 20 to 29 times	3.1 (± 0.3)
g. 30 to 39 times	1.7 (± 0.3)
h. 40+ times	4.2 (± 0.5)

	State
252. Volunteered to do community service?	(<i>n</i> = 11,077)
a. Never	54.5% (± 2.4%)
b. 1 or 2 times	22.9 (± 1.1)
c. 3 to 5 times	9.6 (± 0.8)
d. 6 to 9 times	5.1 (± 0.5)
e. 10 to 19 times	3.1 (± 0.4)
f. 20 to 29 times	1.5 (± 0.3)
g. 30 to 39 times	0.8 (± 0.2)
h. 40+ times	2.5 (± 0.4)

[Items 253–256 appear only on the secondary version of the survey.]

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