2010 Healthy Youth Survey-Form C

We are asking you to take part in this survey about issues facing students in communities in Washington. The questions in this survey ask for your opinions about yourself, your friends, your school, and your neighborhood. School, community, county, and state officials will use the information from this survey in planning future programs to help youth.

Your answers to these questions are *anonymous.* This means that no one will know how you answered or which answer sheet is yours. **Do not write your name anywhere on the answer sheet.** If you do not want to take this survey now, tell your teacher and you will be given an alternative activity.

Some of the questions are personal, such as asking about your relationships and whether you get in fights or use drugs. Some students may find some of the questions uncomfortable or upsetting. You will be given a list of numbers to call if you want to talk to someone about the survey or feelings it brings up.

The survey is completely voluntary. You don't have to do this survey. You may skip any question you do not wish to answer or stop at any time. It will not affect your grades. Other students have said this survey is interesting and they enjoyed filling it out. We hope you will too. If you have any questions about this survey you may ask your teacher before beginning.

Please take a minute to read the instructions below before starting the survey.

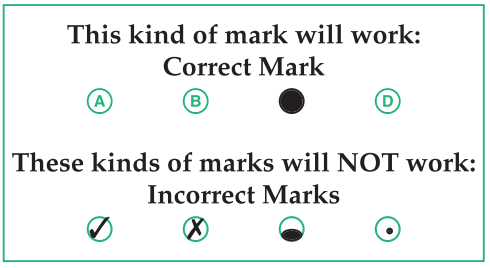
Instructions

1. This is not a test, so there are no right or wrong answers.

2. The questions should be answered by marking one of the answer spaces on the answer sheet. If you don't find an answer that fits exactly, use one that comes closest. If any question does not apply to you, or you are not sure of what it means, just leave it blank.

3. Your answers will be read by a computer. Please follow these instructions carefully.

   - Use a pencil only.
   - Make heavy marks inside the bubbles.
   - Erase cleanly any answer you wish to change.
   - Make no other markings or comments on the answer pages.



4. Some of the questions have the following format:

   Please mark in the bubble which of the four words best describes how you feel about that sentence.

   EXAMPLE: Pepperoni pizza is one of my favorite foods.

In this example, the student marked yes because he or she thinks the statement is mostly true.

A a. NO! - means definitely not true for you
B b. no - means mostly not true for you
● c. yes - means mostly true for you
D d. YES! - means definitely true for you

1. How old are you?
   a. 10 or younger
   b. 11
   c. 12
   d. 13
   e. 14
   f. 15 or older

2. Are you?
   a. Female
   b. Male

3. What grade are you in?
   a. 5th
   b. 6th
   c. 7th
   d. Ungraded or other

4. How do you describe yourself?
   (Select one or more responses.)
   a. American Indian or Alaskan Native
   b. Asian or Asian American
   c. Black or African-American
   d. Hispanic or Latino/Latina
   e. Native Hawaiian or other Pacific Islander
   f. White or Caucasian
   g. Other

5. What language is usually spoken at home?
   a. English
   b. Spanish
   c. Other

6. Has your parent or guardian served in the military (Army, Navy, Air Force, Marines, Coast Guard, National Guard, and Reserves)?
   a. No
   b. Yes
   c. Not sure

The next questions ask about personal safety.

7. When you ride a bicycle, how often do you wear a helmet?
   a. I do not ride a bicycle
   b. Never wear a helmet
   c. Rarely wear a helmet
   d. Sometimes wear a helmet
   e. Most of the time wear a helmet
   f. Always wear a helmet

8. How often do you wear a seat belt when riding in a car?
   a. Never
   b. Rarely
   c. Sometimes
   d. Most of the time
   e. Always

The next questions ask about walking or riding a bicycle.

9. On average how many days a week do you walk to or from school?
   a. Never
   b. 1 – 2
   c. 3 – 4
   d. I walk every day

10. On average how many days a week do you bike to or from school?
    a. Never
    b. 1 – 2
    c. 3 – 4
    d. I bike every day

The next questions ask about how active you are.

11. 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.)
    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 questions ask about your health and health care.

12. Has a doctor or nurse ever told you that you have asthma?
    a. Yes
    b. No
    c. Not sure

13. Do you still have asthma?
    a. I have never had asthma
    b. Yes
    c. No
    d. Not sure

14. 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)?
    a. Yes
    b. No
    c. Not sure

The next questions ask about your experiences with school.

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

    A. Enjoy being in school?
    a. Never
    b. Seldom
    c. Sometimes
    d. Often
    e. Almost always

    B. Hate being in school?
    a. Never
    b. Seldom
    c. Sometimes
    d. Often
    e. Almost always

    C. Try to do your best work in school?
    a. Never
    b. Seldom
    c. Sometimes
    d. Often
    e. Almost always

16. During the LAST 4 WEEKS, how many whole days of school have you missed because you skipped or "cut"?
    a. None
    b. 1
    c. 2
    d. 3
    e. 4 – 5
    f. 6 – 10
    g. 11 or more

17. Putting them all together, what were your grades like last year?
    a. Mostly As
    b. Mostly Bs
    c. Mostly Cs
    d. Mostly Ds
    e. Mostly Fs

18. Are your school grades better than the grades of most students in your class?
    a. NO!
    b. no
    c. yes
    d. YES!

19. During the past year in school, how many times did you get information in classes about the dangers of tobacco use?
    a. None
    b. Once
    c. 2 or 3 times
    d. 4 or more times

20. My teacher(s) notices when I am doing a good job and lets me know about it.
    a. NO!
    b. no
    c. yes
    d. YES!

21. The school lets my parents know when I have done something well.
    a. NO!
    b. no
    c. yes
    d. YES!

22. I feel safe at my school.
    a. NO!
    b. no
    c. yes
    d. YES!

23. My teachers praise me when I work hard in school.
    a. NO!
    b. no
    c. yes
    d. YES!

24. How often do you feel the schoolwork you are assigned is meaningful and important?
    a. Almost always
    b. Often
    c. Sometimes
    d. Seldom
    e. Never

25. How interesting are most of your courses to you?
    a. Very interesting and stimulating
    b. Quite interesting
    c. Fairly interesting
    d. Slightly dull
    e. Very dull

26. How important do you think the things you are learning in school are going to be for you later in life?
    a. Very important
    b. Quite important
    c. Fairly important
    d. Slightly important
    e. Not at all important

27. Do you have goals and plans for the future?
    a. No
    b. Yes

The next questions ask about the neighborhood and community where you live.

28. My neighbors notice when I am doing a good job and let me know.
    a. NO!
    b. no
    c. yes
    d. YES!

29. There are people in my neighborhood who encourage me to do my best.
    a. NO!
    b. no
    c. yes
    d. YES!

30. There are people in my neighborhood who are proud of me when I do something well.
    a. NO!
    b. no
    c. yes
    d. YES!

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

A. Participated in clubs, organizations or activities at school?

a. Never
b. 1 or 2 times
c. 3 to 5 times
d. 6 to 9 times
e. 10 to 19 times
f. 20 to 29 times
g. 30 to 39 times
h. 40+ times

B. Done extra work on your own for school?

a. Never
b. 1 or 2 times
c. 3 to 5 times
d. 6 to 9 times
e. 10 to 19 times
f. 20 to 29 times
g. 30 to 39 times
h. 40+ times

C. Volunteered to do community service?

a. Never
b. 1 or 2 times
c. 3 to 5 times
d. 6 to 9 times
e. 10 to 19 times
f. 20 to 29 times
g. 30 to 39 times
h. 40+ times

32. How wrong would most adults in your neighborhood think it was for kids your age:

A. To use marijuana?

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

B. To drink alcohol?

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

C. To smoke cigarettes?

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

33. If a kid drank some beer, wine, or hard liquor (for example, vodka, whiskey, or gin) in your neighborhood, would he or she be caught by the police?

a. NO!
b. no
c. yes
d. YES!

34. If a kid smoked marijuana in your neighborhood, would he or she be caught by the police?

a. NO!
b. no
c. yes
d. YES!

35. If a kid carried a handgun in your neighborhood, would he or she be caught by the police?

a. NO!
b. no
c. yes
d. YES!

36. 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?

a. Very hard
b. Sort of hard
c. Sort of easy
d. Very easy

37. If you wanted to get some cigarettes, how easy would it be for you to get some?

a. Very hard
b. Sort of hard
c. Sort of easy
d. Very easy

38. If you wanted to get some marijuana, how easy would it be for you to get some?

a. Very hard
b. Sort of hard
c. Sort of easy
d. Very easy

39. If you wanted to get a drug like cocaine, LSD, or amphetamines, how easy would it be for you to get some?

a. Very hard
b. Sort of hard
c. Sort of easy
d. Very easy

The next questions ask about your experience with tobacco, alcohol, and other drugs. Remember, no one but you will know how you answered.

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

A. Smoke cigarettes?
   a. None
   b. 1 – 2 days
   c. 3 – 5 days
   d. 6 – 9 days
   e. 10 – 29 days
   f. All 30 days

B. Use chewing tobacco, snuff, or dip?
   a. None
   b. 1 – 2 days
   c. 3 – 5 days
   d. 6 – 9 days
   e. 10 – 29 days
   f. All 30 days

C. Drink a glass, can, or bottle of alcohol (beer, wine, wine coolers, hard liquor)?
   a. None
   b. 1 – 2 days
   c. 3 – 5 days
   d. 6 – 9 days
   e. 10 or more days

D. Use marijuana or hashish (grass, hash, pot)?
   a. None
   b. 1 – 2 days
   c. 3 – 5 days
   d. 6 – 9 days
   e. 10 or more days

E. Not counting alcohol, tobacco, or marijuana, use another illegal drug?
   a. None
   b. 1 – 2 days
   c. 3 – 5 days
   d. 6 – 9 days
   e. 10 or more days

F. Use derbisol (wagon wheels, hope)?
   a. None
   b. 1 – 2 days
   c. 3 – 5 days
   d. 6 – 9 days
   e. 10 or more days

41. Have you ever, even once in your lifetime:

A. Had more than a sip or two of beer, wine, or hard liquor (for example, vodka, whiskey, or gin)?
   a. Yes
   b. No

B. Smoked marijuana?
   a. Yes
   b. No

C. Used inhalants (things you sniff to get high)?
   a. Yes
   b. No

D. Used other illegal drugs?
   a. Yes
   b. No

42. 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.)
   a. None
   b. Once
   c. Twice
   d. 3 – 5 times
   e. 6 – 9 times
   f. 10 or more times

The next questions ask about fighting and other issues related to safety.

43. During the past 30 days, did you carry a weapon such as a gun, knife, or club **on school property**?
   a. Yes
   b. No

44. 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?
   a. I have not been bullied
   b. Once
   c. 2 – 3 times
   d. About once a week
   e. Several times a week

45. During the past 12 months, how many times were you in a physical fight?
    a. 0 times
    b. 1 time
    c. 2 – 3 times
    d. 4 – 5 times
    e. 6 or more times

The next questions ask about suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide or killing themselves.

46. Have you ever **seriously** thought about killing yourself?
    a. Yes
    b. No

47. Have you ever **tried** to kill yourself?
    a. Yes
    b. No

48. When you feel sad or hopeless, are there adults you can turn to for help?
    a. I never feel sad or hopeless
    b. Yes
    c. No
    d. Not sure

This section asks more questions about tobacco, alcohol, and other drugs.

49. If one of your best friends offered you a cigarette, would you smoke it?
    a. Definitely no
    b. Probably no
    c. Probably yes
    d. Definitely yes

50. Do you think that you will smoke a cigarette anytime in the next year?
    a. Definitely no
    b. Probably no
    c. Probably yes
    d. Definitely yes

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

    A. Smoke one or more packs of cigarettes per day?
        a. No risk
        b. Slight risk
        c. Moderate risk
        d. Great risk
        e. Not sure

    B. Try marijuana once or twice?
        a. No risk
        b. Slight risk
        c. Moderate risk
        d. Great risk
        e. Not sure

    C. Smoke marijuana regularly (at least once or twice a week)?
        a. No risk
        b. Slight risk
        c. Moderate risk
        d. Great risk
        e. Not sure

    D. Take one or two drinks of an alcoholic beverage (wine, beer, a shot, liquor) nearly every day?
        a. No risk
        b. Slight risk
        c. Moderate risk
        d. Great risk
        e. Not sure

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

A. Drink beer, wine, or hard liquor (for example, vodka, whiskey, or gin) regularly?
   a. Very wrong
   b. Wrong
   c. A little bit wrong
   d. Not wrong at all

B. Smoke cigarettes?
   a. Very wrong
   b. Wrong
   c. A little bit wrong
   d. Not wrong at all

C. Smoke marijuana?
   a. Very wrong
   b. Wrong
   c. A little bit wrong
   d. Not wrong at all

D. Use LSD, cocaine, amphetamines, or another illegal drug?
   a. Very wrong
   b. Wrong
   c. A little bit wrong
   d. Not wrong at all

53. Do you think young people risk harming themselves if they smoke 1 – 5 cigarettes a day?
   a. Definitely no
   b. Probably no
   c. Probably yes
   d. Definitely yes

54. Have you ever ridden in a car driven by someone who had been drinking alcohol?
   a. Yes
   b. No
   c. Not sure

55. During the past year in school, how many times did you get information in classes about reasons not to use alcohol and other drugs?
   a. None
   b. Once
   c. 2 or 3 times
   d. 4 or more times

56. Has either of your parents (or guardians) discussed the dangers of tobacco use with you?
   a. Mother (or female guardian) only
   b. Father (or male guardian) only
   c. Both
   d. Neither

57. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?
   a. 0 days
   b. 1 – 2 days
   c. 3 – 4 days
   d. 5 – 6 days
   e. 7 days

58. During the past 7 days, on how many days did you ride in a car with someone who was smoking cigarettes?
   a. 0 days
   b. 1 – 2 days
   c. 3 – 4 days
   d. 5 – 6 days
   e. 7 days

59. Do you think the smoke from other people's cigarettes (secondhand smoke) is harmful to you?
   a. Definitely no
   b. Probably no
   c. Probably yes
   d. Definitely yes

The next questions ask about what you eat.

60. Did you eat breakfast today?
   a. Yes
   b. No

61. How many sodas or pops did you drink yesterday? (Do **not** count diet soda.)
   a. None
   b. 1
   c. 2
   d. 3
   e. 4 or more

62. How honest were you in filling out this survey?
   a. I was very honest
   b. I was honest pretty much of the time
   c. I was honest some of the time.
   d. I was honest once in a while.
   e. I was not honest at all.

The next questions ask about your family. When answering these questions, think about the people you consider to be your family - parents, stepparents, grandparents, aunts, uncles, etc.

63. My parents give me lots of chances to do fun things with them.
    a. NO!
    b. no
    c. yes
    d. YES!

64. My parents ask me what I think before most family decisions affecting me are made.
    a. NO!
    b. no
    c. yes
    d. YES!

65. If I had a personal problem, I could ask my mom or dad for help.
    a. NO!
    b. no
    c. yes
    d. YES!

66. My parents notice when I am doing a good job and let me know about it.
    a. Never or almost never
    b. Sometimes
    c. Often
    d. All the time

67. Do you enjoy spending time with your dad?
    a. NO!
    b. no
    c. yes
    d. YES!

68. Do you enjoy spending time with your mom?
    a. NO!
    b. no
    c. yes
    d. YES!

69. How often do your parents tell you they're proud of you for something you've done?
    a. Never or almost never
    b. Sometimes
    c. Often
    d. All the time

70. How often do you eat dinner with your family?
    a. Never
    b. Rarely
    c. Sometimes
    d. Most of the time
    e. Always

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2010 Healthy Youth Survey-Form C Answer Sheet

1. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ
2. Ⓐ Ⓑ
3. Ⓐ Ⓑ Ⓒ Ⓓ
4. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ Ⓖ
5. Ⓐ Ⓑ Ⓒ
6. Ⓐ Ⓑ Ⓒ

Safety

7. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ
8. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ

Walking & Bicycling

9. Ⓐ Ⓑ Ⓒ Ⓓ
10. Ⓐ Ⓑ Ⓒ Ⓓ

Activity

11. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ Ⓖ Ⓗ

Health & Health Care

12. Ⓐ Ⓑ Ⓒ
13. Ⓐ Ⓑ Ⓒ Ⓓ
14. Ⓐ Ⓑ Ⓒ

School

15. A. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
    B. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
    C. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
16. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ Ⓖ
17. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
18. Ⓐ Ⓑ Ⓒ Ⓓ
19. Ⓐ Ⓑ Ⓒ Ⓓ
20. Ⓐ Ⓑ Ⓒ Ⓓ
21. Ⓐ Ⓑ Ⓒ Ⓓ
22. Ⓐ Ⓑ Ⓒ Ⓓ
23. Ⓐ Ⓑ Ⓒ Ⓓ
24. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
25. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
26. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
27. Ⓐ Ⓑ

Neighborhood & Community

28. Ⓐ Ⓑ Ⓒ Ⓓ
29. Ⓐ Ⓑ Ⓒ Ⓓ
30. Ⓐ Ⓑ Ⓒ Ⓓ
31. A. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ Ⓖ Ⓗ
    B. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ Ⓖ Ⓗ
    C. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ Ⓖ Ⓗ
32. A. Ⓐ Ⓑ Ⓒ Ⓓ
    B. Ⓐ Ⓑ Ⓒ Ⓓ
    C. Ⓐ Ⓑ Ⓒ Ⓓ
33. Ⓐ Ⓑ Ⓒ Ⓓ
34. Ⓐ Ⓑ Ⓒ Ⓓ
35. Ⓐ Ⓑ Ⓒ Ⓓ
36. Ⓐ Ⓑ Ⓒ Ⓓ
37. Ⓐ Ⓑ Ⓒ Ⓓ
38. Ⓐ Ⓑ Ⓒ Ⓓ
39. Ⓐ Ⓑ Ⓒ Ⓓ

Tobacco, Alcohol, & Other Drugs

40. A. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ
    B. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ
    C. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
    D. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
    E. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
    F. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
41. A. Ⓐ Ⓑ
    B. Ⓐ Ⓑ
    C. Ⓐ Ⓑ
    D. Ⓐ Ⓑ
42. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ

Fighting & Violence

43. Ⓐ Ⓑ
44. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
45. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ

Suicide

46. Ⓐ Ⓑ
47. Ⓐ Ⓑ
48. Ⓐ Ⓑ Ⓒ Ⓓ

Tobacco, Alcohol, & Other Drugs

49. Ⓐ Ⓑ Ⓒ Ⓓ
50. Ⓐ Ⓑ Ⓒ Ⓓ
51. A. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
    B. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
    C. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
    D. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
52. A. Ⓐ Ⓑ Ⓒ Ⓓ
    B. Ⓐ Ⓑ Ⓒ Ⓓ
    C. Ⓐ Ⓑ Ⓒ Ⓓ
    D. Ⓐ Ⓑ Ⓒ Ⓓ
53. Ⓐ Ⓑ Ⓒ Ⓓ
54. Ⓐ Ⓑ Ⓒ
55. Ⓐ Ⓑ Ⓒ Ⓓ
56. Ⓐ Ⓑ Ⓒ Ⓓ
57. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
58. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
59. Ⓐ Ⓑ Ⓒ Ⓓ

What You Eat

60. Ⓐ Ⓑ
61. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
62. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ

Family

63. Ⓐ Ⓑ Ⓒ Ⓓ
64. Ⓐ Ⓑ Ⓒ Ⓓ
65. Ⓐ Ⓑ Ⓒ Ⓓ
66. Ⓐ Ⓑ Ⓒ Ⓓ
67. Ⓐ Ⓑ Ⓒ Ⓓ
68. Ⓐ Ⓑ Ⓒ Ⓓ
69. Ⓐ Ⓑ Ⓒ Ⓓ
70. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ

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