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.

**DO NOT** write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do, not what you think you are supposed to do.

Completing the survey is voluntary. Your grade in this class will not be affected by whether or not you answer the questions.

Make sure you read every question. If you do not understand a question, or if you do not understand a question, or if you feel uncomfortable answering a question, you may leave it blank. Please try to answer every question.

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 known to anyone connected with this survey.

Fill in the ovals completely. When you are finished, follow the instructions of the person giving you the survey.

**Someone in the classroom will now tell you what to do before you start.**

Thank you very much for your help.

**Directions**

- **Use a #2 pencil only.** One should be given to you by the person conducting the survey.
- Fill in the bubbles completely, like this:  O  O  O  O
- If you want to change your answer, erase it completely.
- Choose only one answer for each question, except #4
The next 8 questions ask about physical activity, personal care and health habits.

127. On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?
   a. 0 days
   b. 1 day
   c. 2 days
   d. 3 days
   e. 4 days
   f. 5 days
   g. 6 days
   h. 7 days

128. On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?
   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. 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

130. In an average week when you are in school, on how many days do you go to physical education (PE) classes?
   a. 0 days
   b. 1 day
   c. 2 days
   d. 3 days
   e. 4 days
   f. 5 days

131. When did you last have a physical exam?
   a. Within the last 12 months
   b. 1-2 years ago
   c. More than 2 years ago
   d. I don’t remember
   e. I’ve never had a physical exam

132. If your school has a school-based health center, how many times did you use it for services this year?
   a. My school does not have a school-based health center
   b. 0 times
   c. 1 time
   d. 2 times
   e. 3 or more times

133. Are you limited in any way in any activities because of any impairment or health problem?
   a. Yes
   b. No
   c. Not sure

134. Because of any impairment or health problem do you have any trouble learning, remembering, or concentrating?
   a. I do not have any impairment or health problem
   b. Yes
   c. No
   d. Not sure

These last 3 questions ask for some information about you and your family.

135. How often do you speak a language other than English at home?
   a. Never
   b. Less than half the time
   c. About half the time
   d. More than half the time but not all of the time
   e. All of the time

136. Were you born in the USA or did you move here from another country?
   a. Born in the USA
   b. Moved to the USA 10 or more years ago
   c. Moved to USA between 5 and 9 years ago
   d. Moved to USA less than 5 years ago

137. During the past 12 months, which of the following statements best describes the food eaten by you and your family?
   a. Enough food to eat
   b. Sometimes not enough food to eat
   c. Often not enough food to eat

This is the end of the survey. Thank you very much for your help.
116. How often do you come to classes without your homework finished?
   A. Never
   b. Sometimes
   c. Usually

The next 3 questions ask about body weight.

117. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?
   A. Yes
   b. No

118. 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. Yes
   b. No

The next 7 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.

120. 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.)
   A. I did not drink 100% fruit juice 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

124. During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)
   A. I did not eat potatoes 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

128. 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

132. 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

136. During the past 7 days, how many times did you drink milk? (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 one 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

140. During the past 7 days, how many times did you eat green salad?
   A. I did not eat green salad 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

144. During the past 7 days, how many times did you eat french fries, fried potatoes, or potato chips?
   A. I did not eat french fries, fried potatoes, or potato chips 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

148. During the past 7 days, how many times did you eat other vegetables?
   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

152. During the past 7 days, how many times did you eat snacks?
   A. I did not eat snacks 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

The next 3 questions ask about personal safety.

8. How often do you wear a seat belt when riding in a car driven by someone else?
   A. Never
   b. Sometimes
   c. Most of the time
   d. Always

9. 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

10. 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
12. Is there a gun in your home?
   a. Yes
   b. No
   c. Not sure

13. 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 more days

14. 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 more days

15. 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 more days

16. 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 more days

17. 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

18. 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

19. 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

20. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?
    a. Yes
    b. No

21. Have you ever been physically forced to have sexual intercourse when you did not want to?
    a. Yes
    b. No

The next 5 questions ask about sad feelings and attempted 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.

22. 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. Yes
    b. No

23. During the past 12 months, did you ever seriously consider attempting suicide?
    a. Yes
    b. No

24. During the past 12 months, did you make a plan about how you would attempt suicide?
    a. Yes
    b. No

25. 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

26. 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 during the past 12 months
    b. Yes
    c. No

The next 8 questions ask about how many times you have done the following things.

27. How many times have you done what feels good no matter what?
    a. I've never done this
    b. I've done it but not in the past year
    c. Less than once a month
    d. About once a month
    e. 2 to 3 times a month
    f. Once a week or more

28. How many times have you done something dangerous because someone dared you to do it?
    a. I've never done this
    b. I've done it but not in the past year
    c. Less than once a month
    d. About once a month
    e. 2 to 3 times a month
    f. Once a week or more

29. How many times have you done crazy exciting things even if they are a little dangerous?
    a. I've never done this
    b. I've done it but not in the past year
    c. Less than once a month
    d. About once a month
    e. 2 to 3 times a month
    f. Once a week or more

30. How often do you attend religious or spiritual services?
    a. Every day
    b. 1 to 6 times a week
    c. 1 to 3 times a month
    d. 3 to 11 times a year
    e. Only once or twice a year
    f. Never

31. During the school year, how many hours a week do you work at a part-time job?
    a. I don't work
    b. 1 to 4 hours per week
    c. 5 to 9 hours per week
    d. 10 to 20 hours per week
    e. Over 20 hours per week

32. During the last four weeks, how many days of school have you missed because you skipped or ditched?
    a. None
    b. 1 day
    c. 2 days
    d. 3 days
    e. 4 to 5 days
    f. 6 to 10 days
    g. 11 or more days

33. How often do you come to classes without bringing paper or something to write with?
    a. Never
    b. Sometimes
    c. Usually
65. The last time you had sexual intercourse, did you or your partner use a condom?
   a. I have never had sexual intercourse
   b. Yes
   c. No

66. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.)
   a. I have never had sexual intercourse
   b. No method was used to prevent pregnancy
   c. Condoms
   d. Birth control pills
   e. Depo-Provera (injectable birth control)
   f. Withdrawal
   g. Some other method
   h. Not sure

The following questions ask about your family, your school, other adults, your friends and yourself.

In my home, there is a parent or some other adult ...

In the home and school, there is an adult ...

Outside of my home and school, there is an adult ...

The next 10 questions ask about tobacco use.

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

28. 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

29. 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

30. 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 1 cigarette per day
   c. 1 cigarette per day
   d. 2 to 5 cigarettes per day
   e. 6 to 10 cigarettes per day
   f. 11 to 20 cigarettes per day
   g. More than 20 cigarettes per day

31. 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

32. 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

33. 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 from 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

34. 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

35. 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

36. 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 or 2 days
   c. 3 to 4 days
   d. 5 or 6 days
   e. 7 days

The next 4 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.

37. 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

38. If you drank alcohol, did you or your partner use a method to prevent pregnancy?
   a. Yes
   b. No

39. Of your school, other adults, and yourself, which one is most likely to be the most trusted?
   a. My parent or guardian
   b. Some other adult
   c. My teacher
   d. My friend

40. Of your school, other adults, and yourself, which one is most likely to be the best cared for?
   a. My parent or guardian
   b. Some other adult
   c. My teacher
   d. My friend
38. 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

39. 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 day
   C. 2 days
   D. 3 to 5 days
   E. 6 to 9 days
   F. 10 to 19 days
   G. 20 or more days

40. 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

The next 3 questions ask about marijuana use.
Marijuana also is called grass or pot.

41. How old were you when you tried marijuana for the first time?
   A. 8 years old or younger
   B. 9 or 10 years old
   C. 11 or 12 years old
   D. 13 or 14 years old
   E. 15 or 16 years old
   F. 17 years old or older

42. During the past 30 days, how many times did you use marijuana?
   A. 0 times
   B. 1 or 2 times
   C. 3 to 9 times
   D. 10 to 19 times
   E. 20 to 39 times
   F. 40 or more times

43. 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 9 times
   D. 10 to 19 times
   E. 20 to 39 times
   F. 40 or more times

The next 9 questions ask about other drugs.

44. During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?
   A. 0 times
   B. 1 or 2 times
   C. 3 to 9 times
   D. 10 to 19 times
   E. 20 to 39 times
   F. 40 or more times

45. 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 9 times
   D. 10 to 19 times
   E. 20 to 39 times
   F. 40 or more times

46. During the past 30 days, 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 9 times
   D. 10 to 19 times
   E. 20 to 39 times
   F. 40 or more times

47. During the past 12 months, 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 9 times
   D. 10 to 19 times
   E. 20 to 39 times
   F. 40 or more times

48. During the past 30 days, how many times have you used methamphetamine (also called speed, crystal, crank, or ice)?
   A. 0 times
   B. 1 or 2 times
   C. 3 to 9 times
   D. 10 to 19 times
   E. 20 to 39 times
   F. 40 or more times

49. During the past 12 months, how many times have you used methamphetamine (also called speed, crystal, crank, or ice)?
   A. 0 times
   B. 1 or 2 times
   C. 3 to 9 times
   D. 10 to 19 times
   E. 20 to 39 times
   F. 40 or more times

50. During the past 12 months, how many times have you used ecstasy?
   A. 0 times
   B. 1 or 2 times
   C. 3 to 9 times
   D. 10 to 19 times
   E. 20 to 39 times
   F. 40 or more times

51. 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

52. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?
   A. Yes
   B. No

The next 3 questions ask about what people think about kids your age drinking alcohol.

53. How wrong would most adults in your community think it was for kids your age to drink alcohol (beer, wine, or hard liquor) regularly?
   A. Very wrong
   B. Wrong
   C. A little bit wrong
   D. Not wrong at all

54. How wrong do your parents feel it would be for you to drink alcohol (beer, wine, or hard liquor) regularly?
   A. Very wrong
   B. Wrong
   C. A little bit wrong
   D. Not wrong at all

55. How wrong do you think it is for someone your age to drink alcohol (beer, wine, or hard liquor) regularly?
   A. Very wrong
   B. Wrong
   C. A little bit wrong
   D. Not wrong at all

If you wanted to, how easy would each of the following be to get?

56. Beer, wine, or hard liquor (for example, vodka, whiskey or gin)?
   A. Very hard
   B. Sort of hard
   C. Sort of easy
   D. Very easy

57. Marijuana?
   A. B. C. D.

58. Cocaine, LSD, methamphetamines, or other illegal drug?
   A. B. C. D.

The next 6 questions ask about sexual behavior.

61. 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

62. 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 people
   F. 5 people
   G. 6 or more people

63. During the past 3 months, with how many people did you have sexual intercourse?
   A. I have never had sexual intercourse
   B. I have had sexual intercourse, but not during the past 3 months
   C. 1 person
   D. 2 people
   E. 3 people
   F. 4 people
   G. 5 people
   H. 6 or more people

64. Did you drink alcohol or use drugs before you had sexual intercourse the last time?
   A. I have never had sexual intercourse
   B. Yes
   C. No