



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

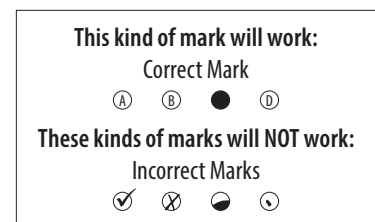
1. This is not a test, so there are no right or wrong answers.
2. The questions should be answered by marking one of the answer spaces on the answer sheet. If you don't find an answer that fits exactly, use one that comes closest. If any question does not apply to you, or you are not sure of what it 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 mark 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. Have you ever taken formal swimming lessons?
 - a. Yes
 - b. No
 - c. Not sure

8. I am comfortable playing and swimming in water over my head.
 - a. Strongly agree
 - b. Agree
 - c. Disagree
 - d. Strongly disagree
9. During the past 30 days, did you ride in a car or other vehicle driven by someone who was texting or emailing?
 - a. Yes
 - b. No
 - c. Not sure

The next questions ask about walking or riding a bicycle.

10. 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.
11. On average how many days a week do you ride a bicycle 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.

12. 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

13. On an average school day, how many hours do you watch TV?
- I do not watch TV on an average school day.
 - Less than 1 hour per day
 - 1 hour per day
 - 2 hours per day
 - 3 hours per day
 - 4 hours per day
 - 5 or more hours per day
14. 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? (Count time spent on such things as Xbox, PlayStation, an iPod, an iPad or other tablet, smartphone, YouTube, Facebook or other social networking tools, and the Internet.)
- I do not play video or computer games or use a computer for something that is not school work.
 - Less than 1 hour per day
 - 1 hour per day
 - 2 hours per day
 - 3 hours per day
 - 4 hours per day
 - 5 or more hours per day

The next questions ask about your health and health care.

15. Has a doctor or nurse ever told you that you have asthma?
- Yes
 - No
 - Not sure
16. Do you still have asthma?
- I have never had asthma.
 - Yes
 - No
 - Not sure
17. During the past year, did you miss any time from school because of toothache? (Do not include toothache due to braces or an injury.)
- Yes
 - No
 - Not sure

The next questions ask about your experiences with school.

18. Think back over the past year in school. How often did you:
- Enjoy being in school?
 - Never
 - Seldom
 - Sometimes
 - Often
 - Almost always
 - Hate being in school?
 - Never
 - Seldom
 - Sometimes
 - Often
 - Almost always
 - Try to do your best work in school?
 - Never
 - Seldom
 - Sometimes
 - Often
 - Almost always
19. During the LAST 4 WEEKS, how many whole days of school have you missed because you skipped or “cut”?
- None
 - 1
 - 2
 - 3
 - 4–5
 - 6–10
 - 11 or more
20. Putting them all together, what were your grades like last year?
- Mostly As
 - Mostly Bs
 - Mostly Cs
 - Mostly Ds
 - Mostly Fs

21. Are your school grades better than the grades of most students in your class?
- NO!
 - no
 - yes
 - YES!
22. My teacher(s) notices when I am doing a good job and lets me know about it.
- NO!
 - no
 - yes
 - YES!
23. The school lets my parents know when I have done something well.
- NO!
 - no
 - yes
 - YES!
24. I feel safe at my school.
- NO!
 - no
 - yes
 - YES!
25. My teachers praise me when I work hard in school.
- NO!
 - no
 - yes
 - YES!
26. How often do you feel the schoolwork you are assigned is meaningful and important?
- Almost always
 - Often
 - Sometimes
 - Seldom
 - Never
27. How interesting are most of your courses to you?
- Very interesting and stimulating
 - Quite interesting
 - Fairly interesting
 - Slightly dull
 - Very dull

28. How important do you think the things you are learning in school are going to be for you later in life?
- Very important
 - Quite important
 - Fairly important
 - Slightly important
 - Not at all important
29. Do you have goals and plans for the future?
- No
 - Yes

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

30. My neighbors notice when I am doing a good job and let me know.
- NO!
 - no
 - yes
 - YES!
31. There are people in my neighborhood who encourage me to do my best.
- NO!
 - no
 - yes
 - YES!
32. There are people in my neighborhood who are proud of me when I do something well.
- NO!
 - no
 - yes
 - YES!
33. How many times in the past year (12 months) have you...
- Participated in clubs, organizations or activities at school?
 - Never
 - 1 or 2 times
 - 3 to 5 times
 - 6 to 9 times
 - 10 to 19 times
 - 20 to 29 times
 - 30 to 39 times
 - 40+ times

- B. Done extra work on your own for school?
- Never
 - 1 or 2 times
 - 3 to 5 times
 - 6 to 9 times
 - 10 to 19 times
 - 20 to 29 times
 - 30 to 39 times
 - 40+ times
- C. Volunteered to do community service?
- Never
 - 1 or 2 times
 - 3 to 5 times
 - 6 to 9 times
 - 10 to 19 times
 - 20 to 29 times
 - 30 to 39 times
 - 40+ times
34. How wrong would most adults in your neighborhood think it was for kids your age:
- A. To use marijuana?
- Very wrong
 - Wrong
 - A little bit wrong
 - Not wrong at all
- B. To drink alcohol?
- Very wrong
 - Wrong
 - A little bit wrong
 - Not wrong at all
- C. To smoke cigarettes?
- Very wrong
 - Wrong
 - A little bit wrong
 - Not wrong at all
35. 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?
- NO!
 - no
 - yes
 - YES!
36. If a kid used marijuana in your neighborhood, would he or she be caught by the police?
- NO!
 - no
 - yes
 - YES!
37. If a kid carried a handgun in your neighborhood, would he or she be caught by the police?
- NO!
 - no
 - yes
 - YES!
38. 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?
- Very hard
 - Sort of hard
 - Sort of easy
 - Very easy
39. If you wanted to get some cigarettes, how easy would it be for you to get some?
- Very hard
 - Sort of hard
 - Sort of easy
 - Very easy
40. If you wanted to get some marijuana, how easy would it be for you to get some?
- Very hard
 - Sort of hard
 - Sort of easy
 - Very easy
41. If you wanted to get a drug like cocaine, LSD, or amphetamines, how easy would it be for you to get some?
- Very hard
 - Sort of hard
 - Sort of easy
 - 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.

42. 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 (weed, 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 loziderb?
 - a. None
 - b. 1–2 days
 - c. 3–5 days
 - d. 6–9 days
 - e. 10 or more days

43. 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. Used 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

44. 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.

45. During the past 30 days, did you carry a weapon such as a gun, knife, or club **on school property**?

- a. Yes
- b. No

46. 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
47. 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.

48. Have you ever **seriously** thought about killing yourself?
- a. Yes
 - b. No
49. Have you ever **tried** to kill yourself?
- a. Yes
 - b. No
50. 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.

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. Use 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. Use 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. In the last 30 days, have you ridden in a car driven by someone who had been drinking alcohol?
 - a. Yes
 - b. No
 - c. Not sure

- 54. 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

- 55. 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

- 56. 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

The next questions ask about what you eat.

- 57. Did you eat breakfast today?
 - a. Yes
 - b. No

- 58. How many sodas, sports drinks (such as Gatorade) and other sweetened drinks (such as Snapple or Sobe) did you drink yesterday?
 - a. None
 - b. 1
 - c. 2
 - d. 3
 - e. 4 or more

- 59. Did you buy sodas, sports drinks, or other flavored sweetened drinks at school yesterday?
 - a. I did not drink sodas, sports drinks or other flavored sweetened drinks yesterday.
 - b. Yes
 - c. No

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.

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

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

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

63. My parents notice when I am doing a good job and let me know about it.
- Never or almost never
 - Sometimes
 - Often
 - All the time
64. Do you enjoy spending time with your dad?
- NO!
 - no
 - yes
 - YES!
65. Do you enjoy spending time with your mom?
- NO!
 - no
 - yes
 - YES!
66. How often do your parents tell you they're proud of you for something you've done?
- Never or almost never
 - Sometimes
 - Often
 - All the time
67. How often do you eat dinner with your family?
- Never
 - Rarely
 - Sometimes
 - Most of the time
 - Always

The next questions ask about things you would say about yourself.

68. How much do you agree with the following?
- I know how to disagree without starting a fight or argument.
 - Strongly agree
 - Agree
 - Disagree
 - Strongly disagree

- When I have problems at school, I am good at finding ways to solve them.
 - Strongly agree
 - Agree
 - Disagree
 - Strongly disagree
 - When I make a decision, I think about what might happen afterward.
 - Strongly agree
 - Agree
 - Disagree
 - Strongly disagree
 - I get along well with students who are different from me.
 - Strongly agree
 - Agree
 - Disagree
 - Strongly disagree
 - I try to understand how other people feel and think.
 - Strongly agree
 - Agree
 - Disagree
 - Strongly disagree
69. How honest were you in filling out this survey?
- I was very honest.
 - I was honest pretty much of the time.
 - I was honest some of the time.
 - I was honest once in a while.
 - I was not honest at all.



PAGE 1

1. (A) (B) (C) (D) (E) (F)

2. (A) (B)

3. (A) (B) (C) (D)

4. (A) (B) (C) (D) (E) (F) (G)

5. (A) (B) (C)

6. (A) (B) (C)

Personal Safety

7. (A) (B) (C)

8. (A) (B) (C) (D)

9. (A) (B) (C)

Walking and Biking

10. (A) (B) (C) (D)

11. (A) (B) (C) (D)

Physical Activity

12. (A) (B) (C) (D) (E) (F) (G) (H)

13. (A) (B) (C) (D) (E) (F) (G)

14. (A) (B) (C) (D) (E) (F) (G)

Health and Health Care

15. (A) (B) (C)

16. (A) (B) (C) (D)

17. (A) (B) (C)

School

18. A. (A) (B) (C) (D) (E)

B. (A) (B) (C) (D) (E)

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C. (A) (B) (C) (D) (E)

19. (A) (B) (C) (D) (E) (F) (G)

20. (A) (B) (C) (D) (E)

21. (A) (B) (C) (D)

22. (A) (B) (C) (D)

23. (A) (B) (C) (D)

24. (A) (B) (C) (D)

25. (A) (B) (C) (D)

26. (A) (B) (C) (D) (E)

27. (A) (B) (C) (D) (E)

28. (A) (B) (C) (D) (E)

29. (A) (B)

Neighborhood or Community

30. (A) (B) (C) (D)

31. (A) (B) (C) (D)

32. (A) (B) (C) (D)

33. A. (A) (B) (C) (D) (E) (F) (G) (H)

B. (A) (B) (C) (D) (E) (F) (G) (H)

C. (A) (B) (C) (D) (E) (F) (G) (H)

34. A. (A) (B) (C) (D)

B. (A) (B) (C) (D)

C. (A) (B) (C) (D)

35. (A) (B) (C) (D)

36. (A) (B) (C) (D)

37. (A) (B) (C) (D)

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38. (A) (B) (C) (D)

39. (A) (B) (C) (D)

40. (A) (B) (C) (D)

41. (A) (B) (C) (D)

Alcohol, Tobacco and Other Illegal Drugs

42. A. (A) (B) (C) (D) (E) (F)

B. (A) (B) (C) (D) (E) (F)

C. (A) (B) (C) (D) (E)

D. (A) (B) (C) (D) (E)

E. (A) (B) (C) (D) (E)

F. (A) (B) (C) (D) (E)

43. A. (A) (B)

B. (A) (B)

C. (A) (B)

D. (A) (B)

44. (A) (B) (C) (D) (E) (F)

Fighting and Violence

45. (A) (B)

46. (A) (B) (C) (D) (E)

47. (A) (B) (C) (D) (E)

Suicide

48. (A) (B)

49. (A) (B)

50. (A) (B) (C) (D)

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Tobacco, Alcohol and Other Drugs

- 51. A. (A) (B) (C) (D) (E)
- B. (A) (B) (C) (D) (E)
- C. (A) (B) (C) (D) (E)
- D. (A) (B) (C) (D) (E)

52. A. (A) (B) (C) (D)

B. (A) (B) (C) (D)

C. (A) (B) (C) (D)

D. (A) (B) (C) (D)

53. (A) (B) (C)

54. (A) (B) (C) (D)

55. (A) (B) (C) (D) (E)

56. (A) (B) (C) (D) (E)

What You Eat

57. (A) (B)

58. (A) (B) (C) (D) (E)

59. (A) (B) (C)

Family

60. (A) (B) (C) (D)

61. (A) (B) (C) (D)

62. (A) (B) (C) (D)

63. (A) (B) (C) (D)

64. (A) (B) (C) (D)

65. (A) (B) (C) (D)

66. (A) (B) (C) (D)

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67. (A) (B) (C) (D) (E)

Things You Would Say About You

68. A. (A) (B) (C) (D)

B. (A) (B) (C) (D)

C. (A) (B) (C) (D)

D. (A) (B) (C) (D)

E. (A) (B) (C) (D)

69. (A) (B) (C) (D) (E)

