



# Healthy Youth Survey Form C

Grade 6

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 or community. 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. There are no codes or information to match a survey to a student. If you do not want to take this survey, tell your teacher now and you will be given another 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 clicking the bubble next to your answer.
3. 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.
4. Some of the questions have the following format. Select the word that best describes how you feel about that sentence.

EXAMPLE: Pepperoni pizza is one of my favorite foods.

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

- NO  – means definitely not true for you
- no – means mostly not true for you
- yes – means mostly true for you
- YES  – means definitely true for you

1. Where are you taking this survey?
  - a. On school property
  - b. Not on school property
2. Are you in a place where you can respond honestly to questions related to your thoughts, feelings and habits pertaining to school and your personal life?
  - a. Yes
  - b. No
3. You answered that you are currently NOT in a place where you can answer questions honestly. If possible, please find a place where you can do that. Are you now able to take this survey privately?
  - a. Yes, I am now able to take this survey.
  - b. No, I am NOT able to take this survey
4. How old are you?
  - a. 10 or younger
  - b. 11
  - c. 12
  - d. 13
  - e. 14
  - f. 15 or older
5. What grade are you in?
  - a. 5th
  - b. 6th
  - c. 7th
  - d. Ungraded or other
6. What sex/gender were you at birth, even if you are not that gender today?
  - a. Female
  - b. Male
7. How do you describe yourself? **Choose all that apply.**
  - 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
8. What language is usually spoken at home?
  - a. English
  - b. Spanish
  - c. Other
9. Has any of your parent(s) or guardian(s) served in the military (Army, Navy, Air Force, Marines, Coast Guard, National Guard, or Reserves)?
  - a. No
  - b. Yes
  - c. Not sure
10. Have you or your family moved in the past 3 years to another school district or city for **temporary or seasonal** work in agriculture, dairy, or fishing?
  - a. No
  - b. Yes
  - c. I do not know.

**The next questions ask about personal safety.**

11. 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
12. Have you ever taken formal swimming lessons?
  - a. Yes
  - b. No
  - c. Not sure
13. How good a swimmer do you think you are?
  - a. Good
  - b. So-so
  - c. Not good
  - d. Can't swim
14. During the past 30 days, did you ride in a car or other vehicle driven by someone who wastexting or emailing?
  - a. Yes
  - b. No
  - c. Not sure

**The next questions ask about walking or riding a bicycle.**

15. On average, how many days a week do you walk to or from school?
- In an average week, I don't normally travel to school.
  - Never
  - 1 – 2 days
  - 3 – 4 days
  - I walk every day.
16. On average, how many days a week do you ride a bicycle to or from school?
- In an average week, I don't normally travel to school.
  - Never
  - 1 – 2 days
  - 3 – 4 days
  - I bike every day.

**The next questions ask about how active you are.**

17. 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.)
- 0 days
  - 1 day
  - 2 days
  - 3 days
  - 4 days
  - 5 days
  - 6 days
  - 7 days

18. On an average school day, how many hours do you watch TV shows or movies or stream videos (such as YouTube, Netflix, Hulu) on any electronic device (Computer, TV set, tablets or smartphone)?
- I do not watch TV or movies 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
19. 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 things such as Xbox, PlayStation, tablet or smartphone, socialmedia).
- I do not play video 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.**

20. Has a doctor or nurse ever told you that you have asthma?
- Yes
  - No
  - Not sure
21. Do you still have asthma?
- I have never had asthma.
  - Yes
  - No
  - Not sure
22. 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.)
- Yes
  - No
  - Not sure

The next questions ask about your experiences with school.

23. Think back over the past year in school. How often did you:
- A. Enjoy school?
- a. Never
  - b. Seldom
  - c. Sometimes
  - d. Often
  - e. Almost always
- B. Dislike 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
24. During the LAST 4 WEEKS, how many whole days of school have you missed because you skipped or "cut"?
- a. 0 days
  - b. 1 day
  - c. 2 days
  - d. 3 days
  - e. 4 – 5 days
  - f. 6 – 10 days
  - g. 11 or more days
25. During the past 30 days, on how many days have you been absent from school **for any reason?** Include any day that you missed at least half of the school day.
- a. 0 days
  - b. 1 or 2 days
  - c. 3 or more days
26. 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
27. Are your school grades better than the grades of most students in your class?
- a. NO
  - b. no
  - c. yes
  - d. YES
28. 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
29. The school lets my parent(s) know when I have done something well.
- a. NO
  - b. no
  - c. yes
  - d. YES
30. I feel safe during school.
- a. NO
  - b. no
  - c. yes
  - d. YES
31. My teachers praise me when I work hard in school.
- a. NO
  - b. no
  - c. yes
  - d. YES
32. 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
33. 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

34. 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

35. During your last school year, how many times did you change schools for reasons other than moving up a grade?
- I did not change schools.
  - Once
  - Twice
  - Three or more times

**The next questions contain statements you might make about yourself.**

36. I can think of many ways to get the things in life that are most important to me.
- None of the time
  - A little of the time
  - Some of the time
  - A lot of the time
  - Most of the time
  - All of the time
37. I am doing just as well as other kids my age.
- None of the time
  - A little of the time
  - Some of the time
  - A lot of the time
  - Most of the time
  - All of the time
38. When I have a problem, I can come up with lots of ways to solve it.
- None of the time
  - A little of the time
  - Some of the time
  - A lot of the time
  - Most of the time
  - All of the time

39. I think the things I have done in the past will help me in the future.
- None of the time
  - A little of the time
  - Some of the time
  - A lot of the time
  - Most of the time
  - All of the time

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

40. My neighbors notice when I am doing a good job and let me know.
- NO
  - no
  - yes
  - YES
41. There are people in my neighborhood or community who encourage me to do my best.
- NO
  - no
  - yes
  - YES
42. There are people in my neighborhood or community who are proud of me when I do something well.
- NO
  - no
  - yes
  - YES
43. During the average week, on how many days do you participate in supervised after-school activities either at school or away from school? Include activities such as sports, art, music, dance, drama, or community service, religious, or club activities.
- 0 days
  - 1 – 2 days
  - 3 or more days

**The next questions ask for your opinions.**

“Alcohol” means beer, wine, and beverages like hard lemonade, hard seltzers, and liquor such as vodka and tequila.

“Marijuana” means cannabis, hashish, hash, grass, pot, weed, or edibles.

“Vaping” means inhaling a vapor product such as an electronic cigarette, e-cig, JUUL, or a similar device.

44. How wrong would most adults in your neighborhood or community 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
45. If a kid drank some beer, wine, or hard liquor in your neighborhood or community, would they be caught by the police?
- a. NO☐
  - b. no
  - c. yes
  - d. YES☐
46. If a kid used marijuana in your neighborhood or community, would they be caught by the police?
- a. NO☐
  - b. no
  - c. yes
  - d. YES☐

47. If a kid carried a handgun in your neighborhood or community, would they be caught by the police?
- a. NO☐
  - b. no
  - c. yes
  - d. YES☐
48. If you wanted to get some beer, wine, or hard liquor, how easy would it be for you to get some?
- a. Very hard
  - b. Sort of hard
  - c. Sort of easy
  - d. Very easy
49. 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
50. 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
51. If you wanted to get a drug like cocaine or 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 tobacco, alcohol, and other drugs. Remember, no one but you will know how you answered.**

52. **During the past 30 days**, on how many days did you:
- A. Smoke cigarettes?
    - a. 0 days
    - 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. 0 days
  - b. 1 – 2 days
  - c. 3 – 5 days
  - d. 6 – 9 days
  - e. 10 – 29 days
  - f. All 30 days
- C. Use an electronic cigarette, also called e-cigs, JUUL, or vape pens?
  - a. 0 days
  - b. 1 – 2 days
  - c. 3 – 5 days
  - d. 6 – 9 days
  - e. 10 – 19 days
  - f. 20 – 29 days
  - g. All 30 days
- D. Drink a glass, can or bottle of alcohol?
  - a. 0 days
  - b. 1 – 2 days
  - c. 3 – 5 days
  - d. 6 – 9 days
  - e. 10 or more days
- E. Use marijuana or hashish?
  - a. 0 days
  - b. 1 – 2 days
  - c. 3 – 5 days
  - d. 6 – 9 days
  - e. 10 – 19 days
  - f. 20-29 days
  - g. All 30 days
- F. Use brezidone?
  - a. 0 days
  - b. 1 – 2 days
  - c. 3 – 5 days
  - d. 6 – 9 days
  - e. 10 or more days
- G. Not counting alcohol, tobacco, or marijuana, use another illegal drug?
  - a. 0 days
  - b. 1 – 2 days
  - c. 3 – 5 days
  - d. 6 – 9 days
  - e. 10 or more days

- 53. 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. 0 times
  - b. 1 time
  - c. 2 times
  - d. 3 – 5 times
  - e. 6 – 9 times
  - f. 10 or more times
- 54. Have you ever, even once in your lifetime:
  - A. Had more than a sip or two of beer, wine, or hard liquor?
    - a. Yes
    - b. No
  - B. Used marijuana?
    - a. Yes
    - b. No
  - C. Used other illegal drugs?
    - a. Yes
    - b. No

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

- 55. 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 – 5 days
  - c. 6 or more days
  - d. I have not been on school property in the past 30 days.
- 56. 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

"Bullying" is when one or more students threaten, spread rumors about, hit, shove, or otherwise hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way.

57. In the last 30 days, how often have you been bullied?
- I have not been bullied.
  - Once
  - 2 – 3 times
  - About once a week
  - Several times a week

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

58. Have you ever **seriously** thought about killing yourself?
- Yes
  - No
59. Have you ever **tried** to kill yourself?
- Yes
  - No
60. When you feel sad or hopeless, are there adults that you can turn to for help?
- I never feel sad or hopeless.
  - Yes
  - No
  - Not sure
61. How much do you think people risk harming themselves if they:
- Smoke one or more packs of cigarettes per day?
    - No risk
    - Slight risk
    - Moderate risk
    - Great risk
    - Not sure
  - Try marijuana once or twice?
    - No risk
    - Slight risk
    - Moderate risk
    - Great risk
    - Not sure

- Use marijuana regularly (at least once or twice a week)?
  - No risk
  - Slight risk
  - Moderate risk
  - Great risk
  - Not sure
- Take one or two drinks of an alcoholic beverage nearly every day?
  - No risk
  - Slight risk
  - Moderate risk
  - Great risk
  - Not sure

The next questions ask more questions about tobacco, alcohol, and other drugs.

62. How wrong do YOU think it is for someone your age to:
- Drink beer, wine, or hard liquor regularly?
    - Very wrong
    - Wrong
    - A little bit wrong
    - Not wrong at all
  - Smoke cigarettes?
    - Very wrong
    - Wrong
    - A little bit wrong
    - Not wrong at all
  - Use marijuana?
    - Very wrong
    - Wrong
    - A little bit wrong
    - Not wrong at all
  - Use LSD, cocaine, amphetamines, or another illegal drug?
    - Very wrong
    - Wrong
    - A little bit wrong
    - Not wrong at all

63. In the last 30 days, have you ridden in a car driven by someone who had been drinking alcohol?
- Yes
  - No
  - Not sure
64. During the past year in school, how many times did you get information in classes about reasons not to use alcohol or drugs?
- Never
  - Once
  - 2 – 3 times
  - 4 or more times
65. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?
- 0 days
  - 1 – 2 days
  - 3 – 4 days
  - 5 – 6 days
  - 7 days

**The next questions ask about what you eat.**

66. Did you eat breakfast today?
- Yes
  - No
67. How many sugar-sweetened drinks (such as sodas, sports drinks, energy drinks, coffee drinks, or tea drinks) did you drink yesterday?
- None
  - 1
  - 2
  - 3
  - 4 or more
68. Did you buy any sugar-sweetened drink (such as sodas, sports drinks, energy drinks, coffee drinks, or tea drinks) at school yesterday?
- I did not buy any sugar-sweetened drinks yesterday.
  - Yes
  - No
  - I was not on school property yesterday.

**The next questions ask about your family. When answering these questions, think about the people you consider to be your family — parent(s), step-parent(s), grandparent(s), aunt(s), uncle(s), etc.**

“Parents” means the person or people who are raising or caring for you.

“Mom” or “mother” means the person or people who act(s) as your mother.

“Dad” or “father” means the person or people who act(s) as your father.

69. My parent(s) give me lots of chances to do fun things with them.
- NO
  - no
  - yes
  - YES
70. My parent(s) ask me what I think before most family decisions affecting me are made.
- NO
  - no
  - yes
  - YES
71. If I had a personal problem, I could ask my parent(s) for help.
- NO
  - no
  - yes
  - YES
72. My parent(s) notice when I am doing a good job and let me know about it.
- NO
  - no
  - yes
  - YES
73. Do you enjoy spending time with your dad(s)?
- NO
  - no
  - yes
  - YES
  - Does not apply

74. Do you enjoy spending time with your mom(s)?
- NO
  - no
  - yes
  - YES
  - Does not apply
75. How often do your parent(s) tell you they're proud of you for something you've done?
- Never or almost never
  - Sometimes
  - Often
  - All the time
76. How often do you eat dinner with your family?
- Never
  - Rarely
  - Sometimes
  - Most of the time
  - Always

### The next questions ask about COVID.

Beginning in early 2020, the coronavirus disease (COVID) pandemic began affecting countries around the world, including the United States. Depending on where you live, your experience with the pandemic might still be going on now, or your community and your school might be somewhat back to normal. The next questions ask about your experiences during this time.

74. There are things we can all do to stop the spread of certain illnesses like the flu, colds, and COVID. Please rate how often you usually:
- Wash your hands or use hand sanitizer between activities.
    - Never
    - Only some of the time
    - About half of the time
    - Most of the time
    - All the time

- Wear a mask when you are near people you don't live with.
    - Never
    - Only some of the time
    - About half of the time
    - Most of the time
    - All the time
  - Stay home if you feel sick.
    - Never
    - Only some of the time
    - About half of the time
    - Most of the time
    - All the time
75. How much are you worried right now about the following things as a result of the COVID pandemic?
- Your parents or guardians losing their job(s)?
    - Not at all worried
    - A little worried
    - Pretty worried
    - Extremely worried
  - Your family being unable to afford rent or housing?
    - Not at all worried
    - A little worried
    - Pretty worried
    - Extremely worried
  - Not having enough food to eat?
    - Not at all worried
    - A little worried
    - Pretty worried
    - Extremely worried
76. How honest were you in filling out this survey?
- I was very honest.
  - I was honest most of the time.
  - I was honest some of the time.
  - I was honest once in a while.
  - I was not honest at all.