

# **2014** Healthy Youth Survey Form B

### **INFORMATION ONLY**

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.

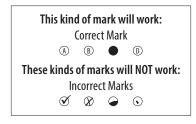
Some of the questions are personal, such as asking about your relationships and whether you get in fights or use drugs. Some students may find some of the questions uncomfortable or upsetting. You will be given a list of numbers to call if you want to talk to someone about the survey or feelings it brings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



- 1. How old are you?
  - a. 12 or younger
  - b. 13
  - c. 14
  - d. 15
  - e. 16
  - f. 17
  - g. 18
  - h. 19 or older
- 2. Are you:
  - a. Female
  - b. Male
- 3. What grade are you in?
  - a. 7th
  - b. 8th
  - c. 9th
  - d. 10th
  - e. 11th
  - f. 12th
  - g. 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

### The next questions ask about personal safety.

- 5. Have you ever taken formal swimming lessons?
  - a. Yes
  - b. No
  - c. Not sure
- 6. I am comfortable playing or swimming in water over my head.
  - a. Strongly agree
  - b. Agree
  - c. Disagree
  - d. Strongly disagree

- 7. How often do you wear a life jacket when you're in a small boat like a canoe, raft, or small motorboat?
  - a. Never go boating in a small boat
  - b. Never
  - c. Less than half the time
  - d. About half the time
  - e. More than half the time
  - f. Always
- 8. During the past 30 days, how many days did you text or email while driving a car or other vehicle?
  - a. I did not drive a car or other vehicle during the past 30 days.
  - b. 0 days
  - c. 1 or 2 days
  - d. 3 to 5 days
  - e. 6 to 9 days
  - f. 10 to 19 days
  - g. 20 to 29 days
  - h. All 30 days
- 9. During the past 30 days, how many days did you ride in a car or other vehicle driven by someone who was texting or emailing?
  - 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 questions ask about fighting and other issues related to safety.

- 10. During the past 30 days, on how many days did you:
  - A. 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
  - B. Carry a gun? (Do not include carrying a gun while hunting.)
    - a. 0 days
    - b. 1 day
    - c. 2-3 days
    - d. 4-5 days
    - e. 6 or more days

- 11. 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
- 12. I feel safe at my school.
  - a. Definitely NOT true
  - b. Mostly not true
  - c. Mostly true
  - d. Definitely true
- 13. 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
- 14. A gang is a group of people with a leader who act together often for violent or illegal activities.

During the past 12 months, have you been a member of a gang?

- a. No
- b. Yes
- 15. Are there gangs at your school?
  - a. No
  - b. Yes
  - c. Don't know

The next 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.

- 16. 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
- 17. During the past 12 months, did you ever **seriously** consider attempting suicide?
  - a. Yes
  - b. No
- 18. During the past 12 months, did you make a plan about how you would attempt suicide?
  - a. Yes
  - b. No
- 19. During the past 12 months, how many times did you actually attempt suicide?
  - a. 0 times
  - b. 1 time
  - c. 2-3 times
  - d. 4-5 times
  - e. 6 or more times
- 20. 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

### The next questions ask about tobacco use.

- 21. 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. Smoke cigars, cigarillos, or little cigars?
  - a. 0 days
  - b. 1-2 days
  - c. 3-9 days
  - d. 10-29 days
  - e. All 30 days
- D. Use an electronic cigarete, also called e-cigs, or vape pens?
  - a. 0 days
  - b. 1-2 days
  - c. 3-9 days
  - d. 10-29 days
  - e. All 30 days
- E. Smoke tobacco or flavored tobacco in a hookah, even just a puff?
  - a. 0 days
  - b. 1-2 days
  - c. 3-9 days
  - d. 10-29 days
  - e. All 30 days
- 22. Are the cigarettes that you usually smoke menthol cigarettes?
  - a. I do not smoke cigarettes.
  - b. Yes
  - c. No
- 23. Not including menthols:

During the past 30 days, on how many days did you use tobacco that tastes like candy, fruit or alcohol (tobacco includes: little cigars, bidis, cloves, chew, spit, snus, hookah)?

- a. 0 days
- b. 1-2 days
- c. 3-9 days
- d. 10-29 days
- e. All 30 days

# The next section asks about your experience with alcohol and other drugs. Remember no one but you will know how you answered.

- 24. During the past 30 days, on how many days did you:
  - A. 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
  - B. 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
  - C. 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
  - D. Use loziderb?
    - a. None
    - b. 1-2 days
    - c. 3-5 days
    - d. 6-9 days
    - e. 10 or more days
  - E. Use a pain killer <u>TO GET HIGH</u>, like Vicodin, OxyContin (sometimes called Oxy or OC) or Percocet (sometimes called Percs)?
    - a. None
    - b. 1–2 days
    - c. 3-5 days
    - d. 6-9 days
    - e. 10 or more days

- 25. How old were you the first time you had more than a sip or two of beer, wine, or hard liquor (for example vodka, whiskey, or gin)?
  - a. Never have
  - b. 10 or younger
  - c. 11
  - d. 12
  - e. 13
  - f. 14
  - g. 15
  - h. 16
  - i. 17 or older
- 26. 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 times or more
- 27. How old were you the first time you used marijuana?
  - a. Never have
  - b. 10 or younger
  - c. 11
  - d. 12
  - e. 13
  - f. 14
  - g. 15
  - h. 16
  - i. 17 or older

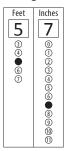
### The next questions ask about body height and weight.

28. How tall are you without your shoes on?

Directions: Write your height in the blank boxes and fill in the matching circle below each number on your answer sheet.

Example

#### Height

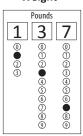


29. How much do you weigh without your shoes on?

Directions: Write your weight in the blank boxes and fill in the matching circle below each number on your answer sheet.

Example

### Weight



- 30. Which of the following are you trying to do about your weight?
  - a. I am not trying to do anything about my weight.
  - b. Lose weight
  - c. Gain weight
  - d. Stay the same weight

### The next questions are about your eating habits.

Now, think about food you ate or drank during the past 7 days. Include 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.

- 31. During the past 7 days, how many times did you:
  - A. Drink 100% fruit juice such as orange juice, apple juice or grape juice? (Do not count punch, Kool-Aid, sports drinks, and other fruit-flavored drinks.)
    - a. I did not drink fruit juice during the past 7 days.
    - b. 1-3 times during the past 7 days
    - c. 4-6 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
  - B. Eat **fruit**? (Do **not** count fruit juice.)
    - a. I did not eat fruit during the past 7 days.
    - b. 1–3 times during the past 7 days
    - c. 4–6 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

### C. Eat green salad?

- a. I did not eat green salad during the past 7 days.
- b. 1-3 times during the past 7 days
- c. 4–6 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

- D. Eat **potatoes**? (Do **not** count french fries, fried potatoes, or potato chips.)
  - a. I did not eat potatoes during the past 7 days.
  - b. 1–3 times during the past 7 days
  - c. 4-6 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

#### E. Eat carrots?

- a. I did not eat carrots during the past 7 days.
- b. 1-3 times during the past 7 days
- c. 4-6 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
- F. Eat **other vegetables**? (Do **not** count green salad, potatoes, or carrots.)
  - a. I did not eat other vegetables during the past 7 days.
  - b. 1–3 times during the past 7 days
  - c. 4-6 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
- 32. During the past 7 days, how many times did you drink regular soda, sports drinks (such as Gatorade) and other flavored sweetened drinks (such as Snapple or SoBe)? Do not include diet drinks.
  - a. 0 times
  - b. 1–3 times
  - c. 4-6 times
  - d. 1 time per day
  - e. 2 times per day
  - f. 3 times per day
  - g. 4 or more times per day

- 33. During the past 7 days, how many times did you drink regular soda, sports drinks (such as Gatorade) and other flavored sweetened drinks (such as Snapple or Sobe) at school (including any afterschool and weekend activities)? Do not include diet drinks.
  - a. 0 times
  - b. 1-3 times
  - c. 4-6 times
  - d. 7-9 times
  - e. 10 times or more
- 34. During the past 7 days, where did you usually get the soda or other sweetened drinks that you drank at school? (Choose only one answer.)
  - a. I did not drink sodas, sports drinks, or other flavored drinks at school.
  - b. I brought them from home.
  - c. I got them from friends.
  - d. I bought them at school.
  - e. Other
- 35. During the past 7 days, how many time did you eat any potato chips or similar snack foods such as corn chips or cheese puffs at school (including any after-school and weekend activities)? Do not include reduced fat or fat-free items.
  - a. 0 times
  - b. 1-3 times
  - c. 4-6 times
  - d. 7-9 times
  - e. 10 times or more
- 36. During the past 7 days, where did you usually get the chips and similar snack items you ate at school? (Choose only one answer.)
  - a. I did not eat potato chips or similar snack foods at school.
  - b. I bought them from a store.
  - c. I got them from friends.
  - d. I bought them at school.
  - e. Other
- 37. How often do you eat dinner with your family?
  - a. Never
  - b. Rarely
  - c. Sometimes
  - d. Most of the time
  - e. Always

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

### The next questions ask about physical activity.

- 39. 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
  - 2 days
  - d. 3 days
  - e. 4 days
  - f. 5 days
  - g. 6 days h. 7 days
- 40. On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?
  - a. 0 days
  - b. 1 day
  - c. 2 days
  - d. 3 days
  - e. 4 days f.
  - 5 days
  - g. 6 days h. 7 days
- 41. 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
  - 4 hours per day
  - 5 or more hours per day

- 42. 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, Play Station, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the Internet.)
  - a. I do not play video or computer games or use a computer for something that is not school work.
  - 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
- 43. 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
- 44. During an average PE class, how many minutes do you spend actually exercising or playing sports?
  - a. I do not take PE.
  - b. Less than 10 minutes
  - c. 10-20 minutes
  - d. 21–30 minutes
  - e. 31-40 minutes
  - f. 41–50 minutes
  - g. 51–60 minutes
  - h. More than 60 minutes
- 45. 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.
- 46. 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 your health and health care.

- 47. Has a doctor or nurse ever told you that you have asthma?
  - a. Yes
  - b. No
  - c. Not sure
- 48. Do you still have asthma?
  - a. I have never had asthma.
    - b. Yes
  - c. No
  - d. Not sure
- 49. When was the last time you saw a doctor or health care provider for a check-up or physical exam when you were not sick or injured?
  - a. During the past 12 months
  - b. Between 12 and 24 months ago
  - c. More than 24 months ago
  - d. Never
  - e. Not sure
- 50. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?
  - a. During the past 12 months
  - b. Between 12 and 24 months ago
  - c. More than 24 months ago
  - d. Never
  - e. Not sure
- 51. During the past 12 months, how many days did you miss some school because of toothache? (Do not include toothache due to braces or an injury.)
  - a. None
  - b. 1-4 days
  - c. 5 days or more
  - d. Not sure
- 52. Have you ever been told by a doctor or other health professional that you have diabetes?
  - a. No
  - b. Yes
  - c. Not sure

# The next questions ask about things that others may say or do to you.

- 53. In the past 30 days, how often were you bullied, harassed, or intimidated at school or on your way to or from school:
  - A. Because of your race, ethnicity, or national origin or what someone thought it was?
    - a. 0 times
    - b. 1 time
    - c. 2-3 times
    - d. About once a week
    - e. Several times a week or more
  - B. Because someone thought you were gay, lesbian, or bisexual (whether you are or are not)?
    - a. 0 times
    - b. 1 time
    - c. 2-3 times
    - d. About once a week
    - e. Several times a week or more
- 54. In the past 30 days, has someone used the computer or a cell phone to bully, harass or intimidate you?
  - a. Yes
  - b. No
  - c. Not sure
- 55. When a student is being bullied at school, how often do teachers or other adults at school try to put a stop to it?
  - a. Almost always
  - b. Often
  - c. Sometimes
  - d. Once in a while
  - e. Almost never
- 56. If you see bullying or have been bullied at school, do you know how to report it?
  - a. Yes
  - b. No
  - c. Not sure

# The next questions ask about school, your home, and your community.

- 57. What language is usually spoken at home?
  - a. English
  - b. Spanish
  - c. Russian
  - d. Ukrainian
  - e. Vietnamese
  - f. Chinese
  - g. Korean
  - h. Japanese
  - i. Other
- 58. Who did you live with **most** of the time in the last 30 days?
  - a. Parent(s) and/or step-parent(s)
  - b. Relatives—like a grandparent, an aunt, an older brother—but NOT your parents
  - c. Foster care parent(s)
  - d. An adult friend(s) of your family
  - e. Friends of yours with no adults present
  - f. On your own
  - g. Other
- 59. Where did you live **most** of the time in the last 30 days?
  - a. In a house, apartment, or mobile home
  - b. In a motel or hotel
  - c. In a group home
  - d. In a shelter
  - e. In a car, park, or campground
  - f. On the street
  - g. Moved from place to place
  - h. Other
- 60. Are your current living arrangements the result of losing your home because your family cannot afford housing?
  - a. No
  - b. Yes
  - c. Not sure
- 61. 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

- 62. Has your military parent or guardian been sent to Iraq, Afghanistan, or other combat zone?
  - a. I do not have a parent or guardian who has ever served in the military.
  - b. No
  - c. Yes
  - d. Not sure
- 63. How far did your mother get in school?
  - a. Did not finish high school
  - b. Graduated from high school or GED
  - c. Had some college or technical training after high school
  - d. Graduated from a 4-year college
  - e. Earned an advanced graduate degree
  - f. Don't know
  - g. Does not apply
- 64. How far did your father get in school?
  - a. Did not finish high school
  - b. Graduated from high school or GED
  - c. Had some college or technical training after high school
  - d. Graduated from a 4-year college
  - e. Earned an advanced graduate degree
  - f. Don't know
  - g. Does not apply
- 65. 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
- 66. Last year in school, were you taught about AIDS or HIV infection?
  - a. Yes
  - b. No
  - c. Not sure
- 67. Think back over the past year in school. How often did you enjoy being in school?
  - a. Never
  - b. Seldom
  - c. Sometimes
  - d. Often
  - e. Almost always

- 68. 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 and from school?
  - a. 0 days
  - b. 1 day
  - c. 2 or 3 days
  - d. 4 or 5 days
  - e. 6 or more days
- 69. 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.
  - a. 0 days
  - b. 1–2 days
  - c. 3 or more days
- 70. On an average school night, how many hours do you sleep?
  - a. 5 hours or less
  - b. About 6 hours
  - c. About 7 hours
  - d. About 8 hours
  - e. 9 hours or more

The following are some statements that you might make about yourself.

With 0 being "not at all true," and 10 being "completely true," please fill in the number on the scale that best describes how closely the statement applies to you.

- 71. I feel I am getting along with my parents or guardians.
  - a. 0 not at all true
  - b. 1
  - c. 2
  - d. 3
  - e. 4
  - f. 5
  - g. 6
  - h. 7
  - i. 8
  - j. 9
  - t. 10 completely true

- 72. I look forward to the future.
  - a. 0 not at all true
  - b. 1
  - c. 2
  - d. 3
  - e. 4
  - f. 5
  - g. 6
  - h. 7
  - i. 8
  - j. 9
  - k. 10 completely true
- 73. I feel good about myself.
  - a. 0 not at all true
  - b. 1
  - c. 2
  - d. 3
  - e. 4
  - f. 5
  - g. 6
  - h. 7
  - i. 8
  - j. 9
  - k. 10 completely true
- 74. I am satisfied with the way my life is now.
  - a. 0 not at all true
  - b. 1
  - c. 2
  - d. 3
  - e. 4
  - f. 5
  - g. 6
  - h. 7
  - i. 8
  - j. 9
  - k. 10 completely true
- 75. I feel alone in my life.
  - a. 0 not at all true
  - b. 1
  - c. 2
  - d. 3
  - e. 4
  - f. 5
  - g. 6
  - h. 7
  - i. 8
  - j. 9
  - k. 10 completely true

### The next questions ask about tobacco.

- 76. 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
- 77. 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
- 78. Does anyone who lives with you now smoke cigarettes?
  - a. No
  - b. Yes
- 79. Which of these best describes the rules about smoking inside the house where you live? Smoking is...
  - a. Never allowed inside my house
  - b. Allowed only at some times or in some places
  - c. Always allowed inside my house

### The next question asks about meals.

- 80. How often in the past 12 months did you or your family have to cut meal size or skip meals because there wasn't enough money for food?
  - a. Almost every month
  - b. Some months but not every month
  - c. Only 1-2 months
  - d. Did not have to skip or cut the size of meals

# The next questions ask about things others may say or do to you.

- 81. During the past 12 months, did someone you were dating or going out with ever limit your activities, threaten you, or make you feel unsafe in any other way?
  - a. I did not date or go out with anyone during the past 12 months.
  - b. No
  - c. Yes
- 82. In the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)
  - a. I did not date or go out with anyone during the past 12 months.
  - b. 0 times
  - c. 1 time
  - d. 2 or 3 times
  - e. 4 or 5 times
  - f. 6 or more times
- 83. Has an adult ever physically hurt you on purpose (like pushed, slapped, hit, kicked or punched you), leaving a mark, bruise or injury?
  - a. No
  - b. Yes

### The next questions ask about asthma.

- 84. During the past 12 months, how many times did you visit an emergency room or urgent care center because of your asthma?
  - a. I do not have asthma.
  - b. None
  - c. 1 to 3 times
  - d. 4 to 9 times
  - e. 10 to 12 times
  - f. More than 12 times
  - g. Not sure

- 85. RESCUE inhalers are asthma medicine that you breathe in through your mouth that gives you QUICK relief from asthma symptoms. They are PRESCRIBED by a doctor. During the past 4 weeks, about how many days per week on average did you use a rescue inhaler?
  - a. Never
  - b. 1 or 2 days per week
  - c. 3 to 6 days per week
  - d. Every day, once per day
  - e. Every day, twice or more per day
  - f. Not sure
- 86. During the past 12 months, how many days did you stay out of school or stay away from your usual activities because of your asthma?
  - a. I do not have asthma.
  - b. None
  - c. 1 to 2 days
  - d. 3 to 4 days
  - e. 5 to 10 days
  - f. More than 10 days
  - g. Not sure
- 87. Symptoms of asthma include coughing, wheezing, shortness of breath, and chest tightness when you don't have a cold or the flu. During the past 4 weeks, about how many days per week on average did you have any symptoms of asthma?
  - a. Never
  - b. 1 or 2 days per week
  - c. 3 to 6 days per week
  - d. Every day, but not throughout the day
  - e. Every day, throughout the day
  - f. Not sure

### The next questions ask about your school.

- 88. **Last year**, did you hear or see information **at your school** about the warning signs of suicide and how to get help for yourself or a friend?
  - a. Yes
  - b. No
  - c. Not sure
- 89. Does your school have a counselor?
  - a. Yes
  - b. No
  - c. Not sure

- 90. In the last year, did you have any contact with the counselor?
  - a. Yes
  - b. No
- 91. There are people in this school who will help me if I need it.
  - a. Yes
  - b. No
  - c. Not sure
- 92. Last year in school, were you taught about abstinence (not having sex) to prevent sexually transmitted diseases (STDs) and pregnancy?
  - a. Yes
  - b. No
  - c. Not sure
- 93. Last year in school, were you taught about ways other than abstinence to prevent sexually transmitted diseases (STDs) and pregnancy?
  - a. Yes
  - b. No
  - c. Not sure

## These questions ask about things you would say about yourself.

- 94. How much do you agree with the following?
  - A. I know how to disagree without starting a fight or argument.
    - a. Strongly agree
    - b. Agree
    - c. Disagree
    - d. Strongly disagree
  - B. When I have problems at school, I am good at finding ways to solve them.
    - a. Strongly agree
    - b. Agree
    - c. Disagree
    - d. Strongly disagree
  - C. When I make a decision, I think about what might happen afterward.
    - a. Strongly agree
    - b. Agree
    - c. Disagree
    - d. Strongly disagree

- D. I get along well with students who are different from me.
  - a. Strongly agree
  - b. Agree
  - c. Disagree
  - d. Strongly disagree
- E. I try to understand how other people feel and think.
  - a. Strongly agree
  - b. Agree
  - c. Disagree
  - d. Strongly disagree
- 95. How often over the last 2 weeks were you bothered by:
  - A. Feeling nervous, anxious or on edge?
    - a. Not at all
    - b. Several days
    - c. More than half the days
    - d. Nearly every day
  - B. Not being able to stop or control worrying?
    - a. Not at all
    - b. Several days
    - c. More than half the days
    - d. Nearly every day
- 96. 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.

# 2014 Healthy Youth Survey

**Pounds** 

29.

- ABCDEFGH
- 2. (A) (B)

PAGE 1

- ABCDEFG
- (A) (B) (C) (D) (E) (F) (G)
- (A) (B) (C)
- A B C D
- ABCDEF
- A B C D E F G H
- (A) (B) (C) (D) (E) (F) (G)
- 10. A. A B C
  - B. A B C D E

- ABCDEF
- ABCDE
- ABCDE
- ABCDE

# ① ① ② ③ INFORMATION ONLY

- ABCDE 24. A.
  - ABCDE
  - (A) (B) (C) (D) (E)
  - ABCDE
  - ABCDE

31. A. A B C D E F G

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

- $B. \bigcirc B \bigcirc D \bigcirc F \bigcirc G$
- C. A B C D E F G
- $\mathsf{D.}\ \ \mathsf{A}\ \ \mathsf{B}\ \ \mathsf{C}\ \ \mathsf{D}\ \ \mathsf{E}\ \ \mathsf{F}\ \ \mathsf{G}$
- E. ABCDEFG
- F. ABCDEFG
- 32. A B C D E F G

- 11. A B C D E
- 12. A B C D
- 13. (A) (B) (C) (D) (E)
- 14. (A) (B)
- 15. A B C
- 16. (A) (B)
- 17. (A) (B)
- 18. (A) (B)
- 19. (A) (B) (C) (D) (E)
- 20. (A) (B) (C) (D)
- 21. A. A B C D E F

- ABCDEFGHI25.
- ABCDEF 26.
- A B C D E F G H I
- 28.

Feet	Inches
3 4 5 6 7	Inches
	(a) (b) (c) (c) (c) (c) (c) (c) (c) (c) (c) (c

- 33. ABCDE
  - (A) (B) (C) (D) (E)
- ABCDE
- ABCDE
- ABCDE
- A B
- ABCDEFGH







- 40. ABCDEFGH PAGE
  - ABCDEFG 41
- 62. (A) (B) (C) (D)
- ABCDEFG 63.
- (A) (B) (C) (D) (E) (F) (G)

- (A) (B) (C) (D) (E) (F) 85.
- PAGE 11 ABCDEFG 86.
  - ABCDEF 87.

# INFORMATION ONLY

- A B C
- (A) (B) (C)

- (A) (B) (C) (D) (E) (F) (G) 42.
- 43.
- (A) (B) (C) (D) (E) (F) (G) (H) 44

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

(A) (B) (C) (D) 45.

PAGE 7

- 46. (A) (B) (C) (D)
- (A) (B) (C) 47.
- ABCD 48.
- (A) (B) (C) (D) (E)49.
- (A) (B) (C) (D) (E) 50.
- 51. (A) (B) (C) (D)
- A B C 52.

- ABCDE 67.
- ABCDE 68.
- 69. (A) (B) (C)

₽ 72.

73.

74.

75.

76

77.

78.

79.

- 70. ABCDE
- A B C D E F G H I J K71.

(A) (B) (C) (D) (E) (F) (G) (H) (I) (J) (K)

A B C D E F G H I J K

A B C D E F G H I J K

A B C D E F G H I J K

ABCDE

ABCDE

(A) (B)

(A) (B) (C)

(A) (B) 90.

PAGE 12

- (A) (B) (C) 91.
- (A) (B) (C) 92
- A B C 93.
- A. (A) (B) (C) (D)
  - A B C D
  - (A) (B) (C) (D)
  - (A) (B) (C) (D)
  - (A) (B) (C) (D)
- (A) (B) (C) (D) 95.
  - B. ABCD
- (A) (B) (C) (D) (E) 96.

- 53. A. A B C D E
  - B. ABCDE
- A B C 54.
- (A) (B) (C) (D) (E) 55.
- (A) (B) (C) 56.
- A B C D E F G H I57.
- ABCDEFG 58.
- A B C D E F G H59.
- (A) (B) (C) 60.
- (A) (B) (C) 61.

- (A) (B) (C) (D) 80.
- PAGE 11 81. (A) (B) (C)
  - ABCDEF 82.
  - (A) (B) 83.
  - 84. ABCDEFG