

This survey is about health behaviors. 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.

The answers you give will be kept private. No one will know what you select. Answer the questions based on what you really do.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

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 reported.

Make sure to read every question. When you are finished, follow the instructions of the person giving you the survey.

Thank you very much for your help.

1. How old are you?

- 12 years old or younger
- 13 years old
- 14 years old
- 15 years old
- 16 years old
- 17 years old
- 18 years old or older

2. What is your gender?

- Female
- Male
- Transgender
- Non binary
- Prefer not to answer

3. In what grade are you?

- 7th grade
- 8th grade
- 9th grade
- 10th grade
- 11th grade
- 12th grade

4. How do you describe yourself? (Select one)

- American Indian or Alaska Native
- Asian
- Black or African American
- Hispanic or Latino
- Native Hawaiian or Other Pacific Islander
- White
- Multi-racial (two or more)

5. During the past 12 months, how would you describe your grades in school?

- Mostly A's and B's
- Mostly B's and C's
- Mostly C's and D's
- Mostly D's and F's

The next questions ask about self harm, anxiety and depression

6. Have you ever seriously thought about suicide?

Yes

No

7. Have you ever made a plan to attempt suicide?

Yes

No

8. Have you ever tried to complete suicide?

Yes

No

9. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more that you stopped doing some usual activities?

Yes

No

10. During your life, how many times have you intentionally cut, pinched, bruised or burned yourself?

0 times

1 or 2 times

3 to 9 times

10 or more times

11. During the past 30 days, how many times have you intentionally cut, pinched, bruised or burned yourself?

0 times

1 or 2 times

3 to 9 times

10 or more times

12. During the past 12 months, did you have any contact with a mental health professional such as a counselor or therapist?

Yes

No

13. How has the COVID-19 pandemic impacted your mental health?

- Worsened significantly
- Worsened somewhat
- Unchanged
- Improved somewhat
- Improved significantly

The next questions ask about tobacco use.

14. During the past 30 days, on how many days did you smoke cigarettes?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

15. How much do you think people risk harming themselves (physically or in other ways) if they smoke one or more packs of cigarettes a day?

- Great risk
- Moderate risk
- Slight risk
- No risk

16. How much has your family talked to you about the dangers of smoking cigarettes?

- A lot
- Some
- Not much
- Not at all

17. How wrong do your parents feel it would be for you to smoke cigarettes?

- Very wrong
- Wrong
- A little bit wrong
- Not at all wrong

18. How wrong do your friends feel it would be for you to smoke cigarettes?

- Very wrong
- Wrong
- A little bit wrong
- Not at all wrong

19. 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?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

The next questions ask about electronic vapor products, such as blu, NJOY, or Starbuzz. Electronic vapor products include e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookas, and hookah pens.

20. During the past 30 days, on how many days did you use an electronic vapor product?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

21. Have you ever used a juul?

- Yes
- No

22. During the past 30 days, on how many days did you use a juul?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

23. How wrong do your parents feel it would be for you to use e-cigarettes, e-cigars, juuls, or e-hookahs?

- Very wrong
- Wrong
- A little bit wrong
- Not at all wrong

24. Have you ever vaped marijuana or cannabis (including concentrates, waxes or hash oils)?

- Yes
- No

The next 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.

25. During the past 30 days, on how many days did you have at least one drink of alcohol?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

26. How much do you think people risk harming themselves (physically or in other ways) when they have five or more drinks of an alcoholic beverage once or twice a week?

- Great risk
- Moderate risk
- Slight risk
- No risk

27. How wrong do your parents feel it would be for you to have one or two drinks of an alcoholic beverage nearly every day?

- Very wrong
- Wrong
- A little bit wrong
- Not wrong at all

28. How wrong do your friends feel it would be for you to have one of two drinks of an alcoholic beverage nearly every day?

- Very wrong
- Wrong
- A little bit wrong
- Not wrong at all

29. How much has your family talked to you about the dangers of using/drinking alcohol?

- A lot
- Some
- Not much
- Not at all

30. 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 hours?

- 0 days
- 1 day
- 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 or more days

31. My family has clear rules about alcohol use.

- Yes
- No

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

32. During the past 30 days, on how many days have you used marijuana?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

33. How much do you think people risk harming themselves (physically or in other ways) if they smoke marijuana once or twice a week?

- Great risk
- Moderate risk
- Slight risk
- No risk

34. How much has your family talked to you about the dangers of smoking marijuana?

- A lot
- Some
- Not much
- Not at all

35. How wrong do your parents feel it would be for you to smoke marijuana?

- Very wrong
- Wrong
- A little bit wrong
- Not wrong at all

36. How wrong do your friends feel it would be for you to smoke marijuana?

- Very wrong
- Wrong
- A little bit wrong
- Not wrong at all

37. During the past 30 days, when you used marijuana, how did you use it? (select all that apply)

- I did not use marijuana
- I smoked it
- I vaped it
- I ingested it (edibles)

The next questions ask about cocaine and other drugs.

38. Have you ever sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high (huffing)?

Yes

No

39. Have you ever used any form of cocaine?

Yes

No

40. Have you ever used steroids without a doctor's prescription?

Yes

No

41. Have you ever used a needle to inject any illegal drug into your body?

Yes

No

42. Have you ever taken over-the-counter drugs to get high?

Yes

No

43. Have you ever used K-2, Spice, or other synthetic marijuana?

Yes

No

No, I've never heard of them

44. Have you ever used methamphetamines (also called speed, crystal, crank, or ice)?

Yes

No

45. Have you ever used ecstasy (also called MDMA)?

Yes

No

46. During the past 30 days, on how many days did you use prescription drugs (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) not prescribed to you?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

47. How much do you think people risk harming themselves (physically or in other ways) if they use prescription drugs that are not prescribed to them?

- Great risk
- Moderate risk
- Slight risk
- No risk

48. How wrong do your parents feel it would be for you to use prescription drugs not prescribed to you?

- Very wrong
- Wrong
- A little bit wrong
- Not at all wrong

49. How wrong do your friends feel it would be for you to use prescription drugs not prescribed to you?

- Very wrong
- Wrong
- A little bit wrong
- Not at all wrong

50. During the past 30 days, how many times have you used heroin (also called smack, junk or China White)?

- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 or more times

51. How much do you think people risk harming themselves (physically or in other ways) if they use heroin (also called smack, junk or China White)?

- Great risk
- Moderate risk
- Slight risk
- No risk

52. How wrong do your parents feel it would be for you to use heroin?

- Very wrong
- Wrong
- A little bit wrong
- Not at all wrong

53. How wrong do your friends feel it would be for you to use heroin?

- Very wrong
- Wrong
- A little bit wrong
- Not at all wrong

54. My family has clear rules about drug use.

- Yes
- No

The next questions ask about bullying behaviors

55. During the past 12 months, have you ever been bullied on school property?

Yes

No

56. During the past 12 months, have you ever been electronically bullied? (through texting, Instagram or other social media)

Yes

No

57. If you have been bullied in the past 12 months, how often has it occurred?

I have not been bullied

Several times per day

Daily

Weekly

Monthly

A few times per year

58. If another student was bullying you, would you tell a teacher or staff member at school?

Yes

No

59. Have you ever been a bystander while someone else was bullied?

Yes

No

60. Have you ever bullied someone else?

Yes

No

61. Have you ever missed school because you were afraid of being bullied?

Yes

No

**This is the end of the survey.
Thank you very much for your help.
Please click Done to submit**