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.

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

Thank you very much for your help.
Directions
  o Use a #2 pencil only.
  o Make dark marks.
  o Fill in a response like this: A B • D.
  o To change your answer, erase completely.

1. How old are you?
   A. 10 years old or younger
   B. 11 years old
   C. 12 years old
   D. 13 years old
   E. 14 years old
   F. 15 years old
   G. 16 years old or older

2. What is your sex?
   A. Female
   B. Male

3. In what grade are you?
   A. 6th grade
   B. 7th grade
   C. 8th grade
   D. Other

4. How do you describe yourself? (Choose one answer or more than one answer.)
   A. American Indian or Alaska Native
   B. Asian
   C. Black or African American
   D. Hispanic or Latino
   E. Native Hawaiian
   F. Other Pacific Islander
   G. White

5. Which one of these BEST describes you? (Choose only one answer.)
   A. Black or African American
   B. Caucasian or White
   C. Chinese
   D. Filipino
   E. Japanese
   F. Native Hawaiian / Part Hawaiian
   G. Other Pacific Islander
   H. Other

6. How tall are you without your shoes on?

Directions: Write your height in the shaded blank boxes on your answer sheet. Fill in the matching oval below each number.

Example

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

Directions: Write your weight in the shaded blank boxes on your answer sheet. Fill in the matching oval below each number.

Example

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8. How do you describe your health in general?
   A. Excellent
   B. Very good
   C. Good
   D. Fair
   E. Poor
The next 4 questions ask about personal safety.

9. When you rode a bicycle during the past 12 months, how often did you wear a helmet?
   A. I did not ride a bicycle during the past 12 months
   B. Never wore a helmet
   C. Rarely wore a helmet
   D. Sometimes wore a helmet
   E. Most of the time wore a helmet
   F. Always wore a helmet

10. When you rollerblade or ride a skateboard or scooter, how often do you wear a helmet?
    A. I do not rollerblade or ride a skateboard or scooter
    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

11. How often do you wear a seat belt when riding in a car driven by someone else?
    A. Never
    B. Rarely
    C. Sometimes
    D. Most of the time
    E. Always

12. 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

The next 12 questions ask about violence-related behaviors.

13. 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

14. 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

15. 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

16. During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books 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

17. 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 more times

18. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?
    A. 0 times
    B. 1 time
    C. 2 or 3 times
    D. 4 or 5 times
    E. 6 or more times

2005 YRBS Middle School
<table>
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<th>Question</th>
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| 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. I did not have a boyfriend or girlfriend in the past 12 months  
B. Yes  
C. No |
| 21. Have you ever been physically forced to have sexual intercourse when you did not want to? | A. Yes  
B. No |
| 22. During the past 12 months, how many times has someone tried to hurt you by hitting, punching, or kicking you while 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 |
| 23. During the past 12 months, how many times has someone tried to hurt you by saying mean things to you (things that hurt your feelings) while 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 |
| 24. During the past 12 months, how many times have you been harassed because someone thought you were gay, lesbian, or bisexual? | 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 |
| 25. 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 |
| 26. During the past 12 months, did you ever seriously consider attempting suicide? | A. Yes  
B. No |
| 27. During the past 12 months, did you make a plan about how you would attempt suicide? | A. Yes  
B. No |
| 28. 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 |
| 29. 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 question asks about tobacco use.

30. 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

The next 5 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.

31. During your life, on how many days have you had at least one drink of alcohol?
   A. 0 days
   B. 1 or 2 days
   C. 3 to 9 days
   D. 10 to 19 days
   E. 20 to 39 days
   F. 40 to 99 days
   G. 100 or more days

32. 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

33. 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

34. 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

35. 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 4 questions ask about marijuana use. Marijuana also is called grass, pot or pakalolo.

36. During your life, how many times have you used 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 to 99 times
   G. 100 or more times

37. How old were you when you tried marijuana for the first time?
   A. I have never tried marijuana
   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

38. 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
39. 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.

40. During your life, how many times have you used 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

41. During your life, 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

42. 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

43. During your life, 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

44. During your life, how many times have you used methamphetamines (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

45. During your life, how many times have you used ecstasy (also called MDMA)?
   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 your life, how many times have you taken steroid pills or shots without a doctor’s prescription?
   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 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

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

The next 5 questions ask about sexual behavior.

49. Have you ever had sexual intercourse?
   A. Yes
   B. No
50. How old were you when you had sexual intercourse for the first time?
A. I have never had sexual intercourse
B. 9 years old or younger
C. 10 years old
D. 11 years old
E. 12 years old
F. 13 years old
G. 14 years old
H. 15 years old or older

51. 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

52. During the past 3 months, with how many people did you have 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

53. 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

The next 8 questions ask about body weight.

54. How do you describe your weight?
A. Very underweight
B. Slightly underweight
C. About the right weight
D. Slightly overweight
E. Very overweight

55. Which of the following are you trying to do about your weight?
A. Lose weight
B. Gain weight
C. Stay the same weight
D. I am not trying to do anything about my weight

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

57. 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

58. During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?
A. Yes
B. No

59. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor’s advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)
A. Yes
B. No

60. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?
A. Yes
B. No

61. During the past 30 days, did you smoke cigarettes to lose weight or to keep from gaining weight?
A. Yes
B. No
The next 8 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.

62. 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

63. During the past 7 days, how many times did you eat **fruit**? (Do **not** count fruit juice.)
   A. I did not eat fruit 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

64. 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

65. 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

66. 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

67. 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

68. During the past 7 days, how many **glasses of milk** did you drink? (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

69. During the past 7 days, how many times did you drink **soda**?
   A. I did not drink soda 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 8 questions ask about physical activity. These activities include things like walking, running, swimming, dancing hula, skateboarding, and surfing.

70. 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

71. 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

72. During 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 spend in any kind of physical activity that increases your heart rate and 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

73. 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

74. 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

75. During an average physical education (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 to 20 minutes  D. 21 to 30 minutes  E. 31 to 40 minutes  F. 41 to 50 minutes  G. 51 to 60 minutes  H. More than 60 minutes

76. During the past 12 months, in how many organized physical activity groups or teams did you participate? (Include any activities run by your school or other community organizations, including sports, dance, hula, gymnastics, paddling, or swimming.)
A. I did not participate in any organized physical activity group or team  B. 1 group or team  C. 2 groups or teams  D. 3 groups or teams  E. 4 groups or teams  F. 5 or more groups or teams

77. During the last school year, how many days a week did you usually practice or play with an organized physical activity group or team?
A. None  B. 1 day  C. 2 days  D. 3 days  E. 4 days  F. 5 or more days
The next 4 questions ask about other health-related topics.

78. Have you ever been taught about AIDS or HIV infection in school?
   A. Yes
   B. No
   C. Not sure

79. Have you ever talked about AIDS or HIV infection with your parents or other adults in your family?
   A. Yes
   B. No
   C. Not sure

80. Has a doctor or nurse ever told you that you have asthma?
   A. Yes
   B. No
   C. Not sure

81. During the past 12 months, have you had an episode of asthma or an asthma attack?
   A. I do not have asthma
   B. No, I have asthma, but I have not had an episode of asthma or an asthma attack during the past 12 months
   C. Yes, I have had an episode of asthma or an asthma attack during the past 12 months
   D. Not sure

The next 8 questions ask about health education classes you have taken.

82. When did you last have a class that taught health education?
   A. 5th grade
   B. 6th grade
   C. 7th grade
   D. 8th grade
   E. Other

83. In your health class, did you learn core concepts of health?
   A. Yes
   B. No
   C. I do not know what “core concepts” means

84. In your health class, did you learn how to access information on health?
   A. Yes
   B. No
   C. I do not know what “access information” means

85. In your health class, did you learn self-management skills?
   A. Yes
   B. No
   C. I do not know what “self-management skills” means

86. In your health class, did you learn to analyze internal and external influences?
   A. Yes
   B. No
   C. I do not know what “analyze influences” means

87. In your health class, did you learn interpersonal communications?
   A. Yes
   B. No
   C. I do not know what “interpersonal communications” means

88. In your health class, did you learn decision-making and goal setting?
   A. Yes
   B. No
   C. I do not know what “decision-making and goal setting” means

89. In your health class, did you learn advocacy skills?
   A. Yes
   B. No
   C. I do not know what “advocacy skills” means

This is the end of the survey.
Thank you very much for your help.