

**2011 Hawai'i Middle School
Youth Risk Behavior Survey**

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

- Use a #2 pencil only.
- Make dark marks.
- Fill in a response like this: A B ● D.
- If you change your answer, erase your old answer 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. Ungraded or other grade
4. Are you Hispanic or Latino?
 - A. Yes
 - B. No
5. What is your race? (**Select one or more responses.**)
 - A. American Indian or Alaska Native
 - B. Black or African American
 - C. Filipino
 - D. Japanese
 - E. Native Hawaiian/Part Hawaiian
 - F. Other Asian
 - G. Other Pacific Islander
 - H. White

6. Which one of these groups best describes you? (**Select only one response.**)
 - A. American Indian or Alaska Native
 - B. Black or African American
 - C. Filipino
 - D. Japanese
 - E. Native Hawaiian/Part Hawaiian
 - F. Other Asian
 - G. Other Pacific Islander
 - H. White
7. During the past 12 months, how would you describe your grades in school?
 - A. Mostly A's
 - B. Mostly B's
 - C. Mostly C's
 - D. Mostly D's
 - E. Mostly F's
 - F. None of these grades
 - G. Not sure

The next 2 questions ask about safety.

8. **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
9. **When you rollerblade or ride a skateboard**, how often do you wear a helmet?
 - A. I do not rollerblade or ride a skateboard
 - 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

The next 13 questions ask about violence-related behaviors.

10. During the past 12 months, did you carry a **weapon** such as a gun, knife, or club?
 - A. Yes
 - B. No

11. During the past 12 months, did you carry a **weapon** such as a gun, knife, or club **on school property**?
 A. Yes
 B. No
12. During the past 12 months, did you ever **not** go to school because you felt you would be unsafe at school or on your way to or from school?
 A. Yes
 B. No
13. During the past 12 months, did someone ever threaten or injure you with a weapon such as a gun, knife, or club **on school property**?
 A. Yes
 B. No
14. During the past 12 months, have you been in a physical fight?
 A. Yes
 B. No
15. During the past 12 months, were you ever in a physical fight **on school property**?
 A. Yes
 B. No
16. During the past 12 months, were you in a physical fight in which you were hurt and had to be treated by a doctor or nurse?
 A. Yes
 B. No
17. During the past 12 months, did you have a boyfriend or girlfriend?
 A. Yes
 B. No
18. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?
 A. Yes
 B. No

19. Have you ever been physically forced to have sexual intercourse when you did not want to?
 A. Yes
 B. No

The next 3 questions ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.

20. Have you ever been bullied **on school property**?
 A. Yes
 B. No
21. Have you ever been **electronically** bullied? (Include being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting.)
 A. Yes
 B. No
22. Do you agree or disagree that harassment and bullying by other students is a problem at your school?
 A. Strongly agree
 B. Agree
 C. Not sure
 D. Disagree
 E. Strongly disagree

The next 5 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide or killing themselves.

23. Have you ever felt 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

24. Have you ever **seriously** thought about killing yourself?
 A. Yes
 B. No
25. Have you ever made a **plan** about how you would kill yourself?
 A. Yes
 B. No
26. Have you ever **tried** to kill yourself?
 A. Yes
 B. No
27. **If you tried to kill yourself** did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?
 A. **I did not try to kill myself**
 B. Yes
 C. No

The next 6 questions ask about tobacco use.

28. Have you ever tried cigarette smoking, even one or two puffs?
 A. Yes
 B. No
29. 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
30. Have you ever used **chewing tobacco, snuff, or dip**, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?
 A. Yes
 B. No

31. **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?
 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
32. Have you ever used e-cigarettes?
 A. Yes
 B. No
33. Have you ever used sticks, strips, or orbs?
 A. Yes
 B. No

The next 6 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.

34. 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 years old
 D. 10 years old
 E. 11 years old
 F. 12 years old
 G. 13 years old or older
35. During the past 30 days, did you have at least one drink of alcohol?
 A. Yes
 B. No
36. During the past 30 days, did you have at least one drink of alcohol **on school property**?
 A. Yes
 B. No

37. 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
38. During the past 12 months, how many of your 4 best friends have tried beer, wine, or hard liquor (such as rum, gin, vodka, or whiskey) when their parents did not know about it?
- A. 0
 - B. 1
 - C. 2
 - D. 3
 - E. 4
 - F. Not sure
39. How wrong do your parents feel it would be for you to drink beer, wine, or hard liquor (such as rum, gin, vodka, or whiskey) regularly?
- A. Very wrong
 - B. Wrong
 - C. A little bit wrong
 - D. Not at all wrong
 - E. Not sure

The next 3 questions ask about marijuana use. Marijuana also is called grass, pot, or *pakalōlō*.

40. 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 years old
 - D. 10 years old
 - E. 11 years old
 - F. 12 years old
 - G. 13 years old or older

41. 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
42. During the past 30 days, did you use marijuana **on school property**?
- A. Yes
 - B. No

The next 8 questions ask about other drugs.

43. Have you ever used **any** form of cocaine, including powder, crack, or freebase?
- A. Yes
 - B. No
44. Have you ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high?
- A. Yes
 - B. No
45. During the past 30 days, how many times did you sniff glue, breathe the contents of aerosol spray cans, or inhale 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
46. Have you ever used **methamphetamines** (also called speed, crystal, crank, or ice)?
- A. Yes
 - B. No
47. Have you ever used **ecstasy** (also called MDMA)?
- A. Yes
 - B. No

48. Have you ever taken a **prescription drug** (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?
 A. Yes
 B. No
49. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?
 A. Yes
 B. No
50. During the past 12 months, have you attended school under the influence of alcohol or other illegal drugs, such as marijuana or cocaine?
 A. Yes
 B. No

The next 7 questions ask about alcohol and drugs.

51. During the past 30 days, have you been in a vehicle driven by someone, including yourself, who had been using alcohol or other drugs?
 A. Yes
 B. No
52. Do you ever use alcohol or drugs to relax, feel better about yourself, or fit in?
 A. Yes
 B. No
53. Do you ever use alcohol or drugs while you are alone?
 A. Yes
 B. No
54. Do you ever forget things you did while using alcohol or drugs?
 A. Yes
 B. No

55. Do your family or friends ever tell you that you should cut down on your drinking or drug use?
 A. Yes
 B. No
56. Have you ever gotten into trouble while you were using alcohol or drugs?
 A. Yes
 B. No
57. If you thought that your alcohol or drug use was causing you problems, would you seek help from a counselor or doctor?
 A. Yes
 B. No

The next 4 questions ask about sexual intercourse.

58. Have you ever had sexual intercourse?
 A. Yes
 B. No
59. How old were you when you had sexual intercourse for the first time?
 A. I have never had sexual intercourse
 B. 8 years old or younger
 C. 9 years old
 D. 10 years old
 E. 11 years old
 F. 12 years old
 G. 13 years old or older
60. With how many people have you ever 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

61. 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 7 questions ask about body weight.

62. How do **you** describe your weight?
- A. Very underweight
 - B. Slightly underweight
 - C. About the right weight
 - D. Slightly overweight
 - E. Very overweight
63. 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
64. Have you ever **exercised** to lose weight or to keep from gaining weight?
- A. Yes
 - B. No
65. Have you **ever eaten less food, fewer calories, or foods low in fat** to lose weight or to keep from gaining weight?
- A. Yes
 - B. No
66. Have you ever **gone without eating for 24 hours or more** (also called fasting) to lose weight or to keep from gaining weight?
- A. Yes
 - B. No
67. Have you ever **taken 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

68. Have you ever **vomited or taken laxatives** to lose weight or to keep from gaining weight?
- A. Yes
 - B. No

The next 5 questions ask about physical activity. These activities include things like playing sports, walking, running, swimming, dancing hula, skateboarding, and surfing.

69. 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
70. 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
71. 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

72. 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? (Include activities such as Xbox, PlayStation, Nintendo DS, iPod touch, Facebook, 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
73. During the past 12 months, on how many sports teams did you play? (Count any teams run by your school or community groups.)
- A. 0 teams
 - B. 1 team
 - C. 2 teams
 - D. 3 or more teams

The next 7 questions ask about other health-related topics.

74. Have you ever been taught about AIDS or HIV infection in school?
- A. Yes
 - B. No
 - C. Not sure
75. Has a doctor or nurse ever discussed ways to prevent pregnancy, sexually transmitted diseases (STDs), and AIDS or HIV infection with you?
- A. Yes
 - B. No
 - C. Not sure

76. Have your parents or other adults in your family ever talked with you about what they expect you to do or not to do when it comes to sex?
- A. Yes
 - B. No
 - C. Not sure
77. Is there at least one teacher or other adult in this school that you can talk to if you have a problem?
- A. Yes
 - B. No
 - C. Not sure
78. Outside of school, is there an adult you can talk to about things that are important to you?
- A. Yes
 - B. No
 - C. Not sure
79. During the past 12 months, have you talked with at least one of your parents or another adult in your family about the dangers of tobacco, alcohol, or drug use?
- A. Yes
 - B. No
 - C. Not sure
80. How likely is it that you will complete high school?
- A. Definitely will not
 - B. Probably will not
 - C. Probably will
 - D. Definitely will
 - E. Not sure

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