2023 Hawai'i High 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 improve 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 or think.

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. 12 years old or younger
 - B. 13 years old
 - C. 14 years old
 - D. 15 years old
 - E. 16 years old
 - F. 17 years old
 - G. 18 years old or older
- 2. What is your sex?
 - A. Female
 - B. Male
- 3. In what grade are you?
 - A. 9th grade
 - B. 10th grade
 - C. 11th grade
 - D. 12th grade
 - E. 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. How tall are you without your shoes on? Directions: Write your height in the shaded blank boxes. Fill in the matching oval below each number.

Example

Height		
Feet	Inches	
5	7	
3	0	
4	0	
•	2	
6	3	
Ø	(4)	
	5	
	6	
	•	
	8	
	9	
	10	
	1	

7. How much do you weigh without your shoes on? Directions: Write your weight in the shaded blank boxes. Fill in the matching oval below each number.

Example

Weight			
Pounds			
1	5	2	
0	0	2 ©	
	① ②	1	
2 3	2		
3	3	3	
	4	4	
		5	
	6	6	
	\bigcirc	\bigcirc	
	8 9	8 9	
	9	9	

- 8. Which one of these groups **best** describes you? (Select only **one** response.)
 - A. Hispanic or Latino
 - B. Native Hawaiian
 - C. Filipino
 - D. Japanese
 - E. White
 - F. Other Pacific Islander
 - G. Some other race or ethnicity
 - H. I do not describe myself as only one race or ethnicity

- 9. Are either of your parents or other adults in your family serving on active duty in the military?
 - A. Yes
 - B. No
- 10. 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
- 11. How likely is it that you will complete a post high school program such as a vocational training program, military service, community college, or 4-year college?
 - A. Definitely will not
 - B. Probably will not
 - C. Probably will
 - D. Definitely will
 - E. Not sure

The next 2 questions ask about sexual and gender identity.

- 12. Which of the following best describes you?
 - A. Heterosexual (straight)
 - B. Gay or lesbian
 - C. Bisexual
 - D. I describe my sexual identity some other way
 - E. I am not sure about my sexual identity (questioning)
 - F. I do not know what this question is asking
- 13. Some people describe themselves as transgender when their sex at birth does not match the way they think or feel about their gender. Are you transgender?
 - A. No, I am not transgender
 - B. Yes, I am transgender
 - C. I am not sure if I am transgender
 - D. I do not know what this question is asking

The next 6 questions ask about violence-related behaviors and experiences.

- 14. 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
- 15. Have you ever been physically forced to have sexual intercourse when you did not want to?
 - A. Yes
 - B. No
- 16. During the past 12 months, how many times did **anyone** force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)
 - A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or more times
- 17. During the past 12 months, how many times did someone you were dating or going out with force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)
 - 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

- 18. During 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
- 19. During the past 12 months, how many times did someone you were dating or going out with purposely try to control you or emotionally hurt you? (Count such things as being told who you could and could not spend time with, being humiliated in front of others, or being threatened if you did not do what they wanted.)
 - 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

The next question asks about times that you felt you were treated badly or unfairly.

- 20. During your life, how often have you felt that you were treated badly or unfairly **in school** because of your race or ethnicity?
 - A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always

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.

- 21. During the past 12 months, have you ever been bullied **on school property**?
 - A. Yes
 - B. No

- 22. During the past 12 months, have you ever been **electronically** bullied? (Count being bullied through texting, Instagram, Facebook, or other social media.)
 - A. Yes
 - B. No
- 23. 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 question asks about hurting yourself on purpose.

- 24. During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?
 - A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or more times

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, that is, taking some action to end their own life.

- 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 3 questions ask about cigarette smoking.

- 30. Have you ever smoked a cigarette, even one or two puffs?
 - A. Yes
 - B. No
- 31. 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
- 32. Menthol cigarettes are cigarettes that taste like mint. During the past 30 days, were the cigarettes that you usually smoked menthol?
 - A. I did not smoke cigarettes during the past 30 days
 - B. Yes
 - C. No

The next 4 questions ask about electronic vapor products, such as JUUL, Vuse, NJOY, Puff Bar, blu, or Bidi Stick. Electronic vapor products include e-cigarettes, vapes, mods, e-cigs, e-hookahs, or vape pens.

- 33. Have you ever used an electronic vapor product?A. YesD. No.
 - B. No
- 34. During the past 30 days, on how many days did you use an electronic vapor product?
 - 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
- 35. During the past 30 days, how did you **usually** get your electronic vapor products? (Select only **one** response.)
 - A. I did not use any electronic vapor products during the past 30 days
 - B. I got or bought them from a friend, family member, or someone else
 - C. I bought them myself in a vape shop or tobacco shop
 - D. I bought them myself in a convenience store, supermarket, discount store, or gas station
 - E. I bought them myself at a mall or shopping center kiosk or stand
 - F. I bought them myself on the Internet, such as from a product website, vape store website, or other website like eBay, Amazon, Facebook Marketplace, or Craigslist
 - G. I took them from a store or another person
 - H. I got them in some other way
- 36. What is the main reason you have used electronic vapor products? (Select only **one** response.)
 - A. I have never used an electronic vapor product
 - B. Friend or family member used them
 - C. To get a high or buzz from nicotine
 - D. I was feeling anxious, stressed, or depressed
 - E. I was curious about them
 - F. They are less harmful than other forms of tobacco
 - G. They are available in flavors, such as mint, candy, fruit, or chocolate
 - H. I used them for some other reason

The next 2 questions ask about all tobacco products. Please consider cigarettes, electronic vapor products, smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products), cigars (including little cigars or cigarillos), shisha or hookah tobacco, pipe tobacco, heated tobacco products, and nicotine pouches when answering these questions.

- 37. During the past 12 months, did you ever try to quit using all tobacco products?
 - A. I did not use cigarettes, electronic vapor products, smokeless tobacco, cigars, shisha or hookah tobacco, pipe tobacco, heated tobacco products, or nicotine pouches during the past 12 months
 - B. Yes
 - C. No
- 38. During the past 7 days, on how many days did someone smoke or vape tobacco products in your home while you were there?
 - A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days

The next 4 questions ask about drinking alcohol. This includes drinking beer, wine, flavored alcoholic beverages, 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.

- 39. 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
 - G. 17 years old or older

- 40. 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
- 41. During the past 30 days, on how many days did you have 4 or more drinks of alcohol in a row, that is, within a couple of hours (if you are female) or 5 or more drinks of alcohol in a row, that is, within a couple of hours (if you are male)?
 - 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
- 42. During the past 30 days, how did you **usually** get the alcohol you drank?
 - A. I did not drink alcohol during the past 30 days
 - B. I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station
 - C. I bought it at a restaurant, bar, or club
 - D. I bought it at a public event such as a concert or sporting event
 - E. I gave someone else money to buy it for me
 - F. Someone gave it to me
 - G. I took it from a store or family member
 - H. I got it some other way

The next 2 questions ask about marijuana use. Marijuana also is called pot, weed, or pakalōlō. For these questions, do not count CBD-only or hemp products, which come from the same plant as marijuana, but do not cause a high when used alone.

- 43. 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

- 44. During the past 30 days, how did you **usually** use marijuana? (Select only **one** response.)
 - A. I did not use marijuana during the past 30 days
 - B. I smoked it in a joint, bong, pipe, or blunt
 - C. I ate it in food such as brownies, cakes, cookies, or candy
 - D. I drank it in tea, cola, alcohol, or other drinks
 - E. I vaporized it
 - F. I dabbed it using waxes or concentrates
 - G. I used it some other way

The next 2 questions ask about the use of prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it. For these questions, count drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet.

- 45. During your life, how many times have you taken **prescription pain medicine** without a doctor's prescription or differently than how a doctor told you to use it?
 - 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 the past 30 days, how many times did you take **prescription pain medicine** without a doctor's prescription or differently than how a doctor told you to use it?
 - 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 question asks about methamphetamines. Methamphetamines also are called speed, crystal meth, crank, ice, batu, or meth.

- 47. During your life, how many times have you used **methamphetamines** (also called speed, crystal meth, crank, ice, or meth)?
 - 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 7 questions ask about other drugs.

- 48. 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
- 49. 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
- 50. During your life, how many times have you used **ecstasy** (also called MDMA or Molly)?
 - 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
- 51. 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

- 52. 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
- 53. During the past 30 days, have you ridden in a car driven by someone, including yourself, who was "high" or had been using alcohol or drugs?A. Yes
 - B. No
- 54. During the past 12 months, have you attended school under the influence of alcohol, marijuana, or other drugs?
 - A. Yes
 - B. No

The next 7 questions ask about sexual behavior.

- 55. How old were you when you had sexual intercourse for the first time?
 - A. I have never had sexual intercourse
 - B. 11 years old or younger
 - C. 12 years old
 - D. 13 years old
 - E. 14 years old
 - F. 15 years old
 - G. 16 years old
 - H. 17 years old or older
- 56. 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

- 57. During the past 3 months, with how many people did you have sexual intercourse?
 - A. I have never had sexual intercourse
 - B. I have had sexual intercourse, but not during the past 3 months
 - C. 1 person
 - D. 2 people
 - E. 3 people
 - F. 4 people
 - G. 5 people
 - H. 6 or more people
- 58. Did you drink alcohol or use drugs before you had sexual intercourse the **last time**?
 - A. I have never had sexual intercourse
 - B. Yes
 - C. No
- 59. 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
- 60. The **last time** you had sexual intercourse with an opposite-sex partner, what **one** method did you or your partner use to **prevent pregnancy**? (Select only **one** response.)
 - A. I have never had sexual intercourse with an opposite-sex partner
 - B. No method was used to prevent pregnancy
 - C. Birth control pills (Do **not** count emergency contraception such as Plan B or the "morning after" pill.)
 - D. Condoms
 - E. An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)
 - F. A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)
 - G. Withdrawal or some other method
 - H. Not sure
- 61. During your life, with whom have you had sexual contact?
 - A. I have never had sexual contact
 - B. Females
 - C. Males
 - D. Females and males

The next 10 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 times did you drink a **can, bottle, or glass of soda or pop**, such as Coke, Pepsi, or Sprite? (Do **not** count diet soda or diet pop.)
 - A. I did not drink soda or pop 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
- 69. During the past 7 days, how many times did you drink a glass, can, or bottle of sweetened fruit drinks, sports drinks, or energy drinks? (Do not count 100% fruit juice.)
 - A. I did not drink sweetened fruit drinks, sports drinks, or energy drinks 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

- 70. During the past 7 days, on how many days did you eat **breakfast**?
 - 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. During the past 30 days, how often did you go hungry because there was not enough food in your home?
 - A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always

The next 10 questions ask about physical activity.

- 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 spent in any kind of physical activity that increased your heart rate and made 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. During the past 7 days, on how many 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

- 74. On an average school day, how many hours do you spend in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media (also called "screen time")? (Do **not** count time spent doing schoolwork.)
 - A. Less than 1 hour per day
 - B. 1 hour per day
 - C. 2 hours per day
 - D. 3 hours per day
 - E. 4 hours per day
 - F. 5 or more hours per day
- 75. 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
- 76. Do you agree or disagree that the physical education (PE) classes you took during the past 12 months offered a variety of physical activities?
 - A. I did not take PE classes during the past 12 months
 - B. Strongly agree
 - C. Agree
 - D. Not sure
 - E. Disagree
 - F. Strongly disagree
- 77. During the past 12 months, were you **usually** physically active at least half of the time during physical education (PE) classes?
 - A. I did not take PE classes during the past 12 months
 - B. Yes
 - C. No
- 78. Do any of your classroom teachers provide short physical activity breaks during regular class time? (Do **not** count your physical education teacher.)A. Yes
 - B. No

- 79. In an average week when you are in school, how do you usually get to school?
 - A. Walk or wheelchair
 - B. Bicycle
 - C. School bus
 - D. Public transportation
 - E. Family car, truck, van, or motorcycle
 - F. Carpool
 - G. Rideshare, such as Uber or Lyft
 - H. Some other way
- 80. What is the main reason you do not walk or bike to school? (Select only **one** response.)
 - A. I do walk or bike to school
 - B. Distance
 - C. Lack of sidewalks or pathways
 - D. Unsafe traffic
 - E. Unsafe intersections or crossings
 - F. Unsafe neighborhood
 - G. Weather or climate
 - H. Some other reason
- 81. 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 question asks about concussions. A concussion is when a blow or jolt to the head causes problems such as headaches, dizziness, being dazed or confused, difficulty remembering or concentrating, vomiting, blurred vision, or being knocked out.

- 82. During the past 12 months, how many times did you have a concussion **from playing a sport or being physically active**?
 - A. 0 times
 - B. 1 time
 - C. 2 times
 - D. 3 times
 - E. 4 or more times

The next question asks about social media, such as Instagram, TikTok, Snapchat, and Twitter.

- 83. How often do you use social media?
 - A. I do not use social media
 - B. A few times a month
 - C. About once a week
 - D. A few times a week
 - E. About once a day
 - F. Several times a day
 - G. About once an hour
 - H. More than once an hour

The next 16 questions ask about other healthrelated topics.

- 84. When you are outside for more than one hour on a sunny day, how often do you wear sunscreen with an SPF of 15 or higher?
 - A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
- 85. 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
- 86. When was the last time you saw a doctor or nurse 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
- 87. During the past 30 days, on how many days did you **not** go to school because you were sick?
 - A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days E_{10}
 - E. 10 or more days

- 88. During the past 30 days, where did you usually sleep?
 - A. In my parent's or guardian's home
 - B. In the home of a friend, family member, or other person because I had to leave my home or my parent or guardian cannot afford housing
 - C. In a shelter or emergency housing
 - D. In a motel or hotel
 - E. In a car, park, campground, or other public place
 - F. I do not have a usual place to sleep
 - G. Somewhere else
- 89. During the past 30 days, how often was your mental health not good? (Poor mental health includes stress, anxiety, and depression.)
 - A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
- 90. When you feel sad, empty, hopeless, angry, or anxious, how often do you get the kind of help you need?
 - A. I do not feel sad, empty, hopeless, angry, or anxious
 - B. Never
 - C. Rarely
 - D. Sometimes
 - E. Most of the time
 - F. Always
- 91. Who do you usually talk to when you have questions about your mental health? (Select only **one** response.)
 - A. I do not have questions about my mental health
 - B. I have questions about my mental health, but have not talked to anyone
 - C. Doctor, therapist, or other professional
 - D. Parent or guardian
 - E. Other family member
 - F. Friend
 - G. Teacher or other adult in your school
 - H. Other adult outside of school
- 92. 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

- 93. Is there at least one teacher or other adult in your school that you can talk to if you have a problem?
 - A. Yes
 - B. No
 - C. Not sure
- 94. 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
- 95. Have you ever talked with your parents or other adults in your family about how to say no to having sex?
 - A. Yes
 - B. No
 - C. Not sure
- 96. Have you ever talked about birth control with your parents or other adults in your family?
 - A. Yes
 - B. No
 - C. Not sure
- 97. Have you ever been taught in school about sexually transmitted diseases (STDs)?
 - A. Yes
 - B. No
 - C. Not sure
- 98. During the past 12 months, have you used a guide or list of places to find sexual health services, such as birth control, condoms, or HIV or other sexually transmitted disease (STD) testing or treatment?
 - A. I did not need to find a place to get sexual health services during the past 12 months
 - B. Yes
 - C. No
- 99. During the past 12 months, did you receive help from a special education teacher, speech therapist, or behavior health specialist at school?
 - A. Yes
 - B. No
 - C. Not sure

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