Winnipesaukee Public Health Region

Substance Misuse Prevention and Mental Health Promotion

What we know about health behaviors of high school-aged youth in our communities based on data from the Youth Risk Behavior Survey
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# Table of Contents

**Background** .......................................................................................................................... Page 1

**Demographics** ...................................................................................................................... Pages 2-3

**Interpreting the Results** ....................................................................................................... Pages 4

**Results** .................................................................................................................................. Pages 5-22
  - Prevalence of Behaviors (2013 Region and State data) .................................................. Page 5-6
  - Trends in Behaviors (2009-2013 Region data) ............................................................... Pages 7-9
  - Relationships between Health Behaviors (2013 Region data) ..................................... Page 10-22

**Citations** ............................................................................................................................... Page 24

**Appendix** ............................................................................................................................... Page 25
Background

The U.S. Centers for Disease Control and Prevention (CDC) promotes systematic procedures in states to monitor critical health-related behaviors that range from nutritional intake and injury prevention strategies to reproductive and mental health. Since 1991 the CDC has supported random sample surveying of school-aged youth using the Youth Risk Behavior Survey (YRBS). This national school-based survey is conducted by the CDC in conjunction with state, tribal, and local education and health agencies. Data are used nationally and locally to:

- Measure progress toward achieving national health objectives for Healthy People 2020 and other program and policy indicators
- Assess trends in priority health risk behaviors among high school-aged youth
- Evaluate the impact of broad school and community interventions at the national, state, and local levels

In addition, state, territorial, local agencies and non-governmental organizations use YRBS data to set and track progress toward meeting school health and health promotion program goals, support modification of school health curricula or other programs, support new legislation and policies that promote health, and seek funding and other support for new initiatives.

In New Hampshire, the YRBS is administered by the New Hampshire Department of Education (DOE) in collaboration with local schools. The DOE administers the survey to a select set of classrooms in a randomly selected subset of public high schools to meet CDC sampling requirements that ensure NH YRBS data will be representative of NH students. These data are often referred to as the “random sample YRBS”.

In the last thirteen years many NH schools have had the option of administering the survey to all students in a school who chose to participate. These data are often referred to as the “local sample YRBS”. The local sample YRBS option for schools is co-funded by the NH Bureau of Drug and Alcohol Services and the local school or by a community coalition or regional public health network serving a catchment area in which the school is located.

At the local level, YRBS data are used by schools and communities to understand the risk and health behaviors of area youth, to design programs or policies to reduce risk and promote health, to identify and procure needed resources to support and fund activities, and to determine whether health outcomes among youth-related populations are improving or deteriorating.
**Geography**

The Winnipesaukee Public Health Region is comprised of the following cities and towns: Alton, Barnstead, Belmont, Center Harbor, Danbury, Franklin, Gilford, Gilmanton, Hill, Laconia, Meredith, New Hampton, Northfield, Sanbornton and Tilton.

**Demographics**

The characteristic of a survey’s sample size, the demographics of the sample such as age, gender and race, and the extent to which the sample resembles the overall population targeted by a survey is important when interpreting data collected. A YRBS sample that most closely represents the actual population of a school will yield the most reliable results.

**Table 1: Survey participants by community and survey year**

<table>
<thead>
<tr>
<th>Community</th>
<th>2009</th>
<th>2011</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prospect Mountain</td>
<td>0</td>
<td>0</td>
<td>439</td>
</tr>
<tr>
<td>Belmont</td>
<td>359</td>
<td>384</td>
<td>363</td>
</tr>
<tr>
<td>Franklin</td>
<td>277</td>
<td>322</td>
<td>293</td>
</tr>
<tr>
<td>Gilford</td>
<td>439</td>
<td>17*</td>
<td>414</td>
</tr>
<tr>
<td>Laconia</td>
<td>579</td>
<td>32*</td>
<td>0</td>
</tr>
<tr>
<td>Inter-Lakes</td>
<td>258</td>
<td>296</td>
<td>290</td>
</tr>
<tr>
<td>Winnisquam</td>
<td>429</td>
<td>350</td>
<td>343</td>
</tr>
<tr>
<td><strong>TOTAL Survey Size for Region</strong></td>
<td><strong>2,341</strong></td>
<td><strong>1,401</strong></td>
<td><strong>2,142</strong></td>
</tr>
</tbody>
</table>

*Participated in CDC random sample survey only (see Pg. 1 for explanation of random sample)*

**Table 2: Survey participants in Winnipesaukee Public Health Region in 2013**

<table>
<thead>
<tr>
<th>Community</th>
<th>Survey Size</th>
<th>Student population</th>
<th>Percentage of student body</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prospect Mountain</td>
<td>439</td>
<td>535</td>
<td>82.1%</td>
</tr>
<tr>
<td>Belmont</td>
<td>363</td>
<td>425</td>
<td>85.0%</td>
</tr>
<tr>
<td>Franklin</td>
<td>293</td>
<td>410</td>
<td>71.5%</td>
</tr>
<tr>
<td>Gilford</td>
<td>414</td>
<td>519</td>
<td>79.8%</td>
</tr>
<tr>
<td>Laconia*</td>
<td>0</td>
<td>616</td>
<td>0.0%</td>
</tr>
<tr>
<td>Inter-Lakes</td>
<td>290</td>
<td>360</td>
<td>80.6%</td>
</tr>
<tr>
<td>Winnisquam</td>
<td>343</td>
<td>439</td>
<td>78.1%</td>
</tr>
<tr>
<td><strong>TOTAL for Region</strong></td>
<td><strong>2,142</strong></td>
<td><strong>3,304</strong></td>
<td><strong>65.0%</strong></td>
</tr>
</tbody>
</table>

*Did not participate in YRBS in 2013*
The percentage of survey participants for the region in 2013 was nearly equal for males and females. (See Table 3.) The participants were also nearly equally distributed through each grade level (see table 4.)

**Table 3: Gender of survey participants in Winnipesaukee Public Health Region in 2013**

<table>
<thead>
<tr>
<th>Gender</th>
<th>Number (Percent) of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Males</td>
<td>1,072 (50.5%)</td>
</tr>
<tr>
<td>Females</td>
<td>1,050 (49.5%)</td>
</tr>
</tbody>
</table>

**Table 4: Grade level of survey participants in Winnipesaukee Public Health Region in 2013**

<table>
<thead>
<tr>
<th>Grade Level</th>
<th>Number (Percent) of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>9&lt;sup&gt;th&lt;/sup&gt;</td>
<td>553 (26.0%)</td>
</tr>
<tr>
<td>10&lt;sup&gt;th&lt;/sup&gt;</td>
<td>573 (27.0%)</td>
</tr>
<tr>
<td>11&lt;sup&gt;th&lt;/sup&gt;</td>
<td>531 (25.0%)</td>
</tr>
<tr>
<td>12&lt;sup&gt;th&lt;/sup&gt;</td>
<td>460 (21.7%)</td>
</tr>
<tr>
<td>Ungraded*</td>
<td>7 (0.3%)</td>
</tr>
<tr>
<td>Missing*</td>
<td>18 (0.8%)</td>
</tr>
</tbody>
</table>
Interpreting the Results

This report shares survey findings in multiple ways to help schools, communities, parents, and other stakeholders better understand the behaviors and perceptions of high school-aged youth in the Winnipesaukee Public Health Region.

This report shares the findings from a number of questions about substance use, perception of harm, peer disapproval, parent disapproval, and mental health, among others. These were chosen because they represent interrelated factors which provide information about youth substance use and mental health.

Responses from high school-aged youth who participated in the survey can be reported and considered in various ways. These include:

- Prevalence
- Trends
- Relationships

The **prevalence** reflects the number or percent of youth who responded in a particular way to a question, indicating how common a behavior or perception is within the population surveyed.

**Trends** show data over a period of time. This data can inform whether and in what way behaviors and perceptions are changing within a population. In this report, we look at the trends among high school-aged youth in the Winnipesaukee Public Health Region.

**Relationships** between data points compare how a) respondents who answered a question one way to b) how those same respondents answered other questions. For example, the report shows the percentage of respondents who a) reported that they received mostly “As” and “Bs” in school and who b) reported use of marijuana. Although such data cannot show that one measure *caused* another (e.g. data will not show that students who receive “As” in school receive those grades *because* they did not use marijuana), it is often helpful to study relationships between measures to understand that certain behaviors and perceptions are interconnected.

NOTES TO THE USER

- The data in this report was collected through the Youth Risk Behavior Survey (YRBS). The YRBS surveys that were used to collect the data in 2009, 2011 and 2013 are included in Appendix A.

- Some data are reported for a subset of the population sampled. For example, “among those who have attempted suicide,” x% have been injured. This allows the reader to better understand the extent of a set of behaviors.
Results

Prevalence of behaviors

Prevalence of Substance Use

The following graph shows the prevalence of substance use among high school aged youth in the Winnipesaukee Public Health Region and in New Hampshire in 2013. It shows the percent of youth in the region and in the state who reported that they had used different substances in the past 30 days. This question is asked as an indicator to gauge current use of the substance.

![Graph showing prevalence of substance use]
Prevalence of Ease of Access to Substances

The following graph shows the percent of high school youth in the Winnipesaukee Public Health Region and in New Hampshire in 2013 who report that it is “very easy” to get particular substances. Research has shown that the availability of alcohol or illegal drugs leads to increased use.ii (Hawkins, et al 1995)
Regional Trends in Substance Use

The following graph shows the percent of high school youth in the region who reported that they had used different substances in the past 30 days. This is asked as an indicator for current use of the substance.

Winnipesaukee Regional Trends in Substance Use 2009-2013
Regional Trends in Mental Health

The following graph shows the percent of high school youth in the region who reported that they had experienced a particular feeling or behavior in the past 12 months. These questions are asked as an indicator of mental health status. The data about those who had been seriously injured from a suicide attempt is only available for the years 2009 and 2013. The data about those who had purposefully hurt themselves is only available for 2013.

Winnipesaukee Region Trends in Mental Health Indicators 2009-2013
The data in the graphs above are also represented in the table below. The percent of the youth in the region are provided, as well as the actual number of youth who represent this percent.

**Table 1. Regional Trends in Substance Use - Past 30 Day Use**

<table>
<thead>
<tr>
<th></th>
<th>Winnipesaukee Region</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2009</td>
<td>2011</td>
<td>2013</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Percent</td>
<td>Number</td>
<td>Percent</td>
<td>Number</td>
</tr>
<tr>
<td>Alcohol</td>
<td>41.4%</td>
<td>916</td>
<td>41.9%</td>
<td>585</td>
</tr>
<tr>
<td>Binge Drinking</td>
<td>27.2%</td>
<td>608</td>
<td>26.2%</td>
<td>365</td>
</tr>
<tr>
<td>Marijuana</td>
<td>27.7%</td>
<td>644</td>
<td>30.4%</td>
<td>425</td>
</tr>
<tr>
<td>Rx Misuse</td>
<td>12.0%</td>
<td>280</td>
<td>12.3%</td>
<td>172</td>
</tr>
</tbody>
</table>

**Table 2. Regional Trends in Mental Health**

<table>
<thead>
<tr>
<th></th>
<th>Winnipesaukee Region</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2009</td>
<td>2011</td>
<td>2013</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Percent</td>
<td>Number</td>
<td>Percent</td>
<td>Number</td>
</tr>
<tr>
<td>Purposely hurt self</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>--</td>
</tr>
<tr>
<td>Sad or hopeless</td>
<td>27.2%</td>
<td>634</td>
<td>30.2%</td>
<td>422</td>
</tr>
<tr>
<td>Seriously considered suicide</td>
<td>16.1%</td>
<td>375</td>
<td>20.3%</td>
<td>283</td>
</tr>
<tr>
<td>Attempted suicide</td>
<td>6.2%</td>
<td>136</td>
<td>8.8%</td>
<td>123</td>
</tr>
<tr>
<td>Serious injury after suicide attempt</td>
<td>31.6%</td>
<td>43</td>
<td>--</td>
<td>--</td>
</tr>
</tbody>
</table>
Relationship between Health Behaviors: 2013 data

Understanding to what extent risky behaviors are related to each other may help schools, communities, families, healthcare providers and other stakeholders improve services and educational programs for youth to reduce these behaviors and to help prevent problems associated with these behaviors, such as unintended injuries, poor fitness, depression or substance abuse disorders. The following graphs show the relationship of different risk behaviors among those students who were surveyed in 2013 in the Winnipesaukee Public Health Region.

Analyses were conducted using the Chi Square test at the .001 significance level to determine the strength of the relationship between data points. All relationship data presented in the following section are statistically significant with the exception of substance use related to an injury following a suicide attempt.

Past 30-Day Use of All Substances Related to Perception of Risk

It is well established in research that risk taking increases between childhood and adolescence, and recent developments in the study of the brain have noted that this increase is the result of changes in the brain’s socio-emotional system around the time of puberty leading to increased reward-seeking, especially in the presence of peers. Risk taking then declines between adolescence and adulthood because of changes in the brain’s cognitive control system – changes which improve our capacity for self-regulation. These changes in the brain occur across adolescence and young adulthood along differing timetables, making mid-adolescence a time of heightened vulnerability to risky and reckless behavior (Steinberg, 2008). However, findings from studies that have examined the relationship between perceived risk and risk behavior show that when youth perceive high risk, they are significantly less likely to engage in the behavior that poses the risk (Brewer, et al, 2007). For example, young people who think smoking marijuana poses moderate or great risk are significantly less likely to smoke marijuana themselves. When young people consider risk, they may think of health problems, academic difficulties, not meeting parent expectations, ineligibility for sports teams or co-curricular activities, or problems with the law.

Findings related to perception of risk and substance use can directly correlate to prevention and early intervention strategies. By increasing young peoples’ awareness of the risks associated with a choice, communities can help youth protect their health and safety during adolescence, a time of significantly heightened risk.
The following graph demonstrates the relationship between perception of risk and the risk behavior.

**Substance Use and Think there is a Risk of Harm from Use**

This data shows that when youth perceive high risk, they are less likely to engage in the behavior that poses that risk. For example, in 2013, marijuana use was significantly higher among youth who **did not** think there was a great risk of harm from using it (28.8%), compared to those who **did** think there was a great risk of harm (3.4%).
Past 30-Day Use of All Substances Related to Ease of Access to the Substance

The following graph demonstrates the relationship of the ease of access to a substance and use of that substance.

**Substance Use and Ease of Access to Substance**

![Graph showing the relationship between ease of access and substance use](image)

This data shows that when youth have easy access to substances, they are more likely to use the substance. For example, in 2013, prescription drug misuse was significantly higher among youth who thought it would be very easy to get it (23.5%) compared to those who did not (5%).
Past 30-Day Use of All Substances Related to Perception of Peer Approval/Disapproval of Use

An adolescent’s formal or informal membership in a group of peers also influences risk-taking behaviors. Research findings have shown that peer networks have a significant influence on alcohol and drug use. In a recent study it was found that adolescents with fewer than four friends who use alcohol or drugs are more likely to abstain from alcohol or drug use than other adolescents and are more likely to continue in a peer network with few alcohol or drug users (Ramirez, et. al., 2012).

The following graph shows the relationship between high school aged youth who perceive that their friends would think it is wrong for them to use substances.

**Perception of Peer Disapproval and Substance Use**

These data show that youth who perceive their peers disapprove of substance use are less likely to use substances. For example, in 2013 alcohol use was significantly higher among youth who did not think their peers would disapprove of their use (47.9%) compared to those who did think their peers would disapprove (19.6%).

Considering these findings, those working with high school-aged youth may talk with parents and youth about the important role friends and other peers play in behaviors and help them focus on developing positive peer networks.
Past 30-Day Use of All Substances Related to Perception of Parental Disapproval of Use

Parents and parenting styles have a strong influence on adolescent decision-making. These influences have been substantiated in the study of adolescent risk taking and have found that positive parent modeling, parental limiting of availability of alcohol to children and adolescents, parent monitoring, parent involvement, and positive parent-child communication help delay experimentation with alcohol. Research has also supported that parental disapproval of adolescent drinking significantly reduces the likelihood that an adolescent will drink alcohol regularlyvi.

Community-based organizations and school programming for parents can help underscore the importance of positive parenting and can help teach effective parenting styles that include parent monitoring, positive communication, and role modeling to reduce adolescent risk behaviors.

The following graph shows the relationship between high school-aged youth perceptions of their parents’ views on alcohol or drug behaviors and the prevalence of those behaviors among the youth. Again, as stated in the introduction to this section (p.10), all relationship data presented are statistically significant with the exception of substance use related to an injury following a suicide attempt.

**Perception of Parental Disapproval and Substance Use**

These data show that youth who perceive that their parents disapprove are less likely to engage in the behavior. For example, in 2013 prescription drug misuse was significantly higher among youth who thought their parents would not disapprove (36.8%) compared to those who thought their parents would disapprove (6.4%).
Past 30-Day Use of All Substances Related to Mental Health

Substance use and mental health issues often occur together. According to the National Alliance on Mental Illness (NAMI) there are several reasons that substance use and mental health issues may occur together:\textsuperscript{vii}

- Drugs and alcohol can be a form of \textit{self-medication} for underlying mental illness symptoms.
- Drugs and alcohol can worsen underlying mental illnesses.
- Drugs and alcohol can cause a person without mental illness to experience the onset of symptoms for the first time.

The following graphs show the relationship between substance use and five mental health indicators. Each graph shows the percentage of youth who used substances among those who experienced the mental health issue compared to those who did not.

**Purposely Hurt Self and Substance Use**

<table>
<thead>
<tr>
<th>Substance</th>
<th>Did not purposely hurt self</th>
<th>Purposely hurt self</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>30.7%</td>
<td>50.1%</td>
</tr>
<tr>
<td>Binge Drinking</td>
<td>18.2%</td>
<td>29.8%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>19.9%</td>
<td>35.8%</td>
</tr>
<tr>
<td>Rx Misuse</td>
<td>5.4%</td>
<td>18.9%</td>
</tr>
</tbody>
</table>

There were more youth who used substances among those who have purposely hurt themselves. For example, in 2013 prescription drug misuse was significantly higher among youth who also purposely hurt themselves (18.9%) compared to those who did not (5.4%).
Sad or Hopeless and Substance Use

There were more youth who used substances among those who have felt sad or hopeless. For example, in 2013 alcohol use was significantly higher among youth who also felt sad or hopeless (49.1%) compared to those who did not (28.7%).

Seriously Considered Suicide and Substance Use

There were also more youth who used substances among those who have seriously considered suicide. For example, in 2013 binge drinking was significantly higher among youth who also seriously considered
suicide (29.6%) compared to those who did not (18.7%).

**Attempted Suicide and Substance Use**

There were more youth who used substances among those who attempted suicide. For example, in 2013 alcohol use was significantly higher among youth who also attempted suicide (61.4%) compared to those who did not (31.6%).

**Injury among those who Attempted Suicide and Substance Use**

There were more youth who used substances among those who had a serious injury from an attempted suicide. For example, in 2013, prescription drug misuse was higher among youth who also had a serious
injury as a result of a suicide attempt (34.4%) compared to those who did not (22.4%).

In summary, substance use was:

- Significantly higher among youth who felt sad or hopeless, compared to those who did not
- Significantly higher among youth who seriously considered suicide, compared to those who had not
- Significantly higher among youth who attempted suicide, compared to those who had not
- Higher among youth who had been injured as a result of a suicide attempt, compared to those who had not

**Past 30-Day Use of All Substances Related to Performance in School**

Research has supported the existence of a relationship between school performance and positive experiences within the community and school setting. Such findings encourage schools and communities to study possible relationships between academics, community connectedness, and risky behaviors among high school-aged youth.

The relationship between academic achievement and substance use has been an area of focus in prior analyses of data from the national Youth Risk Behavior Survey. According to the CDC, data have shown a negative association between alcohol and other drug use and academic achievement after controlling for sex, race/ethnicity, and grade level. This means that students with higher grades are less likely to engage in alcohol and other drug use behaviors than their classmates with lower grades, and students who do not engage in alcohol and other drug use behaviors receive higher grades than their classmates who do engage in alcohol and other drug use behaviors. More research is needed to determine whether low grades lead to alcohol and other drug use, if alcohol and other drug use leads to low grades, or if other factors lead to both of these problems.

The CDC has found that students with higher grades are significantly less likely to have engaged in behaviors such as regular alcohol use, regular binge drinking, drinking before the age of 13, regular marijuana use, misuse of prescription drugs, and use of Ecstasy (also called MDMA or Molly). Exploring the relationship between academic performance and risky behaviors has important implications for schools seeking to increase prevention efforts. Schools may choose to share these data with parents and teachers to encourage stronger and clearer messages to youth about the impact of alcohol and drug use on grades in school and possible longer-term impacts on college or employment. Such information can also be shared with students and community members to develop a common understanding that alcohol and other drug use not only poses health and safety risks but can also have longer-term negative impacts on learning, motivation, achievement, and the positive sense of self that is often a product of achievement and success.

The following graph shows the relationship between what high school-aged youth perceive as the grades they typically receive and their risk-taking behavior. Again, as stated in the introduction to this section (p.10), all relationship data presented are statistically significant with the exception of
substance use related to an injury following a suicide attempt.

There were less youth who used substances among those who received As and Bs in school. For example, in 2013 binge drinking was significantly lower among youth who received As and Bs (17.8%) compared to those who did not (26.8%).
Past 30-Day Use of All Substances Related to Fights

The following graphs show the association of substance use with fighting.

**Physical Fight Injury and Substance Use**

There were more youth who used substances among those who got injured in a physical fight. For example, in 2013 marijuana use was significantly higher among youth who also got injured in a physical fight (49.6%) compared to those who did not (21.3%).
Physical Fight on School Property and Substance Use

There were more youth who used substances among those who got into a fight on school property. For example, in 2013 alcohol use was significantly higher among youth who also got into a fight on school property (65.4%) compared to those who did not (31.5%).
Past 30-Day Use of All Substances Related to Sexual Experiences

The following graph shows the association of substance use with both increased risk for higher sexual risk taking behaviors and also unwanted sexual harm.

Experienced Forced Sex and Substance Use

There were more youth who used substances among those who experienced forced sex. For example, in 2013 prescription drug misuse was significantly higher among youth who also experienced forced sex (29.2%) compared to those who did not (6.4%).
There were more youth who used substances among those who have had sexual intercourse. For example, in 2013 alcohol use was significantly higher among youth who also had sexual intercourse (52.7%) compared to those who did not (17.7%).

In addition to the relationships shown in the graphs above, youth in the region also reported the following:

- 6.3% (134 youth) experienced an unwanted sexual advance because of another student’s drinking.
- Among students who had sexual intercourse, 17.2% (177 youth) drank alcohol or used drugs before the last time they had sexual intercourse.


National Alliance on Mental Illness  
http://www.nami.org/Content/NavigationMenu/Inform_Yourself/About_Mental_Illness/By_Illness/Dual_Diagnoses/Substance_Abuse_and_Mental_Illness.htm


Appendix

2009 YRBS Survey

2011 YRBS Survey

2013 YRBS 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. 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. Asian
   C. Black or African American
   D. Native Hawaiian or Other Pacific Islander
   E. 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
   
<table>
<thead>
<tr>
<th>Height</th>
<th>Feet</th>
<th>Inches</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>5</td>
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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

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8. 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 4 questions ask about 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. 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

11. 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

12. During the past 30 days, how many times did you drive a car or other vehicle when you 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 7 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 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. 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
    F. 8 or 9 times
    G. 10 or 11 times
    H. 12 or more times

16. 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

17. 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
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 question asks 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. During the past 12 months, have you ever been bullied on school property?
   A. Yes
   B. No

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.

21. 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

22. During the past 12 months, did you ever seriously consider attempting suicide?
   A. Yes
   B. No

23. During the past 12 months, did you make a plan about how you would attempt suicide?
   A. Yes
   B. No

24. 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

25. 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 4 questions ask about tobacco use.

26. How old were you when you smoked a whole cigarette for the first time?
   A. I have never smoked a whole cigarette
   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

27. 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

28. 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
29. During the past 30 days, on how many days did you smoke **cigars, cigarillos, or little cigars**?
   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

33. 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

34. 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

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

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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.

30. 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

31. 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

32. 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

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 or pot.

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
G. 17 years old or older

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 12 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 the past 30 days, how many times did you use 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

42. During your life, how many times have you taken a prescription drug (such as OxyContin, Percocet, Vicodin, Adderall, Ritalin, or Xanax) 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

43. During the past 30 days, how many times have you taken a prescription drug (such as OxyContin, Percocet, Vicodin, Adderall, Ritalin, or Xanax) 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

44. During your life, how many times have you taken over-the-counter drugs 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

45. During the past 30 days, how many times have you taken over-the-counter drugs 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. 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
47. 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

48. 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

49. 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

50. 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

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

The next 8 questions ask about sexual behavior.

52. Have you ever had sexual intercourse?
   A. Yes
   B. No

53. 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

54. 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

55. 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

56. 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

57. 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
58. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.)
   A. I have never had sexual intercourse
   B. No method was used to prevent pregnancy
   C. Birth control pills
   D. Condoms
   E. Depo-Provera (injectable birth control)
   F. Withdrawal
   G. Some other method
   H. Not sure

59. 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 8 questions ask about body weight.

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

61. 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

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

63. 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

64. 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

65. 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

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

67. 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 2 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.

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 a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not include 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

The next 4 questions ask about physical activity.

70. 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

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 Nintendo, Game Boy, PlayStation, Xbox, computer games, 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. 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

The next 3 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. 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

76. 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

The next 4 questions ask about your family, community, and future plans.

77. Do you agree or disagree that your parents or other adults in your family have clear rules and standards for your behavior?
   A. Strongly agree  
   B. Agree  
   C. Not sure  
   D. Disagree  
   E. Strongly disagree

78. During the past 30 days, how many times did you perform any organized community service as a non-paid volunteer, such as serving meals to the elderly, picking up litter, helping out at a hospital, or building homes for the poor?
   A. 0 times  
   B. 1 time  
   C. 2 or 3 times  
   D. 4 or 5 times  
   E. 6 or more times

79. During an average week when you are in school, in how many clubs or organizations outside of school (other than sports teams), such as 4-H, Boys and Girls Club, YMCA, or, church groups, do you participate?
   A. 0 activities  
   B. 1 activity  
   C. 2 or 3 activities  
   D. 4 or more activities

80. Do you agree or disagree that in your community you feel like you matter to people?
   A. Strongly agree  
   B. Agree  
   C. Not sure  
   D. Disagree  
   E. Strongly disagree

The next 7 questions ask about the perceived harm from drug use.

81. How much do you think people risk harming themselves (physically or in other ways), if they smoke one or more packs of cigarettes per day?
   A. No risk  
   B. Slight risk  
   C. Moderate risk  
   D. Great risk

82. How much do you think people risk harming themselves (physically or in other ways), if they smoke marijuana occasionally?
   A. No risk  
   B. Slight risk  
   C. Moderate risk  
   D. Great risk
83. How much do you think people risk harming themselves (physically or in other ways), if they smoke marijuana regularly?
A. No risk
B. Slight risk
C. Moderate risk
D. Great risk

84. How much do you think people risk harming themselves (physically or in other ways), if they have one or two drinks of an alcoholic beverage (beer, wine, or liquor) each weekend?
A. No risk
B. Slight risk
C. Moderate risk
D. Great risk

85. How much do you think people risk harming themselves (physically or in other ways), if they have one or two drinks of an alcoholic beverage (beer, wine, or liquor) nearly every day?
A. No risk
B. Slight risk
C. Moderate risk
D. Great risk

86. How much do you think people risk harming themselves (physically or in other ways), if they have five or more drinks of an alcoholic beverage (beer, wine, or liquor) each weekend?
A. No risk
B. Slight risk
C. Moderate risk
D. Great risk

87. How much do you think people risk harming themselves (physically or in other ways), if they have five or more drinks of an alcoholic beverage (beer, wine, or liquor) nearly every day?
A. No risk
B. Slight risk
C. Moderate risk
D. Great risk

The next 7 questions ask about attitudes toward cigarette, alcohol, and other drug use.

88. How wrong do you think it is for someone your age to drink beer, wine, or liquor regularly?
A. Very wrong
B. Wrong
C. A little bit wrong
D. Not at all wrong

89. How wrong do you think it is for someone your age to smoke cigarettes?
A. Very wrong
B. Wrong
C. A little bit wrong
D. Not at all wrong

90. How wrong do you think it is for someone your age to smoke marijuana?
A. Very wrong
B. Wrong
C. A little bit wrong
D. Not at all wrong

91. How wrong do you think it is for someone your age to use LSD, cocaine, amphetamines, or another illegal drug?
A. Very wrong
B. Wrong
C. A little bit wrong
D. Not at all wrong

92. How wrong do your parents think it is for someone your age to drink beer, wine, or liquor regularly?
A. Very wrong
B. Wrong
C. A little bit wrong
D. Not at all wrong

93. How wrong do your parents think it is for someone your age to smoke cigarettes?
A. Very wrong
B. Wrong
C. A little bit wrong
D. Not at all wrong
94. How wrong do your parents think it is for someone your age to smoke marijuana?
   A. Very wrong
   B. Wrong
   C. A little bit wrong
   D. Not at all wrong

The next 4 questions ask about the availability of cigarettes, alcohol, and other drugs.

95. If you wanted to get some beer, wine, or liquor, how hard or easy would it be for you to get some?
   A. Very hard
   B. Sort of hard
   C. Sort of easy
   D. Very easy

96. If you wanted to get some cigarettes, how hard or easy would it be for you to get some?
   A. Very hard
   B. Sort of hard
   C. Sort of easy
   D. Very easy

97. If you wanted to get some marijuana, how hard or easy would it be for you to get some?
   A. Very hard
   B. Sort of hard
   C. Sort of easy
   D. Very easy

98. If you wanted to get a drug like cocaine, LSD, or amphetamines, how hard or easy would it be for you to get some?
   A. Very hard
   B. Sort of hard
   C. Sort of easy
   D. Very easy

This is the end of the survey. Thank you very much for your help.
2011 New Hampshire 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.

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. Asian
   C. Black or African American
   D. Native Hawaiian or Other Pacific Islander
   E. 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

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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.

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8. 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 4 questions ask about 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. 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

11. 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 8 questions ask about violence-related behaviors.

12. During the past 30 days, how many times did you drive a car or other vehicle when you 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

13. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?
    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 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. 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 7 times
    F. 8 or 9 times
    G. 10 or 11 times
    H. 12 or more times
16. 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

17. 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

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. During the past 12 months, have you experienced an unwanted sexual advance because of other students’ drinking?
   A. Yes
   B. No

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

The next 2 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? (Include being bullied through e-mail, chat rooms, instant messaging, Web sites, or texting.)
   A. Yes
   B. No

The next 6 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.

23. 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

24. During the past 12 months, did you ever seriously consider attempting suicide?
   A. Yes
   B. No
25. During the past 12 months, did you make a plan about how you would attempt suicide?
   A. Yes
   B. No

26. 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

27. 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

28. 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

The next 4 questions ask about tobacco use.

29. How old were you when you smoked a whole cigarette for the first time?
   A. I have never smoked a whole cigarette
   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

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

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. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?
   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 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.

33. 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

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 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

35. 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

36. 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

37. 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

38. 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 or pot.

39. 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

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 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

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, 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 12 questions ask about other drugs.

43. 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

44. During the past 30 days, how many times did you use 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

45. During your life, how many times have you taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) 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
46. During the past 30 days, how many times have you taken a **prescription drug** (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) 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 taken **over-the-counter drugs** 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

48. During the past 30 days, how many times have you taken **over-the-counter drugs** 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

49. 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

50. 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

51. 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

52. 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

53. 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

54. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?
   A. Yes  
   B. No
The next 8 questions ask about sexual behavior.

55. Have you ever had sexual intercourse?
   A. Yes
   B. No

56. 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

57. 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

58. 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

59. 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

60. 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

61. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.)
   A. I have never had sexual intercourse
   B. No method was used to prevent pregnancy
   C. Birth control pills
   D. Condoms
   E. Depo-Provera (or any injectable birth control), Nuva Ring (or any birth control ring), Implanon (or any implant), or any IUD
   F. Withdrawal
   G. Some other method
   H. Not sure

62. 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 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.

63. 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

64. 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

65. 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

66. 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

67. 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
68. 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

69. During the past 7 days, how many times did you drink a can, bottle, or glass of a sugar-sweetened beverage such as lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight? (Do not include soda or pop, sports drinks, energy drinks, or 100% fruit juice.)
   A. I did not drink sugar-sweetened beverages 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 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 6 questions ask about other health-related topics.

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

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

73. Do you still have asthma?
   A. I have never had asthma
   B. Yes
   C. No
   D. Not sure

74. 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

75. 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
76. During the past 12 months, how many times did you use an indoor tanning device such as a sunlamp, sunbed, or tanning booth? (Do not include getting a spray-on tan.)
   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 5 questions ask about your family, community, and future plans.

77. Do you agree or disagree that your parents or other adults in your family have clear rules and standards for your behavior?
   A. Strongly agree
   B. Agree
   C. Not sure
   D. Disagree
   E. Strongly disagree

78. During the past 12 months, have you talked with at least one of your parents or guardians about the dangers of tobacco, alcohol, or drug use?
   A. Yes
   B. No
   C. Not sure

79. During the past 30 days, how many times did you perform any organized community service as a non-paid volunteer, such as serving meals to the elderly, picking up litter, helping out at a hospital, or building homes for the poor?
   A. 0 times
   B. 1 time
   C. 2 or 3 times
   D. 4 or 5 times
   E. 6 or more times

80. During an average week when you are in school, in how many clubs or organizations outside of school (other than sports teams), such as 4-H, Boys and Girls Club, YMCA, or church groups, do you participate?
   A. 0 activities
   B. 1 activity
   C. 2 or 3 activities
   D. 4 or more activities

81. Do you agree or disagree that in your community you feel like you matter to people?
   A. Strongly agree
   B. Agree
   C. Not sure
   D. Disagree
   E. Strongly disagree

The next 6 questions ask about the perceived harm from drug use.

82. How much do you think people risk harming themselves (physically or in other ways), if they smoke one or more packs of cigarettes per day?
   A. No risk
   B. Slight risk
   C. Moderate risk
   D. Great risk

83. How much do you think people risk harming themselves (physically or in other ways), if they smoke marijuana regularly?
   A. No risk
   B. Slight risk
   C. Moderate risk
   D. Great risk

84. How much do you think people risk harming themselves (physically or in other ways), if they try cocaine in powder form once or twice?
   A. No risk
   B. Slight risk
   C. Moderate risk
   D. Great risk
85. How much do you think people risk harming themselves (physically or in other ways), if they take a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor’s prescription?
   A. No risk
   B. Slight risk
   C. Moderate risk
   D. Great risk

86. How much do you think people risk harming themselves (physically or in other ways), if they have one or two drinks of alcohol nearly every day?
   A. No risk
   B. Slight risk
   C. Moderate risk
   D. Great risk

87. How much do you think people risk harming themselves (physically or in other ways), if they have five or more drinks of alcohol each weekend?
   A. No risk
   B. Slight risk
   C. Moderate risk
   D. Great risk

The next 8 questions ask about attitudes toward cigarette, alcohol, and other drug use.

88. How wrong do you think it is for someone your age to smoke cigarettes?
   A. Very wrong
   B. Wrong
   C. A little bit wrong
   D. Not at all wrong

89. How wrong do you think it is for someone your age to drink alcohol regularly?
   A. Very wrong
   B. Wrong
   C. A little bit wrong
   D. Not at all wrong

90. How wrong do you think it is for someone your age to smoke marijuana?
   A. Very wrong
   B. Wrong
   C. A little bit wrong
   D. Not at all wrong

91. How wrong do you think it is for someone your age to take a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor’s prescription?
   A. Very wrong
   B. Wrong
   C. A little bit wrong
   D. Not at all wrong

92. How wrong do your parents think it is for someone your age to smoke cigarettes?
   A. Very wrong
   B. Wrong
   C. A little bit wrong
   D. Not at all wrong
   E. Not sure

93. How wrong do your parents think it is for someone your age to drink alcohol regularly?
   A. Very wrong
   B. Wrong
   C. A little bit wrong
   D. Not at all wrong
   E. Not sure

94. How wrong do your parents think it is for someone your age to smoke marijuana?
   A. Very wrong
   B. Wrong
   C. A little bit wrong
   D. Not at all wrong
   E. Not sure
95. How wrong do your parents think it is for someone your age to take a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor’s prescription?
A. Very wrong
B. Wrong
C. A little bit wrong
D. Not at all wrong
E. Not sure

The next 4 questions ask about the availability of cigarettes, alcohol, and other drugs.

96. If you wanted to get some cigarettes, how hard or easy would it be for you to get some?
A. Very hard
B. Sort of hard
C. Sort of easy
D. Very easy

97. If you wanted to get some beer, wine, or liquor, how hard or easy would it be for you to get some?
A. Very hard
B. Sort of hard
C. Sort of easy
D. Very easy

98. If you wanted to get some marijuana, how hard or easy would it be for you to get some?
A. Very hard
B. Sort of hard
C. Sort of easy
D. Very easy

99. If you wanted to get a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor’s prescription, how hard or easy would it be for you to get some?
A. Very hard
B. Sort of hard
C. Sort of easy
D. Very easy

100. Are either of your parents or other adults in your family serving on active duty in the military?
A. Yes
B. No

This is the end of the survey. Thank you very much for your help.
2013 New Hampshire 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.

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: ⬜⬜⬜⬜⬜
-- If you change your answer, erase your old answer completely.

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 sex?
   - Female
   - Male

3. In what grade are you?
   - 9th grade
   - 10th grade
   - 11th grade
   - 12th grade
   - Ungraded or other grade

4. Are you Hispanic or Latino?
   - Yes
   - No

5. What is your race? (Select one or more responses.)
   - American Indian or Alaska Native
   - Asian
   - Black or African American
   - Native Hawaiian or Other Pacific Islander
   - 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

<table>
<thead>
<tr>
<th>Height</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feet</td>
</tr>
<tr>
<td>5</td>
</tr>
</tbody>
</table>

Your Height

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

<table>
<thead>
<tr>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pounds</td>
</tr>
<tr>
<td>1</td>
</tr>
</tbody>
</table>

Your Weight
8. During the past 12 months, how would you describe your grades in school?
   - Mostly A's
   - Mostly B's
   - Mostly C's
   - Mostly D's
   - Mostly F's
   - None of these grades
   - Not sure

The next 6 questions ask about safety.

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

10. How often do you wear a seat belt when driving a car?
    - I do not drive a car
    - Never
    - Rarely
    - Sometimes
    - Most of the time
    - Always

11. How often do you wear a seat belt when riding in a car driven by someone else?
    - Never
    - Rarely
    - Sometimes
    - Most of the time
    - 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?
    - 0 times
    - 1 time
    - 2 or 3 times
    - 4 or 5 times
    - 6 or more times

The next 7 questions ask about violence-related behaviors.

13. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?
    - I did not drive a car or other vehicle during the past 30 days
    - 0 times
    - 1 time
    - 2 or 3 times
    - 4 or 5 times
    - 6 or more times

14. During the past 30 days, on how many days did you text or e-mail while driving a car or other vehicle?
    - I did not drive a car or other vehicle during the past 30 days.
    - 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 7 questions ask about violence-related behaviors.

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?
    - 0 days
    - 1 day
    - 2 or 3 days
    - 4 or 5 days
    - 6 or more days

16. 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?
    - 0 times
    - 1 time
    - 2 or 3 times
    - 4 or 5 times
    - 6 or more times
17. During the past 12 months, how many times were you in a physical fight on school property?

- 0 times
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 or 7 times
- 8 or 9 times
- 10 or 11 times
- 12 or more times

18. Have you every been physically forced to have sexual intercourse when you did not want to?

- Yes
- No

19. 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).

- I did not date or go out with anyone during the past 12 months
- 0 times
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 or more times

20. 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.)

- I did not date or go out with anyone during the past 12 months
- 0 times
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 or more times

21. During the past 12 months, how many times have you experienced an unwanted sexual advance because of another student's drinking?

- I did not experience an unwanted sexual advance during the past 12 months
- 0 times
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 or more times

The next 2 question 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.

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

- Yes
- No

23. During the past 12 months, have you ever been electronically bullied? (Count being bullied through e-mail, chat rooms, instant messaging, websites, or texting.)

- Yes
- No

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?

- 0 times
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 or more times
The next 4 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?

☐ Yes
☐ No

26. During the past 12 months, did you ever seriously consider attempting suicide?

☐ Yes
☐ No

27. During the past 12 months, how many times did you actually attempt suicide?

☐ 0 times
☐ 1 time
☐ 2 or 3 times
☐ 4 or 5 times
☐ 6 or more times

28. 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?

☐ I did not attempt suicide during the past 12 months
☐ Yes
☐ No

The next 10 questions ask about tobacco use.

29. How old were you when you smoked a whole cigarette for the first time?

☐ I have never smoked a whole cigarette
☐ 8 years old or younger
☐ 9 or 10 years old
☐ 11 or 12 years old
☐ 13 or 14 years old
☐ 15 or 16 years old
☐ 17 years old or older

30. 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

31. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

☐ I did not smoke cigarettes during the past 30 days
☐ Less than 1 cigarette per day
☐ 1 cigarette per day
☐ 2 to 5 cigarettes per day
☐ 6 to 10 cigarettes per day
☐ 11 to 20 cigarettes per day
☐ More than 20 cigarettes per day

32. During the past 30 days, how did you usually get your own cigarettes? (Select only one response)

☐ I did not smoke cigarettes during the past 30 days
☐ I bought them in a store such as a convenience store, supermarket, discount store, or gas station
☐ I bought them from a vending machine
☐ I gave someone else money to buy them for me
☐ I borrowed (or bummed) them from someone else
☐ A person 18 years old or older gave them to me
☐ I took them from a store or family member
☐ I got them some other way

33. During the past 30 days, on how many days did you smoke cigarettes on school property?

☐ 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
34. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for at least 30 days?

☐ Yes
☐ No

35. During the past 12 months, did you ever try to quit smoking cigarettes?

☐ I did not smoke during the past 12 months
☐ Yes
☐ No

36. 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

37. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip** on school property?

☐ 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

38. During the past 30 days, on how many days did you smoke **cigars, cigarillos, or little cigars**?

☐ 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 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.

39. During your life, on how many days have you had at least one drink of alcohol?

☐ 0 days
☐ 1 or 2 days
☐ 3 to 9 days
☐ 10 to 19 days
☐ 20 to 39 days
☐ 40 to 99 days
☐ 100 or more days

40. How old were you when you had your first drink of alcohol other than a few sips?

☐ I have never had a drink of alcohol other than a few sips
☐ 8 years old or younger
☐ 9 or 10 years old
☐ 11 or 12 years old
☐ 13 or 14 years old
☐ 15 or 16 years old
☐ 17 years old or older

41. 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

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

☐ 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
43. 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?

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

44. During the past 30 days, how did you usually get the alcohol you drank?

- I did not drink alcohol during the past 30 days
- I bought it in a store such as a liquor store, convenience store, supermarket, discount store or gas station
- I bought it at a restaurant, bar, or club
- I bought it at a public event such as a concert or sporting event
- I gave someone else money to buy it for me
- Someone gave it to me
- I took it from a store or family member
- I got it some other way

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

45. During your life, how many times have you used marijuana?

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

46. How old were you when you tried marijuana for the first time?

- I have never tried marijuana
- 8 years old or younger
- 9 or 10 years old
- 11 or 12 years old
- 13 or 14 years old
- 15 or 16 years old
- 17 years old or older

47. During the past 30 days, how many times did you use marijuana?

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

The next 9 questions ask about other drugs.

48. During your life, how many times have you used synthetic marijuana (also called K2 or Spice)?

- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 to 99 times
- 100 or more times

49. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?

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

50. 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?

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

51. During your life, 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

2013 New Hampshire YRBS
52. During your life, how many times have you used **methamphetamine** (also called speed, crystal, crank, or ice)?
- [ ] 0 times
- [ ] 1 or 2 times
- [ ] 3 to 9 times
- [ ] 10 to 19 times
- [ ] 20 to 39 times
- [ ] 40 or more times

53. During your life, how many times have you used **ecstasy** (also called MDMA)?
- [ ] 0 times
- [ ] 1 or 2 times
- [ ] 3 to 9 times
- [ ] 10 to 19 times
- [ ] 20 to 39 times
- [ ] 40 or more times

54. During your life, how many times have you taken a **prescription drug** (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor’s prescription?
- [ ] 0 times
- [ ] 1 or 2 times
- [ ] 3 to 9 times
- [ ] 10 to 19 times
- [ ] 20 to 39 times
- [ ] 40 or more times

55. During the past 30 days, how many times did you take a **prescription drug** (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor’s prescription?
- [ ] 0 times
- [ ] 1 or 2 times
- [ ] 3 to 9 times
- [ ] 10 to 19 times
- [ ] 20 to 39 times
- [ ] 40 or more times

56. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?
- [ ] Yes
- [ ] No

57. Have you ever had sexual intercourse?
- [ ] Yes
- [ ] No

58. How old were you when you had sexual intercourse for the first time?
- [ ] I have never had sexual intercourse
- [ ] 11 years old or younger
- [ ] 12 years old
- [ ] 13 years old
- [ ] 14 years old
- [ ] 15 years old
- [ ] 16 years old
- [ ] 17 years old or older

59. During the past 3 months, with how many people did you have sexual intercourse?
- [ ] I have never had sexual intercourse
- [ ] 1 person
- [ ] 2 people
- [ ] 3 people
- [ ] 4 people
- [ ] 5 people
- [ ] 6 or more people

60. Did you drink alcohol or use drugs before you had sexual intercourse the last time?
- [ ] I have never had sexual intercourse
- [ ] Yes
- [ ] No

61. The last time you had sexual intercourse, did you or your partner use a condom?
- [ ] I have never had sexual intercourse
- [ ] Yes
- [ ] No
62. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.)
  - I have never had sexual intercourse
  - No method was used to prevent pregnancy
  - Birth control pills
  - Condoms
  - An IUD (such as Mirena or ParaGuard) or implant (such as Implanon or Nexplanon)
  - A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)
  - Withdrawal or some other method
  - Not sure

63. During your life, with whom have you had sexual contact?
  - I have never had sexual contact
  - Females
  - Males
  - Females and Males

64. Which of the following best describes you?
  - Heterosexual (straight)
  - Gay or Lesbian
  - Bisexual
  - Not sure

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

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

67. 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?
  - Yes
  - No

The next question asks about the soda you drank during the past 7 days.

68. During the past 7 days, how many times did you drink a can, bottle, or glass of diet soda or pop, such as Diet Coke, Diet Pepsi, or Sprite Zero?
  - I did not drink diet soda or pop during the past 7 days
  - 1 to 3 times during the past 7 days
  - 4 to 6 times during the past 7 days
  - 1 time per day
  - 2 times per day
  - 3 times per day
  - 4 or more times per day

The next 2 questions about physical activity.

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 spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)
  - 0 days
  - 1 day
  - 2 days
  - 3 days
  - 4 days
  - 5 days
  - 6 days
  - 7 days

70. In an average week when you are in school, on how many days do you go to physical education (PE) classes?
  - 0 days
  - 1 day
  - 2 days
  - 3 days
  - 4 days
  - 5 days
**The next 5 questions ask about other health-related topics.**

71. Have you ever been taught about AIDS or HIV infection in school?

- ☐ Yes
- ☐ No
- ☐ Not sure

72. Has a doctor or nurse ever told you that you have asthma?

- ☐ Yes
- ☐ No
- ☐ Not sure

73. Do you still have asthma?

- ☐ I have never had asthma
- ☐ Yes
- ☐ No
- ☐ Not sure

74. During the past 12 months, how many times did you use an indoor tanning device such as a sunlamp, sunbed, or tanning booth? (Do not count getting a spray-on tan.)

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

75. Are either of your parents or other adults in your family serving on active duty in the military?

- ☐ Yes
- ☐ No

**The next 5 questions ask about your family, your activities, and your community.**

76. Do you agree or disagree that your parents or other adults in your family have clear rules and consequences for your behavior?

- ☐ Strongly agree
- ☐ Agree
- ☐ Not sure
- ☐ Disagree
- ☐ Strongly disagree

77. During the past 12 months, have you talked with at least one of your parents about the dangers of tobacco, alcohol, or drug use?

- ☐ Yes
- ☐ No
- ☐ Not sure

78. During the past 30 days, how many times did you perform any organized community service as a non-paid volunteer, such as serving meals to the elderly, picking up litter, helping out at a hospital, or building homes for the poor?

- ☐ 0 times
- ☐ 1 time
- ☐ 2 or 3 times
- ☐ 4 or 5 times
- ☐ 6 or more times

79. During an average week when you are in school, how many total hours do you participate in activities run by community groups? (Count time spent on activities run by 4-H, Boys and Girls Club, YMCA, sports clubs, or church groups.)

- ☐ 0 hours
- ☐ 1 to 4 hours
- ☐ 5 to 9 hours
- ☐ 10 to 19 hours
- ☐ 20 or more hours

80. Do you agree or disagree that in your community you feel like you matter to people?

- ☐ Strongly agree
- ☐ Agree
- ☐ Not sure
- ☐ Disagree
- ☐ Strongly disagree

**The next 4 questions ask about the perceived harm from drug use.**

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

- ☐ No risk
- ☐ Slight risk
- ☐ Moderate risk
- ☐ Great risk
82. How much do you think people risk harming themselves (physically or in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice a week?

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

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

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

84. How much do you think people risk harming themselves (physically or in other ways), if they take a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor’s prescription?

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

The next 9 questions ask about attitudes toward cigarette, alcohol, and other drug use.

85. How wrong do your friends feel it would be for you to smoke tobacco?

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

86. How wrong do your friends feel it would be for you to have one or two drinks of an alcoholic beverage (beer, wine, or liquor) nearly every day?

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

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

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

88. How wrong do your friends feel it would be for you to take a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor’s prescription?

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

89. How wrong do your parents feel it would be for you to smoke tobacco?

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

90. How wrong do your parents feel it would be for you to have one or two drinks of an alcoholic beverage (beer, wine, or liquor) nearly every day?

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

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

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

92. How wrong do your parents feel it would be for you to take a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor’s prescription?

- Very Wrong
- Wrong
- A little bit wrong
- Not at all wrong
- Not sure
93. How do you feel about someone your age having one or two drinks of alcohol (beer, wine, or liquor) nearly every day?
   - Strongly approve
   - Approve
   - Neither approve or disapprove
   - Disapprove
   - Strongly disapprove

   The next 6 questions ask about the availability of cigarettes, alcohol, and other drugs.

94. If you wanted to get some cigarettes, how hard or easy would it be for you to get some?
   - Very hard
   - Sort of hard
   - Sort of easy
   - Very easy

95. If you wanted to get some alcohol (beer, wine, or liquor) how hard or easy would it be for you to get some?
   - Very hard
   - Sort of hard
   - Sort of easy
   - Very easy

96. If you wanted to get some marijuana, how hard or easy would it be for you to get some?
   - Very hard
   - Sort of hard
   - Sort of easy
   - Very easy

97. If you wanted to get some cocaine, LSD, or amphetamines, how hard or easy would it be for you to get some?
   - Very hard
   - Sort of hard
   - Sort of easy
   - Very easy

98. If you wanted to get a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription, how hard or easy would it be for you to get some?
   - Very hard
   - Sort of hard
   - Sort of easy
   - Very easy

99. During the last 12 months, do you recall hearing, reading, or seeing a message about avoiding alcohol or other illegal drugs?
   - Yes
   - No
   - Not sure

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