

# 2017 High School Healthy Kids Colorado Survey (B)

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.

Throughout the survey you will see some questions with possible responses, big NO!, no, yes, or big YES!.

NO! means definitely not true for you,  
no means mostly not true for you,  
yes means mostly true for you,  
and YES! means definitely true for you.

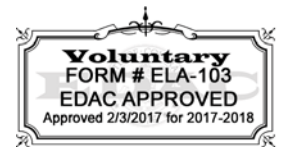
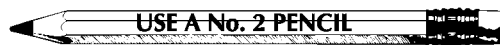
Example: Chocolate is the best ice cream flavor.

NO!     no     yes     YES!

In the example above, the student marked "yes" because he or she thinks the statement is mostly true.

### Directions

- Use a #2 pencil only.
- Make dark marks.
- Fill in a response like this:  A    B    C    D
- If you change your answer, erase your old answer completely.



*Thank you very much for your help.*

1. How old are you?

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

2. What is your 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.

Height	
Feet	Inches
3	0
4	1
5	2
6	3
7	4
	5
	6
	7
	8
	9
	10
	11

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.

Weight		
Pounds		
0	0	0
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9

8. Which of the following best describes you?

- Heterosexual (straight)
- Gay or lesbian
- Bisexual
- Not sure

9. Some people describe themselves as transgender when their sex at birth does not match the way they think or feel about their gender. Are you transgender?

- No, I am not transgender
- Yes, I am transgender
- I am not sure if I am transgender
- I do not know what this question is asking

**The next 4 questions ask about safety.**

10. 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

11. 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

12. 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

13. 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 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 6 questions ask about violence-related behaviors.**

14. During the past 30 days, on how many days did you carry a **weapon** such as a gun, knife, or club **on school property**?

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

15. During the past 30 days, on how many days did you **not** go to school because you felt you would be unsafe at school or on your way to or from school?

- 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 has someone threatened or injured you with a **weapon** such as a gun, knife, or club **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

17. During the past 12 months, how many times were you in a **physical fight**?

- 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. 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

19. Have you ever been physically forced to have sexual intercourse when you did not want to?

- Yes
- 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.**

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

- Yes
- No

21. During the past 12 months, have you ever been **electronically** bullied? (Count being bullied through texting, Instagram, Facebook, or other social media.)

- Yes
- 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.**

22. 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

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

- Yes
- No

24. During the past 12 months, did you make a plan about how you would attempt suicide?

- Yes
- No

25. 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

26. If you had a serious problem, do you know an adult in or out of school whom you could talk to or go to for help?

- Yes
- No
- Not sure

27. When you feel sad, empty, hopeless, angry, or anxious, with whom would you **most likely** talk about it?

- I do not feel sad, empty, hopeless, angry, or anxious
- Parent or other adult family member
- Teacher or other adult in this school
- Other adult
- Friend
- Sibling
- Not sure

**The next 7 questions ask about tobacco use.**

28. 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

29. 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

30. If you wanted to get some cigarettes, how easy would it be for you to get some?

- Very hard
- Sort of hard
- Sort of easy
- Very easy

31. During the past 30 days, where did you buy your own cigarettes? (You can choose one answer or more than one answer.)

- I did not buy cigarettes during the past 30 days
- A gas station
- A convenience store
- A grocery store
- A drugstore
- A vending machine
- Over the Internet
- Through the mail
- Some other place not listed here

32. 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

33. How wrong do you think it is for someone your age to smoke cigarettes?

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

34. How wrong would most adults (over 21) in your neighborhood think it is for kids to smoke cigarettes?

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

**The next 2 questions ask about electronic vapor products such as blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo. Electronic vapor products include e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens. Do not include marijuana.**

35. Have you ever used a vapor product?

- Yes
- No

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

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

**The next 13 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.**

37. 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

38. 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

39. 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

The next question asks about how many drinks of alcohol you have had in a row, that is, within a couple of hours. For this question, the number of drinks you need to think about is different for female students and male students.

40. During the past 30 days, on how many days did you have **4** or more drinks of alcohol in a row (if you are **female**) or **5** or more drinks of alcohol in a row (if you are **male**)?

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

41. If you wanted to get some beer, wine, or hard liquor, how easy would it be for you to get some?

- Very hard
- Sort of hard
- Sort of easy
- Very easy

42. During the past 30 days, how did you **usually** get the alcohol you drank? (Select only **one** response.)

- 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

43. During the past 30 days, where did you **usually** drink alcohol? (Select only **one** response.)

- I did not drink alcohol during the past 30 days
- At my home
- At another person's home
- When riding in or driving a car or other vehicle
- At a restaurant, bar, or club
- At a public place such as a park, beach, or parking lot
- At a public event such as a concert or sporting event
- On school property

44. 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?

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

45. How wrong do you think it is for someone your age to drink alcohol regularly (at least once or twice a month)?

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

46. How wrong do your parents or guardians feel it would be for you to drink alcohol regularly (at least once or twice a month)?

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

47. How wrong would most adults (over 21) in your neighborhood think it is for kids your age to drink alcohol?

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

48. If a kid drank alcohol in your neighborhood, or the area around where you live, would he or she be caught by the police?

- NO!
- no
- yes
- YES!

49. If you drank some beer or wine or hard liquor without your parents' permission, would you be caught by your parents?

- NO!
- no
- yes
- YES!

**The next 10 questions ask about marijuana use. Marijuana also is called grass, pot, or weed.**

50. 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 to 99 times
- 100 or more times

51. 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

52. 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

53. If you wanted to get some marijuana, how easy would it be for you to get some?

- Very hard
- Sort of hard
- Sort of easy
- Very easy

54. During the past 30 days, how did you **usually** get the marijuana that you used? (Select only **one** response.)

- I did not use marijuana during the past 30 days
- I bought it at a marijuana store or center
- I bought it from someone else
- A parent or family member over the age of 21 gave it to me
- A friend over the age of 21 gave it to me
- Someone under the age of 21 gave it to me
- I took it without permission from the owner

55. How much do you think people risk harming themselves (physically or in other ways) if they use marijuana regularly?

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

56. How wrong do **you** think it is for **someone your age** to use marijuana?

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

57. How wrong do **your parents or guardians** feel it would be for **you** to use marijuana?

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

58. How wrong would most adults (over 21) in your neighborhood think it is for kids your age to use marijuana?

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

59. If a kid used marijuana in your neighborhood, or the area around where you live, would he or she be caught by the police?

- NO!                                       yes  
 no                                          YES!

**The next 12 questions ask about other drugs.**

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

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

61. 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                                 10 to 19 times  
 1 or 2 times                         20 to 39 times  
 3 to 9 times                          40 or more times

62. During your life, how many times have you used **heroin** (also called smack, junk, or China White)?

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

63. During your life, how many times have you used **methamphetamines** (also called speed, crystal, crank, or ice)?

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

64. During your life, how many times have you used **ecstasy** (also called MDMA)?

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

65. During your life, how many times have you taken **prescription pain medicine** without a doctor's prescription or differently than how a doctor told you to use it? (Count drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet.)

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

66. 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                                 10 to 19 times  
 1 or 2 times                         20 to 39 times  
 3 to 9 times                          40 or more times

67. If you wanted to get **prescription drugs** not prescribed to you, how easy would it be for you to get some?

- Very hard                               Sort of easy  
 Sort of hard                           Very easy

68. How wrong do you think it is for someone your age to use **prescription drugs** (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?

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

69. If you wanted to get a drug like cocaine, LSD, amphetamines, or any other illegal drug, how easy would it be for you to get some?

- Very hard                               Sort of easy  
 Sort of hard                           Very easy

70. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?

- Yes  
 No

71. My family has clear rules about alcohol and drug use.

- NO!                                       yes  
 no                                          YES!

**The next 7 questions ask about sexual health.**

72. Have you ever had sexual intercourse?

- Yes  
 No

73. 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

74. During your life, with how many people have you had sexual intercourse?

- I have never had sexual intercourse  
 1 person  
 2 people  
 3 people  
 4 people  
 5 people  
 6 or more people

75. During the past 3 months, with how many people did you have sexual intercourse?

- I have never had sexual intercourse  
 I have had sexual intercourse, but not during the past 3 months  
 1 person  
 2 people  
 3 people  
 4 people  
 5 people  
 6 or more people

76. Did you drink alcohol or use drugs before you had sexual intercourse the **last time**?

- I have never had sexual intercourse  
 Yes  
 No



77. The **last time** you had sexual intercourse, did you or your partner use a condom?

- I have never had sexual intercourse
- Yes
- No

78. 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 ParaGard) 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

**The next 2 questions ask about body weight.**

79. How do **you** describe your weight?

- Very underweight
- Slightly underweight
- About the right weight
- Slightly overweight
- Very overweight

80. 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

**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.**

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

- I did not eat fruit 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

82. During the past 7 days, on how many days did you eat **breakfast**?

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

**The next 5 questions ask about physical activity.**

83. 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

84. On an average school day, how many hours do you watch TV?

- I do not watch TV on an average school day
- Less than 1 hour per day
- 1 hour per day
- 2 hours per day
- 3 hours per day
- 4 hours per day
- 5 or more hours per day

85. 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? (Count time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media.)

- I do not play video or computer games or use a computer for something that is not school work
- Less than 1 hour per day
- 1 hour per day
- 2 hours per day
- 3 hours per day
- 4 hours per day
- 5 or more hours per day

86. During the past 12 months, on how many sports teams did you play? (Count any teams run by your school or community groups.)

- 0 teams
- 1 team
- 2 teams
- 3 or more teams

87. 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 10 questions ask about your home life.**

88. On an average school night, how many hours of sleep do you get?

- 4 or less hours
- 5 hours
- 6 hours
- 7 hours
- 8 hours
- 9 hours
- 10 or more hours

89. During the past 30 days, where did you usually sleep?

- In my parent's or guardian's home
- In the home of a friend, family member, or other person because I had to leave my home or my parent or guardian cannot afford housing
- In a shelter or emergency housing
- In a motel or hotel
- In a car, park, campground, or other public place
- I do not have a usual place to sleep
- Somewhere else

90. The rules in my family are clear.

- NO!
- no
- yes
- YES!

91. If I had a personal problem, I could ask my parents or guardians for help.

- NO!
- no
- yes
- YES!

92. My parents ask if I have gotten my homework done.

- NO!
- no
- yes
- YES!

93. When I am not at home, one of my parents or guardians knows where I am and who I am with.

- NO!
- no
- yes
- YES!

94. Would your parents or guardians know if you did not come home on time?

- NO!
- no
- yes
- YES!

95. If you skipped school, would you be caught by your parents or guardians?

- NO!
- no
- yes
- YES!

96. My parents or guardians give me lots of chances to do fun things with them.

- NO!
- no
- yes
- YES!

97. My parents or guardians ask me what I think before most family decisions affecting me are made.

- NO!
- no
- yes
- YES!

**The next 17 questions ask about your school.**

98. 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

99. Are your school grades better than the grades of most students in your class?

- NO!
- no
- yes
- YES!

100. 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

101. Do you participate in any extracurricular activities at school such as sports, band, drama, clubs, or student government?

- Yes
- No

102. During the **LAST FOUR WEEKS** how many whole days of school have you missed because you skipped or "cut"?

- 0 days
- 1 day
- 2 days
- 3 days
- 4 to 5 days
- 6 to 10 days
- 11 or more days

103. How often do you feel that the school work you are assigned is meaningful and important?

- Never
- Seldom
- Sometimes
- Often
- Almost always

104. I feel safe at my school.

- NO!
- no
- yes
- YES!

105. How important is it to you to finish high school?

- Very important
- Important
- Not very important
- Not at all important

106. How important is it to you to go to college?

- Very important
- Important
- Not very important
- Not at all important

107. The school lets my parents or guardians know when I have done something well.

- NO!
- no
- yes
- YES!

108. My teacher(s) notices when I am doing a good job and lets me know about it.

- NO!
- no
- yes
- YES!

109. My teachers praise me when I work hard in school.

- NO!
- no
- yes
- YES!

110. How interesting are most of your courses to you?

- Very interesting and stimulating
- Quite interesting
- Fairly interesting
- Slightly boring
- Very boring

111. How important do you think the things you are learning in school are going to be for your later life?

- Very important
- Important
- Not very important
- Not at all important

112. Now, thinking back over the past year in school, how often did you **hate** being in school?

- Never
- Seldom
- Sometimes
- Often
- Almost always

113. Now, thinking back over the past year in school, how often did you try to do your **best work** in school?

- Never
- Seldom
- Sometimes
- Often
- Almost always

114. Now, thinking back over the past year in school, how often did you **enjoy** being in school?

- Never
- Seldom
- Sometimes
- Often
- Almost always

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