

2015 Healthy Kids Colorado Survey - High School Module A

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.

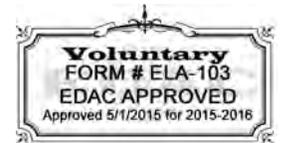
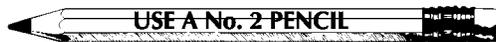
Example: Chocolate is the best ice cream flavor.

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. Which one of these groups best describes you? (Select **only one** response.)

- American Indian or Alaska Native
- Asian
- Black or African American
- Hispanic or Latino
- Native Hawaiian or Other Pacific Islander
- White

7. 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

8. 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
	5	5
	6	6
	7	7
	8	8
	9	9

9. What is the language you use most often at home?

- English
- Spanish
- Another language

10. What is the highest level of schooling your mother completed?

- Completed grade school or less
- Some high school
- Completed high school
- Some college
- Completed college
- Graduate or professional school
- Not sure

11. Which of the following best describes you?

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

12. A **transgender** person is someone whose biological sex at birth **does not match** the way they think or feel about themselves. Are you **transgender**?

- No, I am not transgender
- Yes, I am transgender and I think of myself as really a boy or man
- Yes, I am transgender and I think of myself as really a girl or woman
- Yes, I am transgender and I think of myself in some other way
- I do not know if I am transgender
- I do not know what this question is asking

The next 4 questions ask about safety.

13. 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

14. 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

15. During the past 30 days, how many times did you **ride** in a car or other vehicle **driven by someone who had been using marijuana**?

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

16. During the past 30 days, how many times did you **drive** a car or other vehicle **when you had been using marijuana**?

- 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

The next 7 questions ask about violence-related behaviors.

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

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

18. 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

19. 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

20. 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

21. 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

22. 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

23. 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.

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

- Yes
- No

25. 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 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.

26. 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

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

- Yes
- No

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

- Yes
- No

29. 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

30. **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 8 questions ask about tobacco use.

31. 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

32. 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

33. 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

34. 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 got them on the Internet
- 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

35. In the the past 30 days, did anyone in a store ever refuse to sell you cigarettes because of your age?

- I did not try to buy cigarettes in the store in the past 30 days
- Yes, someone refused to sell me cigarettes because of my age
- No, no one refused to sell me cigarettes because of my age
- No, I am 18 or older

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. 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

38. How wrong do **your parents or guardians** feel it would be for **you** to smoke cigarettes?

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

The next 14 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 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

43. 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

44. During the past 30 days, on how many days do you think a **typical student at your school** drank 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

45. During the past 30 days, on how many days do you think a **typical student at your school** had 5 or more drinks 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

46. 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

47. 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

48. During the past 12 months, where did you **usually** drink alcohol? (Select only **one** response.)

- I did not drink alcohol during the past 12 months
- 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

49. 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

50. 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

51. 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

52. 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!

**The next 12 questions ask about marijuana use.
Marijuana also is called grass or pot.**

53. 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
54. 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
55. 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
56. During the past 30 days, how did you use marijuana?
(Select all that apply.)
- I did not use marijuana during the past 30 days
 - I smoked it
 - I ate it (in an edible, candy, tincture or other food)
 - I used a vaporizer
 - I dabbled it
 - I used it in some other way
57. During the past 30 days, how did you **usually** use marijuana? (Select only **one** response.)
- I did not use marijuana during the past 30 days
 - I smoked it
 - I ate it (in an edible, candy, tincture or other food)
 - I used a vaporizer
 - I dabbled it
 - I used it in some other way
58. 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
59. 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 got it at a public event such as a party, bar, club, restaurant, concert, or sporting event
 - I got it from someone with a Medical Marijuana License (Card)
 - I got it with my own Medical Marijuana License (Card)
 - Someone gave it to me
 - I took it from a family member
 - I got it at school
 - I got it some other way

60. During the past 30 days, how many times did you use marijuana **on school property**?
- 0 times
 - 1 or 2 times
 - 3 to 9 times
 - 10 to 19 times
 - 20 to 39 times
 - 40 or more times
61. 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
62. 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
63. 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
64. 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!
 - no
 - yes
 - YES!

The next 13 questions ask about other drugs

65. 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
66. 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
67. 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

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

69. 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

70. 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

71. 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

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

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

73. 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

74. During your life, how many times have you taken **steroid pills or shots** 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

75. 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 hard
- Sort of easy
- Very easy

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

- Yes
- No

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

The next question asks about advertisements that you may have heard or seen related to tobacco, alcohol, or other drug use.

78. During the past 12 months, how often did you hear, read, or watch an advertisement about **preventing** tobacco, alcohol, or other drug use?

- A lot
- Sometimes
- Hardly ever
- Never
- Not sure

The next 7 questions ask about sexual behavior.

79. Have you ever had sexual intercourse?

- Yes
- No

80. 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

81. 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

82. 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

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

- I have never had sexual intercourse
- Yes
- No

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

- I have never had sexual intercourse
- Yes
- No

85. 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.

86. How do **you** describe your weight?
- Very underweight
 - Slightly underweight
 - About the right weight
 - Slightly overweight
 - Very overweight
87. 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 4 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.

88. 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
89. During the past 7 days, how many times did you eat **vegetables**?
- I did not eat vegetables 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
90. During the past 7 days, how many times did you drink a **can, bottle, or glass of soda or pop**, such as Coke, Pepsi, or Sprite? (Do **not** count diet soda or diet pop.)
- I did not drink 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

91. 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 4 questions ask about physical activity.

92. 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
93. 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
94. 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 iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the Internet.)
- 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
95. 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

The next questions ask about other health-related topics.

96. Have you ever been taught about AIDS or HIV infection in school?
- Yes
 - No
 - Not Sure

97. 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

The next questions ask about your home life.

98. The rules in my family are clear.

- NO!
- no
- yes
- YES!

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

- NO!
- no
- yes
- YES!

The next 5 questions ask about school.

100. 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

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!

These 3 questions ask about your future.

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. How important is it to you to be successful in a job or career?

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

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