

2007

Hawai'i Middle School Youth Risk Behavior Survey

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to develop better health education for young people like yourself.

DO NOT write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

The questions that ask about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

Make sure to read every question. Fill in the ovals completely. When you are finished, follow the instructions of the person giving you the survey.

Thank you very much for your help.

Directions

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

1. How old are you?
 - A. 10 years old or younger
 - B. 11 years old
 - C. 12 years old
 - D. 13 years old
 - E. 14 years old
 - F. 15 years old
 - G. 16 years old or older
2. What is your sex?
 - A. Female
 - B. Male
3. In what grade are you?
 - A. 6th grade
 - B. 7th grade
 - C. 8th grade
 - D. Ungraded or other grade
4. Are you Hispanic or Latino?
 - A. Yes
 - B. No
5. What is your race? (Select one or more responses.)
 - A. American Indian or Alaska Native
 - B. Black or African American
 - C. Filipino
 - D. Japanese
 - E. Native Hawaiian/Part Hawaiian
 - F. Other Asian
 - G. Other Pacific Islander
 - H. White

The next 4 questions ask about safety.

6. **When you ride a bicycle**, how often do you wear a helmet?
 - A. I do not ride a bicycle
 - B. Never wear a helmet
 - C. Rarely wear a helmet
 - D. Sometimes wear a helmet
 - E. Most of the time wear a helmet
 - F. Always wear a helmet
7. **When you rollerblade or ride a skateboard**, how often do you wear a helmet?
 - A. I do not rollerblade or ride a skateboard
 - B. Never wear a helmet
 - C. Rarely wear a helmet
 - D. Sometimes wear a helmet
 - E. Most of the time wear a helmet
 - F. Always wear a helmet
8. Have you ever ridden in a car driven by someone who had been drinking alcohol?
 - A. Yes
 - B. No
 - C. Not sure
9. Have you ever **ridden** in a car or other vehicle driven by someone who had been under the influence of marijuana or other illegal drugs?
 - A. Yes
 - B. No
 - C. Not sure

The next 13 questions ask about violence-related behaviors.

10. During the past 12 months, have you ever carried a weapon such as a gun, knife, or club **on school property**?
 - A. Yes
 - B. No
11. During the past 12 months, did you ever **not** go to school because you felt you would be unsafe at school or on your way to or from school?
 - A. Yes
 - B. No

12. During the past 12 months, has someone ever threatened or injured you with a weapon such as a gun, knife, or club **on school property**?
 - A. Yes
 - B. No
13. During the past 12 months, has someone ever stolen or deliberately damaged your property such as your clothing or books **on school property**?
 - A. Yes
 - B. No
14. During the past 12 months, have you ever been in a physical fight **on school property**?
 - A. Yes
 - B. No
15. During the past 12 months, did you have a boyfriend or girlfriend?
 - A. Yes
 - B. No
16. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?
 - A. Yes
 - B. No
17. Have you ever been physically forced to have sexual intercourse when you did not want to?
 - A. Yes
 - B. No
18. During the past 12 months, has someone ever tried to hurt you by hitting, punching, or kicking you while **on school property**?
 - A. Yes
 - B. No
19. During the past 12 months, has someone ever tried to hurt you by saying mean things to you (things that hurt your feelings) while **on school property**?
 - A. Yes
 - B. No

20. During the past 12 months, has someone tried to hurt you by saying mean things (things that hurt your feelings) to you or about you **on the internet or email**?
 - A. Yes
 - B. No
21. During the past 12 months, have you ever been harassed because someone thought you were gay, lesbian, or bisexual?
 - A. Yes
 - B. No
22. Do you agree or disagree that harassment and bullying by other students is a problem at your school?
 - A. Strongly agree
 - B. Agree
 - C. Not sure
 - D. Disagree
 - E. Strongly disagree

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

23. 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, have you ever **seriously** thought about killing yourself?
 - A. Yes
 - B. No
25. During the past 12 months, have you ever made a **plan** about how you would kill yourself?
 - A. Yes
 - B. No

26. During the past 12 months, have you ever **tried** to kill yourself?
A. Yes
B. No
27. **If you tried to kill yourself** 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 try to kill myself** during the past 12 months
B. Yes
C. No

The next question asks about tobacco use.

28. 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

The next 4 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.

29. Have you ever had a drink of alcohol, other than a few sips?
A. Yes
B. No
30. How old were you when you had your first drink of alcohol other than a few sips?
A. I have never had a drink of alcohol other than a few sips
B. 8 years old or younger
C. 9 years old
D. 10 years old
E. 11 years old
F. 12 years old
G. 13 years old or older

31. During the past 30 days, have you ever had at

least one drink of alcohol?

- A. Yes
B. No

32. During the past 30 days, have you ever had at least one drink of alcohol **on school property**?
A. Yes
B. No

The next 4 questions ask about marijuana use. Marijuana also is called grass, pot, or *pakal•l•*.

33. Have you ever used marijuana?
A. Yes
B. No
34. How old were you when you tried marijuana for the first time?
A. I have never tried marijuana
B. 8 years old or younger
C. 9 years old
D. 10 years old
E. 11 years old
F. 12 years old
G. 13 years old or older

35. During the past 30 days, have you ever used marijuana?
A. Yes
B. No

36. During the past 30 days, have you ever used marijuana **on school property**?
A. Yes
B. No

The next 7 questions ask about other drugs.

37. Have you ever used **any** form of cocaine, including powder, crack, or freebase?
A. Yes
B. No

38. Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high?
A. Yes
B. No
39. During the past 30 days, have you ever sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?
A. Yes
B. No
40. Have you ever used **methamphetamines** (also called speed, crystal, crank, or ice)?
A. Yes
B. No
41. Have you ever used **ecstasy** (also called MDMA)?
A. Yes
B. No
42. Have you ever used **steroid pills or shots** without a doctor's prescription?
A. Yes
B. No
43. During the past 12 months, has anyone offered, sold, or given you an **illegal drug on school property**?
A. Yes
B. No

The next 4 questions ask about sexual intercourse.

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

45. How old were you when you had sexual intercourse for the first time?
A. I have never had sexual intercourse
B. 8 years old or younger
C. 9 years old
D. 10 years old
E.
F. 11 years old
G. 12 years old
H. 13 years old or older
46. With how many people have you ever had sexual intercourse?
A. I have never had sexual intercourse
B. 1 person
C. 2 people
D. 3 people
E. 4 people
F. 5 people
G. 6 or more people
47. The **last time** you had sexual intercourse, did you or your partner use a condom?
A. I have never had sexual intercourse
B. Yes
C. No

The next 7 questions ask about body weight.

48. How do **you** describe your weight?
A. Very underweight
B. Slightly underweight
C. About the right weight
D. Slightly overweight
E. Very overweight
49. 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

50. Have you ever **exercised** to lose weight or to keep from gaining weight?
 A. Yes
 B. No
51. Have you ever **eaten less food, fewer calories, or foods low in fat** to lose weight or to keep from gaining weight?
 A. Yes
 B. No
52. Have you ever **gone without eating for 24 hours or more** (also called fasting) to lose weight or to keep from gaining weight?
 A. Yes
 B. No
53. Have you ever **taken any diet pills, powders, or liquids** without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)
 A. Yes
 B. No
54. Have you ever **vomited or taken laxatives** to lose weight or to keep from gaining weight?
 A. Yes
 B. No

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 drinks you drank at home, at school, at restaurants, or anywhere else.

55. 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), sports or energy drinks, or fruit drinks (such as Aloha Maid, Capri Sun, or Hawaiian Sun)? (Do **not** include diet soda or diet pop.)
 A. I did not drink soda or pop during the past 7 days
 B. I drank some but not every day
 C. 1 time per day
 D. 2 times per day
 E. 3 times per day
 F. 4 or more times per day
56. 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. I drank some but not every day
 C. 1 glass per day
 D. 2 glasses per day
 E. 3 glasses per day
 F. 4 or more glasses per day

The next 6 questions ask about physical activity. These activities include things like playing sports, walking, running, swimming, dancing hula, skateboarding, and surfing.

57. During the past 7 days, on how many days were you physically active for a total of **at least 60 minutes per day**? (Add up all the time you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)
 A. 0 days
 B. 1 day
 C. 2 days
 D. 3 days
 E. 4 days
 F. 5 days
 G. 6 days
 H. 7 days

58. **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
59. During an average physical education (PE) class, how much time do you spend engaged in exercise or activity (activity other than standing or sitting still)?
- A. I do not take PE
 - B. Less than half of the class is usually spent engaged in exercise or activity (activity other than standing or sitting still)
 - C. About half the class is usually spent engaged in exercise or activity (activity other than standing or sitting still)
 - D. More than half the class is usually spent engaged in exercise or activity (activity other than standing or sitting still)
60. 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

61. 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
62. During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)
- A. 0 teams
 - B. 1 team
 - C. 2 teams
 - D. 3 or more teams

The next 10 questions ask about other health-related topics.

63. Has a doctor or nurse ever told you that you have asthma?
- A. Yes
 - B. No
 - C. Not sure
64. Do you still have asthma?
- A. I have never had asthma
 - B. Yes
 - C. No
 - D. Not sure
65. During the past 12 months, have you been to a dentist for your teeth?
- A. Yes
 - B. No
 - C. Not sure

65. Have you ever been taught about AIDS or HIV infection in school?
- A. Yes
 - B. No
 - C. Not sure
66. Has a doctor or nurse ever discussed ways to prevent pregnancy with you?
- A. Yes
 - B. No
 - C. Not sure
67. Has a doctor or nurse ever discussed ways to prevent Sexually Transmitted Diseases (STD) with you?
- A. Yes
 - B. No
 - C. Not sure
68. Have your parents or other adults in your family ever talked with you about what they expect you to do or not to do when it comes to sex?
- A. Yes
 - B. No
 - C. Not sure
69. Outside of school, is there an adult besides your parents you can talk to about things that are important to you?
- A. Yes
 - B. No
70. How likely is it that you will complete high school?
- A. Definitely will not
 - B. Probably will not
 - C. Probably will
 - D. Definitely will
 - E. Not sure

71. How likely is it that you will complete a post high school program such as a vocational training program, military service, community college, or 4-year college?
- A. Definitely will not
 - B. Probably will not
 - C. Probably will
 - D. Definitely will
 - A. Not sure

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