

High School - Youth Risk Behavior Survey

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to 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 this survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering the question, leave it blank.

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

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

Thank you very much for your help.

1. How old are you?

Mark only one oval.

- 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?

Mark only one oval.

- Female
- Male

3. In what grade are you?

Mark only one oval.

- 9th grade
- 10th grade
- 11th grade
- 12th grade
- Ungraded or other grade

4. How do you describe yourself? (Select one response.)*Mark only one oval.*

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

5. Are you Hispanic, Latino or Spanish Origin?*Mark only one oval.*

- Yes
- No

The next 9 questions ask about tobacco use.

6. How much do you think people risk harming themselves (physically or in other ways) if they smoke one or more packs of cigarettes a day?*Mark only one oval.*

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

7. How easy do you think it would be for you to get tobacco products if you wanted some?*Mark only one oval.*

- Very easy
- Fairly easy
- Hard
- Very hard
- Probably impossible

8. How wrong do your parents feel it would be for you to smoke tobacco?*Mark only one oval.*

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

9. Have you ever tried cigarette smoking, even one or two puffs?*Mark only one oval.*

- Yes
 No

10. During the past 30 days, on how many days did you smoke a cigarette?*Mark only one oval.*

- 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

11. During the past 12 months, did you ever try to quit smoking cigarettes?*Mark only one oval.*

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

12. 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?*Mark only one oval.*

- 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

13. How wrong do your friends feel it would be for you to smoke tobacco?*Mark only one oval.*

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

14. My family has clear rules that prohibit me from using tobacco.

Mark only one oval.

- Yes
 No

The next 11 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.

15. How much do you think people risk harming themselves (physically or in other ways) if they take one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day?

Mark only one oval.

- No risk
 Slight risk
 Moderate risk
 Great risk

16. How much do you think people risk harming themselves (physically or in other ways) when they have five or more drinks of an alcoholic beverage once or twice a week?

Mark only one oval.

- No risk
 Slight risk
 Moderate risk
 Great risk

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

Mark only one oval.

- 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

18. **How wrong do your parents feel it would be for you to have one or two drinks of an alcoholic beverage nearly every day?**

Mark only one oval.

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

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

Mark only one oval.

- 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

20. **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?**

Mark only one oval.

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

21. **How easy do you think it would be to get alcohol if you wanted some?**

Mark only one oval.

- Very easy
- Fairly easy
- Hard
- Very hard
- Probably impossible

22. How wrong do your friends feel it would be for you to have one or two drinks of an alcoholic beverage nearly every day?

Mark only one oval.

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

23. My family has clear rules that prohibit me from using alcohol.

Mark only one oval.

- Yes
- No

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

Mark only one oval.

- I did not drink during the past 30 days
- At my house
- From adults at friend's homes
- From friends or another teenager
- Got an adult to buy it for me
- I bought it from a store (convenience, liquor, grocery store)
- Other: _____

25. Where do you usually drink alcohol?

Mark only one oval.

- I do not drink alcohol
- At parties with an adult (21 or older) present who knows underage drinking is taking place
- At a party with an adult (21 or older) present who does not know underage drinking is taking place
- At a party without an adult present
- At school
- At a friend's house
- On the streets, in the woods, in a park or in a field.

The next 8 questions ask about marijuana use. Marijuana is also called grass or pot.

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

Mark only one oval.

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

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

Mark only one oval.

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

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

Mark only one oval.

- 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

29. **During the past 30 days, how many days did you use marijuana or hashish?**

Mark only one oval.

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

30. **How easy do you think it would be to get marijuana if you wanted some?**

Mark only one oval.

- Very easy
- Fairly easy
- Hard
- Very hard
- Probably impossible

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

Mark only one oval.

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

32. My family has clear rules that prohibit me from using marijuana.

Mark only one oval.

- Yes
- No

33. During the past 30 days how did you usually use marijuana?

Mark only one oval.

- I did not use marijuana during the past 30 days
- I smoked it in a joint, bong, pipe, or blunt
- I ate it in food such as brownies, cookies, cake or candy
- I drank it in tea, cola, alcohol, or other drinks
- I vaporized it
- I used it in some other way

The next 7 questions ask about electronic vapor products, such as Juul, blu, NJOY, or Starbuzz. Electronic vapor products include e-cigarettes, e-cigars, e-pipes, vape pens, vaping pens, e-hookahs, and hookah pens.

34. Have you ever used an electronic vapor product?

Mark only one oval.

- Yes
- No

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

Mark only one oval.

- 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

36. **How much do you think people risk harming themselves (physically or in other ways) if they use electronic vapor products?**

Mark only one oval.

- No Risk
 Slight Risk
 Moderate Risk
 Great Risk

37. **How wrong do your parents feel it would be for you to use an electronic vapor product?**

Mark only one oval.

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

38. **How wrong do your friends feel it would be for you to use an electronic vapor product?**

Mark only one oval.

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

39. **My family has clear rules that prohibit me from using electronic vapor products.**

Mark only one oval.

- Yes
 No

40. **How easy do you think it would be to get electronic vapor products if you wanted some.**

Mark only one oval.

- Very easy
 Fairly easy
 Hard
 Very hard
 Probably impossible

41. **Have you ever used a vape product at school?**

Mark only one oval.

- Yes
 No
 I have never used a vape product

The next 4 questions ask about over-the-counter (non-prescription) drug use.

42. Have you ever taken over-the-counter drugs to get high?

Mark only one oval.

- Yes
 No

43. During the past 30 days, how many days did you take an over-the-counter medicine to get high?

Mark only one oval.

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

44. How wrong do your parents feel it would be for you to take over-the-counter medicines to get high?

Mark only one oval.

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

45. How much do you think people risk harming themselves (physically or in other ways) if they take over-the-counter medicines to get high?

Mark only one oval.

- No risk
 Slight risk
 Moderate risk
 Great risk

The next 6 questions ask about prescription drug use.

46. Have you ever taken prescription drugs to get high?

Mark only one oval.

- Yes
 No

47. **How easy do you think it would be to get prescription medicines if you wanted some?**

Mark only one oval.

- Very easy
- Fairly easy
- Hard
- Very hard
- Probably impossible

48. **During the past 30 days, how many days did you take prescription medicine that are not prescribed to you?**

Mark only one oval.

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

49. **How much do you think people risk harming themselves (physically or in other ways) if they use prescription drugs that are not prescribed to them?**

Mark only one oval.

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

50. **How wrong do your friends feel it would be for you to take prescription medicines not prescribed to you?**

Mark only one oval.

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

51. **How wrong do your parents feel it would be for you to take prescription medicines not prescribed to you?**

Mark only one oval.

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

The next 5 questions ask about heroin use.

52. **During your life, how many times have you used heroin(also called smack, junk, or china white)?**

Mark only one oval.

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

53. **During the past 30 days, how many times have you used heroin(also called smack, junk, or china white)?**

Mark only one oval.

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

54. **How much do you think people risk harming themselves (physically or in other ways) when they use heroin?**

Mark only one oval.

- No Risk
- Slight Risk
- Moderate Risk
- Great Risk

55. **How wrong do your friends feel it would be to use heroin?**

Mark only one oval.

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

56. How wrong do your parents feel it would be to use heroin?

Mark only one oval.

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

The next 6 questions ask about cocaine and other drug use.**57. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?**

Mark only one oval.

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

58. 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?

Mark only one oval.

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

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

Mark only one oval.

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

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

Mark only one oval.

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

61. **During your life, how many times have you used Derbisol?**

Mark only one oval.

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

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

Mark only one oval.

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

The next 2 questions ask about safety.

63. **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?**

Mark only one oval.

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

64. **During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?**

Mark only one oval.

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

The next 4 questions ask about sadness, depression, and suicide. Please answer these questions as truthfully as possible based on your personal experiences. This information will be used by various community agencies to develop prevention activities designed to prevent depression and suicide.

65. **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?**

Mark only one oval.

- Yes
- No

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

Mark only one oval.

- Yes
- No

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

Mark only one oval.

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

68. **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?**

Mark only one oval.

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

The next 8 questions ask about sexual behavior.

69. Have you ever had sexual intercourse?*Mark only one oval.*

- Yes
 No

70. How old were you when you had sexual intercourse for the first time?*Mark only one oval.*

- 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

71. During your life, with how many people have you had sexual intercourse?*Mark only one oval.*

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

72. During the past 3 months, with how many people have you had sexual intercourse?*Mark only one oval.*

- 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

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

Mark only one oval.

- I have never had sexual intercourse
- Yes
- No

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

Mark only one oval.

- I have never had sexual intercourse
- Yes
- No

75. **The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.)**

Mark only one oval.

- I have never had sexual intercourse
- No method was used to prevent pregnancy
- Birth control pills
- Condoms
- Depo-Provera (injectable birth control)
- Withdrawal
- Some other method
- Not sure

76. **How many times have you been pregnant or gotten someone pregnant?**

Mark only one oval.

- 0 times
- 1 time
- 2 or more times
- Not sure

The following 6 questions ask about the Salem Pledge Program. The Salem Pledge Program is based on the notion that participating in extracurricular activities is a privilege and requires that students who choose to participate in Virginia High School League competitive extracurricular activities consent to random drug tests during their sport season. Please answer these questions as truthfully as possible based on your experiences.

77. **Asking SHS students who participate in VHSL sanctioned competitive extracurricular activities to follow the guidelines of the Salem Pledge Program; which prohibits the use of alcohol; tobacco; and illegal drugs and includes random drug and alcohol screening is a positive step for student athletes and the school.**

Mark only one oval.

- Strongly agree
 Agree
 Disagree
 Strongly disagree

78. **I feel that the consequences for violations of the Salem Pledge Program are fair and reasonable. (1st offense =14 day suspension from activity, 2nd offense = 12 week suspension from activity, 3rd offense = permanent suspension from all extracurricular activities)**

Mark only one oval.

- Strongly agree
 Agree
 Disagree
 Strongly disagree

79. **It is reasonable to expect students who participate in athletics and/or other VHSL sponsored competitive extracurricular activities not to use alcohol; tobacco; and other drugs during their activity season.**

Mark only one oval.

- Strongly agree
 Agree
 Disagree
 Strongly disagree

80. **I am in favor of the Salem City School Division requiring students who participate in school sponsored athletics and other VHSL sponsored competitive extracurricular activities to submit to random drug testing during their season.**

Mark only one oval.

- Strongly agree
 Agree
 Disagree
 Strongly disagree

81. **The addition of random drug; alcohol; and tobacco testing to the Salem Pledge Program reduced drug; alcohol; and tobacco use among students participating in athletics and VHSL sponsored competitive extracurricular activities during their activity season.**

Mark only one oval.

- Strongly agree
 Agree
 Disagree
 Strongly disagree

82. Did you use alcohol; tobacco; or illegal drugs during your activity season?

Mark only one oval.

- Yes
 - No
 - I have not participated in a VHSL sponsored competitive activity
-

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