

MiPHY - High School (2023-2024)

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

The answers you give will be kept private. No one will know how you respond. Answer the questions based on what you really do and think.

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 and select your response. When you are finished, follow the instructions of the person giving you the survey.

Directions

- Click on the response that best describes you.
- To change your answer, click on another option.
- You will only be able to choose one answer for each question (except question 6).
- Once you proceed to the next section, you will not be able to change your responses.

1. How old are you?

Answer choices:

- 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?

Answer choices:

- A. Female
- B. Male

3. In what grade are you?

Answer choices:

- A. 9th grade
- B. 10th grade
- C. 11th grade
- D. 12th grade
- E. Ungraded

4. Are you Hispanic or Latino? (A person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin, regardless of race.)

Answer choices:

- A. Yes
- B. No

5. Are you of Arab or Chaldean origin?

Answer choices:

- A. Yes
- B. No

6. What is your race? (Select one or more responses. View definition by placing mouse arrow on the response.)

Answer choices:

- A. American Indian or Alaska Native
- B. Asian
- C. Black or African American
- D. Native Hawaiian or Other Pacific Islander
- E. White

7. How tall are you without your shoes on? (Click on your height in feet and inches. Example: 5 Feet 11 Inches.)

Answer choices:

- A. NULL

8. How much do you weigh without your shoes on? (Enter your weight in pounds. Example: 153 pounds.)

Answer choices:

- A. NULL

9. During the past 12 months, how would you describe your grades in school?

Answer choices:

- 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

10. 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?

Answer choices:

- A. No, I am not transgender
- B. Yes, I am transgender
- C. I am not sure if I am transgender
- D. I do not know what this question is asking

These questions ask about safety and violence.

11. During the past 30 days, on how many days did you text or e-mail while driving a car or other vehicle?

Answer choices:

- A. I did not drive a car or other vehicle during the past 30 days
- B. 0 days
- C. 1 or 2 days
- D. 3 to 5 days
- E. 6 to 9 days
- F. 10 to 19 days
- G. 20 to 29 days
- H. All 30 days

Matrix (only one answer per row)

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

- 12. ...ride in a car or other vehicle driven by someone who had been drinking alcohol?
- 13. ...drive a car or other vehicle when you had been drinking alcohol?
- 14. ...carry a weapon such as a gun, knife, or club?
- 15. ...carry a gun? (Do not count the days when you carried a gun only for hunting or for a sport, such as target shooting.)
- 16. ...carry a weapon such as a gun, knife, or club on school property?
- 17. ...not go to school because you felt you would be unsafe at school or on your way to or from school?

Answer choices:

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

Matrix (only one answer per row)

During the past 12 months, how many times...

- 18. ...has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?
- 19. ...has someone stolen or deliberately damaged your property, such as your car, clothing, or books on school property?
- 20. ...were you in a physical fight?
- 21. ...were you in a physical fight on school property?

Answer choices:

- 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

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

Answer choices:

- A. Yes
- B. No

23. 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.)

Answer choices:

- A. I did not date or go out with anyone during the past 12 months
- B. 0 times
- C. 1 time
- D. 2 or 3 times
- E. 4 or 5 times
- F. 6 or more times

24. 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.)

Answer choices:

- A. I did not date or go out with anyone during the past 12 months
- B. 0 times
- C. 1 time
- D. 2 or 3 times
- E. 4 or 5 times
- F. 6 or more times

The next questions ask about bullying. Bullying is when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way.

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

Answer choices:

- A. Yes
- B. No

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

Answer choices:

- A. Yes
- B. No

Matrix (only one answer per row)

During the past 12 months, how many times at your school have you...

- 27. ...seen students get pushed, hit, kicked, or punched?
- 28. ...heard students get called mean names or get "put down"?
- 29. ...heard rumors or lies being spread about other students?
- 30. ...seen students left out of activities or games on purpose?
- 31. ...heard students threaten to hurt other students?
- 32. ...seen students wreck or damage other students' things?
- 33. ...read e-mail or website messages that spread rumors about other students?
- 34. ...read e-mail or website messages that contained threats to other students?

Answer choices:

- 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

These questions ask about attitudes toward safety and violence.

35. How wrong do your friends feel it would be for you to carry a weapon to school?

Answer choices:

- A. Very wrong
- B. Wrong
- C. A little bit wrong
- D. Not wrong at all

36. How wrong do your friends feel it would be for you to be in a physical fight?

Answer choices:

- A. Very wrong
- B. Wrong
- C. A little bit wrong
- D. Not wrong at all

37. How safe do you feel when you are at school?

Answer choices:

- A. Very safe
- B. Safe
- C. Neither safe nor unsafe
- D. Unsafe
- E. Very unsafe

38. How safe do you feel when you are in the neighborhood where you live?

Answer choices:

- A. Very safe
- B. Safe
- C. Neither safe nor unsafe
- D. Unsafe
- E. Very unsafe

These questions ask about tobacco, alcohol, and other drug use.

Alcohol use 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.

Electronic vapor products, such as JUUL, Vuse, MarkTen, and blu, include e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods.

Marijuana is also called pot, weed, or cannabis. Do not count CBD-only or hemp products, which come from the same plant as marijuana, but do not cause a high when used alone.

Remember, your answers will be confidential. This means your answers will not be shared.

Matrix (only one answer per row)

How old were you when you...

- 39. ...first tried cigarette smoking, even one or two puffs?
- 40. ...had your first drink of alcohol other than a few sips?
- 41. ...got drunk for the first time?
- 42. ...tried marijuana for the first time?

Answer choices:

- A. Never did it
- 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
- H. 14 years old
- I. 15 years old
- J. 16 years old
- K. 17 years old or older

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Alcohol use 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.

Electronic vapor products, such as JUUL, Vuse, MarkTen, and blu, include e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods.

Marijuana is also called pot, weed, or cannabis. Do not count CBD-only or hemp products, which come from the same plant as marijuana, but do not cause a high when used alone.

Remember, your answers will be confidential. This means your answers will not be shared.

Matrix (only one answer per row)

During the past 30 days, on how many days did you...

43. ...smoke cigarettes?

44. ...smoke cigarettes on school property?

45. ...use chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, Copenhagen, Camel Snus, Marlboro Snus, General Snus, Ariva, Stonewall, or Camel Orbs? (Do not count any electronic vapor products.)

46. ...use chewing tobacco, snuff, or dip on school property?

47. ...smoke cigars, cigarillos, or little cigars?

48. ...use an electronic vapor product?

49. ...have at least one drink of alcohol (more than just a few sips)?

50. ...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), that is, within a couple of hours?

Answer choices:

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

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

Answer choices:

A. I did not smoke cigarettes during the past 30 days

B. Less than 1 cigarette per day

C. 1 cigarette per day

D. 2 to 5 cigarettes per day

E. 6 to 10 cigarettes per day

F. 11 to 20 cigarettes per day

G. More than 20 cigarettes per day

52. During the past 12 months, did you ever try to quit using all tobacco products, including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products?

Answer choices:

A. I did not use any tobacco products during the past 12 months

B. Yes

C. No

53. During the past 30 days, what is the largest number of alcoholic drinks you had in a row, that is, within a couple of hours?

Answer choices:

A. I did not drink alcohol during the past 30 days

B. 1 or 2 drinks

C. 3 drinks

D. 4 drinks

E. 5 drinks

F. 6 or 7 drinks

G. 8 or 9 drinks

H. 10 or more drinks

These questions ask about tobacco, alcohol, and other drug use.

Alcohol use 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.

Electronic vapor products, such as JUUL, Vuse, MarkTen, and blu, include e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods.

Marijuana is also called pot, weed, or cannabis. Do not count CBD-only or hemp products, which come from the same plant as marijuana, but do not cause a high when used alone.

Remember, your answers will be confidential. This means your answers will not be shared.

Matrix (only one answer per row)

During the past 30 days, on how many days did you...

- 54. ...use marijuana?
- 55. ...use marijuana on school property?
- 56. ...use derbisol?
- 57. ...sniff glue, or breathe the contents of spray cans, or inhale any paints or sprays to get high?
- 58. ...use any form of cocaine, including powder, crack, or freebase?
- 59. ...use heroin (also called smack, junk, or China White)?
- 60. ...use methamphetamines (also called speed, crystal, crank, or ice)?
- 61. ...use club (rave) drugs such as ecstasy (E, adam, XTX, Roll), GHB (G, liquid ecstasy, grievous bodily harm), ketamine (K, special K), rohypnol (roofies), nitrous oxide (laughing gas, whippets), or LSD (acid, microdot, boomers)?
- 62. ...use a needle to inject any illegal drug into your body?
- 63. ...take a prescription drug (such as Ritalin, Adderall, or Xanax) without a doctor's prescription?
- 64. ...take painkillers (such as OxyContin, Codeine, Vicodin, or Percocet) without a doctor's prescription?

Answer choices:

- 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

These questions ask about tobacco, alcohol, and other drug availability.

65. During the past 30 days, how did you usually get your own cigarettes?

Answer choices:

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

66. During the past 30 days, how did you usually get your own electronic vapor products? (Select only one response.)

Answer choices:

- A. I did not use any electronic vapor products during the past 30 days
- B. I bought them in a store such as a convenience store, supermarket, discount store, gas station, or vape store
- C. I got them on the Internet
- D. I gave someone else money to buy them for me
- E. I borrowed them from someone else
- F. A person 18 years old or older gave them to me
- G. I took them from a store or another person
- H. I got them some other way

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

Answer choices:

- 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
- H. I took it from a family member
- I. I got it some other way

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

Answer choices:

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

Matrix (only one answer per row)

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

- 69. ...cigarettes?
- 70. ...beer, wine, or hard liquor (for example, vodka, whiskey, or gin)?
- 71. ...marijuana?

Answer choices:

- A. Very hard
- B. Sort of hard
- C. Sort of easy
- D. Very easy

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

Answer choices:

- A. Yes
- B. No

These questions ask your opinion about certain things.

Matrix (only one answer per row)

How much do you think people risk harming themselves (physically or in other ways) if they...

- 73. ...smoke one or more packs of cigarettes per day?
- 74. ...take one or two drinks of an alcoholic beverage nearly every day?
- 75. ...have five or more drinks of alcohol once or twice each weekend?
- 76. ...smoke marijuana once or twice a week?
- 77. ...try methamphetamines once or twice?
- 78. ...use prescription drugs that are not prescribed to them?

Answer choices:

- A. No risk
- B. Slight risk
- C. Moderate risk
- D. Great risk
- E. Can't say/Drug unfamiliar

These questions ask your opinion about certain things.

79. How do you feel about someone your age having one or two drinks of an alcoholic beverage nearly every day?

Answer choices:

- A. Neither approve nor disapprove
- B. Somewhat disapprove
- C. Strongly disapprove
- D. Don't know / can't say

Matrix (only one answer per row)

How wrong do your friends feel it would be for you to...

80. ...smoke tobacco?

81. ...have one or two drinks of an alcoholic beverage nearly every day?

82. ...smoke marijuana?

83. ...use prescription drugs not prescribed to you?

Answer choices:

A. Very wrong

B. Wrong

C. A little bit wrong

D. Not wrong at all

These questions ask about your family. For questions that refer to parents, please think about the person(s) who take(s) care of you.

Matrix (only one answer per row)

How wrong do your parents feel it would be for you to...

84. ...smoke cigarettes?

85. ...have one or two drinks of an alcoholic beverage nearly every day?

86. ...smoke marijuana?

87. ...use prescription drugs not prescribed to you?

Answer choices:

A. Very wrong

B. Wrong

C. A little bit wrong

D. Not wrong at all

88. 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 alcohol or other drug use?

Answer choices:

A. Yes

B. No

C. Not sure

These questions ask about your friends.

Matrix (only one answer per row)

How many of your closest friends do you think have...

89. ...smoked cigarettes during the past 30 days?

90. ...been drunk during the past 30 days?

91. ...used marijuana during the past 30 days?

Answer choices:

A. All of them

B. Most of them

C. Some of them

D. None of them

These questions ask about body weight.

92. How do you describe your weight?

Answer choices:

A. Very underweight

B. Slightly underweight

C. About the right weight

D. Slightly overweight

E. Very overweight

93. Which of the following are you trying to do about your weight?

Answer choices:

- A. Lose weight
- B. Gain weight
- C. Stay the same weight
- D. I am not trying to do anything about my weight

These questions ask about the 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.

Matrix (only one answer per row)

During the past 7 days, how many times did you...

- 94. ...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.)
- 95. ...eat fruit? (Do not count fruit juice.)
- 96. ...eat green salad?
- 97. ...eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)
- 98. ...eat carrots?
- 99. ...eat other vegetables? (Do not count green salad, potatoes, or carrots.)
- 100. ...drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not include diet soda or diet pop.)

Answer choices:

- A. Never 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

- 101. During the past 7 days, how many days did you eat breakfast?

Answer choices:

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

These questions ask about physical activity.

102. 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.)

Answer choices:

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

- 103. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

Answer choices:

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days

- 104. During the past 12 months, how many times did you have a concussion from playing a sport or being physically active?

Answer choices:

- A. 0 times
- B. 1 time
- C. 2 times
- D. 3 times
- E. 4 or more times

105. On an average school day, how many hours do you spend in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media (also called "screen time")? (Do not count time spent doing schoolwork.)

Answer choices:

- A. Less than 1 hour per day
- B. 1 hour per day
- C. 2 hours per day
- D. 3 hours per day
- E. 4 hours per day
- F. 5 or more hours per day

These questions ask about your experiences at school.

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

Answer choices:

- A. Never
- B. Seldom
- C. Sometimes
- D. Often
- E. Almost Always

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

Answer choices:

- A. Very interesting and stimulating
- B. Quite interesting
- C. Fairly interesting
- D. Slightly dull
- E. Very dull

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

Answer choices:

- A. Very important
- B. Quite important
- C. Fairly important
- D. Slightly important
- E. Not at all important

Matrix (only one answer per row)

Now thinking back over the past year in school, how often did you...

109. ...enjoy being at school?

110. ...hate being at school?

111. ...try to do your best work in school?

Answer choices:

- A. Never
- B. Seldom
- C. Sometimes
- D. Often
- E. Almost always

Matrix (only one answer per row)

At school...

- 112. ...I do interesting activities.
- 113. ...I help decide things like class activities or rules.
- 114. ...I do things that make a difference.

Answer choices:

- A. Not at all true
- B. A little true
- C. Pretty much true
- D. Very much true

Matrix (only one answer per row)

Choose the best answer to the following statements:

- 115. In my school, students have lots of chances to help decide things like class activities and rules.
- 116. There are lots of chances for students in my school to talk with a teacher one-on-one.
- 117. Teachers ask me to work on special classroom projects.
- 118. There are lots of chances for students in my school to get involved in sports, clubs, and other school activities outside of class.
- 119. I have lots of chances to be part of class discussions or activities.
- 120. My teacher(s) notices when I am doing a good job and lets me know about it.
- 121. The school lets my parents know when I have done something well.
- 122. I feel safe at my school.
- 123. My teacher(s) praise me when I work hard in school.

Answer choices:

- A. NO!
- B. no
- C. yes
- D. YES!

These questions ask about your community.

Mark the Big "NO!" if you think the statement is definitely not true for you.

Mark the little "no" if you think the statement is mostly not true for you.

Mark the little "yes" if you think the statement is mostly true for you.

Mark the Big "YES!" if you think the statement is definitely true for you.

Matrix (only one answer per row)

Choose the best answer to the following statements:

- 124. There are adults in my neighborhood I could talk to about something important.
- 125. My neighbors notice when I am doing a good job and let me know.
- 126. There are people in my neighborhood who encourage me to do my best.
- 127. There are people in my neighborhood who are proud of me when I do something well.

Answer choices:

- A. NO!
- B. no
- C. yes
- D. YES!

These questions ask about your family. For questions that refer to parents, mother, or father, please think about the person(s) who take(s) care of you. If the question does not apply to you, please leave it blank.

Mark the Big "NO!" if you think the statement is definitely not true for you.

Mark the little "no" if you think the statement is mostly not true for you.

Mark the little "yes" if you think the statement is mostly true for you.

Mark the Big "YES!" if you think the statement is definitely true for you.

Matrix (only one answer per row)

Choose the best answer to the following statements:

128. My parents notice when I am doing a good job and let me know about it.

129. How often do your parents tell you they're proud of you for something you've done?

Answer choices:

- A. Never or almost never
- B. Sometimes
- C. Often
- D. Always

Matrix (only one answer per row)

Choose the best answer to the following statements:

130. My parents ask me what I think before most family decisions affecting me are made.

131. Do you enjoy spending time with your mother?

132. Do you enjoy spending time with your father?

133. If I had a personal problem, I could ask my mom or dad for help.

134. My parents give me lots of chances to do fun things with them.

135. My parents ask if I've gotten my homework done.

136. People in my family have serious arguments.

137. Would your parents know if you did not come home on time?

Answer choices:

- A. NO!
- B. no
- C. yes
- D. YES!

These questions ask about health and safety.

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

Answer choices:

- A. Yes
- B. No
- C. Not sure

139. Do you still have asthma?

Answer choices:

- A. I have never had asthma
- B. Yes
- C. No
- D. Not sure

140. 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?

Answer choices:

- A. During the past 12 months
- B. Between 12 and 24 months ago
- C. More than 24 months ago
- D. Never
- E. Not sure

141. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?

Answer choices:

- A. During the past 12 months
- B. Between 12 and 24 months ago
- C. More than 24 months ago
- D. Never
- E. Not sure

142. Have you ever been tested for HIV, the virus that causes AIDS? (Do not count tests done if you donated blood.)

Answer choices:

- A. Yes
- B. No
- C. Not sure

143. During the past 30 days, did you make bets or gamble?

Answer choices:

- A. I did not make bets or gamble in the past 30 days
- B. I bet on sporting events
- C. I bet on card games
- D. I gambled on the Internet
- E. I bet on both sporting events and card games
- F. I bet on sporting events and gambled on the Internet
- G. I bet on card games and gambled on the Internet
- H. I bet on both sporting events and card games and gambled on the Internet

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

Answer choices:

- A. In my parent's or guardian's home
- B. 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
- C. In a shelter or emergency housing
- D. In a motel or hotel
- E. In a car, park, campground, or other public place
- F. I do not have a usual place to sleep
- G. Somewhere else

145. During the past 30 days, did you ever sleep away from your parents or guardians because you were kicked out, ran away, or were abandoned?

Answer choices:

- A. Yes
- B. No

146. 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?

Answer choices:

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

These questions ask your estimates about certain things and for more information about your friends.

Matrix (only one answer per row)

Now think about all the students in your grade at your school. How many of them do you think...

- 147. ...smoke one or more cigarettes a day?
- 148. ...drank alcohol sometime in the past month?
- 149. ...used marijuana sometime in the past month?
- 150. ...used an illegal drug in the past month (not including marijuana)?

Answer choices:

- A. None (0%)
- B. Few (1-10%)
- C. Some (11-30%)
- D. Half or less (31-50%)
- E. Half or more (51-70%)
- F. Most (71-90%)
- G. Almost all (91-100%)

Matrix (only one answer per row)

Think about your four best friends (the friends you feel closest to). In the past year (12 months), how many of your best friends have...

151. ...participated in clubs, organizations, or activities at school?

152. ...made a commitment to stay drug-free?

153. ...liked school?

154. ...regularly attended religious services?

155. ...tried to do well in school?

Answer choices:

A. None of my friends

B. 1 of my friends

C. 2 of my friends

D. 3 of my friends

E. 4 of my friends

These questions ask about experiences with parents or other adults in your home.

156. During your life, how often has a parent or other adult in your home sworn at you, insulted you, or put you down?

Answer choices:

A. Never

B. Rarely

C. Sometimes

D. Most of the time

E. Always

157. During your life, how often has a parent or other adult in your home hit, beat, kicked, or physically hurt you in any way?

Answer choices:

A. Never

B. Rarely

C. Sometimes

D. Most of the time

E. Always

158. Have you ever lived with someone who was having a problem with alcohol or drug use?

Answer choices:

A. Yes

B. No

159. Have you ever lived with someone who was depressed, mentally ill, or suicidal?

Answer choices:

A. Yes

B. No

These 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.

160. 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?

Answer choices:

A. Yes

B. No

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

Answer choices:

A. Yes

B. No

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

Answer choices:

- A. Yes
- B. No

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

Answer choices:

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

164. 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?

Answer choices:

- A. I did not attempt suicide during the past 12 months
- B. Yes
- C. No

These questions ask about sexual behavior.

165. Have you ever had sexual intercourse?

Answer choices:

- A. Yes
- B. No

166. How old were you when you had sexual intercourse for the first time?

Answer choices:

- 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

167. The first time you had sexual intercourse, how old was your partner?

Answer choices:

- A. I have never had sexual intercourse
- B. 5 or more years younger
- C. 3 to 4 years younger
- D. About the same age
- E. 3 to 4 years older
- F. 5 or more years older

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

Answer choices:

- 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

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

Answer choices:

- 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

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

Answer choices:

- A. I have never had sexual intercourse
- B. Yes
- C. No

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

Answer choices:

- A. I have never had sexual intercourse
- B. Yes
- C. No

172. The last time you had sexual intercourse with an opposite-sex partner, what one method did you or your partner use to prevent pregnancy?

Answer choices:

- A. I have never had sexual intercourse with an opposite-sex partner
- B. No method was used to prevent pregnancy
- C. Birth control pills (Do not count emergency contraception such as Plan B or the "morning after" pill.)
- D. Condoms
- E. An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)
- F. A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)
- G. Withdrawal or some other method
- H. Not sure

173. During your life, with whom have you had sexual contact?

Answer choices:

- A. I have never had sexual contact
- B. Females
- C. Males
- D. Females and males

174. Which of the following best describes you?

Answer choices:

- A. Heterosexual (straight)
- B. Gay or lesbian
- C. Bisexual
- D. I describe my sexual identity some other way
- E. I am not sure about my sexual identity (questioning)
- F. I do not know what this question is asking

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

Answer choices:

- A. 0 times
- B. 1 time
- C. 2 or more times
- D. Not sure

MiPHY - Middle School (2023-2024)

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

The answers you give will be kept private. No one will know how you respond. Answer the questions based on what you really do and think.

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 and select your response. When you are finished, follow the instructions of the person giving you the survey.

Directions

- Click on the response that best describes you.
- To change your answer, click on another option.
- You will only be able to choose one answer for each question (except question 6).
- Once you proceed to the next section, you will not be able to change your responses.

1. How old are you?

Answer choices:

- 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?

Answer choices:

- A. Female
- B. Male

3. In what grade are you?

Answer choices:

- A. 6th grade
- B. 7th grade
- C. 8th grade
- D. Ungraded

4. Are you Hispanic or Latino? (A person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin, regardless of race.)

Answer choices:

- A. Yes
- B. No

5. Are you of Arab or Chaldean origin?

Answer choices:

- A. Yes
- B. No

6. What is your race? (Select one or more responses. View definition by placing mouse arrow on the response.)

Answer choices:

- A. American Indian or Alaska Native
- B. Asian
- C. Black or African American
- D. Native Hawaiian or Other Pacific Islander
- E. White

7. How tall are you without your shoes on? (Click on your height in feet and inches. Example: 5 Feet 11 Inches.)

Answer choices:

- A. NULL

8. How much do you weigh without your shoes on? (Enter your weight in pounds. Example: 153 pounds.)

Answer choices:

- A. NULL

9. During the past 12 months, how would you describe your grades in school?

Answer choices:

- 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 questions ask about safety and violence.

10. Have you ever ridden in a car driven by someone who had been drinking alcohol?

Answer choices:

- A. Yes
- B. No
- C. Not sure

Matrix (only one answer per row)

Have you ever...

- 11. ...carried a weapon, such as a gun, knife, or club?
- 12. ...carried a weapon, such as a gun, knife, or club on school property?
- 13. ...been in a physical fight?
- 14. ...been in a physical fight on school property?

Answer choices:

- A. Yes
- B. No

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?

Answer choices:

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 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?

Answer choices:

- 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

17. During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books on school property?

Answer choices:

- 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

The next questions ask about bullying. Bullying is when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way.

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

Answer choices:

- A. Yes
- B. No

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

Answer choices:

- A. Yes
- B. No

Matrix (only one answer per row)

During the past 12 months, how many times at your school have you...

- 20. ...seen students get pushed, hit, kicked, or punched?
- 21. ...heard students get called mean names or get "put down"?
- 22. ...heard rumors or lies being spread about other students?
- 23. ...seen students left out of activities or games on purpose?
- 24. ...heard students threaten to hurt other students?
- 25. ...seen students wreck or damage other students' things?
- 26. ...read e-mail or website messages that spread rumors about other students?
- 27. ...read e-mail or website messages that contained threats to other students?

Answer choices:

- 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

These questions ask about attitudes toward safety and violence.

28. How wrong do your friends feel it would be for you to carry a weapon to school?

Answer choices:

- A. Very wrong
- B. Wrong
- C. A little bit wrong
- D. Not wrong at all

29. How wrong do your friends feel it would be for you to be in a physical fight?

Answer choices:

- A. Very wrong
- B. Wrong
- C. A little bit wrong
- D. Not wrong at all

30. How safe do you feel when you are at school?

Answer choices:

- A. Very safe
- B. Safe
- C. Neither safe nor unsafe
- D. Unsafe
- E. Very unsafe

31. How safe do you feel when you are in the neighborhood where you live?

Answer choices:

- A. Very safe
- B. Safe
- C. Neither safe nor unsafe
- D. Unsafe
- E. Very unsafe

These questions ask about tobacco, alcohol, and other drug use.

Alcohol use 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.

Electronic vapor products, such as JUUL, Vuse, MarkTen, and blu, include e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods.

Marijuana is also called pot, weed, or cannabis. Do not count CBD-only or hemp products, which come from the same plant as marijuana, but do not cause a high when used alone.

Remember, your answers will be confidential. This means your answers will not be shared.

Matrix (only one answer per row)

How old were you when you...

- 32. ...first tried cigarette smoking, even one or two puffs?
- 33. ...had your first drink of alcohol other than a few sips?
- 34. ...got drunk for the first time?
- 35. ...tried marijuana for the first time?

Answer choices:

- A. Never did it
- 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
- H. 14 years old or older

These questions ask about tobacco, alcohol, and other drug use.

Alcohol use 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.

Electronic vapor products, such as JUUL, Vuse, MarkTen, and blu, include e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods.

Marijuana is also called pot, weed, or cannabis. Do not count CBD-only or hemp products, which come from the same plant as marijuana, but do not cause a high when used alone.

Remember, your answers will be confidential. This means your answers will not be shared.

Matrix (only one answer per row)

During the past 30 days, on how many days did you...

36. ...smoke cigarettes?

37. ...smoke cigarettes on school property?

38. ...use chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, Copenhagen, Camel Snus, Marlboro Snus, General Snus, Ariva, Stonewall, or Camel Orbs? (Do not count any electronic vapor products.)

39. ...use chewing tobacco, snuff, or dip on school property?

40. ...smoke cigars, cigarillos, or little cigars?

41. ...use an electronic vapor product?

42. ...have at least one drink of alcohol (more than just a few sips)?

43. ...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), that is, within a couple of hours?

Answer choices:

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

These questions ask about tobacco, alcohol, and other drug use.

Alcohol use 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.

Electronic vapor products, such as JUUL, Vuse, MarkTen, and blu, include e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods.

Marijuana is also called pot, weed, or cannabis. Do not count CBD-only or hemp products, which come from the same plant as marijuana, but do not cause a high when used alone.

Remember, your answers will be confidential. This means your answers will not be shared.

Matrix (only one answer per row)

During the past 30 days, on how many days did you...

44. ...use marijuana?

45. ...use marijuana on school property?

46. ...use derbisol?

47. ...sniff glue, or breathe the contents of spray cans, or inhale any paints or sprays to get high?

48. ...take a prescription drug (such as Ritalin, Adderall, or Xanax) without a doctor's prescription?

49. ...take painkillers (such as OxyContin, Codeine, Vicodin, or Percocet) without a doctor's prescription?

Answer choices:

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

Matrix (only one answer per row)

Have you ever...

50. ...used any form of cocaine, including powder, crack, or freebase?

51. ...used methamphetamines (also called speed, crystal, crank, or ice)?

52. ...used a needle to inject any illegal drug into your body?

Answer choices:

A. Yes

B. No

These questions ask about tobacco, alcohol, and other drug availability.

53. During the past 30 days, how did you usually get your own cigarettes?

Answer choices:

A. I did not smoke cigarettes during the past 30 days

B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station

C. I bought them from a vending machine

D. I gave someone else money to buy them for me

E. I borrowed (or bummed) them from someone else

F. A person 18 years old or older gave them to me

G. I took them from a store

H. I took them from a family member

I. I got them some other way

54. During the past 30 days, how did you usually get your own electronic vapor products? (Select only one response.)

Answer choices:

A. I did not use any electronic vapor products during the past 30 days

B. I bought them in a store such as a convenience store, supermarket, discount store, gas station, or vape store

C. I got them on the Internet

D. I gave someone else money to buy them for me

E. I borrowed them from someone else

F. A person 18 years old or older gave them to me

G. I took them from a store or another person

H. I got them some other way

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

Answer choices:

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

H. I took it from a family member

I. I got it some other way

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

Answer choices:

A. I did not drink alcohol during the past 30 days

B. At my home

C. At another person's home

D. While riding in or driving a car or other vehicle

E. At a restaurant, bar, or club

F. At a public place such as a park, beach, or parking lot

G. At a public event such as a concert or sporting event

H. On school property

Matrix (only one answer per row)

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

57. ...cigarettes?

58. ...beer, wine, or hard liquor (for example, vodka, whiskey, or gin)?

59. ...marijuana?

Answer choices:

- A. Very hard
- B. Sort of hard
- C. Sort of easy
- D. Very easy

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

Answer choices:

- A. Yes
- B. No

These questions ask your opinion about certain things.

Matrix (only one answer per row)

How much do you think people risk harming themselves (physically or in other ways) if they...

61. ...smoke one or more packs of cigarettes per day?

62. ...take one or two drinks of an alcoholic beverage nearly every day?

63. ...have five or more drinks of alcohol once or twice each weekend?

64. ...smoke marijuana once or twice a week?

65. ...try methamphetamines once or twice?

66. ...use prescription drugs that are not prescribed to them?

Answer choices:

- A. No risk
- B. Slight risk
- C. Moderate risk
- D. Great risk
- E. Can't say/Drug unfamiliar

These questions ask your opinion about certain things.

67. How do you feel about someone your age having one or two drinks of an alcoholic beverage nearly every day?

Answer choices:

- A. Neither approve nor disapprove
- B. Somewhat disapprove
- C. Strongly disapprove
- D. Don't know / can't say

Matrix (only one answer per row)

How wrong do your friends feel it would be for you to...

68. ...smoke tobacco?

69. ...have one or two drinks of an alcoholic beverage nearly every day?

70. ...smoke marijuana?

71. ...use prescription drugs not prescribed to you?

Answer choices:

- A. Very wrong
- B. Wrong
- C. A little bit wrong
- D. Not wrong at all

These questions ask about your family. For questions that refer to parents, please think about the person(s) who take(s) care of you.

Matrix (only one answer per row)

How wrong do your parents feel it would be for you to...

72. ...smoke cigarettes?

73. ...have one or two drinks of an alcoholic beverage nearly every day?

74. ...smoke marijuana?

75. ...use prescription drugs not prescribed to you?

Answer choices:

A. Very wrong

B. Wrong

C. A little bit wrong

D. Not wrong at all

76. 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 alcohol or other drug use?

Answer choices:

A. Yes

B. No

C. Not sure

These questions ask about your friends.

Matrix (only one answer per row)

How many of your closest friends do you think have...

77. ...smoked cigarettes during the past 30 days?

78. ...been drunk during the past 30 days?

79. ...used marijuana during the past 30 days?

Answer choices:

A. All of them

B. Most of them

C. Some of them

D. None of them

These questions ask about body weight.

80. How do you describe your weight?

Answer choices:

A. Very underweight

B. Slightly underweight

C. About the right weight

D. Slightly overweight

E. Very overweight

81. Which of the following are you trying to do about your weight?

Answer choices:

A. Lose weight

B. Gain weight

C. Stay the same weight

D. I am not trying to do anything about my weight

These questions ask about the 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.

Matrix (only one answer per row)

During the past 7 days, how many times did you...

82. ...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.)
83. ...eat fruit? (Do not count fruit juice.)
84. ...eat green salad?
85. ...eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)
86. ...eat carrots?
87. ...eat other vegetables? (Do not count green salad, potatoes, or carrots.)
88. ...drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not include diet soda or diet pop.)

Answer choices:

- A. Never 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

89. During the past 7 days, how many days did you eat breakfast?

Answer choices:

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

These questions ask about physical activity.

90. 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.)

Answer choices:

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

91. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

Answer choices:

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days

92. During the past 12 months, how many times did you have a concussion from playing a sport or being physically active?

Answer choices:

- A. 0 times
- B. 1 time
- C. 2 times
- D. 3 times
- E. 4 or more times

93. On an average school day, how many hours do you spend in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media (also called "screen time")? (Do not count time spent doing schoolwork.)

Answer choices:

- A. Less than 1 hour per day
- B. 1 hour per day
- C. 2 hours per day
- D. 3 hours per day
- E. 4 hours per day
- F. 5 or more hours per day

These questions ask about your experiences at school.

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

Answer choices:

- A. Never
- B. Seldom
- C. Sometimes
- D. Often
- E. Almost Always

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

Answer choices:

- A. Very interesting and stimulating
- B. Quite interesting
- C. Fairly interesting
- D. Slightly dull
- E. Very dull

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

Answer choices:

- A. Very important
- B. Quite important
- C. Fairly important
- D. Slightly important
- E. Not at all important

Matrix (only one answer per row)

Now thinking back over the past year in school, how often did you...

- 97. ...enjoy being at school?
- 98. ...hate being at school?
- 99. ...try to do your best work in school?

Answer choices:

- A. Never
- B. Seldom
- C. Sometimes
- D. Often
- E. Almost always

Matrix (only one answer per row)

At school...

100. ...I do interesting activities.

101. ...I help decide things like class activities or rules.

102. ...I do things that make a difference.

Answer choices:

A. Not at all true

B. A little true

C. Pretty much true

D. Very much true

Matrix (only one answer per row)

Choose the best answer to the following statements:

103. In my school, students have lots of chances to help decide things like class activities and rules.

104. There are lots of chances for students in my school to talk with a teacher one-on-one.

105. Teachers ask me to work on special classroom projects.

106. There are lots of chances for students in my school to get involved in sports, clubs, and other school activities outside of class.

107. I have lots of chances to be part of class discussions or activities.

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

109. The school lets my parents know when I have done something well.

110. I feel safe at my school.

111. My teacher(s) praise me when I work hard in school.

Answer choices:

A. NO!

B. no

C. yes

D. YES!

These questions ask about your community.

Mark the Big "NO!" if you think the statement is definitely not true for you.

Mark the little "no" if you think the statement is mostly not true for you.

Mark the little "yes" if you think the statement is mostly true for you.

Mark the Big "YES!" if you think the statement is definitely true for you.

Matrix (only one answer per row)

Choose the best answer to the following statements:

112. There are adults in my neighborhood I could talk to about something important.

113. My neighbors notice when I am doing a good job and let me know.

114. There are people in my neighborhood who encourage me to do my best.

115. There are people in my neighborhood who are proud of me when I do something well.

Answer choices:

A. NO!

B. no

C. yes

D. YES!

These questions ask about your family. For questions that refer to parents, mother, or father, please think about the person(s) who take(s) care of you. If the question does not apply to you, please leave it blank.

Mark the Big "NO!" if you think the statement is definitely not true for you.

Mark the little "no" if you think the statement is mostly not true for you.

Mark the little "yes" if you think the statement is mostly true for you.

Mark the Big "YES!" if you think the statement is definitely true for you.

Matrix (only one answer per row)

Choose the best answer to the following statements:

116. My parents notice when I am doing a good job and let me know about it.

117. How often do your parents tell you they're proud of you for something you've done?

Answer choices:

- A. Never or almost never
- B. Sometimes
- C. Often
- D. Always

Matrix (only one answer per row)

Choose the best answer to the following statements:

118. My parents ask me what I think before most family decisions affecting me are made.

119. Do you enjoy spending time with your mother?

120. Do you enjoy spending time with your father?

121. If I had a personal problem, I could ask my mom or dad for help.

122. My parents give me lots of chances to do fun things with them.

123. My parents ask if I've gotten my homework done.

124. People in my family have serious arguments.

125. Would your parents know if you did not come home on time?

Answer choices:

- A. NO!
- B. no
- C. yes
- D. YES!

These questions ask about health and safety.

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

Answer choices:

- A. Yes
- B. No
- C. Not sure

127. Do you still have asthma?

Answer choices:

- A. I have never had asthma
- B. Yes
- C. No
- D. Not sure

128. 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?

Answer choices:

- A. During the past 12 months
- B. Between 12 and 24 months ago
- C. More than 24 months ago
- D. Never
- E. Not sure

129. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?

Answer choices:

- A. During the past 12 months
- B. Between 12 and 24 months ago
- C. More than 24 months ago
- D. Never
- E. Not sure

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

Answer choices:

- A. In my parent's or guardian's home
- B. 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
- C. In a shelter or emergency housing
- D. In a motel or hotel
- E. In a car, park, campground, or other public place
- F. I do not have a usual place to sleep
- G. Somewhere else

131. During the past 30 days, did you ever sleep away from your parents or guardians because you were kicked out, ran away, or were abandoned?

Answer choices:

- A. Yes
- B. No

132. 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?

Answer choices:

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

These questions ask your estimates about certain things and for more information about your friends.

Matrix (only one answer per row)

Now think about all the students in your grade at your school. How many of them do you think...

- 133. ...smoke one or more cigarettes a day?
- 134. ...drank alcohol sometime in the past month?
- 135. ...used marijuana sometime in the past month?
- 136. ...used an illegal drug in the past month (not including marijuana)?

Answer choices:

- A. None (0%)
- B. Few (1-10%)
- C. Some (11-30%)
- D. Half or less (31-50%)
- E. Half or more (51-70%)
- F. Most (71-90%)
- G. Almost all (91-100%)

Matrix (only one answer per row)

Think about your four best friends (the friends you feel closest to). In the past year (12 months), how many of your best friends have...

- 137. ...participated in clubs, organizations, or activities at school?
- 138. ...made a commitment to stay drug-free?
- 139. ...liked school?
- 140. ...regularly attended religious services?
- 141. ...tried to do well in school?

Answer choices:

- A. None of my friends
- B. 1 of my friends
- C. 2 of my friends
- D. 3 of my friends
- E. 4 of my friends

The next questions ask about experiences with parents or other adults in your home.

142. During your life, how often has a parent or other adult in your home sworn at you, insulted you, or put you down?

Answer choices:

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

143. During your life, how often has a parent or other adult in your home hit, beat, kicked, or physically hurt you in any way?

Answer choices:

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

144. Have you ever lived with someone who was having a problem with alcohol or drug use?

Answer choices:

- A. Yes
- B. No

145. Have you ever lived with someone who was depressed, mentally ill, or suicidal?

Answer choices:

- A. Yes
- B. No

These 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.

146. 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?

Answer choices:

- A. Yes
- B. No

147. Have you ever seriously thought about killing yourself?

Answer choices:

- A. Yes
- B. No

148. Have you ever made a plan about how you would kill yourself?

Answer choices:

- A. Yes
- B. No

149. Have you ever tried to kill yourself?

Answer choices:

- A. Yes
- B. No

150. 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?

Answer choices:

- A. I did not attempt suicide during the past 12 months
- B. Yes
- C. No

These questions ask about sexual behavior.

151. Have you ever had sexual intercourse?

Answer choices:

- A. Yes
- B. No

152. How old were you when you had sexual intercourse for the first time?

Answer choices:

- A. I have never had sexual intercourse
- 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
- H. 14 years old or older

153. The first time you had sexual intercourse, how old was your partner?

Answer choices:

- A. I have never had sexual intercourse
- B. 5 or more years younger
- C. 3 to 4 years younger
- D. About the same age
- E. 3 to 4 years older
- F. 5 or more years older

154. With how many people have you ever had sexual intercourse?

Answer choices:

- A. I have never had sexual intercourse
- B. 1 person
- C. 2 people
- D. 3 people
- E. 4 or more people

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

Answer choices:

- A. I have never had sexual intercourse
- B. Yes
- C. No

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

Answer choices:

- A. I have never had sexual intercourse
- B. Yes
- C. No

157. During your life, with whom have you had sexual contact?

Answer choices:

- A. I have never had sexual contact
- B. Females
- C. Males
- D. Females and males

158. Which of the following best describes you?

Answer choices:

- A. Heterosexual (straight)
- B. Gay or lesbian
- C. Bisexual
- D. I describe my sexual identity some other way
- E. I am not sure about my sexual identity (questioning)
- F. I do not know what this question is asking

MiPHY Basic - High School (2023-2024)

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

The answers you give will be kept private. No one will know how you respond. Answer the questions based on what you really do and think.

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 and select your response. When you are finished, follow the instructions of the person giving you the survey.

Directions

- Click on the response that best describes you.
- To change your answer, click on another option.
- You will only be able to choose one answer for each question (except question 6).
- Once you proceed to the next section, you will not be able to change your responses.

1. How old are you?

Answer choices:

- 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?

Answer choices:

- A. Female
- B. Male

3. In what grade are you?

Answer choices:

- A. 9th grade
- B. 10th grade
- C. 11th grade
- D. 12th grade
- E. Ungraded

4. Are you Hispanic or Latino? (A person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin, regardless of race.)

Answer choices:

- A. Yes
- B. No

5. Are you of Arab or Chaldean origin?

Answer choices:

- A. Yes
- B. No

6. What is your race? (Select one or more responses. View definition by placing mouse arrow on the response.)

Answer choices:

- A. American Indian or Alaska Native
- B. Asian
- C. Black or African American
- D. Native Hawaiian or Other Pacific Islander
- E. White

7. How tall are you without your shoes on? (Click on your height in feet and inches. Example: 5 Feet 11 Inches.)

Answer choices:

- A. NULL

8. How much do you weigh without your shoes on? (Enter your weight in pounds. Example: 153 pounds.)

Answer choices:

- A. NULL

9. During the past 12 months, how would you describe your grades in school?

Answer choices:

- 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

10. 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?

Answer choices:

- A. No, I am not transgender
- B. Yes, I am transgender
- C. I am not sure if I am transgender
- D. I do not know what this question is asking

These questions ask about safety and violence.

11. During the past 30 days, on how many days did you text or e-mail while driving a car or other vehicle?

Answer choices:

- A. I did not drive a car or other vehicle during the past 30 days
- B. 0 days
- C. 1 or 2 days
- D. 3 to 5 days
- E. 6 to 9 days
- F. 10 to 19 days
- G. 20 to 29 days
- H. All 30 days

Matrix (only one answer per row)

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

- 12. ...ride in a car or other vehicle driven by someone who had been drinking alcohol?
- 13. ...drive a car or other vehicle when you had been drinking alcohol?
- 14. ...carry a weapon such as a gun, knife, or club?
- 15. ...carry a gun? (Do not count the days when you carried a gun only for hunting or for a sport, such as target shooting.)
- 16. ...carry a weapon such as a gun, knife, or club on school property?
- 17. ...not go to school because you felt you would be unsafe at school or on your way to or from school?

Answer choices:

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

Matrix (only one answer per row)

During the past 12 months, how many times...

- 18. ...has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?
- 19. ...has someone stolen or deliberately damaged your property, such as your car, clothing, or books on school property?
- 20. ...were you in a physical fight?
- 21. ...were you in a physical fight on school property?

Answer choices:

- 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

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

Answer choices:

- A. Yes
- B. No

23. 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.)

Answer choices:

- A. I did not date or go out with anyone during the past 12 months
- B. 0 times
- C. 1 time
- D. 2 or 3 times
- E. 4 or 5 times
- F. 6 or more times

24. 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.)

Answer choices:

- A. I did not date or go out with anyone during the past 12 months
- B. 0 times
- C. 1 time
- D. 2 or 3 times
- E. 4 or 5 times
- F. 6 or more times

The next questions ask about bullying. Bullying is when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way.

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

Answer choices:

- A. Yes
- B. No

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

Answer choices:

- A. Yes
- B. No

Matrix (only one answer per row)

During the past 12 months, how many times at your school have you...

- 27. ...seen students get pushed, hit, kicked, or punched?
- 28. ...heard students get called mean names or get "put down"?
- 29. ...heard rumors or lies being spread about other students?
- 30. ...seen students left out of activities or games on purpose?
- 31. ...heard students threaten to hurt other students?
- 32. ...seen students wreck or damage other students' things?
- 33. ...read e-mail or website messages that spread rumors about other students?
- 34. ...read e-mail or website messages that contained threats to other students?

Answer choices:

- 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

These questions ask about attitudes toward safety and violence.

35. How wrong do your friends feel it would be for you to carry a weapon to school?

Answer choices:

- A. Very wrong
- B. Wrong
- C. A little bit wrong
- D. Not wrong at all

36. How wrong do your friends feel it would be for you to be in a physical fight?

Answer choices:

- A. Very wrong
- B. Wrong
- C. A little bit wrong
- D. Not wrong at all

37. How safe do you feel when you are at school?

Answer choices:

- A. Very safe
- B. Safe
- C. Neither safe nor unsafe
- D. Unsafe
- E. Very unsafe

38. How safe do you feel when you are in the neighborhood where you live?

Answer choices:

- A. Very safe
- B. Safe
- C. Neither safe nor unsafe
- D. Unsafe
- E. Very unsafe

These questions ask about tobacco, alcohol, and other drug use.

Alcohol use 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.

Electronic vapor products, such as JUUL, Vuse, MarkTen, and blu, include e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods.

Marijuana is also called pot, weed, or cannabis. Do not count CBD-only or hemp products, which come from the same plant as marijuana, but do not cause a high when used alone.

Remember, your answers will be confidential. This means your answers will not be shared.

Matrix (only one answer per row)

How old were you when you...

39. ...first tried cigarette smoking, even one or two puffs?

40. ...had your first drink of alcohol other than a few sips?

41. ...got drunk for the first time?

42. ...tried marijuana for the first time?

Answer choices:

- A. Never did it
- 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
- H. 14 years old
- I. 15 years old
- J. 16 years old
- K. 17 years old or older

These questions ask about tobacco, alcohol, and other drug use.

Alcohol use 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.

Electronic vapor products, such as JUUL, Vuse, MarkTen, and blu, include e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods.

Marijuana is also called pot, weed, or cannabis. Do not count CBD-only or hemp products, which come from the same plant as marijuana, but do not cause a high when used alone.

Remember, your answers will be confidential. This means your answers will not be shared.

Matrix (only one answer per row)

During the past 30 days, on how many days did you...

43. ...smoke cigarettes?

44. ...smoke cigarettes on school property?

45. ...use chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, Copenhagen, Camel Snus, Marlboro Snus, General Snus, Ariva, Stonewall, or Camel Orbs? (Do not count any electronic vapor products.)

46. ...use chewing tobacco, snuff, or dip on school property?

47. ...smoke cigars, cigarillos, or little cigars?

48. ...use an electronic vapor product?

49. ...have at least one drink of alcohol (more than just a few sips)?

50. ...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), that is, within a couple of hours?

Answer choices:

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

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

Answer choices:

A. I did not smoke cigarettes during the past 30 days

B. Less than 1 cigarette per day

C. 1 cigarette per day

D. 2 to 5 cigarettes per day

E. 6 to 10 cigarettes per day

F. 11 to 20 cigarettes per day

G. More than 20 cigarettes per day

52. During the past 12 months, did you ever try to quit using all tobacco products, including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products?

Answer choices:

A. I did not use any tobacco products during the past 12 months

B. Yes

C. No

53. During the past 30 days, what is the largest number of alcoholic drinks you had in a row, that is, within a couple of hours?

Answer choices:

A. I did not drink alcohol during the past 30 days

B. 1 or 2 drinks

C. 3 drinks

D. 4 drinks

E. 5 drinks

F. 6 or 7 drinks

G. 8 or 9 drinks

H. 10 or more drinks

These questions ask about tobacco, alcohol, and other drug use.

Alcohol use 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.

Electronic vapor products, such as JUUL, Vuse, MarkTen, and blu, include e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods.

Marijuana is also called pot, weed, or cannabis. Do not count CBD-only or hemp products, which come from the same plant as marijuana, but do not cause a high when used alone.

Remember, your answers will be confidential. This means your answers will not be shared.

Matrix (only one answer per row)

During the past 30 days, on how many days did you...

- 54. ...use marijuana?
- 55. ...use marijuana on school property?
- 56. ...use derbisol?
- 57. ...sniff glue, or breathe the contents of spray cans, or inhale any paints or sprays to get high?
- 58. ...use any form of cocaine, including powder, crack, or freebase?
- 59. ...use heroin (also called smack, junk, or China White)?
- 60. ...use methamphetamines (also called speed, crystal, crank, or ice)?
- 61. ...use club (rave) drugs such as ecstasy (E, adam, XTX, Roll), GHB (G, liquid ecstasy, grievous bodily harm), ketamine (K, special K), rohypnol (roofies), nitrous oxide (laughing gas, whippets), or LSD (acid, microdot, boomers)?
- 62. ...use a needle to inject any illegal drug into your body?
- 63. ...take a prescription drug (such as Ritalin, Adderall, or Xanax) without a doctor's prescription?
- 64. ...take painkillers (such as OxyContin, Codeine, Vicodin, or Percocet) without a doctor's prescription?

Answer choices:

- 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

These questions ask about tobacco, alcohol, and other drug availability.

65. During the past 30 days, how did you usually get your own cigarettes?

Answer choices:

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

66. During the past 30 days, how did you usually get your own electronic vapor products? (Select only one response.)

Answer choices:

- A. I did not use any electronic vapor products during the past 30 days
- B. I bought them in a store such as a convenience store, supermarket, discount store, gas station, or vape store
- C. I got them on the Internet
- D. I gave someone else money to buy them for me
- E. I borrowed them from someone else
- F. A person 18 years old or older gave them to me
- G. I took them from a store or another person
- H. I got them some other way

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

Answer choices:

- 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
- H. I took it from a family member
- I. I got it some other way

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

Answer choices:

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

Matrix (only one answer per row)

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

- 69. ...cigarettes?
- 70. ...beer, wine, or hard liquor (for example, vodka, whiskey, or gin)?
- 71. ...marijuana?

Answer choices:

- A. Very hard
- B. Sort of hard
- C. Sort of easy
- D. Very easy

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

Answer choices:

- A. Yes
- B. No

These questions ask your opinion about certain things.

Matrix (only one answer per row)

How much do you think people risk harming themselves (physically or in other ways) if they...

- 73. ...smoke one or more packs of cigarettes per day?
- 74. ...take one or two drinks of an alcoholic beverage nearly every day?
- 75. ...have five or more drinks of alcohol once or twice each weekend?
- 76. ...smoke marijuana once or twice a week?
- 77. ...try methamphetamines once or twice?
- 78. ...use prescription drugs that are not prescribed to them?

Answer choices:

- A. No risk
- B. Slight risk
- C. Moderate risk
- D. Great risk
- E. Can't say/Drug unfamiliar

These questions ask your opinion about certain things.

79. How do you feel about someone your age having one or two drinks of an alcoholic beverage nearly every day?

Answer choices:

- A. Neither approve nor disapprove
- B. Somewhat disapprove
- C. Strongly disapprove
- D. Don't know / can't say

Matrix (only one answer per row)

How wrong do your friends feel it would be for you to...

- 80. ...smoke tobacco?
- 81. ...have one or two drinks of an alcoholic beverage nearly every day?
- 82. ...smoke marijuana?
- 83. ...use prescription drugs not prescribed to you?

Answer choices:

- A. Very wrong
- B. Wrong
- C. A little bit wrong
- D. Not wrong at all

These questions ask about your family. For questions that refer to parents, please think about the person(s) who take(s) care of you.

Matrix (only one answer per row)

How wrong do your parents feel it would be for you to...

- 84. ...smoke cigarettes?
- 85. ...have one or two drinks of an alcoholic beverage nearly every day?
- 86. ...smoke marijuana?
- 87. ...use prescription drugs not prescribed to you?

Answer choices:

- A. Very wrong
- B. Wrong
- C. A little bit wrong
- D. Not wrong at all

88. 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 alcohol or other drug use?

Answer choices:

- A. Yes
- B. No
- C. Not sure

These questions ask about your friends.

Matrix (only one answer per row)

How many of your closest friends do you think have...

- 89. ...smoked cigarettes during the past 30 days?
- 90. ...been drunk during the past 30 days?
- 91. ...used marijuana during the past 30 days?

Answer choices:

- A. All of them
- B. Most of them
- C. Some of them
- D. None of them

These questions ask about body weight.

92. How do you describe your weight?

Answer choices:

- A. Very underweight
- B. Slightly underweight
- C. About the right weight
- D. Slightly overweight
- E. Very overweight

93. Which of the following are you trying to do about your weight?

Answer choices:

- A. Lose weight
- B. Gain weight
- C. Stay the same weight
- D. I am not trying to do anything about my weight

These questions ask about the 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.

Matrix (only one answer per row)

During the past 7 days, how many times did you...

- 94. ...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.)
- 95. ...eat fruit? (Do not count fruit juice.)
- 96. ...eat green salad?
- 97. ...eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)
- 98. ...eat carrots?
- 99. ...eat other vegetables? (Do not count green salad, potatoes, or carrots.)
- 100. ...drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not include diet soda or diet pop.)

Answer choices:

- A. Never 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

- 101. During the past 7 days, how many days did you eat breakfast?

Answer choices:

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

These questions ask about physical activity.

102. 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.)

Answer choices:

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

- 103. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

Answer choices:

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days

- 104. During the past 12 months, how many times did you have a concussion from playing a sport or being physically active?

Answer choices:

- A. 0 times
- B. 1 time
- C. 2 times
- D. 3 times
- E. 4 or more times

105. On an average school day, how many hours do you spend in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media (also called "screen time")? (Do not count time spent doing schoolwork.)

Answer choices:

- A. Less than 1 hour per day
- B. 1 hour per day
- C. 2 hours per day
- D. 3 hours per day
- E. 4 hours per day
- F. 5 or more hours per day

These questions ask about your experiences at school.

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

Answer choices:

- A. Never
- B. Seldom
- C. Sometimes
- D. Often
- E. Almost Always

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

Answer choices:

- A. Very interesting and stimulating
- B. Quite interesting
- C. Fairly interesting
- D. Slightly dull
- E. Very dull

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

Answer choices:

- A. Very important
- B. Quite important
- C. Fairly important
- D. Slightly important
- E. Not at all important

Matrix (only one answer per row)

Now thinking back over the past year in school, how often did you...

109. ...enjoy being at school?

110. ...hate being at school?

111. ...try to do your best work in school?

Answer choices:

- A. Never
- B. Seldom
- C. Sometimes
- D. Often
- E. Almost always

Matrix (only one answer per row)

At school...

- 112. ...I do interesting activities.
- 113. ...I help decide things like class activities or rules.
- 114. ...I do things that make a difference.

Answer choices:

- A. Not at all true
- B. A little true
- C. Pretty much true
- D. Very much true

Matrix (only one answer per row)

Choose the best answer to the following statements:

- 115. In my school, students have lots of chances to help decide things like class activities and rules.
- 116. There are lots of chances for students in my school to talk with a teacher one-on-one.
- 117. Teachers ask me to work on special classroom projects.
- 118. There are lots of chances for students in my school to get involved in sports, clubs, and other school activities outside of class.
- 119. I have lots of chances to be part of class discussions or activities.
- 120. My teacher(s) notices when I am doing a good job and lets me know about it.
- 121. The school lets my parents know when I have done something well.
- 122. I feel safe at my school.
- 123. My teacher(s) praise me when I work hard in school.

Answer choices:

- A. NO!
- B. no
- C. yes
- D. YES!

These questions ask about your community.

Mark the Big "NO!" if you think the statement is definitely not true for you.

Mark the little "no" if you think the statement is mostly not true for you.

Mark the little "yes" if you think the statement is mostly true for you.

Mark the Big "YES!" if you think the statement is definitely true for you.

Matrix (only one answer per row)

Choose the best answer to the following statements:

- 124. There are adults in my neighborhood I could talk to about something important.
- 125. My neighbors notice when I am doing a good job and let me know.
- 126. There are people in my neighborhood who encourage me to do my best.
- 127. There are people in my neighborhood who are proud of me when I do something well.

Answer choices:

- A. NO!
- B. no
- C. yes
- D. YES!

These questions ask about your family. For questions that refer to parents, mother, or father, please think about the person(s) who take(s) care of you. If the question does not apply to you, please leave it blank.

Mark the Big "NO!" if you think the statement is definitely not true for you.

Mark the little "no" if you think the statement is mostly not true for you.

Mark the little "yes" if you think the statement is mostly true for you.

Mark the Big "YES!" if you think the statement is definitely true for you.

Matrix (only one answer per row)

Choose the best answer to the following statements:

128. My parents notice when I am doing a good job and let me know about it.

129. How often do your parents tell you they're proud of you for something you've done?

Answer choices:

- A. Never or almost never
- B. Sometimes
- C. Often
- D. Always

Matrix (only one answer per row)

Choose the best answer to the following statements:

130. My parents ask me what I think before most family decisions affecting me are made.

131. Do you enjoy spending time with your mother?

132. Do you enjoy spending time with your father?

133. If I had a personal problem, I could ask my mom or dad for help.

134. My parents give me lots of chances to do fun things with them.

135. My parents ask if I've gotten my homework done.

136. People in my family have serious arguments.

137. Would your parents know if you did not come home on time?

Answer choices:

- A. NO!
- B. no
- C. yes
- D. YES!

These questions ask about health and safety.

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

Answer choices:

- A. Yes
- B. No
- C. Not sure

139. Do you still have asthma?

Answer choices:

- A. I have never had asthma
- B. Yes
- C. No
- D. Not sure

140. 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?

Answer choices:

- A. During the past 12 months
- B. Between 12 and 24 months ago
- C. More than 24 months ago
- D. Never
- E. Not sure

141. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?

Answer choices:

- A. During the past 12 months
- B. Between 12 and 24 months ago
- C. More than 24 months ago
- D. Never
- E. Not sure

142. Have you ever been tested for HIV, the virus that causes AIDS? (Do not count tests done if you donated blood.)

Answer choices:

- A. Yes
- B. No
- C. Not sure

143. During the past 30 days, did you make bets or gamble?

Answer choices:

- A. I did not make bets or gamble in the past 30 days
- B. I bet on sporting events
- C. I bet on card games
- D. I gambled on the Internet
- E. I bet on both sporting events and card games
- F. I bet on sporting events and gambled on the Internet
- G. I bet on card games and gambled on the Internet
- H. I bet on both sporting events and card games and gambled on the Internet

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

Answer choices:

- A. In my parent's or guardian's home
- B. 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
- C. In a shelter or emergency housing
- D. In a motel or hotel
- E. In a car, park, campground, or other public place
- F. I do not have a usual place to sleep
- G. Somewhere else

145. During the past 30 days, did you ever sleep away from your parents or guardians because you were kicked out, ran away, or were abandoned?

Answer choices:

- A. Yes
- B. No

146. 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?

Answer choices:

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

These questions ask your estimates about certain things and for more information about your friends.

Matrix (only one answer per row)

Now think about all the students in your grade at your school. How many of them do you think...

- 147. ...smoke one or more cigarettes a day?
- 148. ...drank alcohol sometime in the past month?
- 149. ...used marijuana sometime in the past month?
- 150. ...used an illegal drug in the past month (not including marijuana)?

Answer choices:

- A. None (0%)
- B. Few (1-10%)
- C. Some (11-30%)
- D. Half or less (31-50%)
- E. Half or more (51-70%)
- F. Most (71-90%)
- G. Almost all (91-100%)

Matrix (only one answer per row)

Think about your four best friends (the friends you feel closest to). In the past year (12 months), how many of your best friends have...

151. ...participated in clubs, organizations, or activities at school?

152. ...made a commitment to stay drug-free?

153. ...liked school?

154. ...regularly attended religious services?

155. ...tried to do well in school?

Answer choices:

A. None of my friends

B. 1 of my friends

C. 2 of my friends

D. 3 of my friends

E. 4 of my friends

The next questions ask about experiences with parents or other adults in your home

156. During your life, how often has a parent or other adult in your home sworn at you, insulted you, or put you down?

Answer choices:

A. Never

B. Rarely

C. Sometimes

D. Most of the time

E. Always

157. During your life, how often has a parent or other adult in your home hit, beat, kicked, or physically hurt you in any way?

Answer choices:

A. Never

B. Rarely

C. Sometimes

D. Most of the time

E. Always

158. Have you ever lived with someone who was having a problem with alcohol or drug use?

Answer choices:

A. Yes

B. No

159. Have you ever lived with someone who was depressed, mentally ill, or suicidal?

Answer choices:

A. Yes

B. No

MiPHY Basic - Middle School (2023-2024)

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

The answers you give will be kept private. No one will know how you respond. Answer the questions based on what you really do and think.

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 and select your response. When you are finished, follow the instructions of the person giving you the survey.

Directions

- Click on the response that best describes you.
- To change your answer, click on another option.
- You will only be able to choose one answer for each question (except question 6).
- Once you proceed to the next section, you will not be able to change your responses.

1. How old are you?

Answer choices:

- 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?

Answer choices:

- A. Female
- B. Male

3. In what grade are you?

Answer choices:

- A. 6th grade
- B. 7th grade
- C. 8th grade
- D. Ungraded

4. Are you Hispanic or Latino? (A person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin, regardless of race.)

Answer choices:

- A. Yes
- B. No

5. Are you of Arab or Chaldean origin?

Answer choices:

- A. Yes
- B. No

6. What is your race? (Select one or more responses. View definition by placing mouse arrow on the response.)

Answer choices:

- A. American Indian or Alaska Native
- B. Asian
- C. Black or African American
- D. Native Hawaiian or Other Pacific Islander
- E. White

7. How tall are you without your shoes on? (Click on your height in feet and inches. Example: 5 Feet 11 Inches.)

Answer choices:

- A. NULL

8. How much do you weigh without your shoes on? (Enter your weight in pounds. Example: 153 pounds.)

Answer choices:

- A. NULL

9. During the past 12 months, how would you describe your grades in school?

Answer choices:

- 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 questions ask about safety and violence.

10. Have you ever ridden in a car driven by someone who had been drinking alcohol?

Answer choices:

- A. Yes
- B. No
- C. Not sure

Matrix (only one answer per row)

Have you ever...

- 11. ...carried a weapon, such as a gun, knife, or club?
- 12. ...carried a weapon, such as a gun, knife, or club on school property?
- 13. ...been in a physical fight?
- 14. ...been in a physical fight on school property?

Answer choices:

- A. Yes
- B. No

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?

Answer choices:

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 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?

Answer choices:

- 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

17. During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books on school property?

Answer choices:

- 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

The next questions ask about bullying. Bullying is when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way.

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

Answer choices:

- A. Yes
- B. No

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

Answer choices:

- A. Yes
- B. No

Matrix (only one answer per row)

During the past 12 months, how many times at your school have you...

- 20. ...seen students get pushed, hit, kicked, or punched?
- 21. ...heard students get called mean names or get "put down"?
- 22. ...heard rumors or lies being spread about other students?
- 23. ...seen students left out of activities or games on purpose?
- 24. ...heard students threaten to hurt other students?
- 25. ...seen students wreck or damage other students' things?
- 26. ...read e-mail or website messages that spread rumors about other students?
- 27. ...read e-mail or website messages that contained threats to other students?

Answer choices:

- 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

These questions ask about attitudes toward safety and violence.

28. How wrong do your friends feel it would be for you to carry a weapon to school?

Answer choices:

- A. Very wrong
- B. Wrong
- C. A little bit wrong
- D. Not wrong at all

29. How wrong do your friends feel it would be for you to be in a physical fight?

Answer choices:

- A. Very wrong
- B. Wrong
- C. A little bit wrong
- D. Not wrong at all

30. How safe do you feel when you are at school?

Answer choices:

- A. Very safe
- B. Safe
- C. Neither safe nor unsafe
- D. Unsafe
- E. Very unsafe

31. How safe do you feel when you are in the neighborhood where you live?

Answer choices:

- A. Very safe
- B. Safe
- C. Neither safe nor unsafe
- D. Unsafe
- E. Very unsafe

These questions ask about tobacco, alcohol, and other drug use.

Alcohol use 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.

Electronic vapor products, such as JUUL, Vuse, MarkTen, and blu, include e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods.

Marijuana is also called pot, weed, or cannabis. Do not count CBD-only or hemp products, which come from the same plant as marijuana, but do not cause a high when used alone.

Remember, your answers will be confidential. This means your answers will not be shared.

Matrix (only one answer per row)

How old were you when you...

- 32. ...first tried cigarette smoking, even one or two puffs?
- 33. ...had your first drink of alcohol other than a few sips?
- 34. ...got drunk for the first time?
- 35. ...tried marijuana for the first time?

Answer choices:

- A. Never did it
- 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
- H. 14 years old or older

These questions ask about tobacco, alcohol, and other drug use.

Alcohol use 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.

Electronic vapor products, such as JUUL, Vuse, MarkTen, and blu, include e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods.

Marijuana is also called pot, weed, or cannabis. Do not count CBD-only or hemp products, which come from the same plant as marijuana, but do not cause a high when used alone.

Remember, your answers will be confidential. This means your answers will not be shared.

Matrix (only one answer per row)

During the past 30 days, on how many days did you...

- 36. ...smoke cigarettes?
- 37. ...smoke cigarettes on school property?
- 38. ...use chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, Copenhagen, Camel Snus, Marlboro Snus, General Snus, Ariva, Stonewall, or Camel Orbs? (Do not count any electronic vapor products.)
- 39. ...use chewing tobacco, snuff, or dip on school property?
- 40. ...smoke cigars, cigarillos, or little cigars?
- 41. ...use an electronic vapor product?
- 42. ...have at least one drink of alcohol (more than just a few sips)?
- 43. ...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), that is, within a couple of hours?

Answer choices:

- 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

These questions ask about tobacco, alcohol, and other drug use.

Alcohol use 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.

Electronic vapor products, such as JUUL, Vuse, MarkTen, and blu, include e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods.

Marijuana is also called pot, weed, or cannabis. Do not count CBD-only or hemp products, which come from the same plant as marijuana, but do not cause a high when used alone.

Remember, your answers will be confidential. This means your answers will not be shared.

Matrix (only one answer per row)

During the past 30 days, on how many days did you...

- 44. ...use marijuana?
- 45. ...use marijuana on school property?
- 46. ...use derbisol?
- 47. ...sniff glue, or breathe the contents of spray cans, or inhale any paints or sprays to get high?
- 48. ...take a prescription drug (such as Ritalin, Adderall, or Xanax) without a doctor's prescription?
- 49. ...take painkillers (such as OxyContin, Codeine, Vicodin, or Percocet) without a doctor's prescription?

Answer choices:

- 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

Matrix (only one answer per row)

Have you ever...

50. ...used any form of cocaine, including powder, crack, or freebase?

51. ...used methamphetamines (also called speed, crystal, crank, or ice)?

52. ...used a needle to inject any illegal drug into your body?

Answer choices:

A. Yes

B. No

These questions ask about tobacco, alcohol, and other drug availability.

53. During the past 30 days, how did you usually get your own cigarettes?

Answer choices:

A. I did not smoke cigarettes during the past 30 days

B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station

C. I bought them from a vending machine

D. I gave someone else money to buy them for me

E. I borrowed (or bummed) them from someone else

F. A person 18 years old or older gave them to me

G. I took them from a store

H. I took them from a family member

I. I got them some other way

54. During the past 30 days, how did you usually get your own electronic vapor products? (Select only one response.)

Answer choices:

A. I did not use any electronic vapor products during the past 30 days

B. I bought them in a store such as a convenience store, supermarket, discount store, gas station, or vape store

C. I got them on the Internet

D. I gave someone else money to buy them for me

E. I borrowed them from someone else

F. A person 18 years old or older gave them to me

G. I took them from a store or another person

H. I got them some other way

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

Answer choices:

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

H. I took it from a family member

I. I got it some other way

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

Answer choices:

A. I did not drink alcohol during the past 30 days

B. At my home

C. At another person's home

D. While riding in or driving a car or other vehicle

E. At a restaurant, bar, or club

F. At a public place such as a park, beach, or parking lot

G. At a public event such as a concert or sporting event

H. On school property

Matrix (only one answer per row)

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

57. ...cigarettes?

58. ...beer, wine, or hard liquor (for example, vodka, whiskey, or gin)?

59. ...marijuana?

Answer choices:

- A. Very hard
- B. Sort of hard
- C. Sort of easy
- D. Very easy

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

Answer choices:

- A. Yes
- B. No

These questions ask your opinion about certain things.

Matrix (only one answer per row)

How much do you think people risk harming themselves (physically or in other ways) if they...

61. ...smoke one or more packs of cigarettes per day?

62. ...take one or two drinks of an alcoholic beverage nearly every day?

63. ...have five or more drinks of alcohol once or twice each weekend?

64. ...smoke marijuana once or twice a week?

65. ...try methamphetamines once or twice?

66. ...use prescription drugs that are not prescribed to them?

Answer choices:

- A. No risk
- B. Slight risk
- C. Moderate risk
- D. Great risk
- E. Can't say/Drug unfamiliar

These questions ask your opinion about certain things.

67. How do you feel about someone your age having one or two drinks of an alcoholic beverage nearly every day?

Answer choices:

- A. Neither approve nor disapprove
- B. Somewhat disapprove
- C. Strongly disapprove
- D. Don't know / can't say

Matrix (only one answer per row)

How wrong do your friends feel it would be for you to...

68. ...smoke tobacco?

69. ...have one or two drinks of an alcoholic beverage nearly every day?

70. ...smoke marijuana?

71. ...use prescription drugs not prescribed to you?

Answer choices:

- A. Very wrong
- B. Wrong
- C. A little bit wrong
- D. Not wrong at all

These questions ask about your family. For questions that refer to parents, please think about the person(s) who take(s) care of you.

Matrix (only one answer per row)

How wrong do your parents feel it would be for you to...

72. ...smoke cigarettes?

73. ...have one or two drinks of an alcoholic beverage nearly every day?

74. ...smoke marijuana?

75. ...use prescription drugs not prescribed to you?

Answer choices:

A. Very wrong

B. Wrong

C. A little bit wrong

D. Not wrong at all

76. 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 alcohol or other drug use?

Answer choices:

A. Yes

B. No

C. Not sure

These questions ask about your friends.

Matrix (only one answer per row)

How many of your closest friends do you think have...

77. ...smoked cigarettes during the past 30 days?

78. ...been drunk during the past 30 days?

79. ...used marijuana during the past 30 days?

Answer choices:

A. All of them

B. Most of them

C. Some of them

D. None of them

These questions ask about body weight.

80. How do you describe your weight?

Answer choices:

A. Very underweight

B. Slightly underweight

C. About the right weight

D. Slightly overweight

E. Very overweight

81. Which of the following are you trying to do about your weight?

Answer choices:

A. Lose weight

B. Gain weight

C. Stay the same weight

D. I am not trying to do anything about my weight

These questions ask about the 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.

Matrix (only one answer per row)

During the past 7 days, how many times did you...

82. ...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.)
83. ...eat fruit? (Do not count fruit juice.)
84. ...eat green salad?
85. ...eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)
86. ...eat carrots?
87. ...eat other vegetables? (Do not count green salad, potatoes, or carrots.)
88. ...drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not include diet soda or diet pop.)

Answer choices:

- A. Never 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

89. During the past 7 days, how many days did you eat breakfast?

Answer choices:

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

These questions ask about physical activity.

90. 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.)

Answer choices:

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

91. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

Answer choices:

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days

92. During the past 12 months, how many times did you have a concussion from playing a sport or being physically active?

Answer choices:

- A. 0 times
- B. 1 time
- C. 2 times
- D. 3 times
- E. 4 or more times

93. On an average school day, how many hours do you spend in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media (also called "screen time")? (Do not count time spent doing schoolwork.)

Answer choices:

- A. Less than 1 hour per day
- B. 1 hour per day
- C. 2 hours per day
- D. 3 hours per day
- E. 4 hours per day
- F. 5 or more hours per day

These questions ask about your experiences at school.

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

Answer choices:

- A. Never
- B. Seldom
- C. Sometimes
- D. Often
- E. Almost Always

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

Answer choices:

- A. Very interesting and stimulating
- B. Quite interesting
- C. Fairly interesting
- D. Slightly dull
- E. Very dull

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

Answer choices:

- A. Very important
- B. Quite important
- C. Fairly important
- D. Slightly important
- E. Not at all important

Matrix (only one answer per row)

Now thinking back over the past year in school, how often did you...

- 97. ...enjoy being at school?
- 98. ...hate being at school?
- 99. ...try to do your best work in school?

Answer choices:

- A. Never
- B. Seldom
- C. Sometimes
- D. Often
- E. Almost always

Matrix (only one answer per row)

At school...

100. ...I do interesting activities.

101. ...I help decide things like class activities or rules.

102. ...I do things that make a difference.

Answer choices:

A. Not at all true

B. A little true

C. Pretty much true

D. Very much true

Matrix (only one answer per row)

Choose the best answer to the following statements:

103. In my school, students have lots of chances to help decide things like class activities and rules.

104. There are lots of chances for students in my school to talk with a teacher one-on-one.

105. Teachers ask me to work on special classroom projects.

106. There are lots of chances for students in my school to get involved in sports, clubs, and other school activities outside of class.

107. I have lots of chances to be part of class discussions or activities.

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

109. The school lets my parents know when I have done something well.

110. I feel safe at my school.

111. My teacher(s) praise me when I work hard in school.

Answer choices:

A. NO!

B. no

C. yes

D. YES!

These questions ask about your community.

Mark the Big "NO!" if you think the statement is definitely not true for you.

Mark the little "no" if you think the statement is mostly not true for you.

Mark the little "yes" if you think the statement is mostly true for you.

Mark the Big "YES!" if you think the statement is definitely true for you.

Matrix (only one answer per row)

Choose the best answer to the following statements:

112. There are adults in my neighborhood I could talk to about something important.

113. My neighbors notice when I am doing a good job and let me know.

114. There are people in my neighborhood who encourage me to do my best.

115. There are people in my neighborhood who are proud of me when I do something well.

Answer choices:

A. NO!

B. no

C. yes

D. YES!

These questions ask about your family. For questions that refer to parents, mother, or father, please think about the person(s) who take(s) care of you. If the question does not apply to you, please leave it blank.

Mark the Big "NO!" if you think the statement is definitely not true for you.

Mark the little "no" if you think the statement is mostly not true for you.

Mark the little "yes" if you think the statement is mostly true for you.

Mark the Big "YES!" if you think the statement is definitely true for you.

Matrix (only one answer per row)

Choose the best answer to the following statements:

116. My parents notice when I am doing a good job and let me know about it.

117. How often do your parents tell you they're proud of you for something you've done?

Answer choices:

- A. Never or almost never
- B. Sometimes
- C. Often
- D. Always

Matrix (only one answer per row)

Choose the best answer to the following statements:

118. My parents ask me what I think before most family decisions affecting me are made.

119. Do you enjoy spending time with your mother?

120. Do you enjoy spending time with your father?

121. If I had a personal problem, I could ask my mom or dad for help.

122. My parents give me lots of chances to do fun things with them.

123. My parents ask if I've gotten my homework done.

124. People in my family have serious arguments.

125. Would your parents know if you did not come home on time?

Answer choices:

- A. NO!
- B. no
- C. yes
- D. YES!

These questions ask about health and safety.

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

Answer choices:

- A. Yes
- B. No
- C. Not sure

127. Do you still have asthma?

Answer choices:

- A. I have never had asthma
- B. Yes
- C. No
- D. Not sure

128. 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?

Answer choices:

- A. During the past 12 months
- B. Between 12 and 24 months ago
- C. More than 24 months ago
- D. Never
- E. Not sure

129. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?

Answer choices:

- A. During the past 12 months
- B. Between 12 and 24 months ago
- C. More than 24 months ago
- D. Never
- E. Not sure

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

Answer choices:

- A. In my parent's or guardian's home
- B. 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
- C. In a shelter or emergency housing
- D. In a motel or hotel
- E. In a car, park, campground, or other public place
- F. I do not have a usual place to sleep
- G. Somewhere else

131. During the past 30 days, did you ever sleep away from your parents or guardians because you were kicked out, ran away, or were abandoned?

Answer choices:

- A. Yes
- B. No

132. 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?

Answer choices:

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

These questions ask your estimates about certain things and for more information about your friends.

Matrix (only one answer per row)

Now think about all the students in your grade at your school. How many of them do you think...

- 133. ...smoke one or more cigarettes a day?
- 134. ...drank alcohol sometime in the past month?
- 135. ...used marijuana sometime in the past month?
- 136. ...used an illegal drug in the past month (not including marijuana)?

Answer choices:

- A. None (0%)
- B. Few (1-10%)
- C. Some (11-30%)
- D. Half or less (31-50%)
- E. Half or more (51-70%)
- F. Most (71-90%)
- G. Almost all (91-100%)

Matrix (only one answer per row)

Think about your four best friends (the friends you feel closest to). In the past year (12 months), how many of your best friends have...

- 137. ...participated in clubs, organizations, or activities at school?
- 138. ...made a commitment to stay drug-free?
- 139. ...liked school?
- 140. ...regularly attended religious services?
- 141. ...tried to do well in school?

Answer choices:

- A. None of my friends
- B. 1 of my friends
- C. 2 of my friends
- D. 3 of my friends
- E. 4 of my friends

The next questions ask about experiences with parents or other adults in your home.

142. During your life, how often has a parent or other adult in your home sworn at you, insulted you, or put you down?

Answer choices:

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

143. During your life, how often has a parent or other adult in your home hit, beat, kicked, or physically hurt you in any way?

Answer choices:

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

144. Have you ever lived with someone who was having a problem with alcohol or drug use?

Answer choices:

- A. Yes
- B. No

145. Have you ever lived with someone who was depressed, mentally ill, or suicidal?

Answer choices:

- A. Yes
- B. No



STATE OF MICHIGAN
DEPARTMENT OF EDUCATION
LANSING

GRETCHEN WHITMER
GOVERNOR

MICHAEL F. RICE, Ph.D.
STATE SUPERINTENDENT

January 20, 2025

Erin MacGregor, Superintendent
Howell Public Schools
411 N. Highlander Way
Howell, MI 48843

Dear Superintendent MacGregor:

Howell High School is one of 50 school buildings in Michigan randomly selected by the Centers for Disease Control and Prevention to participate in the 2025 Youth Risk Behavior Survey (YRBS). The YRBS provides essential state data on the health behaviors of high school students that place students at increased risk for illness, disability, and death. The YRBS data allow Michigan districts to leverage federal dollars and provide benchmarks for local survey efforts such as the Michigan Profile for Healthy Youth (MiPHY). Each school's participation is crucial to ensure continued representative results that have been established since 1997.

The information generated from this project will be used by numerous education and health agencies to plan and implement effective programs and allocate resources that will affect student learning and achievement. Your school's data will be combined with those from all others surveyed to generate statewide results. Participating districts, buildings, and students will not be identified.

In the coming weeks, Nicole Kramer from the Michigan Department of Education will work with the school's contact person to randomly select approximately four to six classrooms within the building to complete the survey. Supplemental materials regarding participation in the YRBS are provided in this communication, including a copy of the questionnaire for your review. The survey is anonymous and can be implemented in one class hour any time from January to May 2025. All participating schools will receive a \$500 stipend that can be used to support health education.

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January 20, 2025

If you have any questions regarding the YRBS, please contact Nicole Kramer at kramern@michigan.gov or at 517-241-7086. Thank you for your assistance and cooperation in this important survey to identify health risk behaviors among Michigan adolescents.

Sincerely,

A handwritten signature in black ink that reads "Michael F. Rice". The signature is written in a cursive style with a large, stylized "M" and "R".

Michael F. Rice, Ph.D.
State Superintendent

Enclosures

cc: School Principal