



**SURVEY CODE: C**

# State Healthy Kids Colorado Survey - 2009

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

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

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

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

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

*Thank you very much for your help.*

### Directions

- Use a #2 pencil only.
  - Answer only on answer sheet.
  - Make dark marks.
  - Fill in a response like this: ● B C D.
  - To change your answer, erase completely.
1. How old are you?
    - 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?
    - A. Female
    - B. Male
  3. In what grade are you?
    - A. 6<sup>th</sup> grade
    - B. 7<sup>th</sup> grade
    - C. 8<sup>th</sup> grade
    - D. 9<sup>th</sup> grade
    - E. 10<sup>th</sup> grade
    - F. 11<sup>th</sup> grade
    - G. 12<sup>th</sup> grade
    - H. Ungraded or other grade
  4. Are you Hispanic/Latino?
    - A. Yes
    - B. No
  5. How do you describe yourself? (Select one or more responses)
    - A. White
    - B. Black or African American
    - C. American Indian
    - D. Native Hawaiian or Other Pacific Islander
    - E. Asian
    - F. Alaska Native
  6. What is the language you use most often at home?
    - A. English
    - B. Spanish
    - C. Another language

### The next 6 questions ask about personal safety.

7. I feel safe at my school.
  - A. NO!
  - B. no
  - C. yes
  - D. YES!
8. During the past 12 months, how many times have you been harassed or bullied on school property?
  - 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
9. During the past 12 months, how many times has someone tried to hurt you by hitting, punching, or kicking you while on school property?
  - 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
10. During the past 30 days, have you been the victim of a verbal slur because of your weight, size, or physical appearance?
  - A. Yes
  - B. No
  - C. Not sure
11. During the past 30 days, have you been the victim of a verbal slur because of your gender?
  - A. Yes
  - B. No
  - C. Not sure

12. How often have you experienced cyber bullying in the form of negative or aggressive emails, IMs, text messages, phone calls, chat rooms, web sites, or pictures/video clips?
- A. Everyday
  - B. Once in a while
  - C. Seldom
  - D. Only once
  - E. Never

**The next 6 questions ask about behavior.**

13. How wrong do you think it is for someone your age to take a handgun to school?
- A. Very wrong
  - B. Wrong
  - C. A little bit wrong
  - D. Not wrong at all
14. How wrong do you think it is for someone your age to steal anything worth more than \$5?
- A. Very wrong
  - B. Wrong
  - C. A little bit wrong
  - D. Not wrong at all
15. How wrong do you think it is for someone your age to pick a fight with someone?
- A. Very wrong
  - B. Wrong
  - C. A little bit wrong
  - D. Not wrong at all
16. How wrong do you think it is for someone your age to attack someone with the idea of seriously hurting them?
- A. Very wrong
  - B. Wrong
  - C. A little bit wrong
  - D. Not wrong at all
17. How wrong do you think it is for someone your age to stay away from school all day when their parents think they are at school?
- A. Very wrong
  - B. Wrong
  - C. A little bit wrong
  - D. Not wrong at all

18. If a kid carried a handgun in your neighborhood, or the area around where you live, would he or she be caught by the police?
- A. NO!
  - B. no
  - C. yes
  - D. YES!

**The next 3 questions ask about how YOU think your parents would feel if you did any of these things.**

19. How wrong do **your parents/guardians** feel it would be for **you** to steal something worth more than \$5.00 dollars?
- A. Very wrong
  - B. Wrong
  - C. A little bit wrong
  - D. Not wrong at all
20. How wrong do **your parents/guardians** feel it would be for **you** to draw graffiti, write things, or draw pictures on buildings or other property (without the owner's permission)?
- A. Very wrong
  - B. Wrong
  - C. A little bit wrong
  - D. Not wrong at all
21. How wrong do **your parents/guardians** feel it would be for **you** to pick a fight with someone?
- A. Very wrong
  - B. Wrong
  - C. A little bit wrong
  - D. Not wrong at all

**The next 4 questions ask about sad feelings.**

22. Sometimes I think life is not worth it.
- A. NO!
  - B. no
  - C. yes
  - D. YES!
23. All in all, I am inclined to feel that I am a failure.
- A. NO!
  - B. no
  - C. yes
  - D. YES!

24. At times I think I am no good at all.  
 A. NO!  
 B. no  
 C. yes  
 D. YES!
25. In the past year have you felt depressed or sad MOST days, even if you felt OK sometimes?  
 A. NO!  
 B. no  
 C. yes  
 D. YES!

**The next 10 questions ask about tobacco use.**

26. During the past 30 days, on how many days did you smoke cigarettes?  
 A. 0 days  
 B. 1 or 2 days  
 C. 3 to 5 days  
 D. 6 to 9 days  
 E. 10 to 19 days  
 F. 20 to 29 days  
 G. All 30 days
27. During the past 30 days, on the days you smoked, how many cigarettes did you smoke **per day**?  
 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
28. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip**, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?  
 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

29. During the past 30 days, how did you usually get your own cigarettes? (Select only one response).  
 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 or family member  
 H. I got them some other way
30. If you wanted to get some cigarettes, how easy would it be for you to get some?  
 A. Very hard  
 B. Sort of hard  
 C. Sort of easy  
 D. Very easy
31. How much do you think people **risk harming themselves** (physically or in other ways) if they smoke one or more packs of cigarettes **per day**?  
 A. No risk  
 B. Slight risk  
 C. Moderate risk  
 D. Great risk
32. How wrong do **you** think it is for **someone your age** to smoke cigarettes?  
 A. Very wrong  
 B. Wrong  
 C. A little bit wrong  
 D. Not wrong at all
33. Think of your **four best friends** (the friends you feel closest to). In the past year (12 months), how many of your best friends have smoked cigarettes?  
 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

34. How wrong do **your parents/guardians** feel it would be for **you** to smoke cigarettes?
- A. Very wrong
  - B. Wrong
  - C. A little bit wrong
  - D. Not wrong at all
35. How wrong would most adults in your neighborhood, or the area around where you live, think it is for kids your age to smoke cigarettes?
- A. Very wrong
  - B. Wrong
  - C. A little bit wrong
  - D. Not wrong at all

**The next 11 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.**

36. During the past 30 days, on how many days did you have at least one drink of alcohol?
- 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
37. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?
- A. 0 days
  - B. 1 day
  - C. 2 days
  - D. 3 to 5 days
  - E. 6 to 9 days
  - F. 10 to 19 days
  - G. 20 or more days

38. During the past 30 days, how did you **usually** get the alcohol you drank?
- 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 a 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 or family member
  - H. I got it some other way
39. If you wanted to get some beer, wine, or hard liquor (for example, vodka, whiskey, or gin) how easy would it be for you to get some?
- A. Very hard
  - B. Sort of hard
  - C. Sort of easy
  - D. Very easy
40. How much do you think people **risk harming themselves** (physically or in other ways) if they take one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly **every day**?
- A. No risk
  - B. Slight risk
  - C. Moderate risk
  - D. Great risk
41. How much do you think people **risk harming themselves** (physically or in other ways) if they take five or more drinks once or twice each weekend?
- A. No risk
  - B. Slight risk
  - C. Moderate risk
  - D. Great risk
42. How wrong do **you** think it is for **someone your age** to drink beer, wine, or hard liquor, (for example, vodka, whiskey, or gin) regularly?
- A. Very wrong
  - B. Wrong
  - C. A little bit wrong
  - D. Not wrong at all

43. Think of your **four best friends** (the friends you feel closest to). In the past year (12 months), how many of your best friends have tried beer, wine, or hard liquor (for example, vodka, whiskey, or gin) when their parents didn't know about it?
- None of my friends
  - 1 of my friends
  - 2 of my friends
  - 3 of my friends
  - 4 of my friends
44. How wrong do **your parents/guardians** feel it would be for **you** to drink beer, wine or hard liquor (for example, vodka, whiskey, or gin) regularly?
- Very wrong
  - Wrong
  - A little bit wrong
  - Not wrong at all
45. If a kid drank some beer, wine, or hard liquor (for example, vodka, whiskey, or gin) in your neighborhood, or the area around where you live, would he or she be caught by the police?
- NO!
  - no
  - yes
  - YES!
46. How wrong would most adults in your neighborhood, or the area around where you live, think it is for kids your age to drink alcohol?
- Very wrong
  - Wrong
  - A little bit wrong
  - Not wrong at all

**The next 11 questions ask about marijuana use. Marijuana also is called grass or pot.**

47. During the past 30 days, how many times did you use marijuana?
- 0 times
  - 1 or 2 times
  - 3 to 9 times
  - 10 to 19 times
  - 20 to 39 times
  - 40 or more times

48. If you wanted to get some marijuana, how easy would it be for you to get some?
- Very hard
  - Sort of hard
  - Sort of easy
  - Very easy
49. How much do you think people **risk harming themselves** (physically or in other ways) if they try marijuana **once or twice**?
- No risk
  - Slight risk
  - Moderate risk
  - Great risk
50. How much do you think people **risk harming themselves** (physically or in other ways) if they smoke marijuana **regularly**?
- No risk
  - Slight risk
  - Moderate risk
  - Great risk
51. How wrong do **you** think it is for **someone your age** to smoke marijuana?
- Very wrong
  - Wrong
  - A little bit wrong
  - Not wrong at all
52. Think of your **four best friends** (the friends you feel closest to). In the past year (12 months), how many of your best friends have used marijuana?
- None of my friends
  - 1 of my friends
  - 2 of my friends
  - 3 of my friends
  - 4 of my friends
53. How wrong do **your parents/guardians** feel it would be for **you** to smoke marijuana?
- Very wrong
  - Wrong
  - A little bit wrong
  - Not wrong at all

54. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone else who had been smoking marijuana?
- 0 times
  - 1 time
  - 2 or 3 times
  - 4 or 5 times
  - 6 or more times
55. During the past 30 days, how many times did you drive a car or other vehicle when you had been smoking marijuana?
- 0 times
  - 1 time
  - 2 or 3 times
  - 4 or 5 times
  - 6 or more times
56. If a kid smoked marijuana in your neighborhood, or the area around where you live, would he or she be caught by the police?
- NO!
  - no
  - yes
  - YES!
57. How wrong would most adults in your neighborhood, or the area around where you live, think it is for kids your age to use marijuana?
- Very wrong
  - Wrong
  - A little bit wrong
  - Not wrong at all

**The next 10 questions ask about other drugs**

58. During the past 30 days, how many times have you taken a **prescription drug without a doctor's prescription**, such as painkillers (OxyContin, Codeine, or Percocet), stimulants (like Ritalin or Adderall), or depressants (like Valium or Xanax)?
- 0 days
  - 1 or 2 days
  - 3 to 5 days
  - 6 to 9 days
  - 10 to 19 days
  - 20 to 29 days
  - All 30 days

59. How do you usually get prescription drugs such as painkillers (OxyContin, Codeine, or Percocet), stimulants (like Ritalin or Adderall), or depressants (like Valium or Xanax)?
- I do not use prescription drugs
  - They were given to me by a friend or relative
  - I bought them from a friend or relative
  - I took them from a friend or relative
  - The internet
  - I got them from prescription I already have
  - I bought them from a stranger
  - I got them some other way
60. How much do you think people **risk harming themselves** (physically or in other ways) if they use prescription drugs such as painkillers (OxyContin, Codeine, or Percocet), stimulants (like Ritalin or Adderall), or depressants (like Valium or Xanax) **without a doctor's prescription**?
- No risk
  - Slight risk
  - Moderate risk
  - Great risk
61. During the past 30 days, how many times did you use **cocaine** ( powder, crack or freebase), **psychedelics** (acid or mushrooms), **Ecstasy** (E or X), **Ketamine** (Special K, Vitamin K) or **GHB** (Liquid X, G), or any other illegal drug?
- 0 times
  - 1 or 2 times
  - 3 to 9 times
  - 10 to 19 times
  - 20 to 39 times
  - 40 or more times
62. During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?
- 0 times
  - 1 or 2 times
  - 3 to 9 times
  - 10 to 19 times
  - 20 to 39 times
  - 40 or more times

63. During your life, how many times have you used **methamphetamines** (also called speed, crystal, crank, or ice)?
- 0 times
  - 1 or 2 times
  - 3 to 9 times
  - 10 to 19 times
  - 20 to 39 times
  - 40 or more times
64. Think of your **four best friends** (the friends you feel closest to). In the past year (12 months), how many of your best friends have used **cocaine** ( powder, crack or freebase), **psychedelics** (acid or mushrooms), **Ecstasy** (E or X), **Ketamine** (Special K, Vitamin K) or **GHB** (Liquid X, G) or another illegal drug?
- None of my friends
  - 1 of my friends
  - 2 of my friends
  - 3 of my friends
  - 4 of my friends
65. How much do you think people **risk harming themselves** (physically or in other ways) if they try **cocaine** ( powder, crack or freebase), **psychedelics** (acid or mushrooms), **Ecstasy** (E or X), **Ketamine** (Special K, Vitamin K) or **GHB** (Liquid X, G), or any other illegal drug **once or twice**?
- No risk
  - Slight risk
  - Moderate risk
  - Great risk
66. How wrong do **you** think it is for **someone your age** to use **cocaine** ( powder, crack or freebase), **psychedelics** (acid or mushrooms), **Ecstasy** (E or X), **Ketamine** (Special K, Vitamin K) or **GHB** (Liquid X, G) or another illegal drug?
- Very wrong
  - Wrong
  - A little bit wrong
  - Not wrong at all

67. If you wanted to get a drug like **cocaine** ( powder, crack or freebase), **psychedelics** (acid or mushrooms), **Ecstasy** (E or X), **Ketamine** (Special K, Vitamin K) or **GHB** (Liquid X, G) how easy would it be for you to get some?
- Very hard
  - Sort of hard
  - Sort of easy
  - Very easy

**The next 23 questions will ask you about school.**

68. Have you changed schools in the past year (not including changing from middle school to high school)?
- Yes
  - No
69. During the past 12 months, how would you describe your grades in school?
- Mostly A's
  - Mostly B's
  - Mostly C's
  - Mostly D's
  - Mostly F's
  - None of these grades
  - Not sure
70. Are your school grades better than the grades of most students in your class?
- NO!
  - no
  - yes
  - YES!
71. During the LAST FOUR WEEKS how many whole days of school have you missed because you skipped or "cut"?
- None
  - 1
  - 2
  - 3
  - 4-5
  - 6-10
  - 11 or more
72. How often do you feel that the school work you are assigned is meaningful and important?
- Never
  - Seldom
  - Sometimes
  - Often
  - Almost always

73. How interesting are most of your courses to you?  
A. Very interesting and stimulating  
B. Quite interesting  
C. Fairly interesting  
D. Slightly dull  
E. Very dull
74. How important do you think the things you are learning in school are going to be for your later life?  
A. Very important  
B. Quite important  
C. Fairly important  
D. Slightly important  
E. Not at all important
75. Now thinking back over the past year in school, how often did you enjoy being in school?  
A. Never  
B. Seldom  
C. Sometimes  
D. Often  
E. Almost always
76. Now thinking back over the past year in school, how often did you hate being in school?  
A. Never  
B. Seldom  
C. Sometimes  
D. Often  
E. Almost always
77. Now thinking back over the past year in school, how often did you try to do your best work in school?  
A. Never  
B. Seldom  
C. Sometimes  
D. Often  
E. Almost always
78. In my school, students have lots of chances to help decide things like class activities and rules.  
A. NO!  
B. no  
C. yes  
D. YES!

79. Teachers ask me to work on special classroom projects.  
A. NO!  
B. no  
C. yes  
D. YES!
80. There are a lot of chances for students in my school to get involved in sports, clubs, and other school activities outside of class.  
A. NO!  
B. no  
C. yes  
D. YES!
81. There are lots of chances for students in my school to talk with a teacher one-on-one.  
A. NO!  
B. no  
C. yes  
D. YES!
82. I have lots of chances to be part of class discussions or activities.  
A. NO!  
B. no  
C. yes  
D. YES!
83. My teacher(s) notices when I am doing a good job and lets me know about it.  
A. NO!  
B. no  
C. yes  
D. YES!
84. The school lets my parents/guardians know when I have done something well.  
A. NO!  
B. no  
C. yes  
D. YES!
85. My teachers praise me when I work hard in school.  
A. NO!  
B. no  
C. yes  
D. YES!

86. Do teachers at your school treat students with respect?  
A. All of them do  
B. Most of them do  
C. Some of them do  
D. Almost none of them do
87. Do teachers at your school show interest in their students as people?  
A. All of them do  
B. Most of them do  
C. Some of them do  
D. Almost none of them do
88. Do teachers at your school try to help students when they are having problems?  
A. All of them do  
B. Most of them do  
C. Some of them do  
D. Almost none of them do
89. Do the principal and the rest of the school staff try to make your school a place students like to be?  
A. All of them do  
B. Most of them do  
C. Some of them do  
D. Almost none of them do
90. How wrong is it to cheat on tests or homework?  
A. Very wrong  
B. Wrong  
C. A little bit wrong  
D. Not wrong at all

**The next 4 questions are about community service and extracurricular activities.**

91. During the past 30 days, how many times did you perform any organized community services as a non-paid volunteer, such as serving meals to the elderly, picking up litter, helping out at a hospital, or building homes for the poor?  
A. 0 times  
B. 1 time  
C. 2 or 3 times  
D. 4 or 5 times  
E. 6 or more times

92. During an average week when you are in school, how many hours do you spend in clubs or organizations (other than sports) outside of school, such as 4-H, Boys and Girls Clubs, YWCA, or YMCA?  
A. 0 hours  
B. 1 to 4 hours  
C. 5 to 8 hours  
D. 9 to 12 hours  
E. 13 to 20 hours  
F. 21 or more hours
93. Do you participate in any extracurricular activities at school such as sports, band, drama, clubs, or student government?  
A. Yes  
B. No
94. How often do you attend religious services or activities?  
A. Never  
B. Rarely  
C. 1-2 times a month  
D. About once a week or more

**These 3 questions ask about your future.**

95. How important is it to you to finish high school?  
A. Not at all important  
B. Not very important  
C. Important  
D. Very important
96. How important is it to you to go to college?  
A. Not at all important  
B. Not very important  
C. Important  
D. Very important
97. How important is it to you to be successful in a job or career?  
A. Not at all important  
B. Not very important  
C. Important  
D. Very important

**The next 3 questions ask you about health-related behaviors.**

98. When was the **last time** you saw a dentist or dental hygienist for a check-up, exam, teeth cleaning, or other dental work?
- A. during the past 12 months
  - B. between 12 and 24 months ago
  - C. more than 24 months ago
  - D. never
  - E. not sure
99. 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?
- A. During the past 12 months
  - B. Between 12 and 24 months ago
  - C. More than 24 months ago
  - D. Never
  - E. Not sure
100. How often do you wear a seatbelt when driving a car?
- A. I do not drive a car
  - B. Never wear a seatbelt
  - C. Rarely wear a seatbelt
  - D. Sometimes wear a seatbelt
  - E. Most of the time wear a seatbelt
  - F. Always wear a seatbelt

**The next questions ask about your home life.**

101. My parents ask if I've gotten my homework done.
- A. NO!
  - B. No
  - C. Yes
  - D. YES!
102. Would your parents know if you did not come home on time?
- A. NO!
  - B. No
  - C. Yes
  - D. YES!
103. When I am not at home, one of my parents knows where I am and who I am with.
- A. NO!
  - B. No
  - C. Yes
  - D. YES!

104. The rules in my family are clear.
- A. NO!
  - B. No
  - C. Yes
  - D. YES!
105. My family has clear rules about alcohol and drug use.
- A. NO!
  - B. No
  - C. Yes
  - D. YES!
106. If you drank some beer or wine or liquor without your parents' permission, would you be caught by your parents?
- A. NO!
  - B. No
  - C. Yes
  - D. YES!
107. If you skipped school, would you be caught by your parents?
- A. NO!
  - B. No
  - C. Yes
  - D. YES!
108. If you carried a handgun without your parents' permission, would you be caught by your parents?
- A. NO!
  - B. No
  - C. Yes
  - D. YES!
109. During the past 12 months, have you talked with at least one of your parents about the dangers of tobacco, alcohol, or drug use?
- A. Yes
  - B. No
  - C. Don't know or can't say
110. During the past 12 months, do you recall hearing, reading, or watching an advertisement about prevention of substance abuse?
- A. Yes
  - B. No
  - C. Don't know or can't say

**END OF SURVEY**

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