

# 2023 Youth Assessment Survey

## What colors in this document represent:

- New questions or updated sections are highlighted in teal
- Optional reproductive health and gender identity questions are in red font. School districts may choose to opt-in or opt-out of this block of questions.
- Teal highlighting and red font on this rendering of the 2023 YAS survey will not be displayed to students.

\*\*\*\*\* The YAS Survey Begins on the Following Page \*\*\*\*\*

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

**The answers you give will be kept private. No one will know how you answer. Surveys will not be tracked for individual IP addresses or responses. 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. 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.

Some of the questions in the survey are very personal and may bring up difficult emotions. If you need to talk to someone during or after the survey please contact your school social worker or another trusted adult.

Make sure to read every question. Sets of questions are randomized, so topics may not be in the order you'd expect. You may need to scroll to see all the questions on a page. Select the response for each question that **best** describes your behavior. You can only select one response. When you are finished answering the questions on each page, click the "NEXT" button. When you've completed the survey a message will be shown that says you are finished.

**Para completar esta encuesta en español, por favor haga clic "Español" en el cuadro en la esquina superior derecha.**

Thank you very much for your help.

Q1 How old are you?

- 12
- 13
- 14
- 15
- 16
- 17
- 18 or older

Q2 What is your **sex**?

- Female
- Male

Q3 In what grade are you?

- 7th grade
- 8th grade
- 9th grade
- 10th grade
- 11th grade
- 12th grade

Q4\_1 **How tall are you without your shoes on?**  
Please select your height in **feet**:

- 3
- 4
- 5
- 6
- 7

Q4\_2 Please select your height in **inches** (round to the nearest whole inch):

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11

Q5 How much do you weigh in **pounds** without your shoes on? (Round to the nearest whole pound and enter below):

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Q6 Which one of the following **best** describes your race/ethnicity?

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

**Q7 The next 5 questions are about activities while riding or driving in a car or other vehicle.**

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

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

Q8 During the past 30 days, how many times did you **drive** a car or other vehicle **when you had been drinking alcohol**?

- I did not drive a car or other vehicle in the past 30 days
- 0 times
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 or more times

Q9 During the past 30 days, how many times did you **drive** a car or other vehicle **when you had been using marijuana** (also called grass, pot, or weed)?

- I did not drive a car or other vehicle in the past 30 days
- 0 times
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 or more times

Q10 During the past 30 days, on how many days did you **text** or **e-mail** while **driving** a car or other vehicle?

- I did not drive a car or other vehicle in the past 30 days
- 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

Q11 During the past 30 days, on how many days did you **use the internet or apps on your cell phone** (such as YouTube, Instagram, Facebook, TikTok, Snapchat, or **VSCO**) while **driving** a car or other vehicle? (Do not count using your cell phone to get driving directions or to determine your location.)

- I did not drive a car or other vehicle in the past 30 days
- 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

**Q13 This section asks about your interactions with other people.**

During the past 12 months, did you **date or go out with** anyone?

- Yes
- No

**Q14 Select Yes or No for each of the next 5 questions.**

**During the past 12 months, did anyone you were dating or going out with do any of the following?**

Hit, slap or physically hurt you on purpose

- Yes
- No

Q15 Threaten you

- Yes
- No

Q16 Call you degrading names

- Yes
- No

Q17 Isolate you from family or friends

- Yes
- No

Q18 Try to control when you saw your friends

- Yes
- No

Q19 During the past 12 months, did you see someone being pushed, yelled at, or hit by a person they were dating or going out with?

- Yes
- No

**Q20 Answer Yes or No to the next 5 questions.**

**During the past 12 months, when you saw someone being pushed, yelled at, or hit by a person they were dating or going out with, what did you do?**

I did not do anything

- Yes
- No

Q21 I spoke up and asked them to stop

- Yes
- No

Q22 I asked if everything was okay

- Yes
- No

Q23 I went to find help

- Yes
- No

Q185 I did something else

- Yes
- No

Q24 If someone you were dating or going out with was pushing, yelling, or hitting you, would you want someone to find help?

- Yes
- No

**Q25 This section asks about having sex when you didn't really want to.**

During the past 12 months, have you had sexual intercourse when you didn't really want to?

- Yes
- No

**Q26 Answer Yes or No to each of the next 7 questions.**

**During the past 12 months, when you had sexual intercourse and didn't really want to, were you:**

Physically forced

- Yes
- No

Q27 Threatened

- Yes
- No

Q28 Made to feel guilty

- Yes
- No

Q29 Under the influence of alcohol or other drugs

- Yes
- No

Q30 Feeling like you had to in order to fit in with your friends

- Yes
- No

Q31 Feeling uncomfortable saying "No"

- Yes
- No

Q32\_1 Some other reason

- Yes
- No

**Q33 This section asks about being harmed at home.**

During the past 12 months have you been physically harmed on purpose in your home (where someone caused you to have a scar, black and blue marks, welts, bleeding, or a broken bone)?

- Yes
- No

**Q34 Answer Yes or No to each of the following 3 questions.**

**During the past 12 months, when you were physically harmed on purpose in your home, were you harmed by:**

A parent/guardian?

- Yes
- No

Q35 Another adult?

- Yes
- No

Q36 Someone else in your home?

- Yes
- No

Q37\_1 Thinking about your living arrangements, during the past 12 months did you ever find yourself without a place to stay? (Select one best answer)

- No, I was not without a place to stay in the past 12 months
- Yes, I ran away
- Yes, my parent/guardian kicked me out
- Yes, my family was without a place to stay
- Yes, some other reason

**Q38 This section asks about ways that other people can affect us. Bullying or harassment often includes one or more students teasing, threatening, spreading rumors about, purposely excluding, hitting, shoving, or hurting another student over and over again. It does not mean when two students of about the same strength or power, argue or fight or tease each other in a friendly way.** During the past 12 months, have you been bullied or harassed?

- Yes
- No

**Q39 Answer Yes or No to each of the next 5 questions.**

**During the past 12 months, where have you been bullied or harassed?**

On school property (at school, school athletic event, after school club, etc.)

- Yes
- No

Q40 On the way to or from school (bus, walking, carpool, etc.)

- Yes
- No

Q41 Electronically, such as through texting, Instagram, Facebook, Snapchat, or other social media

- Yes
- No

Q43 Somewhere else

- Yes
- No

Q44 During the past 30 days, on how many days did you **not** go to school because you felt unsafe at school or on your way to or from school?

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

Q51 Have you ever been forced to work or do something illegal by someone who got money or something of value for what you did?

- Yes
- No

Q50 Have you ever been given money, a place to stay, food, or something else of value in exchange for sex?

- Yes
- No

**Q46 This section is about the sending or receiving of sexual words, pictures, or videos via technology.**

**Answer Yes or No to each of the next 4 questions.**

**During the past 12 months, have you participated in any of the following?**

Sent a sexually suggestive message by text, email, instant message, social network, etc.

- Yes
- No

**Q47 Sent or posted a naked or semi-naked photo or video of yourself by text, email, social profile, website, blog, etc.**

- Yes
- No

**Q48 Shared with someone a sexually suggestive message that was sent to you by someone else**

- Yes
- No

**Q49 Shared with someone a naked or semi-naked photo or video that was sent to you by someone else**

- Yes
- No

**Q52 The next four 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.** During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more in a row** that you stopped doing some usual activities?

- Yes
- No

**Q53 During the past 12 months, did you ever seriously think about attempting suicide?**

- Yes
- No

**Q54 During the past 12 months, did you make a plan about how you would attempt suicide?**

- Yes
- No

**Q55 During the past 12 months, how many times did you attempt suicide?**

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



**Q56 This section is about cigarettes, tobacco and other products containing nicotine.**

If you have ever smoked a cigarette, how old were you when you smoked a whole cigarette for the first time?

- I have never smoked a whole cigarette
- 8 years old or younger
- 9 or 10 years old
- 11 or 12 years old
- 13 or 14 years old
- 15 or 16 years old
- 17 years old or older

**Q57** During the past 30 days, on how many days did you smoke cigarettes?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

**Q58** If you wanted to get some cigarettes, how easy would it be for you to get some?

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

**Q59 Answer Yes or No to each of the following 7 questions.**

**Thinking about cigarettes, in the past year have you ever:**

Bought cigarettes from a grocery store, gas station, convenience store, or discount store

- Yes
- No

**Q60** Given money to a legal age person (21+) to buy cigarettes for you

- Yes
- No

**Q61** Stolen cigarettes from a store

- Yes
- No

**Q62** Taken cigarettes from your home or a friend's home without permission

- Yes
- No

**Q63** Been given cigarettes by your parent/guardian or a friend's parent/guardian

- Yes
- No

**Q64** Been given cigarettes by an underage friend

- Yes
- No

**Q65** Been given cigarettes by a legal aged (21+) person

- Yes
- No

**Q70 The next questions ask about other types of products containing nicotine.**

During the past 30 days, on how many days did you use **chewing tobacco, snuff, dip, or dissolvable tobacco products**, such as Copenhagen, Grizzly, Skoal, or Camel Snus? (Do not count any electronic vapor products.)

- 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

**Q71 During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?**

- 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

**Q66 During the past 12 months, did you ever try to quit using all nicotine products, including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products?**

- I did not use any nicotine products during the past 12 months
- Yes
- No

**Q67 The next questions ask about electronic vapor products, such as JUUL, Vuse, MarkTen, or blu. Electronic vapor products include e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens.**

If you have ever used an electronic vapor product, how old were you when you **first** used it?

- I have never used an electronic vapor product
- 8 years old or younger
- 9 or 10 years old
- 11 or 12 years old
- 13 or 14 years old
- 15 or 16 years old
- 17 years old or older

**Q68 During the past 30 days, on how many days did you use an electronic vapor product?**

- 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

**Q186 Answer Yes or No to each of the following 7 questions.**

**Thinking about electronic vapor products, in the past year have you ever:**

Bought an electronic vapor product from a store such as a convenience store, supermarket, discount store, gas station, or vape store

- Yes
- No

Q187 Gotten an electronic vapor product on the Internet

- Yes
- No

Q188 Given someone else money to buy an electronic vapor product for you

- Yes
- No

Q189 Borrowed an electronic vapor product from someone else

- Yes
- No

Q190 Been given an electronic vapor product by someone who can legally buy these products

- Yes
- No

Q191 Taken an electronic vapor product from a store or another person

- Yes
- No

Q192 Been given an electronic vapor product by your parent/guardian or a friend's parent/guardian

- Yes
- No

**This section is 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. One drink is equal to:**

Q72 If you have ever drank alcohol, how old were when you had your **first** drink of alcohol?

- I have never had a drink of alcohol other than a few sips
- 8 years old or younger
- 9 or 10 years old
- 11 or 12 years old
- 13 or 14 years old
- 15 or 16 years old
- 17 years old or older

Q73 During the past 30 days, on how many days did you have at least one drink of alcohol?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

Q74 During the past 30 days, on how many days did you have **five or more** drinks of alcohol within a couple of hours?

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

Q75 If you wanted to get some alcohol, how easy would it be for you to get some?

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

**Q76 Answer Yes or No to each of the following 9 questions.**

**Thinking about alcohol, in the past year have you ever:**

Bought alcohol from a store

- Yes
- No

Q77 Bought alcohol from a restaurant or bar

- Yes
- No

Q78 Bought alcohol with an ID other than yours

- Yes
- No

Q79 Given money to a legal age (21+) friend or family member to buy alcohol for you

- Yes
- No

Q80 Stolen alcohol from a store

- Yes
- No

Q81 Taken alcohol from your home or a friend's home without permission

- Yes
- No

Q82 Been given alcohol by your parent/guardian or a friend's parent/guardian

- Yes
- No

Q84 Been given alcohol by a legal age (21+) person

- Yes
- No

Q85 Attended a party where alcohol was available

- Yes
- No

**Q86 This section asks about marijuana use. Marijuana is also called pot, weed, or cannabis.**

If you have ever used marijuana, how old were you when you used marijuana for the **first** time?

- I have never used marijuana
- 8 years old or younger
- 9 or 10 years old
- 11 or 12 years old
- 13 or 14 years old
- 15 or 16 years old
- 17 years old or older

Q87 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

Q88 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

Q217 Answer Yes or No to each of the following 4 questions.

In the past year, have you:  
Bought marijuana from a store (dispensary)?

- Yes
- No

Q218 Bought marijuana with an ID other than yours?

- Yes
- No

Q219 Been given marijuana by your parent/guardian or a friend's parent/guardian?

- Yes
- No

Q220 Been given marijuana by a legal aged (21+) person?

- Yes
- No

**Q89 This section asks about using over the counter drugs only for the experience or feeling they cause and not for their intended medicinal purpose (such as cold medicine or other medicine that can be bought at a store).**

If you have ever used an over the counter drug *only for the experience or feeling that it caused*, how old were you when you **first** used it?

- I have never used an over the counter drug to get high
- 8 years old or younger
- 9 or 10 years old
- 11 or 12 years old
- 13 or 14 years old
- 15 or 16 years old
- 17 years old or older

Q90 During the past 30 days, how many times did you use an over the counter drug only for the *experience or feeling that it caused*?

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

Q91 **The next several questions ask about the use of prescription drugs without a doctor's prescription (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax).**

If you have ever used a **prescription drug** *without a doctor's prescription*, how old were you when you **first** used one?

- I have never used a prescription drug that was not prescribed for me
- 8 years old or younger
- 9 or 10 years old
- 11 or 12 years old
- 13 or 14 years old
- 15 or 16 years old
- 17 years old or older

Q92 **Answer Yes or No to each of the following 3 questions.**

**During the past 30 days, have you used any of the following *without a doctor's prescription*:**

Prescription sedatives or tranquilizers such as Valium, Xanax, or Restoril

- Yes
- No

Q93 Prescription pain relievers such a codeine, Vicodin, OxyContin, Hydrocodone, or Percocet

- Yes
- No

Q94 Prescription stimulants such as Ritalin, Adderall, or Fastin

- Yes
- No

Q95 If you wanted to get some prescription drugs *without a doctor's prescription*, how easy would it be for you to get some?

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

Q96 **Answer Yes or No to each of the following 5 questions.**

**Referring to prescription drugs not prescribed for you, in the past year have you:**

Bought them from a friend/peer

- Yes
- No

Q97 Taken them from your home

- Yes
- No

Q98 Taken them from your grandparents

- Yes
- No

Q99 Taken them from a friend

- Yes
- No

Q100 Taken them from a friend's home

- Yes
- No

Q101 Attended a party where they were available

- Yes
- No

**Q102 This section of questions asks about a variety of other drugs.**

If you have ever used an inhalant (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any other gases or sprays) to get high, how old were you the first time you used an inhalant?

- I have never used inhalants
- 8 years old or younger
- 9 or 10 years old
- 11 or 12 years old
- 13 or 14 years old
- 15 or 16 years old
- 17 years old or older

Q103 During the past 30 days, how many times have you used an inhalant (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any other gases or sprays) in order *to get high*?

- 0 times
- 1 or 2 times
- 3 to 5 times
- 6 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 or more times

Q109 During the past 30 days, how many times have you used a hallucinogen (also called LSD, PCP, shrooms, or acid)?

- 0 times
- 1 or 2 times
- 3 to 5 times
- 6 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 or more times

Q222 During the past 30 days, on how many days did you use a needle to inject any illegal drug into your body?

- 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

Q110 If you wanted to get a drug like cocaine, LSD, heroin, or methamphetamine, how easy would it be for you to get some?

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

Q104 Answer Yes or No to each of the following 5 questions.

**Have you ever used:**

Cocaine in any form (including powder, crack, or freebase)?

- Yes
- No

Q105 Heroin (also called smack, junk, or China White)?

- Yes
- No

Q106 Methamphetamine (also called meth, speed, crystal meth, crank, or ice)?

- Yes
- No

Q107 Ecstasy (also called Molly or MDMA)?

- Yes
- No

Q108 Hallucinogens (also called LSD, PCP, shrooms, or acid)?

- Yes
- No

Q111 The following questions ask about how you and others feel about tobacco, alcohol and other drugs.

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

Use an over the counter drug only for the experience or feeling that it causes

- No risk
- Slight risk
- Moderate risk
- Great risk
- Can't say/Drug unfamiliar

Q112

Use a prescription drug not prescribed for them

- No risk
- Slight risk
- Moderate risk
- Great risk
- Can't say/Drug unfamiliar



Q113

Try marijuana once or twice

- No risk
- Slight risk
- Moderate risk
- Great risk
- Can't say/Drug unfamiliar

Q114

Have five or more alcoholic drinks once or twice a week

- No risk
- Slight risk
- Moderate risk
- Great risk
- Can't say/Drug unfamiliar

Q115

Smoke marijuana once or twice a week

- No risk
- Slight risk
- Moderate risk
- Great risk
- Can't say/Drug unfamiliar

Q116

Have one or two alcoholic drinks nearly every day

- No risk
- Slight risk
- Moderate risk
- Great risk
- Can't say/Drug unfamiliar

Q117

Smoke one or more packs of cigarettes every day

- No risk
- Slight risk
- Moderate risk
- Great risk
- Can't say/Drug unfamiliar

Q118

Use electronic vapor products or e-cigarettes (such as JUUL, Vuse, MarkTen, or blu)

- No risk
- Slight risk
- Moderate risk
- Great risk
- Can't say/Drug unfamiliar

Q221 Use methamphetamine (meth, crank, ice, chalk, fire or glass)

- No risk
- Slight risk
- Moderate risk
- Great risk
- Can't say/Drug unfamiliar

Q119 **How wrong does your parent/guardian feel it would be for you to:** Smoke cigarettes

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

Q120

Drink beer, wine, or hard liquor regularly

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

Q121

Have one or two alcoholic drinks every day

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

Q122

Smoke marijuana

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

Q123

Use prescription drugs not prescribed for you

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

Q194

Use electronic vapor products or e-cigarettes (such as JUUL, Vuse, MarkTen, or blu)

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

Q124

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

Smoke cigarettes

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

Q125

Have one or two drinks of an alcoholic beverage every day

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

Q126

Use prescription drugs not prescribed for you

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

Q127

Use marijuana

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

Q195

Use electronic vapor products or e-cigarettes (such as JUUL, Vuse, MarkTen, or blu)

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

Q128 What percentage (%) of the students in your grade do you think have had some kind of alcoholic beverage in the past 30 days

- 0% to 20%
- 21% to 40%
- 41% to 60%
- 61% to 80%
- 81% to 100%

Q129 What percentage (%) of the students in your grade do you think have used marijuana in the past 30 days

- 0% to 20%
- 21% to 40%
- 41% to 60%
- 61% to 80%
- 81% to 100%

**This section of questions asks about things related to sexual behavior.**

**The first few questions ask about pornography. Often called porn, it consists of images or video showing the genitals (parts of the body that would be covered by a bathing suit) or people engaged in sexual behavior, with the purpose of arousing the viewer. Internet pornography refers to pornography that is viewed electronically such as on the web or through an app.**

Q198 What percentage of the students in your grade do you think saw or accessed internet pornography in the past 30 days?

- None (0%)
- Few (1-10%)
- Some (11-30%)
- Half or less (31-50%)
- Half or more (51-70%)
- Most (71-90%)
- Almost all (91-100%)

Q196 At what age did you **first** see or access internet pornography?

- I have never seen or accessed internet pornography
- 8 years old or younger
- 9 or 10 years old
- 11 or 12 years old
- 13 or 14 years old
- 15 or 16 years old
- 17 years old or older

Q197 During the past 30 days, how many times have you seen or accessed internet pornography?

- Never
- Once or twice
- Weekly
- A couple days per week
- Daily

Q130 Has a parent/guardian or other adult in your family ever talked with you about what they expect you to do or not to do when it comes to sex?

- Yes
- No

Q131 How wrong does your parent/guardian feel it would be for you to have sexual intercourse?

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

Q132 How much do you agree or disagree with the statement "There are consequences (physical, emotional, or other) when someone my age has sexual intercourse"?

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

Q133 How much do you agree or disagree with the statement "There are consequences (physical, emotional, or other) when someone my age has oral sex"?

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

Q204 Which of the following best describes you?

- Heterosexual (straight)
- Gay or Lesbian
- Bisexual
- I describe my sexual identity some other way
- I am not sure about my sexual identity (questioning)
- I do not know what this question is asking

Q224 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?

- No, I am not transgender
- Yes, I am transgender
- I am not sure if I am transgender
- I do not know what this question is asking

Q135 If you have ever had sexual intercourse, how old were you when you had sexual intercourse for the first time?

- I have never had sexual intercourse
- 11 years old or younger
- 12 years old
- 13 years old
- 14 years old
- 15 years old
- 16 years old
- 17 years old
- 18 years old or older

Q136 During your life, with how many people have you had sexual intercourse?

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

Q137 During the past 3 months, with how many people did you have sexual intercourse?

- I have never had sexual intercourse
- I have had sexual intercourse, but not during the past 3 months
- 1 person
- 2 people
- 3 people
- 4 people
- 5 people
- 6 or more people

Q138 During the past 12 months, have you ever been tested for any sexually transmitted diseases?

- Yes
- No

Q139 Did you drink alcohol or use drugs before you had sexual intercourse the **last time**?

- I have never had sexual intercourse
- Yes
- No

Q140 The **last time** you had sexual intercourse, did you or your partner use a condom?

- I have never had sexual intercourse
- Yes
- No

Q141 The **last time** you had sexual intercourse with an opposite sex partner, what **one** method (if any) did you or your partner use to **prevent pregnancy**?

- I have never had sexual intercourse with an opposite sex partner
- No method was used to prevent pregnancy
- Birth control pills
- Condoms
- An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)
- A shot (Such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)
- Withdrawal or some other method
- Not sure

Q142 This section asks about your body, what you eat and drink, and your physical activity.

How would you describe your weight?

- Very underweight
- Slightly underweight
- About the right weight
- Slightly overweight
- Very overweight

Q143 Which of the following are you trying to do about your weight?

- I am not trying to do anything about my weight
- Lose weight
- Gain weight
- Stay the same weight

Q144 Answer Yes or No to each of the following 5 questions.

During the past 30 days, have you done any of

the following to lose weight or to keep from gaining weight? Exercise

- Yes
- No

Q145 Eat less food, fewer calories, or foods low in fat

- Yes
- No

Q146 Go without eating for 24 hours or more

- Yes
- No

Q147 Take diet pills, powders, or liquids without a doctor's advice

- Yes
- No

Q148 Vomit or take laxatives

- Yes
- No

**Q149** The next several questions ask about food you usually eat or drink.

Think about all the meals and snacks you eat from the time you get up until you go to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.

On an average day, how many cups of **fruit** do you eat (including 100% fruit juice)? Example: 1 cup = a medium apple, an 8-inch banana, 12 grapes, or 8 ounces of juice

- I do not usually eat fruit
- 1 cup
- 2 cups
- 3 cups
- 4 cups
- 5 cups
- 6 cups or more

**Q150** On an average day, how many cups of **vegetables** do you eat? Example: 1 cup = a small potato, an 8-inch corn cob, or 12 baby carrots

- I do not usually eat vegetables
- 1 cup
- 2 cups
- 3 cups
- 4 cups
- 5 cups
- 6 cups or more

**Q151** During the past 7 days, how many times did you drink a **can, bottle, or glass of soda or pop**, such as Coke, Pepsi, or Sprite? (Do **not** count diet soda or diet pop.)

- I did not drink soda or pop during the past 7 days
- Less than 1 time per day
- 1 time per day
- 2 times per day
- 3 times per day
- 4 or more times per day

**Q152** During the past 7 days, how many times did you drink a **can, bottle, or glass of an energy drink**, such as Red Bull or Jolt? (Do **not** count diet energy drinks or sport drinks such as Gatorade or Powerade.)

- I did not drink energy drinks during the past 7 days
- Less than 1 time per day
- 1 time per day
- 2 times per day
- 3 times per day
- 4 or more times per day

**Q153** During the past 30 days, how often did you go hungry because there was not enough food in your home?

- Never
- Rarely
- Sometimes
- Most of the time
- Always

**Q154 The next set of questions asks about physical activity.**

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.)

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

**Q155** During the past 7 days, on how many days did you do exercises to **strengthen or tone your muscles**, such as push-ups, sit-ups, gymnastics, or weight lifting?

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

**Q156** On an average day, how many hours do you watch TV, play video or computer games, or use a computer for something that is not school work? (Count time spent on things such as texting, Xbox, PlayStation, an iPad or other tablet, a smartphone, YouTube, Instagram, Snapchat, **VSCO**, or other social media.)

- I do not use any of these devices, except for school-related work
- Less than 1 hour per day
- 1 hour per day
- 2 hours per day
- 3 hours per day
- 4 hours per day
- 5 or more hours per day

**Q157** On an average school night, how many hours of sleep do you get?

- 4 or less hours
- 5 hours
- 6 hours
- 7 hours
- 8 hours
- 9 hours
- 10 or more hours

**The next set of questions asks about your home and family.**

**Select the big “NO!” if you think the statement is definitely not true for you. Select the little “no” if you think the statement is mostly not true for you. Select the little “yes” if you think the statement is mostly true for you. Select the big “YES!” if you think the statement is definitely true for you.**



Q158 People in my family often insult or yell at each other

- NO!
- no
- yes
- YES!

Q159 We argue about the same things in my family over and over again

- NO!
- no
- yes
- YES!

Q160 People in my family have serious arguments

- NO!
- no
- yes
- YES!

Q161 My parent/guardian asks if I've gotten my homework done

- NO!
- no
- yes
- YES!

Q162 My parent/guardian wants me to call **or text** if I'm going to be late getting home

- NO!
- no
- yes
- YES!

Q163 When I am not at home, my parent/guardian knows where I am and who I am with

- NO!
- no
- yes
- YES!

Q164 The rules in my family are clear

- NO!
- no
- yes
- YES!

Q165 My family has clear rules about alcohol and drug use

- NO!
- no
- yes
- YES!

Q166 Would your parent/guardian know if you did not come home on time?

- NO!
- no
- yes
- YES!

Q167 My parent/guardian gives me lots of chances to do fun things with them

- NO!
- no
- yes
- YES!

Q168 My parent/guardian asks me what I think before most family decisions affecting me are made

- NO!
- no
- yes
- YES!

Q169 If I had a personal problem, I could ask my parent/guardian for help

- NO!
- no
- yes
- YES!

**Q175 This section asks about extracurricular activities.**

**Answer Yes or No to each of the following 8 questions.**

**During the past 12 months, have you participated in the following:**

Volunteer opportunity

- Yes
- No

Q176 School or community club (Scouts, 4-H, debate, Junior Achievement, etc.)

- Yes
- No

Q177 Team sports (football, basketball, swimming, track, gymnastics, etc.)

- Yes
- No

Q178 Non-team sports (running, cycling, martial arts, archery, etc.)

- Yes
- No

Q179 Art/music/theater/dance

- Yes
- No

Q180 Part-time job

- Yes
- No

Q181 Faith-based group or activity

- Yes
- No

Q182 Leadership activities (student council, advisory committees, etc.)

- Yes
- No

Q193 The following question asks about gambling. "Gambling" refers to any kind of wager or bet where someone is betting something and the outcome could result in either a loss or a payout.

During the past 30 days, did you make bets or gamble? (Select one best answer)

- I did not make bets or gamble in the past 30 days
- I bet on sporting events
- I bet on card games
- I gambled on the Internet
- I bet on both sporting events and card games
- I bet on sporting events and gambled on the Internet
- I bet on card games and gambled on the Internet
- I bet on both sporting events and card games and gambled on the Internet

Q199 The next question asks about stress. Stress is often described as a feeling of being overwhelmed, worried or run-down. Stress can affect people of all ages, genders and circumstances. On a scale of 1 to 10, where 1 means you have *little or no stress* and 10 means you have a *great deal of stress*, how would you rate your average level of stress during the past 30 days? (slide the circle on the bar to the level you typically feel)

Little to none    A great deal

1 2 3 4 5 6 7 8 9 10



Q223 What do you think are the top 3 health concerns that teens face today?

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Q225 During the past 12 months, did you receive counseling or therapy from a mental health professional such as psychiatrist, psychologist, psychiatric nurse, or clinical social worker?

- Yes
- No

Q226 The next question asks about social media, such as Instagram, Tik Tok, Snapchat, and VSCO.

How often do you use social media?

- I do not use social media
- A few times a month
- About once a week
- A few times a week
- About once a day
- Several times a day
- About once an hour
- More than once an hour