

Middle School

Fall 2016

MARYLAND

Youth Tobacco and Risk Behavior Survey

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

DO NOT WRITE YOUR NAME ON THIS SURVEY BOOKLET OR 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 ovals completely. When you are finished, follow the instructions of the person giving you the survey.

Thank you very much for your help.

Directions

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

1. How old are you?
 - A. 10 years old or younger
 - B. 11 years old
 - C. 12 years old
 - D. 13 years old
 - E. 14 years old
 - F. 15 years old
 - G. 16 years old or older
2. What is your sex?
 - A. Female
 - B. Male
3. In what grade are you?
 - A. 6th grade
 - B. 7th grade
 - C. 8th grade
 - D. Ungraded or other grade
4. Are you Hispanic or Latino?
 - A. Yes
 - B. No
5. What is your race? (**Select one or more responses.**)
 - A. American Indian or Alaska Native
 - B. Asian
 - C. Black or African American
 - D. Native Hawaiian or Other Pacific Islander
 - E. White
6. Do your parents or guardians own or rent the home or place where you are living now?
 - A. They own the home or place where I live
 - B. They rent the home or place where I live
 - C. They have some other arrangement
 - D. Not sure

The next 5 questions ask about safety

7. **When you ride a bicycle**, how often did you wear a helmet?
- A. I do not ride a bicycle
 - B. Never wear a helmet
 - C. Rarely wear a helmet
 - D. Sometimes wear a helmet
 - E. Most of the time wear a helmet
 - F. Always wear a helmet
8. **When you rollerblade or ride a skateboard**, how often do you wear a helmet?
- A. I do not rollerblade or ride a skateboard
 - B. Never wear a helmet
 - C. Rarely wear a helmet
 - D. Sometimes wear a helmet
 - E. Most of the time wear a helmet
 - F. Always wear a helmet
9. How often do you wear a seatbelt when **riding** in a car?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
10. Have you ever ridden in a car driven by someone who had been drinking alcohol?
- A. Yes
 - B. No
 - C. Not sure
11. Have you ever ridden in a car driven by someone who was texting while they were driving the car?
- A. Yes
 - B. No
 - C. Not sure

The next 6 questions ask about violence-related behaviors

12. Have you ever carried a **weapon**, such as a gun, knife, or club?
- A. Yes
 - B. No
 - C. Not sure

13. Have you ever been in a physical fight?
- A. Yes
 - B. No
14. Has anyone you **ever dated** or gone out with **physically hurt you** on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)
- A. Yes
 - B. No
 - C. Not sure
15. Has anyone you **ever dated** or gone out with **forced 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.)
- A. Yes
 - B. No
 - C. Not sure
16. Has **anyone** you were **not then dating** or going out with, **ever forced you** to do sexual things that you did not want to do, regardless? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)
- A. Yes
 - B. No
 - C. Not sure
17. Have you **ever** been physically forced to have sexual intercourse when you did not want to?
- A. Yes
 - B. No

The next 2 questions ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 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**?
- A. Yes
 - B. No
19. During the past 12 months, have you ever been **electronically** bullied? (Count being bullied through e-mail, chat rooms, instant messaging, websites, or texting.)

- A. Yes
- B. No

The next 4 questions ask about attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide or killing themselves.

- 20. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?
 - A. Yes
 - B. No
- 21. Have you ever **seriously** thought about killing yourself?
 - A. Yes
 - B. No
- 22. Have you ever made a **plan** about how you would kill yourself?
 - A. Yes
 - B. No
- 23. Have you ever **tried** to kill yourself?
 - A. Yes
 - B. No

The next 3 questions ask about any tobacco use. This could include cigarettes, smokeless tobacco, cigars, or any other product that includes tobacco.

- 24. During the past 12 months, did you try or use tobacco products for the first time?
 - A. Yes
 - B. No
- 25. During the past 12 months, did you completely quit using all tobacco products?
 - A. I did not use any tobacco products during the past 12 months
 - B. Yes, I completely quit using all tobacco products during the past 12 months
 - C. No, I did not completely quit using all tobacco products during the past 12 months
- 26. During the past 30 days, which flavored tobacco products (such as fruit-, candy-, or alcohol-flavored tobacco products) did you use? (Do **not** count menthol cigarettes.)
 - A. I **did not use** any flavored tobacco products during the past 30 days
 - B. **Only** flavored **cigars**, cigarillos, or little cigars

- C. **Only** flavored **smokeless** tobacco products
- D. **Both** flavored cigar products and flavored smokeless tobacco products

The next 10 questions ask about cigarette use.

- 27. Do you think you will smoke a cigarette, cigar, cigarillo, or little cigar in the next year?
 - A. Definitely yes
 - B. Probably yes
 - C. Probably not
 - D. Definitely not

- 28. Have you ever tried cigarette smoking, even one or two puffs?
 - A. Yes
 - B. No

- 29. How old were you when you **first** tied cigarette smoking, even one or two puffs?
 - A. I have never tried cigarette smoking, not even one or two puffs
 - B. 8 years old or younger
 - C. 9 years old
 - D. 10 years old
 - E. 11 years old
 - F. 12 years old
 - G. 13 years old or older

- 30. How old were you when you smoked a **whole** cigarette for the first time?
 - A. I have never smoked a whole cigarette
 - B. 8 years old or younger
 - C. 9 years old
 - D. 10 years old
 - E. 11 years old
 - F. 12 years old
 - G. 13 years old or older

- 31. During the past 30 days, 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

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32. 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
33. Menthol cigarettes are cigarettes that taste like mint. During the past 30 days, were the cigarettes that you usually smoked menthol?
- A. I did not smoke cigarettes during the past 30 days
 - B. Yes
 - C. No
 - D. Not sure
34. 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 got them on the Internet
 - 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
35. **When you bought or tried to buy cigarettes** at a store during the past 30 days, were you ever asked to show proof of age?
- A. I did not try to buy cigarettes in a store during the past 30 days
 - B. Yes, I was asked to show proof of age
 - C. No, I was not asked to show proof of age
36. During the past 30 days, did anyone refuse to sell you cigarettes because of your age?
- A. I did not try to buy cigarettes during the past 30 days
 - B. Yes
 - C. No

The next question asks only about smokeless tobacco use.

37. During the past 30 days, on how many days did you 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?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days

The next question asks only about cigar use.

38. During the past 30 days, on how many days did you smoke **cigars, cigarillos, or little cigars**?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days

The next 4 questions ask about electronic vapor products, such as blu, NJOY, or Starbuzz. Electronic vapor products include e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens.

39. Have you ever used an electronic vapor product?
- A. Yes
 - B. No
40. During the past 30 days, on how many days did you use an electronic vapor product?
- 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
41. What kind of flavoring do you **usually** use with an electronic vapor product?
- A. I have never used an electronic vapor product
 - B. Tobacco flavor
 - C. Fruit flavor, such as grape, peach, or apple
 - D. Candy flavor, such as chocolate
 - E. Spice flavor, such as vanilla or cinnamon
 - F. Alcoholic beverage flavor
 - G. Menthol, mint, or wintergreen flavor
 - H. Some other flavor
42. During the past 30 days, how did you **usually** get your own electronic vapor products? (Select only **one** response.)
- 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, or gas station
 - C. I got them on the Internet
 - D. I gave someone else money to buy them for me
 - E. I asked someone to give them to me
 - 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

The next 3 questions ask about secondhand smoke.

43. Does anyone who lives with you know smoke cigarettes or cigars?
- A. Yes
 - B. No
44. Inside your home (not counting decks, garages, or porches) is smoking...
- A. Always allowed
 - B. Allowed only at some time or in some places
 - C. Never allowed
45. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days

- G. 6 days
- H. 7 days

The next 3 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 for religious purposes.

- 46. Have you ever had a drink of alcohol, other than a few sips?
 - A. Yes
 - B. No

- 47. How old were you when you had your first drink of alcohol other than a few sips?
 - A. I have never had a drink of alcohol other than a few sips
 - B. 8 years old or younger
 - C. 9 years old
 - D. 10 years old
 - E. 11 years old
 - F. 12 years old
 - G. 13 years old or older

- 48. 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

The next 3 questions ask about marijuana use. Marijuana is also called grass or pot.

- 49. Have you ever used marijuana?
 - A. Yes
 - B. No

- 50. How old were you when you tried marijuana for the first time?
 - A. I have never tried marijuana
 - B. 8 years old or younger
 - C. 9 years old
 - D. 10 years old
 - E. 11 years old

- F. 12 years old
- G. 13 years old or older

51. During the past 30 days, how many times did you use marijuana?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times

The next 5 questions ask about other drugs

52. Have you ever used **any** form of cocaine, including powder, crack, or freebase?
- A. Yes
 - B. No
53. Have you ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high?
- A. Yes
 - B. No
54. Have you ever taken **steroid pills or shots** without a doctor's prescription?
- A. Yes
 - B. No
55. Have you ever taken a **prescription pain medicine** without a doctor's prescription or differently than how a doctor told you to use it? (Count such drugs as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet.)
- A. Yes
 - B. No
56. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?
- A. Yes
 - B. No

The next 4 questions ask about sexual behavior

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

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

The next question asks about body weight

61. How do **you** describe your weight?
- A. Very underweight
 - B. Slightly underweight
 - C. About the right weight
 - D. Slightly overweight
 - E. Very overweight
62. Which of the following are you trying to do about your weight?
- A. **Lose** weight
 - B. **Gain** weight
 - C. **Stay** the same weight
 - D. I am **not trying to do anything** about my weight

The next question is about eating breakfast.

63. During the past 7 days, on how many days did you eat breakfast?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days

The next 5 questions ask about physical activity

64. 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 spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days
65. On an average school day, how many hours do you watch TV?
- A. I do not watch TV on an average school day
 - B. Less than 1 hour per day
 - C. 1 hour per day
 - D. 2 hours per day
 - E. 3 hours per day
 - F. 4 hours per day
 - G. 5 or more hours per day

66. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Count time spent on things such as Xbox, PlayStation, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the Internet.)
- A. I do not play video or computer games or use a computer for something that is not school work
 - B. Less than 1 hour per day
 - C. 1 hour per day
 - D. 2 hours per day
 - E. 3 hours per day
 - F. 4 hours per day
 - G. 5 or more hours per day
67. In an average week when you are in school, on how many days do you go to physical education (PE) classes?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
68. During the past 12 months, on how many sports teams did you play? (Count any teams run by your school or community groups.)
- A. 0 teams
 - B. 1 team
 - C. 2 teams
 - D. 3 or more teams

The next question asks about concussions. A concussion is when a blow or jolt to the head causes problems such as headaches, dizziness, being dazed or confused, difficulty remembering or concentrating, vomiting, blurred vision, or being knocked out.

69. During the past 12 months, how many times did you have a concussion **from playing a sport or being physically active?**
- A. 0 times
 - B. 1 time
 - C. 2 times
 - D. 3 times
 - E. 4 or more times

The next 2 questions ask about other health-related topics

70. When was the last time you saw a dentist 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
71. Has a doctor or a nurse ever told you that you have asthma?
- A. Yes
 - B. No
 - C. Not sure
72. On an average school night, how many hours of sleep do you get?
- A. 4 or less hours
 - B. 5 hours
 - C. 6 hours
 - D. 7 hours
 - E. 8 hours
 - F. 9 hours
 - G. 10 or more hours
73. During the last school year, were you taught in any of your classes about the dangers of tobacco use?
- A. Yes
 - B. No
 - C. Not sure

The next 2 questions ask about your attitudes and beliefs about tobacco use

74. Do you think young people who smoke have more friends?
- A. Definitely yes
 - B. Probably yes
 - C. Probably not
 - D. Definitely not
75. Do you think smoking makes young people look cool or fit in?
- A. Definitely yes
 - B. Probably yes

- C. Probably not
- D. Definitely not

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The next 2 questions ask about your attitudes and beliefs about drinking alcohol

76. How do you feel about someone your age having one or two drinks of an alcoholic beverage nearly every day?
- A. Strongly approve
 - B. Somewhat approve
 - C. Neither approve nor disapprove
 - D. Somewhat disapprove
 - E. Strongly disapprove
77. How wrong do your parents feel it would be for you to drink beer, wine, or hard liquor (such as vodka, whiskey, or gin) at least once or twice a month?
- A. Very wrong
 - B. Wrong
 - C. A little wrong
 - D. Not at all wrong
 - E. Strongly disapprove
78. How much do people risk harming themselves (physically and in other ways) if they have one or two drinks of alcohol (beer, wine, or liquor) nearly every day?
- A. No risk
 - B. Slight risk
 - C. Moderate risk
 - D. Great risk
79. How much do people risk harming themselves (physically and in other ways) if they have five or more drinks of alcohol (beer, wine, or liquor) once or twice a week?
- A. No risk
 - B. Slight risk
 - C. Moderate risk
 - D. Great risk

The next 4 questions ask about whether adults are available to talk to you when you need to.

80. Outside of school, is there an adult you can talk to about things that are important to you?
- A. Yes
 - B. No

81. Besides your parents, how many adults would you feel comfortable seeking help from if you had an important question affecting your life?
- A. 0 adults
 - B. 1 adult
 - C. 2 adults
 - D. 3 adults
 - E. 4 adults
 - F. 5 or more adults
82. During the past 12 months, did you talk to a teacher or other adults in your school about a personal problem you had?
- A. Yes
 - B. No
83. Do you agree or disagree that your teachers really care about you and give you a lot of encouragement?
- A. Strongly agree
 - B. Agree
 - C. Not sure
 - D. Disagree
 - E. Strongly agree

The next question is about your participation in activities outside the classroom at school (extracurricular activities) and your grades.

84. Do you participate in any extracurricular activities at school such as sports, band, drama, clubs, or student government?
- A. Yes
 - B. No
85. During the past 12 months, how would you describe your grades in school?
- 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

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