

2009 Youth Risk Behavior Survey

Winston-Salem
Forsyth County
Middle Schools



ROTHENBACH

RESEARCH and CONSULTING, LLC

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Methodology

This survey was administered by the Forsyth County Department of Public Health. All together, 1,611 Winston-Salem/Forsyth County (WSFCS) Middle School students in grades 6 through 8 participated in the survey. The data were collected in the spring of 2009. Rothenbach Research and Consulting, LLC, prepared this report.

Introduction

Among youth and young adults in the United States, nearly three quarters of all deaths are caused by motor vehicle accidents, unintentional injuries, homicide, or suicide. This age group also experiences health problems and social problems resulting from teenage pregnancies and sexually transmitted diseases. Among adults, nearly two thirds of deaths are linked to either cardiovascular diseases or cancer.

These leading causes of morbidity and mortality are related to five categories of youth behavior: (1) alcohol, tobacco, and other drug (ATOD) use; (2) behaviors that lead to unintentional injuries; (3) sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases; (4) poor nutrition; and (5) low levels of physical activity. The Youth Risk Behavior Survey (YRBS) was developed by the United States Centers for Disease Control and Prevention (CDC) to monitor these behaviors among middle school and high school students. The data collected across these five behavioral areas can help schools, government agencies, and community organizations develop health programs and drug abuse and violence prevention plans. Follow-up waves of YRBS data can be used to monitor progress toward meeting program benchmarks.

Administration Procedures

Classes were randomly selected to participate in the survey. The survey was administered in each classroom by trained facilitators. Facilitators were primarily staff members of the Forsyth County Department of Public Health. Each facilitator received an appropriate number of survey booklets. With a total of 72 questions, the booklet was short enough to allow the survey to be easily completed in one class period.

Students were asked to complete the survey but were also told that participation is voluntary. Furthermore, students were told that they could skip any question that they were not comfortable answering. Both the facilitator and the written instructions on the front of the booklet assured students that the survey was anonymous and confidential. Student names were not recorded as part of the survey process. Appropriate procedures were implemented for obtaining permission from parents for student participation.

Data Quality

CDC's guidelines for ensuring the quality of YRBS data were implemented during the processing of this report. WSFCS Middle School students were cooperative.

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- Each survey record was examined for logically inconsistent responses. For example, if a student reported in one question that she never tried smoking, but in a later question reported smoking within the past 30 days, the responses to both questions would be recoded as missing values.
 - Survey records were marked as invalid if the student answered 20 questions or less.

Sample Analysis

A number of variables—such as the readability of the survey questionnaire, the effectiveness of the administration process, and the amount of time students have to complete the survey—can affect the quality of survey data. In addition to factors like these, which influence the ability of students to provide good information, the way students are selected to participate in the survey can affect the results.

In order for the survey report to truly reflect the attitudes and behaviors of the surveyed population, the sample of students drawn to participate in the study should accurately represent the surveyed population. Three of the most important factors in this selection process are: (1) the grades chosen to participate in the survey effort, (2) the grade distribution of the sample relative to the grade distribution of school enrollment, and (3) the size of the sample within each grade.

Surveyed Grades

The results of the WSFCS Middle School YRBS are presented for individual grade levels and the overall sample. The overall results must be interpreted in light of the sampling composition, especially which grades were included in the sample. This is important because the behaviors and attitudes measured by the YRBS are strongly associated with a respondent's age.

In WSFCS Middle Schools, students in grades 6 through 8 participated in the survey. Since this includes the full range of grade levels in the school, the overall survey results can be interpreted as representing the attitudes and behaviors of the student population as a whole rather than just individual grade levels.

Grade Distribution

In addition to considering which grades have been surveyed, it is also important to examine the distribution of the sample across grade levels. This can be done by comparing the grade level distribution of the population (from school enrollment figures) to the grade level distribution of the survey sample. These distributions are shown in the table below. Ideally, the percentage of students in each grade of the sample should approximate the percentage of students who are enrolled in each grade. Large differences indicate that the sample is unbalanced across grade levels and might be notably younger or older than the actual student population.

Sample Size

When reviewing survey results people often ask, “What is the margin of error?” This is referred to as the “confidence interval,” and it reflects the precision of a statistical estimate. For example, a

confidence interval of ± 3.0 points for a drug use prevalence rate of 50.0% means that there is a 95% chance that the true score is between 47.0% and 53.0%.

For school-based survey research, confidence intervals are determined by the size of the sample relative to the school's enrollment. The higher the percentage of a school's total enrollment that is included in the sample, the smaller the confidence interval and the more precise the results. The following table presents confidence intervals for both grade-level and overall estimates. Note that these confidence intervals are for prevalence rates of 50%. For less prevalent behaviors the confidence interval narrows substantially.

For the WSFCS Middle School survey, maximum grade-level confidence intervals range from a low of ± 3.7 percentage points for 6th graders to a high of ± 4.3 percentage points for 8th graders. Estimates for the overall sample have a maximum confidence interval of ± 2.3 percentage points. For an overall prevalence rate of 50%, there is a 95% chance that the true prevalence rate ranges between 47.7% and 52.3%.

	Population		Sample		Confidence Interval
	Number	Percentage	Number	Percentage	
Grade					
6 th	3,750	32.6	591	36.7	3.7
7 th	3,839	33.3	553	34.3	3.9
8 th	3,925	34.1	467	29.0	4.3
Totals	11,514	100.0	1,611	100.0	2.3

Note: Rounding can produce totals that do not equal 100%. The sample total in this table does not include respondents who did not select a grade level on the survey.

Sample Weighting

In order to make the survey results more representative of the 6th through 8th grade public school population in WSFCS, statistical weights were applied to the dataset before analysis. These weighted adjusted the percentage of respondents within each of the six grade-by-gender combinations to match the percentage within the population.

Demographic Profile

A demographic profile of the survey sample is presented in the table below. A slightly higher percentage of WSFCS Middle School students were female (52.1%) than male (47.9%). In response to the questions about race and ethnicity, a plurality of students identified themselves as White (43.0%), followed by African American (25.6%). Identification with other racial and ethnic groups was substantially lower.

Please note that in the body of this report survey results will be presented for three racial and ethnic categories: African American, White, and Other. This is done to ensure that subsample sizes are large enough to provide useful results and to protect respondent anonymity.

Demographic Characteristics of Surveyed Youth

	<u>Number</u>	<u>Percentage</u>
Total Survey Respondents	1,611	100.0
Gender		
Female	839	52.1
Male	771	47.9
Race and Ethnicity		
American Indian or Alaska Native	30	1.9
Asian	37	2.3
Black or African American	409	25.6
Hispanic or Latino	117	7.3
Native Hawaiian or Other Pacific Islander	17	1.1
White	687	43.0
Multiple Response – Hispanic	186	11.6
Multiple Response – Non-Hispanic	116	7.3
Age		
10 or younger	5	0.3
11	226	14.0
12	506	31.4
13	544	33.8
14	292	18.1
15	31	1.9
16 or older	5	0.3

Note: Rounding can produce totals that do not equal 100%. Students are able to select more than one race or ethnic category. The totals for each demographic category may not equal the overall total because some students may have elected to skip these questions.

Organization of this Report

In this report, WSFCS Middle School YRBS results are organized into eight categories: (1) use of alcohol, tobacco, and other drugs; (2) automobile and bicycle safety; (3) violence-related behavior; (4) sex education; (5) suicide-related attitudes and behavior; (6) body weight and dieting; (7) physical activity and health; and (8) additional tables.

Each section contains one or more results summary tables. Most of the data points presented in these tables show the percentage of students reporting a behavior or attitude (also known as a prevalence rate). (An example of a prevalence rate is the percentage of students who have used marijuana.) If a survey item addresses behavior within a finite period of time, that time period—past 30 days—is specified in either the description of the survey item or in a note at the bottom of the table.

For some survey items, summary data are more appropriately presented as averages. (The average number of hours of television watched on a school day provides an example.) Please note that these averages are estimates because some response categories—such as “4 or more times per day”—cannot be assigned precise values. Items that cannot be logically presented as percentages or averages are not included in the summary tables. The eight sections also include detailed tables with full response distributions for each survey question.

Use of Alcohol, Tobacco, and Other Drugs

The 2009 YRBS includes 15 items that address the use of alcohol, tobacco, and other drugs (ATODs). Results for this item set are presented in two formats. First, three results summary tables present prevalence-of-use rates or average age of first use. Second, full response distributions are presented for all 15 items. The item-level response distributions are presented in the same order in which they appear in the survey booklet. Both the summary tables and the response distribution tables show results by gender group, grade level, and the overall sample. The response distribution tables also show results by race and ethnic group.

Results Summary – Lifetime ATOD Use

	Female	Male	6th	7th	8th	All
Alcohol	27.8	29.5	18.1	26.3	41.1	28.6
Cigarettes	12.5	14.7	7.9	10.5	22.0	13.7
Inhalants	12.0	12.1	8.1	14.0	13.9	12.1
Marijuana	9.6	15.7	8.1	9.0	21.1	12.8
Cocaine	2.2	3.0	0.9	2.2	4.7	2.6
Steroids	2.1	2.6	1.4	2.4	3.2	2.3
Prescription Drugs (without a doctor's Rx)	5.4	6.3	3.0	5.6	8.8	5.9

Note: Data points show the percentage of respondents who reported one or more occasions of use in their lifetimes.

- For the overall sample, WSFCS Middle School students reported the highest lifetime prevalence-of-use rates for alcohol (28.6%), cigarettes (13.7%) and marijuana (12.8%). Other lifetime prevalence rates ranged from 2.3% for steroids to 12.1% for inhalants.
- Males have higher rates for lifetime marijuana use (9.6% among females versus 15.7% among males). There is relatively little gender difference across the other ATOD categories.

Results Summary – Past-30-Day ATOD Use

	<u>Female</u>	<u>Male</u>	<u>6th</u>	<u>7th</u>	<u>8th</u>	<u>All</u>
Cigarettes	7.1	7.5	4.4	4.9	12.7	7.4
Marijuana	3.5	6.6	1.9	2.8	10.5	5.1
Marijuana (on school property)	0.6	2.1	0.7	0.6	2.6	1.3

Note: Data points show the percentage of respondents who reported one or more occasions of use in the past 30 days.

- Across the overall sample, past-30-day prevalence-of-use rates are 7.4% of cigarettes, 5.1% for marijuana, and 1.3% for marijuana on school property.
- As with lifetime use, male respondents reported a high rate of past-30-day marijuana use.

Results Summary – Age of First ATOD Use

	<u>Female</u>	<u>Male</u>	<u>6th</u>	<u>7th</u>	<u>8th</u>	<u>All</u>
Alcohol	10.9	10.5	9.6	10.5	11.1	10.7
Cigarettes	11.0	10.7	9.5	10.8	11.3	10.8
Marijuana	10.3	10.7	9.3	10.1	11.2	10.5

Note: Data points show the average age of first use. Averages only include responses from students who reported ATOD use.

Special care should be taken when evaluating age-of-first-use data. While the average age of first use is typically lower in the earlier grades than it is in the later ones, this should not be interpreted as indicating that the younger cohorts are initiating substance use at an earlier age than the older cohorts did. Rather, the average age for each cohort increases as its members progress through school and more of them initiate experimentation with ATODs. For this reason, the question “When do students first start using alcohol?” is best answered by examining the responses of students in the highest grade level surveyed because they can best reflect on their middle-school experiences and accurately report the age they first started using drugs.

- On average, 8th grade WSFCS Middle School students reported first using alcohol at age 11.1, first using cigarettes at age 11.3, and first using marijuana at age 11.2.

How old were you when you smoked a whole cigarette for the first time?

	Never Smoked	8 Years or Younger	9 Years	10 Years	11 Years	12 Years	13 Years or Older
Overall Sample	86.3	2.9	0.8	1.3	2.6	2.8	3.3
Grade Level							
6 th	92.1	3.3	0.6	1.3	1.7	0.9	0.0
7 th	89.5	1.9	0.5	1.1	2.6	3.2	1.2
8 th	78.0	3.5	1.1	1.5	3.3	4.2	8.5
Gender							
Female	87.5	2.7	0.2	1.0	1.8	3.1	3.5
Male	85.3	3.1	1.2	1.6	3.2	2.5	3.0
Race and Ethnicity							
African American	86.0	3.4	1.0	0.8	3.3	3.0	2.6
White	88.9	2.1	0.4	1.3	1.2	3.0	3.3
Other	83.1	3.7	0.9	1.9	3.8	2.6	4.0

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

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
Overall Sample	92.6	3.2	1.3	0.6	0.5	0.5	1.3
Grade Level							
6 th	95.6	2.4	0.5	0.3	0.0	0.4	0.7
7 th	95.1	2.3	0.7	0.5	0.0	0.4	1.0
8 th	87.3	4.9	2.8	0.9	1.5	0.6	1.9
Gender							
Female	92.9	3.8	1.3	0.5	0.3	0.2	1.1
Male	92.5	2.7	1.3	0.7	0.7	0.8	1.4
Race and Ethnicity							
African American	94.4	2.9	0.5	0.8	0.9	0.2	0.2
White	93.7	2.2	1.3	0.5	0.5	0.3	1.5
Other	89.5	5.0	2.1	0.6	0.2	0.9	1.8

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

During the past 12 months, did you ever try to quit smoking cigarettes?

	Did not smoke	Yes	No
Overall Sample	89.7	5.9	4.4
Grade Level			
6 th	92.3	5.8	1.9
7 th	92.8	4.4	2.9
8 th	84.3	7.4	8.3
Gender			
Female	90.5	4.7	4.7
Male	89.1	6.9	4.1
Race and Ethnicity			
African American	90.9	6.0	3.2
White	90.4	4.5	5.1
Other	87.8	7.8	4.4

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Have you ever had a drink of alcohol, other than a few sips?

	Yes	No
Overall Sample	28.6	71.4
Grade Level		
6 th	18.1	81.9
7 th	26.3	73.7
8 th	41.1	58.9
Gender		
Female	27.8	72.2
Male	29.5	70.5
Race and Ethnicity		
African American	31.4	68.6
White	22.8	77.2
Other	34.5	65.5

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

How old were you when you had your first drink of alcohol other than a few sips?

	Never Had a Drink	8 Years or Younger	9 Years	10 Years	11 Years	12 Years	13 Years or Older
Overall Sample	71.3	6.6	2.2	3.9	3.8	5.5	6.7
Grade Level							
6 th	84.8	5.7	2.2	2.3	3.0	1.5	0.4
7 th	71.7	5.9	2.8	4.3	4.9	6.3	4.0
8 th	58.6	8.2	1.5	5.0	3.4	8.2	15.1
Gender							
Female	73.8	4.8	1.9	3.0	4.2	6.0	6.2
Male	69.0	8.4	2.4	4.7	3.5	5.0	7.1
Race and Ethnicity							
African American	66.9	7.8	2.6	4.6	4.1	6.5	7.3
White	77.5	4.5	1.2	2.5	3.5	5.2	5.6
Other	66.4	8.5	3.1	5.2	4.0	5.0	7.7

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

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

	Did not drink	Store	Restaurant or bar	Public event	Someone bought it for me	Someone gave it to me	Took it from store or family member	Some other way
Overall sample	82.7	2.1	0.5	0.4	1.5	5.2	2.8	4.9
Grade level								
6 th	90.6	2.4	0.4	0.5	0.5	2.1	1.5	1.8
7 th	84.9	1.7	0.5	0.0	0.5	4.9	2.1	5.4
8 th	73.1	2.1	0.6	0.6	3.2	8.2	4.7	7.3
Gender								
Female	85.2	1.4	0.2	0.4	0.9	5.3	2.3	4.3
Male	80.3	2.6	0.8	0.4	2.0	5.0	3.3	5.5
Race and ethnicity								
African American	81.9	1.9	0.5	0.5	0.5	7.8	2.3	4.6
White	86.2	1.4	0.0	0.5	1.3	3.2	3.0	4.5
Other	78.9	3.1	1.1	0.2	2.5	5.6	2.8	5.8

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Have you ever used marijuana?

	Yes	No
Overall Sample	12.8	87.2
Grade Level		
6 th	8.1	91.9
7 th	9.0	91.0
8 th	21.1	78.9
Gender		
Female	9.6	90.4
Male	15.7	84.3
Race and Ethnicity		
African American	18.7	81.3
White	8.4	91.6
Other	14.1	85.9

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

How old were you when you tried marijuana for the first time?

	Never Tried	8 Years or Younger	9 Years	10 Years	11 Years	12 Years	13 Years or Older
Overall Sample	86.5	4.2	0.6	1.5	1.5	2.4	3.3
Grade Level							
6 th	91.4	4.7	0.6	1.1	0.9	0.8	0.4
7 th	89.5	4.1	0.6	1.1	1.3	2.4	1.1
8 th	79.0	3.9	0.6	2.2	2.2	3.9	8.2
Gender							
Female	90.5	3.8	0.3	0.9	0.9	1.6	2.1
Male	82.8	4.6	0.9	2.0	2.0	3.2	4.5
Race and Ethnicity							
African American	80.6	4.8	0.8	2.5	2.1	5.5	3.7
White	90.9	3.2	0.1	0.8	0.7	1.4	2.9
Other	85.4	4.9	1.1	1.6	2.0	1.3	3.7

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

During the past 30 days, did you use marijuana?

	Yes	No
Overall Sample	5.1	94.9
Grade Level		
6 th	1.9	98.1
7 th	2.8	97.2
8 th	10.5	89.5
Gender		
Female	3.5	96.5
Male	6.6	93.4
Race and Ethnicity		
African American	5.8	94.2
White	3.6	96.4
Other	6.8	93.2

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

During the past 30 days, did you use marijuana on school property?

	Yes	No
Overall Sample	1.3	98.7
Grade Level		
6 th	0.7	99.3
7 th	0.6	99.4
8 th	2.6	97.4
Gender		
Female	0.6	99.4
Male	2.1	97.9
Race and Ethnicity		
African American	1.1	98.9
White	0.7	99.3
Other	2.4	97.6

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Have you ever used any form of cocaine, including powder, crack, or freebase?

	Yes	No
Overall Sample	2.6	97.4
Grade Level		
6 th	0.9	99.1
7 th	2.2	97.8
8 th	4.7	95.3
Gender		
Female	2.2	97.8
Male	3.0	97.0
Race and Ethnicity		
African American	2.5	97.5
White	2.6	97.4
Other	2.8	97.2

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Have you ever sniffed glue, or breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

	Yes	No
Overall Sample	12.1	87.9
Grade Level		
6 th	8.1	91.9
7 th	14.0	86.0
8 th	13.9	86.1
Gender		
Female	12.0	88.0
Male	12.1	87.9
Race and Ethnicity		
African American	8.8	91.2
White	11.2	88.8
Other	16.0	84.0

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Have you ever used steroid pills or shots without a doctor's prescription?

	Yes	No
Overall Sample	2.3	97.7
Grade Level		
6 th	1.4	98.6
7 th	2.4	97.6
8 th	3.2	96.8
Gender		
Female	2.1	97.9
Male	2.6	97.4
Race and Ethnicity		
African American	3.3	96.7
White	1.6	98.4
Other	2.6	97.4

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Have you ever have you taken a prescription drug (such as OxyContin, Percocet, Vicodin, Adderall, Ritalin, or Xanax) without a doctor's prescription?

	Yes	No
Overall Sample	5.9	94.1
Grade Level		
6 th	3.0	97.0
7 th	5.6	94.4
8 th	8.8	91.2
Gender		
Female	5.4	94.6
Male	6.3	93.7
Race and Ethnicity		
African American	5.2	94.8
White	6.0	94.0
Other	6.2	93.8

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

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

	Yes	No
Overall Sample	12.5	87.5
Grade Level		
6 th	6.4	93.6
7 th	11.0	89.0
8 th	19.6	80.4
Gender		
Female	12.5	87.5
Male	12.5	87.5
Race and Ethnicity		
African American	10.7	89.3
White	10.2	89.8
Other	17.0	83.0

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Automobile and Bicycle Safety

The 2009 YRBS includes four items that address youth safety behaviors related to automobile and bicycle use. Results for this item set are presented in two formats. First, a results summary table presents prevalence rates for each of the four items. Second, full response distributions are presented for each item. The item-level response distributions are presented in the same order in which they appear in the survey booklet. Both the summary table and the response distribution tables show results by gender group, grade level, and the overall sample. The response distribution tables also show results by race and ethnic group.

Results Summary – Automobile and Bicycle Safety						
	Female	Male	6th	7th	8th	All
Always wear a seatbelt	55.0	53.3	62.9	53.9	45.8	54.1
Wear a helmet most of the time or always when riding a bike	21.1	19.8	30.3	16.4	14.7	20.5
Ridden in a car driven by someone who had been recklessly speeding	32.3	34.1	23.3	34.8	41.0	33.2
Ridden in a car driven by someone who had been drinking alcohol	25.4	22.8	17.5	24.2	30.1	24.0

Note: Data points show the percentage of students reporting each behavior.

- Across the overall sample, 54.1% of WSFCS Middle School students reported always wearing a seatbelt.
- Across the overall sample, 33.2% of WSFCS Middle School students rode in a car driven by someone who had been recklessly speeding, and 24.0% rode in a car driven by someone who had been drinking alcohol.

When you ride a bicycle, how often do you wear a helmet?

	Do not ride	Never	Rarely	Sometimes	Most of the time	Always
Overall Sample	20.8	42.9	12.3	7.8	8.1	8.1
Grade Level						
6 th	18.9	34.8	12.6	9.0	11.2	13.4
7 th	18.1	47.0	13.8	7.6	7.6	5.8
8 th	25.4	46.5	10.5	6.7	5.6	5.3
Gender						
Female	25.5	38.5	12.1	8.2	8.2	7.5
Male	16.5	47.0	12.5	7.4	7.9	8.6
Race and Ethnicity						
African American	28.3	54.6	7.6	4.3	1.5	3.8
White	14.2	32.9	16.9	9.4	13.0	13.6
Other	23.6	47.1	10.2	8.4	6.5	4.2

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

How often do you wear a seatbelt when riding in a car?

	Never	Rarely	Sometimes	Most of the time	Always
Overall Sample	2.6	4.7	13.1	25.5	54.1
Grade Level					
6 th	1.3	3.3	11.7	20.8	62.9
7 th	2.7	3.6	12.2	27.5	53.9
8 th	3.7	7.1	15.2	28.2	45.8
Gender					
Female	2.2	4.5	12.6	25.8	55.0
Male	3.0	4.9	13.5	25.4	53.3
Race and Ethnicity					
African American	1.8	6.1	19.3	28.1	44.7
White	1.2	3.0	7.2	23.2	65.3
Other	4.3	5.9	16.1	26.9	46.8

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Have you ever ridden in a car or other vehicle driven by someone who had been recklessly speeding?

	Yes	No	Not Sure
Overall Sample	33.2	47.7	19.1
Grade Level			
6 th	23.3	55.0	21.6
7 th	34.8	47.6	17.6
8 th	41.0	40.8	18.2
Gender			
Female	32.3	45.9	21.8
Male	34.1	49.4	16.6
Race and Ethnicity			
African American	39.6	47.0	13.5
White	29.2	49.0	21.7
Other	33.5	46.2	20.3

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

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

	Yes	No	Not Sure
Overall Sample	24.0	64.5	11.4
Grade Level			
6 th	17.5	71.0	11.5
7 th	24.2	65.9	9.9
8 th	30.1	57.1	12.9
Gender			
Female	25.4	63.6	11.1
Male	22.8	65.4	11.8
Race and Ethnicity			
African American	21.3	67.4	11.3
White	21.5	66.8	11.7
Other	30.1	59.0	10.8

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Violence-Related Behavior

The 2009 YRBS includes nine items that address violence-related behavior and bullying. Results for this item set are presented in two formats. First, two results summary tables present prevalence rates for each of the nine items. Second, full response distributions are presented for each item. The item-level response distributions are presented in the same order in which they appear in the survey booklet. Both the summary tables and the response distribution tables show results by gender group, grade level, and the overall sample. The response distribution tables also show results by race and ethnic group.

Results Summary – Weapons, Fighting, and Safety

	Female	Male	6th	7th	8th	All
Carried a weapon, such as a gun, knife, or club	17.4	45.7	27.6	30.6	37.2	31.9
Threatened or injured with a gun, knife, or club on school property (past 12 months)	3.8	6.9	4.7	5.2	6.2	5.4
In a physical fight	40.1	65.3	46.3	55.1	57.6	53.1
Injury from physical fight requiring medical treatment	3.1	4.4	3.0	4.4	3.9	3.8
Did not go to school on one or more of the past 30 days because felt unsafe	3.8	4.6	6.6	3.3	3.0	4.3
Someone stole or damaged student's property while at school	26.1	29.1	24.6	25.8	32.3	27.6

Note: Data points show the percentage of students reporting behavior.

- Across the overall sample, 31.9% of WSFCS Middle School students have carried a weapon such as a gun, knife, or club, and 5.4% have been threatened or injured with a gun, knife, or club within the past 12 months.
- Across the overall sample, 53.1% of WSFCS Middle School students have been in a physical fight and 3.8% sustained an injury from a physical fight that required medical treatment.
- Males reported higher rates than females across the weapons and fighting questions.

Results Summary – Bullying

	<u>Female</u>	<u>Male</u>	<u>6th</u>	<u>7th</u>	<u>8th</u>	<u>All</u>
Bullied on school property (past 12 months)	33.9	33.3	35.6	39.2	26.4	33.6
Electronically bullied (past 12 months)	24.0	13.7	14.9	22.2	19.0	18.7
Seen other students bullied in school	78.1	74.0	76.0	78.3	73.7	76.0

Note: Data points show the percentage of students reporting behavior.

- During the past 12 months, 33.6% of WSFCS Middle School students have been bullied on school property and 18.7% have been electronically bullied.
- Female students reported higher rates of being electronically bullied (24.0% female versus 13.7% male).

Have you ever carried a weapon, such as a gun, knife, or club?

	Yes	No
Overall Sample	31.9	68.1
Grade Level		
6 th	27.6	72.4
7 th	30.6	69.4
8 th	37.2	62.8
Gender		
Female	17.4	82.6
Male	45.7	54.3
Race and Ethnicity		
African American	26.2	73.8
White	35.4	64.6
Other	31.5	68.5

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

During the past 12 months, did someone threaten or injure you with a weapon such as a gun, knife, or club on school property?

	Yes	No
Overall Sample	5.4	94.6
Grade Level		
6 th	4.7	95.3
7 th	5.2	94.8
8 th	6.2	93.8
Gender		
Female	3.8	96.2
Male	6.9	93.1
Race and Ethnicity		
African American	5.2	94.8
White	4.8	95.2
Other	6.1	93.9

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Have you ever been in a physical fight?

	Yes	No
Overall Sample	53.1	46.9
Grade Level		
6 th	46.3	53.7
7 th	55.1	44.9
8 th	57.6	42.4
Gender		
Female	40.1	59.9
Male	65.3	34.7
Race and Ethnicity		
African American	69.4	30.6
White	42.2	57.8
Other	55.0	45.0

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Have you ever been in a physical fight in which you were hurt and had to be treated by a doctor or nurse?

	Yes	No
Overall Sample	3.8	96.2
Grade Level		
6 th	3.0	97.0
7 th	4.4	95.6
8 th	3.9	96.1
Gender		
Female	3.1	96.9
Male	4.4	95.6
Race and Ethnicity		
African American	3.5	96.5
White	2.8	97.2
Other	5.0	95.0

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

During the past 30 days, did you not go to school because you felt you would be unsafe at school or on your way to or from school?

	Yes	No
Overall Sample	4.3	95.7
Grade Level		
6 th	6.6	93.4
7 th	3.3	96.7
8 th	3.0	97.0
Gender		
Female	3.8	96.2
Male	4.6	95.4
Race and Ethnicity		
African American	3.4	96.6
White	2.9	97.1
Other	6.6	93.4

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

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

	Yes	No
Overall Sample	27.6	72.4
Grade Level		
6 th	24.6	75.4
7 th	25.8	74.2
8 th	32.3	67.7
Gender		
Female	26.1	73.9
Male	29.1	70.9
Race and Ethnicity		
African American	25.2	74.8
White	29.7	70.3
Other	26.6	73.4

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Have you ever been bullied on school property?

	Yes	No
Overall sample	33.6	66.4
Grade level		
6 th	35.6	64.4
7 th	39.2	60.8
8 th	26.4	73.6
Gender		
Female	33.9	66.1
Male	33.3	66.7
Race and ethnicity		
African American	23.9	76.1
White	41.2	58.8
Other	31.6	68.4

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Have you ever been electronically bullied, such as through e-mail, chat rooms, instant messaging, Web sites, or text messaging?

	Yes	No
Overall sample	18.7	81.3
Grade level		
6 th	14.9	85.1
7 th	22.2	77.8
8 th	19.0	81.0
Gender		
Female	24.0	76.0
Male	13.7	86.3
Race and ethnicity		
African American	15.6	84.4
White	22.3	77.7
Other	16.6	83.4

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Have you seen other students being bullied at your school?

	Yes	No	Not sure
Overall sample	63.8	20.1	16.1
Grade level			
6 th	61.9	19.5	18.6
7 th	67.5	18.7	13.8
8 th	62.0	22.1	15.8
Gender			
Female	65.3	18.3	16.4
Male	62.5	21.9	15.6
Race and ethnicity			
African American	65.9	20.7	13.4
White	65.8	20.0	14.2
Other	59.8	19.8	20.4

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Sex Education

The 2009 YRBS includes four items that address sex education issues. Results for this item set are presented in two formats. First, a results summary table presents prevalence rates for three of the four items. Second, full response distributions are presented for each item. The item-level response distributions are presented in the same order in which they appear in the survey booklet. Both the summary table and the response distribution tables show results by gender group, grade level, and the overall sample. The response distribution tables also show results by race and ethnic group.

Results Summary – Sex Education

	<u>Female</u>	<u>Male</u>	<u>6th</u>	<u>7th</u>	<u>8th</u>	<u>All</u>
Taught about abstinence	74.8	68.9	59.9	76.2	78.6	71.7
Taught about AIDS/HIV in school	83.6	82.0	71.9	87.2	88.8	82.8
Taught about other STDs	55.0	55.8	24.1	63.2	77.6	55.4

Note: All data points show percentages.

- In WSFCS Middle Schools, 71.7% of students have been taught about abstinence.
- In WSFCS Middle Schools, 82.8% of students have been taught about AIDS/HIV in school, and 55.4% have been taught about other STDs.

Have you ever been taught about abstaining from sexual activity?

	Yes	No	Not Sure
Overall Sample	71.7	14.2	14.0
Grade Level			
6 th	59.9	20.6	19.5
7 th	76.2	10.7	13.1
8 th	78.6	11.6	9.8
Gender			
Female	74.8	13.2	12.0
Male	68.9	15.2	15.9
Race and Ethnicity			
African American	74.8	15.5	9.7
White	76.2	9.9	13.9
Other	63.6	19.2	17.2

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Have you ever been taught about AIDS or HIV infection in school?

	Yes	No	Not Sure
Overall Sample	82.8	11.2	6.1
Grade Level			
6 th	71.9	18.0	10.1
7 th	87.2	8.9	3.9
8 th	88.8	6.9	4.3
Gender			
Female	83.6	10.4	5.9
Male	82.0	11.8	6.2
Race and Ethnicity			
African American	83.3	11.3	5.4
White	88.0	7.1	4.9
Other	76.2	15.8	8.0

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Have you ever been taught about chlamydia, gonorrhea, syphilis, human papillomavirus, or genital warts?

	Yes	No	Not Sure
Overall Sample	55.4	28.5	16.1
Grade Level			
6 th	24.1	50.3	25.6
7 th	63.2	22.2	14.6
8 th	77.6	13.8	8.6
Gender			
Female	55.0	26.9	18.1
Male	55.8	30.1	14.1
Race and Ethnicity			
African American	62.5	25.8	11.6
White	56.0	27.7	16.2
Other	48.7	31.2	20.1

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

When you have questions about sexually transmitted diseases (STD), HIV, AIDS, or pregnancy prevention, with whom do you usually talk?

	Do not have questions	Parent or other adult family member	Teacher or other adult in school	Religious leader	Doctor or nurse	Other adult	Friend or sibling	Some other person
Overall sample	50.6	30.0	5.9	0.8	1.7	0.8	8.1	2.0
Grade level								
6 th	51.3	32.7	6.1	1.1	1.5	1.6	4.6	1.1
7 th	51.0	29.3	7.8	0.4	1.1	0.8	8.0	1.6
8 th	49.6	28.1	3.9	1.1	2.6	0.0	11.5	3.3
Gender								
Female	41.6	36.5	5.9	1.3	1.5	0.4	10.8	1.9
Male	59.2	23.9	5.9	0.4	2.0	1.1	5.5	2.1
Race and ethnicity								
African American	42.8	34.1	9.3	0.8	3.2	0.6	6.6	2.6
White	55.2	28.8	3.8	1.2	1.1	0.7	8.0	1.2
Other	50.4	28.6	6.2	0.5	1.4	1.0	9.3	2.5

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Suicide-Related Attitudes and Behaviors

The 2009 YRBS includes four items that address suicide-related attitudes and behaviors. Results for this item set are presented in two formats. First, a results summary table presents prevalence rates for three of the four items. Second, full response distributions are presented for each item. The item-level response distributions are presented in the same order in which they appear in the survey booklet. Both the summary table and the response distribution tables show results by gender group, grade level, and the overall sample. The response distribution tables also show results by race and ethnic group.

Results Summary – Suicide-Related Attitudes and Behaviors

	Female	Male	6th	7th	8th	All
Feelings of sadness or hopelessness for two weeks or more in a row	29.3	22.2	25.5	23.9	27.4	25.6
Seriously considered attempting suicide	23.4	17.2	18.1	19.0	23.5	20.2
Made a suicide plan	17.8	13.3	12.6	17.4	16.2	15.4

Note: Data points show the percentage of students reporting an attitude or behavior.

- Among the overall sample, 25.6% reported feeling sad or hopeless for two weeks or more in a row.
- Among the overall sample, 20.2% of students reported seriously considering attempting suicide, and 15.4% of students reported developing a suicide plan.
- Females reported high rates of suicide-related attitudes and behaviors.

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
Overall sample	25.6	74.4
Grade level		
6 th	25.5	74.5
7 th	23.9	76.1
8 th	27.4	72.6
Gender		
Female	29.3	70.7
Male	22.2	77.8
Race and ethnicity		
African American	25.8	74.2
White	23.8	76.2
Other	28.2	71.8

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

When you feel sad, empty, hopeless, angry, or anxious, with whom do you usually talk?

	I do not feel sad	Parent or other adult family member	Teacher or other adult in school	Religious leader	Doctor or nurse	Other adult	Friend or sibling	Some other person
Overall sample	19.8	26.8	2.4	1.7	0.3	0.7	40.4	8.0
Grade level								
6 th	20.1	36.6	2.4	1.2	0.2	0.5	33.0	6.0
7 th	17.0	25.5	2.6	1.7	0.4	0.8	44.5	7.5
8 th	22.4	18.5	2.3	2.0	0.2	0.7	43.3	10.6
Gender								
Female	13.5	23.7	2.3	1.0	0.0	0.5	52.0	7.1
Male	25.8	29.7	2.5	2.3	0.5	0.8	29.3	9.0
Race and ethnicity								
African American	22.8	25.0	3.9	1.6	0.3	1.0	39.4	6.0
White	16.4	31.2	1.2	2.4	0.2	0.5	40.6	7.6
Other	21.5	22.6	3.0	0.7	0.5	0.4	41.4	9.8

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Have you ever seriously thought about killing yourself?

	Yes	No
Overall Sample	20.2	79.8
Grade Level		
6 th	18.1	81.9
7 th	19.0	81.0
8 th	23.5	76.5
Gender		
Female	23.4	76.6
Male	17.2	82.8
Race and Ethnicity		
African American	18.0	82.0
White	18.1	81.9
Other	24.7	75.3

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

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

	Yes	No
Overall Sample	15.4	84.6
Grade Level		
6 th	12.6	87.4
7 th	17.4	82.6
8 th	16.2	83.8
Gender		
Female	17.8	82.2
Male	13.3	86.7
Race and Ethnicity		
African American	15.8	84.2
White	13.1	86.9
Other	18.7	81.3

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Body Weight and Dieting

The 2009 YRBS includes 10 items that address body weight and dieting. Results for this item set are presented in two formats. First, a results summary table presents prevalence rates for eight of the 10 items. Second, full response distributions are presented for each item. The item-level response distributions are presented in the same order in which they appear in the survey booklet. Both the summary table and the response distribution tables show results by gender group, grade level, and the overall sample. The response distribution tables also show results by race and ethnic group.

Results Summary – Body Weight and Dieting

	Female	Male	6th	7th	8th	All
Students describing themselves as either “slightly overweight” or “very overweight”	26.9	26.0	25.0	30.8	23.4	26.4
Trying to lose weight	54.4	39.9	43.9	49.5	47.4	46.9
Trying to gain weight	9.9	19.3	16.2	13.5	14.5	14.7
Exercised to lose or keep from gaining weight	74.2	65.7	67.6	69.8	72.0	69.8
Dieted to lose or keep from gaining weight	55.2	41.7	43.9	50.0	50.6	48.2
Fasted for 24+ hours to lose or keep from gaining weight (past 30 days)	18.8	12.1	13.5	13.8	18.7	15.4
Used diet pills, powders, or liquids to lose or keep from gaining weight	6.3	3.6	3.9	3.9	6.9	4.9
Vomited or used laxatives to lose or keep from gaining weight (past 30 days)	8.0	6.9	6.5	7.5	8.2	7.4
Skipped meals to lose or keep from gaining weight (past 30 days)	24.7	12.9	15.7	19.7	20.4	18.6

Note: Data points show percentages. Data on weight loss and weight gain come from a single survey question.

- In WSFCS Middle Schools, 26.9% of female students and 26.0% of male students described themselves as either “slightly overweight” or “very overweight.”
- In WSFCS Middle Schools, 54.4% of female students and 39.9% of male students are trying to “lose weight,” while 9.9% of female students and 19.3% of male students are trying to “gain weight.”
- In WSFCS Middle Schools, 74.2% of female students and 65.7% of male students have exercised to either lose weight or keep from gaining weight.

- In WSFCS Middle Schools, 55.2% of female students and 41.7% of male students have dieted to either lose weight or keep from gaining weight.

How do you describe your weight?

	Very Under-weight	Slightly Under-weight	About the Right Weight	Slightly Over-weight	Very Over-weight
Overall Sample	5.2	13.8	54.6	23.4	3.0
Grade Level					
6 th	6.9	16.1	52.0	22.6	2.4
7 th	4.4	12.5	52.3	27.7	3.0
8 th	4.5	12.9	59.2	20.0	3.4
Gender					
Female	6.0	12.5	54.7	23.1	3.8
Male	4.4	15.1	54.5	23.8	2.2
Race and Ethnicity					
African American	4.9	13.6	57.1	21.8	2.8
White	4.9	15.8	53.4	23.7	2.1
Other	6.1	11.3	53.9	24.2	4.4

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

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

	Lose Weight	Gain Weight	Stay the Same Weight	Not Trying to Do Anything About My Weight
Overall Sample	46.9	14.7	19.8	18.5
Grade Level				
6 th	43.9	16.2	20.5	19.4
7 th	49.5	13.5	17.2	19.8
8 th	47.4	14.5	21.8	16.4
Gender				
Female	54.4	9.9	18.2	17.5
Male	39.9	19.3	21.4	19.4
Race and Ethnicity				
African American	44.9	19.4	19.8	15.9
White	46.7	13.5	19.7	20.1
Other	49.3	12.5	20.2	18.1

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Have you ever exercised to lose weight or to keep from gaining weight?

	Yes	No
Overall Sample	69.8	30.2
Grade Level		
6 th	67.6	32.4
7 th	69.8	30.2
8 th	72.0	28.0
Gender		
Female	74.2	25.8
Male	65.7	34.3
Race and Ethnicity		
African American	69.1	30.9
White	69.6	30.4
Other	71.7	28.3

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Have you ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?

	Yes	No
Overall Sample	48.2	51.8
Grade Level		
6 th	43.9	56.1
7 th	50.0	50.0
8 th	50.6	49.4
Gender		
Female	55.2	44.8
Male	41.7	58.3
Race and Ethnicity		
African American	46.4	53.6
White	48.0	52.0
Other	50.4	49.6

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Have you ever gone without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?

	Yes	No
Overall Sample	15.4	84.6
Grade Level		
6 th	13.5	86.5
7 th	13.8	86.2
8 th	18.7	81.3
Gender		
Female	18.8	81.2
Male	12.1	87.9
Race and Ethnicity		
African American	15.4	84.6
White	13.7	86.3
Other	17.6	82.4

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Have you ever taken any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)

	Yes	No
Overall Sample	4.9	95.1
Grade Level		
6 th	3.9	96.1
7 th	3.9	96.1
8 th	6.9	93.1
Gender		
Female	6.3	93.7
Male	3.6	96.4
Race and Ethnicity		
African American	4.7	95.3
White	3.0	97.0
Other	7.9	92.1

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Have you ever vomited or taken laxatives to lose weight or to keep from gaining weight?

	Yes	No
Overall Sample	7.4	92.6
Grade Level		
6 th	6.5	93.5
7 th	7.5	92.5
8 th	8.2	91.8
Gender		
Female	8.0	92.0
Male	6.9	93.1
Race and Ethnicity		
African American	10.8	89.2
White	4.7	95.3
Other	8.5	91.5

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

During the past 30 days, did you skip meals to lose weight or keep from gaining weight?

	Yes	No
Overall sample	18.6	81.4
Grade level		
6 th	15.7	84.3
7 th	19.7	80.3
8 th	20.4	79.6
Gender		
Female	24.7	75.3
Male	12.9	87.1
Race and ethnicity		
African American	15.9	84.1
White	16.6	83.4
Other	23.6	76.4

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

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

	0 days	1 day	2 days	3 days	4 days	5 days	6 days	7 days
Overall sample	11.9	6.5	7.6	6.1	7.1	7.9	8.0	45.1
Grade level								
6 th	10.3	4.2	5.6	4.2	8.3	9.0	7.1	51.4
7 th	11.0	8.0	9.1	6.7	6.2	6.7	7.4	44.9
8 th	14.2	7.2	8.1	7.4	6.8	7.9	9.4	39.1
Gender								
Female	14.2	7.6	9.5	7.4	7.2	8.4	9.0	36.7
Male	9.7	5.4	5.8	4.9	7.0	7.4	7.0	52.8
Race and ethnicity								
African American	13.1	8.1	9.5	7.9	8.2	9.3	5.2	38.6
White	8.8	5.0	6.4	5.7	5.8	6.3	10.9	51.1
Other	15.2	7.3	7.9	5.3	7.6	8.8	6.4	41.5

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

During the past 7 days, on how many days did you eat dinner at home with your family?

	0 days	1 day	2 days	3 days	4 days	5 days	6 days	7 days
Overall sample	5.5	4.0	4.7	6.2	8.9	12.1	11.7	46.9
Grade level								
6 th	4.9	2.9	4.1	6.1	7.4	9.3	14.7	50.5
7 th	3.5	4.9	5.3	5.7	9.5	14.2	12.2	44.6
8 th	8.0	4.1	4.8	6.9	9.7	12.5	8.4	45.6
Gender								
Female	6.2	4.2	4.7	6.8	9.6	12.7	9.3	46.3
Male	4.8	3.8	4.7	5.8	8.2	11.4	14.0	47.3
Race and ethnicity								
African American	8.1	4.8	5.7	7.3	7.0	8.5	6.5	52.1
White	3.7	2.7	3.8	5.2	12.3	15.6	16.7	40.1
Other	6.0	5.2	5.4	7.0	5.9	10.3	9.2	51.0

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Physical Activity and Health

The 2009 YRBS includes 14 items that address physical activity and health. Results for this item set are presented in two formats. First, a results summary table presents prevalence rates or averages for each of the 14 items. Second, full response distributions are presented for four of the items. The item-level response distributions are presented in the same order in which they appear in the survey booklet. Both the summary table and the response distribution tables show results by gender group, grade level, and the overall sample. The response distribution tables also show results by race and ethnic group.

Results Summary – Physical Activity						
	Female	Male	6th	7th	8th	All
Number of days over past week that students were physically active (60 minutes or more)	4.1	4.8	4.7	4.5	4.3	4.5
Number of hours of TV on a school day	2.3	2.3	2.2	2.3	2.4	2.3
Number of hours of video games and recreational computer use on a school day	1.7	1.8	1.6	1.8	1.8	1.7
Number of hours of TV, video games, and recreational computer use on an average Saturday or Sunday	2.8	2.9	2.8	3.0	2.8	2.9
Number of days walking or riding bike to school per week	0.6	0.7	0.7	0.6	0.6	0.7
Play on sport teams	54.6	59.4	59.4	58.8	53.1	57.1

Note: The first five data rows show averages. The last data row shows percentages.

- Over the past week, WSFCS Middle School students reported an average of 4.5 days in which they were physically active for at least 60 minutes.
- On school days, WSFCS Middle School students reported watching an average of 2.3 hours of television, and playing an average of 1.7 hours of video and computer games.
- Across the overall sample, 57.1% of students reported that they play on a sports team.

Results Summary – Physical and Mental Health

	<u>Female</u>	<u>Male</u>	<u>6th</u>	<u>7th</u>	<u>8th</u>	<u>All</u>
"Most of the time" or "always" wear sunscreen with SPF 15 or higher	16.0	12.6	19.5	13.5	10.0	14.2
Average hours of sleep on a school night	7.3	7.3	7.6	7.3	6.9	7.3
Seen a doctor or nurse for a check-up or physical exam in the past 12 months	58.8	56.3	54.3	58.0	59.9	57.5
Seen a dentist in the past 12 months	61.9	60.9	60.2	63.1	60.5	61.3
Told by doctor or nurse that they have asthma	18.8	22.0	21.6	19.4	20.5	20.4
Still have asthma	47.8	44.5	47.7	43.7	46.0	45.8
Feel alone in life – "strongly agree" or "agree"	18.3	18.0	16.5	17.2	20.6	18.1
Feel good about yourself – "strongly agree" or "agree"	69.8	78.6	80.4	71.9	71.1	74.3

Note: Hours of sleep is presented as an average. All other data rows show percentages.

- Within the past 12 months, 57.5% of WSFCS Middle School students have been to a doctor or nurse for a check-up or physical exam and 61.3% have seen a dentist.
- In WSFCS Middle Schools, 20.4% of students have been told by a doctor or nurse that they have asthma.
- Across the overall sample, 18.1% either "strongly agree" or "agree" that they feel alone in life. In contrast, 74.3% either "strongly agree" or "agree" that they feel good about themselves.

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
Overall Sample	9.4	5.3	8.1	10.5	11.9	14.7	8.3	31.8
Grade Level								
6 th	8.2	4.8	6.4	9.6	11.7	15.1	9.0	35.2
7 th	9.2	4.3	9.4	10.2	12.5	15.0	8.4	31.0
8 th	10.8	6.7	8.4	11.7	11.5	14.1	7.4	29.5
Gender								
Female	10.8	6.4	10.2	13.2	12.0	15.8	7.7	23.9
Male	8.1	4.3	6.1	7.9	11.8	13.6	8.8	39.3
Race and Ethnicity								
African American	11.5	6.2	9.0	11.4	9.4	14.7	5.1	32.8
White	6.8	4.2	6.5	9.9	11.7	15.1	11.1	34.7
Other	11.4	6.1	9.3	10.5	14.5	14.3	7.1	26.8

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

During the past 12 months, on how many sports teams did you play? (Include any teams run by school or community groups.)

	0 Teams	1 Team	2 Teams	3 or More Teams
Overall Sample	42.9	21.7	16.1	19.2
Grade Level				
6 th	40.6	22.2	16.7	20.5
7 th	41.2	23.3	16.2	19.3
8 th	46.9	19.7	15.5	17.8
Gender				
Female	45.4	23.6	16.4	14.6
Male	40.6	19.8	15.9	23.6
Race and Ethnicity				
African American	40.8	22.8	17.8	18.6
White	39.2	21.0	16.2	23.7
Other	49.8	22.3	14.5	13.3

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

On an average school day, how many hours do you watch TV?

	Do Not Watch	Less Than 1 Hour per Day	1 Hour per Day	2 Hours per Day	3 Hours per Day	4 Hours per Day	5+ Hours per Day
Overall Sample	7.7	14.1	13.4	23.4	17.7	8.8	14.9
Grade Level							
6 th	8.3	16.6	16.6	19.8	17.1	6.4	15.3
7 th	6.9	13.8	11.6	25.3	18.4	10.1	13.9
8 th	8.0	12.2	12.0	25.0	17.6	9.7	15.5
Gender							
Female	7.6	14.8	13.9	20.9	18.0	9.0	15.9
Male	7.9	13.4	12.9	25.8	17.5	8.6	14.0
Race and Ethnicity							
African American	6.9	10.3	7.3	19.4	18.2	12.5	25.3
White	8.6	17.3	16.8	27.1	17.0	6.4	6.9
Other	7.4	12.2	13.8	21.7	18.6	9.1	17.2

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

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? (Include activities such as Nintendo, Game Boy, PlayStation, Xbox, computer games, and the Internet.)

	No video games on a school day	<1 hour per day	1 hour per day	2 hours per day	3 hours per day	4 hours per day	5+ hours per day
Overall sample	13.8	22.6	17.5	18.4	11.6	6.0	10.1
Grade level							
6 th	13.9	27.7	17.9	18.5	8.4	4.6	9.0
7 th	12.5	20.4	16.0	21.7	12.7	6.6	10.2
8 th	14.9	20.1	18.6	14.9	13.6	6.9	11.0
Gender							
Female	15.3	24.3	17.3	16.6	11.5	5.6	9.4
Male	12.4	21.0	17.7	20.1	11.7	6.4	10.7
Race and ethnicity							
African American	14.0	19.3	11.1	17.8	15.3	6.5	16.1
White	10.5	27.8	19.9	18.5	11.2	5.9	6.2
Other	18.2	18.3	18.6	18.7	9.5	6.0	10.8

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

On an average Saturday or Sunday, how many hours do you watch TV, play video games, or use a computer for something that is not school work? (Include activities such as Nintendo, Game Boy, PlayStation, Xbox, computer games, and the Internet.)

	No TV or video games on Sat or Sun	<1 hour per day	1 hour per day	2 hours per day	3 hours per day	4 hours per day	5+ hours per day
Overall sample	5.8	9.7	11.9	15.8	17.1	12.4	27.3
Grade level							
6 th	5.0	8.5	14.6	14.4	19.7	12.4	25.4
7 th	5.0	9.7	9.0	17.4	17.3	12.9	28.8
8 th	7.5	11.0	12.1	15.4	14.5	11.9	27.5
Gender							
Female	5.8	11.4	12.3	17.0	16.0	10.9	26.7
Male	5.7	8.2	11.5	14.6	18.3	13.8	27.8
Race and ethnicity							
African American	7.2	7.2	7.6	11.8	15.0	10.6	40.6
White	3.9	11.2	14.2	17.0	18.9	15.3	19.5
Other	7.5	9.8	11.9	17.2	16.2	9.6	27.6

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

How many days per week do you usually walk or ride your bike to school?

	0 Days	1 Day	2 Days	3 Days	4 Days	5 Days
Overall Sample	80.1	3.4	3.9	2.8	2.1	7.7
Grade Level						
6 th	78.7	3.8	3.3	3.8	2.5	8.0
7 th	81.5	2.8	3.3	2.7	2.0	7.7
8 th	80.1	3.7	5.0	2.2	1.7	7.4
Gender						
Female	81.7	3.4	2.9	3.1	2.3	6.6
Male	78.6	3.4	4.9	2.6	1.8	8.7
Race and Ethnicity						
African American	75.5	3.7	3.9	2.6	3.6	10.6
White	86.8	2.7	2.3	2.2	1.2	4.9
Other	75.1	4.2	6.0	3.8	2.0	8.9

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

When you are outside for more than one hour on a sunny day, how often do you wear sunscreen with an SPF of 15 or higher?

	Never	Rarely	Sometimes	Most of the time	Always
Overall sample	46.7	22.2	16.9	10.1	4.1
Grade level					
6 th	39.6	21.0	20.0	14.1	5.4
7 th	48.9	21.3	16.3	9.1	4.4
8 th	51.1	24.4	14.5	7.4	2.6
Gender					
Female	42.6	22.6	18.8	11.8	4.1
Male	50.7	21.9	14.9	8.5	4.1
Race and ethnicity					
African American	65.8	16.5	11.2	4.4	2.0
White	32.2	24.8	22.7	15.8	4.6
Other	50.5	24.0	13.7	6.9	4.9

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

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+ hours
Overall sample	6.1	9.4	12.3	21.1	30.2	15.2	5.7
Grade level							
6 th	5.6	7.0	9.5	15.0	34.3	20.0	8.7
7 th	3.3	10.1	12.8	23.1	30.9	15.4	4.4
8 th	9.4	10.9	14.6	25.0	25.5	10.5	4.1
Gender							
Female	5.3	9.5	13.7	21.6	29.2	16.1	4.4
Male	6.8	9.2	11.0	20.6	31.0	14.3	6.9
Race and ethnicity							
African American	7.6	11.0	14.6	22.3	26.5	11.0	6.9
White	4.7	8.0	10.9	23.5	31.0	17.5	4.5
Other	6.8	9.9	12.8	16.4	32.4	15.5	6.2

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

When was the last time you saw a doctor or nurse for a check-up or a physical exam when you were not sick or injured?

	During past 12 months	12-24 months	More than 24 months	Never	Not sure
Overall sample	57.5	10.5	4.7	3.9	23.4
Grade level					
6 th	54.3	11.2	4.3	2.8	27.5
7 th	58.0	9.8	5.0	2.8	24.3
8 th	59.9	10.6	4.8	6.1	18.6
Gender					
Female	58.8	9.7	5.2	2.7	23.5
Male	56.3	11.3	4.2	5.0	23.1
Race and ethnicity					
African American	54.0	10.9	5.9	3.7	25.4
White	64.4	11.2	3.6	2.3	18.4
Other	50.7	9.1	5.3	6.0	28.9

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

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

	During past 12 months	12-24 months	More than 24 months	Never	Not sure
Overall sample	61.3	10.9	6.7	3.5	17.6
Grade level					
6 th	60.2	9.0	6.3	3.8	20.6
7 th	63.1	10.8	6.5	2.4	17.2
8 th	60.5	12.8	7.2	4.3	15.2
Gender					
Female	61.9	10.5	6.0	3.0	18.7
Male	60.9	11.4	7.3	3.9	16.5
Race and ethnicity					
African American	50.6	14.7	9.3	3.6	21.9
White	74.7	6.8	4.0	1.4	13.1
Other	51.6	13.6	8.2	6.1	20.5

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

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

	Yes	No	Not sure
Overall sample	20.4	73.0	6.6
Grade level			
6 th	21.6	71.5	6.9
7 th	19.4	73.4	7.3
8 th	20.5	74.0	5.5
Gender			
Female	18.8	75.1	6.1
Male	22.0	71.1	6.9
Race and ethnicity			
African American	25.5	68.0	6.5
White	18.5	75.5	6.0
Other	19.4	73.3	7.3

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Do you still have asthma?

	Never had asthma	Yes	No	Not sure
Overall sample	63.9	16.5	12.0	7.6
Grade level				
6 th	62.1	18.1	11.8	8.0
7 th	65.0	15.3	10.7	9.0
8 th	64.5	16.3	13.3	5.9
Gender				
Female	67.9	15.3	9.0	7.8
Male	60.2	17.7	14.6	7.4
Race and ethnicity				
African American	57.7	19.6	14.8	7.8
White	69.0	14.8	8.7	7.6
Other	62.3	16.2	13.8	7.6

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Do you agree or disagree that you feel alone in your life?

	Strongly agree	Agree	Not sure	Disagree	Strongly disagree
Overall sample	7.2	10.9	17.1	26.4	38.4
Grade level					
6 th	6.5	10.0	16.7	28.4	38.4
7 th	7.1	10.2	16.9	26.0	39.9
8 th	8.1	12.5	17.5	24.9	37.0
Gender					
Female	7.2	11.1	19.8	26.2	35.7
Male	7.3	10.7	14.4	26.6	41.0
Race and ethnicity					
African American	6.6	8.4	16.5	26.2	42.2
White	6.3	9.6	15.8	27.7	40.7
Other	9.1	14.8	19.2	25.0	31.9

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Do you agree or disagree that you feel good about yourself?

	Strongly agree	Agree	Not sure	Disagree	Strongly disagree
Overall sample	37.9	36.5	13.7	6.7	5.3
Grade level					
6 th	45.4	35.0	11.5	3.8	4.4
7 th	36.4	35.4	13.9	8.8	5.4
8 th	32.2	38.8	15.6	7.2	6.1
Gender					
Female	32.5	37.3	16.8	7.2	6.3
Male	42.8	35.7	10.8	6.2	4.5
Race and ethnicity					
African American	49.2	29.9	10.0	5.2	5.7
White	34.4	39.4	14.1	7.5	4.6
Other	33.4	37.9	16.3	6.6	5.8

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Additional Tables

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
Overall Sample	30.7	34.6	17.8	4.8	1.6	0.4	10.1
Grade Level							
6 th	35.6	38.2	12.4	2.5	0.3	0.2	10.7
7 th	33.1	29.2	18.6	5.1	2.0	0.2	11.8
8 th	23.8	36.4	22.3	6.7	2.4	0.7	7.8
Gender							
Female	34.7	36.6	14.2	4.0	1.6	0.2	8.7
Male	26.9	32.7	21.3	5.6	1.6	0.5	11.4
Race and Ethnicity							
African American	23.0	38.2	23.0	3.8	1.0	0.3	10.7
White	39.4	32.9	13.1	4.3	2.0	0.5	7.8
Other	25.4	34.3	20.1	6.2	1.3	0.2	12.4

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

A disability can be physical, mental, emotional, or communication-related. Do you consider yourself to have a disability?

	Yes	No	Not sure
Overall sample	10.7	71.4	17.9
Grade level			
6 th	10.5	72.6	16.8
7 th	9.2	70.1	20.7
8 th	12.2	71.7	16.1
Gender			
Female	11.7	68.2	20.2
Male	9.7	74.5	15.8
Race and ethnicity			
African American	8.3	71.8	19.9
White	10.3	75.7	14.0
Other	13.2	64.6	22.2

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

On an average school day, how long after school are you alone without a parent or adult?

	Not alone	<1 hour per day	1-2 hours per day	3 hours per day	4 hours per day	5 hours per day	6+ hours per day
Overall sample	33.4	21.5	22.2	10.9	6.2	1.8	4.1
Grade level							
6 th	40.7	23.6	19.4	7.5	4.1	1.3	3.4
7 th	33.1	20.6	23.9	10.7	6.2	1.6	4.0
8 th	26.8	20.3	23.2	14.3	8.2	2.4	4.8
Gender							
Female	38.0	19.0	21.4	8.7	6.4	2.1	4.3
Male	29.0	23.7	23.0	13.0	6.0	1.5	3.8
Race and ethnicity							
African American	29.9	19.2	22.8	13.4	7.0	0.7	7.0
White	33.5	22.6	22.7	12.0	6.1	1.3	1.6
Other	35.7	21.8	21.0	7.2	5.8	3.3	5.2

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Do you participate in school activities other than sports, such as band, drama, clubs, or student government?

	Yes	No
Overall Sample	49.1	50.9
Grade Level		
6 th	51.2	48.8
7 th	52.2	47.8
8 th	44.0	56.0
Gender		
Female	51.9	48.1
Male	46.3	53.7
Race and Ethnicity		
African American	45.8	54.2
White	55.7	44.3
Other	42.3	57.7

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Do you agree or disagree that your teachers really care about you and give you a lot of encouragement?

	Strongly agree	Agree	Not sure	Disagree	Strongly disagree
Overall sample	20.8	35.8	23.1	11.9	8.5
Grade level					
6 th	25.6	37.6	19.6	10.3	6.8
7 th	21.7	32.4	23.1	12.9	9.8
8 th	15.5	37.3	26.2	12.2	8.7
Gender					
Female	19.7	37.1	23.4	12.3	7.6
Male	21.8	34.6	22.8	11.5	9.3
Race and ethnicity					
African American	23.0	32.1	21.5	13.8	9.6
White	18.5	40.2	21.5	11.5	8.4
Other	22.3	32.9	27.0	10.9	6.9

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Do you agree or disagree that drugs are a problem at your school?

	Strongly agree	Agree	Not sure	Disagree	Strongly disagree
Overall sample	15.7	18.3	33.5	17.4	15.1
Grade level					
6 th	15.3	15.0	32.0	18.5	19.2
7 th	12.8	15.2	36.8	19.4	15.7
8 th	18.8	24.6	31.6	14.4	10.6
Gender					
Female	14.6	17.7	34.7	19.2	13.8
Male	16.7	19.0	32.3	15.7	16.4
Race and ethnicity					
African American	14.9	19.0	31.7	17.3	17.1
White	13.3	17.7	36.4	18.4	14.2
Other	19.6	18.8	31.1	16.3	14.3

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Do you agree or disagree that gangs are a problem at your school?

	Strongly agree	Agree	Not sure	Disagree	Strongly disagree
Overall sample	15.7	17.5	32.1	17.0	17.7
Grade level					
6 th	16.7	17.8	30.3	15.0	20.2
7 th	13.7	14.0	33.9	21.2	17.2
8 th	16.6	20.8	32.0	14.8	15.7
Gender					
Female	12.5	19.4	33.4	17.4	17.3
Male	18.6	15.9	30.8	16.7	18.0
Race and ethnicity					
African American	16.8	20.5	29.2	14.9	18.5
White	12.0	16.3	35.2	19.1	17.4
Other	20.2	17.1	29.9	15.9	16.9

Note: Percentages total across each row. Rounding can produce totals that do not equal 100%.

Appendix A: Questionnaire

2009
NORTH CAROLINA
YOUTH RISK BEHAVIOR SURVEY
MIDDLE SCHOOL QUESTIONNAIRE

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

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

Completing 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.
- 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. 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

The next 10 questions ask about personal safety and violence-related behaviors.

7. **When you ride a bicycle**, how often do 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. How often do you wear a seat belt when **riding** in a car?
 - A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
9. Have you ever **ridden** in a car or other vehicle **driven by someone who had been recklessly speeding**?
 - A. Yes
 - B. No
 - C. Not sure
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 carried a **weapon**, such as a gun, knife, or club?
 - A. Yes
 - B. No
12. During the past 12 months, did someone threaten or injure you with a weapon such as a gun, knife, or club **on school property**?
 - A. Yes
 - B. No
13. Have you ever been in a physical fight?
 - A. Yes
 - B. No
14. Have you ever been in a physical fight in which you were hurt and had to be treated by a doctor or nurse?
 - A. Yes
 - B. No
15. During the past 30 days, did you **not** go to school because you felt you would be unsafe at school or on your way to or from school?
 - A. Yes
 - B. No
16. During the past 12 months, has someone stolen or deliberately damaged your property, such as your clothing or books, **on school property**?
 - A. Yes
 - B. No

The next 3 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.

17. Have you ever been bullied **on school property**?
 - A. Yes
 - B. No
18. Have you ever been **electronically bullied**, such as through e-mail, chat rooms, instant messaging, Web sites, or text messaging?
 - A. Yes
 - B. No
19. Have you seen other students being bullied in your school?
 - A. Yes
 - B. No
 - C. Not sure

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. When you feel sad, empty, hopeless, angry, or anxious, with whom do you **usually** talk?
- A. I do not feel sad, empty, hopeless, angry, or anxious
 - B. Parent or other adult family member
 - C. Teacher or other adult in this school
 - D. Religious leader
 - E. Doctor or nurse
 - F. Other adult
 - G. Friend or sibling
 - H. Some other person

22. Have you ever **seriously** thought about killing yourself?
- A. Yes
 - B. No

23. Have you ever made a **plan** about how you would kill yourself?
- A. Yes
 - B. No

The next 3 questions ask about tobacco use.

24. 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

25. 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

26. During the past 12 months, did you ever try **to quit** smoking cigarettes?
- A. I did not smoke cigarettes during the past 12 months
 - B. Yes
 - C. No

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 of wine for religious purposes.

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

28. 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

29. 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 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

The next 4 questions ask about marijuana use. Marijuana also is called grass or pot.

30. Have you ever used marijuana?
- A. Yes
 - B. No
31. 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
32. During the past 30 days, did you use marijuana?
- A. Yes
 - B. No
33. During the past 30 days, did you use marijuana **on school property**?
- A. Yes
 - B. No

The next 5 questions ask about other drug use.

34. Have you ever used **any** form of cocaine, including powder, crack, or freebase?
- A. Yes
 - B. No
35. Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high?
- A. Yes
 - B. No
36. Have you ever used **steroid pills or shots** without a doctor's prescription?
- A. Yes
 - B. No
37. Have you ever taken a **prescription drug** (such as OxyContin, Percocet, Vicodin, Adderall, Ritalin, or Xanax) without a doctor's prescription?
- A. Yes
 - B. No
38. **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 abstinence, AIDS, and STD education.

39. Have you ever been taught about abstaining from sexual activity?
- A. Yes
 - B. No
 - C. Not sure

40. Have you ever been taught about AIDS or HIV infection in school?
- A. Yes
 - B. No
 - C. Not sure
41. Have you ever been taught about chlamydia, gonorrhea, syphilis, human papillomavirus, or genital warts?
- A. Yes
 - B. No
 - C. Not sure
42. When you have questions about sexually transmitted diseases (STD), HIV, AIDS, or pregnancy prevention, with whom do you **usually** talk?
- A. I do not have questions about sexually transmitted diseases (STD), HIV, AIDS, or pregnancy prevention
 - B. Parent or other adult family member
 - C. Teacher or other adult in this school
 - D. Religious leader
 - E. Doctor or nurse
 - F. Other adult
 - G. Friend or sibling
 - H. Some other person
44. 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
45. Have you ever **exercised** to lose weight or to keep from gaining weight?
- A. Yes
 - B. No
46. Have you ever **eaten less food, fewer calories, or foods low in fat** to lose weight or to keep from gaining weight?
- A. Yes
 - B. No
47. Have you ever **gone without eating for 24 hours or more** (also called fasting) to lose weight or to keep from gaining weight?
- A. Yes
 - B. No
48. Have you ever **taken any diet pills, powders, or liquids** without a doctor's advice to lose weight or to keep from gaining weight? (Do **not** include meal replacement products such as Slim Fast.)
- A. Yes
 - B. No

The next 8 questions ask about body weight.

43. How do **you** describe your weight?
- A. Very underweight
 - B. Slightly underweight
 - C. About the right weight
 - D. Slightly overweight
 - E. Very overweight
49. Have you ever **vomited or taken laxatives** to lose weight or to keep from gaining weight?
- A. Yes
 - B. No

50. During the past 30 days, did you skip meals to lose weight or keep from gaining weight?
- A. Yes
 - B. No

The next 2 questions ask about food you ate or drank during the past 7 days.

51. 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
52. During the past 7 days, on how many days did you eat dinner prepared at home with your family?
- 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 6 questions ask about physical activity.

53. 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.)
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days
54. During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)
- A. 0 teams
 - B. 1 team
 - C. 2 teams
 - D. 3 or more teams
55. 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

56. 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? (Include activities such as Nintendo, Game Boy, PlayStation, Xbox, computer games, 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
57. On an average Saturday or Sunday, how many hours do you watch TV, play video games, or use a computer for something that is not school work? (Include activities such as Nintendo, Game Boy, PlayStation, Xbox, computer games, and the Internet.)
- A. I do not watch TV, play video games, or use a computer on an average Saturday or Sunday
 - 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
58. How many days per week do you usually walk or ride your bike to school?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days

The next question asks about sun safety.

59. When you are outside for more than one hour on a sunny day, how often do you wear sunscreen with an SPF of 15 or higher?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always

The next question asks about sleep.

60. 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

The next 7 questions ask about other health-related topics.

61. A disability can be physical, mental, emotional, or communication-related. Do you consider yourself to have a disability?
- A. Yes
 - B. No
 - C. Not sure
62. On an average school day, how long after school are you alone without a parent or adult?
- A. I am not alone after school
 - B. Less than 1 hour per day
 - C. 1 or 2 hours per day
 - D. 3 hours per day
 - E. 4 hours per day
 - F. 5 hours per day
 - G. 6 or more hours per day

63. Do you participate in school activities other than sports, such as band, drama, clubs, or student government?
- A. Yes
 - B. No
64. 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
65. 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
66. Has a doctor or nurse ever told you that you have asthma?
- A. Yes
 - B. No
 - C. Not sure
67. Do you still have asthma?
- A. I have never had asthma
 - B. Yes
 - C. No
 - D. Not sure

For the next 5 questions, indicate how much you agree or disagree.

68. Do you agree or disagree that you feel alone in your life?
- A. Strongly agree
 - B. Agree
 - C. Not sure
 - D. Disagree
 - E. Strongly disagree
69. Do you agree or disagree that you feel good about yourself?
- A. Strongly agree
 - B. Agree
 - C. Not sure
 - D. Disagree
 - E. Strongly disagree
70. 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 disagree
71. Do you agree or disagree that drugs are a problem at your school?
- A. Strongly agree
 - B. Agree
 - C. Not sure
 - D. Disagree
 - E. Strongly disagree
72. Do you agree or disagree that gangs are a problem at your school?
- A. Strongly agree
 - B. Agree
 - C. Not sure
 - D. Disagree
 - E. Strongly disagree

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