2018

Lynchburg Youth Survey

A Survey of Lynchburg City Schools 6th, 9th, and 12th Grade Students
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Lynchburg City Schools is pleased to present the 2018 Lynchburg Youth Survey to the community. It is hoped that other community and youth-based organizations will join the school system in using the results of the survey to design and implement prevention programs aimed at improving the health of our youth. Two versions of the survey were developed - one for high school students and a modified version for middle school youth. The surveys were based on the Centers for Disease Control and Prevention’s (CDC) Youth Risk Behavior Survey (YRBS), with some minor modifications of local interest. The survey results allow for comparison of Lynchburg youth health behaviors with youth across the nation.

The Youth Risk Behavior Survey was developed by the Division of Adolescent and School Health of the Centers for Disease Control and Prevention in 1992 as a component of their national surveillance system. The YRBS surveillance system was developed in 1990 to monitor and assess health-risk behaviors among youth. The premise of the YRBS is that the health of young people, and the adults they will later become, is linked to the health-related behaviors they adopt. A limited number of health risk behaviors contribute to morbidity and mortality among both young people and adults. These risk behaviors include unintentional and intentional injuries; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases; unhealthy dietary behaviors; and inadequate physical activity. Monitoring the risk behaviors of young people is essential to understanding and altering these behaviors.

The results from the 2017 national YRBS were the most recent available at the time this report was prepared. See Centers for Disease Control and Prevention’s section on the YRBS (www.cdc.gov/HealthyYouth/yrbs/index.htm) for detailed discussions of the national methodologies. There was no national YRBS conducted with middle school students.
Methodology

Lynchburg City Schools (LCS) was responsible for administering the survey and disseminating the results. Classroom teachers had the overall responsibility for administering the surveys. An additional group of individuals were trained in the survey administration procedures to substitute in the event of the absence of a teacher. Survey administration standards and procedures were established, and administration standards designed to protect the confidentiality of participants and the quality of the data collected.

LCS contacted parents before the survey was administered. Parents were informed of the purpose of the survey. Passive permission was required in 2018, 2015 and 2012 (parents had to send back a signed permission slip if they did not give permission for their child to participate), and active permission was required in 2008 surveys (parents had to send back a signed parent permission slip if they gave permission for their child to participate).

The Lynchburg Youth Surveys for middle and high school students were conducted with students in the 6th, 9th and 12th grades in the fall of 2018. Demographic information from the 2012, 2015, and 2018 surveys is presented in a table on the next page. Although the subset of students who participated cannot be considered a random sample of enrolled students, the overall response rates are sufficiently high to consider results generally representative of the Lynchburg City 6th, 9th, and 12th graders. Results from the survey provide valuable information that can be used in planning and delivering prevention education programs.

There is no 6th grade data collected by the CDC. For the purposes of this report, the 2018 Lynchburg 6th grade results will be compared to the 2015 Lynchburg 6th grade results. The 2018 Lynchburg 9th and 12th grade results will be compared to the same populations’ results from 2015, and the national (2017) data.

There are two main limitations to this survey, and therefore to its results. First and foremost, it is a self-report method of collecting information. There is no way to discern the amount of over-reporting and/or underreporting. Second, this survey was only administered to students currently enrolled in the Lynchburg City School system. Therefore, the results cannot be generalized to the Lynchburg City youth population as a whole.
## Demographic Variables

<table>
<thead>
<tr>
<th>Demographic Variables</th>
<th>6th grade</th>
<th></th>
<th></th>
<th>9th grade</th>
<th></th>
<th></th>
<th>12th grade</th>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Gender</strong></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Female</td>
<td>49%</td>
<td>52%</td>
<td>51%</td>
<td>49%</td>
<td>54%</td>
<td>52%</td>
<td>51%</td>
<td>52%</td>
<td>53%</td>
</tr>
<tr>
<td>Male</td>
<td>51%</td>
<td>48%</td>
<td>49%</td>
<td>51%</td>
<td>46%</td>
<td>48%</td>
<td>49%</td>
<td>48%</td>
<td>47%</td>
</tr>
<tr>
<td><strong>Age</strong>*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 years old or younger</td>
<td>1%</td>
<td>1%</td>
<td>&lt;1%</td>
<td>1%</td>
<td>1%</td>
<td>&lt;1%</td>
<td>1%</td>
<td>1%</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>11</td>
<td>48%</td>
<td>38%</td>
<td>68%</td>
<td>48%</td>
<td>52%</td>
<td>39%</td>
<td>50%</td>
<td>52%</td>
<td>49%</td>
</tr>
<tr>
<td>12</td>
<td>46%</td>
<td>55%</td>
<td>28%</td>
<td>&lt;1%</td>
<td>&lt;1%</td>
<td>&lt;1%</td>
<td>43%</td>
<td>41%</td>
<td>66%</td>
</tr>
<tr>
<td>13</td>
<td>5%</td>
<td>6%</td>
<td>3%</td>
<td>&lt;1%</td>
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<td>50%</td>
<td>52%</td>
<td>30%</td>
</tr>
<tr>
<td>14</td>
<td>&lt;1%</td>
<td>&lt;1%</td>
<td>&lt;1%</td>
<td>43%</td>
<td>41%</td>
<td>66%</td>
<td>1%</td>
<td>&lt;1%</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>15</td>
<td>&lt;1%</td>
<td>&lt;1%</td>
<td>&lt;1%</td>
<td>50%</td>
<td>52%</td>
<td>30%</td>
<td>1%</td>
<td>&lt;1%</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>16 years old or older</td>
<td>&lt;1%</td>
<td>7%</td>
<td>7%</td>
<td>3%</td>
<td>99%</td>
<td>99%</td>
<td>100%</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Race</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Black or African American</td>
<td>48%</td>
<td>58%</td>
<td>55%</td>
<td>47%</td>
<td>50%</td>
<td>46%</td>
<td>48%</td>
<td>51%</td>
<td>44%</td>
</tr>
<tr>
<td>White</td>
<td>44%</td>
<td>40%</td>
<td>30%</td>
<td>48%</td>
<td>52%</td>
<td>39%</td>
<td>50%</td>
<td>52%</td>
<td>49%</td>
</tr>
<tr>
<td>Asian</td>
<td>4%</td>
<td>3%</td>
<td>4%</td>
<td>4%</td>
<td>4%</td>
<td>2%</td>
<td>4%</td>
<td>5%</td>
<td>3%</td>
</tr>
<tr>
<td>Hispanic or Latino(a)</td>
<td>3%</td>
<td>7%</td>
<td>11%</td>
<td>5%</td>
<td>7%</td>
<td>8%</td>
<td>4%</td>
<td>7%</td>
<td>7%</td>
</tr>
<tr>
<td>Native Hawaiian / Other Pacific Islander</td>
<td>2%</td>
<td>1%</td>
<td>2%</td>
<td>2%</td>
<td>2%</td>
<td>1%</td>
<td>1%</td>
<td>3%</td>
<td>1%</td>
</tr>
<tr>
<td>American Indian or Alaska Native</td>
<td>6%</td>
<td>10%</td>
<td>8%</td>
<td>7%</td>
<td>10%</td>
<td>8%</td>
<td>3%</td>
<td>7%</td>
<td>6%</td>
</tr>
<tr>
<td>Other</td>
<td>8%</td>
<td>9%</td>
<td></td>
<td>9%</td>
<td></td>
<td></td>
<td>6%</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total N</strong></td>
<td>The number of students responding to this survey</td>
<td>501</td>
<td>511</td>
<td>515</td>
<td>526</td>
<td>520</td>
<td>473</td>
<td>510</td>
<td>368</td>
</tr>
<tr>
<td>% of Total Student Enrollment at time of survey</td>
<td>--</td>
<td>84%</td>
<td>82%</td>
<td>--</td>
<td>79%</td>
<td>71%</td>
<td>--</td>
<td>64%</td>
<td>42%</td>
</tr>
<tr>
<td>% of Overall Survey Sample (all three grades combined)</td>
<td>32%</td>
<td>37%</td>
<td>42%</td>
<td>40%</td>
<td>37%</td>
<td>39%</td>
<td>28%</td>
<td>26%</td>
<td>19%</td>
</tr>
</tbody>
</table>

*The 2012 and 2015 surveys were administered in the Spring, and the 2018 survey was administered in the fall. This is the cause of the changes in reported age. Response options were slightly different across administrations.

**The response options for “Race” were slightly different in 2012, 2015, and 2018. Thus, not all results are comparable.
Executive Summary: 2018 Lynchburg City School Youth Survey Results

The 2018 Lynchburg City School Youth Survey was conducted to assess student behavior in certain areas. The results were compared to both national CDC data, as well as (in some cases) Lynchburg City School results from the survey administered in 2015. The topics addressed by the survey were: Unintentional Injury, Intentional Injury, Tobacco, Alcohol, Drugs, Sexual Behavior, and Healthy Lifestyle. A broad review of trends and findings are presented in this Executive Summary.

Lynchburg City School students reported engaging in less dangerous behavior, in general, than the nationally surveyed students. That is, the percentages of local students who reported engaging in risky or dangerous behaviors were smaller than those of their national counterparts.

The results of the Intentional Injury section of the survey indicated that high school students from Lynchburg City responded in a manner consistent with that of the nationally surveyed students. Exceptions to this were found, however, regarding the percentage of students who missed at least one day of school in the last 30 days because they felt unsafe at school or on the way to school, and the percentage of students who report having been bullied on school property, and bullied electronically. The local students reported these experiences more than their national counterparts. There were notable increases in the number of Lynchburg City students reporting having felt hopeless or sad for at least two weeks or more in a row, and the percentage of older youth who have seriously considered attempting suicide in the past year.

Although most questions addressing tobacco use indicated that local students engaged in this type of behaviors at lower rates than the nationally surveyed students, there was a notable drop in the number of Lynchburg City high school students who report having ever smoked cigarettes, as well as students who report having smoked in the past 30 days. Lynchburg City students also reported lower rates of using electronic vapor products. Similarly, the alcohol portion of the survey elicited responses indicating that the local students’ engagement in behavior in this area is similar to or slightly lower than that of national students. There were notable decreases in the percentage of Lynchburg City students who reported drinking alcohol in the last 30 days as well as the percentage of students who reported binge drinking in the last month.

Except for one question within the Drugs section of the survey, Lynchburg City Survey results indicated that local students engaged in drug use at lower rates than the nationally surveyed students. The single exception to this finding is regarding the use of prescription pain medicine without a doctor’s prescription. The percentage of local 9th grade students who report having ever taken prescription pain medicine without a doctor’s prescription was higher than that of the national sample.

Regarding Sexual Behavior, Lynchburg City 9th grade students surveyed in 2018 reported having had sexual intercourse at rates 28% less than 9th grade students surveyed in 2015 and 7% less than their national counterparts. Local 12th grade students surveyed in 2018 reported having had sexual intercourse at rates 12% less than students surveyed in 2015 and 16% less than nationally surveyed seniors. Further, condom use among Lynchburg City students is generally higher than found among nationally-surveyed students, with the exception of 9th grade students surveyed in 2018.

Regarding physical health, less Lynchburg City students describe themselves as overweight, and less are trying to lose weight. The rate of exercise (exercising for 60 minutes on 5 or more days of the past week) reported by local students decreased since 2015. The responses regarding how many days they go to physical education classes indicate that local high school students are increasingly less likely to attend PE class at least one day per week, and report less attendance than the national high school sample. Two new questions in 2018 revealed that Lynchburg City high school students report having food allergies at higher rates than their national counterparts, and lower reported rates of concussions.

Overall, results from the Lynchburg 2018 surveys indicate decreases in most risky behavior. Further, the frequency of reporting risky behaviors generally mirrors or is less than that reported in the national survey.
 Survey Question:

When you rollerblade or ride a skateboard, how often do you wear a helmet?*

The results to this survey question, for the 2018 Lynchburg City School 6th graders only, are displayed in the table below.

<table>
<thead>
<tr>
<th>6th</th>
<th>Response</th>
<th>2015</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>I do not rollerblade or ride a skateboard</td>
<td>48%</td>
<td>57%</td>
</tr>
<tr>
<td></td>
<td>Of those that report rollerblading or riding a skateboard…</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Never wear a helmet</td>
<td>61%</td>
<td>63%</td>
</tr>
<tr>
<td></td>
<td>Rarely wear a helmet</td>
<td>12%</td>
<td>12%</td>
</tr>
<tr>
<td></td>
<td>Sometimes wear a helmet</td>
<td>6%</td>
<td>7%</td>
</tr>
<tr>
<td></td>
<td>Most of the time wear a helmet</td>
<td>8%</td>
<td>7%</td>
</tr>
<tr>
<td></td>
<td>Always wore a helmet</td>
<td>14%</td>
<td>12%</td>
</tr>
</tbody>
</table>

6th grade N = 511 (2015); 515 (2018)

Only 12% of Lynchburg City 6th graders always wear a helmet when rollerblading or riding a skateboard, while 63% of them never wear one. An increase was observed in the percentage of 6th graders reporting that they do not rollerblade or ride a skateboard (48% in 2015 to 57% in 2018).

*This question was not asked of the Lynchburg high school students, or in the national survey.
Survey Question:

When you rode a bicycle during the past year, how often did you wear a helmet?*

The results to this survey question are displayed in the graph below.

<table>
<thead>
<tr>
<th>6th</th>
<th>When you ride a bicycle, how often do you wear a helmet?</th>
<th>Response</th>
<th>2015</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>I do not ride a bicycle</td>
<td></td>
<td>15%</td>
<td>21%</td>
</tr>
<tr>
<td>Of those that report riding a bicycle…</td>
<td>Never wear a helmet</td>
<td></td>
<td>53%</td>
<td>53%</td>
</tr>
<tr>
<td></td>
<td>Rarely wear a helmet</td>
<td></td>
<td>13%</td>
<td>11%</td>
</tr>
<tr>
<td></td>
<td>Sometimes wear a helmet</td>
<td></td>
<td>13%</td>
<td>12%</td>
</tr>
<tr>
<td></td>
<td>Most of the time I wear a helmet</td>
<td></td>
<td>8%</td>
<td>10%</td>
</tr>
<tr>
<td></td>
<td>Always wear a helmet</td>
<td></td>
<td>13%</td>
<td>12%</td>
</tr>
</tbody>
</table>

6th grade N = 511 (2015); 515 (2018)

The number of Lynchburg City School 6th graders who reported that they never wore a helmet when riding a bicycle did not change from 2015 to 2018. The percentage of 6th graders who reported not riding a bicycle increased by 6% from 2015 to 2018.

*This question was not asked of the Lynchburg high school students, or in the national survey.
Survey Question:

How often do you wear a seat belt when you are riding in a car?

The results to this survey question are displayed in the graph below.

The percentage of 6th graders that reported rarely or never wearing a seatbelt decreased by 1% between 2015 and 2018. The percentage of 9th graders that reported rarely or never wearing a seatbelt increased from 4% in 2015 to 8% in 2018, which is higher than the national comparison. The percentage of 12th graders rarely or never wearing a seatbelt decreased slightly.
Survey Question:

6th Grade Question: Have you ever ridden in a car by someone who had been drinking alcohol?

9th and 12th Grade Question: During the past 30 days, how many times did you ride in a car driven by someone who had been drinking alcohol?

The results to this survey question are displayed in the graph below.

There were notable decreases across all grades in the percentage of students who reported being a passenger in a vehicle driven by someone who had been drinking alcohol. Lynchburg 9th graders and 12th graders report this behavior less often (5% and 4%, respectively) in 2018 than their national peers.
Survey Question:

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

The results to this survey question are displayed in the graph below.

The portion of local 9th grade high school students who reported driving a vehicle after drinking alcohol decreased by 4%, and the portion of local 12th graders decreased by 7% from 2015 to 2018. Lynchburg students report this behavior slightly less than their national peers.

*This question was not asked of the Lynchburg City School 6th grade sample.
**Survey Question:**

During the past 30 days, how many days did you text or email while driving a car or other vehicle?*

The results to this survey question are displayed in the graph below.

There is a significant decrease in the percentage of Lynchburg 9th and 12th graders who reported texting while driving. Lynchburg 9th graders reported this behavior at a rate that was 9% less of their national peers, and Lynchburg 12th graders reported texting while driving at a rate that was 30% less of their national peers. The table below breaks down reported texting and driving by number of days.

<table>
<thead>
<tr>
<th>During the past 30 days, how many days did you text or email while driving a car or other vehicle? (2018)</th>
<th>9th</th>
<th>12th</th>
</tr>
</thead>
<tbody>
<tr>
<td>I did not drive a car or other vehicle during the past 30 days</td>
<td>70%</td>
<td>23%</td>
</tr>
<tr>
<td>0 days</td>
<td>25%</td>
<td>48%</td>
</tr>
<tr>
<td>1 or 2 days</td>
<td>2%</td>
<td>9%</td>
</tr>
<tr>
<td>3 to 5 days</td>
<td>&lt;1%</td>
<td>5%</td>
</tr>
<tr>
<td>6 to 9 days</td>
<td>&lt;1%</td>
<td>4%</td>
</tr>
<tr>
<td>10 to 19 days</td>
<td>&lt;1%</td>
<td>3%</td>
</tr>
<tr>
<td>20 to 29 days</td>
<td>&lt;1%</td>
<td>2%</td>
</tr>
<tr>
<td>All 30 days</td>
<td>1%</td>
<td>6%</td>
</tr>
</tbody>
</table>

Survey Question:

During the last 30 days, on how many days did you carry a weapon such as a gun, knife, or club?

The percentages of students who reported carrying a weapon one or more times are displayed in the graph below.

The percentage of Lynchburg City School 9th graders who had carried a weapon in the past month increased 5% from 2015 to 2018. The 12th grade sample had no change in the rate of reporting. Lynchburg students reported this behavior less frequently than their national peers.
Survey Question:

During the past 12 months, on how many days did you carry a gun? (Do not count the days when you carried a gun only for hunting or for a sport, such as target shooting.)

The percentages of students who reported carrying a gun one or more days are displayed in the graph below.

9th grade N = 473 (2018); 12th grade N = 236 (2018)

The portion of Lynchburg City high school students who reported carrying a gun in the past year decreased from 2015 to 2018. Lynchburg City 9th and 12th grade students reported this behavior less frequently than the national sample.
To compare this topic more specifically, the graphs below display how often 9th grade students and 12th grade students carried a weapon on school property, both in 2015 and in 2018.


The only notable change in the number of days that Lynchburg students carried a weapon onto school property is that for 12th graders: the portion of students reporting this behavior dropped by 3%. 
Survey Question:

During the past month, on how many days did you not go to school because you felt you would be unsafe at school or on the way to school?

The percentages of students who reported not going to school one or more times because they felt unsafe are displayed in the graph below.


The portion of Lynchburg City School 9th graders who reported missing at least one day of school in the past month due to feeling unsafe increased by 3% from 2015 to 2018. The rate increased for 12th grade students by 4%. Both samples are slightly higher than their national counterparts.
Survey Question:

During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?

The percentages of students who reported being threatened one or more times in the past year are displayed in the graph below.

Between 2015 and 2018, there was a slight increase in the number of Lynchburg City School 9th graders (3%) who reported being threatened or injured with a weapon at least one time in the past year. No change was observed among 12th graders. Comparable portions (within 1%) of local and national 9th and 12th graders reported these incidents.
**Survey Question:**

**During the past year, how many times were you in a physical fight?**

The percentages of students who reported being in a physical fight one or more times in the past year are displayed in the graph below.

<table>
<thead>
<tr>
<th>Year</th>
<th>9th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>22%</td>
<td>20%</td>
</tr>
<tr>
<td>2018</td>
<td>29%</td>
<td>19%</td>
</tr>
</tbody>
</table>


Overall, the portions of students reporting in 2018 as having been in a physical fight during the past year decline as the students get older. This trend is apparent for both the Lynchburg City School sample as well as the national sample. Lynchburg City School 9th grade students demonstrated a 4% increase in this behavior from 2015 to 2018, while Lynchburg 12th grade students demonstrated a 5% decrease.
Survey Question:

During the past 12 months, how many times were you in a physical fight on school property?

The percentages of students who reported being in a physical fight on school property one or more times in the past year are displayed in the graph below.

Overall, the portions of students reporting having been in a physical fight during the past year decline as the students get older. This trend is apparent for both the Lynchburg City School sample as well as the national sample. Both 9th and 12th grade Lynchburg students reported this behavior at rates below their national peers.
Survey Question:

During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)

The results of this question are displayed in the graph below.


Between 2015 and 2018, reported incidence of dating violence decreased among Lynchburg students as well as the national sample. Lynchburg 9th and 12th grade students reported lower rates of dating violence than the national sample. The table below presents the number of times Lynchburg students reported being physically hurt on purpose by someone they dated or went out with.

<table>
<thead>
<tr>
<th>During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (2018)</th>
<th>9th</th>
<th>12th</th>
</tr>
</thead>
<tbody>
<tr>
<td>I did not go out with anyone during the last 12 months</td>
<td>43%</td>
<td>29%</td>
</tr>
<tr>
<td>0 times</td>
<td>52%</td>
<td>65%</td>
</tr>
<tr>
<td>1 time</td>
<td>2%</td>
<td>1%</td>
</tr>
<tr>
<td>2 or 3 times</td>
<td>2%</td>
<td>3%</td>
</tr>
<tr>
<td>4 or 5 times</td>
<td>&lt;1%</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>6 or more times</td>
<td>&lt;1%</td>
<td>1%</td>
</tr>
</tbody>
</table>

The portion of youth that report not going out with anyone during the last 12 months decreases as students get older (43% in 9th grade to 29% in 12th grade). The majority of both 9th and 12th grade students reported being hurt zero times. Of those that reported being hurt, more students reported being hurt between 1 and 3 times in the past year.
Survey Question:

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

The results of this question are displayed in the graph below.


A slight decrease (3%) in the affirmative response rate from 2015 to 2018 occurred for the Lynchburg City School 9th and 12th grade students for this question regarding rape. Lynchburg City School students reported having been forced to have unwanted sexual intercourse at rates below the national comparison. The table below presents the number of times that students reported anyone forcing them to do sexual things that they did not want to do (such things as kissing, touching, or being physically forced to have sexual intercourse).

<table>
<thead>
<tr>
<th>During the past 12 months, how many times did anyone force you to do sexual things that you did not want to do? (2018)</th>
<th>9th</th>
<th>12th</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 times</td>
<td>90%</td>
<td>92%</td>
</tr>
<tr>
<td>1 time</td>
<td>5%</td>
<td>3%</td>
</tr>
<tr>
<td>2 or 3 times</td>
<td>3%</td>
<td>3%</td>
</tr>
<tr>
<td>4 or 5 times</td>
<td>&lt;1%</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>6 or more times</td>
<td>&lt;1%</td>
<td>&lt;1%</td>
</tr>
</tbody>
</table>
Survey Question:

During the past year, have you ever been bullied at school?

The results of this question are displayed in the graph below.

![Graph showing bullying rates]


This question yielded results that indicate there is an increase of reported bullying from 2015 to 2018 among both 9th grade students (21% increase) and 12th grade students (12% increase). Both 9th and 12th grade students report having been bullied at higher rates than their national peers.

The 6th grade sample of Lynchburg students was asked a similar question:

Have you ever been bullied on school property?

Approximately 53% of the 6th grade sample responded affirmatively to the question, indicating that they have been bullied on school property at some point in their lives.
Survey Question:

Have you ever been electronically bullied?

The results of this question are displayed in the graph below.

- **12th grade**: N = 368 (2015), 236 (2018)

When answering this question, which was new in 2015, both of the local student samples exhibited fewer affirmative responses to this question than their national peers. In 2018, that trend was reversed, with significantly higher percentages of Lynchburg students reporting having been electronically bullied. There was an increase in the portion of 9th and 12th graders reporting electronic bullying from 2015 to 2018 (12% and 13%, respectively).

The 6th grade sample of Lynchburg students was asked a similar question:

**Have you ever been bullied electronically?**

Approximately 21% of the 6th grade sample responded affirmatively to the question, indicating that they have been bullied electronically at least once during their life.
Survey Question:

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?

The results of this question are displayed in the graph below.

![Graph showing percentage of students feeling sad or hopeless everyday for two weeks or more from 2015 to 2018 for 9th and 12th graders in Lynchburg City School and national samples.]


The percentage of Lynchburg City School 9th graders who reported this occurrence remained unchanged from 2015 to 2018. During the same time period, the portion of 12th graders reporting feeling sad or hopeless increased by 7%. A total of 36% of 12th graders reported this occurrence, which is 5% higher than the national sample.
Survey Question:
During the past year, did you ever seriously consider attempting suicide?

The results of this question are displayed in the graph below.

![Graph showing the percentage of students who seriously considered attempting suicide in the past year, with data for 9th and 12th grades in 2015 and 2018.]


Local and national 9th graders in 2015, had an affirmative response rate of 17%. Lynchburg 9th graders increased slightly on this measure to 18% in 2018, while national 9th graders decreased slightly to 16%. The 12th grade local samples increased by 4%, with 17% of 12th graders reporting seriously considering attempting suicide in 2018, which was comparable to the national sample.

The 6th grade sample of Lynchburg students was asked a similar question:

Have you ever seriously thought about killing yourself?

Approximately 22% of the 6th grade sample responded affirmatively to the question, indicating that they have seriously thought about killing themselves at least once during their life.
**Survey Question:**

During the past year, did you ever make a plan about how you would attempt suicide?

The results of this question are displayed in the graph below.

![Graph showing percentage of students making a plan about suicide](image)


The percentage of local and national 9th graders who reported making a plan to commit suicide in the past year remained consistent at 13% from 2015 to 2018. Local 12th graders who reported making a plan increased by 2% from 2015 to 2018, remaining under the national sample comparison.

The 6th grade sample of Lynchburg students was asked a similar question:

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

Approximately 11% of the 6th grade sample responded affirmatively to the question, indicating that they have made a plan about how they would kill themselves at least once in their life.
**Survey Question:**

During the past year, did you actually attempt suicide?

The results of this question are displayed in the graph below.

![Graph showing actually attempted suicide in the past year for 9th and 12th graders in Lynchburg and nationally in 2015 and 2018.](image)


Lynchburg City School 9th graders and 12th graders each had a very small increase of 1% in those that reported they had tried to commit suicide in the past year. Local and national samples reported attempting suicide at the same percentages in 2018.

The 6th grade sample of Lynchburg students was asked a similar question:

**Have you ever tried to kill yourself?**

Approximately 7% of the 6th grade sample responded affirmatively to the question, indicating that they have tried to kill themselves at least once in their life. This is a decrease from 9% in 2015.
Survey Question:

If you attempted suicide during the past 12 months, did any attempt result in an injury, or poisoning, or overdose that had to be treated by a doctor or nurse?

The results of this question are displayed in the graph below.

Although comparable portions of national and Lynchburg City School 9th graders reported having a suicide attempt result in the need for medical attention, local 12th grade students reported this incident at slightly higher percentage than that of their national peers (1%).
Survey Question:

Have you tried cigarette smoking, even one or two puffs?

The percentages of students who reported having tried cigarette smoking are displayed in the graph below.

Between 2015 and 2018, there was a 2% increase in the number of Lynchburg City School 6th grade students who had ever tried cigarette smoking. Both of the other Lynchburg City School samples show a lower rate of trying cigarette smoking than the corresponding national samples. The portion of 9th grade Lynchburg students that reported having tried cigarettes dropped 11% and the portion of 12th grade Lynchburg students that reported having tried cigarettes was cut in half during the three-year period.
Survey Question:

How old were you when you first tried cigarette smoking, even one or two puffs?

The percentages of students who tried smoking before the age of 13 are presented in the graph below.

This question changed slightly from 2015 to 2018. In 2015 and previous survey administrations, the question was worded as “How old were you when you smoked a whole cigarette for the first time?” This change should be taken into account when making comparisons from 2015 to 2018. In 2018, 7% of 6th graders, 8% of 9th graders, and 4% of 12th graders reported having tried cigarettes before age 13. A smaller proportion of Lynchburg students reported having tried cigarettes before age 13, compared to their national peers across 9th and 12th grade.
Survey Question:

During the last 30 days, on how many days did you smoke cigarettes?

The percentages of students who reported smoking on at least one day in the past month are displayed in the graph below.

![Graph showing percentages of students smoking cigarettes in the last month](image)


Between 2015 and 2018 there was a significant decrease in the percentage of Lynchburg City School 9th, and 12th graders who had smoked cigarettes in the last month (5% and 9% respectively). Both 9th and 12th graders reported smoking cigarettes in the last month at lower percentages than their national peers. The percentage of 6th grade students who reported smoking cigarettes in the last month remained at 2% from 2015 to 2018.
Survey Question:

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

The percentages of students who reported using chewing tobacco or snuff on one or more days in the past month are displayed in the graph below.

![Graph showing used chewing tobacco in the past month for different grades and years.](image-url)


There were two decreases in the amount of local youth who reported having used chewing tobacco in the month prior to taking the survey. A 1% decrease occurred in the 6th grade sample and a 3% decrease occurred in the 12th grade sample. The 9th grade sample remained the same across survey administrations. Reported chewing tobacco use within the last 30 days was lower among 9th and 12th grade Lynchburg students than the national sample.
Survey Question:
During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?

The percentages of students who reported smoking cigars, cigarillos, or little cigars on one or more days in the past month are displayed in the graph below.

All grades in Lynchburg City showed a decrease in reported smoking of cigars, cigarillos, and/or little cigars. The local 9th grade sample, demonstrated a drop of 4%, and the 12th grade sample demonstrated a decrease of 7%. Local 9th and 12th graders reported lower use than the national high school samples.
**Survey Question:**

Have you ever used an electronic vapor product?

The percentages of students who reported ever having used an electronic vapor product are displayed in the graph below.

![Graph showing percentages of students using electronic vapor products by grade level from 2015 to 2018.](image)


This question was new to the Lynchburg City YRBS in 2015, and was not included on the 2013 national survey. There is a steady and significant increase in electronic vapor use as grade level rises, starting with 7% of 6th graders and increasing to 38% of 12th graders. Reported use of electronic vapor products decreased across all grades from 2015 to 2018, and rates remain lower among Lynchburg students than the national sample.
Survey Question:

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

The percentages of students who reported using a vapor product on at least one day in the last month are displayed in the graph below.

This question was new to the Lynchburg City YRBS in 2015, and was not included on the 2013 national survey. The results mirror those of the previous question, indicating that the rate of electronic vapor use in the past month increases with age. While reported usage of electronic vapor products decreased across all grades between 2015 and 2018, the 9th and 12th grade local students reported usage at higher rates than their national peers.
**Survey Question:**

During the last 30 days, how did you usually get your own electronic vapor products?

(Select only one response)

The results of this question are presented in the tables below.

<table>
<thead>
<tr>
<th>Grade</th>
<th>During the last 30 days, how did you usually get your own electronic vapor products? (Select only one response)</th>
<th>Response</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>6th</td>
<td>I bought them in a store such as a convenience store, supermarket, discount store, gas station, or vape store</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I got them on the internet</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I gave someone else the money to buy them for me</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I borrowed them from someone else</td>
<td>52%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>A person who can legally buy these products gave them to me</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I took them from a store or another person</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I got them some other way</td>
<td>14%</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grade</th>
<th>During the last 30 days, how did you usually get your own electronic vapor products? (Select only one response)</th>
<th>Response</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>9th</td>
<td>I bought them in a store such as a convenience store, supermarket, discount store, gas station, or vape store</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I got them on the internet</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I gave someone else the money to buy them for me</td>
<td>12%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I borrowed them from someone else</td>
<td>52%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>A person who can legally buy these products gave them to me</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I took them from a store or another person</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I got them some other way</td>
<td>16%</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grade</th>
<th>During the last 30 days, how did you usually get your own electronic vapor products? (Select only one response)</th>
<th>Response</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>12th</td>
<td>I bought them in a store such as a convenience store, supermarket, discount store, gas station, or vape store</td>
<td>27%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I got them on the internet</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I gave someone else the money to buy them for me</td>
<td>11%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I borrowed them from someone else</td>
<td>42%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>A person who can legally buy these products gave them to me</td>
<td>9%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I took them from a store or another person</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I got them some other way</td>
<td>8%</td>
<td></td>
</tr>
</tbody>
</table>


The results from this question indicate that most students borrow electronic vapor products from someone else and 27% of 12th graders who use these products also buy them in a store.
**Survey Question:**

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

The percentages of students who reported having had their first drink of alcohol before the age of 13 are displayed in the graph below.

![Graph showing percentages of students having their first drink of alcohol before the age of 13 by grade level and year.](image)


A slight decrease in Lynchburg City School 6th and 9th grade students who reported drinking before the age of 13 occurred between 2015 and 2018. A more significant decrease of 10% is observed for Lynchburg City School 12th grade students. Slightly less 2018 locally surveyed 9th and 12th grade students reported an early drinking age than the national sample.
*Survey Question:*

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

The percentages of students who reported having had at least one drink of alcohol during the past month are displayed in the graph below.

![Graph showing percentage of students who had at least one drink of alcohol in the last month for 9th and 12th grade students in Lynchburg and national averages.](image)


The 2018 survey results indicate that there was a significant decrease from 2015 in the portion of 9th and 12th grade Lynchburg City School students who reported having had at least one drink of alcohol in the past month. The 9th grade Lynchburg City students reporting this occurrence decreased by 11% and the 12th grade Lynchburg City students reporting this occurrence decreased by 21%. Fewer 9th and 12th grade Lynchburg City students reported having had at least one drink when compared to their national peers.

The 6th grade sample of Lynchburg students was asked a similar question:

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

Approximately 15% of the 6th grade sample responded affirmatively to the question, indicating that they have tried alcohol, other than a few sips, at least once in their life.
Survey Question:

During the last 30 days, on how many days did you have at least 4 or more drinks of alcohol in a row, that is, within a couple of hours (if you are female) or 5 or more drinks of alcohol in a row, that is, within a couple of hours (if you are a male)?

The percentages of students who reported binge drinking at least one day during the past month are displayed in the graph below.

The rates of reporting this behavior grow substantially as grade level increases. Both local high school samples exhibited decreases in the reporting rate of binge drinking in the past month. The portion of 9th grade Lynchburg City students responding affirmatively to this question decreased by 3% and the portion of 12th grade Lynchburg City students responding affirmatively to this question decreased by 11% from 2015 to 2018. Both 9th and 12th grade Lynchburg City students report this behavior at lower rates than their national peers.
Survey Question:

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

(Select one response.)

The results pertaining to this question, for the 2018 Lynchburg City School survey only, are presented in the tables below.

<table>
<thead>
<tr>
<th>Grade</th>
<th>During the past 30 days, how did you USUALLY get the alcohol you drank?</th>
<th>Response</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>9th</td>
<td>I gave someone else money to buy it for me</td>
<td>9%</td>
<td></td>
</tr>
<tr>
<td>9th</td>
<td>I got it some other way</td>
<td>44%</td>
<td></td>
</tr>
<tr>
<td>9th</td>
<td>I took it from a family member or store</td>
<td>33%</td>
<td></td>
</tr>
<tr>
<td>9th</td>
<td>I bought it in a store</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>9th</td>
<td>I bought it at a public event such as a concert or sporting event</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td>12th</td>
<td>I bought it from a store</td>
<td>19%</td>
<td></td>
</tr>
<tr>
<td>12th</td>
<td>I bought it at a restaurant, bar, or club</td>
<td>--</td>
<td></td>
</tr>
<tr>
<td>12th</td>
<td>I gave someone else money to buy it for me</td>
<td>33%</td>
<td></td>
</tr>
<tr>
<td>12th</td>
<td>I got it some other way</td>
<td>34%</td>
<td></td>
</tr>
<tr>
<td>12th</td>
<td>I took it from a family member or store</td>
<td>12%</td>
<td></td>
</tr>
<tr>
<td>12th</td>
<td>Someone gave it to me</td>
<td>--</td>
<td></td>
</tr>
</tbody>
</table>


9th grade students most frequently reported getting their alcohol some other way than the response options listed or reported taking alcohol from a family member or store. 12th grade students most frequently reported giving someone else money to buy alcohol for them, getting their alcohol some other way than the response options listed, or buying it from a store.
**Survey Question:**

During your life, how many times have you used marijuana?

The percentages of students who reported having ever used marijuana are displayed in the graph below.

![Graph showing percentage of students who have used marijuana at least one time by grade level in 2015 and 2018 for Lynchburg and National (2013, 2017).]


Between 2015 and 2018, there was no increase in the portion of Lynchburg City School 6th graders who reported ever having smoked marijuana. However, during the same time period, there was an 8% decrease in the portion of Lynchburg City School 9th graders who reported ever using marijuana and a 24% decrease among 12th graders. Both 9th and 12th graders reported this behavior at lower rates than their national counterparts.
**Survey Question:**

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

The percentages of students who reported trying marijuana before the age of 13 are displayed in the graph below.

![Graph showing percentages of students trying marijuana before age 13](chart.png)


There was no change in the portion of Lynchburg City School 6th grade students who reported trying marijuana before the age of 13. The very small portions reported are most likely explained by the ages of the 6th graders surveyed. The Lynchburg City School 9th and 12th grade samples both had a decreased rate of reporting this behavior between 2015 and 2018 (3% and 7% respectively), and report this behavior at lower rates than their national counterparts.
**Survey Question:**

During the past 30 days, how many times did you use marijuana?

The percentages of students who reported using marijuana at least one time in the past month are displayed in the graph below.

There was a decrease (8%) between 2015 and 2018 in the portion of Lynchburg City School 9th graders who reported having used marijuana in the past month. There was a large decrease (16%) in the portion of Lynchburg City School 12th graders who reported having used marijuana in the past month between 2015 and 2018. Both 9th and 12th graders in Lynchburg City Schools reported this behavior at lower rates than the national sample.
Survey Question:

During your life, how many times have you used synthetic marijuana (also called Spice, fake weed, K2, King Kong, Yucatan Fire, or Skunk)?

The percentages of students who reported having ever used synthetic marijuana are displayed in the graph below.

This question, new in 2015 and not asked on the 2013 national survey, revealed that 8% of Lynchburg City 9th graders and 6% of 12th graders reported using synthetic marijuana at least once in their lives. The portion of students in both 9th and 12th grades reporting this behavior decreased from 2015 to 2018 (by 4% and 2% respectively), and in 2018 Lynchburg 9th and 12th graders reported this behavior at lower rates than the national sample.
**Survey Question:**

*During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?*

The percentages of students who reported having ever used any form of cocaine are displayed in the graph below.

![Graph showing the percentage of students who have used any form of cocaine in 2015 and 2018 for 6th, 9th, and 12th grades.](image)


There was no change in the portion of Lynchburg City School 6th grade students who reported ever using cocaine. The Lynchburg City School 9th and 12th grade samples both had a 4% decrease in the portion of students reporting this behavior between 2015 and 2018, and report this behavior at lower rates than their national counterparts.
**Survey Question:**

During your life, how many times have you used ecstasy (also called MDMA)?*

The percentages of 9th and 12th grade students who reported having ever used ecstasy are displayed in the graph below.

![Graph showing the percentage of students using MDMA from 2015 to 2018 for 9th and 12th grades in Lynchburg City Schools and nationally.](image)


Both the Lynchburg City Schools 9th grade and the 12th grade samples had decrease in the portion of students reporting this behavior between 2015 and 2018. The portion of local 9th graders reporting that they have used ecstasy decreased by 5% between 2015 and 2018 and is lower than the national 2018 sample. The portion of 12th graders reporting this behavior decreased from 6% in 2015 to 0% in 2018.
Survey Question:

During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

The percentages of students who reported having ever sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high are displayed in the graph below.


The portion of local 9th graders who reported this behavior decreased by 2% from 2015 to 2018, and the portion of local 12th graders who reported this behavior decreased by 6%. Both the national 9th grade sample and the national 12th grade sample report a more frequent use of this particular drug group than the local sample.

The 6th grade sample of Lynchburg students was asked a similar question:

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

Approximately 4% of the 6th grade sample responded affirmatively to the question, indicating that they have tried sniffing glue or inhaling paints or sprays to get high at least once in their life.
**Survey Question:**

During your life, how many times have you used heroin (also called smack, junk, or China White)?

The percentages of students who reported having ever used heroin are displayed in the graph below.

![Graph showing percentage of students who ever used heroin]


Between 2015 and 2018, reported use of heroin decreased to less than 1% among local 9th graders and 0% among local 12th graders.
**Survey Question:**

During your life, how many times have you used methamphetamines (also called speed, crystal meth, crank, ice, or meth)?

The percentages of students who reported having ever used methamphetamines are displayed in the graph below.

![Graph showing percentages of students reporting ever using methamphetamines in Lynchburg and national samples]


The portion of Lynchburg 9th graders reporting having ever used methamphetamines decreased by 2% from 2015 to 2018, and the portion of Lynchburg 12th graders reporting having ever used methamphetamines decreased to 0% in 2018. Both local samples reported this behavior at lower rates than the national sample.
**Survey Question:**

*During your life, how many times have you taken steroid pills, or shots without a doctor’s permission?*

The percentages of students who reported having ever taken steroid pills or shots without a doctor’s permission are displayed in the graph below.

![Graph showing the percentage of students who have ever taken steroid pills or shots without a doctor’s permission.]


The portion of both the 9th grade and 12th grade Lynchburg City School samples reporting this behavior decreased by 2% between 2015 and 2018, while the portion of the national sample reporting this behavior remained the same.

The 6th grade sample of Lynchburg students was asked a similar question:

**Have you ever taken steroid pills or shots without a doctor’s prescription?**

Approximately 1% of the 6th grade sample responded affirmatively to the question, indicating that they have taken steroid pills or shots without a doctor’s prescription at least once in their life.
Survey Question:

During your life, how many times have you used a needle to inject any illegal drug into your body?

The percentages of students who reported having ever used a needle to inject any illegal drug into their body are displayed in the graph below.

Between 2015 and 2018, the portion of Lynchburg City School 9th and 12th grade students who reported engaging in this behavior decreased by 1% and are at or below the rates reported by the national sample for this behavior in 2018.

Survey Question:

During your life, how many times have you used hallucinogenic drugs, such as LSD, acid, PCP, angel dust, mescaline, or mushrooms?

The percentages of students who reported having ever used a hallucinogenic drug are displayed in the graph below.

The portion of Lynchburg City School 9th graders reporting having ever used hallucinogenic drugs decreased by 7% between 2015 and 2018. The portion of Lynchburg 12th graders reporting this behavior decreased by 4% between 2015 and 2018. Lynchburg City School students in both grades report this behavior at lower rates than the national sample.
Survey Question:

During your life, how many times have you taken a prescription pain medicine without a doctor’s prescription or differently than how a doctor told you to use it?

The percentages of students who reported having ever taken prescription pain medicine without a doctor’s prescription or differently than how a doctor told them to use it are displayed in the graph below.

The portion of Lynchburg City School 9th graders who reported taking prescription drugs without a doctor’s prescription increased by 2% between 2015 and 2018, while the portion of Lynchburg City School 12th graders reporting this behavior decreased by 5% during the same time period.

Lynchburg 9th graders report this behavior at higher rates than their national counterparts, while Lynchburg 12th graders report this behavior at lower rates than the national sample.

The 6th grade sample of Lynchburg students was asked a similar question:

Have you ever taken prescription pain medicine without a doctor’s prescription or differently than how a doctor told you to use it (count drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet)?

Approximately 4% of the 6th grade sample responded affirmatively to the question, indicating that they have taken prescription pain medicine without a doctor’s prescription at least once.
Survey Question:

During the past 30 days, how many times have you taken a prescription pain medicine without a doctor’s prescription or differently than how a doctor told you to use it?

The percentages of students who reported having taken prescription pain medicine without a doctor’s prescription or differently than how a doctor told them to use it during the past month are displayed in the graph below.

This was a new question in 2018 and was not asked on the 2017 National Survey for comparison. The portion of Lynchburg City School 9th graders who reported taking prescription drugs without a doctor’s prescription at least once in the past 30 days was higher than the portion of Lynchburg City School 12th graders who reported this behavior.
Survey Question:

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

The percentages of students who reported having been offered, sold, or given illegal drugs on school property during the past 12 months are displayed in the graph below.

This was a new question in 2018. The portion of Lynchburg City School 9th graders and 12th graders who reported being offered, sold, or given illegal drugs on school property in the last 12 months was lower than the national sample.


**Survey Question:**

Have you ever had sexual intercourse?

The percentages of students who reported having ever had sexual intercourse are displayed in the graph below.

![Graph showing sexual behavior percentages](image)


There were decreases across all groups reporting having ever had sex from 2015 to 2018. The portion of 6th graders who report they have had sex decreased by 3%, the portion of 9th graders decreased by 28%, and the portion of 12th graders decreased by 12% during the three-year period. At both the 9th and 12th grade levels, fewer Lynchburg City School students reported having engaged in this behavior than their national counterparts.
Survey Question:

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

The percentages of students who reported having had sexual intercourse before the age of 13 are displayed in the graph below.

There were decreases across all grades in the portion of Lynchburg City School students who reported they had sex before the age of 13. The portion of 6th grade students decreased by 2%, the portion of 9th grade students decreased by 9%, and the portion of 12th grade students decreased by 8% from 2015 to 2018. The portion of the national sample also observed decreases during the same time. The high school students from Lynchburg City Schools went from reporting engaging in this behavior at higher rates than the national sample in 2015 to rates lower than the nationally surveyed high school students in 2018.
Survey Question:

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

The percentages of students, who reported having had sexual intercourse with four or more people are displayed in the graph below.

![Graph showing sexual behavior by grade and year]


There was a slight decrease (2%) in the portion of 6th grade students who reported that they have had sex with three or more people in their lifetime. The decreases among 9th and 12th grade Lynchburg students was greater. The portion of 9th grade students who reported this behavior decreased by 14% from 2015 to 2018, and the rate of 12th grade students who reported this behavior decreased 9% between 2015 and 2018.
Survey Question:

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

The percentages of students who reported having had sexual intercourse in the past three months are displayed in the graph below.

The most recent survey results indicate that the percentage of students who reported having had sex in the past three months decreased for both Lynchburg City 9th and 12th grade samples. Between 2015 and 2018, there were decreases of 18% and 8% in the portions of local 9th grade and 12th grade students reporting this behavior. Lynchburg 9th and 12th grade students reported this behavior at lower rates than the national sample.
Survey Question:

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

The percentages of students who reported using alcohol or drugs before they had sex the last time are displayed in the graph below.

Between 2015 and 2018, the rates of local 9th grade students reporting engagement in this behavior decreased by 6% while the portion of the national sample reporting that they drank alcohol or used drugs before they had sex the last time increased by 13%. The portion of local 12th grade students reporting engagement in this behavior decreased 5%, while the portion of the national sample reporting this behavior increased by 10% from 2015 to 2018.
Survey Question:

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

The percentages of students who reported that they or their partner used a condom the last time they had sex are displayed in the graph below.


Compared to their national counterparts, considerably more Lynchburg City School students did not use a condom the last time they had sex. These figures only include youth who reported being sexually active. All grades demonstrate an increasing trend in the portion of youth who report not using a condom during the last time they had sex. This trend is also observed among the national sample.
Survey Question:

The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select one response.)

The results of this question are presented in the tables below for Lynchburg students only.

<table>
<thead>
<tr>
<th>9th</th>
<th>The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select one response.)</th>
<th>Response</th>
<th>2015</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>I have never had sexual intercourse</td>
<td></td>
<td>58%</td>
<td>86%</td>
</tr>
<tr>
<td></td>
<td>Of those who report having had sexual intercourse…</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>No method was used to prevent pregnancy</td>
<td></td>
<td>10%</td>
<td>24%</td>
</tr>
<tr>
<td></td>
<td>Condoms</td>
<td></td>
<td>57%</td>
<td>46%</td>
</tr>
<tr>
<td></td>
<td>A shot, patch, or ring</td>
<td></td>
<td>1%</td>
<td>3%</td>
</tr>
<tr>
<td></td>
<td>Birth Control pills</td>
<td></td>
<td>10%</td>
<td>5%</td>
</tr>
<tr>
<td></td>
<td>Not sure</td>
<td></td>
<td>2%</td>
<td>6%</td>
</tr>
<tr>
<td></td>
<td>Withdrawal or some other method</td>
<td></td>
<td>19%</td>
<td>4%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>12th</th>
<th>The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select one response.)</th>
<th>Response</th>
<th>2015</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>I have never had sexual intercourse</td>
<td></td>
<td>50%</td>
<td>59%</td>
</tr>
<tr>
<td></td>
<td>Of those who report having had sexual intercourse…</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>No method was used to prevent pregnancy</td>
<td></td>
<td>10%</td>
<td>11%</td>
</tr>
<tr>
<td></td>
<td>Condoms</td>
<td></td>
<td>54%</td>
<td>39%</td>
</tr>
<tr>
<td></td>
<td>A shot, patch, or ring</td>
<td></td>
<td>4%</td>
<td>4%</td>
</tr>
<tr>
<td></td>
<td>Birth Control pills</td>
<td></td>
<td>16%</td>
<td>16%</td>
</tr>
<tr>
<td></td>
<td>An IUD or implant</td>
<td></td>
<td>--</td>
<td>8%</td>
</tr>
<tr>
<td></td>
<td>Withdrawal or some other method</td>
<td></td>
<td>14%</td>
<td>9%</td>
</tr>
</tbody>
</table>


For both 9th and 12th grade Lynchburg City School students, condoms were the most utilized form of birth control.
**Survey Question:**

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

The results of this question are presented in the graph below.

---

**Gender of sexual partner(s): Females**

- 9th grade:
  - Males: 14%
  - Females: 5%
  - Males and females: 41%
  - No sexual contact: 78%

- 12th grade:
  - Males: 2%
  - Females: 3%
  - Males and females: 10%
  - No sexual contact: 46%

**Gender of sexual partner(s): Males**

- 9th grade:
  - Males: 1%
  - Females: 23%
  - Males and females: 1%
  - No sexual contact: 74%

- 12th grade:
  - Males: 1%
  - Females: 40%
  - Males and females: 3%
  - No sexual contact: 56%

9th grade N = 473 (2018); 12th grade N = 236 (2018)

The results from this question, asked only on the Lynchburg City survey, revealed that most students had had no sexual contact, and also shows an increase in the portion of Lynchburg youth reporting no sexual contact.

*This question was not administered via the national survey or to the Lynchburg City School 6th grade sample.*
Survey Question:

Which of the following best describes you?

The results of this question are presented in the tables below.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Which of the following best describes you?</th>
<th>2015</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>9th</td>
<td>Heterosexual (straight)</td>
<td>82%</td>
<td>82%</td>
</tr>
<tr>
<td></td>
<td>Gay or lesbian</td>
<td>1%</td>
<td>2%</td>
</tr>
<tr>
<td></td>
<td>Bisexual</td>
<td>7%</td>
<td>9%</td>
</tr>
<tr>
<td></td>
<td>Not sure</td>
<td>3%</td>
<td>7%</td>
</tr>
<tr>
<td>12th</td>
<td>Heterosexual (straight)</td>
<td>86%</td>
<td>83%</td>
</tr>
<tr>
<td></td>
<td>Gay or lesbian</td>
<td>1%</td>
<td>2%</td>
</tr>
<tr>
<td></td>
<td>Bisexual</td>
<td>8%</td>
<td>9%</td>
</tr>
<tr>
<td></td>
<td>Not sure</td>
<td>4%</td>
<td>6%</td>
</tr>
</tbody>
</table>


Although most 9th and 12th grade Lynchburg City School students identify as heterosexual, approximately 11% to 18% of Lynchburg City School students identify as LGBTQ.
Survey Question:
How do you describe your body weight?

The results of this question are presented in the graph below.

Between 2015 and 2018, there was a 4% increase in the portion of Lynchburg City School 6th grade students who think of themselves as overweight. There was a 3% decrease in the portion of Lynchburg City School 9th graders who think of themselves as overweight, and no change in the portion of Lynchburg City School 12th graders who think of themselves as overweight. There were differences between the national and local survey results: 6% less Lynchburg City School 9th and 5% 12th grade students reported this belief than did their national counterparts.
Survey Question:

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

The percentages of students who reported that they are not trying to lose weight are presented in the graph below.

For all local samples, the range of percentages indicates that the majority of Lynchburg City students are not trying to lose weight. More Lynchburg City School students reported that they are not trying to lose weight when compared to their national peers.
Survey Question(s):

During the past week (7 days), how many times did you:

The percentages of students who reported drinking and eating the following things on at least one day in the past week are presented in the tables below.

<table>
<thead>
<tr>
<th></th>
<th>9th Grade</th>
<th>12th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drink 100% fruit juices? Do not count punch, Kool-Aid, sports drinks, etc.</td>
<td>75%</td>
<td>67%</td>
</tr>
<tr>
<td>Eat fruit? (Do not count fruit juice)</td>
<td>89%</td>
<td>83%</td>
</tr>
<tr>
<td>Eat green salad?</td>
<td>65%</td>
<td>53%</td>
</tr>
<tr>
<td>Eat potatoes (Do not count French fries, fried potatoes, or potato chips)</td>
<td>--</td>
<td>61%</td>
</tr>
<tr>
<td>Eat carrots?</td>
<td>--</td>
<td>36%</td>
</tr>
<tr>
<td>Eat other vegetables? (Do not count green salad, potatoes, or carrots)</td>
<td>88%</td>
<td>74%</td>
</tr>
<tr>
<td>Drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite?</td>
<td>77%</td>
<td>75%</td>
</tr>
<tr>
<td>Drink a can, bottle, or glass of a sports drink such as Gatorade or Powerade?</td>
<td>62%</td>
<td>57%</td>
</tr>
<tr>
<td>Drink a bottle or glass of plain water?</td>
<td>93%</td>
<td>87%</td>
</tr>
<tr>
<td>Drink a glass of milk?</td>
<td>--</td>
<td>68%</td>
</tr>
<tr>
<td>Eat breakfast on all 7 days?</td>
<td>32%</td>
<td>34%</td>
</tr>
</tbody>
</table>


While increasing slightly from 2015 to 2018, only one third of all Lynchburg City high school students reported having eaten breakfast on all of the past 7 days prior to taking the survey. All other items had a decrease in reported consumption. Questions regarding potatoes, carrots, and milk were new questions on the 2018 survey.

The 6th grade sample of Lynchburg students was asked a similar question:

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

Approximately 50% of the 6th grade sample responded that they ate breakfast all 7 days prior to taking the survey.
Survey Question:

Are there any foods that you have to avoid because eating the food could cause an allergic reaction, such as skin rashes, swelling, itching, vomiting, coughing, or trouble breathing?

The percentages of students who reported having to avoid foods because of allergic reactions are presented in the graph below.


This question was new for the Lynchburg City survey in 2018. The portion of Lynchburg City School students reporting they had to avoid certain foods due to allergic reactions is higher than the portion of students who reported the same in the national sample.
**Survey Question:**

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.)

The percentages of students who reported engaging in exercise on at least one day in the past week are presented in the graph below.

The portion of Lynchburg City School students reporting they had exercised for a total of 60 minutes on at least one day in the week prior to the survey decreased across all grades between 2015 and 2018. The portion decreased by 1% for 6th graders, 6% for 9th graders, and 16% for 12th graders. Lynchburg City School high school students reported this behavior at lower rates than their national counterparts.
Survey Question:

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.)

The percentages of students who were not physically active for at least 60 minutes on five or more days in the past week are presented in the graph below.

![Graph showing the percentage of students not physically active for at least 60 minutes on 5 or more days by grade and year.](image)


The portion of Lynchburg students who report not being physically active for at least 60 minutes on five or more days during the week prior to the survey increased across all grades from 2015 to 2018. In 2018, the portion of students who reported not being physically active on 5 or more days was higher among Lynchburg 9th and 12th graders than among the national sample.
**Survey Question:**

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

The percentages of students who reported NOT engaging in this behavior on three or more days in the past week are presented in the graph below.

There was an increase in the portion of Lynchburg 9th and 12th graders who reported not doing exercises to strengthen or tone muscles on at least 3 days in the past week. The portion of Lynchburg 9th graders who did not do exercises to strengthen or tone muscles increased by 9%, and the portion of Lynchburg 12th graders who did not do exercises on at least 3 days increased by 14% from 2015 to 2018. Both local samples reported lower rates of exercising to strengthen or tone muscles than their national counterparts.
Survey Question:

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

The percentages of students who reported watching three or more hours of TV on an average school day are presented in the graph below.

A significant decreasing trend for the results of this question occurred across grade levels. The Lynchburg City School 6th grade students reported that 33% engaged in this behavior, a decrease of 9% from 2015. There was a notable drop (10%) in this activity as reported by local 9th graders between 2015 and 2018, and the portion of local 12th graders who reported this behavior was cut in half during that same time period. The decreasing trend for the results of this question also occurred at the national level.
Survey Question:

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 playing games, watching videos, texting, or using social media on your smartphone, computer, Xbox, PlayStation, iPad, or other tablet)*

The percentages of students who reported engaging in this behavior three or more hours on an average school day are presented in the graph below.

Local 6th and 9th grade levels indicated notable increases in the percentage of students who are spending time on a computer for non-school activities, while the portion of local 12th graders reporting this behavior decreased between 2015 and 2018.
Survey Question:

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

The percentages of students who reported NOT going to PE class at least one day per week are presented in the graph below.

![Graph showing does NOT attend PE class at least one day per week percentages for 6th, 9th, and 12th grades in 2015 and 2018.](image)


The portion of local 6th graders who did not attend PE class at least one day per week decreased by 3% between 2015 and 2018. For high school youth, the portion of local students who did not attend PE class at least one day per week increased, while reported rates among the national sample decreased from 2015 to 2018. Fewer Lynchburg youth report attending PE class at least once per week when compared to their national counterparts. The portion of local 9th grade students who did not attend PE class at least once per week increased by 2% from 2015 to 2018, and the portion of local 12th grade students who did not attend PE class at least once per week increased by 26% from 2015 to 2018.
Survey Question:

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

The percentages of students who reported NOT playing on at least one sports team in the past year are presented in the graph below.

The portion of Lynchburg youth who did not play on a sports team during the past year increased across every grade from 2015 to 2018. The portion of local 6th graders and 9th graders who did not play on at least one sports team increased by 11%, and the portion of local 12th graders increased by 8% from 2015 to 2018. Even with this increase, Lynchburg youth reported playing on sports teams at slightly higher rates than the national sample in 2018.
Survey Question:
During the past 12 months, how many times did you have a concussion from playing a sport or being physically active?

The percentages of students who reported having a concussion one or more times in the past year are presented in the graph below.

There was a declining trend in the portion of local youth reporting having had a concussion one or more times in the last year as grades increased. Lynchburg 6th graders had the highest portion of reported concussions (20%), and Lynchburg 12th graders had the lowest portion (8%). Compared to the national sample, local youth had lower rates of reported concussions (7% lower for local 9th graders, and 4% lower for local 12th graders).
Survey Question:

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

The percentages of students who reported that they had been tested for HIV are presented in the graph below.

Both the 9th grade and 12th grade sample results indicate that local students are tested for HIV at a slightly lower rate than their national counterparts. The portion of Lynchburg 9th graders and 12th graders who had been tested for HIV decreased by 5% from 2015 to 2018.
Survey Question:

During the past 12 months, have you been tested for a sexually transmitted disease other than HIV, such as chlamydia or gonorrhea?

The percentages of students who reported that they had been tested for other sexually transmitted infections are presented in the graph below.

This was a new question on the 2018 Lynchburg survey. Results indicate that most Lynchburg youth (87% of 9th graders and 81% of 12th graders) have not been tested for sexually transmitted infections. A small portion of 9th graders (3%) reported being tested, and 11% of 12th graders reported being tested. A total of 15% of local high school students were not sure if they had been tested.
Survey Question:

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

The percentages of students who reported that they have been told by a doctor or nurse that they have asthma are presented in the graph below.


The percentage of Lynchburg 6th graders and 9th graders who reported that a doctor or nurse had told them they have asthma remained consistent from 2015 to 2018. The percentage of Lynchburg 12th graders who reported the same increased by 5% from 2015 to 2018. In 2018, local 12th graders reported they had been told they have asthma at a slightly higher percentage than the national sample.
Survey Question:

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

The percentages of students who reported that they have visited a dentist in the past 12 months are presented in the graph below.


The portion of 9th graders who reported visiting the dentist increased by 10% and the portion of 12th graders who reported visiting the dentist increased by 8% from 2015 to 2018.
**Survey Question:**

During the past 12 months, how many times did you use an indoor tanning device such as a sunlamp, sunbed, or tanning booth?

The percentages of students who reported using an indoor tanning device in the past 12 months are presented in the graph below.

Approximately 3% of local 9th graders and 12th graders report using an indoor tanning device at least one time during the past 12 months. This is lower than the national sample.
Survey Question:

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

The percentages of students who reported that they get less than 8 hours of sleep per night are presented in the graph below.

For both local and national samples, as youth get older, they report getting fewer hours of sleep on an average night. The portion of Lynchburg 6th graders who reported getting fewer than eight hours of sleep on average decreased by 6% between 2015 and 2018. The portion of Lynchburg 9th graders who reported getting fewer than 8 hours of sleep decreased by 1% during the same time period. The percentage of Lynchburg 12th graders who reported getting fewer than 8 hours of sleep increased by 9% from 2015 to 2018. Compared to the national sample, more Lynchburg high school students report getting fewer than 8 hours of sleep on average.
Survey Question:

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

The percentages of students who would describe their grades as mostly A's and B's during the past 12 months are presented in the graph below.

Most of the Lynchburg City students surveyed would describe their grades as mostly A's and B's. The percentages of students describing their grades as mostly A's and B's increased from 2015 to 2018 across all grades.

Survey Question:

Because of a physical, mental, or emotional problem, do you have serious difficulty concentrating, remembering, or making decisions?

The percentages of students who report having serious difficulty concentrating, remembering, or making decisions are presented in the graph below.

Approximately one third of the Lynchburg City students surveyed report having serious difficulty concentrating, remembering, or making decisions. This percentage remained consistent from 2015 to 2018, with the portion of 12th graders who reported this increasing by 1%.
Survey Question:

How well do you speak English?

The percentages of students who report not speaking English well or not speaking English at all are presented in the graph below.

![Graph showing percentages of students not speaking English well or at all in 9th and 12th grades in 2018.]

9th grade N = 473 (2018); 12th grade N = 236 (2018)

Only a small percentage of Lynchburg City School high school students report that they do not speak English well or do not speak English at all.
Middle School Youth Risk Behavior Study

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.

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. When you are finished, choose submit.

1. How old are you?
   *Mark only one oval.*
   - 10 years old or younger
   - 11 years old
   - 12 years old
   - 13 years old
   - 14 years old
   - 15 years old
   - 16 years old or older.

2. What is your sex?
   *Mark only one oval.*
   - Female
   - Male

3. In what grade are you?
   *Mark only one oval.*
   - 6th
   - 7th
   - 8th
   - Ungraded or other Grade

4. Are you Hispanic or Latino
   *Mark only one oval.*
   - Yes
   - No
5. **What is your race? (Select one or more responses)**
   
   Check all that apply.
   
   - [ ] American Indian or Alaska Native
   - [ ] Asian
   - [ ] Black or African American
   - [ ] Native Hawaiian or Other Pacific Islander
   - [ ] White

   **The next four questions are about safety.**

6. **When you ride a bicycle, how often do you wear a helmet?**
   
   Mark only one oval.
   
   - [ ] I do not ride a bicycle
   - [ ] Never wear a helmet
   - [ ] Rarely wear a helmet
   - [ ] Sometimes wear a helmet
   - [ ] Most of the time I wear a helmet
   - [ ] Always wear a helmet

7. **When you rollerblade or ride a skateboard, how often do you wear a helmet?**
   
   Mark only one oval.
   
   - [ ] I do not rollerblade or ride a skateboard
   - [ ] Never wear a helmet
   - [ ] Rarely wear a helmet
   - [ ] Sometimes wear a helmet
   - [ ] Most of the time wear a helmet
   - [ ] Always wear a helmet

8. **How often do you wear a seatbelt when riding in a car?**
   
   Mark only one oval.
   
   - [ ] Never
   - [ ] Rarely
   - [ ] Sometimes
   - [ ] Most of the time
   - [ ] Always

9. **Have you ever ridden in a car driven by someone who had been drinking alcohol?**
   
   Mark only one oval.
   
   - [ ] Yes
   - [ ] No
   - [ ] Not sure
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 students of about the same strength or power argue or fight or tease each other in a friendly way.

10. Have you ever been bullied on school property?
   Mark only one oval.
   ☐ Yes
   ☐ No

11. Have you ever been electronically bullied? (Count being bullied through texting, Instagram, Facebook, or other social media.)
   Mark only one oval.
   ☐ Yes
   ☐ No

The next 3 questions ask about attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide or killing themselves.

12. Have you ever seriously thought about killing yourself?
   Mark only one oval.
   ☐ Yes
   ☐ No

13. Have you ever made a plan about how you would kill yourself?
   Mark only one oval.
   ☐ Yes
   ☐ No

14. Have you ever tried to kill yourself?
   Mark only one oval.
   ☐ Yes
   ☐ No

The next 4 questions ask about cigarette smoking.

15. Have you tried cigarette smoking, even one or two puffs?
   Mark only one oval.
   ☐ Yes
   ☐ No
16. **How old were you when you first tried cigarette smoking, even one or two puffs?**
   *Mark only one oval.*
   - [ ] I have never tried cigarette smoking, not even one or two puffs
   - [ ] 8 years old or younger
   - [ ] 9 years old
   - [ ] 10 years old
   - [ ] 11 years old
   - [ ] 12 years old
   - [ ] 13 years old or older

17. **During the last 30 days, on how many days did you smoke cigarettes?**
   *Mark only one oval.*
   - [ ] 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

18. **During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?**
   *Mark only one oval.*
   - [ ] I did not smoke cigarettes in the last 30 days
   - [ ] less than one cigarette per day
   - [ ] 1 cigarette per day
   - [ ] 2 to 5 cigarettes per day
   - [ ] 6 to 10 cigarettes per day
   - [ ] 11 to 20 cigarettes per day
   - [ ] More than 20 cigarettes per day

The next 3 questions ask about electronic vapor products, such as JUUL, Vuse, MarkTen, and Blu. Electronic vapor products include e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods.

19. **Have you ever used an electronic vapor product?**
   *Mark only one oval.*
   - [ ] Yes
   - [ ] No
20. During the last 30 days, on how many days did you use an electronic vapor product?

Mark only one oval.

- 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

21. During the last 30 days, how did you usually get your own electronic vapor products? (select only one response)

Mark only one oval.

- I did not use any electronic vapor products during the last 30 days
- I bought them in a store such as a convenience store, supermarket, discount store, gas station, or vape store
- I got them on the internet
- I gave someone else the money to buy them for me
- I borrowed them from someone else
- A person who can legally buy these products gave them to me
- I took them from a store or another person
- I got them some other way

The next 2 questions ask about other tobacco products.

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

Mark only one oval.

- 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
23. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?  
Mark only one oval.
- 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

The next 2 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 reasons.

24. Have you ever had a drink of alcohol, other than a few sips?  
Mark only one oval.
- Yes
- No

25. How old were you when you had your first drink of alcohol, other than a few sips?  
Mark only one oval.
- I have never had a drink of alcohol other than a few sips
- 8 years or younger
- 9 years old
- 10 years old
- 11 years old
- 12 years old
- 13 years old or older

The next 2 questions ask about marijuana use. Marijuana also is called pot, weed, or cannabis.

26. Have you ever used marijuana?  
Mark only one oval.
- Yes
- No
27. How old were you when you tried marijuana for the first time?
Mark only one oval.

- I have never tried marijuana
- 8 years old or younger
- 9 years old
- 10 years old
- 11 years old
- 12 years old
- 13 years old or older

The next question asks about the use of prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it. For this question, count drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet.

28. Have you ever taken prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it. For this question, count drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet.
Mark only one oval.

- Yes
- No

The next 3 questions ask about other drugs.

29. Have you ever used any form of cocaine, including powder, crack, or freebase?
Mark only one oval.

- Yes
- No

30. Have you ever sniffed glue, breathed the contents of any spray can, or inhaled any paints or sprays to get high?
Mark only one oval.

- Yes
- No

31. Have you ever taken steroid pills or shots without a doctor's prescription?
Mark only one oval.

- Yes
- No

The next 4 questions ask about sexual intercourse.
32. Have you ever had sexual intercourse?
   *Mark only one oval.*
   - Yes
   - No

33. How old were you when you had sexual intercourse for the first time?
   *Mark only one oval.*
   - I have never had sexual intercourse
   - 8 years old or younger
   - 9 years old
   - 10 years old
   - 11 years old
   - 12 years old
   - 13 years old or older

34. With how many people have you ever had sexual intercourse?
   *Mark only one oval.*
   - I have never had sexual intercourse
   - 1 person
   - 2 people
   - 3 people
   - 4 people
   - 5 people
   - 6 people or more

35. The last time you had sexual intercourse, did you or your partner use a condom?
   *Mark only one oval.*
   - I have never had sexual intercourse
   - Yes
   - No

The next two questions ask about body weight.

36. How do you describe your body weight?
   *Mark only one oval.*
   - Very underweight
   - Slightly underweight
   - About the right weight
   - Slightly overweight
   - Very overweight
37. Which of the following are you trying to do about your weight?  
*Mark only one oval.*
- Lose weight
- Gain weight
- Stay the same weight
- I am not trying to do anything about my weight

The next question asks about eating breakfast.

38. During the past 7 days, on how many days did you eat breakfast?  
*Mark only one oval.*
- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

The next 5 questions ask about physical activity.

39. During the past 7 days, on how many days were 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.)  
*Mark only one oval.*
- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days
40. On an average school day, how many hours do you watch TV?
Mark only one oval.
- I do not watch TV on an average school day
- Less than 1 hour per day
- 1 hour per day
- 2 hours per day
- 3 hours per day
- 4 hours per day
- 5 or more hours per day

41. On an average school day how many hours do you play video or computer games, or use a computer for something that is not schoolwork? (Count time playing games, watching videos, texting, or using social media on your smartphone, computer, Xbox, PlayStation, iPad, or other tablet.)
Mark only one oval.
- I do not play video or computer games or use a computer for something that is not schoolwork
- Less than 1 hour per day
- 1 hour per day
- 2 hours per day
- 3 hours per day
- 4 hours per day
- 5 or more hours per day

42. In an average week when you are in school, on how many days do you go to physical education (PE) classes?
Mark only one oval.
- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days

43. During the past 12 months, on how many sports teams did you play? (Count any teams run by your school or community groups.)
Mark only one oval.
- 0 teams
- 1 team
- 2 teams
- 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 concentration, vomiting, blurred vision, or being knocked out.

44. During the past 12 months, how many times, did you have a concussion from playing a sport or being physically active?
Mark only one oval.

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

The next 3 questions ask about other health-related topics.

45. Has a doctor or nurse ever told you that you have asthma?
Mark only one oval.

☐ Yes
☐ No
☐ not sure

46. On an average school night, how many hours of sleep do you get?
Mark only one oval.

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

47. During the past 12 months, how would you describe your grades in school?
Mark only one oval.

☐ Mostly A’s
☐ Mostly B’s
☐ Mostly D’s
☐ Mostly F’s
☐ None of these grades
☐ Not sure

If any of the questions on this survey caused you to become confused or upset, and you wish to arrange some time with a
counselor to talk about these feelings, please fill out the following below. The information will be passed on to your school counselor. If you feel you need immediate attention, please contact your school counselor.

48. first name

49. last name

50. How would you like to be contacted? This could be your phone, your class or any other means you wish to identify

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High School Youth Risk Behavior Study

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.

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. When you are finished, choose submit.

1. **How old are you?**
   *Mark only one oval.*
   - 10 years old or younger
   - 11 years old
   - 12 years old
   - 13 years old
   - 14 years old
   - 15 years old
   - 16 years old or older.

2. **What is your sex?**
   *Mark only one oval.*
   - Female
   - Male

3. **In what grade are you?**
   *Mark only one oval.*
   - 9th
   - 10th
   - 11th
   - 12th
   - Ungraded or other grade
4. Are you Hispanic or Latino?
   Mark only one oval.
   ☐ Yes
   ☐ No

5. What is your race? (Select one or more responses)
   Check all that apply.
   ☐ American Indian or Alaska Native
   ☐ Asian
   ☐ Black or African American
   ☐ Native Hawaiian or Other Pacific Islander
   ☐ White

6. How tall are you without your shoes on? (2 parts)
   Mark only one oval.
   ☐ 3 feet
   ☐ 4 feet
   ☐ 5 feet
   ☐ 6 feet
   ☐ 7 feet

7. How tall are you without your shoes on? (2 parts)
   Mark only one oval.
   ☐ 1 inch
   ☐ 2 inches
   ☐ 3 inches
   ☐ 4 inches
   ☐ 5 inches
   ☐ 6 inches
   ☐ 7 inches
   ☐ 8 inches
   ☐ 9 inches
   ☐ 10 inches
   ☐ 11 inches

8. How much do you weigh without your shoes on?

The next 4 questions are about safety.
9. How often do you wear a seatbelt when riding in a car driven by someone else?
   *Mark only one oval.*
   - Never
   - Rarely
   - Sometimes
   - Most of the time
   - Always

10. During the past 30 days, how many times did you ride in a car driven by someone who had been drinking alcohol?
    *Mark only one oval.*
    - 0 times
    - 1 time
    - 2 or 3 times
    - 4 or 5 times
    - 6 or more times

11. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?
    *Mark only one oval.*
    - I did not drive a car or other vehicle during the past 30 days.
    - 0 times
    - 1 time
    - 2 or 3 times
    - 4 or 5 times
    - 6 or more times

12. During the past 30 days, in how many days did you text or e-mail while driving a car or other vehicle?
    *Mark only one oval.*
    - I did not drive a car or other vehicle during the past 30 days
    - 0 days
    - 1 or 2 days
    - 3 to 5 days
    - 6 to 9 days
    - 10 to 19 days
    - 20 to 29 days
    - All 30 days

The next 11 questions ask about violence-related behaviors.
13. **During the last 30 days, on how many days did you carry a weapon such as a gun, knife, or club?**
   
   *Mark only one oval.*
   
   - 0 days
   - 1 day
   - 2 or 3 days
   - 4 or 5 days
   - 6 or more days

14. **During the last 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?**
   
   *Mark only one oval.*
   
   - 0 days
   - 1 day
   - 2 or 3 days
   - 4 or 5 days
   - 6 or more days

15. **During the past 12 months, on how many days did you carry a gun? (Do not count the days when you carried a gun only for hunting or for a sport, such as target shooting.)**
   
   *Mark only one oval.*
   
   - 0 days
   - 1 day
   - 2 or 3 days
   - 4 or 5 days
   - 6 or more days

16. **During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?**
   
   *Mark only one oval.*
   
   - 0 days
   - 1 day
   - 2 or 3 days
   - 4 or 5 days
   - 6 or more days
17. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?
   Mark only one oval.
   ○ 0 times
   ○ 1 time
   ○ 2 or 3 times
   ○ 4 or 5 times
   ○ 6 or 7 times
   ○ 8 or 9 times
   ○ 10 or 11 times
   ○ 12 or more times

18. During the past 12 months, how many times were you in a physical fight?
   Mark only one oval.
   ○ 0 times
   ○ 1 time
   ○ 2 or 3 times
   ○ 4 or 5 times
   ○ 6 or 7 times
   ○ 8 or 9 times
   ○ 10 or 11 times
   ○ 12 or more times

19. During the past 12 months, how many times were you in a physical fight on school property?
   Mark only one oval.
   ○ 0 times
   ○ 1 time
   ○ 2 or 3 times
   ○ 4 or 5 times
   ○ 6 or 7 times
   ○ 8 or 9 times
   ○ 10 or 11 times
   ○ 12 or more times

20. Have you ever been physically forced to have sexual intercourse when you did not want to?
   Mark only one oval.
   ○ Yes
   ○ No
21. During the past 12 months, how many times did anyone force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)
Mark only one oval.

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

22. During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)
Mark only one oval.

☐ I did not go out with anyone during the last 12 months
☐ 0 times
☐ 1 time
☐ 2 or 3 times
☐ 4 or 5 times
☐ 6 or more times

The next 2 questions ask about Bullying.
Bullying is when q or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when students of about the same strength or power argue or fight or tease each other in a friendly way.

23. Have you ever been bullied on school property?
Mark only one oval.

☐ Yes
☐ No

24. Have you ever been electronically bullied? (Count being bullied through texting, Instagram, Facebook, or other social media.)
Mark only one oval.

☐ Yes
☐ No

The next 5 questions ask about attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.
25. 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?  
   *Mark only one oval.*  
   ☐ Yes  
   ☐ No  

26. During the last 12 months, did you ever seriously consider attempting suicide?  
   *Mark only one oval.*  
   ☐ Yes  
   ☐ No  

27. During the last 12 months, did you make a plan about how you would attempt suicide?  
   *Mark only one oval.*  
   ☐ Yes  
   ☐ No  

28. During the past 12 months, how many times did you actually attempt suicide?  
   *Mark only one oval.*  
   ☐ 0 times  
   ☐ 1 time  
   ☐ 2 or 3 times  
   ☐ 4 or 5 times  
   ☐ 6 or more times  

29. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?  
   *Mark only one oval.*  
   ☐ I did not attempt suicide during the past twelve months  
   ☐ Yes  
   ☐ No  

The next four questions ask about cigarette smoking.  

30. Have you tried cigarette smoking, even one or two puffs?  
   *Mark only one oval.*  
   ☐ Yes  
   ☐ No
31. **How old were you when you first tried cigarette smoking, even one or two puffs?**  
*Mark only one oval.*  
- [ ] I have never tried cigarette smoking, not even one or two puffs?  
- [ ] 8 years old or younger  
- [ ] 9 years old  
- [ ] 10 years old  
- [ ] 11 years old  
- [ ] 12 years old  
- [ ] 13 years old or older

32. **During the last 30 days, on how many days did you smoke cigarettes?**  
*Mark only one oval.*  
- [ ] 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

33. **During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?**  
*Mark only one oval.*  
- [ ] I did not smoke cigarettes in the last 30 days.  
- [ ] less than one cigarette per day  
- [ ] 1 cigarette per day  
- [ ] 2 to 5 cigarettes per day  
- [ ] 6 to 10 cigarettes per day  
- [ ] 11 to 20 cigarettes per day  
- [ ] More than 20 cigarettes per day

The next three questions ask about electronic vapor products, such as JUUL, Vuse, MarkTen, and Blu. Electronic vapor products include e-cigarettes, vapes, vape pens, e-cigars, ehookahs, hookah pens, and mods.

34. **Have you ever used an electronic vapor product?**  
*Mark only one oval.*  
- [ ] Yes  
- [ ] No
35. During the last 30 days, on how many days did you use an electronic vapor product?
Mark only one oval.
- 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

36. During the last 30 days, how did you usually get your own electronic vapor products? (select only one response)
Mark only one oval.
- I did not use any electronic vapor products during the last 30 days
- I bought them in a store such as a convenience store, supermarket, discount store, gas station, or vape store
- I got them on the internet
- I gave someone else the money to buy them for me
- I borrowed them from someone else
- A person who can legally buy these products gave them to me
- I took them from a store or another person
- I got them some other way

The next 3 questions ask about other tobacco products.

37. During the last 30 days, on how many days did you use chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Copenhagen, Grizzly, Skoal, or Camel Snus? (Do not count any electronic vapor products.)
Mark only one oval.
- 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
38. **During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?**

   *Mark only one oval.*

   - 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

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

   *Mark only one oval.*

   - I did not use any tobacco products during the last twelve months.
   - Yes
   - No

The next 5 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 reasons.

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

   *Mark only one oval.*

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

41. **During the last 30 days, on how many days did you have at least one drink of alcohol?**

   *Mark only one oval.*

   - 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
42. During the last 30 days, on how many days did you have at 4 or more drinks of alcohol in a row, that is, within a couple of hours (if you are female) or 5 or more drinks of alcohol in a row, that is, within a couple of hours (if you are a male)?

*Mark only one oval.*

- [ ] 0 days
- [ ] 1 day
- [ ] 2 days
- [ ] 3 to 5 days
- [ ] 6 to 9 days
- [ ] 10 to 19 days

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

*Mark only one oval.*

- [ ] I did not drink alcohol during the past 30 days
- [ ] 1 or 2 drinks
- [ ] 3 drinks
- [ ] 4 drinks
- [ ] 5 drinks
- [ ] 6 or 7 drinks
- [ ] 8 or 9 drinks
- [ ] 10 or more drinks

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

*Mark only one oval.*

- [ ] I did not drink alcohol during the past 30 days
- [ ] I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station
- [ ] I bought it at a restaurant, bar or club
- [ ] I bought it at a public event such as a concert or sporting event
- [ ] I gave someone else money to buy it for me
- [ ] I took it from a store or family member
- [ ] I got it some other way

The next 3 questions ask about marijuana use. Marijuana also is called pot, weed, or cannabis.
45. **During your life, how many times have you used marijuana?**
   
   *Mark only one oval.*
   
   - 0 times
   - 1 or 2 times
   - 3 to 9 times
   - 10 to 19 times

46. **How old were you when you tried marijuana for the first time?**
   
   *Mark only one oval.*
   
   - I have never tried marijuana
   - 8 years old or younger
   - 9 or 10 years old
   - 11 or 12 years old
   - 13 or 14 years old
   - 15 or 16 years old
   - 17 years old or older

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

The next question asks about synthetic marijuana use. Synthetic marijuana also is called Spice, fake weed, K2, King Kong, Yucatan Fire, or Skunk.

48. **During your life, how many times have you used synthetic marijuana?**
   
   *Mark only one oval.*
   
   - 0 times
   - 1 or 2 times
   - 3 to 9 times
   - 10 to 19 times
   - 20 to 39 times
   - 40 or more times

The next question asks about the use of prescription pain medicine with out a doctor's prescription or differently than how
a doctor told you to use it. for this question, count drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet.

49. During your life, how many times have you taken prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it?

Mark only one oval.

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

50. During the past 30 days, how many times have you taken prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it?

Mark only one oval.

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

The next 9 questions ask about other drugs.

51. During your life, how many times have you used any form of cocaine, including powder, crack or freebase?

Mark only one oval.

- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 or more times
- Other: __________________________
52. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?  
Mark only one oval.
- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 or more times

53. During your life, how many times have you used heroin (also called smack, junk, or China White)?  
Mark only one oval.
- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 or more times

54. During your life, how many times have you used methamphetamines (also called speed, crystal meth, crank, ice or meth)?  
Mark only one oval.
- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 or more times

55. During your life, how many times have you used ecstasy (also called MDMA)?  
Mark only one oval.
- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 or more times
56. During your life, how many times have you used hallucinogenic drugs, such as LSD, acid, PCP, angel dust, mescaline, or mushrooms?

Mark only one oval.

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

57. During your life, how many times have you taken steroid pills, or shots without a doctor’s permission?

Mark only one oval.

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

58. During your life, how many times have you used a needle to inject any illegal drug into your body?

Mark only one oval.

- 0 times
- 1 time
- 2 or more times

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

Mark only one oval.

- Yes
- No

The next 9 questions ask about sexual behavior.

60. Have you ever had sexual intercourse?

Mark only one oval.

- Yes
- No
61. **How old were you when you had sexual intercourse for the first time?**

   *Mark only one oval.*

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

62. **During your life, with how many people have you ever had sexual intercourse?**

   *Mark only one oval.*

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

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

   *Mark only one oval.*

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

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

   *Mark only one oval.*

   - [ ] Yes
   - [ ] No
65. The last time you had sexual intercourse, did you or your partner use a condom?  
Mark only one oval.
- I have never had sexual intercourse
- Yes
- No

66. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?  
Mark only one oval.
- I have never had sexual intercourse
- No method was used to prevent pregnancy
- Birth control pills
- Condoms
- An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)
- A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)
- Withdrawal or some other method
- Not sure

67. During your life, with whom have you had sexual contact?  
Mark only one oval.
- I have never had sexual contact
- Females
- Males
- Females and Males

68. Which of the following best describes you?  
Mark only one oval.
- Heterosexual (straight)
- Gay or lesbian
- Bisexual
- Not sure

The next two questions ask about body weight.

69. How do you describe your body weight?  
Mark only one oval.
- Very underweight
- Slightly underweight
- About the right weight
- Slightly overweight
- Very overweight
70. Which of the following are you trying to do about your weight?

Mark only one oval.

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

The next 12 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include all the food you ate at home, school, at restaurants, or anywhere else.

71. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit flavored drinks.)

Mark only one oval.

- I did not drink 100% fruit juice during the past 7 days
- 1 to 3 times during the past 7 days
- 4 to 6 times during the past 7 days
- 1 time per day
- 2 times per day
- 3 times per day
- 4 or more times per day

72. During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)

Mark only one oval.

- I did not eat fruit during the past 7 days
- 1 to 3 times during the past 7 days
- 4 to 6 times during the past 7 days
- 1 time per day
- 2 times per day
- 3 times per day
- 4 or more times per day
73. During the past 7 days, how many times did you eat green salad?
   Mark only one oval.
   - I did not eat green salad during the past 7 days
   - 1 to 3 times during the past 7 days
   - 4 to 6 times during the past 7 days
   - 1 time per day
   - 2 times per day
   - 3 times per day
   - 4 or more times per day

74. During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)
   Mark only one oval.
   - I did not eat potatoes during the past 7 days
   - 1 to 3 times during the past 7 days
   - 4 to 6 times during the past 7 days
   - 1 time per day
   - 2 times per day
   - 3 times per day
   - 4 or more times per day

75. During the past 7 days, how many times did you eat carrots?
   Mark only one oval.
   - I did not eat carrots during the past 7 days
   - 1 to 3 times during the past 7 days
   - 4 to 6 times during the past 7 days
   - 1 time per day
   - 2 times per day
   - 3 times per day
   - 4 or more times per day

76. During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes or carrots.)
   Mark only one oval.
   - I did not eat other vegetables during the past 7 days
   - 1 to 3 times during the past 7 days
   - 4 to 6 times during the past 7 days
   - 1 time per day
   - 2 times per day
   - 3 times per day
   - 4 or more times per day
77. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not count diet soda or pop.) 
*Mark only one oval.*
- [ ] I did not drink soda or pop - during the past 7 days
- [ ] 1 to 3 times during the last 7 days
- [ ] 4 to 6 times during the past 7 days
- [ ] 1 time per day
- [ ] 2 times per day
- [ ] 3 times per day
- [ ] 4 or more times per day

78. During the past 7 days, how many times did you drink a can, bottle, or glass of sports drink such as Gatorade or Powerade? (Do not count low calorie sports drinks such as Propel or G2.)
*Mark only one oval.*
- [ ] I did not drink soda or pop during the past 7 days
- [ ] 1 to 3 times during the last 7 days
- [ ] 4 to 6 times during the past 7 days
- [ ] 1 time per day
- [ ] 2 times per day
- [ ] 3 times per day
- [ ] 4 or more times per day

79. During the past 7 days, how many times did you drink a can, bottle, or glass of plain water? (Count tap, bottled, and unflavored sparkling water.)
*Mark only one oval.*
- [ ] I did not drink water during the past 7 days
- [ ] 1 to 3 times during the last 7 days
- [ ] 4 to 6 times during the past 7 days
- [ ] 1 time per day
- [ ] 2 times per day
- [ ] 3 times per day
- [ ] 4 or more times per day
80. **During the past 7 days, how many glasses of milk did you drink?** (Count the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)

*Mark only one oval.*

- [ ] I did not drink milk during the past 7 days
- [ ] 1 to 3 times during the last 7 days
- [ ] 4 to 6 times during the past 7 days
- [ ] 1 time per day
- [ ] 2 times per day
- [ ] 3 times per day
- [ ] 4 or more times per day

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

*Mark only one oval.*

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

82. **Are there any foods that you have to avoid because eating the food could cause an allergic reaction, such as skin rashes, swelling, itching, vomiting, coughing, or trouble breathing?**

*Mark only one oval.*

- [ ] Yes
- [ ] No
- [ ] Not sure

**The next 6 questions ask about physical activity.**
83. **During the past 7 days, on how many days were 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.)

*Mark only one oval.*

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

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

*Mark only one oval.*

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

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

*Mark only one oval.*

- ☐ I do not watch TV on an average school day
- ☐ Less than 1 hour per day
- ☐ 1 hour per day
- ☐ 2 hours per day
- ☐ 3 hours per day
- ☐ 4 hours per day
- ☐ 5 or more hours per day
86. On an average school day how many hours do you play video or computer games, or use a computer for something that is not schoolwork? (Count time playing games, watching videos, texting, or using social media on your smartphone, computer, Xbox, PlayStation, iPad, or other tablet.)
Mark only one oval.

☐ I do not play video or computer games or use a computer for something that is not schoolwork
☐ Less than 1 hour per day
☐ 1 hour per day
☐ 2 hours per day
☐ 3 hours per day
☐ 4 hours per day
☐ 5 or more hours per day

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

☐ 0 days
☐ 1 day
☐ 2 days
☐ 3 days
☐ 4 days
☐ 5 days

88. During the past 12 months, on how many sports teams did you play? (Count any teams run by your school or community groups.)
Mark only one oval.

☐ 0 teams
☐ 1 team
☐ 2 teams
☐ 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 concentration, vomiting, blurred vision, or being knocked out.
89. During the past 12 months, how many times did you have a concussion from playing a sport or being physically active? 

Mark only one oval.

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

The next 10 questions ask about other health-related topics.

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

Mark only one oval.

☐ Yes
☐ No
☐ Not sure

91. During the past 12 months, have you been tested for a sexually transmitted disease other than HIV, such as chlamydia, or gonorrhea?

Mark only one oval.

☐ Yes
☐ No
☐ Not sure

92. During the past 12 months, how many times did you use an indoor tanning device such as a sunlamp, sunbed, or tanning booth?

Mark only one oval.

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

93. 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?

Mark only one oval.

☐ Never
☐ Rarely
☐ Sometimes
☐ Most of the time
☐ Always
94. **When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?**
   *Mark only one oval.*
   - [ ] During the last 12 months
   - [ ] Between 12 and 24 months
   - [ ] more than 24 months ago
   - [ ] Never

95. **Has a doctor or nurse ever told you that you have asthma?**
   *Mark only one oval.*
   - [ ] Yes
   - [ ] No
   - [ ] not sure

96. **On an average school night, how many hours of sleep do you get?**
   *Mark only one oval.*
   - [ ] 4 or less hours
   - [ ] 5 hours
   - [ ] 6 hours
   - [ ] 7 hours
   - [ ] 8 hours
   - [ ] 9 hours
   - [ ] 10 or more hours

97. **During the past 12 months, how would you describe your grades in school?**
   *Mark only one oval.*
   - [ ] Mostly A's
   - [ ] Mostly B's
   - [ ] Mostly D's
   - [ ] Mostly F's
   - [ ] None of these grades
   - [ ] Not sure

98. **Because of a physical, mental, or emotional problem, do you have serious difficulty concentrating, remembering, or making decisions?**
   *Mark only one oval.*
   - [ ] Yes
   - [ ] No
99. How well do you speak English?
   Mark only one oval.
   - Very well
   - Well
   - Not Well
   - Not at all

If any of the questions on this survey caused you to become confused or upset, and you wish to arrange some time with a counselor to talk about these feelings, please fill out the following below. The information will be passed on to your school counselor. IF you feel you need immediate attention, please contact your school counselor.

100. First name

__________________________

101. Last name

__________________________

102. How would you like to be contacted? This could be your phone, your class or any other means you wish to identify

__________________________

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