

1995 National Youth Risk Behavior Survey

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

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

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class.

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

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

Public reporting burden for this collection of information is estimated to average 45 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to: PHS Reports Clearance Officer, ATTN: PRA, Hubert Humphrey Building, Room 737-F, 2000 Independence Avenue, S.W., Washington, D.C., 20201 and to the Office of Management and Budget, Paperwork Reduction Project (0920-0258) Washington, D.C. 20503.

THANK YOU VERY MUCH FOR YOUR HELP.

Directions

- o Choose only one answer for each question.
- o Use a #2 pencil only.
- o Make dark marks.
- o Fill in a response like this: A B ● D.
- o Erase completely to change your answer.

1. How old are you?
 - a. 12 years old or younger
 - b. 13 years old
 - c. 14 years old
 - d. 15 years old
 - e. 16 years old
 - f. 17 years old
 - g. 18 years old or older

2. What is your sex?
 - a. Female
 - b. Male

3. In what grade are you?
 - a. 9th grade
 - b. 10th grade
 - c. 11th grade
 - e. 12th grade
 - d. Ungraded or other

4. How do you describe yourself?
 - a. White - not Hispanic
 - b. Black - not Hispanic
 - c. Hispanic or Latino
 - d. Asian or Pacific Islander
 - e. Native American or Alaskan Native
 - f. Other

The next 17 questions ask about safety and violence.

5. How often do you wear a seat belt when **riding in** a car driven by someone else?
 - a. Never
 - b. Rarely
 - c. Sometimes
 - d. Most of the time
 - e. Always

6. During the past 12 months, how many times did you ride a motorcycle?
 - a. 0 times
 - b. 1 to 10 times
 - c. 11 to 20 times
 - d. 21 to 39 times
 - e. 40 or more times

7. **When you rode a motorcycle** during the past 12 months, how often did you wear a helmet?
 - a. I did not ride a motorcycle during the past 12 months
 - b. Never wore a helmet
 - c. Rarely wore a helmet
 - d. Sometimes wore a helmet
 - e. Most of the time wore a helmet
 - f. Always wore a helmet

8. During the past 12 months, how many times did you ride a bicycle?
 - a. 0 times
 - b. 1 to 10 times
 - c. 11 to 20 times
 - d. 21 to 39 times
 - e. 40 or more times

9. **When you rode a bicycle** during the past 12 months, how often did you wear a helmet?
 - a. I did not ride a bicycle during the past 12 months
 - b. Never wore a helmet
 - c. Rarely wore a helmet
 - d. Sometimes wore a helmet
 - e. Most of the time wore a helmet
 - f. Always wore a helmet

10. During the past 30 days, how many times did you ride in a car or other vehicle **driven by someone who had been drinking alcohol**?
 - a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 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**?
 - a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or more times

12. During the past 30 days, on how many days did you carry a **weapon** such as a gun, knife, or club?
- a. 0 days
 - b. 1 day
 - c. 2 or 3 days
 - d. 4 or 5 days
 - e. 6 or more days
13. During the past 30 days, on how many days did you carry a **gun**?
- a. 0 days
 - b. 1 day
 - c. 2 or 3 days
 - d. 4 or 5 days
 - e. 6 or more days
14. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club **on school property**?
- a. 0 days
 - b. 1 day
 - c. 2 or 3 days
 - d. 4 or 5 days
 - e. 6 or more days
15. 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?
- a. 0 days
 - b. 1 day
 - c. 2 or 3 days
 - d. 4 or 5 days
 - e. 6 or more days
16. 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**?
- a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or 7 times
 - f. 8 or 9 times
 - g. 10 or 11 times
 - h. 12 or more times

17. During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books **on school property**?
- a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or 7 times
 - f. 8 or 9 times
 - g. 10 or 11 times
 - h. 12 or more times
18. During the past 12 months, how many times were you in a physical fight?
- a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or 7 times
 - f. 8 or 9 times
 - g. 10 or 11 times
 - h. 12 or more times
19. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?
- a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or more times
20. During the past 12 months, how many times were you in a physical fight **on school property**?
- a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or 7 times
 - f. 8 or 9 times
 - g. 10 or 11 times
 - h. 12 or more times

21. The **last time** you were in a physical fight with whom did you fight?
- a. I have never been in a physical fight
 - b. A total stranger
 - c. A friend or someone I know
 - d. A boyfriend, girlfriend or date
 - e. A parent, brother, sister, or other family member
 - f. Someone not listed above
 - g. More than one of the persons listed above

Sometimes people feel so depressed and hopeless about the future that they may consider attempting suicide, that is, taking some action to end their own life. The next four questions ask about attempted suicide.

22. During the past 12 months, did you ever **seriously** consider attempting suicide?
- a. Yes
 - b. No
23. During the past 12 months, did you make a plan about how you would attempt suicide?
- a. Yes
 - b. No
24. During the past 12 months, how many times did you actually attempt suicide?
- a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or more times
25. **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?
- a. **I did not attempt suicide** during the past 12 months
 - b. Yes
 - c. No

The next twelve questions ask about tobacco use.

26. Have you ever tried cigarette smoking, even one or two puffs?
- a. Yes
 - b. No

27. How old were you when you smoked a whole cigarette for the first time?
- I have never smoked a whole cigarette
 - 8 years old or younger
 - 9 or 10 years old
 - 11 or 12 years old
 - 13 or 14 years old
 - 15 or 16 years old
 - 17 years old or older
28. During the past 30 days, on how many days did you smoke cigarettes?
- 0 days
 - 1 or 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 to 29 days
 - All 30 days
29. During the past 30 days, on the days you smoked, how many cigarettes did you smoke **per day**?
- I did not smoke cigarettes during the past 30 days
 - Less than 1 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
30. During the past 30 days, how did you usually get your own cigarettes? (Select only **one** response.)
- I did not smoke cigarettes during the past 30 days
 - I bought them in a store such as a convenience store, super market, or gas station
 - I bought them from a vending machine
 - I gave someone else money to buy them for me
 - I borrowed them from someone else
 - I stole them
 - I got them some other way
31. **When you bought cigarettes** in a store during the past 30 days, were you ever asked to show proof of age?
- I did not smoke cigarettes during the past 30 days
 - I did not buy cigarettes in a store during the past 30 days
 - Yes, I was asked to show proof of age
 - No, I was not asked to show proof of age

32. During the past 30 days, on how many days did you smoke cigarettes **on school property**?
- a. 0 days
 - b. 1 or 2 days
 - c. 3 to 5 days
 - d. 6 to 9 days
 - e. 10 to 19 days
 - f. 20 to 29 days
 - g. All 30 days
33. Have you ever smoked cigarettes regularly, that is, **at least one cigarette every day for 30 days**?
- a. Yes
 - b. No
34. How old were you when you first started smoking cigarettes regularly (at least one cigarette every day for 30 days)?
- a. I have never smoked cigarettes regularly
 - b. 8 years old or younger
 - c. 9 or 10 years old
 - d. 11 or 12 years old
 - e. 13 or 14 years old
 - f. 15 or 16 years old
 - g. 17 years old or older
35. Have you ever tried **to quit** smoking cigarettes?
- a. Yes
 - b. No
36. During the past 30 days, on how many days did you use **chewing tobacco or snuff**, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?
- a. 0 days
 - b. 1 or 2 days
 - c. 3 to 5 days
 - d. 6 to 9 days
 - e. 10 to 19 days
 - f. 20 to 29 days
 - g. All 30 days

37. During the past 30 days, on how many days did you use **chewing tobacco or snuff on school property**?
- a. 0 days
 - b. 1 or 2 days
 - c. 3 to 5 days
 - d. 6 to 9 days
 - e. 10 to 19 days
 - f. 20 to 29 days
 - g. All 30 days

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

38. How old were you when you had your first drink of alcohol other than a few sips?
- a. I have never had a drink of alcohol other than a few sips
 - b. 8 years old or younger
 - c. 9 or 10 years old
 - d. 11 or 12 years old
 - e. 13 or 14 years old
 - f. 15 or 16 years old
 - g. 17 years old or older
39. During your life, on how many days have you had at least one drink of alcohol?
- a. 0 days
 - b. 1 or 2 days
 - c. 3 to 9 days
 - d. 10 to 19 days
 - e. 20 to 39 days
 - f. 40 to 99 days
 - g. 100 or more days
40. During the past 30 days, on how many days did you have at least one drink of alcohol?
- a. 0 days
 - b. 1 or 2 days
 - c. 3 to 5 days
 - d. 6 to 9 days
 - e. 10 to 19 days
 - f. 20 to 29 days
 - g. All 30 days

41. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?
- a. 0 days
 - b. 1 day
 - c. 2 days
 - d. 3 to 5 days
 - e. 6 to 9 days
 - f. 10 to 19 days
 - g. 20 or more days
42. During the past 30 days, on how many days did you have at least one drink of alcohol **on school property**?
- a. 0 days
 - b. 1 or 2 days
 - c. 3 to 5 days
 - d. 6 to 9 days
 - e. 10 to 19 days
 - f. 20 to 29 days
 - g. All 30 days

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

43. How old were you when you tried marijuana for the first time?
- a. I have never tried marijuana
 - b. 8 years old or younger
 - c. 9 or 10 years old
 - d. 11 or 12 years old
 - e. 13 or 14 years old
 - f. 15 or 16 years old
 - g. 17 years old or older
44. During your life, how many times have you used marijuana?
- a. 0 times
 - b. 1 or 2 times
 - c. 3 to 9 times
 - d. 10 to 19 times
 - e. 20 to 39 times
 - f. 40 to 99 times
 - g. 100 or more times

45. During the past 30 days, how many times did you use marijuana?
- a. 0 times
 - b. 1 or 2 times
 - c. 3 to 9 times
 - d. 10 to 19 times
 - e. 20 to 39 times
 - f. 40 or more times
46. During the past 30 days, how many times did you use marijuana **on school property**?
- a. 0 times
 - b. 1 or 2 times
 - c. 3 to 9 times
 - d. 10 to 19 times
 - e. 20 to 39 times
 - f. 40 or more times

The next nine questions ask about cocaine and other drug use.

47. How old were you when you tried **any** form of cocaine, including powder, crack, or freebase, for the first time?
- a. I have never tried cocaine
 - b. 8 years old or younger
 - c. 9 or 10 years old
 - d. 11 or 12 years old
 - e. 13 or 14 years old
 - f. 15 or 16 years old
 - g. 17 years old or older
48. During your life, how many times have you used **any** form of cocaine, including powder, crack, or freebase?
- a. 0 times
 - b. 1 or 2 times
 - c. 3 to 9 times
 - d. 10 to 19 times
 - e. 20 to 39 times
 - f. 40 or more times
49. During the past 30 days, how many times did you use **any** form of cocaine, including powder, crack, or freebase?
- a. 0 times
 - b. 1 or 2 times
 - c. 3 to 9 times
 - d. 10 to 19 times
 - e. 20 to 39 times
 - f. 40 or more times

50. During your life, how many times have you used the **crack or freebase** forms of cocaine?
- a. 0 times
 - b. 1 or 2 times
 - c. 3 to 9 times
 - d. 10 to 19 times
 - e. 20 to 39 times
 - f. 40 or more times
51. 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?
- a. 0 times
 - b. 1 or 2 times
 - c. 3 to 9 times
 - d. 10 to 19 times
 - e. 20 to 39 times
 - f. 40 or more times
52. During your life, how many times have you taken **steroid pills or shots** without a doctor's prescription?
- a. 0 times
 - b. 1 or 2 times
 - c. 3 to 9 times
 - d. 10 to 19 times
 - e. 20 to 39 times
 - f. 40 or more times
53. During your life, how many times have you used any other type of **illegal** drug, such as LSD, PCP, ecstasy, mushrooms, speed, ice or heroin?
- a. 0 times
 - b. 1 or 2 times
 - c. 3 to 9 times
 - d. 10 to 19 times
 - e. 20 to 39 times
 - f. 40 or more times
54. During your life, how many times have you used a needle to inject any **illegal** drug into your body?
- a. 0 times
 - b. 1 time
 - c. 2 or more times

55. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?
- a. Yes
 - b. No

The next two questions ask about AIDS education and information.

56. Have you ever been taught about AIDS or HIV infection in school?
- a. Yes
 - b. No
 - c. Not sure
57. Have you ever talked about AIDS or HIV infection with your parents or other adults in your family?
- a. Yes
 - b. No
 - c. Not sure

The next eight questions ask about sexual behavior.

58. Have you ever had sexual intercourse?
- a. Yes
 - b. No
59. How old were you when you had sexual intercourse for the first time?
- a. I have never had sexual intercourse
 - b. 11 years old or younger
 - c. 12 years old
 - d. 13 years old
 - e. 14 years old
 - f. 15 years old
 - g. 16 years old
 - h. 17 years old or older
60. During your life, with how many people have you had sexual intercourse?
- a. I have never had sexual intercourse
 - b. 1 person
 - c. 2 people
 - d. 3 people
 - e. 4 people
 - f. 5 people
 - g. 6 or more people

61. During the past 3 months, with how many people did you have sexual intercourse?
- a. I have never had sexual intercourse
 - b. I have had sexual intercourse, but not during the past 3 months
 - c. 1 person
 - d. 2 people
 - e. 3 people
 - f. 4 people
 - g. 5 people
 - h. 6 or more people
62. Did you drink alcohol or use drugs before you had sexual intercourse **the last time**?
- a. I have never had sexual intercourse
 - b. Yes
 - c. No
63. The **last time** you had sexual intercourse, did you or your partner use a condom?
- a. I have never had sexual intercourse
 - b. Yes
 - c. No
64. The **last time** you had sexual intercourse, what **one** method did you or your partner use to **prevent pregnancy**? (Select only **one** response)
- a. I have never had sexual intercourse
 - b. No method was used to prevent pregnancy
 - c. Birth control pills
 - d. Condoms
 - e. Withdrawal
 - f. Some other method
 - g. Not sure
65. How many times have you been pregnant or gotten someone pregnant?
- a. 0 times
 - b. 1 time
 - c. 2 or more times
 - d. Not sure

The next six questions ask about body weight.

66. How do **you** describe your weight?
- a. Very underweight
 - b. Slightly underweight
 - c. About the right weight
 - d. Slightly overweight
 - e. Very overweight

67. Which of the following are you trying to do about your weight?
- a. **Lose** weight
 - b. **Gain** weight
 - c. **Stay** the same weight
 - d. **I am not trying to do anything** about my weight
68. During the past 30 days, did you **diet** to lose weight or to keep from gaining weight?
- a. Yes
 - b. No
69. During the past 30 days, did you **exercise** to lose weight or to keep from gaining weight?
- a. Yes
 - b. No
70. During the past 30 days, did you **vomit or take laxatives** to lose weight or to keep from gaining weight?
- a. Yes
 - b. No
71. During the past 30 days, did you **take diet pills** to lose weight or to keep from gaining weight?
- a. Yes
 - b. No

The next seven questions ask about food you ate yesterday. Think about all meals and snacks you ate yesterday from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.

72. Yesterday, how many times did you eat fruit?
- a. 0 times
 - b. 1 time
 - c. 2 times
 - d. 3 or more times
73. Yesterday, how many times did you drink fruit juice?
- a. 0 times
 - b. 1 time
 - c. 2 times
 - d. 3 or more times
74. Yesterday, how many times did you eat green salad?
- a. 0 times
 - b. 1 time
 - c. 2 times
 - d. 3 or more times

75. Yesterday, how many times did you eat **cooked** vegetables?
- a. 0 times
 - b. 1 time
 - c. 2 times
 - d. 3 or more times
76. Yesterday, how many times did you eat hamburger, hot dogs, or sausage?
- a. 0 times
 - b. 1 time
 - c. 2 times
 - d. 3 or more times
77. Yesterday, how many times did you eat french fries or potato chips?
- a. 0 times
 - b. 1 time
 - c. 2 times
 - d. 3 or more times
78. Yesterday, how many times did you eat cookies, doughnuts, pie, or cake?
- a. 0 times
 - b. 1 time
 - c. 2 times
 - d. 3 or more times

The next eight questions ask about physical activity.

79. On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes **that made you sweat and breathe hard**, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?
- a. 0 days
 - b. 1 day
 - c. 2 days
 - d. 3 days
 - e. 4 days
 - f. 5 days
 - g. 6 days
 - h. 7 days

80. On how many of the past 7 days did you do **stretching exercises** such as toe touching, knee bending, or leg stretching?
- a. 0 days
 - b. 1 day
 - c. 2 days
 - d. 3 days
 - e. 4 days
 - f. 5 days
 - g. 6 days
 - h. 7 days
81. On how many of the past 7 days did you do exercises to **strengthen or tone your muscles**, such as push-ups, sit-ups, or weight lifting?
- a. 0 days
 - b. 1 day
 - c. 2 days
 - d. 3 days
 - e. 4 days
 - f. 5 days
 - g. 6 days
 - h. 7 days
82. On how many of the past 7 days did you **walk or bicycle for at least 30 minutes** at a time? (Include walking or bicycling to or from school.)
- a. 0 days
 - b. 1 day
 - c. 2 days
 - d. 3 days
 - e. 4 days
 - f. 5 days
 - g. 6 days
 - h. 7 days
83. In an average week when you are in school, on how many days do you go to physical education (PE) classes?
- a. 0 days
 - b. 1 day
 - c. 2 days
 - d. 3 days
 - e. 4 days
 - f. 5 days

84. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?
- a. I do not take PE
 - b. Less than 10 minutes
 - c. 10 to 20 minutes
 - d. 21 to 30 minutes
 - e. More than 30 minutes
85. During the past 12 months, on how many sports teams **run by your school** did you play? (Do not include PE classes)
- a. 0 teams
 - b. 1 team
 - c. 2 teams
 - d. 3 or more teams
86. During the past 12 months, on how many sports teams **run by organizations outside of your school**, did you play?
- a. 0 teams
 - b. 1 team
 - c. 2 teams
 - d. 3 or more teams
87. How much education does your mother have?
- a. She did not finish high school
 - b. She graduated from high school
 - c. She had some education after high school
 - d. She graduated from college
 - e. Not sure
88. How much education does your father have?
- a. He did not finish high school
 - b. He graduated from high school
 - c. He had some education after high school
 - d. He graduated from college
 - e. Not sure

THANK YOU VERY MUCH FOR YOUR HELP.