

2000 NEW MEXICO MIDDLE SCHOOL 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, not what you think you are supposed to do.

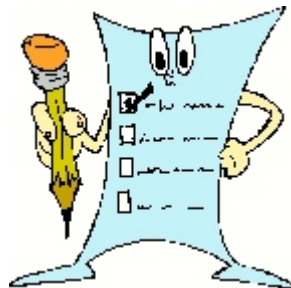
Completing the survey is voluntary. Your grade in this class is not affected by whether or not you answer these questions.

Make sure to read every question. If you do not understand a question, or if you feel uncomfortable answering a question, you may leave it blank. However, please try to answer every question.

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 known to anyone connected with this survey.

When you are finished, follow the instructions of the person giving the survey.

*Someone in the classroom will now tell
you what to do before you start!!*



Directions

Choose only one answer for each question (except question 4). Circle your answer directly on the survey.

1. How old are you?
 - a. 10 years old or younger
 - b. 11 years old
 - c. 12 years old
 - d. 13 years old
 - e. 14 years old
 - f. 15 years old
 - g. 16 years old or older
2. What is your sex?
 - a. Female
 - b. Male
3. What grade are you in?
 - a. 6th grade
 - b. 7th grade
 - c. 8th grade
 - d. Other
4. How do you describe yourself? (Select one or more responses.)
 - a. American Indian or Alaska Native
 - b. Asian
 - c. Black or African American
 - d. Hispanic or Latino
 - e. Native Hawaiian / Other Pacific Islander
 - f. White

For the next two questions, make sure you fill in the proper bubbles on the answer sheet.

5. How tall are you *without* your shoes on?
_____ft. _____ inches
6. How much do you weigh *without* your shoes on? _____lbs.

The next 7 questions ask about personal safety and violence-related behaviours.

7. How often do you wear a seat belt when riding in a car?
 - a. Never
 - b. Rarely
 - c. Sometimes
 - d. Most of the time
 - e. Always

8. When you ride a bicycle, how often do you wear a helmet?
 - a. I do not ride a bicycle
 - b. Never wear a helmet
 - c. Rarely wear a helmet
 - d. Sometimes wear a helmet
 - e. Most of the time wear a helmet
 - f. Always wear a helmet
9. When you rollerblade or ride a skateboard, how often do you wear a helmet?
 - a. I do not rollerblade or ride a skateboard
 - b. Never wear a helmet
 - c. Rarely wear a helmet
 - d. Sometimes wear a helmet
 - e. Most of the time wear a helmet
 - f. Always wear a helmet
10. Have you ever ridden in a car driven by someone who had been drinking alcohol?
 - a. Yes
 - b. No
 - c. Not sure
11. Have you ever carried a weapon, such as a gun, knife, or club? (This does not include carrying these items for hunting.)
 - a. Yes
 - b. No
12. Have you ever been in a physical fight?
 - a. Yes
 - b. No
13. Have you ever been in a physical fight in which you were hurt and had to be treated by a doctor or nurse?
 - a. Yes
 - b. No

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.

14. Have you ever seriously thought about killing yourself?
 - a. Yes
 - b. No
15. Have you ever made a plan about how you would kill yourself?
 - a. Yes
 - b. No

16. Have you ever tried to kill yourself?
a. Yes
b. No

The next 15 questions ask about tobacco use.
For these questions, do not include smoking for religious or ceremonial purposes.

17. Have you ever tried cigarette smoking, even one or two puffs?
a. Yes
b. No
18. How old were you when you smoked a whole cigarette for the first time?
a. I have never smoked a whole cigarette
b. 8 years old or younger
c. 9 years old
d. 10 years old
e. 11 years old
f. 12 years old
g. 13 years old
h. 14 years old or older
19. During the past 30 days, on how many days did you smoke cigarettes?
a. 0 days
b. 1 or 2 days
c. 3 to 5 days
d. 6 to 9 days
e. 10 to 19 days
f. 20 to 29 days
g. All 30 days
20. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?
a. I did not smoke cigarettes during the past 30 days
b. Less than 1 cigarette per day
c. 1 cigarette per day
d. 2 to 5 cigarettes per day
e. 6 to 10 cigarettes per day
f. 11 to 20 cigarettes per day
g. More than 20 cigarettes per day

21. During the past 30 days, how did you usually get your own cigarettes? (Select only one response.)
a. I did not smoke cigarettes during the past 30 days
b. I bought them in a store, such as a convenience store, supermarket, or gas station
c. I bought them from a vending machine
d. I gave someone else money to buy them for me
e. I borrowed them from someone else
f. I stole them
g. I got them some other way
22. When you bought cigarettes in a store during the past 30 days, were you ever asked to show proof of age?
a. I did not buy cigarettes during the past 30 days
b. Yes
c. No
23. Have you ever smoked cigarettes regularly, that is, at least one cigarette, every day for 30 days?
a. Yes
b. No
24. How wrong would most adults in your community think it was for kids your age to smoke cigarettes?
a. very wrong
b. wrong
c. a little bit wrong
d. not wrong at all
25. How wrong do your parents feel it would be for you to smoke cigarettes?
a. very wrong
b. wrong
c. a little bit wrong
d. not wrong at all
26. How wrong do you think it is for someone your age to smoke cigarettes?
a. very wrong
b. wrong
c. a little bit wrong
d. not wrong at all
27. If you wanted to get some cigarettes, how easy would it be for you to get some?
a. very hard
b. sort of hard
c. sort of easy
d. very easy

28. How much do you think people risk harming themselves (physically or in other ways) if they smoke one or more packs of cigarettes a day?
- no risk
 - slight risk
 - moderate risk
 - great risk
29. 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?
- 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
30. How old were you when you first used chewing tobacco or snuff?
- I have never used chewing tobacco or snuff
 - 8 years old or younger
 - 9 years old
 - 10 years old
 - 11 years old
 - 12 years old
 - 13 years old
 - 14 years old or older
31. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?
- 0 days
 - 1 or 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 to 29 days
 - All 30 days

The next 8 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and hard liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious or ceremonial purposes.

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

33. How old were you when you had your first drink of alcohol other than a few sips?
- I have never had a drink of alcohol other than a few sips
 - 8 years old or younger
 - 9 years old
 - 10 years old
 - 11 years old
 - 12 years old
 - 13 years old
 - 14 years old or older
34. During the past 30 days, on how many days did you have at least one drink of alcohol?
- 0 days
 - 1 or 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 to 29 days
 - All 30 days
35. How wrong would most adults in your community think it was for kids your age to drink alcohol?
- very wrong
 - wrong
 - a little bit wrong
 - not wrong at all
36. How wrong do your parents feel it would be for you to drink beer, wine, or hard liquor (for example, vodka, whiskey, or gin) regularly?
- very wrong
 - wrong
 - a little bit wrong
 - not wrong at all
37. How wrong do you think it is for someone your age to drink beer, wine, or hard liquor (for example, vodka, whiskey, or gin) regularly?
- very wrong
 - wrong
 - a little bit wrong
 - not wrong at all
38. If you wanted to get some beer, wine, or hard liquor (for example, vodka, whiskey, or gin), how easy would it be for you to get some?
- very hard
 - sort of hard
 - sort of easy
 - very easy

39. How much do you think people risk harming themselves (physically or in other ways) if they take one or two drinks of an alcoholic beverage (beer, wine, or liquor) nearly every day?
- no risk
 - slight risk
 - moderate risk
 - great risk

The next 9 questions ask about marijuana use. Marijuana also is called grass or pot.

40. Have you ever used marijuana?
- Yes
 - No
41. How old were you when you tried marijuana for the first time?
- I have never used marijuana
 - 8 years old or younger
 - 9 years old
 - 10 years old
 - 11 years old
 - 12 years old
 - 13 years old
 - 14 years old or older
42. During the past 30 days, on how many days did you use marijuana (at least once)?
- 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
43. How wrong would most adults in your community think it is for kids your age to use marijuana?
- very wrong
 - wrong
 - a little bit wrong
 - not wrong at all
44. How wrong do your parents feel it would be for you to smoke marijuana?
- very wrong
 - wrong
 - a little bit wrong
 - not wrong at all
45. How wrong do you think it is for someone your age to smoke marijuana?
- very wrong
 - wrong
 - a little bit wrong
 - not wrong at all

46. How much do you think people risk harming themselves (physically or in other ways) if they try marijuana once or twice?
- no risk
 - slight risk
 - moderate risk
 - great risk

47. If you wanted to get some marijuana, how easy would it be for you to get some?
- very hard
 - sort of hard
 - sort of easy
 - very easy

48. How much do you think people risk harming themselves (physically or in other ways) if they smoke marijuana regularly?
- no risk
 - slight risk
 - moderate risk
 - great risk

The next 10 questions ask about other drug use.

49. Have you ever used any form of cocaine, including powder, crack, or freebase?
- Yes
 - No
50. Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high?
- Yes
 - No
51. How old were you when you sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high for the first time?
- I have never sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high.
 - 8 years old or younger
 - 9 years old
 - 10 years old
 - 11 years old
 - 12 years old
 - 13 years old
 - 14 years old or older

52. During the past 30 days, on how many days did you sniff glue, breathe the contents of spray cans or inhale any paints or sprays at least once?
- 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
53. Have you ever used steroids?
- Yes
 - No
54. Have you ever used a needle to inject any illegal drug into your body?
- Yes
 - No
55. About how many adults have you known personally who in the past year have used marijuana, crack, or other drugs?
- none
 - 1 adult
 - 2 adults
 - 3-4 adults
 - 5 or more adults
56. About how many adults have you known personally who in the past year have sold or dealt drugs?
- none
 - 1 adult
 - 2 adults
 - 3-4 adults
 - 5 or more adults
57. If you wanted to get some cocaine, LSD, or amphetamines, how easy would it be for you to get some?
- very hard
 - sort of hard
 - sort of easy
 - very easy
58. How wrong do you think it is for someone your age to use LSD, cocaine, amphetamines or another illegal drug?
- very wrong
 - wrong
 - a little bit wrong
 - not wrong at all

The next 4 questions ask about sexual intercourse.

59. Have you ever had sexual intercourse?
- Yes
 - No
60. How old were you when you had sexual intercourse for the first time?
- 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
 - 14 years old or older
61. With how many people have you ever had sexual intercourse?
- I have never had sexual intercourse
 - 1 person
 - 2 people
 - 3 or more people
62. The last time you had sexual intercourse, did you or your partner use a condom?
- I have never had sexual intercourse
 - Yes
 - No

The next 7 questions ask about body weight.

63. How do you describe your weight?
- Very underweight
 - Slightly underweight
 - About the right weight
 - Slightly overweight
 - Very overweight
64. Which of the following are you trying to do about your weight?
- Lose weight
 - Gain weight
 - Stay the same weight
 - I am not trying to do anything about my weight
65. Have you ever exercised to lose weight or to keep from gaining weight?
- Yes
 - No
66. Have you ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?
- Yes
 - No

67. Have you ever gone without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?
- Yes
 - No

68. Have you ever taken any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)
- Yes
 - No

69. Have you ever vomited or taken laxatives to lose weight or to keep from gaining weight?
- Yes
 - No

The next 5 questions ask about physical activity.

70. 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?
- 0 days
 - 1 day
 - 2 days
 - 3 days
 - 4 days
 - 5 days
 - 6 days
 - 7 days

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

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

73. Do you play on any sports teams? (Include any teams run by your school or community groups.)
- Yes
 - No

74. Have you ever been injured while exercising, playing sports, or being physically active and had to be treated by a doctor or nurse?
- Yes
 - No

The next question asks about AIDS education.

75. Have you ever been taught about AIDS or HIV infection in school?
- Yes
 - No
 - Not sure

The next 7 questions ask about school and family life.

76. How often do you speak a language other than English at home (such as Spanish, Indian, Vietnamese, etc.)?
- Never
 - Less than half the time
 - About half the time
 - More than half the time, but not all of the time
 - All of the time

77. Were you born in the US or did you move here from another country?
- Born in the US
 - Moved to US 10 or more years ago
 - Moved to US between 5 and 10 years ago
 - Move to US less than 5 years ago

78. Are your grades mostly
- As and Bs
 - Bs and Cs
 - Cs and Ds
 - Ds and Fs

79. Does your family have enough money to buy the things they need, like food and clothing?
- Yes, all of the time
 - Yes, most of the time
 - Some of the time
 - Almost never

80. Do you have telephone service in your home?
- a. Yes, local and long distance service
 - b. Yes, local service only
 - c. No

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

