

1999 New Mexico 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. If you are not comfortable answering a question, just leave it blank.

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

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

Thank you very much for your help

Directions

- Use a #2 pencil only.
- Make dark marks.
- Fill in a response like this: A B ● D.
- To change your answer, erase completely.
- Choose only one answer for each question (except question 4).

- How old are you?
 - 12 years old or younger
 - 13 years old
 - 14 years old
 - 15 years old
 - 16 years old
 - 17 years old
 - 18 years old or older
- What is your sex?
 - Female
 - Male
- In what grade are you?
 - 9th grade
 - 10th grade
 - 11th grade
 - 12th grade
 - Ungraded or other grade
- How do you describe yourself? **(Select one or more responses.)**
 - American Indian or Alaska Native
 - Asian
 - Black or African American
 - Hispanic or Latino
 - Native Hawaiian or Other Pacific Islander
 - White

- How tall are you without your shoes on?

Directions: Write your height in the shaded blank boxes and fill in the matching oval below each number on your answer sheet.

Example:

Height	
Feet	Inches
5	11
③	⑩
④	①
●	②
⑥	③
⑦	④
	⑤
	⑥
	⑦
	⑧
	⑨
	⑩
	●

- How much do you weigh without your shoes on?

Directions: Write your weight in the shaded blank boxes and fill in the matching oval below each number on your answer sheet.

Example:

Weight		
Pounds		
1	5	2
●	⑩	⑩
②	①	①
③	②	●
	③	③
	④	④
	●	⑤
	⑥	⑥
	⑦	⑦
	⑧	⑧
	⑨	⑨

The next 5 questions ask about personal safety.

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

The next 10 questions ask about violence-related behaviors.

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 were you in a physical fight?
- 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 in which you were injured and had to be treated by a doctor or nurse?
- 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or more times
19. During the past 12 months, how many times were you in a physical fight **on school property**?
- 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. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?
- Yes
 - No
21. Have you ever been forced to have sexual intercourse when you did not want to?
- Yes
 - No

The next 8 questions ask about sad feelings and 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.

22. During the past 30 days, for about how many days have you felt **worried, tense** or **anxious**?
- None
 - 1 to 3 days
 - 4 to 7 days
 - 8 to 14 days
 - 15 days or more
23. During the past 30 days, how many days have you felt **sad, blue** or **depressed**?
- 0 days
 - 1 to 3 days
 - 4 to 7 days
 - 8 to 14 days
 - 15 days or more
24. How many close friends or relatives would help you with your emotional problems or feelings if you needed it?
- None
 - 1 friend or relative
 - 2 friends or relatives
 - 3 friends or relatives
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.
- Yes
 - No
26. During the past 12 months, did you ever **seriously** consider attempting suicide?
- Yes
 - No
27. During the past 12 months, did you make a plan about how you would attempt suicide?
- Yes
 - No

28. 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

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?

- a. **I did not attempt suicide** during the past 12 months
- b. Yes
- c. No

The next set of questions ask about tobacco use.

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

- a. Yes
- b. No

31. 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 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

32. 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

33. 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

34. If you wanted to get some cigarettes how easy would it be for you to get some?

- a. Very hard
- b. Hard
- c. Easy
- d. Very easy

35. 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

36. **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 in a store during the past 30 days
- b. Yes
- c. No

37. 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

38. Have you ever smoked cigarettes regularly, that is, at least one cigarette every day for 30 days?

- a. Yes
- b. No

39. Have you ever tried **to quit** smoking cigarettes?

- a. Yes
- b. No

40. How wrong would the adults in your neighborhood 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

41. 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

42. 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

43. 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?

- a. No risk
- b. Slight risk
- c. Moderate risk
- d. Great risk

44. 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

45. 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

46. During the past 30 days, on how many days did you smoke **cigars, cigarillos, or little cigars**?

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 to 29 days
- g. All 30 days

The next 10 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.

47. 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

48. 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
49. 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
50. 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
51. 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
52. How wrong would most adults in your neighborhood think it was for kids your age to drink alcohol?
- a. Very wrong
 - b. Wrong
 - c. A little bit wrong
 - d. Not wrong at all

53. 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?
- a. Very wrong
 - b. Wrong
 - c. A little bit wrong
 - d. Not wrong at all
54. 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?
- a. Very wrong
 - b. Wrong
 - c. A little bit wrong
 - d. Not wrong at all
55. 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?
- a. Very hard
 - b. Sort of hard
 - c. Sort of easy
 - d. Very easy
56. How much do you think people risk harming themselves (physically or in other ways) if they have one or two drinks of beer, wine, or hard liquor nearly every day?
- a. No risk
 - b. Slight risk
 - c. Moderate risk
 - d. Great risk

The next 10 questions ask about marijuana use. Marijuana also is called grass or pot.

57. 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

58. 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

59. 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

60. 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

61. If you wanted to get some marijuana, how easy would it be for you to get some?

- a. Very hard
- b. Sort of hard
- c. Sort of easy
- d. Very easy

62. How wrong would most adults in your neighborhood think it was for kids your age to use marijuana?

- a. Very wrong
- b. Wrong
- c. A little bit wrong
- d. Not wrong at all

63. How wrong do your parents feel it would be for you to smoke marijuana?

- a. Very wrong
- b. Wrong
- c. A little bit wrong
- d. Not wrong at all

64. How wrong do you think it is for someone your age to smoke marijuana?

- a. Very wrong
- b. Wrong
- c. A little bit wrong
- d. Not wrong at all

65. How much do you think people risk harming themselves (physically or on other ways) if they try marijuana **once or twice**?

- a. No risk
- b. Slight risk
- c. Moderate risk
- d. Great risk

66. How much do you think people risk harming themselves (physically or in other ways) if they smoke marijuana **regularly**?

- a. No risk
- b. Slight risk
- c. Moderate risk
- d. Great risk

The next 13 questions ask about cocaine and other drugs.

67. 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

68. 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

69. 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

70. During the past 30 days, 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

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

- 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

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

- 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

73. 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

74. 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

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

- a. Yes
- b. No

76. About how many adults have you known who have used marijuana, crack or other drugs?

- a. None
- b. 1 adult
- c. 2 adults
- d. 3 to 4 adults
- e. 5 or more adults

77. About how many adults have you known who have sold or dealt drugs?

- a. None
- b. 1 adult
- c. 2 adults
- d. 3 to 4 adults
- e. 5 or more adults

78. If you wanted to get some cocaine, LSD or amphetamines, how easy would it be for you to get some?

- a. Very hard
- b. Sort of hard
- c. Sort of easy
- d. Very easy

79. How wrong do you think it is for someone your age to use LSD, cocaine, amphetamines or another illegal drug?

- a. Very wrong
- b. Wrong
- c. A little bit wrong
- d. Not wrong at all

The next 8 questions ask about sexual behavior.

80. Have you ever had sexual intercourse?
- a. Yes
 - b. No
81. 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
82. 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
83. 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
84. 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

85. 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
86. 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. Depo-Provera (injectable birth control)
 - f. Withdrawal
 - g. Some other method
 - h. Not sure
87. 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 7 questions ask about body weight.

88. How do **you** describe your weight?
- a. Very underweight
 - b. Slightly underweight
 - c. About the right weight
 - d. Slightly overweight
 - e. Very overweight
89. 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
90. During the past 30 days, did you **exercise** to lose weight or to keep from gaining weight?
- a. Yes
 - b. No

91. During the past 30 days, did you **eat less food, fewer calories, or foods low in fat** to lose weight or to keep from gaining weight?

- a. Yes
- b. No

92. During the past 30 days, did you **go without eating for 24 hours or more** (also called fasting) to lose weight or to keep from gaining weight?

- a. Yes
- b. No

93. During the past 30 days, did you **take any diet pills, powders, or liquids** without a doctor's advice to lose weight or to keep from gaining weight? (Do **not** include meal replacement products such as Slim Fast.)

- a. Yes
- b. No

94. During the past 30 days, did you **vomit or take laxatives** to lose weight or to keep from gaining weight?

- a. Yes
- b. No

The next 7 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 food you ate at home, at school, at restaurants, or anywhere else.

95. 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.)

- a. I did not drink 100% fruit juice during the past 7 days
- b. 1 to 3 times during the past 7 days
- c. 4 to 6 times during the past 7 days
- d. 1 time per day
- e. 2 times per day
- f. 3 times per day
- g. 4 or more times per day

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

- a. I did not eat fruit during the past 7 days
- b. 1 to 3 times during the past 7 days
- c. 4 to 6 times during the past 7 days
- d. 1 time per day
- e. 2 times per day
- f. 3 times per day
- g. 4 or more times per day

97. During the past 7 days, how many times did you eat **green salad?**

- a. I did not eat green salad during the past 7 days
- b. 1 to 3 times during the past 7 days
- c. 4 to 6 times during the past 7 days
- d. 1 time per day
- e. 2 times per day
- f. 3 times per day
- g. 4 or more times per day

98. During the past 7 days, how many times did you eat **potatoes?** (Do **not** count french fries, fried potatoes, or potato chips.)

- a. I did not eat potatoes during the past 7 days
- b. 1 to 3 times during the past 7 days
- c. 4 to 6 times during the past 7 days
- d. 1 time per day
- e. 2 times per day
- f. 3 times per day
- g. 4 or more times per day

99. During the past 7 days, how many times did you eat **carrots?**

- a. I did not eat carrots during the past 7 days
- b. 1 to 3 times during the past 7 days
- c. 4 to 6 times during the past 7 days
- d. 1 time per day
- e. 2 times per day
- f. 3 times per day
- g. 4 or more times per day

100. During the past 7 days, how many times did you eat **other vegetables**? (Do **not** count green salad, potatoes, or carrots.)
- a. I did not eat other vegetables during the past 7 days
 - b. 1 to 3 times during the past 7 days
 - c. 4 to 6 times during the past 7 days
 - d. 1 time per day
 - e. 2 times per day
 - f. 3 times per day
 - g. 4 or more times per day

101. During the past 7 days, how many **glasses of milk** did you drink? (Include 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.)
- a. I did not drink milk during the past 7 days
 - b. 1 to 3 glasses during the past 7 days
 - c. 4 to 6 glasses during the past 7 days
 - d. 1 glass per day
 - e. 2 glasses per day
 - f. 3 glasses per day
 - g. 4 or more glasses per day

The next 8 questions ask about physical activity.

102. 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

103. On how many of the past 7 days did you participate in physical activity for **at least 30 minutes** that did **not** make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?
- a. 0 days
 - b. 1 day
 - c. 2 days
 - d. 3 days
 - e. 4 days
 - f. 5 days
 - g. 6 days
 - h. 7 days

104. 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

105. On an average school day, how many hours do you watch TV?
- a. I do not watch TV on an average school day
 - b. Less than 1 hour per day
 - c. 1 hour per day
 - d. 2 hours per day
 - e. 3 hours per day
 - f. 4 hours per day
 - g. 5 or more hours per day

106. 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

107. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?
- I do not take PE
 - Less than 10 minutes
 - 10 to 20 minutes
 - 21 to 30 minutes
 - More than 30 minutes
108. During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)
- 0 teams
 - 1 team
 - 2 teams
 - 3 or more teams
109. During the past 12 months, how many times were you injured while exercising, playing sports, or being physically active and had to be treated by a doctor or nurse?
- 0 times
 - 1 time
 - 2 times
 - 3 times
 - 4 times
 - 5 or more times

The next question asks about AIDS education.

110. 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.

111. What is the highest grade level your father (or male guardian) completed?
- Did not graduate from high school
 - Graduated from high school
 - Went to vocational school or got other training
 - Started college
 - Graduated from college
 - Went to graduate school
 - I don't know
112. What is the highest grade level your mother (or female guardian) completed?
- Did not graduate from high school
 - Graduated from high school
 - Went to vocational school or got other training
 - Started college
 - Graduated from college
 - Went to graduate school
 - I don't know
113. How often do you speak a language other than English at home (such as Spanish, 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

114. Were you born in the USA or did you move here from another country?

- a. Born in the USA
- b. Moved to USA 10 or more years ago
- c. Moved to USA between 5 and 10 years ago
- d. Moved to USA less than 5 years ago

115. Are your grades mostly:

- a. As and Bs
- b. Bs and Cs
- c. Cs and Ds
- d. Ds and Fs

116. Does your family have enough money to buy the things they need, like food and clothing?

- a. Yes, all of the time
- b. Yes, most of the time
- c. Some of the time
- d. Almost never

117. 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.**