

YRBS Question Bank – Grades 9-12 (Fall 2026)

Demographics:

1. **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.
2. **What is your sex?** Female, Male.
3. **In what grade are you?** 9th grade, 10th grade, 11th grade, 12th grade, Ungraded or other grade.
4. **What is your race and/or ethnicity? (Select one or more responses.)**
American Indian or Alaska Native, Asian, Black or African American, Hispanic or Latino, Middle Eastern or North African, Native Hawaiian or Pacific Islander, White.
5. **How tall are you without your shoes on? Directions: Write your height in the shaded blank boxes. Fill in the matching oval below each number.** Grid
6. **How much do you weigh without your shoes on? Directions: Write your weight in the shaded blank boxes. Fill in the matching oval below each number.** Grid.

The next questions ask about safety:

7. **How often do you wear a seat belt when riding in a car driven by someone else?** Never, Rarely, Sometimes, Most of the time, Always.
8. **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?** 0 times, 1 time, 2 or 3 times, 4 or 5 times, 6 or more times.
9. **During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?** I did not drive a car or other vehicle during the past 30 days, I drove a car or other vehicle, but not when I had been drinking alcohol, 1 time, 2 or 3 times, 4 or 5 times, 6 or more times.
10. **During the past 30 days, on how many days did you text or e-mail while driving a car or other vehicle?** I did not drive a car or other vehicle during the past 30 days, I drove a car or other vehicle, but did not text or e-mail while driving, 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 questions ask about violence-related behaviors and experiences:

11. **During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?** 0 days, 1 day, 2 or 3 days, 4 or 5 days, 6 or more days.

12. **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.)** 0 days, 1 day, 2 or 3 days, 4 or 5 days, 6 or more days.
13. **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?** 0 days, 1 day, 2 or 3 days, 4 or 5 days, 6 or more days.
14. **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?** 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.
15. **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.
16. **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.
17. **Have you ever seen someone get physically attacked, beaten, stabbed, or shot in your neighborhood?** Yes, No.
18. **Have you ever been physically forced to have sexual intercourse when you did not want to?** Yes, No.
19. **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.)** 0 times, 1 time, 2 or 3 times, 4 or 5 times, 6 or more times.
20. **During the past 12 months, how many times did someone you were dating or going out with 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.)** I did not date or go out with anyone during the past 12 months, 0 times, 1 time, 2 or 3 times, 4 or 5 times, 6 or more times.
21. **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.)** I did not date or go out with anyone during the past 12 months, 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 purposely try to control you or emotionally hurt you? (Count such things as being told who you could and could not spend time with, being humiliated in front of others, or being threatened if you did not**

do what they wanted.) I did not date or go out with anyone during the past 12 months, 0 times, 1 time, 2 or 3 times, 4 or 5 times, 6 or more times.

23. **Has an adult or person at least 5 years older than you ever made you do sexual things that you did not want to do? (Count such things as kissing, touching, or being made to have sexual intercourse.)** Yes, No.

The next questions ask about experiences with parents or other adults in your home:

24. **During your life, how often has a parent or other adult in your home insulted you or put you down?** Never, Rarely, Sometimes, Most of the time, Always.
25. **During your life, how often has a parent or other adult in your home hit, beat, kicked, or physically hurt you in any way?** Never, Rarely, Sometimes, Most of the time, Always.
26. **During your life, how often have your parents or other adults in your home slapped, hit, kicked, punched, or beat each other up?** Never, Rarely, Sometimes, Most of the time, Always.

The next questions ask about bullying:

Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.

27. **During the past 12 months, have you ever been bullied on school property?** Yes, No.
28. **During the past 12 months, have you ever been electronically bullied? (Count being bullied through texting, Instagram, Facebook, or other social media.)** Yes, No.

The next question asks about hurting yourself on purpose

29. **During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?** 0 times, 1 time, 2 or 3 times, 4 or 5 times, 6 or more times.

The next 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.

- 30. **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.
- 31. **During the past 12 months, did you ever seriously consider attempting suicide?** Yes, No.
- 32. **During the past 12 months, did you make a plan about how you would attempt suicide?** Yes, No.
- 33. **During the past 12 months, how many times did you actually attempt suicide?** 0 times, 1 time, 2 or 3 times, 4 or 5 times, 6 or more times.
- 34. **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?** I did not attempt suicide during the past 12 months, Yes, No.

The next questions ask about cigarette smoking:

- 35. **Have you ever smoked a cigarette, even one or two puffs?** Yes, No.
- 36. **How old were you when you first smoked a cigarette, even one or two puffs?** I have never smoked a cigarette, not even one or two puffs, 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.
- 37. **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.
- 38. **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.

The next questions ask about electronic vapor products, such as JUUL, Vuse, NJOY, Elf Bar, or Esco Bars:

Electronic vapor products include e-cigarettes, vapes, mods, e-cigs, e-hookahs, or vape pens.

- 39. **Have you ever used an electronic vapor product?** Yes, No.
- 40. **During the past 30 days, on how many days did you use an electronic vapor product?** 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.
- 41. **During the past 30 days, how did you usually get your electronic vapor products? (Select only one response.)** I did not use any electronic vapor products during the past 30 days, I got or bought them from a friend, family member, or someone else, I bought them myself in a vape shop or tobacco shop,

I bought them myself in a convenience store, supermarket, discount store, or gas station, I bought them myself at a mall or shopping center kiosk or stand, I bought them myself on the Internet, such as from a product website, vape store website, or other website like eBay, Amazon, Facebook Marketplace, or Craigslist, I took them from a store or another person, I got them in some other way.

The next questions ask about other tobacco products:

- 42. **During the past 30 days, on how many days did you use chewing tobacco, snuff, dip, snus, dissolvable tobacco products, or nicotine pouches, such as Copenhagen, Grizzly, Skoal, Camel Snus, on!, ZYN, or Velo? (Do not count any electronic vapor products.)** 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. **During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars, such as Swisher Sweets, Middleton's (including Black & Mild), or Backwoods?** 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.
- 44. **During the past 12 months, did you ever try to quit using all tobacco products?** I did not use cigarettes, electronic vapor products, smokeless tobacco, cigars, shisha or hookah tobacco, pipe tobacco, heated tobacco products, or nicotine pouches during the past 12 months, Yes, No.

The next questions ask about drinking alcohol:

This includes drinking beer, wine, flavored alcoholic beverages, 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.

- 45. **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 or 10 years old, 11 or 12 years old, 13 or 14 years old, 15 or 16 years old, 17 years old or older.
- 46. **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.
- 47. **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?** 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.
- 48. **During the past 30 days, how did you usually get the alcohol you drank?** 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, Someone gave it to me, I took it from a store or family member, I got it some other way.

The next questions ask about marijuana use:

Marijuana is also called pot or weed. For these questions, do not count CBD-only or hemp products, which come from the same plant as marijuana, but do not cause a high when used alone.

- 49. **During your life, how many times have you used marijuana?** 0 times, 1 or 2 times, 3 to 9 times, 10 to 19 times, 20 to 39 times, 40 to 99 times, 100 or more times.
- 50. **How old were you when you tried marijuana for the first time?** 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.
- 51. **During the past 30 days, how many times did you use marijuana?** 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 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.

- 52. **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?** 0 times, 1 or 2 times, 3 to 9 times, 10 to 19 times, 20 to 39 times, 40 or more times.

The next questions ask about other drugs:

- 53. **During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?** 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 sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?** 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 heroin (also called smack, junk, or China White)?** 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 methamphetamines (also called speed, crystal meth, crank, ice, or meth)?** 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 used ecstasy (also called MDMA or Molly)?** 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?** 0 times, 1 time, 2 or more times.

The next questions ask about body weight:

- 59. **How do you describe your weight?** Very underweight, Slightly underweight, About the right weight, Slightly overweight, Very overweight.
- 60. **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.

The next 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.

- 61. **During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)** 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.
- 62. **During the past 7 days, how many times did you eat green salad?** 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.
- 63. **During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)** 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.
- 64. **During the past 7 days, how many times did you eat carrots?** 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.
- 65. **During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)** 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.

66. **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 diet pop.)** I did not drink soda or pop 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.
67. **During the past 7 days, on how many days did you eat breakfast?** 0 days, 1 day, 2 days, 3 days, 4 days, 5 days, 6 days, 7 days.
68. **During the past 30 days, how often did you go hungry because there was not enough food in your home?** Never, Rarely, Sometimes, Most of the time, Always.

The next questions ask about physical activity:

69. **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.)** 0 days, 1 day, 2 days, 3 days, 4 days, 5 days, 6 days, 7 days.
70. **On an average school day, how many hours do you spend in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media (also called "screen time")? (Do not count time spent doing 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.
71. **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.
72. **During the past 12 months, on how many sports teams did you play? (Count any teams run by your school or community groups.)** 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 concentrating, vomiting, blurred vision, or being knocked out.

73. **During the past 12 months, how many times did you have a concussion from playing a sport or being physically active?** 0 times, 1 time, 2 times, 3 times, 4 or more times.

The next question asks about social media:

Such as Instagram, TikTok, Snapchat, and X (formerly known as Twitter).

74. **How often do you use social media?** I do not use social media, A few times a month, About once a week, A few times a week, About once a day, Several times a day, About once an hour, More than once an hour.

The next questions ask about other health-related topics:

75. **Have you ever been tested for HIV, the virus that causes AIDS? (Do not count tests done if you donated blood.)** Yes, No, Not sure.
76. **During the past 12 months, have you been tested for a sexually transmitted infection (STI) other than HIV, such as chlamydia or gonorrhea?** Yes, No, Not sure.
77. **When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?** During the past 12 months, Between 12 and 24 months ago, More than 24 months ago, Never, Not sure.
78. **Has a doctor or nurse ever told you that you have asthma?** Yes, No, Not sure.
79. **Do you still have asthma?** I have never had asthma, Yes, No, Not sure.
80. **During the past 30 days, how many days of school did you miss because of your asthma?** I do not have asthma, 0 days, 1 day, 2 days, 3 days, 4 days, 5 or more days.
81. **During the past 30 days, how often was your mental health not good? (Poor mental health includes stress, anxiety, and depression.)** Never, Rarely, Sometimes, Most of the time, Always.
82. **On an average school night, how many hours of sleep do you get?** 4 or less hours, 5 hours, 6 hours, 7 hours, 8 hours, 9 hours, 10 or more hours.
83. **During the past 12 months, where did you usually sleep?** In my parent's or guardian's home, In the home of a friend, family member, or other person because I had to leave my home or my parent or guardian cannot afford housing, In a shelter or emergency housing, In a motel or hotel, In a car, park, campground, or other public place, I do not have a usual place to sleep, Somewhere else.
84. **During your life, how often has there been an adult in your household who tried hard to make sure your basic needs were met, such as looking after**

your safety and making sure you had clean clothes and enough to eat?
Never, Rarely, Sometimes, Most of the time, Always.

The next questions ask about other experiences you may have had during your life:

85. **Have you ever lived with a parent or guardian who was having a problem with alcohol or drug use?** Yes, No.
86. **Have you ever lived with a parent or guardian who had severe depression, anxiety, or another mental illness, or was suicidal?** Yes, No.
87. **Have you ever been separated from a parent or guardian because they went to jail, prison, or a detention center?** Yes, No.
88. **During your life, how often have you felt that you were able to talk to an adult in your family or another caring adult about your feelings?** Never, Rarely, Sometimes, Most of the time, Always.
89. **During your life, how often have you felt that you were able to talk to a friend about your feelings?** Never, Rarely, Sometimes, Most of the time, Always.
90. **Do you agree or disagree that you feel close to people at your school?** Strongly agree, Agree, Not sure, Disagree, Strongly disagree.
91. **During the past 12 months, how often was your family worried that your food would run out before you got money to buy more?** Never, Rarely, Sometimes, Most of the time, Always.
92. **During the past 12 months, how often did the food your family bought run out and they did not have money to buy more?** Never, Rarely, Sometimes, Most of the time, Always.
93. **In an average week when you are in school, on how many days do you walk or ride your bike to school when weather allows you to do so?** 0 days, 1 day, 2 days, 3 days, 4 days, 5 days.
94. **In an average week when you are in school, on how many days do you walk or ride your bike home from school when weather allows you to do so?** 0 days, 1 day, 2 days, 3 days, 4 days, 5 days.
95. **Do any of your classroom teachers provide short physical activity breaks during regular class time? (Do not count your physical education teacher.)** Yes, No.
96. **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.)** 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.

97. **During the past 12 months, how would you describe your grades in school?** Mostly A's, Mostly B's, Mostly C's, Mostly D's, Mostly F's, None of these grades, Not sure.