

Utah Student Health and Risk Prevention (SHARP) Prevention Needs Assessment Survey (PNA)

Form A, 6th

- 1. Thank you for taking this survey. We want to understand how you feel about your community, family, peers, school, health behaviors, and the types of challenges you face. Information from this survey has been used to help students for more than 20 years.
- 2. You don't have to take the survey if you don't want to. The survey is voluntary and anonymous. DO NOT put your name on the questionnaire.
- 3. Choose the answer that is closest to how you feel if there isn't an answer that fits exactly. Leave any questions blank that don't apply to you or if you don't know what they mean. You can skip any questions you don't want to
- 4. This is not a test. There are no right or wrong answers. Try to work as quickly as you can, so you can finish.
- 5. Only use a #2 PENCIL. Ask for a #2 pencil if you don't have one. Fill in the whole circle (or circles) on each question you answer.
- 6. Please fill in the following information with the help of your teacher/survey assistant.

	1.	How	old	are	you?
--	----	-----	-----	-----	------

\cup	10	or	younger
\bigcirc	11		

O 12

13 14

2. What grade are you in?

O 6th

O 7th

3. What is your race? (Mark ALL that apply.)

American Indian or Alaska Native

Asian

Black or African American

Hispanic or Latino

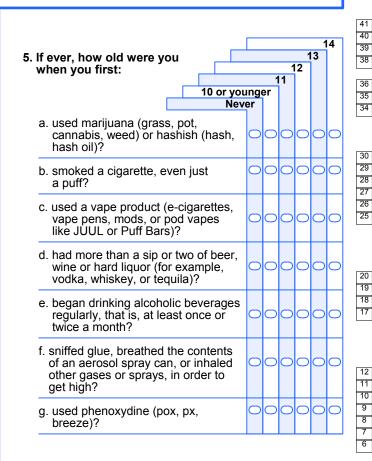
Native Hawaiian or Other Pacific Islander

White

4. Are you:

Male

Female



6. How many times (if any) have you: More th 3. 1-2 ti	5 times		9. During the past 30 days, on 20 to how many days did you: 10 to 19		day		/S
0 time	s		6 to 9 day	/S			
a. had beer, wine, or hard liquor to drink during the past 30 days?			3 to 5 days 1 or 2 days 0 days				
b. used marijuana (grass, pot, cannabis, weed) or hashish (hash, hash oil) during			a. smoke cigarettes?	0	0	0	0
the past 30 days? c. sniffed glue, breathed the contents of an aerosol spray can, or inhaled other gases or sprays, in order to get high	000		b. use vape products containing nicotine (such as e-cigarettes, vape pens, mods, or pod vapes like JUUL or Puff Bars)?	0	0	0	0
during the past 30 days?			c. use vape products containing marijuana?	0	0	0	0
7. How much do you think people risk harming themselves (physically or in other ways) if they: Moder Slight No ris			d. use chewing tobacco, snuff, dip, or snus (moist smokeless tobacco usually sold in small pouches)?	0	0	0	0
a. smoke one or more packs of cigarettes per day?			10. During the past year, did you drink alcohol at any of the following places? (Mark the 3 to	5 ti	ime)S
b. try marijuana once or twice?	000		number of times for each.) 1 or 2 t		s		
c. smoke marijuana regularly?			a. At my home or someone else's home without any parent/caregiver permission	0	0	0	0
d. take one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day?			 b. At my home with my parents/caregivers' permission 	0	0	0	0
e. have five or more drinks of an alcoholic beverage once or twice each weekend?			c. At someone else's home with their parents/caregivers' permission	0	0	0	0
f. have five or more drinks of an alcoholic beverage once or twice a week?			d. In a car	0			
g. smoke marijuana once or twice a week?	000		e. At or near school	0	0	0	0
h. use prescription drugs that are not prescribed to them?	000		 f. Someplace outside of town (for example, on public lands, in the desert, in a campground, etc.) 	0	0	0	0
i. smoke 1-5 cigarettes per day?	000		g. In another place	0	0	0	0
j. use vape products such as e-cigarettes, vape pens, mods, or pod vapes like JUUL or Puff Bars?			11. How wrong do you think it is for someone your age to: Not v A little bi W Very wron	it w ron	ron		ıll
3. Have you ever tried:	No	Yes	a. take a handgun to school?	0	0	0	0
a. cigarettes, even just one puff?	0	0	b. steal anything worth more than \$5?	0	0	0	0
b. vape products containing nicotine (such			c. pick a fight with someone?	0	9	0	0
as e-cigarettes, vape pens, mods, or pod vapes like JUUL or Puff Bars)?	0	0	d. attack someone with the idea of seriously hurting them?	\bigcirc	0	0	0
c. vape products containing marijuana?	0	0	e. stay away from school all day when their parents/caregivers think they are at school?	0	0	0	0
d. chewing tobacco, snuff, dip, or snus (moist smokeless tobacco usually sold in small pouches)?	0	0	f. drink beer, wine, or hard liquor (for example, vodka, whiskey, or tequila) regularly?	0	0	0	0
			g. smoke cigarettes?	0	0	0	0
			h. smoke marijuana?	0	0	0	0
			i. use LSD, cocaine, amphetamines, or another illegal drug?	0	0	0	0



you would be seen as cool Some	be Pretty good chance Some chance Little chance					
a. smoked cigarettes?	0	0	0	0		
b. worked hard at school?	0	0	0	0		
c. began drinking alcoholic beverages regularly, that is, at least once or twice a month?	0	0	0	0	C	
d. defended someone who was being verbally abused at school?	0	0	0	0	С	
e. smoked marijuana?	0	0	0	0		
f. carried a handgun?	0	0	0	0		
g. regularly volunteered to do community service?	0	0	0	0	C	

13. If ever, how many times in the past year (12 months) have you:		o 1 9 t	to 2 9 t	29 t	39 t	ime	ime	es
Nev	er							
a. been suspended from school?	0	0	0	0	0	0	0	0
b. carried a handgun?	0	0	0	0	0	0	0	0
c. participated in clubs, organizations or activities at school?	0	0	0	0	0	0	0	0
d. done extra work on your own for school?	0	0	0	0	0	0	0	0
e. attacked someone with the idea of seriously hurting them?	0	0	0	0	0	0	0	0
f. been drunk or high at school?	0	0	0	0	0	0	0	0
g. volunteered to do community service?	0	0	0	0	0	0	0	0
h. taken a handgun to school?	0	0	0	0	0	0	0	0

14. Think back over the last two weeks. If any, how
many times have you had five or more alcoholic
drinks in a row?

\cup	None
0	Once

Twice
3-5 times
6-9 times
10 or more times

Definitely Yes Somewhat Yes	
Somewhat No	77
Definitely No	76
15. In my school, students have lots of chances to help decide things like class activities and rules.	75
16. Teachers ask me to work on special classroom projects.	72
17. My teachers notice when I am doing a good job and let me know about it.	69 68
18. There are lots of chances for students in my school to get involved in sports, clubs, and other school activities outside of class.	65
19. There are lots of chances for students in my school to talk with a teacher one-on-one.	59 58
20. I feel safe at my school.	55
21. The school lets my parents/caregivers know when I have done something well.	54
22. My teachers praise me when I work hard in school.	51 50 49
23. Are your school grades better than the grades of most students in your class?	48 47 46
24. I have lots of chances to be part of class discussions or activities.	44
25. Now thinking back over the past year in school, how often did you: Almost always Often Sometimes Seldom	36
a. enjoy being in school?	00
b. hate being in school?	32
c. try to do your best work in school?	31 30 29
26. Putting them all together, what were your grades like last year? Mostly F's Mostly D's	27 26 24
Mostly D's Mostly C's Mostly B's Mostly A's	20
27. How important do you think the things you are learning in school are going to be for your later life?	17
 Very important Quite important Fairly important Slightly important Not at all important 	15 14

	28. How interesting are most of your cours	es t	о у	ou	?
77	Very interesting and stimulating				
77	Quite interestingFairly interesting				
75	Slightly interestingNot at all interesting				
73					
70					
70	29. How often do you feel that the school w	ork/	yo	u a	are
67	assigned is meaningful and important?				
	SeldomSometimes				
64	Often				
	Almost Always				
61				_	
59	30. During the past 30 days, on how many of did you NOT go to school because you	feİt	уò	u	
57	would be unsafe at school or on your w school?	ay t	o c	r f	ron
	○ 0 days				
53	◯ 1 day ◯ 2 or 3 days				
	4 or 5 days6 or more days				
50	o of more days				
46	31. During the LAST FOUR WEEKS, how m whole days of school have you missed	any	(if	an	y)
	skipped or "cut"?	Dec	au	se .	you
43	○ None○ 1 day				
41	2 days				
	◯ 3 daýs ◯ 4-5 days				
38	6-10 dáys11 or more days				
	·				
34	22 How wrong do your				
32	parents/caregivers feet A little h	wro			ıll
30		Vron		Ŭ	
	a. drink beer, wine, or hard liquor (for	g			
27	example, vodka, whiskey, or tequila) regularly?	0	0	0	0
25					
23	b. smoke cigarettes?				
21	c. smoke marijuana?		\cup	\bigcirc	\Box
20	d. steal something worth more than \$5?	0	0	0	\circ
17	e. draw graffiti, write things, or draw pictures on buildings or other property				
15	(without the owner's permission)?				
14	f. pick a fight with someone?	0	0	0	0
13	g. have one or two drinks of an alcoholic	0	0	0	0
10	beverage nearly every day?				
9	h. use prescription drugs not prescribed	0	0	0	0
[6]	to you?				
5	 i. use vape products such as e-cigarettes, vape pens, mods, or pod vapes like JUUL 		\cup	\cup	
4	or Puff Bars?				

Definitely Yes Somewhat Yes						
Somewi	nat N					
Definitely	No					
33. Do you feel very close to your parents/caregivers?	0	0	0	0		
34. Do you share your thoughts and feelings with your parents/caregivers?	0	0	0	0		
35. Do you enjoy spending time with your parents/caregivers?	0	0	0	С		
36. My parents/caregivers ask me what I think before most family decisions affecting me are made.	0	0	0	C		
37. If I had a personal problem, I could ask my parents/caregivers for help.	0	0	0	С		
38. My parents/caregivers give me lots of chances to do fun things with them.	0	0	0	С		
39. I feel safe in my neighborhood.	0	0	0	C		
40. My parents/caregivers ask if I've gotten my homework done.	0	0	0	0		
41. Would your parents/caregivers know if you did not come home on time?	0	0	0	С		
42. The rules in my family are clear.	0	0	0	C		
43. When I am not at home, one of my parents/caregivers knows where I am and who I am with.	0	0	0	0		
44. I think sometimes it's okay to cheat at school.	0	0	0	С		
45. I think it is okay to take something without asking if you can get away with it.	0	0	0	С		
46. It is alright to beat up people if they start the fight.	0	0	0	С		
47. It is important to be honest with your parents/caregivers even if they become upset or you get punished.	0	0	0	C		
48. If you drank some beer, wine, or liquor (for example, vodka, whiskey, or tequila) without your parents/caregivers	0	0	0	С		
permission, would you be caught by your parents/caregivers?						
49. My family has clear rules about alcohol and drug use.	0	0	0	С		
50. If you carried a handgun without your parents/caregivers' permission, would you be caught by your parents/caregivers?	0	0	0	С		
51. If you skipped school, would you be caught by your parents/caregivers?	0	0	0	С		

52.	My parents/caregivers notice when I am doing	а
	good job and let me know about it.	

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20	mΔ	tim	~~



SometimesOftenAll the time



 53. How often do your parents/caregivers tell you they're proud of you for something you've done? Never or almost never Sometimes 	62. I like to see how much I can get away with. Very false Somewhat false Somewhat true
Often All the time	○ Very true
	63. I ignore rules that get in my way.
Definitely Yes Somewhat Yes Somewhat No	Very false Somewhat false Somewhat true
Definitely No	○ Very true 65
54. My parents/caregivers expect me to eat dinner at home with my family.	63 62
55. People in my family often insult or yell at each other.	64. During the past 30 days, how often did you: None of the time A little of the time Some of the time
56. We argue about the same things in my family over and over.	Most of the time All of the time
	a. feel nervous?
57. People in my family have serious arguments.	b. feel hopeless? 54
58. My parents/caregivers have set clear	c. feel restless or fidgety?
rules and expectations with me about NOT drinking ANY alcohol.	d. feel so depressed that nothing could cheer you up?
	e. feel that everything was an effort?
59. During a typical week, how many days do all or most of your family eat at least one meal together?	f. feel worthless? 45
0 days 1 day 2 days 3 days 4 days 5 days	65. In the past seven days, I have felt: Always Often Sometimes Rarely Never 35
○ All 7 days	a. left out. 34 33
	b. that people barely know me.
60. How wrong do your Not wrong at all friends feel it would be A little bit wrong	c. isolated from others.
for YOU to: Wrong Very wrong a. have one or two drinks of an alcoholic	d. that people are around me but not with me.
beverage nearly every day?	25
b. smoke tobacco?	23
c. smoke marijuana?	Definitely Yes Somewhat Yes
d. use prescription drugs not prescribed	Somewhat No Definitely No
to you?	66. Sometimes, I think that life is not worth it.
	67. At times, I think I am no good at all.
61. I do the opposite of what people tell me, just to get them mad.	68. All in all, I am inclined to think that I am a failure.
Very falseSomewhat falseSomewhat trueVery true	69. In the past year, have you felt depressed or sad MOST days, even if you felt okay sometimes?
	6 5 4



		I .
79 78 77 76 75 74 72 71 70 69	70. In the past 12 months, have you ever done something to purposefully hurt yourself without wanting to die, such as cutting or burning yourself on purpose? If so, how many times did you do so? O times O time O 2 or 3 times O 4 or 5 times O 6 or more times	76. Do you think it's OK to seek help and talk to a professional counselor, therapist, or doctor if you've been feeling very sad, hopeless, or suicidal? Yes No I think it's OK for other people to seek help, but not for me to seek help
68 67 66 65 64 63 62	71. 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? No Yes	77. If you have felt very sad, hopeless, or suicidal in the past 30 days, whom did you talk to about it? (Mark ALL that apply.) I have not felt this way in the past 30 days I felt this way but did not talk to anyone about it Parent/Caregiver Friend//Peer Teacher Doctor
57 56 54 53 52	72. During the past 12 months, did you ever seriously consider attempting suicide? No Yes	 Clergy (e.g. Bishop, Priest or Nun, Minister, Pastor) School Counselor School Nurse Therapist Other adult
49 47 46		For questions 78 and 79, write your height and weight in the blank boxes and fill in the
45	73. During the past 12 months, how many times (if any) did you actually attempt suicide?	matching circle below each number.
43 41 39	0 times 1 time 2 to 3 times 4 to 5 times 6 or more times	78. How tall are you 79. How much do you weigh without your shoes on? without your shoes on?
[26]		feet inches pounds
34 32 31 29	74. This past year, did you experience any of the following? (Mark ALL that apply.) One or more people living in my home lost their job I moved or changed homes Skipped one or more meals because my family	30 41 52 63 74 5 6
25 24 23 22 21 20	didn't have enough money to buy food I had difficulty keeping up with schoolwork because I didn't have access to a reliable computer or internet service I did not have a quiet place at home to study None of these	
15 14 13	75. How often in the last 30 days (if at all) did you talk to an adult (parent/caregiver, doctor, counselor, teacher, etc.) about feeling very sad, hopeless, or suicidal? I have not felt this way in the past 30 days 0 times 1 time 2 to 4 times 5 or more times	80. On an average school night, how many hours of sleep do you get? 4 hours or less 5 hours 6 hours 7 hours 8 hours 9 hours 10 or more hours I don't know



This section asks questions about screen time not related to school or homework. These questions ask about the time you spend on a cell or smartphone, video games, computers, handheld video game players, TV/video, or tablets/iPads not for school or homework.

81. Do you have a cell phone? No Yes
 82. What rules does your family have about screen time? You can choose more than one. Content you can't look at (like websites or videos) Places you can't use it Apps you can't use Times you can't use it Total time limits None of these, but we have other rules No rules about screen time
 83. How often do your parents/caregivers enforce or make you follow rules about screen time? Always Often Sometimes Rarely Never
84. On an average school day, how many hours do you use an electronic device for something that is not school work? (Count time spent on things such as Xbox, PlayStation, texting, watching TV or a steaming service, YouTube, Instagram, Snapchat, TikTok or other social media.) 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
85. During the past 12 months, how often (if at all) have you been threatened or harassed over the internet, by email, or by someone using a cell phone? O days 1 day 2 or 3 days 4 or 5 days 6 or more days

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00.	пow	honest	were	you	Ш	ming	out	เกเร	Surv	ey:

I was very honest.I was honest most of the time.I was honest some of the time.

I was honest once in a while.I was not honest at all.

Thank you for completing the survey

Responses

Extra Questions Start with 201

	а	b	С	d	е	f	g	h	i
201.	0	0	0	0	0	0	0	0	0
202.	0	0	0	0	0	0	0	0	0
203.	0	0	0	0	0	0	0	0	0
204.	0	0	0	0	0	0	0	0	0
205.	0	0	0	0	0	0	0	0	0
206.	0	0	0	0	0	0	0	0	0
207.	0	0	0	0	0	0	0	0	0
208.	0	0	0	0	0	0	0	0	0
209.	0	0	0	0	0	0	0	0	0
210.	0	0	0	0	0	0	0	0	0
211.	0	0	0	0	0	0	0	0	0
212.	0	0	0	0	0	0	0	0	0
213.	0	0	0	0	0	0	0	0	0
214.	0	0	0	0	0	0	0	0	0
215.	0	0	0	0	0	0	0	0	0
216.	0	0	0	0	0	0	0	0	0
217.	0	0	0	0	0	0	0	0	0
218.	0	0	0	0	0	0	0	0	0
219.	0	0	0	0	0	0	0	0	0
220.	0	0	0	0	0	0	0	0	0

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