## Utah Student Health and Risk Prevention (SHARP) <br> Prevention Needs Assessment Survey (PNA)

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 answer.
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.

7. How old are you?

8. What grade are you in?
9. What is your race? (Mark ALL that apply.)American Indian or Alaska NativeAsianBlack or African AmericanHispanic or Latino
Native Hawaiian or Other Pacific IslanderWhite
10. Are you:
11. If ever, how old were you when you first:
a. used marijuana (grass, pot, cannabis, weed) or hashish (hash, hash oil)?
b. smoked a cigarette, even just a puff?
c. used a vape product (e-cigarettes, vape pens, mods, or pod vapes like JUUL or Puff Bars)?
d. had more than a sip or two of beer, wine or hard liquor (for example, vodka, whiskey, or tequila)?
e. began drinking alcoholic beverages regularly, that is, at least once or twice a month?
f. sniffed glue, breathed the contents of an aerosol spray can, or inhaled other gases or sprays, in order to get high?
g. used phenoxydine (pox, px, breeze)?

12. How much do you think people risk harming
themselves (physically or
in other ways) if they:

a. smoke one or more packs of cigarettes per day?

| b. try marijuana once or twice? | $\bigcirc$ | $\bigcirc$ |
| :---: | :---: | :---: |
| c. smoke marijuana regularly? | O | O |
| d. take one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day? | O | $\bigcirc$ |
| e. have five or more drinks of an alcoholic beverage once or twice each weekend? | $\bigcirc$ | $\bigcirc$ |
| f. have five or more drinks of an alcoholic beverage once or twice a week? | $\bigcirc$ | $\bigcirc$ |
| g. smoke marijuana once or twice a week? | $\bigcirc$ | - |
| h. use prescription drugs that are not prescribed to them? | $\bigcirc$ | $\bigcirc$ |
| i. smoke 1-5 cigarettes per day? | $\bigcirc$ | $\bigcirc$ |
| j. use vape products such as e-cigarettes, vape pens, mods, or pod vapes like JUUL or Puff Bars? | $\bigcirc$ | $\bigcirc$ |

## 8. Have you ever tried:

a. cigarettes, even just one puff?

| b. vape products containing nicotine (such <br> as e-cigarettes, vape pens, mods, or <br> pod vapes like JUUL or Puff Bars)? | $\bigcirc$ | $\bigcirc$ |
| :--- | :---: | :---: |
| c. vape products containing marijuana? | $\bigcirc$ | $\bigcirc$ |
| d. chewing tobacco, snuff, dip, or snus (moist <br> smokeless tobacco usually sold in small <br> pouches)? | $\bigcirc$ | $\bigcirc$ |




| 12. What are the chances | y good ood ch chan ance ce |  |  |
| :---: | :---: | :---: | :---: |
| a. smoked cigarettes? |  | - | $\bigcirc$ |
| b. worked hard at school? | $\bigcirc$ | $\bigcirc$ | $\bigcirc$ |
| c. began drinking alcoholic beverages regularly, that is, at least once or twice a month? | $\bigcirc$ | - | - |
| d. defended someone who was being verbally abused at school? | $\bigcirc$ | O | $\bigcirc$ |
| e. smoked marijuana? | $\bigcirc$ | O | - |
| f. carried a handgun? | $\bigcirc$ | - | - |
| g. regularly volunteered to do community service? |  |  | $\bigcirc$ |


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


In my school, students have lots of chances to help decide things like class activities and rules.
16. Teachers ask me to work on special classroom projects.
17. My teachers notice when I am doing a good job and let me know about it.
18. There are lots of chances for students in my school to get involved in sports, clubs, and other school activities outside of class.
19. There are lots of chances for students in my school to talk with a teacher one-on-one.
20. I feel safe at my school.
21. The school lets my parents/caregivers know when I have done something well.
22. My teachers praise me when I work hard in school.
23. Are your school grades better than the grades of most students in your class?
24. I have lots of chances to be part of class discussions or activities.

26. Putting them all together, what were your grades like last year?

```
Mostly F's
Mostly D's
Mostly C's
Mostly B's
Mostly A's
``` learning in school are going to be for your later life?

\footnotetext{
Very important
Quite important
Fairly important
Slightly important
O Not at all important
}
28. How interesting are most of your courses to you?

Very interesting and stimulating
Quite interesting
Fairly interesting
Slightly interesting
Not at all interesting
29. How often do you feel that the school work you are assigned is meaningful and important?

30. During the past 30 days, on how many days (if any) 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
31. During the LAST FOUR WEEKS, how many (if any) whole days of school have you missed because you skipped or "cut"?None
1 day
2 days
3 days
4-5 days
6-10 days
11 or more days
32. How wrong do your parents/caregivers feel it would be for YOU to:

a. drink beer, wine, or hard liquor (for example, vodka, whiskey, or tequila) regularly?
b. smoke cigarettes?
c. smoke marijuana?
d. steal something worth more than \(\$ 5\) ?
e. draw graffiti, write things, or draw pictures on buildings or other property (without the owner's permission)?
f. pick a fight with someone?
g. have one or two drinks of an alcoholic beverage nearly every day?
h. use prescription drugs not prescribed to you?
i. use vape products such as e-cigarettes, vape pens, mods, or pod vapes like JUUL or Puff Bars?

38. Has anyone in your family ever had severe alcohol or drug problems?
```

ONo
OYes

```
39. During a typical week, how many days do all or most of your family eat at least one meal together?
40. Have any of your brothers or sisters ever:
\begin{tabular}{|c|c|c|}
\hline \multicolumn{3}{|l|}{I don't have any brothers or sisters} \\
\hline \multicolumn{3}{|l|}{Yes} \\
\hline & & \\
\hline a. drunk beer, wine, or hard liquor (for example, vodka, whiskey, or tequila)? & & \(\bigcirc\) \\
\hline b. smoked marijuana? & & \(\bigcirc\) \\
\hline c. smoked cigarettes? & & \(\bigcirc\) \\
\hline d. taken a handgun to school? & \(\bigcirc\) & \(\bigcirc\) \\
\hline e. been suspended or expelled from school? & \(\bigcirc\) & \(\bigcirc\) \\
\hline f. used a vape product (e-cigarettes, vape pens, mods, or pod vapes like JUUL or Puff Bars)? & & \(\bigcirc\) \\
\hline
\end{tabular}


46. 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?

51. 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
OYes
52. During the past 12 months, did you ever seriously consider attempting suicide?
No
OYes
53. During the past 12 months, how many times (if any) did you actually attempt suicide?
54. 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 homesSkipped one or more meals because my family didn't have enough money to buy foodI had difficulty keeping up with schoolwork because I didn't have access to a reliable computer or internet serviceI did not have a quiet place at home to study None of these

\section*{For questions 55 and 56, write your height and} weight in the blank boxes and fill in the matching circle below each number.
55. How tall are you without your shoes on?

56. How much do you weigh without your shoes on?

57. 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
10 or more hoursI don't know
58. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?0 days 1 or 2 days
3 or 4 days
5 or 6 days
7 days
\begin{tabular}{|c|c|}
\hline \[
\begin{array}{r}
\text { Sor } \\
\text { Sefinite } \\
\hline
\end{array}
\] & ```
finitely Yes
what Yes
at No
No
``` \\
\hline 59. Do you think you will smoke a cigarette at any time during the next year? & \[
0
\] \\
\hline 60. If one of your best friends offered you a cigarette, would you smoke it? & 0 \\
\hline 61. Do you think you will use a vape product such as e-cigarettes, vape pens, mods, or pod vapes like JUUL or Puff Bars at any time during the next year? & \(\bigcirc \bigcirc\) \\
\hline
\end{tabular}
62. During the past 30 days, how did you use marijuana? (Mark ALL that apply.)

I did not use marijuana during the past 30 dayssmoked it
I ate it (in an edible, candy, tincture or other food)used a vaporizerdabbed itI used it in some other way
63. During the past 12 months, have you talked with at least one of your parents/caregivers about the dangers of tobacco, alcohol, or drug use? (Mark ALL that apply.)Yes, tobacco useYes, alcohol useYes, drug use
64. During the past year ( 12 months), how often have you talked with at least one of your parents/caregivers about the rules and expectations of NO alcohol use?At least once a monthEvery 2 to 3 monthsEvery 4 to 6 monthsA few times in the past year
Talked, but not in the past yearNever
65. 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.)
66. In a typical week, how many days do you walk, ride your bike or scooter (non-motorized), or skateboard to and from school?
67. How are guns and bullets stored in your home?We don't have any guns or bulletsnlocked and in plain sight
Locked or hidden, but I know how to access themLocked or hidden, and I DON'T know how to access themDon't know
68. How often do you wear a seat belt when riding in a car driven by someone else?
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Never

```
```Rarely
Sometimes
```

```Most of the time
```

```Always
```

69. Has a doctor or nurse ever told you that you have asthma?
70. Do you still have asthma?
$\bigcirc$ No
$\bigcirc$ Yes
71. During the past 12 months, did you have an episode of asthma or an asthma attack?
72. An asthma action plan, or asthma management plan, is a form with instructions about when to change the amount or type of medicine, when to call the doctor for advice, and when to go to the emergency room. Has a doctor or other health professional EVER given you a written asthma action plan?I do not have asthmaYes No
Not sure
73. During the past 12 months, about how many days of school did you miss because of your asthma?
$\bigcirc 1$ do not have asthma
0 days
1 to 3 days
04 to 9 days
10 to 12 days
13 or more days
74. Do you have diabetes?
$\qquad$
〇Yes
75. Has a doctor or other health professional EVER given you a written diabetes care plan to help manage your diabetes in school?
$\bigcirc$ I do not have diabetes
$\bigcirc$ Yes
$\bigcirc$ No
Not Sure
76. During the past 12 months, about how many days of school did you miss because of your diabetes?I do not have diabetes
0 days
1 to 3 days4 to 9 days
10 to 12 days 13 or more days

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.
77. Do you have a cell phone?

Yes
78. 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
Times you can't use itTotal time limitsNone of these, but we have other rulesNo rules about screen time
79. How often do your parents/caregivers enforce or make you follow rules about screen time?

Always<br>Sometimes<br>Never

80. 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 day1 hour per day
2 hours per dayhours per day
4 hours per day
5 or more hours per day
81. 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?
0 days
1 day
2 or 3 days
4 or 5 days
6 or more days
82. How honest were you in filling out this survey?

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

## Extra Questions

 Start with 201

