



	17 or older	16	15	14	13	12	11	10 or younger	Never
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 LSD (acid) or other hallucinogens (like PCP, mescaline, "shrooms" or psilocybin)?									
h. used phenoxydine (pox, px, breeze)?									
i. used prescription stimulants or amphetamines (such as Adderall, Ritalin, or Dexedrine) without a doctor telling you to take them?									
j. used narcotic prescription drugs (such as OxyContin, methadone, morphine, codeine, Demerol, Vicodin, Percocet) without a doctor telling you to take them?									
k. got suspended from school?									
l. got arrested?									
m. carried a handgun?									
n. attacked someone with the idea of seriously hurting them?									
12. On how many occasions (if any) have you had alcoholic beverages (beer, wine, or hard liquor) to drink in your lifetime -- more than just a few sips?									
	☐ 0 Occasions	☐ 1-2 Occasions	☐ 3-5 Occasions	☐ 6-9 Occasions	☐ 10-19 Occasions	☐ 20-39 Occasions	☐ 40+ Occasions		

	40+ Occasions	20-39 Occasions	10-19 Occasions	6-9 Occasions	3-5 Occasions	1-2 Occasions	0 Occasions
13. During the past 30 days on how many occasions (if any) have you:							
a. had beer, wine, or hard liquor to drink?							
b. used marijuana (grass, pot, cannabis, weed) or hashish (hash, hash oil)?							
c. used LSD (acid) or other hallucinogens (like PCP, mescaline, "shrooms" or psilocybin)?							
d. sniffed glue, breathed the contents of an aerosol spray can, or inhaled other gases or sprays, in order to get high?							
e. used phenoxydine (pox, px, breeze)?							
f. used prescription stimulants or amphetamines (such as Adderall, Ritalin, or Dexedrine) without a doctor telling you to take them?							
g. used narcotic prescription drugs (such as OxyContin, methadone, morphine, codeine, Demerol, Vicodin, Percocet) without a doctor telling you to take them?							
h. used steroids or anabolic steroids (such as Anadrol, Oxandrin, Durabolin, Equipoise or Depotesterone)?							
14. How much do you think people risk harming themselves (physically or in other ways) if they:							
	☐ Great risk	☐ Moderate risk	☐ Slight risk	☐ No risk			
a. smoke one or more packs of cigarettes per day?							
b. try marijuana once or twice?							
c. smoke marijuana regularly?							
d. take one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day?							
e. have five or more drinks of an alcoholic beverage once or twice each weekend?							
f. have five or more drinks of an alcoholic beverage once or twice a week?							
g. smoke marijuana once or twice a week?							
h. use prescription drugs that are not prescribed to them?							
i. smoke 1-5 cigarettes per day?							
j. use vape products such as e-cigarettes, vape pens, mods, or pod vapes like JUUL or Puff Bars?							



	Never	1 to 2 times	3 to 5 times	6 to 9 times	10 to 19 times	20 to 29 times	30 to 39 times	40+ times
15. If ever, how many times in the past year (12 months) have you:								
a. been suspended from school?	☐	☐	☐	☐	☐	☐	☐	☐
b. carried a handgun?	☐	☐	☐	☐	☐	☐	☐	☐
c. sold illegal drugs?	☐	☐	☐	☐	☐	☐	☐	☐
d. stolen or tried to steal a motor vehicle such as a car or motorcycle?	☐	☐	☐	☐	☐	☐	☐	☐
e. participated in clubs, organizations or activities at school?	☐	☐	☐	☐	☐	☐	☐	☐
f. been arrested?	☐	☐	☐	☐	☐	☐	☐	☐
g. done extra work on your own for school?	☐	☐	☐	☐	☐	☐	☐	☐
h. attacked someone with the idea of seriously hurting them?	☐	☐	☐	☐	☐	☐	☐	☐
i. been drunk or high at school?	☐	☐	☐	☐	☐	☐	☐	☐
j. volunteered to do community service?	☐	☐	☐	☐	☐	☐	☐	☐
k. taken a handgun to school?	☐	☐	☐	☐	☐	☐	☐	☐

	Very wrong	Wrong	A little bit wrong	Not wrong at all
16. How wrong do you think it is for someone your age to:				
a. take a handgun to school?	☐	☐	☐	☐
b. steal anything worth more than \$5?	☐	☐	☐	☐
c. pick a fight with someone?	☐	☐	☐	☐
d. attack someone with the idea of seriously hurting them?	☐	☐	☐	☐
e. stay away from school all day when their parents/caregivers think they are at school?	☐	☐	☐	☐
f. drink beer, wine, or hard liquor (for example, vodka, whiskey, or tequila) regularly?	☐	☐	☐	☐
g. smoke cigarettes?	☐	☐	☐	☐
h. smoke marijuana?	☐	☐	☐	☐
i. use LSD, cocaine, amphetamines, or another illegal drug?	☐	☐	☐	☐

	Very wrong	Wrong	A little bit wrong	Not wrong at all
17. How wrong do your friends feel it would be for YOU to:				
a. have one or two drinks of an alcoholic beverage nearly every day?	☐	☐	☐	☐
b. smoke tobacco?	☐	☐	☐	☐
c. smoke marijuana?	☐	☐	☐	☐
d. use prescription drugs not prescribed to you?	☐	☐	☐	☐

	Very wrong	Wrong	A little bit wrong	Not wrong at all
18. 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?	☐	☐	☐	☐

	Very wrong	Wrong	A little bit wrong	Not wrong at all
19. How wrong would most adults (over 21) in your neighborhood think it is for kids your age:				
a. to use marijuana?	☐	☐	☐	☐
b. to drink alcohol?	☐	☐	☐	☐
c. to smoke cigarettes?	☐	☐	☐	☐
d. to use e-cigarettes, vape pens, mods, or pod vapes like JUUL or Puff Bars?	☐	☐	☐	☐

	0 times	1 or 2 times	3 to 5 times	6 or more times
20. During the past year, did you drink alcohol at any of the following places? (Mark the number of times for each.)				
a. At my home or someone else's home without any parent/caregiver permission	☐	☐	☐	☐
b. At my home with my parents/caregivers' permission	☐	☐	☐	☐
c. At someone else's home with their parents/caregivers' permission	☐	☐	☐	☐
d. In a car	☐	☐	☐	☐
e. At or near school	☐	☐	☐	☐
f. Somewhere outside of town (for example, on public lands, in the desert, in a campground, etc.)	☐	☐	☐	☐
g. In another place _____	☐	☐	☐	☐

21. Have you ever belonged to a gang?	☐	☐
☐ No	☐ Yes, belong now	
☐ No, but would like to	☐ Yes, but would like to get out	
☐ Yes, in the past		



Answer questions 22 to 27 for both alcohol and drugs.

In the past 12 months :

Alcohol
Don't use
Yes
No

Drugs
Don't use
Yes
No

22. have you spent more time using alcohol or drugs than you intended?

23. have you neglected some of your usual responsibilities because of using alcohol or drugs?

24. have you wanted to cut down on your alcohol or drug use?

25. has anyone objected to your alcohol or drug use?

26. did you frequently find yourself thinking about using alcohol or drugs?

27. did you use alcohol or drugs to relieve feelings such as sadness, anger, or boredom?

Very easy
Sort of easy
Sort of hard
Very hard

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

29. If you wanted to get some beer, wine or hard liquor (for example, vodka, whiskey, or tequila), how easy would it be for you to get some?

30. If you wanted to get a drug like cocaine, LSD, or amphetamines, how easy would it be for you to get some?

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

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

☐ No ☐ Yes

33. Have you ever tried:

Yes
No

a. cigarettes, even just one puff?

b. cigars, cigarillos, or little cigars, even a puff?

c. tobacco in a hookah or waterpipe?

d. vape products containing nicotine (such as e-cigarettes, vape pens, mods, or pod vapes like JUUL or Puff Bars)?

e. vape products containing marijuana?

f. chewing tobacco, snuff, dip, or snus (moist smokeless tobacco usually sold in small pouches)?

g. nicotine pouches like Zyn, On, and Velo?

h. nicotine lozenges (small hard or soft tablets containing nicotine that slowly dissolve in the mouth such as Velo or Rogue)?

34. During the past 30 days, on how many days did you:

All 30 days
20 to 29 days
10 to 19 days
6 to 9 days
3 to 5 days
1 or 2 days
0 days

a. smoke cigarettes?

b. smoke cigars, cigarillos, or little cigars?

c. smoke tobacco in a hookah or waterpipe?

d. use vape products containing nicotine (such as e-cigarettes, vape pens, mods, or pod vapes like JUUL or Puff Bars)?

e. use vape products containing marijuana?

f. use chewing tobacco, snuff, dip, or snus (moist smokeless tobacco usually sold in small pouches)?

g. use nicotine pouches like Zyn, On, and Velo?

h. use nicotine lozenges (small hard or soft tablets containing nicotine that slowly dissolve in the mouth such as Velo or Rogue)?

Definitely Yes
Somewhat Yes
Somewhat No
Definitely No

35. If a kid smoked marijuana in your neighborhood, would he or she be caught by the police?

36. If a kid drank some beer, wine, or hard liquor (for example, vodka, whiskey, or tequila) in your neighborhood, would he or she be caught by the police?

37. If a kid carried a handgun in your neighborhood, would he or she be caught by the police?

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

☐ Mostly F's ☐ Mostly B's
☐ Mostly D's ☐ Mostly A's
☐ Mostly C's

39. How important do you think the things you are learning in school are going to be for your later life?

☐ Very important ☐ Slightly important
☐ Quite important ☐ Not at all important
☐ Fairly important

40. How interesting are most of your courses to you?

☐ Very interesting and stimulating ☐ Slightly interesting
☐ Quite interesting ☐ Not at all interesting
☐ Fairly interesting



	Definitely Yes	Somewhat Yes	Somewhat No	Definitely No
41. In my school, students have lots of chances to help decide things like class activities and rules.	☐	☐	☐	☐
42. Teachers ask me to work on special classroom projects.	☐	☐	☐	☐
43. My teachers notice when I am doing a good job and let me know about it.	☐	☐	☐	☐
44. There are lots of chances for students in my school to get involved in sports, clubs, and other school activities outside of class.	☐	☐	☐	☐
45. There are lots of chances for students in my school to talk with a teacher one-on-one.	☐	☐	☐	☐
46. I feel safe at my school.	☐	☐	☐	☐
47. The school lets my parents/caregivers know when I have done something well.	☐	☐	☐	☐
48. My teachers praise me when I work hard in school.	☐	☐	☐	☐
49. Are your school grades better than the grades of most students in your class?	☐	☐	☐	☐
50. I have lots of chances to be part of class discussions or activities.	☐	☐	☐	☐

	Almost always	Often	Sometimes	Seldom	Never
51. Now thinking back over the past year in school, how often did you:					
a. enjoy being in school?	☐	☐	☐	☐	☐
b. hate being in school?	☐	☐	☐	☐	☐
c. try to do your best work in school?	☐	☐	☐	☐	☐
52. How often do you feel that the school work you are assigned is meaningful and important?	☐	☐	☐	☐	☐

53. During the past 12 months, how often (if at all) have you been picked on or bullied by a student ON SCHOOL PROPERTY?

- | | |
|-----------------------------------|--------------------------------------|
| ☐ 0 days | ☐ 4 or 5 days |
| ☐ 1 day | ☐ 6 or more days |
| ☐ 2 or 3 days | |

54. During the LAST FOUR WEEKS, how many (if any) whole days of school have you missed because you skipped or "cut"?

- | | |
|------------------------------|---------------------------------------|
| ☐ None | ☐ 4-5 days |
| ☐ 1 day | ☐ 6-10 days |
| ☐ 2 days | ☐ 11 or more days |
| ☐ 3 days | |

55. 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 | ☐ 4 or 5 days |
| ☐ 1 day | ☐ 6 or more days |
| ☐ 2 or 3 days | |

56. How safe do you feel in each of the following areas at your school (before and after school)?

	Very safe	Somewhat safe	Somewhat unsafe	Very unsafe
a. Playgrounds or fields	☐	☐	☐	☐
b. Lunchroom/Cafeteria	☐	☐	☐	☐
c. Classrooms	☐	☐	☐	☐
d. Bathrooms	☐	☐	☐	☐
e. Parking lots	☐	☐	☐	☐
f. Stairs and hallways	☐	☐	☐	☐
g. On the school bus	☐	☐	☐	☐

57. How worried, if at all, are you about the possibility of each of the following things happening at your school?

	Very worried	Somewhat worried	Not too worried	Not at all worried
a. Getting bullied	☐	☐	☐	☐
b. Gun violence or active shooter situation	☐	☐	☐	☐
c. Suicide by a student	☐	☐	☐	☐
d. Gang activity	☐	☐	☐	☐
e. Students using alcohol or drugs	☐	☐	☐	☐
f. Earthquake/Fire	☐	☐	☐	☐

58. My parents/caregivers expect me to eat dinner at home with my family.

	Definitely Yes	Somewhat Yes	Somewhat No	Definitely No
58. My parents/caregivers expect me to eat dinner at home with my family.	☐	☐	☐	☐
59. People in my family often insult or yell at each other.	☐	☐	☐	☐
60. We argue about the same things in my family over and over.	☐	☐	☐	☐
61. People in my family have serious arguments.	☐	☐	☐	☐
62. My parents/caregivers have set clear rules and expectations with me about NOT drinking ANY alcohol.	☐	☐	☐	☐

63. During a typical week, how many days do all or most of your family eat at least one meal together?

- | | |
|------------------------------|----------------------------------|
| ☐ 0 days | ☐ 4 days |
| ☐ 1 day | ☐ 5 days |
| ☐ 2 days | ☐ 6 days |
| ☐ 3 days | ☐ All 7 days |



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64. 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 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

65. During the past 30 days, how often did you:

	None of the time	A little of the time	Some of the time	Most of the time	All of the time
a. feel nervous?	☐	☐	☐	☐	☐
b. feel hopeless?	☐	☐	☐	☐	☐
c. feel restless or fidgety?	☐	☐	☐	☐	☐
d. feel so depressed that nothing could cheer you up?	☐	☐	☐	☐	☐
e. feel that everything was an effort?	☐	☐	☐	☐	☐
f. feel worthless?	☐	☐	☐	☐	☐

66. In the past seven days, I have felt:

	Never	Rarely	Sometimes	Often	Always
a. left out.	☐	☐	☐	☐	☐
b. that people barely know me.	☐	☐	☐	☐	☐
c. isolated from others.	☐	☐	☐	☐	☐
d. that people are around me but not with me.	☐	☐	☐	☐	☐

67. Sometimes, I think that life is not worth it.

68. At times, I think I am no good at all.

69. All in all, I am inclined to think that I am a failure.

70. In the past year, have you felt depressed or sad MOST days, even if you felt okay sometimes?

	Definitely No	Somewhat No	Somewhat Yes	Definitely Yes
67. Sometimes, I think that life is not worth it.	☐	☐	☐	☐
68. At times, I think I am no good at all.	☐	☐	☐	☐
69. All in all, I am inclined to think that I am a failure.	☐	☐	☐	☐
70. In the past year, have you felt depressed or sad MOST days, even if you felt okay sometimes?	☐	☐	☐	☐

71. 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?

- ☐ 0 times
☐ 1 time
☐ 2 or 3 times
☐ 4 or 5 times
☐ 6 or more times

72. 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

73. During the past 12 months, did you ever seriously consider attempting suicide?

- ☐ No ☐ Yes

74. During the past 12 months, did you make a plan about how you would attempt suicide?

- ☐ No ☐ Yes

75. During the past 12 months, how many times (if any) did you actually attempt suicide?

- ☐ 0 times
☐ 1 time
☐ 2 to 3 times
☐ 4 to 5 times
☐ 6 or more times

76. If you have ever tried a tobacco product, which one did you try first?

- ☐ I have never tried any tobacco product
☐ Cigarettes
☐ Cigars, cigarillos, or little cigars
☐ Tobacco in a hookah or waterpipe
☐ Vape products such as e-cigarettes, vape pens, mods, or pod vapes like JUUL or Puff Bars
☐ Chewing tobacco, snuff, or dip
☐ Nicotine pouches like Zyn, On, or Velo
☐ Other
☐ Nicotine lozenges such as Velo or Rogue

77. Do you think you will smoke a cigarette at any time during the next year?

78. If one of your best friends offered you a cigarette, would you smoke it?

79. Do you think people can get addicted to nicotine just like they can get addicted to using cocaine or heroin?

80. Do you think the smoke from other people's cigarettes is harmful to you?

81. Do you think that people can get addicted to vape products (e-cigarettes, vape pens, mods, or pod vapes like JUUL or Puff Bars)?

82. 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?

83. If one of your best friends offered you a vape product such as e-cigarettes, vape pens, mods, or pod vapes like JUUL or Puff Bars, would you use it?

	Definitely No	Somewhat No	Somewhat Yes	Definitely Yes
77. Do you think you will smoke a cigarette at any time during the next year?	☐	☐	☐	☐
78. If one of your best friends offered you a cigarette, would you smoke it?	☐	☐	☐	☐
79. Do you think people can get addicted to nicotine just like they can get addicted to using cocaine or heroin?	☐	☐	☐	☐
80. Do you think the smoke from other people's cigarettes is harmful to you?	☐	☐	☐	☐
81. Do you think that people can get addicted to vape products (e-cigarettes, vape pens, mods, or pod vapes like JUUL or Puff Bars)?	☐	☐	☐	☐
82. 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?	☐	☐	☐	☐
83. If one of your best friends offered you a vape product such as e-cigarettes, vape pens, mods, or pod vapes like JUUL or Puff Bars, would you use it?	☐	☐	☐	☐



84. If you smoked cigarettes or used vape products in the past 30 days, how did you usually get your own cigarettes or vape products? (CHOOSE ONLY ONE ANSWER FOR EACH TOBACCO TYPE.)

	Regular cigarettes	Vape products
I did not use cigarettes or vape products (e-cigarettes, vape pens, mods, or pod vapes like JUUL or Puff Bars) in the past 30 days.	☐	☐
I bought them in a convenience store, supermarket, discount store, or gas station.	☐	☐
I bought them at a smoke or vape shop.	☐	☐
I bought them on the Internet or social media (such as Facebook, Instagram, or SnapChat).	☐	☐
I gave someone else money to buy them for me.	☐	☐
I borrowed (or bummed) them from somebody else.	☐	☐
A person 18 years old or older gave them to me.	☐	☐
I took them from a store or family member.	☐	☐
I got them some other way.	☐	☐

85. During this school year, were you taught in any of your classes about the dangers of tobacco use?

- ☐ No ☐ Yes ☐ Not sure

86. Do you think that you will try a cigarette soon?

- ☐ I have already tried smoking cigarettes.
☐ No ☐ Yes

87. If you used vape products in the past 30 days, such as e-cigarettes, vape pens, mods, or pod vapes like JUUL or Puff Bars, what flavor did you use most often?

- ☐ I have never used a vape product.
☐ Tobacco flavor
☐ Mint flavor
☐ Menthol flavor
☐ Sweet, alcohol, or other flavor

88. If you smoked during the past 12 months, did you ever stop smoking for one day or longer because you were trying to quit smoking?

- ☐ I have not smoked in the past 12 months.
☐ Yes
☐ No

89. Do you usually vape with nicotine, without nicotine, or both?

- ☐ I have never vaped
☐ With nicotine
☐ Without nicotine
☐ Both with and without nicotine
☐ Not sure

90. How much do you want to stop vaping?

- ☐ I do not vape now ☐ Somewhat
☐ Not at all ☐ A lot
☐ A little

91. During the past 30 days, how did you use marijuana? (Mark ALL that apply.)

- ☐ I did not use marijuana during the past 30 days
☐ I smoked it
☐ I ate it (in an edible, candy, tincture or other food)
☐ I used a vaporizer
☐ I dabbed it
☐ I used it in some other way

92. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?

- ☐ 0 days ☐ 5 or 6 days
☐ 1 or 2 days ☐ 7 days
☐ 3 or 4 days

93. During the past 7 days, on how many days did you ride in a car with someone who was smoking cigarettes?

- ☐ 0 days ☐ 5 or 6 days
☐ 1 or 2 days ☐ 7 days
☐ 3 or 4 days

94. Does anyone who lives with you now: (Mark ALL that apply.)

- ☐ Smoke cigarettes
☐ Use vape products (e-cigarettes, vape pens, mods, or pod vapes like JUUL or Puff Bars)
☐ Use other tobacco products
☐ No one lives with me now who uses any form of tobacco

95. In the past 30 days, how often have you seen or heard any advertising or campaigns against smoking?

- ☐ Never ☐ Often
☐ Rarely ☐ Very often
☐ Sometimes

96. 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.)

- ☐ No ☐ Yes, alcohol use
☐ Yes, tobacco use ☐ Yes, drug use

97. 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 month
☐ Every 2 to 3 months
☐ Every 4 to 6 months
☐ A few times in the past year
☐ Talked, but not in the past year
☐ Never

98. In a typical week, how many days do you walk, ride your bike or scooter (non-motorized), or skateboard to and from school?

- ☐ No days ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

99. 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 ☐ 4 days
☐ 1 day ☐ 5 days
☐ 2 days ☐ 6 days
☐ 3 days ☐ 7 days



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- 7
- 6
- 5
- 4

	No	Yes
100. Has a doctor or nurse ever told you that you have asthma?	☐	☐
101. Do you still have asthma?	☐	☐
102. During the past 12 months, did you have an episode of asthma or an asthma attack?	☐	☐

103. 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 asthma ☐ No
☐ Yes ☐ Not sure

104. During the past 12 months, about how many days of school did you miss because of your asthma?

- ☐ I do not have asthma ☐ 4 to 9 days
☐ 0 days ☐ 10 to 12 days
☐ 1 to 3 days ☐ 13 or more days

105. Do you have diabetes?

- ☐ No ☐ Yes

106. Has a doctor or other health professional EVER given you a written diabetes care plan to help manage your diabetes in school?

- ☐ I do not have diabetes ☐ No
☐ Yes ☐ Not Sure

107. During the past 12 months, about how many days of school did you miss because of your diabetes?

- ☐ I do not have diabetes ☐ 4 to 9 days
☐ 0 days ☐ 10 to 12 days
☐ 1 to 3 days ☐ 13 or more days

For questions 108 and 109, write your height and weight in the blank boxes and fill in the matching circle below each number.

108. How tall are you without your shoes on?

feet inches

3	1
4	2
5	3
6	4
7	5
8	6
9	7
10	8
11	9
12	10
13	11

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

pounds

0	1	1
1	2	2
2	3	3
3	4	4
4	5	5
5	6	6
6	7	7
7	8	8
8	9	9

110. How often do you wear a seat belt when riding in a car driven by someone else?

- ☐ Never ☐ Most of the time
☐ Rarely ☐ Always
☐ Sometimes

111. During the past 30 days, did you drive a car or other vehicle when you were talking on a cell phone? If so, on how many days?

- ☐ I did not drive a car or other vehicle during the past 30 days ☐ 6 to 9 days
☐ 0 days ☐ 10 to 19 days
☐ 1 or 2 days ☐ 20 to 29 days
☐ 3 to 5 days ☐ All 30 days

112. During the past 30 days, did you drive a car or other vehicle when you had been drinking alcohol? If so, how many times?

- ☐ I do not drive. ☐ 2 or 3 times
☐ 0 times ☐ 4 or 5 times
☐ 1 time ☐ 6 or more times

113. During the past 30 days, did you text or e-mail while driving a car or other vehicle? If so, on how many days?

- ☐ I did not drive a car or other vehicle during the past 30 days ☐ 6 to 9 days
☐ 0 days ☐ 10 to 19 days
☐ 1 or 2 days ☐ 20 to 29 days
☐ 3 to 5 days ☐ All 30 days

114. How are guns and bullets stored in your home?

- ☐ We don't have any guns or bullets
☐ Unlocked and in plain sight
☐ Locked or hidden, but I know how to access them
☐ Locked or hidden, and I DON'T know how to access them
☐ Don't know

115. Which is your religious preference? (Choose the ONE religion with which you identify the most.)

- ☐ Catholic ☐ Protestant (such as Baptists, Presbyterians, or Lutherans)
☐ Jewish ☐ Another religion
☐ LDS (Mormon) ☐ No religious preference

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.

116. Which of the these have you used in the past month? You can choose more than one.

- ☐ Cell phone or smart phone
☐ TV
☐ Laptop or desktop
☐ Video game console
☐ Tablet
☐ Smartwatch
☐ VR

117. How often do you check your phone when you're not asleep or in school?

- ☐ Every 5 minutes or less
☐ Every 6-15 minutes
☐ Every half hour to hour
☐ Every 2-4 hours
☐ Every 4+ hours



118. 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

119. How often do your parents/caregivers enforce or make you follow rules about screen time?

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

120. Do you think your screen time helps or gets in the way of the following:

Helps a lot
Helps a little
Neither
Gets in the way a little
Gets in the way a lot

a. Sleep	☐	☐	☐	☐	☐
b. Time spent with family	☐	☐	☐	☐	☐
c. Schoolwork and homework	☐	☐	☐	☐	☐
d. Physical exercise	☐	☐	☐	☐	☐
e. Time spent with friends	☐	☐	☐	☐	☐

121. Do you think social media (examples include YouTube, Instagram, Snapchat, or TikTok) makes each of the following better or worse?

A lot better
A little better
Neither better nor worse
A little worse
A lot worse

a. How you feel about your body	☐	☐	☐	☐	☐
b. Grades in school	☐	☐	☐	☐	☐
c. Family relationships	☐	☐	☐	☐	☐
d. Friend relationships	☐	☐	☐	☐	☐

122. 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 streaming 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

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123. 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

124. 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

Responses

	a	b	c	d	e	f	g	h	i
201.	☐	☐	☐	☐	☐	☐	☐	☐	☐
202.	☐	☐	☐	☐	☐	☐	☐	☐	☐
203.	☐	☐	☐	☐	☐	☐	☐	☐	☐
204.	☐	☐	☐	☐	☐	☐	☐	☐	☐
205.	☐	☐	☐	☐	☐	☐	☐	☐	☐
206.	☐	☐	☐	☐	☐	☐	☐	☐	☐
207.	☐	☐	☐	☐	☐	☐	☐	☐	☐
208.	☐	☐	☐	☐	☐	☐	☐	☐	☐
209.	☐	☐	☐	☐	☐	☐	☐	☐	☐
210.	☐	☐	☐	☐	☐	☐	☐	☐	☐
211.	☐	☐	☐	☐	☐	☐	☐	☐	☐
212.	☐	☐	☐	☐	☐	☐	☐	☐	☐
213.	☐	☐	☐	☐	☐	☐	☐	☐	☐
214.	☐	☐	☐	☐	☐	☐	☐	☐	☐
215.	☐	☐	☐	☐	☐	☐	☐	☐	☐
216.	☐	☐	☐	☐	☐	☐	☐	☐	☐
217.	☐	☐	☐	☐	☐	☐	☐	☐	☐
218.	☐	☐	☐	☐	☐	☐	☐	☐	☐
219.	☐	☐	☐	☐	☐	☐	☐	☐	☐
220.	☐	☐	☐	☐	☐	☐	☐	☐	☐