

IMPORTANT

• Use a No. 2 pencil only.

• Do not use ink, ballpoint, or felt tip pens.

• Make dark marks.

• Fill in a response like this.



• To change your answer, erase completely.

• Select only one response per question (unless otherwise noted).

- How old are you?
 a 10 years old or younger
 b 11 years old
 c 12 years old
 d 13 years old
 e 14 years old
 f 15 years old
 g 16 years old or older
- What is your sex?
 a Female
 b Male
- In what grade are you?
 a 6th grade
 b 7th grade
 c 8th grade
 d Ungraded or other grade
- Are you Hispanic or Latino?
 a Yes
 b No
- What is your race?
(Select one or more responses.)
 a American Indian or Alaska Native
 b Asian
 c Black or African American
 d Native Hawaiian or Other Pacific Islander
 e White

The next 6 questions ask about safety.

- When you ride a bicycle, how often do you wear a helmet?
 a I do not ride a bicycle
 b Never wear a helmet
 c Rarely wear a helmet
 d Sometimes wear a helmet
 e Most of the time wear a helmet
 f Always wear a helmet

- When you rollerblade or ride a skateboard, how often do you wear a helmet?
 a I do not rollerblade or ride a skateboard
 b Never wear a helmet
 c Rarely wear a helmet
 d Sometimes wear a helmet
 e Most of the time wear a helmet
 f Always wear a helmet
- How often do you wear a seat belt when riding in a car?
 a Never
 b Rarely
 c Sometimes
 d Most of the time
 e Always
- Have you ever ridden in a car driven by someone who had been drinking alcohol?
 a Yes
 b No
 c Not sure
- Have you ever been in a physical fight?
 a Yes
 b No
- 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

- Yesterday, how many times did you drink a bottle or glass of plain water? (Count tap, bottled, and unflavored sparkling water.)
 a 0 times
 b 1 time
 c 2 times
 d 3 times
 e 4 or more times

The next 4 questions ask about physical activity.

- 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.)
 a 0 days
 b 1 day
 c 2 days
 d 3 days
 e 4 days
 f 5 days
 g 6 days
 h 7 days
- 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
- On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Include activities such as Xbox, PlayStation, Nintendo DS, iPod touch, Facebook, and the Internet.)
 a I do not play video or computer games or use a computer for something that is not school work
 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

- 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

The next 6 questions ask about other health-related behaviors.

- When you are outside for more than one hour on a sunny day, how often do you wear sunscreen with an SPF of 15 or higher?
 a Never
 b Rarely
 c Sometimes
 d Most of the time
 e Always
- During the past 7 days, on how many days did you go online for something that was not for school?
 a 0 days
 b 1 day
 c 2 days
 d 3 days
 e 4 days
 f 5 days
 g 6 days
 h 7 days

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24. 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, discount store, 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 (or bummed) them from someone else
 - f A person 18 years old or older gave them to me
 - g I took them from a store or family member
 - h I got them some other way
25. During the past 30 days, how many times did you get cigarettes from someone 17 years old or younger?
- a 0 times
 - b 1 time
 - c 2 or 3 times
 - d 4 or 5 times
 - e 6 or more times
26. During the past 12 months, did you ever try to **quit** smoking cigarettes?
- a I did not smoke during the past 12 months
 - b Yes
 - c No
27. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip**, 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
28. 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
29. During your life, have you ever used Snus, such as Camel Snus or Marlboro Snus?
- a Yes
 - b No

30. During the past 7 days, were you in the same **room** with someone who was smoking cigarettes?
- a Yes
 - b No
31. During the past 7 days, were you in the same **car** with someone who was smoking cigarettes?
- a Yes
 - b No
32. During the past 12 months, did any doctor, dentist, nurse, or other health professional ask you if you smoke?
- a Yes
 - b No
 - c Not sure
33. During the past 30 days, how many times have you seen or heard ads on TV, the Internet, or on the radio about the dangers of cigarette smoking?
- a 0 times during the past 30 days
 - b 1 to 3 times during the past 30 days
 - c 1 to 3 times per week
 - d Daily or almost daily
 - e More than once a day
34. Out of 100 Vermont high school students, how many do you think smoke cigarettes?
- a 15 or less students
 - b 16 to 25 students
 - c 26 to 45 students
 - d 46 to 55 students
 - e 56 to 75 students
 - f 76 or more students
35. If you wanted to get cigarettes, how hard or easy would it be for you to get some?
- a Very hard
 - b Sort of hard
 - c Sort of easy
 - d Very easy
36. 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

37. How wrong do your parents or guardians feel it would be for you to smoke cigarettes?
- a Very wrong
 - b Wrong
 - c A little bit wrong
 - d Not wrong at all
 - e Not sure
38. How much do you think **people your age** risk harming themselves (physically or in other ways), if they smoke one or more packs of cigarettes per day?
- a No risk
 - b Slight risk
 - c Moderate risk
 - d Great risk
- The next 8 questions ask about drinking alcohol. This includes drinking beer, wine, liquor (such as rum, gin, vodka, or whiskey), and other alcoholic beverages (such as Smirnoff Ice, Bacardi Silver, Mike's Hard Lemonade, or Twisted Tea). For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.
39. Have you ever had a drink of alcohol, other than a few sips?
- a Yes
 - b No
40. 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 years old
 - d 10 years old
 - e 11 years old
 - f 12 years old
 - g 13 years old or older
41. 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

42. 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
43. If you wanted to get alcohol, how hard or easy would it be for you to get some?
- a Very hard
 - b Sort of hard
 - c Sort of easy
 - d Very easy
44. How wrong do you think it is for someone your age to drink alcohol?
- a Very wrong
 - b Wrong
 - c A little bit wrong
 - d Not at all wrong
45. How wrong do your parents or guardians feel it would be for you to drink alcohol?
- a Very wrong
 - b Wrong
 - c A little bit wrong
 - d Not at all wrong
 - e Not sure
46. How much do you think **people your age** risk harming themselves (physically or in other ways), if they have five or more drinks of alcohol once or twice each weekend?
- a No risk
 - b Slight risk
 - c Moderate risk
 - d Great risk
- The next 7 questions ask about marijuana. Marijuana also is called pot, grass, weed, or smoke.
47. Have you ever used marijuana?
- a Yes
 - b No