



# HS-B

## 2015 High School Maine Integrated Youth Health Survey

This survey is about your health behavior and things that affect it. It will tell us what you and other students do that may affect your health. About 96,000 students in Maine are being asked to take this survey. The answers you give will be used to create better health education and programs for young people like yourself.

DO NOT write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do.

You may choose to take the survey or not take it. Your choice will not affect your grade in this class. There is some risk that some questions may make you feel uncomfortable. If you are not comfortable answering a question, just leave it blank. You can stop answering questions at any time you want. There is no penalty for not completing the survey. It should not take you longer than this class period.

The benefit to you in taking this survey is that your school and community may be better able to create programs that help you stay healthy.

Some questions ask about your background such as your race, age and gender. These will be used only to describe the types of students completing the survey. No answers will be used to find out your name. No names will ever be reported. The survey is research. This means that we will use your answers to help us learn about Maine students in general.

Be sure to read every question. Fill in the ovals completely. When you are finished, follow the instructions of your teacher.

If you have questions about the survey, your teacher will have contact names for someone to e-mail or call.

***THANK YOU very much for your help!***

Directions:

- Use a #2 pencil or a blue or black pen.
- Make dark marks.
- Fill in a response like this:  A  B  C  D
- To change your answer, erase your old answer completely.

- 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
- What is your sex?
  - Female
  - Male
- In what grade are you?
  - 9th grade
  - 10th grade
  - 11th grade
  - 12th grade
  - Ungraded or other grade
- Are you Hispanic or Latino?
  - Yes
  - No
- What is your race? **(Select one or more responses.)**
  - American Indian or Alaska Native
  - Asian
  - Black or African American
  - Native Hawaiian or Other Pacific Islander
  - White

- 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.

Example:

Height	
Feet	Inches
5	7
<input type="radio"/> 3	<input type="radio"/> 0
<input type="radio"/> 4	<input type="radio"/> 1
<input checked="" type="radio"/> 5	<input type="radio"/> 2
<input type="radio"/> 6	<input type="radio"/> 3
<input type="radio"/> 7	<input type="radio"/> 4
	<input type="radio"/> 5
	<input type="radio"/> 6
	<input checked="" type="radio"/> 7
	<input type="radio"/> 8
	<input type="radio"/> 9
	<input type="radio"/> 10
	<input type="radio"/> 11

- 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.

Example:

Weight		
Pounds		
1	5	2
<input type="radio"/> 0	<input type="radio"/> 0	<input type="radio"/> 0
<input checked="" type="radio"/> 1	<input type="radio"/> 1	<input type="radio"/> 1
<input type="radio"/> 2	<input type="radio"/> 2	<input checked="" type="radio"/> 2
<input type="radio"/> 3	<input type="radio"/> 3	<input type="radio"/> 3
	<input type="radio"/> 4	<input type="radio"/> 4
	<input checked="" type="radio"/> 5	<input type="radio"/> 5
	<input type="radio"/> 6	<input type="radio"/> 6
	<input type="radio"/> 7	<input type="radio"/> 7
	<input type="radio"/> 8	<input type="radio"/> 8
	<input type="radio"/> 9	<input type="radio"/> 9

- What language is spoken most often at home?
  - Acholi
  - Arabic
  - English
  - French
  - Khmer
  - Somali
  - Spanish
  - Some other language

9. Which of the following best describes you?
- A. Heterosexual (straight)
  - B. Gay or lesbian
  - C. Bisexual
  - D. Not sure

**The next 6 questions ask about safety.**

10. When you rode a bicycle during the past 12 months, how often did you wear a helmet?
- A. I did not ride a bicycle during the past 12 months
  - B. Never wore a helmet
  - C. Rarely wore a helmet
  - D. Sometimes wore a helmet
  - E. Most of the time wore a helmet
  - F. Always wore a helmet
11. How often do you wear a seat belt when **riding** in a car driven by someone else?
- A. Never
  - B. Rarely
  - C. Sometimes
  - D. Most of the time
  - E. Always
12. How often do you wear a seat belt when **driving** a car?
- A. I do not drive a car
  - B. Never
  - C. Rarely
  - D. Sometimes
  - E. Most of the time
  - F. Always
13. 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?
- A. 0 times
  - B. 1 time
  - C. 2 or 3 times
  - D. 4 or 5 times
  - E. 6 or more times

14. During the past 30 days, how many times did you **ride** in a car or other vehicle driven by someone who had been taking illegal drugs such as marijuana, cocaine, heroin, or LSD?
- A. 0 times
  - B. 1 time
  - C. 2 or 3 times
  - D. 4 or 5 times
  - E. 6 or more times

15. Do you agree or disagree with the following statement? "I feel safe at my school."
- A. Strongly agree
  - B. Agree
  - C. Disagree
  - D. Strongly disagree

**The next question asks 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.**

16. During the past 12 months, have you ever been bullied **on school property**?
- A. Yes
  - B. No

**The next 3 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide or killing themselves.**

17. 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?
- A. Yes
  - B. No
18. During the past 12 months, when you felt sad or hopeless, from whom did you get help? (Select only **one** response.)
- A. I did not feel sad or hopeless
  - B. I did feel sad or hopeless but did not seek help
  - C. Parent or other adult relative
  - D. Teacher or other school staff
  - E. Other adults
  - F. Friends
  - G. None of the above

19. During the past 12 months, did you ever **seriously** consider attempting suicide?  
A. Yes  
B. No

**The next 15 questions ask about tobacco use.**

20. During the past 30 days, on how many days did you smoke cigarettes?  
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
21. 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
22. 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
23. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?  
A. 0 days  
B. 1 day  
C. 2 days  
D. 3 days  
E. 4 days  
F. 5 days  
G. 6 days  
H. 7 days

24. During the past 12 months, were you taught in any of your classes about the dangers of tobacco use?  
A. Yes  
B. No  
C. Not sure

25. How wrong do your parents feel it would be for you to smoke cigarettes?  
A. Very wrong  
B. Wrong  
C. A little bit wrong  
D. Not wrong at all

26. How much do you think people 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

27. If you wanted to get some cigarettes, how easy would it be for you to get some?  
A. Very hard  
B. Sort of hard  
C. Sort of easy  
D. Very easy

28. During the past 30 days, did anyone ever refuse to sell you cigarettes because of your age?  
A. I did not try to buy cigarettes in a store during the past 30 days  
B. Yes, someone refused to sell me cigarettes because of my age  
C. No, no one refused to sell me cigarettes because of my age

29. When you go to a supermarket, grocery store, convenience store or gas station mini-mart, how often do you see tobacco industry advertisements on signs or poster boards?  
A. A lot  
B. Sometimes  
C. Hardly ever  
D. Never  
E. I never go to a supermarket, grocery store, convenience store or mini-mart  
F. I don't know/I'm not sure

30. How much do you think people risk harming themselves (physically or in other ways) if they are exposed to other people's cigarette smoke?
- A. No risk
  - B. Slight risk
  - C. Moderate risk
  - D. Great risk
31. How wrong do your friends feel it would be for you to smoke cigarettes?
- A. Very wrong
  - B. Wrong
  - C. A little bit wrong
  - D. Not wrong at all
32. During the past 7 days, on how many days were you in the same car with someone who was smoking cigarettes?
- A. 0 days
  - B. 1 day
  - C. 2 days
  - D. 3 days
  - E. 4 days
  - F. 5 days
  - G. 6 days
  - H. 7 days
33. Besides yourself, does anyone who lives in your home smoke cigarettes now?
- A. Yes
  - B. No
34. 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

**The next 15 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, 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.**

35. During your life, on how many days have you had at least one drink of alcohol?
- A. 0 days
  - B. 1 or 2 days
  - C. 3 to 9 days
  - D. 10 to 19 days
  - E. 20 to 39 days
  - F. 40 to 99 days
  - G. 100 or more days
36. 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 or 10 years old
  - D. 11 or 12 years old
  - E. 13 or 14 years old
  - F. 15 or 16 years old
  - G. 17 years old or older
37. 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
38. 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

39. 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
40. During the past 30 days, on how many days did you have at least one drink of alcohol **on school property**?
- 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. If you wanted to get some alcohol, how easy would it be for you to get some?
- Very hard
  - Sort of hard
  - Sort of easy
  - Very easy
42. If you drank some alcohol without your parents' permission, would you be caught by your parents?
- Definitely yes
  - Probably yes
  - Probably not
  - Definitely not
43. If a kid drank some alcohol in your neighborhood, would he or she be caught by the police?
- Definitely yes
  - Probably yes
  - Probably not
  - Definitely not
44. How much do you think people risk harming themselves (physically or in other ways) if they have **1 or 2** drinks of an alcoholic beverage nearly every day?
- No risk
  - Slight risk
  - Moderate risk
  - Great risk
45. How much do you think people risk harming themselves (physically or in other ways) if they have **5 or more** drinks of an alcoholic beverage in a row once or twice a week?
- No risk
  - Slight risk
  - Moderate risk
  - Great risk
46. How wrong would most adults over 21 in your neighborhood think it is for kids your age to drink alcohol?
- Very wrong
  - Wrong
  - A little bit wrong
  - Not wrong at all
47. How do you feel about someone your age having **1 or 2** drinks of an alcoholic beverage nearly every day?
- Strongly approve
  - Approve
  - Neither approve nor disapprove
  - Disapprove
  - Strongly disapprove
48. How wrong do your friends feel it would be for you to have **1 or 2** drinks of an alcoholic beverage nearly every day?
- Very wrong
  - Wrong
  - A little bit wrong
  - Not wrong at all
49. How wrong do your parents feel it would be for you to have **1 or 2** drinks of an alcoholic beverage nearly every day?
- Very wrong
  - Wrong
  - A little bit wrong
  - Not wrong at all

**The next 9 questions ask about marijuana use. Marijuana is also called grass or pot.**

50. During your life, how many times have you used marijuana?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 to 99 times
  - G. 100 or more times
51. How old were you when you tried marijuana for the first time?
- A. I have never tried marijuana
  - B. 8 years old or younger
  - C. 9 or 10 years old
  - D. 11 or 12 years old
  - E. 13 or 14 years old
  - F. 15 or 16 years old
  - G. 17 years old or older
52. During the past 30 days, how many times did you use marijuana?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 or more times
53. If you wanted to get some marijuana, how easy would it be for you to get some?
- A. Very hard
  - B. Sort of hard
  - C. Sort of easy
  - D. Very easy
54. How wrong do your parents feel it would be for you to smoke marijuana?
- A. Very wrong
  - B. Wrong
  - C. A little bit wrong
  - D. Not wrong at all

55. How much do you think people risk harming themselves (physically or in other ways) if they smoke marijuana once or twice a week?
- A. No risk
  - B. Slight risk
  - C. Moderate risk
  - D. Great risk
56. How wrong do your friends feel it would be for you to smoke marijuana?
- A. Very wrong
  - B. Wrong
  - C. A little bit wrong
  - D. Not wrong at all
57. If a kid smoked marijuana in your neighborhood, would he or she be caught by the police?
- A. Definitely yes
  - B. Probably yes
  - C. Probably not
  - D. Definitely not
58. How wrong do you think it is for someone your age to smoke marijuana?
- A. Very wrong
  - B. Wrong
  - C. A little bit wrong
  - D. Not wrong at all

**The next 23 questions ask about other drugs.**

59. 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?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 or more times
60. During the past 30 days, how many times did you sniff glue, breathe the contents of aerosol spray cans, or inhale any paints or sprays to get high?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 or more times

61. During your life, how many times have you taken a **prescription drug** (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 or more times
62. During the past 30 days, how many times did you take a **prescription drug** (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 or more times
63. During your life, how many times have you used **any** form of cocaine, including powder, crack, or freebase?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 or more times
64. During your life, how many times have you used **heroin** (also called smack, junk, or China White)?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 or more times
65. During your life, how many times have you used **methamphetamines** (also called speed, crystal, crank, or ice)?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 or more times
66. During your life, how many times have you used **ecstasy** (also called MDMA)?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 or more times
67. During your life, how many times have you taken **steroid pills or shots** without a doctor's prescription?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 or more times
68. During your life, how many times have you used **hallucinogenic drugs**, such as LSD, acid, PCP, angel dust, mescaline, or mushrooms?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 or more times
69. During your life, how many times have you used a needle to inject any illegal drug into your body?
- A. 0 times
  - B. 1 time
  - C. 2 or more times
70. How many times in the past year (12 months) have you been drunk or high **at school**?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 or more times

71. How many times in the past year (12 months) have you sold illegal drugs?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 or more times
72. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?
- A. Yes
  - B. No
73. If you wanted to get a drug like cocaine, LSD, or amphetamines, how easy would it be for you to get some?
- A. Very hard
  - B. Sort of hard
  - C. Sort of easy
  - D. Very easy
74. During the past 12 months, have you talked with at least one of your parents about the dangers of tobacco, alcohol, or drug use?
- A. Yes
  - B. No
  - C. Not sure
75. Do you agree or disagree with the following statement? "My family has clear rules about alcohol and drug use."
- A. Strongly agree
  - B. Agree
  - C. Disagree
  - D. Strongly disagree
76. How wrong do your parents feel it would be for you to take a prescription drug not prescribed to you?
- A. Very wrong
  - B. Wrong
  - C. A little bit wrong
  - D. Not wrong at all
77. About how many adults over 21 have you known personally who in the past year have gotten drunk or high?
- A. None
  - B. 1 adult
  - C. 2 adults
  - D. 3 or 4 adults
  - E. 5 or more adults

78. During the past 12 months, do you recall hearing, reading or watching an advertisement about the prevention of substance use?
- A. Yes
  - B. No
  - C. Not sure
79. How much do you think people risk harming themselves (physically or in other ways) if they take a prescription drug that is not prescribed to them?
- A. No risk
  - B. Slight risk
  - C. Moderate risk
  - D. Great risk
80. How wrong do your friends feel it would be for you to take a prescription drug not prescribed to you?
- A. Very wrong
  - B. Wrong
  - C. A little bit wrong
  - D. Not wrong at all
81. During your life, how many times have you used **synthetic marijuana** (also called K2, Spice, fake weed, King Kong, Yucatan Fire, Skunk, or Moon Rocks)?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 or more times

**The next question asks about sexual intercourse.**

82. Have you ever had sexual intercourse?
- A. Yes
  - B. No

**The next 4 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.**

83. 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
84. 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
85. During the past 7 days, how many times did you eat **vegetables**, such as carrots, green salad, corn, or green beans? (Do **not** count french fries or other fried potatoes.)
- I did not eat 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
86. During the past 7 days, how many times did you drink a **can, bottle, or glass of soda, sports drink, energy drink, or other sugar-sweetened beverage** such as Gatorade, Red Bull, lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight? (Do **not** count diet soda, other diet drinks, or 100% fruit juice.)
- I did not drink soda, sports drinks, energy drinks, or other sugar-sweetened beverages 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

**The next 4 questions ask about physical activity.**

87. 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
88. Other than at school, during an average week, how many days are you physically active? (Include any community-based sports teams or individual activities such as running, walking, skateboarding, bicycling, and dancing.)
- 0 days
  - 1 day
  - 2 days
  - 3 days
  - 4 days
  - 5 days
  - 6 days
  - 7 days
89. 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
90. 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 3 questions ask about protection from the sun.**

91. 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
92. During the past 12 months, how many times did you get a sunburn (that is, how many times did exposed parts of your skin stay red for several hours after you had been out in the sun)?
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 or more times
93. During the past 12 months, how many times did you use an indoor tanning device such as a sunlamp, sunbed or tanning booth? (Do **not** include getting a spray-on tan.)
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 or more times

**The next question asks about sleep.**

94. On an average school night, how many hours of sleep do you get?
- A. 4 or less hours
  - B. 5 hours
  - C. 6 hours
  - D. 7 hours
  - E. 8 hours
  - F. 9 hours
  - G. 10 or more hours

**The next 9 questions ask about your school, your family, your community, and support that you get.**

95. During an average week, how many hours do you spend in clubs or organizations (other than sports) outside of regular school hours?
- A. 0 hours
  - B. 1 hour
  - C. 2 hours
  - D. 3 to 5 hours
  - E. 6 to 10 hours
  - F. 11 or more hours
96. Do you agree or disagree that at least one of your teachers really cares and gives you help and support when you need it?
- A. Strongly agree
  - B. Agree
  - C. Not sure
  - D. Disagree
  - E. Strongly disagree
97. How often does your school enforce rules fairly?
- A. Never
  - B. Rarely
  - C. Sometimes
  - D. Most of the time
  - E. Always
98. How often do adults in your school address conflict, negative language, and bullying in positive ways to help students?
- A. Never
  - B. Rarely
  - C. Sometimes
  - D. Most of the time
  - E. Always
99. Does your school feel like a place where students and adults care about each other?
- A. Yes
  - B. No
100. How often does one of your parents talk with you about what you are doing in school?
- A. About every day
  - B. About once or twice a week
  - C. About once or twice a month
  - D. Less than once a month
  - E. Never

101. How often is the following statement true for you? "When I am not at home, one of my parents or guardians knows where I am and whom I am with."
- A. Never
  - B. Rarely
  - C. Sometimes
  - D. Most of the time
  - E. Always

102. During an average week, approximately how many hours do you typically spend doing community services - helping people in the community without getting paid?
- A. 0 hours
  - B. 1 hour
  - C. 2 hours
  - D. 3 to 5 hours
  - E. 6 to 10 hours
  - F. 11 or more hours

103. Do you agree or disagree that in your community you feel like you matter to people?
- A. Strongly agree
  - B. Agree
  - C. Not sure
  - D. Disagree
  - E. Strongly disagree

**The next 5 statements are about positive things that you might have in yourself, your family, friends, neighborhood, school, and community. For each item that describes you now or within the past 3 months, check if the item is true.**

104. I have parent(s) or guardian(s) who try to help me succeed.
- A. Not at all or rarely
  - B. Somewhat or sometimes
  - C. Very or often
  - D. Extremely or almost always
105. I have a school that cares about kids and encourages them.
- A. Not at all or rarely
  - B. Somewhat or sometimes
  - C. Very or often
  - D. Extremely or almost always

106. I have support from adults other than my parents.
- A. Not at all or rarely
  - B. Somewhat or sometimes
  - C. Very or often
  - D. Extremely or almost always

107. I have a family that gives me love and support.
- A. Not at all or rarely
  - B. Somewhat or sometimes
  - C. Very or often
  - D. Extremely or almost always

108. I have parents who are good at talking with me about things.
- A. Not at all or rarely
  - B. Somewhat or sometimes
  - C. Very or often
  - D. Extremely or almost always

**The next 2 questions ask about gambling.**

109. In your lifetime, how many times have you gambled (bet) with money or something else of value? (Include if you bet at a casino, race track, or online, bought lottery tickets, bet on a sports team, or played cards or other games for money or things.)
- A. 0 times
  - B. 1 or 2 times
  - C. 3 to 9 times
  - D. 10 to 19 times
  - E. 20 to 39 times
  - F. 40 or more times

110. Has the money or time that you spent on gambling led to financial problems or problems in your family, work, school or personal life?
- A. I have never gambled
  - B. Yes
  - C. No

**This is the end of the survey.  
Thank you very much for your help.**



The Maine Integrated Youth Health Survey is a collaborative effort of the Maine Department of Education and the Maine Department of Health and Human Services (Maine Center for Disease Control and Prevention & Substance Abuse and Mental Health Services).