



# Data Trends

DATA AND ACCOUNTABILITY DEPARTMENT

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## North Carolina Youth Risk Behavior Survey: 2013 WCPSS High School Results

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### Abstract

The 2013 North Carolina Youth Risk Behavior Survey was administered to a sample of Wake County Public School System (WCPSS) students in the spring of 2013 to measure behaviors relating to drugs and alcohol use, personal safety and violence, physical health and activity, and nutrition. High school students in WCPSS and high school students across the state responded similarly to nearly all North Carolina Youth Risk Behavior Survey items with the exception of wearing a helmet when riding a bicycle, carrying a weapon within the last 30 days, getting eight hours of sleep on an average school night, and being alone for three or more hours on an average school day. Within WCPSS, responses to some items varied by gender, grade level, and race/ethnicity.

### Executive Summary

The 2013 North Carolina Youth Risk Behavior Survey (NCYRBS) was developed by the Centers for Disease Control and Prevention (CDC) and adapted by the North Carolina Department of Public Instruction (NCDPI) to monitor health-risk behaviors and to measure progress toward achieving Healthy North Carolina 2020 objectives. The survey, administered in the spring of 2013 to a stratified sample of Wake County Public School System (WCPSS) students in grades 6-12, measures behaviors relating to personal safety, violence, tobacco, alcohol and other drug use, physical health, nutrition, physical activity, psychological health, and the perceived safety of the school environment.

Analysis of differences in subgroups within WCPSS identified several items in which responses varied according to gender, grade level, or race/ethnicity. Male students were more likely to be involved in a fight, carry a weapon, have their first drink of alcohol before age 13, been offered drugs on school property, and be physically active more frequently than female students. Female students were more likely to have been victimized—by being

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physically hurt or forced to do sexual things that they did not want to do by someone they were dating, or by being electronically bullied—than male students. Female students were also more likely to show symptoms of depression, including seriously considering suicide and feeling so sad or hopeless that they stopped doing some usual activities, than male students. A full list of statistically significant differences ( $p < .05$ ) is presented below.

### **Gender Disparities within WCPSS:**

**Male** students were significantly **more likely** than **female** students to:

- Have carried a weapon such as a gun, knife, or club during the past 30 days
- Have been in a physical fight during the past 12 months
- Have been in a physical fight on school property during the past 12 months
- Have had their first drink of alcohol other than a few sips before age 13
- Have been offered, sold, or given an illegal drug on school property

**Male** students were significantly **less likely** than **female** students to:

- Wear a helmet when riding a bicycle during the past 12 months
- Talk with a parent or other adult family member about STDs or pregnancy prevention

**Female** students were significantly **more likely** than **male** students to:

- Have been hurt on purpose by someone they were dating during the past 12 months
- Have been forced to do sexual things that they did not want by someone they were dating during the past 12 months
- Have been electronically bullied
- Feel so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities
- Seriously consider attempting suicide
- Try to lose weight
- Eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight
- Have vomited or taken laxatives to lose weight or to keep from gaining weight
- Not feel good about themselves

**Female** students were significantly **less likely** than **male** students to:

- Be physically active for a total of at least 60 minutes a day on at least five of the past seven days

### **Grade-Level Disparities within WCPSS:**

**9<sup>th</sup> grade** students were significantly **more likely** than:

- **11<sup>th</sup> grade** and **12<sup>th</sup> grade** students to have been in a physical fight during the past 12 months
- **12<sup>th</sup> grade** students to report gang activity in their school

- **12<sup>th</sup> grade** students to have been bullied on school property
- **12<sup>th</sup> grade** students to have been teased or called names because someone thought they were gay, lesbian, or bisexual during the past 12 months
- **12<sup>th</sup> grade** students to not feel good about themselves

**10<sup>th</sup> grade** students were significantly **more likely** than:

- **12<sup>th</sup> grade** students to have been bullied on school property

**10<sup>th</sup> grade** students were significantly **less likely** than:

- **9<sup>th</sup> grade** students to be physically active for a total of at least 60 minutes a day on at least five of the past seven days

**11<sup>th</sup> grade** students were significantly **more likely** than:

- **9<sup>th</sup> grade** and **10<sup>th</sup> grade** students to have texted or emailed while driving a car or other vehicle
- **9<sup>th</sup> grade** students to get less than eight hours of sleep on a school night

**11<sup>th</sup> grade** students were significantly **less likely** than:

- **9<sup>th</sup> grade** students to be physically active for a total of at least 60 minutes a day on at least five of the past seven days

**12<sup>th</sup> grade** students were significantly **more likely** than:

- **9<sup>th</sup> grade** and **10<sup>th</sup> grade** students to have texted or emailed while driving a car or other vehicle
- **9<sup>th</sup> grade** students to have had 5 or more drinks of alcohol within a couple of hours during the past 30 days
- **9<sup>th</sup> grade** students to get less than eight hours of sleep on a school night

**12<sup>th</sup> grade** students were significantly **less likely** than:

- **9<sup>th</sup> grade** students to be physically active for a total of at least 60 minutes a day on at least five of the past seven days

### **Racial/Ethnic Disparities within WCPSS:**

Students that identify as **Black** were significantly **more likely** than students that identify as:

- **White** to have been told that they have asthma by a doctor or nurse

Students that identify as **Black** were significantly **less likely** than students that identify as:

- **White** to wear a helmet when riding a bicycle during the past 12 months

Students that identify as **Hispanic/Latino** were significantly **more likely** than students that identify as:

- **White** to have had their first drink of alcohol before age 13

- **White** to have used marijuana
- **Black** to eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight
- **Black** to not feel good about themselves

Students that identify as **Hispanic/Latino** were significantly **less likely** than students that identify as:

- **White** to wear a helmet when riding a bicycle during the past 12 months
- **White** to wear a seatbelt when riding in a car driven by someone else

Students that identify as **White** were significantly **more likely** than students that identify as:

- **Black** to have carried a weapon such as a gun, knife, or club during the past 30 days
- **Black** to have smoked a cigarette during the past 30 days
- **Black** to have had 5 or more drinks of alcohol within a couple of hours during the past 30 days
- **Black** to eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight
- **Black** to have had trouble learning, remembering, or concentrating because of a disability or health problem
- **Black** to not feel good about themselves

Students that identify as **White** were significantly **less likely** than students that identify as:

- **Black or Hispanic/Latino** to talk with a parent or other adult family member about STDs or pregnancy prevention

Overall, student responses within WCPSS were similar to those across the state. Students within WCPSS were more likely to wear a helmet when riding a bicycle, get less than eight hours of sleep on an average school night, and be alone for three or more hours on an average school day than students across NC. WCPSS students were less likely to report carrying a weapon within the last 30 days than students across the state. As listed below, some differences by subgroup were identified, although no significant differences were detected among 9<sup>th</sup> grade students, 11<sup>th</sup> grade students, Black students, or Hispanic/Latino students within WCPSS and across NC.

### **Comparing WCPSS to NC:**

Overall, **students within WCPSS** were significantly **more likely** than **students across NC** to:

- Wear a helmet when riding a bicycle during the past 12 months
- Be alone for three or more hours on a school day

**Students within WCPSS** were significantly **less likely** than **students across NC** to:

- Have carried a weapon during the past 30 days
- Get eight or more hours of sleep on an average school night

**Male students within WCPSS** were significantly **more likely** than **male students across NC** to:

- Report gang activity in their school

**Male students within WCPSS** were significantly **less likely** than **male students across NC** to:

- Have carried a weapon during the past 30 days

**Female students within WCPSS** were significantly **more likely** than **female students across NC** to:

- Wear a helmet when riding a bicycle during the past 12 months
- Eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight
- Get less than eight hours of sleep on an average school night
- Be alone without a parent or adult for three or more hours on an average school day

**10<sup>th</sup> grade students within WCPSS** were significantly **more likely** than **10<sup>th</sup> grade students across NC** to:

- Wear a helmet when riding a bicycle during the past 12 months

**10<sup>th</sup> grade students within WCPSS** were significantly **less likely** than **10<sup>th</sup> grade students across NC** to:

- Carry a weapon during the past 30 days

**12<sup>th</sup> grade students within WCPSS** were significantly **more likely** than **12<sup>th</sup> grade students across NC** to:

- Wear a helmet when riding a bicycle during the past 12 months
- Eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight

**White students within WCPSS** were significantly **more likely** than **White students across NC** to:

- Wear a helmet when riding a bicycle during the past 12 months
- Get less than eight hours of sleep on an average school night

## Introduction

The 2013 NCYRBS was developed by the CDC and adapted by NCDPI to monitor health-risk behaviors and to measure progress toward achieving Healthy North Carolina 2020 objectives. The NCYRBS was further modified by WCPSS to eliminate items deemed too personal or sensitive to administer to students. The survey, administered to a stratified sample of WCPSS high school students in the spring of 2013, contained 86 items measuring behaviors relating to personal safety, violence, tobacco, alcohol and other drug use, physical health, nutrition, physical activity, psychological health, and the perceived safety of the school environment. A copy of the survey administered to WCPSS high school students in the spring of 2013 is available in the Appendix. This report summarizes the results of selected items from the 2013 NCYRBS, followed by a brief comparison to national results.

## Methods

The NCYRBS was completed by 1,446 high school students (response rate of 67%) in 19 high schools in WCPSS in the spring of 2013. Participation in the survey was voluntary, and responses were anonymous. After completion of the survey, student responses were sent to NCDPI to be catalogued, then sent to the CDC for scanning and analysis. The CDC calculated statistical weights to apply to the data to allow for district-wide estimates and conducted analyses on each survey item. Results were returned to NCDPI in 2013-14. Table 1 presents the weighted demographics of the WCPSS and NC high school respondents, as well as the demographics of WCPSS students in grades 9-12. North Carolina results are independent of those of WCPSS. The gender and ethnicity of WCPSS survey respondents were similar to that of survey respondents across the state and were representative of the WCPSS 9-12 student population.

**Table 1**  
***Gender and Ethnicity of Youth Risk Behavior Survey Respondents, Grades 9-12, 2013***

	<b>WCPSS Grades 9-12 (n = 44,133)</b>	<b>WCPSS Survey Respondents (n = 1,446)</b>	<b>NC Survey Respondents (n = 1,846)</b>
Male	51.1%	51.0%	51.0%
Female	48.9%	49.0%	49.0%
Black	26.3%	26.3%	26.6%
Hispanic/Latino	12.6%	13.1%	11.2%
White	50.3%	49.9%	54.7%

## Results

### Personal Safety

The NCYRBS included several items related to personal safety. Selected survey items presented below include the use of bicycle helmets and seat belts, drinking and driving, and texting and driving. WCPSS students were more likely to wear a bicycle helmet than students across the state. Within WCPSS, White students were more likely to wear a bicycle helmet than Black or Hispanic/Latino students, and White students were more likely to wear a seat belt than Hispanic/Latino students. Over half of 11<sup>th</sup> and 12<sup>th</sup> grade students reported that they had texted or emailed while driving.

#### **When you rode a bicycle during the past 12 months, how often did you wear a helmet?**

Most WCPSS high school students (77.2%) reported that they rarely or never wore a helmet when riding a bike, including the vast majority of Black (92.7%) and Hispanic/Latino (88.8%) students. Responses overall and by subgroup are presented in Figure 1.

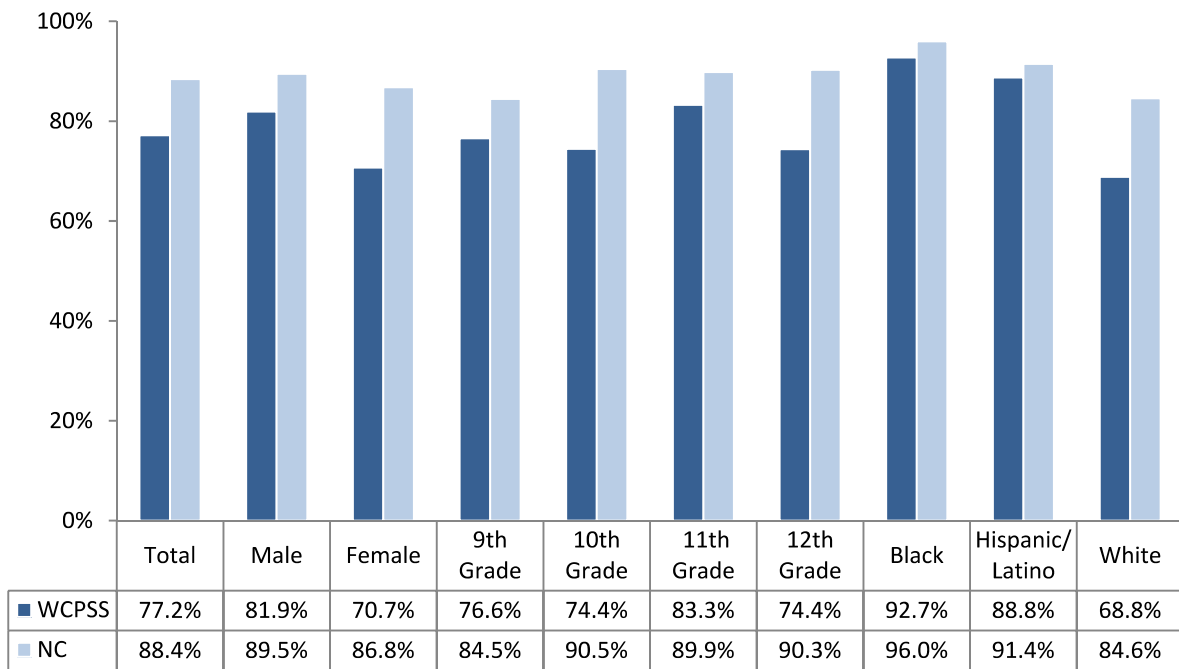
Comparing WCPSS to NC:

- Overall, **students in WCPSS** were significantly more likely to wear a helmet than **students across the state**.
- **Female students in WCPSS** were significantly more likely to wear a helmet than **female students across the state**.
- **10<sup>th</sup> grade students in WCPSS** were significantly more likely to wear a helmet than **10<sup>th</sup> grade students across the state**.
- **12<sup>th</sup> grade students in WCPSS** were significantly more likely to wear a helmet than **12<sup>th</sup> grade students across the state**.
- **White students in WCPSS** were significantly more likely to wear a helmet than **White students across the state**.

Within WCPSS:

- **Male** students were significantly less likely to wear a helmet than **female** students.
- **Black and Hispanic/Latino** students were significantly less likely to wear a helmet than **White** students.

**Figure 1**  
**Percent of High School Students Who Rarely or Never Wore a Bicycle Helmet, 2013**





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

Only 6.1% of WCPSS high school students reported rarely or never wearing a seatbelt when riding in a car driven by someone else. As shown in Figure 2, the percentage of subgroups of students reporting rarely or never wearing a seatbelt when riding in a car driven by someone else was similarly low, with the exception of Hispanic/Latino students (10.2%). Responses from WCPSS students were similar to those of students across the state.

Comparing WCPSS to NC:

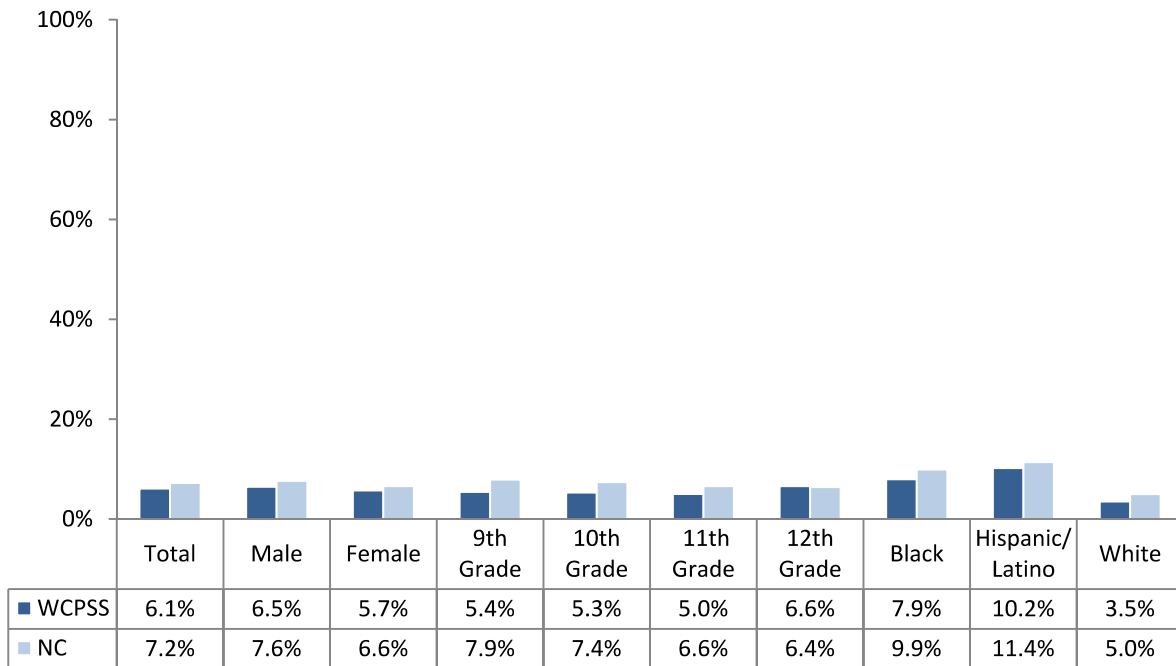
- No significant differences were detected.

Within WCPSS:

- **Hispanic/Latino** students were significantly less likely to wear a seatbelt than **White** students.

**Figure 2**

**Percent of High School Students Who Never or Rarely Wore a Seatbelt When Riding in a Car Driven by Someone Else, 2013**



**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?**

About one in five (19.8%) WCPSS high school students reported riding in a vehicle driven by someone who had been drinking alcohol during the past 30 days. As shown in Figure 3, responses were fairly similar across subgroups and across the state.

Comparing WCPSS to NC:

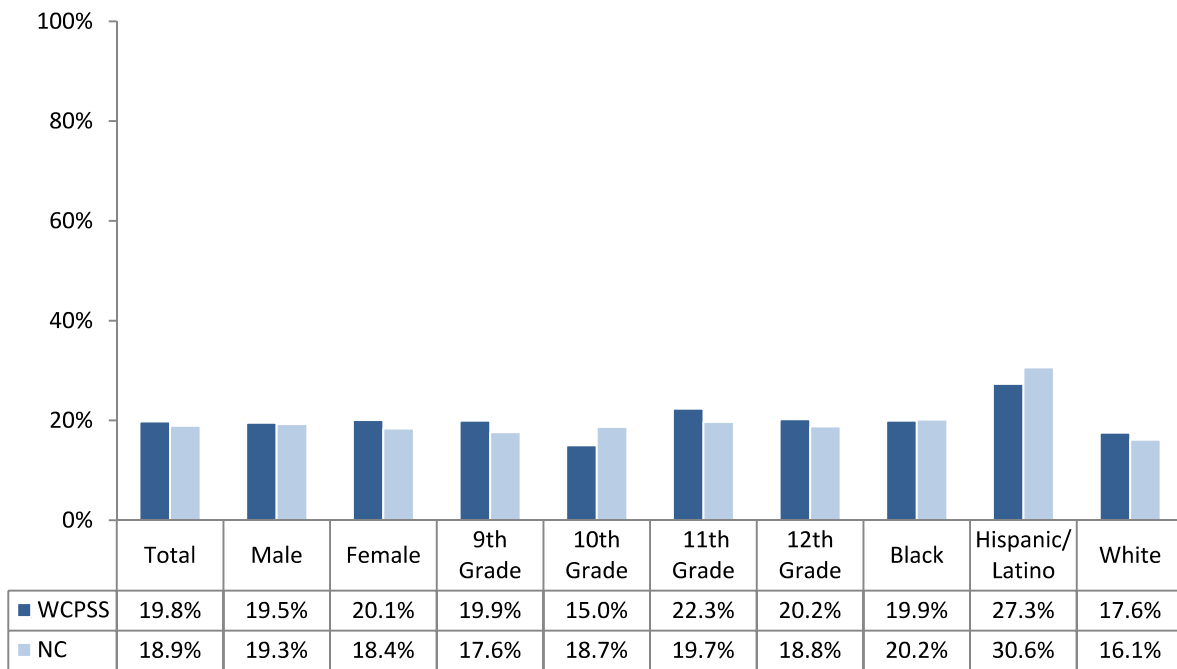
- No significant differences were detected.

Within WCPSS:

- No significant differences across subgroups were detected.

**Figure 3**

**Percent of High School Students Who Rode in a Car or Other Vehicle Driven by Someone Who Had Been Drinking Alcohol One or More Times during the past 30 Days, 2013**



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

Of the WCPSS students who drove a car in the past month, 7.5% reported that they drove at least once when they had been drinking alcohol. Responses were similar across subgroups, and WCPSS responses were similar to those of the state (see Figure 4).

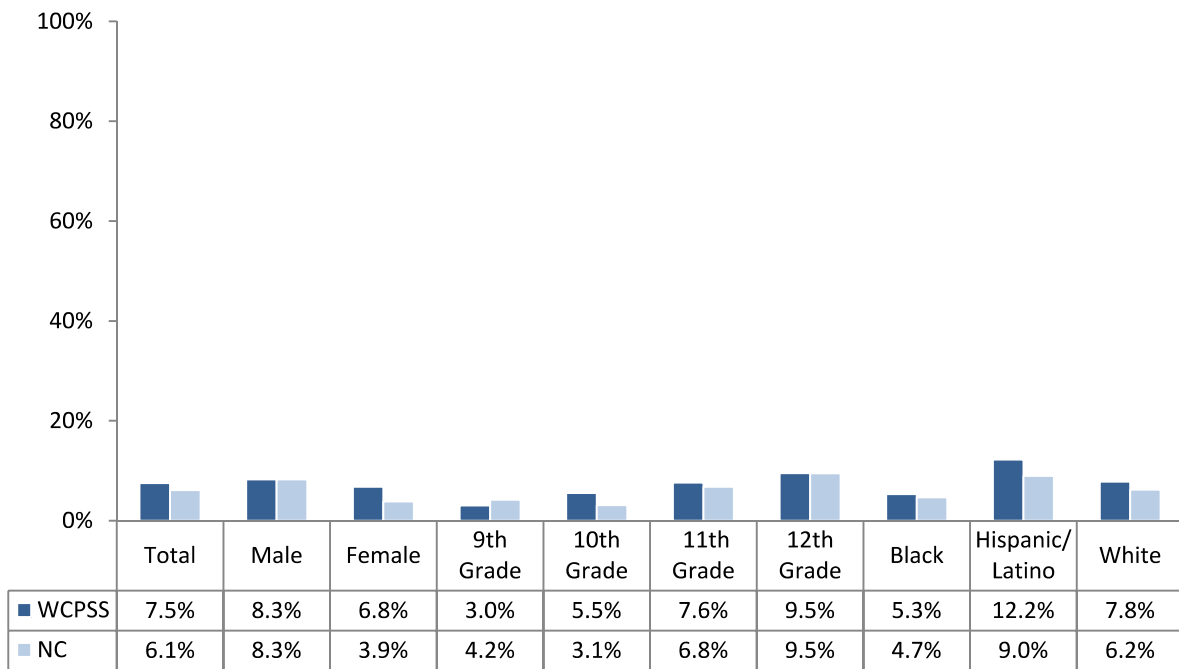
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- No significant differences across subgroups were detected.

**Figure 4**  
**Percent of High School Students Who Drove a Car or Other Vehicle When They Had Been Drinking Alcohol One or More Times during the past 30 Days, 2013**



**During the past 30 days, on how many days did you text or email while driving a car or other vehicle?**

Of the WCPSS high school students who drove a car during the past month, two out of five (39.8%) reported that they had texted or emailed while driving. Responses varied by grade level. WCPSS responses were comparable to those of the state (see Figure 5).

Comparing WCPSS to NC:

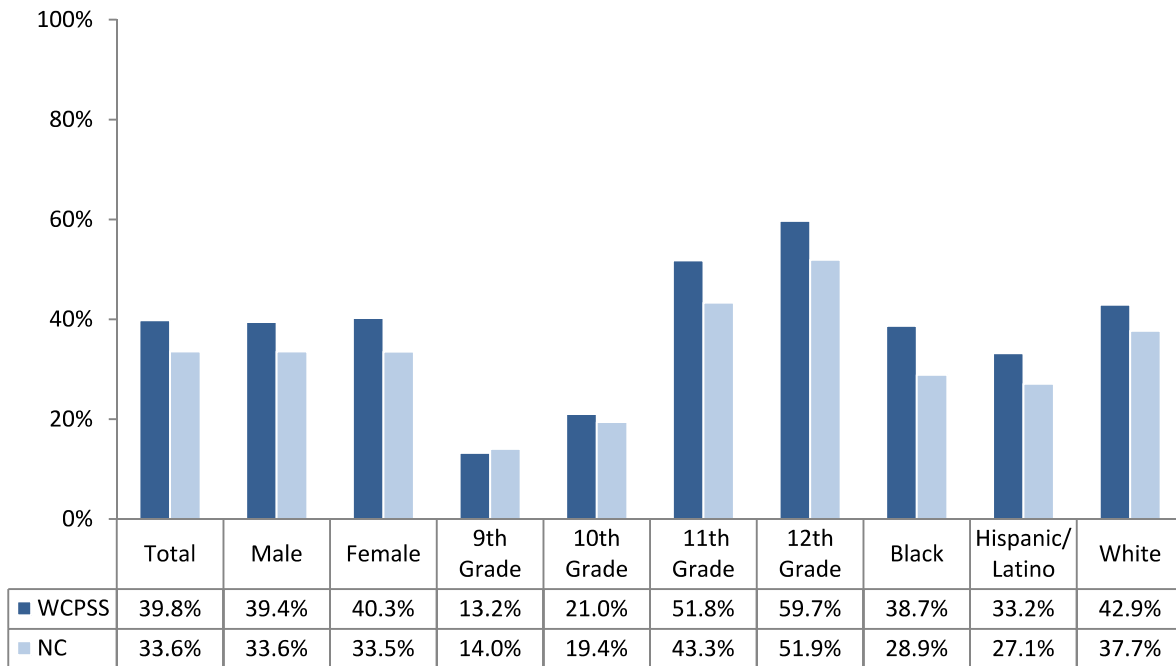
- No significant differences were detected.

Within WCPSS:

- Of the students who drove a car during the past 30 days, **11<sup>th</sup> and 12<sup>th</sup> grade** students were significantly more likely to have texted or emailed at least once while driving than students in **9<sup>th</sup> and 10<sup>th</sup> grade**.

**Figure 5**

**Percent of High School Students Who Texted or Emailed While Driving a Car or Other Vehicle on One or More of the past 30 Days, 2013**



## Violent or Aggressive Behavior

Items presented below cover topics such as carrying weapons, participation in physical fights, and dating violence. WCPSS students were less likely to have recently carried a weapon than students across the state. Within WCPSS, male students were more likely than female students to exhibit violent or aggressive behavior by carrying a weapon or participating in a physical fight. Female students were more likely than male students to be the victim of dating violence.

### **During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?**

As shown in Figure 6, 14.3% of WCPSS high school students reported carrying a weapon during the past 30 days. A smaller percentage of WCPSS high school students reported carrying a weapon than did students across the state. Responses within WCPSS varied by gender and by race/ethnicity.

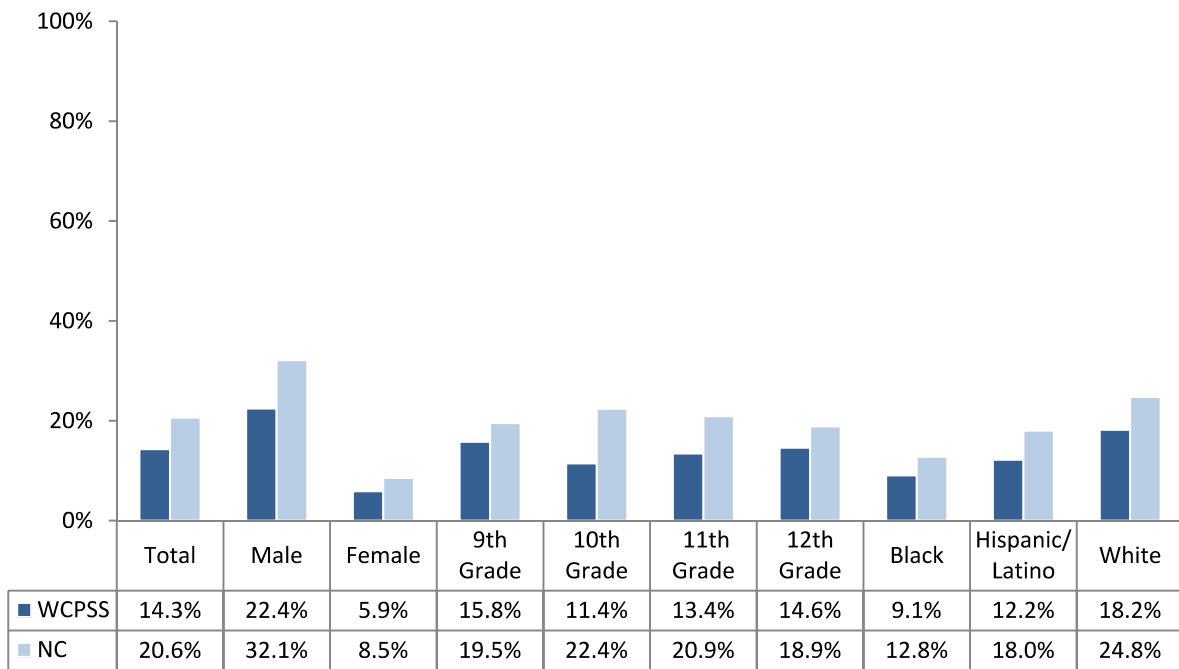
Comparing WCPSS to NC:

- Overall, **students within WCPSS** were significantly less likely to have carried a weapon during the past 30 days than **students across the state**.
- **Male students within WCPSS** were significantly less likely to have carried a weapon during the past 30 days than **male student across the state**.
- **10<sup>th</sup> grade students within WCPSS** were significantly less likely to have carried a weapon during the past 30 days than **10<sup>th</sup> grade students across the state**.

Within WCPSS:

- **Male** students were significantly more likely to have carried a weapon during the past 30 days than **female** students.
- **White** students were significantly more likely to have carried a weapon during the past 30 days than **Black** students.

**Figure 6**  
**Percent of High School Students Who Carried a Weapon on One or More of the past 30 Days, 2013**



**During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?**

As presented in Figure 7, 2.8% of WCPSS high school students reported carrying a weapon on school property during the past 30 days. Responses within WCPSS were comparable across subgroups, and WCPSS responses were comparable to those of the state.

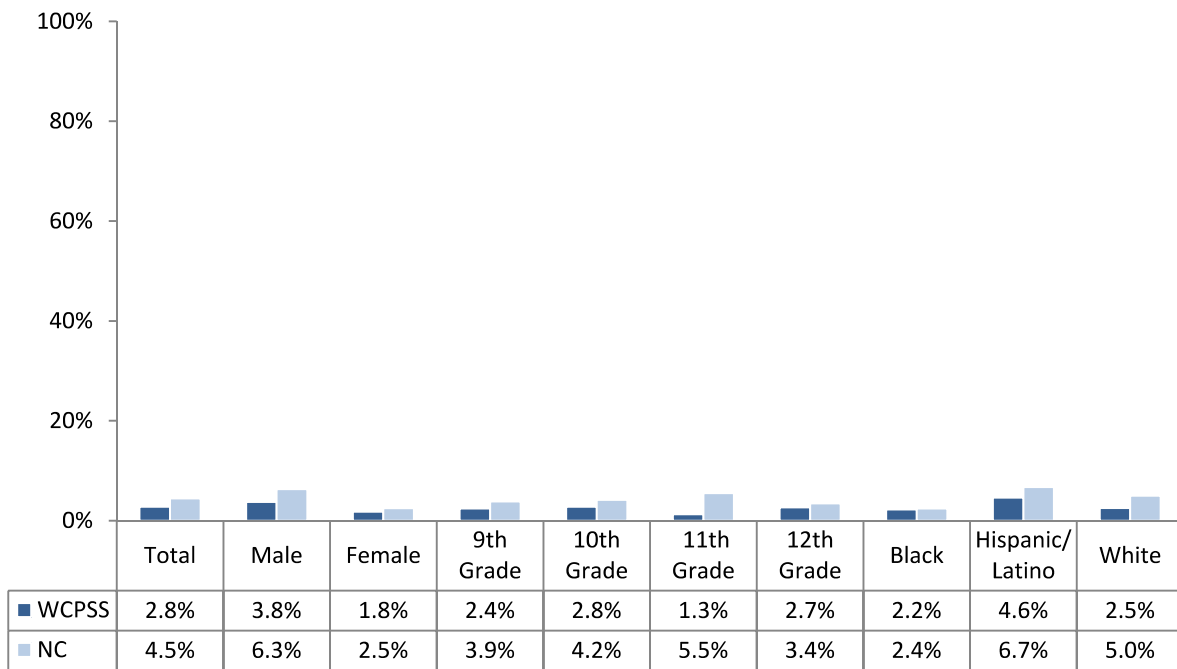
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- No significant differences across subgroups were detected.

**Figure 7**  
**Percent of High School Students Who Carried a Weapon on School Property on One or More of the past 30 Days, 2013**



**During the past 12 months, how many times were you in a physical fight?**

About one in five (21.5%) of WCPSS high school students reported involvement in a physical fight during the past year. Responses within WCPSS varied by grade, with almost one third (32.2%) of 9<sup>th</sup> grade students reporting involvement in a physical fight, and by gender, with 28.1% of male students reporting involvement in a physical fight. WCPSS responses were similar to those of the state (see Figure 8).

Comparing WCPSS to NC:

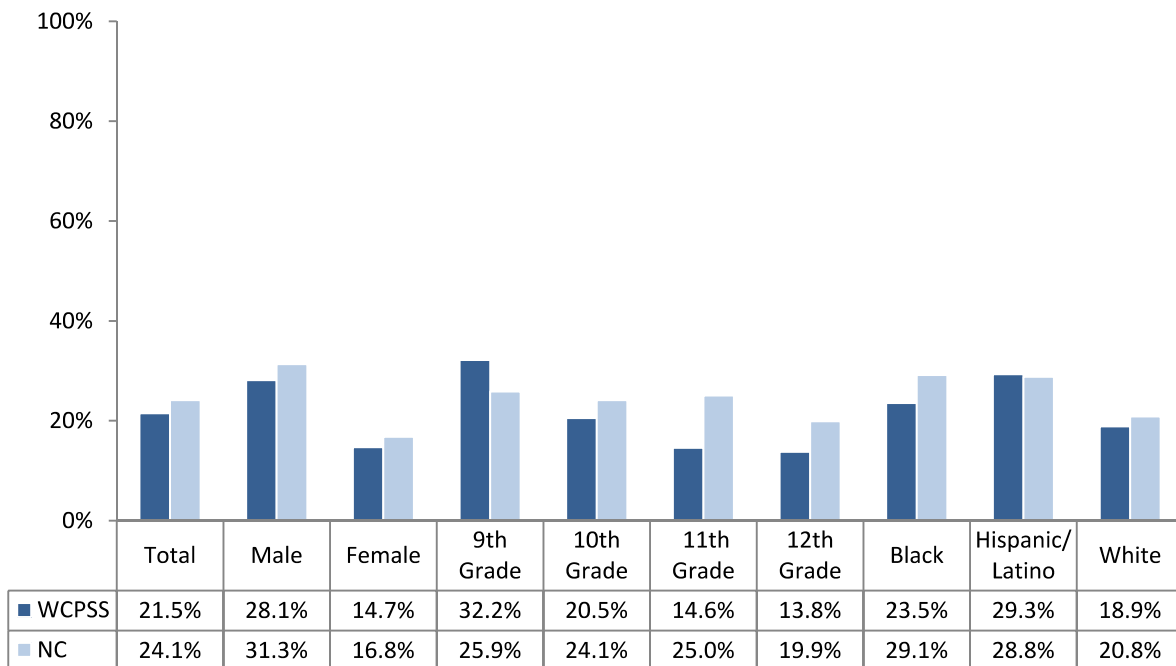
- No significant differences were detected.

Within WCPSS:

- **Male** students were significantly more likely to have been in a physical fight during the past year than **female** students.
- Students in **9<sup>th</sup> grade** were significantly more likely to have been in a physical fight during the past year than students in **11<sup>th</sup> or 12<sup>th</sup> grade**.

**Figure 8**

**Percent of High School Students Who Were in a Physical Fight One or More Times during the past 12 Months, 2013**





**During the past 12 months, how many times were you in a physical fight on school property?**

As shown in Figure 9, 6.6% of WCPSS high school students reported being in a physical fight on school property during the past year. A larger percentage of male students reported being in a physical fight than female students (9.1% compared to 4.0%, respectively). WCPSS results were comparable to those of the state.

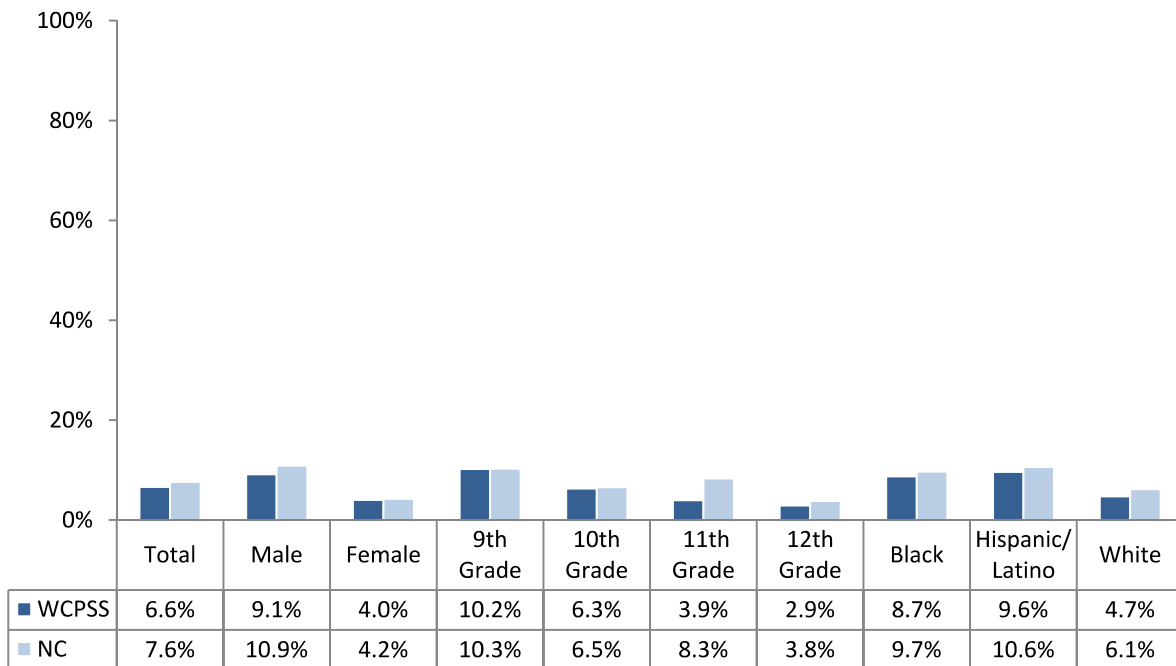
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- **Male** students were significantly more likely to have been in a physical fight on school property during the past year than **female** students.

**Figure 9**  
**Percent of High School Students Who Were in a Physical Fight on School Property One or More Times during the past 12 Months, 2013**



**During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose?**

Of the WCPSS high school students who dated someone during the past year, 8.9% reported they had been physically hurt at least once by someone they were dating. A larger percentage of female students reported being hurt by their date than male students (12.4% compared to 5.4%, respectively). Results within WCPSS were similar to results across the state (see Figure 10).

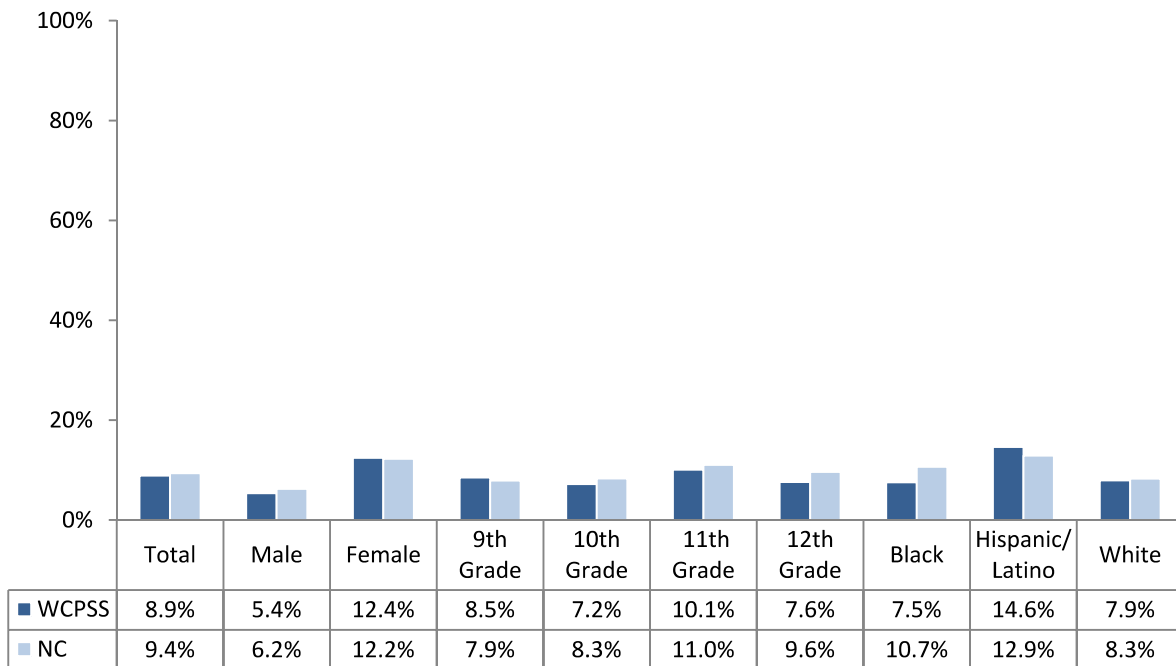
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- Of the high school students who dated someone during the past year, **female** students were significantly more likely to have been hurt by their date than **male** students.

**Figure 10**  
***Of the High School Students Who Dated Someone during the past 12 Months, Percent Who Were Physically Hurt on Purpose by Someone They Were Dating, 2013***



**During the past 12 months, how many times did someone you were dating or going out with force you to do sexual things that you did not want to do?**

Of the WCPSS high school students that had dated someone during the past year, over one in 10 (11.5%) reported that they had been forced to do sexual things that they did not want to do. Of the female students who had dated someone during the past year, one in five (19.6%) reported that they had been forced to do sexual things that they did not want to do. WCPSS results were similar to those of the state (see Figure 11).

Comparing WCPSS to NC:

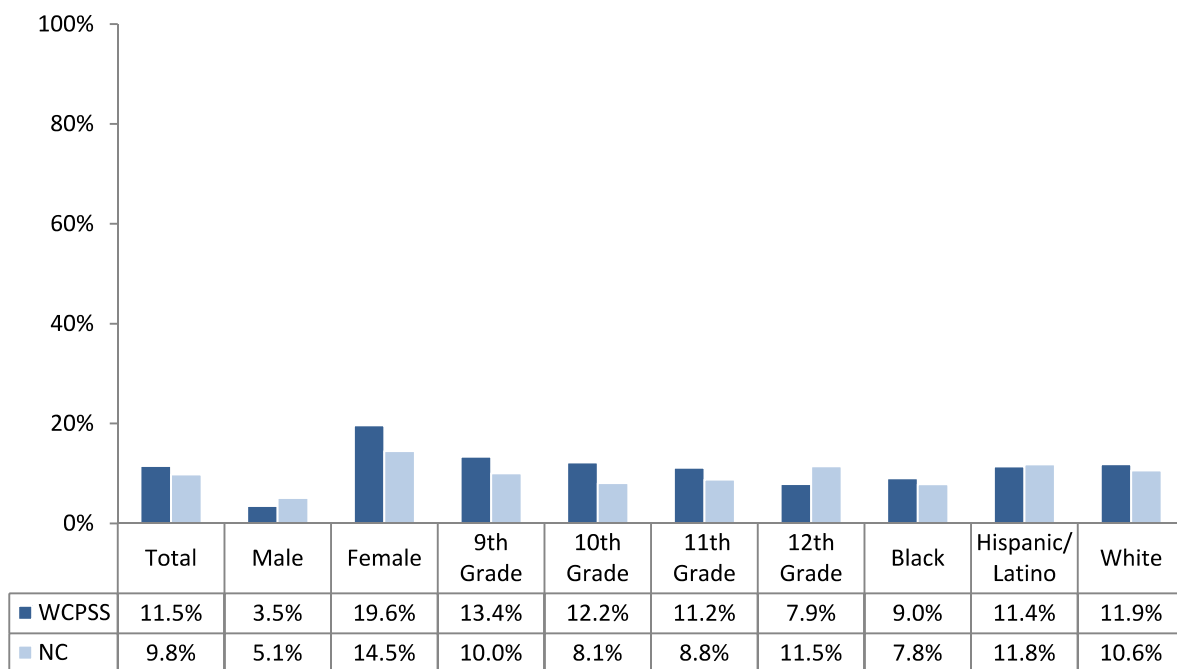
- No significant differences were detected.

Within WCPSS:

- Of the high school students who dated someone during the past year, **female** students were significantly more likely to have been forced to do sexual things that they did not want to do than **male** students.

**Figure 11**

***Of the High School Students Who Dated Someone during the past 12 Months, Percent Who Have Been Forced to do Sexual Things They Did Not Want to Do, 2013***



## Psychological Health

Results presented below cover items related to the psychological health of students, including feelings of sadness or hopelessness, thoughts of suicide, and suicide attempts. Female students reported feelings of sadness and thoughts of suicide at a greater rate than male students.

### **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?**

Over one fourth (28.5%) of WCPSS high school students reported feelings of sadness or hopelessness that interfered with usual activities within the past year. Over one third of female students (37.3%) reported these feelings. As shown in Figure 12, WCPSS responses were similar to those of the state.

Comparing WCPSS to NC:

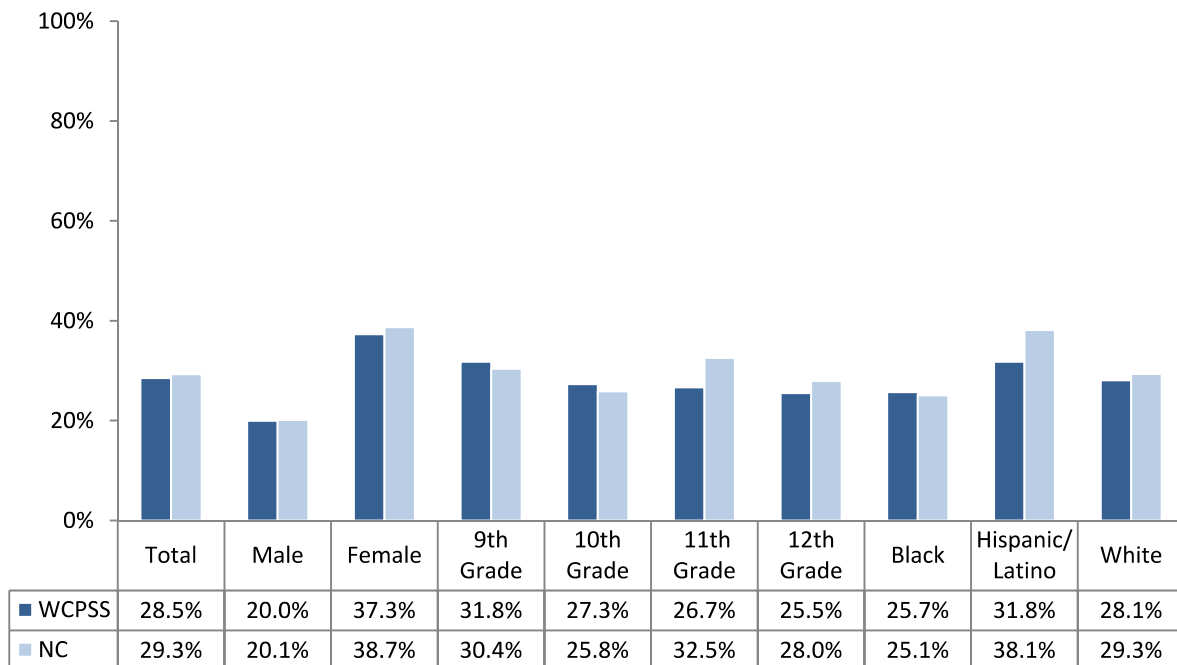
- No significant differences were detected.

Within WCPSS:

- **Female** students were significantly more likely to stop doing usual activities due to sad or hopeless feelings than **male** students.

**Figure 12**

**Percent of High School Students Who Felt so Sad or Hopeless Almost Every Day for Two Weeks or More in a Row That They Stopped Doing Some Usual Activities during the past 12 Months, 2013**



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

As shown in Figure 13, the percentage of WCPSS high school students reporting that they had seriously considered suicide in the past year was 16.5%. A greater percentage of female students indicated that they had seriously considered suicide than male students.

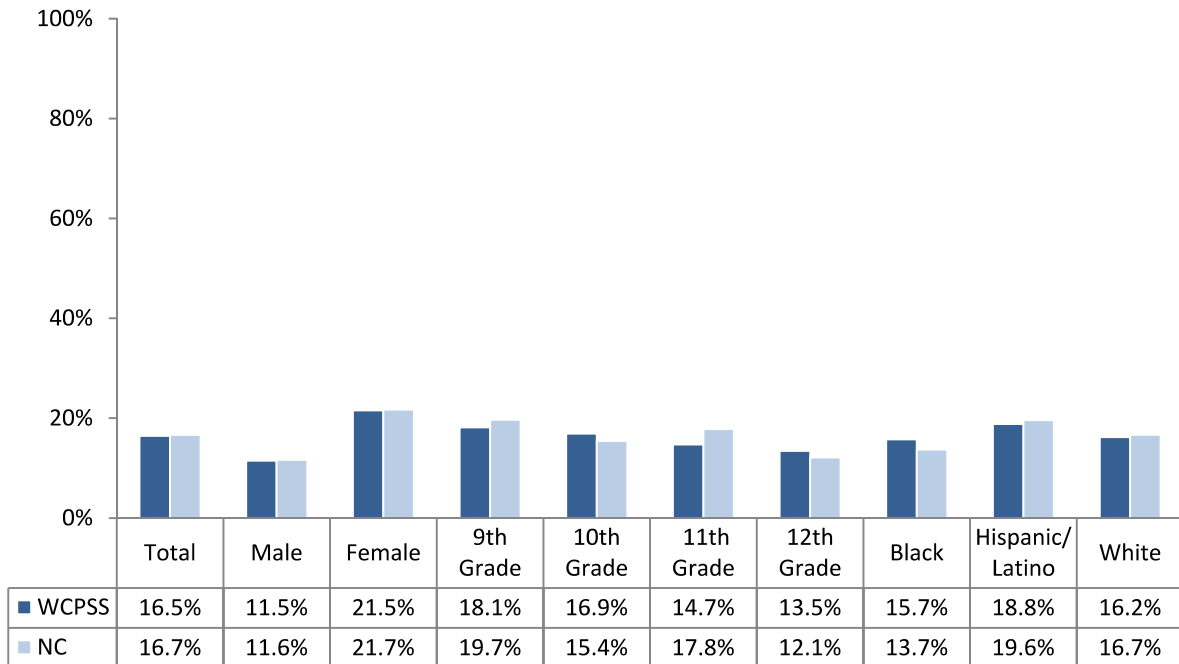
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- **Female** students were significantly more likely to seriously consider suicide than **male** students.

**Figure 13**  
**Percent of High School Students Who Seriously Considered Attempting Suicide during the past 12 Months, 2013**



**If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?**

About one in twenty (4.9%) WCPSS high school students reported a suicide attempt in the past year that resulted in injury that had to be treated by a doctor or nurse. Responses were similar across grades, gender, and race/ethnicity, and WCPSS responses closely reflected those of the state (see Figure 14).

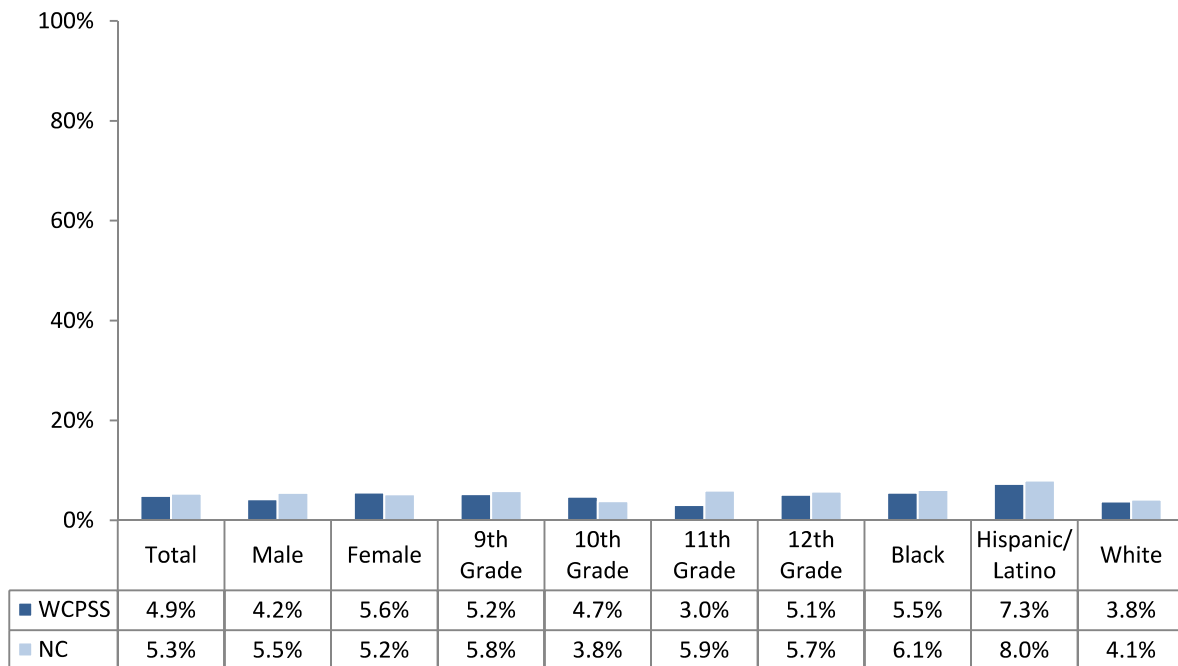
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- No significant differences across subgroups were detected.

**Figure 14**  
**Percent of High School Students Who Made a Suicide Attempt during the past 12 Months that Resulted in an Injury, Poisoning, or Overdose that Had to Be Treated by a Doctor or Nurse, 2013**



## Drug, Alcohol, and Tobacco Use

The NCYRBS asked several questions about drug, alcohol, and tobacco use. Items presented in this report address cigarette use, alcohol use, marijuana use, and the transfer of drugs on school property. White students were more likely to have recently smoked cigarettes and to have had five or more alcoholic beverages within a couple of hours than Black students. Hispanic/Latino students were more likely to have had their first alcoholic drink before age 13 and to have used marijuana than White students.

### During the past 30 days, on how many days did you smoke cigarettes?

Just over one in 10 (11.8%) WCPSS high school students reported smoking a cigarette on at least one day during the past month. Responses within WCPSS differed by race/ethnicity. As shown in Figure 15, WCPSS results were similar to those of the state.

Comparing WCPSS to NC:

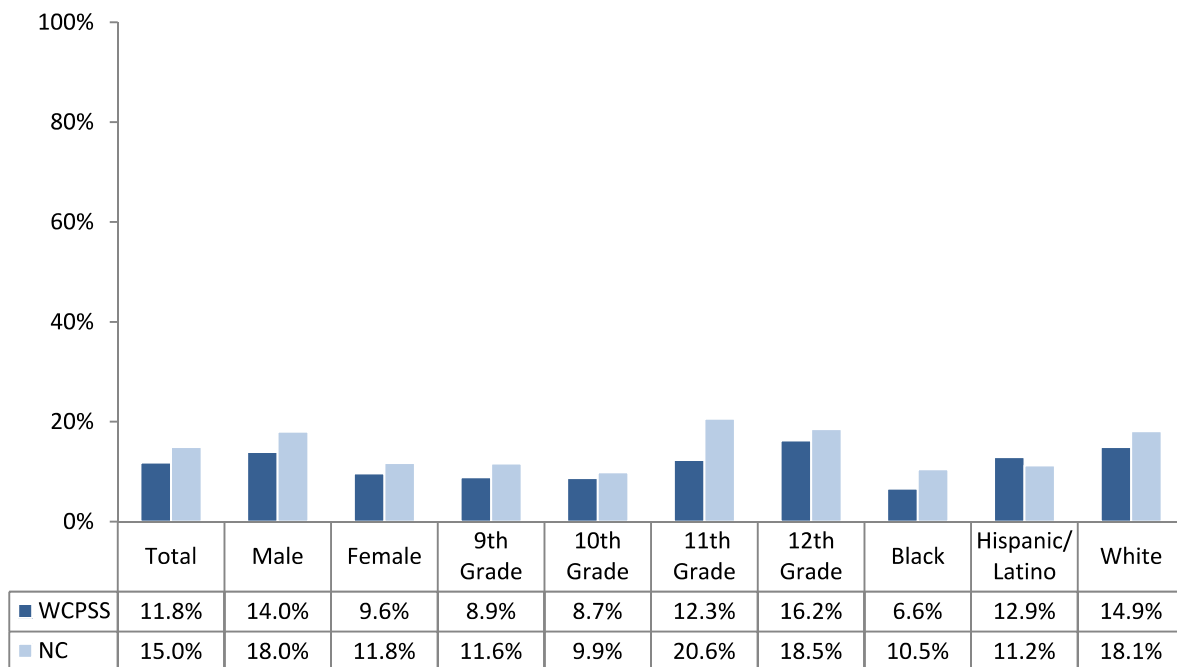
- No significant differences were detected.

Within WCPSS:

- **White** students were significantly more likely to have smoked cigarettes during the past 30 days than **Black** students.

Figure 15

*Percent of High School Students Who Smoked Cigarettes on One or More of the past 30 Days, 2013*



**How old were you when you had your first drink of alcohol other than a few sips?**

As presented in Figure 16, 13.4% of WCPSS high school students reported having their first drink of alcohol other than a few sips before they were 13 years old. Over one in five (22.5%) Hispanic/Latino students reported having their first drink of alcohol before age 13. The responses of students within WCPSS were similar to those of students across the state.

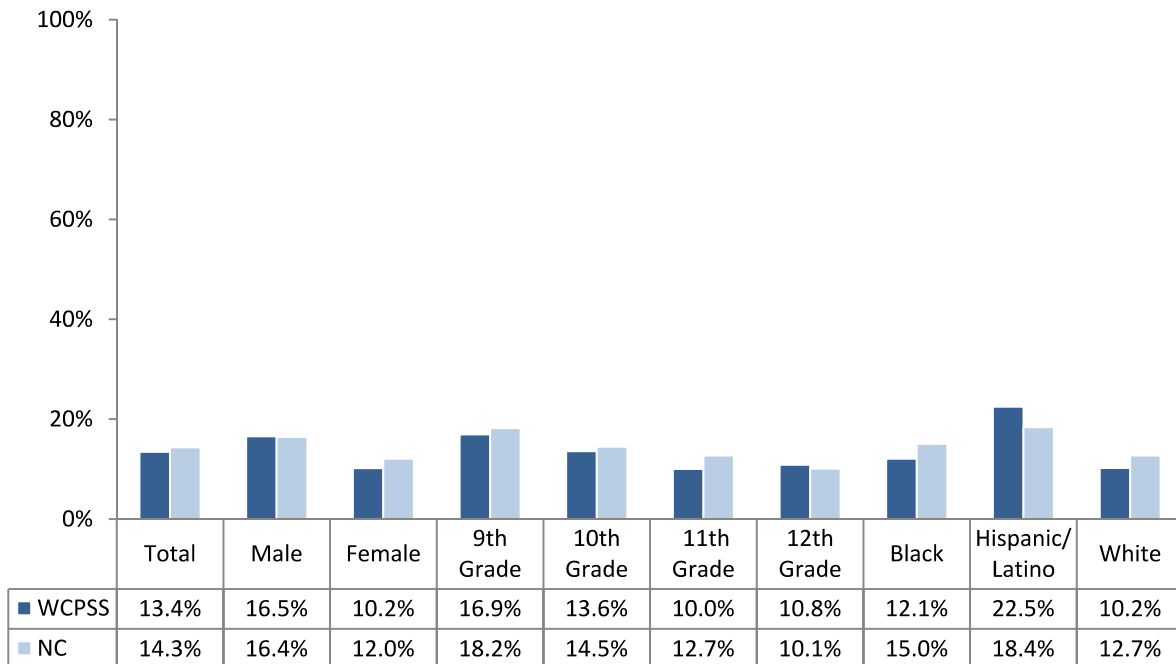
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- **Male** students were significantly more likely to have had their first drink of alcohol before age 13 than **female** students.
- **Hispanic/Latino** students were significantly more likely to have had their first drink of alcohol before age 13 than **White** students.

**Figure 16**  
**Percent of High School Students Who Had Their First Drink of Alcohol Other than a Few Sips before the Age of 13, 2013**





**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?**

As presented in Figure 17, 17.0% of WCPSS high school students reported having five or more alcoholic drinks within a couple of hours in the past month. Responses within WCPSS varied by grade level and by race/ethnicity. WCPSS results were similar to those of the state.

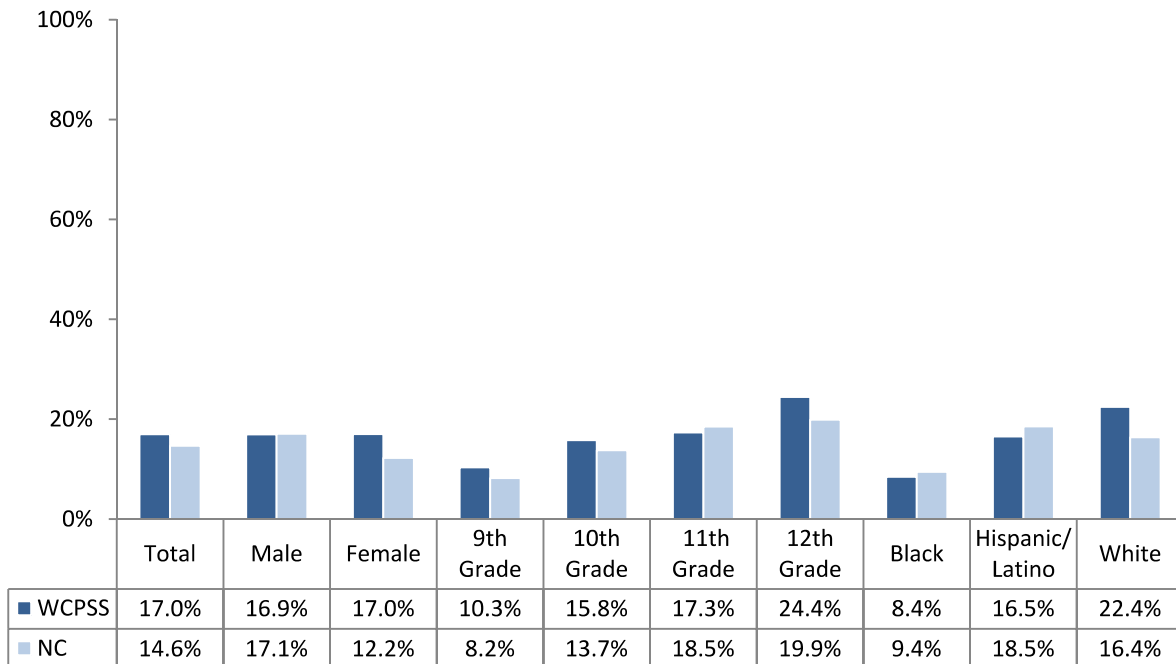
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- **12<sup>th</sup> grade** students were significantly more likely to have had five or more drinks within a couple of hours on one or more of the past 30 days than **9<sup>th</sup> grade** students.
- **White** students were significantly more likely to have had five or more drinks within a couple of hours on one or more of the past 30 days than **Black** students.

**Figure 17**  
**Percent of High School Students Who Had Five or More Alcoholic Drinks within a Couple of Hours on One or More of the past 30 Days, 2013**



**During your life, how many times have you used marijuana?**

About two out of five (39.6%) WCPSS high school students reported using marijuana at least once during their life. Among subgroups, half (50.8%) of Hispanic/Latino students in WCPSS reported using marijuana at least once during their life. WCPSS results were similar to those of the state (see Figure 18).

Comparing WCPSS to NC:

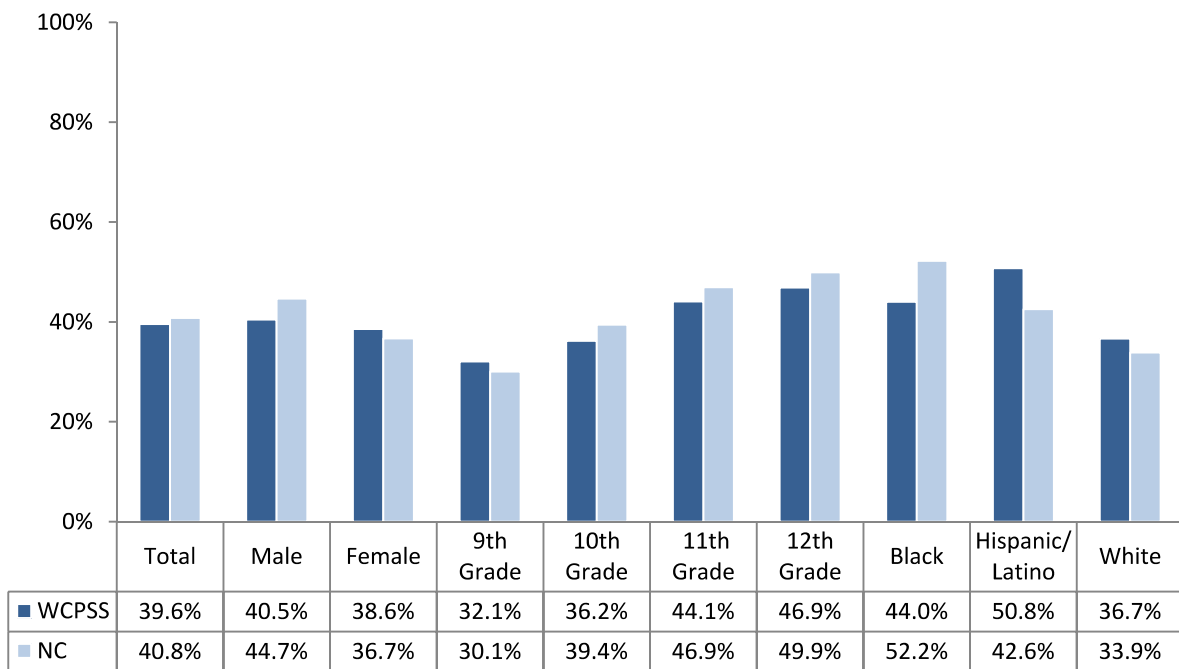
- No significant differences were detected.

Within WCPSS:

- **Hispanic/Latino** students were significantly more likely to have used marijuana than **White** students.

**Figure 18**

**Percent of High School Students Who Used Marijuana One or More Times during Their Life, 2013**



**During the past 30 days, how many times did you use marijuana?**

Just over one in five (22.1%) WCPSS high school students reported using marijuana at least once in the past month. As shown in Figure 19, results were similar across subgroups, and WCPSS results were similar to those of the state.

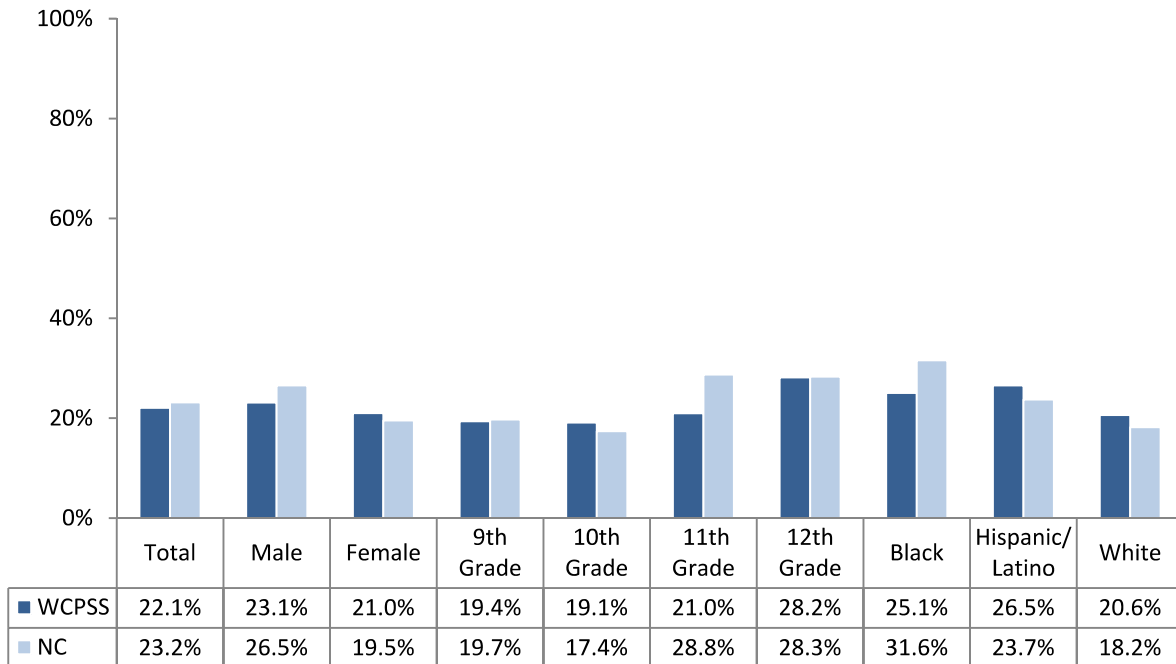
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- No significant differences across subgroups were detected.

**Figure 19**  
**Percent of High School Students Who Used Marijuana One or More Times during the past 30 Days, 2013**



**During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?**

About one in four (26.1%) WCPSS high school students reported that they had been offered, sold, or given an illegal drug on school property within the past year. Almost one third of male (30.6%) and Hispanic/Latino (32.9%) students reported being offered, sold, or given drugs. WCPSS responses were similar to those of the state (see Figure 20).

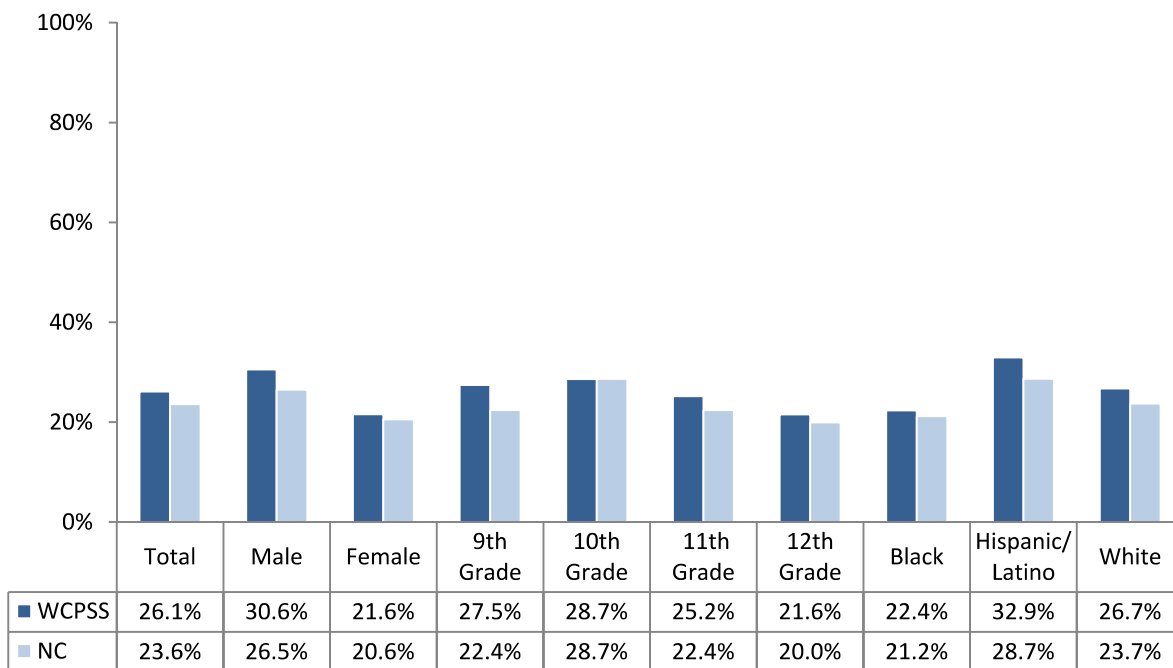
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- **Male** students were significantly more likely to have been offered, sold, or given an illegal drug on school property than **female** students.

**Figure 20**  
**Percent of High School Students Who Were Offered, Sold, or Given an Illegal Drug by Someone on School Property during the past 12 Months, 2013**



**Have you ever gotten into trouble with your family or friends, missed school, or gotten into fights while using alcohol or drugs?**

As shown in Figure 21, 12.5% of WCPSS high school students reported getting into trouble with family or friends, missing school, or getting into fights while using alcohol or drugs. Responses were similar across subgroups, and WCPSS responses were similar to those of the state.

Comparing WCPSS to NC:

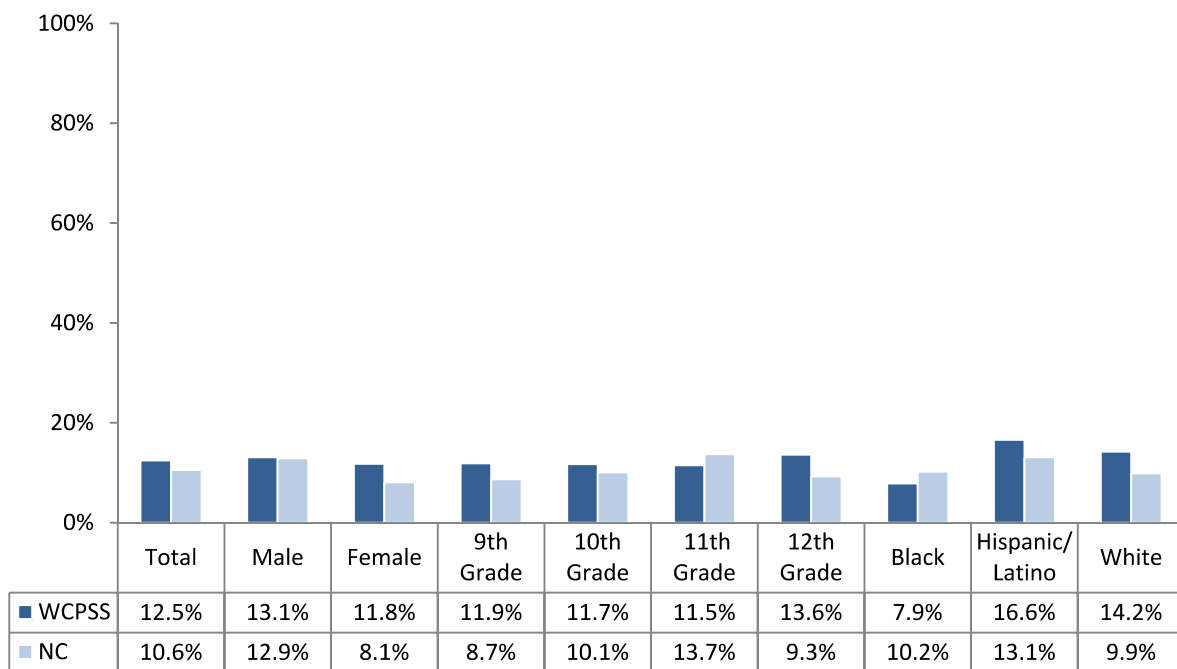
- No significant differences were detected.

Within WCPSS:

- No significant differences across subgroups were detected.

**Figure 21**

**Percent of High School Students Who Have Gotten into Trouble with Family or Friends, Missed School, or Gotten into Fights While Using Alcohol or Drugs, 2013**



## Weight Management

The items presented below address students’ attempts to lose weight. Female students were more likely to express a desire to lose weight and to report attempting to do so by eating less or by vomiting or taking laxatives than male students.

### Which of the following are you trying to do about your weight?

Almost half (45.9%) of WCPSS high school students reported that they were trying to lose weight. A larger percentage of female students indicated that they were trying to lose weight than male students (60.7% compared to 31.8%, respectively). As shown in Figure 22, responses within WCPSS were similar to those of the state.

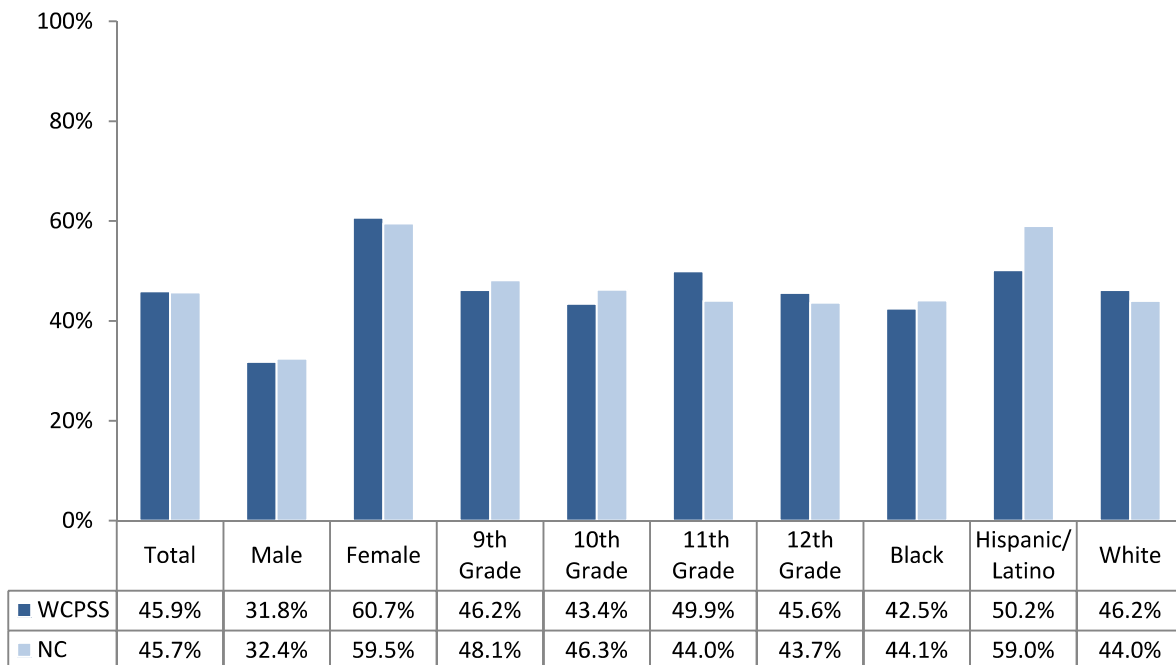
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- **Female** students were significantly more likely to try to lose weight than **male** students.

**Figure 22**  
*Percent of High School Students Who Were Trying to Lose Weight, 2013*



**During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?**

Two out of five (41.1%) WCPSS high school students reported eating less in the past month to lose or maintain their weight. Over half (55.4%) of female students in WCPSS reported eating less to lose or maintain their weight. A larger percentage of female students and 12<sup>th</sup> grade students within WCPSS reported eating less to lose weight than did female students and 12<sup>th</sup> grade students across NC, respectively (see Figure 23).

Comparing WCPSS to NC:

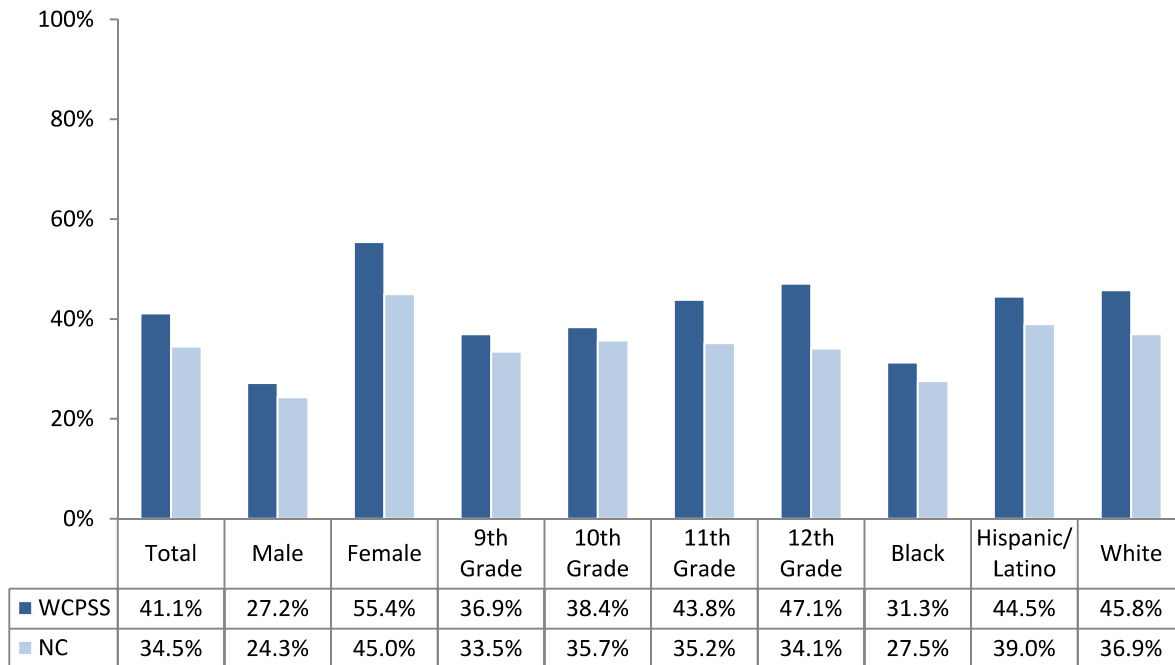
- **Female students within WCPSS** were significantly more likely to eat less to lose or maintain their weight than **female students across the state**.
- **12<sup>th</sup> grade students within WCPSS** were significantly more likely to eat less to lose or maintain their weight than **12<sup>th</sup> grade students across the state**.

Within WCPSS:

- **Female** students were significantly more likely to eat less to lose or maintain their weight than **male** students.
- **White** and **Hispanic/Latino** students were significantly more likely to eat less to lose or maintain their weight than **Black** students.

**Figure 23**

**Percent of High School Students Who Ate Less Food, Fewer Calories, or Foods Low in Fat to Lose Weight or to Keep from Gaining Weight during the past 30 Days, 2013**



**During the past 30 days, did you take any diet pills, powders, or liquids without a doctor’s advice to lose weight or to keep from gaining weight?**

One in 20 (5.1%) WCPSS high school students reported taking diet pills, powders, or liquids without a doctor’s advice to lose or maintain their weight. As presented in Figure 24, responses were similar across subgroups, and WCPSS responses were similar to those of the state.

Comparing WCPSS to NC:

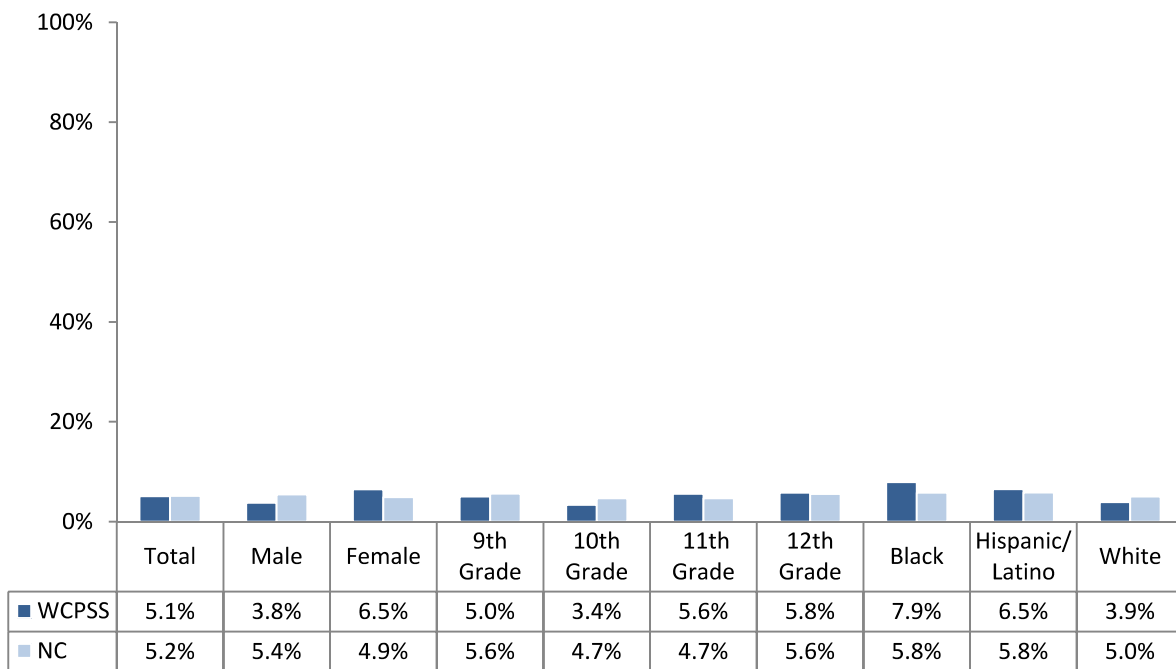
- No significant differences were detected.

Within WCPSS:

- No significant differences across subgroups were detected.

**Figure 24**

**Percent of High School Students Who Took Diet Pills, Powders, or Liquids without a Doctor’s Advice to Lose Weight or to Keep from Gaining Weight during the past 30 Days, 2013**





**During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?**

About one in 20 (5.3%) WCPSS high school students reported vomiting or taking laxatives during the past month to lose or maintain their weight. A larger percentage of female students reported vomiting or taking laxatives than male students (7.5% compared to 3.2%, respectively). The responses of WCPSS students were similar to those of students across the state (see Figure 25).

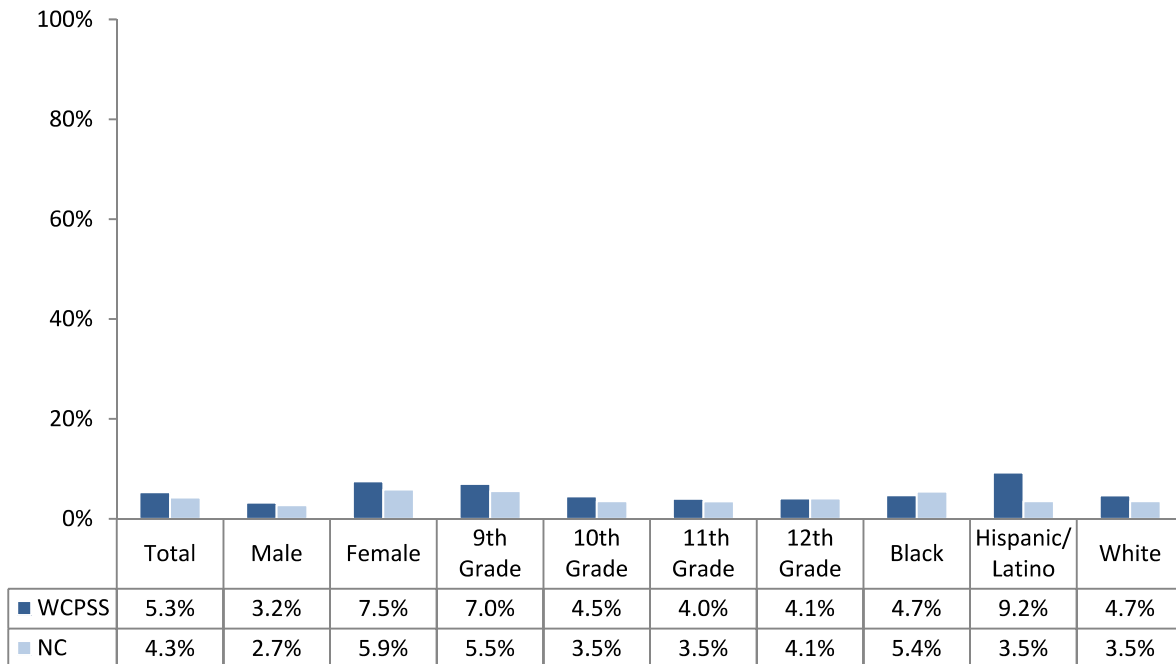
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- **Female** students were significantly more likely to have vomited or taken laxatives to lose weight or to keep from gaining weight than **male** students.

**Figure 25**  
**Percent of High School Students Who Vomited or Took Laxatives to Lose Weight or to Keep from Gaining Weight during the past 30 Days, 2013**



## School Environment

This section presents student responses to items related to gang activity, bullying, and teacher encouragement. Male students within WCPSS were more likely to report gang activity at school than male students across the state, and 9<sup>th</sup> grade students within WCPSS were more likely to report gang activity than 12<sup>th</sup> grade students. Ninth and 10<sup>th</sup> grade students were more likely to report bullying than 12<sup>th</sup> grade students, and female students were more likely than male students to be the victim of electronic bullying.

### Is there gang activity in your school?

About one third (35.5%) of WCPSS high school students reported gang activity in their school. Within WCPSS, student reports of gang activity varied by grade. Reports of gang activity were higher within WCPSS than across the state (see Figure 26).

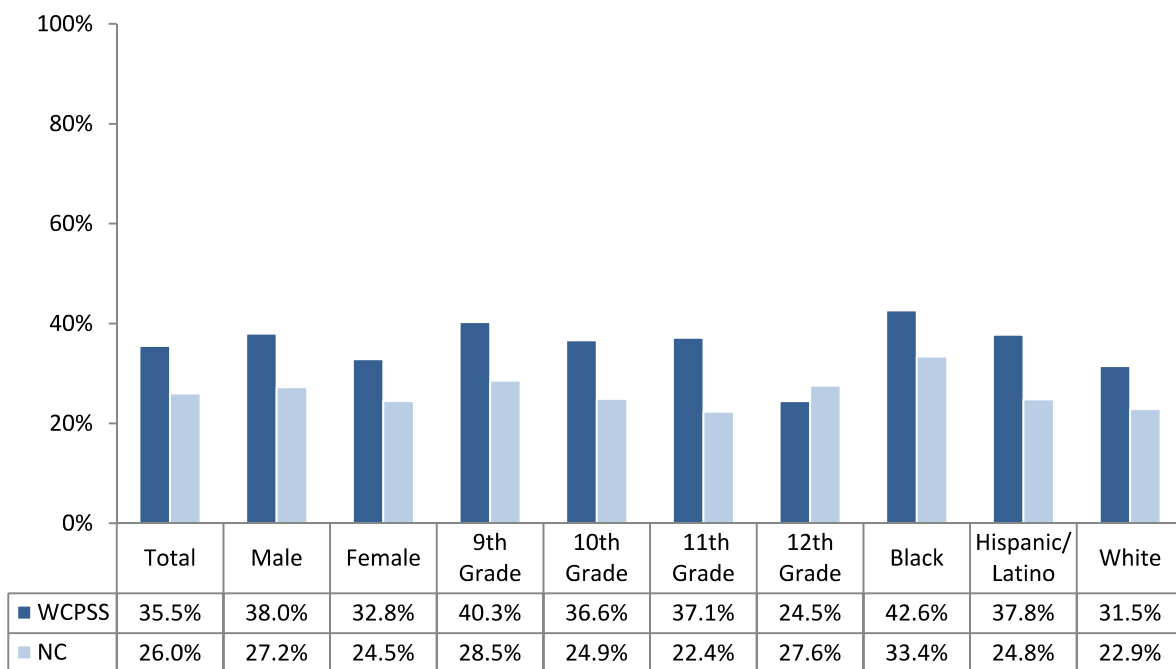
Comparing WCPSS to NC:

- **Male students in WCPSS** were significantly more likely to report gang activity at school than **male students across the state**.

Within WCPSS:

- Students in **9<sup>th</sup> grade** were significantly more likely to report gang activity at school than students in **12<sup>th</sup> grade**.

**Figure 26**  
**Percent of High School Students Who Report Gang Activity in Their School, 2013**



**During the past 12 months, have you ever been bullied on school property?**

One in five (19.4%) WCPSS high school students reported being bullied on school property within the past year. Responses within WCPSS varied by grade level. WCPSS results were similar to those of the state (see Figure 27).

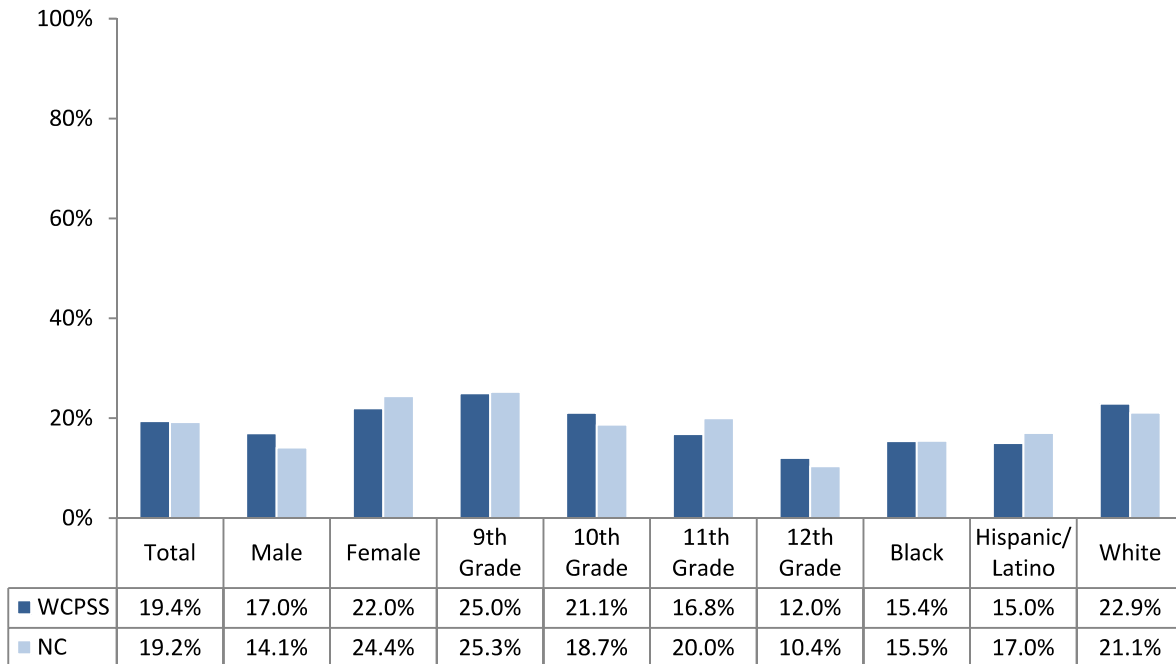
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- Students in **9<sup>th</sup>** and **10<sup>th</sup> grade** were significantly more likely to report having been bullied on school property than students in **12<sup>th</sup> grade**.

**Figure 27**  
**Percent of High School Students Who Have Been Bullied on School Property during the past 12 Months, 2013**



**During the past 12 months, have you ever been electronically bullied?**

As presented in Figure 28, 15.9% of WCPSS high school students reported being electronically bullied within the past year. Within WCPSS, responses varied by gender—one in five (20.4%) female students reported being electronically bullied, compared to 11.7% of male students. WCPSS responses were comparable to those of the state.

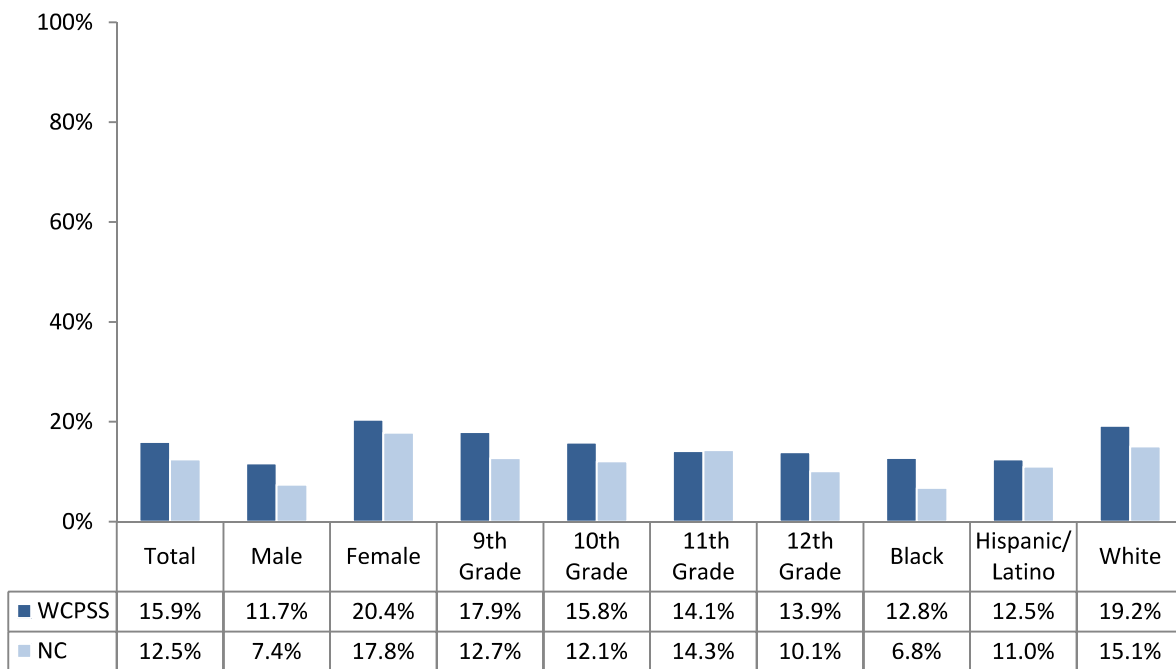
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- **Female** students were significantly more likely to report being electronically bullied than **male** students.

**Figure 28**  
**Percent of High School Students Who Have Been Electronically Bullied during the past 12 Months, 2013**



**During the past 12 months, have you ever been the victim of teasing or name calling because someone thought you were gay, lesbian, or bisexual?**

One in 10 high school students in WCPSS (10.3%) and across the state (10.7%) reported being teased within the last year because someone thought they were gay, lesbian, or bisexual. Responses within WCPSS were similar to those across the state. As shown in Figure 29, responses within WCPSS varied by grade.

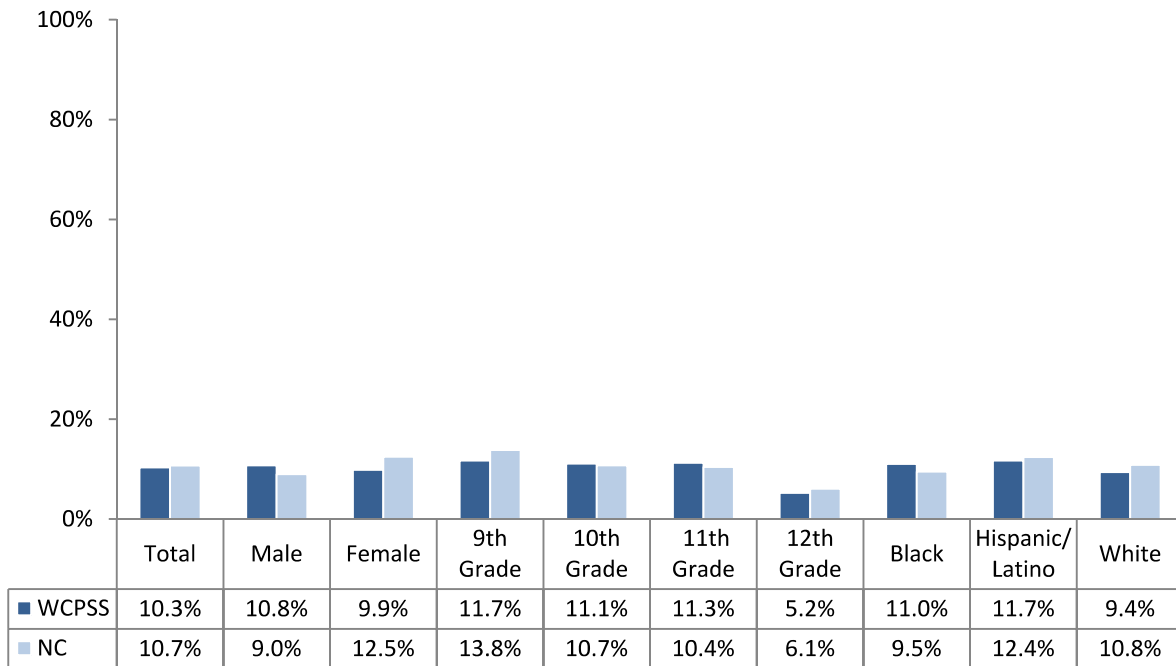
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- Students in **9<sup>th</sup> grade** were significantly more likely to have been teased or called names because someone thought they were gay, lesbian, or bisexual than students in **12<sup>th</sup> grade**.

**Figure 29**  
**Percent of High School Students Who Have Been Teased or Called Names during the past 12 Months Because Someone Thought They Were Gay, Lesbian, or Bisexual, 2013**



**Do you agree or disagree that your teachers really care about you and give you a lot of encouragement?**

About two out of five (42.1%) WCPSS high school students strongly disagreed, disagreed, or were not sure that their teachers cared about them and gave them a lot of encouragement. As presented in Figure 30, responses were similar across subgroups.

Comparing WCPSS to NC:

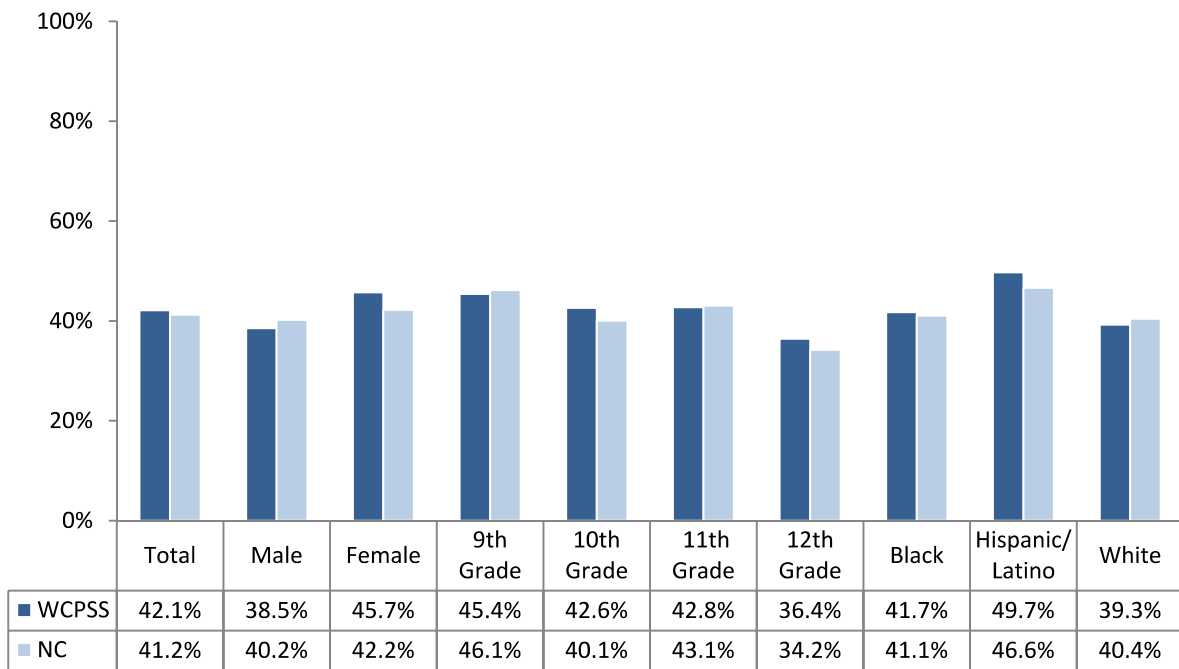
- No significant differences were detected.

Within WCPSS:

- No significant differences across subgroups were detected.

**Figure 30**

**Percent of High School Students Who Strongly Disagree, Disagree, or Are Not Sure that Their Teachers Really Care about Them and Give Them a Lot of Encouragement, 2013**



## Physical Health

Topics relating to physical health include asthma, disability, sleep, and physical activity. In WCPSS, Black students were more likely to have been diagnosed with asthma than White students, and White students were more likely to have trouble concentrating due to disability than Black students. Students in 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> grade were less likely to be as physically active as students in 9<sup>th</sup> grade, and students in 11<sup>th</sup> and 12<sup>th</sup> grade were less likely to get eight hours of sleep than students in 9<sup>th</sup> grade.

### Has a doctor or nurse ever told you that you have asthma?

Just under one fourth (22.2%) of WCPSS high school students have been told that they have asthma. Responses varied by race/ethnicity—almost one in three (31.9%) Black students (compared to one in five, or 20.0%, White students) reported being told that they had asthma. As shown in Figure 31, WCPSS responses were comparable to those of the state.

Comparing WCPSS to NC:

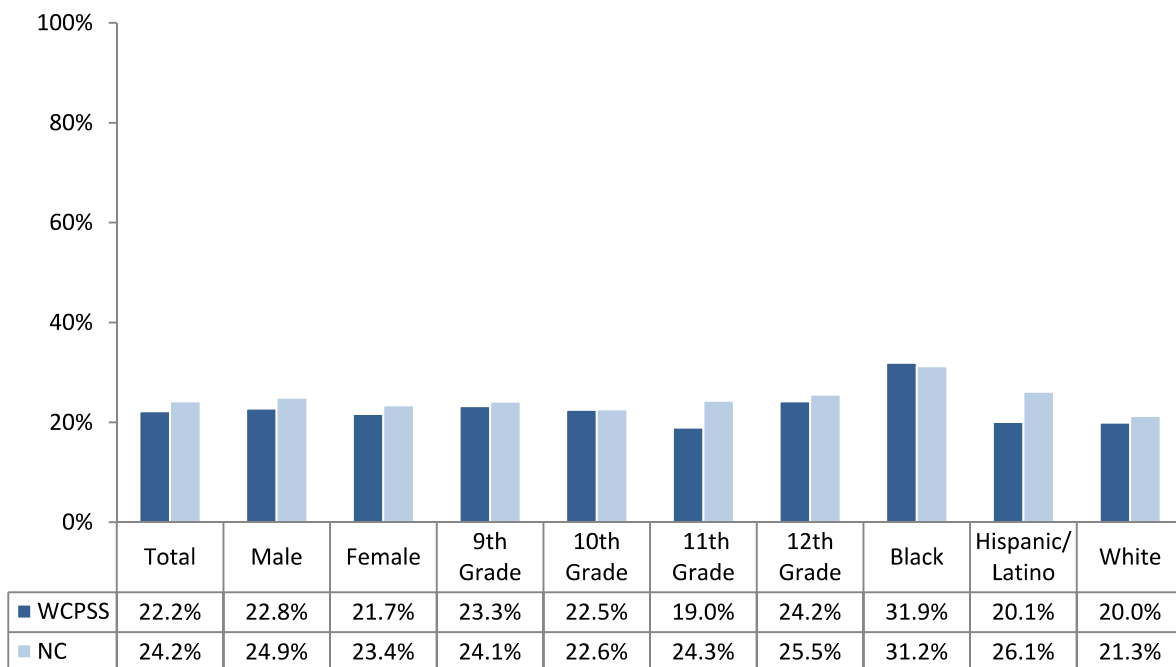
- No significant differences were detected.

Within WCPSS:

- **Black** students were significantly more likely to have been told they had asthma than **White** students.

**Figure 31**

**Percent of High School Students Who Had Been Told by a Doctor or Nurse that They Had Asthma, 2013**



**Do you have trouble learning, remembering, or concentrating because of a disability or health problem?**

More than one in 10 (13.8%) WCPSS high school students reported having trouble learning, remembering, or concentrating because of a disability or health problem. White students had the highest rate of agreement with this item (17.1%). As presented in Figure 32, the responses of students within WCPSS were similar to those of students across the state.

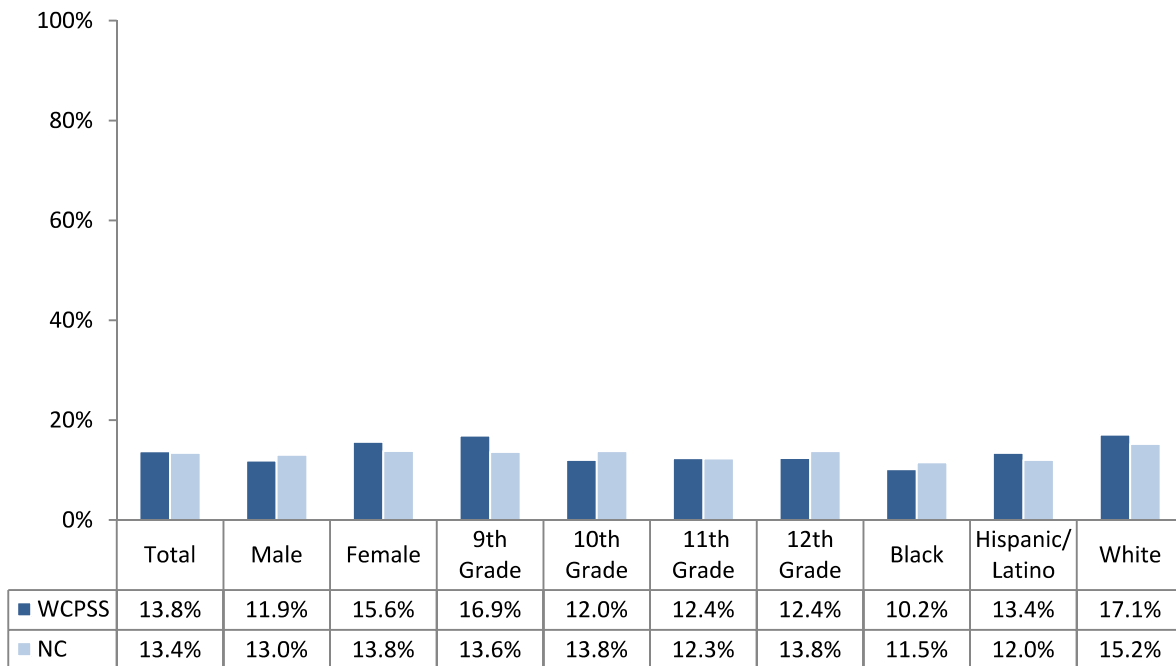
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- **White** students were significantly more likely to have had trouble learning, remembering, or concentrating because of disability or health problem than **Black** students.

**Figure 32**  
**Percent of High School Students Who Have Trouble Learning, Remembering, or Concentrating Because of Disability or Health Problem, 2013**





**During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?**

Over half (59.0%) of WCPSS high school students reported being physically active for at least 60 minutes a day on fewer than five of the last seven days. Female students reported less frequent physical activity than male students, and responses also varied by grade. As presented in Figure 33, WCPSS responses were similar to those across the state.

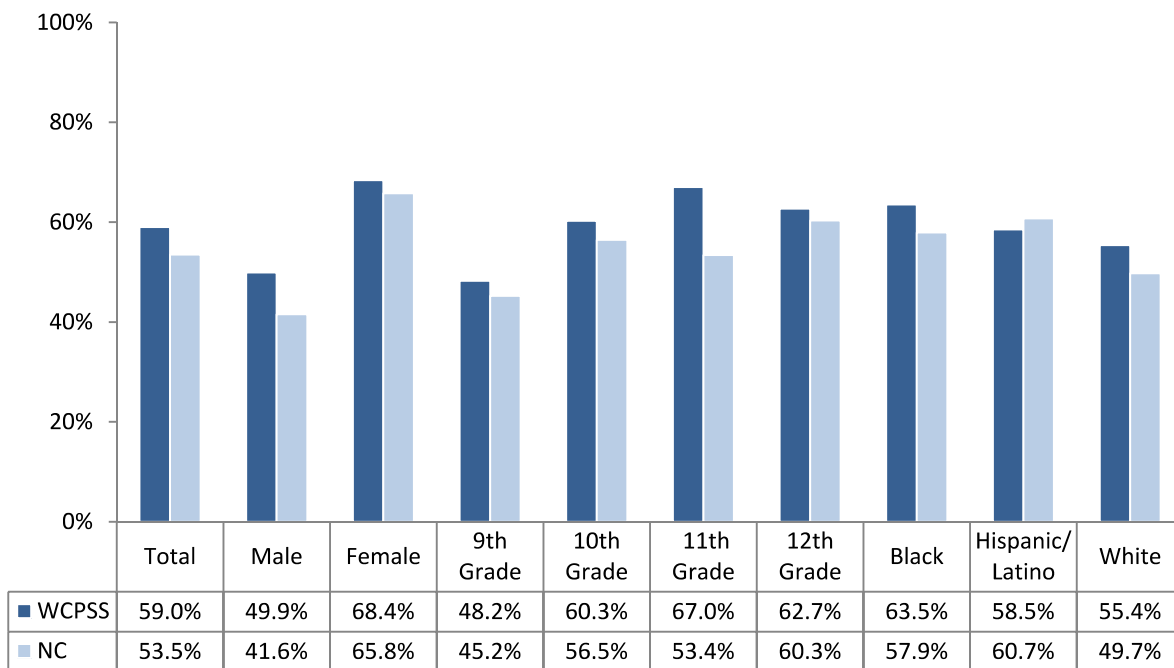
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- **Female** students were significantly less likely to be physically active five or more days a week than **male** students.
- Students in **10<sup>th</sup>**, **11<sup>th</sup>**, and **12<sup>th</sup> grade** were significantly less likely to be physically active five or more days a week than students in **9<sup>th</sup> grade**.

**Figure 33**  
**Percent of High School Students Who Were Physically Active for a Total of at Least 60 Minutes on Fewer than Five of the past Seven Days, 2013**



**On an average school night, how many hours of sleep do you get?**

The figure below presents the percentage of students indicating that they get fewer than eight hours of sleep on an average school night. Four out of five (80.1%) WCPSS high school students reported getting less than eight hours of sleep on an average school night, compared to 72.0% of students across the state. Within WCPSS, responses varied by grade level.

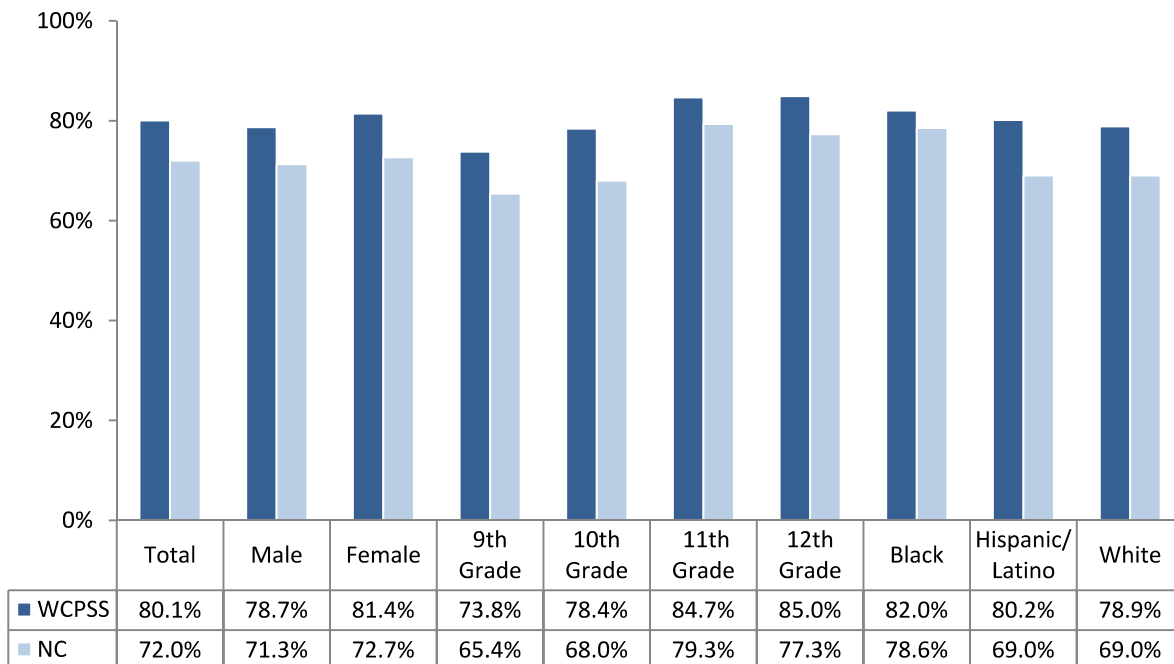
Comparing WCPSS to NC:

- Overall, **students within WCPSS** were significantly more likely to get less than eight hours of sleep on a school night than **students across the state**.
- **Female students within WCPSS** were significantly more likely to get less than eight hours of sleep on a school night than **female students across the state**.
- **White students within WCPSS** were significantly more likely to get less than eight hours of sleep on a school night than **White students across the state**.

Within WCPSS:

- Students in **11<sup>th</sup>** and **12<sup>th</sup>** grade were significantly more likely to get less than eight hours of sleep on a school night than students in **9<sup>th</sup>** grade.

**Figure 34**  
**Percent of High School Students Who Get Fewer than Eight Hours of Sleep on an Average School Night, 2013**



## Other Prevention-Related Behaviors

Items presented here do not clearly fall into prior categories but represent important measures of well-being. Results include time spent alone without an adult, feeling good about oneself, and talking with a parent about STDs and pregnancy. Students within WCPSS—female students in particular—were more likely to be without an adult on a school day than students across the state. Female students were less likely to feel good about themselves than male students, and Hispanic/Latino and White students were less likely to feel good about themselves than Black students. Male students were less likely than female students, and White students were less likely than Black or Hispanic/Latino students, to talk with a parent about STDs and pregnancy.

### **On an average school day, how long after school are you alone without a parent or adult?**

About one in three (34.4%) WCPSS high school students reported being alone without a parent or adult for three or more hours on an average school day. Responses were comparable across subgroups within WCPSS. As shown in Figure 35, the percentage of students across the state reporting being alone for three or more hours was lower than that of WCPSS (at 27.4%).

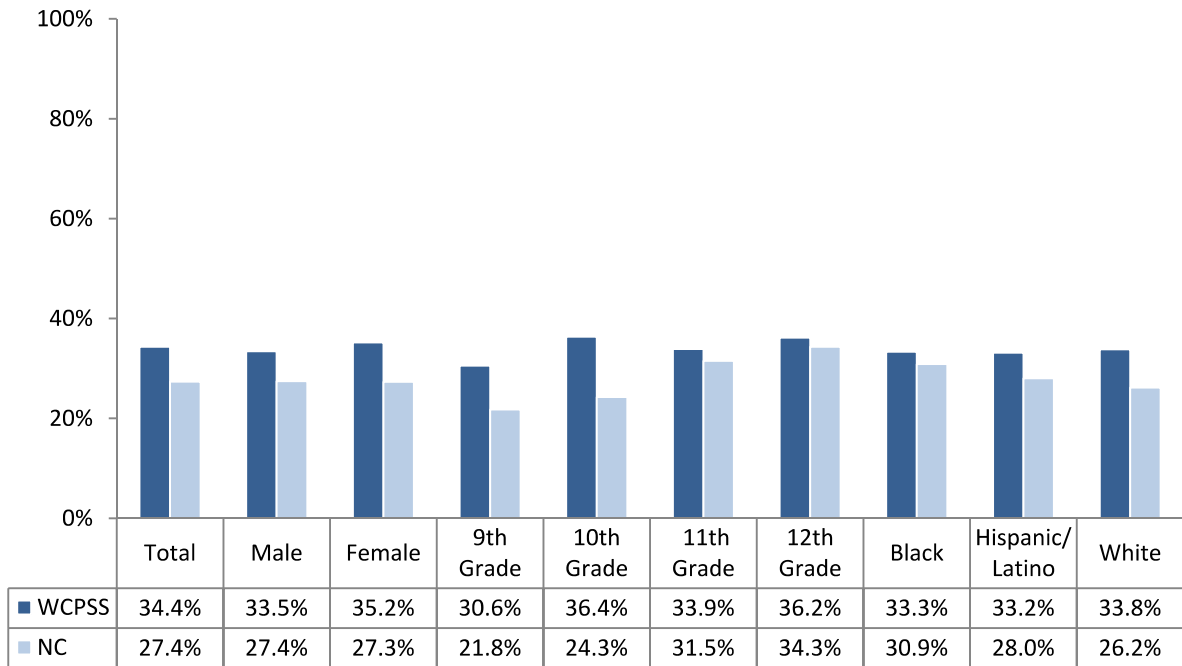
Comparing WCPSS to NC:

- Overall, **students within WCPSS** were significantly more likely to be alone for three or more hours on a school day than **students across the state**.
- **Female students within WCPSS** were significantly more likely to be alone for three or more hours on a school day than **female students across the state**.

Within WCPSS:

- No significant differences across subgroups were detected.

**Figure 35**  
**Percent of High School Students Who Are Alone Without a Parent or Adult for Three or More Hours per Day on an Average School Day, 2013**



**Do you agree or disagree that you feel good about yourself?**

Over one fourth (28.3%) of WCPSS high school students strongly disagreed, disagreed, or were not sure that they feel good about themselves. The percentage of students that did not feel good about themselves varied by gender, grade level, and race/ethnicity. In particular, more than one third of female students (36.6%) and Hispanic/Latino students (35.5%) did not agree that they feel good about themselves. Responses within WCPSS were similar to those across the state (see Figure 36).

Comparing WCPSS to NC:

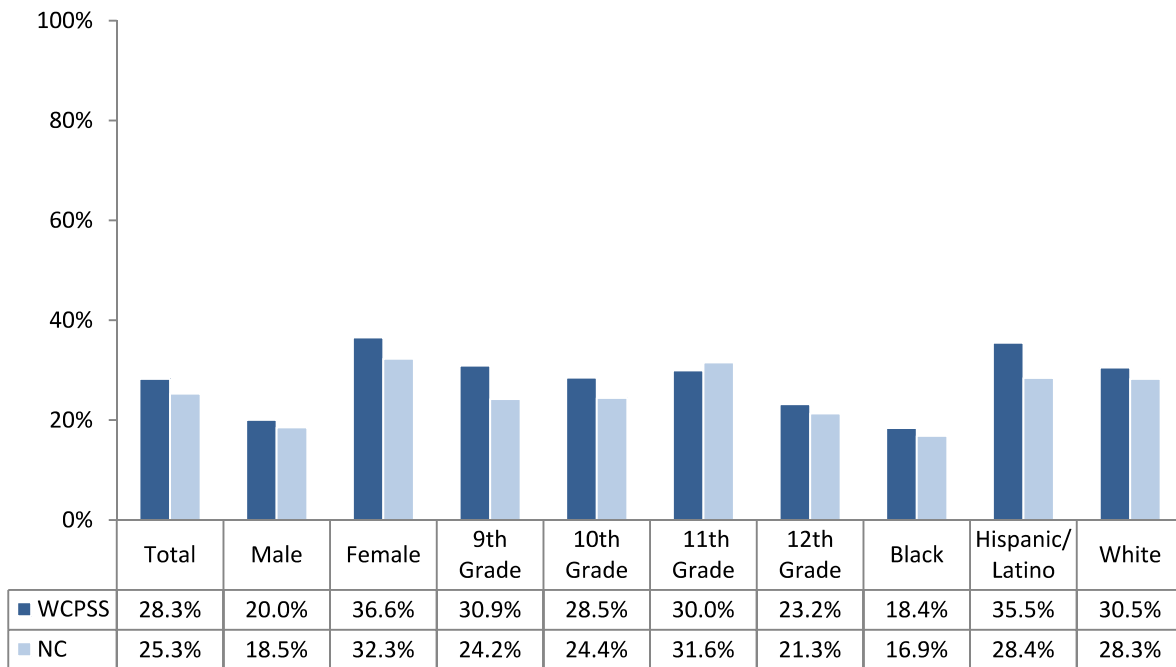
- No significant differences were detected.

Within WCPSS:

- **Female** students were significantly more likely to report not feeling good about themselves than **male** students.
- Students in **9<sup>th</sup> grade** were significantly more likely to report not feeling good about themselves than students in **12<sup>th</sup> grade**.
- **Hispanic/Latino** and **White** students were significantly more likely to report not feeling good about themselves than **Black** students.

**Figure 36**

**Percent of High School Students Who Strongly Disagree, Disagree, or Are Not Sure if They Feel Good about Themselves, 2013**



**When you have questions about sexually transmitted diseases (STD), HIV, AIDS, or pregnancy prevention, with whom do you usually talk?**

Fewer than one in five (18.0%) of WCPSS high school students reported that they talked with a parent or other adult family member about STDs or pregnancy prevention. Within WCPSS, results varied by gender and race/ethnicity. As presented in Figure 37, WCPSS results were similar to those of the state.

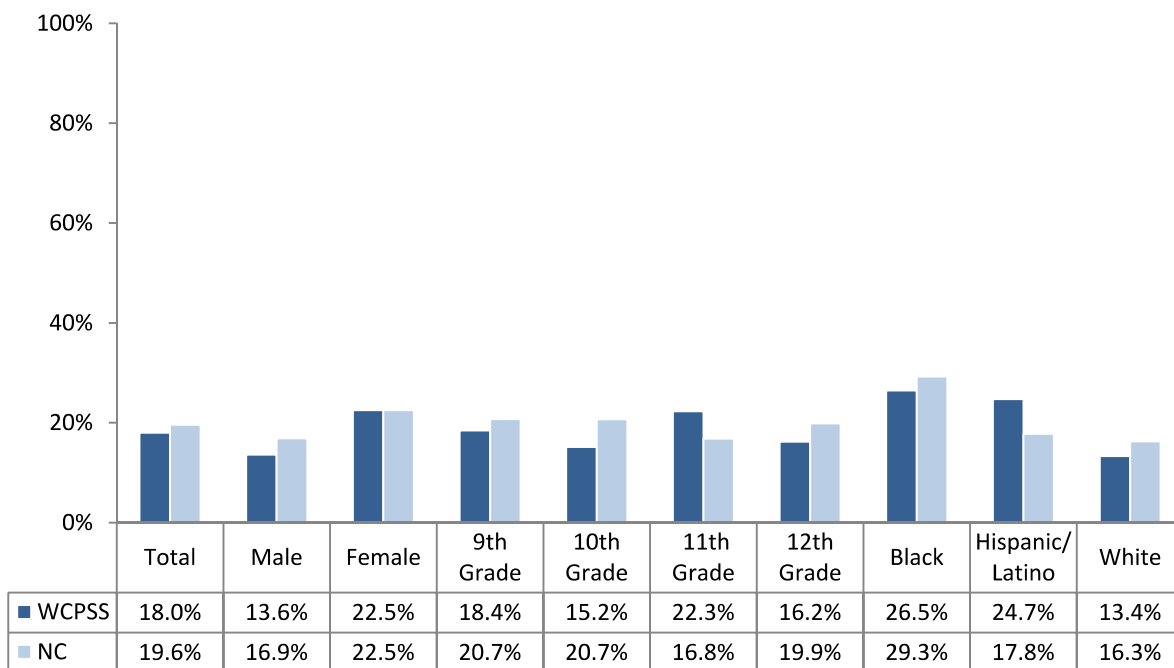
Comparing WCPSS to NC:

- No significant differences were detected.

Within WCPSS:

- **Male** students were significantly less likely to talk with a parent or other adult family member about STDs or pregnancy prevention than **female** students.
- **White** students were significantly less likely to talk with a parent or other adult family member about STDs or pregnancy prevention than **Black** or **Hispanic/Latino** students.

**Figure 37**  
**Percent of High School Students Who Talk with Their Parent or Other Adult Family Member When They Have Questions about STDs or Pregnancy Prevention, 2013**



## National Results

An overview of WCPSS, NC, and national results is presented in Table 2. For the most part, WCPSS results were similar to those of the United States overall. A few notable differences are listed below.

- A smaller percentage of WCPSS students reported never or rarely wearing a bicycle helmet than students across the United States.
- A smaller percentage of WCPSS students drank alcohol before age 13 than students across the United States.
- A larger percentage of WCPSS students were offered, sold, or given drugs on school property than students across the United States.
- A larger percentage of WCPSS students were not physically active for 60 minutes or more on five or more of the past seven days than students across the United States.
- A larger percentage of WCPSS students did not get eight or more hours of sleep on a school night than students across the United States.

**Table 2**  
***High School Youth Risk Behavior Survey, WCPSS, NC, and US 2013 Results***  
***Percent of students who reported each behavior***

	<b>WCPSS</b>	<b>NC</b>	<b>US</b>
Never or rarely wore a bicycle helmet	77.2	88.4	87.9
Never or rarely wore a seat belt	6.1	7.2	7.6
Rode with a driver who had been drinking alcohol	19.8	18.9	21.9
Drove when drinking alcohol	7.5	6.1	10.0
Texted or emailed while driving a car or other vehicle	39.8	33.6	41.4
Carried a weapon	14.3	20.6	17.9
Carried a weapon on school property	2.8	4.5	5.2
Were in a physical fight	21.5	24.1	24.7
Were in a physical fight on school property	6.6	7.6	8.1
Experienced physical dating violence	8.9	9.4	10.3
Experienced sexual dating violence	11.5	9.8	10.4
Were bullied on school property	19.4	19.2	19.6
Were electronically bullied	15.9	12.5	14.8
Felt sad or hopeless	28.5	29.3	29.9
Seriously considered attempting suicide	16.5	16.7	17.0
Attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse	4.9	5.3	2.7
Currently smoked cigarettes	11.8	15.0	15.7
Drank alcohol before age 13 years	13.4	14.3	18.6
Had five or more drinks of alcohol in a row	17.0	14.6	20.8
Ever used marijuana	39.6	40.8	40.7
Currently used marijuana	22.1	23.2	23.4
Were offered, sold, or given drug on school property	26.1	23.6	22.1
Were trying to lose weight	45.9	45.7	47.7
Took diet pills, powders, or liquids	5.1	5.2	5.0
Vomited or took laxatives to lose or maintain weight	5.3	4.3	4.4
Were not physically active at least 60 minutes per day on 5 or more days	59.0	53.5	52.7
Had ever been told by a doctor or nurse that they had asthma	22.2	24.2	21.0
Did not have 8 or more hours of sleep	80.1	72.0	68.3



**Appendix**  
**2013 Wake County North Carolina Youth Risk Behavior Survey High School**  
**Questionnaire**

1. How old are you?

- A. 12 years old or younger
- B. 13 years old
- C. 14 years old
- D. 15 years old
- E. 16 years old
- F. 17 years old
- G. 18 years old or older

2. What is your sex?

- A. Female
- B. Male

3. In what grade are you?

- A. 9th grade
- B. 10th grade
- C. 11th grade
- D. 12th grade
- E. Ungraded or other grade

4. Are you Hispanic/Latino or Latino?

- A. Yes
- B. No

5. 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

6. 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.

7. 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.

8. During the past 12 months, how would you describe your grades in school?

- A. Mostly A's
- B. Mostly B's
- C. Mostly C's
- D. Mostly D's
- E. Mostly F's
- F. None of these grades
- G. Not sure

9. 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

10. 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

11. 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

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

- A. I did not drive a car or other vehicle during the past 30 days
- B. 0 times
- C. 1 time
- D. 2 or 3 times
- E. 4 or 5 times
- F. 6 or more times

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

- A. I did not drive a car or other vehicle during the past 30 days
- B. 0 days
- C. 1 or 2 days
- D. 3 to 5 days
- E. 6 to 9 days
- F. 10 to 19 days
- G. 20 to 29 days
- H. All 30 days

14. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 6 or more days

15. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 6 or more days

16. 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

17. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

18. During the past 12 months, how many times were you in a physical fight?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

19. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

20. During the past 12 months, how many times were you in a physical fight on school property?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times

H. 12 or more times

21. Have you ever been physically forced to have sexual intercourse when you did not want to?

A. Yes

B. No

22. During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)

A. I did not date or go out with anyone during the past 12 months

B. 0 times

C. 1 time

D. 2 or 3 times

E. 4 or 5 times

F. 6 or more times

23. During the past 12 months, how many times did someone you were dating or going out with force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)

A. I did not date or go out with anyone during the past 12 months

B. 0 times

C. 1 time

D. 2 or 3 times

E. 4 or 5 times

F. 6 or more times

24. Is there gang activity in your school?

A. Yes

B. No

C. Not sure

25. During the past 12 months, have you ever been bullied on school property?

A. Yes

B. No

26. During the past 12 months, have you ever been electronically bullied? (Count being bullied through e-mail, chat rooms, instant messaging, websites, or texting.)

A. Yes

B. No

27. During the past 12 months, have you ever seen other students being bullied in your school?

A. Yes

B. No

28. During the past 12 months, have you ever been the victim of teasing or name calling because someone thought you were gay, lesbian, or bisexual?

A. Yes

B. No

29. 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

30. When you feel sad, empty, hopeless, angry, or anxious, with whom would you most likely talk about it?

- A. I do not feel sad, empty, hopeless, angry, or anxious
- B. Parent or other adult family member
- C. Teacher or other adult in this school
- D. Other adult
- E. Friend
- F. Sibling
- G. Not sure

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

- A. Yes
- B. No

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

- A. Yes
- B. No

33. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

- A. I did not attempt suicide during the past 12 months
- B. Yes
- C. No

34. How old were you when you smoked a whole cigarette for the first time?

- A. I have never smoked a whole cigarette
- 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

35. 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

36. 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

37. 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

38. 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

39. 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

40. 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

41. During the past 30 days, how did you usually get the alcohol you drank?

- A. I did not drink alcohol during the past 30 days
- B. I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station
- C. I bought it at a restaurant, bar, or club
- D. I bought it at a public event such as a concert or sporting event
- E. I gave someone else money to buy it for me
- F. Someone gave it to me
- G. I took it from a store or family member
- H. I got it some other way

42. 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

43. 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

44. 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

45. 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

46. 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

47. 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

48. 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

49. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?

- A. Yes
- B. No

50. Have you ever gotten into trouble with your family or friends, missed school, or gotten into fights, while using alcohol or drugs?

- A. Yes
- B. No

51. When you have questions about sexually transmitted diseases (STD), HIV, AIDS, or pregnancy prevention, with whom do you usually talk?

- A. I do not have questions about sexually transmitted diseases (STD), HIV, AIDS, or pregnancy prevention
- B. Doctor or nurse
- C. Parent or other adult family member
- D. Teacher or other adult in this school
- E. Religious leader
- F. Friend or sibling
- G. Other adult
- H. Not sure

52. How do you describe your weight?

- A. Very underweight
- B. Slightly underweight
- C. About the right weight
- D. Slightly overweight
- E. Very overweight

53. Which of the following are you trying to do about your weight?

- A. Lose weight
- B. Gain weight
- C. Stay the same weight
- D. I am not trying to do anything about my weight

54. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?

- A. Yes
- B. No

55. During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?

- A. Yes
- B. No

56. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not count meal replacement products such as Slim Fast.)

- A. Yes
- B. No



57. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?

- A. Yes
- B. No

58. 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.)

- A. I did not drink 100% fruit juice during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

59. During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)

- A. I did not eat fruit during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

60. During the past 7 days, how many times did you eat green salad?

- A. I did not eat green salad during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

61. During the past 7 days, how many times did you eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)

- A. I did not eat potatoes during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

62. During the past 7 days, how many times did you eat carrots?

- A. I did not eat carrots during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

63. During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)

- A. I did not eat other vegetables during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

64. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not count diet soda or diet pop.)

- A. I did not drink soda or pop during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

65. During the past 7 days, how many times did you drink a can, bottle, or glass of any other sugar-sweetened beverage? (Count sweet tea, punch, Kool-Aid, fruit-flavored drinks, energy drinks, and sports drinks. Do not count diet or sugar-free drinks.)

- A. I did not drink sugar-sweetened beverages during the past 7 days
- B. 1 to 3 times during the past 7 days
- C. 4 to 6 times during the past 7 days
- D. 1 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

66. During the past 7 days, on how many days did you eat breakfast?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

67. During the past 7 days, on how many days did you eat dinner at home with your family?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

68. 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

69. 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

70. 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? (Count time spent on things such as Xbox, PlayStation, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, 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

71. During the current school year, do you participate in an official school sport or sports where you play as part of a team such as baseball, basketball, football, volleyball, softball, or soccer?

- A. Yes
- B. No

72. During the current school year, do you participate in an official school sport or sports where you play as an individual such as golf, track and field, swimming, diving, wrestling, or tennis?

- A. Yes
- B. No

73. Do you consider yourself to have a disability?

- A. Yes
- B. No
- C. Not sure

74. Are you limited in any way in any activities because of disability or health problem?

- A. Yes
- B. No

C. Not sure

75. Do you have trouble learning, remembering, or concentrating because of a disability or health problem?

A. Yes

B. No

C. Not sure

76. During the past 12 months, how many times have you gambled on a sports team, gambled when playing cards or when playing a dice game, played the lottery or scratch off tickets, gambled on the internet, or bet on a game of personal skill such as pool or a video game?

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

77. Have you ever been tested for HIV, the virus that causes AIDS? (Do not count tests done if you donated blood.)

A. Yes

B. No

C. Not sure

78. Has a doctor or nurse ever told you that you have asthma?

A. Yes

B. No

C. Not sure

79. Do you still have asthma?

A. I have never had asthma

B. Yes

C. No

D. Not sure

80. An asthma action/management plan contains instructions about how to care for your asthma. Do you have a written asthma action plan or asthma management plan on file at school?

A. I do not have asthma

B. Yes

C. No

D. Not sure

81. 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

82. 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 count 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

83. On an average school day, how long after school are you alone without a parent or adult?

- A. I am not alone after school
- B. Less than 1 hour per day
- C. 1 or 2 hours per day
- D. 3 hours per day
- E. 4 hours per day
- F. 5 hours per day
- G. 6 or more hours per day

84. Do you agree or disagree that you feel good about yourself?

- A. Strongly agree
- B. Agree
- C. Not sure
- D. Disagree
- E. Strongly disagree

85. Do you agree or disagree that your teachers really care about you and give you a lot of encouragement?

- A. Strongly agree
- B. Agree
- C. Not sure
- D. Disagree
- E. Strongly disagree

86. Do you agree or disagree that you feel alone in your life?

- A. Strongly agree
- B. Agree
- C. Not sure
- D. Disagree
- E. Strongly disagree

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