

1993 National Youth Risk Behavior Survey

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to develop better health education 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.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class.

The questions that ask about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

Make sure to read every question. Fill in the ovals completely. When you are finished, follow the instructions of the person giving you the survey.

Public reporting burden for this collection of information is estimated to average 45 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to: PHS Reports Clearance Officer, ATTN: PRA, Hubert Humphrey Building, Room 721-H, 2000 Independence Avenue, S.W., Washington, D.C., 20201 and to the Office of Management and Budget, Paperwork Reduction Project (0920-0258) Washington, D.C. 20503.

THANK YOU VERY MUCH FOR YOUR HELP.

Directions

- Choose only one answer for each question.
- Use a #2 pencil only.
- Make dark marks.
- Fill in a response like this: A B ● D.
- Erase completely to change your answer.

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
4. How do you describe yourself?
 - a. White - not Hispanic
 - b. Black - not Hispanic
 - c. Hispanic
 - d. Asian or Pacific Islander
 - e. Native American or Alaskan Native
 - f. Other
5. 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

6. During the past 12 months, how many times did you ride a motorcycle?
 - a. 0 times
 - b. 1 to 10 times
 - c. 11 to 20 times
 - d. 21 to 39 times
 - e. 40 or more times

7. When you rode a motorcycle during the past 12 months, how often did you wear a helmet?
 - a. I did not ride a motorcycle 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

8. During the past 12 months, how many times did you ride a bicycle?
 - a. 0 times
 - b. 1 to 10 times
 - c. 11 to 20 times
 - d. 21 to 39 times
 - e. 40 or more times

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. 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

11. During the past 30 days, how many times did **you** drive a car or other vehicle when you 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, 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
13. During the past 30 days, on how many days did you carry a gun?
- a. 0 days
 - b. 1 day
 - c. 2 or 3 days
 - d. 4 or 5 days
 - e. 6 or more days
14. 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
15. 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
16. 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

17. During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books **on school property**?
- 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or 7 times
 - 8 or 9 times
 - 10 or 11 times
 - 12 or more times
18. During the past 12 months, how many times were you in a physical fight?
- 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or 7 times
 - 8 or 9 times
 - 10 or 11 times
 - 12 or more times
19. The **last time** you were in a physical fight with whom did you fight?
- I have never been in a physical fight
 - A total stranger
 - A friend or someone I know
 - A boyfriend, girlfriend or date
 - A parent, brother, sister, or other family member
 - Someone not listed above
 - More than one of the persons listed above
20. 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?
- 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or more times

21. 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
22. During the past 12 months, when you went swimming in places such as a pool, lake or ocean, how often was an adult or a lifeguard watching you?
- a. I did not go swimming during the past 12 months
 - b. Never
 - c. Rarely
 - d. Sometimes
 - e. Most of the time
 - f. Always

Sometimes people feel so depressed and hopeless about the future that they may consider attempting suicide, that is, taking some action to end their own life.

23. During the past 12 months, did you ever **seriously** consider attempting suicide?
- a. Yes
 - b. No
24. During the past 12 months, did you make a plan about how you would attempt suicide?
- a. Yes
 - b. No
25. During the past 12 months, how many times did you actually attempt suicide?
- a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or more times
26. 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

The next ten questions ask about tobacco use.

27. Have you ever tried cigarette smoking, even one or two puffs?
- Yes
 - No
28. How old were you when you smoked a whole cigarette for the first time?
- I have never smoked a whole cigarette
 - 8 years old or younger
 - 9 or 10 years old
 - 11 or 12 years old
 - 13 or 14 years old
 - 15 or 16 years old
 - 17 years old or older
29. Have you ever smoked cigarettes regularly, that is, at least one cigarette every day for 30 days?
- Yes
 - No
30. How old were you when you first started smoking cigarettes regularly? (At least one cigarette every day for 30 days)
- I have never smoked cigarettes regularly
 - 8 years old or younger
 - 9 or 10 years old
 - 11 or 12 years old
 - 13 or 14 years old
 - 15 or 16 years old
 - 17 years old or older
31. During the past 30 days, on how many days did you smoke cigarettes?
- 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

32. During the past 30 days, on the days you smoked, how many cigarettes did you smoke **per day**?
- a. I did not smoke cigarettes during the past 30 days
 - b. Less than 1 cigarette per day
 - c. 1 cigarette per day
 - d. 2 to 5 cigarettes per day
 - e. 6 to 10 cigarettes per day
 - f. 11 to 20 cigarettes per day
 - g. More than 20 cigarettes per day
33. During the past 30 days, on how many days did you smoke cigarettes **on school property**?
- 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
34. During the **past 6 months** did you **try to quit** smoking cigarettes?
- a. I did not smoke cigarettes during the past 6 months
 - b. Yes
 - c. No
35. During the past 30 days did you use **chewing tobacco** such as Redman, Levi Garrett or Beechnut, or **snuff** such as Skoal, Skoal Bandits or Copenhagen?
- a. No, I did not use chewing tobacco or snuff during the past 30 days
 - b. Yes, **chewing tobacco** only
 - c. Yes, **snuff** only
 - d. Yes, **both chewing tobacco and snuff**
36. During the past 30 days, did you use **chewing tobacco**, such as Redman, Levi Garrett, or Beechnut, or **snuff**, such as Skoal, Skoal Bandits, or Copenhagen **on school property**?
- a. No, I did not use chewing tobacco or snuff on school property
 - b. Yes, **chewing tobacco** only
 - c. Yes, **snuff** only
 - d. Yes, **both chewing tobacco and snuff**

The next five questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gun, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

37. 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
38. 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
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, on how many days did you have at least one drink of alcohol **on school property**?
- 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

The next four questions ask about the use of marijuana, which is also called grass or pot.

42. 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
43. 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
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 the past 30 days, how many times did you use marijuana **on school property**?
- 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 eight questions ask about cocaine and other drugs.

46. How old were you when you tried **any** form of cocaine, including powder, crack, or freebase, for the first time?
- a. I have never tried cocaine
 - 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
47. 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
48. During the past 30 days, how many times did you use **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
49. During your life, how many times have you used the **crack** or **freebase** forms of cocaine?
- 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

50. During your life, how many times have you used any other type of illegal drug, such as LSD, PCP, ecstasy, mushrooms, speed, ice, heroin, or pills 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
51. 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
52. During your life have you ever injected (shot up) any illegal drug?
- a. Yes
 - b. No
53. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?
- a. Yes
 - b. No

The next three questions ask about AIDS/HIV education and information.

54. Have you ever been taught about AIDS or HIV infection in school?
- a. Yes
 - b. No
 - c. Not sure
55. During this school year, in how many class periods were you taught about AIDS/HIV infection?
- a. 0 periods
 - b. 1 or 2 periods
 - c. 3 to 5 periods
 - d. 6 to 10 periods
 - e. 11 or more periods
 - f. Not sure

56. Have you ever talked about AIDS or HIV infection with your parents or other adults in your family?
- a. Yes
 - b. No
 - c. Not sure

The next nine questions ask about sexual behavior.

57. Have you ever had sexual intercourse?
- a. Yes
 - b. No
58. How old were you when you had sexual intercourse for the first time?
- a. I have never had sexual intercourse
 - b. 11 years old or younger
 - c. 12 years old
 - d. 13 years old
 - e. 14 years old
 - f. 15 years old
 - g. 16 years old
 - h. 17 years old or older
59. During your life, with how many people have you had sexual intercourse?
- a. I have never had sexual intercourse
 - b. 1 person
 - c. 2 people
 - d. 3 people
 - e. 4 people
 - f. 5 people
 - g. 6 or more people
60. During the **past 3 months**, with how many people did you have sexual intercourse?
- a. I have never had sexual intercourse
 - b. I have had sexual intercourse, but not during the past 3 months
 - c. 1 person
 - d. 2 people
 - e. 3 people
 - f. 4 people
 - g. 5 people
 - h. 6 or more people

61. Did you drink alcohol or use drugs before you had sexual intercourse the **last time**?
- I have never had sexual intercourse
 - Yes
 - No
62. The **last time** you had sexual intercourse, did you or your partner use a condom?
- I have never had sexual intercourse
 - Yes
 - No
63. The **last time** you had sexual intercourse, what **one** method did you or your partner use to **prevent pregnancy**? (Select only one response)
- I have never had sexual intercourse
 - No method was used to prevent pregnancy
 - Birth control pills
 - Condoms
 - Withdrawal
 - Some other method
 - Not sure
64. How many times have you been pregnant or gotten someone pregnant?
- 0 times
 - 1 time
 - 2 or more times
 - Not sure
65. Have you ever been told by a doctor or nurse that you had a sexually transmitted disease such as genital herpes, genital warts, chlamydia, syphilis, gonorrhea, AIDS, or HIV infection?
- Yes
 - No

The next four questions ask about body weight.

66. How do **you** think of yourself?
- Very underweight
 - Slightly underweight
 - About the right weight
 - Slightly overweight
 - Very overweight
67. Which of the following are you trying to do?
- Lose** weight
 - Gain** weight
 - Stay** the same weight
 - I am **not trying to do anything** about my weight

68. During the past 7 days, which **one** of the following did you do to lose weight or to keep from gaining weight?
- a. I did not try to lose weight or keep from gaining weight
 - b. I dieted
 - c. I exercised
 - d. I exercised and dieted
 - e. I used some other method, but I did not exercise or diet
69. During the past 7 days, which **one** of the following did you do to lose weight or to keep from gaining weight?
- a. I did not try to lose weight or keep from gaining weight
 - b. I made myself vomit
 - c. I took diet pills
 - d. I made myself vomit and took diet pills
 - e. I used some other method, but I did not vomit or take diet pills

The next seven questions ask about food you ate yesterday. Think about all meals and snacks you ate yesterday 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.

70. Yesterday, did you eat fruit?
- a. No
 - b. Yes, once only
 - c. Yes, twice or more
71. Yesterday, did you drink fruit juice?
- a. No
 - b. Yes, once only
 - c. Yes, twice or more
72. Yesterday, did you eat green salad?
- a. No
 - b. Yes, once only
 - c. Yes, twice or more
73. Yesterday, did you eat **cooked** vegetables?
- a. No
 - b. Yes, once only
 - c. Yes, twice or more
74. Yesterday, did you eat hamburger, hot dogs, or sausage?
- a. No
 - b. Yes, once only
 - c. Yes, twice or more

75. Yesterday, did you eat French fries or potato chips?
- a. No
 - b. Yes, once only
 - c. Yes, twice or more
76. Yesterday, did you eat cookies, doughnuts, pie, or cake?
- a. No
 - b. Yes, once only
 - c. Yes, twice or more

The next eight questions ask about physical activity.

77. On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes **that made you sweat and breathe hard**, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?
- a. 0 days
 - b. 1 day
 - c. 2 days
 - d. 3 days
 - e. 4 days
 - f. 5 days
 - g. 6 days
 - h. 7 days
78. On how many of the past 7 days did you do **stretching exercises** such as toe touching, knee bending, or leg stretching?
- a. 0 days
 - b. 1 day
 - c. 2 days
 - d. 3 days
 - e. 4 days
 - f. 5 days
 - g. 6 days
 - h. 7 days
79. On how many of the past 7 days did you do exercises to **strengthen or tone your muscles**, such as push-ups, sit-ups, or weight lifting?
- a. 0 days
 - b. 1 day
 - c. 2 days
 - d. 3 days
 - e. 4 days
 - f. 5 days
 - g. 6 days
 - h. 7 days

80. On how many of the past 7 days did you walk or bicycle for at least 30 minutes at a time? (Include walking or bicycling to or from school.)
- a. 0 days
 - b. 1 day
 - c. 2 days
 - d. 3 days
 - e. 4 days
 - f. 5 days
 - g. 6 days
 - h. 7 days
81. In an average week when you are in school, on how many days do you go to physical education (PE) classes?
- a. 0 days
 - b. 1 day
 - c. 2 days
 - d. 3 days
 - e. 4 days
 - f. 5 days
82. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?
- a. I do not take PE
 - b. Less than 10 minutes
 - c. 10 to 20 minutes
 - d. 21 to 30 minutes
 - e. More than 30 minutes
83. During the past 12 months, on how many sports teams **run by your school** did you play? (Do not include PE classes)
- a. 0 teams
 - b. 1 team
 - c. 2 teams
 - d. 3 or more teams
84. During the past 12 months, on how many sports teams **run by organizations outside of your school**, did you play?
- a. 0 teams
 - b. 1 team
 - c. 2 teams
 - d. 3 or more teams

85. Compared to other students in your class what kind of student would you say you are?
- a. One of the best
 - b. Far above the middle
 - c. A little above the middle
 - d. In the middle
 - e. A little below the middle
 - f. Far below the middle
 - g. Near the bottom
86. How far in school did your mother go?
- a. She did not finish high school
 - b. She graduated from high school
 - c. She had some education after high school
 - d. She graduated from college
 - e. Not sure
87. How far in school did your father go?
- a. He did not finish high school
 - b. He graduated from high school
 - c. He had some education after high school
 - d. He graduated from college
 - e. Not sure

Thank you very much for your help.