
Attitudes & Behaviors Survey

Instructions: Your answers on this questionnaire will be kept strictly confidential. No one will be able to find out how you or anyone else answered. Your school or program will receive a report that combines many students' answers together. Therefore, no one will be able to connect your answers with your name.

This is not a test you take for grades. You are just being asked to tell about yourself, your experiences, and your feelings. Please be as honest as you can.

Some of the questions in this survey ask about your parents. In this survey, "parents" (and "father" or "mother" refer to the adults who are now most responsible for raising you. They could be foster parents, stepparents, or relative/guardians. If you live in a one-parent family, answer for that adult.

1. How old are you?	☐ 11 or younger	☐ 15
	☐ 12	☐ 16
	☐ 13	☐ 17
	☐ 14	☐ 18
	☐ 15	☐ 19 or older
2. What is your grade in school?	☐ 5th	☐ 9th
	☐ 6th	☐ 10th
	☐ 7th	☐ 11th
	☐ 8th	☐ 12th
3. Which of the following best describes you?	☐ Female	
	☐ Male	
	☐ Prefer to self-describe _____	
4. Question Omitted		
5. How do you describe yourself? Mark each that applies to you from this list:	☐ American Indian or Alaska Native	☐ Native Hawaiian or Other Pacific Islander
	☐ Asian	☐ White
	☐ Black or African American	☐ Other
	☐ Hispanic or Latino/Latina	
6. Which of the following best describes your family?	☐ I live with my two birth/ biological parents	☐ I live with my two adoptive parents
	☐ Sometimes I live with my mom and sometimes my dad	☐ I live with one parent
	☐ I live with one parent and one stepparent	☐ I live with one birth parent and one adoptive parent
	☐ I live with foster parents	☐ I live with my grandparents or other adult relatives who take care of me
	☐ Other	

How important is each of the following to you in your life? Mark <u>one</u> answer for each.	Not Important	Somewhat Important	Not Sure	Quite Important	Extremely Important
7. Helping other people	☐	☐	☐	☐	☐
8. Helping to reduce hunger and poverty in the world	☐	☐	☐	☐	☐
9. Helping to make the world a better place in which to live	☐	☐	☐	☐	☐
10. Being religious or spiritual	☐	☐	☐	☐	☐
11. Helping to make sure that all people are treated fairly	☐	☐	☐	☐	☐
12. Getting to know people who are of a different race or ethnic group than I am	☐	☐	☐	☐	☐
13. Speaking up for equality (everyone should have the same rights and opportunities)	☐	☐	☐	☐	☐
14. Giving time or money to make life better for other people	☐	☐	☐	☐	☐
15. Doing what I believe is right, even if my friends make fun of me	☐	☐	☐	☐	☐
16. Standing up for what I believe, even when it's unpopular to do so	☐	☐	☐	☐	☐
17. Telling the truth, even when it's not easy	☐	☐	☐	☐	☐

18. Accepting responsibility for my actions when I make a mistake or get in trouble	☐	☐	☐	☐	☐
19. Doing my best, even when I have to do a job I don't like	☐	☐	☐	☐	☐

20. On an average school day, how much time do you spend doing homework outside of school?	☐	None	☐	Half hour or less
	☐	Between a half hour and an hour	☐	1 hour
	☐	2 hours	☐	3 hours or more

21. What grades do you earn in school?	☐	Mostly As	☐	About half As and half Bs
	☐	Mostly Bs	☐	About half Bs and half Cs
	☐	Mostly Cs	☐	About half Cs and half Ds
	☐	Mostly Ds	☐	Mostly below Ds

For each of the following, mark one response.

How often does one of your parents ... ?

22. Help you with your school work	☐	☐	☐	☐	☐
23. Talk to you about what you are doing in school	☐	☐	☐	☐	☐

24. Ask you about homework	☐	☐	☐	☐	☐
25. Go to meetings or events at your school	☐	☐	☐	☐	☐

How much do you agree or disagree with the following? Mark one answer for each.

26. At school I try as hard as I can to do my best work	☐	☐	☐	☐	☐
27. My teachers really care about me	☐	☐	☐	☐	☐
28. It bothers me when I don't do something well	☐	☐	☐	☐	☐
29. I get a lot of encouragement at my school	☐	☐	☐	☐	☐
30. Teachers at school push me to be the best I can be	☐	☐	☐	☐	☐
31. My parents push me to be the best I can be	☐	☐	☐	☐	☐

32. During the last four weeks, how many days of school have you missed because you skipped or "ditched"?	☐	None	☐	1 day
	☐	2 days	☐	3 days
	☐	4-5 days	☐	6-10 days
	☐	11 or more days	☐	

33. During this school year, have you received special help in school for your class work or behavior on a daily or weekly basis?	☐	Yes	☐	No
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For each of the following, mark one answer. How often do you ... ?

34. Feel bored at school	☐	☐	☐
35. Come to classes without the supplies I need (for example, paper, computer, books)	☐	☐	☐
36. Come to classes without your homework finished	☐	☐	☐
37. Feel interested in what you are learning at school	☐	☐	☐

How much do you agree or disagree with the following? Mark one answer for each.

38. On the whole, I like myself	☐	☐	☐	☐	☐
39. It is against my values to drink alcohol while I am a teenager	☐	☐	☐	☐	☐
40. I like to do exciting things, even if they are dangerous	☐	☐	☐	☐	☐
41. At times, I think I am no good at all	☐	☐	☐	☐	☐
42. I get along well with my parents	☐	☐	☐	☐	☐

43. All in all, I am glad I am me	☐	☐	☐	☐	☐
44. I feel I do not have much to be proud of	☐	☐	☐	☐	☐
45. If I break one of my parents' rules, there are consequences such as not being allowed to do the things I like to do	☐	☐	☐	☐	☐
46. My parents give me help and support when I need it	☐	☐	☐	☐	☐
47. It is against my values to have sex while I am a teenager	☐	☐	☐	☐	☐
48. In my school there are clear rules about what students can and cannot do	☐	☐	☐	☐	☐
49. I care about the school I go to	☐	☐	☐	☐	☐
50. My parents often tell me they love me	☐	☐	☐	☐	☐
51. In my family, I feel useful and important	☐	☐	☐	☐	☐
52. Students in my school care about me	☐	☐	☐	☐	☐
53. In my family, there are clear rules about what I can and cannot do	☐	☐	☐	☐	☐
54. In my neighborhood, there are a lot of people who care about me	☐	☐	☐	☐	☐
55. At my school, everyone knows that you'll get in trouble for using alcohol or other drugs	☐	☐	☐	☐	☐
56. If one of my neighbors saw me do something wrong, he or she would tell one of my parents	☐	☐	☐	☐	☐

During the last 12 months, how many times have you ... ?	Never	Once	Twice	3-4 Times	5 or More Times
57. Been a leader in a group or organization	☐	☐	☐	☐	☐
58. Stolen something from a store	☐	☐	☐	☐	☐
59. Gotten into trouble with the police	☐	☐	☐	☐	☐
60. Hit or beat up someone	☐	☐	☐	☐	☐
61. Damaged property just for fun (such as breaking windows, scratching a car, putting paint on walls, etc.)	☐	☐	☐	☐	☐

During an average week, how many hours do you spend ... ?	0	1	2	3-5	6-10	11 or More
62. Playing on or helping with sports teams at school or in the community	☐	☐	☐	☐	☐	☐
63. In clubs or organizations other than sports at school (for example, school newspaper, student government, school plays, language clubs, hobby clubs, drama club, debate, etc.)	☐	☐	☐	☐	☐	☐
64. In clubs or organizations other than sports outside of school (such as 4-H, Scouts, Boys and Girls Clubs, YWCA, YMCA, etc.)	☐	☐	☐	☐	☐	☐
65. Reading just for fun (not part of your school work)	☐	☐	☐	☐	☐	☐
66. Going to programs, groups, or services at a church, synagogue, mosque, or other religious or spiritual place	☐	☐	☐	☐	☐	☐

During an average week, how many hours do you spend ... ?	0	1	2	3-5	6-10	11 or More
67. Helping other people without getting paid (such as helping out at a hospital, daycare center, food shelf/pantry, youth program, community service agency, or doing other things) to make your city a better place for people to live	☐	☐	☐	☐	☐	☐
68. Helping friends or neighbors	☐	☐	☐	☐	☐	☐
69. Practicing or taking lessons in music, art, drama, or dance, after school or on weekends	☐	☐	☐	☐	☐	☐

People who know me would say that this is ...	Not at All Like Me	A Little Like Me	Somewh at Like Me	Quite Like Me	Very Much Like Me
70. Knowing how to say "no" when someone wants me to do things I know are wrong or dangerous	☐	☐	☐	☐	☐
71. Caring about other people's feelings	☐	☐	☐	☐	☐
72. Thinking through the possible good and bad results of different choices before I make decisions	☐	☐	☐	☐	☐
73. Saving my money for something special rather than spending it all right away	☐	☐	☐	☐	☐
74. Respecting the values and beliefs of people who are of a different race or culture than I am	☐	☐	☐	☐	☐
75. Giving up when things get hard for me	☐	☐	☐	☐	☐
76. Staying away from people who might get me in trouble	☐	☐	☐	☐	☐
77. Feeling really sad when one of my friends is unhappy	☐	☐	☐	☐	☐
78. Being good at making and keeping friends	☐	☐	☐	☐	☐
79. Knowing a lot about people of other races or ethnic groups	☐	☐	☐	☐	☐
80. Enjoying being with people who are of a different race or ethnic group than I am	☐	☐	☐	☐	☐
81. Being good at planning ahead	☐	☐	☐	☐	☐
82. Taking good care of my body (such as, eating foods that are good for me, exercising regularly, and eating three good meals a day)	☐	☐	☐	☐	☐

On how many occasions (if any) have you had more than just a few sips of alcoholic beverages (beer, wine, or hard liquor) to drink...?

	0	1-2	3-5	6-9	10-19	20-39	40+
83. In your <u>lifetime</u>	☐	☐	☐	☐	☐	☐	☐
84. During the <u>past 30 days</u>	☐	☐	☐	☐	☐	☐	☐
85. Think back over the past two weeks. How many times have you had five or more drinks in a row? (A "drink" is a glass of wine, a bottle or can of beer, a shot glass of liquor, or a mixed drink.)	☐	None	☐	Once			
	☐	Twice	☐	3 to 5 times			
	☐	6 to 9 times	☐	10 or more times			

86. How frequently have you used nicotine products during the past 30 days? (Nicotine products include vapes, pouches, cigarettes, and chew/dip.)	☐	I have never used nicotine pr	☐	Not at all
	☐	A few times	☐	More than once a week
	☐	Daily	☐	Several times a day
87. During the past 30 days, have you used marijuana? (Marijuana includes pot, weed, flower, bud in any form - smoking, vaping, dabs, or edibles.)	☐	Yes	☐	No
88. During the past 30 days, have you used prescription drugs not prescribed to you?	☐	Yes	☐	No

How wrong do your parents feel it would be for you to ... ?

	Very Wrong	Wrong	A Little Bit Wrong	Not at all Wrong
89. Have one or two drinks of an alcoholic beverage nearly every day	☐	☐	☐	☐
90. Use nicotine products (including vapes, pouches, cigarettes, chew/dip)	☐	☐	☐	☐
91. Use marijuana (including pot, weed, flower, bud in any form - smoking, vaping, dabs, or edibles)	☐	☐	☐	☐
92. Use prescription drugs not prescribed to you	☐	☐	☐	☐

How wrong do your friends feel it would be for you to ... ?	Very Wrong	Wrong	A Little Bit Wrong	Not at all Wrong
93. Have one or two drinks of an alcoholic beverage nearly every day	☐	☐	☐	☐
94. Use nicotine products (including vapes, pouches, cigarettes, chew/dip)	☐	☐	☐	☐
95. Use marijuana (including pot, weed, flower, bud in any form - smoking, vaping, dabs, or edibles)	☐	☐	☐	☐
96. Use prescription drugs not prescribed to you	☐	☐	☐	☐

How much do you think people risk harming themselves (physically or in other ways) if they...?	No Risk	Slight Risk	Moderate Risk	Great Risk
97. Have five or more drinks of an alcoholic beverage once or twice a week	☐	☐	☐	☐
98. Use nicotine products more than once per day	☐	☐	☐	☐
99. Use any form of marijuana once or twice a week	☐	☐	☐	☐
100. Use prescription drugs that are not prescribed to you	☐	☐	☐	☐

How many times, if any, have you used cocaine (crack, coke) in your lifetime ... ?	0	1	2	3-5	6-9	10-19	20-39	40+
101. Number of times...	☐	☐	☐	☐	☐	☐	☐	☐

During the last 12 months, how many times have you ... ?	Never	Once	Twice	3-4 Times	5 or More Times
102. Been to a party where other kids your age were drinking	☐	☐	☐	☐	☐
103. Driven a car after you had been drinking	☐	☐	☐	☐	☐
104. Ridden in a car whose driver had been drinking	☐	☐	☐	☐	☐

How many times during the <u>last 30 days</u> , if any, ha	0	1	2	3-5	6-9	10-19	20-39	40+
105. Number of Times	☐	☐	☐	☐	☐	☐	☐	☐

106. In an average week, how many times do all of the people in your family who live with you eat dinner together?	☐	None	☐	Once a week
	☐	Twice a week	☐	Three times a week
	☐	4 times a week	☐	5 times a week
	☐	6 times a week	☐	7 times a week
107. How often did you feel sad or depressed during the last month?	☐	All of the time	☐	Most of the time
	☐	Some of the time	☐	Once in a while
	☐	Not at all	☐	
108. Have you ever tried to kill yourself?	☐	No	☐	Yes, once
	☐	Yes, twice	☐	Yes, more than two times
109. Have you ever had sexual intercourse ("gone all the way," "made love")?	☐	No	☐	Once
	☐	Twice	☐	3 times
	☐	4 times	☐	5 times
	☐	I prefer not to answer	☐	

Conditional Question:

110. When you have sex, how often do you and/or your partner use a birth control method such as birth control pills, Depo-Provera shot, an implant, ring, patch, male or female condom (rubber), foam, diaphragm, or IUD?	☐	Never	☐	Seldom
	☐	Sometimes	☐	Often
	☐	Always		

How many times, if any, in the last 12 months have you used ... ?	0	1	2	3-5	6-9	10-19	20-39	40+
111. Kratom, mushrooms, Delta 8 THC or similar products	☐	☐	☐	☐	☐	☐	☐	☐
112. Heroin or other narcotics (like opioids or meth)	☐	☐	☐	☐	☐	☐	☐	☐

How much do you agree or disagree with the following? Mark <u>one</u> answer for each.	Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree
113. Sometimes I feel like my life has no purpose	☐	☐	☐	☐	☐
114. Adults in my town or city make me feel important	☐	☐	☐	☐	☐
115. Adults in my town or city listen to what I have to say	☐	☐	☐	☐	☐
116. I'm given lots of chances to help make my town or city a better place in which to live	☐	☐	☐	☐	☐
117. Adults in my town or city don't care about people my age	☐	☐	☐	☐	☐
118. In my town or city, I feel like I matter to people	☐	☐	☐	☐	☐
119. When things don't go well for me, I am good at finding a way to make things better	☐	☐	☐	☐	☐
120. When I am an adult, I'm sure I will have a good life	☐	☐	☐	☐	☐

During the last 12 months, how many times have you ... ?	Never	Once	Twice	3-4 Times	5 or More Times
121. Taken part in a fight where a group of your friends fought another group	☐	☐	☐	☐	☐
122. Hurt someone badly enough to need bandages or a doctor	☐	☐	☐	☐	☐
123. Used a knife, gun, or other weapon to get something from a person	☐	☐	☐	☐	☐

124. If you had an important concern about drugs, alcohol, sex, or some other serious issue, would you talk to your parent(s) about it?	☐ Yes	☐ Probably
	☐ I'm not sure	☐ Probably not
	☐ No	
125. How much of the time do your parents ask you where you are going or with whom you will be?	☐ Never	☐ Seldom
	☐ Some of the time	☐ Most of the time
	☐ All of the time	

Among the people you consider to be your closest friends, how many would you say ... ?	None	A few	Some	Most	All
126. Drink alcohol once a week or more	☐	☐	☐	☐	☐
127. Have used drugs such as marijuana or cocaine	☐	☐	☐	☐	☐
128. Do well in school	☐	☐	☐	☐	☐
129. Get into trouble at school	☐	☐	☐	☐	☐

How often do you feel afraid of ...	Never	Once in a while	Sometimes	Often	Always
130. Walking around your neighborhood	☐	☐	☐	☐	☐
131. Getting hurt by someone at your school	☐	☐	☐	☐	☐
132. Getting hurt by someone in your home	☐	☐	☐	☐	☐
133. On the average, how many evenings per week do you go out to activities at a school, youth group, congregation, or other organization?	☐	0	☐	1	
	☐	2	☐	3	
	☐	4	☐	5	
	☐	6	☐	7	
134. On the average, how many evenings per week do you go out just to be with your friends without anything special to do?	☐	0	☐	1	
	☐	2	☐	3	
	☐	4	☐	5	
	☐	6	☐	7	

135. Imagine that someone at your school hit you or pushed you for no reason. What would you do? Mark one answer.

- | | | | |
|--------------------------|--|--------------------------|---|
| ☐ | I'd hit or push them right back. | ☐ | I'd try to hurt them worse than they hurt me. |
| ☐ | I'd try to talk to this person and work out our differences. | ☐ | I'd talk to a teacher or other adult. |
| ☐ | I'd just ignore it and do nothing. | ☐ | |

How much do you agree or disagree with the following? Mark one answer for each.

	Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree
136. Students help decide what goes on in my school	☐	☐	☐	☐	☐
137. I don't care how I do in school	☐	☐	☐	☐	☐
138. I have lots of good conversations with my parents	☐	☐	☐	☐	☐
139. If I break a school rule, there are consequences such as not being allowed to do the things I like to do	☐	☐	☐	☐	☐
140. My parents spend a lot of time helping other people	☐	☐	☐	☐	☐
141. I have little control over the things that will happen in my life	☐	☐	☐	☐	☐

During the last 12 months, how many times have you ... ?

	Never	Once	Twice	3-4 Times	5 or more times
142. Carried a knife or gun to protect yourself	☐	☐	☐	☐	☐
143. Threatened to physically hurt someone	☐	☐	☐	☐	☐
144. Gambled (for example, bought lottery tickets or tabs, bet money on sports teams or card games, etc.)	☐	☐	☐	☐	☐

How many adults have you known for two or more years who ... ?

	0	1	2	3-4	5 or more
145. Give you lots of encouragement whenever they see you	☐	☐	☐	☐	☐
146. You look forward to spending time with	☐	☐	☐	☐	☐
147. Spend a lot of time helping other people	☐	☐	☐	☐	☐
148. Do things that are wrong or dangerous	☐	☐	☐	☐	☐
149. Talk with you at least once a month	☐	☐	☐	☐	☐

On an average school day, how many hours do you spend ... ?

	None	Less than 1 hour	1 hour	2 hours	3 hours	4 or more hours
150. Watching TV or videos	☐	☐	☐	☐	☐	
151. Using a computer, cell phone, or tablet to email, play games, surf the web, message, or text with friends	☐	☐	☐	☐	☐	
152. At home with no adult there with you	☐	☐	☐	☐	☐	

153. Have you ever been physically harmed (that is where someone caused you to have a scar, black and blue marks, welts, bleeding, or a broken bone) by someone in your family or someone living with you?

- | | | | |
|--------------------------|--------------------|--------------------------|------------|
| ☐ | Never | ☐ | Once |
| ☐ | 2-3 times | ☐ | 4-10 times |
| ☐ | More than 10 times | | |

154. How many times in the last 2 years have you been the victim of physical violence where someone caused you physical pain or injury?

- | | | | |
|--------------------------|-----------------|--------------------------|---------|
| ☐ | Never | ☐ | Once |
| ☐ | Twice | ☐ | 3 times |
| ☐ | 4 or more times | | |

155. Where does your family now live?

- | | | | |
|--------------------------|---|--------------------------|---|
| ☐ | On a farm | ☐ | In the country, but not on a farm |
| ☐ | On an American Indian Reservation | ☐ | In a small town (under 2,500 in population) |
| ☐ | In a town (2,500 to 9,999 population) | ☐ | In a small city (10,000 to 49,999) |
| ☐ | In a medium size city (50,000 to 250,000) | ☐ | In a large city (over 250,000) |

156. How many years have you lived in the city where you live now?	☐	All my life	☐	10 or more years, but I've lived in at least one other place
	☐	5-9 years	☐	3-4 years
	☐	1-2 years	☐	Less than one year
157. How often do you binge eat (eat a lot of food in a short period of time) and then make yourself throw up or use laxatives to get rid of the food you have?	☐	Never	☐	Once in a while
	☐	Sometimes	☐	Often
158. Have you ever gone several months where you cut down on how much you ate and lost so much weight or became so thin that other people became	☐	Yes	☐	No
159. What is the highest level of schooling your father (or stepfather or male foster parent/guardian) completed?	☐	Completed grade school or less	☐	Some high school
	☐	Completed high school	☐	Some college
	☐	Graduate or professional school after college	☐	Don't know, or does not apply

How much do you agree or disagree with the following:	Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree
I have enough access to broadband or wifi to complete my school work and other essential online tasks.	☐	☐	☐	☐	☐
I understand the risks to me and information about me online and take steps to protect myself (e.g. through passwords, avoiding risky chatrooms, avoiding sharing personal information with	☐	☐	☐	☐	☐
I have been a victim of bullying, harassment or crime online or through social media.	☐	☐	☐	☐	☐
I have targeted or bullied someone online or through social media (alone or with others).	☐	☐	☐	☐	☐

On a typical day, how much time do you spend doing the following:	None	Less than 1 hour	1 hour	2 hours	or more hours
Using social media apps (Instagram, Snapchat, etc.)	☐	☐	☐	☐	☐
Playing games on a game or VR console (Xbox, Nintendo Switch, PlayStation, Oculus, etc.)	☐	☐	☐	☐	☐
Watching videos (TikTok, YouTube, etc.)	☐	☐	☐	☐	☐
Working on school-related projects	☐	☐	☐	☐	☐
Reading for pleasure or information	☐	☐	☐	☐	☐

Which of these activities have you participated in in the last year (select all that apply):	☐	A school club or extracurricular activity	☐	A CTE (Career & Technical Ed) program
	☐	A school-sponsored sports team	☐	A school-sponsored summer program
	☐	Received support from a counselor or social worker at school	☐	
In the past month, how often did worrying make it hard for you to do tasks that you needed or wanted to do?	☐	Not at all	☐	Once in a while
	☐	Some of the time	☐	Most of the time
	☐	All of the time		
Which, if any, nicotine products have you used (check all that apply):	☐	I don't use nicotine products	☐	Vape/e-cigarette
	☐	Nicotine pouches	☐	Chew/Dip
	☐	Cigarettes		