Oregon Student Wellness Survey for Grade 6-8

1. The survey is completely voluntary and anonymous. DO NOT put your name on the questionnaire.



2. This is not a test, so there are no right or wrong answers. We would like you to work quickly so you can finish. 3. All of the questions should be answered by completely filling in one of the answer spaces. If you do not find an answer that fits exactly, use the one that comes closest. If any question does not apply to you, or you are not sure what it means, just leave it blank. You can skip any question that you do not wish to answer. 4. Please mark only ONE oval unless the question specifically asks you to "Please mark all that apply." Completely fill in the oval using a #2 pencil. 1. How old are you? 6. Are you Hispanic or Latino/Latina ○ 10 years old ○ 13 years old ☐ 11 years old □ 14 years old \bigcirc No □ 12 years old
 □ □ 15 years old
 □ 1 7. What is the language) ou use most often at home? 2. How do you identify? Female Transgender English Something else fits better Russiar Spanish 3. In what grade are you? ___'ietn, mese ○6th OA - hal lunguage Another language ○7th Ungraded or other grade ○8th 4. What is your race? (Please mark all that apply) 8. Are you enrolled in any of the following tribes? ○I am not enrolled in a tribe American Indian/Native American Alaska Native Burns Paiute Tribe Ocquille Indian Tribe Asian Indian Chinese Cow Creek Band of Umpqua Tribe of Indians Confederated Tribes of Grand Ronde Japanese Klamath Tribes ○ Korean Confederated Tribes of the Umatilla Indian Reservation Vietnamese Confederated Tribes of the Coos, Lower Umpqua, Filipino and Siuslaw Indians ○ Native Hawaiian Confederated Tribes of Siletz Indians Other Pacific Island Confederated Tribes of Warm Springs Black or African Amel can Other White Other (Spe_ry)_ 5. If you selected ... ore that one race, what one 9. Would you say that in general your emotional and race best a cribes w 1? mental health is... OAmerican Ind. n/Native American poor good cexcellent ∫fair very good ^lask Native Asian I dian Shirler a 10. Would you say that in general your physical lagunese health is... ○ Korean excellent poor good Vietnamese very good ∫fair Filipino ○ Native Hawaiian Other Pacific Islander ○ Black or African American White Other

[SERIAL]

11. Have you changed schools (including changing from elementary to middle and middle to high school) in the past year?	How much do you agree with the following statements about school?
○Yes ○No	
	19. I have lots of chances to be part of class
12. How many times have you changed homes since	discussions or activities.
kindergarten?	20. There are lots of chances for students in my
-	school to get involved in sports, clubs, and other
Never 5 or 6 times	school activities outside of class.
○1 or 2 times ○7 or more times	21. I respect most of my teachers.
○3 or 4 times	22. My teachers notice when I am doing a good job
	and let me know about it.
13. Putting them all together, what were your grades like	23. I can talk to my teachers openly and freely
last year?	about my concerns.
•	24. In my school, teachers treat students with
	respect.
○ Mostly B's ○ Mostly D's	25. Most students at my school help each of ler
	when they are hurt or upset.
14 During the LACT FOUR WEEKS have many whole dove of	26. In my school, students that we have to get
14. During the LAST FOUR WEEKS how many whole days of	good grades are picked only other sudents.
school have you missed because you skipped or "cut"?	
None	
○1 day	During the par J day, on how
2 days	many days c' d you
○3 days	1
○4 to 5 days	27. not go to school be ause you felt you would
○6 to 10 days	be unsafe at school or on your way to or
11 days or more	fr in school?
S Tradje of more	'3. c. 'r a g n as a weapon on school property?
	arı,
15. How do you like school?	a rife or club on school property?
○I like school very much	u in or drap <u>en cartes property</u> .
Ol like school	
I neither like nor dislike school	
Ol dislike school	During the past 12 months,
OI dislike school very much	how many times
Gradime solicer very mash	
	30. were you in a physical fight?
16. How important do you think the th nց you a. ϶	31. were you in a physical fight
learning in school are going to be 1 rv ar . Fer life?	on school property?
○ Very important	32. did you bully someone (such as
Quite important	hitting, kicking, pushing, saying
Fairly important	mean things, spreading rumors, or
Slightly important	making sexual comments that
Not at all important	bothered them)?
Crvot at all lines and	33. have you been suspended from
	school?
	34. has someone threatened you with a
	weapon such as a gun, knife, or club
Series Office Co.	on school property?
17. How often do you feel that the schoolwork	
17. How often do you feel that the schoolwork	
you are assigned is meaningful	35. During the past 12 months, has anyone offered, sold, or
	given you an illegal drug on school property?
and important?	<u> </u>
- ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' '	○Yes
often did you try to do your best work in	○No
school?	기▮

Harassment can include threatening, bullying, name-calling or obscenities, offensive notes or graffiti, unwanted touching, and being pushed around or hit.

In the last 30 days, how many times have you been harassed at school, on a school bus, or going to and from school... 36. because of your race or ethnic origin. 37. because someone said you were gay, lesbian, bisexual, or transgender. 38. because of who your friends are. 39. because of how you look (weight, clothes, acne, or other physical characteristics). 40. because you received unwanted sexual comments or attention. 41, for other reasons. 42. through email, social media sites (Facebook, Twitter, YouTube, etc.), chat rooms, instant messaging, web sites, texting, or phone?

How often have you...

43. seen another student bully others by hitting, kicking, punching, or otherwise hurting them in school or on the school bus?

44. heard another student bully others by saying mean things, teasing, or calling other students on the school bus?

45. heard another student spread in an run ors or leave other students out of a ctive to be mean in your school or on the school is?

All of the time Most of the time During the past J days. A good bit of the time how much of the time Some of the time have you... A little of the time None of the time 46 peen a appy person? 4 '. ' een c vory nervous person? 4. fe't com and peaceful? 49. It downhearted and blue? 50. felt so down in the dumps that nothing could cheer you up?

51. 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?

○ Yes
○ No

52. During the past 12 months, did you ever seriously consider attempting suicide?	
○ Yes ○ No	
53. During the past 12 months, how many times did you actually attempt suicide?	
○0 times	
○1 time	
2 or 3 times	
04 or 5 times	
○6 or more times	
Gambling involves betting a phing of alue (money, a	
watch, soda, etc.) on a galle rile ent with an uncertain	
outcome.	
54. Please mark LL m. fferent types of betting that you have done, in ny, during the last 30 days: (Please mar	
did tot gar ble during the last 30 days	
OPining Lary tickets/Powerball/Megabucks	
Playi g dice or coin flips	
Plang cards (poker, etc.)	
Betting on a sports team	
Betting on games of personal skill (bowling, video	
games, dares, etc.) Gambling on the Internet for free or with money	
Gambling on the internet for free or with money	
Playing Ringo for money	
○ Playing Bingo for money ○ Other	

YesNoI don't bet for money

56. During the last 12 months, have you ever felt that you would like to stop betting money but didn't think you could?

YesNoI don't bet for money

57.	Have you ever lied to anyone about
	betting/gambling?
58.	Have you ever bet/gambled more than you

wanted to?

59. Have your parents ever talked to you about the

59. Have your parents ever talked to you about the risks of betting/gambling?

60. Have your teachers ever talked to you about the risks of betting/gambling?

[SERIAL]

The next questions ask about drinking alcohol. This includes drinking beer, wine/wine coolers, flavored beverages such as Mike's Hard Lemonade and liquor "shots" such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

During the past 30 days, on how many days did you...

61. have at least one drink of alcohol?
62. have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

During the past 30 days, on how many days do you think most students in your school...

63. had at least one drink of alcohol?
(your best estimate)

64. had 5 or more drinks of alcohol in a row, that is, within a couple of hours?
(your best estimate)

65. During the past 30 days, how many times did <u>you</u> ride in a vehicle driven by a parent or other adult who had been drinking alcohol?

66. During the past 30 days, how many times did most students in your school ride in a vehicle driven by a parent or other adult who had been drinking alcohol?

During the past 30 days, on how many days did you...

- 67. smoke cigarettes?
- 68. use other tobacco products such as snuf, dip or chewing tobacco (Pedmai Copenhagen, Marlboro Sn's etc)?
- 69. During the past 30 da, s, how man times did you use marijuana?
 - 0 times
- 0 to 19 times
- _1 or 2 tim ;s
- ○20 to 39 times
- ○3 to 9 tir le:
- ○40 or more times

If you wanted to get some, how easy would it be for you to...

- 70. get some beer, wine, or hard liquor (for example, vodka, whiskey, or gin)?
- 71. get some cigarettes?
- 72. get some marijuana?
- 73. get some synthetic marijuana, example: K2, Spice etc.?
- 74. get a drug like cocaine, LSD, or amphetamines?
- 75. get prescription drugs not prescribed to you?

How old were you... 76. when you had more than a sip or two of beer, wine, or hard liquor (for example, vodka, whiskey, or gin) for the first time? 77. when you first began drinking alcoholic beverages regularly, that is at least once or twice a month? 78. when you smoked a whole cigarette for the first time? 79. the first time you used tobacco products other than cigarettes such as snuff, chewing tobacco, and smoking tobacco from pipe? 80. when you trimariju na for the fire time? 81. when you synth tic marijuana (also cal' d K2, Spice. etc.) for the first time?

How ruch do you think people ... kh.....ing themselves (ph_ically or in other ways)...

82. if they have one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day?

83. when they have five or more drinks of an alcoholic beverage once or twice a week?

84. if they smoke one or more packs of cigarettes per day?

85. if they try marijuana once or twice?

86. if they smoke marijuana once or twice a week?

87. if they use prescription drugs that are not prescribed to them?

During the past 30 days, on how many days did you...

88. sniff glue, breathe the contents of aerosol spray cans, or inhale any paints or sprays to get high?

89. use synthetic marijuana, example: K2, Spice etc?

90. use a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's orders?

31.	Which of the following illicit drugs did you use the past 30 days? (Please mark all that apply.)	e during	
	☐ I did not use illicit drugs during the past 30 days		
	○ Marijuana		
	Any form of cocaine including powder, crack or including powder.	freebase	
	○ Ecstasy (also called MDMA)		
	Heroin or other opiates or narcotics		
	OLSD or other hallucinogens or psychedelics		
	Methamphetamines (also called speed, crystal, crank or ice)		
	 Steroid pills or shots without a doctor's prescript 	tion	
	Cotorola pillo of office without a doctor o procompt	1011	
	D 111		
D	uring the past 12 months Don't know	or can't say	
		Yes	
92.	do you recall hearing, reading, or watching an		
	advertisement about prevention of substance abuse?		
93	have you had a special class about drugs or		
00.	alcohol in school?		
94.	have you talked with at least one of your parents		
	about the dangers of tobacco, alcohol, or drug use	?	
	By parents we mean your biological parents,		
	adoptive parents, stepparents, or adult guardians,		
	whether or not they live with you.		
	w do you feel about Don't kno	w/Can't 🔊 📌	
COL			
301	meone your age Strongly Dis		
301	Strongly Dis Somewhat Disapp Neither Approve nor Disapprov	orov	
	Somewhat Disapp	orov	
95.	Neither Approve nor Disapprove having one or two drinks of an alcoholic beverage nearly every day?	orov	
95. 96.	Neither Approve nor Disapprove having one or two drinks of an alcoholic beverage nearly every day? smoking one or more packs of ciga etter a or '?	orov	
95. 96. 97.	Neither Approve nor Disapproven having one or two drinks of an alcoholic beverage nearly every day? smoking one or more packs of ciga etter a or ?? trying marijuana or hashish once or twice?	orov	
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95. 96. 97. 98. How fee	Neither Approve nor Disapproven Neither Approve nor Twice (1) trying marijuana or hashish once or twice (2) using prescription drugs not prescription drugs n	Very wrong Wrong Irong	
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95. 96. 97. 98. How fee	Neither Approve nor Disapprove having one or two drinks of an alcoholic beverage nearly every day? smoking one or more packs of ciga atter a acr? trying marijuana or hashish once or twice? using prescription drugs not prescription drugs not prescription drugs not prescription. A little bit we not wrong at a have one or two drinks of an alcoholic beverage nearly every day? Smoke tobacce? Use me rijuana? use pre-cription drugs not prescribed to you?	Very wrong Wrong all	
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95. 96. 97. 98. Hor fee	Neither Approve nor Disapproven having one or two drinks of an alcoholic beverage nearly every day? smoking one or more packs of ciga atter a or? trying marijuana or hashish once or twice? using prescription drugs not prescription drugs not prescription drugs not prescription. A little bit we not wrong at a series of an alcoholic beverage nearly every day? I use marijuana? Use pre-cription drugs not prescribed to you? we wrong do you think your rents feel it would be for uto A little bit we not wrong at a series feel it would be for uto A little bit we not wrong at a series feel it would be for uto A little bit we not wrong at a series feel it would be for uto	Very wrong w	

106. use prescription drugs not prescribed to you?

PLEASE DO NOT WRITE IN THIS AREA

How true are the following

statements? 107. I can do most things if I try. 108. I can work out my problems. 109. I volunteer to help others in my community. 110. There is at least one teacher or other adult in my school that really cares about me. 111. My parents ask if I've gotten my homework 112. My parents would catch me if I skipped school. 113. When I am not at home, one of my arento knows where I am and whom I am whom 114. My family has clear rules about all thoi and drug use.

The next questions ask bountain experiences you may have or had in your is which might have made you feel uncomfortable sad in your surroundings.

115. Were your premis ever separated or vorced afte you were born?

16. Here you ever lived with a household member who i was depressed or mentally ill?

Have you ever lived with someone who:

117. is/was a problem drinker or alcoholic?

18. uses/used street drugs?

Have you ever felt that:

119. you did not have enough to eat?

120. you had to wear dirty clothes?

121. you had no one to protect you?

122. How tall are you without your shoes on? Directions: Write your height in the shaded blank boxes. Fill in the matching circle below each number on the answer sheet.

Height	
Feet	Inches
4	10
3	0
	1
5	2
6	3
7	
EXA	P 5
, LA	6
Ele	7
	8
	9
	11)

000000000000000

Height		
Feet	Inches	
3	0	
4	1	
5	2	
6	3	
7	4	
	(5)	
	6	
	7	
	8	
	9	
	10	
	110	

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123. How much do you weigh without your shoes on?

Directions: Write your weight in the shaded blank boxes.

Fill in the matching circle below each number on the answer sheet.

Weight		
Pounds		
0	9	5
	0	0
1	1	①
2	20	2
3	Wall	3
4	4	4
5	(5)	
6	6	6
7	7	7
8	8	8
9		9

Weight		
Pounds		
0	0	0
1	1	1
2	2	2
3	3	3
4	4	4
(5)	(5)	(5)
6	6	6
7	7	7
8	8	8
9	9	9

Thank you for your participation!