



**Healthy Youth Survey 2006
Survey Results**

Statewide Results

Grade 6

RMC Research Corporation
522 SW Fifth Avenue, Suite 1407
Portland, OR 97204

March 2007

Contents

Introduction and Overview	1
Key to the Notes.....	1
Highlights of the Local Results	2
Selected Results by Gender.....	3
General Information (Items 1–14).....	4
Alcohol, Tobacco, and Other Drug (ATOD) Use.....	5
Lifetime Use (Items 15–26)	5
30-Day Use (Items 27–42)	6
Other Tobacco-Related Questions (Items 43–63)	7
Other Alcohol- and Drug-Related Questions (Items 64–67).....	8
Other Health Concerns	8
Nutrition and Fitness (Items 68–89).....	8
Health Conditions and Health Care (Items 90–103)	10
Safety (Items 104–111)	10
Behaviors Related to Intentional Injuries (Items 112–121).....	11
Depression (Items 122–131)	12
School Climate (Items 132–142).....	12
Quality of Life (Items 143–150).....	13
Risk and Protective Factors	13
Risk and Protective Factor Framework and Reporting Schedule.....	14
Risk and Protective Factor Scale Results	15
Graph of Scale Results	16
Risk and Protective Factors: Individual Item Results.....	17
Community Domain (Items 151–173).....	17
Family Domain (Items 174–188)	19
School Domain (Items 189–206)	20
Peer and Individual Domain (Items 207–267)	21
Item Index.....	25

Healthy Youth Survey 2006

Survey Results

Statewide Results, Grade 6

<i>Number of students surveyed:</i>	<i>9001</i>
<i>Number of valid responses:</i>	<i>8825</i>
<i>Estimate of enrolled students:*</i>	<i>11690</i>
<i>Survey participation rate:**</i>	<i>75 %</i>

Introduction and Overview

The impact of adolescent health risk behaviors remains a primary concern of citizens throughout the country. Many health problems experienced by adolescents are caused by a very few preventable behaviors. Patterns of alcohol, tobacco, and other drug (ATOD) use and related risk behaviors are often formed during adolescence. These patterns play an important role in health throughout adulthood.

This report presents results from the fall 2006 Healthy Youth Survey in Washington State. This survey was sponsored by the Office of Superintendent of Public Instruction; the Department of Health; the Department of Social and Health Services; the Department of Community, Trade and Economic Development; and the Family Policy Council, in cooperation with schools throughout the state of Washington.

For each item, local results appear in the first two columns and statewide results appear in the second two columns. The number of valid responses (“*n*”) appears in parentheses for each item. Survey items covering the same topics are grouped together (the item numbering is specific to this report and does not necessarily reflect the item order on the actual survey). The bulleted points and graphs included at the beginning of this report highlight selected findings. Additional information may be found in the *Interpretive Guide* posted to the Healthy Youth Survey web site (<http://www.hys.wa.gov/>).

Survey participation rates can be found on the Healthy Youth Survey web site. The following guidance from DOH may be used when reviewing your results. However, if a particular group(s) of students did not complete the survey and therefore did not contribute to your results, there may be limitations to your results even if you have a high participation rate (i.e., if differences exist between students who *did* and who *did not* complete the survey). There may be value in discussing the potential limitations when using the results in this report.

- 70% or greater participation – Results are probably representative of students in this grade.
- 40-69% participation – Results may be representative of students in this grade.
- Less than 40% participation – Results are likely not representative of students in this grade but do reflect students who completed the survey.

Key to the Notes

The survey was administered in 3 versions. Forms A and B were administered to students in Grades 8, 10, and 12. These two forms contained a core set of common items (see “List of Core Items” on the last page of this report) and additional items unique to each form. Form C was administered to students in Grade 6. This form consisted primarily of items drawn from Forms A and B but also included some unique items. Several items on each form were optional at the discretion of the school; schools that did not administer the optional items tore off the last page of the survey booklet. The following notes are used throughout this report to document the differences between the items on different versions and indicate the optional items:

A = wording on Form A

B = wording on Form B

C = wording on Form C

† = optional item

* Estimate of enrolled students based on 2004–2005 figures from OSPI (or later if not available for that period).

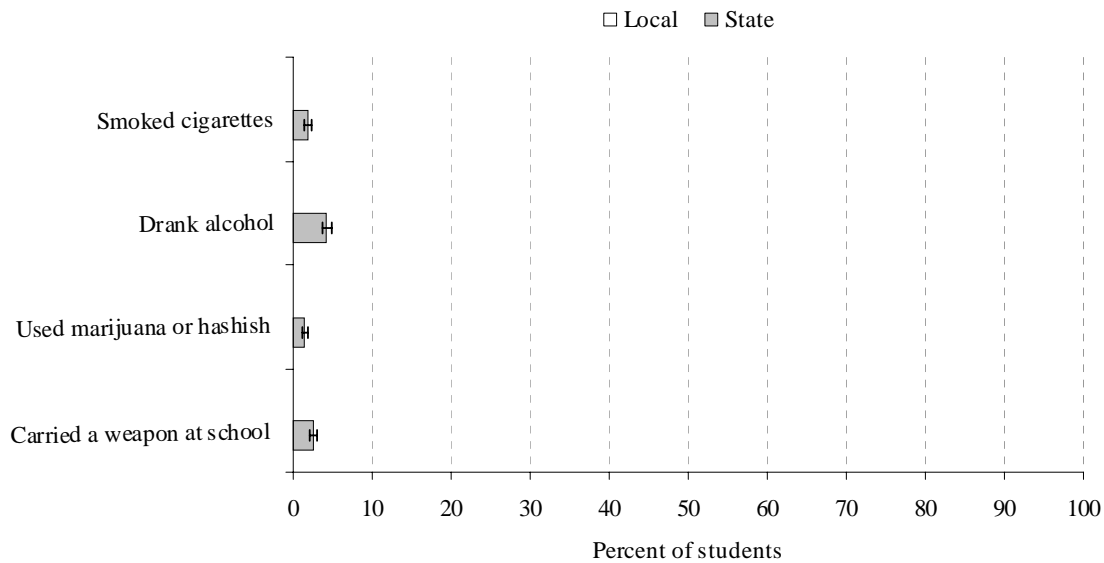
** Participation rate = valid responses ÷ enrolled students (may be >100% if enrollment greater in 2006 than 2004).

Highlights of the Local Results

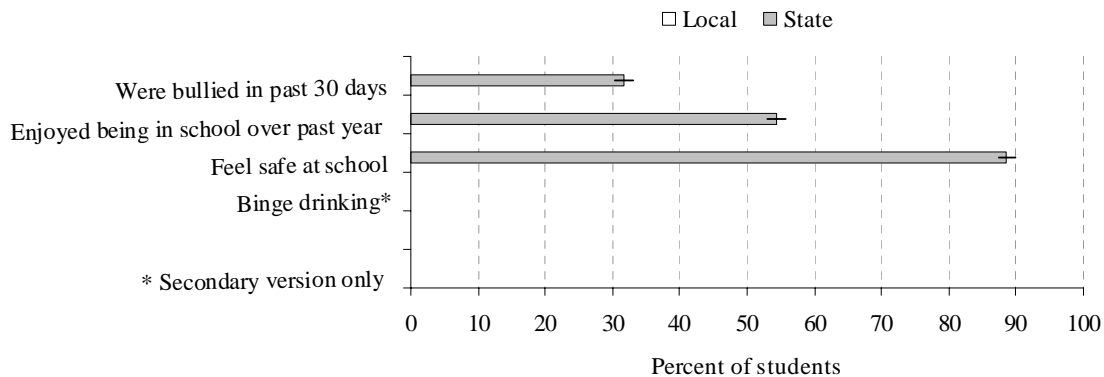
Students statewide reported the following behaviors and attitudes:

	Statewide
▪ Smoking cigarettes in the past 30 days (see item 28).	1.9% (± 0.4%)
▪ Drinking alcohol in the past 30 days (see item 34).	4.3 (± 0.6)
▪ Using marijuana or hashish in the past 30 days (see item 35).	1.5 (± 0.4)
▪ Carrying a weapon at school in the past 30 days (see item 112, 113).	2.6 (± 0.4)
▪ Being bullied in the past 30 days (see item 132).	31.6 (± 1.4)
▪ Enjoyed being in school over the past year (see item 194).	54.3 (± 1.4)
▪ Feeling safe at school (see item 205).	88.6 (± 1.2)

Substance Use and Weapon Carrying in the Past 30 Days



Bullying and School Climate



Selected Results by Gender

Selected items are presented by gender to highlight any differences between females and males. The p-values reported after each item can be used to examine whether differences in the local data between females and males are statistically significant. To ensure student anonymity, local results are suppressed for each item on this page if any cell (e.g., females who reported smoking) represented fewer than 15 students.

During the past 30 days, on how many days did you smoke cigarettes? (See item 28.)

	State (n = 8,503)	
	Female	Male
None	98.2%	98.1%
1 or more	1.8	1.9

During the past 30 days, on how many days did you drink a glass, can or bottle of alcohol (beer, wine, wine coolers, hard liquor)? (See item 34.)

	State (n = 8,469)	
	Female	Male
None	96.3%	95.1%
1 or more	3.7	4.9

Think back over the last 2 weeks. How many times have you had five or more drinks in a row? (A drink is a glass of wine, a bottle of beer, a shot glass of liquor, or a mixed drink.) (See item 65.)

[Only on the secondary version of the survey.]

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? (See item 122.)

[Only on the secondary version of the survey.]

In the last 30 days, how often have you been bullied? (See item 132.)

	State (n = 8,373)	
	Female	Male
I have not been bullied	68.3%	68.6%
Once or more	31.7	31.4

I feel safe at my school. (See item 205.)

	State (n = 8,681)	
	Female	Male
No	9.9%	12.8%
Yes	90.1	87.2

General Information

[Item 1 appears only on the secondary version of the survey.]

		State
2.	How old are you?	(n = 8,802)
	a. 10 or younger	2.0% (± 0.4%)
	b. 11	72.8 (± 1.4)
	c. 12	24.1 (± 1.2)
	d. 13	1.0 (± 0.4)
	e. 14	0.1 (± 0.2)
	f. 15 or older	0.0 (± 0.0)

		State
3.	Are you:	(n = 8,797)
	a. Female	50.5% (± 1.2%)
	b. Male	49.5 (± 1.2)

		State
4.	How do you describe yourself? (Select one or more responses.)	(n = 8,527)
	a. American Indian or Alaskan Native	5.7% (± 1.0%)
	b. Asian or Asian American	6.9 (± 1.4)
	c. Black or African-American	4.9 (± 1.6)
	d. Hispanic or Latino/Latina	9.8 (± 2.5)
	e. Native Hawaiian or other Pacific Islander	1.7 (± 0.4)
	f. White or Caucasian	39.2 (± 3.5)
	g. Other	18.5 (± 1.4)
	<i>More than one race/ethnicity marked</i>	13.2 (± 1.0)

[Item 5 appears only on the secondary version of the survey.]

		State
6.	What language is usually spoken in the home?	(n = 8,682)
	a. English	84.2% (± 3.1%)
	b. Spanish	8.6 (± 2.5)
	c. Other	7.2 (± 1.6)

[Items 7–13 appear only on the secondary version of the survey.]

		State
14.	How honest were you in filling out this survey?	(n = 7,886)
	a. I was very honest.	90.6% (± 0.6%)
	b. I was honest pretty much of the time.	8.4 (± 0.6)
	c. I was honest some of the time.	1.0 (± 0.2)
	d. I was honest once in a while.	Surveys pulled
	e. I was not honest at all.	Surveys pulled

Alcohol, Tobacco, and Other Drug Use

Alcohol, tobacco, and other drug use has been a major concern in this country for many years. The consequences of ATOD use are well known. In the short term, ATOD use interferes with positive physical, emotional, and social development. In the long term, ATOD use is associated with delinquency and criminal activity, unintended injuries, and a variety of health complications including shorter life expectancy. The economic costs of ATOD use are enormous (in Washington State an estimated \$1.81 billion in 1990 and \$2.54 billion in 1996). Tobacco use is the world's leading cause of preventable death, disease, and disability. This section provides information about lifetime ATOD use (which in part reflects experimental use), use in the past 30 days (i.e., current use), and other tobacco-, alcohol-, and drug-related issues.

Lifetime Use

[Item 15 appears only on the secondary version of the survey.]

- | | | |
|-----|--|------------------------------|
| 16. | Have you ever smoked a whole cigarette? (Computed from item 46 or 47.) | State
(<i>n</i> = 8,398) |
| | a. No | 95.1% (± 0.8%) |
| | b. Yes | 4.9 (± 0.8) |
| | | |
| 17. | Have you ever had more than a sip or two of beer, wine, or hard liquor (for example, vodka, whiskey, or gin)? (Computed from item 214 or 215.) | State
(<i>n</i> = 8,421) |
| | a. No | 69.1% (± 1.6%) |
| | b. Yes | 30.9 (± 1.6) |
| | | |
| 18. | Have you ever smoked marijuana? (Computed from item 211 or 212.) | State
(<i>n</i> = 8,447) |
| | a. No | 96.8% (± 0.6%) |
| | b. Yes | 3.2 (± 0.6) |

[Items 19–23 appear only on the secondary version of the survey.]

- | | | |
|-----|---|------------------------------|
| 24. | Have you ever, even once in your lifetime, used inhalants (things you sniff to get high)? | State
(<i>n</i> = 8,409) |
| | a. Yes | 3.7% (± 0.6%) |
| | b. No | 96.3 (± 0.6) |
| | | |
| 25. | Have you ever, even once in your lifetime, used other illegal drugs? | State
(<i>n</i> = 8,420) |
| | a. Yes | 3.3% (± 0.4%) |
| | b. No | 96.7 (± 0.4) |

[Item 26 appears only on the secondary version of the survey.]

30-Day Use (Use in the Past 30 Days)

[Item 27 appears only on the secondary version of the survey.]

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

		State (n = 8,527)
28.	Smoke cigarettes?	98.1% (± 0.4%)
	a. None	1.1 (± 0.2)
	b. 1 – 2 days	0.3 (± 0.2)
	c. 3 – 5 days	0.2 (± 0.0)
	d. 6 – 9 days	0.1 (± 0.0)
	e. 10 – 29 days	0.1 (± 0.0)
	f. All 30 days	0.1 (± 0.0)
	<i>Any use in past 30 days</i>	1.9 (± 0.4)

		State (n = 8,497)
29.	Use chewing tobacco, snuff, or dip?	98.8% (± 0.2%)
	a. None	0.7 (± 0.2)
	b. 1 – 2 days	0.2 (± 0.0)
	c. 3 – 5 days	0.1 (± 0.0)
	d. 6 – 9 days	0.1 (± 0.0)
	e. 10 – 29 days	0.1 (± 0.0)
	f. All 30 days	0.1 (± 0.0)
	<i>Any use in past 30 days</i>	1.2 (± 0.2)

[Items 30-33 appear only on the secondary version of the survey.]

		State (n = 8,493)
34.	Drink a glass, can or bottle of alcohol (beer, wine, wine coolers, hard liquor)?	95.7% (± 0.6%)
	a. None	3.1 (± 0.6)
	b. 1 – 2 days	0.6 (± 0.2)
	c. 3 – 5 days	0.2 (± 0.0)
	d. 6 – 9 days	0.4 (± 0.2)
	e. 10 or more days	4.3 (± 0.6)
	<i>Any use in past 30 days</i>	

		State (n = 8,472)
35.	Use marijuana or hashish (grass, hash, pot)?	98.5% (± 0.4%)
	a. None	0.9 (± 0.2)
	b. 1 – 2 days	0.2 (± 0.0)
	c. 3 – 5 days	0.2 (± 0.0)
	d. 6 – 9 days	0.2 (± 0.0)
	e. 10 or more days	0.2 (± 0.0)
	<i>Any use in past 30 days</i>	1.5 (± 0.4)

[Items 36-42 appear only on the secondary version of the survey.]

Other Tobacco-Related Questions

[Item 43 appears only on the secondary version of the survey.]

44.	If one of your best friends offered you a cigarette, would you smoke it?	State (n = 8,293)
a.	Definitely no	90.2% (± 1.0%)
b.	Probably no	6.8 (± 0.6)
c.	Probably yes	2.2 (± 0.4)
d.	Definitely yes	0.8 (± 0.2)

45.	Do you think that you will smoke a cigarette anytime in the next year?	State (n = 8,289)
a.	Definitely no	88.3% (± 1.2%)
b.	Probably no	8.4 (± 0.8)
c.	Probably yes	2.4 (± 0.4)
d.	Definitely yes	0.9 (± 0.2)

[Item 46 appears only on the secondary version of the survey.]

47.	How old were you the first time you smoked a whole cigarette?	State (n = 8,398)
a.	Never have	95.1% (± 0.8%)
b.	10 or younger	3.1 (± 0.6)
c.	11	1.3 (± 0.4)
d.	12	0.2 (± 0.2)
e.	13 or older	0.3 (± 0.2)

48.	Have made a firm commitment to not smoke cigarettes; i.e., not susceptible to smoking (computed from both items 44 and 45).	State (n = 8,277)
a.	Yes, susceptible	85.6% (± 1.2%)
b.	No, not susceptible	14.4 (± 1.2)

49.	Do you think young people risk harming themselves if they smoke 1 – 5 cigarettes a day?	State (n = 8,049)
a.	Definitely no	6.4% (± 0.8%)
b.	Probably no	5.7 (± 0.6)
c.	Probably yes	29.2 (± 1.2)
d.	Definitely yes	58.7 (± 1.6)

50.	During the past year in school, how many times did you get information in classes about the dangers of tobacco use?	State (n = 8,697)
a.	None	17.0% (± 1.6%)
b.	Once	16.9 (± 1.4)
c.	2 or 3 times	31.8 (± 1.6)
d.	4 or more times	34.3 (± 2.9)

51.	During the past year, did you practice ways to say NO to tobacco in any of your classes (for example, by role playing)?	State (n = 8,694)
a.	Yes	44.5% (± 3.3%)
b.	No	32.9 (± 2.5)
c.	Not sure	22.6 (± 1.4)

[Items 52–54 appear only on the secondary version of the survey.]

55.	Do you think the smoke from other people's cigarettes (secondhand smoke) is harmful to you?	State (<i>n</i> = 7,929)
a.	Definitely no	6.3% (± 0.8%)
b.	Probably no	4.9 (± 0.6)
c.	Probably yes	23.7 (± 1.2)
d.	Definitely yes	65.1 (± 1.6)

[Item 56 appears only on the secondary version of the survey.]

57.	Some tobacco companies make t-shirts, lighters or other items that people can buy or receive for free. Would you ever use or wear something that has a tobacco company name or picture on it such as a lighter, t-shirt, hat, or sunglasses?	State (<i>n</i> = 7,945)
a.	Definitely no	67.5% (± 1.4%)
b.	Probably no	21.7 (± 1.0)
c.	Probably yes	8.0 (± 0.8)
d.	Definitely yes	2.8 (± 0.4)

58.	During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?	State (<i>n</i> = 7,947)
a.	0 days	66.8% (± 1.8%)
b.	1 – 2 days	15.9 (± 0.8)
c.	3 – 4 days	5.0 (± 0.6)
d.	5 – 6 days	2.6 (± 0.4)
e.	7 days	9.8 (± 1.2)

[Item 59–61 appears only on the secondary version of the survey.]

62.	Has either of your parents (or guardians) discussed the dangers of tobacco use with you?	State (<i>n</i> = 7,982)
a.	Mother (or female guardian) only	15.4% (± 1.0%)
b.	Father (or male guardian) only	3.8 (± 0.4)
c.	Both	63.3 (± 1.6)
d.	Neither	17.5 (± 1.0)

[Item 63 appears only on the secondary version of the survey.]

Other Alcohol- and Drug-Related Questions

[Items 64–67 appear only on the secondary version of the survey.]

Other Health Concerns

This section provides results regarding other health concerns including nutrition and fitness, health conditions and health care, safety, behaviors related to intentional injury, and depression. Proper nutrition and exercise are critical components of a healthy life, as is access to preventive health care. Safety-related behaviors, such as wearing a seat belt when in a moving vehicle, can profoundly influence the outcome of an accident. Injury is the leading cause of death for adolescents aged 10 to 19, and violence contributes to injury-related deaths. People who are depressed experience a range of symptoms, and depression is associated with suicidal behavior.

Nutrition and Fitness

[Item 68 appears only on the secondary version of the survey.]

69.	Which of the following are you trying to do about your weight?	State (n = 7,957)
	a. I am not trying to do anything about my weight	23.2% (± 1.2%)
	b. Lose weight	38.8 (± 1.8)
	c. Gain weight	9.1 (± 0.8)
	d. Stay the same weight	28.9 (± 1.4)

[Item 70 appears only on the secondary version of the survey.]

71.	How many sodas or pops did you drink yesterday? (Do not count diet soda.)	State (n = 7,990)
	a. None	64.8% (± 1.6%)
	b. 1	24.5 (± 1.2)
	c. 2	6.9 (± 0.6)
	d. 3	1.8 (± 0.2)
	e. 4 or more	2.0 (± 0.4)

72.	Did you buy any of these at school?	State (n = 7,957)
	a. I did not drink sodas or pop yesterday	46.2% (± 1.8%)
	b. Yes	6.0 (± 1.4)
	c. No	47.8 (± 1.6)

73.	How often do you eat dinner with your family? [†] (Form C only)	State (n = 4,560)
	a. Never	3.5% (± 0.6%)
	b. Rarely	9.5 (± 1.0)
	c. Sometimes	12.9 (± 1.2)
	d. Most of the time	32.7 (± 1.8)
	e. Always	41.4 (± 2.2)

[Items 74–78 appear only on the secondary version of the survey.]

79.	Did you eat breakfast today?	State (n = 8,026)
	a. Yes	76.8% (± 1.8%)
	b. No	23.2 (± 1.8)

On how many of the past 7 days did you:

80.	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?	State (n = 8,738)
	a. 0 days	4.8% (± 0.6%)
	b. 1 day	5.8 (± 0.6)
	c. 2 days	8.1 (± 0.6)
	d. 3 days	11.9 (± 0.8)
	e. 4 days	13.5 (± 1.0)
	f. 5 days	16.9 (± 1.0)
	g. 6 days	10.2 (± 0.8)
	h. 7 days	28.9 (± 1.4)

[Items 81–84 appear only on the secondary version of the survey.]

85.	On an average school day, how many hours do you watch TV, play video games, or use a computer or the Internet for fun?	State (n = 8,736)
a.	I do not do these activities on an average school day	8.7% (± 0.8%)
b.	Less than 1 hour per day	19.3 (± 1.2)
c.	1 hour per day	18.9 (± 1.0)
d.	2 hours per day	22.1 (± 1.0)
e.	3 hours per day	14.6 (± 0.8)
f.	4 hours per day	6.6 (± 0.6)
g.	5 or more hours per day	10.0 (± 1.2)

[Items 86–88 appear only on the secondary version of the survey.]

89.	Not counting very short trips, such as walking from the car to your house or walking to get the mail, in an average week, on how many days do you bicycle or walk near your home or to school?	State (n = 8,654)
a.	I do not walk or bike near my home or to school	22.6% (± 2.0%)
b.	1 – 2 days	26.1 (± 1.4)
c.	3 or more days	51.3 (± 2.0)

Health Conditions and Health Care

90.	Have you ever been told by a doctor or other health professional that you had asthma?	State (n = 8,757)
a.	Yes	14.7% (± 0.8%)
b.	No	73.4 (± 1.2)
c.	Not sure	11.9 (± 0.8)
91.	During the past 12 months, have you had an asthma attack or taken asthma medication?	State (n = 8,734)
a.	Never had asthma	57.2% (± 1.4%)
b.	Yes	9.1 (± 0.6)
c.	No	27.8 (± 1.2)
d.	Not sure	5.9 (± 0.6)

[Items 92–103 appear only on the secondary version of the survey.]

Safety

[Item 104 appears only on the secondary version of the survey.]

105.	When you ride a bicycle, how often do you wear a helmet?	State (n = 8,784)
a.	I do not ride a bicycle	9.9% (± 1.2%)
b.	Never wear a helmet	17.7 (± 2.4)
c.	Rarely wear a helmet	12.9 (± 1.0)
d.	Sometimes wear a helmet	14.3 (± 0.8)
e.	Most of the time wear a helmet	17.4 (± 1.6)
f.	Always wear a helmet	27.8 (± 2.5)

[Item 106 appears only on the secondary version of the survey.]

107. How often do you wear a seat belt when riding in a car (driven by someone else) ^{B?}	State (n = 8,791)
a. Never	0.6% (± 0.2%)
b. Rarely	0.9 (± 0.2)
c. Sometimes	3.1 (± 0.6)
d. Most of the time	14.3 (± 0.8)
e. Always	81.1 (± 1.2)

[Item 108 appears only on the secondary version of the survey.]

109. Have you ever ridden in a car driven by someone who had been drinking alcohol?	State (n = 8,054)
a. Yes	22.4% (± 1.6%)
b. No	58.1 (± 2.0)
c. Not sure	19.5 (± 1.0)

[Item 110 appears only on the secondary version of the survey.]

111. In the past 30 days, when you bicycled or walked in your neighborhood or to school, were there dogs or people who scared you?	State (n = 8,736)
a. Yes, dogs	9.6% (± 0.8%)
b. Yes, people	9.9 (± 0.8)
c. Yes, both dogs and people	8.3 (± 0.8)
d. No	60.1 (± 1.8)
e. I did not walk or ride a bike	12.1 (± 1.2)

Behaviors Related to Intentional Injuries

[Items 112 appears only on the secondary version of the survey.]

113. During the past 30 days, did you carry a weapon such as a gun, knife, or club on school property?	State (n = 8,460)
a. Yes	2.6% (± 0.4%)
b. No	97.4 (± 0.4)

114. During the past 12 months, how many times were you in a physical fight?	State (n = 8,354)
a. 0 times	65.4% (± 1.6%)
b. 1 time	16.3 (± 0.8)
c. 2 – 3 times	9.1 (± 0.8)
d. 4 – 5 times	3.0 (± 0.4)
e. 6 or more times	6.2 (± 0.8)

[Items 115–116 appear only on the secondary version of the survey.]

117. Do you try to work out your problems by talking about them?	State (<i>n</i> = 8,258)
a. No, never	23.3% (± 2.0%)
b. Yes, some of the time	35.7 (± 1.0)
c. Yes, most of the time	23.7 (± 1.6)
d. Yes, all of the time	17.4 (± 1.2)

[Items 118–121 appear only on the secondary version of the survey.]

Depression

[Items 122–125 appear only on the secondary version of the survey.]

126. Have you ever seriously thought about killing yourself?	State (<i>n</i> = 8,296)
a. Yes	16.3% (± 1.2%)
b. No	83.7 (± 1.2)

127. Have you ever tried to kill yourself?	State (<i>n</i> = 8,295)
a. Yes	5.1% (± 0.6%)
b. No	94.9 (± 0.6)

128. When you feel sad or hopeless, are there adults you can turn to for help?	State (<i>n</i> = 8,286)
a. I never feel sad or hopeless	14.9% (± 1.0%)
b. Yes	65.3 (± 1.8)
c. No	8.7 (± 0.8)
d. Not sure	11.2 (± 0.8)

[Items 129–131 appear only on the secondary version of the survey.]

School Climate

In the past few years Washington State has given increased attention to supportive learning environments. Students need a safe, nurturing, healthy, and civil learning environment if they are to be successful in school. This section provides information about student perceptions of school climate.

132. A student is being bullied when another student, or group of students, say or do nasty or unpleasant things to him or her. It is also bullying when a student is teased repeatedly in a way he or she doesn't like. It is NOT bullying when two students of about the same strength argue or fight. In the last 30 days, how often have you been bullied?	State (<i>n</i> = 8,396)
a. I have not been bullied	68.4% (± 1.4%)
b. Once	16.1 (± 1.0)
c. 2 – 3 times	8.1 (± 0.6)
d. About once a week	2.3 (± 0.4)
e. Several times a week	5.2 (± 0.6)

[Items 133–142 appear only on the secondary version of the survey.]

Quality of Life

Health-related quality of life is an individual's or group's perceived physical and mental health over time. At the individual level it involves a person's health and health-related conditions; at the community level it involves conditions that influence people's health. This section contains the results of the items related to individual quality of life.

[Items 143–149 appear only on the secondary version of the survey.]

150. Do you have goals and plans for the future?	State (<i>n</i> = 8,705)
a. No	11.7% (± 0.8%)
b. Yes	88.3 (± 0.8)

Risk and Protective Factors

Decades of research have shown that certain risk factors are associated with increased likelihood of health risk behaviors including ATOD use, violence, and delinquent behaviors. Similarly, research has shown that protective factors exert a positive influence against the negative influence of risk factors. The survey included substantial coverage of risk and protective factors based on the work of Drs. Hawkins and Catalano and associates at the University of Washington. The premise of the risk reduction and protective factor enhancement approach to prevention is that preventing a problem before it occurs requires addressing the factors that predict the problem. Ideally, this strategy entails discovering the causes of the problem behavior and influencing those causes. Many of the survey items were used to assess students' status on risk and protective factors in the community, school, and peer-individual domains. Composite scales were computed for use in local program planning.

The table on the following page provides the complete list of risk and protective factors and indicates the years the Healthy Youth Survey has included each factor.

Risk and Protective Factor Framework and Reporting Schedule

	Healthy Youth Survey Administration Year					
	1995	1998	2000	2002	2004	2006
Community Risk Factors						
Low Neighborhood Attachment	X	X	X	X ^S		X
Community Disorganization	X					
Transitions and Mobility	X				X ^S	
Perceived Availability of Drugs	X	X	X	X	X	X
Perceived Availability of Handguns	X	X	X	X ^S	X ^S	X ^S
Laws And Norms Favorable to Drug Use	X	X	X	X	X	X
Community Protective Factors						
Opportunities for Prosocial Involvement			X	X	X ^S	X ^S
Rewards for Prosocial Involvement	X	X	X	X	X	X
Family Risk Factors						
Family History of Antisocial Behavior	X					
Poor Family Management	X			X ^{S,†}	X ^{S,†}	X ^{S,†}
Family Conflict						
Parental Attitudes Favorable towards Drug Use					X ^{S,†}	
Parental Attitudes Favorable to Antisocial Behavior	X				X ^{S,†}	
Antisocial Behavior Among Familiar Adults				X ^S		
Family Protective Factors						
Attachment						
Opportunities for Prosocial Involvement	X			X [†]	X ^{E,†}	X [†]
Rewards for Prosocial Involvement	X			X [†]	X ^{E,†}	X [†]
School Risk Factors						
Academic Failure	X	X	X	X	X	X
Low Commitment to School	X	X	X	X	X	X
School Protective Factors						
Opportunities for Prosocial Involvement	X	X	X	X ^S	X ^S	X ^S
Rewards for Prosocial Involvement	X	X	X	X	X	X
Peer-Individual Risk Factors						
Rebelliousness	X	X				
Gang Involvement						
Perceived Risk of Drug Use		X	X	X	X	X
Early Initiation of Drug Use			X	X ^S	X ^S	X ^S
Early Initiation of Antisocial Behavior	X	X	X	X ^S	X ^S	X ^S
Favorable Attitudes Towards Drug Use	X	X	X	X	X	X
Favorable Attitudes Towards Antisocial Behavior	X	X	X	X ^S	X ^S	X ^S
Sensation Seeking	X	X				
Rewards for Antisocial Involvement		X	X	X ^S	X ^S	X ^S
Friends' Use of Drugs	X	X	X	X ^S	X ^S	X ^S
Interaction With Antisocial Peers	X	X			X ^S	X ^S
Intentions to Use				X ^S	X ^S	X ^S
Peer-Individual Protective Factors						
Interaction With Prosocial Peers						
Belief in the Moral Order	X	X	X	X ^S	X ^S	X ^S
Prosocial Involvement					X	X
Rewards for Prosocial Involvement						
Social Skills	X	X	X ^S	X ^S	X ^S	X ^S
Religiosity		X				

Note. S = Included only on the secondary version; E = Included only on the elementary version; † = Based on optional items.

Risk and Protective Factor Scale Results

For each *risk* factor scale, the percentage of students who are at risk (i.e., who agreed with statements that predict ATOD use or other problem behaviors) is reported; higher percentages indicate that *more* students are likely to engage in problem behaviors. For each *protective* factor scale, the percentage of students who are resilient (i.e., who agreed with statements that predict the ability to resist ATOD use or other problem behaviors) is reported; higher percentages indicate that *fewer* students are likely to engage in problem behaviors. These percentages are based on computational methods provided by the University of Washington's Social Development Research Group.

Community Risk Factors

	State (<i>n</i> = 8,189)
Perceived Availability of Drugs (Items 154–157)	24.6% (± 1.4%) (<i>n</i> = 8,392)
Laws And Norms Favorable to Drug Use (Items 159–164)	37.0% (± 1.8%)

Community Protective Factors

	State (<i>n</i> = 8,638)
Rewards for Prosocial Involvement (Items 171–173)	37.9% (± 1.4%)

Family Risk Factors

[Only on the secondary version of the survey.]

Family Protective Factors

	State (<i>n</i> = 4,570)
Opportunities for Prosocial Involvement (Items 182–184)	54.2% (± 2.2%) (<i>n</i> = 4,560)
Rewards for Prosocial Involvement (Items 185–188)	58.2% (± 2.2%)

School Risk Factors

	State (<i>n</i> = 8,163)
Academic Failure (Items 189–190)	41.5% (± 1.8%) (<i>n</i> = 8,666)
Low Commitment to School (Items 191–197)	52.0% (± 1.6%)

School Protective Factors

	State (<i>n</i> = 8,691)
Rewards for Prosocial Involvement (Items 203–206)	52.8% (± 1.8%)

Peer-Individual Risk Factors

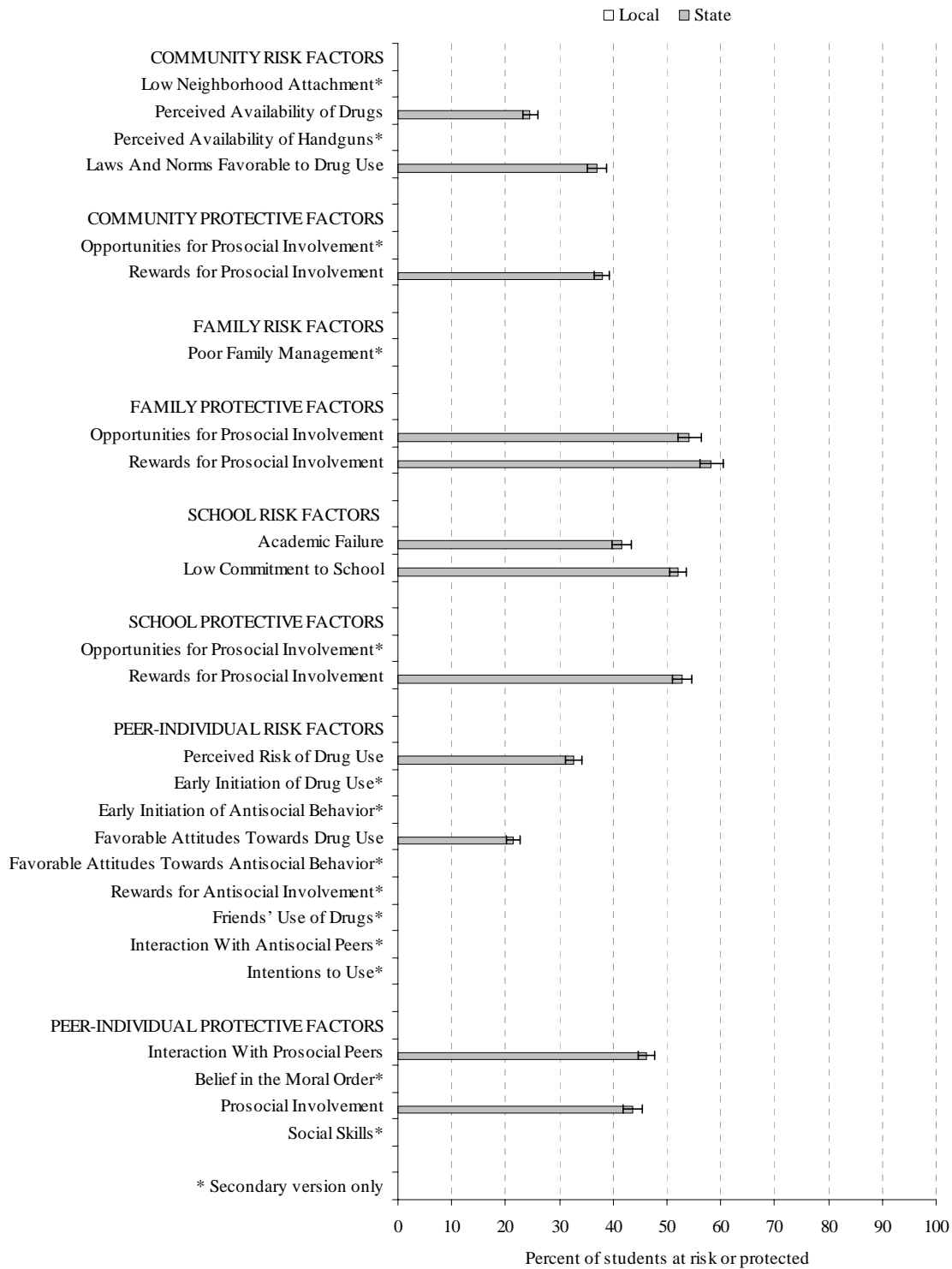
	State (<i>n</i> = 7,145)
Perceived Risk of Drug Use (Items 207–210)	32.7% (± 1.6%) (<i>n</i> = 8,131)
Favorable Attitudes Towards Drug Use (Items 225–228)	21.4% (± 1.4%)

Peer-Individual Protective Factors

	State (<i>n</i> = 8,470)
Interaction With Prosocial Peers (Items 252–256)	46.2% (± 1.6%) (<i>n</i> = 8,629)
Prosocial Involvement (Items 261–263)	43.6% (± 1.8%)

Graph of Scale Results

Risk and Protective Factors



* Secondary version only

Risk and Protective Factors: Individual Item Results

The remainder of the report provides results for the individual items used to compute the risk and protective factors.

Community Domain

[Items 151–153 appear only on the secondary version of the survey.]

154. If you wanted to get some beer, wine, or hard liquor (for example, vodka, whiskey, or gin), how easy would it be for you to get some?	State (n = 8,246) 66.6% (± 1.4%) 15.1 (± 1.0) 10.1 (± 0.8) 8.1 (± 0.8)
a. Very hard b. Sort of hard c. Sort of easy d. Very easy	
155. If you wanted to get some cigarettes, how easy would it be for you to get some?	State (n = 8,220) 69.2% (± 1.6%) 13.0 (± 0.8) 8.3 (± 0.6) 9.6 (± 1.0)
a. Very hard b. Sort of hard c. Sort of easy d. Very easy	
156. If you wanted to get some marijuana, how easy would it be for you to get some?	State (n = 8,162) 85.4% (± 1.2%) 7.0 (± 0.6) 3.7 (± 0.6) 3.9 (± 0.6)
a. Very hard b. Sort of hard c. Sort of easy d. Very easy	
157. If you wanted to get a drug like cocaine, LSD, or amphetamines, how easy would it be for you to get some?	State (n = 8,104) 88.1% (± 0.8%) 6.1 (± 0.6) 2.8 (± 0.4) 2.9 (± 0.4)
a. Very hard b. Sort of hard c. Sort of easy d. Very easy	
[Item 158 appears only on the secondary version of the survey.]	
159. How wrong would most adults in your neighborhood think it was for kids your age to use marijuana?	State (n = 8,412) 85.2% (± 1.2%) 9.1 (± 0.8) 3.4 (± 0.6) 2.3 (± 0.4)
a. Very wrong b. Wrong c. A little bit wrong d. Not wrong at all	
160. How wrong would most adults in your neighborhood think it was for kids your age to drink alcohol?	State (n = 8,471) 77.8% (± 1.0%) 14.2 (± 0.8) 5.3 (± 0.6) 2.6 (± 0.4)
a. Very wrong b. Wrong c. A little bit wrong d. Not wrong at all	

161. How wrong would most adults in your neighborhood think it was for kids your age to smoke cigarettes?	State (n = 8,473)
a. Very wrong	79.0% (± 1.2%)
b. Wrong	13.1 (± 0.8)
c. A little bit wrong	4.9 (± 0.6)
d. Not wrong at all	3.1 (± 0.4)
162. If a kid drank some beer, wine, or hard liquor (for example, vodka, whiskey, or gin) in your neighborhood would he or she be caught by the police?	State (n = 8,326)
a. NO!	13.4% (± 1.2%)
b. no	28.2 (± 1.2)
c. yes	30.5 (± 1.4)
d. YES!	27.9 (± 1.4)
163. If a kid carried a handgun in your neighborhood, would he or she be caught by the police?	State (n = 8,338)
a. NO!	10.0% (± 0.8%)
b. no	12.9 (± 1.0)
c. yes	28.7 (± 1.0)
d. YES!	48.5 (± 1.8)
164. If a kid smoked marijuana in your neighborhood, would he or she be caught by the police?	State (n = 8,304)
a. NO!	9.6% (± 0.8%)
b. no	19.6 (± 1.2)
c. yes	31.9 (± 1.2)
d. YES!	38.9 (± 1.4)
[Items 165–170 appears only on the secondary version of the survey.]	
171. My neighbors notice when I am doing a good job and let me know.	State (n = 8,617)
a. NO!	38.8% (± 1.6%)
b. no	34.9 (± 1.4)
c. yes	19.7 (± 1.0)
d. YES!	6.6 (± 0.6)
172. There are people in my neighborhood who encourage me to do my best.	State (n = 8,635)
a. NO!	26.9% (± 1.4%)
b. no	26.7 (± 1.2)
c. yes	32.5 (± 1.2)
d. YES!	13.9 (± 1.0)
173. There are people in my neighborhood who are proud of me when I do something well.	State (n = 8,588)
a. NO!	25.3% (± 1.4%)
b. no	29.3 (± 1.2)
c. yes	33.3 (± 1.4)
d. YES!	12.1 (± 1.0)

Family Domain

The next set of questions asks about your family. When answering these questions, please think about the people you consider to be your family—parents, stepparents, grandparents, aunts, uncles, etc.

[Items 174–181 appears only on the secondary version of the survey.]

182.	If I had a personal problem, I could ask my mom or dad for help. [†]	State (<i>n</i> = 4,536)
	a. NO!	6.5% (± 1.0%)
	b. no	7.6 (± 0.8)
	c. yes	29.7 (± 1.6)
	d. YES!	56.2 (± 2.0)
183.	My parents give me lots of chances to do fun things with them. [†]	State (<i>n</i> = 4,615)
	a. NO!	6.6% (± 1.0%)
	b. no	11.1 (± 0.8)
	c. yes	40.0 (± 1.6)
	d. YES!	42.2 (± 1.8)
184.	My parents ask me what I think before most family decisions affecting me are made. [†]	State (<i>n</i> = 4,465)
	a. NO!	9.7% (± 1.2%)
	b. no	19.8 (± 1.2)
	c. yes	41.3 (± 1.2)
	d. YES!	29.2 (± 1.6)
185.	My parents notice when I am doing a good job and let me know about it. [†]	State (<i>n</i> = 4,553)
	a. Never or almost never	5.3% (± 0.8%)
	b. Sometimes	17.9 (± 1.6)
	c. Often	28.4 (± 1.4)
	d. All the time	48.3 (± 2.0)
186.	How often do your parents tell you they're proud of you for something you've done? [†]	State (<i>n</i> = 4,553)
	a. Never or almost never	4.7% (± 0.8%)
	b. Sometimes	16.4 (± 1.6)
	c. Often	31.5 (± 2.0)
	d. All the time	47.3 (± 2.2)
187.	Do you enjoy spending time with your mother? [†]	State (<i>n</i> = 4,568)
	a. NO!	2.1% (± 0.6%)
	b. no	3.7 (± 0.6)
	c. yes	26.1 (± 1.0)
	d. YES!	68.1 (± 1.4)
188.	Do you enjoy spending time with your father? [†]	State (<i>n</i> = 4,499)
	a. NO!	5.4% (± 1.0%)
	b. no	5.2 (± 0.6)
	c. yes	26.0 (± 1.4)
	d. YES!	63.3 (± 1.8)

School Domain

189.	Putting them all together, what were your grades like last year?	State (n = 8,400)
	a. Mostly As	38.2% (± 2.4%)
	b. Mostly Bs	43.6 (± 1.8)
	c. Mostly Cs	13.9 (± 1.2)
	d. Mostly Ds	2.6 (± 0.4)
	e. Mostly Fs	1.7 (± 0.4)
190.	Are your school grades better than the grades of most students in your class?	State (n = 8,459)
	a. NO!	6.1% (± 0.6%)
	b. no	31.1 (± 1.4)
	c. yes	50.9 (± 1.4)
	d. YES!	11.8 (± 1.0)
191.	How often do you feel the schoolwork you are assigned is meaningful and important?	State (n = 8,695)
	a. Almost always	29.0% (± 1.4%)
	b. Often	27.9 (± 1.0)
	c. Sometimes	29.7 (± 1.2)
	d. Seldom	8.8 (± 0.8)
	e. Never	4.6 (± 0.6)
192.	How interesting are most of your courses to you?	State (n = 8,412)
	a. Very interesting and stimulating	12.3% (± 1.2%)
	b. Quite interesting	35.4 (± 1.2)
	c. Fairly interesting	34.6 (± 1.4)
	d. Slightly dull	12.4 (± 0.8)
	e. Very dull	5.4 (± 0.6)
193.	How important do you think the things you are learning in school are going to be for you later in life?	State (n = 8,694)
	a. Very important	54.5% (± 2.0%)
	b. Quite important	26.6 (± 1.4)
	c. Fairly important	12.6 (± 0.8)
	d. Slightly important	4.7 (± 0.6)
	e. Not at all important	1.5 (± 0.4)

Think back over the past year in school. How often did you:

194.	Enjoy being in school?	State (n = 8,784)
	a. Never	5.8% (± 0.6%)
	b. Seldom	7.1 (± 0.6)
	c. Sometimes	32.8 (± 1.2)
	d. Often	25.0 (± 1.2)
	e. Almost always	29.4 (± 1.4)

195. Hate being in school?	State (n = 8,752)
a. Never	18.7% (± 1.0%)
b. Seldom	25.0 (± 1.4)
c. Sometimes	39.9 (± 1.4)
d. Often	9.6 (± 0.8)
e. Almost always	6.8 (± 0.6)
196. Try to do your best work in school?	State (n = 8,745)
a. Never	0.8% (± 0.2%)
b. Seldom	1.2 (± 0.2)
c. Sometimes	6.5 (± 0.8)
d. Often	19.1 (± 1.0)
e. Almost always	72.5 (± 1.4)
[Items 197–202 appear only on the secondary version of the survey.]	
203. My teacher(s) notices when I am doing a good job and lets me know about it.	State (n = 8,711)
a. NO!	5.1% (± 0.6%)
b. no	14.3 (± 1.0)
c. yes	55.5 (± 1.4)
d. YES!	25.1 (± 1.2)
204. The school lets my parents know when I have done something well.	State (n = 8,647)
a. NO!	12.7% (± 1.0%)
b. no	32.7 (± 1.4)
c. yes	39.8 (± 1.4)
d. YES!	14.9 (± 1.0)
205. I feel safe at my school.	State (n = 8,705)
a. NO! ^{A,C} / Definitely NOT true ^B	3.9% (± 0.6%)
b. no ^{A,C} / Mostly not true ^B	7.5 (± 0.8)
c. yes ^{A,C} / Mostly true ^B	47.4 (± 1.2)
d. YES! ^{A,C} / Definitely true ^B	41.2 (± 1.8)
206. My teachers praise me when I work hard in school.	State (n = 8,500)
a. NO!	10.6% (± 1.2%)
b. no	28.3 (± 1.4)
c. yes	47.4 (± 1.6)
d. YES!	13.8 (± 0.8)

Peer and Individual Domain

How much do you think people risk harming themselves if they:

207. Smoke one or more packs of cigarettes per day?	State (n = 8,176)
a. No risk	5.7% (± 0.8%)
b. Slight risk	4.7 (± 0.6)
c. Moderate risk	13.8 (± 0.8)
d. Great risk	63.4 (± 1.6)
e. Not sure	12.4 (± 1.0)

208. Try marijuana once or twice?	State (n = 8,117)
a. No risk	9.3% (± 1.2%)
b. Slight risk	15.3 (± 0.8)
c. Moderate risk	23.6 (± 1.2)
d. Great risk	38.8 (± 1.4)
e. Not sure	13.0 (± 1.0)
209. Smoke marijuana regularly?	State (n = 8,076)
a. No risk	8.2% (± 1.0%)
b. Slight risk	4.1 (± 0.4)
c. Moderate risk	10.3 (± 0.8)
d. Great risk	66.9 (± 2.0)
e. Not sure	10.5 (± 0.8)
210. Take one or two drinks of an alcoholic beverage (wine, beer, a shot, liquor) nearly every day?	State (n = 8,094)
a. No risk	15.7% (± 1.0%)
b. Slight risk	20.8 (± 1.0)
c. Moderate risk	26.2 (± 1.2)
d. Great risk	26.6 (± 1.2)
e. Not sure	10.8 (± 1.0)

How old were you the first time you:

[Item 211 appears only on the secondary version of the survey.]

212. Have you ever, even once in your lifetime smoked marijuana?	State (n = 8,447)
a. Yes	3.2% (± 0.6%)
b. No	96.8 (± 0.6)

[Items 213–214 appear only on the secondary version of the survey.]

215. Have you ever, even once in your lifetime had more than a sip or two of beer, wine, or hard liquor (for example, vodka, whiskey, or gin)?	State (n = 8,421)
a. Yes	30.9% (± 1.6%)
b. No	69.1 (± 1.6)

[Items 216–224 appear only on the secondary version of the survey.]

How wrong do you think it is for someone your age to:

225. Drink beer, wine, or hard liquor (for example, vodka, whiskey, or gin) regularly?	State (n = 8,171)
a. Very wrong	82.8% (± 1.2%)
b. Wrong	12.2 (± 0.8)
c. A little bit wrong	3.9 (± 0.6)
d. Not wrong at all	1.0 (± 0.2)

226. Smoke cigarettes?	State (n = 8,171)
a. Very wrong	87.0% (± 1.0%)
b. Wrong	10.0 (± 0.8)
c. A little bit wrong	2.2 (± 0.4)
d. Not wrong at all	0.8 (± 0.2)
227. Smoke marijuana?	State (n = 8,089)
a. Very wrong	92.8% (± 0.8%)
b. Wrong	4.8 (± 0.6)
c. A little bit wrong	1.5 (± 0.4)
d. Not wrong at all	0.8 (± 0.2)
228. Use LSD, cocaine, amphetamines, or another illegal drug?	State (n = 8,111)
a. Very wrong	94.8% (± 0.6%)
b. Wrong	3.3 (± 0.4)
c. A little bit wrong	1.0 (± 0.2)
d. Not wrong at all	1.0 (± 0.2)

[Items 229–251 appear only on the secondary version of the survey.]

Think about your four best friends (the friends you feel closest to). In the past year (12 months), how many of your best friends have...

252. Participated in clubs, organizations or activities at school?	State (n = 8,420)
a. None of my friends	15.7% (± 1.2%)
b. 1 of my friends	16.8 (± 1.0)
c. 2 of my friends	19.9 (± 0.8)
d. 3 of my friends	15.2 (± 0.8)
e. 4 of my friends	32.5 (± 1.6)
253. Made a commitment to stay drug-free?	State (n = 8,310)
a. None of my friends	20.1% (± 1.4%)
b. 1 of my friends	6.6 (± 0.6)
c. 2 of my friends	5.4 (± 0.6)
d. 3 of my friends	5.8 (± 0.4)
e. 4 of my friends	62.1 (± 1.8)
254. Liked school?	State (n = 8,415)
a. None of my friends	16.1% (± 1.0%)
b. 1 of my friends	13.1 (± 0.8)
c. 2 of my friends	18.5 (± 1.0)
d. 3 of my friends	20.5 (± 1.0)
e. 4 of my friends	31.8 (± 1.6)

255. Regularly attended religious services?	State (<i>n</i> = 8,112)
a. None of my friends	28.7% (± 1.6%)
b. 1 of my friends	22.2 (± 1.0)
c. 2 of my friends	19.6 (± 1.2)
d. 3 of my friends	12.6 (± 1.0)
e. 4 of my friends	16.9 (± 1.0)

256. Tried to do well in school?	State (<i>n</i> = 8,413)
a. None of my friends	4.7% (± 0.6%)
b. 1 of my friends	5.5 (± 0.6)
c. 2 of my friends	8.1 (± 0.6)
d. 3 of my friends	12.6 (± 0.8)
e. 4 of my friends	69.1 (± 1.4)

[Items 257–260 appear only on the secondary version of the survey.]

How many times in the past year (12 months) have you . . .

261. Participated in clubs, organizations or activities at school?	State (<i>n</i> = 8,620)
a. Never	22.1% (± 1.6%)
b. 1 or 2 times	29.2 (± 1.2)
c. 3 to 5 times	18.9 (± 1.0)
d. 6 to 9 times	9.3 (± 0.6)
e. 10 to 19 times	7.1 (± 0.6)
f. 20 to 29 times	3.9 (± 0.6)
g. 30 to 39 times	2.3 (± 0.4)
h. 40+ times	7.2 (± 0.8)

262. Done extra work on your own for school?	State (<i>n</i> = 8,580)
a. Never	22.3% (± 1.2%)
b. 1 or 2 times	33.9 (± 1.0)
c. 3 to 5 times	18.0 (± 1.0)
d. 6 to 9 times	10.1 (± 0.8)
e. 10 to 19 times	6.4 (± 0.6)
f. 20 to 29 times	3.6 (± 0.4)
g. 30 to 39 times	1.5 (± 0.2)
h. 40+ times	4.3 (± 0.6)

263. Volunteered to do community service?	State (<i>n</i> = 8,559)
a. Never	50.7% (± 1.6%)
b. 1 or 2 times	24.8 (± 1.2)
c. 3 to 5 times	11.0 (± 0.8)
d. 6 to 9 times	5.4 (± 0.6)
e. 10 to 19 times	3.5 (± 0.4)
f. 20 to 29 times	1.4 (± 0.2)
g. 30 to 39 times	0.9 (± 0.2)
h. 40+ times	2.3 (± 0.4)

[Items 264–267 appear only on the secondary version of the survey.]

Item Index

- Age at first use 47, 212, 215
- Alcohol
 Age at first use 215
 Attitudes 160, 225
 Driving 109
 Source 154
 Use 17, 34, 162, 210, 215
- Asthma 90–91
- Bullying 132
- Clubs 252, 261
- Cocaine (*see* Drugs)
- Demographics 2–4, 6
- Depression 128
- Drugs
 Cocaine 157, 228
 Marijuana 18, 35, 156, 159, 164, 208, 209, 212, 227
 Other drugs 24–25
- Fighting 114, 117
- Fitness
 Body weight 69
 Exercise 80, 89
- Guns (*see* Weapons)
- Honesty 14
- Marijuana (*see* Drugs)
- Methamphetamines (*see* Drugs)
- Nutrition 71–73, 79
- Quality of life 150
- Risk of harm 207–210
- Safety 105, 107, 111
- School
 Achievement 189–190, 196
 Climate 203, 204
 Enjoyment 194, 254
- School (*continued*)
 Safety 205
 Schoolwork 191–193
- Suicide 126–127
- Teams (*see* Clubs)
- Tobacco
 Advertising 57
 Chewing 29
 Cigarettes 16, 28, 44–45, 47–49, 161, 207, 226
 Prevention 50–51, 62
 Secondhand smoke 55, 58
 Source 155
- TV/Video Games 85
- Weapons 113, 163