Oregon Student Wellness Survey for Grade 11

PLEASE DO NOT WRITE IN THIS AREA



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. 6. If you selected more than one rac what the race 1. How old are you? best describes you? □ 14 years old
 □ 1 □ 17 years old
 □ 1 □ 15 years old
 □ ○ 18 years old
 ○ 18 years old American Indian/Natir e Ar erican □ 16 years old
 □ ○ 19 years old or older Alaska Native Asian Indian Chinese 2. How do you identify? ○ Japanese Female Transgender ○ Korean Something else fits better Male Vietnames - ilipin. ON e hawaiian 3. Which of the following best describes you? Othe Pacific Islander Heterosexual (straight) Queer OBla Cor African American Gay or lesbian Other White Bisexual Not sure Other 4. In what grade are you? 7. Are you Hispanic or Latino/Latina? 9th Yes 10th Ungraded or other (*) ide ○No 11th 8. What is the language you use most often at home? 5. What is your race? (Please ma k an hat apply) English Russian American Indian/Na Americ n Spanish Alaska Native Asian Indian Vietnamese Chinese Another language Japanese Korean ○ Vietnames 9. Are you enrolled in any of the following tribes? Filinino ○ I am not enrolled in a tribe Mativ Hawaiian Burns Paiute Tribe Other acific Islander ייב א r African American Coquille Indian Tribe WIL. Le Cow Creek Band of Umpqua Tribe of Indians Confederated Tribes of Grand Ronde Other (Specify) Klamath Tribes Confederated Tribes of the Umatilla Indian Reservation Confederated Tribes of the Coos, Lower Umpqua, and Siuslaw Indians Confederated Tribes of Siletz Indians Confederated Tribes of Warm Springs Other

[SERIAL]

mental health is	Most	Some
opoor ogood excellent	18. How often do you feel that the schoolwork	hay reine on ver
fair very good	you are assigned is meaningful and importar	112
Civily good	19. Thinking back over the past school year, how	
	often did you try to do your best work in	
11. Would you say that in general your physical health is	school?	
opoor good excellent		
ofair very good		Son of
	How much do you agree with the	ne who hou
12. Have you changed schools (including changing from	following statements about	Oly har so lie
elementary to middle and middle to high school) in the	school?	8016 3 8 8 8 8
past year?	20. I have lots of chances to be part of class	0000
○Yes ○No	discussions or activities.	7000
	21. There are lots of chances for students in n	
12. Hayy many times have you shanged hames since	school to get involved in sports, clubs and o	er 🗾
13. How many times have you changed homes since kindergarten?	school activities outside of class.	0000
	22. I respect most of my teachers.	0000
Never 5 or 6 times	23. My teachers notice when m doing a good	job
1 or 2 times 7 or more times	and let me know about	0000
○3 or 4 times	24. I can talk to my teachers cheny and freely about my colorins.	
	25. In my school, teachers weat students with	0000
14. Putting them all together, what were your grades like	respect.	
last year?	26. Most students at m school help each other	
	when they are hurt or upset.	0000
Mostly B's Mostly D's	27. Ir my hool, students that work hard to get	
	g o gra es are picked on by other students	s. 000
15. During the LAST FOUR WEEKS how many whole days of		
school have you missed because you skipped or "cut"?	urir g the past 30 days, on how	2 804
None 4 to 5 days	many days did you	Or 30 TOTE
1 day 6 to 10 days	many days and yourn	82 82 82 82 82 82 82 82 82 82 82 82 82 8
2 days 11 days or more	28. not go to school because you felt you would	
○3 days	be unsafe at school or on your way to or	
	from school?	00000
16. How do you like school?	29. carry a gun as a weapon on school property	
I like school very much	30. carry a weapon (other than a gun) such as a knife or club on school property?	
I like school	a kille of club off school property:	
OI neither like nor dislike she		130
○I dislike school	During the past 12 months,	or or tho
○I dislike school very mu 为	how many times	tine line line lines
	Townself the second sec	the the the the
17. How impo ta α do y u think the things you are	31. were you in a physical fight? 32. were you in a physical fight	00000
learning it is hool ar going to be for your later life?	32 Were von in a onysical non	
	on school property?	00000
○ Very important	on school property? 33. did you bully someone (such as	00000
	on school property?	00000
Very important Quite important Fairly important Slightly important	on school property? 33. did you bully someone (such as hitting, kicking, pushing, saying mean things, spreading rumors, or making sexual comments that	00000
○ Very important ○ Quite important ○ Fairly important	on school property? 33. did you bully someone (such as hitting, kicking, pushing, saying mean things, spreading rumors, or making sexual comments that bothered them)?	
Very important Quite important Fairly important Slightly important	on school property? 33. did you bully someone (such as hitting, kicking, pushing, saying mean things, spreading rumors, or making sexual comments that bothered them)? 34. have you been suspended from	00000
Very important Quite important Fairly important Slightly important	on school property? 33. did you bully someone (such as hitting, kicking, pushing, saying mean things, spreading rumors, or making sexual comments that bothered them)? 34. have you been suspended from school?	
Very important Quite important Fairly important Slightly important	on school property? 33. did you bully someone (such as hitting, kicking, pushing, saying mean things, spreading rumors, or making sexual comments that bothered them)? 34. have you been suspended from school? 35. has someone threatened you with a	00000
Very important Quite important Fairly important Slightly important	on school property? 33. did you bully someone (such as hitting, kicking, pushing, saying mean things, spreading rumors, or making sexual comments that bothered them)? 34. have you been suspended from school? 35. has someone threatened you with a weapon such as a gun, knife, or club	00000
Very important Quite important Fairly important Slightly important	on school property? 33. did you bully someone (such as hitting, kicking, pushing, saying mean things, spreading rumors, or making sexual comments that bothered them)? 34. have you been suspended from school? 35. has someone threatened you with a weapon such as a gun, knife, or club	00000

37. During the past 12 months, has anyone offered, sold, or	All of the time
given you an illegal drug on school property?	During the past 30 days,
	how much of the time A good bit of the time
○ No	have you
ONO	A little of the time
	None of the time
Harassment can include threatening, bullying, name-calling	49. been a happy person?
or obscenities, offensive notes or graffiti, unwanted	50. been a very nervous person?
touching, and being pushed around or hit.	51. felt calm and peaceful?
	52. felt downhearted and blue?
In the last 30 days, how	53. felt so down in the dumps that nothing
many times have you been harassed	could cheer you up?
at school, on a school bus, or going to and from school	54. During the post 10 months, did you ever (selected or
	54. During the past 12 months, did y 'u ever 'sel so sad or
38. because of your race or ethnic origin.	hopeless almost every day two weeks or more in a row that you stopped do some sual activities?
39. because someone said you were gay,	row that you stopped dr _ some suar activities?
lesbian, bisexual, or transgender.	○ Yes
40. because of who your friends are.	○ No
41. because of how you look (weight, clothes,	
acne, or other physical characteristics).	55. During the part 12 months, did you ever seriously
42. because you received unwanted sexual	consider a amb ing suicide?
comments or attention.	
43. for other reasons.	es
44. through email, social media sites (Facebook,	ONI
Twitter, YouTube, etc.), chat rooms, instant	
messaging, web sites, texting, or phone?	56. Lang the past 12 months, how many times did you
	actually attempt suicide?
very	0 times
Once or twice per view ek	1 time
How often have you Once or twice per m nth	2 or 3 times
Once or twice perivea.	4 or 5 times
1 _ver	6 or more times
45. seen another student bully others 1, nit, 1g,	of more times
kicking, punching, or otherwise! rting t'em	Gambling involves betting anything of value (money, a
in school or on the school bus	watch, soda, etc.) on a game or event with an uncertain
46. heard another student bully others by aying	outcome.
mean things, teasing, challing or er students	
names in your school or on to seek of bus?	57. Please mark ALL the different types of betting that you
47. heard another student spend mean rumors	have done, if any, during the last 30 days: (Please mark
or leave other students ou of activities to be	all that apply)
mean in your schollor or in the school bus?	○I did not gamble during the last 30 days
	Playing lottery tickets/Powerball/Megabucks
48. On an average school night, how many hours of sleep	Playing dice or coin flips
io you get?	Playing cards (poker, etc.)
Lo you get:	Betting on a sports team
()4 or lets 8 hours	 Betting on games of personal skill (bowling, video
○ 5 hours	games, dares, etc.)
○ 10 or more hours	Gambling on the Internet for free or with money
7 hours	Playing Bingo for money
	Other
	58. During the last 12 months, have you ever felt bad about
	the amount you bet, or about what happens when you
	bet money?
	·
	○ Yes
	○ No
	○I don't bet for money
PLEASE DO NOT WRITE IN THIS AREA	SCOCOCOCOCOCO (SERIAL)

59. During the last 12 months, have you ever felt that you would like to stop betting money but didn't think you	70. During the past 30 days, what type of alcohol did you usually drink? Select only one response.
could?	○I did not drink alcohol during the past 30 days
○Yes	○ I do not have a usual type
○ No	○Beer
○I don't bet for money	Flavored beverages (such as Smirnoff, Bacardi Silver,
	Hard Lemonade, Joose and Sparks)
E 18	○Wine coolers (such as Bartles & Jaymes or Seagrams)
60. Have you ever lied to anyone about betting/gambling?	WineLiquor (such as vodka, rum, scotch, bourbon or whiskey)
61. Have you ever bet/gambled more than you	Some other type
wanted to?	
62. Have your parents ever talked to you about the risks of betting/gambling?	71. During the past 30 days, from which of the foll w
63. Have your teachers ever talked to you about the	sources did you get the alcohol you drank?
risks of betting/gambling?	(Please mark all that apply.)
	Ol did not drink alcohol during the pa ເ30 Jays
The next greations sak shout drinking clockel. This includes	○ At a party
The next questions ask about drinking alcohol. This includes	Friends under 21
drinking beer, wine/wine coolers, flavored beverages such as Mike's Hard Lemonade and liquor "shots" such as rum, gin,	Friends 21 or older
vodka, or whiskey. For these questions, drinking alcohol does	○ A brother or sister
not include drinking a few sips of wine for religious purposes.	() A nareni
not include drinking a few sips of while for religious purposes.	
64. During your life, on how many days have you had at	○ Liquor str
least one drink of alcohol?	─ Bar, niç it club rescuarant
	Took it nome vithout permission
○ 0 days	By asking a strar yer to buy it for me
○1 or 2 days	I got it some other way
○3 to 9 days	
○ 10 to 19 days	In the last 12 months, which of the following have you
○20 to 39 days	roerienced? (Please mark all that apply.)
○100 or more days	did not drink alcohol in the last 12 months
	Missed school or class because of drinking alcohol
	Gotten sick to my stomach because of drinking alcohol
During the past 30 days, on	Not been able to remember what happened while I was
how many days did you	drinking alcohol
to to it of to to	Later regretted something I did while drinking alcohol Worried that I drank alcohol too much or too often
65. have at least one drink of alcohol? 66. have 5 or more drinks of alcohol in a	Worned that I drank alcohol too much or too often
row, that is, within a couple of hours?	During the past 30 days,
During the past 30 days, on low m	how many times did you
days do you think most ctudes in yo r	0, 0,3,50,6
school	73. ride in a vehicle driven by a parent or
67. had at least one drink of alcurol?	other adult who had been drinking alcohol?
(your best e stimate)	74. ride in a vehicle driven by a teenager
68. had 5 or more drinks of alcohol in a	who had been drinking alcohol?
row, that is within a couple of hours?	75. drive a car or other vehicle when you had
(your best estimate)	been drinking alcohol?
69. Think of your four best friends (the friends you feel	During the past 30 days, how many times did most students in your school
closest to). In the past 12 months, how many of your best	
friends have tried beer, wine, or hard liquor (for example,	76. ride in a vehicle driven by a parent or other
vodka, whiskey or gin)?	adult who had been drinking alcohol?
	77. ride in a vehicle driven by a teenager who
None of my friends	had been drinking alcohol?
1 of my friends2 of my friends	78. drive a car or other vehicle when they had been drinking alcohol?
3 of my friends	Deen uninking according
4 of my friends	

During the past 30 days, on	If you wanted to get some, how				
how many days did you	easy would it be for you to	Somewhen his		\	
(2) (3) (3) (3) (3) (3) (3) (3)		eruha	70,	Very easy	
79. smoke cigarettes?	86. get some beer, wine, or hard liquor	har	Jar.	636	352
80. use other tobacco products such as	(for example, vodka, whiskey, or gir	1)2			5
snuf, dip or chewing tobacco (Redman,	87. get some cigarettes?	1):	읡		#
	88. get some marijuana?		읫		#
Copenhagen, Marlboro Snus etc)? 81. smoke tobacco in a "Hookah," also	89. get some synthetic marijuana, exan	nnlo: KO	\cup	\bigcirc	4
		ripie. NZ,			
known as a water pipe?	Spice etc.?		_	00	_
82. smoke e-cigarettes, vape-pens, or	90. get a drug like cocaine, LSD, or am		_	0	_
e-Hookahs?	91. get prescription drugs not prescribe	•	9	0	219
	92. get some e-cigarettes, vape-pens, o	or e-nookans?	\bigcirc	\bigcirc	
83. During the past 30 days, from which of the following					
sources did you get tobacco (cigarettes, chew, cigars)?	Ø				
(Please mark all that apply.)	How old	12			
	were you		TO CO		
I did not get tobacco during the past 30 days	TO THE	to to to to	101	20	
○ A store or gas station	93. when you had more	30,00000000000000000000000000000000000	S OF	50	Oc.
Friends 18 or older		20000000000000000000000000000000000000	10/6	100	Or.
○ Friends under 18	wine, or hard lique (for				
Took from home without permission	example, voc'l 1, whiske,,				
○ A family member	or gin) for he till time?				
○ The Internet	94. when you fire began				
○ Some other source	iking alcoh nic beverages				
	regularly, tracis at least				
84. During the past 30 days, how many times did you	95. when ou smoked a whole				1
use marijuana?					
0 times 10 to 19 times	96. the first time you used		\exists		7
1 or 2 times 20 to 39 times	tobacco products other than				
3 to 9 times 40 or more times	cigarettes such as snuff,				
03 to 9 times 040 of more times	-				
	chewing tobacco, and				
85. During the past 30 days, from which of the following	smoking tobacco from a				
sources did you get marijuana? (Pinse hark a).		00000	\circ	\circ	4
that apply.)	97. when you tried marijuana				
	for the first time?	0000	0	\bigcirc	$\supseteq \subseteq$
Ol did not use marijuana durin 1 th. r st 30 days	98. when you tried synthetic				
A public event such as a concert or porting event	marijuana (also called K2,				
	Spice, etc.) for the first time?		\bigcirc	\bigcirc	$\supset C $
Friends 18 or older	99. when you first tried				
○ Friends under 18	e-cigarettes, vape-pens, or				
○ A family me liber	e-hookahs?		\circ		
A medical arii ana carcholder or grower					
OI gave meone mon y to buy it for me	How much do you think people	14			
OI grew it	risk harming themselves	0,00	6	0	
Ol not it some ther way	(physically or in other ways)	Noon	P	Great	
	, , , , ,	Tig	Tis	Tist	ST
	100. if they have one or two drinks of a				
	beverage (beer, wine, liquor) near				5
	101. when they have five or more drink				1
	alcoholic beverage once or twice a				5/-
	102. if they smoke one or more packs of		\preceq		+
	per day?	o. oigarottes			4/_
	103. if they try marijuana once or twice	2	_		_
			_	0	_
	104. if they smoke marijuana once or to		0	0	4
	105. if they use prescription drugs that	are not			
	prescribed to them?		9	\bigcirc	2
	106. if they smoke e-cigarettes, vape-p	ens, or			
	a-hookahe2				

e-hookahs?

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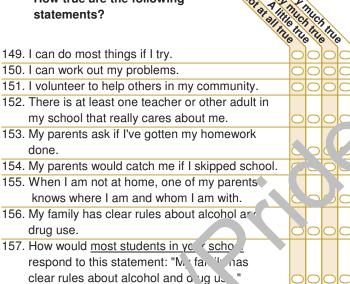
140. use synthetic marijuana, example: K2, Spice? 141. smoke e-cigarettes, vape-pens, or e-hookahs?

The next questions ask about certain experiences you may have or had in your life, which might have made you feel uncomfortable or sad in your surroundings.

142. Were your parents ever separated or divorced after you were born? 143. Have you ever lived with a household member who is/was depressed or mentally ill? Have you ever lived with someone who: 144. is/was a problem drinker or alcoholic? 145. uses/used street drugs? Have you ever felt that: 146. you did not have enough to eat?

How	true	are	the	followi	ng
state	men	ts?			

147. you had to wear dirty clothes? 148. you had no one to protect you?



158. How tall are you without your closs on? Directions: Wine your leight in the shaded blank boxes. Fill in the natching irol below each number.

Чеі	ght
Feet	Incia
4	10
3	0
	1
<u>هٔ</u>	2
6	3
7	3 IR 6 7
	NP VS
, LA	6
€,	7
	8
	9
	11

PLEASE DO NOT WRITE IN THIS AREA

Height		
Feet	Inches	
3	0	
4	1	
5	2	
6	3	
7	4	
	(5)	
	6	
	7	
	8	
	9	
	10	
	11)	

159. 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.

Weight		
Pounds		
0	9	5
	0	0
1	1	①
2	2P1	2
3	Val.	3
4	LAMIP.	4
⑤	(5)	
6	6	6
7	7	7
8	8	8
9		9

vveignt		
Pounds		
0	0	0
1	1	1
2	2	2
2	3	3
4	4	4
2)	<u>5</u>	(5)
6	6	6
7	7	7
8	8	8
9	9	9

160. How do you lesch? our weight?

- Very un 'erwc'aht
- Slightly uncerweight
- bou. the right weight
- Si-htly corweight
- Very verweight
- 161. Which of the following are you trying to do about your weight?
 - Lose weight
 - Gain weight
 - Stay the same weight
 - I am not trying to do anything about my weight

During the past 30 days, did you...

- 162. Go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?
- 163. Take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)
- 164. Vomit or take laxatives to lose weight or to keep from gaining weight?

Thank you for your participation!