

Tear-Off Sheet

Instructions to Students: Before filling out the Health Survey attached, separate this sheet from the survey so it can be collected and thrown out.

Student Name: _____



Evidence-Based Prevention Programs for Schools, Families, and Communities

Health Survey

High School

This survey is designed to give us information about your health knowledge, attitudes, and behaviors.

Because a secret student code is used on each survey, no one will know how you answer these questions.

Please answer all the questions honestly.

Student Code #: _____

School Code #: _____

Date _____ / _____ / _____

Pretest Survey ___

Posttest Survey ___

Follow-Up Survey ___

Note to Data Collector: Prior to distributing this survey, please enter the Student Code #, School Code #, and indicate whether this is a pretest, posttest, or follow-up survey with a check mark in the box above.

Section A

1. How many years old are you? (Circle One)

14 15 16 17 18 19 20 21

2. Are you: ① Male ② Female ③ _____

3. Who do you live with most of the time? (Pick only one)

- ① One parent ③ Guardian, foster parent, or relative
② Two parents ④ Other: _____

4. Which of the following best describes you? (Pick All that Apply)

- ① White
② Black or African-American
③ Hispanic/Latino
④ Asian
⑤ American Indian/Alaska Native
⑥ Native Hawaiian or Other Pacific Islander
⑦ More than one race
⑧ Other: _____

5. What grade are you in?

- ① 9th grade ② 10th grade ③ 11th grade ④ 12th grade

6. What grades do you generally get in school? (Pick only one)

- ① Mostly A's (90-100) ③ Mostly C's (70-79) ⑤ D's or lower (less than 60)
② Mostly B's (80-89) ④ Mostly D's (60-69)

7. About how many days were you absent from school last year? (Pick only one)

- ① None ② 1-2 days ③ 3-6 days ④ 7-15 days ⑤ 16 or more days

8. Do you currently have a job? (Pick only one)

- ① I'm not currently employed ③ Yes, I usually work from 10 to 20 hours per week
② Yes, I usually work less than 10 hours per week ④ Yes, I usually work more than 20 hours per week

Section B

Directions: Read each statement below and indicate whether you think each is True or False by filling in the appropriate circle.

	True	False
1. Setting a health goal is a good way to try to improve your health.	①	②
2. Paying attention to your health is not important when you are at my age.	①	②
3. My health is not impacted by my day-to-day decisions.	①	②
4. Having a positive attitude can help you make decisions more effectively.	①	②
5. Your risk-taking is impacted by your drug or alcohol use.	①	②
6. Once you've done something risky and nothing bad happens, it is less risky next time you do it.	①	②
7. A person's culture is shaped by the media.	①	②
8. There is nothing I can do to know if media messages are accurate.	①	②
9. Stress and anger do not really impact other emotions.	①	②
10. People handle an emotional trigger the same way.	①	②
11. Active listening involves showing someone that you are interested in what they are saying by occasionally nodding your head.	①	②
12. There is a difference between misunderstandings and disagreements.	①	②
13. Your health is not really affected by your relationships with others.	①	②
14. Asserting yourself means standing up for yourself while simultaneously respecting the rights of others.	①	②

Section C

Directions: Please fill in the circle to show how much you agree or disagree with each statement.

	Strongly Agree	Agree	Neither Agree Nor Disagree	Disagree	Strongly Disagree
1. Peers my age who drink alcohol are more grown-up.	①	②	③	④	⑤
2. Smoking marijuana makes you look cool.	①	②	③	④	⑤
3. Smoking cigarettes makes you look cool.	①	②	③	④	⑤
4. Peers my age who smoke marijuana are more grown-up.	①	②	③	④	⑤
5. Peers my age who drink alcohol have more friends.	①	②	③	④	⑤
6. Peers my age who smoke have more friends.	①	②	③	④	⑤
7. Smoking marijuana lets you have more fun.	①	②	③	④	⑤
8. Drinking alcohol makes you look cool.	①	②	③	④	⑤
9. Peers my age who use cocaine or other drugs have more friends.	①	②	③	④	⑤
10. Peers my age who use cocaine or other drugs are more grown-up.	①	②	③	④	⑤
11. Smoking cigarettes lets you have more fun.	①	②	③	④	⑤
12. Peers my age who smoke cigarettes are more grown-up.	①	②	③	④	⑤
13. Using cocaine or other drugs lets you have more fun.	①	②	③	④	⑤
14. Using cocaine or other drugs makes you look cool.	①	②	③	④	⑤
15. Drinking alcohol lets you have more fun.	①	②	③	④	⑤
16. Peers my age who use marijuana have more friends.	①	②	③	④	⑤

Section D

Directions: Please fill in the circle to show how you would handle the following situations.

	Strongly Agree	Agree	Neither Agree Nor Disagree	Disagree	Strongly Disagree
I would say NO if someone tried to get me to:					
1. Smoke a cigarette.	①	②	③	④	⑤
2. Vape or smoke an e-cigarette.	①	②	③	④	⑤
3. Drink beer, wine, or liquor.	①	②	③	④	⑤
4. Smoke marijuana or hashish.	①	②	③	④	⑤
5. Use cocaine or other drugs.	①	②	③	④	⑤
6. Use a prescription drug that was prescribed for someone else.	①	②	③	④	⑤

	Strongly Agree	Agree	Neither Agree Nor Disagree	Disagree	Strongly Disagree
I would:					
7. Tell someone if they gave me less change (money) than I was supposed to get back after paying for something.	①	②	③	④	⑤
8. Say “no” to someone who asks to borrow money from me.	①	②	③	④	⑤
9. Tell someone to go to the end of the line if they try to cut ahead of me.	①	②	③	④	⑤

	Strongly Agree	Agree	Neither Agree Nor Disagree	Disagree	Strongly Disagree
In order to cope with stress or anxiety, I would:					
10. Relax all the muscles in my body, starting with my feet and legs.	①	②	③	④	⑤
11. Breathe in slowly for a count of four, then hold my breath in for a count of four, and slowly exhale for a count of four.	①	②	③	④	⑤

	Strongly Agree	Agree	Neither Agree Nor Disagree	Disagree	Strongly Disagree
In general:					
12. If I find that something is really difficult, I get frustrated and quit.	①	②	③	④	⑤
13. I stick to what I'm doing until I'm finished with it.	①	②	③	④	⑤

Thank you for completing this survey!