Healthy Kids Colorado Survey

This	survey is about health behavior.	It has been developed so you can tell us what you do that may affect your health.
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The	information you give will be used	to improve health education for young people like yourself.

DO NOT write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

The questions that ask about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

Make sure to read every question. Fill in the ovals completely. When you are finished, follow the instructions of the person giving you the survey.

Thank you very much for your help.

Throughout the survey you will see some questions with possible responses, big NO!, no, yes, or big YES!.

NO! means definitely not true for you, no means mostly not true for you, yes means mostly true for you, and YES! means definitely true for you.

Example: Chocolate is the best ice cream flavor.

O NO!

 \bigcirc no yes ○YES!

In the example above, the student marked "yes" because he or she thinks the statement is mostly true.

Directions

- Use a #2 pencil only.
- Make dark marks.
- Fill in a response like this:

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If you change your answer, erase your old answer completely.

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7. How much do you weigh

without your shoes on? Directions: Write your

1.	How old are you?
	12 years old or younger13 years old
	14 years old

15 years old 16 years old 17 years old 18 years old or older 2. What is your sex? Female ○ Male

3. In what grade are you?

9th grade 10th grade

11th grade

12th grade

Ungräded or other grade

4. Are you Hispanic or Latino?

○ Yes O No

5. What is your race? (Select one or more responses.)

American Indian or Alaska Native

☐ Asian

Black or African American

Native Hawaiian or Other Pacific Islander

○ White

6. How tall are you without your shoes on? Directions: Write your height in the shaded blank boxes. Fill in the matching oval below

each number. Height weight in the shaded blank boxes. Fill in the matching oval below each number. Weight

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<u>ee</u> t	Inches	Pounds
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	(B)	
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8. What is the language you use most often at home?

English

Spanish Another language

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	9. Which of the following best describes you? ☐ Heterosexual (straight) ☐ Gay or lesbian ☐ Bisexual ☐ Not sure	17. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property? © 0 times © 1 time © 2 or 3 times
2000 2000	The next 4 questions ask about safety.	4 or 5 times6 or 7 times
	10. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol? 0 times 	 8 or 9 times 10 or 11 times 12 or more times 18. During the past 12 months, how many times were you
	1 time 2 or 3 times 4 or 5 times 6 or more times 11. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol? I did not drive a car or other vehicle during the past	in a physical fight? O times 1 time 2 or 3 times 4 or 5 times 6 or 7 times 8 or 9 times 10 or 11 times 12 or more times
	30 days 0 times 1 time 2 or 3 times 4 or 5 times 6 or more times	19. During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)
	12. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been using marijuana? O times O time O 2 or 3 times O 4 or 5 times O 6 or more times	 I did not date or go out with anyone during the past 12 months ○ 0 times ○ 1 time ○ 2 or 3 times ○ 4 or 5 times ○ 6 or more times
	13. During the past 30 days, how many times did you drive a car or other vehicle when you had been using marijuana? I did not drive a car or other vehicle during the past 30 days	20. Have you ever been physically forced to have sexual intercourse when you did not want to? Yes No
	0 times 1 time 2 or 3 times 4 or 5 times 6 or more times	The next 2 questions ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a
	The next 7 questions ask about violence-related behaviors.	friendly way.
	 14. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club? 0 days 1 day 2 or 3 days 	21. During the past 12 months, have you ever been bullied on school property ? ○ Yes ○ No
	 4 or 5 days 6 or more days 15. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property? 	22. During the past 12 months, have you ever been electronically bullied? (Count being bullied through e-mail, chat rooms, instant messaging, websites, or texting.) Yes
	O days 1 day 2 or 3 days 4 or 5 days 6 or more days	○ No The next 5 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting
	 16. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school? 0 days 1 day 2 or 3 days 4 or 5 days 6 or more days 	23. 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
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 24. During the past 12 months, did you ever seriously consider attempting suicide? Yes No 25. During the past 12 months, did you make a plan about how you would attempt suicide? Yes No 	32. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen? O days O 1 or 2 days O 3 to 5 days O 6 to 9 days O 10 to 19 days All 30 days
 26. During the past 12 months, how many times did you actually attempt suicide? 0 times 1 time 2 or 3 times 4 or 5 times 6 or more times 	33. How much do you think people risk harming themselves (physically or in other ways) if they smoke one or more packs of cigarettes per day? No risk Slight risk Moderate risk Great risk
27. If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning,or overdose that had to be treated by a doctor or nurse? O I did not attempt suicide during the past 12 months Yes No	34. How wrong do your parents or guardians feel it would be for you to smoke cigarettes? Very wrong Wrong A little bit wrong Not wrong at ail
The next 8 questions ask about tobacco use. 28. How old were you when you smoked a whole cigarette for the first time?	35. How wrong would most adults in your neighborhood, or the area around where you live, think it is for kids your age to smoke cigarettes? Very wrong Wrong A little bit wrong Not wrong at all
 ☐ I have never smoked a whole cigarette ☐ 8 years old or younger ☐ 9 or 10 years old ☐ 11 or 12 years old ☐ 13 or 14 years old ☐ 15 or 16 years old ☐ 17 years old or older 	The next 18 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.
29. During the past 30 days, on how many days did you smoke cigarettes? 0 days 1 or 2 days 3 to 5 days 6 to 9 days 10 to 19 days 20 to 29 days All 30 days	36. During your life, on how many days have you had at least one drink of alcohol? O days 1 or 2 days 3 to 9 days 10 to 19 days 20 to 39 days 40 to 99 days 100 or more days 37. How old were you when you had your first drink of
30. If you wanted to get some cigarettes, how easy would it be for you to get some? ○ Very hard ○ Sort of hard ○ Sort of easy ○ Very easy	alcohol other than a few sips? I have never had a drink of alcohol other than a few sips 8 years old or younger 9 or 10 years old 11 or 12 years old 13 or 14 years old 15 or 16 years old
31. During the past 30 days, how did you usually get your own cigarettes? (Select only one response.) I did not smoke cigarettes during the past 30 days I bought them in a store such as a convenience store, supermarket, discount store, or gas station I bought them from a vending machine I gave someone else money to buy them for me I borrowed (or bummed) them from someone else A person 18 years old or older gave them to me I took them from a store or family member I got them some other way	O 17 years old or older 38. How old were you when you first began drinking alcohol regularly, that is, at least once or twice a month? ○ I have never drunk alcohol regularly ○ 8 years old or younger ○ 9 or 10 years old ○ 11 or 12 years old ○ 13 or 14 years old ○ 15 or 16 years old ○ 17 years old or older

39. During the past 30 days, on how many days did you have at least one drink of alcohol? 0 days 1 or 2 days 3 to 5 days 6 to 9 days 10 to 19 days 20 to 29 days All 30 days	46. During the past 12 months, where did you usually drink alcohol? (Select only one response.) I did not drink alcohol during the past 12 months At my home At another person's home When riding in or driving a car or other vehicle At a restaurant, bar, or club At a place such as a park, beach, or parking lot At a public event such as a concert or sporting even On school property
40. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours? 0 days 1 day 2 days 3 to 5 days 6 to 9 days 10 to 19 days 20 or more days	47. How much do you think people risk harming themselves (physically or in other ways), if they have one or two drinks of alcohol nearly every day? No risk Slight risk Moderate risk Great risk How much do you think people risk harming
41. During the past 30 days, on how many days did you have at least one drink of alcohol on school property? O days 1 or 2 days 3 to 5 days 6 to 9 days 10 to 19 days 20 to 29 days All 30 days	themselves (physically or in other ways), if they have 5 or more drinks of alcohol once or twice each weekend? No risk Slight risk Moderate risk Great risk 49. How wrong do you think it is for someone your age to drink alcohol regularly (at least once or twice a month)?
42. During the past 30 days, on how many days do you think a typical student at your school drank alcohol? O days 1 or 2 days 3 to 5 days 6 to 9 days 10 to 19 days 20 to 29 days All 30 days	 ○ Very wrong ○ Wrong ○ A little bit wrong ○ Not wrong at all 50. How wrong do your parents or guardians feel it would be for you to drink alcohol regularly (at least once or twice a month)? ○ Very wrong ○ Wrong
43. During the past 30 days, on how many days do you think a typical student at your school had 5 or more drinks of alcohol? O days 1 or 2 days 3 to 5 days 6 to 9 days 10 to 19 days 20 to 29 days All 30 days	 A little bit wrong Not wrong at all 51. How wrong would most adults in your neighborhood, or the area around where you live, think it is for kids your age to drink alcohol regularly (at least once or twice a month)? ○ Very wrong ○ Wrong ○ A little bit wrong ○ Not wrong at all
44. If you wanted to get some beer, wine, or hard liquor, how easy would it be for you to get some? Very hard Sort of hard Sort of easy Very easy 45. During the past 30 days, how did you usually get the alcohol you drank? (Select only one response.)	52. If a kid drank alcohol in your neighborhood, or the area around where you live, would he or she be caught by the police? NO! no yes YES!
I did not drink alcohol during the past 30 days I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station I bought it at a restaurant, bar, or club I bought it at a public event such as a concert or sporting event I gave someone else money to buy it for me Someone gave it to me I took it from a store or family member I got it some other way	53. Think of your four best friends (the friends you feel closest to). In the past year (12 months), how many of your best friends have tried beer, wine, or hard liquor when their parents didn't know about it? None of my friends 1 of my friends 2 of my friends 3 of my friends 4 of my friends

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The next 14 questions ask about marijuana use. Marijuana also is called grass or pot.

54. During your life, how many times have you used marijuana?
 0 times 1 or 2 times 3 to 9 times 10 to 19 times 20 to 39 times 40 to 99 times 100 or more times
55. How old were you when you tried marijuana for the first time?
 I have never tried marijuana 8 years old or younger 9 or 10 years old 11 or 12 years old 13 or 14 years old 15 or 16 years old 17 years old 17 years old 17 years old
56. During the past 30 days, how many times did you use marijuana?
 0 times 1 or 2 times 3 to 9 times 10 to 19 times 20 to 39 times 40 or more times
57. During the past 30 days, how did you most often use marijuana? (Select only one response.)
 ☐ I did not use marijuana during the past 30 days ☐ I smoked it ☐ I ate it (in an edible, candy, tincture or other food) ☐ I used a vaporizer ☐ I consumed it in some other way
58. If you wanted to get some marijuana, how easy would it be for you to get some?
○ Very hard○ Sort of hard○ Sort of easy○ Very easy
59. During the past 30 days, how did you usually get the marijuana that you used? (Select only one response.)
 ☐ I did not use marijuana during the past 30 days ☐ I got it at a public event such as a party, bar, club, restaurant, concert, or sporting event ☐ I got it from someone with a Medical Marijuana License (Card) ☐ Someone gave it to me ☐ I took it from a family member ☐ I got it at school ☐ I got it some other way
60. During the past 30 days, how many times did you use marijuana on school property?
 0 times 1 or 2 times 3 to 9 times 10 to 19 times 20 to 39 times 40 or more times
61. How much do you think people risk harming themselves (physically or in other ways), if they use marijuana once or twice?
○ No risk○ Slight risk○ Moderate risk○ Great risk

themselves (physically or in other ways) if they use marijuana regularly?
○ No risk ○ Slight risk ○ Moderate risk ○ Great risk
63. How wrong do you think it is for someone your age to use marijuana? O Very wrong O Wrong A little bit wrong Not wrong at all
64. How wrong do your parents or guardians feel it would be for you to use marijuana? O Very wrong O Wrong A little bit wrong Not wrong at all
65. How wrong would most adults in your neighborhood, or the area around where you live, think it is for kids your age to use marijuana? O Very wrong O Wrong A little bit wrong Not wrong at all
66. If a kid used marijuana in your neighborhood, or the area around where you live, would he or she be caught by the police? NO! no yes YES!
67. Do you know anyone with a Medical Marijuana License or Card (for example a friend or family member)? ○ Yes ○ No ○ Not Sure
The next 10 questions ask about other drugs
68. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase? 0 times 1 or 2 times 3 to 9 times 10 to 19 times 20 to 39 times 40 or more times
69. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high? O times O 1 or 2 times O 3 to 9 times O 10 to 19 times O 20 to 39 times O 40 or more times
70. During your life, how many times have you used heroin

71. During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?	79. During the past 30 days, where did you most often see or hear advertisements or messages about preventing use of tobacco, alcohol, or other drugs? (Select only one response.)
1 or 2 times 3 to 9 times 10 to 19 times 20 to 39 times 40 or more times	 ○ I did not see or hear any advertisements or messages about preventing use of alcohol, tobacco, or other drugs ○ On a sign or billboard ○ In a TV or radio ad ○ At a sporting event or sports stadium
72. During your life, how many times have you used ecstasy (also called MDMA)? 0 times 1 or 2 times 3 to 9 times	 ○ At school ○ In a magazine or newspaper ○ On the internet ○ In another place
10 to 19 times 20 to 39 times 40 or more times	80. During the past 12 months, how often did you hear, read, or watch an advertisement promoting or encouraging tobacco, alcohol, or other drug use?
73. During your life, how many times have you taken a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription? 0 times 1 or 2 times	 ○ A lot ○ Sometimes ○ Hardly ever ○ Never ○ Not sure
3 to 9 times 10 to 19 times 20 to 39 times 40 or more times	81. During the past 30 days, where did you most often see or hear advertisements or messages promoting or encouraging the use of tobacco, alcohol, or other drugs? (Select only one response.)
74. During your life, how many times have you taken steroid pills or shots without a doctor's prescription? © 0 times	 ☐ I did not see or hear any advertisements or messages promoting the use of alcohol, tobacco or other drugs ☐ On a sign or billboard
1 or 2 times 3 to 9 times 10 to 19 times 20 to 39 times 40 or more times	 ☐ In a TV or radio ad ☐ At a sporting event or sports stadium ☐ At school ☐ In a magazine or newspaper ☐ On the internet
75. If you wanted to get a drug like cocaine, LSD, amphetamines, or any other illegal drug, how easy would it be for you to get some?	☐ In another place
✓ Very hard✓ Sort of hard✓ Sort of easy✓ Very easy	The next 7 questions ask about sexual behavior.
76. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property? Yes No	82. Have you ever had sexual intercourse? Yes No
77. During the past 12 months, have you talked with at least one of your parents about the dangers of tobacco, alcohol, or drug use?	83. How old were you when you had sexual intercourse for the first time?
☐ Yes ☐ No ☐ Not Sure	 I have never had sexual intercourse 11 years old or younger 12 years old 13 years old 14 years old
The next 4 questions ask about advertisements that you may have heard or seen related to tobacco, alcohol, or other drug use.	 ☐ 15 years old ☐ 16 years old ☐ 17 years old or older
78. During the past 12 months, how often did you hear, read, or watch an advertisement about preventing tobacco, alcohol, or other drug use? A lot Sometimes Hardly ever Never Not sure	84. During your life, with how many people have you had sexual intercourse? I have never had sexual intercourse 1 person 2 people 3 people 4 people 5 people 6 or more people
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85. During the past 3 months, with how many people did you have sexual intercourse?	92. During the past 7 days, how many times did you eat vegetables?
 ○ I have never had sexual intercourse ○ I have had sexual intercourse, but not during the past 3 months ○ 1 person ○ 2 people ○ 3 people ○ 4 people ○ 5 people 	☐ I did not eat vegetables during the past 7 days ☐ 1 to 3 times during the past 7 days ☐ 4 to 6 times during the past 7 days ☐ 1 time per day ☐ 2 times per day ☐ 3 times per day ☐ 4 or more times per day ☐ 3 times per day ☐ 4 or more times per day ☐ 3 times per day ☐ 3 times per day ☐ 4 or more times per day ☐ 3 times per day ☐ 4 or more times per day ☐ 3 times per day ☐ 4 or more times per day ☐ 3 times per day ☐ 4 or more times per day ☐ 3 times per day ☐ 4 times per day ☐ 3 times per day ☐ 4 times per day ☐ 3 times per day ☐ 4 times per day ☐ 5 times per day ☐ 6 times per day ☐ 7 times per day ☐ 8 times per day ☐ 9 times per day
○ 6 or more people	93. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke,
86. Did you drink alcohol or use drugs before you had sexual intercourse the last time?	Pepsi, or Sprite? (Do not count diet soda or diet pop.) I did not drink soda or pop during the past 7 days
☐ I have never had sexual intercourse☐ Yes☐ No	☐ 1 to 3 times during the past 7 days ☐ 4 to 6 times during the past 7 days ☐ 1 time per day
87. The last time you had sexual intercourse, did you or your partner use a condom?	☐ 2 times per day ☐ 3 times per day ☐ 4 or more times per day
☐ I have never had sexual intercourse☐ Yes☐ No	94. During the past 7 days, on how many days did you eat breakfast?
88. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy ? (Select only one response.)	O days 1 day 2 days 3 days
 ☐ I have never had sexual intercourse ☐ No method was used to prevent pregnancy ☐ Birth control pills ☐ Condoms ☐ An IUD (such as Mirena or ParaGard) or implant 	Q 4 daýsQ 5 daysQ 6 daysQ 7 days
(such as Implanon or Nexplanon) A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing) Withdrawal or some other method	The next 4 questions ask about physical activity.
○ Not sure The next 2 questions ask about body weight.	95. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)
89. How do you describe your weight? Very underweight Slightly underweight About the right weight Slightly overweight Very overweight	○ 0 days ○ 1 day ○ 2 days ○ 3 days ○ 4 days ○ 5 days ○ 6 days ○ 7 days
90. Which of the following are you trying to do about your weight?	96. On an average school day, how many hours do you watch TV?
 Cose weight Gain weight Stay the same weight I am not trying to do anything about my weight 	☐ I do not watch TV on an average school day ☐ Less than 1 hour per day ☐ 1 hour per day ☐ 2 hours per day ☐ 3 hours per day ☐ 4 hours per day ☐ 2
The next 4 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else. 91. During the past 7 days, how many times did you eat	5 or more hours per day 97. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Count time spent on things such as Xbox, PlayStation, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or
fruit? (Do not count fruit juice.) I did not eat fruit during the past 7 days 1 to 3 times during the past 7 days 4 to 6 times during the past 7 days 1 time per day 2 times per day 3 times per day 4 or more times per day	other social networking tools, and the Internet.) I do not play video or computer games or use a computer for something that is not school work Less than 1 hour per day 1 hour per day 2 hours per day 3 hours per day 4 hours per day 5 or more hours per day

98. During the past 12 months, on how many sports teams did you play? (Count any teams run by your school or		109. In my school, students have lots of chances to help decide things like class activities and rules.		
community groups.)		○ NO!	○ ves	
○ 0 teams ○ 1 team		O no O YES!		
2 teams 3 or more teams		110. Teachers ask me to work on special classroom projects.		
	bout other health-related topics.	○ NO! ○ no	◯ yes ◯ YES!	
99. Have you ever been taught about AIDS or HIV infection in school?		111. There are a lot of chances for students in my school to get involved in sports, clubs, and other school activities outside of class.		
○ Yes ○ No		○ NO ! ○ no	○ yes ○ YES!	
O Not Sure	stions ask about school.	112. There are lots of char to talk with a teacher	nces for students in my school one-on-one.	
100. During the past 12 months, how would you describe		○ NO! ○ no	○ yes ○ YES!	
your grades in school?		113. There are lots of cha	nces to be part of class	
		O NO!	os. ○ yes ○ YES!	
○ Mostly D's	my outropurrioular activities at	114. I feel safe at my scho	ool.	
101. Do you participate in any extracurricular activities at school such as sports, band, drama, clubs, or student government?		○ NO! ○ no	○ yes ○ YES!	
○ Yes ○ No		These 3 questions ask about your future.		
102. During the LAST FOUR WEEKS how many whole days of school have you missed because you		115. How important is it to you to finish high school?		
skipped or "cut"?	ou misseu because you	○ Very important ○ Important		
○ None ○ 1 day	4 to 5 days6 to 10 days	Not very importaNot at all importa		
○ 2 days ○ 3 days	11 or more days	116. How important is it to		
103. How often do you feel that the school work you are assigned is meaningful and important?		Very importantImportantNot very importa	ınt	
○ Never○ Seldom○ Sometimes	○ Often○ Almost always	Not at all important		
104. How interesting are mo	ost of your courses to you?	career?	•	
Very interesting aQuite interestingFairly interestingSlightly boring		○ Very important○ Important○ Not very important○ Not at all important	ant ant	
Very boring105. How important do you think the things you are		The next 4 question	ons ask about your home life.	
learning in school are Very important	going to be for you later in life?	118. The rules in my famil	y are clear.	
 Quite important 		○ NO!	○ yes	
 Fairly important Slightly important Not at all importar	nt	no 119. My parents or guardi	○ YES! ans give me lots of chances to	
106. Now thinking back over the past year in school, how often did you enjoy being in school?		do fun things with the ◯ NO!	○ yes	
○ Never	○ Often	O no	O YES!	
SeldomSometimes	○ Almost always	most family decisions	ans ask me what I think before s affecting me are made.	
107. Now thinking back over the past year in school, how often did you hate being in school?		○ NO! ○ no	○ yes ○ YES!	
○ Never ○ Seldom	○ Often○ Almost always	guardians for help.	oblem, I could ask my parents or	
 Sometimes Now thinking back over often did you try to do 	er the past year in school, how your best work in school?	○ NO! ○ no	○ yes ○ YES!	
Never Seldom Sometimes	○ Often ○ Almost always	This is th Thank you v	e end of the survey. ery much for your help.	

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