

2009

CONNECTICUT

SCHOOL HEALTH SURVEY

YOUTH TOBACCO COMPONENT

STUDENT SURVEY BOOKLET

This survey is about tobacco use and related health topics. This is NOT a test! It will help us **develop better tobacco education programs** for young people like you.

DO NOT WRITE YOUR NAME ON THE SURVEY. Your answers will be kept private. **No one will know what you write.** Answer the questions based on what you really know or do.

Taking part in this survey is voluntary. Your grades will not be affected, and no one will ever know your answers.

The questions about your background will only be used 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 you read every question on the survey. Be as honest as you can with your answers. **USE THE PENCIL PROVIDED.** **Be sure you fill in the circles completely.** When you are finished, sit quietly and wait for instructions from the person giving the survey.



START HERE

THE FIRST QUESTIONS ASK FOR SOME BACKGROUND INFORMATION ABOUT YOU.

1. **How old are you?**
 - 11 years old or younger
 - 12 years old
 - 13 years old
 - 14 years old
 - 15 years old
 - 16 years old
 - 17 years old
 - 18 years old or older

2. **What is your gender?**
 - Female
 - Male

3. **What grade are you in?**
 - 6th
 - 7th
 - 8th
 - 9th
 - 10th
 - 11th
 - 12th
 - Ungraded or other grade

4. **How do you describe yourself? (You can CHOOSE ONE ANSWER, or MORE THAN ONE)**
 - American Indian or Alaskan Native
 - Asian
 - Black or African American
 - Hispanic or Latino
 - Native Hawaiian or Other Pacific Islander
 - White

5. **Which one of these groups BEST describes you? (CHOOSE ONLY ONE ANSWER)**
 - American Indian or Alaska Native
 - Asian
 - Black or African American
 - Hispanic or Latino
 - Native Hawaiian or Other Pacific Islander
 - White

6. **During the last 4 weeks, about how much money did you have each week to spend any way you want to?**
 - None
 - Less than \$1
 - \$1 to \$5
 - \$6 to \$10
 - \$11 to \$20
 - \$21 to \$50
 - More than \$50

7. **How long have you lived in the United States?**
 - Less than 1 year
 - 1 to 3 years
 - 4 to 6 years
 - More than 6 years but not my whole life
 - I have always lived in the United States

8. **How often do the people in your home speak a language other than English?**
 - Never
 - Rarely
 - Sometimes
 - Most of the time
 - Always



THE NEXT GROUP OF QUESTIONS ASKS ABOUT TOBACCO USE.

Cigarette Smoking

9. Have you ever tried cigarette smoking, even one or two puffs?

- Yes
- No

10. How old were you when you smoked a whole cigarette for the first time?

- 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

11. About how many cigarettes have you smoked in your entire life?

- None
- 1 or more puffs but never a whole cigarette
- 1 cigarette
- 2 to 5 cigarettes
- 6 to 15 cigarettes (about 1/2 a pack total)
- 16 to 25 cigarettes (about 1 pack total)
- 26 to 99 cigarettes (more than 1 pack, but less than 5 packs)
- 100 or more cigarettes (5 or more packs)

12. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?

- Yes
- No

13. 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

14. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

- I did not smoke cigarettes during the past 30 days
- Less than 1 cigarette per day
- 1 cigarette per day
- 2 to 5 cigarettes per day
- 6 to 10 cigarettes per day
- 11 to 20 cigarettes per day
- More than 20 cigarettes per day

15. During the past 30 days, what brand of cigarettes did you usually smoke? (CHOOSE ONLY ONE ANSWER)

- I did not smoke cigarettes during the past 30 days
- I do not have a usual brand
- Camel
- Marlboro
- Newport
- Virginia Slims
- GPC, Basic, or Doral
- Some other brand



16. **During the past 30 days, how did you usually get your own cigarettes? (CHOOSE ONLY ONE ANSWER)**
- 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

17. **During the past 30 days, where did you buy the last pack of cigarettes you bought? (CHOOSE ONLY ONE ANSWER)**
- I did not buy a pack of cigarettes during the past 30 days
 - A gas station
 - A convenience store
 - A grocery store
 - A drugstore
 - A vending machine
 - I bought them over the Internet
 - Other

18. **When you bought or tried to buy cigarettes in a store during the past 30 days, were you ever asked to show proof of age?**
- I did not try to buy cigarettes in a store during the past 30 days
 - Yes, I was asked to show proof of age
 - No, I was not asked to show proof of age

19. **During the past 30 days, did anyone ever refuse to sell you cigarettes because of your age?**
- I did not try to buy cigarettes in a store during the past 30 days
 - Yes, someone refused to sell me cigarettes because of my age
 - No, no one refused to sell me cigarettes because of my age

20. **In the area where you live, do you know of any places that sell single or loose cigarettes?**
- Yes
 - No

21. **During the past 30 days, on how many days did you smoke cigarettes on school property?**
- 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

22. **When was the last time you smoked a cigarette, even one or two puffs?**
- I have never smoked even one or two puffs
 - Earlier today
 - Not today but sometime during the past 7 days
 - Not during the past 7 days but sometime during the past 30 days
 - Not during the past 30 days but sometime during the past 6 months
 - Not during the past 6 months but sometime during the past year
 - 1 to 4 years ago
 - 5 or more years ago



23. **Do you want to stop smoking cigarettes?**

- I do not smoke now
- Yes
- No

24. **During the past 12 months, did any doctor, dentist, nurse, or other health professional ask you if you smoke?**

- Yes
- No
- Don't know / not sure

25. **During the past 12 months, did any doctor, dentist, nurse, or other health professional advise you not to smoke?**

- Yes
- No
- Don't know / not sure

26. **During the past 12 months, have you had an episode of asthma or an asthma attack?**

- Yes
- No

27. **During the past 12 months, did you ever try to quit smoking cigarettes?**

- I did not smoke during the past 12 months
- Yes
- No

28. **How many times during the past 12 months have you stopped smoking for one day or longer because you were trying to quit smoking?**

- I have not smoked in the past 12 months
- I have not tried to quit
- 1 time
- 2 times
- 3 to 5 times
- 6 to 9 times
- 10 or more times

29. **When you last tried to quit, how long did you stay off cigarettes?**

- I have never smoked cigarettes
- I have never tried to quit
- Less than a day
- 1 to 7 days
- More than 7 days but less than 30 days
- 30 days or more but less than 6 months
- 6 months or more but less than a year
- 1 year or more

Smokeless Tobacco: Chewing Tobacco, Snuff, or Dip

30. **Have you ever used chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?**

- Yes
- No

31. **During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip?**

- 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

32. **During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip on school property?**

- 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

Draft

Cigars

33. **Have you ever tried smoking cigars, cigarillos, or little cigars, even one or two puffs?**
- Yes
 - No
34. **During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?**
- 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

Pipe

35. **During the past 30 days, on how many days did you smoke tobacco in a pipe?**
- 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

Bidis and Kreteks

THE NEXT QUESTIONS ARE ABOUT BIDIS (OR “BEEDIES”) AND KRETEKS (ALSO CALLED “CLOVE CIGARETTES”). BIDIS ARE SMALL BROWN CIGARETTES FROM INDIA CONSISTING OF TOBACCO WRAPPED IN A LEAF TIED WITH A THREAD. KRETEKS ARE CIGARETTES CONTAINING TOBACCO AND CLOVE EXTRACT.

36. **Have you ever tried smoking any of the following:**
- Bidis
 - Kreteks
 - I have tried both bidis and kreteks
 - I have never smoked bidis or kreteks
37. **During the past 30 days, on how many days did you smoke bidis?**
- 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

THE NEXT QUESTIONS ASK ABOUT YOUR THOUGHTS ABOUT TOBACCO.

38. **Do you think that you will try a cigarette soon?**
- I have already tried smoking cigarettes
 - Yes
 - No
39. **Do you think you will smoke a cigarette at anytime during the next year?**
- Definitely yes
 - Probably yes
 - Probably not
 - Definitely not

Draft



40. **If one of your best friends offered you a cigarette, would you smoke it?**
- Definitely yes
 - Probably yes
 - Probably not
 - Definitely not
41. **In the past 12 months, how often have your parents or guardians discussed the dangers of tobacco use with you?**
- Never
 - Rarely
 - Sometimes
 - Often
 - Very often
42. **Which of these best describes the effect smoking has on your health? Smoking is...**
- Very bad for your health
 - Bad for your health
 - Not something that affects your health
 - Good for your health
 - Very good for your health
43. **Do you think young people who smoke cigarettes have more friends?**
- Definitely yes
 - Probably yes
 - Probably not
 - Definitely not
44. **Do you think smoking cigarettes makes young people look cool or fit in?**
- Definitely yes
 - Probably yes
 - Probably not
 - Definitely not
45. **Do you think you would be able to quit smoking cigarettes now if you wanted to?**
- I do not smoke now
 - Yes
 - No

46. **Does your school have any special groups or classes for students who want to quit using tobacco?**
- Yes
 - No
 - Not sure
47. **During this school year, were you taught in any of your classes about the dangers of tobacco use?**
- Yes
 - No
 - Not sure
48. **During this school year, did you practice ways to say NO to tobacco in any of your classes (for example by role-playing)?**
- Yes
 - No
 - Not sure

THE NEXT QUESTIONS ASK ABOUT EVENTS YOU MAY HAVE ATTENDED OR WHAT YOU HAVE SEEN ON TV, AT THE MOVIES, OR ON THE INTERNET.

49. **During the past 12 months, have you participated in any community activities to discourage people your age from using cigarettes, chewing tobacco, snuff, dip, or cigars?**
- Yes
 - No
 - I did not know about any activities
50. **During the past 30 days, have you seen or heard commercials on TV, the Internet, or on the radio about the dangers of cigarette smoking?**
- Not in the past 30 days
 - 1-3 times in the past 30 days
 - 1-3 times per week
 - Daily or almost daily
 - More than once a day

SOME TOBACCO COMPANIES MAKE ITEMS LIKE SPORTS GEAR, T-SHIRTS, LIGHTERS, HATS, JACKETS, AND SUNGLASSES THAT PEOPLE CAN BUY OR RECEIVE FREE.

51. **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?**
- Definitely yes
 - Probably yes
 - Probably not
 - Definitely not

THE NEXT QUESTIONS ASK ABOUT YOUR EXPOSURE TO TOBACCO USE.

52. **During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?**
- 0 days
 - 1 or 2 days
 - 3 or 4 days
 - 5 or 6 days
 - 7 days

53. **Which of these best describes the rules about smoking inside the house where you live? Smoking is...**
- Never allowed inside my home
 - Allowed only at some times or in some places
 - Always allowed inside my home

54. **Which of the following best describes the rules about smoking in the vehicle you drive or ride in the most? Smoking is ...**
- Never allowed inside the vehicle
 - Sometimes allowed inside the vehicle
 - Always allowed inside the vehicle.

55. **During the past 7 days, on how many days did you ride in a car with someone who was smoking cigarettes?**
- 0 days
 - 1 or 2 days
 - 3 or 4 days
 - 5 or 6 days
 - 7 days

56. **What do you think employers should do about smoking in indoor areas in places where people work? Employers should...**
- Never allow smoking in places where people work
 - Allow smoking only at some times or in some places
 - Always allow smoking in places where people work

57. **Which of these best describes smoking where you work? Smoking is...**
- I do not have a job
Never allowed where I work
 - Allowed but only at some times or in some places
 - Always allowed where I work

58. **On how many of the past 7 days did you breathe the smoke from someone who was smoking in the place where you work?**
- I do not have a job
 - I have a job but did not work in the past 7 days.
 - 0 days
 - 1 to 3 days
 - 4 to 6 days
 - all 7 days



59. Now think about indoor public places such as malls, movie theaters, clubs or restaurants. Which of these best describes what you think about smoking in indoor public places? Smoking should...

- Never be allowed in indoor public places
- Be allowed in indoor public places but only at some times or in some areas
- Always be allowed in indoor public places

60. Do you think the smoke from other people's cigarettes is harmful to you?

- Definitely yes
- Probably yes
- Probably not
- Definitely not

61. Does anyone who lives with you now smoke cigarettes?

- Yes
- No

THE NEXT QUESTIONS ASK ABOUT YOUR HEALTH.

62. How would you describe your health in general?

- Excellent
- Very good
- Good
- Fair
- Poor

63. During the past 30 days, on how many days was your physical health not good? (Physical health includes physical illness and injury)

- 0 days
- 1 or 2 days
- 3 to 6 days
- 7 to 13 days
- 14 to 29 days
- All 30 days

64. During the past 30 days, on how many days was your mental health not good? (Mental health includes stress, depression, and problems with emotions)

- 0 days
- 1 or 2 days
- 3 to 6 days
- 7 to 13 days
- 14 to 29 days
- All 30 days

65. 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

THE NEXT QUESTIONS ASK ABOUT YOUR FAMILY INTERACTION AND SUPPORT.

66. Do you agree or disagree that your parents or other adults in your family have clear rules and standards for your behavior?

- Strongly agree
- Agree
- Not sure
- Disagree
- Strongly disagree



67. **Do you agree or disagree that your family loves you and gives you help and support when you need it?**

- Strongly agree
- Agree
- Not sure
- Disagree
- Strongly disagree

68. **How often do your parents or other adults in your family ask where you are going or whom you will be with?**

- Never
- Rarely
- Sometimes
- Most of the time
- Always

69. **How often do your parents or other adults in your family know where you are after school?**

- Never
- Rarely
- Sometimes
- Most of the time
- Always

70. **On a school day, how many hours do you usually spend after school without an adult present?**

- 0 hours
- Less than 1 hour
- 1 hour
- 2 hours
- 3 hours
- 4 hours
- 5 hours or more

71. **During the past 7 days, on how many days did you eat at least one meal with your family?**

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

72. **Whom do you live with most of the time?**

- 2 parents (natural or adopted)
- 1 parent and 1 stepparent
- Both parents in separate households
- 1 parent only
- Foster parent
- Other family member
- Other non-family adult

THE NEXT QUESTIONS ASK ABOUT YOUR SCHOOL EXPERIENCE AND SUPPORT.

73. **Do you agree or disagree that you feel like you belong at your school?**

- Strongly agree
- Agree
- Not sure
- Disagree
- Strongly disagree

74. **In the past 6 months, about how many days have you been absent from school?**

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 8 days
- 9 to 11 days
- 12 to 14 days
- 15 days or more



75. **During the past 12 months, how would you describe your grades in school?**

- Mostly As
- Mostly Bs
- Mostly Cs
- Mostly Ds
- Mostly Fs
- None of these grades
- Not sure

76. **During the past 12 months, have you received free or reduced price milk, breakfast, or lunch from your school?**

- Yes, I have received free or reduced price milk or meals from my school in the past 12 months
- No, I have paid full price for my milk and all of my school meals in the past 12 months
- No, I did not buy milk or school meals in the past 12 months
- Not sure

THE NEXT QUESTIONS ASK ABOUT YOUR ATTITUDES AND BELIEFS.

77. **Do you agree or disagree that you can resist negative peer pressure and dangerous situations?**

- Strongly agree
- Agree
- Not sure
- Disagree
- Strongly disagree

78. **Do you agree or disagree that you feel alone in your life?**

- Strongly agree
- Agree
- Not sure
- Disagree
- Strongly disagree

79. **Do you agree or disagree that you feel good about yourself?**

- Strongly agree
- Agree
- Not sure
- Disagree
- Strongly disagree

THANK YOU VERY MUCH FOR YOUR HELP!!

