

**2023 Massachusetts  
Youth Risk Behavior Survey  
HINGHAM HIGH SCHOOL**

This survey developed by the CDC is about health behavior and attitudes. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to shape health, physical education and counseling curricula and programs that meet your unique needs.

**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 answers completely. When you are finished, follow the instructions of the person giving you the survey.

**Directions:**

- Use a # 2 pencil only
- Make dark marks
- To change your answer, erase completely

*THANK YOU VERY MUCH FOR YOUR HELP.*

1. What is your sex?
  - a. Female
  - b. Male
  - c. Non-binary
  - d. Prefer to self-describe
  - e. Prefer not to answer
  
2. Some people describe themselves as transgender when their sex at birth does not match the way they think or feel about their gender. Are you transgender?
  - a. No, I am not transgender
  - b. Yes, I am transgender
  - c. I am not sure if I am transgender
  - d. I do not know what this question is asking
  
3. Which of the following best describes you?
  - a. Heterosexual (straight)
  - b. Gay or lesbian
  - c. Bisexual
  - d. I am not sure about my sexual orientation (questioning)
  - e. I describe my sexuality in some other way
  
4. In what grade are you?
  - a. 9th grade
  - b. 10th grade
  - c. 11th grade
  - d. 12th grade
  - e. Ungraded or other grade
  
5. How do you describe yourself?
  - a. Asian American (such as Chinese, Japanese, Korean, Thai, Vietnamese, East Indian)
  - b. Black or African American
  - c. Hispanic or Latino
  - d. White
  - e. Other
  
6. During the past 12 months, how would you describe your grades in school?
  - a. Mostly A's and B's
  - b. Mostly C's
  - c. Mostly D's
  - d. Mostly F's
  - e. Not sure
  
7. Are you receiving special education services? (That is, do you have an IEP?)
  - a. Yes
  - b. No
  - c. Not sure

8. Is there at least one teacher or other adult in this school that you can talk to if you have a problem?
  - a. Yes
  - b. No
  - c. Not sure
  
9. Outside of school, is there an adult (or adults) you can talk to about things that are important to you?
  - a. Yes, parent or other adult family member
  - b. Yes, non-family adult (such as religious leader, club advisor, neighbor, etc.)
  - c. Yes, both family and non-family adults
  - d. No
  - e. Not sure

**The following questions ask about personal safety.**

10. How often do you wear a seat belt when **riding in** a car driven by someone else?
  - a. Never
  - b. Rarely
  - c. Sometimes
  - d. Most of the time
  - e. Always
  
11. 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**?
  - a. 0 times
  - b. 1 time
  - c. 2 or 3 times
  - d. 4 or 5 times
  - e. 6 or more times
  
12. During the past 30 days, how many times did you **drive** a car or other vehicle **when you had been drinking alcohol**?
  - a. 0 times
  - b. 1 time
  - c. 2 or 3 times
  - d. 4 or 5 times
  - e. 6 or more times
  
13. During the past 30 days, on how many days did you **text or e-mail** while **driving** a car or other vehicle?
  - a. I do not have a driver's license
  - b. 0 days
  - c. 1 to 5 days
  - d. 6 to 19 days
  - e. 20 to 30 days

**The following questions ask about violence-related behaviors.**

14. 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?

- a. 0 days
- b. 1 day
- c. 2 or 3 days
- d. 4 or 5 days
- e. 6 or more days

15. During the past 12 months, how many times have you been bullied **at school?** (Being bullied is defined as verbal, physical, written or electronic action, or other behavior that is intentionally cruel or repetitive.)

- a. 0 times
- b. 1-3 times
- c. 4-6 times
- d. 7-9 times
- e. 10 or more times

16. If you were bullied at school in the past 12 months, did you report it to a parent or school personnel?

- a. Yes
- b. No
- c. I have not been bullied in the past 12 months

17. During the past 12 months, how many times have you been harassed or bullied online (Facebook, email, Twitter, Snapchat, etc.) or with a cell phone (text messaging, photos, etc.)?

- a. 0 times
- b. 1-3 times
- c. 4-6 times
- d. 7-9 times
- e. 10 or more times

18. During the past 12 months, has someone stolen or deliberately damaged your property such as your car, clothing, or books on school property?

- a. Yes
- b. No

19. If someone has stolen or deliberately damaged your property such as your car, clothing, or books on school property, did you report it to a parent or school official?

- a. Yes
- b. No
- c. I have not had someone steal or deliberately damage my property.

20. During the past 12 months, how many times were you in a physical fight?

- a. 0 times
- b. 1-3 times
- c. 4-6 times
- d. 7-9 times
- e. 10 or more times

21. During the past 12 months, how many times were you in a physical fight **on school property?**

- a. 0 times
- b. 1-3 times
- c. 4-6 times
- d. 7-9 times
- e. 10 or more times

22. Have you ever been hurt physically or sexually by a date or someone you were going out with? This might include being hurt by being shoved, slapped, hit, or forced into any sexual activity.

- a. I have never been on a date or gone out with anyone.
- b. No, I have never been hurt by a date or someone I was going out with.
- c. Yes, I was hurt physically.
- d. Yes, I was hurt sexually.
- e. Yes, I was hurt both physically and sexually.

23. Has anyone ever had sexual contact with you against your will?

- a. No one has ever had sexual contact with me against my will
- b. Yes, within the past 12 months
- c. Yes, more than 12 months ago
- d. Yes, both "b" and "c"

24. Have you ever been pressured or physically forced to have sexual intercourse when you did not want to?

- a. Yes
- b. No

25. Did someone you were dating or going out with ever pressure or force you to do sexual things that you did not want to do? (such as touching, engaging in oral sex, or sexual intercourse).

- a. I have never dated or gone out with anyone
- b. Yes
- c. No

**The following questions ask about emotional health and deliberately hurting yourself, sad feelings and attempted suicide.**

**Sometimes people feel so depressed about the future that they may consider attempting suicide, which is taking some action to end their life.**

26. How often do you feel lonely?

- a. Never
- b. Occasionally
- c. Frequently
- d. All of the time

27. How often do you feel isolated from others?

- a. Never
- b. Occasionally
- c. Frequently
- d. All of the time

28. How often do you feel a sense of belonging at school?

- a. Never
- b. Occasionally
- c. Frequently
- d. All of the time

29. How much do you worry (or feel like you can't control how much you worry) about minor things such as homework, talking to a teacher or adjusting to change?

- a. Never
- b. Sometimes
- c. Often
- d. Always

30. How often do you avoid going places, doing things you like to do, or trying new things because you feel anxious?

- a. Never
- b. Sometimes
- c. Often
- d. Always

31. How often are you late or absent from school because of anxiety?

- a. Never
- b. Sometimes
- c. Often
- d. Always

32. During the past 12 months, how many times did you hurt or injure yourself **on purpose** without wanting to die? (For example, by cutting, burning, or bruising yourself on purpose.)

- a. 0 times
- b. 1 or 2 times
- c. 3 to 5 times
- d. 6 to 9 times
- e. 10 or more times

33. 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 or had school attendance issues?

- a. Yes
- b. No

34. During the past 12 months, did you ever **seriously** consider attempting suicide?

- a. Yes
- b. No

35. During the past 12 months, did you make a plan about how you would attempt suicide?

- a. Yes
- b. No

36. During the past 12 months, how many times did you actually attempt suicide?

- a. 0 times
- b. 1 time
- c. 2 or 3 times
- d. 4 or 5 times
- e. 6 or more times

37. 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?

- a. I did not attempt suicide during the past 12 months
- b. Yes
- c. No

**The following questions ask about technology.**

38. Have you ever received a text of a sexual nature (pictures or words)?

- a. Yes
- b. No
- c. Not sure

39. Have you ever sent a text of a sexual nature (pictures or words) to someone else?
- Yes
  - No
40. Have you been (or felt) pressured to send a photo that was suggestive to someone?
- Yes
  - No
41. Have your parents given you permission to use social media (such as Facebook, Twitter, Snapchat, or Instagram, etc.)?
- Yes
  - No
  - I have an account but my parents don't know
42. Are your parents supervising your social media account(s): Facebook, Twitter, Snapchat, or Instagram, etc. (i.e., can they view your page to see your activity)?
- I do not have a social media account (such as Facebook, Twitter, Snapchat, or Instagram, etc.)
  - Yes
  - No
  - I have an account but my parents don't know I do (so they aren't supervising it).
43. Excluding time spent doing homework, how much of your free time, on an average day, do you spend on your computer or phone? This includes texting, playing games, or using apps such as Snapchat, Twitter, Instagram, Facebook, etc.
- Less than 1 hour per day
  - 1 - 2 hours per day
  - 2 - 3 hours per day
  - 3 - 4 hours per day
  - More than 4 hours per day
44. To what degree do you think the amount of time you spend using your phone/internet or watching TV affects your productivity?
- It does not affect my productivity at all
  - It affects my productivity sometimes
  - It affects my productivity all the time

**The following questions ask about tobacco use.**

45. How old were you when you smoked a whole cigarette for the first time?
- I have never smoked a whole cigarette
  - 11 or 12 years old
  - 13 or 14 years old
  - 15 or 16 years old
  - 17 years old or older
46. 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 or more days
47. During the past 30 days, on how many days did you use **chewing tobacco or dip**?
- 0 days
  - 1 or 2 days
  - 3 to 5 days
  - 6 to 9 days
  - 10 or more days
48. Have you ever used an e-cigarette or "vaped"?
- Yes
  - No
49. During the past 30 days, on how many days did you use an e-cigarette or "vape"?
- 0 days
  - 1 or 2 days
  - 3 to 5 days
  - 6 to 9 days
  - 10 or more days
50. During the past 30 days how did you usually get your own e-cigarette or "vape" product (select only one)?
- I did not use any electronic vapor product in past 30 days.
  - I bought them in a store, supermarket, gas station or vape store.
  - I gave someone else money to buy them for me
  - I got them on the internet
  - I got them some other way

**The following questions ask about drinking alcohol. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.**

51. During your life, on how many days have you had at least one drink of alcohol, other than a few sips?

- a. 0 days
- b. 1 or 2 days
- c. 3 to 9 days
- d. 10 to 19 days
- e. 20 or more days

52. How old were you when you had your first drink of alcohol other than a few sips?

- a. I've never had a drink of alcohol (or more than a few sips for religious purposes)
- b. 12 years old or younger
- c. 13 or 14 years old
- d. 15 or 16 years old
- e. 17 years old or older

53. During the past 30 days, on how many days did you have at least one drink of alcohol?

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 or more days

54. 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?

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 or more days

55. During the past 30 days, on how many days did you have at least one drink of alcohol **on school property**?

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 or more days

56. How many unsupervised parties (i.e., no parents were present) have you attended in the **past 3 months** where alcohol was being consumed by at least some of those in attendance?

- a. I have not attended an unsupervised party in the past 3 months
- b. 1-3 parties
- c. 4-5 parties
- d. 6-8 parties
- e. more than 8 parties

57. How many parties have you attended **in the past 3 months** with parents present where underage drinking was occurring with their knowledge?

- a. I have not attended a party with parents present where alcohol was served with their knowledge in the past 3 months.
- b. 1-3 parties
- c. 4-5 parties
- d. 6-8 parties
- e. more than 8 parties

58. How many parties have you attended **in the past 3 months** with parents present where underage drinking was occurring without their knowledge?

- a. I have not attended a party with parents present where alcohol was served without their knowledge in the past 3 months.
- b. 1-3 parties
- c. 4-5 parties
- d. 6-8 parties
- e. more than 8 parties

59. During the past 30 days, how did you **usually** get the alcohol you drank?

- a. I did not drink alcohol during the past 30 days
- b. I bought it in a store.
- c. I gave someone else money to buy it for me
- d. Someone gave it to me
- e. I took it from my home without permission

60. During the past 30 days, where was the most frequent spot you chose to drink?

- a. I did not drink alcohol in the past 30 days
- b. My home
- c. A friend's home
- d. A car in a parking lot
- e. In the woods

61. If you were provided alcohol by someone during the past 30 days, who was that person?

- a. I was not provided alcohol by anyone in the past 30 days
- b. Your parent/guardian
- c. Your older sibling
- d. A friend
- e. A friend's older sibling or parent

**The following questions ask about drug use.**

62. During your life, how many times have you used marijuana?

- a. 0 times
- b. 1 or 2 times
- c. 3 to 9 times
- d. 10 to 19 times
- e. 20 or more times

63. How old were you when you tried marijuana for the first time?

- a. I have never tried marijuana
- b. 12 years old or younger
- c. 13 or 14 years old
- d. 15 or 16 years old
- e. 17 years old or older

64. During the past 30 days, how many times did you use marijuana?

- a. 0 times
- b. 1 or 2 times
- c. 3 to 9 times
- d. 10 to 19 times
- e. 20 or more times

65. During the past 30 days, how many times did you use marijuana **on school property**?

- a. 0 times
- b. 1 or 2 times
- c. 3 to 9 times
- d. 10 to 19 times
- e. 20 or more times

66. During the past 30 days, how did you obtain the marijuana you used?

- a. I did not use marijuana in the past 30 days
- b. Took from my parent(s)
- c. From a friend
- d. From my older sibling
- e. From the parent or older sibling of a friend

67. During the past 30 days, where was the most frequent spot you chose to use marijuana?

- a. I have not used marijuana in the past 30 days
- b. My home
- c. A friend's home
- d. In a car in a parking lot
- e. In the woods

68. During the past 30 days, how many times did you **ride** in a car or other vehicle **driven by someone who has been using marijuana**?

- a. 0 times
- b. 1 time
- c. 2 or 3 times
- d. 4 or 5 times
- e. 6 or more times

69. During the past 30 days, how many times did you **drive** a car or other vehicle **when you had been using marijuana**?

- a. 0 times
- b. 1 time
- c. 2 or 3 times
- d. 4 or 5 times
- e. 6 or more times

70. During your life, how many times have you used **any** form of **cocaine**, including powder or crack?

- a. 0 times
- b. 1 or 2 times
- c. 3 to 9 times
- d. 10 to 19 times
- e. 20 or more times

71. During your life, how many times have you used **heroin, ecstasy or PCP**?

- a. 0 times
- b. 1 or 2 times
- c. 3 to 9 times
- d. 10 to 19 times
- e. 20 or more times

72. During your life, how many times have you taken **steroid pills or shots without a doctor's prescription**?

- a. 0 times
- b. 1 or 2 times
- c. 3 to 9 times
- d. 10 to 19 times
- e. 20 or more times

73. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?

- a. Yes
- b. No

74. Have you ever attended school/classes under the influence of alcohol or drugs?

- a. Yes
- b. No

75. Have you ever attended a school event outside of regular school hours (dance, sporting event, etc.) under the influence of alcohol or drugs?

- a. Yes
- b. No

76. During your life, have you ever taken a prescription pain medicine that **was prescribed for you by a doctor to treat a medical issue**? For this question count drugs such as OxyContin, Percocet, Vicodin, Codeine and Hydrocodone.

- a. Yes
- b. No

77.. During your life, how many times have you taken prescription pain medicine (such as OxyContin, Percocet, Vicodin, Codeine and Hydrocodone) **without** a doctor's prescription or differently than how a doctor told you to use it?

- a. 0 times
- b. 1 or 2 times
- c. 3 to 9 times
- d. 10 to 19 times
- e. 20 or more times

78.. During your life, have you ever taken a prescription medication to help you focus (such as Adderall, Ritalin, Concerta, etc) or to treat anxiety (such as Ativan or Xanax) that **was prescribed for you by a doctor**?

- a. Yes
- b. No

79. During your life, how many times have you taken a prescription medication (such as Adderall, Ritalin, Concerta, Ativan or Xanax) **without** a doctor's prescription or differently than how a doctor told you to use it?

- a. 0 times
- b. 1 or 2 times
- c. 3 to 9 times
- d. 10 to 19 times
- e. 20 or more times

80. How did you usually get the prescription drugs that you've taken **without** a doctor's prescription?

- a. I have never taken a prescription drug without a doctor's prescription
- b. I took it from a family member
- c. I took it from someone other than a family member
- d. I bought it from someone
- e. Someone gave it to me

**The following questions are about your attitudes and behaviors related to sexuality.**

81. During the past 12 months, about how often have you had a conversation with your parents or other adults in your family about sexuality or ways to prevent sexually transmitted diseases (STDs) or pregnancy?

- a. Not at all in the past 12 months
- b. About once in the past 12 months
- c. About once every few months
- d. About once a month
- e. More than once a month

82. Have you ever engaged in oral sex?

- a. Yes
- b. No

83. During the past 12 months, with how many people have you had oral sex?

- a. I have never had oral sex
- b. 1 person
- c. 2 people
- d. 3 people
- e. 4 or more people



84. To what degree do you believe engaging in oral sex impacts one's health?

- a. Not at all risky to someone's health
- b. Somewhat risky to someone's health
- c. Very risky to someone's health
- d. Not sure about the risk to someone's health

85. Have you ever had sexual intercourse?

- a. Yes
- b. No

86. How old were you when you had sexual intercourse for the first time?

- a. I have never had sexual intercourse
- b. 13 years old or younger
- c. 14 years old
- d. 15 years old
- e. 16 years old or older

87. During your life, with how many people have you had sexual intercourse?

- a. I have never had sexual intercourse
- b. 1 person
- c. 2 people
- d. 3 people
- e. 4 or more people

88. How would you describe the person with whom you last had sexual intercourse or oral sex?

- a. I have not had sexual intercourse or oral sex
- b. The person is someone I am/was in a serious relationship with
- c. The person is someone I am/was casually dating
- d. The person is someone I am/was just friends with
- e. The person is someone I just randomly hooked up with

89. Prior to the **last time** you had oral sex or sexual intercourse did you drink alcohol or use drugs?

- a. I have never had sexual intercourse or oral sex
- b. Yes
- c. No

90. The **last time** you had sexual intercourse, did you or your partner use a condom?

- a. I have never had sexual intercourse
- b. Yes
- c. No

91. The **last time** you had sexual intercourse, with an opposite sex partner, what **one** method did you or your partner use to **prevent pregnancy**? (Select only **one** response.)

- a. I have never had sexual intercourse
- b. No method was used to prevent pregnancy
- c. Birth control pills
- d. Condoms
- e. Withdrawal, Plan B, or some other method

92. How many times have you been pregnant or gotten someone pregnant?

- a. 0 times
- b. 1 time
- c. 2 or more times
- d. Not sure

**The following questions ask about your body weight.**

93. How would you describe your weight?

- a. Very underweight
- b. Slightly underweight
- c. About the right weight
- d. Slightly overweight
- e. Very overweight

94. Which of the following are you trying to do about your weight?

- a. I am not trying to do anything about my weight.
- b. Lose weight
- c. Gain weight
- d. Stay the same weight

**The following questions ask about how you spend your free time.**

95. On average, how many hours of sleep do you get on a typical school night?

- a. 5 or less
- b. 6
- c. 7
- d. 8
- e. 9 or more

96. Which of the following contributes MOST to your stress level **at school**?
- a. Not having enough time to take notes or prepare for tests
  - b. Not knowing how to prepare for tests/what will be on the test
  - c. Writing papers
  - d. Speaking up/participating in class
  - e. Having too much homework each night
97. Which of the following factors contributes MOST to your stress level?
- a. Parental expectations
  - b. Getting good grades and getting into college
  - c. Sports or extracurricular activities
  - d. Relationships with friends or romantic relationships
  - e. Not having enough time to get everything done
98. In an **average month**, how many hours do you spend on **volunteer work, community service**, or helping people outside your home without getting paid? (Do not include court-ordered community service.)
- a. 0 hours
  - b. 1 to 4 hours
  - c. 5 to 9 hours
  - d. 10 or more hours
99. On how many of the past 7 days did you take part in organized after school, evening, or weekend activities (such as school clubs, community center groups, music/art/dance lessons, drama, church or other supervised activities)?
- a. 0 or 1 day
  - b. 2 or 3 days
  - c. 4 or 5 days
  - d. 6 or 7 days

**THIS IS THE END  
OF THE SURVEY.  
THANK YOU VERY  
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HELP!**