

Massachusetts Youth Risk Behavior Survey

Waltham Middle School

1. How old are you?

0.0%	0	a. 10 years old or younger
0.2%	1	b. 11 years old
23.0%	147	c. 12 years old
47.3%	303	d. 13 years old
26.7%	171	e. 14 years old
2.2%	14	f. 15 years old
0.3%	2	g. 16 years old or older
0.3%	2	No Answer

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

29.5%	189	a. Mostly A's
39.4%	252	b. Mostly B's
13.3%	85	c. Mostly C's
4.8%	31	d. Mostly D's
2.2%	14	e. Mostly F's
0.2%	1	f. None of these grades
9.8%	63	g. Not sure
0.8%	5	No Answer

2. What is your sex?

49.4%	316	a. Female
50.2%	321	b. Male
0.5%	3	No Answer

3. In what grade are you in?

0.0%	0	a. 6th grade
51.3%	328	b. 7th grade
48.1%	308	c. 8th grade
0.2%	1	d. Other
0.5%	3	No Answer

4. How do you describe yourself? (Select one or more responses)

1.6%	10	a. American Indian or Alaska Native
6.6%	42	b. Asian
10.2%	65	c. Blank or African American
25.3%	162	d. Hispanic or Latino
1.1%	7	e. Native Hawaiian or Other Pacific Islander
59.1%	378	f. White
0.8%	5	No Answer

The next 15 questions ask about personal safety and violence-related behaviors.

6. How often do you wear a seat belt when riding in a car?

1.9%	12	a. Never
5.3%	34	b. Rarely
17.0%	109	c. Sometimes
30.3%	194	d. Most of the time
43.4%	278	e. Always
2.0%	13	No Answer

7. When you ride a bicycle, how often do you wear a helmet?

13.9%	89	a. I do not ride a bicycle
46.7%	299	b. Never wear a helmet
14.4%	92	c. Rarely wear a helmet
9.2%	59	d. Sometimes wear a helmet
8.6%	55	e. Most of the time wear a helmet
6.9%	44	f. Always wear a helmet
0.3%	2	No Answer

8. When you rollerblade or ride a skateboard, how often do you wear a helmet?

54.7%	350	a. I do not rollerblade or ride a skateboard
27.2%	174	b. Never wear a helmet
5.0%	32	c. Rarely wear a helmet
5.2%	33	d. Sometimes wear a helmet
4.1%	26	e. Most of the time wear a helmet
3.3%	21	f. Always wear a helmet
0.6%	4	No Answer

9. Have you ever ridden in a car driven by someone who had been drinking alcohol?

19.7%	126	a. Yes
60.2%	385	b. No
18.4%	118	c. Not sure
1.7%	11	No Answer

10. Have you ever carried a weapon, such as a gun, knife, or club?

17.3%	111	a. Yes
81.9%	524	b. No
0.8%	5	No Answer

11. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?

94.2%	603	a. 0 days
3.3%	21	b. 1 day
0.9%	6	c. 2 or 3 days
0.2%	1	d. 4 or 5 days
1.1%	7	e. 6 or more days
0.3%	2	No Answer

12. Have you ever been in a physical fight?

43.9%	281	a. Yes
55.0%	352	b. No
1.1%	7	No Answer

13. Have you ever been in a physical fight in which you were hurt and had to be treated by a doctor or nurse?

5.5%	35	a. Yes
94.1%	602	b. No
0.5%	3	No Answer

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?

93.6%	599	a. 0 days
3.8%	24	b. 1 day
0.9%	6	c. 2 or 3 days
0.6%	4	d. 4 or 5 days
0.5%	3	e. 6 or more days
0.6%	4	No Answer

15. During the past 12 months, how many times have you been bullied at school? (being bullied includes being repeatedly teased, threatened, hit, kicked, or excluded by another student or group of students)

62.0%	397	a. 0 times
10.0%	64	b. 1 time
12.0%	77	c. 2 or 3 times
3.3%	21	d. 4 or 5 times
2.2%	14	e. 6 or 7 times
1.7%	11	f. 8 or 9 times
0.3%	2	g. 10 or 11 times
6.7%	43	h. 12 or more times
1.7%	11	No Answer

16. Have you ever given information about yourself over the internet to someone you never met (other than for purchases)?

12.7%	81	a. Yes
86.1%	551	b. No
1.3%	8	No Answer

17. have you ever met someone in person with whom you initially had contact over the internet?

13.8%	88	a. Yes
85.2%	545	b. No
1.1%	7	No Answer

18. During the past 12 months, have you been threatened, humiliated, or experienced hostile behaviors from others through email, in chat rooms, on instant messages (IM)?

10.8%	69	a. Yes
88.8%	568	b. No
0.5%	3	No Answer

19. 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?

96.4%	617	a. 0 times
2.2%	14	b. 1 time
0.6%	4	c. 2 or 3 times
0.2%	1	d. 4 or 5 times
0.2%	1	e. 6 or 7 times
0.0%	0	f. 8 or 9 times
0.0%	0	g. 10 or 11 times
0.2%	1	h. 12 or more times
0.3%	2	No Answer

20. During the past 12 months, how many times did you hurt or injure yourself on purpose? (For example, by cutting, burning, or bruising yourself on purpose)

85.5%	547	a. 0 times
9.1%	58	b. 1 or 2 times
2.2%	14	c. 3 to 5 times
1.1%	7	d. 6 to 9 times
0.5%	3	e. 10 to 19 times
1.3%	8	f. 20 or more times
0.5%	3	No Answer

The next 4 questions ask about attempted suicide.

21. During the past 12 months, have you seriously thought about killing yourself?

13.0%	83	a. Yes
86.4%	553	b. No
0.6%	4	No Answer

22. During the past 12 months, have you made a plan about how you would kill yourself?

5.9%	38	a. Yes
93.8%	600	b. No
0.3%	2	No Answer

23. During the past 12 months, did you actually try to kill yourself?

3.9%	25	a. Yes
95.8%	613	b. No
0.3%	2	No Answer

24. If you attempted suicide during the past 12 months, did any attempt result in a injury, poisoning, or overdose that had to be treated by a doctor or nurse?

76.3%	488	a. I did not attempt suicide during the past 12 months
5.3%	34	b. Yes
17.5%	112	c. No
0.9%	6	No Answer

The next 8 questions ask about tobacco use.

25. Have you ever tried cigarette smoking, even one of two puffs?

20.6%	132	a. Yes
78.6%	503	b. No
0.8%	5	No Answer

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

84.8%	543	a. I have never smoked a whole cigarette
1.3%	8	b. 8 years old or younger
0.8%	5	c. 9 years old
0.8%	5	d. 10 years old
0.9%	6	e. 11 years old
3.9%	25	f. 12 years old
4.1%	26	g. 13 years old
1.6%	10	h. 14 years or older
1.9%	12	No Answer

27. During the past 30 days, on how many days did you smoke cigarettes?

93.3%	597	a. 0 days
2.2%	14	b. 1 or 2 days
1.1%	7	c. 3 to 5 days
1.1%	7	d. 6 to 9 days
0.2%	1	e. 10 to 19 days
0.8%	5	f. 20 to 29 days
0.9%	6	g. All 30 days
0.5%	3	No Answer

28. During the past 30 days, how did you usually get your own cigarettes? (Select only one response)

93.0%	595	a. I did not smoke cigarettes during the past 30 days
0.2%	1	b. I bought them in a store, such as a convenience store.
0.2%	1	c. I bought them from a vending machine
0.9%	6	d. I gave someone else money to buy them for me
1.7%	11	e. I borrowed (or bummed) them from someone else
0.8%	5	f. I took them from a store or family member
2.5%	16	g. I got them some other way
0.8%	5	h. No Answer

29. 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?

97.3%	623	a. I did not try to buy cigarettes in a store during the past 30 days
0.5%	3	b. Yes, I was asked to show proof of age
1.4%	9	c. No, I was not asked to show proof of age
0.8%	5	No Answer

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

7.5%	48	a. Yes
91.6%	586	b. No
0.9%	6	No Answer

31. 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?

97.5%	624	a. 0 days
1.6%	10	b. 1 or 2 days
0.5%	3	c. 3 to 5 days
0.0%	0	d. 6 to 9 days
0.0%	0	e. 10 to 19 days
0.0%	0	f. 20 to 29 days
0.0%	0	g. All 30 days
0.5%	3	No Answer

32. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?

94.7%	606	a. 0 days
3.0%	19	b. 1 or 2 days
0.9%	6	c. 3 to 5 days
0.2%	1	d. 6 to 9 days
0.3%	2	e. 10 to 19 days
0.2%	1	f. 20 to 29 days
0.2%	1	g. All 30 days
0.6%	4	No Answer

The next 3 questions ask about drinking alcohol

33. Have you ever had a drink of alcohol, other than a few sips?

31.4%	201	a. Yes
67.8%	434	b. No
0.8%	5	No Answer

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

68.4%	438	a. I have never had a drink of alcohol other than a few sips
3.4%	22	b. 8 years old or younger
1.1%	7	c. 9 years old
2.3%	15	d. 10 years old
4.1%	26	e. 11 years old
8.1%	52	f. 12 years old
9.5%	61	g. 13 years old
1.7%	11	h. 14 years old or older
1.3%	8	No Answer

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

85.8%	549	a. 0 days
7.2%	46	b. 1 or 2 days
2.3%	15	c. 3 to 5 days
2.7%	17	d. 6 to 9 days
0.3%	2	e. 10 to 19 days
0.5%	3	f. 20 to 29 days
0.3%	2	g. All 30 days
0.9%	6	No Answer

The next 3 questions ask about marijuana use.

36. Have you ever used marijuana?

9.5%	61	a. Yes
88.9%	569	b. No
1.6%	10	No Answer

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

90.0%	576	a. I have never tried marijuana
0.8%	5	b. 8 years old or younger
0.3%	2	c. 9 years old
0.5%	3	d. 10 years old
0.6%	4	e. 11 years old
1.9%	12	f. 12 years old
3.9%	25	g. 13 years old
1.1%	7	h. 14 years old or older
0.9%	6	No Answer

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

94.4%	604	a. 0 times
2.2%	14	b. 1 or 2 times
0.8%	5	c. 3 to 9 times
0.6%	4	d. 10 to 19 times
0.2%	1	e. 20 to 39 times
0.9%	6	f. 40 or more times
0.9%	6	No Answer

The next 7 questions ask about other drug use.

39. Have you ever used any form of cocaine, including powder, crack, or freebase?

3.4%	22	a. Yes
95.6%	612	b. No
0.9%	6	No Answer

40. Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high?

10.3%	66	a. Yes
89.1%	570	b. No
0.6%	4	No Answer

41. During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

89.1%	570	a. 0 times
8.4%	54	b. 1 or 2 times
1.6%	10	c. 3 to 9 times
0.0%	0	d. 10 to 19 times
0.0%	0	e. 20 to 39 times
0.0%	0	f. 40 or more times
0.9%	6	No Answer

42. Have you ever used steroids without a doctor's prescription?

2.0%	13	a. Yes
97.0%	621	b. No
0.9%	6	No Answer

43. Have you ever used methamphetamines (also called speed, crystal, crank, or ice)?

1.6%	10	a. Yes
97.3%	623	b. No
1.1%	7	No Answer

44. Have you ever used a needle to inject any illegal drug into your body?

0.6%	4	a. Yes
98.8%	632	b. No
0.6%	4	No Answer

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

8.1%	52	a. Yes
89.8%	575	b. No
2.0%	13	No Answer

The next 2 questions ask about AIDS education and prevention.

46. Have you ever been taught about AIDS or HIV infection in school?

32.5%	208	a. Yes
32.2%	206	b. No
34.7%	222	c. Not sure
0.6%	4	No Answer

47. 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 HIV infection, other sexually transmitted diseases (STDs) or pregnancy?

59.1%	378	a. Not at all in the past 12 months
23.3%	149	b. About once in the past 12 months
11.6%	74	c. About once every few months
2.7%	17	d. About once a month
2.3%	15	e. More than once a month
1.1%	7	No Answer

The next 4 questions ask about sexual intercourse.

48. Have you ever had sexual intercourse?

15.3%	98	a. Yes
83.0%	531	b. No
1.7%	11	No Answer

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

83.1%	532	a. I have never had sexual intercourse
2.3%	15	b. 8 years old or younger
0.5%	3	c. 9 years old
1.3%	8	d. 10 years old
0.8%	5	e. 11 years old
3.9%	25	f. 12 years old
5.8%	37	g. 13 years old
1.1%	7	h. 14 years old or older
1.3%	8	No Answer

50. With how many people have you ever had sexual intercourse?

84.1%	538	a. I have never had sexual intercourse
6.6%	42	b. 1 person
2.5%	16	c. 2 people
1.1%	7	d. 3 people
4.7%	30	e. 4 or more people
1.1%	7	No Answer

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

83.6%	535	a. I have never had sexual intercourse
9.7%	62	b. Yes
4.8%	31	c. No
1.9%	12	No Answer

The next 7 questions ask about body weight.

52. How do you describe your weight?

2.3%	15	a. Very underweight
15.8%	101	b. Slightly underweight
55.3%	354	c. About the right weight
23.4%	150	d. Slightly overweight
1.9%	12	e. Very overweight
1.3%	8	No Answer

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

44.4%	284	a. Lose weight
13.4%	86	b. Gain weight
23.0%	147	c. Stay the same weight
18.8%	120	d. I am not trying to do anything about my weight
0.5%	3	No Answer

54. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?

60.3%	386	a. Yes
37.0%	237	b. No
2.7%	17	No Answer

55. During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?

34.2%	219	a. Yes
64.8%	415	b. No
0.9%	6	No Answer

56. During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?

7.3%	47	a. Yes
91.7%	587	b. No
0.9%	6	No Answer

57. During the past 30 days, did you take any diet pills, powders, or liquids without a doctors advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)

1.7%	11	a. Yes
97.2%	622	b. No
1.1%	7	No Answer

58. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?

2.7%	17	a. Yes
96.3%	616	b. No
1.1%	7	No Answer

The next 4 questions ask about food you ate or drank during the past 7 days.

59. During the past 7 days, how many times did you eat fruit or drink 100% fruit juices? (Do not count punch, Kool-Aid, sports drinks, or other fruit flavored drinks.)

12.5%	80	a. I did not eat fruit or drink 100% fruit juices during the past 7 days
33.9%	217	b. 1 to 3 times during the past 7 days
19.5%	125	c. 4 to 6 times during the past 7 days
8.6%	55	d. 1 time per day
12.5%	80	e. 2 times per day
6.3%	40	f. 3 times per day
5.9%	38	g. 4 or more times per day
0.8%	5	No Answer

60. During the past 7 days, how many times did you eat vegetables such as carrots, peas, broccoli, or green salad? (Do not count potatoes.)

13.1%	84	a. I did not eat vegetables during the past 7 days
33.1%	212	b. 1 to 3 times during the past 7 days
18.8%	120	c. 4 to 6 times during the past 7 days
13.9%	89	d. 1 time per day
10.6%	68	e. 2 times per day
4.4%	28	f. 3 times per day
4.4%	28	g. 4 or more times per day
1.7%	11	No Answer

61. During the past 7 days, how many glasses of milk did you drink? (Include the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)

11.3%	72	a. I did not drink milk during the past 7 days
19.1%	122	b. 1 to 3 glasses during the past 7 days
15.2%	97	c. 4 to 6 glasses during the past 7 days
12.5%	80	d. 1 glass per day
19.4%	124	e. 2 glasses per day
12.3%	79	f. 3 glasses per day
7.7%	49	g. 4 or more glasses per day
2.7%	17	No Answer

62. On how many of the past 7 days did you eat breakfast?

12.2%	78	a. 0 days
6.4%	41	b. 1 day
6.4%	41	c. 2 days
8.4%	54	d. 3 days
7.7%	49	e. 4 days
8.0%	51	f. 5 days
6.9%	44	g. 6 days
41.1%	263	h. 7 days
3.0%	19	No Answer

The next 4 questions ask about physical activity.

63. On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, or fast dancing.

5.5%	35	a. 0 days
5.6%	36	b. 1 day
20.0%	128	c. 2 days
11.3%	72	d. 3 days
13.1%	84	e. 4 days
11.4%	73	f. 5 days
6.6%	42	g. 6 days
22.5%	144	h. 7 days
4.1%	26	No Answer

64. On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?

13.4%	86	a. 0 days
11.6%	74	b. 1 day
23.0%	147	c. 2 days
14.7%	94	d. 3 days
11.1%	71	e. 4 days
7.3%	47	f. 5 days
3.8%	24	g. 6 days
12.3%	79	h. 7 days
2.8%	18	No Answer

65. On an average school day, how many hours do you watch TV?

3.9%	25	a. I do not watch TV on an average school day
9.8%	63	b. Less than 1 hour per day
12.5%	80	c. 1 hour per day
25.9%	166	d. 2 hours per day
22.5%	144	e. 3 hours per day
11.4%	73	f. 4 hours per day
10.5%	67	g. 5 or more hours per day
3.4%	22	No Answer

66. Do you play on any sports teams? (Include any teams run by your school or community group.)

57.3%	367	a. Yes
38.1%	244	b. No
4.5%	29	No Answer