

LYNCHBURG YOUTH SURVEY

2022



A TRADITION OF EXCELLENCE FOR ALL



LYNCHBURG CITY SCHOOLS

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Introduction

Lynchburg City Schools is pleased to present the 2022 Lynchburg Youth Survey (LYS) to the community. It is hoped that other community- and youth-based organizations will join the school system in using the results of the survey to design and implement prevention, early intervention, and treatment programs aimed at improving the health of our youth. Lynchburg City Schools has been surveying youth in the school district since 1999. The survey is based on the Centers for Disease Control and Prevention’s (CDC) Youth Risk Behavior Survey (YRBS) with some minor modifications according to local interest. The survey results allow for examination of the current status and trends in health behaviors of Lynchburg youth, as well as comparisons to youth across the state and Nation.

The YRBS was developed by the Division of Adolescent and School Health of the CDC in 1992 as a component of their national surveillance system to monitor and assess health-risk behaviors among youth. The premise of the YRBS is that the health of young people, and the adults they will later become, is linked to the health-related behaviors they adopt in childhood. Monitoring the risk behaviors of young people is essential to understanding and altering these behaviors. Health risk behaviors contribute to morbidity and mortality among both young people and adults. These risk behaviors include unintentional and intentional injuries; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases; unhealthy dietary behaviors; and inadequate physical activity.

Lynchburg City Schools, in collaboration with the Lynchburg School Health Advisory Board and Central Virginia Addiction and Recovery Resources Coalition, are responsible for administering this survey and disseminating the results. The following pages give an overview of findings from each of the above risk behavior categories and compare 2022 Lynchburg Youth Survey findings to previous years’ data as well as national data where available. The guidelines used for these comparisons as well as other considerations are detailed in the Methodology section.

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Methodology

Lynchburg City Schools contacted parents before the survey was administered to inform them of the purpose of the survey. As with previous LYS administrations parental consent for the survey was “passive,” meaning youth were assumed to have permission to participate unless parents sent back a signed form to decline their permission.

The 2022 LYS contained 128 questions and was administered to Lynchburg City Schools 8th, 10th, and 12th grade students in Fall 2022. Students completed the survey online through Qualtrics. A link to the survey was administered in the classroom to students on either October 4th or 5th. For a full list of the 2022 LYS survey items as presented in the survey, see the Appendix.

A total of 1,400 students completed the survey (471 8th graders, 507 10th graders, 381 12th graders, and 41 who did not indicate a grade). Demographic information from the 2022 respondents is presented in the table on page 5. The response rates in 2022 were sufficiently high to consider results generally representative of Lynchburg City 8th, 10th, and 12th grade students (overall response rate of 75%).

There are three main limitations to this type of survey, and therefore to interpreting its results. First and foremost, it is a self-report method of collecting information. There is no way to discern the accuracy of responses or the amount of over/under-reporting. Second, this survey was limited to students currently enrolled in the Lynchburg City School system. Therefore, the results cannot be generalized to the Lynchburg City youth population as a whole. Third, the data collected from this survey is a “snapshot” of reported behaviors at one point in time. As such, there is no way to determine causality of changes in reported behaviors from administration to administration.

Data Comparisons

Throughout this report, figures provide a general summary of survey data by question or topic area. Accompanying each figure or group of figures a brief narrative describes any notable observations, including local trends and population comparisons referencing additional data not represented in the figure(s). Due to differences in the content and timing of administration of each survey, certain comparisons are limited. However, year-to-year and state-national comparisons by grade level may shed light on local findings. Where available, 2022 LYS findings are reported by grade and compared to 2020 LYS data as well as to state and/or national survey data.

It should be noted that at the time of the 2022 analysis, updated Virginia YRBS data had not been made available; in order to share local findings in a timely manner, therefore, the current report is being released without state comparisons. National comparisons are provided where available for the most recent survey administration (2021). Because middle school students were not included in recent administrations of the national YRBS, there is no national comparison data for 8th graders. Due to the offset in years the LYS and YRBS are administered,

national comparisons are made sequentially as described in the table below (e.g., 2022 LYS data was compared to 2021 state/national data):

Administration	2019	2020	2021	2022
Lynchburg		x		x
Virginia	x		x	
Nation	x		x	
Comparison Year Label	2020		2022	

For more information about state and national survey methodology, see the Virginia Department of Health’s section on the Virginia Youth Survey (<https://www.vdh.virginia.gov/virginia-youth-survey/>) and the Centers for Disease Control and Prevention’s section on the YRBS (www.cdc.gov/HealthyYouth/yrbs/index.htm).

A Note on COVID-19 Impacts

Annual, state, and national data were utilized where possible to better understand how the COVID-19 pandemic may have impacted youth behaviors reported in 2022. Therefore, the following timeline of events should be noted as it relates to data collected at particular points in time before, during, and after major pandemic-related events.

March 2020	National state of emergency declared; in-person classes stop
October 27, 2020	LCS returned to in-person classes (“cohort” hybrid schedule)
November 2020	2020 Lynchburg YDS administered (online from home)
Spring 2021	State and National YRBS administered
April 13, 2021	LCS returned to in-person classes 4 days/week
Fall 2022	LCS returned to regular in-person schedule at start of school year
October 2022	Lynchburg YDS administered (in person)

Demographic Information

Demographics		8 th grade		10 th grade		12 th grade	
		Freq.	Perc.	Freq.	Perc.	Freq.	Perc.
Gender	Female	211	46%	214	43%	166	44%
	Male	228	50%	253	51%	190	50%
	Genderqueer (Not exclusively male nor female)	15	3%	20	4%	12	3%
	Trans Female	0	0%	1	0.2%	2	1%
	Trans Male	3	1%	5	1%	3	1%
	Other	4	1%	6	1%	5	1%
	Age	13 years old or younger	323	72%	0	0%	1
	14	122	27%	7	1%	0	0%
	15	3	1%	359	73%	1	0%
	16	0	0%	106	22%	1	0%
	17	0	0%	18	4%	291	78%
	18 years old or older	0	0%	2	0%	80	21%
Race/Ethnicity	Black or African American	258	55%	283	56%	189	50%
	White	194	41%	195	39%	197	52%
	Asian	14	3%	20	4%	14	4%
	Hispanic or Latino(a)	53	11%	69	14%	30	8%
	Native Hawaiian / Other Pacific Islander	0	4	1%	5	1%	6
	American Indian or Alaska Native	11	14	3%	34	7%	17
	Other	59	13%	60	12%	18	5%
Total Sample (N)							
The number of students responding to this survey		471		507		381	
% of enrollment at time of survey		82%		75%		68%	
% of Survey Sample (all three grades combined)		34%		36%		27%	

Executive Summary

The main topics addressed by the 2022 Lynchburg Youth Survey were: Unintentional Injury, Intentional Injury, Tobacco, Alcohol, Drugs, Sexual Behavior, and Healthy Lifestyle. A broad review of trends and findings is presented in this Executive Summary.

Unintentional Injury

Approximately 13% of 8th grade students, 15% of 10th, and 11% 12th grade students rarely or never wore a seatbelt when riding in a car. Lynchburg City students reported more incidences of riding in a car driven by someone who had been drinking alcohol and higher incidences of driving after drinking than they did in 2020. Though these rates are comparable to national averages. The majority of Lynchburg students report that they never used a phone while driving in the past 30 days, though across all grades, phone usage while driving has increased since 2020. 12th graders reported the highest levels, with 37.2%

Intentional Injury

High school students from Lynchburg City generally responded in a manner consistent with that of students surveyed nationally. The majority of Lynchburg City students reported never carrying a weapon, though these percentages have increased since 2020. Additionally, most Lynchburg youth have never intentionally hurt themselves, but 13% reported intentionally cutting, pinching, bruising, or burning themselves four or more times in their life. A concerning number of Lynchburg students across all grades reported feeling sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities. This mirrors national data. The portion of Lynchburg 10th and 12th grade students who reported considering, planning, or attempting suicide in the past year was lower than national students across all three categories.

Tobacco and Electronic Vapor Use

The vast majority of Lynchburg City students reported never using tobacco products; rates of smoking within the past month are very low (5% and less) and consistent with national data. The perception of risk of smoking as well as perception of parental and peer disapproval remained relatively high among Lynchburg City students. Compared to tobacco use, a larger percentage of students report using electronic vapor products, though a majority still believe it poses a health risk.

Alcohol Use

The alcohol portion of the survey elicited responses indicating that the local students' engagement in behavior in this area is lower than that of their national peers, with far more Lynchburg students reporting they have never had a drink of alcohol.

Illicit Drug Use

Lynchburg students' marijuana use does not differ substantially from that of their national peers. Since the previous survey administration, fewer Lynchburg students believe their parents and peers would view marijuana use as wrong, and more students believe marijuana is relatively easy to get. Other forms of drug use remain consistently low, with huffing/inhalants being the most commonly used at 5.6%.

Sexual Behavior

Lynchburg City students reported ever having sex at lower rates than students across the United States. The portion of students who reported having sex increased with each grade level, with 6% of 8th grade students, 24% of 10th grade students, and 44% of 12th grade students reported ever having sex. These numbers are higher than percentages reports in 2020. Generally, contraceptive use among Lynchburg City students was consistent with findings from nationally-surveyed students.

Physical Health

Over half of Lynchburg City students describe themselves as being "about the right weight," but the portion of Lynchburg City students who reported that they were active on five or more days day during the past week was slightly lower than national averages. Survey results indicate that Lynchburg students' daily consumption of fruits, vegetable, and water is about on par with national trends.

Other Topics: Social Media and Cell Phones

More students report receiving threatening or explicit content via electronic device than report sending the threats or explicit content. Additionally, about half of students indicated their parents have set rules around how they can use electronic devices and the internet.

Other Topics: Bullying

Nearly 50% of Lynchburg students report that they have been bullied and 50% report they have witnessed someone else being bullied. Reported rates of bullying on school property are much higher for coming from Lynchburg students than from their national peers.

Other Topics: Social Supports

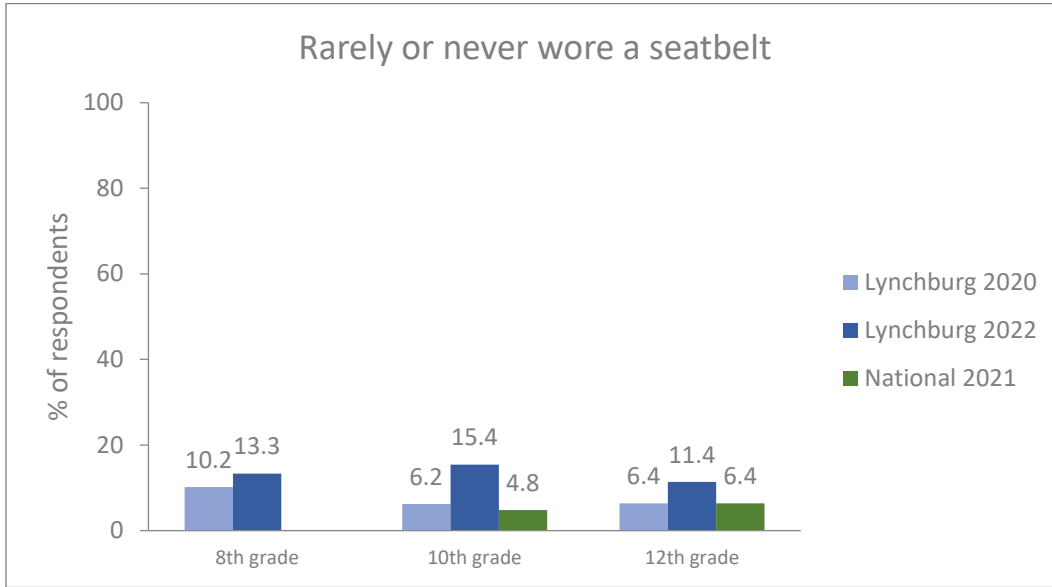
Most Lynchburg students across all grade levels report that they have many chances to get involved in sports, clubs, and other school activities outside of class, and that the school lets them and/or their parents know when they have done something well. More than 75% of students report that they have one or more adults in their life other than their parents who encourage or listen to them.

2022 Lynchburg City School Youth Survey: Selected Findings

1. Unintentional Injury

Survey Question

How often do you wear a seatbelt when riding in a car?

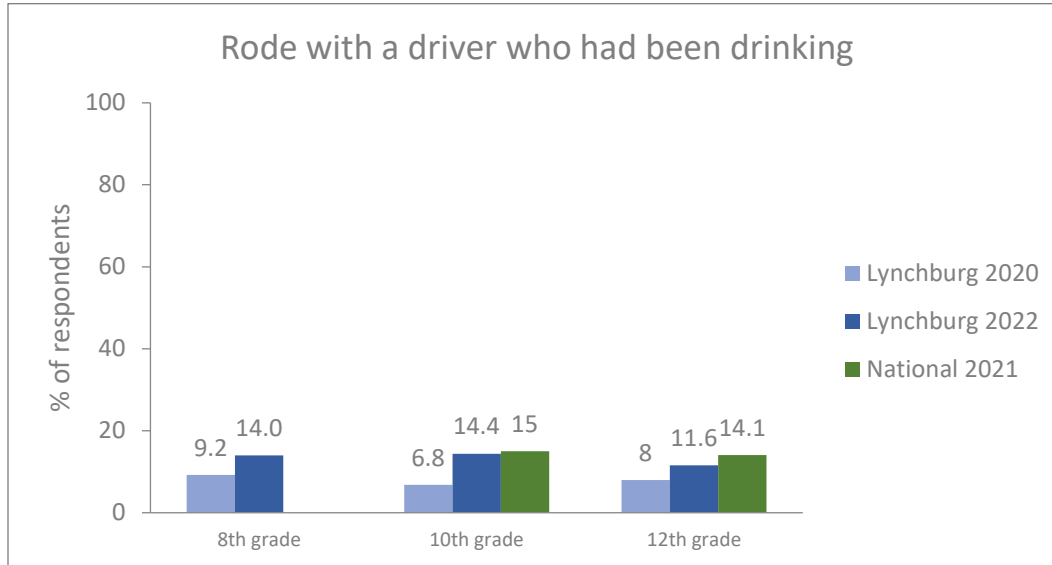


Findings:

Since 2020, there was an overall increase in the percentage of Lynchburg students in all grades who reported rarely or never wearing a seatbelt when riding in a car. This increase seems notable considering that, in previous administrations, only 7% (2015) and 5% (2018) of 12th graders reported this. These percentages are also higher than the national averages.

Survey Question

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?

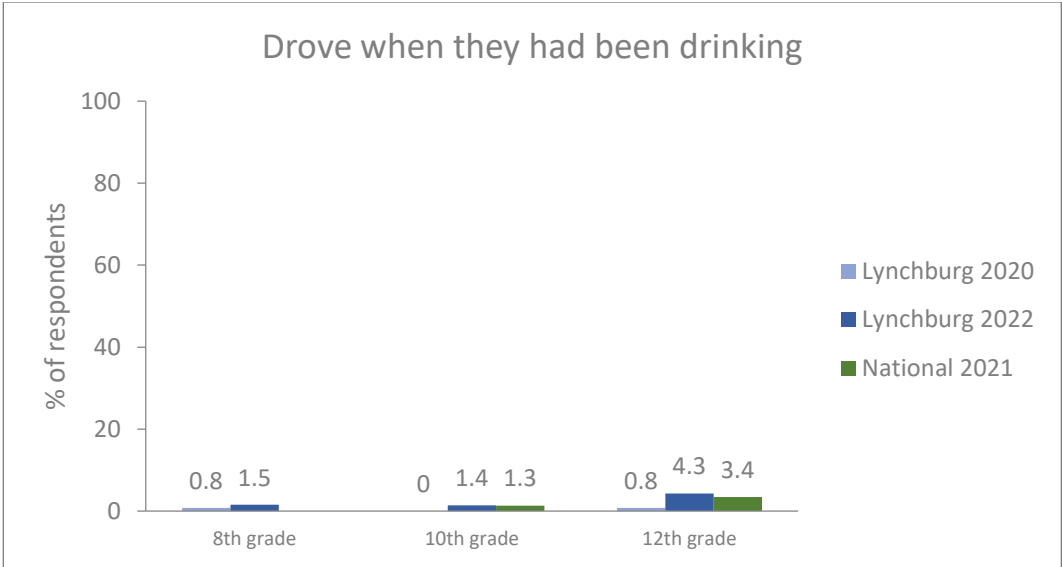


Findings:

The portion of Lynchburg youth who reported riding in a car driven by someone who had been drinking alcohol at least once in the past 30 days has decreased since 2015. This is especially clear when examining 12th grade data (22% in 2015, 12% in 2018, 8% in 2020, 11.6% in 2022). Across all grades, a larger percentage of youth in 2022 reported riding with a driver who had been drinking than did those in 2020, though this may be due to restrictions placed on in-person socialization in 2020.

Survey Question

During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?

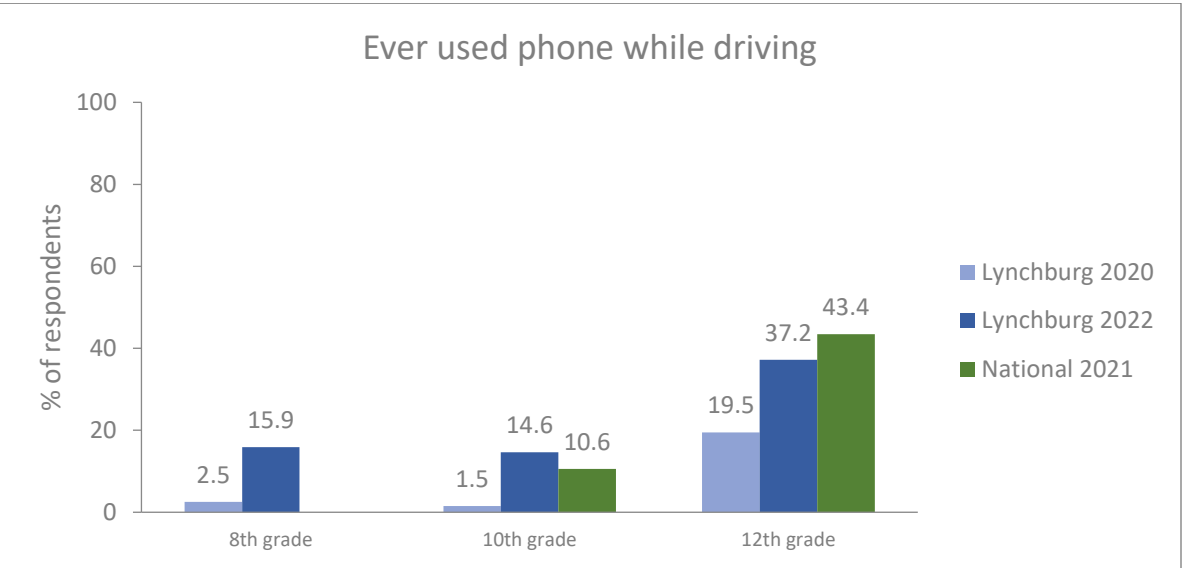
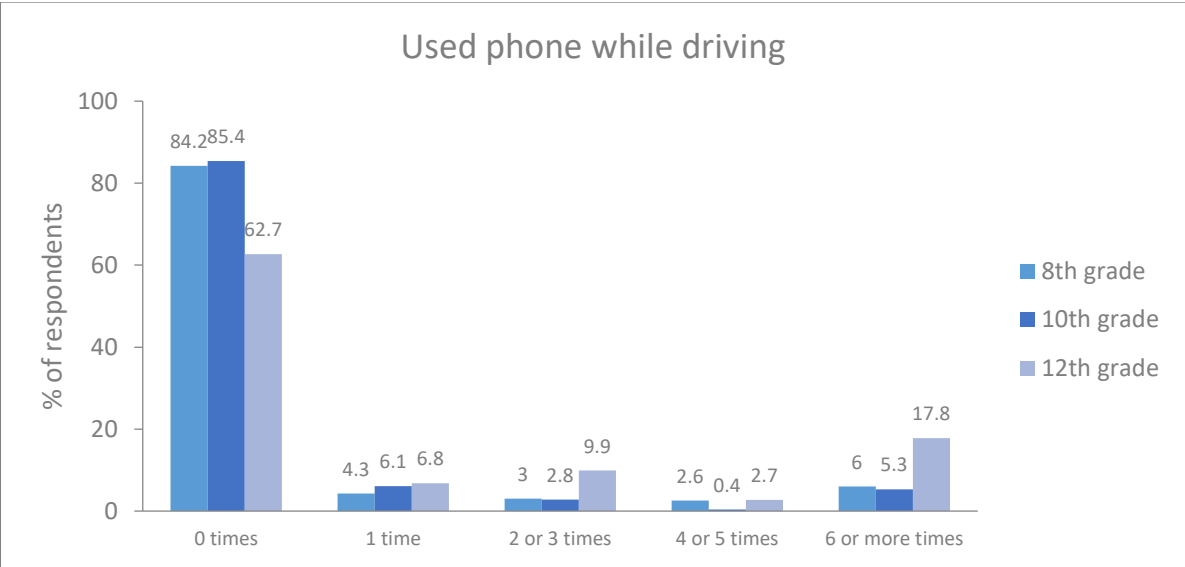


Findings:

The percentage of students across all grades who reported driving after they had been drinking is relatively small for both Lynchburg and the Nation. Between 2020 and 2022, Lynchburg did see an increase in drinking and driving among teens, though still low compared to previous years (e.g., 12% of 12th graders in 2018), possibly related in some way to the COVID-19 pandemic.

Survey Question

During the past 30 days, how many times did you use a mobile device (such as texting or scrolling social media) while driving a car or other vehicle?



Findings:

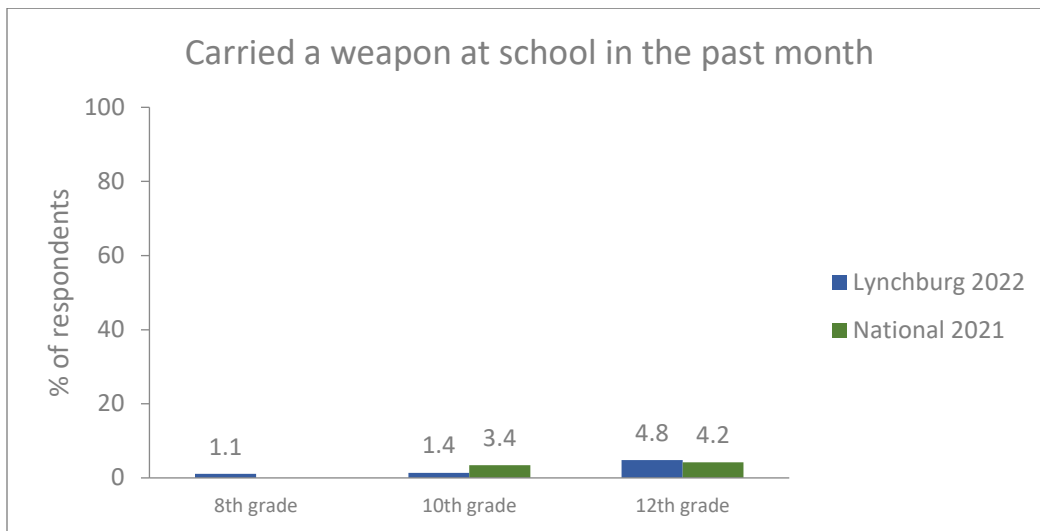
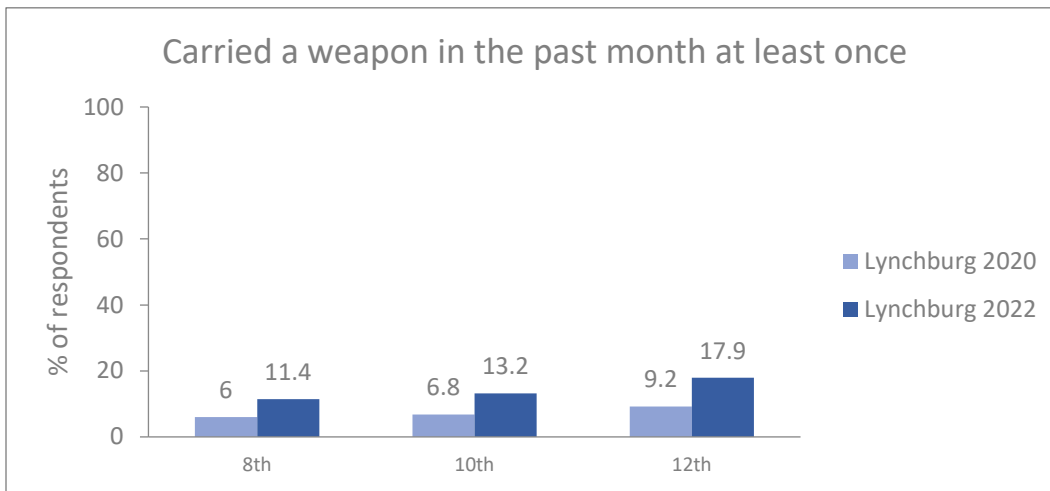
Of youth that reported driving in the past month, the majority reported never using a mobile device while driving. Twelfth graders both in Lynchburg and nationally reported the most mobile device use while driving, with 17.8% of Lynchburg 12th graders who drove in the past month using a mobile device at least 6 times while driving.

2. Intentional Injury

Survey Question

During the last 30 days, how many times did you carry a weapon such as a gun, knife, or other weapon?

If you carried a weapon during the last 30 days, how many times did you carry on school property (including a school bus)?

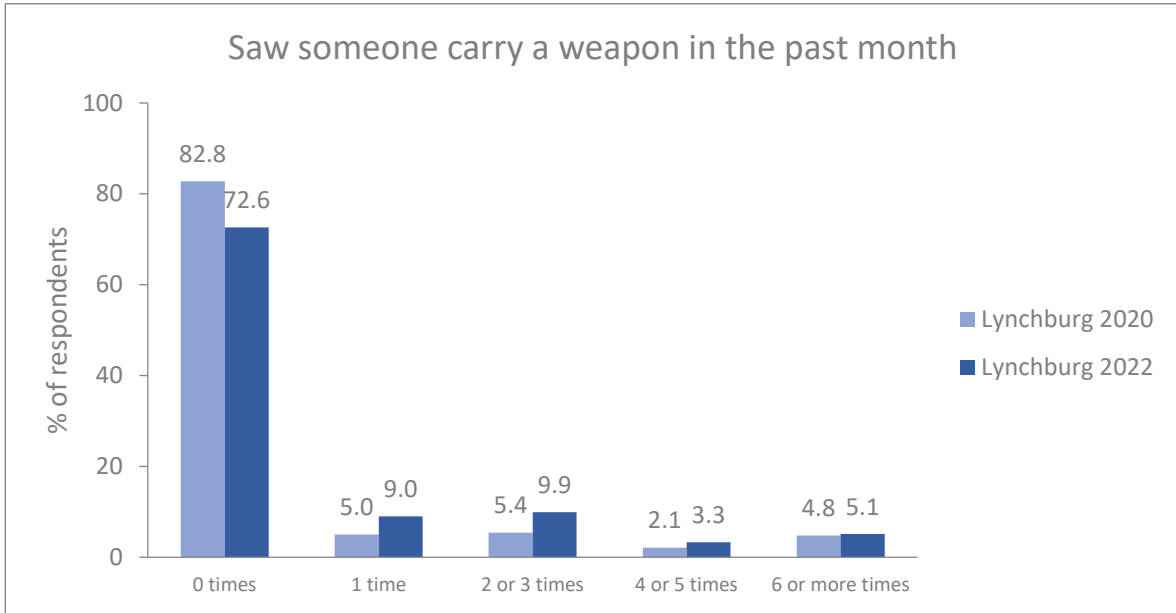


Findings:

Across all grades, there was a notable increase in the percentage of students who reported carrying a gun, knife, or other weapon at least once. When examining 12th grade data across administrations, this trend is especially pronounced (7% in 2015, 7% in 2018, 9.2% in 2020, 17.9% in 2022).

Survey Question

During the last 30 days, how many times have you seen others carry a weapon such as a gun, knife, or other weapon?



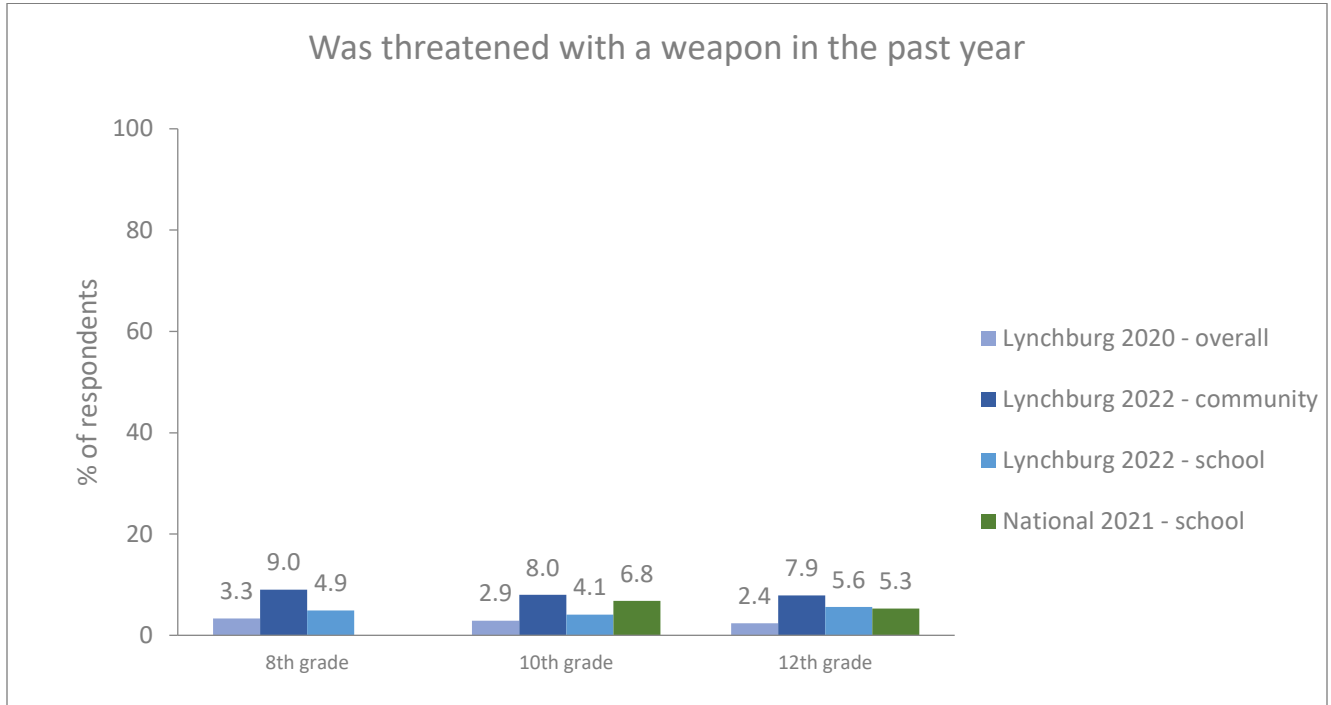
Findings:

The majority of Lynchburg students across all grades reported never seeing others carry a weapon in the previous month, though this number has decreased since the previous survey administration.

Survey Question

During the last 12 months, how many times has someone threatened or injured you with a gun, knife, or other weapon in the community?

During the last 12 months, how many times has someone threatened or injured you with a gun, knife, or other weapon on school property (including a school bus)?

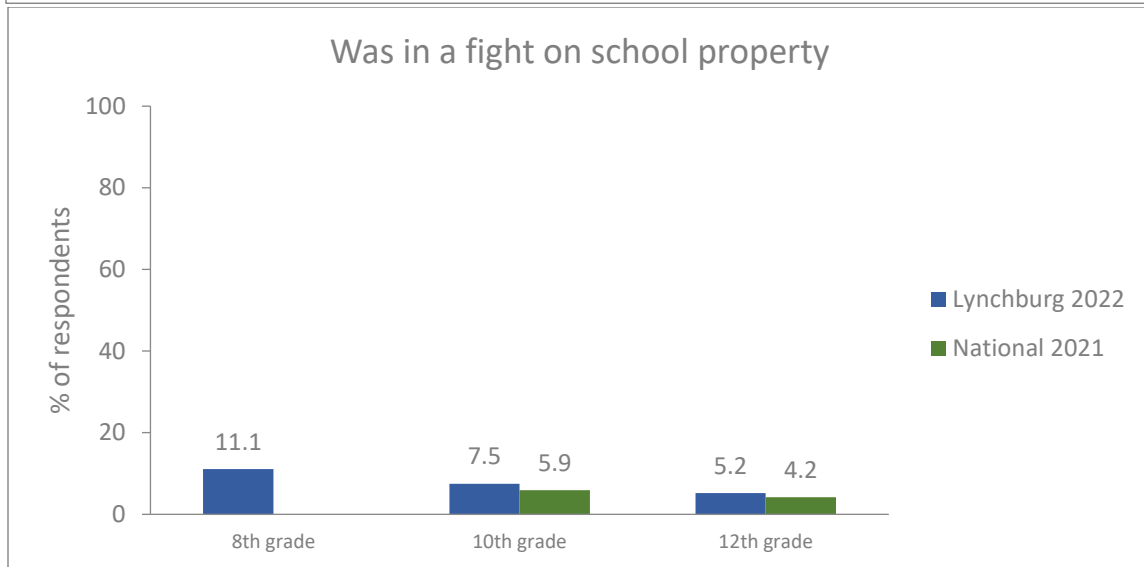
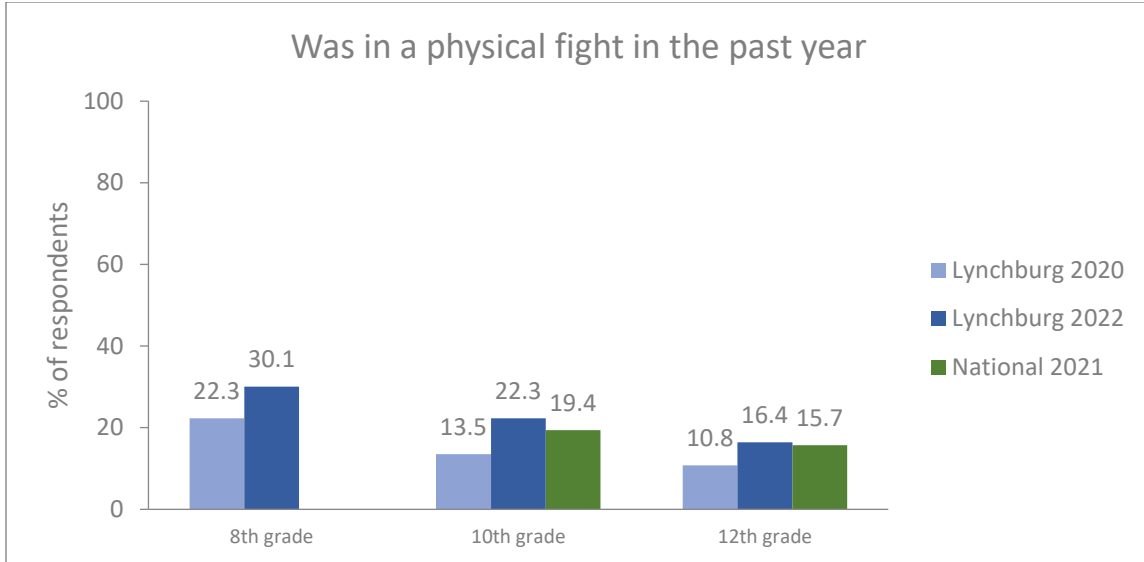


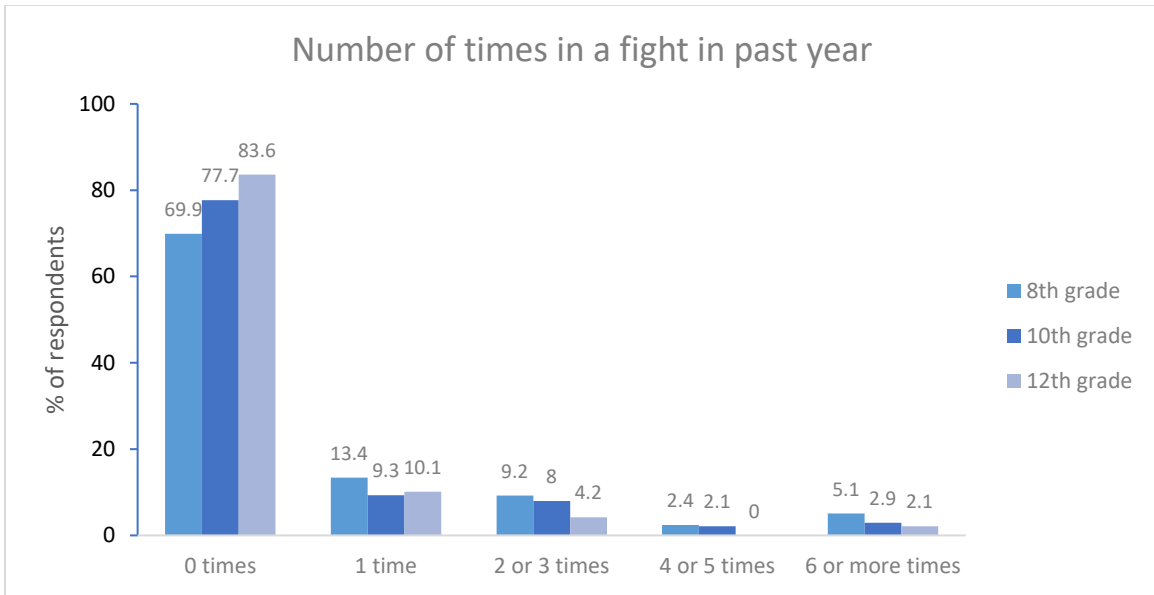
Findings:

A small percentage (< 6.0%) of Lynchburg students reported being threatened or injured with a weapon on school property, with slightly higher percentages reporting being threatened elsewhere in the community. Across all grades, a larger percentage of students reported being threatened with a weapon when compared to students in 2020, though this may be due to limitations on in-person interactions during the height of the COVID-19 pandemic.

Survey Question

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





Findings:

An average of 22.6% of Lynchburg students reported ever being in a physical fight in the past year, with the majority of those students reporting having been in only one fight during that time. The percentage of students engaging in physical fights seems to decrease with grade level.

Survey Question

Have you ever been physically harmed (that caused a scar, black and blue marks, welts, bleeding, or a broken bone) by someone in your family or someone living with you?

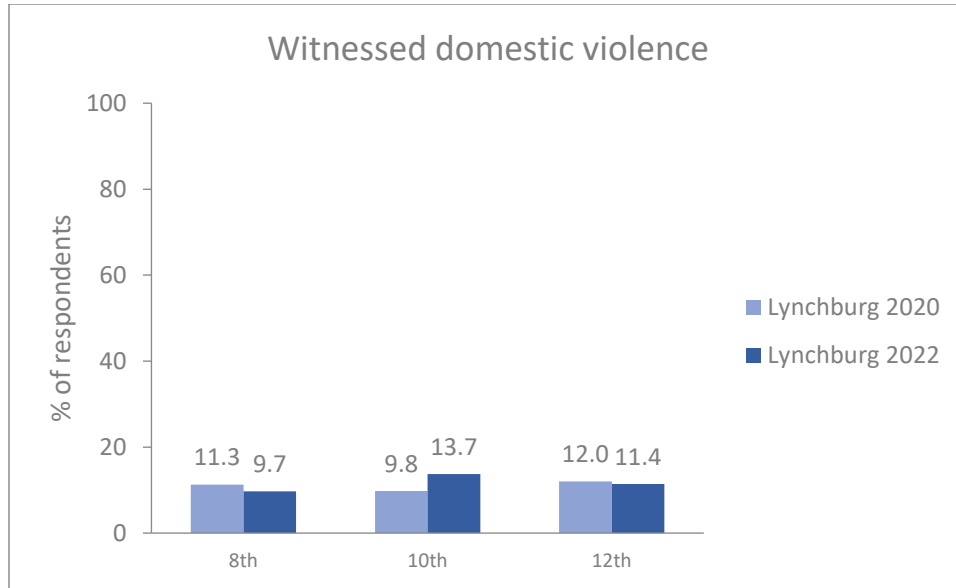


Findings:

Overall, 14.1% of surveyed students reported having ever been physically harmed by a family or household member. These numbers are fairly consistent across grade levels and are relatively unchanged since the last survey administration.

Survey Question

Have you ever seen or heard someone in your home being physically harmed (that caused a scar, black and blue marks, welts, bleeding or a broken bone)?

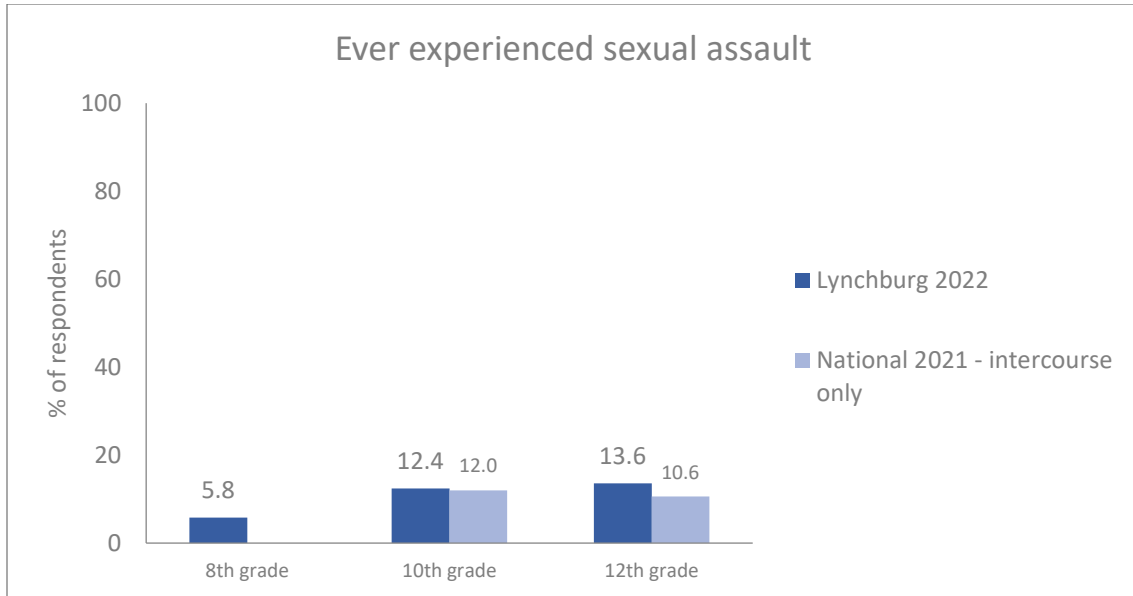


Findings:

Across all grades, 11.6% of students reported having seen or heard someone in their home being physically harmed. These numbers are relatively consistent across grades and mostly unchanged from 2020.

Survey Question

Have you ever been forced to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sex.)

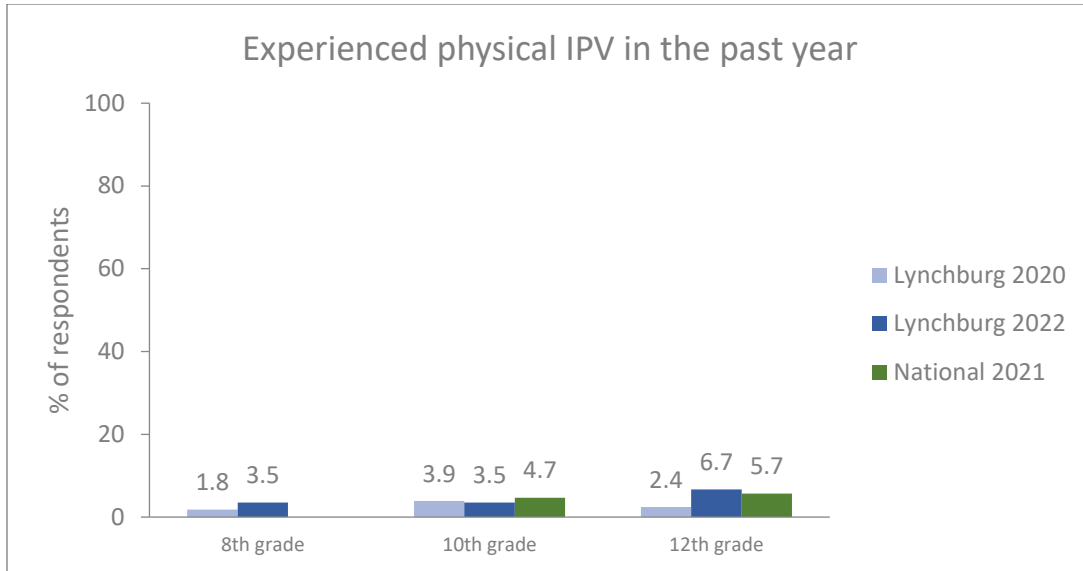


Findings:

An average of 10.4% of all Lynchburg students reported having experienced sexual violence in the past year. Of the 8th grade respondents, 5.8% reported being forced to do sexual things that they did not want to do in the past year. A total of 12.4% of 10th grade Lynchburg students and 13.6% of 12th grade Lynchburg students reported the same. It is important to note that the national survey only asks about whether students were forced to have sexual intercourse and did not expand upon the question to also inquire about other types of intimacy such as kissing and touching. Previous versions of the LYS only asked about sexual assault in the past 12 months, and so can't be compared to this year's data.

Survey Question

During the past 12 months, did someone you were dating or going out with physically harm you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon)



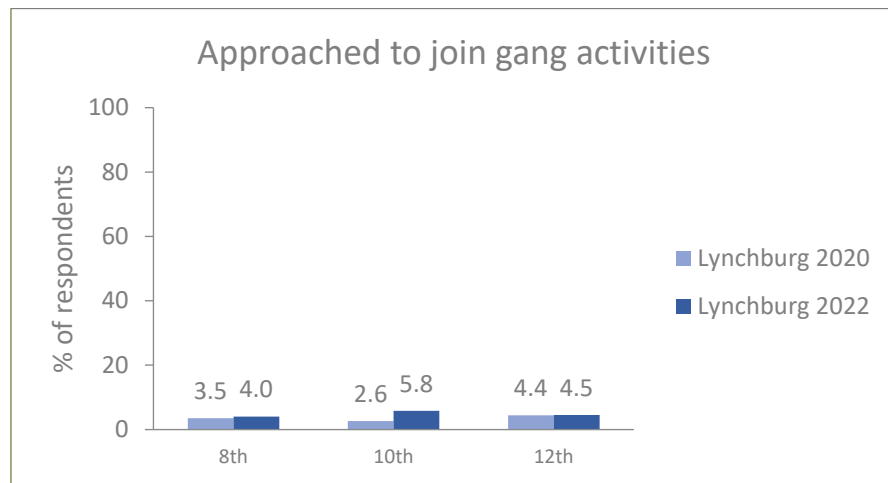
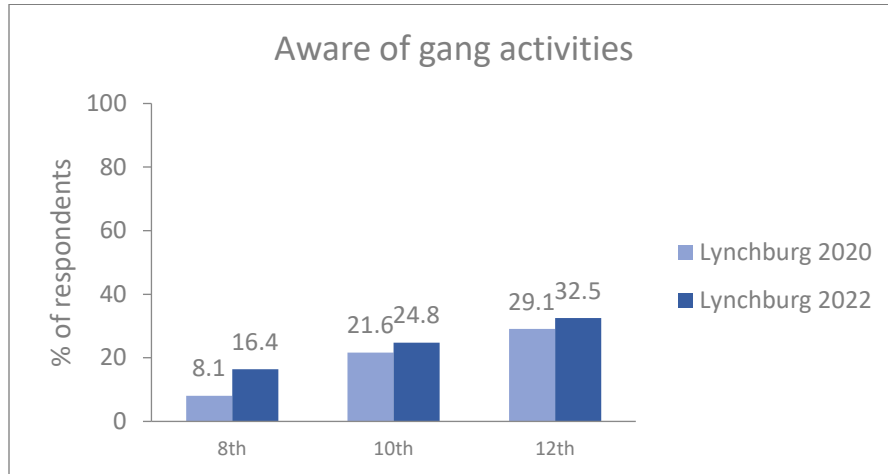
Findings:

Overall, an average of 4.4% of Lynchburg students reported being a victim of intimate partner violence (IPV) at least once in the past year, with 12th graders seeing the highest percent (6.7%).

Survey Questions

Are you aware of any gang activities in your school?

Have you ever been approached to join in gang activities?

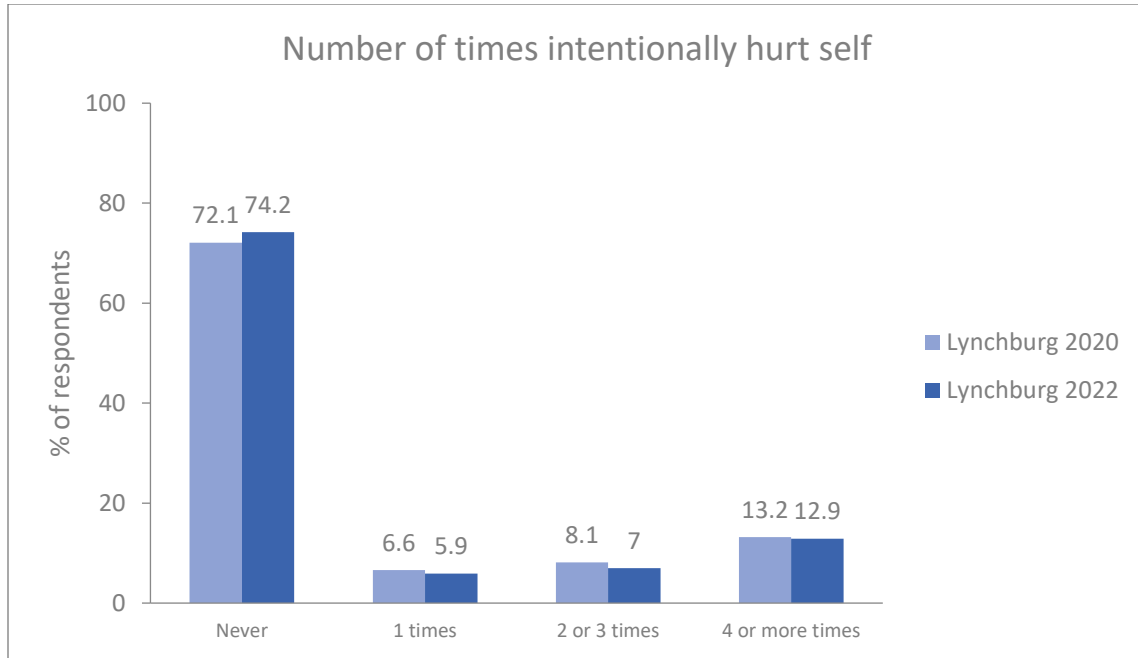


Findings:

As grade level increased, the reported awareness of gang activities in school also increased, while the number of students who have been approached about joining gang activities has remained consistently low across grades.

Survey Question

During your life, how many times have you intentionally harmed your body (such as cutting, pinching, bruising, or burning yourself?)

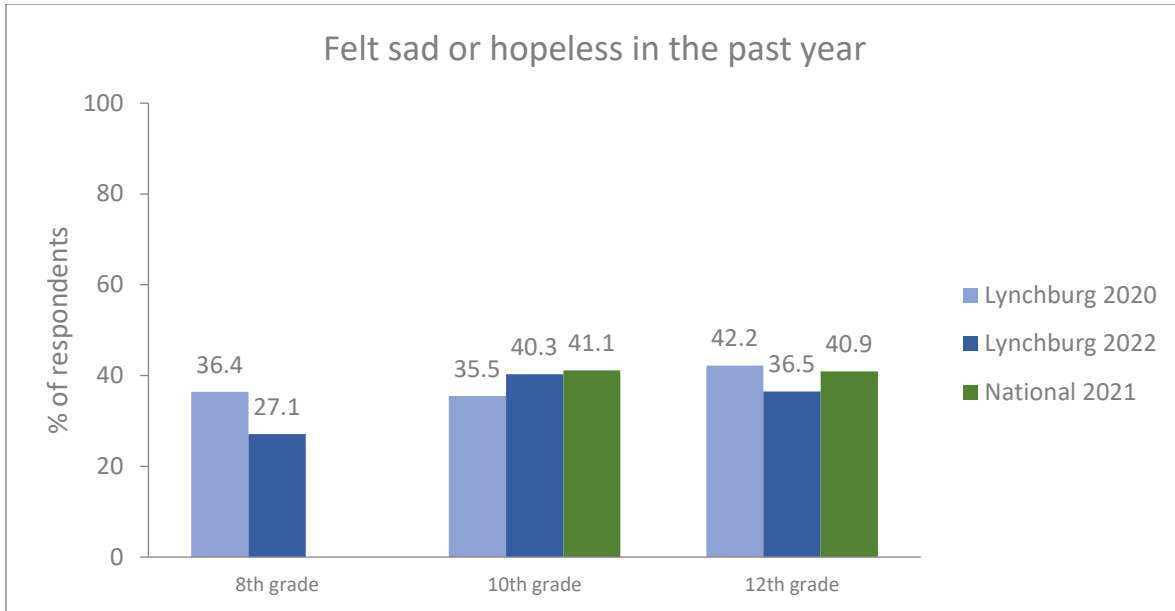


Findings:

The majority of Lynchburg students reported never intentionally harming themselves. However, 9.7% of 8th grade students, 16.1% of 10th grade students, and 12.9% of 12th grade students reported intentionally cutting, pinching, bruising, or burning themselves four or more times in their life.

Survey Question

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?



Findings:

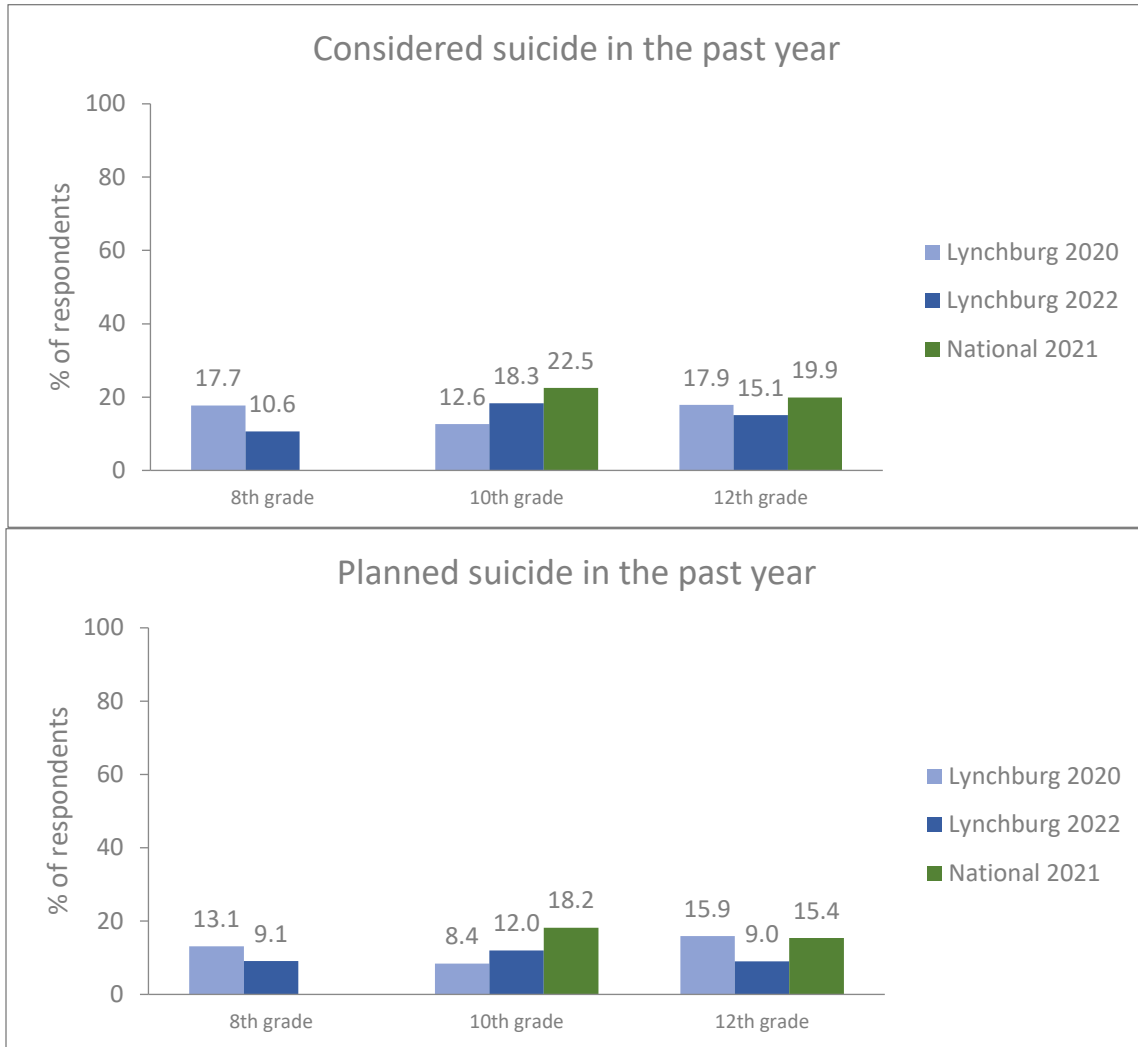
A substantial proportion of Lynchburg students across all grades (34.7%) reported that in the past 12 months they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities. These percentages are slightly higher in 10th and 12th graders than in 8th graders. Compared to 2020, Lynchburg youth across all grades were less likely to report feeling sad or hopeless, although there was an increase among 10th graders. When compared to the national averages, Lynchburg 10th and 12th graders were less likely to reporting having felt sad or hopeless in the past year.

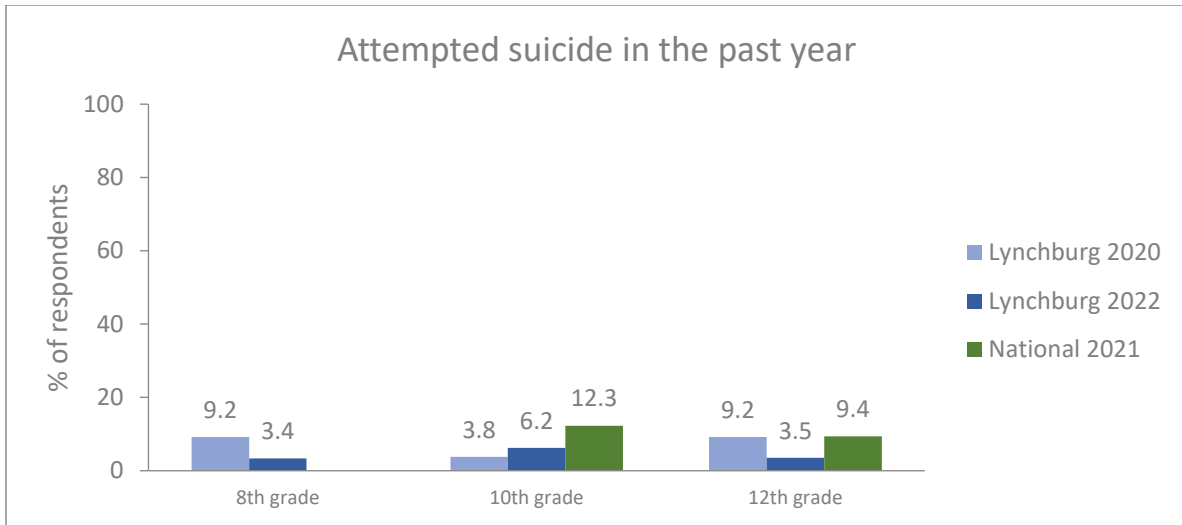
Survey Questions

During the last 12 months, did you ever seriously consider attempting suicide?

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

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





Findings:

An average of 14.7% of Lynchburg students reported having considered suicide in the past year, with 10.1% going on to make a plan. Overall, 4.7% of students reported attempting suicide in the past 12 months, with the highest response being among 10th graders (6.2%).

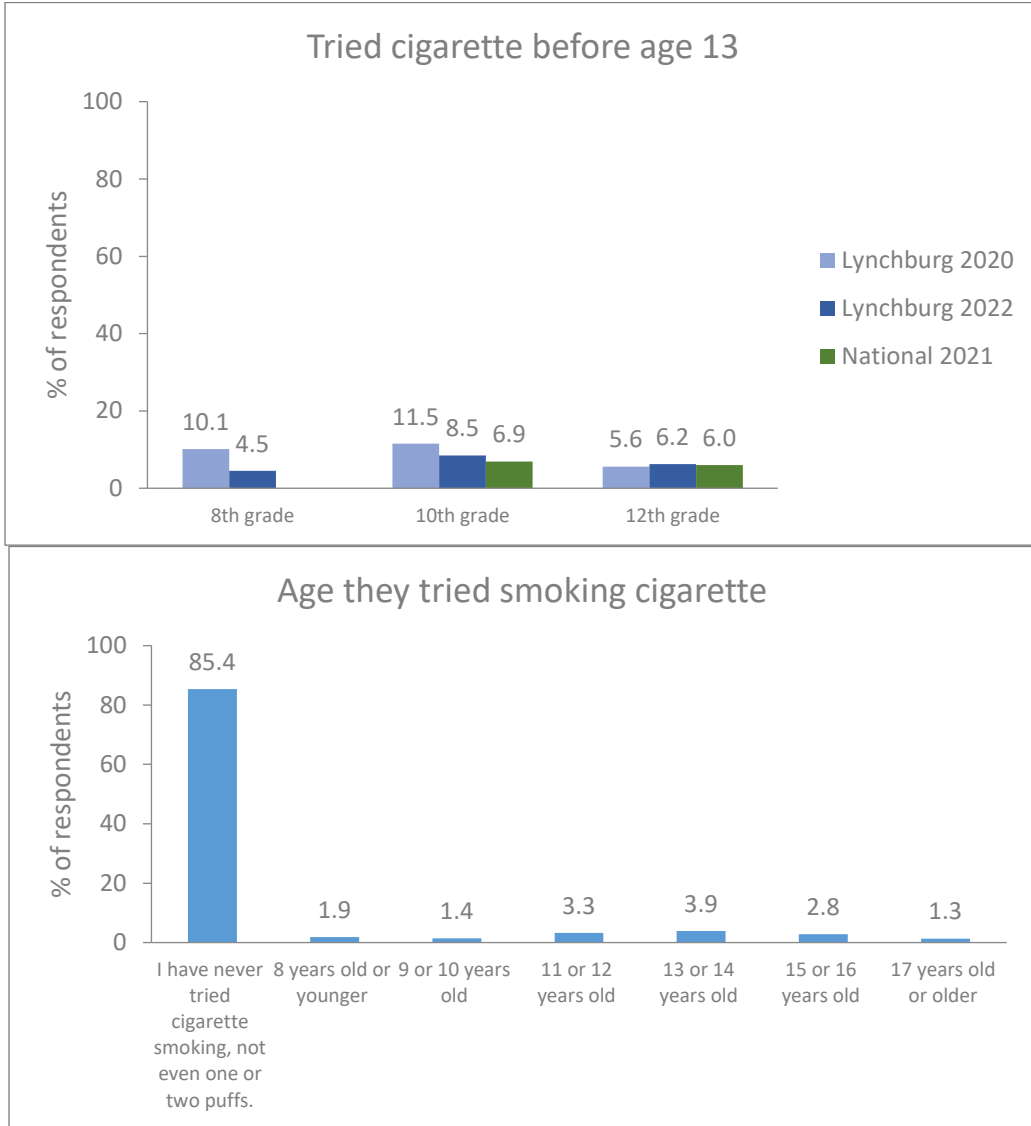
The portion of Lynchburg 10th and 12th grade students who reported considering, planning, or attempting suicide in the past year was lower than national students across all three categories.

When comparing survey results to the previous administration, there was a decrease in suicidal behaviors for 8th and 12th graders, and an increase for 10th graders, though all of these rates still fall below national averages.

3. Tobacco and Electronic Vapor

Survey Question

How old were you when you first tried cigarette smoking, even one or two puffs?



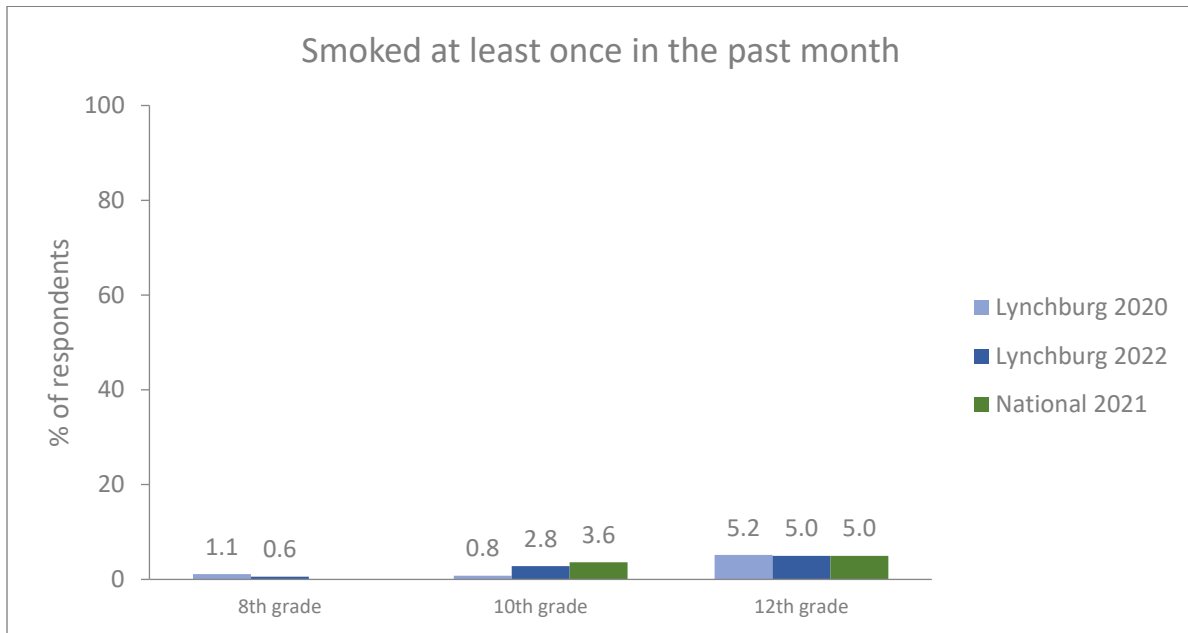
Findings:

On average, 6.6% of Lynchburg students reported having smoked a cigarette before age 13. Overall, the majority of students (85.4%) report that they have never tried smoking a cigarette.

Survey Question

During the last 30 days, on how many days did you smoke cigarettes?

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

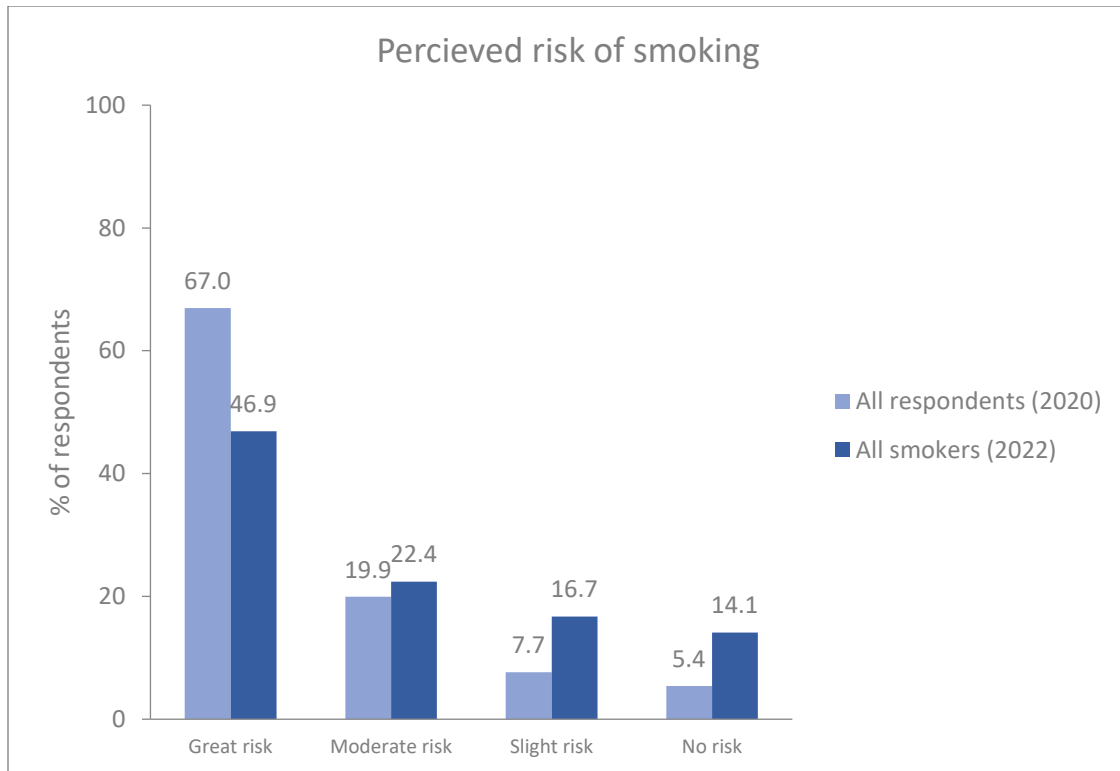


Findings:

An average of 2.6% of all Lynchburg students reported smoking in the past 30 days, with 12th graders twice as likely as the average student to report smoking. However, the vast majority of students who reported they smoked were very light smokers. The majority of smokers stated that they only smoked on one or two days out of the past month. On an average day, most smokers reported smoking less than a full cigarette (41.7%). A very small percentage of youth reported daily smoking (0.5%) or smoking more than one cigarette on an average day (1.5%).

Survey Question

How much do you think people risk harming themselves (physically or in other ways) if they smoke one or more packs of cigarettes a day.



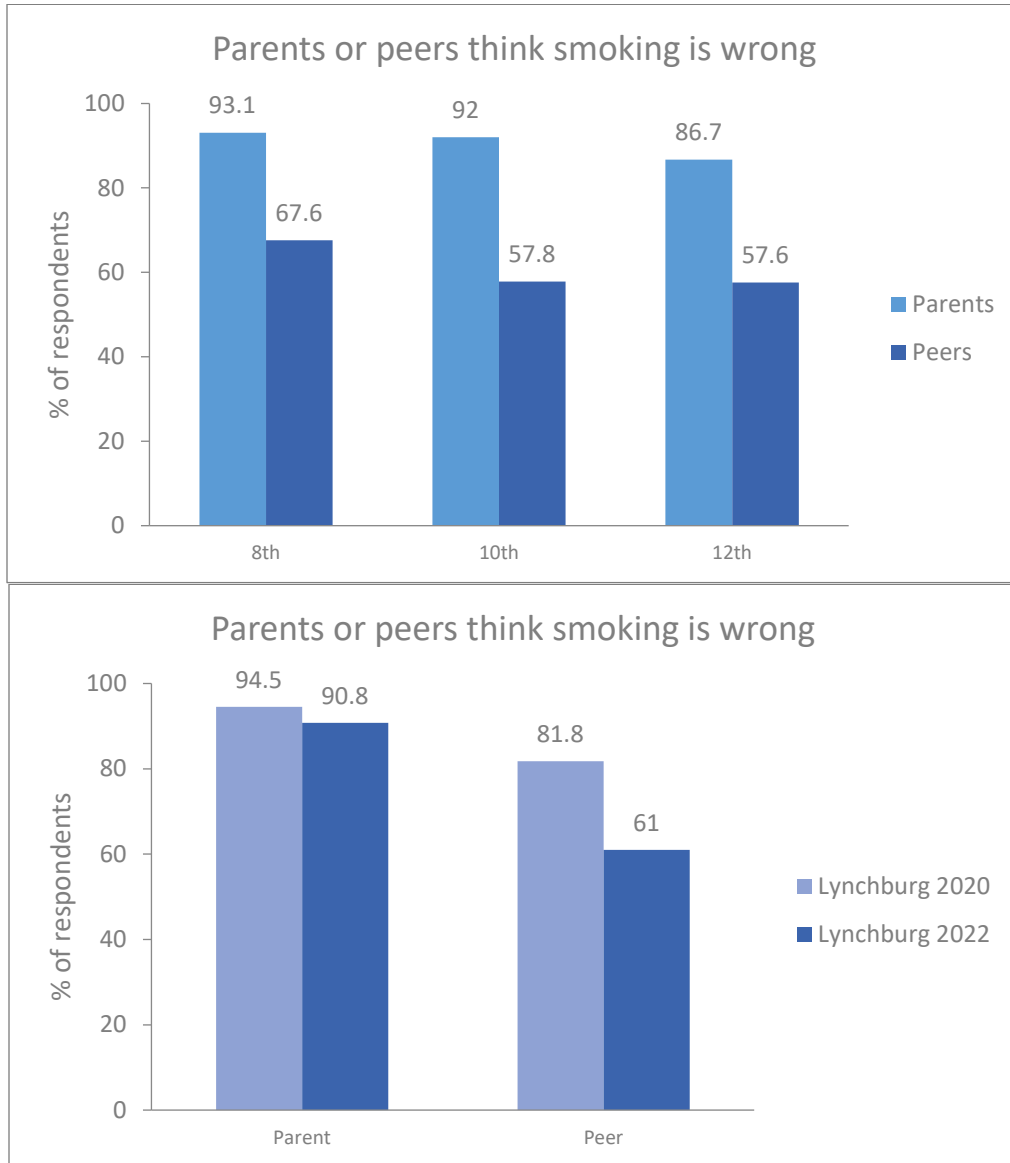
Findings:

Due to a skip logic error in the online survey, only students that reported they had ever tried a cigarette saw this question. This provided an opportunity to compare perception of risk between all students (smokers and non-smokers) in 2020 to only smokers in 2022. Interestingly, the smoking students in 2022 reported finding smoking less risky than did the full population in 2020. That said, the majority (69.3%) of Lynchburg students in all grades still reported that they thought there was moderate or great risk in smoking one or more packs of cigarettes a day.

Survey Questions

How wrong do your parents feel it would be for you to smoke cigarettes?

How wrong do your friends feel it would be for you to smoke cigarettes?



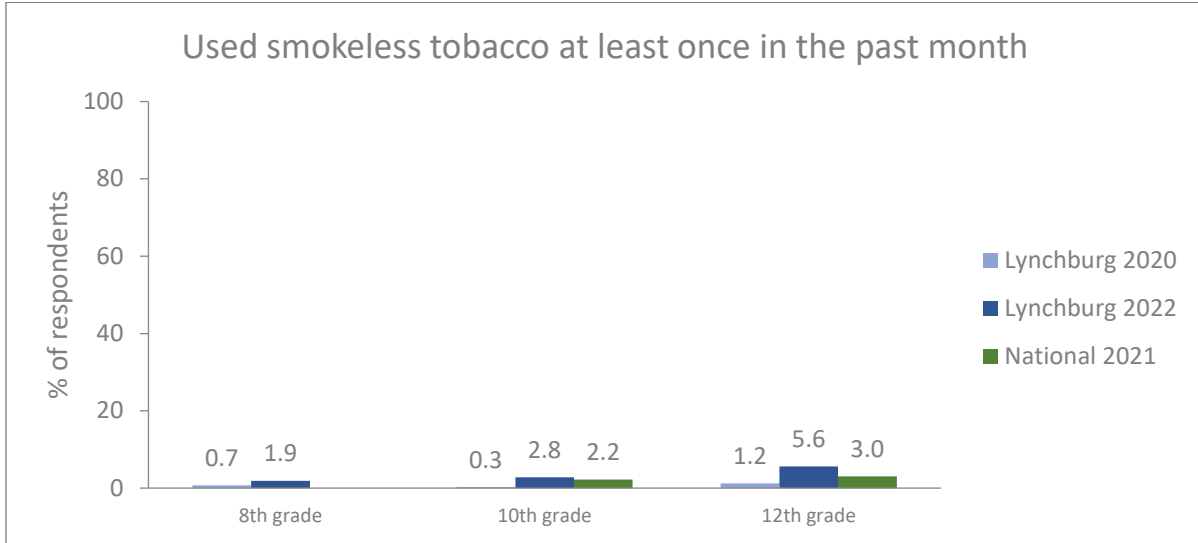
Findings:

Most students (86% and higher) across all grades reported that they thought their parents think it is wrong or very wrong to smoke cigarettes. Although a substantially smaller portion, a slight majority of students across all grades also reported that they thought their friends think it is wrong or very wrong to smoke cigarettes. These numbers have decreased since the 2020

administration, indicating that students believe that their parents and especially their peers do not find smoking to be as wrong.

Survey Question

During the past 30 days, on how many days did you use chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Copenhagen, Grizzly, Skoal, or Camel Snus? (Do not count any electronic vapor products.)

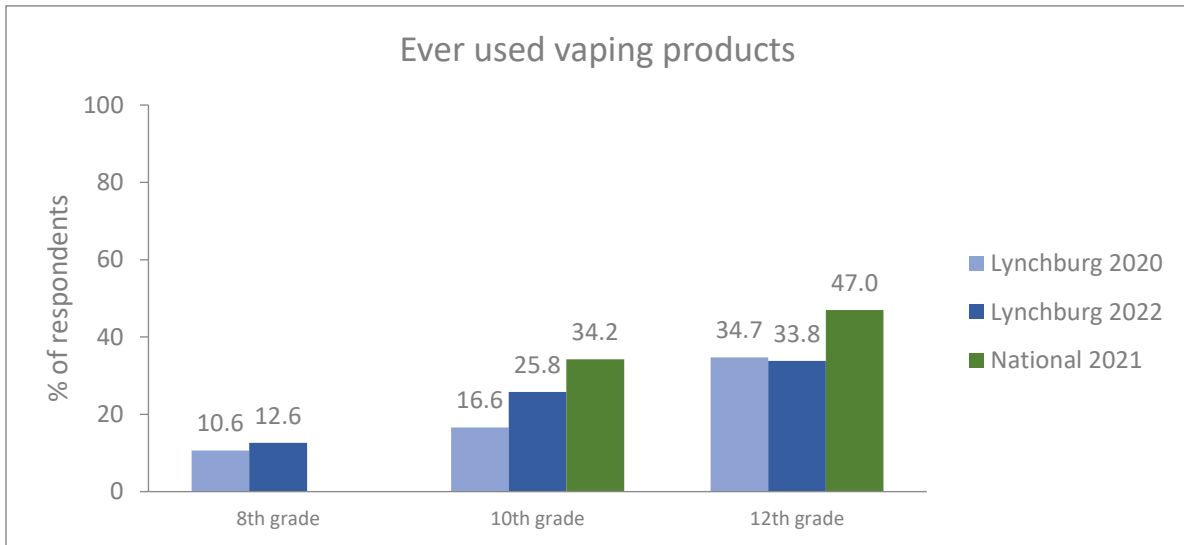


Findings:

The proportion of Lynchburg youth who reported using smokeless tobacco in the past month increased slightly since 2020. These numbers are also slightly higher than national averages.

Survey Question

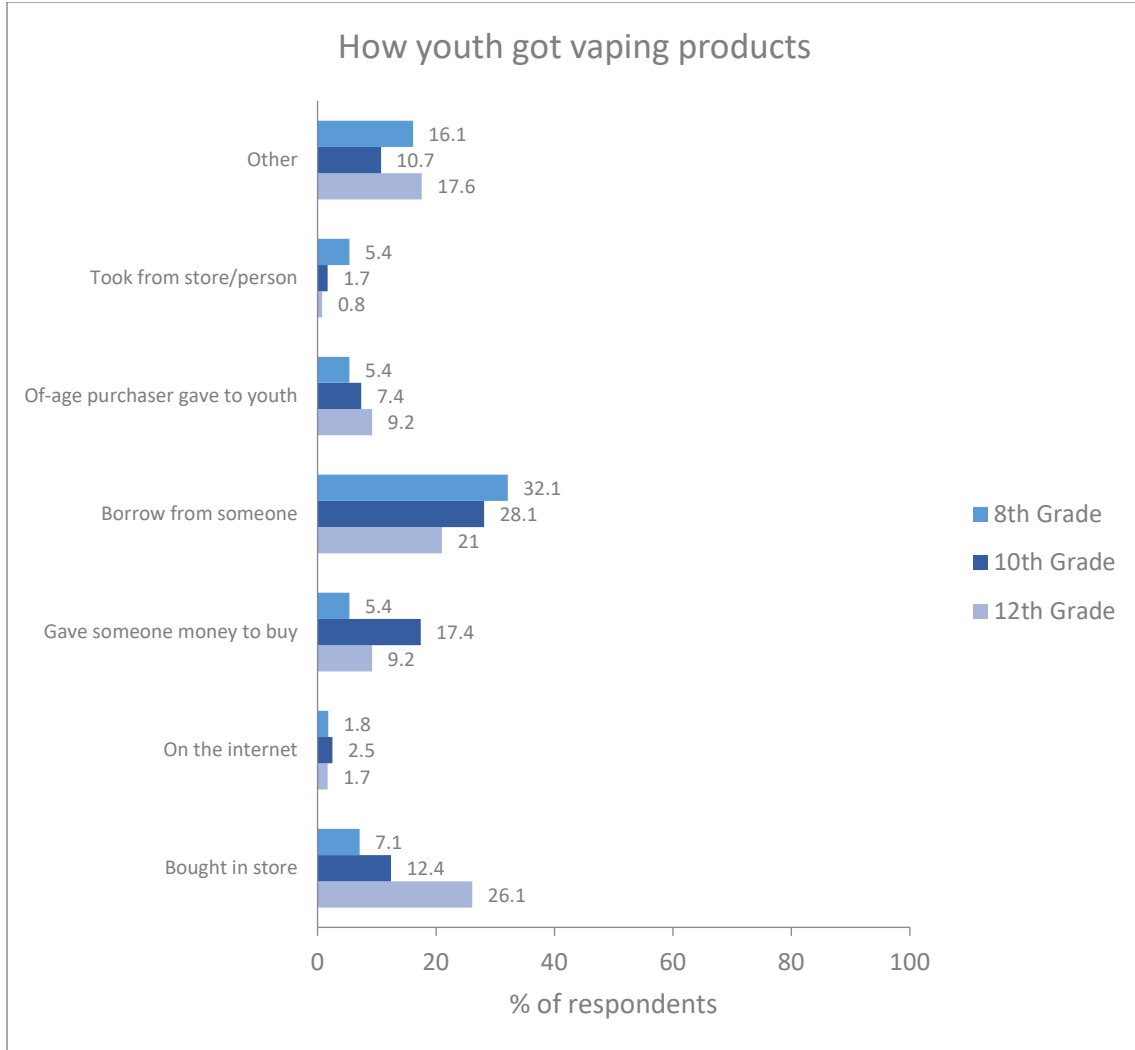
Have you ever used an electronic vapor product in your lifetime?

**Findings:**

The portion of Lynchburg youth who reported having used vaping products increased with grade, with 12.6% of 8th graders reporting use and 33.8% of 12th graders. Use among 8th and 10th graders increased for Lynchburg use since 2020, but remained lower than the portion of national youth who reported using vaping products.

Survey Question

During the last 30 days, how did you usually get your own electronic vapor products?

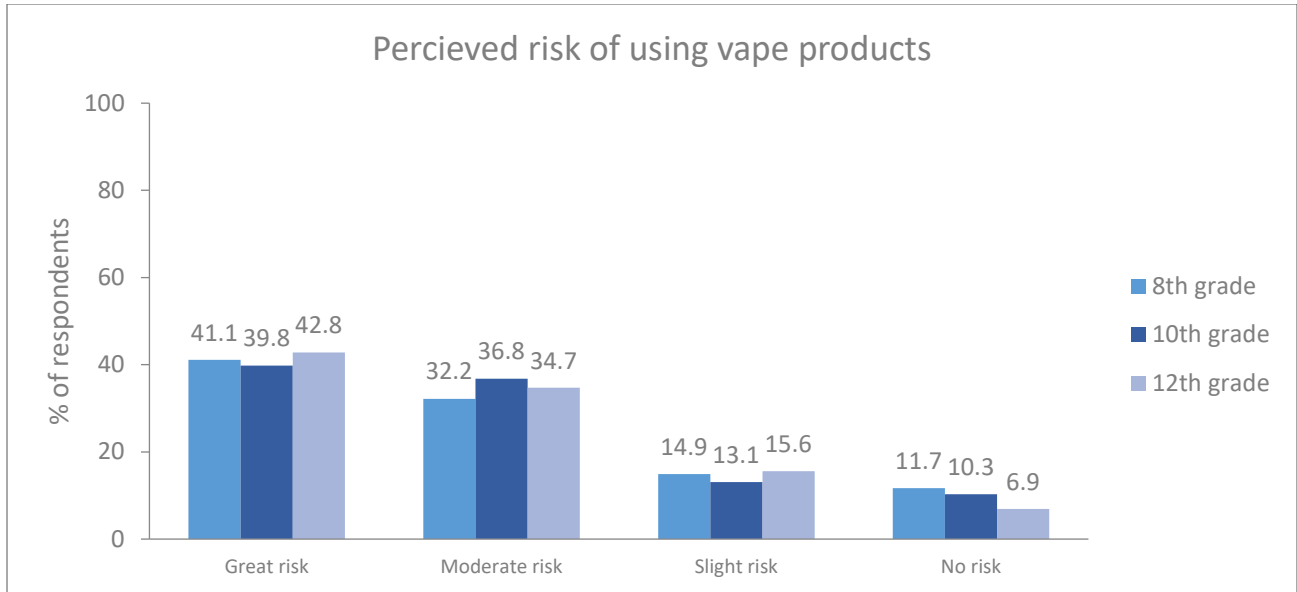


Findings:

When looking at all Lynchburg students, the most common means of acquiring electronic vapor products was by borrowing them from someone (25.6%). Purchasing the product in a store was the most common way 12th graders purchased vape products (26.1%).

Survey Question

How much do you think people risk harming themselves (physically or in other ways) if they use electronic vapor devices and products?

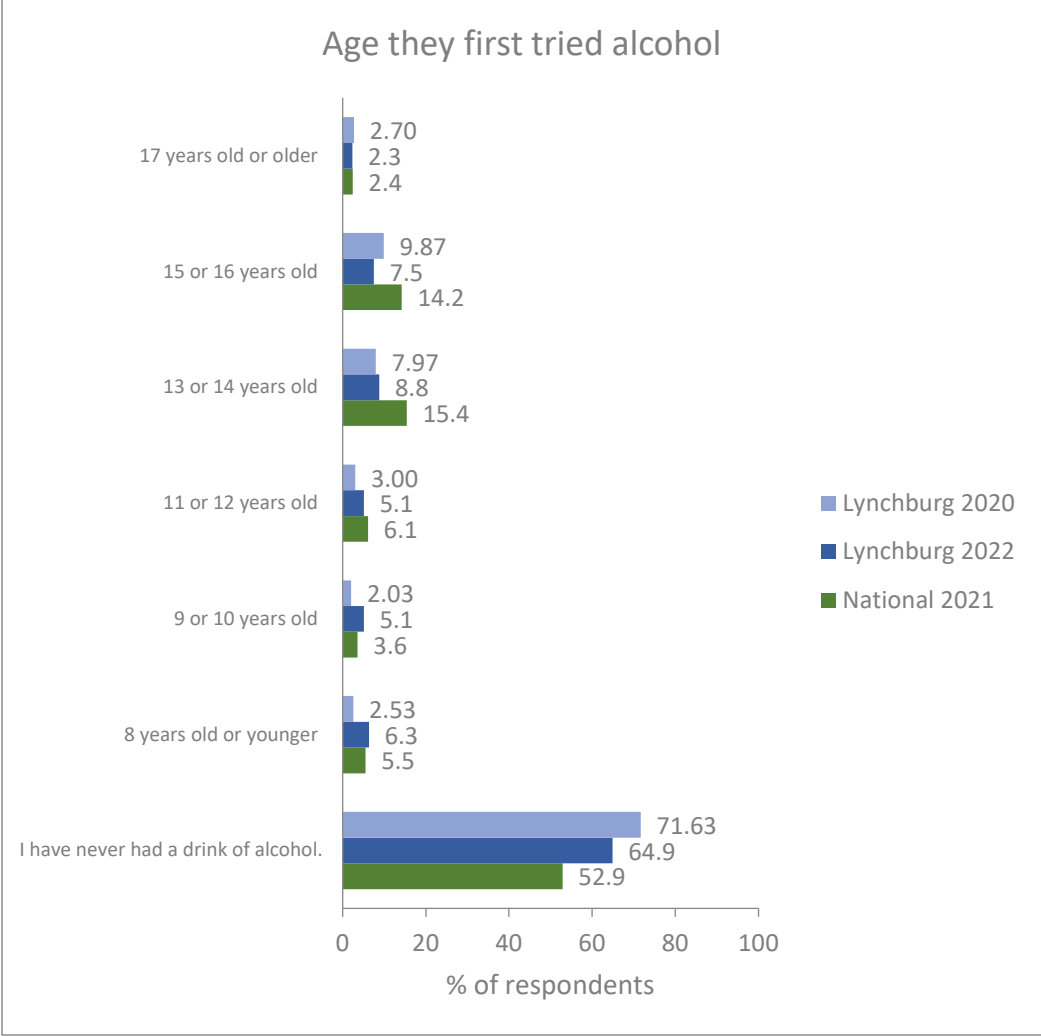
**Findings:**

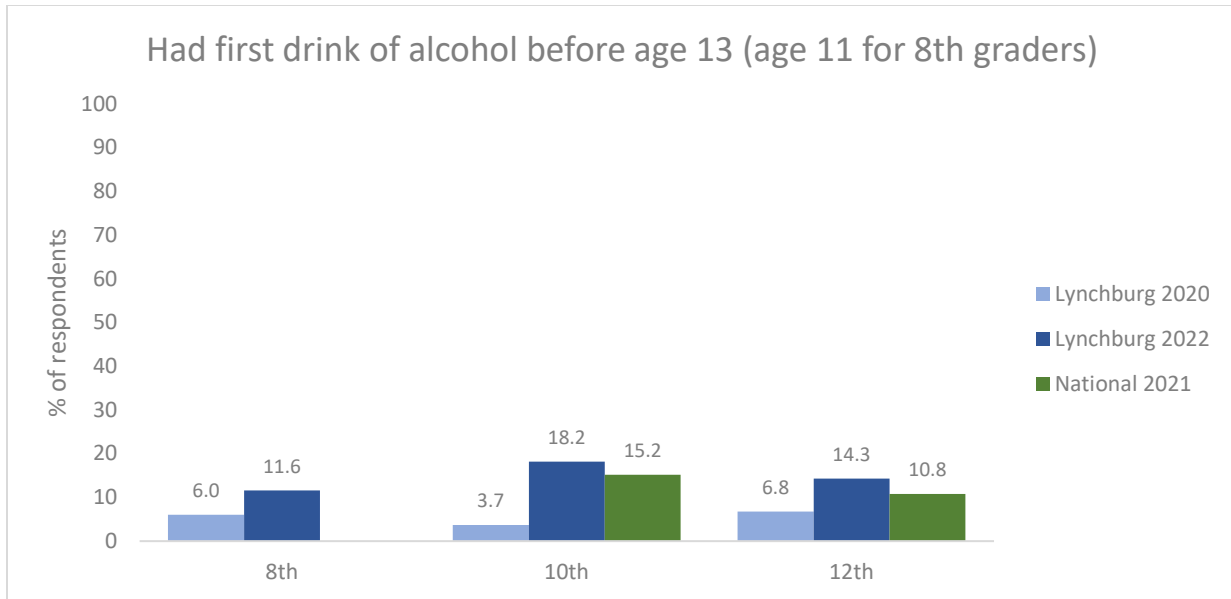
Less than half (40.7%) of all students perceived vape products as having great risk, with an additional 34.5% perceiving that vape products carry a moderate risk of harm. These response rates are both a decrease from the 2020 administration, with 48.3% seeing it as a great risk and 39.3% seeing it as a moderate risk previously. An average of 26.6% of Lynchburg 8th graders, 23.4% of 10th graders, and 22.5% of 12th graders reported slight risk or no risk from using vape products.

4. Alcohol

Survey Question

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



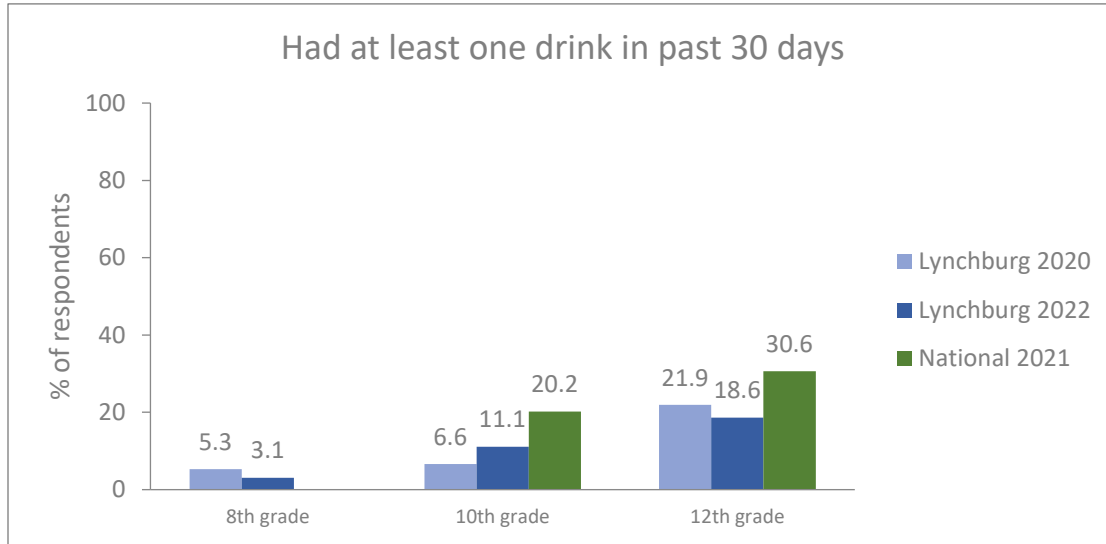


Findings:

Most students in Lynchburg (64.9%) have never had an alcoholic drink, which is higher than the national average (52.9% never had a drink). However, more Lynchburg youth reported having had their first drink of alcohol before age 13 in 2022 (14.7% across all grades) than in 2020 (5.5%) and compared to national youth (13.0% of 10th and 12th graders).

Survey Question

During the last thirty days, on how many days did you have at least one drink of alcohol?

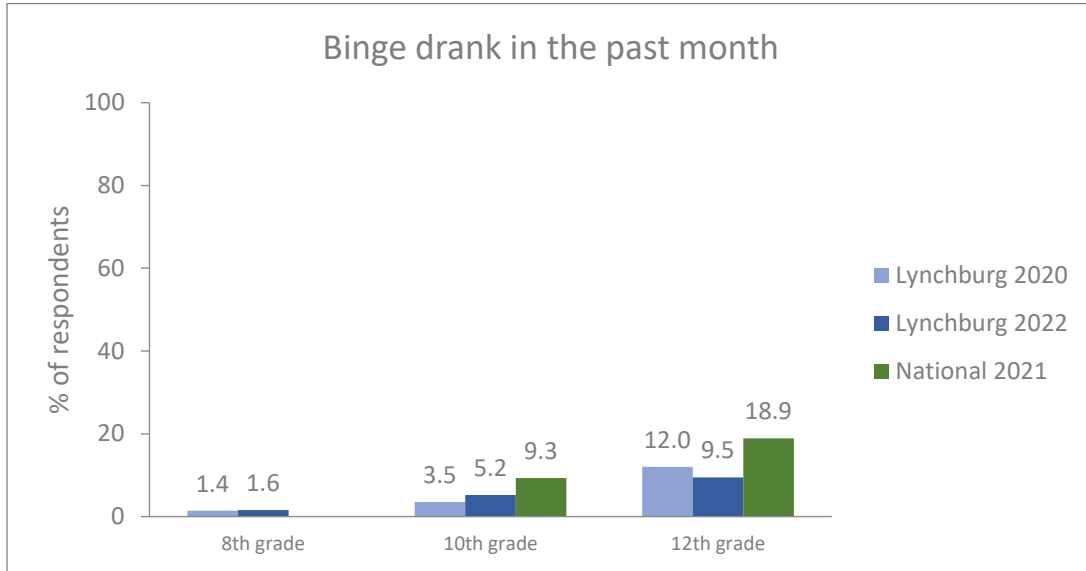


Findings:

On average 10.9% of Lynchburg students across all grades reported having ever tried alcohol. The portion of Lynchburg youth who reported drinking at least once in the past 30 days increased with age, with 3.1% of 8th graders, 11.1% of 10th graders, and 18.6% of 12th graders reporting consumption in the past month. While there is no data to compare 8th grade students, the portion of Lynchburg 10th and 12th graders who reported drinking at least once in the past month was lower than that national youth.

Survey Question

During the last 30 days, on how many days did you have 5 or more drinks of alcohol in a row, as in within a couple of hours?

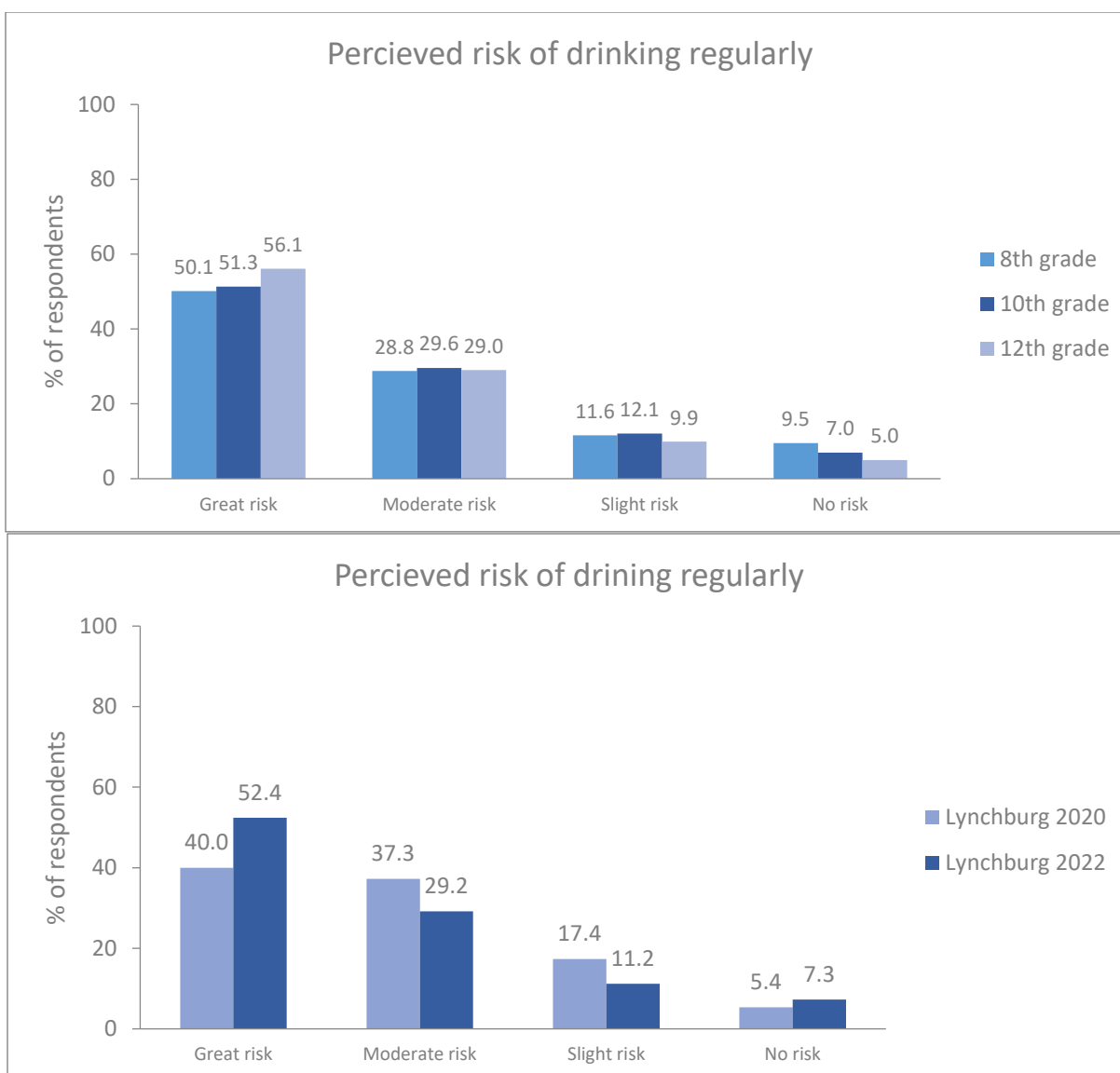


Findings:

The percentage of Lynchburg youth who reported binge drinking in the past month increased with grade level. Binge during was reported less frequently among Lynchburg 10th and 12th graders than among their national peers.

Survey Question

How much do you think people risk harming themselves (physically or in other ways) if they drink alcohol regularly (nearly every day)?

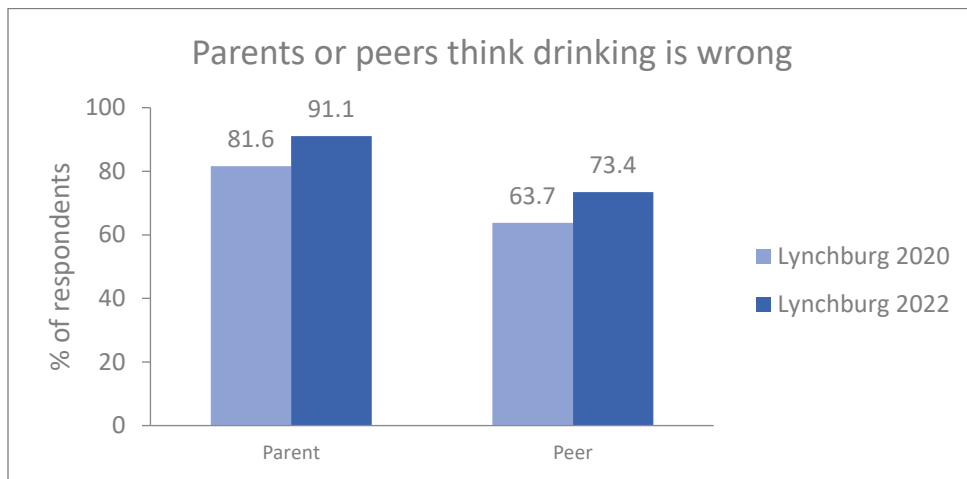
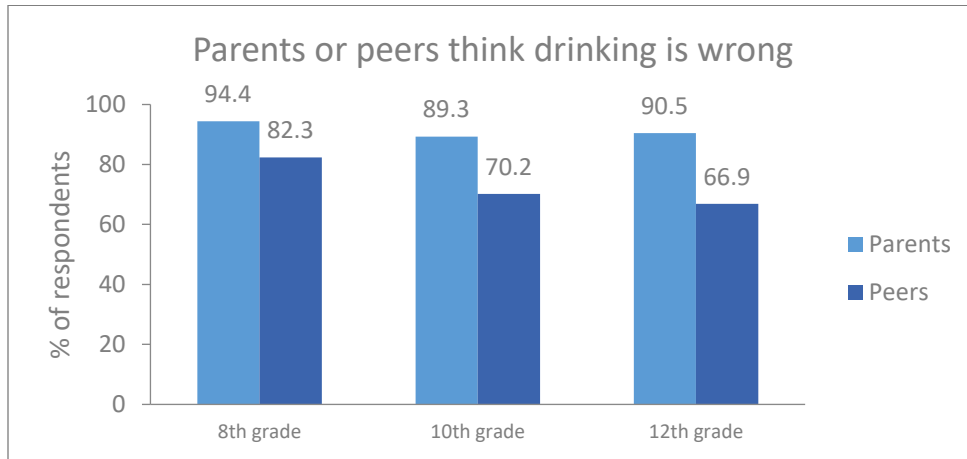
**Findings:**

The majority of Lynchburg students across all grades reported a perceived moderate or great risk of harm from regularly drinking alcohol. Perception of risk remained relatively stable across grades.

Survey Question

How wrong do your parents feel it would be for you to drink alcohol regularly (nearly every day)?

How wrong do your friends feel it would be for you to drink alcohol regularly (nearly every day)?



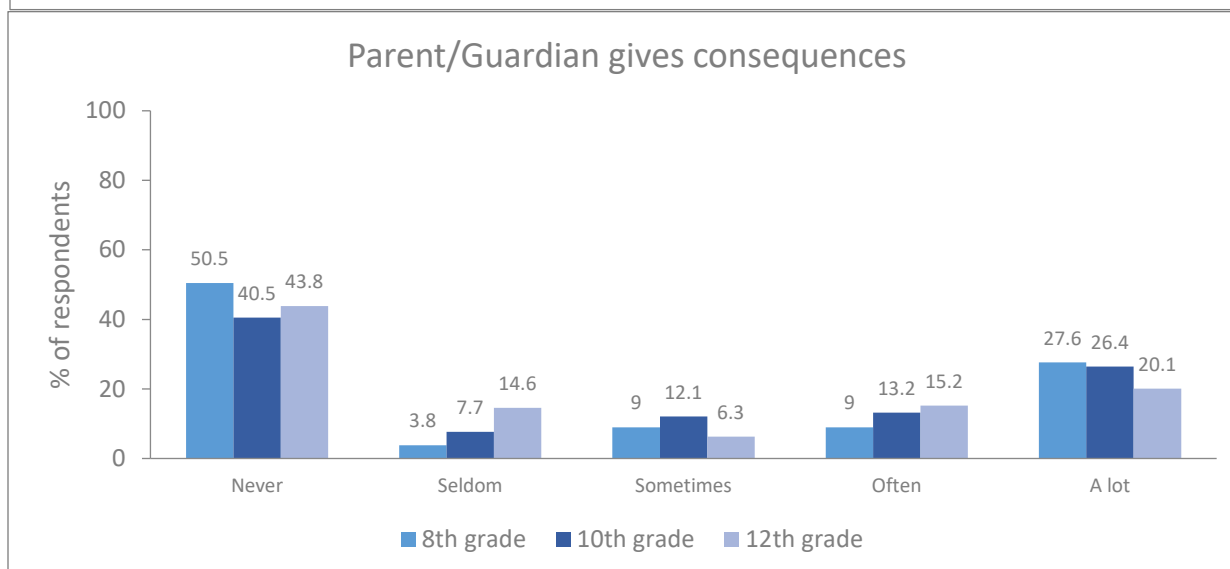
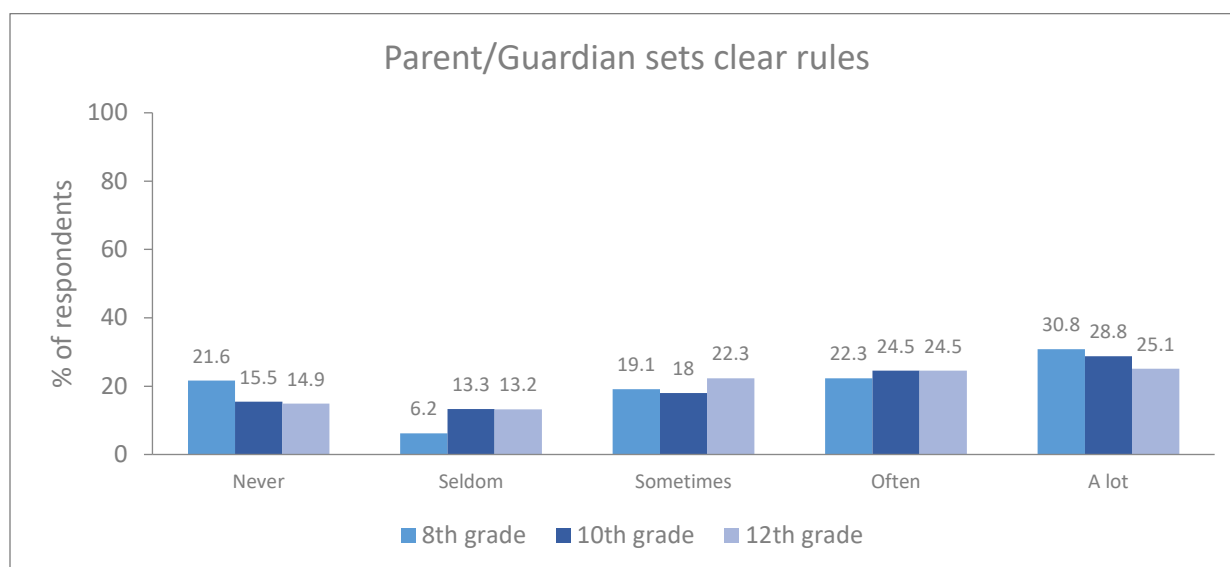
Findings:

The majority of Lynchburg students across all grades reported that their parents would feel it to be wrong or very wrong for them to drink alcohol. This percentage remained relatively stable across grades. It is noteworthy, though, that Lynchburg students believed their peers would be less disapproving of drinking as grade level increased, with 82.3% of 8th graders believing their peers would feel it was wrong to drink and only 66.9% of 12th graders reporting the same.

Survey Questions

How often do your parents\guardians set clear rules for you around drug and alcohol use?

How often do your parents\guardians give a punishment or consequence when you break rules around drug and alcohol use?



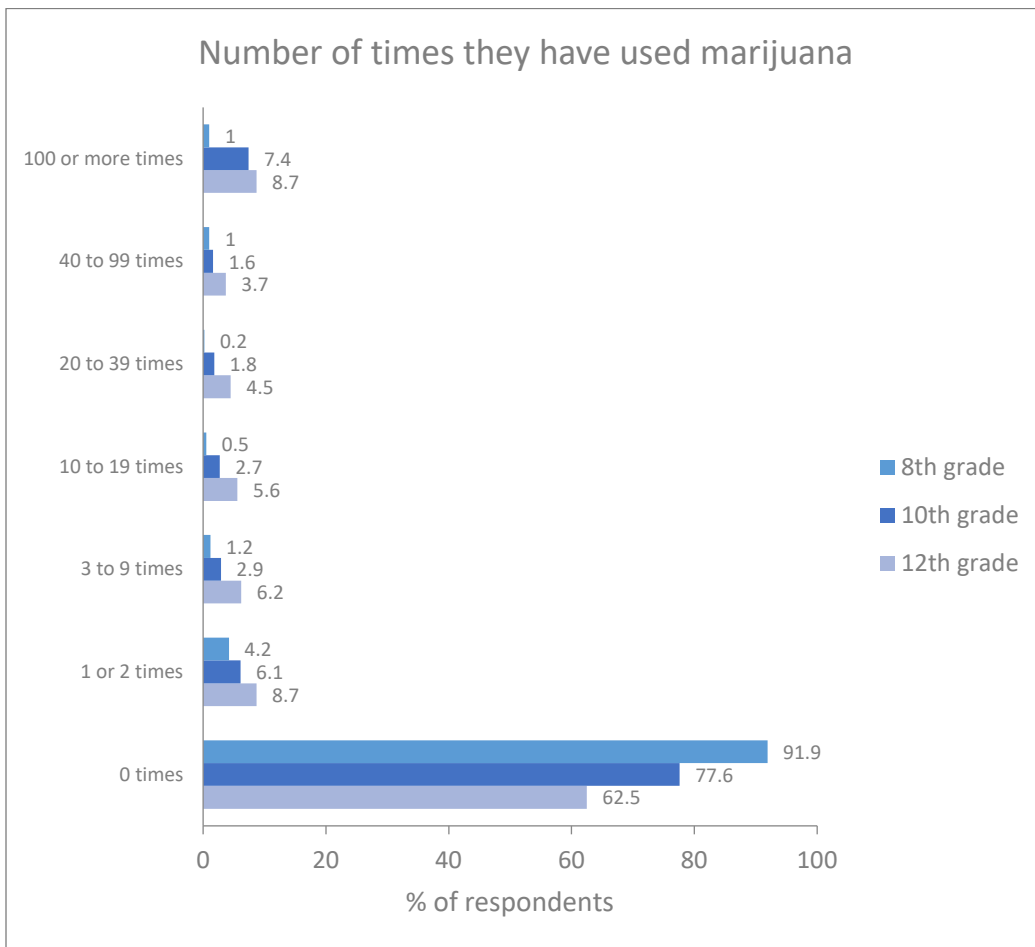
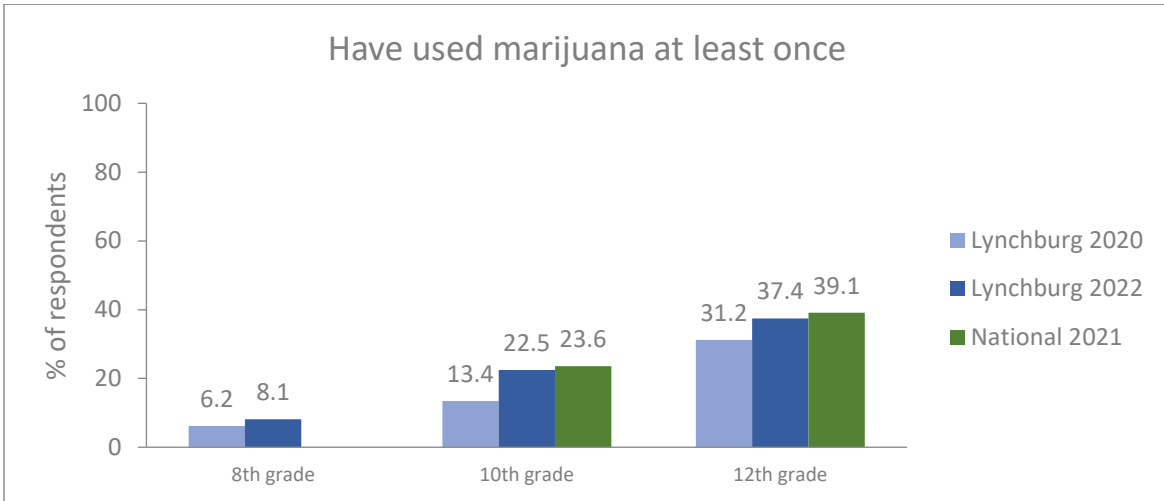
Findings:

Approximately half (51.9%) of Lynchburg youth reported that their parent or guardian sets clear rules around drug and alcohol use often or a lot. However, about half (45%) indicated that their parent or guardian never provides a punishment or consequence for breaking these rules.

5. Marijuana

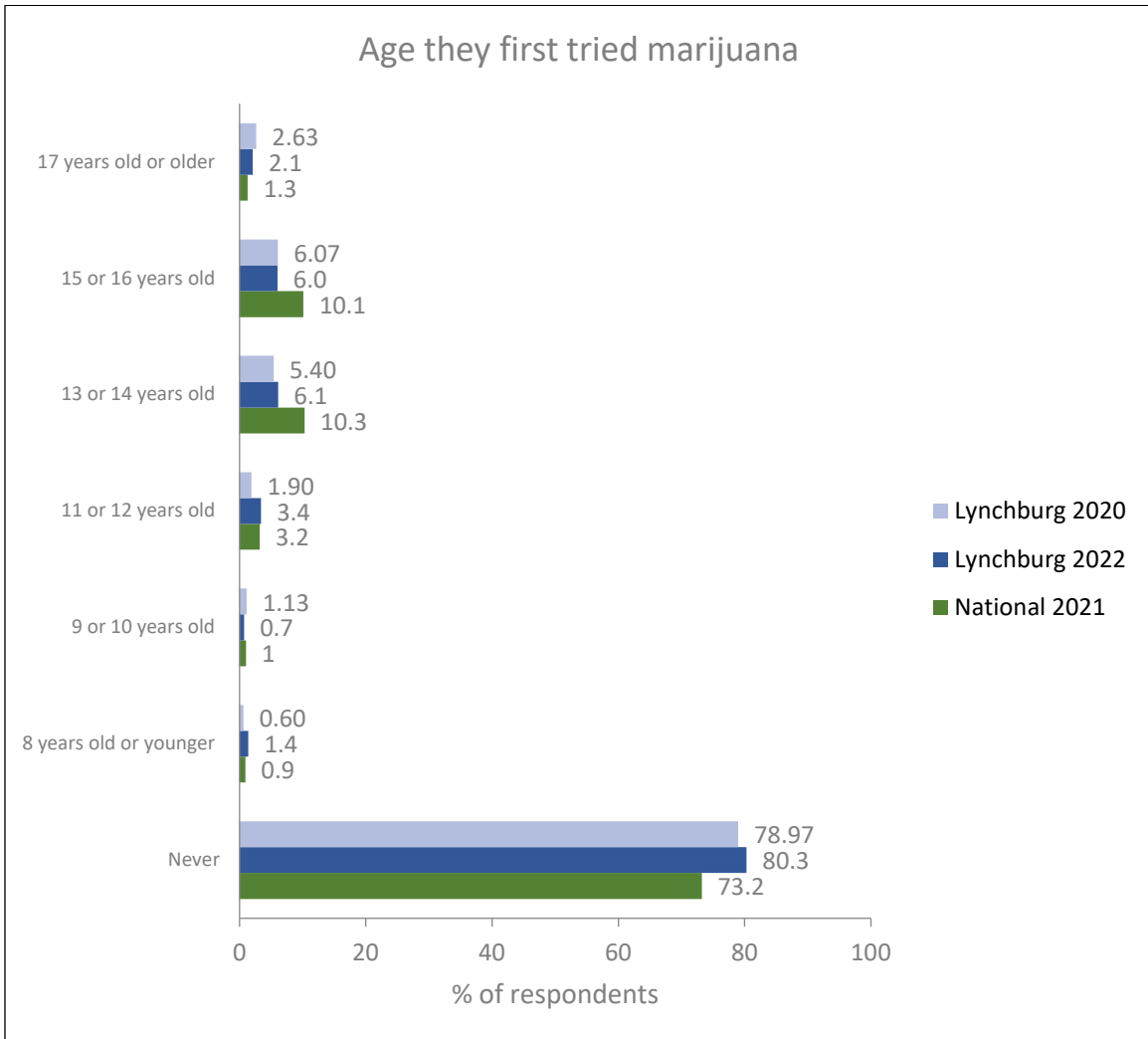
Survey Question

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



Survey Question

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

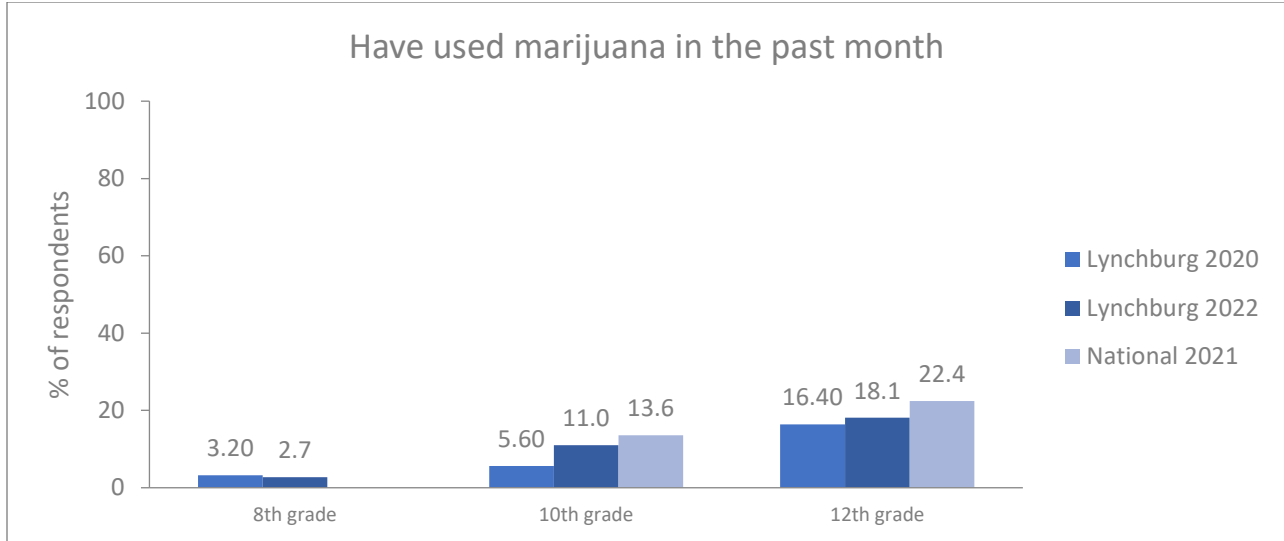


Findings:

An average of 22.7% of Lynchburg students across all grades reported having tried marijuana, with 12th graders demonstrating the highest percentage at 37.4%. The most frequently reported age of first marijuana use for Lynchburg youth was 13-14 years old (6.1%). The percentage of Lynchburg students who reported trying marijuana before the age of 13 is similar across Lynchburg (5.5%) and national (5.1%) data.

Survey Question

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

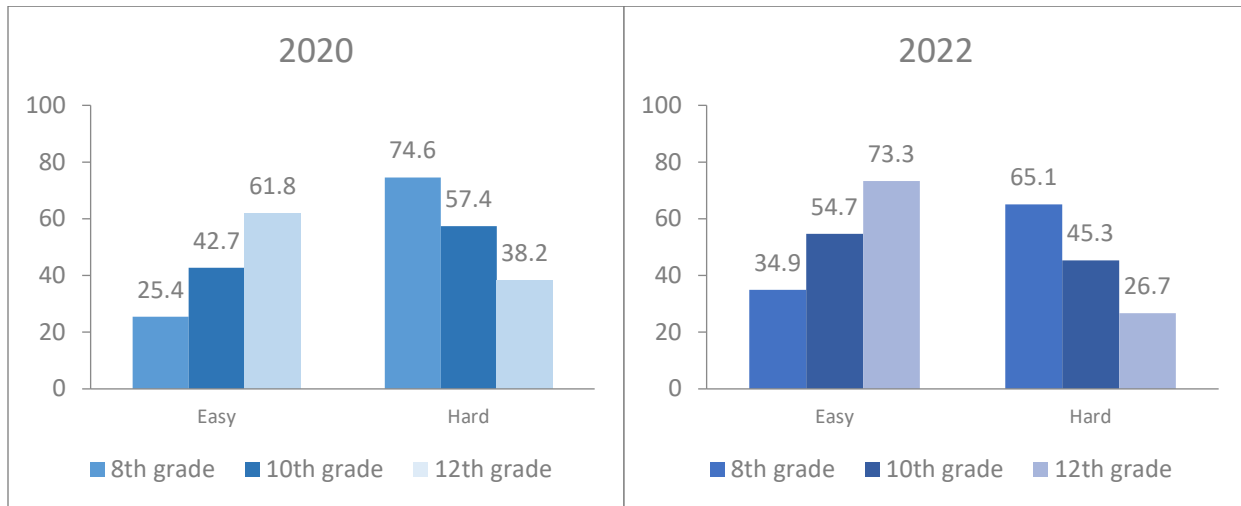
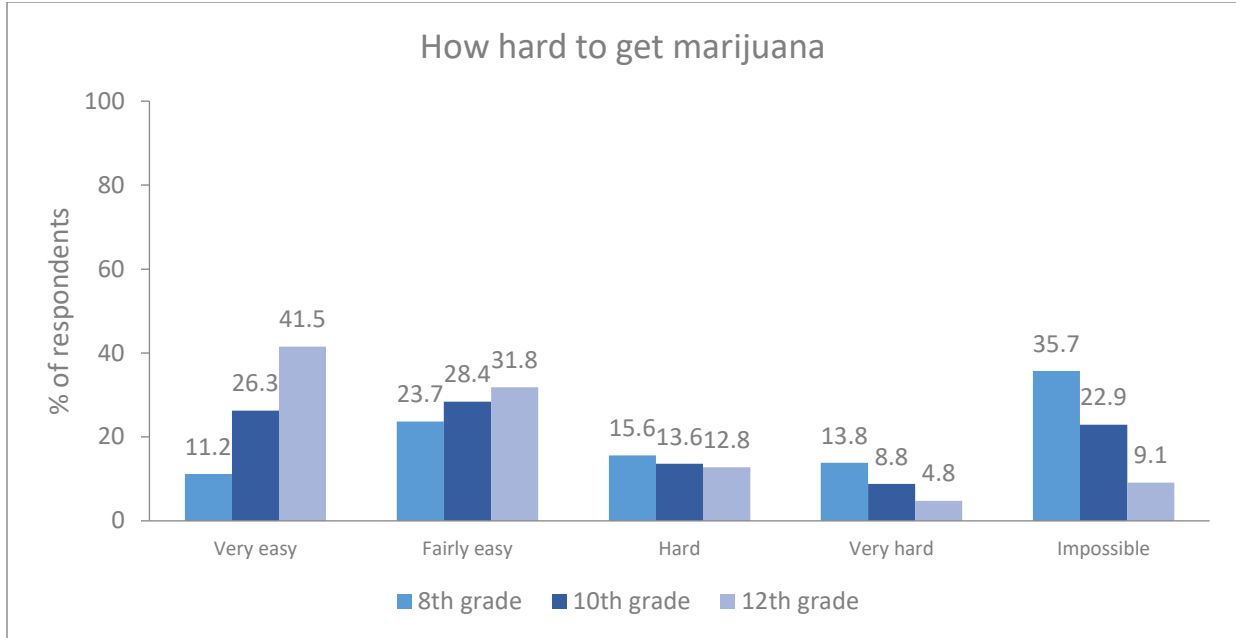


Findings:

The percentage of Lynchburg youth who reported using marijuana in the past 30 days increased alongside grade level but remained lower than national averages. Recent use of marijuana among Lynchburg students increased since 2020, with the largest change being among 10th graders. The most common method of consumption was smoking.

Survey Question

How easy do you think it would be for you to get marijuana if you wanted some?

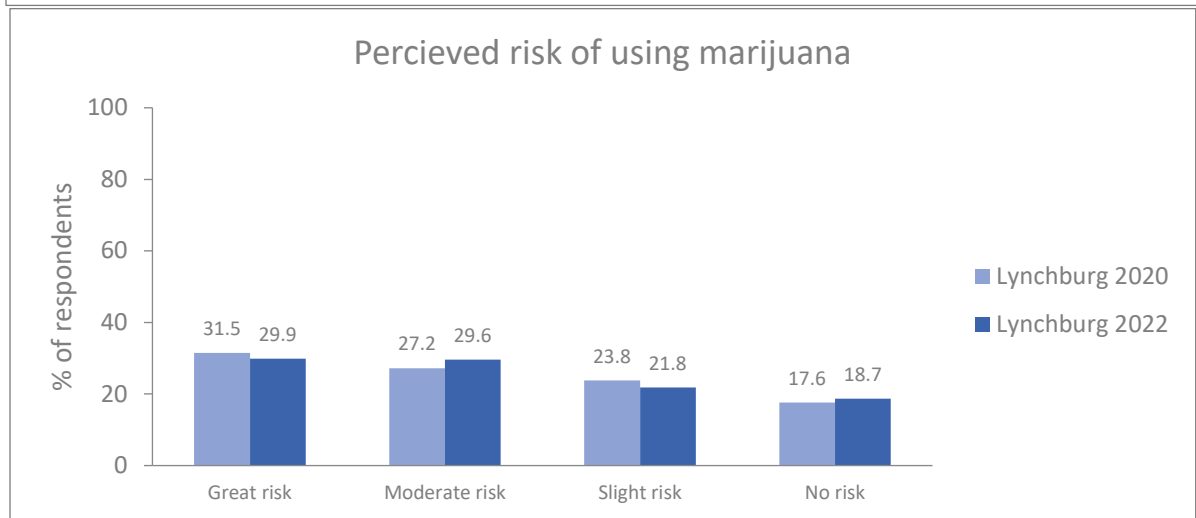
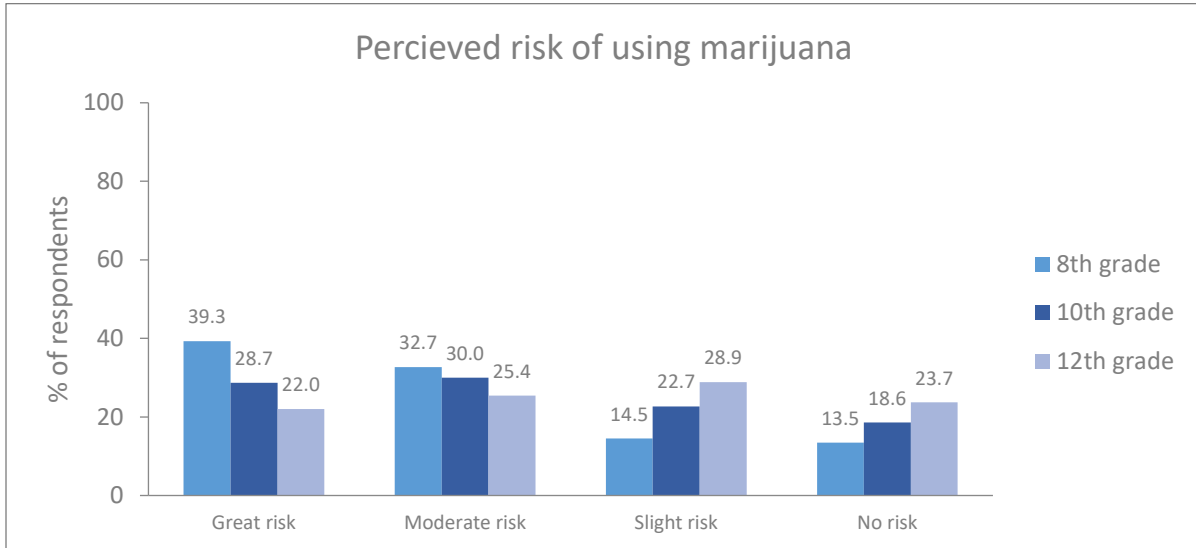


Findings:

Among Lynchburg students, 8th graders reported the most difficulty in getting marijuana if they wanted some, and the majority of 12th graders reported it would be very easy or fairly easy to get marijuana. Since 2020, the percentage of Lynchburg students who believe it would be impossible to get marijuana has decreased and the percentage who believe it would be very easy to get has increased.

Survey Question

How much do you think people risk harming themselves (physically or in other ways) if they use marijuana once or twice a week (smoke, vape, eat, or drink)?



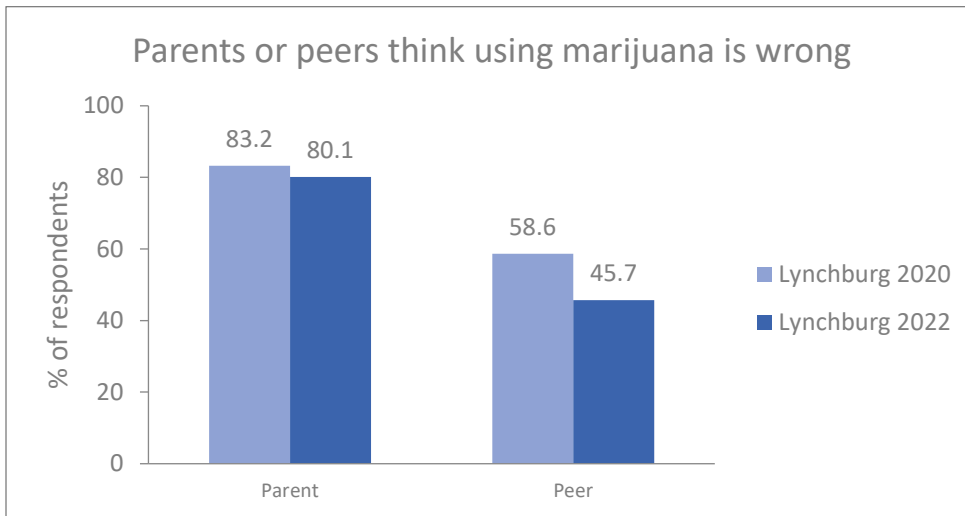
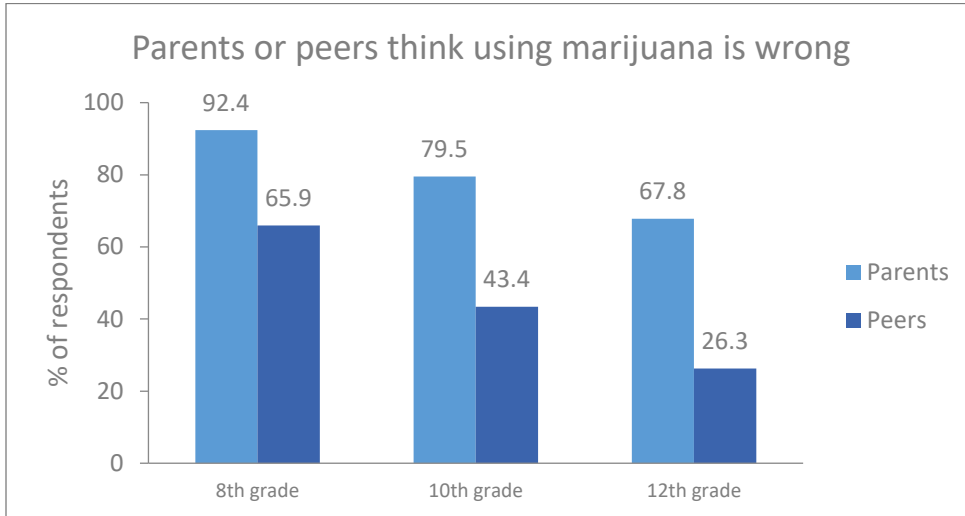
Findings:

The perception of risk associated with marijuana use decreased slightly as grade level increased, with the majority of Lynchburg 8th graders reporting moderate or great risk and 12th graders being most likely to report no risk.

Survey Questions

How wrong do your parents feel it would be for you to smoke marijuana?

How wrong do your peers (people your age) feel it would be for you to smoke marijuana?



Findings:

The majority of Lynchburg students reported that their parents feel smoking marijuana is wrong or very wrong (80.1%), although the percentage decreased with grade level. A smaller percentage (45.7%) of students reported that their peers disapproved of marijuana use. Perception of parental and peer disapproval of marijuana use both decreased since 2020, with peer disapproval changing the most. It should be noted that changes in perceptions of marijuana use may have been influenced by the legalization of adult recreational use in Virginia in 2021.

6. Illicit Drugs

Survey Questions

Have you ever sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high (huffing)?

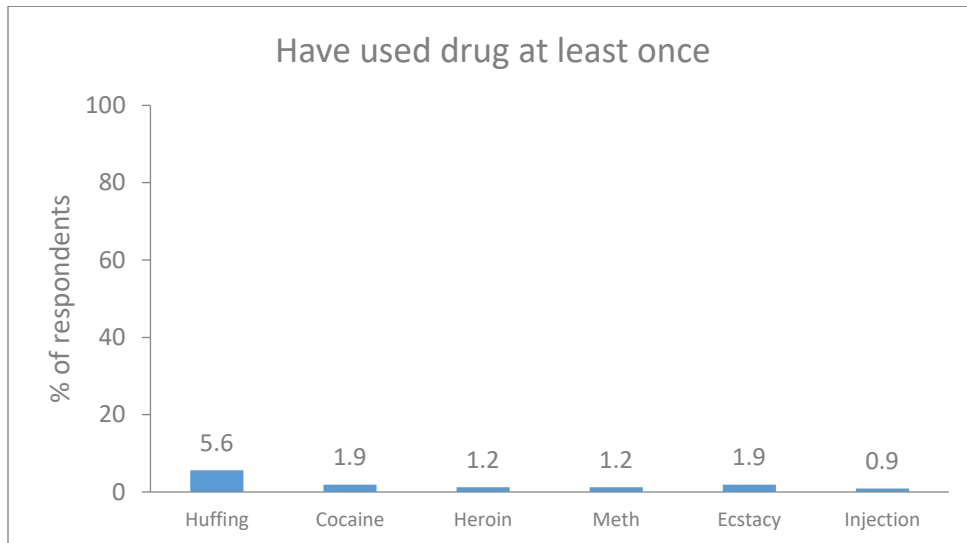
...used any form of cocaine, including powder, crack, or freebase?

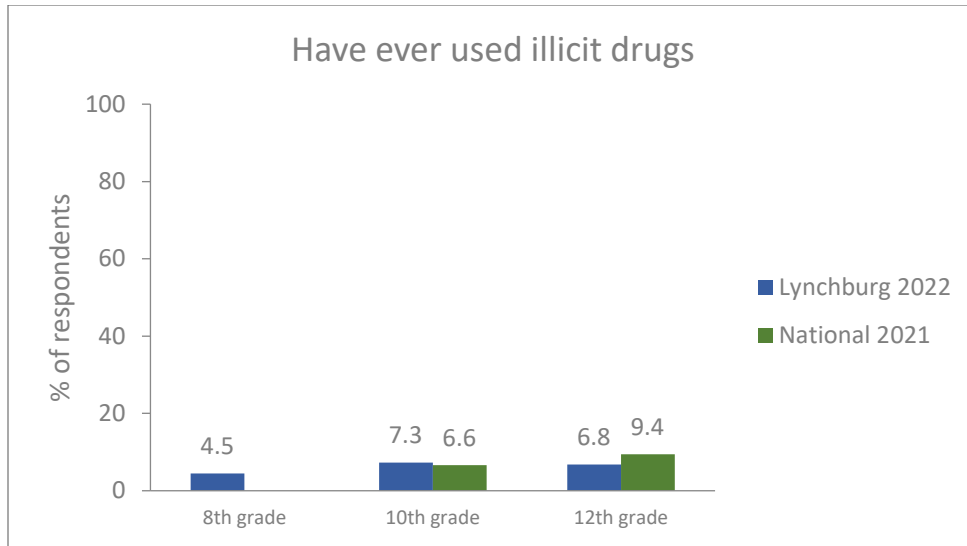
...used heroin?

...used methamphetamines (also called speed, crystal meth, crank, ice or meth)?

...used ecstasy (also called Molly)?

...used a needle to inject any illegal drug into your body?





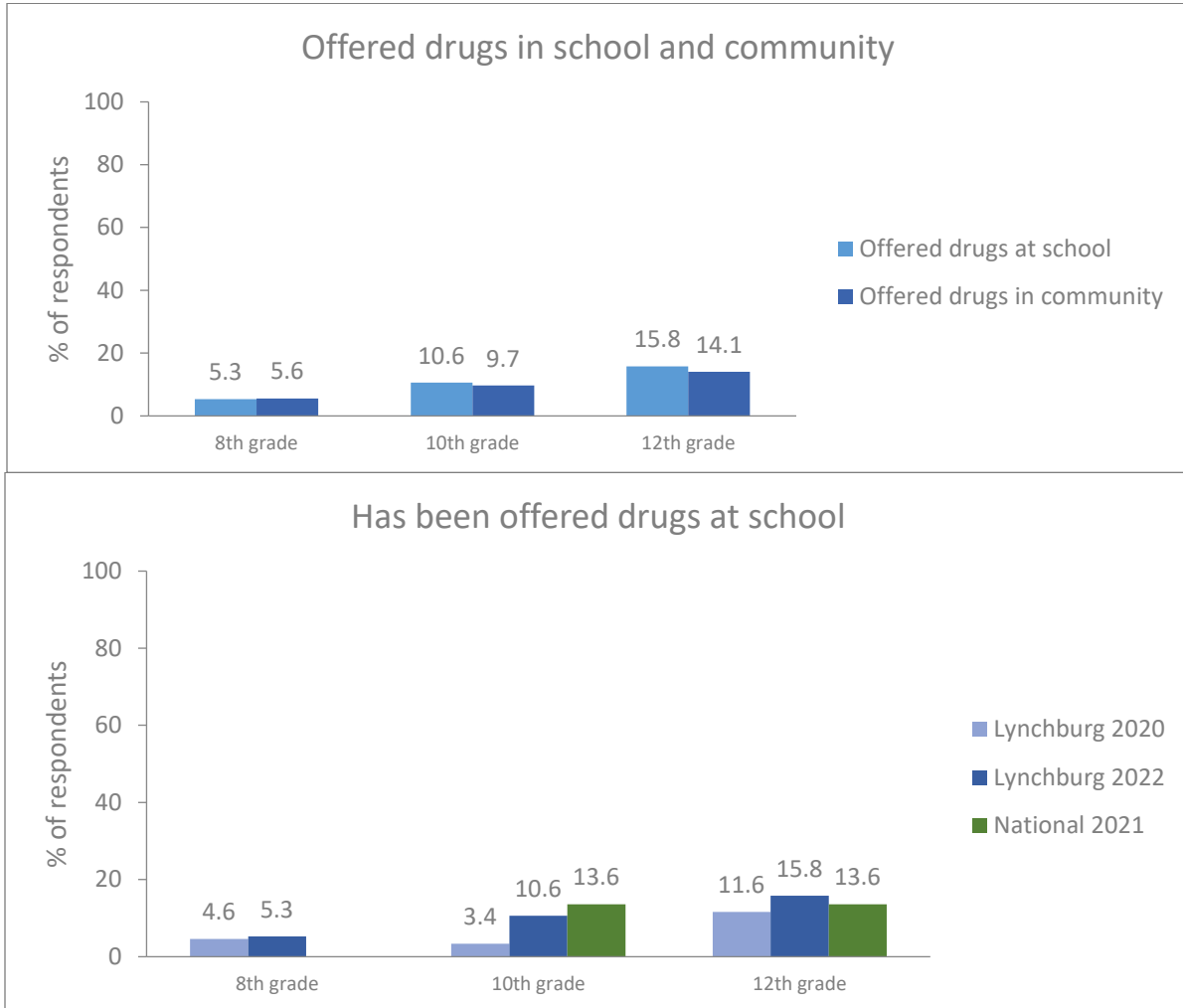
Findings:

While the vast majority of Lynchburg students reported never having tried illicit drugs (93.7% across all grades), a small number of students reporting using illicit drugs in the past month (1.5% for inhalants and <1% for all other drugs surveyed). The most commonly reported illicit drug used across all grades was “sniffing glue, breathing the contents of aerosol spray cans, or inhaling paints or sprays to get high (huffing)” (4.5% of 8th graders, 6.4% of 10th graders, and 5.4% of 12th graders reported having ever done so).

Survey Questions

Has anyone ever offered, sold or given you an illegal drug on school property or at a school activity?

During the last 12 months, has anyone offered, sold or given you an illegal drug in your neighborhood or community?

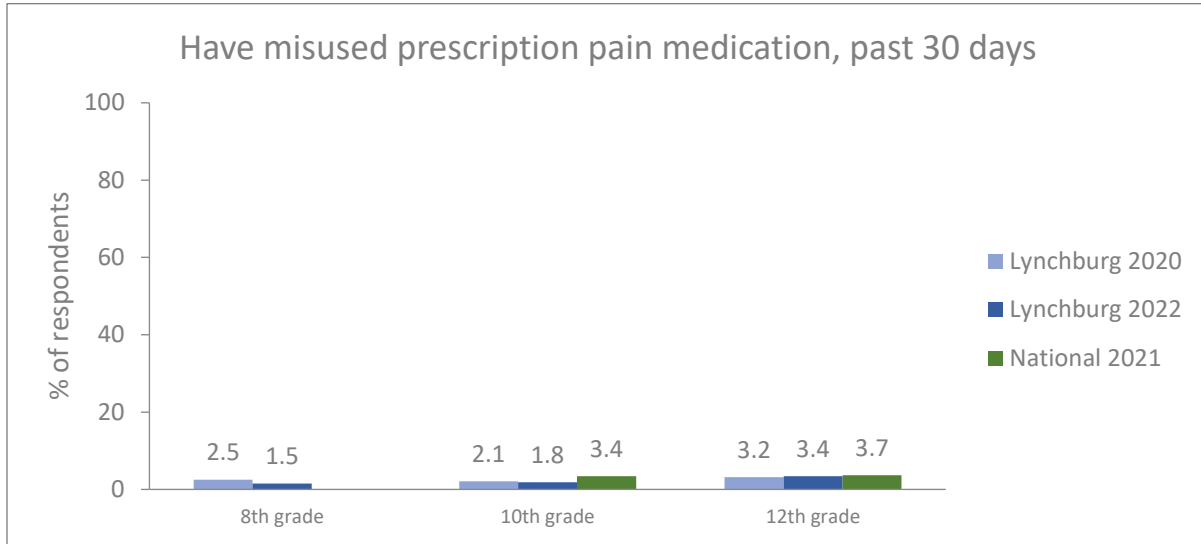


Findings:

As grade level increased, students were more likely to report being offered drugs both at school and in their community. Among 12th graders, the percentage of students reporting being offered drugs at school was slightly higher than the national average. The percentage of youth reporting they had been offered drugs on school property in the past year increased compared to 2020, although drugs reportedly offered in their community increased to a similar degree (about 4%).

Survey Question

During the past 30 days, how many times have you taken prescription pain medicine without a doctor’s prescription or differently than how a doctor told you to use it?

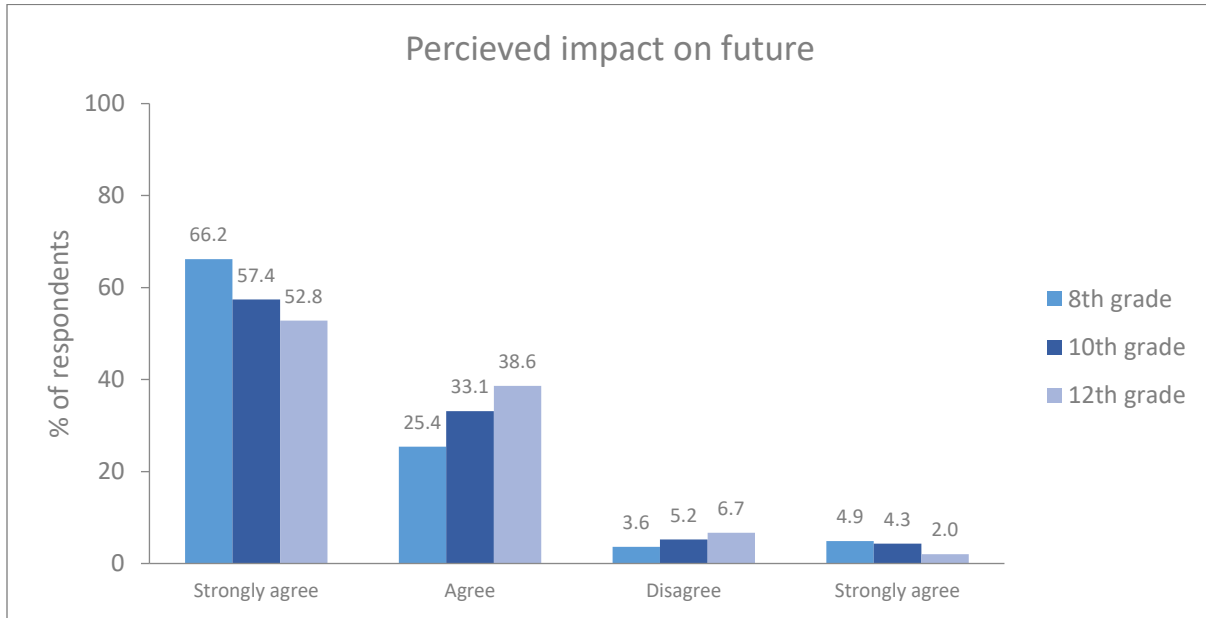


Findings:

A total of 5.1% of all surveyed youth in 2022 reported that they had misused prescription medicine. The most commonly misused prescription was ADHD medication (1.9%), followed by pain medicine (1.5%). A total of 2.2% of youth in 2022 reported misusing prescription pain medication in the past month, slightly below the national rate (3.6%) and about the same as 2020 Lynchburg youth.

Survey Question

Engaging in risky behaviors such as smoking, alcohol, and other substance use as a teenager will have negative effects on my future health status.



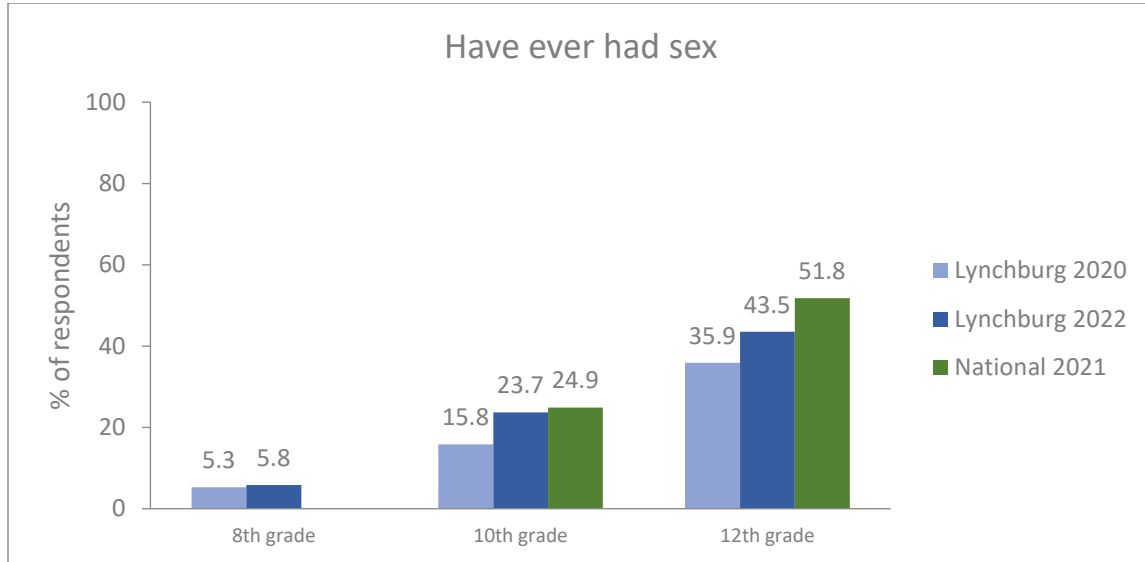
Findings:

Most youth in 2022 (over 90% for all grade levels surveyed) agreed or strongly agreed that engaging in risky behaviors as a teenager would have a negative effect on their future health status.

7. Sexual Behaviors

Survey Question

Have you ever had sex (including oral sex)?

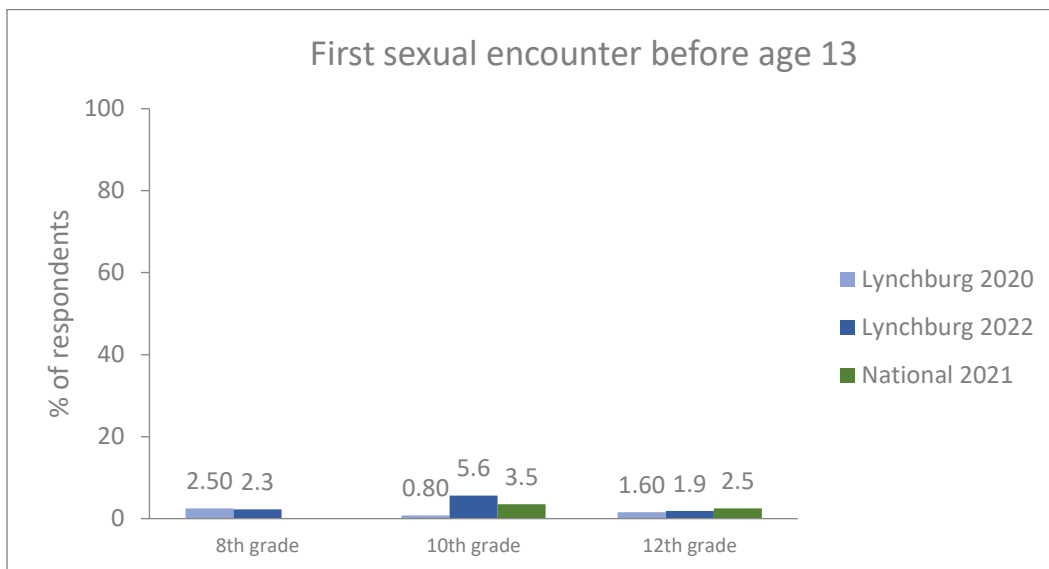
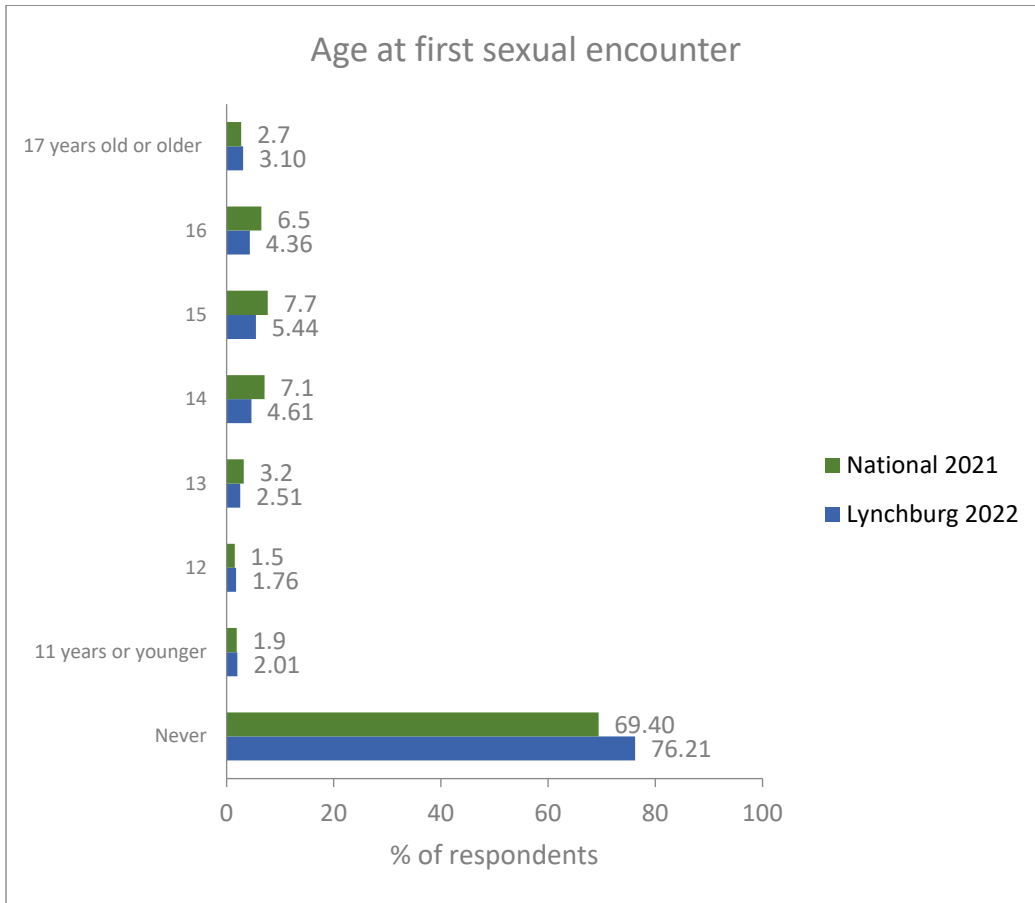


Findings:

The portion of Lynchburg youth who report ever having sex increased as grade level increased, but is lower across all grade levels compared to national data.

Survey Question

How old were you when you had sex for the first time?

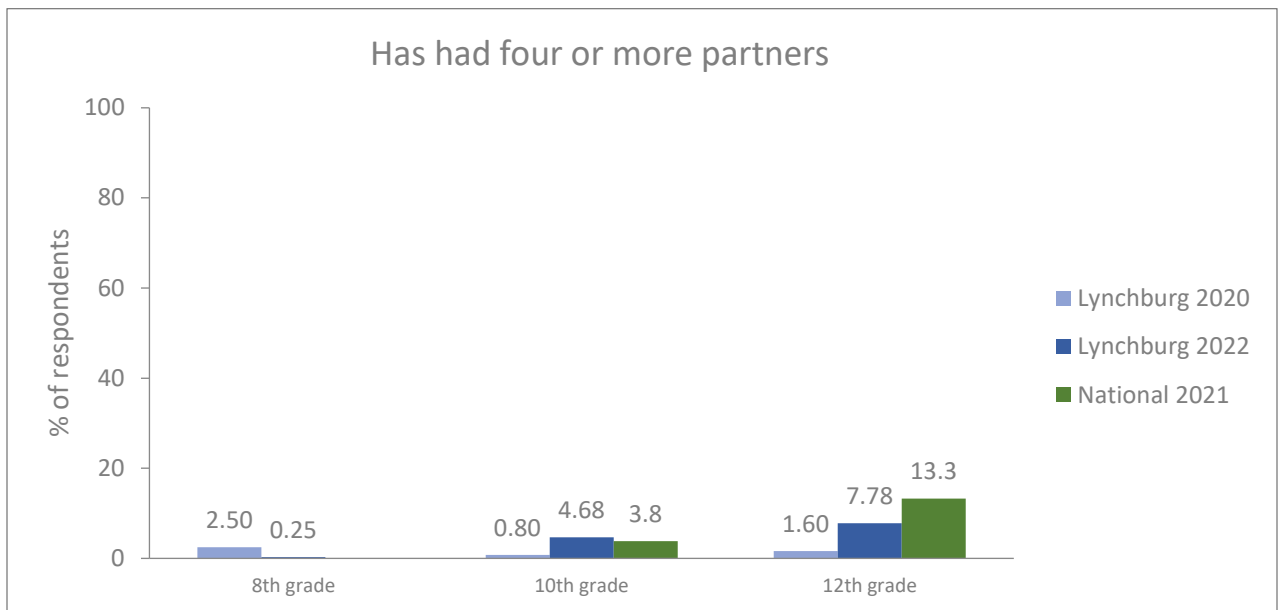
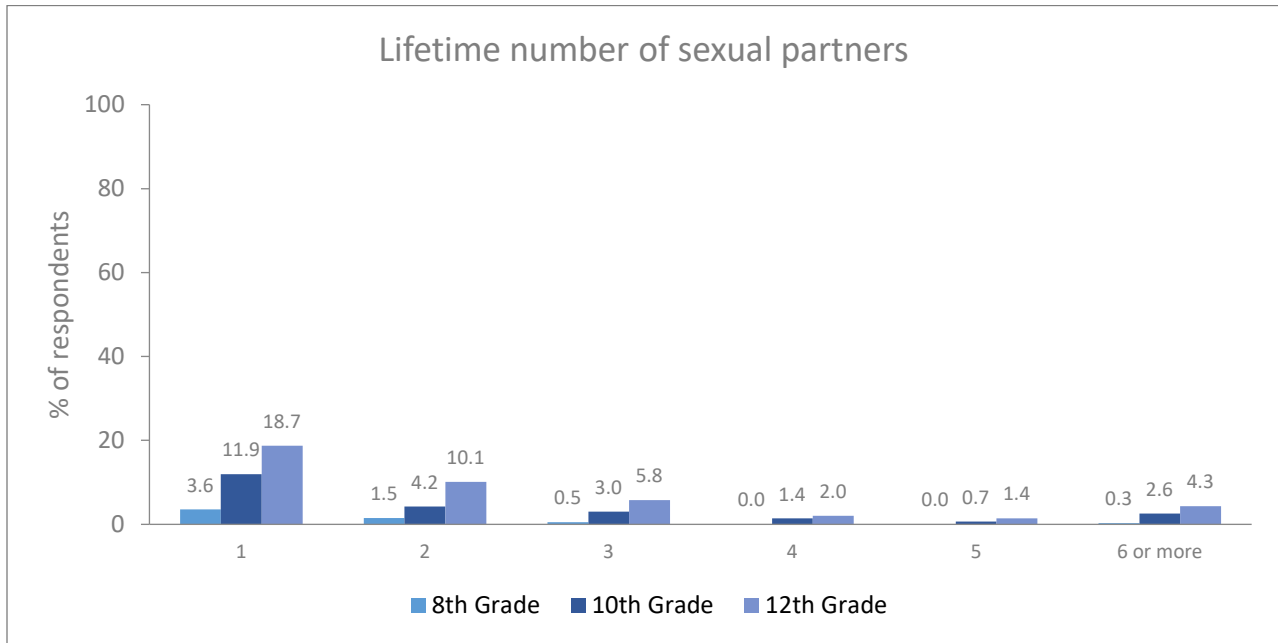


Findings:

Most Lynchburg students reported not ever having sex (94.2% of 8th graders, 76.3% of 10th graders, and 56.5% of 12th graders). Few students (average of 3.7% across grades) had sex for the first time before the age of 13.

Survey Question

During your life, with how many people have you ever had sex?

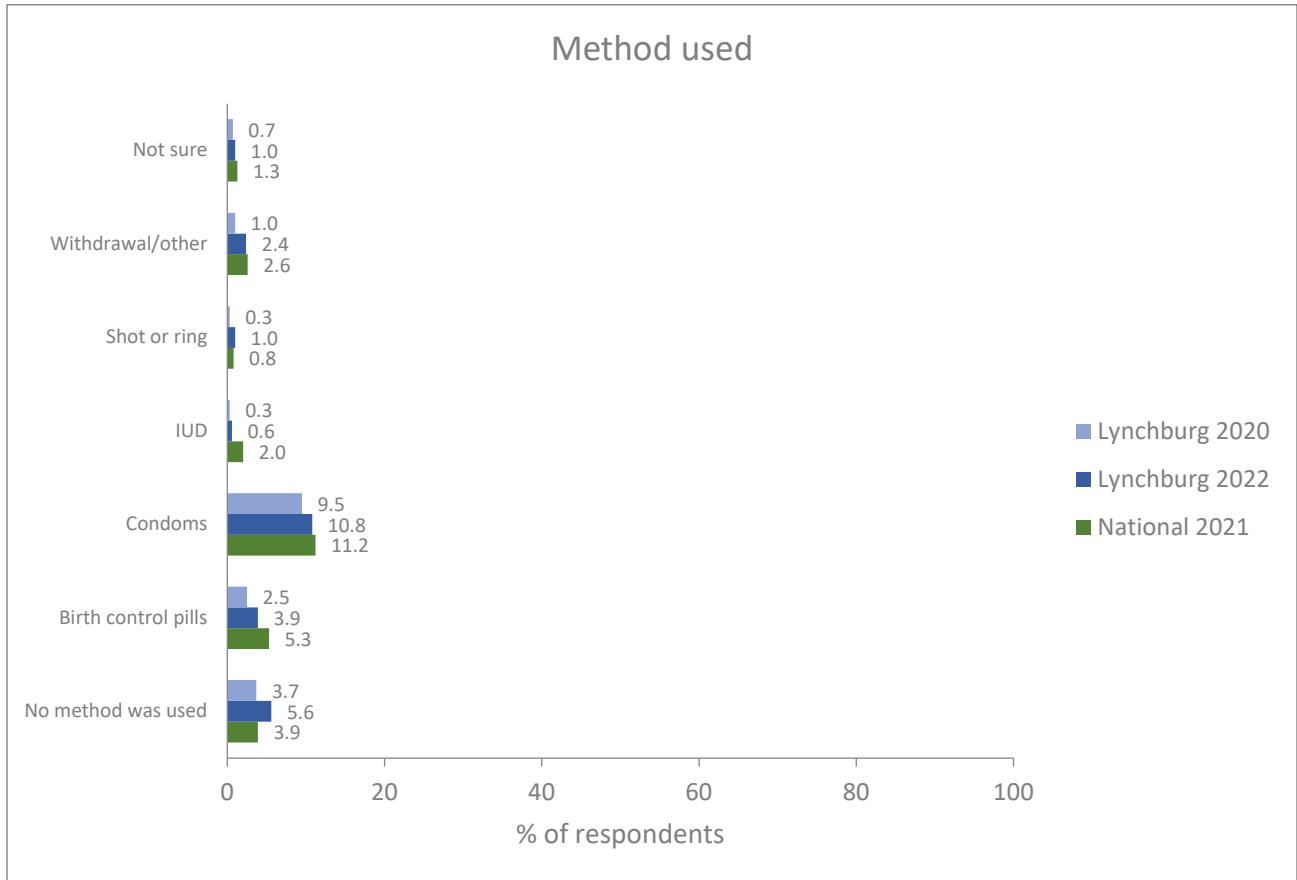


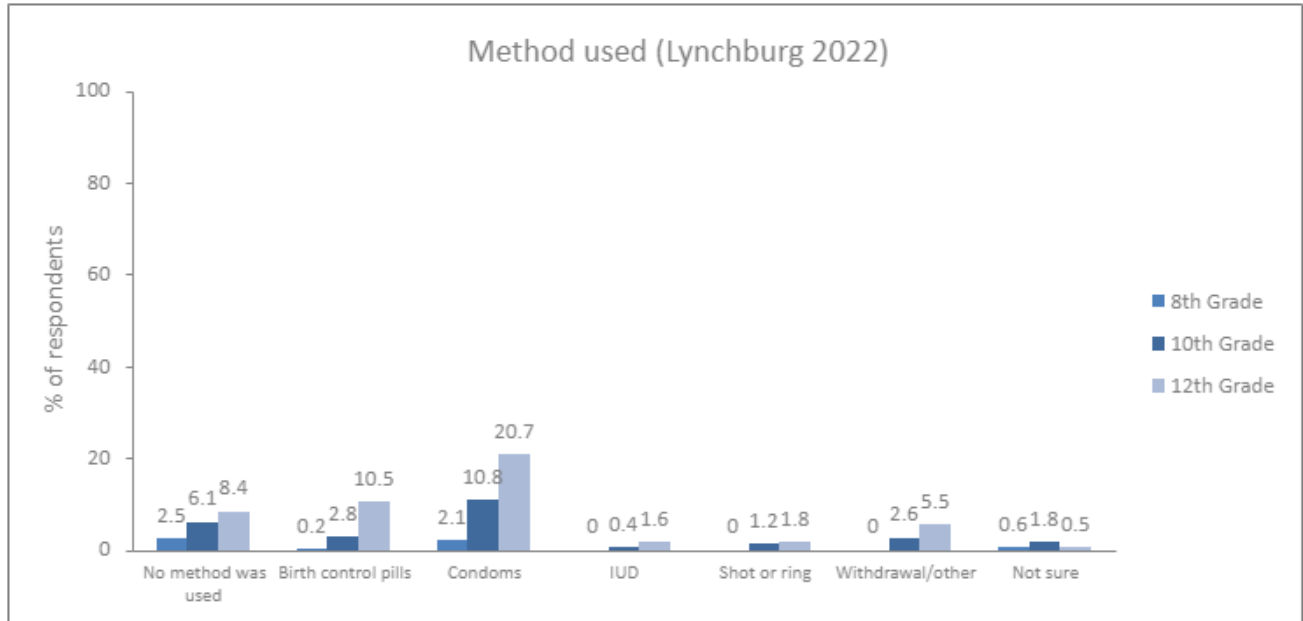
Findings:

The most commonly reported number of partners among Lynchburg youth who reported ever having sex was one partner. As grade level increased, it was more common for students to report having four or more partners.

Survey Question

The last time you had sex, which methods did you or your partner use to prevent pregnancy and/or disease?

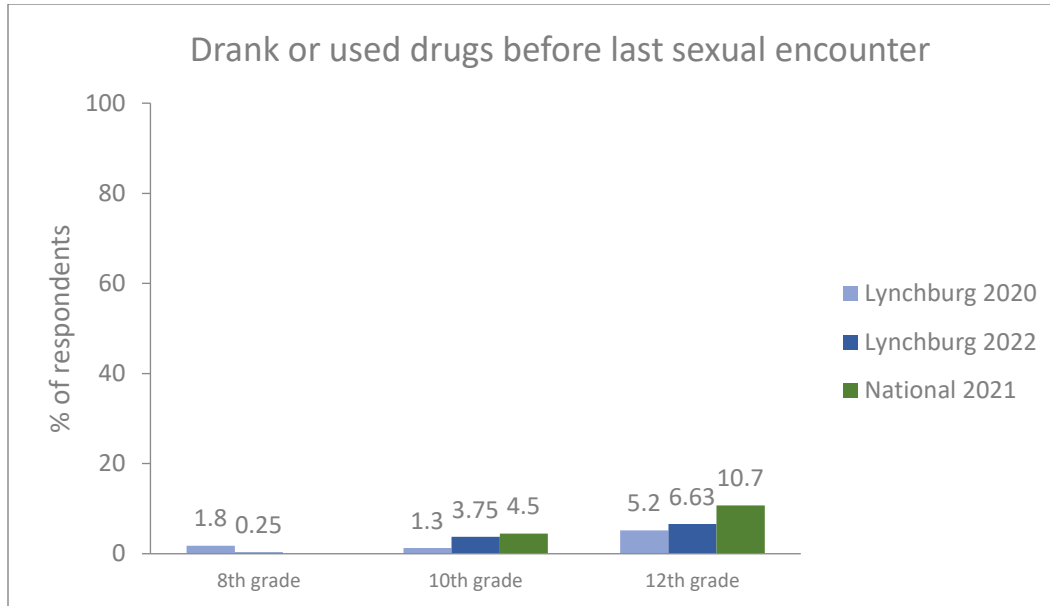




Findings:

The most common birth control method reported in 2022 was condoms (10.8%), which increased slightly since 2020 among Lynchburg youth. However, the second most common response was “no method” (5.6%), and overall more Lynchburg youth reported using no method of birth control than the national sample (3.9%). Twelfth graders were far more likely than younger grades to use prescription birth control such as the pill.

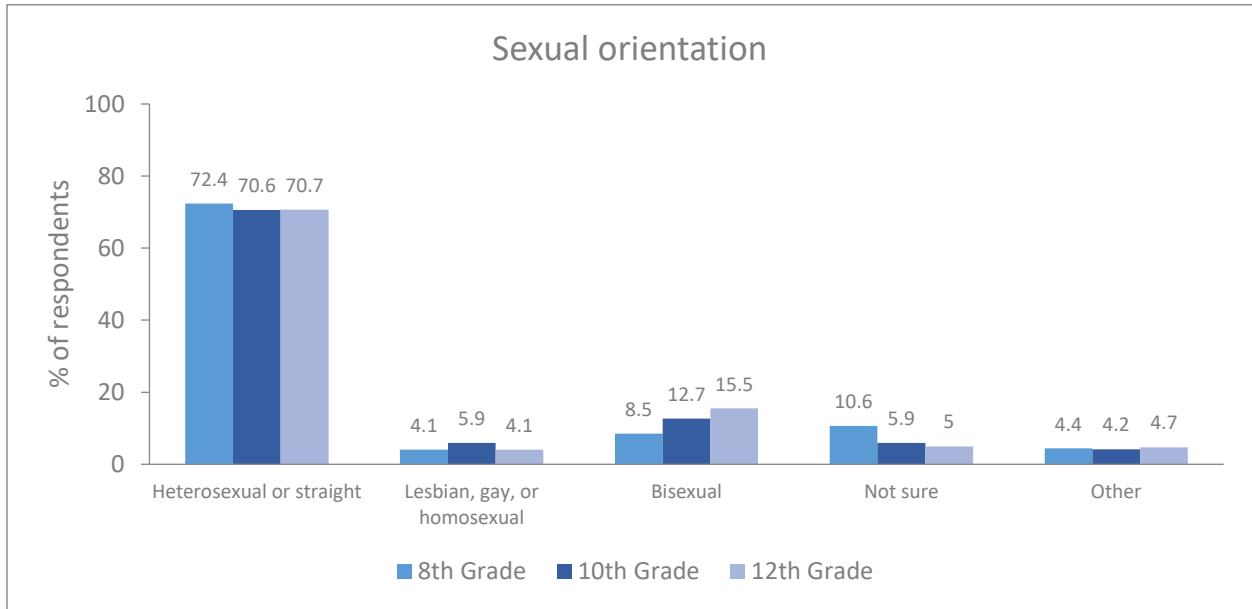
Survey Question

Did you drink alcohol or use drugs before you had sex the last time?**Findings:**

Overall, 3.5% of Lynchburg youth in 2022 reported that they used drugs or alcohol the last time they had sex, compared to 7.6% of the national sample. This is a slight increase since 2020 (2.8%).

Survey Question

Which of the following [sexual orientations] best describes you?



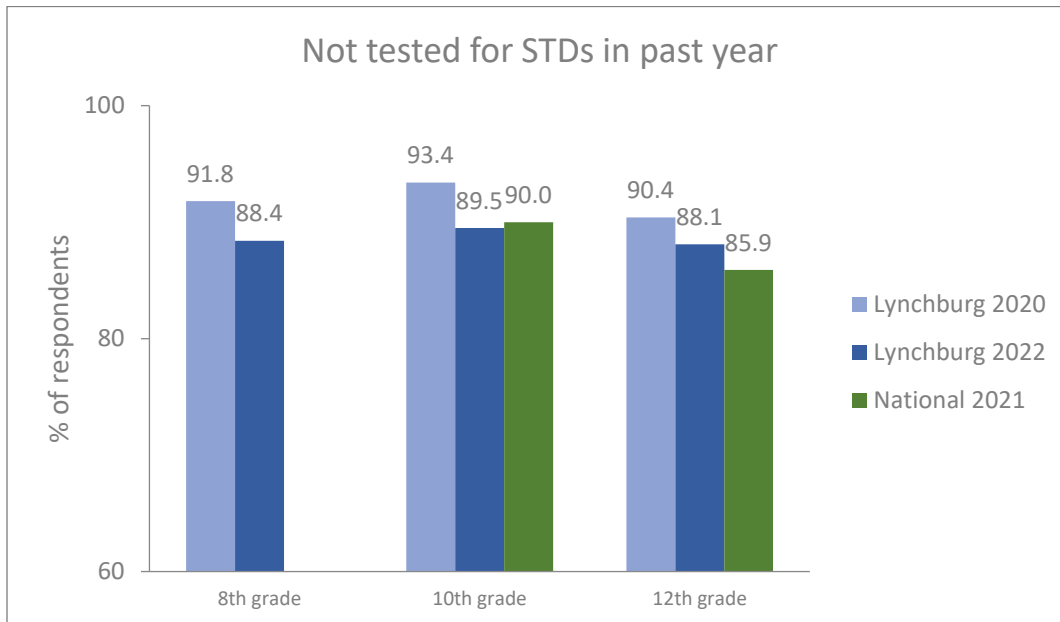
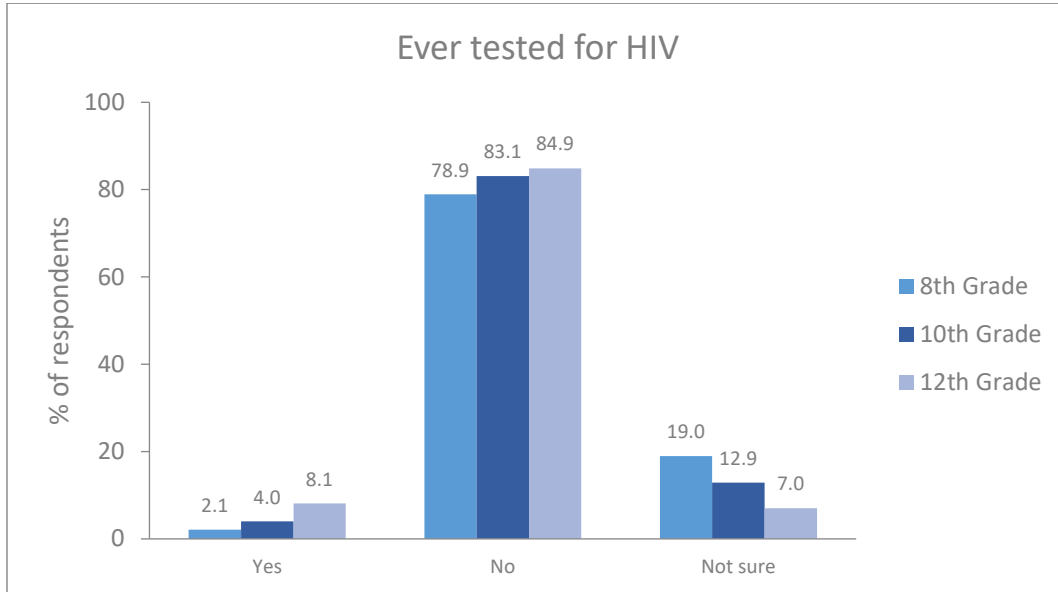
Findings:

The most common sexual orientation reported by 2022 youth was heterosexual (71.2%), followed by bisexual (12.2%). Overall, 27.8% of Lynchburg students said they identified as something other than heterosexual/straight. This is an increase from 23.6% of respondents in 2020.

Survey Question

Have you ever been tested for HIV, the virus that causes AIDS? (Do not count tests done if you donated blood.)

During the past 12 months, have you been tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea?



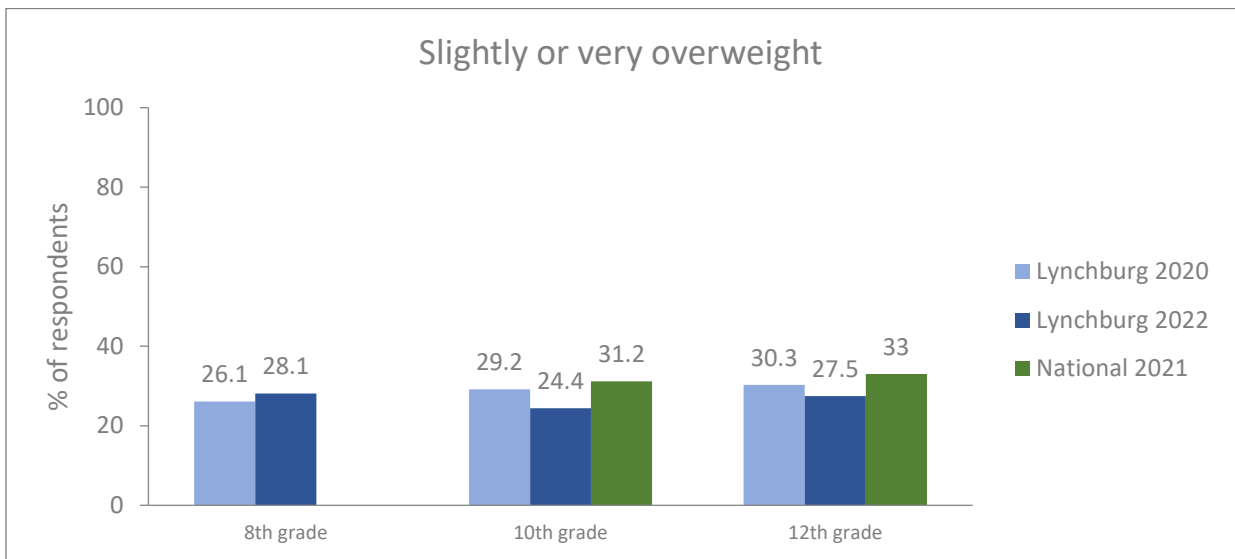
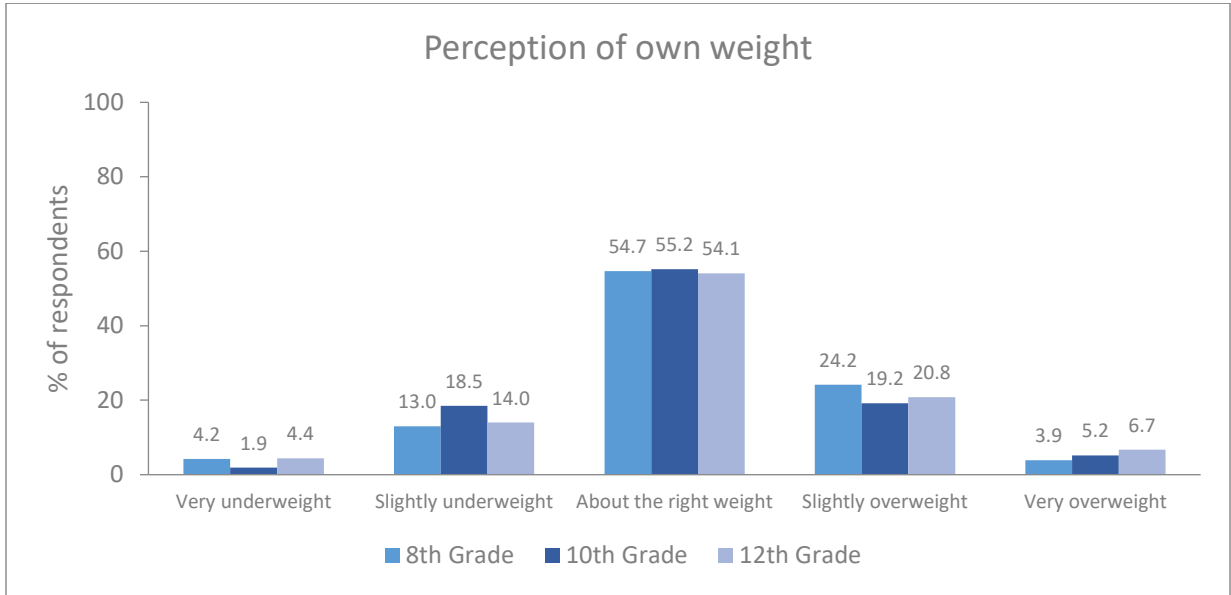
Findings:

A small percentage (4.7%) of 2022 youth reported having ever been tested for HIV, with 12th graders most likely to have been tested. Overall, 88.7% of Lynchburg youth reported not having been tested for STDs in the past year. This was an increase in testing compared to 2020.

8. Healthy Lifestyle

Survey Question

How do you describe your body weight?

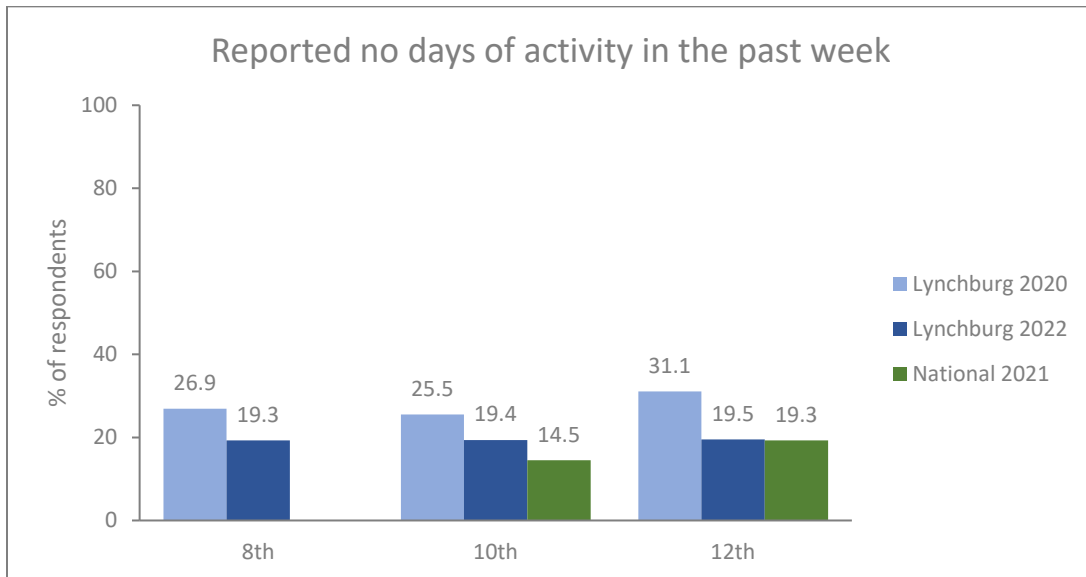
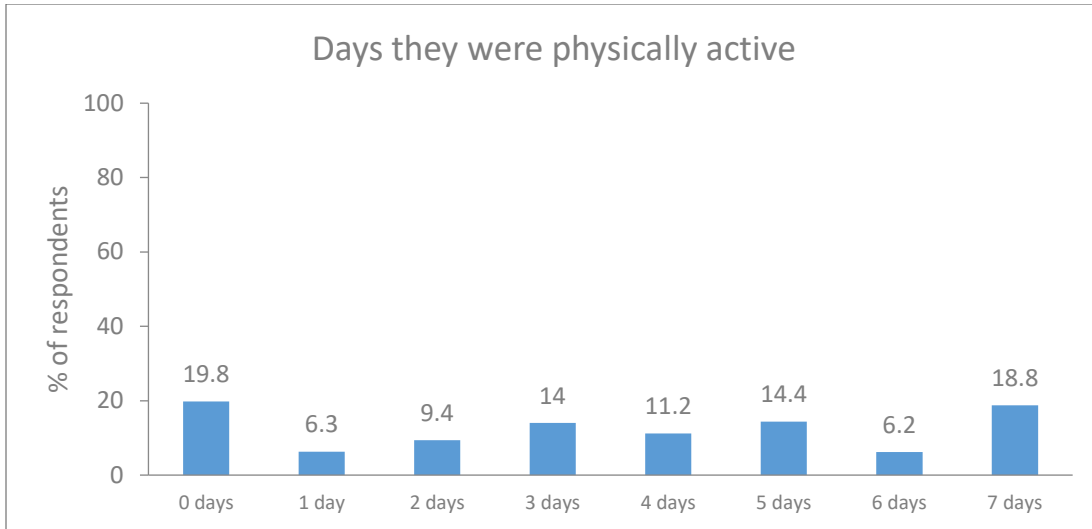


Findings:

The majority of respondents in 2022 believed that they were “About the Right Weight” when asked about how they would describe their own body weight, with over 50% of students in each grade responding as such. Approximately 20% of the respondents described themselves as underweight, while approximately 25% described themselves as overweight. Overall, the percentage of youth describing themselves as overweight decreased compared to 2020 and remained lower than the national average for 10th and 12th graders.

Survey Question

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 for some of the time.)



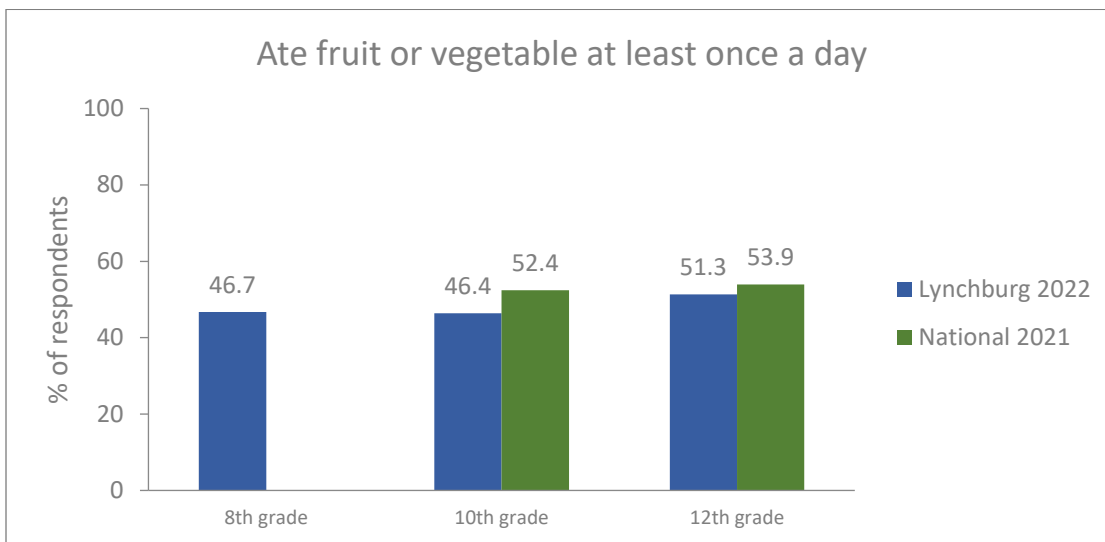
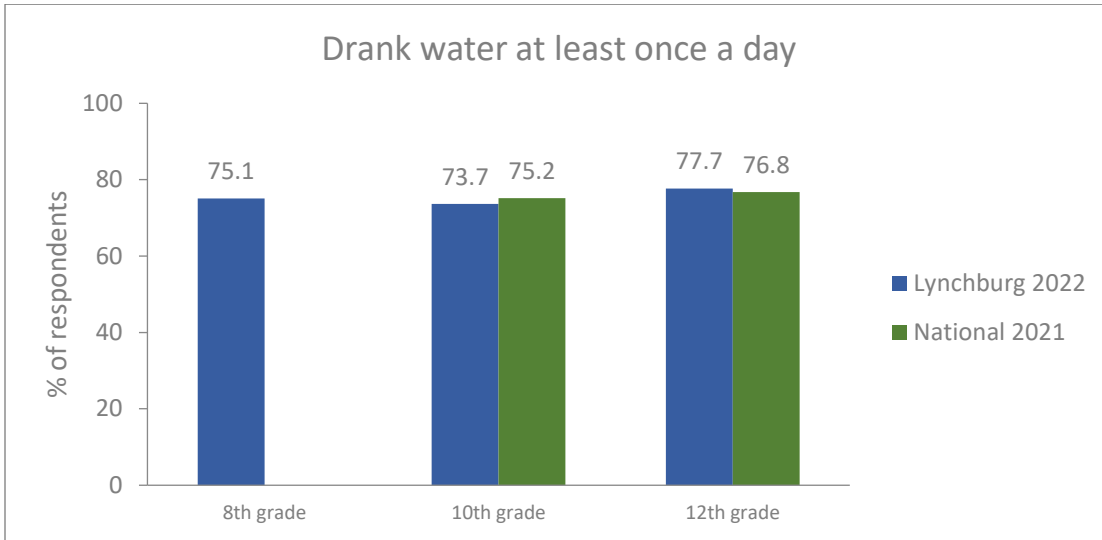
Findings:

The percentage of Lynchburg youth reporting that they are physically active at least five days per week increased in 2022 to 39.9% (compared to 31.8% in 2020) but is still below the national average of 44.8%. The percentage of students reporting they had no days of physical activity in the past week dropped by 8% compared to 2020 indicating more youth were getting at least one day of activity, but was still slightly above the national average.

Survey Question

During the past 7 days, how many times did you drink a bottle or a glass of plain water? (count tap, bottled, and unflavored sparkling water.)

During the past 7 days, how many times did you eat fruit or vegetables (fresh or frozen)? Do not count fruit or vegetable juice.

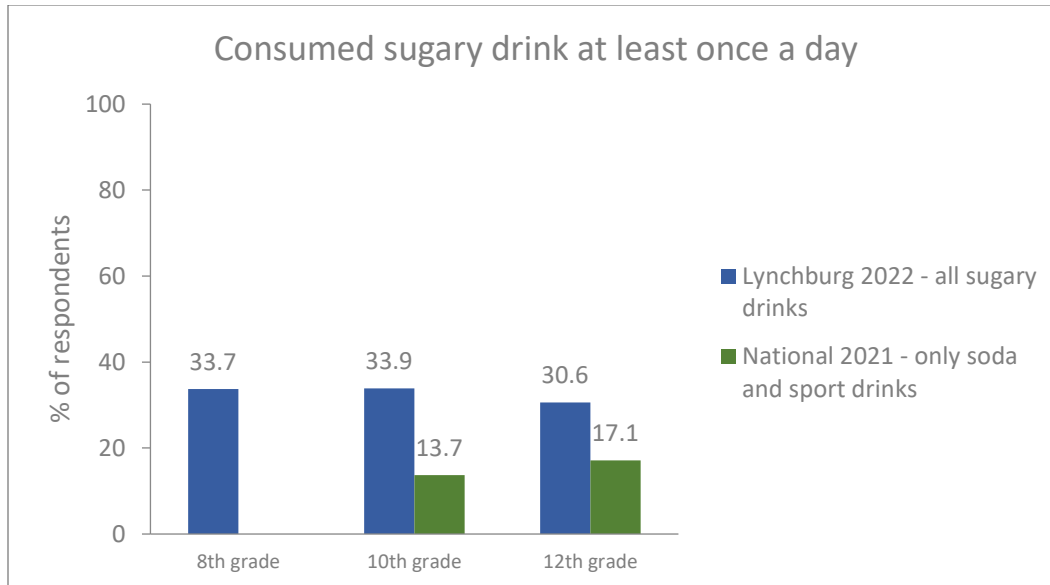


Findings:

In 2022, about three-fourths of Lynchburg students (across all grades) reported drinking water at least once a day. When asked about consumption of fruits and vegetables, only about half of Lynchburg youth report eating these foods at least once a day. These rates are all consistent with national data.

Survey Questions

During the past 7 days, how many times did you drink a sugar-sweetened beverage, such as a regular soda, sweet tea, sweetened juice drinks, energy (such as Monster, Red Bull, or RockStar) or sports drinks (such as PowerAde or Gatorade)?



Findings:

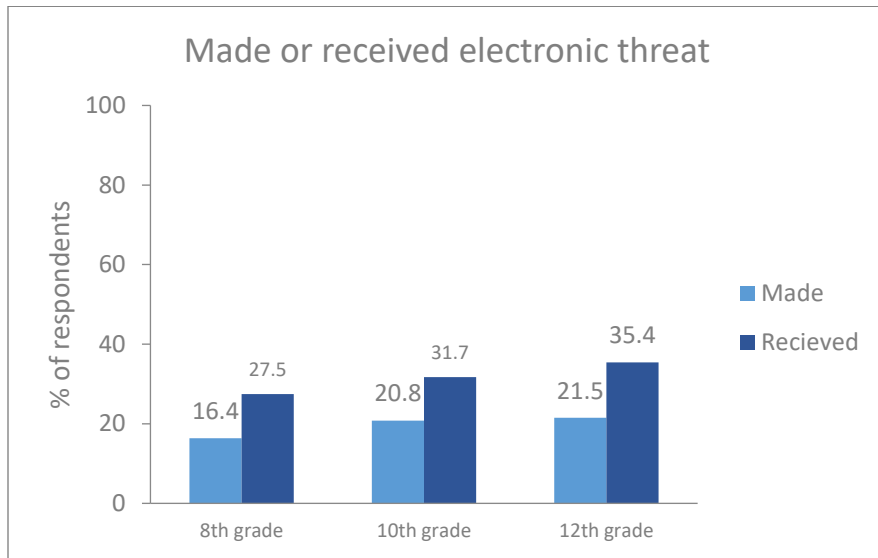
Lynchburg youth most frequently reported consuming a sugar-sweetened beverage “1 to 3 times” per week (39.4%). Due to slight changes in the wording of this question on the 2022 survey compared to 2020 and the national survey, an exact comparison cannot be made. However, in 2020 the most frequent response to this question was also 1-3 times per week (37.1%). When looking at youth who reported not having any sugary drinks in the past week (15.7%), the percentage of respondents not drinking sugary drinks decreased slightly since 2020 (14.3%) due to a 7% decrease among 12th graders. The national survey asks only about soda and sports drinks; however, the national data also reflects a decrease in the percentage of youth avoiding these sugary drinks (from 40.9% in 2019 to 39.6% in 2021).

9. Social Media and Cell Phones

Survey Questions

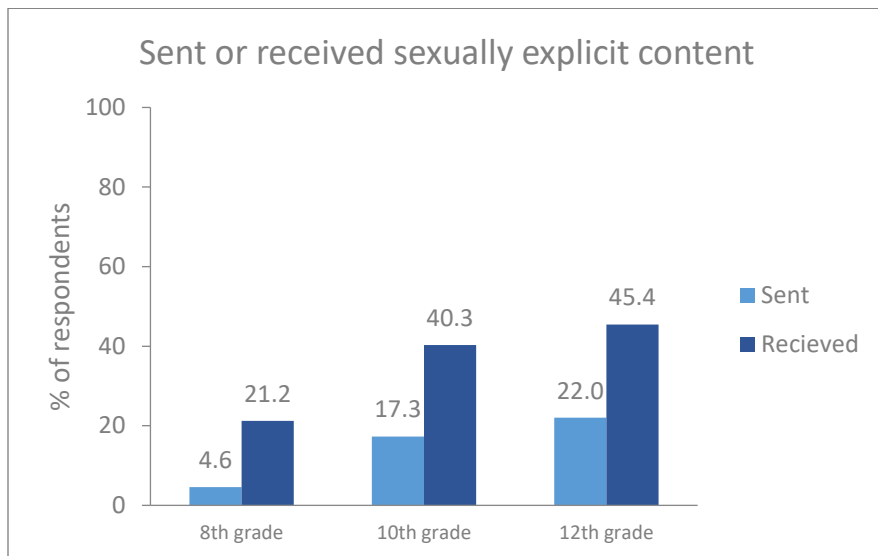
Have you ever sent any threatening or intimidating communication using an electronic device?

Have you ever received any threatening or intimidating communication through an electronic device?



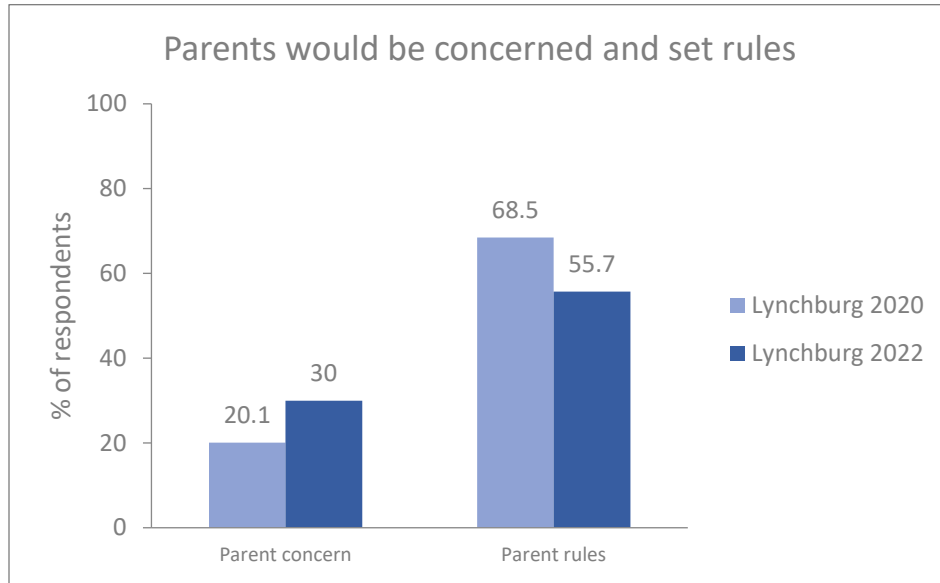
Have you ever sent sexually inappropriate pictures or messages using an electronic device?

Have you ever received sexually inappropriate pictures or messages using a cell phone or computer?



Would your parents be nervous or upset if they knew what you do on an electronic device while accessing the internet, social media, or texting?

Do your parents set clear rules around how you use electronic devices to access the internet, social media, or texting?



Findings:

On average, approximately one-third (30.0%) of student respondents in 2022 reported that their parents would be nervous or upset if they knew what their child did while accessing the internet or using an electronic device. This is a slight increase from student reports in 2020 but remains relatively low given the percentage of students reporting they have sent or received threatening or sexually explicit messages electronically. In 2022, only half (55.7%) of Lynchburg youth indicated that their parents set clear rules around internet access and use of electronic devices, which is a noticeable decrease since 2020 when perhaps parents had additional rules in place to manage increased electronic use during the pandemic.

10. Bullying

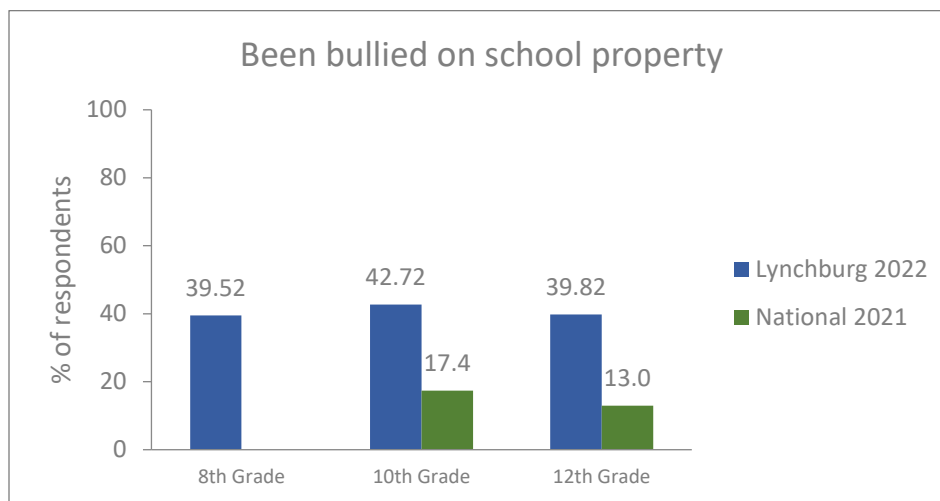
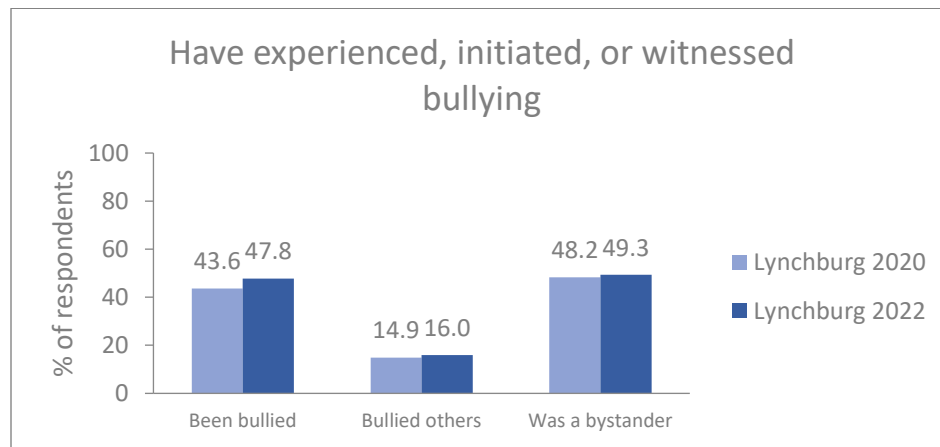
Survey Questions

Have you ever been bullied?

Have you ever bullied someone else?

Have you ever been a bystander or a witness while someone else was being bullied?

Have you ever been bullied on school property?



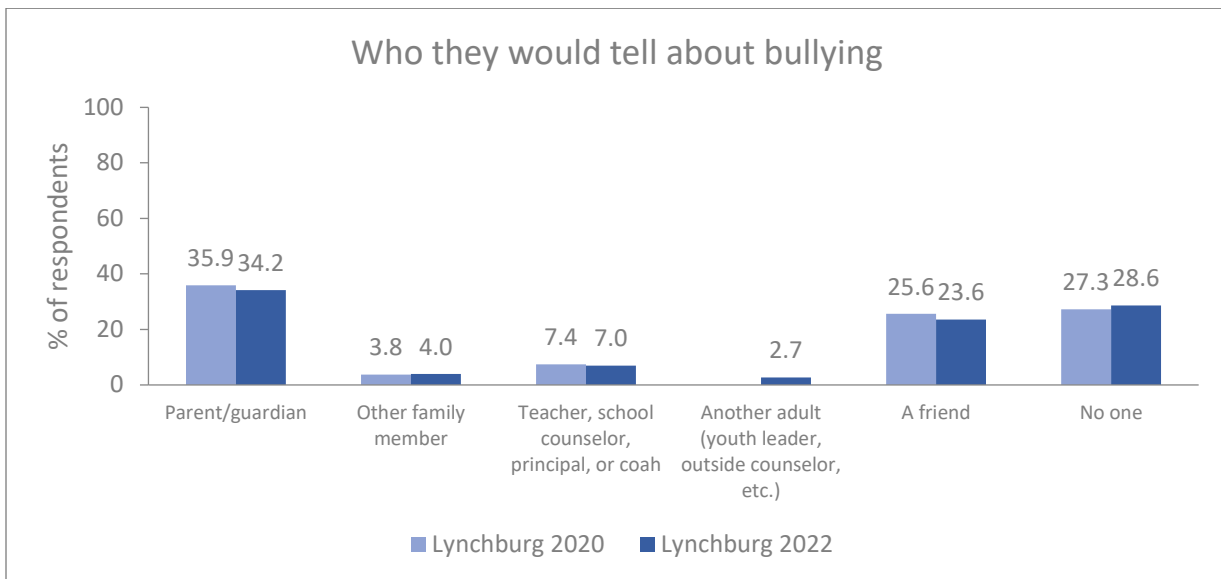
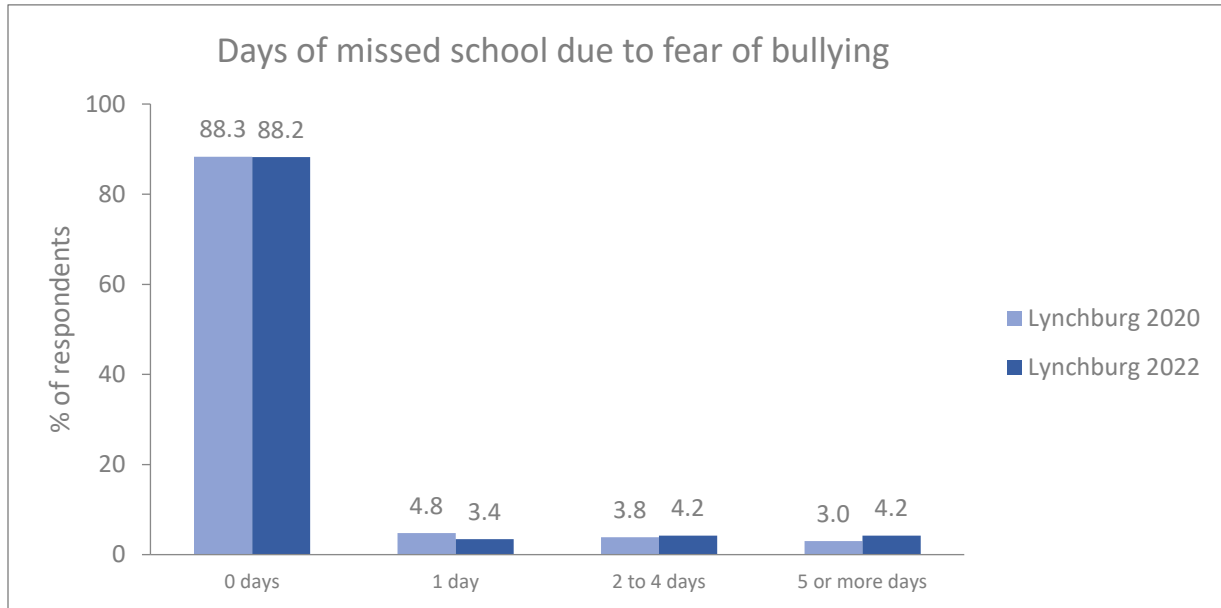
Findings:

Approximately half of Lynchburg youth reported having been bullied or having witnessed bullying, while sixteen percent of students indicated they had been the bully. These rates have all increased since 2020, but not by much. Reported rates of bullying on school property are substantially higher for Lynchburg students than for their national peers, which seems consistent with previous findings.

Survey Questions

How many times have you missed school because you were afraid of being bullied?

If someone were bullying you, who would you most likely tell?



Findings:

In 2022, the most frequent response for how many days of school were missed due to fear of bullying was “0.” The percentage of youth reporting they had missed 1 or more days due to fear of bullying across all grades was 11.8%, and was highest among 12th graders (13.9%). There was

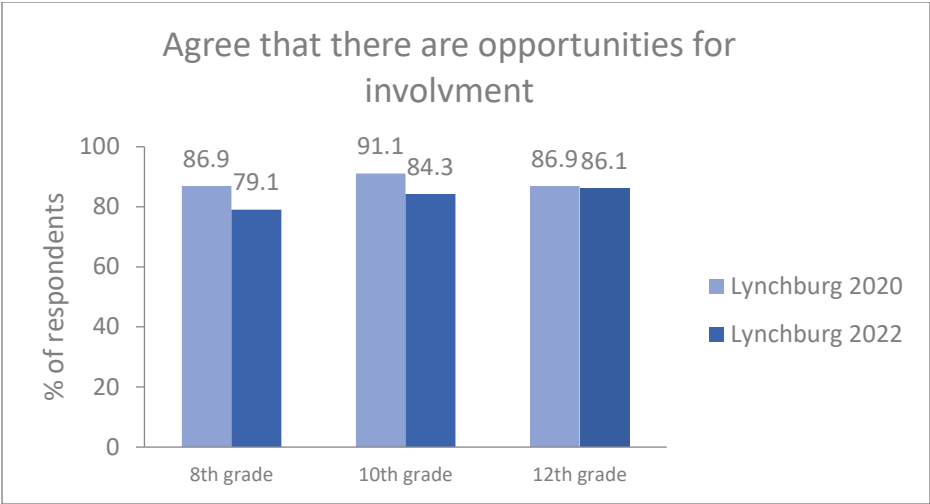
little overall change from 2020, when 11.7% of youth reported missing one or more days. However, the percentage of youth reporting they had missed 2 or more days of school due to bullying increased from 6.8% in 2020 to 8.4% in 2022.

When asked who they would tell if they were being bullied, student responses were mixed. Approximately one-third (34.2%) of students indicated they would tell their parents; this was the most common response. About a quarter (23.6%) of youth stated they would tell a friend, and 28.6% would tell no one. It should be noted that the response option of “Another adult” was not present on the 2020 survey.

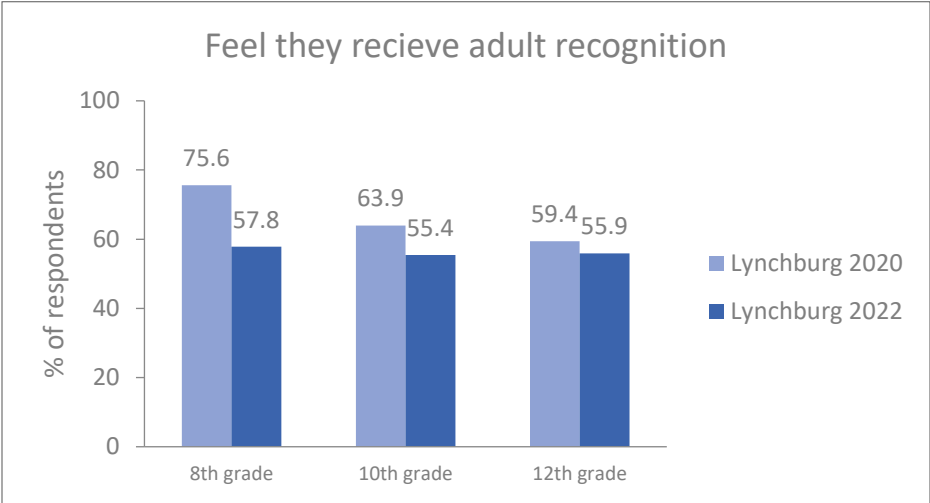
11. Social Supports

Survey Questions

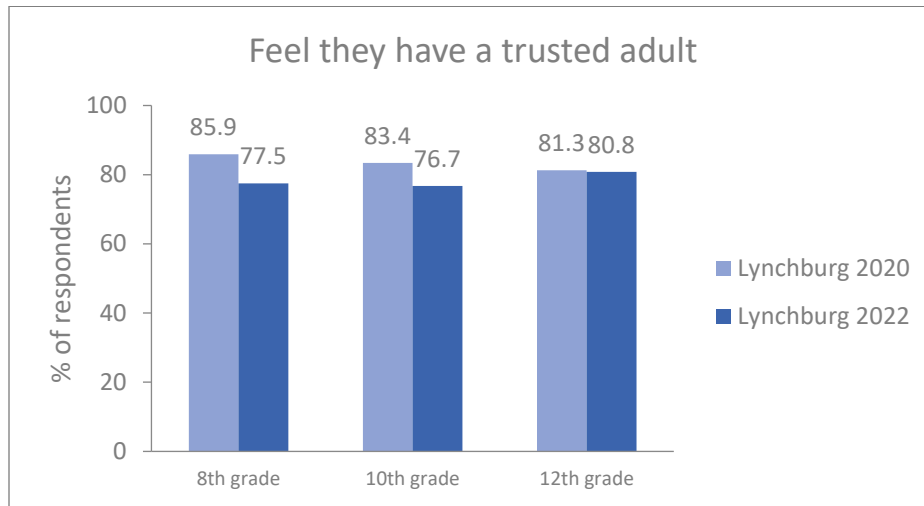
There are many chances for students in my school to get involved in sports, clubs, and other school activities outside of class.



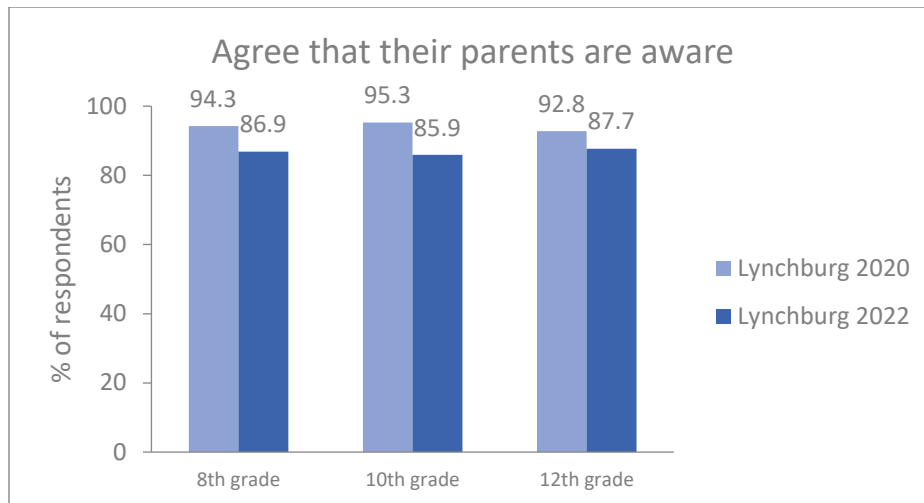
The school (teachers, coaches, counselors, or principal) lets me and/or my parents know when I have done something well.



I have one or more adults in my life (including my parents) who I can talk to if I have a concern (such as about my physical, emotional and or mental health).



When I am not at home, one of my parents knows where I am and whom I am with.



Findings:

Although the percentage of Lynchburg students indicating they had ample opportunities to get involved in extracurricular activities and had schools that provided supportive feedback to students/parents remained relatively high, the percentage of respondents decreased (at least slightly) for all grade levels across all of these facets from 2020 to 2022. The most noticeable difference was in the school providing positive feedback to the 8th grade student/parents, albeit over 50% of respondents still indicated agreement with the statement for all grade levels. Students also generally indicate that they have a trusted adult in their life and that their parents are generally aware of their whereabouts. These percentages remain high across all grades.

2022 Lynchburg Youth Survey Instrument

This survey is about health behavior. It has been developed so you can tell us what you think or do that might affect your health. The information you give will be used to develop better health education and supports for young people like yourself.

DO NOT type your name anywhere in this survey. Your answers are private. No one will know how you answered a question. Answer the questions based on what you really think and do.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in any 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 and ask for clarification from your teacher if needed.

Thank you very much for your help.

1. Which school do you attend?
 - a. Linkhorne Middle
 - b. P.L. Dunbar Middle
 - c. Sandusky Middle
 - d. E.C. Glass High
 - e. Heritage High
 - f. Fort Hill Community School
 - g. Virtual Academy
 - h. Empowerment Academy

 2. How old are you?
 - a. 13 years old or younger
 - b. 14 years old
 - c. 15 years old
 - d. 16 years old
 - e. 17 years old
 - f. 18 years or older

 3. What is your current gender identity?
 - a. Male
 - b. Female
 - c. Female to male/Transgender Male/Trans Man
 - d. Male to Female/ Transgender Female / Trans Woman
 - e. Genderqueer, neither exclusively male nor female
 - f. Other

 4. What sex were you assigned at birth on your original birth certificate?
 - a. Male
 - b. Female

 5. In what grade are you?
 - a. 8th grade
 - b. 10th grade
 - c. 12th grade
 - d. Other

 6. Are you Hispanic or Latino?
 - a. Yes
 - b. No

 7. How do you describe your race? (Select all that apply)
 - a. American Indian or Alaska Native
 - b. Asian
 - c. Black or African American
 - d. Native Hawaiian or Other Pacific Islander
 - e. White
 - f. Other
-

The next questions ask about car and vehicle safety.

8. How often do you wear a seat belt when riding in a car?
 - a. Never

- b. Rarely
 - c. Most of the time
 - d. Always
9. 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
10. During the past 30 days, how many times did you **drive a car** or other vehicle when **you had been drinking alcohol**?
- a. I did not drive a car or other vehicle in the past 30 days. **(Skip to Item 13)**
 - b. 0 times
 - c. 1 time
 - d. 2 or 3 times
 - e. 4 or 5 times
 - f. 6 or more times
11. During the past 30 days, how many times did you **drive a car** or other vehicle **under the influence of marijuana or other drugs**?
- 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 **use a mobile device (such as texting or scrolling social media) while driving a car** or other vehicle?
- a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or more times

The next questions ask about personal safety.

13. During the past 30 days, how many times did you carry a gun, knife, or other weapon?
- a. 0 times **(Skip to Item 15)**
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or more times
14. If you carried a weapon during the last 30 days, how many times did you carry it **on school property (including a school bus)**?
- a. 0 times

- b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or more times
15. During the past 30 days, how many times have you **seen others carrying** a gun, knife, or other weapon?
- a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or more times
16. During the past 30 days, on how many days did you not go to school because you felt that 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
17. During the past 12 months, how many times has someone threatened or injured you with a gun, knife, or other weapon **in the community**?
- a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or more times
18. During the past 12 months, how many times has someone threatened or injured you with a gun, knife, or other weapon **on school property (including a school bus)**?
- a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or more times
19. During the past 12 months, how many times were you in a physical fight (at home, in the community, or at school)?
- a. 0 times (**skip to Item 21**)
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or more times
20. During the past 12 months, how many times were you in a physical fight on school property?
- a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or more times

21. Have you ever been physically harmed (that caused a scar, black and blue marks, welts, bleeding, or a broken bone) by someone in your family or someone living with you?
 - a. Yes
 - b. No
 22. Have you ever seen or heard someone in your home being physically harmed (that caused a scar, black and blue marks, welts, bleeding, or a broken bone)? CDC: Have you ever seen someone get physically attacked, beaten, stabbed, or shot in your neighborhood?
 - a. Yes
 - b. No
 23. Have you ever been forced to do sexual things you did not want to do? (Count such things as kissing, touching, or being physically forced to have sex.)
 - a. Yes
 - b. No
 24. During the past 12 months, did someone you were dating or going out with physically harm you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)
 - a. I did not date or go out with anyone during the past 12 months.
 - b. Yes
 - c. No
 25. Are you aware of any gang activities in your school?
 - a. Yes
 - b. No
 26. Have you ever been approached to join in gang activities?
 - a. Yes
 - b. No
-

The next questions ask about sad feelings, self-injury, 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 own life.

27. During your life, how many times have you intentionally harmed your body (such as cutting, pinching, bruising, or burning yourself)?
 - a. 0 times
 - b. 1 time
 - c. 2 to 3 times
 - d. 4 or 5 times
 - e. 6 or more times
28. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more that you stopped doing some usual activities?
 - a. Yes
 - b. No
29. During the past 12 months, did you ever seriously consider attempting suicide?
 - a. Yes

- b. No
30. During the past 12 months, did you make a plan about how you would attempt suicide?
- a. Yes
 - b. No
31. During the past 12 months, did you actually attempt suicide?
- a. Yes
 - b. No

The next questions ask about tobacco use.

-
32. How old were you when you first tried cigarette smoking, even just one or two puffs?
- a. I have never tried cigarette smoking, not even one or two puffs. **(Skip to Item 35)**
 - b. 8 years old or younger
 - c. 9 or 10 years old
 - d. 11 or 12 years old
 - e. 13 or 14 years old
 - f. 15 or 16 years old
 - g. 17 years old or older
33. During the past 30 days, on how many days did you smoke cigarettes? **Required DFC Core Measure (30-day Use)**
- a. 0 days **(Skip to Item 35)**
 - b. 1 or 2 days
 - c. 3 to 5 days
 - d. 6 to 9 days
 - e. 10 to 19 days
 - f. 20 to 29 days
 - g. All 30 days
34. During the past 30 days, on the days that you smoked, how many cigarettes did you smoke per day?
- a. Less than 1 cigarette per day
 - b. 1 cigarette per day
 - c. 2 to 5 cigarettes per day
 - d. 6 to 10 cigarettes per day
 - e. 11 to 20 cigarettes per day
 - f. More than 20 cigarettes per day
35. 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? **Required DFC Core Measure (Perception of Risk)**
- a. Great risk
 - b. Moderate risk
 - c. Slight risk
 - d. No risk

36. How wrong do your **parents** feel it would be for you to smoke cigarettes? **Required DFC Core Measure (Perception of Parent Disapproval)**
- Very wrong
 - Wrong
 - A little bit wrong
 - Not wrong at all
37. How wrong do your **peers (people your age)** feel it would be for you to smoke cigarettes? **Required DFC Core Measure (Perception of Peer Disapproval)**
- Very wrong
 - Wrong
 - A little bit wrong
 - Not at all wrong
38. During the past 30 days, on how many days did you use chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Copenhagen, Grizzly, Skoal, or Camel Snus? (Do not count any electronic vapor products.)
- 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 electronic vapor products, such as JUUL, Vuse, MarkTen, and blu. Electronic vapor products include e-cigarettes, vapes, vape pens, e-cigars, ehookahs, hookah pens, and mods.

39. Have you ever used an electronic vapor product in your lifetime?
- Yes
 - No **(Skip to Item 42)**
40. During the past 30 days, on how many days did you use vaping products?
- I have never used vaping products.
 - 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
41. How do you usually get your electronic vapor products? (Select only one response.)
- I have not used any electronic vapor products.
 - I buy them in a store such as a convenience store, supermarket, discount store, gas station, or vape store.
 - I get them on the Internet.
 - I give someone else money to buy them for me.
 - I borrow them from someone else.
 - A person who can legally buy these products gives them to me.

- g. I take them from a store or another person.
 - h. I get them some other way.
42. How much do you think people risk harming themselves (physically or in other ways) if they use electronic vapor devices and products?
- a. Great risk
 - b. Moderate risk
 - c. Slight risk
 - d. No risk

The next question asks about all tobacco products. Please consider cigarettes, electronic vapor products, smokeless tobacco (chewing tobacco, snuff, dip, snus, or dissolvable tobacco products), cigars (including little cigars or cigarillos), shisha, or hookah tobacco, and pipe tobacco when answering this question.

43. During the past 12 months, did you ever try to quit using any type of tobacco product?
- a. I did not use any type of tobacco product in the past 12 months.
 - b. Yes
 - c. No

The next 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. By “one drink” of alcohol, we mean one can or glass of beer, one glass of wine, one shot of liquor, or a mixed drink containing a shot of liquor.

44. How old were you when you had your first drink of alcohol? (For other than religious purposes)
- a. I have never had a drink of alcohol (**Skip to Item 48**)
 - b. 8 years old or younger
 - c. 9 to 10 years old
 - d. 11 to 12 years old
 - e. 13 to 14 years old
 - f. 15 to 16 years old
 - g. 17 years old or older
45. During the past 30 days, on how many days did you have **one or more drinks** of alcohol?
DFC Required Core Measure (30-Day Use)
- a. 0 days
 - b. 1 or 2 days
 - c. 3 to 5 days
 - d. 6 to 9 days
 - e. 10 to 19 days
 - f. 20 to 29 days
 - g. All 30 days
46. During the past 30 days, on how many days did you have **5 or more drinks of alcohol in a row**, as in 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 to 19 days
 - f. 20 to 29 days
 - g. All 30 days
47. 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 such as a liquor store, convenience store, supermarket, discount store, or gas station.
 - c. I bought it at a restaurant, bar, or club.
 - d. I bought it at a public event such as a concert or sporting event.
 - e. I gave someone else money to buy it for me.
 - f. A non-family member gave it to me.
 - g. A family member gave it to me.
 - h. I took it from a store.
 - i. I took it from my home.
 - j. I got alcohol some other way.
48. How much do you think people risk harming themselves (physically or in other ways) if they **drink alcohol regularly** (nearly every day)?
- a. Great risk
 - b. Moderate risk
 - c. Slight risk
 - d. No risk
49. How much do **you** think people risk harming themselves (physically or in other ways) when they have **5 or more drinks once or twice a week**? **DFC Required Core Measure (Perception of Risk)**
- a. Great risk
 - b. Moderate risk
 - c. Slight risk
 - d. No risk
50. How wrong do **you** feel it is for your **peers** (someone your age) to **drink alcohol regularly** (nearly every day)?
- a. Very wrong
 - b. Wrong
 - c. A little bit wrong
 - d. Not wrong at all
51. How wrong do your **parents** feel it would be for you to **drink alcohol regularly** (nearly every day)? **DFC Required Core Measure (Perception of Parent Disapproval)**
- a. Very wrong
 - b. Wrong
 - c. A little bit wrong
 - d. Not wrong at all
52. How wrong do your **peers** (someone your age) feel it would be for you to **drink alcohol regularly** (nearly every day)? **DFC Required Core Measure (Perception of Peer Disapproval)**
- a. Very wrong
 - b. Wrong
 - c. A little bit wrong
 - d. Not at all wrong

53. How often do your parents/guardians set clear rules for you around drug and alcohol use?
- Never
 - Seldom
 - Sometimes
 - Often
 - A lot
54. How often do your parents/guardians give a punishment or consequence when you break rules around drug and alcohol use?
- Never
 - Seldom
 - Sometimes
 - Often
 - A lot

The next questions ask about marijuana use. Marijuana also is called grass, pot, weed, or cannabis. For these questions, do not count CBD-only or hemp products, which come from the same plant as marijuana, but do not cause a high when used alone.

55. During your life, how many times have you used marijuana?
- 0 times **(Skip to Item 60)**
 - 1 or 2 times
 - 3 to 9 times
 - 10 to 19 times
 - 20 to 39 times
 - 40 to 99 times
 - 100 or more times
56. How old were you when you tried marijuana for the first time?
- 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
57. During the past 30 days, how many times did you use marijuana? **Required DFC Core Measure (30-day Use)**
- 0 times
 - 1 or 2 times
 - 3 to 9 times
 - 10 to 19 times
 - 20 to 39 times
 - 40 or more times
58. Have you ever used an electronic vapor device (such as e-cigarettes, vapes, or vape pens with dry herb, oil, or wax) to smoke marijuana?
- Yes
 - No

59. If you use marijuana, what method do you most commonly use?
- Smoking
 - Vaping
 - Edibles
 - Other
60. How easy do you think it would be for you to get marijuana if you wanted some?
- Very easy
 - Fairly easy
 - Hard
 - Very hard
 - Impossible
61. How much do **you** think people risk harming themselves (physically or in other ways) if they use marijuana once or twice a week (smoke, vape, eat, or drink)? **DFC Required Core Measure (Perception of Risk)**
- Great risk
 - Moderate risk
 - Slight risk
 - No risk
62. How wrong do your **parents** feel it would be for you to smoke marijuana? **DFC Required Core Measure (Perception of Parent Disapproval)**
- Very wrong
 - Wrong
 - A little bit wrong
 - Not wrong at all
63. How wrong do your **peers (people your age)** feel it would be for you to smoke marijuana? **DFC Required Core Measure (Perception of Peer Disapproval)**
- Very wrong
 - Wrong
 - A little bit wrong
 - Not at all wrong

The next questions ask about other drugs.

64. Have you ever sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high (huffing)?
- Yes
 - No (**Skip to Item 66**)
65. During the past 30 days, how many times did you sniff something to get high (huffing)?
- 0 times
 - 1 or 2 times
 - 3 to 20 times
 - More than 20 times
66. Have you ever used any form of cocaine, including powder, crack, or freebase?
- Yes
 - No (**Skip to Item 68**)

67. During the past 30 days, how many times did you use any form of cocaine?
- 0 times
 - 1 or 2 times
 - 3 to 20 times
 - More than 20 times
68. Have you ever used heroin?
- Yes
 - No **(Skip to Item 70)**
69. During the past 30 days, how many times did you use heroin?
- 0 times
 - 1 or 2 times
 - 3 to 20 times
 - More than 20 times
70. Have you ever used methamphetamines (also called speed, crystal meth, crank, ice, or meth)?
- Yes
 - No **(Skip to Item 72)**
71. During the past 30 days, how many times did you use methamphetamines?
- 0 times
 - 1 or 2 times
 - 3 to 20 times
 - More than 20 times
72. Have you ever used ecstasy (also called Molly)?
- Yes
 - No **(Skip to Item 74)**
73. During the past 30 days, how many times did you use ecstasy?
- 0 times
 - 1 or 2 times
 - 3 to 20 times
 - More than 20 times
74. Have you ever used a needle to inject any illegal drug into your body?
- Yes
 - No **(Skip to Item 76)**
75. During the past 30 days, how many times did you use a needle to inject an illegal drug?
- 0 times
 - 1 or 2 times
 - 3 to 20 times
 - More than 20 times
76. Has anyone ever offered, sold, or given you an illegal drug **on school property or at a school activity**?
- Yes
 - No

77. During the past 12 months, has anyone ever offered, sold, or given you an illegal drug **in your neighborhood or community**?
- Yes
 - No

The next questions ask about the use of prescription medicine (drugs) without a doctor's prescription or differently than how a doctor told you to use it (such as to get high).

78. During your life, how many times have you taken prescription medicine without a doctor's prescription or differently than how a doctor told you to use it (such as to get high)?
- 0 times **(Skip to Item 82)**
 - 1 or 2 times
 - 3 to 9 times
 - 10 to 19 times
 - 20 to 39 times
 - 40 or more times
79. If you have taken prescription medicine without a doctor's prescription or differently than how a doctor told you to use it, which medications did you take? (select all that apply)
- Pain medicine (such as Codeine, Vicodin, OxyContin, Hydrocodone, and Percocet)
 - Anti-anxiety medicine (such as Xanax, Klonopin, Ativan, and Valium)
 - ADHD medicine (such as Adderall and Ritalin)
 - Other (specify)
80. During the past 30 days, how many times have you taken prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it? **DFC Required Core Measure (30-Day Use)**
- 0 times
 - 1 or 2 times
 - 3 to 9 times
 - 10 to 19 times
 - 20 to 39 times
 - 40 or more times
81. If you have used prescription medicine without a doctor's prescription or differently than how a doctor told you to use it, how did you get the prescription medication? (Select all)
- I took medication that was prescribed to me.
 - A family member gave me medication not prescribed to me.
 - A non-family member gave me medication not prescribed to me.
 - I took medication not prescribed to me from my home.
 - I took it from another person's home.
 - I bought it from someone.
82. How much do **you** think people risk harming themselves (physically or in other ways) if they use prescription drugs to get high? **DFC Required Core Measure (Perception of Risk)**
- Great risk
 - Moderate risk

- c. Slight risk
 - d. No risk
83. How wrong do your **parents** feel it would be for you to use prescription drugs to get high? **DFC Required Core Measure (Perception of Parent Disapproval)**
- a. Very wrong
 - b. Wrong
 - c. A little bit wrong
 - d. Not wrong at all
84. How wrong do your **peers (people your age)** feel it would be for you to use prescription drugs to get high? **DFC Required Core Measure (Perception of Peer Disapproval)**
- a. Very wrong
 - b. Wrong
 - c. A little bit wrong
 - d. Not at all wrong
85. Engaging in risky behaviors such as smoking, alcohol, and other substance use as a teenager will have negative effects on my future health status.
- a. Strongly Agree
 - b. Agree
 - c. Disagree
 - d. Strongly Disagree

The next questions ask about sexual behavior. When we say sex, that includes oral sex.

86. Have you ever had sex?
- a. Yes
 - b. No (**Skip to Item 93**)
87. How old were you when you had sex for the first time?
- a. 11 years old or younger
 - b. 12 years old
 - c. 13 years old
 - d. 14 years old
 - e. 15 years old
 - f. 16 years old
 - g. 17 years old or older
88. During your life, with how many people have you had sex?
- a. 1 person
 - b. 2 people
 - c. 3 people
 - d. 4 people
 - e. 5 people
 - f. 6 or more people
89. During the past 3 months, with how many people did you have sex?
- a. I have had sex, but not during the past 3 months
 - b. 1 person
 - c. 2 people

- d. 3 people
 - e. 4 people
 - f. 5 people
 - g. 6 or more people
90. The last time you had sex, which methods did you or your partner use to prevent pregnancy and/or disease? (Select all that apply.)
- a. No method was used
 - b. Birth control pills
 - c. Condoms
 - d. An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)
 - e. A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)
 - f. Withdrawal or some other method
 - g. Not sure
91. Did you drink alcohol and/or use drugs before you had sex the last time?
- a. Yes
 - b. No
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
93. Which of the following best describes you?
- a. Heterosexual or Straight
 - b. Lesbian, gay, or homosexual
 - c. Bisexual
 - d. Not sure
 - e. Other
94. Have you ever been tested for HIV, the virus that causes AIDS? (Do **not** count tests done when you donate blood.)
- a. Yes
 - b. No
 - c. Not sure
95. During the past 12 months, have you been tested for a sexually transmitted disease (STD) **other than HIV**, such as chlamydia or gonorrhea?
- a. Yes
 - b. No
 - c. Not sure

The next questions ask about body weight.

96. How do you describe your weight?
- a. Very underweight
 - b. Slightly underweight
 - c. About the right weight
 - d. Slightly overweight
 - e. Very overweight

97. Which of the following are you trying to do about your weight?
- Lose weight
 - Gain weight
 - Stay the same weight
 - I am not trying to do anything about my weight.
98. 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?
- Yes
 - No
99. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast.)
- Yes
 - No
100. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?
- Yes
 - No

The next questions ask about physical activity.

101. During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)
- 0 teams
 - 1 team
 - 2 teams
 - 3 or more teams
102. In 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 of the time that you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)
- 0 days
 - 1 day
 - 2 days
 - 3 days
 - 4 days
 - 5 days
 - 6 days
 - 7 days
103. During the past 7 days, on how many days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weightlifting?
- 0 days
 - 1 day
 - 2 days
 - 3 days
 - 4 days

- f. 5 days
- g. 6 days
- h. 7 days

106. During the past 12 months, how many times did you have a concussion **from playing a sport or being physically active**? A concussion is when a blow or jolt to the head causes problems such as headaches, dizziness, being dazed or confused, difficulty remembering or concentrating, vomiting, blurred vision, or being knocked out.

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

The next questions ask about your use of electronic devices to access the internet, social media, and texting.

107. Have you ever received any threatening or intimidating communication through an electronic device?
- a. I do not use an electronic device for anything other than schoolwork. **(Skip to Item 112)**
 - b. I have never received threatening or intimidating communication through an electronic device.
 - c. Yes, fewer than 5 times
 - d. Yes, 5 times or more
108. Have you ever sent any threatening or intimidating communication using an electronic device?
- a. I do not use an electronic device for anything other than schoolwork.
 - b. I have never sent any communication through an electronic device.
 - c. Yes, fewer than 5 times
 - d. Yes, 5 times or more
109. Have you ever sent sexually inappropriate pictures or messages using an electronic device (internet, social media, or texting)?
- a. I do not use an electronic device for anything other than schoolwork.
 - b. Yes
 - c. No
110. Have you ever received sexually inappropriate pictures or messages using an electronic device?
- a. I do not use an electronic device for anything other than schoolwork.
 - b. Yes
 - c. No
111. Would your parents be nervous or upset if they knew what you do on an electronic device while accessing the internet, social media, or texting?
- a. I do not use an electronic device for anything other than schoolwork.
 - b. Yes

c. No

112. Do your parents set clear rules around how you use electronic devices to access the internet, social media, or texting?
- a. Yes
 - b. No

The next questions ask about bullying. For these questions, consider bullying as when one or more students tease, intimidate, taunt, name-call, spread rumors about, hit, shove, or hurt another student over and over again over time.

113. Have you ever been bullied?
- a. Yes
 - b. No **(Skip to Item 116)**
114. Have you ever been bullied on school property, including on a school bus?
- a. Yes
 - b. No
115. If you have been bullied, how often has it occurred?
- a. Several times per day
 - b. Daily
 - c. Weekly
 - d. Monthly
 - e. A few times per year
116. If someone were bullying you, who would you most likely tell?
- a. Parent/guardian
 - b. Other family member
 - c. Teacher, school counselor, principal, or coach.
 - d. Another adult (youth leader, outside counselor, etc.)
 - e. A friend
 - f. No one
117. Have you ever been a bystander or a witness while someone else was being bullied?
- a. Yes
 - b. No
118. Have you ever bullied someone else?
- a. Yes
 - b. No
119. How many times have you missed school because you were afraid of being bullied?
- a. 0 days
 - b. 1 day
 - c. 2 to 4 days
 - d. 5 or more days

The next items are about social behaviors. For each statement, answer whether from your experience whether you agree or disagree.

120. There are many chances for students in my school to get involved in sports, clubs, and other school activities outside of class.
- Agree
 - Disagree
 - Not sure
121. Someone from my school (teacher, coach, counselor, or principal) lets me and/or my parents know when I have done something well.
- Agree
 - Disagree
 - Not sure
122. I have one or more adults in my life (who are not my parents) who encourage and listen to me.
- Agree
 - Disagree
 - Not sure
123. I have one or more adults in my life (including my parents) who I can talk to if I have a concern (such as about my physical, emotional and or mental health).
- Agree
 - Disagree
 - Not sure
124. When I am not at home, one of my parents knows where I am and whom I am with.
- Agree
 - Disagree
 - Not sure

The next questions are about eating behaviors.

125. During the past 7 days, how many times did you drink a bottle or glass of plain water? (Count tap, bottled, and unflavored sparkling water).
- I did not drink water 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
126. During the past 7 days, how many times did you drink a sugar-sweetened beverage, such as regular soda, sweet tea, sweetened juice drinks, energy drinks (such as Monster, Red Bull, RockStar), or sports drinks (such as Powerade, Gatorade)?

- a. I did not drink any sugar-sweetened drinks during the past 7 days.
 - b. 1 to 3 times during the past 7 days
 - c. 4 to 6 times during the past 7 days
 - d. 1 time per day
 - e. 2 times per day
 - f. 3 times per day
 - g. 4 or more times per day
127. During the past 7 days, how many times did you eat fruit or vegetables (fresh or frozen)? (Do not count fruit or vegetable juice.)
- a. I did not eat fruit or vegetables during the past 7 days.
 - b. 1 to 3 times during the past 7 days
 - c. 4 to 6 times during the past 7 days
 - d. 1 time per day
 - e. 2 times per day
 - f. 3 times per day
 - g. 4 or more times per day
128. During the past 7 days, on how many days did you eat breakfast?
- a. 0 days
 - b. 1 day
 - c. 2 days
 - d. 3 days
 - e. 4 days
 - f. 5 days
 - g. 6 days
 - h. 7 days
-

**This is the end of the survey.
Thank you very much for your help**