



HS-A

2025 High School Maine Integrated Youth Health Survey

This survey is about your health behavior and things that affect it. It will tell us what you and other students do that may affect your health. About 95,000 students in Maine are being asked to take this survey. The answers you give will be used to create better health education and programs for young people like yourself.

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

You may choose to take the survey or not take it. Your choice will not affect your grade in this class. There is some risk that some questions may make you feel uncomfortable. If you are not comfortable answering a question, just leave it blank. You can stop answering questions at any time you want. There is no penalty for not completing the survey. It should not take you longer than this class period.

The benefit to you in taking this survey is that your school and community may be better able to create programs that help you stay healthy.

Some questions ask about your background such as your race, age and gender. These will be used only to describe the types of students completing the survey. No answers will be used to find out your name. No names will ever be reported. The survey is research. This means that we will use your answers to help us learn about Maine students in general.

Be sure to read every question. Fill in the ovals completely. When you are finished, follow the instructions of your teacher.

If you have questions about the survey, your teacher will have contact names for someone to e-mail or call.

THANK YOU very much for your help.

Directions:

- Use a #2 pencil or a blue or black pen.
- Make dark marks.
- Fill in a response like this: (A) (B) (C) (D)
- To change your answer, erase your old answer completely.

1. How old are you?
 - A. 12 years old or younger
 - B. 13 years old
 - C. 14 years old
 - D. 15 years old
 - E. 16 years old
 - F. 17 years old
 - G. 18 years old or older
2. What is your sex?
 - A. Female
 - B. Male
3. In what grade are you?
 - A. 9th grade
 - B. 10th grade
 - C. 11th grade
 - D. 12th grade
 - E. Ungraded or other grade
4. What is your race and/or ethnicity? (Select one or more responses.)
 - A. American Indian or Alaska Native
 - B. Asian
 - C. Black or African American
 - D. Hispanic or Latino
 - E. Middle Eastern or North African
 - F. Native Hawaiian or Pacific Islander
 - G. White
5. How tall are you without your shoes on?

Directions: Write your height in the shaded blank boxes. Fill in the matching oval below each number.

Example:

Height	
Feet	Inches
5	7
(3)	(0)
(4)	(1)
(5)	(2)
(6)	(3)
(7)	(4)
	(5)
	(6)
	(7)
	(8)
	(9)
	(10)
	(11)

6. How much do you weigh without your shoes on?

Directions: Write your weight in the shaded blank boxes. Fill in the matching oval below each number.

Example:

Weight		
Pounds		
1	5	2
(0)	(0)	(0)
(1)	(1)	(1)
(2)	(2)	(2)
(3)	(3)	(3)
	(4)	(4)
	(5)	(5)
	(6)	(6)
	(7)	(7)
	(8)	(8)
	(9)	(9)

7. What language is spoken most often at home? (Select only **one** response.)
 - A. Arabic
 - B. Chinese
 - C. English
 - D. French
 - E. Portuguese
 - F. Somali
 - G. Spanish
 - H. Some other language
8. Which of the following best describes you?
 - A. Heterosexual (straight)
 - B. Gay or lesbian
 - C. Bisexual
 - D. I describe my sexual identity some other way
 - E. I am not sure about my sexual identity (questioning)
 - F. I do not know what this question is asking
9. Some people describe themselves as transgender when their sex at birth does not match the way they think or feel about their gender. Are you transgender?
 - A. No, I am not transgender
 - B. Yes, I am transgender
 - C. I am not sure if I am transgender
 - D. I do not know what this question is asking
10. During the past 30 days, where did you usually sleep?
 - A. In my parent's or guardian's home
 - B. In the home of a friend, family member, or other person because I had to leave my home or my parent or guardian cannot afford housing
 - C. In a shelter or emergency housing
 - D. In a motel or hotel
 - E. In a car, park, campground, or other public place
 - F. In a dormitory or other school housing
 - G. I do not have a usual place to sleep
 - H. Somewhere else

The next 3 questions ask about violence-related behaviors and experiences.

11. Do you agree or disagree with the following statement?
"I feel safe at my school."
A. Strongly agree
B. Agree
C. Disagree
D. Strongly disagree
12. Have you been forced (physically or otherwise) to have sexual contact? (Select only **one** response.)
A. Yes, I have been forced to have sexual contact **both during** the past 12 months and **before** then
B. Yes, I have been forced to have sexual contact, but **not during** the past 12 months
C. Yes, I have been forced to have sexual contact, but **only during** the past 12 months
D. No, I have never been forced to have sexual contact
13. Has violence in your home, or the threat of violence, ever made you want to leave your home, even just for a short while?
A. Yes
B. No

The next 5 questions ask about times that you felt you were treated badly or unfairly.

14. During your life, how often have you felt that you were treated badly or unfairly **in school** because of your race or ethnicity?
A. Never
B. Rarely
C. Sometimes
D. Most of the time
E. Always
15. Has anyone ever made offensive racial comments or attacked you at school based on your race or ethnicity?
A. Yes
B. No
16. Has anyone ever made offensive comments or attacked you at school because of your perceived sexual orientation?
A. Yes
B. No
17. Has anyone ever made offensive comments or attacked you at school because of how you express your gender?
A. Yes
B. No

18. Has anyone ever made offensive sexual comments to you at school?
A. Yes
B. No

The next 2 questions ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.

19. During the past 12 months, have you ever been bullied **on school property**?
A. Yes
B. No
20. During the past 12 months, have you ever been **electronically** bullied? (Count being bullied through texting, Instagram, Facebook, or other social media.)
A. Yes
B. No

The next 3 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.

21. 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?
A. Yes
B. No
22. During the past 12 months, when you felt sad or hopeless, from whom did you get help? (Select only **one** response.)
A. I did not feel sad or hopeless
B. I did feel sad or hopeless but did not seek help
C. Parent or other adult relative
D. Teacher or other school staff member
E. Other adult
F. Friend or another young person
G. Hotline, counselor, or other mental health professional
H. Some other person
23. During the past 12 months, did you ever **seriously** consider attempting suicide?
A. Yes
B. No

The next 12 questions ask about cigarette smoking.

24. During the past 30 days, on how many days did you smoke cigarettes?
- 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
25. How old were you when you smoked a whole cigarette for the first time?
- A. I have never smoked a whole cigarette
 - 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
26. How wrong do you think it is for someone your age to smoke cigarettes?
- A. Very wrong
 - B. Wrong
 - C. A little bit wrong
 - D. Not wrong at all
27. 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?
- A. No risk
 - B. Slight risk
 - C. Moderate risk
 - D. Great risk
28. If you wanted to get some cigarettes, how easy would it be for you to get some?
- A. Very hard
 - B. Sort of hard
 - C. Sort of easy
 - D. Very easy
29. Do you think that you will try a cigarette soon?
- A. I definitely will
 - B. I probably will
 - C. I probably will not
 - D. I definitely will not
30. Do you think you will smoke a cigarette at any time during the next year?
- A. I definitely will
 - B. I probably will
 - C. I probably will not
 - D. I definitely will not

31. If one of your closest friends offered you a cigarette, would you smoke it?
- A. Definitely yes
 - B. Probably yes
 - C. Probably not
 - D. Definitely not
32. How wrong do your friends feel it would be for you to smoke cigarettes?
- A. Very wrong
 - B. Wrong
 - C. A little bit wrong
 - D. Not wrong at all
33. How much do you think people risk harming themselves (physically or in other ways) if they are exposed to other people's cigarette smoke?
- A. No risk
 - B. Slight risk
 - C. Moderate risk
 - D. Great risk
34. During the past 7 days, on how many days were you in the same car with someone who was smoking cigarettes?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days
35. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days

The next 2 questions ask about electronic vapor products, such as JUUL, Vuse, NJOY, Elf Bar, or Esco Bars. Electronic vapor products include e-cigarettes, vapes, mods, e-cigs, e-hookahs, or vape pens.

36. Have you ever used an electronic vapor product?
- A. Yes
 - B. No

37. During the past 30 days, on how many days did you use an electronic vapor product?
- 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

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, pipe tobacco, heated tobacco products, and nicotine pouches when answering these questions.

38. How wrong do your parents or guardians feel it would be for you to use any tobacco products?
- A. Very wrong
 - B. Wrong
 - C. A little bit wrong
 - D. Not wrong at all

The next 15 questions ask about drinking alcohol. This includes drinking beer, wine, flavored alcoholic beverages, 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.

39. How old were you when you had your first drink of alcohol other than a few sips?
- A. I have never had a drink of alcohol other than a few sips
 - 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 or older
40. During the past 30 days, on how many days did you have at least one drink of alcohol?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days

41. During the past 30 days, what is the largest number of alcoholic drinks you had in a row, that is, within a couple of hours?
- A. I did not drink alcohol during the past 30 days
 - B. 1 or 2 drinks
 - C. 3 drinks
 - D. 4 drinks
 - E. 5 drinks
 - F. 6 or 7 drinks
 - G. 8 or 9 drinks
 - H. 10 or more drinks
42. 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. Someone gave it to me
 - G. I took it from a store or family member
 - H. I got it some other way
43. During the past 30 days, on how many days did you have at least one drink of alcohol **on school property**?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
44. If you wanted to get some alcohol, how easy would it be for you to get some?
- A. Very hard
 - B. Sort of hard
 - C. Sort of easy
 - D. Very easy
45. If you drank some alcohol without your parents' or guardians' permission, would you be caught by your parents or guardians?
- A. Definitely yes
 - B. Probably yes
 - C. Probably not
 - D. Definitely not

46. How much do you think people risk harming themselves (physically or in other ways) if they have **1 or 2** drinks of an alcoholic beverage nearly every day?
- A. No risk
 - B. Slight risk
 - C. Moderate risk
 - D. Great risk
47. How much do you think people risk harming themselves (physically or in other ways) if they have **5 or more** drinks of an alcoholic beverage in a row once or twice a week?
- A. No risk
 - B. Slight risk
 - C. Moderate risk
 - D. Great risk
48. If a kid drank some alcohol in your community, would they be caught by the police?
- A. Definitely yes
 - B. Probably yes
 - C. Probably not
 - D. Definitely not
49. How wrong do adults in your community think it is for kids your age to drink alcohol?
- A. Very wrong
 - B. Wrong
 - C. A little bit wrong
 - D. Not wrong at all
50. How do you feel about someone your age having **1 or 2** drinks of an alcoholic beverage nearly every day?
- A. Strongly approve
 - B. Approve
 - C. Neither approve nor disapprove
 - D. Disapprove
 - E. Strongly disapprove
51. How wrong do your friends feel it would be for you to have **1 or 2** drinks of an alcoholic beverage nearly every day?
- A. Very wrong
 - B. Wrong
 - C. A little bit wrong
 - D. Not wrong at all
52. How wrong do your parents or guardians feel it would be for you to have **1 or 2** drinks of an alcoholic beverage nearly every day?
- A. Very wrong
 - B. Wrong
 - C. A little bit wrong
 - D. Not wrong at all

53. How wrong do you think it is for someone your age to have **5 or more** drinks of alcohol once or twice each week?
- A. Very wrong
 - B. Wrong
 - C. A little bit wrong
 - D. Not wrong at all

The next 12 questions ask about marijuana use.

Marijuana also is called 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.

54. During your life, how many times have you used marijuana?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 to 99 times
 - G. 100 or more times
55. How old were you when you tried marijuana for the first time?
- A. I have never tried marijuana
 - 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
56. During the past 30 days, how many times did you use marijuana?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times
57. If you wanted to get some marijuana, how easy would it be for you to get some?
- A. Very hard
 - B. Sort of hard
 - C. Sort of easy
 - D. Very easy

58. During the past 30 days, how did you **usually** get the marijuana you used?
- A. I did not use marijuana during the past 30 days
 - B. I bought it at a store or a public event like a fair, festival, or concert
 - C. I gave someone else money to buy it for me
 - D. I took it from home without permission
 - E. I got it at home with permission
 - F. A friend or sibling gave it to me
 - G. I took it from a store
 - H. I got it some other way
59. How wrong do your parents or guardians feel it would be for you to use marijuana?
- A. Very wrong
 - B. Wrong
 - C. A little bit wrong
 - D. Not wrong at all
60. How much do you think people risk harming themselves (physically or in other ways) if they use marijuana once or twice a week?
- A. No risk
 - B. Slight risk
 - C. Moderate risk
 - D. Great risk
61. How wrong do your friends feel it would be for you to use marijuana?
- A. Very wrong
 - B. Wrong
 - C. A little bit wrong
 - D. Not wrong at all
62. If a kid used marijuana in your community, would they be caught by the police?
- A. Definitely yes
 - B. Probably yes
 - C. Probably not
 - D. Definitely not
63. Do you think using marijuana would negatively impact your goals or future?
- A. Definitely yes
 - B. Probably yes
 - C. Probably not
 - D. Definitely not
64. During the past 30 days, how many times did you use marijuana **on school property**?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times

65. Think of your closest friends. How many in the past year have used marijuana?
- A. None of my friends
 - B. 1 of my friends
 - C. 2 of my friends
 - D. 3 of my friends
 - E. 4 of my friends

The next 15 questions ask about other drugs.

66. During the past 30 days, how many times did you take a **prescription drug** (such as Adderall, Ritalin, Xanax, OxyContin, Percocet, Vicodin, codeine) without a doctor's prescription?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times
67. How wrong do your parents or guardians feel it would be for you to take a prescription drug not prescribed to you?
- A. Very wrong
 - B. Wrong
 - C. A little bit wrong
 - D. Not wrong at all
68. How wrong do your friends feel it would be for you to take a prescription drug not prescribed to you?
- A. Very wrong
 - B. Wrong
 - C. A little bit wrong
 - D. Not wrong at all
69. If you wanted to get prescription drugs (such as Adderall, Ritalin, Xanax, OxyContin, Percocet, Vicodin, codeine) that were not prescribed to you, how easy would it be to get some?
- A. Very hard
 - B. Sort of hard
 - C. Sort of easy
 - D. Very easy
70. How much do you think people risk harming themselves (physically or in other ways) if they take a prescription drug that is not prescribed to them?
- A. No risk
 - B. Slight risk
 - C. Moderate risk
 - D. Great risk

71. During your life, how many times have you used a prescription stimulant (such as Adderall or Ritalin) without a doctor's prescription or differently than how a doctor told you to use it?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times
72. If you wanted to get a prescription stimulant like Adderall or Ritalin, how easy would it be for you to get some?
- A. Very hard
 - B. Sort of hard
 - C. Sort of easy
 - D. Very easy
73. Think of your closest friends. How many in the past year have used a prescription stimulant such as Adderall or Ritalin without a doctor's prescription or differently than how a doctor told them to use it?
- A. None of my friends
 - B. 1 of my friends
 - C. 2 of my friends
 - D. 3 of my friends
 - E. 4 of my friends
74. During your life, how many times have you used hallucinogenic drugs, such as LSD, acid, PCP, Special K, angel dust, mescaline, or mushrooms?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times
75. During the past 12 months, how many times have you been drunk or high **at school**?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times
76. During the past 12 months, how many times have you sold illegal or legal drugs?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times

77. During the past 12 months, has anyone offered, sold, or given you alcohol or drugs **on school property**?
- A. Yes
 - B. No
78. Do you agree or disagree with the following statement? "My family has clear rules about alcohol and drug use."
- A. Strongly agree
 - B. Agree
 - C. Disagree
 - D. Strongly disagree
79. During the past 12 months, do you recall hearing, reading, or watching an advertisement about the prevention of substance use?
- A. Yes
 - B. No
 - C. Not sure
80. Have you ever lived with an adult who had a problem with alcohol or drugs?
- A. Yes
 - B. No

The next question asks about sexual behavior.

81. Have you ever had sexual intercourse?
- A. Yes
 - B. No

The next 4 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.

82. During the past 7 days, how many times did you eat **fruit**? (Do **not** count fruit juice.)
- A. I did not eat fruit 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
83. During the past 7 days, how many times did you eat **vegetables**, such as carrots, green salad, corn, or green beans? (Do **not** count french fries or other fried potatoes.)
- A. I did not eat 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

84. During the past 7 days, how many times did you drink a **can, bottle, or glass of soda, sports drink, energy drink, or other sugar-sweetened beverage** such as Gatorade, Prime, Red Bull, Celsius, lemonade, sweetened tea, coffee drinks, or flavored milk? Include sweetened beverages bought at a shop such as Starbucks, Dunkin Donuts or Aroma Joe's. (Do **not** count diet soda, other diet drinks, or 100% fruit juice.)
- A. I did not drink soda, sports drinks, energy drinks, or other sugar-sweetened beverages 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

85. During the past 12 months, how often did the food your family bought run out and they did not have money to buy more?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always

The next 4 questions ask about physical activity.

86. During the past 7 days, on how many days were you physically active for a total of **at least 60 minutes per day**? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days
87. In an average week when you are in school, on how many days do you go to physical education (PE) classes?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
88. Do any of your classroom teachers provide short physical activity breaks during regular class time? (Do **not** count your physical education teacher.)
- A. Yes
 - B. No

89. In an average week when you are in school, on how many days do you walk, ride your bike, or roll **to school** when weather allows you to do so?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days

The next 4 questions ask about other health-related topics.

90. Do you have any physical disabilities or long-term health problems? (Long-term means 6 months or more.)
- A. Yes
 - B. No
 - C. Not sure
91. Do you have any long-term emotional or behavioral problems? (Long-term means 6 months or more.)
- A. Yes
 - B. No
 - C. Not sure
92. When was the last time you saw a dentist or dental hygienist for a check-up, exam, teeth cleaning, or other dental work?
- A. During the past 12 months
 - B. Between 12 months and 24 months ago
 - C. More than 24 months ago
 - D. Never
 - E. Not sure
93. During this school year, have you missed any school because of problems with your teeth? For example, you needed to get a cavity filled or your tooth hurt. We are not asking about missing school to see a dentist for a regular check-up or cleaning.
- A. Yes
 - B. No
 - C. Not sure

The next 15 questions ask about your school, your family, your community, and support that you get.

94. During an average week, how many hours do you spend in clubs or organizations (other than sports) outside of regular school hours?
- A. 0 hours
 - B. 1 hour
 - C. 2 hours
 - D. 3 to 5 hours
 - E. 6 to 10 hours
 - F. 11 or more hours

95. Have you ever had a paid job, other than work around the house?
A. Yes
B. No
96. Do you agree or disagree that at least one adult in school really cares about you and gives you help and support when you need it?
A. Strongly agree
B. Agree
C. Not sure
D. Disagree
E. Strongly disagree
97. How often does your school enforce rules fairly?
A. Never
B. Rarely
C. Sometimes
D. Most of the time
E. Always
98. How often do adults in your school address conflict, negative language, and bullying in positive ways to help students?
A. Never
B. Rarely
C. Sometimes
D. Most of the time
E. Always
99. How often do you feel the people at your school care about students and encourage them?
A. Never
B. Rarely
C. Sometimes
D. Most of the time
E. Always
100. How often does one of your parents or guardians talk with you about what you are doing in school?
A. About every day
B. About once or twice a week
C. About once or twice a month
D. Less than once a month
E. Never
101. How often is the following statement true for you?
"When I am not at home, one of my parents or guardians knows where I am and whom I am with."
A. Never
B. Rarely
C. Sometimes
D. Most of the time
E. Always
102. How often do your parent(s) or guardian(s) try to help you succeed?
A. Never
B. Rarely
C. Sometimes
D. Most of the time
E. Always
103. How often do you have support from adults other than your parents?
A. Never
B. Rarely
C. Sometimes
D. Most of the time
E. Always
104. How often does your family give you love and support?
A. Never
B. Rarely
C. Sometimes
D. Most of the time
E. Always
105. During your life, how often have you felt that you were able to talk to a friend about your feelings?
A. Never
B. Rarely
C. Sometimes
D. Most of the time
E. Always
106. During the past 7 days, on how many days did you eat dinner **at home** with **at least one of your parents or guardians**?
A. 0 days
B. 1 day
C. 2 days
D. 3 days
E. 4 days
F. 5 days
G. 6 days
H. 7 days
107. Do you agree or disagree that in your community you feel like you matter to people?
A. Strongly agree
B. Agree
C. Not sure
D. Disagree
E. Strongly disagree

108. Please tell us **how many** of the following six things have **ever** happened to you (**Add up how many ever** happened to you):

- Your parents or guardians got divorced or separated
 - A parent or guardian died
 - A parent or guardian was in jail or prison
 - You lived with an adult who had a mental illness
 - Your parent or another adult you lived with often swore at you, insulted you, put you down, or humiliated you.
 - You were physically hurt by an adult in your home
- A. 0, none of these things have ever happened to me
B. 1
C. 2
D. 3
E. 4
F. 5
G. 6

The next 2 questions ask about gambling.

109. In your lifetime, how many times have you gambled on a sports team, gambled when playing cards or a dice game, played one of your state's lottery games, gambled on the Internet, or bet on a game of personal skill such as pool or a video game?

- A. 0 times
B. 1 or 2 times
C. 3 to 9 times
D. 10 to 19 times
E. 20 to 39 times
F. 40 or more times

110. Has the money or time that you spent on gambling led to financial problems or problems in your family, work, school, or personal life?

- A. I have never gambled
B. Yes
C. No

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



The Maine Integrated Youth Health Survey is a collaborative effort of the Maine Department of Education and the Maine Department of Health and Human Services, Maine Center for Disease Control and Prevention.