CALIFORNIA healthy kids SURVEY

Bellmont-Redwood Shores Elementary Secondary

2009-2010

Main Report

This report was prepared for the district by WestEd, a research, development, and service agency, in collaboration with Duerr Evaluation Resources, under contract from the California Department of Education, Safe and Healthy Kids Program Office. For contract information, contact:

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PREFACE

This report provides the detailed results for each question from this district's 2009-10 administration of the *California Healthy Kids Survey* (CHKS), presented in tables organized by topic. In addition to this Main Report, the *CHKS Key Findings* provides a summary of selected results with graphic presentations and short discussions. To help in understanding and interpreting these results, review these findings along with the *Survey Content Guidebook,* (www.wested.org/chks/narratives) which discusses the significance of each question. Several other tools to help in data use are also available, as described below.

The results of this student survey should be compared to those obtained from school staff from the companion *California School Climate Survey (CSCS)*, which was administered at the same time. It is important to determine whether staff perceptions accurately reflect student behaviors and experiences. The Survey Content Guidebook provides a cross-walk between the two surveys' questions to facilitate this comparison. Combined, the CHKS and CSCS provide a comprehensive assessment of the school climate and the needs of students and staff to guide school improvement efforts. For additional information and resources, visit the survey websites: www.wested.org/chks and cscs.wested.org.

SURVEY PURPOSE

The CHKS and CSCS form the largest, most comprehensive effort in the nation to assess *local* students and staff on a regular basis to provide key data on learning barriers, engagement, and supports. The California Department of Education (CDE) funded the CHKS in 1997 to provide data that would assist schools in: (1) preventing youth health-risk behaviors and other barriers to academic achievement; (2) promoting positive youth development, resilience, and well-being; and (3) fostering positive school climates and engagement in learning. A thorough understanding of the scope and nature of youth behaviors and attitudes is essential to guide school improvement efforts and develop effective prevention, health, and youth development programs. Since fall 2003, biennial administration of the survey (along with the California School Climate Survey of staff), and the public posting of the results, have been required by CDE in compliance with the No Child Left Behind Act. These surveys grew out of CDE's commitment to helping schools promote the successful cognitive, social, and emotional development of all students and create more positive, engaging school environments for both students and staff.

SURVEY CONTENT OVERVIEW

The CHKS consists of a required general Core Module and a series of optional supplementary topic-focused modules that districts can elect to administer. Districts may also add their own questions of local interest in a custom module. Table A1.1 indicates the modules administered by the district. The Core Module consists of a broad range of key questions identified by an expert advisory committee considered most important for schools to administer to guide improvement of academic, health, and prevention programs and the promotion of student achievement, positive development, and well-being.[1] The primary focus of the Core Module is assessing student perceptions and experiences related to school climate and engagement, learning supports, and health-related, non-academic learning barriers (e.g., substance use, bullying and violence, and poor physical and mental health).

[1] The CHKS Guidebook to Survey Administration contains detailed information about the content of all the survey modules. The modules themselves can be downloaded from the website.

School Related Content

To support school improvement efforts, the majority of questions on the survey assess school performance, engagement, climate, performance, and experiences. The survey provides self-report data on:

- grades, truancy, and school connectedness, as indicators of engagement;
- the level of which students experience caring adult relationships, high expectations, and opportunities for meaningful participation at school, three fundamental developmental supports (protective factors) that promote positive academic outcomes;
- perceived safety and frequency of, and reasons for, harassment and bullying at school; and
- level of substance use, violence, and crime-related behavior (e.g., weapons possession) at school.

These questions can be compared to staff perceptions on the California School Climate Survey.

Closing the Achievement Gap

Several tables are particularly useful for helping districts identify and address the needs of students related to closing the state's persistent racial/ethnic achievement gap, which Superintendent O'Connell has declared CDE's top priority (the CTAG Initiative). Students are asked to indicate their racial/ethnic identity and report whether they have experienced harassment because of their race/ethnicity Summary tables also provide key findings (e.g., harassment, developmental supports, school connectedness) disaggregated by race/ethnic categories.

To make the survey more valuable in support of CTAG efforts, in 2008-09 a supplementary module was created that assesses student perceptions of the respect shown to them at the school; equity and diversity; and cultural sensitivity. (Similar questions were added to the CSCS as well.) CDE automatically provides districts that select to administer the CHKS CTAG Module with supplementary reports disaggregating all their CHKS and CSCS results by the race/ethnicity of staff and students.

SURVEY ADMINISTRATION AND SAMPLING

School staff administered the survey following detailed instructions provided by CDE designed to assure the protection of all student and parental rights to privacy and maintain confidentiality. Students were surveyed only with the *consent of parents or guardians*. Each student's participation was voluntary, anonymous, and confidential. Table A1.2 gives the target sample of students, and the final number and percent that completed the survey (the participation response rate).

THE REPORT

The tables in this Main CHKS Report provide the percentages responding to each question response option by grade level, organized by topic. Because it is just as important to identify the positive behaviors of youth as it is to identify the risks they face, the tables include the percentages of youth who do not engage in each risk behavior. Percentages are rounded off to the nearest whole number.

Depending on the nature of the districts' enrollment and module administration it may also receive two supplemental CHKS reports. Districts that participate in CDE's Migrant Education Program (MEP) are qualified to receive reports that compare CHKS results as well as CSCS for students/staff that participate in the MEP versus those that do not participate. As noted, if the district also elected to administer the supplementary CHKS "CTAG" module, it will also receive all CHKS and CSCS results broken down by racial/ethnic categories of students and staff. (CSCS reports that compare results between special education staff and general education are also being provided.)

AIDS TO UNDERSTANDING AND USING THE DATA

Several guides, workshops, and other aids are available to help you understand and use survey results. These are described and made available on the survey website. Three are particularly important.

- To help in understanding and interpreting these results, a ***Survey Content Guidebook*** provides a detailed explanation of each question and its significance (why it was asked) and the potential implications for programs of the results.
- The CHKS ***Data Use and Dissemination Guidebook*** describes a step-by-step process for reviewing, analyzing, and disseminating your results as part of a data-driven decision making process for program improvement. Free call-in data use workshops are offered as well.
- A ***Workbook on Improving School Climate and Closing the Achievement Gap*** provides a practical guide to using the data in the framework of improving academic achievement and well-being among all students and closing the achievement gap. It provides examples of how to use the data to improve practice and policy. A workshop accompanying this Workbook will be available in 2010.

ASSESSING THE DATA

Care must be taken to fully understand the survey, the context within which the data were collected, and the factors that can impact the quality, validity, and generalizability of the results, the changes obtained between administrations, or differences between your results and those from other districts or state norms. The following are a few of the key issues that should be kept in mind. A more detailed discussion of these topics can be found in the ***CHKS Data Use and Dissemination Guidebook***.

Representativeness

Among the most important factors affecting the quality of survey results is the level of student participation. The validity and representativeness of the results will be adversely affected if the student response rate is lower than 60%. One indication of the survey's representativeness is how accurately the sample reflects the gender and ethnic composition of the district's student enrollment. Even if the response rate is low, the results provide an indication of what those students who did respond felt about the school and their experiences and behavior.

Changes Between Surveys

Many factors may account for changes in results from administration to administration besides real changes in behavior, attitudes, or experiences among students. The change could be due to differences over time in the characteristics or size of the sample of students who completed the survey, or changes in the questions themselves, or differences in the time period in which the

survey was administered (e.g., some risk behaviors tend to increase with age, and be higher after holidays or even a social event).

Comparison Data

Tables 9.1 and 9.2 provide comparisons of selected results to state and national data. Comparing district results to other local, regional, state, and national benchmarks provides a broader context with which to evaluate the local situation. They can help you determine whether changes in your district are unique or may be part of a larger trend, possibly affected by broad social forces. Ultimately, however, the most fundamental concern should be not how you compare with others but your satisfaction with your own survey results and whether your indicators are improving.

NEXT STEPS

Receiving this report is just a beginning step in a data-driven, decision-making process. The following describes actions you can take to analyze and use the results and provide additional information to support school- and program- improvement efforts.

Request School Reports

Individual school-level reports may be of interest for many reasons. Primary among these is the interest of staff and parents about their own local school results, especially if the schools vary significantly in demographics, programs, or other characteristics. A comparison among schools may also prove useful in identifying sites which might benefit from special work or interventions. A small fee applies. (For large districts that sample schools and students, the sample may not support school reports.)

Compare with Other Data Sources

CHKS results will be enriched if analyzed in the context of data from the California School Climate Survey and other sources, particularly in identifying consistent patterns. Other data typically collected in effectiveness studies of school climate include number and kinds of discipline referrals, school demographic information, school vandalism costs, and behavioral observations in classrooms.

Discuss with Students and Staff

Discuss the results with both students and staff to explore their meaning in more depth and obtain their input into how the school might better meet the needs identified. This is especially important because it communicates to students that you value their input into how to improve the school and gives them an opportunity for meaningful participation. As such, it helps improve their perceptions of the developmental supports and opportunities that the school offers and their school connectedness. Survey staff can provide information on conducting structured group "listening" discussions of the data with youth focused on obtaining their input on how to address the needs identified by the survey.

Conduct Additional Analyses of The Dataset

The complete dataset is available electronically for analysis (there is a small fee for preparation). The dataset enables analyses of patterns in the results, how they are interrelated, and how they vary by different subgroups of students and across schools. Particularly valuable in understanding factors that may affect student achievement is examining how other variables relate to student reports of attendance, grades, and school connectedness.

Add Questions to your Next CHKS

Determine what additional information is needed from staff to guide school improvement efforts and add questions to your next CSCS or CHKS. Both surveys were designed so that schools can add additional questions to help them conduct a more individualized and comprehensive assessment.

ACKNOWLEDGEMENTS

The CHKS was developed, and this report prepared for the district, by WestEd in collaboration with Duerr Evaluation Resources, under contract from the California Department of Education (CDE) Safe and Healthy Kids Program Office. For more information, call the toll-free helpline at 888.841.7536, or visit the website at http://www.wested.org/chks.

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Secondary
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Core Module A

CALIFORNIA Safe and Healthy Kids PROGRAM OFFICE

DUERR EVALUATION RESOURCES

WestEd

Section A

1. Introduction

Table A1.1

CHKS Survey Modules Administered

Survey Module	Administered
A. Core (Required)	x
B. Resilience & Youth Development	
C. AOD Use & Safety	
D. Tobacco	
E. Physical Health	
F. Sexual Behavior	
G. Custom Questions	
H. District After School Module	

Table A1.2

Student Sample Characteristics

	Grade 7
Student Sample Size	
Target Sample	281
Final Number	233
Average Response Rate	**83%**

* NT includes continuation, community day, and other alternative school types

2. Sample Characteristics

Table A2.1

Age of Sample

	Grade 7 %
12 years or younger	90
13 years old	10
14 years old	0
15 years old	0
16 years old	0
17 years old	0
18 years or older	0

Question HS/MS A.3: How old are you?

Table A2.2

Gender of Sample

	Grade 7 %
Male	54
Female	46

Question HS/MS A.4: What is your sex?

Table A2.3

Ethnic/Racial Characteristics of Sample

	Grade 7 %
American Indian or Alaska Native	5
Native Hawaiian or Pacific Islander	5
Asian	31
Black or African American (non-Hispanic)	3
Hispanic or Latino/Latina	12
White or Caucasian (non-Hispanic)	47
Other	18
Selected more than one	16

Question HS/MS A.6: How do you describe yourself? (Mark all that apply)

Note: Column totals may add up to more than 100% because students could select more than one response.

Table A2.4

Living Situation

A home with both parents
A home with only one parent
Other relative's home
A home with more than one family
Friend's home
Foster home, group care, or waiting placement
Hotel or motel
Migrant housing
Shelter
On the street (no fixed housing), car campground
Other transitional or temporary housing
Other living arrangements

Question HS A.9: What best describes where you live? A home includes a house, apartment, trailer, or mobile home. (Mark all)

Table A2.5

Grades, Past 12 Months

	Grade 7 %
Mostly A's	41
A's and B's	35
Mostly B's	8
B's and C's	6
Mostly C's	4
C's and D's	4
Mostly D's	0
Mostly F's	1

Question HS A.125/MS A.107: During the past 12 months, how would you describe the grades you mostly received in school?

Table A2.6

Truancy, Past 12 Months

	Grade 7 %
0 times	90
1-2 times	7
A few times	2
Once a month	1
Once a week	0
More than once a week	0

Question HS A.126/MS A.108: During the past 12 months, about how many times did you skip school or cut classes?

Table A2.7

Days Home Alone During Normal School Week

	Grade 7 %
Never	35
1 day	22
2 days	18
3 days	7
4 days	10
5 days	10

Question MS A.102: In a normal school week, how many days are you home after school for at least one hour without an adult there?

Table A2.8

Migrant Education

	Grade 7 %
Yes	47
No	35
Don't know	17

Question HS A10/MS A9: In the past three years, were you pare of the Migrant Education program or did your family move to find work in agriculture?

3. Resilience Indicators and School Connectedness

Table A3.1

Summary Table

Percent of students scoring High, Moderate, and Low (%)	Grade 7		
	H	M	L
School Environment			
Total	44	48	7
Caring Adult Relationships	44	47	9
High Expectations	64	32	4
Opportunities for Meaningful Participation	23	51	26
Community Environment			
Total	74	21	5
Caring Adult Relationships	68	23	8
High Expectations	70	24	6
Opportunities for Meaningful Participation	66	23	11
School Connectedness Scale	64	31	5

Table A3.2

Summary Table - American Indian or Alaska Native

Cells are empty if there are less than 25 respondents

Percent of students scoring High, Moderate, and Low (%)	Grade 7		
	H	M	L
School Environment Total			
Caring Adult Relationships			
High Expectations			
Opportunities for Meaningful Participation			
Community Environment Total			
Caring Adult Relationships			
High Expectations			
Opportunities for Meaningful Participation			
School Connectedness Scale			

Table A3.3

Summary Table - Native Hawaiian or Pacific Islander

Cells are empty if there are less than 25 respondents

Percent of students scoring High, Moderate, and Low (%)	Grade 7		
	H	M	L
School Environment Total			
Caring Adult Relationships			
High Expectations			
Opportunities for Meaningful Participation			
Community Environment Total			
Caring Adult Relationships			
High Expectations			
Opportunities for Meaningful Participation			
School Connectedness Scale			

Table A3.4

Summary Table - Asian

Cells are empty if there are less than 25 respondents

Percent of students scoring High, Moderate, and Low (%)	Grade 7		
	H	M	L
School Environment			
Total	41	52	7
Caring Adult Relationships	39	51	10
High Expectations	65	30	6
Opportunities for Meaningful Participation	26	50	24
Community Environment			
Total	73	24	3
Caring Adult Relationships	64	28	8
High Expectations	72	21	7
Opportunities for Meaningful Participation	64	29	7
School Connectedness Scale	65	28	7

Table A3.5

Summary Table - Black or African American (non-Hispanic)

Cells are empty if there are less than 25 respondents

Percent of students scoring High, Moderate, and Low (%)	Grade 7		
	H	M	L
School Environment			
Total			
Caring Adult Relationships			
High Expectations			
Opportunities for Meaningful Participation			
Community Environment			
Total			
Caring Adult Relationships			
High Expectations			
Opportunities for Meaningful Participation			
School Connectedness Scale			

Table A3.6

Summary Table - Hispanic or Latino/Latina

Cells are empty if there are less than 25 respondents

Percent of students scoring High, Moderate, and Low (%)	Grade 7		
	H	M	L
School Environment			
Total	56	22	22
Caring Adult Relationships	56	26	19
High Expectations	63	33	4
Opportunities for Meaningful Participation	37	41	22
Community Environment			
Total	74	22	4
Caring Adult Relationships	63	30	7
High Expectations	59	41	0
Opportunities for Meaningful Participation	78	22	0
School Connectedness Scale	52	44	4

Table A3.7

Summary Table - White or Caucasian (non-Hispanic)

Cells are empty if there are less than 25 respondents

Percent of students scoring High, Moderate, and Low (%)	Grade 7		
	H	M	L
School Environment			
Total	48	48	4
Caring Adult Relationships	48	45	7
High Expectations	65	32	3
Opportunities for Meaningful Participation	23	54	23
Community Environment			
Total	75	20	6
Caring Adult Relationships	69	22	9
High Expectations	69	23	7
Opportunities for Meaningful Participation	69	17	14
School Connectedness Scale	66	31	4

Table A3.8

Summary Table - Other Ethnicity

Cells are empty if there are less than 25 respondents

Percent of students scoring High, Moderate, and Low (%)	Grade 7		
	H	M	L
School Environment			
Total	40	50	10
Caring Adult Relationships	38	53	10
High Expectations	60	38	3
Opportunities for Meaningful Participation	37	32	32
Community Environment			
Total	71	24	5
Caring Adult Relationships	73	20	7
High Expectations	63	37	0
Opportunities for Meaningful Participation	59	27	15
School Connectedness Scale	59	39	2

Table A3.9

Summary Table - Selected More Than One Ethnicity

Cells are empty if there are less than 25 respondents

Percent of students scoring High, Moderate, and Low (%)	Grade 7		
	H	M	L
School Environment			
Total	51	40	9
Caring Adult Relationships	54	34	11
High Expectations	66	29	6
Opportunities for Meaningful Participation	44	39	17
Community Environment			
Total	72	19	8
Caring Adult Relationships	69	19	11
High Expectations	61	33	6
Opportunities for Meaningful Participation	75	17	8
School Connectedness Scale	61	33	6

Table A3.10.1

Summary Table - 7th grade by race/ethnicity

Cells are empty if there are less than 25 respondents

Percent of students scoring High (%)	Grade 7							
	AI/AN	NH/PI	Asian	AA	H/L	White	Other	Mix
School Environment								
Total			41		56	48	40	51
Caring Adult Relationships			39		56	48	38	54
High Expectations			65		63	65	60	66
Opportunities for Meaningful Participation			26		37	23	37	44
Community Environment								
Total			73		74	75	71	72
Caring Adult Relationships			64		63	69	73	69
High Expectations			72		59	69	63	61
Opportunities for Meaningful Participation			64		78	69	59	75
School Connectedness Scale			65		52	66	59	61

AI/AN: American Indian or Alaska Native; NH/PI: Native Hawaiian or Pacific Islander; Asian: Asian or Asian American; AA: Black or African American (non-Hispanic); H/L: Hispanic or Latino/Latina; White: White or Caucasian (non-Hispanic); Other: Other; Mix: Selected more than one

Table A3.10.2

Summary Table -9th grade by race/ethnicity

Cells are empty if there are less than 25 respondents

Percent of students scoring High (%)	Grade 9							
	AI/AN	NH/PI	Asian	AA	H/L	White	Other	Mix
School Environment								
Total								
Caring Adult Relationships								
High Expectations								
Opportunities for Meaningful Participation								
Community Environment								
Total								
Caring Adult Relationships								
High Expectations								
Opportunities for Meaningful Participation								
School Connectedness Scale								

AI/AN: American Indian or Alaska Native; NH/PI: Native Hawaiian or Pacific Islander; Asian: Asian or Asian American; AA: Black or African American (non-Hispanic); H/L: Hispanic or Latino/Latina; White: White or Caucasian (non-Hispanic); Other: Other; Mix: Selected more than one

Table A3.10.3

Summary Table - 11th grade by race/ethnicity

Cells are empty if there are less than 25 respondents

Percent of students scoring High (%)	Grade 11							
	AI/AN	NH/PI	Asian	AA	H/L	White	Other	Mix
School Environment Total								
Caring Adult Relationships								
High Expectations								
Opportunities for Meaningful Participation								
Community Environment Total								
Caring Adult Relationships								
High Expectations								
Opportunities for Meaningful Participation								
School Connectedness Scale								

AI/AN: American Indian or Alaska Native; NH/PI: Native Hawaiian or Pacific Islander; Asian: Asian or Asian American; AA: Black or African American (non-Hispanic); H/L: Hispanic or Latino/Latina; White: White or Caucasian (non-Hispanic); Other: Other; Mix: Selected more than one

Table A3.10.4

Summary Table - Non-traditional by race/ethnicity

Cells are empty if there are less than 25 respondents

Percent of students scoring High (%)	NT							
	AI/AN	NH/PI	Asian	AA	H/L	White	Other	Mix
School Environment Total								
Caring Adult Relationships								
High Expectations								
Opportunities for Meaningful Participation								
Community Environment Total								
Caring Adult Relationships								
High Expectations								
Opportunities for Meaningful Participation								
School Connectedness Scale								

AI/AN: American Indian or Alaska Native; NH/PI: Native Hawaiian or Pacific Islander; Asian: Asian or Asian American; AA: Black or African American (non-Hispanic); H/L: Hispanic or Latino/Latina; White: White or Caucasian (non-Hispanic); Other: Other; Mix: Selected more than one

Table A3.11
School Connectedness Scale Questions

	Grade 7 %
I feel close to people in this school	
Strongly Disagree	1
Disagree	4
Neither Agree Nor Disagree	27
Agree	43
Strongly Agree	25
I am happy to be at this school	
Strongly Disagree	3
Disagree	2
Neither Agree Nor Disagree	13
Agree	43
Strongly Agree	39
I feel like I am part of this school	
Strongly Disagree	3
Disagree	5
Neither Agree Nor Disagree	21
Agree	41
Strongly Agree	30
Teachers at this school treat students fairly	
Strongly Disagree	8
Disagree	10
Neither Agree Nor Disagree	19
Agree	39
Strongly Agree	24
I feel safe in my school	
Strongly Disagree	3
Disagree	6
Neither Agree Nor Disagree	17
Agree	45
Strongly Agree	29

Questions HS A11-15 MS A10-14: I feel close to people at this school... I am happy to be at this school... I feel like I am a part of this school... The teachers at this school treat students fairly... I feel safe in my school.

Table A3.12
School Protective Factors (Developmental Supports)

At my school, there is a teacher or some other adult…	Grade 7 %
who really cares about me (Caring Relationships)	
Not At All True	9
A Little True	28
Pretty Much True	34
Very Much True	29
who tells me when I do a good job (High Expectations)	
Not At All True	3
A Little True	11
Pretty Much True	41
Very Much True	45
who notices when I am not there (CR)	
Not At All True	11
A Little True	22
Pretty Much True	34
Very Much True	33
who always wants me to do my best (HE)	
Not At All True	3
A Little True	7
Pretty Much True	23
Very Much True	66
who listens when I have something to say (CR)	
Not At All True	5
A Little True	19
Pretty Much True	34
Very Much True	43
who believes that I will be a success (HE)	
Not At All True	6
A Little True	16
Pretty Much True	33
Very Much True	45

Questions HS A16-21/MS A15-20: At my school, there is a teacher or some other adults who…really cares about me... tells me when I do a good job... notices when I am not there... always wants me to do my best... listens to me when I have something to say... believes that I will be a success.

Table A3.12 - *Continued*
School Protective Factors (Developmental Supports)

	Grade 7 %
I do interesting activities at school (Opportunites for Meaningful Participation)	
Not At All True	8
A Little True	28
Pretty Much True	35
Very Much True	29
I help decide things like class rules or activities (OMP)	
Not At All True	42
A Little True	25
Pretty Much True	21
Very Much True	12
I do things that make a difference at school (OMP)	
Not At All True	19
A Little True	38
Pretty Much True	25
Very Much True	19

Questions HS A22-24/MS A21-23: At school…I do interesting activities.. I help decide things like class activities or rules… I do things that make a difference.

Table A3.13
Community Protective Factors (Developmental Supports)

Outside of my home and school, there is a teacher or some other adult…	Grade 7 %
who really cares about me (CR)	
Not At All True	6
A Little True	9
Pretty Much True	17
Very Much True	69
who tells me when I do a good job (HE)	
Not At All True	7
A Little True	10
Pretty Much True	20
Very Much True	63

Questions HS A25-26/MS 24-25: Outside of my home and school, there is an adult who…really cares about me, tells me when I do a good job

Table A3.13 - *Continued*
Community Protective Factors (Developmental Supports)

Outside of my home and school, there is a teacher or some other adult…	Grade 7 %
who notices when I am upset about something (CR)	
Not At All True	10
A Little True	11
Pretty Much True	24
Very Much True	56
who believes that I will be a success (HE)	
Not At All True	6
A Little True	10
Pretty Much True	22
Very Much True	62
who always wants me to do my best (HE)	
Not At All True	6
A Little True	8
Pretty Much True	16
Very Much True	70
whom I trust (CR)	
Not At All True	5
A Little True	8
Pretty Much True	18
Very Much True	69

Questions HS A27-30/MS A26-29: Outside of my home and school, there is an adult…who notices when I am upset about something…believes that I will be a success…always wants me to do my best…whom I trust.

Table A3.13 - *Continued*
Community Protective Factors (Developmental Supports)

	Grade 7 %
I am part of clubs, sports teams, church/temple or other group activities (OMP)	
Not At All True	17
A Little True	9
Pretty Much True	14
Very Much True	60
I am involved in music, art, literature, sports or a hobby (OMP)	
Not At All True	10
A Little True	4
Pretty Much True	13
Very Much True	73
I help other people (OMP)	
Not At All True	6
A Little True	17
Pretty Much True	38
Very Much True	39

Questions HS A31-33/MS 30-32: Outside of my home and school…I am part of clubs, sports teams, church/temple or other group activities…I am involved in music, art, literature, sports, or a hobby…I help other people.

4. Alcohol and Other Drug Use

Table A4.1

AOD Use, Lifetime

	Grade 7 %
Alcohol (one full drink)	
0 times	92
1 time	3
2 to 3 times	3
4 or more times	2
Marijuana	
0 times	98
1 time	0
2 to 3 times	1
4 or more times	0
Inhalants (to get high)	
0 times	89
1 time	5
2 to 3 times	2
4 or more times	3
Cocaine	
0 times	na
1 time	na
2 to 3 times	na
4 or more times	na
Methamphetamine or any amphetamines	
0 times	na
1 time	na
2 to 3 times	na
4 or more times	na

Question HS A.37-41/MS A.37-39: During your life, how many times have you used or tried…?
na=not asked of middle school students

Table A4.1 - *Continued*

AOD Use, Lifetime

	Grade 7 %
LSD or other psychedelics	
0 times	na
1 time	na
2 to 3 times	na
4 or more times	na
Ecstasy	
0 times	na
1 time	na
2 to 3 times	na
4 or more times	na
Heroin	
0 times	na
1 time	na
2 to 3 times	na
4 or more times	na
Other illegal drug or pill	
0 times	98
1 time	1
2 to 3 times	0
4 or more times	0
Any of the above AOD Use	15
Prescription pain killers	
0 times	na
1 time	na
2 to 3 times	na
4 or more times	na

Question HS A.43-47//MS A.41: During your life, how many times have you used or tried…?
na=not asked of middle school students

Table A4.1 - *Continued*

AOD Use, Lifetime

	Grade 7 %
Barbiturates	
0 times	na
1 time	na
2 to 3 times	na
4 or more times	na
Tranquilizers or sedatives	
0 times	na
1 time	na
2 to 3 times	na
4 or more times	na
Cold/Cough Medicines	
0 times	na
1 time	na
2 to 3 times	na
4 or more times	na
Diet Pills	
0 times	na
1 time	na
2 to 3 times	na
4 or more times	na
Ritalin™ or Adderall™	
0 times	na
1 time	na
2 to 3 times	na
4 or more times	na

Question HS A.48-52: During your life, how many times have you used or tried…?
na=not asked of middle school students

Table A4.2

Age of Onset

	Grade 7 %
Alcohol (one full drink)	
Never	86
10 or under	4
11 -12 years old	9
13-14 years old	0
15-16 years old	0
17 years or older	0
Marijuana	
Never	98
10 or under	0
11 -12 years old	2
13-14 years old	0
15-16 years old	0
17 years or older	0
Other illegal drug	
Never	99
10 or under	0
11 -12 years old	1
13-14 years old	0
15-16 years old	0
17 years or older	0

Question HS A.56,59-60/MS A.45,48-49: About how old were you the first time you. had a full drink of alcohol….used marijuana used any other illegal drug?

Table A4.3

Current AOD Use, Past 30 Days

	Grade 7 %
Alcohol (at least one drink)	5
Marijuana	0
Inhalants	3
Cocaine	na
Methamphetamine or any amphetamines	na
Ecstasy, LSD or other psychedelics	na
Other illegal drug or pill	1
Any of the above AOD Use	8
Two or more drugs at the same time	na

Question HS A.63, 65-71/MS A.52,54-56: During the past 30 days, on how many days did you use…? na=not asked of middle school students

Table A4.4

Frequency of Current Alcohol and Marijuana Use, Past 30 days

	Grade 7 %
Alcohol	
None	95
1 or 2 days	4
3 to 9 days	1
10 to 19 days	0
20 or more days (daily)	0
Marijuana	
None	100
1 or 2 days	0
3 to 9 days	0
10 to 19 days	0
20 or more days (daily)	0

Question HS A.63, 65/MS A.52,54: During the past 30 days, on how many days did you use…?

Table A4.5

Ever Very Drunk or Sick from Drinking Alcohol

	Grade 7 %
0 times	97
1 to 2 times	2
3 to 6 times	0
7 or more times	1

Question HS A.53/MS A.42: During your life, how many times have you been very drunk or sick after drinking alcohol?

Table A4.6

Ever "High" from Using Drugs

	Grade 7 %
0 times	97
1 to 2 times	2
3 to 6 times	1
7 or more times	0

Question HS A.54/MS A43: During your life, how many times have you been high (loaded, stoned, or wasted) from using drugs?

Table A4.7

Current Binge (Episodic Heavy) Drinking, Past 30 Days

	Grade 7 %
0 days	98
1 to 2 days	1
3 or more days	0

Question HS A.64/MS A.53: During the past 30 days, on how many days did you use five or more drinks of alcohol in a row, that is, within a couple of hours?

Table A4.8

Desired Level of Alcohol Consumption, Drinking Style or Preference

	Grade 7 %
Don't drink alcohol	82
Just a sip or two	14
Enough to feel it a little	2
Enough to feel it a lot	2
Until really drunk	0

Question HS A.76/MS A.63: How do you like to drink alcohol?

Table A4.9

Usual Level of Highness When Using Drugs

Don't use drugs
Not high at all
A little high
Moderately high
Very high

Question HS A77: If you use marijuana or other drugs, how high (stoned, faded, wasted, trashed) do you usually get?

Table A4.10

Ever Driven after Drinking (Respondent or by Friend)

Never
Any
1 time
2 times
3 to 6 times
7 or more times

Question HS A.89: In your life, how many times have you driven a car when you had been drinking alcohol, or been in a car driven by a friend when he or she had been drinking?

Table A4.11

Ever Been a Passenger in a Car Driven by Someone Who Had Been Drinking

	Grade 7 %
Never	*67*
Any	*33*
1 time	12
2 times	7
3 to 6 times	5
7 or more times	9

Question MS A.81: In your life, how many times have you ridden in a car driven by someone who had been drinking alcohol?

Table A4.12

Any Current Alcohol and Marijuana Use on School Property, Past 30 Days

	Grade 7 %
Alcohol	
0 days	99
1 to 2 days	1
3 or more days	0
Marijuana	
0 days	100
1 to 2 days	0
3 or more days	0
Any illegal drug or pill	
0 days	100
1 to 2 days	0
3 or more days	0

Question HS A.73-75/MS A.58-60: During the past 30 days, on how many days on school property did you… have at least one drink of alcohol? …smoke marijuana?

Table A4.13

Ever Drunk or High on School Property

	Grade 7 %
0 times	99
1 to 2 times	1
3 to 6 times	0
7 or more times	0

Question HS A.55/MS A.44: During your life, how many times have you been drunk on alcohol or high on drugs on school property?

Table A4.14

Perceived Harm of Frequent Alcohol Use

	Grade 7 %
Alcohol - Drink Occasionally	
Great	25
Moderate	19
Slight	40
None	16
Alcohol - 5 or more drinks once or twice a week	
Great	60
Moderate	25
Slight	8
None	7

Question HS A.80-81/MS A.66-67: How much do people risk harming themselves physically and in other ways when they do the following…alcohol

Table A4.15

Perceived Harm of Frequent Marijuana Use

	Grade 7 %
Marijuana - Smoke Occasionally	
Great	43
Moderate	35
Slight	14
None	8
Marijuana - Smoke once or twice a week	
Great	69
Moderate	15
Slight	7
None	9

Question HS A.82-83/MS A.68-69: How much do people risk harming themselves physically and in other ways when they do the following…marijuana

Table A4.16

Personal Disapproval of Using Alcohol

	Grade 7 %
Alcohol - One or two drinks nearly every day	
Neither approve or disapprove	6
Somewhat disapprove	10
Strongly disapprove	84
Marijuana or Hashish - Once or twice	
Neither approve or disapprove	8
Somewhat disapprove	13
Strongly disapprove	79
Marijuana - Once a month or more	
Neither approve or disapprove	7
Somewhat disapprove	9
Strongly disapprove	83

Question HS A.92-94/MS A.76-78: How do you feel about someone your age doing the following…alcohol, marijuana or hashish

Table A4.17

Student Perception of Percent of Marijuana Use Among Peers

	Grade 7 %
None of them	55
10 percent	27
20 percent	6
30 percent	6
40 percent	0
50 percent	3
60 percent	0
70 percent	0
80 percent	1
90 percent	0
All of them	0

Question HS A.88/MS A.74: Think about a group of 100 students in your grade. About how many students have done the following… Ever tried marijuana?

Table A4.18

Occurrence of Problems While Using Alcohol/Drugs

Does not apply, never used alcohol/drugs
Problems with emotions, nerves, mental health
Trouble or problems with the police
Money problems
Get into trouble in school
Problems with school work
Fight with other kids
Damage a friendship
Physically hurt or injure yourself
Unwanted or unprotected sex
Forget what happened or pass out
Other problems
More than one problem
Never had problems when I've used alcohol/drugs

Question HS A.90: Has using alcohol, marijuana, or other drugs ever caused you to have any of the following problems? (Mark all that apply.) Please note: Because all that apply are marked, total percentages may exceed 100%.

Table A4.19
Occurrence of Experiences While Using Alcohol/Drugs

Does not apply, have not used alcohol or drugs
Had to increase use to get same effect as before
Spent a lot of time getting, using, or being "hung over" from using
Used alcohol or drugs a lot more than intended
Used alcohol or drugs when alone
Alcohol/drug use often kept you from going to school, working, recreational activities or hobbies
Didn't like they way you felt when not high or drunk
Thought about reducing or stopping
Told self not going to use but used anyway
Spoke with someone about reducing or stopping use
Attended counseling, program, or group to reduce/stop use
More than one experience
Use alcohol or drugs but have not experienced any of these things

Question HS A.97: If you use alcohol, marijuana, or another drug, have you had any of the following experiences? (Mark all that apply.)
Please note: Because all that apply are marked, total percentages may exceed 100%.

Table A4.20

Perceived Difficulty of Obtaining Alcohol and Marijuana

	Grade 7 %
Alcohol	
Very difficult	14
Fairly difficult	13
Fairly easy	15
Very easy	11
Don't know	47
Marijuana	
Very difficult	63
Fairly difficult	4
Fairly easy	3
Very easy	5
Don't know	25

Question HS A.85-86/MS A.71-72: How difficult is it for students in your grade to get any of the following substances if they really want them?

Table A4.21

Offered Illegal Drugs on School Property, Past 12 Months

	Grade 7 %
0 times	93
1 time	4
2 to 3 times	1
4 or more times	1

Question HS A.107/MS A.89: During the past 12 months, how many times on school property have you... been offered, sold, or given an illegal drug?

Table A4.22

Talked to parents or guardian about dangers of tobacco, alcohol, or drug use

	Grade 7 %
No	39
Yes	61

Question HS A 98/MS A.61: During the past 12 months...Have you talked with at least one of your parents (or guardian) about the dangers of tobacco, alcohol or drug use?

Table A4.23

Heard, read or watched any messages about not using alcohol, tobacco or drugs

	Grade 7 %
No	20
Yes	80

Question HS A 99/MS A.62: During the past 12 months...Have you heard, read or watched any messages about not using alcohol, tobacco, or drug use?

5. Tobacco Use

Table A5.1

Ever Used Cigarettes or Smokeless Tobacco, Lifetime

	Grade 7 %
A cigarette, even one or two puffs	
0 times	48
1 time	31
2 to 3 times	21
4 or more times	0
A whole cigarette	
0 times	99
1 time	1
2 to 3 times	0
4 or more times	0
Smokeless tobacco	
0 times	99
1 time	1
2 to 3 times	0
4 or more times	0

Question HS A.35-36/MS A.34-36: During your life, how many times have you used or tried...?

Table A5.2

Age of Onset

	Grade 7 %
Smoked part or all of a cigarette	
Never	94
10 or under	2
11 -12 years old	4
13-14 years old	0
15-16 years old	0
17 years or older	0
Smokeless Tobacco	
Never	99
10 or under	0
11 -12 years old	0
13-14 years old	0
15-16 years old	0
17 years or older	0

Question HS A.57-58/MS A.46-47: About how old were you the first time you ....Smoked part of all of a cigarette....Used smokeless tobacco or other tobacco products

Table A5.3

Any and Daily Use of Cigarettes and Smokeless Tobacco, Past 30 Days

	Grade 7 %
Cigarettes	
Any	0
Daily	0
Smokeless Tobacco	
Any	0
Daily	0

Question HS A.61-62/MS A.50-51: During the past 30 days, on how many days did you use...

Table A5.4

Current Smoking on School Property, Past 30 Days

	Grade 7 %
None	*100*
Any	*0*
1 or 2 days	0
3 to 9 days	0
10 to 19 days	0
20 to 30 days	0

Question HS A.72/MS A.57: During the past 30 days, on how many days on school property did you smoke cigarettes?

Table A5.5

Personal Disapproval of Using Cigarettes

	Grade 7 %
Neither approve or disapprove	5
Somewhat disapprove	7
Strongly disapprove	88

Question HS A.91/MS A.75: How do you feel about someone your age doing the following… smoking one or more packs of cigarettes a day?

Table A5.6

Peer Disapproval of Using Cigarettes

	Grade 7 %
Neither approve or disapprove	5
Somewhat disapprove	10
Strongly disapprove	85

Question HS A.96/MS A.80: How do you think your close friends would feel about your smoking one or more pack of cigarettes a day?

Table A5.7

Perceived Harm of Frequent Cigarette Smoking

	Grade 7 %
Smoking Occasionally	
Great	23
Moderate	37
Slight	33
None	7
Smoking 1-2 packs of cigarette a day	
Great	77
Moderate	10
Slight	4
None	8

Question HS A78-79/MS A.64-65: How much do people risk harming themselves physically and in other ways when they do the following… smoke cigarettes occasionally..smoke 1-2 packs of cigarettes a day?

Table A5.8

Perceived Difficulty of Obtaining Cigarettes

	Grade 7 %
Very difficult	14
Fairly difficult	12
Fairly easy	17
Very easy	10
Don't know	47

Question HS A.84/MS A.70: How difficult is it for students in your grade to get any of the following substances if they really want them? Cigarettes.

Table A5.9

Estimated Prevalence of Peer Cigarette Smoking at Least Once a Month

	Grade 7 %
None of them	53
10 percent	30
20 percent	5
30 percent	6
40 percent	2
50 percent	2
60 percent	0
70 percent	1
80 percent	1
90 percent	0
All of them	0

Question HS A.87/MS A.73: Think about a group of 100 students in your grade. About how many students have done the following… Smoke cigarettes at least once a month?

Table A5.10

Used Cigarettes, Past 30 days

Cells are empty if there are less than 25 respondents

	Grade 7 %
American Indian or Alaska Native	
Native Hawaiian or Pacific Islander	
Asian	0
Black or African American (non-Hispanic)	
Hispanic or Latino/Latina	0
White or Caucasian (non-Hispanic)	1
Other	0
Multi-Racial (selected more than one)	0

Question HS A.61/MS A.51: During the past 30 days, on how many days did you use cigarettes?

6. Violence and Safety

Table A6.1

Verbal Harassment on School Property, Past 12 Months

	Grade 7 %
Had mean rumors/lies spread about you	
0 times	57
1 time	24
2 to 3 times	11
4 or more times	9
Had sexual jokes/comments/gestures made to you	
0 times	56
1 time	17
2 to 3 times	12
4 or more times	15
Been made fun of because of your looks/way talk	
0 times	60
1 time	17
2 to 3 times	12
4 or more times	11

Question HS A.103-105/MS A.85-87: During the past 12 months, how many times on school property have you…?

Table A6.2
Physical Violence on School Property, Past 12 Months

	Grade 7 %
Been pushed, shoved, hit, etc.	
0 times	61
1 time	14
2 to 3 times	13
4 or more times	12
Been afraid of being beaten up	
0 times	81
1 time	11
2 to 3 times	2
4 or more times	6
Been in physical fight	
0 times	82
1 time	12
2 to 3 times	3
4 or more times	3

Question HS A.100-102/MS A.82-84: During the past 12 months, how many times on school property have you…

Table A6.3

Property Damage on School Property, Past 12 Months

	Grade 7 %
Had property stolen/damaged	
0 times	76
1 time	16
2 to 3 times	5
4 or more times	2
Damaged school property on purpose	
0 times	95
1 time	3
2 to 3 times	0
4 or more times	1

Question HS A.106,108/MS A.88,90: During the past 12 months, how many times on school property have you…?

Table A6.4

Weapons Possession on School Property, Past 12 Months

	Grade 7 %
Carried a gun	
0 times	99
1 time	0
2 or more times	0
Carried any other weapon	
0 times	97
1 time	1
2 or more times	2

Question HS A.109-110/MS A.91-92: During the past 12 months, how many times on school property have you…?

Table A6.5

Awareness and Use of Weapons on School Property, Past 12 Months

	Grade 7 %
Seen someone with a weapon	
0 times	81
1 time	11
2 or more times	7
Been threatened/injured with a weapon	
0 times	95
1 time	3
2 or more times	2

Question HS A.112,111/MS A.94,93: During the past 12 months, how many times on school property have you…

Table A6.6

Personal Disapproval of Weapon Possession

	Grade 7 %
Neither approve or disapprove	8
Somewhat disapprove	9
Strongly disapprove	83

Question HS A.95/MS A.79: How do you feel about someone your age doing the following…carry a weapon to school?

Table A6.7

Reason for Harassment on School Property, Past 12 Months

	Grade 7 %
Race, Ethnicity, or National Origin	
0 times	86
1 time	7
2 or more times	7
Religion	
0 times	93
1 time	4
2 or more times	2
Gender	
0 times	92
1 time	4
2 or more times	4
Sexual Orientation *	
0 times	90
1 time	6
2 or more times	4
Physical/Mental Disability	
0 times	95
1 time	3
2 or more times	2
Any of the Above Five Hate-Crime Reasons	27
Any Other Reason	
0 times	71
1 time	14
2 or more times	15
Any Harassment	39

Question HS A.113-118/MS A.95-100 During the past 12 months, how many times on school property were you harassed or bullied for any of the following reasons?
** "Because you are gay or lesbian or someone thought you were."*

Table A6.8

Gang Involvement, Current

	Grade 7 %
No	97
Yes	3

Question HS A.121 /MS A.104: Do you consider yourself a member of a gang?

Table A6.9

Physical Violence by Boy/Girlfriend, Past 12 Months

	Grade 7 %
Does not apply, didn't have a boy/girlfriend	67
No	29
Yes	5

Question HS A.122/MS A.105: During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?

Table A6.10

Perceived Safety of School

	Grade 7 %
Very safe	23
Safe	50
Neither safe nor unsafe	20
Unsafe	6
Very unsafe	0

Question HS A.119/MS A.101: How safe do you feel when you are at school?

Table A6.11

Cyber Bullying

	Grade 7 %
0 times (never)	86
1 time	8
2-3 times	2
4 or more times	5

Question HS A.120/MS A.103: During the past 12 months, how many times did other students spread mean rumors or lies about you on the internet (i.e. Facebook™, MySpace™, email, instant message)?

Table A6.12

Harassment for Hate-Crime Reasons

Cells are empty if there are less than 25 respondents

	Grade 7 %
American Indian or Alaska Native	
Native Hawaiian or Pacific Islander	
Asian	24
Black or African American (non-Hispanic)	
Hispanic or Latino/Latina	41
White or Caucasian (non-Hispanic)	27
Other	34
Multi-Racial (selected more than one)	47

Question HS A.113-117/MS A.95-99 During the past 12 months, how many times on school property were you harassed or bullied for any of the following reasons?... race, ethnicity or national origin; religion; gender; sexual orientation; physical or mental disability.

Table A6.13

Harassment for Race, Ethnicity or National Origin

Cells are empty if there are less than 25 respondents

	Grade 7 %
American Indian or Alaska Native	
Native Hawaiian or Pacific Islander	
Asian	21
Black or African American (non-Hispanic)	
Hispanic or Latino/Latina	22
White or Caucasian (non-Hispanic)	10
Other	15
Multi-Racial (selected more than one)	22

Question HS A.113/MS A.95 During the past 12 months, how many times on school property were you harassed or bullied for any of the following reason(s)?... race, ethnicity or national origin

7. Physical and Mental Health

Table A7.1

Eating of Breakfast

	Grade 7 %
No	25
Yes	75

Question HS A.34/MS A.33: Did you eat breakfast today?

Table A7.2

Frequency of Sad and Hopeless Feelings, Past 12 Months

	Grade 7 %
No	79
Yes	21

Question HS A.123/MS A.106: During the past 12 months, did you ever feel so sad and hopeless almost every day for two weeks or more that you stopped doing some usual activities?

Table A7.3

Seriously Considered Attempting Suicide, Past 12 Months

No
Yes

Question HS A.124: During the past 12 months, did you ever seriously consider attempting suicide?

8. Results by Gender

Table A8.1

Selected Alcohol and Drug Use Measures, by Gender and Grade

	7th Grade	
	Female %	Male %
Lifetime and Current ATOD Use		
During your life did you ever…		
drink alcohol (one full drink)?	7	10
use inhalants?	10	11
smoke marijuana?	3	1
During the past 30 days, did you…		
drink alcohol (one full drink)?	5	6
use inhalants?	4	3
smoke marijuana?	1	0
Level of Involvement (High Risk Patterns)		
During your life have you ever…		
been very drunk or sick after drinking alcohol?	6	2
been high from using drugs?	3	3
During the past 30 days, did you drink 5 or more drinks of alcohol in a couple of hours?	2	2
ATOD Use at School		
During your life, have you ever been drunk/high on school property?	2	0
During the past 30 days, did you use marijuana on school property?	0	1
Perceived Harm		
*Frequent use of… is harmful.**		
alcohol (five or more drinks once or twice a week)	90	95
marijuana (once or twice a week)	89	92

**combines "Great," "Moderate," and "Slight"*

Table A8.2

Selected Tobacco Use Measures, by Gender and Grade

	7th Grade	
	Female %	Male %
During your life, did you ever smoke a cigarette?	2	1
During the past 30 days, did you smoke a cigarette?	0	1
During the past 30 days, did you smoke cigarettes daily?	0	0
During the past 30 days, did you smoke cigarettes on school property?	0	1
Frequent use of cigarettes is harmful. (1-2 packs a day)*	88	94

**combines "Great," "Moderate," and "Slight"*

Table A8.3

School Safety-Related Indicators, by Gender and Grade

	7th Grade	
	Female %	Male %
During the past 12 months at school, have you been harassed or bullied for any of the following reasons?		
Race, ethnicity, or national origin	12	15
Religion	6	8
Gender	9	7
Gay/lesbian, or someone thought you were	8	13
Physical/mental disability	5	5
Any other reason	28	30
During the past 12 months at school have you been in a physical fight?	8	25
During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?	3	7
Feels safe at school	79	68
Currently belong to a gang?	4	1

Table A8.4

Physical and Mental Health Measures, by Gender and Grade

	7th Grade	
	Female %	Male %
Did you eat breakfast today?	74	75
During the past 12 months, did you ever feel so sad and hopeless almost every day for two weeks or more that you stopped doing some usual activities?	19	21

9. Comparisons

Table A9.1

Selected Alcohol, Tobacco and Drug Use, with Comparisons to 2007 State CSS

	7th Grade %	
	District	CSS
Lifetime and Current ATOD Use		
During your life did you ever…		
smoke a cigarette? (PI)	1	7
chew tobacco or snuff?	1	4
drink alcohol (glass)?	8	24
use inhalants?	11	11
smoke marijuana? (PI)	2	9
During the past 30 days, did you…		
smoke a cigarette? (PI)	0	6
chew tobacco or snuff?	0	3
drink alcohol (glass)? (PI)	5	15
use inhalants?	3	5
smoke marijuana? (PI)	0	7
Level of Involvement (High Risk Patterns)		
During your life have you ever…		
been very drunk or sick after drinking?	3	11
been high from using drugs?	3	8
During the past 30 days, did you…		
drink 5 drinks in a couple of hours?	2	6

(PI) = SDFSCA/TUPE performance indicator required by CDE for Local Education Agency Plans.

Table A9.1 - *Continued*

Selected Alcohol, Tobacco and Drug Use, with Comparisons to 2007 State CSS

	7th Grade %	
	District	CSS
ATOD Use on School Property		
During your life, have you ever been drunk/high?	1	6
During the past 30 days, did you smoke cigarettes?	0	3
Perceived Harm[b]		
People risk harming themselves using...[c]		
cigarettes (1-2 packs a day)	92	83
alcohol (five or more drinks once or twice a week)	93	83
marijuana (once or twice a week)	91	82

(PI) = SDFSCA/TUPE performance indicator recommended by CDE.

[b]not comparable with previous CHKS results

[c]combines "Great," "Moderate," and "Slight"

Table A9.2

Selected School Safety-Related Indicators, Protective Factors, and Connectedness with Comparisons to 2007 State CSS

	7th Grade %	
	District	CSS
School Safety		
During the past 12 months at school, have you….		
been harassed because of race/ethnicity, religion, gender, sexual orientation, or disability?	27	31
been in a physical fight?	18	32
been afraid of being beaten up? (PI)	19	29
During the past 12 months on school property, did you carry any weapon (gun, knife, or club)?	3	10
How safe do you feel when you are at school? Very safe. (PI)	23	18
Do you consider yourself a member of a gang?	3	9
School Protective Factors - High Levels (Resilience Indicators)		
Caring relationships with teacher or other adult (PI)	44	31
High expectations from teacher or other adult (PI)	64	45
Opportunities for meaningful participation at their school (PI)	23	16
Total	44	31
School Connectedness Scale (PI)	64	39

(PI) = SDFSCA/TUPE performance indicator required by CDE for Local Education Agency Plans.

CALIFORNIA healthy kids SURVEY

Belmont-Redwood Shores Elementary

Secondary
2009-2010
Main Report

Resilience & Youth Development Module B

CALIFORNIA Safe and Healthy Kids PROGRAM OFFICE

DUERR EVALUATION RESOURCES

WestEd

Section B

	Grade 7
Student Sample Size	
Target Sample	281
Final Number	117
Average Response Rate - Module B	**42%**

Table B1

Summary of Resilience-promoting Protective Factors (Developmental Supports)*

Percent of students scoring High, Moderate, and Low (%)	Grade 7		
	H	M	L
Total Environment[a]	76	22	2
Caring Adult Relationships[a]	73	23	4
High Expectations[a]	83	15	2
Opportunities for Meaningful Participation[a]	52	42	6
Peer Environment			
Total	66	32	2
Caring Peer Relationships	59	32	9
High Expectations: Pro-social Peers	64	34	2
Home Environment			
Total	84	12	4
Caring Adult Relationship	78	17	5
High Expectations	89	10	1
Opportunities for Meaningful Participation	52	41	7

*These Protective Factors are also known as Environmental Assets.

[a]Includes measures of school and community protective factors from Table A3.1, as well as peer and home.

Table B2

Summary of Internal Strengths

Percent of students scoring High, Moderate, and Low in Assets (%)	Grade 7		
	H	M	L
Total	78	21	1
Cooperation and Communication	65	34	1
Self-efficacy	72	27	1
Empathy	65	31	3
Problem Solving	53	42	6
Self-awareness	69	29	3
Goals and Aspirations	92	8	1

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Alcohol and Other Drugs Module C

CALIFORNIA Safe and Healthy Kids PROGRAM OFFICE

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Section C

	Grade 7
Student Sample Size	
Target Sample	281
Final Number	231
Average Response Rate - Module C	**82%**

Alcohol and Drug Use

Table C1

Alcohol Use During Past 6 Months

	Grade 7 %
None	90
1 to 2 times	8
A few times	2
Once a month	1
Once a week	0
A few times a week	0
Once or more a day	0

Question HS/MS C.1: During the past six months, about how many times have you used these substances without a doctor's orders? Any alcohol.

Table C2

Marijuana Use During Past 6 Months

	Grade 7 %
None	99
1 to 2 times	1
A few times	0
Once a month	0
Once a week	0
A few times a week	0
Once or more a day	0

Question HS/MS C.2: During the past six months, about how many times have you used these substances without a doctor's orders? Marijuana.

Table C3

Inhalant Use During Past 6 Months

	Grade 7 %
None	94
1 to 2 times	4
A few times	1
Once a month	0
Once a week	0
A few times a week	0
Once or more a day	0

Question HS/MS C.3: During the past six months, about how many times have you used these substances without a doctor's order? Inhalants.

Table C4

Cocaine, Methamphetamine, or Other Stimulant Use During Past 6 Months

None
1 to 2 times
A few times
Once a month
Once a week
A few times a week
Once or more a day

Question HS C.4: During the past six months, about how many times have you used these substances without a doctor's orders? Cocaine, methamphetamine or other stimulants.

Table C5

Psychedelics Use During Past 6 Months

None
1 to 2 times
A few times
Once a month
Once a week
A few times a week
Once or more a day

Question HS C.5: During the past six months, about how many times have you used these substances without a doctor's orders? LSD or other psychedelics.

Table C6

Ecstasy Use During Past 6 Months

None
1 to 2 times
A few times
Once a month
Once a week
A few times a week
Once or more a day

Question HS C.6: During the past six months, about how many times have you used these substances without a doctor's orders? Ecstasy

Table C7

Any Other Drug Use During Past 6 Months

	Grade 7 %
None	99
1 to 2 times	0
A few times	0
Once a month	0
Once a week	0
A few times a week	0
Once or more a day	0

Question HS C.7/MS C.4: During the past six months, about how many times have you used these substances without a doctor's orders? Any other drugs.

Table C8

Poly Drug Use During Past 6 Months

None
1 to 2 times
A few times
Once a month
Once a week
A few times a week
Once or more a day

Question HS C.8: During the past six months, about how many times have you used these substances without a doctor's orders? Two or more drugs at the same time.

Table C9

Past 12 months Illegally Used Steroids

None, have used no steroids
Some, have taken a few times
Regularly, have been on a program of steroid use

Question HS C.9: During the past twelve months, have you taken any steroids (roids) to build up muscle or increase performance or endurance?

Table C10

Past 12 months Illegally Used Performance Enhancing Supplements

None
Some, have taken a few times
Regularly, have been on a program of supplement use

Question HS C.10: During the past twelve months, did you use any performance-enhancing supplement that claims to build muscle or increase strength or endurance (andro, ephedrine, DHEA)?

Table C11

Frequency of Alcohol Cessation Attempts

Never used, does not apply
No attempts
1 time
2 to 3 times
4 or more times

Question HS C.11: How many times have you tried to quit or stop using…alcohol?

Table C12

Frequency of Marijuana Cessation Attempts

Never used, does not apply
No attempts
1 time
2 to 3 times
4 or more times

Question HS C.12: How many times have you tried to quit or stop using…marijuana?

Table C13

Perceived Need for Counseling/Treatment for Alcohol/Drug Use

Never used alcohol/drugs
No, but I do use alcohol/drugs
Yes, I have felt that I needed help

Question HS C.13: Have you ever felt that you needed help (such as counseling or treatment) for your alcohol or other drug use?

Table C14

Sources for Obtaining Alcohol

At school
At parties or events outside of school
At their own home
From adults at friends' homes
From friends or another teenager
Get adults to buy it for them
Buy it themselves at a store
Bars, clubs, or gambling casinos
Other
Don’t know

Question HS C.16: How do most kids at your school who drink alcohol get it? (Mark all that apply.)
Please note: because all that apply are marked, total percentages may exceed 100%.

Table C15

Likelihood of Suspension/Expelled/Transferred for ATOD use on School Property

Very likely
Likely
Not likely
Don't know

Question HS C.15: In your opinion, how likely is it that a student will be suspended, expelled, or transferred if he or she is caught on school property using or possessing alcohol or other drugs?

Table C16

Likelihood of Finding Help for ATOD Use at School

Very likely
Likely
Not likely
Don't know

Question HS C.14: In your opinion, how likely is it that a student would find help at your school from a counselor, teacher, or other adult to stop or reduce using alcohol or other drugs?

Table C17

Occurrence of Selling Drugs

None
1 time
2 or 3 times
4 or more times

Question HS C.19: During the past 12 months, how many times have you sold drugs to someone?

Violence, Safety, and Delinquency

Table C18

Occurrence of Physical Fight, Past 12 Months

	Grade 7 %
None	76
1 time	13
2 or 3 times	5
4 or more times	5

Question HS C20/MS C.7: During the past 12 months, how many times have you been in a physical fight?

Table C19

Occurrence of Physical Fight Between Groups, Past 12 Months

	Grade 7 %
None	89
1 time	6
2-3 times	3
4 or more times	2

Question HS C.21/MS C8: During the past 12 months, how many times have you been in a physical fight between groups of kids?

Table C20

Occurrence of Weapon Use to Intimidate, Past 12 Months

	Grade 7 %
None	97
1 time	2
2 or 3 times	0
4 or more times	1

Question HS C.22/MS C.9: During the past 12 months, how many times have you used any weapon to threaten or bully someone?

Table C21

Occurrence of Gambling, Past 12 Months

	Grade 7 %
None	72
1 time	9
2 or 3 times	15
4 or more times	4

Question HS C.18/MS C.6: During the past 12 months, how many times have you gambled (bet) for money or valuables in any way?

Table C22

Type of Gambling, Past 12 Months

	Grade 7 %
I have not gambled (bet) in past 12 months	
Card games	69
Personal skill games	14
Betting on sports teams	13
Lottery	9
Bingo	3
Dice games	4
Gambling machines (slots, video poker)	5
Horse racing	3
Online gambling	3
Gambled (bet) in some other way	2

Question HS C.17/MS C.5: During the past 12 months, have you gambled (bet) for money or valuables in any of the following ways?

Table C23

Perceived Safety of Neighborhood

	Grade 7 %
Very safe	55
Safe	38
Neither safe nor unsafe	7
Unsafe	0
Very unsafe	0

Question HS C.23/MS C.10: How safe do you feel in the neighborhood where you live?

Table C24

Occurrence of School Days Missed Due to Feeling Unsafe, Past 30 days

	Grade 7 %
None	96
1 day	4
2 or 3 days	0
4 or more days	1

Question HS C.24/MS C.11: During the past 30 days, on how many days did you not go to school because you felt unsafe at school or on your way to or from school?

Table C25

Weapons Possession on School Property, Past 30 Days

	Grade 7 %
0 days	97
1 day	2
2 or more days	1

Question HS C.27/MS C.14: During the past 30 days, on how many days did you carry any weapon (gun, knife, or club) on school property?

Table C26

Weapons Possession, Past 30 Days

	Grade 7 %
Carried a gun	
0 days	98
1 day	1
2 or more days	1
Carried any other weapon	
0 days	96
1 day	3
2 or more days	2

Question HS C.25-26/MS C.12-13: During the past 30 days, on how many days did you carry…

Table C27

Ever Forced Into Unwanted Sexual Intercourse

	Grade 7 %
No	97
Yes	3

Question HS C.32/MS C.18: Have you ever been forced to have sexual intercourse when you did not want to?

Suicide Ideation

Table C28

Seriously Considered Attempting Suicide, Past 12 Months

	Grade 7 %
No	81
Yes	19

Question HS C.28: During the past 12 months, did you ever seriously consider attempting suicide?
Question MS C.15: During the past 12 months, did you ever think about killing yourself?

Table C29

Planned Method of Attempting Suicide, Past 12 Months

	Grade 7 %
No	93
Yes	7

Question HS C.29: During the past 12 months, did you make a plan about how you would attempt suicide?
Question MS C.16: During the past 12 months, did you make a plan about how you would like to kill yourself?

Table C30

Attempted Suicide, Past 12 Months

0 times
1 time
2 or 3 times
4 or more times

Question HS C.30: During the past 12 months, how many times did you actually attempt suicide?

Table C31

Suicide Attempt that Required Medical Treatment, Past Year

Did not attempt suicide
No
Yes

Question HS C.31: If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

Table C32

Ever Attempted Suicide

	Grade 7 %
No	93
Yes	7

Question MS C.17: Have you ever tried to kill yourself?

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Tobacco Module D

CALIFORNIA Safe and Healthy Kids PROGRAM OFFICE

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Section D

	Grade 7
Student Sample Size	
Target Sample	281
Final Number	111
Average Response Rate - Module D	**40%**

Smoking Patterns

Table D1

Number of Cigarettes Smoked Per Day, Past 30 Days

	Grade 7 %
None	*99*
Less than one cigarette per day	*1*
1 per day or more	*0*
1 cigarette per day	0
2 to 5 cigarettes per day	0
6 to 10 cigarettes per day	0
11 to 20 cigarettes per day	0
more than 20 cigarettes per day	0

Question HS/MS D.3: During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

Table D2

Ever Smoked Daily

	Grade 7 %
No	98
Yes	2

Question HS/MS D.1: Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?

Table D3

Smoked 100 Cigarettes, Lifetime

	Grade 7 %
No	99
Yes	1

Question HS/MS D.4: Have you smoked 100 cigarettes in your life?

Table D4

Current Cigar Smoking, Past 30 Days

	Grade 7 %
0 days	98
1 to 2 days	1
3 to 5 days	1
6 to 9 days	0
10 to 19 days	0
20 to 30 days	0

Question HS/MS D.6: During the past 30 days, on how many days did you smoke any cigars, cigarillos, or little cigars?

Table D5

Ever Smoke to Control Weight

	Grade 7 %
No	99
Yes	1

Question HS/MS D.2: Did you ever smoke to control your weight?

Attitudes and Beliefs

Table D6

Likelihood of Smoking in the Next Year

	Grade 7 %
Sure it will not happen	87
Probably will not happen	7
Even chance (50-50) that it will happen	3
Probably will happen	2
Will happen for sure	2

Question HS/MS D.15: How likely do you think it is that you will smoke one or more cigarettes in the next year?

Table D7

Agreement with Eight Statements About Smoking

	Grade 7 %
Smoking makes kids look grown up	9
Smoking makes your teeth yellow	90
Smoking is cool	10
Smoking makes you smell bad	83
Smoking helps you make friends	7
Smoking is bad for your health	83
Smoking helps you relax	8
Smoking helps control your weight	11

Question HS/MS D.17-24: Please indicate whether or not you agree with the following statements… Percent responding "Very much agree" or "agree."

Table D8

Estimated Prevalence of Adult Cigarette Smoking at Least Once a Month

	Grade 7 %
None of them	26
Some	62
Many	8
Most or all	4

Question HS/MS D.16: About how many adults you know smoke cigarettes?

Access to Cigarettes

Table D9

Sources for Obtaining Cigarettes

	Grade 7 %
Didn't smoke in the past 30 days	99
Bought them in a store	0
Bought them from a vending machine	0
Gave someone else money to buy them	1
Borrowed them from someone else	0
Took them from store or family member	0
A friend gave them to me	0
Person 18 years or older gave them to me	0
Other people gave them to me	0
Got them some other way	0

Question HS/MS D.5: If you smoked cigarettes during the past 30 days, how did you usually get them? (Select only one response.)

Smoking Cessation

Table D10

Current Desire to Quit Smoking Cigarettes

	Grade 7 %
Don't smoke	98
No	1
Yes	1

Question HS/MS D.7: If you now smoke cigarettes, would you like to quit smoking?

Table D11

Lifetime Frequency of Smoking Cessation Attempts

	Grade 7 %
Don't smoke cigarettes; does not apply	*99*
0 times	*0*
One or more times	*1*
1 time	0
2 to 3 times	1
4 or more times	0

Question HS/MS D.8: How many times have you tried to quit smoking cigarettes?

Table D12

Type of Help Sought at School to Help Quit Smoking, Past 12 Months

	Grade 7 %
Went to a special group or class	0
Talked to an adult at school	0
Talked to a peer helper	1

Question HS/MS D.9-11: If you used tobacco during the past 12 months, did you do any of the following things at school to get help to quit using?

Prevention Program Exposure

Table D13

Tobacco Education in School, Past 12 Months

	Grade 7 %
No	54
Yes	24
Not sure	21

Question HS/MS D.13: During the past 12 months, did you do any of these things at school? Have lessons about tobacco and its effects on the body.

Table D14

Refusal Skills Training in School, Past 12 Months

	Grade 7 %
No	58
Yes	22
Not sure	20

Question HS/MS D.14: During the past 12 months, did you do any of these things at school? Practice different ways to refuse or say "no" to tobacco offers.

Table D15

Perceived Ability to Refuse Friend's Offer of Cigarettes

	Grade 7 %
Very hard	8
Hard	2
Easy	15
Very easy	75

Question HS/MS D.12: How hard would it be for you to refuse or say "no" to a friend who offered you a cigarette to smoke?

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Mental and Physical Health Module E

CALIFORNIA Safe and Healthy Kids PROGRAM OFFICE

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Section E

	Grade 7
Student Sample Size	
Target Sample	281
Final Number	105
Average Response Rate - Module E	**37%**

Table E1

Eating/Drinking of Fruits and Vegetables at Least Once per Day, Past 24 Hours

	Grade 7 %
100% fruit juices	68
Fruit	86
Vegetables	90
Five or more portions of any	57

Question HS/MS E6, 8-9: During the past 24 hours (yesterday), how many times did you…

Table E2

Drinking of Milk and Eating of Yogurt, Past 24 Hours

	Grade 7 %
0 times	10
1 time	14
2 times	18
3 times	25
4 times	12
5 or more times	22

Question HS/MS E4: During the past 24 hours (yesterday), how many times did you drink milk or eat yogurt? (In any form, including in cereal.)

Table E3

Drinking of Soda Pop, Past 24 Hours

	Grade 7 %
0 times	58
1 time	20
2 times	11
3 times	3
4 times	1
5 or more times	8

Question HS/MS E5: During the past 24 hours (yesterday), how many times did you drink soda pop?

Table E4

Eating of Fried Potatoes, Past 24 Hours

	Grade 7 %
0 times	46
1 time	34
2 times	8
3 times	5
4 times	1
5 or more times	6

Question HS/MS E7 During the past 24 hours (yesterday), how many times did you eat French fries, potato chips, or other fried potatoes?

Table E5

Exercise on at Least Three of the Past Seven Days

	Grade 7 %
Exercise or do a physical activity for at least 20 minutes that made you sweat and breathe hard	95
Participate in a physical activity for at least 30 minutes that did not make you sweat and breathe hard	58
Either	96

Question HS/MS E1-2: On how many of the past 7 days did you…?

Table E6

Frequency of Exercise to Strengthen or Tone Muscles, Past Seven Days

	Grade 7 %
0 days	14
1 - 2 days	23
3 or more days	63

Question HS/MS E3: On how many of the past 7 days did you...do exercises to strengthen or tone your muscles? (For example, push-ups, sit-ups, or weight lifting.)

Table E7

Student Body Mass Index

	Grade 7 %
Underweight	5
Acceptable	77
At risk of overweight	14
Overweight	4

Questions at End of Survey: How tall are you without your shoes on? How much do you weigh without your shoes on?

Table E8

Desired Level of Action on Weight

	Grade 7 %
Lose weight	32
Gain weight	14
Stay the same weight	22
Not trying to do anything about weight	32

Question HS/MS E.11: Which of the following are you trying to do about your weight?

Table E9

Actions Taken to Lose/Maintain Weight, Past 30 Days

	Grade 7 %
Exercise	64
Eat less food, fewer calories, or foods low in fat	31
Go without eating for 24 hours or more	8
Take diet pills, powders, or liquids without doctor's advice	2
Vomit or take laxatives	3

Question HS/MS E.12-16: During the past 30 days, did you do any of the following things to lose weight or to keep from gaining weight?

Table E10

Perception of Weight

	Grade 7 %
Very underweight	10
Slightly underweight	18
About the right weight	48
Slightly overweight	21
Very overweight	2

Question HS/MS E.17: How do you describe your weight?

Table E11

Average TV/Video Game Usage During School Days

	Grade 7 %
None	10
Less than 1 hour	17
1 hour	27
2 hours	27
3 hours	11
4 hours	3
5 hours or more	4

Question HS/MS E.18: On an average school day, how many hours do you watch TV or play video games?

Table E12

Participation in Sports Teams, Past 12 Months

	Grade 7 %
None	30
1 team	19
2 teams	24
3 or more teams	27

Question HS/MS E19: During the past 12 months, on how many sports teams did you play? (Include school sponsored and any other sports teams.)

Table E13

Occurrence of Seat Belt Use in Vehicle Driven By Someone Else

	Grade 7 %
Never	2
Rarely	1
Sometimes	5
Most of the time	16
Always	75

Question HS/MS E.20: How often do you wear a seat belt when riding in a car driven by someone else?

Table E14

Occurrence of Bike Helmet Use, Past 12 Months

	Grade 7 %
Did not ride bicycle	25
Never	7
Rarely	5
Sometimes	5
Most of the time	28
Always	30

Question HS/MS E.21: When you rode a bicycle during the past 12 months, how often did you wear a helmet?

Table E15

Average Days of Physical Activity in Phys. Ed. Class, Per Week

	Grade 7 %
0 days	0
1 day	1
2 days	1
3 days	3
4 days	78
5 days	17

Question HS/MS E.22: In an average week, on how many days do you have physical activity in your physical education class (P.E. or gym)?

Table E16

Estimated Actual Minutes Exercising in Phys. Ed. Class

	Grade 7 %
Do not take P.E.	6
Less than 10 minutes	3
10 to 20 minutes	4
21 to 30 minutes	7
More than 30 minutes	79

Question HS/MS E.23: During an average physical education (P.E.) class, how many minutes do you spend actually exercising or playing sports?

Table E17

Regular Medical Check Up, Past 12 Months

	Grade 7 %
No	18
Yes	82

Question HS/MS E.24: During the past 12 months, did you have a regular check up with a doctor when you were not sick or injured?

Table E18

Visit Dentist, Past 12 Months

	Grade 7 %
No	11
Yes	89

Question HS/MS E.25: During the past 12 months, did you visit a dentist for an examination, teeth cleaning, or dental work?

Table E19

Vitamin Use, Past 7 Days

	Grade 7 %
0 days	50
1 to 2 days	15
3 to 4 days	9
5 to 6 days	6
Daily	20

Question HS/MS E.26: During the past 7 days, how many days did you take a vitamin?

Table E20

AIDS/HIV Infection Education at School

No
Yes
Not sure

Question HS E.27: Have you ever been taught about AIDS or HIV infection at school?

Table E21

Students With Asthma

	Grade 7 %
No	69
Yes	20
Don't know	11

Question HS/MS E10: Has a doctor ever told you or your parent/guardian that you have asthma?

Table E22

Episode of Asthma or Asthma Attack, Past 12 Months

	Grade 7 %
No	90
Yes	10

Question HS E.28/MS E.27: During the past 12 months, have you had an episode of asthma or an asthma attack?

Table E23

Unable to Complete a Sentence Due to Shortness of Breath, Past 12 Months

	Grade 7 %
No	66
Yes	34

Question HS E.29/MS E.28: During the past 12 months, have you ever had a cough, chest tightness, trouble breathing, or wheezing that was so bad that you could not finish saying a sentence?

Table E24

Been to the Emergency Room or Stayed in Hospital Due to Shortness of Breath, Past 12 Months

	Grade 7 %
No	93
Yes	7

Question HS E.30/MS E.29: During the past 12 months, have you been to the emergency room or stayed overnight in the hospital because of a cough, chest tightness, trouble breathing, or wheezing?

Table E25

Used Medicine for Asthma Symptoms, Past 12 Months

	Grade 7 %
No	82
Yes	18

Question HS E.31/MS E.30: During the past 12 months, have you used a medicine (inhaler, puffer, or a breathing machine) to treat a cough, chest tightness, trouble breathing or wheezing?

Table E26

Frequency of Asthma Symptoms, Past 30 days

	Grade 7 %
Never	67
2 days a week or less	27
More than 2 days each week but not every day	4
Every day	2

Question HS:32/MS E.31: During the past 30 days, about how many days each week have you had a cough, chest tightness, trouble breathing, or wheezing when you did not have a cold or flu?

Table E27

Woke Up Because of Asthma Symptoms, Past 30 days

	Grade 7 %
Never	88
2 nights	10
3 or 4 nights	1
More than 4 nights but not every night	1
Every night or almost every night	0

Question HS:33/MS E.32: During the past 30 days, about how many nights did you wake up because of a cough, chest tightness, trouble breathing, or wheezing when you did not have a cold or flu?