CALIFORNIA healthy kids SURVEY

Fort Bragg Unified School District

Elementary
2008-2009
Technical Report

This report contains information specific to your district or school. For general explanatory information about the survey and the items, please refer to the Technical Report Narratives available on our website: www.wested.org/chks/narratives

Sample Characteristics

Note: Tables 3.1 through 5.3 include results by gender.

Table 1.1

Student Sample Characteristics

	Grade 5
Student Sample Size	
Target Sample	156
Final Sample (Number of Respondents)	92
Average Response Rate	**59%**

Table 2.1

Age of Sample

	Grade 5 Total %
7 years old, or younger than 7	0
8 years old	0
9 years old	2
10 years old	87
11 years old	11
12 years old	0
13 years old or older than 13	0

Question ES 2, 4: How old are you? What grade are you in?

Table 2.2

Gender of Sample

	Grade 5 Total %
Female	61
Male	39

Question ES 3: Are you female or male?

Table 2.3

Number of Times Moved, Past Year

	Grade 5 Total %
0 times	51
1 time	27
2 times or more times	22

Question ES 5: During the past year, how many times have you moved (changed where you live)?

Table 2.4

Perceived Ability With School Work

	Grade 5 Total %
One of the best students	17
Better than most students	27
About the same as others	45
Don't do as well as most others	11

Question ES 16: How well do you do in your school work?

Alcohol and Other Drug (AOD) Use

Table 3.1

Ever Used Alcohol or Other Drugs, Lifetime

	Grade 5		
	Female %	Male %	Total %
Alcohol, one or two sips	27	40	33
Alcohol, a full glass	4	6	4
Inhalants (to get high)	0	9	3
Marijuana *	0	6	2
None of the above	69	51	62
Any of the above	31	49	38

Questions ES 32, 33, 34: Have you ever drunk beer, wine, or other alcohol? Have you ever sniffed something through your nose to get "high?" Have you ever smoked any marijuana (pot, grass, weed)?

Table 3.2

Any Alcohol Use, Past Month

	Grade 5		
	Female %	Male %	Total %
No	87	76	82
Yes, I drank one or two sips	13	21	17
Yes, I drank a full glass	0	3	1

Question ES 39: In the past month, did you drink any beer, wine or other alcohol?

**** = CDE-Recommended SDFSC/TUPE Performance Indicator***

Table 3.3

Any AOD Use Before/During School, Lifetime

	Grade 5		
	Female %	Male %	Total %
No	100	97	99
Yes	0	3	1

Question ES 35: Have you ever used alcohol or an illegal drug like marijuana before school or at school?

Table 3.4

Perception of Health Risk of Alcohol and Marijuana Use

	Grade 5		
	Female %	Male %	Total %
Alcohol			
No, not bad	2	6	3
Yes, a little bad	33	37	34
Yes, very bad	65	57	63
Marijuana			
No, not bad	0	6	2
Yes, a little bad	9	9	9
Yes, very bad	76	71	75
I don't know what marijuana is	15	14	14

Question ES 37-38: Do you think drinking alcohol (beer, wine, liquor) is bad for a person's health?
Do you think using marijuana (pot, grass, weed) is bad for a person's health?

Tobacco Use

Table 4.1

Lifetime and Current Use of Cigarettes and Smokeless Tobacco

	Grade 5		
	Female %	Male %	Total %
Ever smoked a cigarette *	0	9	3
Part of a cigarette, like one or two puffs	0	6	2
A whole cigarette	0	3	1
Smoked a cigarette in the past month	0	3	1
Ever chewed tobacco or snuff	0	3	1

Questions ES 30, 40, 31. Have you… In the past month, did you…

Table 4.2

Perception of Health Risk of Cigarette Smoking

	Grade 5		
	Female %	Male %	Total %
No, not bad	0	3	1
Yes, a little bad	5	6	5
Yes, very bad	95	91	93

Question ES 36: Do you think smoking cigarettes is bad for a person's health?

**** = CDE-Recommended SDFSC/TUPE Performance Indicator***

Violence and Safety

Table 5.1

Perceived Feeling Safe At or Outside of School

	Grade 5		
	Female %	Male %	Total %
Do you feel safe at school?			
No, never	2	3	2
Yes, some of the time	15	20	18
Yes, most of the time	35	37	36
Yes, all of the time *	48	40	44
Do you feel safe outside of school?			
No, never	4	3	3
Yes, some of the time	24	21	23
Yes, most of the time	35	44	39
Yes, all of the time	37	32	34

Question ES 28, 29: Do you feel safe at school? Do you feel safe outside of school?

**** = To be used for the CDE-Recommended SDFSC/TUPE Performance Indicator "The percentage of students that feel very safe at school"***

Table 5.2

Frequency of Being Harassed on School Property

	Grade 5		
	Female %	Male %	Total %
Been hit or pushed			
No, never	60	43	53
Yes, some of the time	27	40	32
Yes, most of the time	7	6	8
Yes, all of the time	5	11	8
Mean rumors spread about you			
No, never	55	49	51
Yes, some of the time	33	34	35
Yes, most of the time	4	9	5
Yes, all of the time	9	9	9

Question ES 23, 24: Do other kids hit or push you at school when they are not just playing around? Do other kids at school spread mean rumors or lies about you?

Table 5.3

Frequency of Harassing on School Property, Past Year

	Grade 5		
	Female %	Male %	Total %
Have hit or pushed other kids			
0 times	71	50	63
1 time	15	26	20
2 times	11	12	11
3 or more times	4	12	7
Have spread mean rumors about other kids			
0 times	67	69	67
1 time	24	14	20
2 times	6	11	9
3 or more times	4	6	4

Question ES 21, 22: During the past year, how many times have you...hit or pushed other kids at school when you were not playing around? …spread mean rumors or lies about other kids at school?

Table 5.4

Weapons (Gun or Knife) on School Property, Past Year

	Grade 5 Total %
Brought weapon to school	
No	97
Yes	3
Saw another kid with a weapon at school	
No	68
Yes	32

Question ES 25, 26: During the past year… did you ever bring a gun or knife to school? …have you ever seen another kid with a gun or knife at school?

Table 5.5

Frequency of Being Home Without Adult Supervision

	Grade 5 Total %
No, never	52
Yes, some of the time	39
Yes, most of the time	8
Yes, all of the time	1

Question ES 27: Are you home alone after school?

Table 5.6

Frequency of Seat Belt and Helmet Use

	Grade 5 Total %
When you ride in a car do you wear a seat belt?	
No, never	0
Yes, some of the time	10
Yes, most of the time	12
Yes, all of the time	78
When you ride a bicycle do you wear a helmet?	
I do not ride a bicycle	11
No, never	8
Yes, some of the time	25
Yes, most of the time	19
Yes, all of the time	37

Question ES 7, 8: When you ride in a car do you wear a seat belt? When you ride a bicycle do you wear a helmet?

Physical Health

Table 6.1

Breakfast Consumption

	Grade 5 Total %
No	15
Yes	85

Question ES 6: Did you eat breakfast this morning?

Table 6.2

Exercise During Week

	Grade 5 Total %
0 days	4
1 day	3
2 days	3
3 days	18
4 days	9
5 days	12
6 or 7 days	49

Question ES 50: How many days each week do you exercise, dance, or play sports?

Table 6.3

Frequency of Daily Television Watching and Video Game Playing

	Grade 5 Total %
None, I didn't watch TV yesterday	18
Less than 1 hour	38
About 1 hour	21
About 2 hours	12
3 or more hours	11

Question ES 53: Yesterday, how much time did you spend watching TV or playing video games?

Table 6.4

Body Image

	Grade 5 Total %
Do you think you are…	
Too skinny	8
About right	75
Too fat	17
Are you doing anything to try to lose weight?	
No	43
Yes	57
Ever been teased about your body at school?	
No	56
Yes	44

Question ES 47-49: Do you think you are too skinny, about right, or too fat? Are you doing anything to try to lose weight? Have other kids at school ever teased you about what your body looks like?

Table 6.5

Students with Asthma

	Grade 5 Total %
No	80
Yes	20

Question ES 52: Has a parent or some other adult ever told you that you have asthma?

Table 6.6

Asthma Symptoms While Not Exercising

	Grade 5 Total %
No	74
Yes	26

Question ES 51: When not exercising, do you ever have trouble breathing (for example, shortness-of-breath, wheezing, or a sense of tightness in your chest)?

Table 7.1

External and Internal Asset Scores (High, Moderate, and Low)

Percent of students scoring High, Moderate, and Low in Assets (%)	Grade 5		
	H	M	L
Total External Assets	68	29	3
Caring Relationships	75	23	2
High Expectations	78	19	3
Meaningful Participation	26	66	8
School Environment	57	39	4
Caring Relationships: Adults in School *	53	43	3
High Expectations: Adults in School *	63	35	2
Meaningful Participation *	12	80	8
Home Environment	78	19	3
Caring Relationships: Adults in Home	76	21	3
High Expectations: Adults in Home	89	8	3
Meaningful Participation	26	66	8
Personal School Connectedness*	58	38	3
Peer Environment			
High Expectations: Pro-social peers	54	41	4
Total Internal Assets	65	33	2
Empathy	46	50	4
Problem Solving	34	62	4
Goals and Aspirations	78	21	1

**** = CDE-Recommended SDFSC/TUPE Performance Indicator***

Table A7.2

School Connectedness

	Grade 5 Total %
I feel close to people in this school	
No, never	2
Yes, some of the time	18
Yes, most of the time	47
Yes, all of the time	33
I am happy to be at this school	
No, never	5
Yes, some of the time	20
Yes, most of the time	29
Yes, all of the time	46
I feel like I am part of this school	
No, never	2
Yes, some of the time	13
Yes, most of the time	36
Yes, all of the time	49
The teachers at this school treat students fairly	
No, never	16
Yes, some of the time	46
Yes, most of the time	30
Yes, all of the time	8
I feel safe in my school	
No, never	2
Yes, some of the time	18
Yes, most of the time	36
Yes, all of the time	44

Questions E9-12,28: Do you feel close to people at school?, Are you happy to be at this school?, Do you feel like you are part of this school?, Do teachers treat students fairly at school?, Do you feel safe at school?

Table A7.3

School Based Assets

At my school, there is a teacher or some other adult…	Grade 5 Total %
who really cares about me	
No, never	2
Yes, some of the time	20
Yes, most of the time	37
Yes, all of the time	41
who tells me when I do a good job	
No, never	3
Yes, some of the time	23
Yes, most of the time	38
Yes, all of the time	35
who listens when I have something to say	
No, never	1
Yes, some of the time	12
Yes, most of the time	25
Yes, all of the time	62
who believes that I can do a good job	
No, never	5
Yes, some of the time	25
Yes, most of the time	46
Yes, all of the time	24

Questions E14-15, 17-18; Do the teacher and other grown-ups at school care about you?, Do the teachers and other grown-ups at school tell you when you do a good job?, Do the teachers and other grown-ups at school listen when you have something to say?, Do the teachers and other grown-ups at school believe that you can do a good job?

Table A7.3 - ***Continued***

School Based Assets

	Grade 5 Total %
I help make class rules or choose things to do	
No, never	1
Yes, some of the time	10
Yes, most of the time	34
Yes, all of the time	54
I do things to be helpful at school	
No, never	5
Yes, some of the time	95
Yes, most of the time	0
Yes, all of the time	0

Question E13, 19: Do you help make class rules or choose things to do at school?, Do you do things to be helpful at school?

Table A7.4

Internal Assets

	Grade 5 Total %
I try to understand how other people feel	
No, never	3
Yes, some of the time	21
Yes, most of the time	35
Yes, all of the time	41
I feel bad when someone gets their feelings hurt	
No, never	0
Yes, some of the time	13
Yes, most of the time	30
Yes, all of the time	57
I know where to go for help with a problem	
No, never	22
Yes, some of the time	37
Yes, most of the time	21
Yes, all of the time	20
I try to work out problems by talking or writing	
No, never	2
Yes, some of the time	2
Yes, most of the time	22
Yes, all of the time	74

Question E41--44: Do you try to understand how other people feel?, Do you feel bad when someone gets their feelings hurt?, Do you know where to go for help?, Do you try to work out your problems by talking or writing about them?

Table A7.4 - *Continued*

Internal Assets

	Grade 5 Total %
I try to do my best	
No, never	16
Yes, some of the time	84
Yes, most of the time	0
Yes, all of the time	0
I have goals and plans for the future	
No, never	39
Yes, some of the time	48
Yes, most of the time	8
Yes, all of the time	6
I plan to go to college or some other school after high school?	
No	5
Yes	25

Question E45-46, 20: Do you try to do your best?, Do you have goals and plans for the future?, Do you plan to go to college or some other school after high school?

Table A7.5

Home Based Assets

At home, there is a parent or some other adult…	Grade 5 Total %
who cares about my schoolwork	
No, never	3
Yes, some of the time	3
Yes, most of the time	15
Yes, all of the time	78
who believes that I can do a good job	
No, never	4
Yes, some of the time	0
Yes, most of the time	9
Yes, all of the time	87
who wants me to do my best	
No, never	2
Yes, some of the time	14
Yes, most of the time	34
Yes, all of the time	50
who listens when I have something to say	
No, never	4
Yes, some of the time	20
Yes, most of the time	40
Yes, all of the time	35

Questions E56-59: Does a parent or some other grown up at home care about your schoolwork? Does a parent or some other grown-up at home want you to do your best?, Does a parent or some other grown-up at home listen when you have something to say?

Table A7.5 - *Continued*

Home Based Assets

	Grade 5 Total %
I help at home	
No, never	16
Yes, some of the time	39
Yes, most of the time	26
Yes, all of the time	19
I get to make rules or choose things to do at home	
No, never	0
Yes, some of the time	0
Yes, most of the time	0
Yes, all of the time	0

Question E60- 61: Do you help at home?, Do you get to make rules or choose things to do at home?

Table A7.6

Peer Based Assets

	Grade 5 Total %
My best friends get into trouble	
No, never	5
Yes, some of the time	15
Yes, most of the time	31
Yes, all of the time	48
My best friends try to do the right thing	
No, never	3
Yes, some of the time	3
Yes, most of the time	11
Yes, all of the time	83

Questions E54-55: Do your best friends get into trouble?, Do your best friends try to do the right thing?

Table 8.1
SDFSCA/TUPE Performance Indicators Recommended by CDE

Performance Indicator	5th Grade %
Tobacco Use	
The Percentage of students that have ever used cigarettes*	3%
Drug Use	
The percentage of students that have ever used marijuana**	2%
Safe Schools and Violence	
The percentage of students that feel very safe at school***	44%
Protective Factors	
The percentage of students that report high levels of caring relationships with a teacher or other adult at their school	53%
The percentage of students that report high levels of high expectations from a teacher or other adult at their school	63%
The percentage of students that report high levels of opportunities for meaningful participation at their school	12%
The percentage of students that report high levels of personal school connectedness	58%

**Includes students who smoked part of a cigarette and those who smoked a whole cigarette.*

***Excludes students who answered "I don't know what marijuana is"*

****Elementary students are asked how often they feel safe at school rather than how safe they felt, as in the secondary survey. This table reports those students who responded, "Yes, all of the time."*