



2023 Healthy Kids Colorado Survey: Middle School

This document includes all questions on the middle school version of the 2023 Healthy Kids Colorado Survey. School districts may request to add or remove questions. The middle school instrument does not include questions on sexual health or consent/sexual violence: these may be requested as an optional module. When administered online, skip logic is used to streamline the student survey experience, which means most students do not see all questions. Skip patterns are noted in specific questions below.

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STUDENT INSTRUCTIONS

You are about to take the Healthy Kids Colorado Survey. This survey is about your health and things that affect your health. Your answers are very important and will help your school, community, and state leaders support youth health for people your age right here in Colorado. Over 100,000 students from across the state took this survey in 2021!

This survey is anonymous, which means your answers cannot be tied to your name or identity in any way. No one will know how you answer and your responses will not be tracked by your student login or device. Your school has been asked to turn off any device monitoring programs and your teacher has been instructed to stay at the front of the classroom to respect your privacy.

Taking the survey is voluntary. You may choose not to answer some or all of the questions. If you are not comfortable answering a question, just leave it blank. Whether or not you answer the questions will not change your grade in this class.

When you are done with your survey, please read or sit quietly to allow everyone to finish in silence. Thank you!

DEMOGRAPHICS

1) How old are you? A. 10 years old or younger B. 11 years old C. 12 years old D. 13 years old E. 14 years old F. 15 years old G. 16 years old or older
2) What grade are you in? A. 6th grade B. 7th grade C. 8th grade D. Ungraded or other grade
3) What is your gender identity? A. Female B. Male C. Nonbinary D. I describe my gender identity another way: _____ [Note: if a student selects (D), they have the option to write in their answer] E. I am not sure about my gender identity (questioning)
4) 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
5) Which of the following best describes you? A. Heterosexual (straight) B. Gay or lesbian C. Bisexual D. Pansexual E. Asexual F. I describe my sexual identity another way: _____ [Note: if a student selects (F), they have the option to write in their answer] G. I am not sure about my sexual identity (questioning)
6) What racial or ethnic identity do you most identify with? (Select all that apply.) A. American Indian or Alaska Native B. Black or African American C. East or Southeast Asian D. Hispanic or Latinx E. Middle Eastern, North African, or Arab

<p>F. Native Hawaiian or Pacific Islander</p> <p>G. South Asian</p> <p>H. White</p> <p>I. I describe my racial or ethnic identity another way: _____</p> <p><i>[Note: if a student selects (I), they have the option to write in their answer]</i></p>
<p>7) What is the highest level of schooling your mother completed?</p> <p>A. Completed grade school or less</p> <p>B. Some high school</p> <p>C. Completed high school</p> <p>D. Some college</p> <p>E. Completed college</p> <p>F. Graduate or professional school</p> <p>G. Not sure</p>
<p>8) Do you have any physical disabilities or long-term health problems? (Long-term means 6 months or more.)</p> <p>A. Yes</p> <p>B. No</p> <p>C. Not sure</p>
<p>9) Do you have any long-term emotional problems or learning disabilities? (Long-term means 6 months or more.)</p> <p>A. Yes</p> <p>B. No</p> <p>C. Not sure</p>

BULLYING

The next section asks 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, fight, or tease each other in a friendly way.

<p>10) During the past 12 months, where were you bullied on school property? (Select all that apply.)</p> <p>A. I have not been bullied on school property in the past 12 months</p> <p>B. In a classroom</p> <p>C. In a hallway or stairwell</p> <p>D. In a bathroom or locker room</p> <p>E. In a cafeteria or lunch room</p> <p>F. On a bus or at a bus stop</p> <p>G. Outside on school property before school</p> <p>H. Outside on school property after school</p> <p>I. Outside on school property during lunch or break</p> <p>J. Somewhere else on school property</p>
<p>11) During the past 12 months, have you ever been electronically bullied? (Count being bullied through texting, social media, or any online platform.)</p> <p>A. Yes</p> <p>B. No</p>
<p>12) During the past 12 months, have you ever been bullied because of your actual or perceived: (Select all that apply.)</p> <p>A. I have not been bullied for any of these reasons in the past 12 months</p> <p>B. Race</p> <p>C. Ethnic background or national origin</p> <p>D. Sexual orientation</p> <p>E. Gender identity</p> <p>F. Religion</p> <p>G. Disability status (physical, mental, or developmental)</p> <p>H. Physical appearance</p>
<p>13) In the past 30 days, have you seen someone else being bullied on school property?</p> <p>A. Yes</p> <p>B. No</p>

VIOLENCE

The next section asks about experiences with violence. Information on free and confidential support services will be given at the end of the survey. As a reminder, your answers are anonymous and will be kept private. You may choose not to answer some or all of the questions.

- | |
|---|
| 14) During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?
A. 0 days
B. 1 day
C. 2 or 3 days
D. 4 or 5 days
E. 6 or more days |
| 15) During the past 12 months, how many times were you in a physical fight ?
A. 0 times
B. 1 time
C. 2 or 3 times
D. 4 or 5 times
E. 6 or 7 times
F. 8 or 9 times
G. 10 or 11 times
H. 12 or more times |
| 16) During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count things like being hit, slammed into something, or injured with an object or weapon.)
A. I did not date or go out with anyone during the past 12 months
B. 0 times
C. 1 time
D. 2 or 3 times
E. 4 or 5 times
F. 6 or more times |
| 17) [Note: this question is skipped if (A) is selected in #16 above]
During the past 12 months, did someone you were dating or going out with purposely try to control you or emotionally hurt you? (Count things like being told who you could and could not spend time with, being humiliated in front of others, or being threatened if you did not do what they wanted.)
A. Yes
B. No |

MENTAL HEALTH

The next section asks about stress, poor mental health, self-harm, trusted relationships, loss, and attempted suicide. Information on free and confidential support services will be given at the end of the survey. As a reminder, your answers are anonymous and will be kept private. You may choose not to answer some or all of the questions.

- | |
|--|
| 18) My stress level is manageable most days.
A. Strongly agree
B. Agree
C. Not sure
D. Disagree
E. Strongly disagree |
| 19) During the past 30 days, how often was your mental health not good? (Poor mental health includes stress, anxiety, and depression.)
A. Always
B. Most of the time
C. Sometimes
D. Rarely
E. Never |
| 20) During the past 12 months, did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose? |

A. Yes B. No
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
<i>The next three questions on this page ask you about attempted suicide.</i>
22) Have you ever seriously thought about killing yourself? A. Yes B. No
23) Have you ever made a plan about how you would kill yourself? A. Yes B. No
24) Have you ever tried to kill yourself? A. Yes B. No
25) If you had a serious problem, do you know an adult in or out of school who you could talk to or go to for help? A. Yes B. No C. Not sure
26) During your life, how often have you felt that you were able to talk to a friend about your feelings? A. Always B. Most of the time C. Sometimes D. Rarely E. Never
27) During the past 12 months, how many times has a friend told you they had thoughts of suicide? A. 0 times B. 1 time C. 2 or 3 times D. 4 or 5 times E. 6 or more times
28) In the event that you were concerned about your own or someone else's well-being or mental health, which of the following actions would you take? (Select all that apply.) A. Tell my parents or guardians B. Tell another trusted adult C. Tell a friend D. Submit an anonymous report through my school's safety reporting system E. Contact a crisis line F. None of the above
29) Have you ever experienced the death of a family member or close friend? A. Yes B. No

RACISM

The next section asks about experiences with racism. Racism is the disrespect, harm, and mistreatment of people based on their race or ethnicity.

30) During the past 12 months, have you experienced any of the following forms of racism? (Select all that apply.) A. Treated badly or unfairly in school because of your race or ethnicity B. Watched closely or followed around by security guards or store clerks at a store or mall because of your race or ethnicity C. People assumed you are less intelligent because of your race or ethnicity D. Seen your parents or other family members treated badly or unfairly because of the color of their skin, language, accent, or because they are from a different country or culture E. I did not experience any of these forms of racism

SUBSTANCE USE

The next section asks what you and adults in your life think about alcohol and other drugs, also known as substances. These questions are written in a new way, where the top question applies to each row in the table.

31) If you wanted to get any of the following substances, how easy would it be for you to get some?											
	Very hard	Sort of hard	Sort of easy	Very easy							
a) Cigarettes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
b) Electronic vapor products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
c) Alcohol (such as beer, wine, or hard liquor)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
d) Marijuana	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
e) Prescription pain medicine not prescribed to you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
32) How wrong do you think it is for someone your age to...?											
	Very wrong	Wrong	A little bit wrong	Not wrong at all							
a) Use electronic vapor products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
b) Drink alcohol regularly (at least once or twice a month)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
c) Use marijuana	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
d) Use prescription pain medicine without a doctor's prescription	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
33) How wrong do your parents or guardians think it would be for you to...?											
	Very wrong	Wrong	A little bit wrong	Not wrong at all							
a) Smoke cigarettes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
b) Use electronic vapor products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
c) Drink alcohol regularly (at least once or twice a month)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
d) Use marijuana	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
34) Out of every 10 students in your grade at school, how many do you think...?											
	0	1	2	3	4	5	6	7	8	9	10
a) Drank alcohol in the past 30 days	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) Used marijuana in the past 30 days	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ALCOHOL

The next section asks about drinking alcohol. This includes drinking beer, wine, flavored alcoholic beverages, and liquor such as rum, gin, vodka, whiskey, etc. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

35) 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 years old										
D. 10 years old										
E. 11 years old										
F. 12 years old										
G. 13 years old or older										
36) [Note: this question is skipped if (A) is selected in #35 above]										
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

TOBACCO

The next section asks about smoking cigarettes.

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

- A. I have never tried cigarette smoking, not even one or two puffs
- B. 8 years old or younger
- C. 9 years old
- D. 10 years old
- E. 11 years old
- F. 12 years old
- G. 13 years old or older

38) [Note: this question is skipped if (A) is selected in #37 above]

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

The next section asks about electronic vapor products, such as Puff Bar, Hyde, SMOK, ElfBar, JUUL, Vuse, MarkTen, and blu.

Electronic vapor products include e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods. Do not include marijuana.

39) How old were you when you used an electronic vapor product for the first time?

- A. I have never used an electronic vapor product
- B. 8 years old or younger
- C. 9 years old
- D. 10 years old
- E. 11 years old
- F. 12 years old
- G. 13 years old or older

40) [Note: this question is skipped if (A) is selected in #39 above]

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

41) How much do you think people risk harming themselves (physically or in other ways) if they use electronic vapor products every day? *Risk means the chance that something bad could happen.*

- A. Great risk
- B. Moderate risk
- C. Slight risk
- D. No risk

MARIJUANA

The next section asks about marijuana use. Marijuana is also 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.

42) 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 years old
- D. 10 years old
- E. 11 years old
- F. 12 years old
- G. 13 years old or older

43) *[Note: this question is skipped if (A) is selected in #42 above]*

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

44) *[Note: this question is skipped if (A) is selected in #42 above]*

During the past 30 days, how did you use marijuana? (Select all that apply.)

- A. I did not use marijuana in the past 30 days
- B. I smoked it
- C. I ate it (in an edible, candy, tincture, or other food)
- D. I used a vaporizer
- E. I dabbed it
- F. I used it in some other way

PRESCRIPTION PAIN MEDICINE

The next section asks about the use of prescription pain medicine not prescribed to you or differently than how a doctor told you to use it. For these questions, count drugs such as codeine, hydrocodone, Vicodin, OxyContin, and Percocet.

45) How old were you when you used prescription pain medicine not prescribed to you or differently than how a doctor told you to use it for the first time?

- A. I have never used prescription pain medicine not prescribed to me or differently than prescribed.
- B. 8 years old or younger
- C. 9 years old
- D. 10 years old
- E. 11 years old
- F. 12 years old
- G. 13 years old or older

NUTRITION

The next section asks 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.

46) During the past 7 days, how many times did you...?	0 times in the past 7 days	1 to 3 times in the past 7 days	4 to 6 times in the past 7 days	1 time per day	2 times per day	3 times per day	4 or more times per day
a) Eat fruit (do not count fruit juice)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) Eat vegetables , such as green salad, potatoes, carrots, and other vegetables (do not count french fries, fried potatoes, or potato chips)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c) Drink a can, bottle, or glass of soda or pop , such as Coke, Pepsi, or Sprite (do not count diet soda or diet pop)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

47) During the past 7 days, which of the following beverages did you drink a can, bottle, or glass of one or more times per day? (Select all that apply.)

- A. Sports drink, such as Gatorade or PowerAde (do **not** count low-calorie sports drinks such as Propel or G2)
- B. Energy drink, such as Red Bull or Monster (do **not** count diet energy drinks)
- C. Other sugar-sweetened beverage, such as lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or SunnyDelight
- D. Diet soda or pop, such as Diet Coke, Diet Pepsi, or Sprite Zero
- E. Plain water, such as tap, bottled, or unflavored sparkling water
- F. Something else

48) During the past 7 days, on how many days did you eat **breakfast**?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

49) During the past 30 days, how often did you go hungry because there was not enough food in your home?

- A. Always
- B. Most of the time
- C. Sometimes
- D. Rarely
- E. Never

PHYSICAL ACTIVITY

The next section asks about physical activity.

50) 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

- 51) On an average school day, how many hours do you spend in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media (also called "screen time")? (Do **not** count time spent doing schoolwork.)
- A. Less than 1 hour per day
 - B. 1 hour per day
 - C. 2 hours per day
 - D. 3 hours per day
 - E. 4 hours per day
 - F. 5 or more hours per day

BODY IMAGE & EATING DISORDERS

The next section asks about body image and eating disorders. Information on free and confidential support services will be given at the end of the survey. As a reminder, your answers are anonymous and will be kept private. You may choose not to answer some or all of the questions.

- 52) During the past 30 days, how often did you feel confident with your body image? *Body image is how you see yourself when you look in the mirror or when you picture yourself in your mind.*
- A. Always
 - B. Most of the time
 - C. Sometimes
 - D. Rarely
 - E. Never
- 53) During the past 30 days, how often did you worry about your physical appearance more than you wanted to?
- A. Always
 - B. Most of the time
 - C. Sometimes
 - D. Rarely
 - E. Never
- 54) During the past 30 days, did you try to lose weight or keep from gaining weight by going without eating for 24 hours or more; taking any diet pills, powders, or liquids; vomiting or taking laxatives; or skipping meals?
- A. Yes
 - B. No

HOME LIFE

The next section asks about your home life.

- 55) Do you feel safe and secure in your neighborhood?
- A. Definitely
 - B. Usually
 - C. Not often
 - D. Definitely not
- 56) During an average week, how many days do you provide care for someone in your family or household who is chronically ill (lasts 3 months or more), elderly, or disabled with activities they would have difficulty doing on their own?
- A. There is no one in the family or home who is chronically ill, elderly, or disabled who needs care
 - B. 0 days per week
 - C. 1 or 2 days per week
 - D. 3 to 5 days per week
 - E. 6 or 7 days per week

SCHOOL & COMMUNITY

The next section asks about your school and community.

- 57) Do you agree or disagree that you feel like you belong at your school?
- A. Strongly agree
 - B. Agree

<ul style="list-style-type: none"> C. Not sure D. Disagree E. Strongly disagree
<p>58) I feel safe at my school.</p> <ul style="list-style-type: none"> A. Definitely B. Usually C. Not often D. Definitely not
<p>59) Are your school grades better than the grades of most students in your class?</p> <ul style="list-style-type: none"> A. Definitely B. Usually C. Not often D. Definitely not
<p>60) How important do you think it is for you to finish high school?</p> <ul style="list-style-type: none"> A. Very important B. Important C. Not very important D. Not at all important
<p>61) During the past 12 months, who at your school has talked with you about your future plans after high school? (Select all that apply.)</p> <ul style="list-style-type: none"> A. School counselor B. Teacher C. Administrator, such as a principal or assistant principal D. Coach E. Another school staff member F. No one at my school has talked with me about my future plans
<p>62) During the past 12 months, did you participate in any of the following organized activities through your school or community? (Select all that apply.)</p> <ul style="list-style-type: none"> A. Sports (team or individual) B. Band C. Drama D. Clubs E. Student government F. Paid employment G. Another activity: _____ <p><i>[Note: if a student selects (G), they have the option to write in their answer]</i></p> <ul style="list-style-type: none"> H. I did not participate in any of these activities

OTHER HEALTH TOPICS

The next section asks about other health topics, such as sleep, seat belt use, gun safety, asthma, and time spent in nature.

<p>63) During the past 30 days, where did you usually sleep? (Select all that apply.)</p> <ul style="list-style-type: none"> 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. I do not have a usual place to sleep G. Somewhere else
<p>64) On an average school night, how many hours of sleep do you get?</p> <ul style="list-style-type: none"> A. 4 or fewer hours B. 5 hours C. 6 hours D. 7 hours E. 8 hours F. 9 hours

G. 10 or more hours
65) How often do you wear a seat belt when riding in a car driven by someone else? A. Always B. Most of the time C. Sometimes D. Rarely E. Never
66) How long would it take you to get and be ready to fire a loaded gun without a parent or other adult's permission? The gun could be yours or someone else's. A. I could not get a loaded gun B. Less than 10 minutes C. 10 or more minutes, but less than 1 hour D. 1 or more hours, but less than 4 hours E. 4 or more hours, but less than 24 hours F. 24 or more hours
67) <i>[Note: this question is skipped if (A) is selected in #66 above]</i> How would you be able to get a loaded gun without a parent or other adult's permission? (Select all that apply.) A. I could get a gun in or around my home B. I could get a gun from a friend or schoolmate C. I could get a gun from a family member D. I could buy or trade to get a gun E. I could steal a gun F. Some other way
68) Has a doctor or nurse ever told you that you have asthma? A. Yes B. No C. Not sure
69) During the past 12 months, how often did you go outdoors to spend time in nature? A. Every day B. Once a week C. Once a month D. A few times each year E. Rarely or never