



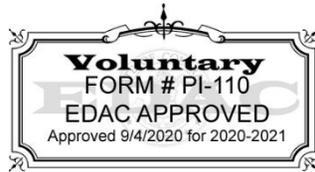
2020 HKCS Supplement: COVID-19

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to improve health education for young people like yourself.

The answers you give will be kept private. No one will know what you answer. Answer the questions based on what you really do. Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

The questions that ask about your background will be used only to describe the students completing this survey.

Make sure to read every question. When you are finished, follow the instructions of the person giving you the survey. Thank you.



****Questions that are new for the 2020 HKCS Supplement are in blue text – all others were part of the 2019 HKCS survey.***

1. Where are you right now while taking this survey?
 - A. In my school building
 - B. In my parent's or guardian's home
 - C. In some other location (e.g., friend's house, hotel room) that is not part of my school

2. In the past school week, how often did you go to your school building to attend class in person?
 - A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always

3. 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
 - H. 17 years old
 - I. 18 years old or older

4. What is your sex?
 - A. Female
 - B. Male

5. In what grade are you?
 - A. 6th grade
 - B. 7th grade

- C. 8th grade
 - D. 9th grade
 - E. 10th grade
 - F. 11th grade
 - G. 12th grade
6. Are you Hispanic or Latino?
- A. Yes
 - B. No
7. What is your race? **(Select one or more responses.)**
- A. American Indian or Alaska Native
 - B. Asian
 - C. Black or African American
 - D. Native Hawaiian or Other Pacific Islander
 - E. White
8. **The next question is similar to the previous questions, but asked in a different way.** 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
 - F. Native Hawaiian or Pacific Islander
 - G. South Asian
 - H. White
 - I. Biracial or Multiracial
 - J. Other
9. Which of the following best describes you?
- A. Heterosexual (straight)
 - B. Gay or lesbian
 - C. Bisexual
 - D. I describe my sexual identity some other way
 - E. I am not sure about my sexual identity (questioning)
 - F. I do not know what this question is asking
10. Some people describe themselves as transgender when their sex at birth does not match the way they think or feel about their gender. Are you transgender?
- A. No, I am not transgender
 - B. Yes, I am transgender
 - C. I am not sure if I am transgender
 - D. I do not know what this question is asking
11. What is the highest level of schooling your mother completed?
- A. Completed grade school or less
 - B. Some high school
 - C. Completed high school
 - D. Some college
 - E. Completed college
 - F. Graduate or professional school
 - G. Not sure

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

12. During the past 12 months, have you ever been **electronically** bullied? (Count being bullied through texting, Instagram, Facebook, or other social media.)
- A. Yes
 - B. No
13. During the past 12 months, have you ever been a victim of teasing or name calling because of your actual or perceived _____: (Select all that apply.)
- A. I have not been a target of teasing or name calling in the past 12 months
 - B. Race
 - C. Ethnic background or national origin
 - D. Sexual orientation (gay, lesbian, bisexual, or straight)
 - E. Gender identity (cisgender or transgender)
 - F. Religion
 - G. Disability status (physical, mental, or developmental)
 - H. Physical appearance

The next 7 questions ask about stress, sad feelings, and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.

14. My stress level is manageable most days.
- A. Strongly Agree
 - B. Agree
 - C. Not sure
 - D. Disagree
 - E. Strongly disagree
15. After a stressful situation, how many days does it take you to feel fully recovered?
- A. Less than 1 day
 - B. 1 to 2 days
 - C. 3 to 4 days
 - D. 5 to 6 days
 - E. 7 or more days
16. 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
17. **For high school students.** During the past 12 months, did you ever **seriously** consider attempting suicide?
- A. Yes
 - B. No
- For middle school students.** Have you ever **seriously** thought about killing yourself?
- A. Yes
 - B. No
18. **For high school students.** During the past 12 months, did you make a plan about how you would attempt suicide?
- A. Yes

B. No

For middle school students. Have you ever made a **plan** about how you would kill yourself?

- A. Yes
- B. No

19. **For high school students.** During the past 12 months, how many times did you actually attempt suicide?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

For middle school students. Have you ever **tried** to kill yourself?

- A. Yes
- B. No

20. If you had a serious problem, do you know an adult in or out of school whom you could talk to or go to for help?

- A. Yes
- B. No
- C. Not sure

The next 10 questions ask about substance use.

21. 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

22. If you wanted to get some cigarettes, how easy would it be for you to get some?

- A. Very hard
- B. Sort of hard
- C. Sort of easy
- D. Very easy

23. 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

24. If you wanted to get any electronic vapor products, how easy would it be for you to get some?

- A. Very hard
- B. Sort of hard
- C. Sort of easy

D. Very easy

25. 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

26. If you wanted to get some beer, wine, or hard liquor, how easy would it be for you to get some?

- A. Very hard
- B. Sort of hard
- C. Sort of easy
- D. Very easy

27. 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

28. If you wanted to get some marijuana, how easy would it be for you to get some?

- A. Very hard
- B. Sort of hard
- C. Sort of easy
- D. Very easy

29. During the past 30 days, how many times did you take **prescription pain medicine** without a doctor's prescription or differently than how a doctor told you to use it?

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

30. If you wanted to get **prescription drugs** not prescribed to you, how easy would it be for you to get some?

- A. Very hard
- B. Sort of hard
- C. Sort of easy
- D. Very easy

The next 3 questions ask about your home life.

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

- A. Never
- B. Rarely
- C. Sometimes

- D. Most of the time
- E. Always

32. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Count time spent playing games, watching videos, texting, or using social media on your smartphone, computer, Xbox, PlayStation, iPad, or other tablet.)
- A. I do not play video or computer games or use a computer for something that is not school work
 - B. Less than 1 hour per day
 - C. 1 hour per day
 - D. 2 hours per day
 - E. 3 hours per day
 - F. 4 hours per day
 - G. 5 or more hours per day
33. During the past 30 days, where did you usually sleep? **(Select all that apply.)**
- 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

The next 2 questions ask about your school.

34. How often do you feel that the school work you are assigned is meaningful and important?
- A. Never
 - B. Seldom
 - C. Sometimes
 - D. Often
 - E. Almost always
35. How interesting are most of your courses to you?
- A. Very interesting and stimulating
 - B. Quite interesting
 - C. Fairly interesting
 - D. Slightly boring
 - E. Very boring
36. Do you agree or disagree that you feel like you belong at your school?
- A. Strongly agree
 - B. Agree
 - C. Not sure
 - D. Disagree
 - E. Strongly disagree

The next 4 questions ask about experiences with racism. Racism is the disrespect, harm, and mistreatment of people based on their race or ethnicity.

37. During your life, how often have you felt that you were treated badly or unfairly in school because of your race or ethnicity?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
38. During your life, how often have you felt that you were watched closely or followed around by security guards or store clerks at a store or mall because of your race or ethnicity?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
39. During your life, how often have you felt that people assumed you are less intelligent because of your race or ethnicity?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
40. During your life, how often have you 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?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always

Beginning in early 2020, the United States, along with the rest of the world, experienced the coronavirus disease (COVID-19) pandemic. As part of the response to this pandemic, schools and businesses were closed and people were required to stay at home. Depending on where you live, your experience with the pandemic might still be going on now, or your community and your school might be somewhat back to normal. The next 11 questions ask about your experiences during this time, whether in the past or continuing now.

41. During the COVID-19 pandemic, how often was your mental health not good? (Poor mental health includes stress, anxiety, and depression.)
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
42. During the COVID-19 pandemic, did a parent or other adult in your home lose their job even for a short amount of time?
- A. My parents and other adults in my home did not have jobs before the COVID-19 pandemic started
 - B. Yes
 - C. No

43. During the COVID-19 pandemic, how often did you go hungry because there was not enough food in your home?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
44. Do you agree or disagree that doing your school work was more difficult during the COVID-19 pandemic than before the pandemic started?
- A. Strongly agree
 - B. Agree
 - C. Not sure
 - D. Disagree
 - E. Strongly disagree
45. During the COVID-19 pandemic, how often did a parent or other adult in your home swear at you, insult you, or put you down?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
46. During the COVID-19 pandemic, how often did a parent or other adult in your home hit, beat, kick, or physically hurt you in any way?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
47. Because of COVID-19, did you do any of the following more often? **(Select all that apply.)**
- A. Drink alcohol
 - B. Use marijuana
 - C. Use other drugs such as cocaine, LSD, amphetamines, or any other illegal drug
 - D. Vape or use e-cigarettes
 - E. Smoke cigarettes
 - F. Use prescription drugs without a doctor's prescription
 - G. Use social media
 - H. Feel more daily stress
 - I. Wash your hands
 - J. Visit a ""food pantry"" or other food donation location to receive donated groceries
 - K. Spend quality time with family
 - L. Exercise
48. During the COVID-19 pandemic, how often did you wear a mask or face covering in public when you were within six feet of another person?
- A. I was not within six feet of another person in public during the COVID-19 pandemic
 - B. Never
 - C. Rarely
 - D. Sometimes

- E. Most of the time
- F. Always

49. In the past 30 days, how often did you wear a mask in public when you were within six feet of another person?

- A. I was not within six feet of another person in public during the past 30 days
- B. Never
- C. Rarely
- D. Sometimes
- E. Most of the time
- F. Always

50. How at risk do you think your family and friends are for becoming infected with COVID-19?

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

51. How worried are you that your family or friends will become infected with COVID-19?

- A. Very worried
- B. Somewhat worried
- C. Not very worried
- D. Not worried at all

The next 2 questions ask about your friends and your neighborhood.

52. During your life, how often have you felt that you were able to talk to a friend about your feelings?

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

53. How often do you feel safe and secure in your neighborhood?

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