

2026 Youth Risk Behavior Survey - Grade 8 Students

This survey is about student attitudes and behavior regarding their health and wellness. It has been developed so you can tell us about things that may affect your health and well-being. The information you give will be used to improve Alexandria health and wellness and programs for young people like yourself.

The answers you give will be kept private. No one will know the answers you select. 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 types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

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

Thank you very much for your help.

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 is your sex?
 - a. Female
 - b. Male
3. 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
4. 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
5. What is your race and/or ethnicity? (**Select one or more responses**)
 - a. American Indian or Alaska Native
 - b. Asian
 - c. Black or African American
 - d. Hispanic or Latino
 - e. Native Hawaiian or Other Pacific Islander
 - f. White

6. How tall are you without your shoes on? Select your height in feet and inches.
- a. 4 ft 6 inches or less
 - b. 4 ft 7 inches
 - c. 4 ft 8 inches
 - d. 4 ft 9 inches
 - e. 4 ft 10 inches
 - f. 4 ft 11 inches
 - g. 5 ft
 - h. 5 ft 1 inch
 - i. 5 ft 2 inches
 - j. 5 ft 3 inches
 - k. 5 ft 4 inches
 - l. 5 ft 5 inches
 - m. 5 ft 6 inches
 - n. 5 ft 7 inches
 - o. 5 ft 8 inches
 - p. 5 ft 9 inches
 - q. 5 ft 10 inches
 - r. 5 ft 11 inches
 - s. 6 ft
 - t. 6 ft 1 inch
 - u. 6 ft 2 inches
 - v. 6 ft 3 inches
 - w. 6 ft 4 inches
 - x. 6 ft 5 inches or taller
7. How much do you weigh without your shoes on? Enter your weight in pounds. (Enter a value between 1 and 999)

The next questions ask about safety.

8. When you used a **bicycle, e-bike, scooter, e-scooter, skateboard, roller blades, or hoverboard** during the past 12 months, how often did you wear a helmet?
- a. I did not use a bicycle, e-bike, scooter, e-scooter, skateboard, roller blades, or hoverboard during the past 12 months
 - b. Never wore a helmet
 - c. Rarely wore a helmet
 - d. Sometimes wore a helmet
 - e. Most of the time wore a helmet
 - f. Always wore a helmet

9. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?
- a. 0 times
 - b. 1 time
 - c. 2 or 3 times
 - d. 4 or 5 times
 - e. 6 or more times

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

10. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?
- a. 0 days
 - b. 1 day
 - c. 2 or 3 days
 - d. 4 or 5 days
 - e. 6 or more days
11. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?
- a. 0 days
 - b. 1 day
 - c. 2 or 3 days
 - d. 4 or 5 days
 - e. 6 or more days
12. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?
- 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

13. 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
14. During the past 12 months how many times were you in a **physical fight on school property**?
- 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
15. Have you ever seen someone get physically attacked, beaten, stabbed, or shot in your neighborhood?
- a. Yes
 - b. No
16. In the past three months, have you personally seen a group at school or in the community that you would call a gang? (Gang is defined as a group of three or more people who share a name, sign, or symbol and commit crimes.)
- a. Yes
 - b. No
 - c. Not Sure
17. Have you ever been physically forced to have sexual intercourse when you did not want to?
- a. Yes
 - b. No
18. During the past 12 months, have you seen or heard people where you live be violent and abusive? (This is not 'play fighting' but could include serious hitting, shouting, throwing items, yelling, or name calling.)
- a. Yes
 - b. No

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

19. During your life, how often have you felt that you were treated badly or unfairly because of your race or ethnicity?
- a. Never
 - b. Rarely
 - c. Sometimes
 - d. Most of the time
 - e. Always
20. 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

The next 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.

21. During the past 12 months, have you ever been bullied **on school property**?
- a. Yes
 - b. No
22. During the past 12 months, have you ever been bullied when you were **not** on school property, such as on your way to or from school or wherever you spend your free time?
- a. Yes
 - b. No
23. During the past 12 months, have you ever been **electronically bullied or cyberbullied**? (Count being bullied through texting, Instagram, Facebook, Tik Tok, Snapchat or other social media.)
- a. Yes
 - b. No

The next question asks about significant problems. Problems are considered significant when you have them for two or more weeks, they keep coming back, they keep you from doing what you are supposed to do, or they make you feel like you cannot go on.

24. During the past 12 months, have you had **significant** problems with feeling very anxious, nervous, tense, scared, or like something bad was going to happen?
- a. Yes
 - b. No

The next question asks about hurting yourself on purpose.

25. Have you ever done something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?
- a. Yes
 - b. No

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

26. 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
27. During the past 12 months, did you ever **seriously** consider attempting suicide?
- a. Yes
 - b. No
28. During the past 12 months, did you make a plan about how you would attempt suicide?
- a. Yes
 - b. No
29. 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

The next questions ask about cigarette smoking.

30. How old were you when you first smoked a cigarette, even one or two puffs?

- a. I have never smoked a cigarette, 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

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

32. How old were you when you **first tried** an electronic vapor product?

- a. I have never tried 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

33. 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

34. During the past 30 days, how did you **usually** get your own electronic vapor products?

(Select only **one** response)

- a. I did not use any electronic vapor products during the past 30 days
 - b. I got or bought them from a friend, family member, or someone else
 - c. I bought them myself in a vape shop or tobacco shop
 - d. I bought them myself in a convenience store, supermarket, discount store, or gas station
 - e. I bought them myself at a mall or shopping center kiosk or stand
 - f. I bought them myself on the Internet, such as from a product website, vape store website, or website like eBay, Amazon, Facebook Marketplace, or Craigslist
 - g. I borrowed them from someone else or shared them with someone else
 - h. I took them from a store or another person (without permission)
 - i. I picked them up off the ground
 - j. I got them some other way
35. What is the **main** reason you have used electronic vapor products?
- a. I have never used an electronic vapor product
 - b. A friend or family member used them
 - c. To try to quit using other tobacco products
 - d. They cost less than other tobacco products
 - e. They are easier to get than other tobacco products
 - f. They are less harmful than other forms of tobacco
 - g. They are available in flavors, such as mint, candy, fruit, or chocolate
 - h. I felt pressured to use them because my peers were all using them
 - i. I used them for some other reason

The next question asks about other nicotine products.

36. During the past 30 days, on how many days did you use a nicotine pouch, such as ZYN, on!, Velo, Pillows, or Rouge?

- a. 0 days
- b. 1 or 2 days
- c. 3 to 5 days
- d. 6 to 9 days
- e. 10 to 19 days
- f. 20 to 29 days
- g. All 30 days

The next question asks about other people smoking in your home.

37. In the **past 3 months**, how frequently has **someone other than you** smoked tobacco products such as cigarettes, cigars, little cigars, pipes, or any other tobacco product **inside** your home (not counting decks, porches, or detached garages)?
- a. None
 - b. 1 to 2 days a week
 - c. 3 to 6 days a week
 - d. 7 days a week

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

38. 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
39. 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
40. During the past 30 days, on how many days did you have **4** or more alcoholic drinks in a row (if you are **female**) or **5** or more alcoholic drinks in a row (if you are **male**)?
- a. 0 days
 - b. 1 day
 - c. 2 days
 - d. 3 to 5 days
 - e. 6 to 9 days
 - f. 10 to 19 days
 - g. 20 or more days

41. During the past 30 days, how did you **usually** get the alcohol you drank?
- a. I did not drink alcohol during the past 30 days
 - b. I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station
 - c. I bought it at a restaurant, bar, or club
 - d. I bought it at a public event such as a concert or sporting event
 - e. I gave someone else money to buy it for me
 - f. Someone gave it to me
 - g. I took it from a store or family member (without permission)
 - h. I got it at a party
 - i. I got it some other way

The next questions ask about marijuana use. Marijuana is also called cannabis, pot, or weed. 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. 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

The next question asks about the use of prescription drugs without a doctor's prescription.

43. During the past 30 days, how many times did you take **prescription pain medicine** (such as codeine, Vicodin, OxyContin, Hydrocodone, or Percocet) 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

The next question asks about the use of over-the-counter (OTC) medicine like cold, allergy, or sleep medications. For this question count drugs like Coricidin ("triple c"), purple lean, Sudafed, Robitussin, and Benadryl.

44. During the past 30 days, how many times did you take an **over-the-counter drug** to relax or relieve anxiety?
- 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

The next questions ask about sexual behavior.

45. How old were you when you had sexual intercourse for the first time?
- a. I have never had sexual intercourse
 - 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
46. With how many people have you ever had sexual intercourse?
- a. I have never had sexual intercourse
 - b. 1 person
 - c. 2 people
 - d. 3 people
 - e. 4 people
 - f. 5 people
 - g. 6 or more people
47. Did you drink alcohol or use drugs before you had sexual intercourse the **last time**?
- a. I have never had sexual intercourse
 - b. Yes
 - c. No
48. The **last time** you had sexual intercourse, did you or your partner use a condom?
- a. I have never had sexual intercourse
 - b. Yes
 - c. No

49. Where do you usually get information about preventing pregnancy?
- a. Friends or other students at school
 - b. Parents, grandparents, or other family members
 - c. Internet or Social Media
 - d. School Health Class (Family Life Education or FLE)
 - e. Teen Wellness Center
 - f. Other doctor's office or health clinic that is NOT the Teen Wellness Center
 - g. After school programs or clubs
 - h. Other

The next 2 questions ask about body weight.

50. How do you describe your weight?
- a. Very underweight
 - b. Slightly underweight
 - c. About the right weight
 - d. Slightly overweight
 - e. Very overweight
51. Which of the following are you trying to do about your weight?
- a. Lose weight
 - b. Gain weight
 - c. Stay the same weight
 - d. I am not trying to do anything about my weight

The next question asks about beverages you drank during the past 7 days. Think about everything you drank from the time you got up until you went to bed. Be sure to include beverages you drank at home, at school, at restaurants, or anywhere else.

52. During the past 7 days, how many times did you drink a can, bottle, or glass of a sugar-sweetened beverage such as sodas (for example, Coke or Sprite), sports drinks (for example, Gatorade or Powerade), energy drinks (for example, Bloom, Monster, Alani Nu Red Bull, or Jolt), lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight? (Do not count sugar-free beverages).
- a. I did not drink sugar-sweetened beverages during the past 7 days
 - b. 1 to 3 times during the past 7 days
 - c. 4 to 6 times during the past 7 days
 - d. 1 time per day
 - e. 2 times per day
 - f. 3 times per day
 - g. 4 or more times per day

The next questions ask about food insecurity.

53. During the past 12 months, how often was your family worried that your food would run out before you got money to buy more?
- a. Never
 - b. Rarely
 - c. Sometimes
 - d. Most of the time
 - e. Always
54. During the past 12 months, how often did the food your family bought run out and they did not have money to buy more?
- a. Never
 - b. Rarely
 - c. Sometimes
 - d. Most of the time
 - e. Always

The next questions ask about screen time and social media.

55. On an average school day, how many hours do you spend in front of a TV, computer, smart phone, or other electronic device scrolling or 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
 - g. 6 or more hours per
56. How often do you use social media, such as Instagram, TikTok, Snapchat, and X (formerly known as Twitter)?
- a. I do not use social media
 - b. A few times a month
 - c. About once a week
 - d. A few times a week
 - e. About once a day
 - f. Several times a day
 - g. About once an hour
 - h. More than once an hour

The next questions ask about other health-related topics.

57. During the last 12 months, how many organized activities did you participate in after school, on the weekends and during the past summer? (activities include sports, lessons, workshops and other programs run by your school or community groups.)
- a. 0 extracurricular activities
 - b. 1 extracurricular activity
 - c. 2 extracurricular activities
 - d. 3 extracurricular activities
58. Which of the following topics have you learned about in school (**select one or more options**)?
- a. Sexually transmitted infections other than HIV, such as chlamydia, gonorrhea, or HPV
 - b. HIV/AIDS
 - c. Sexual safety
 - d. Reproductive systems
 - e. Relationship consent
 - f. Pregnancy prevention
 - g. None of the above
 - h. I am not sure
59. How do you describe your health in general?
- a. Excellent
 - b. Very good
 - c. Good
 - d. Fair
 - e. Poor
60. During the past 30 days, 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

61. During the past 12 months, when you have felt sad, empty, hopeless, angry, or anxious, how often did you get the kind of help you needed?
- a. I did not need help with any of these emotions during the past 12 months
 - b. Never
 - c. Rarely
 - d. Sometimes
 - e. Most of the time
 - f. Always
62. During the past 12 months, which of the following best describes your experience with counseling or therapy from a health professional, such as a doctor, nurse, psychologist, or therapist to help with emotions, concentration, behavior, or mental health?
- a. I did not receive counseling or therapy because I did not need it
 - b. I needed counseling or therapy but did not get it because of cost
 - c. I needed counseling or therapy but did not get it because I didn't know how or where to get help
 - d. I needed counseling or therapy but did not get it because of a wait list
 - e. I received counseling or therapy
63. When something stressful happens to you, how often can you deal with it in positive ways?
- a. Never
 - b. Rarely
 - c. Sometimes
 - d. Most of the time
 - e. Always
64. On an average school night, how many hours of sleep do you get?
- a. 4 or less hours
 - b. 5 hours
 - c. 6 hours
 - d. 7 hours
 - e. 8 hours
 - f. 9 hours
 - g. 10 or more hours
65. During the past 12 months, where did you usually sleep?
- a. In my parent's or guardian's home
 - b. In the home of a friend, family member, or other person because I had to leave my home or my parent or guardian cannot afford housing
 - c. In a shelter or emergency housing
 - d. In a motel or hotel
 - e. In a car, park, campground, or another public place
 - f. I do not have a usual place to sleep
 - g. Somewhere else

66. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?

- a. During the past 12 months
- b. Between 12 and 24 months ago
- c. More than 24 months ago
- d. Never
- e. Not sure

67. Has a doctor or nurse ever told you that you have asthma?

- a. Yes
- b. No
- c. Not sure

The next 2 questions ask about who you might talk to about serious concerns in your life.

68. If you had an important concern about drugs, alcohol, sex or some other serious issue, would you talk to your parent(s) or guardian(s) about it?

- a. Yes
- b. Probably yes
- c. I'm not sure
- d. Probably not
- e. No

69. If you had an important concern about drugs, alcohol, sex or some other serious issue, would you talk to a responsible adult other than your parents or guardians, such as a teacher, coach, mentor, counselor, youth program leader, family friend, or extended family member about it?

- a. Yes
- b. Probably yes
- c. I'm not sure
- d. Probably not
- e. No

The next questions ask about risk.

70. How much do you think people risk harming themselves (physically or in other ways) if they have five or more drinks of an alcoholic beverage (beer, wine, liquor) once or twice a week?

- a. No risk
- b. Slight risk
- c. Moderate risk
- d. Great risk

71. How much do you think people risk harming themselves (physically or in other ways) if they smoke one or more packs of cigarettes per day?
- a. No risk
 - b. Slight risk
 - c. Moderate risk
 - d. Great risk
72. How much do you think people risk harming themselves (physically or in other ways) if they smoke marijuana once or twice a week?
- a. No risk
 - b. Slight risk
 - c. Moderate risk
 - d. Great risk
73. How much do you think people risk harming themselves (physically or in other ways) if they use electronic vapor products like e-cigarettes, vapes, vape pens, e-cigs, e-cigars, e-hookahs, hookah pens, and mods one or more times a day? For this question think of products such as JUUL, Vuse, NJOY, Elf Bar, or Esco Bars.
- a. No risk
 - b. Slight risk
 - c. Moderate risk
 - d. Great risk

The next question asks about other students' behavior.

74. What percent of the students in your grade at school do you think drink beer, wine, or other alcoholic beverages? (Choose the one best answer)
- a. Less than 10%
 - b. About 25%
 - c. 50%
 - d. About 75%
 - e. 90% or more
 - f. Not sure

The next question asks about your grades in school.

75. During the past 12 months, how would you describe your grades in school?
- a. Mostly A's
 - b. Mostly B's
 - c. Mostly C's
 - d. Mostly D's
 - e. Mostly F's
 - f. None of these grades
 - g. Not sure