

MiPHY Basic - Middle School (2025-2026)

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

The answers you give will be kept private. No one will know how you respond. Answer the questions based on what you really do and think.

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 and select your response. When you are finished, follow the instructions of the person giving you the survey.

Directions

- Click on the response that best describes you.
- To change your answer, click on another option.
- You will only be able to choose one answer for each question (except question 6).
- Once you proceed to the next section, you will not be able to change your responses.

1. How old are you?

Answer choices:

- 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?

Answer choices:

- A. Female
- B. Male

3. In what grade are you?

Answer choices:

- A. 6th grade
- B. 7th grade
- C. 8th grade
- D. Ungraded

4. Are you Hispanic or Latino? (A person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin, regardless of race.)

Answer choices:

- A. Yes
- B. No

5. Are you of Arab or Chaldean origin?

Answer choices:

- A. Yes
- B. No

6. What is your race? (Select one or more responses. View definition by placing mouse arrow on the response.)

Answer choices:

- A. American Indian or Alaska Native
- B. Asian
- C. Black or African American
- D. Native Hawaiian or Other Pacific Islander
- E. White

7. How tall are you without your shoes on? (Click on your height in feet and inches. Example: 5 Feet 11 Inches.)

Answer choices:

- A. NULL

8. How much do you weigh without your shoes on? (Enter your weight in pounds. Example: 153 pounds.)

Answer choices:

- A. NULL

9. During the past 12 months, how would you describe your grades in school?

Answer choices:

- 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

The next questions ask about safety and violence.

10. Have you ever ridden in a car driven by someone who had been drinking alcohol?

Answer choices:

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

Matrix (only one answer per row)

Have you ever...

- 11. ...carried a weapon, such as a gun, knife, or club on school property?
- 12. ...been in a physical fight?
- 13. ...been in a physical fight on school property?

Answer choices:

- A. Yes
- B. No

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?

Answer choices:

- 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 has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?

Answer choices:

- 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

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

16. During the past 12 months, have you ever been bullied on school property?

Answer choices:

- A. Yes
- B. No

17. During the past 12 months, have you ever been electronically bullied? (Count being bullied through texting, Instagram, Facebook, or other social media.)

Answer choices:

- A. Yes
- B. No

Matrix (only one answer per row)

During the past 12 months, how many times at your school have you...

- 18. ...seen students get pushed, hit, kicked, or punched?
- 19. ...heard students get called mean names or get "put down"?
- 20. ...heard rumors or lies being spread about other students?
- 21. ...seen students left out of activities or games on purpose?
- 22. ...heard students threaten to hurt other students?
- 23. ...seen students wreck or damage other students' things?
- 24. ...read e-mail or website messages that spread rumors about other students?
- 25. ...read e-mail or website messages that contained threats to other students?

Answer choices:

- 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

These questions ask about attitudes toward safety and violence.

26. How wrong do your friends feel it would be for you to carry a weapon to school?

Answer choices:

- A. Very wrong
- B. Wrong
- C. A little bit wrong
- D. Not wrong at all

27. How wrong do your friends feel it would be for you to be in a physical fight?

Answer choices:

- A. Very wrong
- B. Wrong
- C. A little bit wrong
- D. Not wrong at all

28. How safe do you feel when you are at school?

Answer choices:

- A. Very safe
- B. Safe
- C. Neither safe nor unsafe
- D. Unsafe
- E. Very unsafe

29. How safe do you feel when you are in the neighborhood where you live?

Answer choices:

- A. Very safe
- B. Safe
- C. Neither safe nor unsafe
- D. Unsafe
- E. Very unsafe

These questions ask about tobacco, alcohol, and other drug use.

Alcohol use 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.

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

Marijuana is also called pot, weed, or cannabis. 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.

Remember, your answers will be confidential. This means your answers will not be shared.

Matrix (only one answer per row)

How old were you when you...

- 30. ...first tried cigarette smoking, even one or two puffs?
- 31. ...had your first drink of alcohol other than a few sips?
- 32. ...tried marijuana for the first time?

Answer choices:

- A. Never did it
- 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
- H. 14 years old or older

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Remember, your answers will be confidential. This means your answers will not be shared.

Matrix (only one answer per row)

During the past 30 days, on how many days did you...

33. ...smoke cigarettes?

34. ...use chewing tobacco, snuff, dip, snus, dissolvable tobacco products, or nicotine pouches, such as Copenhagen, Grizzly, Skoal, Camel Snus, on!, ZYN, or Velo? (Do not count any electronic vapor products.)

35. ...smoke cigars, cigarillos, or little cigars, such as Swisher Sweets, Middleton's (including Black & Mild), or Backwoods?

36. ...use an electronic vapor product?

37. ...have at least one drink of alcohol (more than just a few sips)?

Answer choices:

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

38. During the past 30 days, what is the largest number of alcoholic drinks you had in a row, that is, within a couple of hours?

Answer choices:

A. I did not drink alcohol during the past 30 days

B. 1 or 2 drinks

C. 3 drinks

D. 4 drinks

E. 5 drinks

F. 6 or 7 drinks

G. 8 or 9 drinks

H. 10 or more drinks

These questions ask about tobacco, alcohol, and other drug use.

Alcohol use 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.

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

Marijuana is also called pot, weed, or cannabis. 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.

Remember, your answers will be confidential. This means your answers will not be shared.

Matrix (only one answer per row)

During the past 30 days, on how many days did you...

39. ...use marijuana?

40. ...use marijuana on school property?

41. ...use derbisol?

42. ...sniff glue, or breathe the contents of spray cans, or inhale any paints or sprays to get high?

43. ...take a prescription drug (such as Ritalin, Adderall, or Xanax) without a doctor's prescription?

44. ...take pain medicine (such as codeine, Vicodin, OxyContin, hydrocodone, and Percocet) without a doctor's prescription or differently than how a doctor told you to use it?

Answer choices:

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

Matrix (only one answer per row)

Have you ever...

- 45. ...used any form of cocaine, including powder, crack, or freebase?
- 46. ...used methamphetamines (also called speed, crystal, crank, or ice)?
- 47. ...used a needle to inject any illegal drug into your body?

Answer choices:

- A. Yes
- B. No

These questions ask about tobacco, alcohol, and other drug availability.

48. During the past 30 days, how did you usually get your own cigarettes?

Answer choices:

- A. I did not smoke cigarettes during the past 30 days
- B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station
- C. I bought them from a vending machine
- D. I gave someone else money to buy them for me
- E. I borrowed (or bummed) them from someone else
- F. A person 18 years old or older gave them to me
- G. I took them from a store
- H. I took them from a family member
- I. I got them some other way

49. During the past 30 days, how did you usually get your own electronic vapor products? (Select only one response.)

Answer choices:

- A. I did not use any electronic vapor products during the past 30 days
- B. I bought them in a store such as a convenience store, supermarket, discount store, gas station, or vape store
- C. I got them on the Internet
- D. I gave someone else money to buy them for me
- E. I borrowed them from someone else
- F. A person 18 years old or older gave them to me
- G. I took them from a store or another person
- H. I got them some other way

50. During the past 30 days, how did you usually get the alcohol you drank?

Answer choices:

- 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
- H. I took it from a family member
- I. I got it some other way

51. During the past 30 days, where did you usually drink alcohol? (Select only one response.)

Answer choices:

- A. I did not drink alcohol during the past 30 days
- B. At my home
- C. At another person's home
- D. While riding in or driving a car or other vehicle
- E. At a restaurant, bar, or club
- F. At a public place such as a park, beach, or parking lot
- G. At a public event such as a concert or sporting event
- H. On school property

Matrix (only one answer per row)

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

- 52. ...cigarettes?
- 53. ...beer, wine, or hard liquor (for example, vodka, whiskey, or gin)?
- 54. ...marijuana?

Answer choices:

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

55. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?

Answer choices:

- A. Yes
- B. No

These questions ask your opinion about certain things.

Matrix (only one answer per row)

How much do you think people risk harming themselves (physically or in other ways) if they...

- 56. ...smoke one or more packs of cigarettes per day?
- 57. ...take one or two drinks of an alcoholic beverage nearly every day?
- 58. ...have five or more drinks of alcohol once or twice each weekend?
- 59. ...smoke marijuana once or twice a week?
- 60. ...try methamphetamines once or twice?
- 61. ...use prescription drugs that are not prescribed to them?

Answer choices:

- A. No risk
- B. Slight risk
- C. Moderate risk
- D. Great risk
- E. Can't say/Drug unfamiliar

These questions ask your opinion about certain things.

62. How do you feel about someone your age having one or two drinks of an alcoholic beverage nearly every day?

Answer choices:

- A. Neither approve nor disapprove
- B. Somewhat disapprove
- C. Strongly disapprove
- D. Don't know / can't say

Matrix (only one answer per row)

How wrong do your friends feel it would be for you to...

- 63. ...smoke tobacco?
- 64. ...have one or two drinks of an alcoholic beverage nearly every day?
- 65. ...smoke marijuana?
- 66. ...use prescription drugs not prescribed to you?

Answer choices:

- A. Very wrong
- B. Wrong
- C. A little bit wrong
- D. Not wrong at all

These questions ask about your family. For questions that refer to parents, please think about the person(s) who take(s) care of you.

Matrix (only one answer per row)

How wrong do your parents feel it would be for you to...

- 67. ...smoke cigarettes?
- 68. ...have one or two drinks of an alcoholic beverage nearly every day?
- 69. ...smoke marijuana?
- 70. ...use prescription drugs not prescribed to you?

Answer choices:

- A. Very wrong
- B. Wrong
- C. A little bit wrong
- D. Not wrong at all

71. Have your parents or other adults in your family ever talked with you about what they expect you to do or not to do when it comes to alcohol or other drug use?

Answer choices:

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

These questions ask about your friends.

Matrix (only one answer per row)

How many of your closest friends do you think have...

- 72. ...smoked cigarettes during the past 30 days?
- 73. ...been drunk during the past 30 days?
- 74. ...used marijuana during the past 30 days?

Answer choices:

- A. All of them
- B. Most of them
- C. Some of them
- D. None of them

These questions ask about body weight.

75. How do you describe your weight?

Answer choices:

- A. Very underweight
- B. Slightly underweight
- C. About the right weight
- D. Slightly overweight
- E. Very overweight

76. Which of the following are you trying to do about your weight?

Answer choices:

- A. Lose weight
- B. Gain weight
- C. Stay the same weight
- D. I am not trying to do anything about my weight

These questions ask about the 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.

Matrix (only one answer per row)

During the past 7 days, how many times did you...

- 77. ...drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)
- 78. ...eat fruit? (Do not count fruit juice.)
- 79. ...eat green salad?
- 80. ...eat potatoes? (Do not count french fries, fried potatoes, or potato chips.)
- 81. ...eat carrots?
- 82. ...eat other vegetables? (Do not count green salad, potatoes, or carrots.)
- 83. ...drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite? (Do not include diet soda or diet pop.)

Answer choices:

- A. Never 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

84. During the past 7 days, how many days did you eat breakfast?

Answer choices:

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

These questions ask about physical activity.

85. 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 spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)

Answer choices:

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

86. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

Answer choices:

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

87. During the past 12 months, how many times did you have a concussion from playing a sport or being physically active?

Answer choices:

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

88. 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.)

Answer choices:

- 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

These questions ask about your experiences at school.

89. How often do you feel that the school work you are assigned is meaningful and important?

Answer choices:

- A. Never
- B. Seldom
- C. Sometimes
- D. Often
- E. Almost Always

90. How interesting are most of your courses to you?

Answer choices:

- A. Very interesting and stimulating
- B. Quite interesting
- C. Fairly interesting
- D. Slightly dull
- E. Very dull

91. How important do you think the things you are learning in school are going to be for your later life?

Answer choices:

- A. Very important
- B. Quite important
- C. Fairly important
- D. Slightly important
- E. Not at all important

Matrix (only one answer per row)

Now thinking back over the past year in school, how often did you...

- 92. ...enjoy being at school?
- 93. ...hate being at school?
- 94. ...try to do your best work in school?

Answer choices:

- A. Never
- B. Seldom
- C. Sometimes
- D. Often
- E. Almost always

Matrix (only one answer per row)

At school...

- 95. ...I do interesting activities.
- 96. ...I help decide things like class activities or rules.
- 97. ...I do things that make a difference.

Answer choices:

- A. Not at all true
- B. A little true
- C. Pretty much true
- D. Very much true

Matrix (only one answer per row)

Choose the best answer to the following statements:

- 98. In my school, students have lots of chances to help decide things like class activities and rules.
- 99. There are lots of chances for students in my school to talk with a teacher one-on-one.
- 100. Teachers ask me to work on special classroom projects.
- 101. There are lots of chances for students in my school to get involved in sports, clubs, and other school activities outside of class.
- 102. I have lots of chances to be part of class discussions or activities.
- 103. My teacher(s) notices when I am doing a good job and lets me know about it.
- 104. The school lets my parents know when I have done something well.
- 105. I feel safe at my school.
- 106. My teacher(s) praise me when I work hard in school.

Answer choices:

- A. NO!
- B. no
- C. yes
- D. YES!

These questions ask about your community.

Mark the Big "NO!" if you think the statement is definitely not true for you.

Mark the little "no" if you think the statement is mostly not true for you.

Mark the little "yes" if you think the statement is mostly true for you.

Mark the Big "YES!" if you think the statement is definitely true for you.

Matrix (only one answer per row)

Choose the best answer to the following statements:

- 107. There are adults in my neighborhood I could talk to about something important.
- 108. My neighbors notice when I am doing a good job and let me know.
- 109. There are people in my neighborhood who encourage me to do my best.
- 110. There are people in my neighborhood who are proud of me when I do something well.

Answer choices:

- A. NO!
- B. no
- C. yes
- D. YES!

These questions ask about your family. For questions that refer to parents, mother, or father, please think about the person(s) who take(s) care of you. If the question does not apply to you, please leave it blank.

Mark the Big "NO!" if you think the statement is definitely not true for you.

Mark the little "no" if you think the statement is mostly not true for you.

Mark the little "yes" if you think the statement is mostly true for you.

Mark the Big "YES!" if you think the statement is definitely true for you.

Matrix (only one answer per row)

Choose the best answer to the following statements:

111. My parents notice when I am doing a good job and let me know about it.
112. How often do your parents tell you they're proud of you for something you've done?

Answer choices:

- A. Never or almost never
- B. Sometimes
- C. Often
- D. Always

Matrix (only one answer per row)

Choose the best answer to the following statements:

113. My parents ask me what I think before most family decisions affecting me are made.
114. Do you enjoy spending time with your mother?
115. Do you enjoy spending time with your father?
116. If I had a personal problem, I could ask my mom or dad for help.
117. My parents give me lots of chances to do fun things with them.
118. My parents ask if I've gotten my homework done.
119. People in my family have serious arguments.
120. Would your parents know if you did not come home on time?

Answer choices:

- A. NO!
- B. no
- C. yes
- D. YES!

These questions ask about health and safety.

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

Answer choices:

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

122. Do you still have asthma?

Answer choices:

- A. I have never had asthma
- B. Yes
- C. No
- D. Not sure

123. When was the last time you saw a doctor or nurse for a check-up or physical exam when you were not sick or injured?

Answer choices:

- A. During the past 12 months
- B. Between 12 and 24 months ago
- C. More than 24 months ago
- D. Never
- E. Not sure

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

Answer choices:

- A. During the past 12 months
- B. Between 12 and 24 months ago
- C. More than 24 months ago
- D. Never
- E. Not sure

125. During the past 30 days, where did you usually sleep?

Answer choices:

- 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

126. During the past 30 days, did you ever sleep away from your parents or guardians because you were kicked out, ran away, or were abandoned?

Answer choices:

- A. Yes
- B. No

127. During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?

Answer choices:

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

128. During your life, how often have you felt that you were able to talk to an adult in your family or another caring adult about your feelings?

Answer choices:

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

These questions ask your estimates about certain things and for more information about your friends.

Matrix (only one answer per row)

Now think about all the students in your grade at your school. How many of them do you think...

129. ...smoke one or more cigarettes a day?

130. ...drank alcohol sometime in the past month?

131. ...used marijuana sometime in the past month?

132. ...used an illegal drug in the past month (not including marijuana)?

Answer choices:

- A. None (0%)
- B. Few (1-10%)
- C. Some (11-30%)
- D. Half or less (31-50%)
- E. Half or more (51-70%)
- F. Most (71-90%)
- G. Almost all (91-100%)

Matrix (only one answer per row)

Think about your four best friends (the friends you feel closest to). In the past year (12 months), how many of your best friends have...

133. ...participated in clubs, organizations, or activities at school?

134. ...made a commitment to stay drug-free?

135. ...liked school?

136. ...regularly attended religious services?

137. ...tried to do well in school?

Answer choices:

- A. None of my friends
- B. 1 of my friends
- C. 2 of my friends
- D. 3 of my friends
- E. 4 of my friends

These questions ask about experiences with parents or other adults in your home.

138. During your life, how often has a parent or other adult in your home insulted you or put you down?

Answer choices:

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

139. During your life, how often has a parent or other adult in your home hit, beat, kicked, or physically hurt you in any way?

Answer choices:

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

140. Have you ever lived with a parent or guardian who was having a problem with alcohol or drug use?

Answer choices:

- A. Yes
- B. No

141. Have you ever lived with a parent or guardian who had severe depression, anxiety, or another mental illness, or was suicidal?

Answer choices:

- A. Yes
- B. No