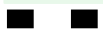
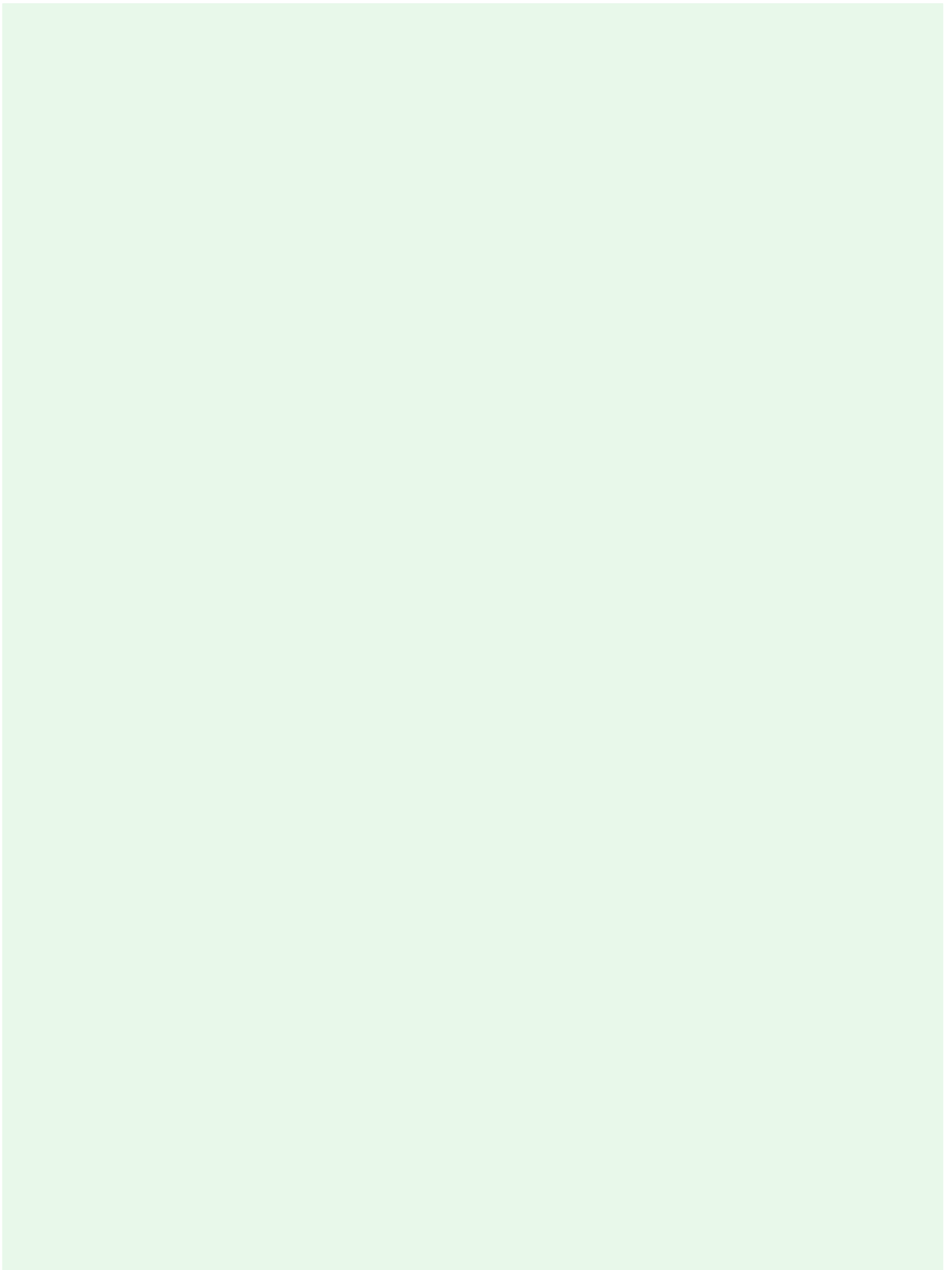


2006 - 2007

Youth Smoking Survey

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About You

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1. What grade are you in?

- Grade 4
- Grade 5
- Grade 6
- Grade 7
- Grade 8
- Grade 9
- Grade 10
- Grade 11
- Grade 12

Quebec Students only

- Grade 4
- Grade 5
- Grade 6
- Secondary I
- Secondary II
- Secondary III
- Secondary IV
- Secondary V

2. How old are you?

- 8 years or younger
- 9 years
- 10 years
- 11 years
- 12 years
- 13 years
- 14 years
- 15 years
- 16 years
- 17 years
- 18 years or older

3. Are you a ...

- Girl?
- Boy?

4. Are you an aboriginal person?

- Yes, First Nations
- Yes, Métis
- Yes, Inuit
- No, I am not an aboriginal person

5. What language do you speak most often at home?

- English
- French
- Other

6. How many years have you lived in Canada?

- Born in Canada
- 1 to 2 years
- 3 to 5 years
- 6 to 10 years
- 11 or more years

7. On average, how many hours a day do you watch TV or videos?

- I do not watch TV or videos
- Less than one hour a day
- 1 to 2 hours a day
- 3 to 4 hours a day
- 5 to 6 hours a day
- 7 or more hours a day

8. How often do you read for fun (not for school)?

- Every day
- A few times per week
- Once per week
- A few times a month
- Less than once a month
- Almost never

9. Including graduated licenses, do you currently have a valid driver's license?

- Yes
- No
- No, but I had one in the past 12 months
- I do not know

10. About how much money do you usually get each week to spend on yourself or to save?
(Remember to include all money from allowances and jobs like babysitting, delivering papers...)

- Zero
- \$1 to \$5
- \$6 to \$10
- \$11 to \$20
- \$21 to \$40
- \$41 to \$100
- More than \$100
- I do not know how much money I get each week

11. Please indicate the first 3 digits of the postal code of where you live.

Example: Your postal code is A1B 2C3. You fill in:

A	1	B
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--	--	--

- I do not know

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A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
0 1 2 3 4 5 6 7 8 9
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

For the next 3 questions, choose the answer that describes how you feel about the statement.

12. In general, I like the way I am.

- True
- Mostly true
- Sometimes true / sometimes false
- Mostly false
- False

13. When I do something, I do it well.

- True
- Mostly true
- Sometimes true / sometimes false
- Mostly false
- False

14. I like the way I look.

- True
- Mostly true
- Sometimes true / sometimes false
- Mostly false
- False

Your Experience with Smoking

15. Are you a smoker?

- Yes
- No

16. Have you ever tried cigarette smoking, even just a few puffs?

- Yes
- No

17. How old were you when you first tried smoking cigarettes, even just a few puffs?

- I have never done this
- I do not know
- 8 years or younger
- 9 years
- 10 years
- 11 years
- 12 years
- 13 years
- 14 years
- 15 years
- 16 years
- 17 years
- 18 years or older

18. Do you think in the future you might try smoking cigarettes?

- Definitely yes
- Probably yes
- Probably not
- Definitely not

19. If one of your best friends was to offer you a cigarette would you smoke it?

- Definitely yes
- Probably yes
- Probably not
- Definitely not

20. At any time during the next year do you think you will smoke a cigarette?

- Definitely yes
- Probably yes
- Probably not
- Definitely not

21. Do you think it would be difficult or easy for you to get cigarettes if you wanted to smoke?

- Difficult
- Easy
- I do not know

22. Have you ever smoked a whole cigarette?

- Yes
- No

23. How old were you when you smoked your first whole cigarette?

- I have never smoked a whole cigarette
- I do not know
- 8 years or younger
- 9 years
- 10 years
- 11 years
- 12 years
- 13 years
- 14 years
- 15 years
- 16 years
- 17 years
- 18 years or older

24. Have you ever smoked 100 or more whole cigarettes in your life?

- Yes
- No

25. Have you ever smoked every day for at least 7 days in a row?

- Yes
- No

26. How old were you when you first smoked every day for at least 7 days in a row?

- I have never done this
- I do not know
- 8 years or younger
- 9 years
- 10 years
- 11 years
- 12 years
- 13 years
- 14 years
- 15 years
- 16 years
- 17 years
- 18 years or older



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27. On how many of the last 30 days did you smoke one or more cigarettes?

- None
- 1 day
- 2 to 3 days
- 4 to 5 days
- 6 to 10 days
- 11 to 20 days
- 21 to 29 days
- 30 days (*every day*)

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28. Thinking back over the last 30 days, on the days that you smoked, how many cigarettes did you usually smoke each day?

- None
- A few puffs to one whole cigarette
- 2 to 3 cigarettes
- 4 to 5 cigarettes
- 6 to 10 cigarettes
- 11 to 20 cigarettes
- 21 to 29 cigarettes
- 30 or more cigarettes

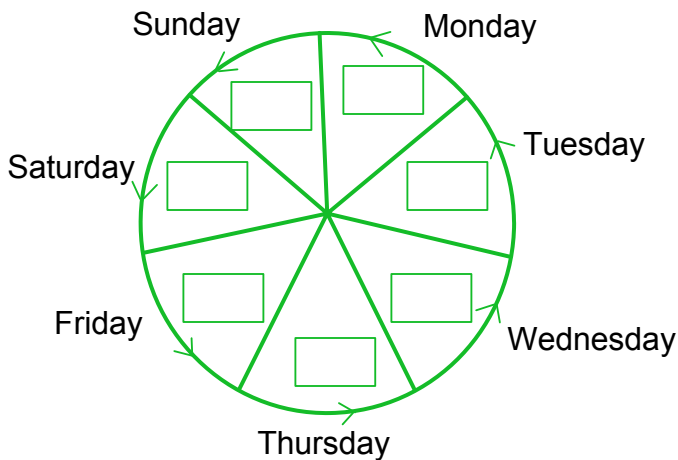
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29. Think back over the last 7 days.

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Find yesterday on the wheel and fill in the number of times you smoked cigarettes.

39
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36
Then follow the wheel backwards and fill in the number of times you smoked cigarettes on each of the last 7 days.

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If you have not smoked mark one of the circles below.

- I have never smoked
- I did not smoke over the last 7 days



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For office use only

Sun	Mon	Tue	Wed	Thur	Fri	Sat
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3	3	3	3	3	3	3
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7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9

30. When you smoke, how often do you share a cigarette with others?

- I do not smoke
- Never
- Sometimes
- Usually
- Always

31. What brand of cigarettes do you usually smoke?

- I do not smoke
- I do not have a regular brand
- DuMaurier King Size
- DuMaurier Regular Size
- DuMaurier Light King Size
- DuMaurier Light Regular Size
- DuMaurier Extra Light King Size
- DuMaurier Ultra Light King Size
- Export "A" Regular Size
- Export "A" Medium Regular Size
- Export "A" Light Regular Size
- No. 7 King Size
- No. 7 Light King Size
- No. 7 Light Regular Size
- No. 7 Regular Size
- Peter Jackson King Size
- Peter Jackson Regular Size
- Players Light Regular Size
- Players Light King Size
- Players Regular Size
- Cigarettes from First Nations/Native Brands
- Other

32. Why do you smoke the brand of cigarettes that you do? (Mark all that apply)

- I do not smoke
- I do not have a usual brand
- My friends smoke the same brand
- My parents smoke the same brand
- I like the packaging
- This brand costs less than other brands
- I like the image of this brand
- I like the taste
- They are the only ones that I can get
- They have less tar
- For the nicotine buzz
- Other

33. Where do you usually get your cigarettes?

- I do not smoke
- I buy them myself at a store
- I buy them from a friend or someone else
- I ask someone to buy them for me
- My brother or sister gives them to me
- My mother or father gives them to me
- A friend or someone else gives them to me
- I take them from my mother, father or siblings
- Other

34. In the last 30 days, have you ever been asked your age when buying cigarettes in a store?

- Yes
- No
- I have never bought or tried to buy cigarettes in a store in the last 30 days

35. In the last 30 days, have you ever been asked for ID when buying cigarettes in a store?

- Yes
- No
- I have never bought or tried to buy cigarettes in a store in the last 30 days

36. In the last 30 days, has anyone in a store refused to sell you cigarettes?

- Yes
- No
- I have never bought or tried to buy cigarettes in a store in the last 30 days

37. In the last 30 days, have you ever asked a stranger to buy you cigarettes?

- Yes
- No

38. Have you ever tried to quit smoking cigarettes?

- I have never smoked
- I have only smoked a few times
- I have never tried to quit
- I have tried to quit once
- I have tried to quit 2 or 3 times
- I have tried to quit 4 or 5 times
- I have tried to quit 6 or more times

39. Do you think you would be able to quit smoking cigarettes if you wanted to?

- I do not smoke
- Definitely yes
- Probably yes
- Probably not
- Definitely not

40. Have you ever tried any of the following? (Mark all that apply)

- Smoking pipe tobacco
- Smoking cigars, cigarillos, or little cigars (*plain or flavoured*)
- Smoking bidis (*tobacco product from India*)
- Using chewing tobacco
- Using nasal snuff (*tobacco powder people sniff*)
- Using oral snuff (*tobacco powder people hold between their lip and gum or cheek*)
- Using nicotine patches, nicotine gum, or nicotine lozenges
- Using a water-pipe, also known as hookah, sheesha, narg-eelay, hubble-bubble, or gouza, to smoke tobacco
- I have not tried these things

41. In the last 30 days, did you use any of the following? (Mark all that apply)

- Pipe tobacco
- Cigars, cigarillos, or little cigars (*plain or flavoured*)
- Bidis (*tobacco product from India*)
- Chewing tobacco
- Nasal snuff (*tobacco powder people sniff*)
- Oral snuff (*tobacco powder people hold between their lip and gum or cheek*)
- Nicotine patches, nicotine gum, or nicotine lozenges
- Water-pipe, also known as hookah, sheesha, narg-eelay, hubble-bubble, or gouza, to smoke tobacco
- I have not used these things in the last 30 days

42. In the last 30 days, where did you buy little cigars / cigarillos (plain or flavoured)? (Mark all that apply)

- I did not buy little cigars / cigarillos
- I bought little cigars / cigarillos at a store
- I bought them from my brother or sister
- I bought them from a friend / someone else
- I asked someone else to buy them for me

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You, Your Family and Your Friends

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43. Do any of your parents, step-parents, or guardians smoke cigarettes?

- Yes
- No
- I do not know

44. Do any of your brothers or sisters smoke cigarettes?

- Yes
- No
- I do not know
- I have no brothers or sisters

45. Have your parents, step-parents, or guardians ever talked to you about not smoking?

- Yes
- No

46. What are the rules about smoking in your home?

- No one is allowed to smoke in my home
- Only special guests are allowed to smoke in my home
- People are allowed to smoke only in certain areas in my home
- People are allowed to smoke anywhere in my home

47. Excluding yourself, how many people smoke inside your home every day or almost every day? Do not count those who smoke outside.

- None
- 3 people
- 1 person
- 4 people
- 2 people
- 5 or more people

48. Do you ever smoke inside your home?

- Yes
- No
- I do not smoke

49. During the past 7 days, on how many days did you ride in a car with someone who was smoking cigarettes?

- 0 days
- 5 or 6 days
- 1 or 2 days
- All 7 days
- 3 or 4 days

50. Your closest friends are the friends you like to spend the most time with. How many of your closest friends smoke cigarettes?

- None
- 3 friends
- 1 friend
- 4 friends
- 2 friends
- 5 or more friends

51. How strongly do you agree or disagree with each of the following?

	Strongly Agree	Agree	Disagree	Strongly Disagree
a. I feel close to people at my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. I feel I am part of my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. I am happy to be at my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. I feel the teachers at my school treat me fairly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. I feel safe in my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

52. How important are each of the following to you?

	Very Important	Important	Not Very Important	Not At All Important
a. Getting good grades	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Making friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Participating in school activities outside of class	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Getting to class on time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Learning new things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Expressing my opinion in class	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Getting involved in the student council or other similar groups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

53. In the last 12 months, did you engage in any of the following activities (outside of school requirements and without being paid)?

	Yes	No	Not Applicable
a. Supporting a cause (e.g. food bank, environmental group)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Fund raising (e.g. charity, school trips)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Helping in my community (e.g. hospital volunteering, work in a community organization)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Helping neighbours or relatives (e.g. cutting grass, babysitting, shovelling snow)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Doing another organized volunteer activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Your Beliefs and Opinions

54. **Why do you think people your age start to smoke?** (Mark all that apply)

- Their friends smoke (peer pressure)
- Their mother or father smokes
- Their brother or sister smokes
- The popular kids smoke
- They think it is relaxing
- Curiosity - just to try it
- Because it is not allowed
- To lose weight or stay slim
- For something to do
- They think it is cool
- To escape from or deal with stress
- I do not know
- Other

55. **What health problems can people get if they smoke for many years?** (Mark all that apply)

- Asthma
- Premature or Early Death
- Lung Cancer
- Heart Disease
- Gum or Mouth Disease

56. **Please answer the following questions based on your opinion.**

Yes	No	I do not know
-----	----	---------------

a. Do people have to smoke for many years before it will hurt their health?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Is there any danger to your health from an occasional cigarette?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Can smoking help people when they are bored?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Does smoking help people relax?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Does quitting smoking reduce health damage even after many years of smoking?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Does smoking help people stay slim?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Can people become addicted to tobacco?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Can tobacco smoke be harmful to the health of non-smokers?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Do people who smoke become more popular?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Can smokers quit anytime they want?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. Do you think smoking is cool?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l. Should smoking be allowed around kids at home?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
m. Should smoking be allowed around kids in cars?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
n. Is it nicer to date people who do not smoke?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Your School and You

57. **In the last 4 weeks, how many days of school did you miss because of your health?**

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 10 days
- 11 or more days

59. **In the last 12 months, how many classes did you have that talked about the effects of smoking?**

- | | |
|--------------------------------------|---|
| <input type="radio"/> No classes | <input type="radio"/> 5 or 6 classes |
| <input type="radio"/> 1 or 2 classes | <input type="radio"/> 7 or more classes |
| <input type="radio"/> 3 or 4 classes | <input type="radio"/> I do not know |

60. **In the last 12 months, have you taken part in any other anti-smoking activities or events, either at school or in the community?** (Mark all that apply)

- School assembly or class with guest speaker
- School health fair
- Media production (poster, commercial, etc.)
- Community event outside of school
- Quit smoking contest
- Smoking cessation counselling or program
- I have not taken part in any of these activities or events in the last 12 months



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Alcohol & Marijuana Use

The following questions ask about alcohol & marijuana use. Please remember that we will keep your answers completely confidential. Your teachers and parents will not know how you answer these questions. Please take your time and be honest as you answer.

61. Have you ever had a drink of alcohol, that is more than just a sip? (a beer, wine cooler, glass of wine or shot of liquor)

- Yes
- No

62. How old were you when you first had a drink of alcohol that is more than a sip?

- I have never drank alcohol
- I have only had a sip of alcohol
- I do not know
- 8 years or younger
- 9 years
- 10 years
- 11 years
- 12 years
- 13 years
- 14 years
- 15 years
- 16 years
- 17 years
- 18 years or older

63. In the last 12 months, how often did you drink alcohol?

- I have never drank alcohol
- I have not drank alcohol in the last year
- I have only had a sip of alcohol
- Less than once a month
- Once a month
- 2 or 3 times a month
- Once a week
- 2 or 3 times a week
- 4 to 6 times a week
- Every day
- I do not know

64. Have you ever had 5 drinks or more of alcohol on one occasion?

- Yes
- No

65. How old were you when you first had 5 drinks or more of alcohol on one occasion?

- I have never done this
- I do not know
- 8 years or younger
- 9 years
- 10 years
- 11 years
- 12 years
- 13 years
- 14 years
- 15 years
- 16 years
- 17 years
- 18 years or older

66. In the last 12 months, how often did you have 5 drinks of alcohol or more on one occasion?

- I have never done this
- I did not have 5 or more drinks on one occasion in the last 12 months
- 1 or 2 times
- 3 to 5 times
- 6 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 or more times
- I do not know

67. Why do you think people your age start to drink alcohol? (Mark all that apply)

- Their friends drink (peer pressure)
- Their mother or father drinks
- The popular kids drink
- They think it is relaxing
- To escape from or deal with stress
- Curiosity - just to try it
- Because it is not allowed
- For something to do
- They think it is cool
- To get drunk
- To get high
- I do not know
- Other

68. Have you ever used or tried marijuana or cannabis? (a joint, pot, weed, hash...)

- Yes
- No

69. How old were you when you first used marijuana or cannabis?

- I have never used marijuana
- I do not know
- 8 years or younger
- 9 years
- 10 years
- 11 years
- 12 years
- 13 years
- 14 years
- 15 years
- 16 years
- 17 years
- 18 years or older

70. In the last 12 months, how often did you use marijuana or cannabis?

- I have never used marijuana
- I did not smoke marijuana in the last 12 months
- 1 or 2 times
- 3 to 5 times
- 6 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 or more times
- I do not know

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Your answers to these questions are very important. Thank you for taking the time to complete this questionnaire.

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