We are asking you to take part in this survey about issues facing youth. **THIS SURVEY IS VOLUNTARY. YOU DO NOT HAVE TO COMPLETE THE SURVEY TO PARTICIPATE IN YOUTH SERVICES.** The questions in this survey ask about your health and things related to health. It also asks for opinions about yourself, your friends, your school, and your neighborhood. The Tribe will use the information in planning future programs to help youth.

All information you give us will be confidential. We DO NOT keep track of your answers in a way that identifies you or your family. Your answers will be grouped together with the answers from other Tribal youth. You will receive \$5 as a thanks for your participation.

* 1. Do you live in Little Boston	i (i.e., on the Port Gamble S'Kla	llam Tribal reservation)?
◯ Yes	🔘 No	
* 2. How do you currently iden	tify yourself (choose all that ap	ply)
Male		Something else fits better/not sure of gender identity
Female	Non-Binary	I do not know what this question is asking
3. Which of the following best of	describes you?	
Heterosexual (straight)	Bisexual	O Something else fits better
◯ Gay or Lesbian	O Questioning/Not Sure	I do not know what this question is asking
* 4. What grade were you in du	uring the past school year (2023	3-24)?
🔘 6th	🔘 9th	○ 12th
○ 7th	0 10th	○ Not in school
🔘 8th	🔵 11th	
5. Are you an American Indian/	Alaska Nativa?	
		🔿 I don't Imour
() Yes	O No	I don't know
6. In which Tribe are you enrol	led?	
O Port Gamble S'Klallam	○ Not enrolled	l in any tribe
Other Tribe (please specify)		

# 7. Who did you live with most of the time in the last 30 days?

O Biological Parents and/or step-parents	Adult friends or family
O Relatives- Grandparent, aunts, etc	$\bigcirc$ Friends with no adults present
◯ Guardians or Permanent Placement	On your own
O Foster Parents	
Other (please specify)	

The next set of questions ask you about substance use behaviors and your perceptions about youth substance use in the community. As a reminder this information is confidential. We DO NOT keep track of your answers in a way that identifies you or your family. This information will help in planning programs for Tribal youth.

# 8. How wrong would most adults in your community think it was for kids your age:

	Very Wrong	Wrong	A little bit wrong	Not wrong at all
To use marijuana	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
To drink alcohol	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
To smoke cigarettes/form of electronic e-pin/vape	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
To use prescription drugs not prescribed to you (for example, oxycontin, percocet, vicodin, xanex))?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
To use any other illegal drug other than those listed above	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

# 9. HOW EASY would it be for YOU to get:

	Very Hard	Sort of Hard	Sort of Easy	Very Easy
Alcohol such as beer, wine, or hard liquor?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Cigarettes?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Marijuana (i.e., edibles, dabs, oils or vape pen)?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
A vape, juul, or e-cigarette for tobacco use?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Prescription drugs not prescribed to you (for example, oxycontin, percocet, oxycodone, vicodin)?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Any other illegal drug other than those listed above	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

# 10. Have you ever used and how often have you used in the past 30 days?

	I have never used this	I have used this, but not in the past 30 days	0 Days in the Past 30 days	1-2 days in the Past 30 days	3-9 days in the Past 30 Days	10-29 days in the Past 30 Days	All 30 days
a) Smoke cigarettes?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
b) Use a vapor or e-cigarette for tobacco (e.g., Juul)?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
c) Use a flavor vape (with no tobacco or marijuana)?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
d) Drink alcohol such as beer, wine or hard liquor	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
e) Use marijuana (weed, grass, hash, pot, dab oil)?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
f) Use marijuana in the form of edibles?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
g) Use a vapor/pen for marijuana use?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
h) Use synthetic marijuana (K2, Spice)?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
i) Use inhalants (things you sniff to get high)?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
j) Use prescription drugs not prescribed to you to get high (e.g., painkillers)?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
k) Use large amounts of over the counter cold medicines to get high?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
l) Any other illegal drug not listed above	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

# 11. At which of the following places did you drink alcohol in the last year (12 months)? (check all that apply)

I DID NOT DRINK IN THE LAST YEAR (12	Outdoors (beach, backroads, driving,
MONTHS)	Off the reservation

Your own home with parent knowledge

During school: on bus, at school, off campus

etc.)

Your own home without parent knowledge

Other homes on reservatio	er ho	omes	on	reserv	atio
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Other (please specify)

12. At which of the following places did you use marijuana in the last year (12 months)? (check all that apply)

I DID NOT USE MARIJUANA IN LAST YEAR (12 MONTHS)	Outdoors (beach, backroads, driving, etc.)
Your own home with parent knowledge	Off the reservation
Your own home without parent knowledge	During school: on bus, at school, off campus
Other homes on reservation	
Other (please specify)	

# 13. How old were you when you first: (enter your age and **use 0** if you have never done this!)

Smoked a cigarette, even just a puff?	
Drank Alcohol?	
Used marijuana?	
Used other legal or illegal drugs to get high?	

# 14. How much do you think people (adults) risk harming themselves if they.

			Moderate	•
	No risk	Slight risk	risk	Great risk
Smoke one or more packs of cigarettes per day?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Smoke tobacco using an e-cigarette or a vapor?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Use marijuana (in any form) once or twice a week?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Use prescription drugs not prescribed to them? (e.g., oxycontin, Vicodin, Percocet, Xanax))	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Use large amounts of over the counter cold or cough medicines TO GET HIGH (e.g. Benadryl, CCC, Robitussin, Lean, Purple Drink)	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Take one or two drinks of alcohol nearly every day?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Have five or more drinks of an alcohol once or twice a week?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

# 15. How wrong do you think it is for someone your age to:

	Very Wrong	Wrong	A little bit wrong	Not wrong at all
Drink alcohol such as beer, wine, or hard liquor regularly?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Smoke tobacco?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Smoke tobacco using an e-cigarette or vapor?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Use marijuana in any form?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Use LSD, cocaine, amphetamines or other illegal drug?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Use prescription drugs not prescribed to them? (e.g., oxycontin, Vicodin, Percocet, Xanax))	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Use large amounts of over the counter cold or cough medicines (e.g. Benadryl, CCC, Robitussin, Lean, Purple Drink)	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Use any other illegal drug not listed above	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

#### 16. Does anyone who lives with you now use:

	Not at All	A little	Somewhat	Very Much
Marijuana	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Tobacco	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Alcohol	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Prescription Drugs to Get High	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Any other illegal drug not listed above	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

The next questions ask about mental health, suicide, bullying, anger management, dating and sexual activity. Your responses are confidential. We DO NOT keep track of your answers in a way that identifies you or your family. This information will help in planning programs and providing resources for Tribal youth.

#### 17. How often over the last 2 weeks were you bothered by:

	Not at all	Several Days	More than Half the Days	Nearly every day
a) Feeling nervous, anxious or on edge	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
b) Not being able to stop or control worrying	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

#### 18. How often does your level of stress or anxiety have a negative impact on:

	Not at all		Somewhat	Very Much
a) your physical health	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
b) your mental health	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
c) your ability to sleep	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
d) your eating behaviors	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
e) your relationships with others	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
f) your daily routine	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

19. Please answer the following about the 988 Suicide and Wellness line:

- I have never heard of the 988 Suicide and Wellness line and know nothing about it
- I know a fair amount about the 988 Suicide and Wellness line
- ) I have heard of the 988 Suicide and Wellness line, but don't know much about it
- I know a fair amount and have used the 988 Suicide and Wellness line

20. Have you seen/heard any posters/messages/materials, etc. about the 988 Suicide and Wellness line on the Reservation?

◯ Yes	🔵 Don't Know
🔘 No	

21. Did you ever feel so sad and hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

🔿 No

) Yes

22. When YOU feel sad and hopeless, are there people you can turn to for help?

○ I never feel sad or hopeless	◯ Yes
🔿 No	🔵 Not Sure

23. Sometimes people feel so depressed about the future that they may consider attempting suicide (i.e., taking some action to end their own life).

	Very likely	Somewhat likely	Somewhat unlikely	Very unlikely
a) How likely would you be to seek help for a friend who you thought might be depressed or suicidal?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
b) How likely would you be to seek help if you were feeling depressed or suicidal?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

#### 24. How confident are you that

	Not at all confident		Somewhat confident	Very Confident
a) I can recognize the warning signs of suicidal individuals	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
b) I would ask someone who was showing the warning signs of suicide if they are thinking about suicide $% \left( {{{\left[ {{{\left[ {{{\left[ {{{\left[ {{{\left[ {{{{}}}} \right]}}} \right]}} \right.}} \right]}_{0,2}}} \right]} \right]_{0,2}} \right)$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
c) I would connect or refer an individual at risk for suicide to resources for help (e.g., hotline, counseling, Wellness, ER, etc.)	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
d) I can find information in this community about how to support an individual at risk for suicide	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
e) I would reach out to a trusted adult to support an individual at risk for suicide	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

#### 25. During the past 12 months

	Yes	No
a) Did you ever seriously consider attempting suicide?	$\bigcirc$	$\bigcirc$
b) Did you make a plan about how you would attempt suicide?	$\bigcirc$	$\bigcirc$
c) Did you actually attempt suicide?	$\bigcirc$	$\bigcirc$
d) (IF YOU ATTEMPTED SUICIDE) Did you receive any mental health services in the community?	$\bigcirc$	$\bigcirc$

#### 26. In the last 30 days, how often have you felt harassed or bullied in person?

○ I have not been bullied	Two or three times
○ Once	About Once a Week

27. In the last 30 days, how often have you felt harassed or bullied on social media/technology

$\bigcirc$ I have not been bullied	$\bigcirc$ Two or three times	O Several Times a Week

Once

About Once a Week

28. In the last 30 days, have you been in a situation where you were so angry you did one or more of the following behaviors? Screamed at someone, hit or punched someone or something, shoved or shoulder checked someone, and/or broke or vandalized something.

O Yes

(	No

Several Times a Week

29. During the past 30 days, have you received sexually suggestive or revealing messages, images, photos or videos via text, app, or social media?

O Yes

() No

30. In the past year have your parents/guardians talked to you about abstinence, pregnancy prevention and/or sexually transmitted diseases

Yes, a number of times	🔘 No
Yes, once	🔵 I don't remember

#### 31. How old were you when you had sex for the first time?

$\bigcirc$ I have never had sex	13	16
◯ 11 or younger	14	🔵 17 or older
○ 12	15	

32. The last time you had sex, what method(s) did you or your partner use to prevent pregnancy and/or sexually transmitted diseases? Choose all that you used.

I have never had sex	A shot (such as Depo-Provera)
No method was used	Patch or birth control ring (such as Xulane; NuvaRing)
Birth control pills	Withdrawal or some other method
Condoms	Not sure
An IUD or implant (such as Mirena or ParaGard; Implanon or Nexplanon)	

33. Have you ever been in a situation where someone made you engage in kissing, sexual touch or intercourse when you did not want to?

) Yes

🔿 No

No

Unsure

34. During the past 12 months, did someone you were dating or going out with ever limit your activities, threaten you, or make you feel unsafe in any other way?

O Yes

) I did not date or go out with anyone during the past 12 months 35. In the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)

$\bigcirc$ I did not date or go out with	1 time	$\bigcirc$ 4 or 5 times
anyone	🔵 2 or 3 times	○ 6 or more times
0 times		

The next questions ask about your health, nutrition, physical exercise and screen time. Your responses are confidential.

36. How many days in a week are you physically active (i.e., exercise, participate in sports, etc.) for 30 minutes or more per day?

0 days	🔵 3 days	🔵 6 days
○ 1 day	🔵 4 days	🔵 7 days
🔵 2 days	🔘 5 days	

37. During the average week, on how many days do you participate in supervised after-school activities either at school or away from school? Include activities such as sports, art, music, dance, drama, or community service, religious, or club activities

O days	🗌 1 - 2 days	3 or more days
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38. Do you feel like you eat well balanced meals on an average day (grain, protein, fruit, vegetable, dairy)?

○ Not at all	Somewhat
A Little	O Very Much

39. During the past 7 days, how many times did you drink sugar-sweetened drinks like soda, sports drinks, energy drinks, coffee drinks, tea drinks, or other flavored sugar-sweetened.

0 times	2 times per day
1 - 3 times	🔵 3 times per day
○ 4 - 6 times	○ 4 or more times per day
1 time per day	

40. On an average school day, how many hours do you watch TV shows or movies or stream videos (such as YouTube, Netflix, Hulu) on any electronic device (Computer, TV set, tablets or smartphone)?

I do not watch TV or movies on an average school	O 3 hours per day		
day.	○ 4 hours per day		
C Less than 1 hour per day	) 5 or more hours per day		
○ 1 hour per day	$\bigcirc$		
🗌 2 hours per day			

41. 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 on things such as Xbox, PlayStation, tablet or smartphone, social media).

<ul> <li>I do not play video games or use a computer for something that is not school work.</li> <li>Less than 1 hour per day</li> </ul>	O 3 hours per day			
	○ 4 hours per day			
	🔵 5 or more hours per day			
1 hour per day				
2 hours per day				

42. On an average school day, how many hours do you spend on your phone or electronic device?

$\bigcirc$ I do not have a phone or device	🔵 3 hours per day
C Less than 1 hour per day	🔵 4 hours per day
1 hour per day	○ 5 or more hours per day
2 hours per day	

43. Do you feel like you choose not to participate or have lack of interest in activities or other functions due to the lack of access to your phone or internet?

○ Not at all	Somewhat
A Little	O Very Much

The next questions ask about your family, your perceptions of the community culture and your participation in the community and youth activities. Your responses are confidential.

# 44. Please answer the following....

	NO!	no	Yes	YES!
My parents/guardians ask if I've gotten my homework done.	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Would your parents/guardians know if you did not come home on time?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
When I am not home, a parent/guardian knows where I am and who I am with.	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
If you skipped school/class, would you be caught by your parents/guardians?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
My family has clear rules about alcohol and drug use.	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
My parents/guardians have explained to me the consequences of not following their rules concerning alcohol and drug use.	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
If you drank some beer, wine, or liquor (for example vodka, whiskey, or gin) without your parent's permission, would you be caught by them?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

# 45. In the past year who has talked to you about why you should not use. Check all that apply.

	Parents	Other Family	Trusted Adult	Teacher/School Staff	Mentors/Youth Staff
Cigarettes or electronic devices for nicotine?					
Alcohol					
Marijuana					
Prescription drugs not prescribed to you					
Other drugs					

# 46. How wrong do your parents/guardians feel it would be for you to:

	Very Wrong	Wrong	A little bit wrong	Not wrong at all
Drink one or two drinks of alcohol nearly every day?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Smoke cigarettes?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Use marijuana?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Use prescription drugs not prescribed to you (e.g., oxycontin, vicodin, percocet)?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

# 47. How much do you agree with the following....

	Strongly agree	0 0	0 0	Strongly disagree
Being part of my tribe or culture group is important to me.	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
I have a lot of pride in my tribe and culture group.	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
I listen to, sing, and/or dance to traditional tribal music.	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
I have a strong sense of belonging to my own tribe or culture group.	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
I have often talked to other people to learn about my tribe or culture.	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
I often participate in harvesting, fishing, gathering, and/or hunting?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

# 48. How aware are you of the different programs, activities and opportunities available at the Youth Center?

○ Not aware of them	$\bigcirc$ I am somewhat aware of them
I am a little aware of them	◯ I am very aware of them

#### 49. How often do you come to the Youth Center or participate in a youth sponsored trip?

◯ Several Times a Week	O About once a month
Once or Twice a week	O Never
( ) About once a week	

#### 50. How often do you come to open gym to watch or play ball?

◯ Several Times a Week	About once a month
Once or Twice a week	O Never
○ About once a week	

#### 51. How often do you:

	Never	Seldom	Sometimes	Often	Almost Always
Come to Song & Dance	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Come to Canoe Practice?	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$

# 52. What are some of your main reasons for participating in the Tribal Youth Center activities in this community?



53. What are some of your main reasons for not participating in the Tribal Youth Center
activities in this community? Any recommendations for improvement?

		le

54. Do you feel like you are informed on opportunities and activities offered by the Youth Services Program (including recreation/sports)?

🔵 Not at all	Somewhat
A Little	O Very Much

55. How do you hear about opportunities and activities offered by the Youth Services Program. Check all that apply.

Youth calendar	Text messages	Parents
Facebook	Fliers around tribal campus,	School staff
Instagram	Tribal memo	
Other (please specify)		

56. Are there any topics or questions you have or would want more information about?

6
57. How honest were you in filling out this survey?

I was very honest.

I was honest once in a while.

 $\bigcirc$  I was honest most of the time.

○ I was not honest at all.

 $\bigcirc$  I was honest some of the time

Thank you for your participation in this survey. As a thank you we would like to give you \$5. **Do not click any button below**. Instead, please click on the link <u>\$5 Gift</u> to provide additional information to receive the money.