

# North Carolina Youth Tobacco Survey 2005

This survey is about tobacco use behavior. The information you give will be used to develop better tobacco use prevention programs.

Please DO NOT write your name on this survey. The answers you give will be kept private. NO one will know that it was you who gave the answers. Your honest answers will allow the best programs to be developed.

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, you may leave it blank. However, the more questions you can answer the better.

The questions that ask about your background will only be used 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.

It is very important that you answer the questions as honestly and accurately as possible. Please take your time to think carefully about each question and be sure each answer is correct. Then fill in the ovals completely on the separate answer sheet. When you are finished, follow the instructions of the person giving you the survey.

**Thank You Very Much For Your Help.**

**The first questions ask for some background information about yourself.**

1. **How old are you?**
  - a. 11 years old or younger
  - b. 12 years old
  - c. 13 years old
  - d. 14 years old
  - e. 15 years old
  - f. 16 years old
  - g. 17 years old
  - h. 18 years old or older
  
2. **What is your sex?**
  - a. Female
  - b. Male
  
3. **What grade are you in?**
  - a. 6th
  - b. 7th
  - c. 8th
  - d. 9th
  - e. 10th
  - f. 11th
  - g. 12th
  - h. Ungraded or other grade
  
4. **How do you describe yourself?  
(You can CHOOSE ONE ANSWER or MORE THAN ONE)**
  - a. American Indian or Alaskan Native
  - b. Asian
  - c. Black or African American
  - d. Hispanic or Latino
  - e. Native Hawaiian or Other Pacific Islander
  - f. White
  
5. **Which one of these groups BEST describes you? (CHOOSE ONLY ONE ANSWER)**
  - 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

**The next group of questions ask about tobacco use.**

**Cigarette Smoking**

6. **Have you ever tried cigarette smoking, even one or two puffs?**
  - a. Yes
  - b. No
  
7. **How old were you when you smoked a whole cigarette for the first time?**
  - a. I have never smoked a whole cigarette
  - b. 8 years old or younger
  - c. 9 or 10 years old
  - d. 11 or 12 years old
  - e. 13 or 14 years old
  - f. 15 or 16 years old
  - g. 17 years old or older
  
8. **About how many cigarettes have you smoked in your entire life?**
  - a. None
  - b. 1 or more puffs but never a whole cigarette
  - c. 1 cigarette
  - d. 2 to 5 cigarettes
  - e. 6 to 15 cigarettes (about ½ a pack total)
  - f. 16 to 25 cigarettes (about 1 pack total)
  - g. 26 to 99 cigarettes (more than 1 pack, but less than 5 packs)
  - h. 100 or more cigarettes (5 or more packs)
  
9. **Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?**
  - a. Yes
  - b. No

10. **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
11. **During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?**
- a. I did not smoke cigarettes during the past 30 days
  - b. Less than 1 cigarette per day
  - c. 1 cigarette per day
  - d. 2 to 5 cigarettes per day
  - e. 6 to 10 cigarettes per day
  - f. 11 to 20 cigarettes per day
  - g. More than 20 cigarettes per day
12. **During the past 30 days, what brand of cigarettes did you usually smoke? (CHOOSE ONLY ONE ANSWER)**
- a. I did not smoke cigarettes during the past 30 days
  - b. I do not have a usual brand
  - c. Camel
  - d. Marlboro
  - e. Newport
  - f. Virginia Slims
  - g. GPC, Basic, or Doral
  - h. Some other brand
13. **Are the cigarettes you usually smoke menthol cigarettes?**
- a. I do not smoke cigarettes
  - b. Yes
  - c. No

14. **During the past 30 days, how did you usually get your own cigarettes? (CHOOSE ONLY ONE ANSWER)**
- 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 or family member
  - h. I got them some other way
15. **During the past 30 days, where did you buy the last pack of cigarettes you bought? (CHOOSE ONLY ONE ANSWER)**
- a. I did not buy a pack of cigarettes during the past 30 days
  - b. A gas station
  - c. A convenience store
  - d. A grocery store
  - e. A drugstore
  - f. A vending machine
  - g. I bought them over the Internet
  - h. Other
16. **When you bought or tried to buy cigarettes in a store during the past 30 days, were you ever asked to show proof of age?**
- a. I did not try to buy cigarettes in a store during the past 30 days
  - b. Yes, I was asked to show proof of age
  - c. No, I was not asked to show proof of age

17. **During the past 30 days, did anyone ever refuse to sell you cigarettes because of your age?**

- a. I did not try to buy cigarettes in a store during the past 30 days
- b. Yes, someone refused to sell me cigarettes because of my age
- c. No, no one refused to sell me cigarettes because of my age

18. **During the past 30 days, on how many days did you smoke cigarettes on school property?**

- 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

19. **When was the last time you smoked a cigarette, even one or two puffs?**

- a. I have never smoked, even one or two puffs
- b. Earlier today
- c. Not today but sometime during the past 7 days
- d. Not during the past 7 days but sometime during the past 30 days
- e. Not during the past 30 days but sometime during the past 6 months
- f. Not during the past 6 months but sometime during the past year
- g. 1 to 4 years ago
- h. 5 or more years ago

20. **Have you ever violated your school's tobacco policy?**

- a. I have never used tobacco
- b. I'm not sure what the school policy is
- c. No, I have never violated the school's policy
- d. Yes, once or twice
- e. Yes, occasionally (a few times)
- f. Yes, regularly (most days or every day)

21. **How long can you go without smoking before you feel like you need a cigarette?**

- a. I have never smoked cigarettes
- b. I do not smoke now
- c. Less than an hour
- d. 1 to 3 hours
- e. More than 3 hours but less than a day
- f. A whole day
- g. Several days
- h. A week or more

22. **During the past 12 months, has a doctor, dentist or someone from their office asked you if you use tobacco?**

- a. I have not visited a doctor's or dentist's office during the past 12 months
- b. Yes
- c. No

23. **During the past 12 months, has a doctor, dentist or someone from their office advised you not to use tobacco?**

- a. I have not visited a doctor's or dentist's office during the past 12 months
- b. Yes
- c. No

24. **Do you want to stop smoking cigarettes?**

- a. I do not smoke now
- b. Yes
- c. No

25. **How many times during the past 12 months have you stopped smoking for one day or longer because you were trying to quit smoking?**

- a. I have not smoked in the past 12 months
- b. I have not tried to quit
- c. 1 time
- d. 2 times
- e. 3 to 5 times
- f. 6 to 9 times
- g. 10 or more times

26. **When you last tried to quit, how long did you stay off cigarettes?**

- a. I have never smoked cigarettes
- b. I have never tried to quit
- c. Less than a day
- d. 1 to 7 days
- e. More than 7 days but less than 30 days
- f. 30 days or more but less than 6 months
- g. 6 months or more but less than a year
- h. 1 year or more

**Smokeless Tobacco: Chewing Tobacco, Snuff, or Dip**

27. **Have you ever used chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?**

- a. Yes
- b. No

28. **How old were you when you used chewing tobacco, snuff, or dip for the first time?**

- a. I have never used chewing tobacco, snuff, or dip
- b. 8 years old or younger
- c. 9 or 10 years old
- d. 11 or 12 years old
- e. 13 or 14 years old
- f. 15 or 16 years old
- g. 17 years old or older

29. **During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip?**

- 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

30. **During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip on school property?**

- 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

31. **During the past 30 days, how did you usually get your own chewing tobacco, snuff, or dip? (CHOOSE ONLY ONE ANSWER)**

- a. I did not use chewing tobacco, snuff, or dip during the past 30 days
- b. I bought it in a store such as a convenience store, supermarket, discount store, or gas station
- c. I gave someone else money to buy it for me
- d. I borrowed (or bummed) it from someone else
- e. A person 18 years old or older gave it to me
- f. I took it from a store or family member
- g. I got it some other way

**Cigars**

32. **Have you ever tried smoking cigars, cigarillos, or little cigars, even one or two puffs?**

- a. Yes
- b. No

33. **During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?**

- 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 cigars, cigarillos, or little cigars? (CHOOSE ONLY ONE ANSWER)
- I did not smoke cigars, cigarillos, or little cigars during the past 30 days
  - I bought them in a store such as a convenience store, supermarket, discount store, or gas station
  - I gave someone else money to buy them for me
  - I borrowed (or bummed) them from someone else
  - A person 18 years old or older gave them to me
  - I took them from a store or family member
  - I got them some other way

35. Have you ever used a cigar to smoke anything other than tobacco?

- I have never smoked a cigar
- Yes
- No, I have never smoked anything in a cigar other than tobacco

#### Pipe

36. During the past 30 days, on how many days did you smoke tobacco in a pipe?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

#### Bidis and Kreteks

The next questions are about bidis (or “beedies”) and kreteks (also called “clove cigarettes”). Bidis are small brown cigarettes from India. Kreteks are cigarettes containing tobacco and clove extract.

37. Have you ever tried smoking any of the following:

- Bidis but not kreteks
- Kreteks but not bidis
- I have tried both bidis and kreteks
- I have never smoked bidis or kreteks

38. During the past 30 days, on how many days did you smoke bidis?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

The next questions ask about your thoughts about tobacco.

39. Do you think that you will try a cigarette soon?

- I have already tried smoking cigarettes
- Yes
- No

40. Do you think you will smoke a cigarette at anytime during the next year?

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

41. Do you think you will be smoking cigarettes 5 years from now?

- I definitely will
- I probably will
- I probably will not
- I definitely will not

42. If one of your best friends offered you a cigarette, would you smoke it?

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

43. In the past 12 months, how often have your parents or guardians discussed the dangers of tobacco use with you?

- Never
- Rarely
- Sometimes
- Often
- Very often

44. **Do you think people can get addicted to using tobacco just like they can get addicted to using cocaine or heroin?**

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

45. **Do you think young people who smoke cigarettes have more friends?**

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

46. **Do you think smoking cigarettes makes young people look cool or fit in?**

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

47. **Do you think young people risk harming themselves if they smoke from 1 - 5 cigarettes per day?**

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

48. **Do you think it is safe to smoke for only a year or two, as long as you quit after that?**

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

49. **Do you think that cigarette companies try to specifically target young people in order to get them to start smoking at an early age?**

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

50. **Do you think you would be able to quit smoking cigarettes now if you wanted to?**

- a. I do not smoke now
- b. Yes
- c. No

51. **Have you ever participated in a program to help you quit using tobacco?**

- a. I have never used tobacco
- b. Yes
- c. No

52. **Have you ever called the NC Tobacco Quitline 1-800-QUIT-NOW?**

- a. Yes, I have called for myself
- b. Yes, I have called for a family member or friend
- c. No, I have never called

53. **The last time you tried to quit using tobacco, which of the following methods did you use to help you? (You can CHOOSE ONE ANSWER or MORE THAN ONE)**

- a. I have never smoked cigarettes
- b. I have never tried to quit
- c. The N-O-T (Not-On-Tobacco) Program
- d. The NC Tobacco Quitline 1-800-QUIT-NOW
- e. Nicotine patch or nicotine gum
- f. Counseling from a health care professional in your school
- g. Counseling from a health care professional outside of your school
- h. Other way not listed

54. **During this school year, were you taught in any of your classes about the dangers of tobacco use?**

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

55. During this school year, did you practice ways to say NO to tobacco in any of your classes (for example by role-playing)?

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

The next questions ask about events you may have attended or what you have seen on TV, at the movies, or on the Internet.

56. During the past 30 days, how often have you seen or heard commercials on TV, the Internet, or on the radio about the dangers of cigarette smoking?

- a. Not in the past 30 days
- b. 1-3 times in the past 30 days
- c. 1-3 times per week
- d. Daily or almost daily
- e. More than once a day

57. Have you ever seen or heard any anti-smoking advertising or campaigns with the following themes or slogans? (You can CHOOSE ONE ANSWER or MORE THAN ONE)

- a. Don't let it burn
- b. Truth
- c. Talk. They'll listen
- d. TRU
- e. Tobacco. Reality. Unfiltered.
- f. What's it gonna take?
- g. None of these

58. During the past 30 days, when you watched TV, how often did you see anti-smoking messages?

- a. Not in the past 30 days
- b. 1 to 3 times in the past 30 days
- c. 1 to 3 times per week
- d. Daily or almost daily
- e. More than once a day
- f. I did not watch TV

59. During the past 30 days, when you watched TV, how often did you see "Tobacco. Reality. Unfiltered." anti-smoking messages?

- a. Not in the past 30 days
- b. 1 to 3 times in the past 30 days
- c. 1 to 3 times per week
- d. Daily or almost daily
- e. More than once a day
- f. I did not watch TV

60. During the past 30 days, when you watched TV, how often did you see "Don't let it burn" anti-smoking messages?

- a. Not in the past 30 days
- b. 1 to 3 times in the past 30 days
- c. 1 to 3 times per week
- d. Daily or almost daily
- e. More than once a day
- f. I did not watch TV

61. During the past 30 days, when you watched TV, how often did you see "truth" anti-smoking messages?

- a. Not in the past 30 days
- b. 1 to 3 times in the past 30 days
- c. 1 to 3 times per week
- d. Daily or almost daily
- e. More than once a day
- f. I did not watch TV

62. When you watch TV or go to movies, how often do you see actors using tobacco?

- a. I don't watch TV or go to movies
- b. Most of the time
- c. Some of the time
- d. Hardly ever
- e. Never

63. When you are using the Internet, how often do you see ads for tobacco products?

- a. I don't use the Internet
- b. Most of the time
- c. Some of the time
- d. Hardly ever
- e. Never



Some tobacco companies make items like sports gear, T-shirts, lighters, hats, jackets, and sunglasses that people can buy or receive for free.

64. During the past 12 months, did you buy or receive anything that has a tobacco company name or picture on it?

- a. Yes
- b. No

65. Would you ever use or wear something that has a tobacco company name or picture on it, such as a lighter, T-shirt, hat, or sunglasses?

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

The next questions ask about your exposure to tobacco use.

66. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?

- a. 0 days
- b. 1 or 2 days
- c. 3 or 4 days
- d. 5 or 6 days
- e. 7 days

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

- a. 0 days
- b. 1 or 2 days
- c. 3 or 4 days
- d. 5 or 6 days
- e. 7 days

68. Do you think the smoke from other people's cigarettes is harmful to you?

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

69. Does anyone who lives with you now smoke cigarettes?

- a. Yes
- b. No

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

- a. People can't smoke anywhere in the house
- b. People can smoke only in certain rooms
- c. Smoking is allowed anywhere in my home
- d. I don't know what the rules are

71. Does anyone who lives with you now use chewing tobacco, snuff, or dip?

- a. Yes
- b. No

72. Think of the names of your four closest friends. How many of your four closest friends smoke cigarettes?

- a. None
- b. One
- c. Two
- d. Three
- e. Four
- f. Not sure

73. How many of your four closest friends use chewing tobacco, snuff, or dip?

- a. None
- b. One
- c. Two
- d. Three
- e. Four
- f. Not sure

The next questions ask about participation in tobacco prevention activities, and preferences when you go out with friends and family.

74. During the past 12 months, have you participated in any of the following activities? (You can CHOOSE ONE ANSWER or MORE THAN ONE)

- a. Attended a tobacco use prevention training
- b. Made a presentation to other youth about tobacco issues (peer education)
- c. Worked to make a restaurant or a school become tobacco free
- d. Collected a petition, conducted surveys or wrote a letter to the editor about tobacco issues
- e. Spoke to adults (such as school board or restaurant owner) about creating smoke-free areas
- f. Joined a club or group that works on tobacco use prevention
- g. Educated businesses about marketing tobacco, advertising or selling to minors
- h. I have not participated in these events

75. Inside restaurants, to what extent do you think that smoking should be allowed?

- a. Allowed in all areas
- b. Allowed in some areas
- c. Not allowed at all
- d. I'm not sure

76. When you go out to a place with your friends and family, what smoking policy do you prefer?

- a. I prefer to go out to places where no smoking is allowed
- b. I prefer to go out to places that allow smoking in a separate room or smoking area
- c. I prefer to go out to places that allow smoking anywhere
- d. I have no preference

Some school districts have a "100% tobacco-free" school policy. This policy prohibits all tobacco use (smoking, spit/chewing), by everyone (students, staff, visitors), everywhere on campus (in buildings, outside, at football stadiums, on buses), at all times (including after regular school hours).

77. What is your school's tobacco policy?

- a. I don't know my school's policy
- b. Teachers, staff, and students can smoke anywhere
- c. Teachers and staff can smoke anywhere, but students cannot
- d. No one can smoke at school, but people are allowed to smoke at outdoor events (like football games)
- e. No one can smoke anywhere at anytime
- f. My school's policy is different from the ones listed

78. In your opinion, how important is it that your school district adopt a "100% tobacco-free" school policy?

- a. Very important
- b. Somewhat important
- c. Somewhat unimportant
- d. Not important at all
- e. My school district already has this policy

79. During the past 30 days, have you seen a teacher or anyone else who works or volunteers at your school use any tobacco product at any time? This includes during school hours, after-school but still on campus, while riding a bus, or at an after-school event held on campus (such as an athletic event)?

- a. Yes
- b. No
- c. I'm not sure

**THANK YOU!**