



Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale



Institute for Social Research
York University

2023 ONTARIO STUDENT DRUG USE & HEALTH SURVEY

**Grades 7 & 8
Online Questionnaire**

Form A-ES

OSDUHS
Ontario Student Drug
Use and Health Survey

INSTRUCTIONS FOR COMPLETING THIS SURVEY

- This health survey will take about 25–30 minutes to complete. It includes questions about alcohol and other drugs, mental health, and general well-being. There is no assumption that students who complete the survey have ever used alcohol or other drugs.
- **We will not ask you for your name in this survey.** Because your name is not in the survey, we can never identify you or track you. The information you give will be kept completely secret and confidential. Therefore, we ask you to be completely honest and accurate when you answer the questions.
- Please complete this survey on your own. If you do not understand a question, just move on to the next one. If you do not want to answer a question, just move on to the next one. Also, you may stop the survey at any time.
- For each question, please choose the single best answer that is right for you by selecting the circle beside it. If two answers seem right, choose the one that feels more right than the other. Some questions will say “Select all that apply” and for these you can choose more than one answer.

AFTER THE SURVEY

When you are done, you will see a link to a PDF document you can download that shows some youth resources in case you need mental health support or information.

Thank you very much for your help!

[CLICK HERE TO
START THE SURVEY](#)

The first few questions are about your background.

A1. What grade are you in?

- 7 ☐ Grade 7
8 ☐ Grade 8

A2. How old are you?

- 11 ☐ 11 years old or younger
12 ☐ 12 years old
13 ☐ 13 years old
14 ☐ 14 years old
15 ☐ 15 years old or older

A3. Were you born male or female?

- 1 ☐ Male
2 ☐ Female

A4. How long have you lived in Canada?

- 1 ☐ All of my life
2 ☐ 2 years or less
3 ☐ 3 to 5 years
4 ☐ 6 to 10 years
5 ☐ 11 years or longer

A5. What language do you usually speak at home?

- 1 ☐ English
2 ☐ French
3 ☐ English and French
4 ☐ English, French, and another language
5 ☐ English and another language
6 ☐ French and another language
7 ☐ Other language(s)

A6. Do you identify as First Nations, Métis, and/or Inuit? If yes, select all that apply.

- a ☐ No
b ☐ Yes, First Nations
c ☐ Yes, Métis
d ☐ Yes, Inuit

A7. In our society, people are often described by their race or racial background. For example, some people are considered "Black," "East Asian," "White," etc. Which race category best describes you? Select all that apply.

- a ☐ **Black** (African, Afro-Caribbean, African-Canadian descent)
b ☐ **East Asian** (Chinese, Korean, Japanese, Taiwanese descent)
c ☐ **Indigenous** (First Nations, Métis, Inuit descent)
d ☐ **Latino/Latina/Latinx** (Latin American, Hispanic descent)
e ☐ **Middle Eastern** (Arab, Persian, West Asian descent, e.g. Afghan, Egyptian, Iranian, Lebanese, Turkish, Kurdish)
f ☐ **South Asian** (East Indian, Pakistani, Bangladeshi, Sri Lankan, Indo-Caribbean)
g ☐ **Southeast Asian** (Filipino, Vietnamese, Cambodian, Thai, Indonesian, other Southeast Asian descent)
h ☐ **White** (English, German, Irish, Italian, Portuguese, European descent)
i ☐ Another race category not listed above
j ☐ I prefer not to answer

A8. Do you have any of the following health conditions, problems, or disabilities? Select all that apply.

- a ☐ Attention Deficit Hyperactivity Disorder (ADHD)
b ☐ Autism/Asperger Syndrome
c ☐ Drug or alcohol use problem
d ☐ Fetal Alcohol Syndrome Disorder (FASD)
e ☐ Hearing problem/deafness
f ☐ Learning disability (such as dyslexia)
g ☐ Mental health problem (such as depression, anxiety)
h ☐ Other developmental disability (such as down syndrome, mild intellectual disability)
i ☐ Pain (constant)
j ☐ Physical disability (such as cerebral palsy) or mobility/movement problems
k ☐ Seeing problem/Low vision
l ☐ Speech or language problem
m ☐ Other health condition(s) not listed above
n ☐ Not sure
o ☐ I prefer not to answer

A9. In your day-to-day life, how often do you feel you have been treated with less respect or courtesy than other people?

- 1 ☐ Never
- 2 ☐ Rarely
- 3 ☐ Sometimes
- 4 ☐ Often

The next few questions are about **SCHOOL**.

A10. On average, what marks do you usually get in school? (Please select only one answer.)

- 1 ☐ 90% - 100% (Mostly A+)
- 2 ☐ 80% - 89% (Mostly As or A-)
- 3 ☐ 70% - 79% (Mostly Bs)
- 4 ☐ 60% - 69% (Mostly Cs)
- 5 ☐ 50% - 59% (Mostly Ds)
- 6 ☐ below 50% (Mostly Fs)

A11. Have you ever been suspended, expelled, or excluded from any school in your lifetime?

- 1 ☐ Yes
- 2 ☐ No

A12. In the **LAST 4 WEEKS** (that is, the last 20 school days), how many full days of school did you miss because you were sick or didn't feel like going? (Write "0" if you missed no days.)

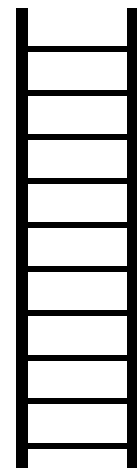
I missed _____ full days of school in the last 4 weeks.

A13. Some people like school very much while others don't. How do you feel about going to school?

- 1 ☐ I like school very much
- 2 ☐ I like school quite a lot
- 3 ☐ I like school a little bit
- 4 ☐ I don't like school very much
- 5 ☐ I don't like school at all

A14. Imagine this ladder below is a way of picturing your school. At the top of the ladder are the people in school with the most respect and the "highest standing." At the bottom of the ladder are the people who no one respects and no one wants to hang out with.

Please check off the numbered box that best shows where you would place yourself on this ladder.

	10 <input type="radio"/>	Highest standing
	09 <input type="radio"/>	
	08 <input type="radio"/>	
	07 <input type="radio"/>	
	06 <input type="radio"/>	
	05 <input type="radio"/>	
	04 <input type="radio"/>	
	03 <input type="radio"/>	
	02 <input type="radio"/>	
	01 <input type="radio"/>	Lowest standing

A15, A16, A17.

For the next 3 questions, please tell us whether you agree or disagree with the following statements.

	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree
I feel safe in my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel close to people at this school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel like I am part of this school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

A18, A19, A20.

During this school year, how often have you felt that you were excluded (not accepted) or discriminated against (treated negatively) at school because of any of the following reasons?

	Never	Rarely	Sometimes	Often
Your race or ethnic background	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your religion or faith	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A disability you may have	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The next few questions are about your **PARENTS**. By "parents", "mother", or "father," we mean whoever you consider your parents to be. They could be your birth parents, adoptive parents, stepparents, or foster parents.

A21. Were your parents born in Canada?

- ☐ 1 Two (or more) parents born in Canada
- ☐ 2 One parent born in Canada
- ☐ 3 No parent born in Canada

A22. How often do you talk about your problems or feelings with at least one of your parents?

- ☐ 1 Never
- ☐ 2 Rarely
- ☐ 3 Sometimes
- ☐ 4 Usually
- ☐ 5 Always

A23. Imagine this ladder below shows how Canadian society is set up. At the top of the ladder are people who are the "best off" – they have the most money, the most education, and the jobs that bring the most respect. At the bottom are the people who are "worst off" – they have the least money, little education, no jobs or jobs that no one wants.

Now think about your family. Please check off the numbered box that best shows where you think your family would be on this ladder.

	10 <input type="radio"/>	Best off
	09 <input type="radio"/>	
	08 <input type="radio"/>	
	07 <input type="radio"/>	
	06 <input type="radio"/>	
	05 <input type="radio"/>	
	04 <input type="radio"/>	
	03 <input type="radio"/>	
	02 <input type="radio"/>	
	01 <input type="radio"/>	Worst off

The next section is about ALCOHOL. A "drink" of alcohol is a glass of wine, a bottle of beer, a cooler, a shot glass of liquor, or a mixed drink.

B1. When, if ever, did you first drink more than just a few sips of alcohol?

- 01 ☐ Grade 4 or before
- 02 ☐ Grade 5
- 03 ☐ Grade 6
- 04 ☐ Grade 7
- 05 ☐ Grade 8

10 ☐ Never drank alcohol in lifetime ➡ **GO TO QUESTION C1**

B2. In the LAST 12 MONTHS, how often did you drink alcohol — liquor (rum, whiskey, etc.), wine, beer, coolers?

- 01 ☐ Had a sip of alcohol to see what it's like
- 02 ☐ Drank only at special events (for example, holidays or at weddings)
- 03 ☐ Once a month or less often
- 04 ☐ 2 or 3 times a month
- 05 ☐ Once a week
- 06 ☐ 2 or 3 times a week
- 07 ☐ 4 or 5 times a week
- 08 ☐ Almost every day – 6 or 7 times a week

09 ☐ Did not drink alcohol in the last 12 months ➡ **GO TO QUESTION C1**

B3. In the LAST 4 WEEKS, how often did you drink alcohol (liquor, wine, beer, or coolers)?

- 1 ☐ Once or twice
- 2 ☐ Once or twice each week
- 3 ☐ 3 or 4 times each week
- 4 ☐ 5 or 6 times each week
- 5 ☐ Once each day
- 6 ☐ More than once each day

7 ☐ Did not drink in the last 4 weeks ➡ **GO TO QUESTION C1**

B4. In the LAST 4 WEEKS, how often did you have 5 OR MORE DRINKS of alcohol on the SAME OCCASION?

- 0 ☐ Never in the last 4 weeks
- 1 ☐ Once
- 2 ☐ 2 times
- 3 ☐ 3 times
- 4 ☐ 4 times
- 5 ☐ 5 or more times

B5. In the LAST 4 WEEKS, what is the largest number of drinks of alcohol you had in a row or on the same occasion?

- 1 ☐ 1 drink
- 2 ☐ 2 drinks
- 3 ☐ 3 drinks
- 4 ☐ 4 drinks
- 5 ☐ 5 drinks
- 6 ☐ 6 or 7 drinks
- 7 ☐ 8 or more drinks

The next section is about VAPING. To "vape" is to use a vaping device such as an electronic cigarette, vape pen, mod, tank, e-hookah, or vaporizer to inhale a mist into the lungs.

C1. When, if ever, did you first try any type of vaping device?

- 01 ☐ Grade 4 or before
- 02 ☐ Grade 5
- 03 ☐ Grade 6
- 04 ☐ Grade 7
- 05 ☐ Grade 8

10 ☐ Never vaped in lifetime ➡ **GO TO QUESTION D1**

C2. In the LAST 12 MONTHS, how often did you vape?

- 01 ☐ Vaped only once in the last 12 months (only a few puffs)
- 02 ☐ A few times in the last 12 months
- 03 ☐ At least once a month
- 04 ☐ At least once a week
- 05 ☐ A few times a week, but not every day
- 06 ☐ 1 or 2 times a day
- 07 ☐ 3 to 5 times a day
- 08 ☐ 6 to 10 times a day
- 09 ☐ 11 or more times a day

10 ☐ Did not vape in the last 12 months ➡ **GO TO QUESTION D1**

C3. In the LAST 12 MONTHS, how often did you vape NICOTINE?

- 1○ Did not vape nicotine when I vaped in the last 12 months
- 2○ Rarely vaped nicotine
- 3○ Sometimes vaped nicotine
- 4○ Very often vaped nicotine
- 5○ Always vaped nicotine
- 6○ Not sure if I vaped nicotine

C4. In the LAST 4 WEEKS, how often did you vape?

- 1○ Once or twice
- 2○ Once or twice each week
- 3○ 3 or 4 times each week
- 4○ 5 or 6 times each week
- 5○ Once each day
- 5○ More than once each day
- 7○ Did not vape in the last 4 weeks

The next 2 questions are about TOBACCO cigarettes.

D1. Which of the following statements best describes your use of tobacco cigarettes IN YOUR LIFETIME?

- 1○ Never tried a tobacco cigarette, not even one puff, in my life ➡ **GO TO QUESTION E1**
- 2○ Smoked from a few puffs to a whole cigarette in my life
- 3○ Only 2 to 3 cigarettes in my life
- 4○ More than 3, but fewer than 100 cigarettes in my life
- 5○ 100 or more cigarettes in my life, but none in the last month
- 6○ 100 or more cigarettes in my life and some during the last month, but not every day
- 7○ 100 or more cigarettes in my life and at least 1 cigarette every day during the last month

D2. In the LAST 12 MONTHS, how often did you smoke tobacco cigarettes?

- 01○ Smoked a few puffs to a whole cigarette in the last 12 months
- 02○ Smoked more than one cigarette, but not every day
- 03○ 1 or 2 cigarettes a day
- 04○ 3 to 5 cigarettes a day
- 05○ 6 to 10 cigarettes a day
- 06○ 11 to 15 cigarettes a day
- 07○ 16 to 20 cigarettes a day
- 08○ 21 to 29 cigarettes a day
- 09○ 30 or more cigarettes a day
- 10○ Did not smoke in the last 12 months

The next section is about CANNABIS (also known as marijuana, "weed", "pot", "grass", hashish, "hash", hash oil, etc.).

E1. When, if ever, did you first try cannabis in any way?

- 01○ Grade 4 or before
- 02○ Grade 5
- 03○ Grade 6
- 04○ Grade 7
- 05○ Grade 8
- 10○ Never tried cannabis in lifetime ➡ **GO TO QUESTION F1**

E2. In the LAST 12 MONTHS, how often did you use cannabis in any way?

- 1○ 1 or 2 times
- 2○ 3 to 5 times
- 3○ 6 to 9 times
- 4○ 10 to 19 times
- 5○ 20 to 39 times
- 6○ 40 or more times
- 7○ Did not use cannabis in the last 12 months ➡ **GO TO QUESTION F1**

E8. In the LAST 4 WEEKS, how often did you use cannabis?

- 1○ Once or twice
- 2○ Once or twice each week
- 3○ 3 or 4 times each week
- 4○ 5 or 6 times each week
- 5○ Once each day
- 6○ More than once each day
- 7○ Did not use cannabis in the last 4 weeks

The next section is about **OTHER DRUGS**. Please answer all the questions even if you have never tried these drugs. If you do not know what a drug is or have never heard of it, please check only the "Don't know" box.

Sometimes doctors give medicine to students who are hyperactive or have problems concentrating in school. This is called Attention Deficit Hyperactivity Disorder (ADHD).

F1. In the **LAST 12 MONTHS**, how often did you use a **COUGH OR COLD MEDICINE** such as Robitussin DM, Benylin DM (also known as "robos", "sizzurp", "syrup", "purple drank", "lean", "dex", "DXM") **in order to get high?**

- 1 ☐ 1 or 2 times
- 2 ☐ 3 to 5 times
- 3 ☐ 6 to 9 times
- 4 ☐ 10 to 19 times
- 5 ☐ 20 to 39 times
- 6 ☐ 40 or more times
- 7 ☐ Used to "get high", but not in the last 12 months
- 8 ☐ Never used cough/cold medicine to "get high"

F2. In the **LAST 12 MONTHS**, how often did you use **REMOXADRINE** (also known as "dreen", "rem", "mox")?


- 1 ☐ 1 or 2 times
- 2 ☐ 3 to 5 times
- 3 ☐ 6 to 9 times
- 4 ☐ 10 to 19 times
- 5 ☐ 20 to 39 times
- 6 ☐ 40 or more times
- 7 ☐ Used, but not in the last 12 months
- 8 ☐ Never used in lifetime
- 9 ☐ Don't know what remoxadrine is

The next question is about pain relief pills that people usually get by prescription, such as Percocet, Percodan, Tylenol #3, Demerol, Dilaudid, OxyNeo, codeine. (We do not mean regular Tylenol, Advil, or Aspirin that anyone can buy in a drugstore.)

G1. In the **LAST 12 MONTHS**, how often did you use these types of pain relief pills **WITHOUT A PRESCRIPTION** or without a doctor telling you to take them?

- 1 ☐ 1 or 2 times
- 2 ☐ 3 to 5 times
- 3 ☐ 6 to 9 times
- 4 ☐ 10 to 19 times
- 5 ☐ 20 to 39 times
- 6 ☐ 40 or more times
- 7 ☐ Used without a prescription, but not in the last 12 months
- 8 ☐ Never used without a prescription in lifetime
- 9 ☐ Don't know what pain relief pills are

G2a. In the **LAST 12 MONTHS**, how often did you use medicine to treat ADHD (such as Adderall, Ritalin, Concerta, Dexedrine) **WITH A PRESCRIPTION** or because a doctor told you to take it?

- 1 ☐ Once a day
- 2 ☐ Twice a day
- 3 ☐ 3 times a day
- 4 ☐ 4 or more times a day
- 5 ☐ Used with a prescription, but not in the last 12 months
- 6 ☐ Never used with a prescription in lifetime
- 7 ☐ Don't know what this medicine is  **GO TO QUESTION H3**

G2. In the **LAST 12 MONTHS**, how often did you use medicine that is usually used to treat ADHD (such as Adderall, Ritalin, Concerta, Dexedrine, also known as "Addys", "Dexies") **WITHOUT A PRESCRIPTION** or without a doctor telling you to take it?

- 1 ☐ 1 or 2 times
- 2 ☐ 3 to 5 times
- 3 ☐ 6 to 9 times
- 4 ☐ 10 to 19 times
- 5 ☐ 20 to 39 times
- 6 ☐ 40 or more times
- 7 ☐ Used without a prescription, but not in the last 12 months
- 8 ☐ Never used without a prescription in lifetime

H3. How much do you agree or disagree with the following statement: If a person uses alcohol or drugs to the point that it negatively affects their family relationships, friendships, sleep, grades, or health, it is a sign of weakness.

- 1 ☐ Strongly agree
- 2 ☐ Somewhat agree
- 3 ☐ Neither agree nor disagree
- 4 ☐ Somewhat disagree
- 5 ☐ Strongly disagree
- 6 ☐ Not sure

The next two questions are about VEHICLES, meaning cars, vans, trucks, SUVs, or motorcycles.

I1a, I1b.

In the **LAST 12 MONTHS**, how many times did you ride in a vehicle driven by someone who had been...

	Never	Once	2 or 3 Times	4 to 7 Times	8 to 11 Times	12 or More Times	Not Sure
...drinking alcohol?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...using drugs (other than alcohol)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The next section is about your PHYSICAL HEALTH.

J1. How would you rate your physical health?

- 1 ☐ Excellent
- 2 ☐ Very good
- 3 ☐ Good
- 4 ☐ Fair
- 5 ☐ Poor

J2. On how many of the LAST 7 DAYS were you physically active for a total of AT LEAST 60 MINUTES each day? Please add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time. (Some examples are brisk walking, running, rollerblading, biking, dancing, skateboarding, swimming, soccer, basketball, football.) Please include both school and non-school activities.

- 0 ☐ 0 days
- 1 ☐ 1 day
- 2 ☐ 2 days
- 3 ☐ 3 days
- 4 ☐ 4 days
- 5 ☐ 5 days
- 6 ☐ 6 days
- 7 ☐ 7 days

The next 2 questions are about competitive sports. Competitive sport means playing for a sport club or organization (outside of school sport teams), and competing or practicing your sport at least 3 times a week on average.

J3. Do you currently participate in a competitive sport outside of school sport teams? (If you participate in more than one competitive sport, think of the sport you play the most.)

- 1 ☐ Yes, I compete in a team sport (such as soccer, hockey, basketball, etc.)
- 2 ☐ Yes, I compete in an individual sport (such as track and field, swimming, wrestling, etc.)
- 3 ☐ No ➡ **GO TO QUESTION J5**

J4. What is the highest level that you have competed at?

- 1 ☐ Recreational or local competition
- 2 ☐ Provincial competition
- 3 ☐ National competition
- 4 ☐ International competition

The next question is about head injuries that you may have had in the last 12 months. We are interested in any head injury that resulted in a headache, dizziness, blurred vision, vomiting, feeling confused or “dazed,” problems remembering, or being unconscious (knocked out).

The next question is about what you drank during the last 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Think about the meals you ate at home, at school, at restaurants, or anywhere else.

J5. Did you have this type of head injury in the LAST 12 MONTHS?

- 1○ Never had a head injury like this in my life
- 2○ I've had a head injury like this in my life, but not in the last 12 months
- 3○ Yes, I've had a head injury like this in the last 12 months

J6. In the LAST 7 DAYS, about how many hours a day, on average, did you spend: watching TV/movies/videos, playing video games, texting, messaging, posting, or surfing the Internet in your free time? (Include time on any screen, such as a smartphone, tablet, TV, gaming device, computer, or wearable technology.)

- 0○ None
- 1○ Less than 1 hour a day
- 2○ 1 to 2 hours a day
- 3○ 3 to 4 hours a day
- 4○ 5 to 6 hours a day
- 5○ 7 or more hours a day
- 6○ Not sure

J7. On an average school night, how many hours of sleep do you get?

- 1○ 4 hours or less
- 2○ 5 hours
- 3○ 6 hours
- 4○ 7 hours
- 5○ 8 hours
- 6○ 9 hours
- 7○ 10 hours
- 8○ 11 or more hours

J8. In the LAST 7 DAYS, how often did you drink a can, bottle or glass of pop (such as Coke, Pepsi, Sprite), sport drink (such as Gatorade), fruit cocktails or lemonades, 100% fruit juice, pre-sweetened tea or coffee (such as Iced Tea or Frappuccino), energy drink (such as Red Bull or Monster), or bubble tea? (Do not include diet pop, sugar free drinks, G0, or plain water.)

- 1○ 1 time in the last 7 days
- 2○ 2 to 4 times in the last 7 days
- 3○ 5 to 6 times in the last 7 days
- 4○ Once each day
- 5○ More than once each day
- 6○ Did not drink any of these beverages in the last 7 days

J9. On an average day, how many times do you eat fruits and vegetables? (Do not include juices.)

- 0○ 0 times a day
- 1○ 1 time a day
- 2○ 2 times a day
- 3○ 3 times a day
- 4○ 4 times a day
- 5○ 5 times a day
- 6○ 6 or more times a day

J10. What is your current height without shoes? Below is a list of heights in feet and inches, and the matching number in centimetres ("cm"). Please choose the height that is closest to yours.

- | | |
|--|--|
| <input type="radio"/> 4 feet 4 inches/ 132 cm or less | <input type="radio"/> 5 feet 6 inches/ 168 cm |
| <input type="radio"/> 4 feet 5 inches/ 135 cm | <input type="radio"/> 5 feet 7 inches/ 170 cm |
| <input type="radio"/> 4 feet 6 inches/ 137 cm | <input type="radio"/> 5 feet 8 inches / 173 cm |
| <input type="radio"/> 4 feet 7 inches/ 140 cm | <input type="radio"/> 5 feet 9 inches/ 175 cm |
| <input type="radio"/> 4 feet 8 inches/ 142 cm | <input type="radio"/> 5 feet 10 inches/ 178 cm |
| <input type="radio"/> 4 feet 9 inches/ 145 cm | <input type="radio"/> 5 feet 11 inches/ 180 cm |
| <input type="radio"/> 4 feet 10 inches/ 147 cm | <input type="radio"/> 6 feet 0 inches / 183 cm |
| <input type="radio"/> 4 feet 11 inches/ 150 cm | <input type="radio"/> 6 feet 1 inch/ 185 cm |
| <input type="radio"/> 5 feet 0 inches/ 152 cm | <input type="radio"/> 6 feet 2 inches/ 188 cm |
| <input type="radio"/> 5 feet 1 inch/ 155 cm | <input type="radio"/> 6 feet 3 inches/ 191 cm |
| <input type="radio"/> 5 feet 2 inches/ 157 cm | <input type="radio"/> 6 feet 4 inches/ 193 cm |
| <input type="radio"/> 5 feet 3 inches/ 160 cm | <input type="radio"/> 6 feet 5 inches/ 196 cm |
| <input type="radio"/> 5 feet 4 inches/ 163 cm | <input type="radio"/> 6 feet 6 inches/ 198 cm or more |
| <input type="radio"/> 5 feet 5 inches/ 165 cm | |

J11. What is your current weight without shoes? Below is a list of weights in pounds, and the approximate number in kilograms ("kg"). Please choose the weight that is closest to yours.

- | | |
|---|---|
| <input type="radio"/> 80 pounds/ 36 kg or less | <input type="radio"/> 181-185 pounds/ 82-84 kg |
| <input type="radio"/> 81-85 pounds/ 37-39 kg | <input type="radio"/> 186-190 pounds/ 84-86 kg |
| <input type="radio"/> 86-90 pounds/ 39-41 kg | <input type="radio"/> 191-195 pounds/ 87-88 kg |
| <input type="radio"/> 91-95 pounds/ 41-43 kg | <input type="radio"/> 196-200 pounds/ 89-91 kg |
| <input type="radio"/> 96-100 pounds/ 43-45 kg | <input type="radio"/> 201-205 pounds/ 91-93 kg |
| <input type="radio"/> 101-105 pounds/ 46-48 kg | <input type="radio"/> 206-210 pounds/ 93-95 kg |
| <input type="radio"/> 106-110 pounds/ 48-50 kg | <input type="radio"/> 211-215 pounds/ 96-98 kg |
| <input type="radio"/> 111-115 pounds/ 50-52 kg | <input type="radio"/> 216-220 pounds/ 98-100 kg |
| <input type="radio"/> 116-120 pounds/ 53-54 kg | <input type="radio"/> 221-225 pounds/ 100-102 kg |
| <input type="radio"/> 121-125 pounds/ 55-57 kg | <input type="radio"/> 226-230 pounds/ 102-104 kg |
| <input type="radio"/> 126-130 pounds/ 57-59 kg | <input type="radio"/> 231-235 pounds/ 105-107 kg |
| <input type="radio"/> 131-135 pounds/ 59-61 kg | <input type="radio"/> 236-240 pounds/ 107-109 kg |
| <input type="radio"/> 136-140 pounds/ 62-64 kg | <input type="radio"/> 241-245 pounds/ 109-111 kg |
| <input type="radio"/> 141-145 pounds/ 64-66 kg | <input type="radio"/> 246-250 pounds/ 112-114 kg |
| <input type="radio"/> 146-150 pounds/ 66-68 kg | <input type="radio"/> 251-255 pounds/ 114-116 kg |
| <input type="radio"/> 151-155 pounds/ 68-70 kg | <input type="radio"/> 256-260 pounds/ 116-118 kg |
| <input type="radio"/> 156-160 pounds/ 71-73 kg | <input type="radio"/> 261-265 pounds/ 118-120 kg |
| <input type="radio"/> 161-165 pounds/ 73-75 kg | <input type="radio"/> 266-270 pounds/ 121-122 kg |
| <input type="radio"/> 166-170 pounds/ 75-77 kg | <input type="radio"/> 271-275 pounds/ 123-125 kg |
| <input type="radio"/> 171-175 pounds/ 77-79 kg | <input type="radio"/> 276-280 pounds/ 125-127 kg |
| <input type="radio"/> 176-180 pounds/ 80-82 kg | <input type="radio"/> 281 pounds/ 127 kg or more |

The next few questions are about your eating habits and your body.

J12. In the **LAST 4 WEEKS**, how often did you worry so much about your weight, shape, or muscles that you couldn't get it out of your head?

- 1 ☐ Never in the last 4 weeks
- 2 ☐ Rarely
- 3 ☐ Sometimes
- 4 ☐ Often
- 5 ☐ Always

J13, J14, J15. In the **LAST 4 WEEKS**, how often did you....

	Never in the Last 4 weeks	Once or Twice	Once or Twice Each Week	3 or 4 times Each Week	5 or 6 times Each Week	Daily or Almost Daily
...not eat, or eat in a way to change your weight, shape, or muscles?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...binge on food (eaten what other people would say is an unusually large amount of food, such as a whole litre of ice cream, in a few hours)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...feel like you couldn't stop eating or couldn't control how much you ate?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

J16. Now thinking about the **LAST 12 MONTHS**, how often did other people tease you or pick on you about your weight or shape?

- 1 ☐ Never in the last 12 months
- 2 ☐ Once or twice
- 3 ☐ Once a month or less often
- 4 ☐ 2 or 3 times a month
- 5 ☐ Once a week
- 6 ☐ 2 or 3 times each week
- 7 ☐ 5 or 6 times each week
- 8 ☐ Almost every day – 6 or 7 times a week

The next section is about your **MENTAL HEALTH** (your feelings or emotional health).

Please note that some of these questions are sensitive in nature. You may skip any question that you do not want to answer.

Please remember that the survey is anonymous and so if you need support, please reach out to caring adults and support services available through your school. There is also a list of community support services that you can download at the end of the survey.

K1a. How would you rate your mental or emotional health?

- 1 ☐ Excellent
- 2 ☐ Very good
- 3 ☐ Good
- 4 ☐ Fair
- 5 ☐ Poor

In the next few questions, we would like to know how you have been feeling during the last 4 weeks.

K1 – K6. In the LAST 4 WEEKS, about how often did you feel...

	None of the time	A little of the time	Some of the time	Most of the time	All of the time
...nervous?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...hopeless?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...restless or fidgety?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...so depressed (sad) that nothing could cheer you up?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...that everything was an effort?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...worthless?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

K7a. In the LAST 4 WEEKS, did you feel that you were under any stress, strain, or pressure?

- 1 ☐ Yes, almost more than I could take
- 2 ☐ Yes, a lot
- 3 ☐ Yes, some
- 4 ☐ Yes, a little
- 5 ☐ Not at all

K7b. How much do you agree or disagree with the following statement: On the whole, I am satisfied with myself.

- 1 ☐ Strongly agree
- 2 ☐ Somewhat agree
- 3 ☐ Somewhat disagree
- 4 ☐ Strongly disagree

K7c. How often do you feel lonely?

- 1 ☐ Never
- 2 ☐ Hardly ever
- 3 ☐ Occasionally
- 4 ☐ Sometimes
- 5 ☐ Often or always

K7d. In the LAST 12 MONTHS, have you done something on purpose to hurt yourself without wanting to die, such as cutting or burning yourself on purpose?

- 1 ☐ Yes
- 2 ☐ No

K7e. In the LAST 12 MONTHS, did you ever seriously consider attempting suicide?

- 1 ☐ Yes
- 2 ☐ No

K7f. In the LAST 12 MONTHS, did you actually attempt suicide?

- 1 ☐ Yes
- 2 ☐ No

K7g. In general, how would you rate your ability to handle unexpected and difficult problems, such as a family or personal crisis? Would you say your ability is...?

- 1 ☐ Excellent
- 2 ☐ Very good
- 3 ☐ Good
- 4 ☐ Fair
- 5 ☐ Poor

K7h. How much do you agree or disagree with the following statement: I feel depressed (sad) about the future because of climate change.

- 1 ☐ Strongly agree
- 2 ☐ Somewhat agree
- 3 ☐ Somewhat disagree
- 4 ☐ Strongly disagree

K7i. How worried are you about climate change?

- 1 ☐ Not at all worried
- 2 ☐ A little worried
- 3 ☐ Fairly worried
- 4 ☐ Very worried
- 5 ☐ Extremely worried

K7j. How much do you think the COVID-19 pandemic has negatively affected your mental health?

- 1○ Not affected my mental health at all
- 2○ Slightly
- 3○ Moderately
- 4○ Very much
- 5○ Extremely

K8a. Do you know how to access mental health support (such as counselling) through your school, if you needed it?

- 1○ Yes
- 2○ No
- 3○ Not sure

K8b. Since the beginning of the school year, did you receive any individual or group counselling or any other help AT SCHOOL for concerns regarding your mental health? For example, did you see or speak to a social worker, child and youth worker/counsellor, psychologist, nurse, teacher or other staff person at school because of concerns with your mental health?

- 1○ Yes
- 2○ No

K9a. In the LAST 12 MONTHS, how many times did you see a doctor, nurse, or counsellor about your mental or emotional health outside of school?

- 1○ Did not see a doctor/nurse/counsellor about my emotional health in the last 12 months outside of school
- 2○ Once
- 3○ 2 or 3 times
- 4○ 4 or 5 times
- 5○ 6 or 7 times
- 6○ 8 or 9 times
- 7○ 10 or 11 times
- 8○ 12 or more times

K9b. In the LAST 12 MONTHS, have you phoned a telephone crisis helpline or gone on a website (such as "KidsHelpPhone.ca") because you needed to talk to a counsellor about a problem?

- 1○ Yes, I've phoned a helpline only
- 2○ Yes, I've posted a question on a website only
- 3○ Yes, I've phoned a helpline and posted a question on a website
- 4○ No

K10a. In the LAST 12 MONTHS, was there ever a time when you felt you might need professional help (such as from a doctor, counsellor or other mental health worker) for mental health concerns (problems with emotions, behaviours), but you **DID NOT SEEK HELP**?

- 1○ Yes
- 2○ No ➡ **GO TO QUESTION L1a**


K11. What are the reasons you did not seek professional help? Select all that apply.

- a○ I thought I could manage it myself
- b○ I didn't know where to turn to for help
- c○ I never got around to it (e.g., too busy)
- d○ It would have been too hard to schedule
- e○ I tried, but the wait was too long
- f○ I didn't think professional help would do any good
- g○ It was going to cost too much
- h○ Getting there was a problem
- i○ I was afraid of what others would think of me
- j○ My parent(s) did not agree
- k○ Other reason not listed above

The next few questions are about **BULLYING** at school during this school year.

Bullying is when one or more people tease, hurt or upset another person on purpose, again and again. It is also bullying when someone is left out of things on purpose.


L1a. Since the beginning of the school year, in what way were you bullied the most at school? (Please select only one answer.)

- 1 ☐ Was not bullied at school  **GO TO QUESTION L1c**
- 2 ☐ Physical attacks (for example, beat you up, pushed or kicked you)
- 3 ☐ Verbal attacks (for example, teased, threatened, spread rumours about you)
- 4 ☐ Stole from you or damaged your things

L1b. Since the beginning of the school year, how often have you been bullied at school?

- 1 ☐ Daily or almost daily
- 2 ☐ About once a week
- 3 ☐ About once a month
- 4 ☐ Less than once a month

L1c. Since the beginning of the school year, in what way did you bully other students the most at school? (Please select only one answer.)

- 1 ☐ Did not bully other students at school  **GO TO QUESTION L1e**
- 2 ☐ Physical attacks (for example, beat up, pushed, or kicked them)
- 3 ☐ Verbal attacks (for example, teased, threatened, or spread rumours about them)
- 4 ☐ Stole from them or damaged their things

L1d. Since the beginning of the school year, how often have you taken part in bullying other students at school?

- 1 ☐ Daily or almost daily
- 2 ☐ About once a week
- 3 ☐ About once a month
- 4 ☐ Less than once a month

L1e. In the **LAST 12 MONTHS**, how often did other people bully or pick on you electronically or through the Internet? (Count being bullied through texting, Instagram, Facebook, or other social media.)

- 0 ☐ Never in the last 12 months
- 1 ☐ Once
- 2 ☐ 2 to 3 times
- 3 ☐ 4 or more times


L1f. In the **LAST 12 MONTHS**, how often did you bully or pick on other people electronically or through the Internet? (Count bullying others through texting, Instagram, Facebook, or other social media.)

- 0 ☐ Never in the last 12 months
- 1 ☐ Once
- 2 ☐ 2 to 3 times
- 3 ☐ 4 or more times

The next section is about in your experiences with **SOCIAL MEDIA**. The term “social media” refers to social network sites (such as Instagram, TikTok, Twitter, Facebook, etc.), and instant messengers (such as SnapChat, Whatsapp, Facebook messenger).

L2. About how many hours a day do you usually spend on social media sites or apps, either posting or browsing?

- 1 ☐ Less than 1 hour a day
- 2 ☐ About 1 hour a day
- 3 ☐ 2 hours a day
- 4 ☐ 3 to 4 hours a day
- 5 ☐ 5 to 6 hours a day
- 6 ☐ 7 to 9 hours a day
- 7 ☐ 10 or more hours a day

- 8 ☐ Use social media, but not every day
- 9 ☐ Don't use social media at all  **GO TO QUESTION M1**

L2a – L2i. In the LAST 12 MONTHS, have you....

	Yes	No
...regularly found that you can't think of anything else but the moment that you will be able to use social media again?	<input type="radio"/>	<input type="radio"/>
...regularly felt dissatisfied because you wanted to spend more time on social media?	<input type="radio"/>	<input type="radio"/>
...often felt bad when you could not use social media?	<input type="radio"/>	<input type="radio"/>
...tried to spend less time on social media, but failed?	<input type="radio"/>	<input type="radio"/>
...regularly had no interest in hobbies or other activities because you would rather use social media?	<input type="radio"/>	<input type="radio"/>
...regularly had arguments with others because of your social media use?	<input type="radio"/>	<input type="radio"/>
...regularly lied to your parents or friends about the amount of time you spend on social media?	<input type="radio"/>	<input type="radio"/>
...often used social media so you didn't have to think about unpleasant things?	<input type="radio"/>	<input type="radio"/>
...had serious conflict with your parents, brother(s) or sister(s) because of your social media use?	<input type="radio"/>	<input type="radio"/>

Just a few final questions...

M1. Overall, how easy did you find the questionnaire to understand?

- 1 ☐ Not at all easy
- 2 ☐ Not very easy
- 3 ☐ Fairly easy
- 4 ☐ Very easy

M2. What about the length of the questionnaire, did you find it...

- 1 ☐ Much too long
- 2 ☐ A bit too long
- 3 ☐ About right
- 4 ☐ A bit too short

M3. Do you think the questions in this survey make most students...

- 1 ☐ Very uncomfortable
- 2 ☐ Somewhat uncomfortable
- 3 ☐ Not at all uncomfortable

This is the end of the survey.

Directed to a new webpage after the survey

Thank you very much for completing the OSDUHS! We really appreciate your help!

Getting Support:

Please keep in mind that there are caring adults and support services available through school that you can turn to if you need someone to talk to – these include Guidance Counsellors, Social Workers, Child Youth Workers, teachers, and your principal. You can also reach out to a parent, relative, coach, faith leader, Elder, or your family doctor.

For a list of where you can find support and information about mental health and/or addiction issues, and more information about this study please download the attached PDF called **“Debriefing Sheet + Youth Support Services”**. *[Embed the PDF document of the debriefing sheet & youth services list here]*