

Global School-based Student Health Survey (GSHS)

Namibia 2004 GSHS Questionnaire

For more information:

www.cdc.gov/gshs or

www.who.int/school_youth_health/gshs



2004 NAMIBIA GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY

This survey is about your health and the things you do that may affect your health. Students like you all over your country are doing this survey. Students in many other countries around the world also are doing this survey. The information you give will be used to develop better health programs for young people like yourself.

DO NOT write your name on this survey or the answer sheet. The answers you give will be kept private. No one will know how you answer. Answer the questions based on what you really know or do. There are no right or wrong answers.

Completing the survey is voluntary. Your grade or mark in this class will not be affected whether or not you answer the questions. If you do not want to answer a question, just leave it blank.

Make sure to read every question. Fill in the circles on your answer sheet that match your answer. Use only the pencil you are given. When you are done, do what the person who is giving you the survey says to do.

Here is an example of how to fill in the circles:

Fill in the circles like this



Not like this



or



Survey

1. Do fish live in water?
 - A. Yes
 - B. No

Answer sheet

1. ☒ (B) (C) (D) (E) (F) (G) (H)

Thank you very much for your help.

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 or older

2. What is your sex?
 - A. Male
 - B. Female

3. In what grade are you?
 - A. Grade 6
 - B. Grade 7
 - C. Grade 8
 - D. Grade 9
 - E. Grade 10
 - F. Special or other

The next 4 questions ask about cleaning your teeth and washing your hands.

4. During the past 30 days, how many times per day did you **usually** clean or brush your teeth?
 - A. I did not clean or brush my teeth during the past 30 days
 - B. 1 time per day
 - C. 2 times per day
 - D. 3 times per day
 - E. 4 or more times per day
5. During the past 30 days, how often did you wash your hands before eating?
 - A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always

6. During the past 30 days, how often did you wash your hands after using the toilet, latrine, or bush?
 - A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
7. During the past 30 days, how often did you use soap when washing your hands?
 - A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always

The next 9 questions ask about physical attacks.

A physical attack occurs when one or more people hit or strike someone, or when one or more people hurt another person with a weapon (such as a stick, knobkerrie, stone, knife, or gun). It is not a physical attack when two students of about the same strength or power choose to fight each other.

8. During the past 12 months, how many times were you physically attacked?
 - A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or 7 times
 - F. 8 or 9 times
 - G. 10 or 11 times
 - H. 12 or more times

9. During the past 12 months, how many times were you verbally abused by a teacher?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

10. During the past 12 months, how many times were you physically attacked by a teacher?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

11. During the past 12 months, how many times were you physically attacked by an adult family member?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

12. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?

- A. I have not had a boyfriend or girlfriend during the past 12 months
- B. Yes
- C. No

13. Have you ever been physically forced to have sexual intercourse when you did not want to?

- A. Yes
- B. No

14. During this school year, were you taught in any of your classes what to do if someone is trying to force you to have sexual intercourse?

- A. Yes
- B. No
- C. I do not know

15. During the past 30 days, on how many days did you carry a weapon, such as a gun, knife, club, or panga?

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

16. Do you currently belong to a gang?

- A. Yes
- B. No

The next question asks about physical fights. A physical fight occurs when two or more students of about the same strength or power choose to fight each other.

17. During the past 12 months, how many times were you in a physical fight?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

The next 5 questions ask about the most serious injury that happened to you during the past 12 months. An injury is serious when it makes you miss at least one full day of usual activities (such as school, sports, or a job) or requires treatment by a doctor or nurse.

18. During the past 12 months, how many times were you seriously injured?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

19. During the past 12 months, **what were you doing** when the most serious injury happened to you?

- A. I was not seriously injured during the past 12 months
- B. Playing or training for a sport
- C. Walking or running, but not as part of playing or training for a sport
- D. Riding a donkey, horse, bicycle, or scooter
- E. Riding or driving in a car, donkey cart, or other motor vehicle
- F. Doing any paid or unpaid work, including housework, yard work, or cooking
- G. Nothing
- H. Something else

20. During the past 12 months, **what was the major cause** of the most serious injury that happened to you?

- A. I was not seriously injured during the past 12 months
- B. I was in a motor vehicle accident or hit by a motor vehicle
- C. I fell
- D. Something fell on me or hit me
- E. I was fighting with someone
- F. I was attacked, assaulted, or abused by someone
- G. I was in a fire or too near a flame or something hot
- H. Something else caused my injury

21. During the past 12 months, **how** did the most serious injury happen to you?

- A. I was not seriously injured during the past 12 months
- B. I hurt myself by accident
- C. Someone else hurt me by accident
- D. I hurt myself on purpose
- E. Someone else hurt me on purpose

22. During the past 12 months, **what was** the most serious injury that happened to you?

- A. I was not seriously injured during the past 12 months
- B. I had a broken bone or a dislocated joint
- C. I had a cut, puncture, or stab wound
- D. I had a concussion or other head or neck injury, was knocked out, or could not breathe
- E. I had a gunshot wound
- F. I had a bad burn
- G. I lost all or part of a foot, leg, hand, or arm
- H. Something else happened to me

The next 2 questions ask about bullying. Bullying occurs when a student or group of students say or do bad and unpleasant things to another student. It is also bullying when a student is teased a lot in an unpleasant way or when a student is left out of things on purpose. It is not bullying when two students of about the same strength or power argue or fight or when teasing is done in a friendly and fun way.

23. During the past 30 days, on how many days were you bullied?

- 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

24. During the past 30 days, how were you bullied **most often**?

- A. I was not bullied during the past 30 days
- B. I was hit, kicked, pushed, shoved around, or locked indoors
- C. I was made fun of because of my race or color
- D. I was made fun of because of my religion
- E. I was made fun of with sexual jokes, comments, or gestures
- F. I was left out of activities on purpose or completely ignored
- G. I was made fun of because of how my body or face looks
- H. I was bullied in some other way

The next 3 questions ask about personal safety.

25. During the past 30 days, on how many days did you **not** go to school because you felt you would be unsafe at school or on your way to or from school?

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

26. During the past 30 days, how often did you ride in a car or other motor vehicle **driven by someone who had been drinking alcohol**?

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

27. During this school year, were you taught in any of your classes first aid skills in case of an injury to yourself or someone else?

- A. Yes
- B. No
- C. I do not know

The next 8 questions ask about your feelings and friendships.

28. During the past 12 months, how often have you felt lonely?

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

29. During the past 12 months, how often have you been so worried about something that you could not sleep at night?

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

30. During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more in a row** that you stopped doing your usual activities?

- A. Yes
- B. No

31. During the past 12 months, how often have you ever been so worried about something that you wanted to use alcohol or drugs to feel better?

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

32. During the past 12 months, did you ever **seriously** consider attempting suicide (try to kill yourself)?

- A. Yes
- B. No

33. What was the **main** reason for attempting suicide?

- A. I did not attempt suicide
- B. I was/felt pregnant
- C. I got HIV or other diseases
- D. I had family problems
- E. I had boyfriend/girlfriend relationship problems
- F. I was not doing well at school
- G. Other reason

34. During the past 12 months, did you make a plan about how you would attempt suicide?

- A. Yes
- B. No

35. During the past 12 months, how many times did you actually attempt suicide?

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

36. How many close friends do you have?

- A. 0
- B. 1
- C. 2
- D. 3 or more

The next 17 questions ask about cigarette and other tobacco use.

37. Have you ever tried or experimented with cigarette smoking, even one or two puffs?

- A. Yes
- B. No

38. How old were you when you first tried a cigarette?

- A. I have never smoked cigarettes
- B. 7 years old or younger
- C. 8 or 9 years old
- D. 10 or 11 years old
- E. 12 or 13 years old
- F. 14 or 15 years old
- G. 16 years old or older

39. 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

40. During the past 30 days, how did you **usually** get your own cigarettes? **SELECT ONLY ONE RESPONSE.**

- A. I did not smoke cigarettes during the past 30 days
- B. I bought them in a store, shop, or from a street vendor
- C. I bought them from a vending machine
- D. I gave someone else money to buy them for me
- E. I borrowed them from someone else
- F. I stole them
- G. An older person gave them to me
- H. I got them some other way

41. During the past 30 days, on how many days did you use any other form of tobacco, such as snuff, prium (chewing tobacco), or tobacco leaves (BB, springbok, or black and white)?

- 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

42. Where do you **usually** smoke?

- A. I have never smoked cigarettes
- B. At home
- C. At school
- D. At work
- E. At friends' houses
- F. At social events
- G. In public spaces, such as parks, shopping centres, and street corners
- H. Other

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

- A. Definitely not
- B. Probably not
- C. Probably yes
- D. Definitely yes

44. Do you think smoking cigarettes is harmful to your health?

- A. Definitely not
- B. Probably not
- C. Probably yes
- D. Definitely yes

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

- A. Definitely not
- B. Probably not
- C. Probably yes
- D. Definitely yes

46. During the past 12 months, have you ever tried to stop smoking cigarettes?

- A. I have never smoked cigarettes
- B. I did not smoke cigarettes during the past 12 months
- C. Yes
- D. No

47. Do you want to stop smoking now?

- A. I have never smoked cigarettes
- B. I do not smoke now
- C. Yes
- D. No

48. How long ago did you stop smoking?

- A. I have never smoked cigarettes
- B. I have not stopped smoking
- C. 1 to 3 months
- D. 4 to 11 months
- E. 1 year
- F. 2 years
- G. 3 or more years

49. What was the main reason you decided to stop smoking?

- A. I have never smoked cigarettes
- B. I have not stopped smoking
- C. To improve my health
- D. To save money
- E. Because my family does not like it
- F. Because my friends do not like it
- G. Other

50. Do you think you would be able to stop smoking if you wanted to?

- A. I have never smoked cigarettes
- B. I have already stopped smoking cigarettes
- C. Yes
- D. No

51. During the past 7 days, on how many days have people smoked in your presence?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 4 days
- D. 5 to 6 days
- E. All 7 days

52. Which of your parents or guardians use any form of tobacco?

- A. Neither
- B. My father or male guardian
- C. My mother or female guardian
- D. Both
- E. I do not know

53. During this school year, were you taught in any of your classes about the dangers of smoking?

- A. Yes
- B. No
- C. I do not know

The next 17 questions ask about drinking alcohol. This includes drinking beer, hot stuff, home made brews (liquor or tombo), or ciders (Hunters Gold, Savanna, or Redds). Drinking alcohol does not include drinking a few sips of wine or oil for religious purposes.

54. How old were you when you had your first drink of alcohol other than a few sips?

- A. I have never had a drink of alcohol other than a few sips
- B. 7 years old or younger
- C. 8 or 9 years old
- D. 10 or 11 years old
- E. 12 or 13 years old
- F. 14 or 15 years old
- G. 16 years old or older

55. During the past 30 days, on how many days did you have at least one drink containing alcohol?

- 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

56. During the past 30 days, on the days you drank alcohol, how many drinks did you **usually** drink per day?

- A. I did not drink alcohol during the past 30 days
- B. Less than one drink
- C. 1 drink
- D. 2 drinks**
- E. 3 drinks
- F. 4 drinks
- G. 5 or more drinks

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

- A. I did not drink alcohol during the past 30 days
- B. I bought it in a store, shop, shebeen, cuca shop, or from a street vendor
- C. I gave someone else money to buy it for me
- D. I got it from my friends
- E. I got it from home
- F. I stole it
- G. I made it myself
- H. I got it some other way

58. With whom do you **usually** drink alcohol?

- A. I do not drink alcohol
- B. With my friends
- C. With my family
- D. With persons I have just met
- E. I usually drink alone

59. Where were you the **first time** you had a drink of alcohol?

- A. I have never had a drink of alcohol
- B. At home
- C. At someone else's home
- D. At school
- E. Out on the street, in a park, or in some other open area
- F. At a bar, pub, or disco
- G. In a restaurant
- H. Some other place

60. Where were you the **last time** you had a drink of alcohol?

- A. I have never had a drink of alcohol
- B. At home
- C. At someone else's home
- D. At school
- E. Out on the street, in a park, or in some other open area
- F. At a bar, pub, shebeen, cuca shop, or disco
- G. In a restaurant
- H. Some other place

61. During your life, how many times did you drink so much alcohol that you were really drunk?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 or more times

62. What type of alcohol do you **usually** drink?

- A. I do not drink alcohol
- B. Beer, lager, or stout
- C. Wine
- D. Spirits
- E. Ciders (Redds, Savanna, or Hunters Gold)
- F. Hot staff
- G. Home made brews (Tombo, liquor)
- H. Some other type

63. How old were you the **first time** you drank so much alcohol that you were really drunk?

- A. I have never drank so much alcohol that I was really drunk
- B. 7 years old or younger
- C. 8 or 9 years old
- D. 10 or 11 years old
- E. 12 or 13 years old
- F. 14 or 15 years old
- G. 16 years old or older

64. During your life, how many times have you ever had a hang-over, felt sick, got into trouble with your family or friends, missed school, or got into fights, as a result of drinking alcohol?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 or more times

65. If one of your best friends offered you a drink of alcohol, would you drink it?

- A. Definitely not
- B. Probably not
- C. Probably yes
- D. Definitely yes

66. How many of your friends drink alcohol?

- A. None
- B. A few
- C. Some
- D. Most
- E. All

67. Do your parents or guardians know that you drink alcohol?

- A. I do not drink alcohol
- B. Yes
- C. No
- D. I do not know

68. Which of your parents or guardians drink alcohol?

- A. Neither
- B. My father or male guardian
- C. My mother or female guardian
- D. Both
- E. I do not know

69. Has anyone in your family discussed with you the harmful effect of drinking alcohol?

- A. Yes
- B. No

70. During this school year, were you taught in any of your classes the dangers of alcohol use?

- A. Yes
- B. No
- C. I do not know

The next question asks about drugs.

71. During your life, how many times have you used drugs, such as marijuana or dagga, cocaine or pi, or ecstasy?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 or more times

The next 14 questions ask about sexual intercourse. This includes vaginal intercourse (when a man puts his penis into a woman's vagina) and anal intercourse (when a man puts his penis into his partner's anus).

72. Have you ever had sexual intercourse?

- A. Yes
- B. No

73. How old were you when you had sexual intercourse for the first time?

- A. I have never had sexual intercourse
- B. 11 years old or younger
- C. 12 years old
- D. 13 years old
- E. 14 years old
- F. 15 years old
- G. 16 years old or older

74. What is the **main** reason you have not had sexual intercourse?

- A. I have had sexual intercourse
- B. I want to wait until I am older
- C. I want to wait until I am married
- D. I do not want to risk getting pregnant
- E. I do not want to risk getting a sexually transmitted infection such as HIV or AIDS
- F. I have not had a chance to have sex or met anyone that I wanted to have sex with
- G. It is against my religious values
- H. Some other reason

75. During your life, with how many people have you had sexual intercourse?

- A. I have never had sexual intercourse
- B. 1 person
- C. 2 people
- D. 3 people
- E. 4 people
- F. 5 people
- G. 6 or more people

76. During the past 12 months, have you had sexual intercourse?

- A. Yes
- B. No

77. The **first time** you had sexual intercourse, did you or your partner use a condom?

- A. I have never had sexual intercourse
- B. Yes
- C. No

78. The **last time** you had sexual intercourse, did you or your partner use a condom?

- A. I have never had sexual intercourse
- B. Yes
- C. No

79. If you wanted to get a condom, how would you most likely get it?

- A. We don't have vending machines for condoms
- B. I would get it in a store or shop or from a street vendor, cuca shop or shebeen
- C. I would get it from a pharmacy, clinic, or hospital
- D. I would give someone else money to buy it for me
- E. I would send someone else to get it for me from a pharmacy, clinic, hospital, or shebeen
- F. I would get it some other way
- G. I do not know

80. Did you drink alcohol or use other drugs before you had sexual intercourse the **last time**?

- A. I have never had sexual intercourse
- B. Yes
- C. No

81. Do you know how to tell someone you do not want to have sexual intercourse with them?

- A. Yes
- B. No
- C. I do not know

82. Can a healthy-looking person be infected with HIV?

- A. Yes
- B. No
- C. I do not know

83. During this school year, were you taught in any of your classes how to avoid HIV infection or AIDS?

- A. Yes
- B. No
- C. I do not know

84. During this school year, were you taught in any of your classes the benefits of **not** having sexual intercourse?

- A. Yes
- B. No
- C. I do not know

85. During this school year, were you taught in any of your classes how to use a condom?

- A. Yes
- B. No
- C. I do not know

The next 2 questions ask about physical activity. Physical activity is any activity that increases your heart rate and makes you get out of breath some of the time. Physical activity can be done in sports, playing with friends, or walking to school. Some examples of physical activity are running, fast walking, biking, dancing, football, and playing sports.

ADD UP ALL THE TIME YOU SPEND IN PHYSICAL ACTIVITY EACH DAY. DO **NOT** INCLUDE YOUR PHYSICAL EDUCATION OR GYM CLASS.

86. During the past **7 days**, on how many days were you physically active for a total of at least 60 minutes per day?

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

87. During a **typical or usual** week, on how many days are you physically active for a total of at least 60 minutes per day?

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

The next question asks about the time you spend mostly sitting when you are not in school or doing homework.

88. How much time do you spend during a **typical or usual** day sitting and watching television, playing computer games, talking with friends, or doing other sitting activities, such as playing dominoes, cards, or gambling with dice?

- A. Less than 1 hour per day
- B. 1 to 2 hours per day
- C. 3 to 4 hours per day
- D. 5 to 6 hours per day
- E. 7 to 8 hours per day
- F. More than 8 hours per day

The next 2 questions ask about going to and coming home from school.

89. During the past 7 days, on how many days did you walk or ride a bicycle to and from school?

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

90. During the past 7 days, how long did it **usually** take for you to get to and from school each day? ADD UP THE TIME YOU SPEND GOING TO AND COMING HOME FROM SCHOOL.

- A. Less than 10 minutes per day
- B. 10 to 19 minutes per day
- C. 20 to 29 minutes per day
- D. 30 to 39 minutes per day
- E. 40 to 49 minutes per day
- F. 50 to 59 minutes per day
- G. 60 or more minutes per day

The next 5 questions ask about your experiences at school and at home.

91. During the past 30 days, on how many days did you miss classes or school without permission?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 or more days

92. During the past 30 days, how often were most of the students in your school kind and helpful?

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

93. During the past 30 days, how often did your parents or guardians check to see if your homework was done?

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

94. During the past 30 days, how often did your parents or guardians understand your problems and worries?

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

95. During the past 30 days, how often did your parents or guardians **really** know what you were doing with your free time?

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

The next 2 questions ask about meals you might have eaten.

96. During the past 30 days, how often did you eat or drink something in the morning before you went to school or work?

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

97. What is the main reason you do not eat or drink something in the morning before you go to school or work?

- A. I always eat before going to school or work
- B. I do not have time for breakfast
- C. I can't eat early in the morning
- D. There is not always food in my house
- E. I do not like the food at home