

Global School-based Student Health Survey (GSHS)

Swaziland 2003 GSHS Questionnaire

For more information:

www.cdc.gov/gshs

www.who.int/school_youth_health/gshs



2003 SWAZILAND 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.        

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. Form 1
 - D. Form 2
 - E. Form 3
 - F. Form 4

The next 8 questions ask about your height, weight, and going hungry.

4. How tall are you without your shoes on? ON THE ANSWER SHEET, WRITE YOUR HEIGHT IN THE SHADED BOXES AT THE TOP OF THE GRID. THEN FILL IN THE OVAL BELOW EACH NUMBER.

Example

| Height (cm) | | |
|----------------------------------|----------------------------------|----------------------------------|
| 1 | 5 | 3 |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
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| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | I do not know | |

5. How much do you weigh without your shoes on?
ON THE ANSWER SHEET, WRITE YOUR WEIGHT IN THE SHADED BOXES AT THE TOP OF THE GRID. THEN FILL IN THE OVAL BELOW EACH NUMBER.

Example

| Weight (kg) | | |
|----------------------------------|----------------------------------|----------------------------------|
| 0 | 5 | 2 |
| <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
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| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| <input type="radio"/> | I do not know | |

6. During the past 30 days, how often did you go hungry because there was not enough food in your home?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
7. During the past 30 days, how often did you eat breakfast?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always

8. During the past 30 days, how often was breakfast offered to you at school?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
9. During the past 30 days, how often did you eat breakfast at school?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
10. During the past 30 days, how often was lunch offered to you at school?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
11. During the past 30 days, how often did you eat lunch at school?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always

The next 5 questions ask about foods you might eat.

12. During the past 30 days, how many times per day did you **usually** eat fruit, such as guave, oranges, bananas, or wild fruits?
- A. I did not eat fruit during the past 30 days
 - B. Less than one time per day
 - C. 1 time per day
 - D. 2 times per day
 - E. 3 times per day
 - F. 4 times per day
 - G. 5 or more times per day

13. During the past 30 days, how many times per day did you **usually** eat vegetables, such as cabbage, spinach, carrots, umbhidvo, or beetroot?

- A. I did not eat vegetables during the past 30 days
- B. Less than one time per day
- C. 1 time per day
- D. 2 times per day
- E. 3 times per day
- F. 4 times per day
- G. 5 or more times per day

14. During the past 30 days, how many times per day did you **usually** drink milk or eat milk products, such as emasi, cheese, sitfubi, yoghurt, milk, or ice cream?

- A. I did not drink milk or eat milk products during the past 30 days
- B. Less than one time per day
- C. 1 time per day
- D. 2 times per day
- E. 3 times per day
- F. 4 times per day
- G. 5 or more times per day

15. During the past 30 days, how many times per day did you **usually** drink carbonated soft drinks, such as Coke, Fanta, Sprite, or Lemon?

- A. I did not drink carbonated soft drinks during the past 30 days
- B. Less than 1 time per day
- C. 1 time per day
- D. 2 times per day
- E. 3 times per day
- F. 4 times per day
- G. 5 or more times per day

16. During the past 7 days, on how many days did you eat at a fast food restaurant, such as McDonalds, Kentucky Fried Chicken, Steers, Hungry Lion, Village Licken, or Nandos?

- 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 what you have learned.

17. During this school year, were you taught in any of your classes the benefits of healthy eating?

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

The next 10 questions ask about cleaning your teeth, washing your hands, and using the toilet or latrine.

18. 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

19. 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

20. Is there a place for you to wash your hands before eating at school?
- A. Yes
B. No
21. During the past 30 days, how often did you wash your hands after using the toilet or latrine?
- A. Never
B. Rarely
C. Sometimes
D. Most of the time
E. Always
22. Is there a place for you to wash your hands after using the toilet or latrine at school?
- A. Yes
B. No
23. 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
24. During the past 30 days, how often did you use the toilets or latrines at school?
- A. There are no toilets or latrines to use at school
B. Never
C. Rarely
D. Sometimes
E. Most of the time
F. Always
25. Are the toilets or latrines safe at school?
- A. Yes
B. No

26. Are the toilets or latrines clean at school?
- A. Yes
B. No
27. During this school year, were you taught in any of your classes the importance of hand washing?
- A. Yes
B. No
C. I do not know

The next question asks about clean drinking water.

28. Is there a source of clean water for drinking at school?
- A. Yes
B. No

The next question asks about worm infections.

29. During this school year, were you taught how to avoid worm infections?
- A. Yes
B. No
C. I do not know

The next 5 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, knife, or gun). It is not a physical attack when two students of about the same strength or power choose to fight each other.

30. 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

31. 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

32. 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

33. 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

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

- 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.

35. 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.

36. 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

37. 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 bicycle or scooter
- E. Riding or driving in a car or other motor vehicle
- F. Doing any paid or unpaid work, including housework, yard work, or cooking
- G. Nothing
- H. Something else

38. 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

39. 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

40. 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.

41. 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

42. 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 14 questions ask about drinking alcohol. This includes drinking beer, buganu, umcombotsi, mankanjane, or traditional. Drinking alcohol does not include drinking a few sips of wine for religious purposes.

43. 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
44. 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

45. 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
46. During the past 30 days, how did you **usually** get the alcohol you drank? **SELECT ONLY ONE RESPONSE.**
- A. I did not drink alcohol during the past 30 days
 - B. I bought it in a store, 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
47. 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

48. 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
49. 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 or older
50. 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
51. What type of alcohol do you **usually** drink?
SELECT ONLY ONE RESPONSE.
- A. I do not drink alcohol
 - B. Beer, lager, or stout
 - C. Wine
 - D. Spirits such as Vice Roy, VO, Vincoco, or vodka
 - E. Some other type
52. What type of alcohol do you **prefer** to drink?
- A. I do not drink alcohol
 - B. Beer, lager, or stout
 - C. Wine
 - D. Spirits such as Vice Roy, VO, Vincoco, or vodka
 - E. Some other type

53. Has anyone in your family discussed the harmful effect of drinking alcohol with you?
- A. Yes
 - B. No
54. 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
55. 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
56. During this school year, were you taught in any of your classes how to tell someone you did not want to drink alcohol?
- A. Yes
 - B. No
 - C. I do not know

The next question asks about drugs.

57. During your life, how many times have you used drugs such as marijuana, cocaine, or crack?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 or more times

The next 27 questions ask about sexual intercourse and HIV or AIDS.

58. Have you ever had sexual intercourse?
- A. Yes
 - B. No
59. 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
60. 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
61. 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

62. With whom have you had sexual intercourse?
- A. I have never had sexual intercourse
 - B. Females only
 - C. Males only
 - D. Both females and males
63. 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
64. During the past 12 months, have you had sexual intercourse?
- A. Yes
 - B. No
65. During the past 12 months, with how many people have you had sexual intercourse?
- A. I have never had sexual intercourse
 - B. I have had sexual intercourse, but not during the past 12 months
 - C. 1 person
 - D. 2 people
 - E. 3 people
 - F. 4 people
 - G. 5 people
 - H. 6 or more people
66. During the past 12 months, how often did you or your partner use a condom when you had sexual intercourse?
- A. I have never had sexual intercourse
 - B. I have had sexual intercourse, but not during the past 12 months
 - C. Never
 - D. Rarely
 - E. Sometimes
 - F. Most of the time
 - G. Always

67. During the past 12 months, what was the **main** reason you did not use a condom every time you had sexual intercourse?
- A. I have never had sexual intercourse
 - B. I have had sexual intercourse, but not during the past 12 months
 - C. I always use a condom when I have sexual intercourse
 - D. I wanted or my partner wanted to have a baby
 - E. Having sex was unexpected and I did not have time to prepare
 - F. My partner does not want to use a condom
 - G. I thought it was bad or wrong to use condoms
 - H. Some other reason
68. 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
69. 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
70. **If** you wanted to get a condom, how would you most likely get it?
- A. I would get it from a vending machine
 - B. I would get it in a store or shop or from a street vendor
 - 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 get it some other way
 - F. I do not know

71. Have you ever been told by a doctor or nurse that you had a sexually transmitted infection, such as HIV, AIDS, drop, syphilis, gonorrhoea, or genital warts?
- A. Yes
 - B. No
 - C. I do not know
72. Can people protect themselves from HIV or the virus that causes AIDS by using a condom correctly every time they have sexual intercourse?
- A. Yes
 - B. No
 - C. I do not know
73. Can people protect themselves from HIV by not having sexual intercourse?
- A. Yes
 - B. No
 - C. I do not know
74. Can a healthy-looking person be infected with HIV?
- A. Yes
 - B. No
 - C. I do not know
75. Can a pregnant woman infected with HIV or AIDS give HIV to her unborn child?
- A. Yes
 - B. No
 - C. I do not know
76. Can a woman infected with HIV or AIDS give HIV to her newborn child while breastfeeding?
- A. Yes
 - B. No
 - C. I do not know
77. During this school year, were you taught in any of your classes about HIV or AIDS?
- A. Yes
 - B. No
 - C. I do not know

78. 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
79. During this school year, were you taught in any of your classes how to tell someone you do not want to have sexual intercourse with them?
- A. Yes
 - B. No
 - C. I do not know
80. 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
81. During this school year, were you taught in any of your classes the importance of being kind and supportive to persons with HIV or AIDS?
- A. Yes
 - B. No
 - C. I do not know
82. During this school year, were you taught in any of your classes where to get tested for 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 support policies and programs that will help prevent HIV or AIDS?
- A. Yes
 - B. No
 - C. I do not know
84. Have you ever talked about HIV or AIDS with your parents or guardians?
- A. Yes
 - B. No

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

85. 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
86. 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
87. 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
88. 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

89. 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