
**2003 PHILIPPINES 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.

(Ang survey na ito ay tungkol sa iyong kalusugan at sa mga bagay na ginagawa mo na maaaring makaapekto sa iyong kalusugan. Ang mga mag-aaral na tulad mo sa buong bansa ay nag-sasagot din sa survey na ito. Maging sa ibang bansa man, ginagawa rin ang naturang survey, Ang mga impormasyon iyong ibibigay ay gagamitin upang magsagawa ng higit na mahusay na programang pangkalusugan para sa mga kabataang tulad mo.)

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.

(HUWAG isulat ang iyong pangalan sa survey o sa papel ng mga kasagutan. Ang mga sagot mo ay mananatiling pribado. Walang makakaalam ng iyong sagot. Sagutin ang mga katanungan base sa iyong kaalaman. Walang tama o maling sagot.)

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.

(Ang pagkumpleto ng survey ay boluntaryo. Ang iyong grado o marka sa klaseng ito ay hindi maaapektuhan kung hindi mo man sagutin ang mga katanungan. Kung di mo nais sagutin ang isang

katanungan, mangyari lamang na iwanan itong blanko.)

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.

(Siguraduhing nabasa ang bawat katanungan. Punuan ang mga bilog na katugma ng iyong sagot. Gamitin lamang ang lapis na ibinigay. Kapag tapos na, gawin kung ano ang sinabi ng taong nagbibigay ng survey.)

Here is an example of how to fill in the circles:
Narito ang isang halimbawa kung papaano pupunuan ang mga bilog:

Fill in the circles like this

(Punuan ang bilog nang ganito)



Not like this



or



Di ganito

Survey

1. Do fish live in water? *Ang isda ba ay nakatira sa dagat?*
A. Yes *Oo*
B. No *Hindi*

Answer sheet/ *Papel ng mga Kasagutan*

1.  (B) (C) (D) (E) (F) (G) (H)

Thank you very much for your help.
Maraming salamat sa iyong pagtulong.

1. How old are you? *Ilang taon ka na?*
 - 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? *Ano ang iyong kasarian?*
 - A. Male *Lalaki*
 - B. Female *Babae*

3. In what year are you?
Anong taon ka na sa high school?
 - A. First Year
 - B. Second Year
 - C. Third Year
 - D. Fourth Year

4. Are you going to a public or private school now?
Ikaw ba ay pumapasok sa pampubliko o pampribadong paaralan?
 - A. Public school
 - B. Private school

The next 3 questions ask about your height, weight, and going hungry.

Ang susunod na 3 katanungan ay tungkol sa iyong taas, bigat at sa iyong pagkagutom.

5. How tall are you without your shoes on?
Gaano ka kataas suot ang iyong sapatos?

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. *Sa papel ng mga kasagutan, isulat ang iyong taas sa mga kahong may bahagyang kulay sa taas ng grid. Pagkatapos ay punuan ang mga bilog sa baba ng bawat numero.*

Example

























Height (cm)		
1	5	3
<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
<input checked="" type="radio"/>	<input type="text" value="1"/>	<input type="text" value="1"/>
<input type="text" value="2"/>	<input type="text" value="2"/>	<input type="text" value="2"/>
	<input type="text" value="3"/>	<input checked="" type="radio"/>
	<input type="text" value="4"/>	<input type="text" value="4"/>
	<input checked="" type="radio"/>	<input type="text" value="5"/>
	<input type="text" value="6"/>	<input type="text" value="6"/>
	<input type="text" value="7"/>	<input type="text" value="7"/>
	<input type="text" value="8"/>	<input type="text" value="8"/>
	<input type="text" value="9"/>	<input type="text" value="9"/>
<input type="text" value="9"/>	I do not know <i>Di ko alam</i>	

6. How much do you weigh without your shoes on?
Gaano ka kabitat suot ang iyong sapatos?

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. *Sa papel ng mga kasagutan, isulat ang iyong timbang sa mga kahong*

may bahagyang kulay sai taas ng grid. Pagkatapos ay punuan ang mga bilog sa baba ng bawat numero.

Example

Weight (kg)		
0	5	2
		
		
		
		
		
		
		
		
		
		
	I do not know <i>Di ko alam</i>	

7. During the past 30 days, how often did you go hungry because there was not enough food in your home? *Sa nakaraang 30 araw, gaano kadalasan kang nakaramdam ng gutom dahil walang sapat na pagkain sa inyong bahay?*

- A. Never (*Di kailanman*)
- B. Rarely (*Bihira*)
- C. Sometimes (*Paminsan-minsan*)
- D. Most of the time (*Kadalasan*)
- E. Always (*Palagi/Parati*)

The next 2 questions ask about foods you might eat. Ang susunod na 2 katanungan ay tungkol sa mga pagkaing iyong maaring nakain.

8. During the past 30 days, how many times per day did you **usually** eat fruit, such as bananas, mangos and papayas? *Sa nakaraang 30 araw, gaano kadalasan sa isang araw ka nakakain ng mga prutas tulad ng saging, mangga at papaya?*
- A. I did not eat fruit during the past 30 days
(*Hindi ako kumain ng anumang prutas nitong nakaraang 30 araw*)

- B. Less than one time per day
(*Mababa sa isang beses sa isang araw*)
- C. 1 time per day (*1 beses sa isang araw*)
- D. 2 times per day (*2 beses sa isang araw*)
- E. 3 times per day (*3 beses sa isang araw*)
- F. 4 times per day (*4 beses sa isang araw*)
- G. 5 or more times per day (*5 beses o mahigit pa sa isang araw*)

9. During the past 30 days, how many times per day did you **usually** eat vegetables, such as tomatoes, *kangkong*, cabbage and stringbeans? *Sa nakaraang 30 araw, gaano kadalasan sa isang araw ka nakakain ng mga gulay tulad ng kamatis, kangkong, repolyo at sitaw?*

- A. I did not eat vegetables during the past 30 days. (*Hindi ako kumain ng gulay nitong nakaraang 30 araw*)
- B. Less than one time per day
(*Kulang sa 1 beses sa isang araw*)
- C. 1 time per day (*1 beses sa isang araw*)
- D. 2 times per day (*2 beses sa isang araw*)
- E. 3 times per day (*3 beses sa isang araw*)
- F. 4 times per day (*4 beses sa isang araw*)
- G. 5 or more times per day
(*5 o mahigit pa sa isang araw*)

The next 4 questions ask about cleaning your teeth and washing your hands. Ang susunod na 4 na katanungan ay tungkol sa paglilinis ng ngipin at paghuhugas ng kamay.

10. During the past 30 days, how many times per day did you **usually** clean or brush your teeth? *Nitong nakaraang 30 araw, ilang beses sa isang araw ka pangkaraniwang nagsipilyo o naglinis ng ngipin?*
- A. I did not clean or brush my teeth during the past 30 days (*Hindi ako nagsepiyo nitong nakaraang 30 araw*)
 - B. 1 time per day (*1 beses isang araw*)
 - C. 2 times per day (*2 beses isang araw*)
 - D. 3 times per day (*3 beses isang araw*)
 - E. 4 or more times per day (*4 o mahigit pang beses sa isang araw*)

11. During the past 30 days, how often did you wash your hands before eating? *Nitong nakaraang 30 araw, gaano kadalasan kang naghugas ng kamay bago kumain?*

- A. Never (*Di kailanman*)
- B. Rarely (*Bihira*)
- C. Sometimes (*Paminsan-minsan*)
- D. Most of the time (*Kadalasan*)
- E. Always (*Palagi/Parati*)

12. During the past 30 days, how often did you wash your hands after using the toilet or latrine? *(Nitong nakaraang 30 araw, gaano kadalasan kang naghugas ng kamay pagkatapos manggaling sa banyo?)*

- A. Never (*Di kailanman*)
- B. Rarely (*Bihira*)
- C. Sometimes (*Paminsan-minsan*)
- D. Most of the time (*Kadalasan*)
- E. Always (*Palagi/Parati*)

13. During the past 30 days, how often did you use soap when washing your hands? *(Nitong nakaraang 30 araw, gaano kadalasan kang gumamit ng sabon sa paghuhugas ng iyong mga kamay?)*

- A. Never (*Di kailanman*)
- B. Rarely (*Bihira*)
- C. Sometimes (*Paminsan-minsan*)
- D. Most of the time (*Kadalasan*)
- E. Always (*Palagi/Parati*)

The next question asks 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.

Ang susunod na katanungan ay tungkol sa mga pag-atakung pisikal. Ang isang atakeng pisikal ay nangyayari kung ang isa o higit pang katao ay nanakit ng ibang tao sa pamamagitan ng isang sandata (hal. Kahoy, kutsilyo o baril). Hindi atakeng pisikal kung ang dalawang mag-aaral na magkapantay na lakas ay magkasundong labanan ang isa't isa.

14. During the past 12 months, how many times were you physically attacked? *(Nitong nakaraan 12 buwan, ikaw ba ya naging biktima ng isang atakeng pisikal?)*

- A. 0 times (*Wala*)
- B. 1 time (*1 beses*)
- C. 2 or 3 times (*2-3 beses*)
- D. 4 or 5 times (*4-5 beses*)
- E. 6 or 7 times (*6-7 beses*)
- F. 8 or 9 times (*8-9 beses*)
- G. 10 or 11 times (*10-11 beses*)
- H. 12 or more times (*12 beses o mahigit pa*)

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. Ang susunod na katanungan ay tungkol sa pisikal na away. Ang pisikal na away ay nangyayari kung 2 o higit pang mag-aaral na halos may magkapantay na lakas o puwersa ay gustuhing awayin ang isa't isa.

15. During the past 12 months, how many times were you in a physical fight? *(Nitong nakaraang 12 buwan, ilang beses kayo napa-away?)*

- A. 0 times (*Wala*)
- B. 1 time (*1 beses*)
- C. 2 or 3 times (*2-3 beses*)
- D. 4 or 5 times (*4-5 beses*)
- E. 6 or 7 times (*6-7 beses*)
- F. 8 or 9 times (*8-9 beses*)
- G. 10 or 11 times (*10-11 beses*)
- H. 12 or more times (*12 beses o mahigit pa*)

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.

Ang susunod na 5 katanungan ay tungkol sa pinakamalubhang sakuna na nangyari sa iyo nitong nakaraang 12 buwan. Ang sakuna ay malubha kung ito ang sanhi ng inyong pagliban sa loob ng isang araw sa iyong mga karaniwang gawain (halimbawa ay pagpasok, paglalaro o trabaho) o nangailangang bigyan lunas ng isang duktor o nars.

16. During the past 12 months, how many times were you seriously injured? *Nitong nakaraang 12 buwan, ilang beses ka nagkaroon ng malubhang sakuna?*

- A. 0 times (*Wala*)
- B. 1 time (*1 beses*)
- C. 2 or 3 times (*2-3 beses*)
- D. 4 or 5 times (*4-5 beses*)
- E. 6 or 7 times (*6-7 beses*)
- F. 8 or 9 times (*8-9 beses*)
- G. 10 or 11 times (*10-11 beses*)
- H. 12 or more times (*12 beses o mahigit pa*)

17. During the past 12 months, **what were you doing** when the most serious injury happened to you? *Nitong nakaraang 12 buwan, ano ang iyong ginagawa nang ikaw ay magkaon ng malubhang sakuna?*

- A. I was not seriously injured during the past 12 months *Di ako nagkaroon ng malubhang sakuna nitong nakaraang 12 buwan*
- B. Playing or training for a sport *Naglalaro o nag-eensayo*
- C. Walking or running, but not as part of playing or training for a sport *Naglalakad o nananakbo pero di kaugnay ng paglalaro*
- D. Riding a bicycle or scooter *Nakasakay sa bisikleta o motorsiklo*
- E. Riding or driving in a car or other motor vehicle *Nakasakay o nagmamaneho ng kotse o ng sasakyang de motor*
- F. Doing any paid or unpaid work, including housework, yard work, or cooking *Gawaing*

bayaran o di man tulad ng gawaing-bahay, sa bakuran o pagluluto

- G. Nothing *Wala*
- H. Something else *Iba pa*

18. During the past 12 months, **what was the major cause** of the most serious injury that happened to you? *Nitong nakaraang 12 buwan. Ano ang pinakadahilan ng iyong malubhang sakunang nangyari sa iyo?*

- A. I was not seriously injured during the past 12 months *Di ako nagkaranas ng malubhang sakuna nitong nakaraang 12 buwan*
- B. I was in a motor vehicle accident or hit by a motor vehicle *Na-aksidente ako sa isang sasakyan o nabundol ako*
- C. I fell *Nahulog ako*
- D. Something fell on me or hit me *May nahulog sa akin o tumama sa akin*
- E. I was fighting with someone *Nakikipag-away ako*
- F. I was attacked, assaulted, or abused by someone *Inatake ako, tinaraydor o inabuso ng ibang tao*
- G. I was in a fire or too near a flame or something hot *Nasa sunog ako o malapit sa apoy o sa isang bagay na mainit*
- H. Something else caused my injury *May ibang dahikan ang aking sakuna*

19. During the past 12 months, **how** did the most serious injury happen to you? *Nitong nakaraang 12 buwan, papaano nangyari ang iyong pinakamalalang sakuna?*

- A. I was not seriously injured during the past 12 months *Di ako nagkaranas ng malalang sakuna nitong nakaraang 12 buwan*
- B. I hurt myself by accident *Aksidente kong nasaktan ang aking sarili*
- C. Someone else hurt me by accident *Aksidente akong nasaktan ng ibang tao*
- D. I hurt myself on purpose *Sinadya kong saktan ang aking sarili*
- E. Someone else hurt me on purpose *Sinadya ng ibang taong saktan ako*

20. During the past 12 months, **what was** the most serious injury that happened to you? *Nitong nakaraang 12 buwan, ano ang pinakamalalang sakuna ang nangyari sa iyo?*
- A. I was not seriously injured during the past 12 months *Di ako nagkaranas ng malalang sakuna nitong nakaraang 12 buwan*
 - B. I had a broken bone or a dislocated joint *Nabalian ako ng buto o nalinsaran ng hugpungan*
 - C. I had a cut, puncture, or stab wound *Nahiwa ako, natusok o nasaksak*
 - D. I had a concussion or other head or neck injury, was knocked out, or could not breathe *Naumpog ako, nabagok, nawalan ng malay o di makahinga*
 - E. I had a gunshot wound *Nabaryl ako*
 - F. I had a bad burn *Nakaroon ako ng asamang pagkabunggo*
 - G. I lost all or part of a foot, leg, hand, or arm *Nawalan ako ng bahagi ng paa, binti, kamay o braso*
 - H. Something else happened to me *May ibang nangyari sa akin*

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.

Ang susunod na 2 katanungan ay tungkol sa pananakot o paninindak ng kapwa mag-aaral. Ang pananakot o paninindak ng kapwa mag-aaral ay kung ang isa o grupo ng mag-aaral ay nagsalita o nagsagawa ng isang masama o di magandang bagay sa isang mag-aaral. Ito rin ay nangyayari kung ang panunukso ay ginawa sa di magandang pamamaraan o kung ang mag-aaral ay sinadyang ipuwera sa mga bagay-bagay. Di paninindak kung ang dalawang mag-aaral na may magkapantay na lakas ay magtalo o mag-away o kung ang panunukso ay isinagawa sa pangkaibigan at nakakatuwang pamamaraan.

21. During the past 30 days, on how many days were you bullied? *Nitong nakaraang 30 araw, ilang araw kang tinakot o sinindak?*
- A. 0 days *Wala*
 - B. 1 or 2 days *1-2 araw*
 - C. 3 to 5 days *3-5 araw*
 - D. 6 to 9 days *6-9 araw*
 - E. 10 to 19 days *10-19 araw*
 - F. 20 to 29 days *20-29 araw*
 - G. All 30 days *Araw-araw*
22. During the past 30 days, how were you bullied **most often**? *Nitong nakaraang 30 araw, papaano ka pangkaraniwang tinakot o sinindak?*
- A. I was not bullied during the past 30 days *Walang nanindak sa akin nitong nakaraang 30 araw.*
 - B. I was hit, kicked, pushed, shoved around, or locked indoors *Ako ay pinalo, sinipa, tinulak o kinandaduhan*
 - C. I was made fun of because of my race or color *Ako ay pinagtawanan dahil sa aking lahi at kulay*
 - D. I was made fun of because of my religion *Ako pinagtawanan dahil sa aking relihiyon*
 - E. I was made fun of with sexual jokes, comments, or gestures *Ako ay ginawang katawa-tawa sa kanilang birong malaswa, komentaryo o aktwasyon*
 - F. I was left out of activities on purpose or completely ignored *Ako ay sinadyang ipuwera o di isali o di pinansin*
 - G. I was made fun of because of how my body or face looks *Ako ay pinagtawanan dahil sa itsura ng aking katawan o mukha*
 - H. I was bullied in some other way *Ako ay sinindak sa ibang pamamaraan*

The next 6 questions ask about your feelings and friendships. Ang susunod na 6 na katanungan ay tungkol sa inyong damdamin at pagkakaibigan.

23. During the past 12 months, how often have you felt lonely? *Nitong nakaraang 12 buwan, gaano kadalas mong naramdaman na ikaw ay nag-iisa?*

- A. Never *Di kailanman*
- B. Rarely *Bihira*
- C. Sometimes *Paminsan-minsan*
- D. Most of the time *Kadalasan*
- E. Always *Parati*

24. During the past 12 months, how often have you been so worried about something that you could not sleep at night? *Nitong nakaraang 12 buwan, gaaano kadalas kang di makatulog sa gabi dahil sa pag-aalala sa isang bagay?*

- A. Never *Di kailanman*
- B. Rarely *Bihira*
- C. Sometimes *Paminsan-minsan*
- D. Most of the time *Kadalasan*
- E. Always *Parati*

25. 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? *Nitong nakaraang 12 buwan, nakaramdam ka ba nang pagkalungkot o kawalang-pag-asa halos araw-araw sa loob ng 2 linggo o higit pa na naging sanhi upang itigil mo ang iyong mga pangkaraniwang Gawain?*

- A. Yes *Oo*
- B. No *Hindi*

26. During the past 12 months, did you ever **seriously** consider attempting suicide? *Nitong nakaraang 12 buwan, ikaw ba ay seryosong nag-isip na magpatiwakal?*

- A. Yes *Oo*
- B. No *Hindi*

27. During the past 12 months, did you make a plan about how you would attempt suicide? *Nitong nakaraang 12 buwan, ikaw ba ay nagpalano kung papaano mo gagawin ang pagpapiwakal?*

- A. Yes *Oo*
- B. No *Hindi*

28. How many close friends do you have? *Ilan ang iyong malalapit na kaibigan?*

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

The next 6 questions ask about cigarette and other tobacco use. Ang susunod na 6 na katanungan ay tungkol sa sigarilyo at iba pang paggamit ng tabako.

29. How old were you when you first tried a cigarette? *Ilang taon ka nang unang subukan mo ang manigarilyo?*

- A. I have never smoked cigarettes
Di kailan man ako nanigarilyo
- B. 7 years old or younger
7 taong gulang o mas bata
- C. 8 or 9 years old *8-9 taong gulang*
- D. 10 or 11 years old *10-11 taong gulang*
- E. 12 or 13 years old *12-13 taong gulang*
- F. 14 or 15 years old *14-15 taong gulang*
- G. 16 years old or older
16 taong gulang o mas matanda na

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

Nitong nakaraang 30 araw, ilang araw kang nanigarilyo?

- A. 0 days *0 araw*
- B. 1 or 2 days *1-2 araw*
- C. 3 to 5 days *3-5 araw*
- D. 6 to 9 days *6-9 araw*
- E. 10 to 19 days *10-19 araw*
- F. 20 to 29 days *20-29 araw*
- G. All 30 days *Lahat ng 30 araw*

31. During the past 30 days, on how many days did you use any other form of tobacco, such as chewing tobacco leaves? *Nitong nakaraang 30 araw, ilang araw kang gumamit ng tabako sa ibang pamamaraan tulad ng pagnata/nguya ng dahon ng tabako?*
- 0 days *0 araw*
 - 1 or 2 days *1-2 araw*
 - 3 to 5 days *3-5 araw*
 - 6 to 9 days *6-9 araw*
 - 10 to 19 days *10-19 araw*
 - 20 to 29 days *20-29 araw*
 - All 30 days *Lahat ng 30 araw*
32. During the past 12 months, have you ever tried to stop smoking cigarettes? *Nitong nakaraang 12 buwan, nagtangka ka bang tumigil manigarilyo?*
- I have never smoked cigarettes
Di ako kailanman nanigarilyo
 - I did not smoke cigarettes during the past 12 months *Di ako nanigarilyo nitong nakaraang 12 buwan*
 - Yes *Oo*
 - No *Hindi*
33. During the past 7 days, on how many days have people smoked in your presence? *Nitong nakaraang 7 araw, ilang araw kang nakaranas na may nanigarilyo habang kasama ka?*
- 0 days *Wala*
 - 1 or 2 days *1-2 araw*
 - 3 to 4 days *3-4 araw*
 - 5 to 6 days *5-6 araw*
 - All 7 days *Lahat ng 7 araw*
34. Which of your parents or guardians use any form of tobacco? *Sino sa iyong magulang o tagapag-alaga ang gumagamit ng kahit na anong uri ng tabako?*

- Neither *Wala*
- My father or male guardian *Tatay o lalaking tagapag-alaga*
- My mother or female guardian *Nanay o babaing tagapag-alaga*
- Both *Pareho*
- I do not know *Di ko alam*

The next 15 questions ask about drinking alcohol. This includes drinking beer, gin, coconut wine. Wine from sugarcane, etc. Drinking alcohol does not include drinking a few sips of wine for religious purposes. Ang mga susunod na 15 katanungan ay tungkol sa pag-inom ng alak/alcohol o inuming nakakalasing. Kasama dito ang beer, gin, tuba, lambanog, atbp. Ang mga hindi kasama ditto ay ang alak na gamit sa relihiyon o sa pagmimisa.

35. How old were you when you had your first drink of alcohol other than a few sips? *Ilang taong gulang ka nang ikaw ay unang uminom ng alak maliban sa patikim-tikim lang?*
- I have never had a drink of alcohol other than a few sips *Hindi ako kailanman uminom ng alak maliban sa konting pagtikim lamang*
 - 7 years or younger *7 taong gulang o mas bata pa*
 - 8 or 9 years old *8-9 taong gulang*
 - 10 or 11 years old *10-11 taong gulang*
 - 12 or 13 years old *12-13 taong gulang*
 - 14 or 15 years old *14-15 taong gulang*
 - 16 years old or older *16 taong gulang o mas matanda pa*
36. Where were you the **first time** you had a drink of alcohol? *Nasaan ka ng ikaw ay unang uminom ng alak?*
- I have never had a drink of alcohol *Hindi ako kailanman uminom ng alak*
 - At home *Sa bahay namin*
 - At someone else's home *Sa bahay ng ibang tao*
 - At school *Sa paaralan*

- E. Out on the street, in a park, or in some other open area *Sa kalye, parke o ibang lugar na pukas*
- F. At a bar, pub, or disco *Sa bar, pub o disco*
- G. In a restaurant *Sa isang restaurant*
- H. Some other place *Sa iba pang lugar*
37. During the past 30 days, on how many days did you have at least one drink containing alcohol? *Nitong nakaraang 30 araw, ilang araw ka uminom ng alak kahit na isang beses lamang?*
- A. 0 days *Wala*
- B. 1 or 2 days *1-2 araw*
- C. 3 to 5 days *3-5 araw*
- D. 6 to 9 days *6-9 araw*
- E. 10 to 19 days *10-19 araw*
- F. 20 to 29 days *20-29 araw*
- G. All 30 days *Araw-araw*
38. During the past 30 days, on the days you drank alcohol, how many drinks did you **usually** drink per day? *Nitong nakaraang 30 araw, sa mga araw na ikaw ay uminom ng alak, ilan ang iyong nainom bawat araw*
- A. I did not drink alcohol during the past 30 days *Hindi ako uminom ng alak nitong nakaraang 30 araw*
- B. Less than one drink *Mababa sa sa isang tagay*
- C. 1 drink *1 tagay*
- D. 2 drinks *2 tagay*
- E. 3 drinks *3 tagay*
- F. 4 drinks *4 tagay*
- G. 5 or more drinks *5 o higit pang tagay*
39. During the past 30 days, how did you **usually** get the alcohol you drank? **SELECT ONLY ONE RESPONSE.** *Nitong nakaraang 30 araw, paano ka nakakakuha ng alak na iyong iniinom? PUMILI LAMANG NG ISANG SAGOT.*
- A. I did not drink alcohol during the past 30 days *Hindi ako uminom ng alak nitong nagdaang 30 araw*
- B. I bought it in a store, shop, or from a street vendor *Binili ko ito sa isang tindahan, shop o sa vendor*
- C. I gave someone else money to buy it for me *Nagbigay ako ng pera sa isang tao para siya ang bumili para sa akin*
- D. I got it from my friends *Nakuha ko ito sa aking mga kaibigan*
- E. I got it from home *Nakuha ko ito sa bahay*
- F. I stole it *Ninakaw ko ito*
- G. I got it some other way *Nakuha ko ito sa ibang pamamaraan*
40. During the past 30 days, did anyone refuse to sell you alcohol because of your age? *Nitong nakaraang 30 araw, may tumanggi ba sa iyong pagbilhan ka ng alak dahil sa iyong edad?*
- A. I did not try to buy alcohol during the past 30 days *Hindi ako bumili ng alak nitong nakaraang 30 araw*
- B. Yes, someone refused to sell me alcohol because of my age *OO, mag tumangging pagbilhan ako ng alak dahil sa aking edad*
- C. No, my age did not keep me from buying alcohol *Hindi, ang aking edad ay hindi naging sagabal sa aking pagbili ng alak*
41. During your life, how many times did you drink so much alcohol that you were really drunk? *Sa buong buhay mo, ilang beses ka uminom ng alak na ikaw ay lubhang nalasing?*
- A. 0 times *Wala*
- B. 1 or 2 times *1-2 beses*
- C. 3 to 9 times *3-9 beses*
- D. 10 or more times *10 beses o mahigit pa*

42. How old were you the **first time** you drank so much alcohol that you were really drunk? *Ilang ka nang ikaw ay unang uminom ng alak na ikaw ay lubhang nalasing?*

- A. I have never drank so much alcohol that I was really drunk *Hindi ako uminom ng alak na ako ay lubhang nalasing.*
- B. 7 years old or younger *7 taong gulang o mas bata pa*
- C. 8 or 9 years old *8-9 taong gulang*
- D. 10 or 11 years old *10-11 taong gulang*
- E. 12 or 13 years old *12-13 taong gulang*
- F. 14 or 15 years old *14-15 taong gulang*
- G. 16 years old or older *16 taong gulang o mas matanda pa*

43. 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? *Sa buong buhay mo, ilang beses ka nagka-hang-over o sumama ang iyong pakiramdam, nagka-trouble ka sa iyong pamilya o kaibigan, lumiban sa eskuwelahan, o napa-away dahil sa pag-iinom?*

- A. 0 times *Wala*
- B. 1 or 2 times *1-2 beses*
- C. 3 to 9 times *3-9 beses*
- D. 10 or more times *10 o mas mahigit pa*

44. What is the **most** number of drinks you have had on one occasion? *Ano ang pinakamaraming bilang ng pag-inom na nagawa mo sa isang okasyon lamang?*

- A. I do not drink alcohol *Hindi ako umiinom*
- B. Less than one drink *Mababa sa 1 tagay*
- C. 2 drinks *2 tagay*
- D. 3 drinks *3 tagay*
- E. 4 drinks *4 tagay*
- F. 5 or more drinks *5 tagay o mahigit pa*

45. What type of alcohol do you **usually** drink?
SELECT ONLY ONE RESPONSE. *Anong klase ng alak ang pangkaraniwan mong iniinom? PUMILI LAMANG NG ISANG SAGOT.*

- A. I do not drink alcohol *Hindi ako umiinom ng alak*
- B. Beer, lager or stout
- C. Wine
- D. Spirits such as gin
- E. Lambanog
- F. Some other type

46. With whom do you **usually** drink alcohol? *Sino ang karaniwan mong kasama sa pag-inom?*

- A. I do not drink alcohol *Hindi ako umiinom ng alak*
- B. With my friends *Mga kaibigan*
- C. With my family *Mga kapamilya*
- D. With persons I have just met *Mga bagong kakilala*
- E. I usually drink alone *Ako lang mag-isa ang nag-iinom kadalasan*

47. Do your parents or guardians know that you drink alcohol? *Alam ba nng iyong mga magulang o tagapagkalinga na ikaw ay umiinom ng alak?*

- A. I do not drink alcohol *Hindi ako umiinom ng alak*
- B. Yes *Oo*
- C. No *Hindi*
- D. I do not know *Di ko alam*

48. How often are you allowed to drink alcohol at home? *Gaano kadalas kang pinapayagang mag-inom sa bahay?*

- A. I do not drink alcohol *Hindi ako umiinom ng alak*
- B. Never *Di kailanman*
- C. Rarely *Bihira*
- D. Sometimes *Paminsan-minsan*
- E. Most of the time *Kadalasan*
- F. Always *Palagi/Parati*

49. Which of your parents or guardians drink alcohol? Sino sa iyong mga magulang o tagapangalaga ang umiinom ng alak?

- A. Neither Wala sa kanila
- B. My father or male guardian Tatay o lalaking tagapangalaga
- C. My mother or female guardian Nanay o babaeng tagapangalaga
- D. Both Pareho
- E. I do not know Di ko alam

The next 7 questions ask about media and advertising. *Ang susunod na 7 katanungan ay tungkol sa media at pag-aanunsyo.*

50. During the past 30 days, how many advertisements or promotions for alcohol have you seen in news papers or magazines? *Nitong nakaraang 30 araw, ilang anunsyo o promosyon ng alak ang iyong nakita sa diyaryo o magasin?*

- A. A lot *Marami*
- B. A few *Kaunti*
- C. None *Wala*

51. During the past 30 days, how many advertisements for alcohol have you seen on billboards? *Nitong nakaraang 30 araw, ilang anunsyo o promosyon ng alak ang iyong nakita sa mga billboards?*

- A. A lot *Marami*
- B. A few *Kaunti*
- C. None *Wala*

52. During the past 30 days, when you watched sports events or other programs on television how often did you see alcohol brand names? *Nitong nakaraang 30 araw, habang nanunuod ka ng mga programang sports/pampalakasan o ibang programa sa TV, gaano kadalang makakita ng pangalan ng alak?*

- A. I never watch television *Hindi ako nanunuod ng TV*
- B. Never *Di kailanman*
- C. Rarely *Bihira*
- D. Sometimes *Paminsan-minsan*
- E. Most of the time *Kadalasan*
- F. Always *Palagi/Parati*

53. When you watch television, videos, or movies, how often do you see actors drinking alcohol?

Kapag nanunuod ka ng TV, video o sine, gaano kadalang may mapanuod na mga artistang umiinom ng alak?

- A. I never watch television, videos, or movies *Hindi ako nanunuod ng TV, video o sine*
- B. Never *Di kailanman*
- C. Rarely *Bihira*
- D. Sometimes *Paminsan-minsan*
- E. Most of the time *Kadalasan*
- F. Always *Palagi/Parati*

54. When you go to sports events, fairs, concerts, community events, or social gatherings how often do you see advertisements for alcohol? *Sa iyong pagdalo sa mga pampalakasang pagtitipon, fair, konsert, pagtitipon sa komunidad o iba pa, gaano kadalang makakita ng anunsyo ng alak?*

- A. I never attend sports events, fairs, concerts, community events, or social gatherings *Hindi ako dumadalo ng ganitong pagtitipon, hal pampalakasan, atbp*
- B. Never *Di kailanman*
- C. Rarely *Bihira*
- D. Sometimes *Paminsan-minsan*
- E. Most of the time *Kadalasan*
- F. Always *Parati*

55. Has an alcohol company representative ever offered you a free drink of alcohol? *May lumapit na ba sa iyo na representante ng kumpanya ng alak at inalok ka ng libreng pag-inom ng alak?*

- A. Yes *Oo*
- B. No *Hindi*

56. Do you have something such as a t-shirt, pen, backpack, or other item with an alcohol brand logo on it? *Mayroon ka bang mga gamit tulad ng t-shirt, pen, backpack o iba pa na may tatak ng pangalan ng alak?*

- A. Yes *Oo*
- B. No *Hindi*

The next 20 questions ask about drugs.

Ang susunod na 20 katanungan ay tungkol sa droga.

57. During your life, how many times have you used drugs such as marijuana, shabu, ecstasy, or rugby? *Sa buong buhay mo, ilang beses ka ng gumamit ng droga tulad ng marijuana, shabu, ecstasy o rugby?*

- A. 0 times *Wala*
- B. 1 or 2 times *1-2 beses*
- C. 3 to 9 times *3-9 beses*
- D. 10 or more times *10 beses o mahigit pa*

58. During your life, how many times have you used marijuana? *Sa buong buhay mo, ilang beses ka ng nakagamit ng marijuana?*

- A. 0 times *Wala*
- B. 1 or 2 times *1-2 beses*
- C. 3 to 5 times *3-5 beses*
- D. 6 to 9 times *6-9 beses*
- E. 10 to 19 times *10-11 beses*
- F. 20 to 39 times *20-39 beses*
- G. 40 or more times *40 o mahigit pa*

59. During your life, how many times have you used methamphetamines, also called shabu? *Sa buong buhay mo, ilang beses ka ng nakagamit ng shabu?*

- A. 0 times *Wala*
- B. 1 or 2 times *1-2 beses*
- C. 3 to 5 times *3-5 beses*
- D. 6 to 9 times *6-9 beses*
- E. 10 to 19 times *10-11 beses*
- F. 20 to 39 times *20-39 beses*
- G. 40 or more times *40 o mahigit pa*

60. During your life, how many times have you used ecstasy? *Sa buong buhay mo, ilang beses ka ng nakagamit ng ecstasy?*

- A. 0 times *Wala*
- B. 1 or 2 times *1-2 beses*
- C. 3 to 5 times *3-5 beses*
- D. 6 to 9 times *6-9 beses*

- E. 10 to 19 times *10-19 beses*
- F. 20 to 39 times *20-39 beses*
- G. 40 or more times *40 beses o mahigit pa*

61. During your life, how many times have you used solvents or inhalants, also called rugby? *Sa buong buhay mo, ilang beses ka ng nakagamit ng solvent tulad ng rugby?*

- A. 0 times *Wala*
- B. 1 or 2 times *1-2 beses*
- C. 3 to 5 times *3-5 beses*
- D. 6 to 9 times *6-9 beses*
- E. 10 to 19 times *10-19 beses*
- F. 20 to 39 times *20-39 beses*
- G. 40 or more times *40 beses o mahigit pa*

62. During your life, how many times have you used tranquilisers or sedatives, such as valium without a doctor or nurse telling you to do so? *Sa buong buhay mo, ilang beses ka ng nakagamit ng pampatulog o pampakalma tulad ng valium na hindi inihahatol sa duktur o nars?*

- A. 0 times *Wala*
- B. 1 or 2 times *1-2 beses*
- C. 3 to 5 times *3-5 beses*
- D. 6 to 9 times *6-9 beses*
- E. 10 to 19 times *10- 19 beses*
- F. 20 to 39 times *20 –39 beses*
- G. 40 or more times *40 beses o mahigit pa*

63. During your life, how many times have you used a needle to inject any drug into your body without a doctor or nurse telling you to do so? *Sa buong buhay mo, ilang beses ka ng nakagamit ng karayom upang turukan ang iyong katawan ng gamot na hindi inihahatol ng duktur o nars?*

- A. 0 times *Wala*
- B. 1 or 2 times *1-2 beses*
- C. 3 to 5 times *3-5 beses*
- D. 6 to 9 times *6-9 beses*
- E. 10 to 19 times *10-19 beses*
- F. 20 to 39 times *20-39 beses*
- G. 40 or more times *40 beses o mahigit pa*

64. During the past 30 days, how many times did you use marijuana? *Nitong nakaraang 30 araw, ilang beses kang gumamit ng marijuana?*

- A. 0 times *Wala*
- B. 1 or 2 times *1-2 beses*
- C. 3 to 5 times *3-5 beses*
- D. 6 to 9 times *6-9 beses*
- E. 10 to 19 times *10-19 beses*
- F. 20 to 39 times *20-39 beses*
- G. 40 or more times *40 beses o mahigit pa*

65. During the past 30 days, how many times did you use methamphetamines, also called shabu?

Nitong nakaraang 30 araw, ilang beses kang gumamit ng shabu?

- A. 0 times *Wala*
- B. 1 or 2 times *1-2 beses*
- C. 3 to 5 times *3-5 beses*
- D. 6 to 9 times *6-9 beses*
- E. 10 to 19 times *10-19 beses*
- F. 20 to 39 times *20-39 beses*
- G. 40 or more times *40 beses o mahigit pa*

66. During the past 30 days, how many times did you use ecstasy? *Nitong nakaraang 30 araw, ilang beses kang gumamit ng ecstasy?*

- A. 0 times *Wala*
- B. 1 or 2 times *1-2 beses*
- C. 3 to 5 times *3-5 beses*
- D. 6 to 9 times *6-9 beses*
- E. 10 to 19 times *10-19 beses*
- F. 20 to 39 times *20-39 beses*
- G. 40 or more times *40 beses o mahigit pa*

67. During the past 30 days, how many times did you use solvents or inhalants, also called rugby?

Nitong nakaraang 30 araw, ilang beses kang gumamit ng solvents tulad ng rugby?

- A. 0 times *Wala*
- B. 1 or 2 times *1-2 beses*
- C. 3 to 5 times *3-5 beses*
- D. 6 to 9 times *6-9 beses*
- E. 10 to 19 times *10-19 beses*
- F. 20 to 39 times *20-39 beses*
- G. 40 or more times *40 beses o mahigit pa*

68. During the past 30 days, how many times did you use tranquilisers or sedatives such as valium without a doctor or nurse telling you to do so? ,

Nitong nakaraang 30 araw, ilang beses ka ng nakagamit ng pampatulog o pampakalma tulad ng valium na hindi inihahatol sa duktur o nars?

- A. 0 times *Wala*
- B. 1 or 2 times *1-2 beses*
- C. 3 to 5 times *3-5 beses*
- D. 6 to 9 times *6-9 beses*
- E. 10 to 19 times *10-19 beses*
- F. 20 to 39 times *20-39 beses*
- G. 40 or more times *40 beses o mahigit pa*

69. During the past 30 days, how many times did you use a needle to inject any drug into your body without a doctor or nurse telling you to do so? *Nitong nakaraang 30 araw, ilang beses ka ng nakagamit ng karayom upang turukan ang iyong katawan ng gamot na hindi inihahatol ng duktur o nars?*

- A. 0 times *Wala*
- B. 1 or 2 times *1-2 beses*
- C. 3 to 5 times *3-5 beses*
- D. 6 to 9 times *6-9 beses*
- E. 10 to 19 times *10-19 beses*
- F. 20 to 39 times *20-39 beses*
- G. 40 or more times *40 beses o mahigit pa*

70. How old were you when you first tried marijuana? *Ilang taong gulang ka nang una mong subukan ang marijuana?*

- A. I have never tried marijuana
Di ko pa nasusubukang gumamit ng marijuanna
- B. 7 years old or younger
7 taong gulang o mas bata pa
- C. 8 or 9 years old *8-9 taong gulang*
- D. 10 or 11 years old *10-11 taong gulang*
- E. 12 or 13 years old *12-13 taong gulang*
- F. 14 or 15 years old *14-15 taong gulang*
- G. 16 years old or older
16 taong gulang o mas matanda pa

71. How old were you when you first tried methamphetamines, also called shabu? *Ilang taong gulang ka nang una mong subukan ang methamphetamine o shabu?*

- A. I have never tried methamphetamines
Di ko pa nasusubukang gumamit ng methamphetamine o shabu
- B. 7 years old or younger
7 taong gulang o mas bata pa
- C. 8 or 9 years old *8-9 taong gulang*
- D. 10 or 11 years old *10-11 taong gulang*
- E. 12 or 13 years old *12-13 taong gulang*
- F. 14 or 15 years old *14-15 taong gulang*
- G. 16 years old or older
16 taong gulang o mas matanda na

72. How old were you when you first tried ecstasy? *Ilang taong gulang ka nang una mong subukan ang ecstasy?*

- A. I have never tried ecstasy
Di ko pa nasusubukang gumamit ng ecstasy
- B. 7 years old or younger
7 taong gulang o mas bata pa
- C. 8 or 9 years old *8-9 taong gulang*
- D. 10 or 11 years old *10-11 taong gulang*
- E. 12 or 13 years old *12-13 taong gulang*
- F. 14 or 15 years old *14-15 taong gulang*
- G. 16 years old or older
16 taong gulang o mas matanda na

73. How old were you when you first tried solvents or inhalants, also called rugby? *Ilang taong gulang ka nang una mong subukan ang solvents tulad ng rugby?*

- A. I have never tried solvents or inhalants
Di ko pa nasusubukang gumamit ng solvents tulad ng rugby
- B. 7 years old or younger
7 taong gulang o mas bata pa
- C. 8 or 9 years old *8-9 taong gulang*
- D. 10 or 11 years *10-11 old taong gulang*

- E. 12 or 13 years *12-13 old taong gulang*
- F. 14 or 15 years *14-15 old taong gulang*
- G. 16 years old or older
16 taong gulang o mas matanda

74. During your life, how many times have you shared needles or syringes used to inject any drug into your body? *Sa buong buhay mo, ilang beses kang nakipaghiraman ng karayomo hiringgilya gianagamit panturok sa inyong katawan?*

- A. 0 times *Wala*
- B. 1 or 2 times *1-2 beses*
- C. 3 to 5 times *3-5 beses*
- D. 6 to 9 times *6-9 beses*
- E. 10 to 19 times *10-19 beses*
- F. 20 to 39 times *20-39 beses*
- G. 40 or more times *40 beses o mahigit pa*

75. During the past 30 days, has anyone offered, sold, or given you a drug, such as marijuana, shabu, ecstasy, or rugby? *Nitong nakaraang 30 araw, may nag-alok, nagbenta o nagbigay sa iyo ng droga tulad ng marijuana, shabu, ecstasy o rugby?*

- A. Yes *Oo*
- B. No *Hindi*

76. During this school year, were you taught in any of your classes the dangers of using drugs such as marijuana, shabu, ecstasy, or rugby? *Simula nuong pasukan, may nagturo na ba sa inyong mga klase ng mga panganib na dulot ng paggamit ng mga droga tulad ng marijuana, shabu, ecstasy o rugby?*

- A. Yes *Oo*
- B. No *Hindi*
- C. I do not know *Di ko alam*

The next 6 questions ask about HIV or the disease called AIDS. Ang susunod na 6 katanungan ay tungkol sa HIV at sa sakit na AIDS.

77. Have you ever heard of HIV or the disease called AIDS? *May narinig ka na ba tungkol sa HIV o sa sakit na AIDS?*

- A. Yes *Oo*
- B. No *Hindi*

78. During this school year, were you taught in any of your classes about HIV or AIDS? *Simula nuong pasukan, me nagturo na ba sa inyong klase ng tungkol sa HIV o AIDS?*

- A. Yes *Oo*
- B. No *Hindi*
- C. I do not know *Di ko alam*

79. During this school year, were you taught in any of your classes how to avoid HIV or AIDS? *Simula nuong pasukan, me nagturo na ba sa inyong klase kung papaano makakaiwas sa HIV o AIDS?*

- A. Yes *Oo*
- B. No *Hindi*
- C. I do not know *Di ko alam*

80. Can people protect themselves from HIV by not having sexual intercourse? *Makakaiwas ba ang mga tao sa HIV sa pamamagitan ng hindi pakikipagtalik?*

- A. Yes *Oo*
- B. No *Hindi*
- C. I do not know *Di ko alam*

81. Do you know how to tell someone you do not want to have sexual intercourse with them? *Alam mo ba kung papaano sabihin sa isang tao na ayaw mong makipagtalik sa kanya?*

- A. Yes *Oo*
- B. No *Hindi*
- C. I do not know *Di ko alam*

82. Have you ever talked about HIV or AIDS with your parents or guardians? *May pagkakataon na*

bang nakapag-usap kayo ng iyong mga magulang o tagapangalaga tungkol sa HIV o AIDS?

- A. Yes *Oo*
- B. No *Hindi*

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, or football.

Ang susunod na 2 katanungan ay tungkol sa pisikal na Gawain. Ang pisikal na gawain ay mga gawaing nagpapabilis ng tibok ng puso at nagiging sanhi ng pagkahingal kahit na sandali. Ang mga pisikal na Gawain ay maaaring sa pampalakasan/sports, pakikipaglaro sa kaibigan o paglalakad patungo sa paaralan. Iba pang halimbawa nito ay pagtakbo, paglalakad ng mabilis, pamimisikleta, pagsasayaw, o putbol.

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

Sumahin ang lahat ng oras na ginugol sa mga gawaing pisikal sa loob ng isang araw. Di kasama dito ang mga Gawain sa PE o Gym class ninyo.

83. During the past **7 days**, on how many days were you physically active for a total of at least 60 minutes per day? *Nitong nakaraang 7 araw, ilang araw ka nagkaroon ng mga pisikal na Gawain na tumagal ng di bababa sa 60 minuto (1 oras)?*

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

84. During a **typical or usual** week, on how many days are you physically active for a total of at least 60 minutes per day? *Sa tipikal o pangkaraniwang isang linggo, ilang araw ka aktibong pisikal na tumatagal ng 60 minuto o mahigit pa?*

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

The next question asks about the time you spend mostly sitting when you are not in school or doing homework. **Ang susunod na katanungan ay tungkol sa panahon/oras na ikaw ay naka-upo kapag ikaw ay wala sa paaralan o hindi gumagawa ng homework mo.**

85. How much time do you spend during a **typical or usual** day sitting and watching television, playing computer games, talking with friends, or playing cards? *Gaanong oras ang iyong ginugugol sa pag-upo at panunuod ng TV, paglalaro ng computer, pakikipag-usap sa kaibigan/barkada o paglalaro ng baraha sa isang tipikal o pangkaraniwang araw*

A. Less than 1 hour per day
Mababa sa 1 oras bawat araw
B. 1 to 2 hours per day *1-2 oras bawat araw*
C. 3 to 4 hours per day *3-4 oras bawat araw*
D. 5 to 6 hours per day *5-6 oras bawat araw*
E. 7 to 8 hours per day *7-8 oras bawat araw*
F. More than 8 hours per day
Mahigit sa 8 oras bawat araw

The next 2 questions ask about going to and coming home from school. **Ang susunod na 2 katanungan ay tungkol sa pagpunta at pag-uwi galling sa paaralan.**

86. During the past 7 days, on how many days did you walk or ride a bicycle to and from school? *Nitong nakaraang 7 araw, ilang araw kang naglakad o nagbisikleta papunta at pauwi galling sa paaralan?*

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

87. During the past 7 days, how long did it **usually** take for you to get to and from school each day? *Nitong nakaraang 7 araw, gaano katagal ka inaabot papunta at papauwi mula sa iyong paaralan bawat araw?*

ADD UP THE TIME YOU SPEND GOING TO AND COMING HOME FROM SCHOOL.
SUMAHIN ANG ORAS NA GINUGUGOL SA PAGPUNTA SA AT PAG-UWI SA BAHAY MULA SA PAARALAN.

A. Less than 10 minutes per day *Mababa sa 10 minuto bawat araw*
B. 10 to 19 minutes per day
10-19 minuto bawat araw
C. 20 to 29 minutes per day
20-29 minuto bawat araw
D. 30 to 39 minutes per day
30-39 minuto bawat araw
E. 40 to 49 minutes per day
40-49 minuto bawat araw
F. 50 to 59 minutes per day
50-59 minuto bawat araw
G. 60 or more minutes per day
60 minuto o mahigit pa bawat araw

The next 5 questions ask about your experiences at school and at home. Ang susunod na 5 katanungan ay tungkol sa iyong mga karanasan sa paaralan at sa bahay.

88. During the past 30 days, on how many days did you miss classes or school without permission? *Nitong nakaraang 30 araw, ilang beses kang lumiban sa klase nang walang permiso o pahitulot?*

- A. 0 days *Wala*
- B. 1 or 2 days *1-2 araw*
- C. 3 to 5 days *3-5 araw*
- D. 6 to 9 days *6-9 araw*
- E. 10 or more days *10 araw o mahigit pa*

89. During the past 30 days, how often were most of the students in your school kind and helpful? *Nitong nakaraang 30 araw, gaano kadalasan ang karamihan ng mga mag-aaral sa inyong paaralan ay mababait at matulungin?*

- A. Never *Di kailanman*
- B. Rarely *Bihira*
- C. Sometimes *Paminsan-minsan*
- D. Most of the time *Kadalasan*
- E. Always *Palagi/Parati*

90. During the past 30 days, how often did your parents or guardians check to see if your homework was done? *Nitong karaang 30 araw, gaano kadalasan tingnan ng iyong magulang o tagapag-alaga kung ang iyong homework ay nagawa?*

- A. Never *Di kailanman*
- B. Rarely *Bihira*
- C. Sometimes *Paminsan-minsan*
- D. Most of the time *Kadalasan*
- E. Always *Palagi/Parati*

91. During the past 30 days, how often did your parents or guardians understand your problems and worries? *Nitong nakaraang 30 araw, gaano kadalasan na nauunawaan ng iyong magulang o tagapag-alaga ang iyong mga problema at agam-agam?*

- A. Never *Di kailanman*
- B. Rarely *Bihira*
- C. Sometimes *Paminsan-minsan*
- D. Most of the time *Kadalasan*
- E. Always *Palagi/Parati*

92. During the past 30 days, how often did your parents or guardians **really** know what you were doing with your free time? *Nitong nakaraang 30 araw, gaano kadalasan na alam ng iyong magulang o tagapag-alaga kung ano ang iyong ginagawa kapag may libre kang oras?*

- A. Never *Di kailanman*
- B. Rarely *Bihira*
- C. Sometimes *Paminsan-minsan*
- D. Most of the time *Kadalasan*
- E. Always *Palagi/Parati*