

Global School-based Student Health Survey (GSHS)

2013 Namibia GSHS Questionnaire

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2013NAMIBIA 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
- G. 17 years old
- H. 18 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. Grade 11
- G. Grade 12

4. Who do you live with?

- A. Both parents
- B. Only your father
- C. Only your mother
- D. Your grandparents
- E. Extended family(not your parents or grandparents)
- F. Siblings
- G. Guardians
- H. Someone else

The next 4 questions ask about your height, weight, and going hungry.

























5. 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="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
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	<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	

6. 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
		
		
		
		
		
		
		
		
		
		
	I do not know	

7. How do you describe your weight?

- A. Very underweight
- B. Slightly underweight
- C. About the right weight
- D. Slightly overweight
- E. Very overweight

8. During the past 30 days, how often did you go hungry because there was not enough food in your home?

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

The next 6 questions ask about what you might eat or drink and what you were taught.

9. During the past 30 days, how many times per day did you **usually** eat fruit, such as marulu, eenyandi, palm fruits, dates, apples, or bananas?

- 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

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

- 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

11. During the past 30 days, how many times per day did you **usually** drink carbonated soft drinks, such as Coke, Fanta, Twiza, or Vigo? (Do **not** include diet soft drinks, such as Coke Zero or Diet Coke.)

- A. I did not drink carbonated soft drinks 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

12. During the past 7 days, on how many days did you eat food from a fast food restaurant, such as Kentucky Fried Chicken, Wimpy, and Hungry Lion?

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

13. During the past 30 days, how often did you eat breakfast?

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

14. 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 11 questions ask about cleaning your teeth, washing your hands, and general hygiene.

15. During the past 30 days, how often did you wash your hands before eating?

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

16. During the past 30 days, how often did you wash your hands after using the toilet or latrine?

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

17. During the past 30 days, how often did you use soap when washing your hands?

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

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. Less than 1 time per day
- C. 1 time per day
- D. 2 times per day
- E. 3 times per day
- F. 4 or more times per day

19. Is there a source of clean water for drinking **at school**?
- A. Yes
 - B. No
20. How often do you drink water from the tap or water source **at school**?
- a. There is not a tap or water source at school
 - b. Never
 - c. Hardly ever
 - d. Sometimes
 - e. Most of the time
 - f. Always
21. Are there separate toilets or latrines for boys and girls **at school**?
- a. There are no toilets or latrines at school
 - b. Yes
 - c. No
22. Do the toilets or latrines **at school** work properly?
- a. There are no toilets or latrines at school
 - b. Yes
 - c. No
23. Are the toilets or latrines clean **at school**?
- a. There are no toilets or latrines at school
 - b. Yes
 - c. No
24. How do you **usually** dry your hands after washing them at school? **SELECT ONLY ONE RESPONSE.**
- A. I do not wash my hands at school
 - B. I drip or air dry my hands
 - C. I use a towel
 - D. I use paper
 - E. I use an air dryer
 - F. I dry them some other way.

25. During this school year or the last school year, were you taught in any of your classes about the importance of hand washing?
- A. Yes
 - B. No
 - C. I do not know

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.

26. 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

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

27. 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 3 questions ask about serious injuries that happened to you. 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.

28. 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

29. 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 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 was poisoned or took too much of a drug
- H. Something else happened to me

30. 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 attacked or abused or was fighting with someone
- F. I was in a fire or too near a flame or something hot
- G. I inhaled or swallowed something bad for me
- H. Something else caused my injury

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.

31. 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

32. 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, nationality, 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 8 questions ask about your feelings and friendships.

33. During the past 12 months, how often have you felt lonely?
- A. Never
 - B. Hardly ever
 - C. Sometimes
 - D. Most of the time
 - E. Always
34. During the past 12 months, how often have you been so worried about something that you could not sleep at night?
- A. Never
 - B. Hardly ever
 - C. Sometimes
 - D. Most of the time
 - E. Always
35. During the past 12 months, did you ever **seriously** consider attempting suicide?
- A. Yes
 - B. No

36. During the past 12 months, did you make a plan about how you would attempt suicide?
- A. Yes
 - B. No
37. 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
38. How many close friends do you have?
- A. 0
 - B. 1
 - C. 2
 - D. 3 or more
39. During the past 12 months, how often have you been so worried about something that you wanted to use alcohol or other drugs to feel better?
- A. Never
 - B. Hardly ever
 - C. Sometimes
 - D. Most of the time
 - E. Always
40. During this school year, were you taught in any of your classes how to handle stress in healthy ways?
- A. Yes
 - B. No
 - C. I do not know

The next 6 questions ask about cigarette and other tobacco use.

41. 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 or 17 years old
- H. 18 years old or older

42. 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

43. During the past 30 days, on how many days did you use any tobacco products other than cigarettes, such as flavoured tobacco, tobacco leaves or Snuff?

- 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

44. 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

45. During the past 7 days, on how many days have people smoked when you were there?

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

46. 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

The next 6 questions ask about drinking alcohol. This includes drinking tombo or home brew, ciders, Obike, Wit Blitz, whisky, brandy and hot stuff. Drinking alcohol does not include drinking a few sips of wine for religious purposes. A “drink” is a glass of wine, a bottle of beer, a small glass of liquor, or a mixed drink.

47. 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 or 17 years old
 - H. 18 years old or older
48. 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
49. 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

50. 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 my family
- F. I stole it or got it without permission
- G. I got it some other way

Staggering when walking, not being able to speak right, and throwing up are some signs of being really drunk.

51. 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
52. During your life, how many times have you 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

The next question asks about how often you see alcohol advertisements on videos, magazines, or the internet or at movie theaters, sports events, or music concerts.

53. During the past 30 days, how often did you see any alcohol advertisements?
- A. Never
 - B. Hardly ever
 - C. Sometimes
 - D. Almost daily
 - E. Daily

The next question asks about the type of alcohol you usually drink.

54. 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 Obike, WitBlitz, whisky, brandy, and hot stuff
 - E. Tombo or home brew
 - F. Ciders
 - G. Some other type

The next 6 questions ask about drug use. This includes using marijuana, amphetamines, cocaine, inhalants speed, escstacy, LSD, benzine, glue, and dagga.

55. How old were you when you first used drugs?
- A. I have never used drugs
 - 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 or 17 years old
 - H. 18 years old or older

56. During your life, how many times have you used marijuana (also called Dagga, weed, boom, cannibus, stop, grass, pipt, stop, and joint)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 or more times

57. During the past 30 days, how many times have you used marijuana (also called dagga, weed, boom, cannibus, stop, grass, pipt, stop, and joint)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 or more times

58. During your life, how many times have you used amphetamines or methamphetamines (also called tik, speed, bennies, uppers, black beauties, mollies, or splash)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 or more times

59. How difficult do you think it would be for you to get drugs such as **marijuana, amphetamines, cocaine, inhalants speed, escstacy, LSD, benzine, glue, and dagga?**

- A. Impossible
- B. Very difficult
- C. Fairly difficult
- D. Fairly easy
- E. Very easy
- F. I do not know

60. During this school year, were you taught in any of your classes the problems associated with using drugs, such as dagga, inhalants, or amphetamines?

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

The next 7 questions ask about sexual intercourse.

61. Have you ever had sexual intercourse?

- A. Yes
- B. No

62. 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 or 17 years old
- H. 18 year old or older

63. 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

64. 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

65. The **last time** you had sexual intercourse, did you or your partner use any other method of birth control, such as withdrawal, rhythm (safe time), birth control pills, or any other method to prevent pregnancy?

- A. I have never had sexual intercourse
- B. Yes
- C. No
- D. I do not know

66. 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

67. 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

The next 2 questions ask about HIV infection or AIDS.

68. Have you ever been tested for HIV infection or AIDS?

- A. Yes
- B. No

69. 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

The next 3 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, swimming, gymming, skiding, and skipping rope.

70. During the past **7 days**, on how many days were you physically active for a total of at least 60 minutes per day? **ADD UP ALL THE TIME YOU SPENT IN ANY KIND OF PHYSICAL ACTIVITY EACH 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

71. During the past 7 days, on how many days did you walk or ride a bicycle to or 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

72. During this school year, on how many days did you go to physical education (PE) class each week?

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

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

73. 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 cards, dominos, chess, and scrabble.

- 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 7 questions ask about your experiences at school and at home.

74. 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

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

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

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

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

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

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

78. 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. Hardly ever
- C. Sometimes
- D. Most of the time
- E. Always

79. During the past 30 days, how often did your parents or guardians go through your things without your approval?

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

80. During the past 30 days, how often did your parents or guardians spend time with you?

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

The next 4 questions ask about ear and eye health.

81. Have you ever had a hearing test?

- A. Yes
- B. No
- C. Not sure

82. During the past 12 months, have you had an ear infection that made your ears hurt or caused pus to run out of your ears?

- A. Yes
- B. No
- C. Not sure

83. Do you have difficulties with your eye sight or being able to see?

- A. Yes
- B. No

84. Are you currently using glasses, spectacles,
lenses, or anything else to help you see better?

A. Yes

B. No