

**2019 Philippines’  
Global School-Based  
Student Health Survey  
(5<sup>th</sup> GSHS)  
Questionnaire**

## 2019 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 sumasagot 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 maapektuhan kahit hindi mo 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   
Hindi ganito

### Survey Example

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)

# Demographics:

1. How old are you? (*Ilang taon ka na?*)
  - A. 11 years old or younger (*11 taong gulang o mas mababa*)
  - B. 12 years old (*12 taong gulang*)
  - C. 13 years old (*13 taong gulang*)
  - D. 14 years old (*14 taong gulang*)
  - E. 15 years old (*15 taong gulang*)
  - F. 16 years old (*16 taong gulang*)
  - G. 17 years old (*17 taong gulang*)
  - H. 18 years old or older (*18 taong gulang o lagpas 18 taon*)
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. Grade 7 (*ikapitong baitang*)
  - B. Grade 8 (*ikawalong baitang*)
  - C. Grade 9 (*ikasiyam na baitang*)
  - D. Fourth Year (*ikaapat na taon*)
4. Are you currently going to a public or private school? (*Ikan ba ay pumapasok sa pampubliko o pribadong paaralan?*)
  - A. Public school (*pampublikong paaralan*)
  - B. Private school (*pampribadong paaralan*)

The next five (5) questions ask about your height, weight, and going hungry.

Ang susunod na limang (5) tanong ay tungkol sa iyong taas, bigat at sa iyong pagkagutom.

5. How tall are you without your shoes on? (*Gaano ka kataas kung wala kang suot na 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 answer sheet, isulat ang iyong taas sa mga kahong may bahagyang kulay sa taas ng grid. Pagkatapos ay pumuan ang mga bilog sa baba ng hawat numero.

## Example

Height (cm)		
1	5	3
0	0	0
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	I do not know Hindi ko alam	



6. How much do you weigh without your shoes on?

(Gaano ka kabigat kung wala kang suot na 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 answer sheet, isulat ang iyong timbang sa mga kahong may bahagyang kulay sa itaas ng grid. Pagkatapos ay pumuan ang mga bilog sa baba ng bawat numero.

**Example**

Weight (kg)		
0	5	2
	I do not know Hindi ko alam	

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)

8. During the past 30 days, how often did you eat three meals in a day, breakfast, lunch, and dinner? (Sa nakaraang 30 araw, gaano kadalasan kang nakakain ng tatlong beses sa isang araw, almusal, tanghalian at hapunan?)

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

9. During the past 30 days, which meal did you most often skip in a day? (Sa nakaraang 30 araw, alin ang pinakmadalas mong nilalaktawan na pagkain?)

- A. I did not skip any meals during the past 30 days (Hindi ako lumalaktaw sa pagkain sa nakalipas na 30 araw)
- B. Breakfast (Almusal)
- C. Lunch (Tanghalian)
- D. Dinner (Hapunan)

The next six (6) questions ask about what you might eat and drink. Ang susunod na anim (6) na tanong ay tungkol sa mga maaari mong kainin at inumin.

10. During the past 7 days, how many times did you eat fruit, such as bananas, mangoes or papaya? (Sa nakaraang 7 araw, ilang beses ka kumain ng prutas tulad ng saging, mangga o papaya, at iba pa)

- A. I did not eat fruit during the past 7 days (Hindi ako kumain ng anumang prutas nitong nakaraang 7 araw)
- B. 1 to 3 times during the past 7 days (1 hanggang 3 beses sa nakaraang 7 araw)
- C. 4 to 6 times during the past 7 days (4 hanggang 6 na beses sa nakaraang 7 araw)
- D. 1 time per day (1 beses sa isang araw)
- E. 2 times per day (2 beses sa isang araw)
- F. 3 times per day (3 beses sa isang araw)
- G. 4 or more times per day (4 o higit pang beses sa isang araw)

11. During the past 7 days, how many times did you eat vegetables, such as tomatoes, kangkong, cabbage and stringbeans? (Sa nakaraang 7 araw, ilang beses ka kumain ng mga gulay tulad ng kamatis, kangkong, repolyo, sitaw, at iba pa)

- A. I did not eat vegetables during the past 7 days. (Hindi ako kumain ng gulay nitong nakaraang 7 araw)
- B. 1 to 3 times during the past 7 days (1 hanggang 3 beses sa nakaraang 7 araw)
- C. 4 to 6 times during the past 7 days (4 hanggang 6 na beses sa nakaraang 7 araw)
- D. 1 time per day (1 beses sa isang araw)
- E. 2 times per day (2 beses sa isang araw)
- F. 3 times per day (3 beses sa isang araw)
- G. 4 or more times per day (4 o higit pang beses sa isang araw)



12. During the past 7 days, how many times did you drink a can, bottle, or glass of carbonated soft drinks, such as Coke or Pepsi? (Do not include diet soft drinks) (Sa nakaraang 7 araw, ilang beses kang umiinom ng isang lata, isang bote o isang basong carbonated softdrinks tulad ng Coke, Pepsi at iba pa.) (Hindi kasama ang mga diet softdrinks).
- I did not drink carbonated soft drinks during the past 7 days (Hindi ako uminom ng carbonated softdrinks nitong nakaraang 7 araw)
  - 1 to 3 times during the past 7 days (1 hanggang 3 beses sa nakaraang 7 araw)
  - 4 to 6 times during the past 7 days (4 hanggang 6 na beses sa nakaraang 7 araw)
  - 1 time per day (1 beses sa isang araw)
  - 2 times per day (2 beses sa isang araw)
  - 3 times per day (3 beses sa isang araw)
  - 4 or more times per day (4 o higit pang beses sa isang araw)
13. During the past 7 days, on how many days did you eat at a fast food restaurant, such as McDonalds, Jollibee, Pizza Restaurants, etc.? (Nitong nakaraang 7 araw, ilang araw kang kumain sa fast food restaurant tulad ng McDonalds, Jollibee, Pizza Restaurant at iba pa?)
- 0 days (Hindi kami kumain)
  - 1 day (1 araw)
  - 2 days (2 araw)
  - 3 days (3 araw)
  - 4 days (4 araw)
  - 5 days (5 araw)
  - 6 days (6 araw)
  - 7 days (7 araw)
14. During this school year, were you taught in any of your class the benefits of healthy eating? (Simula noong pasukan, itinuro ba sa alinmang klase ninyo ang magandang naidudulot ng pagkain ngmasusustansiyang pagkain?)
- Yes (Oo)
  - No (Hindi)
  - I do not know (Hindi ko alam)
15. Can you buy sugar-sweetened beverages such as sports drinks, energy drinks, fruit drinks that are not 100% juice, and/or carbonated soft drinks in your school? (Nakabibili ka ba ng mga inuming pang sports, inuming pampalakas, inuming gawa sa hindi purong prutas o softdrinks sa inyong paaralan?)
- Yes (Oo)
  - No (Hindi)

The next eight (8) questions ask about cleaning your teeth and washing your hands. Ang susunod na walong (8) tanong ay tungkol sa paglilinis ng ngipin at paghuhugas ng kamay.

16. 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 nagsipilyo o naglinis ng ngipin?)
- I did not clean or brush my teeth during the past 30 days (Hindi ako nagsepilyo nitong nakaraang 30 araw)
  - Less than 1 time per day (Hindi araw-araw)
  - 1 time per day (1 beses isang araw)
  - 2 times per day (2 beses isang araw)
  - 3 times per day (3 beses isang araw)
  - 4 or more times per day (4 na beses isang araw o higit pa)
17. During the past 12 months, did a tooth ache cause you to miss classes or school? (Sa nakaraang 12 buwan, ikaw ba ay lumiban sa klase o hindi nakapsok sa paaralan dahil sa sakit ng ngipin?)
- Yes (Oo)
  - No (Hindi)
18. When was the last time you were seen by a dentist for a check-up, teeth cleaning, or other dental work? (Kailan ka huling pinuntahan ng dentista para sa check-up, paglinis ng ngipin o iba pang pagsusuri sa ngipin?)
- During the past 6 months (Noong nakalipas na anim na buwan)
  - Between 6 and 12 months ago (Sa pagitan ng anim hanggang 12 buwan)
  - More than 12 months ago (Mahigit sa 12 buwan na)
  - Never (Hindi kailanman)
19. During the past 30 days, how often did you wash your hands before eating? (Nitong nakaraang 30 araw, gaano kadalas kang naghugas ng kamay bago kumain?)
- Never (Di kailanman)
  - Rarely (Bihira)
  - Sometimes (Paminsan-minsan)
  - Most of the time (Kadalasan)
  - Always (Palagi/Parati)

20. During the past 30 days, how often did you wash your hands after using the toilet or latrine? *(Nitong nakaraang 30 araw, gaano kadalas kang naghugas ng kamay pagkatapos manggaling sa kubeta/palikuran?)*
- Never *(Hind kailanman)*
  - Rarely *(Bihira)*
  - Sometimes *(Paminsan-minsan)*
  - Most of the time *(Kadalasan)*
  - Always *(Palagi/Parati)*
21. During the past 30 days, how often did you use soap when washing your hands? *(Nitong nakaraang 30 araw, gaano kadalas kang gumamit ng sabon sa paghuhugas ng iyong mga kamay?)*
- Never *(Di kailanman)*
  - Rarely *(Bihira)*
  - Sometimes *(Paminsan-minsan)*
  - Most of the time *(Kadalasan)*
  - Always *(Palagi/Parati)*
22. Is there a faucet as a source of water in your school? *(Mayroon bang gripo na pinagkukunan ng tubig sa inyong paaralan?)*
- None *(Wala)*
  - Yes, but it is not safe for drinking *(Oo, ngunit hindi ligtas inumin)*
  - Yes and it is safe for drinking *(Oo, at ligtas inumin)*
23. During this school year, were you taught in any of your classes the importance of good personal hygiene such as handwashing or brushing your teeth? *(Simula noong pasukan, tinuruan ba kayo sa alinman sa inyong klase ang halaga ng kalinisan sa katawan katulad ng paghuhugas ng kamay at pasisipilyo ng ngipin?)*
- Yes *(Oo)*
  - No *(Hindi)*
  - I do not know *(Hindi ko alam)*

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-ataking pisikal. Ang isang ataking pisikal ay nangyayari kung ang isa o higit pang katao ay nanakit ng ibang tao sa*

*pamamagitan ng isang sandata (halimbawa: Kahoy, kutsilyo, baril, at iba pa). Hindi maituturing na ataking pisikal kung ang dalawang mag-aaral na magkapantay ang lakas o puwersa ay magkasundong labanan ang isa't isa)*

24. During the past 12 months, how many times were you physically attacked? *(Nitong nakaraan 12 buwan, ilang beses kang naging biktima ng isang ataking pisikal?)*
- 0 times *(Wala)*
  - 1 time *(1 beses)*
  - 2 or 3 times *(2 o 3 beses)*
  - 4 or 5 times *(4 o 5 beses)*
  - 6 or 7 times *(6 o 7 beses)*
  - 8 or 9 times *(8 o 9 beses)*
  - 10 or 11 times *(10 o 11 beses)*
  - 12 or more times *(12 beses o higit pa)*

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

25. During the past 12 months, how many times were you in a physical fight? *(Nitong nakaraang 12 buwan, ilang beses kang nasangkot sa pisikal na away?)*
- 0 times *(Wala)*
  - 1 time *(1 beses)*
  - 2 or 3 times *(2 o 3 beses)*
  - 4 or 5 times *(4 o 5 beses)*
  - 6 or 7 times *(6 o 7 beses)*
  - 8 or 9 times *(8 o 9 beses)*
  - 10 or 11 times *(10 o 11 beses)*
  - 12 or more times *(12 beses o higit pa)*

The next eight (8) questions ask about the most 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.

*(Ang susunod na walong (8) tanong ay tungkol sa pinakamalubhang pinsala na nangyari sa iyo. 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, trabaho o nangailangang bigyan lunas ng isang duktor o nars).*

26. During the past 12 months, how many times were you seriously injured? (Sa nakalipas na 12 buwan, ilang beses kang nakaranas ng malubhang pinsala?)

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

27. During the past 12 months, what was the most serious injury that happened to you? (Nitong nakaraang 12 buwan, ano ang pinakamalubhang pinsala ang iyong naranasan?)

- A. I was not seriously injured during the past 12 months (Hindi ako nakaranas ng malalang pinsala nitong nakaraang 12 buwan)
- B. I had a broken bone or a dislocated joint (Nabalian ako ng buto o napilayan)
- C. I had a cut or stab wound (Nahiwa ako 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 hindi makahinga)
- E. I had a gunshot wound (Nabaril ako)
- F. I had a bad burn (Nagkaroon ako ng malubhang paso)
- G. I was poisoned or took too much of a drug (Nalason ako o nasobrahan sa pag-inom ng gamot)
- H. Something else happened to me (May ibang nangyari sa akin)

28. 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 malubhang pinsalang nangyari sa iyo?)

- A. I was not seriously injured during the past 12 months (Hindi ako nakaranas ng malubhang pinsala nitong nakaraang 12 buwan)
- B. I was in a motor vehicle accident or hit by a motor vehicle (Na-aksidente ako o nabundol ng sasakyan)
- C. I fell (Nahulog ako)
- D. Something fell on me or hit me (May nahulog sa akin o tumama sa akin)
- E. I was attacked or abused or was fighting with someone (Inatake ako o inabuso o nakipag-away sa ibang tao)
- F. I was in a fire or too near a flame or something hot (Nasa lugar ako na may sunog o malapit sa apoy o sa isang bagay na mainit)
- G. I inhaled or swallowed something bad for me (Nakalanghap o nakalunok ako ng masama para sa akin)
- H. Something else caused my injury (May ibang dahilan ang aking pinsala)

29. During the past 12 months, where did the most serious injury that happened to you occur? (Sa nakalipas na 12 buwan, saang lugar nangyari ang pinakamalubhang pinsalang ito?)

- A. I was not seriously injured during the past 12 months (Hindi ako nakaranas ng malalang pinsala nitong nakaraang 12 buwan)
- B. At home (Sa bahay)
- C. At school (Sa paaralan)
- D. At work (Sa trabaho)
- E. On a playing field or court or in a gymnasium (Sa palaruan o sa gym)
- F. On or near road (Sa kalsada o malapit sa kalsada)
- G. In a park (Sa pasyalan)
- H. Somewhere else (Sa iba pang lugar)

30. During the past 12 months, did you experience an injury related to a road crash/accident? (Sa nakalipas na 12 buwan, ikaw ba ay naaksidente sa kalsada o sa daanan ng mga sasakyan?)

- A. Yes (Oo)
- B. No (Hindi)



31. During the past 30 days, how often did you use a seat belt when riding in a car or other motor vehicle driven by someone else? *(Sa nakalipas na 30 araw, gaano ka kadalasan gumamit ng sinturong pangkaligtasan sa tuwing ikaw ay nakasakay sa kotse o anumang katulad nito na minamaneho ng iba?)*
- A. I did not ride in a motor vehicle driven by someone else *(Hindi ako nakasakay ng kotse o anumang katulad nito na minamaneho ng iba, sa nakalipas na 30 araw)*
  - B. Never *(Hindi ako kailanman gumamit ng sinturong pangkaligtasan)*
  - C. Rarely *(Bihira)*
  - D. Sometimes *(Paminsan-minsan)*
  - E. Most of the time *(Kadalasan)*
  - F. Always *(Palagi/Parati)*
32. During the past 30 days, how often did you wear a helmet when riding a bicycle or motorcycle? *(Sa nakalipas na 30 araw, gaano ka kadalasan gumamit ng helmet sa tuwing ikaw ay nakasakay sa bisikleta o motor?)*
- A. I did not ride in bicycle *(Hindi ako nakasakay ng motor sa nakalipas na 30 araw)*
  - B. Never *(Hindi ako kailanman gumamit ng helmet)*
  - C. Rarely *(Bihira)*
  - D. Sometimes *(Paminsan-minsan)*
  - E. Most of the time *(Kadalasan)*
  - F. Always *(Palagi/Parati)*
33. During the past 12 months, did you experience near drowning? *(Sa nakalipas na 12 buwan, may pangyayari ba na ikaw ay muntik nang malunod?)*
- A. Yes *(Oo)*
  - B. No *(Hindi)*

The next five (5) 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 limang (5) tanong 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 hindi isali sa mga bagay-bagay. Di paninindak kung ang dalawang mag-aaral na may magkapatay na lakas ay magtalo o mag-away o kung ang panunukso ay isinagawa sa pangkaibigan at pabirong pamamaraan.)*

34. During the past 12 months, have you ever been bullied on school property? *(Sa nakalipas na 12 buwan, ikaw ba ay tinakot, sinindak o tinukso sa loob ng iyong paaralan?)*
- A. Yes *(Oo)*
  - B. No *(Hindi)*
35. During the past 12 months, have you ever been bullied when you were not on school property? *(Sa nakalipas na 12 buwan, ikaw ba ay tinakot, sinindak o tinukso sa labas ng iyong paaralan?)*
- A. Yes *(Oo)*
  - B. No *(Hindi)*

36. During the past 12 months, how were you bullied face-to-face **most often**? (Sa nakalipas na 12 buwan, paano ka kadalasang tinatakot, sinisindak o tinutukso ng harapan?)

- A. I was not bullied face-to-face during the past 12 months (Walang nanindak sa akin ng harapan nitong nakaraang 12 buwan.)
- B. I was hit, kicked, pushed, shoved around, or locked indoors (Ako ay pinalo, sinipa, timlak o ikimulong)
- C. I was made fun of because of my race, nationality or color (Ako ay pinagkatuwaan dahil sa aking lahi, lipi at kulay)
- D. I was made fun of because of my religion (Ako pinagkatuwaan 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 hindi isinali sa mga gawain o hindi pinansin)
- G. I was made fun of because of how my body or face looks (Ako ay pinagkatuwaan dahil sa itsura ng aking katawan o mukha)
- H. I was bullied face-to-face in some other way (Ako ay sinindak ng harapan sa ibang pamamaraan)

37. During the past 12 months, have you ever been **cyber** bullied? (Count being bullied through messaging, Instagram, Facebook, or other social media.) (Sa nakalipas na 12 buwan, ikaw ba ay tinakot, sinindak o tinutukso sa pamamaraan ng internet tulad ng messaging, Instagram, Facebook o iba pang uri ng social media?)

- A. Yes (Oo)
- B. No (Hindi)

38. During the past 12 months, how were you cyber bullied **most often**? (Nitong nakaraang 12 buwan, paano ka kadalasang tinatakot, sinsinindak o tinutukso sa internet?)

- A. I was not cyber bullied during the past 12 months (Walang nanindak sa akin sa internet nitong nakaraang 12 buwan.)
- B. Nasty or hurtful messages were sent to me (Masasama at masasakit na mensahe ang pinapadala sa akin)
- C. Nasty or hurtful messages were shared or posted online so others could see them (Masasama at masasakit na mensahe ang ibinabahagi sa internet upang marami ang makabasa)
- D. I was left out of a group or an activity online (Ako ay iniwan o tinanggal sa isang online group)
- E. I was threatened online (Ako ay tinakot online o sa pamamaraan ng internet.)
- F. Someone created a website that made fun of me (May taong gumawa ng website para doon ako ay pagkatuwaan.)
- G. Someone took bad or hurtful pictures of me without asking and posted them online (May taong kimuhanan ako ng hindi kaaya-ayang larawan ng walang paalam at ito ay ipinakita sa internet)
- H. I was cyber bullied in some other way (Ako ay tinakot, sinindak o tinutukso sa internet sa ibang pamamaraan)

The next eleven (11) questions ask about your feelings and friendships.

Ang susunod na labing-isang (11) tanong ay tungkol sa inyong damdamin at pagkakaibigan.

39. During the past 12 months, how often have you felt lonely? (Nitong nakaraang 12 buwan, gaano kadalas mong naramdaman na ikaw ay malungkot?)

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

40. 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, gaano kadalas kang nag-aalala sa isang bagay na hindi ka na makatulog sa gabi?)*
- Never *(Di kailanman)*
  - Rarely *(Bihira)*
  - Sometimes *(Paminsan-minsan)*
  - Most of the time *(Kadalasan)*
  - Always *(Parati/Palagi)*
41. During the past 12 months, did you ever **seriously** consider attempting suicide? *(Nitong nakaraang 12 buwan, seryoso mo bang pinag-isipan ang tangkang pagpapakamatay?)*
- Yes *(Oo)*
  - No *(Hindi)*
42. During the past 12 months, when you considered attempting suicide, did you seek help (like talking with somebody)? *(Nitong nakaraang 12 buwan, nang naisip mong magpakamatay, ikaw ba ay nanghingi ng tulong o nakipag-usap ukol dito?)*
- I did not consider attempting suicide in the past 12 months *(Hindi ko naisip ang magpakamatay sa nakalipas na 12 buwan)*
  - I did not seek help *(Hindi ako humingi ng tulong o nakipag-usap)*
  - Yes, I sought help from guidance counsellors/ teachers/ principals *(Oo, humingi ako ng tulong o nakipag-usap sa guidance counsellor/ guro/ principal)*
  - Yes, I sought help from friends/peers *(Oo, humingi ako ng tulong o nakipag-usap sa kaibigan.)*
  - Yes, I sought help from family *(Oo, humingi ako ng tulong o nakipag-usap sa aking pamilya.)*
  - Yes, I sought help from someone else *(Oo, humingi ako ng tulong o nakipag-usap sa iba )*
43. During the past 12 months, did you make a plan about how you would attempt suicide? *(Nitong nakaraang 12 buwan, gumawa ka ba ng plano kung paano isasagawa ang iyong tangkang pagpapakamatay?)*
- Yes *(Oo)*
  - No *(Hindi)*
44. During the past 12 months, how many times did you actually attempt suicide? *(Nitong nakaraang 12 buwan, ilang beses kang nagtangkang magpakamatay?)*
- 0 times *(Wala)*
  - 1 time *(1 beses)*
  - 2 or 3 times *(2 o 3 beses)*
  - 4 or 5 times *(4 o 5 beses)*
  - 6 or more times *(6 na beses o higit pa)*
45. How many close friends do you have? *(Ilan ang malapit o matalik mong kaibigan?)*
- 0 *(Wala)*
  - 1 *(Isa)*
  - 2 *(Dalawa)*
  - 3 or more *(Tatlo o mahigit pa)*
46. During the past 12 months, have you had a friend who expressed intention to commit suicide? *(Sa nakaraang 12 buwan, may kaibigan ka bang nagnais magpakamatay?)*
- Yes *(Oo)*
  - No *(Hindi)*
47. During this school year, were you taught in any of your classes what to do if a friend is thinking about suicide? *(Simula noong pasukan, tinuruan ba kayo sa alinman sa inyong klase nang tamang gagawin kung ang iyong kaibigan ay maisipang magpakamatay?)*
- Yes *(Oo)*
  - No *(Hindi)*
  - I do not know *(Hindi ko alam)*
48. During this school year, were you taught in any of your classes how to handle stress in healthy ways? *(Simula noong pasukan, tinuruan ba kayo sa alinman sa inyong klase kung paano haharapin ng tama ang stress?)*
- Yes *(Oo)*
  - No *(Hindi)*
  - I do not know *(Hindi ko alam)*



49. During this school year, were you taught in any of your classes signs of depression and suicidal behavior and other mental conditions? (Example: severe depression that you can no longer do things you usually do, always sleeping or cannot sleep anymore) (Simula noong pasukan, tinuruan ba kayo sa alinman sa inyong klase kung anu-ano ang mga sintomas ng depresyon at ugaling pagpapakamatay?) (Halimbawa ay sobrang kalungkutan na hindi mo na magawa ang dati mong ginagawa, tulog nang tulog o hindi makatulog))
- Yes (Oo)
  - No (Hindi)
  - I do not know (Hindi ko alam)

The next eleven (11) questions ask about drinking alcohol. This includes drinking beer, gin, or coconut wine. 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.

(Ang mga susunod na labing-isa (11) tanong ay tungkol sa pag-inom ng alak/alcohol o inuming nakalalasing. Kasama dito ang beer, gin, tuba, lambanog, atbp. Ang mga hindi kasama dito ay ang alak na gamit sa relihiyon o sa pagmimisa. Ang "pag-inom" ay isang baso ng wine, isang bote ng beer, at maliit na baso ng liquor, o ng kombinasyon nito.)

50. 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 bukod sa pagtikim lang?)
- I have never had a drink of alcohol other than a few sips (Hindi ako kailanman uminom ng alak bukod sa konting pagtikim lang)
  - 7 years old or younger (7 taong gulang o mas bata pa)
  - 8 or 9 years old (8 o 9 taong gulang)
  - 10 or 11 years old (10 o 11 taong gulang)
  - 12 or 13 years old (12 o 13 taong gulang)
  - 14 or 15 years old (14 o 15 taong gulang)
  - 16 or 17 years old (16 o 17 taong gulang)
  - 18 years old or older (18 taong gulang o mas matanda pa)

51. What was the main reason why you had your first drink? (Ano ang pangunahing dahilan ng pag-inom mo ng alak sa unang pagkakataon?)
- I have never had a drink of alcohol (Hindi ako kailanman uminom ng alak)
  - Curiosity (Pagnanais na alamin o usisain ang kakaiba sa alak)
  - Peer pressure (Pakikisama sa kaibigan)
  - Personal problem (Personal na suliranin)
  - Family acceptance of drinking alcohol (Pagtanggap o hindi pagbabawal sa pamilya ng pag-inom ng alak)
  - Media/advertisement influence (Impluwensya ng patalastas o promosyon ng alak)
  - Some other reason (Iba pa)
52. 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?)
- 0 days (Wala)
  - 1 or 2 days (1 o 2 araw)
  - 3 to 5 days (3 hanggang 5 araw)
  - 6 to 9 days (6 hanggang 9 araw)
  - 10 to 19 days (10 hanggang 19 araw)
  - 20 to 29 days (20 hanggang 29 araw)
  - All 30 days (30 araw o buong buwan)
53. 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, gaano karami kadalasan ang iyong naiinom bawat araw)
- I did not drink alcohol during the past 30 days (Hindi ako uminom ng alak nitong nakaraang 30 araw)
  - Less than one drink (Mababa sa isang inom)
  - 1 drink (1 inom)
  - 2 drinks (2 inom)
  - 3 drinks (3 inom)
  - 4 drinks (4 inom)
  - 5 or more drinks (5 inom o higit pa)

54. During the past 30 days, how did you **usually** get the alcohol you drank? [ SELECT ONLY ONE RESPONSE]. (Nitong nakaraang 30 araw, paano ka nakakuha ng alak na iyong nainom?) [PUMILI LAMANG NG ISANG SAGOT]

- A. I did not drink alcohol during the past 30 days (Hindi ako uminom ng alak nitong nakaraang 30 araw)
- B. I bought it in a store, shop, or from a street vendor (Binili ko ito sa isang tindahan, shop o sa street 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 my family (Nakuha ko ito sa kapamilya)
- F. I stole it or got it without permission (Ninakaw ko ito o kinuha ng walang pahintulot)
- G. I got it some other way (Nakuha ko ito sa ibang pamamaraan)

55. During the past 30 days, did anyone refuse to sell you alcohol because of your age? (Nitong nakaraang 30 araw, may tumanggi bang pagbilhan ka ng alak dahil sa iyong edad?)

- A. I did not try to buy alcohol during the past 30 days (Hindi ko sinubukang bumili ng alak nitong nakaraang 30 araw)
- B. Yes, someone refused to sell me alcohol because of my age (OO, may 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)

**Staggering when walking, not being able to speak right, and throwing up are some signs of being really drunk. (Hindi tamang paglakad, hindi makapagsalita ng maayos at pagsusuka ay ilan sa mga tanda ng kalasingan)**

56. 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 at nalasing ng todo?)

- A. 0 times (Wala)
- B. 1 or 2 times (1 o 2 beses)
- C. 3 to 9 times (3 hanggang 9 beses)
- D. 10 or more times (10 beses o higit pa)

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

- A. I have never drank so much alcohol that I was really drunk (Hindi ako kailanman uminom ng alak na lubhang nalasing)
- B. 7 years old or younger (7 taong gulang o mas bata pa)
- C. 8 or 9 years old (8 o 9 taong gulang)
- D. 10 or 11 years old (10 o 11 taong gulang)
- E. 12 or 13 years old (12 o 13 taong gulang)
- F. 14 or 15 years old (14 o 15 taong gulang)
- G. 16 or 17 years old (16 o 17 taong gulang)
- H. 18 years old or older (18 taong gulang o mas matanda pa)

58. 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? (Sa buong buhay mo, ilang beses kang nakipagtalo sa iyong kapamilya o kaibigan, lumiban sa klase, o nakipag-away, dahil sa pag-inom mo ng alak?)

- A. 0 times (Wala)
- B. 1 or 2 times (1 o 2 beses)
- C. 3 to 9 times (3 hanggang 9 beses)
- D. 10 or more times (10 beses o higit pa)

59. Does alcohol advertisement in any form (TV, movies, infomercial, internet, billboards) influence you to drink alcohol? (Ang mga patalastas/anunsyo ba sa alak, anuman ang pamamaraan, sa telebisyon, sine, internet o sa mga karatula ang nakahihikayat sa iyo upang uminom ng alak?)

- A. Yes (Oo)
- B. No (Hindi)

60. Do you think that the price of alcoholic drinks is cheap or expensive? (Sa iyong palagay, ang halaga ba ng alak ay mura o mahal?)

- A. Cheap (Mura)
- B. Expensive (Mahal)
- C. I do not know (Hindi ko alam)

The next three (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, or football.

Ang susunod na tatlong (3) tanong ay tungkol sa pisikal na gawain. Ang pisikal na gawain ay 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, pagbibisikleta, pagsasayaw, o paglalaro ng football.

61. 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 o isang oras sa isang araw? ADD UP ALL THE TIME YOU SPEND IN ANY KIND OF PHYSICAL ACTIVITY EACH DAY. (BILANGIN ANG KABUUANG ORAS NA GINUGOL SA ANUMANG GAWAING PISIKAL SA LOOB NG ISANG ARAW.)

- 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)

62. During the past 7 days, on how many days did you walk or ride a bicycle to or from school? (Nitong nakaraang 7 araw, ilang araw kang naglakad o nagbisikleta papunta o galing sa iyong 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)

63. During this school year, on how many days did you go to physical education (PE) class each week? (Sa taon na ito ng iyong pag-aaral, ilang araw ka pumasok sa PE class ninyo sa loob ng isang linggo?)

- 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 or more days (5 araw o higit pa)

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.)

64. 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? (Ilang oras ang iyong ginugugol sa pag-upo at panunuod ng TV, paglalaro ng computer, pakikipag-usap sa kaibigan o paglalaro ng baraha sa 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 hanggang 2 oras bawat araw)
- C. 3 to 4 hours per day (3 hanggang 4 oras bawat araw)
- D. 5 to 6 hours per day (5 hanggang 6 oras bawat araw)
- E. 7 to 8 hours per day (7 hanggang 8 oras bawat araw)
- F. More than 8 hours per day (Mahigit sa 8 oras bawat araw)

The next seven (7) questions ask about your experiences at school and at home.

Ang susunod na pitong (7) tanong ay tungkol sa karanasan mo sa iyong paaralan at tahanan.

65. Do you think of yourself as a religious or spiritual person? (Sa iyong palagay, ikaw ba ay taong relihiyoso?)

- A. Yes (Oo)
- B. No (Hindi)



66. 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 pahintulot?)
- 0 days (Wala)
  - 1 to 2 days (1 hanggang 2 araw)
  - 3 to 5 days (3 hanggang 5 araw)
  - 6 to 9 days (6 hanggang 9 araw)
  - 10 or more days (10 araw o higit pa)
67. During the past 30 days, how often were most of the students in your school kind and helpful? (Nitong nakaraang 30 araw, gaano kadalas na ang karamihan ng mga mag-aaral sa inyong paaralan ay mababait at matuturingin?)
- Never (Di kailanman)
  - Rarely (Bihira)
  - Sometimes (Paminsan-minsan)
  - Most of the time (Kadalasan)
  - Always (Palagi/Parati)
68. During the past 30 days, how often did your parents or guardians check to see if your homework was done? (Nitong nakaraang 30 araw, gaano kadalas tingnan ng iyong magulang o tagapag-alaga kung ang iyong homework ay nagawa?)
- Never (Di kailanman)
  - Rarely (Bihira)
  - Sometimes (Paminsan-minsan)
  - Most of the time (Kadalasan)
  - Always (Palagi/Parati)
69. During the past 30 days, how often did your parents or guardians understand your problems and worries? (Nitong nakaraang 30 araw, gaano kadalas na nauunawaan ng iyong magulang o tagapag-alaga ang iyong mga problema at alalahanin?)
- Never (Di kailanman)
  - Rarely (Bihira)
  - Sometimes (Paminsan-minsan)
  - Most of the time (Kadalasan)
  - Always (Palagi/Parati)

70. 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 kadalas na alam ng iyong magulang o tagapag-alaga kung ano ang iyong ginagawa sa iyong libreng oras?)
- Never (Di kailanman)
  - Rarely (Bihira)
  - Sometimes (Paminsan-minsan)
  - Most of the time (Kadalasan)
  - Always (Palagi/Parati)
71. During the past 30 days, how often did your parents or guardians go through your things without your approval? (Nitong nakaraang 30 araw, gaano kadalas pinakialaman ng iyong magulang o tagapag-alaga ang iyong mga gamit ng walang pahintulot?)
- Never (Di kailanman)
  - Rarely (Bihira)
  - Sometimes (Paminsan-minsan)
  - Most of the time (Kadalasan)
  - Always (Palagi/Parati)

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.

72. Have you ever heard of HIV infection or the disease called AIDS? (Narinig mo na ba ang tungkol sa HIV o AIDS?)
- Yes (Oo)
  - No (Hindi)
73. During this school year, were you taught in any of your classes about HIV infection or AIDS? (Simula nitong pasukan, naturuan na ba kayo sa inyong klase tungkol sa HIV o AIDS?)
- Yes (Oo)
  - No (Hindi)
  - I do not know (Hindi ko alam)
74. During this school year, were you taught in any of your classes how to avoid HIV infection or AIDS? (Simula nitong pasukan, naturuan na ba kayo sa inyong klase kung papaano makakatwas sa HIV o AIDS?)
- Yes (Oo)
  - No (Hindi)
  - I do not know (Hindi ko alam)

75. Where do you think a person can **most easily** get a condom? *(Sa iyong palagay, saan pinakamadaling makakakuha ng condom ang isang tao?)*
- A. Drugstore *(Botika)*
  - B. Convenience store *(Tindahan ng bukas 24 oras)*
  - C. Health center *(Health center)*
  - D. From a relative *(Sa kamag-anak)*
  - E. From a friend *(Sa kaibigan)*
  - F. I would get it some other way *(Makakakuha sa iba pang paraan)*
  - G. I do not know *(Hindi ko alam)*
76. Have you ever talked about HIV infection or AIDS with your parents or guardians? *(Napag-usapan n'yo na ba ng iyong mga magulang o tagapag-alaga ang tungkol sa HIV o AIDS?)*
- A. Yes *(Oo)*
  - B. No *(Hindi)*
77. Other than your parents or guardians, to whom have you talked about HIV infection or AIDS? *(Maliban sa iyong magulang o tagapag-alaga, kanino ka na nakipag-usap tungkol sa HIV o AIDS?)*
- A. No one *(Wala)*
  - B. Teachers/ Counsellors *(Guro)*
  - C. Health workers /peer counsellors *(Kawani ng kalusugan)*
  - D. Friends *(Kaibigan)*
  - E. Someone else *(Sa iba pang tao)*

The next eight (8) questions ask about drug use. This includes using marijuana, amphetamines, cocaine, and inhalants.

*Ang susunod na walong (8) tanong ay tungkol sa paggamit ng ipinagbabawal na gamot. Kasama dito ang marijuana, amphetamines (shabu), cocaine at inhalants.*

78. How old were you when you first used drugs? *(Ilang taon ka nang una kang gumamit ng ipinagbabawal na gamot?)*
- A. I have never used drugs *(Hindi kailan man ako gumamit ng ipinagbabawal na gamot)*
  - B. 7 years old or younger *(7 taong gulang o mas bata)*
  - C. 8 or 9 years old *(8 o 9 taong gulang)*
  - D. 10 or 11 years old *(10 o 11 taong gulang)*
  - E. 12 or 13 years old *(12 o 13 taong gulang)*
  - F. 14 or 15 years old *(14 o 15 taong gulang)*
  - G. 16 or 17 years old *(16 o 17 taong gulang)*
  - H. 18 years old or older *(18 taong gulang o mas matanda pa)*
79. During your life, how many times have you used **marijuana**? *(Sa buong buhay mo, ilang beses ka gumamit ng marijuana?)*
- A. 0 times *(Wala)*
  - B. 1 or 2 times *(1 o 2 beses)*
  - C. 3 to 9 times *(3 hanggang 9 beses)*
  - D. 10 to 19 times *(10 hanggang 19 beses)*
  - E. 20 or more times *(20 o mahigit pang beses)*
80. During the past 30 days, how many times have you used **marijuana**? *(Nitong nakaraang 30 araw, ilang beses ka gumamit ng marijuana?)*
- A. 0 times *(Wala)*
  - B. 1 or 2 times *(1 o 2 beses)*
  - C. 3 to 9 times *(3 hanggang 9 beses)*
  - D. 10 to 19 times *(10 hanggang 19 beses)*
  - E. 20 or more times *(20 o mahigit pang beses)*
81. During your life, how many times have you used **amphetamines** or **methamphetamines**, also called shabu? *(Sa buong buhay mo, ilang beses kang gumamit ng shabu?)*
- A. 0 times *(Wala)*
  - B. 1 or 2 times *(1 o 2 beses)*
  - C. 3 to 5 times *(3 hanggang 5 beses)*
  - D. 6 to 9 times *(6 hanggang 9 beses)*
  - E. 10 to 19 times *(10 hanggang 19 beses)*
  - F. 20 or more times *(20 beses o higit pa)*

82. During the past 30 days, what was the last drug/substance that you used? (*Sa nakaraang 30 araw, anong uri ng ipinagbabawal na gamot ang huli mong ginamit?*)
- A. I did not use any drug/substance in the past 30 days (*Hindi ako gumamit ng ipinagbabawal na gamot/droga sa nakalipas na 30 araw*)
  - B. Marijuana (*marijuana*)
  - C. Shabu (*shabus*)
  - D. Ecstasy (*ecstasy*)
  - E. Rugby (*rugby*)
  - F. Cocaine (*cocaine*)
83. During the past 30 days, has anyone offered, sold, or given you a drug, such as **marijuana, shabu, ecstasy, cocaine or rugby**? (*Nitong nakaraang 30 araw, may nag-alok, nagbenta o nagbigay ba sa iyo ng droga tulad ng marijuana, shabu, ecstasy, cocaine o rugby?*)
- A. Yes (*Oo*)
  - B. No (*Hindi*)
84. During this school year, were you taught in any of your classes the problems associated with using drugs such as marijuana, shabu, ecstasy, cocaine or rugby? (*Simula nuong pasukan, may nagturo na ba sa inyong mga klase ng mga suliraning dulot ng paggamit ng mga ipinagbabawal na gamot tulad ng marijuana, shabu, ectas, cocaine o rugby?*)
- A. Yes (*Oo*)
  - B. No (*Hindi*)
  - C. I do not know (*Hindi ko alam*)
85. During this school year, were you taught in any of your classes where to get help to stop using drugs such as marijuana, shabu, ecstasy, cocaine, or rugby? (*Simula noong pasukan, naturuan na ba kayo kung saan makakahingi ng tulong para maihinto ang paggamit ng mga ipinagbabawal na gamot tulad ng marijuana, shabu, ecstasy, cocaine o rugby?*)
- A. Yes (*Oo*)
  - B. No (*Hindi*)
  - C. I do not know (*Hindi ko alam*)

END OF SURVEY. THANK YOU VERY MUCH!  
(KATAPUSAN NG SURVEY, MARAMING SALAMAT!)