

**GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY
MOROCCO (FEZ) 2023**

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.

- How old are you?
 - 11 years old or younger
 - 12 years old
 - 13 years old
 - 14 years old
 - 15 years old
 - 16 years old
 - 17 years old
 - 18 years old or older

- What is your sex?
 - Male
 - Female

- In what grade/class/standard are you?
 - 1st year college
 - 2nd year college
 - 3rd year college
 - Common Core
 - 1st year of secondary education
 - 2nd year of secondary education

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

- 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 CIRCLE BELOW EACH NUMBER.

Example

Height (cm)		
1	5	3
0	0	0
●	1	1
2	2	2
	3	●
	4	4
	●	5
	6	6
	7	7
	8	8
	9	9
I do not know		9

- 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 CIRCLE BELOW EACH NUMBER.

Example

Weight (kg)		
0	5	2
●	0	0
1	1	1
2	2	●
	3	3
	4	4
	●	5
	6	6
	7	7
	8	8
	9	9
I do not know		9

- During the past 30 days, how often did you go hungry because there was not enough food in your home?
 - Never
 - Rarely
 - Sometimes
 - Most of the time
 - Always

The next 4 questions ask about what you might eat and drink.

- During the past 7 days, how many times did you eat fruit, such as apples, bananas, or oranges?
 - I did not eat fruit during the past 7 days
 - 1 to 3 times during the past 7 days
 - 4 to 6 times during the past 7 days
 - 1 time per day
 - 2 times per day
 - 3 times per day
 - 4 or more times per day

8. During the past 7 days, how many times did you eat vegetables, such as potatoes, carrots, zucchini, or cauliflower?
- I did not eat vegetables during the past 7 days
 - 1 to 3 times during the past 7 days
 - 4 to 6 times during the past 7 days
 - 1 time per day
 - 2 times per day
 - 3 times per day
 - 4 or more times per day
9. During the past 7 days, how many times did you drink a can, bottle, or glass of a carbonated soft drink, such as Coca Cola, Pepsi, Fanta, or Sprite? (Do **not** count diet soft drinks.)
- I did not drink carbonated soft drinks during the past 7 days
 - 1 to 3 times during the past 7 days
 - 4 to 6 times during the past 7 days
 - 1 time per day
 - 2 times per day
 - 3 times per day
 - 4 or more times per day

For this question, sugar-sweetened drinks include sports drinks (Isotar), energy drinks (Red Bull), 100% fruit juices (Marrakech), fruit drinks that are not 100% juice (Valencia, Al Boustane), sugar-sweetened flavoured milks (Jaouda), and sugar-sweetened teas, coffees, or flavoured waters.

For this question, DO NOT COUNT carbonated soft drinks measured in the previous question or diet or no calorie drinks.

10. During the past 7 days, how many times did you drink a can, bottle, or glass of a sugar-sweetened drink?
- I did not drink sugar-sweetened drinks during the past 7 days
 - 1 to 3 times during the past 7 days
 - 4 to 6 times during the past 7 days
 - 1 time per day
 - 2 times per day
 - 3 times per day
 - 4 or more times per day

The next question asks about what you were taught in school.

11. During this school year, were you taught in any of your classes that healthy eating can help you be healthy and strong?
- Yes
 - No
 - I do not know

The next 4 questions ask about your oral health.

12. During the past 30 days, how many times per day did you **usually** clean or brush your teeth?
- I did not clean or brush my teeth during the past 30 days
 - Less than 1 time per day
 - 1 time per day
 - 2 times per day
 - 3 or more times per day
13. During the past 30 days, did you **usually** use a toothpaste that contains fluoride when you cleaned or brushed your teeth?
- I did not clean or brush my teeth during the past 30 days
 - Yes, I usually used a toothpaste that contains fluoride
 - No, I did not usually use a toothpaste that contains fluoride
 - I do not know if the toothpaste I usually used contains fluoride
14. During the past 30 days, did a problem with your mouth, teeth, or gums cause you to miss classes or school?
- Yes
 - No
15. What was the main reason for your last visit to the dentist?
- I have never been to the dentist
 - Something was wrong with my mouth, teeth, or gums
 - For follow-up treatment from an earlier visit
 - For a check-up or exam
 - I do not know

The next 4 questions ask about washing your hands.

16. During the past 30 days, how often did you wash your hands before eating?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
17. During the past 30 days, how often did you wash your hands after using the toilet or latrine?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always
18. During the past 30 days, how often did you wash your hands after using the toilet or latrines at school?
- A. There are no toilets or latrines at school
 - B. Never
 - C. Rarely
 - D. Sometimes
 - E. Most of the time
 - F. Always
19. During the past 30 days, how often did you use soap when washing your hands?
- A. Never
 - B. Rarely
 - C. Sometimes
 - D. Most of the time
 - E. Always

The next question asks whether you feel safe when using the toilets or latrines at school.

20. Do you feel safe when you use the toilets or latrines at school?
- A. There are no toilets or latrines at school
 - B. Yes
 - C. No

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.

21. 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
22. During the past 12 months, what was the **most serious injury** that happened to you?
- A. I was not seriously injured during the past 12 months
 - B. I had a broken bone, a dislocated joint, or a broken or knocked out tooth
 - 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
23. 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 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.

24. 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.

25. 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 bullying. Bullying occurs when one or more students or other people about your age say or do hurtful or mean things. Bullying can occur when someone teases, threatens, ignores, spreads rumors about, calls someone a bad name, makes sexual remarks, or hits, shoves, or hurts another person over and over again. It is not bullying when two people of about the same strength or power argue or fight or tease each other in a friendly way.

26. During the past 12 months, were you bullied **on school property**?
- A. Yes
 - B. No
27. During the past 12 months, were you bullied when you were **not on school property**?
- A. Yes
 - B. No

Cyber bullying is a form of bullying using social media and other forms of online communication. Cyber bullying may happen on Instagram, Twitter, Snapchat, Facebook, and WhatsApp, and other social media platforms or through texting and email.

28. During the past 12 months, were you **cyber** bullied?
- A. Yes
 - B. No

The next 3 questions ask about your friendships and feelings.

29. How many close friends do you have?
- A. 0 friends
 - B. 1 friend
 - C. 2 friends
 - D. 3 or more friends

30. During the past 12 months, how often did you feel lonely?

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

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

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

Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life. The next 3 questions ask about attempted suicide.

32. During the past 12 months, did you **seriously** consider attempting suicide?

- A. Yes
- B. No

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

- A. Yes
- B. No

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

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

The next question asks about what you were taught in school.

35. 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 4 questions ask about cigarette use. Cigarettes include manufactured cigarettes, roll-your-own cigarettes, and kretek cigarettes.

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

- A. Yes
- B. No

37. How old were you when you first tried smoking a cigarette?

- A. I have never tried smoking a cigarette
- 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

38. 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

39. During the past 30 days, did anyone refuse to sell you cigarettes because of your age?

- A. I did not try to buy cigarettes during the past 30 days
- B. Yes, someone refused to sell me cigarettes because of my age
- C. No, my age did not keep me from buying cigarettes

The next question asks about other forms of smoked tobacco products other than cigarettes. This includes pipes, cigars, mini cigars, cigarillos, waterpipes, hookah, shisha hookahs, sebsi, hubble-bubble, bidis, and heated tobacco products (HTPs).

40. During the past 30 days, on how many days did you use any form of smoked tobacco products other than 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

The next question asks about smokeless tobacco products. This includes snuff, chewing tobacco (KALA), dip, betel quid with tobacco, and gutka.

41. During the past 30 days, on how many days did you use any form of smokeless tobacco products?
- 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

The next question asks about what you were taught in school.

42. During this school year, were you taught in any of your classes about the dangers of tobacco use?
- A. Yes
 - B. No
 - C. I do not know

The next question asks about electronic cigarettes. Electronic cigarettes, or e-cigarettes, are electronic devices that usually contain a nicotine-based liquid that is vaporized and inhaled. You may also know them as vape-pens, hookah-pens, electronic hookahs (e-hookahs), electronic cigars (e-cigars), electronic pipes (e-pipes), or e-vaporizers. Some look like cigarettes and others look like pens or small pipes. They are battery-powered devices that produce vapor instead of smoke. They do not contain tobacco.

43. During the past 30 days, on how many days did you use electronic 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

The next question asks about second-hand smoke.

44. During the past 7 days, on how many days did someone smoke in your presence?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days

The next 11 questions ask about drinking alcohol. This includes drinking beer, red wine, or Mahia. A "drink" is a glass of wine, a bottle of beer, a small glass of liquor or home brew, or a mixed drink.

45. Have you ever drank alcohol?
- A. Yes
 - B. No

46. How old were you when you had your first drink of alcohol other than a few sips?
- I have never had a drink of alcohol other than a few sips
 - 7 years old or younger
 - 8 or 9 years old
 - 10 or 11 years old
 - 12 or 13 years old
 - 14 or 15 years old
 - 16 or 17 years old
 - 18 years old or older
47. During the past 30 days, on how many days did you have at least one drink containing alcohol?
- 0 days
 - 1 or 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 to 29 days
 - All 30 days
48. During the past 30 days, on the days you drank alcohol, how many drinks did you **usually** drink per day?
- I did not drink alcohol during the past 30 days
 - Less than one drink
 - 1 drink
 - 2 drinks
 - 3 drinks
 - 4 drinks
 - 5 or more drinks
49. During the past 30 days, what is the largest number of alcoholic drinks you had in a row, that is, within a couple of hours?
- I did not drink alcohol during the past 30 days
 - 1 or 2 drinks
 - 3 drinks
 - 4 drinks
 - 5 drinks
 - 6 or 7 drinks
 - 8 or 9 drinks
 - 10 or more drinks
50. During the past 30 days, how did you **usually** get the alcohol you drank? **SELECT ONLY ONE RESPONSE.**
- I did not drink alcohol during the past 30 days
 - I bought it in a store, shop, or from a street vendor
 - I gave someone else money to buy it for me
 - I got it from my friends
 - I got it from my family
 - I stole it or got it without permission
 - I got it some other way
51. During your life, how many times have you got into trouble at home, work, or school or got into fights, as a result of drinking alcohol?
- 0 times
 - 1 or 2 times
 - 3 to 5 times
 - 6 to 9 times
 - 10 to 19 times
 - 20 or more times
52. During the past 12 months, how many times did you attend school under the influence of alcohol?
- 0 times
 - 1 or 2 times
 - 3 to 5 times
 - 6 to 9 times
 - 10 to 19 times
 - 20 to 39 times
 - 40 or more times
53. Do you know how to tell a friend that you do not want the alcoholic drink they are offering you?
- Yes
 - No

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

54. How old were you the **first time** you drank so much alcohol that you were really drunk?
- A. I have never drank so much alcohol that I was really drunk
 - B. 7 years old or younger
 - C. 8 or 9 years old
 - D. 10 or 11 years old
 - E. 12 or 13 years old
 - F. 14 or 15 years old
 - G. 16 or 17 years old
 - H. 18 years old or older
55. During your life, how many times have you drank so much alcohol that you were really drunk?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 5 times
 - D. 6 to 9 times
 - E. 10 to 19 times
 - F. 20 or more times

The next 8 questions ask about drug use. This includes using cannabis (also called marijuana or HACHICH), amphetamines, cocaine, inhalants, heroin, Karkoubi, ecstasy. Do not count tobacco and alcohol use.

56. Have you ever used drugs?
- A. Yes
 - B. No
57. 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

58. During your life, how many times have you used cannabis (also called marijuana and HACHICH)?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 5 times
 - D. 6 to 9 times
 - E. 10 to 19 times
 - F. 20 or more times
59. During the past 30 days, how many times did you use cannabis (also called marijuana and HACHICH)?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 5 times
 - D. 6 to 9 times
 - E. 10 to 19 times
 - F. 20 or more times
60. During the past 30 days, how many times did you use inhalants (such as glue or paint thinner)?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 5 times
 - D. 6 to 9 times
 - E. 10 to 19 times
 - F. 20 or more times
61. During the past 12 months, how many times did you attend school under the influence of drugs, such as cannabis (also called marijuana and HACHICH) or cocaine?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 5 times
 - D. 6 to 9 times
 - E. 10 to 19 times
 - F. 20 or more times
62. During the past 12 months, has anyone offered, sold, or given you a drug on school property?
- A. Yes
 - B. No

The next question asks about what you taught in school.

63. During this school year, were you taught in any of your classes the problems associated with using drugs?
- A. Yes
 - B. No
 - C. I do not know

The next 5 questions ask about sexual intercourse.

64. Have you ever had sexual intercourse?
- A. Yes
 - B. No
65. 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 years old or older

The next question is about what you were taught in school.

66. During this school year, were you taught in any of your classes to recognize the signs and symptoms of sexually transmitted infections/AIDS?
- A. Yes
 - B. No
 - C. I do not know

67. If you wanted to learn about HIV infection or AIDS, where would you go? SELECT ONLY ONE RESPONSE.

- A. To my parents or guardians
- B. To a teacher or other adults in my school
- C. To a doctor or nurse
- D. To my brothers or sisters
- E. To my friends
- F. To the internet or social media
- G. To the pharmacy
- H. Somewhere else

The next 4 questions ask about physical activity. Physical activity is any activity that increases your heart rate and makes you breathe hard. Physical activity can be done in sports, playing with friends, walking to school, or in physical education class. Some examples of physical activity are running, fast walking, biking, dancing, and football.

68. 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
69. During the past 7 days, on how many days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weightlifting?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days

70. 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

71. 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 what you were taught in school.

72. During this school year, were you taught in any of your classes the benefits of physical activity?

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

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

73. How much time do you spend during a **typical or usual** day sitting or lying down doing such things as watching television, playing computer games, talking with friends, using your mobile phone, traveling in a motor vehicle, napping, or doing other activities sitting or lying down? (Do **not** count time spent sleeping at night.)

- 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 question asks about how much sleep you get.

74. On an average school night, how many hours of sleep do you get?

- A. 4 or less hours
- B. 5 hours
- C. 6 hours
- D. 7 hours
- E. 8 hours
- F. 9 hours
- G. 10 hours
- H. 11 or more hours

The next 8 questions ask about your experiences at school and at home.

75. 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

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

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

77. During the past 30 days, how often were you able to talk to someone about difficult problems and worries?

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

78. During the past 30 days, how often did your parents or guardians understand your problems and worries?
- Never
 - Rarely
 - Sometimes
 - Most of the time
 - Always
79. During the past 30 days, how often did your parents or guardians check to see if your homework was done?
- Never
 - Rarely
 - Sometimes
 - Most of the time
 - Always
80. During the past 30 days, how often did your parents or guardians **really** know what you were doing with your free time?
- Never
 - Rarely
 - Sometimes
 - Most of the time
 - Always
81. During the past 30 days, how often did your parents or guardians go through your things without your approval?
- Never
 - Rarely
 - Sometimes
 - Most of the time
 - Always
82. During the past 30 days, how often did your parents or guardians give you advice and guidance?
- Never
 - Rarely
 - Sometimes
 - Most of the time
 - Always

The next question is about the use of mobile phones.

Social media includes Instagram, Twitter, Snapchat, Facebook and WhatsApp and other social media platforms. Online communication includes texting and email.

83. During the past 7 days, how many hours **per day** did you use your mobile phone to be on social media, for online communication, or to browse the internet?
- I did not have a mobile phone during the past 7 days
 - Less than one hour per day
 - 1 to 2 hours per day
 - 3 to 4 hours per day
 - 5 to 6 hours per day
 - 7 to 8 hours per day
 - More than 8 hours per day

Beginning in late 2019, the world experienced the coronavirus disease (COVID-19) pandemic. As part of the response to this pandemic, some schools and businesses were closed and some people were required to stay at home. Your community might still be experiencing the pandemic. The next 2 questions ask about the COVID-19 pandemic.

84. During the COVID-19 pandemic, how often did you wear a mask or other face covering to protect yourself or others from this disease when you were out in public?
- Never
 - Rarely
 - Sometimes
 - Most of the time
 - Always
85. During the COVID-19 pandemic, did you attend school from home **at least some of the time** using a computer, mobile phone, or other electronic device?
- Yes
 - No

The next question asks about physical activity. It is similar to but different than a question you were asked earlier. As a reminder, physical activity is any activity that increases your heart rate and makes you breathe hard. Physical activity can be done in sports, playing with friends, walking to school, or in physical education class. Some examples of physical activity are running, fast walking, biking, dancing, and football.

86. During the past 7 days, did you do at least **an average of** 60 minutes per day of physical activity across the 7 days?

- A. Yes
- B. No