Violence

Questions 83 through 108
#93: Have you been part of a gang?  
Hypothesis 1: Gang membership differs by where youth live.

- Total: 13%  
- North County: 15%  
- Mid-County / Coastside: 7%  
- South County: 10%  
- Other: 53%  
- Missing: 14%

San Mateo County Youth Commission, Needs Assessment Survey 2006
#94: Have you felt pressured to join a gang?
Hypothesis 1: Gang membership differs by where youth live.

San Mateo County Youth Commission, Needs Assessment Survey 2006
#93: Have you been part of a gang?

Hypothesis 2: Youth who do not get emotional support are more likely to join gangs than those with emotional support.

San Mateo County Youth Commission, Needs Assessment Survey 2006
#94: Have you felt pressured to join a gang?

Hypothesis 2: Youth who do not get emotional support are more likely to join gangs than those with emotional support.
#93: Have you been part of a gang?

Hypothesis 3: Youth who have mental health problems (i.e., those who have thought about and/or attempted suicide or self-harm) are more likely to be in a gang than those without these problems.

San Mateo County Youth Commission, Needs Assessment Survey 2006
#94: Have you felt pressured to join a gang?

Hypothesis 3: Youth who have mental health problems (i.e., those who have thought about and/or attempted suicide or self harm) are more likely to be in a gang than those without these problems.

San Mateo County Youth Commission, Needs Assessment Survey 2006
#93: Have you been part of a gang?
Hypothesis 4: Boys and nonwhites are more likely to be gang members than whites and girls.
#94: Have you felt pressured to join a gang?

Hypothesis 4: Boys and nonwhites are more likely to be gang members than whites and girls.

San Mateo County Youth Commission, Needs Assessment Survey 2006
#5: Have you had suicidal thoughts?

Hypothesis 5: Youth who do not have positive ways to relieve stress will engage in riskier behavior than those with positive stress relief.

![Bar chart showing the percentage of suicidal thoughts by means of stress relief.]

<table>
<thead>
<tr>
<th>Means of Stress Relief</th>
<th>% with Suicidal Thoughts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>34%</td>
</tr>
<tr>
<td>#1_1: Exercise</td>
<td>31%</td>
</tr>
<tr>
<td>#1_2: Support Group</td>
<td>35%</td>
</tr>
<tr>
<td>#1_3: ATOD</td>
<td>45%</td>
</tr>
<tr>
<td>#1_4: Talking to Friends</td>
<td>35%</td>
</tr>
<tr>
<td>#1_5: Counseling</td>
<td>54%</td>
</tr>
<tr>
<td>#1_6: Parents</td>
<td>27%</td>
</tr>
<tr>
<td>#1_7: Artistic Outlets</td>
<td>41%</td>
</tr>
<tr>
<td>#1_8: Other</td>
<td>37%</td>
</tr>
</tbody>
</table>

San Mateo County Youth Commission, Needs Assessment Survey 2006
#7: Have you engaged in self-harm (cutting, burning, anorexia, bulimia, etc.)?

Hypothesis 5: Youth who do not have positive ways to relieve stress will engage in riskier behavior than those with positive stress relief.

San Mateo County Youth Commission, Needs Assessment Survey 2006
Hypothesis 5: Youth who do not have positive ways to relieve stress will engage in riskier behavior than those with positive stress relief.
Hypothesis 5: Youth who do not have positive ways to relieve stress will engage in riskier behavior than those with positive stress relief.
Hypothesis 5: Youth who do not have positive ways to relieve stress will engage in riskier behavior than those with positive stress relief.
Hypothesis 5: Youth who do not have positive ways to relieve stress will engage in risker behavior than those with positive stress relief.

San Mateo County Youth Commission, Needs Assessment Survey 2006
#55: How many sexual partners have you had?

Hypothesis 5: Youth who do not have positive ways to relieve stress will engage in riskier behavior than those with positive stress relief.

San Mateo County Youth Commission, Needs Assessment Survey 2006
Hypothesis 5: Youth who do not have positive ways to relieve stress will engage in riskier behavior than those with positive stress relief.

San Mateo County Youth Commission, Needs Assessment Survey 2006
#84: Have you felt pressured to join a gang?

Hypothesis 5: Youth who do not have positive ways to relieve stress will engage in riskier behavior than those with positive stress relief.

San Mateo County Youth Commission, Needs Assessment Survey 2006
#88: Ways you have bullied/harassed others:
Hypothesis 5: Youth who do not have positive ways to relieve stress will engage in riskier behavior than those with positive stress relief.

- Total
- #1.1: Exercise
- #1.2: Support Group
- #1.3: ATOD
- #1.4: Talking to Friends
- #1.5: Counseling
- #1.6: Parents
- #1.7: Artistic Outlets

% with Means of Stress Relief

#86: Ways you have bullied/harassed others:

San Mateo County Youth Commission, Needs Assessment Survey 2006
### #89: Have you ever been in a physical fight?

Hypothesis 5: Youth who do not have positive ways to relieve stress will engage in riskier behavior than those with positive stress relief.

![Bar chart showing percentages of youth who have been in a physical fight by means of stress relief possessed.](chart.png)

- Total: 54%
- Exercise: 51%
- Support Group: 58%
- ATOD: 75%
- Talking to Friends: 50%
- Counseling: 62%
- Parents: 44%
- Artistic Outlets: 51%
- Other: 58%

San Mateo County Youth Commission, Needs Assessment Survey 2006
Hypothesis 6: Youth with access to a gun are more likely to carry a gun and be prone to violence than those without gun access.

San Mateo County Youth Commission, Needs Assessment Survey 2006
#88: Ways you have bullied/harassed others:

Hypothesis 6: Youth with access to a gun are more likely to carry a gun and be prone to violence than those without gun access.

- **Total**: 65% vs 64%
- **#80: Do you have access to a gun?**
- **#81: Have you ever carried a gun?**

<table>
<thead>
<tr>
<th>Method</th>
<th>Total</th>
<th>% With Access to a Gun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Verbally</td>
<td>47%</td>
<td>65% vs 64%</td>
</tr>
<tr>
<td>Physically</td>
<td>47%</td>
<td>47% vs 45%</td>
</tr>
<tr>
<td>Emotionally</td>
<td>20%</td>
<td>34% vs 34%</td>
</tr>
<tr>
<td>Via the internet</td>
<td>11%</td>
<td>17% vs 19%</td>
</tr>
<tr>
<td>I have not been bullied or harassed</td>
<td>46%</td>
<td>27% vs 27%</td>
</tr>
</tbody>
</table>

San Mateo County Youth Commission, Needs Assessment Survey 2006
#87: Types of violence part of your everyday life

Hypothesis 6: Youth with access to a gun are more likely to carry a gun and be prone to violence than those without gun access.

<table>
<thead>
<tr>
<th>Question</th>
<th>Total</th>
<th>#90: Do you have access to a gun?</th>
<th>#91: Have you ever carried a gun?</th>
</tr>
</thead>
<tbody>
<tr>
<td>#87_1: Physical</td>
<td>29%</td>
<td>56%</td>
<td>52%</td>
</tr>
<tr>
<td>#87_2: Verbal</td>
<td>56%</td>
<td>69%</td>
<td>68%</td>
</tr>
<tr>
<td>#87_3: Emotional</td>
<td>25%</td>
<td>38%</td>
<td>38%</td>
</tr>
<tr>
<td>#87_4: Violence not a part of life</td>
<td>37%</td>
<td>18%</td>
<td>19%</td>
</tr>
</tbody>
</table>

San Mateo County Youth Commission, Needs Assessment Survey 2006
#89: Have you ever been in a physical fight?

Hypothesis 6: Youth with access to a gun are more likely to carry a gun and be prone to violence than those without gun access.
#83: There is violence in/at:

Hypothesis 7: Youth who drink (especially binge) or abuse drugs are more prone to violence than those who do not drink (or drink less).

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>No</th>
<th>Drank Once</th>
<th>2-3/year</th>
<th>2-3/month</th>
<th>2-3/week</th>
<th>Once/Week</th>
<th>Daily</th>
</tr>
</thead>
<tbody>
<tr>
<td>#83_1: My school</td>
<td>50%</td>
<td>45%</td>
<td>56%</td>
<td>62%</td>
<td>74%</td>
<td>74%</td>
<td>70%</td>
<td>70%</td>
</tr>
<tr>
<td>#83_2: My community</td>
<td>52%</td>
<td>45%</td>
<td>58%</td>
<td>65%</td>
<td>77%</td>
<td>70%</td>
<td>70%</td>
<td>70%</td>
</tr>
<tr>
<td>#83_3: My home</td>
<td>10%</td>
<td>6%</td>
<td>8%</td>
<td>8%</td>
<td>13%</td>
<td>3%</td>
<td>3%</td>
<td>3%</td>
</tr>
<tr>
<td>#83_5: There is not violence around me</td>
<td>19%</td>
<td>9%</td>
<td>5%</td>
<td>0%</td>
<td>12%</td>
<td>2%</td>
<td>2%</td>
<td>2%</td>
</tr>
</tbody>
</table>

San Mateo County Youth Commission, Needs Assessment Survey 2006
#83: There is violence in/at

Hypothesis 7: Youth who drink (especially binge) or abuse drugs are more prone to violence than those who do not drink (or drink
less).

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Daily</th>
<th>1/week</th>
<th>2-3/week</th>
<th>4-10/week</th>
<th>2-3/month</th>
<th>4-10/month</th>
<th>2-3/year</th>
<th>Binged once</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>#83_1: My school</td>
<td>76%</td>
<td>78%</td>
<td>66%</td>
<td>55%</td>
<td>57%</td>
<td>3%</td>
<td>53%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>#83_2: My community</td>
<td>71%</td>
<td>71%</td>
<td>61%</td>
<td>42%</td>
<td>44%</td>
<td>4%</td>
<td>56%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>#83_3: My home</td>
<td>57%</td>
<td>62%</td>
<td>52%</td>
<td>42%</td>
<td>45%</td>
<td>3%</td>
<td>55%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>#83_5: There is not violence around me</td>
<td>10%</td>
<td>12%</td>
<td>20%</td>
<td>5%</td>
<td>12%</td>
<td>3%</td>
<td>11%</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

San Mateo County Youth Commission, Needs Assessment Survey 2006
Hypothesis 7: Youth who drink (especially binge) or abuse drugs are more prone to violence than those who do not drink (or drink less).

#86: Ways bullied / harassed others

San Mateo County Youth Commission, Needs Assessment Survey 2006
#86: Ways bullied / harassed others

Hypothesis 7: Youth who drink (especially binge) or abuse drugs are more prone to violence than those who do not drink (or drink less).

<table>
<thead>
<tr>
<th>% Binge Drinking</th>
<th>#86_1: Verbally</th>
<th>#86_2: Physically</th>
<th>#86_3: Emotionally</th>
<th>#86_4: Via the internet</th>
<th>#86_5: Have not been bullied or harassed</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>47%</td>
<td>60%</td>
<td>49%</td>
<td>46%</td>
<td>56%</td>
</tr>
<tr>
<td></td>
<td>69%</td>
<td>54%</td>
<td>42%</td>
<td>34%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>70%</td>
<td>67%</td>
<td>63%</td>
<td>49%</td>
<td>52%</td>
</tr>
<tr>
<td></td>
<td>60%</td>
<td>60%</td>
<td>60%</td>
<td>46%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>63%</td>
<td>49%</td>
<td>40%</td>
<td>32%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>62%</td>
<td>39%</td>
<td>27%</td>
<td>26%</td>
<td></td>
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<tr>
<td></td>
<td>60%</td>
<td>34%</td>
<td>27%</td>
<td>32%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>54%</td>
<td>20%</td>
<td>17%</td>
<td>16%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>22%</td>
<td>12%</td>
<td>25%</td>
<td>15%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>24%</td>
<td>12%</td>
<td>25%</td>
<td>15%</td>
<td></td>
</tr>
</tbody>
</table>

#86: Ways you have bullied/harassed others:

San Mateo County Youth Commission, Needs Assessment Survey 2008
#87: Types of violence part of every day life

Hypothesis 7: Youth who drink (especially binge) or abuse drugs are more prone to violence than those who do not drink (or drink to levels).

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>No</th>
<th>Drank Once</th>
<th>2-3/year</th>
<th>2-3/month</th>
<th>2-3/week</th>
<th>Once/Week</th>
<th>Daily</th>
</tr>
</thead>
<tbody>
<tr>
<td>#87_1: Physical</td>
<td>72%</td>
<td>50%</td>
<td>34%</td>
<td>56%</td>
<td>40%</td>
<td>56%</td>
<td>43%</td>
<td>29%</td>
</tr>
<tr>
<td>#87_2: Verbal</td>
<td>69%</td>
<td>34%</td>
<td>17%</td>
<td>43%</td>
<td>25%</td>
<td>19%</td>
<td>17%</td>
<td>24%</td>
</tr>
<tr>
<td>#87_3: Emotional</td>
<td>65%</td>
<td>50%</td>
<td>28%</td>
<td>43%</td>
<td>28%</td>
<td>28%</td>
<td>28%</td>
<td>28%</td>
</tr>
<tr>
<td>#87_4: Violence not a part of life</td>
<td>65%</td>
<td>34%</td>
<td>23%</td>
<td>23%</td>
<td>19%</td>
<td>19%</td>
<td>17%</td>
<td>17%</td>
</tr>
</tbody>
</table>

#87: Types of violence part of your every day life:

San Mateo County Youth Commission, Needs Assessment Survey 2006
Chapter 2. Hypothesis Testing: Page 30 of 32

#87: Types of violence part of everyday life

Hypothesis 7: Youth who drink (especially binge) or abuse drugs are more prone to violence than those who do not drink (or drink

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Daily</th>
<th>1 / week</th>
<th>2-3 / week</th>
<th>4-10 / week</th>
<th>2-3 / month</th>
<th>4-10 / month</th>
<th>2-3 / year</th>
<th>Binged once</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>#87_1: Physical</td>
<td>29%</td>
<td>31%</td>
<td>9%</td>
<td>21%</td>
<td>53%</td>
<td>53%</td>
<td>53%</td>
<td>50%</td>
<td>40%</td>
<td>5%</td>
</tr>
<tr>
<td>#87_2: Verbal</td>
<td>50%</td>
<td>58%</td>
<td>41%</td>
<td>16%</td>
<td>51%</td>
<td>12%</td>
<td>12%</td>
<td>25%</td>
<td>26%</td>
<td>7%</td>
</tr>
<tr>
<td>#87_3: Emotional</td>
<td>37%</td>
<td>33%</td>
<td>42%</td>
<td>22%</td>
<td>22%</td>
<td>42%</td>
<td>26%</td>
<td>37%</td>
<td>22%</td>
<td>7%</td>
</tr>
<tr>
<td>#87_4: Violence not a part of life</td>
<td>37%</td>
<td>33%</td>
<td>44%</td>
<td>22%</td>
<td>22%</td>
<td>44%</td>
<td>26%</td>
<td>37%</td>
<td>26%</td>
<td>7%</td>
</tr>
</tbody>
</table>

San Mateo County Youth Commission, Needs Assessment Survey 2006
#88: How been abused by boy-girlfriend

Hypothesis 7: Youth who drink (especially binge) or abuse drugs are more prone to violence than those who do not drink (or drink less).
#89: Have you ever been in a physical fight?

Hypothesis 7: Youth who drink (especially binge) or abuse drugs are more prone to violence than those who do not drink (or drink less).

San Mateo County Youth Commission, Needs Assessment Survey 2006
MENTAL HEALTH

1. Which of the following ways do you relieve stress? (Check all that apply.)
   ___ Exercise
   ___ Support groups
   ___ Alcohol, tobacco, or other drugs
   ___ Talking to friends
   ___ Counseling
   ___ Parents
   ___ Artistic outlet such as music, drama, poetry, etc.
   ___ Other (please explain) ________________________________

2. Which of the following ways do you think your peers relieve stress?
   ___ Exercise
   ___ Support groups
   ___ Alcohol, tobacco, or other drugs
   ___ Talking to friends
   ___ Counseling
   ___ Parents
   ___ Artistic outlet such as music, drama, poetry, etc.
   ___ Other (please explain) ________________________________
SAN MATEO COUNTY YOUTH NEEDS ASSESSMENT
Conducted by the San Mateo County Youth Commission

3. Where do you get emotional support (mark all that apply)?
   ___ Friends
   ___ Parent/Guardian
   ___ Another family members such as sibling, aunt, uncle, cousin, etc.
   ___ Another adult I trust
   ___ Peer counseling
   ___ Support groups
   ___ School counselor
   ___ Teacher
   ___ I do not get emotional support.

4. Do you or have you ever taken prescription medication to deal with mental health or emotional problems?
   ___ Yes
   ___ No

5. Have you had suicidal thoughts?
   ___ Yes
   ___ No

6. If applicable, how many times have you had/do you have suicidal thoughts?
   ___ Daily
   ___ At least once a week
   ___ 2-3 times a week
   ___ 2-3 times a month
   ___ 2-3 times a year
   ___ Once
   ___ I have not had suicidal thoughts.
7. Have you engaged in self-harm (cutting, burning, anorexia, bulimia, etc.)?
   ___ Yes
   ___ No

8. If applicable, how many times have you engaged in self-harm?
   ___ Daily
   ___ At least once a week
   ___ 2-3 times a week
   ___ 2-3 times a month
   ___ 2-3 times a year
   ___ Once
   ___ I have not engaged in self-harm.

9. Do you have a friend who has had engaged in self-harm (cutting burning, anorexia, bulimia, etc.)?
   ___ Yes
   ___ No

10. If applicable, how many times do you think your friend has engaged in self-harm?
    ___ Daily
    ___ At least once a week
    ___ 2-3 times a week
    ___ 2-3 times a month
    ___ 2-3 times a year
    ___ I do not have a friend who has engaged in self-harm.
## SAN MATEO COUNTY YOUTH NEEDS ASSESSMENT
Conducted by the San Mateo County Youth Commission

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>11. I live in a caring environment.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>12. My school provides a caring environment.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>13. Prescription medication is a good way to deal with mental health problems.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>14. My school provides effective mental health services.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>15. My school provides suicide prevention services.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>16. My school should provide more mental health services for teens.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>17. My school should provide more suicide prevention services for teens.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

### ALCOHOL, TOBACCO, AND OTHER DRUGS

18. Do you drink alcohol? If yes, how often?
   - Yes, daily
   - Yes, once a week
   - Yes, 2-3 times a week
   - Yes, 2-3 times a month
   - Yes, 2-3 times a year
   - Yes, I drank once
   - No, I do not drink
19. Do you binge drink? (binge drinking = consuming 5 or more alcoholic drinks in a sitting) If yes, how often?

__ Yes, daily
__ Yes, once a week
__ Yes, 2-3 times a week
__ Yes, 4-10 times a week
__ Yes, 2-3 times a month
__ Yes, 4-10 times a month
__ Yes, 2-3 times a year
__ Yes, I binged once
__ No, I have never binged on alcohol.

20. Do you smoke? If yes, how often?

__ Yes, daily
__ Yes, once a week
__ Yes, 2-3 times a week
__ Yes, 2-3 times a month
__ Yes, 2-3 times a year
__ Yes, I have smoked once
__ No, I do not smoke

21. Do you use other drugs? If yes, how often?

__ Yes, daily
__ Yes, once a week
__ Yes, 2-3 times a week
__ Yes, 2-3 times a month
__ Yes, 2-3 times a year
__ Yes, I did drugs once
__ I do not do other drugs
22. What other drugs have you used or do you currently use (mark all that apply)?
   __ Marijuana
   __ Ecstasy
   __ Cocaine
   __ Heroin
   __ Mushrooms
   __ Methamphetamines
   __ Crack
   __ Steroids
   __ Other (please specify) ____________________________
   __ I do not use drugs

23. Do your close friends (if yes, mark all that apply)?
   __ Drink
   __ Smoke
   __ Use other drugs
   __ My friends do not do any of the above
SAN MATEO COUNTY YOUTH NEEDS ASSESSMENT
Conducted by the San Mateo County Youth Commission

24. Why do you use alcohol, tobacco or other drugs (mark all that apply)?
   __ Boredom
   __ Peer influence
   __ Family influence
   __ Friend influence
   __ Media Influence
   __ Image (to fit in/look cool)
   __ For fun
   __ It feels good
   __ To escape
   __ To relieve stress
   __ Other (please explain) ____________________________________________
   __ I don’t use alcohol, tobacco, or other drugs

25. Who do you drink, smoke or use other drugs with (check all that apply)?
   __ Friends
   __ Family
   __ Alone
   __ Other (please explain) ____________________________________________
   __ I do not use alcohol, tobacco, or other drugs

26. Where do you use alcohol, tobacco or other drugs?
   __ My house
   __ A friend’s house
   __ A park
   __ At school
   __ A club
   __ Other (please explain) ____________________________________________
   __ I do not use alcohol, tobacco or other drugs
27. My parent/guardian (s) know (s) that I use (mark all that apply)
   ___ Alcohol
   ___ Tobacco
   ___ Other drugs
   ___ My parent/guardian does not know that I use any of the above
   ___ I do not use any of the above

28. My parent/guardian (s) do (es) not mind that I use (mark all that apply)
   ___ Alcohol
   ___ Tobacco
   ___ Other drugs
   ___ My parent/Guardian does not approve of my use of any of the above
   ___ My parent/guardian does not know that I use any of the above
   ___ I do not use any of the above

29. How do you get alcohol, tobacco, or other drugs (mark all that apply)?
   ___ From peers
   ___ From older friends
   ___ I can buy it at a store
   ___ From parents
   ___ I use a fake ID
   ___ I can get it at school
   ___ From other adults
   ___ By stealing
   ___ I don’t get alcohol, tobacco or other drugs
30. Do you currently or have you ever sold (if yes, mark all that apply)
   __ Alcohol
   __ Tobacco
   __ Other drugs
   __ I have never sold alcohol, tobacco, or other drugs

31. Do you buy drugs? If yes, how often?
   __ Yes, daily
   __ Yes, once a week
   __ Yes, 2-3 times a week
   __ Yes, 2-3 times a month
   __ Yes, 2-3 times a year
   __ Yes, I bought drugs once
   __ No, I have never bought drugs

32. I know of a store in my community where minors can purchase (mark all that apply)
   __ Alcohol
   __ Tobacco
   __ Other drugs
   __ I do not know of a store in my community that sells any of these to minors

33. When was the first time you bought drugs?
   __ Elementary school
   __ Middle school
   __ High School
   __ I have not bought drugs
34. Has anyone ever told you that you need help for substance abuse?
   ___ Yes
   ___ No
   ___ Not applicable, I do not use alcohol, tobacco, or other drugs

35. Have you ever been in treatment for substance abuse?
   ___ Yes
   ___ No
   ___ Not applicable, I do not use alcohol, tobacco, or other drugs

36. Have you ever gotten help to quit smoking?
   ___ Yes
   ___ No
   ___ Not applicable, I have not and do not smoke

37. Do you know of services that offer help for substance abuse problems?
   ___ Yes
   ___ No
<table>
<thead>
<tr>
<th>Question</th>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>38. I know how to get help for substance abuse if I need to.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>39. I feel I need help with substance abuse.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>40. My school provides effective drug and alcohol prevention services.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>41. There are enough activities and events in my community for youth that are drug and alcohol free.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>42. Youth need a place to go for entertainment or recreation that is drug and alcohol free.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

43. Which of the following services are effective for substance abuse prevention (mark all that apply)?
   - Assemblies
   - Guest speakers
   - Written information, brochures
   - Classroom presentations
   - Opportunities for involvement in the community
   - Opportunities for recreation that are drug, alcohol, and tobacco free
   - Other (please explain) ____________________________
   - None of the above
### SEX AND SEXUALITY

<table>
<thead>
<tr>
<th>Question</th>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>44. Schools should provide education about sex and sexuality.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>45. Schools should teach only about abstinence.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>46. Schools should teach about safe sex and contraception.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>47. Schools should teach about abstinence and safe sex and contraception.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

48. Where do you receive information about sex and sexuality (mark all that apply)?

- [ ] Health class
- [ ] School nurse
- [ ] Health clinic
- [ ] Religious studies
- [ ] Friends
- [ ] Parents
- [ ] My religion
- [ ] Media
- [ ] Other (please explain) __________________________________________________________
- [ ] I do not get information about sex and sexuality
49. Which of the following are effective for understanding sex and sexuality (mark all that apply)?
   __ Pictures or visual aids
   __ Guest speakers
   __ Media
   __ Open discussions about sex and sexuality
   __ Examples of contraception
   __ Other (please give example) _____________________________________________

50. Which of the following topics should be included in sex education (mark all that apply)?
   __ Contraception
   __ Safe sex
   __ Abstinence
   __ Information about lesbian, gay, bisexual, or transgender issues
   __ Open discussions about sex and sexuality
   __ Rape
   __ Alcohol and drugs

51. What do you consider “sexually active” (mark all that apply)?
   __ Oral sex
   __ Anal sex
   __ Vaginal sex
   __ Other penetration
   __ Making out without penetration
   __ Touching in a sexual way
52. Which of the following is closest to your beliefs?
   __ It is okay to have sex if you are in a committed relationship.
   __ It is okay to have a one night stand.
   __ It is okay to have sex with someone if you are not in a committed relationship.
   __ I believe it is okay to have sex with multiple partners with no commitment.
   __ I do not believe it is okay for teenagers to have sex.

53. If applicable, which of these pressure youth to hide their sexual orientation (mark all that apply)?
   __ I do not feel pressure to hide my sexual orientation
   __ Fear of discrimination
   __ Fear of violence
   __ Uncertainty about my orientation
   __ My family would not accept it
   __ My friends would not accept it
   __ My work place would not accept it
   __ Other ______________________________________________________

54. From which of the following do you feel the most pressure that you should be having sex?
   __ Friends
   __ Media
   __ My partner
   __ Teacher/coach
   __ Other (please explain) ______________________________
   __ I do not feel pressure to have sex
55. How many sexual partners have you had?
___ None
___ One
___ 2-3
___ 5-10
___ 10-15
___ 15 +

56. Do you practice safe sex?
___ Always
___ Usually
___ Occasionally
___ Never
___ I am not sexually active

57. Have you ever been pregnant or gotten someone else pregnant?
___ Yes
___ No
___ I do not know
___ Not applicable

58. Has someone close to you had an abortion?
___ Yes
___ No

59. Have you ever had an abortion?
___ Yes
___ No
___ Not applicable
SAN MATEO COUNTY YOUTH NEEDS ASSESSMENT
Conducted by the San Mateo County Youth Commission

60. Do you consider abortion a form of birth control?
   __Yes
   __No

61. Have you ever had sex with someone with whom you are not in a committed relationship?
   __Yes
   __No
   __Not applicable, I have not had sex

62. Have you ever had sex while drinking or high?
   __Yes
   __No
   __I don’t know

63. Have you ever been raped or forced to have sex against your will?
   __Yes
   __No
   __I’m not sure

64. Have you seen a doctor regarding your sexual health?
   __Yes
   __No

65. Have you been tested for STDs/HIV/AIDS because of personal concerns?
   __Yes
   __No

66. Do you know of resources and services in your community for pregnant teens?
   __Yes
   __No
### SAN MATEO COUNTY YOUTH NEEDS ASSESSMENT
Conducted by the San Mateo County Youth Commission

<table>
<thead>
<tr>
<th>Question</th>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>67. Resources in the community for pregnant or parenting teens are accessible to me.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>68. Resources in the community for pregnant or parenting teens are effective.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>69. I am making informed personal decisions about sex and sexuality.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>70. I feel comfortable talking about sex and sexuality.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>71. Parents should be able to excuse their son/daughter from sex/sexuality education</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>72. Sexually active youth should get tested for STDs, HIV, and/or AIDS.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>73. Birth control and contraception are easily available to teens.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

### DISCRIMINATION

74. How often do you see vandalism related to discrimination?
   - Never
   - 2-3 times a year
   - 2-3 times a month
   - 2-3 times a week
   - 2-3 times a day
   - 4-10 times a day
   - 10 or more times a day
75. How often do you observe/experience unequal treatment related to discrimination?
   __ Never  __ 2-3 times a year  __ 2-3 times a month  __ 2-3 times a week  __ 2-3 times a day  __ 4-10 times a day  __ 10 or more times a day

76. How often do you hear slurs or discriminatory comments?
   __ Never  __ 2-3 times a year  __ 2-3 times a month  __ 2-3 times a week  __ 4-10 times a week  __ 2-3 times a day  __ 4-10 times a day  __ 10 or more times a day

77. How often do you feel or have you felt discriminated against?
   __ Never  __ 2-3 times a year  __ 2-3 times a month  __ 2-3 times a week  __ 4-10 times a week  __ 2-3 times a day  __ 4-10 times a day  __ 10 or more times a day
78. Why do or did you feel discriminated against?
   Because of my…
   __ Race or culture
   __ Sexual orientation
   __ Perceived sexual orientation (the sexual orientation others think I am)
   __ Religion
   __ Financial situation
   __ Language
   __ Age
   __ Ability (physical, academic, etc.)
   __ Gender
   __ Other (please explain) ____________________________________________
   __ I do not experience discrimination

79. When do you feel the most discriminated against (mark all that apply)?
   __ At school
   __ In my community/public
   __ At home
   __ In my place of work
   __ I do not feel discriminated against

80. Who do you feel discriminates against you (mark all that apply)?
   __ My peers
   __ Teachers
   __ Adults in the community
   __ Police
   __ Other (please explain) ____________________________________________
   __ I do not feel discriminated against
81. Schools should promote tolerance through these methods (mark all that apply)?
   __ Guest speakers
   __ Strict behavior policies
   __ Class discussions
   __ Diversity days/fairs
   __ Classroom curriculum
   __ Schools should not be required to promote tolerance
   __ Other (please explain) ___________________________

82. My school does the following to promote tolerance (mark all that apply)?
   __ Guest speakers
   __ Strict behavior policies
   __ Class discussions
   __ Class curriculum (study units)
   __ Diversity Days/fairs
   __ Other (please explain) ___________________________
   __ My school does not promote tolerance

VIOLENCE

83. There is violence in/at (mark all that apply)
   __ My school
   __ My community
   __ My home
   __ Other (Please explain) ___________________________
   __ There isn’t violence around me.
84. I feel safe in/at (mark all that apply)
   __ Home
   __ School
   __ My community
   __ I do not feel safe.

85. In what ways have you been bullied or harassed (mark all that apply)?
   __ Verbally
   __ Physically
   __ Emotionally
   __ In written form
   __ Via the internet
   __ I have not been bullied or harassed

86. Have you ever bullied or harassed others?
   __ Verbally
   __ Physically
   __ Emotionally
   __ Via the internet
   __ I have not bullied or harassed others

87. What types of violence are a part of your every day life (mark all that apply)?
   __ Physical (hitting, slapping, kicking, pushing, etc.)
   __ Verbal (name calling, put downs, insults, etc.)
   __ Emotional (threats, isolation, controlling, etc.)
   __ Violence is not a part of my every day life
88. How have you been abused/harassed by a boyfriend/girlfriend (mark all that apply)?
   __ Verbally
   __ Emotionally
   __ Physically
   __ I have not been abused by a boyfriend/girlfriend

89. Have you ever been in a physical fight?
   __ Yes
   __ No

90. Do you have access to a gun?
   __ Yes
   __ No

91. Have you ever carried a gun?
   __ Yes
   __ No

92. How often do you see people bring weapons to your school?
   __ Often
   __ Occasionally
   __ Rarely
   __ One time
   __ Never

93. Have you been part of a gang?
   __ Yes
   __ No
SAN MATEO COUNTY YOUTH NEEDS ASSESSMENT
Conducted by the San Mateo County Youth Commission

94. Have you felt pressured to join a gang?
    — Yes
    — No

95. Has a gang ever jumped or threatened you?
    — Yes
    — No

96. Do gangs in your community make you feel threatened?
    — Yes
    — Somewhat
    — No
    — There are no gangs in my community
<table>
<thead>
<tr>
<th></th>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>97. Youth need education about violence prevention.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>98. Youth need more gang prevention programs.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>99. Youth need more information about teen dating violence or relationship violence.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>100. I know non-violent ways to deal with conflict.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>101. Media increases youth violence (i.e. Video games, music, movies).</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>102. My peers accept violent behavior.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>103. My peers get excited when there is a fight at school</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>104. I have someone to talk to if I experience violence.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>105. I know of a safe place to go if I experience violence.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>106. I feel violence is acceptable.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

107. If there was a teen center in your area, would you go there?
   ___ Yes
   ___ No
108. What activities would you like to see offered at a teen center (mark all that apply)?

- Poetry Slams
- Teen music shows (bands, djs, open mic, etc.)
- Art projects (ceramics, mural projects, photography)
- Volunteer opportunities or community service
- A café
- Movie nights
- A place to hang out with other youth
- Athletics/Games (pool, basketball, dance, etc.)

PLEASE TELL US A LITTLE MORE ABOUT YOU ON THE NEXT PAGE
109. What is your gender?
   - Female
   - Male
   - Decline to state

110. What school do you attend? (optional)
   __________________________

111. How old are you?
   ________

112. Do you qualify for free or reduced lunch at school?
   - Yes
   - No
   - I don’t know

113. What is the primary language spoken by your family?

114. Which of the following best describes your ethnicity or cultural background? Please feel free to specify in the spaces provided.
   - African-American / Black: __________________________
   - Latin(-a / -o) / Hispanic
     - Caribbean
     - Central American
   - Asian / Pacific Islander:
     - Cambodian
     - Chinese
     - Filipin(-a / -o)
     - Hawaiian
     - Indian
     - Japanese
     - Korean
     - Pakistani
     - Samoan
     - Thai
     - Tongan
     - Vietnamese
     - __________________________
   - Multi-ethnic / -racial:
     - __________________________
   - Caribbean
   - Central American
   - Mexican / Chican(-a / -o)
   - South American
   - __________________________
   - Native / Indigenous:
     - __________________________
   - White / European:
     - __________________________
   - Ethnicity / cultural background not listed above:
     - __________________________
   - Decline to state
METHODOLOGY

California Healthy Kids Survey Methods

The California Healthy Kids Survey (CHKS) is a comprehensive and customizable youth self-report data collection system that provides essential and reliable health risk assessment and resilience information to schools, districts, and communities.

Targeted at grades 5-12, the CHKS enables schools and communities to collect and analyze valuable data regarding local youth health risks, assets, and behaviors. It is designed to be part of a comprehensive data-driven decision making process to help guide the development of more effective health, prevention, and youth development programs. It is administered every two years to a majority of schools in the county.

The CHKS employs a set of questionnaire modules that collect data across a comprehensive range of risk behaviors. Current modules cover: alcohol and other drug use, tobacco use, violence and school safety, nutrition and physical health, sexual behavior and attitudes, and youth resilience.

CHKS data included in this report are from the 2003-04 school year.

For more information: www.wested.org/hks/

Youth Commission Survey Methods

Questionnaire Development

In fall 2004 the San Mateo County Youth Commission began to deliberate on what they wanted to do as a group project. When asked what they felt the youth of San Mateo County needed, they reflected that they truly did not feel that they could speak for all youth in the County. They identified areas of concern that face youth – alcohol, tobacco and other drugs, mental health, sex and sexuality, discrimination, and violence, but did not know the specific needs, attitudes and behaviors of youth with regard to those topics. They decided that in order to make informed decisions regarding these issues, they first needed to survey youth in the county to gather real data.

In spring of 2005, the Youth Commission began drafting their survey. The Health Department offered its support to review the survey to ensure that it was a reliable instrument that would produce usable data. The survey went through a number of iterations until it was finally approved by the Board of Supervisors in July of 2005. Youth Commissioners
discussed the best means for delivering the survey and the target populations they wanted to reach. Youth Commissioners determined that they would be able to gather the most surveys if the surveys were distributed in classroom throughout the county. They decided that the sample should be representative of youth in the county and to the greatest extent possible include youth from public, private, non-traditional, and continuation schools as well as reaching youth in juvenile hall. Youth Commissioners expressed a strong commitment to reaching youth who may not be in the mainstream and therefore have the greatest needs as well as those youth who may seem to be well supported and have access to the resources that they need.

After the survey was reviewed by the County Office of Education, Youth Commissioners and Youth Commission staff began contacting principals and teachers at high schools across the county to find venues where the survey could be completed. Youth Commissioners hoped to collect at least one thousand surveys (1,000) from youth in the high school age range – 14-18 years old. Youth Commissioners were deliberate to collect surveys from youth in all levels of academic achievement from honors classes to continuation schools and special education. From September of 2005 through November of 2005 Youth Commissioners delivered surveys in classrooms across the county. When possible the Youth Commissioners went to the classrooms where the survey was distributed to talk about the background of the survey and explain its purpose. When that was not feasible Youth Commission staff would go and deliver the surveys with an explanation letter written by the Youth Commission. The Youth Commissioners (or their letter) explained that the survey was voluntary and anonymous. They explicitly explained that results from the survey would be used to report back to the Board of Supervisors and to make recommendations regarding programming and policy affecting youth in the County.

Once the surveys were collected they were delivered to a contracting agency in San Francisco, CfMC, for data entry. After data was entered by CfMC, the paper surveys were shredded and the data tables were sent to the Epidemiologist at the Health Department. Epidemiologists met several times with Youth Commissioners to develop the analysis plan and hypothesis that would guide the analysis of the data.

Sample
1,475 students returned questionnaires within the designated time frame. Of these, 44 (3%) were excluded because values were missing (i.e., blank) for all questions. The final sample size was 1,431.

Analyses
School
Missing information for school occurred for a few reasons. Students had the option to leave the “school” question blank if they wanted further anonymity and one school specifically requested that their students not complete this question. In addition, young adults who were not in school left this blank as well. Since the school variable was used to group respondents into geographical regions of the county, those missing a school response were missing a region response. Because of the low numbers of schools and respondents living in the Coastside region of the county, these responses were grouped with Mid-County.

The analysis plan was developed by the Youth Commission, in conjunction with the Epidemiology Unit of the San Mateo County Health Department. Three main analyses were designed: an overview/description of the sample, hypothesis testing for each of the five sections of the questionnaire (mental health, alcohol/drug use, sexuality, violence, and discrimination), and a needs assessment based on perceptions of services provided by respondents’ school and community.

Hypotheses were tested using the chi-squared test for categorical variables and ANOVA tests for continuous variables. Tests with associated p-values of <.05 were indicated in the charts. A p-value is the probability of obtaining a result at least as extreme as the one that was obtained if the tested hypothesis is false. Generally, one rejects the null hypothesis (accepts the tested hypothesis) if the p-value is smaller than or equal to the significance level, which we set to 0.05. A p-value is less than 0.05 indicates that the results seen would be very unlikely if the tested hypothesis is false. The conclusion is then one of the following:

1. The hypothesis is correct, or
2. An event with a probability less than or equal to 5% has occurred.

If the test statistic is outside the critical region (i.e., $\geq 0.05$), the only conclusion is that there is not enough evidence to reject the hypothesis. This is not the same as evidence in favor of the null hypothesis – lack of evidence against a hypothesis is not evidence for it.
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San Mateo County Youth Commission

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Gloria Tzuang, MPH, Epidemiologist with San Mateo County Health Department

Diana McDonnell, PhD, former Epidemiologist with San Mateo County Health Department

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