



## SIDEBAR SURVEY – 2010

The Great Lakes Center for Youth Development Sidebar Survey was developed to provide supplementary information to the Profiles of Student Life: Attitudes and Behaviors Survey (created by the Search Institute) on key youth environment issues. The information is used by schools, community agencies and organizations for planning and evaluating programs and services. The 2010 Sidebar Survey topics include:

- Current Youth Employment and Future Career Plans
- Internet Use and Safety
- Substance Use and Perceptions
- Nutrition and Exercise

Please note that questions may have been changed from previous survey editions and totals may not equal 100% due to rounding.

This Sidebar Survey was given to 1,858 middle and high school students in Marquette and Alger Counties in the fall of 2010. Of these students, 48% were male and 52% were female. The number of students and characteristics were as follows:

		<b>Number of Youth</b>	<b>Percent</b>
<b>Total Sample</b>		1,858	100%
<b>Gender</b>	Male	879	48%
	Female	941	52%
<b>Race/Ethnicity</b>	White	1,709	93%
	Black	63	3%
	Hispanic Latino	41	2%
	American Indian	129	7%
	Asian	34	2%

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### Youth Employment and Career Pathways

1. During the school year, how many hours per week (on average) do you spend working for money? (At a job, babysitting, and odd jobs)

	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>8<sup>th</sup></b>	<b>10<sup>th</sup></b>	<b>12<sup>th</sup></b>
None	44%	47%	42%	44%	50%	39%
1-4 hours	35%	31%	38%	43%	34%	27%
5-8 hours	10%	11%	9%	8%	11%	12%
9-20 hours	9%	8%	10%	4%	4%	19%
>20	2%	3%	1%	1%	1%	4%

2. Choose the one response that BEST fits your current situation:

	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>8<sup>th</sup></b>	<b>10<sup>th</sup></b>	<b>12<sup>th</sup></b>
I don't work for money and I don't want to.	13%	14%	13%	17%	11%	12%
I want to work, but have not been able to find a job.	38%	40%	35%	32%	47%	35%
I work for personal money (e.g., personal spending money, saving for college, etc.)	42%	41%	43%	41%	37%	48%
I work because my family needs my income to help with family expenses	1%	1%	1%	1%	0%	2%
I work because my family needs me to help (e.g., work in a family business, babysitting, caring for family members, etc.	6%	4%	7%	10%	5%	3%

3. What are your plans following high school?

	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>8<sup>th</sup></b>	<b>10<sup>th</sup></b>	<b>12<sup>th</sup></b>
Employment (not planning on continuing education)	2%	2%	1%	2%	1%	2%
Military service	9%	16%	3%	10%	11%	6%
1-2 yr. tech. program or comm. college	7%	9%	5%	4%	7%	9%
4 or more years of college	68%	57%	78%	63%	67%	75%
Undecided	12%	14%	10%	16%	13%	8%
Other	3%	4%	3%	4%	3%	2%

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4. What Career Pathway are you planning after you complete your education? Note: This is the career pathway that you might be researching in your school using [www.mydreamexplorer.org](http://www.mydreamexplorer.org).

	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>8<sup>th</sup></b>	<b>10<sup>th</sup></b>	<b>12<sup>th</sup></b>
Health sciences	22%	13%	31%	16%	23%	30%
Arts and communications	10%	6%	14%	9%	12%	9%
Human services	14%	8%	20%	10%	15%	18%
Engineering, manufacturing and industrial technology	17%	31%	4%	17%	18%	15%
Natural resources, agriscience	3%	4%	3%	4%	2%	4%
Business management marketing	6%	9%	4%	6%	7%	6%
Undecided	16%	17%	14%	21%	14%	12%
Other	11%	11%	10%	17%	9%	6%

5. How confident are you that your high school education is preparing you for college coursework? (skip this question if you do not intend to seek further education after high school) (number of students who answered: 1,798)

	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>8<sup>th</sup></b>	<b>10<sup>th</sup></b>	<b>12<sup>th</sup></b>
Not at all confident	7%	8%	6%	3%	8%	8%
Somewhat confident	56%	55%	57%	51%	62%	57%
Very confident	37%	37%	37%	46%	31%	35%

### Internet Use and Safety

6. How much time each day do you spend on the Internet outside of school – not doing homework?

	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>8<sup>th</sup></b>	<b>10<sup>th</sup></b>	<b>12<sup>th</sup></b>
I have no access to a computer outside of school	4%	4%	4%	6%	3%	3%
<1 hour	31%	32%	30%	33%	30%	29%
1-2 hours	41%	39%	42%	39%	41%	42%
3-5 hours	18%	17%	19%	17%	20%	18%
>5	6%	8%	5%	5%	6%	9%

7. Do you have an account on a “social networking site” (i.e. MySpace, Facebook, Twitter, etc.)

	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>8<sup>th</sup></b>	<b>10<sup>th</sup></b>	<b>12<sup>th</sup></b>
Yes	89%	85%	93%	82%	91%	94%
No	11%	15%	7%	18%	9%	6%

8. Have you ever given your full name, address or location to someone that you’ve met online without your parents knowing?

	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>8<sup>th</sup></b>	<b>10<sup>th</sup></b>	<b>12<sup>th</sup></b>
Yes	15%	16%	14%	12%	16%	18%
No	85%	84%	86%	88%	84%	82%

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9. Have you ever been asked to meet someone who you've met online?

	Total	Male	Female	8 <sup>th</sup>	10 <sup>th</sup>	12 <sup>th</sup>
Yes	16%	12%	19%	11%	16%	20%
No	84%	88%	81%	89%	84%	80%

10. In the past year, have you seen a post or received a message online from a peer that was meant to threaten, embarrass or harass you?

	Total	Male	Female	8 <sup>th</sup>	10 <sup>th</sup>	12 <sup>th</sup>
Yes	19%	15%	23%	17%	22%	18%
No	81%	85%	77%	83%	78%	82%

11. How closely is your recreational use of the Internet outside of school monitored by your parents?

	Total	Male	Female	8 <sup>th</sup>	10 <sup>th</sup>	12 <sup>th</sup>
I have no access to a computer outside of school	3%	3%	3%	5%	2%	2%
Not at all	36%	41%	30%	23%	33%	52%
A little bit	50%	47%	54%	55%	55%	42%
Very closely	11%	9%	12%	17%	9%	4%

12. If your parents knew everything you saw, did, or posted online, how do you think they would feel?

	Total	Male	Female	8 <sup>th</sup>	10 <sup>th</sup>	12 <sup>th</sup>
Very happy	9%	6%	11%	10%	6%	9%
Happy	19%	15%	23%	21%	17%	20%
Neutral	52%	54%	50%	47%	57%	52%
Unhappy	12%	14%	11%	13%	13%	12%
Very unhappy	8%	10%	6%	9%	7%	6%

### **Substance use**

13. How many times have you used prescription pills to get high in your lifetime?

	Total	Male	Female	8 <sup>th</sup>	10 <sup>th</sup>	12 <sup>th</sup>
Never did it	85%	85%	85%	91%	86%	79%
1 time	3%	3%	3%	2%	4%	3%
2 times	3%	3%	3%	1%	3%	5%
3-9 times	3%	3%	4%	3%	2%	5%
10-19 times	1%	1%	1%	<1%	1%	2%
>20 times	5%	5%	4%	3%	4%	6%

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14. How many times have you used prescription pills to get high during the last year?

	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>8<sup>th</sup></b>	<b>10<sup>th</sup></b>	<b>12<sup>th</sup></b>
Never did it	88%	89%	88%	92%	89%	85%
1 time	2%	2%	3%	2%	3%	2%
2 times	2%	2%	2%	1%	2%	3%
3-9 times	3%	3%	4%	3%	2%	4%
10-19 times	1%	1%	1%	<1%	1%	2%
>20 times	3%	3%	2%	2%	3%	3%

15. How wrong do you think it is for someone your age to drink beer, wine or hard liquor regularly?

	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>8<sup>th</sup></b>	<b>10<sup>th</sup></b>	<b>12<sup>th</sup></b>
Very wrong	41%	39%	42%	59%	38%	23%
Wrong	25%	24%	26%	21%	28%	27%
A little bit wrong	24%	22%	26%	14%	24%	35%
Not wrong at all	10%	15%	6%	7%	10%	15%

16. How wrong do you think it is for someone your age to smoke cigarettes?

	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>8<sup>th</sup></b>	<b>10<sup>th</sup></b>	<b>12<sup>th</sup></b>
Very wrong	55%	54%	56%	68%	56%	40%
Wrong	22%	21%	22%	17%	23%	26%
A little bit wrong	13%	13%	13%	9%	12%	19%
Not wrong at all	10%	11%	9%	6%	9%	15%

17. How wrong do you think it is for someone your age to smoke marijuana?

	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>8<sup>th</sup></b>	<b>10<sup>th</sup></b>	<b>12<sup>th</sup></b>
Very wrong	56%	52%	61%	76%	52%	40%
Wrong	15%	15%	15%	9%	16%	20%
A little bit wrong	14%	15%	12%	7%	16%	19%
Not wrong at all	15%	18%	12%	7%	16%	21%

18. If you wanted to, how hard would it be for you to get cigarettes?

	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>8<sup>th</sup></b>	<b>10<sup>th</sup></b>	<b>12<sup>th</sup></b>
Very hard	25%	25%	26%	42%	23%	10%
Hard	16%	16%	16%	19%	19%	9%
Sort of easy	24%	23%	26%	22%	29%	21%
Very easy	35%	37%	33%	16%	30%	60%

19. If you wanted to, how hard would it be for you to get prescription drugs?

	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>8<sup>th</sup></b>	<b>10<sup>th</sup></b>	<b>12<sup>th</sup></b>
Very hard	28%	28%	28%	46%	24%	14%
Hard	22%	24%	21%	21%	23%	23%
Sort of easy	25%	23%	26%	19%	27%	29%
Very easy	25%	25%	25%	14%	26%	34%

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20. If you wanted to, how hard would it be for you to get beer, wine or hard liquor?

	Total	Male	Female	8 <sup>th</sup>	10 <sup>th</sup>	12 <sup>th</sup>
Very hard	18%	20%	17%	32%	14%	9%
Hard	16%	15%	16%	19%	19%	10%
Sort of easy	28%	27%	29%	27%	29%	27%
Very easy	38%	38%	38%	22%	38%	54%

21. If you wanted to, how hard would it be for you to get marijuana?

	Total	Male	Female	8 <sup>th</sup>	10 <sup>th</sup>	12 <sup>th</sup>
Very hard	42%	40%	45%	69%	37%	20%
Hard	13%	13%	13%	10%	15%	15%
Sort of easy	18%	17%	19%	11%	21%	23%
Very easy	27%	30%	24%	10%	28%	42%

22. If you wanted to, how hard would it be for you to get beer, wine, or hard liquor from your home without your parents knowing it?

	Total	Male	Female	8 <sup>th</sup>	10 <sup>th</sup>	12 <sup>th</sup>
No alcohol in my home	14%	15%	13%	13%	15%	13%
Very hard	22%	23%	22%	27%	19%	21%
Hard	20%	20%	20%	21%	19%	21%
Sort of easy	26%	26%	26%	24%	28%	26%
Very easy	18%	16%	19%	15%	19%	19%

23. Thinking about the last time you had at least one whole drink, how did you get alcohol at that time? Select only one response. (If you have not drunk alcohol, skip question.) (*number of students who answered: 830*)

	Total	Male	Female	8 <sup>th</sup>	10 <sup>th</sup>	12 <sup>th</sup>
Purchased with fake ID	2%	3%	2%	3%	1%	1%
Purchased without a fake ID	1%	2%	0%	1%	1%	1%
A stranger bought it	4%	6%	3%	7%	4%	3%
I got it from my parents	11%	12%	10%	19%	12%	7%
From home without my parents' permission	14%	14%	13%	28%	16%	6%
Someone under 21 and not a relative	23%	20%	26%	21%	26%	21%
Someone over 21 and not a relative	33%	30%	36%	12%	28%	48%
Relative under 21	3%	4%	3%	3%	3%	3%
Relative over 21	9%	9%	8%	7%	9%	9%

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24. Thinking about the last time you got cigarettes, how did you get them at that time?

Select only one response. (If you have not smoked cigarettes, skip question.) (*number of students who answered: 414*)

	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>8<sup>th</sup></b>	<b>10<sup>th</sup></b>	<b>12<sup>th</sup></b>
Purchased with fake ID	4%	4%	4%	5%	2%	2%
Purchased without a fake ID	11%	17%	6%	2%	2%	23%
A stranger bought it	6%	11%	1%	11%	7%	1%
I got it from my parents	6%	2%	8%	6%	7%	4%
From home without my parents' permission	9%	9%	10%	17%	10%	5%
Someone under 18 and not a relative	25%	23%	27%	34%	33%	15%
Someone over 18 and not a relative	31%	25%	35%	16%	28%	42%
Relative under 18	3%	3%	3%	5%	4%	1%
Relative over 18	6%	6%	5%	4%	7%	6%

### Nutrition/Weight and Exercise

25. How would you describe your weight?

	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>8<sup>th</sup></b>	<b>10<sup>th</sup></b>	<b>12<sup>th</sup></b>
Very underweight	1%	1%	1%	1%	<1%	<1%
Slightly underweight	9%	10%	7%	9%	9%	7%
About the right weight	72%	72%	72%	74%	70%	72%
Overweight	17%	16%	18%	14%	18%	19%
Very overweight	2%	1%	3%	2%	2%	2%

26. What are you doing about your weight right now?

	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>8<sup>th</sup></b>	<b>10<sup>th</sup></b>	<b>12<sup>th</sup></b>
Lose weight	36%	24%	47%	31%	39%	37%
Maintain weight	32%	31%	33%	37%	29%	29%
Gain weight	12%	22%	3%	10%	15%	13%
Not paying attention to weight	20%	24%	17%	22%	17%	21%

27. How many of the past 7 days did you exercise or otherwise participate in physical activity for at least 30 minutes?

	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>8<sup>th</sup></b>	<b>10<sup>th</sup></b>	<b>12<sup>th</sup></b>
None	10%	8%	11%	9%	9%	11%
1 day	7%	6%	9%	6%	7%	9%
2 days	9%	7%	12%	9%	9%	11%
3 days	12%	9%	14%	11%	12%	12%
4 days	12%	12%	12%	13%	14%	8%
5 days	17%	16%	19%	16%	17%	18%
6 days	10%	11%	9%	10%	9%	11%
7 days	23%	32%	15%	28%	22%	20%

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28. How many fruit and/or vegetable servings do you typically eat each day? One serving of fruit might be things such as one banana, one apple, fifteen grapes, one half cup of orange or other fruit juice (don't count fruit flavored punch or fruit flavored pop). One serving of vegetables might be things such as one ear of corn, one carrot or ten baby carrots, five pieces of broccoli, half of a baked sweet potato (don't count french fries or potato chips).

	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>8<sup>th</sup></b>	<b>10<sup>th</sup></b>	<b>12<sup>th</sup></b>
0	4%	5%	4%	5%	4%	3%
1-2	38%	37%	38%	33%	39%	41%
3-4	40%	39%	40%	41%	38%	41%
5-8	12%	12%	12%	13%	13%	11%
9 or more	6%	6%	6%	8%	5%	4%

29. How many days per week do you eat breakfast?

	<b>Total</b>	<b>Male</b>	<b>Female</b>	<b>8<sup>th</sup></b>	<b>10<sup>th</sup></b>	<b>12<sup>th</sup></b>
0 days	8%	7%	10%	7%	8%	10%
1 day	6%	5%	6%	5%	6%	7%
2 days	9%	8%	10%	7%	11%	8%
3 days	8%	7%	9%	7%	8%	9%
4 days	6%	5%	7%	6%	6%	7%
5 days	11%	12%	11%	9%	11%	14%
6 days	8%	9%	7%	9%	7%	7%
7 days	44%	48%	40%	50%	43%	39%