

CALIFORNIA

healthy kids

SURVEY

Lu Sutton
Elementary
2009-2010
Main Report



Sample Characteristics

Note: Tables 3.1 through 5.3 include results by gender.

Table 1.1

Student Sample Characteristics

	Grade 5
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Student Sample Size	
Target Sample	71
Final Sample (Number of Respondents)	55
Average Response Rate	77%

Table 2.1
Age of Sample

	Grade 5 Total %
7 years old, or younger than 7	0
8 years old	0
9 years old	0
10 years old	77
11 years old	23
12 years old	0
13 years old or older than 13	0

Question ES 2, 4: How old are you? What grade are you in?

Table 2.2
Gender of Sample

	Grade 5 Total %
Female	54
Male	46

Question ES 3: Are you female or male?

Table 2.3***Number of Times Moved, Past Year***

	Grade 5 Total %
0 times	69
1 time	13
2 times or more times	18

Question ES 5: During the past year, how many times have you moved (changed where you live)?

Table 2.4***Perceived Ability With School Work***

	Grade 5 Total %
One of the best students	26
Better than most students	32
About the same as others	36
Don't do as well as most others	6

Question ES 16: How well do you do in your school work?

Alcohol and Other Drug (AOD) Use

Table 3.1

Ever Used Alcohol or Other Drugs, Lifetime

	Grade 5		
	Female %	Male %	Total %
Alcohol, one or two sips	21	36	27
Alcohol, a full glass	3	0	2
Inhalants (to get high)	7	0	4
Marijuana *	0	0	0
<i>None of the above</i>	72	64	69
<i>Any of the above</i>	28	36	31

Questions ES 33-35: Have you ever drunk beer, wine, or other alcohol? Have you ever sniffed something through your nose to get "high?" Have you ever smoked any marijuana (pot, grass, weed)?

Table 3.2

Any Alcohol Use, Past Month

	Grade 5		
	Female %	Male %	Total %
No	86	88	87
Yes, I drank one or two sips	7	8	7
Yes, I drank a full glass	7	4	5

Question ES 40: In the past month, did you drink any beer, wine or other alcohol?

*** = CDE-Recommended SDFSC/TUPE Performance Indicator**

Table 3.3***Any AOD Use Before/During School, Lifetime***

	Grade 5		
	Female %	Male %	Total %
No	97	96	96
Yes	3	4	4

Question ES 36: Have you ever used alcohol or an illegal drug like marijuana before school or at school?

Table 3.4***Perception of Health Risk of Alcohol and Marijuana Use***

	Grade 5		
	Female %	Male %	Total %
Alcohol			
No, not bad	11	8	9
Yes, a little bad	46	60	52
Yes, very bad	43	32	39
Marijuana			
No, not bad	0	4	2
Yes, a little bad	4	8	6
Yes, very bad	79	84	80
I don't know what marijuana is	18	4	13

*Question ES 38-39: Do you think drinking alcohol (beer, wine, liquor) is bad for a person's health?
Do you think using marijuana (pot, grass, weed) is bad for a person's health?*

Tobacco Use

Table 4.1

Lifetime and Current Use of Cigarettes and Smokeless Tobacco

	Grade 5		
	Female %	Male %	Total %
Ever smoked a cigarette *	0	0	0
Part of a cigarette, like one or two puffs	0	0	0
A whole cigarette	0	0	0
Smoked a cigarette in the past month	0	0	0
Ever chewed tobacco or snuff	4	4	4

Questions ES 31, 41, 32. Have you ever... In the past month, did you...

Table 4.2

Perception of Health Risk of Cigarette Smoking

	Grade 5		
	Female %	Male %	Total %
No, not bad	0	8	4
Yes, a little bad	10	4	7
Yes, very bad	90	88	89

Question ES 37: Do you think smoking cigarettes is bad for a person's health?

*** = CDE-Recommended SDFSC/TUPE Performance Indicator**

Violence and Safety

Table 5.1

Perceived Feeling Safe At or Outside of School

	Grade 5		
	Female %	Male %	Total %
Do you feel safe at school?			
No, never	11	4	9
Yes, some of the time	21	16	19
Yes, most of the time	29	20	24
Yes, all of the time *	39	60	48
Do you feel safe outside of school?			
No, never	7	8	7
Yes, some of the time	25	8	17
Yes, most of the time	32	44	39
Yes, all of the time	36	40	37

Question ES 29, 30: Do you feel safe at school? Do you feel safe outside of school?

*** = To be used for the CDE-Recommended SDFSC/TUPE Performance Indicator
"The percentage of students that feel very safe at school"**

Table 5.2***Frequency of Being Harassed on School Property***

	Grade 5		
	Female %	Male %	Total %
Been hit or pushed			
No, never	66	56	62
Yes, some of the time	28	36	31
Yes, most of the time	7	8	7
Yes, all of the time	0	0	0
Mean rumors spread about you			
No, never	55	72	63
Yes, some of the time	34	28	31
Yes, most of the time	7	0	4
Yes, all of the time	3	0	2

*Question ES 23, 24: Do other kids hit or push you at school when they are not just playing around?
Do other kids at school spread mean rumors or lies about you?*

Table 5.3***Frequency of Harassing on School Property, Past Year***

	Grade 5		
	Female %	Male %	Total %
Have hit or pushed other kids			
0 times	68	64	67
1 time	25	12	19
2 times	7	12	9
3 or more times	0	12	6
Have spread mean rumors about other kids			
0 times	66	72	69
1 time	28	12	20
2 times	7	16	11
3 or more times	0	0	0

Question ES 21, 22: During the past year, how many times have you...hit or pushed other kids at school when you were not playing around? ...spread mean rumors or lies about other kids at school?

Table 5.4***Cyber Bullying***

	Grade 5 Total %
No, never	89
Yes, some of the time	9
Yes, most of the time	2
Yes, all of the time	0

Question ES 25: Do other kids at school spread mean rumors or lies about you on the internet (i.e. Facebook™, MySpace™, email, instant message)?

Table 5.5***Weapons (Gun or Knife) on School Property, Past Year***

	Grade 5 Total %
Brought weapon to school	
No	94
Yes	6
Saw another kid with a weapon at school	
No	66
Yes	34

Question ES 26-27: During the past year... did you ever bring a gun or knife to school? ...have you ever seen another kid with a gun or knife at school?

Table 5.6***Frequency of Being Home Without Adult Supervision***

	Grade 5 Total %
No, never	45
Yes, some of the time	49
Yes, most of the time	4
Yes, all of the time	2

Question ES 28: Are you home alone after school?

Table 5.7***Frequency of Seat Belt and Helmet Use***

	Grade 5 Total %
When you ride in a car do you wear a seat belt?	
No, never	2
Yes, some of the time	4
Yes, most of the time	20
Yes, all of the time	75
When you ride a bicycle do you wear a helmet?	
I do not ride a bicycle	13
No, never	13
Yes, some of the time	15
Yes, most of the time	22
Yes, all of the time	38

Question ES 7, 8: When you ride in a car do you wear a seat belt? When you ride a bicycle do you wear a helmet?

Physical Health

Table 6.1

Breakfast Consumption

	Grade 5 Total %
No	7
Yes	93

Question ES 6: Did you eat breakfast this morning?

Table 6.2

Exercise During Week

	Grade 5 Total %
0 days	4
1 day	4
2 days	15
3 days	8
4 days	13
5 days	10
6 or 7 days	46

Question ES 51: How many days each week do you exercise, dance, or play sports?

Table 6.3***Frequency of Daily Television Watching and Video Game Playing***

	Grade 5 Total %
None, I didn't watch TV yesterday	9
Less than 1 hour	26
About 1 hour	26
About 2 hours	20
3 or more hours	19

Question ES 54: Yesterday, how much time did you spend watching TV or playing video games?

Table 6.4***Body Image***

	Grade 5 Total %
Do you think you are...	
Too skinny	15
About right	74
Too fat	11
Are you doing anything to try to lose weight?	
No	54
Yes	46
Ever been teased about your body at school?	
No	68
Yes	32

Question ES 48-50: Do you think you are too skinny, about right, or too fat? Are you doing anything to try to lose weight? Have other kids at school ever teased you about what your body looks like?

Table 6.5

Students with Asthma

	Grade 5 Total %
No	82
Yes	18

Question ES 53: Has a parent or some other adult ever told you that you have asthma?

Table 6.6

Asthma Symptoms While Not Exercising

	Grade 5 Total %
No	76
Yes	24

Question ES 52: When not exercising, do you ever have trouble breathing (for example, shortness-of-breath, wheezing, or a sense of tightness in your chest)?

Table 7.1

Summary of Resilience-promoting Protective Factors, School Connectedness, and Internal Strengths (High, Moderate, and Low Scale Scores)

Percent of students scoring High, Moderate, and Low (%)	Grade 5		
	H	M	L
Protective Factors (Developmental Supports)			
<i>School Environment</i>	42	56	2
Caring Relationships: Adults in School *	51	45	4
High Expectations: Adults in School *	55	44	2
Meaningful Participation *	11	76	13
<i>Home Environment</i>	76	24	0
Caring Relationships: Adults in Home	73	25	2
High Expectations: Adults in Home	91	9	0
Meaningful Participation	15	83	2
<i>Peer Environment</i>			
High Expectations: Pro-social peers	45	53	2
School Connectedness*	58	40	2
Internal Strengths			
Empathy	29	65	5
Problem Solving	18	78	4
Goals and Aspirations	73	27	0

** = CDE-Recommended SDFSC/TUPE Performance Indicator*

Table A7.2***School Connectedness Scale Questions***

	Grade 5 Total %
I feel close to people in this school	
No, never	6
Yes, some of the time	37
Yes, most of the time	26
Yes, all of the time	31
I am happy to be at this school	
No, never	4
Yes, some of the time	11
Yes, most of the time	36
Yes, all of the time	49
I feel like I am part of this school	
No, never	5
Yes, some of the time	16
Yes, most of the time	24
Yes, all of the time	55
The teachers at this school treat students fairly	
No, never	7
Yes, some of the time	13
Yes, most of the time	45
Yes, all of the time	35
I feel safe in my school	
No, never	9
Yes, some of the time	19
Yes, most of the time	24
Yes, all of the time	48

Questions E9-12,29: Do you feel close to people at school?, Are you happy to be at this school?, Do you feel like you are part of this school?, Do teachers treat students fairly at school?, Do you feel safe at school?

Table A7.3***School Protective Factors (Developmental Supports)***

At my school, there is a teacher or some other adult...	Grade 5 Total %
who really cares about me (Caring Relationships)	
No, never	4
Yes, some of the time	11
Yes, most of the time	28
Yes, all of the time	57
who listens when I have something to say (Caring Relationships)	
No, never	4
Yes, some of the time	24
Yes, most of the time	42
Yes, all of the time	31
who tells me when I do a good job (High Expectations)	
No, never	4
Yes, some of the time	31
Yes, most of the time	31
Yes, all of the time	35
who believes that I can do a good job (High Expectations)	
No, never	4
Yes, some of the time	4
Yes, most of the time	29
Yes, all of the time	64

Questions E14-15, 17-18; Do the teacher and other grown-ups at school care about you?, Do the teachers and other grown-ups at school tell you when you do a good job?, Do the teachers and other grown-ups at school listen when you have something to say?, Do the teachers and other grown-ups at school believe that you can do a good job?

Table A7.3 - Continued

School Protective Factors (Developmental Supports)

	Grade 5 Total %
I help make class rules or choose things to do (Opportunities for Meaningful Participation)	
No, never	28
Yes, some of the time	46
Yes, most of the time	11
Yes, all of the time	15
I do things to be helpful at school (Opportunities for Meaningful Participation)	
No, never	5
Yes, some of the time	25
Yes, most of the time	47
Yes, all of the time	22

Question E13, 19: Do you help make class rules or choose things to do at school?, Do you do things to be helpful at school?

Table A7.4***Internal Strengths***

	Grade 5 Total %
I try to understand how other people feel (Empathy)	
No, never	11
Yes, some of the time	41
Yes, most of the time	31
Yes, all of the time	17
I feel bad when someone gets their feelings hurt (Empathy)	
No, never	4
Yes, some of the time	22
Yes, most of the time	33
Yes, all of the time	42
I know where to go for help with a problem (Problem Solving)	
No, never	2
Yes, some of the time	13
Yes, most of the time	31
Yes, all of the time	55
I try to work out problems by talking or writing (Problem Solving)	
No, never	32
Yes, some of the time	32
Yes, most of the time	25
Yes, all of the time	11

Question E42--45: Do you try to understand how other people feel?, Do you feel bad when someone gets their feelings hurt?, Do you know where to go for help?, Do you try to work out your problems by talking or writing about them?

Table A7.4 - Continued

Internal Assets

	Grade 5 Total %
I try to do my best (Goals and Aspirations)	
No, never	2
Yes, some of the time	11
Yes, most of the time	22
Yes, all of the time	65
I have goals and plans for the future (Goals and Aspirations)	
No	9
Yes	91
I plan to go to college or some other school after high school? (Goals and Aspirations)	
No	11
Yes	89

Question E46-47, 20: Do you try to do your best?, Do you have goals and plans for the future?, Do you plan to go to college or some other school after high school?

Table A7.5***Home Protective Factors (Developmental Supports)***

At home, there is a parent or some other adult...	Grade 5 Total %
who cares about my schoolwork (Caring Relationships)	
No, never	2
Yes, some of the time	6
Yes, most of the time	9
Yes, all of the time	83
who listens when I have something to say (Caring Relationships)	
No, never	2
Yes, some of the time	18
Yes, most of the time	35
Yes, all of the time	45
who believes that I can do a good job (High Expectations)	
No, never	0
Yes, some of the time	0
Yes, most of the time	15
Yes, all of the time	85
who wants me to do my best (High Expectations)	
No, never	0
Yes, some of the time	7
Yes, most of the time	5
Yes, all of the time	87

Questions E57-60: Does a parent or some other grown up at home care about your schoolwork? Does a parent or some other grown-up at home want you to do your best?, Does a parent or some other grown-up at home listen when you have something to say?

Table A7.5 - Continued**Home Protective Factors (Developmental Supports)**

	Grade 5 Total %
I help at home (Opportunities for Meaningful Participation)	
No, never	2
Yes, some of the time	19
Yes, most of the time	53
Yes, all of the time	26
I get to make rules or choose things to do at home (Opportunities for Meaningful Participation)	
No, never	19
Yes, some of the time	42
Yes, most of the time	27
Yes, all of the time	12

Question E61- 62: Do you help at home?, Do you get to make rules or choose things to do at home?

Table A7.6**Peer Protective Factors (Developmental Supports)**

	Grade 5 Total %
My best friends get into trouble (High Expectations)	
No, never	35
Yes, some of the time	55
Yes, most of the time	4
Yes, all of the time	7
My best friends try to do the right thing (High Expectations)	
No, never	6
Yes, some of the time	13
Yes, most of the time	33
Yes, all of the time	48

Questions E55-56: Do your best friends get into trouble?, Do your best friends try to do the right thing?

Table 8.1
SDFSCA/TUPE Performance Indicators Recommended by CDE

Performance Indicator	5th Grade %
Tobacco Use	
The Percentage of students that have ever used cigarettes*	0%
Drug Use	
The percentage of students that have ever used marijuana**	0%
Safe Schools and Violence	
The percentage of students that feel very safe at school***	48%
School Protective Factors	
The percentage of students that report high levels of caring relationships with a teacher or other adult at their school	51%
The percentage of students that report high levels of high expectations from a teacher or other adult at their school	55%
The percentage of students that report high levels of opportunities for meaningful participation at their school	11%
The percentage of students that report high levels of personal school connectedness	58%

*Includes students who smoked part of a cigarette and those who smoked a whole cigarette.

**Excludes students who answered "I don't know what marijuana is"

***Elementary students are asked how often they feel safe at school rather than how safe they felt, as in the secondary survey. This table reports those students who responded, "Yes, all of the time."