Questionnaire: Youth, Substances, and Where to Get Help

To the respondent. Thank you for agreeing to answer. Do not write your name anywhere. Your answers are anonymous: no one, not even the researcher, can tell which questionnaire is yours. Answer alone, in a place where no one can read your answers. When you finish, put the questionnaire in the envelope, seal it, and give it back sealed. You may skip any question or stop at any time.

Please do not write anything about the use of illegal drugs by yourself or by any person you know. This questionnaire does not ask about it. It asks about cigarettes, vapes and alcohol, what you know about the laws, and where young people can get help.

A **vape** is an electronic cigarette or any device that heats a liquid you inhale (e-cigarette, vape pen, pod). A **drink** is one bottle of beer, one glass of wine, or one shot of gin, rum or other liquor.

Part A. About you

1. Sex: ☐ Male ☐ Female
2. Age on your last birthday: _____ years
3. Are you in school now? ☐ Yes, junior or senior high school ☐ Yes, college or TVET ☐ No

Part B. Cigarettes, vapes and alcohol

4. Have you ever smoked a cigarette, even one or two puffs? ☐ Yes ☐ No (go to item 7)
5. How old were you when you smoked your first cigarette? _____ years old
6. During the past 30 days, on how many days did you smoke cigarettes? ☐ 0 days ☐ 1 or 2 days ☐ 3 to 9 days ☐ 10 to 29 days ☐ All 30 days
7. Have you ever used a vape, even one or two puffs? ☐ Yes ☐ No (go to item 10)
8. How old were you when you first used a vape? _____ years old
9. During the past 30 days, on how many days did you use a vape? ☐ 0 days ☐ 1 or 2 days ☐ 3 to 9 days ☐ 10 to 29 days ☐ All 30 days
10. Have you ever had a drink of alcohol, more than a few sips? ☐ Yes ☐ No (go to item 14)
11. How old were you when you had your first drink, more than a few sips? _____ years old
12. During the past 30 days, on how many days did you have at least one drink? ☐ 0 days ☐ 1 or 2 days ☐ 3 to 9 days ☐ 10 to 29 days ☐ All 30 days
13. During the past 30 days, on how many days did you have five or more drinks in a row, within a couple of hours? ☐ 0 days ☐ 1 day ☐ 2 or more days

Part C. Prevention activities in the past 12 months

14. In the past 12 months, did you attend a lesson, talk or activity **in school** about drugs, smoking, vaping or drinking? ☐ Yes ☐ No ☐ Not in school in the past 12 months
15. In the past 12 months, did you attend an activity about drugs, smoking, vaping or drinking organized by the **barangay, the SK or the health center** (a seminar, a run, a sports fest, a youth assembly)? ☐ Yes ☐ No

Part D. What you know about the laws

Mark each statement True, False, or Don't know. Do not guess: "Don't know" is a good answer.

16. Selling cigarettes to a person below 18 years old is against the law.
17. Selling vapes to a person below 18 years old is against the law.
18. Selling cigarettes within 100 meters of a school is against the law.
19. A national law sets a minimum age for buying alcohol.
20. A child 15 years old or younger who commits an offense is exempt from criminal liability but goes through an intervention program.
21. An adult arrested for the first time for using dangerous drugs, and not caught with any, faces at least six months of rehabilitation rather than prison.
22. The records of a person who voluntarily asks for treatment for drug dependence are kept confidential.
23. Every barangay must have an anti-drug abuse council.
24. A secondary school may expel a learner whose random drug test is positive.
25. Smoking and vaping are not allowed anywhere inside a school, by anyone.

Part E. Where to get help

26. If a friend your age wanted help to stop smoking, vaping or drinking, or to stop using drugs, where could they go or whom could they call? Write all that you can think of. _____
27. Which of these do you know exist for people in our barangay or municipality? Check all that you know.

a. ☐ The barangay health center or the rural health unit

b. ☐ The school guidance office or guidance counselor

c. ☐ The Barangay Anti-Drug Abuse Council (BADAC)

d. ☐ The community-based drug rehabilitation program

e. ☐ The DOH Quitline for smoking and vaping (1558)

f. ☐ The National Center for Mental Health crisis hotline (1553)

g. ☐ A DOH treatment and rehabilitation center

Part F. Your views

28. How easy would it be for someone below 18 to buy each of these in our barangay? (Very easy, Somewhat easy, Somewhat hard, Very hard, Don't know) a. Cigarettes b. Vapes c. Alcohol
29. How much do people risk harming themselves if they do each of these regularly? (No risk, Slight risk, Moderate risk, Great risk) a. Smoke cigarettes b. Use a vape c. Have five or more drinks once or twice each weekend
30. I would accept a person who is recovering from drug dependence as my neighbor. ☐ Agree ☐ Not sure ☐ Disagree

Thank you. The sheet in your envelope lists places and hotlines where young people can get help. Keep it. Now seal the envelope.