

## Smoking Survey

The following items ask you to describe your ability to handle smoking situations. Your answers will be kept secret. Not even your teacher or parents will see them. You do not need to write your name on the paper. Please try to answer as honestly as you can.

1. My age is \_\_\_\_\_ years.
2. My sex is (please circle one)            Male            Female
3. I am in the \_\_\_\_\_ grade at school.

The following pages contain a list of situations in which young people may find themselves smoking cigarettes. Sometimes it is easier to resist smoking than at other times. In the column at the right, place the number from 1 to 6 using the scale below to show how much you could resist smoking in each case.

1	2	3	4	5	6
I am very sure I would smoke	I most likely would smoke	I probably would smoke	I probably would NOT smoke	I most likely would NOT smoke	I am very sure I would NOT smoke

Example

HOW SURE ARE YOU THAT YOU COULD RESIST SMOKING CIGARETTES:

When your best friend is smoking.....2

If you think that you would most likely smoke too, then you would put a number 2 in the right hand space or the number (1 through 6) of the best answer for you.

1	2	3	4	5	6
I am very sure I would smoke	I most likely would smoke	I probably would smoke	I probably would NOT smoke	I most likely would NOT smoke	I am very sure I would NOT smoke

HOW SURE ARE YOU THAT YOU COULD RESIST SMOKING CIGARETTES:

1. When you are at a friends house, no adults are home..... \_\_\_\_\_
2. When you are playing video games..... \_\_\_\_\_
3. When you are at the mall with friends..... \_\_\_\_\_
4. When you are roller skating..... \_\_\_\_\_
5. When you are watching TV..... \_\_\_\_\_
6. When you see others smoking..... \_\_\_\_\_

HOW SURE ARE YOU THAT YOU COULD RESIST SMOKING CIGARETTES:

7. When you are doing homework..... \_\_\_\_\_
8. When you are uptight..... \_\_\_\_\_

- 9. When you are riding your bike..... \_\_\_\_\_
- 10. When you are angry..... \_\_\_\_\_
- 11. When you are at a party..... \_\_\_\_\_
- 12. When you are at school during recess or after school..... \_\_\_\_\_

HOW SURE ARE YOU THAT YOU COULD RESIST SMOKING CIGARETTES:

- 13. When someone offers you a cigarette..... \_\_\_\_\_
- 14. When you want to look cool..... \_\_\_\_\_
- 15. When you want to feel more grown up..... \_\_\_\_\_
- 16. When you are bored..... \_\_\_\_\_
- 17. When you want to look better..... \_\_\_\_\_
- 18. When you want to take a break from studying..... \_\_\_\_\_

HOW SURE ARE YOU THAT YOU COULD RESIST SMOKING CIGARETTES:

- 19. When you feel ashamed..... \_\_\_\_\_
- 20. When you are waiting to go into the movies..... \_\_\_\_\_
- 21. When you are waiting for someone..... \_\_\_\_\_
- 22. When you feel restless..... \_\_\_\_\_
- 23. When you are playing in your neighborhood..... \_\_\_\_\_
- 24. When you feel frustrated..... \_\_\_\_\_

HOW SURE ARE YOU THAT YOU COULD RESIST SMOKING CIGARETTES:

- 25. When you want to feel more accepted by friends..... \_\_\_\_\_
- 26. When you are worried..... \_\_\_\_\_
- 27. When you feel upset..... \_\_\_\_\_
- 28. When you feel down..... \_\_\_\_\_
- 29. When you feel nervous..... \_\_\_\_\_
- 30. When you are on the way home from school..... \_\_\_\_\_

HOW SURE ARE YOU THAT YOU COULD RESIST SMOKING CIGARETTES:

- 31. When you feel sad..... \_\_\_\_\_
- 32. When your best friend is smoking..... \_\_\_\_\_
- 33. When you are listening to rock music..... \_\_\_\_\_
- 34. When your friends are smoking..... \_\_\_\_\_

35. When you are by yourself..... \_\_\_\_\_

36. When your brother or sister is smoking..... \_\_\_\_\_

Please check ONE of:

\_\_\_\_\_ I have never smoked a cigarette

\_\_\_\_\_ I tried smoking but gave it up

\_\_\_\_\_ I smoke sometimes, but not every week

\_\_\_\_\_ I smoke at least one cigarette a week

\_\_\_\_\_ I smoke at least one pack of cigarettes a week

Do you think you will be a smoker by the time you finish high school?

\_\_\_\_\_ YES

\_\_\_\_\_ NO

THANK YOU for your help.