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Avec la collaboration de la Régie régionale de la santé et des services sociaux du Nunavik, de la Commission scolaire Kativik et du ministère de la Santé et des Services sociaux.

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le contenu de cette publication :

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## Instructions on filling out this questionnaire

This questionnaire covers topics related to your physical and mental health, lifestyle habits, social and intimate relationships, home and school environment, etc. Your answers will help improve health programs offered to young people your age.

THERE ARE NO RIGHT OR WRONG ANSWERS.

THIS QUESTIONNAIRE IS NOT AN EXAM.

This study is about various aspects of your life. Everyone can experience difficult situations at some point in their lives. We will go over certain situations that may have happened in your life. We will give you a card with telephone numbers you can call if you need help.

Know that at any time, you can skip to the next question or even stop answering the questionnaire.

No one from your school or elsewhere will be able to see your answers, and you will not be asked to provide your name.

The Institut de la statistique du Québec (Statistique Québec) guarantees the confidentiality of all the information that you will provide in this survey under the Act respecting the Institut de la statistique du Québec and the Act respecting Access to documents held by public bodies and the protection of personal Information.

By filling out this questionnaire, you agree that the data collected in this survey can be anonymously transmitted by Statistique Québec to the Nunavik Regional Board of Health and Social Services, Kativik Ilisarniliriniq, and the Ministère de la Santé et des Services sociaux du Québec (Québec Ministry of Health and Social Services). The data that will be sent on will not contain any information that can directly identify you.

- ◆ Don't write your name on the questionnaire.
- ◆ Carefully read the instructions before answering the questions.
- ◆ Carefully read the questions and the list of answers.
- ◆ Please give only one answer per question, unless requested otherwise.
- ◆ If you don't understand a question, you can always raise your hand and someone from the team will come to see you.
- ◆ To answer : Indicate your response by clicking in the small box

OR

Where requested, write your answer in the appropriate field using the tablet keyboard.

## General Information

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**SD9\_1** How old are you?

- 1 11 years old or younger
- 2 12 years old
- 3 13 years old
- 4 14 years old
- 5 15 years old
- 6 16 years old
- 7 17 years old
- 8 18 years old
- 9 19 years old or older
- 99 No response

Sources : Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, question 1 et Institut de la statistique du Québec, *Enquête québécoise sur le tabac, l'alcool, la drogue et le jeu chez les élèves du secondaire* (ETADJES), 2004, question 2.

**SD9\_2** What is your sex?

- 1 Male
- 2 Female
- 9 No response

Source : Institut de la statistique du Québec. *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, question 3. Adaptée par l'ISQ.

**SD9\_3X** What grade level are you in?

**INSTRUCTION :** If you are taking courses in more than one level, indicate the level in which you take the most courses.

- 1 Grade 7 (1.0)
- 2 Secondary 1 (1.1)
- 3 Secondary 2 (1.2)
- 4 Secondary 3 (2.1)
- 5 Secondary 4 (2.2)
- 6 Secondary 5 (2.3)
- 7 Pre-work training (former IPL)
- 9 No response

Source : Institut de la statistique du Québec. *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, question 6. Adaptée par l'ISQ.

**SD12\_2** Are you living in a foster family?

- 1 Yes
- 2 No
- 9 No response

Source : Nouvelle question.

**SD12\_3** Have you been adopted?

- 1 Yes
- 2 No
- 9 No response

Source : Nouvelle question.

**(SD12\_4)** What language do you speak most often at home?

		Yes	No	NR
<b>SD12_4_1</b>	English	1	2	9
<b>SD12_4_2</b>	French	1	2	9
<b>SD12_4_3</b>	Inuktitut	1	2	9
<b>SD12_4_4</b>	Other language(s)	1	2	9
<b>SD12_4_AUT</b>	Can you please specify? _____			

Source : Riva, M., Fletcher, C., Dufresne, P., Lachance, A., Muckle, G., Régie régionale de la santé et des services sociaux du Nunavik (RRSSSN) et Institut national de santé publique du Québec (INSPQ). *Enquête sur la santé des INUIT du Nunavik — 2017 Qanuilirpitaa? Comment allons-nous maintenant?*, 2017, Données sociodémographiques, section SD, question 3. Adaptée par l'ISQ.

**SD12\_5** Are you in English or French at school?

- 1 English
- 2 French
- 9 No response

Source : Nouvelle question.

**SD10\_6X** Is your mother Inuk?

- 1 Yes
- 2 No
- 9 No response

Source : Nouvelle question.

**SD10\_7X** Is your father Inuk?

- 1 Yes
- 2 No
- 9 No response

Source : Nouvelle question.

**(SD10\_8X)** Do you have someone who teaches you the following traditional skills?

		Yes	No	NR
<b>SD10_8X_1</b>	Hunting	1	2	9
<b>SD10_8X_2</b>	Fishing	1	2	9
<b>SD10_8X_3</b>	Cooking	1	2	9
<b>SD10_8X_4</b>	Sewing	1	2	9

Source : Nouvelle question.

### Filtre 1.

Si SD9\_1 = 99 → GROUP\_AGE

Si SD9\_1 = 1,2,3 → SD10\_10X

Sinon → SD10\_9X

**GROUP\_AGE** In which age group are you?

- 1 13 or under → SD10\_10X
- 2 14 or over
- 9 No response → SD10\_10X

Source : Nouvelle question.

**SD10\_9X** Do you have a child?

- 1 Yes
- 2 No
- 9 No response

Source : Nouvelle question.

The following statements are about your identity and culture.

**(SD10\_10X)** For each of the following statements, indicate whether you agree or disagree.

		I agree	I disagree	I am not sure	NR
SD10_10X_1	I am proud to be an Inuk.	1	2	3	9
SD10_10X_2	It is important for me to know and speak Inuktitut.	1	2	3	9
SD10_10X_3	It is important for me to learn traditional skills.	1	2	3	9
SD10_10X_4	My relationship to the land is important.	1	2	3	9
SD10_10X_5	I go to Elders to learn about our Inuit ways.	1	2	3	9
SD10_10X_6	Laughing heals me.	1	2	3	9
SD10_10X_7	I feel comforted when I participate in cultural activities and ceremonies.	1	2	3	9
SD10_10X_8	The more I learn about my culture, the more confident I feel about life.	1	2	3	9
SD10_10X_9	I need to learn more about my Inuit identity.	1	2	3	9
SD10_10X_10	My identity as an Inuk person helps me to know who I am and what to do in life.	1	2	3	9
SD10_10X_11	My family gives me strong identity.	1	2	3	9
SD10_10X_12	I participate in traditional ways of sharing.	1	2	3	9
SD10_10X_13	It is important for me to eat country food.	1	2	3	9

Sources : Instituts de recherche en santé du Canada, *Évaluation du mieux-être des autochtones – Formulaire d'autoévaluation* (ÉMA), 2015, énoncés 4, 5, 14, 32, 33, 37, 39, 46, 60 et 66, Muckle, G., Fletcher, C., Riva, M., Desrochers-Couture, M., Pépin, C., Poliakova, N., Moisan, C., Bélanger, R., Fraser, S., Régie régionale de la santé et des services sociaux du Nunavik (RRSSN) et Institut national de santé publique du Québec (INSPQ), *Enquête sur la santé des INUIT du Nunavik — 2017 Qanuilirpitaa? Comment allons-nous maintenant?*, 2017, bloc 1, section 1, question 2h et nouvelles questions. Adaptées par l'ISQ.

## About your health

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HV8\_1 In general, would you say your health is...

- 1 Excellent
- 2 Very good
- 3 Good
- 4 Not too bad
- 5 Bad
- 9 No response

Sources : Institut de la statistique du Québec, *Enquête sociale et de santé – Questionnaire sur les habitudes de vie et la santé 1998 – Questionnaire autoadministré* (ESS), 1998, question 1, Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, question 118 et Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population 2008* (EQSP), 2008, question Q1..

## About you and your school

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- SM\_E\_2X** Do you like school?
- 1 I like school very much
  - 2 I like school
  - 3 I don't like school
  - 4 I don't like school at all
  - 9 No response

Source : Janosz, M. *Questionnaire sur l'environnement socioéducatif de ton école*, 2004, question 71.

- SM\_E\_3X** In terms of your school marks, how would you rate yourself compared to other students your age at your school?
- 1 I am one of the stronger students
  - 2 I am stronger than the average student
  - 3 I am an average student
  - 4 I am weaker than the average student
  - 5 I am one of the weaker students
  - 9 No response

Source : Janosz, M. *Questionnaire sur l'environnement socioéducatif de ton école*, 2004, question 67.

- SM\_E\_4X** How important is it for you to get good marks?
- 1 Very important
  - 2 Important
  - 3 Somewhat important
  - 4 Not important at all
  - 9 No response

Source : Janosz, M. *Questionnaire sur l'environnement socioéducatif de ton école*, 2004, question 69.

- SM\_E\_7X** Si cela ne dépendait que de toi, jusqu'où aimerais-tu continuer d'aller à l'école plus tard?
- 1 I want to finish CEGEP or University
  - 2 I want to finish Secondary school (High school or adult education)
  - 3 I don't want to finish Secondary school (High school or adult education)
  - 4 I don't care
  - 9 No response

Source : Janosz, M. *Questionnaire sur l'environnement socioéducatif de ton école*, 2004, question 70.

## Your work experience during the school year

(HV5\_10) Do you currently work...

INSTRUCTION : Note! You must not include chores you do around the house for an allowance (washing dishes, vacuuming, gardening, etc.).

		Yes	No	NR
HV5_10C	For an employer with pay? (At a store, a restaurant, an arena, a youth centre, etc.)	1	2	9
HV5_10DX	Doing odd jobs with pay? (Babysitting, helping with homework, etc.)	1	2	9

Source : Inspirée de l'Enquête longitudinale nationale sur les enfants et les jeunes – Livre 2 – Questionnaires du jeune (ELNEJ), 2008-2009, question I1a et I1b.

### Filtre 2.

Si HV5\_10C = 2 et HV5\_10DX = 2 ou si HV5\_10C = 9 et HV5\_10DX = 9 → HV5\_14X

Sinon → HV5\_11X

**HV5\_11X** Thinking of all the jobs you currently have (with pay), how many hours a week do you generally work?

- 1 Less than 6 hours a week
- 2 6 to 10 hours a week
- 3 11 to 15 hours a week
- 4 16 to 20 hours a week
- 5 21 hours a week or more
- 9 No response

Source : Inspirée de ministère de l'Éducation. Enquête auprès des élèves du secondaire sur le travail rémunéré durant l'année scolaire 1991-1992 (EESTRM), 1991-1992, question Q4.

**HV5\_14X** Do you have responsibilities at home (for which you don't receive any money) that take up a lot of your time?

- 1 Yes
- 2 No → Filtre 3
- 9 No response → Filtre 3

Source : Nouvelle question.

**HV5\_15X** Thinking of all your responsibilities for which you don't receive any money, how many hours a week do you generally work?

- 1 Less than 6 hours a week
- 2 6 to 10 hours a week
- 3 11 to 15 hours a week
- 4 16 to 20 hours a week
- 5 21 hours a week or more
- 9 No response

Source : Sondage IPSOS-Reid réalisé dans le cadre du 2<sup>e</sup> Forum public de l'Association des commissions des accidents du travail du Canada (ACATC), 2003. Adaptée par l'ISQ.

**Filtre 3.**

Si HV5\_10C = 1 ou HV5\_10DX = 1 ou HV5\_14X = 1 → HV5\_13X

Sinon → HV4\_12

**HV5\_13X** Do you skip school to go to work or because of your responsibilities at home?

1 Yes

2 No

9 No response

Source : Gaudreault, M., Veillette, S., Blackburn, M.-È., Laberge, L., Gagné, M., Perron, M. et Groupe ÉCOBES. *Perceptions de soi et de l'avenir à l'adolescence. Série Enquête régionale 2002 : Les jeunes du Saguenay-Lac-Saint-Jean. Qui sont-ils? Que font-ils?*, 2002, question E.16. Adaptée par l'ISQ.

## Your eating habits

Now we would like you to tell us about your eating habits.

(HV4\_12) On average, how often do you usually eat the following traditional foods?

	Traditional foods	Never	Occasionally	Often	NR
HV4_12_1	Bannock	1	2	3	9
HV4_12_2	Caribou	1	2	3	9
HV4_12_3	Game birds (such as goose, ptarmigan, duck)	1	2	3	9
HV4_12_4	Sea-based mammals (such as seals, whale or walrus)	1	2	3	9
HV4_12_5	Fish (such as trout, char)	1	2	3	9
HV4_12_6	Wild berries (arpik, cranberries, etc.)	1	2	3	9

Source : Inspirée de Allaire, J., Johnson-Down, L., Little, M., Ayotte, P., Régie régionale de la santé et des services sociaux du Nunavik (RRSSSN) et Institut national de santé publique du Québec (INSPQ). *Enquête sur la santé des INUIT du Nunavik — 2017 Qanuilirpitaa? Comment allons-nous maintenant?*, 2017, bloc 4, section Aliments traditionnels, questions 1 à 10, 13, 14, 16 à 21, 24 et 25.

(HV4\_12X) Would you like to eat more of the following traditional foods?

	Traditional foods	Yes	No	NR
HV4_12X_1	Bannock	1	2	9
HV4_12X_2	Caribou	1	2	9
HV4_12X_3	Game birds (such as goose, ptarmigan, duck)	1	2	9
HV4_12X_4	Sea-based mammals (such as seals, whale or walrus)	1	2	9
HV4_12X_5	Fish (such as trout, char)	1	2	9
HV4_12X_6	Wild berries (arpik, cranberries, etc.)	1	2	9

Source : Inspirée de Allaire, J., Johnson-Down, L., Little, M., Ayotte, P., Régie régionale de la santé et des services sociaux du Nunavik (RRSSSN) et Institut national de santé publique du Québec (INSPQ). *Enquête sur la santé des INUIT du Nunavik — 2017 Qanuilirpitaa? Comment allons-nous maintenant?*, 2017, bloc 4, section Aliments traditionnels, questions 1 à 10, 13, 14, 16 à 21, 24 et 25.

HV4\_11X In the past school week (Monday to Friday), how many days did you eat or drink something in the morning (including breakfast) before classes began?

**INSTRUCTION :** Don't count coffee, tea or water.

- 1 None
- 2 1 or 2 days
- 3 3 or 4 days
- 4 Every school day
- 9 No response

Source : Institut de la statistique du Québec. *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents (ESSEA)*, 1999, question 82.

HV4\_13 Have you experienced being hungry because your family had run out of food or money to buy food?

- 1 Yes
- 2 No → HV3\_3
- 3 I don't know → HV3\_3
- 9 No response → HV3\_3

Source : *Enquête auprès des peuples autochtones 2006 – Les enfants et les jeunes de 6 à 14 ans (EAPA)*, 2006, question G3.

- HV4\_13A** How often?
- 1 Very often or always
  - 2 Often
  - 3 Sometimes
  - 4 Rarely
  - 5 I don't know**
  - 9 No response

Source : *Enquête auprès des peuples autochtones 2006 – Les enfants et les jeunes de 6 à 14 ans (EAPA)*, 2006, question G4. Adaptée par l'ISQ.

## How you perceive yourself

(HV3\_3) Check the illustration that best corresponds to your current appearance.

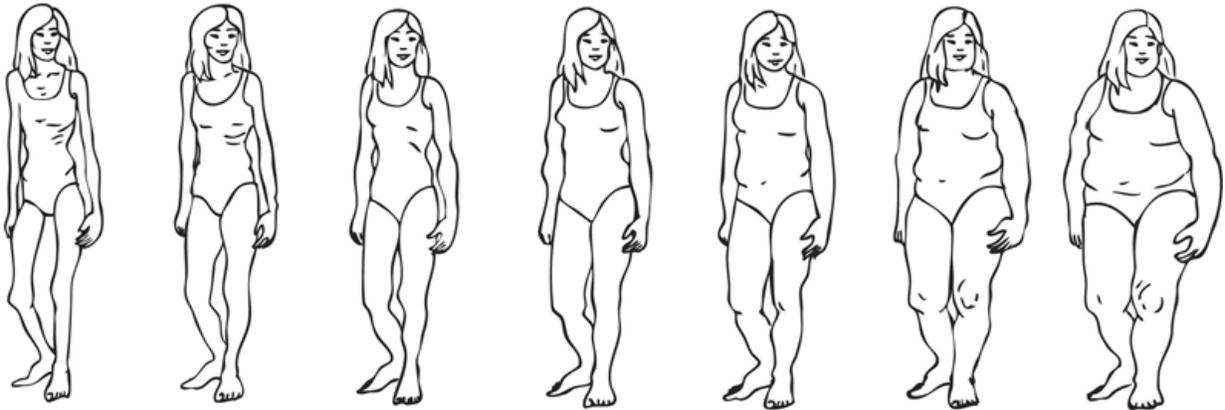
### Filtre 4.

Si SD9\_2 = 2 → HV3\_3\_F

Si SD9\_2 = 1 → HV3\_3\_H

Sinon → afficher les 2 images (gars et filles).

HV3\_3\_F



(1)

(2)

(3)

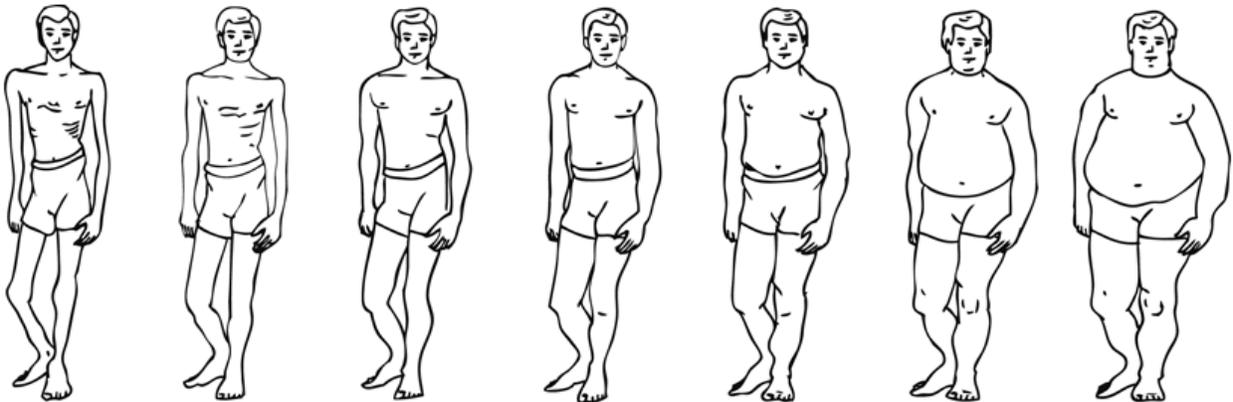
(4)

(5)

(6)

(7)

HV3\_3\_H



(1)

(2)

(3)

(4)

(5)

(6)

(7)

Source : Collins, M. E. *Body figure perceptions and preferences among preadolescent children*, 1991, International Journal of Eating Disorders, vol. 10, p. 208-217.

(HV3\_4) Check the illustration that best corresponds to what you'd like to look like.

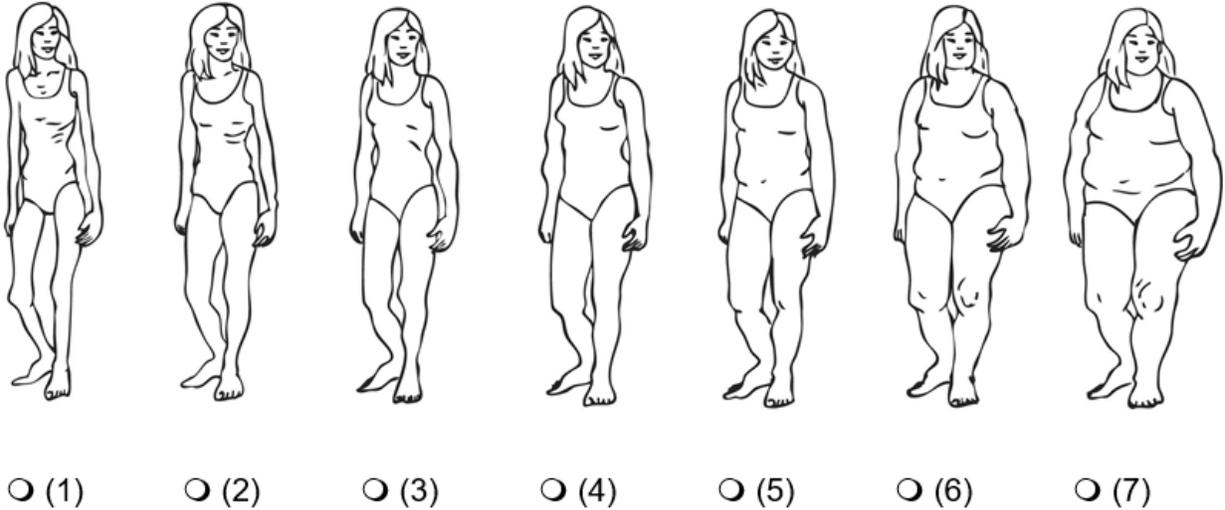
**Filtre 5.**

Si SD9\_2 = 1 → HV3\_3\_H

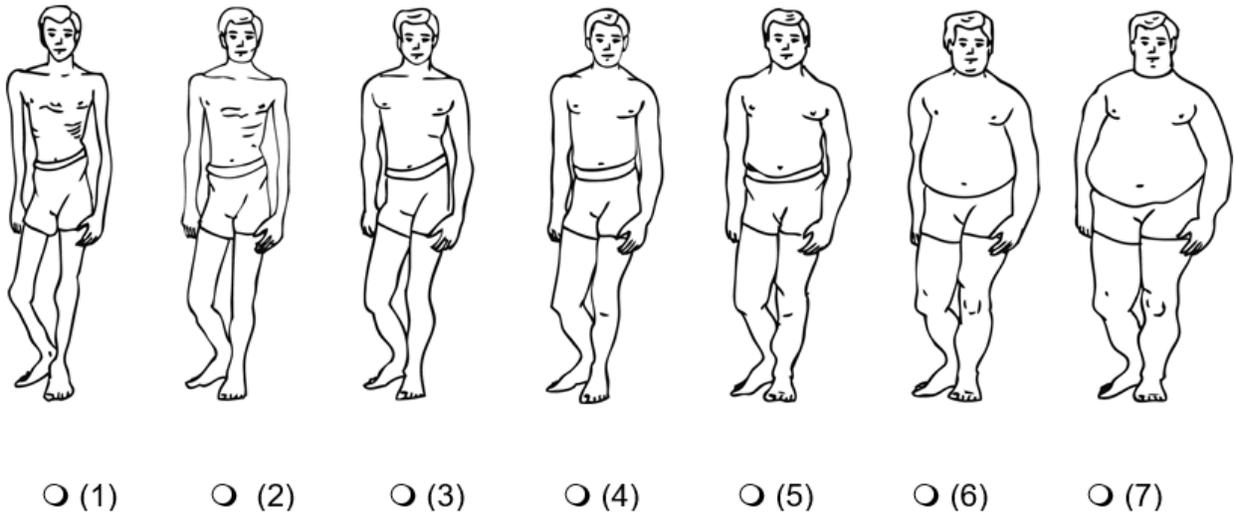
Si SD9\_2 = 2 → HV3\_4\_F

Sinon → afficher les 2 images (gars et filles).

**HV3\_4\_F**



**HV3\_4\_H**



Source : Collins, M. E. Body figure perceptions and preferences among preadolescent children, 1991, International Journal of Eating Disorders, vol. 10, p. 208-217.

## About your family environment

Read the following statements and choose the answer that best reflects your family environment.

(SM\_G\_1X) In my home, there is a parent, family member or some other adult...

		Yes	No	NR
SM_G_1X_1	Who is interested in my school work.	1	2	9
SM_G_1X_2	Who talks with me about my problems.	1	2	9
SM_G_1X_3	Who listens to me when I have something to say.	1	2	9
SM_G_1X_4	Who expects me to follow the rules.	1	2	9
SM_G_1X_5	Who believes that I will be a success.	1	2	9
SM_G_1X_6	Who always wants me to do my best.	1	2	9
SM_G_1X_7	Who is affectionate with me in an appropriate way (hugs me, smiles at me, gives me kisses).	1	2	9

Sources : California Department of Education, *California Healthy Kids Survey* (CHKS), 2007-2008 et Régie régionale de la santé et des services sociaux de l'Outaouais (RRSSSO), *Styles de vie des jeunes du secondaire en Outaouais* (SVJSO), 2002, question 24B. Adaptées par l'ISQ.

Read the following statements and choose the answer that best reflects your family environment.

(SM\_G2) At home...

		Yes	No	NR
SM_G2_1X	I do fun things or go to fun places with my parents or other adults.	1	2	9
SM_G2_4X	I go out on the land with my parents, family members or other adults.	1	2	9

Sources : California Department of Education, *California Healthy Kids Survey* (CHKS), 2007-2008 et inspirée de Muckle, G., Fletcher, C., Riva, M., Desrochers-Couture, M., Pépin, C., Poliakova, N., Moisan, C., Bélanger, R., Fraser, S., Régie régionale de la santé et des services sociaux du Nunavik (RRSSSN) et Institut national de santé publique du Québec (INSPQ), *Enquête sur la santé des INUIT du Nunavik — 2017 Qanuilirpitaa? Comment allons-nous maintenant?*, 2017, bloc 1, section 4, question 1c.

## About your sexual attraction to others and sexual relations

### Filtre 6.

Si SD9\_1 = 1,2,3,9 ou GROUP\_AGE = 1,9 → HV8\_2T (section « Ton expérience avec la cigarette »)

Sinon → HV7\_15X

**HV7\_15X** People are different in their sexual attraction to others. Which statement best describes how you feel?

You are sexually attracted...

- 1 Only to people of the opposite sex
- 2 Only to people of the same sex as you
- 3 Equally to both sexes
- 4 To neither sex
- 5 **Uncertain or questioning (I don't know)**
- 9 No response

Source : *Enquête sur le parcours amoureux des jeunes (PA)*. Martin Blais (dans le domaine public). Adaptée par l'ISQ.

We are now going to ask you questions about sexual relations that you had “with your consent.” “With your consent” means that you did not say “no”, that is, you did not have sexual relations when you did not want to.

**HV7\_0** Have you ever had sexual relations (oral, vaginal or anal) with your consent?

- 1 Yes
- 2 No → HV7\_17A
- 9 No response → HV7\_17A

Source : Institut de la statistique du Québec. *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents (ESSEA)*, 1999, questions 50 et 65.

**HV7\_0A** How old were you the first time you had sexual relations (with your consent)?

[Liste déroulante (âge en ordre décroissant) : (Continu : âge maximum = SD9\_1, âge minimum = 9 ans ou moins)]

Enter age \_\_\_\_\_ years old

- 99 No response

Source : Institut de la statistique du Québec. *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents (ESSEA)*, 1999, questions 52 et 67.

**HV7\_0B** With how many different people have you had sexual relations (oral, vaginal or anal) with your consent?

- 1 1 person
- 2 2 people
- 3 3 people
- 4 4 people
- 5 5 people
- 6 6 people
- 7 7 people
- 8 8 people
- 9 9 people or more
- 99 No response

Source : Institut de la statistique du Québec. *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, questions 51 et 66. Adaptées par l'ISQ.

If you do not feel comfortable answering questions on this topic, you can go directly to the next section.

**SECT\_RELTN\_SEX\_PAGE** Do you wish to continue answering the questions in this section?

- 1 Yes
- 2 No → [HV8\\_2T](#)
- 9 No response → [HV8\\_2T](#)

### *Oral sex*

**HV7\_1X** Have you ever given or received oral sex (contact of the mouth with the vulva or penis) with your consent?

- 1 Yes
- 2 No
- 9 No response

Source : Institut de la statistique du Québec. *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, questions 50 et 65. Adaptées par l'ISQ.

### *Vaginal sex*

**HV7\_4** Have you ever had vaginal sex (penetration into the vagina) with your consent?

- 1 Yes
- 2 No → [HV7\\_8](#)
- 9 No response → [HV7\\_8](#)

Source : Institut de la statistique du Québec. *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, questions 50 et 65. Adaptées par l'ISQ.

**HV7\_7** The last time you had vaginal sex (with your consent), did you or your partner use a condom?

- 1 Yes
- 2 No
- 9 No response

Sources : Institut de la statistique du Québec. *Enquête sociale et de santé – Questionnaire sur les habitudes de vie et la santé 1998* (ESS) (Questionnaire autoadministré), 1998, question 209 et Institut de la statistique du Québec. *Enquête québécoise sur la santé de la population 2008* (EQSP), 2008, question Q99. Adaptées par l'ISQ.

**Anal sex**

**HV7\_8** Have you ever had anal sex (penetration into the anus) with your consent?

- 1 Yes
- 2 No → [HV7\\_17A](#)
- 9 No response → [HV7\\_17A](#)

Source : Institut de la statistique du Québec. *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, questions 50 et 65. Adaptées par l'ISQ.

**HV7\_11** The last time you had anal sex (with your consent), did you or your partner use a condom?

- 1 Yes
- 2 No
- 9 No response

Sources : Institut de la statistique du Québec, *Enquête sociale et de santé – Questionnaire sur les habitudes de vie et la santé 1998* (ESS) (Questionnaire autoadministré), 1998, question 209 et Institut de la statistique du Québec, *Enquête québécoise sur la santé de la population 2008* (EQSP), 2008, question Q99. Adaptées par l'ISQ.

**HV7\_17A** Were you ever taught about using condoms?

- 1 Yes → [HV7\\_17B](#)
- 2 No → [Filtre 7](#)
- 9 No response → [Filtre 7](#)

Source : Nouvelle question.

**Filtre 7.**

Si HV7\_0 = 1 → [HV7\\_16](#)

Sinon → [HV7\\_18](#)

**(HV7\_17B)** Who taught you about using condoms?

		Yes	No	NR
<b>HV7_17B_1</b>	My parents (mother, father, or both)	1	2	9
<b>HV7_17B_2</b>	A guardian	1	2	9
<b>HV7_17B_3</b>	Another family member	1	2	9
<b>HV7_17B_4</b>	A friend (or friends)	1	2	9
<b>HV7_17B_5</b>	A teacher (or teachers) at school	1	2	9
<b>HV7_17B_6</b>	A nurse or doctor	1	2	9
<b>HV7_17B_7</b>	An Elder (or Elders) in the community	1	2	9
<b>HV7_17B_8</b>	I learned how on the Internet	1	2	9
<b>HV7_17B_9</b>	Other person or source	1	2	9
<b>HV7_17B_AUT</b>	Other person or source, please specify : _____			

Source : Nouvelle question.

**Filtre 8.**

Si HV7\_0 = 1 → [HV7\\_16](#)

Sinon → [HV7\\_18](#)

**HV7\_16** Up until now, when you engaged in sexual relations (oral, vaginal or anal) with your consent, it was...

- 1 Always with a person of the opposite sex
- 2 Mostly with a person of the opposite sex
- 3 Always with a person of the same sex as you
- 4 Mostly with a person of the same sex as you
- 5 Equally with persons of the same sex as you as with persons of the opposite sex
- 9 No response

Sources : Inspirée de Santé Québec, *Enquête québécoise sur les facteurs associés au sida et aux autres MTS : La population des 15-29 ans 1991* (MTSSIDA), 1991, question 26 et Institut de la statistique du Québec, *Enquête sociale et de santé – Questionnaire sur les habitudes de vie et la santé 1998* (ESS) (Questionnaire autoadministré), 1998, question 204.

**HV7\_18** Do you use the Internet to find information about sex?

- 1 Yes
- 2 No
- 9 No response

Source : Nouvelle question.

**(HV7\_19)** Do you feel comfortable asking questions about safe sex, healthy relationships, etc., to the following people:

		Yes	No	I don't know	NR
<b>HV7_19_1</b>	Your parents or guardians?	1	2	3	9
<b>HV7_19_2</b>	Your teachers?	1	2	3	9
<b>HV7_19_3</b>	People like nurses, doctors or social workers?	1	2	3	9

Source : Moisan, C., Bélanger, R., Muckle, G., Morin, V., Lafrenaye Dugas, A-J., Poliakiva, N., Régie régionale de la santé et des services sociaux du Nunavik (RRSSSN) et Institut national de santé publique du Québec (INSPQ). *Enquête sur la santé des INUIT du Nunavik — 2017 Qanuilirpitaa? Comment allons-nous maintenant?*, 2017, bloc 3, section 8, question 4.

**(HV7\_22)** Have you ever heard about the following sexually transmitted infections (STIs)?

		Yes	No	NR
<b>HV7_22_1</b>	Gonorrhea	1	2	9
<b>HV7_22_2</b>	Chlamydia	1	2	9
<b>HV7_22_3</b>	AIDS	1	2	9
<b>HV7_22_4</b>	Syphilis	1	2	9

Source : Nouvelle question.

## Your experience with cigarettes

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**HV8\_2T** Have you ever tried cigarette smoking, even just a few puffs?

- 1 Yes
- 2 No → HV8\_8
- 9 No response → HV8\_8

Source : *Enquête sur le tabagisme chez les jeunes 1994* (F08S) (ETJ), 1994, question 9a.

**HV8\_3T** Have you ever smoked a whole cigarette?

- 1 Yes
- 2 No → HV8\_5TX
- 9 No response → HV8\_5TX

Source : *Enquête sur le tabagisme chez les jeunes 1994* (F08S) (ETJ), 1994, question 12.

**HV8\_3AT** How old were you when you smoked your first whole cigarette?

[Liste déroulante (âge en ordre décroissant) : (Continu : âge maximum = SD9\_1, âge minimum = 5 ans ou moins)]

Enter age \_\_\_\_\_ years old

- 99 No response

Source : *Enquête sur le tabagisme chez les jeunes 1994* (F08S) (ETJ), 1994, question 13.

**HV8\_4TX** Have you smoked 100 cigarettes or 4 packs or more in your life?

*100 cigarettes = 4 packs of 25 cigarettes*

- 1 Yes
- 2 No → HV8\_5TX
- 3 I don't know → HV8\_5TX
- 9 No response → HV8\_5TX

Source : *Enquête sur le tabagisme chez les jeunes 1994* (F08S) (ETJ), 1994, question 14. Adaptée par l'ISQ.

**HV8\_5TX** In the past 30 days, have you smoked cigarettes, even just a few puffs?

- 1 No, I haven't smoked in the past 30 days
- 2 Yes, a few times (a few days)
- 3 Yes, almost every day
- 4 Yes, every day
- 9 No response

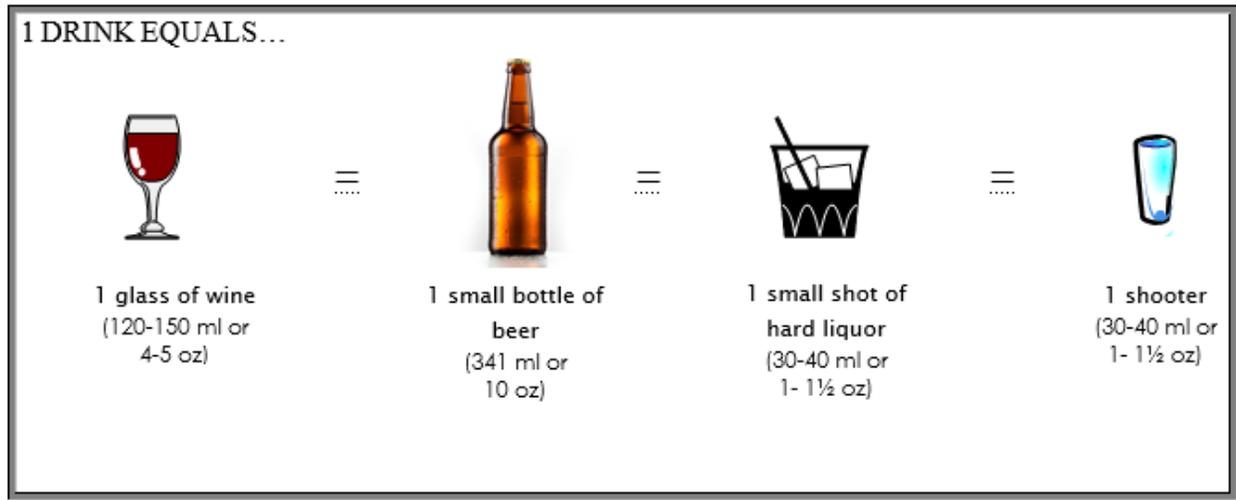
Source : *Enquête sur le tabagisme chez les jeunes 1994* (F08S) (ETJ), 1994, question 17. Adaptée par l'ISQ.

**HV8\_8** In the past 30 days, did you use an electronic cigarette (e-cigarette or vape)?

- 1 Yes
- 2 No
- 9 No response

Source : Société canadienne du cancer, *Enquête sur le tabagisme chez les jeunes 2012-2013*.

## Your experience with alcohol



[Images affichées pour chaque question de la section (HV\_J) « Ton expérience avec l'alcool »]

HV\_J\_3 Have you ever drunk alcohol?

INSTRUCTION : Don't count the times when you only had a sip.

- 1 Yes
- 2 No → HV\_J\_14AX
- 9 No response → HV\_J\_14AX

Source : Institut de la statistique du Québec. *Enquête québécoise sur le tabac, l'alcool, la drogue et le jeu chez les élèves du secondaire* (ETADJES), 2004, question 44.

HV\_J\_4 How old were you when you drank alcohol for the first time?

[Liste déroulante (âge en ordre décroissant) : (Continu : âge maximum = SD9\_1, âge minimum = 5 ans ou moins)]

Enter age \_\_\_\_\_ years old

- 99 No response

Sources : Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, question 111 et Institut de la statistique du Québec, *Enquête québécoise sur le tabac, l'alcool, la drogue et le jeu chez les élèves du secondaire* (ETADJES), 2004, question 45.

HV\_J\_5 In the past 12 months, how often did you drink alcohol?

- 1 I didn't drink alcohol in the past 12 months → HV\_J\_14AX
- 2 Just once to try
- 3 Less than once a month (occasionally)
- 4 About once a month
- 5 On the weekend **or** once or twice a week
- 6 3 times a week **or** more but not every day
- 7 Every day
- 9 No response → HV\_J\_14AX

Source : Recherche et intervention sur les substances psychoactives - Québec (RISQ). *DEP-ADO Grille de dépistage de consommation problématique d'alcool et de drogues chez les adolescents et les adolescentes*, 2000, question 1. Adaptée par l'ISQ.

**HV\_J\_6** In the past 12 months, how many times have you had 5 drinks or more of alcohol on the same occasion?

- 1 Not once
- 2 Once
- 3 Twice
- 4 3 times
- 5 4 times
- 6 5 to 10 times
- 7 11 to 25 times
- 8 26 times or more
- 9 No response

Source : Recherche et intervention sur les substances psychoactives - Québec (RISQ). *DEP-ADO Grille de dépistage de consommation problématique d'alcool et de drogues chez les adolescents et les adolescentes*, 2000, question 5b.

**HV\_J\_14AX** How easy or difficult do you think it would be for you to get alcohol within 24 hours?

- 1 Very easy
- 2 Fairly easy
- 3 Fairly difficult
- 4 Very difficult
- 5 Impossible
- 6 **I don't know**
- 9 No response

Source : European Commission. *Flash Eurobarometer 401 : Young people and drugs*, 2014, question Q11.

## Your experience with cannabis

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We would like to know if you have ever used or tried cannabis (that is, weed, pot, marijuana, grass or hashish).

HV\_J\_7 Have you ever used or tried cannabis (that is, weed, pot, marijuana, grass or hashish)?

- 1 Yes
- 2 No → HV\_J\_14BX
- 9 No response → HV\_J\_14BX

Source : Institut de la statistique du Québec. *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, question 113. Adaptée par l'ISQ.

HV\_J\_8 How old were you when you first used or tried cannabis (that is, weed, pot, marijuana, grass or hashish)?

[Liste déroulante (âge en ordre décroissant) : (Continu : âge maximum = SD9\_1, âge minimum = 5 ans ou moins)]

Enter age \_\_\_\_\_ years old

- 99 No response

Source : Institut de la statistique du Québec. *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, question 115. Adaptée par l'ISQ.

HV\_J\_9\_1X In the past 12 months, how often have you used or tried cannabis (that is, weed, pot, marijuana, grass, or hashish)?

- 1 Never
- 2 Once or twice
- 3 3 to 11 times a year
- 4 About once a month
- 5 2 or 3 times a month
- 6 About once or twice a week
- 7 3 to 4 times a week
- 8 Daily or almost daily
- 9 No response

Source : Recherche et intervention sur les substances psychoactives - Québec (RISQ). *DEP-ADO Grille de dépistage de consommation problématique d'alcool et de drogues chez les adolescents et les adolescentes*, 2000, question 1. Adaptée par l'ISQ.

HV\_J\_14BX How easy or difficult do you think it would be for you to get cannabis within 24 hours?

- 1 Very easy
- 2 Fairly easy
- 3 Fairly difficult
- 4 Very difficult
- 5 Impossible
- 6 I don't know
- 9 No response

Source : European Commission. *Flash Eurobarometer 401 : Young people and drugs*, 2014, question Q11.

## Your experience with drugs

We would also like to know if you have ever used any of the following drugs or other substances.

The word “drugs” also includes prescribed or over-the-counter medications used more than the directions indicate and for non-medical purposes to get high.

**HV\_J\_15** Have you ever tried to get high by sniffing glue, gasoline, propane, hairspray, computer cleaner or any other solvents?

- 1 Yes
- 2 No
- 9 No response

Source : Bélanger, R., Muckle, G., Courtemanche, Y., Poliakova, N., Régie régionale de la santé et des services sociaux du Nunavik (RRSSSN) et Institut national de santé publique du Québec (INSPQ). *Enquête sur la santé des INUIT du Nunavik — 2017 Qanuilirpitaa? Comment allons-nous maintenant?*, 2017, bloc 1, section 3.3, question 24. Adaptée par l'ISQ.

**HV\_J\_9\_8X** In the past 12 months, have you used or tried prescription or over-the-counter drugs to get high – that is, more than the directions indicate and for non-medical use?

- 1 Yes
- 2 No
- 9 No response

Source : Bélanger, R., Muckle, G., Courtemanche, Y., Poliakova, N., Régie régionale de la santé et des services sociaux du Nunavik (RRSSSN) et Institut national de santé publique du Québec (INSPQ). *Enquête sur la santé des INUIT du Nunavik — 2017 Qanuilirpitaa? Comment allons-nous maintenant?*, 2017, bloc 1, section 3.3, question 25. Adaptée par l'ISQ.

**HV\_J\_9\_9X** Have you used any other drugs in the past 12 months?

- 1 Yes
- 2 No → **Filtre 9**
- 9 No response → **Filtre 9**

Source : Nouvelle question.

### Filtre 9.

Si HV\_J\_9\_1X = 1 et HV\_J\_15 = 2 et HV\_J\_9\_8X = 2 → HV\_J\_10A

Si HV\_J\_9\_1X = 9 et HV\_J\_15 = 9 et HV\_J\_9\_8X = 9 → HV\_J\_10A

Si HV\_J\_9\_1X = 1 ou HV\_J\_15 = 2 ou HV\_J\_9\_8X = 2 → HV\_J\_16

**(HV\_J\_9\_XX)** In the past 12 months, have you used or tried:

		Yes	No	NR
<b>HV_J_9_2X</b>	Cocaine such as coke, snow, crack or freebase?	1	2	9
<b>HV_J_9_5X</b>	Ecstasy such as E, XTC or X?	1	2	9
<b>HV_J_9_7X</b>	Amphetamines or methamphetamines such as speed, peanut, crystal meth, or ice?	1	2	9
<b>HV_J_9_4X</b>	Hallucinogens such as PCP, LSD, acid, mushrooms or mescaline?	1	2	9
<b>HV_J_9_6X</b>	Heroin (smack, crank)?	1	2	9

Sources : Recherche et intervention sur les substances psychoactives - Québec (RISQ), *DEP-ADO Grille de dépistage de consommation problématique d'alcool et de drogues chez les adolescents et les adolescentes*, 2000, question 1 et Ministère de la Santé et des Services sociaux du Québec, *Mieux connaître les drogues*, 2005. Adaptée par l'ISQ.

**HV\_J\_16** In the past 12 months, have you used or tried injection drugs?

- 1 Yes
- 2 No → [HV\\_J\\_10](#)
- 9 No response → [HV\\_J\\_10](#)

Source : Bélanger, R., Muckle, G., Courtemanche, Y., Poliakova, N., Régie régionale de la santé et des services sociaux du Nunavik (RRSSN) et Institut national de santé publique du Québec (INSPQ). *Enquête sur la santé des INUIT du Nunavik — 2017 Qanuilirpitaa? Comment allons-nous maintenant?*, 2017, bloc 1, section 3.3, question 27f.

**HV\_J\_16A** Have you shared needles?

- 1 Yes
- 2 No
- 9 No response

Source : Bélanger, R., Muckle, G., Courtemanche, Y., Poliakova, N., Régie régionale de la santé et des services sociaux du Nunavik (RRSSN) et Institut national de santé publique du Québec (INSPQ). *Enquête sur la santé des INUIT du Nunavik — 2017 Qanuilirpitaa? Comment allons-nous maintenant?*, 2017, bloc 1, section 3.3, question 27A.

**HV\_J\_10** Thinking of the drugs for which you checked “Yes”: In the past 30 days, did you use any of these drugs?

- 1 Yes
- 2 No
- 9 No response

Source : Recherche et intervention sur les substances psychoactives - Québec (RISQ). *DEP-ADO Grille de dépistage de consommation problématique d'alcool et de drogues chez les adolescents et les adolescentes*, 2000, question 2. Adaptée par l'ISQ.

**HV\_J\_10A** Have you ever used drugs on a regular basis, meaning at least once a week for at least one month?

- 1 Yes
- 2 No → [Filtre 10](#)
- 9 No response → [Filtre 10](#)

Source : Recherche et intervention sur les substances psychoactives - Québec (RISQ). *DEP-ADO Grille de dépistage de consommation problématique d'alcool et de drogues chez les adolescents et les adolescentes*, 2000, question 3a. Adaptée par l'ISQ.

#### **Filtre 10.**

Si HV\_J\_5 = 2, 3, 4, 5, 6, 7 ou HV\_J\_9\_1x = 2, 3, 4, 5, 6, 7, 8 ou si HV\_J\_15 = 1 ou si HV\_J\_9\_8x = 1 ou si HV\_J\_9\_9x = 1 → [HV\\_J\\_12](#)  
Sinon → [SM\\_C\\_3A](#)

(HV\_J\_12) In the past 12 months, have you ever been in any of the following situations?

		Yes	No	NR
HV_J_12A	My alcohol or drug use has had negative psychological effects on me (anxiety, depression, problems concentrating, etc.).	1	2	9
HV_J_12B	My alcohol or drug use has had negative effects on my relationships with my family.	1	2	9
HV_J_12C	My alcohol or drug use has had negative effects with my friends or in my love life.	1	2	9
HV_J_12DX	My alcohol or drug use has had negative effects on my studies.	1	2	9
HV_J_12EX	I broke the law (even if I wasn't arrested by the police) while under the influence of alcohol or drugs.	1	2	9
HV_J_12FX	I think it takes more alcohol or drugs to get me high or drunk than it used to.	1	2	9
HV_J_12G	I have spoken with a healthcare worker or counsellor about my alcohol or drug use.	1	2	9

Source : Recherche et intervention sur les substances psychoactives - Québec (RISQ). *DEP-ADO Grille de dépistage de consommation problématique d'alcool et de drogues chez les adolescents et les adolescentes*, 2003, questions 6b, 6c, 6d, 6e, 6g, 6i et 6j. Adaptées par l'ISQ.

## More about you and your school

(SM\_C\_3A) Since the start of the school year, have you experienced the following at your school or on your way to and from school?

		Often	Sometimes	Never	NR
SM_C_3A_1	You've been insulted or called names.	1	2	3	9
SM_C_3A_2	Someone has threatened to hit you or break something belonging to you.	1	2	3	9
SM_C_3A_3	You've experienced unwanted sexual touching or fondling.	1	2	3	9
SM_C_3A_4	You've been hit (beat up, punched, kicked, bullied) or pushed around violently.	1	2	3	9
SM_C_3A_5	You've been offered money to do bad or illegal things (for example rob, threaten or hit someone, etc.).	1	2	3	9
SM_C_3A_6	You've been "taxed" (someone has robbed you of money or personal possessions after threatening you).	1	2	3	9
SM_C_3A_7	You've been threatened or attacked by gang members.	1	2	3	9
SM_C_3A_8	You have been called <i>piujuq</i> (you think you are perfect).	1	2	3	9
SM_C_3A_9	You have been called white or qallunak because you have mixed parents.	1	2	3	9
SM_C_3A_10	You have been bullied because you live in foster care.	1	2	3	9
SM_C_3A_11	You have been bullied because you come from another community.	1	2	3	9

Sources : Régie régionale de la santé et des services sociaux de l'Outaouais (RRSSO), *Styles de vie des jeunes du secondaire en Outaouais* (SVJSO), 2002, question Q96, Direction de la santé publique de la Montérégie, *Expériences de vie des élèves de niveau secondaire de la Montérégie* (EVENS), 1998, question Q17, Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 - Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, question 16, Régie régionale de la santé et des services sociaux de Montréal-Centre, *Enquête sur le bien-être des jeunes montréalais - Questionnaire aux adolescents de secondaire 3 et 5* (EBEJM), 2003, question Q27 et nouvelles questions. Adaptées par l'ISQ.

Bullying on the Internet is when a person uses technology such as a computer or cell phone (text message, Facebook, Snapchat, Messenger, Instagram) to hurt another person on purpose. This can lead to an image (photo or video) or opinion being shared or spread massively. The original sender is often anonymous.

SM\_C\_3BX\_1 Since the start of the school year, have you been a victim of bullying on the Internet?

- 1 Yes
- 2 No → SM\_D\_3
- 9 No response → SM\_D\_3

Source : Institut de la statistique du Québec. *Enquête québécoise sur la santé des jeunes du secondaire 2010-2011- Questionnaire 1* (EQSJS), 2010-2011, question SM\_C-3b.1. Adaptée par l'ISQ.

**SM\_C\_3BX\_2** How often have you been a victim of bullying on the Internet?

- 1 Once
- 2 A few times
- 3 Often
- 4 Very often
- 9 No response

Source : Institut de la statistique du Québec. *Enquête québécoise sur la santé des jeunes du secondaire 2010-2011- Questionnaire 1* (EQSJS), 2010-2011, question SM\_C-3b.2. Adaptée par l'ISQ.

## About you

(SM\_D\_3) Read the following statements and choose the answer that best describes you.

		Yes	No	Sometimes	NR
SM_D_3_1	I feel bad when someone gets their feelings hurt.	1	2	3	9
SM_D_3_2	I try to understand what other people go through.	1	2	3	9
SM_D_3_3	I try to understand how other people feel and think.	1	2	3	9

Source : California Department of Education, *California Healthy Kids Survey* (CHKS), 2007-2008.

(SM\_D\_4) Read the following statements and choose the answer that best describes you.

		Yes	No	Sometimes	NR
SM_D_4_1	I can work out or solve my problems.	1	2	3	9
SM_D_4_2	I can do most things if I try.	1	2	3	9
SM_D_4_3	) I feel capable of meeting challenges that I care about.	1	2	3	9
SM_D_4_4	I get easily discouraged when I have trouble with something.	1	2	3	9
SM_D_4_5	I often give up on an activity or project before finishing it.	1	2	3	9
SM_D_4_6	If I'm interested in an activity but it looks too complicated, I don't even bother trying.	1	2	3	9
SM_D_4_7	When I try to learn something new, I quickly give up if I'm not good at it right away.	1	2	3	9

Sources : California Department of Education, *California Healthy Kids Survey* (CHKS), 2007-2008 et Régie régionale de la santé et des services sociaux de l'Outaouais (RRSSSO), *Styles de vie des jeunes du secondaire en Outaouais* (SVJSO), 2002, question 36. Adaptées par l'ISQ.

(SM\_B\_4C) In the past 12 months, about how many times...

		Never	One or two times	3 or 4 times	5 times or more	NR
SM_B_4C_1X	Have you stayed out all night?	1	2	3	4	9
SM_B_4C_2	Were you questioned by the police about something they thought you did?	1	2	3	4	9
SM_B_4C_3	Have you run away from home?	1	2	3	4	9
SM_B_4C_4X	Have you stolen something?	1	2	3	4	9
SM_B_4C_5	Have you damaged or destroyed something that didn't belong to you?	1	2	3	4	9
SM_B_4C_6	Have you fought with someone to the point where the person needed medical treatment for their injuries?	1	2	3	4	9
SM_B_4C_7	Have you fought with someone with the idea of seriously hurting him or her?	1	2	3	4	9
SM_B_4C_8	Have you carried a weapon for the purpose of defending yourself or using it in a fight?	1	2	3	4	9
SM_B_4C_9	Have you sold drugs?	1	2	3	4	9
SM_B_4C_10	Have you tried to sexually touch or fondle someone while knowing that they probably wouldn't want you to?	1	2	3	4	9

Sources : Régie régionale de la santé et des services sociaux de Montréal-Centre, *Enquête sur le bien-être des jeunes montréalais – Questionnaire aux adolescents de secondaire 3 et 5 (EBEJM)*, 2003, question 41 et *Enquête longitudinale nationale sur les enfants et les jeunes – Livret 23 (ELNEJ)*, 2004-2005, question C7. Adaptées par l'ISQ.

SM\_B\_4DX In the past 12 months, did you belong to a group that broke the law by stealing, hitting someone, committing vandalism, etc.?

- 1 Yes
- 2 No
- 9 No response

Sources : Régie régionale de la santé et des services sociaux de Montréal-Centre, *Enquête sur le bien-être des jeunes montréalais – Questionnaire aux adolescents de secondaire 3 et 5 (EBEJM)*, 2003, question 42 et *Enquête longitudinale nationale sur les enfants et les jeunes – Livret 23 (ELNEJ)*, 2004-2005, question C8. Adaptées par l'ISQ.

## About your friends and how you relate to others

(SM\_H\_1) Read the following statements and choose the answer that best reflects your situation. I have a friend about my own age...

		Yes	No	NR
SM_H_1_1	Who really cares about me.	1	2	9
SM_H_1_2	Who talks with me about my problems.	1	2	9
SM_H_1_3	Who helps me when I'm having a hard time.	1	2	9

Source : California Department of Education. *California Healthy Kids Survey (CHKS)*, 2007-2008.

(SM\_D\_6A) Read the following statements and choose the answer that best describes you.

		Never	Sometimes	Often	Always	NR
SM_D_6A_7	I have difficulty making friends.	1	2	3	4	9
SM_D_6A_8	I feel uncomfortable in group activities with other young people.	1	2	3	4	9
SM_D_6A_9	I get along well with people my age.	1	2	3	4	9

Sources : Régie régionale de la santé et des services sociaux de l'Outaouais (RRSSO), *Styles de vie des jeunes du secondaire en Outaouais (SVJSO)*, 2002, questions 35K et 35O et Régie régionale de la santé et des services sociaux de Montréal-Centre, *Enquête sur le bien-être des jeunes montréalais - Questionnaire aux adolescents de secondaire 3 et 5 (EBEJM)*, 2003, question 39B. Adaptées par l'ISQ.

(SM\_B\_4B) Read the following statements and choose the answer that best describes you.

		Never	Sometimes	Often	NR
SM_B_4B_1	I get into a lot of fights.	1	2	3	9
SM_B_4B_2	When I'm mad at someone, I try to get others to dislike him or her.	1	2	3	9
SM_B_4B_3	When I'm mad at someone, I become friends with somebody else as revenge.	1	2	3	9
SM_B_4B_4	When another young person accidentally hurts me, I assume that he or she meant to do it, and I react with anger and start a fight.	1	2	3	9
SM_B_4B_5	When I'm mad at someone, I say bad things behind his or her back.	1	2	3	9
SM_B_4B_6	I physically attack people.	1	2	3	9
SM_B_4B_7	I threaten people.	1	2	3	9
SM_B_4B_8	I'm cruel, I bully or I'm mean to others.	1	2	3	9
SM_B_4B_9	When I'm mad at someone, I say to others: let's not hang out with him or her.	1	2	3	9
SM_B_4B_10	I hit, kick or bite other people my age.	1	2	3	9
SM_B_4B_11	When I'm mad at someone, I tell that person's secrets to other people.	1	2	3	9

Sources : Régie régionale de la santé et des services sociaux de Montréal-Centre, *Enquête sur le bien-être des jeunes montréalais - Questionnaire aux adolescents de secondaire 3 et 5 (EBEJM)*, 2003, question 33 et *Enquête longitudinale nationale sur les enfants et les jeunes - Livret 21 (ELNEJ)*, 2004-2005, question D1.

## About your love relationships

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**SM\_H\_3A** Have you ever gone out with a guy or a girl?

Here, “gone out with” means spending intimate time with him or her. This may have lasted just one night or a couple of weeks, months or years.

- 1 Yes
- 2 No → [SM\\_I\\_1X](#)
- 9 No response → [SM\\_I\\_1X](#)

Source : Institut de la statistique du Québec. *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, questions 47 et 62. Adaptées par l'ISQ.

**SM\_H\_3B** In the past 12 months, did you go out with a guy or a girl?

- 1 Yes
- 2 No → [SM\\_I\\_1X](#)
- 9 No response → [SM\\_I\\_1X](#)

Source : Institut de la statistique du Québec. *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, questions 48 et 63. Adaptées par l'ISQ.

**SM\_H\_3C\_X** Did you go on outings together?

- 1 Yes
- 2 No
- 9 No response

Source : Nouvelle question.

The next two series of questions have a similar wording. The first series is about how you have behaved towards others; the second is about how others have behaved towards you.

**(SM\_B\_5)** Think about the guys or girls you went out with during the past 12 months. How many times did the following situations occur in any of your relationships?

		Never	One time	Two times	3 times or more	NR
SM_B_5_1X	I criticized him or her cruelly about his or her physical appearance; I insulted him or her in front of people; I put him or her down.	1	2	3	4	9
SM_B_5_2	I controlled his or her outings, email conversations or cell phone; I prevented him or her from seeing his or her friends.	1	2	3	4	9
SM_B_5_3	I forced him or her to kiss or caress me when he or she didn't want to.	1	2	3	4	9
SM_B_5_4	I threw something at him or her which could have hurt him or her.	1	2	3	4	9
SM_B_5_5	I grabbed him or her (held him or her by the arms); I pushed him or her around; I shook him or her.	1	2	3	4	9
SM_B_5_6	I slapped him or her.	1	2	3	4	9
SM_B_5_7	I used my fists or feet, an object or a weapon to hurt him or her.	1	2	3	4	9
SM_B_5_8	I forced him or her to have sexual contact or sexual intercourse with me when he or she didn't want to.	1	2	3	4	9

Sources : Régie régionale de la santé et des services sociaux de l'Outaouais (RRSSSO), *Styles de vie des jeunes du secondaire en Outaouais* (SVJSO), 1996, question 105; Régie régionale de la santé et des services sociaux de Montréal-Centre, *Enquête sur le bien-être des jeunes montréalais – Questionnaire aux adolescents de secondaire 3 et 5 (EBEJM)*, 2003, question 62; et Lavoie, F. et Vézina, L. « Violence dans les relations amoureuses » dans *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999*; Institut de la statistique du Québec, *Questionnaire aux adolescentes et adolescents (ESSEA)*, 2001, questions 64. Inspiré du *Conflict Tactics Scale* (Straus, 1979). Adaptées par l'ISQ.

(SM\_C\_4) Think about the guys or girls you went out with during the past 12 months. How many times did the following situations occur in any of your relationships :

		Never	One time	Two times	3 times or more	NR
SM_C_4_1X	He or she cruelly criticized my physical appearance; he or she insulted me in front of people; he or she put me down.	1	2	3	4	9
SM_C_4_2	He or she controlled my outings, my email conversations or cell phone; he or she prevented me from seeing my friends.	1	2	3	4	9
SM_C_4_3	He or she forced me to kiss or caress him or her when I didn't want to.	1	2	3	4	9
SM_C_4_4	He or she threw something at me which could have hurt me.	1	2	3	4	9
SM_C_4_5	He or she grabbed me (held me by the arms); he or she pushed me around; he or she shook me.	1	2	3	4	9
SM_C_4_6	He or she slapped me.	1	2	3	4	9
SM_C_4_7	He or she used his or her fists or feet, an object or a weapon to hurt me.	1	2	3	4	9
SM_C_4_8	He or she forced me to have sexual contact or sexual intercourse when I didn't want to.	1	2	3	4	9

Sources : Régie régionale de la santé et des services sociaux de l'Outaouais (RRSSO), *Styles de vie des jeunes du secondaire en Outaouais* (SVJSO), 1996, question 105, Régie régionale de la santé et des services sociaux de Montréal-Centre, *Enquête sur le bien-être des jeunes montréalais – Questionnaire aux adolescents de secondaire 3 et 5* (EBEJM), 2003, question Q62, Direction de la santé publique de la Montérégie, *Expériences de vie des élèves de niveau secondaire de la Montérégie* (EVENS), 1998, question 19 et Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, questions 49. Adaptées par l'ISQ.

## About your neighbourhood or community environment

The next statements are about what might occur outside your school or home, such as in your community, or with an adult other than your parents or guardian.

(SM\_I\_1X) Read the following statements and choose the answer that best reflects your situation in your neighborhood or community environment. Outside of my home and school, there is an adult...

		Yes	No	NR
SM_I_1X_1	Who really cares about me.	1	2	9
SM_I_1X_2	Who tells me when I do a good job.	1	2	9
SM_I_1X_3	Who notices when I am upset about something.	1	2	9
SM_I_1X_4	Who believes that I will be a success.	1	2	9
SM_I_1X_5	Who always wants me to do my best.	1	2	9
SM_I_1X_6	Whom I trust.	1	2	9

Source : California Department of Education. *California Healthy Kids Survey* (CHKS), 2007-2008.

(SM\_I\_2X) Read the following statements and choose the answer that best reflects your situation in your neighborhood or community environment. Outside of my home and school...

		Yes	No	NR
SM_I_2X_1	I am part of a club, sports team, church (or other place of worship) or another group activity.	1	2	9
SM_I_2X_2	I am involved in music, art, literature, sports or a hobby.	1	2	9
SM_I_2X_3	I help other people.	1	2	9

Source : California Department of Education. *California Healthy Kids Survey* (CHKS), 2007-2008.

## About your sleeping habits

We would now like you to tell us about your sleeping habits.

**HV\_9\_1** What time do you usually go to bed at night during the school week (Sunday to Thursday)?

**INSTRUCTION** : Round off to the nearest 15 minutes.

HV_9_1H	1	7 p.m.	HV_9_1M	1	0 min
	2	8 p.m.		2	15 min
	3	9 p.m.		3	30 min
	4	10 p.m.		4	45 min
	5	11 p.m.		9	No response
	6	12 a.m.			
	7	1 a.m.			
	8	2 a.m.			
	9	3 a.m.			
	99	No response			

Sources : Laberge, L., Petit, D., Simard, C., Vitaro, F., Tremblay, R.E., Montplaisir, J., *Development of sleep patterns in early adolescence*; 2001, Journal of Sleep Research, vol. 10, p. 59-67. et Lapierre, R. et Agence de la santé et des services sociaux du Saguenay-Lac-Saint-Jean, *Enquête interrégionale auprès des jeunes du secondaire 2008*, 2008, question J.2. Adaptée par l'ISQ.

**HV\_9\_2** What time do you usually wake up in the morning during the school week (Monday to Friday)?

**INSTRUCTION** : Round off to the nearest 15 minutes.

HV_9_2H	1	3 a.m.	HV_9_2M	1	0 min
	2	4 a.m.		2	15 min
	3	5 a.m.		3	30 min
	4	6 a.m.		4	45 min
	5	7 a.m.		9	No response
	6	8 a.m.			
	7	9 a.m.			
	8	10 a.m.			
	99	No response			

Sources : Laberge, L., Petit, D., Simard, C., Vitaro, F., Tremblay, R. E., Montplaisir, J., *Development of sleep patterns in early adolescence*; 2001, Journal of Sleep Research, vol. 10, p. 59-67. et Lapierre, R. et Agence de la santé et des services sociaux du Saguenay-Lac-Saint-Jean, *Enquête interrégionale auprès des jeunes du secondaire 2008*, 2008, question J.3. Adaptée par l'ISQ.

## The last few questions

**SD13\_1X** What is the highest level of education your mother (or the adult woman responsible for you) has achieved?

- 1 Elementary
- 2 Some high school or secondary school (did not finish)
- 3 High school or secondary school (graduated) or Adult Education diploma
- 4 Finished Individual Path of Learning (IPL) program
- 5  CEGEP, technical or vocational school, private commercial college or other
- 6 University
- 7 Other, please specify (SD13\_1\_AUT) \_\_\_\_\_
- 8 I don't know
- 9 Not applicable (no mother or adult woman responsible for me)
- 99 No response

Source : Ministère de l'Éducation du Québec et Centre de recherche sur les services communautaires de l'Université Laval. *Ados, famille et milieu de vie*, 1994, question 11.

**SD13\_2X** What is the highest level of education your father (or the adult man responsible for you) has achieved?

- 1 Elementary
- 2 Some high school or secondary school (did not finish)
- 3 High school or secondary school (graduated) or Adult Education diploma
- 4 Finished Individual Path of Learning (IPL) program
- 5 CEGEP, technical or vocational school, private commercial college or other
- 6 University
- 7 Other, please specify (SD13\_2\_AUT) \_\_\_\_\_
- 8 I don't know
- 9 Not applicable (no father or adult man responsible for me)
- 99 No response

Source : Ministère de l'Éducation du Québec et Centre de recherche sur les services communautaires de l'Université Laval. *Ados, famille et milieu de vie*, 1994, question 11.

**SD13\_3X** What is your mother's main occupation (or the adult woman responsible for you)?

- 1 She works full time (30 hours a week or more)  
(This includes being self-employed (at home or elsewhere))
- 2 She works part time (less than 30 hours a week)  
(This includes being self-employed (at home or elsewhere))
- 3 She's in school studying
- 4 She's unemployed (or is looking for a job)
- 5 She's a homemaker (stay-at-home mom or housewife)
- 6 She's retired, on maternity leave or on sick leave
- 7 Other, please specify (SD13\_3\_AUT) \_\_\_\_\_
- 9 Not applicable (no mother or adult woman responsible for me)
- 99 Ne response

Sources : Institut de la statistique du Québec, *Enquête sociale et de santé – Questionnaire sur les habitudes de vie et la santé 1998* (ESS) (Questionnaire rempli par l'intervieweur), 1998, question 159 et Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents (hors école)* (ESSEA), 1999, question 169. Adaptées par l'ISQ.

**SD13\_4X** What is your father's main occupation (or the adult man responsible for you)?

- 1 He works full time (30 hours a week or more)  
(This includes being self-employed (at home or elsewhere))
- 2 He works part time (less than 30 hours a week)  
(This includes being self-employed (at home or elsewhere))
- 3 He's in school studying
- 4 He's unemployed (or is looking for a job)
- 5 He's a homemaker (stay-at-home dad or house husband)
- 6 He's retired, on paternity leave or on sick leave
- 7 He's a hunter, full-time
- 8 Other, please specify (SD13\_4\_AUT) \_\_\_\_\_
- 9 Not applicable (no father or adult man responsible for me)
- 99 No response

Sources : Institut de la statistique du Québec, *Enquête sociale et de santé – Questionnaire sur les habitudes de vie et la santé 1998* (ESS) (Questionnaire rempli par l'intervieweur), 1998, question 159 et Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (hors école) (ESSEA), 1999, question 169. Adaptées par l'ISQ.

#### Filtre 11.

Si HV5\_10C = 1 ou HV5\_10DX = 1 → HV5\_12X

Sinon → HV2\_1X

**HV5\_12X** What kind of work do you do most of the time?

**INSTRUCTION :** If you have more than one job, answer the following questions thinking of the job where you currently work the most hours.

- 1 Babysitting
- 2 Cook, assistant cook, butcher, baker, etc.
- 3 Waiter or waitress, food counter attendant, bus boy or bus girl, host or hostess
- 4 Dishwasher
- 5 Work at the store or coop as cashier, stock person or clerk
- 6 Youth centre animator
- 7 Daycare worker
- 8 Housekeeping services at Coop Hotel
- 9 Janitor
- 10 Coach, sports monitor, lifeguard, referee, etc.
- 11 Office work (filing, receptionist)
- 12 Construction work, carpentry, plumbing, electricity, etc.
- 13 Mechanics
- 14 Other, please specify (HV5\_12X\_AUTRE) \_\_\_\_\_
- 99 No response

Source : Inspirée de Ministère de l'Éducation du Québec. *Enquête auprès des élèves du secondaire sur le travail rémunéré pendant l'année scolaire* (EESTRM), 1991-1992.

## Physical activity during your leisure time

The following questions are about the leisure-time physical activities you take part in at home, at school or elsewhere.

(HV2\_1X) During the school year, do you take part in these types of physical activities?

		Yes	No	NR
HV2_1X_1	Sports	1	2	9
HV2_1X_2	Hockey program	1	2	9
HV2_1X_3	Young Karibus training	1	2	9
HV2_1X_4	Outdoor recreation	1	2	9
HV2_1X_5	Weight lifting	1	2	9
HV2_1X_6	Gym	1	2	9
HV2_1X_7	Cycling	1	2	9
HV2_1X_8	Hiking on the land	1	2	9
HV2_1X_9	Nunavik running club	1	2	9
HV2_1X_10	Running	1	2	9
HV2_1X_11	Cross country skiing	1	2	9
HV2_1X_12	Kayak	1	2	9
HV2_1X_13	Dance	1	2	9
HV2_1X_14	Walking	1	2	9

Source : Inspirée de Institut de la statistique du Québec. *Enquête sociale et de santé – Questionnaire sur les habitudes de vie et la santé 1998* (ESS) (Questionnaire autoadministré), 1998, questions 17 et 18.

## About your behaviour and your attitudes

(SM\_D\_1B) For each of the following statements, indicate the degree to which you agree or disagree.

		Completely Disagree	Somewhat Disagree	Somewhat Agree	Completely agree	NR
SM_D_1B_1	I think I'm someone who has something valuable to offer, at least as much as other people do.	1	2	3	4	9
SM_D_1B_2X	I think I have a number of good qualities.	1	2	3	4	9
SM_D_1B_3X	Everything considered, I think I'm a failure.	1	2	3	4	9
SM_D_1B_4	I'm able to do things as well as other people my age.	1	2	3	4	9
SM_D_1B_5	There's little reason to be proud of myself.	1	2	3	4	9
SM_D_1B_6	I have a positive attitude towards myself.	1	2	3	4	9
SM_D_1B_7	Overall, I'm satisfied with myself.	1	2	3	4	9
SM_D_1B_8	I find it difficult to accept myself as I am.	1	2	3	4	9
SM_D_1B_9	Sometimes I think I'm really useless.	1	2	3	4	9
SM_D_1B_10	Occasionally, I've thought of myself as a good-for-nothing.	1	2	3	4	9

Source : Vallières, E. et Vallerand, J. Traduction et validation canadienne-française de l'échelle de l'estime de soi de Rosenberg, *International Journal of Psychology*, 1990, Vol. 25, p. 305-316.

## Your respiratory health

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**HV6\_1** In the past 12 months, have you had wheezing or whistling sounds in the chest?

- 1 Yes
- 2 No
- 9 No response

Source : Asher, M.I. et autres. *International Study of Asthma and Allergies in Childhood (ISAAC): Rationale and methods*, 1995, European Respiratory Journal, Vol. 8, p. 483-491.

**HV6\_7X** Do you ever use a pump or an inhaler to help you breathe?

- 1 Yes
- 2 No
- 9 No response



Source : Asher, M.I. et autres. *International Study of Asthma and Allergies in Childhood (ISAAC): Rationale and methods*, 1995, European Respiratory Journal, Vol. 8, p. 483-491.

## How you feel

SM\_A\_1A In the past week, how often did you...

		Never	Sometimes	Very often	NR
SM_A_1A_1	Feel nervous or shaky inside?	1	2	3	9
SM_A_1A_2	Feel tense, stressed or under pressure?	1	2	3	9
SM_A_1A_3	Feel afraid or fearful?	1	2	3	9
SM_A_1A_4	Lose your temper, get angry at someone or something?	1	2	3	9
SM_A_1A_5	Feel easily annoyed or irritated?	1	2	3	9
SM_A_1A_6	Feel critical of others?	1	2	3	9
SM_A_1A_7	Get angry over things that weren't very important?	1	2	3	9
SM_A_1A_8	Feel lonely?	1	2	3	9
SM_A_1A_9	Feel bored or have little interest in things?	1	2	3	9
SM_A_1A_10	Cry easily, or feel like crying?	1	2	3	9
SM_A_1A_11	Feel down, discouraged?	1	2	3	9
SM_A_1A_12	Feel hopeless about the future?	1	2	3	9
SM_A_1A_13	Have your mind go blank?	1	2	3	9
SM_A_1A_14	Have trouble remembering things?	1	2	3	9

Sources : Institut de la statistique du Québec, *Enquête sociale et de santé – Questionnaire sur les habitudes de vie et la santé 1998* (ESS) (Questionnaire autoadministré), 1998, questions 98 à 111 et Institut de la statistique du Québec, *Enquête sociale et de santé auprès des enfants et adolescents québécois 1999 – Questionnaire aux adolescentes et adolescents* (ESSEA), 1999, question 33. (traduite et adaptée du Psychiatric Symptom Index de F. W. ILFELD, 1976). Adaptées par l'ISQ.

## Comments

If you have any comments or suggestions about this questionnaire, please write them in the space provided below.

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Thank you for taking part in this survey

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service de la société :  
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