

CALIFORNIA

*healthy kids*

SURVEY

## San Ramon

Elementary

2009-2010

Main Report



CALIFORNIA  
**Safe and Healthy Kids**  
PROGRAM OFFICE



DUERR  
EVALUATION  
RESOURCES

WestEd 

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## Sample Characteristics

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*Note: Tables 3.1 through 5.3 include results by gender.*

**Table 1.1**

***Student Sample Characteristics***

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	Grade 5
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<b>Student Sample Size</b>	
Target Sample	71
Final Sample (Number of Respondents)	56
<b>Average Response Rate</b>	<b>79%</b>

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**Table 2.1**  
*Age of Sample*

	Grade 5 Total %
7 years old, or younger than 7	2
8 years old	0
9 years old	2
10 years old	58
11 years old	35
12 years old	4
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	49
Male	51

*Question ES 3: Are you female or male?*

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

	Grade 5 Total %
0 times	67
1 time	19
2 times or more times	15

*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	35
Better than most students	29
About the same as others	29
Don't do as well as most others	7

*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	16	37	26
Alcohol, a full glass	0	4	2
Inhalants (to get high)	8	7	7
Marijuana *	0	4	2
<i>None of the above</i>	78	57	68
<i>Any of the above</i>	22	43	32

*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	85	96	91
Yes, I drank one or two sips	8	0	4
Yes, I drank a full glass	8	4	6

*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	100	96	98
Yes	0	4	2

*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 %
<b>Alcohol</b>			
No, not bad	4	19	11
Yes, a little bad	50	50	49
Yes, very bad	46	31	40
<b>Marijuana</b>			
No, not bad	0	8	4
Yes, a little bad	4	12	7
Yes, very bad	78	62	70
I don't know what marijuana is	19	19	19

*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 %
<b>Ever smoked a cigarette *</b>	7	7	7
Part of a cigarette, like one or two puffs	4	4	4
A whole cigarette	4	4	4
Smoked a cigarette in the past month	4	4	4
Ever chewed tobacco or snuff	0	4	2

*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	7	7	7
Yes, a little bad	4	4	4
Yes, very bad	89	89	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 %
<b>Do you feel safe at school?</b>			
No, never	11	8	9
Yes, some of the time	11	4	7
Yes, most of the time	41	27	33
Yes, all of the time *	37	62	50
<b>Do you feel safe outside of school?</b>			
No, never	12	4	7
Yes, some of the time	15	15	15
Yes, most of the time	35	33	33
Yes, all of the time	38	48	44

*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 %
<b>Been hit or pushed</b>			
No, never	58	43	51
Yes, some of the time	35	39	36
Yes, most of the time	4	11	7
Yes, all of the time	4	7	5
<b>Mean rumors spread about you</b>			
No, never	50	56	54
Yes, some of the time	35	26	30
Yes, most of the time	12	7	9
Yes, all of the time	4	11	7

*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 %
<b>Have hit or pushed other kids</b>			
0 times	54	46	51
1 time	23	14	18
2 times	12	11	11
3 or more times	12	29	20
<b>Have spread mean rumors about other kids</b>			
0 times	77	85	81
1 time	15	7	11
2 times	4	7	6
3 or more times	4	0	2

*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	86
Yes, some of the time	9
Yes, most of the time	0
Yes, all of the time	5

*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 %
<b>Brought weapon to school</b>	
No	98
Yes	2
<b>Saw another kid with a weapon at school</b>	
No	82
Yes	18

*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	51
Yes, some of the time	35
Yes, most of the time	9
Yes, all of the time	5

*Question ES 28: Are you home alone after school?*

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

	Grade 5 Total %
<b>When you ride in a car do you wear a seat belt?</b>	
No, never	0
Yes, some of the time	5
Yes, most of the time	13
Yes, all of the time	82
<b>When you ride a bicycle do you wear a helmet?</b>	
I do not ride a bicycle	7
No, never	5
Yes, some of the time	7
Yes, most of the time	14
Yes, all of the time	66

*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?*

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## Physical Health

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**Table 6.1**

***Breakfast Consumption***

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	Grade 5 Total %
No	9
Yes	91

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*Question ES 6: Did you eat breakfast this morning?*

**Table 6.2**

***Exercise During Week***

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	Grade 5 Total %
0 days	7
1 day	2
2 days	13
3 days	15
4 days	15
5 days	13
6 or 7 days	35

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*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	25
Less than 1 hour	31
About 1 hour	20
About 2 hours	9
3 or more hours	15

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

**Table 6.4*****Body Image***

	Grade 5 Total %
<b>Do you think you are...</b>	
Too skinny	2
About right	85
Too fat	13
<b>Are you doing anything to try to lose weight?</b>	
No	66
Yes	34
<b>Ever been teased about your body at school?</b>	
No	61
Yes	39

*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	89
Yes	11

*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	83
Yes	17

*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
<b>Protective Factors (Developmental Supports)</b>			
<i>School Environment</i>	70	29	2
Caring Relationships: Adults in School *	75	21	4
High Expectations: Adults in School *	73	27	0
Meaningful Participation *	18	70	13
<i>Home Environment</i>	86	14	0
Caring Relationships: Adults in Home	82	16	2
High Expectations: Adults in Home	96	4	0
Meaningful Participation	18	74	8
<i>Peer Environment</i>			
High Expectations: Pro-social peers	53	45	2
<b>School Connectedness*</b>	55	44	2
<b>Internal Strengths</b>			
Empathy	40	58	2
Problem Solving	25	69	5
Goals and Aspirations	91	9	0

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

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

	Grade 5 Total %
<b>I feel close to people in this school</b>	
No, never	4
Yes, some of the time	33
Yes, most of the time	33
Yes, all of the time	31
<b>I am happy to be at this school</b>	
No, never	4
Yes, some of the time	21
Yes, most of the time	43
Yes, all of the time	32
<b>I feel like I am part of this school</b>	
No, never	4
Yes, some of the time	16
Yes, most of the time	33
Yes, all of the time	47
<b>The teachers at this school treat students fairly</b>	
No, never	2
Yes, some of the time	13
Yes, most of the time	38
Yes, all of the time	48
<b>I feel safe in my school</b>	
No, never	9
Yes, some of the time	7
Yes, most of the time	33
Yes, all of the time	50

*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 %
<b>who really cares about me (Caring Relationships)</b>	
No, never	4
Yes, some of the time	6
Yes, most of the time	22
Yes, all of the time	69
<b>who listens when I have something to say (Caring Relationships)</b>	
No, never	2
Yes, some of the time	11
Yes, most of the time	44
Yes, all of the time	44
<b>who tells me when I do a good job (High Expectations)</b>	
No, never	0
Yes, some of the time	23
Yes, most of the time	34
Yes, all of the time	43
<b>who believes that I can do a good job (High Expectations)</b>	
No, never	0
Yes, some of the time	2
Yes, most of the time	14
Yes, all of the time	84

*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 %
<b>I help make class rules or choose things to do (Opportunities for Meaningful Participation)</b>	
No, never	23
Yes, some of the time	34
Yes, most of the time	29
Yes, all of the time	14
<b>I do things to be helpful at school (Opportunities for Meaningful Participation)</b>	
No, never	4
Yes, some of the time	32
Yes, most of the time	41
Yes, all of the time	23

*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 %
<b>I try to understand how other people feel (Empathy)</b>	
No, never	7
Yes, some of the time	31
Yes, most of the time	41
Yes, all of the time	20
<b>I feel bad when someone gets their feelings hurt (Empathy)</b>	
No, never	0
Yes, some of the time	15
Yes, most of the time	27
Yes, all of the time	58
<b>I know where to go for help with a problem (Problem Solving)</b>	
No, never	4
Yes, some of the time	5
Yes, most of the time	25
Yes, all of the time	65
<b>I try to work out problems by talking or writing (Problem Solving)</b>	
No, never	22
Yes, some of the time	38
Yes, most of the time	22
Yes, all of the time	18

*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 %
<b>I try to do my best (Goals and Aspirations)</b>	
No, never	0
Yes, some of the time	6
Yes, most of the time	9
Yes, all of the time	85
<b>I have goals and plans for the future (Goals and Aspirations)</b>	
No	7
Yes	93
<b>I plan to go to college or some other school after high school? (Goals and Aspirations)</b>	
No	4
Yes	96

*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)***

<b>At home, there is a parent or some other adult...</b>	<b>Grade 5 Total %</b>
<b>who cares about my schoolwork (Caring Relationships)</b>	
No, never	2
Yes, some of the time	7
Yes, most of the time	9
Yes, all of the time	82
<b>who listens when I have something to say (Caring Relationships)</b>	
No, never	2
Yes, some of the time	7
Yes, most of the time	35
Yes, all of the time	56
<b>who believes that I can do a good job (High Expectations)</b>	
No, never	0
Yes, some of the time	4
Yes, most of the time	9
Yes, all of the time	87
<b>who wants me to do my best (High Expectations)</b>	
No, never	0
Yes, some of the time	0
Yes, most of the time	4
Yes, all of the time	96

*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 %
<b>I help at home (Opportunities for Meaningful Participation)</b>	
No, never	2
Yes, some of the time	18
Yes, most of the time	52
Yes, all of the time	28
<b>I get to make rules or choose things to do at home (Opportunities for Meaningful Participation)</b>	
No, never	21
Yes, some of the time	46
Yes, most of the time	23
Yes, all of the time	10

*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 %
<b>My best friends get into trouble (High Expectations)</b>	
No, never	33
Yes, some of the time	54
Yes, most of the time	9
Yes, all of the time	4
<b>My best friends try to do the right thing (High Expectations)</b>	
No, never	2
Yes, some of the time	15
Yes, most of the time	31
Yes, all of the time	53

*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 %
<b>Tobacco Use</b>	
The Percentage of students that have ever used cigarettes*	7%
<b>Drug Use</b>	
The percentage of students that have ever used marijuana**	2%
<b>Safe Schools and Violence</b>	
The percentage of students that feel very safe at school***	50%
<b>School Protective Factors</b>	
The percentage of students that report high levels of caring relationships with a teacher or other adult at their school	75%
The percentage of students that report high levels of high expectations from a teacher or other adult at their school	73%
The percentage of students that report high levels of opportunities for meaningful participation at their school	18%
The percentage of students that report high levels of personal school connectedness	55%

\*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."