

The ‘ABOUT YOU’ (VSHAWS) survey Framework and Items - 2018

The **About You** Survey (also called the *Victorian Student Health and Wellbeing Survey*, or *VSHAWS*) is a **sample** survey which is completed by a representative sample of students in Years 5, 8, and 11 from all school sectors. Some questions are only asked of students in Years 8 and 11, due to their content. It is an important component of population health tracking for students in Victoria.

This report presents the About You survey Framework with a brief justification of the importance of the survey domains, along with the items for each of these domains. Survey items have varying response frames. These can be found in the hardcopy survey or data dictionary available on request.

In 2018, all Victorian government schools were invited to participate with all students Year 7, 8, 10 and 11. Participating students were given the same survey questions as the Year 8 and 11 students in the sample survey.

Table 1. The About You framework: Figures in brackets indicate additional questions which may be asked depending on question response (branching).

Health Area	Topic	Number of items in student survey	
		Year 5	Years 8 & 11
Healthy eating and oral health	Nutrition and eating habits	4	4
	Oral Health	1	6
General health and wellbeing	BMI	2 (+2)	2 (+2)
	Sun protection	1	1
	Medicine and health services	0	7 (+11)
	Asthma, allergy, and anaphylaxis	5 (+5)	5 (+5)
	Sleep	2 (+1)	2 (+1)
	Subjective physical and mental health, body image	7	8
Physical activity and sedentary behaviours	Physical activity	3	3
	Use of electronic devices	1	1
Bullying and anti-social behaviour	Bullying and social exclusion	6 (+8)	6 (+8)
	Fighting and attitudes to anti-social behaviour	3	3
School experience	Peer relationships	5	6
	Perceptions of school	8	8

Family and community	Family affluence and community experience	5 (+2)	5 (+2)
	Family relationships and risk factors	5 (+1)	7 (+1)
Alcohol and other drugs	Tobacco	1 (+2)	1 (+3)
	Alcohol	0	1 (+4)
	Other drugs	0	2
Sexual health and wellbeing	Safe sex behaviours	0	1 (+7)
	Menstruation		(+1)
Total		59 (+21)	79 (+45)

INTRODUCTION

Health risk-factors which are encountered during adolescence may lead to increased risk of poorer outcomes later in life, including worse economic outcomes, poorer academic achievement, and increased risk of chronic-disease. By understanding and tracking the health and wellbeing indicators, behaviours and context-based risk factors of adolescents in Victoria, schools and communities as well as the Government can help make evidence-based decisions to improve health outcomes for adolescents while at school and beyond.¹

The survey provides high quality data which indicates overall population health to inform evidence-based policy development and strategic decision-making. It also collects data on health and health behaviours in relation to the social context on young people in order to get a better understanding of how these factors interact with each other to influence health and wellbeing of adolescents in Victoria. The survey findings can also be used to understanding general trends in student health at the area or school level where data is appropriate.

Healthy eating and oral health

Nutrition and eating habits

Healthy eating is part of good nutrition. In childhood and adolescence a healthy diet is essential for growth and development, and helps prevent health issues such as iron deficiency, dental issues and obesity. Healthy eating is also important for student outcomes and is linked to improved concentration in the classroom, improved behaviour, and improve social relationships.²

These items help determine whether students are achieving their fruit and vegetable intake targets and levels of discretionary food intake.

Items	Audience
How often do you usually have breakfast (more than a glass of milk or fruit juice)? <ul style="list-style-type: none"> [On] Weekdays [During] Weekends 	5, 8, 11
How many serves of fruit do you usually have per day?	5, 8, 11
How many serves of vegetables do you usually have per day?	5, 8, 11
How many times a week do you usually eat or drink ...? <ul style="list-style-type: none"> Sweets (lollies or chocolates) Sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks 	5, 8, 11

Oral Health

Poor oral health is linked to a range of health issues, can contribute to poor student performance and impacts of poor oral health can continue to influence outcomes in later life.³ Tooth decay is more than five times more prevalent than asthma among children, and half of Victoria's children and young adults are affected by tooth decay.⁴ Discomfort associated with tooth decay can

1 (Australian Health Policy Collaboration, 2016)

2 (Florence, Asbridge and Veuglers 2008); (Powell, et al. 1998)

3 (World Health Organisation 2003)

4 (Dental Health Services Victoria 2015)

negatively affect a child’s concentration at school.

Items	Audience
How often do you brush your teeth?	5, 8, 11
How would you rate your own oral (dental) health?	8, 11
During the past 12 months how often have you had a toothache?	8, 11
How long ago did you visit a dentist about your teeth?	8, 11
How often on average do you seek care from a dentist?	8, 11
Is your usual reason for visiting a dentist for check-ups or when you have a problem?	8, 11

General health and wellbeing

Body Mass Index

The Body Mass Index (BMI), calculated using height and weight measurements, is one of the simplest measures of overall health in the population. It has a direct relationship with levels of physical activity and nutrition. Being obese or overweight is a risk factor for poor lifetime health.⁵ BMI may be useful to examine, alongside nutrition and physical activity measures to get an understanding of where interventions may need to be targeted.

Items	Audience
Do you know how tall you are?	5, 8, 11
[If 'Yes'] How tall are you?	
Do you know how much you weigh?	5, 8, 11
[If 'Yes'] How much do you weigh?	

Sun protection

Establishing sun-protection behaviours in childhood can help ensure these behaviours are followed into adulthood, reducing lifetime risk of damage caused by the sun’s UV rays. Australia has a high incidence of skin cancer so learning about and practising sun-safe behaviours is important.⁶

Items	Audience
Thinking about sunny days in summer, when you are outside for an hour or more between 11 am and 3 pm, and you are not at school, how often would you do the following?	5, 8, 11
<ul style="list-style-type: none"> Wear a hat? Wear clothes covering most of your body? Deliberately wear less or briefer clothing so as to get some sun on your skin? Wear maximum protection sunscreen (SPF 30+) Wear sunglasses Stay mainly in the shade 	

⁵ (Batch & Baur, 2005)

⁶ (Skin Cancer Foundation 2011)

Medicine and health services

These questions are used to understand the ongoing health care needs of adolescents as the result of an ongoing health condition rather than indicate the presence of a specific condition or disability. The inclusion of these questions allows for comparisons between children with special healthcare needs and those without in regards to other indicators of health and wellbeing.⁷ This information can also be used to help understand where clusters of need might be occurring.

Items	Audience
Do you currently need or take prescription medicine (other than vitamins or birth control pills)?	8, 11
[If 'Yes'] is this because of any medical, mental health or other health conditions?	
[If 'Yes'] is this a condition that has lasted/expected to last at least 12 months?	
Do you need or use medical care, mental health or other health services on a regular basis?	8, 11
[If 'Yes'] is this because of any medical, mental health or other health conditions?	
[If 'Yes'] is this a condition that has lasted/expected to last at least 12 months?	
Do you have difficulty doing or need assistance to do day-to-day activities?	8, 11
[If 'Yes'] is this because of any medical, mental health or other health condition?	
[If 'Yes'] Is this a condition that has lasted or is expected to last for at least 12 months?	
Do you need or get special therapy? (for example: physical, occupational, speech or respiratory therapy)	8, 11
[If 'Yes'] is this because of any medical, mental health or other health condition?	
[If 'Yes'] is this a condition that has lasted or is expected to last for at least 12 months?	
Do you need or get treatment or counselling for any kind of mental health, substance abuse or emotional problem?	8, 11
[If 'Yes'] has this problem lasted or is it expected to last for at least 12 months?	
Please tick the box that best shows how often you see the following health care professionals: <ul style="list-style-type: none"> Your local doctor (GP) Dentist Orthodontist A SCHOOL BASED social worker, speech pathologist, psychologist or nurse A counsellor/psychologist/psychiatrist A physiotherapist/osteopath/chiropractor Optometrist (eye specialist) Medical specialist (if you see a medical specialist what is this for?) 	8, 11
Did you or your family think you should have seen any of the above health care professionals more often?	8, 11
[If 'Yes'] Please tell us who you felt you should have seen more often (tick all that apply)	
[If 'Yes'] What was the reason you did not see the above health care professional more often?	

Asthma, allergy, and anaphylaxis

Anaphylaxis and asthma can be deadly, and require schools to have management policies in place if they have students that experience these conditions. Rates of asthma, anaphylaxis or other

⁷ (The Child and Adolescent Health and Measurement Initiative, 2019)

allergies – as well as rates of care planning - can be tracked over time to identify any trends of concern.

Items	Audience
Have you ever been told by a doctor or a nurse that you have asthma?	5, 8, 11
[If 'Yes'] Have you had symptoms of asthma or taken treatment for asthma in the last 12 months?	
[If 'Yes'] Do you have a written asthma action plan, that is written instructions of what to do if your asthma is worse or out of control?	
Have you ever been told by a doctor or nurse that you have an allergy problem?	5, 8, 11
[If 'Yes'] Have you had allergy symptoms or taken treatment for your allergy in the last 12 months?	5, 8, 11
[If 'Yes'] Have you ever been told by a doctor that your allergy may lead to anaphylaxis?	5, 8, 11
[If 'Yes'] Do you have a written allergy plan, that is written instructions of what to do if your allergy is worse or out of control?	5, 8, 11

Sleep

Poor sleep quality is linked to reduced attention capacity for students and is related to reduced academic performance. Studies have shown that insufficient sleep in adolescents is linked to engaging in risky behaviours such as substance use and anti-social behaviour and is also linked to poorer mental and physical health.⁸

Items	Audience
Is sleep a problem for you?	5, 8, 11
<ul style="list-style-type: none"> [If not 'No' OR 'Prefer not to answer'] Do any of the following happen to you four or more nights a week? I find it hard to fall asleep I need someone next to me (e.g. mum or dad) to fall asleep I need something on (e.g. TV) to fall asleep I get in and out of bed more than twice before I fall asleep Worrying about things (e.g. school problems, friends, family) stops me from getting to sleep Someone has to wake me up to start the day 	
In an average week, how many times do you fall asleep during school?	5, 8, 11

Subjective physical and mental health, body image

Subjective health and wellbeing are indicators of overall physical mental health and can be used to see trends in overall health of students in Victoria over time. Rates of injuries and experiences of illness can also be used to determine these trends. Subjective health and life satisfaction is associated with levels of risky behaviour in adolescents.⁹

Mental health and body image are of particular concern for young people. Schools and school staff have a duty of care for children and adolescents while they are at school. Understanding the characteristics of general health needs across student cohorts can help staff meet this obligation.

⁸ (Anne G, Emily O, Gabrielle F, & Janet B, 2016)

⁹ (Mazur & Woynarowska, 2004)

Poor mental health and poor physical health are highly connected.¹⁰

Items	Audience
In general (usually), how would you describe your health?	5, 8, 11
Here is a picture of a ladder. The top of the ladder “10” is the best possible life for you and the bottom “0” is the worst possible life for you. In general, where on the ladder do you feel you stand at the moment?	5, 8, 11
In the last 6 months how often have you had the following? <ul style="list-style-type: none"> • Headache • stomach ache • backache • feeling low (sad) • irritability or bad temper • feeling nervous • difficulty getting to sleep • feeling dizzy 	5, 8, 11
During the past 12 months, how many times were you injured and had to be treated by a doctor or nurse?	5, 8, 11
[true or untrue] In the past 30 days: <ul style="list-style-type: none"> • I felt miserable or unhappy • I didn’t enjoy anything at all • I felt so tired I just sat around and did nothing • I was very restless • I felt I was no good anymore • I cried a lot • I found it hard to think properly or concentrate • I hated myself • I was a bad person • I thought nobody really loved me • I thought I could never be as good as other kids • I did everything wrong 	5, 8, 11
Please read each of the following statements, thinking about how it relates to your life, then tick how true it is for you. <ul style="list-style-type: none"> • I feel like I am free to decide for myself how to live my life • People I know tell me I am good at what I do • I get along with people I come into contact with • I generally feel free to express my ideas and opinions • I consider the people I regularly interact with to be my friends • People in my life care about me • Most days I feel a sense of accomplishment from what I do • I feel like I can pretty much be myself in my daily situations • I often do not feel very capable 	5, 8, 11
At present are you on a diet or doing something else to lose weight?	5, 8, 11
How do you feel about your weight at the moment?	8, 11

¹⁰ (Australian Health Policy Collaboration, 2016)

Physical activity and sedentary behaviours

Physical activity

Physical activity is an important part of a healthy lifestyle. Australia’s Physical Activity & Sedentary Behaviour Guidelines for Children and Young People recommend that children 5-17 get “...at least 60 minutes of moderate to vigorous intensity physical activity every day.”¹¹ This data helps monitor the rates at which young people in Victoria are achieving their physical activity targets.

Items	Audience
Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?	5, 8, 11
Outside of school hours. How often do you usually exercise in your free time so much that you get out of breath or sweat?	5, 8, 11
Outside of school hours. How many hours a week do you usually exercise in your free time so much that you get out of breath or sweat? Please select one option below.	5, 8, 11

Use of electronic devices

Electronic media use is a significant contributor to increased physical inactivity in young people.¹² Australia’s Physical Activity & Sedentary Behaviour Guidelines for Children and Young People recommend reduce health risks, limiting the use of electronic media for entertainment.¹³

Items	Audience
<p>We are now going to ask about time spent watching TV, playing computer or video games and using a computer. This does not include time spent doing homework.</p> <ul style="list-style-type: none"> • About how many hours a day do you usually watch television (including DVDs and videos, or downloaded shows or movies) in your free time on weekdays? • About how many hours a day do you usually watch television (including DVDs and videos or downloaded shows or movies) in your free time during on the weekend? • About how many hours a day do you usually play games on a computer or a handheld device e.g. a mobile phone or tablet, or games console (PlayStation, Xbox etc.) in your free time on weekdays? • About how many hours a day do you usually play games on a computer or a handheld device e.g. a mobile phone or tablet, or games console (PlayStation, Xbox etc.) in your free time on the weekend? • About how many hours a day do you usually use a computer (or a handheld device e.g. a mobile phone or tablet) for chatting online, internet, emailing etc. in your free time on weekdays? • About how many hours a day do you usually use a computer (or a handheld device e.g. a mobile phone or tablet) for chatting online, internet, emailing etc. in your free time on the weekend? 	5, 8, 11

11 (The Department of Health Australia, 2017)

12 (Roberts, Rodkey, Ray, Knight, & Saelens, 2017)

13 (The Department of Health Australia, 2017)

Bullying and anti-social behaviour

Bullying and social exclusion

Bullying can be extremely harmful and can have long-term impacts on physical and mental health. Peer victimisation or bullying have been found to cause poor wellbeing, greater emotional difficulties and lower academic competence.¹⁴

Items	Audience
Has anyone teased or called you names recently?	5, 8, 11
[If 'Yes'] How often have you been teased or called names recently	
[If 'Yes'] Were you upset or angry when it happened?	
Has anyone spread rumours about you recently?	5, 8, 11
[If 'Yes'] How often?	
[If 'Yes'] Were you upset or angry when it happened?	
Have you deliberately been left out of things recently?	5, 8, 11
[If 'Yes'] How often?	
[If 'Yes'] Were you upset or angry when it happened?	
Have you been threatened physically or actually hurt by another student recently?	5, 8, 11
[If 'Yes'] How often?	
[If 'Yes'] Were you upset or angry when it happened?	
I have been bullied at my school this term	5, 8, 11
How often in the last 30 days have you experienced the following? <ul style="list-style-type: none"> [How often] In the last 30 days, have you received an email from someone you know that made you really mad? [How often] In the last 30 days, have you received an email from someone you didn't know that made you really mad? This does not include "spam" mail. [How often] In the last 30 days, has someone posted something on your online social networking page (i.e. Facebook, Twitter, Instagram) that made you upset or uncomfortable? [How often] In the last 30 days, has someone posted something on another web page that made you upset or uncomfortable? [How often] In the last 30 days, have you received an instant message that made you upset or uncomfortable? [How often] In the last 30 days, have you been bullied or picked on by another person while online? [How often] In the last 30 days, have you been afraid to go on the computer? [How often] In the last 30 days, has anyone posted anything about you online that you didn't want others to see? 	5, 8, 11

Fighting and attitudes to anti-social behaviour

Anti-social behaviour in young people is a risk factor for negative life outcomes such as increased substance use and poor school outcomes. This information can be used to screen for the level of need for support services to improve pro-social behaviours and reduce antisocial behaviour.

¹⁴ (Lester, Waters, & Cross, 2013) (Rosen, DeOrnellas, & Scott, 2017)

Items	Audience
During the past 12 months, how many times were you in a physical fight?	5, 8, 11
How wrong do you think it is for someone your age to: <ul style="list-style-type: none"> • Take a weapon to school? • Steal anything worth more than \$10 • Pick a fight with someone? • Attack someone with the idea of seriously hurting them? • Stay away from school all day when parents think they are at school? 	5, 8, 11
How wrong do your parents think it would be for you to: <ul style="list-style-type: none"> • Steal anything worth more than \$10 • Pick a fight with someone? • Draw graffiti, or write things or draw pictures on building or other property (without the owner's permission)? • Smoke cigarettes? • Drink beer or wine regularly (at least once or twice a month)? • Drink liquor/spirits regularly (at least once or twice a month)? • Use marijuana (pot, weed, grass)? 	5, 8, 11

School experience

Peer relationships

Good social relationships in school can be a protective factor that can reduce the risk of youth engaging in detrimental behaviours such as substance abuse, risky sexual behaviours and can be predictive of academic resilience.¹⁵

Items	Audience
Please show how much you agree or disagree with each [statement]: <ul style="list-style-type: none"> • The students in my class(es) enjoy being together • The students in my class(es) are kind and helpful • Other students accept me as I am 	5, 8, 11
How easy is it for you to talk to the following people about things that really bother you... <ul style="list-style-type: none"> • Best friend • Friend of the same sex • Friend of the opposite sex 	5, 8, 11
At present, how many close male and female friends do you have?	5, 8, 11
How many evenings per week do you usually spend out with friends?	8, 11
How often do you talk to your friend(s) on the phone or send them text messages or have contact online?	5, 8, 11
How are you at: <ul style="list-style-type: none"> • Letting friends know you like them by telling them or showing them? • Introducing yourself to someone for the first time? • Helping someone feel better when they are upset? • Showing that you care when someone talks about their problems? • Letting someone really get to know you? • Staying friends with people? 	5, 8, 11

¹⁵ (Gonzalez & Padilla, 1997) (Catalano, Haggerty, Oesterle, Fleming, & Hawkins, 2004)

Perceptions of school

Perceptions of school can be predictive of academic success, and students' perception that the work is meaningful can lead to greater effort and efficacy in the classroom. Negative attitudes towards school as well as behaviour such as skipping school can be indicative of levels of student disengagement.

Items	Audience
In your opinion what does your class teacher(s) think of your academic performance compared to your classmates?	5, 8, 11
How do you feel about school at present?	5, 8, 11
How often do you feel that the schoolwork you are assigned is meaningful and important?	5, 8, 11
How interesting are most of your school subjects to you?	5, 8, 11
How important do you think the things you are learning in school are going to be for your later life?	5, 8, 11
Now, think back over this year at school, how often did you: <ul style="list-style-type: none"> • Enjoy being at school? • Hate being in school? • Try to do your best work in school? 	5, 8, 11
During the last four weeks you have been at school, how many whole days have you missed because you skipped or wagged?	5, 8, 11
How pressured do you feel by the schoolwork you have to do?	5, 8, 11

Family and community

Family affluence and community experience

Socio-economic factors are predictive of poor health and poorer school outcomes.

Items	Audience
How much do you agree with the following statements? <ul style="list-style-type: none"> • I feel safe in my neighbourhood • There are fights in my neighbourhood • There is crime and or drug selling in my neighbourhood. 	5, 8, 11
Does your father have a job?	5, 8, 11
[If no] Why does your father not have a job?	
Does your mother have a job?	5, 8, 11
[If no] Why does your mother not have a job?	
How well off do you think your family is?	5, 8, 11
Some young people go to school or to bed hungry because there is not enough food at home. How often does this happen to you?	5, 8, 11

Family relationships and risk factors

Items	Audience
How much do you agree with the following statement about you? I have an adult(s) that I trust and would turn to for advice if I was having problems	8, 11
All families are different ... and we would like to know about yours. Please answer this question for the home where you live all or most of the time and select the people who live there.	5, 8, 11
Do you have another home or another family, such as the case when your parents are separated or divorced? [If 'Yes'] How often do you stay there?	5, 8, 11
How easy is it for you to talk to the following persons about things that really bother you? <ul style="list-style-type: none"> • Father • Mother • Stepfather • Stepmother • Elder sister(s) • Elder brother(s) 	5, 8, 11
These questions are about you and your family. When we talk about your parents we want you to think about who you live with most of the time. This includes step-parents, foster parents or guardians. <ul style="list-style-type: none"> • My parents ask if I've gotten my homework done • Would your parents know if you did not come home on time? • The rules in my family are clear • When I am not at home, one of my parents knows where I am and who I am with. • My parents want me to call if I am going to be late getting home • My family has clear rules about alcohol and drug use • If you drank some alcohol (like beer, wine or liquor/spirits) without your parents' permission, would you be caught by your parents? • If you carried a weapon without you parents' permission, would you be caught by your parents? • If you skipped school without your parents' permission, would you be caught by your parents? 	5, 8, 11
These questions also ask you about your family. When we ask about your mother and father we want you to think about who you live with most of the time - this includes step-parents, foster parents or guardians. Please tell us how true each of following statements are for you by ticking Big Yes, little yes, little no, or Big No. Please tick one answer on each row. <ul style="list-style-type: none"> • We argue about the same things in my family over and over • People in my family have serious arguments • People in my family often insult or yell at each other 	5, 8, 11
About how many adults have you known personally who in the past year have: <ul style="list-style-type: none"> • Gotten drunk or high? • Used marijuana/cannabis (pot, weed, grass) or other illegal drugs? • Sold or dealt drugs? • Done other things that could get them in trouble with the police like stealing, selling stolen goods, or assaulting others (beaten someone up) etc.? 	8, 11

Alcohol and other drugs

Tobacco

As most adults who smoke began their habit in their youth, reducing youth smoking should reduce overall smoking rates over time. 16 Teenage smoking rates have been declining overall and it is important to monitor this trend to ensure it continues to decline.¹⁷

Items	Audience
Have you ever smoked tobacco?	5, 8, 11
[If 'Yes'] How often do you smoke tobacco at present?	
[If 'Yes'] On how many occasions (if any) have you smoked cigarettes in the last 30 days?	
[If 'Yes'] At what age did you first smoke a cigarette?	8, 11

Alcohol

In adults, alcohol consumption is the sixth leading risk factor for death and disability globally.¹⁸ Attitudes toward healthy alcohol consumption behaviours are shaped in adolescence,¹⁹ and improving attitudes to alcohol consumption can improve population health over time. Younger adolescents tend to have more negative views of adolescent drinking than those who are older,²⁰ so monitoring trends in the age where adolescents first drink and get drunk can indicate changes in related attitudes.

Items	Audience
In your lifetime have you ever had more than just a few sips of an alcoholic beverage (like beer, wine, spirits or pre-mixed drinks such as Bacardi Breezers or UDLs)?	8, 11
[If not 'Never'] At present, how often do you drink anything alcoholic, such as beer, wine, or spirits like ...? Try to include even those times when you only drink a small amount <ul style="list-style-type: none"> • Beer • Wine • Spirits/liquor (like alcohol, vodka, rum, whisky or gin) • Alcopops (like Smirnoff Ice, Bacardi Breezer or UDLs) • Any other drink that contains alcohol 	
[If not 'Never'] Think back on the past 2 weeks, How many times have you had 5 or more alcoholic drinks in a row?	
[If not 'Never'] At what age did you first drink alcohol?	
[If not 'Never'] At what age did you first get drunk?	

16 (Greenhalgh, Bayly, & Winstanley, 2017)

17 Ibid.

18 (Australian Health Policy Collaboration, 2015)

19 (Berends, Jones, & Andrews, 2016)

20 Ibid

Other drugs

Substance use is a risky behaviour which is associated with poor mental health, poorer school outcomes, and poorer lifetime health. Education can play a counterbalancing role in shaping a normative culture of safety, moderation, and informed decision making around drug use. The rates of use for different drugs can help identify trends and target specific harm-reduction initiatives.²¹

Items	Audience
<p>In your lifetime have you ever used?</p> <ul style="list-style-type: none"> • Marijuana/cannabis (pot, weed, grass) • Sniffed glue, breathed the contents of an aerosol spray can or inhaled other gases (i.e. Amyle Nitrate, poppers) or sprays in order to get high? • Used phenoxydine (pos, PX, breeze)? • Used other illegal drugs like ecstasy or amphetamines/speed/ice/hallucinogens/LSD) 	8, 11
<p>In the past 30 days have you ever used?</p> <ul style="list-style-type: none"> • Marijuana/cannabis (pot, weed, grass) • Sniffed glue, breathed the contents of an aerosol spray can or inhaled other gases (i.e. Amyle Nitrate, poppers) or sprays in order to get high? • Used phenoxydine (pos, PX, breeze)? • Used other illegal drugs like ecstasy or amphetamines/speed/ice/hallucinogens/LSD) 	8, 11

Sexual health and wellbeing

Safe sex behaviours

Risky sexual health behaviour can lead to negative health outcomes for adolescents. Evidence demonstrates that sexuality education in schools leads to improved sexual health outcomes for students.²²

Items	Audience
Have you ever had sexual intercourse?	8, 11
[If 'Yes'] How old were you when you had sexual intercourse for the first time?	
[If 'Yes'] When you have sex do you or your partner use condoms?	
[If 'Sometimes' or 'Most times'] The last time you had sex did you or your partner use a condom?	
[If 'Yes'] When you have sex do you or your partner use birth control pills?	
[If 'Sometimes' or 'Most times' or 'Don't know' or 'Prefer not to say'] The last time you had sex did you or your partner use a condom?	
[If 'Yes'] when you have sex do you or your partner use withdrawal or some other contraceptive method?	
[If 'Sometimes' or 'Most times'] The last time you had sex did you or your partner use withdrawal or some other contraceptive method?	

21 (Victorian Department of Education 2018)

22 (Better Health Channel, n.d.)

Menstruation

Items	Audience
Have you begun to menstruate (have periods)?	8, 11 Female only