

Headache Survey

1. Equal numbers at 86% of the grade seven boys and girls get headaches.
2. The majority of the boys began experiencing headaches in grades 3-4 while the girls were grades 5-6.
3. 50% of the girls said they get two headaches a month while the boys seemed to get headaches equally once a week or once a month.
4. 42% of the boys and 33% of the girls said that their headaches can last between 1-3 days.
5. 82% of the boys and 60% of the girls said that their mother, father, or brothers or sisters have similar headaches.
6. 39% of the boys and 58% of the girls say that the pain always in the same place when they get a headache.
7. 64% of the boys and 67% of the girls say the pain worse on one side of their head when they get a headache.
8. 100% of the boys and 64% of the girls say the pain throbbing or pounding.
9. About 42% of girls and boys would describe their headaches as a squeezing or vice-like sensation.
10. About 63% of both girls and boys say that their headache pain can be dull and steady, like an intense constant pressure.

How A Headache Affects You

1. 58% of the boys and 67% of the girls say that their headache can require them to lie down.
2. 25% of the boys and 8 % of the girls say they sometimes have to stay home and miss school when they get a headache.
3. 33% of both girls and boys say that they are unusually bothered or especially sensitive to sound.
4. 33% of the boys and 42% of the girls say they lose their appetite when they have a headache.
5. 50% of the boys and 83% of the girls say it is hard to read, watch TV, use the Computer when they have a headache.
6. 25% of the boys and 42% of the girls are unusually bothered or especially sensitive to light.

How do you Get Rid of Your Headaches

1. 55% of the boys and 92% of the girls say that something can help get rid of the headache.
2. The most common aids are Advil, Tylenol, Aspirin, Sleep, eye glasses and caffeine beverages.
3. 67% of the boys and 75% of the girls say that Aspirin, Advil or Tylenol make their headache go away.
4. 33% of the boys and 25% of the girls say they have to lie down in a dark quiet room when they have a headache.

When Do You Get Headaches – Do You Know When They Are Coming?

1. 25% of the boys and 36% of the girls feel sick to their stomach before or during their headache.
2. 42% of the boys and 67% of the girls say they get headaches when they read, watch TV, use the computer too long.
3. 11% of the boys and 0% of the girls say that their headaches happen because they eat certain foods (like chocolate).
4. 33% of the boys and 25% of the girls say they have changes in vision (flashing lights, blurred vision, or spots or Zig Zag lines) before or during a headache.
5. About 34% of boys and girls say that bright lights or sunshine can cause their bad headaches.
6. 17% of the boys and 25% of the girls think a big change in weather from cloudy or sunny hot to cold can give them a headache.
7. About 44% of boys and girls say that if they don't get enough sleep they can get a headache.
8. 25% of boys and girls say that they suffer from motion sickness.

Most kids (90%) drink caffeinated beverages and (90%) of these kids have at least 1 caffeinated beverage a day. Almost half the kids drink coffee while about 35% drink black tea. Most kids get their caffeinated beverages from home._

Talking to Friends and Meeting new Friends using e-mail, Instant Message and the Internet

1. 100% of the grade seven boys and 75% of the girls had Internet access at home.
2. 25% of the boys and 57% of the girls thought they could get into trouble using the Internet
3. 60% of the homes had Pop-Up Blocker, 30% had Anti-Spam, 15% had V-chip, 15% had parental control software, 40% had firewalls, 55% had anti-virus software and 20% had Internet use rules.
4. When they're not actually with their friends, 91% of the girls communicate with friends on the telephone, 75% on email, 75% instant message, 17% cell phone and 8% text message. Regarding the boys, 70% use the phone, 30% email, 44% instant message 18% cell phone and 6% text message.
5. Of Internet communications services, 75% of the girls use email and Instant message with 25% using chat rooms. Of the boys, 37% use email, 62% use instant message and 18% use chat rooms. No one used Blogs or bulletin boards.
6. 90% of the female respondents had over 21 people on their Instant Message Buddy List while 75% of the boy respondents had over 21.
7. When on Instant Message, 65% of the female respondents talk to 4-10 people at once, while 65% of the male respondents talk to 1-3 people at a time. Of the remaining respondents, Girls will talk to more than 10 people at a time while boys tend to talk to less than 4 people at a time.
8. Both boys and girls tend to email or instant message people that are their own age – averaging 85%. Otherwise, the people tend to be older.
9. Most of the people both girls and boys email or Instant message, live in Winnipeg, with boys sticking closer to home and girls branching out more within the city.
10. 40% of the girls said that they socialize on the Internet with people they have never met in person while 30% of the boys do.
11. About 80% of the Boys and girls do not trust strangers they have met online?
12. 70% of the boys and 37% of the girls say that the Internet lets them meet people online they wouldn't be able to meet in person?
13. 25% of both the boys and the girls say that they like to meet new people online.
14. Approximately 20% of both boys and girls pretend to be someone they are not on the Internet.
15. 60% of the boys and 45% of the girls said that the Internet and online communication improved their social life. Comments they gave are: It gets you talking to your friends more than you can set times when you want to go out as groups. Helps with self esteem. I used to be shy. Now I have a girlfriend. Better access to friends. Helps in talking and making conversation.

	Boys	Girls
16. Compare how much you like talking online to talking face to face?		
More	17%	33%
The Same	23%	42%
Less	60%	25%
17. Compare how much you like online friends to friends you see in person?		
More	6%	5%
The Same	40%	45%
Less	54%	45%
18. Do you talk to your friends more, the same, less, in person because you go online?		
More	6%	5%
The Same	40%	45%
Less	54%	45%
19. How much would you miss going online if you couldn't?		
A Lot	46%	33%
Some	23%	25%
Not at all	31%	42%
20. Where do you go online?	RANKED	RANKED
Home	1	1
School	3	3
Friend's	2	2

21. How Often do you go online?	Boys	Girls
Everyday	40%	25%
2-4 times a week	20%	33%
Once a week	40%	33%
22. How much time a day do you spend online		
Less than ½ hour	0	18%
½ - 1 hour	40%	36%
1-2 hours	22%	36%
2-3 hours	22%	10%
3+ hours	16%	0

23. What information have you given out on the internet?	% of Girls	% of Boys
Your First Name	83%	30%
Your Last Name	25%	23%
Home Phone Number	8%	15%
Your Hobbies	58%	30%
Cell Phone Number	8%	
E-mail address	50%	54%
Your Password		
Your Age	33%	23%
Your Picture	8%	15%
Your School	25%	23%
Sports you participate in	58%	70%
Your Schedule		15%
Other People's Information		15%
Nothing	17%	10%
24. What do you go online to do?		
Download games	50%	44%
Play online games against friends	50%	31%
Play online games against strangers	8%	31%
Look for information for school	67%	50%
Create or work on my own web page	50%	31%
Look for sports scores or sports info	33%	50%
Go online to get info on my hobbies	25%	31%
Look for info I might buy or sell		37%
Have fun and kill time	92%	62%
Download music files	50%	50%
Organize social activities	17%	31%
Watch music videos	50%	31%
Look for fashion information	17%	6%
Listen to Internet music	60%	37%
Fill out surveys	25%	25%
Look at websites for my team info	8%	37%
Find health, diet or fitness info		6%
Find info on movies and celebrities	50%	31%
Find info on current events, news	25%	31%
Write my opinions about things	8%	12%
Find info about something that is hard to talk to others about.	8%	0%

WHAT do YOU do for FUN? Grade 7 – total of 28 respondents

What **school committees** or clubs do you participate in? (Check off all that apply)

17 - None 1 - Choir 0 - Band 1 - Art 1 - Science Club
0 - Computer Club 6 - Student Council 0 - School paper 3 - Volunteering
1 - Youth Group 9 - School Sports

What **sports** do you participate in? (Check off all that apply)

1 - None 6 - Baseball 9 - Snow Ski 12 - Snowboard 1 - Motocross
10 - Hockey 11 - Soccer 4 - Football 3 - BMX Bikes 8 - Skateboard
1 - Martial Arts 2 - Gymnastics 3 - Curling 8 - Bowling 4 - Tennis
9 - Golf 18 - Swimming 4 - Cross-Country Ski 7 - Basketball 4 - Volleyball
Snowmobiling 4 -
11 - Fishing 1 - Softball 2 - Cheerleading 1 - Ringette 2 - Running

How many hours a week do you do your sports activities? 5-20 hours

What kind of books do you **read**? (Check off all boxes that apply)

2 - Science Fiction 10 - Humour 16 - Mystery 5 - Ghost 1 - Historical
10 - Action/Adventure 5 - Non-Fiction 8 - Fantasy 2 - Plays 3 - Romance
8 - True Crime 0 - Biographies 8 - Detective 5 - None 3 - Poetry

How many hrs a day on average do you read? 6 - Less than ½ hr 6 - ½-1 hr. 4 - 1-2 hrs 1 - 2-3 hrs 3 - 3+ hrs

What's your favorite kinds of **music**? (Check off all that apply)

12 - Rap 6 - Top 40/Pop 0 - World Music 3 - Jazz 3 - Alternative
2 - Fusion 0 - Classical 8 - Metal/Heavy 2 - Country 1 - Reggae
1 - Techno 5 - Dance 6 - Skate Punk 5 - Oldies 16 - Rock
2 - Political Punk 0 - SKA 3 - RNB 1 - Guitar 13 - Hip Hop

How many hrs a day do you usually listen to music? 3 - Less than ½ hr 1 - ½-1 hr. 4 - 1-2 hrs 1 - 2-3 hrs 3 - 3+ hrs

What are your favourite kinds of **TV** shows? (Check off all boxes that apply)

20 - Comedy 2 - Nature 12 - Game Shows 11 - Music TV 12 - Cartoons 5 - History
20 - Movies 2 - Drama 0 - Documentary 1 - Science Fiction 3 - Educational 9 - Sports

0 - Soap Opera 11 - Reality 0 - News 3 - Technology 8 - Crime 5 - Talk Shows

How many hrs a day do you usually watch TV? 1 - Less than ½ hr 5 - ½-1 hr. 6 - 1-2 hrs 2 - 2-3 hrs 3 - 3+ hrs

What kind of **movies** do you like? (Check off all that apply)

4 - Romance 25 - Comedy 15 - Horror 2 - Science Fiction 9 - Action Adventure 4 - Animation
1 - Mystery/crime

What do you go **online** to do? Check off all boxes that apply.

16% Download games 67% Have fun and kill time 40% Download music files
42% Play online games with friends with strangers 21% Fill out Surveys 14% Played online games
3 % Buy or trade things online Videos 11% Organize social activities 36% Watch Music

43% Look for info for school info	43% Listen to Internet music	11% Look for fashion info
28% Create or work on my own web page	53% Talk to friends	3% Meet new people
21% Look for sports scores or sports information	11% Go online to get information on my hobbies	
7% Look for info something I might buy or sell	11% Look at club and team websites I belong to	
7% Look for health, dieting or physical fitness info	18% Look for info on movies and celebrities	
11% Look for info on current events/news	3% Go where I can write my opinions about things	
0% Go to get info on things that are hard to talk to other people about		

How many hrs a day do you spend online? 6 - Less than ½ hr 10 - ½-1 hr. 5 - 1-2 hrs 2 - 2-3 hrs 3 - 3+ hrs