

ONE Voice for Strafford County Regional Network



Spring 2015

Regional Youth Survey Report

Dover Middle School
Henry Wilson Memorial School
Oyster River Middle School
Rochester Middle School
Somersworth Middle School

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Regional Middle School

YOUTH RISK BEHAVIOR SURVEY REPORT

BACKGROUND

The U.S. Centers for Disease Control and Prevention (CDC) promotes systematic procedures in states to monitor critical health-related behaviors that range from nutritional intake and injury prevention strategies to reproductive and mental health. Since 1991 the CDC has supported random sample surveying of school-aged youth using the Youth Risk Behavior Survey (YRBS). This national school-based survey is conducted by the CDC in conjunction with state, tribal, and local education and health agencies. Data are used nationally and locally to:

- Assess trends in priority health risk behaviors among middle and high school students
- Evaluate the impact of broad school and community interventions at the national, state, and local levels

In addition, state, territorial, local agencies, and non-governmental organizations use YRBS data to set and track progress toward meeting school health and health promotion program goals, support modification of school health curricula or other programs, support new legislation and policies that promote health, and seek funding and other support for new initiatives¹.

In New Hampshire, the high school version of the YRBS is administered by the New Hampshire Department of Education (DOE) in collaboration with local schools. The DOE administers the survey to a select set of classrooms in a randomly selected subset of public high schools to meet CDC sampling requirements that ensure NH YRBS data will be representative of NH high school aged youth. These data are often referred to as the “random sample YRBS.”

In the last thirteen years many NH schools have had the option of administering the survey to all students in a high school who choose to participate. These data are often referred to as the “local sample YRBS.” The local sample YRBS option for schools is co-funded by the NH Bureau of Drug and Alcohol Services and the local school or by a community coalition or regional public health network in which the school is located.

The middle school version of the YRBS has also been supported by the CDC since 1991 and is available to states and local schools for surveying students in grades 6 through 8. Over the last ten years a number of middle schools in NH have been participating in the YRBS for reasons similar to those noted for participation in the high school YRBS, often as a result of their involvement in community-based health initiatives. In the spring of 2015 the Community Health Institute, in collaboration with the Strafford Public Health Region, implemented a modified Middle School YRBS. The data from the middle school are presented in this report.

At the local level, YRBS data are used by schools and communities to understand the risk and health behaviors of area youth, to design programs or policies to reduce risk and promote health, to identify and procure needed resources to support and fund activities, and to determine whether health outcomes among youth related populations are improving or deteriorating.

SURVEY ADMINISTRATION

This survey was administered to all students in the five participating middle schools during the spring of 2015. Surveys were administered in a classroom setting, utilizing a booklet and Scantron format. Student participation was voluntary. Once a student completed the Scantron they were asked to place the Scantron in an envelope that was sent to a third party for scanning and simple data cleaning.

INTERPRETING THE RESULTS

This report shares survey findings from a number of questions about substance use, perception of harm, peer disapproval, parent disapproval, and mental health, among others to help schools, communities, parents, and other stakeholders better understand the behaviors and perceptions of middle school-aged youth in a community.

Responses from youth who participated in the survey can be reported and considered in various ways. These include:

- Prevalence
- Relationships
- Trends

The *prevalence* reflects the number or percent of youth who responded in a particular way to a question, indicating how common a behavior or perception is within the population surveyed. An example of prevalence would state that 83% of students who responded indicated that they think people are at great risk of harming themselves if they use a prescription drug.

Responses may also be combined to show agreement or disagreement with a question. An example would state that 92% of students who responded indicated that they think people are at *moderate or great risk* of harming themselves if they use a prescription drug. In this example, the number of students who selected “great risk” as their response to the question was combined with the number of students who selected “moderate risk.”

There are many ways to share findings from a survey that show data compared to other data. For example, data may be reported by gender or grade in school. For example, comparing the percentage of female students to the percentage of male students who responded to a question in a particular way, or comparing how 7th graders responded to a question to how 8th graders responded.

Relationships between data points compare how a) respondents who answered a question one way to b) how those same respondents answered other questions. For example, the report shows the percentage of respondents who a) reported that they received mostly “As” and “Bs” in school *and* who b) reported use of marijuana. Although such data cannot show that one measure *caused* another (e.g. data will not show that students who receive “As” in school receive those grades *because* they did not use marijuana), it is often helpful to study relationships between measures to understand that certain behaviors and perceptions are interconnected.

Trends show data over a period of time. This data can inform whether and in what way behaviors and perceptions are changing within a population. The data in this report can be compared to past and future data collections in similar populations.

NOTES TO THE USER

The Middle School Survey that was used to collect the data presented in this report, is included in Appendix A. The survey is modeled from the National Youth Risk Behavior Middle School Survey and the New Hampshire High School Youth Risk Behavior Survey. The region requested using the exact same survey administered in 2013, even though some of the core questions were revised by the CDC in the 2015 survey versions.

- “Q” has been used throughout this report to notate the question number on the survey referenced by the data presented.
- There is a “(N=)” after each indicator with the total number of students who responded to the survey question, regardless of their answer. This number makes up the denominator which is used to calculate the percent of responses related to the indicator.
- Some data are reported for a subset of the population sampled, For example, among those who have smoked cigarettes in the past 30 days, X% report that someone gave them cigarettes. This allows the reader to better understand the extent of a set of behaviors.
- The data presented in this report have been “cleaned” for logical edits. If two question responses in a series were contradictory, both responses were coded as missing and not included in the results. Responses that conflict in logical terms are both set to missing, and data are not imputed. For example, if a student responds to one question that he or she has never smoked but then responds to a subsequent question that he or she has smoked two cigarettes during the previous 30 days, the processing system sets both responses to missing. Neither response is assumed to be the correct response.
- N/A has been used to note when data is not available either because a groups of students was not surveyed or because the data only included missing information for a variable.
- “Not reportable” indicates that the total number of respondents to a survey question is equal to or less than 5 ($n \leq 5$) and is therefore not sufficient for analysis.

DEMOGRAPHICS

It is important to consider the sample size, demographics of the sample, and how well the sample represents the whole school population when interpreting survey data. A sample that most closely represents the actual population of the school will yield the most reliable results.

Table 1: AGGREGATE MIDDLE SCHOOLS

Responses	Number and Percent of Students*
Completed Surveys	1,770
Total School Enrollment ⁱⁱⁱ	2,063
Response Rate	85.8%
Grade Distribution	1,753
7 th	48.9%
8 th	51.1%
Gender Distribution	1,760
Female	50.7%
Male	49.3%
Race & Ethnicity	1,757
American Indian or Alaskan Native	5.5%
Asian	7.4%
Black or African American	6.0%
Native Hawaiian or Pacific Islander	1.3%
White	85.3%
Hispanic or Latino	4.3%
Sexual Orientation	1,726
Heterosexual	86.3%
Gay or lesbian	1.0%
Bisexual	5.4%
Unsure	7.9%

*NOTE: Distribution values may not equal 100% due to multiple possible answers or rounding.

Population of 7th and 8th Grade Students in Each Participating School

- Dover Middle School = 572
- Henry Wilson Memorial School = 195
- Oyster River Middle School = 339
- Rochester Middle School = 657
- Somersworth Middle School = 300

RESULTS

Prevalence of Behaviors

Health Behaviors

Understanding which risky behaviors are most widespread among middle school students may help schools, communities, families, health clinics, and other stakeholders improve services and educational programs for youth to reduce these behaviors and to help prevent problems associated with these behaviors, such as unintended injuries, poor fitness, depression or substance abuse disorders. The following table shows the prevalence of different risk behaviors among middle school students who participated in the middle school YRBS.

TABLE 2: SAFETY

(All data reported as percent)

Strafford County
Region %

Q6. Among students who rode a bicycle during the past 12 months the percentage of students who never or rarely wore a bicycle helmet (N=1,506)	39.2%
Q7. Percentage of students who never or rarely wore a seat belt when riding in a car (N=1,762)	3.3%
Q8. Percentage of students who have ever ridden in car or other vehicle driven by someone who had been drinking alcohol (N=1,452)	21.7%
Q9. Percentage of students who have ever carried a gun, knife, or club on school property (N=1,759)	6.6%
Q10. Percentage of students who have ever not gone to school because they felt unsafe at school or on their way to or from school (N=1,764)	9.4%
Q11. Percentage of students who have ever been injured in a physical fight and had to be treated by a doctor or nurse (N=1,765)	8.7%
Q12. Percentage of students who have ever been in a physical fight on school property (N=1,765)	18.9%
Q13. Percentage of students who have ever been physically forced to have sexual intercourse when they did not want to (N=1,762)	5.1%
Q14. Percentage of students who have ever been bullied on school property (N=1,769)	48.4%
Q15. Percentage of students who have ever been electronically bullied (N=1,764)	32.3%
Q16. Percentage of students who have ever done something to purposefully hurt themselves without wanting to die, such as cutting or burning themselves on purpose (N=1,760)	18.1%

TABLE 3: SEXUAL BEHAVIOR

(All data reported as percent)

Strafford County
Region %

Q43. Percentage of students who have ever had sexual intercourse (N=1,740)	9.9%
Q44. Percentage of students who had sexual intercourse for the first time before age 13 years (N=1,705)	3.1%
Q45. Percentage of students who had sexual intercourse with four or more people during their life (N=1,720)	1.0%
Q46. Among students who had sexual intercourse, the percentage who used a condom during last sexual intercourse (N= 122)	51.6%

TABLE 4: SUICIDE

(All data reported as percent)

Strafford County
Region %

Q17. Percentage of students who have ever felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities (N=1,760)	27.0%
Q18. Percentage of students who have ever seriously considered attempting suicide (N=1,758)	20.6%
Q19. Percentage of students who have ever made a plan about how they would attempt suicide (N=1,758)	13.3%
Q20. Percentage of students who have ever actually attempted suicide (N=1,755)	6.8%

48.4% of students have BEEN BULLIED
on school property

TABLE 5: WEIGHT, FOOD AND PHYSICAL ACTIVITY

(All data reported as percent)

**Strafford County
Region %**

Q47. Percentage of students who think they are slightly or very overweight (N=1,746)	24.9%
Q48. Percentage of students who exercise to lose weight or prevent weight gain (N=1,744)	63.2%
Q49. Percentage of students who have eaten less food, fewer calories or foods low in fat to lose weight or prevent weight gain (N=1,747)	41.2%
Q50. Percentage of students who have gone without eating for 24 hours or more to lose weight or to keep from gaining weight (N=1,745)	13.1%
Q51. Percentage of students who have ever taken any diet pills, powders, or liquids without a doctor's advice to lose weight or prevent weight gain (N=1,742)	3.4%
Q52. Percentage of students who have ever vomited or taken laxatives to lose weight or keep from gaining weight (N=1,732)	4.6%
Q53. Percentage of students who ate breakfast on 5 or more days during the past 7 days (N=1,744)	58.3%
Q54. Percentage of students who have gone hungry because there was not enough food at home in past 30 days (N=1,734)	3.2%
Q55. Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days (N=1,738)	46.4%
Q56. Percentage of students who watched three or more hours per day of TV on an average school day (N=1,736)	23.3%
Q57. Percentage of students who use a computer for non-school related activities for three or more hours on an average school day (N=1,740)	45.1%
Q58. Percentage of students who attended physical education classes on one or more days in an average week when they were in school (N=1,712)	74.1%
Q59. Percentage of students who played on one or more sports teams in the past 12 months (N=1,737)	64.6%

TABLE 6: HEALTH RELATED

(All data reported as percent)

**Strafford County
Region %**

Q60. Percentage of students who saw a doctor or nurse for a check-up or physical exam when not sick or injured in the past 12 months (N=1,742)	68.7%
Q60X. Percentage of students who saw a doctor or nurse for a check-up or physical exam when not sick or injured in the past 2 years (N=1,440)	94.8%
Q61. Percentage of students who saw a dentist for a check-up, exam, teeth cleaning, or other dental work during the past 12 months (N=1,739)	76.8%
Q61X. Percentage of students who saw a dentist for a check-up, exam, teeth cleaning, or other dental work during the past 2 years (N=1,524)	95.7%

TABLE 7: TOBACCO USE

(All data reported as percent)

**Strafford County
Region %**

Q21. Percentage of students who have ever tried smoking a cigarette (N=1,724)	14.2%
Q22. Percentage of all students who smoked a whole cigarette for the first time before age 13 years (N=1,722)	4.9%
Q23. Percentage of students who smoked cigarettes on one or more days over the past 30 days (N=1,751)	3.8%
Q24. Among those who smoked, percentage of students who obtained it by having someone 18 years or older give it to them (N=102)	2.9%
Q25. Percentage of students who have ever smoked daily over the course of 30 days (N=1,733)	2.1%
Q26. Percentage of students who have ever used chewing tobacco, snuff, dip or cigars (N=1,759)	6.0%
Q69. Percentage of students who think people are at moderate or great risk of harming themselves (physically or in other ways), if they smoke one or more packs of cigarettes per day (N=1,717)	91.7%
Q69. Percentage of students who think people are at great risk of harming themselves (physically or in other ways), if they smoke one or more packs of cigarettes per day (N=1,717)	74.7%

TABLE 8: ALCOHOL USE

(All data reported as percent)

Strafford County
Region %

Q27. Percentage of students who have ever had at least one drink of alcohol (N=1,624)	15.0%
Q28. Percentage of students who had at least one drink of alcohol on one or more days during the past 30 days (N=1,727)	4.9%
Q29. Percentage of all students who had their first drink of alcohol other than a few sips before age 13 years (N=1,639)	9.8%
Q30. Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days (N=1,736)	1.7%
Q31. Among those students who have ever drunk alcohol, the percentage who obtained it by having someone give it to them (N=174)	38.5%
Q70. Percentage of students who think people are at moderate or great risk of harming themselves (physically or in other ways), if they have one or two drinks of alcohol nearly every day (N=1,713)	73.0%
Q70. Percentage of students who think people are at great risk of harming themselves (physically or in other ways), if they have one or two drinks of alcohol nearly every day (N=1,713)	34.3%
Q73. Percentage of students who think their friends feel it is wrong or very wrong if they drink alcohol nearly every day (N=1,708)	84.7%
Q76. Percentage of students who suggest that their parents think it is wrong or very wrong if they to drink alcohol nearly every day (N=1,700)	97.1%

15% of students have had **AT LEAST ONE DRINK** of alcohol

TABLE 9: MARIJUANA USE

(All data reported as percent)

**Strafford County
Region %**

Q32. Percentage of students who have ever used marijuana (N=1,651)	9.0%
Q33. Percentage of students who used marijuana one or more times during the past 30 days (N=1,706)	3.8%
Q34. Percentage of students who tried marijuana for the first time before age 13 years (N=1,663)	5.3%
Q71. Percentage of students who think people are at moderate or great risk of harming themselves (physically or in other ways), if they use marijuana once or twice a week (N=1,712)	74.4%
Q71. Percentage of students who think people are at great risk of harming themselves (physically or in other ways), if they use marijuana once or twice a week (N=1,712)	48.8%
Q74. Percentage of students who think their friends feel it is wrong or very wrong if they smoke marijuana (N=1,697)	85.3%
Q77. Percentage of students who suggest that their parents think it is wrong or very wrong if they smoke marijuana (N=1,700)	96.2%

TABLE 10: PRESCRIPTION DRUG USE

(All data reported as percent)

**Strafford County
Region %**

Q35. Percentage of students who have ever used prescription drugs (such as OxyContin, Percocet, Vicodin, Adderall, Ritalin, or Xanax) without a doctor's prescription (N=1,748)	4.1%
Q36. Percentage of students who in the past 30 days used prescription drugs (such as OxyContin, Percocet, Vicodin, Adderall, Ritalin, or Xanax) without a doctor's prescription (N=1,743)	2.0%
Q72. Percentage of students who think people are at moderate or great risk of harming themselves (physically or in other ways), if they take a prescription drug without a prescription (N=1,709)	89.4%
Q72. Percentage of students who think people are at great risk of harming themselves (physically or in other ways), if they take a prescription drug without a prescription (N=1,709)	66.2%

TABLE 10: PRESCRIPTION DRUG USE

(All data reported as percent)

**Strafford County
Region %**

Q75. Percentage of students who think their friends feel it is wrong or very wrong if they take a prescription drug without a doctor's prescription (N=1,698)	94.8%
Q78. Percentage of students who suggest that their parents think it is wrong or very wrong if they take a prescription drug without a doctor's prescription (N=1,681)	98.3%

TABLE 11: OTHER DRUG USE

(All data reported as percent)

**Strafford County
Region %**

Q37. Percentage of students who have ever used synthetic marijuana (N=1,756)	2.6%
Q38. Percentage of students who have ever used cocaine (N=1,752)	1.4%
Q39. Percentage of students who have sniffed glue, breathed the content of spray cans, or inhaled any paints or sprays to get high (N=1,743)	5.3%
Q40. Percentage of students who have ever taken steroid pills or shots without a doctor's prescription (N=1,743)	1.0%
Q41. Percentage of students who have ever taken an over the counter drug to get high (N=1,751)	2.5%
Q42. Percentage of students who have taken an over the counter drug to get high in the past 30 days (N=1,753)	2.3%

98.3%

of students suggest that their parents think it is **WRONG OR VERY WRONG** if they take a prescription drug without a doctor's prescription

TABLE 12: SCHOOL PERFORMANCE AND COMMUNITY RELATIONS

(All data reported as percent)

**Strafford County
Region %**

Q5. Percentage of students who would describe their grades in school as mostly “As” or “Bs” during the past 12 months (N=1,747)	65.5%
Q63. Percentage of students who have a parent or another adult in their family who serve on active duty in the military (N=1,724)	18.2%
Q64. Percentage of students who report they have you ever been taught about AIDS or HIV infection in school (N=1,301)	64.0%
Q65. Percentage of students who agree or strongly agree their parents or other adults in their family have clear rules and standards for their behavior (N=1,738)	81.0%
Q66. Percentage of students who have talked with at least one of their parents or guardians about the dangers of tobacco, alcohol, or drug use during the past 12 months (N=1,732)	51.6%
Q67. Percentage of students who, in the past 12 months, participated in one or more activity in a club or organizations (other than sports) outside of school, such as 4-H, Boys and Girls Clubs, YWCA, or YMCA (N=1,732)	63.9%
Q68. Percentage of students who agree or strongly agree that they feel like they matter to people in their community (N=1,729)	55.1%

51.6%

of students have talked with at least one of their parents or guardians about the dangers of tobacco, alcohol, or drug use during the past 12 months.

Relationships Between Health Behaviors and Perceptions

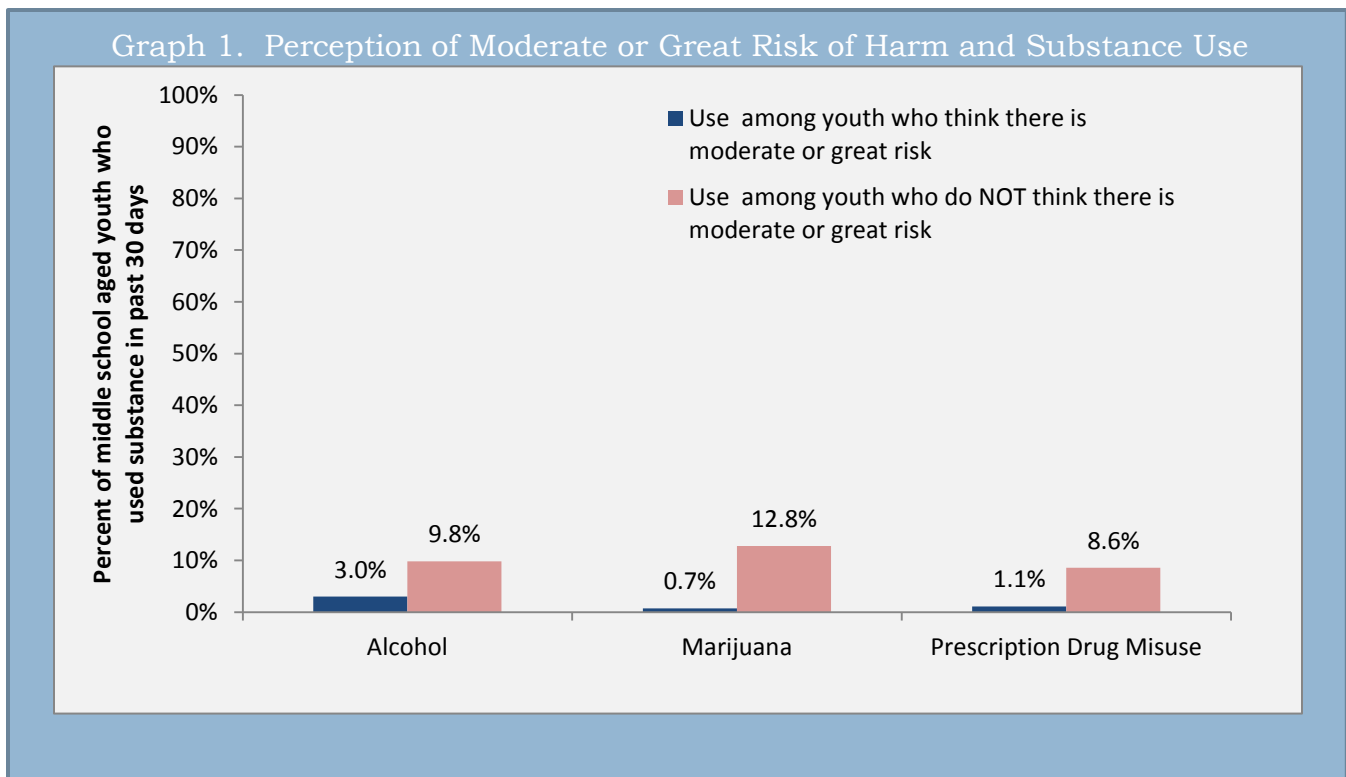
Understanding to what extent risky behaviors are related to each other may help schools, communities, families, healthcare providers and other stakeholders improve services and educational programs for youth to reduce these behaviors and to help prevent problems associated with these behaviors. The following graphs show the relationship of different risk behaviors among those students who were surveyed in 2015 in the Strafford County Region.

Past 30-Day Use of All Substances Related to Perception of Risk

It is well established in research that risk taking increases between childhood and adolescence, and recent developments in the study of the brain have established that this increase is the result of changes around the time of puberty in the brain's socio-emotional system leading to increased reward-seeking, especially in the presence of peers. Risk-taking then declines between adolescence and adulthood because of changes in the brain's cognitive control system; changes which improve individuals' capacity for self-regulation. These changes in the brain occur across adolescence and young adulthood along differing timetables, making mid-adolescence a time of heightened vulnerability to risky and reckless behaviorⁱⁱⁱ. However, findings from studies that have examined the relationship between perceived risk and risk behavior show that when youth perceive high risk, they are significantly less likely to engage in the behavior that poses the risk^{iv}. For example, young people who think marijuana smoking poses moderate or great risk are significantly less likely to smoke marijuana themselves. When young people consider risk, they may think of health problems, academic difficulties, not meeting parent expectations, ineligibility for sports teams or co-curricular activities, or problems with the law.

Findings related to perception of risk and substance use have important implications for preventing the behaviors that can threaten health, safety, and wellbeing. By increasing young people's awareness of the risks associated with a choice, communities can help youth protect their health and safety during adolescence, a time of significantly heightened risk.

The following graph demonstrates the relationship between perception of risk and risk behavior.



These data show that among youth who perceive high risk of substance use, there is less use of the substances. For example, in 2015, marijuana use was higher among youth who did not think there was a moderate or great risk of harm from using it, compared to those who did think there was a moderate or great risk of harm.

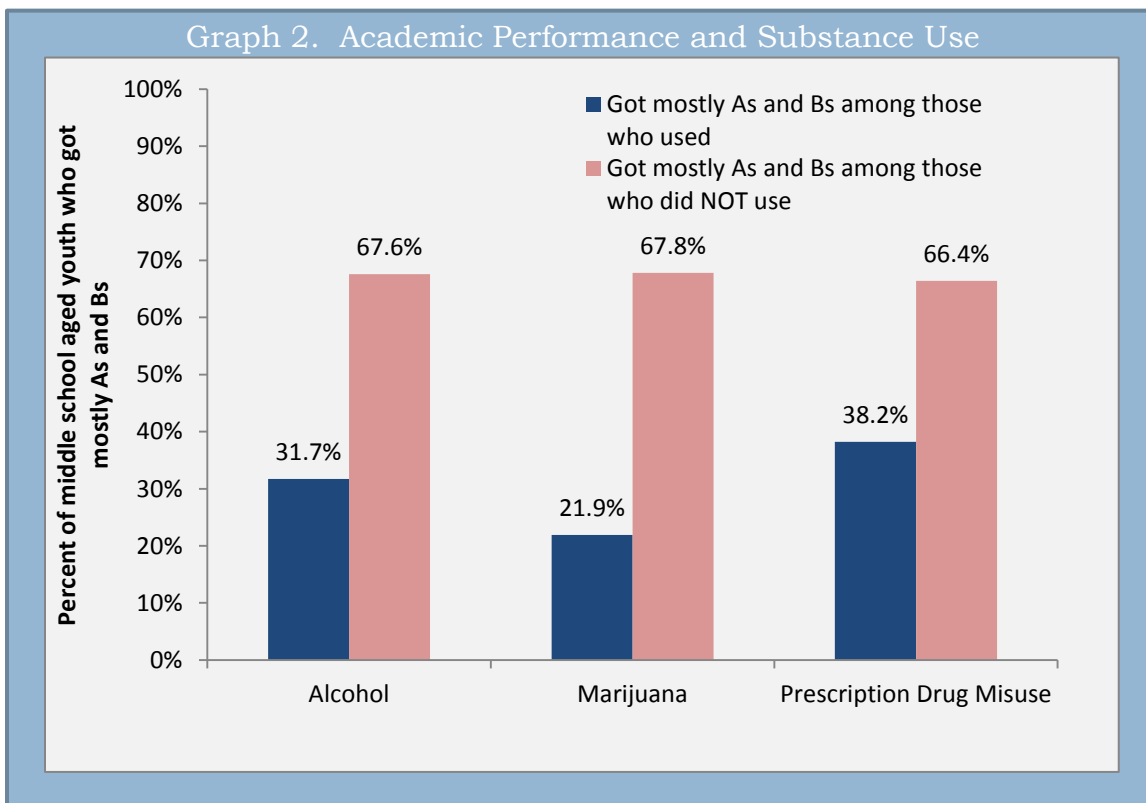
Past 30-Day Use of All Substances Related to Performance in School

Research has supported the existence of a relationship between school performance and positive experiences within the community and school setting^v. Such findings encourage schools and communities to study possible relationships between academics, community connectedness, and risky behaviors among middle school students.

The relationship between academic achievement and substance use has been an area of focus in prior analyses of data from the national Youth Risk Behavior Survey. According to the CDC, data has shown a negative association between alcohol and other drug use and academic achievement after controlling for sex, race/ethnicity, and grade level. This means that students with higher grades are less likely to engage in alcohol and other drug use behaviors than their classmates with lower grades, and students who do not engage in alcohol and other drug use behaviors receive higher grades than their classmates who do engage in alcohol and other drug use behaviors. More research is needed to determine whether low grades lead to alcohol and other drug use, alcohol and other drug use leads to low grades, or some other factors lead to both of these problems.^{vi}

Exploring the relationship between academic performance and risky behaviors has important implications for schools seeking to increase prevention efforts. Schools may choose to share these data with parents and teachers to encourage stronger and clearer messages to youth about the impact of alcohol and drug use on grades in school and possible longer-term impacts on college or careers. Such information can also be shared with students and community members to develop a common understanding that alcohol and other drug use not only poses health and safety risks such as from drinking/drugging and driving or alcohol poisoning, but use can also have longer-term negative impacts on learning, motivation, achievement, and the positive sense of self that is often a product of achievement and success.

The following graph shows the relationship between what middle school students perceive as the grades they typically receive and their risk-taking behavior

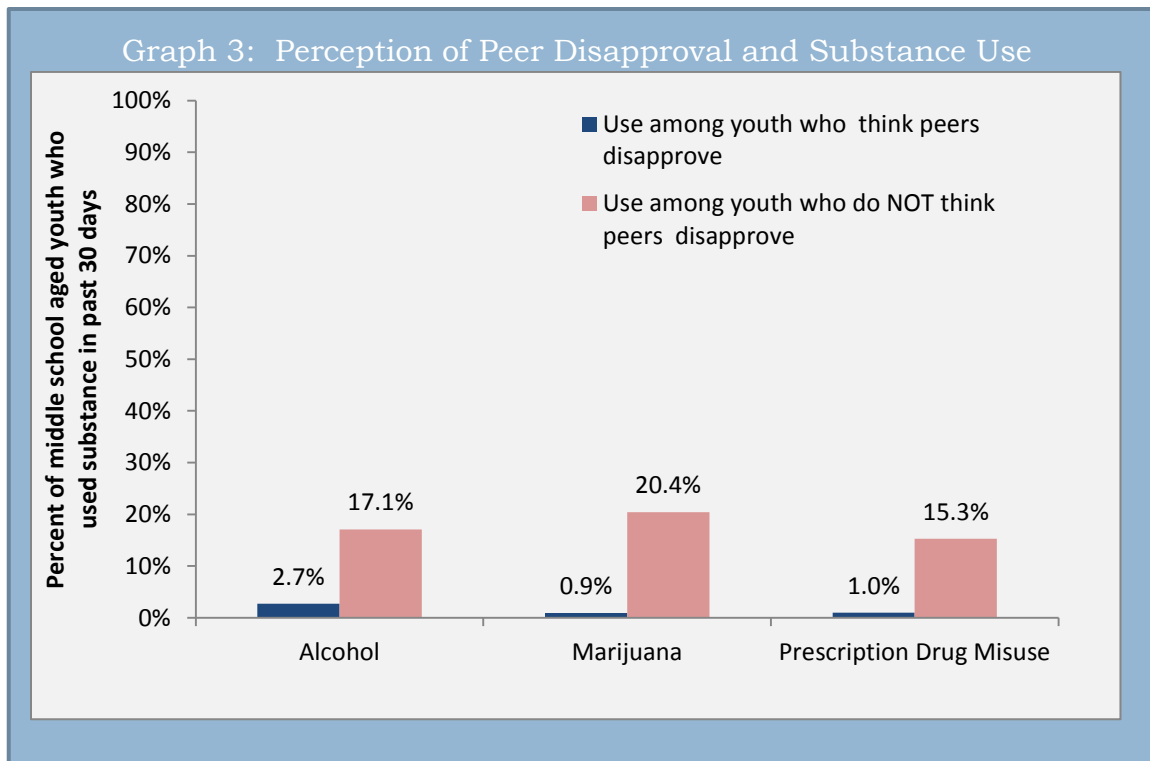


These data show that youth who use substances also report lower grades in school. For example, in 2015 getting grades of As and Bs was lower among those who used marijuana compared to those who did not.

Past 30-Day Use of All Substances Related to Perception of Peer Approval or Disapproval of Use

An adolescent’s formal or informal membership in a group of peers also influences risk-taking behaviors. Research findings have shown that peer networks have a significant influence on alcohol and drug use. In a recent study it was found that adolescents with fewer than four friends who use alcohol or drugs were more likely to abstain from alcohol or drug use than other adolescents and that they are more likely to continue in a peer network with few alcohol or drug users^{vii}.

The following graph shows the relationship between middle school students who think their friends would think it is wrong for them to use substances and their use of the substance.



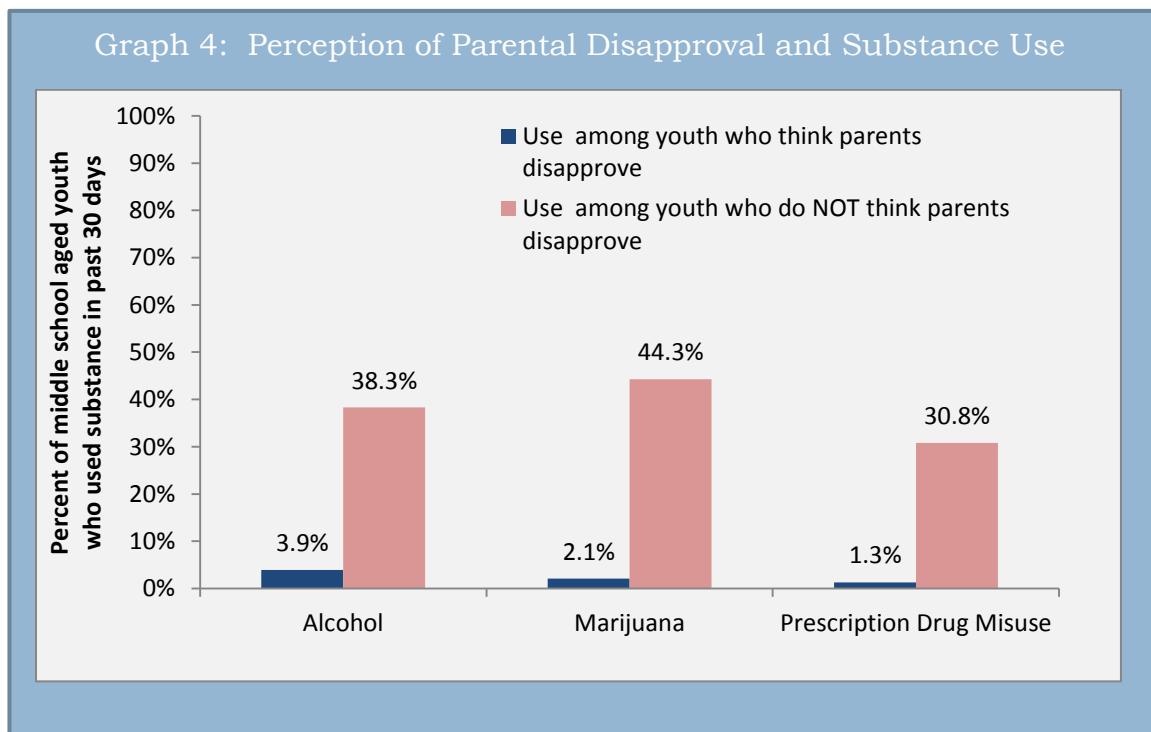
These data show that youth who perceive their peers disapprove of particular substance use also report lower use of those substances. For example, in 2015 alcohol use was higher among youth who did not think their peers would disapprove of their use compared to those who did think their peers would disapprove.

Past 30-Day Use of All Substances Related to Perception of Parental Disapproval of Use

Parents and parenting styles have a strong influence on adolescent decision-making. These influences have been substantiated in the study of adolescent risk-taking and have found that positive parent modeling, parental limiting of availability of alcohol to children and adolescents, parent monitoring, parent involvement, and positive parent-child communication help delay experimentation with alcohol. Research has also supported that parental disapproval of adolescent drinking significantly reduces the likelihood that an adolescent will drink alcohol regularly^{viii}.

Community-based organizations and school programming for parents can help underscore the importance of positive parenting and can help teach effective parenting styles that include parent monitoring, positive communication, and role modeling to reduce adolescent risk behaviors.

The following graph shows the relationship between middle school students' perceptions of their parent's view on alcohol or drug behaviors and the prevalence of those behaviors among the youth.



These data show that youth who perceive that their parents disapprove of particular substance use also report lower use of those substances. For example, in 2015 prescription drug misuse was higher among youth who thought their parents would not disapprove compared to those who thought their parents would disapprove.

CONCLUSION

Collecting data from middle school aged youth can be an important catalyst for change. Adolescents are affected by everything and everyone in their environment, from friends and neighbors to music and video games to coaches, parents, teachers, and even business owners in the community. Considering this data and asking questions of our youth is a first step to understanding how they are thinking and acting in this important time in their development.

Communities, neighborhoods, youth-serving organizations, schools, mentors, churches, families, businesses, and youth themselves are encouraged to use the information provided in this report to discuss next steps and to begin to make changes, large or small, formal or informal, to better support the healthy development of our collective youth, for their own well-being and for the well-being of area families and communities.

i <http://www.cdc.gov/healthyyouth/yrbs/brief.htm>

ii http://www.education.nh.gov/data/documents/school_enroll14_15.pdf

iii Steinberg L. (2008) A social neuroscience perspective on adolescent risk-taking. *Developmental Review*. 28:76–106
<http://www.ncbi.nlm.nih.gov/pubmed/18509515>

iv [Brewer NT](#), [Chapman GB](#), [Gibbons FX](#), [Gerrard M](#), [McCaul KD](#), [Weinstein ND](#) (2007) Meta-analysis of the relationship between risk perception and health behavior: the example of vaccination. *Health Psychology*. 2007 Mar; 26(2):136-45
<http://www.ncbi.nlm.nih.gov/pubmed/17385964>

v Birckmayer, JD, Holder, HD, Yacoubian, GS, & Friend, KB. (2004). A general causal model to guide alcohol, tobacco, and illicit drug prevention: Assessing the research evidence. *Journal of Drug Education*, 34(2), 121-153

vi http://www.cdc.gov/HealthyYouth/health_and_academics/pdf/alcohol_other_drug.pdf

vii [Ramirez R1](#), [Hinman A](#), [Sterling S](#), [Weisner C](#), [Campbell C](#). (2012) Peer influences on adolescent alcohol and other drug use outcomes. *J Nurs Scholarsh*. 2012 Mar; 44 (1):36-44. doi: 10.1111/j.1547-5069.2011.01437.x. Epub 2012 Feb 16.
<http://www.ncbi.nlm.nih.gov/pubmed/22339982>

viii [Ryan SM1](#), [Jorm AF](#), [Lubman DI](#). (2010) Parenting factors associated with reduced adolescent alcohol use: a systematic review of longitudinal studies. *Aust N Z J Psychiatry*. 2010 Sep; 44(9):774-83. doi: 10.1080/00048674.2010.501759.
<http://www.ncbi.nlm.nih.gov/pubmed/20815663>

APPENDIX A:
SPRING 2015 MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY

Spring 2015 Middle School
Youth Risk Behavior Survey

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to improve health education for young people like yourself.

DO NOT write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

The questions that ask about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

Make sure to read every question. Fill in the ovals completely. When you are finished, follow the instructions of the person giving you the survey.

Thank you very much for your help.

DIRECTIONS

- Use a #2 pencil only.
-  Make dark marks.
- Fill in a response like this:
- If you change your answer, erase your old answer completely.

1. How old are you?
 - A. 10 years old or younger
 - B. 11 years old
 - C. 12 years old
 - D. 13 years old
 - E. 14 years old
 - F. 15 years old
 - G. 16 years old or older
2. What is your sex?
 - A. Female
 - B. Male
3. In what grade are you?
 - A. 6th grade
 - B. 7th grade
 - C. 8th grade
 - D. Ungraded or other grade

4. What is your race? **(Select one or more responses.)**

- A. American Indian or Alaska Native
- B. Asian
- C. Black or African American
- D. Native Hawaiian or Other Pacific Islander
- E. White
- F. Hispanic or Latino

5. During the past 12 months, how would you describe your grades in school?

- A. Mostly A's
- B. Mostly B's
- C. Mostly C's
- D. Mostly D's
- E. Mostly F's
- F. None of these grades
- G. Not Sure

The next 3 questions ask about safety.

6. **When you ride a bicycle**, how often do you wear a helmet?

- A. I do not ride a bicycle
- B. Never wear a helmet
- C. Rarely wear a helmet
- D. Sometimes wear a helmet
- E. Most of the time wear a helmet
- F. Always wear a helmet

7. How often do you wear a seat belt when **riding** in a car?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

8. Have you ever **ridden** in a car driven by someone who had been drinking alcohol?

- A. Yes
- B. No
- C. Not sure

The next 5 questions ask about violence-related behaviors.

9. Have you ever carried **a weapon**, such as a gun, knife, or club on school property?

- A. Yes
- B. No

10. Have you ever **not** gone to school because you felt you would be unsafe at school or on your way to or from school?

- A. Yes
- B. No

11. Have you ever been in a physical fight in which you were hurt and had to be treated by a doctor or nurse?

- A. Yes
- B. No

12. Have you ever been in a physical fight on school property?

- A. Yes
- B. No

13. Have you ever been physically forced to have sexual intercourse when you did not want to?

- A. Yes
- B. No

The next 2 questions ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.

14. Have you ever been bullied on school property?

- A. Yes
- B. No

15. Have you ever been **electronically** bullied? (This includes being bullied through e-mail, chat rooms, instant messaging, websites, social media sites or texting.)

- A. Yes
- B. No

The next question asks about hurting yourself on purpose.

16. Have you ever done something to purposefully hurt yourself without wanting to die, such as cutting or burning yourself on purpose?

- A. Yes
- B. No

The next 4 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide or killing themselves.

17. Have you ever felt so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

- A. Yes
- B. No

18. Have you ever **seriously thought** about killing yourself?

- A. Yes
- B. No

19. Have you ever made a **plan** about how you would kill yourself?

- A. Yes
- B. No

20. Have you ever **tried** to kill yourself?

- A. Yes
- B. No

The next 6 questions ask about tobacco use.

21. Have you ever tried cigarette smoking, even one or two puffs?

- A. Yes
- B. No

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22. How old were you when you smoked a whole cigarette for the first time?
- A. I have never smoked a whole cigarette
 - B. 8 years old or younger
 - C. 9 years old
 - D. 10 years old
 - E. 11 years old
 - F. 12 years old
 - G. 13 years old
 - H. 14 years old or older
23. During the past 30 days, on how many days did you smoke cigarettes?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
24. During the past 30 days, how did you **usually** get your own cigarettes? (Select only **one** response.)
- A. I do not smoke cigarettes
 - B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station
 - C. I bought them from a vending machine
 - D. I gave someone else money to buy them for me
 - E. I borrowed (or bummed) them from someone else
 - F. A person 18 years old or older gave them to me
 - G. I took them from a store or family member
 - H. I got them some other way
25. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?
- A. Yes
 - B. No
26. Have you ever used tobacco products other than cigarettes, such as chewing tobacco, snuff, dip, or cigars?
- A. Yes
 - B. No

The next 5 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

27. Have you ever had a drink of alcohol, other than a few sips?
- A. Yes
 - B. No
28. During the past 30 days have you had a drink of alcohol, other than a few sips?
- A. Yes
 - B. No

29. How old were you when you had your first drink of alcohol other than a few sips?

- A. I have never had a drink of alcohol other than a few sips
- B. 8 years old or younger
- C. 9 years old
- D. 10 years old
- E. 11 years old
- F. 12 years old
- G. 13 years old
- H. 14 years old or older

30. During the past 30 days have you had 5 or more drinks of alcohol in a row, that is, within a couple of hours?

- A. Yes
- B. No

31. How do you usually get the alcohol you drink?

- A. I do not drink alcohol
- B. I buy it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station
- C. I buy it in a restaurant, bar, or club
- D. I buy it at a public event such as a concert or sporting event
- E. I give someone else money to buy it for me
- F. Someone gives it to me
- G. I took it from a store or family member
- H. I got it some other way

The next 3 questions ask about marijuana use. Marijuana also is called weed, grass, or pot.

32. Have you **ever** used marijuana?

- A. Yes
- B. No

33. During the **past 30 days**, have you used marijuana?

- A. Yes
- B. No

34. How **old** were you when you tried marijuana for the first time?

- A. I have never tried marijuana
- B. 8 years old or younger
- C. 9 years old
- D. 10 years old
- E. 11 years old
- F. 12 years old
- G. 13 years old or older

The next 2 questions ask about the use of prescription drugs without a doctor's prescription.

35. Have you **ever** taken a **prescription drug** (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?

- A. Yes
- B. No

36. During the **past 30 days**, have you taken a **prescription drug** (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?

- A. Yes
- B. No

The next 6 questions ask about other drugs.

37. Have you ever used synthetic marijuana (also called K2 or Spice)?

- A. Yes
- B. No

38. Have you ever used **any** form of cocaine, including powder, crack, or freebase?

- A. Yes
- B. No

39. Have you ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high?

- A. Yes
- B. No

40. Have you ever taken **steroid pills or shots** without a doctor's prescription?

- A. Yes
- B. No

41. Have you ever taken an **over-the-counter drug** (such as cough medicine, allergy medicine, or pain relievers) to get high?

- A. Yes
- B. No

42. During the **past 30 days**, have you taken an **over the counter drug** (such as cough medicine, allergy medicine, or pain relievers) to get high?

- A. Yes
- B. No

The next 4 questions ask about sexual intercourse.

43. Have you ever had sexual intercourse?

- A. Yes
- B. No

44. How old were you when you had sexual intercourse for the first time?

- A. I have never had sexual intercourse
- B. 8 years old or younger
- C. 9 years old
- D. 10 years old
- E. 11 years old
- F. 12 years old
- G. 13 years old or older

45. How many people have you had sexual intercourse with?

- A. I have never had sexual intercourse
- B. 1 person
- C. 2 people
- D. 3 people
- E. 4 people
- F. 5 people
- G. 6 or more people

46. The **last time** you had sexual intercourse, did you or your partner use a condom?

- A. I have never had sexual intercourse
- B. Yes
- C. No

The next 6 questions ask about body weight.

47. How do **you** describe your weight?

- A. Very underweight
- B. Slightly underweight
- C. About the right weight
- D. Slightly overweight
- E. Very overweight

48. Have you ever exercised to lose weight or to keep from gaining weight?

- A. Yes
- B. No

49. Have you ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?

- A. Yes
- B. No

50. Have you ever **gone without eating for 24 hours or more** (also called fasting) to lose weight or to keep from gaining weight?

- A. Yes
- B. No

51. Have you ever **taken any diet pills, powders, or liquids** without a doctor's advice to lose weight or to keep from gaining weight? (Do **not** count meal replacement products such as Slim Fast.)

- A. Yes
- B. No

52. Have you ever **vomited or taken laxatives** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

The next 2 questions ask about eating habits.

53. During the past 7 days, on how many days did you eat **breakfast**?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days or more

54. During the past 30 days, how often did you go hungry because there was not enough food in your home?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

The next 5 questions ask about physical activity.

55. During the past 7 days, on how many days were you physically active for a total of **at least 60 minutes per day**? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days or more

56. On an average school day, how many hours do you watch TV?

- A. I do not watch TV on an average school day
- B. Less than 1 hour per day
- C. 1 hour per day
- D. 2 hours per day
- E. 3 hours per day
- F. 4 hours per day
- G. 5 or more hours per day

57. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (This includes time spent on things such as Xbox, PlayStation, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the Internet.)

- A. I do not play video or computer games or use a computer for something that is not school work
- B. Less than 1 hour per day
- C. 1 hour per day
- D. 2 hours per day
- E. 3 hours per day
- F. 4 hours per day
- G. 5 or more hours per day

58. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days

59. During the past 12 months, on how many sports teams did you play? (Count any teams run by your school or community groups.)

- A. 0 teams
- B. 1 team
- C. 2 teams
- D. 3 or more teams

The next 5 questions ask about other health-related topics.

60. When was the last time you saw a doctor or nurse for a check-up or physical exam when you were not sick or injured?

- A. During the past 12 months
- B. Between 12 and 24 months ago
- C. More than 24 months ago
- D. Never
- E. Not sure

61. When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?

- A. During the past 12 months
- B. Between 12 and 24 months ago
- C. More than 24 months ago
- D. Never
- E. Not sure

62. Which of the following best describes you?

- A. Heterosexual (straight)
- B. Gay or lesbian
- C. Bisexual
- D. Not sure

63. Are either of your parents or other adults in your family serving on active duty in the military?

- A. Yes
- B. No

64. Have you ever been taught about AIDS or HIV infection in school?

- A. Yes
- B. No
- C. Not sure

The next 4 questions ask about your family, your activities, and your community.

65. Do you agree or disagree that your parents or other adults in your family have clear rules and consequences for your behavior?
- A. Strongly agree
 - B. Agree
 - C. Not sure
 - D. Disagree
 - E. Strongly disagree
66. During the past 12 months, have you talked with at least one of your parents about the dangers of tobacco, alcohol, or drug use?
- A. Yes
 - B. No
 - C. Not sure
67. During the past 12 months, in how many extracurricular activities did you participate (such as school clubs, Girl Scouts, Cub Scouts, band, chorus, martial arts, dance, or church groups), not including sports teams?
- A. None
 - B. 1 activity
 - C. 2 activities
 - D. 3 activities
 - E. 4 or more activities
68. Do you agree or disagree that in your community you feel like you matter to people?
- A. Strongly agree
 - B. Agree
 - C. Not sure
 - D. Disagree
 - E. Strongly disagree

The next 4 questions ask about the perceived harm from tobacco, alcohol or drug use.

69. How much do you think people risk harming themselves (physically or in other ways) if they smoke one or more packs of **cigarettes** per day?
- A. No risk
 - B. Slight risk
 - C. Moderate risk
 - D. Great risk
70. How much do you think people risk harming themselves (physically or in other ways) if they take one or two drinks of an **alcoholic beverage** nearly every day?
- A. No risk
 - B. Slight risk
 - C. Moderate risk
 - D. Great risk
71. How much do you think people risk harming themselves (physically or in other ways) if they use **marijuana** once or twice a week?
- A. No risk
 - B. Slight risk
 - C. Moderate risk
 - D. Great risk

72. How much do you think people risk harming themselves (physically or in other ways) if they take a **prescription drug** (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?

- A. No risk
- B. Slight risk
- C. Moderate risk
- D. Great risk

The next 6 questions ask about attitudes toward cigarette, alcohol, and other drug use.

73. How wrong do your **friends** feel it would be for you to **drink alcohol** (beer, wine, or liquor) nearly every day?

- A. Very wrong
- B. Wrong
- C. A little bit wrong
- D. Not at all wrong
- E. Not sure

74. How wrong do your **friends** feel it would be for you to **smoke marijuana**?

- A. Very wrong
- B. Wrong
- C. A little bit wrong
- D. Not at all wrong

75. How wrong do your **friends** feel it would be for you to take a **prescription drug** (such as OxyCotin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?

- A. Very wrong
- B. Wrong
- C. A little bit wrong
- D. Not at all wrong

76. How wrong do your **parents** feel it would be for you to **drink alcohol** (beer, wine, or liquor) nearly every day?

- A. Very wrong
- B. Wrong
- C. A little bit wrong
- D. Not at all wrong

77. How wrong do your **parents** feel it would be for you to **smoke marijuana**?

- A. Very wrong
- B. Wrong
- C. A little bit wrong
- D. Not at all wrong

78. How wrong do your **parents** feel it would be for you to take a **prescription drug** (such as OxyCotin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?

- A. Very wrong
- B. Wrong
- C. A little bit wrong
- D. Not at all wrong

*This is the end of the survey.
Thank you very much for your help.*