



Durham Middlefield Local Wellness Coalition

SUMMARY OF STUDENT SURVEY DATA, 2007 TO 2019

CHANANA CONSULTING

Updated 1.2.20 DRAFT

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BACKGROUND

This report provides a summary of the comprehensive student survey data that has been collected by the Durham Middlefield Local Wellness Coalition (DMLWC) from Durham and Middlefield public school students in 7th through 12th grades since 2007. From 2007 through 2015, the coalition utilized the Search Institute’s student survey, “Profiles of Student Life: Attitudes and Behaviors.” The Search Institute has been surveying youth for over 20 years on how they experience 40 Developmental Assets – a research-based framework that identifies basic human development. Surveys identify internal developmental assets (such as social competencies, positive values, and commitment to learning) and external developmental assets (such as family supports, social supports, school climate, and youth use of time).¹ Moreover, the survey examine practices and attitudes related to substance use of youth and other high-risk behaviors. In 2017, the coalition opted to administer a shorter, concise tool developed by the Search Institute in order to accommodate the schools hectic, time sensitive schedules. In 2017 and 2019, DMLWC implemented the Search Institute’s Developmental Assets Profile and Core Measures student surveys in addition to adding 14 supplemental questions that queried youth about substances not included in the original survey, how and where youth access substances, and mental health related questions.

Collecting this student survey data fulfills the following objectives:

1. Describes the nature and extent of substance abuse, other risky behaviors, and current social norms among Durham Middlefield students in grades 7-12 in the year 2019.
2. Monitors trends in substance abuse and other risky behaviors over time through use of the 2007 baseline data.
3. Aids in future planning of services and activities for young people in the towns of Durham and Middlefield.

The information gleaned from the survey is invaluable to the DMLWC’s efforts to educate the community on current trends and norms. Current data is utilized to update working action plans for reducing substance use and other associated risky behaviors among Durham Middlefield youth and supporting families and the community at large.

The data in this report is presented in eight main sections: (i) demographics (ii) core measures and additional substance use rates (iii) attitudes on substance use and family norms (iv) state and national data related to 30 day use (v) other high risk behaviors (vi) trusted adults, stress and mental health (vii) access to substances and location of use, and (viii) developmental assets.

DEMOGRAPHICS

Table 1 summarizes the number of students who participated in the Search Institute surveys in 2007, 2011, 2013, 2015, 2017 and 2019. According to the Search survey report, in 2019, 47 surveys were eliminated due to inconsistent responses or missing data on six or more items. The number of surveys discarded represents 7% of the total number of surveys received by Search Institute who report that, typically, between 5% to 8% of surveys are discarded for these reasons.

Of the total sample size included in the analysis (604), 50% were female and 47% were male; 3% did not respond to the question. Percentages by race and ethnicity are illustrated in Table 2.

¹ Internal and external assets are defined by the Search Institute’s Developmental Assets framework; refer to <http://www.search-institute.org/research/developmental-assets> for more information.

Table 1. Durham & Middlefield Student Survey Participants by Grade, 2007 to 2019

	Grade	2007	2011	2013	2015	2017	2019
Number of Participants (n's)	7	144	171	164	148	142	115
	8	152	160	138	144	113	95
	9	117	136	144	119	117	97
	10	125	124	133	107	106	98
	11	101	144	138	126	110	108
	12	121	123	111	104	104	91
	TOTAL		764	858	828	748	692

Table 2. Race and Ethnicity, 2019

	%
African American/Black	1
American Indian/Native American	1
Asian American	2
Hispanic/Latino/Latina	4
Multiracial	7
Non-Hispanic White	82
Other	2

CORE MEASURES

The DFC National Evaluation Team seeks to determine how effective the DFC program has been at achieving its goals of increasing collaboration and reducing/preventing substance use among youth. At a minimum, all grantees must collect the same four core measures and coalitions are expected to utilize the data to assess the overall effectiveness of the DFC program on youth substance use. Core measures are:

- ✓ Past 30-day Use – the percentage of youth who report using alcohol, tobacco, marijuana or prescription drugs not prescribed to them at least once in the past 30 days.
- ✓ Perception of Risk – the percentage of youth who report that there is moderate or great risk in binge drinking, smoking one or more packs of cigarettes per day, smoking marijuana once or twice a week, or using prescription drugs not prescribed to them.
- ✓ Perception of Parental Disapproval – the percentage of youth who report that their parents feel regular use of alcohol is wrong or very wrong, and report that their parents feel any use of cigarettes, marijuana, or prescription drugs not prescribed to them is wrong.
- ✓ Perception of Peer Disapproval – the percentage of youth who report that their friends feel regular use of alcohol is wrong or very wrong, and report that their peers feel any use of cigarettes, marijuana, or prescription drugs not prescribed to them is wrong.

Past 30-Day Use

When examining 30-day use data there is a reported decrease among Durham and Middlefield youth from baseline year to 2019 when looking at recent use of alcohol, marijuana and cigarettes while prescription drug use increased 1 percentage point. Vaping use rates were first collected in 2017, and there has been an increase of 3 percentage points. (Table 3)

Since 2017, alcohol and marijuana use rates among high school youth have decreased while rates among middle school youth have remained the same or increased 1 percentage point.

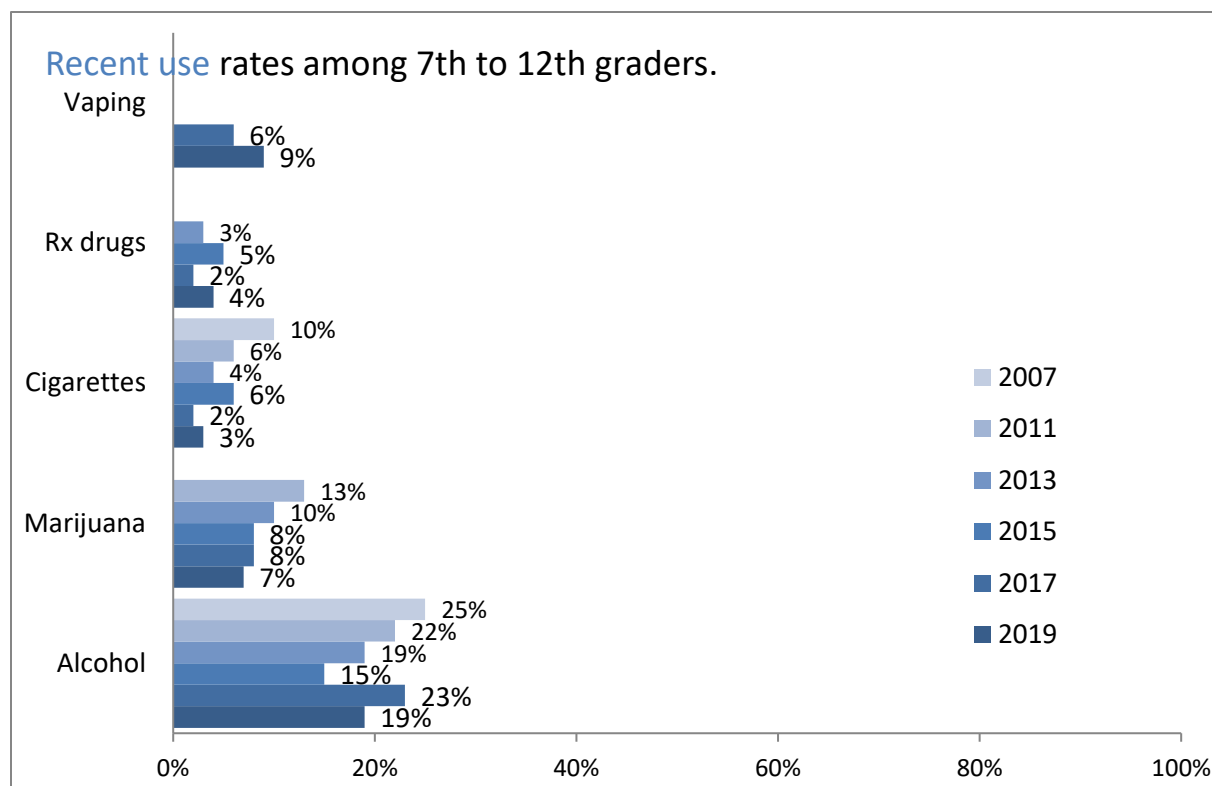


Table 3. 30 Day Use Rates, 2007 to 2019

	Grade	2007 %	2011 %	2013 %	2015 %	2017 %	2019 %
Alcohol Use							
	7-8	9	6	9	6	13	13
	9-12	36	31	24	21	28	23
	Total	25	22	19	15	23	19
Marijuana Use							
	7-8		3	1	3	1	2
	9-12		19	14	11	13	10
	Total		13	10	8	8	7
Cigarette Use							
	7-8	5	1	1	1	1	1
	9-12	14	8	5	8	2	3
	Total	10	6	4	6	2	3
Prescription Drug Use							
	7-8			3	2	1	4
	9-12			4	7	3	4
	Total			3	5	2	4
Vaped							
	7-8					2	4
	9-12					8	11
	Total					6	9

ADDITIONAL SUBSTANCE USE RATES

In 2017 the coalition added survey questions around students use of electronic cigarettes (used for both tobacco and marijuana) as well as more detailed questions on prescription drug use (use of stimulants, tranquilizers and pain relievers.) (Table 4)

Overall, recent use of electronic cigarettes was reported among 8% of all youth and 10% of high school students. Youth were also asked if they have used a vaping device to vape nicotine – in this case, 11% of high school students reported past 30-day use. In addition, 10% of the high school students reported vaping marijuana in the past 30 days and 10% reported using a dab pen for marijuana/THC/cannabis. Five percent of high school youth reported taken an edible in the past 30-days (ingested marijuana.)

Use of pain relievers, tranquilizers/benzodiazepines and stimulants was reported among 2% of all youth with rates remaining fairly consistent to those reported in 2017.

Youth who reported ‘ever’ vaping were asked to indicate which products they have used in the device. The most often used substance was e-liquid (64 youth), followed by marijuana (49), dabs (46), and THC oil (38). (Table 5)

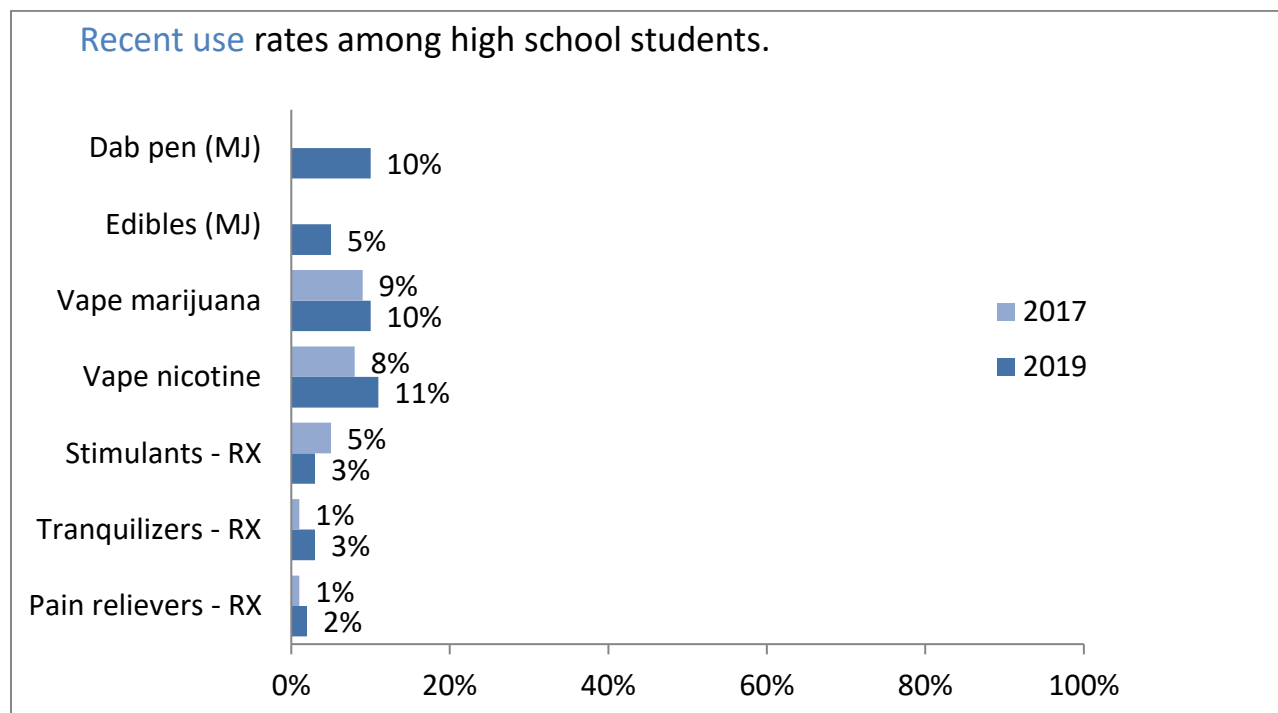


Table 4. Additional Substance Use Rates, 2017 to 2019

30-Day Use Rates Have you ever...		2017 %	2019 %
Used prescription pain relievers, such as Vicodin, OxyContin, or Percocet without a doctor's orders?			
	7-8	1	2
	9-12	1	2
	7-12	1	2
Used prescription tranquilizers or benzodiazepines, such as Xanax, Valium or Ativan, without a doctor's orders?			
	7-8	2	2
	9-12	1	3
	7-12	2	2
Used prescription stimulants, such as Ritalin or Adderall, without a doctor's order?			
	7-8	1	1
	9-12	5	3
	7-12	3	2
used an electronic cigarette (e-cig or e-cigarette)?			
	7-8	<.05	4
	9-12	11	10
	7-12	7	8
used a vaping device to vape nicotine?			
	7-8	2	4
	9-12	8	11
	7-12	6	9
used a vaping device to vape marijuana/cannabis?			
	7-8	<.05	2
	9-12	9	10
	7-12	6	7
Taken 'edibles' (marijuana/cannabis)?			
	7-8	Na	1
	9-12	Na	5
	7-12	Na	4
Used a dab pen (marijuana/THC/cannabis)?			
	7-8	Na	2
	9-12	Na	10
	7-12	na	7

Table 5. Vaping device contents, 2019

If you have EVER vaped or used an e-cig please select which product(s) you have used in your vaping device: (select all that apply): n=103	2019 #
E-liquid/juice (containing nicotine)	**
E-liquid/juice (no nicotine)	64
Marijuana/Cannabis	49
Dabs	46
THC Oil	38
CBD Oil	27
Hash Oil	11
Alcohol	30
Other	18

Past 30-Day Use by Grade, Sex, & Race

Overall, rates of use increase as students rise from 7th to 12th grade. In 2019, grade-specific use rates of alcohol range from a low of 10% among 7th graders to a high of 27% among 12th grade students. A similar range is found with marijuana use – a low of 1% among 7th grade students to a high of 14% among seniors.

When comparing gender use rates, the data shows slightly higher rates reported by males when looking at alcohol, marijuana, tobacco and prescription drug use; females reported higher vaping use rates in 2019. (Table 6)

When reviewing data based on race or ethnicity, we only included those students who identified as white due to small sample sizes in other categories. No significant differences were found.

Table 6. 30 Day Use Rates by Sex and Race, 2019

30-day use	All (n=604) %	Male (n=276) %	Female (n=301) %	White (n=496) %
Alcohol	19	19	18	16
Marijuana	7	9	6	8
Tobacco	3	4	1	1
Rx Drugs	4	4	3	3
Vaping	9	6	11	9

Past 30-Day Use by At-Risk Sub-populations

When examining variables that indicate a student maybe at-risk, the data indicates higher substance use rates among these students -

- Students who reported feeling sad or depressed (almost every day for two weeks or more in a row that they stopped doing some of their normal activities), students who had seriously considered suicide or had made a plan about how they would attempt suicide, and students who did attempt suicide in their lifetime all report statistically significant higher substance use rates. (Table 7)
- Students who reported that they did not have an adult in their life that they would go to for help if they were feeling sad, depressed, anxious or worried all report statistically significant higher use rates of alcohol and vaping. (Table 8)

- Students who reported stealing in the past 12 months or skipping school in the past 4 weeks reported higher substance use rates. (Table 9)

Table 7. 30 Day Use Rates by Mental Health Indicators, 2019

30-day use	All (n=604) %	Sad/ Depressed (n=148) %	Considered Suicide (n=89) %	Planned Suicide (n=71)^ %	Attempted Suicide (n=26)^ %
Alcohol	19	30*	32*	32*	45*
Marijuana	7	16*	16*	21*	23*
Vaping	9	18*	22*	21*	27*

Table 8. 30 Day Use Rates by Trusted Adult, 2019

30-day use	All (n=604) %	No Adult (n=94) %	Adult, Other (n=472) %	Adult, School (n=223) %
Alcohol	19	31*	17	17
Marijuana	7	14	6	6
Vaping	9	18*	7	6

Table 9. 30 Day Use Rates by Risky Behaviors, 2019

30-day use	All (n=604) %	Stole (n=110) %	Skip School (n=83)^ %
Alcohol	19	41*	43*
Marijuana	7	25*	20*
Vaping	9	30*	27*

Past 30-Day Use by Family Management Styles

In most cases, students who reported higher levels of clear rules at home (around alcohol and drug use), feeling that they can go to a parent for help, and having a parent that monitors where they are and who they go out with report lower substance use rates. (Table 10)

Table 10. 30 Day Use Rates by Family Management, 2019

30-day use	All (n=604) %	Clear Rules (n=395) %	Ask parent for help (n=396) %	Parents monitor (n=426) %
Alcohol	19	17	16	17
Marijuana	7	7	7	7
Vaping	9	7	7	7

Past 30-Day Use by Other Current Substance Use Rates

Students who reported past 30-day use of alcohol are more likely to also smoke marijuana and cigarettes, vape, and abuse prescription drugs. Similarly, students who report current use of marijuana are more likely to also drink alcohol, vape, smoke cigarettes and abuse prescription drugs. (Table 11)

Table 11. 30 Day Use Rates by Other Substance Use Rates, 2019

	All (n=604) %	Past 30-day use of alcohol (n=97) %	Past 30-day use of marijuana (n=44)^ %
Alcohol	19	x	82
Marijuana	7	29	X
Vaping	9	34	74
Cigarettes	3	9	25
RX Drugs	4	13	23

^Small sample size

Perception of Risk

Overall, there was little change in the perceived risk of substance use among Durham Middlefield youth from 2017 to 2019 when looking at use of alcohol, cigarettes and prescription drugs. Perception of risk around marijuana use decreased 9 percentage points among middle school youth and 6 percentage points among high school youth. Perception of harm around marijuana use is lowest overall at 61% of all youth reporting that there is risk associated with use. (Table 12)

Table 13 illustrates the correlation between perception of risk rates and grade level – as grade level increases perception of harm rates decrease. The most extreme case of this is found when examining marijuana rates – among 7th graders, 85% report risk associated with marijuana use which decreases to 42% of 12th graders.

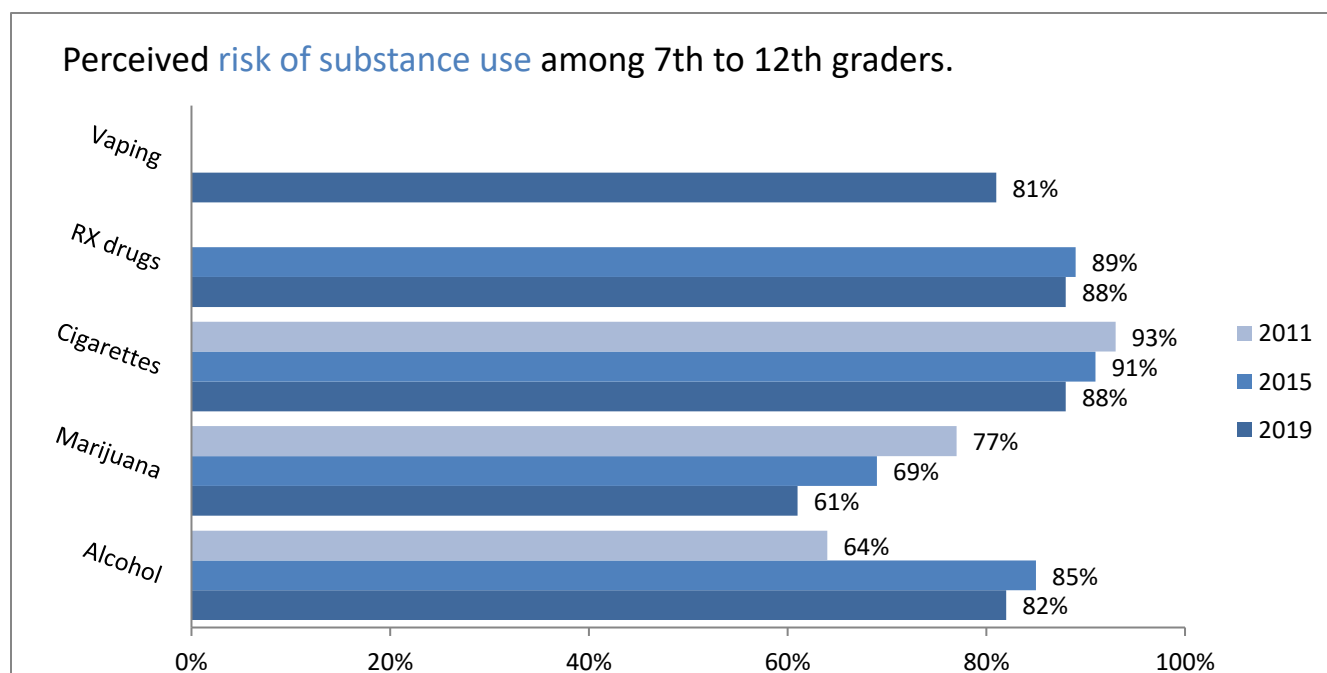


Table 12. Perceived Risk of Substance Use, 2011 to 2019

How much do you think people risk harming themselves (physically or in other ways) if they... (Moderate or Great Risk)	Grades	2011 %	2013 %	2015 %	2017 %	2019 %
Alcohol						
	7-8	68	85	87	84	83
	9-12	62	79	83	83	81
	Total	64	81	85	83	82
Marijuana						
	7-8	91	85	88	87	78
	9-12	69	52	57	58	52
	Total	77	64	69	68	61
Cigarettes						
	7-8	94	91	94	92	89
	9-12	92	90	89	85	87
	Total	93	90	91	88	88
Prescription Drugs						
	7-8	**	85	93	94	87
	9-12	**	90	87	90	89
	Total	**	88	89	91	88

Table 13. Perceived Risk of Substance Use, by Grade, 2019

	7 th grade %	12 th grade %
Alcohol use	86	80
Marijuana use	85	42
Cigarettes use	92	89
Prescription drug use	90	90
Vape nicotine	92	80

Perception of Parental Disapproval

When examining student data on perceived parental disapproval of substance use the outcomes are positive in terms of the high percentage of students reporting parental disapproval. More than 94% of all students believe that their parents would disapprove of them using alcohol, cigarettes or prescription drugs without a prescription; marijuana has the lowest reported rate at 89%. (Table 14)

A young person's perception of their parent's disapproval is correlated to a young person's choice to use substances. If teens perceive their parents believe it is wrong for them to drink or use substances, when faced with the opportunity, they are less likely to do so. When looking at only those students that reported their parents disapproved of use, overall 30-day use rates are significantly lower compared to students who believe their parents don't really think drinking or smoking marijuana is wrong (or only a little bit wrong.) The data clearly illustrates that students who believe that their parents think it is wrong to use substances are less likely to drink or smoke marijuana. (Table 15.)

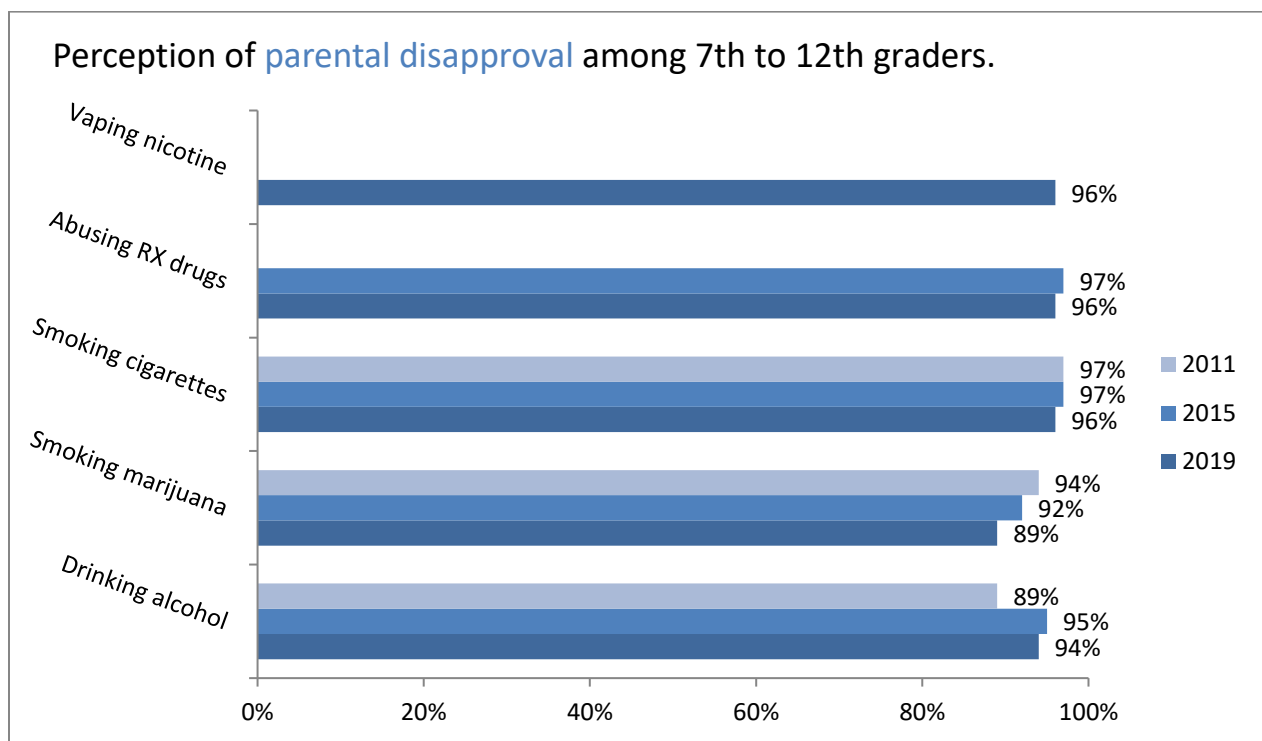


Table 14. Perception of Parental Disapproval, 2011 to 2019

How wrong do your parents feel it would be for you to... (Wrong or Very wrong)	Grade	2011 %	2013 %	2015 %	2017 %	2019 %
Alcohol						
	7-8	94	98	98	95	93
	9-12	85	96	94	95	95
	Total	89	96	95	95	94
Marijuana						
	7-8	99	98	97	97	95
	9-12	91	91	88	87	86
	Total	94	94	92	91	89
Cigarettes/Tobacco						
	7-8	99	99	99	99	95
	9-12	95	98	95	96	97
	Total	97	98	97	97	96
Prescription Drugs						
	7-8	**	98	97	98	97
	9-12	**	98	96	97	96
	Total	**	98	97	98	96
Vape nicotine						
	7-8	**	**	**	**	97
	9-12	**	**	**	**	95
	Total	**	**	**	**	96

Table 15. Perception of Parent Disapproval by 30 Day Use Rates, 2019

	Perceive Parents DISAPPROVE of alcohol use (n=482) %	Perceive Parents LITTLE TO NO DISAPPROVAL of alcohol use (n=27)^ %
Reported 30-Day Alcohol Use	17	59
	Perceive Parents DISAPPROVE of marijuana use (n=529) %	Perceive Parents LITTLE TO NO DISAPPROVAL of marijuana use (n=65) %
Reported 30-Day Marijuana Use	4	37

Perception of Peer Disapproval

When examining student data on perceived peer disapproval of substance use there was little to no change from 2017 to 2019 when looking at use of alcohol and marijuana. Small decreases of 3 to 4 percentage points were found when looking at tobacco and prescription drug use. (Table 16)

Similar to parental disapproval, there is a strong correlation between perceived peer disapproval and youth use rates. The data in Table 17 illustrates that students who believe that their peers think it is wrong to drink alcohol or use marijuana are less likely to drink or smoke marijuana than students who believe their peers do not disapprove (or only disapprove at little.)

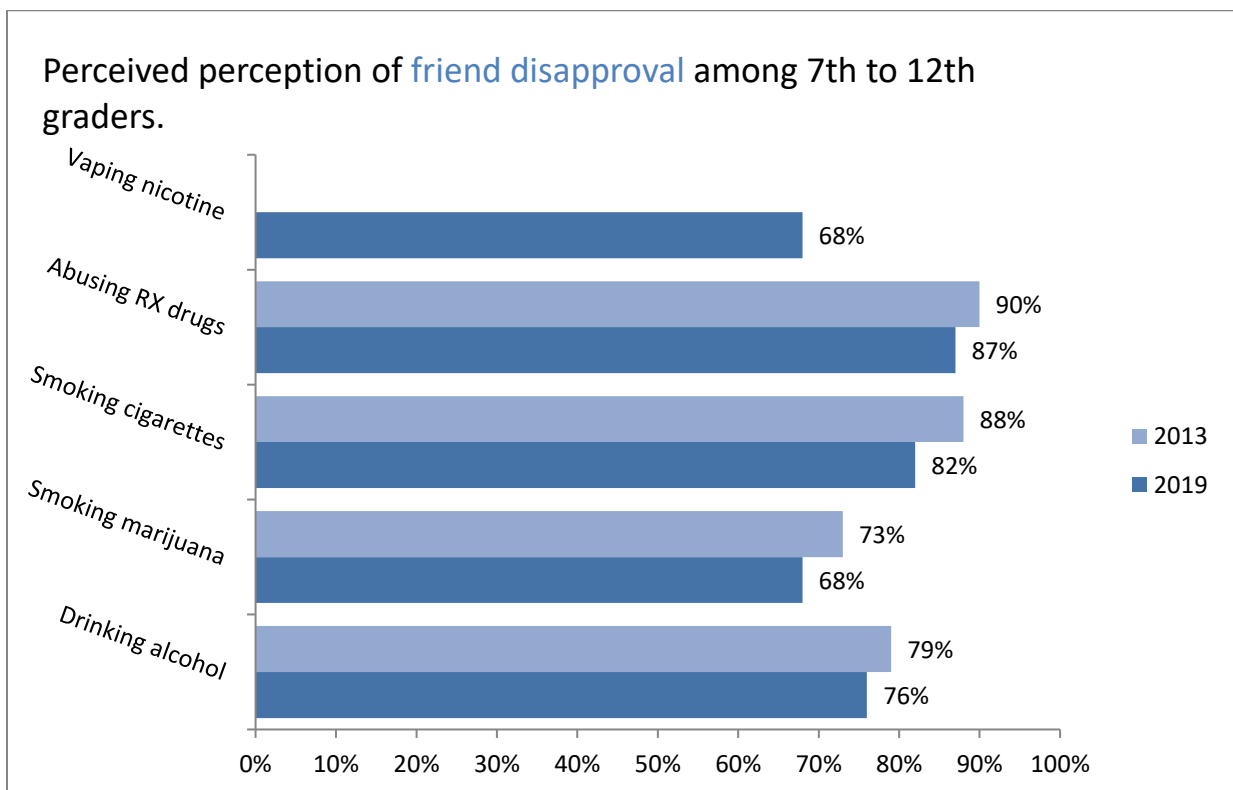


Table 16. Perception of Peer Disapproval, 2013 to 2019

How wrong do your friends feel it would be for you to... (Wrong or Very wrong)	Grades	2013 %	2015 %	2017 %	2019 %
Alcohol					
have one or two drinks of an alcoholic beverages nearly every day?	7-8	93	93	88	84
	9-12	71	76	69	72
	Total	79	83	76	76
Marijuana					
smoke marijuana?	7-8	95	93	93	85
	9-12	61	64	56	59
	Total	73	75	69	68
Tobacco					
smoke tobacco?	7-8	97	93	95	88
	9-12	83	83	80	78
	Total	88	87	86	82
Prescription drugs					
use prescription drugs not prescribed to you?	7-8	95	92	96	90
	9-12	88	85	86	86
	Total	90	88	90	87
Vape nicotine					
Vape nicotine regularly?	7-8	**	**	**	83
	9-12	**	**	**	60
	Total	**	**	**	68

Table 17. Perception of Peer Disapproval by 30 Day Use Rates, 2019

	Perceive Peers DISAPPROVE of alcohol use (n=388) %	Perceive Peers LITTLE TO NO DISAPPROVAL of alcohol use (n=119) %
Reported 30-Day Alcohol Use	12	41
	Perceive Peers DISAPPROVE of marijuana use (n=402) %	Perceive Peers LITTLE TO NO DISAPPROVAL of marijuana use (n=191) %
Reported 30-Day Marijuana Use	1	21

ATTITUDES ON SUBSTANCE USE AND FAMILY NORMS

Overall, the data suggests that students have a strong sense of the appropriate behaviors around substance use. A very small percentage of students **agreed** to the following statements:

- It's OK to take someone else's prescription drugs to do better in school (homework, tests, SATs, projects) (5%)
- It's OK to take someone else's prescription drugs for pain relief (6%)
- It is OK to drive if you've only had a couple of drinks (7%)
- It is OK to drive if you've smoked marijuana (7%)

Slightly higher approval rates were found around casual use of alcohol (when underage) and marijuana use:

- It is okay to drinking sometimes even if you are underage (18%)
- It's not a big deal to smoke marijuana (23%)

Students indicated a **high perception of parental disapproval** around marijuana use and underage drinking:

- My parents don't think it is a big deal to smoke marijuana (89%)
- My parents don't think it is a big deal to drink alcohol if you are underage (90%)
- My parents don't think it is a big deal to vape if you are underage (93%)

When looking at data around **family norms** (Table 19) the majority of youth reported that in their family there were rules around substance use, support and monitoring. Between 71% and 79% of youth **agreed** to the following statements:

- My family has clear rules about alcohol and drug use (71%)
- When I am not at home, one of my parents know where I am and who I am with (77%)
- If I had a personal problem, I could ask my mom or dad for help (70%)

Table 18. Attitudes on substance use, 2017 to 2019

Please answer the following questions:		2017 %	2019 %	
It's OK to take someone else's prescription drugs to do better in school (homework, tests, SATs, projects)			Somewhat/ Strongly Disagreed	Somewhat/ Strongly Agreed
	7-8	97	97	3
	9-12	97	94	6
	7-12	97	95	5
It's OK to take someone else's prescription drugs for pain relief.				
	7-8	Na	95	5
	9-12	Na	93	7
	7-12	na	94	6
It is OK to drive if you've only had a couple of drinks				
	7-8	90	92	8
	9-12	94	93	7
	7-12	93	93	7
It's OK to drink sometimes even if you are underage				
	7-8	89	98	2
	9-12	77	79	21
	7-12	81	82	18
It is OK to drive if you've smoked marijuana				
	7-8	96	97	3
	9-12	92	91	9
	7-12	94	93	7
It's not a big deal to smoke marijuana				
	7-8	90	89	11
	9-12	71	70	30
	7-12	78	77	23
It's not a big deal to vape.				
	7-8	**	91	9
	9-12	**	84	16
	7-12	**	87	13
My parents don't think it is a big deal to smoke marijuana				
	7-8	97	94	6
	9-12	91	86	14
	7-12	93	89	11
My parents don't think it is a big deal to drink alcohol if you are underage				
	7-8	94	90	10
	9-12	90	89	11
	7-12	92	90	10
My parents don't think it is a big deal to vape if you are underage.				
	7-8	**	95	5
	9-12	**	92	8
	7-12	**	93	7

Table 19. Family norms, 2017 to 2019

Strongly Agree/ Agree		2017 %	2019 %
My family has clear rules about alcohol and drug use	7-8	74	71
	9-12	69	74
	7-12	71	71
When I am not at home, one of my parents know where I am and who I am with	7-8	84	78
	9-12	77	76
	7-12	79	77
If I had a personal problem, I could ask my mom or dad for help	7-8	82	70
	9-12	73	71
	7-12	76	70

SUMMARY OF NATIONAL, STATE AND LOCAL DATA

National and state level data from the Youth Risk Behavior Survey (YRBS), conducted by the Center for Disease Control and State health agencies, is used to compare local trends of students in grades 9 to 12 in Durham Middlefield to those found on a national and state level. The YRBS is the largest public health surveillance system in the United States monitoring a broad range of health-risk behaviors among high school students. YRBS data is currently available from a 2017 survey of high school students across all 50 states and the District of Columbia with a student sample size of 14,765 nationally and a sample size of 2,425 in Connecticut.

2019 national vaping and cigarette data is available from the 2019 National Youth Tobacco Survey. To date, data around prescription drug misuse has only been reported by lifetime use not 30-day use so no comparison data is available.

At this time, use rates in Durham Middlefield are lower than state and national rates (Table 20)

2017/2019 national, state and local 30 day substance use rates among high school students.

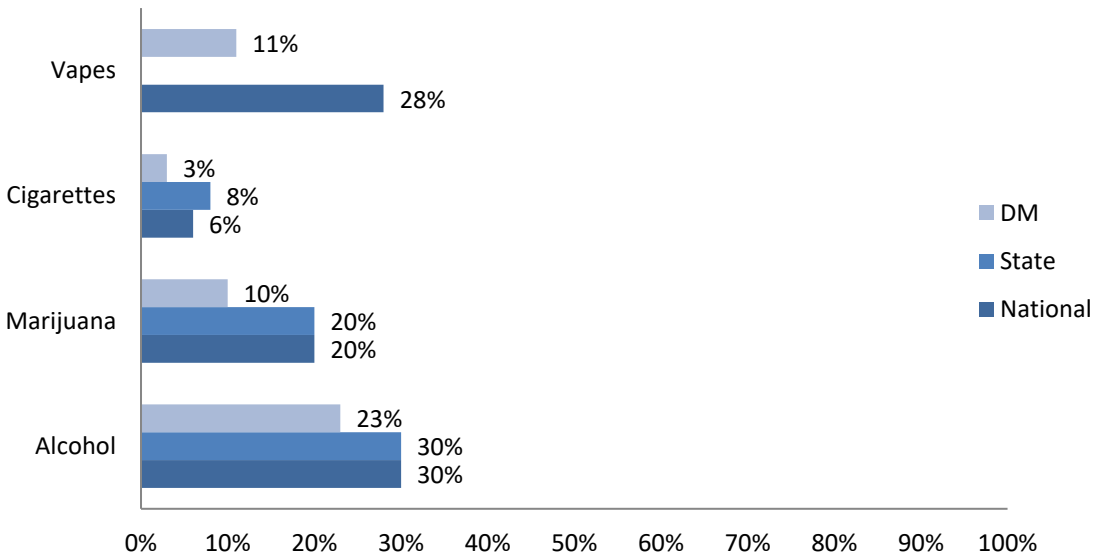


Table 20. National, State and Local Past 30 Day Use Rates, 2011 to 2017

High School Students	2011 %	2013 %	2015 %	2017 %	2019 %
Alcohol					
DM	31	24	21	28	23
CT	42	37	30	30	**
US	39	35	33	30	**
Marijuana					
DM	19	14	11	13	10
CT	24	26	20	20	**
US	23	23	22	20	**
Cigarettes					
DM	8	5	8	2	3
CT	16	14	10	8	**
US	18	16	11	9	6
Vaping devices					
DM	**	**	**	11	11
CT	**	**	**	**	**
US	**	**	24	13	28

SUMMARY OF ADDITIONAL HIGH-RISK BEHAVIORS

Students were surveyed on several risky behaviors including binge drinking, driving and substance use, driving and texting, stealing, selling drugs, and skipping school. Overall, the majority of youth are not participating in risky behaviors. (Table 21)

- Drinking and driving was reported by 3% of high school students. Driving while under the influence of marijuana is slightly higher, reported by 7% of high school students (a small increase from 2017.) Driving while texting is highest with 16% of high school students reporting this behavior. Finally, 15% of both middle school and high school students reported being in the car with a driver that had been drinking at least once in the past year.
- 9% of high school students reported being drunk or high at school or a school event (3% of middle school students) and 7% reported being suspended from school at least once in the past year. 15% of all surveyed youth reported skipping school in the past month (an unexcused absence); this is an increase from 11% reported in 2017.
- 19% of youth reported stealing something in the past year; rates are slightly higher among 7th and 8th graders at 24%. A small percentage of youth reported selling drugs at least once in the past year (4%).

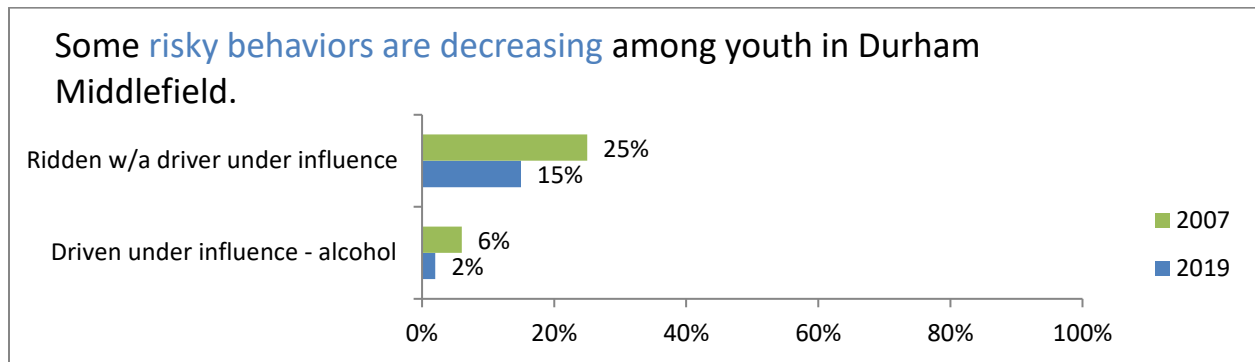


Table 21. Percentage of Students Reporting on Risk-Taking Behaviors, 2017 to 2019

1 or more times During the last 12 months, how many times have you...?		2017 %	2019 %
Had 5 or more alcoholic drinks in a row? [Binge]			
	7-8	1	4
	9-12	17	14
	7-12	11	11
Driven a car after you had been drinking?			
	7-8	>1	1
	9-12	2	3
	7-12	2	2
Driven a car after you had been smoking marijuana?			
	7-8	1	0
	9-12	5	7
	7-12	3	4
Driven a car while texting?			
	7-8	1	1
	9-12	17	16
	7-12	11	11
Ridden in a car whose driver had been drinking?			
	7-8	13	19
	9-12	13	13
	7-12	13	15
Been suspended from school?			
	7-8	6	8
	9-12	6	7
	7-12	6	8
Been drunk or high at school or at a school event?			
	7-8	1	3
	9-12	5	9
	7-12	4	7
Stolen something?			
	7-8	19	24
	9-12	17	17
	7-12	18	19
Sold drugs?			
	7-8	1	1
	9-12	4	6
	7-12	3	4
During the last 4 weeks, how many days of school have you missed because you skipped or 'ditched'?			
	7-8	11	15
	9-12	11	14
	7-12	11	15

Table 22. Percentage of Students Reporting on Risk-Taking Behaviors, 2007 to 2019

Total Sample	2007 %	2011 %	2013 %	2015 %	2017 %	2019 %
Drove after drinking once or more in the last 12 months	6	4	3	3	2	2
Rode with a driver who had been drinking once or more in the last 12 months	25	31	25	21	13	15
Skipped school once or more in the last four weeks	14	17	16	17	11	15

TRUSTED ADULTS, CAUSES OF STRESS, DEPRESSION & SUICIDE

Trusted Adult and Causes of Stress

Seventy-nine percent (79%) of middle school and high school students have an adult in their life (someone outside of school) that they would go to if they needed help; just over one-third (37%) of all surveyed youth have an adult at school they would go to if they needed help. Sixteen percent (16%) of youth reported that there was not an adult in their life that they would go to for help. (Table 23)

In 2019, two questions were added to the survey around awareness of resources and knowledge of signs and symptoms of depression. 75% of youth reported that they did know where to go for help if they (or a friend) were struggling with mental health issues, while 15% were not sure and 10% did not. 71% of youth reported that they would be able to recognize the signs of symptoms of depression; 23% were not sure if they would be able to and 7% would not. (Table 24)

Table 23. Trusted Adult, 2015 to 2019

Right now, is there an adult in your life that you would go to for help if you were feeling sad, depressed, anxious, or worried, etc.?	2015 %	2017 %	2019 %
Yes, an adult at school	33	31	37
Yes, an adult outside of school	80	80	79
No	16	14	16

Table 24. Knowledge of Supports, 2019

	2019 %
Do you know where to go for help if you or a friend are struggling with mental health issues?	
Yes	75
No	10
Not sure	15
Would you be able to recognize the signs and symptoms if a friend or peer were struggling with depression?	
Yes	71
No	7
Not sure	23

Overall, youth identified academics as the area in their life that causes them the most day to day stress (worry, anxiety) reported by 36% of middle school and 52% of high school youth. Since 2015, these

reported rates have increased. When asked about home life, physical safety, social scene, social media and friends reported rates are much lower. (Table 25)

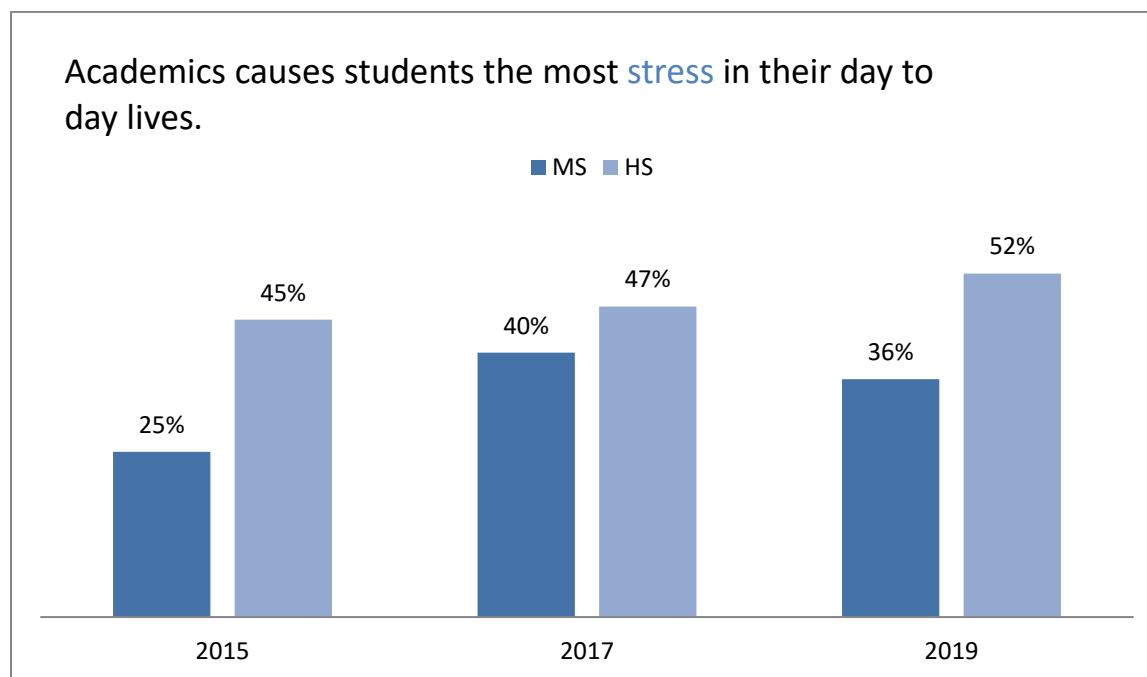


Table 25. Causes of Stress, Anxiety and Worry, 2015 to 2017

How much stress, anxiety or worry do the following give you in your day to day life? A LOT	2015 %		2017 %		2019 %	
	MS	HS	MS	HS	MS	HS
Home life	9	13	10	12	10	14
Academics (Homework)	25	45	40	47	36	52
Physical Safety	4	4	5	5	5	3
Social scene (Parties, Dances, Going out w/friends)	9	9	11	16	14	13
Social Media	**	**	**	**	7	5
Friends (Peers)	6	8	7	7	13	8

Depression and Suicide

In 2019, 26% of all youth reported feeling sad or depressed in the past year (an increase from 2017). Sixteen percent of the youth reported that had seriously considered attempting suicide in the past year, 13% had made a plan on how they would attempt suicide and 5% reported attempting suicide. (Table 26)

Table 26. Depression and Suicide, 2017 to 2019

During the past 12 months...		2017 %	2019 %
did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?			
	7-8	19	22
	9-12	24	28
	7-12	22	26 (n=148)
did you ever seriously consider attempting suicide?			
	7-8	11	15
	9-12	17	16
	7-12	15	16 (n=89)
did you make a plan about how you would attempt suicide?			
	7-8	10	13
	9-12	13	12
	7-12	12	13 (n=71)
did you actually attempt suicide?			
	7-8	1	5 (n=10)
	9-12	4	4 (n=16)
	7-12	3	5 (n=26)

ACCESS TO SUBSTANCES & LOCATION OF USE

Among all substances included in the survey, high school youth report easiest access to alcohol (65%) followed by electronic cigarettes (55%) and marijuana (48%); middle school students report lower rates when asked about ease of access to substances although 50% felt that it would be easy to access alcohol if they wanted it. (Table 27)

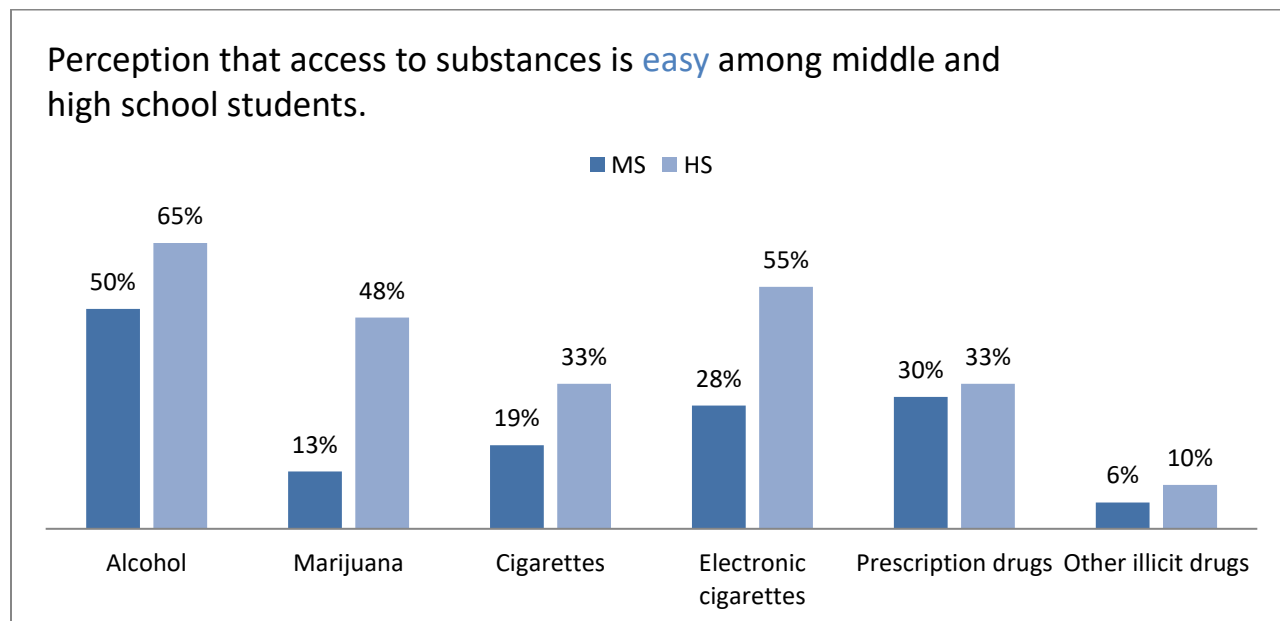


Table 27. Access to Substances, 2015 to 2019

How easy or hard is it for you to get the following drugs if you want them?	2015 HS %	2017 HS %	2017 ALL %	2019 HS %	2019 ALL %
Very Easy or Sort of Easy					
Alcohol (beer, wine, hard liquor)	69	61	51	65	60
Marijuana	50	40	29	48	35
Cigarettes	48	31	25	33	28
Prescription drugs (not prescribed to you)	39	32	28	33	31
Electronic cigarettes/vaping device	40	52	39	55	45
Other illicit drugs (such as heroin or cocaine)	16	10	8	10	9

Access to Alcohol

Youth who reported EVER drinking in their lifetime (n=127) are most often getting alcohol at party with no adult present (15%), from home with a parent’s permission (13%) and at parties with adult home who does know drinking is occurring (10%). Many youth are also getting access to alcohol from home without a parent’s permission (9%). (Table 28)

Since 2015, the percentage of students who reported access to alcohol from home or a party has increased. (Table 29)

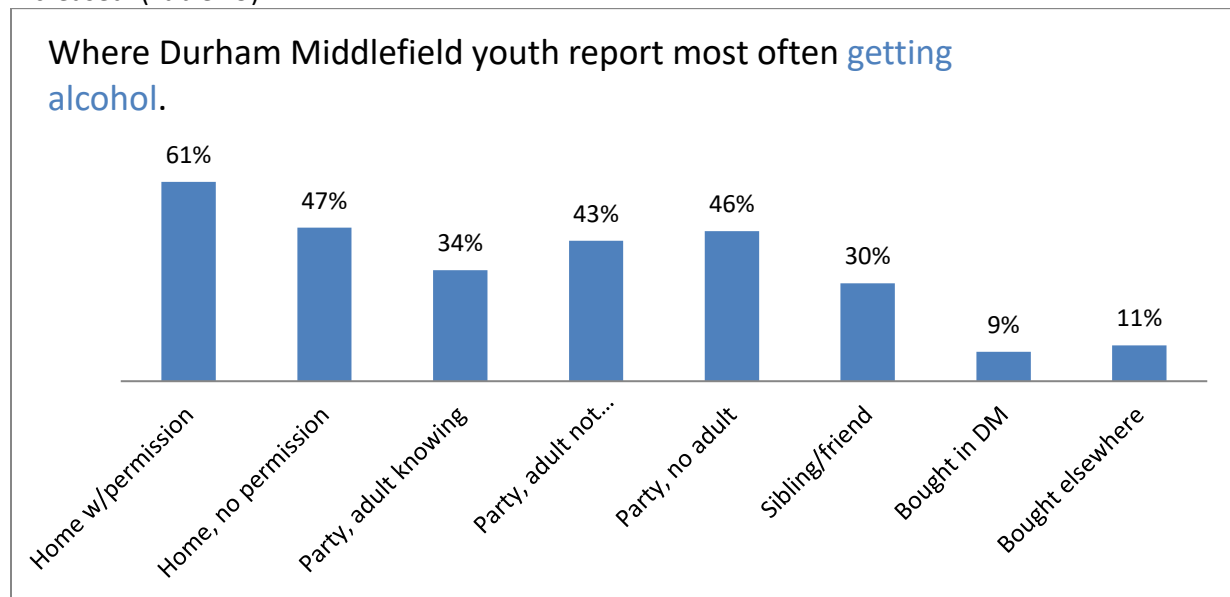


Table 28. Access to Alcohol, 2019

If you EVER drank alcohol, where did you get it?	Never %	Sometimes %	Often %
MS + HS, n=127			
Home, with parents’ permission	39	48	13
Home, without parents’ permission	53	38	9
Party, w/adult knowing	65	28	6
Party, w/adult does not know	57	33	10
Party, no adult present	54	31	15
Sibling/Friend	71	22	8
Bought in DM	91	4	5
Bought in another town	89	6	5

Table 29. Access to Alcohol, 2015 to 2019

If you EVER drank alcohol, where did you get it? n=127	2015 %	2017 %	2019 %
	Sometimes/Often		
Home, with parents' permission	35	56	61
Home, without parents' permission	25	51	47
Party, w/adult knowing	17	40	34
Party, w/adult does not know	16	46	43
Party, no adult present	20	49	46
Sibling/Friend	**	39	30
Bought in DM	**	8	9
Bought in another town	**	9	11
Other	**	13	19

Access to Vaping Devices

Youth who reported EVER vaping in their lifetime (n=89) are most often getting the devices from a friend or peer. (Table 30)

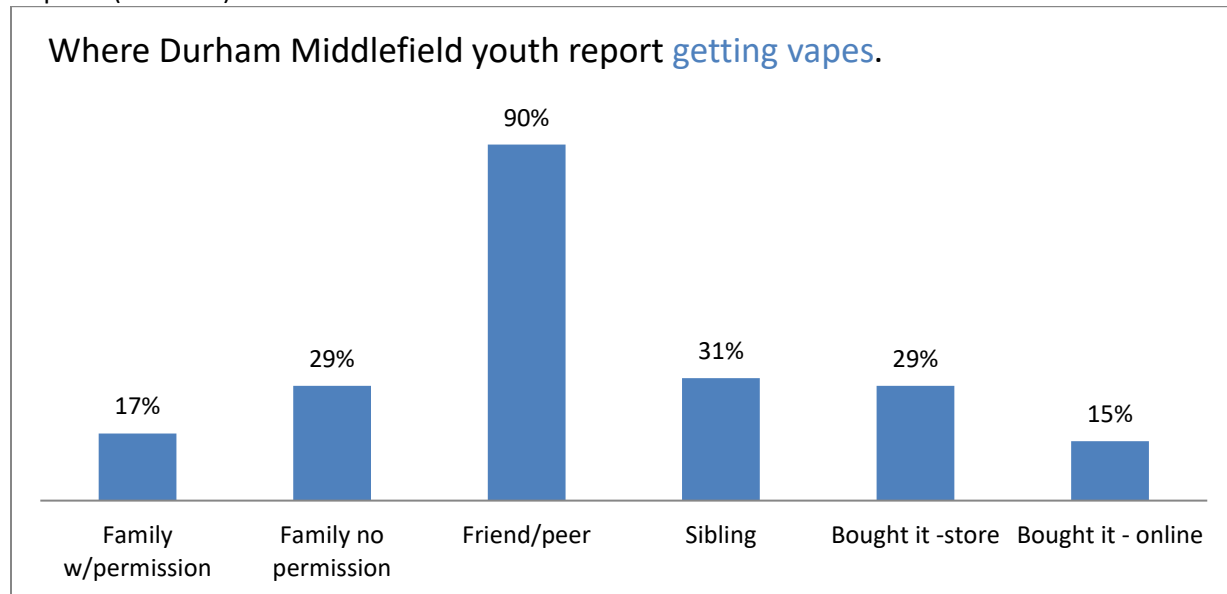


Table 30. Access to Vaping Devices, 2019

If you <u>ever</u> used a vaping product or e-cig, where did you get it? MS + HS, n=89	Never %	Sometimes %	Often %
A family member, with permission	83	10	7
A family member, without permission	71	18	11
A friend/peer	11	52	38
A sibling	69	17	14
Store (bought it)	71	11	18
Internet/on-line (bought it)	86	4	11

Access to Prescription Drugs

27 youth reported EVER taking a prescription drug in their lifetime. Due to the low sample size we did not calculate percentages around access to prescription drugs. 6 out of 27 reported getting the prescription drugs from a family member with permission while 5 reported getting from a family member without permission. 4 of the 27 reported they got them at someone else's house or bought them. (Table 31)

Table 31. Access to Prescription drugs, 2019

If you EVER used a prescription drug where did you get it? MS + HS, n=27	Never #	Sometimes #	Often #
Family member (w/out permission)	13	5	5
Family member (w/permission)	7	10	6
Friend gave it	16	4	3
Other house (w/out permission)	18	1	4
Bought it	17	2	4
Other	16	1	4

Where Youth Use Substances

Youth were asked to report where they used substances including at home, at a school event, in a car, at a friend's house or outside. Overall, youth most often used substances at a home (their own or a friend's). (Tables 32)

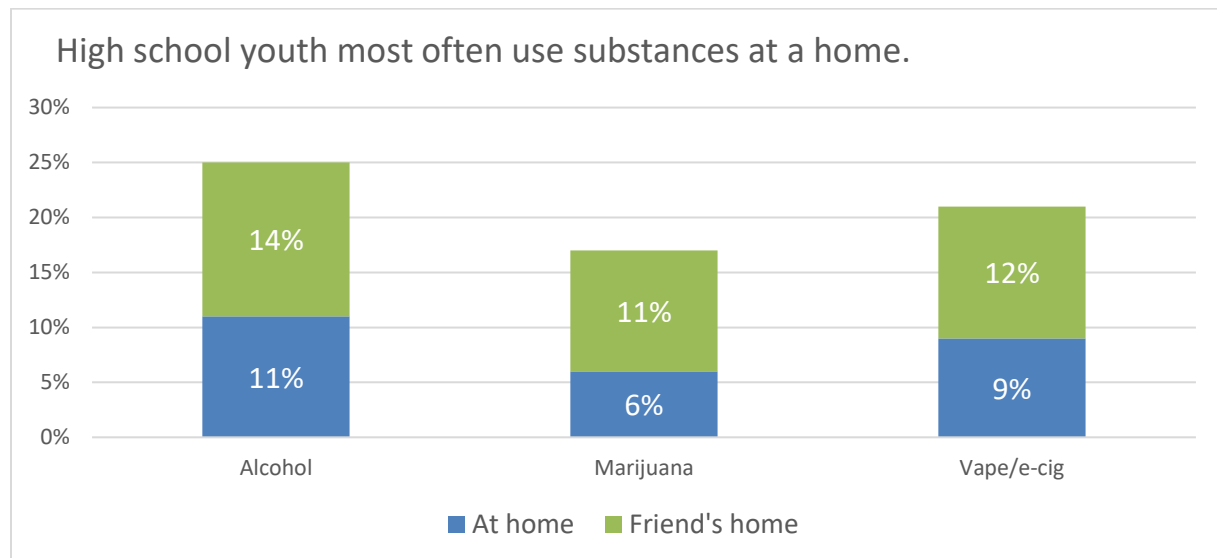


Table 32. Where Youth Use Substances, 2019

Please answer the following questions:	Do not use %	At home %	At a school Event %	In a car %	At a friend's house %	Outside-park or woods %
Drink alcohol?						
7-8	90	7	.5	.5	3	1
9-12	72	11	2	2	14	3
7-12	78	10	2	2	10	2
Smoke marijuana?						
7-8	97	1	.5	.5	1	1
9-12	78	6	3	6	11	8
7-12	84	5	2	4	8	5
Vape or smoke an e-cigarette?						
7-8	92	4	1	1	3	3
9-12	78	9	5	9	12	8
7-12	83	8	4	6	9	6
Use prescription drugs not prescribed to you?						
7-8	90	6	1	1	1	1
9-12	87	2	2	1	2	1
7-12	88	4	2	1	2	1

Table 33. Where Youth Use Substances, 2017

	Do not use %	At home %	At a school Event %	In a car %	At a friend's house %	Outside-park or woods %
Drink alcohol?						
7-8	87	7	>1	>1	2	2
9-12	68	11	>1	1	18	6
7-12	75	9	>1	1	12	5
Smoke marijuana?						
7-8	94	>1	>1	>1	1	1
9-12	79	7	2	4	12	9
7-12	84	4	1	3	8	6
Vape or smoke an e-cigarette?						
7-8	89	2	1	1	3	4
9-12	75	9	3	8	14	11
7-12	80	6	2	5	10	9
Use prescription drugs not prescribed to you?						
7-8	93	1	>1	>1	>1	1
9-12	90	2	>1	>1	>1	>1
7-12	91	1	>1	>1	>1	>1

DEVELOPMENTAL ASSETS

Research done at the Search Institute has identified key Developmental Assets that are critical for positive outcomes for young people. Studies confirm “that young people with higher levels of assets are mentally and physically healthier, safer, more caring, more productive, and more involved and contributing to society than are youth with lower levels of assets.” (Strengths and Support in the Lives of Durham Middlefield Youth, Report 10948, Search Institute.) Overall, for optimal outcomes, the more assets youth have the better off they are. Youth with lower assets are more at-risk. Youth with high asset levels are less likely to engage in high-risk behaviors (such as violence, sexual activity, drug use and suicide), and more likely to engage in thriving behaviors (such as helping others, doing well in school and taking on leadership roles).

Overall Composite Assets Score

The Composite Assets Score (which combines the Internal asset score (30 points) and the External asset score (30 points)) gives an overall sense of how strong the foundation of Developmental Assets is for Durham Middlefield youth. The figure below illustrates that 44% of youth scored in Adequate and Thriving levels combined (47% in 2017), while 15% score (14% in 2017) in the lowest category of Challenged. (Table 34)

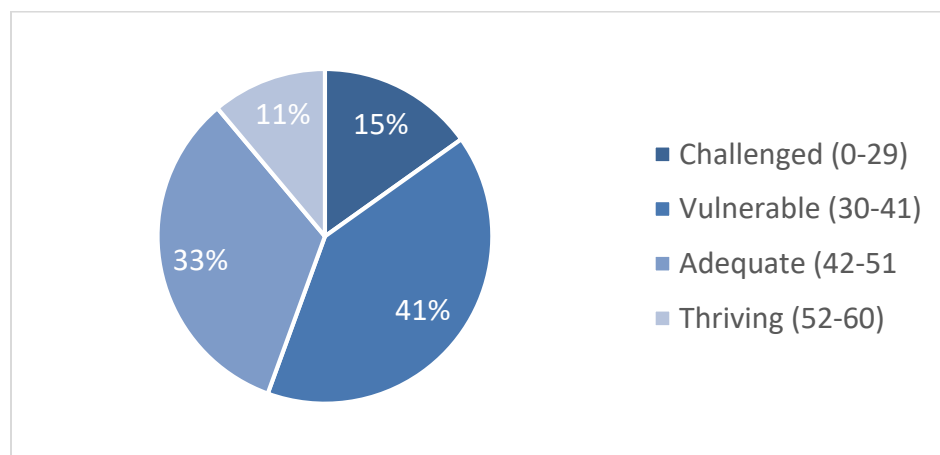


Table 34. Composite Assets Scores, 2017 to 2019

Composite Assets Score	2017 %	2019 %
Challenged	14	15
Vulnerable	40	40
Adequate	35	33
Thriving	11	11

Eight Categories of Development Assets

The Developmental Assets framework is organized into eight categories – four external and four internal:

- **External assets** are the positive developmental experiences that families, schools, neighborhoods, community groups, and other youth and family-serving organizations provide young people.

- **Internal assets** are the positive commitments, skills, and values that form a young person’s inner guidance system. Youth make personal choices and actions based upon the degree to which their internal assets are developed.

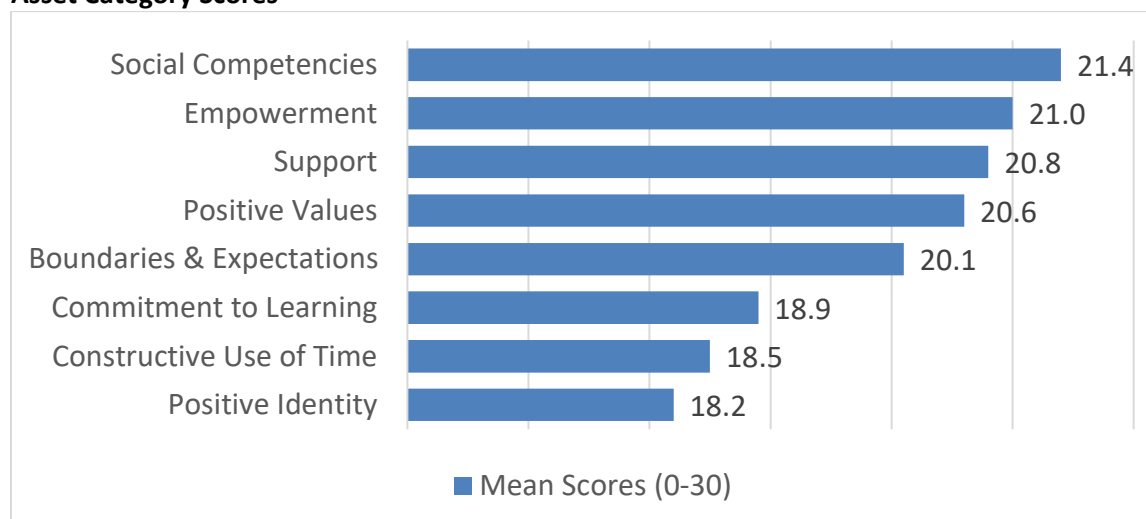
Table 35. External and Internal Assets

External Assets	Internal Assets
<p>Support</p> <p>Young people need to be surrounded by people who love, care for, appreciate, and accept them.</p>	<p>Commitment to Learning</p> <p>Young people need a sense of the lasting importance of learning and a believe in their own abilities</p>
<p>Empowerment</p> <p>Young people need to feel valued and valuable. This happens when youth feel safe and respected.</p>	<p>Positive Values</p> <p>Young people need to develop strong guiding values or principle to help them make healthy life choices.</p>
<p>Boundaries and Expectations</p> <p>Young people need clear rules, consistent consequences for breaking rules, and encouragement to do their best.</p>	<p>Social Competencies</p> <p>Young people need the skills to interact effectively with others, to make difficult decisions, and to cope with new situations.</p>
<p>Constructive Use of Time</p> <p>Young people need opportunities – outside of school – to learn and develop new skills and interests with other youth and adults.</p>	<p>Positive Identity</p> <p>Young people need to believe in their own self-worth and to feel that they have control over the things that happen to them.</p>

Summary of Asset Category Scores

The figure below highlights categories that are experienced most strongly and weakly by Durham Middlefield youth overall. Areas of strength include Social Competencies, Empowerment, Support and Positive Values, with weaker categories of Positive Identify and Constructive Use of Time.

Asset Category Scores



Tables 36 details the percentage of youth whose score on each category of assets falls into each level. Typically, youth are expected to fall between 5 and 15 percent scoring in the 'Challenged' and 'Thriving' range, with the majority of youth scoring in the 'Vulnerable' or 'Adequate' ranges.

Table 36. Percent of Youth Reporting on Internal and External Assets, 2019

	Challenged (Range: 0-14) %	Vulnerable (Range: 15-20) %	Adequate (Range: 21-25) %	Thriving (Range: 26-30) %
External Assets				
Support	19	27	24	30
Empowerment	13	32	33	22
Boundaries & Expectations	20	32	26	22
Constructive Use of Time	24	44	21	11
Internal Assets				
Commitment to Learning	26	35	22	17
Positive Values	12	35	35	17
Social Competencies	11	31	33	35
Positive Identity	12	35	35	17

Table 37. Percent of Youth Reporting on Internal and External Assets, 2017

	Challenged (Range: 0-14) %	Vulnerable (Range: 15-20) %	Adequate (Range: 21-25) %	Thriving (Range: 26-30) %
External Assets				
Support	23	30	30	17
Empowerment	12	37	36	15
Boundaries & Expectations	11	34	33	22
Constructive Use of Time	23	43	22	13
Internal Assets				
Commitment to Learning	23	30	30	17
Positive Values	12	37	36	15
Social Competencies	11	34	33	22
Positive Identity	23	43	22	13

+ Expect to see 5-15% in Challenged and Thriving range

Five Asset-Building Contexts

As young people need to experience strengths and supports across all parts of their lives, not just in one place (such as school or home), the *Developmental Assets Profile* explores young people's perceptions of supports and strengths across five contexts:

- **Family:** Assets experienced in the family - includes family support, positive communication, useful role in family, family boundaries.
- **Social:** Assets that are experienced through personal relationships with others, particularly their friends – includes peaceful conflict resolution, positive peer influence, interpersonal competence, other adult relationships.

- **School:** Assets experienced in school – includes achievement motivation, school engagement, caring school climate, school boundaries.
- **Personal:** Internal strengths that shape the character of young people, including their self-concept, values, attitudes, and capabilities – includes honesty, restraint, planning and decision-making, a sense of purpose.
- **Community:** Assets experienced in community settings other than school – includes community values youth, youth programs, religious community, caring neighborhood.

The figure below illustrates the mean scores for the five asset building contexts described above. Family context is the strongest reported by Durham Middlefield youth, while the School and Personal contexts are where youth reported the lowest levels of assets. (Table 38)

Asset-Building Context Scores

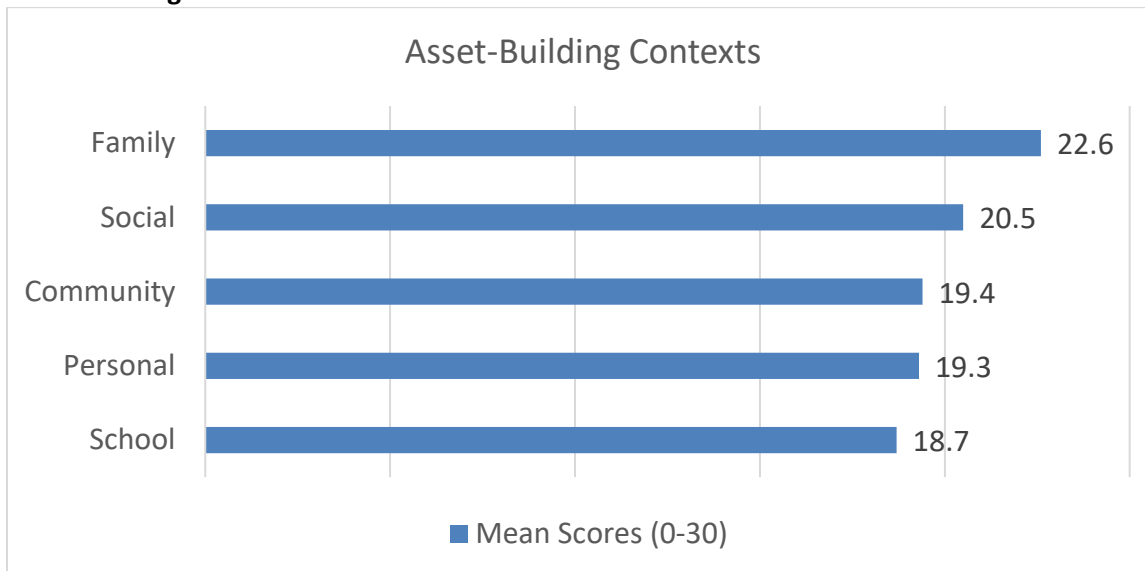


Table 38. Asset-Building Contexts, 2017 to 2019

Composite Assets Score	2017 #	2019 #
School	20.2	18.7
Personal	19.3	19.3
Community	19.1	19.4
Social	20.7	20.5
Family	22.7	22.6

Table 39 shows the percentages of youth whose score on each asset-building context falls into each level. Among Durham Middlefield youth areas of strength are seen in Family and Social.

Table 39. Percent of Youth Reporting on Contexts, 2019

	Challenged (Range: 0-14) %	Vulnerable (Range: 15-20) %	Adequate (Range: 21-25) %	Thriving (Range: 26-30) %
Family	13	21	24	42
Social	12	35	33	20
School	25	35	25	16
Personal	15	45	27	12
Community	20	39	27	15

+ Expect to see 5-15% in Challenged and Thriving range

Table 40. Percent of Youth Reporting on Contexts, 2017

	Challenged (Range: 0-14) %	Vulnerable (Range: 15-20) %	Adequate (Range: 21-25) %	Thriving (Range: 26-30) %
Family	10	21	30	39
Social	11	35	35	19
School	17	33	28	23
Personal	15	42	33	10
Community	22	36	28	14

+ Expect to see 5-15% in Challenged and Thriving range

Table 41 illustrates a high-level summary of both the asset categories and asset contexts and how they align from greatest reported strengths to greatest gaps.

Table 41. High Level Summary of Assets

	Asset Categories	Asset Contexts
Greatest Strengths		22.6 Family
Adequate	21.4 Social Competencies	
	21.0 Empowerment	
	20.8 Support	
	20.6 Positive Values	
		20.5 Social
	20.1 Boundaries & Expectations	
		19.4 Community
		19.3 Personal
	18.9 Commitment to Learning	
		18.7 School
Vulnerable	18.5 Constructive Use of Time	
Greatest Gaps	18.2 Positive Identity	