



Durham Middlefield

— LOCAL WELLNESS COALITION —

**Student Survey Data Results**

**March 2018**

# Today

- Objectives
- Demographics
- Family Norms
- Attitudes & Behaviors
- Stress & Depression
- Core Measures
- Risky Behaviors
- Access & Availability
- Developmental Assets

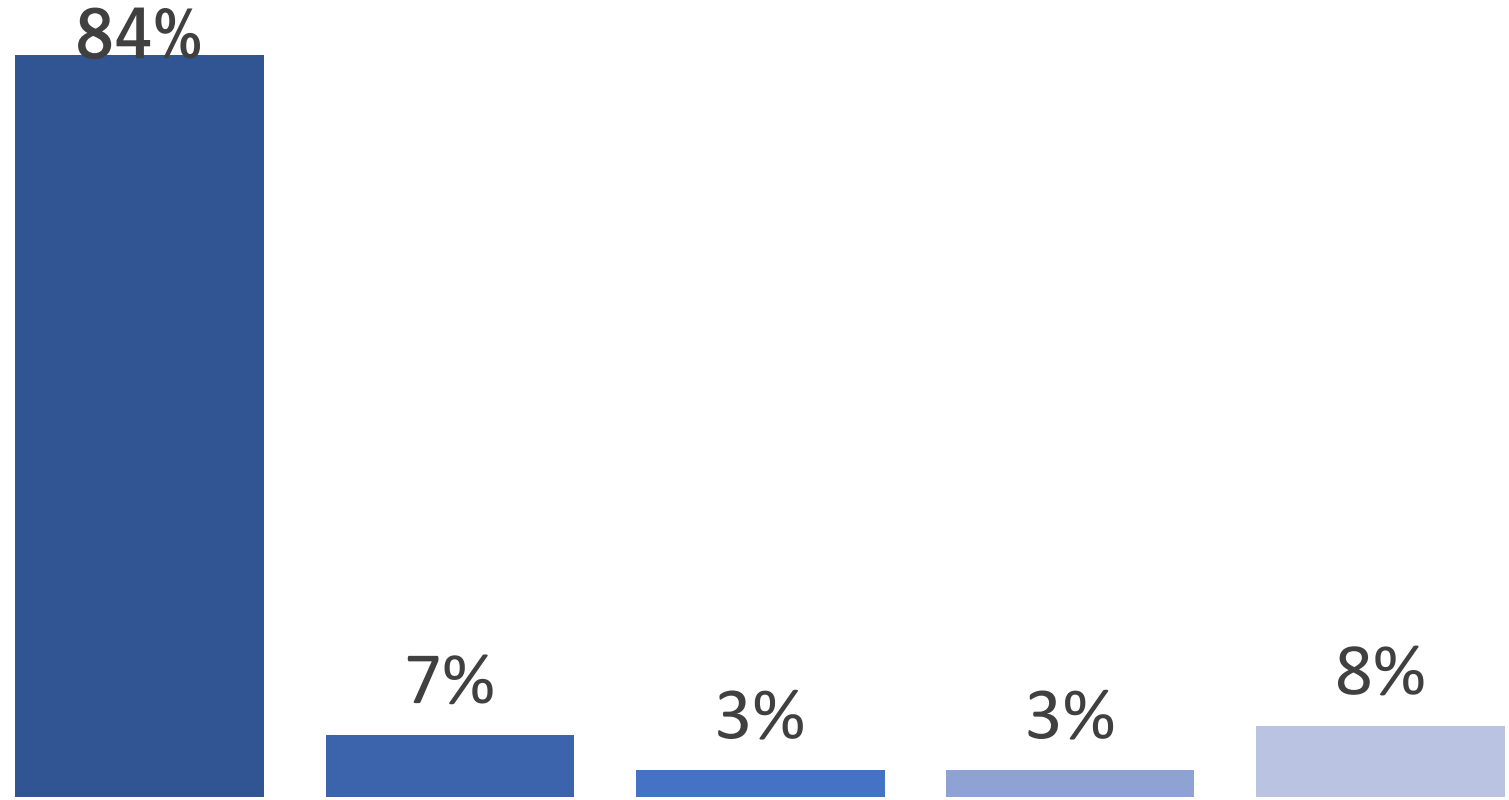
# Survey objectives



# Demographics

## Race & Ethnicity

■ White ■ Multiracial ■ Asian American ■ Hispanic ■ NR



**Family norms support substance use prevention.**



# Attitudes and behaviors around substance use are **mostly positive.**

- Driving and substance use
- Taking Rx drugs to do better in school
  
- Drinking when underage
- Smoking marijuana

The majority of DM youth have a **trusted adult...**

**80% do outside of school**

**31% do at school**

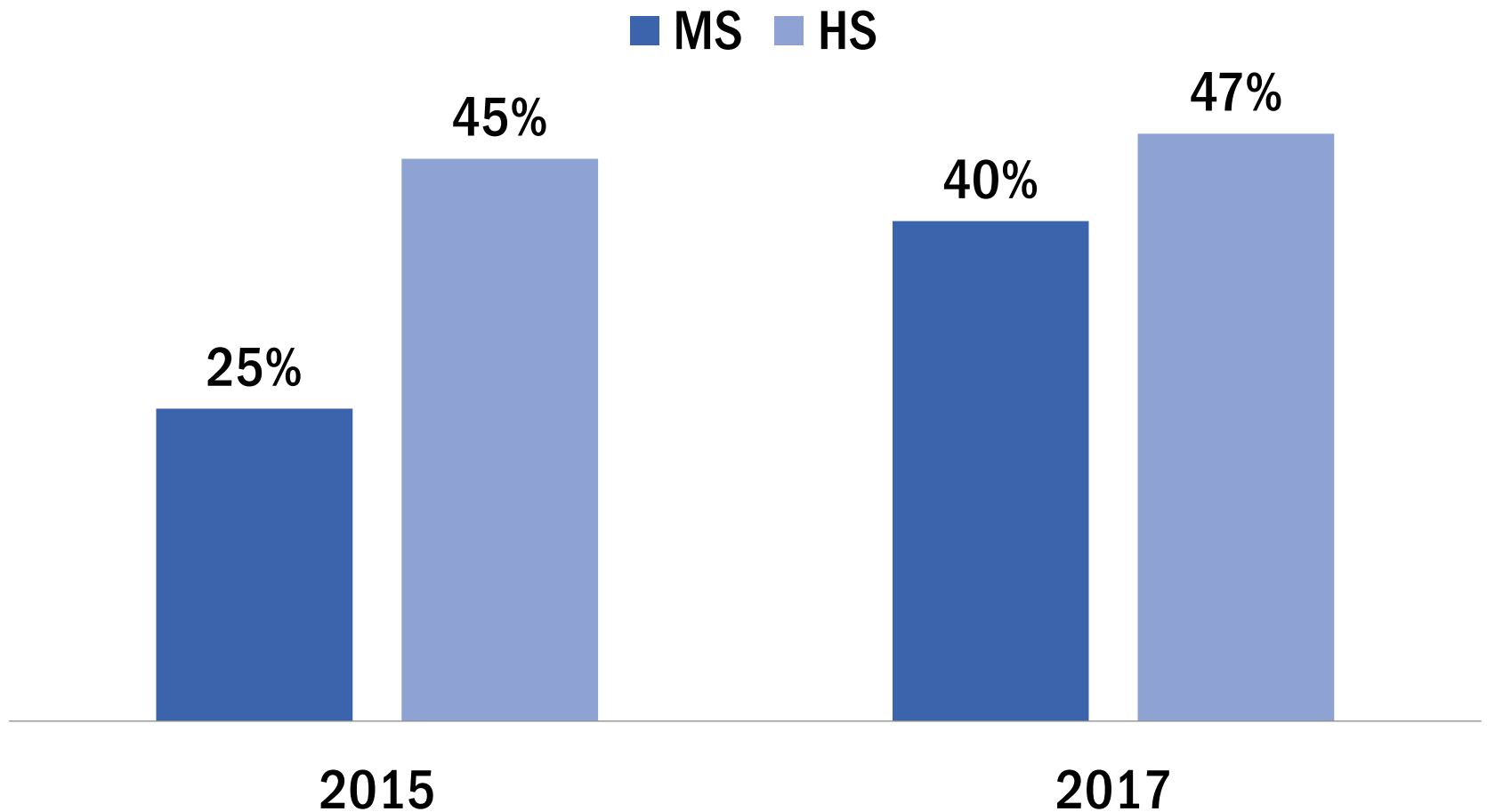
**14% do not**

# Close to **1 out of every 4 HS students** reported feeling **depressed** in the past year.

- **22% of all students reported feeling sad or depressed.**
- **15% of all students reported that had seriously considered attempting suicide.**
- **12% had made a plan on how they would attempt suicide.**
- **3% reported attempting suicide.**



# Academics causes the most day to day stress among students.



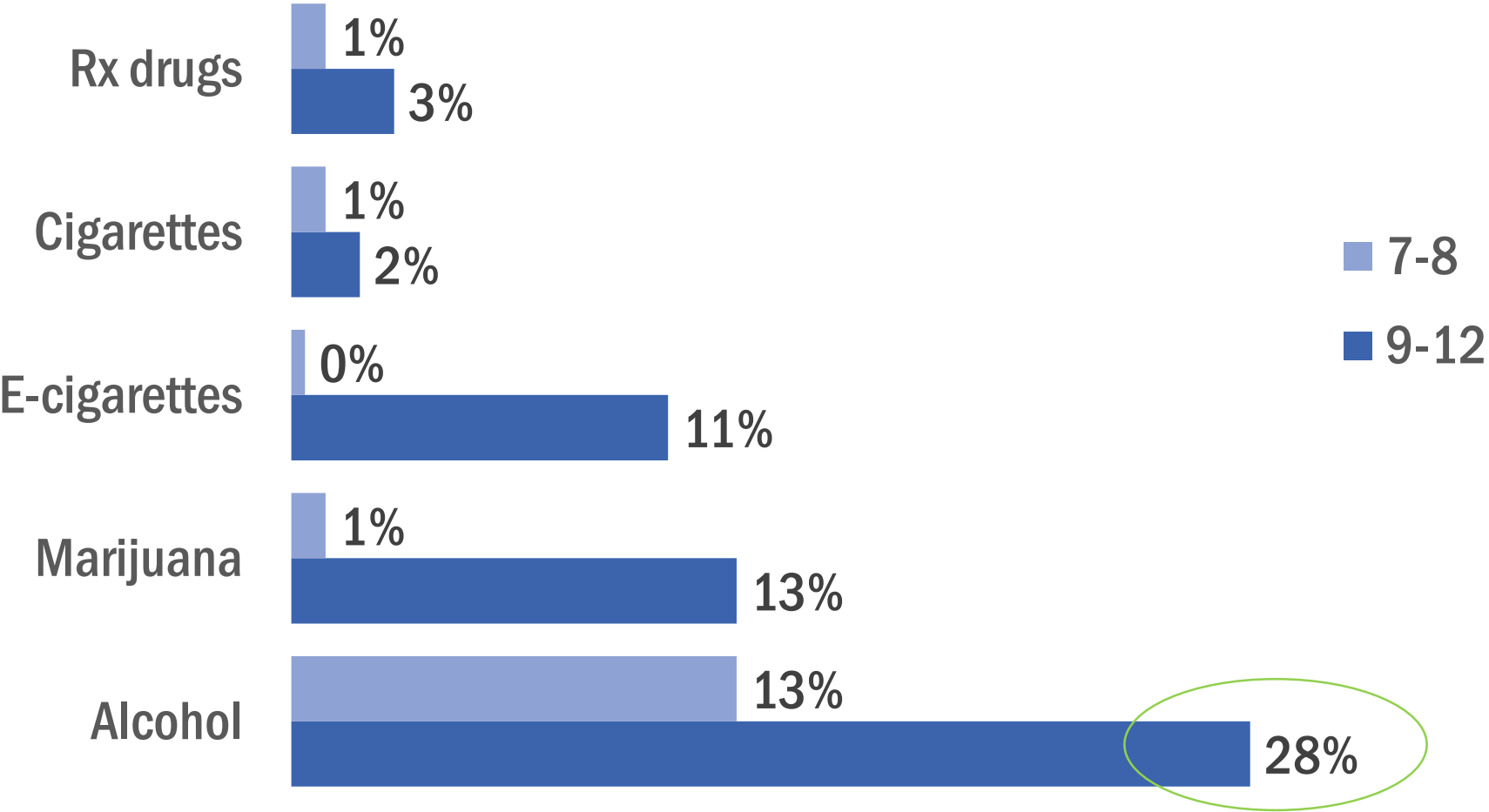
# Four **core** substances & measures.

- Substances
  - Alcohol
  - Marijuana
  - Tobacco
  - Prescription Drugs

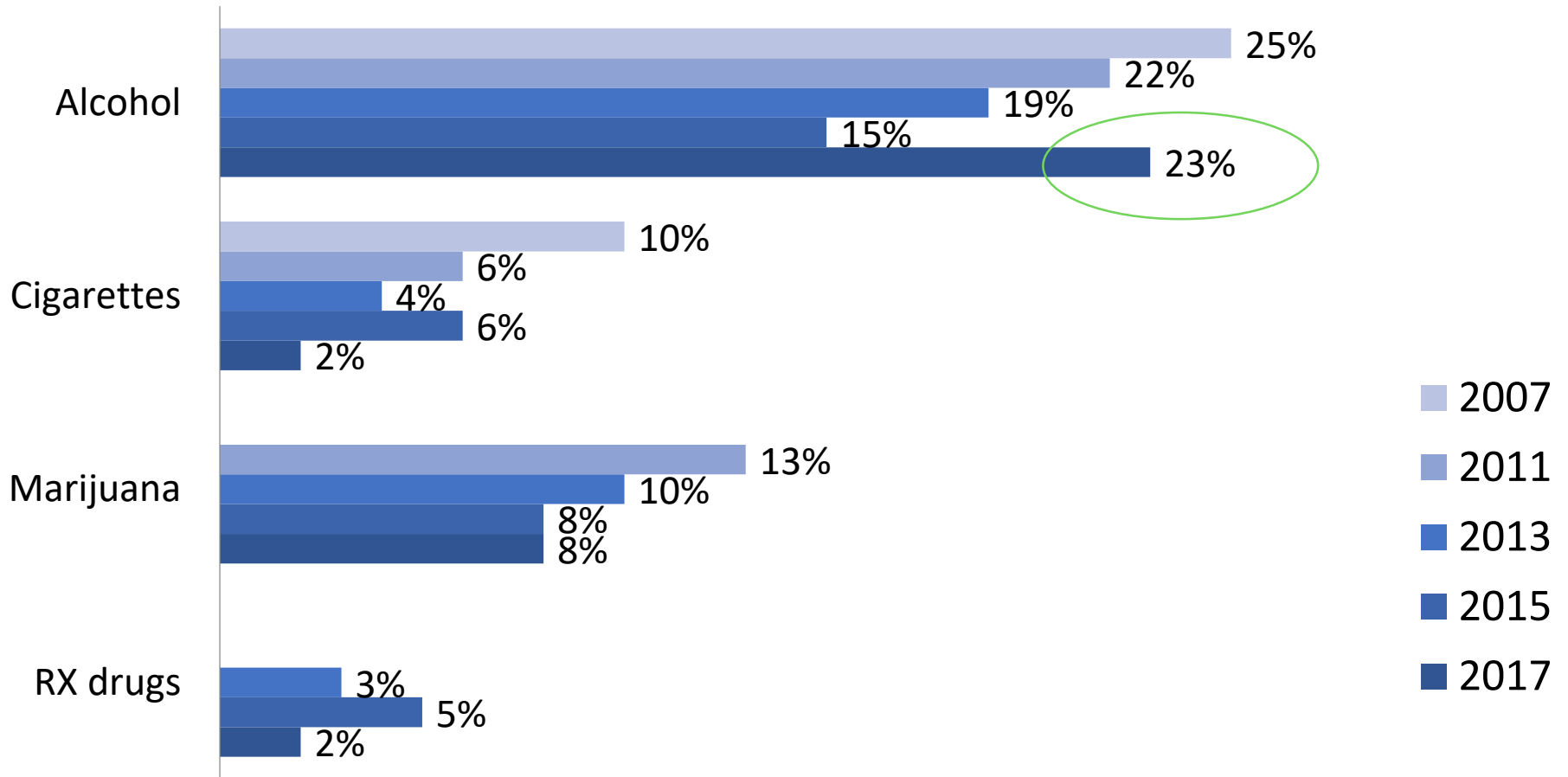
## Measures

- 30-day use rates (Recent use rate)
- Perception of Risk/Harm
- Perception of Parental Disapproval
- Perception of Peer Disapproval

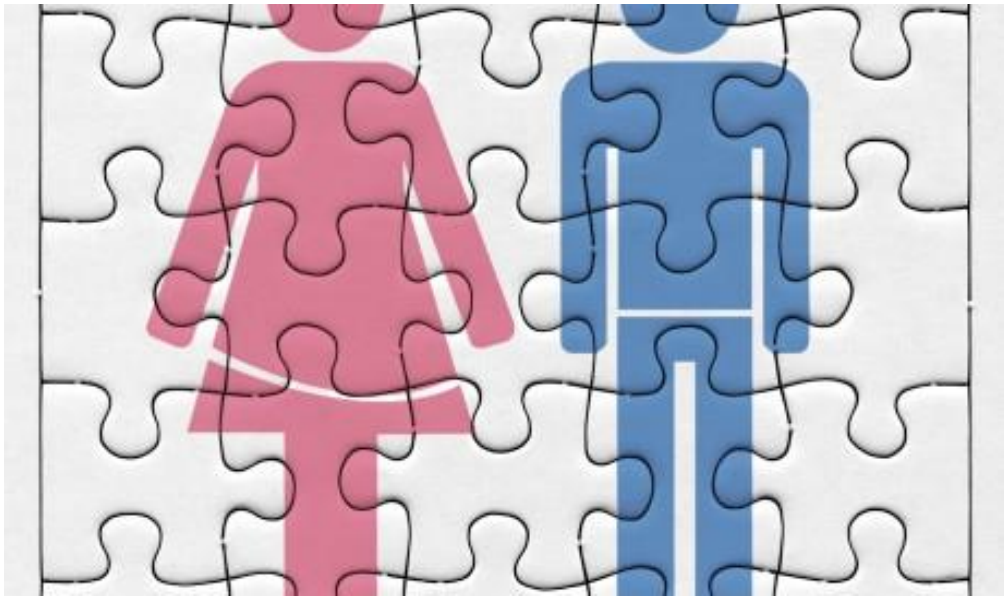
# 30-day use rates for MS and HS students in 2017.



# Most use rates are decreasing among 7th-12th graders in Durham Middlefield.



# 30-day use and demographics.



# Binge drinking rates among students.

--17% of HS students



# 30-day use and other influences.

- **Self-reported mental health status**
  - Students who reported feeling sad or depressed, who had seriously considered suicide or had made a plan about how they would attempt suicide report **higher substance use rates across all four core substances.**
- **Trusted adult**
  - 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 **report higher substance use rates across all four core substances.**
- **Risky behaviors**
  - Students who reported stealing or texting while driving in the past 12 months or skipping school in the past 4 weeks **report higher substance use rates across all four core substances.**

# 30-day use and other influences.

- **Family management**

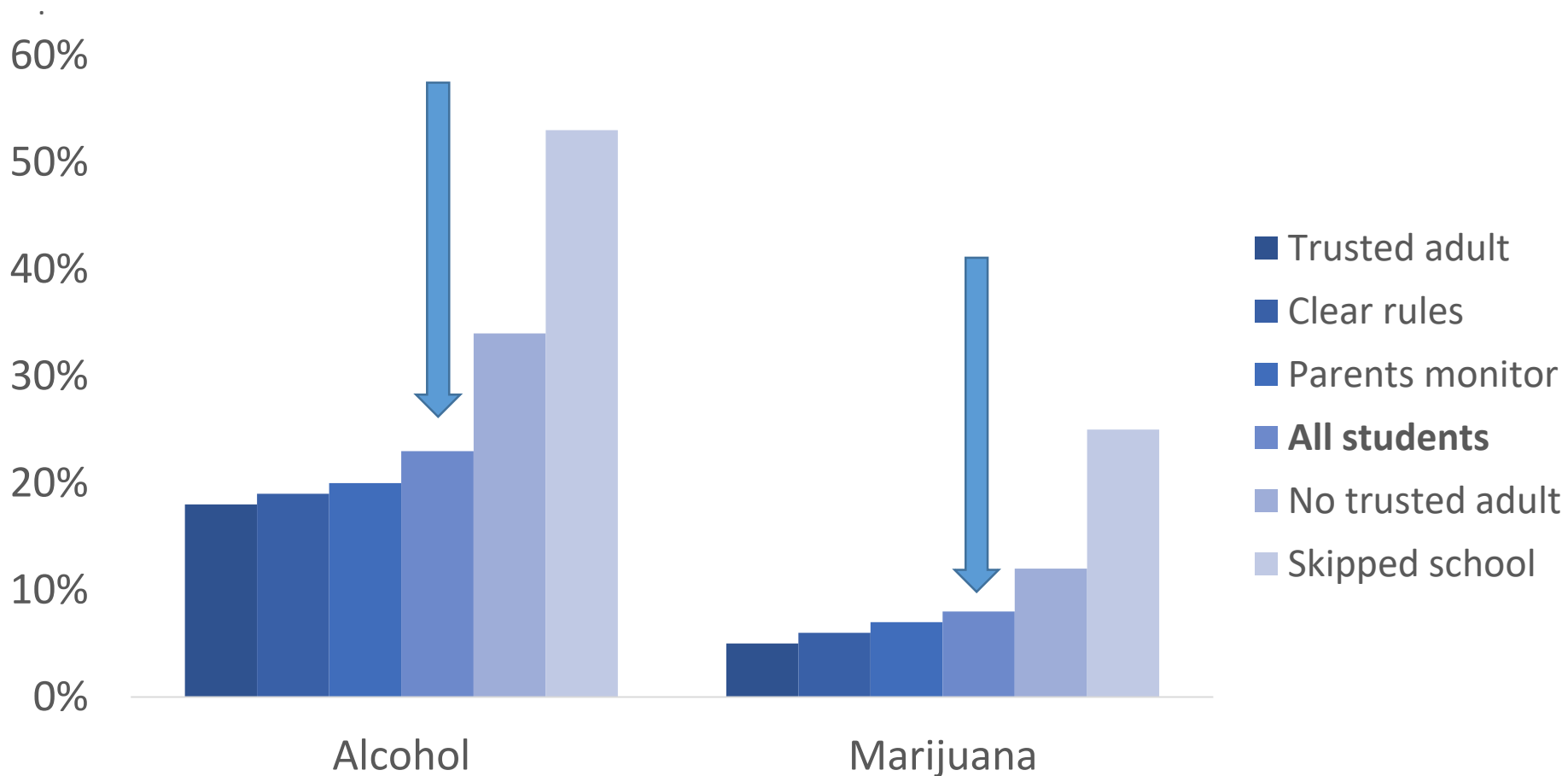
- In most cases, students who reported higher levels of clear rules (about alcohol and drug use), feeling that they can go to a parent for help, and having a parent that monitors where they are and who they go out with report **lower substance use rates across core substances**.

- **Co-occurrence of use**

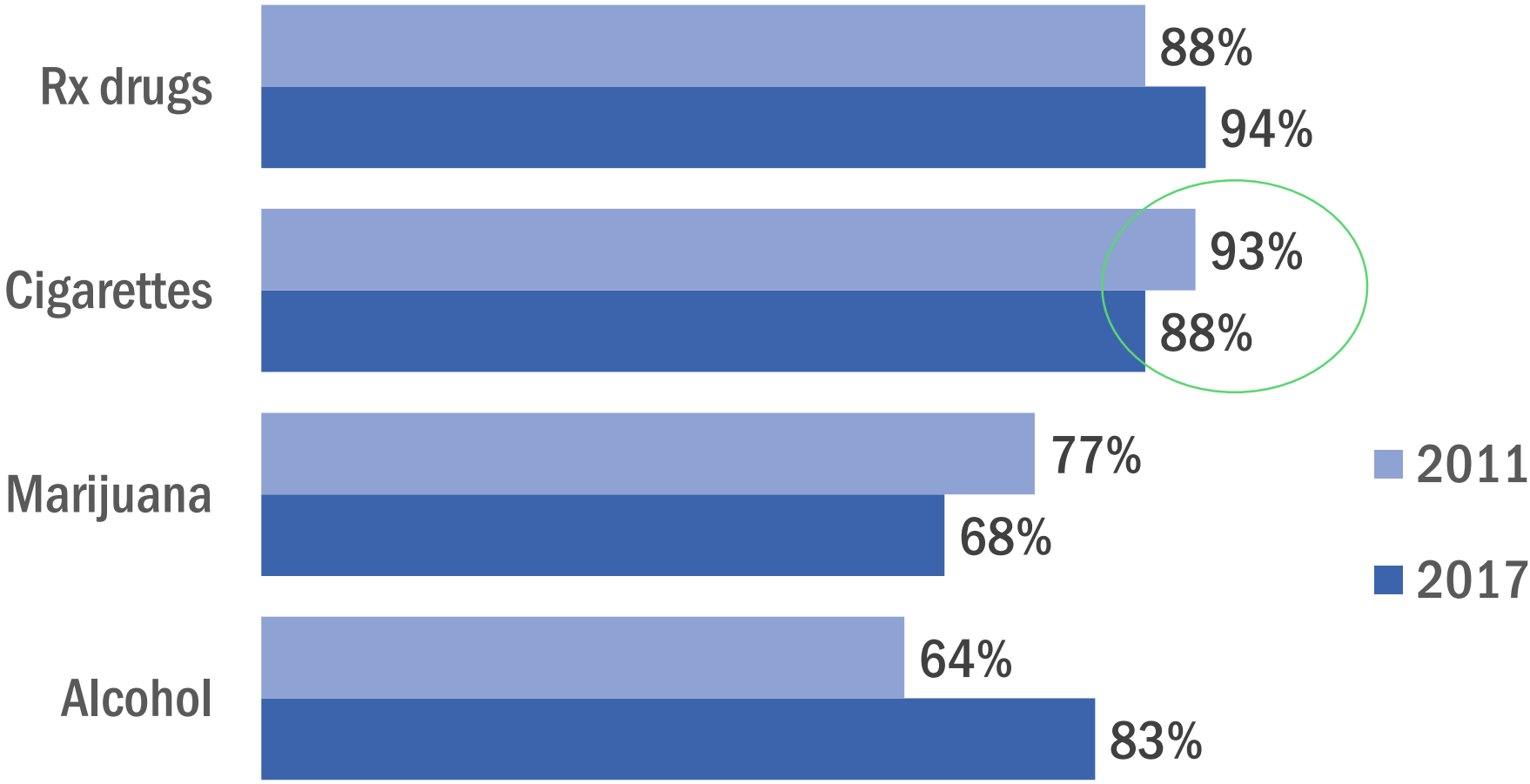
- Students who reported past 30-day use of alcohol are more likely to also smoke marijuana, use prescription drugs and tobacco. Similarly, students who report current use of marijuana are more likely to also drink alcohol, use prescription drugs and tobacco.
  - Youth who report 30-day alcohol use: 78% report recent marijuana use
  - Youth who report 30-day marijuana use: 29% report recent alcohol use



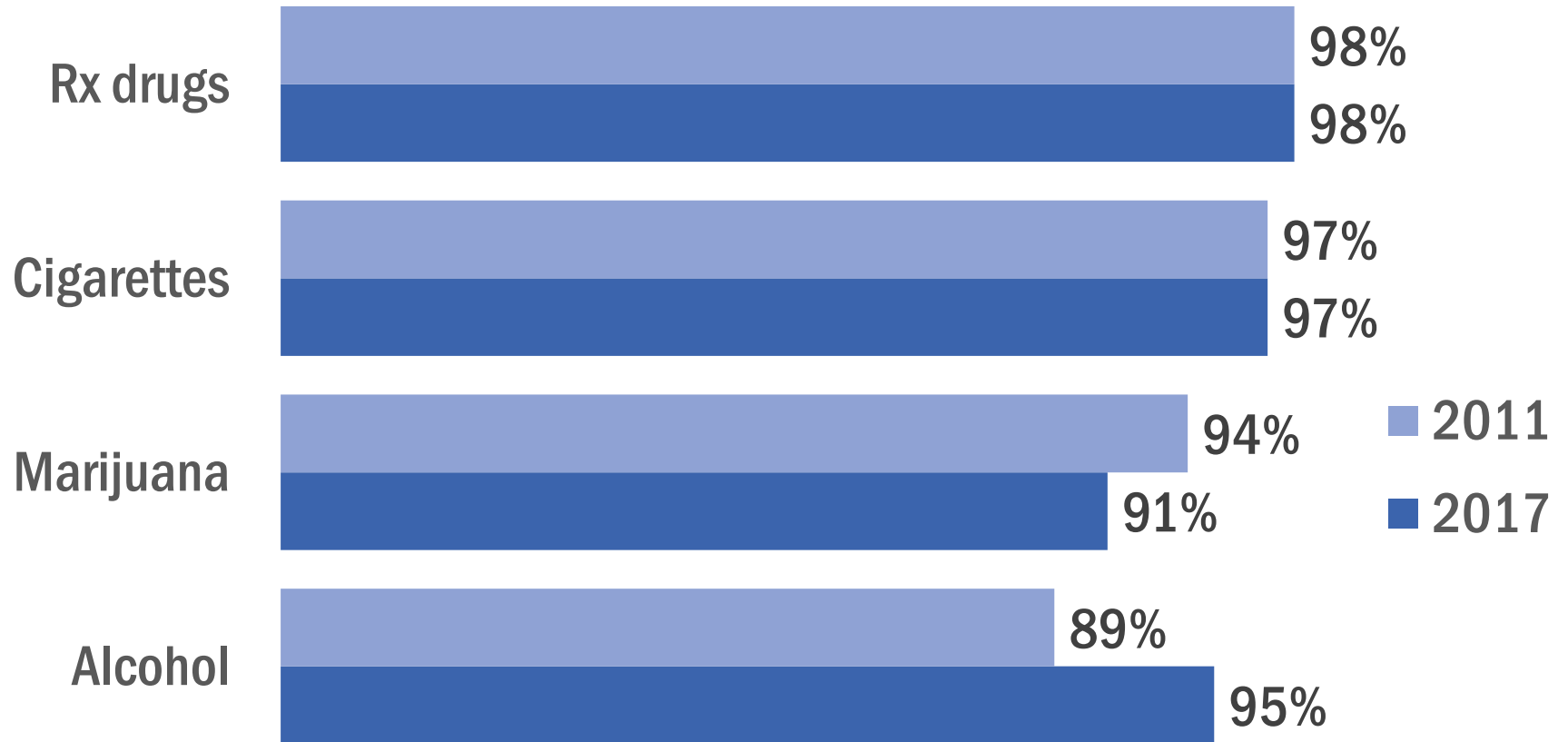
# Students use rates can be lowered by increasing protective factors.



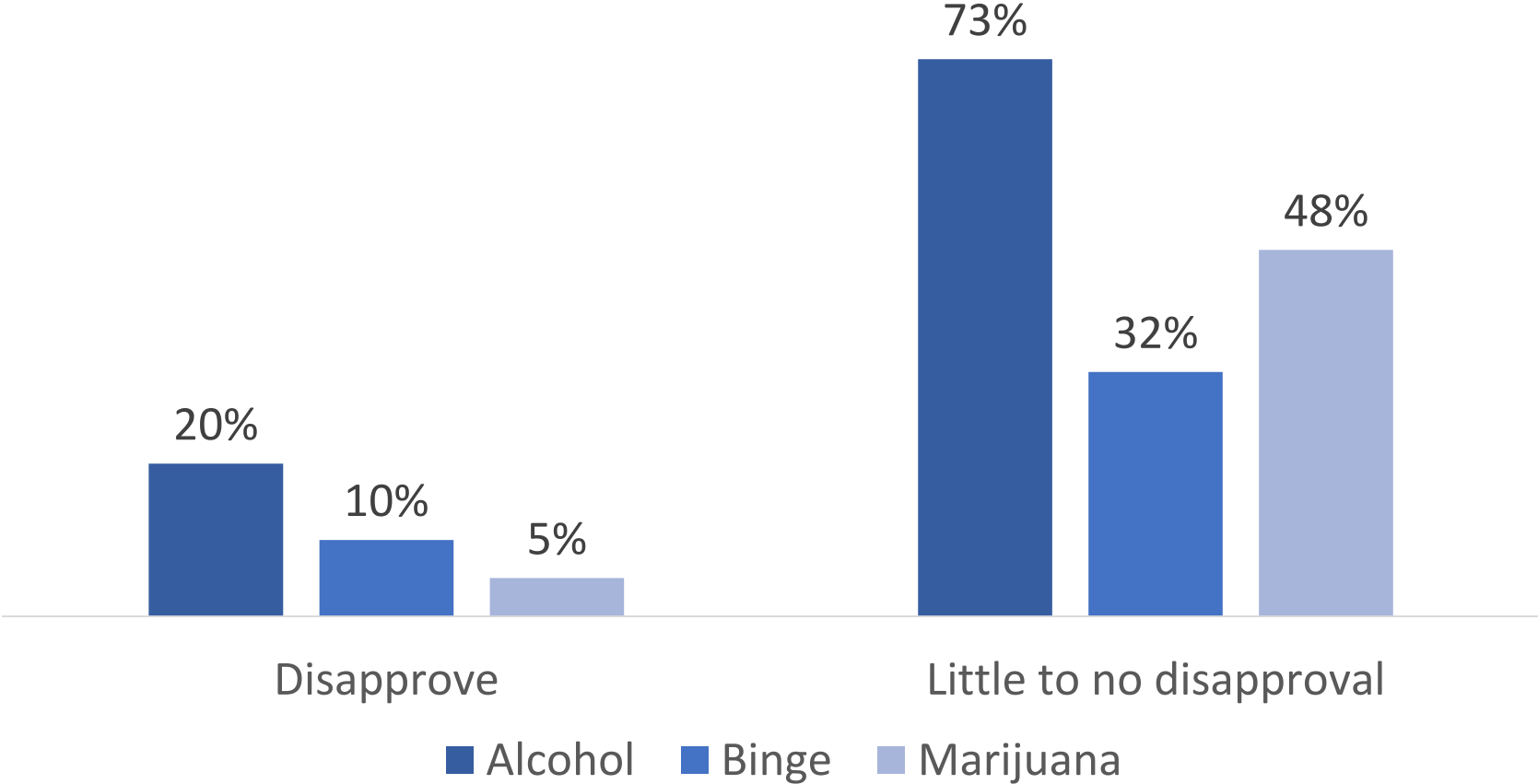
# Perceived risk of harm of substance use.



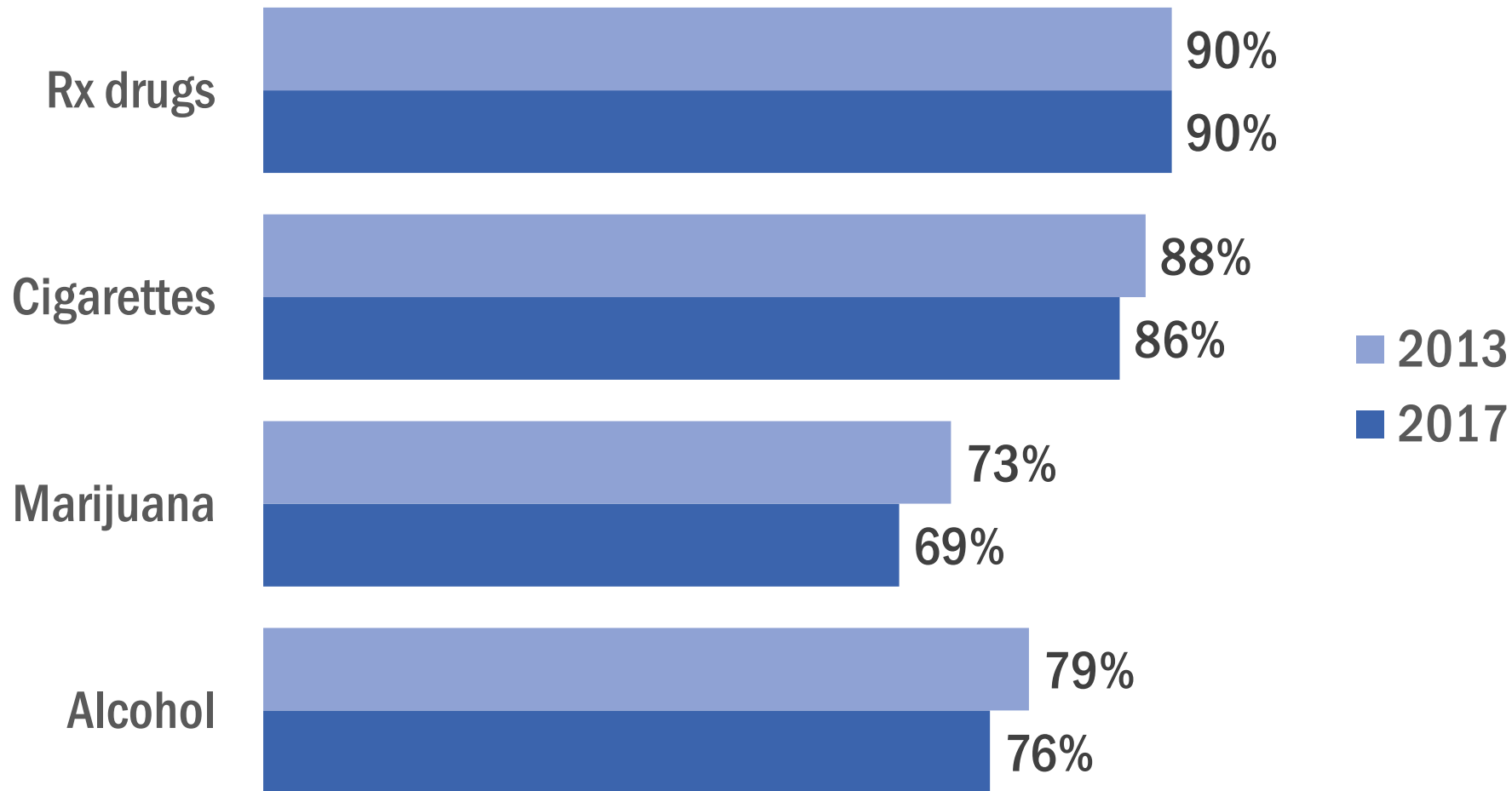
# Perceived parent disapproval of student drug use.



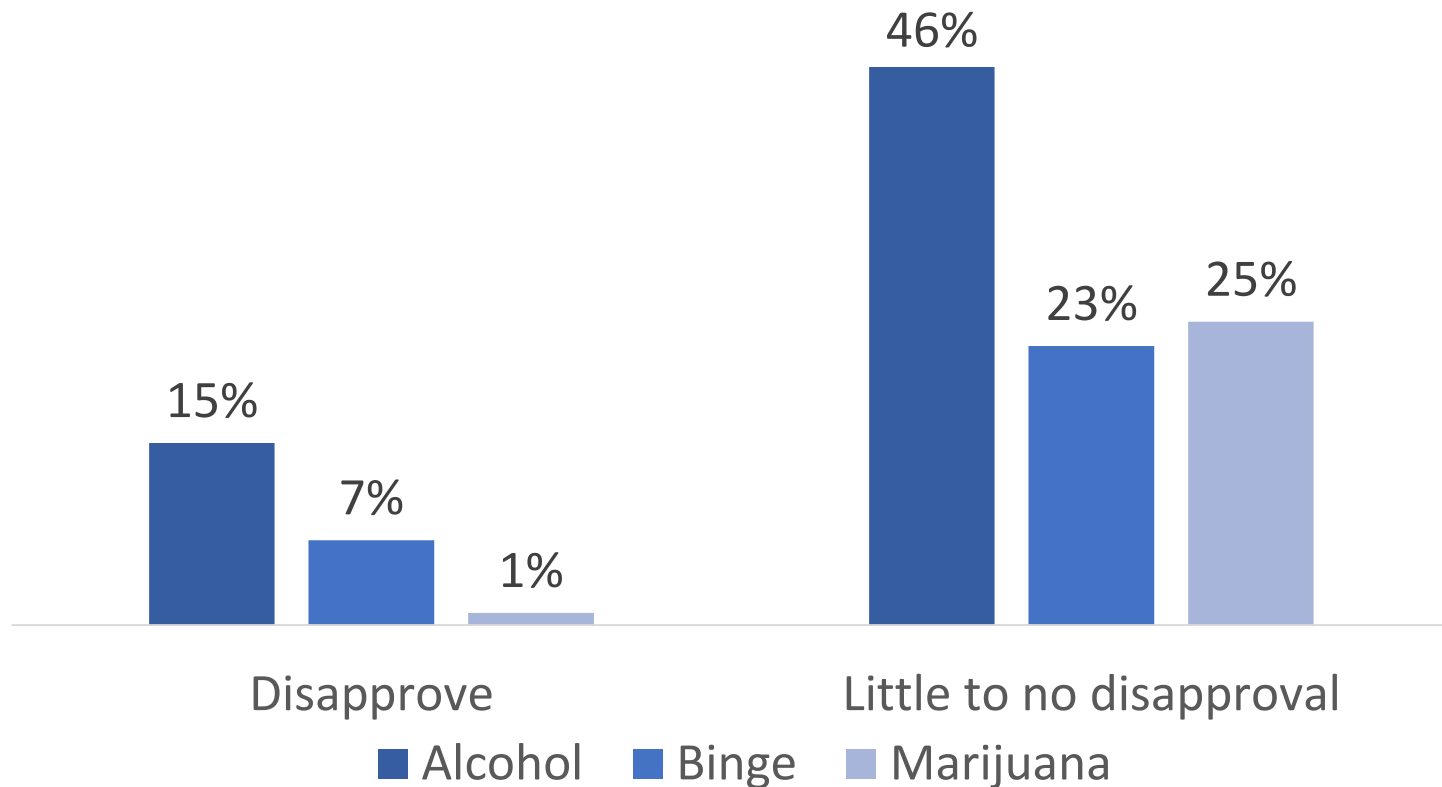
# Youth who believe their parents disapprove of substance use are **less likely to use** than those who do not.



# Perceived friend disapproval of student drug use.



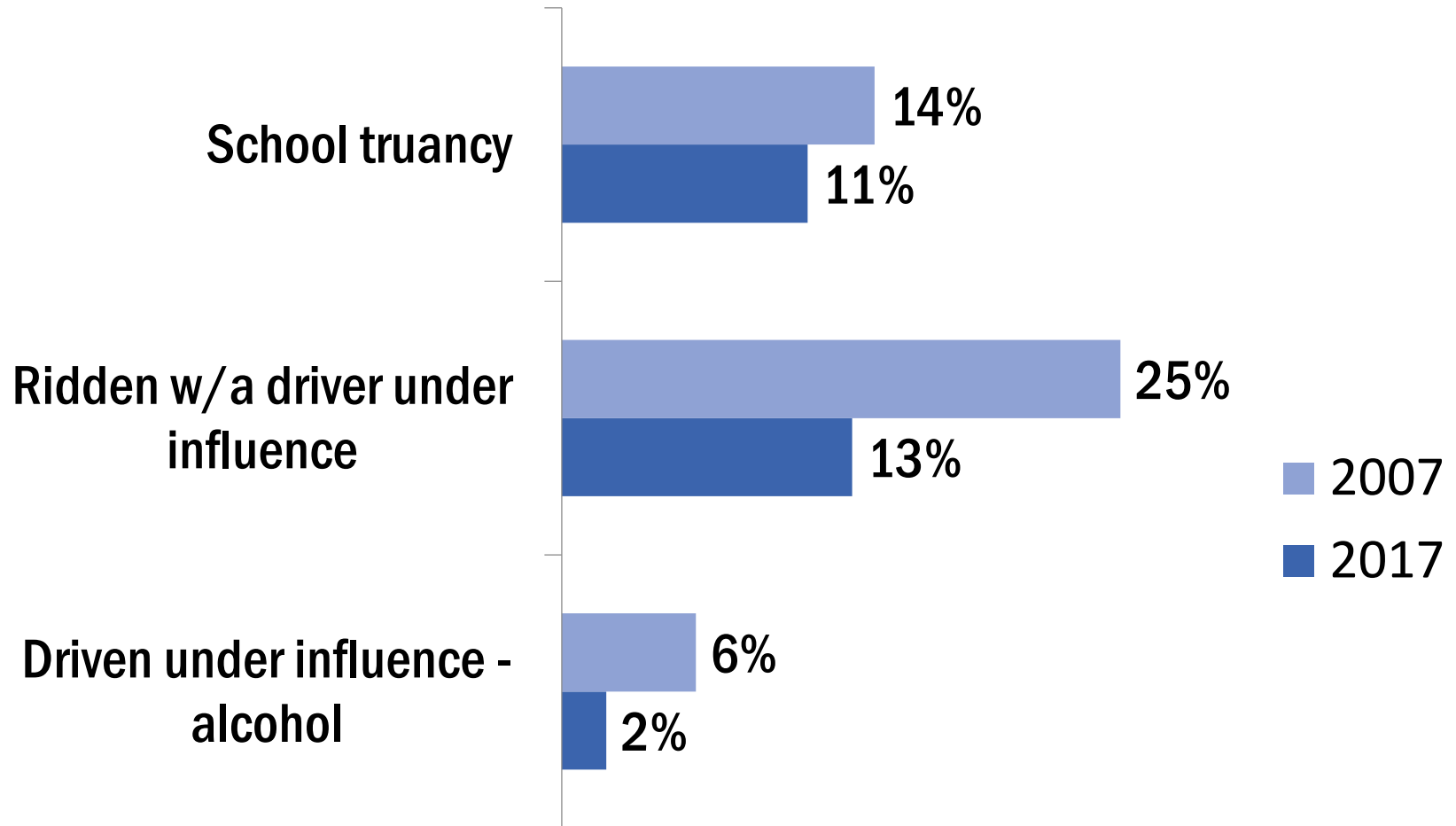
Youth who believe their friends disapprove of substance use are **less likely to use** than those who do not.



# Most students are **not** participating in risky behaviors.

- Substance use and driving (2%, 5%)
- Texting and driving (17%)
- Ridding with a driver who is under the influence (13%)
- Stealing (18%)
- Selling drugs (3%)

# Risky behaviors are decreasing among youth.

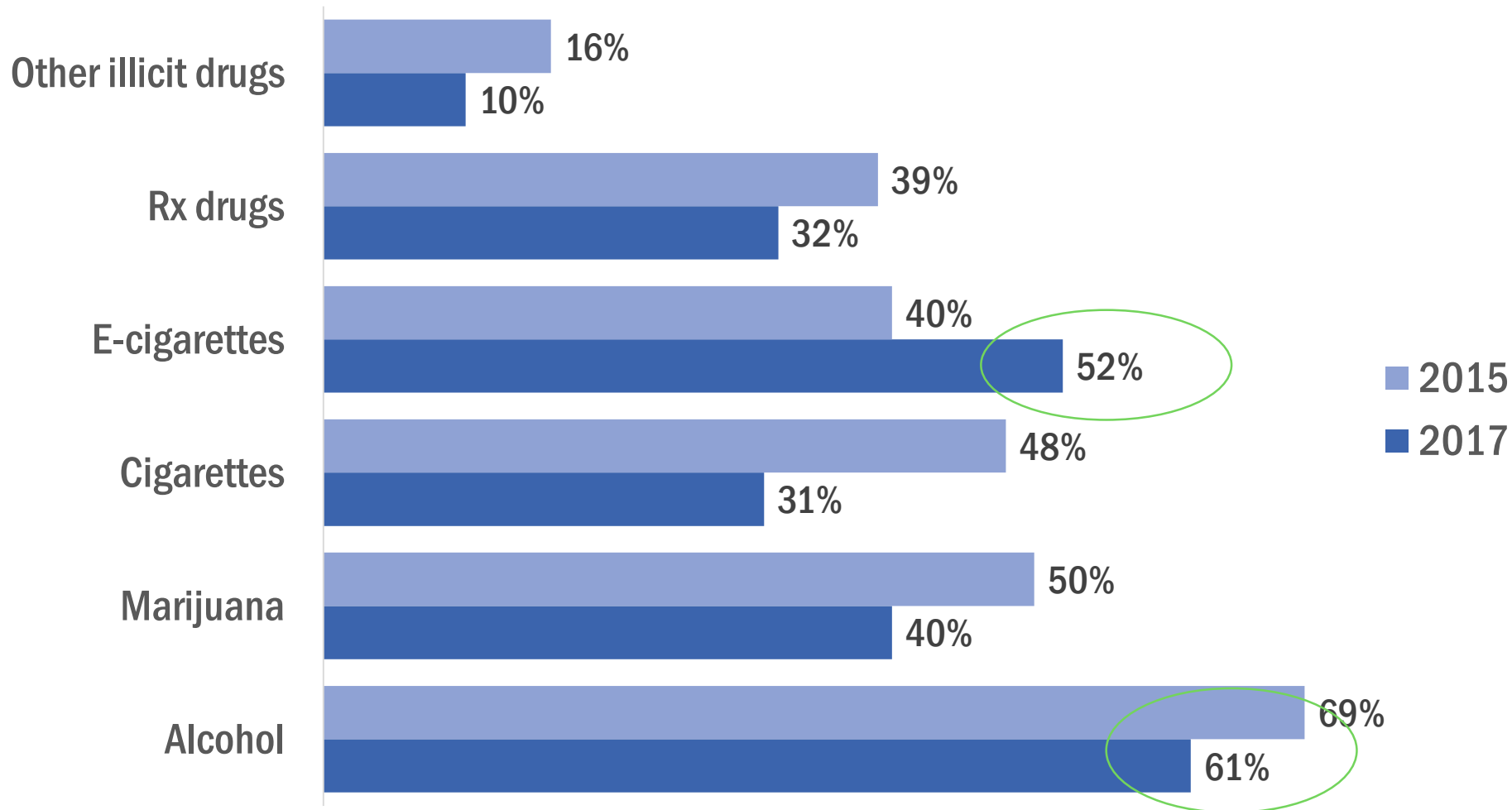




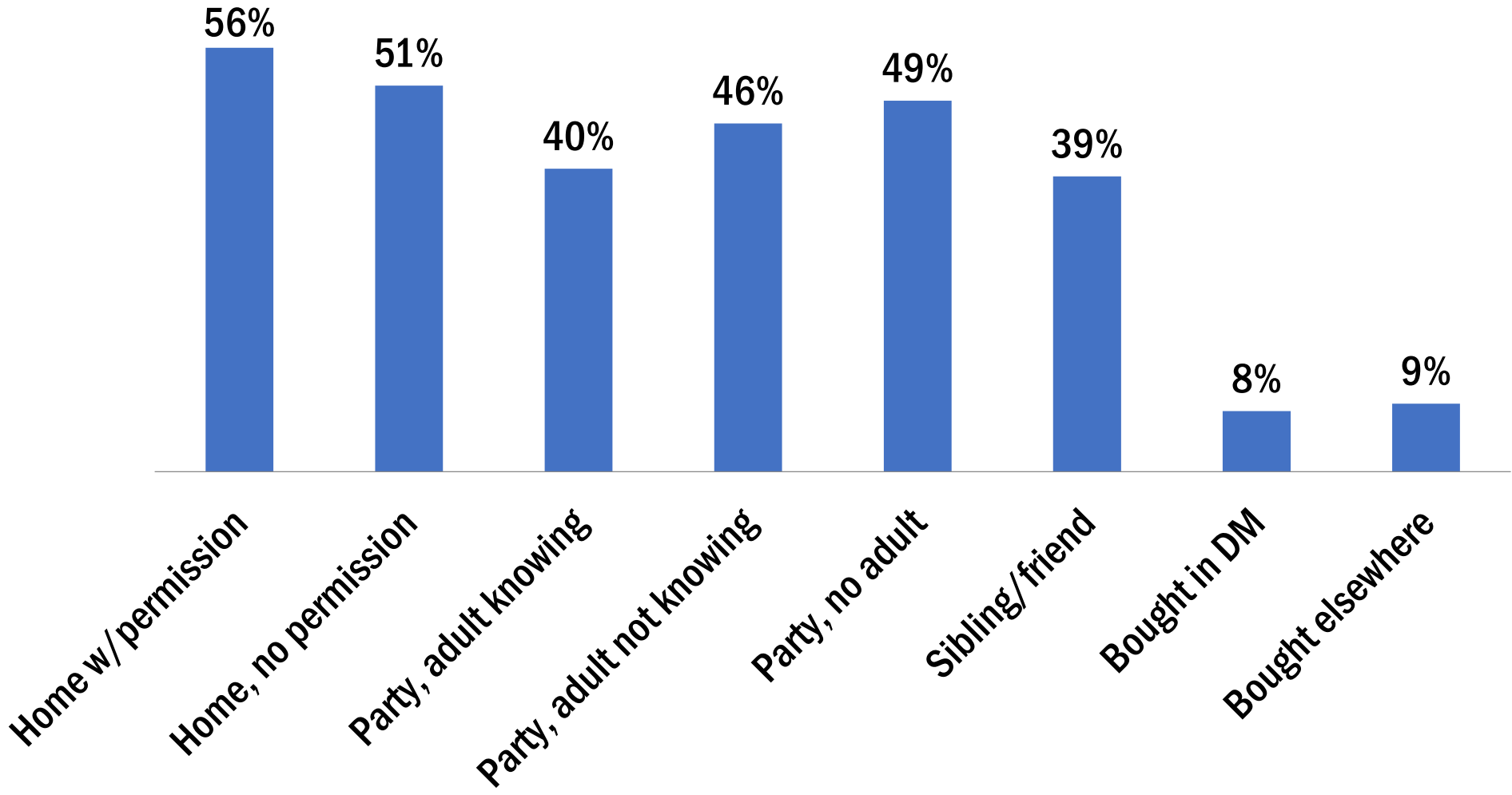
**Access to substances is easy.**



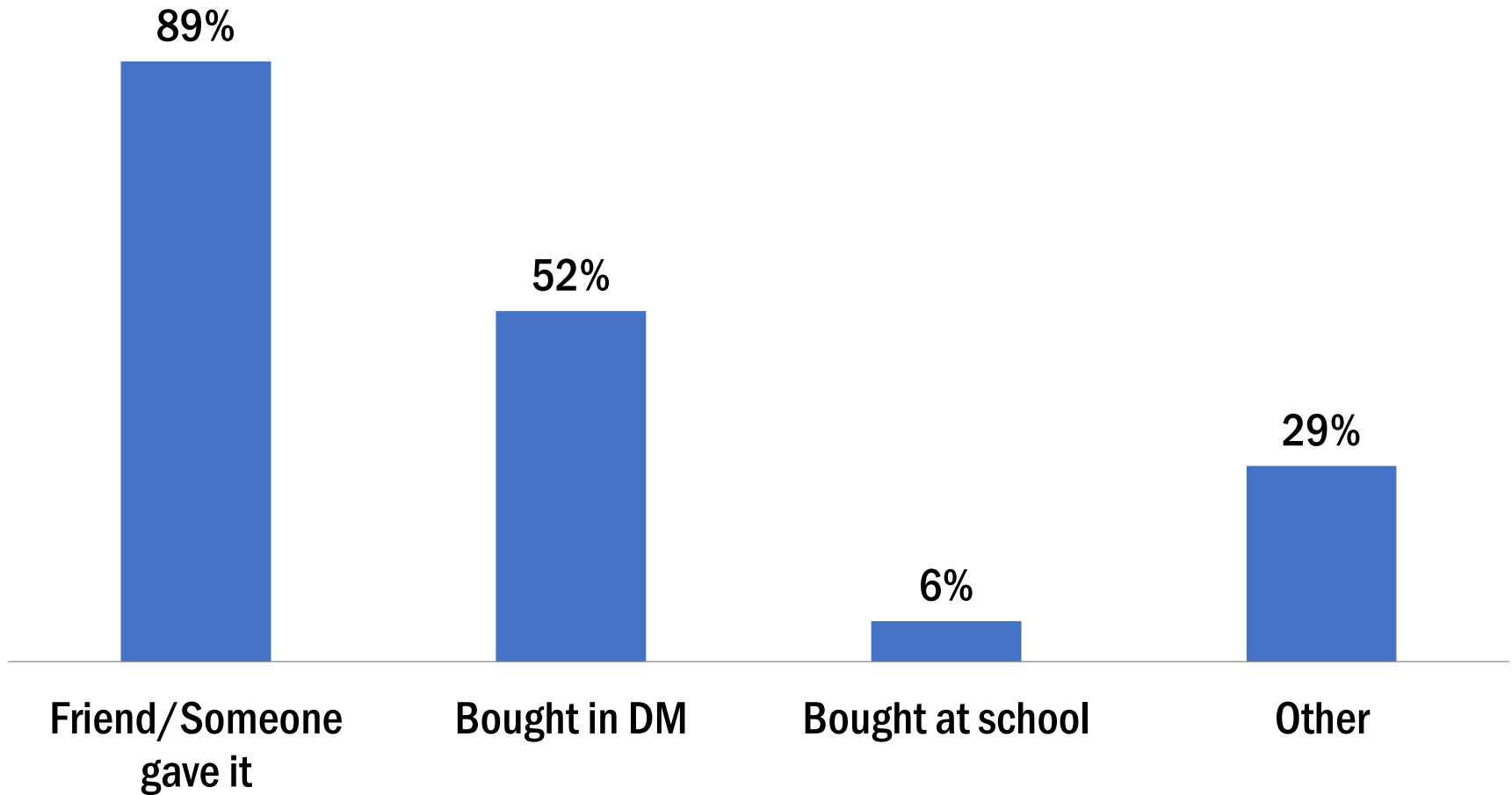
# Perception is that **access** to alcohol and e-cigs is **easy**.



# High school students are getting alcohol at home and parties.



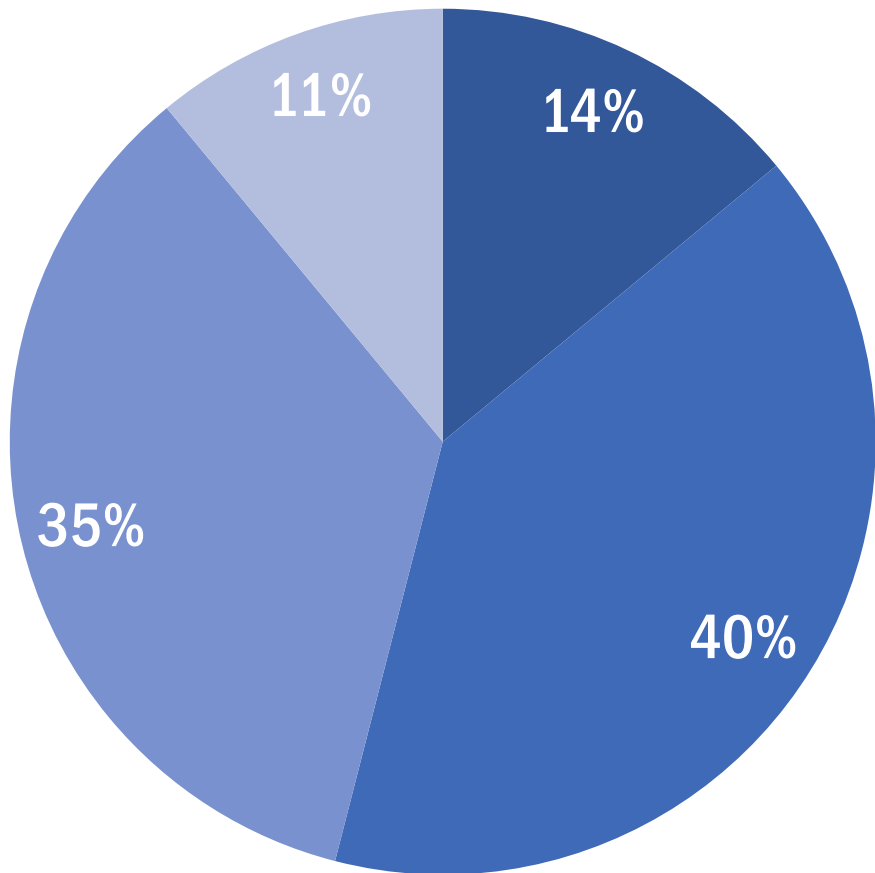
# Most high school students report getting marijuana from friends.



# Developmental assets framework.



# Composite assets score.



- Challenged (0-29)
- Vulnerable (30-41)
- Adequate (42-51)
- Thriving (52-60)



- What jumped out at you?
- Any surprises?
- Is there anything you would like to know more about?