

Youth Risk Behavior Survey 2014 Presentation of Results

1

INTRODUCTION
SUPERINTENDENT SCOTT CARPENTER
MRHS PRINCIPAL BILL BURKHEAD

PRESENTATION OF RESULTS
BY MRHS PEER LEADERS
(A GROUP OF STUDENT LEADERS WITHIN OUR HIGH SCHOOL)



PRESENTATION TO MRHS STUDENTS
DECEMBER 11, 2015

PRESENTATION TO MONOMOY PARENTS
DECEMBER 14, 2015

What is the Youth Risk Behavior Survey (YRBS)?

2

The survey was administered on November 13, 2014 to Monomoy Grades 7-12.

The survey administered to Monomoy Grades 9-12 had 110 questions focusing upon:

- Substance use (alcohol, marijuana, etc.)
- Depression and suicide
- Sexual behavior
- Violence and bullying
- Perceptions of safety and adult support

The survey administered to Monomoy Grades 7-8 had 95 questions and excluded only the sexual behavior questions on the Grades 9-12 survey.

Questions are asked about behaviors that occurred in the past month, past year, or the student's lifetime.

Special Thanks to Sheila House and those supporting prevention initiatives within our community

3

- Grant funds obtained by the Harwich Youth Counselor, Sheila House, were used to enable the Monomoy Regional School District to administer this Youth Risk Behavior Survey.
- In January 2014, Sheila House was appointed to the Barnstable County Regional Substance Abuse Commission. Part of the Barnstable Regional Substance Abuse Commission's 5-year plan includes focusing on prevention with regards to underage youth substance use throughout Barnstable County.
- Community members from Harwich and Chatham have formed the Lower Cape Prevention Partnership and have sponsored several educational outreach initiatives in the past 2 years.

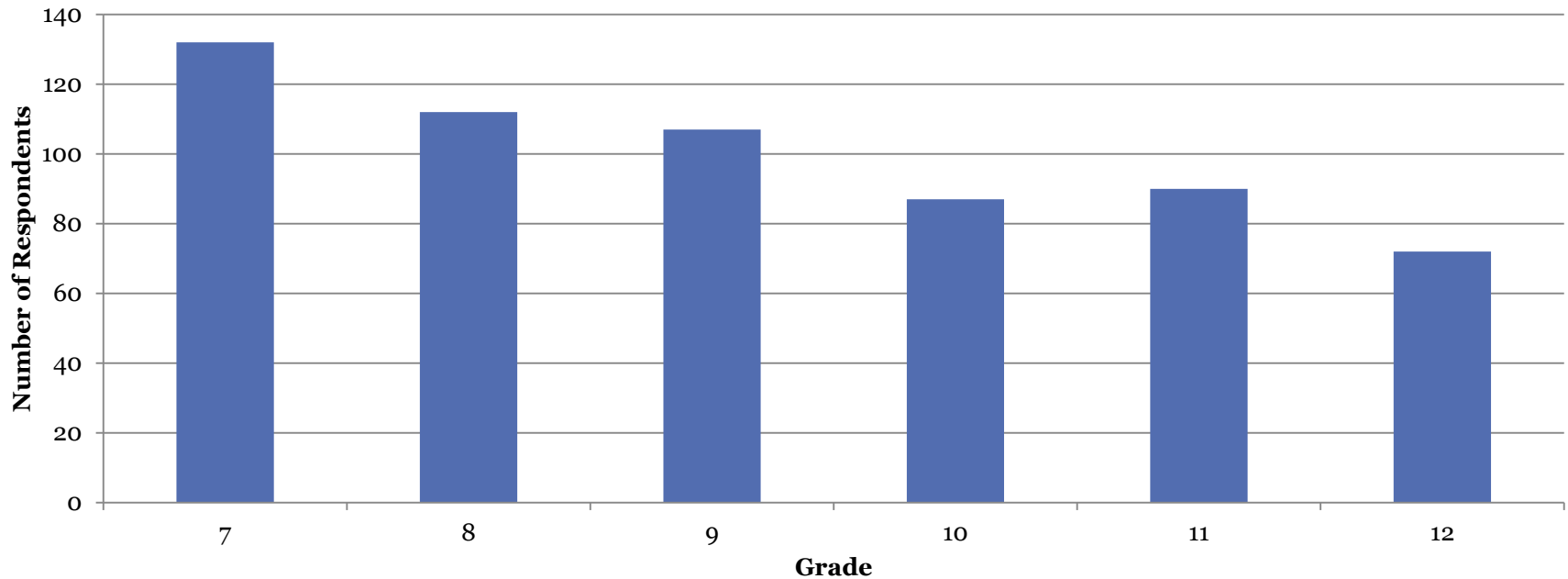
Participation Rates



The survey was given to 705 Monomoy students in Grades 7-12.

Taken by nearly equal amounts of boys and girls (49% vs. 51%)

Monomoy Students Grades 7-12 Who Took the YRBS Survey



YRBS Validity and Reliability

5

How do we know student responses are truthful?

- This is a well designed and tested survey. The survey was developed in 1990, taken by more than 2.6 million students, in more than 1,100 separate surveys. YRBS surveys have also been administered to students in Falmouth, Barnstable, Mashpee and Sandwich in the past 5 years.
- Research shows that students need to perceived the survey as important, voluntary, and anonymous, and guidelines were followed to ensure this happened. 74 students opted not to take the survey.
- Scoring, cleaning, and validity student responses and compilation of the data was performed by *Health Imperatives* in Brockton. Doodling, random answers, and inconsistency in responses would lead to an individual's survey being removed from the analysis. 18 students surveys were removed for validity reasons.
- The resulting sample size was 613 respondents, with an overall response rate of 87% (90% for Grades 7-8 and 83% for Grades 9-12).

Some Select Findings Above the State Average

6

Our students report...

- While Monomoy high school student's use of tobacco, alcohol, and marijuana is on par with the State average, our student's use (although small) of "hard drugs" and prescription abuse is above the state average.
- The percentage of Monomoy high school students who report driving after drinking in the past 30 days is well above the state average.
- Student use of condoms during their last sexual intercourse is below state averages.
- The number of middle school and high school students reporting unwanted sexual contact in their lifetimes, while small in number, is of concern and above state averages.
- The number of Monomoy middle school and high school students reporting feeling depressed or attempting suicide in the past year is above state averages.
- The number of Monomoy high school students reporting to be trying to lose weight (by fasting, purging, or pills) is above state averages.

A. C. T.



We ALL have a role to play in fostering healthy behaviors for our students

A.C. T.

Acknowledge – Care – Take Action

Acknowledge trends and challenges seen in these results.

Care enough to be protect your friends, your children, or your students by seeking to change the status quo.

Take action by in participating in conversations, supporting safety initiatives, and being part of a solution.

Substance Use

8

Lifetime Use Summary

9

Overall, Monomoy students in Grades 9-12 had substance use comparable with the overall Massachusetts' state **percentages** for students reporting use of these substances at some point in their lifetimes.

Lifetime Drug Use	Monomoy Grades 9-12 %	State Grades 9-12 %
Tobacco	26	32
Alcohol	56	63
Marijuana	42	41
Ecstasy	6.5	5
Cocaine	5	4
Methamphetamine	3	2
Steroids	4	2
Heroin	2	1

Lifetime Use Summary

10

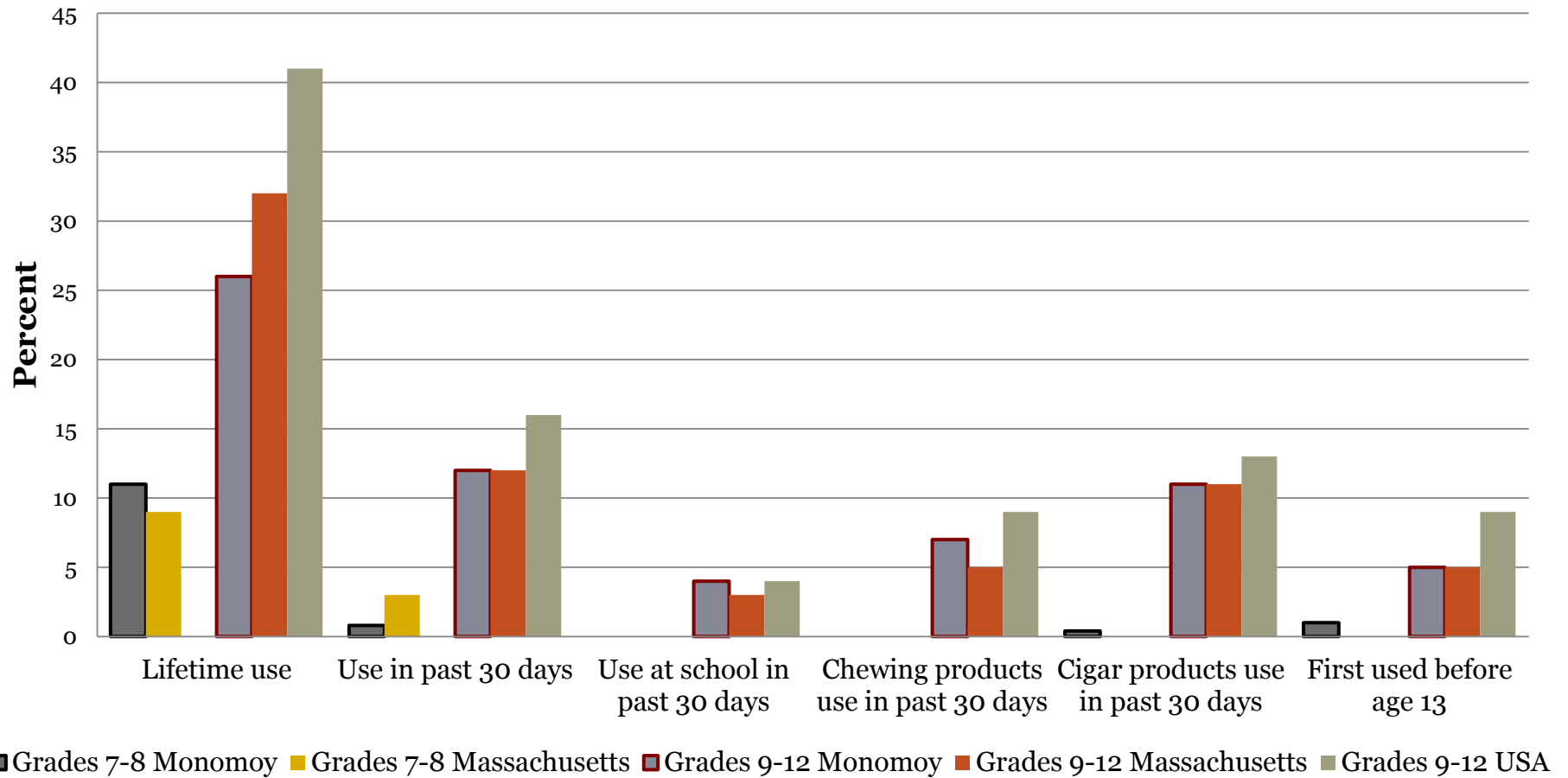
While some of the percentages throughout these YRBS findings may be low or within the state's norm, the **actual number** of students who report using these substances is still concerning. Of the 427 Monomoy high school students who took the survey:

Lifetime Drug Use	Monomoy Grades 9-12 %	Actual Number
Tobacco	26	108
Alcohol	56	234
Marijuana	42	175
Ecstasy	6.5	27
Cocaine	5	21
Methamphetamine	3	13
Steroids	4	17
Heroin	2	8

Tobacco

Tobacco Use Comparison

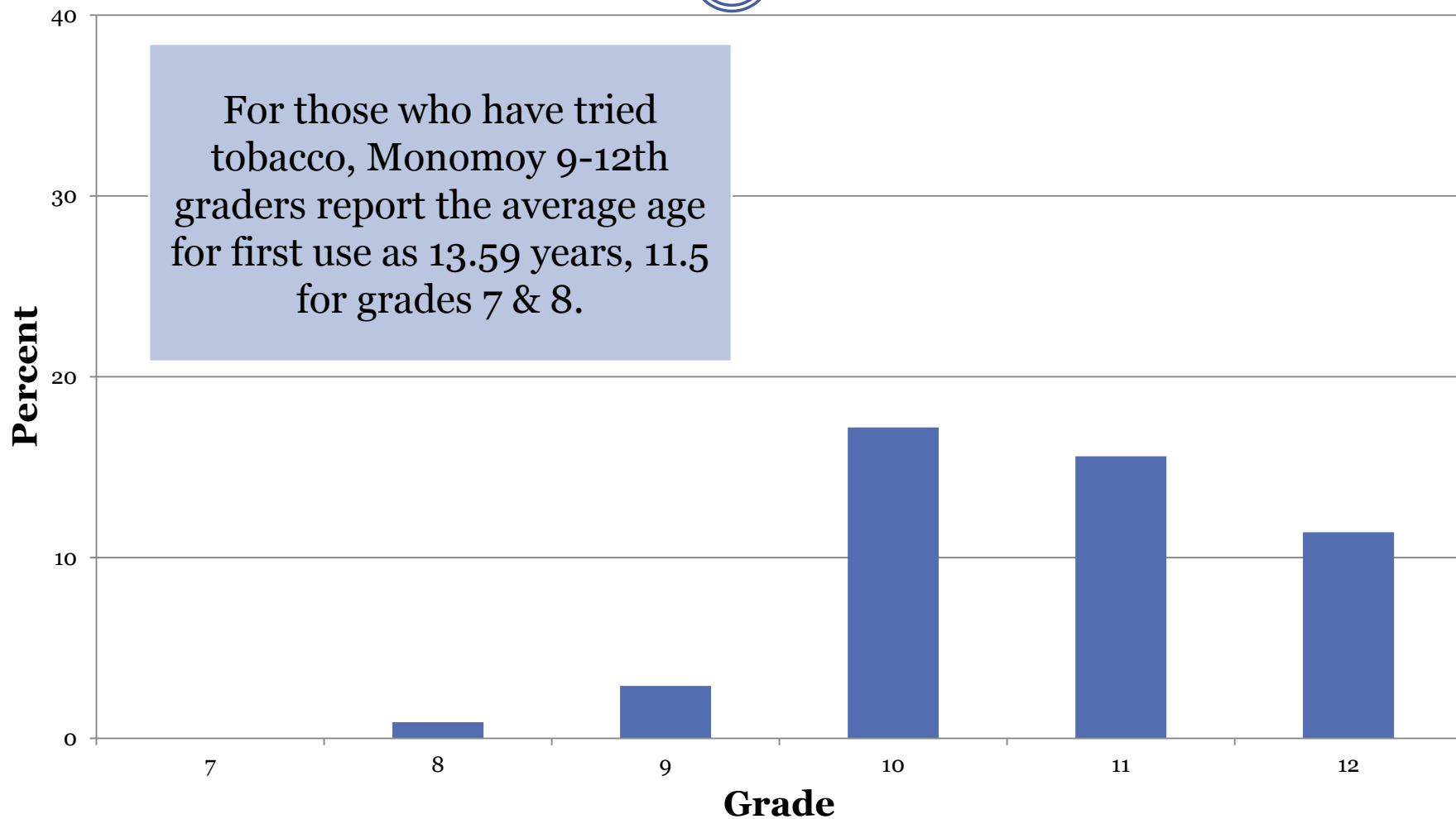
12



■ Grades 7-8 Monomoy ■ Grades 7-8 Massachusetts ■ Grades 9-12 Monomoy ■ Grades 9-12 Massachusetts ■ Grades 9-12 USA

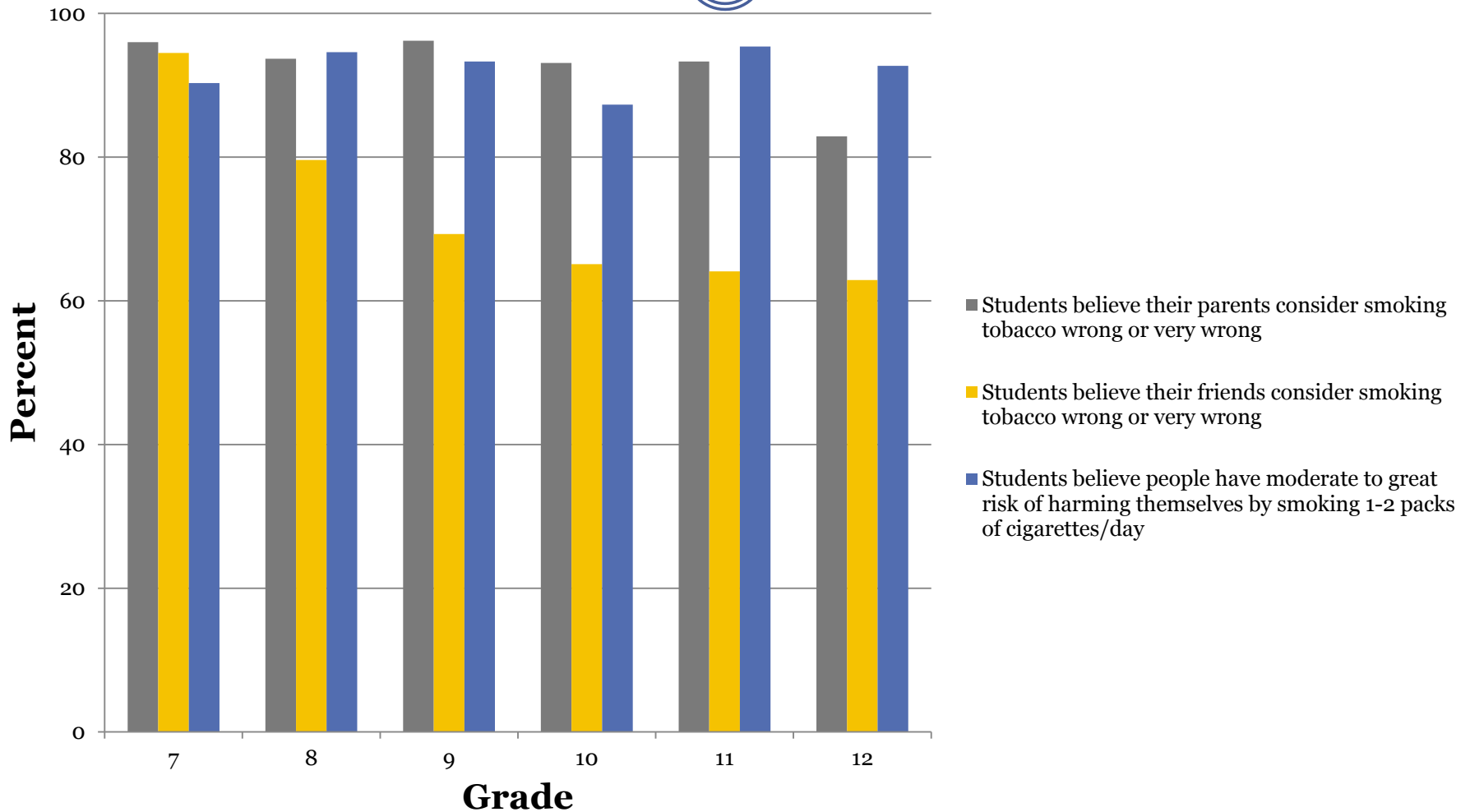
Tobacco Use in Past 30 Days by Grade

13



Protective Factors Against Smoking Tobacco

14



Parent Messaging Matters

15

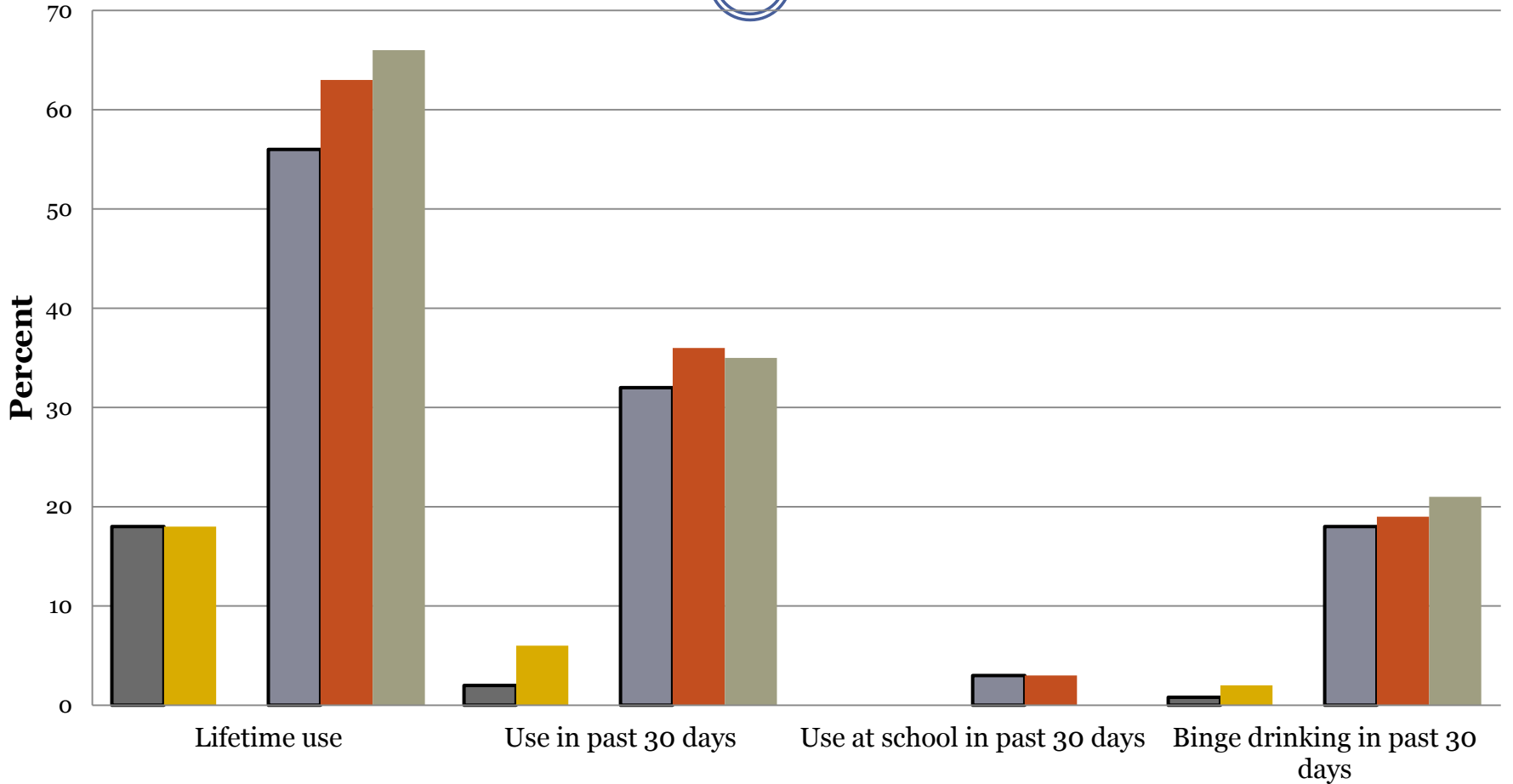
IF:	Percent student using tobacco in past 30 days
Students believe their parents consider smoking tobacco not wrong or only a little bit wrong	32.1
Students believe their parents consider smoking tobacco wrong or very wrong	9.6

How to interpret this data: If parents send strong messages to their children that smoking is wrong or very wrong, only 9.6% of students report using tobacco in the past 30 days. Students receiving weak parental messages about tobacco are over three times more likely to smoke.

Alcohol

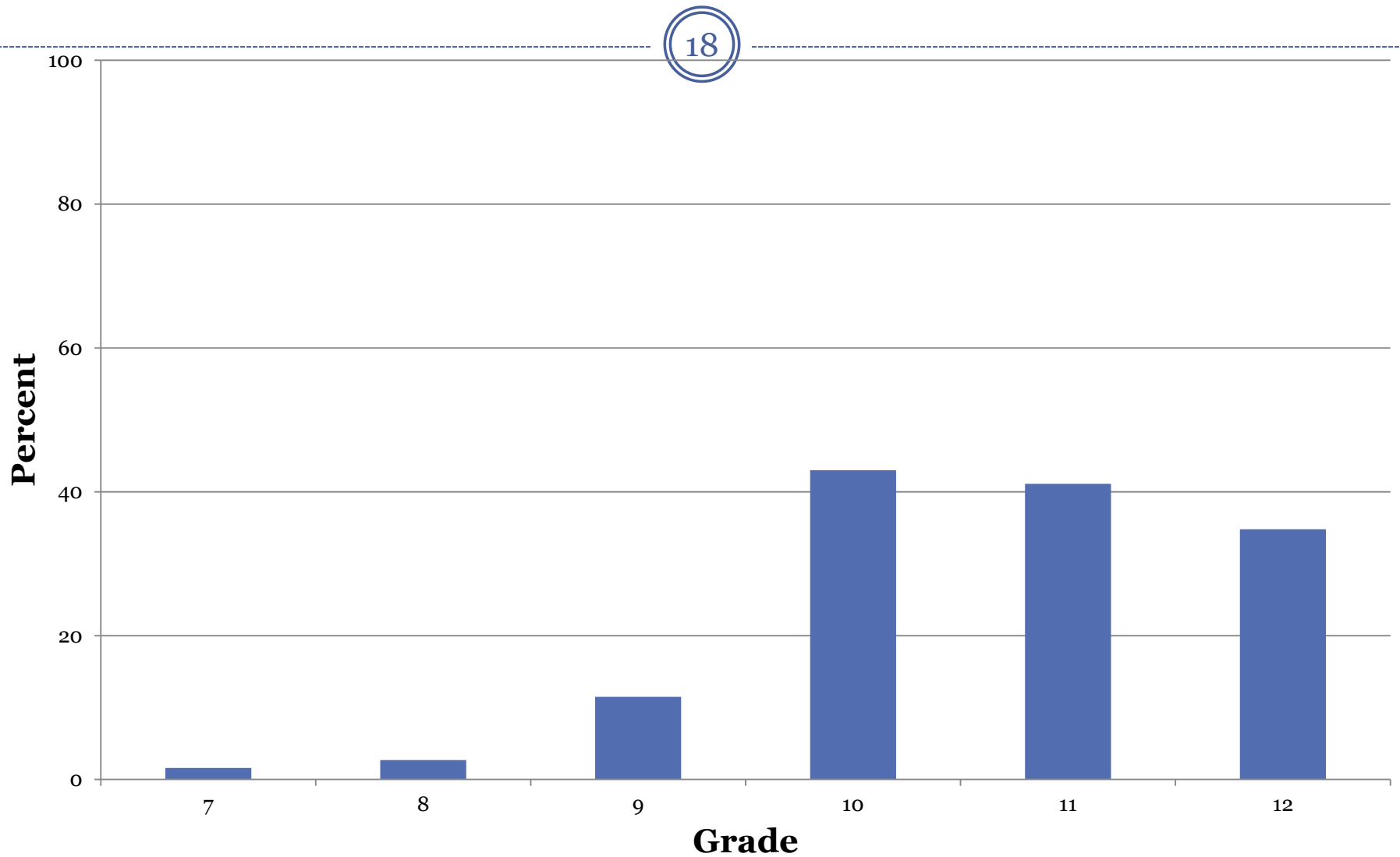
Alcohol Use Comparison

17



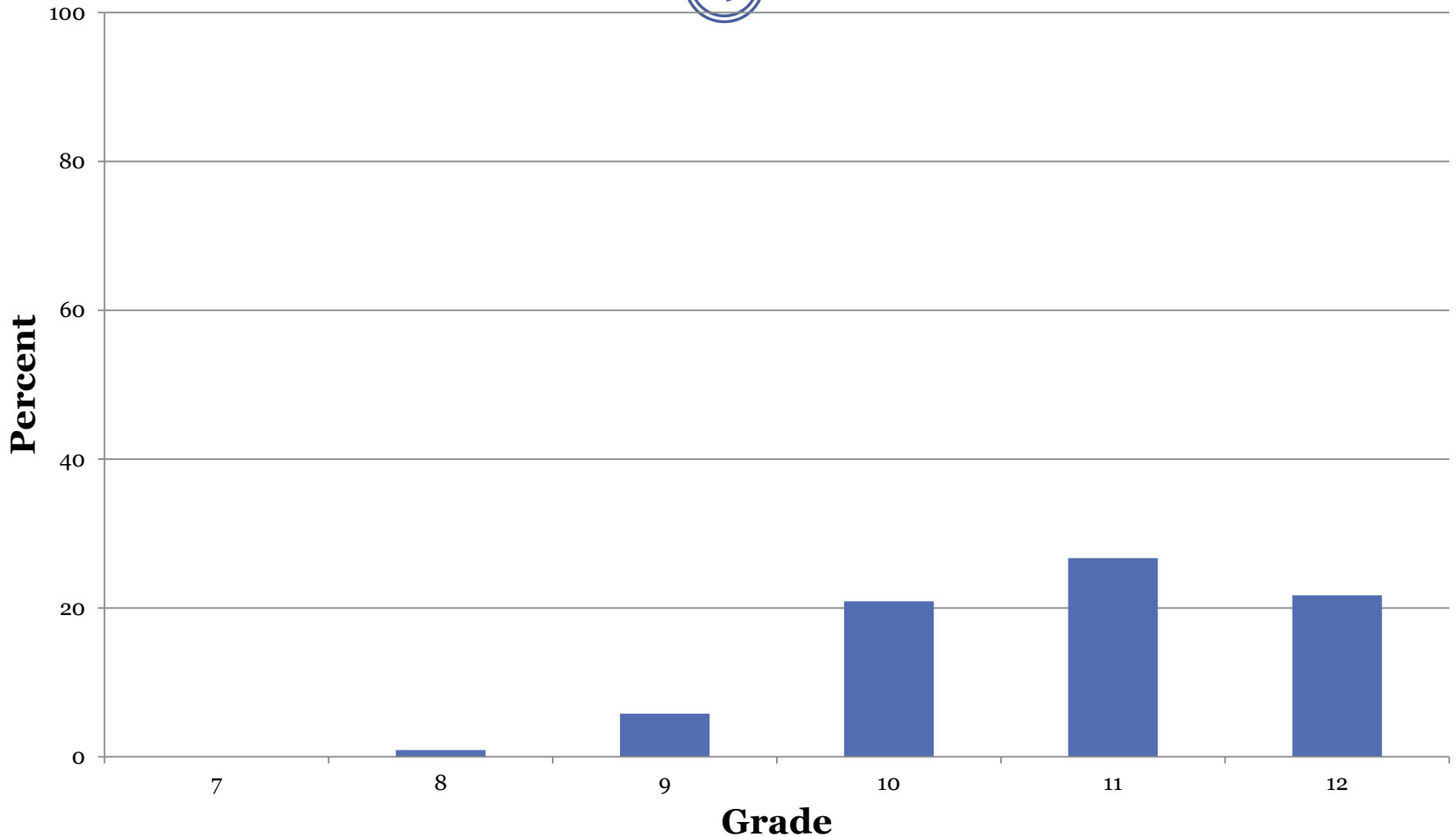
■ Grades 7-8 Monomoy ■ Grades 7-8 Massachusetts ■ Grades 9-12 Monomoy ■ Grades 9-12 Massachusetts ■ Grades 9-12 USA

Alcohol Use in Past 30 Days by Grade



Binge Drinking in Past 30 Days by Grade

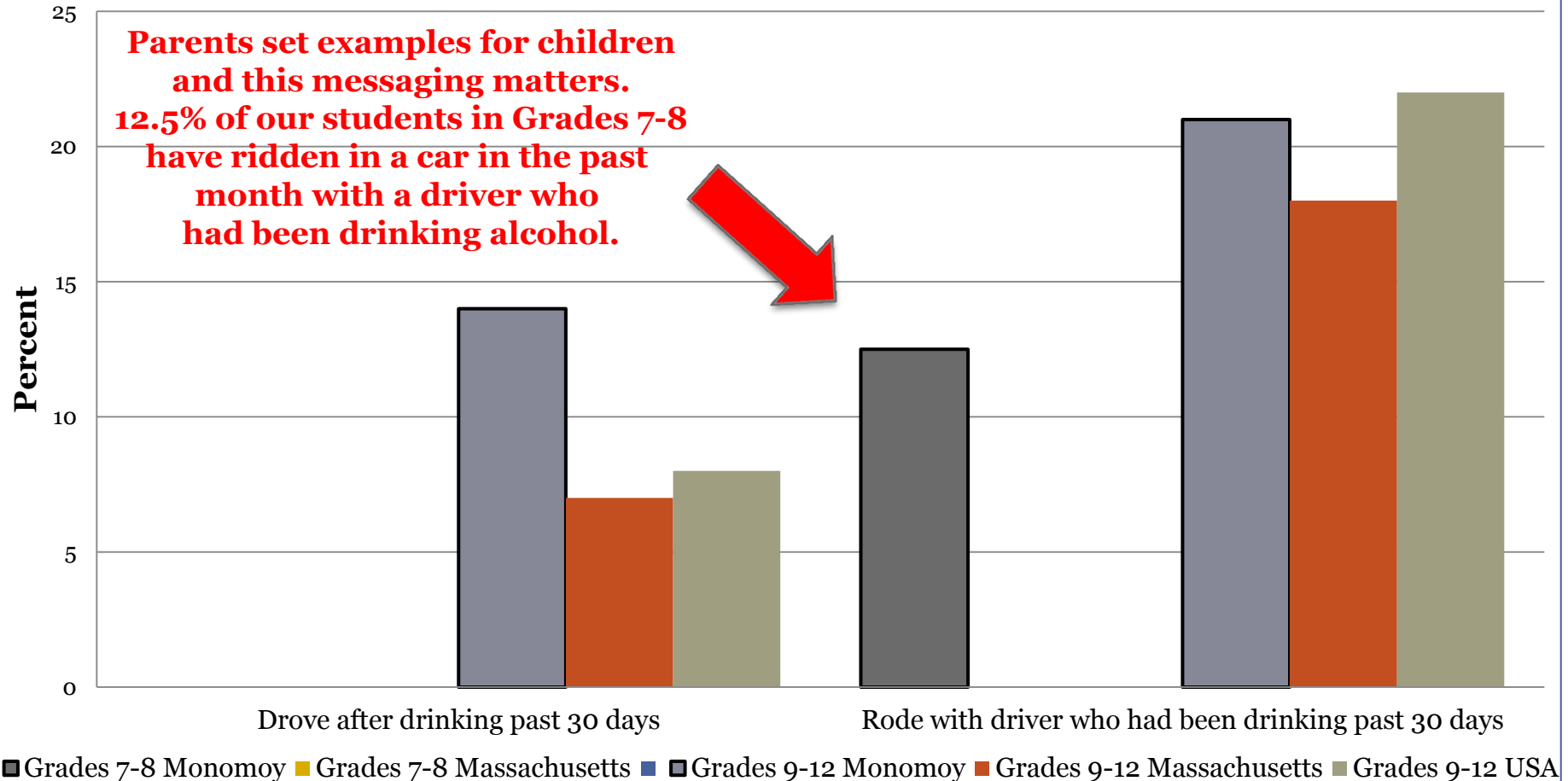
19



Binge drinking was defined as 5 or more drinks within a couple hours.

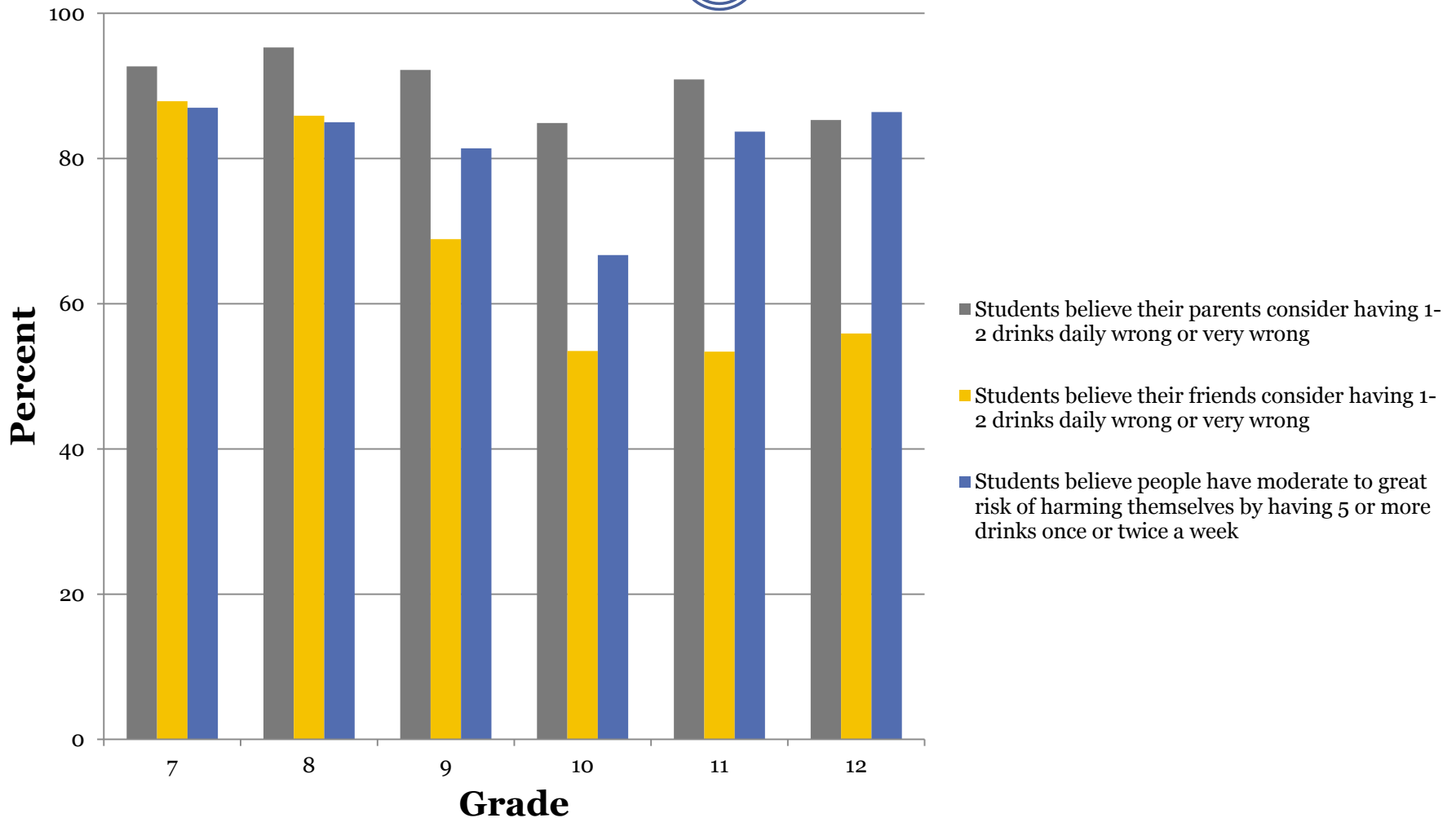
Alcohol Use and Driving Comparison

20



Protective Factors Against Drinking Alcohol

21



Parent Messaging Matters

22

IF:	Percent students using alcohol in past 30 days
Students believe their parents consider having 1-2 drinks daily as not wrong or only a little bit wrong	69.2
Students believe their parents consider having 1-2 drinks daily as wrong or very wrong	30.3

How to interpret this data: If parents send strong messages to their children that drinking alcohol (before you're 21) is wrong or very wrong, only 30.3% of students report using alcohol in the past 30 days. Students receiving weak parental messages about alcohol are over twice as likely to use alcohol in the past month.

Parent Messaging Matters

23

IF:	Percent student binge drinking in past 30 days
Students believe their parents consider having 1-2 drinks daily as not wrong or only a little bit wrong	44.0
Students believe their parents consider having 1-2 drinks daily as wrong or very wrong	17.1

How to interpret this data: If parents send strong messages to their children that drinking alcohol (before you're 21) is wrong or very wrong, only 17.1% of students report binge drinking in the past 30 days. Students receiving weak parental messages about alcohol are over 2 1/2 times more likely to binge drink.

Parent Messaging Matters

24

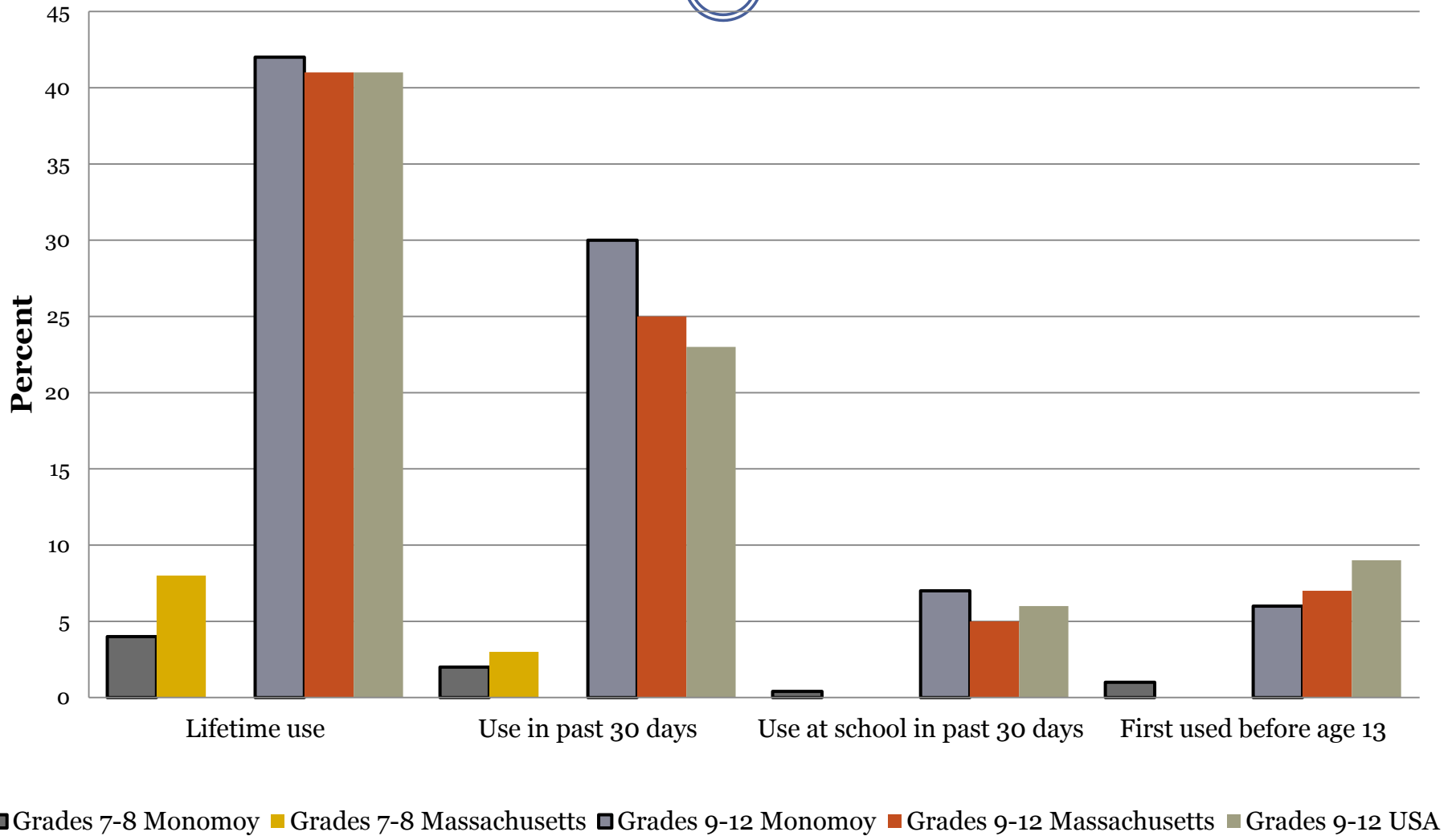
IF:	Percent student driving after drinking in past 30 days
Students believe their parents consider having 1-2 drinks daily as not wrong or only a little bit wrong	31.8
Students believe their parents consider having 1-2 drinks daily as wrong or very wrong	11.3

How to interpret this data: If parents send strong messages to their children that drinking alcohol (before you're 21) is wrong or very wrong, only 11.3% of students report driving after drinking in the past 30 days. Students receiving weak parental messages about alcohol are three times more likely to drink and drive.

Marijuana

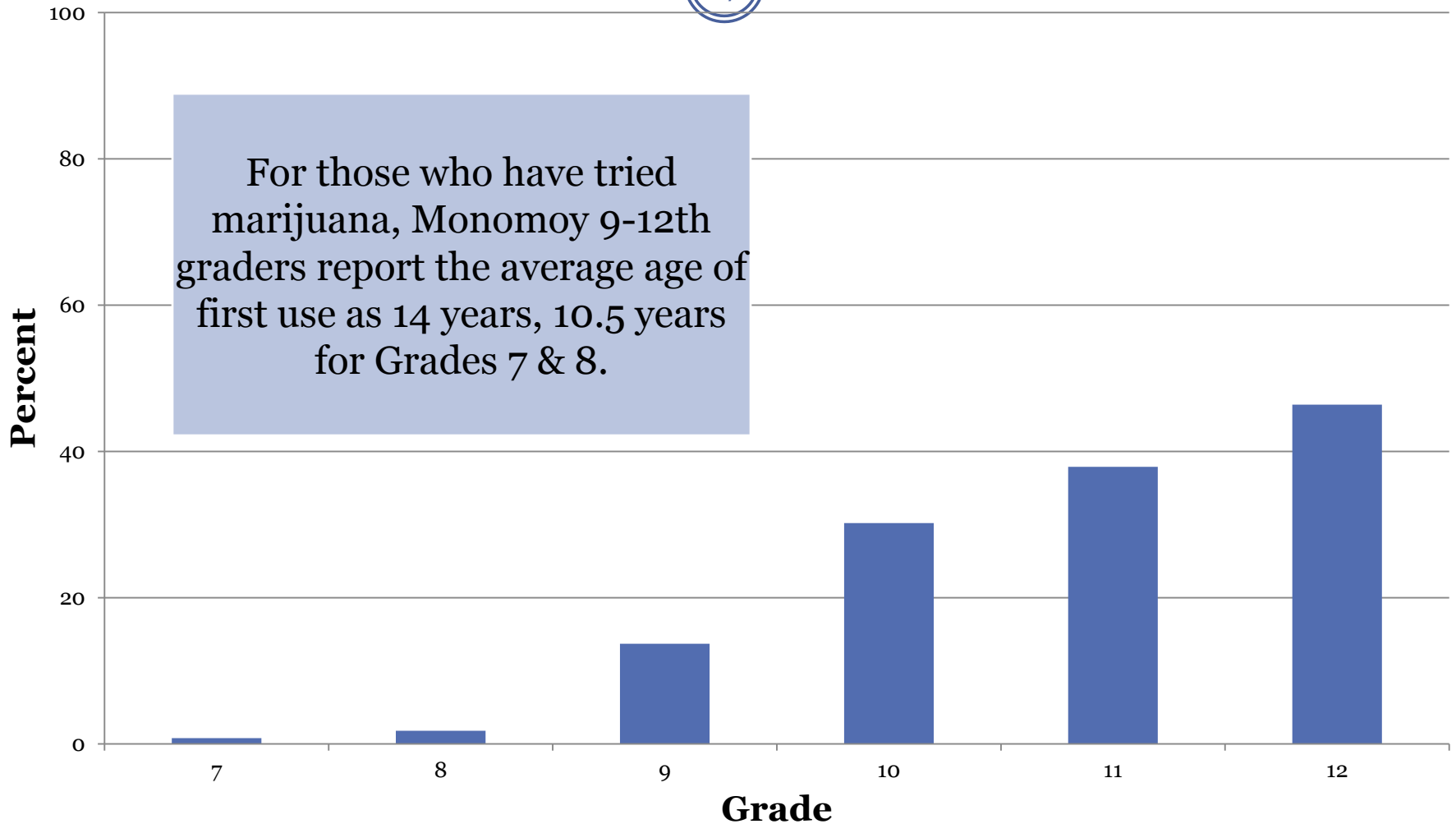
Marijuana Use Comparison

26



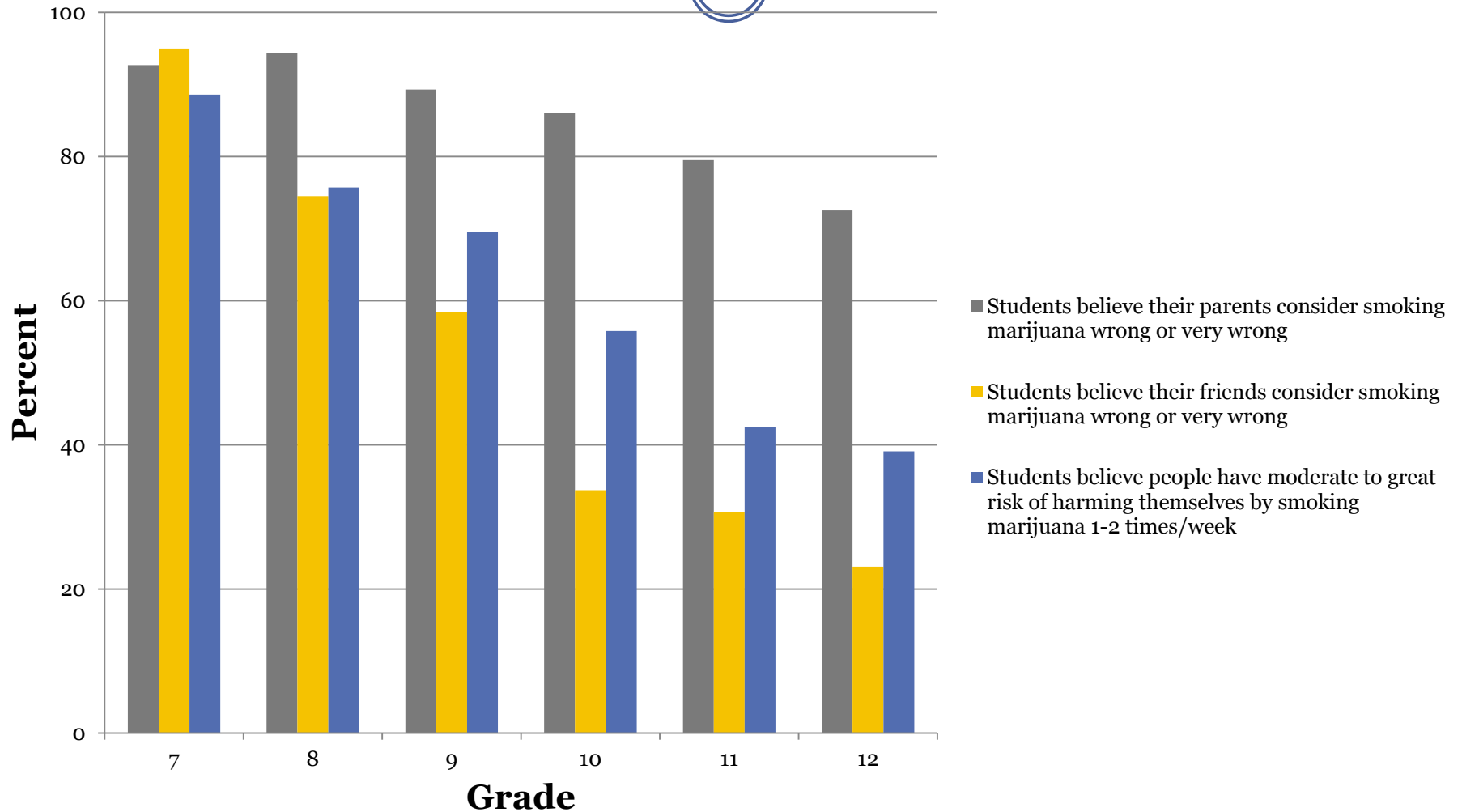
Marijuana Use in Past 30 Days by Grade

27



Protective Factors Against Smoking Marijuana

28



Parent Messaging Matters

29

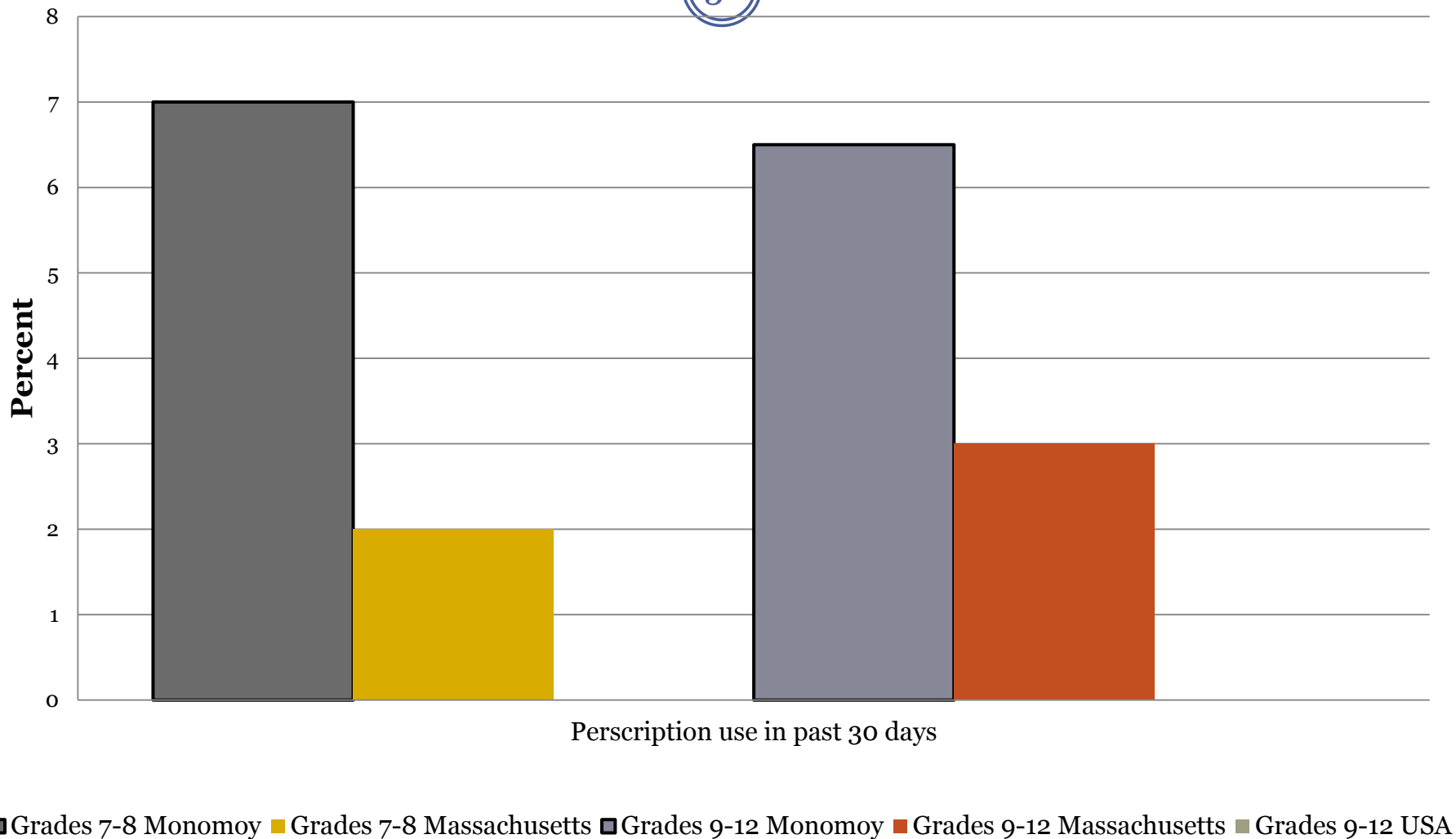
IF:	Percent student using marijuana in past 30 days
Students believe their parents consider smoking marijuana not wrong or only a little bit wrong	68.3
Students believe their parents consider smoking marijuana wrong or very wrong	22.5

How to interpret this data: If parents send strong messages to their children that smoking marijuana is wrong or very wrong, only 22.5% of students report smoking marijuana in the past 30 days. Students receiving weak parental messages about pot are three times more likely to use marijuana.

Prescriptions & Other Drugs

Use of Prescription Drugs Not Prescribed to You in Past 30 Days Comparison

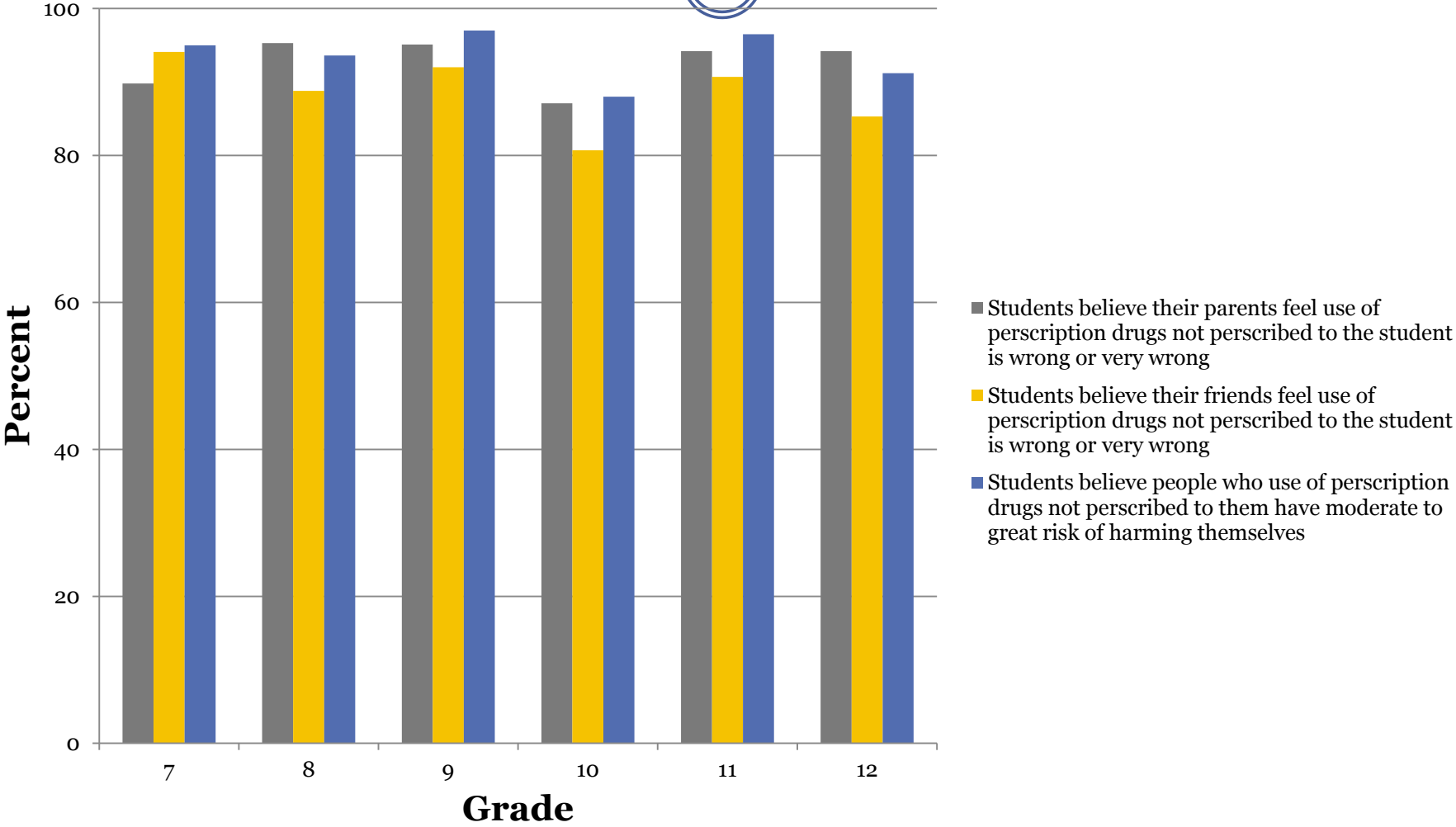
31



■ Grades 7-8 Monomoy ■ Grades 7-8 Massachusetts ■ Grades 9-12 Monomoy ■ Grades 9-12 Massachusetts ■ Grades 9-12 USA

Protective Factors Against Inappropriate Prescription Use

32



Parent Messaging Matters

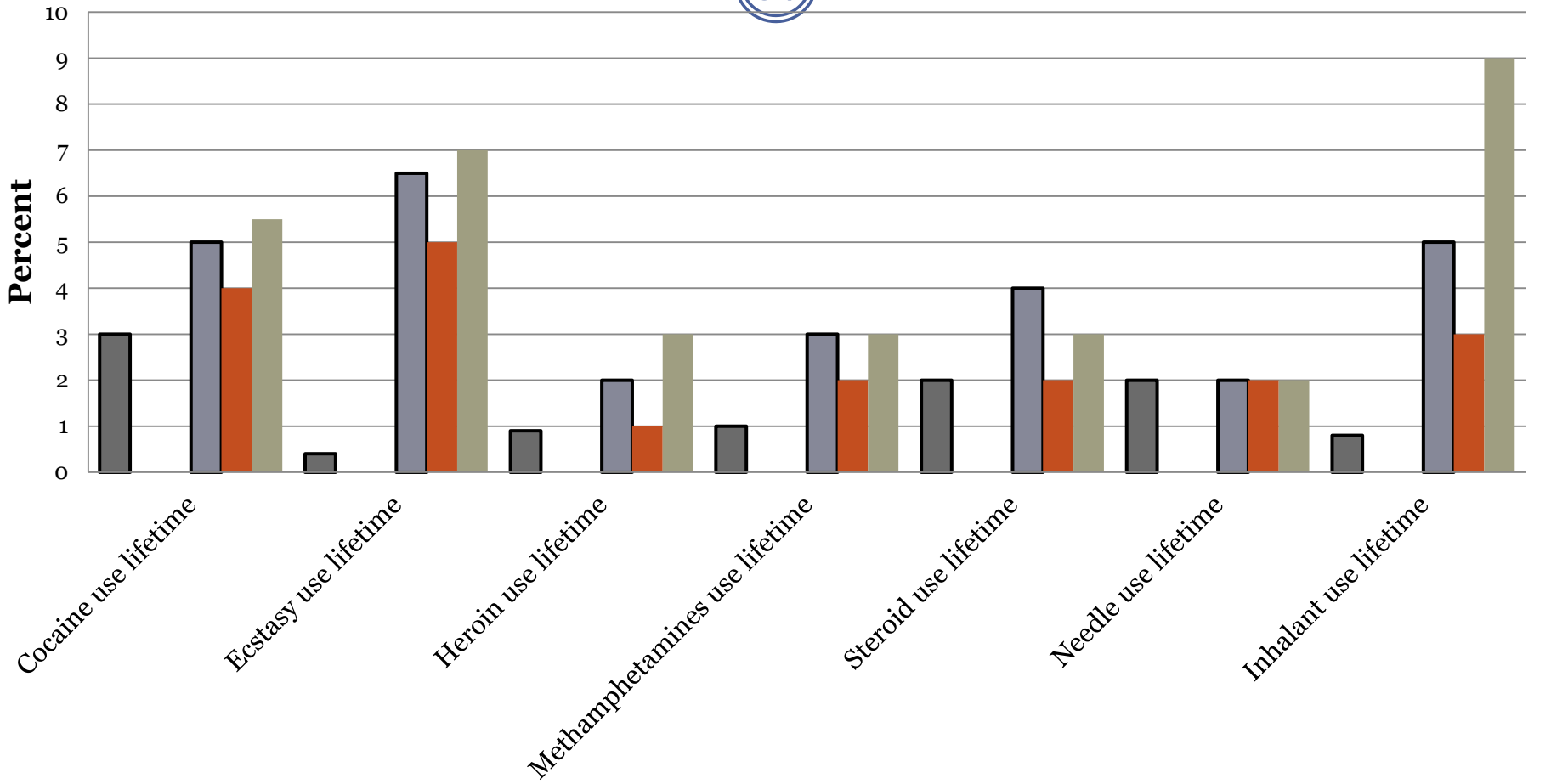
33

IF:	Percent students abusing prescriptions in past 30 days
Students believe their parents feel use of prescription drugs not prescribed to the student is not wrong or only a little bit wrong	28.0
Students believe their parents feel use of prescription drugs not prescribed to the student is wrong or very wrong	4.5

How to interpret this data: If parents send strong messages to their children that using prescription drugs, not prescribed to you, is wrong or very wrong, only 4.5% of students report abusing prescription meds in the past 30 days. Students receiving weak parental messages are six times more likely to abuse prescriptions.

Abuse of Other Drugs and Substances Comparison

34

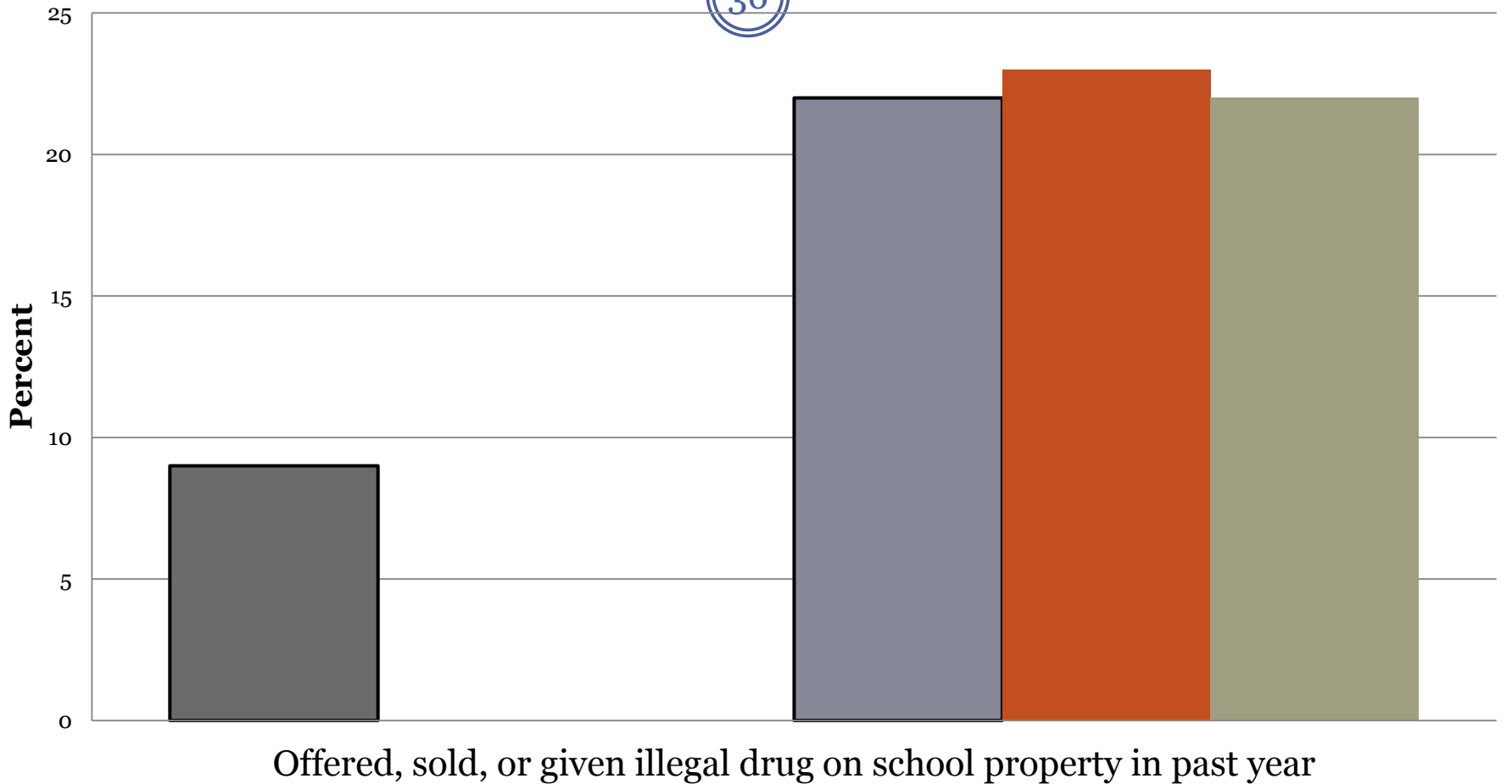


Grades 7-8 Monomoy
 Grades 7-8 Massachusetts
 Grades 9-12 Monomoy
 Grades 9-12 Massachusetts
 Grades 9-12 USA

Distribution

Distribution on Campus Comparison

36



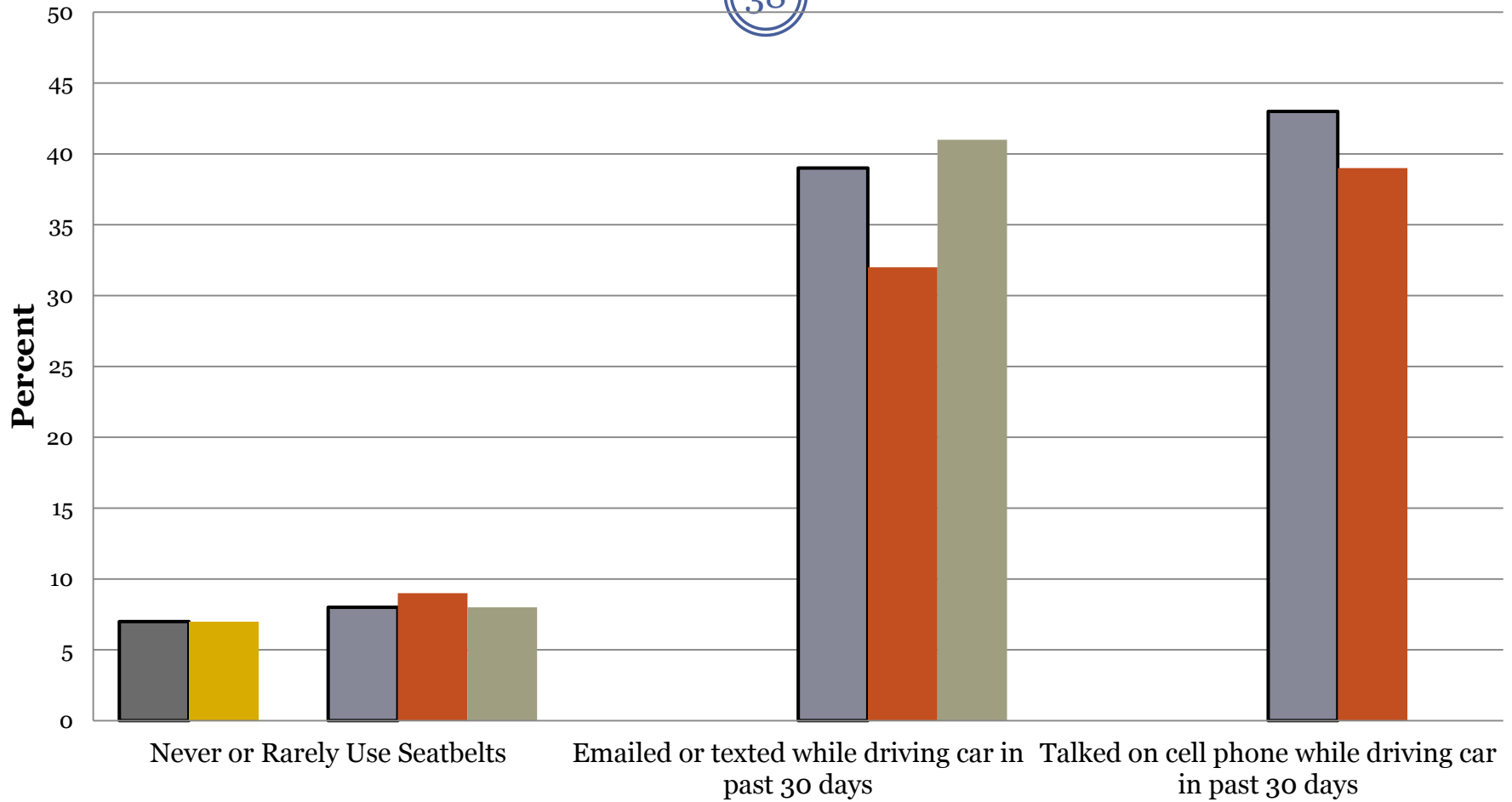
■ Grades 7-8 Monomoy ■ Grades 7-8 Massachusetts ■ Grades 9-12 Monomoy ■ Grades 9-12 Massachusetts ■ Grades 9-12 USA

Car Safety & Dietary Behavior

37

Car Safety

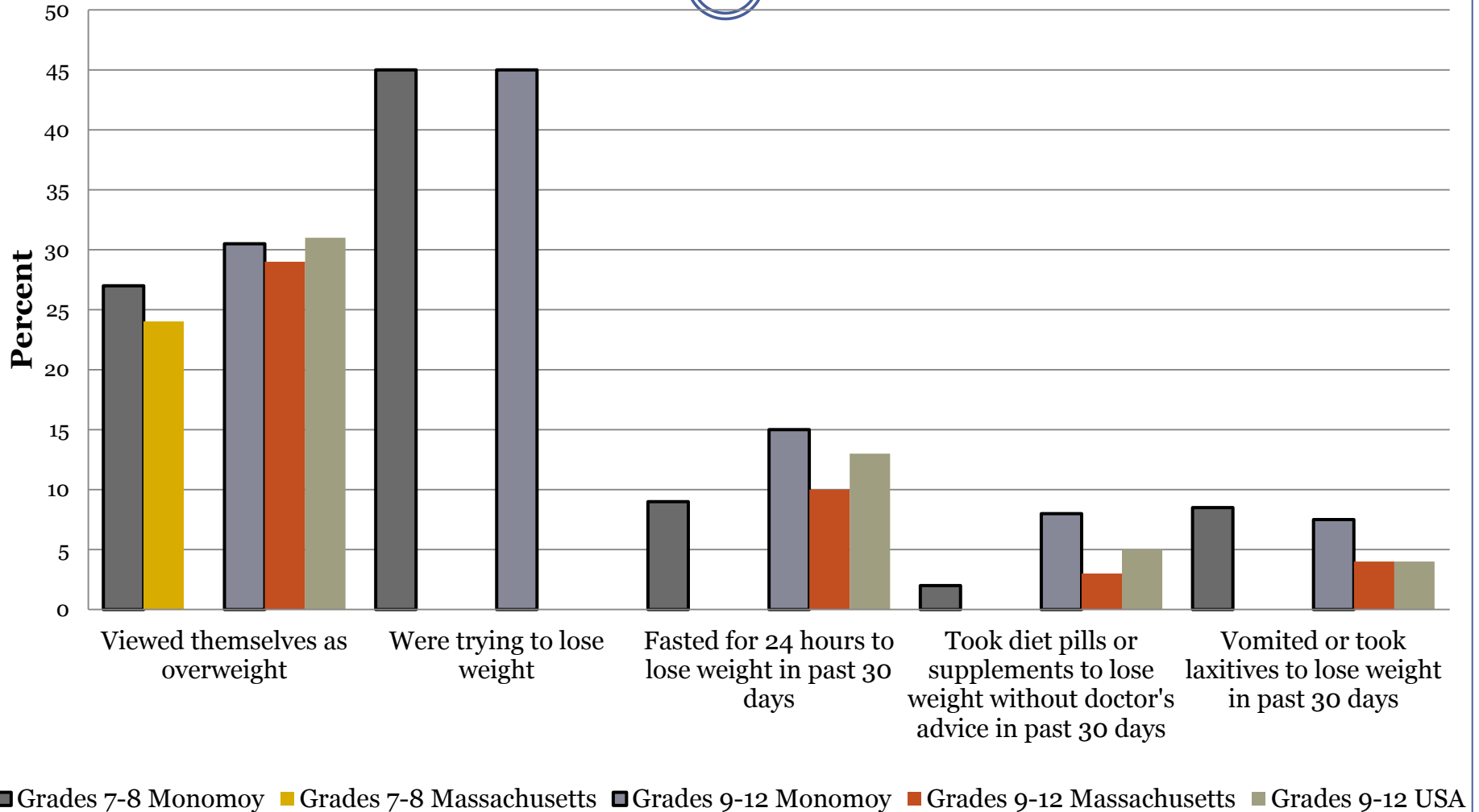
38



■ Grades 7-8 Monomoy ■ Grades 7-8 Massachusetts ■ Grades 9-12 Monomoy ■ Grades 9-12 Massachusetts ■ Grades 9-12 USA

Weight and Weight Loss

39

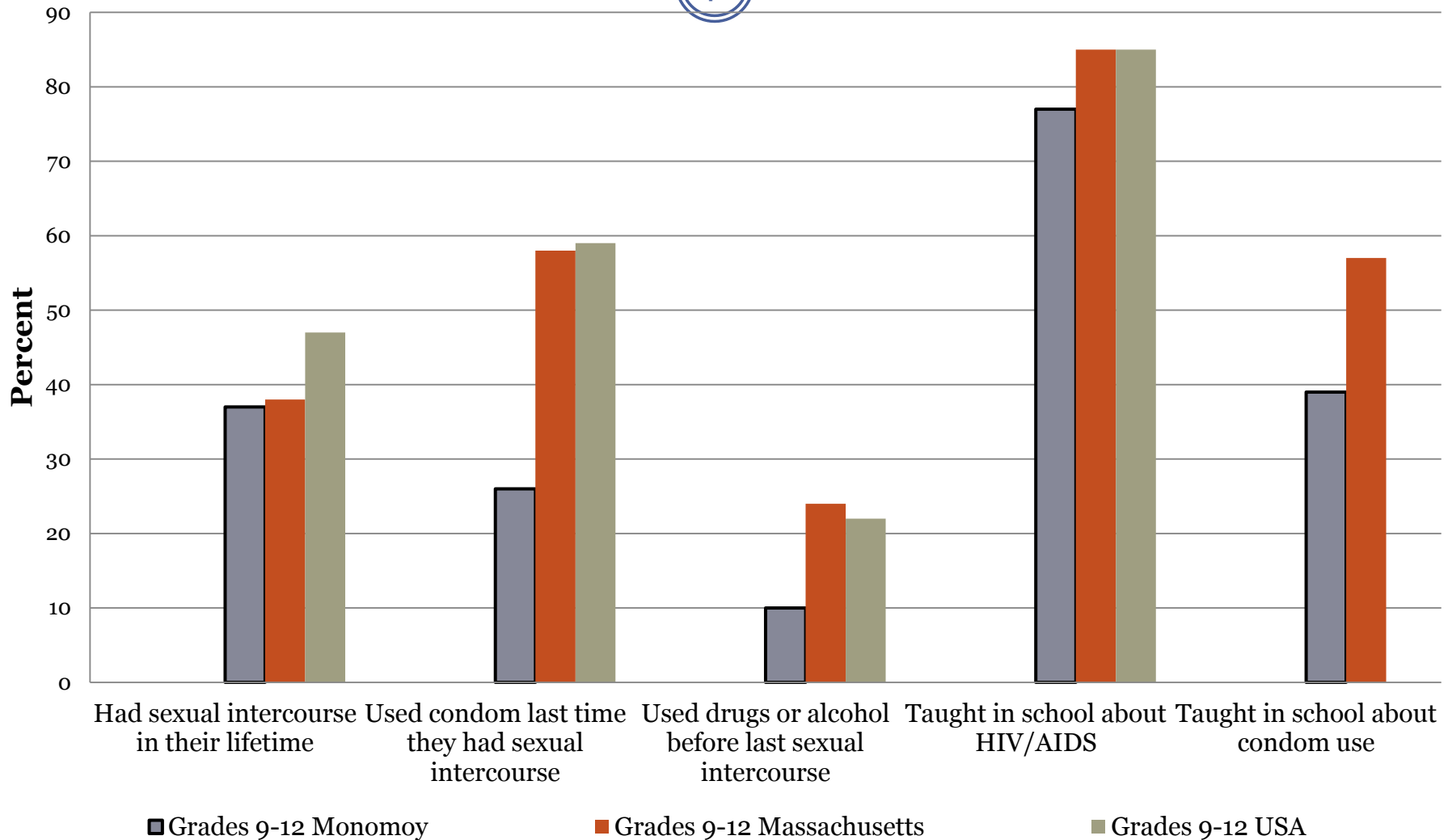


Sexual Behavior

40

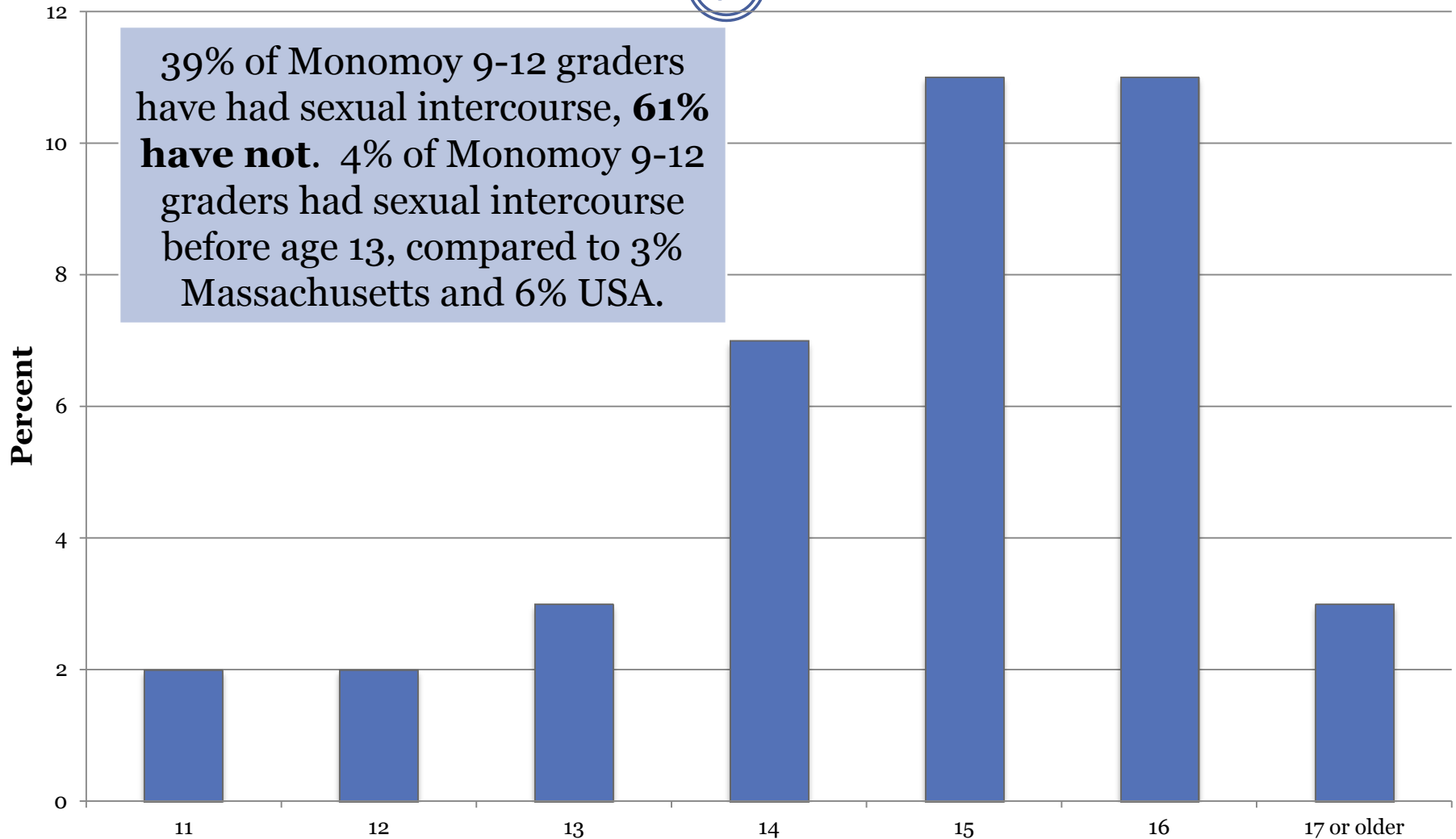
Sexual Activity and Sex Education Comparison

41



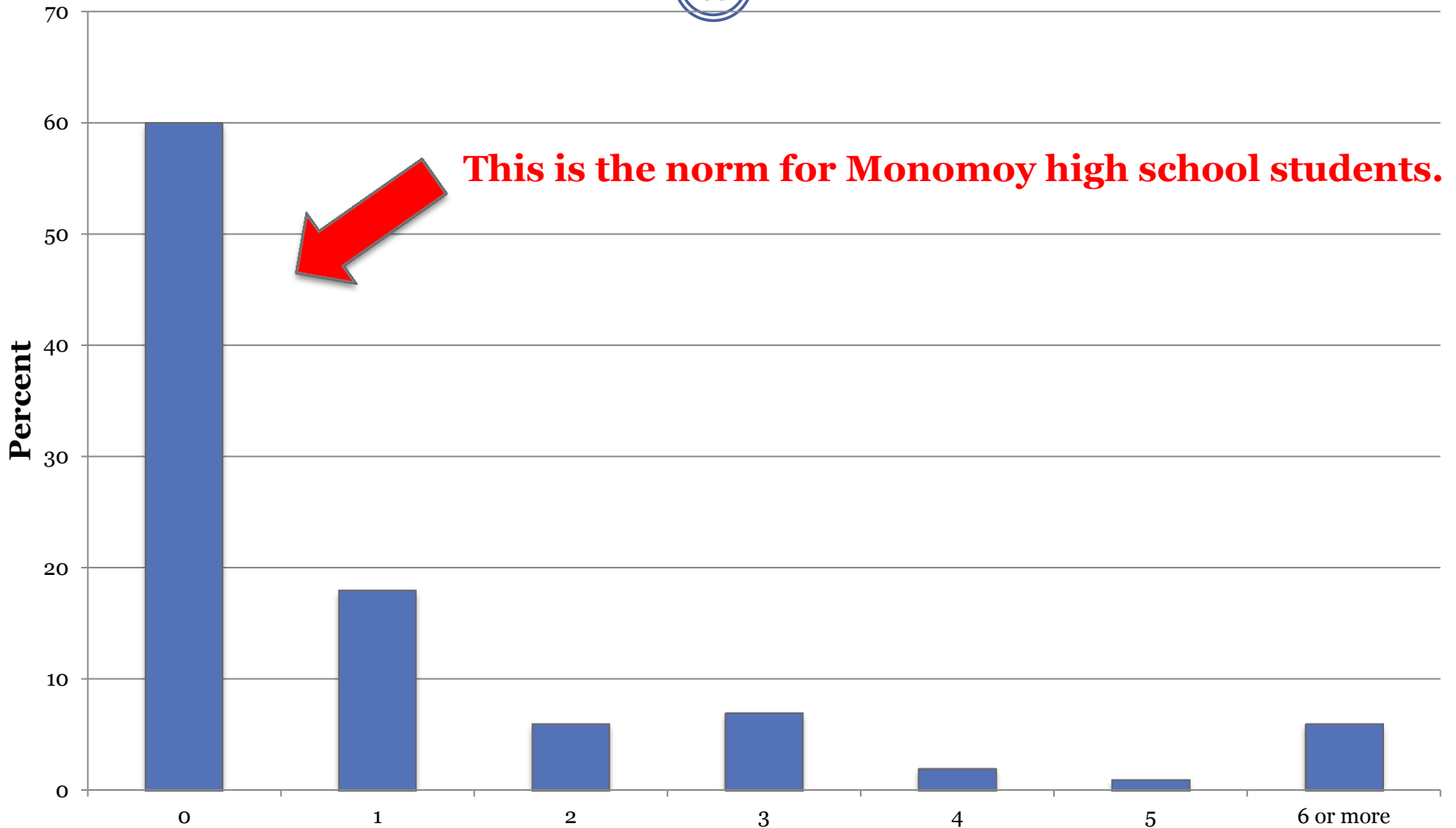
Age at First Sexual Intercourse

42



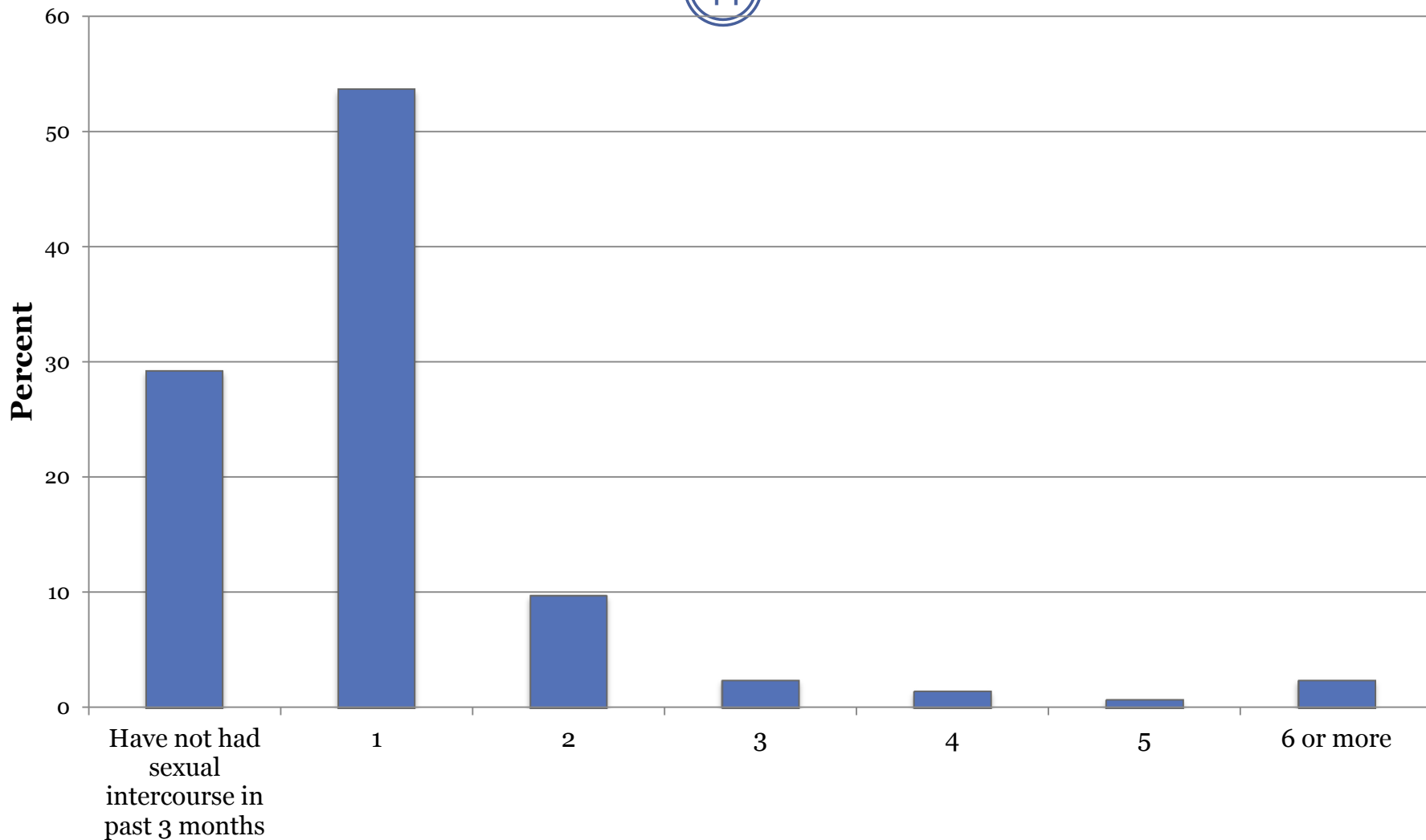
Number of Sexual Partners in Lifetime

43



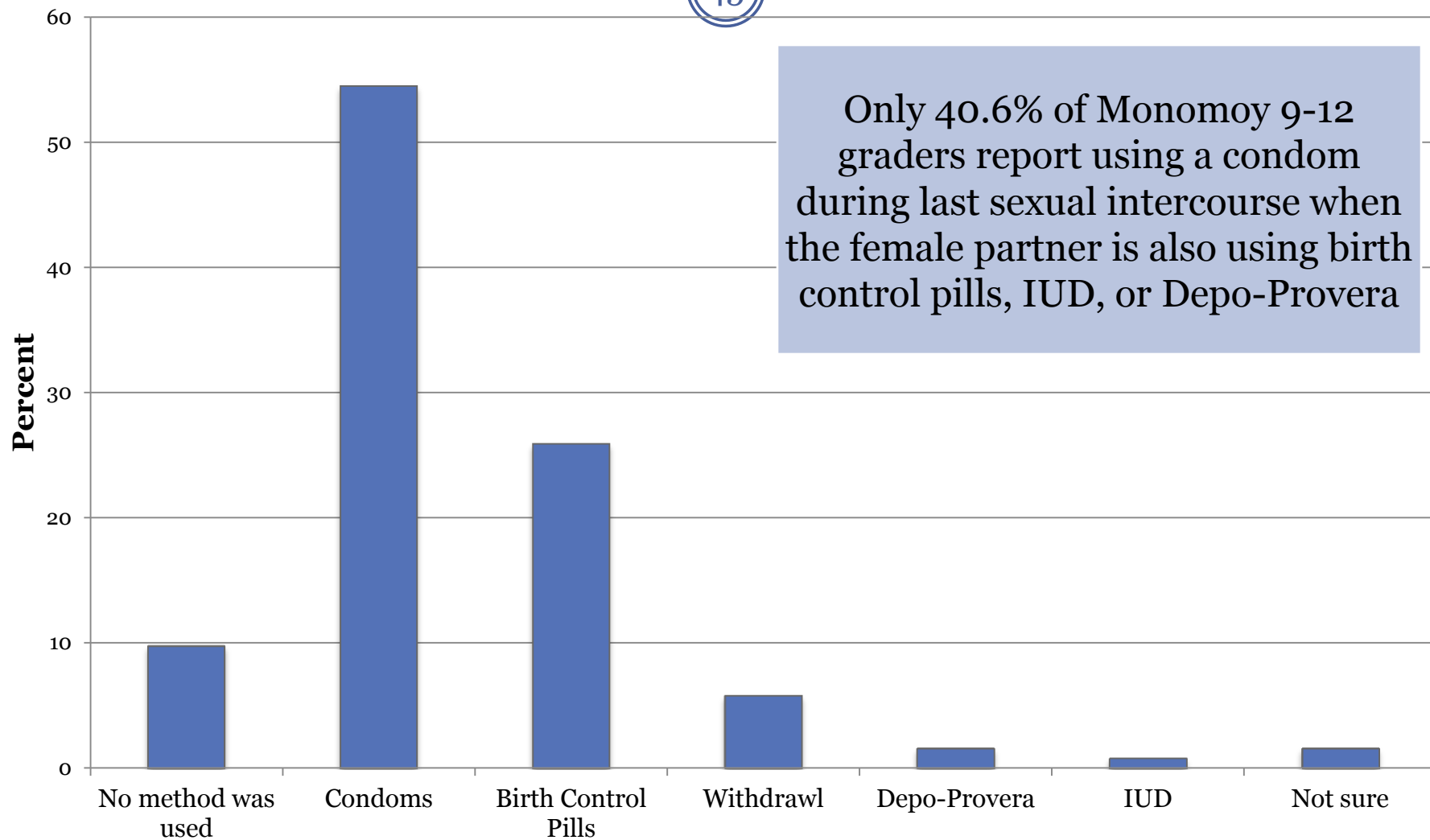
Number of Sexual Partners in Past 3 Months for Students Who Have Had Sexual Intercourse

44



Pregnancy Prevention Method Used the Last Time Students Had Sexual Intercourse

45




Parent Communication Matters

46

How to interpret this data: Contrary to this data, talking with your children about sex does not promote sexual activity. Rather, too often parents wait until a child is sexually active to begin the conversation, which accounts for why more students (40%) whose parents have had the conversation are sexually active, vs. 32.9% whose parents have not had “the talk.”

IF:	Percent students who have had sex
Parents or other adults in their families DID NOT have discussions about sexuality, ways to prevent STDs, or pregnancy in past year	32.9
Parents or other adults in their families HAD DISCUSSIONS about sexuality, ways to prevent STDs, or pregnancy in past year	40.0

Parents shouldn't wait until their children are having sex before they begin talking about sex with their children. The messaging will matter.



Parent Messaging Matters

47

How to interpret this data: Contrary to this data, talking with your children about sex does not make them less likely to use condoms. Rather, too often “the talk” may involve discussions of birth control, like the pill, but these talks are not reinforcing the protective factors against STDs that condoms provide.

If student is having sex and :	Percent students using condom during last sexual intercourse
Parents or other adults in their families DID NOT have discussions about sexuality, ways to prevent STDs, or pregnancy in past year	71.7
Parents or other adults in their families HAD DISCUSSIONS about sexuality, ways to prevent STDs, or pregnancy in past year	66.7

Even if discussions about birth control and the pill have happened at home, parents also need to emphasize that the pill doesn't protect against STDs and HIV.



Parent Messaging Matters

48

If student is having sex and :	Percent students who have been pregnant or gotten someone pregnant
Parents or other adults in their families DID NOT have discussions about sexuality, ways to prevent STDs, or pregnancy in past year	8.9
Parents or other adults in their families HAD DISCUSSIONS about sexuality, ways to prevent STDs, or pregnancy in past year	3.0

How to interpret this data: If parents talk to their children about sex, only 3% of sexually active students report getting pregnant or getting someone pregnant. Students whose parents have not discussed sex with them in the past year are three times more likely to deal with an unintended pregnancy.

Parent Messaging Matters

49

If student is having sex and :	Percent student getting STD
Parents or other adults in their families DID NOT have discussions about sexuality, ways to prevent STDs, or pregnancy in past year	4.4
Parents or other adults in their families HAD DISCUSSIONS about sexuality, ways to prevent STDs, or pregnancy in past year	0.0

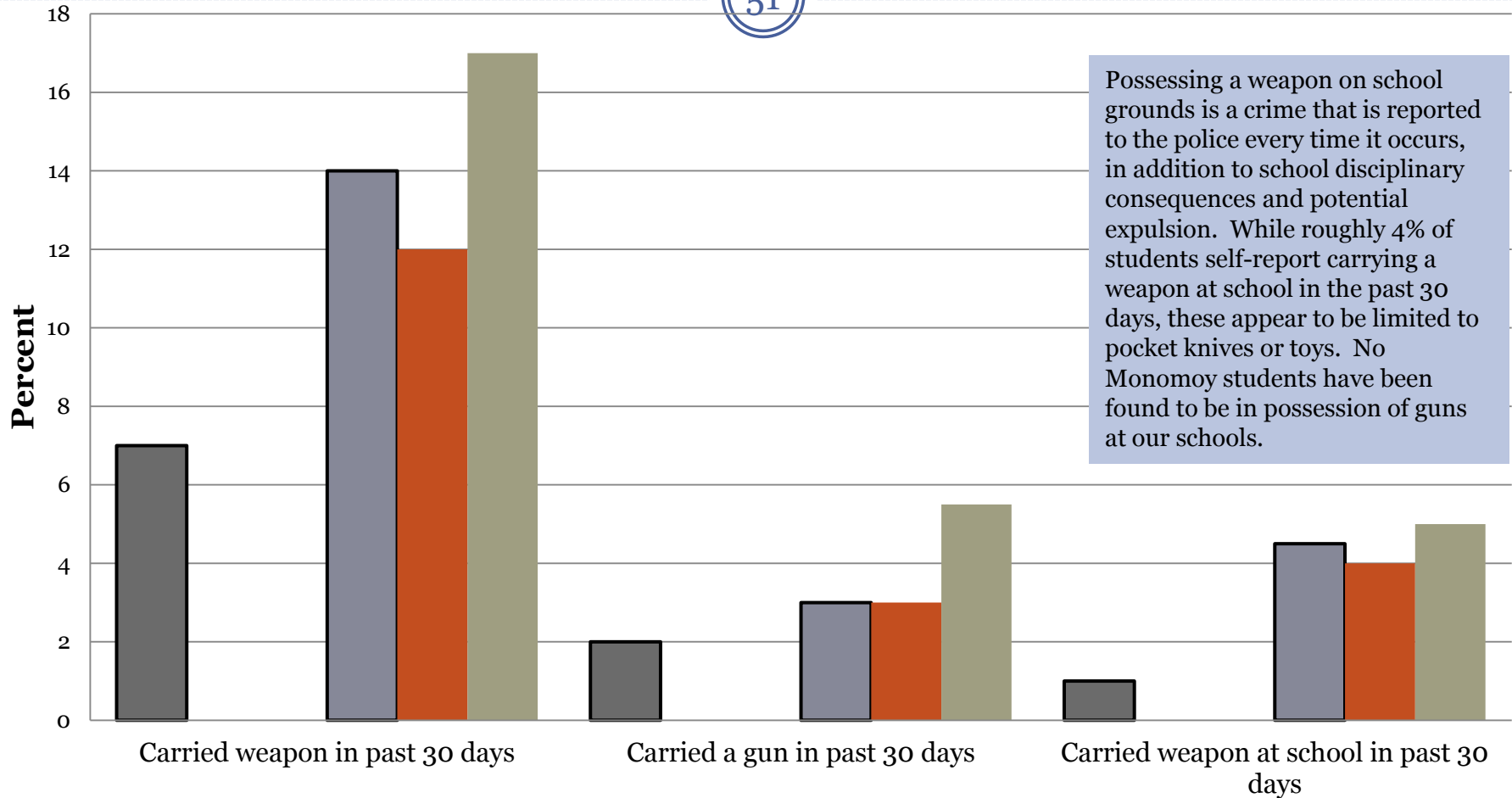
How to interpret this data: If parents talk to their children about sex, NONE (0%) of our sexually active students report getting an STD. About 1 in 20 sexually active students whose parents have not discussed sex with them in the past year report contracting an STD.

Bullying, Fighting, & Violence

50

Students Reporting Carrying Weapons Comparison

51

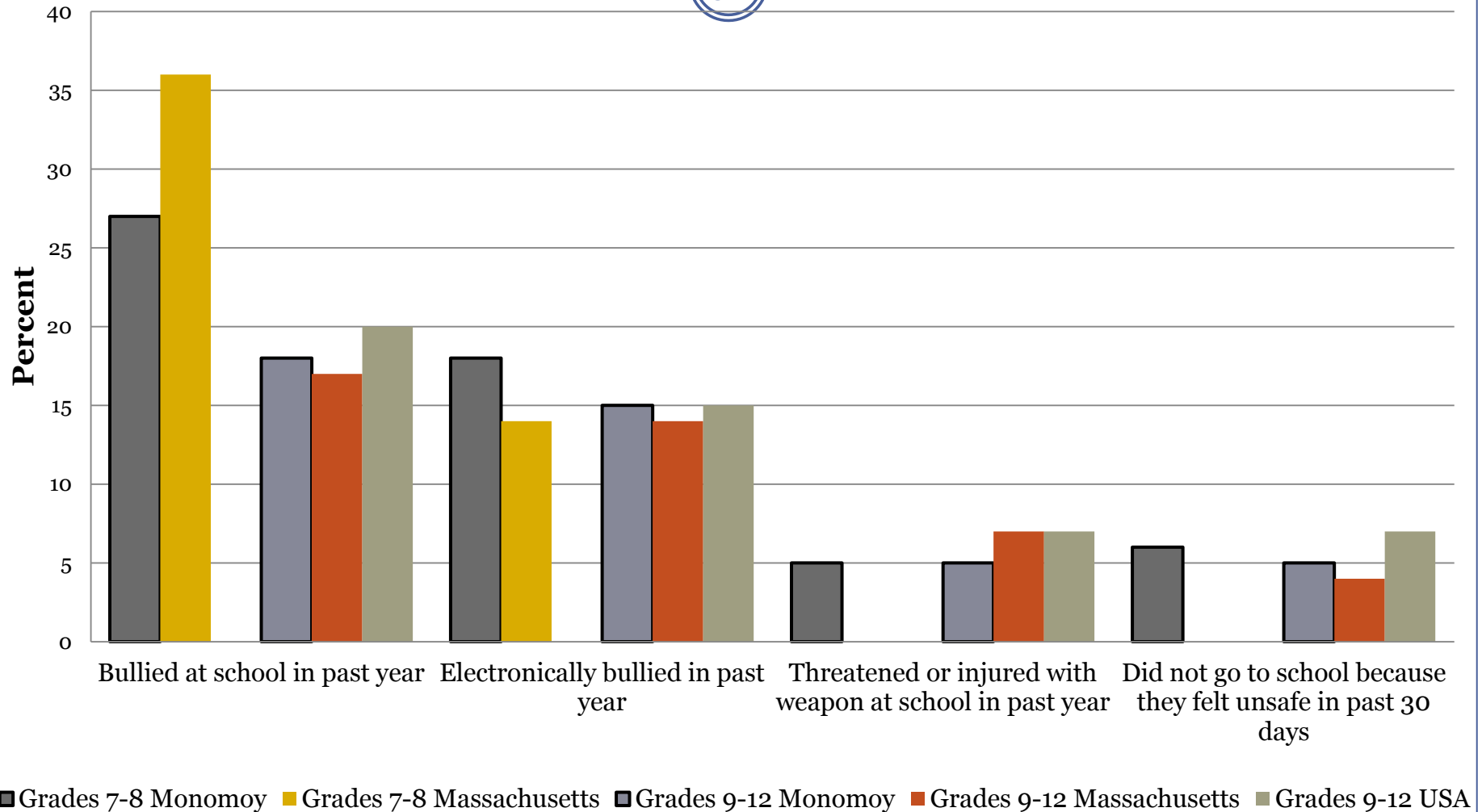


Possessing a weapon on school grounds is a crime that is reported to the police every time it occurs, in addition to school disciplinary consequences and potential expulsion. While roughly 4% of students self-report carrying a weapon at school in the past 30 days, these appear to be limited to pocket knives or toys. No Monomoy students have been found to be in possession of guns at our schools.

Grades 7-8 Monomoy
 Grades 7-8 Massachusetts
 Grades 9-12 Monomoy
 Grades 9-12 Massachusetts
 Grades 9-12 USA

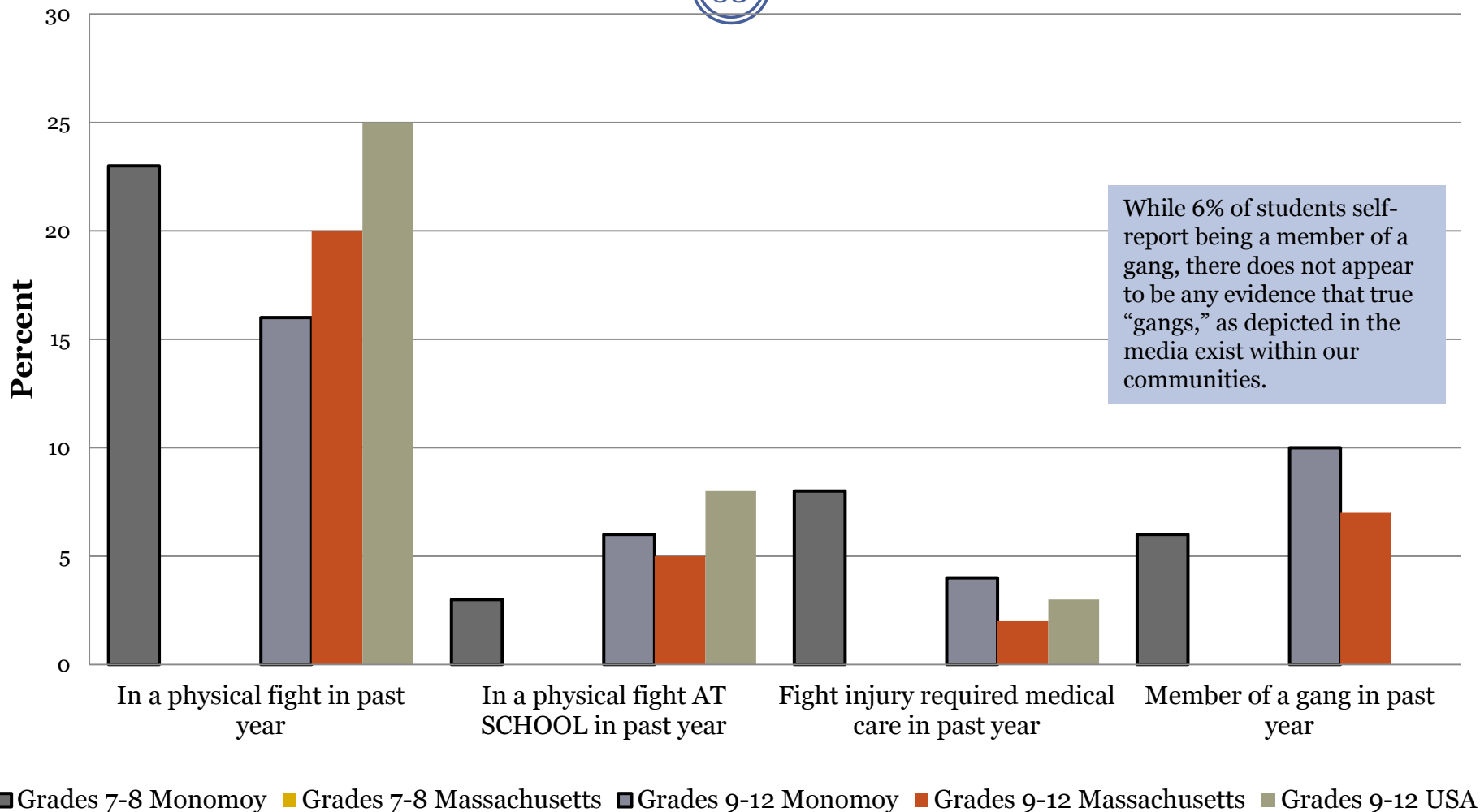
Bullying and Threats to Safety Comparison

52



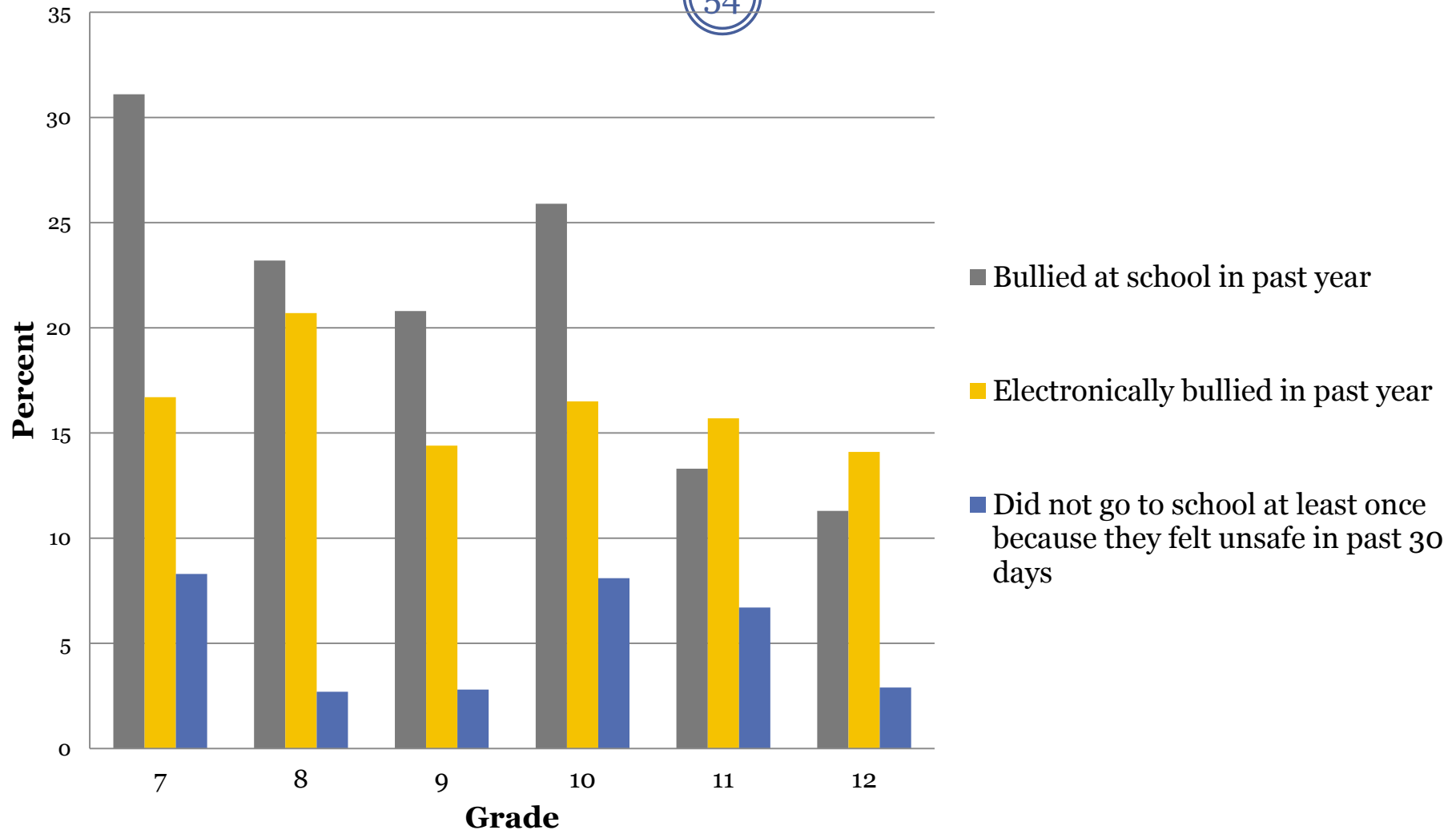
Fighting, Fight Injuries, & Reported Gang Involvement Comparison

53

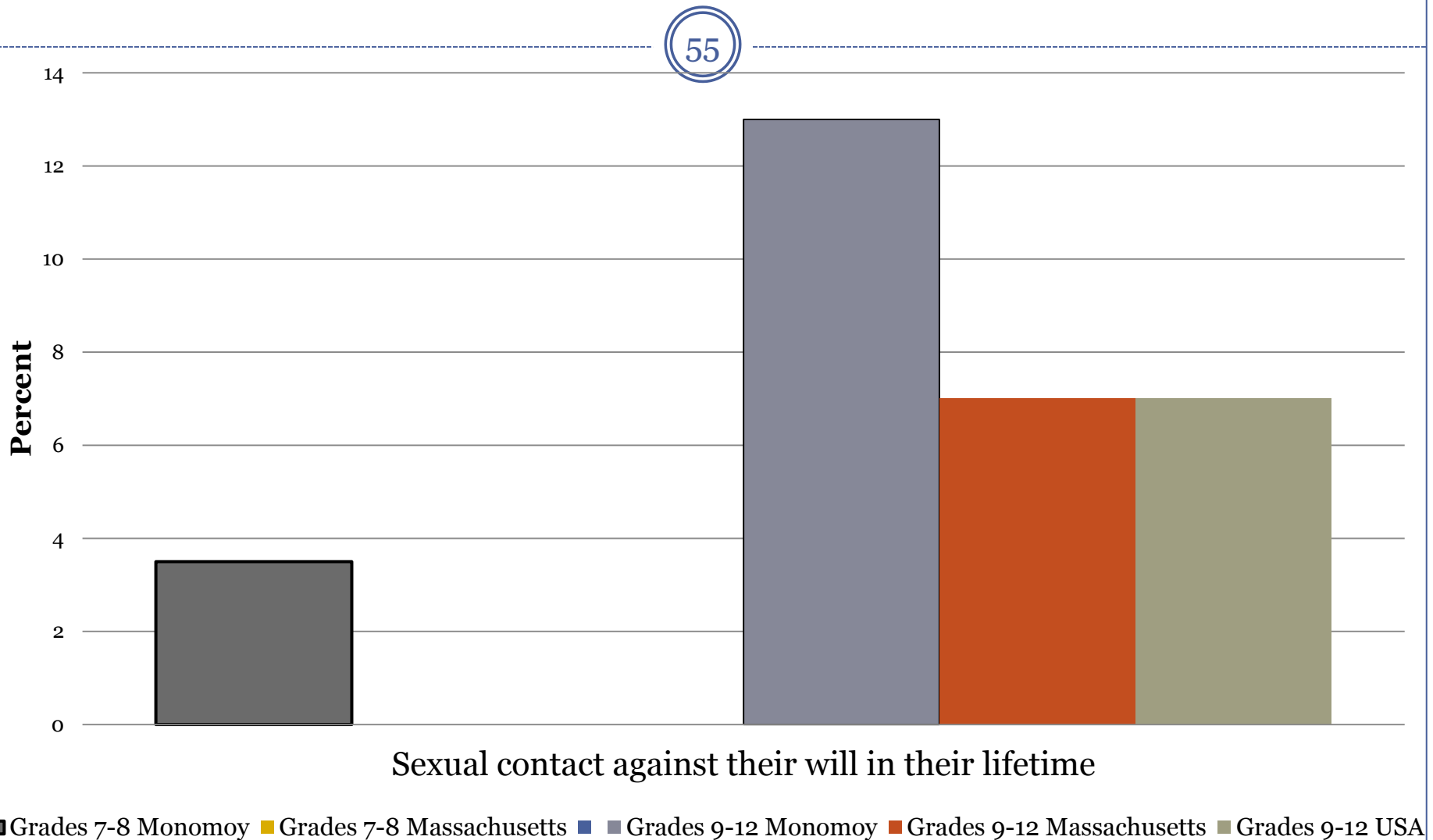


Bullying and School Avoidance Due to Safety

54

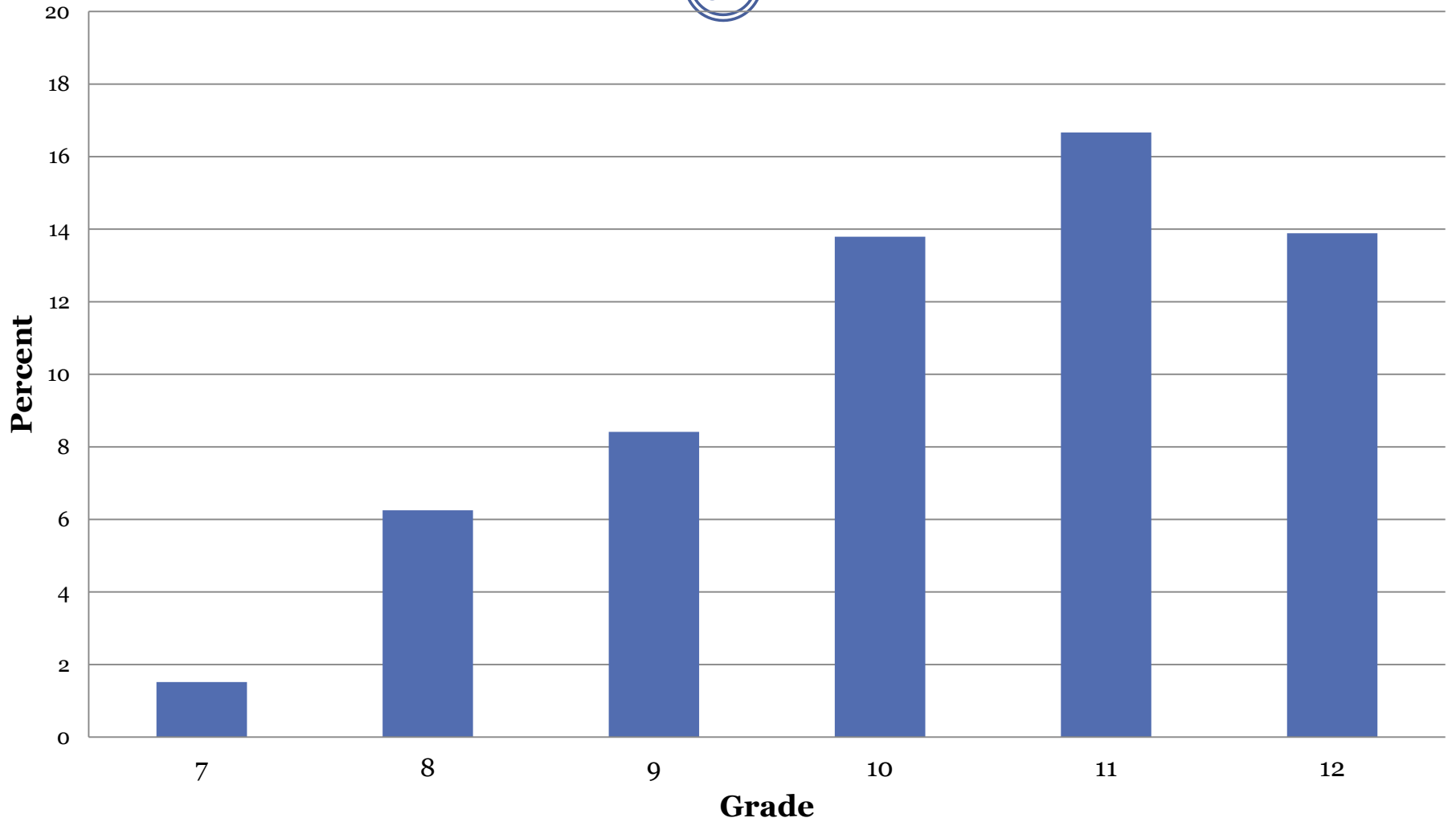


Sexual Contact Against Will Comparison



Children Experiencing Sexual Contact Against Will in Their Lifetime by Grade

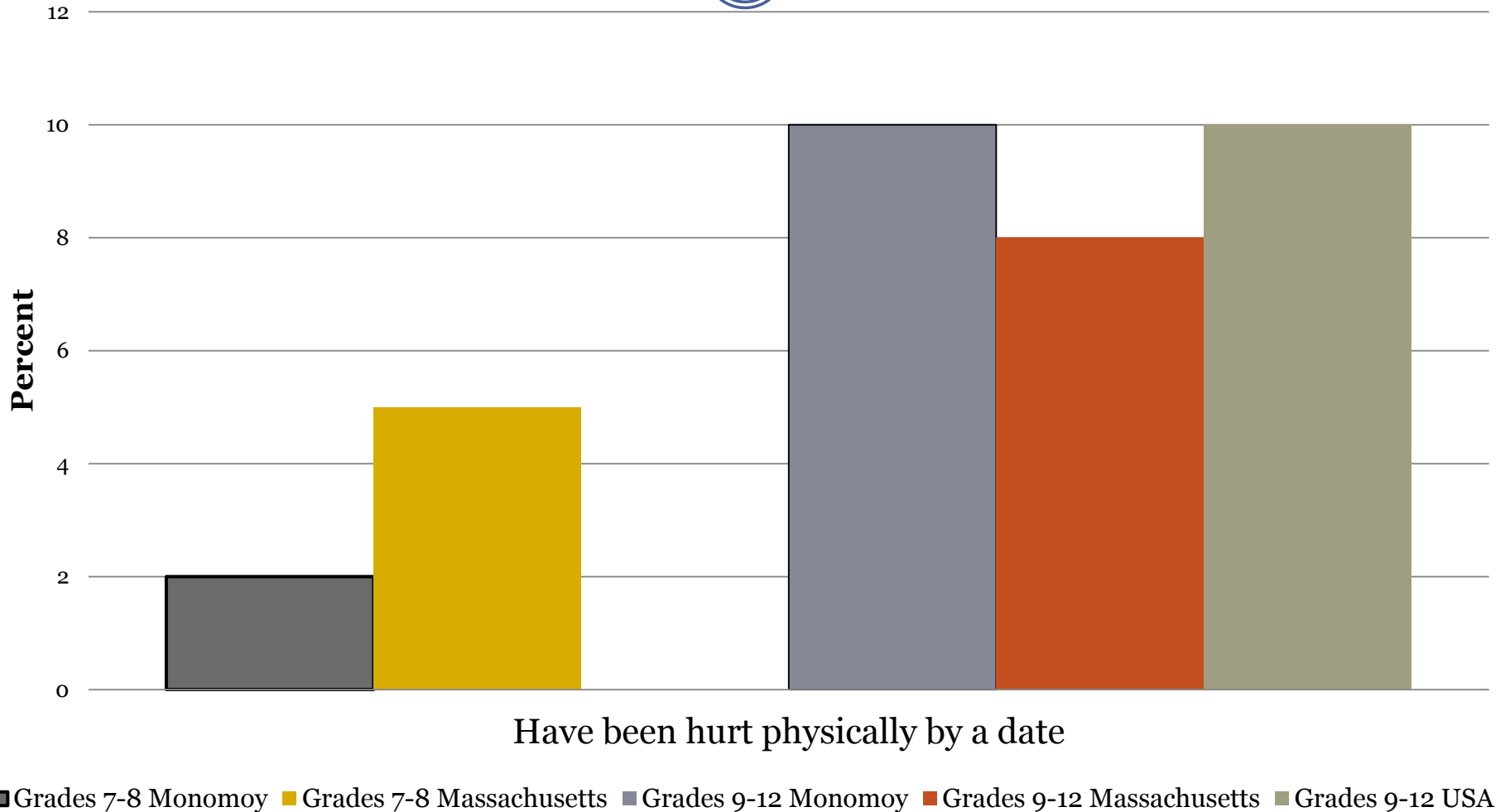
56



55 Monomoy students in Grades 7-12, (9% surveyed) of which 69% are females.

Dating Violence Comparison

57



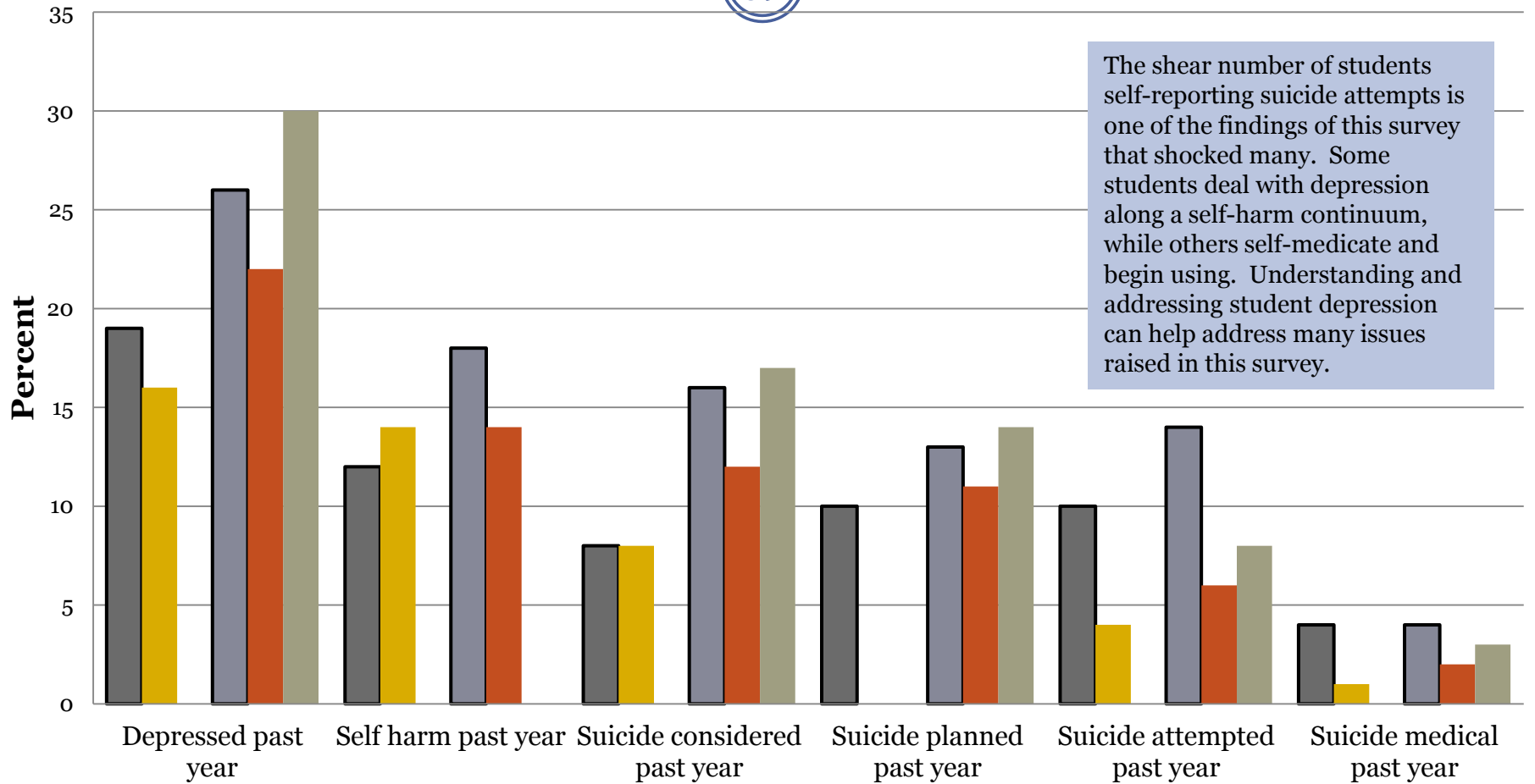
54% of 7th and 8th graders and 29% of 9th through 12th graders report never having gone on a date.

Depression, Self-Harm, & Suicide

58

Depression, Self harm, and Suicide Attempts Comparison

59

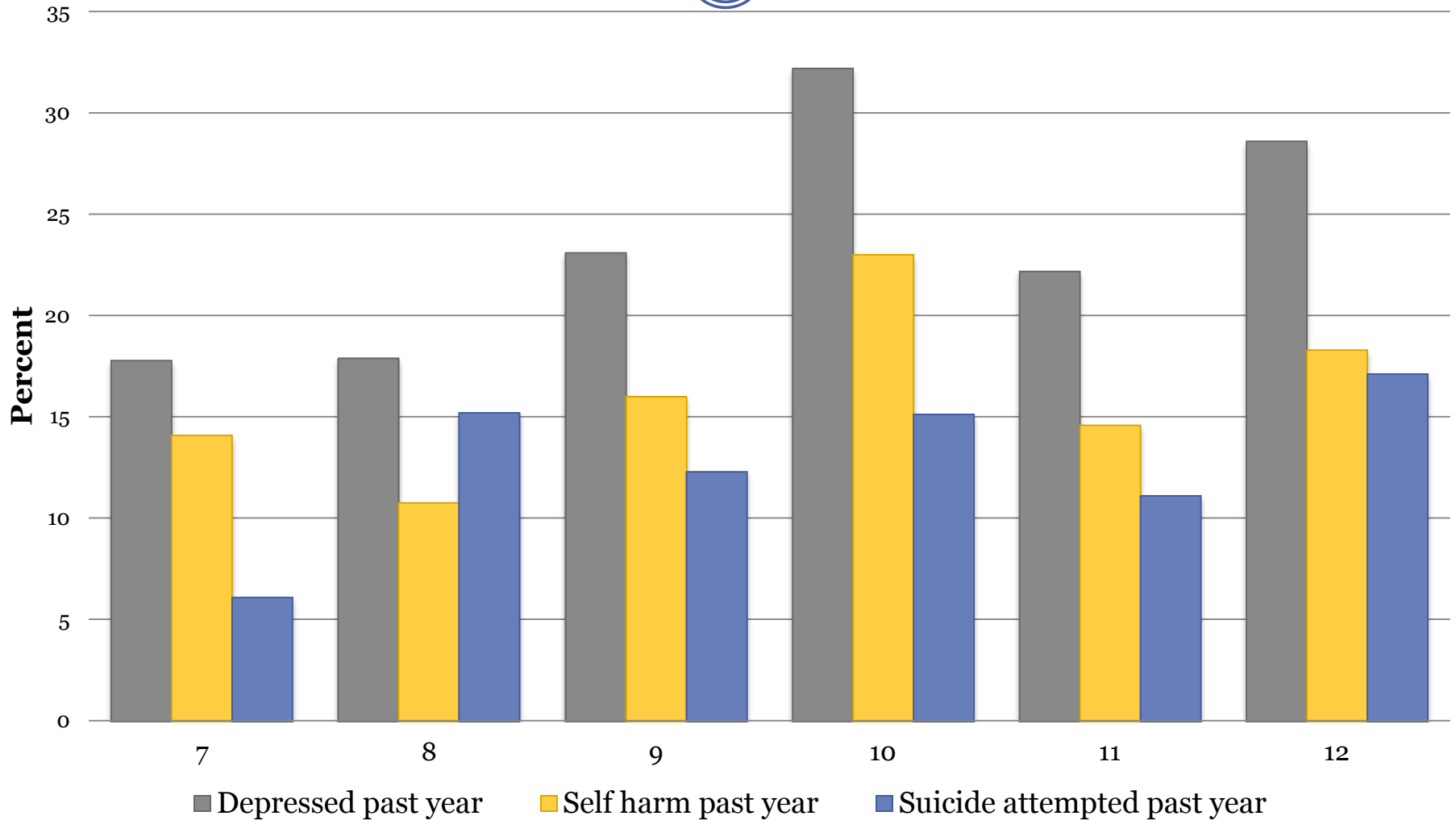


The sheer number of students self-reporting suicide attempts is one of the findings of this survey that shocked many. Some students deal with depression along a self-harm continuum, while others self-medicate and begin using. Understanding and addressing student depression can help address many issues raised in this survey.

Grades 7-8 Monomoy
 Grades 7-8 Massachusetts
 Grades 9-12 Monomoy
 Grades 9-12 Massachusetts
 Grades 9-12 USA

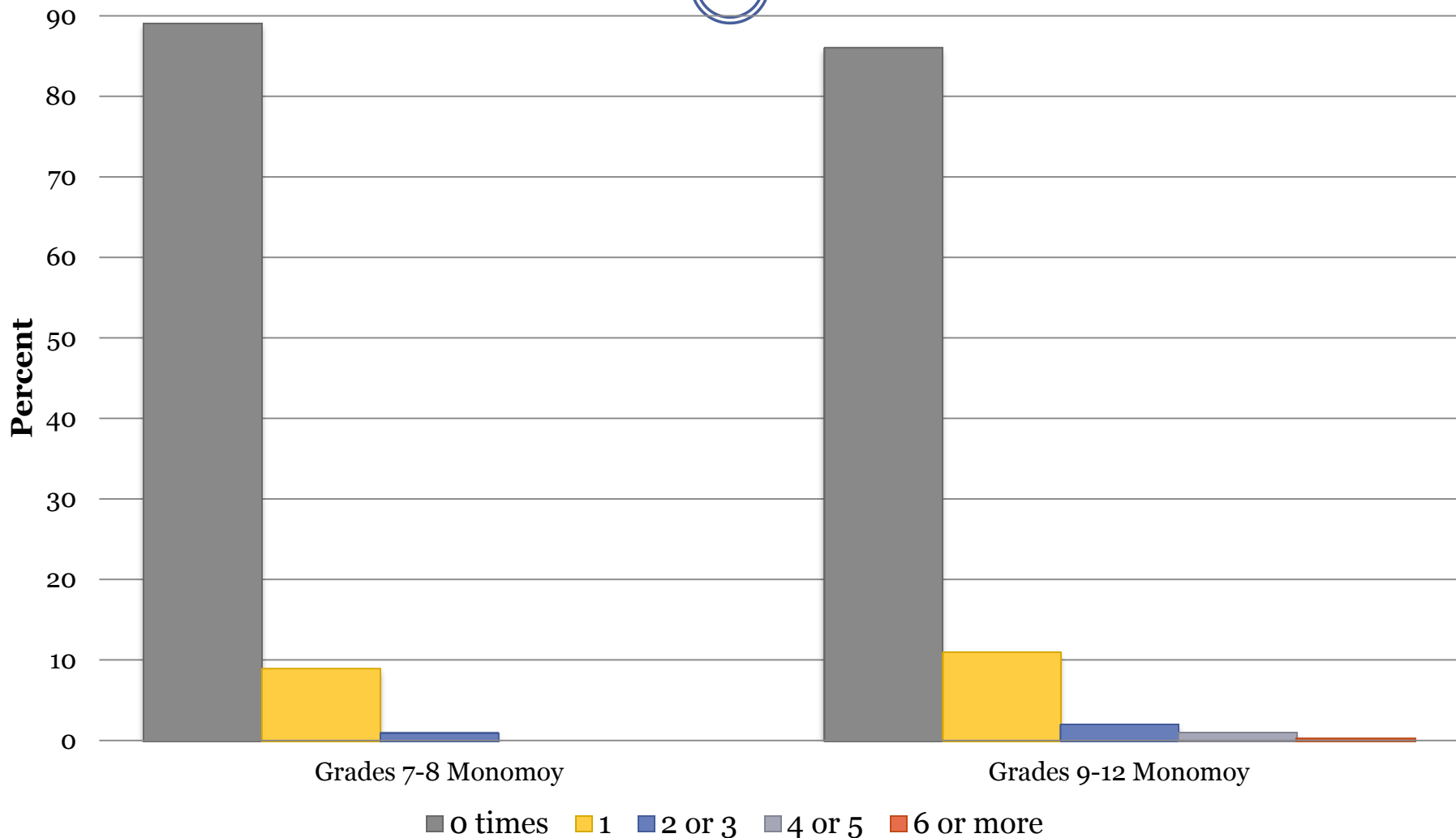
Depression, Self harm, and Suicide Attempt Frequency by Grade

60



Number of Times Students Reported Attempting Suicide in Past Year

61



Past Year Depression, Self harm, and Suicide Attempt

62

The percentages throughout the YRBS translate into **actual numbers**. Of the 289 Monomoy 7th and 8th graders and 427 Monomoy 9th through 12th graders who took the survey, the percentages and numbers of students who report being depressed, harming themselves, or looking towards suicide are as follows:

	Monomoy Grades 7-8 %	Actual Number
Depressed past year	19	54
Self harm past year	12	34
Suicide considered past year	8	23
Suicide attempted past year	10	28
	Monomoy Grades 9-12 %	Actual Number
Depressed past year	26	111
Self harm past year	18	76
Suicide considered past year	16	68
Suicide attempted past year	14	59

Parent Connection Matters

63

IF:	Percent of students <u>depressed</u> in past year
Have a parent or adult family member to talk to about important things	22.3
DO NOT have a parent or adult family member to talk to about important things	47.6

How to interpret this data: If a student has a parent to confide in about important issues, only 22.3% report being depressed in the past year. Students unable to talk with their parents about important things are over twice as likely to be depressed.

Parent Connection Matters

64

IF:	Percent of students <u>harming self</u> in past year
Have a parent or adult family member to talk to about important things	12.9
DO NOT have a parent or adult family member to talk to about important things	41.9

How to interpret this data: If a student has a parent to confide in about important issues, only 12.9% report harming themselves in the past year. Students unable to talk with their parents about important things are over three times as likely to engage in self-harm.

Parent Connection Matters

65

IF:	Percent of students <u>attempting suicide</u> in past year
Have a parent or adult family member to talk to about important things	11.2
DO NOT have a parent or adult family member to talk to about important things	23.3

How to interpret this data: If a student has a parent to confide in about important issues, only 11.2% report attempting suicide in the past year. Students unable to talk with their parents about important things are over twice as likely to attempt suicide.

School Connection Matters Too

66

IF:	Percent of students <u>depressed</u> in past year
Strongly agree or agree that teachers really care about them	19.4
DO NOT strongly agree or agree that teachers really care about them	39.5

How to interpret this data: If a student feels teachers care about them, only 19.4% report being depressed in the past year. Students who feel teachers do not care about them are nearly twice as likely to be depressed.

School Connection Matters Too

67

IF:	Percent of students <u>harming self</u> in past year
Strongly agree or agree that teachers really care about them	11.6
DO NOT strongly agree or agree that teachers really care about them	30.0

How to interpret this data: If a student feels teachers care about them, only 11.6% report harming themselves in the past year. Students who feel teachers do not care about them are nearly three times more likely to engage in self-harm.

School Connection Matters Too

68

IF:	Percent of students <u>attempting suicide</u> in past year
Strongly agree or agree that teachers really care about them	12.1
DO NOT strongly agree or agree that teachers really care about them	16.7

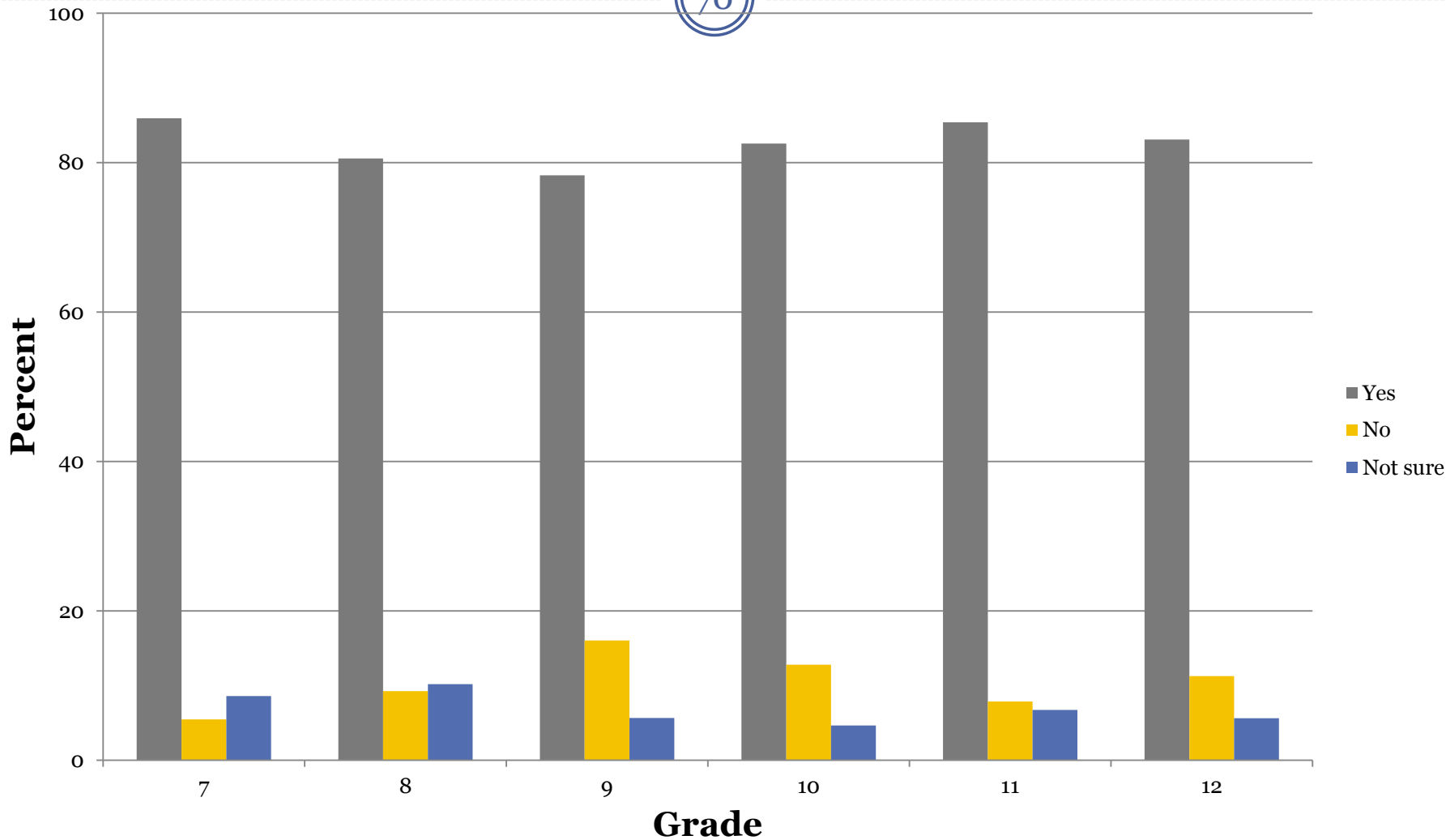
How to interpret this data: If a student feels teachers care about them, only 12.1% report attempting suicide in the past year. Students who feel teachers do not care about them are more likely to attempt suicide.

Protective Factors

69

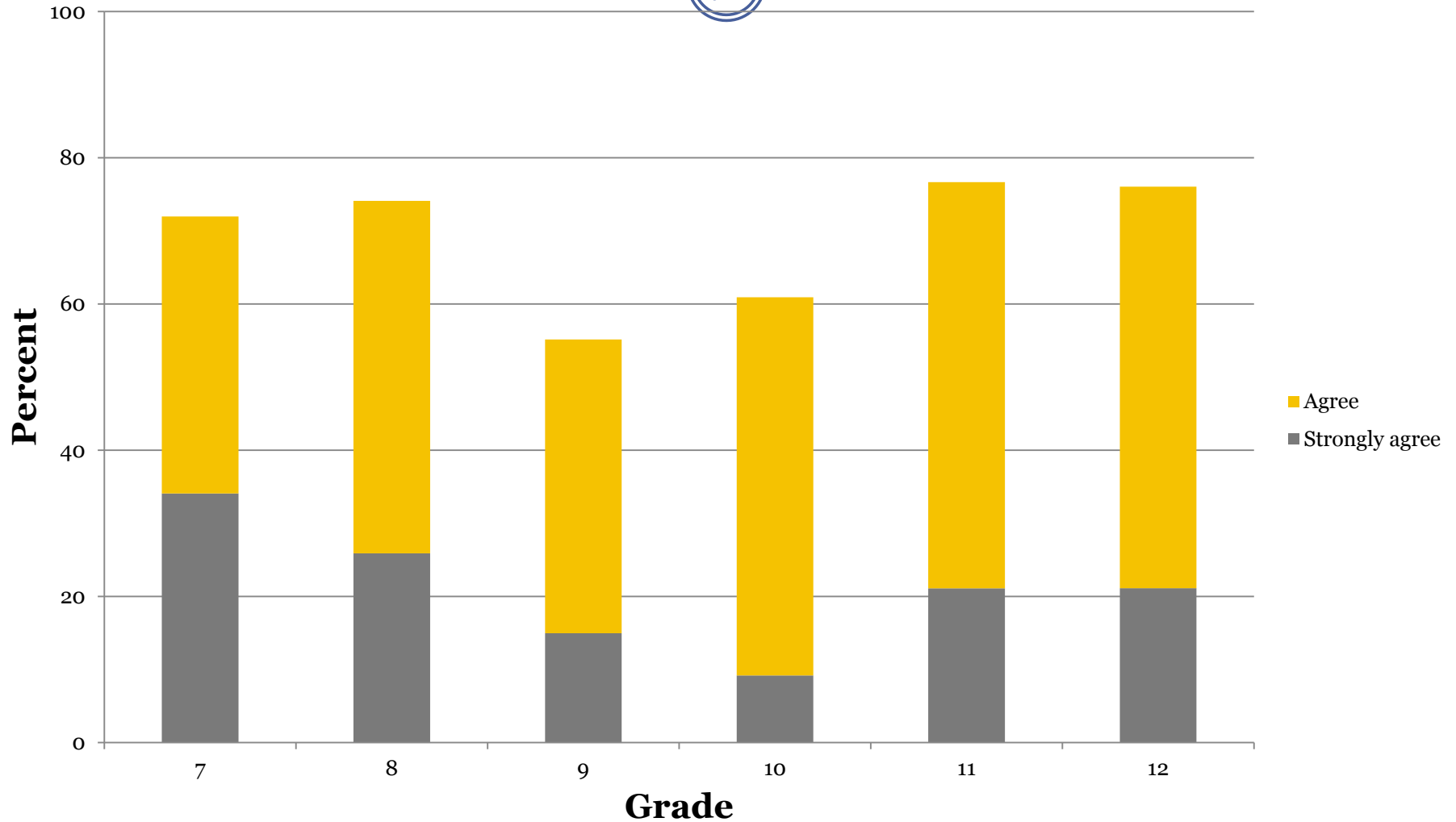
Percent of Students with an Adult They Can Talk to About Things That Are Important to Them

70



Percent of Students Feeling That Teachers Really Care About Them

71



Next Steps

72

Time to A. C. T.

73

We ALL have a role to play in fostering healthy behaviors for our students

It's time to A. C. T.

Acknowledge – Care – Take Action

Ask yourself, “What role can the community as a whole and myself as an individual play in positively impacting these statistics?”