

Youth Risk Behavior Survey Presentation of 2019 Results



**Compilation of data by Dr. Scott Carpenter, Superintendent
with support from Joy Jordan, Community Engagement Coordinator**

Presentation of results

by Monomoy Regional High School's Peer Leaders:

Sam Chase, Kaitlyn Lyons, Maggie Dever, Phoebe Gill, Jenna Greco, Sarah Babb, Emma Sullivan,
David Malone, Julie Slade & Connor Deveau

Additional Peer Leader Parent Forum Panelists:

Halladay Perry, Kayla Jolibois, Dylan Delaney & Lheissah Jean-Jacques

**Presentation to
MRHS students
October 7, 2019**

**Parent Forum
October 7, 2019, 6:30 pm
MRHS Auditorium**

What is the Youth Risk Behavior Survey (YRBS)?

The survey was administered on June 6, 2019, to Monomoy Regional High School students in Grades 8-12.

The survey administered had 114 questions focusing upon:

- Substance use (vaping, alcohol, marijuana, etc.)
- Depression and suicide
- Sexual behavior
- Violence and bullying
- Protective factors

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

Data from the Monomoy's 2014 and 2016 YRBS surveys is compared to our 2019 survey results.

As most high schools serve Grades 9-12, where possible this presentation compares Monomoy's Grade 9-12 results to aggregate Grade 9-12 high school results for Massachusetts and the nation.

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

- Grant funds obtained by Sheila House, the Harwich Youth & Family Services Director, were used to enable the Monomoy Regional School District to administer this Youth Risk Behavior Survey.
- Sheila House is a member of 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.
- If you are interested in prevention efforts in the towns of Harwich and Chatham, contact Sheila House at (508) 430-7836

YRBS Validity and Reliability

How do we know student responses are truthful?

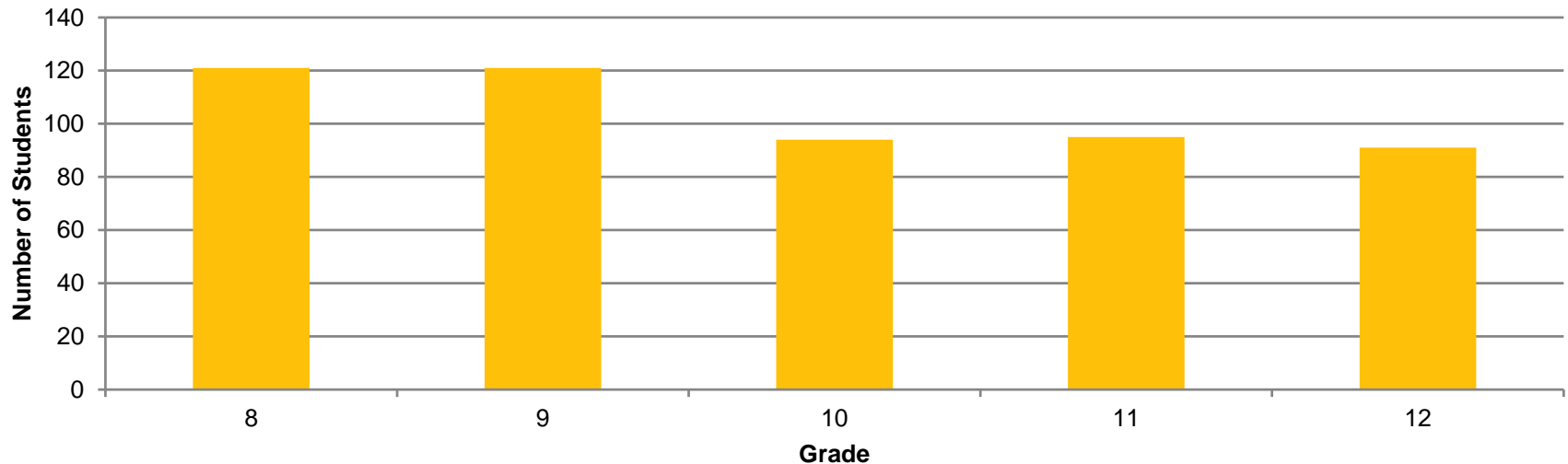
- The YRBS is a well-designed and well-tested survey. The survey was developed in 1990, and has been taken by more than 4.4 million students, in more than 1,900 separate surveys.
- Research shows that students need to perceive the survey as important, voluntary, and anonymous, and guidelines were followed to ensure this happened. Students had the option to opt out, which decreased the overall response rate.
- Scoring, cleaning, and validating student responses and compilation of the data was performed by Jennifer Hohl Evaluation and Assessment Services. Doodling, random answers, inconsistency in responses, or selecting the highest (or lowest) possible response for all questions would lead to an individual's survey being deemed invalid and removed from the analysis. A total of 13 student surveys were removed for validity reasons.
- The resulting sample size was 522 respondents: 401 students in Grades 9-12 and 121 in Grade 8. The overall response rate was 83% in Grades 9-12 and 89% in Grade 8.

Participation Rates

522 students were included in the final surveyed sample, after some elected to opt out and a few surveys were excluded for validity reasons.

The survey was taken by nearly equal numbers of boys & girls (47% vs. 53%).

Number of Monomoy Students by Grade Who Took the 2019 YRBS



Some Select Findings and Trends

Our students report ...

- Monomoy high school students' use of tobacco is well below the state and national averages and continues to decline, but their vaping use has rapidly risen above both state and national averages.
- Monomoy teens' use of marijuana has increased since 2016 and is above their peers in Massachusetts and the U.S.
- Our high school students' use of alcohol is below the state and national averages, but we have higher frequencies of teens who binge drink.
- Monomoy student drivers are far less likely than their peers in Massachusetts to get behind the wheel of a car after drinking.
- The percentage of our students who report having had sexual intercourse in their lifetime has increased by an alarming 43% in the past 3 years.
- The number of Monomoy teens who reported on the YRBS as having experienced unwanted sexual contact has dropped by 30% since 2014, but still impacts a shocking number of our girls.
- Reports of self-harm and suicidal ideation on our YRBS have decreased significantly in the past 5 years, but the number of our teens who report being depressed is up nearly 50% since 2016.

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 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

Lifetime Use Summary

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.

| Substance Use | Monomoy Grades 9-12 | State Grades 9-12 |
|--------------------------------------|---------------------|-------------------|
| Tobacco (Lifetime use) | 13% | 20% |
| Vape Products (Lifetime use) | 46% | 41% |
| Alcohol (Lifetime use) | 53% | 56% |
| Marijuana (Lifetime use) | 42% | 38% |
| Cocaine (Lifetime use) | 3.5% | 4% |
| Inhalants (Lifetime use) | 4.5% | 6% |
| Prescription Abuse (past 30 days) | 2.5% | 4% |

Since the 2014 survey, Monomoy Grades 9-12 lifetime use of tobacco is down 13%, alcohol down 3%, and marijuana use unchanged, but vaping use has risen appreciably.

Lifetime Use Summary

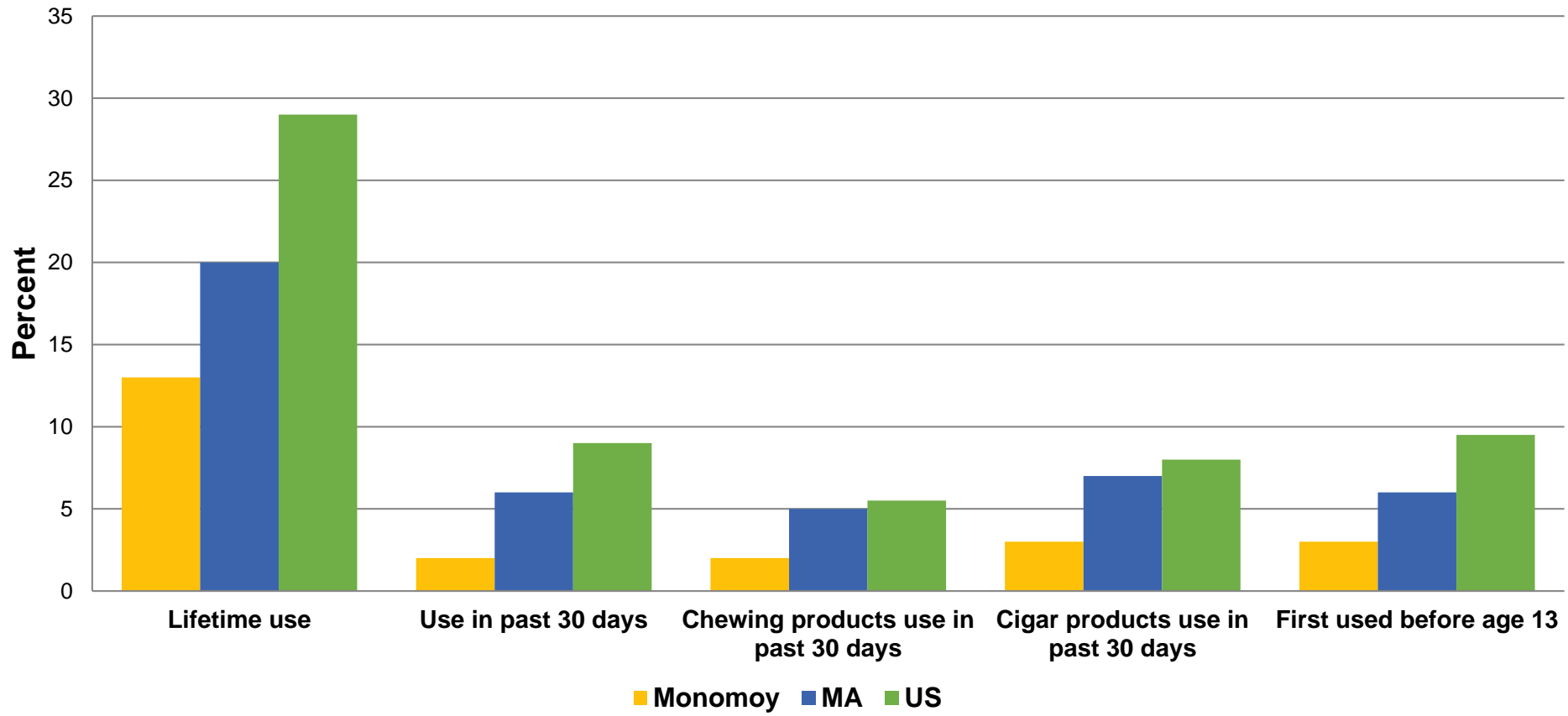
While some percentages throughout the YRBS are low or below state averages, the **number reporting use** behind these percentages is concerning. 401 Monomoy students in Grades 9-12 took the survey.

| Substance Use | Monomoy Grades 9-12 | Number Reporting Use |
|--------------------------------------|---------------------|----------------------|
| Tobacco (Lifetime use) | 13% | 52 |
| Vape Products (Lifetime use) | 46% | 184 |
| Alcohol (Lifetime use) | 53% | 213 |
| Marijuana (Lifetime use) | 42% | 168 |
| Cocaine (Lifetime use) | 3.5% | 14 |
| Inhalants (Lifetime use) | 4.5% | 18 |
| Prescription Abuse (past 30 days) | 2.5% | 10 |

Tobacco & Vaping

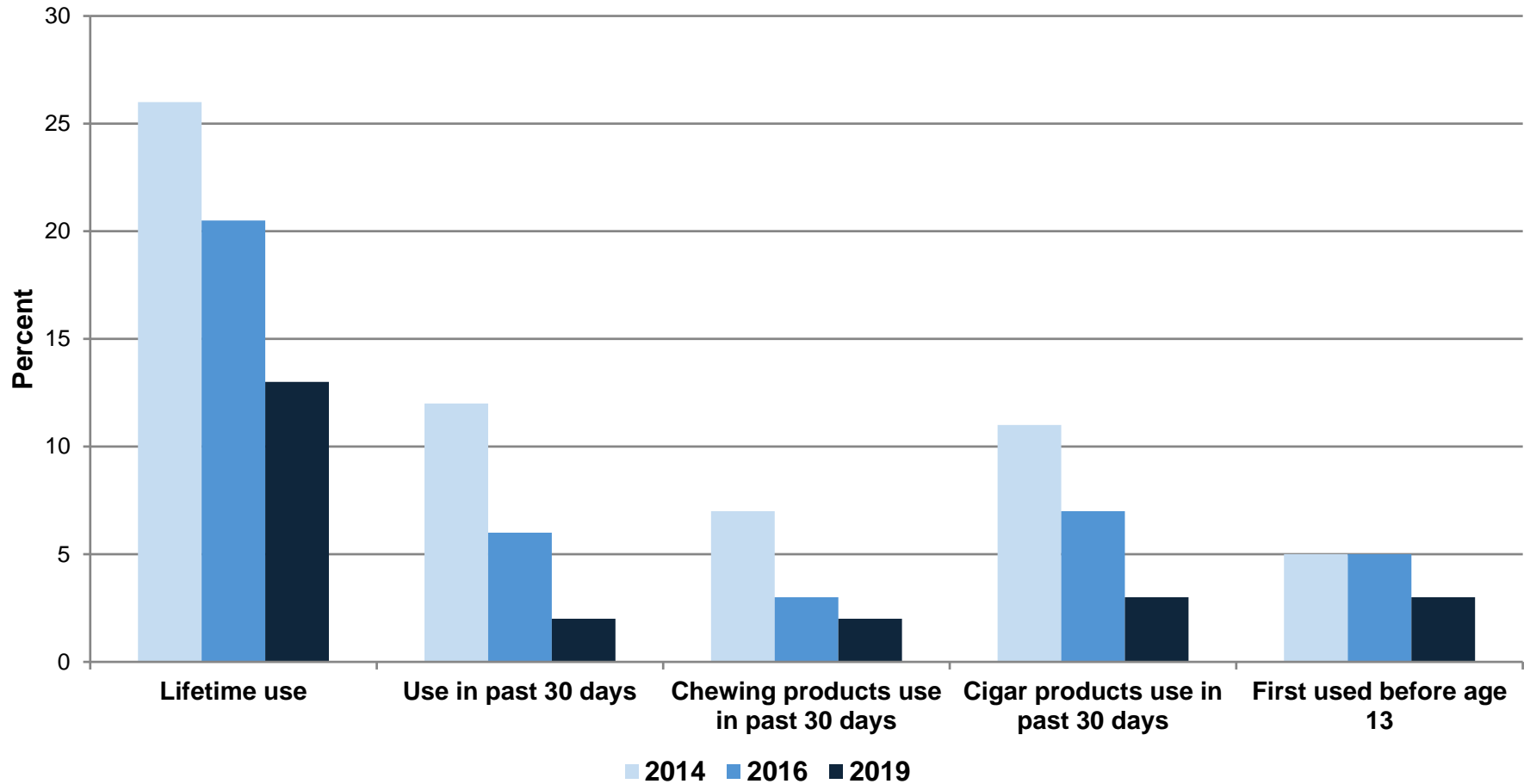
Tobacco Use Comparison

YRBS 2019 Grades 9-12



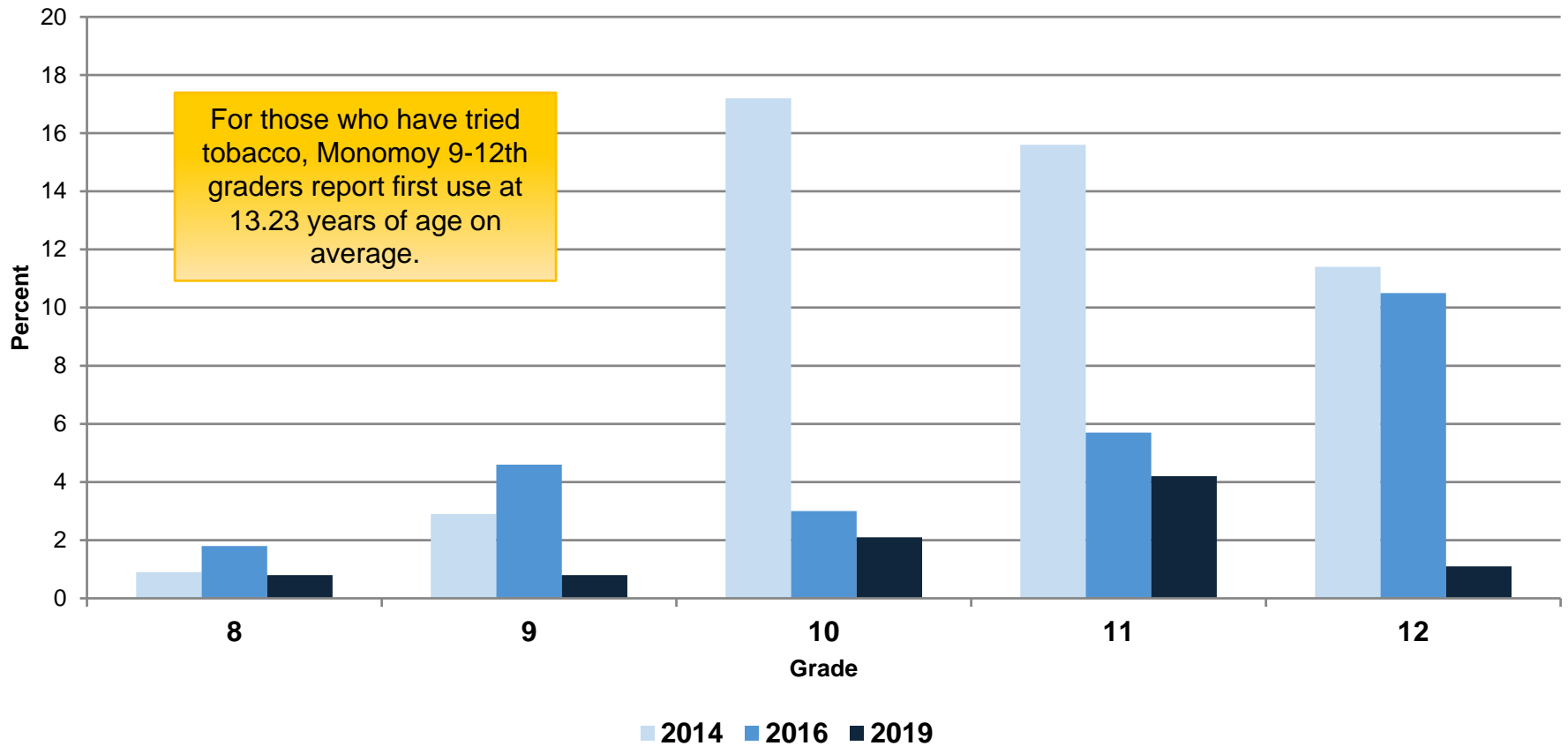
Tobacco Use

Monomoy YRBS Comparison 2014, 2016, & 2019 Grades 9-12



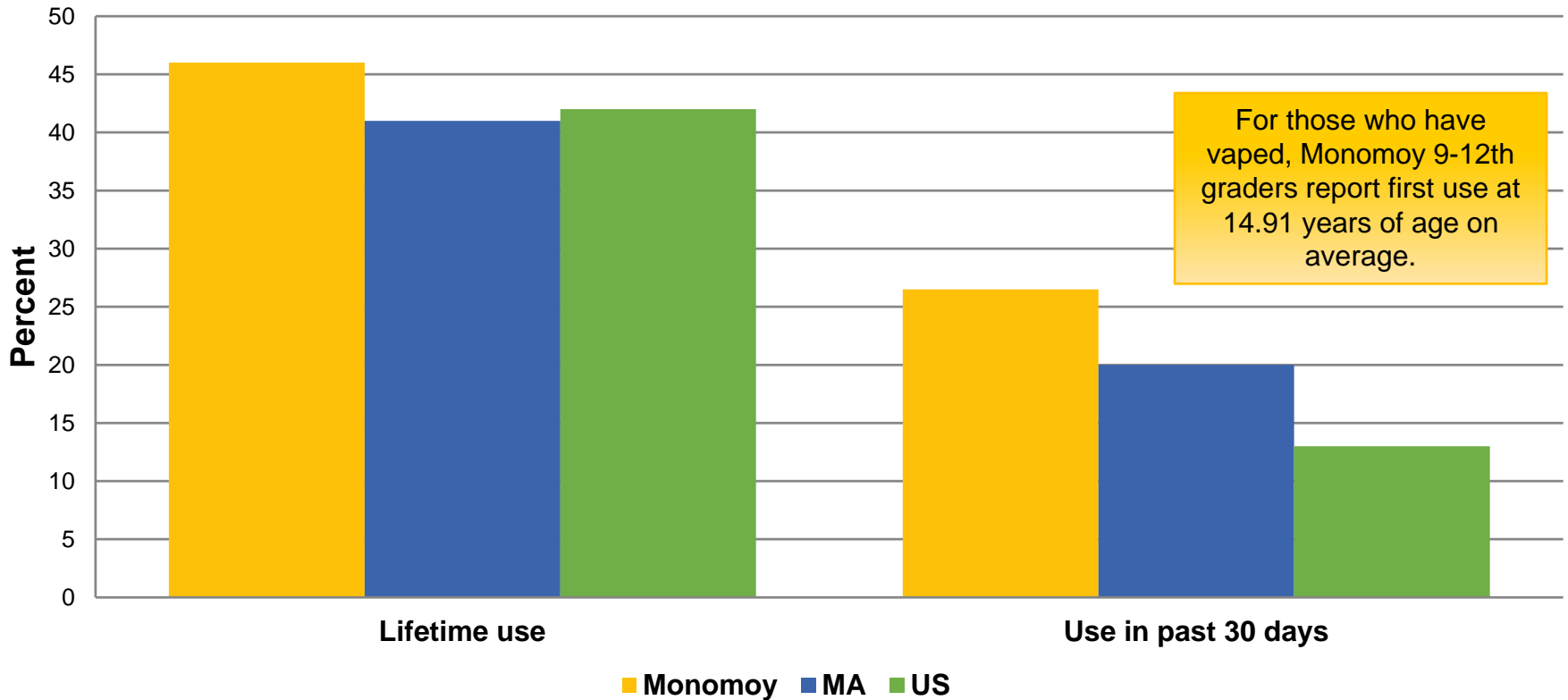
Tobacco Use in Past 30 Days by Grade

Monomoy YRBS Comparison 2014, 2016, & 2019



Vaping Use Comparison

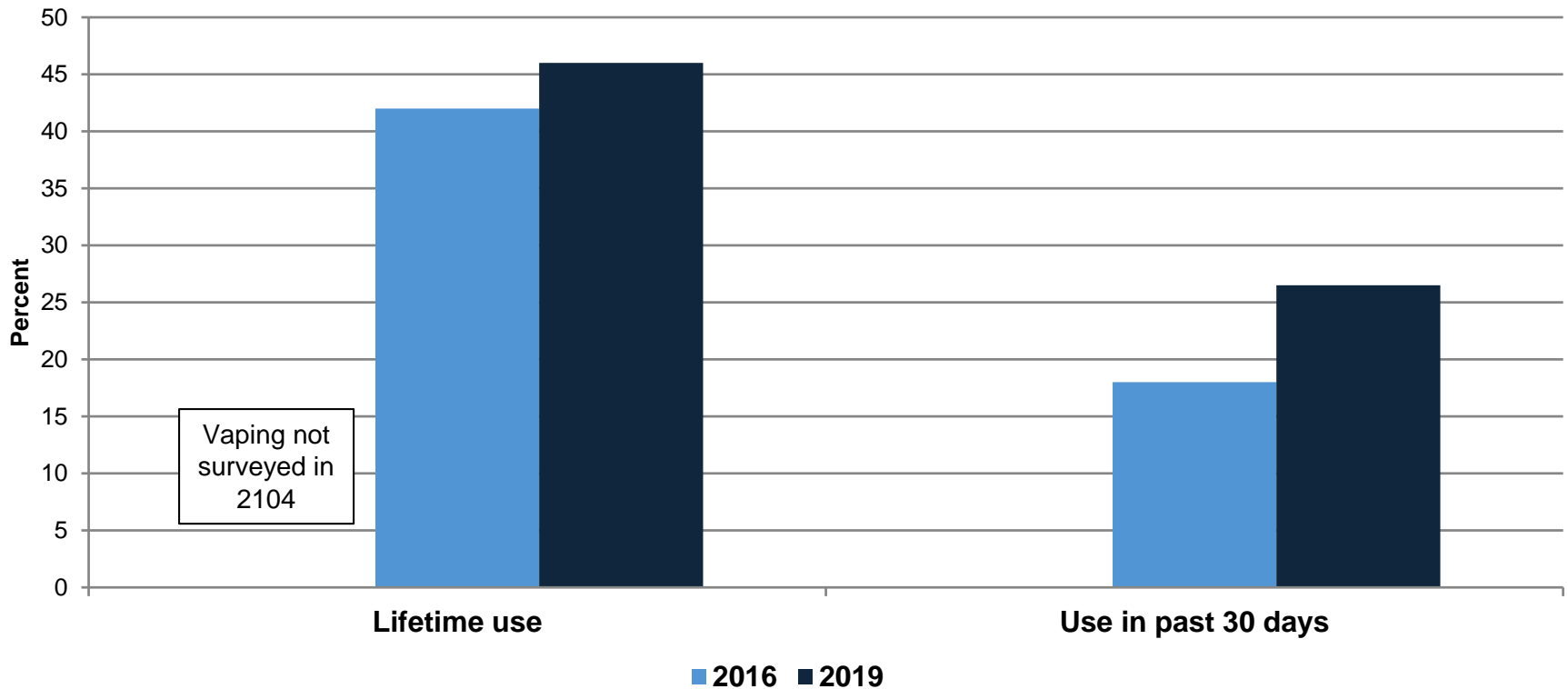
YRBS 2019 Grades 9-12



Vaping is the use of electronic cigarettes. It is also becoming a means of vaporizing and inhaling marijuana products.

Vaping Use

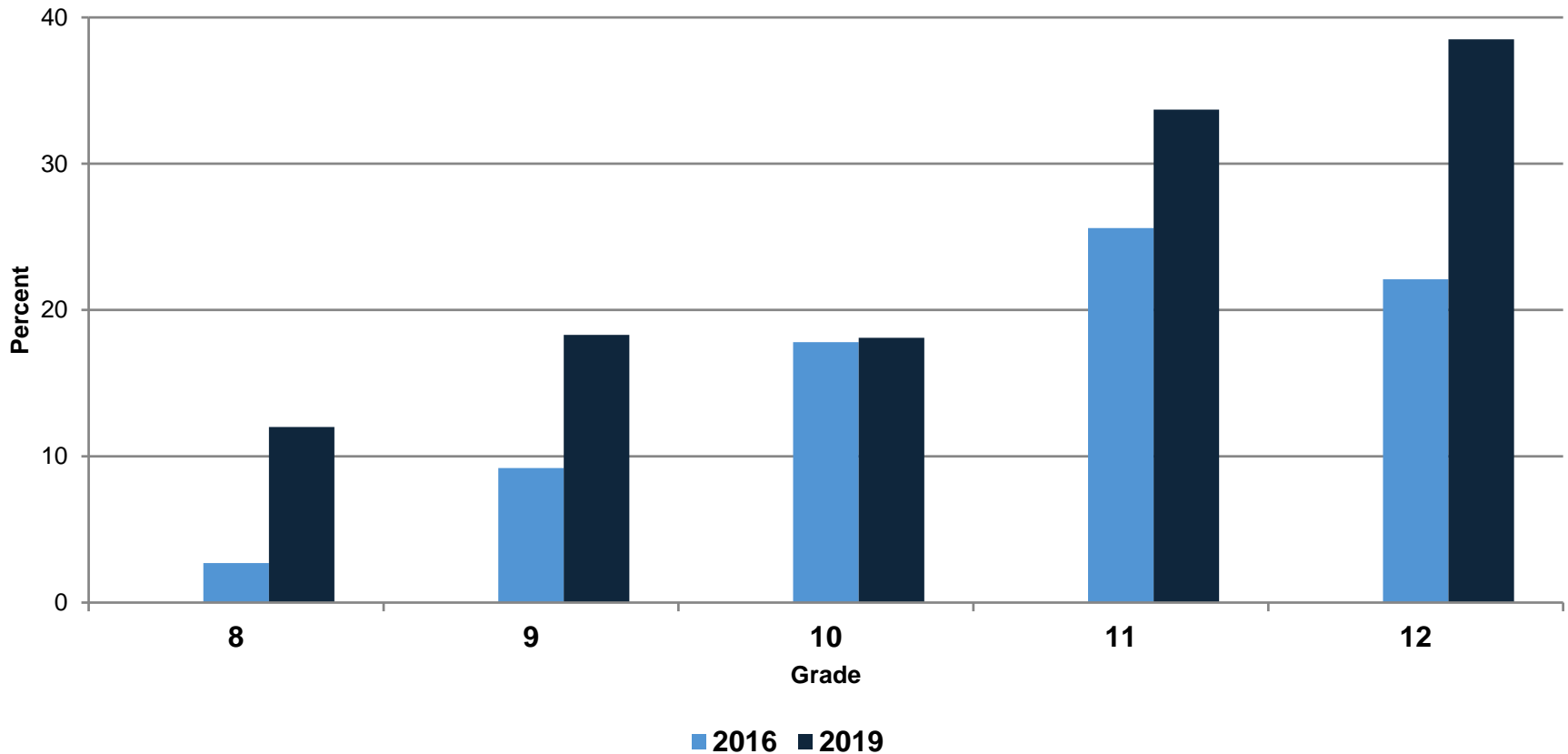
Monomoy YRBS Comparison 2016 & 2019 Grades 9-12



Student vaping was first measured on Monomoy's 2016 YRBS. The increase of vaping is one of the most notable and concerning trends in this survey.

Vaping Use in Past 30 Days by Grade

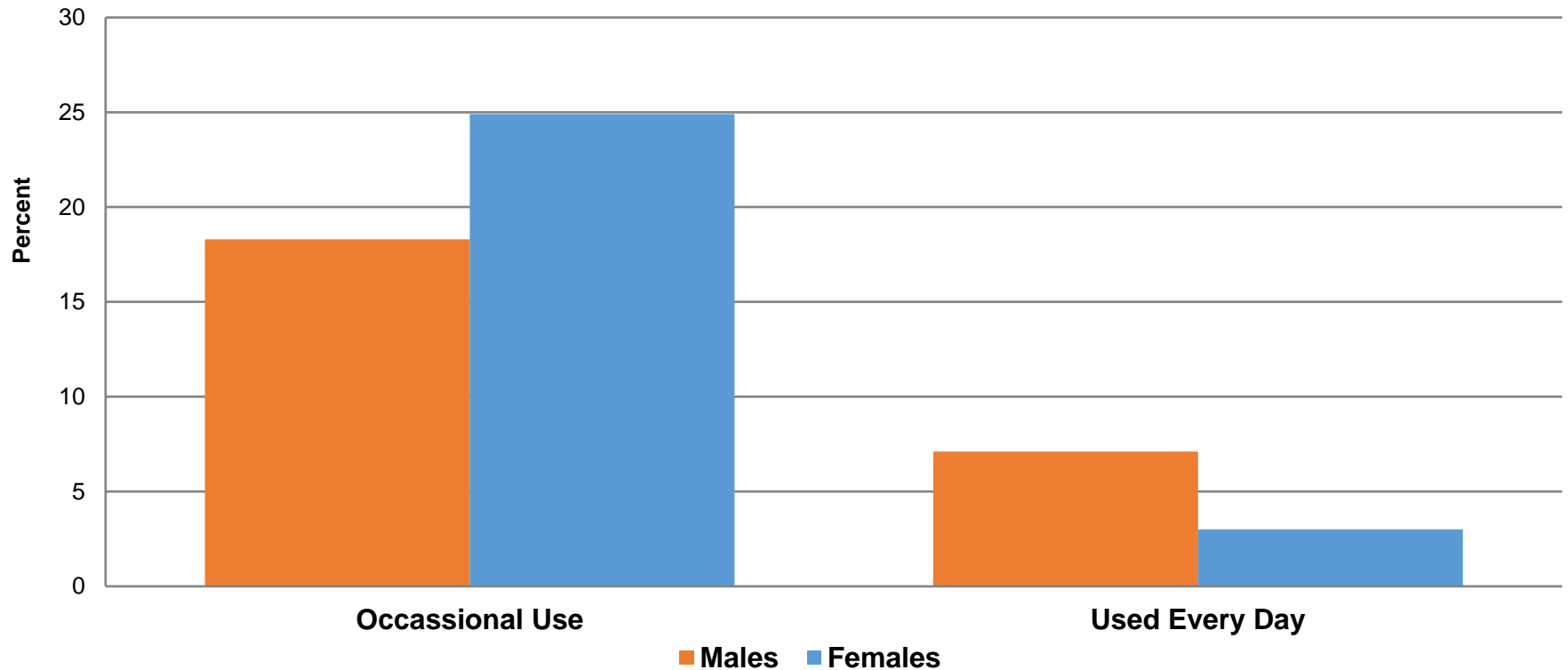
Monomoy YRBS Comparison 2016 & 2019



There was a large increase in vaping across both older and younger high school students. By senior year, 38.5% of all students report vaping in the past month.

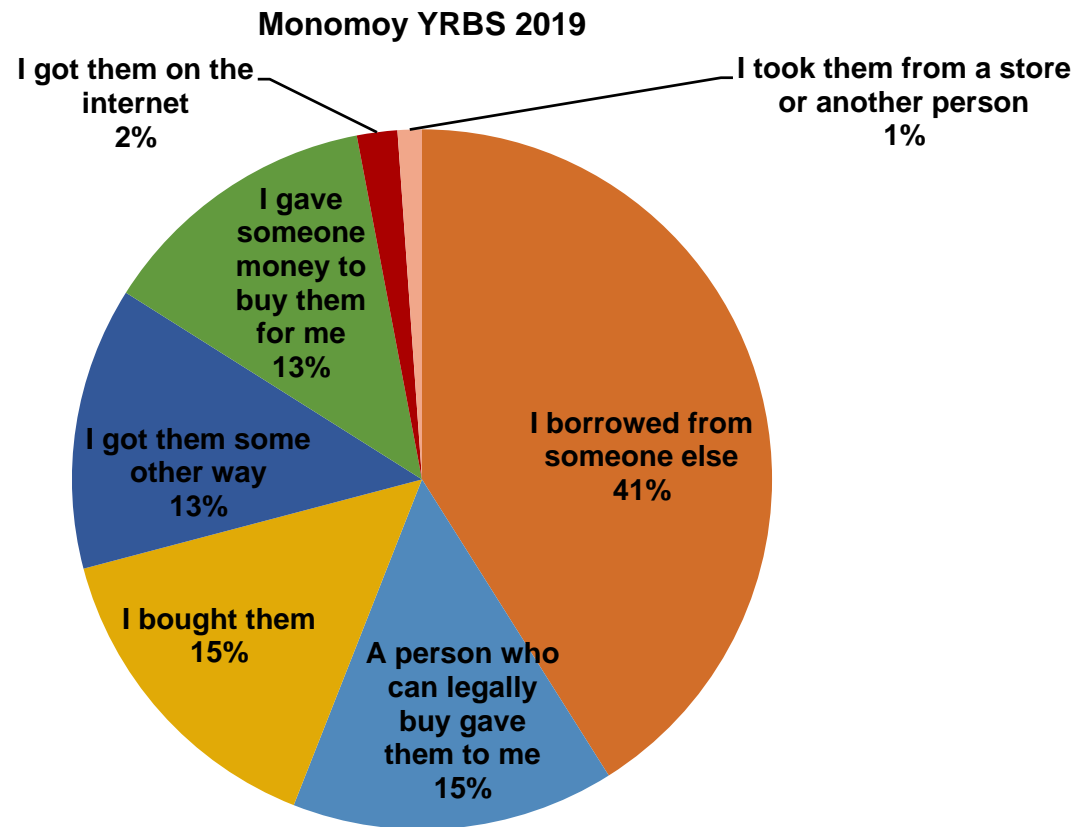
Vaping Use in Past 30 Days by Gender

Monomoy YRBS 2019 Grades 9-12



In our school, female students are more likely to have vaped in the past 30 days, while males are more likely to vape daily.

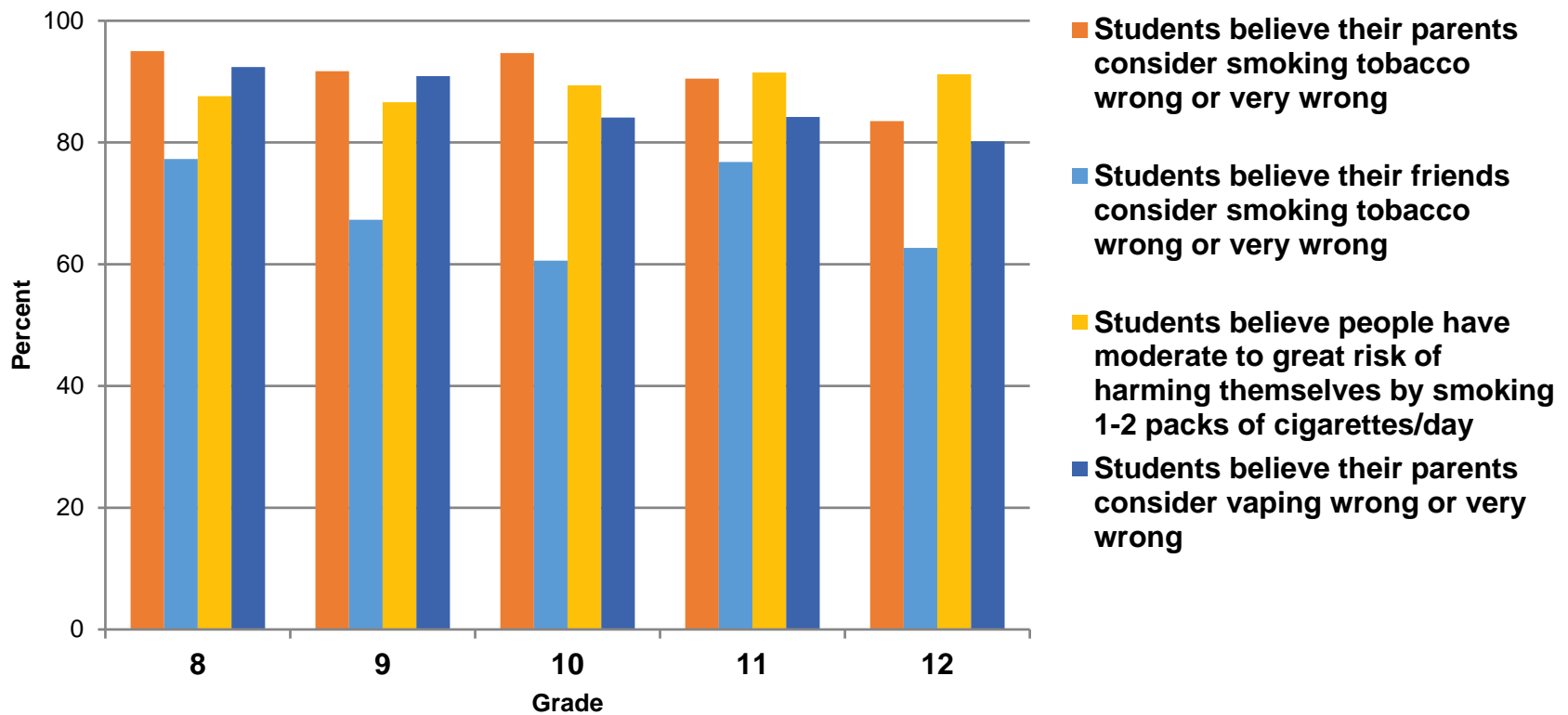
How Students Got Their Vape Products



Students' Beliefs Matter

Protective Factors Against Smoking & Vaping

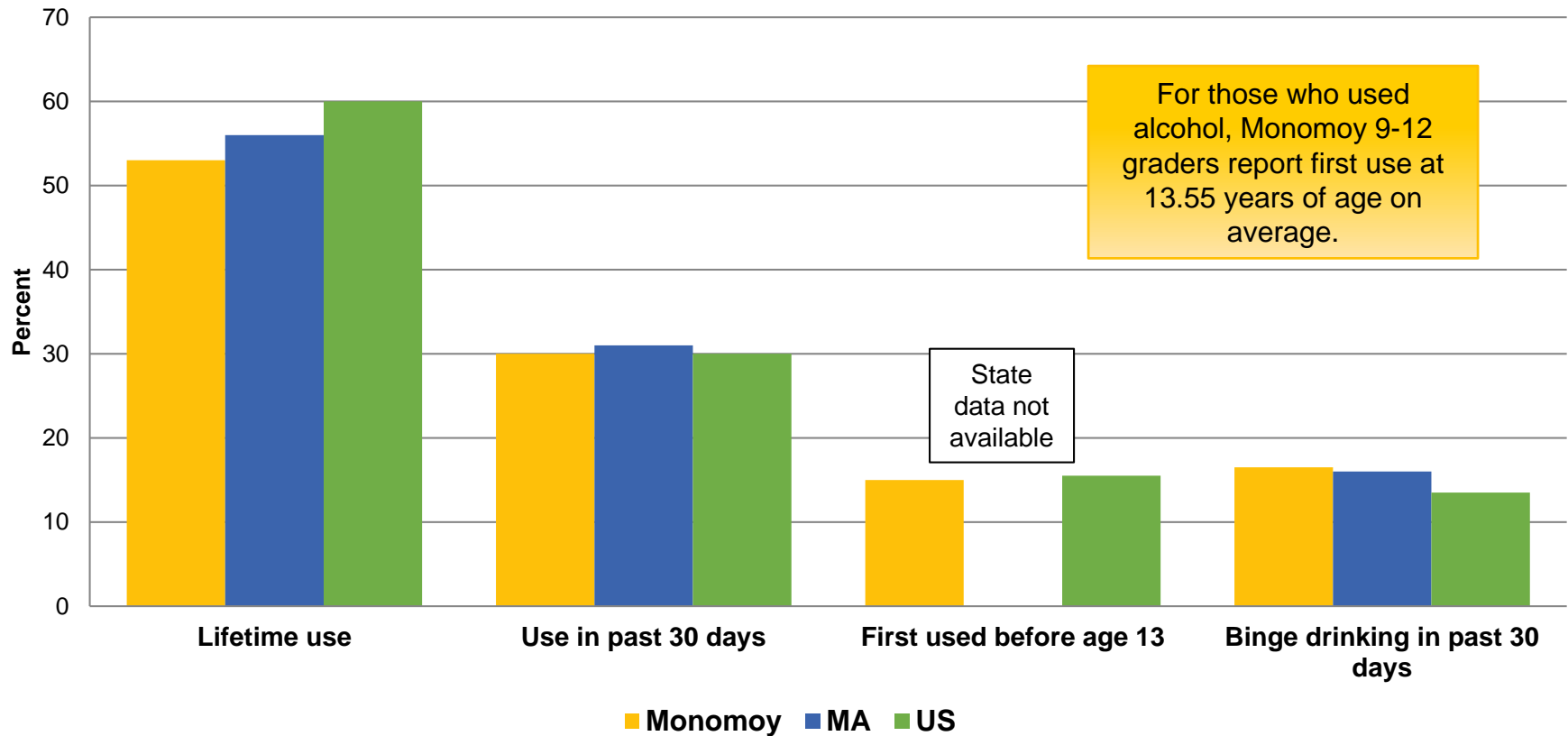
Monomoy YRBS 2109



Alcohol

Alcohol Use Comparison

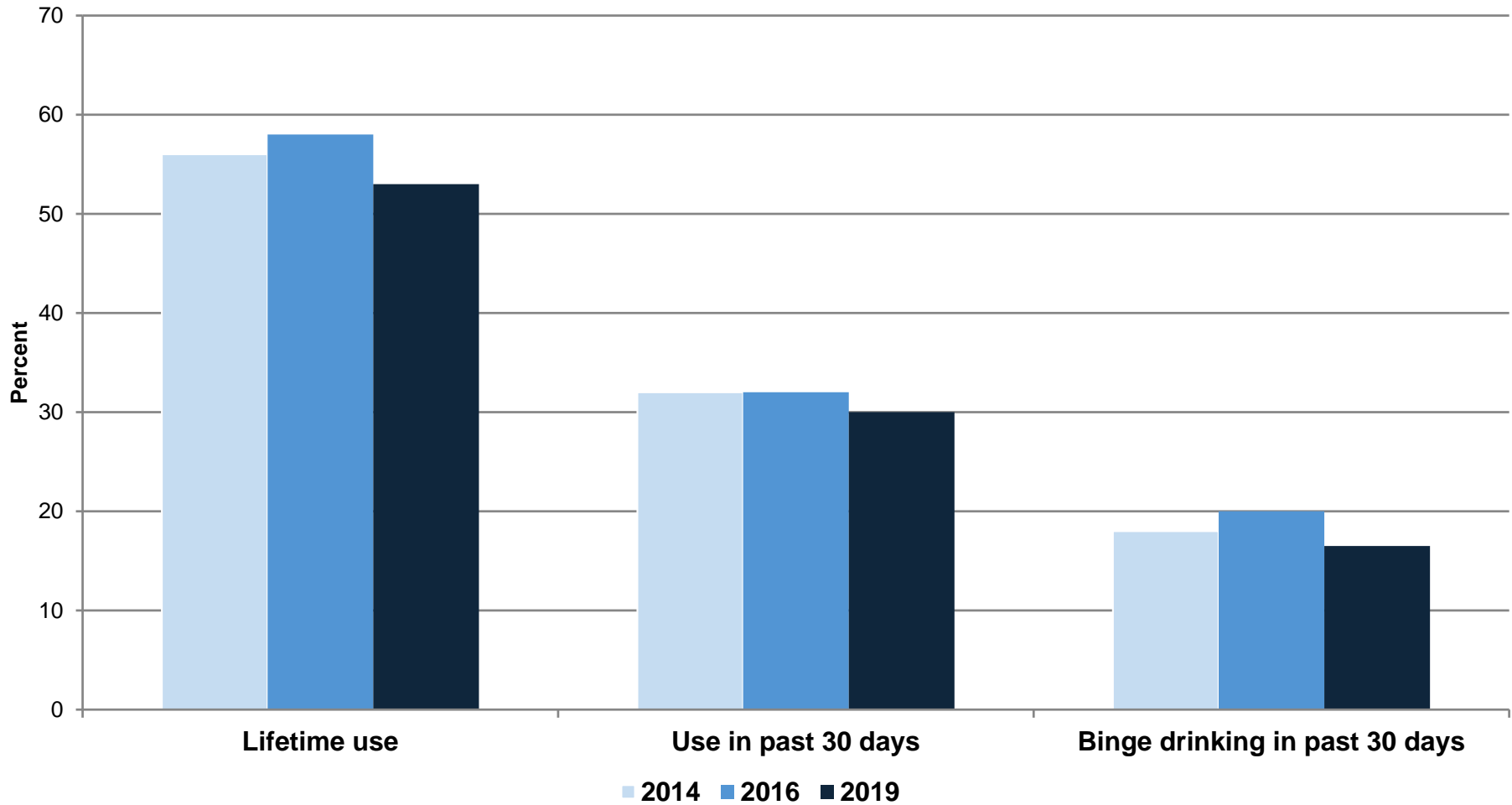
YRBS 2019 Grades 9-12



Binge drinking was defined in the survey as having 5 or more drinks in a couple of hours.

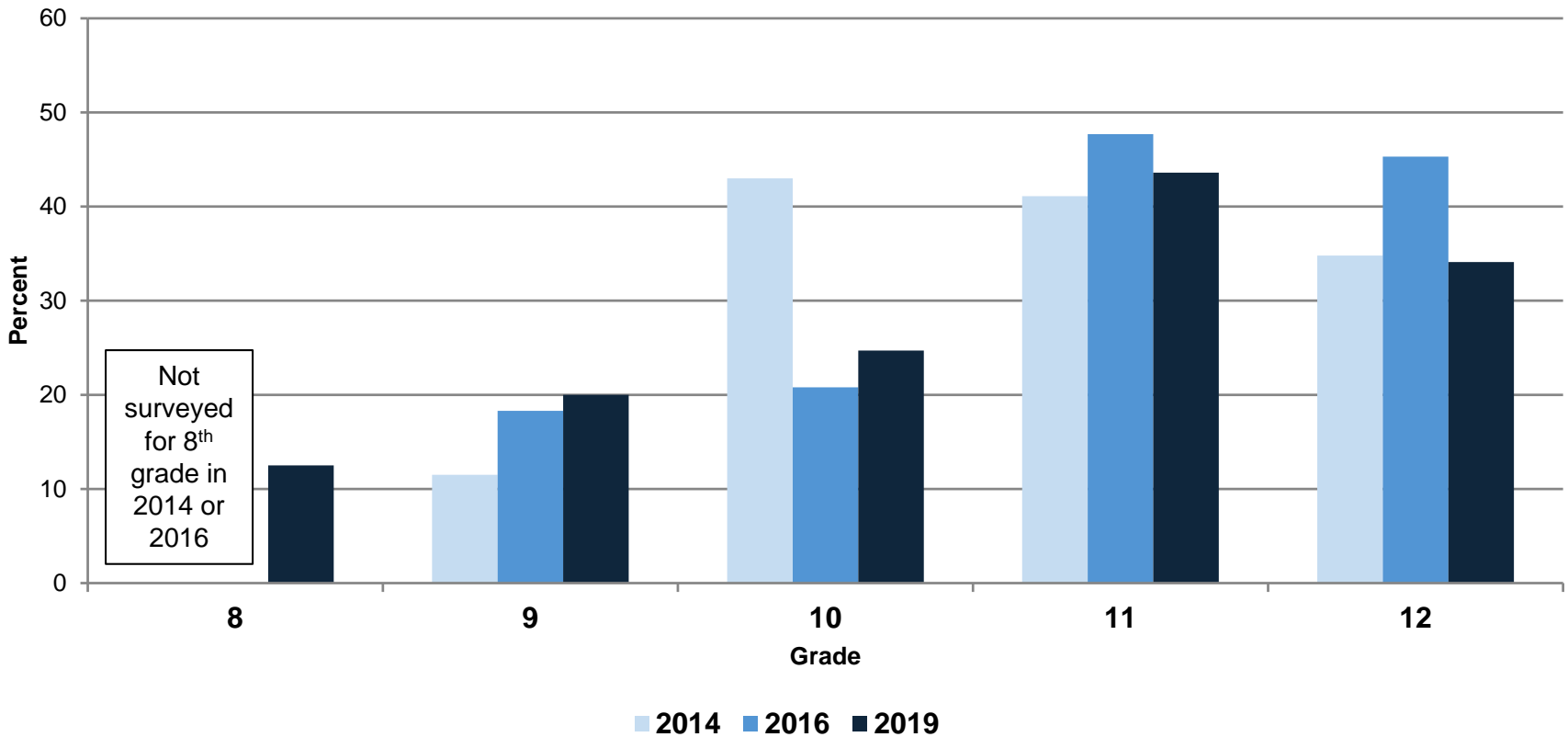
Alcohol Use

Monomoy YRBS Comparison 2014, 2016 & 2019 Grades 9-12



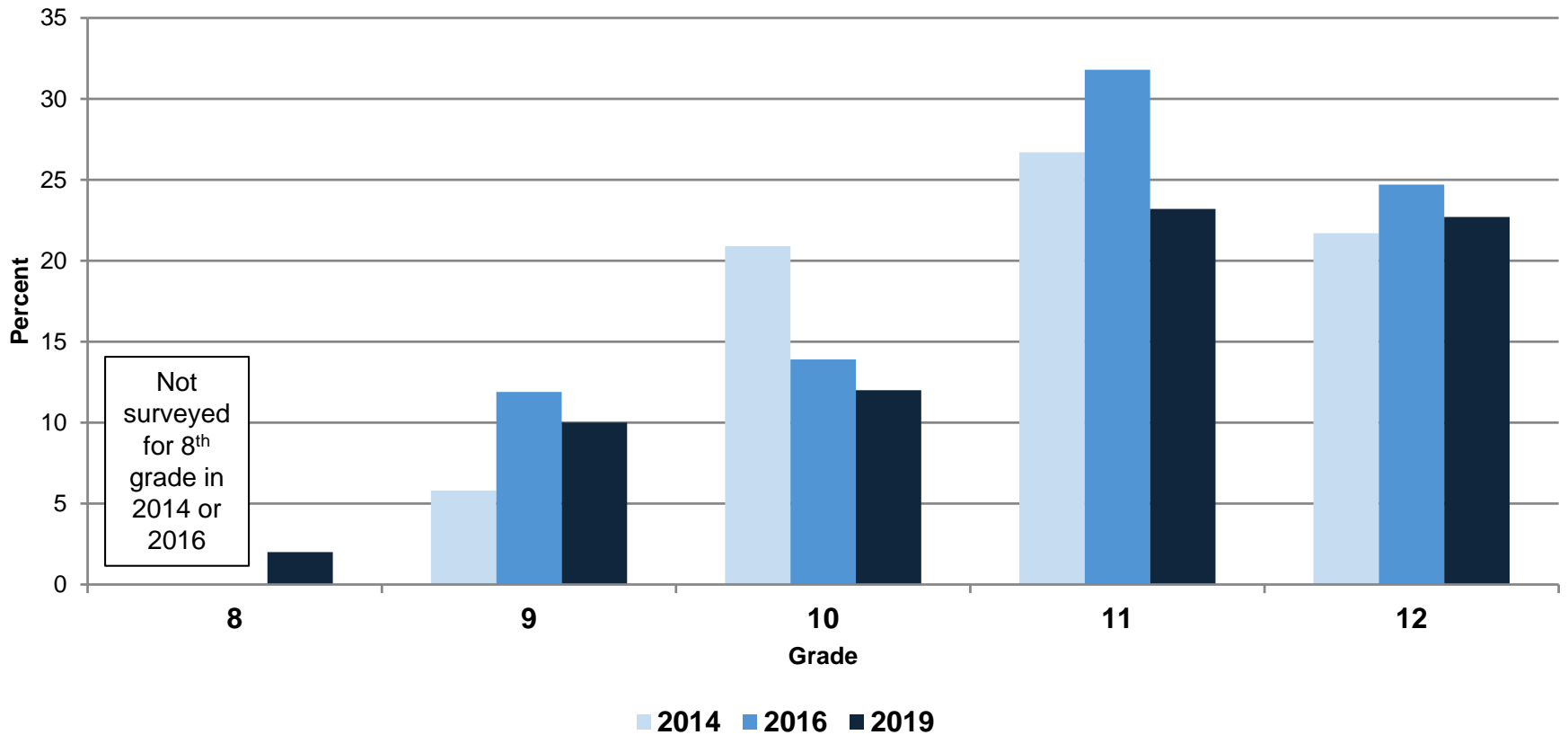
Alcohol Use in Past 30 Days

Monomoy YRBS Comparison 2014, 2016 & 2019



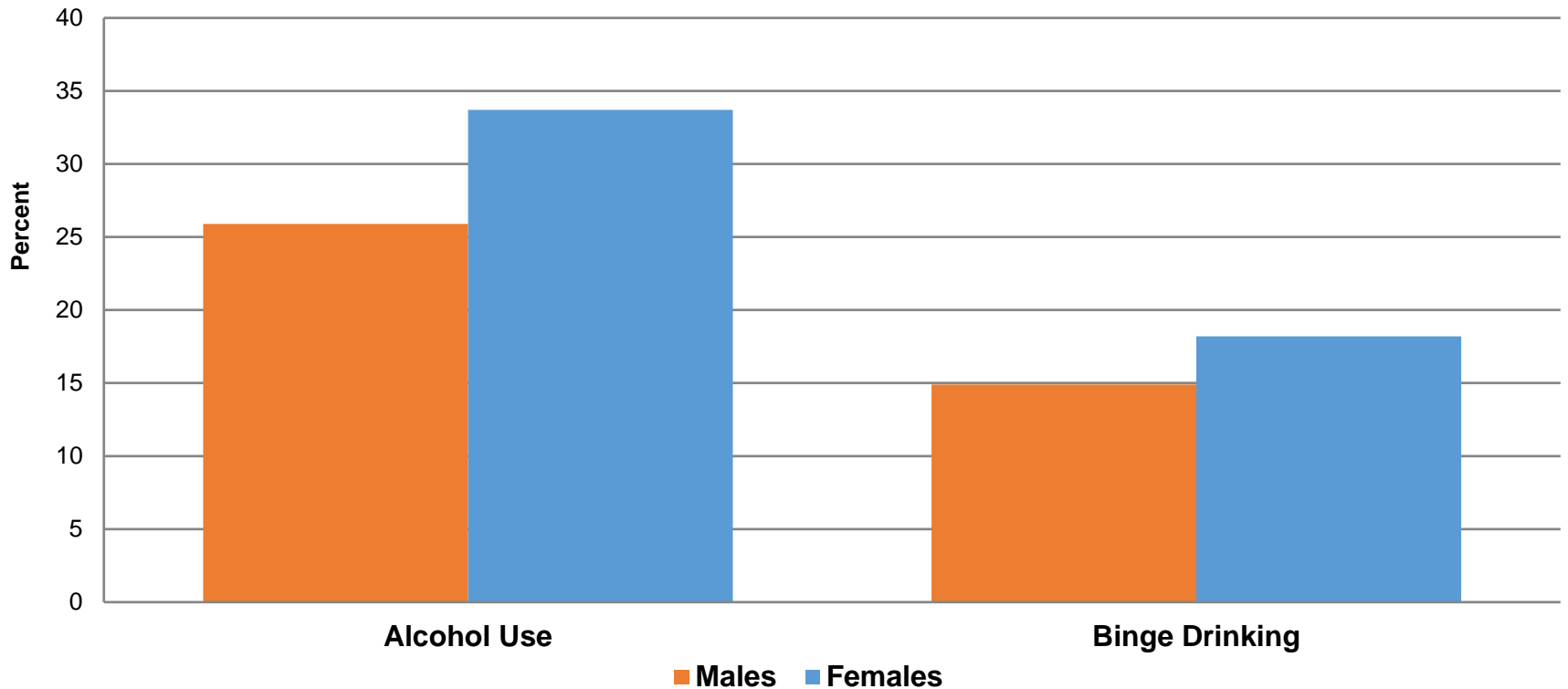
Binge Drinking in Past 30 Days

Monomoy YRBS Comparison 2014, 2016 & 2019



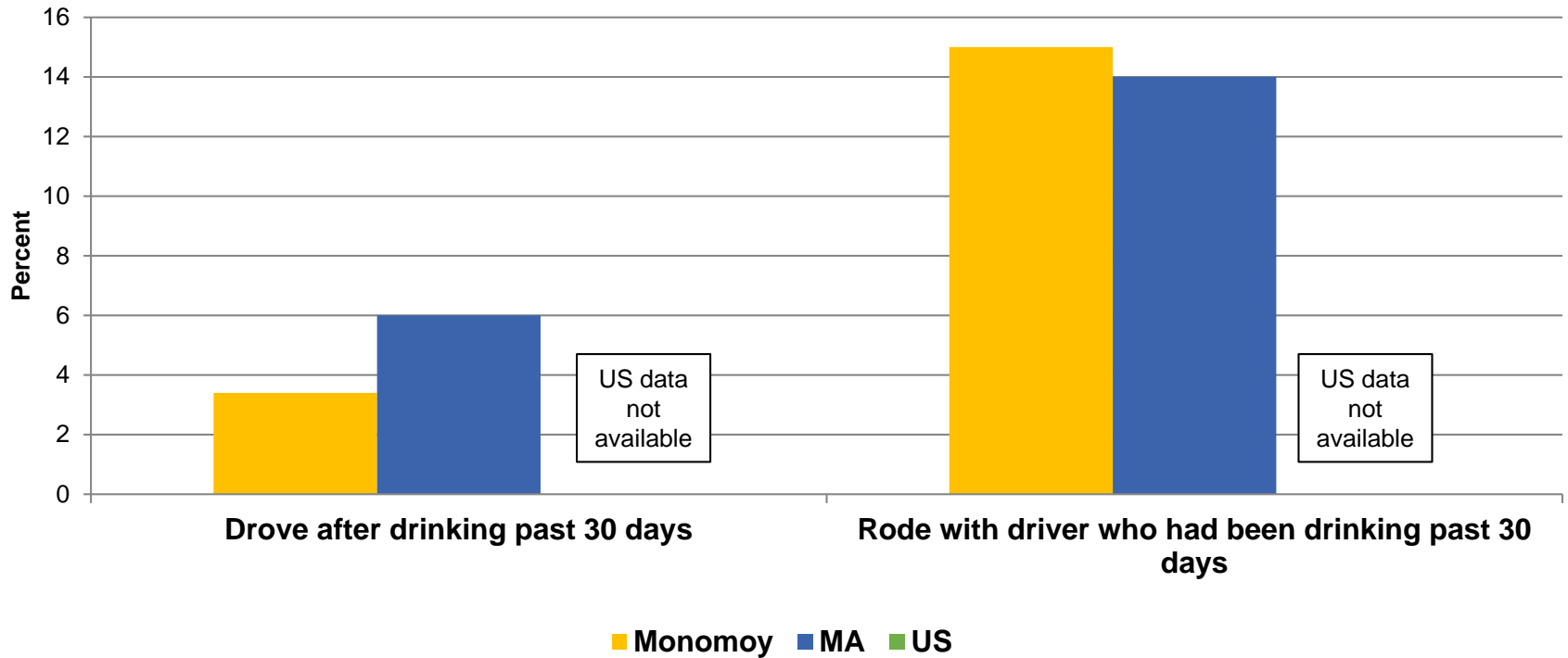
Alcohol Use & Binge Drinking in Past 30 Days by Gender

Monomoy YRBS 2019 Grades 9-12



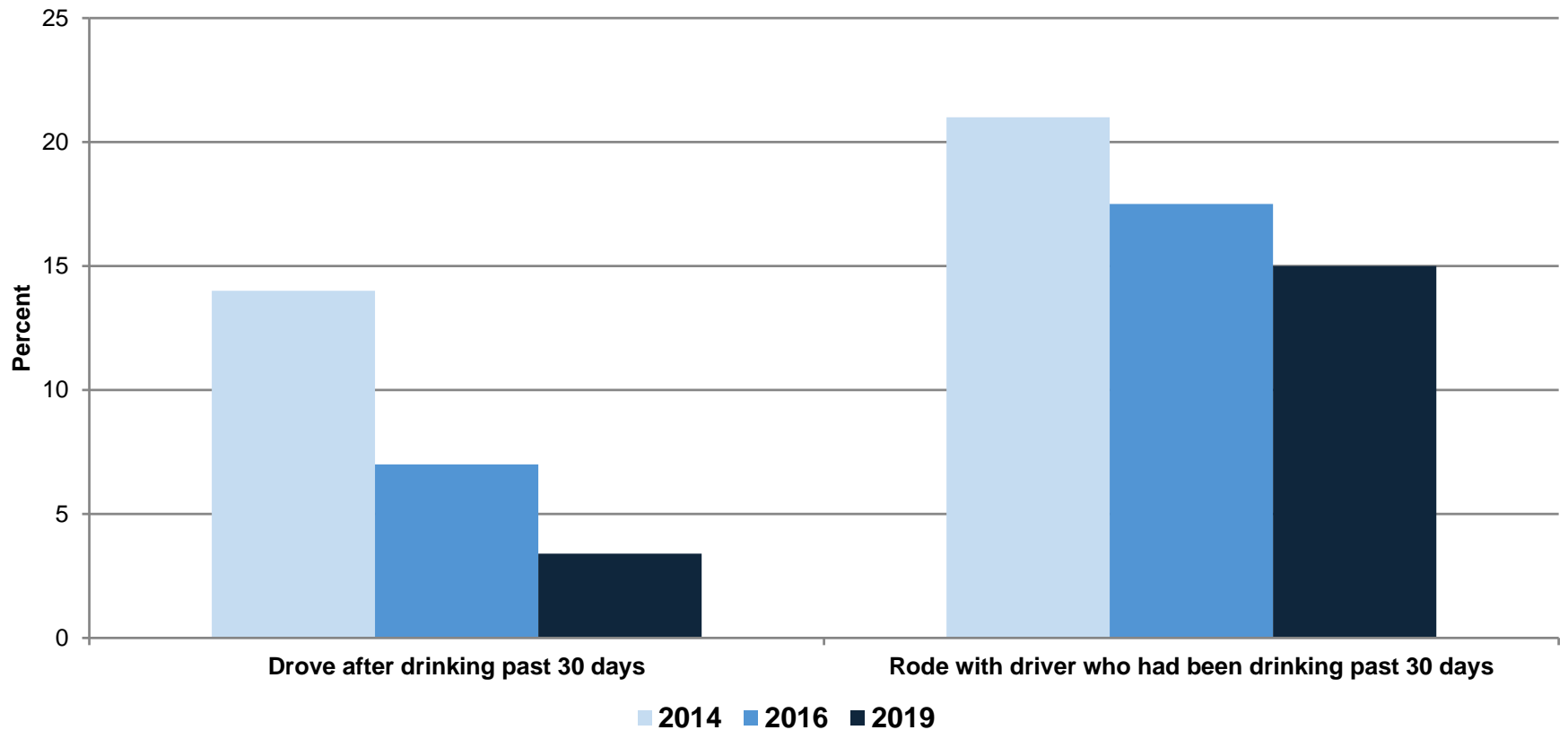
Drinking and Driving Comparison

YRBS 2019 Grades 9-12



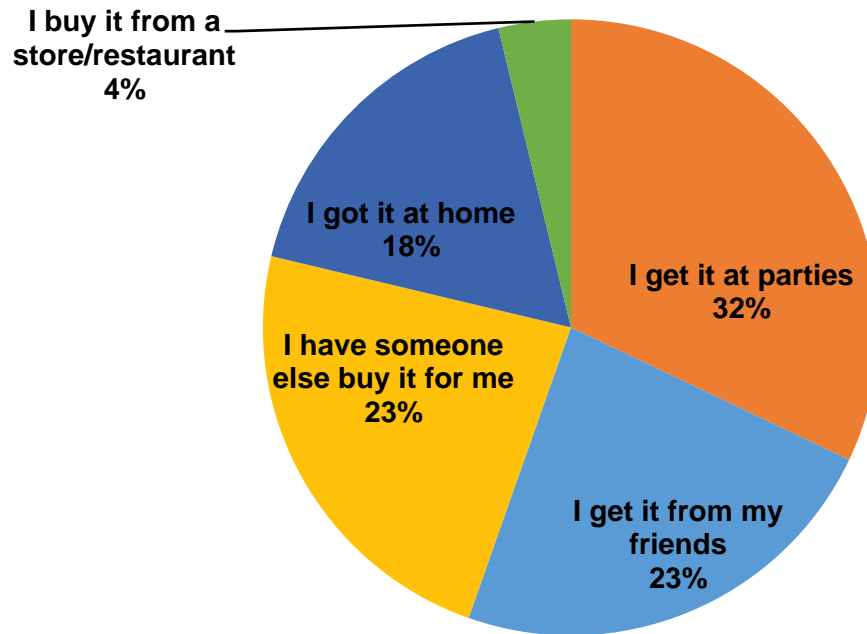
Drinking and Driving in Past 30 Days Trends

Monomoy YRBS 2019 Grades 9-12



Where did student drinkers usually get their alcohol?

Monomoy YRBS 2019 Grades 9-12

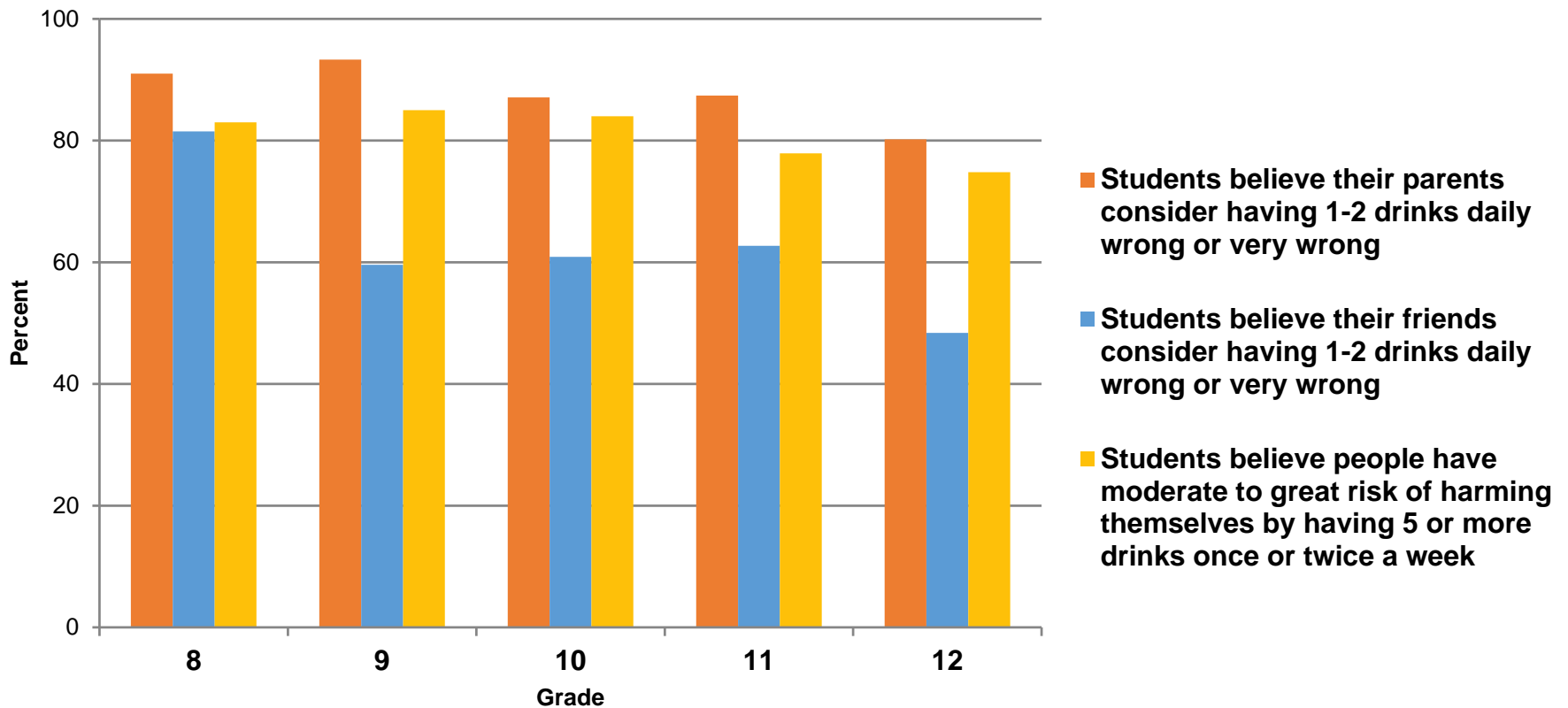


The vast majority of alcohol student drinkers use comes from their home or other student's homes.

Students' Beliefs Matter

Protective Factors Against Drinking Alcohol

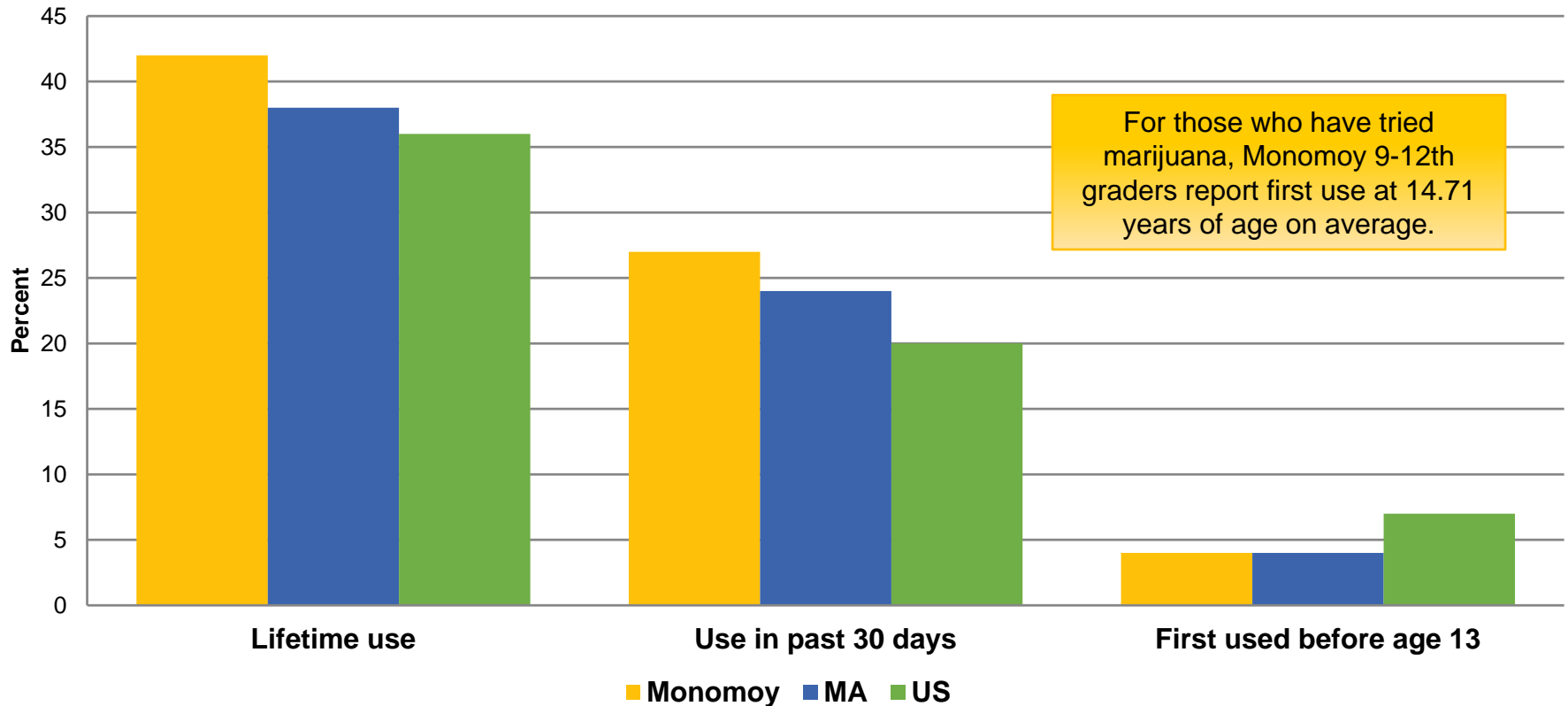
Monomoy YRBS 2109



Marijuana

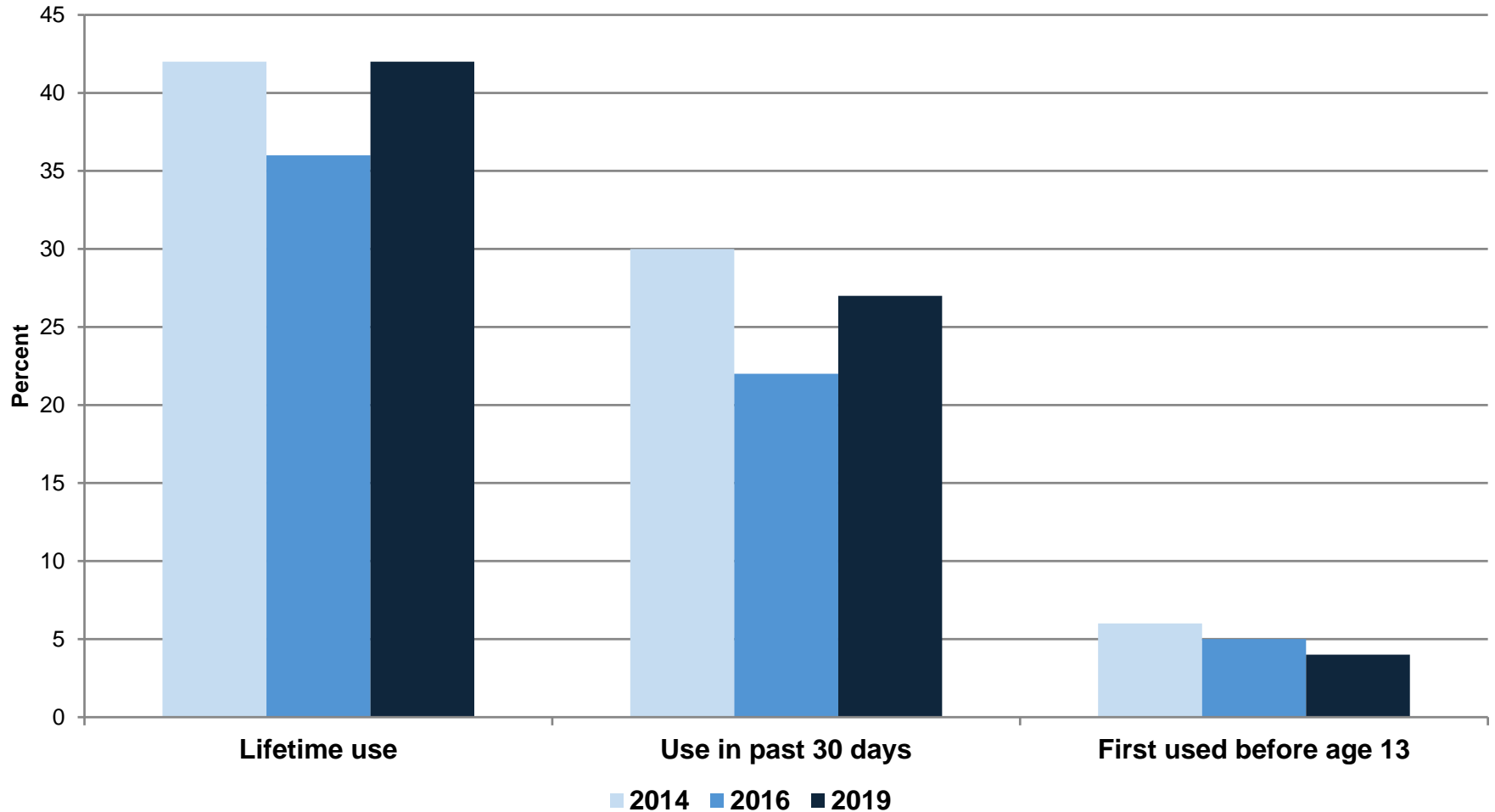
Marijuana Use Comparison

YRBS 2019 Grades 9-12



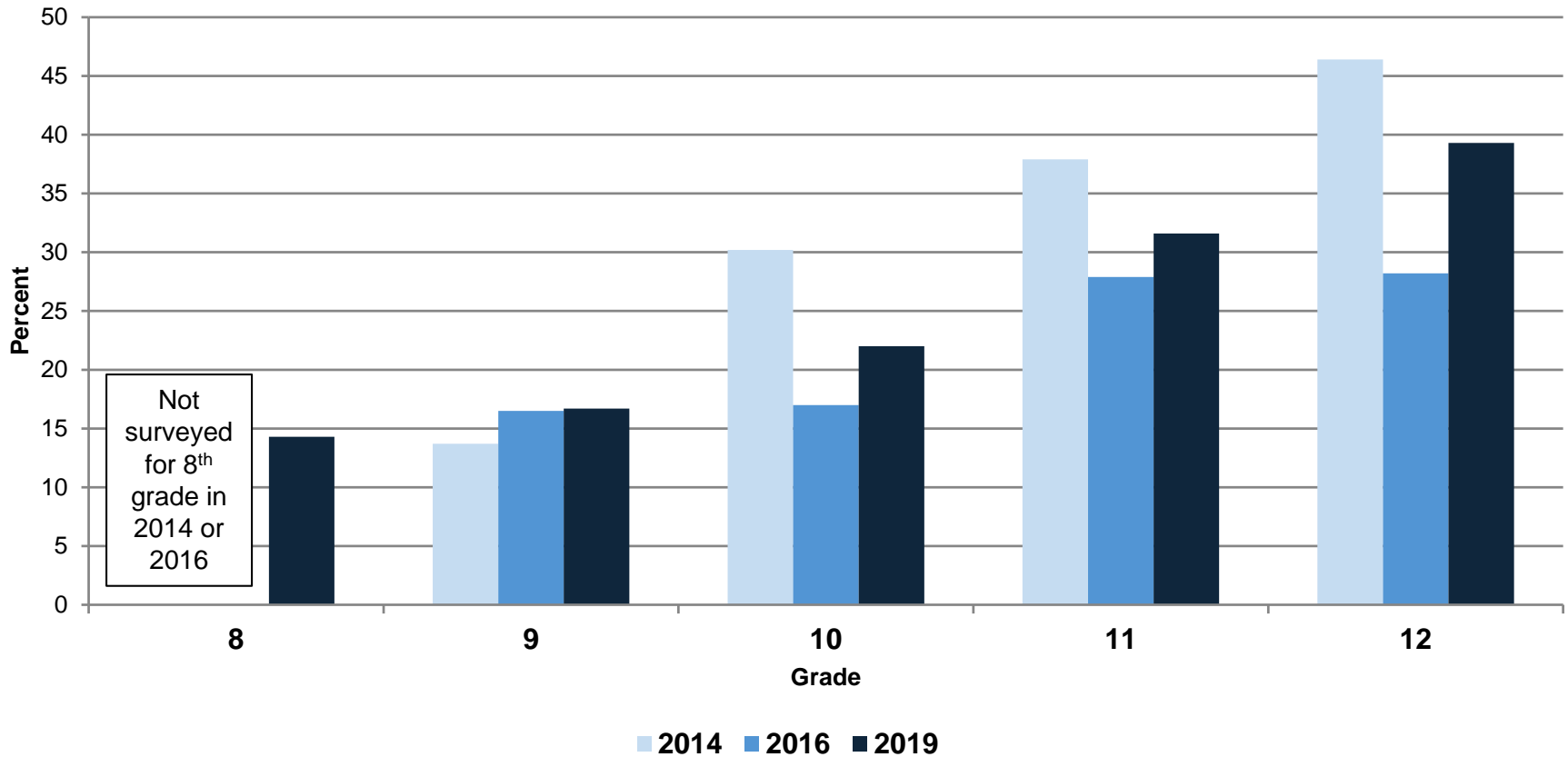
Marijuana Use

Monomoy YRBS Comparison 2014, 2016, & 2019 Grades 9-12



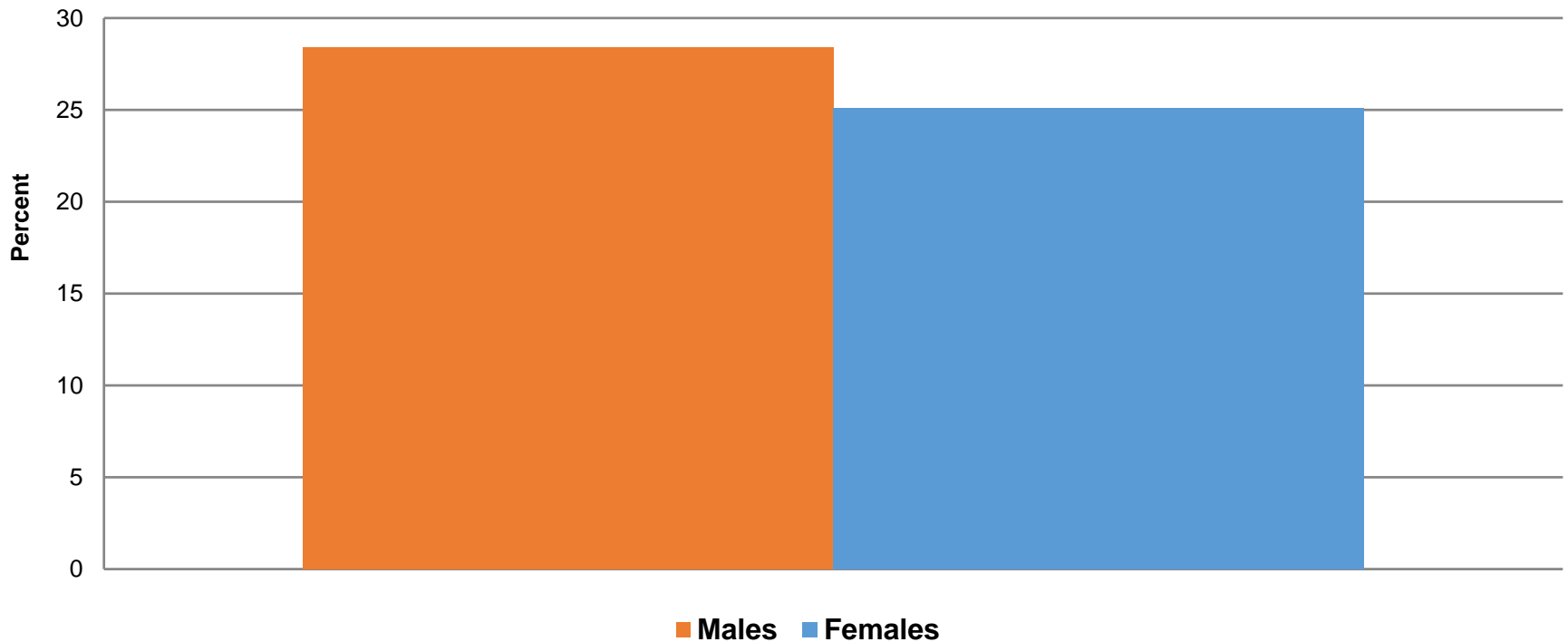
Marijuana Use in Past 30 Days by Grade

Monomoy YRBS Comparison 2014 vs. 2016



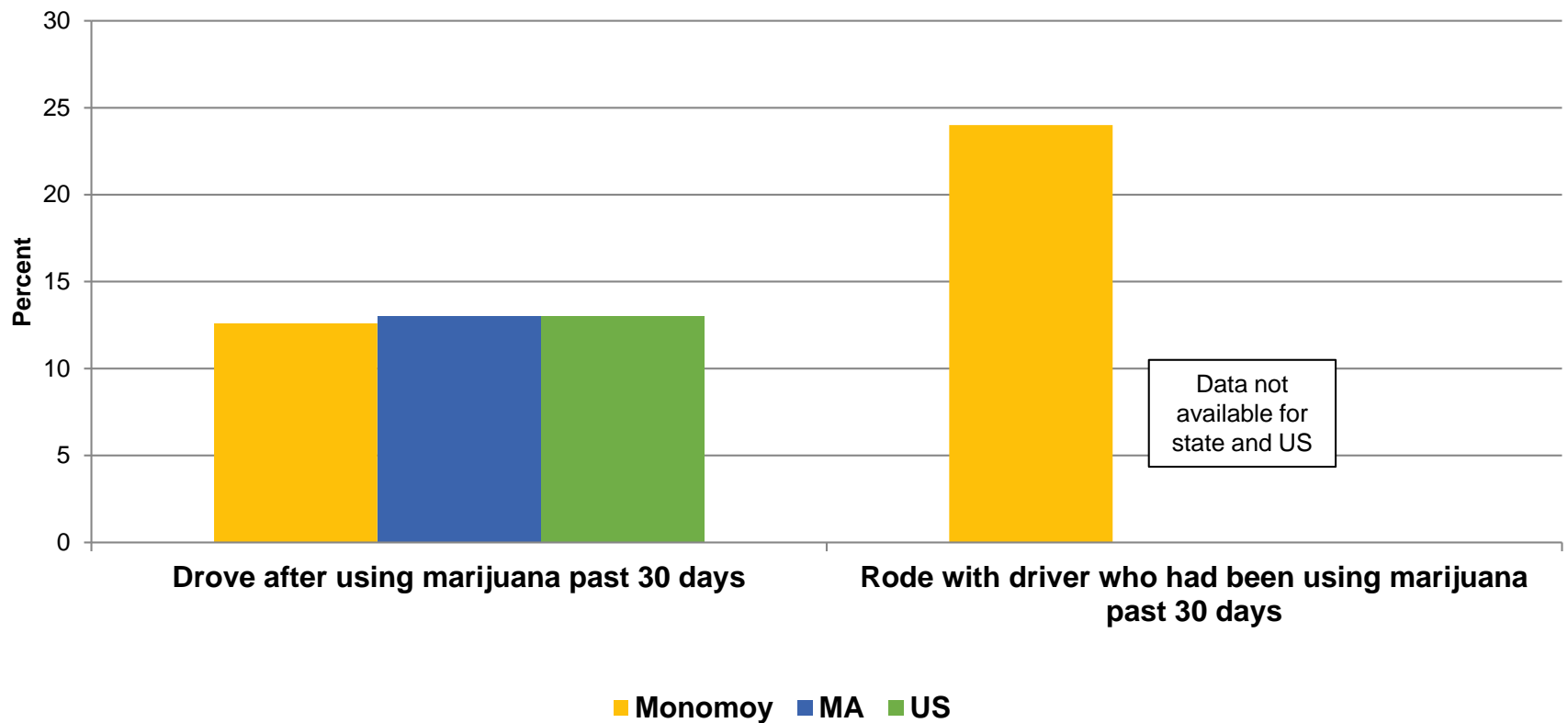
Marijuana Use in Past 30 Days by Gender

Monomoy YRBS 2019 Grades 9-12



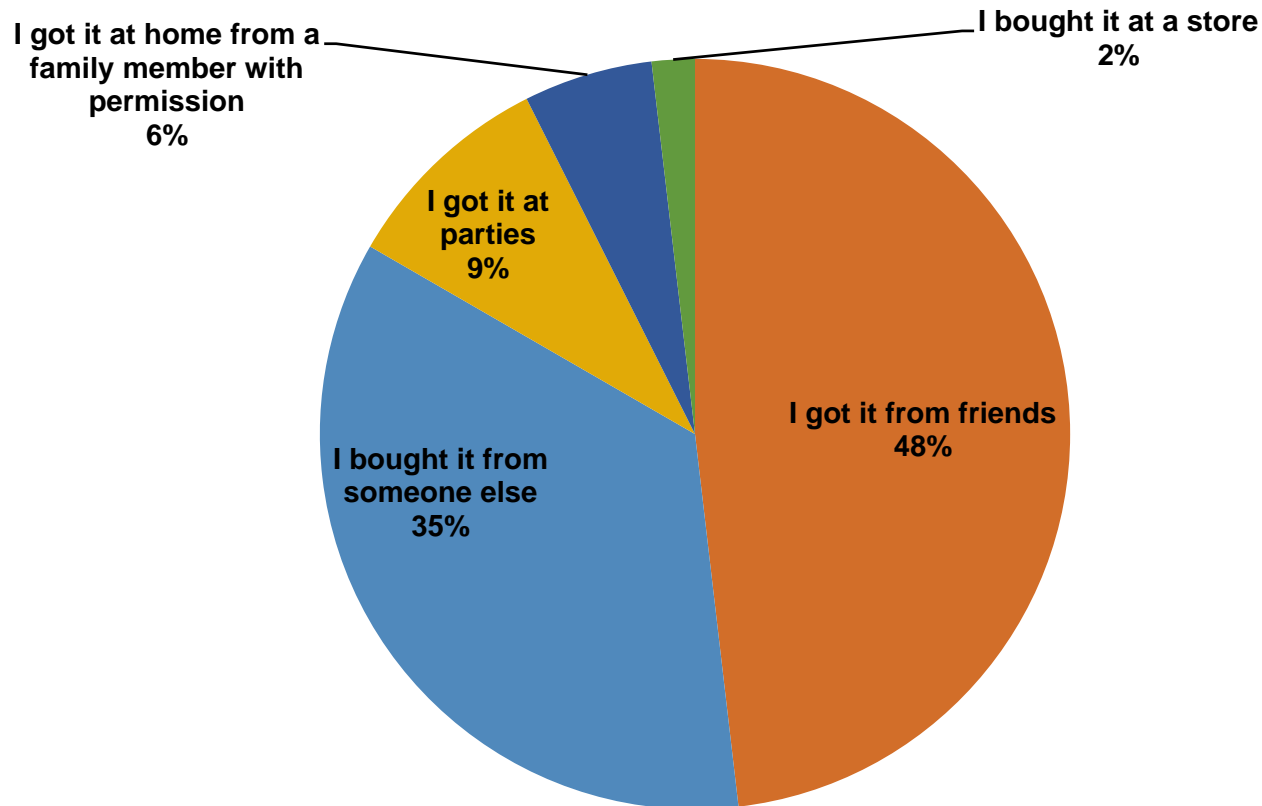
Marijuana Use and Driving

YRBS 2019 Grades 9-12



How did students get their marijuana?

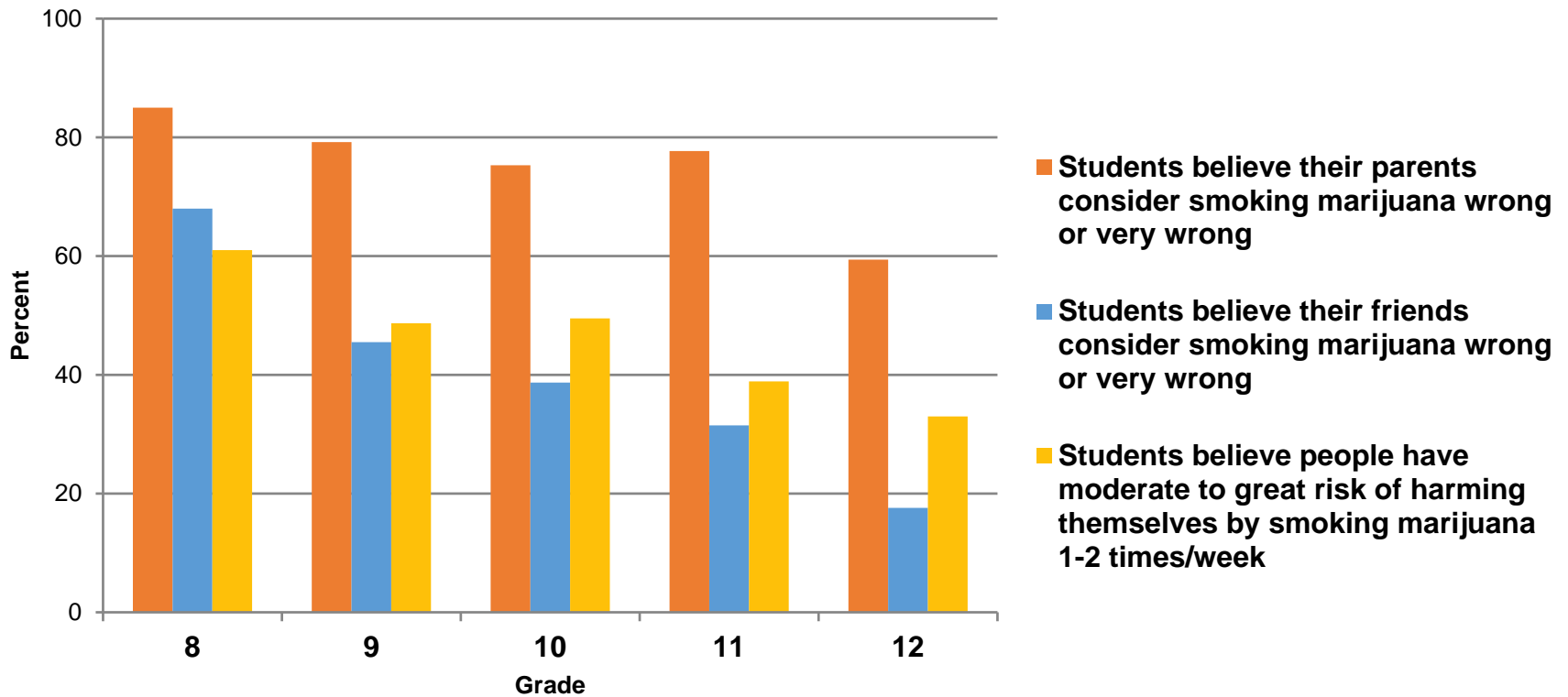
Monomoy YRBS 2019 Grades 9-12



Students' Beliefs Matter

Protective Factors Against Smoking Marijuana

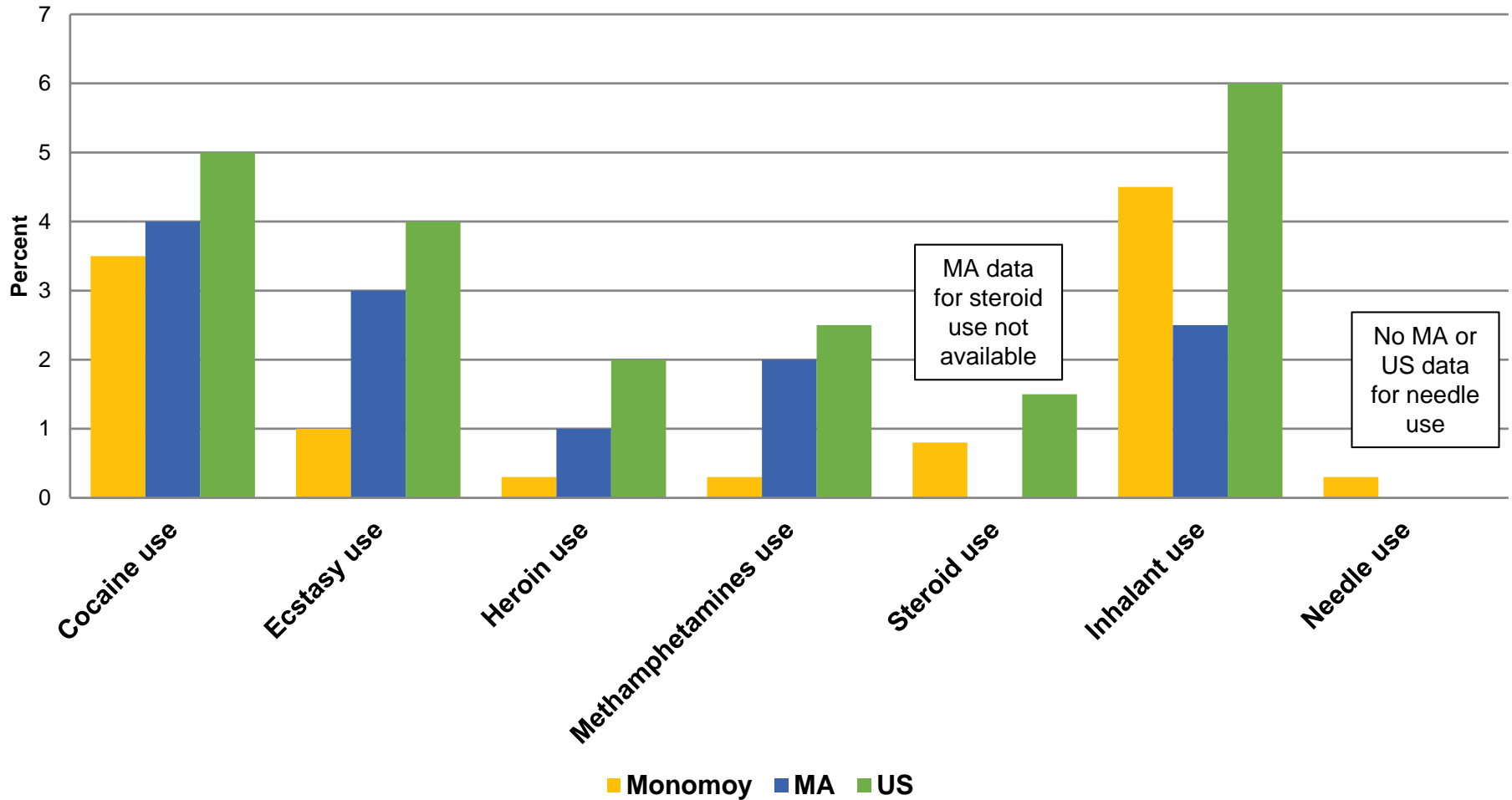
Monomoy YRBS 2019



Prescription Medication, Other Drugs, and Distribution

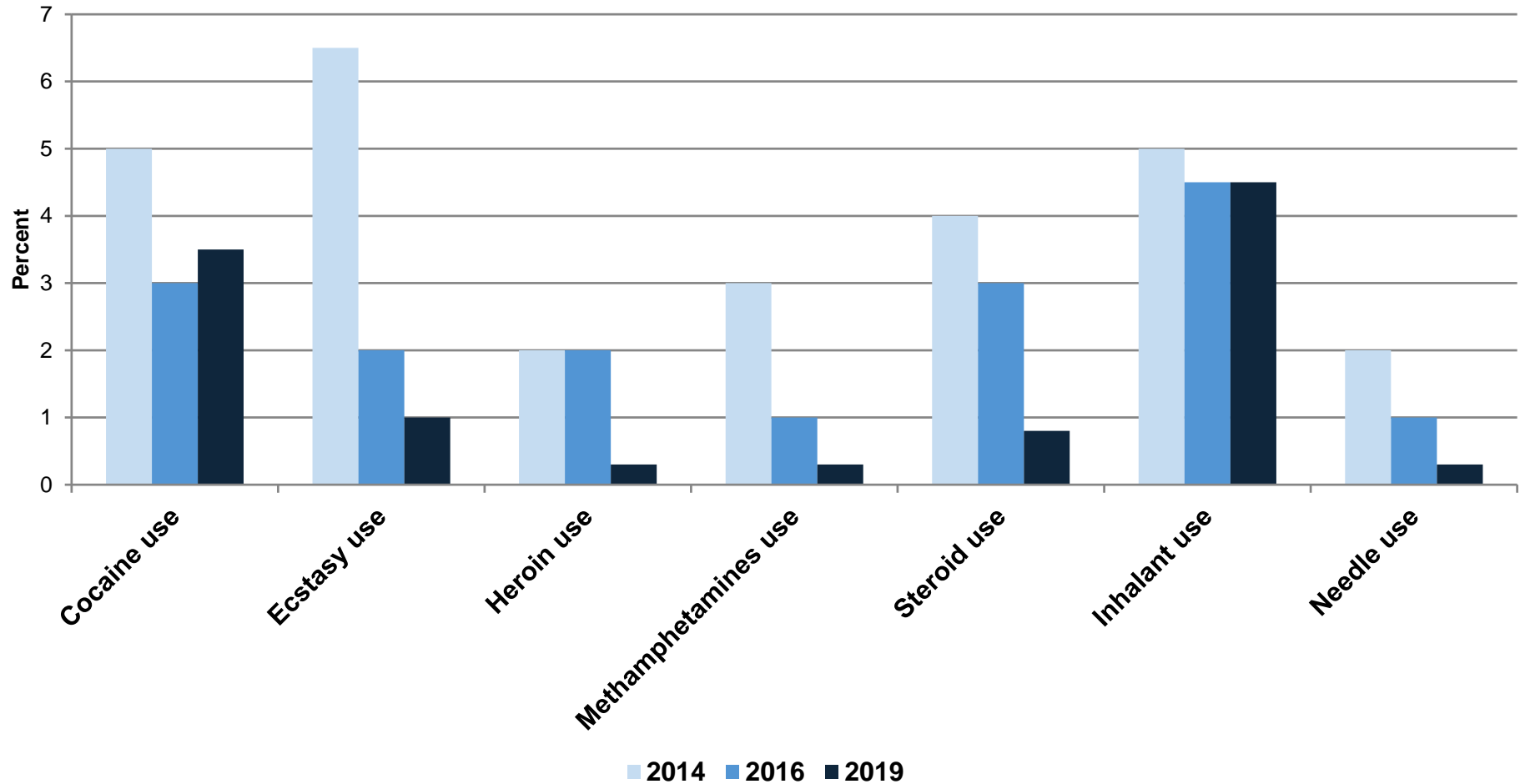
Abuse of Other Drugs and Substances in One's Lifetime

YRBS 2019



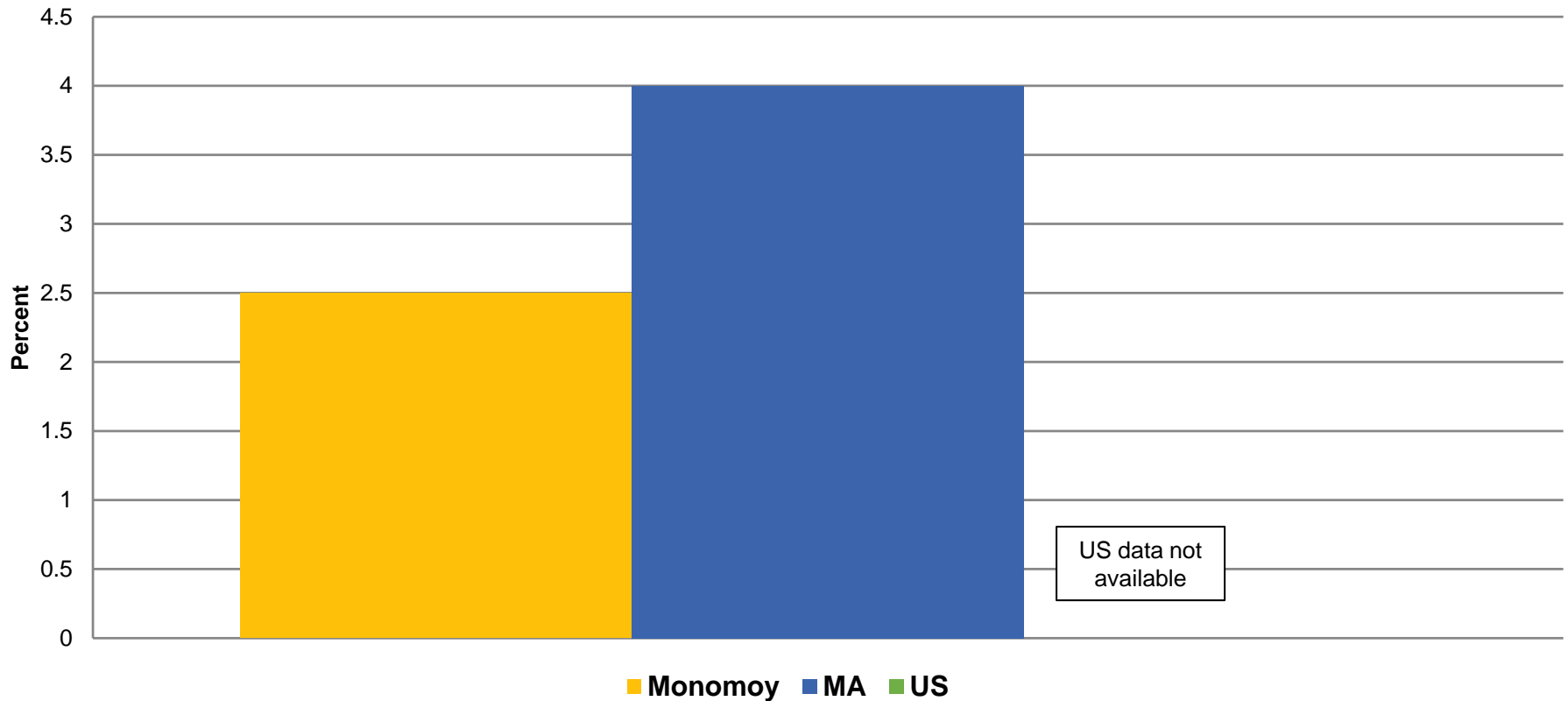
Abuse of Other Drugs and Substances in One's Lifetime

Monomoy YRBS Comparison 2014, 2016 & 2019



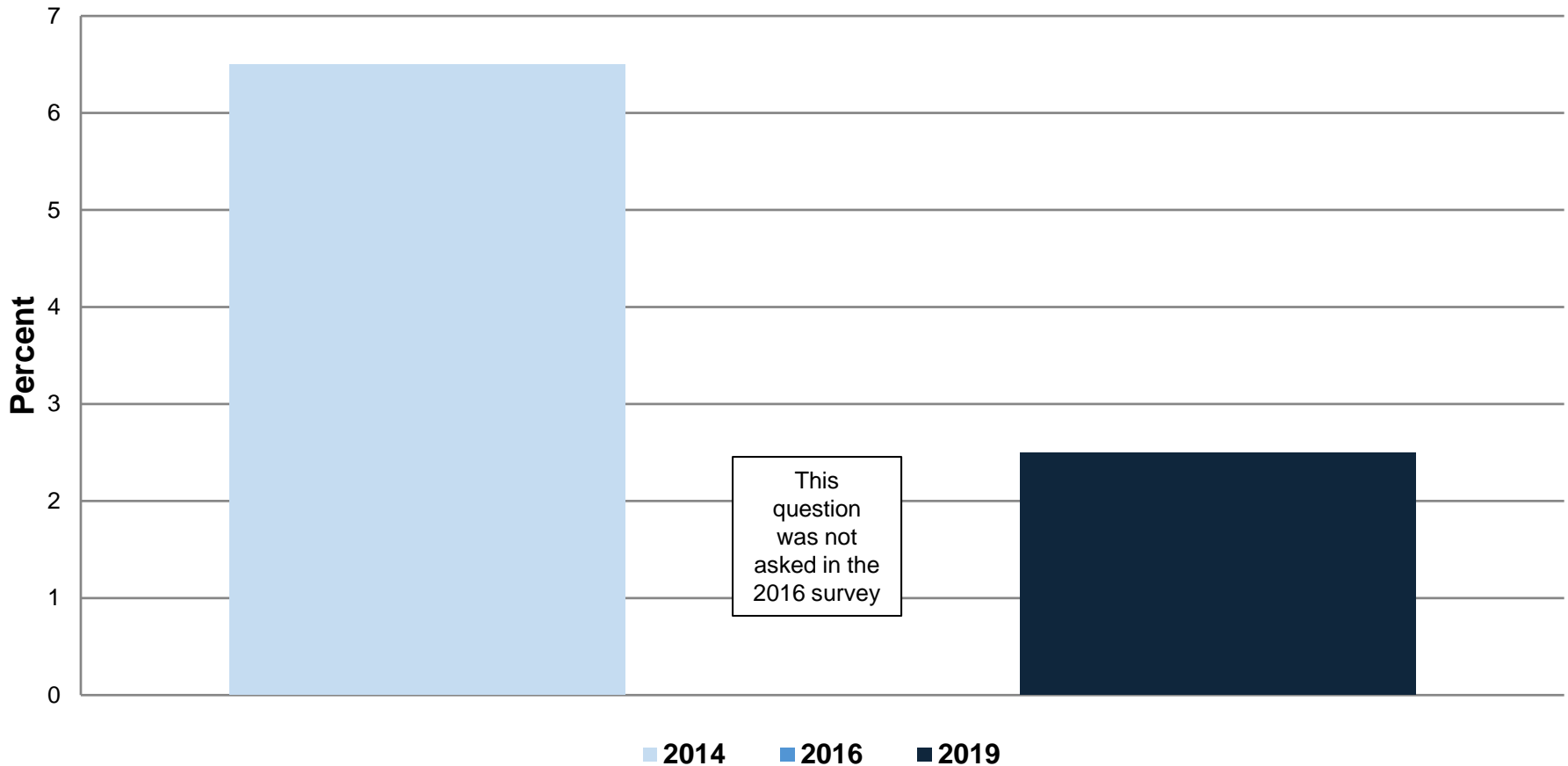
Use of Prescription Drugs Not Prescribed to Student in Past 30 Days

YRBS 2019



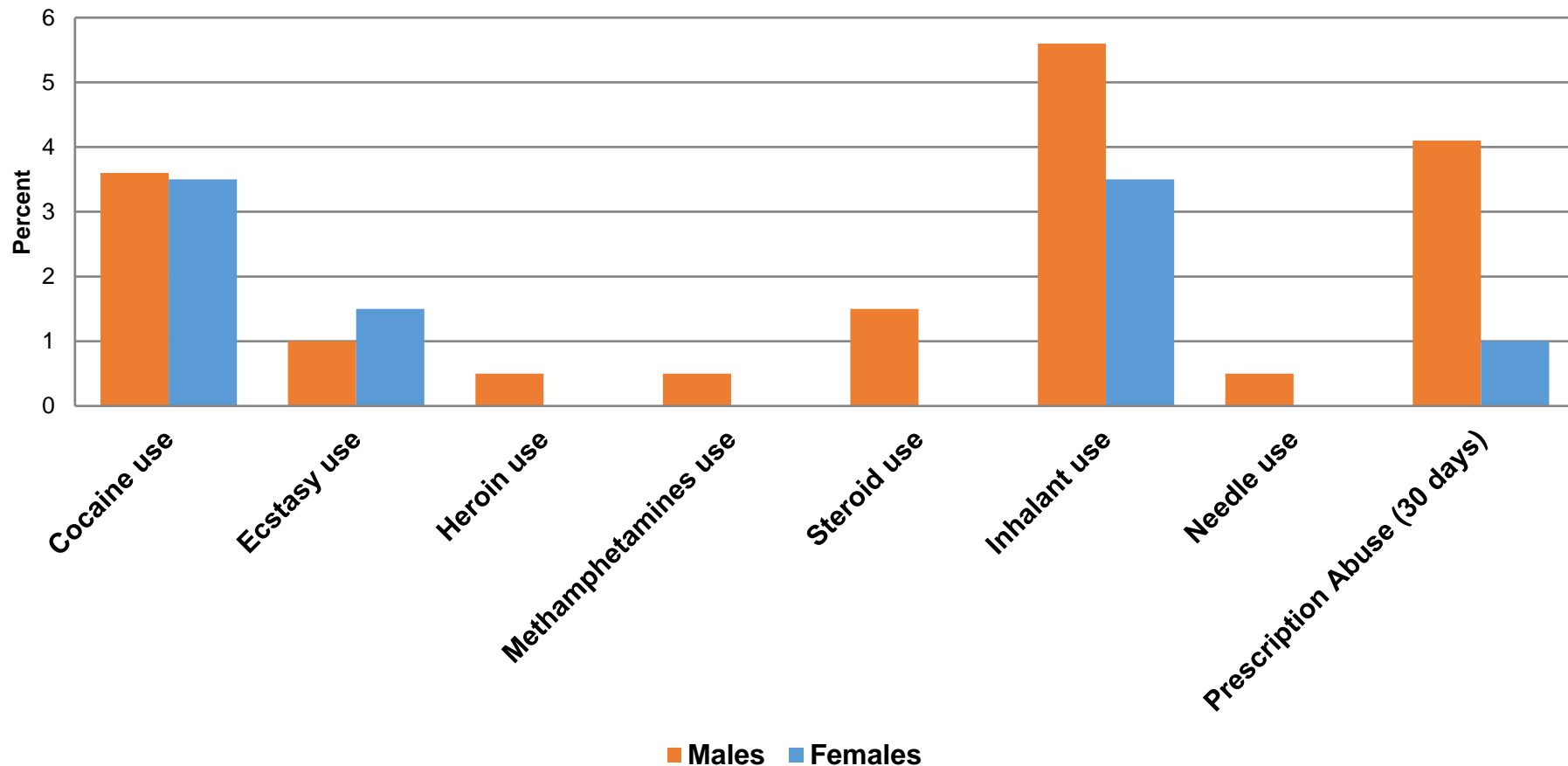
Use of Prescription Drugs Not Prescribed to Student in Past 30 Days

Monomoy YRBS Comparison 2014 to 2019



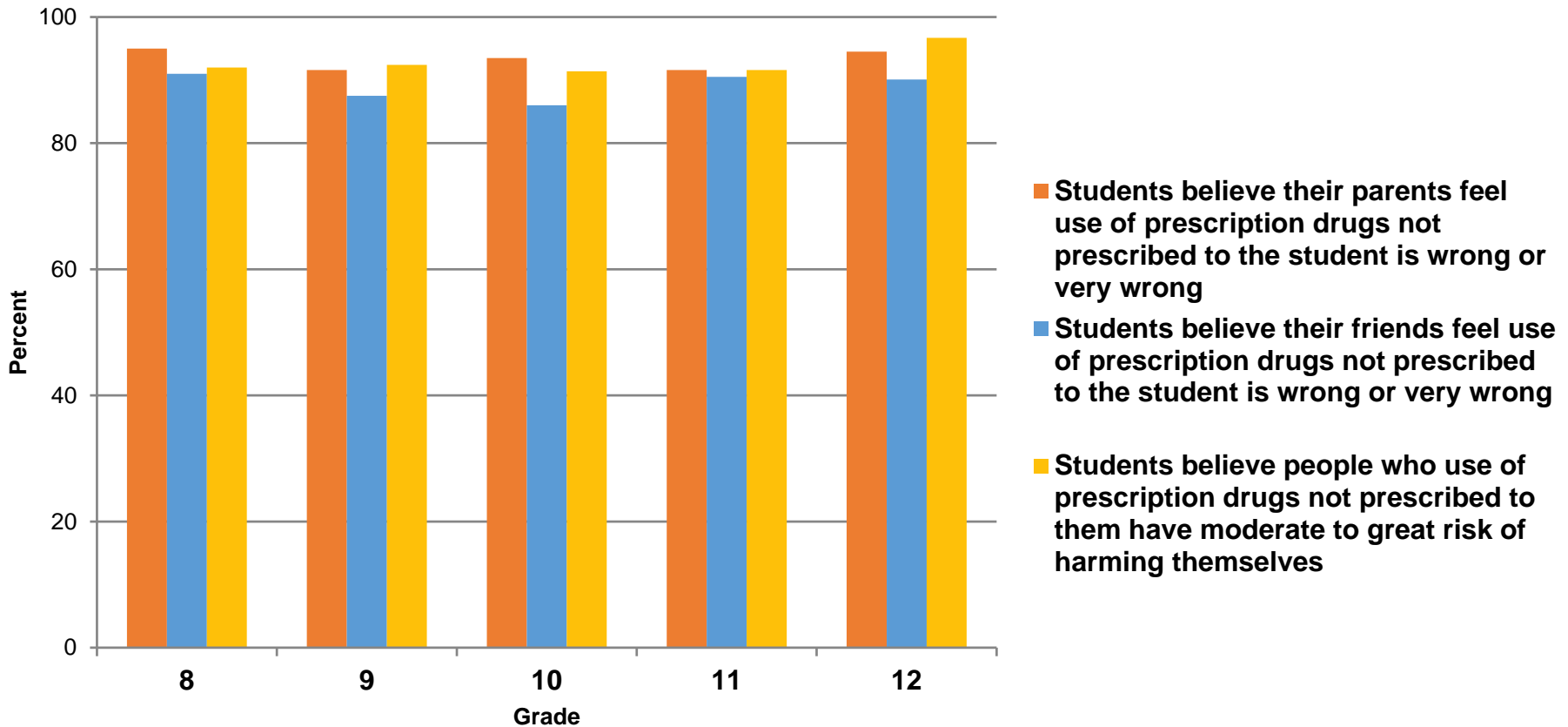
Abuse of Other Drugs and Substances in One's Lifetime by Gender

Monomoy YRBS 2019 Grades 9-12



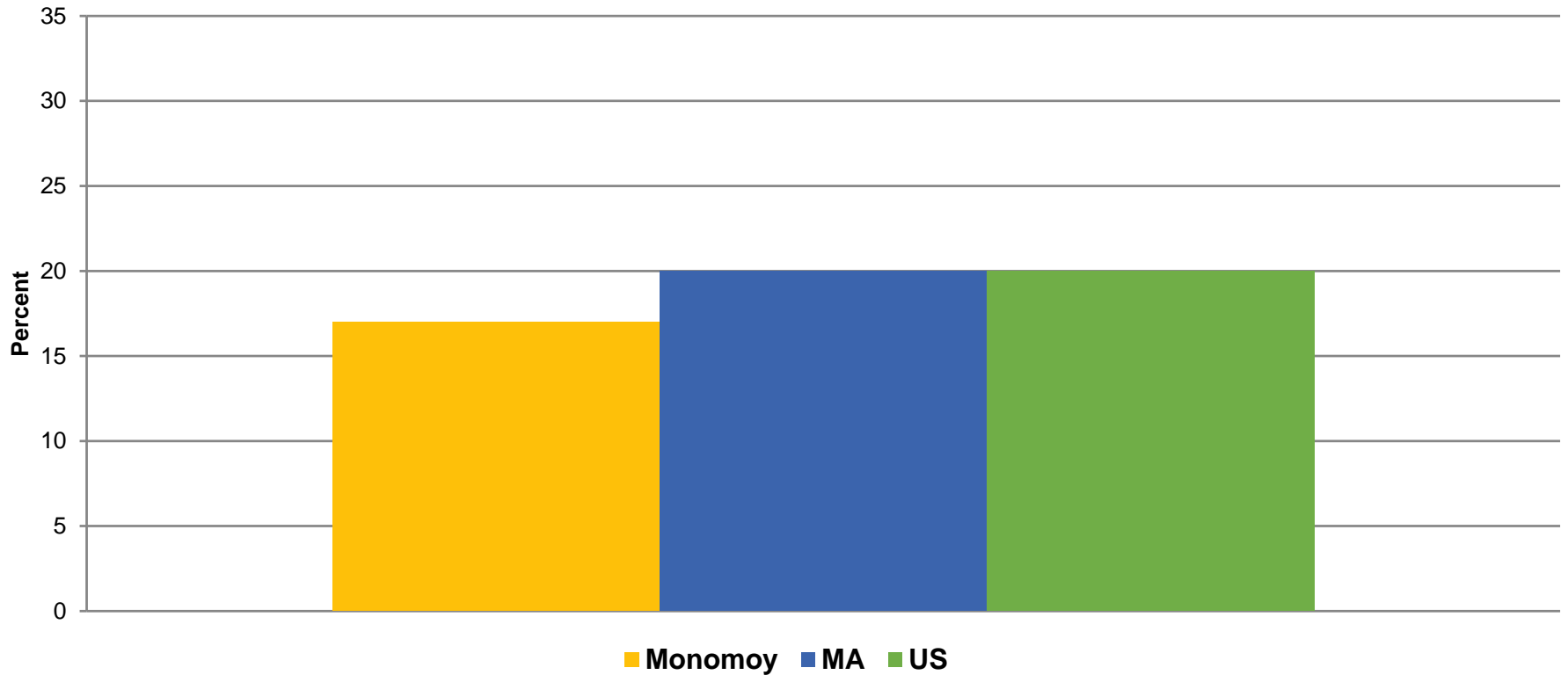
Students' Beliefs Matter

Protective Factors Against Inappropriate Prescription Use



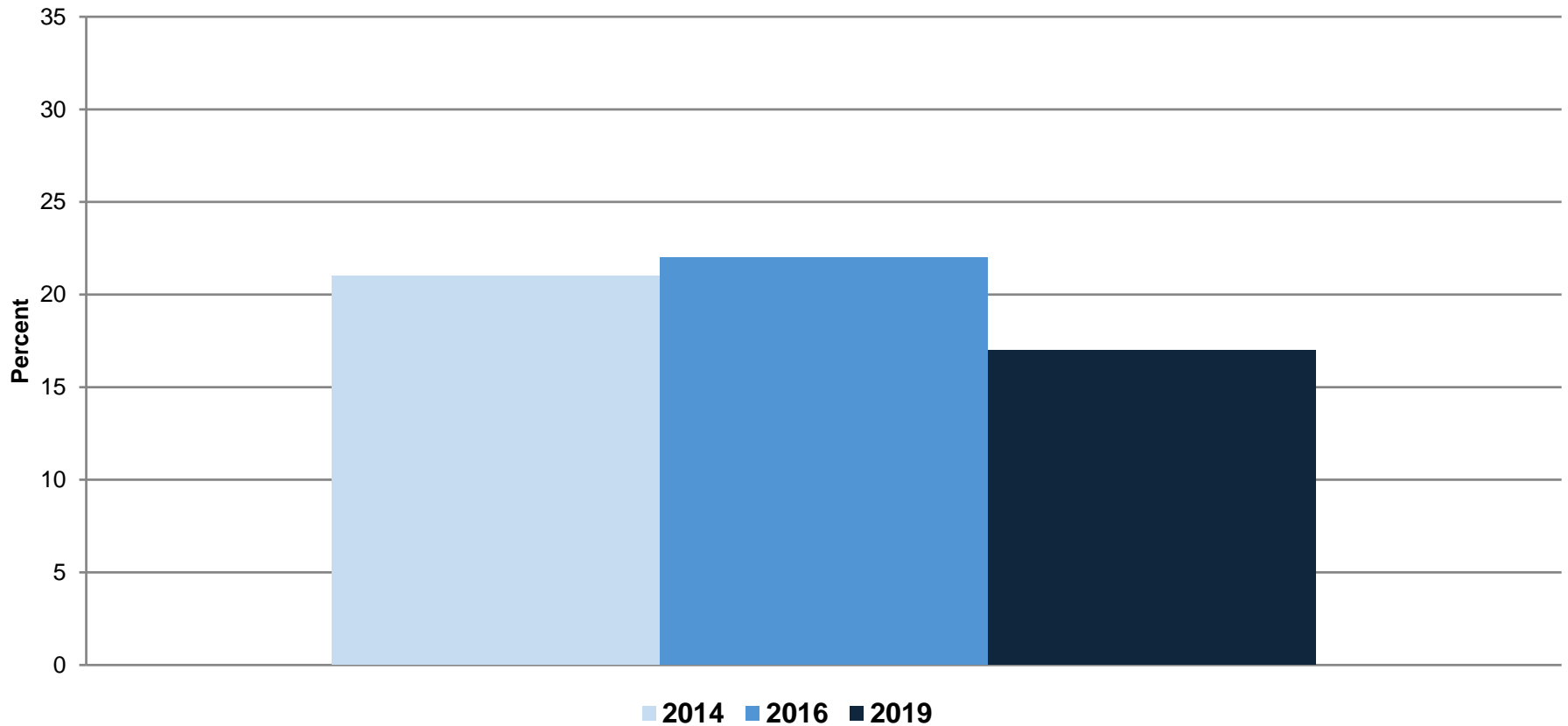
Percentage of Students Offered, Sold, or Given Illegal Drugs on School Property in Past Year

YRBS 2019 Grades 9-12



Percentage of Students Offered, Sold, or Given Illegal Drugs on School Property in Past Year

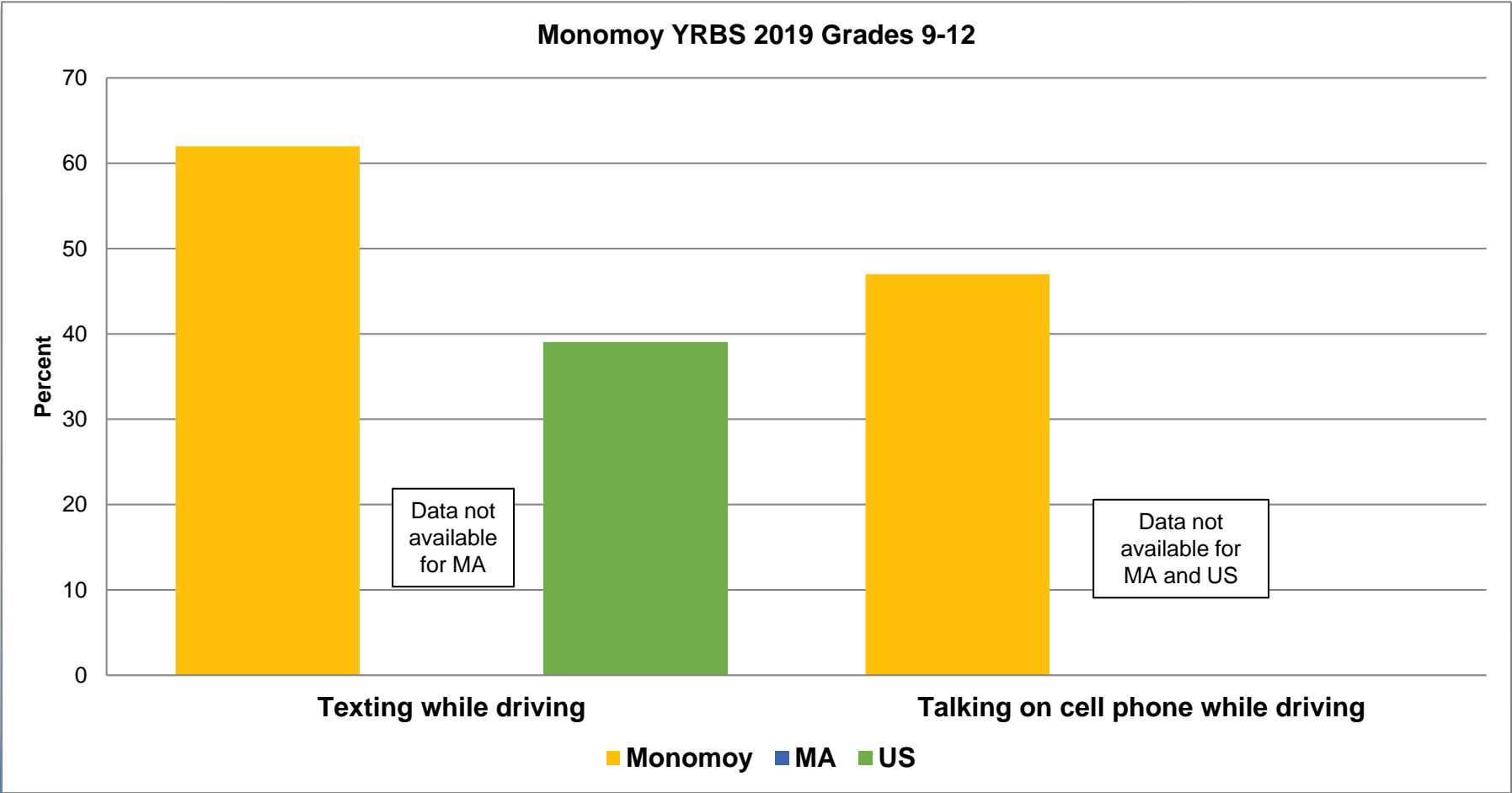
Monomoy YRBS Comparison 2014, 2016, & 2019 Grades 9-12



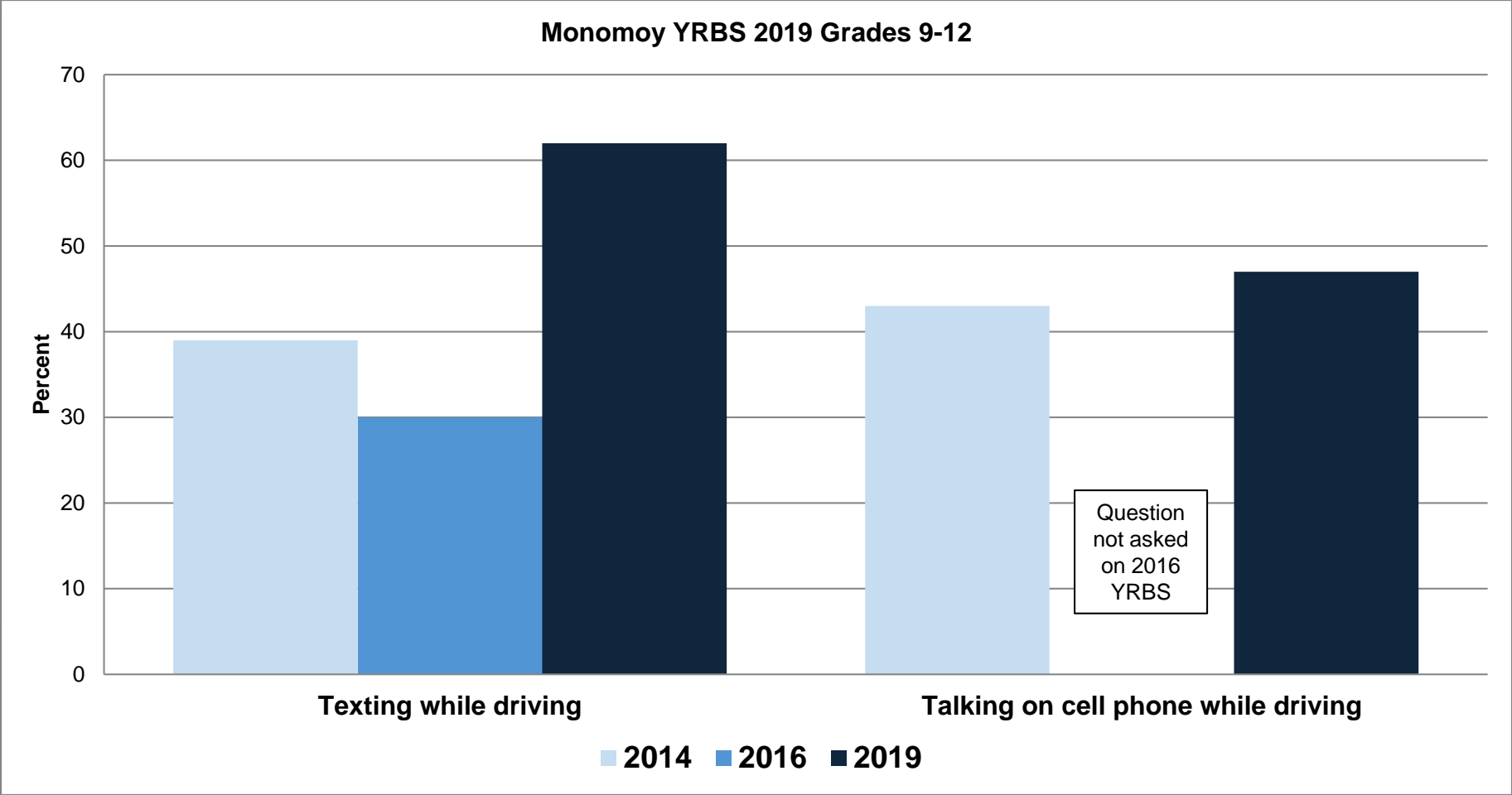
Distracted Driving

Distracted Driving in Past 30 Days

Monomoy YRBS 2019 Grades 9-12



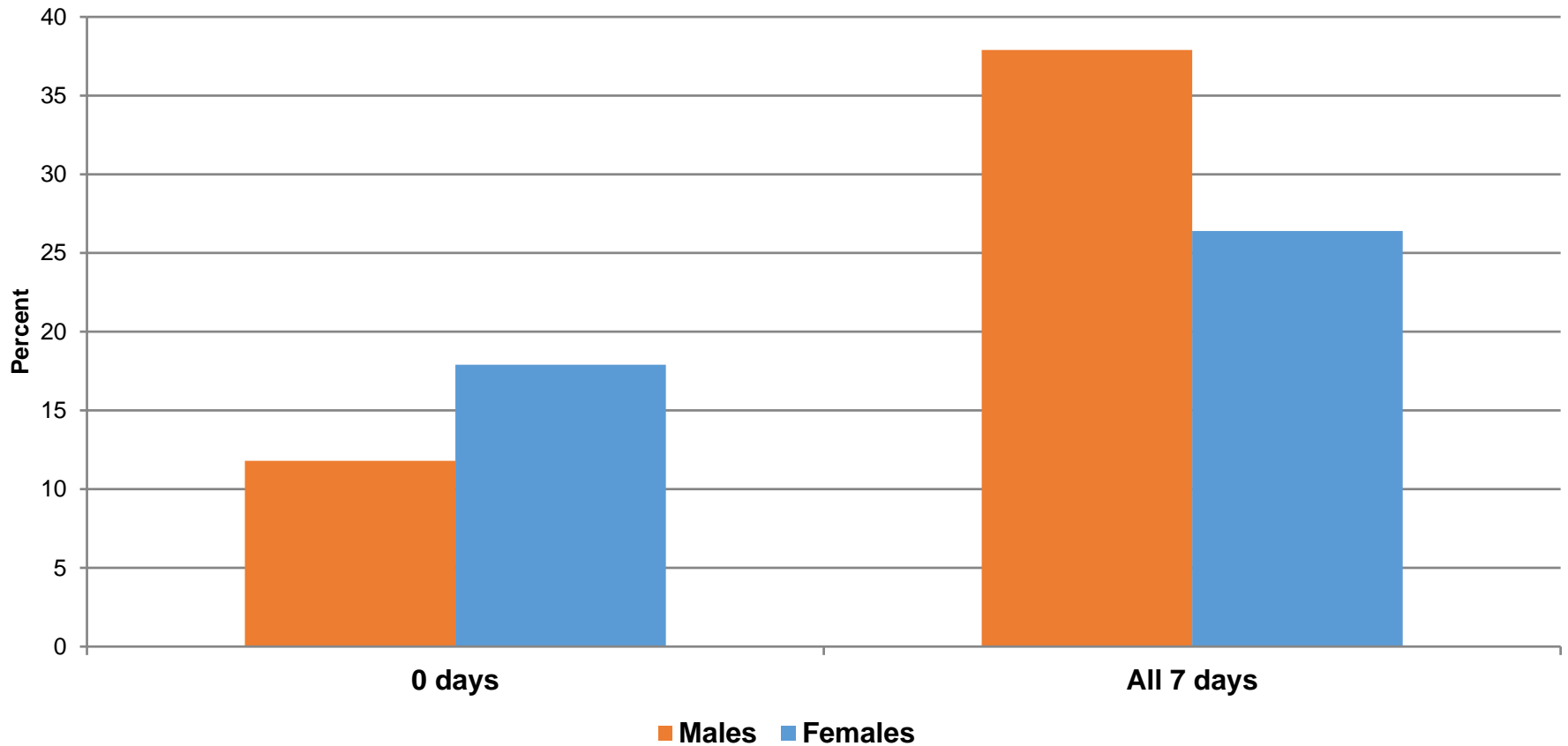
Distracted Driving in Past 30 Days



Nutrition, Body Image, and Physical Activity

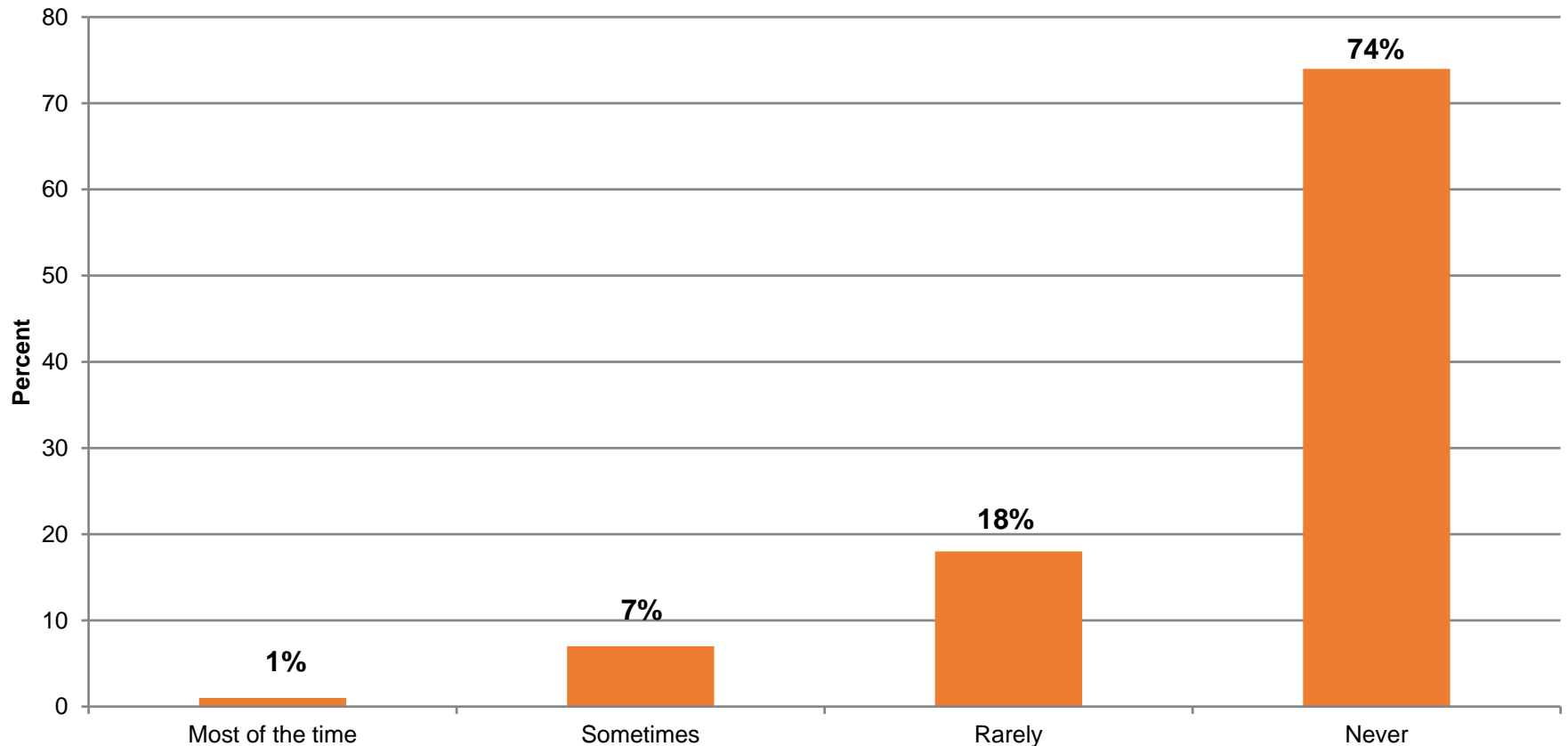
Frequency of Eating Breakfast in the Past Week by Gender

Monomoy YRBS 2019 Grades 9-12



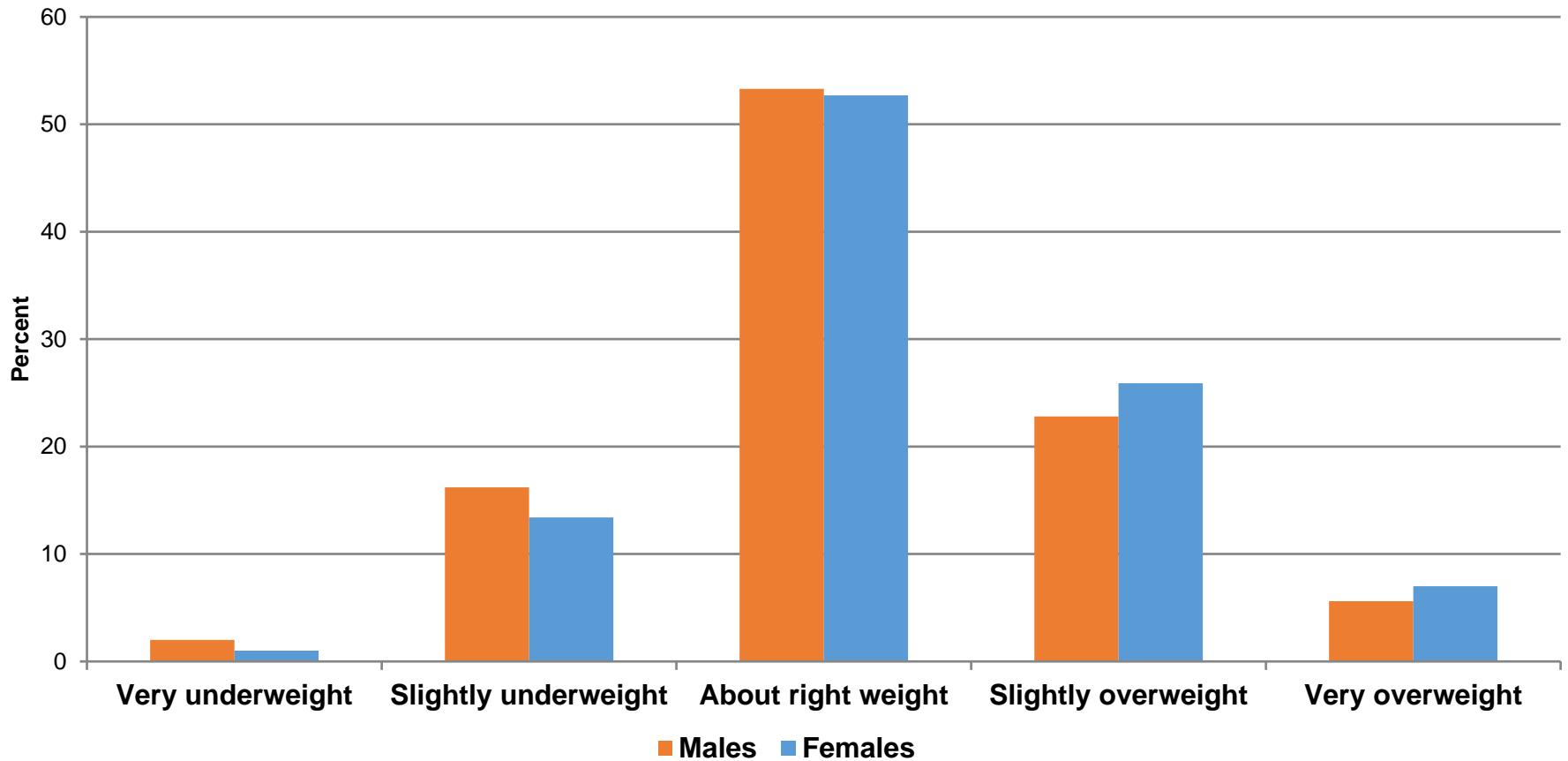
How Often Students Went to Bed Hungry Due to Lack of Food in Past 30 Days

Monomoy YRBS 2019 Grades 9-12



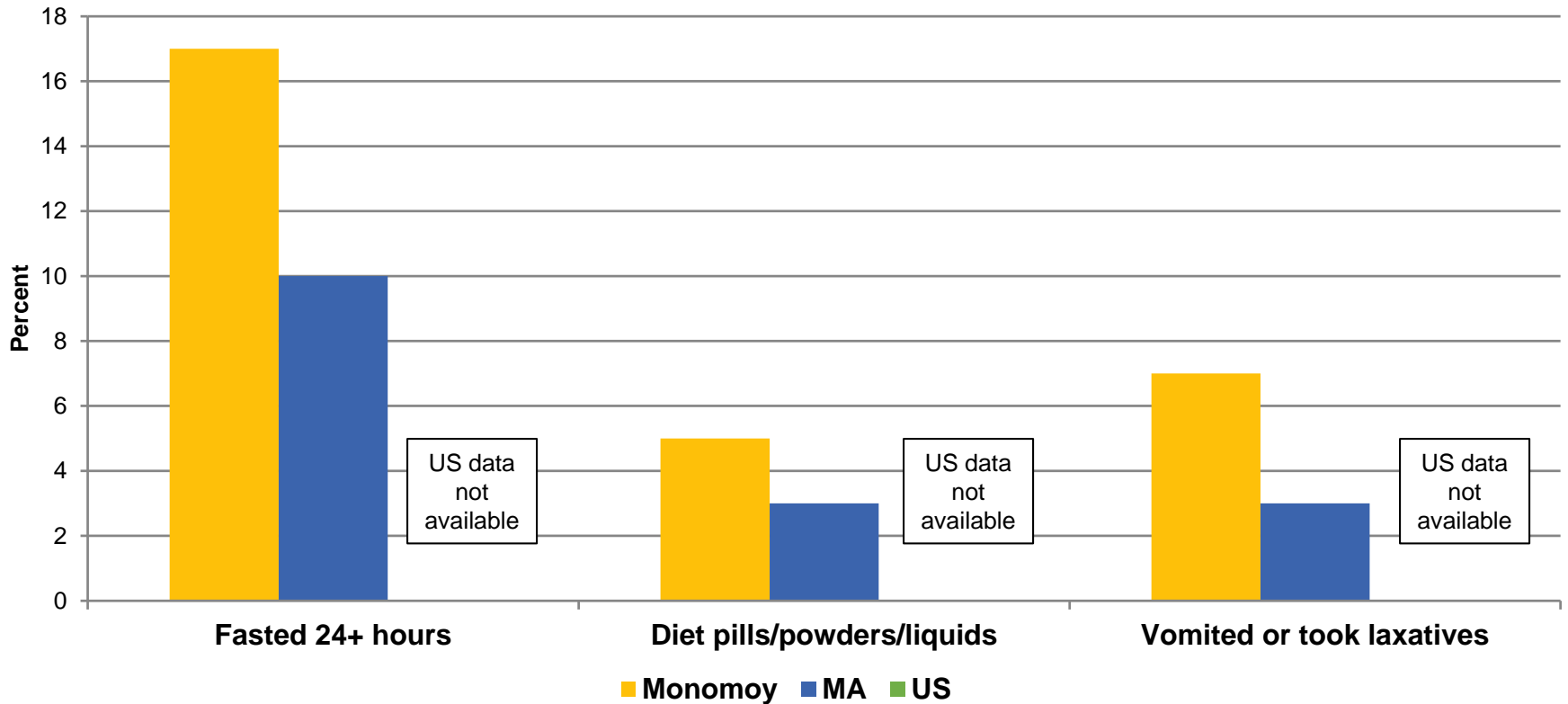
Monomoy Students' Perception of Their Weight

Monomoy YRBS 2019 Grades 9-12



What Students Report To Be Doing About Their Weight in Past 30 Days

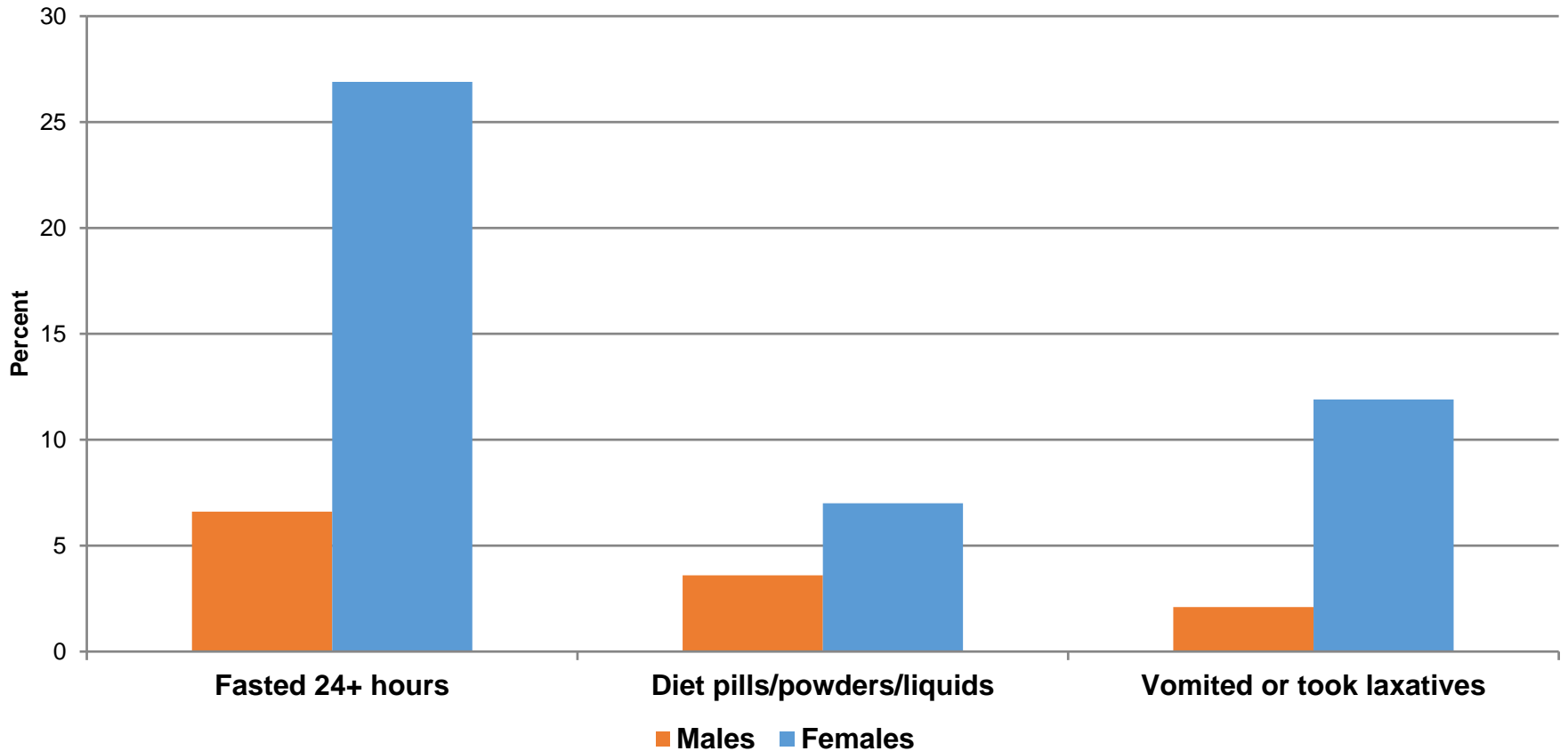
Monomoy YRBS 2019 Grades 9-12



US data not available

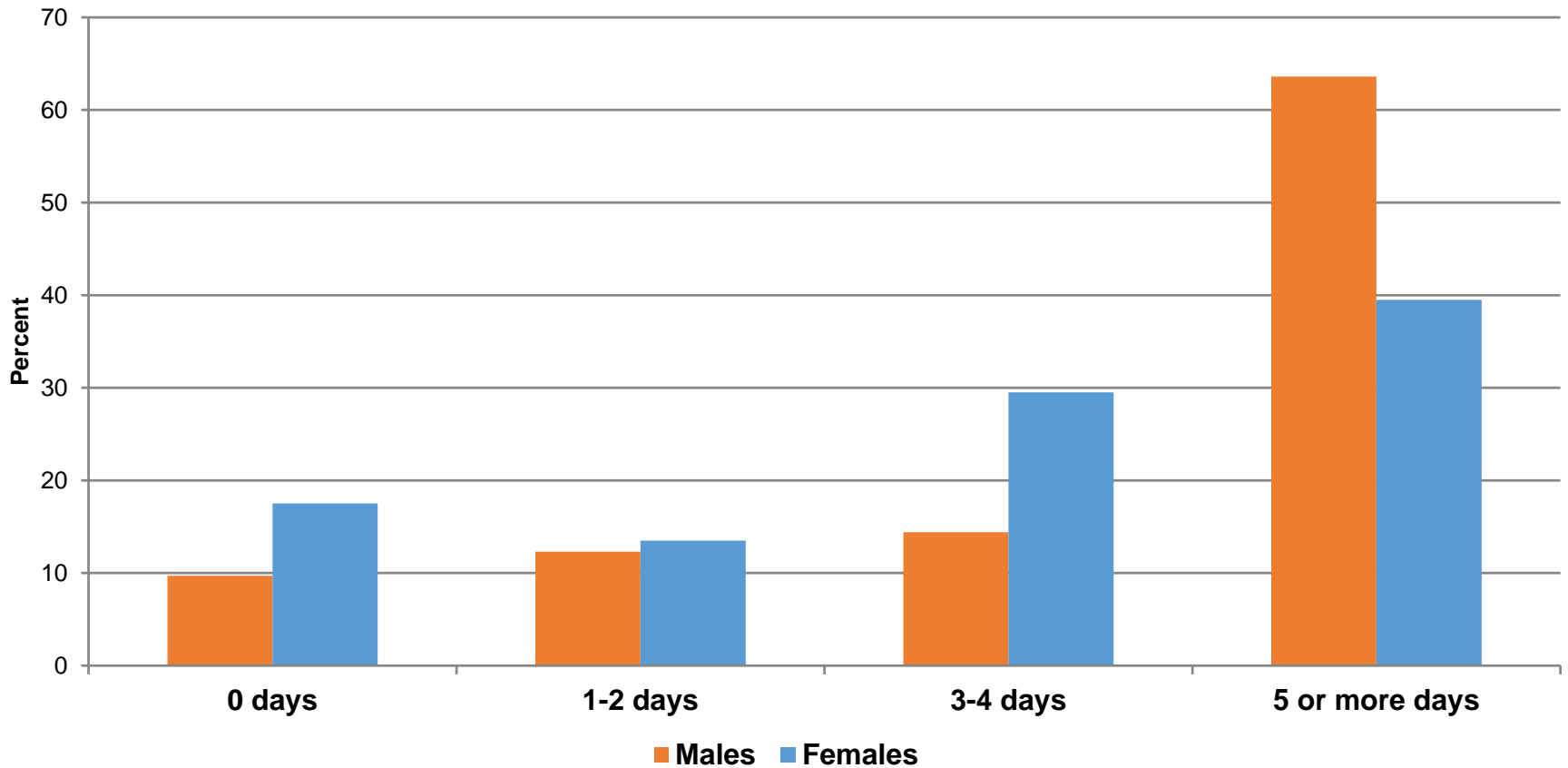
What Students Report To Be Doing About Their Weight in Past 30 Days

Monomoy YRBS 2019 Grades 9-12



Frequency of Having 60 Minutes of Physical Activity in Past Week

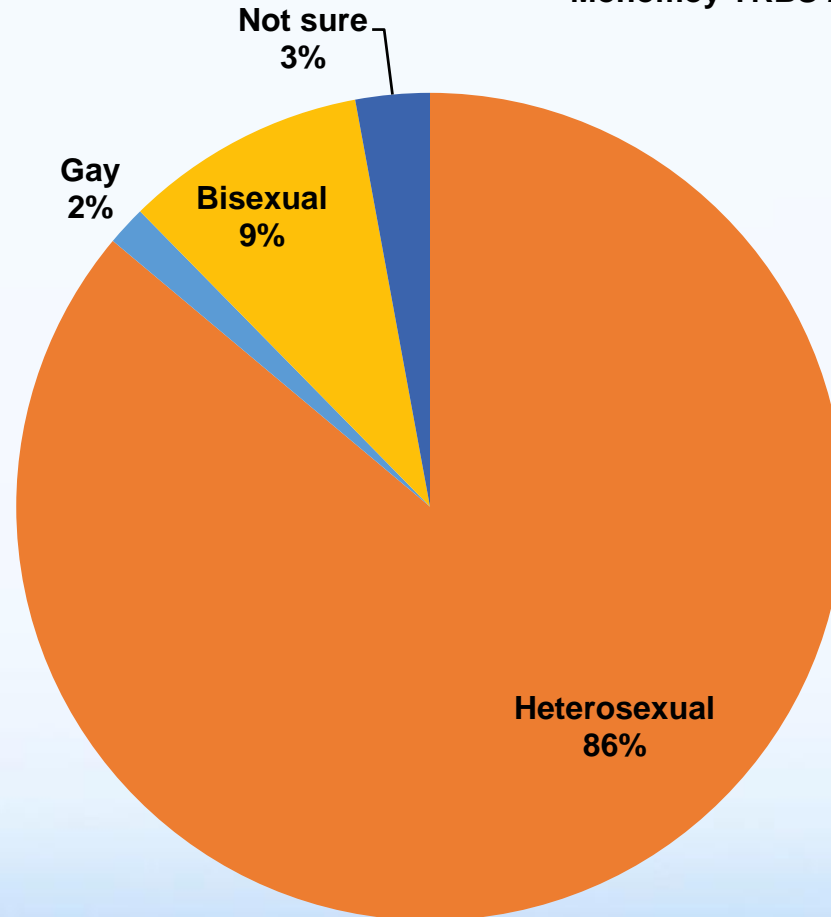
Monomoy YRBS 2019 Grades 9-12



Sexual Behavior

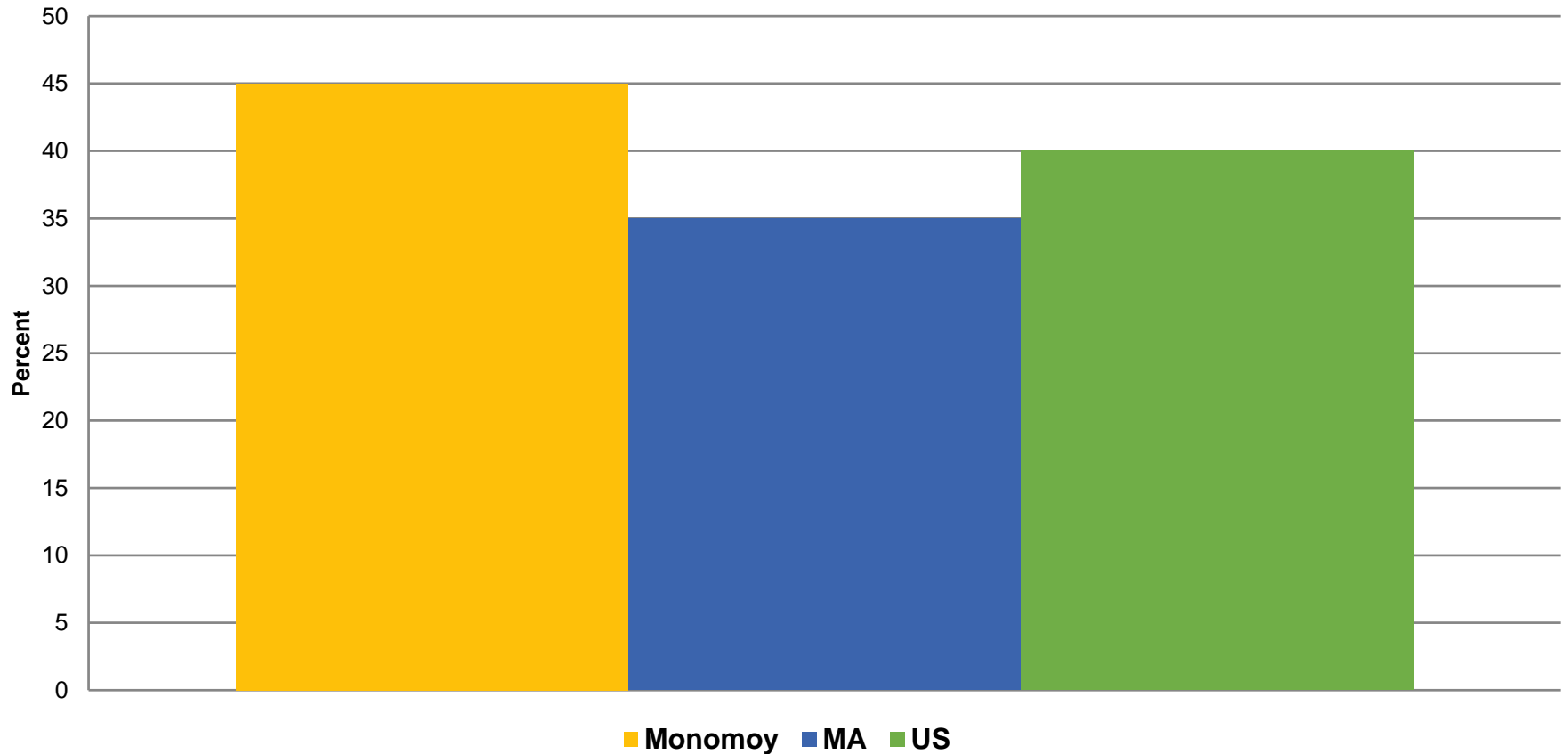
Sexual Orientation

Monomoy YRBS 2019 Grades 9-12



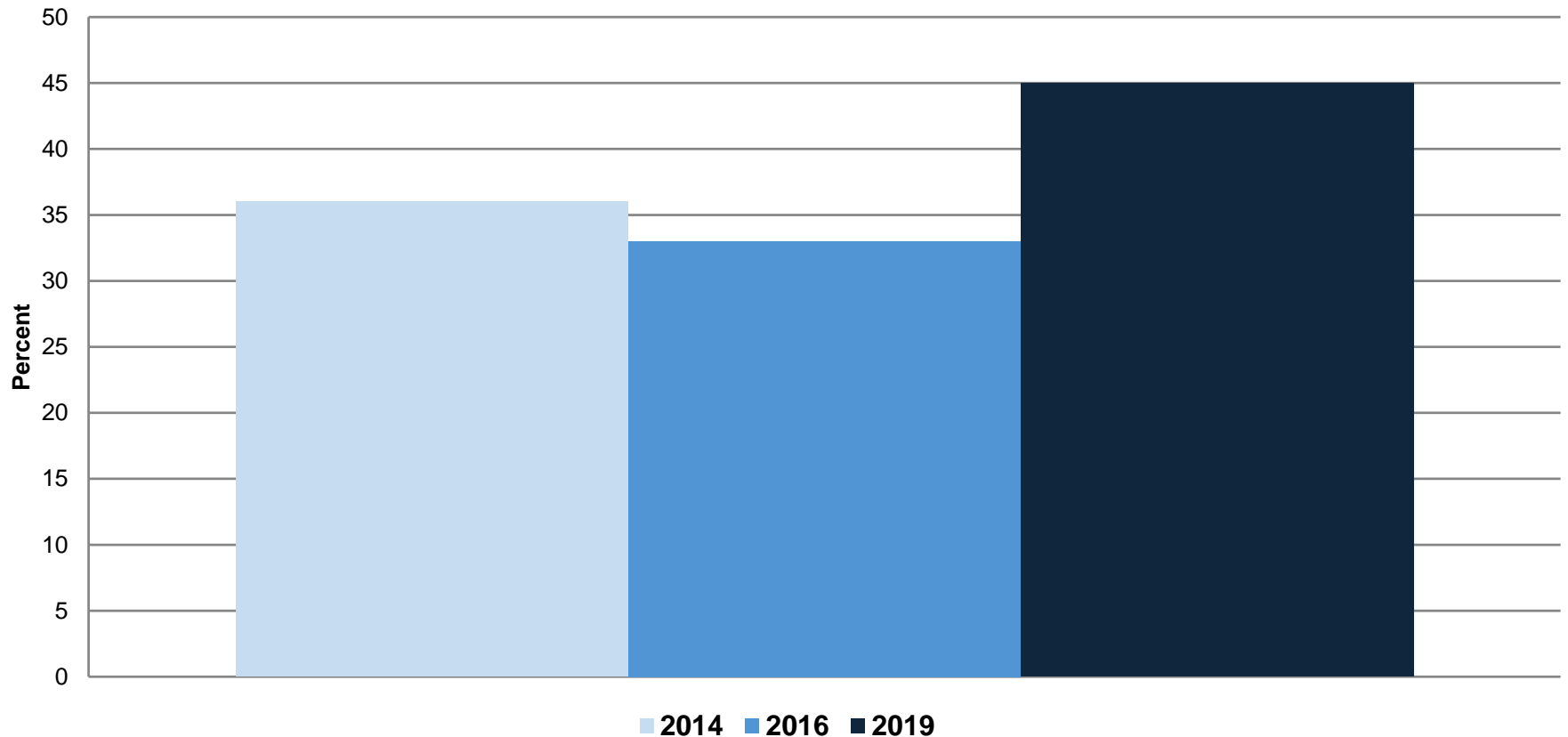
Percent of Students Reporting Having Had Sexual Intercourse in Their Lifetime

YRBS 2019 Grades 9-12



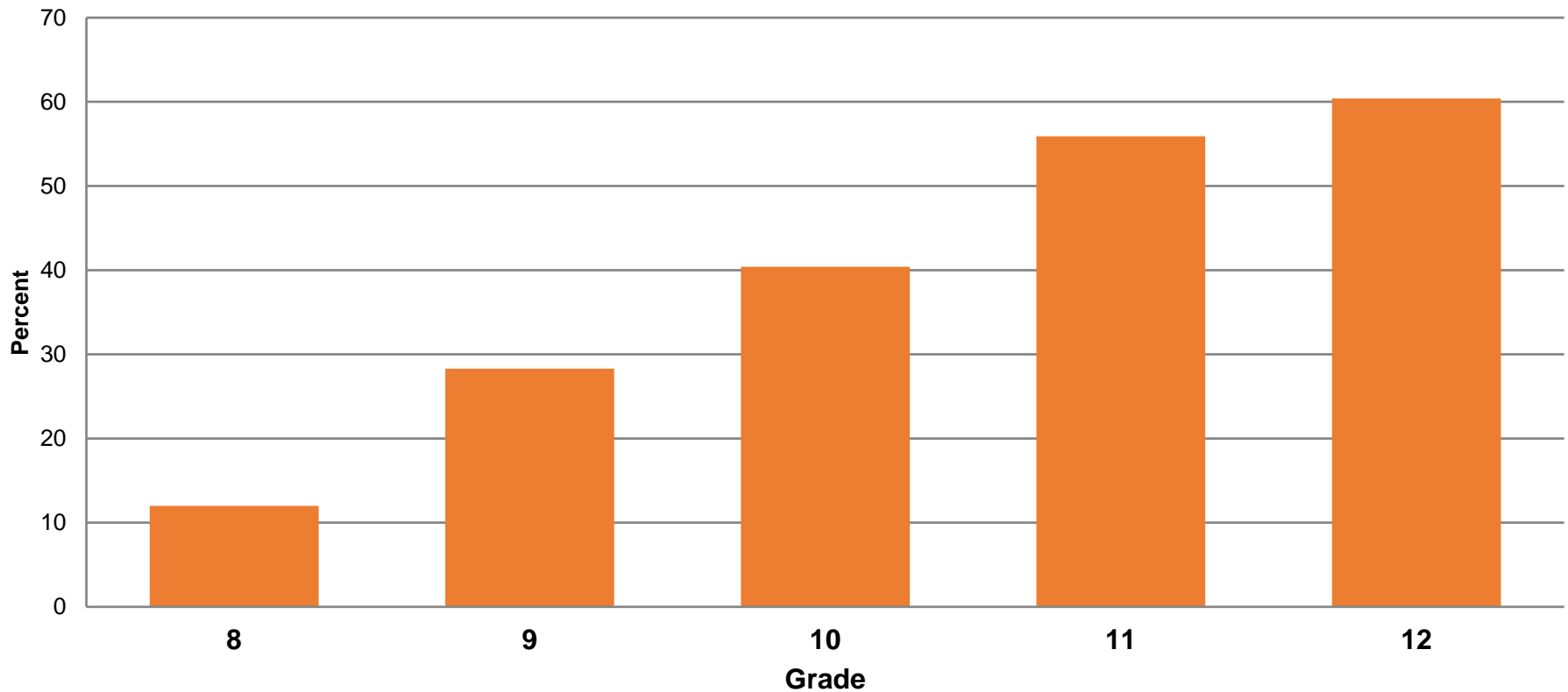
Percent of Students Reporting Having Had Sexual Intercourse in Their Lifetime

Monomoy YRBS 2019 Grades 9-12



Percent of Students Reporting Having Had Sexual Intercourse in Their Lifetime by Grade

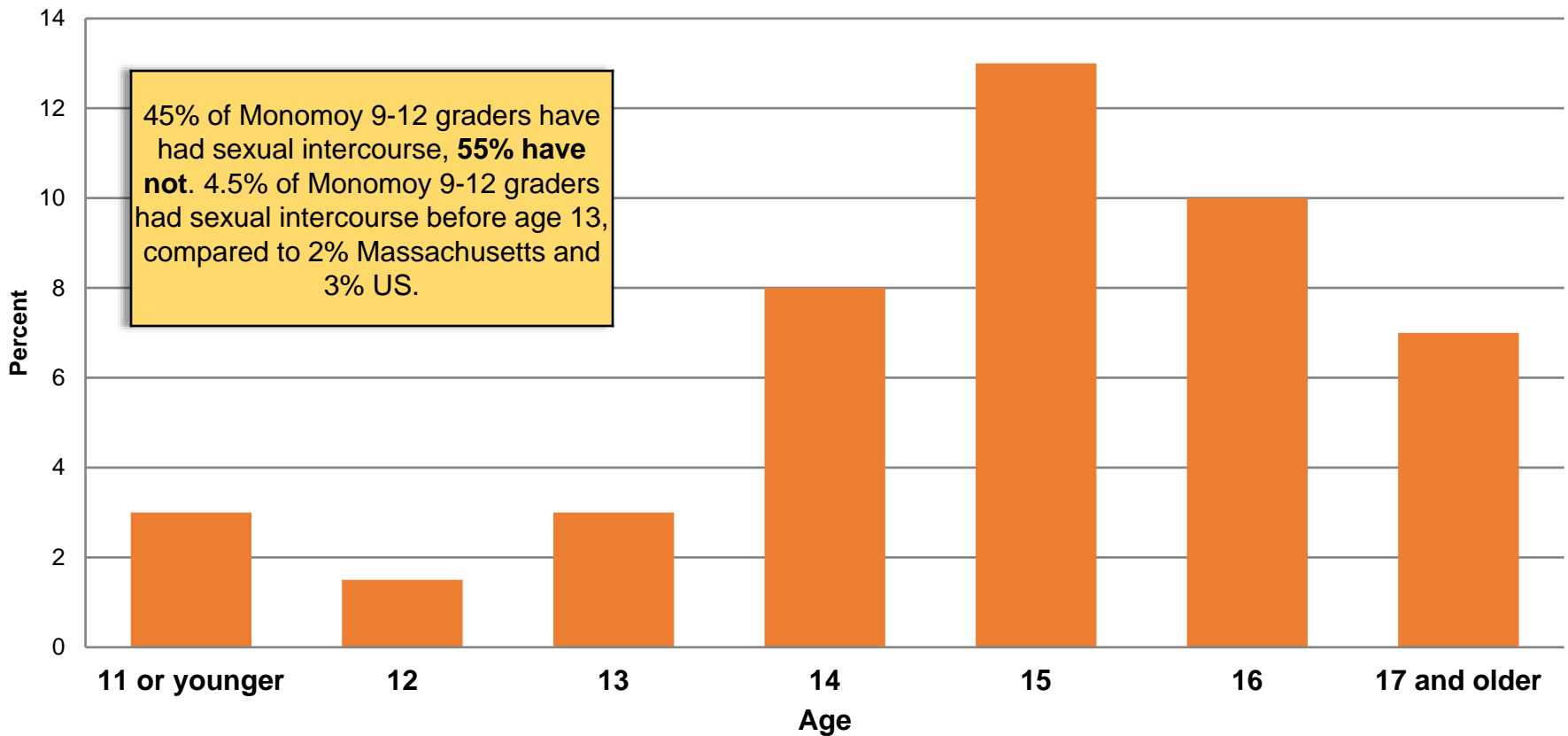
Monomoy YRBS 2019



Age at First Sexual Intercourse

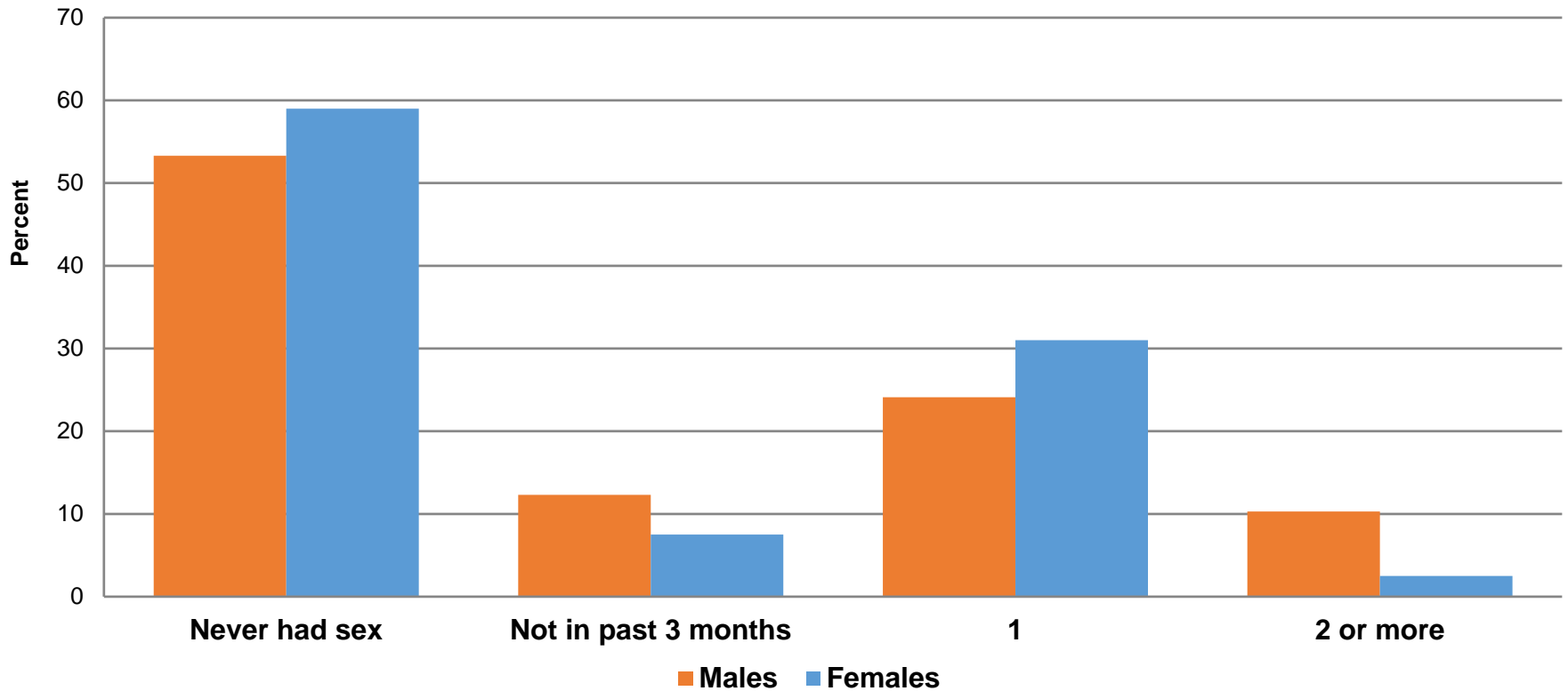
(of Monomoy Students Grades 9-12 Who Have Had Sex)

Monomoy YRBS 2019 Grades 9-12



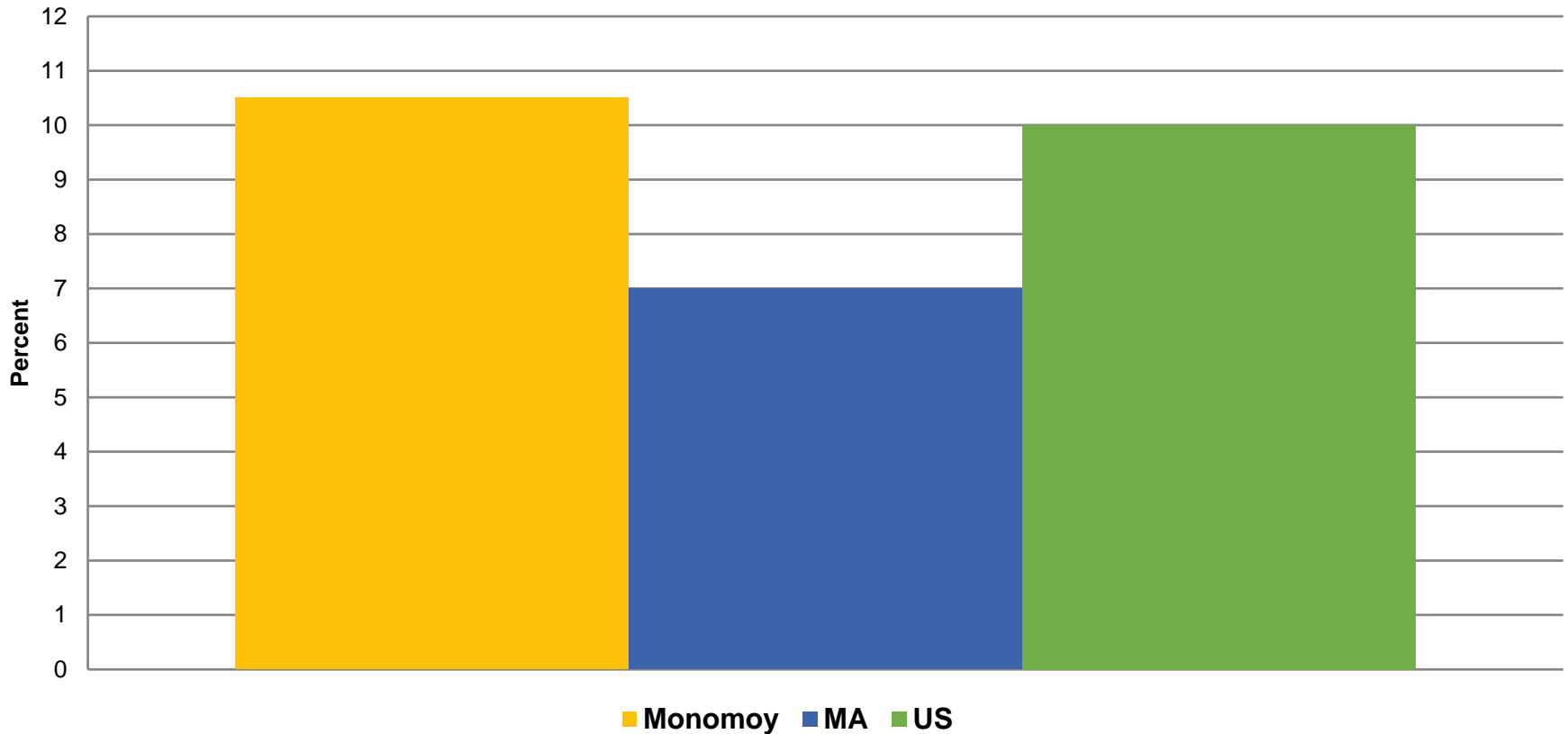
Number of Sexual Partners in Past 3 Months

Monomoy YRBS 2019 Grades 9-12



Of Sexually Active Teens, Those Having Sexual Intercourse With 4 or More Partners in Lifetime

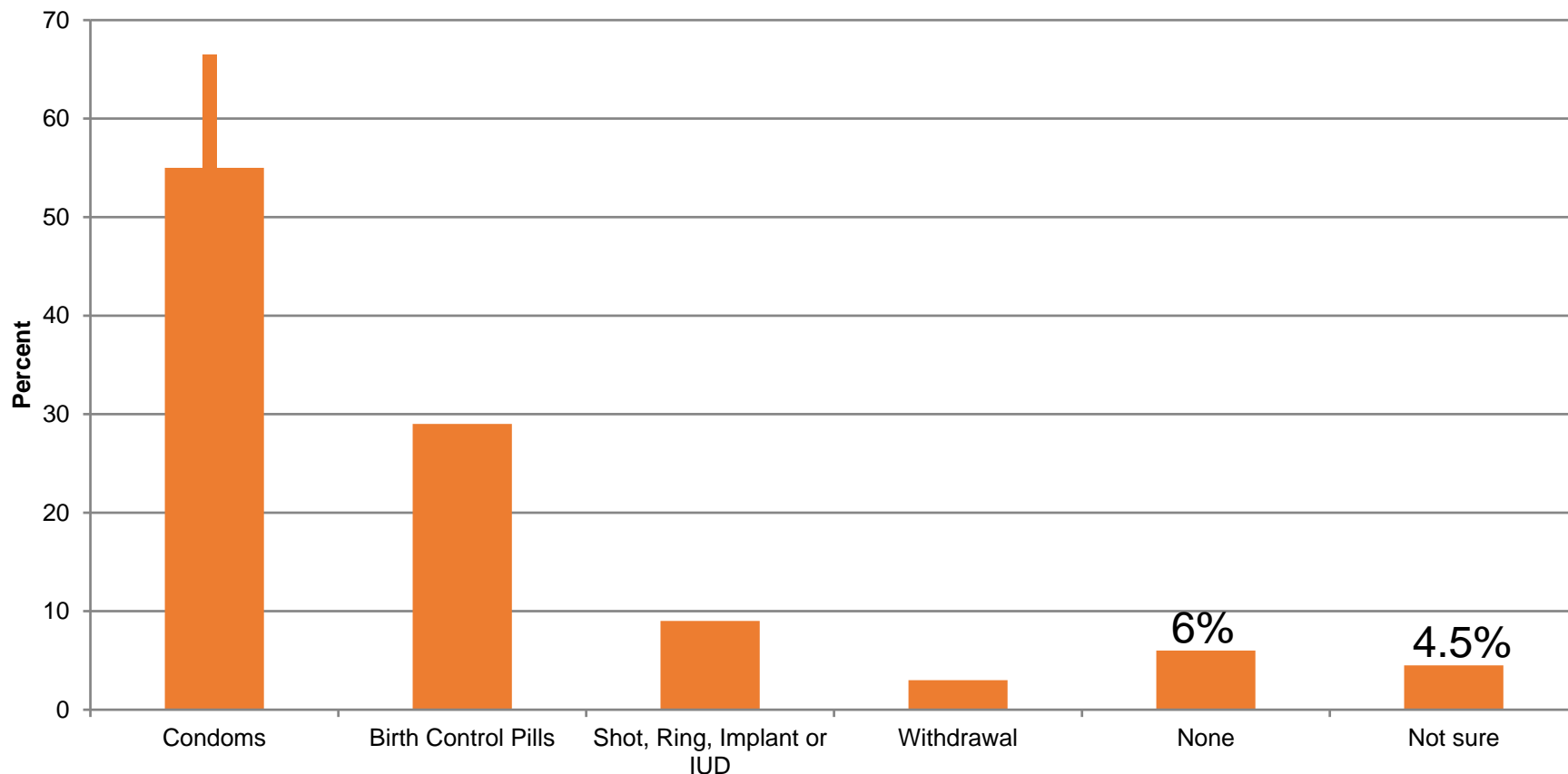
YRBS 2019 Grades 9-12



The percentage of students in Grades 9-12 who have had sex with 4 or more partners increased by 4.5% since the 2016 YRBS.

Pregnancy Prevention Method Used the Last Time Students Had Sexual Intercourse

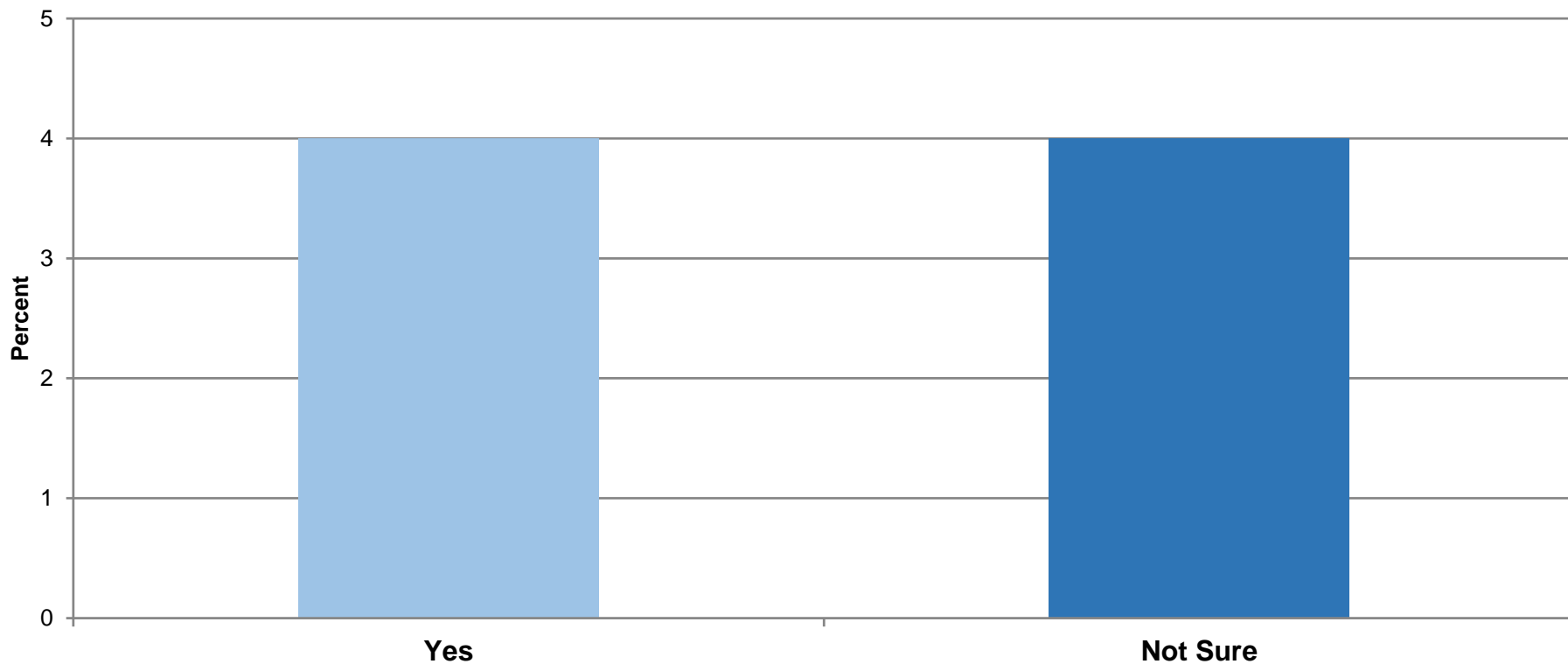
Monomoy YRBS 2019 Grades 9-12



In this question, students could only select one choice, so some may have used a condom along with another method of birth control. When asked in a separate question whether they had used a condom, 68% had (which is higher than the national rate of 54% for teens).

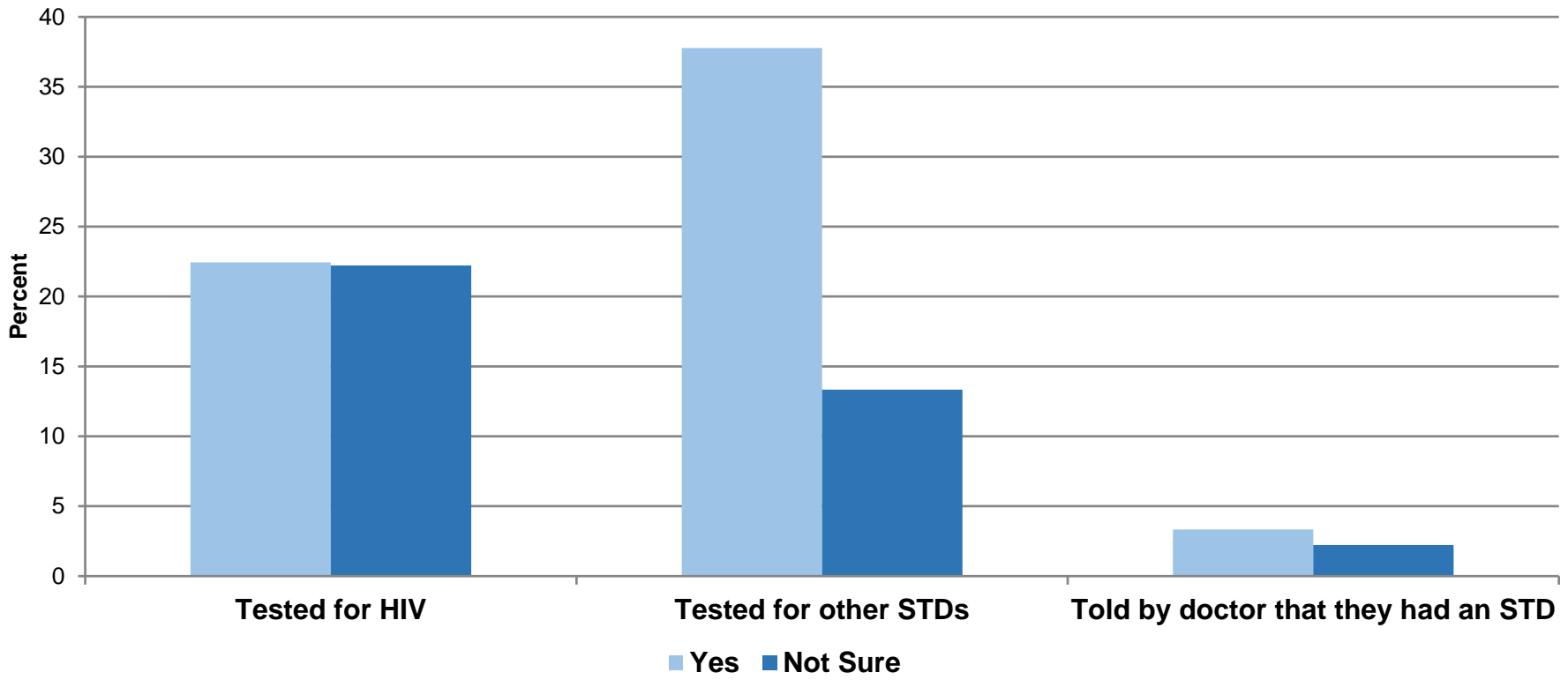
Percentage of Sexually Active Students Who Have Been Pregnant or Gotten Someone Pregnant

Monomoy YRBS 2019 Grades 9-12



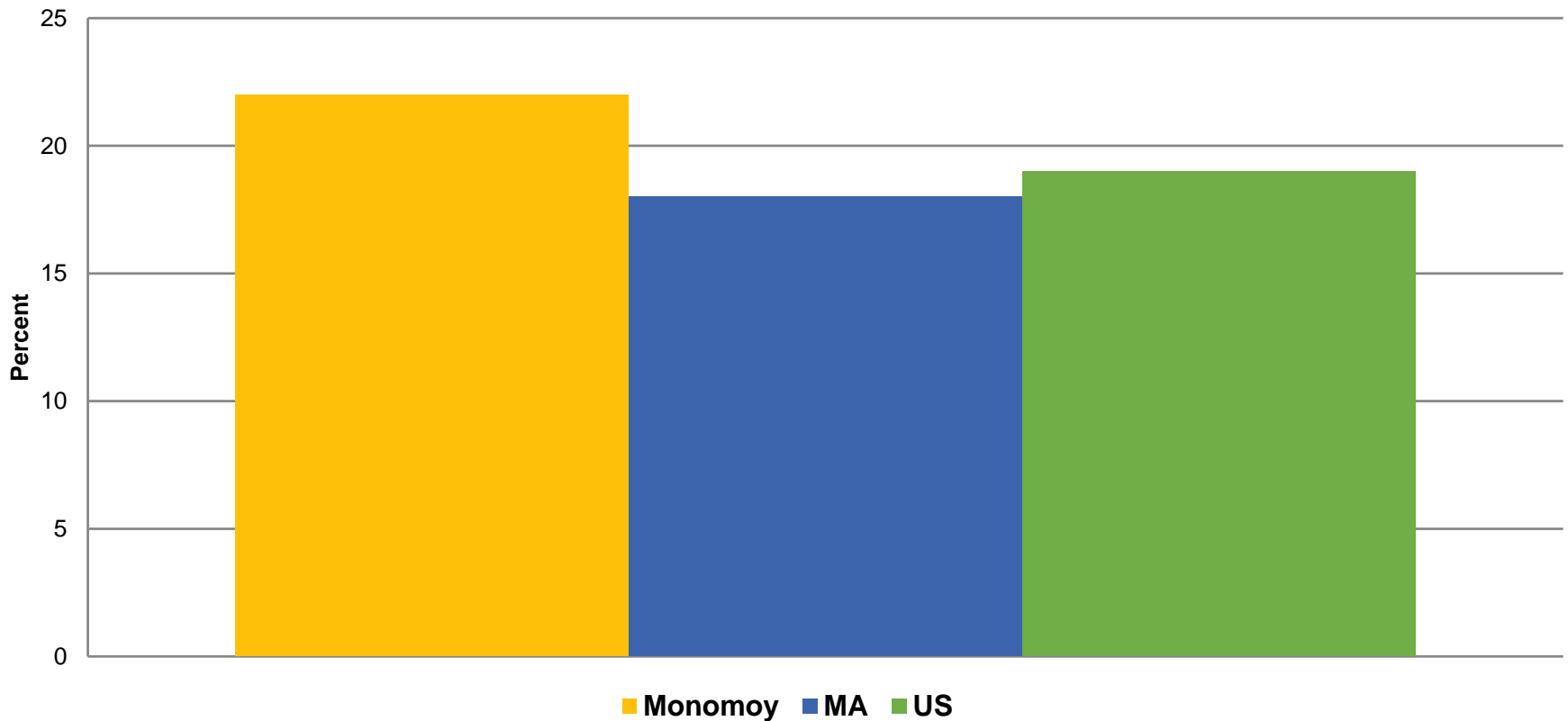
Percentage of Sexually Active Students Who Have Been Tested for or Contracted Sexually Transmitted Diseases

Monomoy YRBS 2019 Grades 9-12



Percentage of Sexually Active Students Using Drugs or Alcohol Before Last Sexual Intercourse

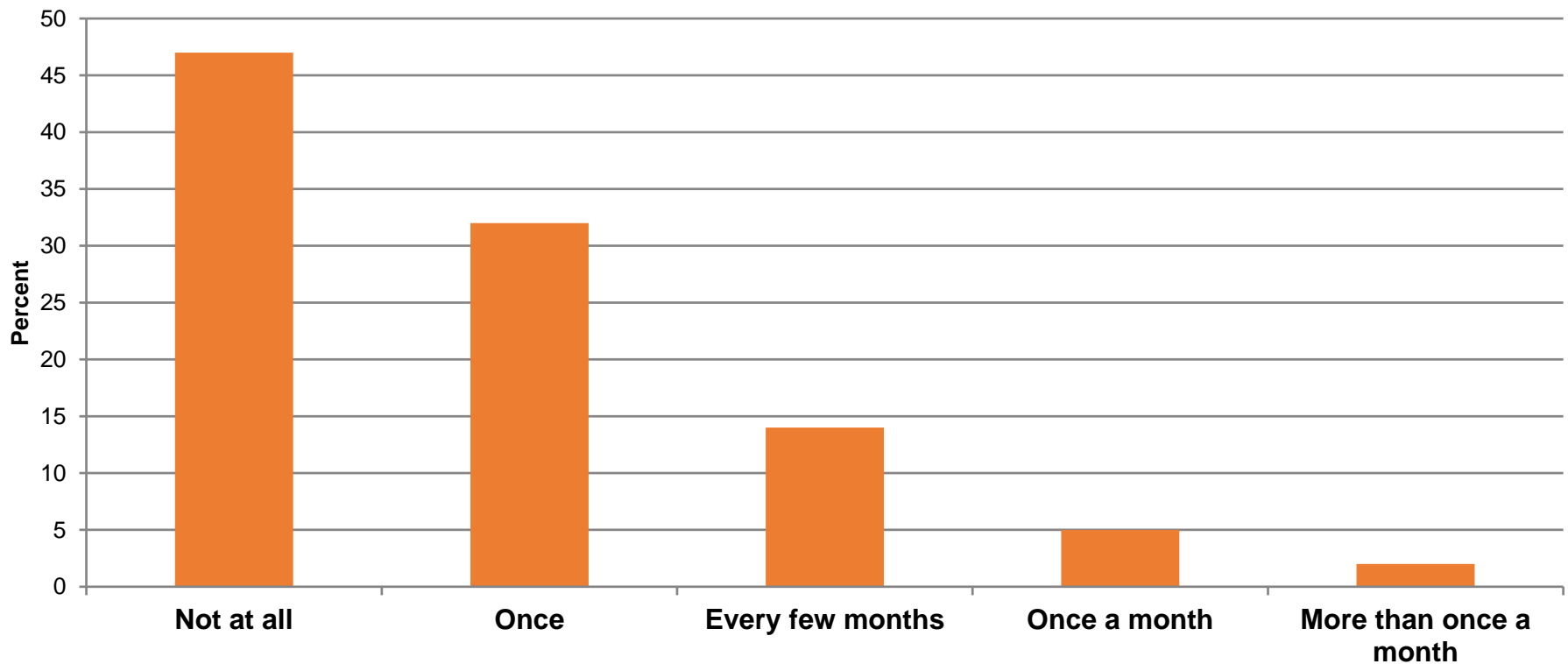
YRBS 2019 Grade 9-12



The percentage of sexually active students in Grades 9-12 who used drugs or alcohol before their last sexual intercourse has risen appreciably in the past five years from 10% in 2014 to 19% in 2016 to now 22% in 2019.

Have Discussed Sexuality and/or STD & Pregnancy Prevention With Parents or Other Adult Family Members in Past Year

Monomoy YRBS 2019 Grades 9-12

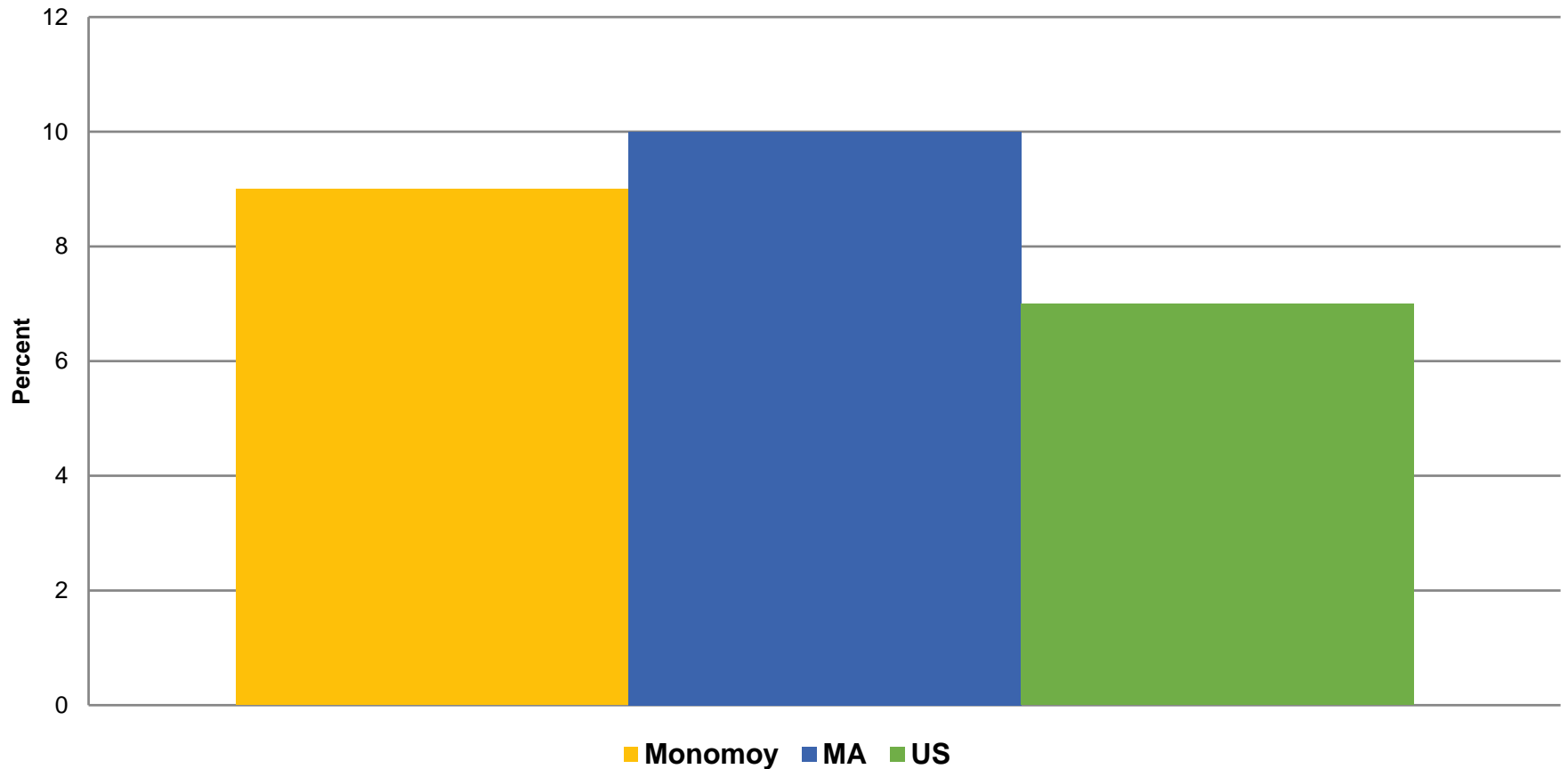


While only 47% of our students in Grades 9 through 12 have had a parent talk to them about sex in the past year, this is better than the 39% of students getting this advice from parents statewide.

Unwanted Sexual Contact and Dating Violence

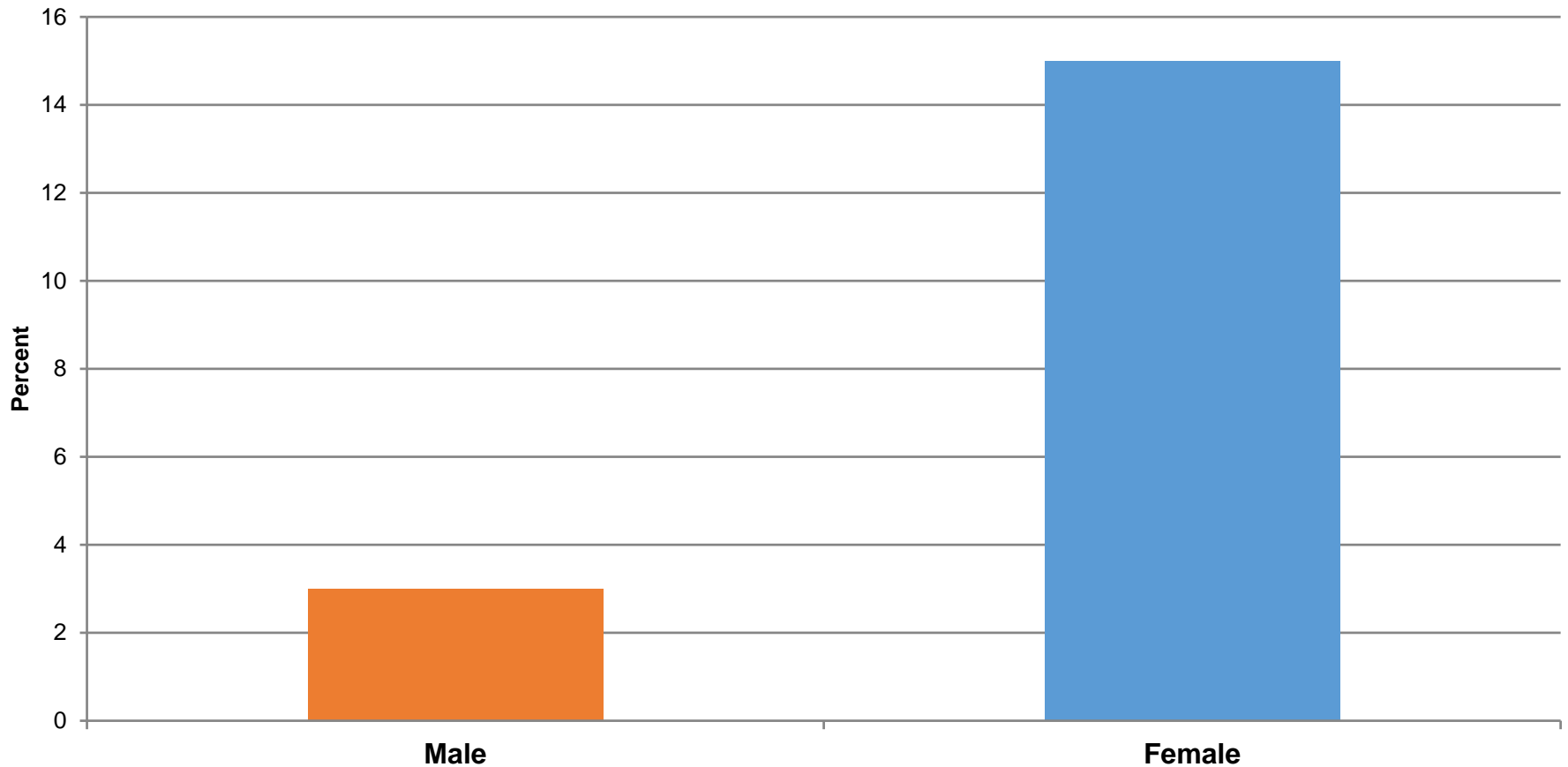
Sexual Contact Against Will Comparison in Lifetime

YRBS 2019 Grades 9-12

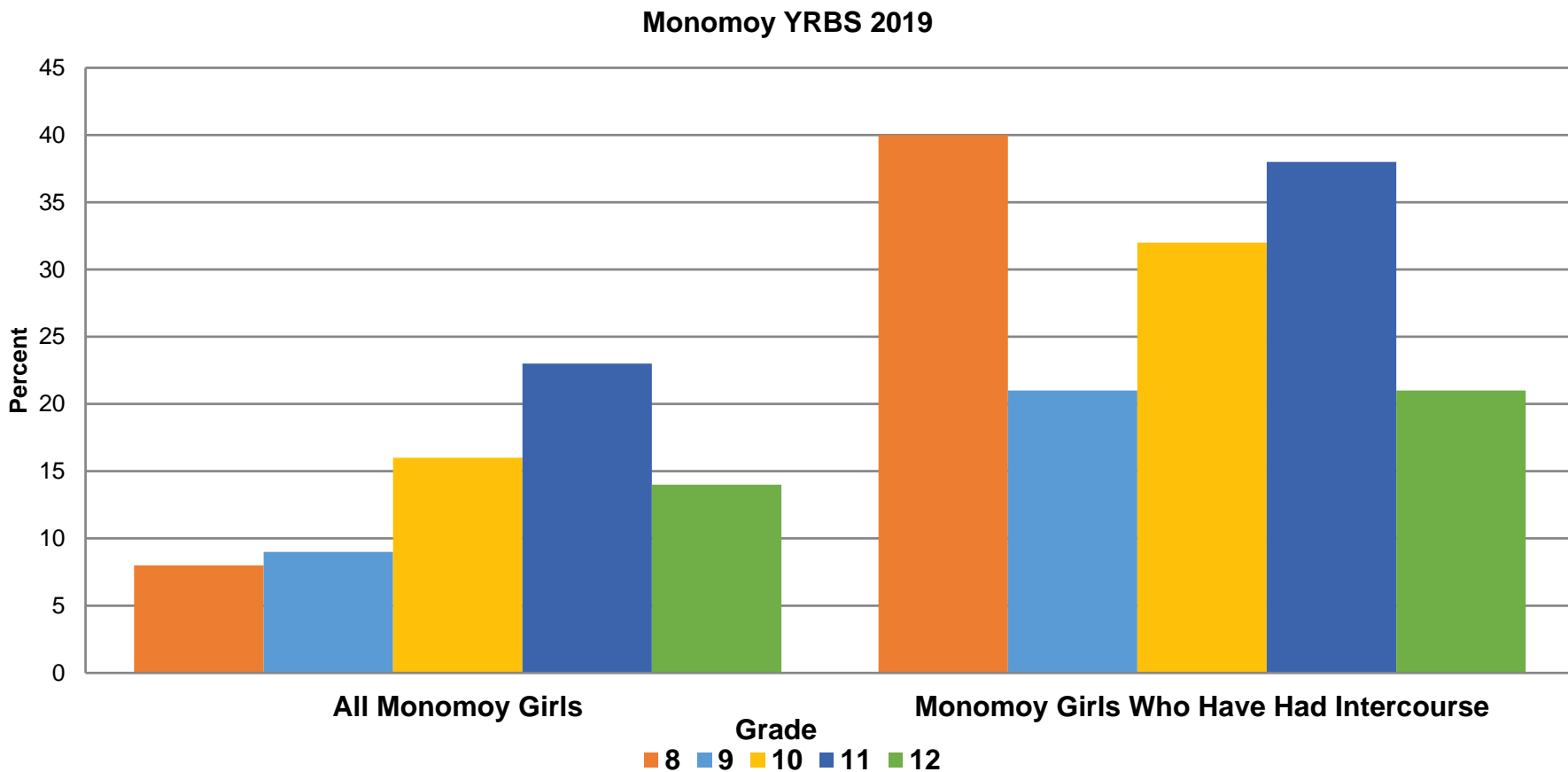


Sexual Contact Against Will Comparison in Lifetime by Gender

Monomoy YRBS 2019 Grades 9-12



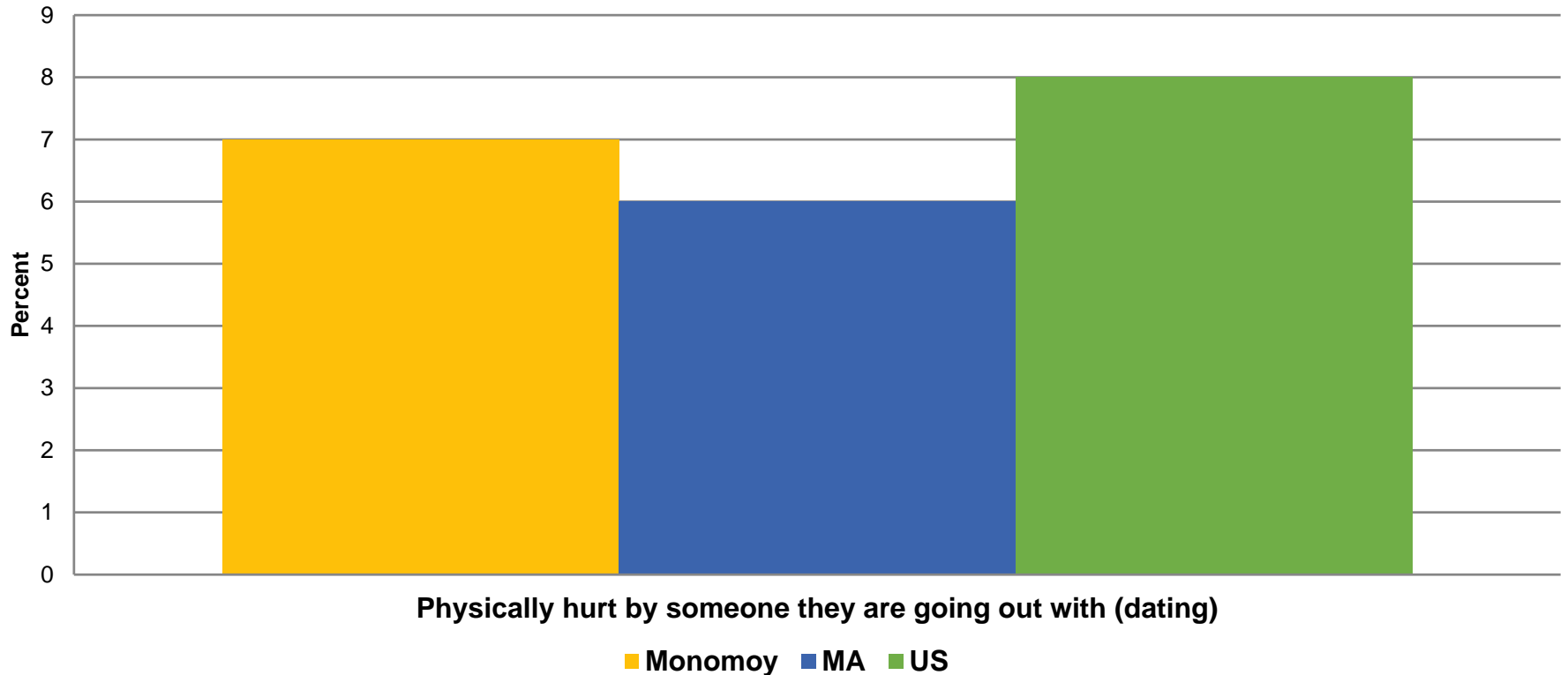
Comparing the Percentages of Girls Who Have Experienced Sexual Contact Against Their Will in Their Lifetime: All Girls vs. Those Who Have Had Sexual Intercourse



Out of a total of 258 Monomoy girls in Grades 8 through 12 surveyed, 35 (13.5%) report being victims of unwanted sexual contact in their lifetimes. While the percentage of Monomoy students experiencing unwanted sexual contact has gone down significantly since our the 2014 YRBS, this is a factor that needs continued improvement. The percentage of girls being violated increases dramatically for those girls who report having had sexual intercourse in their lifetimes.

Victim of Dating Violence in Lifetime

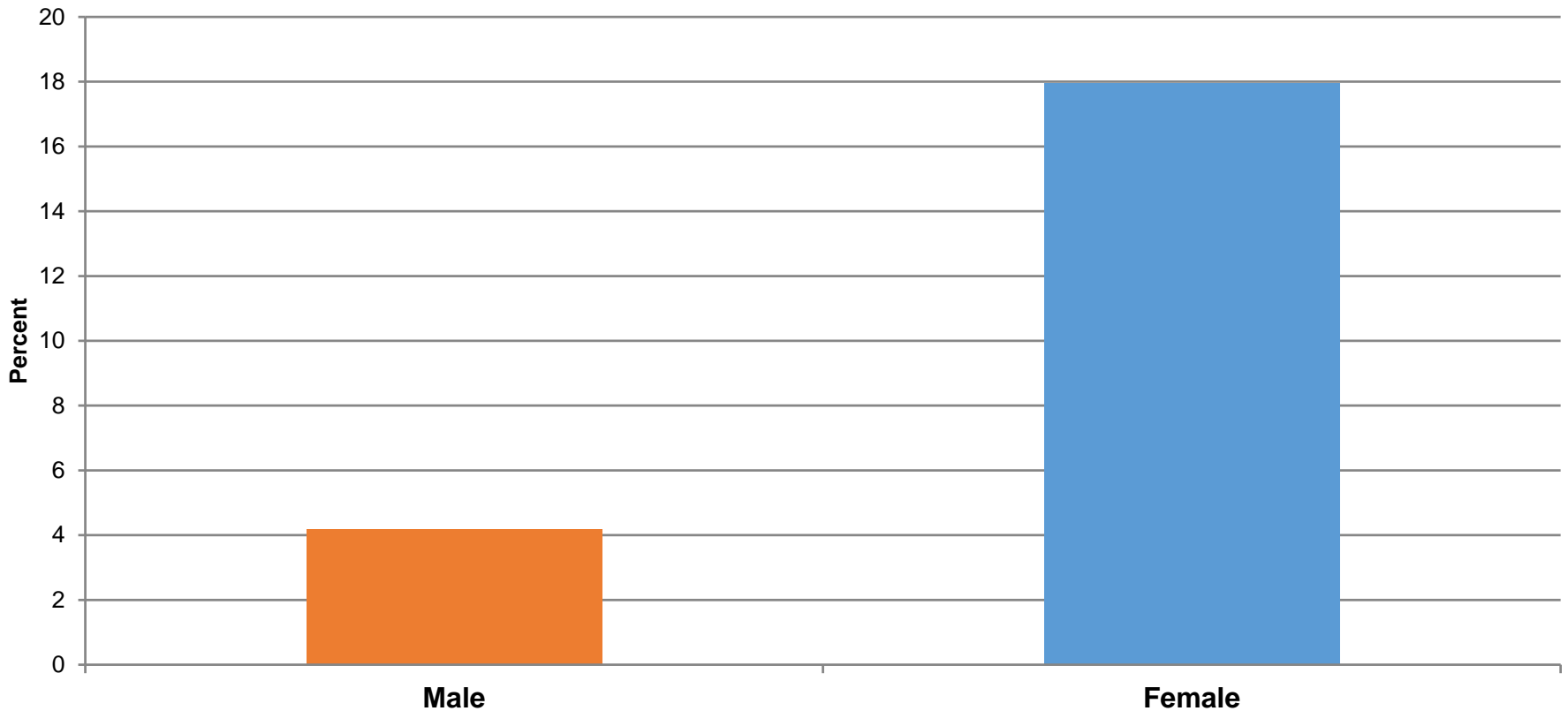
YRBS 2019 Grades 9-12



Only 24.6% of Monomoy students have ever been on a date.

Of Students Who Have Dated, Percentage Who Have Been Hurt By Someone They Dated

Monomoy YRBS 2019 Grades 9-12 Lifetime Data

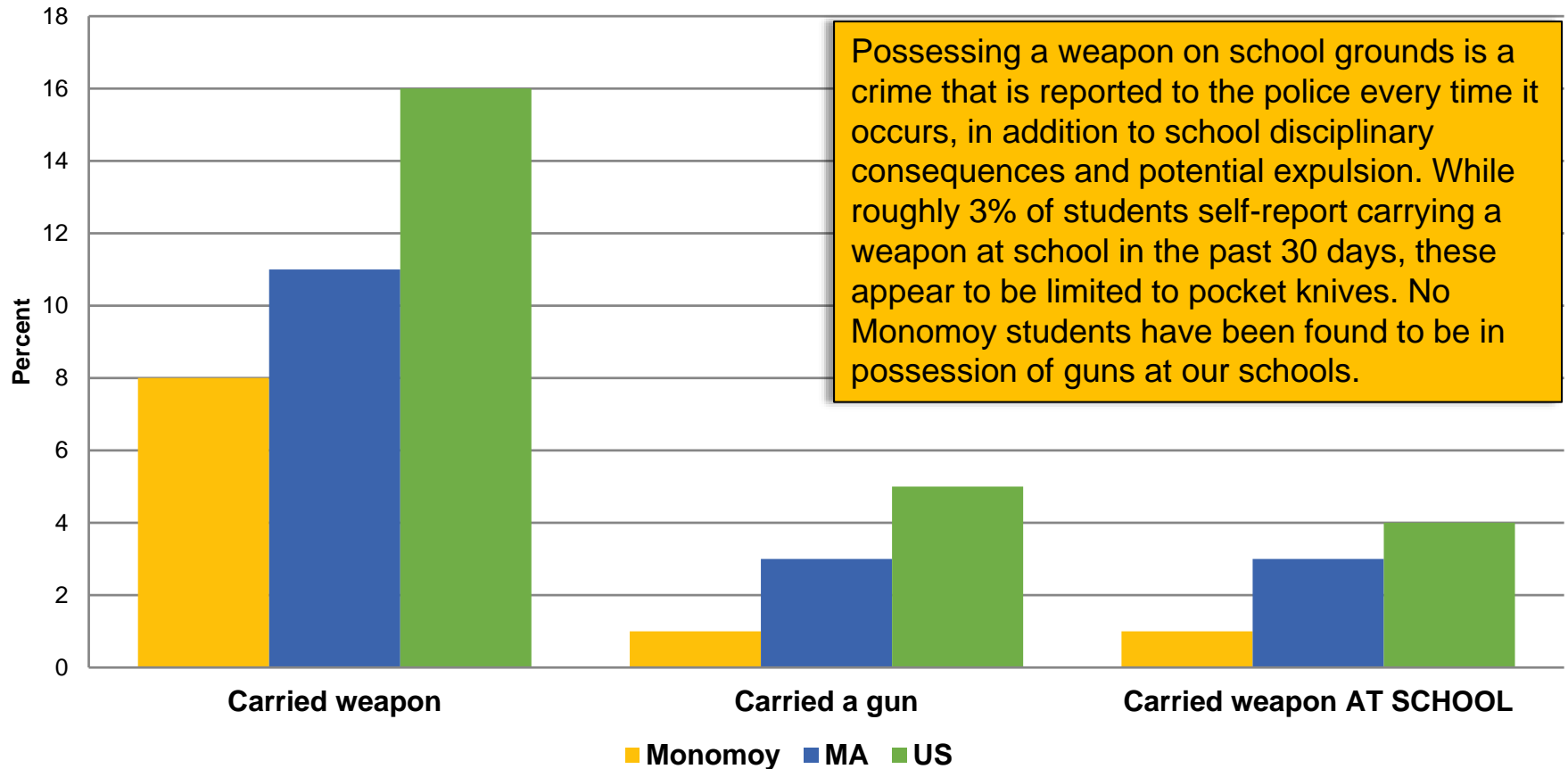


Nearly 1 in 5 Monomoy girls who have dated have been a victim of dating violence.

Bullying, Fighting, & Violence

Students Reporting Carrying Weapons in Past 30 Days Comparison

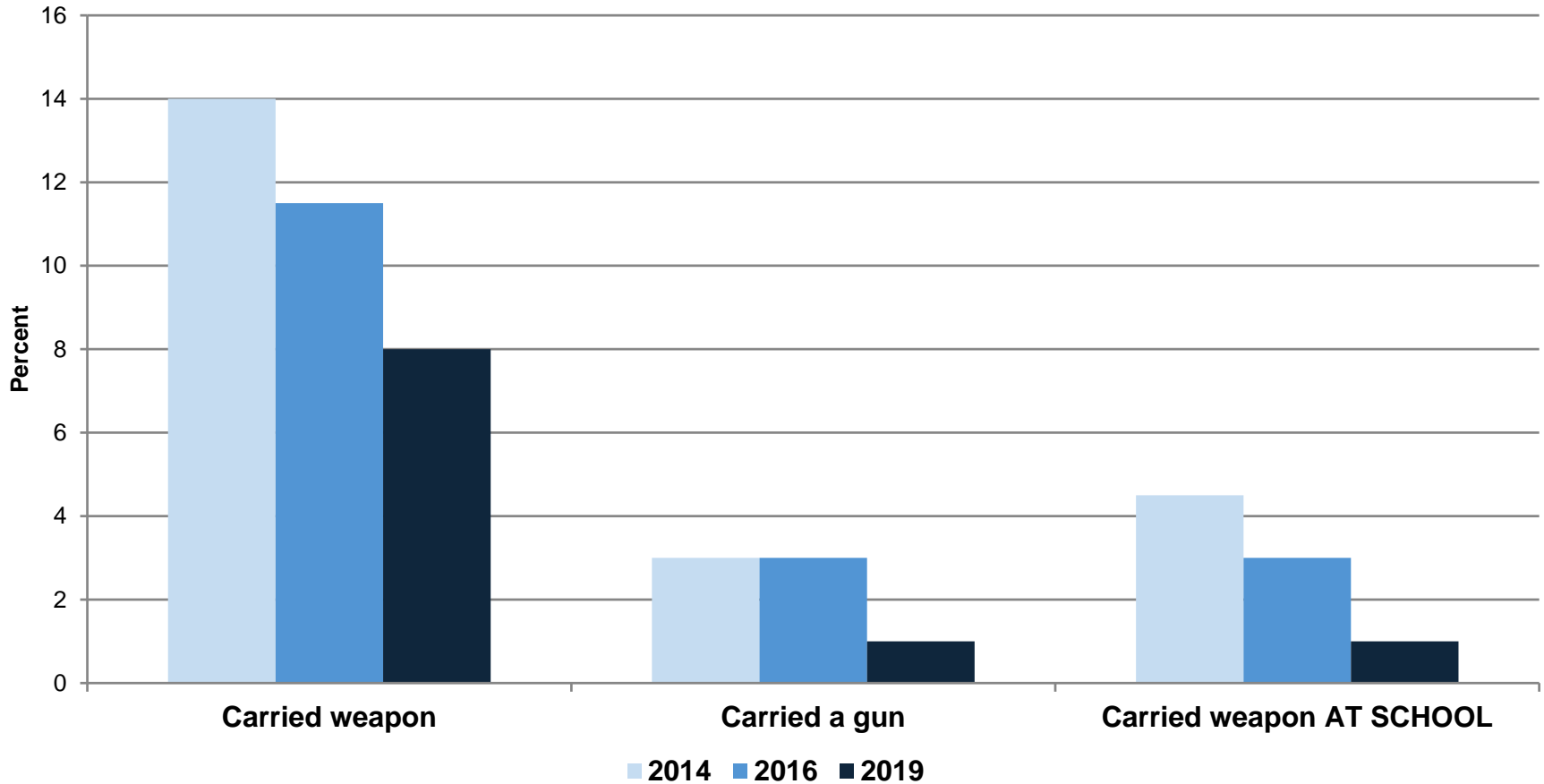
YRBS 2019 Grades 9-12



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 3% of students self-report carrying a weapon at school in the past 30 days, these appear to be limited to pocket knives. No Monomoy students have been found to be in possession of guns at our schools.

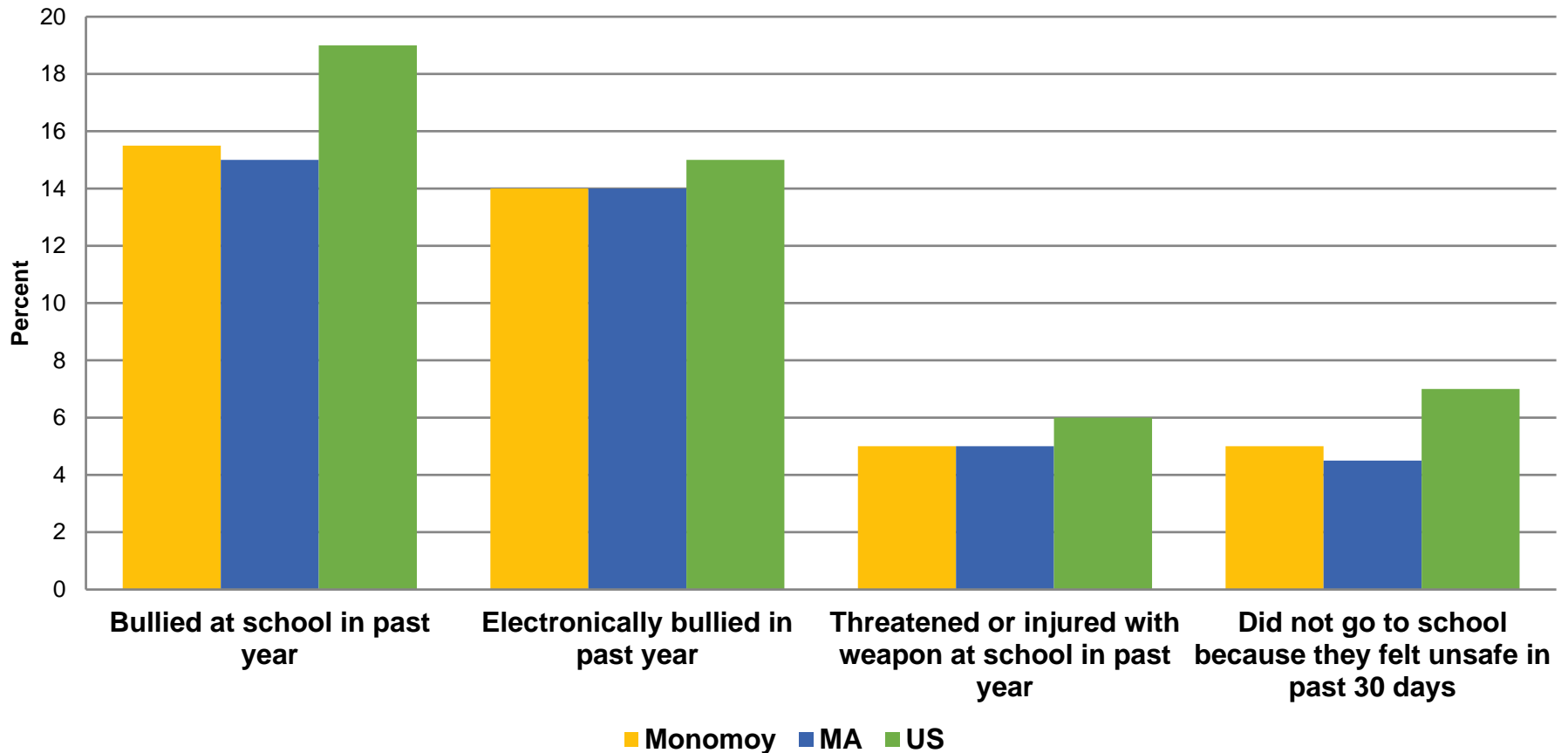
Students Reporting Carrying Weapons in Past 30 Days Trends

Monomoy Comparison 2014, 2016, & 2019 Grades 9-12



Bullying and Threats to Safety Comparison

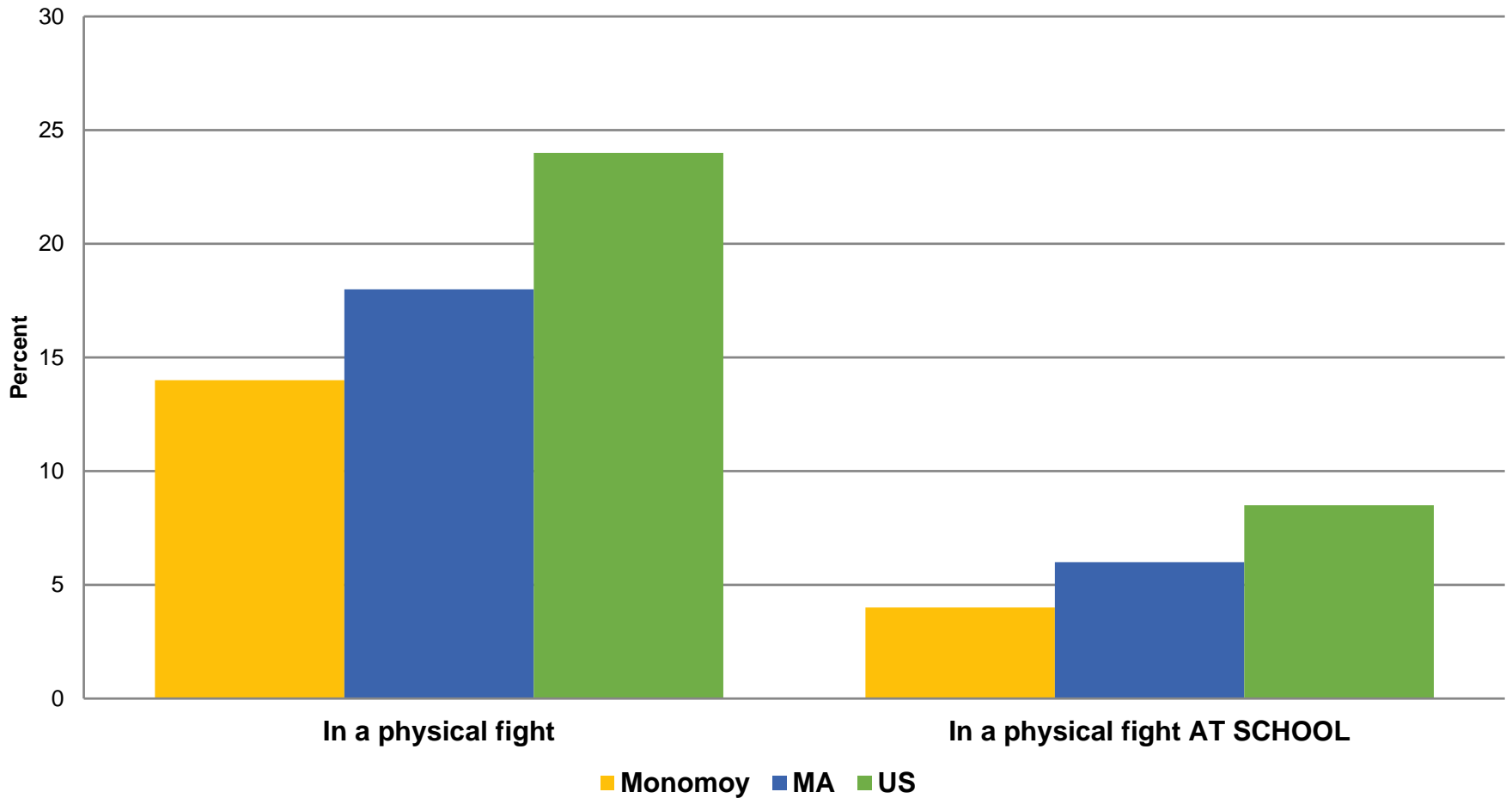
YRBS 2019 Grades 9-12



The percentage of Monomoy students in Grades 9-12 reporting being bullying at school is down 2.5% and electronic bullying down 1% since the 2016 YRBS.

Fighting Comparison

YRBS 2019 Grades 9-12

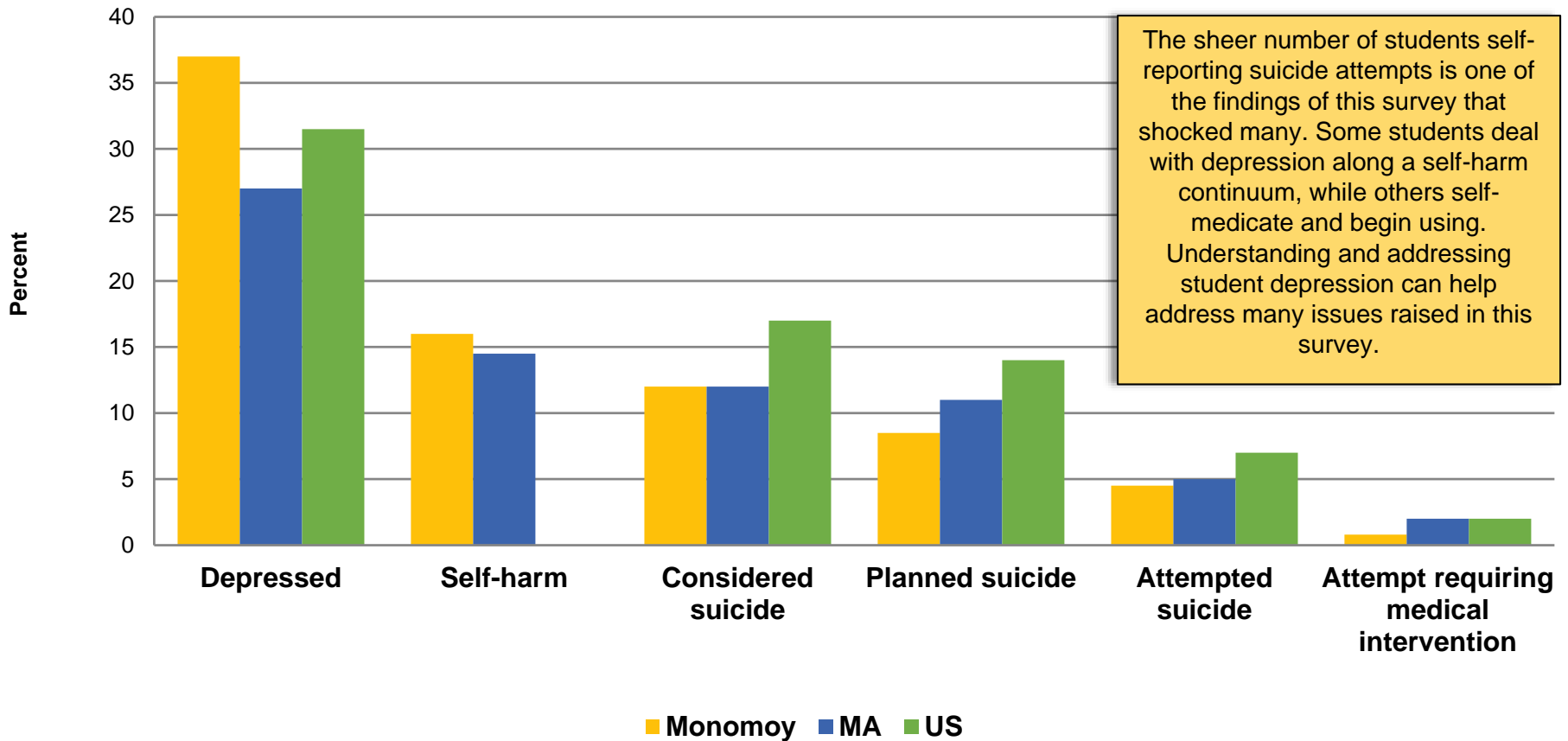


The percentage of Monomoy students in Grades 9-12 reporting being in a fight is down 5% (over a 25% reduction in fighting) and those reporting fighting at school down by 3% (a 43% reduction) since the 2016 YRBS.

Depression & Suicide

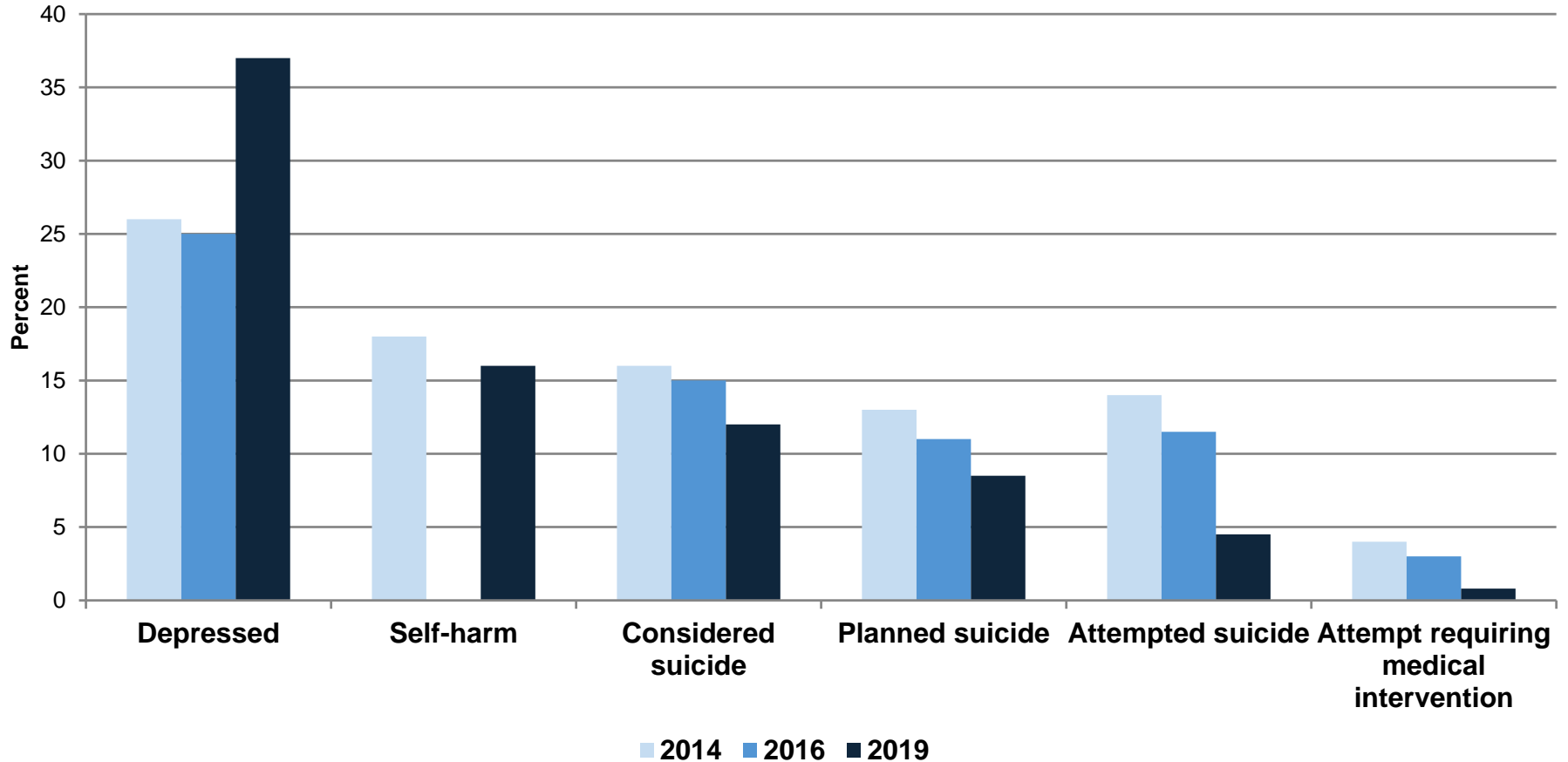
Depression, Self-Harm, and Suicidal Behavior in Past Year Comparison

YRBS 2019 Grades 9-12



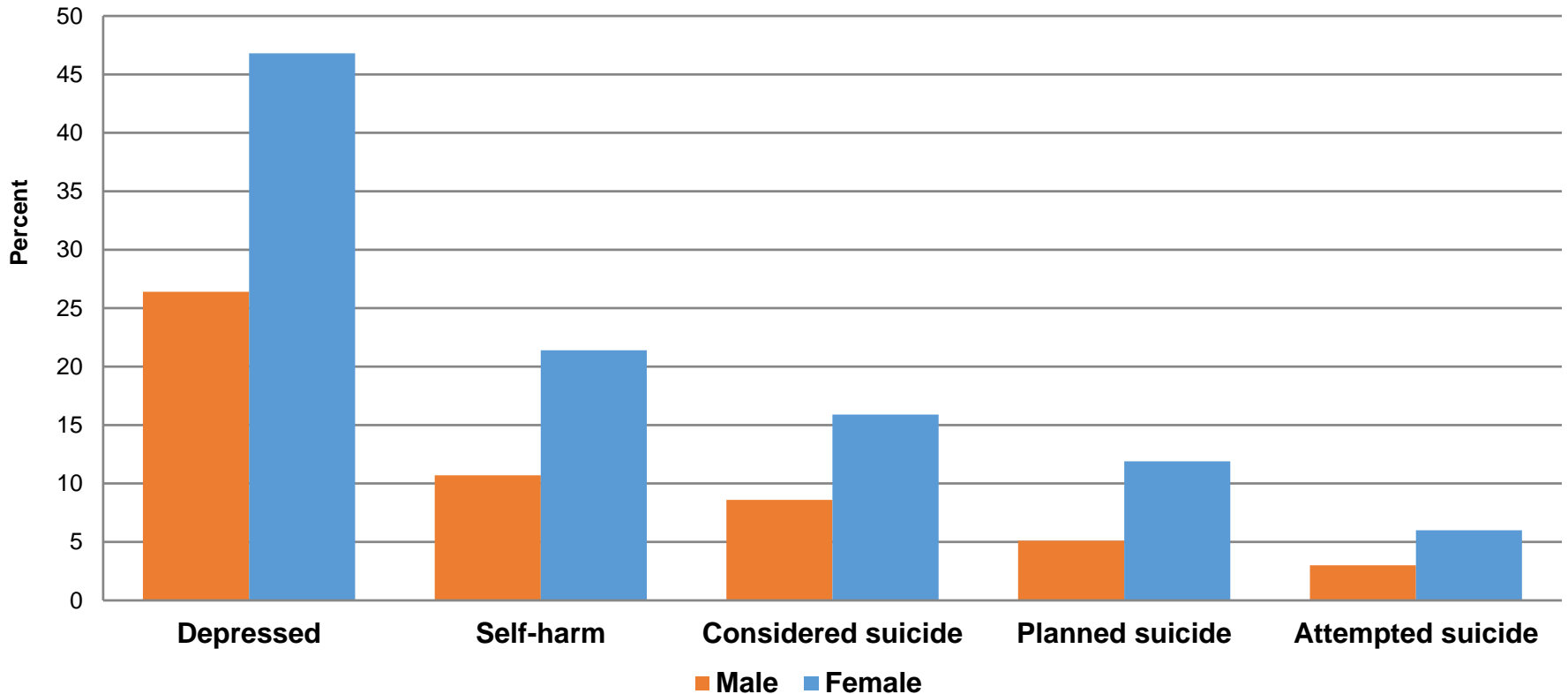
Depression, Self-Harm and Suicidal Behavior Trends

Monomoy YRBS Comparison 2014, 2016, & 2019 Grades 9-12



Depression, Self-Harm and Suicidal Behavior Comparison by Gender

Monomoy YRBS 2019 Grades 9-12



Past Year Depression and Suicide Attempt

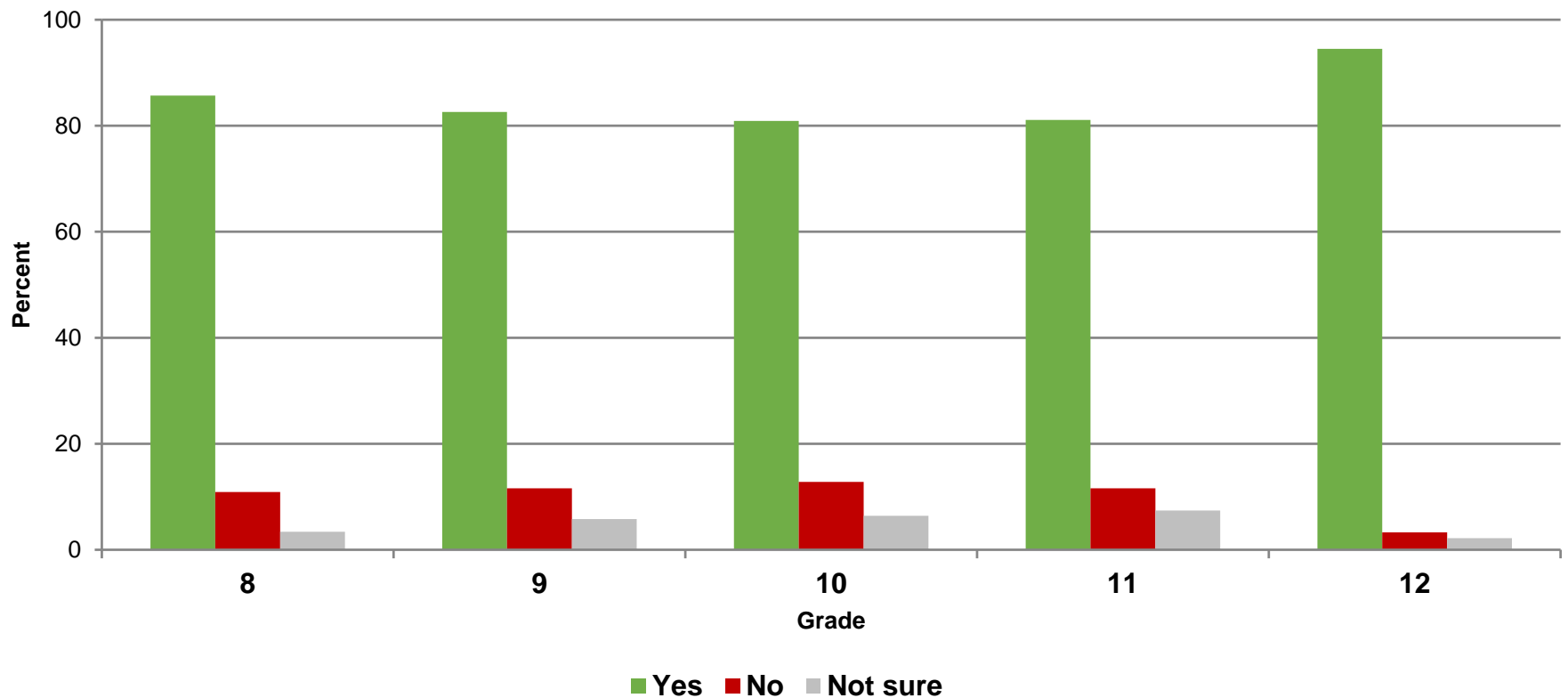
The percentages throughout the YRBS translate into **actual numbers**. Of the 401 Monomoy 9th through 12th graders who took the survey, the percentages and numbers of students who report being depressed or looking towards suicide are as follows:

| | Monomoy Grades 9-12 | Actual Number |
|--|---------------------|---------------|
| Depressed (past year) | 37% | 148 |
| Harmed themselves without wanting to die (past year) | 16% | 64 |
| Suicide considered (past year) | 12% | 48 |
| Suicide planned (past year) | 8.5% | 34 |
| Suicide attempted (past year) | 4.5% | 18 |

Protective Factors

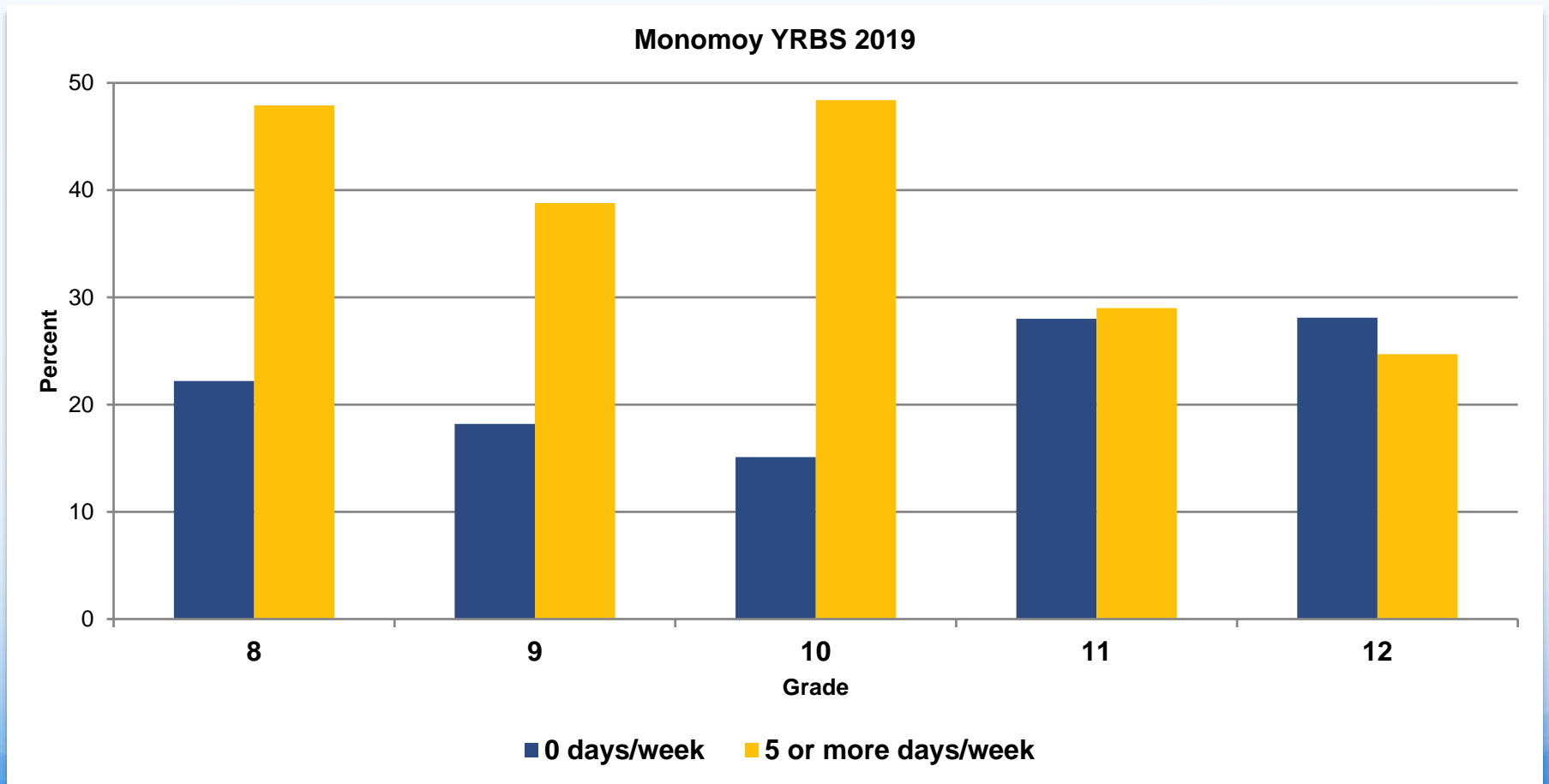
Percent of Students with Adult Family Member(s) They Can Talk to About Things That Are Important to Them

Monomoy YRBS 2019



On average, 85% of Monomoy students Grades 8-12 report that they have one or more adult family members they can talk to about important things.

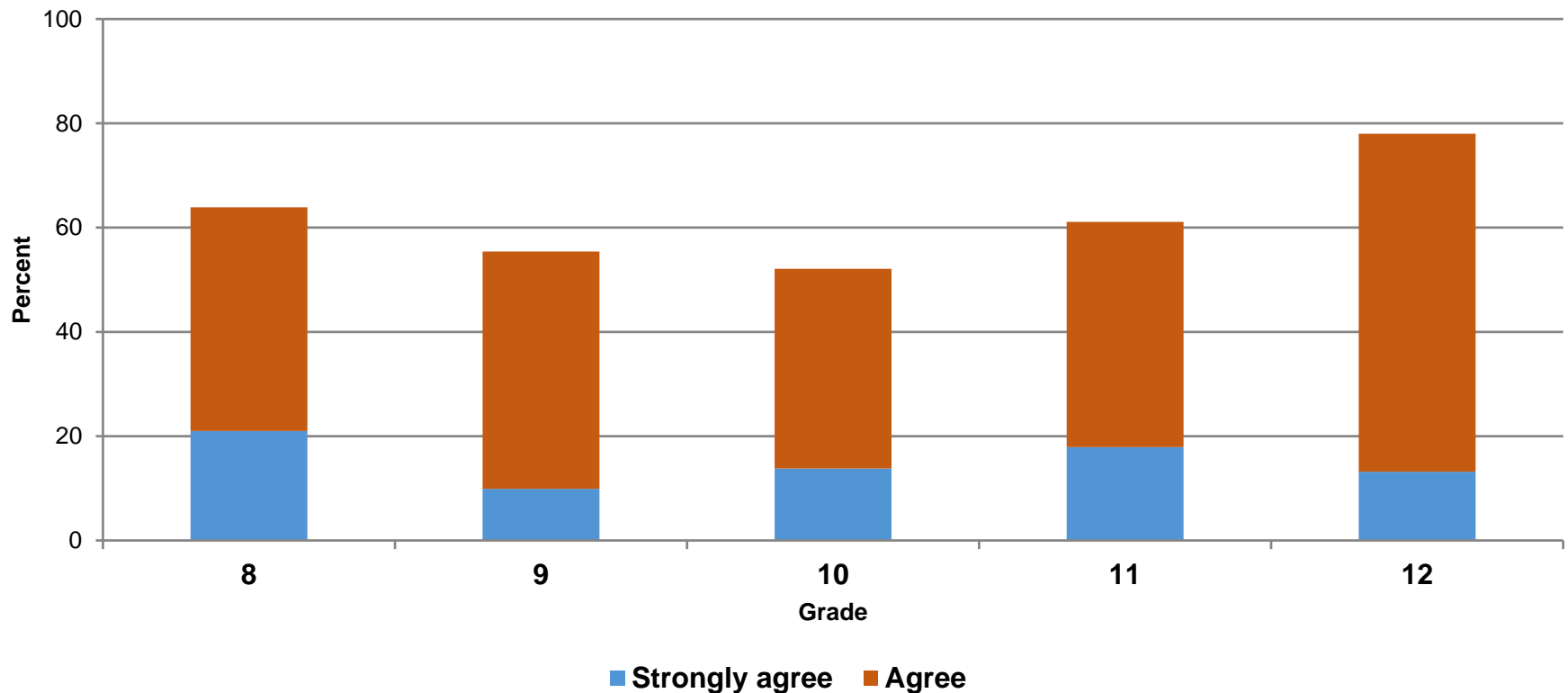
Frequency of Family Dinners



22% of Monomoy students Grades 8-12 report that they never have dinner together as a family.

Percent of Students Feeling That Teachers Really Care About Them and Give Encouragement and Support

Monomoy YRBS 2019



On average, 62% of Monomoy students Grades 8-12 report feeling that teachers really care about them and give encouragement and support. We'd like to see this percentage well over 80%.

Parent Messaging Matters

Parent Messaging Matters on Vaping

| IF: | Percent of students <u>vaping</u> in past 30 days |
|---|---|
| Students believe their parents consider vaping not wrong or only a little bit wrong | 59% |
| Students believe their parents consider vaping wrong or very wrong | 21% |

Parent Messaging Matters on Alcohol Use

| IF: | Percent of students <u>using alcohol</u> in past 30 days |
|---|--|
| Students believe their parents consider drinking alcohol not wrong or only a little bit wrong | 44% |
| Students believe their parents consider drinking alcohol wrong or very wrong | 28% |

Parent Messaging Matters on Binge Drinking

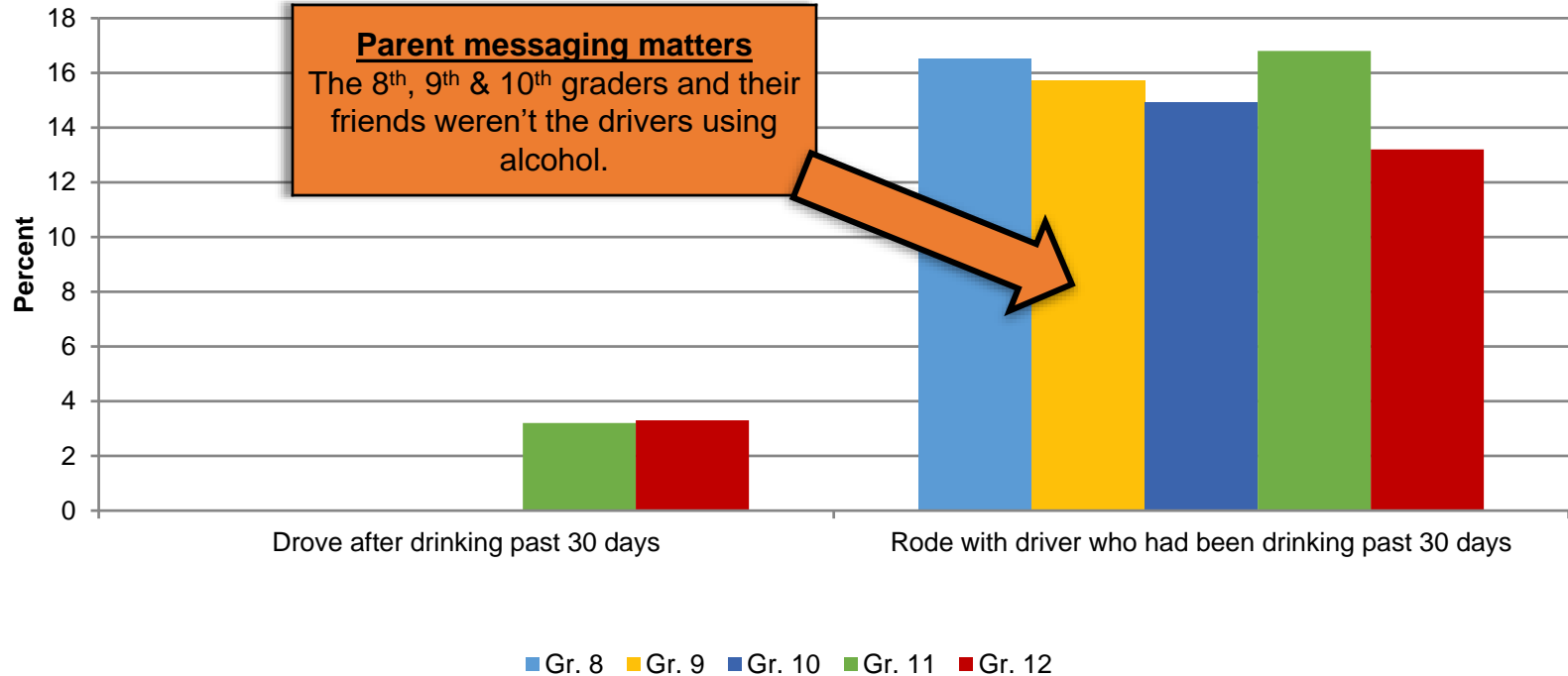
| IF: | Percent of students <u>binge drinking</u> in past 30 days |
|---|---|
| Students believe their parents consider drinking alcohol not wrong or only a little bit wrong | 40% |
| Students believe their parents consider drinking alcohol wrong or very wrong | 13% |

Parent Messaging Matters to Reduce Drunk Driving

| IF: | Percent of student drivers <u>driving after drinking</u> in past 30 days |
|---|--|
| Students believe their parents consider drinking alcohol not wrong or only a little bit wrong | 9% |
| Students believe their parents consider drinking alcohol wrong or very wrong | 1% |

Drinking and Driving Comparison by Grade

Drinking and Driving
Monomoy YRBS Comparison 2014 vs. 2016



Parent Messaging Matters on Marijuana

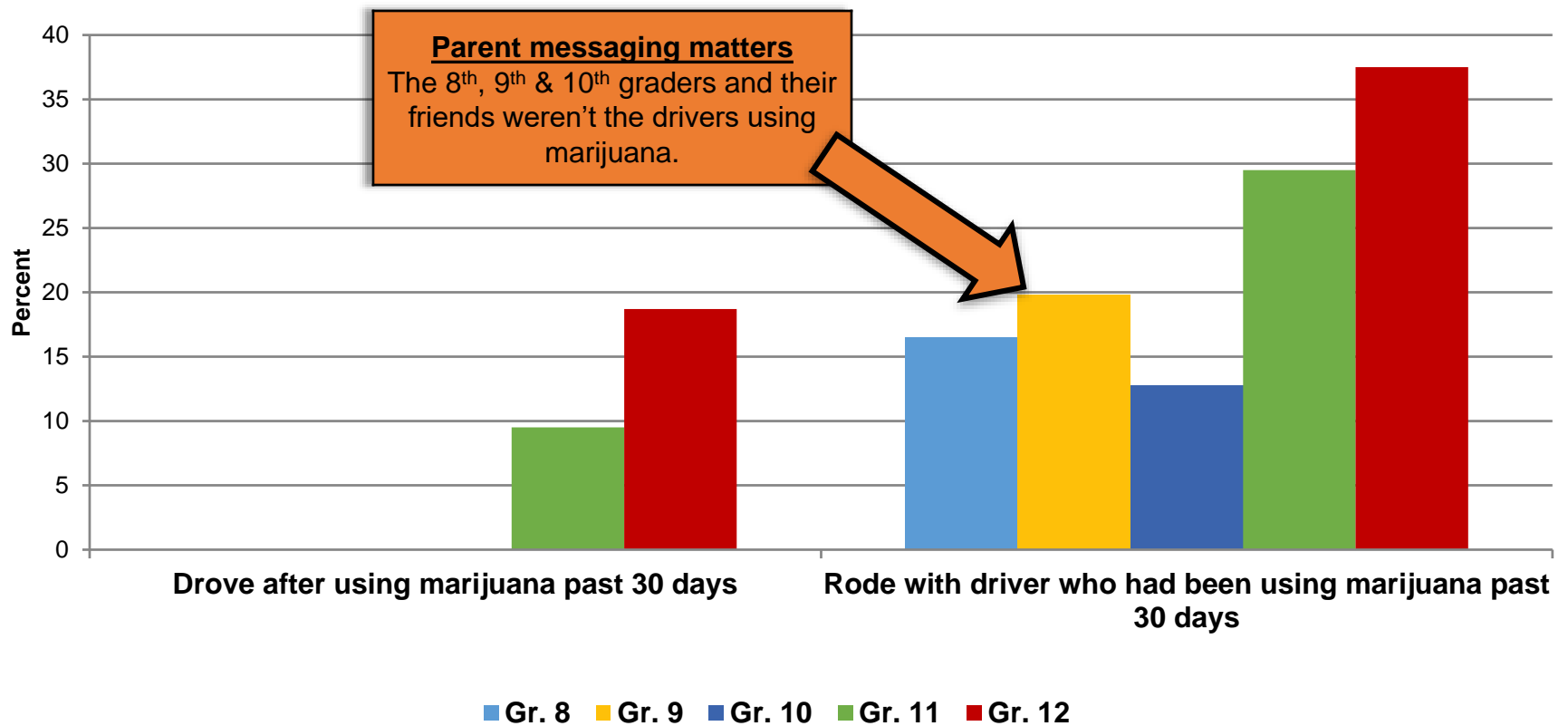
| IF: | Percent of students <u>using marijuana</u> in past 30 days |
|---|--|
| Students believe their parents consider marijuana is not wrong or only a little bit wrong | 54% |
| Students believe their parents consider smoking marijuana wrong or very wrong | 17% |

Parent Messaging Matters to Reduce “Stoned” Driving

| IF: | Percent of student drivers who <u>drove after smoking marijuana</u> in past 30 days |
|---|---|
| Students believe their parents consider marijuana is not wrong or only a little bit wrong | 26% |
| Students believe their parents consider smoking marijuana wrong or very wrong | 8% |

Marijuana Use and Driving

Monomoy YRBS 2019



Parent Messaging Matters on Prescription Abuse

| IF: | Percent of students <u>abusing prescriptions</u> in past 30 days |
|---|--|
| Students believe their parents consider prescription abuse not wrong or only a little bit wrong | 7% |
| Students believe their parents consider prescription abuse wrong or very wrong | 2% |

Parent Messaging Matters

“I love you. I’ll listen. Let’s talk.”

| IF: | Percent of students <u>depressed</u> in past year |
|--|---|
| Students have a parent or adult family member to talk to about important things | 32% |
| Students DO NOT or are unsure if they have a parent or adult family member to talk to about important things | 59% |

Parent Messaging Matters

“I love you. I’ll listen. Let’s talk.”

| IF: | Percent of students <u>attempting suicide</u> in past year |
|--|--|
| Students have a parent or adult family member to talk to about important things | 2.7% |
| Students DO NOT or are unsure if they have a parent or adult family member to talk to about important things | 14.8% |

Parent Messaging Matters

It's Time for a Different Kind of Sex Talk

While the percentage of Monomoy students reporting to be victims of unwanted sexual contact in their lifetimes is less than the state average, the sheer number is unacceptable. Concurrently, 47% of our students reported that their parents hadn't talked to them about sex in the past year. Teens need these conversations, and the YRBS clearly indicates that we need to include some different topics in these conversations.

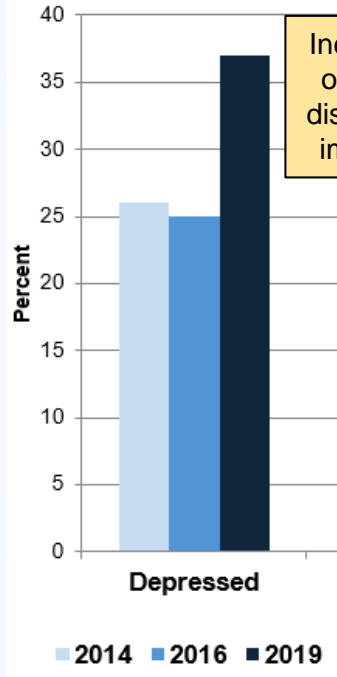
Our Girls:

Need to understand how they can better protect their safety and personal boundaries

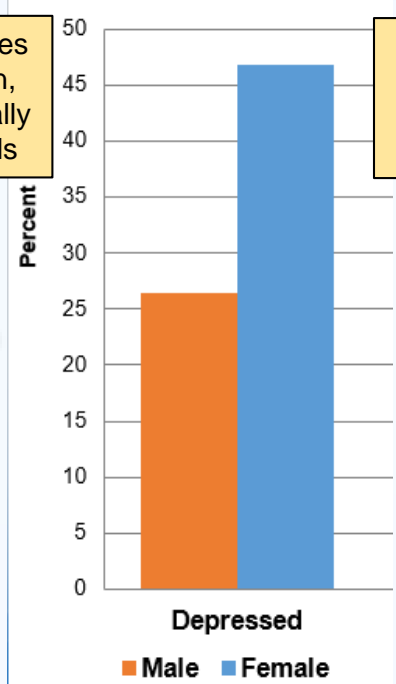
Our Boys:

Need to understand consent and boundaries and how to proactively prevent sexual assaults

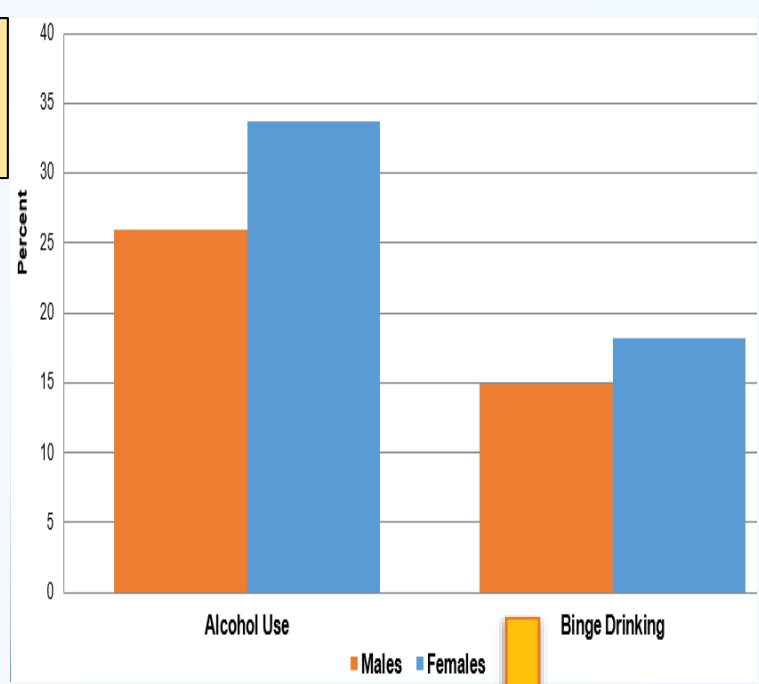
Next Steps



Increasing rates of depression, disproportionately impacting girls

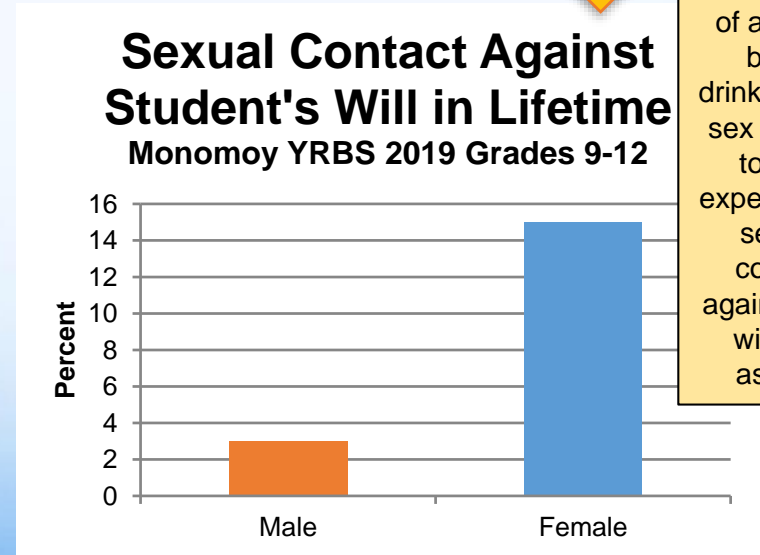


Girls "coping" by using alcohol



Complex Issues Requiring Action by Both Parents and the Schools

Many of the issues raised in the YRBS are interconnected, requiring action, education, and intervention. Parents and the schools need to work collaboratively on these complex issues to protect our children



Comingling of alcohol, binge drinking, and sex leading to girls experiencing sexual contact against their will and assault

Time to A. C. T.

**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 play in positively impacting these statistics?

What can I do as an individual to address these concerning trends among our young people?