Dover Middle School

YOUTH RISK BEHAVIOR SURVEY (YRBS)

Report

2019

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This report was prepared with technical support from *Community Health Institute/John Snow Inc. (CHI/JSI)*

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Background

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

- ➔ *Measure progress toward achieving national health objectives for Healthy People 2020 and other program and policy indicators;*
- ➔ *Assess trends in priority health risk behaviors among middle school students, and;*
- ➔ *Evaluate the impact of broad school and community interventions at the national, state, and local levels.*

In addition, state, territorial, local agencies and non-governmental organizations use YRBS data to set and track progress toward meeting school health and health promotion program goals, support modification of school health curricula or other programs, support new legislation and policies that promote health, and seek funding and other support for new initiatives.[1]

In New Hampshire, the High School YRBS (HS YRBS) is administered by the New Hampshire Department of Education (DOE), in collaboration with local schools. The DOE administers the survey to a select set of classrooms in a randomly selected subset of public high schools to meet CDC sampling requirements that ensure HS YRBS data are representative of NH students. Many New Hampshire schools have exercised the option of administering the survey to all students in a school who choose to participate.

Youth Risk Behavior Survey data are used by state policy makers, as well as local schools, coalitions and communities to understand the risk and health behaviors of area youth, to design programs or policies to reduce risk and promote health, to identify and procure needed resources to support and fund activities, and to determine whether health outcomes among youth-related populations are improving or deteriorating.

The middle school version of the YRBS (MS YRBS) has also been supported by the CDC since 1991 and is available to states and local schools for surveying students in grades six through eight. Several middle schools in New Hampshire have been participating in the MS YRBS for reasons similar to those noted for participation in the HS YRBS, often as a result of their involvement in community-based health initiatives. Others use the MS YRBS results to comply with Federal funding through grants such as Drug-Free Community Grants (DFCs). The data from the MS YRBS implemented in Spring 2019 are presented in this report.

[1] http://www.cdc.gov/healthyyouth/yrbs/brief.htm

Demographics

It is important to consider the sample size, demographics of the sample, and how well the sample represents the whole school population when interpreting the survey data. A sample that most closely represents the actual population of the school will yield the most reliable results. Take precaution when comparing data reports from different implementation years as participant demographics are subject to change.

TABLE 1: DEMOGRAPHIC DISTRIBUTION

Dover Middle School		*County %*	*School %*	*School n*
Grade	7th	49.9%	51.3%	259
	8th	48.8%	46.3%	234
Gender	Female	46.6%	46.9%	237
	Male	52.2%	51.7%	261
Race & Ethnicity	American-Indian or Alaskan Native	2.6%	3.0%	15
	Asian	5.8%	10.1%	51
	Black or African-American	3.0%	4.2%	21
	Native Hawaiian or Pacific Islander	1.3%	2.2%	11
	White	77.3%	70.9%	358
	Mixed/Other	8.4%	8.3%	42
	Hispanic or Latino	7.2%	6.7%	34

Total 7th and 8th grade population			**606**
Total sample size			**505**
Response rate	**85.4%**	**83.3%**	

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

Interpreting the results

Responses from middle school students who participated in the survey can be reported and considered in various ways.

Individual responses are often reported in terms of the percentage of all students who answered a question in a particular way. For example: 38.8% of students indicated that they think people are at great risk of harming themselves (physically or in other ways) if they have one or two drinks of alcohol nearly every day. Responses may also be combined for similar answer choices, such as: 75.8% of students indicated that they think people are at moderate or great risk of harming themselves (physically or in other ways) if they have one or two drinks of alcohol nearly every day. In this example, the number of students who selected "moderate risk" as their response to the question was combined with the number of students who selected "great risk." These percentages are not compared to any other data or subset of respondents.

There also ways to share findings from a survey that show data comparisons between different groups of respondents. For example, data may be reported by gender or grade in school, comparing the percentage of female students to the percentage of male students who responded to a question in a particular way, or comparing how seventh graders responded to a question to how eighth graders responded.

Data can also be presented in a way that compares how respondents who answered a question one way to how those same respondents answered other questions. For example, a report may show the percentage of respondents who reported that they received mostly "As" in school *and* who reported parents or other adults in your family have clear rules and consequences for their behavior. Although such data cannot show that one measure *caused* another (i.e., data will not show that students who receive "As" in school receive those grades *because* their parents or other adults in your family have clear rules and consequences for their behavior) it is often helpful to study relationships between measures to understand that certain behaviors and perceptions are perhaps interconnected in some way.

Additionally, data can be compared with results from previous years as long as the wording of the question has not been changed from one survey cycle to the next.

This report shares the 2019 survey findings in multiple ways to help schools, communities, parents, and other stakeholders better understand the behavior and perceptions of middle school students and use those data for planning and prioritizing strategies to address the behavioral health of middle school youth in their community.

Results

NOTES TO THE USER

- ➔ The Middle School YRBS that was used to collect the data presented in this report is included in **Appendix A**. The survey is directly from the CDC Youth Risk Behavior Middle School Survey and the New Hampshire High School Youth Risk Behavior Survey. Questions have NOT been modified from the CDC approved format and wording in order to comply with 2017 NH SB43 – Relative to nonacademic surveys, questionnaires, or evaluations administered by a public school to its students.[2]

- ➔ "Q" has been used throughout this report to notate the question number on the survey referenced by the data presented.

- ➔ The data presented in this report have been "cleaned" for logical edits. If a response to a series of questions was implausible, the responses for the entire series was coded as "missing" and not included in the results.

- ➔ "N/A" has been used to note when data is not available either because a groups of students was not surveyed or because the data only included missing information for a variable.

- ➔ * indicates that the total number of respondents to a survey question is equal to or fewer than 5 ($n < 5$) and is, therefore, not sufficient for analysis.

Health Behaviors

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

[2] https://legiscan.com/NH/bill/SB43/2017

Youth Risk Perceptions and Behaviors

TABLE 2: SAFETY

	County %	*School %*	*School n*
Q7. Percentage of those who **have been bullied on school property**	**44.2%**	**41.4%**	**209**
Q8. Percentage of those who **have been electronically bullied**	**28.9%**	**25.7%**	**130**

TABLE 3: TOBACCO USE

	County %	*School %*	*School n*
Q14. Percentage of those who **have tried smoking cigarettes** (even one or two puffs)	**6.8%**	**7.1%**	**36**
Q15. Percentage of those who **were less than 11 years old** when they **smoked a whole cigarette for the first time**	**0.6%**	**0.2%**	*
Q16. Percentage of those who **smoked cigarettes in the past 30 days**	**1.1%**	**0.6%**	*
Q18. Percentage of those who **were given** cigarettes (gave someone money to buy them/borrowed/someone over 18 years gave them/took from store/family member)	**0.6%**	**0.4%**	*
Q18. Percentage of those who **bought** cigarettes (internet/store)	**0.6%**	**0.2%**	*
Q16. Percentage of those who **smoked daily** (one cigarette every day for 30 days)	**0.3%**	**0.4%**	*
Q17. Percentage of those who **smoked more than 10 cigarettes a day**	**0.2%**	**0.2%**	*
Q19. Percentage of those who **have used an electronic vapor product**	**20.5%**	**20.2%**	**102**
Q20. Percentage of those who **have used an electronic vapor product in the past 30 days**	**8.6%**	**9.3%**	**47**
Q38. Percentage of those who think people **are** at **moderate** or **great risk** of harming themselves (physically or in other ways), if they **have one or more packs of cigarettes per day**	**90.0%**	**89.7%**	**453**
Q43. Percentage of those who think their **friends** feel it **is wrong** or **very wrong** if they **smoke tobacco**	**77.0%**	**76.2%**	**385**

	County %	*School %*	*School n*
Q47. Percentage of those who think their parents feel it **is wrong** or **very wrong** if they **smoke tobacco**	**95.3%**	**95.0%**	**480**

TABLE 4: ALCOHOL USE

	County %	*School %*	*School n*
Q21. Percentage of those who **have had at least one drink of alcohol** (other than a few sips)	**13.1%**	**12.5%**	**63**
Q22. Percentage of those who **had at least one drink of alcohol** (other than a few sips) **on one or more days during the past 30 days**	**2.8%**	**2.0%**	**10**
Q23. Percentage of those who **had** their **first drink of alcohol** (other than a few sips) **before age 11**	**2.6%**	**2.6%**	**13**
Q24. Percentage of those who **had five or more drinks of alcohol in a row**, that is, within a couple of hours	**2.2%**	**1.8%**	**9**
Q25. Percentage of those who **were given alcohol** (gave someone money to buy them/borrowed/someone over 18 years gave them/took from store/family member)	**6.8%**	**6.2%**	**31**
Q25. Percentage of those who **bought alcohol** (restaurant/bar/store/public event)	**0.6%**	**0.6%**	*****
Q39. Percentage of those who think people **are** at **moderate** or **great risk** of harming themselves (physically or in other ways), if they **have one or two drinks of alcohol nearly every day**	**70.9%**	**75.8%**	**383**
Q40. Percentage of those who think people **are** at **moderate** or **great risk** of harming themselves (physically or in other ways), if they **have five or more drinks of alcohol once or twice a week**	**82.7%**	**83.6%**	**422**
Q44. Percentage of those who think their **friends** feel it **is wrong** or **very wrong** if they **drink alcohol nearly every day**	**78.4%**	**77.6%**	**392**
Q48. Percentage of students who suggest that their **parents** think it **is wrong** or **very wrong** if they **drink alcohol nearly every day**	**93.2%**	**93.1%**	**470**

TABLE 5: MARIJUANA USE

	County %	*School %*	*School n*
Q26. Percentage of those who **have ever used marijuana**	**7.7%**	**7.7%**	**39**
Q27. Percentage of those who **used marijuana one or more times during the past 30 days**	**3.9%**	**3.2%**	**16**
Q28. Percentage of those who **tried marijuana for the first time before age 11**	**0.9%**	**0.8%**	*****
Q41. Percentage of those who think people **are** at **moderate** or **great risk** of harming themselves (physically or in other ways), **if they use marijuana once or twice a week**	**63.2%**	**62.8%**	**317**
Q45. Percentage of those who think their **friends** feel it **is wrong** or **very wrong if they smoke marijuana**	**73.5%**	**73.3%**	**370**
Q49. Percentage of those who suggest that their **parents** think it **is wrong** or **very wrong if they smoke marijuana**	**90.9%**	**89.3%**	**451**

TABLE 6: PRESCRIPTION DRUG USE

	County %	*School %*	*School n*
Q33. Percentage of those who **have ever used prescription drugs** (such as OxyContin, Percocet, Vicodin, Adderall, Ritalin, or Xanax) **without a doctor's prescription**	**3.7%**	**2.8%**	**14**
Q34. Percentage of those who **in the past 30 days used prescription drugs** (such as OxyContin, Percocet, Vicodin, Adderall, Ritalin, or Xanax) **without a doctor's prescription**	**1.5%**	**1.0%**	**5**
Q42. Percentage of those who think people **are** at **moderate** or **great risk** of harming themselves (physically or in other ways), if they **take a prescription drug without a prescription**	**85.7%**	**85.5%**	**432**
Q46. Percentage of those who think their **friends** feel it **is wrong** or **very wrong** if they **take a prescription drug without a doctor's prescription**	**83.4%**	**84.4%**	**426**
Q50. Percentage of those who suggest that their **parents** think it **is wrong** or **very wrong** if they **take a prescription drug without a doctor's prescription**	**94.1%**	**94.5%**	**477**

TABLE 7: OTHER DRUG USE

	County %	*School %*	*School n*
Q29. Percentage of those who **have ever used synthetic marijuana** (also called K2 or Spice)	**1.8%**	**1.4%**	**7**
Q30. Percentage of those who **have ever used cocaine** (including powder, crack, or freebase)	**0.4%**	**0.6%**	*****
Q31. Percentage of those who **have sniffed glue**, b**reathed the content of spray cans**, or **inhaled any paints or sprays** to get high	**4.9%**	**4.8%**	**24**
Q32. Percentage of those who **have ever taken steroid pills or shots without a doctor's prescription**	**1.3%**	**1.4%**	**7**
Q35. Percentage of those who **have ever taken an over-the-counter drug** (such as cough medicine, allergy medicine, or pain relievers) to get high	**3.9%**	**3.4%**	**17**

TABLE 8: SCHOOL PERFORMANCE AND COMMUNITY RELATIONS

	County %	*School %*	*School n*
Q6. Percentage of those who **would** describe their grades in school as **mostly "As" or "Bs" during the past 12 months**	**58.7%**	**69.9%**	**353**
Q36. Percentage of those who **agree** or **strongly agree** their **parents or other adults in their family have clear rules and standards for their behavior**	**81.3%**	**81.8%**	**413**
Q37. Percentage of those who **have talked with at least one of their parents or guardians about the dangers of tobacco, alcohol, or drug use during the past 12 months**	**47.5%**	**47.3%**	**239**

TABLE 9: MENTAL HEALTH

	County %	*School %*	*School n*
Q9. Percentage of those who **did something to purposefully hurt themselves** without wanting to die (such as cutting, or burning)	**21.8%**	**23.6%**	**119**
Q10. Percentage of those who **have felt so sad or hopeless almost every day for two weeks or more in a row** that they stopped doing some usual activities	**31.7%**	**30.3%**	**153**
Q11. Percentage of those who **have seriously thought about killing themselves**	**22.3%**	**21.6%**	**109**
Q12. Percentage of those who **have ever made a plan about how they would kill themselves**	**14.8%**	**15.6%**	**79**
Q13. Percentage of those who **have ever tried to kill themselves**	**8.1%**	**10.3%**	**52**

Youth Risk Perceptions and Behaviors by Grade

During adolescence, just as young people are changing outwardly during puberty, they are also experiencing significant changes internally, including changes in hormone levels and in the areas of the brain that direct emotional and cognitive processes. These changes in the brain are often reflected in changes in the way a young person reacts to the world around them.

As children move through different developmental stages, they are exposed to different settings and experience different understandings of risk. During adolescence these changes are significant and can influence the likelihood that they may put themselves at risk. For example, as children get older they may be exposed to more environments and settings where there is no or limited adult supervision, and they may interact with older peers more often. When they are children, risk is typically seen as something to be avoided in order to avoid the harm that may come. For example, children don't directly touch the stovetop to avoid getting burned. During adolescence, however, choosing risky situations or behaviors may be viewed as a way to test their independence. Adolescence is also a developmental stage during which the opinions of peers become more important. This may result in young people choosing to do something they know may cause them harm in order to gain the approval of their peers. The middle school years are a time of significant developmental changes; therefore, considering responses from middle school students in each grade level may improve understanding of the different behaviors and risks at different ages.

In this section, responses from middle school students are grouped by grade level in school to show how perceptions and behaviors are different at different developmental levels, from one year to the next, as youth are rapidly changing physically, cognitively, and emotionally.

Youth Risk Perceptions and Behaviors by Grade

TABLE 10: SAFETY (BY GRADE)

	7th grade %	*8th grade %*
Q7. Percentage of those who **have been bullied on school property**	**39.0%**	**44.0%**
Q8. Percentage of those who **have been electronically bullied**	**27.4%**	**23.9%**

TABLE 11: TOBACCO USE (BY GRADE)

	7th grade %	*8th grade %*
Q14. Percentage of those who **have tried smoking cigarettes** (even one or two puffs)	**4.6%**	**10.3%**
Q15. Percentage of those who **were less than 11 years old** when they **smoked a whole cigarette for the first time**	**0.0%**	**0.4%**
Q16. Percentage of those who **smoked cigarettes in the past 30 days**	**0.4%**	**0.9%**
Q18. Percentage of those who **were given** cigarettes (gave someone money to buy them/borrowed/someone over 18 years gave them/took from store/family member)	**0.0%**	**0.8%**
Q18. Percentage of those who **bought** cigarettes (internet/store)	**0.0%**	**0.4%**
Q16. Percentage of those who **smoked daily** (one cigarette every day for 30 days)	**0.4%**	**0.4%**
Q17. Percentage of those who **smoked more than 10 cigarettes a day**	**0.4%**	**0.0%**
Q19. Percentage of those who **have used an electronic vapor product**	**15.8%**	**25.6%**
Q20. Percentage of those who **have used an electronic vapor product in the past 30 days**	**7.7%**	**11.5%**
Q38. Percentage of those who think people **are** at **moderate** or **great risk** of harming themselves (physically or in other ways), if they **have one or more packs of cigarettes per day**	**91.1%**	**88.5%**
Q43. Percentage of those who think their **friends** feel it **is wrong** or **very wrong** if they **smoke tobacco**	**77.2%**	**74.8%**

	7th grade %	*8th grade %*
Q47. Percentage of those who think their parents feel it **is wrong** or **very wrong** if they **smoke tobacco**	**96.1%**	**93.6%**

TABLE 12: ALCOHOL USE (BY GRADE)

	7th grade %	*8th grade %*
Q21. Percentage of those who **have had at least one drink of alcohol** (other than a few sips)	**9.3%**	**15.8%**
Q22. Percentage of those who **had at least one drink of alcohol** (other than a few sips) **on one or more days during the past 30 days**	**1.2%**	**2.6%**
Q23. Percentage of those who **had** their **first drink of alcohol** (other than a few sips) **before age 11**	**2.7%**	**2.1%**
Q24. Percentage of those who **had five or more drinks of alcohol in a row**, that is, within a couple of hours	**1.5%**	**2.1%**
Q25. Percentage of those who **were given alcohol** (gave someone money to buy them/borrowed/someone over 18 years gave them/took from store/family member)	**4.2%**	**8.1%**
Q25. Percentage of those who **bought alcohol** (restaurant/bar/store/public event)	**1.2%**	**0.0%**
Q39. Percentage of those who think people **are** at **moderate** or **great risk** of harming themselves (physically or in other ways), if they **have one or two drinks of alcohol nearly every day**	**80.7%**	**71.4%**
Q40. Percentage of those who think people **are** at **moderate** or **great risk** of harming themselves (physically or in other ways), if they **have five or more drinks of alcohol once or twice a week**	**87.3%**	**79.9%**
Q44. Percentage of those who think their **friends** feel it **is wrong** or **very wrong** if they **drink alcohol nearly every day**	**82.6%**	**72.2%**
Q48. Percentage of students who suggest that their **parents** think it **is wrong** or **very wrong** if they **drink alcohol nearly every day**	**94.2%**	**91.5%**

TABLE 13: MARIJUANA USE (BY GRADE)

	7th grade %	*8th grade %*
Q26. Percentage of those who **have ever used marijuana**	**5.0%**	**11.1%**
Q27. Percentage of those who **used marijuana one or more times during the past 30 days**	**1.2%**	**5.6%**
Q28. Percentage of those who **tried marijuana for the first time before age 11**	**1.2%**	**0.4%**
Q41. Percentage of those who think people **are** at **moderate** or **great risk** of harming themselves (physically or in other ways), **if they use marijuana once or twice a week**	**73.4%**	**51.3%**
Q45. Percentage of those who think their **friends** feel it **is wrong** or **very wrong if they smoke marijuana**	**79.9%**	**65.8%**
Q49. Percentage of those who suggest that their **parents** think it **is wrong** or **very wrong if they smoke marijuana**	**93.4%**	**84.6%**

TABLE 14: PRESCRIPTION DRUG USE (BY GRADE)

	7th grade %	*8th grade %*
Q33. Percentage of those who **have ever used prescription drugs** (such as OxyContin, Percocet, Vicodin, Adderall, Ritalin, or Xanax) **without a doctor's prescription**	**2.3%**	**3.0%**
Q34. Percentage of those who **in the past 30 days used prescription drugs** (such as OxyContin, Percocet, Vicodin, Adderall, Ritalin, or Xanax) **without a doctor's prescription**	**1.5%**	**0.4%**
Q42. Percentage of those who think people **are** at **moderate** or **great risk** of harming themselves (physically or in other ways), if they **take a prescription drug without a prescription**	**84.6%**	**87.6%**
Q46. Percentage of those who think their **friends** feel it **is wrong** or **very wrong** if they **take a prescription drug without a doctor's prescription**	**86.5%**	**82.1%**
Q50. Percentage of those who suggest that their **parents** think it **is wrong** or **very wrong** if they **take a prescription drug without a doctor's prescription**	**95.4%**	**93.6%**

TABLE 15: OTHER DRUG USE (BY GRADE)

	7th grade %	*8th grade %*
Q29. Percentage of those who **have ever used synthetic marijuana** (also called K2 or Spice)	**0.0%**	**2.6%**
Q30. Percentage of those who **have ever used cocaine** (including powder, crack, or freebase)	**0.8%**	**0.4%**
Q31. Percentage of those who **have sniffed glue**, b**reathed the content of spray cans**, or **inhaled any paints or sprays** to get high	**4.2%**	**5.6%**
Q32. Percentage of those who **have ever taken steroid pills or shots without a doctor's prescription**	**0.8%**	**2.1%**
Q35. Percentage of those who **have ever taken an over-the-counter drug** (such as cough medicine, allergy medicine, or pain relievers) to get high	**1.5%**	**5.6%**

TABLE 16: SCHOOL PERFORMANCE AND COMMUNITY RELATIONS (BY GRADE)

	7th grade %	*8th grade %*
Q6. Percentage of those who **would** describe their grades in school as **mostly "As" or "Bs" during the past 12 months**	**69.1%**	**70.5%**
Q36. Percentage of those who **agree** or **strongly agree** their **parents or other adults in their family have clear rules and standards for their behavior**	**83.0%**	**80.8%**
Q37. Percentage of those who **have talked with at least one of their parents or guardians about the dangers of tobacco, alcohol, or drug use during the past 12 months**	**44.0%**	**50.9%**

TABLE 17: MENTAL HEALTH (BY GRADE)

	7th grade %	*8th grade %*
Q9. Percentage of those who **did something to purposefully hurt themselves** without wanting to die (such as cutting, or burning)	**24.7%**	**23.5%**
Q10. Percentage of those who **have felt so sad or hopeless almost every day for two weeks or more in a row** that they stopped doing some usual activities	**27.8%**	**34.2%**
Q11. Percentage of those who **have seriously thought about killing themselves**	**22.0%**	**22.2%**
Q12. Percentage of those who **have ever made a plan about how they would kill themselves**	**15.4%**	**16.7%**
Q13. Percentage of those who **have ever tried to kill themselves**	**9.3%**	**11.5%**

Youth Risk Perceptions and Behaviors by Gender

Gender often plays a role in an adolescent's behaviors and perceptions, including those regarding risky behaviors. This section provides data by gender for a range of risk behavior and perception questions.

TABLE 18: SAFETY (BY GENDER)

	Female %	*Male %*
Q7. Percentage of those who **have been bullied on school property**	**46.0%**	**37.9%**
Q8. Percentage of those who **have been electronically bullied**	**30.8%**	**21.5%**

TABLE 19: TOBACCO USE (BY GENDER)

	Female %	*Male %*
Q14. Percentage of those who **have tried smoking cigarettes** (even one or two puffs)	**8.0%**	**6.1%**
Q15. Percentage of those who **were less than 11 years old** when they **smoked a whole cigarette for the first time**	**0.0%**	**0.4%**
Q16. Percentage of those who **smoked cigarettes in the past 30 days**	**0.4%**	**0.4%**
Q18. Percentage of those who **were given** cigarettes (gave someone money to buy them/borrowed/someone over 18 years gave them/took from store/family member)	**0.4%**	**0.4%**
Q18. Percentage of those who **bought** cigarettes (internet/store)	**0.0%**	**0.4%**
Q16. Percentage of those who **smoked daily** (one cigarette every day for 30 days)	**0.0%**	**0.4%**
Q17. Percentage of those who **smoked more than 10 cigarettes a day**	**0.0%**	**0.0%**
Q19. Percentage of those who **have used an electronic vapor product**	**22.4%**	**18.8%**
Q20. Percentage of those who **have used an electronic vapor product in the past 30 days**	**11.8%**	**7.3%**

	Female %	*Male %*
Q38. Percentage of those who think people **are** at **moderate** or **great risk** of harming themselves (physically or in other ways), if they **have one or more packs of cigarettes per day**	**92.4%**	**87.7%**
Q43. Percentage of those who think their **friends** feel it **is wrong** or **very wrong** if they **smoke tobacco**	**78.5%**	**75.1%**
Q47. Percentage of those who think their parents feel it **is wrong** or **very wrong** if they **smoke tobacco**	**95.4%**	**95.0%**

TABLE 20: ALCOHOL USE (BY GENDER)

	Female %	*Male %*
Q21. Percentage of those who **have had at least one drink of alcohol** (other than a few sips)	**11.4%**	**13.4%**
Q22. Percentage of those who **had at least one drink of alcohol** (other than a few sips) **on one or more days during the past 30 days**	**1.7%**	**2.3%**
Q23. Percentage of those who **had** their **first drink of alcohol** (other than a few sips) **before age 11**	**1.3%**	**3.4%**
Q24. Percentage of those who **had five or more drinks of alcohol in a row**, that is, within a couple of hours	**1.7%**	**1.9%**
Q25. Percentage of those who **were given alcohol** (gave someone money to buy them/borrowed/someone over 18 years gave them/took from store/family member)	**7.6%**	**4.6%**
Q25. Percentage of those who **bought alcohol** (restaurant/bar/store/public event)	**0.4%**	**0.8%**
Q39. Percentage of those who think people **are** at **moderate** or **great risk** of harming themselves (physically or in other ways), if they **have one or two drinks of alcohol nearly every day**	**78.1%**	**74.3%**
Q40. Percentage of those who think people **are** at **moderate** or **great risk** of harming themselves (physically or in other ways), if they **have five or more drinks of alcohol once or twice a week**	**85.2%**	**82.0%**
Q44. Percentage of those who think their **friends** feel it **is wrong** or **very wrong** if they **drink alcohol nearly every day**	**81.9%**	**74.7%**
Q48. Percentage of students who suggest that their **parents** think it **is wrong** or **very wrong** if they **drink alcohol nearly every day**	**94.5%**	**92.0%**

TABLE 21: MARIJUANA USE (BY GENDER)

	Female %	*Male %*
Q26. Percentage of those who **have ever used marijuana**	**9.3%**	**6.5%**
Q27. Percentage of those who **used marijuana one or more times during the past 30 days**	**4.2%**	**2.3%**
Q28. Percentage of those who **tried marijuana for the first time before age 11**	**0.0%**	**1.5%**
Q41. Percentage of those who think people **are** at **moderate** or **great risk** of harming themselves (physically or in other ways), **if they use marijuana once or twice a week**	**67.5%**	**59.0%**
Q45. Percentage of those who think their **friends** feel it **is wrong** or **very wrong if they smoke marijuana**	**75.1%**	**72.4%**
Q49. Percentage of those who suggest that their **parents** think it **is wrong** or **very wrong if they smoke marijuana**	**89.5%**	**89.7%**

TABLE 22: PRESCRIPTION DRUG USE (BY GENDER)

	Female %	*Male %*
Q33. Percentage of those who **have ever used prescription drugs** (such as OxyContin, Percocet, Vicodin, Adderall, Ritalin, or Xanax) **without a doctor's prescription**	**3.8%**	**1.5%**
Q34. Percentage of those who **in the past 30 days used prescription drugs** (such as OxyContin, Percocet, Vicodin, Adderall, Ritalin, or Xanax) **without a doctor's prescription**	**1.7%**	**0.0%**
Q42. Percentage of those who think people **are** at **moderate** or **great risk** of harming themselves (physically or in other ways), if they **take a prescription drug without a prescription**	**89.5%**	**82.8%**
Q46. Percentage of those who think their **friends** feel it **is wrong** or **very wrong** if they **take a prescription drug without a doctor's prescription**	**85.7%**	**83.9%**
Q50. Percentage of those who suggest that their **parents** think it **is wrong** or **very wrong** if they **take a prescription drug without a doctor's prescription**	**95.4%**	**94.3%**

TABLE 23: OTHER DRUG USE (BY GENDER)

	Female %	*Male %*
Q29. Percentage of those who **have ever used synthetic marijuana** (also called K2 or Spice)	**0.8%**	**1.5%**
Q30. Percentage of those who **have ever used cocaine** (including powder, crack, or freebase)	**0.0%**	**1.1%**
Q31. Percentage of those who **have sniffed glue**, b**reathed the content of spray cans**, or **inhaled any paints or sprays** to get high	**6.8%**	**3.1%**
Q32. Percentage of those who **have ever taken steroid pills or shots without a doctor's prescription**	**1.7%**	**1.1%**
Q35. Percentage of those who **have ever taken an over-the-counter drug** (such as cough medicine, allergy medicine, or pain relievers) to get high	**5.5%**	**1.1%**

TABLE 24: SCHOOL PERFORMANCE AND COMMUNITY RELATIONS (BY GENDER)

	Female %	*Male %*
Q6. Percentage of those who **would** describe their grades in school as **mostly "As" or "Bs" during the past 12 months**	**71.7%**	**68.6%**
Q36. Percentage of those who **agree** or **strongly agree** their **parents or other adults in their family have clear rules and standards for their behavior**	**84.0%**	**80.8%**
Q37. Percentage of those who **have talked with at least one of their parents or guardians about the dangers of tobacco, alcohol, or drug use during the past 12 months**	**48.5%**	**47.1%**

TABLE 25: MENTAL HEALTH (BY GENDER)

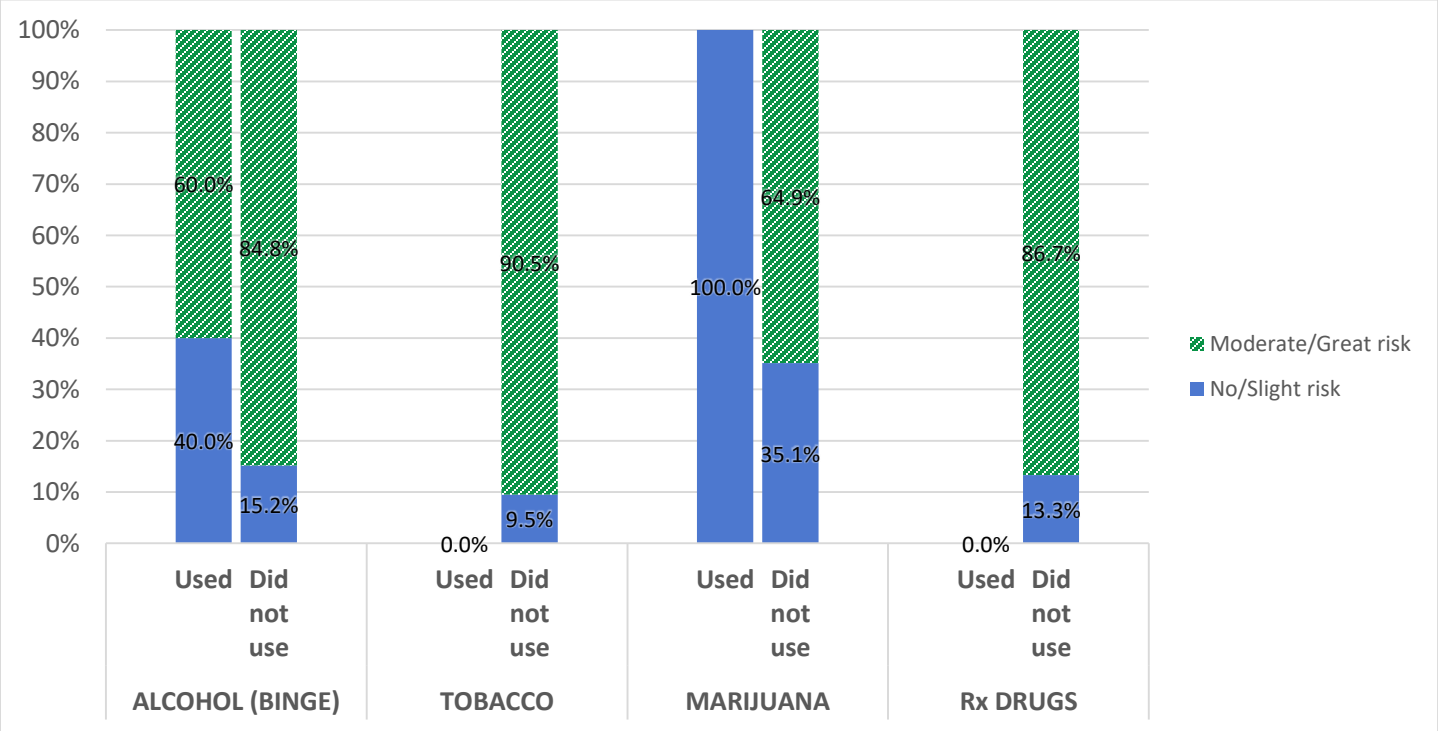
	Female %	*Male %*
Q9. Percentage of those who **did something to purposefully hurt themselves** without wanting to die (such as cutting, or burning)	**32.9%**	**15.7%**
Q10. Percentage of those who **have felt so sad or hopeless almost every day for two weeks or more in a row** that they stopped doing some usual activities	**39.7%**	**22.2%**
Q11. Percentage of those who **have seriously thought about killing themselves**	**28.3%**	**15.7%**
Q12. Percentage of those who **have ever made a plan about how they would kill themselves**	**22.4%**	**9.6%**
Q13. Percentage of those who **have ever tried to kill themselves**	**13.5%**	**7.3%**

Past 30-day use of substances related to:
Perception of risk

It is well established in research that risk-taking increases between childhood and adolescence, and recent developments in the study of the brain have established that this increase is the result of changes around the time of puberty in the brain's socio-emotional system leading to increased reward-seeking, especially in the presence of peers. Risk-taking then declines between adolescence and adulthood because of changes in the brain's cognitive control system – changes which improve individuals' capacity for self-regulation. These changes in the brain occur across adolescence and young adulthood along differing timetables, making mid-adolescence a time of heightened vulnerability to risky and reckless behavior (Steinberg, 2008).[3] However, findings from studies that have examined the relationship between perceived risk and risk behavior show that when youth perceive high risk, they are significantly less likely to engage in the behavior that poses the risk (Brewer, et al., 2007).[4] For example, young people who think marijuana smoking poses moderate or great risk are significantly less likely to smoke marijuana themselves. When young people consider risk, they may think of health problems, academic difficulties, not meeting parent expectations, ineligibility for sports teams or co-curricular activities, or problems with the law.

Findings related to perception of risk and substance use have important implications for preventing the behaviors that can threaten health, safety, and well-being. By increasing young people's awareness of the risks associated with a choice, such as the choice to drink alcohol or use an electronic vaporizing device, communities can help youth protect their health and safety during adolescence, a time of significantly heightened risk.

The following graph demonstrates correlations between perception of risk and risk behavior.



[3] http://www.education.nh.gov/data/documents/school_enroll13_14.pdf
[4] http://www.ncbi.nlm.nih.gov/pubmed/17385964

What does the above graph show?

- Example: One hundred percent (100.0%) of those who stated they **have** used marijuana in the past 30 days believe that people **are** at **no** or **slight risk** of harming themselves if they use marijuana once or twice a week.

⇒ **PLEASE NOTE:** In this bar graph, *Moderate/Great Risk* is a combination of all *Moderate risk* and *Great risk* responses from the original survey. *No/Slight Risk* is a combination of all *Slight risk* and *No risk* responses.

Past 30-day use of substances related to: *Performance in school*

Research has supported the existence of a relationship between school performance and positive experiences within the community and school setting (Brickmayer, et al., 2004). Such findings encourage schools and communities to study possible relationships between academics, community connectedness, and risky behaviors among middle school students.

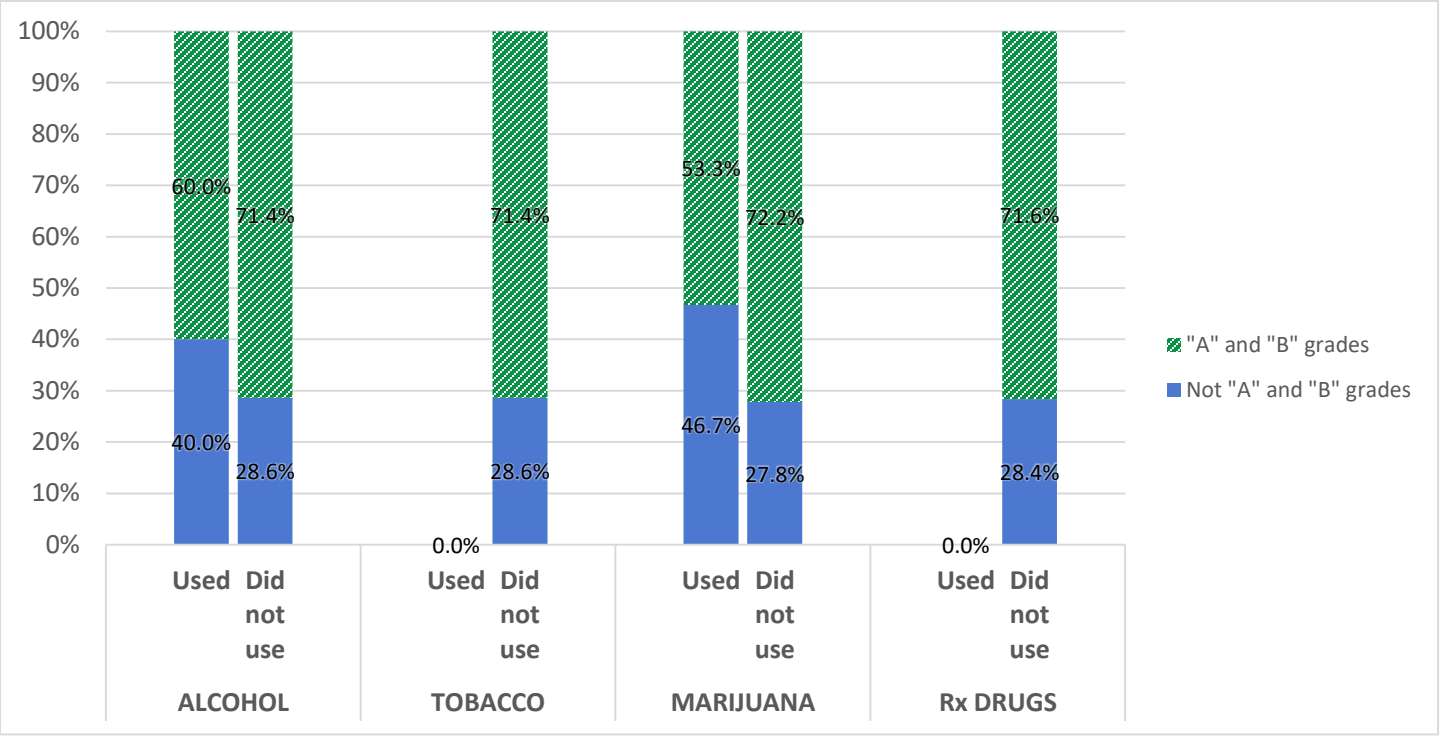
The relationship between academic achievement and substance use has been an area of focus in prior analyses of data from the national YRBS. According to the CDC, data have shown a negative association between alcohol and other drug use and academic achievement, after controlling for sex, race/ethnicity, and grade level. This means that students with higher grades are less likely to engage in alcohol and other drug use behaviors than their classmates with lower grades; and students who do not engage in alcohol and other drug use behaviors receive higher grades than their classmates who do engage in alcohol and other drug use behaviors. More research is needed to determine whether low grades lead to alcohol and other drug use, alcohol and other drug use leads to low grades, or whether other factors lead to both of these problems.[5]

The CDC has found that students with higher grades are significantly less likely to have engaged in behaviors such as regular alcohol use, regular binge-drinking, drinking before the age of 13, regular marijuana use, misuse of prescription drugs, and use of ecstasy (also called MDMA).

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

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

[5] http://www.cdc.gov/HealthyYouth/health_and_academics/pdf/alcohol_other_drug.pdf



What does the above graph show?

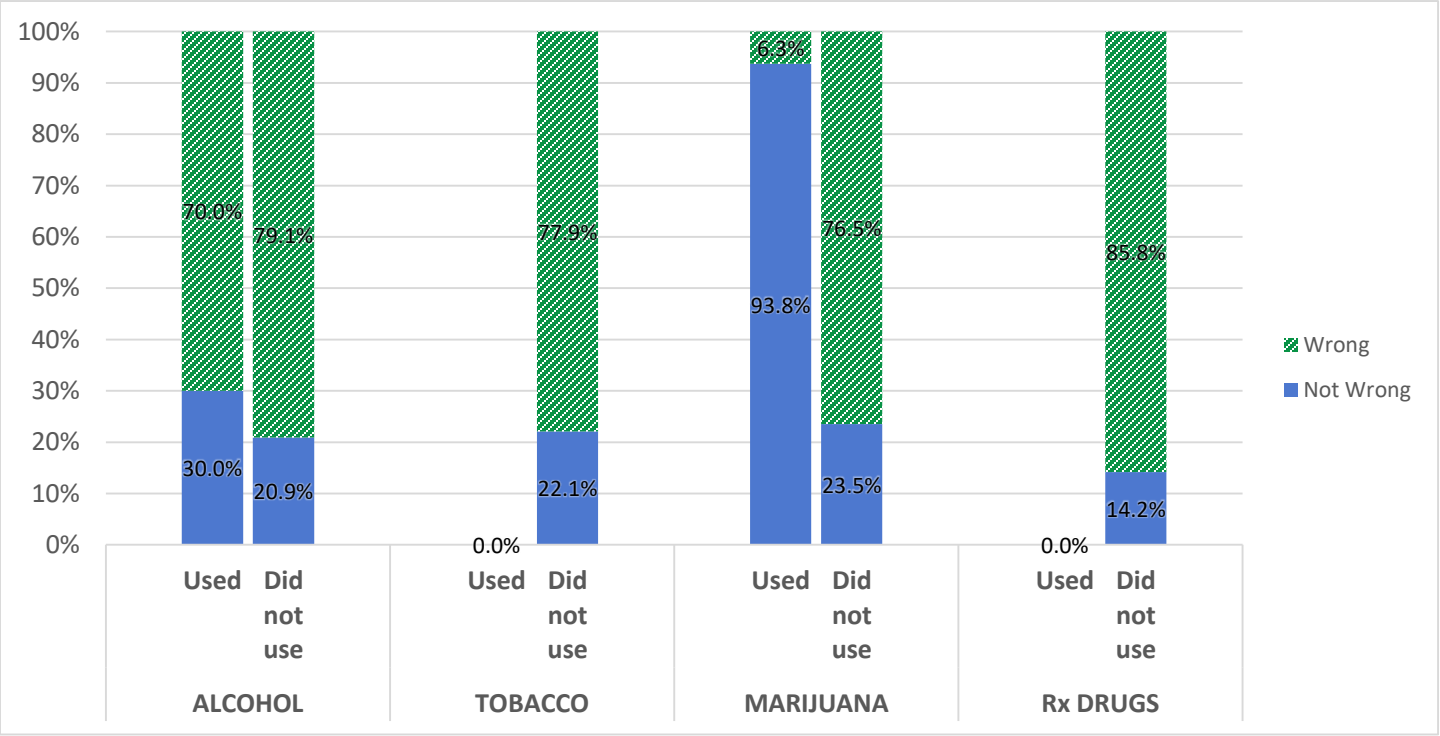
- Example: Forty percent (40.0%) of those who stated they **have** had a drink of alcohol within the past 30 days describe their grades in school as **not** **"As" or "Bs".**

⇒ **PLEASE NOTE:** In this bar graph, *"A" and "B" grades* is a combination of all *Mostly As and Mostly Bs* responses from the original survey. *Not "A" and "B" grades* is a combination of all *Mostly Cs, Mostly Ds, Mostly Fs, None of these grades,* and *Not sure* responses.

Past 30-day use of substances related to: Perception of peer approval or disapproval of use

An adolescent's formal or informal membership in a peer group also influences risk-taking behaviors. Research findings have shown that peer networks have a significant influence on alcohol and drug use. In a recent study it was found that adolescents with fewer than four friends who use alcohol or drugs were more likely to abstain from alcohol or drug use than other adolescents and that they are more likely to continue in a peer network with few alcohol or drug users (Ramirez, et al., 2012).[6]

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



What does the above graph show?

- Example: Almost ninety-four percent (93.8%) of those who stated they **have** used marijuana in the past 30 days believe their friends feel it **would not** be wrong for them to smoke marijuana.

⇒ **PLEASE NOTE:** In this bar graph, *Wrong* is a combination of all *Wrong* and *Very wrong* responses from the original survey. *Not wrong* is a combination of all *A little bit wrong* and *Not at all wrong* and *Not Sure* responses.

[6] http://www.ncbi.nlm.nih.gov/pubmed/22339982

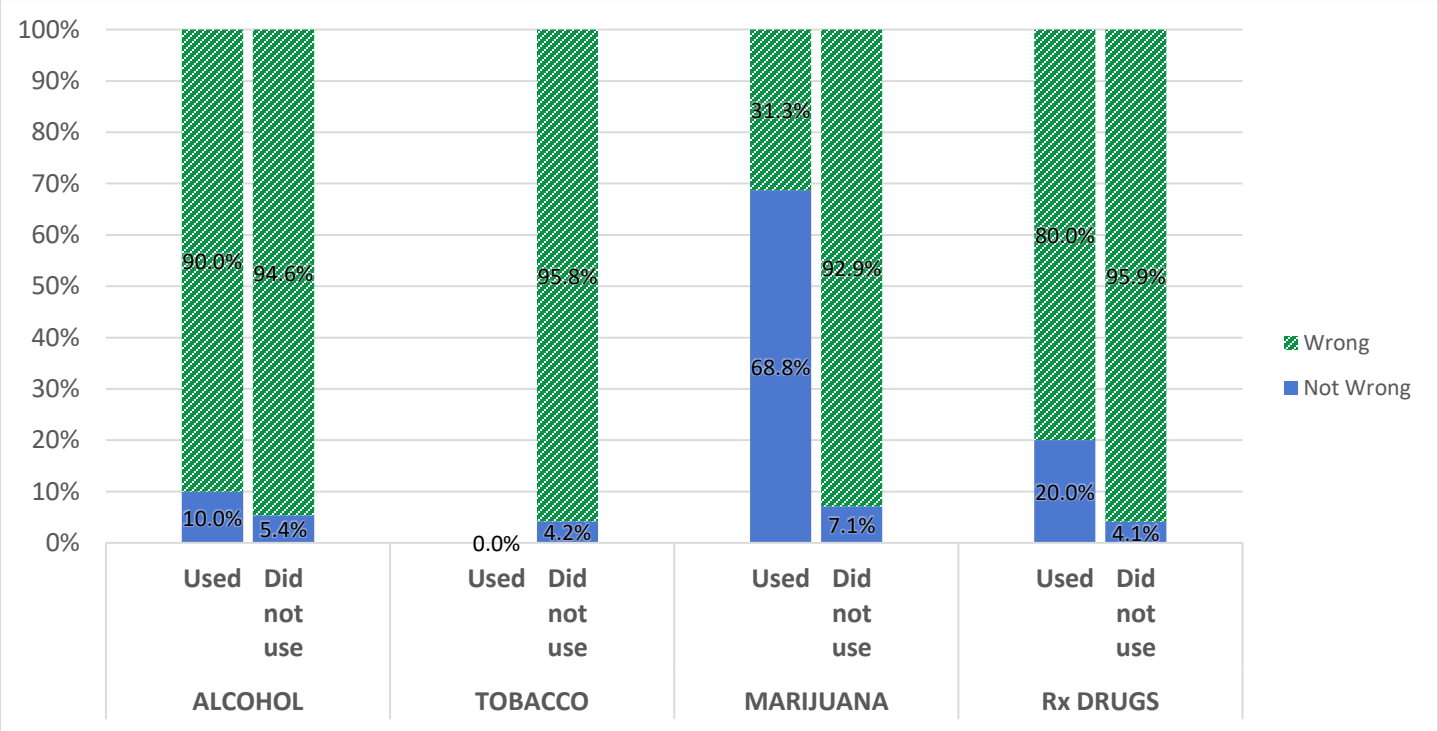
Past 30-day use of substances related to: Perception of parental approval or disapproval of use

Those working with middle school age youth may talk with parents and youth about the important role friends and other peers play in behaviors, and help them focus on developing positive peer networks.

Parents and parenting styles have a strong influence on adolescent decision-making. These influences have been substantiated in the study of adolescent risk-taking and have found that positive parent modeling, parental limiting of availability of alcohol to children and adolescents, parent monitoring, parent involvement, and positive parent-child communication help delay experimentation with alcohol. Research has also supported that parental disapproval of adolescent drinking significantly reduces the likelihood that an adolescent will drink alcohol regularly (Ryan, et al., 2010).[7]

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

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



[7] http://www.ncbi.nlm.nih.gov/pubmed/20815663

What does the above graph show?

- Example: Almost sixty-nine percent (68.8%) of those who stated they **have** used marijuana in the past 30 days believe their parents feel it **would not** be wrong for them to smoke marijuana.

⇒ **PLEASE NOTE:** In this bar graph, *Wrong* is a combination of all *Wrong* and *Very wrong* responses from the original survey. *Not wrong* is a combination of all *A little bit wrong* and *Not at all wrong* and *Not Sure* responses.

Conclusion

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

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

Appendix A: Middle School Youth Risk Behavior Survey (2019)

2019 Middle School
Youth Risk Behavior Survey

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

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

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

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

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

Thank you very much for your help.

DIRECTIONS

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

1. How old are you?
   A. 10 years old or younger
   B. 11 years old
   C. 12 years old
   D. 13 years old
   E. 14 years old
   F. 15 years old
   G. 16 years old or older

2. What is your sex?
   A. Female
   B. Male

3. In what grade are you?
   A. 6th grade
   B. 7th grade
   C. 8th grade
   D. Ungraded or other grade

4. Are you Hispanic or Latino?
   A. Yes
   B. No

5. What is your race? **(Select one or more responses.)**
   A. American Indian or Alaska Native
   B. Asian
   C. Black or African American
   D. Native Hawaiian or Other Pacific Islander
   E. White

6. During the past 12 months, how would you describe your grades in school?
   A. Mostly A's
   B. Mostly B's
   C. Mostly C's
   D. Mostly D's
   E. Mostly F's
   F. None of these grades
   G. Not Sure

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

7. Have you ever been bullied **on school property**?
   A. Yes
   B. No

8. Have you ever been **electronically** bullied? (Count being bullied through e-mail, chat rooms, instant messaging, websites, social media sites or texting.)
   A. Yes
   B. No

The next question asks about hurting yourself on purpose.

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

A. Yes
B. No

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

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

A. Yes
B. No

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

A. Yes
B. No

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

A. Yes
B. No

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

A. Yes
B. No

The next 5 questions ask about tobacco use.

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

A. Yes
B. No

15. How old were you when you smoked a whole cigarette for the first time?

A. I have never smoked a whole cigarette
B. 8 years old or younger
C. 9 years old
D. 10 years old
E. 11 years old
F. 12 years old
G. 13 years old
H. 14 years old or older

16. During the past 30 days, on how many days did you smoke cigarettes?

A. 0 days
B. 1 or 2 days
C. 3 to 5 days
D. 6 to 9 days
E. 10 to 19 days

F. 20 to 29 days
G. All 30 days

17. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?
A. I did not smoke cigarettes during the past 30 days
B. less than 1 cigarette per day
C. 1 cigarette per day
D. 2 to 5 cigarettes per day
E. 6 to 10 cigarettes per day
F. 11 to 20 cigarettes per day
G. More than 20 cigarettes per day

18. During the past 30 days, how did you **usually** get your own cigarettes? (Select only **one** response.)
A. I did not smoke cigarettes during the past 30 days
B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station
C. I got them on the internet
D. I gave someone else money to buy them for me
E. I borrowed (or bummed) them from someone else
F. A person 18 years old or older gave them to me
G. I took them from a store or family member
H. I got them some other way

The next 2 questions ask about electronic vapor products, such as JUUL, Vuse, MarkTen, and blu. Electronic vapor products include e-cigarettes, vapes, vape pens, ecigars, e-hookahs, hookah pens, and mods.

19. Have you ever used an electronic vapor product?
A. Yes
B. No

20. During the past 30 days, on how many days did you use an electronic vapor product?
A. 0 days
B. 1 or 2 days
C. 3 to 5 days
D. 6 to 9 days
E. 10 to 19 days
F. 20 to 29 days
G. All 30 days

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

21. Have you ever had a drink of alcohol, other than a few sips?
A. Yes
B. No

22. Have you had a drink of alcohol within the past 30 days, other than a few sips?
A. Yes
B. No

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

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

24. Have you ever had 5 or more drinks of alcohol in a row, that is, within a couple of hours?
A. Yes
B. No

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

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

26. Have you ever used marijuana?
A. Yes
B. No

27. Have you used marijuana in the past 30 days?
A. Yes
B. No

28. How old were you when you tried marijuana for the first time?
A. I have never tried marijuana
B. 8 years old or younger
C. 9 years old
D. 10 years old
E. 11 years old
F. 12 years old
G. 13 years old or older

The next 7 questions ask about other drugs.

29. Have you ever used synthetic marijuana (also called K2 or Spice)?
A. Yes
B. No

30. Have you ever used **any** form of cocaine, including powder, crack, or freebase?
A. Yes
B. No

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

A. Yes
B. No

32. Have you ever taken **steroid pills or shots** without a doctor's prescription?
A. Yes
B. No

33. Have you ever taken a **prescription drug** (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?
A. Yes
B. No

34. During the past 30 days have you taken a **prescription drug** (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?
A. Yes
B. No

35. Have you ever taken an **over-the-counter drug** (such as cough medicine, allergy medicine, or pain relievers) to get high?
A. Yes
B. No

The next 2 questions ask about your family, your activities, and your community.

36. Do you agree or disagree that your parents or other adults in your family have clear rules and consequences for your behavior?
A. Strongly agree
B. Agree
C. Not sure
D. Disagree
E. Strongly disagree

37. During the past 12 months, have you talked with at least one of your parents about the dangers of tobacco, alcohol, or drug use?
A. Yes
B. No
C. Not sure

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

38. How much do you think people risk harming themselves (physically or in other ways) if they smoke **one or more packs of cigarettes** per day?
A. No risk
B. Slight risk
C. Moderate risk
D. Great risk

39. How much do you think people risk harming themselves (physically or in other ways) when they have **one or two drinks of an alcoholic beverage** nearly every day?
A. No risk
B. Slight risk
C. Moderate risk

D. Great risk

40. How much do you think people risk harming themselves (physically or in other ways) when they have **five or more drinks of an alcoholic beverage** once or twice a week?

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

41. How much do you think people risk harming themselves (physically or in other ways) if they use **marijuana once or twice a week**?

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

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

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

The next 8 questions ask about attitudes toward cigarette, alcohol, and other drug use.

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

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

44. How wrong do your **friends** feel it would be for you to have one or two drinks of an alcoholic beverage (beer, wine, or liquor) nearly every day?

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

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

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

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

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

E. Not sure

47. How wrong do your **parents** feel it would be for you to **smoke tobacco**?
A. Very wrong
B. Wrong
C. A little bit wrong
D. Not at all wrong
E. Not sure

48. How wrong do your **parents** feel it would be for you to have one or two drinks of an alcoholic beverage (beer, wine, or liquor) nearly every day?
A. Very wrong
B. Wrong
C. A little bit wrong
D. Not at all wrong
E. Not sure

49. How wrong do your **parents** feel it would be for you to **smoke marijuana**?
A. Very wrong
B. Wrong
C. A little bit wrong
D. Not at all wrong
E. Not sure

50. How wrong do your **parents** feel it would be for you to take a **prescription drug** (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription?
A. Very wrong
B. Wrong
C. A little bit wrong
D. Not at all wrong
E. Not sure

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