

# Youth Risk Behavior Survey Presentation of 2016 Results



**Presentation of results  
by Monomoy Regional High School's  
Peer leaders:**

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**Presentation to MRHS students  
April 26, 2017**

**Presentation to Monomoy Parents  
April 26, 2017**

# What is the Youth Risk Behavior Survey (YRBS)?

The survey was administered on November 7, 2016 to Monomoy Grade 7 and November 2, 2016 to Monomoy Grades 8-12.

The survey administered to Monomoy Grades 9-12 had 87 questions focusing upon:

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

The survey administered to Monomoy Grades 7 and 8 had 45 questions and excluded the sexual behavior questions on the Grades 9-12 survey.

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

Data from the 2016 survey are compared to our 2014 survey results.

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

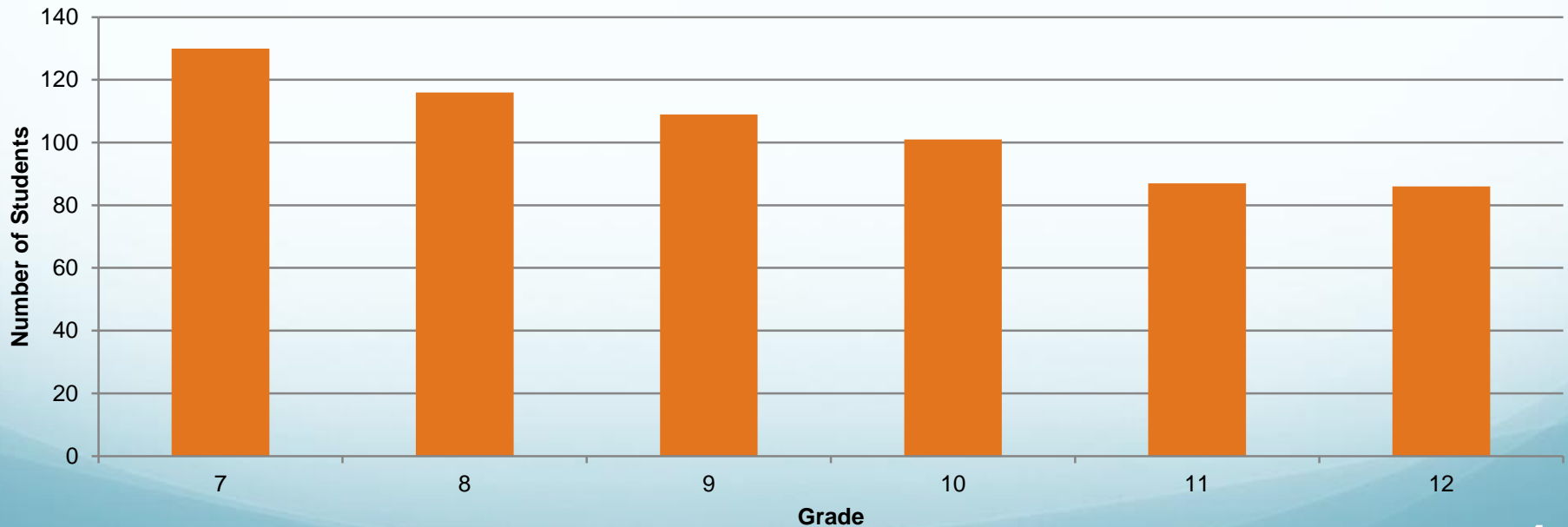
- Grant funds obtained by the Harwich Youth Counselor, Sheila House, were used to enable the Monomoy Regional School District to administer this Youth Risk Behavior Survey.
- In January 2014, Sheila House was appointed to the Barnstable County Regional Substance Abuse Commission. Part of the Barnstable Regional Substance Abuse Commission's 5-year plan includes focusing on prevention with regards to underage youth substance use throughout Barnstable County.
- Community members from Harwich and Chatham have formed the Lower Cape Prevention Partnership and have sponsored several educational outreach initiatives over the past 4 years.

# Participation Rates

The survey was given to 686 Monomoy students in Grades 7-12.

Taken by nearly equal amounts of boys and girls (47% vs. 53%)

**Number of Monomoy Students by Grade  
Who Took the 2016 Youth Risk Behavior Survey**



# YRBS Validity and Reliability

## How do we know student responses are truthful?

- This is a well designed and tested survey. The survey was developed in 1990, taken by more than 2.6 million students, in more than 1,100 separate surveys. YRBS surveys have also been administered to students in Falmouth, Barnstable, Mashpee and Sandwich in the past 5 years.
- Research shows that students need to perceive the survey as important, voluntary, and anonymous, and guidelines were followed to ensure this happened. Only 20 students opted not to take the survey.
- Scoring, cleaning, and validity of 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 possible response for all questions would lead to an individual's survey being removed from the analysis. 23 students surveys were removed for validity reasons.
- The resulting sample size was 633 respondents, with an overall response rate of 92% (96% for Grades 7-8 and 90% for Grades 9-12).

# Some Select Findings and Trends

## Our students report...

- Monomoy high school students' use of tobacco, marijuana, and alcohol is below the state average, and most categories of "hard drugs" are also below the state averages.\*
- The percentage of Monomoy high school students who report driving after drinking in the past 30 days is now at the state average.\*
- Only 33% of Monomoy students in Grades 9-12 have reported having sexual intercourse in their lifetimes, a rate below the state average, and those who have had sex are more likely to use a condom during their last sexual intercourse than the state average.\*
- The number of Monomoy high school students reporting feeling depressed or planning suicide in the past year is below state averages and all depression and suicide findings for Monomoy Grades 9-12 are below the 2014 YRBS percentages.\*

**\*POSITIVE TRENDS SINCE 2014**

**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.

Lifetime Drug Use	Monomoy Grades 9-12	State Grades 9-12
Tobacco	20.5%	28%
Alcohol	58%	61%
Marijuana	36%	41%
Ecstasy	2%	4%
Cocaine	3%	4.5%
Methamphetamine	1%	2%
Steroids	3%	3.5% nationally
Heroin	2%	2%

Since the 2014, Monomoy Grades 9-12 lifetime use of tobacco is down 5.5%, alcohol up 2%, and marijuana down 6%.

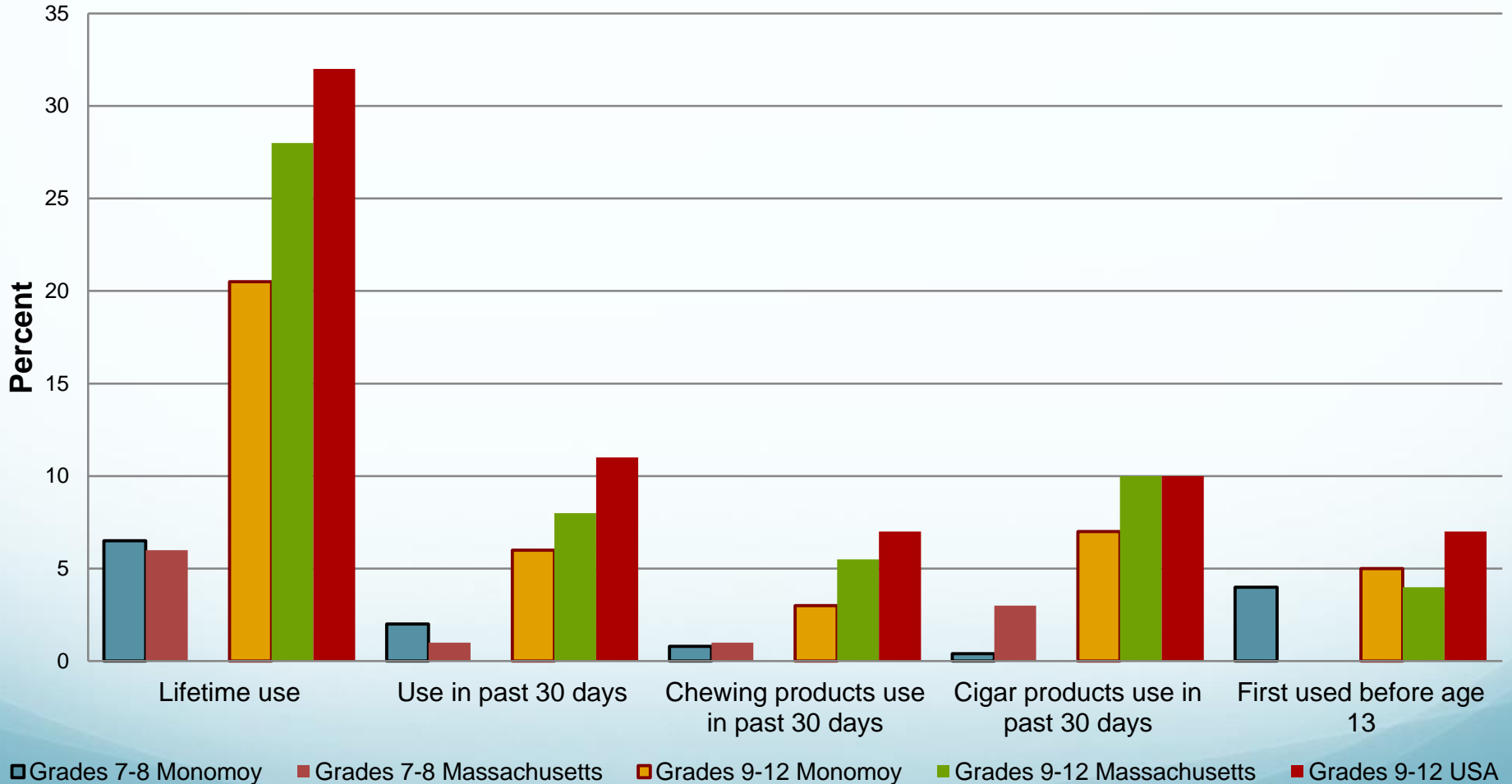
# Lifetime Use Summary

While some of the percentages throughout these YRBS findings may be low or within the state's norm, the **actual number** of students who report using these substances is still concerning. Of the 384 Monomoy high school students who took the survey:

Lifetime Drug Use	Monomoy Grades 9-12	Actual Number
Tobacco	20.5%	79
Alcohol	58%	223
Marijuana	36%	138
Ecstasy	2%	8
Cocaine	3%	12
Methamphetamine	1%	4
Steroids	3%	12
Heroin	2%	8

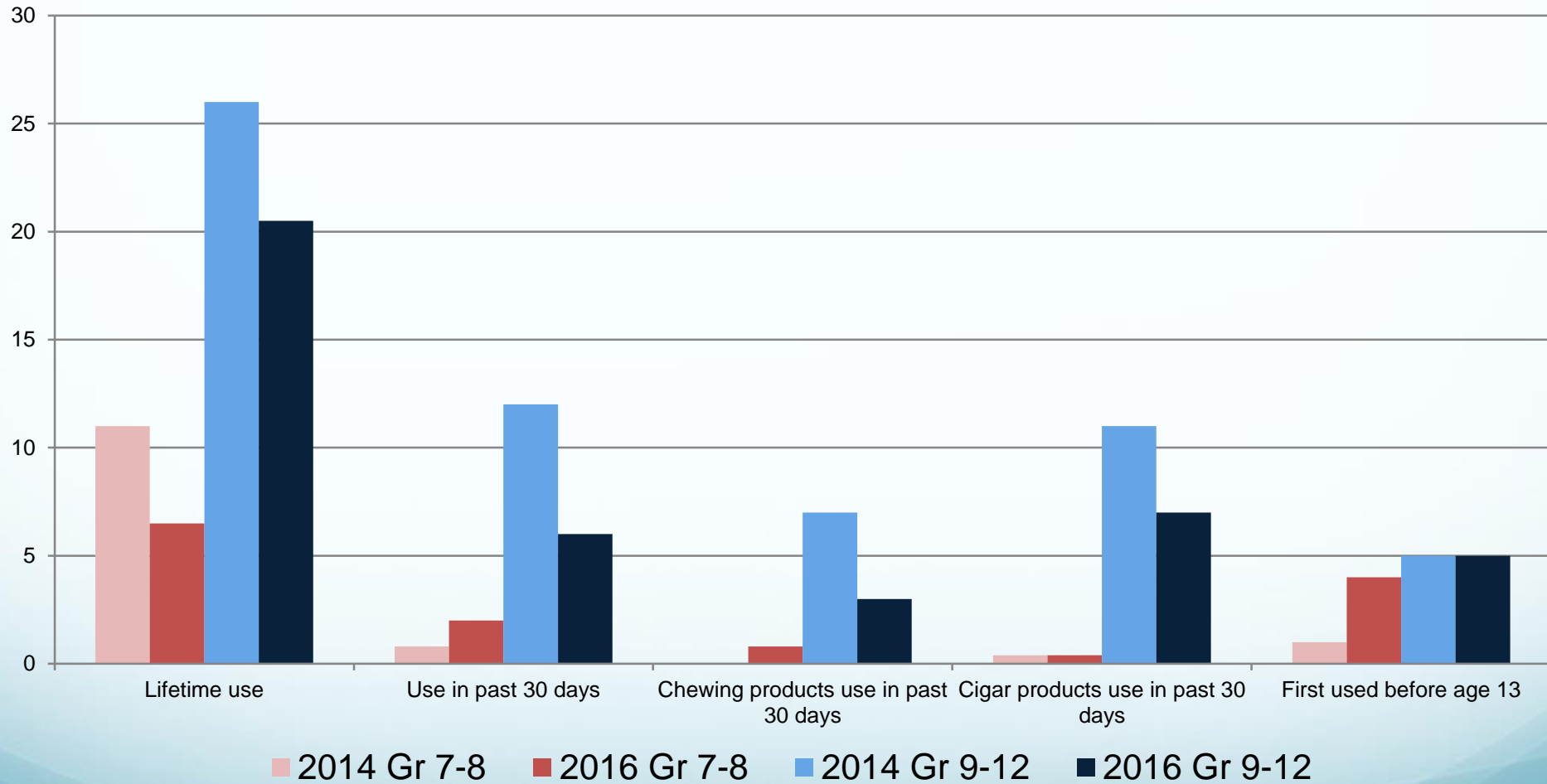
# Tobacco

# Tobacco Use Comparison

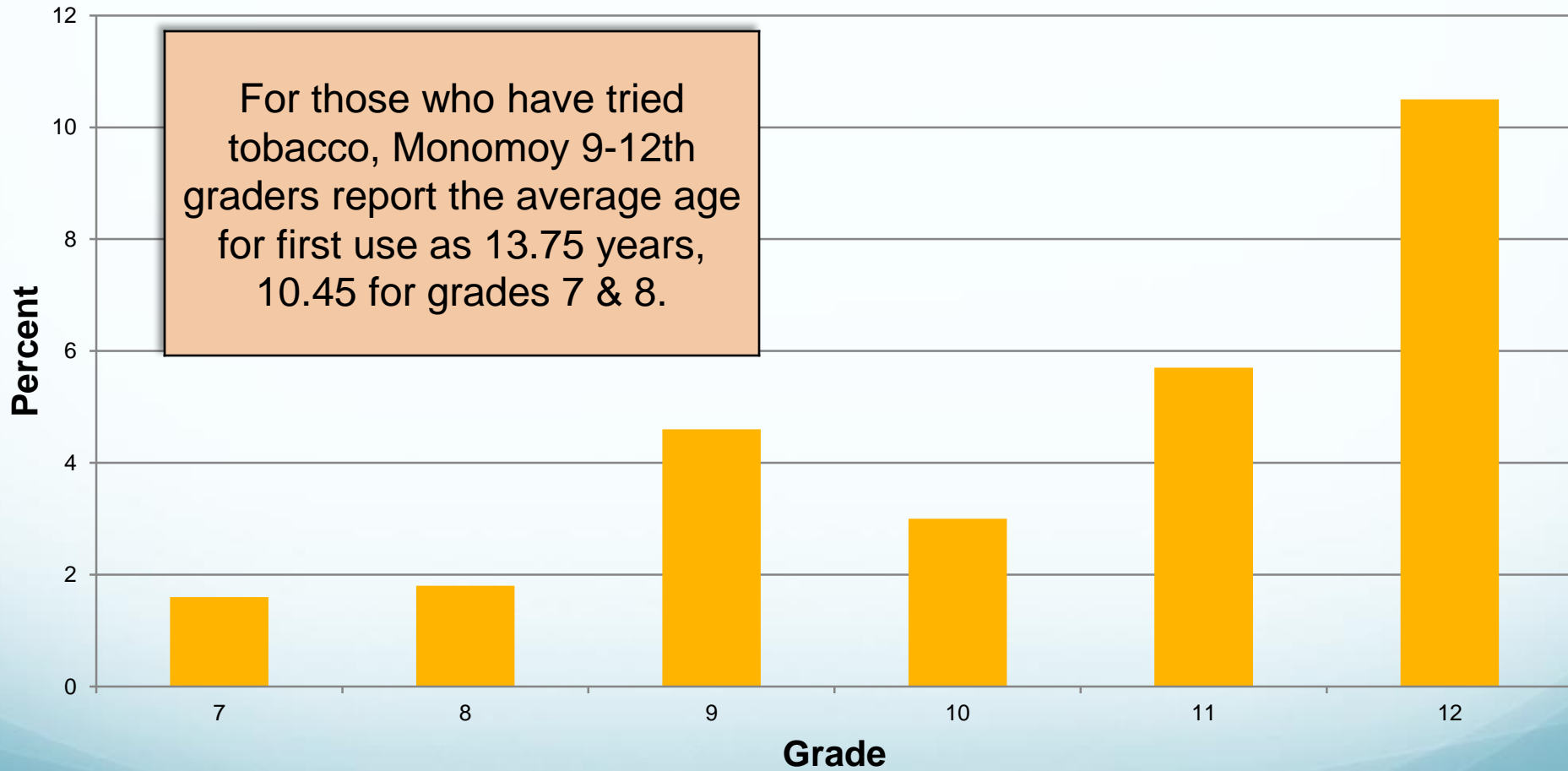


# Tobacco Use

## Monomoy Comparison 2014 vs. 2016

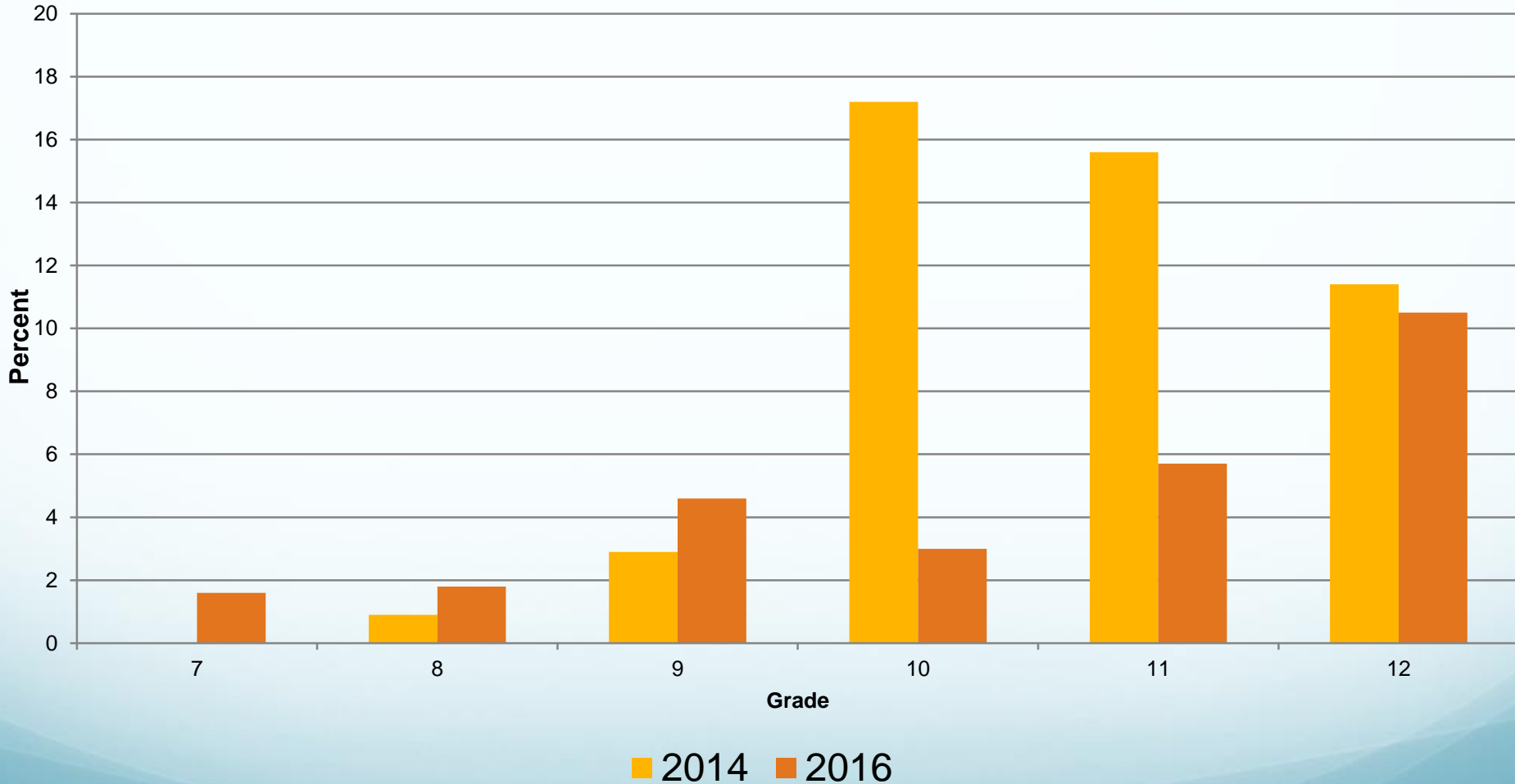


# Tobacco Use in Past 30 Days by Grade

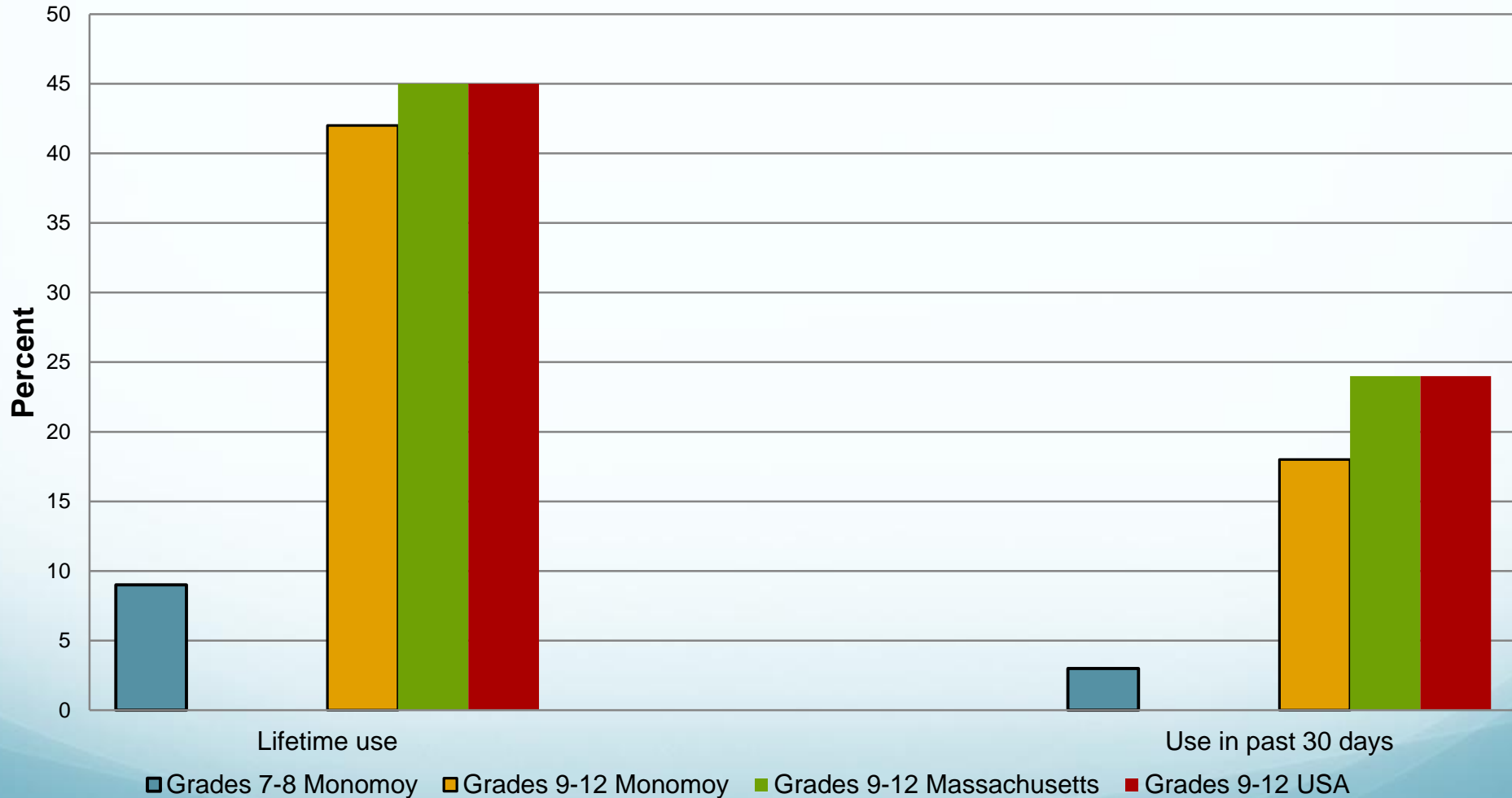


# Tobacco Use in Past 30 Days

Monomoy Comparison 2014 vs. 2016



# Vaping Use Comparison



Vaping is the use of electronic cigarettes.



# Parent Messaging Matters

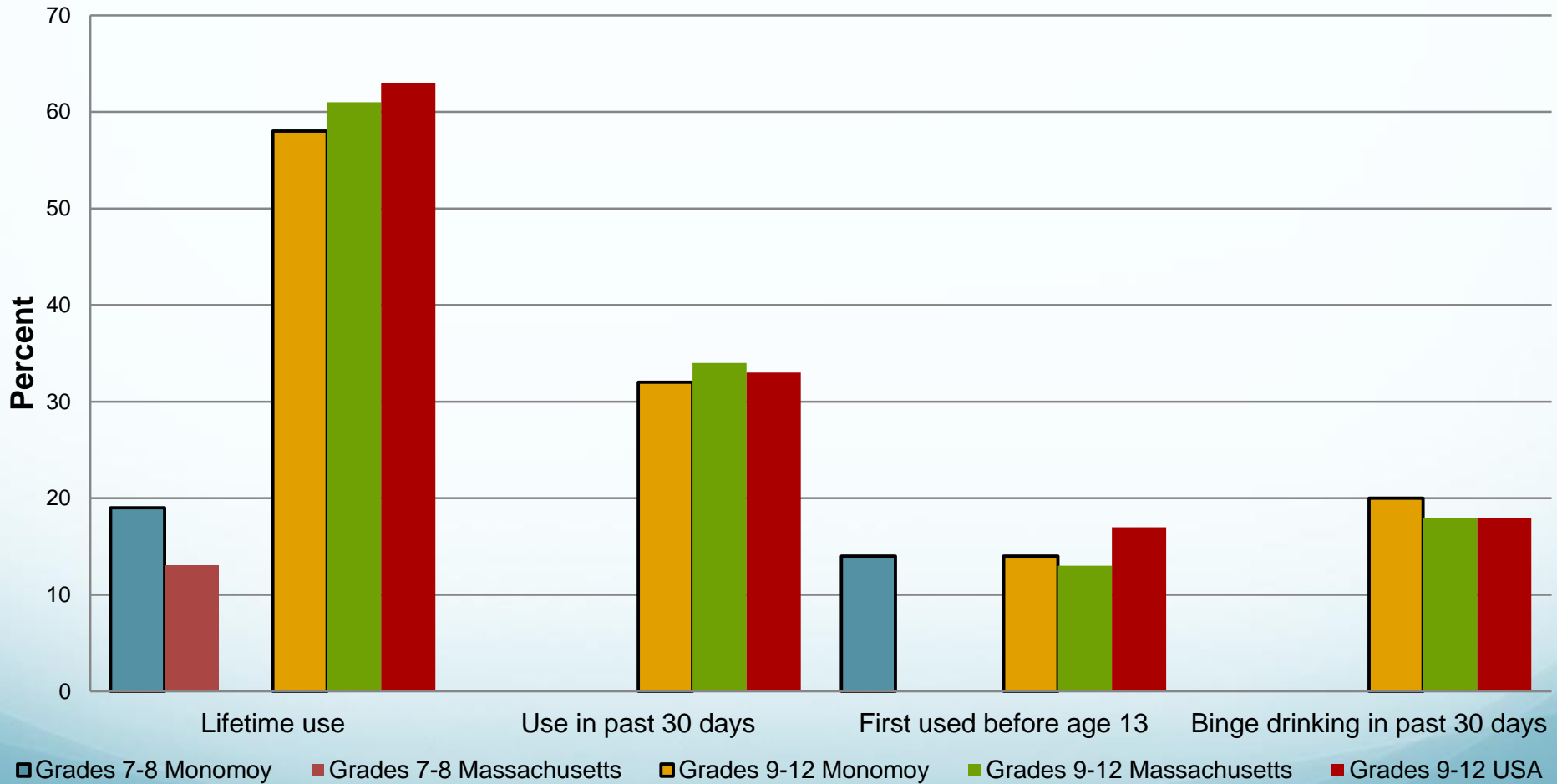
(from 2014 YRBS)

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

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

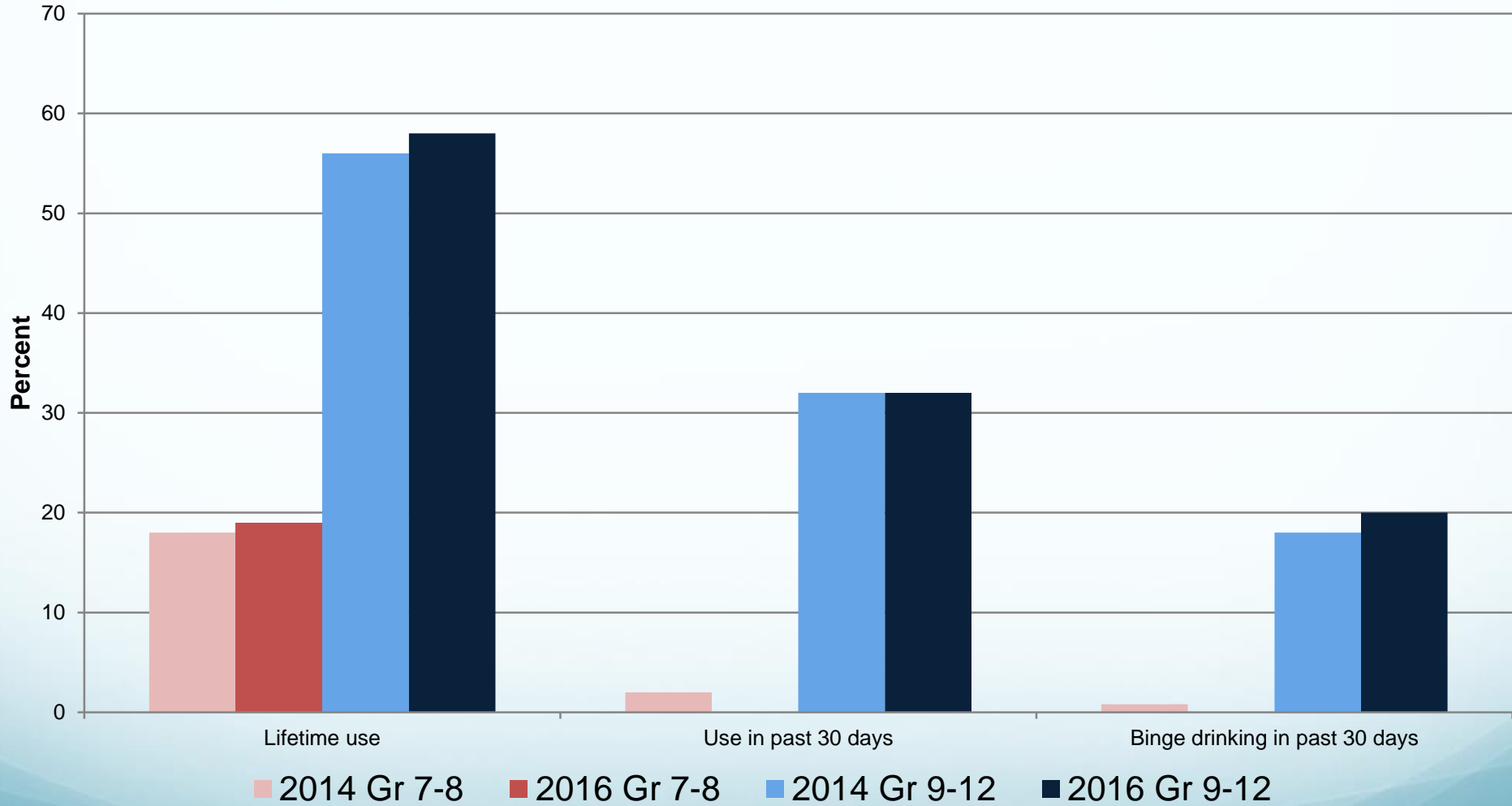
# Alcohol

# Alcohol Use Comparison



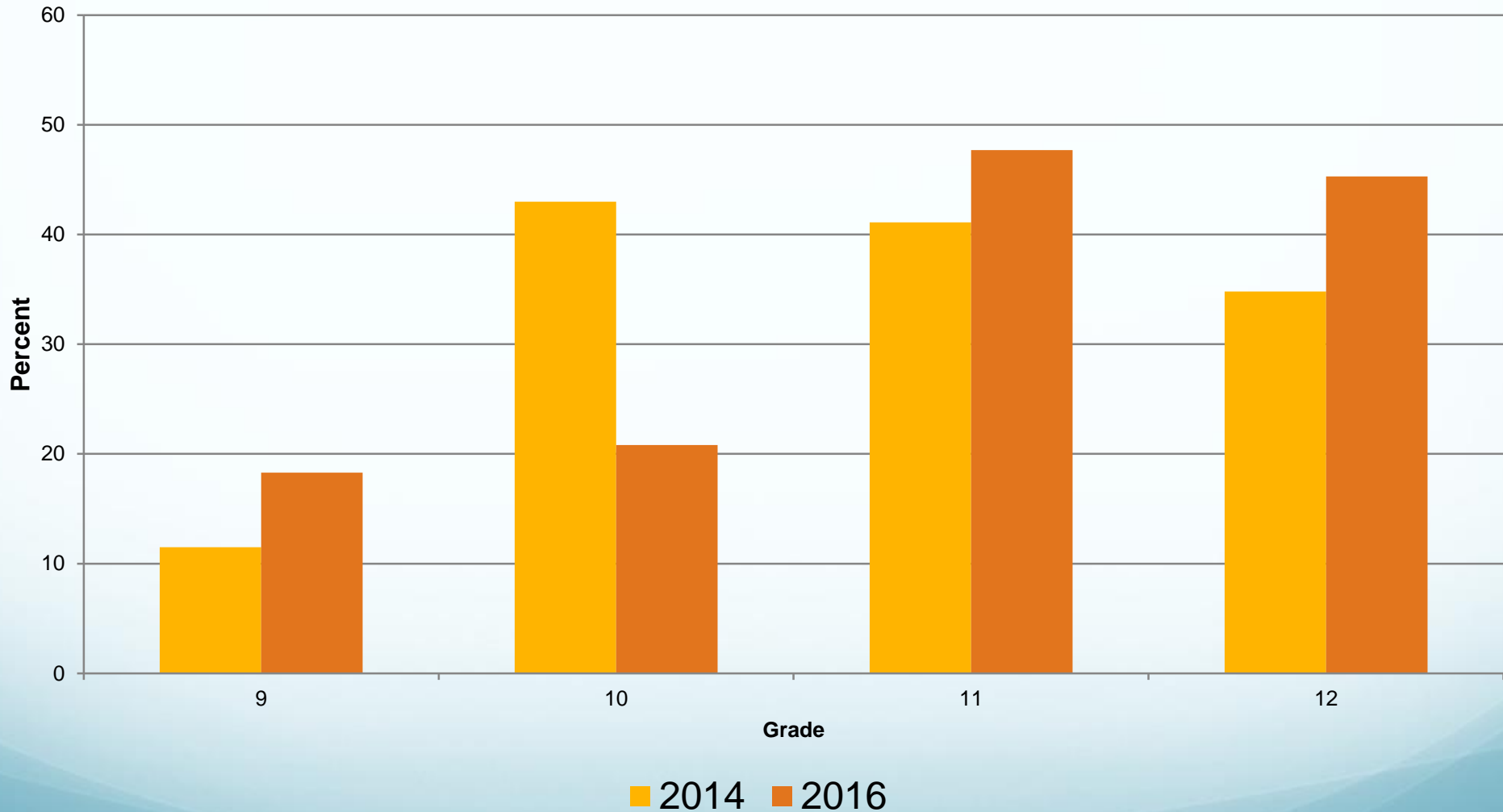
# Alcohol Use

## Monomoy Comparison 2014 vs. 2016



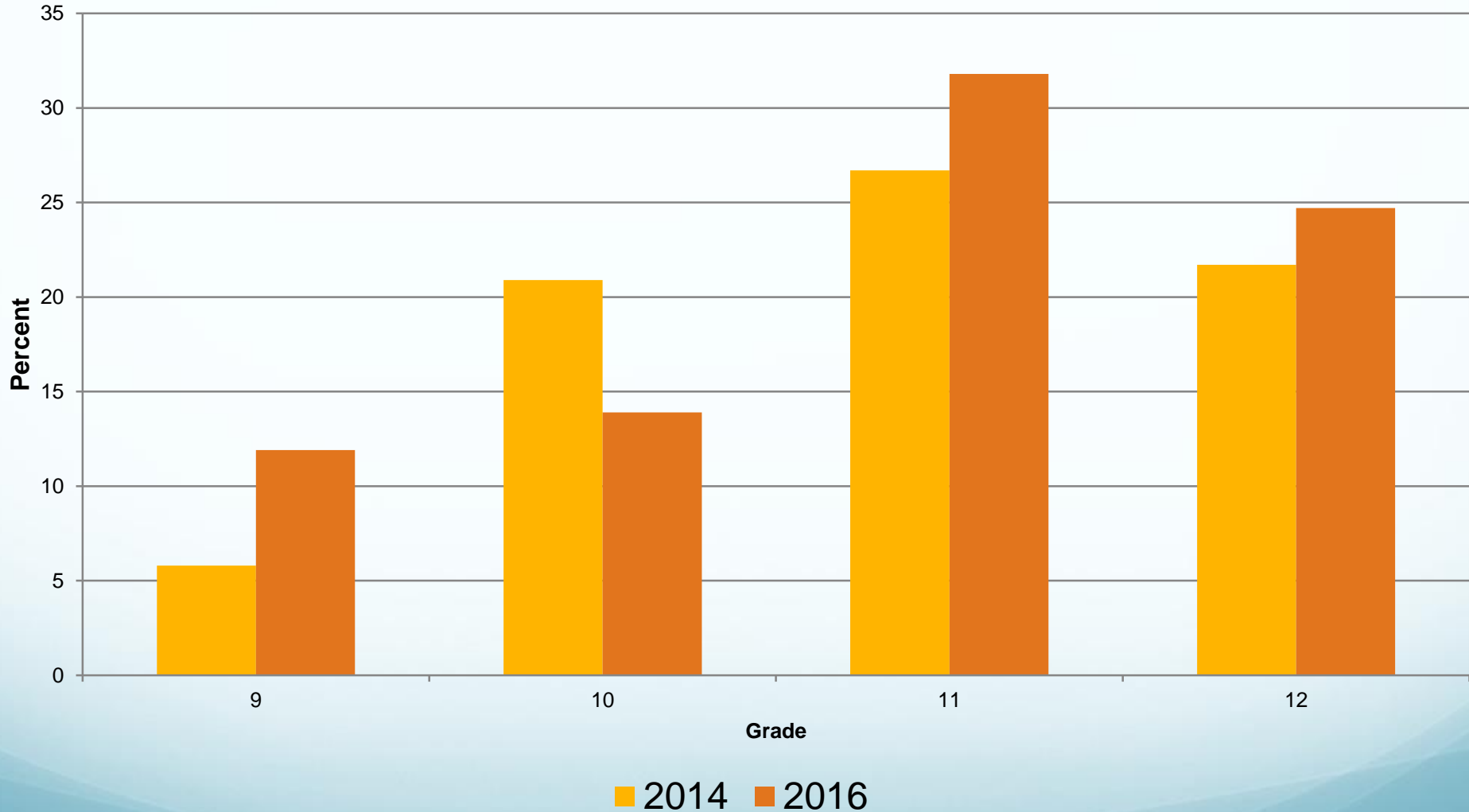
# Alcohol Use in Past 30 Days

Monomoy Comparison 2014 vs. 2016

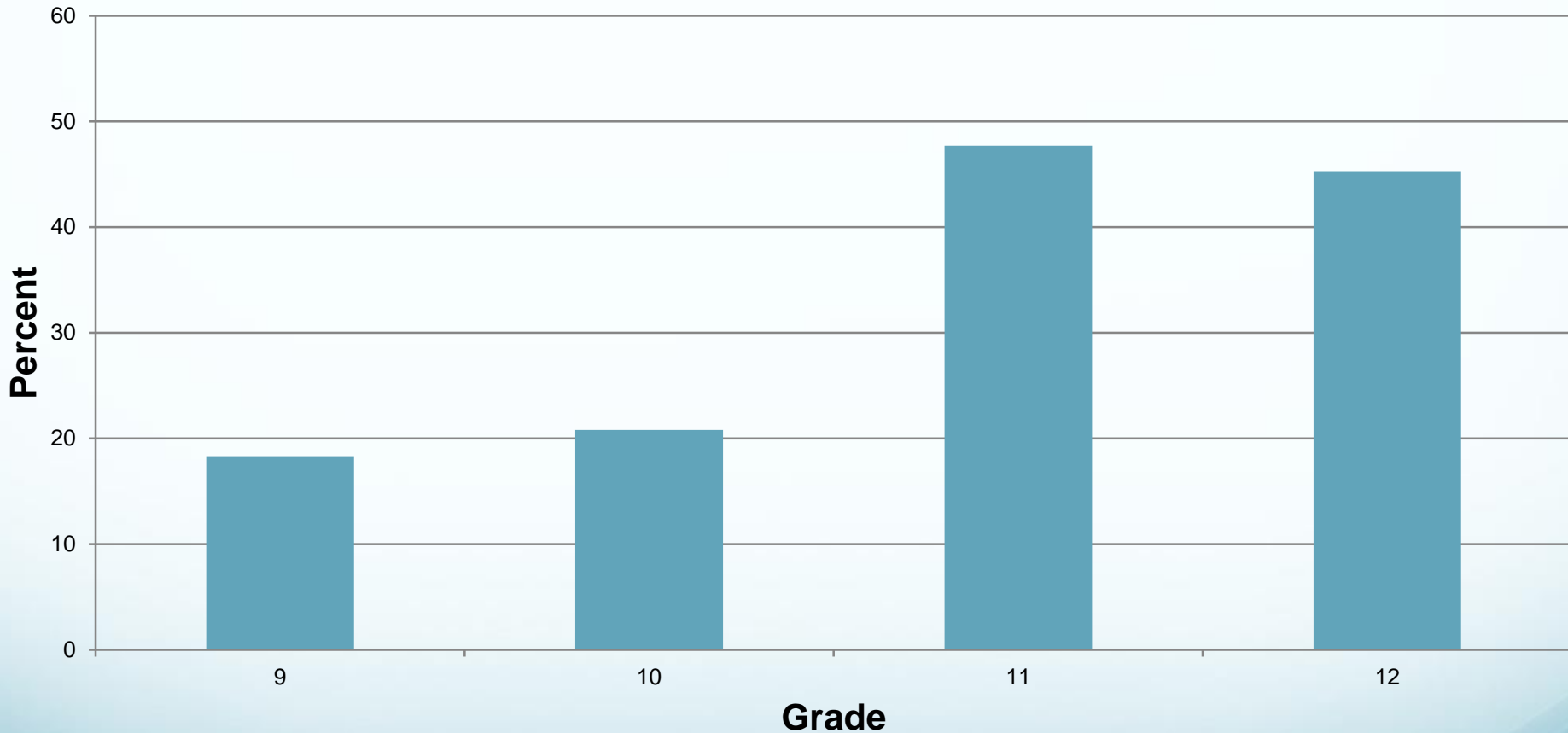


# Binge Drinking in Past 30 Days

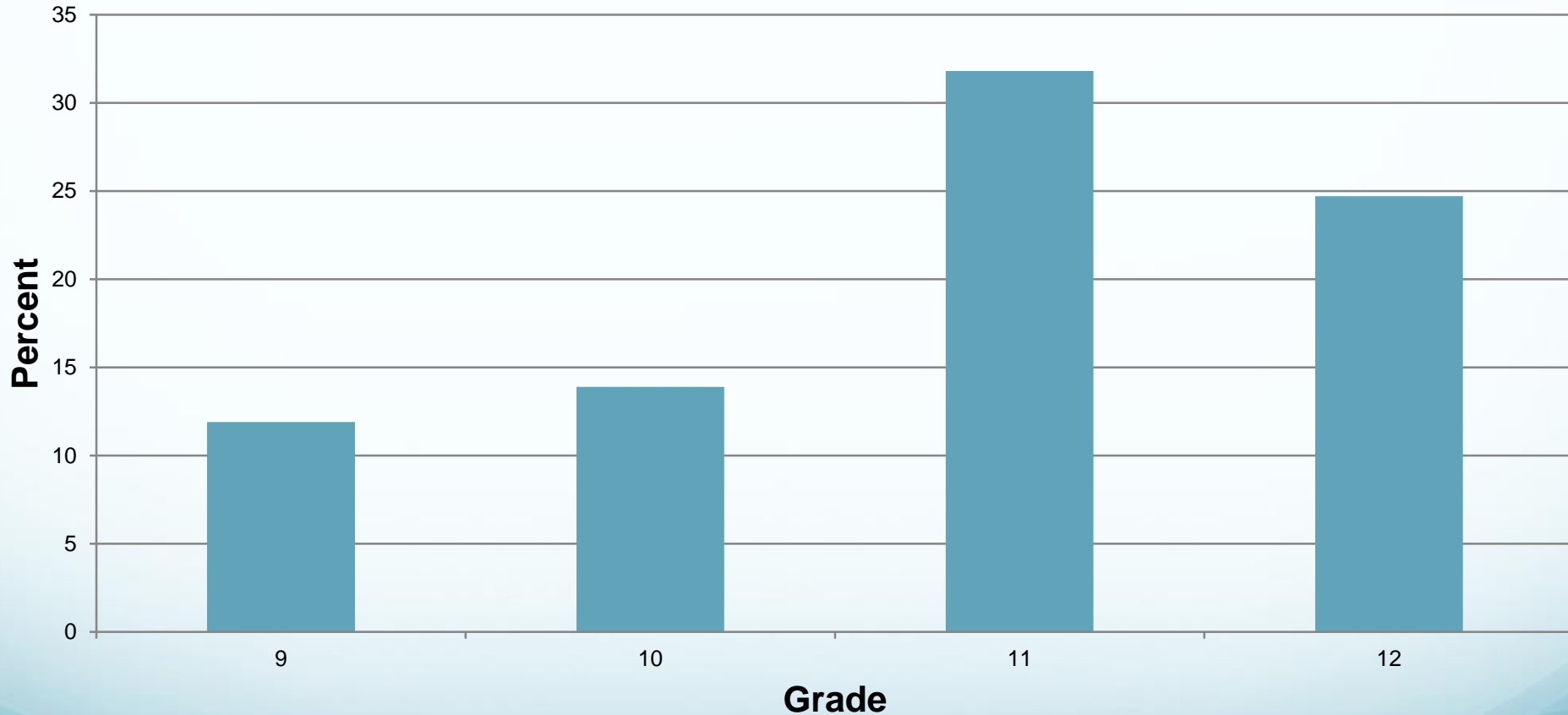
Monomoy Comparison 2014 vs. 2016



# Alcohol Use in Past 30 Days by Grade



# Binge Drinking in Past 30 Days by Grade

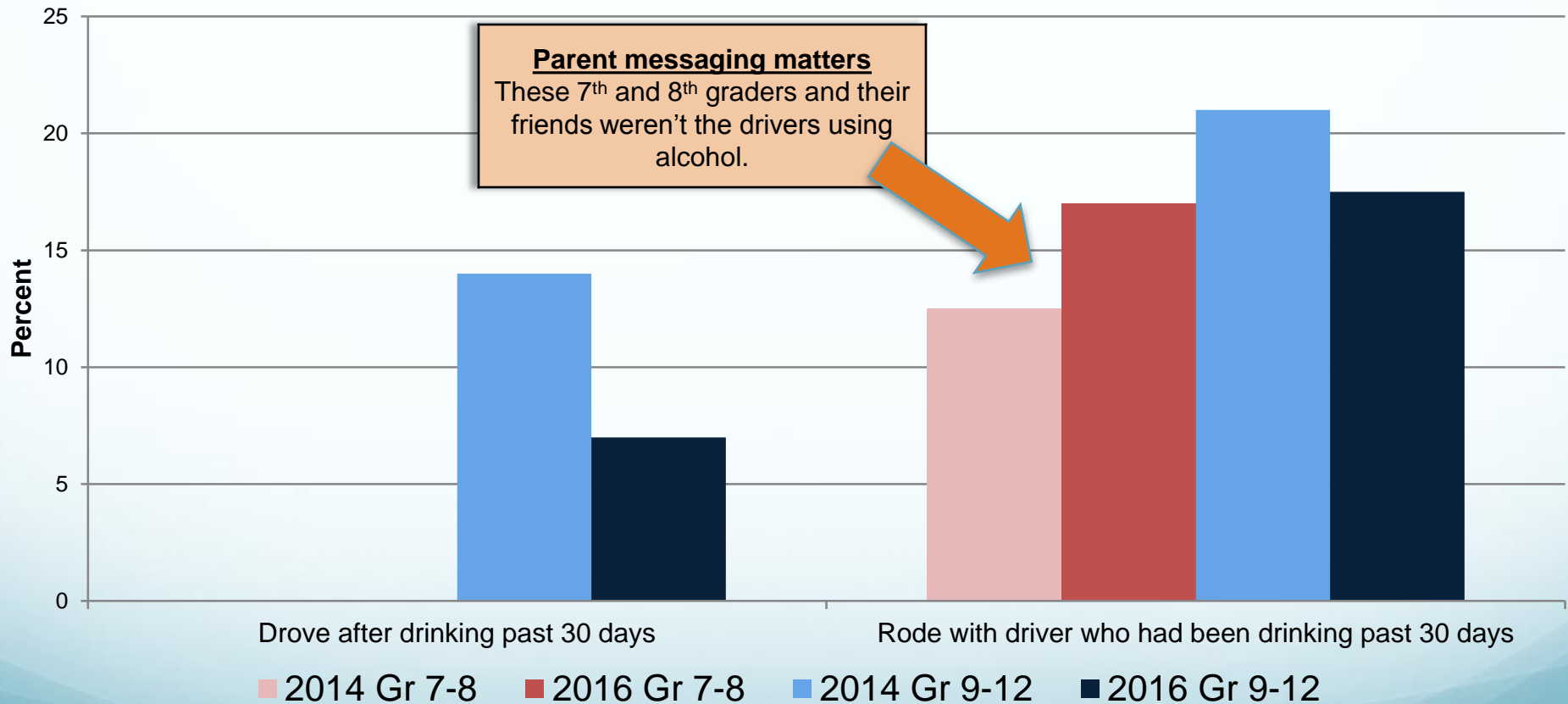


In the 2016 YRBS, binge drinking was defined as having 4 or more drinks in a row for males or 5 or more drinks in a row for females.

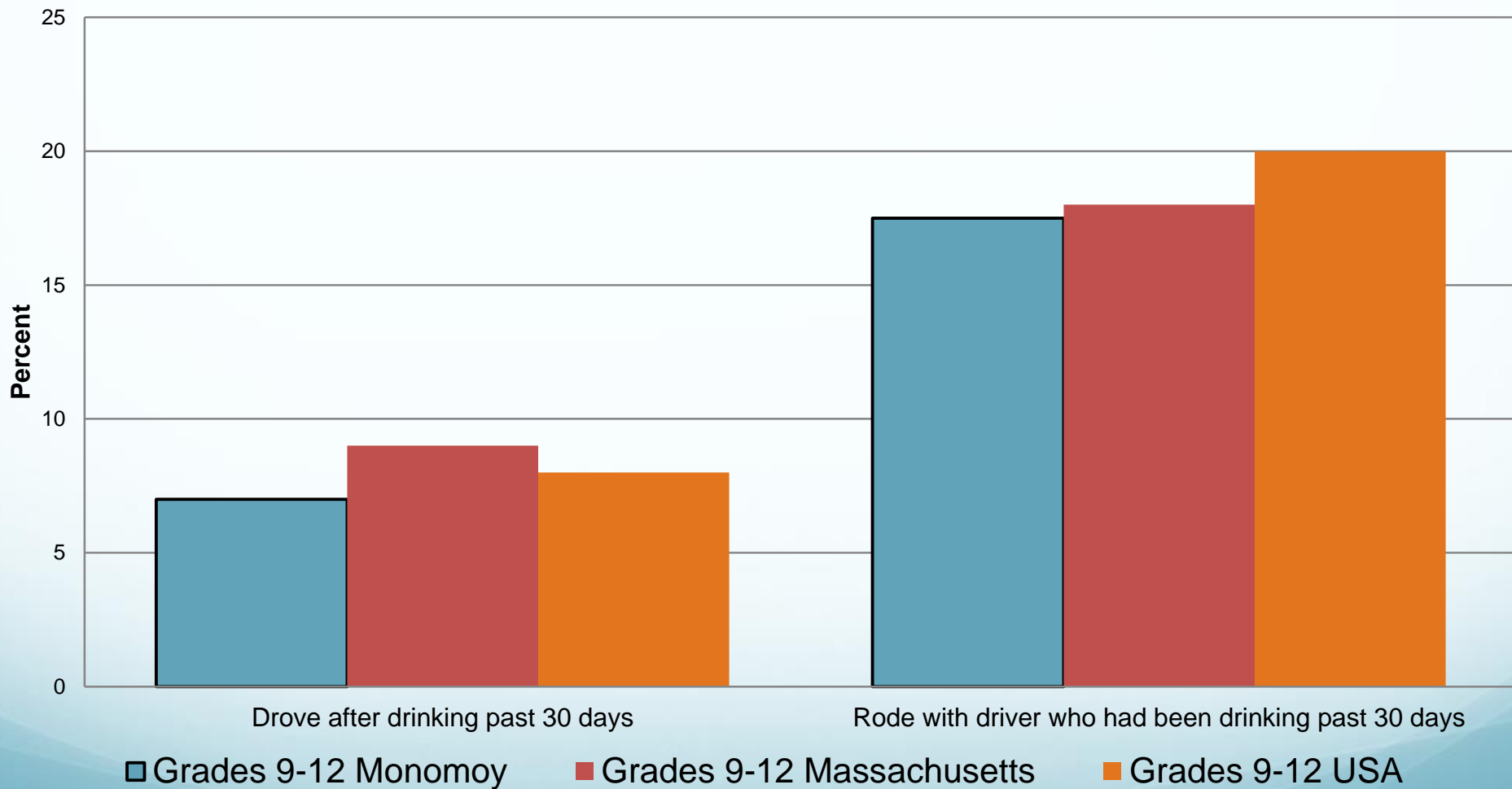


# Alcohol Use and Driving

## Monomoy Comparison 2014 vs. 2016



# Alcohol Use and Driving Comparison



# How did student drinkers usually get their alcohol?



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

# Parent Messaging Matters

(from 2014 YRBS)

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

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

# Parent Messaging Matters

(from 2014 YRBS)

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

**How to interpret this data:** If parents send strong messages to their children that drinking alcohol (before you're 21) is wrong or very wrong, only 17.1% of students report binge drinking in the past 30 days. Students receiving weak parental messages about alcohol are over 2 ½ times more likely to binge drink.

# Parent Messaging Matters

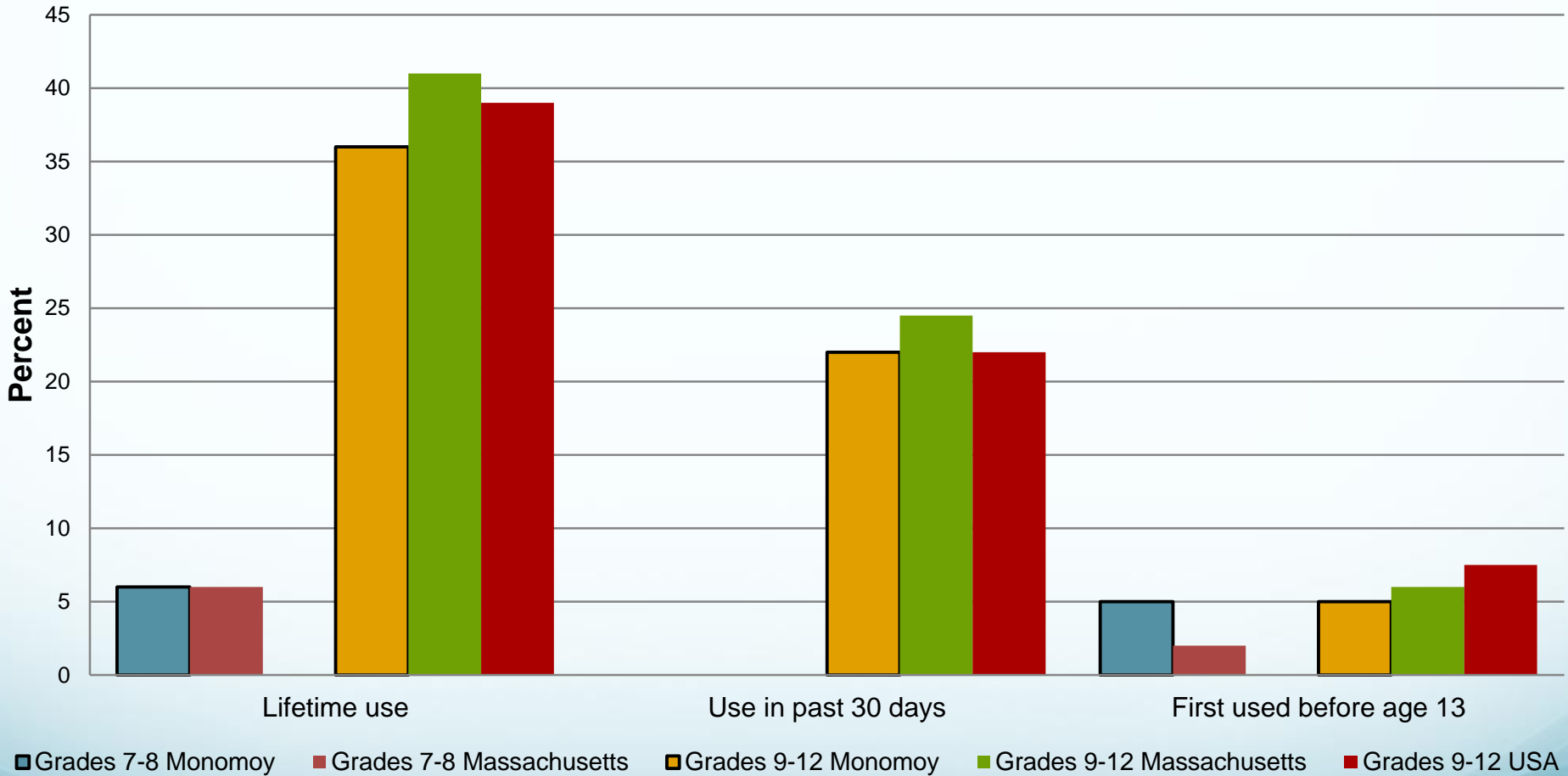
(from 2014 YRBS)

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

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

# Marijuana

# Marijuana Use Comparison

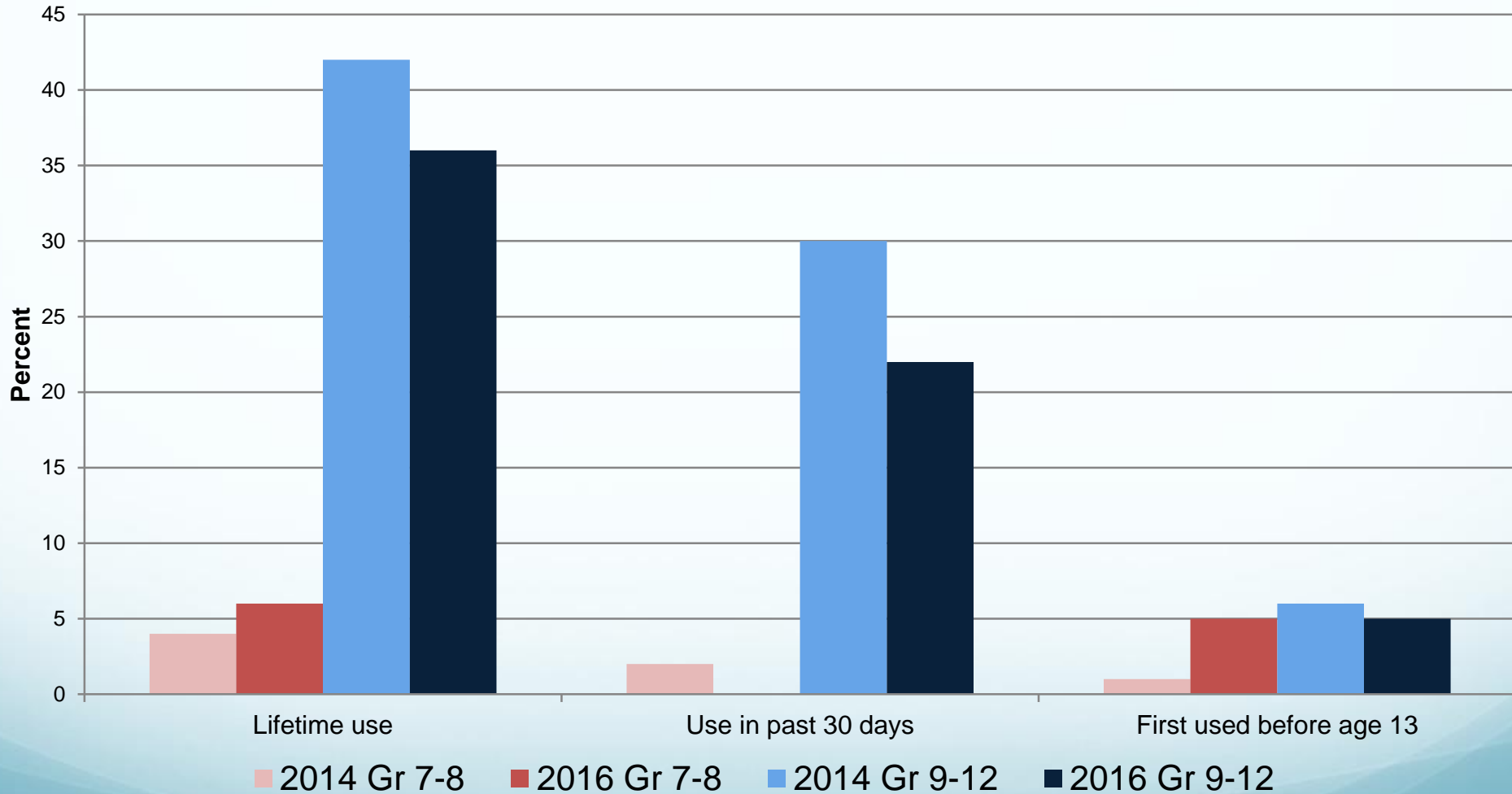


For those who have tried marijuana, Monomoy 9-12th graders report the average age of first use as 14 years, 11.4 years for Grades 7 & 8.



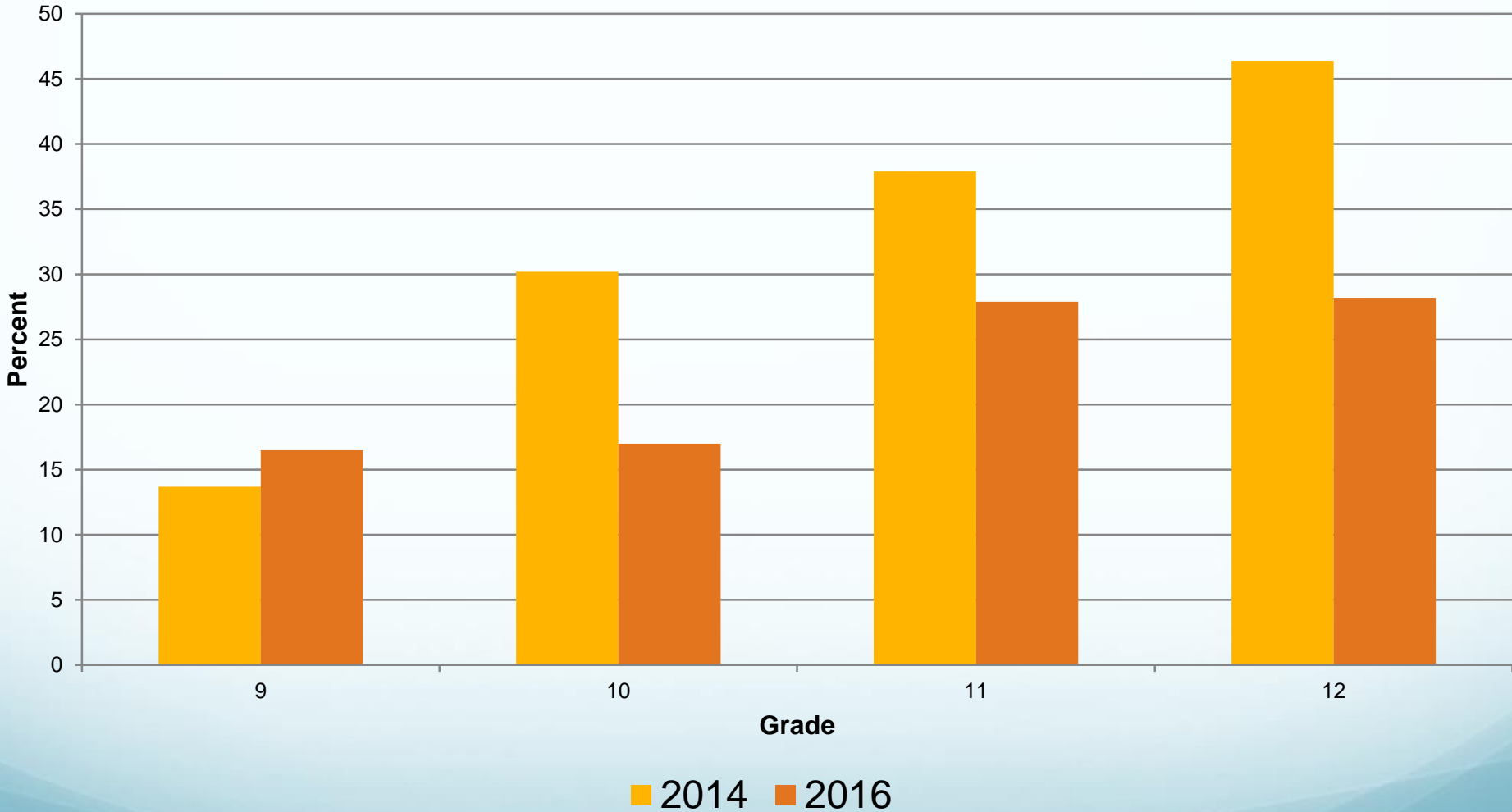
# Marijuana Use

Monomoy Comparison 2014 vs. 2016



# Marijuana Use in Past 30 Days

Monomoy Comparison 2014 vs. 2016



# Parent Messaging Matters

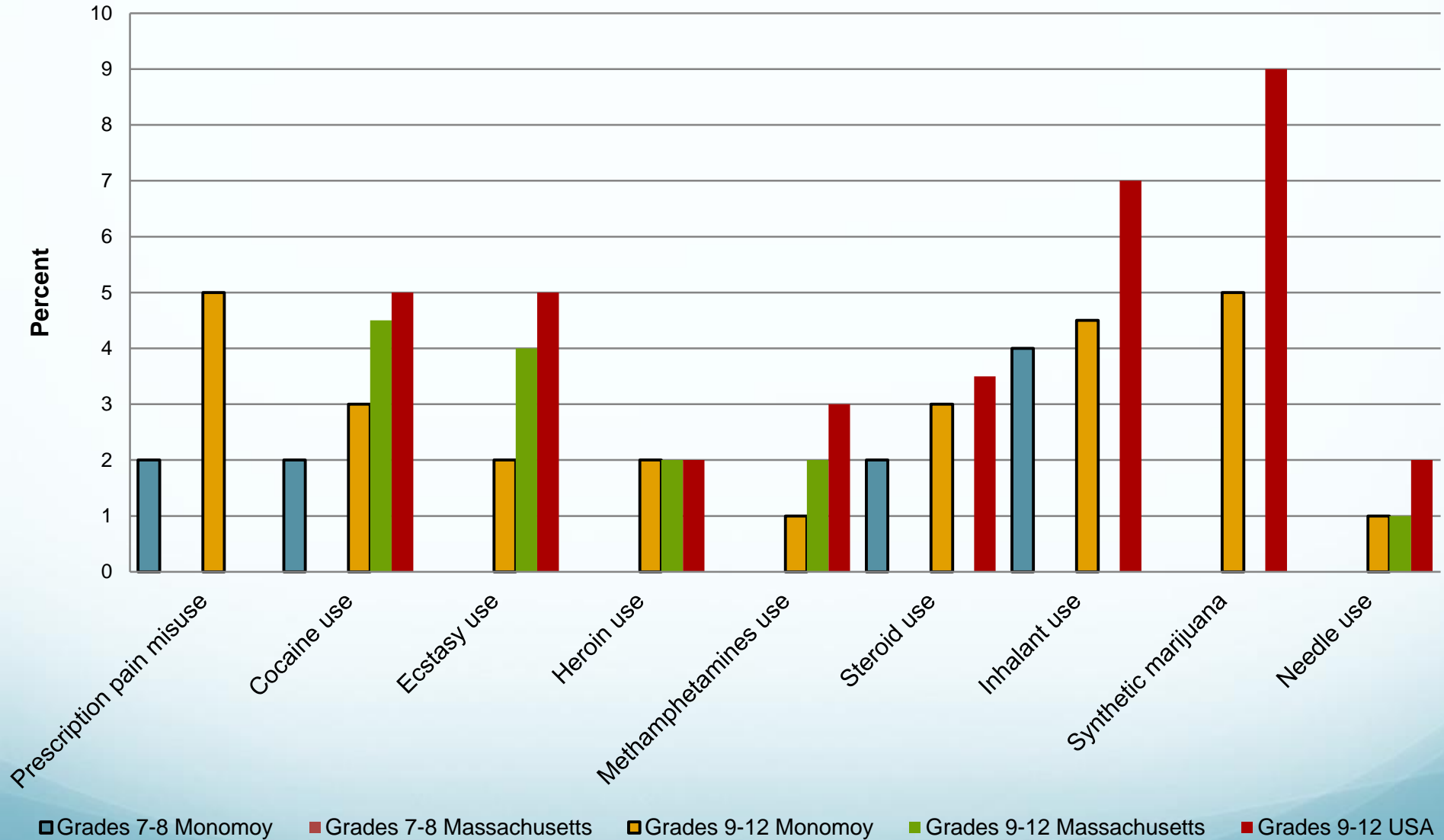
(from 2014 YRBS)

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

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

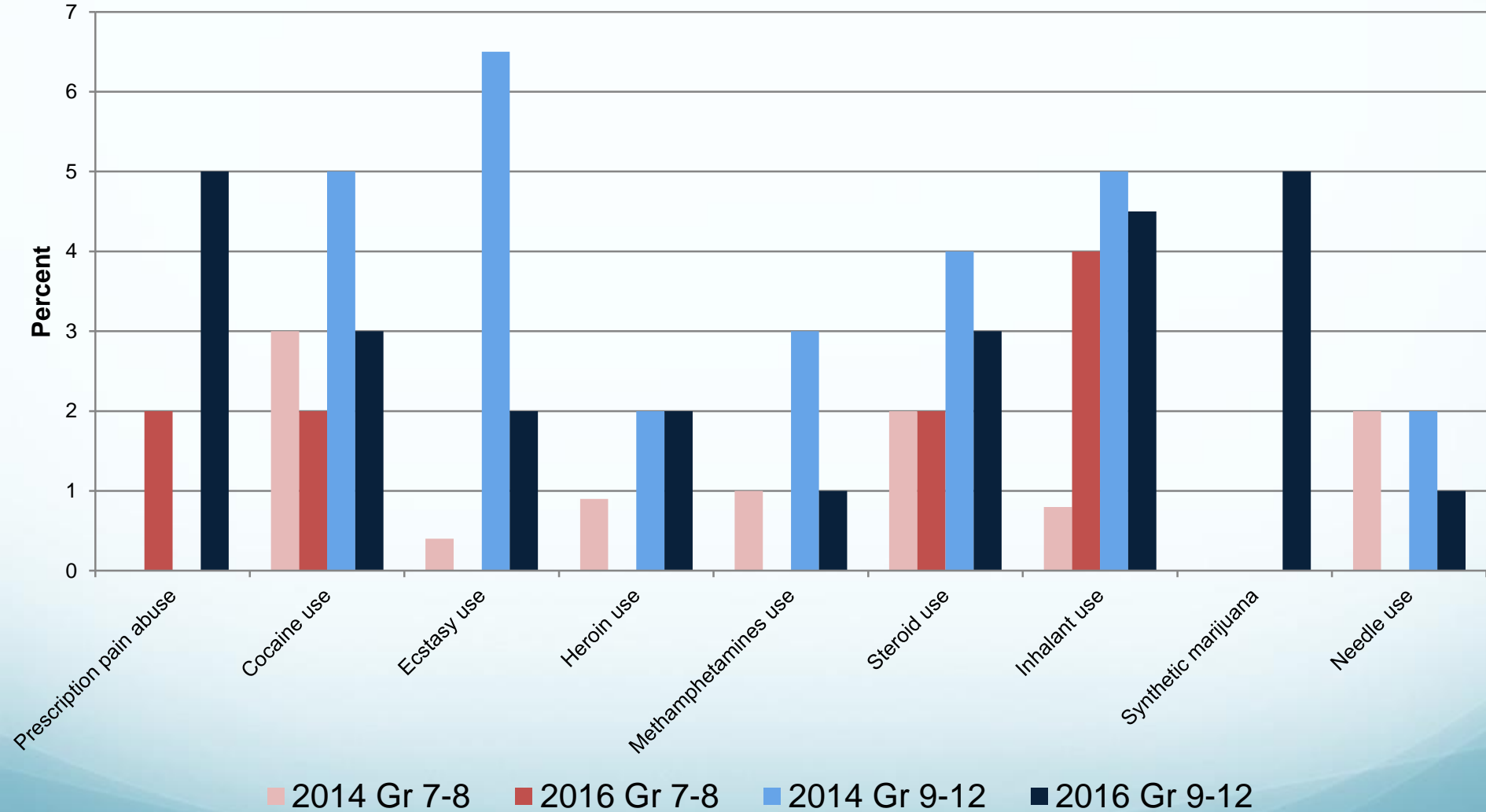
# **Prescription Medication, Other Drugs, and Distribution**

# Abuse of Other Drugs and Substances in One's Lifetime

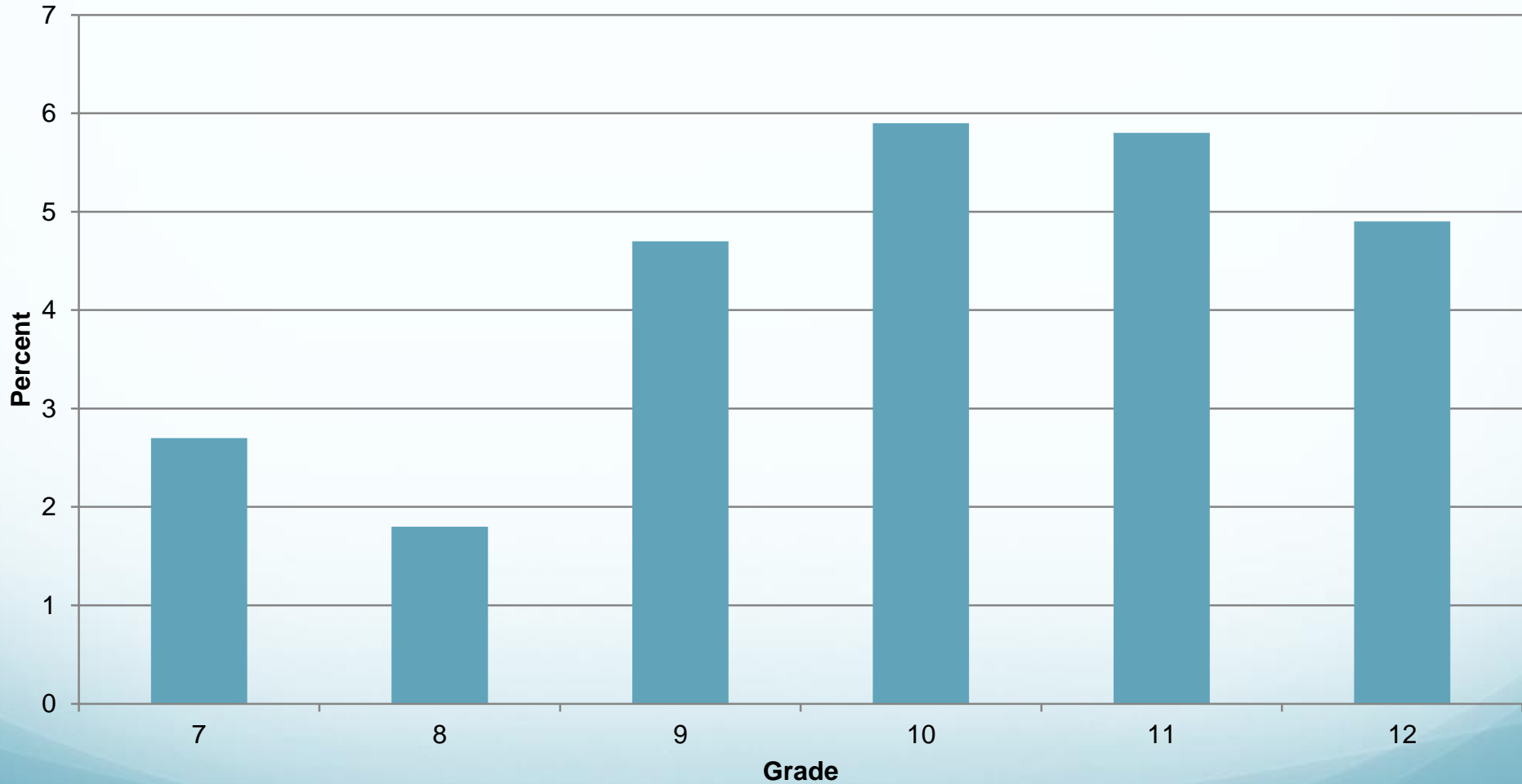


# Abuse of Other Drugs and Substances in One's Lifetime

Monomoy Comparison 2014 vs. 2016



# Lifetime Prescription Pain Misuse by Grade



# Parent Messaging Matters

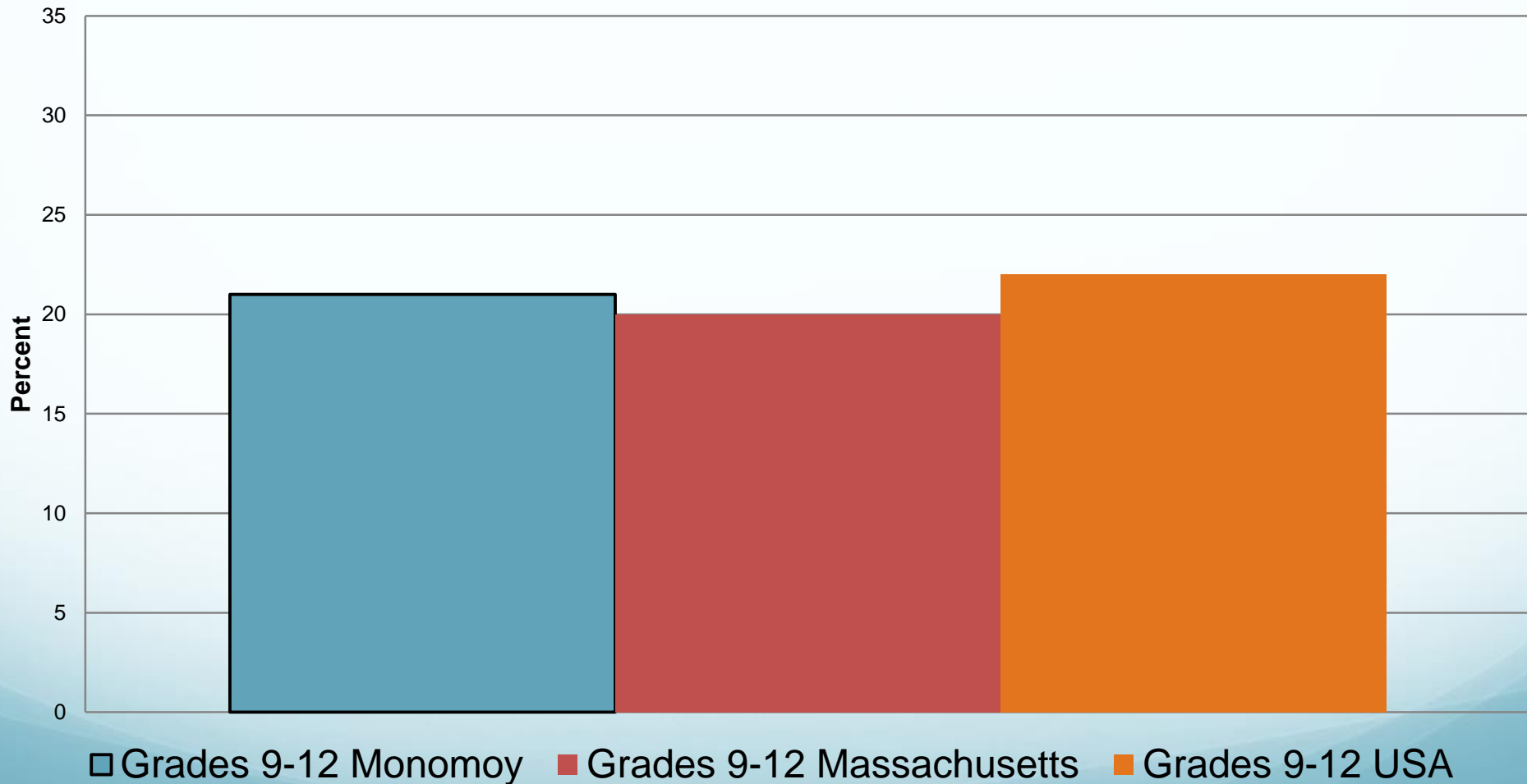
(from 2014 YRBS)

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

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

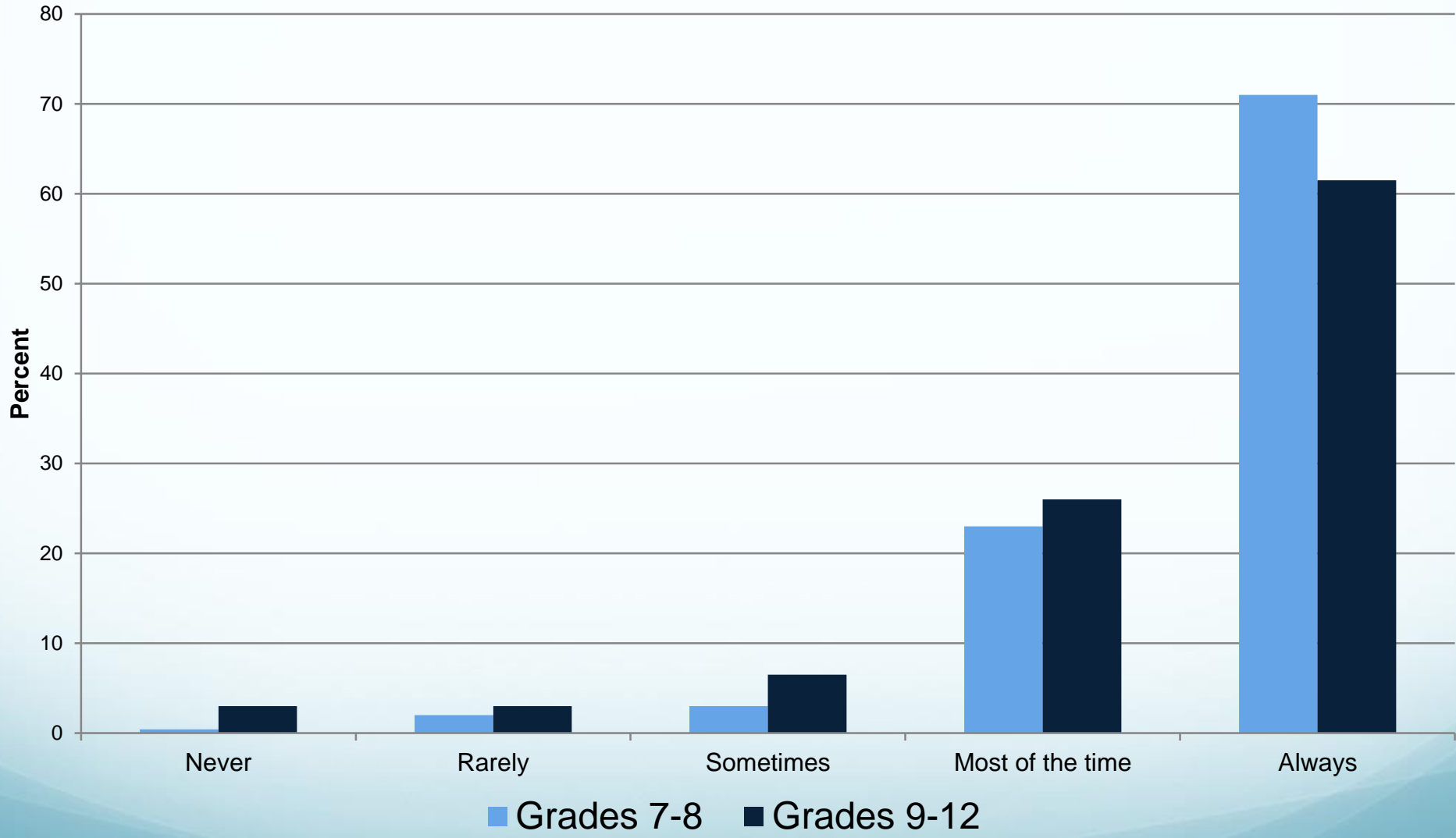


# Percentage of Students Offered, Sold, or Given Illegal Drugs on School Property in Past Year

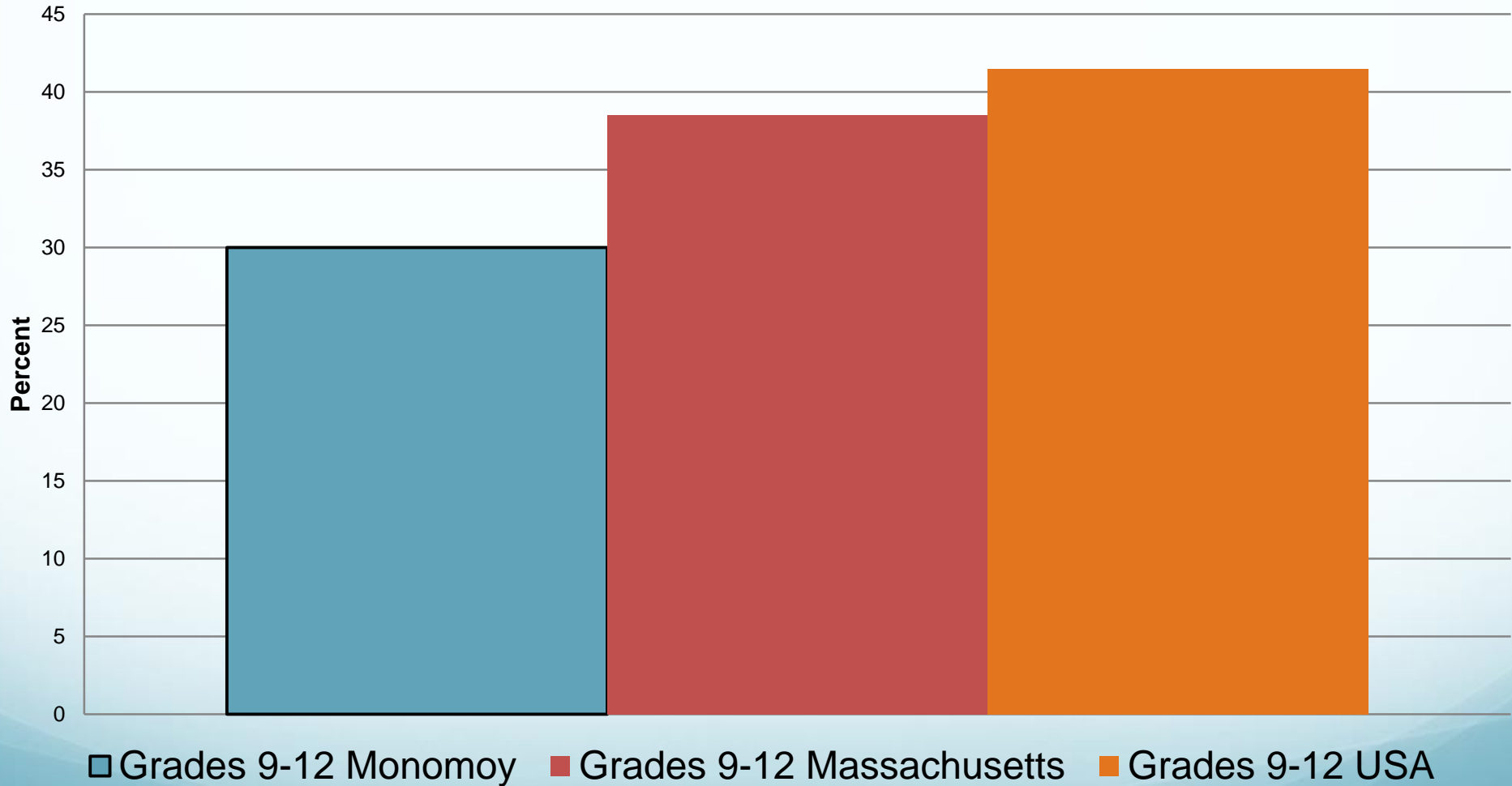


# Car Safety

# Monomoy Students Use of Seatbelts When Riding in a Car Driven by Someone Else

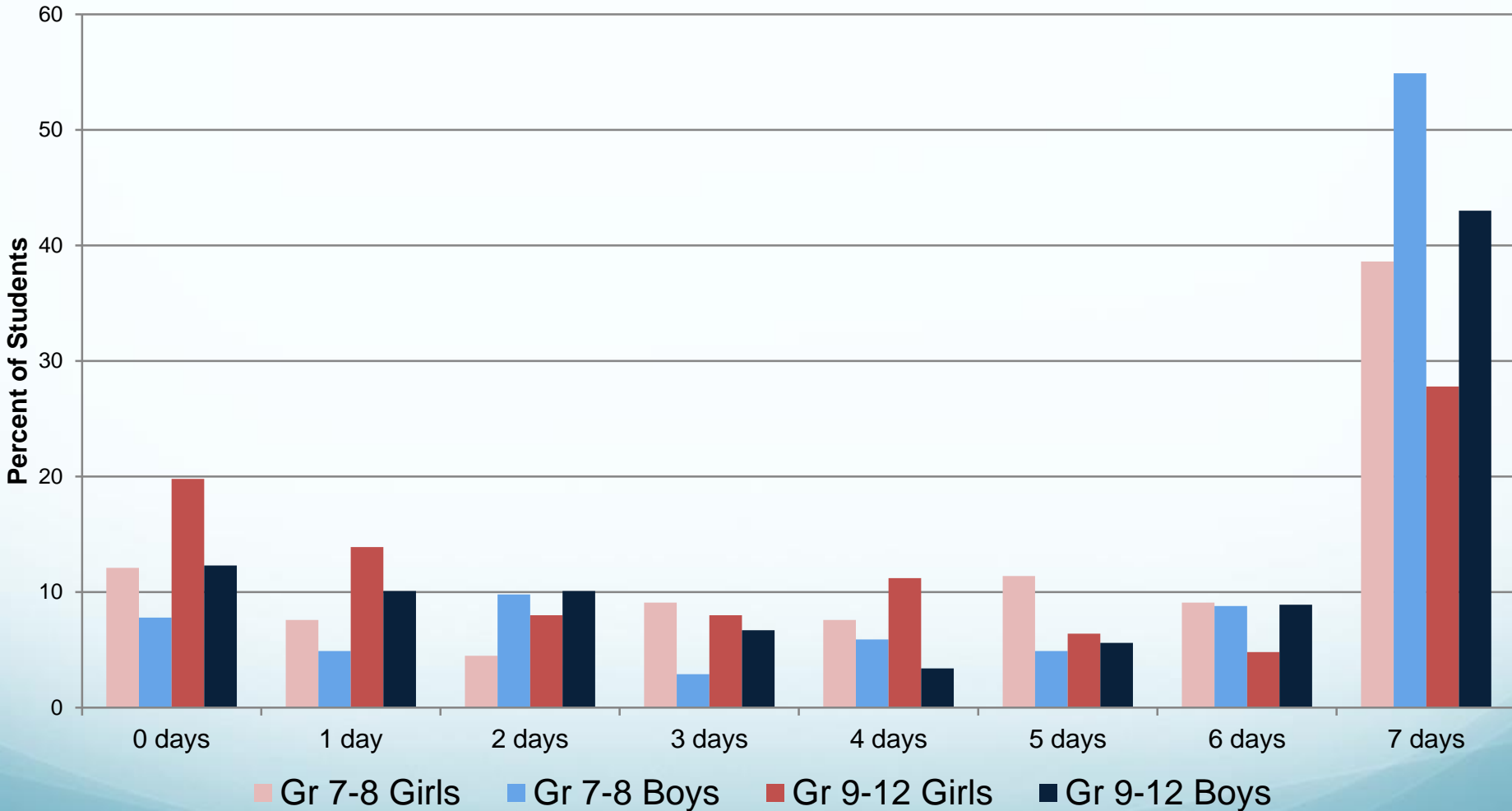


# Percent of Monomoy Students Who Have Texted or Emailed While Driving in Past 30 Days

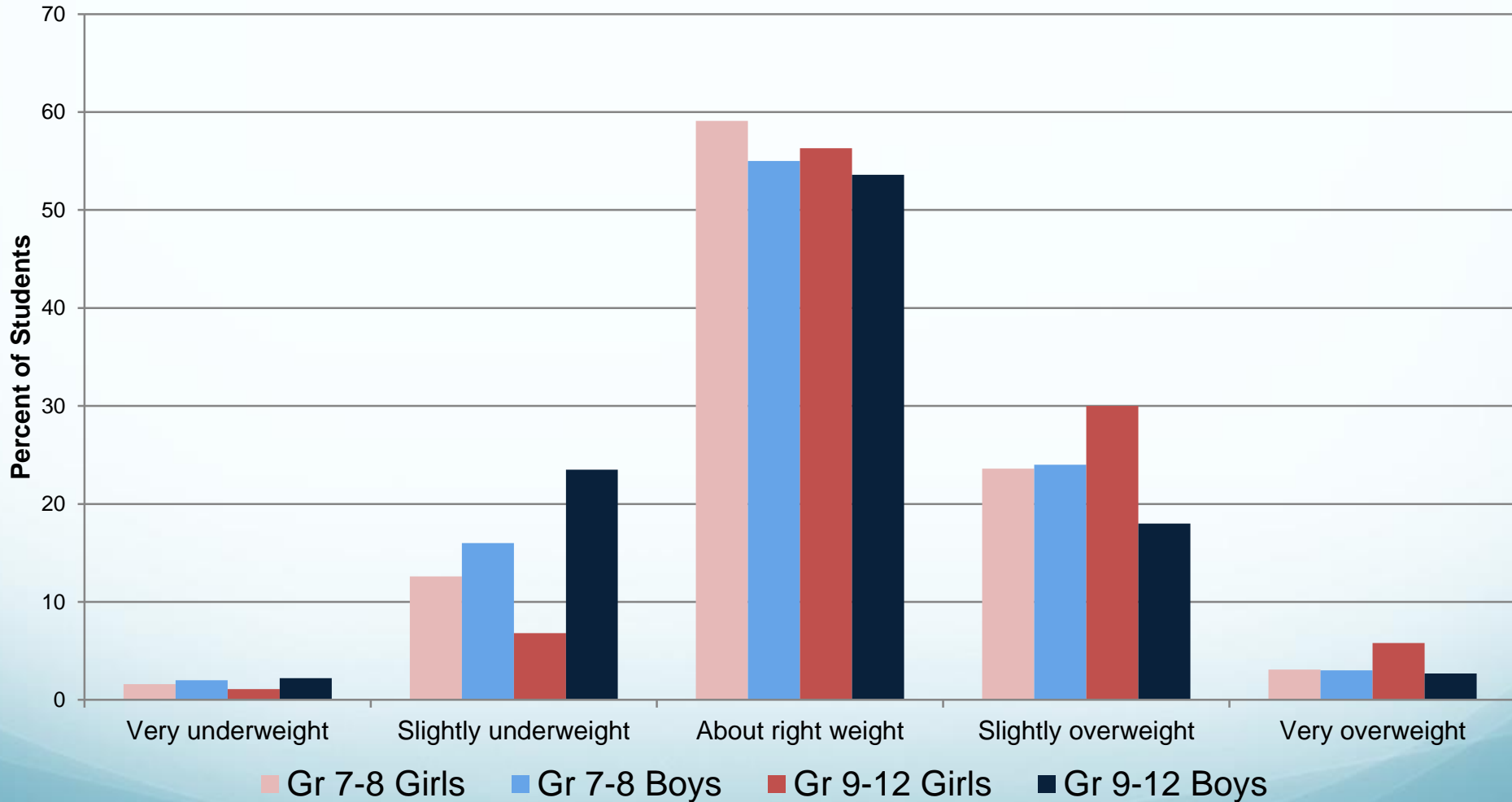


# **Nutrition, Weight, and Activity**

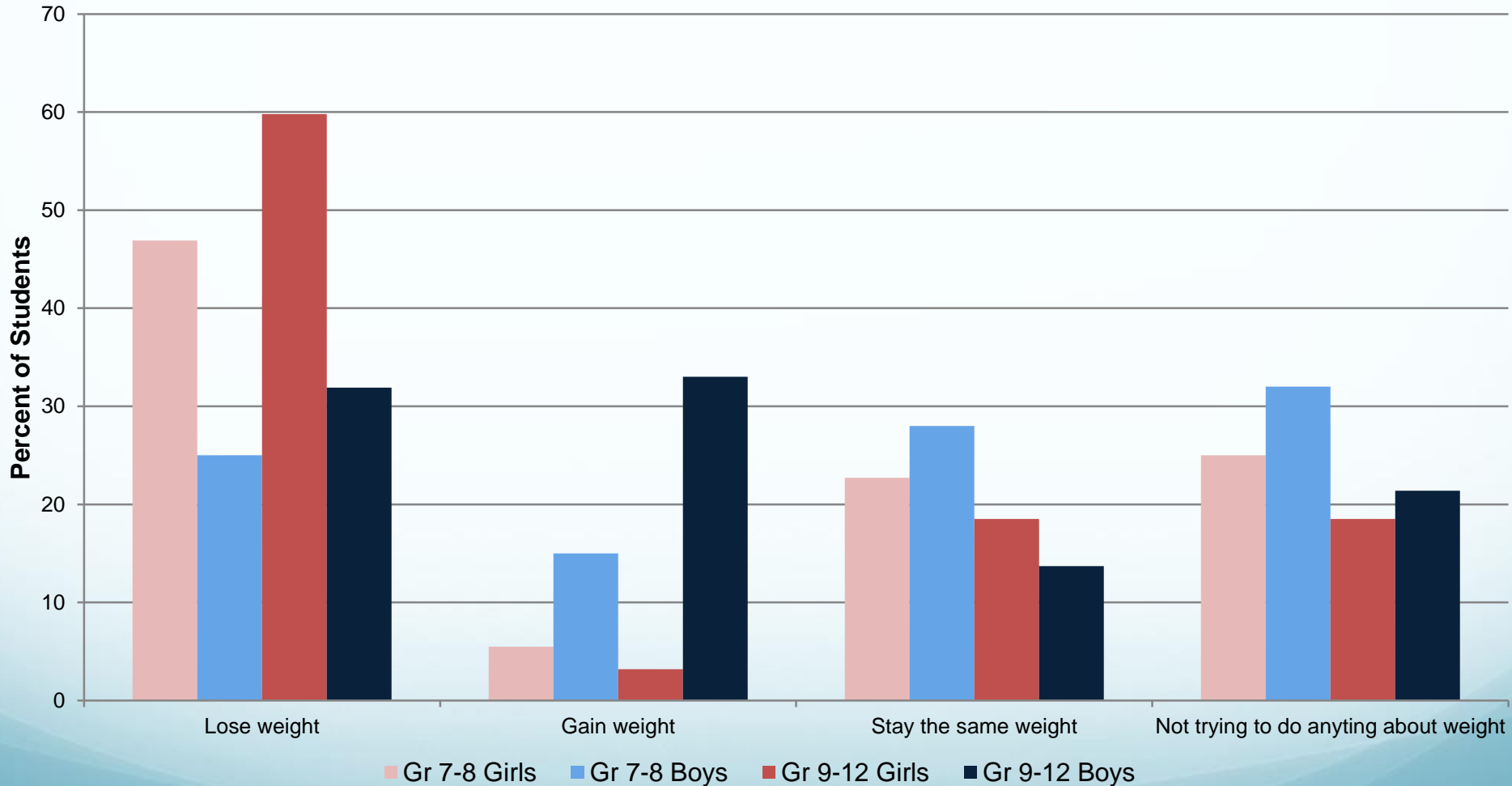
# Number of Days in the Past Week That Students Ate Breakfast



# Monomoy Student's Perception of Their Weight

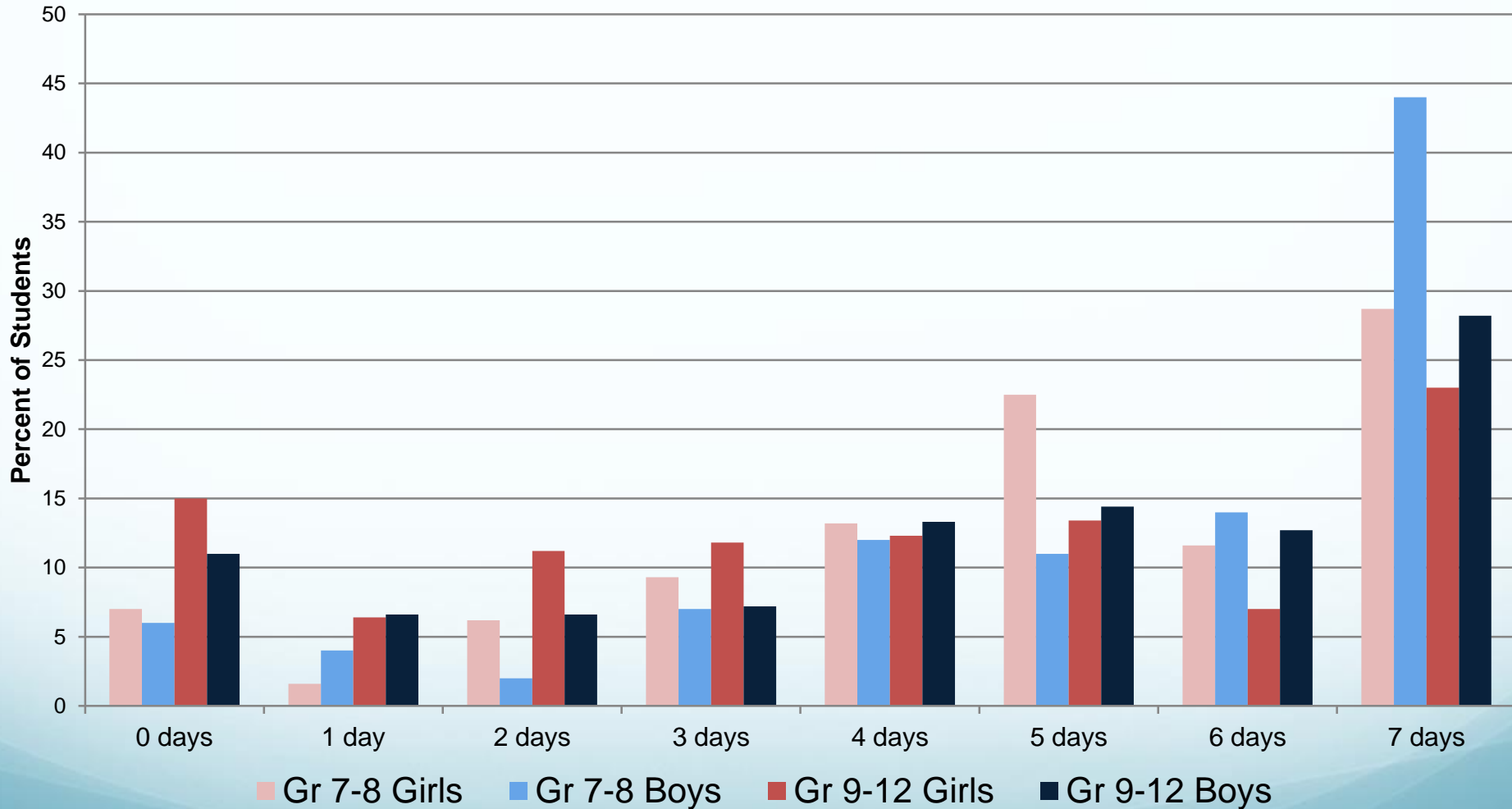


# What Students Report To Be Doing About Their Weight

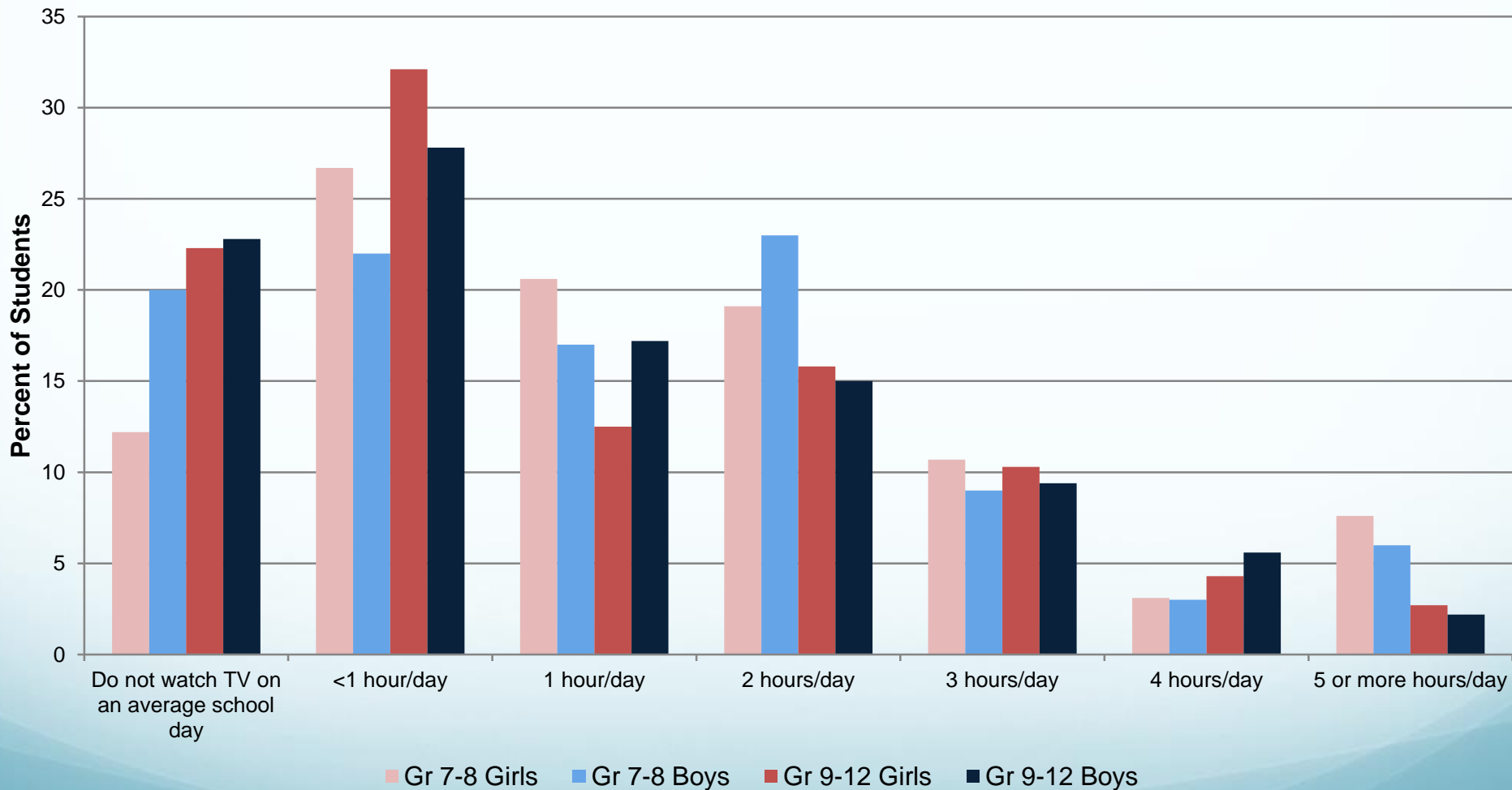




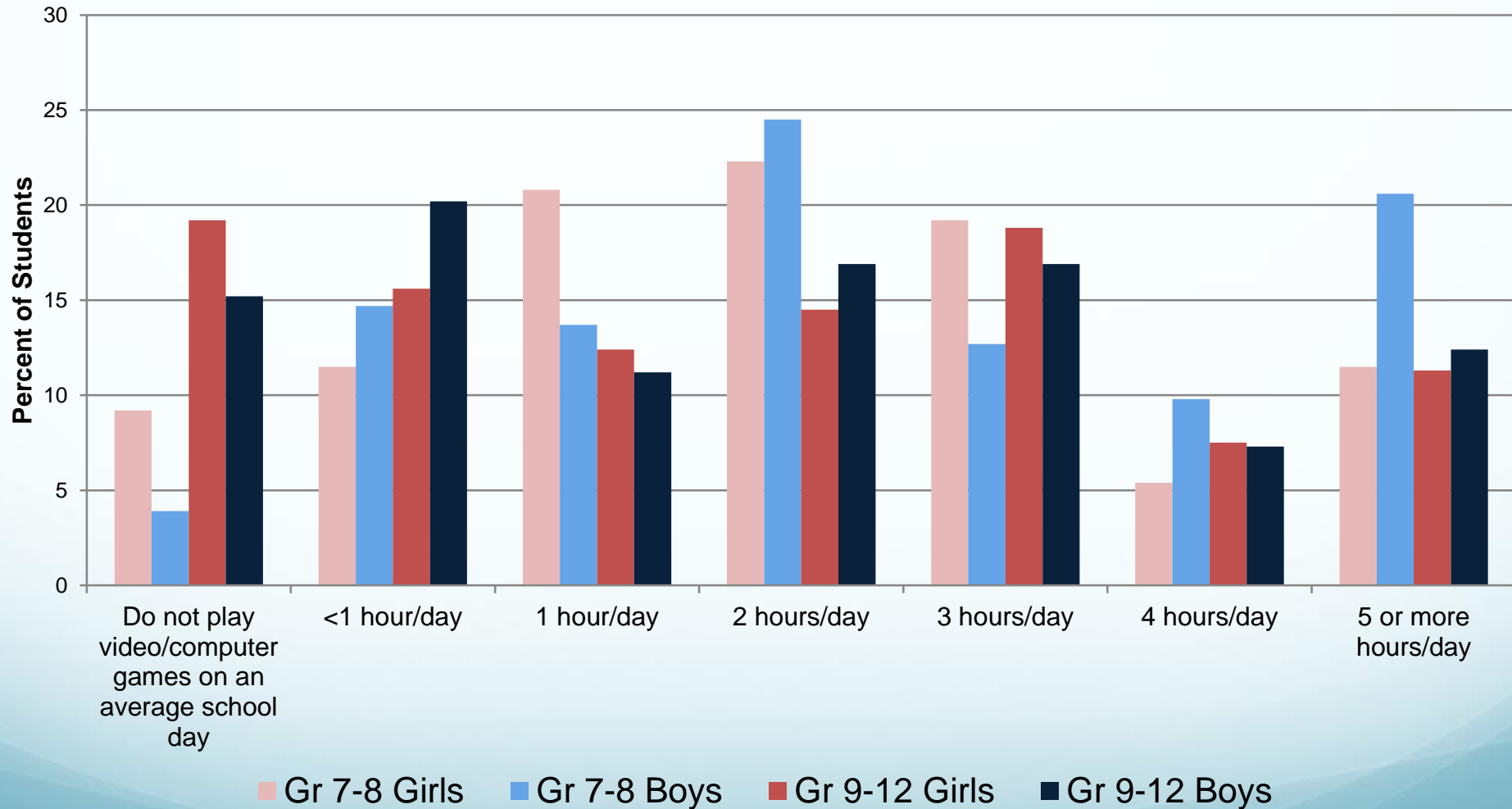
# Percent of Monomoy Students Reporting At Least 60 Minutes of Physical Activity Per Day in the Past Week



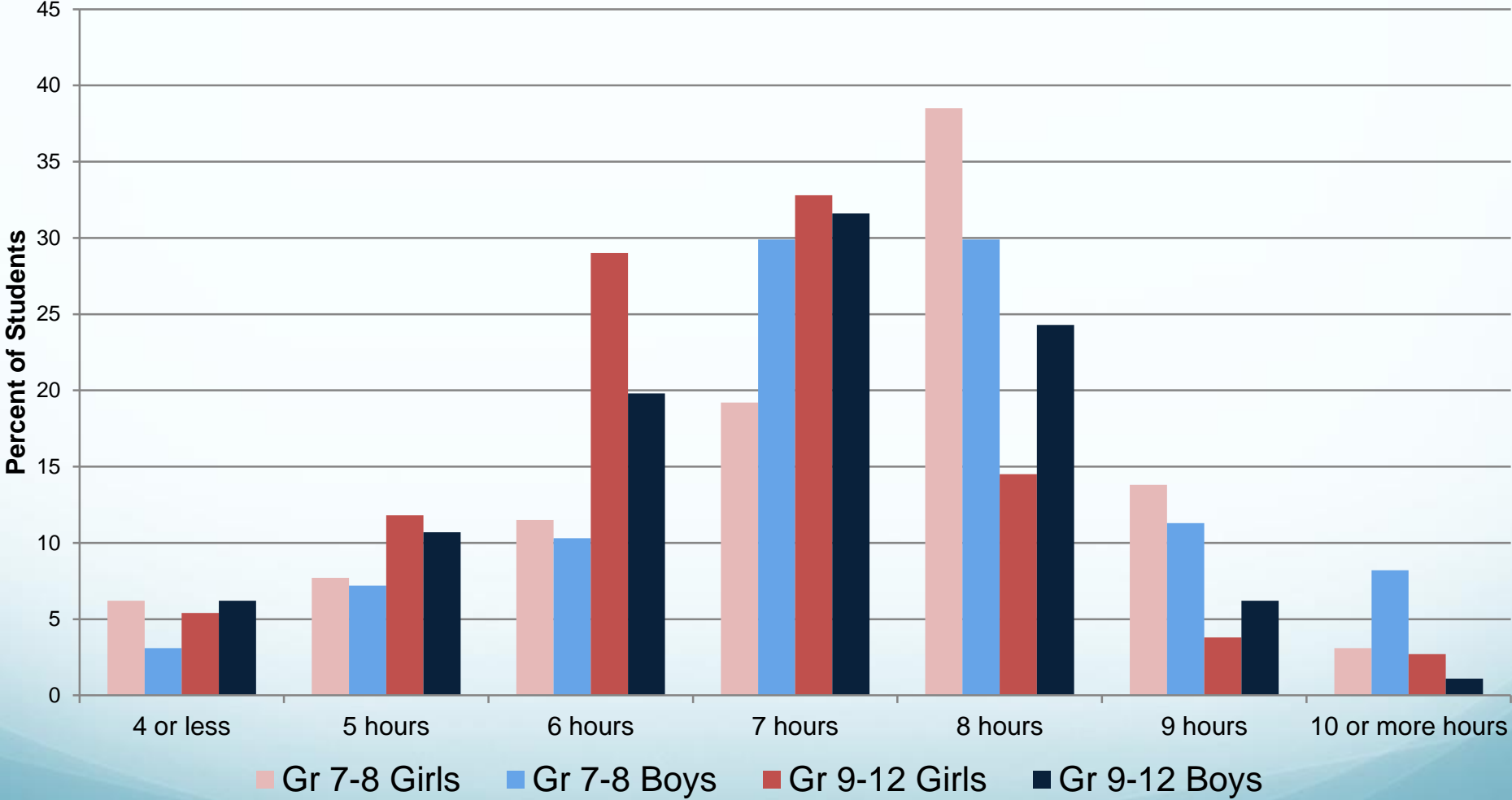
# Hours Per Day Spent Watching TV by Monomoy Students



# Hours Per Day Spent Playing Video/Computer Games by Monomoy Students

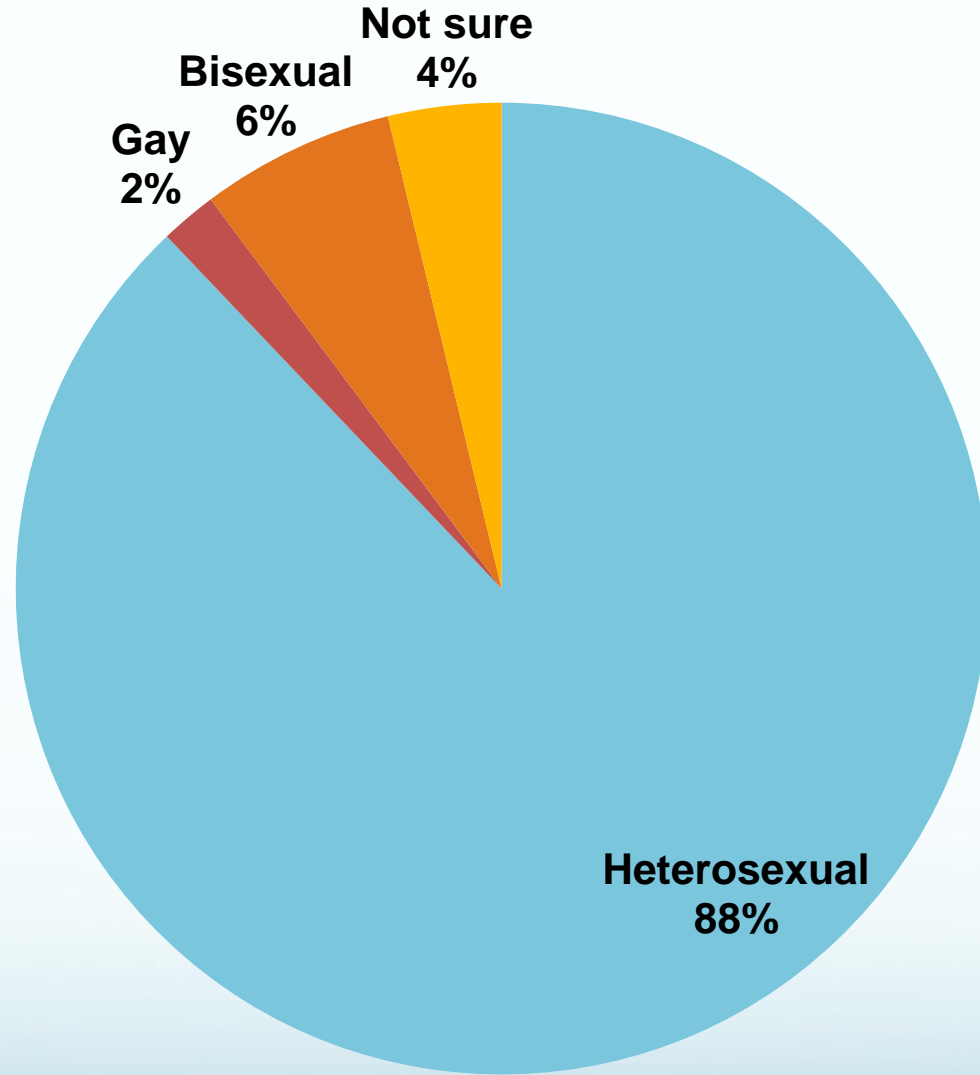


# Number of Hours Sleep Monomoy Students Get on an Average School Night

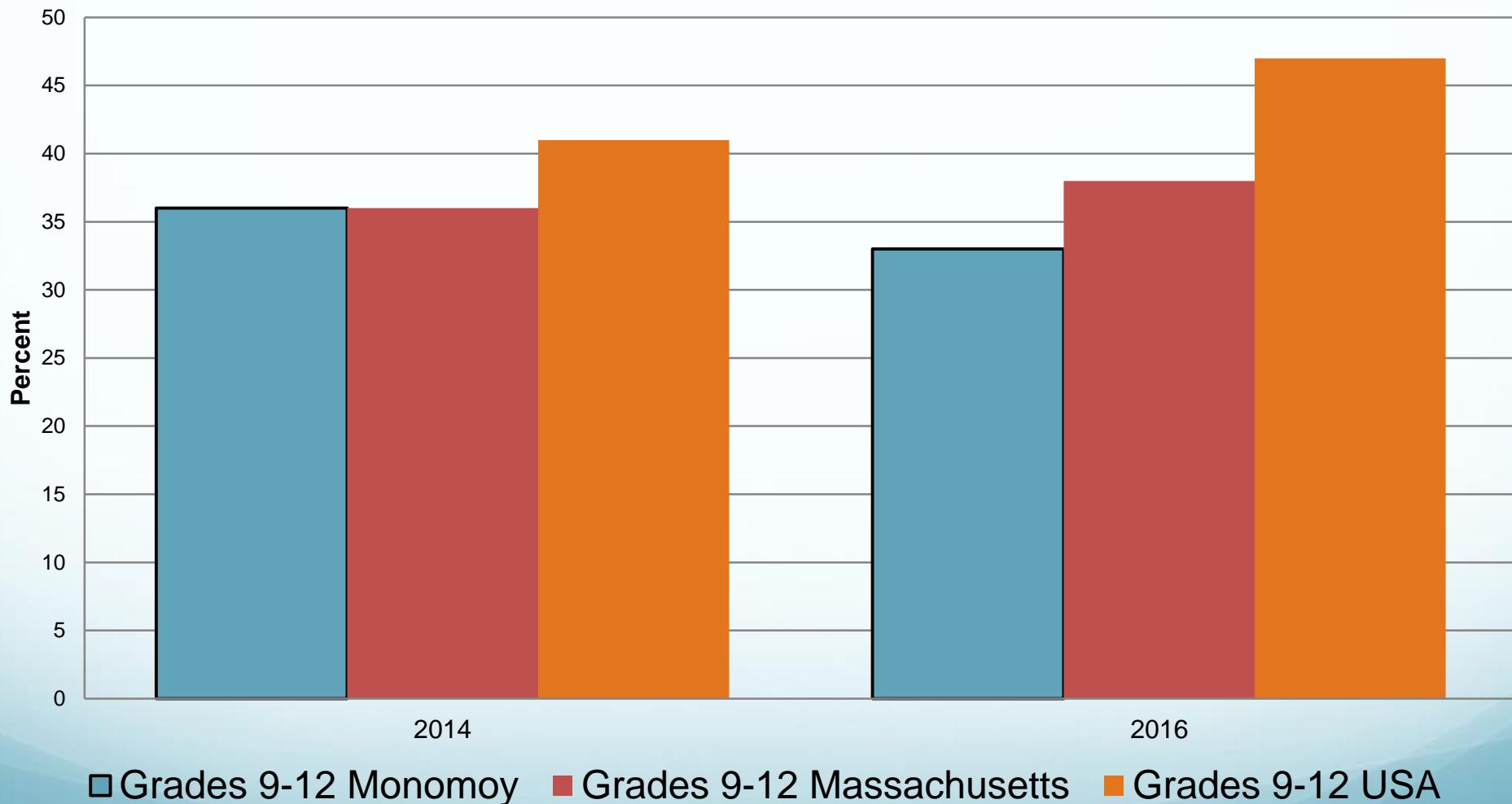


# Sexual Behavior

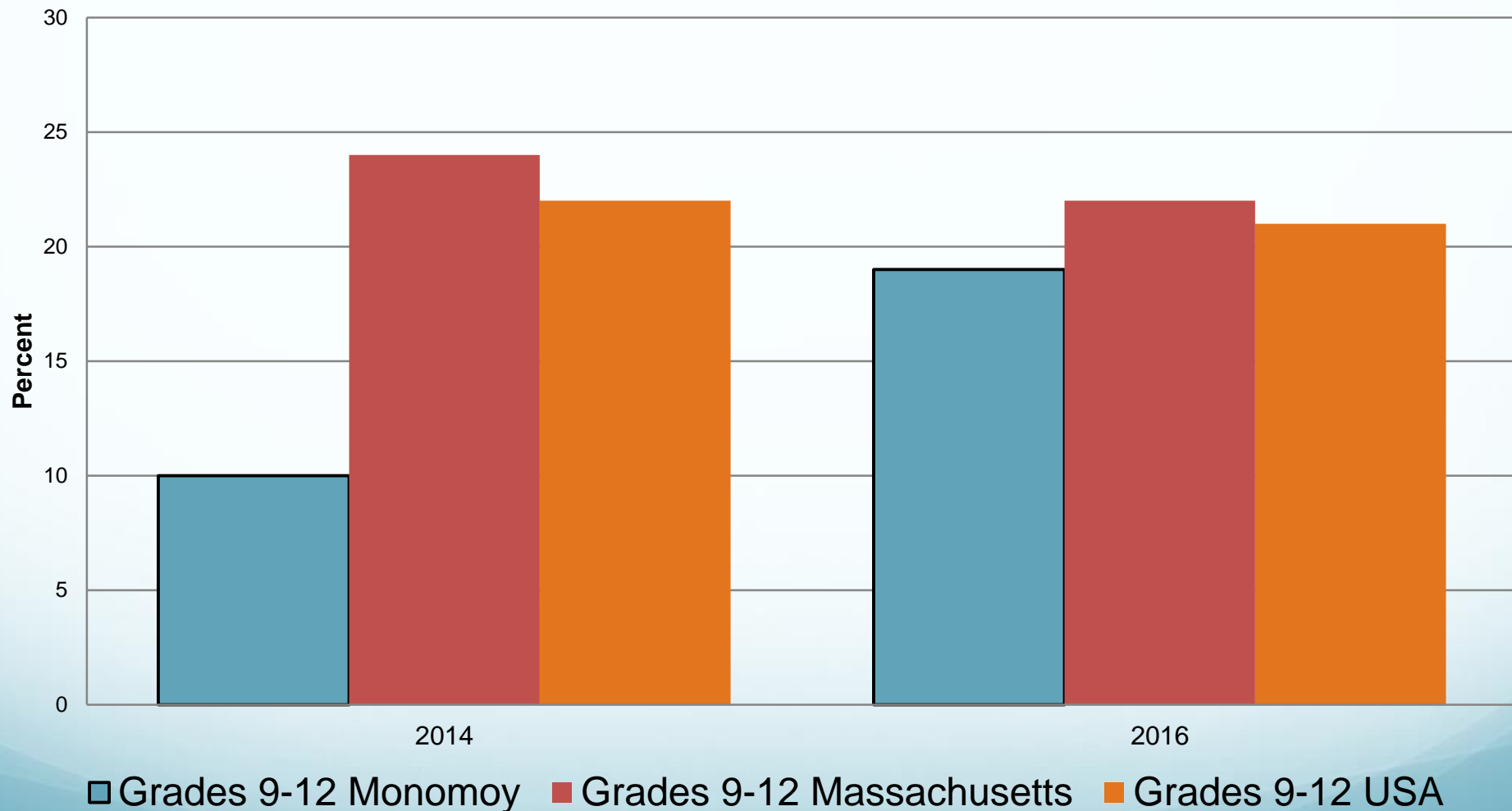
# Sexual Orientation Monomoy Students Grades 9-12



# Percent of Students in Grades 9-12 Reporting Having Had Sexual Intercourse in Their Lifetime



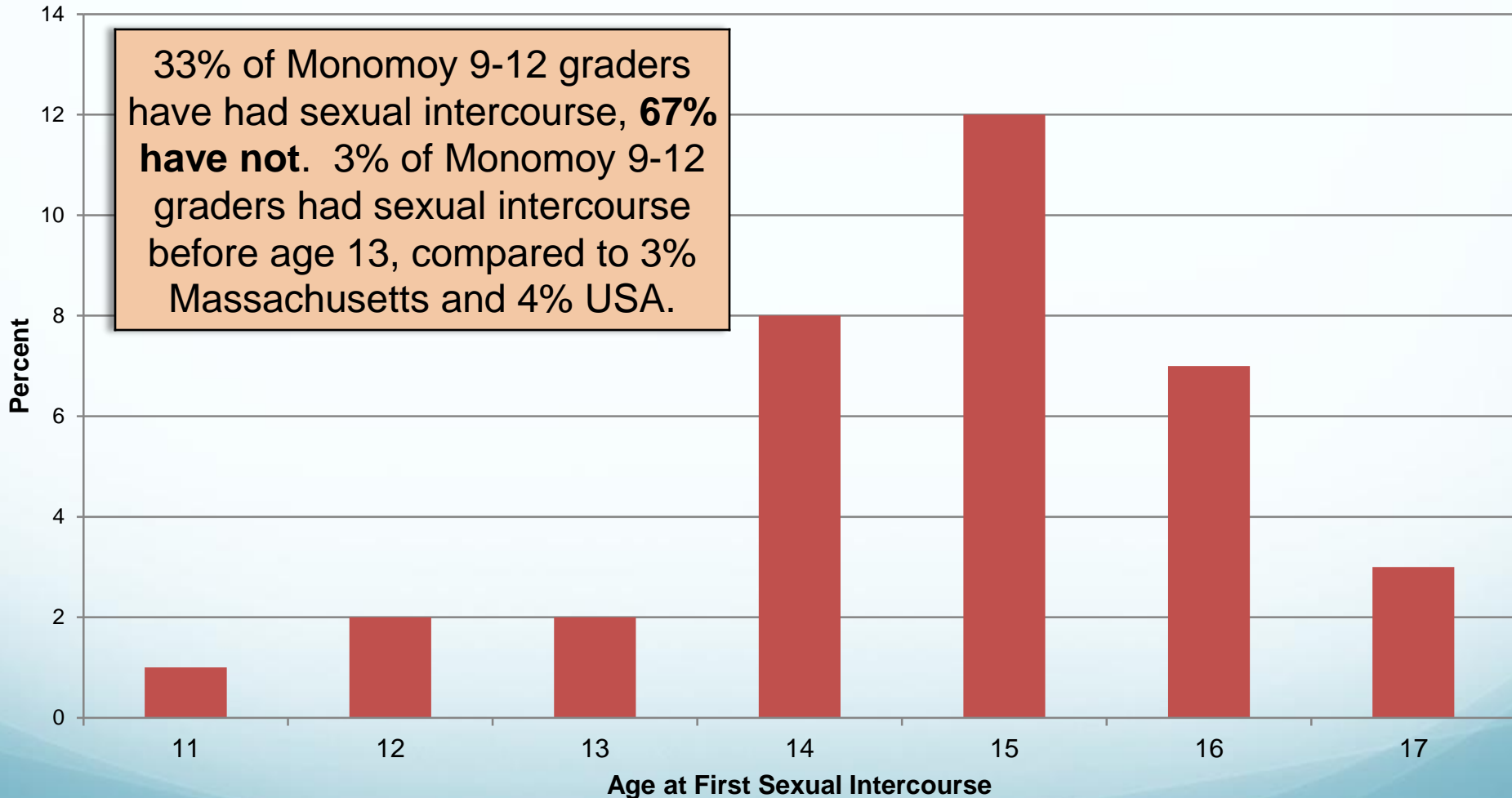
# Percent of Students in Grades 9-12 Reporting Having Used Drugs or Alcohol Before Last Sexual Intercourse



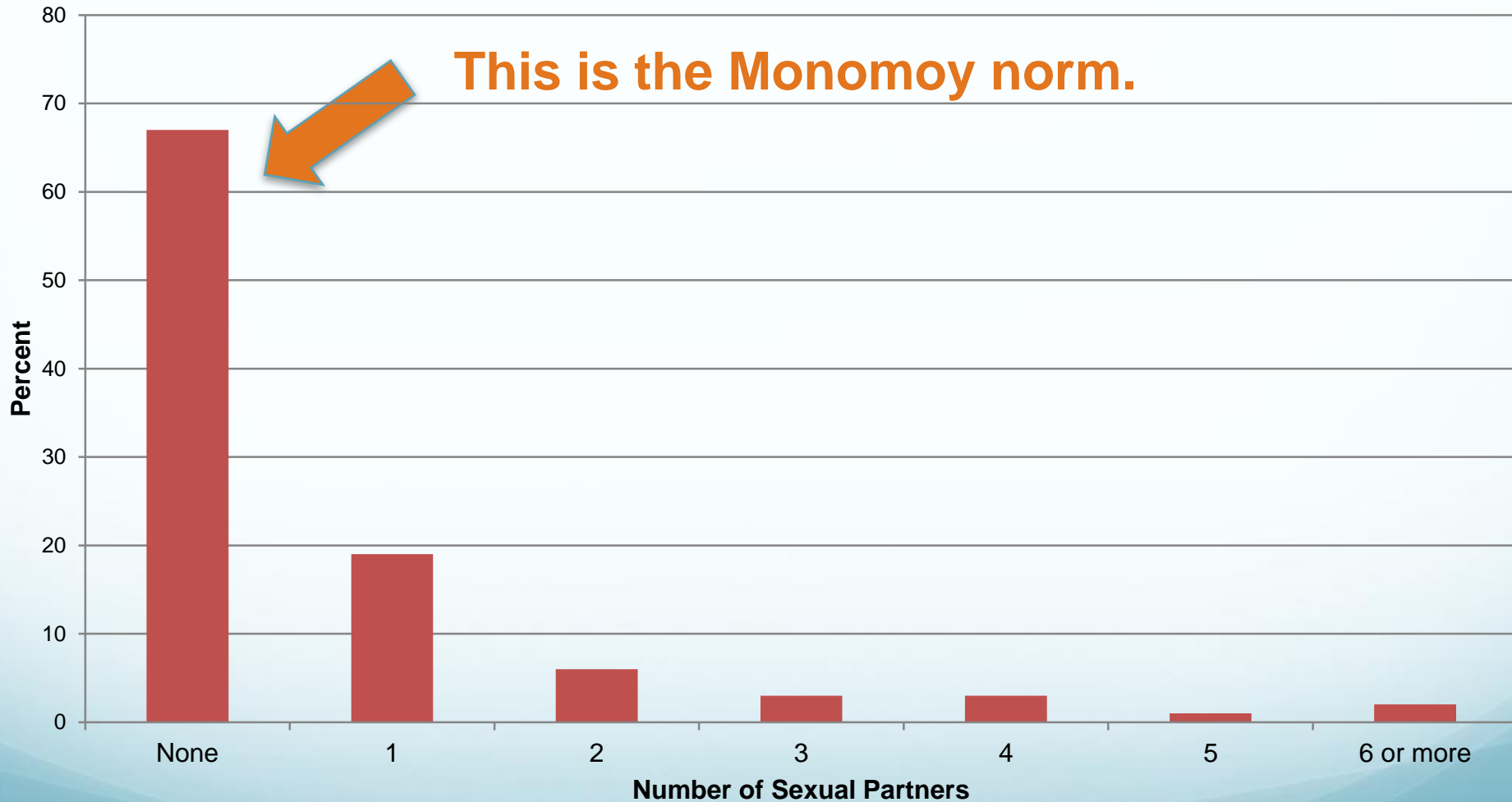


# Age at First Sexual Intercourse

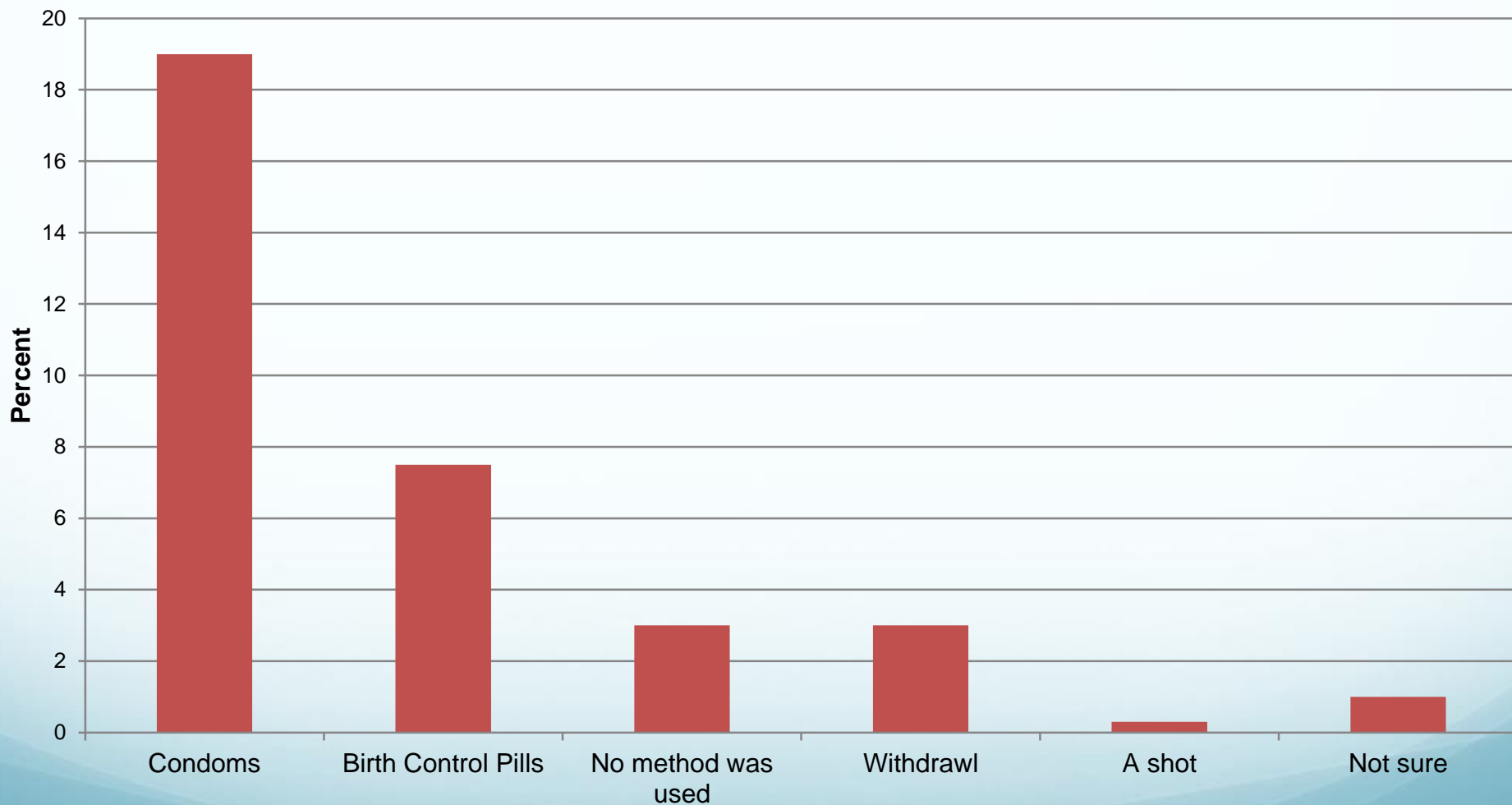
(of Monomoy Students Grades 9-12 Who Have Had Sex)



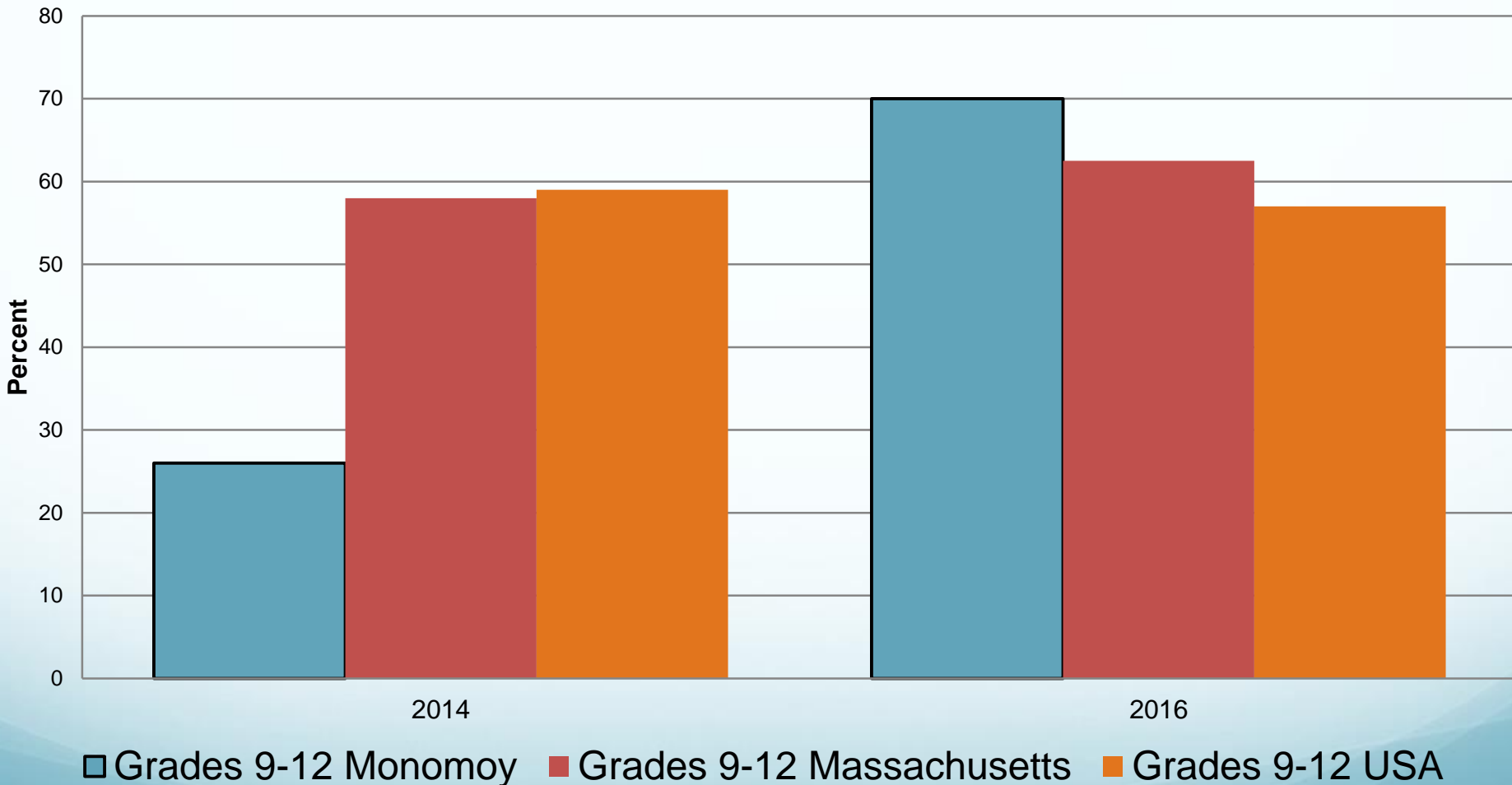
# Number of Sexual Partners in Lifetime



# Pregnancy Prevention Method Used the Last Time Students Had Sexual Intercourse

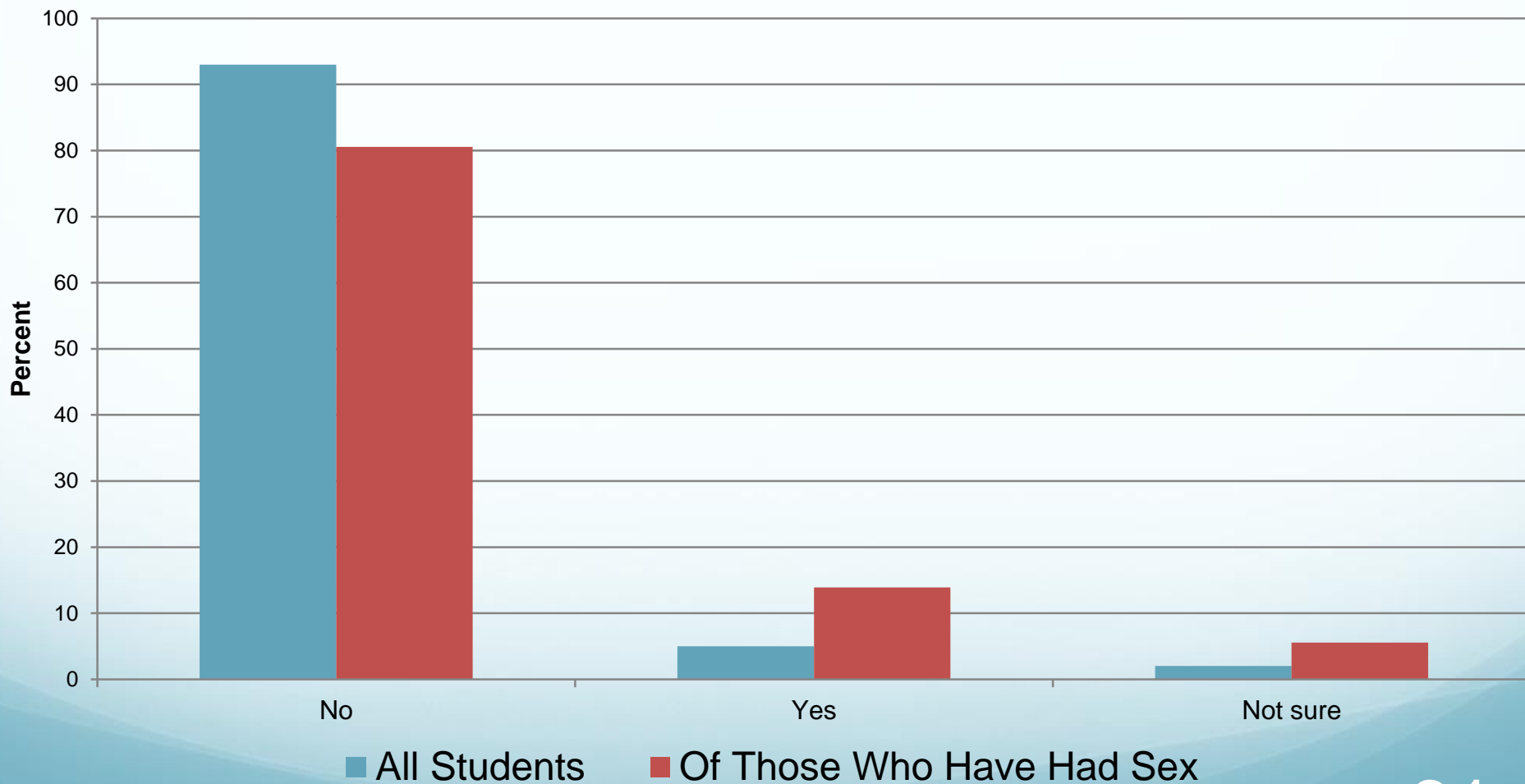


# Percent of Students in Grades 9-12 Reporting Having Used a Condom the Last Time They Had Sexual Intercourse



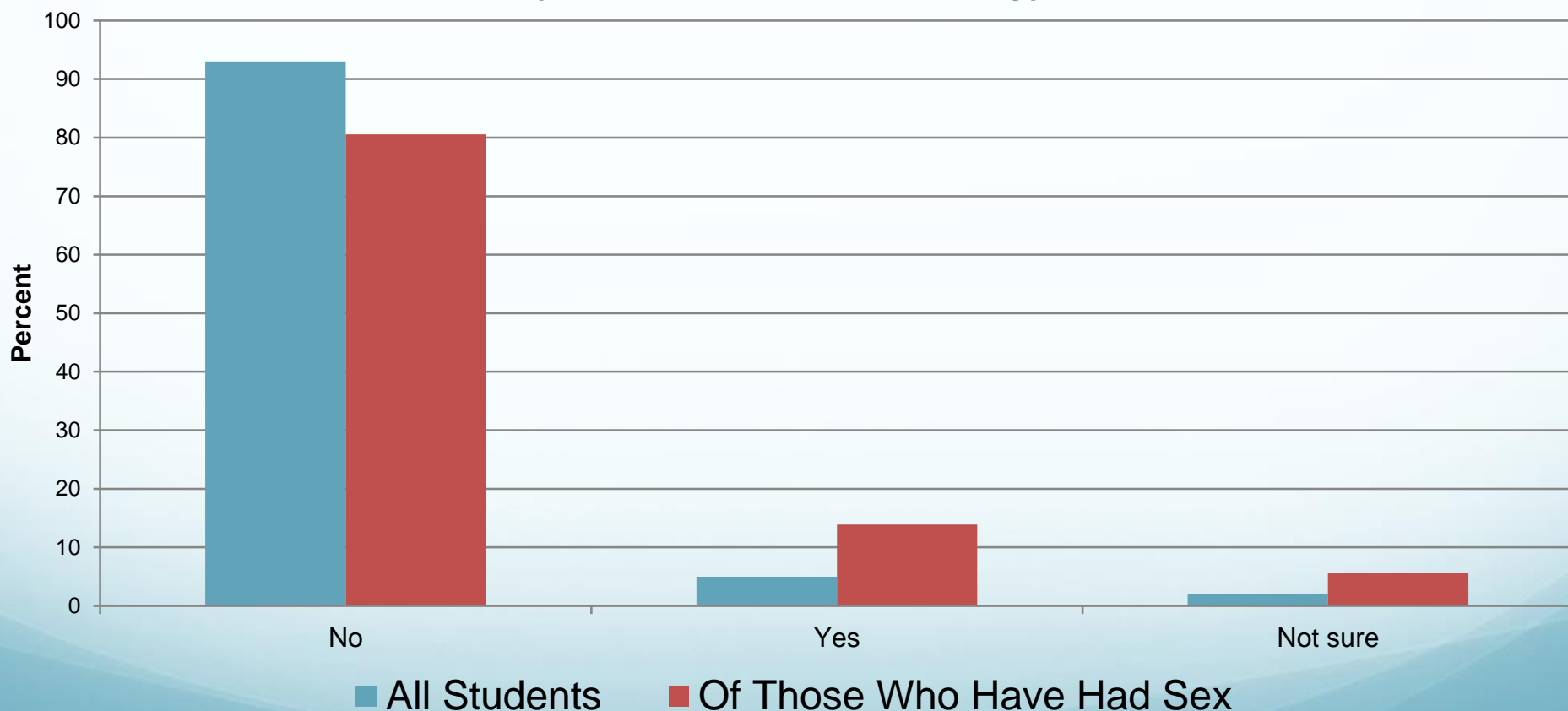
# Percent of Monomoy Students in Grades 9-12 Who Have Been Pregnant or Gotten Someone Pregnant

(in Lifetime from 2014 survey)



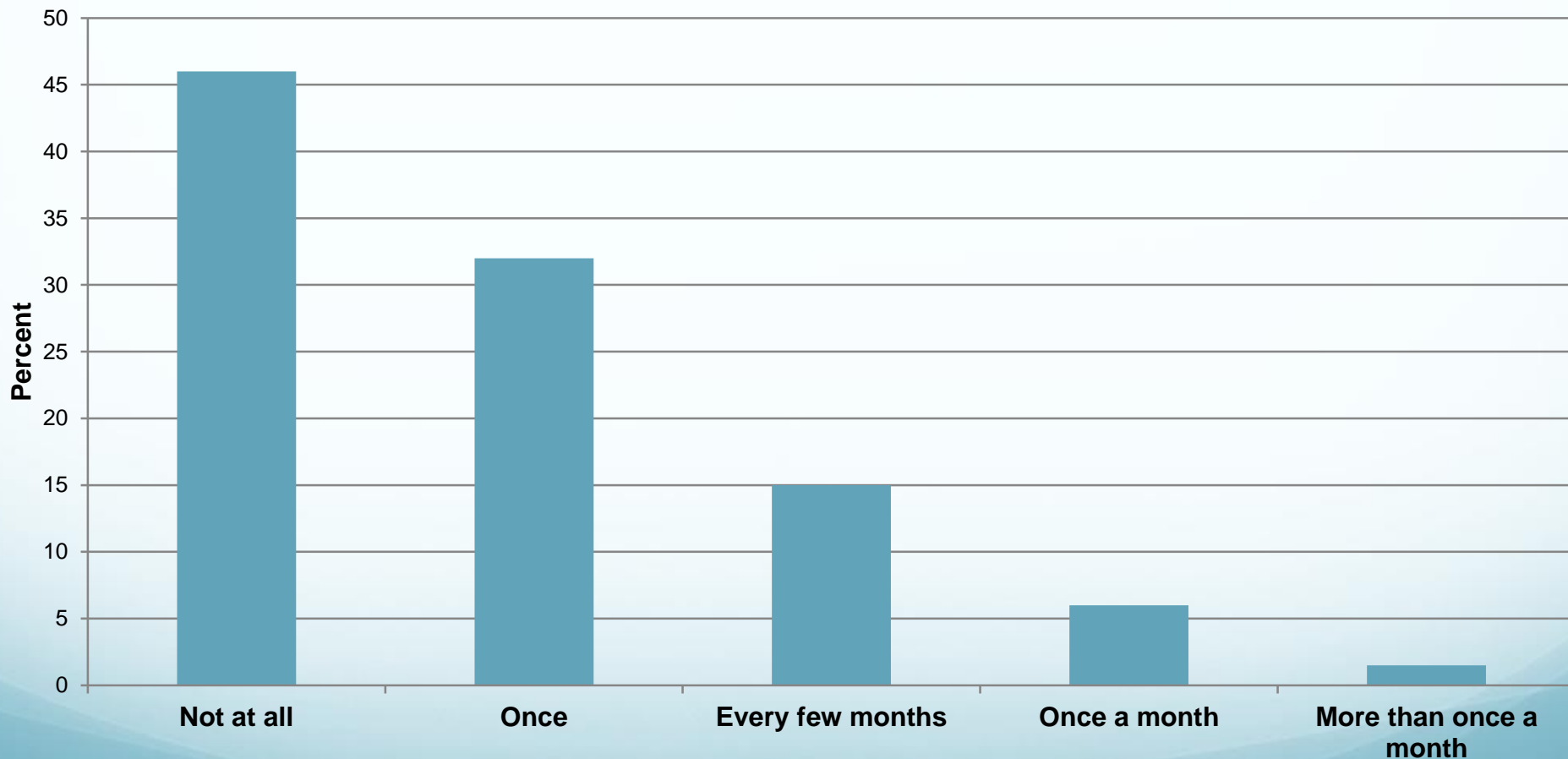
# Percent of Monomoy Students in Grades 9-12 Who Have Been Told By Medical Professionals That They Have A Sexually Transmitted Disease

(in Lifetime from 2014 survey)



# Percent of Monomoy Students in Grades 9-12 Who Have Had Parents Discuss Sexuality With Them

(in Past Year from 2014 survey)



# Parent Messaging Matters

(from 2014 YRBS)

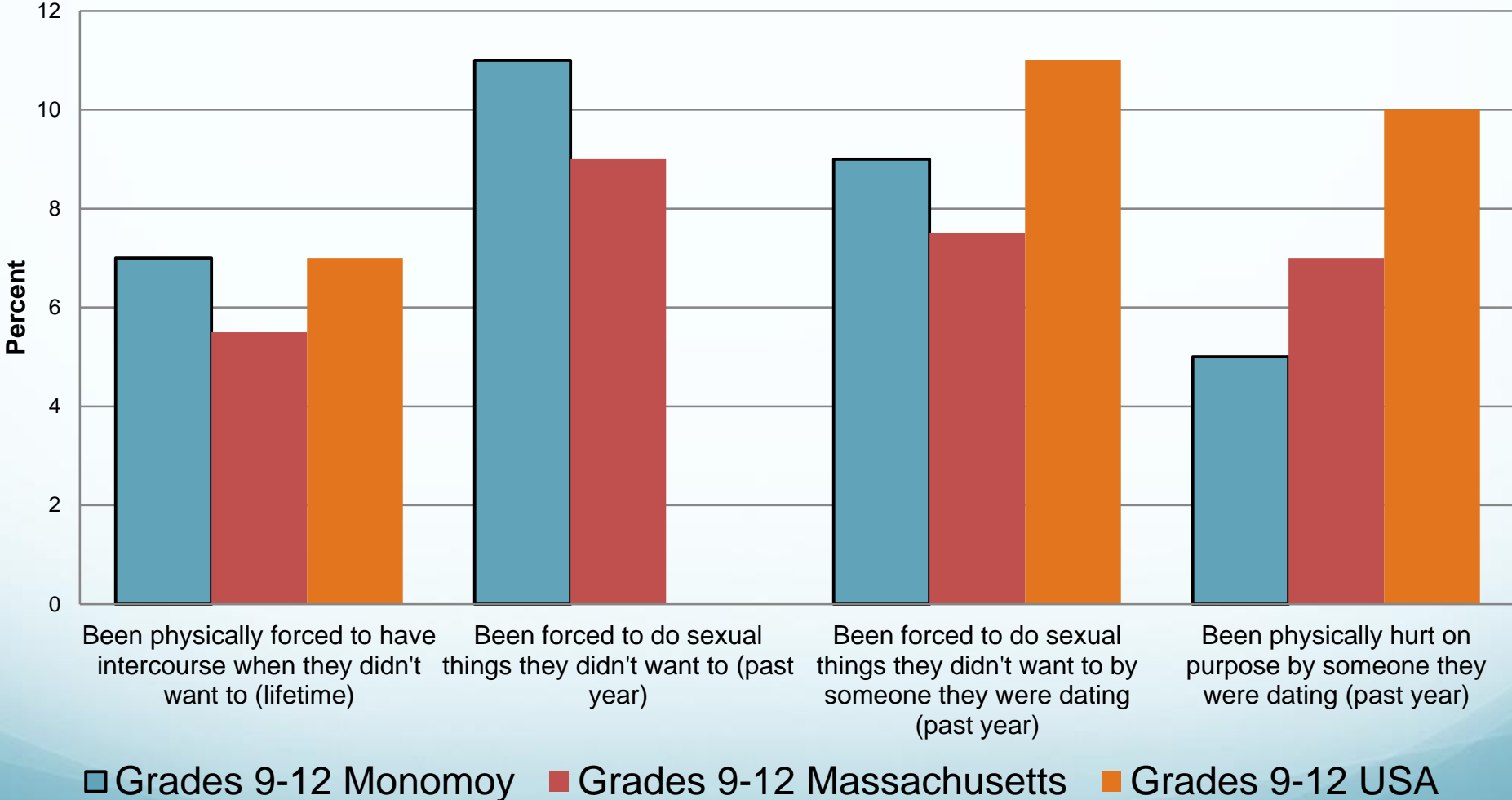
<b>If</b> ■ the student is having sex and ■	Percent students who have been pregnant or gotten someone pregnant
Parents or other adults in their families DID NOT have discussions about sexuality, ways to prevent STDs, or pregnancy in past year	<b>8.9</b>
Parents or other adults in their families HAD DISCUSSIONS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

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

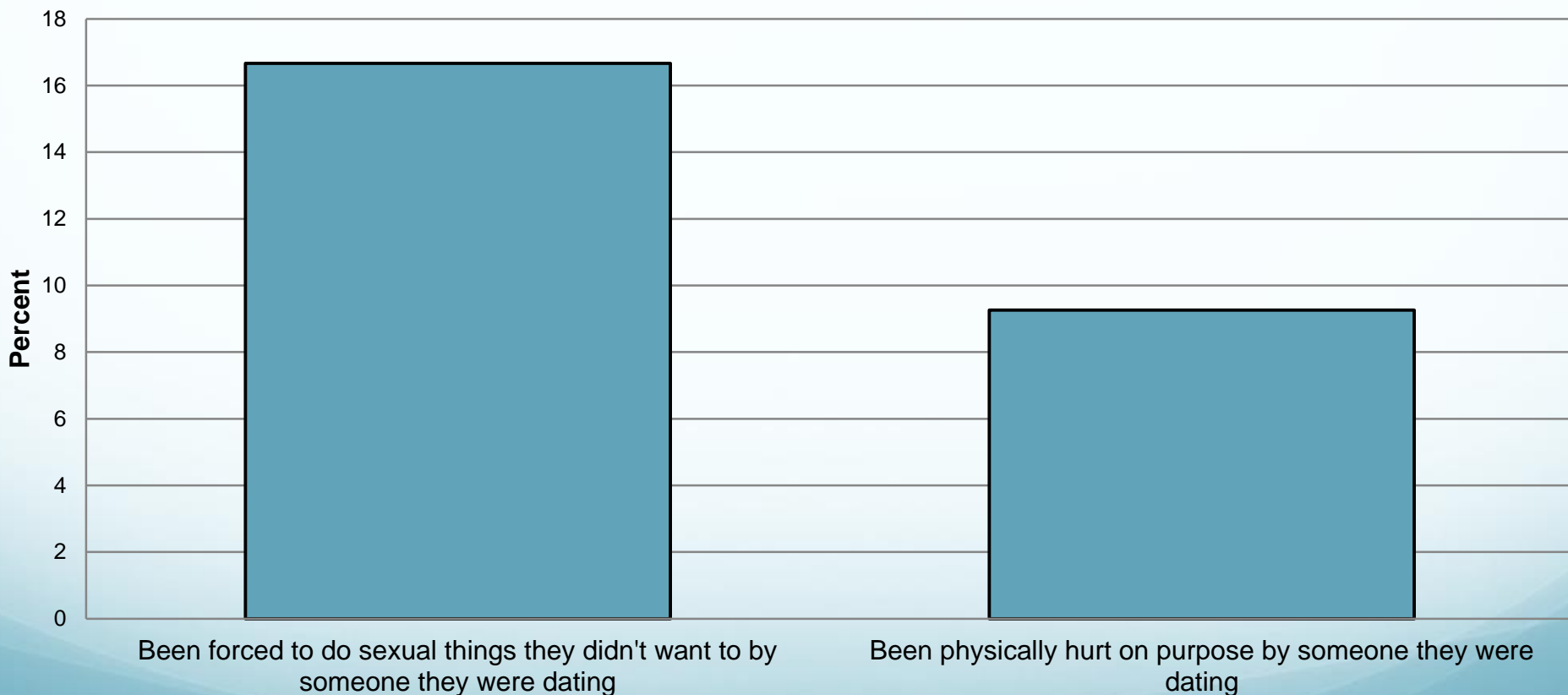


# Unwanted Sexual Contact and Dating Violence

# Sexual Contact Against Will Comparison



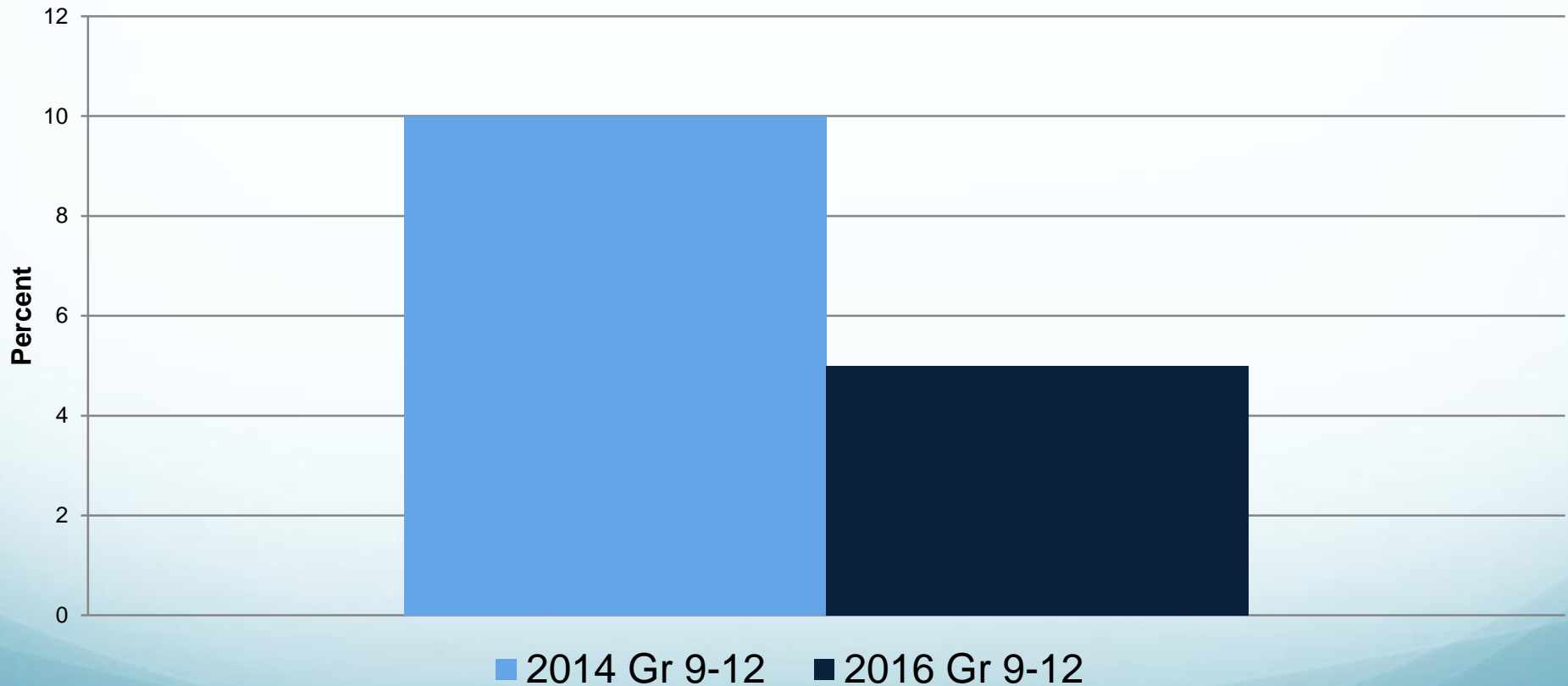
# Percent of Monomoy Students Grades 9-12 Who Have Dated in the Past Year and Have Faced Sexual Pressure or Dating Violence



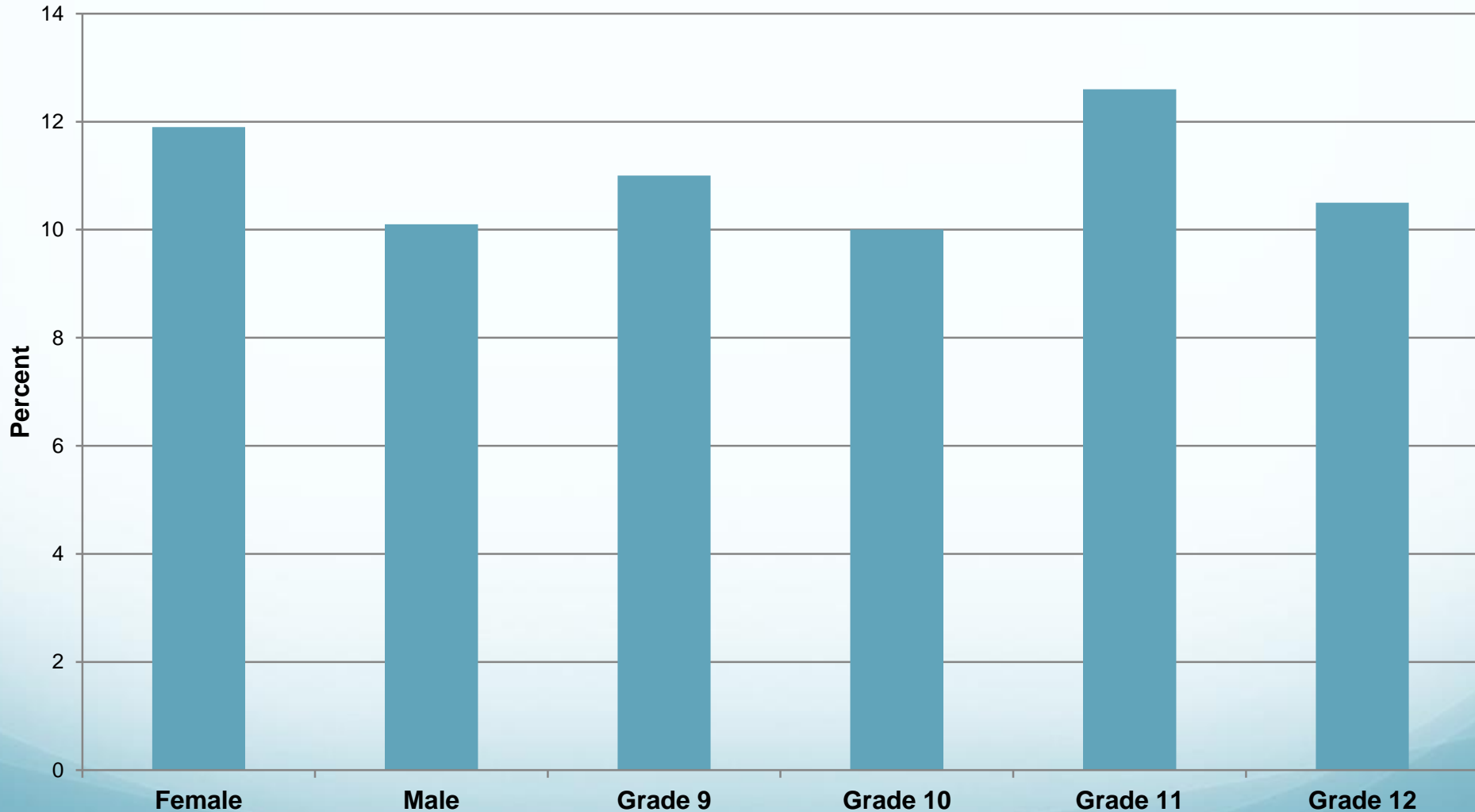
Only 46% of Monomoy students report having been out on a date in the past year.

# Percent of Monomoy Students Grades 9-12 Physically Hurt on Purpose by a Date

Monomoy Comparison 2014 vs. 2016

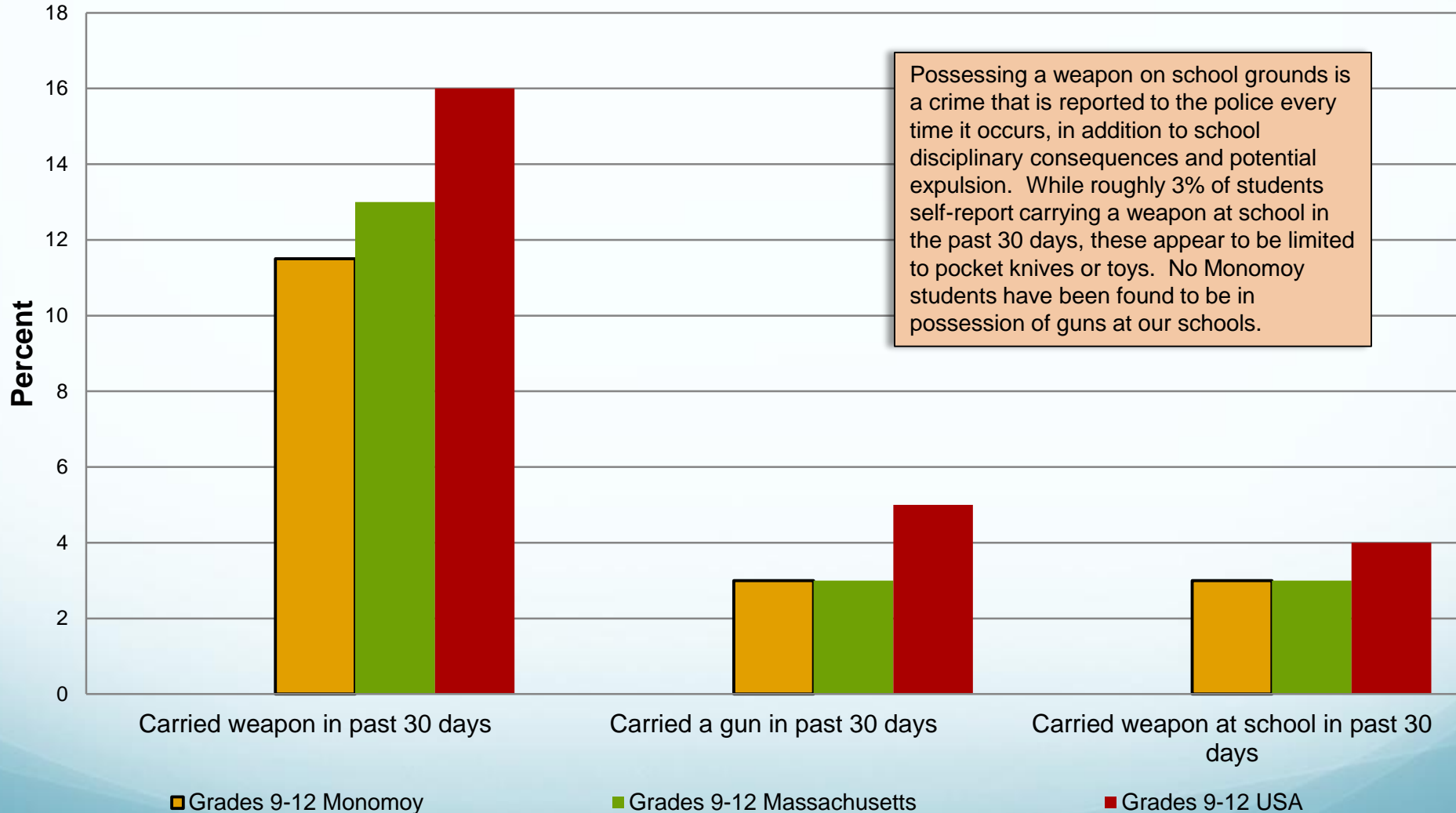


# Percent of Monomoy Students Grades 9-12 Forced in Their Lifetime to Have Sexual Intercourse

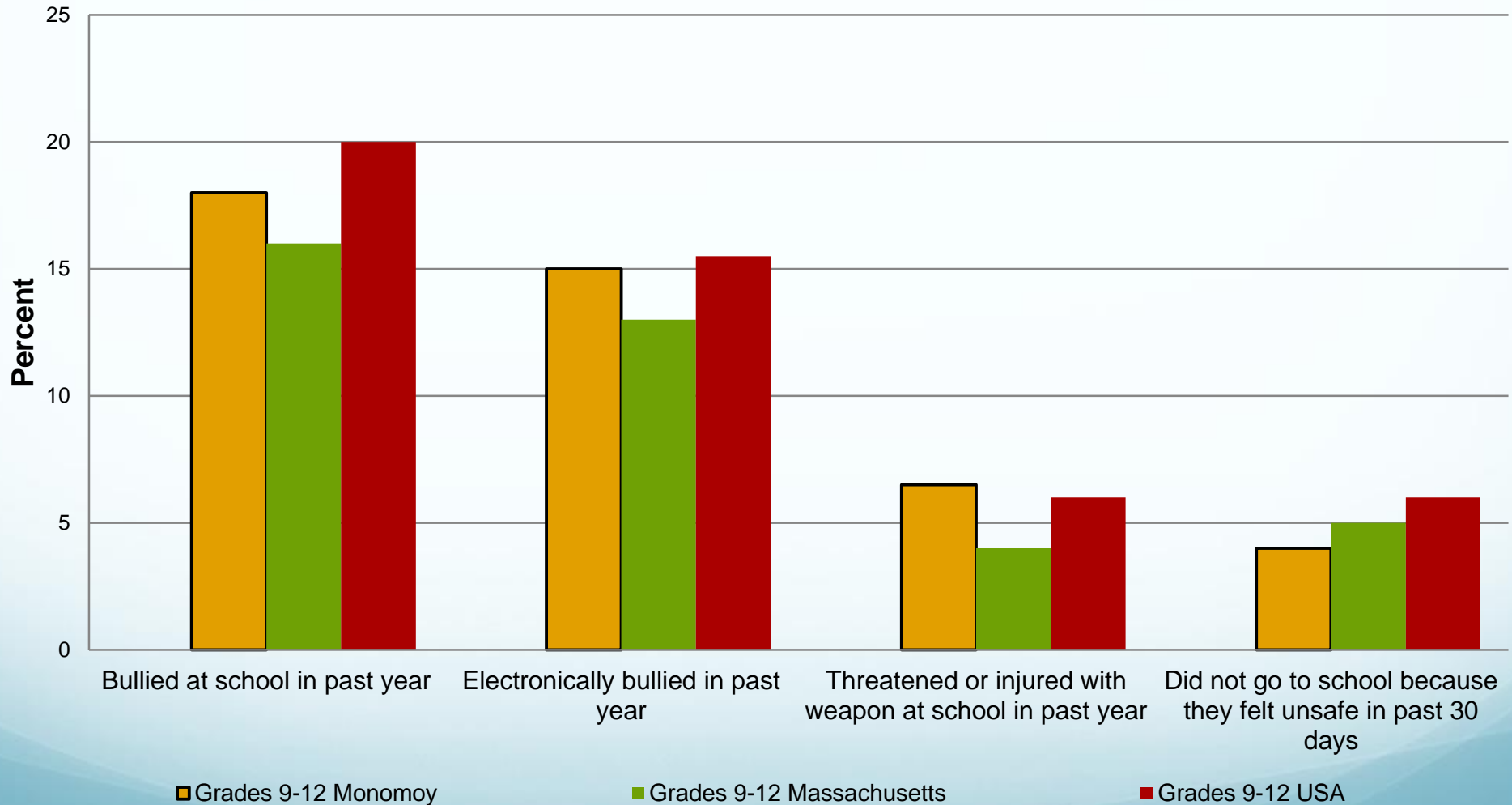


# **Bullying, Fighting, & Violence**

# Students Reporting Carrying Weapons Comparison

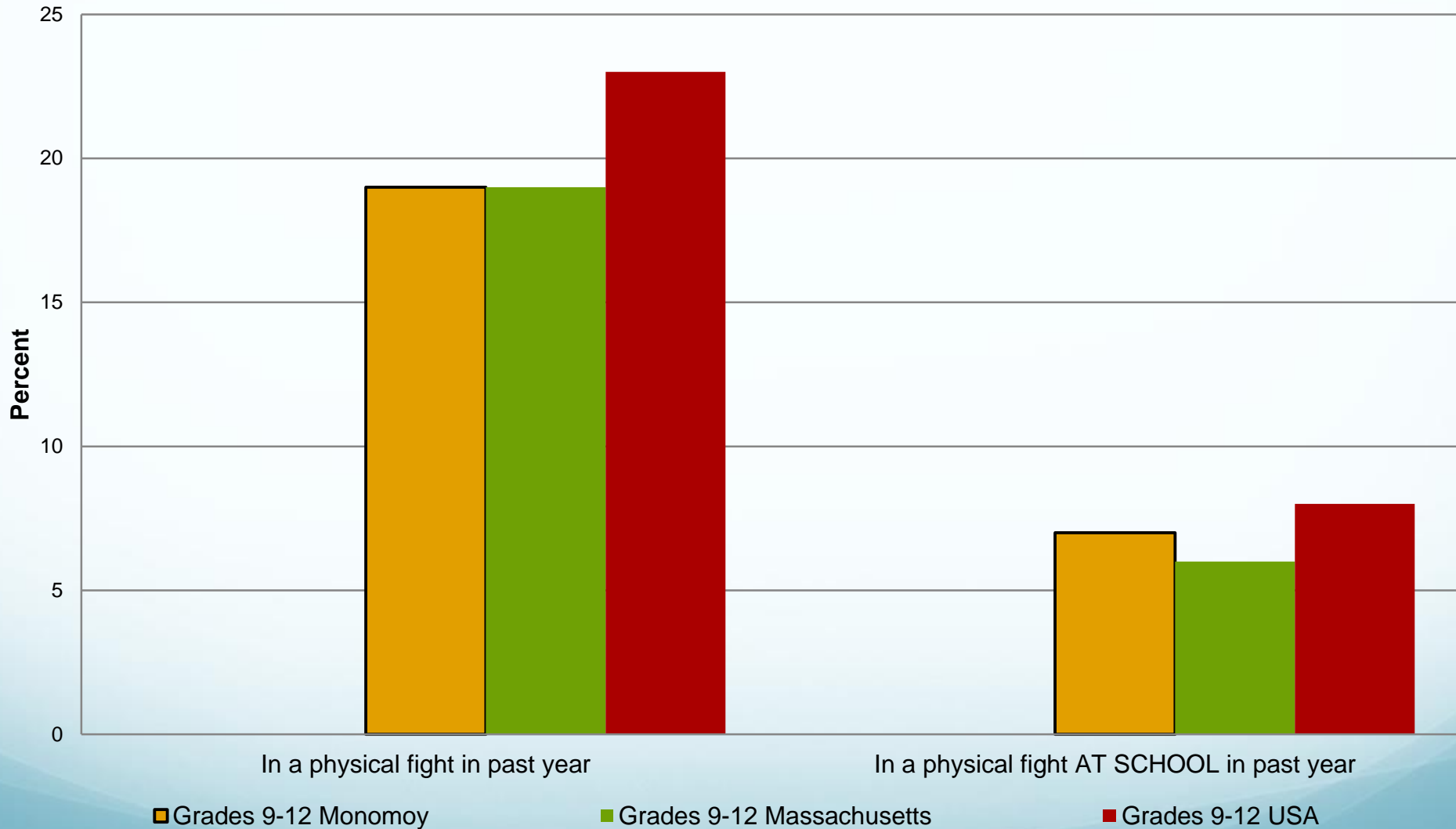


# Bullying and Threats to Safety Comparison



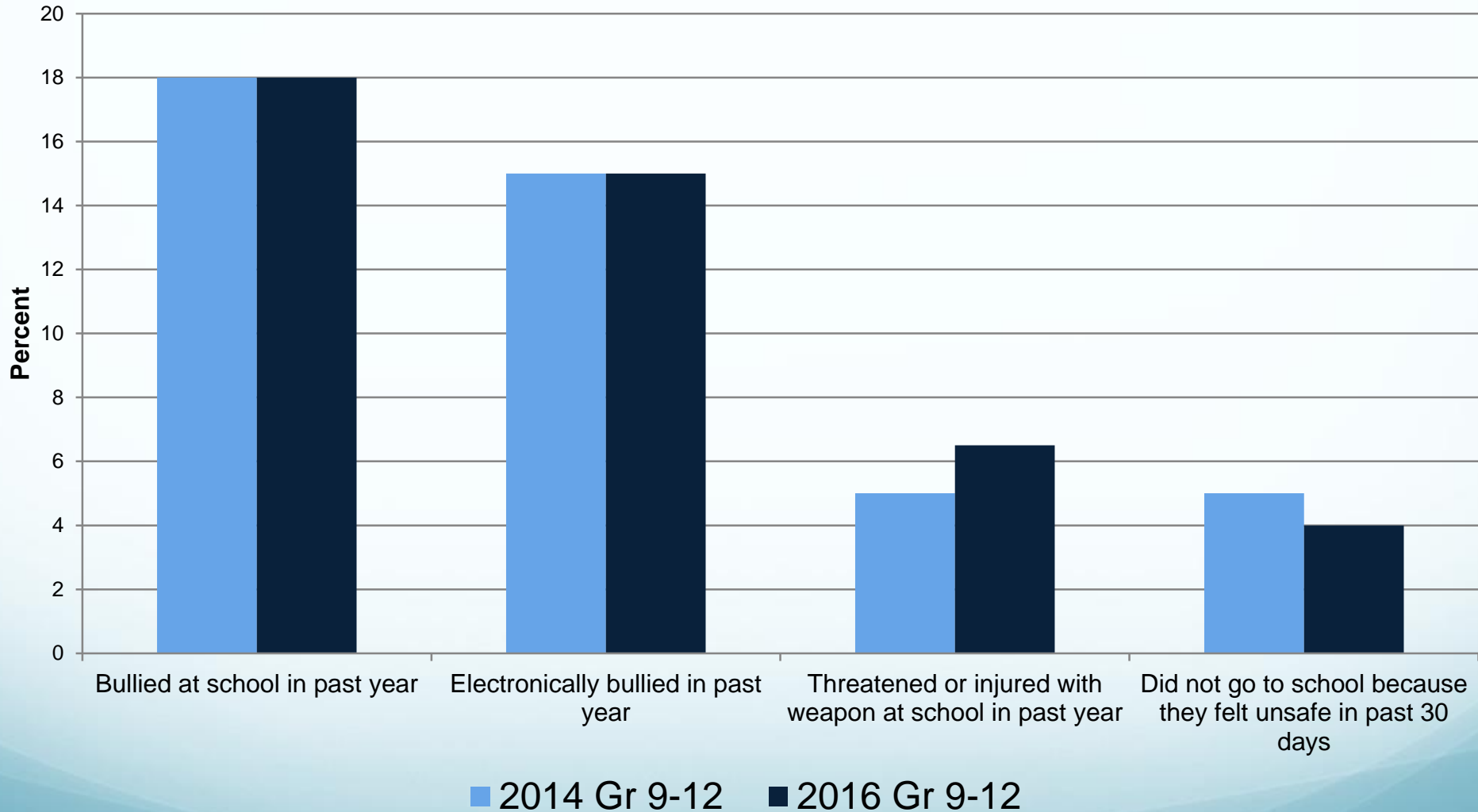


# Fighting Comparison



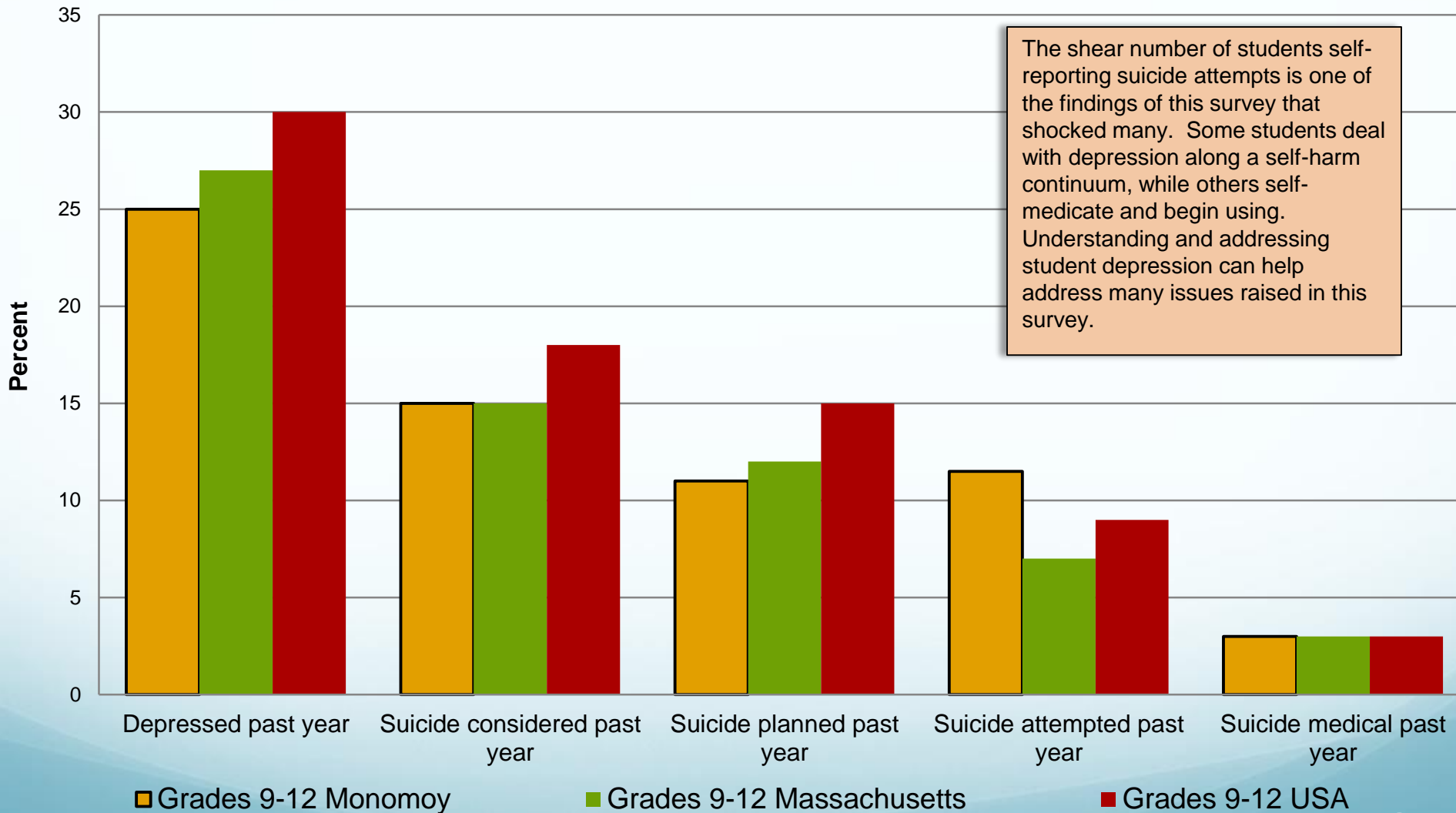
# Bullying and Threats to Safety Monomoy Grades 9-12

Comparison 2014 vs. 2016



# Depression & Suicide

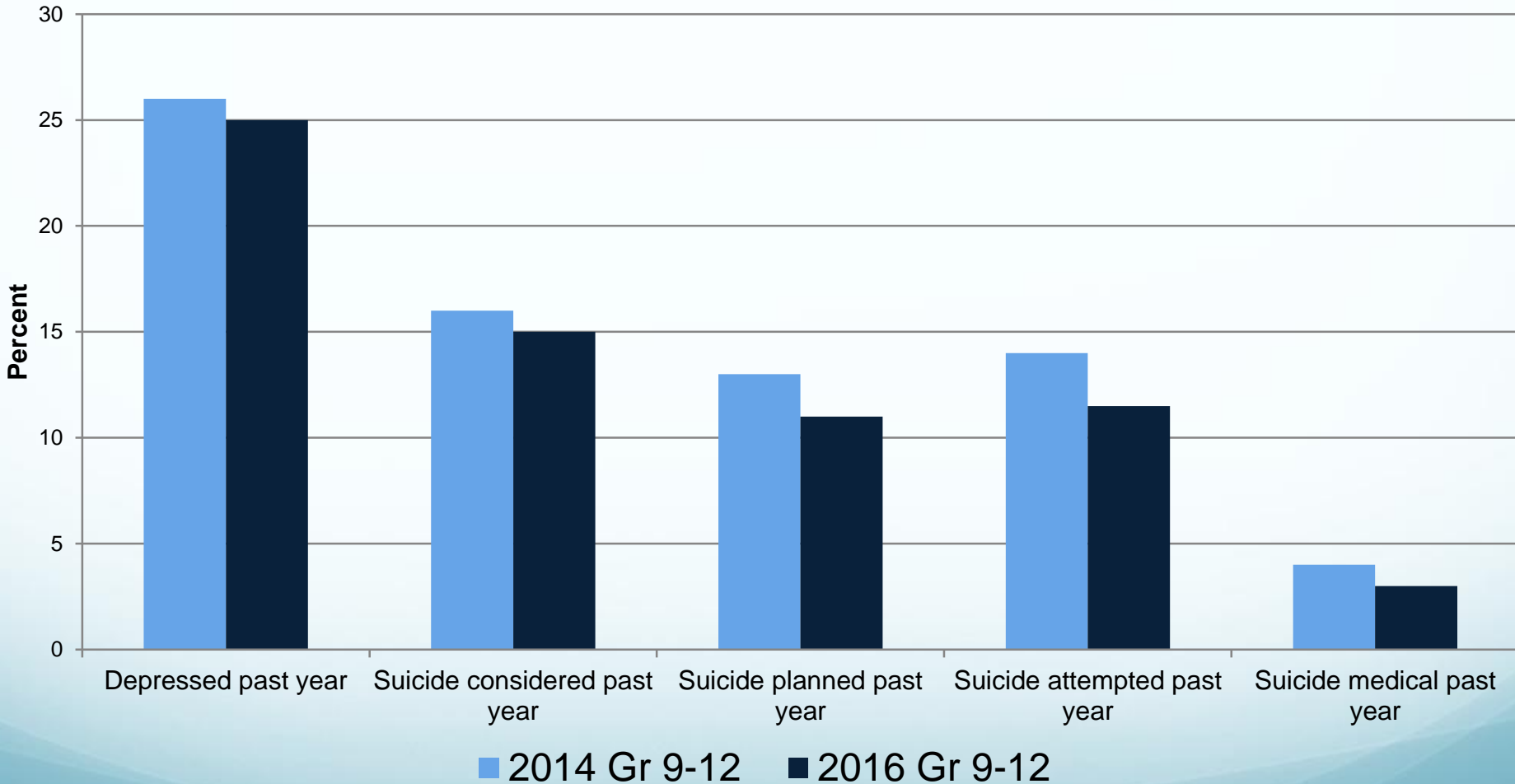
# Depression and Suicidal Behavior Comparison



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

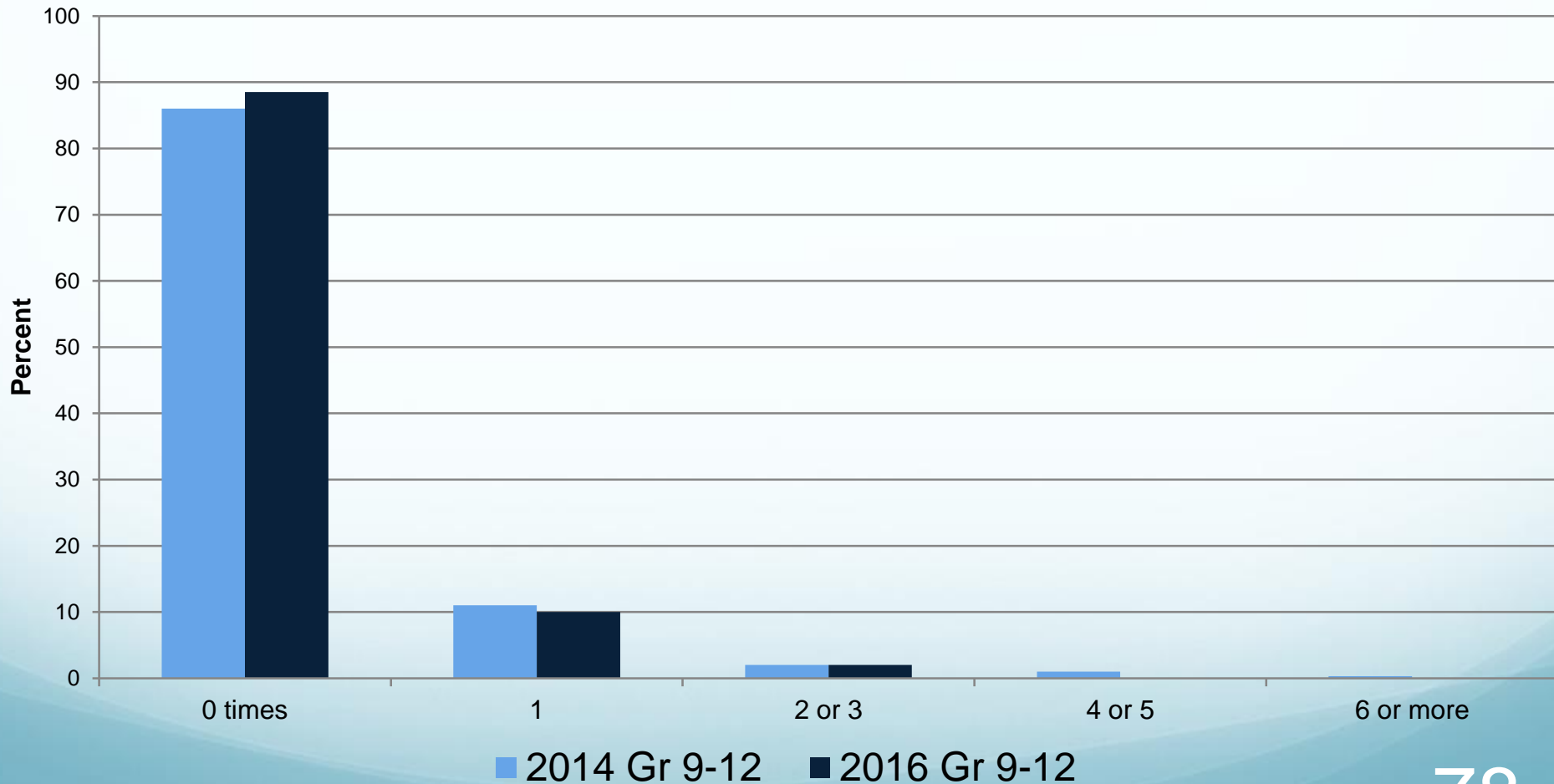
# Depression and Suicidal Behavior Comparison

Monomoy Comparison 2014 vs. 2016



# Number of Times Students Reported Attempting Suicide Grades 9-12 in Past Year

Monomoy Comparison 2014 vs. 2016



# Past Year Depression and Suicide Attempt

The percentages throughout the YRBS translate into **actual numbers**. Of the 249 Monomoy 7<sup>th</sup> and 8<sup>th</sup> graders and 384 Monomoy 9<sup>th</sup> through 12<sup>th</sup> graders who took the survey, the percentages and numbers of students who report being depressed or looking towards suicide are as follows:

	Monomoy Grades 7-8	Actual Number
Suicide considered lifetime	19%	47
Suicide planned lifetime	13%	32
Suicide attempted lifetime	7%	17
	Monomoy Grades 9-12	Actual Number
Depressed past year	25%	96
Suicide considered past year	15%	58
Suicide planned past year	11%	42
Suicide attempted past year	11.5%	44

# Parent Connection Matters

(from 2014 YRBS)

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

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



# Parent Connection Matters

(from 2014 YRBS)

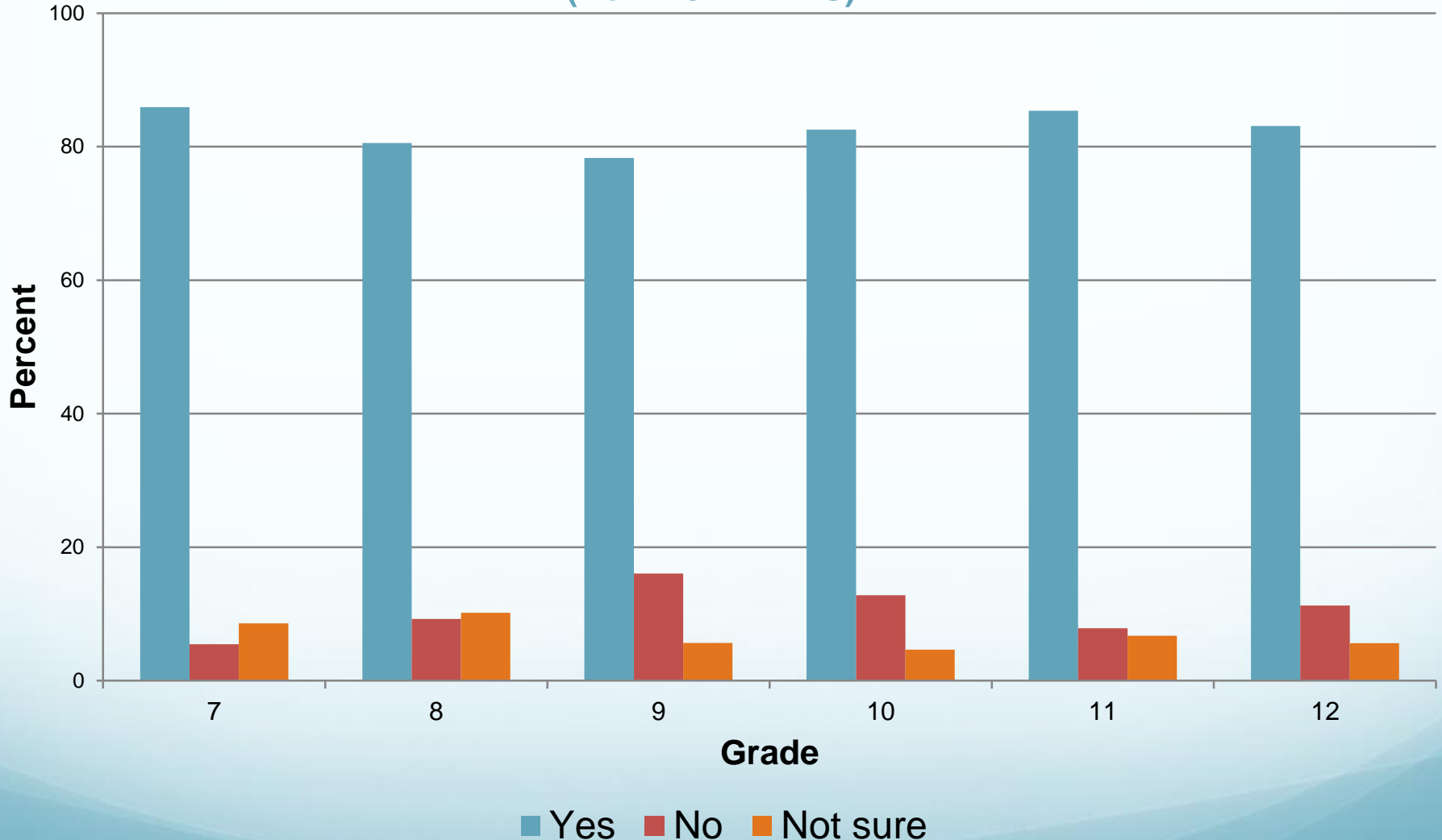
<b>IF:</b>	Percent of students <u>attempting suicide</u> in past year
Have a parent or adult family member to talk to about important things	<b>11.2</b>
DO NOT have a parent or adult family member to talk to about important things	<b>23.3</b>

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

# Protective Factors

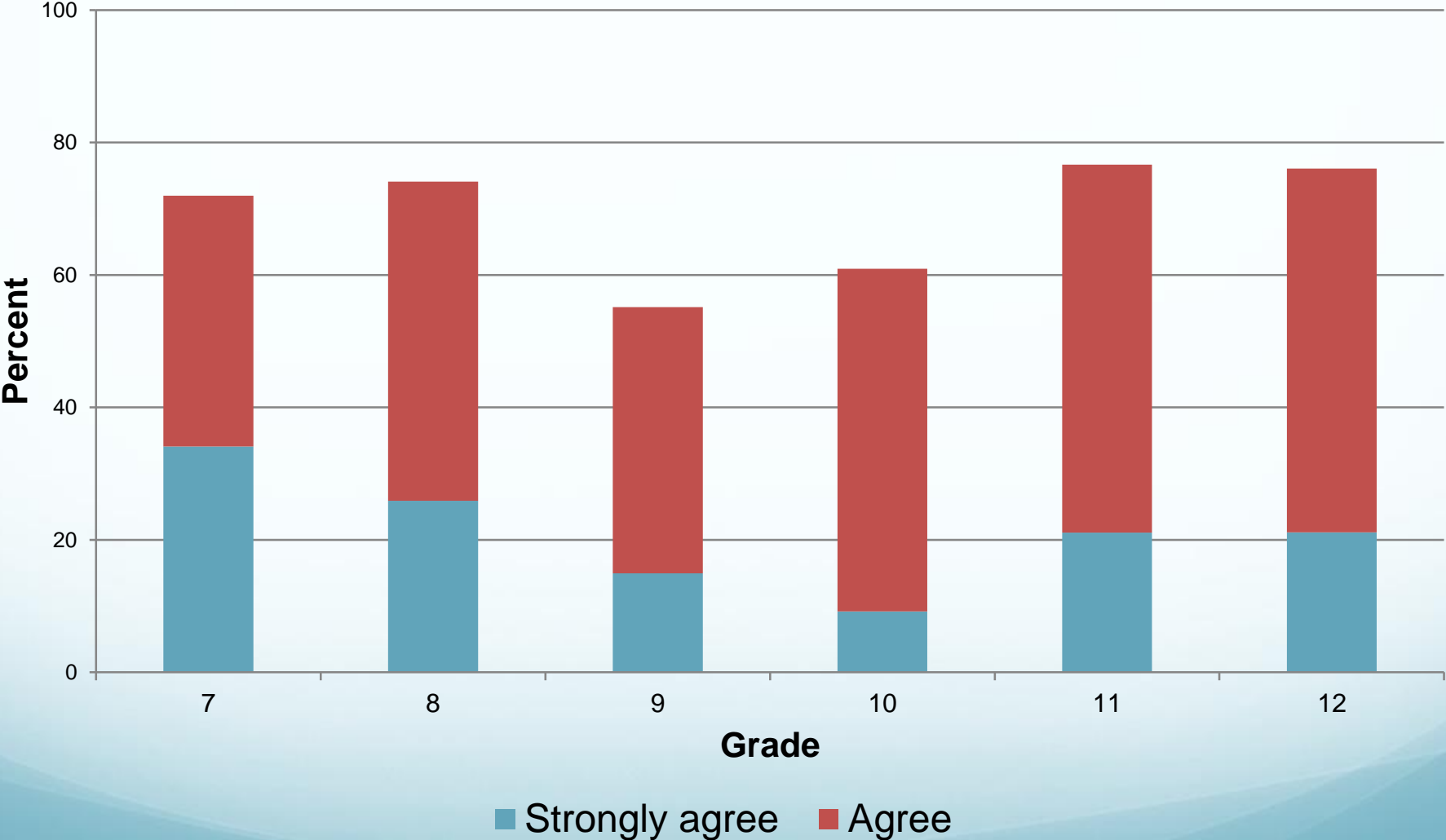
# Percent of Students with an Adult They Can Talk to About Things That Are Important to Them

(from 2014 YRBS)



# Percent of Students Feeling That Teachers Really Care About Them

(from 2014 YRBS)



# Next Steps

# 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 and myself as an individual play in positively impacting these statistics?”