

EXECUTIVE SUMMARY –High School

Survey

The 2014 Masconomet Youth Risk Behavior Survey (YRBS) was based on MA YRBS by the CDC; MOST OF US Teen Norms Survey; National Social Norms Resource Center – Assessment of Norms, Behaviors, and Attitudes; Survey of Student Norms – Hobart and William Smith Colleges – Alcohol Education Project. Questions in the survey measured youth demographics, substance use, protective factors, depression, personal safety, and sexual health. Social norms questions were added to assess misperceptions among Masconomet High School youth on areas of substance use. Survey questions were reviewed and developed using the lens of Search Institute’s 40 Developmental Assets Model.

Sample

The survey was administered on November 24, 2014. Of the 1213 high school youth present on November 24, 2014, 1174 surveys, or 97% were included in the final analysis. Of the 1312 enrolled, accounting for youth absences, tardiness, opt outs, and discarded surveys total participation rate was 89.5%

Reporting

Note that percentages for **all youth** taking the survey tie to general frequencies. Percentages for **gender, age, and grade groups** tie back to the tables contained in the evaluator’s executive summary.

Substance Use

- There were few changes in use levels between 2012 and 2014 with past 30 day use of alcohol being significantly lower in 2014 than 2012.
- Alcohol (30% used in past 30 days) and marijuana (22%) were the “drugs of choice” among MASCO high school youth, while tobacco cigarettes (6%) and prescription drugs without a prescription (5%) were used by a much lower percentage.
- There were significant differences between girls and boys on many questions re: substance use. We point these out in the text and encourage careful examination of them since these differences could affect programming choices. Among the significant differences found . . .
 - Girls are more likely than boys to have drunk alcohol during the past 30 days (33.3% vs 27%).
 - Boys are more likely than girls to have smoked marijuana at least 10 times during the past 30 days (11.7% vs 4.9%).
- There are significant differences across both age groups and grades on many questions. Especially notable was the increased use of alcohol and marijuana with age. Again, most differences are noted in the text.
- The age of onset of substance use has decreased slightly since 2012.
- Slightly more than ½ of those who reported current use of alcohol also reported high risk drinking at least one time in the past month.

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- When asked how great a risk of harm was associated with substance use, a large number of youth felt that use of tobacco cigarettes and prescription drugs without a prescription posed “moderate” or “great” risk of harm to the user. Use of both tobacco cigarettes and Rx drugs was quite low.
- In contrast, youth were less likely to associate those levels of harm with alcohol or marijuana and concomitant use of those substances was higher.
- Youth’s perceptions of parental and peer disapproval generally mirrored their ratings of risk – quite high for cigarettes and Rx drugs and substantially lower for alcohol and marijuana – although strong parental disapproval of marijuana is still somewhat higher.
- Youth’s perceptions of peer usage of substances are very significantly higher than reported use – and girls’ ratings of peer usage are significantly higher than boys’ ratings.

Sexuality and Sexual Behavior

- About 1/3 of the youth reported being sexually active at some time during their lives.
- About 20% of those who are sexually active reported that they had used alcohol or drugs prior to the last time they were active and 5.6% reported being forced to have sexual contact against their will.
- Nearly 2/3 of those who are sexually active said they had used a condom the last time they were active
- About 1 in 10 indicated that they did not protect themselves against pregnancy with any method the last time they had intercourse.
- About 1 in 50 reported they have been told they have HIV or an STD.

Behaviors that Contribute to Unintentional Injuries

- Between 15% and 20% of the youth report that they ride in vehicles with others that have been drinking or smoking marijuana.
- About 1/3 of those who drive report that they text or talk on the phone while they drive and ***fully 2/3 of those 18 and over report that they text while driving.***

Behaviors that Contribute to Violence

- Responses were not different from 2012 – slightly less and 10% carried a gun; about 1 in 7 had been in a fight.
- There were few differences across age but many differences across gender with boys were likely than girls to engage in these behaviors.

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Bullying

- About 20% of youth report having been bullied at school and slightly more than 10% on the internet with girls more likely than boys to report this.
- Social media is by far the most commonly reported location for bullying and girls are 3 times more likely than boys to report experiencing or having seen bullying on social media (37% vs 12%).
- From 2012 to 2014 there was a significant increase in the percent of youth reporting that teachers always attempt to stop bullying when they witness it (27% to 36%).

Stress, Depression, and Self-Harm

- About 20% of the youth reported always experiencing stress and about the same number reported never experiencing stress.
- School work, self expectations, and parental expectations were the most common sources of stress.
- About 1 in 10 youth managed stress with drugs or alcohol and about the same number had no method for managing stress.
- About 1 in 5 indicated that they were clinically depressed at some point during the past year; 1 in 10 seriously considered suicide; and 3% attempted suicide.

Protective Factors

- About $\frac{3}{4}$ of the youth reported having at least one adult at school they could talk with.
- Only about 1 in 20 reported that they had no one outside of school to confide in.
- About $\frac{2}{3}$ did community service work and $\frac{3}{4}$ were on sports teams.

Weight, Weight Management, Exercise and Nutrition

- About $\frac{1}{4}$ of the youth reported that they saw themselves as overweight but more than $\frac{1}{2}$ reported that they were trying to lose weight.
- Only about 7% reported using unhealthy methods to lose weight.
- Between 75% and 90% engaged in strength training, active exercise, or aerobic exercise in the past seven days.

Substance Use

Alcohol

Alcohol is the most popular “substance” consumed by Masco high school youth with more than half reporting having drunk alcohol at some point in their lives (53.4%) – not significantly different from the proportion in 2012 (55%). The age of onset was 13.7– slightly younger than in 2012 (14.08) and 10.1% had their first drink before age 13.

About 3 in 10 youth reported drinking in the past 30 days – down significantly from 2012 (30.2% vs 34%). As with lifetime use, likelihood of consumption in the past 30 days increases with age. In addition, *girls were more likely than boys to report having consumed alcohol in that time frame* (33.3% vs 27%). About ½ of all those who reported drinking during last 30 days said they were infrequent users (1 or 2 times – 15.2%) while only 1.4% said they were current frequent drinkers (20+ days per month). As with most other common substances, there is a relationship between age and drinking with older youth more likely than younger ones to have consumed alcohol in the past 30 days.

High risk drinking was reported by 16.5% of the youth (not different from the 17% in 2012) and is again related to age in terms of occurrence but not frequency. About 10% report having engaged in binge drinking once or twice in the past 30 days and only 1% reported it occurred on 20 days or more.

More than 6 in 10 youth reported that it is fairly or very easy to obtain alcohol (60.6%). Surprisingly, there were not many differences across age on this question. Three methods for obtaining alcohol that account for the majority of responses – friends (24.2%), parties (21.1%), and home (14.6%) and they mirror responses to the question of where youth drank alcohol in the past year – weekend parties (27.4%), friend’s house (25.2%), and at home (11.2%).

Tobacco/Nicotine

Tobacco is clearly **not** the “drug of choice” among Masco high school youth. Fewer than 1 in 10 reported ever having smoked a whole cigarette (8.4%) with 13.6 years as the average age of onset of smokers. In 2012 the age of onset was 14 years. Just under 3% started smoking before age 13 (2.7%).

As with most substances examined in this survey, use in the past 30 days (current use) was significantly lower than lifetime use with about 1 in 20 youth reporting smoking during the past 30 days (5.6%). The percent smoking just one or two days during the past month was nearly equal to the percent smoking everyday (2.1% and 1.5%). Eighteen year olds were significantly more likely than younger youth to have smoked during the past 30 days (11.8% vs 5.2%).

It appears that electronic cigarettes hold substantially more appeal than do regular cigarettes with more than a quarter of youth

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reporting that they used an electronic version in the past 30 days (28.6%). About 1 in 10 reported infrequent use (1 or 2 days) while 6.0% report current frequent use (20 days or more). Girls were significantly more likely than boys to be infrequent users (10.9% vs 7.4%) but the pattern was reversed for current frequent use (boys – 8.8%; girls – 3.3%). The most common other tobacco products tried were using a water pipe (10.5%) followed by cigar products (6.5%). Girls were more likely than boys to have tried a water pipe (13.0% vs 7.9%) and boys were more likely than girls to have tried cigar products (8.8% vs 4.1%). Those 17 and older were likely to have tried some nicotine product than were those 15 and under.

Marijuana

The percent of youth reporting lifetime use of marijuana was 29.3% -- **not** significantly lower than in 2012 (32%). Boys were more likely than girls to have used marijuana 40 times or more (15% vs 6.9%) and older youth (17 and 18 year olds) were more likely than younger youth to have smoked marijuana more times – starting at the 10-19 times point. Age of onset – 13.8 years – was consistent with that for both alcohol and tobacco and was slightly lower than in 2012 (14.06).

The percent of youth reporting use of marijuana in the past 30 days was virtually the same as in 2012 (22% both years). Close to 1 in 10 reported being infrequent users (1 or 2 times) (8.2%), while 3.5% reported smoking 40 or more times. Past 30 day marijuana use increases with age in terms of both occurrence and frequency (number of times used). For example, 18 year olds are more likely than those 16 and under to have smoked 40 times or more in the past 30 day (11.2% vs 2.3% or less). Similarly, boys were more likely than girls to smoke more frequently (10 or more times – boys 11.7% vs girls 4.9%).

Prescription Drugs and Other Substances:

About 1 in 10 youth said they abused prescription drugs at some point in their lives – the same percentage as in 2012. About half of those indicated they had done so one or two times (5.2%) while about 2% reported doing so 20 times or more. Interestingly, the relationship between age and abuse was similar to that for age and tobacco – and substantially weaker than the relationship between age and alcohol use or age and marijuana use.

About 1 in 20 youth reporting abusing prescription drugs in the past 30 days with girls less likely than boys to have done so at least once (4% vs 6.6%). About equal numbers of those who abused were infrequent abusers (1 or 2 times) or frequent abusers (20+ times) (2.2% and 1.6%). Again, there was no difference between 30 day abuse in 2014 and 2012.

In terms of other substances, lifetime use ranged from 2.9% to 6.6%. Lifetime use of synthetic pot showed a significant decrease since 2012 (6.6% vs 10%) but cocaine, heroin, and steroids all showed significant increases in lifetime use (cocaine – 4.1% vs 2%, heroin – 2.9% vs 1.5%, and steroids – 2.7% vs 1%).

Use of inhalants during the past 30 days was significantly greater than past 30 day use reported in 2012 (3.4% vs 1%), while 30 day use of other substances did not increase significantly.

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Access to Drugs on School Property:

Slightly more than 1 in 10 youth said they were offered illegal drugs on school property (11.9%) with boys significantly more likely than girls to report such an offer (14.7% vs 9.1%). Interestingly, there were no significant differences across age groups on this question. There was, however, a significant decline compared to the 2012 surveys (11.9% vs 19%).

Charts 1 and 2 on the following pages demonstrate lifetime and current (past 30 day) use of various substances for MASCO in 2014 and 2012 and 2010 (where available), and Massachusetts and the US in 2013. There is no data for lifetime use of cigarettes for MASCO in 2014.

There were no differences in lifetime use of alcohol, tobacco cigarettes, marijuana or prescription drugs used without prescription between 2014 and 2012 (Chart 1). However, lifetime use of cocaine, heroin, and meth all increased significantly from 2012 to 2014 – but the increase was numerically small (from 2% to 4%).

Current use (past 30 days) of alcohol dropped significantly between 2012 and 2014 (34% to 30.2%). There were no other significant changes for the substances shown in Chart 2. Only 2014 data is available for e-cigarettes (Chart 2).

The two charts also reveal that current use is substantially lower than lifetime use for all substances.

Chart 1
MASCO High School Lifetime Substance Use 2014
Compared to MASCO 2012, MASCO 2010, Massachusetts & United States (2013)

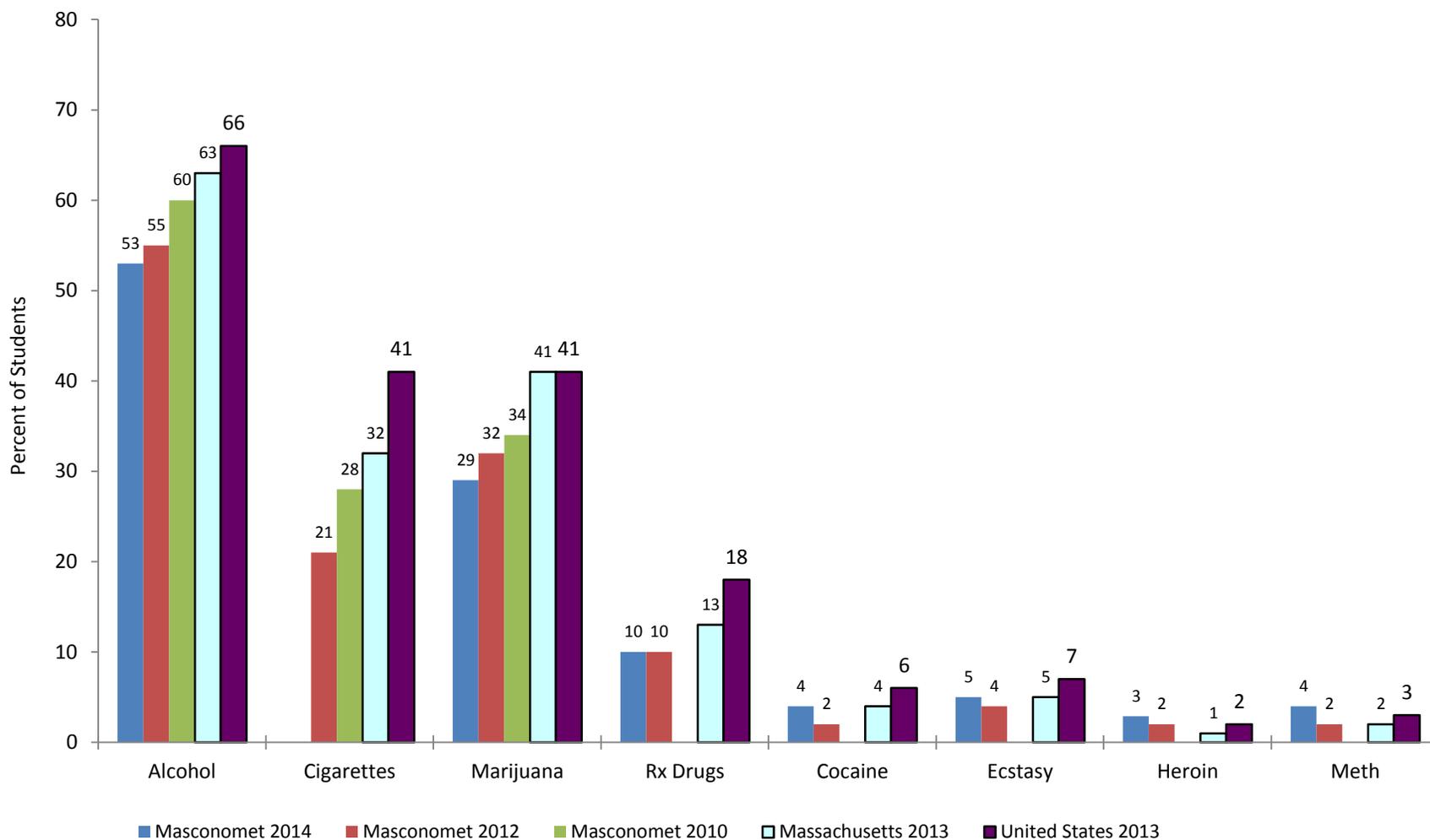
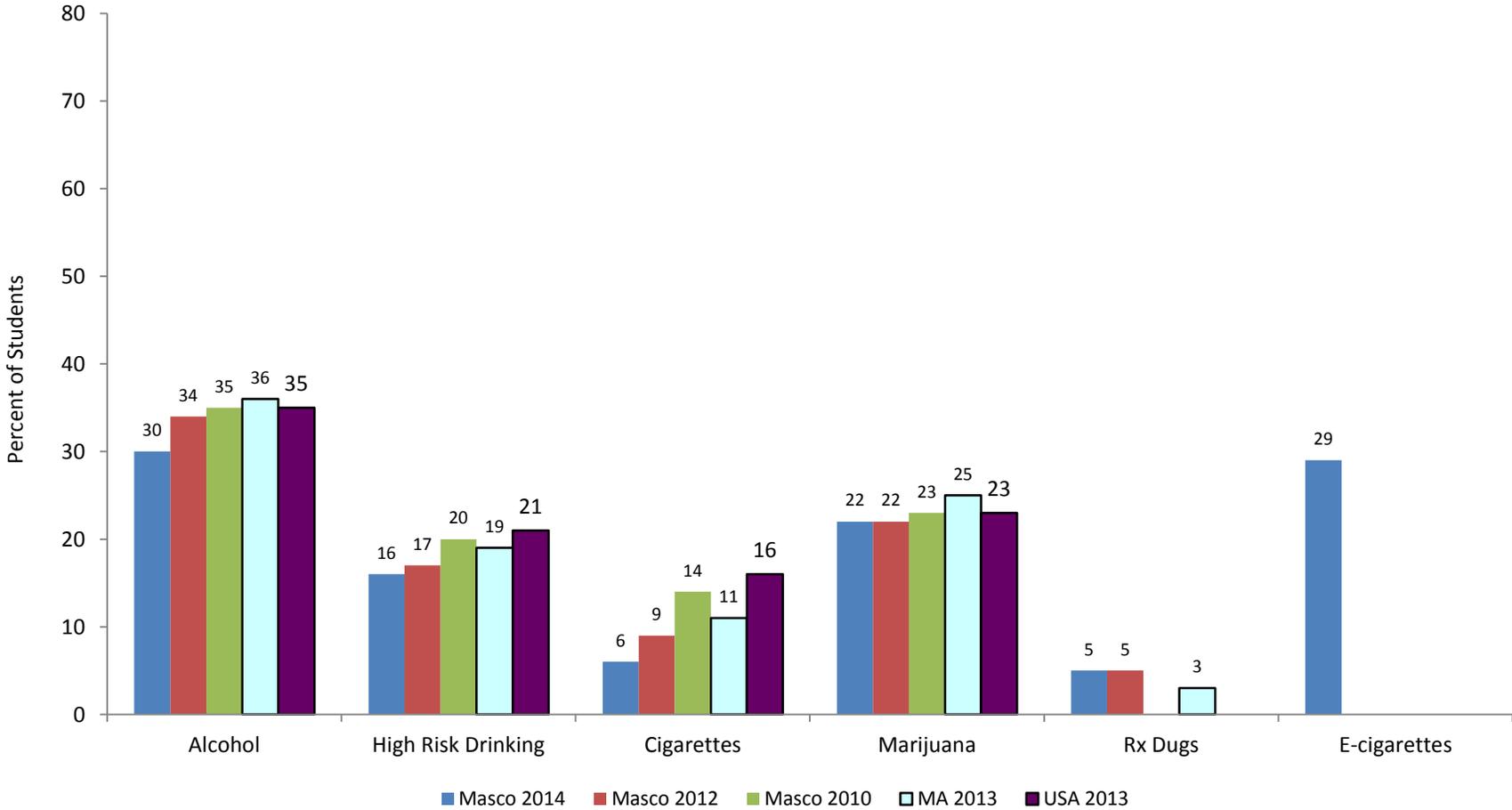


Chart 2
MASCO High School Current (Past 30 days) Substance Use 2014
Compared to MASCO 2012, MASCO 2010, Massachusetts & United States (2013)



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Chart 3 shows a relatively weak relationship between age and cigarette use, and age and use of prescription drugs without a prescription. While there is some increase in use with increased age, that rise is not dramatic.

In contrast, alcohol and marijuana use and being sexually active show strong relationships between age and use or participation. E-cigarettes show a less strong relationship with a less than 20 point spread between 14 and 18 year olds.

These results might suggest that teenagers may be less likely to “push the envelope” via tobacco use than they were in the past, while sex, alcohol and marijuana are the more common risk taking behaviors among youth.

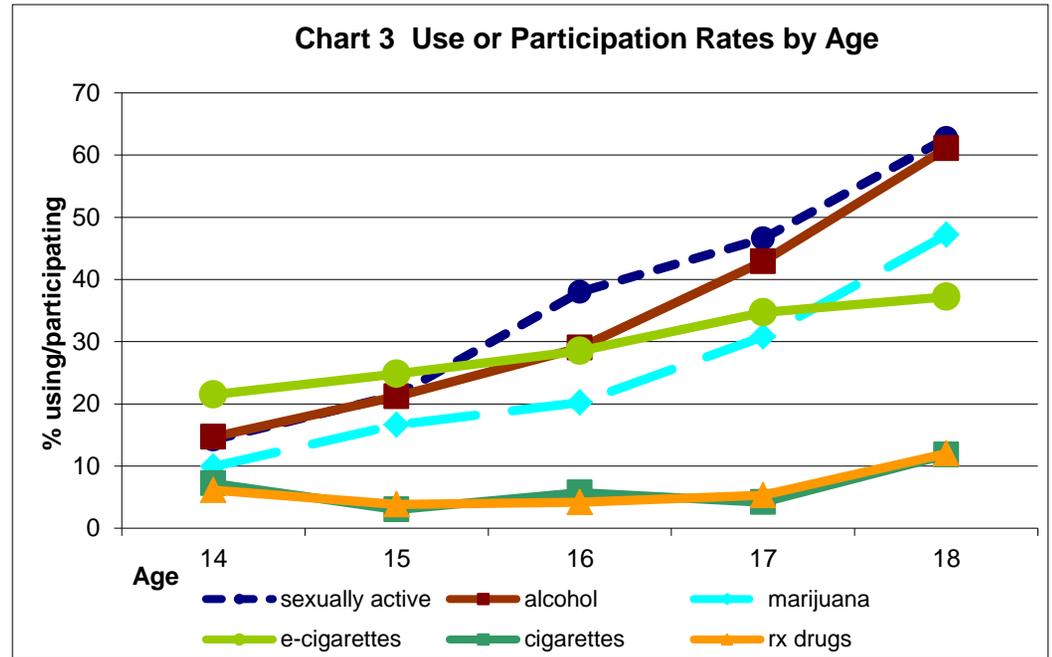


Chart 4 shows that similar patterns exist when use or participation are examined by grade. A comparison of the charts suggests that use of grade tends to somewhat obscure the use patterns for the oldest youth. That is, 18 year olds tend to be relatively different from 17 year olds, yet many 17 year olds would have been in 12th grade when this survey was administered so the differences would be hidden if only participation by grade is examined.

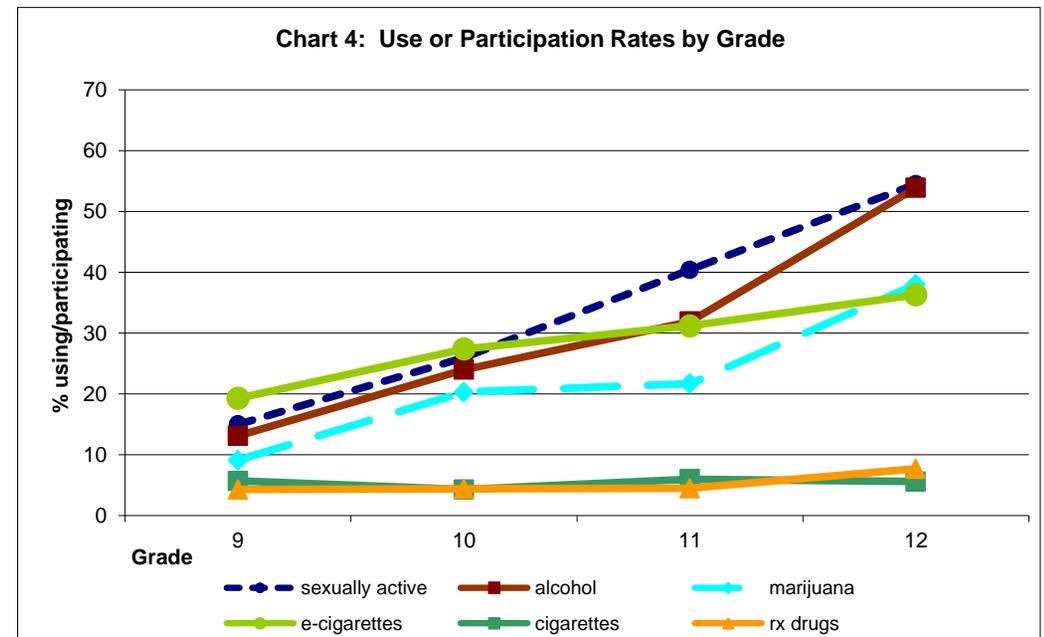
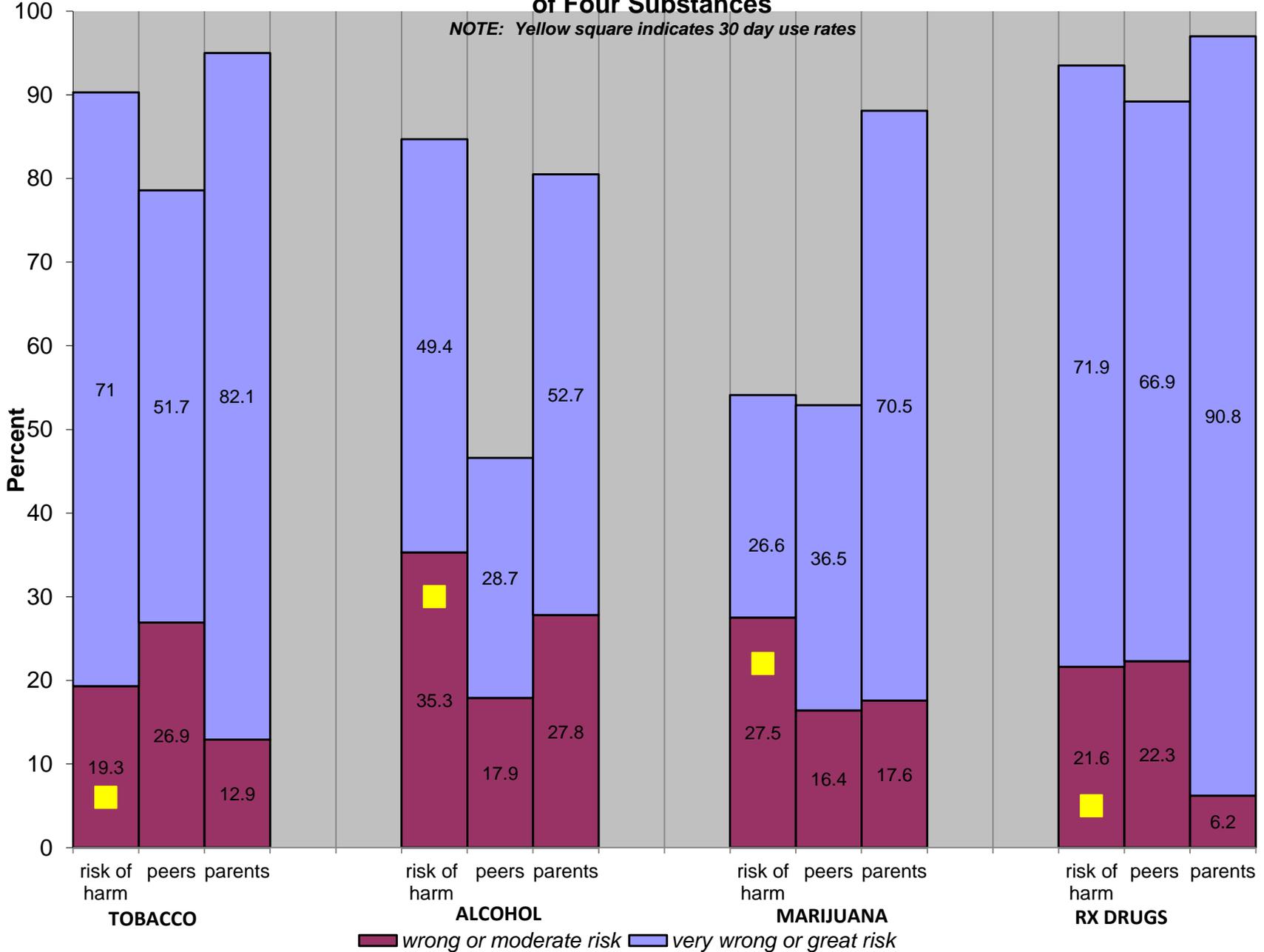


Chart 5: Substance Use, Risk of Harm, and Peer and Parental Disapproval of Use of Four Substances



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Perceived Risk of Harm from Regular Substance Use :

Youth were asked how much people risk harming themselves if they use various substances on a regularly (and in some cases, excessively).

Smoking 1 to 2 packs of cigarettes per day – Fully 71% of the youth indicated that this level of cigarette use posed a great deal of risk. There were no significant differences across gender or age groups but there was a significant increase in those responding “great risk” when compared with 2012 (71% vs 64%).

Using prescription drugs not prescribed to them – Nearly the same percentage indicated that they felt people put themselves at great risk if they engaged in this behavior (71.9%). No pattern of differences emerged across gender or age groups for this question but there was a *highly significant increase in perceived risk compared with 2012 (71.9% vs 16%)*

High risk drinking once or twice a week – Only about ½ of the youth felt that this was very risky behavior with girls significantly more likely than boys to describe it as great risk (53.6% vs 45.2%). There was again a very significant increase in perceived risk compared with 2012 (49.4% vs 24.5%).

Smoking marijuana once or twice a week – Slightly over ¼ of the youth reported that they thought this level of marijuana use posed a great risk (26.6%). In contrast to the other three substances, the perception of “great risk” declined with age. In addition, boys were more likely than girls to say there was no risk (26.8% vs 14.3%). The perception of great risk declined significantly compared with 2012 (26.6% vs 40.5%).

It is very interesting to note that for cigarettes, prescription drugs, and marijuana, perceptions of risk mirrored actual past 30 day usage. Smoking and prescription drug use had the lowest past 30 day use (5.6% and 5.3%) and they were perceived as the most risky (71% and 72% - great risk). Also, these two substances showed relatively small increases in use as youth aged – and there was little difference in perception of risk as youth aged.

Marijuana was perceived as the least risky of the four (26.6% great risk) and had the 2nd highest rate of past 30 day use (22%). In addition, perception of risk decreases with age as 30 day use increases.

High risk drinking does not fit the pattern discussed above (perception of high risk related to use levels). About ½ of the youth felt that high risk drinking was high risk behavior – but about 16.5% engaged in it at least once in the last 30 days. If perception of risk is driving use, one might expect somewhat higher participation in high risk drinking than the data show. Perhaps there is some bravado attached to high risk drinking that does not apply to the other three substances.

Finally, the very significant changes in perception of risk between 2012 and 2014 deserve further examination.

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Peer and Parental Disapproval

Youth were asked how wrong their parents and their friends feel it would be to engage in four behaviors. For both tobacco and misuse of prescription drugs, perception of risk, and parental and friend evaluations of use as “very wrong” are quite high (50% to 90%) and actual past 30 day use is quite low (around 5%). For alcohol and marijuana, parental and friend evaluations of use as “very wrong” are lower (especially for alcohol), and 30 day use is significantly higher.

Generally, parental and friend evaluations of “very wrong” differed across gender and age groups just as use differed across these groups. Girls were more likely than boys to feel that both parents and friends would respond “very wrong” to tobacco use and that parents would respond in this way to marijuana use. Older youth were less likely than younger youth to see parents and friends describing tobacco, alcohol, and marijuana use as “very wrong”.

There were significant changes in perception of parental and friend disapproval compared with 2012 with increases in perceived disapproval for tobacco and prescription drugs and decreases in alcohol for both groups. Parental disapproval for marijuana use decreased over time, while friend disapproval for this substance increased over time.

Charts 6 through 10 illustrate the relationships between age and perceived risk of harm and perceived disapproval for four substances. In these charts, peer and parental disapproval rates reflect the most extreme response of “Very Wrong”. Risk of harm also reflects the most extreme response of “Very great risk”. Use of most extreme response is more enlightening in this analysis than is the summation of the top two responses as shown in Chart 5.

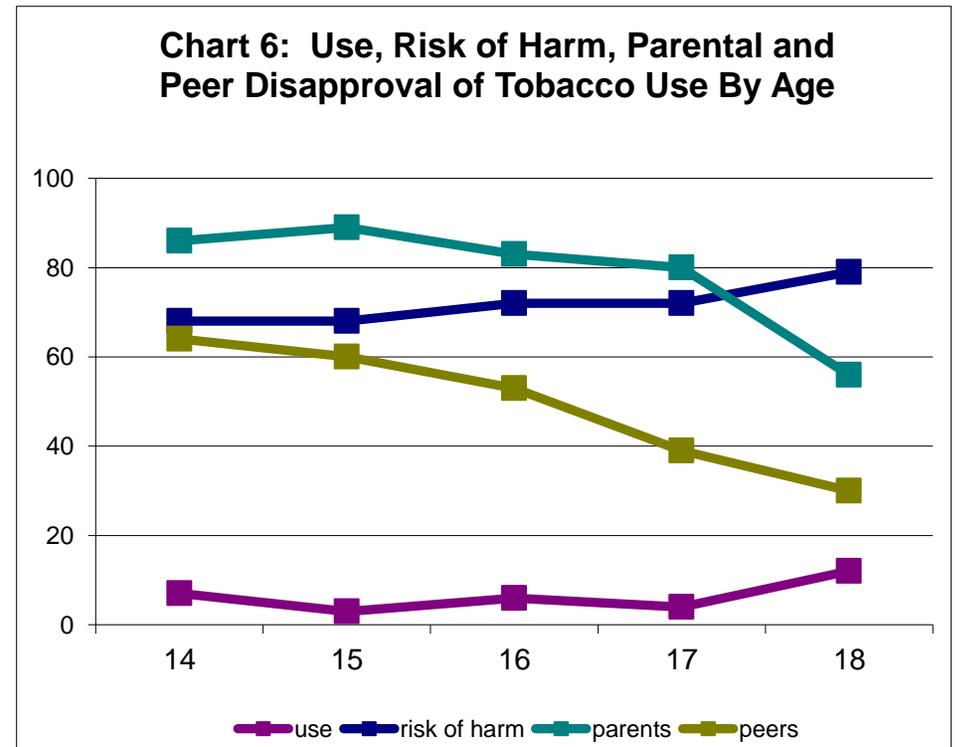


Chart 7: Use, Risk of Harm, Parental and Peer Disapproval of Rx Drugs Use By Age

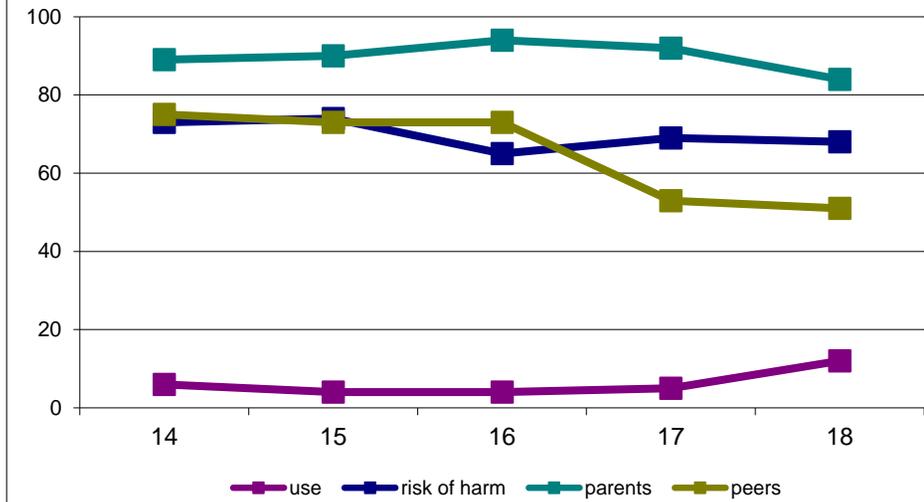
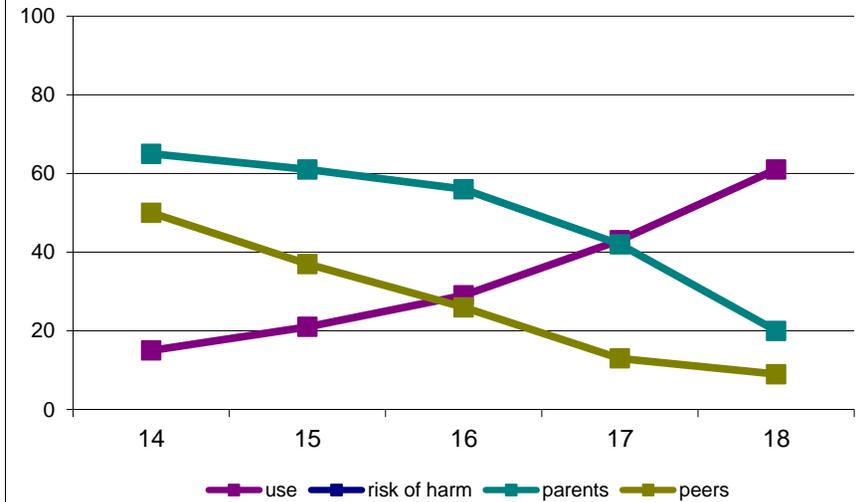


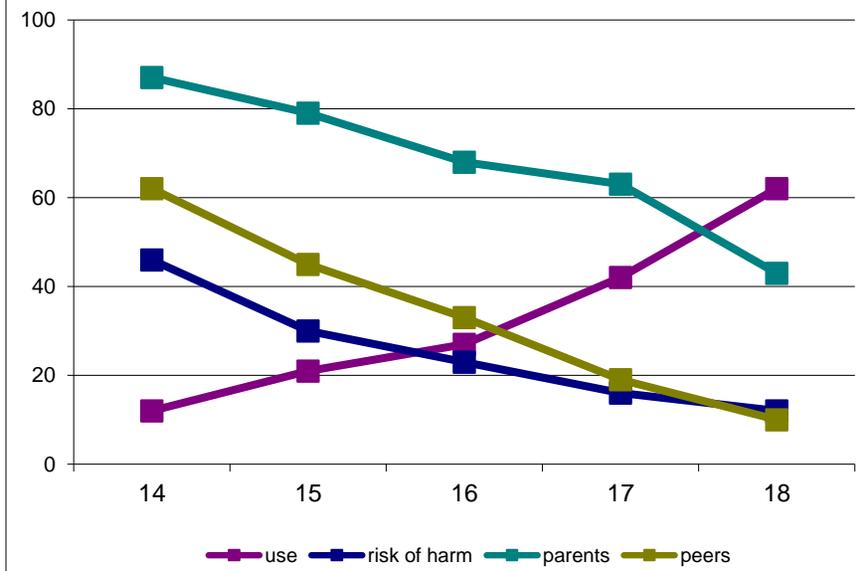
Chart 8: Use, Parental and Peer Disapproval of Alcohol Use By Age



Tobacco and Rx Use without prescription show substantially different patterns than alcohol and marijuana. First, use for both smoking tobacco and use of prescription drugs without a prescription is quite low for all groups – never reaching 20%. Second, risk of harm and perceived parental disapproval are high for both across all age groups. For tobacco, risk of harm increases with age – a somewhat unexpected finding. Perceptions of peer and parental disapproval decrease as age increases. It is quite interesting that perceived risk of harm and perceptions of disapproval actually move in opposite directions with increasing age.

Alcohol and marijuana show very clear – and somewhat predictable – patterns – risk of harm and disapproval decrease significantly with age while use increases significantly with age. For alcohol, both peer and parental extreme disapproval are perceived to be at or below 20% and use jumps to 60% at age 18. Both of the disapproval levels started at 50% or higher for 14 year

Chart 9: Use, Risk of Harm, Parental and Peer Disapproval of Marijuana Use By Age



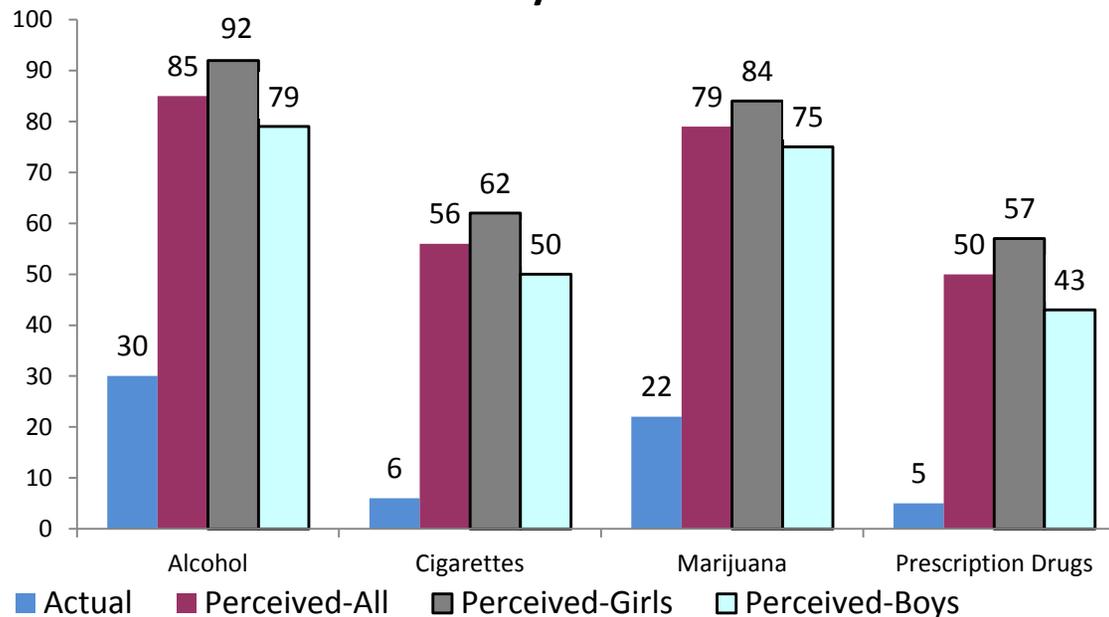
olds. The pattern for marijuana is somewhat different. Perceived harm and extreme peer disapproval is very low – 10% to 15%, while extreme parental disapproval is over 40% for 18 year olds. It is not possible to tell from this data if the lower perceived risk and extreme disapproval are the result of increased use (desire to reduce cognitive dissonance) or whether the extreme disapproval has, in fact, decreased – leading to a change in perception of risk and an increase in use.

Social Norming:

Perceptions – and misperceptions – of 30 day use of alcohol, marijuana, and prescription drug misuse in 2014 were very similar to those levels in 2012. In contrast perception of 30 day cigarette use declined significantly (71% to 56%). Three of the four substances reached the 50% threshold of difference between actual use and perceived use that is needed to be termed a “misperception” and the fourth (prescription drug abuse) came very close to the 50% level. **NOTE:** The perception information represents the percentage of survey respondents who perceive the average “Masconomet High School student” used alcohol,

cigarettes, marijuana or prescription drugs without a prescription one time/day or more in the past 30 days.

Chart 10: Actual 30 day use vs perceived use - high school youth



Very interestingly, there were significant differences between girls and boys in perceptions of use for all four substances. In all four cases, girls had a significantly higher rate of perceived use than boys. Younger youth were more likely than older to assume a higher level of tobacco use, while older youth were more likely than younger to assume higher levels of alcohol and marijuana use.

Sexuality and Sexual Behaviors

Sexual identity

Slightly more than 9 in 10 youth described themselves a heterosexual – a significant decrease from 2012 (91.1% vs 95%). The remainder of the youth responded lesbian or gay (1.8%), bisexual (3.6%) or questioning (3.5%). In terms of gender identity, 2.0% said they thought of themselves as transgender, 1.1% were uncertain how they thought of themselves, 1.4% did not understand the question, and the remainder indicated they did not think of themselves as transgender.

Sexual Activity

Slightly more than 1/3 of the respondents reporting having been sexually active at some time during their lives with boys more likely than girls to respond “yes” (37.1% vs 30.6%) and older youth more likely than younger to indicate they had been sexually active. Because of wording changes in several questions, 2014 results cannot be compared with 2012 or national or state results. Age of onset was 14.72 and 3.1% reported being sexually active before age 13.

Most youth who reported being sexually active ever, or in the past 3 months indicated that they had had only one sexual partner (15.4% and 18.4%, respectively) with boys more likely than girls to report they had had three or more partners over the course of their lives (13.5% vs 8.2%). In terms of age, those 16 years and older were more likely than those under 16 to report having been sexually active with at least 1 partner both at some point during their lives and during the past 3 months.

About 20% of those who were sexually active reported that they had used drugs or alcohol prior to their last sexual encounter with 18 year olds more likely than those under 18 to report this behavior and 5.6% reported that someone had sexual contact with them against their will.

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Safety, Protection, Pregnancy, and STDs

Condom use: About 2/3 of the youth who are sexually active report that they or their partner used a condom the last time they were sexually active with boys more likely than girls to report this (71.5% vs 63.3%). Sixteen year olds were more likely than older youth to report using a condom (77% vs 64%).

Pregnancy and pregnancy prevention: About 1 in 10 youth who reported having sexual intercourse did not protect against pregnancy while more than 50% used a condom, about 25% used birth control pills, and close to 9% used some other method. About 2% reported having been pregnant or gotten someone pregnant (2.3%)

HIV and STDs: About 8% of youth reported having been tested with girls more likely than boys to report this (9.4% vs 4.8%). Slightly more than 2% said they been told they had HIV or an STD (2.5%).

Bullying

Youth were asked if they had been the victim or perpetrator of bullying in the past couple of months and to provide some details regarding types of bullying, reactions to bullying, and locations. Given the discrepancy between number of victims and number of perpetrators, it would appear that 1) youth are hesitant to admit they bully others, 2) youth don't define their actions as bullying, 3) most bullying is done by a relatively small group of youth.

There were few differences across time or age on these questions, but there were differences across gender. All differences are noted below.

- **Youth as victim of bullying**

- Occurrence

- In the past few months have been bullied at least once **at school** – 20.4% (Girls more likely than boys 24.2% vs 16.3%)
- In the past few months have been bullied at least once **on cellphone or over internet** – 12.5% (Girls more likely than boys 17.1% vs 7.9%)

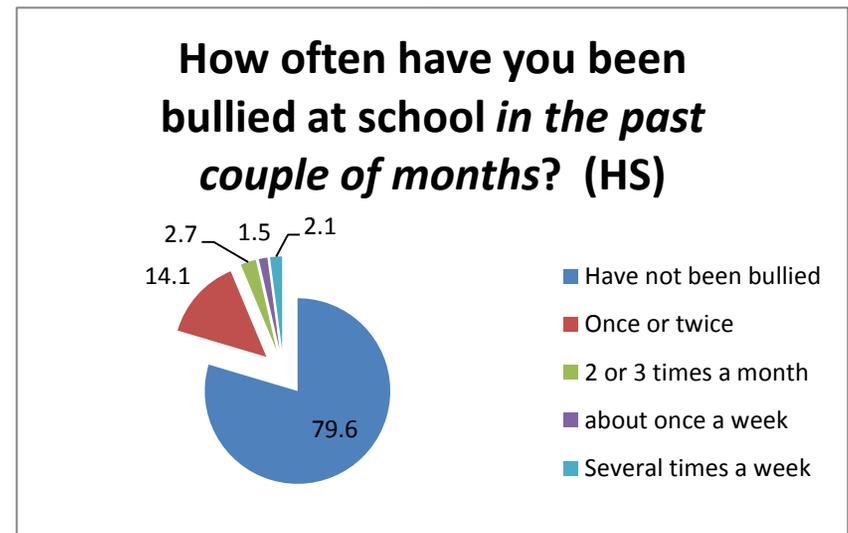
- Most common types of bullying **at school**

- Been called mean names, made fun of – 12.5% (Girls more likely than boys 14.6% vs 10.5)
- Excluded – 8.9% (Girls more likely than boys 12.9% vs 5.0%)
- Others spread lies/rumors – 7.3% (Girls more likely than boys 10.8% vs 3.8%)

- **Youth as perpetrator of bullying**

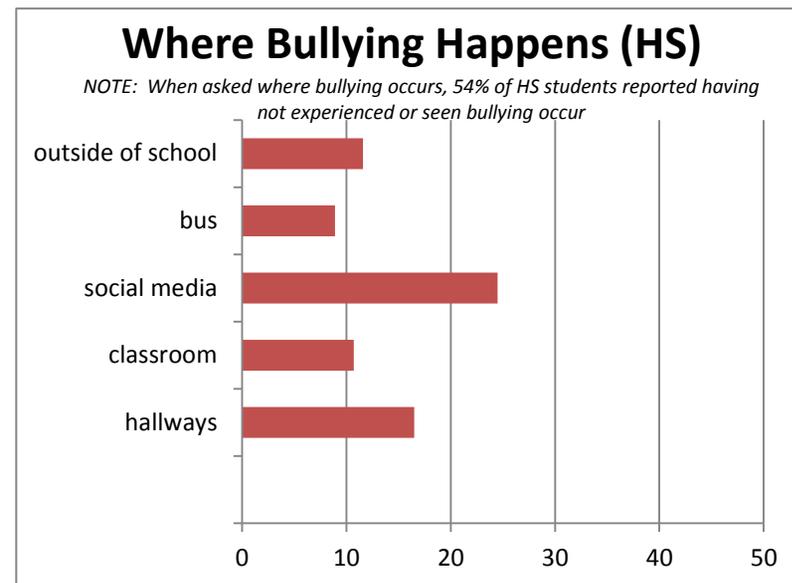
- Occurrence

- In the past few months bullied another student at least once at school – 6.8%
- In the past few months bullied another student at least once **on cellphone or over internet** – 4%

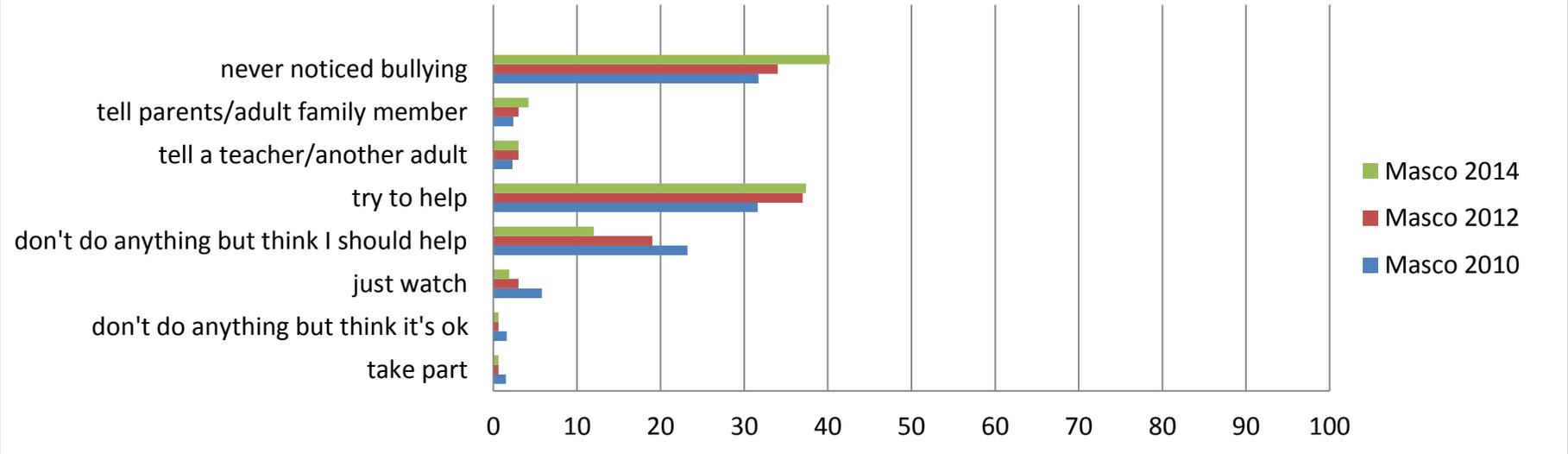


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- Most common types of bullying at school
 - Called others mean names, made fun of – 4.5% (Boys more likely than girls 5.7% vs 3.2)
 - Excluded – 2.3%
 - Others spread lies/rumors – .7%
- **Location of bullying**
 - Most youth indicate they have not experienced or seen bullying in the past few months (53.6%) with boys much more likely than girls to say they haven't experienced/seen it (63.5% vs 43.7%)
 - Most common locations
 - Social media – 24.5% (Girls more likely than boys 37.3% vs 11.7%)
 - Hallways – 16.5%
 - On the bus – 8.9%
 - In the cafeteria – 8.3%
- **Reactions and Responses to bullying**
 - **Victim's** most typical reactions to bullying
 - Walk away/ignore – 15.4% (Girls more likely than boys 18.2% vs 12.5%)
 - Respond with words or actions – 8.8%
 - Tell the person bullying to stop – 7.3%
 - Tell parents – 5.2%
 - **Observer's** most typical reactions to bullying
 - Never noticed any – 40% (significantly higher than 2012 – 34%)
 - Try to help the bullied student – 37.4%
 - Do nothing but think I should help – 12%
 - Tell my parents – 4.2%



How HS youth react if see/learn that a peer is being bullied



○ Frequency with which teachers try to put a stop to bullying

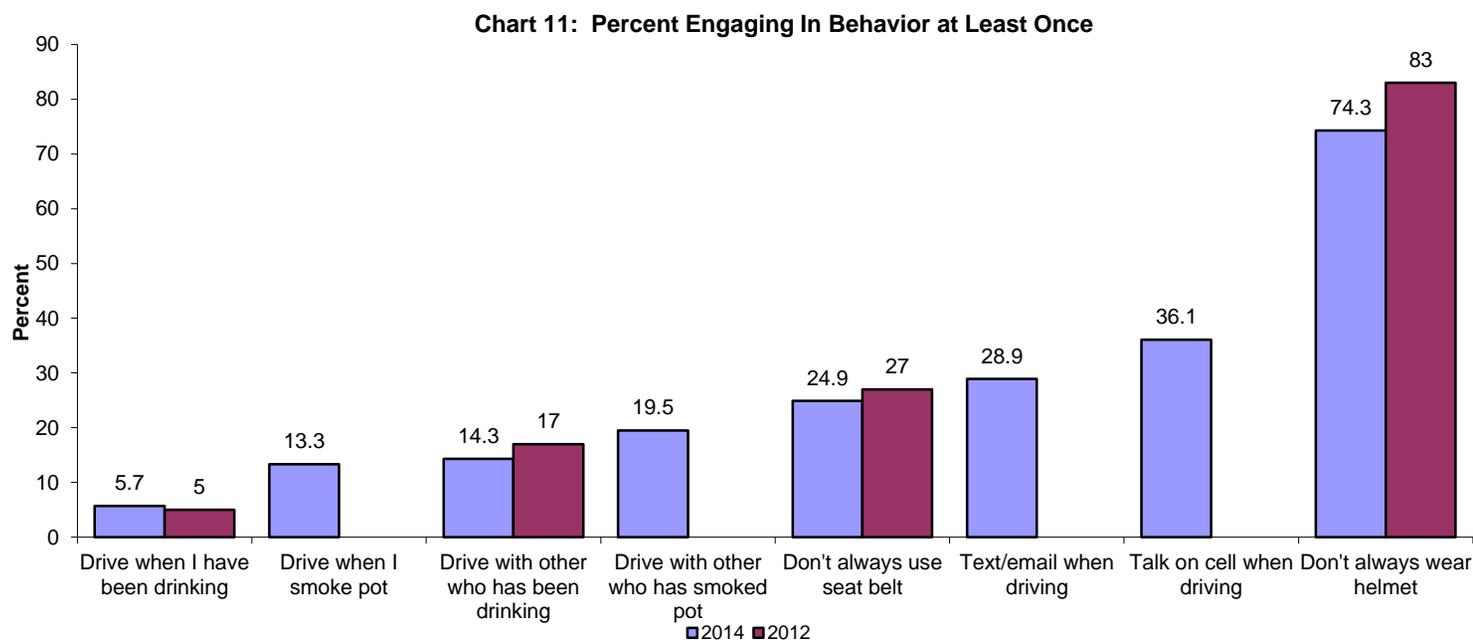
- Almost always – 36% (up from 27% in 2012 : Boys more likely than girls to report this frequency (42.5% vs 29.6%))
- Almost never – 9.2% (down from 14% in 2012)

Behaviors that Contribute to Unintentional Injuries

Youth were asked a series of questions about choices they make while operating a vehicle (from rollerblade to car) or being a passenger in a vehicle. The chart below illustrates how frequently they engage in behaviors that might contribute to injury. For each behavior, we present the percentage who make a “poor choice” regarding safety at least once. For example, in terms of wearing a helmet while rollerblading, biking, etc., we show the percent who did not respond “Always”. For questions that deal with driving, the number is the percentage of those who do drive that engage in the behavior.

The percentage of youth who do not use a helmet always has declined significantly since 2012 (74.3% vs 83%).

There were some differences across gender on these questions with boys more likely than girls to report they 1) never wear a helmet (12.6% vs 7.8%), 2) have ridden with someone who has been smoking marijuana (22.9% vs 16%), and driven after having smoked pot (16.5% vs 9.7). In contrast, girls were more likely to have talked on a cell phone while driving (40.2% vs 32%). ***There is a very significant increase in texting while driving as the driver’s age goes from 16 (15.2%) to 17 (46.8%) to 18 (65.3%).***



Behaviors that Contribute to Violence

Youth were asked a series of questions regarding carrying weapons, fighting, and being threatened or injured. There were few differences across time or across age groups on these questions, but there are significant differences across gender on all questions. Differences are noted below.

- In past 30 days did you . . .
 - Carry a weapon – 9.3% (Boys more likely than girls 15.2% vs 3.3%)
 - Carry a gun – 2.6% (Boys more likely than girls 4.3% vs .7%)
 - Carry a weapon on school property – 1.9%
 - Not go to school because you felt unsafe – 3.1%

- In the past 12 months . . .
 - Were you threatened or injured on school property with a weapon – 3.5% (Boys more likely than girls 5% vs 1.9%)
 - Were you in a physical fight – 16.4% (Boys more likely than girls 23.8% vs 9%)
 - Were you in a physical fight in which you needed to be treated by MD or nurse – 2.2% (Boys more likely than girls 3.3% vs 1%)
 - Were you in a physical fight on school property – 4.6% (Boys more likely than girls 6.9% vs 2.2%)
 - Have you been a member of a gang – 9.3% (Boys more likely than girls 11.9% vs 6.7%)

- Have you ever been hurt **physically or sexually** by a date – Yes 5.5% (Girls more likely to be **sexually** hurt than boys 3.4% vs .3%).

Stress, Depression, and Self-Harm

Stress:

When asked how much of a problem stress was equal numbers of youth replied “Not a problem at all/Almost never a problem” (20%) and “Always a problem” (20%) with the remaining 60% split about evenly between “Sometimes” and “Often”. Girls were more likely than boys to respond “Often” or “Always” (23.4% vs 11.2%), while boys were more likely to respond “Not at all” or “Almost Never” (31.4% vs 8.4%).

The most frequently mentioned sources of stress were:

- School work (89.3%)
- My expectations of myself (51.8%)
- Parents’ expectations of me (41.6%)

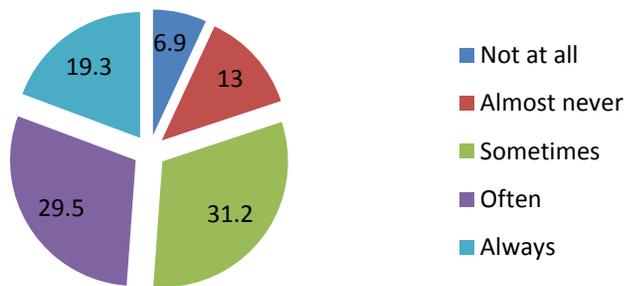
The remaining responses (friendships, family, college, extra-curricular) all were chosen by 30% to 40% of the youth.

Most youth employed some type of positive stress management technique with the most popular being:

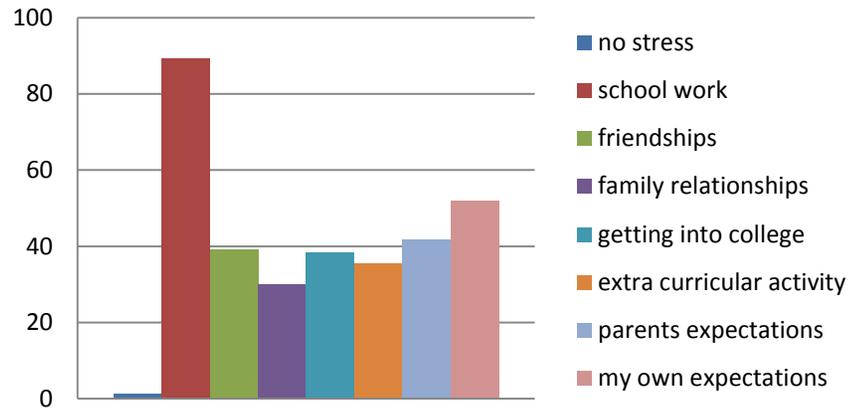
- Talking to friends (44.7%)
- Journal/draw/listen to music/spend time alone (34.3%)
- Talk to parent or family member (27.2%)
- Exercise/yoga (26.7%)

About 1 in 10 each said they used drugs or alcohol to manage stress (9.2%) or they had no way to manage stress (11%).

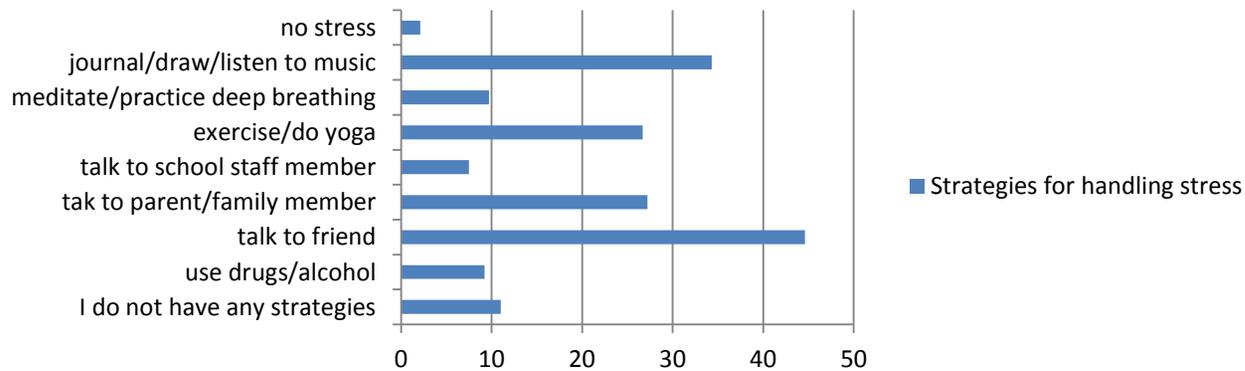
How much of a problem is stress in your life? (HS)



Sources of stress last 30 days (HS)



Strategies for handling stress (HS)

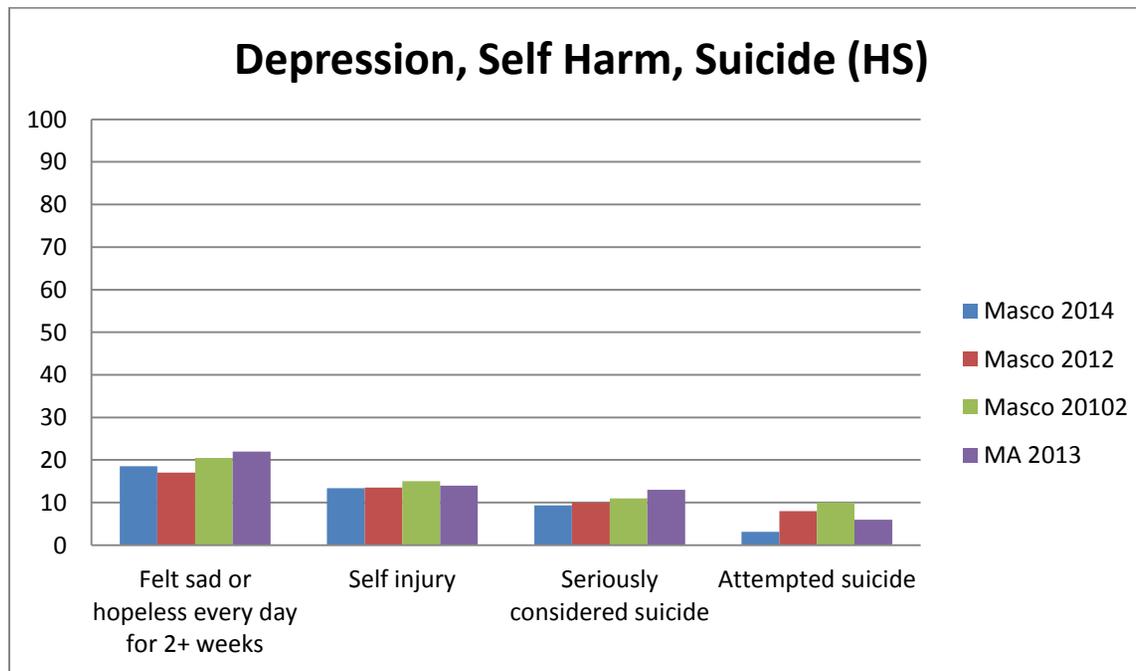


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Depression and Self-harm (including suicide):

When asked if they exhibited signs of clinical depression (feeling sad or hopeless almost every day for two weeks or more in a row) 18.6% responded “Yes” with girls more likely than boys to respond in this manner (22.7% vs 14.4%). More than 1 in 8 reported having hurt or injured themselves on purpose at least once (13.4%) with girls more likely than boys to have inflicted self-harm (19.1% vs 7.7%).

During the past twelve months, 9.3% said they seriously considered suicide and 5.9% said they made a plan about how they would attempt suicide. Girls were more likely than boys to say they seriously considered suicide (11.4% vs 7.4%). During the past 12 months 3.1% said they actually attempted suicide (down significantly from 2012 – 8.5%) and 2.9% indicated they were treated by a doctor or nurse.



Protective Factors

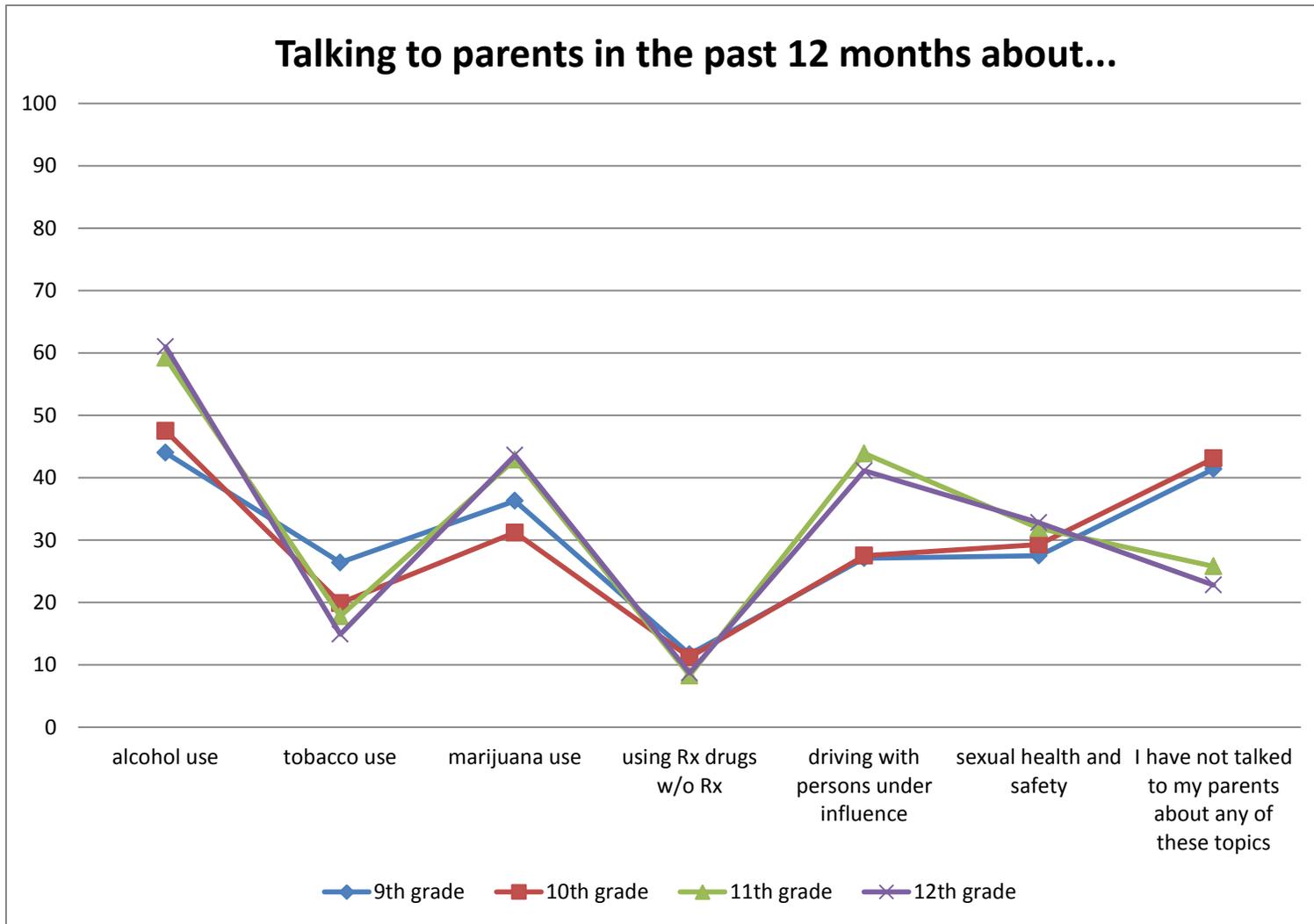
Protective factors are associated with the prevention of risky behaviors and substance use. Perception of risk of harm from substance use and parental and peer disapproval of substance use were discussed earlier and were shown to relate to substance use. In this section we address presence of supportive adults, feeling valued, and participation in sports and extra-curricular activities.

Supportive Adults:

Fully ¾ of the youth reported having at least one teacher or other school adult they could talk with about important things (75.9%). Boys, however, were more likely than girls to say they did not have such an adult (13.5% vs 8.4%). Outside of school only 4% said they did not have an adult to turn to about things important to them, while nearly half mentioned parent or other adult family member (47.1%) or both family and non-family adults (40.8%). Boys were more likely to mention only family members (50.8% vs 43.4%), while girls were more likely to have both family and non-family adults to talk to (44.3% vs 37.2%). These percentages were not different from those found in 2012.

| SUPPORTIVE ADULTS | | | |
|--|--|-----------------------|-----------------------|
| | | Masco 2014 | Masco 2012 |
| Is there at least one adult/teacher at school that you can talk to if you have a problem? | | | |
| | <i>Yes</i> | 75.9% | 71.5% |
| | <i>No</i> | 10.9% | 12% |
| | <i>Not sure</i> | 13.1% | 16% |
| Outside of school are there adults you can talk to about things that are important to you? | | | |
| | <i>Yes – Parent/adult family member</i> | 47.1% | 44% |
| | <i>Yes – non family adult</i> | 3.7% | 3% |
| | <i>Yes – both family and non-family adults</i> | 40.8% | 43.5% |
| | <i>No</i> | 4% | 4% |
| | <i>Not sure</i> | 4.4% | 5% |

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When asked if they had spoken with an adult family member about various topics, about 1/3 said they had not, while 52.7% had discussed alcohol; 38.5%, marijuana; and 33.3% sexual activity. The remaining topics were named by under 20%.

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Participation in sports and extra-curriculars:

Nearly ¾ of the youth reported participating in at least one sports team (73%) in the past 12 months; more than 2/3 said they were involved in an organized after-school activity (67.3%) in the past week; and 2/3 said they spent at least 1 hour on volunteer work or community service (66%) in an average month. Boys played on more sports teams than girls, and girls were more likely than boys to be involved with organized after-school activities (76.7% vs 57.4%) and community service (71.2% vs 60.5%). There were no differences across time or age groups.

Feeling Valued: *NOTE: Questions were revised for 2014 so a direct comparison is not possible.*

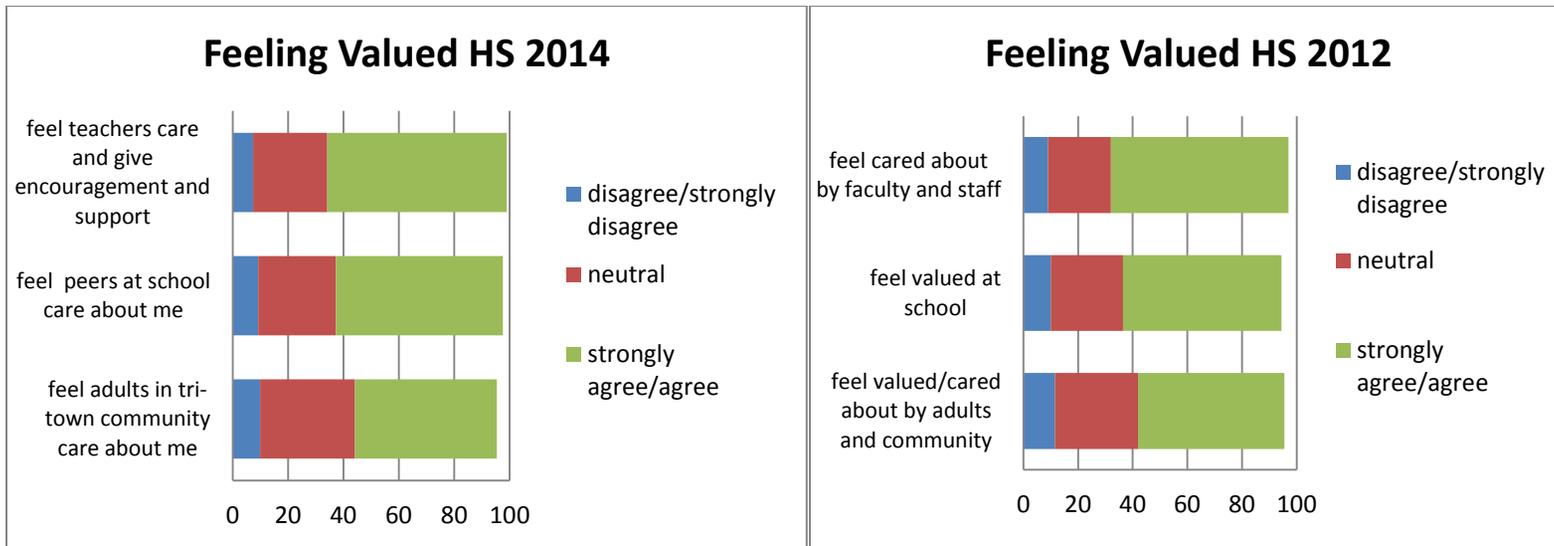
About 2/3 of the youth strongly agreed or agreed with each of these statements:

- I feel my teachers care about me and give me encouragement and support. (64.8%)
- I feel my peers at this school care about me as a person. (60.5%)

Slightly more than ½ agreed or strongly agreed with the statement:

- I feel that adults in the Tri-Town community care about me as a young person. (51.3%)

Less than 10% disagreed or strongly disagreed with the preceding statement – down from 2012 (8.7% vs 13%)



Weight, Weight Management, Exercise and Nutrition

Weight and Weight Management:

There is an interesting relationship between body image (perception of weight) and weight management. The proportion seeing themselves as underweight is very close to the proportion who are trying to gain weight (16.5% and 16.4%, respectively). However, the proportion seeing themselves as overweight (24.8%) is significantly lower than the proportion who are trying to lose weight (40.9% with girls more likely than boys to report they were trying to lose weight 54.7% vs 26.7%).

Over ½ of the youth described their weight as “about right” (58.7% -- with girls more likely than boys to say they are about the right weight 61.6% vs 55.8%) and yet some of those girls must be trying to lose weight in order to reach the 54.7% of girls who report they are trying to lose. It appears that even if a girl perceives her weight to be “about right” she feels pressure to become thinner.

Only 6.9% of the youth mentioned unhealthy weight management methods (e.g. fasting, diet pills, vomiting, laxatives) with girls more likely than boys to use those methods (9.7% vs 5.2%). Preferred methods of weight management were exercise (66.3%) and eating fewer calories (34.7%).

Physical Activity:

Youth responses in this area in 2014 were very similar to responses in 2012. Close to 9 in 10 youth reported engaging in 20 minutes of physical activity that made them sweat and breathe hard at least one day in the last seven (88%) with boys doing so more frequently than girls. About 8 in 10 said they spent at least 30 minutes doing somewhat less strenuous physical activity at least once in the last 7 days (78%) again with boys doing so more frequently. And ¾ of the youth reported doing some toning or strengthening work at least once in the past 7 days (75.4%).

“Electronic” Activity:

Only 2.7% said they did not use an electronic device for non-homework activities. Conversely, 97.3% of youth reported using electronic devices for non-homework activities. 5.5% said they used one for less than an hour a day. In contrast 51.9% said they used a computer or smartphone 3 or more hours per day.

Nutrition:

Most youth reported consuming health foods at least some time in the past seven days.