

*Martha's Vineyard
7th & 8th Grade*

*Youth Risk Behavior
Survey Results
2009*

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I. Methods

Survey

The 2009 Martha's Vineyard Youth Risk Behavior Survey (YRBS) was adapted from the 2007 Massachusetts YRBS by the Centers for Disease Control¹. Questions in the survey measured student demographics, substance use, violence, gang activity, depression and general health. Social norms questions were added to assess misperceptions among Martha's Vineyard 7th & 8th grade students on areas of substance use. These questions were adapted from the *Most of Us* Teen Norms Survey².

Consent

Prior to conducting the survey, parental consent for student participation was obtained through a letter sent home to all parents/guardians of Martha's Vineyard 7th and 8th grade students. The letter described the survey and its purpose, and offered parents a chance to opt their child/children out of the survey. Additionally, students were allowed to skip questions or opt out of the survey on their own on the day of survey implementation.

Administering the Survey

Teachers were provided a set of instructions describing the methods for administering the survey to students during a classroom period. On the day of the survey, each teacher read instructions aloud, assuring students that the survey was voluntary (a student was free to choose to skip questions or refrain from taking the survey entirely) and anonymous (a student could not be identified from his/her answer sheet).

Sample

The survey was given to 7th and 8th grade students during homeroom and activity periods. It was administered on February 9 and 10, 2009. The final number and demographic profile of students surveyed are discussed in the "Sample" section of this report.

Data Cleaning and Validity

Surveys were delivered to *The Outcomes Project* for analysis. Several steps were taken to ensure that the data gathered accurately reflects the behaviors of Martha's Vineyard 7th and 8th grade students, a process known as "data cleaning."

First, the survey instrument features an internal check by the way of two questions imbedded in the survey. One of these questions asks about the use of a fictional drug. One student was removed from the sample for indicating that they had used this fake substance. Additionally, the last question asked students if they were honest in answering the questions on the survey. Three students indicated they were not honest. These students were removed from the sample before the results were compiled.

Second, the data was analyzed for inconsistency. Surveys are removed in cases where students give inconsistent answers throughout the entire survey. This did not occur within this

¹ Center for Disease Control

² Most of Us, www.mostofus.org

sample. However, if there were inconsistencies among particular questions, the responses for those individual questions would be deleted. The remainder of the survey responses remained in the sample for evaluation.

Finally, the data was examined for cases of obvious exaggeration. An example of this might be a student selecting the highest possible use rate for all substances on the survey. Only one survey was removed for this reason.

Following the data cleaning procedure, the final sample size for the Martha's Vineyard 7th & 8th grade Youth Risk Behavior Survey was 236 students.

Data Analysis

Once the data is cleaned, a frequency report is run to determine the results to each individual question. In some cases, not all students answered each question. All analyses give the frequency and percentage for those who answered the question. Please refer to the enclosed frequency tables to determine the number of students that answered each individual question. Additional analyses were run to determine if there were relationships between two variables (questions) and to gain more in-depth information about the data. One analysis that is frequently run is a cross tabulation. This examines two or more variables with one another to determine the number of students who answered both questions. When this is done, it is possible that the total frequency for those analyses may not equal the total given for one individual question, because students may not have answered one of the questions within the cross tabulation.

A. Definitions

This report includes several terms and phrases that are defined below.

Social norms¹ - The social norms approach to preventing problem behavior and promoting and reinforcing positive behavior, put simply, is to dispel the misperceptions about the problem being the norm among peers. It starts with gathering credible data from a population and identifying the actual norms regarding the attitudes and behaviors of concern. Then a social norms intervention intensively communicates the truth through media campaigns, interactive programs, personalized normative feedback, and other educational venues. Evidence has shown youth and adults responding to these initiatives with more realistic perceptions of positive peer norms, leading to decreases in problem behavior and increases in positive behavior in the population.

Misperception¹- The Social Norms Theory states that, generally, students (and individuals) overestimate their peers' risky behaviors. Students underestimate non-use/minimal use (1 or 2 occasions) and overestimate heavy/frequent use, which creates a misperception. This misperception is considered a "hidden risk factor", as a student may feel pressure to engage in that risky behavior, because they believe that most of their peers participate in that behavior.

Current use²- Measures the number of times a substance has been used within the past 30 days.

Lifetime use²- Measures the number of times an event occurred within the lifetime of the respondent.

Average age of onset²- Measures the age at which an individual first experiences a specific event.

High-risk (binge) drinking²- Defined as drinking five or more alcoholic drinks, in a row, within a few hours.

Risk factor³- Circumstances that may increase the likelihood of youth engaging in risky behaviors.

Protective factor³- Circumstances that promote healthy youth behaviors and decrease the chance that youth will engage in risky behaviors.

Random sample⁴- A survey collection method that samples subjects at random.

Census sample⁴- A survey collection method that attempts to sample 100% of a given population. This means that 100% of the sample has the opportunity to take the survey.

¹ National Social Norms Institute at University of Virginia

² Centers for Disease Control

³ Communities That Care

⁴ "Designing & Conducting Survey Research: A Comprehensive Guide" Third Edition, L.M. Rea & R.A. Parker

Statistical significance⁴- The probability that the observed relationship or a difference in a sample occurred by pure chance (or “luck of the draw”).

Convenience sample⁴- A group of subjects that are chosen on the basis of availability. Because all of the elements of the population do not have an equal chance of being selected under these circumstances, we can not readily assume that the sample represents the target population. The probability exists that some segment of the population will be disproportionately represented.

Cross-tabulation⁴- A frequency that presents the observed frequencies of one categorical variable (dependent variable) as a function of another categorical variable (independent variable). It presents the frequencies of two categorical variables simultaneously.

II. Sample

At the time of survey administration, the population of Martha's Vineyard's 7th and 8th grade was 317 students. The survey was offered to all 7th & 8th grade students present on the day of survey implementation. Reasons for not being included in the sample included absence on the day of the survey and/or opting out of the survey. It is unknown how many students were not included for each of these reasons. Finally, students were removed as part of a validity check. This final sample accounts for 74% of the entire Martha's Vineyard 7th & 8th grade population. Please see Table 1. for a breakdown of this survey sample.

Table 1. Surveyed Population

Breakdown of Surveyed Population	Number of Students
<i>Enrolled in Martha's Vineyard 7th & 8th grade</i>	317
<i>Unaccounted for (absent/opted out, etc.)</i>	76
<i>Removed due to validity check</i>	5
<i>Final Sample</i>	236
<i>Return Rate (Percent of entire student body)</i>	74%

Table 2. Demographic Profile

	<i>Number of Actual Students Enrolled</i>	<i>Percentage of Actual Students Enrolled</i>	<i>Number of Respondents</i>	<i>Percentage of Respondents</i>
Overall Valid Surveys	317	100%	236	100%
Sex				
<i>Male</i>	163	52%	117	52%
<i>Female</i>	154	48%	109	48%
Grade				
<i>7th grade</i>	144	45%	119	51%
<i>8th grade</i>	173	55%	114	49%

<i>Age</i>	<i>Number of Students (n)</i>	<i>Percentage of Respondents (%)</i>
<i>11 years old</i>	1	0.4%
<i>12 years old</i>	65	28%
<i>13 years old</i>	107	45%
<i>14 years old</i>	61	26%
<i>15 years old</i>	2	1%
Race/Ethnicity		
<i>White</i>	179	76%
<i>Black/African American</i>	11	5%
<i>Hispanic/Latino</i>	5	2%
<i>Asian</i>	6	3%
<i>American Indian/Alaska Native</i>	12	5%
<i>Brazilian</i>	21	9%
<i>Bi-Racial</i>	12	5%
<i>Other</i>	14	6%

(The number of students in the first column may not always add up to the total amount in the sample of 236. Students were allowed to skip individual questions.)

Comparison Data

The survey administered to Martha's Vineyard 7th and 8th grade students is based on an existing instrument; comparison data for many question items is publicly available. Comparisons are useful for providing context to survey results; a sense of what is average can aid in identifying both strengths and priority areas. National comparison data for middle schools is not available. For this report, Massachusetts comparison data numbers were obtained from, the "Health and Risk Behaviors of Massachusetts Youth, 2007: The Report."

This public report was released in May of 2008 by the Massachusetts Department of Elementary and Secondary Education (MDOE) and the Massachusetts Department of Public Health (MDPH). When available, comparable data is provided between Martha's Vineyard 7th and 8th graders and the 7th and 8th graders sampled in the MDOE and the MDPH report. This is the most current comparison data available to date. The full report is available in PDF form at the following website:

<http://www.doe.mass.edu/cnp/hprograms/yrbs/2007YRBS.pdf>

III. Survey Findings

A. Substance Use

This section of the report provides a summary of substances used by Martha's Vineyard 7th & 8th students within the past 30 days and within their lifetime. Chart 1 illustrates the rates of current substance use among Martha's Vineyard 7th & 8th grade students. Chart 2 illustrates the rates of lifetime substance use among Martha's Vineyard 7th & 8th grade students.

Alcohol Use

Current Alcohol Use

Alcohol is the most used substance among Martha's Vineyard 7th & 8th grade students. In the past 30 days, 9% (n=21) of students reported drinking alcohol. There is *no* statistical significance between current alcohol users and gender or grade. Martha's Vineyard's current alcohol use rate (9%) is *lower* than that of Massachusetts 7th and 8th graders (13%).

Current Drinkers & Non-Drinkers by Grade and Gender

- 8% (n= 9) of 7th graders and 11% (n= 12) of 8th graders reported current alcohol use.
- 11% (n= 12) of males and 7% (n= 7) of females in 7th and 8th grade at Martha's Vineyard Middle School reported current alcohol use.

Age of First Use of Alcohol

- The average age of first use of alcohol among Martha's Vineyard 7th and 8th grade students, *that have reported alcohol use*, was 11.83 years old.

Lifetime Use of Alcohol

- 24% (n=53) of 7th and 8th graders reported they have had at least one drink of alcohol in their lifetime. Martha's Vineyard's 7th and 8th grade rate for lifetime alcohol use is *lower* than the 2007 state rate of 7th and 8th graders, which is 27%.

Current Alcohol Use on School Property

- There were no 7th and 8th grade Martha's Vineyard students that reported using alcohol on school property within the past 30 days.

Current High-Risk Drinking

- Only 3% (n=6) of Martha's Vineyard 7th and 8th grade students reported engaging in high-risk drinking within the past 30 days. The 2007 state rate for 7th and 8th grade current high-risk drinking is 5%.
 - 4 males and 1 female reported current binge drinking within the past 30 days.
 - This difference was *not found to be statistically significant*.
 - 4% (n= 4) of 7th graders and 2% (n= 2) of 8th graders reported current of binge drinking.
 - This difference was *not found to be statistically significant*.

Additional High-Risk (Binge) Drinking Analyses:

- Most (87% n= 183) of those who did *not* currently binge drink (n= 211) reported feeling close to their parent/ guardian.
- Most (64% n= 131) of those who did *not* currently binge drink (n= 211) reported sharing their thoughts and feelings with their parent/ guardian.
 - These analyses were both shown to be *statistically significant*.
- Most (68% n= 4) of those who reported they *currently* binge drink (n= 6) reported that their lives are stressful and have been taught ways to reduce or manage stressful situations.
 - However, this analysis was *not statistically significant*.

Drinking and Driving

- During the past 30 days, 27% (n= 62) of Martha's Vineyard 7th & 8th grade students reported riding in a car or other vehicle with a driver who had been drinking.
 - 30% (n= 35) of 7th graders and 24% (n= 27) of 8th graders reported riding in a car or other vehicle with a driver who had been drinking in the past 30 days.
 - 26% (n= 30) of males and 27% (n= 29) of females reported riding in a car or other vehicle with a driver who had been drinking in the past 30 days.
 - However, these analyses were *not statistically significant*.

Over-the-Counter (OTC) Medication Misuse

Current Over-the-Counter Medication Misuse

Over-the counter medications (cough syrup, cold medications or painkillers) for something *other than their intended purposes* are the second most widely used substance among Martha's Vineyard 7th and 8th graders with 5% (n=12) having used in the past 30 days. There is *no* statistical significance between over-the-counter medication misuse and gender or grade.

Current Over-the-Counter Medication Misuse by Grade and Gender

- 6% (n= 7) of 7th graders and 4% (n= 5) of 8th graders reported current *misuse* of over-the counter medications.
- 5% (n= 6) of males and 5% (n=5) of females in the 7th and 8th grade have *misused* over-the counter medications in the past 30 days.

Age of First Misuse

- The average age of onset for abusing over-the-counter medications was 11.1 years.

Lifetime Misuse of Over-the-Counter Medication

- 7% (n=17) of Martha's Vineyard 7th & 8th students reported using an over-the-counter medication *for something other than its intended purpose* in their *lifetime*.

Additional Analyses:

Of the 12 students who reported current (past 30 day) use of over-the counter medications *for something other than their intended use*;

- 7 had also used alcohol in the past 30 days.
- 3 had also smoked marijuana in the past 30 days.
- 3 had also had 5 or more drinks of alcohol in a row within a couple of hours (high-risk drinking).
- 1 student had smoked cigarettes in the past 30 days.
- 3 students had felt sad or hopeless for two weeks or more in a row in the past 12 months.
- 4 students did *not* feel close with their parents/ guardians.
- 4 students had seriously considered suicide.
 - All of these relationships were found to be *statistically significant*.

Marijuana Use

Current Marijuana Use

Marijuana is the third most used substance among Martha's Vineyard 7th & 8th grade students, with 3% (n=7) reporting current use. There was *no* statistical difference found between marijuana use and gender or grade. Martha's Vineyard's current marijuana use rate (3%) is *lower* than that of Massachusetts (6%).

Current Marijuana Users and Non-Users by Grade and Gender

- 3% (n= 4) of 7th graders and 3% (n= 3) of 8th graders reported current marijuana use.
- 4% (n= 5) of males and 2% (n= 2) of females reported current marijuana use.

Age of First Use

- The average age of first use of marijuana among Martha's Vineyard 7th and 8th grade students *that have reported marijuana use*, was 13.1 years.

Lifetime Use of Marijuana

- 6% (n= 15) of students reported using marijuana at least once in their lifetime. Martha's Vineyard's lifetime rate for marijuana use among 7th and 8th graders is *lower* than the 2007 state rate of 10%.

Current Marijuana Use on School Property

- 2% (n= 4) of Martha's Vineyard 7th & 8th students reported using marijuana on school property in the 30 days prior to the survey.

Driving While under the Influence of Marijuana

- 8% (n= 19) of Martha's Vineyard 7th and 8th graders reported riding in a car or other vehicle driven by someone who had been using marijuana in the past 30 days.

Cigarette and Tobacco Use

Current Cigarette Use

In the past 30 days, 2% (n= 4) of Martha's Vineyard 7th and 8th grade students reported cigarette use. All current cigarette users were male. The difference among cigarette use and grade or gender was *not* found to be statistically significant. Martha's Vineyard's current cigarette use rate (2%) is *lower* than that of Massachusetts (6%).

Current Cigarette Use by Grade

- 3% (n= 3) of 7th graders and 1% (n= 1) of 8th graders reported current cigarette use.
- 4% (n= 4) of males and zero females reported current cigarette use.

Age of First Use of Cigarettes

- The average age of first use of cigarettes, *among those students that report cigarette use*, was 12.3 years.

Lifetime Use of Cigarettes

- 6% (n= 13) of 7th and 8th grade students have tried cigarette smoking. Martha's Vineyard's lifetime cigarette use rate is *lower* than the 2007 state rate for lifetime use of cigarettes among 7th and 8th grade students which is 19%.

Current Cigarette Use on School Property

- There were no 7th & 8th Martha's Vineyard students who reported smoking cigarettes on school property during regular school hours during the past 30 days.

Amount of Cigarettes Smoked per Day

- 2% (n= 4) of Martha's Vineyard 7th and 8th grade students reported smoking one cigarette or less per day.

Chewing Tobacco

- 1% (n= 3) of Martha's Vineyard 7th and 8th graders reported having ever used chewing tobacco in their lifetime.
- 1% (n= 2) of Martha's Vineyard 7th and 8th graders reported using chewing tobacco within the past 30 days.

Cigars

- 2% (n= 5) of Martha's Vineyard 7th and 8th graders reported having ever smoked a cigar in their lifetime.
- 1% (n= 3) of Martha's Vineyard 7th and 8th graders reported smoking a cigar within the past 30 days.

Other Drug Misuse

Students were asked questions related to their current and lifetime use of other substances.

Prescription Drugs

- 4% (n= 9) of Martha's Vineyard 7th & 8th grade students reported using a prescription medication *without a doctor's orders* in their *lifetime*.
- 1% (n= 3) of Martha's Vineyard 7th and 8th grade students reported using prescription medication *without a doctor's orders* in the past 30 days. These 3 students were in the 7th grade.
 - The average age of onset for using prescription medication without a doctor's orders, *for those who reported use*, was 11.3 years.

Inhalants

- 4% (n= 9) of Martha's Vineyard 7th & 8th grade students reported using inhalants (sniffing glue, inhaling paints or sprays to get high, etc.) in their *lifetime*.
- 2% (n= 4) of Martha's Vineyard 7th and 8th grade students report using inhalants in the past 30 days. All 4 students who reported current inhalant use were in the 7th grade.
 - The average age of onset for the misuse of inhalants of Martha's Vineyard 7th and 8th grade students, *who reported use*, was 11.9 years.

Cocaine

- 1% (n= 3) Martha's Vineyard 7th and 8th grade students reported using cocaine in their *lifetime*.
- There were no students that reported using cocaine in the past 30 days.
 - The average age of onset for cocaine use for Martha's Vineyard 7th and 8th grade students, *who reported use*, was 12.8 years.

Heroin

- There were no Martha's Vineyard 7th and 8th grade students that reported using heroin in their lifetime.
- There were no students in the sample that reported using heroin in the 30 days prior to the survey.

Hallucinogenic Substances

- 1% (n= 3) of Martha's Vineyard 7th and 8th grade students report using hallucinogenic substances in their *lifetime*.
- 0.4% (n= 1) of Martha's Vineyard 7th and 8th grade students report using hallucinogenic substances in the past 30 days. This student was in the 7th grade.
 - The average age of onset for using hallucinogens for students, *who reported use*, was 11.7 years.

Ecstasy

- 0.4% (n= 1) of Martha's Vineyard 7th and 8th grade students reported using ecstasy in their *lifetime*.
- 0.9% (n= 2) of Martha's Vineyard 7th and 8th grade students reported using ecstasy in the past 30 days.
 - The average age of onset for using ecstasy was 13.5 years for 7th and 8th graders, *who reported use*.

Needle Use

- No students reported using a needle to inject any illegal drug into their body in the past 12 months.

Cross Tabulation of Multiple Drug Use

Analyses were run to determine current poly-substance use among 7th and 8th grade Martha's Vineyard students for alcohol, cigarettes, marijuana and inhalants. The survey did not feature questions asking about use of more than one drug. Analyses were run to determine those who used one substance with those who used another. The results of these tests are below:

- 25% (n= 1) of those who currently smoke marijuana also currently smoke cigarettes.
- 10% (n= 9) of those who currently drink alcohol also currently smoke cigarettes.
- 25% (n= 5) of those who currently drink alcohol smoke marijuana also currently smoke marijuana.
- 15% (n= 3) of those who currently drink alcohol currently used inhalants.
 - *A statistically significant relationship was found between poly-substance use of these drugs. Analyses show that those Martha's Vineyard 7th and 8th grade students who used alcohol were more likely to use marijuana, smoke cigarettes and use inhalants. Additionally, those who smoke marijuana were more likely to smoke cigarettes.*

Consequences of Alcohol or Drug use

Students were asked if they have used alcohol or other drugs in the past 12 months if they have faced any of the following consequences:

- 5% (n= 2) of those who drank alcohol or used other drugs in the past 12 months reported have gotten into trouble with their parents as a result of their substance use.
- 20% (n= 9) of those who drank alcohol or used other drugs in the past 12 months reported having done something stupid as a result of their substance use.
- 16% (n= 7) of those who drank alcohol or used other drugs in the past 12 months reported having vomited as a result of their substance use.

- 2% (n= 1) of those who drank alcohol or used other drugs in the past 12 months reported having lost consciousness as a result of their substance use.

Summary of Substance Use

Current Substance Use

The top three most widely used drugs among Martha's Vineyard 7th and 8th grade students within the past 30 days were alcohol (9%) followed by over-the-counter medications (5%), and marijuana (3%). The current (past 30 days) rates of 7th and 8th grade Martha's Vineyard students for alcohol, marijuana and tobacco were less than the 2007 Massachusetts state rates for 7th and 8th grade students.

- Alcohol was the drug most commonly used by Martha's Vineyard 7th and 8th grade students, with 9% (n= 21) of students reporting current use.
- The rate of high-risk drinking within the past 30 days among Martha's Vineyard 7th and 8th grade students was 3% (n= 6).
- Over-the-counter medications being used for *something other than their intended use* were the second most commonly used substance with 5% (n= 12) of 7th and 8th grade Martha's Vineyard students reporting current use.
- Marijuana was the third most commonly used substance among Martha's Vineyard 7th and 8th grade students, with 3% (n= 7) reporting current use.
- Cigarettes were currently used by 2% (n= 4) of Martha's Vineyard 7th and 8th grade students.
- 1% of the total sample (n= 2) reported current smokeless tobacco use.
- 2% (n= 4) of Martha's Vineyard 7th and 8th grade students used inhalants in the past 30 days.
- 1% (n= 3) of students report using prescriptions drugs *without a doctor's orders* in the past 30 days.
- There were no students who reported heroin or cocaine use in the past 30 days.

Lifetime Substance Use

The top three most widely used drugs among Martha's Vineyard 7th & 8th students during their lifetime were alcohol (24%), over-the-counter medications (7%) and marijuana (6%). The lifetime use rates of 7th and 8th grade Martha's Vineyard students for alcohol, marijuana and tobacco were *lower* than the 2007 Massachusetts state rates for 7th and 8th grade students.

- Alcohol was used by 24% (n= 53) Martha's Vineyard 7th and 8th graders.
- Over-the-counter medications were *misused for something other than their intended purposes* by 7% (n= 17) of 7th and 8th graders.
- 6% (n= 15) of 7th and 8th graders reported using marijuana in their lifetime.
- 6% (n= 13) of 7th and 8th graders reported smoking cigarettes in their lifetime.
- 1% (n= 3) of 7th and 8th graders reported using smokeless tobacco in their lifetime.
- Prescription drugs (*use without a doctor's orders*) were misused by 4% (n= 9) of students at some time in their lives.
- 4% (n= 9) of Martha's Vineyard 7th and 8th grade students reported inhalant use in their lifetime.
- Lifetime use of cocaine within this population was 1% (n= 3).
- There were no 7th and 8th grade Martha's Vineyard students that reported heroin use in their lifetime.

Chart 1. Current (Past 30 Days) Substance Use by Martha's Vineyard Students in Grades 7 & 8 (n=236)

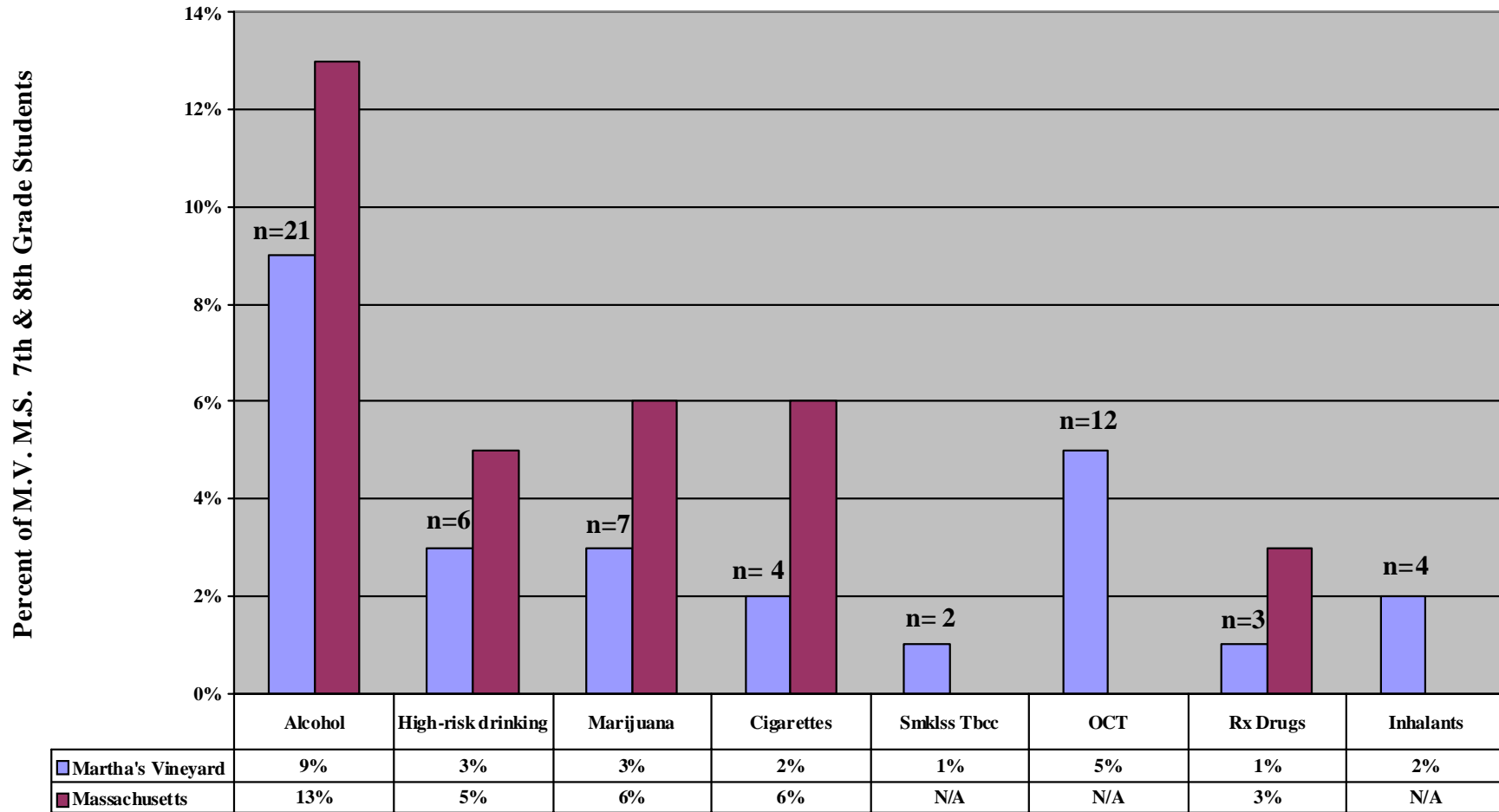
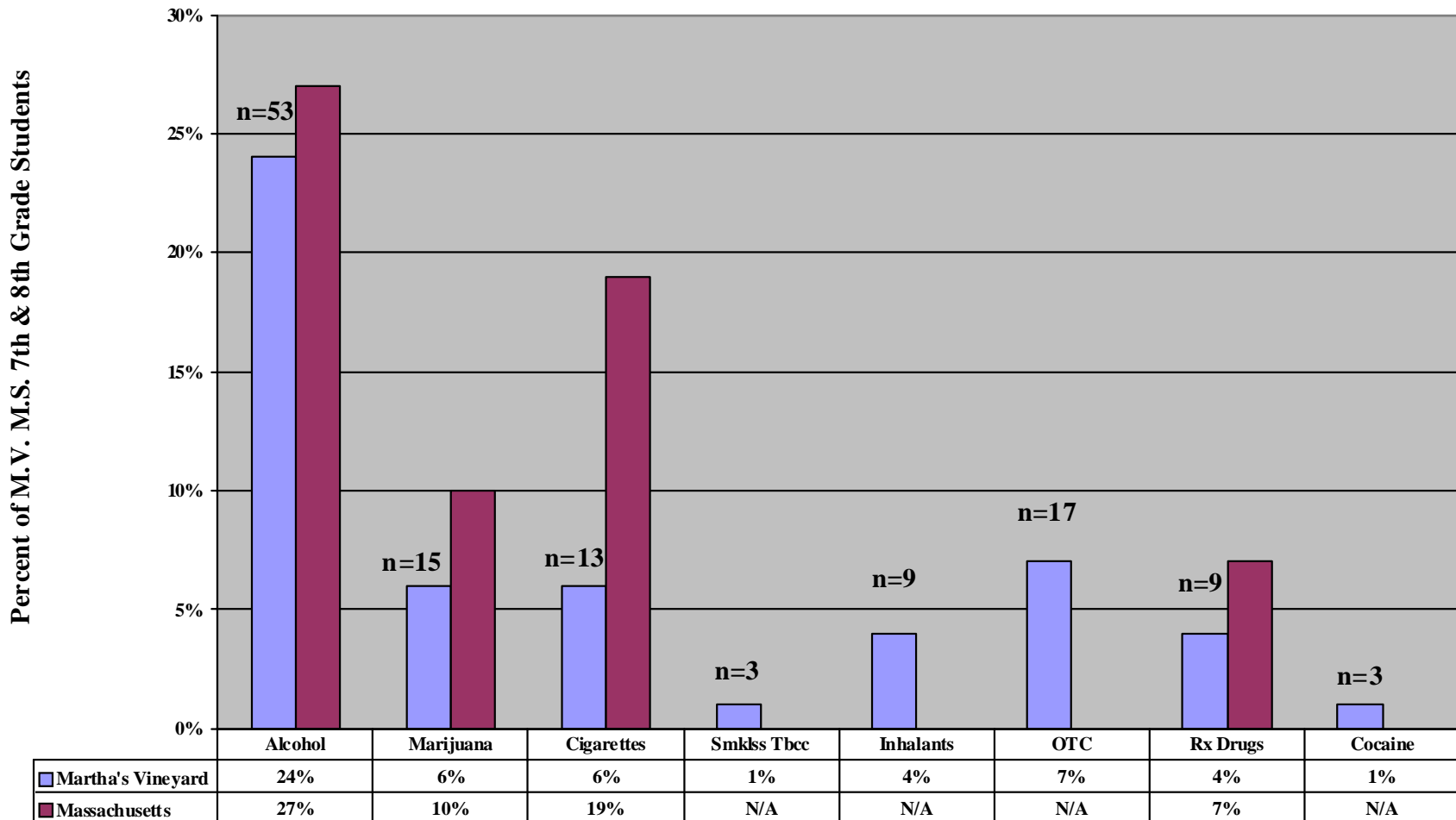


Chart 2. Lifetime Substance Use by Martha's Vineyard Students in Grades 7 & 8 (n=236)



B. Access to Substances

This section covers where youth reported they obtained alcohol, parental permission to drink alcohol, how students obtained cigarettes, how often students are asked proof of age when trying to purchase tobacco products, access of drugs on school property and perception of ease of accessibility of alcohol, marijuana and other drugs.

Access to Alcohol

Table 3 illustrates the access points of alcohol among the *students who drank during the past 30 days* (in rank order). 84% (n= 199) stated they did not drink alcohol, and therefore, do not get it. The primary source of alcohol for this population is through social sources.

Table 3. Source of Access to Alcohol for Martha's Vineyard 7th and 8th Grade Students Who Reported Using Alcohol Within the Past 30 Days

Access Point	Percentage of those who drank	Number of those who drank
Other	6%	15
Take it from parents or my friend's parents without their knowledge	6%	13
My parents gave it to me	2%	5
Older friends give it to me	2%	4
From friends my own age	2%	4
Ask someone of legal age to buy it for me	1%	2
Older brothers/sisters give it to me	1%	2
Buy it myself at a store, tavern or bar	0	0

Parental Permission to Drink Alcohol

Students were asked if there were any times their parents permitted them to drink alcohol. They were also given options as to when this would have occurred. Students were allowed to select more than one answer for this question. Table 4 illustrates these answers.

Table 4. Times When Students Believe Their Parents Would Permit Them to Drink Alcohol (in rank order)

When parents permit their children to drink	Percentage of those who were allowed	Number of those who were allowed
Not under any circumstances	59%	138
For a toast at a wedding or other celebration	24%	57
During a religious service	22%	51
At family parties	6%	13
When I'm with them	5%	11
They leave the decision to me	4%	10
At parties as long as I don't drive	0%	0
At parties when adults are present	2%	5

Cigarettes and Tobacco

Access to Cigarettes

Students were asked how they usually got their own cigarettes during the past 30 days. The results are given, in rank order, in Table 5.

Table 5. Where Martha's Vineyard 7th and 8th Grade Students Obtain Cigarettes

Where	Percentage of those who smoked	Number of those who smoked
Did not smoke during the past 30 days	98%	217
Borrowed them from someone else	.5%	1
Bought them in a store such as a convenience store, supermarket, discount store, or gas station	.5%	1
Got them some other way	1%	2
Bought them in a vending machine	0%	0
Took them from a store or family member	.5%	1

Proof of Age

Students were asked how often they were asked to show proof of age when purchasing tobacco products during the past 30 days.

- 99% (n= 225) of 7th and 8th grade Martha's Vineyard students did not try to buy tobacco products in a store in the past 30 days.
- 0.4% (n= 1) of 7th and 8th grade students reported always being asked to show proof of age when trying to buy tobacco products in the past 30 days.

Access on School Property

- 2% (n= 4) of students said that they had been offered, sold or given an illegal drug on school property *during* regular school hours within the past 12 months.

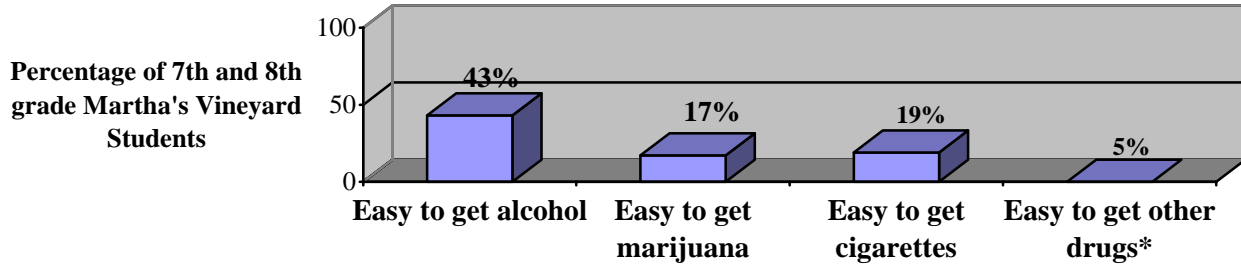
Access Outside of School

- 11% (n= 26) of students said that they had been offered, sold, or given illegal drugs when they were *not* in school in the past 12 months.

Perception of Ease of Access

Students were asked to report their perceived ease around obtaining alcohol, marijuana, cigarettes and other drugs. Most students believed that it would be difficult to obtain these substances (57%, 83%, 81% and 95%, respectively). The percent of students who believed alcohol, marijuana, cigarettes or other drugs were “sort of” or “very easy” to get if you wanted some is shown in Chart 3.

Chart 3. Perception of Ease of Access for Alcohol, Marijuana, Cigarettes and Other Drugs



* “Other drugs” refers to cocaine, heroin, LSD or amphetamines.

Summary of Access to Substances

Martha's Vineyard 7th and 8th grade students primarily obtained alcohol from social sources (parents, friends, etc.). Fifty-nine percent of students (n= 138) said their parents never permitted them to use alcohol, 4% (n= 10) of 7th and 8th grade students said their parents left the decision of whether or not to drink alcohol up to them. Lastly, most Martha's Vineyard 7th and 8th grade students perceived that alcohol, marijuana, cigarettes and other drugs were difficult to obtain.

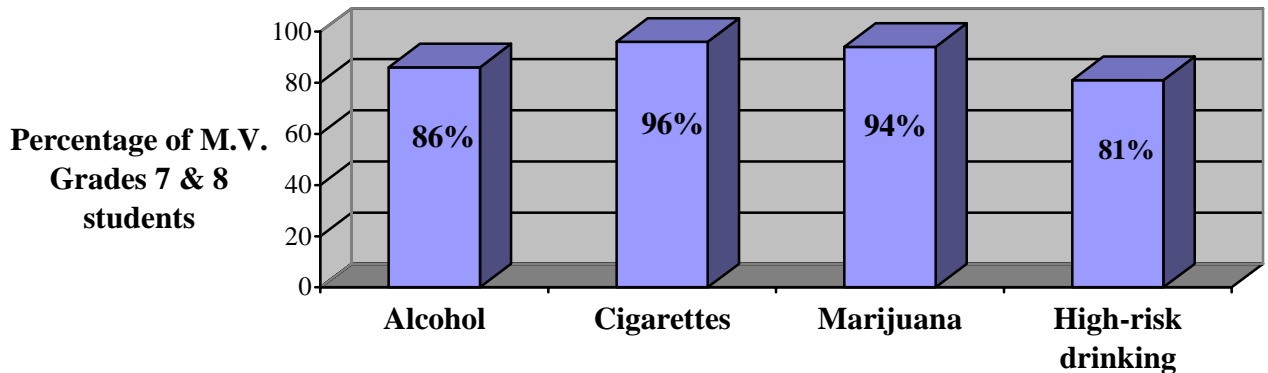
C. Protective Factors

This section of the report will discuss several areas related to protective factors associated with the prevention of substance use and other risky behaviors. These protective factors include perception of risk of harm of alcohol and drug use, perception of parental disapproval of alcohol and drug use, perception of adult disapproval, clear rules about alcohol use, belief would be caught by parents and police if used substances, comfort talking to adults about problems, coping skills, participation in school-sponsored activities, parental relationships and social behaviors.

Perception of Risk of Harm

“Perception of risk of harm” questions asked students how much they believed people risked harming themselves by engaging in three risk behaviors: 1) taking one or two drinks of an alcoholic beverage nearly every day; 2) smoking one or more packs of cigarettes per day; and 3) smoking marijuana regularly. Those who believed they would face ‘moderate’ risk were added with those who believed they would face ‘great’ risk for these three factors, and results are illustrated in Chart 4. Most Martha’s Vineyard 7th and 8th grade students felt there was ‘moderate’ or ‘great’ risk of harm in other people using these substances.

Chart 4. M.V. Grades 7 & 8 Student's Perception of 'Moderate' or 'Great' Risk of Harm Of Substance Use By Other People



Additional analyses:

Alcohol

- 76% (n= 16) of those who currently drink alcohol (n=21) believed there was ‘moderate’ risk of harm from drinking alcohol.
- 88% (n= 174) of those who do *not* drink alcohol (n= 204) believed there was ‘moderate’ or ‘great’ risk of harm from drinking alcohol.
 - Those Martha’s Vineyard 7th & 8th grade students who believed there was ‘moderate’ or ‘great’ risk of harm from drinking alcohol were *less likely* to be current alcohol users.

- 33% (n= 2) of those who currently engage in high-risk drinking (n= 6) believed there is 'great' risk of harm from high-risk drinking.
- 82% (n= 177) of those who do not currently participate in high-risk drinking (n= 217) believed there is a 'moderate' or 'great' risk of harm from high-risk drinking.
 - Those Martha's Vineyard 7th and 8th grade students who believed there was 'moderate' or 'great' risk of harm from high-risk drinking were *less likely* to currently participate in high-risk drinking.

Cigarettes

- 100% (n= 4) of those who currently smoke cigarettes (n= 4) believed there was 'moderate' or 'great' risk of harm from smoking cigarettes.
- 96% (n= 206) of those who do *not* currently smoke cigarettes (n=216) believed there was 'moderate' or 'great' risk of harm from smoking cigarettes.
 - Those Martha's Vineyard 7th and 8th grade students who believed there was 'moderate' or 'great' risk of harm from smoking cigarettes were *less likely* to be current cigarette users.

Marijuana

- 72% (n= 5) of those who currently use marijuana (n= 15) believed there was 'moderate' or 'great' risk of harm from using marijuana.
- 95% (n= 208) of those who do *not* currently use marijuana (n= 218) believed there was 'moderate' or 'great' risk of harm from using marijuana.
 - Those Martha's Vineyard 7th and 8th grade students who believed there was 'moderate' or 'great' risk of harm from using marijuana were *less likely* to be current marijuana users.

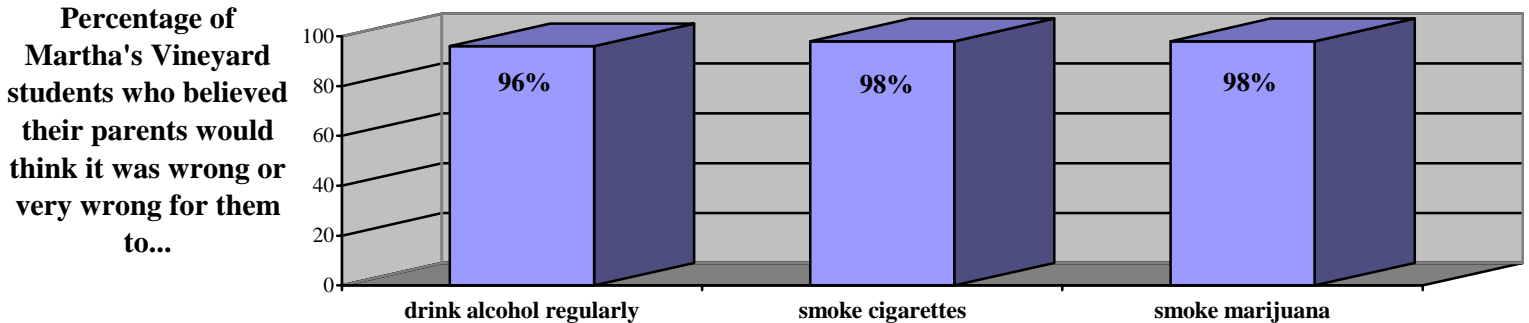
Summary of analyses:

In all cases, *statistically significant relationships* were found among students who used substances and their perception of risk of harm of substances. Those who believed there was harm in using a substance were *less likely* to use those substances.

Perception of Parental Disapproval

A series of three questions asked each student how wrong his/her parents and other adults in their neighborhood feel (on a four point scale) it would be for him/her to drink alcohol regularly, smoke cigarettes, and smoke marijuana. Those that stated they believed their parents would think it was “wrong” and “very wrong” were added and are reported (in percentage) in Chart 5.

Chart 5. Perceived Parental Disapproval of Youth Substance Use Among Martha's Vineyard 7th & 8th Grade Students



Additional analyses:

Alcohol

- 76% (n= 16) of those who currently drink alcohol (n= 21) believed their parents would think it was ‘wrong’ or ‘very wrong’ for them to drink alcohol regularly.
- 98% (n= 194) of those who do *not* drink alcohol (n= 204) believed their parents would think it was ‘wrong’ or ‘very wrong’ for them to drink alcohol regularly.
 - Those Martha’s Vineyard 7th and 8th grade students who believed their parents would think it was ‘wrong’ or ‘very wrong’ for them to drink alcohol regularly were *less likely* to be current alcohol users.

Cigarettes

- 75% (n= 3) of those who currently smoke cigarettes (n= 4) believed their parents would think it was ‘wrong’ or ‘very wrong’ for them to smoke cigarettes.
- 99% (n= 219) of those who do *not* currently smoke cigarettes (n= 222) believed their parents would think it was ‘wrong’ or ‘very wrong’ for them to smoke cigarettes.
 - Those Martha’s Vineyard 7th and 8th grade students who believe their parents would think it was ‘wrong’ or ‘very wrong’ for them to smoke cigarettes were *less likely* to be current cigarette users.

Marijuana

- 86% (n= 6) of those who currently use marijuana (n= 15) believed their parents would think it was ‘wrong’ or ‘very wrong’ for them to smoke marijuana.
- 99% (n= 217) of those who do *not* currently use marijuana (n= 218) believed their parents would think it was ‘wrong’ or ‘very wrong’ for them to smoke marijuana.

- Those Martha's Vineyard 7th and 8th grade students who believed their parents would think it was 'wrong' or 'very wrong' for them to smoke marijuana were *less likely* to be current marijuana users.

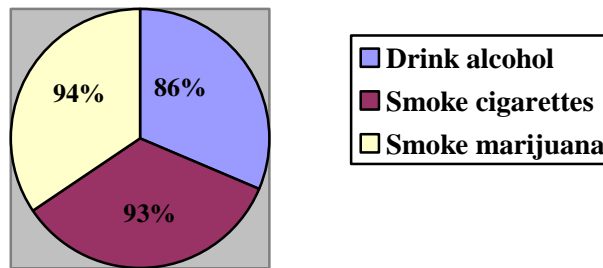
Summary of analyses:

In all cases, *statistically significant relationships* were found among students who used substances and their perception of risk of harm of substances. Those who believed there was harm in using a substance were *less likely* to use those substances.

Perception of Adult Disapproval

Students were asked how wrong most adults in their neighborhood would think it was for kids their age to drink alcohol, smoke cigarettes, and smoke marijuana. Chart 6 below shows those that said they believed most adults would think it was 'wrong' or 'very wrong' for them to use the following drugs.

Chart 6. Perception of How Wrong Most Adults in Neighborhood Would Think it was for Kids to use Alcohol, Cigarettes or Marijuana



Clear Rules about Alcohol use

- 86% (n= 189) of Martha's Vineyard 7th and 8th grade students reported that their family has clear rules about alcohol use.

Additional analyses:

- 89% (n= 171) of those who stated that their family has clear rules about alcohol non-use (n= 189) reported NOT drinking alcohol in the past 30 days. This relationship was found to be *statistically significant*.

Belief Would be Caught by Parents

- 64% (n= 150) of 7th and 8th grade Martha's Vineyard students thought that if they drank some alcohol without their parents' permission they would be caught by their parents.

Belief Would be Caught by Police

- 30% (n= 51) of 7th and 8th grade Martha's Vineyard students thought that if a kid in their neighborhood drank some alcohol they would be caught by the police.

Comfort Talking to Adult About Problem

Students were asked how comfortable they would be talking to an adult if they knew about a drug or alcohol related problem in their community. The results are shown below in Table 6.

Table 6. Comfort Talking to an Adult About Problem

Comfort Level	Percentage	Number
Very comfortable	15%	33
Comfortable	38%	84
Uncomfortable	37%	83
Too uncomfortable to talk	11%	24

Students were asked who in their community they would talk to if they knew about a drug or alcohol related problem in their community. The results are below in Table 7 in (rank order).

Table 7. Who Students Would Talk to About Problem

Who	Percentage	Number
Parent/guardian	66%	155
School counselor	31%	73
Adult friend	22%	51
Other	15%	71
Other relative	27%	63
Teacher	23%	55
No one	10%	45
Coach	14%	32
Parent's friend	17%	40
Co-worker	1%	3
Minister/clergy	3%	6
Community leader	3%	8

Coping Skills

Students were asked questions about stress in their life and if they have been taught ways to reduce stressful situations. Additionally, students were asked who they turn to when they have a problem and need help coping. Table 8 illustrates who students would turn to if they were having a problem and wanted help coping.

- 40% (n= 92) of Martha's Vineyard 7th and 8th grade students described their life as stressful.
- 56% (n= 133) of Martha's Vineyard 7th and 8th grade students reported being taught ways to reduce or manage stressful situations.

Table 8. Who Students Turn to for Help When They are Having a Problem and Want Help in Coping

Who	Percentage	Number
Parents/ Guardians	39%	91
Peers/ Friends	27%	64
Siblings/ Other family members	23%	53
Other trusted adult	13%	30
Teachers, counselors, other school adults	11%	27
Coach	5%	11
Police/ DARE officer	5%	11
School nurse or other healthcare professional	2%	5
There is no one to turn to for help	1%	1
Minister/ Clergy member	<1%	1

Participation in School-Sponsored Activities

Students were asked if they participated in any of the school sponsored activities listed below in the past 12 months. Students were able to select more than one activity. Additional analyses for this variable *could not* be run as students were allowed to select more than one activity.

- 81% (n= 187) participated in athletics
- 75% (n= 167) participated in community service during the past year
- 66% (n= 148) participated in a job in the past year
- 56% (n= 124) participated in music/ arts
- 53% (n= 111) participated in clubs/ organizations
- 15% (n= 29) participated in students council/ government

Parental Relationships

- 86% (n= 190) of Martha's Vineyard 7th and 8th grade students reported they felt close to their parents/ guardian.
- 63% (n= 136) of Martha's Vineyard 7th and 8th grade students reported that they shared their thoughts and feelings with their parents/guardians.
- 81% (n= 173) of Martha's Vineyard 7th and 8th grade students reported that it is important to be honest with their parents even if they become upset or they get punished.

Social Behavior

- 10% (n= 21) of Martha's Vineyard 7th and 8th grade students reported that it is ok to take something without asking if you can get away with it.
- 19% (n= 39) of Martha's Vineyard 7th and 8th grade students reported that sometimes it is ok to cheat at school.
- 27% (n= 57) of Martha's Vineyard 7th and 8th grade students reported that it is all right to beat people up if they start the fight.

Summary of Protective Factors

Most Martha's Vineyard 7th & 8th grade students perceived high levels of risk associated with the use of alcohol, cigarettes and marijuana. The majority of students also perceived that their parents would think it was wrong for them to use substances. The majority of students reported that their family had clear rules about alcohol non-use. Most students felt that there was at least one adult they could talk to if they had a problem, felt close to their parents and believed it is important to be honest with their parents even if they become upset or get punished. All of these areas serve as protective factors for youth in the prevention of substance use and other risk behaviors. It appears that Martha's Vineyard 7th & 8th grade students have several strong protective factors in their lives.

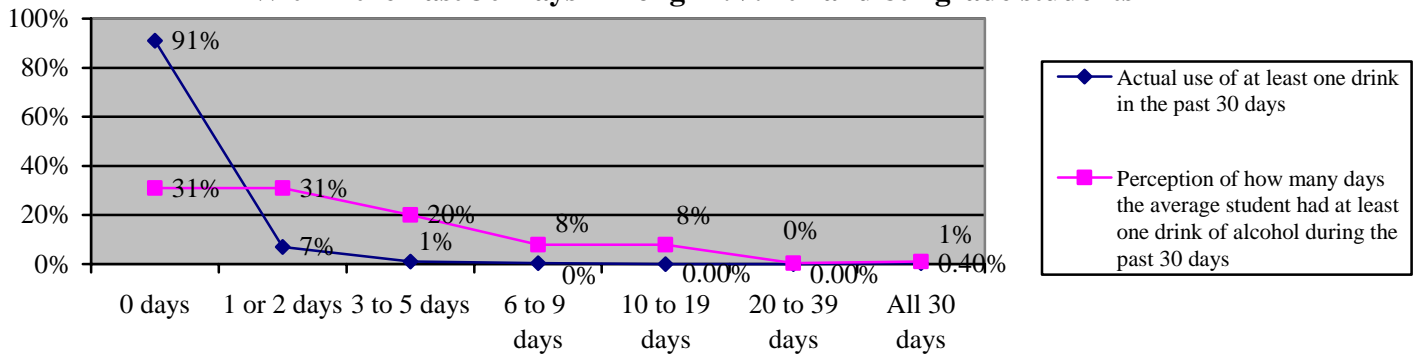
D. Social Norms

Questions were asked about perceptions of typical Martha's Vineyard 7th & 8th graders' use of alcohol and marijuana within the past 30 days. The Social Norms Theory states that generally students (and individuals) overestimate their peers' risky behaviors. Students underestimate non-use/minimal use (1 or 2 occasions) and overestimate heavy/frequent use, which creates a misperception. This misperception is considered a "hidden risk factor", as students may feel pressure to engage in that risky behavior, because they believe that most of their peers participate in that behavior. Chart 9 illustrates the actual and perceived current use of alcohol and marijuana among 7th and 8th graders in Martha's Vineyard.

Perception of Current Alcohol Use

- Most (91%) of Martha's Vineyard 7th & 8th grade students did *not* report drinking alcohol in the past 30 days.
- 69% of students *incorrectly* believed that the "average student" is a current alcohol user. Therefore, a **misperception exists** regarding current alcohol use versus non-use among this population. See Chart 10 for actual use vs. perceived use among Martha's Vineyard 7th and 8th grade students.
- Students were asked what percentage of their peers they believe have used alcohol in the past 30 days. The average percent reported by 7th and 8th grade students was 18%. However, only 9% of 7th and 8th grade students have used alcohol in the past 30 days.
- Students also misperceive the *frequency* of peer alcohol use. Most students (91%) do *not* report drinking alcohol in the past 30 days. Students were asked on how many days in the past 30 days they believe the average Martha's Vineyard Middle School Student had at least one drink of alcohol. Chart 7 below illustrates the actual and perceived use of alcohol.

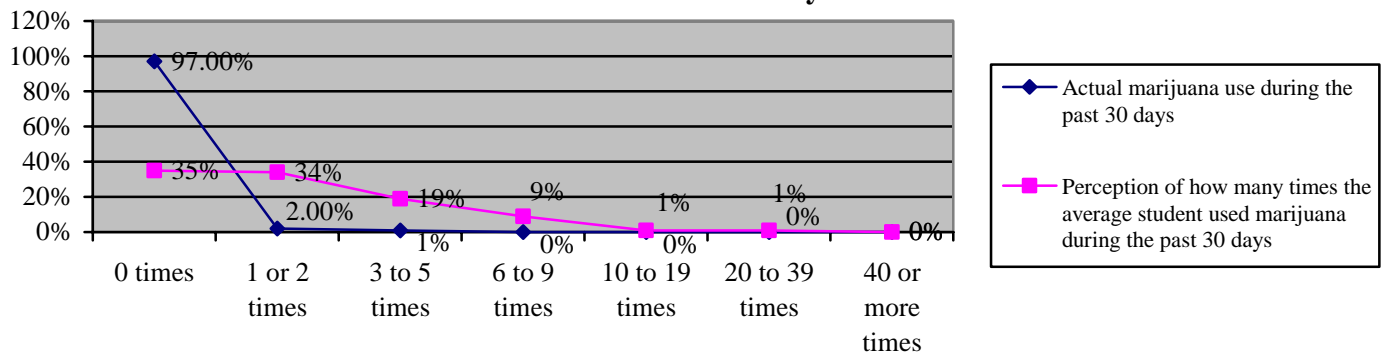
**Chart 7. Actual vs. Perceived Frequency of Alcohol Use
Within the Past 30 Days Among M.V. 7th and 8th grade students**



Perception of Marijuana Use

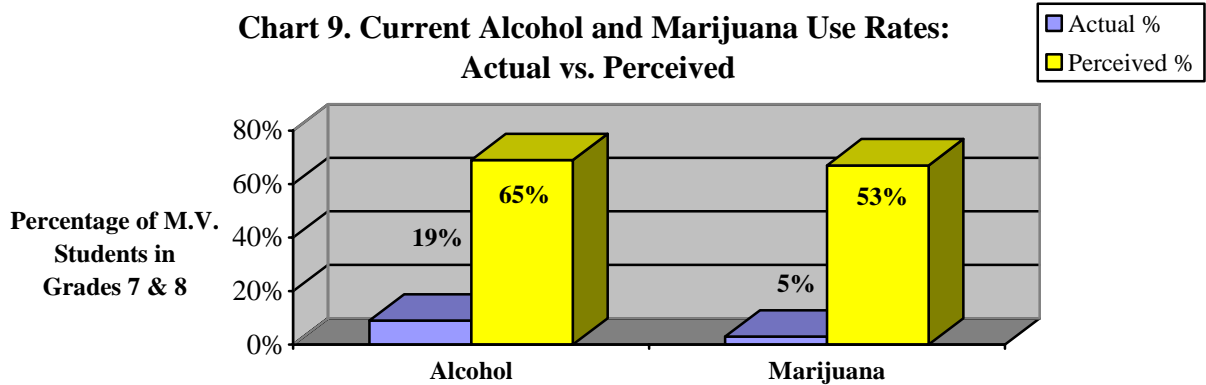
- Most (95%) Martha's Vineyard 7th & 8th grade students **did not** use marijuana in the past 30 days.
- 53% of Martha's Vineyard 7th & 8th grade students *incorrectly* believed the “average” Martha's Vineyard student in their grade currently uses marijuana. Therefore, according to the Social Norms Theory, **a misperception exists**. Most students do not currently use marijuana; however, *most* students believe that the average 7th and 8th grade Martha's Vineyard student in their grade *does* use marijuana.
- Students were asked what percentage of their peers they believe have used marijuana in the past 30 days. The average percent was 14%. However, only 5% of 7th and 8th grade students used marijuana in the past 30 days.
- Students also misperceive the *frequency* of peer marijuana use. Most students (95%) do *not* report using marijuana in the past 30 days. Students were asked how many times in the past 30 days they believed the average Martha's Vineyard Middle School Student had used marijuana. Chart 8 below illustrates the actual and perceived use of marijuana.

Chart 8. Actual vs. Perceived Frequency of Marijuana Use Within the Past 30 Days



Actual Versus Perceived Current Alcohol and Marijuana Use

Chart 10 below illustrates the actual current (past 30-day) use rate of alcohol and marijuana among 7th and 8th grade Martha's Vineyard students compared to the percentage of students that believed the 'typical' student at their school has been using these substances.



Campaign Messaging

- 71% (n= 151) of Martha's Vineyard 7th and 8th grade students reported having seen or heard information based on data collected at their school stating that most students in their school do not drink alcohol.
- Thirty-nine percent (n=89) of 7th and 8th grade students **correctly** reported that 10% of their peers used alcohol in the past 30 days.
 - ❖ A social norms campaign was conducted over the past year by The Duke's County Youth Task Force which stated '9 out of 10 Martha's Vineyard Middle School Currently Do Not Drink'.

Summary of Perceptions of Substance Use

There are misperceptions regarding current alcohol use and current marijuana among Martha's Vineyard 7th & 8th grade students. The majority of Martha's Vineyard 7th & 8th grade students do NOT currently use alcohol or marijuana. However, the majority of students perceived that the typical student engaged in these behaviors. These misperceptions may be 'hidden' risk factors for substance use based on the Social Norms Theory.

F. Depression and Suicidality

Students were asked a series of questions which addressed depression and suicide. Questions measured sad feelings, thoughts of suicide, suicide attempt and self-injury. Table 9 on page 37 illustrates the demographics of those Martha's Vineyard 7th and 8th grade students who reported having seriously considered attempting suicide in the past 12 months.

- 5% (n= 11) of Martha's Vineyard 7th and 8th grade students reported seeking medical help or taking prescription medication for depression in the past 12 months.
- 13% (n= 30) of Martha's Vineyard 7th and 8th grade students felt sad or hopeless almost every day for two weeks or more in a row within the past year, that they stopped doing usual activities, (this is a clinical symptom of depression). The 2007 state rate for 7th and 8th grade students who stopped usual activities because of feeling sad or helpless for two or more weeks is 16%. Martha's Vineyard's rate is *lower* than that of Massachusetts.
- 15% (n= 34) of students had purposely hurt or injured themselves without wanting to die (such as cutting, burning or bruising oneself on purpose) during the past 12 months. The 2007 state rate for 7th and 8th grade students who purposely hurt or injured themselves without wanting to die in the past 12 months is 16%. Martha's Vineyard's rate is *lower* than that of Massachusetts.
- 9% (n= 19) of Martha's Vineyard 7th and 8th grade students had seriously considered attempting suicide during the past 12 months. (See Table 5 for demographics of this population). The 2007 state rate for 7th and 8th grade students who had seriously considered attempting suicide during the past 12 months is 5%. Martha's Vineyard's rate is *higher* than that of Massachusetts.
- 6% (n= 14) of Martha's Vineyard 7th & 8th grade students had made a plan about how to attempt suicide during the past 12 months.
- 4% (n= 8) of Martha's Vineyard 7th and 8th grade students had actually attempted suicide in the past 12 months.

Table 9. Demographics of Those that Have Seriously Considered Attempting Suicide

Sex	Number of students
Female	10
Male	9
Grade	Number of students
7 th	10
8 th	9
Race	Number of students
White	12
Bi-racial	1
Brazilian	4
Black or African American	1
Hispanic/Latino	0
Other	3
Asian	0
American Indian or Alaska Native	0

Statistical Analyses Between Suicidality and Other Factors

Of Martha's Vineyard 7th and 8th grade students who had considered attempting suicide in the past 12 months (n=19):

- 9 students drank alcohol in the past 30 days. This relationship *was found to be statistically significant.*
- 3 students engaged in high risk drinking in the past 30 days. This relationship *was found to be statistically significant.*
- 4 students used marijuana in the past 30 days. This relationship *was found to be statistically significant.*
- 9 students had shown symptoms of depression (felt sad or hopeless almost every day for two weeks that they stopped doing usual activities). This relationship *was found to be statistically significant.*
- 16 students described their life as being stressful. This relationship *was found to be statistically significant.*

Summary of Depression/Suicidality

Thirteen percent (n= 30) of Martha's Vineyard 7th and 8th grade students had shown symptoms of depression. This is *lower* than the 2007 state rate of 16%. Fifteen percent (n= 34) of students reported having purposely hurt or injured themselves without wanting to die in the past 12 months. This rate is *lower* than the 2007 state rate of 16%. Nine percent (n= 19) of Martha's Vineyard 7th and 8th grade students reported having seriously considered attempting suicide in the past 12 months. This rate is *higher* than the 2007 state rate of 5%. Four percent (n= 8) of students reported having actually attempted suicide in the past 12 months. There was *no* statistical significance between having seriously considering attempting suicide and grade, gender or race.

IV. Drug Free Communities Core Measures

Past 30 Day Use

- 9% of Martha's Vineyard 7th & 8th grade students reported drinking alcohol at least once within the past 30 days.
- 2% of Martha's Vineyard 7th & 8th grade reported smoking cigarettes at least once within the past 30 days.
- 3% of Martha's Vineyard 7th & 8th grade students reported smoking marijuana at least once within the past 30 days.

Average Age of Onset

- The average age of first use of alcohol among Martha's Vineyard 7th & 8th grade students that have drunk alcohol was 11.83 years old.
- The average age of first use of cigarettes among Martha's Vineyard 7th & 8th grade students was 12.3 years old.
- The average age of first use of marijuana among Martha's Vineyard 7th & 8th grade students that have smoked marijuana was 13.1 years old.

Perception of Risk of Harm

- 86% of Martha's Vineyard 7th & 8th grade students perceived a 'moderate' or 'great' risk of harm of taking one or two drinks of an alcoholic beverage nearly every day.
- 96% of Martha's Vineyard 7th & 8th grade students perceived a 'moderate' or 'great' risk of harm of smoking one or more packs of cigarettes per day.
- 94% of Martha's Vineyard 7th & 8th grade students perceived a 'moderate' or 'great' risk of smoking marijuana regularly.

Perception of Parental Disapproval

- 96% of Martha's Vineyard 7th & 8th grade students believed their parents thought it was 'wrong' or 'very wrong' for them to drink alcohol regularly.
- 98% of Martha's Vineyard 7th & 8th grade students believed their parents thought it was 'wrong' or 'very wrong' for them to smoke cigarettes.
- 98% of Martha's Vineyard 7th & 8th grade students believed their parents thought it was 'wrong' or 'very wrong' for them to smoke marijuana.

V. Conclusions

The top three most widely used drugs among Martha's Vineyard 7th and 8th grade students within the past 30 days were alcohol (9%) followed by over-the-counter medications (5%), and marijuana (3%). These rates were all *lower* than the 2007 Massachusetts state rates for use among these substances within the past 30 days. The top three most widely used drugs among Martha's Vineyard 7th and 8th grade students during their lifetime were alcohol (24%), over-the-counter medications (7%) and marijuana (6%). These rates were also all *lower* than the 2007 Massachusetts state rates for lifetime use among these substances.

Martha's Vineyard 7th and 8th grade students primarily obtained alcohol from social sources (friends, parents, etc.). Fifty-nine percent of students (n= 138) said their parents never permit them to use alcohol, 4% (n= 10) of 7th and 8th grade students said their parents leave the decision of whether or not to drink alcohol up to them. Lastly, most Martha's Vineyard 7th and 8th grade students perceived that alcohol, marijuana, cigarettes and other drugs are difficult to obtain.

Most Martha's Vineyard 7th and 8th grade students perceived high levels of risk associated with the use of alcohol, cigarettes and marijuana. The majority of students also perceived that their parents would think it was wrong for them to use substances. The majority of students reported that their family has clear rules about alcohol non-use. Most students felt that there was at least one adult they could talk to if they had a problem. All of these areas serve as protective factors for youth in the prevention of substance use and other risk behaviors. It appears that Martha's Vineyard 7th and 8th grade have several strong protective factors in their lives.

There were misperceptions regarding current alcohol use and current marijuana among Martha's Vineyard 7th and 8th grade students. The majority of Martha's Vineyard 7th and 8th grade students do NOT currently use alcohol or marijuana. However, the majority of students perceive that the average student engaged in these behaviors. These misperceptions may be 'hidden' risk factors for substance use based on the Social Norms Theory.

Thirteen percent (n= 30) of Martha's Vineyard 7th and 8th grade students had shown symptoms of depression, this rate was *lower* than the 2007 state rate of 16%. Fifteen percent (n= 34) of students reported having purposely hurt or injured themselves without wanting to die in the past 12 months, this rate was *lower* than the 2007 state rate of 16%. Nine percent (n= 19) of Martha's Vineyard 7th and 8th grade students reported seriously considered attempting suicide in the past 12 months, this rate was *higher* than the 2007 state rate of 5%. Four percent (n= 8) of students had attempted suicide in the past 12 months. There was *no* statistical significance between having seriously attempted suicide and grade, gender or race.

Honesty in Reporting

The majority (99%) of Martha's Vineyard 7th and 8th grade students reported they were honest in completing this survey. Those that reported they were not honest (n=3) were excluded from the final sample and analyses.

Releasing Data to the Public

The Outcomes Project advises communities to be thoughtful and intentional in releasing data to the public. Research has found that publicizing the risks practiced by the **minority** of youth can actually be harmful, possibly increasing risky behaviors among young people. There are effective means to release your data to the public. For information on using your survey data effectively for both planning and educational purposes, please contact *The Outcomes Project* at Health Care of Southeastern, MA Inc.

Contact Information

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