



Health Imperatives

Promoting Personal and Public Health Since 1977

Martha's Vineyard High School



Youth Risk Behavior Survey Results 2010

*Report Prepared By:
The Outcomes Project
A Program of Health Imperatives, Inc.
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I. Methods

Survey

The 2010 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 High School 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 High School 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.

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 the instructions aloud to his/her students, 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 high school students during homeroom. It was administered on February 8, 2010. 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 High School students, a process known as "data cleaning."

First, the survey form was analyzed visually for "doodling" which entails designs made on the bubble answer sheet. Twenty-seven students were removed for this reason.

Second, 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. Nineteen students were 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. Thirty-six students indicated they were not honest. These students were removed from the sample before the results were compiled.

¹ Center for Disease Control, www.cdc.gov

² Most of Us, www.mostofus.org

Third, 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 sample. However, if there were inconsistencies among particular questions, the responses for those individual questions would have been deleted.

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 or many substances on the survey. Two students were removed for this reason.

Following the data cleaning procedure, the final sample size for the Martha's Vineyard High School Youth Risk Behavior Survey is 473 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 answer each question. All analyses only 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.

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 High School was 705. The survey was offered to all high school students present on the day of survey implementation. Reasons for not being included in the sample include absence on the day of the survey and/or opting out of the survey. Finally, students are removed as part of a validity check. This final sample accounts for 67% of the entire Martha's Vineyard High School population. Please see Table 1 for a breakdown of this survey sample.

Table 1. Martha's Vineyard High School Survey Population
Breakdown of Surveyed Population

Total number enrolled in Martha's Vineyard High School	705 students
Total number of students absent/tardy on day of survey implementation	110 students
Total number of students available to take survey on day of implementation	595 students
Students unaccounted for in survey sample (opted out, etc.)	38 students
Total number of surveys returned to evaluators	557 students
Return Rate (% of surveys received out of students available to take survey)	94%
Surveys removed from final sample by evaluators through the validity check process*	84 students
Final sample included in analysis for this report	473 students
Sample Representation (% of students included in analysis out of total students enrolled)	67%

**Please see page 4-5 for explanation of validity check procedures.*

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	705	100%	473	100%
Sex				
<i>Male</i>	368	52%	224	48%
<i>Female</i>	337	48%	243	52%
Grade				
<i>9th grade</i>	202	29%	131	28%
<i>10th grade</i>	164	23%	111	24%
<i>11th grade</i>	167	24%	125	27%
<i>12th grade</i>	167	24%	99	21%
<i>Residential students</i>	10	1%	NA	NA

<i>Age</i>	<i>Number of Respondents</i>	<i>Percentage of Respondents</i>
<i>14 years old</i>	57	12%
<i>15 years old</i>	121	26%
<i>16 years old</i>	126	27%
<i>17 years old</i>	120	26%
<i>18 years old</i>	45	10%
Race/Ethnicity		
<i>White- not Hispanic</i>	348	75%
<i>Black- not Hispanic</i>	17	4%
<i>American Indian or Alaska Native</i>	11	2%
<i>Hispanic or Latino</i>	6	1%
<i>Asian or Pacific Islander</i>	6	1%
<i>Brazilian</i>	27	6%
<i>Bi-Racial</i>	25	5%
<i>Other</i>	12	3%
<i>More than one race selected</i>	15	3%

(The number of students in the first column may not always add up to the total amount in the sample of 473. Students were allowed to skip individual questions.)

Comparison Data

Since the survey administered at Martha's Vineyard High School is based on an existing instrument, comparison data for many question items is publicly available. Comparisons are useful for providing context to survey results to provide a sense of what is average and can aid in identifying both strengths and priority areas.

Where available, comparison data is provided. For this report, national comparison numbers are from the 2007 Youth Risk Behavior Survey data set issued by the Centers for Disease Control. State comparison numbers used in this report are from the 2007 Massachusetts Youth Risk Behavior Survey data set reported by The Massachusetts Departments of Elementary and Secondary Education and Public Health. This is the most current comparison data available to date.

III. Survey Findings

A. Substance Use

This section of the report provides a summary of substances used by Martha's Vineyard High School students within the past 30 days and within their lifetime. Chart 1 (Page 19) shows the rates of current substance use among Martha's Vineyard High School students. Chart 2 (Page 20) shows the rates of lifetime substance use among Martha's Vineyard High School students.

Alcohol Use

Current Alcohol Use

Alcohol was the most used substance among Martha's Vineyard High School students. In the past 30 days, 43% (n=203) of students reported drinking alcohol. This rate is *lower* than both the Massachusetts High School students' average of 46% and the national average of 45%.

Current Drinkers & Non-Drinkers by Grade and Gender

	9 th Grade	10 th Grade	11 th Grade	12 th Grade
Users	21% (n= 27)	45% (n= 50)	56% (n= 70)	54% (n= 53)
Non-users	79% (103)	55% (n= 61)	44% (n= 55)	46% (n= 45)

- The differences found among grade *were found to be statistically significant*.
- No difference was found among gender.

Age of First Use of Alcohol

- The average age of first use of alcohol among Martha's Vineyard High School students, *that have reported alcohol use*, was 13.66 years.
- 14% (n=64) of Martha's Vineyard High School students reported using alcohol before the age of 13 years old. 20% of Massachusetts and 24% of national high school students report using alcohol for the first time before the age of 13 years old.

Lifetime Use of Alcohol

- 72% (n= 336) of Martha's Vineyard High School students reported they have had at least one drink of alcohol in their lifetime. This is slightly *lower* than the Massachusetts high school students' average of 73% and the national rate of 75%.

Current Alcohol Use on School Property

- 3% (n= 16) of Martha's Vineyard High School students reported using alcohol on school property within the past 30 days. This is *lower* than the national average (4%).

Alcohol Use Over Past Two Weeks

- 34% (n= 159) of Martha's Vineyard High School students reported they have had at least one drink of alcohol over the past two weeks.

Current High-Risk Drinking

- 31% (n= 145) of Martha's Vineyard High School students reported engaging in high risk drinking within the past 30 days. This is *higher* than both the Massachusetts High School students' average (28%) and the national average (26%).
- Males (33%, n= 74) were shown to have engaged in high-risk drinking in the past 30 days more often than females (28%, n= 68); however, this difference was *not* statistically significant.
- There was a *statistically significant* difference found among all grades.

	9 th Grade	10 th Grade	11 th Grade	12 th Grade
Users	9%	36%	38%	44%
Non-users	91%	64%	62%	56%

Additional High-Risk Drinking Analyses:

- Most (46%, n= 54) of those who do currently binge drink (n=117) stated they have been taught ways to reduce or manage stressful situations.
 - However, this *was not* found to be statistically significant.

Drinking and Driving

- During the past 30 days, 15% (n= 73) of Martha's Vineyard High School students reported riding in a car or other vehicle with a driver who had been drinking. This rate is *lower* than Massachusetts' rate of 26%. This rate is *lower* than the national rate of 29%.
 - More females (18%) reported riding in a car or other vehicle with a driver who had been drinking than males (13%), however this relationship *was not* found to be statistically significant.
 - Students in the 11th grade were found to report the greatest amount of riding with a driver who had been drinking followed by; 10th grade (17%), 9th grade (13%) and 12th grade (12%). However, these differences *were not* found to be statistically significant.
- During the past 30 days, 5% (n= 23) of Martha's Vineyard High School students reported driving a car or other vehicle when they had been drinking. This rate is *lower* than both Massachusetts (11%) and National (11%) averages.
 - Students in the 11th grade reported the highest amount of driving after drinking alcohol with 7%, followed by 12th grade students (6%), 10th grade (5%), 9th grade (1%). These differences were found to be *statistically significant*.
 - Although *no* statistically significant difference was found among gender, more males (6%) reported driving a car or other vehicle when they had been drinking than females (3%).

Marijuana Use

Current Marijuana Use

Marijuana was the second most used substance among Martha's Vineyard High School students, as 34% (n= 158) reported current use. Martha's Vineyard High School students report *higher* rates of current marijuana use than the Massachusetts average (25%) and the national average (20%).

Current Marijuana Users and Non-Users by Grade and Gender

	9 th Grade	10 th Grade	11 th Grade	12 th Grade
Users	22% (n= 29)	38% (n= 41)	39% (n= 49)	37% (n= 37)
Non-users	78% (n= 102)	62% (n= 68)	61% (n= 76)	63% (n= 62)

- These differences in use among grade were found to be *statistically significant*.
- More males (37%, n= 83) report currently using than females (30%, n= 72).

Age of First Use

- The average age of first use of marijuana among Martha's Vineyard High School students, *that have reported marijuana use*, was 14.24 years. 6% (n=26) of MVHS students reported using marijuana for the first time before the age of 13. This is *lower* than the Massachusetts rate (9%) and national rate (8%) for first use of marijuana before the age of 13.

Lifetime Use of Marijuana

- 52% (n= 240) of students reported using marijuana at least once in their lifetime. This rate is also *higher* than the Massachusetts average of 41%. National comparison data is not available for lifetime marijuana use.

Current Marijuana Use on School Property

- 7% (n= 31) of Martha's Vineyard High School students reported using marijuana on school property in the 30 days prior to the survey. This is *higher* than the national rate of 5%. Massachusetts comparison data is not available.

Driving While Under the Influence of Marijuana

- 34% (n= 160) of students have ridden in a car or other vehicle driven by someone who had been using marijuana.
 - A *statistically significant* difference was found among grade and those that have ridden in a car with someone who had been using marijuana. Again, 11th grade students report the highest amount with 43% followed by 10th grade (40%), 12th grade (35%) and 9th grade (21%).
 - No difference was found among gender.

- 13% (n= 61) of M.V. High School students have driven a car after they had been using marijuana.
 - A *statistically significant* difference was found between grades and driving after using marijuana, 12th graders reported the most with 23%, followed by 11th graders (19%), 10th grade (10%) and 9th grade (2%).
 - There was *no* statistically significant difference found among gender, although more males (16%) reported driving than females (10%).

Cigarette and Tobacco Use

Current Cigarette Use

In the past 30 days, 11% (n= 51) of Martha's Vineyard High School students reported cigarette use. Martha's Vineyard High School students reported *less* cigarette use than their Massachusetts (18%) and nationwide (20%) peers.

Current Cigarette Use by Grade and Gender

	9 th Grade	10 th Grade	11 th Grade	12 th Grade
Users	4%	10%	14%	17%
Non-users	96%	90%	86%	83%

- These differences in use among grade were found to be *statistically significant*.
- More males (13%) report currently using than females (10%), however this was *not* statistically significant.

Age of First Use of Cigarettes

- The average age of first use of cigarettes, *among those students that report cigarette use* was 13.99 years. 5% (n=24) of Martha's Vineyard High School students reported smoking a cigarette for the first time before the age of 13. 12% of Massachusetts high school students reported smoking a cigarette before 13 years old.

Lifetime Use of Cigarettes

- 32% (n= 152) of Martha's Vineyard High School students had tried cigarette smoking. This is also *lower* than both Massachusetts (46%) and national (50%) rates.

Chewing/Smokeless Tobacco

- 14% (n=66) of students have used chewing/smokeless tobacco or snuff in their lifetime.
- 6% (n=30) of Martha's Vineyard High School students reported using chewing/smokeless tobacco or snuff within the past 30 days. This is *lower* than Massachusetts (7%) and the national average (8%).

Other Drug Misuse

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

Over-the-Counter Medication (OTC)/ Non-Prescription Medications

- 14% (n= 62) of Martha's Vineyard High School students reported using an over-the-counter medication, such as cough syrup, cold medications or painkillers, *for something other than its intended purpose* during their *lifetime*.
- 5% (n= 23) of Martha's Vineyard High School students reported using an over-the-counter medication, such as cough syrup, cold medications or painkillers, *for something other than its intended purpose* during the past 30 days.
- No difference was found among use by gender.
- The difference in grade was *statistically significant*.

	9 th Grade	10 th Grade	11 th Grade	12 th Grade
Users	3% (n=4)	11% (n=12)	4% (n=5)	2% (n=2)

Prescription Drugs

- 12% (n= 53) of Martha's Vineyard High School students reported using a prescription medication *without a doctor's orders* during their *lifetime*.
- 5% (n= 22) of Martha's Vineyard High School students reported using a prescription medication *without a doctor's orders* during the past 30 days.
 - No difference was found among gender.
 - The difference in grade was *statistically significant*.

	9 th Grade	10 th Grade	11 th Grade	12 th Grade
Users	3% (n=4)	11% (n=12)	3% (n=4)	2% (n=2)

Inhalants

- 5% (n= 22) of Martha's Vineyard High School students reported using inhalants (sniffing glue, inhaling paints or sprays to get high, etc.) during their *lifetime*. This is *lower* than the national high school student average of 13%.
- 2% (n= 8) of Martha's Vineyard High School students reported using inhalants (sniffing glue, inhaling paints or sprays to get high, etc.) in the past 30 days.

Cocaine

- 4% (n= 16) of Martha's Vineyard High School students reported using cocaine during their *lifetime*. This rate is *lower* than the Massachusetts high school student average of 9% and the national average of 7%.
- 2% (n= 11) of Martha's Vineyard High School students reported using cocaine in the past 30 days. This is *lower* than the national high school student average of 3%.

Heroin

- 1% (n= 5) of Martha's Vineyard High School students reported using heroin during their *lifetime*. This is *lower* than the national high school student use rate of 2%.
- 1% (n=5) Martha's Vineyard High School students reported using heroin in the 30 days prior to the survey.

Hallucinogenic Substances

- 8% (n= 36) of Martha's Vineyard High School students reported using hallucinogenic substances during their *lifetime*. This is *equal* to the national high school student rate of 8%.
- 2% (n= 11) of Martha's Vineyard High School students reported using hallucinogenic substances during the past 30 days.

Ecstasy

- 4% (n= 18) of Martha's Vineyard High School students reported using ecstasy during their *lifetime*. This rate is *lower* than the Massachusetts high school student average of 7% and the national rate of 6%.
- 1% (n= 5) of Martha's Vineyard High School students reported using ecstasy in the past 30 days.

Needle Use

- 2% (n= 8) have used a needle to inject an illegal drug into their body during the past 12 months. This is *equal* to the national average of 2%.

Cross Tabulation of Multiple Drug Use

Analyses were run to determine current poly-substance use among Martha's Vineyard High School 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:

- 61% (n= 122) of those who currently drink alcohol also currently use marijuana.
- 19% (n= 39) of those who currently drink alcohol also currently smoke cigarettes.
- 20% (n= 32) of those who currently smoke marijuana also currently smoke cigarettes.
 - A *statistically significant relationship* was found between poly-substance uses of these drugs. Analyses show that those Martha's Vineyard High School students who used alcohol were more likely to engage in high-risk drinking, use marijuana, smoke cigarettes and use misuse prescription drugs.

Consequences of Alcohol or Drug use

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

- 19% (n= 84) of those who drank alcohol or used other drugs in the past 12 months reported they have gotten into trouble with their parents as a result of their substance use.
- 27% (n= 119) 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.
- 28% (n= 122) of those who drank alcohol or used other drugs in the past 12 months reported having vomited as a result of their substance use.
- 17% (n= 75) 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 High School students within the past 30 days were alcohol (43%) followed by marijuana (34%) and cigarettes (11%).

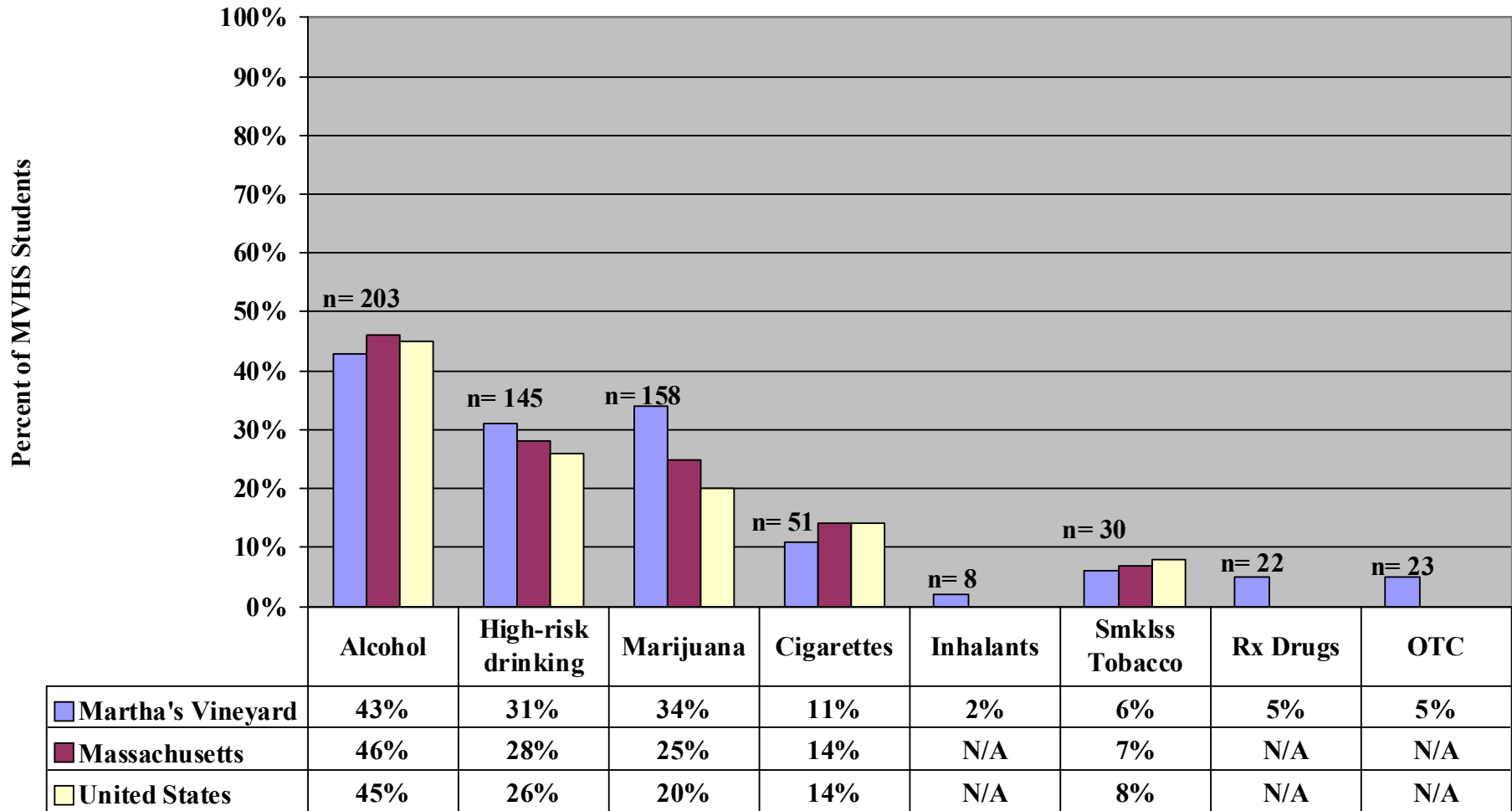
- Alcohol was the drug most commonly used by Martha's Vineyard High School students, with 43% (n= 203) of students reporting current use.
- The rate of high-risk drinking within the past 30 days among Martha's Vineyard High School students was 31% (n=145).
- Marijuana was the second most commonly used substance among Martha's Vineyard High School students, with 34% (n= 158) reporting current use.
- Cigarettes were the third most prevalent substance among Martha's Vineyard High School students, with 11% (n=51) of students reporting current use.
- 6% of the total sample (n= 30) reported current smokeless/ chewing tobacco use.
- 5% (n= 22) of students reported using prescription medications without a doctor's orders during the past 30 days.
- 5% (n= 23) of students reported using over-the-counter medications /non-prescription medications for something other than their intended purpose during the past 30 days.
- 2% (n= 8) of students reported having sniffed glue or breathed the contents of spray cans or inhaled any paints or sprays to get high during the past 30 days.

Lifetime Substance Use

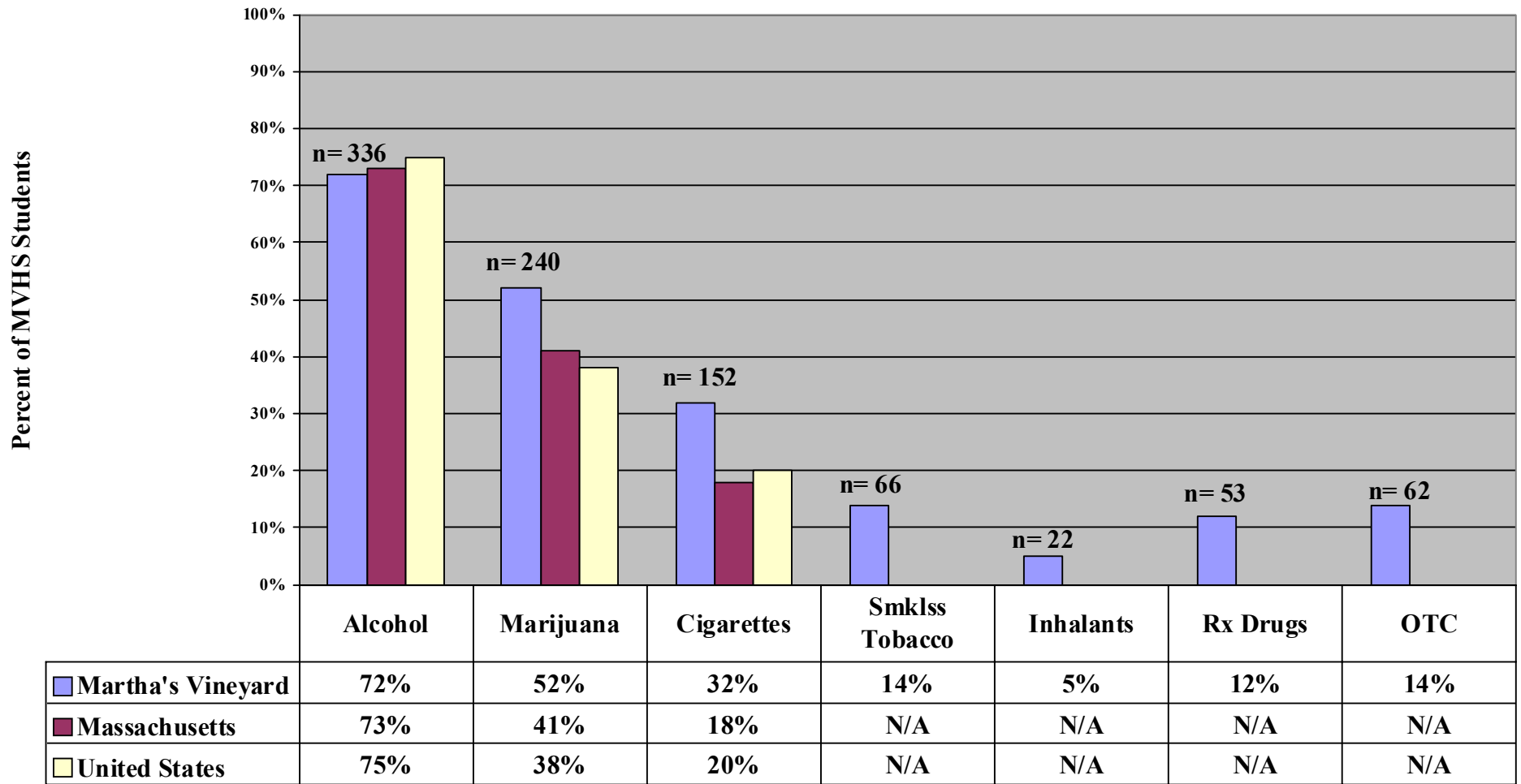
The top three most widely used drugs among Martha's Vineyard High School students during their lifetime were alcohol (72%, n= 336), marijuana (52%, n= 240) and cigarettes (32%, n= 152).

- Prescription drugs (use without a doctor's orders) have been misused by 12% (n= 53) of students at some time in their lives.
- 14% (n= 62) of Martha's Vineyard High School students reported using over-the-counter/ non-prescription medications for something other than their intended purpose in their lifetime.
- 5% (n= 22) of students reported having sniffed glue or breathed the contents of spray cans or inhaled any paints or sprays to get high during their lifetime.

**Chart 1. Martha's Vineyard High School Past 30 Days Substance Use (2010)
Compared to Massachusetts & United States (2007)**



**Chart 2. Martha's Vineyard High School Lifetime Substance Use (2010)
Compared to Massachusetts & United States (2007)**



B. Access to Substances

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

Alcohol

Access to Alcohol

The following table illustrates access points of alcohol among the *students who drank during the past 30 days* (in rank order). 57% (n= 269) stated that they did not drink alcohol and therefore did not get it. The primary source of alcohol for this population was friends over the age of 21 followed by friends under the age of 21. Students were allowed to select more than one answer.

Table 3. Source of Access to Alcohol for Martha's Vineyard High School Students Who Reported Using Alcohol within the Past 30 Days

Access Point	Percentage of Those Who Drank	Number of Those Who Drank
A friend who is 21 years of age or older	21%	97
A friend who is under 21 years of age	10%	46
My mother or father without their permission	6%	28
My mother or father with their permission	5%	22
A brother, sister or other relative (non-parent)	5%	23
A friend or acquaintance's mother or father without their permission	3%	14
I asked a stranger to buy it for me	2%	9
A friend or acquaintance's mother or father with their permission	1%	6
I bought it myself	1%	4

Parental Permission to Drink Alcohol

Students were asked if there were any times their parents permitted them to drink alcohol. They were given options as to when this would have occurred. These students were allowed to select more than one answer (responses are in Table 4 in rank order).

Table 4. Times When Parents Permit Students to Drink Alcohol

When parents permit their children to drink	Percentage of Students	Number of Students
Not under any circumstances	42%	200
For a toast at a wedding or other celebration	29%	138
At family parties (other than a toast)	16%	76
During a religious service	14%	68
They leave the decision to me	11%	50
When I'm with them	10%	45
At parties as long as I don't drive	5%	22
At parties when adults are present	2%	11
At home with friends as long as no one is driving	1%	5

Other Drugs

Access on School Property

- 30% (n= 133) 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. This percentage is *higher* than Massachusetts' rate of 27% and the national rate of 22%.

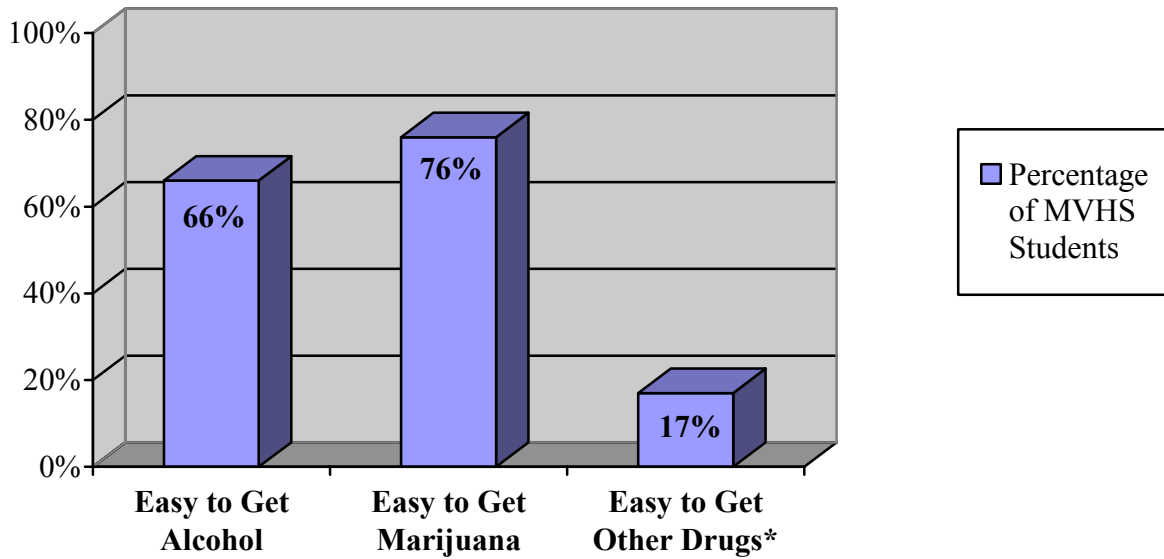
Access Outside of School

- 44% (n=189) of students said that they had been offered, sold or given illegal drugs when they were not in school.

Perception of Ease of Access

Students were asked to report their perceived ease of obtaining alcohol, marijuana and other drugs (such as cocaine, heroin, LSD or amphetamines). Most students believed that it would be easy to obtain alcohol, marijuana, but not other drugs. The percentage of students who believed alcohol, marijuana and other drugs were “sort of” or “very easy” to get if they wanted some, is shown in Chart 3.

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



**“Other drugs” such as cocaine, heroin, LSD, or amphetamines.

Summary of Access to Substances

Martha's Vineyard High School students primarily obtained alcohol from social sources (friends, parents etc.). Forty-two percent of students reported that their parents never permit them to drink alcohol. Thirty percent of Martha's Vineyard High School students have been offered, sold or given an illegal drug on school property during regular school hours during the past 12 months. Most Martha's Vineyard High School students perceived that alcohol and marijuana were easy to obtain. However, most think that other drugs such as cocaine, heroin, LSD or amphetamines were difficult to obtain.

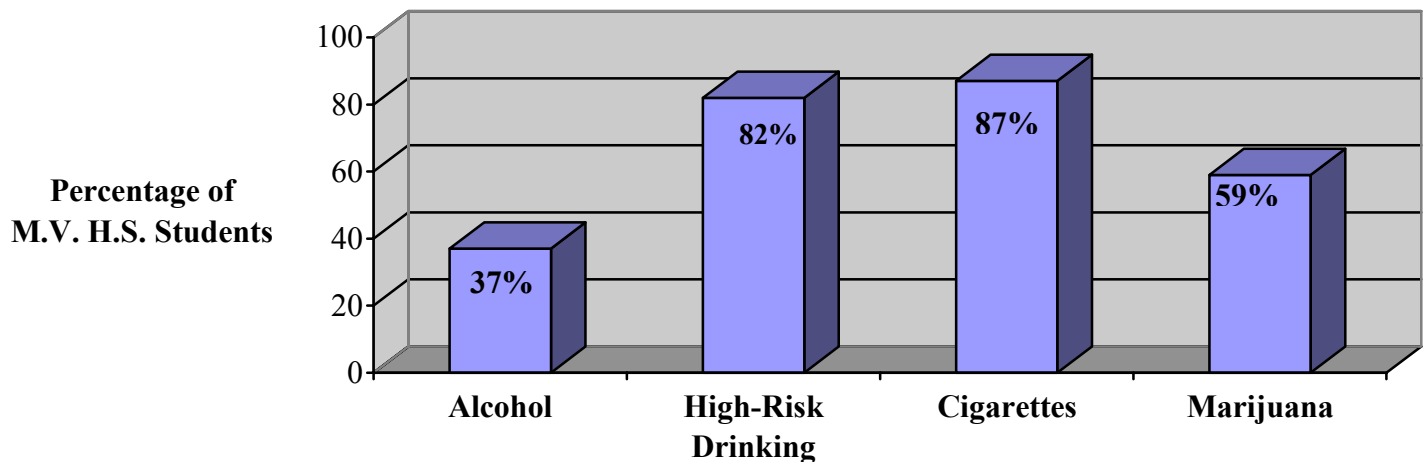
C. Protective Factors

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 adults disapproval, clear rules about alcohol use, belief would be caught by parents and police, comfort talking to an adult, 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 four risk behaviors: 1) try one or two drinks of an alcoholic beverage; 2) smoking one or more packs of cigarettes per day; 3) smoking marijuana regularly; and 4) have five or more drinks of alcohol once or twice every weekend. Those who believed they would face ‘moderate’ risk were added with those who believed they would face ‘great’ risk from these four factors, and results are illustrated in Chart 4. Most Martha’s Vineyard High School students felt there was moderate or great risk of harm in other people using these substances.

Chart 4. M.V.H.S Student's Perception of "Moderate" or "Great" Risk of Harm Of Substance Use By Other People



Additional analyses:

Alcohol

- 27% (n= 54) of those who currently drank alcohol (n= 201) believed there was ‘moderate’ or ‘great’ risk of harm from drinking alcohol.
- 46% (n= 119) of those who do *not* drink alcohol (n= 260) believed there was ‘moderate’ or ‘great’ risk of harm from drinking alcohol.

- Those Martha's Vineyard High School students who believed there was 'moderate' or 'great' risk of harm from drinking alcohol were *less likely* to be current alcohol users.

High-risk Drinking

- 70% (n= 98) of those who currently engage in high-risk drinking (n= 141) believed there was 'moderate' or 'great' risk of harm from drinking alcohol.
- 88% (n=279) of those who do *not* engage in high-risk drinking (n= 317) believed there was 'moderate' or 'great' risk of harm from drinking alcohol.
 - Those Martha's Vineyard High School students who believed there was 'moderate' or 'great' risk of harm from drinking alcohol were *less likely* to currently engage in high-risk drinking within the past 30 days.

Cigarettes

- 71% (n= 36) of those who currently smoke cigarettes (n= 51) believed there was a 'moderate' or 'great' risk of harm from smoking cigarettes.
- 91% (n= 366) of those who do *not* currently smoke cigarettes (n= 407) believed there was a 'moderate' or 'great' risk of harm from smoking cigarettes.
 - Those Martha's Vineyard High School students who believed there was 'moderate' or 'great' risk of harm from smoking cigarettes were *less likely* to be current cigarette users.

Marijuana

- 9% (n= 14) of those who currently use marijuana (n= 153) believed there was 'moderate' or 'great' risk of harm from using marijuana.
- 43% (n= 132) of those who do *not* currently use marijuana (n= 308) believed there was 'moderate' or 'great' risk of harm from using marijuana.
 - Those Martha's Vineyard High School 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 Harm of Trying Marijuana

- 51% (n=239) of MVHS students 'agree' or 'strongly agree' with the statement: There is no harm in smoking marijuana once or twice to find out what it is like.
- 66% (n= 304) of MVHS students believe that the *average Martha's Vineyard High School student* 'agrees' or 'strongly agrees' with the statement: There is no harm in smoking marijuana once or twice to find out what it is like.

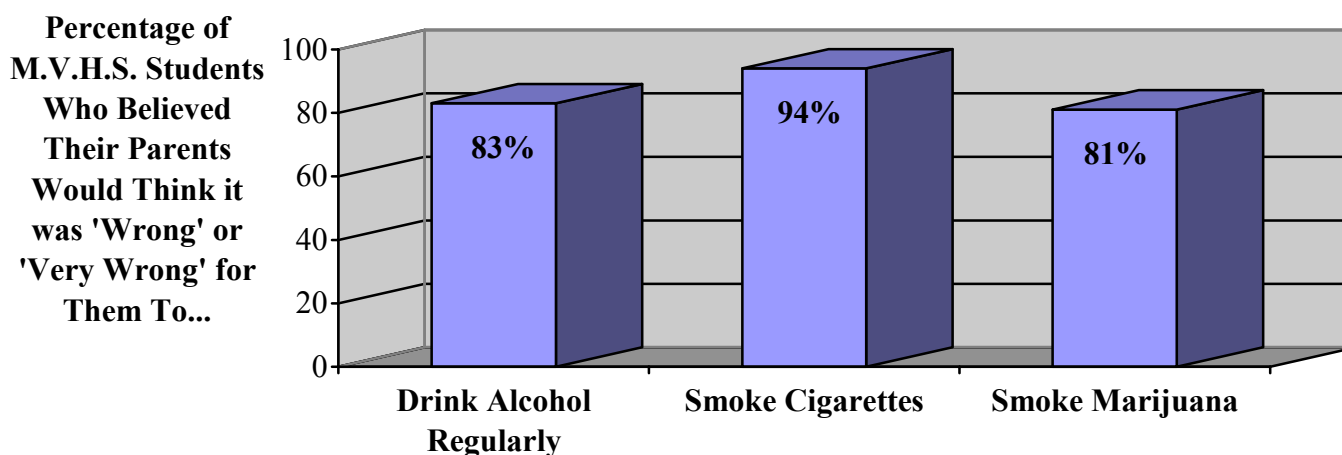
Alcohol Use by High School Students

- 26% (n=122) of MVHS students 'agreed' or 'strongly agreed' with the statement: There is nothing wrong with high school students drinking beer or wine.
- 56% (n=263) of MVHS students believed that the *average MVHS student* 'agrees' or 'strongly agrees' with the statement: There is nothing wrong with high school students drinking beer or wine.

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 M.V.H.S. Students



Additional analyses:

Alcohol

- 77% (n= 152) of those who currently drink alcohol (n= 197) believed their parents thought it was ‘wrong’ or ‘very wrong’ for them to drink alcohol regularly.
- 88% (n= 229) of those who do *not* drink alcohol (n= 259) believed their parents thought it was ‘wrong’ or ‘very wrong’ for them to drink alcohol regularly.
 - Those Martha’s Vineyard High School students who believed their parents thought it was ‘wrong’ or ‘very wrong’ for them to drink alcohol regularly were *less likely* to be current alcohol users.

Cigarettes

- 72 % (n=37) of those who currently smoke cigarettes (n= 51) believed their parents thought it was ‘wrong’ or ‘very wrong’ for them to smoke cigarettes.
- 97 % (n= 393) of those who do *not* currently smoke cigarettes (n= 405) believed their parents thought it was ‘wrong’ or ‘very wrong’ for them to smoke cigarettes.

- Those Martha's Vineyard High School students who believed their parents thought it was 'wrong' or 'very wrong' for them to smoke cigarettes were *less likely* to be current cigarette users.

Marijuana

- 66% (n= 98) of those who currently use marijuana (n= 150) believed their parents thought it was 'wrong' or 'very wrong' for them to smoke marijuana.
- 88% (n= 272) of those who do *not* currently use marijuana (n= 308) believed their parents thought it was 'wrong' or 'very wrong' for them to smoke marijuana.
 - Those Martha's Vineyard High School students who believed their parents thought 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

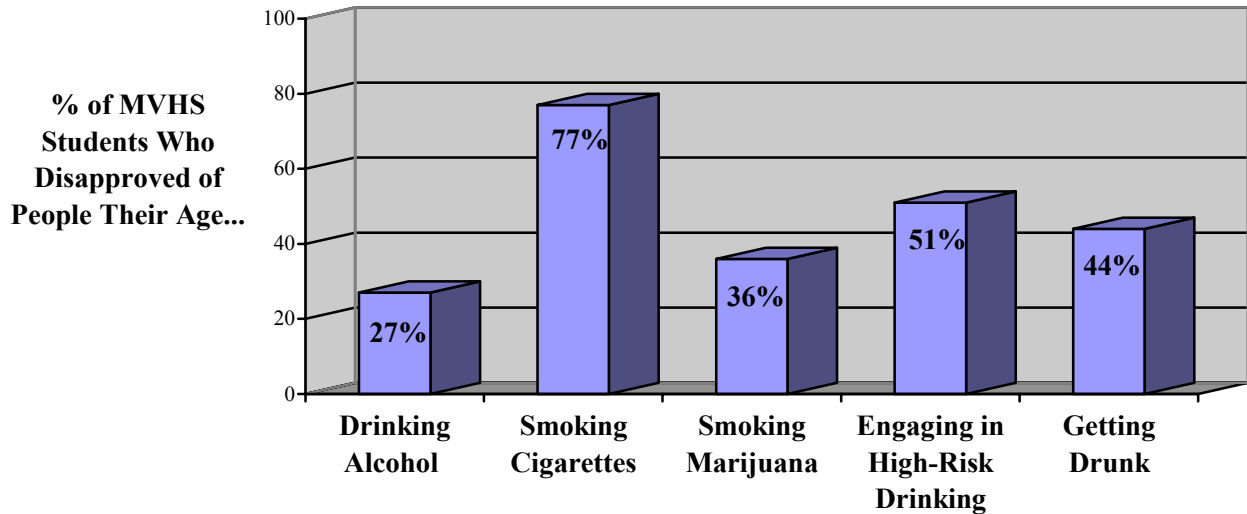
Students were asked how wrong most adults in their neighborhood thought it was for kids their age to drink alcohol and smoke marijuana.

- 73% of MVHS students thought that most adults would think it was 'very wrong' or 'wrong' for kids their age to drink alcohol .
- 73% of MVHS students thought that most adults would think it was 'very wrong' or 'wrong' for kids their age to smoke marijuana.

Youth Disapproval of Substance Use

Students were asked how much they approve or disapprove of people their age using substances. Those who said 'disapprove' or 'strongly disapprove' are shown in Chart 6.

Chart 6. Youth Disapproval of Youth Substance Use



How Students Avoid Drinking Alcohol at Social Gatherings

Students were asked if they were at a party or hanging out with other students, what, if anything they have done to avoid drinking alcohol. Students were allowed to select more than one answer. Results are shown in Table 5 in rank order.

Table 5. What Students Have Done to Avoid Drinking Alcohol

How Avoided	Percentage	Number of Students
Don't drink alcohol, so have not done anything special	34%	160
Drink alcohol, so do not try to avoid drinking	27%	129
Tell people, "I don't want to drink" if offered alcohol	26%	122
Avoid parties where students drink	7%	35
Have never been to party where there has been drinking	7%	32
Stay at the party, but try to avoid the drinkers	5%	22
Do not hang out with drinkers	4%	18
Leave a party if other students start to drink	2%	10
Pretend to be drinking alcohol by holding a beer or other drink	2%	10
Try to get students who drink to stop drinking	2%	8

Clear Rules about Alcohol use

- 65% (n= 272) of Martha's Vineyard High School students reported that their family had clear rules about youth not using alcohol and drugs.

Additional analyses:

- 71% (n= 170) of those who stated that their family had clear rules about alcohol non-use reported NOT drinking alcohol in the past 30 days. This relationship was found to be *statistically significant*.

Belief Would be Caught by Parents

- 23% of MVHS students thought that if they drank some beer, wine or liquor without their parents' permission they would be caught by their parents.
- 10% of MVHS students thought that if the *average MVHS student* drank some beer, wine or liquor without their parents' permission they would be caught by their parents.

Belief Would Get in Trouble by Parents

- 77% of MVHS students thought that if they drank some beer, wine or liquor without their parents' permission they would get in trouble by their parents.
- 67% of MVHS students thought that if the *average MVHS student* drank some beer, wine or liquor without their parents' permission they would get in trouble by their parents.

Belief Would be Caught by Police

- 13% of MVHS students thought that if a kid in their neighborhood drank some alcohol they would be caught by the police.
- 10% of MVHS students thought that if a kid in their neighborhood smoked marijuana they would be caught by the police.

Police Response to Drinking Party

Students were asked what would happen if they were at a party where high school students were drinking alcohol and the police showed up. They were allowed to select more than one response.

Table 6. Police Response to Drinking Party

What	Percentage	Number of Students
They would have us take a breathalyzer test	31%	145
They would drive us home	25%	118
I would be arrested	23%	110
They would call my parents	18%	84
Nothing	13%	63
They would send us home	11%	52
They would take the alcohol away	7%	34
Other	7%	31
I don't know	.2%	1

Prevention from Drinking Alcohol

Students were asked what primarily prevents them from drinking alcohol. Results are given in Table 7 in rank order.

Table 7. What Prevents Students From Drinking Alcohol

Consequence	Percentage	Number of Students
Other	22%	80
Getting in trouble with parents	22%	77
Nothing	18%	65
Negative health effects	18%	63
Losing eligibility for/getting suspended from sports	9%	32
Getting in trouble with police	7%	25
Negatively affecting school work	3%	10
Negatively affecting friendships	2%	6

Perception of Effects of Alcohol or Other Drugs on People

Students were asked if they believe that alcohol or other drugs have any of the following effects on people. Students were allowed to select more than one response. Results are shown in rank order in Table 8.

Table 8. Effects of Alcohol or Other Drugs on People

Effect	Percentage	Number of Students
Do stupid things that they might regret	56%	267
Makes people more angry/ prone to fighting	55%	258
Put people in situations that may get out of control	50%	236
Helps people enjoy a party more	39%	184
Helps people break the ice	35%	165
Allows people to have more fun	35%	163
Keeps people from being bored	33%	158
Makes it easier for people to deal with stress	31%	146
Gives people something to do	30%	142
None of the above	3%	13

Social Interaction and Alcohol

Students were asked a series of questions regarding their social interactions and people who drink alcohol.

- 46% (n= 204) prefer to date someone who does *not* drink alcohol.
- 42% (n= 181) prefer to hang out with people their age who do *not* drink alcohol.
- 44% (n= 188) prefer parties where people their age are *not* drinking alcohol.

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 in Table 9.

Table 9. Comfort Talking to Adult about Problem

Comfort Level	Percentage	Number
Very comfortable	17%	68
Comfortable	38%	151
Uncomfortable	37%	147
Too uncomfortable to talk	9%	37

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 10.

Table 10. Who Students Would Talk to About Problem in rank order

Who	Percentage	Number
Parent/guardian	37%	136
Sibling or other family member	17%	61
Teacher, school counselor or other school adult	14%	51
There is no one I would talk to	13%	46
Other	11%	39
Adult friend	7%	24
Youth Task Force member	1%	3
Minister/clergy	1%	3
Police/ DARE officer	1%	3
Coach	0	0

Coping Skills

Students were asked questions about stress in their life and if they had been taught ways to reduce stressful situations. Additionally, students were asked who they turn to when they had a problem and needed help coping. Table 11 illustrates who students turn to if they are having a problem and wanted help coping.

- 57% (n=229) of Martha's Vineyard High School students described their life as stressful.
- 60% (n=241) of Martha's Vineyard High School students reported having been taught ways to reduce or manage stressful situations.

Table 11. Who Students Turn to for Help When They are Having a Problem and Want Help in Coping

Who	Percentage	Number
Parent/guardian	37%	138
Other	21%	78
Sibling or other family member	18%	66
Teacher, school counselor or other school adult	9%	34
Adult friend	6%	21
There is no one I would talk to	6%	23
Coach	1%	5
Minister/clergy	1%	4
Youth Task Force member	<1%	2
Police/ DARE officer	<1%	1

Participation in School-Sponsored Activities

Students were asked if they participated in any of the activities (either in school or out of school) listed below in the past year.

- 67% (n= 317) participated in sports teams.
- In Massachusetts, 60% of high school students reported playing on sports teams in the past year. Nationwide, 56% of high school students report playing on at least one sports team during the past year. Martha's Vineyard High School students have a higher percentage of students participating in sports than both their state and national peers.
- 70% (n= 331) participated in community service.
- 88% (n= 415) participated in a paid or unpaid job.
- 40% (n= 187) participated in music or performing arts clubs or organizations.
- 76% (n= 360) participated in any clubs or organizations.
- 17% (n= 81) participated in student council or government.

Parental Relationships

- 77% (n= 292) of students stated they felt close to their parent/guardian.
- 62% (n= 229) of students shared their thoughts and feelings with their parent/guardian.
- 78% (n=286) thought it was important to be honest with their parents, even if their parents become upset or the student got punished.

Summary of Protective Factors

Most Martha's Vineyard High School students perceived high levels of risk associated with the use of cigarettes, high-risk drinking and marijuana. They do not however perceive high levels of risk with using alcohol. The majority of students also perceived that their parents thought it was wrong for them to use alcohol, cigarettes and marijuana. Those that perceived risk of harm and parental disapproval of substances were less likely to use those substances. The majority of students reported that their family had clear rules about alcohol non-use. Most students did *not* believe they would be caught by their parents or police if they used alcohol or marijuana. Most

students said they would be comfortable to talk to an adult if they knew about a problem in the community. The majority of students participate in some type of school-sponsored activity (sports, clubs, student government etc.). Most students also reported feeling close to their parents. 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 High School students have several strong protective factors in their lives.

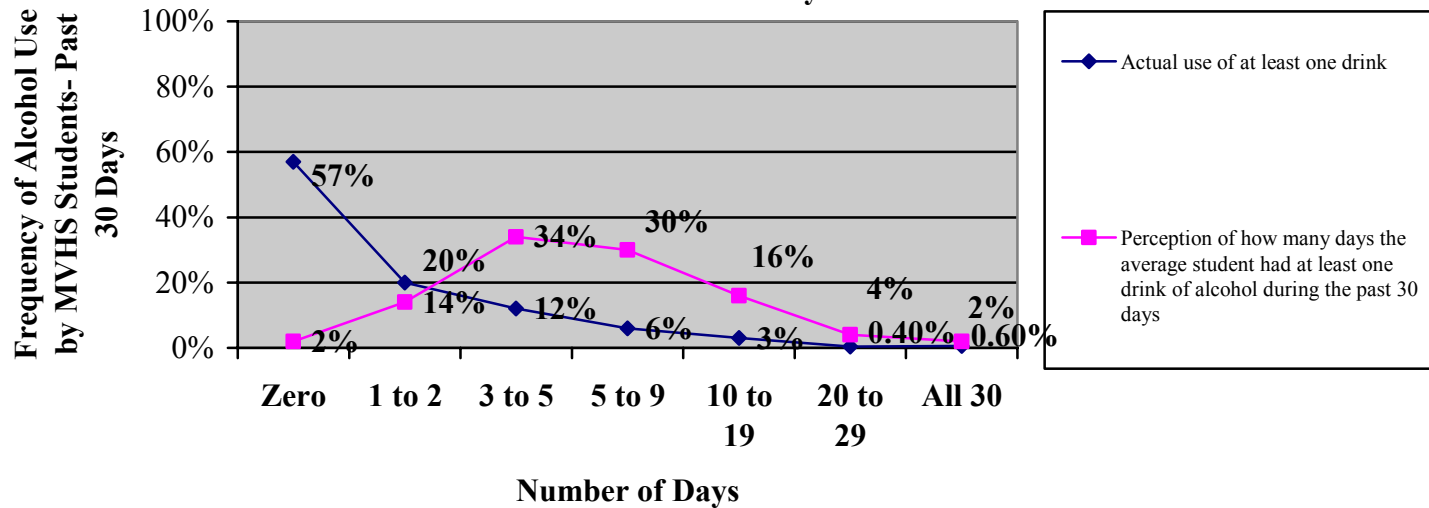
D. Social Norms

Questions were asked about perceptions of typical Martha's Vineyard High School's 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.

Perception of Current Alcohol Use

- Most (57%) of Martha's Vineyard High School students **did not** drink alcohol within the past 30 days (actual use).
- 98% of Martha's Vineyard High School students **incorrectly** believed the "average MVHS student" drank alcohol in the past 30 days. Therefore, a **misperception exists** regarding current alcohol use versus non-use among this population. See Chart 12 for actual versus perceived use among Martha's Vineyard High School students.
- When asked what percentage of students at MVHS they believed used alcohol in the past 30 days, 78% of students said 50% or more.
- Students also misperceived the *frequency* of peer alcohol use, as shown in the Chart 8. Students believed that most students drink alcohol more frequently than they actually do.

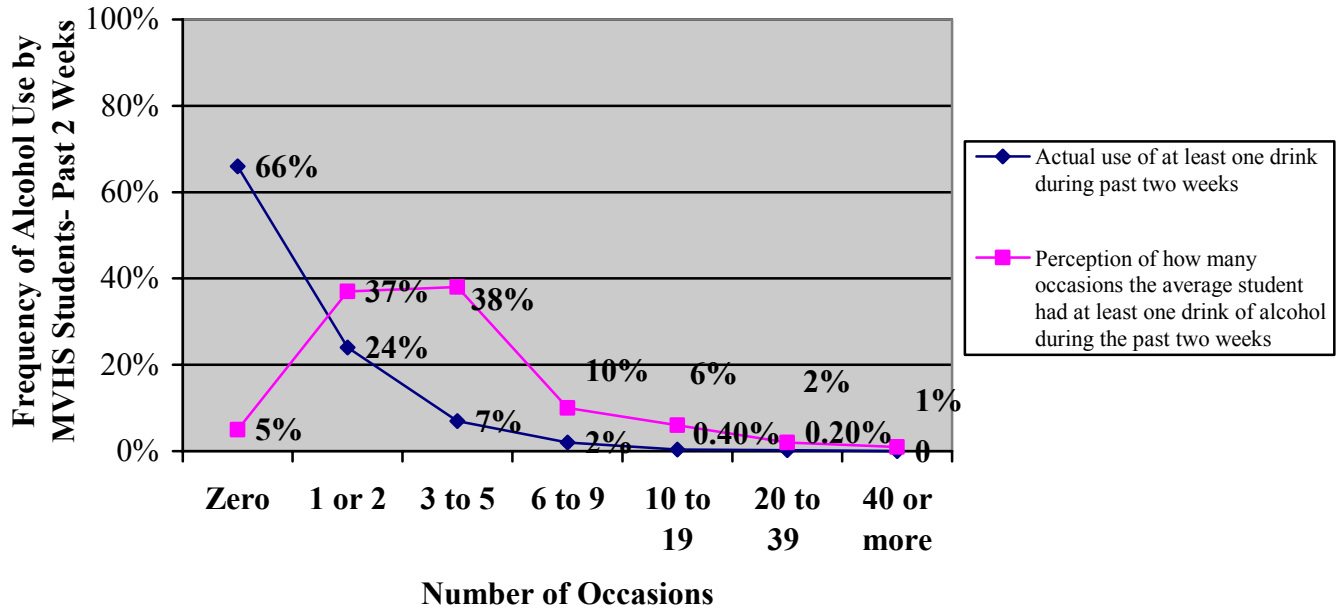
**Chart 8. Actual vs. Perceived Frequency of Alcohol Use
in the Past 30 Days**



Perception of Alcohol Use in Past Two Weeks

- Most (66%) of Martha's Vineyard High School students **did not** drink alcohol within the past two weeks (actual use rate= 34%).
- 95% of Martha's Vineyard High School students **incorrectly** believed the "average MVHS student" drank alcohol in the past two weeks. Therefore, **a misperception exists** regarding past two week alcohol use versus non-use among this population. See Chart 12 for actual versus perceived use among Martha's Vineyard High School students.
- Students also misperceived the *frequency* of peer alcohol use, as shown in the Chart 9. Students believed that most students drink alcohol more frequently than they actually do.

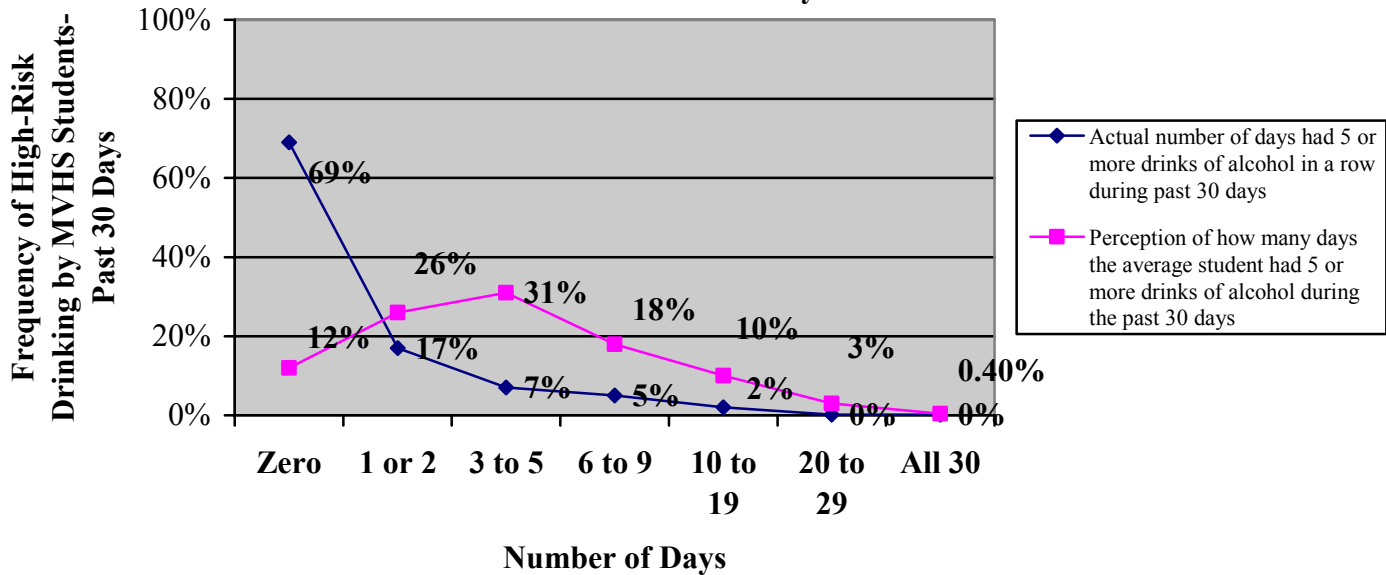
Chart 9. Actual vs. Perceived Frequency of Alcohol Use in the Past Two Weeks



Perception of High-Risk Drinking

- Most (69 %) of Martha's Vineyard High School students **did not** engage in high-risk drinking within the *past 30 days* (actual use rate = 31%).
- 88% of Martha's Vineyard High School students **incorrectly** believed the “*average MVHS student*” engaged in high-risk drinking in the *past 30 days*. Therefore, a **misperception exists** regarding current high-risk drinking among this population. See Chart 12 for actual versus perceived use among Martha's Vineyard High School students.
- Students also misperceived the *frequency* of peer high-risk drinking, as shown in Chart 10. Students believed that most students engaged in high-risk drinking more frequently than they actually did.

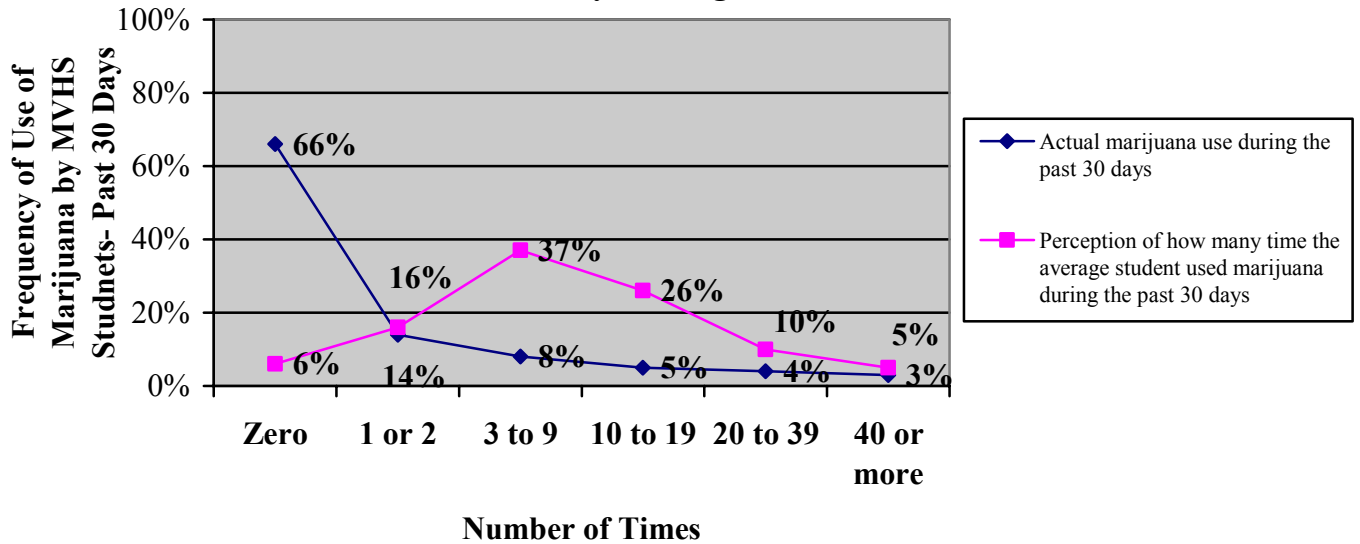
Chart 10. Actual vs. Perceived Frequency of High-Risk Drinking in the Past 30 Days



Perception of Marijuana Use

- Most (34%) Martha's Vineyard High School students **did not** use marijuana in the past 30 days.
- 94% of students *incorrectly* believed that the "average student" is a current marijuana user. Therefore, **a misperception exists** regarding current marijuana use versus non-use among this population. See Chart 12 for actual use vs. perceived use among Martha's Vineyard High School students.
- When asked what percentage of students at MVHS they believed used marijuana in the past 30 days, 63% of students said 50% or more.
- Students also misperceived the *frequency* of peer marijuana use, as shown in Chart 11. Students believed that most students use marijuana more frequently than they actually do.

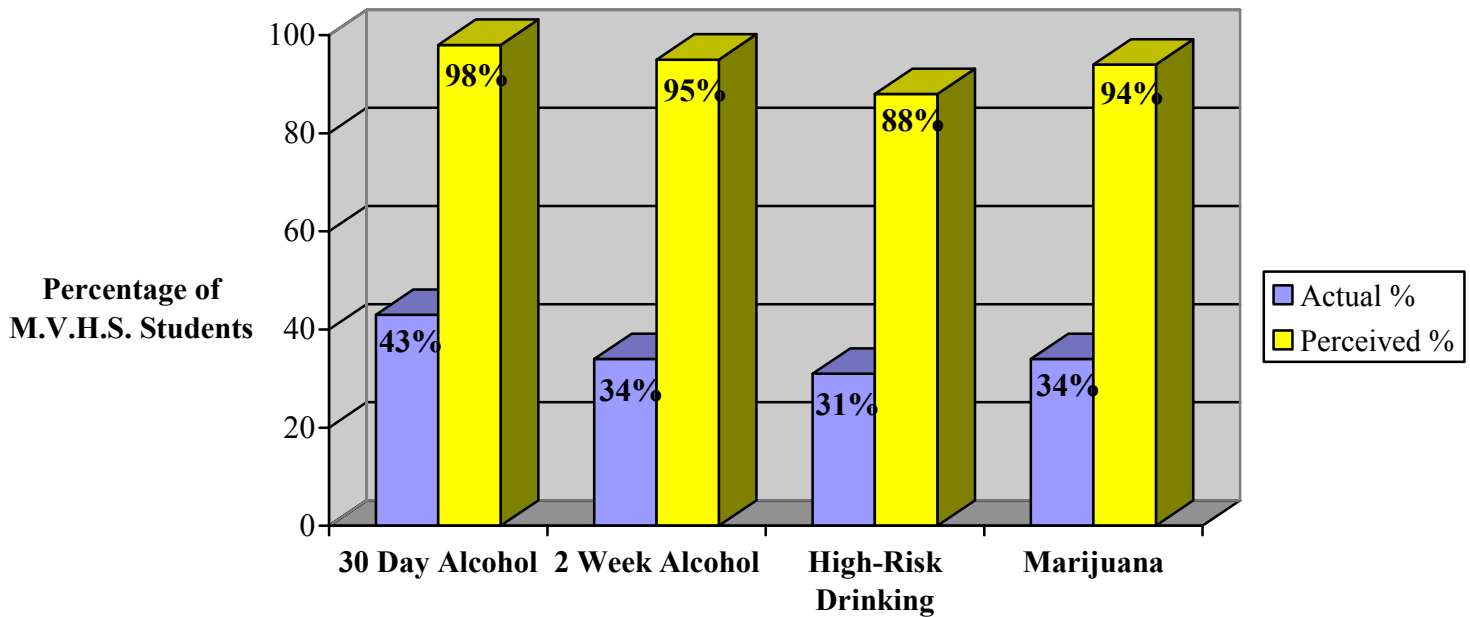
Chart 11. Actual vs. Perceived Frequency of Marijuana Use in the Past 30 Days Among M.V.H.S. Students



Actual Vs. Perceived Current and Two Week Alcohol Use, High-Risk Drinking and Marijuana Use

Chart 12 illustrates the actual current (past 30 day) use rate of alcohol among the past 30 days and past two weeks, high-risk drinking and marijuana among Martha's Vineyard High School students, compared to the percentage of students that believed the 'typical' student at their school was using these substances.

Chart 12. 30 Day Alcohol, 2 Week Alcohol, High-Risk Drinking and Marijuana Use Rates Among M.V. H.S. Students: Actual vs. Perceived



Campaign Messaging

- 48% (n= 172) of students stated they have heard information based on data collected at their school stating that most students at their school do not drink alcohol.
 - ❖ A social norms campaign has not yet been conducted at the high school; therefore, this number will serve as a baseline for high school campaigning.

Summary of Perceptions of Substance Use

There are misperceptions regarding current marijuana use among Martha's Vineyard High School students. The majority of Martha's Vineyard High School students do NOT currently use alcohol or marijuana. However, the majority of students perceived that the typical student does use alcohol and marijuana. Students also misperceived the frequency of substance use among their peers. These misperception may be 'hidden' risk factors for substance use based on the Social Norms Theory.

E. 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.

- 23% (n= 88) of Martha's Vineyard High School 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).
 - This rate is *lower* than Massachusetts (24%) and the national average (29%).
- 9% (n= 35) of Martha's Vineyard High School students had sought medical help or taken prescription medication for depression in the past 12 months.
- 16% (n= 64) 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.
 - This rate is *higher* than Massachusetts' average of 13%.
- 12% (n= 48) of Martha's Vineyard High School students had seriously considered attempting suicide. (See Table 9 for demographics of this population)
 - This rate is *lower* than both Massachusetts (13%) and the national average (15%).
- 11% (n= 42) of Martha's Vineyard High School students had made a plan about how to attempt suicide.
 - This rate is *equal* to both Massachusetts (11%) and the national average (11%).
- 8% (n= 29) of Martha's Vineyard High School students had actually attempted suicide in the past 12 months.
 - This rate is *equal* to the Massachusetts average (8%) and lower than the national average (7%).
- 57% (n= 229) of Martha's Vineyard High School students reported that they had stressful lives. Of these 229 students, 63% (n=141) reported that they have been taught ways to reduce or manage stressful situations.
- Overall, 60% (n= 241) of Martha's Vineyard High School students said they have been taught ways to reduce or manage stressful situations.

Table 12. Demographics of Those that Have Seriously Considered Attempting Suicide (n=48)

Sex	Number of students
Female	33
Male	15
Grade	Number of students
9 th	15
10 th	16
11 th	13
12 th	3
Race	Number of students
White-not Hispanic	39
Other	3
Bi-racial	2
More than one race selected	2
Brazilian	1
Hispanic/Latino	1
American Indian or Alaska Native	0
Asian	0
Black- not Hispanic	0

The numbers may not add up to the total of 48 because students may not have answered the 3 demographic questions and the questions about depression.

- Only the differences found among grades were found to be statistically significant.

Statistical Analyses Between Suicidality and Other Factors

Of Martha's Vineyard High School students who had considered attempting suicide in the past 12 months (n= 48):

- 17 students drank alcohol in the past 30 days. This relationship *was not* found to be statistically significant.
- 9 students engaged in high-risk drinking in the past 30 days. This relationship *was not* found to be statistically significant.
- 16 students used marijuana in the past 30 days. This relationship *was not* found to be statistically significant.
- 31 students had shown symptoms of depression (felt sad or hopeless almost every day for two weeks that they stopped doing usual activities). There *is a statistically significant* relationship between these two factors.
- 25 students reported that they have hurt or injured themselves on purpose within the past 12 months. This is *statistically significant*.
- 30 students had sought medical help or taken prescription medication for depression in the past 12 months. This relationship *was found to be statistically significant*.
- 39 students reported they do NOT share their thoughts and feelings with their parent/guardian. This is also *statistically significant*.
- 29 students, who said they had considered attempting suicide, described their life as stressful. This *was not* statistically significant.

Summary of Depression/Suicidality

Martha's Vineyard High School students' depression and suicide rates were equal to or lower than the state and national averages. However, the rate of students who had purposely hurt or injured themselves without wanting to die (such as cutting, burning or bruising oneself on purpose) during the past 12 months was higher than that of Massachusetts. Among students who had seriously considered attempting suicide, significant correlations were found between having shown symptoms of depression, having hurt or injured themselves on purpose within the past 12 months, having sought medical help or taken prescription medication for depression in the past 12 months and reporting that they do NOT share their thoughts and feelings with their parent/guardian. The majority of Martha's Vineyard High School students said that they have been taught ways to reduce or manage stressful situations.

F. Media Use

Connected to Internet

Students were asked on an average school day, how many hours they are connected to the internet, either visiting websites or chat rooms, using e-mail or instant messaging with friends. They were also asked how many hours they believed the *average Martha's Vineyard High School student* was connected to the internet on the average school day. Results are shown in Table 13.

Table 13. Actual and Perceived Hours Per Day Connected to the Internet

Hours	Actual %	Perception %
Do not use the internet	4%	3%
Less than 1 hour per day	20%	7%
At least 1 hour but less than 3 hours	43%	38%
At least 3 hours but less than 6 hours	25%	41%
At least 6 hours but less than 9 hours	5%	8%
At least 9 hours	3%	2%

Watching TV

Students were asked on an average school day, how many hours they spend watching TV. They were also asked how many hours they believed the *average Martha's Vineyard High School student* spent watching TV on the average school day. Results are shown in Table 14.

Table 14. Actual and Perceived Hours Per Day Watching TV

Hours	Actual %	Perception %
Do not use watch TV on an average school day	20%	3%
Less than 1 hour per day	34%	13%
2 hours per day	30%	44%
3 hours per day	10%	24%
4 hours per day	4%	11%
5 or more hours per day	4%	4%

Play Video Games

Students were asked on an average school day, how many hours they play video games or use a computer for something that is not school work. They were also asked how many hours they believed the *average Martha's Vineyard High School* student spent playing video games or using a computer on the average school day. Results are shown in Table 15.

Table 15. Actual and Perceived Hours per Day Playing Video Games

Hours	Actual %	Perception %
Do not play video games or use a computer for something is not for school work on the average school day	27%	4%
Less than 1 hour per day	34%	10%
2 hours per day	17%	38%
3 hours per day	12%	28%
4 hours per day	5%	13%
5 or more hours per day	5%	7%

Media Use Summary

The majority of Martha's Vineyard High School students reported they are connected to the internet, watch television and play video games or use a computer for something that is not school work during the average school day. They also accurately perceived that that their peers are using these media types. There is no misperception between actual and perceived use rates for media. However, they did misperceive the frequency at which their peers use these types of media.

IV. Drug Free Communities Core Measures

Past 30 Day Use

- 43% of Martha's Vineyard High School students reported drinking alcohol at least once within the past 30 days.
- 11% of Martha's Vineyard High School students reported smoking cigarettes at least once within the past 30 days.
- 34% of Martha's Vineyard High School 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 High School students that have drunk alcohol was 13.66 years old.
- The average age of first use of cigarettes among Martha's Vineyard High School students that have smoked cigarettes was 13.99 years old.
- The average age of first use of marijuana among Martha's Vineyard High School students that have smoked marijuana was 14.24 years old.

Perception of Risk of Harm

- 37% of Martha's Vineyard High School students perceived a 'moderate' or 'great' risk of trying one or two drinks of an alcoholic beverage.
- 87% of Martha's Vineyard High School students perceived a 'moderate' or 'great' risk of harm of smoking one or more packs of cigarettes per day.
- 59% of Martha's Vineyard High School students perceived a 'moderate' or 'great' risk of smoking marijuana regularly.

Perception of Parental Disapproval

- 83% of Martha's Vineyard High School students believed their parents thought it was 'wrong' or 'very wrong' for them to drink alcohol regularly.
- 94% of Martha's Vineyard High School students believed their parents thought it was 'wrong' or 'very wrong' for them to smoke cigarettes.
- 81% of Martha's Vineyard High School 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 High School students within the past 30 days were alcohol (43%) followed by marijuana (34%), and cigarettes (11%). The top three most widely used drugs among Martha's Vineyard High School students during their lifetime were also alcohol (72%), marijuana (52%) and cigarettes (32%).

Martha's Vineyard High School students primarily obtained alcohol from social sources (friends, parents etc.). Forty-two percent of students reported that their parents never permit them to drink alcohol. Thirty percent of Martha's Vineyard High School students have been offered, sold or given an illegal drug on school property during regular school hours during the past 12 months. Most Martha's Vineyard High School students perceived that alcohol and marijuana were easy to obtain. However, most think that other drugs such as cocaine, heroin, LSD or amphetamines were difficult to obtain.

Most Martha's Vineyard High School students perceived high levels of risk associated with the use of cigarettes, high-risk drinking and marijuana. They did not however perceive high levels of risk with using alcohol. The majority of students also perceived that their parents thought it was wrong for them to use alcohol, cigarettes and marijuana. Those that perceived risk of harm and parental disapproval of substances were less likely to use those substances. The majority of students reported that their family had clear rules about alcohol non-use. Most students did not believe they would be caught by their parents or police if they used alcohol or marijuana. Most students said they would be comfortable to talk to an adult if they knew about a problem in the community. The majority of students participated in some type of school-sponsored activity (sports, clubs, student government etc.). Most students also reported feeling close to their parents. 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 High School students have several strong protective factors in their lives.

Martha's Vineyard High School students' depression and suicide rates were equal to or lower than the state and national averages. However, the rate of students who had purposely hurt or injured themselves without wanting to die (such as cutting, burning or bruising oneself on purpose) during the past 12 months was higher than that of Massachusetts.

Among students who had seriously considered attempting suicide, significant correlations were found between having shown symptoms of depression, having hurt or injured themselves on purpose within the past 12 months, having sought medical help or taken prescription medication for depression in the past 12 months and reporting that they do NOT share their thoughts and feelings with their parent/guardian. The majority of Martha's Vineyard High School students said that they have been taught ways to reduce or manage stressful situations.

The majority of Martha's Vineyard High School students reported they are connected to the internet, watch television and play video games or use a computer for something that is not school work during the average school day. They also accurately perceived that their peers are using this media. There was no misperception between actual and perceived use rates for

media. However, they did misperceive the frequency at which their peers use these types of media.

Honesty in Reporting

The majority (78%, n= 371) of Martha's Vineyard High School students stated they were honest in completing this survey. Those that stated they were not honest (n= 36) were excluded from the final sample and analyses. The remaining 66 students did not answer this specific question. 39% of Martha's Vineyard High School students believed that the *average Martha's Vineyard High School student* **did not** answer the questions in this survey honestly. The majority of students reported that they were honest and the majority of students believe that their peers were honest in answering the survey. Therefore, **no** misperception exists regarding honesty in answering the survey questions.

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 Imperatives, Inc.

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