



Health Imperatives

Promoting Personal and Public Health Since 1977

Martha's Vineyard 7th & 8th Grade



Youth Risk Behavior Survey Results 2010

*Report Prepared By:
The Outcomes Project
A Program of Health Imperatives, Inc.
April 2010*

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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 7th and 8th grade students on areas of substance use. These questions were adapted from the *Most of Us Teen Norms Survey*².

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 the 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 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 7th and 8th grade 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. Four 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. Six 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. Thirteen 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. One student was removed for this reason.

Following the data cleaning procedure, the final sample size for the Martha's Vineyard 7th and 8th grade Youth Risk Behavior Survey is 247 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.

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 295 students. The survey was offered to all 7th and 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 84% of the entire Martha's Vineyard 7th and 8th grade population. Please see Table 1 for a breakdown of this survey sample.

Table 1. Martha's Vineyard Grades 7 & 8 Survey Population

Breakdown of Survey Population	
Total number enrolled in Grades 7 and 8	295 students
Total number of students absent on day of survey implementation	21 students
Total number of students available to take survey on day of implementation	274 students
Students unaccounted for in survey sample (opted out, etc.)	3 students
Total number of surveys returned to evaluators	271 surveys
Return Rate (% of surveys received out of students available to take survey)	99 %
Surveys removed from final sample by evaluators through the validity check process*	24 surveys
Final sample included in the analysis for this report	247 students
Sample Representation (% of students included in analysis out of total students enrolled)	84%

**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	295	100%	247	100%
Sex				
<i>Male</i>	157	53%	112	48%
<i>Female</i>	138	47%	121	52%
Grade				
<i>7th grade</i>	150	51%	137	59%
<i>8th grade</i>	145	49%	97	41%

<i>Age</i>	<i>Number of Students (n)</i>	<i>Percentage of Respondents (%)</i>
<i>11 years old</i>	0	0%
<i>12 years old</i>	65	27%
<i>13 years old</i>	123	52%
<i>14 years old</i>	48	20%
<i>15 years old</i>	1	0.4%
Race/Ethnicity		
<i>White- not Hispanic</i>	152	66%
<i>Black not Hispanic</i>	6	3%
<i>Hispanic or Latino</i>	3	1%
<i>American Indian or Alaska Native</i>	3	1%
<i>Brazilian</i>	6	3%
<i>Bi-Racial</i>	19	8%
<i>Other</i>	19	8%

(The number of students in the first column may not always add up to the total amount in the sample of 247, as 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 7th and 8th grades 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 and 8th students within the past 30 days and within their lifetime. Chart 1 (Page 19) illustrates the rates of current substance use among Martha's Vineyard 7th and 8th grade students. Chart 2 (Page 20) illustrates the rates of lifetime substance use among Martha's Vineyard 7th and 8th grade students.

Alcohol Use

Current Alcohol Use

Alcohol is the most used substance among Martha's Vineyard 7th and 8th grade students. In the past 30 days, 10% (n=23) of students reported drinking alcohol. Martha's Vineyard's current alcohol use rate of 7th and 8th graders (10%) is *lower* than that of Massachusetts 7th and 8th graders (13%).

Current Drinkers and Non-Drinkers by Grade and Gender

- 3% (n= 4) of 7th graders and 17% (n= 16) of 8th graders reported current alcohol use. This was found to be *statistically significant*.
- 12% (n= 13) of male and 6% (n= 7) of female students in this population reported current alcohol use. However, this difference was *not* found to be statistically significant.

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 11.78 years old.

Lifetime Use of Alcohol

- 18% (n=43) of Martha's Vineyard 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

- 2% (n=5) of 7th and 8th grade Martha's Vineyard students reported using alcohol on school property within the past 30 days.

Alcohol Use Over Past Two Weeks

- 6% (n=14) of Martha's Vineyard 7th and 8th grade students reported they have had at least one drink of alcohol over the past two weeks.

Current High-Risk Drinking

- 4% (n=10) 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%.
 - Five male and three female students reported binge drinking within the past 30 days.
 - This difference was *not* found to be statistically significant.
 - These eight students were in the 8th grade.
 - This difference was found to be *statistically significant*.

Additional High-Risk (Binge) Drinking Analyses:

- Six of those who currently binge drink (n= 10) reported feeling close to their parent/guardian.
- Three of those who currently binge drink (n= 10) reported sharing their thoughts and feelings with their parent/ guardian.
 - These analyses were both shown to be *statistically significant*.
- Five of those who reported they currently binge drink (n= 10) 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, 20% (n= 48) of Martha's Vineyard 7th and 8th grade students reported riding in a car or other vehicle with a driver who had been drinking.
 - 16% (n= 21) of 7th graders and 25% (n= 24) of 8th graders reported riding in a car or other vehicle with a driver who had been drinking in the past 30 days.
 - 18% (n= 20) of males and 21% (n= 25) 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*.

Marijuana Use

Current Marijuana Use

Marijuana is the second most used substance among Martha's Vineyard 7th and 8th grade students, with 5% (n=12) reporting current use. There was *no* statistical difference found between marijuana use and gender or grade. Martha's Vineyard's current marijuana use rate (5%) is *lower* than that of Massachusetts (6%).

Current Marijuana Users and Non-Users by Grade and Gender

- 3% (n= 4) of 7th graders and 7% (n= 7) of 8th graders reported current marijuana use.
- 6% (n= 7) of males and 3% (n= 4) 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 12.80 years.

Lifetime Use of Marijuana

- 8% (n= 20) 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

- 4% (n= 10) of Martha's Vineyard 7th and 8th students reported using marijuana on school property in the 30 days prior to the survey.

Driving While under the Influence of Marijuana

- 7% (n= 16) 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.
 - 2% (n= 2) of 7th graders and 14% (n= 14) of 8th graders reported riding in a car or other vehicle with a driver who had been using marijuana in the past 30 days. This was found to be *statistically significant*.
 - 6% (n= 7) of males and 8% (n= 9) of females reported riding in a car or other vehicle with a driver who had been using marijuana in the past 30 days. However, this was *not* statistically significant.

Cigarette and Tobacco Use

Current Cigarette Use

In the past 30 days, 2% (n= 5) of Martha's Vineyard 7th and 8th grade students reported cigarette use. 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

- 1% (n= 1) of 7th graders and 4% (n= 4) of 8th graders reported current cigarette use.
- 2% (n= 2) of males and 3% (n=3) 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 13.50 years.

Lifetime Use of Cigarettes

- 7% (n= 17) 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%.

Chewing Tobacco

- 4% (n= 10) of Martha's Vineyard 7th and 8th graders reported having ever used chewing tobacco in their *lifetime*.
- 2% (n= 4) of Martha's Vineyard 7th and 8th graders reported using chewing tobacco within the *past 30 days*.

Other Drug Misuse

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

Prescription Drugs

- 3% (n= 7) of Martha's Vineyard 7th and 8th grade students reported using a prescription medication *without a doctor's orders* in their *lifetime*.
- 2% (n= 4) of Martha's Vineyard 7th and 8th grade students reported using prescription medication *without a doctor's orders* in the past 30 days.

Inhalants

- 7% (n= 17) of Martha's Vineyard 7th and 8th grade students reported using inhalants (sniffing glue, inhaling paints or sprays to get high, etc.) in their *lifetime*.
- 3% (n= 6) of Martha's Vineyard 7th and 8th grade students report using inhalants in the past 30 days.

Cocaine

- 1% (n= 3) Martha's Vineyard 7th and 8th grade students reported using cocaine in their *lifetime*.
- One Martha's Vineyard 7th and 8th grade student reported using cocaine in the past 30 days.

Heroin

- There was one Martha's Vineyard 7th and 8th grade student who reported using heroin in his/her *lifetime*.
- There were no students in the sample that reported using heroin in the 30 days prior to the survey.

Hallucinogenic Substances

- One Martha's Vineyard 7th and 8th grade student reported using hallucinogenic substances in his/her *lifetime*.
- No Martha's Vineyard 7th and 8th grade students report using hallucinogenic substances in the past 30 days.

Ecstasy

- 1% (n= 2) of Martha's Vineyard 7th and 8th grade students reported using ecstasy in their *lifetime*.
- No Martha's Vineyard 7th and 8th grade students reported using ecstasy in the past 30 days.

Needle Use

- Two students in this population 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:

- 18% (n= 2) of those who currently smoke marijuana also currently smoke cigarettes.
- 14% (n= 3) of those who currently drink alcohol also currently smoke cigarettes.
- 35% (n= 8) of those who currently drink alcohol also currently smoke marijuana.
 - 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 and smoke cigarettes. 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:

- 18% (n= 7) of those who drank alcohol or used other drugs in the past 12 months have gotten into trouble with their parents as a result of their substance use.
- 29% (n= 10) of those who drank alcohol or used other drugs in the past 12 months have done something stupid as a result of their substance use.
- 18% (n= 6) of those who drank alcohol or used other drugs in the past 12 months have vomited as a result of their substance use.
- 9% (n= 3) of those who drank alcohol or used other drugs in the past 12 months have 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 (10%) followed by marijuana (5%), over-the-counter medications and inhalants (both 3%). The current (past 30 days) rates of 7th and 8th grade Martha's Vineyard students for alcohol, marijuana and tobacco were *all lower* 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 10% (n= 23) 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 4% (n= 10).
- Marijuana was the second most commonly used substance among Martha's Vineyard 7th and 8th grade students, with 5% (n= 12) reporting current use.
- Over-the-counter medications being used for *something other than their intended use* was tied with inhalants for the third most commonly used substance with 3% (n= 6) of 7th and 8th grade Martha's Vineyard students reporting current use.
- Cigarettes were used by 2% (n= 5) of Martha's Vineyard 7th and 8th grade students.
- 2% of the total sample (n= 4) reported current smokeless tobacco use.
- 2% (n= 4) of Martha's Vineyard 7th and 8th grade students reported using prescriptions drugs *without a doctor's orders* in the past 30 days.
- One Martha's Vineyard student reported using cocaine in the past 30 days.
- There were **no** students who reported using heroin in the past 30 days.

Lifetime Substance Use

The top three most widely used drugs among Martha's Vineyard 7th and 8th students during their lifetime were alcohol (18%), marijuana (8%) and cigarettes (7%). The lifetime use rates of alcohol, marijuana and tobacco among Martha's Vineyard 7th and 8th grade students were *lower* than the 2007 Massachusetts state rates for 7th and 8th grade students.

- Alcohol was used by 18% (n= 43) Martha's Vineyard 7th and 8th graders in their lifetime.
- 8% (n= 20) of 7th and 8th graders reported using marijuana in their lifetime.
- 7% (n= 17) of 7th and 8th graders reported smoking cigarettes in their lifetime.
- Over-the-counter medications were *used for something other than their intended purpose* by 7% (n= 16) of 7th and 8th graders.
- 4% (n= 10) of 7th and 8th graders reported using smokeless tobacco in their lifetime.
- Prescription drugs (*use without a doctor's orders*) were misused by 3% (n= 7) of students at some time in their lives.
- 7% (n= 17) 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 was one Martha's Vineyard 7th and 8th grade student that reported heroin use in his/her lifetime.

Chart 1. 2010 Current (Past 30 Days) Substance Use by Martha's Vineyard Students in Grades 7 & 8 (n= 247)

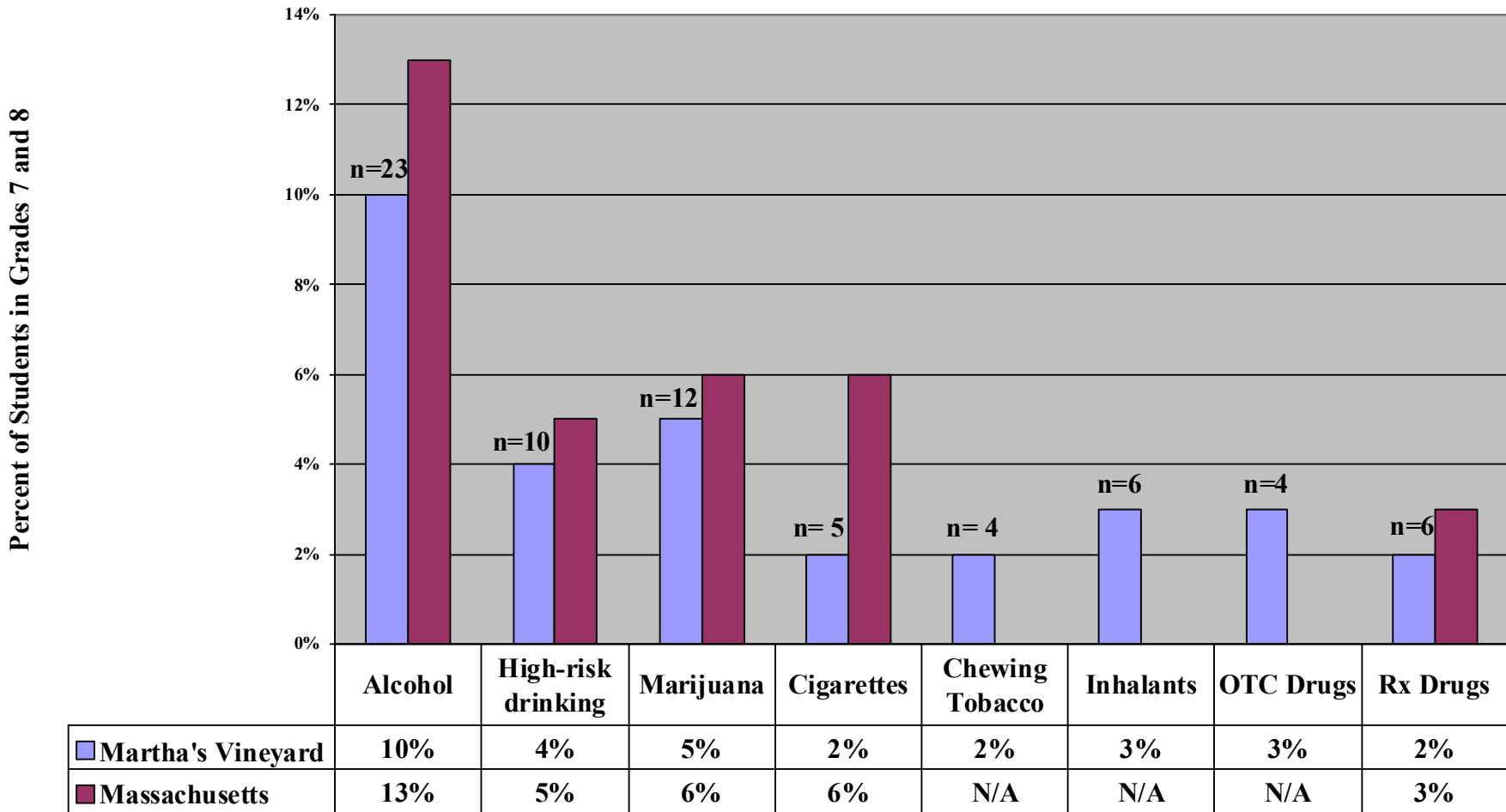
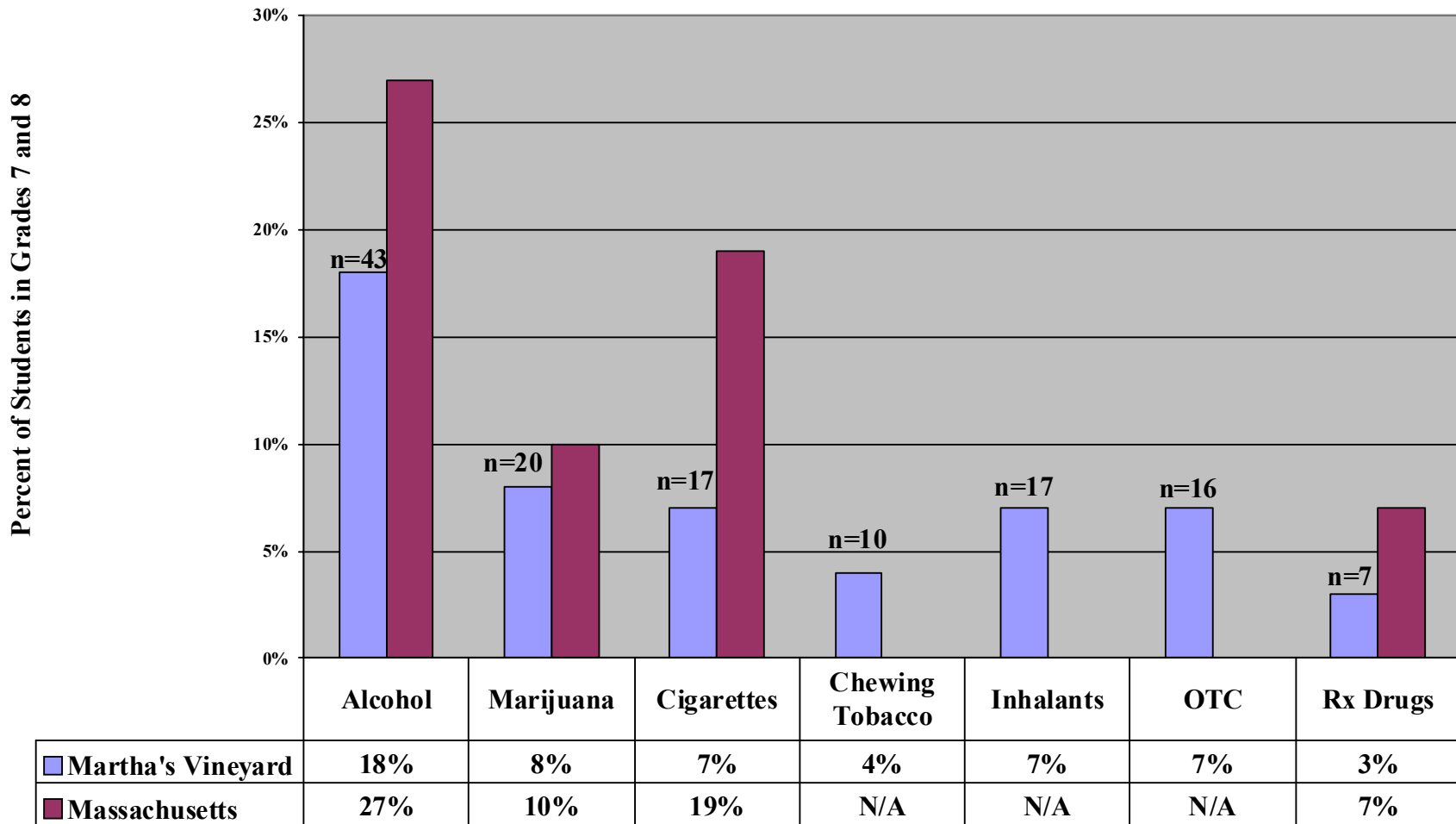


Chart 2. 2010 Lifetime Substance Use by Martha's Vineyard Students in Grades 7 & 8 (n= 247)



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). 88% (n=218) stated they did not drink alcohol, and therefore, do not get it. The primary source of alcohol for this population is through social sources. Students were allowed to select more than one answer.

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 (in rank order)

Access Point	Percentage of those who drank	Number of those who drank
My mother or father with their permission	4%	9
A friend or acquaintance's mother or father without their permission	3%	7
My mother or father without their permission	2%	6
A brother, sister or other relative (non-parent)	1%	2
A friend who is 21 years of age or older	1%	2
A friend who is under 21 years of age	1%	2
I asked a stranger to buy it for me	0	0
I bought it myself	0	0
A friend or acquaintance's mother or father with their permission	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 Parents Would Permit Students 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	63%	155
During a religious service (mass, church)	22%	55
For a toast at a wedding or other celebration	22%	53
At family parties (other than a toast)	5%	12
When I'm with them	4%	10
At parties as long as I don't drive	1%	2
At parties when adults are present	1%	2
At home with friends as long as no one else is driving	1%	2
They leave the decision to me	0.4%	1

Access on School Property

- 8% (n= 19) 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.

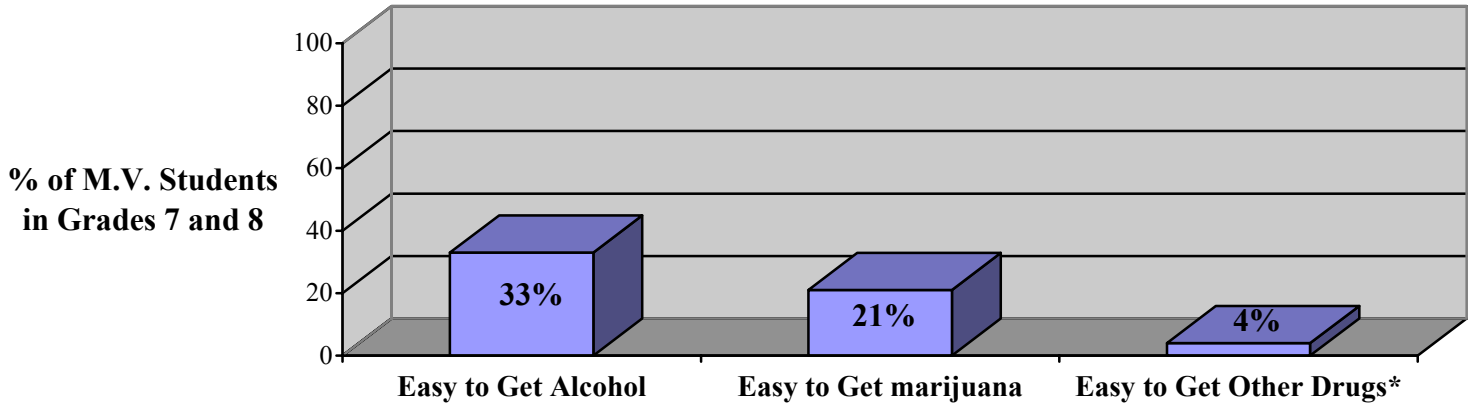
Access Outside of School

- 15% (n= 35) 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 and other drugs. Most students believed that it would be difficult to obtain these substances (57%, 83% and 81%, respectively). The percentage 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 to 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.). Sixty-three percent of students (n= 155) said their parents *never* permitted them to use alcohol, one student said his/her parents left the decision of whether or not to drink alcohol up to him/her. Lastly, the majority of Martha's Vineyard 7th and 8th grade students perceived that alcohol, marijuana, cigarettes and other drugs were difficult to obtain.

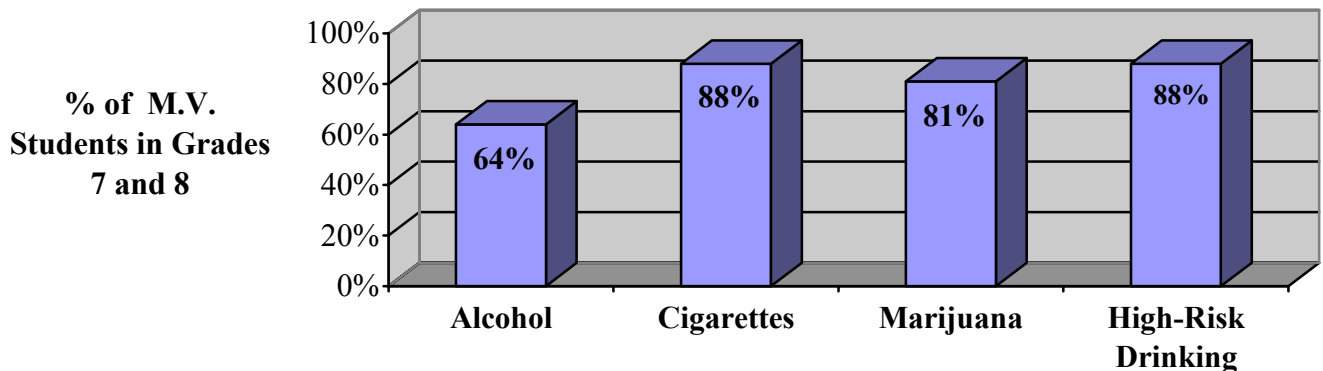
C. Protective Factors

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 of alcohol and drug use, clear rules about alcohol non-use, perception of being caught by parents and police if they used alcohol and drugs, 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) trying one or two drinks of an alcoholic beverage; 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. 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. Perception of 'Moderate' or 'Great' Risk of Harm Of Substance Use By Other People Among 7th and 8th Grade Students



Additional analyses:

Alcohol

- 43% (n= 10) of those who currently drink alcohol (n=23) believed there was ‘moderate’ risk of harm from drinking alcohol.
- 67% (n= 144) of those who do *not* drink alcohol (n= 216) believed there was ‘moderate’ or ‘great’ risk of harm from drinking alcohol.
 - Those Martha’s Vineyard 7th and 8th grade 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= 7) of those who currently engage in high-risk drinking (n= 10) believed there is 'great' risk of harm from high-risk drinking.
- 90% (n= 200) of those who do not currently participate in high-risk drinking (n= 224) 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

- 40% (n= 2) of those who currently smoke cigarettes (n= 5) believed there was 'moderate' or 'great' risk of harm from smoking cigarettes.
- 90% (n= 203) of those who do *not* currently smoke cigarettes (n=227) believed there was 'moderate' or 'great' risk of harm from smoking cigarettes.
 - This was *not* found to be statistically significant, therefore it can not be said that those who believe there is risk of harm from smoking cigarettes are less likely to smoke cigarettes.

Marijuana

- 45% (n= 5) of those who currently use marijuana (n= 11) believed there was 'moderate' or 'great' risk of harm from using marijuana.
- 81% (n= 187) of those who do *not* currently use marijuana (n= 229) 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 (except cigarettes), *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

- 70% (n= 171) of Martha's Vineyard 7th and 8th grade students 'disagreed' or 'strongly disagreed' with the statement: There is no harm in smoking marijuana once or twice to find out what it is like.
- 63% (n= 152) of Martha's Vineyard 7th and 8th grade students believed that the *average Martha's Vineyard 7th and 8th grade student* 'disagreed' or 'strongly disagreed' 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

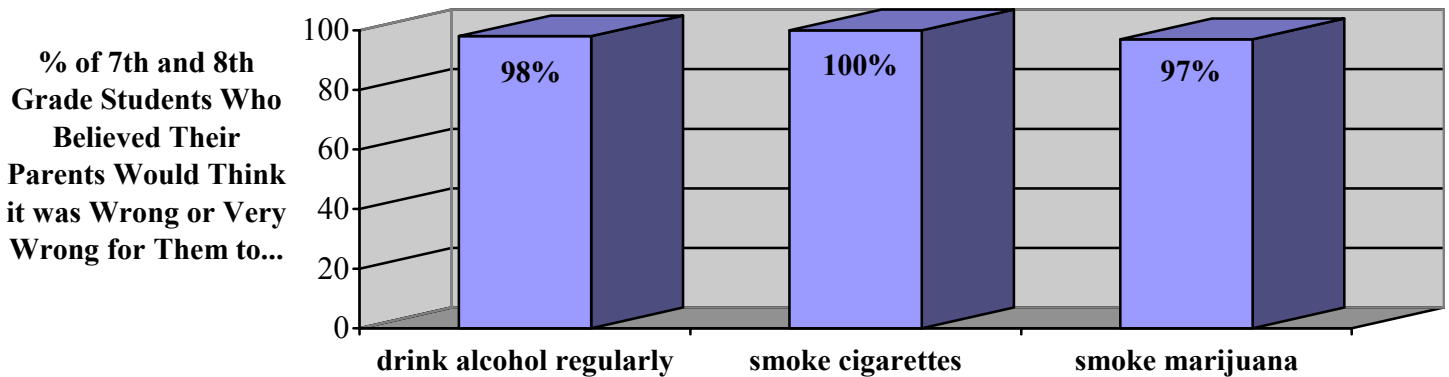
- 69% (n= 168) of Martha's Vineyard 7th and 8th grade students 'disagreed' or 'strongly disagreed' with the statement: "There is nothing wrong with high school students drinking beer or wine."

- 56% (n= 138) of Martha's Vineyard 7th and 8th grade students believed that the *average Martha's Vineyard 7th and 8th grade student* 'disagreed' or 'strongly disagreed' 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 Martha's Vineyard 7th and 8th Grade Students



Additional analyses:

Alcohol

- 82% (n= 19) of those who currently drink alcohol (n= 23) believed their parents would think it was 'wrong' or 'very wrong' for them to drink alcohol regularly.
- 99% (n= 211) of those who do *not* drink alcohol (n= 214) 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

- There was NO difference in perceived parental disapproval among those who currently smoke and those who do not smoke cigarettes. All students thought their parents would think it was 'wrong' or 'very wrong' for them to smoke cigarettes.

Marijuana

- 100% (n= 12) of those who currently use marijuana (n= 12) believed their parents would think it was 'wrong' or 'very wrong' for them to smoke marijuana.

- 97% (n= 220) of those who do *not* currently use marijuana (n= 228) 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

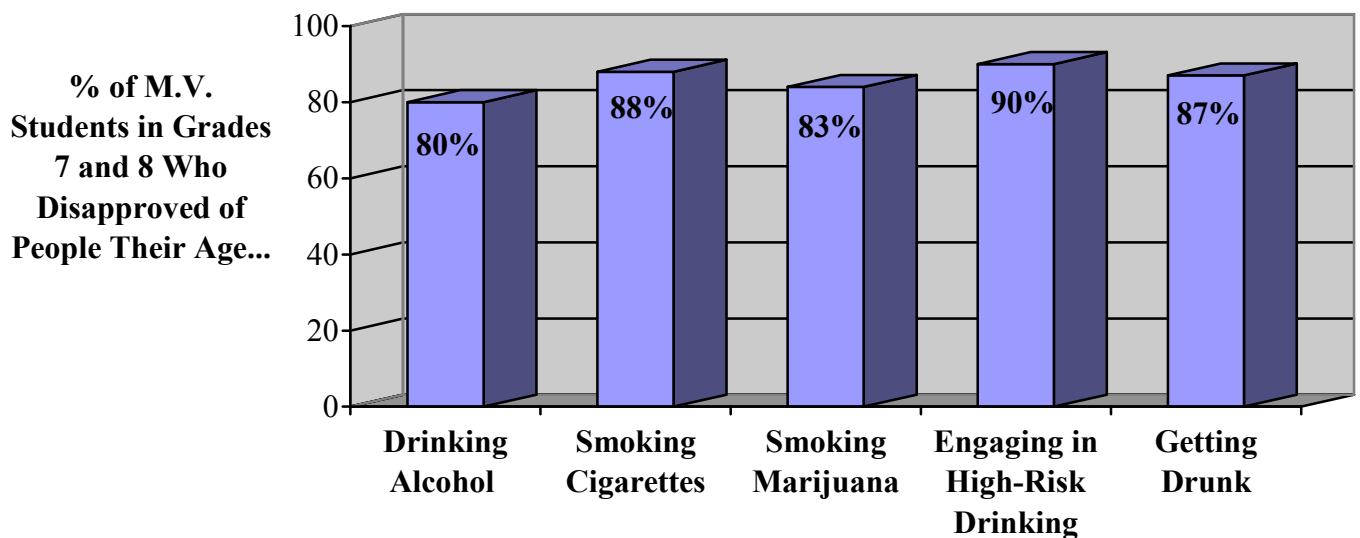
Students were asked how wrong most adults in their neighborhood would think it was for kids their age to drink alcohol, smoke cigarettes and smoke marijuana.

- 91% of 7th and 8th grade students believed that most adults think it is 'wrong' or 'very wrong' for kids their age to drink alcohol.
- 96% of 7th and 8th grade students believed that most adults think it is 'wrong' or 'very 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	80%	198
Have never been to party where there has been drinking	20%	50
Avoid parties where students drink	10%	25
Do not hang out with drinkers	10%	24
Tell people, "I don't want to drink" if offered alcohol	9%	23
Leave a party if other students start to drink	7%	17
Drink alcohol, so do not try to avoid drinking	5%	12
Try to get students who drink to stop drinking	4%	9
Stay at the party, but try to avoid the drinkers	2%	6
Pretend to be drinking alcohol by holding a beer or other drink	2%	6

Clear Rules about Alcohol use

- 83% (n= 198) of Martha's Vineyard 7th and 8th grade students reported that their family has clear rules about youth not using alcohol and drugs.

Additional analyses:

- 94% (n= 180) of those who stated that their family had clear rules about alcohol non-use (n=192) reported NOT drinking alcohol in the past 30 days. This relationship *was found to be statistically significant*.

Belief Would be Caught by Parents

- 65% (n=160) of 7th and 8th grade students thought that if they drank some beer, wine or liquor without their parents' permission they would be caught by their parents.
- 52% (n=120) of 7th and 8th grade students thought that if the *average 7th and 8th grade 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

- 96% (n=229) of 7th and 8th grade students thought that if they drank some beer, wine or liquor, without their parents' permission, they would get in trouble by their parents.
- 85% (n=197) of 7th and 8th grade students thought that if the *average 7th and 8th grade 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

- 33% (n= 77) 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.
- 45% (n= 105) of 7th and 8th grade Martha's Vineyard 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	34%	83
They would call my parents	32%	80
I would be arrested	21%	52
They would send us home	18%	45
They would drive us home	18%	45
They would take the alcohol away	15%	38
Nothing	9%	22
I don't know	2%	5
Other	2%	5

Prevention from Drinking Alcohol

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

Table 7. What Prevents Students From Drinking Alcohol

What	Percentage	Number of Students
Negative health effects	34%	63
Getting in trouble with parents	21%	39
Other	18%	34
Getting in trouble with police	9%	17
Nothing	6%	11
Negatively affecting friendships	6%	11
Losing eligibility for/getting suspended from sports	5%	9
Negatively affecting school work	2%	3

Perception of Effects of Alcohol or Other Drugs on People

Students were asked if they believe that alcohol or other drugs has any of the following effects on people. Students were allowed to select more than one response.

Table 8. Effects of Alcohol or Other Drugs on People

Effect	Percentage	Number of Students
Makes people more angry/prone to fighting	66%	164
Do stupid things that they might regret	66%	164
Puts people in situations that may get out of control	63%	156
Makes it easier for people to deal with stress	24%	60
Keeps people from being bored	21%	51
Helps people enjoy a party more	16%	40
Allows people to have more fun	15%	36
Gives people something to do	14%	34
Helps people break the ice	12%	29
None of the above	2%	5

Social Interaction and Alcohol

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

- 87% of Martha's Vineyard 7th and 8th grade students preferred to date someone who does not drink alcohol.
- 87% of Martha's Vineyard 7th and 8th grade students preferred to hang out with people their age who do not drink alcohol.
- 86% of Martha's Vineyard 7th and 8th grade students preferred 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 shown below in Table 9.

Table 9. Comfort Talking to an Adult About Problem

Comfort Level	Percentage	Number
Very comfortable	16%	37
Comfortable	36%	86
Uncomfortable	36%	85
Too uncomfortable to talk	12%	28

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 in Table 10 in rank order.

Table 10. Who Students Would Talk to About Problem

Community Member	Percentage	Number
Parent/guardian	48%	106
Sibling or other family member	15%	32
Teacher, school counselor or other school adult	11%	23
There is no one I would talk to	9%	19
Other	6%	13
Police/ DARE officer	6%	12
Adult friend	4%	9
Youth Task Force member	1%	2
Coach	1%	2
Minister/clergy	0.5%	1

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 11 illustrates who students would turn to if they were having a problem and wanted help coping.

- 43% (n= 101) of Martha's Vineyard 7th and 8th grade students described their life as stressful.
- 64% (n= 152) of Martha's Vineyard 7th and 8th grade students reported being 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 (in rank order)

Helper	Percentage	Number
Parent/guardian	56%	122
Other	14%	31
Sibling or other family member	14%	30
There is no one I would talk to	5%	11
Adult friend	4%	8
Teacher, school counselor or other school adult	4%	8
Coach	2%	4
Police/ DARE officer	1%	3
Minister/clergy	0.5%	1
Youth Task Force member	0%	0

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.

- 74% (n= 177) participated in sports teams.
- 79% (n= 192) participated in community service.
- 65% (n= 156) participated in a paid or unpaid job.
- 47% (n= 113) participated in music or performing arts clubs or organizations.
- 60% (n= 145) participated in any clubs or organizations.
- 16% (n= 38) participated in student council or government.

Parental Relationships

- 86% (n= 196) of Martha's Vineyard 7th and 8th grade students reported they felt close to their parent/guardian.
- 60% (n= 132) of Martha's Vineyard 7th and 8th grade students reported that they shared their thoughts and feelings with their parents/guardians.
- 89% (n= 199) 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.

Summary of Protective Factors

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. Most Martha's Vineyard 7th and 8th grade students disapprove of people their own age using 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 and 8th grade students have several strong protective factors in their lives.

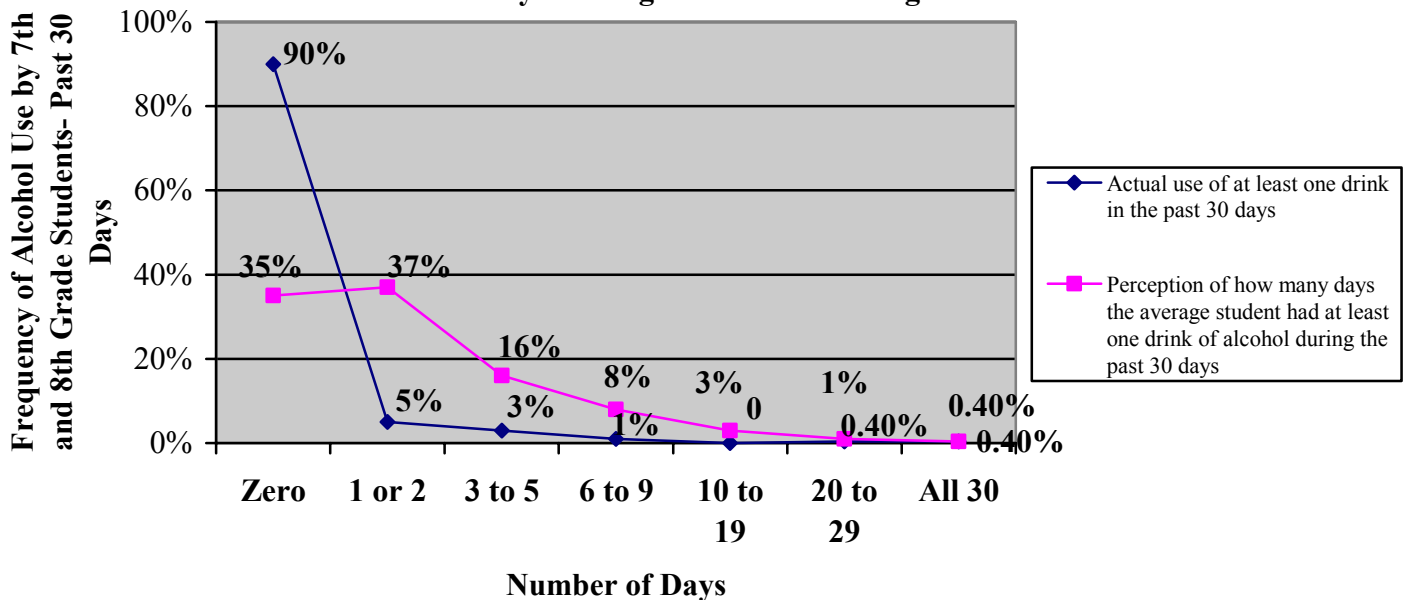
D. Social Norms

Questions were asked about perceptions of typical Martha's Vineyard 7th and 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 (90%) of Martha's Vineyard 7th and 8th grade students did *not* report drinking alcohol in the past 30 days.
- 65% 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 11 for actual use vs. perceived use among Martha's Vineyard 7th and 8th grade students.
- Students also misperceive the *frequency* of peer alcohol use. Students were asked on how many days in the past 30 days they believe the *average Martha's Vineyard 7th and 8th grade student* had at least one drink of alcohol. Chart 7 below illustrates the actual and perceived use of alcohol.

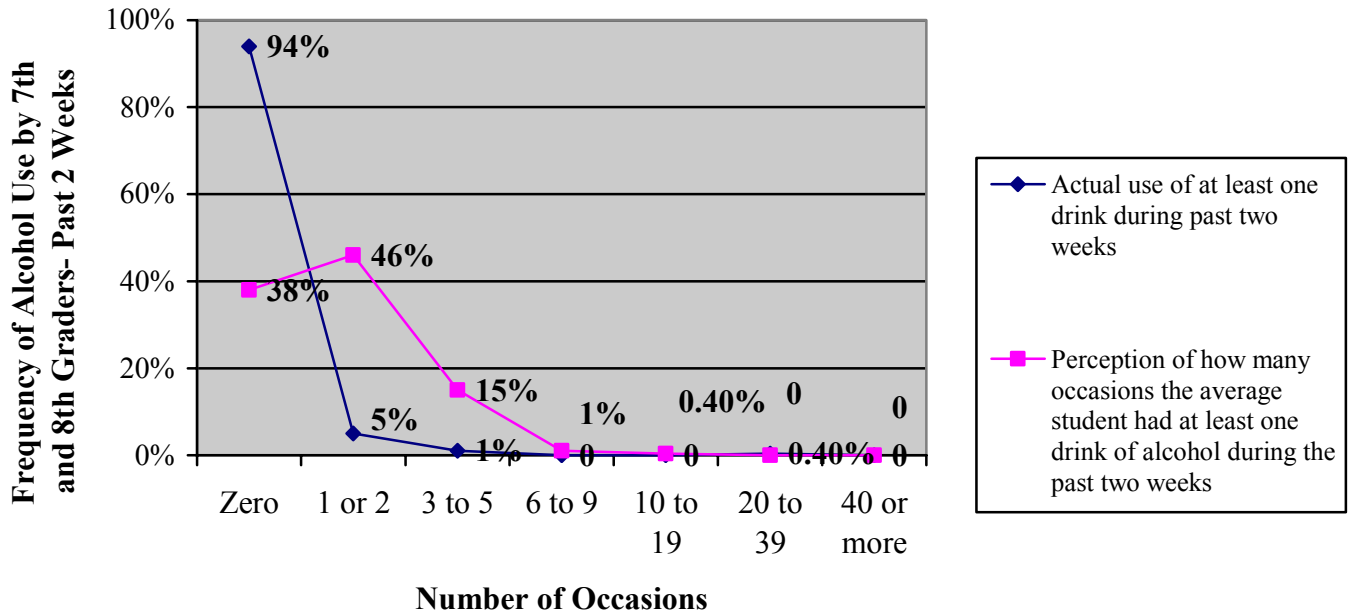
**Chart 7. Actual vs. Perceived Frequency of Alcohol Use
in the Past 30 Days Among M.V. 7th and 8th grade students**



Perception of Alcohol Use in Past Two Weeks

- Most (94%) of Martha's Vineyard 7th and 8th grade students **did not** drink alcohol within the past two weeks (actual use).
- 62% of Martha's Vineyard 7th and 8th grade students **incorrectly** believe the "average MVMS 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 11 for actual versus perceived use among Martha's Vineyard 7th and 8th grade students.
- 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.

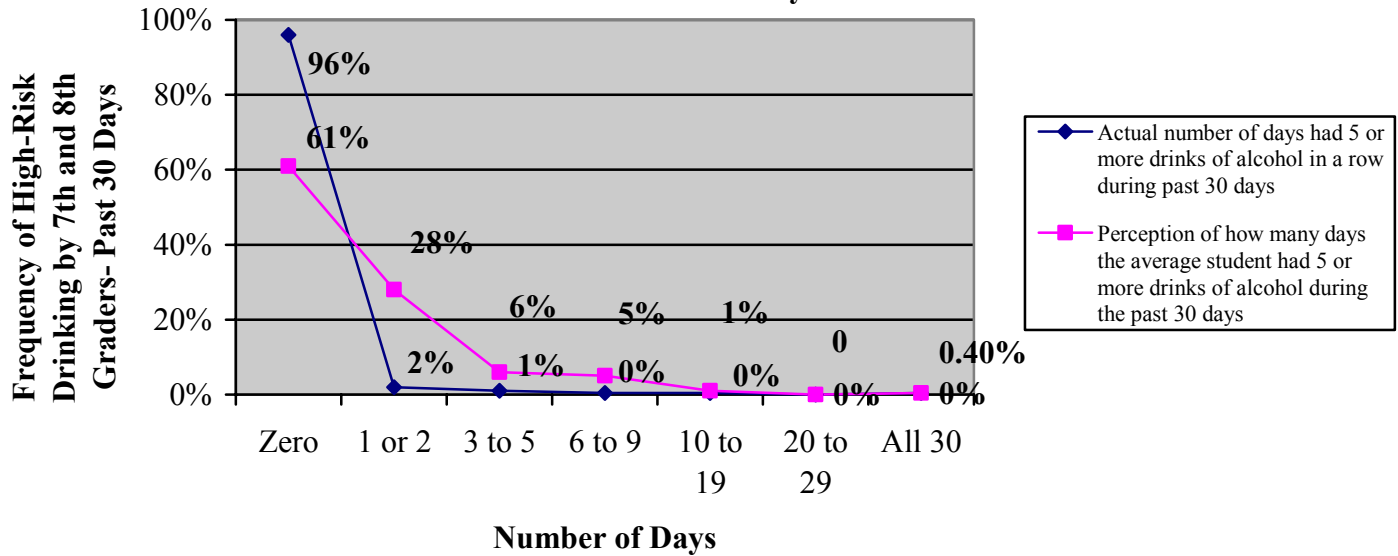
Chart 8. Actual vs. Perceived Frequency of Alcohol Use in the Past Two Weeks



Perception of High-Risk Drinking

- Most (96%) of Martha's Vineyard 7th and 8th grade students **did not** engage in high-risk drinking within the *past 30 days* (actual use rate = 4%).
- 39% of Martha's Vineyard 7th and 8th grade students **incorrectly** believe the “*average Martha's Vineyard 7th and 8th grade student*” engaged in high-risk drinking in the *past 30 days*. Therefore, **no misperception exists** regarding current high-risk drinking among this population as most students (61%) correctly believe that the average MVMS student has not engaged in high-risk drinking during the past 30 days. See Chart 11 for actual versus perceived use among Martha's Vineyard 7th and 8th grade students.
- However, students misperceived the *frequency* of peer high-risk drinking, as shown in Chart 9. Students believed that most students engaged in high-risk drinking more frequently than they actually did.

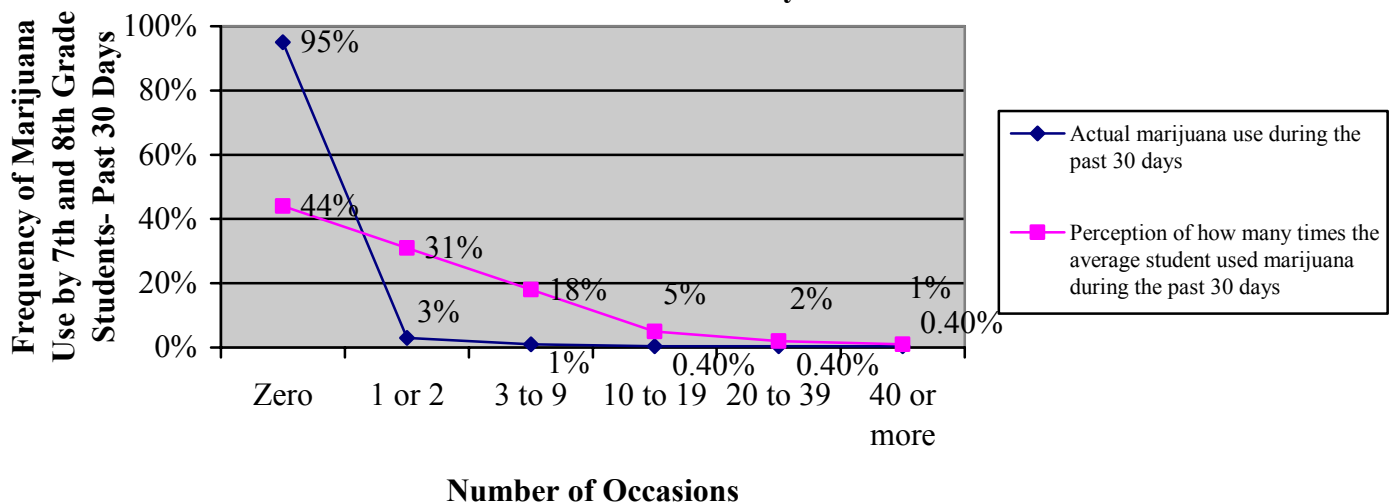
Chart 9. Actual vs. Perceived Frequency of High-Risk Drinking in the Past 30 Days



Perception of Marijuana Use

- Most (95%) Martha's Vineyard 7th and 8th grade students **did not** use marijuana in the past 30 days.
- 56% of Martha's Vineyard 7th and 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.
- However, when asked what percentage of students at Martha's Vineyard 7th and 8th grade have used marijuana in the past 30 days, only 6% of students responded 50% or more.
- Students also misperceive the *frequency* of peer marijuana use. Most students (95%) did *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 7th and 8th grade student* had used marijuana. Chart 10 illustrates the actual and perceived use of marijuana.

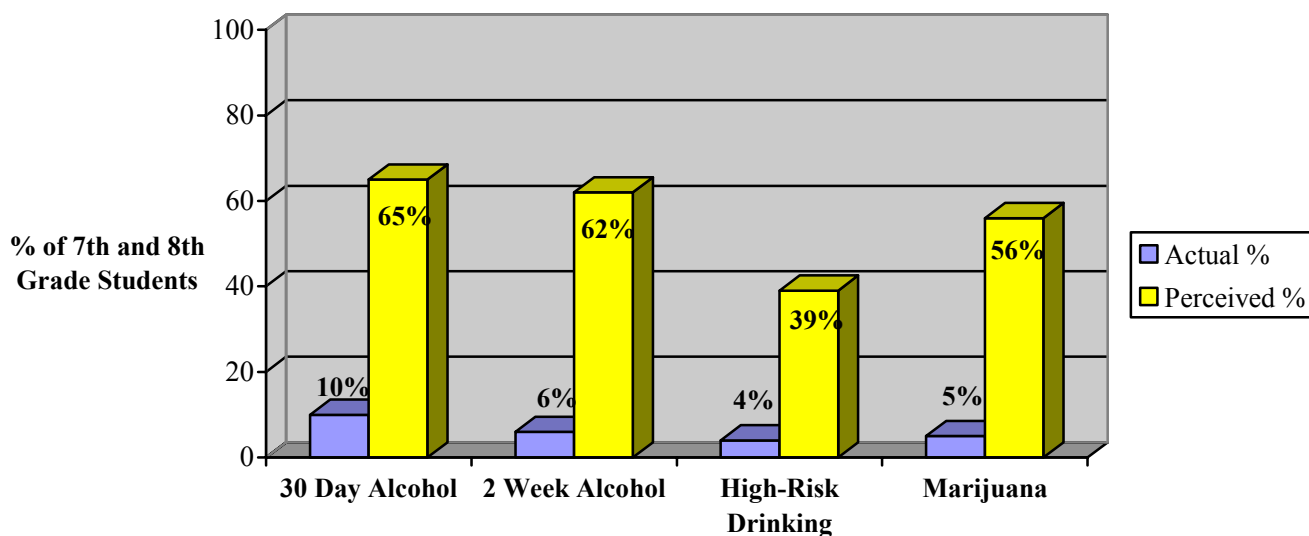
Chart 10. Actual vs. Perceived Frequency of Marijuana Use in the Past 30 Days



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

Chart 11 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 7th and 8th grade students, compared to the percentage of students that believed the 'typical' student at their school was using these substances.

Chart 11. Actual vs. Perceived: Current Substance Use



Campaign Messaging

- 52% (n= 84) 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.
- 42% (n=100) 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 7th and 8th Grade Students 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 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 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.

- 4% (n= 9) 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= 29) 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.
- 14% (n= 32) 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.
- 7% (n= 16) of Martha's Vineyard 7th and 8th grade students had seriously considered attempting suicide during the past 12 months. (See Table 12 on page 39 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 the Massachusetts rate.
- 7% (n= 15) of Martha's Vineyard 7th and 8th grade students had made a plan about how to attempt suicide during the past 12 months.
- 8% (n= 18) of Martha's Vineyard 7th and 8th grade students had actually attempted suicide in the past 12 months.

Table 12. Demographics of Those that Have Seriously Considered Attempting Suicide

Sex	Number of Students
Female	7
Male	9
Grade	Number of Students
7 th	7
8 th	9
Race	Number of Students
White	10
Bi-racial	1
Brazilian	1
Black or African American	0
Hispanic/Latino	0
Other	1
Asian	1
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=15):

- 4 students drank alcohol in the past 30 days. This relationship *was found to be statistically significant.*
- 2 students engaged in high risk drinking in the past 30 days. This relationship *was not found to be statistically significant.*
- 4 students used marijuana in the past 30 days. This relationship *was found to be statistically significant.*
- 6 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.*
- 11 students described their life as being stressful. This relationship *was found to be statistically significant.*

Summary of Depression/Suicidality

Thirteen percent (n= 29) of Martha's Vineyard 7th and 8th grade students had shown symptoms of depression. This is *lower* than the 2007 state rate of 16%. Fourteen percent (n= 32) 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%. Seven percent (n= 16) 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%. Eight percent (n= 18) 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.

G. 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 believe the *average Martha's Vineyard 7th and 8th grade student* was connected to the internet on the average school day.

Table 13. Actual Vs. Perceived: Internet Use

Hours	Actual	Perception
Do not use the internet	11% (n=24)	2% (n=5)
Less than 1 hour per day	34% (n=77)	7% (n=16)
At least 1 hour but less than 3 hours	40% (n=90)	42% (n=95)
At least 3 hours but less than 6 hours	10% (n=23)	40% (n=90)
At least 6 hours but less than 9 hours	3% (n=7)	7% (n=15)
At least 9 hours	3% (n=6)	3% (n=6)

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 believe the *average Martha's Vineyard 7th and 8th grade student* spent watching TV on the average school day.

Table 14. Actual Vs. Perceived: Watching TV Use

Hours	Actual	Perception
Do not use watch TV on an average school day	12% (n=27)	2% (n=4)
Less than 1 hour per day	38% (n=84)	9% (n=20)
2 hours per day	31% (n=69)	35% (n=79)
3 hours per day	12% (n=27)	31% (n=70)
4 hours per day	4% (n=9)	16% (n=36)
5 or more hours per day	3% (n=7)	8% (n=17)

Play Video Games or Use Computer

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 believe the *average Martha's Vineyard 7th and 8th grade* student spent playing video games or using a computer on the average school day.

Table 15. Actual Vs. Perceived: Video Game/ Computer Use

Hours	Actual	Perception
Do not play video games or use a computer for something is not for school work on the average school day	22% (n=37)	2% (n=3)
Less than 1 hour per day	36% (n=62)	12% (n=20)
2 hours per day	26% (n=45)	36% (n=61)
3 hours per day	8% (n=13)	33% (n=56)
4 hours per day	4% (n=6)	12% (n=20)
5 or more hours per day	5% (n=8)	7% (n=12)

Summary of Media Use

The majority of Martha's Vineyard 7th and 8th graders spend some time connected to the internet, watch television and play video games and/ or use the computer for something that is not school related on an average school day. The majority of students also perceive that their peers spend some time with these types of media as well. There is no misperception in regards to actual and perceived media use; however, students do misperceive the frequency at which their peers use these types of media.

IV. Drug Free Communities Core Measures

Past 30 Day Use

- 10% of Martha's Vineyard 7th and 8th grade students reported drinking alcohol at least once within the past 30 days.
- 2% of Martha's Vineyard 7th and 8th grade students reported smoking cigarettes at least once within the past 30 days.
- 5% of Martha's Vineyard 7th and 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 and 8th grade students that have drunk alcohol was 11.78 years old.
- The average age of first use of cigarettes among Martha's Vineyard 7th and 8th grade students that have smoked cigarettes was 13.50 years old.
- The average age of first use of marijuana among Martha's Vineyard 7th and 8th grade students that have smoked marijuana was 12.80 years old.

Perception of Risk of Harm

- 64% of Martha's Vineyard 7th and 8th grade students perceived a 'moderate' or 'great' risk of harm of trying one or two drinks of an alcoholic beverage.
- 88% of Martha's Vineyard 7th and 8th grade students perceived a 'moderate' or 'great' risk of harm of smoking one or more packs of cigarettes per day.
- 81% of Martha's Vineyard 7th and 8th grade students perceived a 'moderate' or 'great' risk of smoking marijuana regularly.

Perception of Parental Disapproval

- 98% of Martha's Vineyard 7th and 8th grade students believed their parents thought it was 'wrong' or 'very wrong' for them to drink alcohol regularly.
- 100% of Martha's Vineyard 7th and 8th grade students believed their parents thought it was 'wrong' or 'very wrong' for them to smoke cigarettes.
- 97% of Martha's Vineyard 7th and 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 (10%) followed by marijuana (5%), over-the-counter medications (3%) and inhalants (3%). The current (past 30 days) rates of 7th and 8th grade Martha's Vineyard students for alcohol, marijuana and tobacco were all *less* than the 2007 Massachusetts state rates for 7th and 8th grade students.

The top three most widely used drugs among Martha's Vineyard 7th and 8th students during their lifetime were alcohol (18%), marijuana (8%) and cigarettes (7%). The lifetime use rates of 7th and 8th grade Martha's Vineyard students for alcohol, marijuana and tobacco were also all *lower* than the 2007 Massachusetts state rates for 7th and 8th grade students.

Martha's Vineyard 7th and 8th grade students primarily obtained alcohol from social sources (parents, friends, etc.). Sixty-three percent of students (n= 155) said their parents *never* permitted them to use alcohol, one student said his/her parents left the decision of whether or not to drink alcohol up to him/her. Lastly, the majority of Martha's Vineyard 7th and 8th grade students perceived that alcohol, marijuana, cigarettes and other drugs were 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. Most Martha's Vineyard 7th and 8th grade students disapproved of people their own age using 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 and 8th grade students have several strong protective factors in their lives.

There are misperceptions regarding current alcohol use and current marijuana use 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 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.

Thirteen percent (n= 29) of Martha's Vineyard 7th and 8th grade students had shown symptoms of depression. This is *lower* than the 2007 state rate of 16%. Fourteen percent (n= 32) 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%. Seven percent (n= 16) 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%. Eight percent (n= 18) 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.

The majority of Martha's Vineyard 7th and 8th graders spend some time connected to the internet, watch television and play video games and/ or use the computer for something that is not school related on an average school day. The majority of students also perceive that their peers spend some time with these types of media as well. There is no misperception in regards to actual and perceived media use; however, students do misperceive the frequency at which their peers use these types of media.

Honesty in Reporting

The majority (70%, n= 173) 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=13) were excluded from the final sample and analyses. The remaining 61 respondents did not answer this specific question.

The majority (73%) of Martha's Vineyard 7th and 8th grade students believed that the *average Martha's Vineyard 7th and 8th grade student* **did not** answer the questions in this survey honestly. Most students reported that they were honest; however, the majority of students believe their peers were not honest in completing the survey. Therefore, a 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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