

*Martha's Vineyard
High School*

*Youth Risk Behavior
Survey Results
2009*

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TABLE OF CONTENTS

	Page
I Methods	4
Definitions	6
II. Sample	8
III. Findings	
Substance Use	11
Alcohol Use	11
Marijuana Use	13
Cigarette and Tobacco Use	15
Other Drug Misuse	17
Access to Substances	23
Protective Factors	27
Social Norms	34
Depression and Suicidality	37
DFC Core Measures	40
IV. Conclusion	41
Honesty in Reporting	41
Releasing Data to the Public	42
Contact Information	42

TABLE OF CONTENTS: TABLES and CHARTS

TABLES	Page
Table 1. Surveyed Population	8
Table 2. Demographic Profile	9
Table 3. Amount of Cigarettes Smoked Per Day	15
Table 4. Source of Access of Alcohol	23
Table 5. Times When Parents Permit Students to Drink Alcohol	24
Table 6. Places Where MVHS Students Obtain Cigarettes	24
Table 7. Comfort Talking to Adult About Problem	31
Table 8. Who Students Would Talk to About Problem	31
Table 9. Who Students Turn to for Help When they are Having a Problem and Want Help in Coping	37
Table 10. Demographics of Those That Have Seriously Considered Attempting Suicide	38
CHARTS	
Chart 1. 30 Day Substance Use	21
Chart 2. Lifetime Substance Use	22
Chart 3. How Often Asked to Show Proof of Age When Purchasing Tobacco Products	25
Chart 4. Perception of Ease of Access of Substances	26
Chart 5. Perception of Harm of Substance Use	27
Chart 6. Perceived Parental Disapproval of Youth Substance Use	28
Chart 7. Perception of Adult Disapproval of Youth Substance Use	30
Chart 8. Actual Vs. Perceived Frequency of Alcohol Use in Past 30 Days	34
Chart 9. Actual Vs. Perceived Frequency of Marijuana Use in Past 30 Days	35
Chart 10. Actual Vs. Perceived Current Alcohol and Marijuana Use	35

I. Methods

Survey

The 2009 Martha's Vineyard Youth Risk Behavior Survey (YRBS) was adapted from the 2007 Massachusetts YRBS by the Centers for Disease Control¹. Questions in the survey measured student demographics, substance use, violence, gang activity, depression and general health. Social norms questions were added to assess misperceptions among Martha's Vineyard 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 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 9, 2009. The final number and demographic profile of students surveyed are discussed in the "Sample" section of this report.

Data Cleaning and Validity

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

First, the survey instrument features an internal check by the way of two questions imbedded in the survey. One of these questions asks about the use of a fictional drug. Eight 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. Twenty-two students indicated they were not honest. These students were removed from the sample before the results were compiled.

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

¹ Center for Disease Control

² Most of Us, www.mostofus.org

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

Finally, the data was examined for cases of obvious exaggeration. An example of this might be a student selecting the highest possible use rate for all substances on the survey. Only one student was 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 460 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 are run to determine if there were relationships between two variables (questions) and to gain more in-depth information about the data. One analysis that is frequently run is a cross tabulation. This examines two or more variables with one another to determine the number of students who answered both questions. When this is done, it is possible that the total frequency for those analyses may not equal the total given for one individual question, because students may not have answered one of the questions within the cross tabulation.

A. Definitions

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

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

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

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

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

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

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

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

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

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

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

¹ National Social Norms Institute at University of Virginia

² Centers for Disease Control

³ Communities That Care

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

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

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

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

II. Sample

At the time of survey administration, the population of Martha's Vineyard High School was 719. 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. It is unknown how many students were not included for each of these reasons. Finally, students are removed as part of a validity check. This final sample accounts for 64% of the entire Martha's Vineyard High School population. Please see Table 1. for a breakdown of this survey sample.

Table 1. Surveyed Population

Breakdown of Surveyed Population	Number of Students
<i>Enrolled in Martha's Vineyard High School</i>	719
<i>Unaccounted for (absent/opted out, etc.)</i>	228
<i>Removed due to validity check</i>	31
<i>Final Sample</i>	460
<i>Return Rate (Percent of entire student body)</i>	64%

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	719	100%	460	100%
Sex				
<i>Male</i>	382	52%	202	49%
<i>Female</i>	347	48%	213	51%
Grade				
<i>9th grade</i>	165	23%	113	27%
<i>10th grade</i>	175	24%	114	27%
<i>11th grade</i>	172	24%	110	26%
<i>12th grade</i>	207	29%	90	21%

Age	<i>Number of Respondents</i>	<i>Percentage of Respondents</i>
<i>14 years old</i>	50	11%
<i>15 years old</i>	118	27%
<i>16 years old</i>	122	27%
<i>17 years old</i>	96	22%
<i>18 years old</i>	59	13%
Race/Ethnicity		
<i>White</i>	328	71%
<i>Black/African American</i>	21	5%
<i>Hispanic/Latino</i>	8	2%
<i>Asian</i>	12	3%
<i>American Indian/Alaska Native</i>	18	4%
<i>Brazilian</i>	30	7%
<i>Bi-Racial</i>	20	4%
<i>Other</i>	28	6%

(The number of students in the first column may not always add up to the total amount in the sample of 460. 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 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 21) shows the rates of current substance use among Martha's Vineyard High School students. Chart 2 (Page 22) shows the rates of lifetime substance use among Martha's Vineyard High School students.

Alcohol Use

Current Alcohol Use

Alcohol is the most used substance among Martha's Vineyard High School students. In the past 30 days, 51% (n= 215) of students reported drinking alcohol. This rate is higher than both the Massachusetts High School students' average of 46% and the national average of 45%.

Current Drinkers & Non-Drinkers by Grade

	9 th Grade	10 th Grade	11 th Grade	12 th Grade
Users	34% (n= 35)	51% (n= 54)	59% (n= 63)	59% (n= 50)
Non-users	66% (n= 68)	49% (n= 51)	41% (n= 44)	41% (n= 35)

- The differences found among grade *were found to be statistically significant*.
- A higher percentage of females (53%) reported using alcohol within the past 30 days than males (50%). However, this difference is *not* statistically significant.

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 13.86 years.
- 28% 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

- 75% (n= 314) of Martha's Vineyard High School students reported they have had at least one drink of alcohol in their lifetime. This is slightly higher than the Massachusetts high school students' average of 73%. Martha's Vineyard High School students' lifetime alcohol use rate is equal to the national rate of 75%.

Current Alcohol Use on School Property

- 1% (n= 5) 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%).

Current High-Risk Drinking

- 36% (n= 149) 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 (37%) were shown to have engaged in high-risk drinking in the past 30 days more often than females (33%); 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	18% (n= 18)	31% (n= 34)	47% (n= 49)	46% (n= 37)
Non-users	83% (n= 85)	69% (n= 75)	53% (n= 55)	54% (n= 44)

Additional High-Risk Drinking Analyses:

- Most (76%, n= 181) of those who do *not* currently binge drink (n=270) reported feeling close to their parent/guardian.
- Most (58%, n= 131) of those who do *not* currently binge drink (n=270) reported sharing their thoughts and feeling with their parent/guardian.
- Most (58%, n= 77) of those who do currently binge drink (n=149) described their life as stressful.
- Most (65%, n= 89) of those who do currently binge drink (n=149) stated they have been taught ways to reduce or manage stressful situations.
 - However, these analyses were *not* statistically significant.

Drinking and Driving

- During the past 30 days, 25% (n= 109) 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 about the same of Massachusetts' rate of 26%. This rate is lower than the national rate of 29%.
 - There was *no* statistical difference found among grade or gender.
- During the past 30 days, 22% (n= 36) of Martha's Vineyard High School students who drive, reported driving a car or other vehicle when they had been drinking. This rate is higher than both Massachusetts (11%) and National (11%) averages.
 - Students in the 11th grade reported the highest amount of driving after drinking alcohol with 19% (n= 13) of those that drive.
 - No difference was found among gender.

Marijuana Use

Current Marijuana Use

Marijuana is the second most used substance among Martha's Vineyard High School students, as 34% (n= 142) reported current use. There was *no* statistical difference found between marijuana use and gender. 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

	9 th Grade	10 th Grade	11 th Grade	12 th Grade
Users	17 (n= 17)	27% (n= 29)	40% (n= 42)	56% (n= 45)
Non-users	83 (n= 82)	73% (n= 78)	60% (n= 63)	44% (n= 36)

These differences in use among grade were found to be *statistically significant*.

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 14.11 years. 28% of MVHS students reported using marijuana for the first time before the age of 13. This is higher than the Massachusetts rate (9%) and national rate (8%) for first use of marijuana before the age of 13.

Lifetime Use of Marijuana

- 50% (n= 214) 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

- 5% (n= 21) of Martha's Vineyard High School students reported using marijuana on school property in the 30 days prior to the survey. This is equal to the national rate of 5%. Massachusetts comparison data is not available.

Driving While Under the Influence of Marijuana

- 34% (n= 139) 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. This rate increases with each grade; 22% (n= 21) 9th grade, 30% (n= 32) 10th grade, 37% (n= 39) 11th grade, 44% (n= 36) 12th grade.
 - No difference was found among gender.
- Of those Martha's Vineyard High School students that drive, 33% (n= 56) of students have driven a car after they had been using marijuana.
 - Although there was no statistically significant difference found between grades and driving after using marijuana, 12th graders reported the most with 43% (n= 24).

- There was *no* statistically significant difference found among gender.

Cigarette and Tobacco Use

Current Cigarette Use

In the past 30 days, 13% (n= 57) of Martha's Vineyard High School students reported cigarette use. There was *no* statistical difference found between cigarette use and gender. Martha's Vineyard High School students reported less cigarette use than their Massachusetts (18%) and nationwide (20%) peers.

Current Cigarette Use by Grade

	9 th Grade	10 th Grade	11 th Grade	12 th Grade
Users	9% (n= 9)	10% (n= 11)	15% (n= 16)	21% (n= 17)
Non-users	92% (n= 97)	90% (n= 100)	85% (n= 91)	79% (n= 65)

Age of First Use of Cigarettes

- The average age of first use of cigarettes, *among those students that report cigarette use* was 14.49 years. 13% 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

- 33% (n= 136) of High School students had tried cigarette smoking. This is also lower than both Massachusetts (46%) and national (50%) rates.

Current Cigarette Use on School Property

- 3% (n= 9) of Martha's Vineyard High School students reported smoking cigarettes on school property during regular school hours during the past 30 days. This is lower than the national rate of 6%.

Amount of Cigarette Use

The following table shows the amount of cigarettes smoked per day of students who stated they smoked within the past 30 days.

Table 3. Amount of Cigarettes Smoked Per Day

Amount	Percentage	Number
1 cigarette or less per day	36%	20
2 to 5 cigarettes per day	38%	21
6 to 10 cigarettes per day	18%	10
11 to 20 cigarettes per day	7%	4

Chewing Tobacco

- 14% of students have used chewing tobacco or snuff in their lifetime.
- 5% of Martha's Vineyard High School students reported using chewing tobacco or snuff within the past 30 days. This is lower than Massachusetts (7%) and the national average (8%).

Cigars

- 29% of students have smoked a cigar in their lifetime.
- 10% of students have smoked cigars in the past 30 days. This is lower than the national average of 14%.

Other Drug Misuse

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

Over-the-Counter Medication (OTC)

- 11% (n= 46) 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= 20) 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 statistically difference found among grade or gender.
 - The average age of first use of over-the-counter medication of MVHS students *who reported use*, was 14.45 years.

Prescription Drugs

- 9% (n= 41) of Martha's Vineyard High School students reported using a prescription medication *without a doctor's orders* during their *lifetime*.
- 4% (n= 15) 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	2% (n= 2)	2% (n= 2)	2% (n= 2)	12% (n= 8)

- The average age of first use of prescription drugs without a doctor's orders of MVHS students, *who reported use*, was 15.02 years.

Inhalants

- 6% (n= 23) 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%.
- 1% (n= 5) 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.
 - There was not a *statistically significant difference* found among use by gender. Three students were male and two were females.
 - Two of these students were in the 9th grade. One student from 10th, 11th and 12th grade reported inhalant use in the past 30 days.
 - The average age of first use of inhalants of MVHS students, *who reported use*, was 11.46 years.

Cocaine

- 4% (n= 18) 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%.
- 0.5% (n= 2) 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%.
 - These students were both in the 12th grade. One was male, one was female.
 - The average age of first use of cocaine of MVHS students, *who reported use*, was 13.81 years.

Heroin

- 1% (n= 4) of Martha's Vineyard High School student reported using heroin in the 30 days prior to the survey during their *lifetime*. This is lower than the national high school student use rate of 2%.
- One Martha's Vineyard High School student reported using heroin in the 30 days prior to the survey. This student was in the 12th grade and female.
- The average age of first use of heroin of MVHS students, *who reported use*, was 13.13 years.

Hallucinogenic Substances

- 8% (n= 31) 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%.
- 1% (n= 4) of Martha's Vineyard High School students reported using hallucinogenic substances during the past 30 days.
 - Two of these students were in 11th and one was in 12th grade (the other did not report grade). Three were male and one was female.
 - The average age of first use of hallucinogenic substances of MVHS students, *who reported use*, was 14.77 years.

Ecstasy

- 4% (n= 16) 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%.
- Less than 1% (n= 3) of Martha's Vineyard High School students reported using ecstasy in the past 30 days.
 - Two of these students were in 12th grade and one was in 11th grade. Two were female and one was male.
 - The average age of first use of ecstasy of MVHS students, *who reported use*, was 14.38 years.

Needle Use

- 0.5% (n= 2) have used a needle to inject an illegal drug into their body during the past 12 months. This is lower than 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:

- 56% (n= 114) of those who currently drink alcohol also currently use marijuana.
- 23% (n= 48) of those who currently drink alcohol also currently smoke cigarettes.
- 32% (n= 44) 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 smoke marijuana, smoke cigarettes and use inhalants.

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:

- 28% (n= 80) of those who drank alcohol or used other drugs in the past 12 months reported they having gotten into trouble with their parents as a result of their substance use.
- 40% (n= 117) 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.
- 45% (n= 130) 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= 100) 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 (51%) followed by marijuana (34%), and cigarettes (13%).

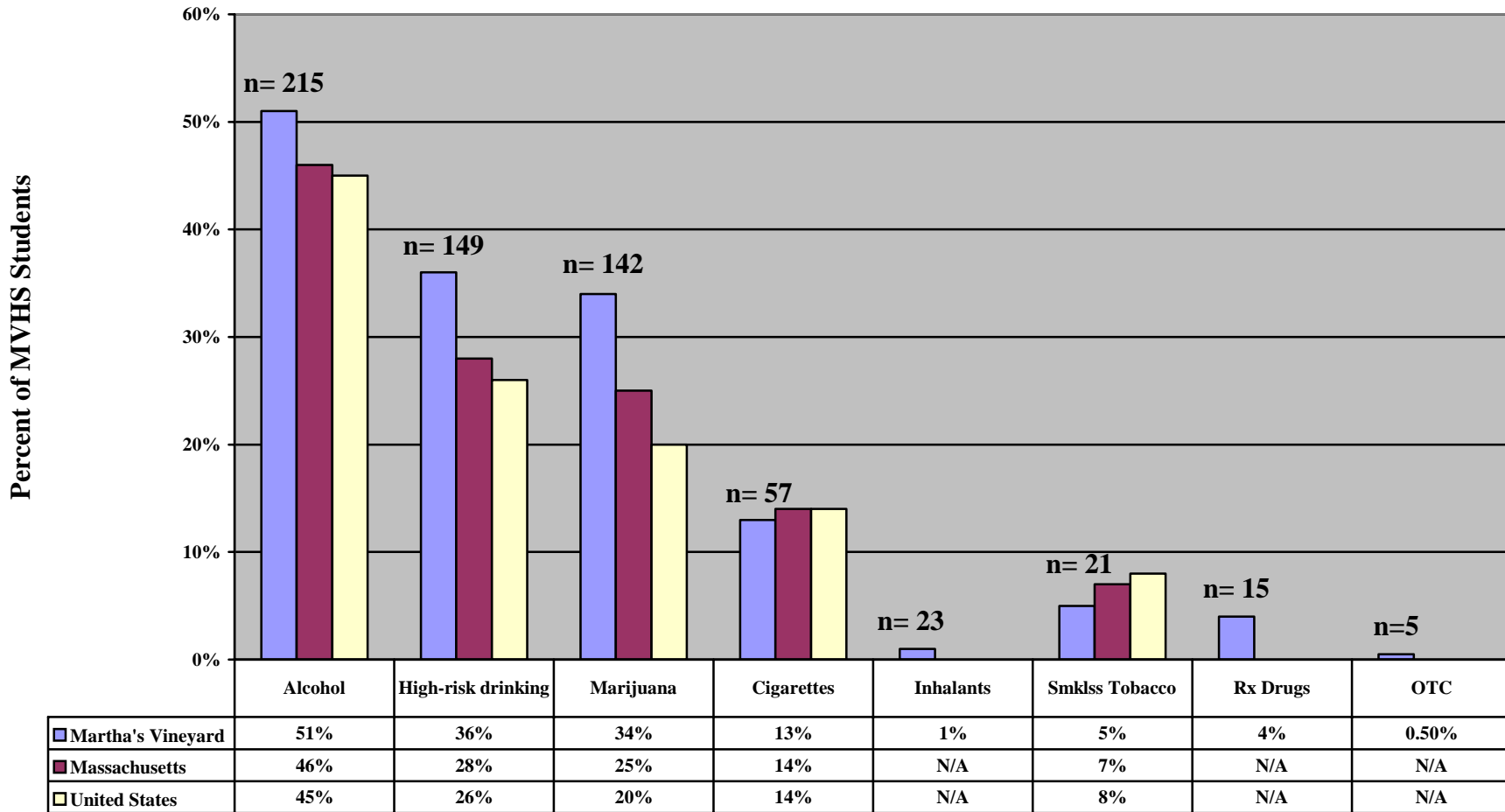
- Alcohol was the drug most commonly used by Martha's Vineyard High School students, with 51% (n= 215) of students reporting current use.
- The rate of high-risk drinking within the past 30 days among Martha's Vineyard High School students was 36% (n= 149).
- Marijuana was the second most commonly used substance among Martha's Vineyard High School students, with 34% (n= 142) reporting current use.
- Cigarettes were the third most prevalent substance among Martha's Vineyard High School students, with 13% (n=57) of students reporting current use.
- 5% of the total sample (n= 21) reported current smokeless tobacco use.
- 4% (n= 15) of students report using prescription medications without a doctor's orders during the past 30 days.
- 5% (n= 20) of students report using non-prescription medications for something other than their intended purpose during the past 30 days.
- 1% (n= 5) 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

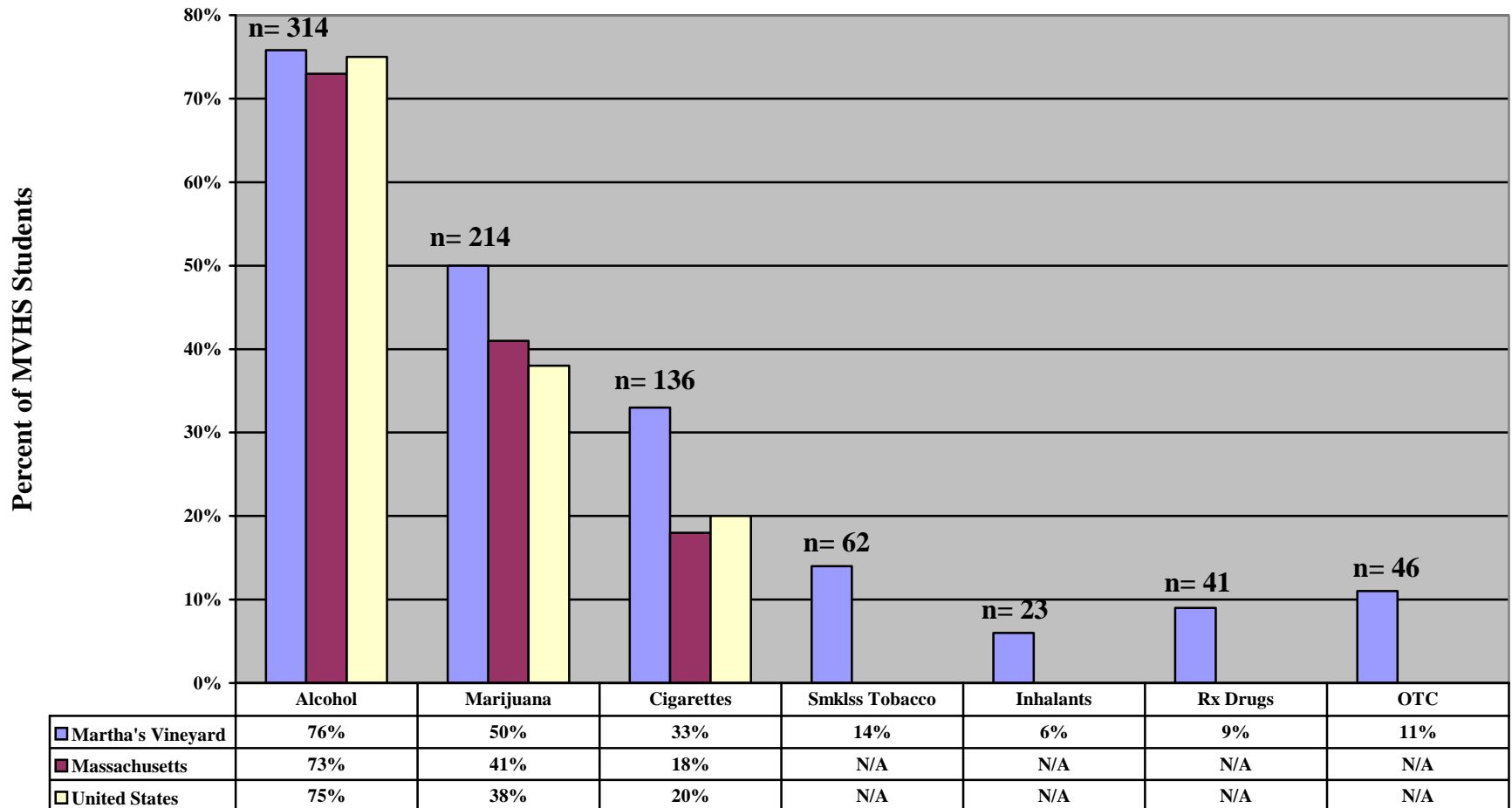
The top three most widely used drugs among Martha's Vineyard High School students during their lifetime were alcohol (75%), marijuana (50%) and cigarettes (33%).

- Prescription drugs (use without a doctor's orders) have been misused by 9% (n= 41) of students at some time in their lives.
- 11% (n= 46) of Martha's Vineyard High School students reported using non-prescription medications for something other than their intended purpose in their lifetime.
- 6% (n= 23) of Martha's Vineyard High School students reported inhalant use in their lifetime.
- 6% (n= 23) 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 (2008)
Compared to Massachusetts & United States (2007)**



**Chart 2. Martha's Vineyard High School Lifetime Substance Use (2008)
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 shows, access points of alcohol among the *students who drank during the past 30 days* (in rank order). 36% (n= 164) stated that they did not drink alcohol, and therefore did not get it. The primary source of alcohol for this population was through social sources (friends, parents, etc.).

Table 4. 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
Ask someone of legal age to buy it for me	20%	91
Older friends give it to me	19%	89
Friends my own age	19%	87
Other	12%	54
Take it from parents or my friend's parents without them knowing	8%	35
Older brothers/sister give it to me	4%	17
My parents give it to me	2%	11
Buy it myself at a store, tavern or bar	1%	6

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. These students were allowed to select more than one answer (responses are in Table 5).

Table 5. Times When Parents 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	59%	272
For a toast at a wedding or other celebration	33%	150
During a religious service	17%	78
At family parties	16%	74
When I'm with them	10%	44
They leave the decision to me	9%	42
At parties as long as I don't drive	5%	23
At parties when adults are present	2%	11

Cigarettes and Tobacco

Access to Cigarettes

Students were asked how they usually got their own cigarettes during the past 30 days. The results are given in rank order in Table 6. Percentages are given only of those students who answered the question and smoke (n= 56).

Table 6. Places Where Martha's Vineyard High School Students Obtain Cigarettes

Where	Percentage of those who smoked	Number of those who smoked
Borrowed (or bummed) them from someone else	39%	22*
Gave someone else money to buy them for me	23%	13**
Bought them in a store such as a convenience store, supermarket, discount store, or gas station	23%	13***
Got them some other way	11%	6
Bought them in a vending machine	2%	1
Took them from a store or family member	2%	1

*One student who stated they had "borrowed (or bummed) cigarettes from someone else" was 18 years old.

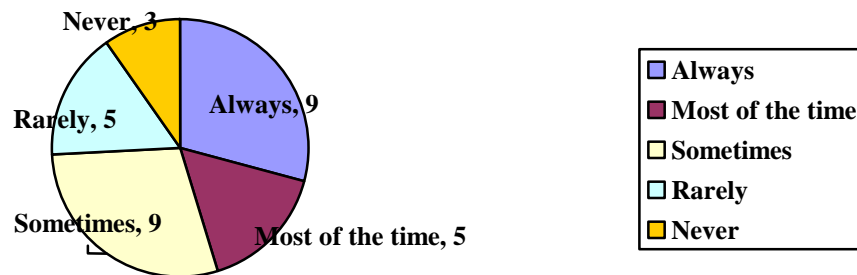
**Two students who stated they "gave someone else money to buy cigarettes for me" were 18 years old.

***Ten students who stated they "bought cigarettes in a store" were 18 years old.

Proof of Age

Students were asked how often they were asked to show proof of age when purchasing tobacco products during the past 30 days. The results are given in Chart 3. Results are given only of *those students who answered the question and smoke* (n= 31). It is important to note that 21 out of the 31 students who answered this question and smoked cigarettes were 18 years old.

Chart 3. How Often Asked to Show Proof of Age When Purchasing Tobacco Products



Other Drugs

Access on School Property

- 15% (n= 66) 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 lower than Massachusetts' rate of 27% and the national rate of 22%.

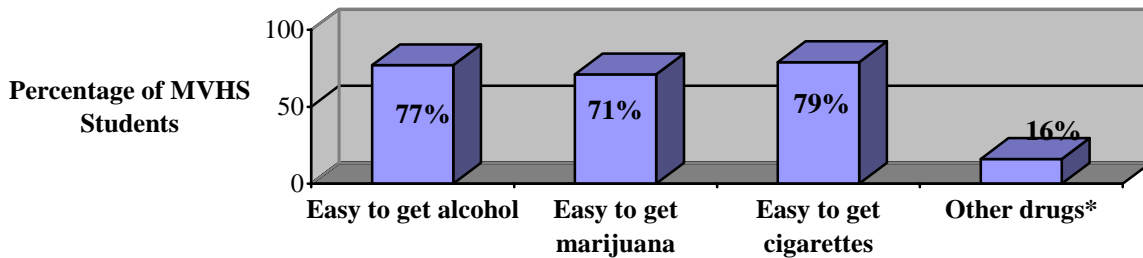
Access Outside of School

- 46% 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 around obtaining alcohol, marijuana, cigarettes and other drugs (such as cocaine, heroin, LSD, or amphetamines). Most students believed that it would be easy to obtain these substances. The percentage of students who believed alcohol and marijuana, or other drugs were “sort of” or “very easy” to get if they wanted some, is shown in Chart 4.

Chart 4. Perception of Ease of Access for Alcohol, Marijuana, Cigarettes 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 (parents, friends, etc.). Most students who have smoked cigarettes in the past 30 days got them from other people. Most students were asked to show proof of age when purchasing tobacco products. Most Martha's Vineyard High School students perceived that alcohol, marijuana and cigarettes were easy to obtain. However, most think that other drugs were difficult to obtain. Most students reported there were not any circumstances when their parents permit them to drink.

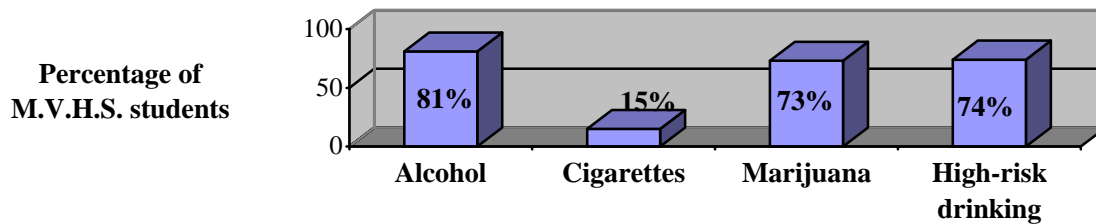
C. Protective Factors

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 three risk behaviors: 1) taking one or two drinks of an alcoholic beverage nearly every day; 2) smoking one or more packs of cigarettes per day; and 3) smoking marijuana regularly. Those who believed they would face ‘moderate’ risk were added with those who believed they would face ‘great’ risk from these three factors, and results are illustrated in Chart 5. Most Martha’s Vineyard High School students felt there was moderate or great risk of harm in other people using these substances.

Chart 5. M.V.H.S Student's Perception of "Moderate" or "Great" Risk of Harm Of Substance Use By Other People



Note: It is unclear why perception of harm of smoking cigarettes was so low. Analysts reviewed the survey tool and database to ensure there was no error in data entry.

Additional analyses:

Alcohol

- 78% (n= 149) of those who currently drank alcohol (n= 190) believed there was ‘moderate’ or ‘great’ risk of harm from drinking alcohol.
- 86% (n= 158) of those who do *not* drink alcohol (n= 185) 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

- 61% (n= 82) of those who currently engage in high-risk drinking (n= 136) believed there was 'moderate' or 'great' risk of harm from drinking alcohol.
- 82% (n= 207) of those who do *not* engage in high-risk drinking (n= 251) 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.

Marijuana

- 45% (n= 54) of those who currently use marijuana (n= 121) believed there was 'moderate' or 'great' risk of harm from using marijuana.
- 77% (n= 211) of those who do *not* currently use marijuana (n= 243) 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.

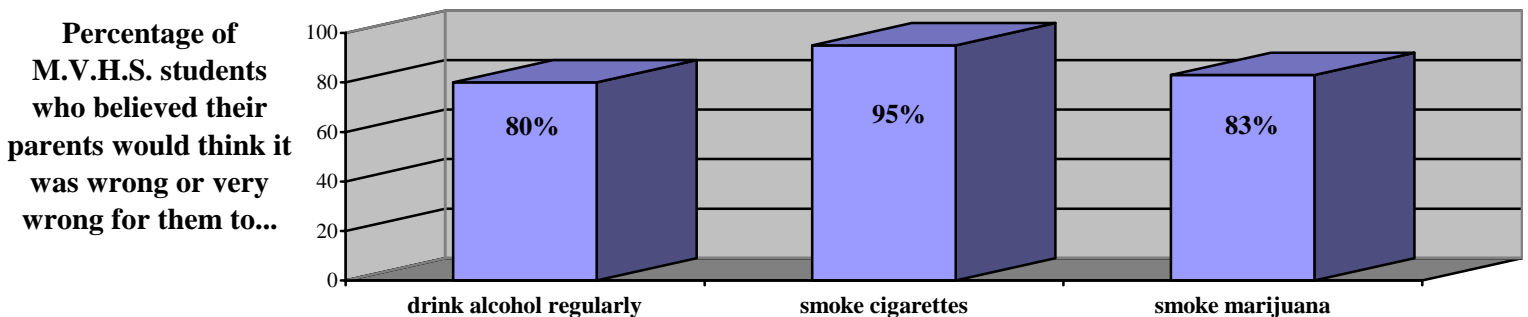
Summary of analyses:

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 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 6.

Chart 6. Perceived Parental Disapproval of Youth Substance Use Among M.V.H.S. Students



Additional analyses:

Alcohol

- 76% (n= 159) of those who currently drink alcohol (n= 210) believed their parents thought it was 'wrong' or 'very wrong' for them to drink alcohol regularly.
- 85% (n= 169) of those who do *not* drink alcohol (n= 200) 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

- 85% (n= 46) of those who currently smoke cigarettes (n= 54) believed their parents thought it was 'wrong' or 'very wrong' for them to smoke cigarettes.
- 97% (n= 326) of those who do *not* currently smoke cigarettes (n= 338) 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

- 63% (n= 81) of those who currently use marijuana (n= 128) believed their parents thought it was 'wrong' or 'very wrong' for them to smoke marijuana.
- 92% (n= 231) of those who do *not* currently use marijuana (n= 252) 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.

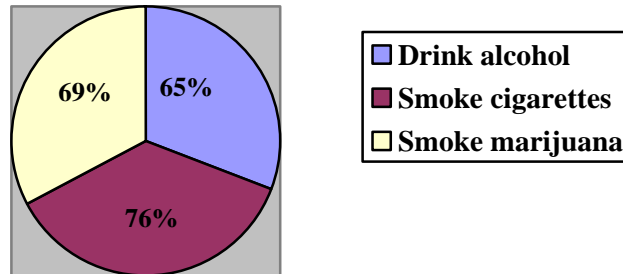
Summary of analyses:

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, smoke cigarettes, and smoke marijuana.

Chart 7. Perception of how wrong most adults in neighborhood thought it was for kids to use alcohol, cigarettes or marijuana



Clear Rules about Alcohol use

- 78% (n= 327) of Martha's Vineyard High School students reported that their family had clear rules about alcohol use.

Additional analyses:

- 80% (n= 156) 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 *not* found to be statistically significant.

Belief Would be Caught by Parents

- 24% of MVHS students thought that if they drank some alcohol without their parents' permission they would be caught by their parents.

Belief Would be Caught by Police

- 8% of MVHS students thought that if a kid in their neighborhood drank some alcohol they would be caught by the police.
- 11% of MVHS students thought that if a kid in their neighborhood smoked marijuana they would be caught by the police.

Comfort Talking to Adult About Problem

Students were asked how comfortable they would be talking to an adult if they knew about a drug or alcohol related problem in their community. The results are in Table 7.

Table 7. Comfort Talking to Adult about Problem

Comfort Level	Percentage	Number
Very comfortable	17%	68
Comfortable	39%	155
Uncomfortable	35%	142
Too uncomfortable to talk	9%	38

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 8.

Table 8. Who Students would talk to About Problem (in rank order)

Who	Percentage	Number
Parent/guardian	49%	227
School counselor	20%	94
Adult friend	19%	85
Other	15%	71
Other relative	14%	66
Teacher	12%	56
No one	10%	45
Coach	8%	38
Parent's friend	8%	37
Co-worker	7%	34
Minister/clergy	2%	10
Community leader	2%	7

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 9 illustrates who students turn to if they are having a problem and wanted help coping.

- 57% (n= 219) of Martha's Vineyard High School students described their life as stressful.
- 60% (n= 235) of Martha's Vineyard High School students reported having been taught ways to reduce or manage stressful situations.

Table 9. Who Students Turn to for Help When They are Having a Problem and Want Help in Coping

Who	Percentage	Number
Peers/friends	39%	179
Parents or guardians	35%	159
Haven't had problems that needed help with	29%	134
Siblings or other family members	22%	101
Teachers, counselors or other adults	14%	65
Other trusted adult	14%	62
Coach	4%	19
No one to turn to for help	3%	13
School nurse or other healthcare professional	2%	8
Minister/clergy member	1%	6
Police or DARE officer	<1%	3

Participation in School-Sponsored Activities

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

- 73% (n= 281) participated in athletics
 - 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.
- 46% (n= 159) participated in music/performing arts
- 58% (n= 196) participated in community service
- 62% (n= 224) participated in clubs/organizations
- 14% (n= 45) participated in student council or government
- 89% (n= 336) participated in a paid or unpaid job

Parental Relationships

- 78% (n= 309) of students stated they felt close to their parent/guardian.
- 60% (n= 226) of students shared their thoughts and feelings with their parent/guardian.
- 73% (n= 274) thought it was important to be honest with your parents, even if they become upset or you get punished.

Social Behaviors

- 19% (n= 78) of students stated they felt it was okay to take something without asking if you can get away with it.
- 48% (n= 186) of students think sometimes it is okay to cheat at school.
- 48% (n= 188) of students think it is all right to beat up people if they start the fight.

Summary of Protective Factors

Most Martha's Vineyard High School students perceived high levels of risk associated with the use of alcohol, high-risk drinking and marijuana. 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 say they would be comfortable to talk to an adult if they knew about a problem in the community. 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.

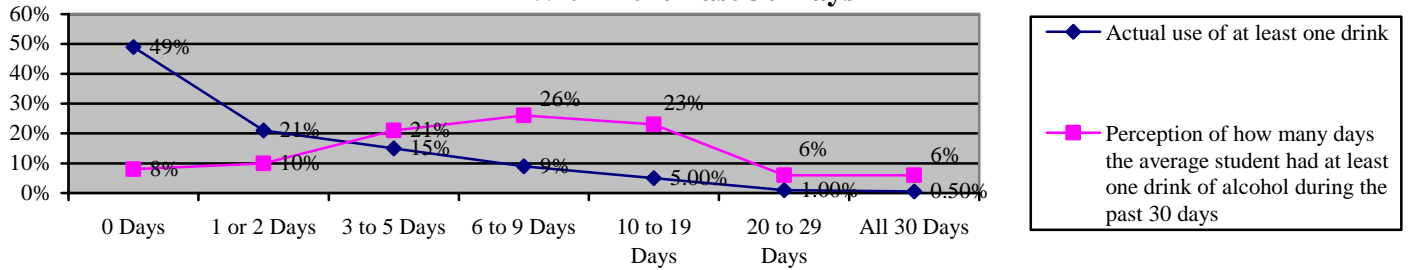
D. Social Norms

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 Alcohol Use

- Most (51%) of Martha's Vineyard High School students drank alcohol within the past 30 days (actual use).
- 92% of Martha's Vineyard High School students **correctly** believe the "average MVHS student" drank alcohol in the past 30 days. Therefore, **no** 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 Martha's Vineyard High School students have used alcohol in the past 30 days, 80% of students stated that 50% or more students drank alcohol in the past 30 days.
- Students did, however, 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.

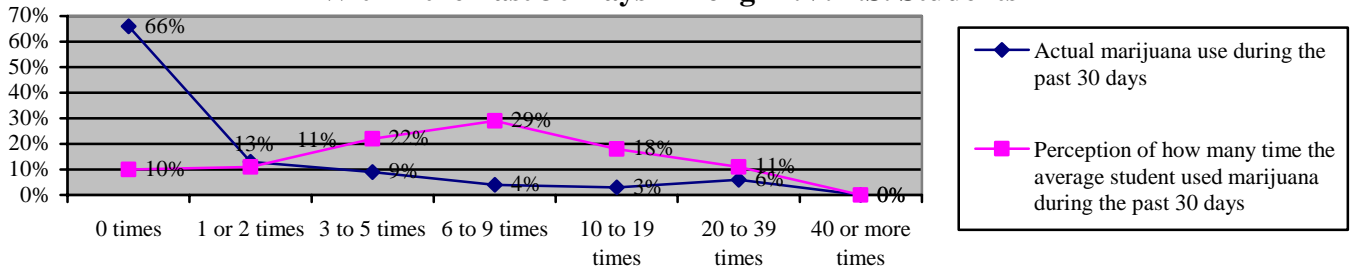
**Chart 8. Actual vs. Perceived Frequency of Alcohol Use
Within the Past 30 Days**



Perception of Marijuana Use

- Most (66%) Martha's Vineyard High School students **did not** use marijuana in the past 30 days.
- 90% 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 Martha's Vineyard High School students have used marijuana in the past 30 days, 72% of students stated that 50% or more students smoked marijuana in the past 30 days.
- Students also misperceived the *frequency* of peer marijuana use, as shown in Chart 9. Students believed that most students use marijuana more frequently than they actually do.

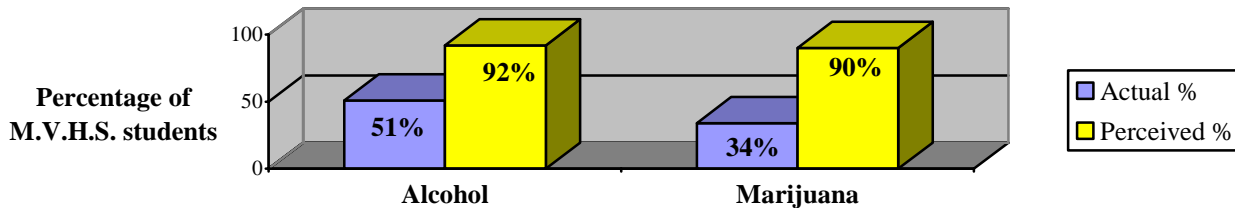
Chart 9. Actual vs. Perceived Frequency of Marijuana Use Within the Past 30 Days Among M.V.H.S. Students



Actual Vs. Perceived Current Alcohol and Marijuana Use

Chart 10 illustrates the actual current (past 30 day) use rate of alcohol 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 10. Current Alcohol and Marijuana Use Rates Among M.V.H.S. Students: Actual vs. Perceived



Campaign Messaging

- 15% (n= 56) 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 marijuana. However, the majority of students perceived that the typical student does smoke marijuana. This misperception 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.

- 17% (n= 69) 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%).
- 7% (n= 30) of Martha's Vineyard High School students had sought medical help or taken prescription medication for depression in the past 12 months.
- 12% (n= 51) 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 close to Massachusetts' average of 13%.
- 6% (n= 22) 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%).
- 2% (n= 6) of Martha's Vineyard High School students had made a plan about how to attempt suicide.
 - This rate is lower than both Massachusetts (11%) and the national average (11%).
- 5% (n= 18) of Martha's Vineyard High School students had actually attempted suicide in the past 12 months.
 - This rate is lower than both Massachusetts average (8%) and the national average (7%).

Please see Table 10 for demographics of those that have seriously considered attempting suicide.

Table 10. Demographics of Those that Have Seriously Considered Attempting Suicide (n=22)

Sex	Number of students
Female	15
Male	6
Grade	Number of students
9 th	5
10 th	4
11 th	5
12 th	6
Race	Number of students
White	15
Other	5
American Indian or Alaska Native	2
Bi-racial	1
Brazilian	1
Black or African American	1
Hispanic/Latino	0
Asian	0

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= 22):

- 10 students drank alcohol in the past 30 days. This relationship *was not* found to be statistically significant.
- 12 students engaged in high risk drinking in the past 30 days. This relationship *was not found to be statistically significant.*
- 6 students used marijuana in the past 30 days. This relationship *was not found to be statistically significant.*
- 18 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.*
- 18 students reported that they have hurt or injured themselves on purpose within the past 12 months. *This is statistically significant.*
- 10 students had sought medical help or taken prescription medication for depression in the past 12 months. *This relationship was found to be statistically significant.*
- 14 students reported they do NOT share their thoughts and feelings with their parent/guardian. *This is also statistically significant.*
- All but one (n=21) student, who said they had considered attempting suicide, described their life as stressful. *This is statistically significant.*
- 17 students said they have been taught ways to reduce or manage stressful situations. *This is 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. Female students were more likely to have considered attempting suicide. Among students who had seriously considered attempting suicide, significant correlations were found between stress and sharing thoughts and feelings with parents and guardians.

Drug Free Communities Core Measures

Past 30 Day Use

- 51% of Martha's Vineyard High School students reported drinking alcohol at least once within the past 30 days.
- 13% 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 13.86 years old.
- The average age of first use of cigarettes among Martha's Vineyard High School students was 14.49 years old.
- The average age of first use of marijuana among Martha's Vineyard High School students that have smoked marijuana was 14.11 years old.

Perception of Risk of Harm

- 81% of Martha's Vineyard High School students perceived a 'moderate' or 'great' risk of harm of taking one or two drinks of an alcoholic beverage nearly every day.
- 15% 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.
- 73% of Martha's Vineyard High School students perceived a 'moderate' or 'great' risk of smoking marijuana regularly.

Perception of Parental Disapproval

- 80% of Martha's Vineyard High School students believed their parents thought it was 'wrong' or 'very wrong' for them to drink alcohol regularly.
- 95% of Martha's Vineyard High School students believed their parents thought it was 'wrong' or 'very wrong' for them to smoke cigarettes.
- 83% of Martha's Vineyard High School students believed their parents thought it was 'wrong' or 'very wrong' for them to smoke marijuana.

VI. Conclusions

The top three drugs most widely used in the past 30 days by Martha's Vineyard High School students were alcohol, marijuana and cigarettes. Martha's Vineyard High School alcohol and marijuana current use rates were higher than both Massachusetts and national averages. However, all other drugs use rates were equal to or lower than the state and national comparisons.

Martha's Vineyard High School students primarily obtained alcohol from social sources (parents, friends, etc.). Most students who have smoked cigarettes in the past 30 days get them from other people. Most students were asked to show proof of age when purchasing tobacco products. Most Martha's Vineyard High School students perceived that alcohol, marijuana and cigarettes are easy to obtain. However, most think that other drugs are difficult to obtain. Most students reported there are not any circumstances when their parents permit them to drink.

Most Martha's Vineyard High School students perceived high levels of risk associated with the use of alcohol, high-risk drinking and marijuana. The majority of students also perceived that their parents would think 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 has 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 say they would be comfortable to talk to an adult if they knew about a problem in the community. 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.

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 marijuana. However, the majority of students perceived that the typical student does smoke marijuana. This misperception may be 'hidden' risk factors for substance use based on the Social Norms Theory.

Martha's Vineyard depression and suicide rates were equal to or lower than the state and national averages. Females were more likely to have considered attempting suicide. A significant correlation was found between stress, sharing thoughts and feelings with parents and guardians and considering attempting suicide.

Honesty in Reporting

The majority (87%) of Martha's Vineyard High School students stated they were honest in completing this survey. Those that stated they were not honest (n= 22) were excluded from the final sample and analyses.

Releasing Data to the Public

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

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