

Chatham

Student Survey Report 2016

Student Survey Report

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Introduction



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The need for such a survey is clear. The “drug problem” and the context within which substance use and abuse occurs will not improve without intervention.

Like other local and national studies of drug use, this survey attempts to shed light on and more accurately describe the ever-changing use of illicit drugs by youth. With prevalence and trend data, public debate can be enhanced and resources and policymaking can be based on evidence, not misconceptions. Information received through this survey has been very valuable in helping community organizations, coalitions, and schools develop needed research- and evidence-based prevention and intervention services throughout Chatham, NJ.

The 2016 Youth Survey involved 1,938 Chatham students from grades 6-12. The survey was administered during the month of December in 2016. The study describes recent trends in the use, perceived harm, parental and peer disapproval associated with a variety of drugs. Other contextual features (perceived safety, physical and emotional status, etc.) are also presented. This report is divided into 5 sections. First, we outline the **Study Design and Methods** used in the implementation of the study, including a description of the population of students involved in the study. This is followed by an **Executive Summary** of the 2016 survey. This section contains a brief discussion of the study. Based on the fact that no two substances are used, acquired, or perceived in the same ways—and that significant differences exist in the data between the drug classes—we provide **Specific Results for 30 Day Use, Perception of Risk of Harm, Perception of Parental Disapproval** and **Perception of Peer Disapproval**, which are the Core Measures tracked by the federal government for Alcohol, Tobacco, Marijuana, and Prescription Drugs. Additionally, **Risk and Protective Factors** are identified in the survey, including school factors, activity levels and types, and perceptions of safety.

Study Design and Methods

The background is a solid blue color. It features a large, faint, light-blue geometric shape in the center, resembling a stylized cross or a four-pointed star with rounded ends. This central shape is surrounded by four smaller, solid blue circles, one in each quadrant (top, bottom, left, and right).

Student Survey Report

The Madison Chatham Coalition contracted with Epiphany Community Services to deliver the biannual drug and alcohol survey, based on the Communities That Care Survey for a random sample of students in grades 8,10, and 12. The final analysis was completed by Epiphany Community Service, LLC. The survey was given in October and November of 2016. A total of 1,942 surveys were completed with rejection rate/ incompletion rate of 0.02% (4 surveys) for a total 1,938 surveys being used, providing a greater than 99% confidence level of the results.

Surveys were rejected when:

1. The student answered questions inconsistently, saying they did not use in the past year but did use in the last 30 days;
2. The student answered they took the “fake” drug;
3. The student answered they took all of the drugs all of the time at the highest level possible
4. Surveys were considered incomplete if less than 75% of the survey questions were answered.

Because of the size of the 2016 survey (N=1,932, representing a total population of 2,330) in grades 6-12. The margin of error for all respondents is estimated to be approximately 0.9% with a 99% confidence interval. Such a confidence interval means that for any particular statistic reported there is a 99% probability that the true value falls in a range from -0.9 to + 0.9 around the value. For example, if 75% of respondents endorse a particular item, then the reader can interpret this to mean there is a 99% chance the true score falls in the range of 74.1% to 75.9%. The confidence interval decreases along and the margin of error increases as the grades are broken down. The grade and gender breakdown is depicted in the following table.

Male	Female	Transgender/Gender Variant	Middle School	High School
925	974	30	874	1,058

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Limitations

It is important to note that survey results are based on the responses of students who were in attendance the day the survey was administered as well as the proportion of respondents to each individual question. Since some students were not present and some did not answer every question on the survey, not every question was based on the same number of respondents.

It is also important to note that self-reported is sometimes criticized for being inaccurate; especially when the target population is youth or the topic under question is illicit drug use behavior. Self-reports can be influenced by a variety of factors, including lapses in memory, the desire to appear a certain way (either “better” or “worse than one’s actual behavior might indicate), and the ability to comprehend the question. Specific research procedures can be put in place to increase the chances of students reporting truthfully. It has been found that school-based; self-administered surveys like the 2016 Youth Survey “appear to yield higher prevalence than either telephone surveys or face-to-face interviews, but lower prevalence than biochemical indicators of substance use or methods that provide even greater anonymity. The most objective comparison data, and low self-reported use of a fictitious drug suggest that most self-reported behaviors on school-based surveys are likely valid but some underreporting may occur.” While self-reports have their weaknesses, they are perhaps one of the best ways to determine many of the things we are seeking in this survey, like age of onset, perceptions of harm, and perceptions of availability. “Survey research can provide a more thorough profile of drug use and abuse among a broader cross section of the population; it can also provide a much greater range of information for use in designing intervention strategies.”¹

Format of the Report

The report is laid out in a graphical format depicting use for all grades, broken down by grade and gender for core measures of substance using behavior. The report is broken down into the key categories of the four core measures, past year use, access, risk factors protective factors, and family.

Executive Summary



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- The drug of choice is alcohol, followed by e-cigarettes/vape pens and marijuana.
- Females had higher 30 day use rates for alcohol and hookah, while males had higher use rates for cigarettes, marijuana, and prescription drugs.
- 30 day use rates of most substances were much higher for high school students than middle school students.
- Students were least likely to perceive risk trying marijuana once or twice and using e-cigarettes.
- Students were most likely to perceive risk from cigarettes.
- Males perceived less risk and less parental disapproval than females.
- They also perceive the least amount of parental disapproval for trying marijuana once or twice and using e-cigarettes.
- High school students perceived less risk than middle school students for all substances except prescription drugs.
- Most students reported getting As and Bs in school and spending 1-2 hours per night on homework.
- Females reported spending more time on homework than males.
- Middle school students reported getting better grades and spending more time on homework than high schoolers.
- The majority of respondents report having very good or excellent health, as well as having a healthy diet and exercising regularly.
- Males reported exercising more often than females.
- Middle school students reported having better health than high school students and exercising more often.
- Most students report getting at least 6 hours of sleep a night and almost half report it takes more than 15 minutes to fall asleep.
- Females reported eating healthier than males, but they also reported not getting as much sleep.
- Middle school students reported having healthier diets and getting more sleep than high school students.

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- Only 38% reported remaining cool and calm as a response to stress.
- 30.6% reported feeling jittery or nervous to sit in silence with no distractions
- High school students were less likely to feel jittery or nervous while sitting in silence with no distractions.
- Males were more likely to report remaining calm in response to stress.
- Middle school students were more likely to report remaining calm under pressure.
- High school students spend more time socializing online than middle school students.
- Most students reported feeling it is not okay to send racy or sexual messages or pictures electronically.
- Males were twice as likely than females to say it is okay to send racy or sexual messages or pictures electronically.
- High school students were four times more likely to approve of sending racy or sexual message or pictures.
- More males than females reported having received racy or sexual messages or pictures.
- The majority of students report not feeling depressed or suicidal at any point in the previous 12 months.
- Females were more likely than males to report feeling depressed and twice as likely to report trying to control their weight through not eating, exercising for long periods of time, or vomiting after eating.
- High school students were more likely to report feeling depressed, suicidal, and trying to control their weight by not eating, exercising for long periods, and vomiting.

Conclusions



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Several conclusions can be drawn from the data. These include: For the most part, kids who attend school in Chatham do not use drugs. The drugs of choice for those that do use drugs are alcohol and e-cigarettes. Students perceive less risk and disapproval as they get older. Most Chatham students get good grades and report being happy, healthy, and physically active. High school students were more likely to report poorer grades, being less happy, and less healthy than middle school students.

Recommendations



Student Survey Report

Several recommendations can be made as a result of the data in order to affect the results and better utilize the information provided. These include:

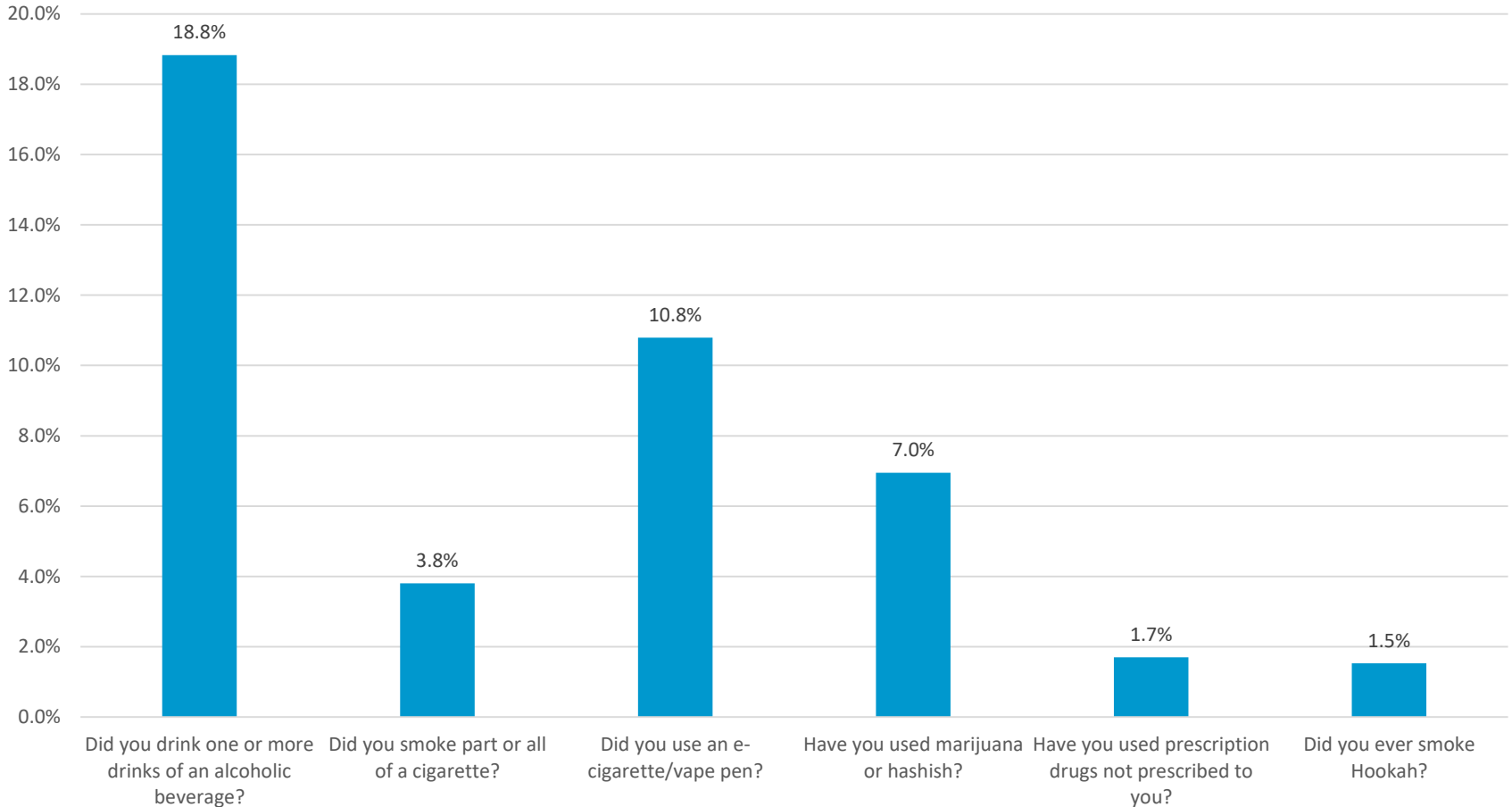
1. Review the data with others in the community and school to provide appropriate context for the information provided.
2. Reinforce the positive choices students are making to ensure all youth understand that use is not the norm.
3. Reinforce to the students the risks associated with e-cigarettes.
4. Promote healthy coping mechanisms to deal with stress.

30 Day Use

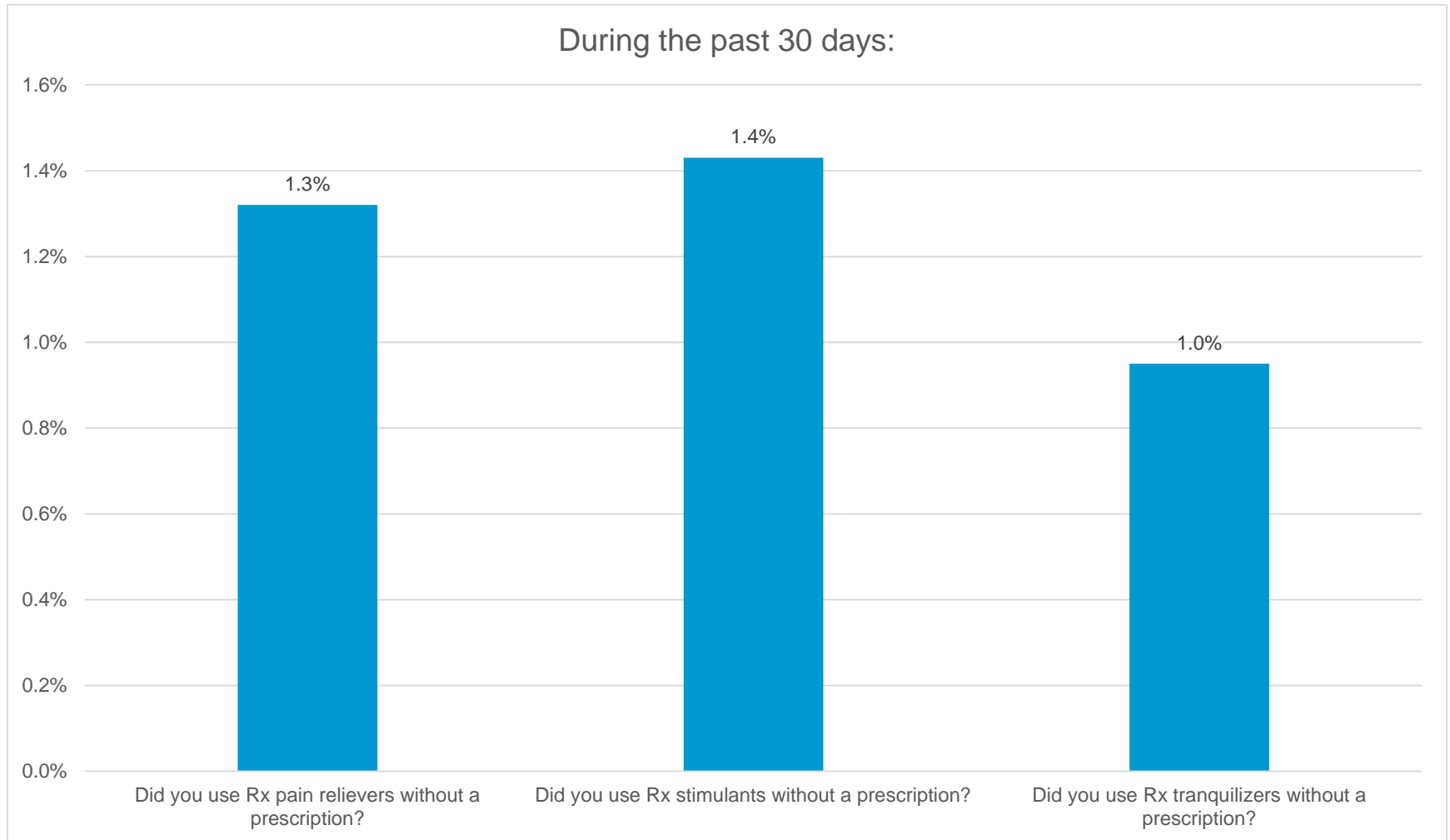
30 day use of alcohol, tobacco, marijuana and prescription drugs is directly related to the number of youth who say they have used at least once in the last 30 days. This measure is predictive and indicative of regular use as well as potential for future use.

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In the past 30 days:



Student Survey Report

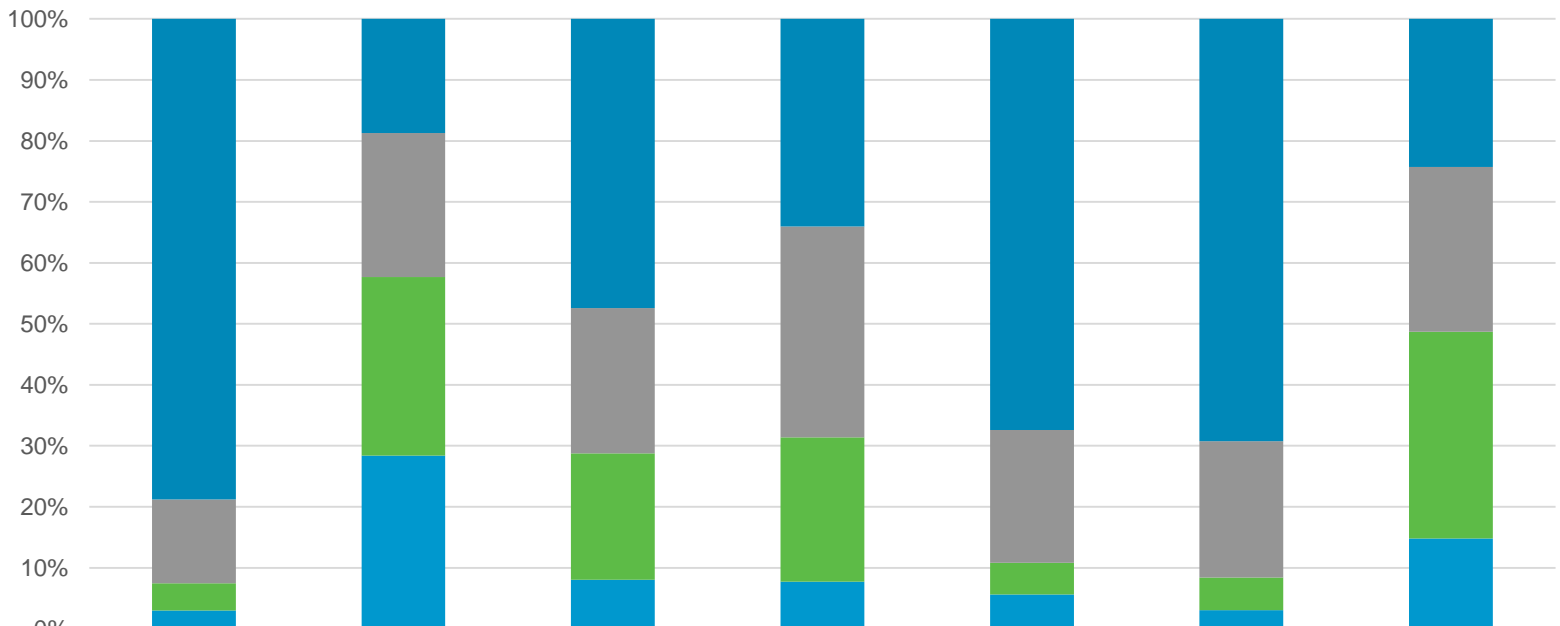


Perception of Risk of Harm

Perceived harm from nicotine (cigarettes), smoking marijuana, and drinking alcohol (beer, wine, and liquor) are indicators of why youth use or do not use.

Student Survey Report

How much do you think people risk harming themselves if they:



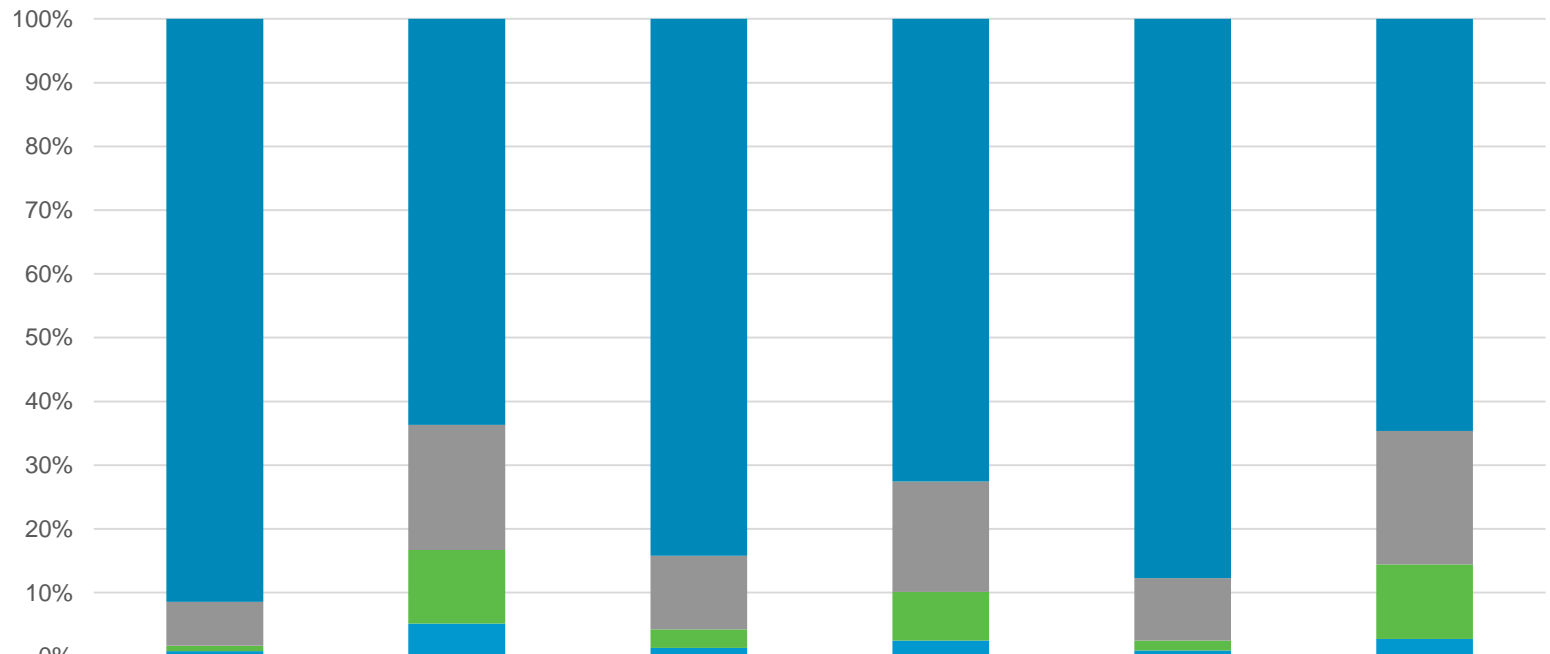
	Smoke one or more packs of cigarettes per day?	Try marijuana once or twice?	Smoke marijuana regularly?	Take one or two drinks of an alcoholic beverage nearly every day?	Have five or more drinks of an alcoholic beverage once or twice a week?	Use prescription drugs not prescribed to them?	Use an e-cigarette/vape pen?
Great Risk	78.8%	18.7%	47.4%	34.0%	69.3%	69.3%	24.3%
Moderate Risk	13.8%	23.6%	23.8%	34.6%	22.4%	22.4%	27.0%
Slight Risk	4.5%	29.3%	20.8%	23.7%	5.3%	5.3%	33.9%
No Risk	3.0%	28.4%	8.0%	7.7%	5.8%	3.0%	14.8%

Perception of Parental and Adult Disapproval

Perceived parental disapproval is an important factor in whether or not children use substances. Research indicates that “youths who perceive that their parents and other adults disapprove of substance use and who report that their parents are involved in their day-to-day activities [helped with homework, limited TV watching, made the child do chores around the house, let the child know they are proud of them, etc.] are less likely than those who do not to use alcohol, tobacco, or illicit drugs.”¹⁰ This research also indicates that perceived disapproval and parental involvement decreases as children age.

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How wrong do your parents/guardians feel it would be for you to:



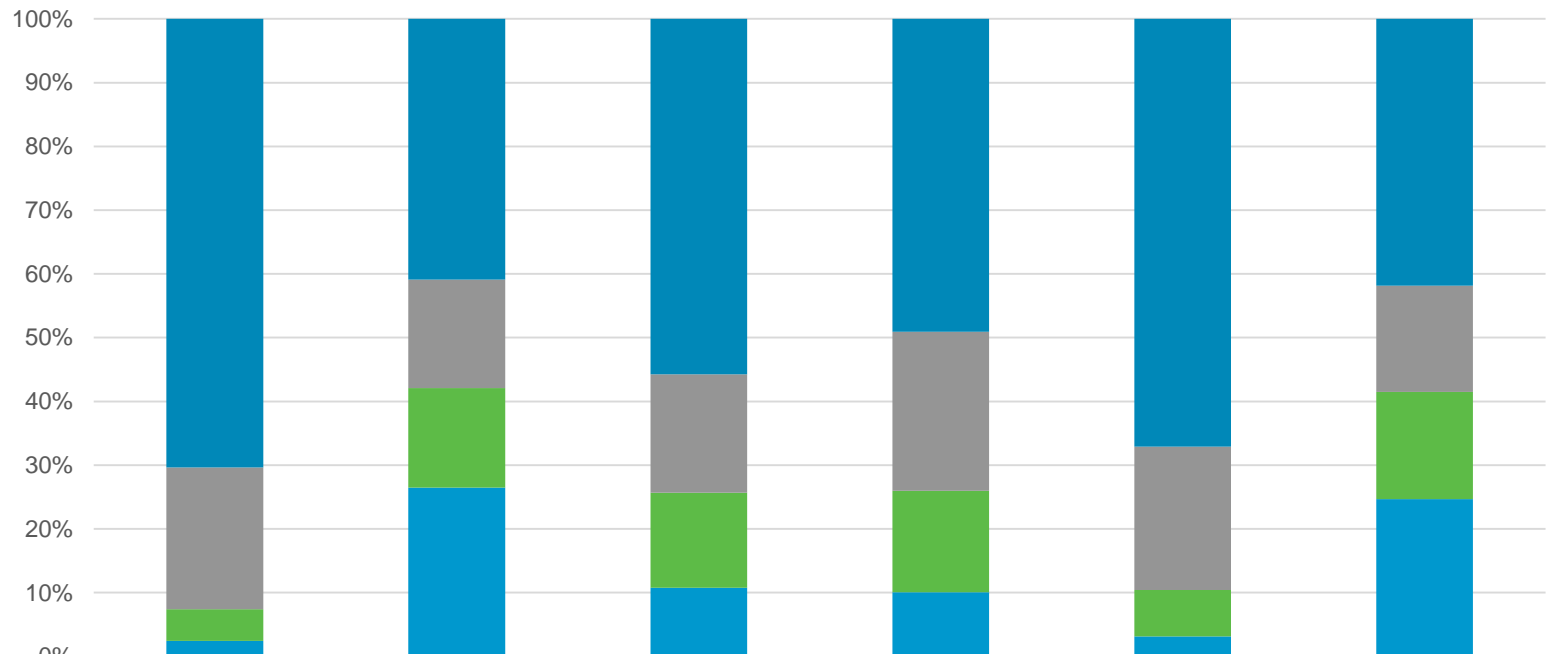
	Smoke one or more packs of cigarettes per day?	Try marijuana once or twice?	Smoke marijuana regularly?	Take one or two drinks of an alcoholic beverage nearly every day?	Use prescription drugs not prescribed to them?	Use an e-cigarette/vape pen?
Very Wrong	91.4%	63.7%	84.2%	72.6%	87.7%	64.7%
Wrong	6.9%	19.6%	11.6%	17.3%	9.8%	20.9%
A little bit wrong	0.9%	11.6%	2.9%	7.7%	1.6%	11.7%
Not at all wrong	0.8%	5.1%	1.3%	2.5%	0.9%	2.7%

Perceptions of Peer and Personal Disapproval

Peer disapproval is linked to the notion of “peer pressure” to use. The higher the perception of approval the more likely a youth will make the decision to use, regardless of actual use rates.

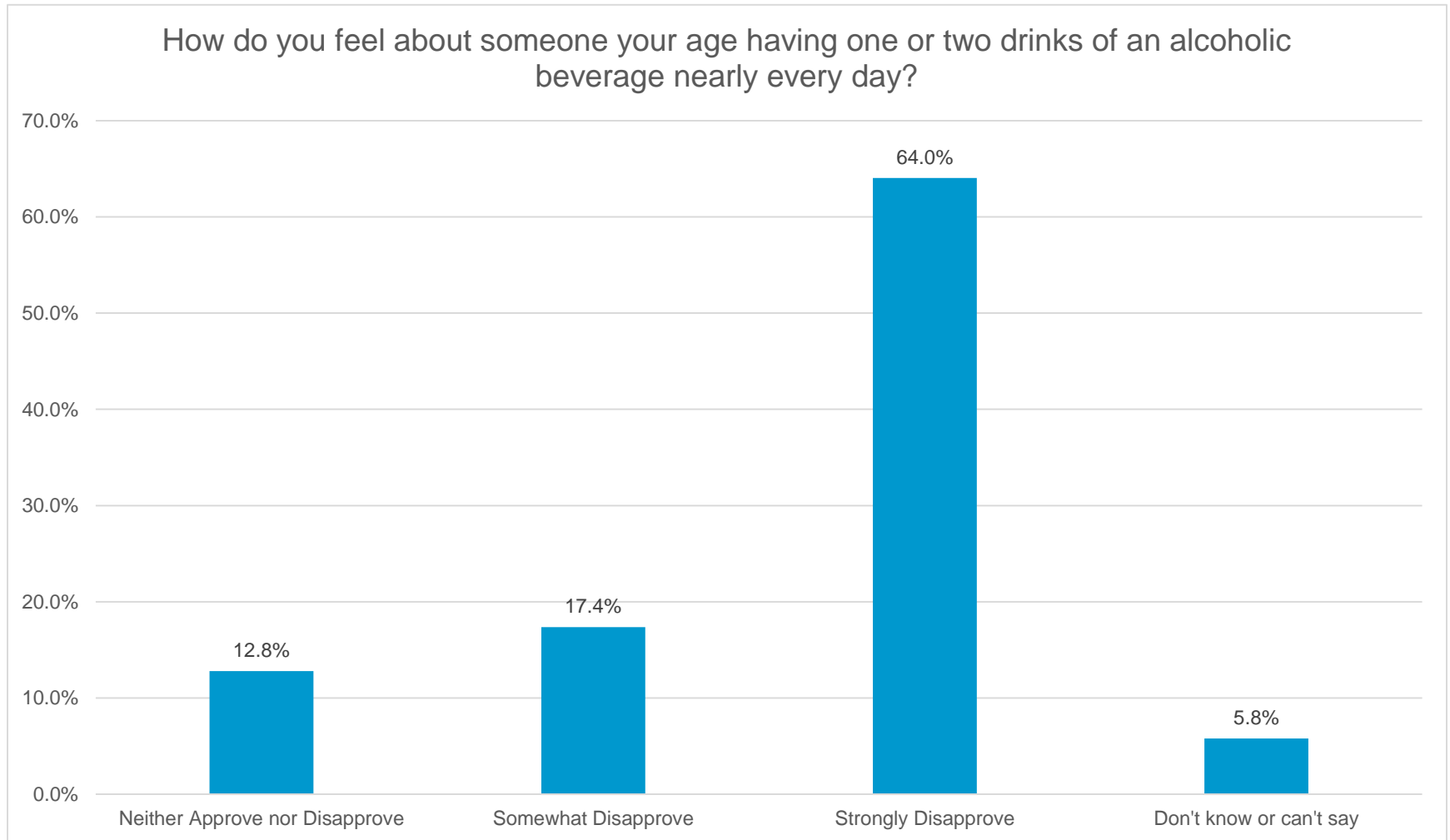
Student Survey Report

How wrong do your friends feel it would be for you to:



	Smoke one or more packs of cigarettes per day?	Try marijuana once or twice?	Smoke marijuana regularly?	Take one or two drinks of an alcoholic beverage nearly every day?	Use prescription drugs not prescribed to them?	Use an e-cigarette/vape pen?
Very Wrong	70.4%	40.9%	55.8%	49.1%	67.1%	41.9%
Wrong	22.2%	17.1%	18.5%	24.9%	22.5%	16.6%
A little bit wrong	5.0%	15.6%	14.9%	15.9%	7.3%	16.9%
Not at all wrong	2.4%	26.5%	10.7%	10.1%	3.1%	24.7%

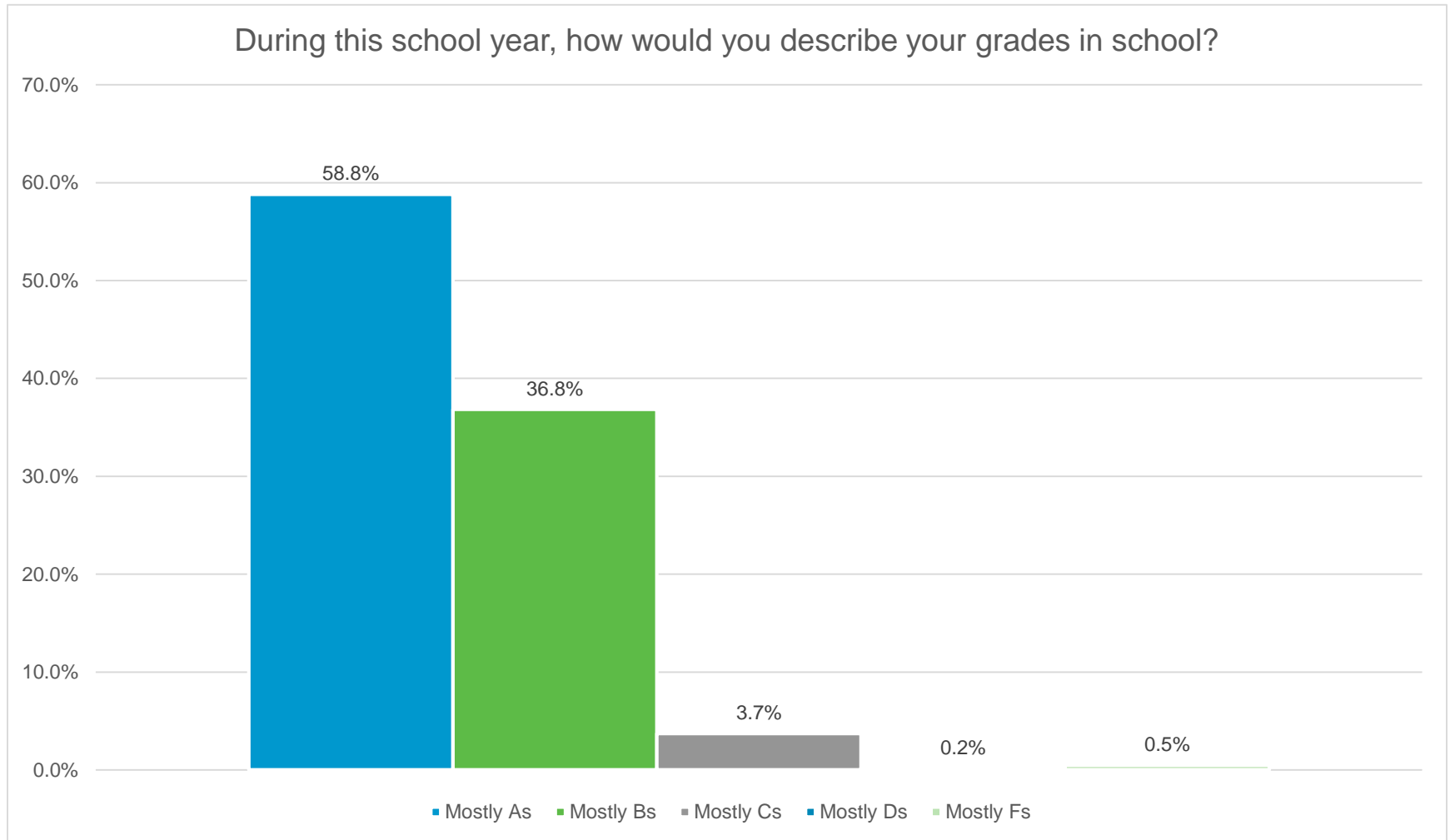
Student Survey Report



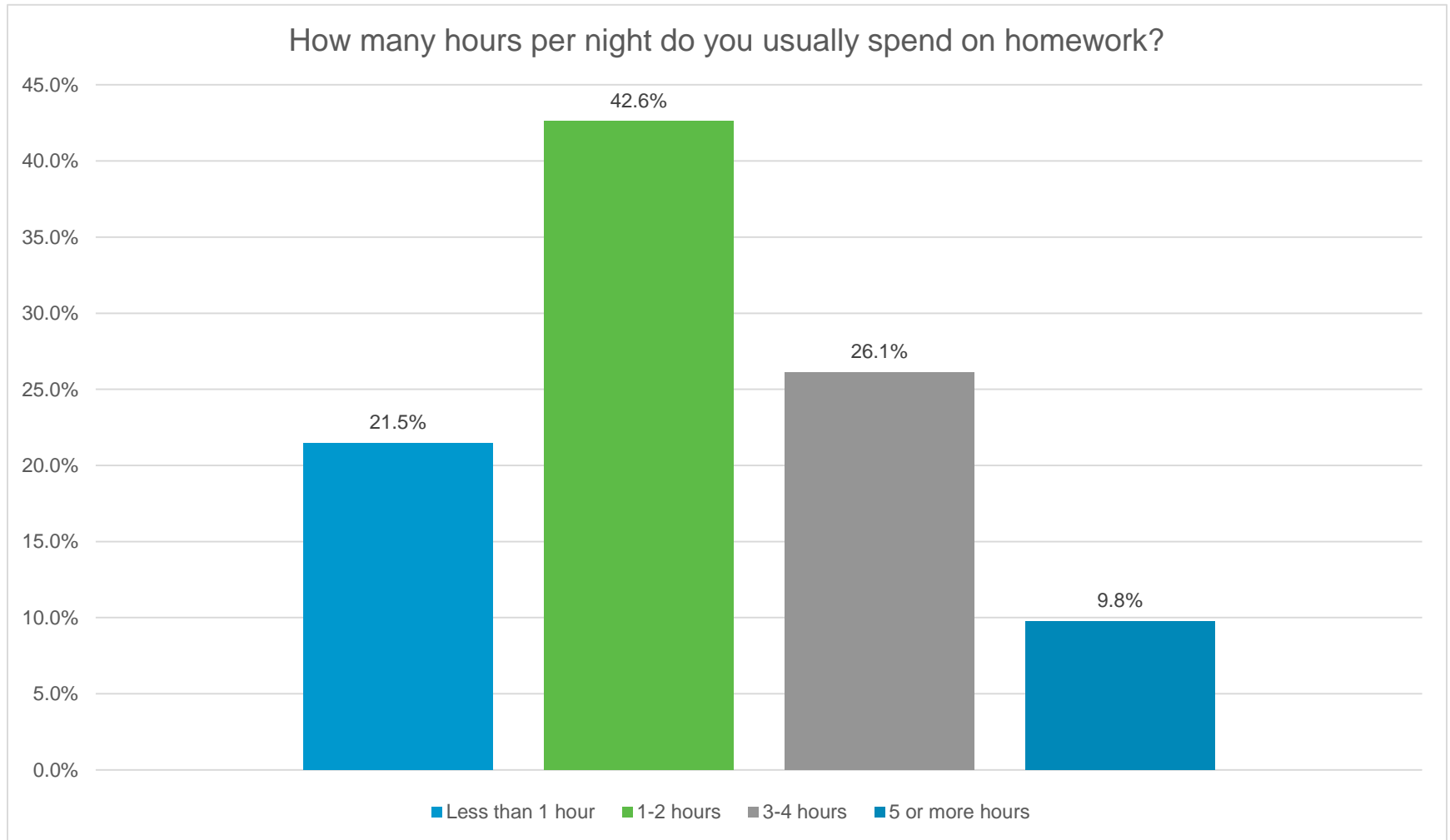
Risk and Protective Factor Data Findings

The discipline of epidemiology (the study of factors impacting health in populations) has developed four constructs to help measure and describe drug use: host, agent, vector, and environment. The host is the person or population using drugs. The agent is the drug. The vector is the mechanism by which agents are distributed. And, the environment includes “familial, social, cultural, historical, economic, political, legal, and media factors”² in which the agent, host, and vectors function. “Without accurate knowledge of the epidemiology, the development and implementation of prevention, treatment, and policy mechanisms to deal with drug abuse cannot succeed.”² In this section, we will examine a number of environmental factors, including school factors, activity levels and types, perceptions of safety, mental health factors, and sources of support.

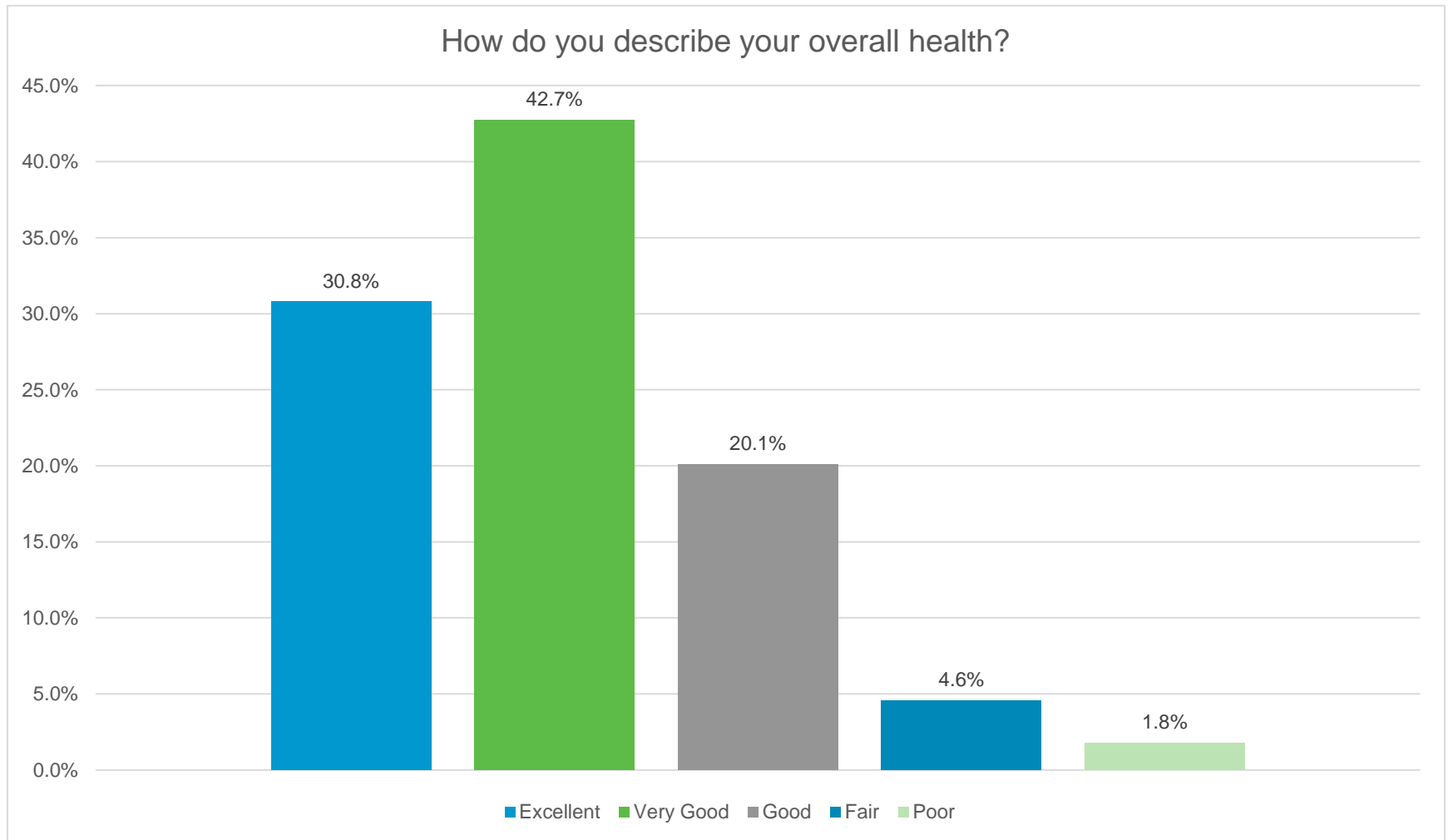
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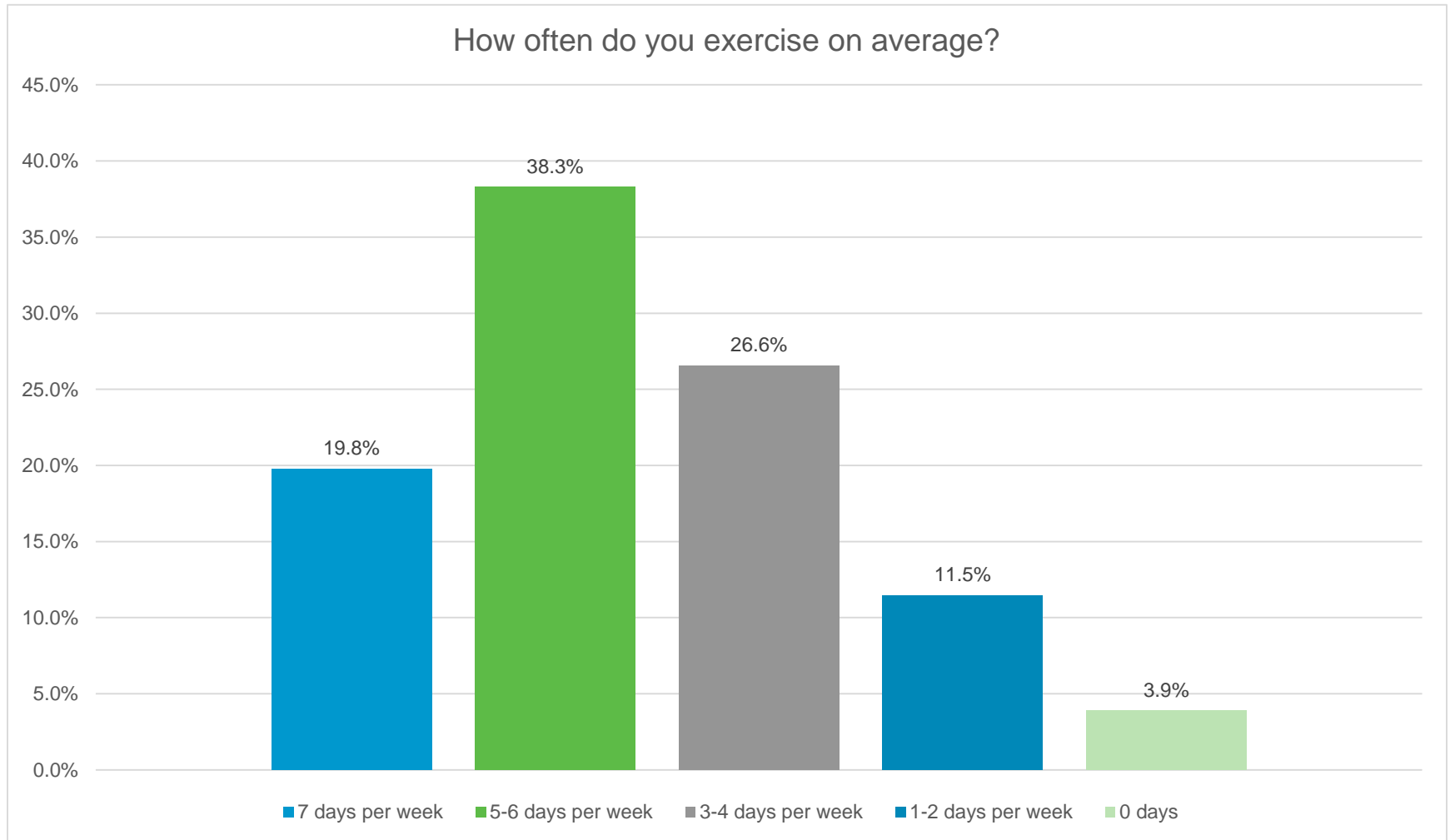
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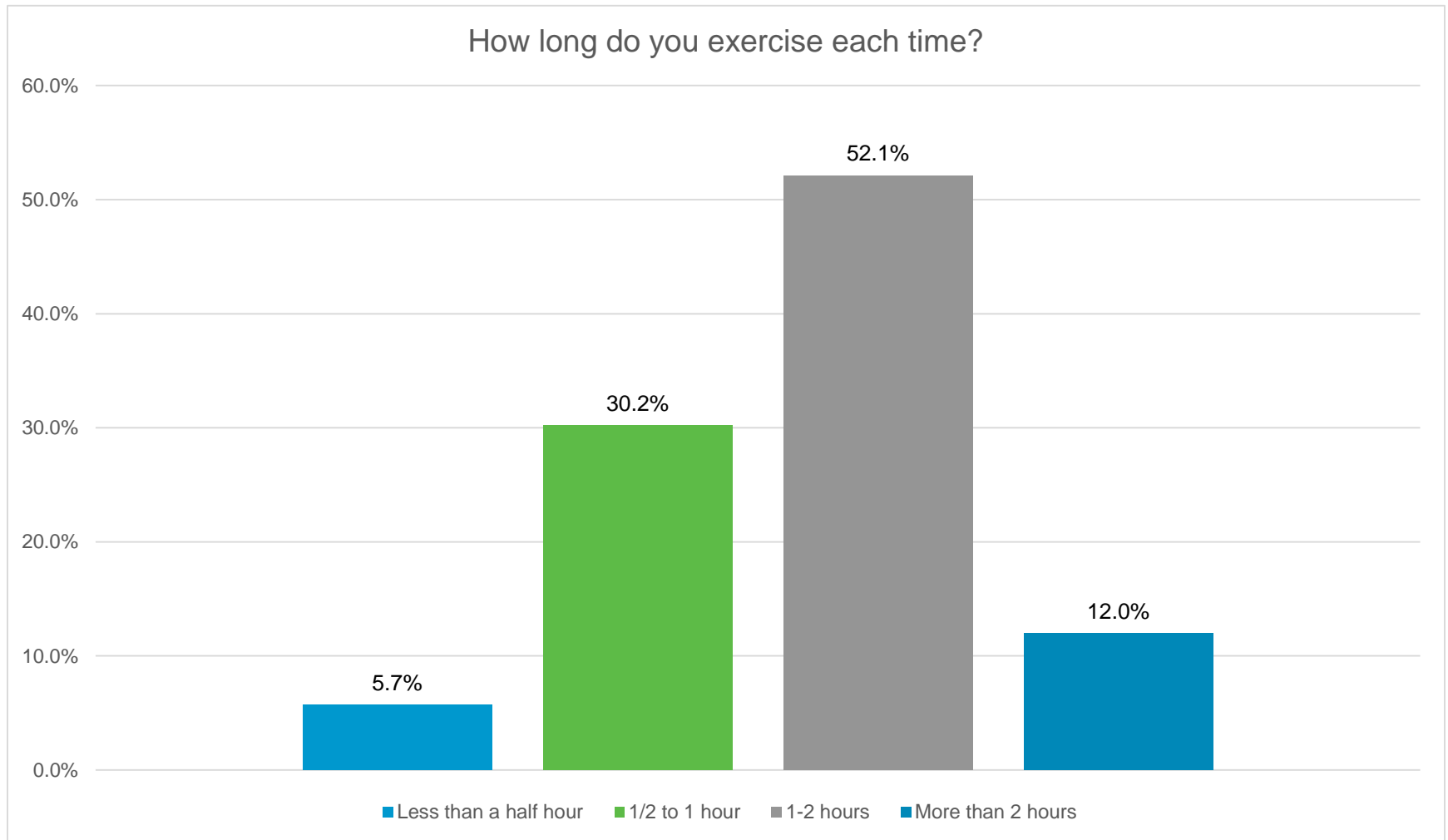
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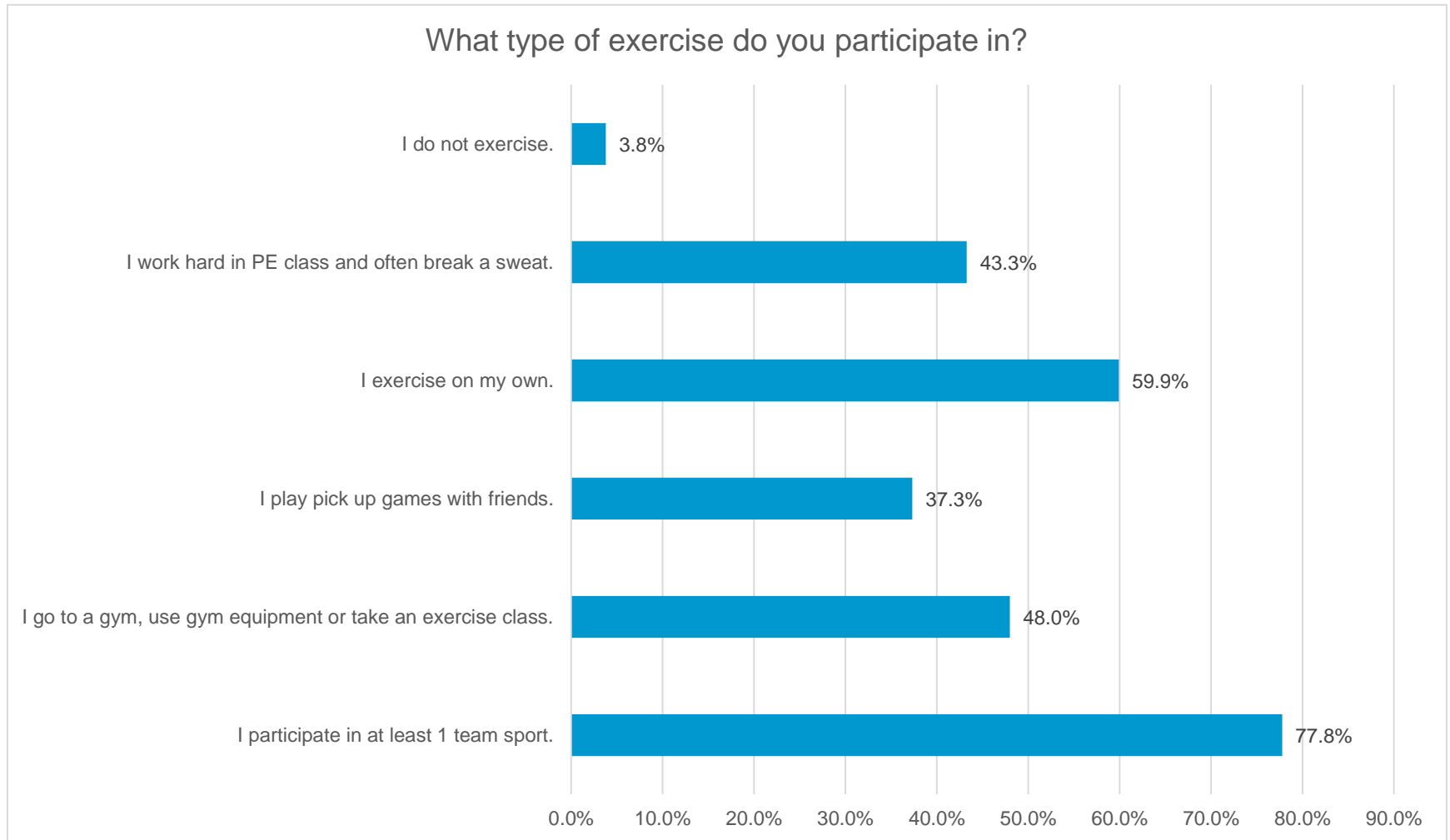
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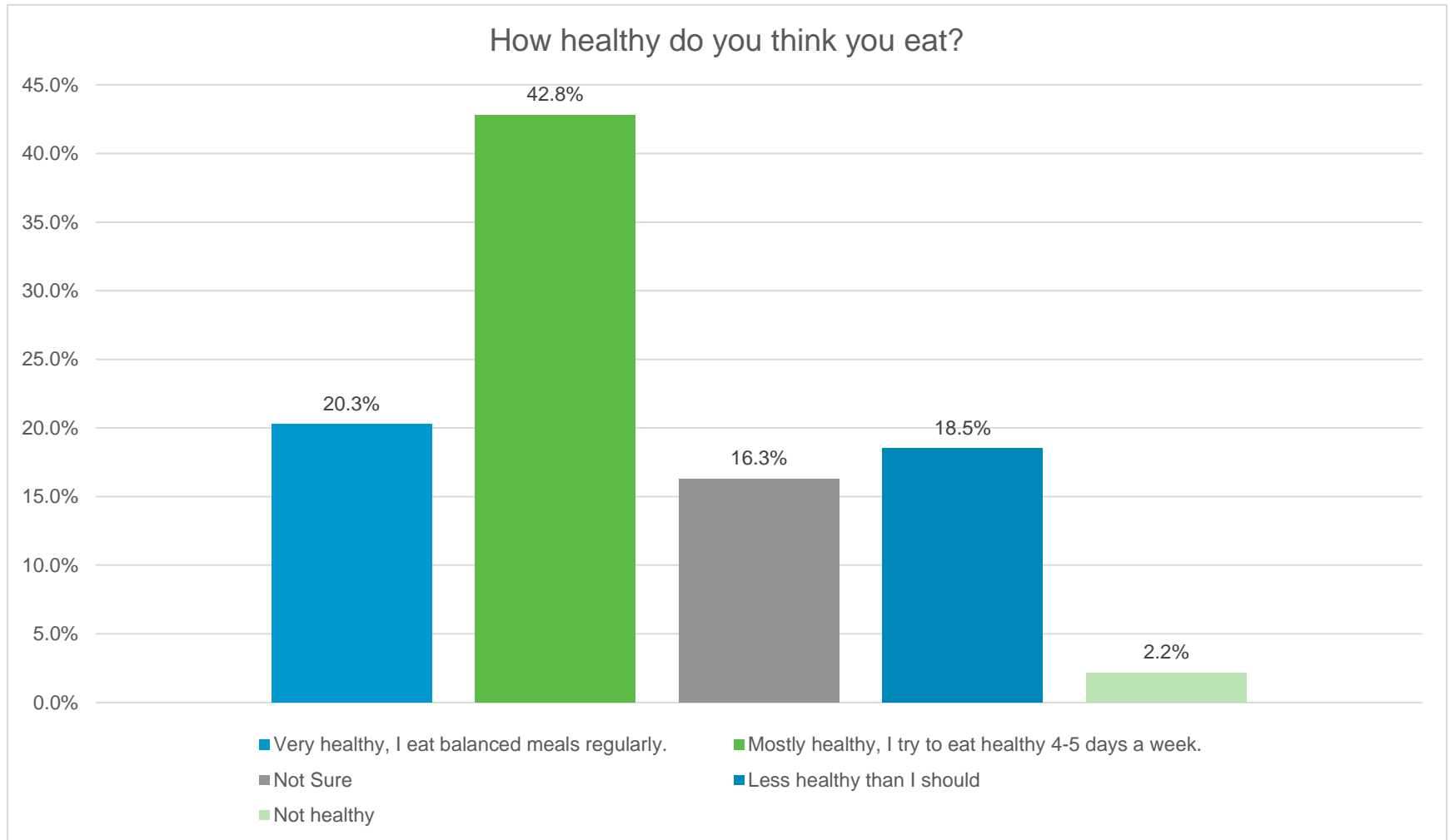
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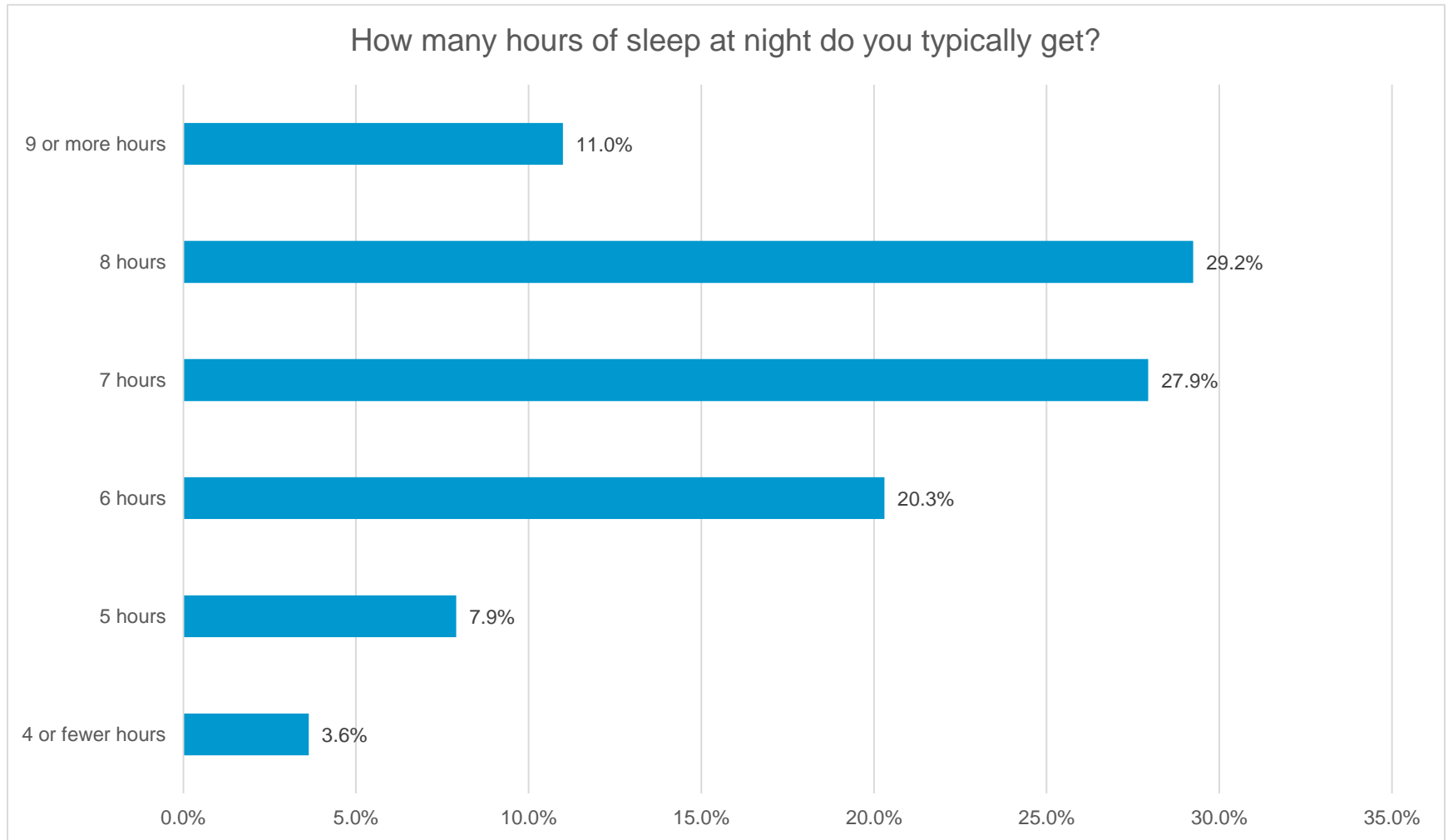
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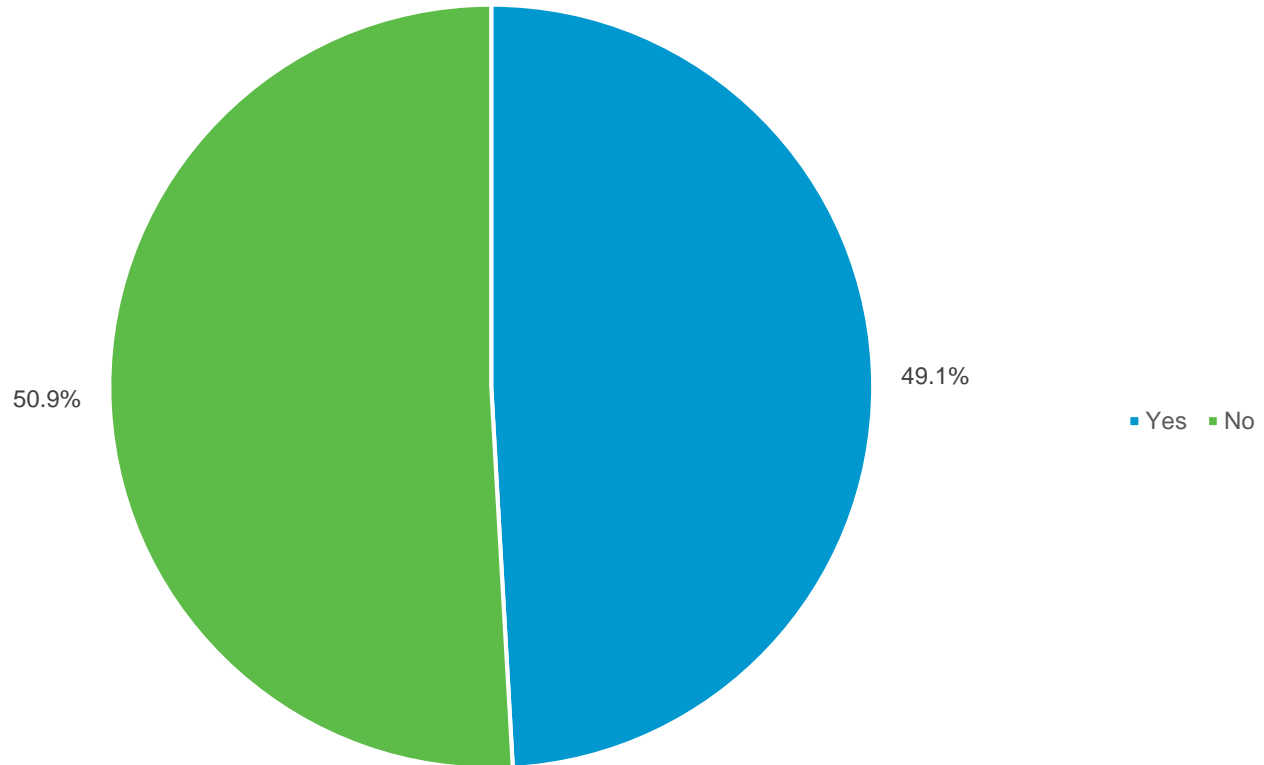


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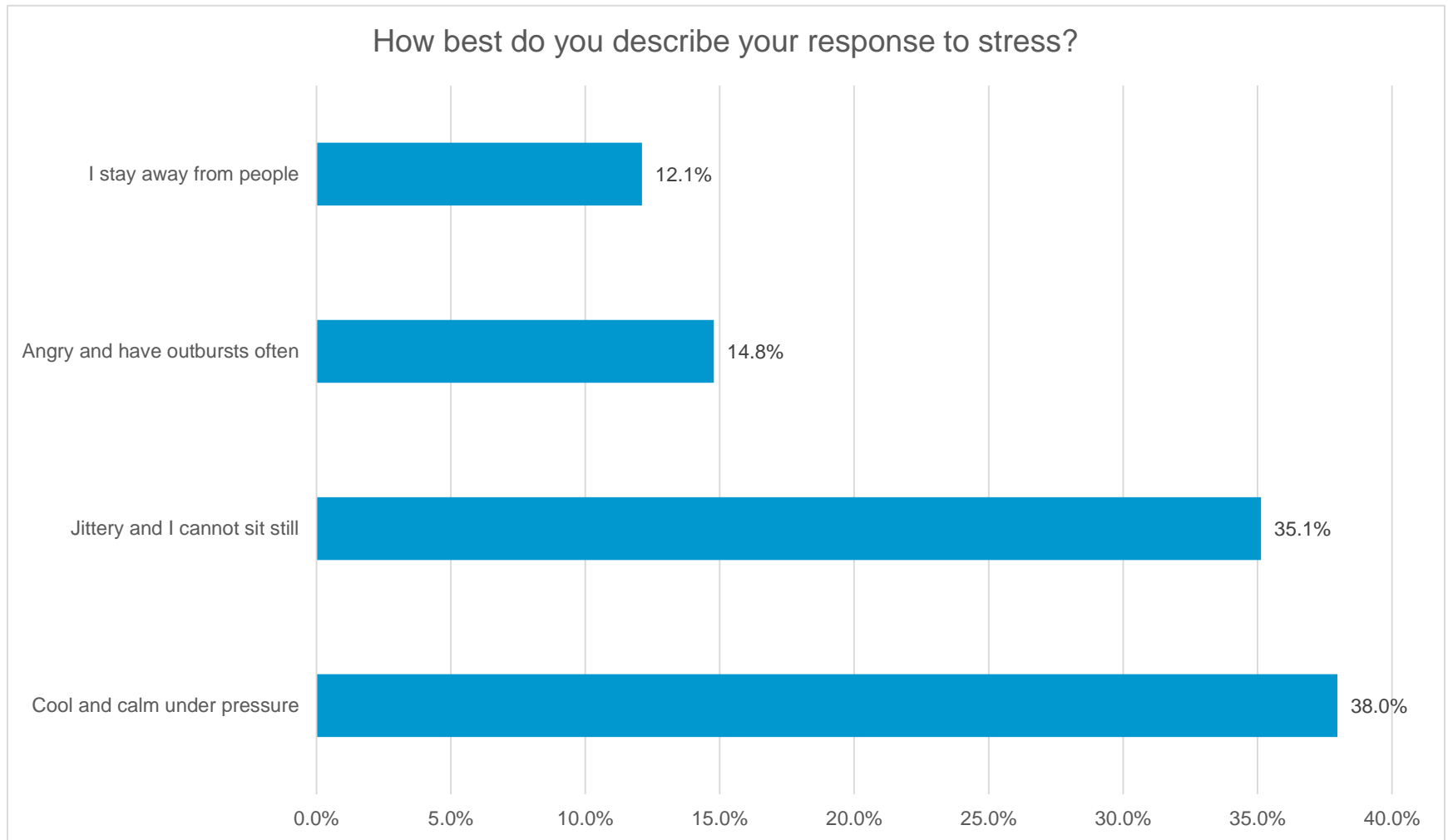


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Does it take more than 15 minutes for you to fall asleep every night?

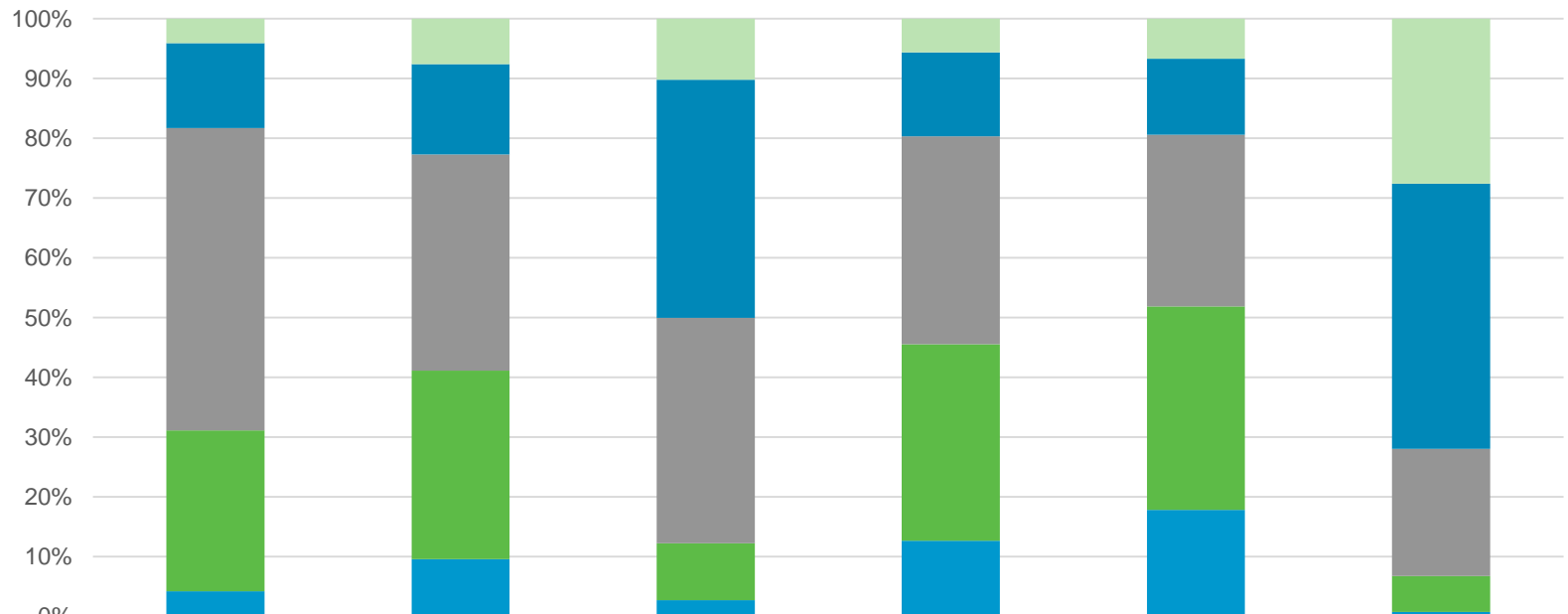


Student Survey Report



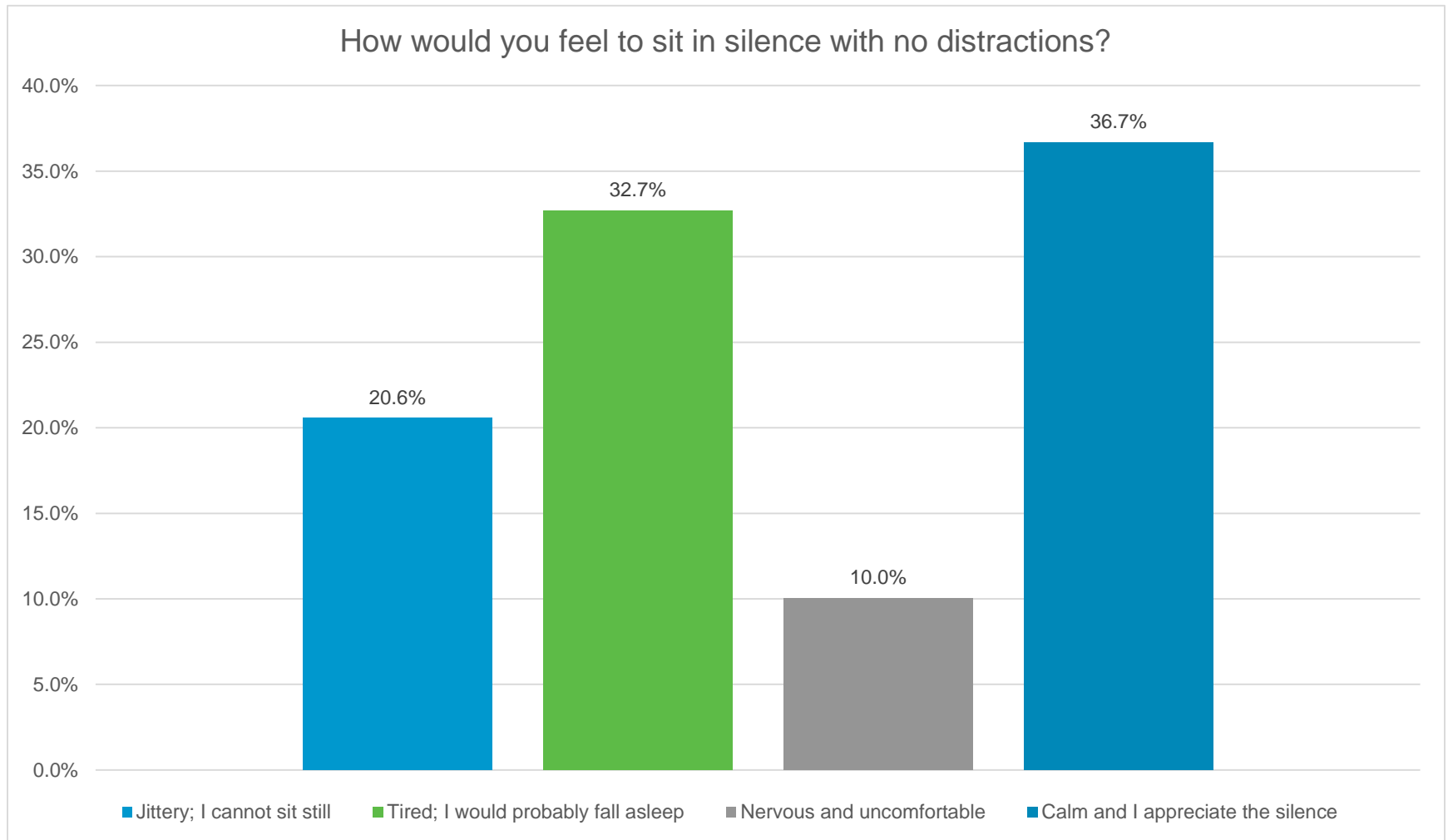
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How often have you:

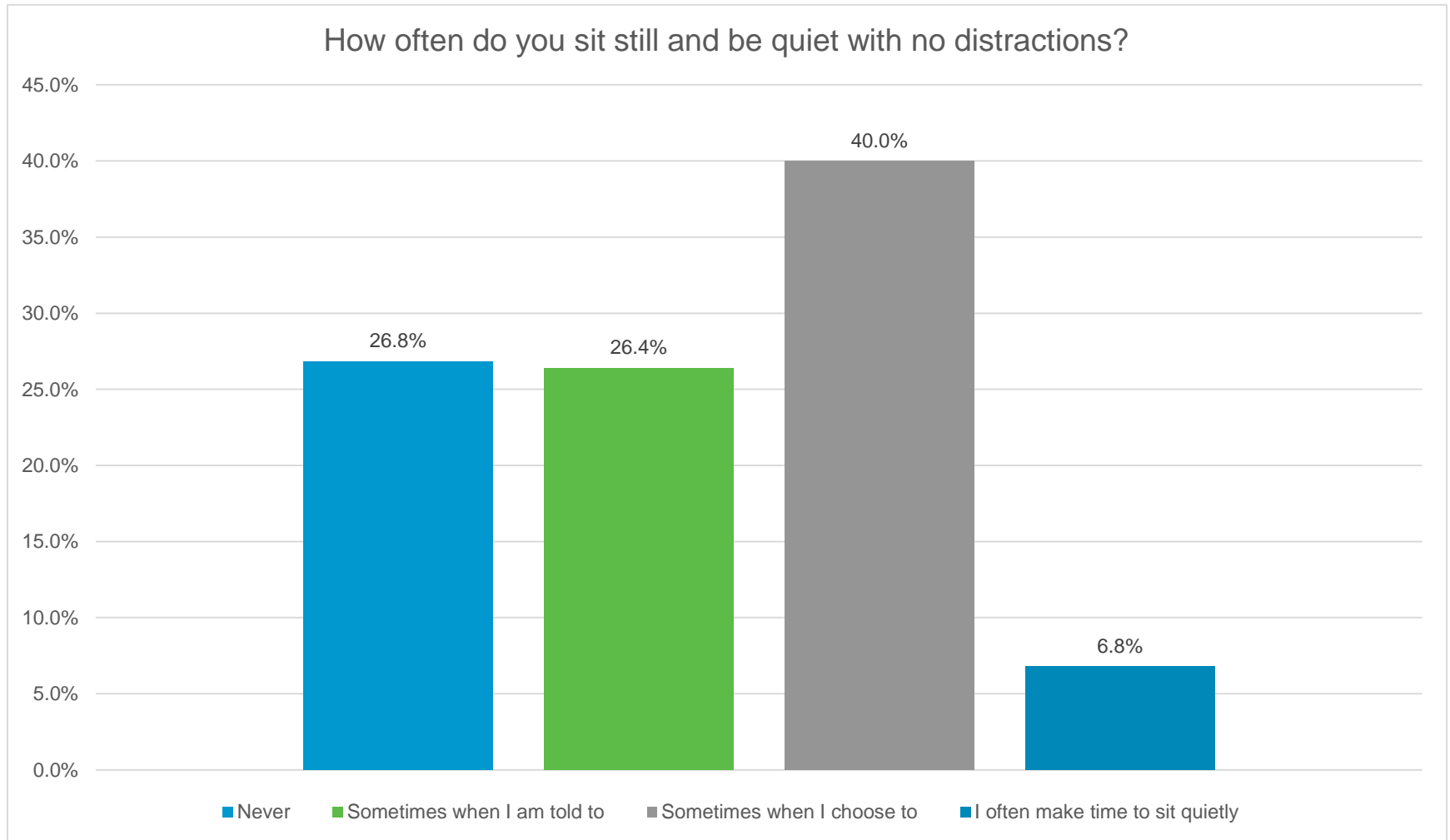


	Been upset because something happened unexpectedly?	Felt that you were unable to control important things in your life?	Felt things in your life were going your way?	Found that you could NOT cope with all of the things you had to do?	Felt that challenges were piling so high that you could not overcome them?	Taken time to do something you enjoy?
Very often	4.1%	7.6%	10.2%	5.6%	6.7%	27.6%
Fairly often	14.2%	15.1%	39.9%	14.0%	12.7%	44.4%
Sometimes	50.6%	36.2%	37.7%	34.8%	28.7%	21.3%
Almost never	26.9%	31.5%	9.5%	32.9%	34.1%	6.0%
Never	4.2%	9.6%	2.7%	12.7%	17.8%	0.8%

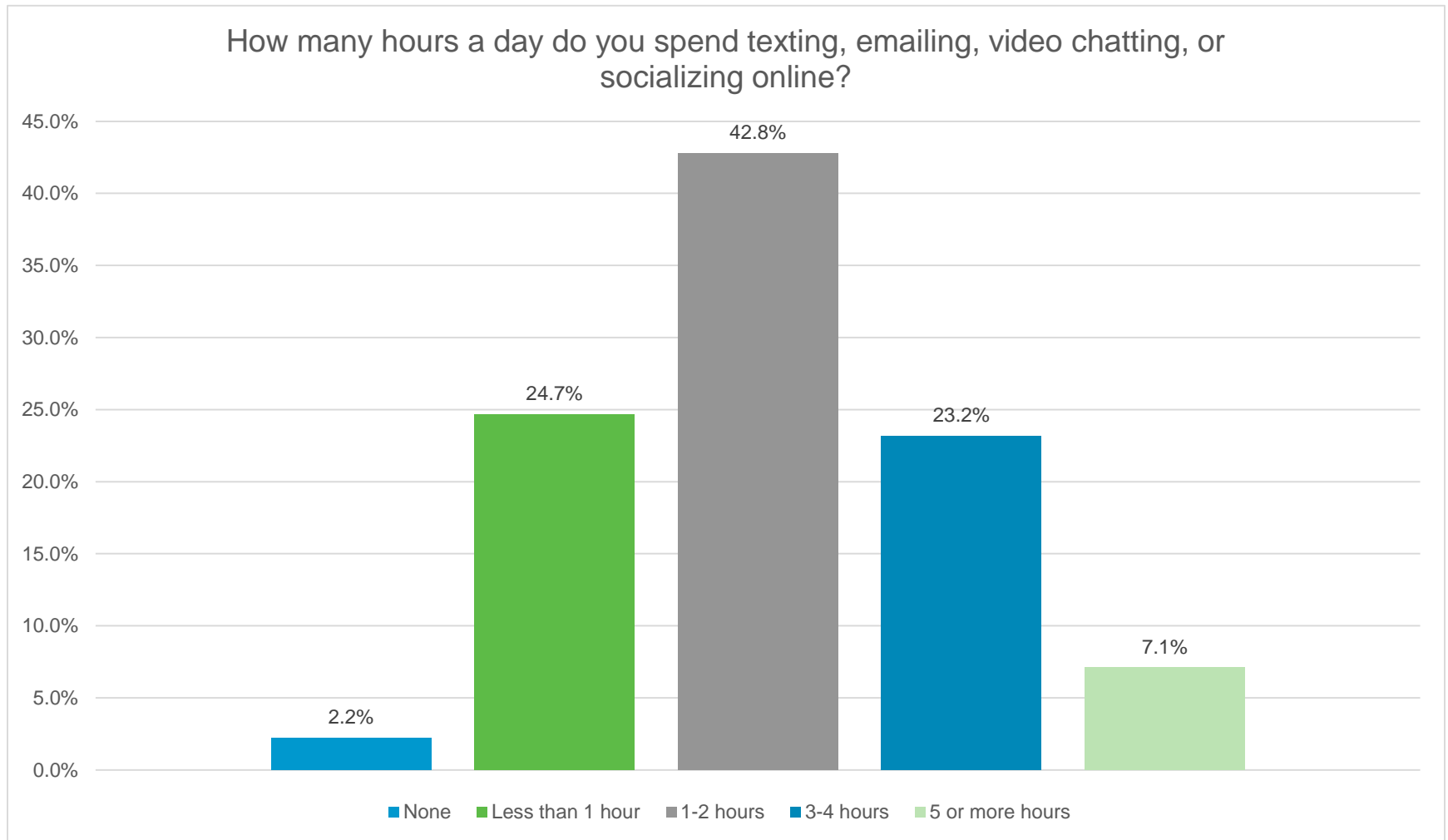
Student Survey Report



Student Survey Report

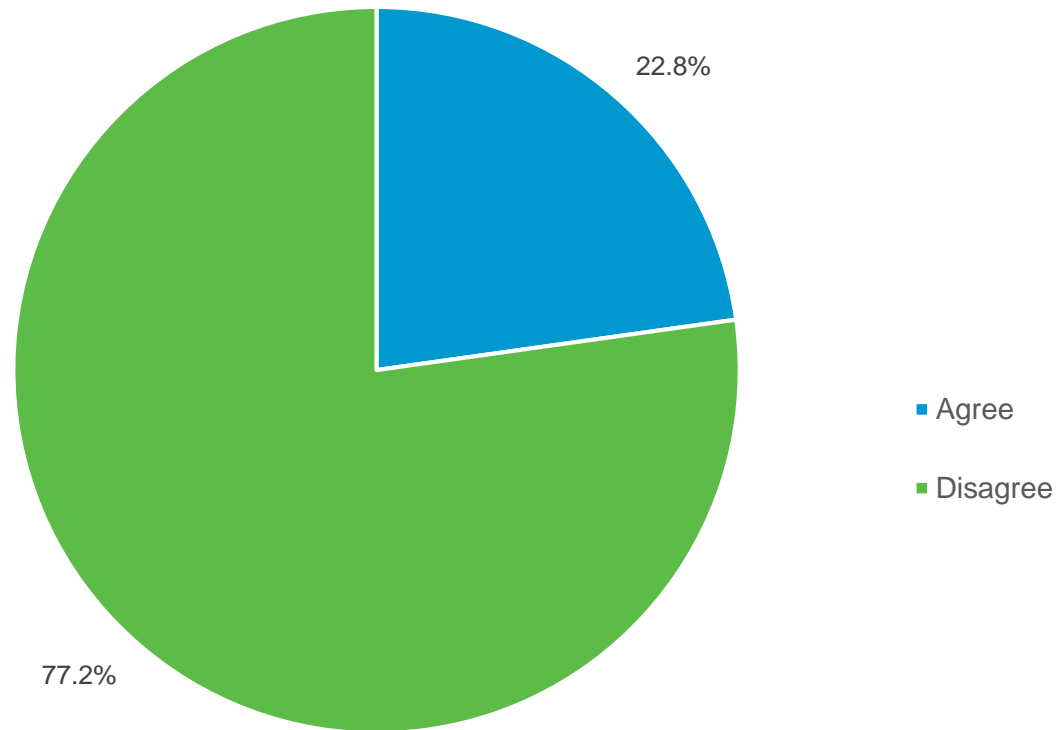


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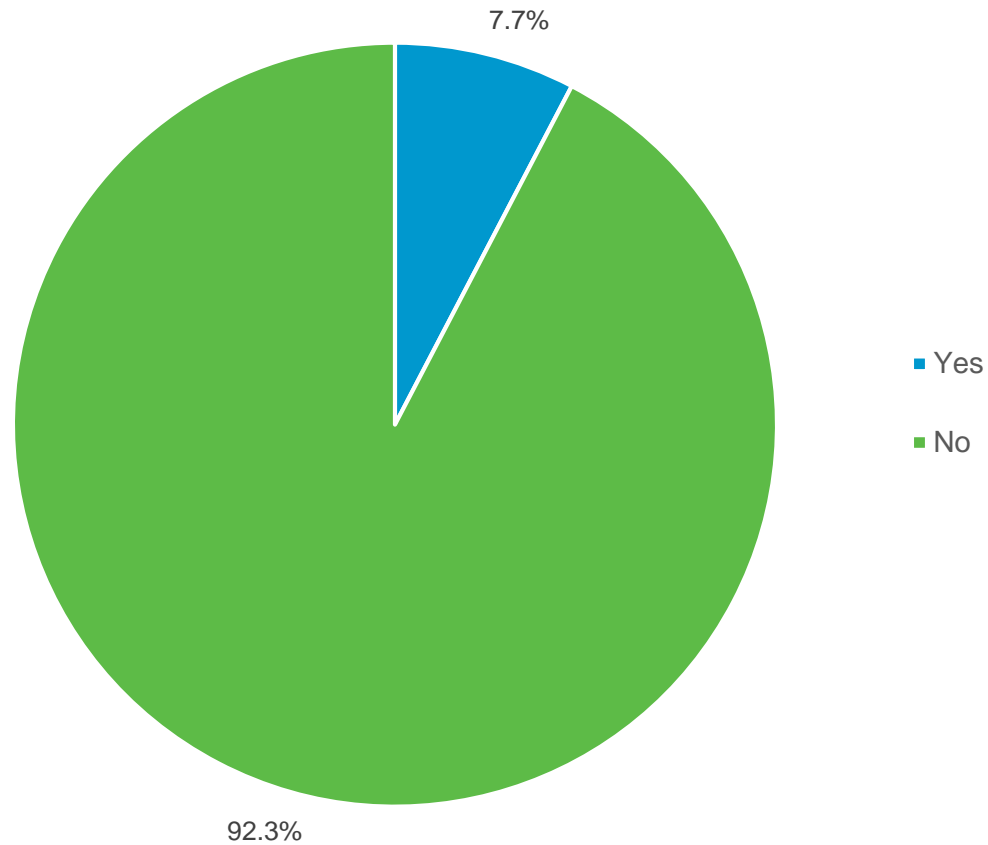
Student Survey Report

Do you agree or disagree with the following statement? It is okay to send racy or sexual messages or pictures electronically as long as it is kept private.



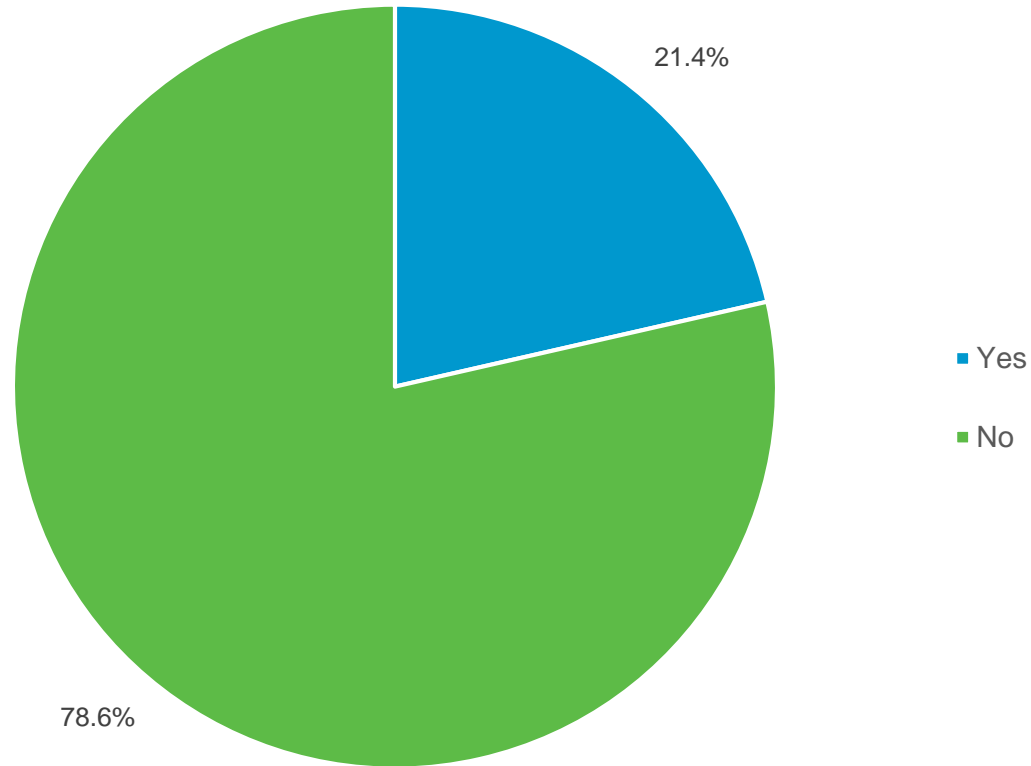
Student Survey Report

Have you ever sent a racy or sexual picture of yourself to someone?



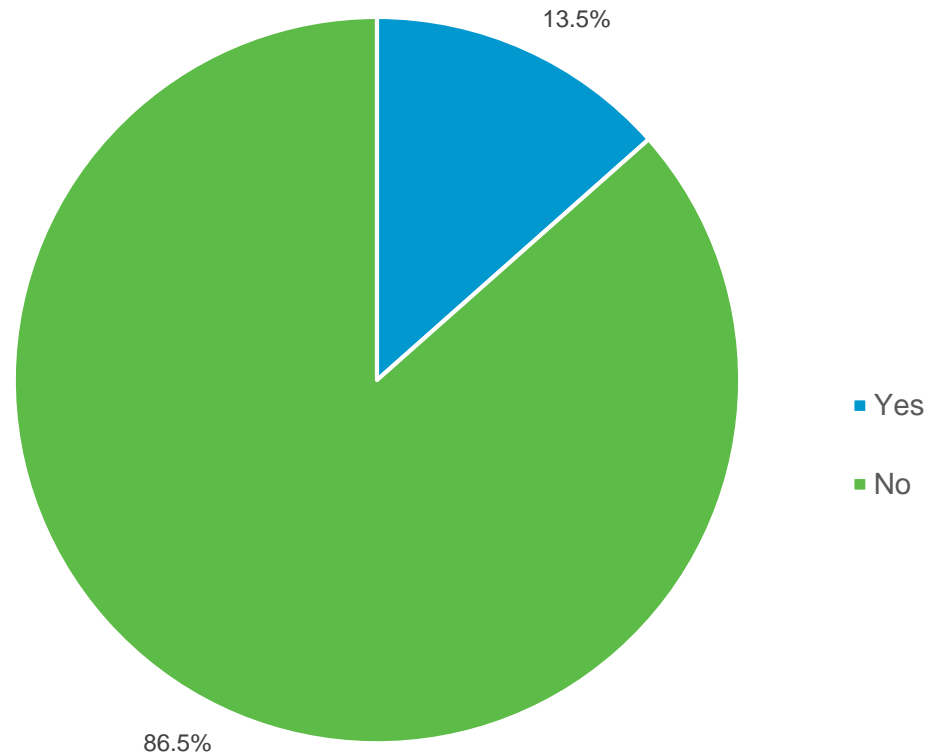
Student Survey Report

Have you ever received a racy or sexual picture of someone?

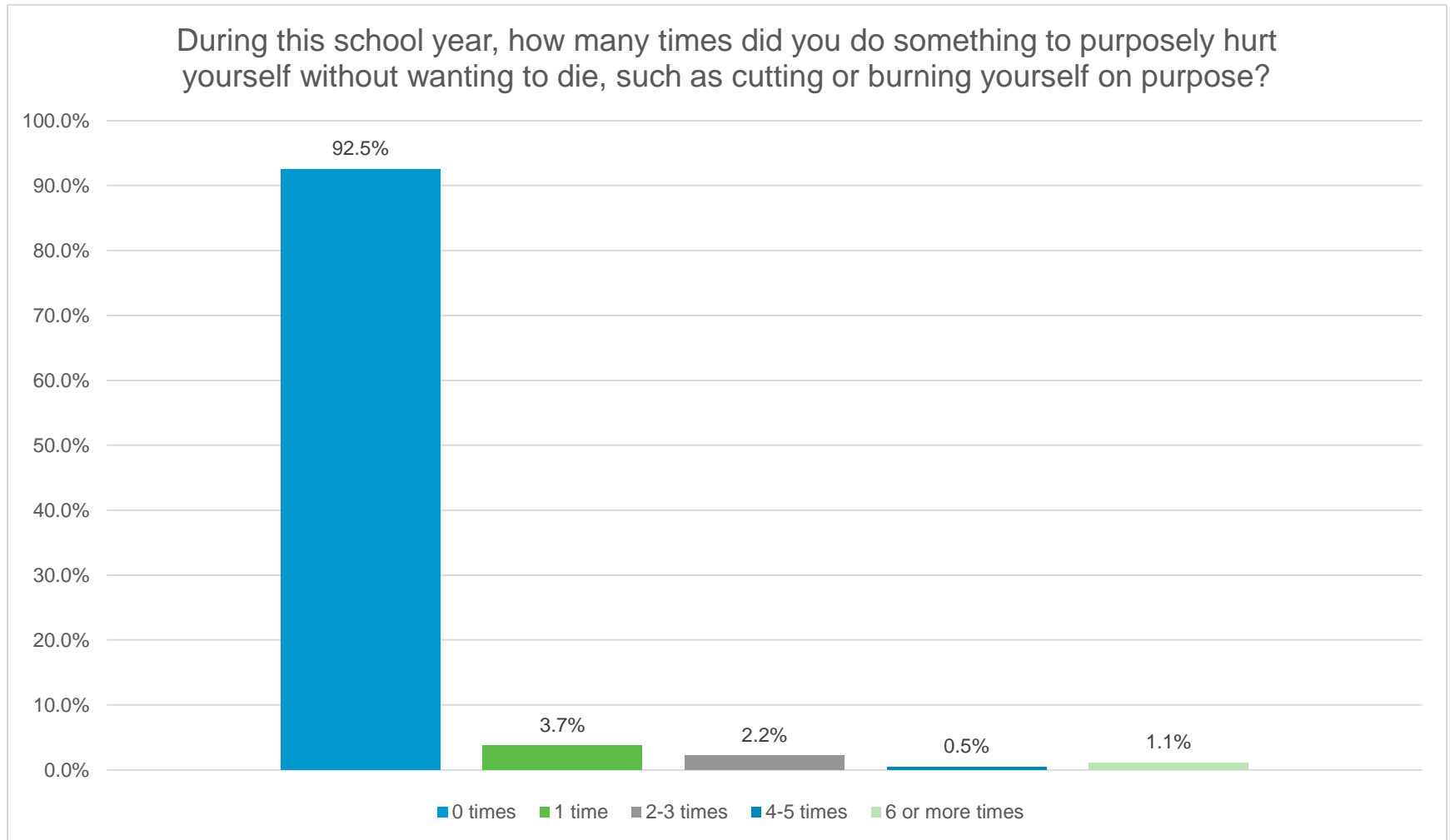


Student Survey Report

During this school year, have you spent more than two weeks in a row feeling so sad and hopeless that you stopped doing your normal activities?

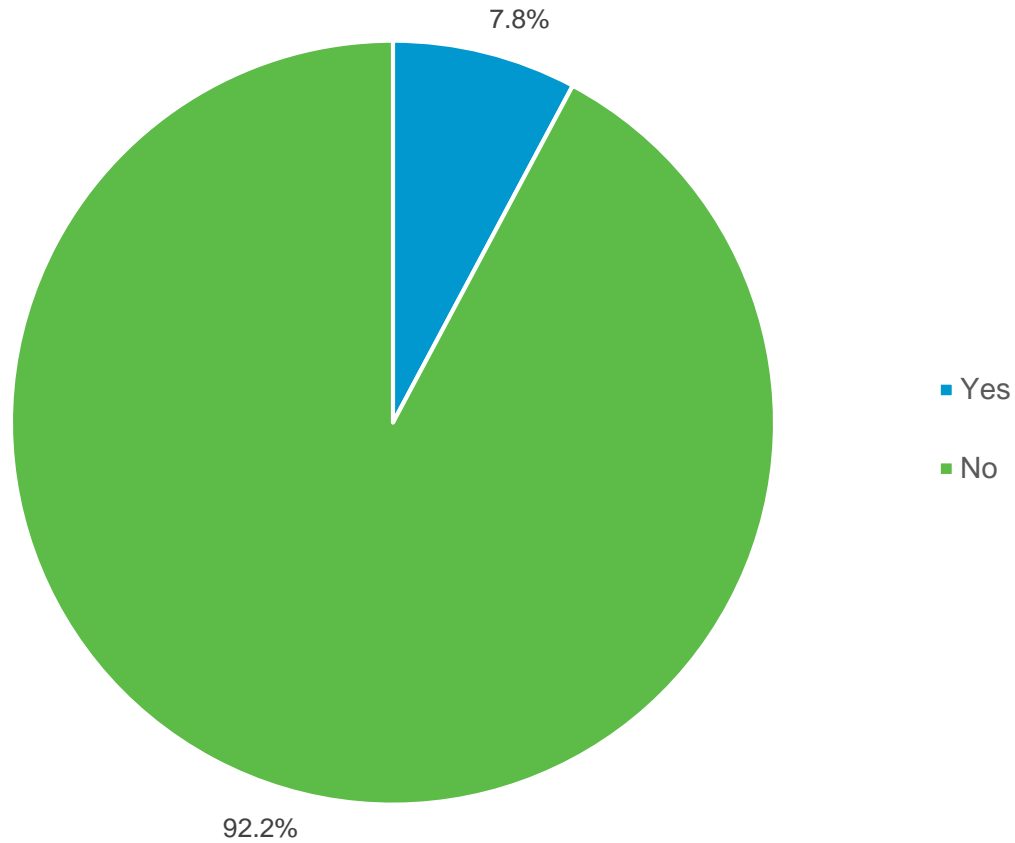


Student Survey Report



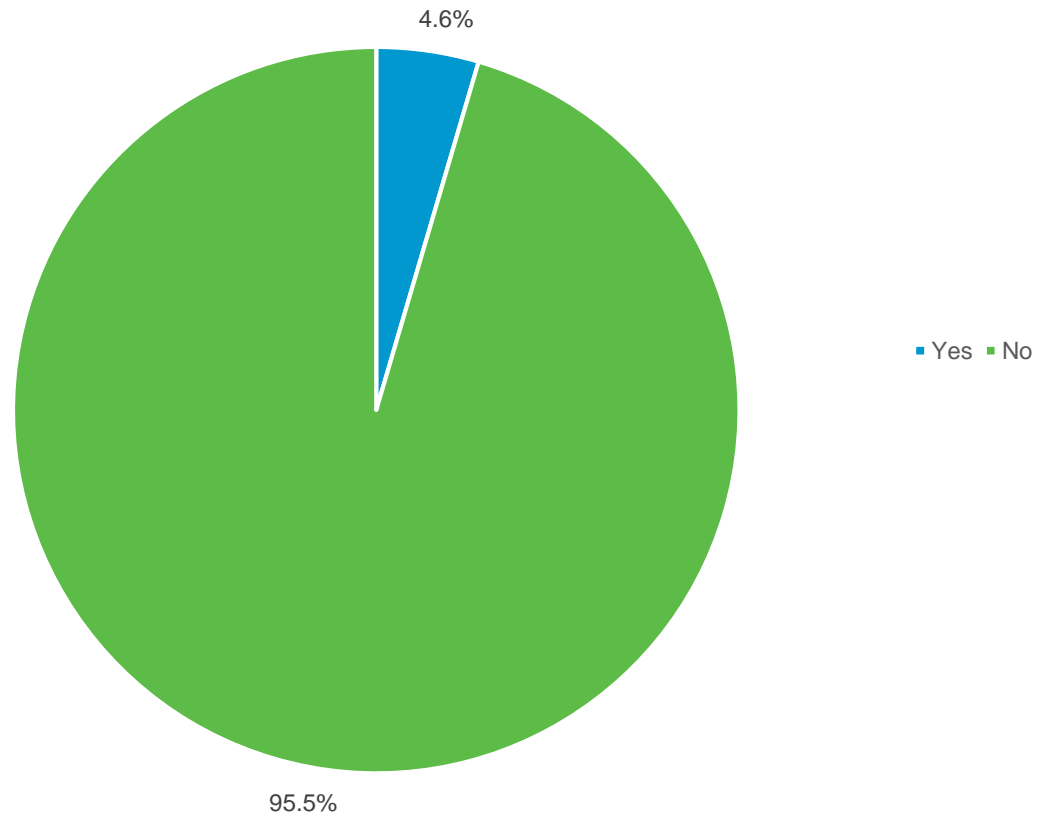
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During the past 12 months, did you ever seriously consider attempting suicide?



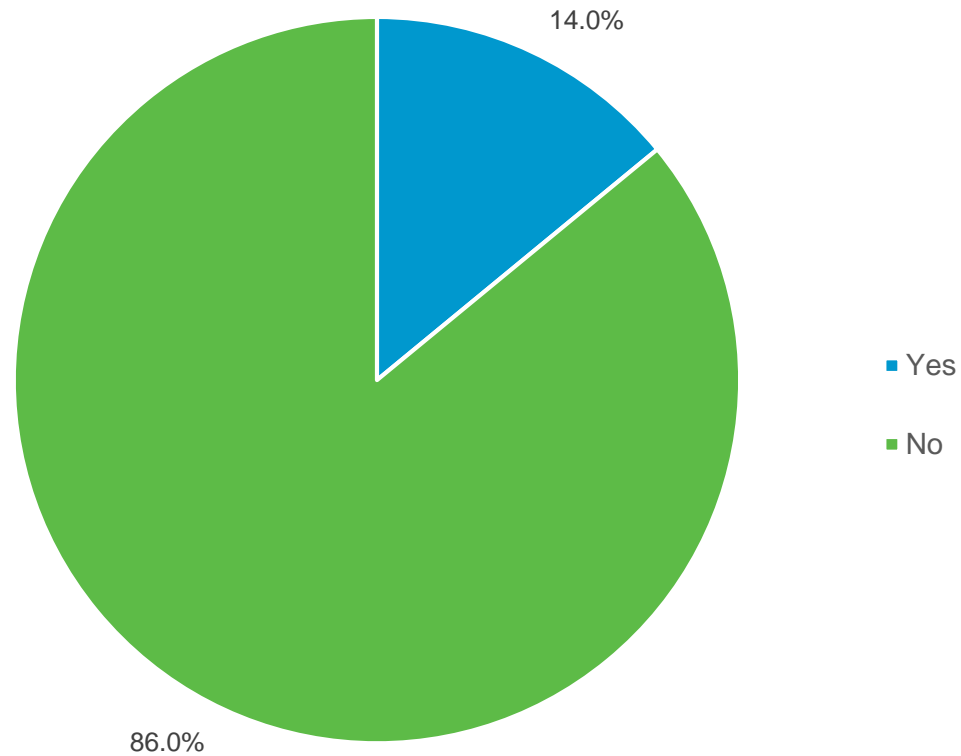
Student Survey Report

During the past 12 months, did you make a plan about how you would attempt suicide?



Student Survey Report

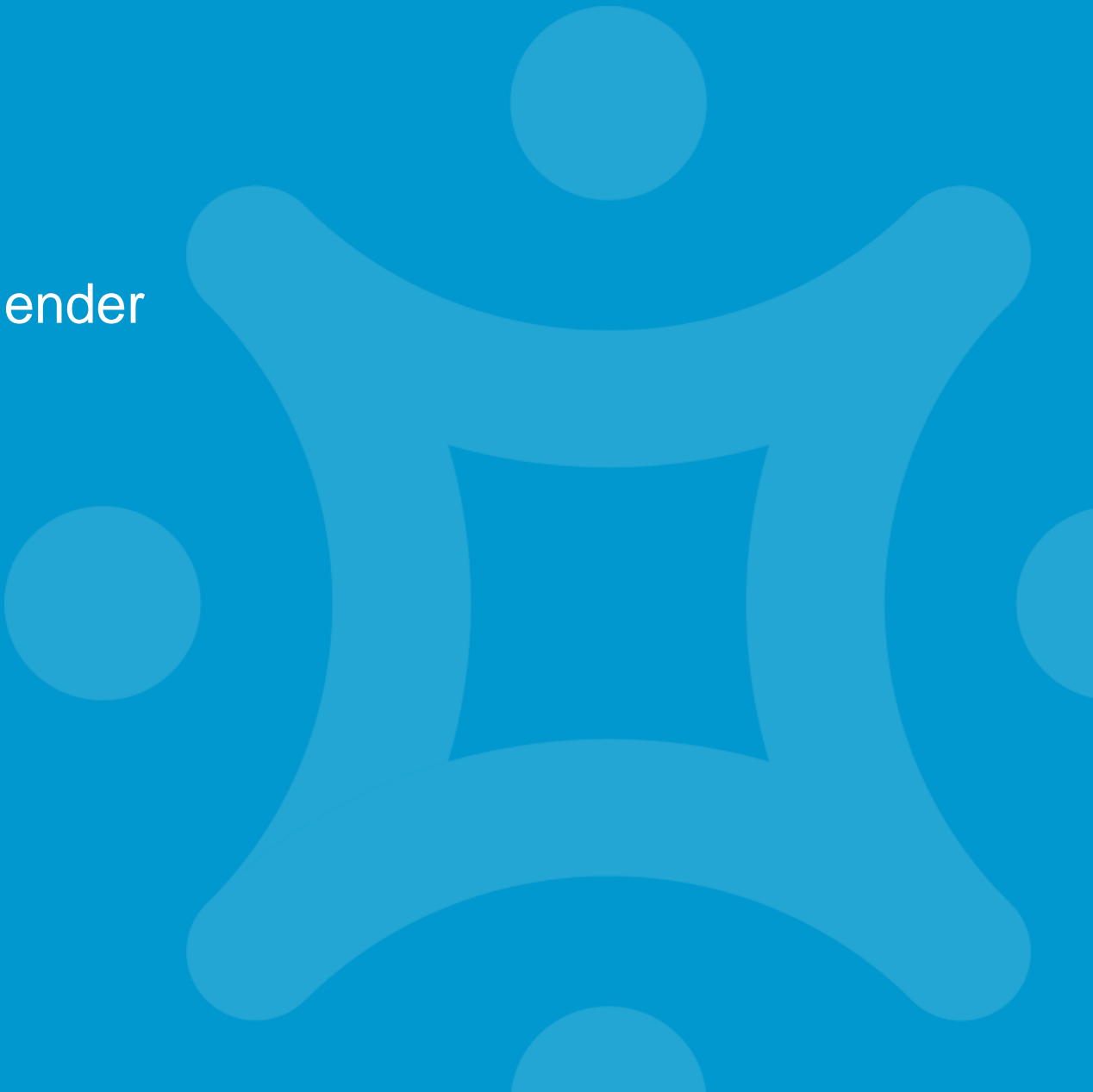
Have you ever tried to control your weight by not eating, exercising for long periods of time, or vomiting after eating?



Gender and Grade

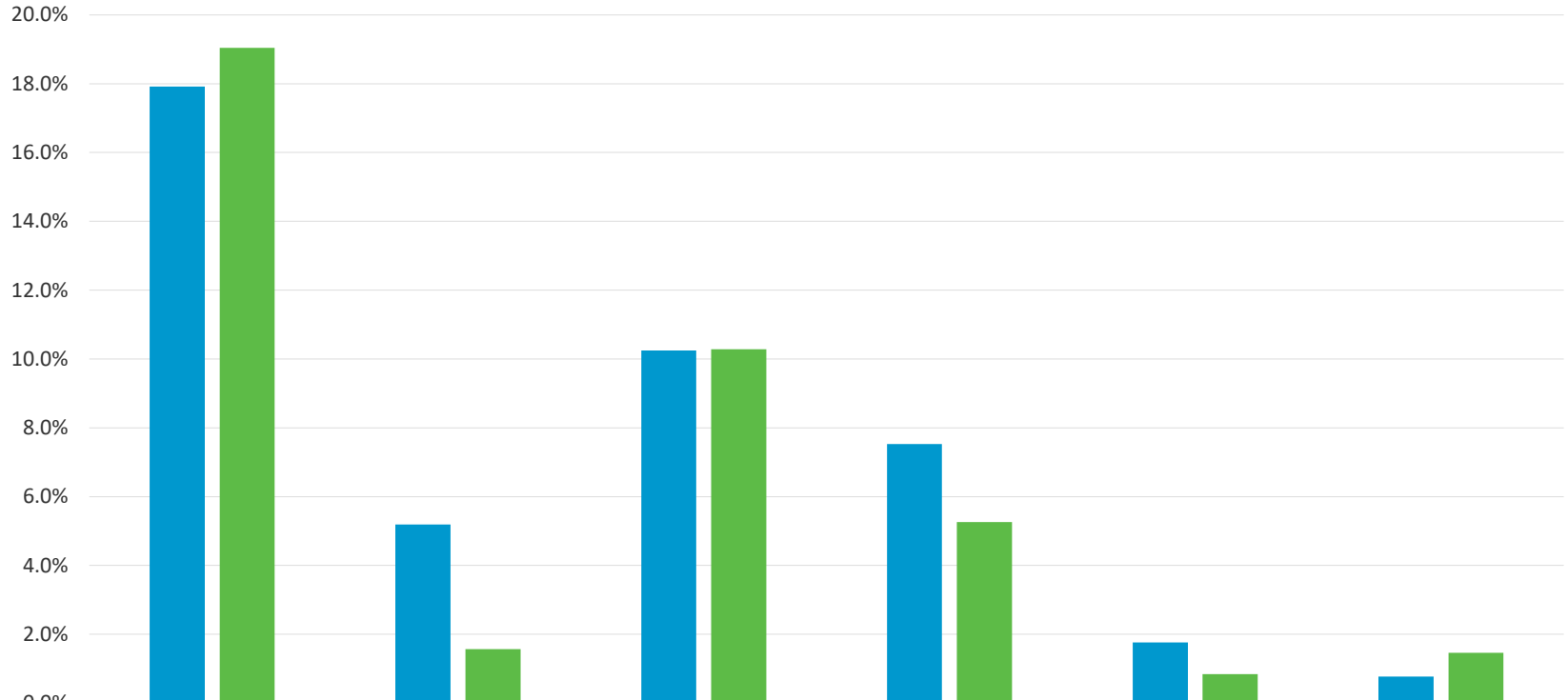
To gain a better understanding of the unique behaviors and characteristics of the youth population in Chatham, the data was analyzed by gender and by grade.

Responses by Gender



Student Survey Report

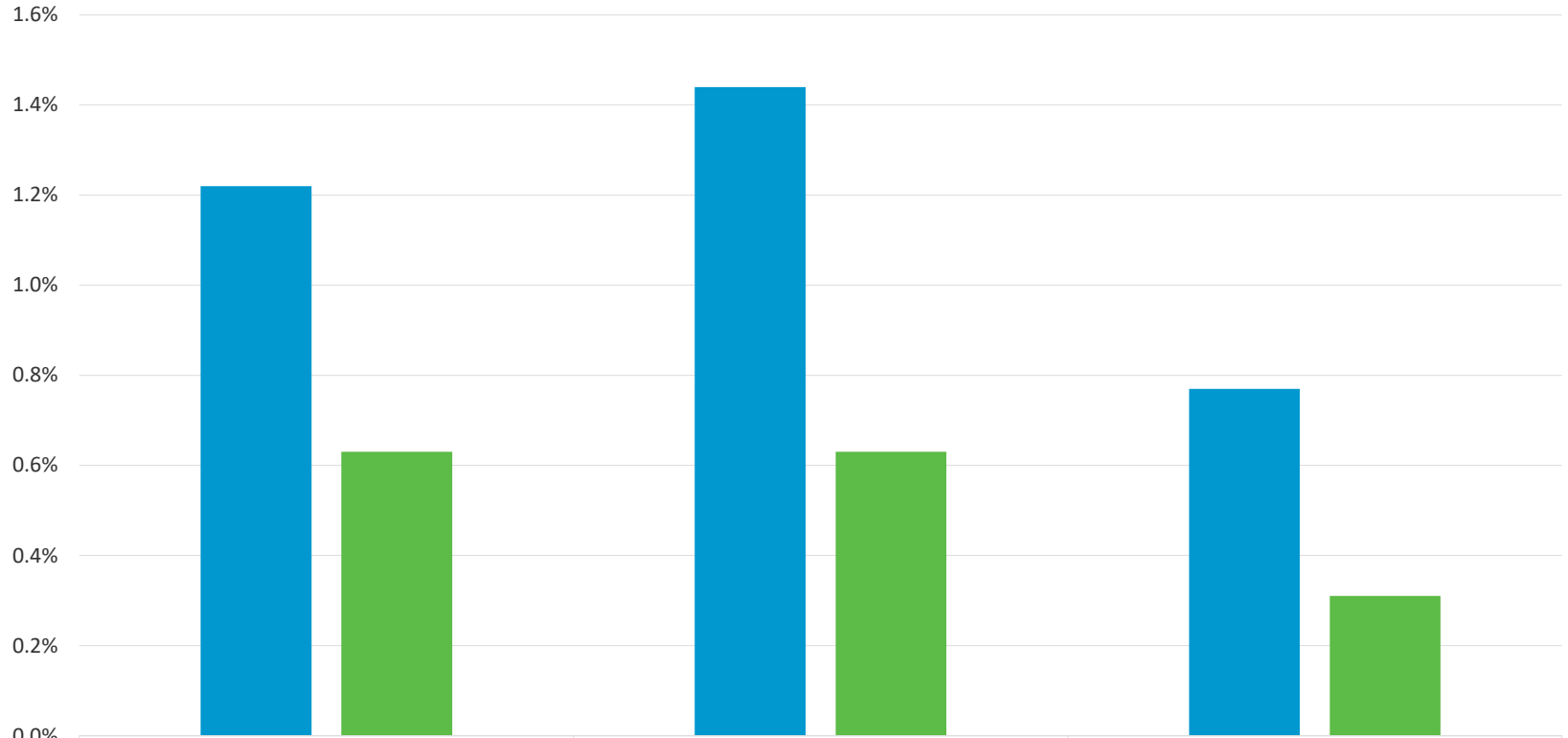
During the past 30 days:



	Did you drink one or more drinks of an alcoholic beverage?	Did you smoke part or all of a cigarette?	Did you use an e-cigarette/vape pen?	Have you used marijuana or hashish?	Have you used prescription drugs not prescribed to you?	Did you ever smoke Hookah?
■ Male	17.9%	5.2%	10.3%	7.5%	1.8%	0.8%
■ Female	19.0%	1.6%	10.3%	5.3%	0.8%	1.5%

Student Survey Report

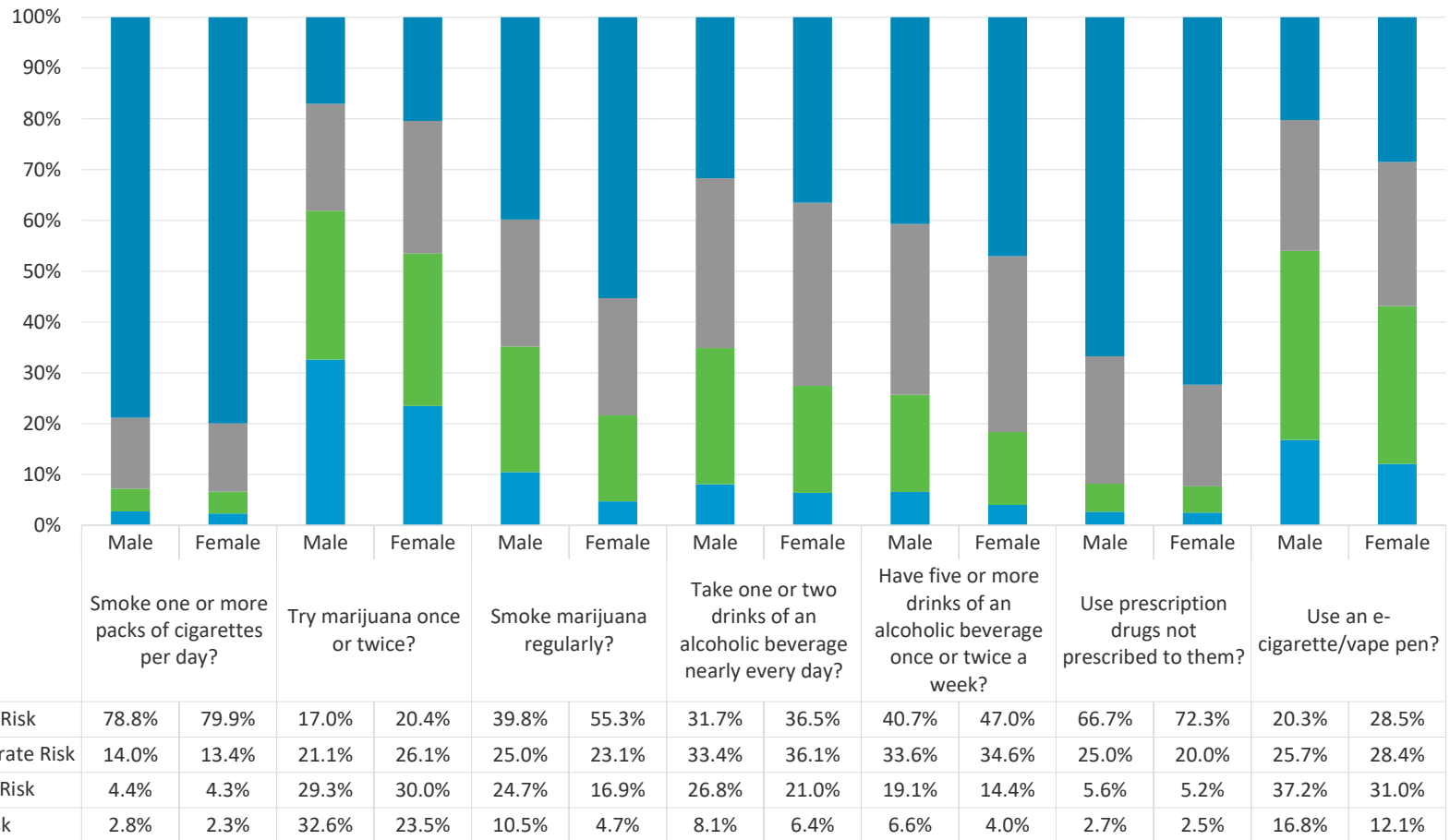
During the past 30 days:



■ Male	1.2%	1.4%	0.8%
■ Female	0.6%	0.6%	0.3%

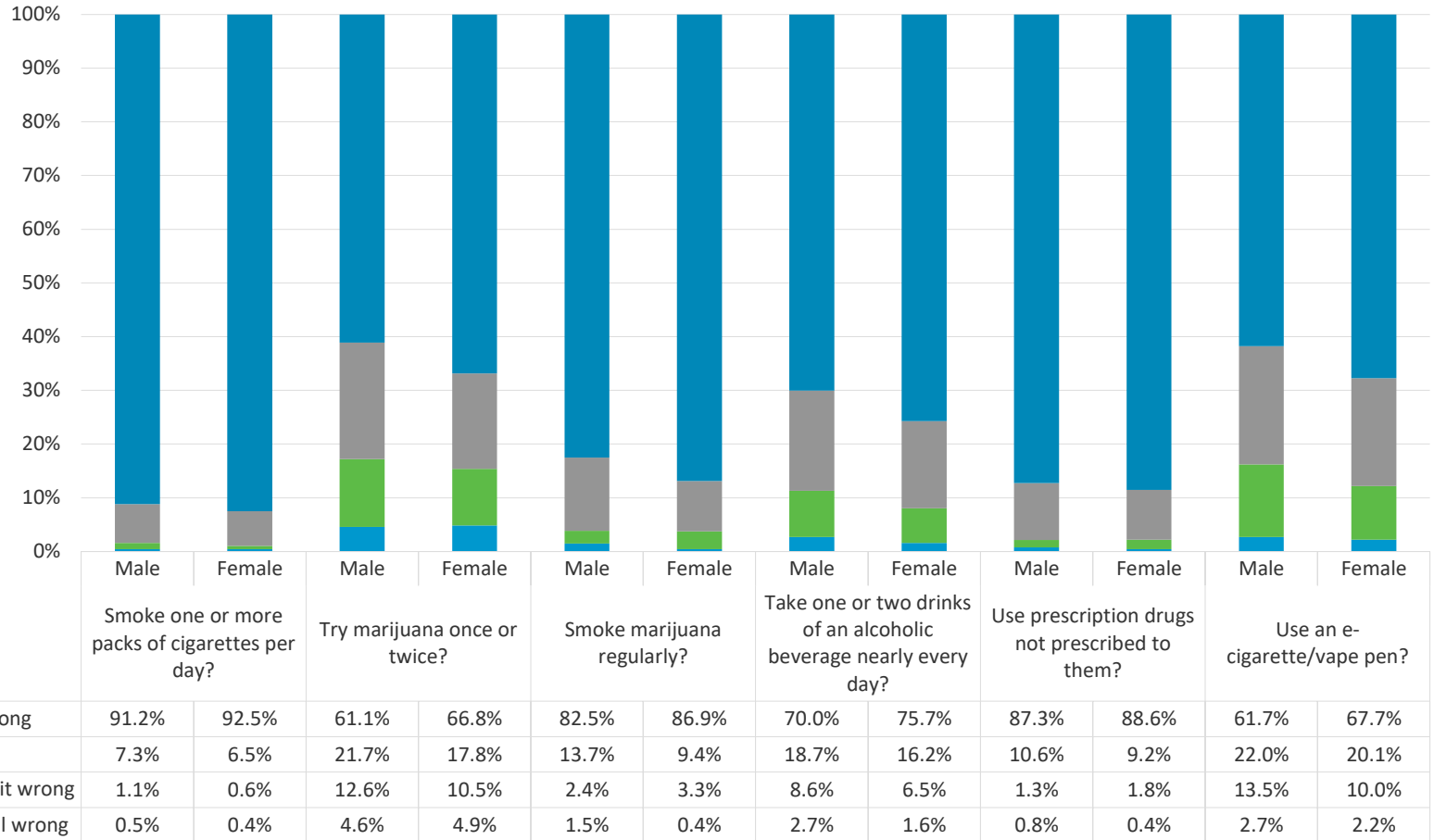
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How much do you think people risk harming themselves if they:



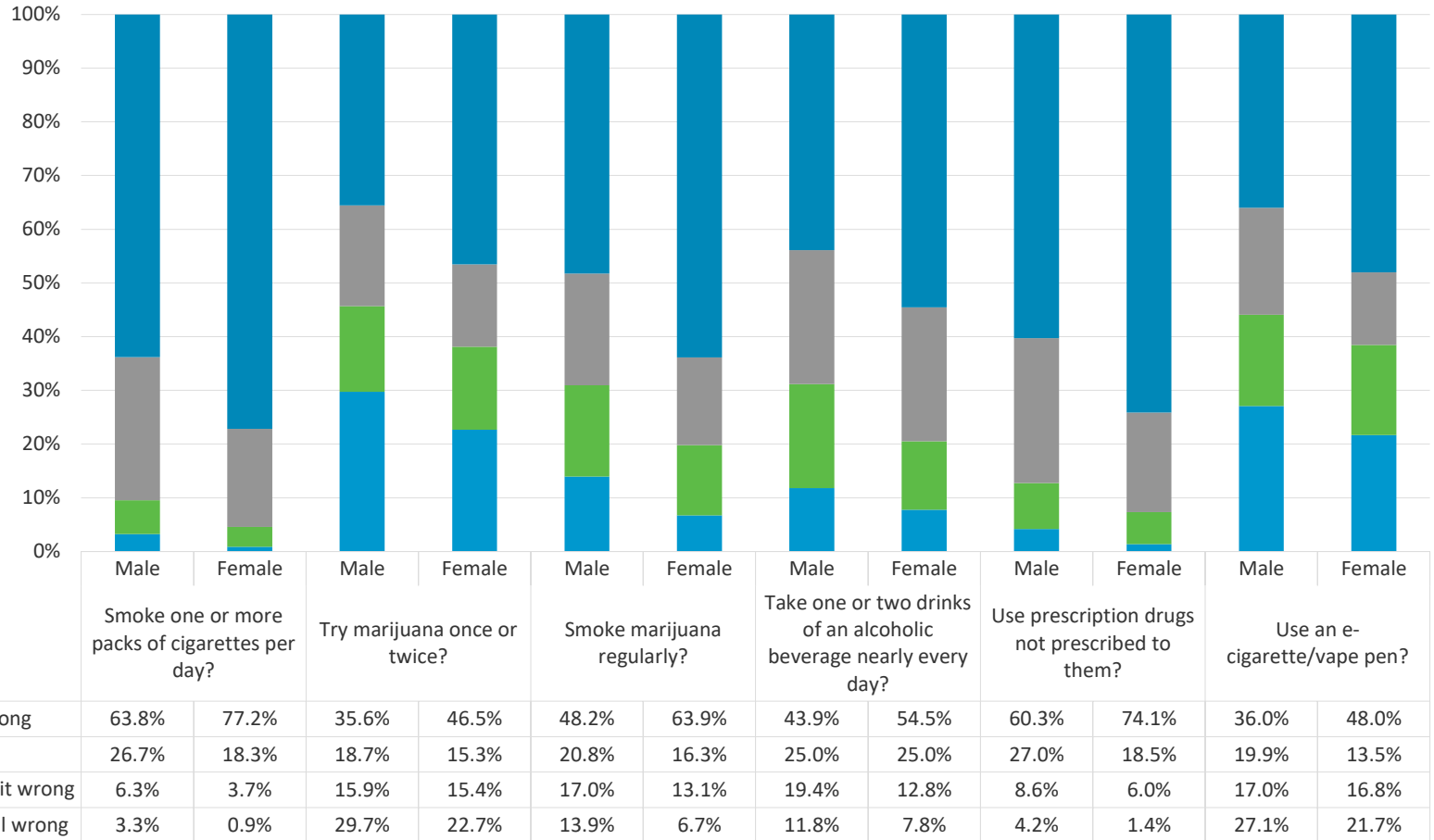
Student Survey Report

How wrong do your parents/guardians feel it would be for you to:

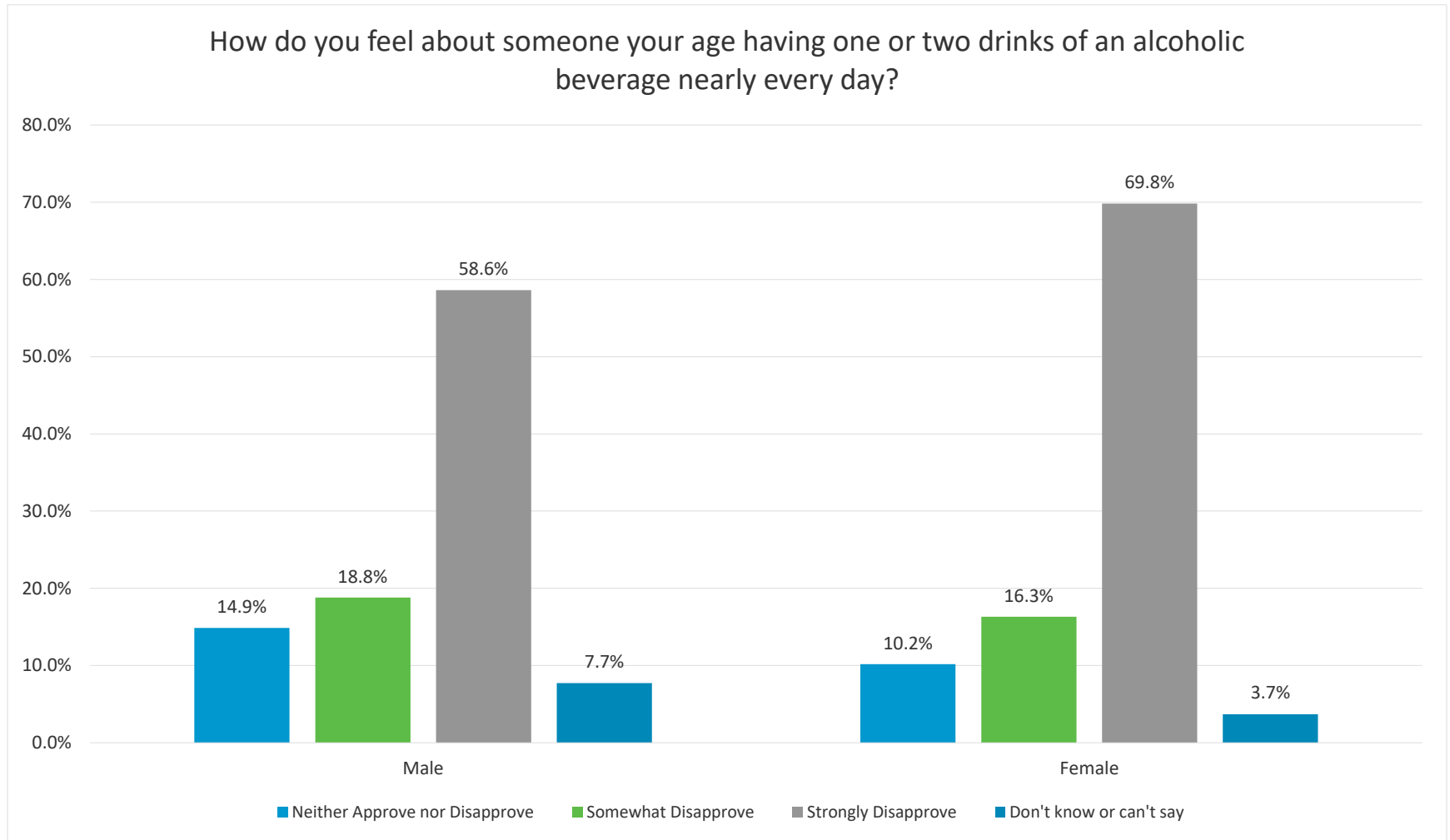


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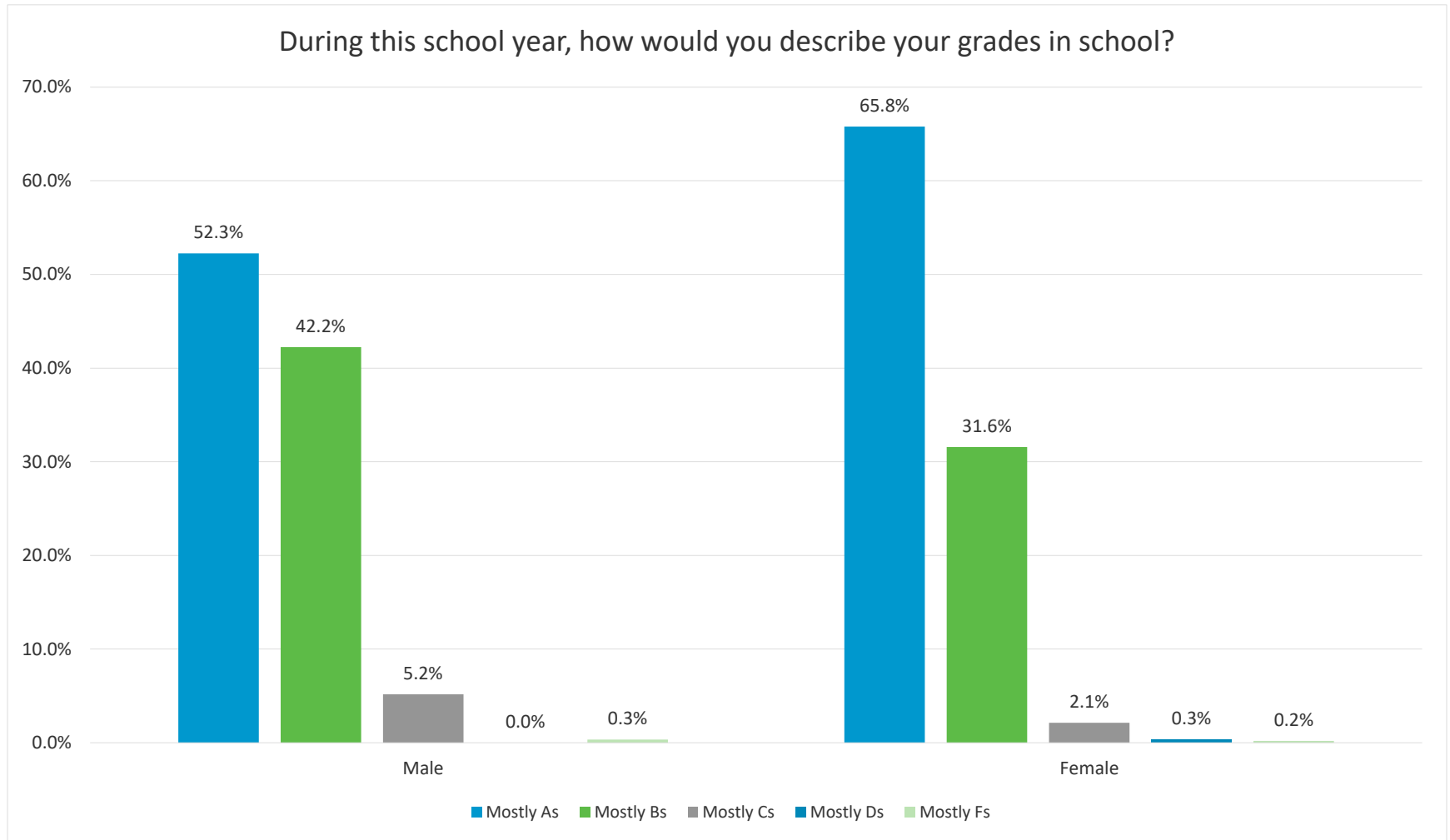
How wrong do your friends feel it would be for you to:



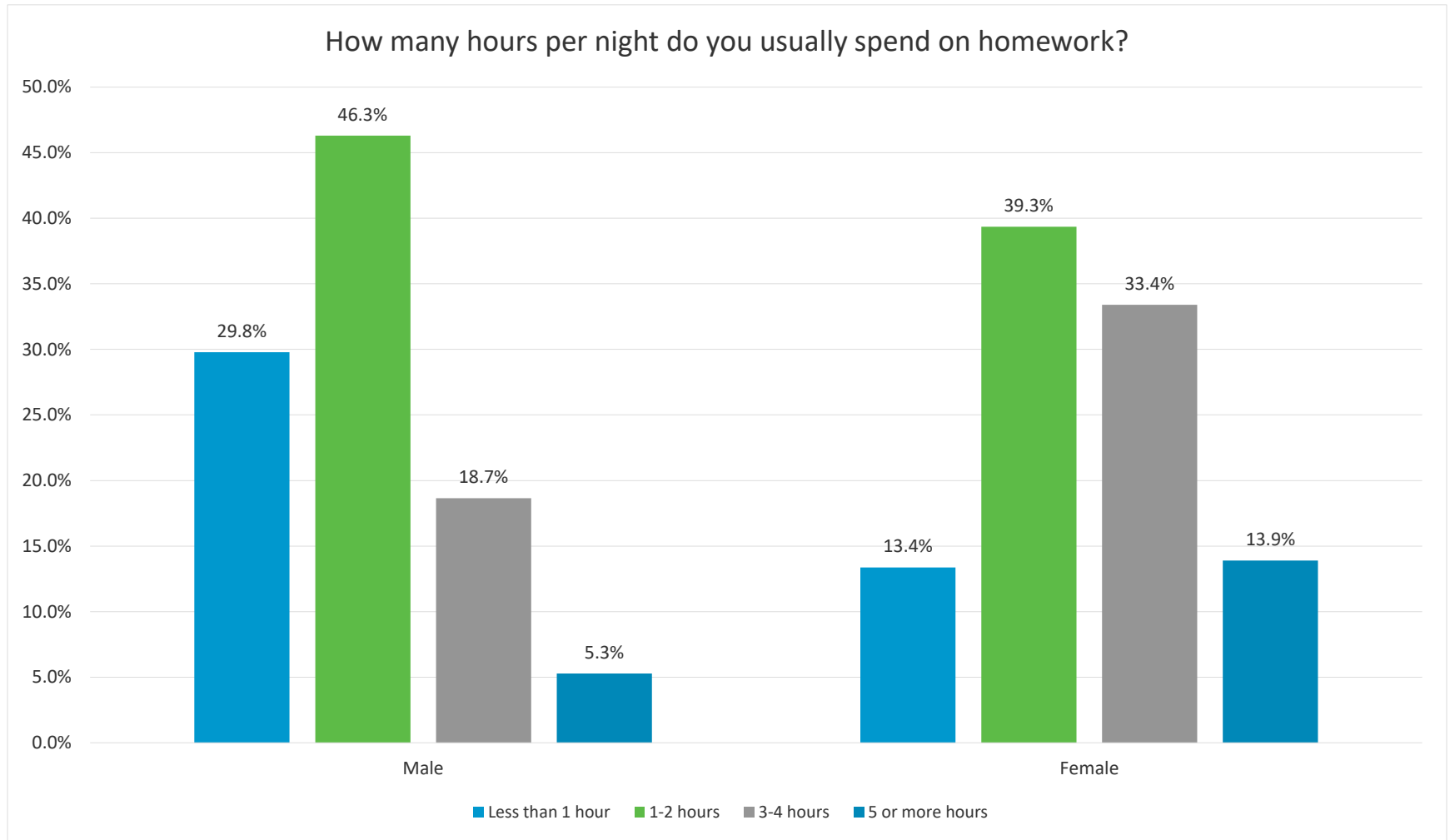
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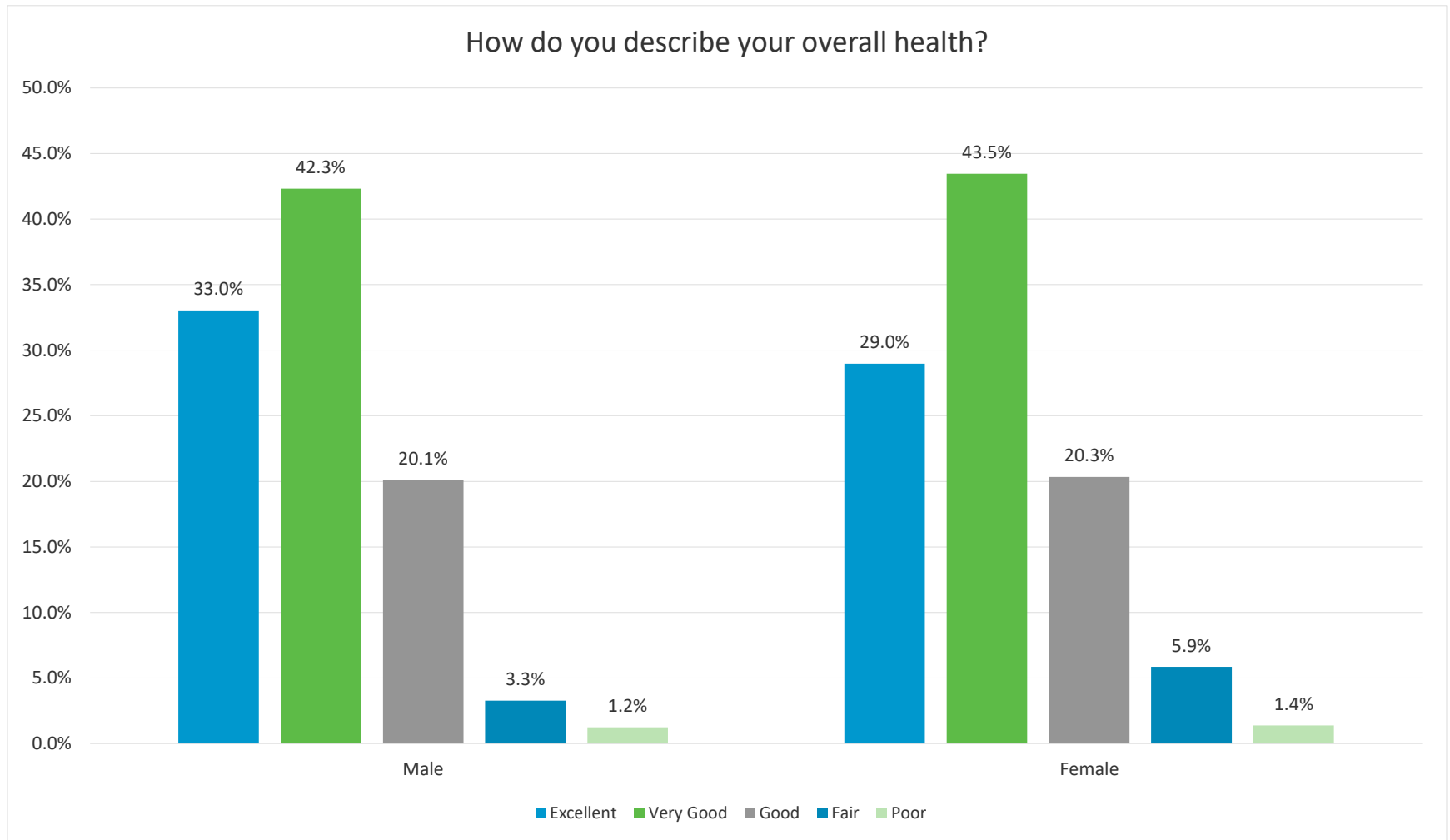
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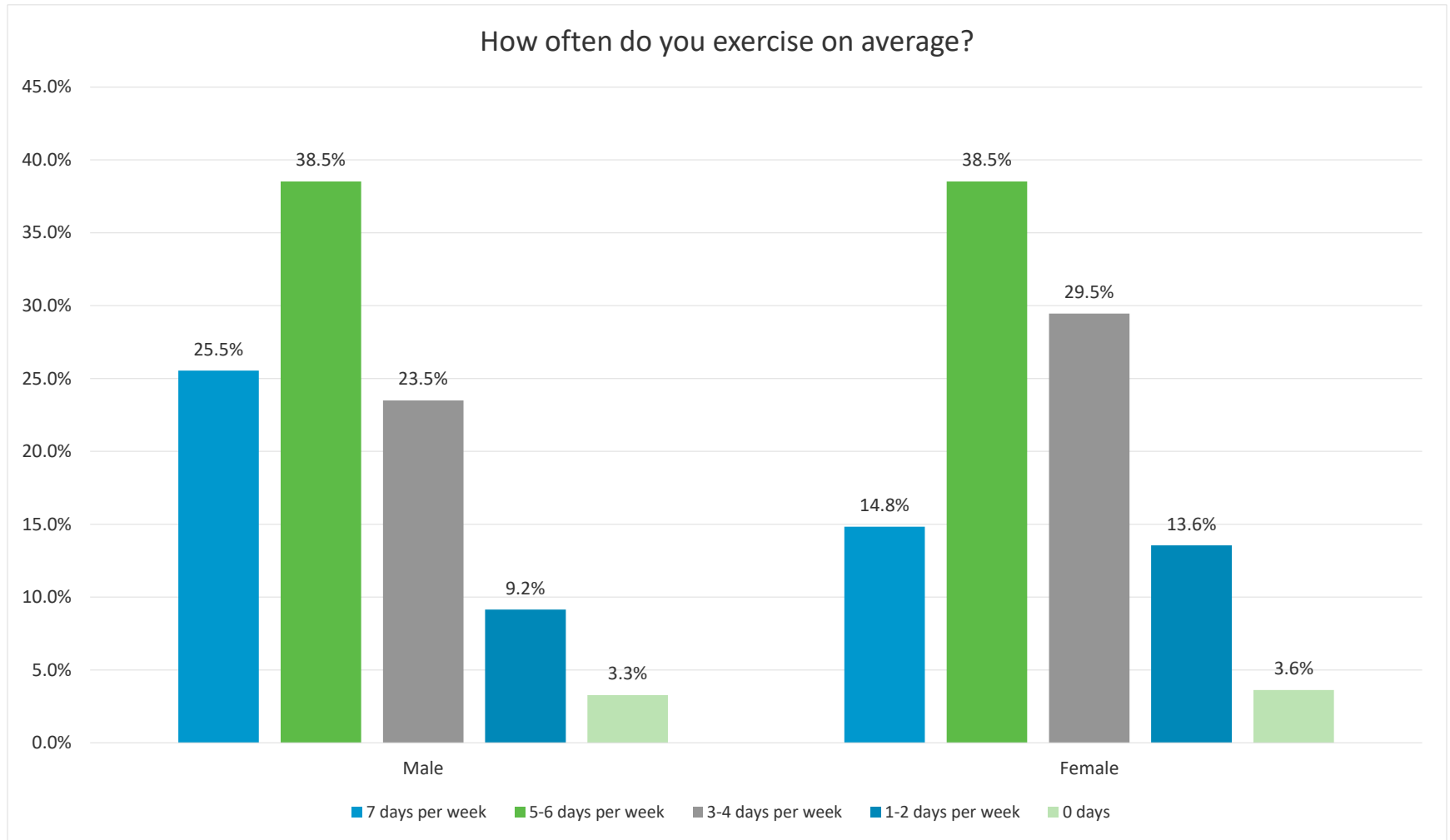
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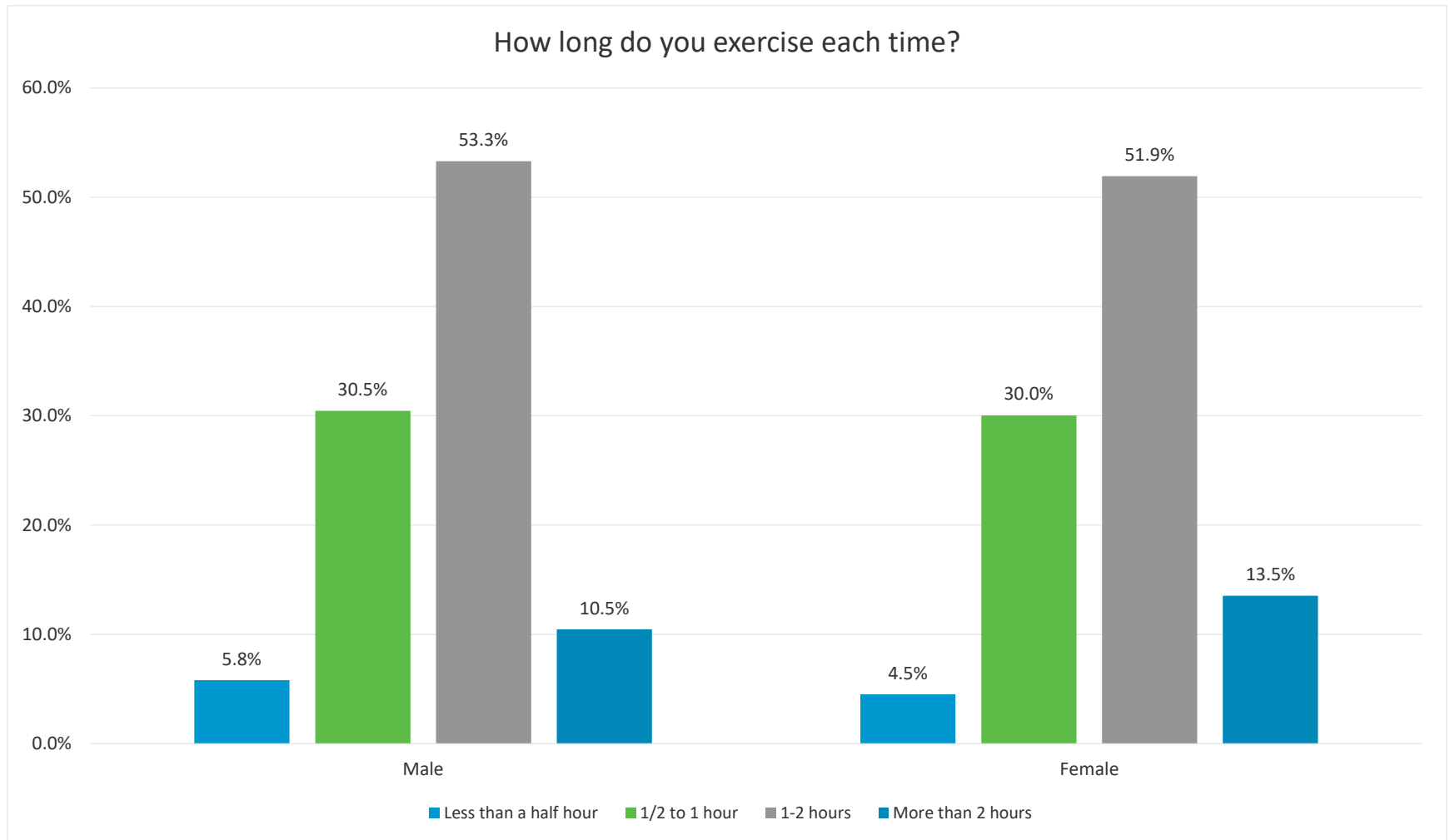
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Student Survey Report

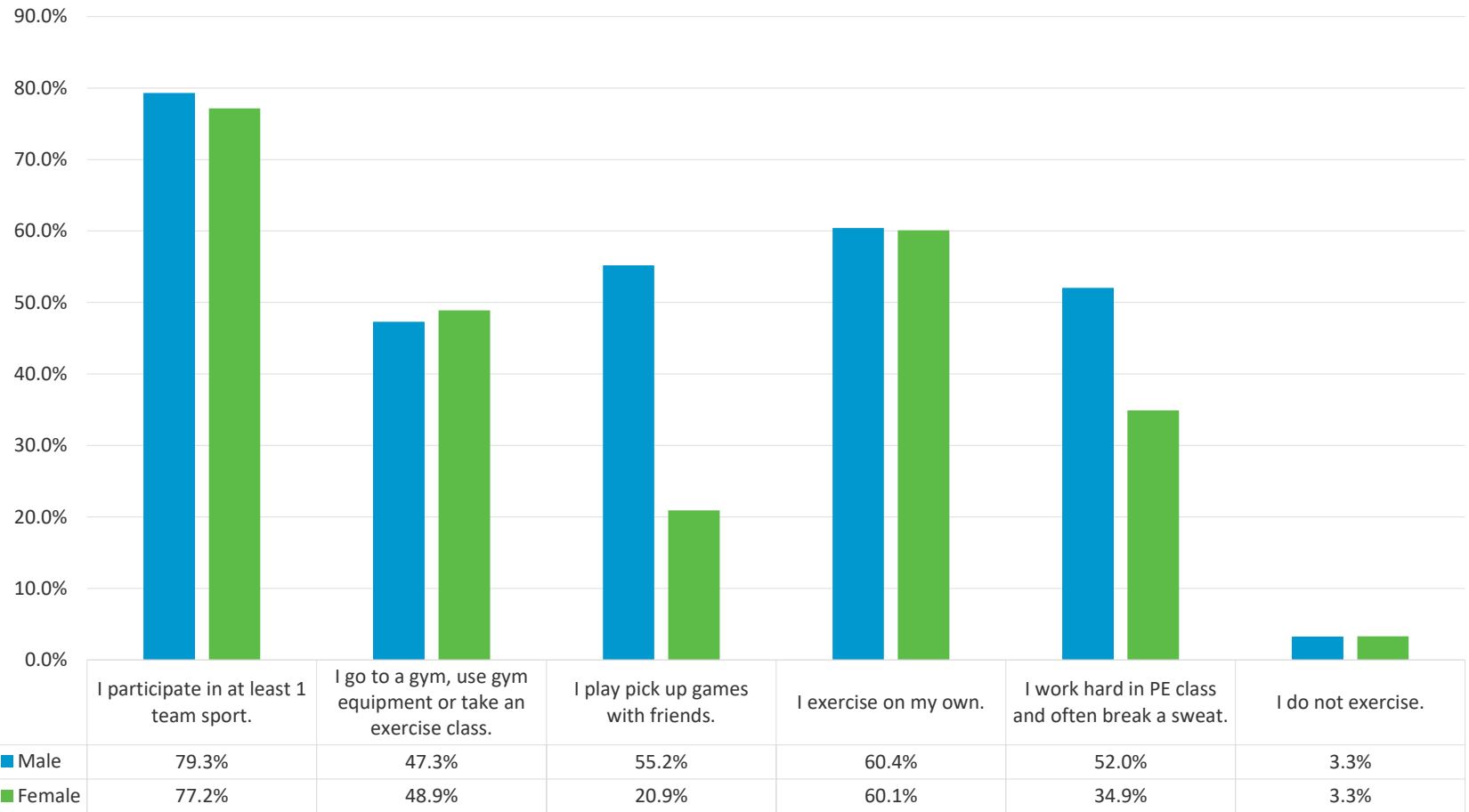


Student Survey Report

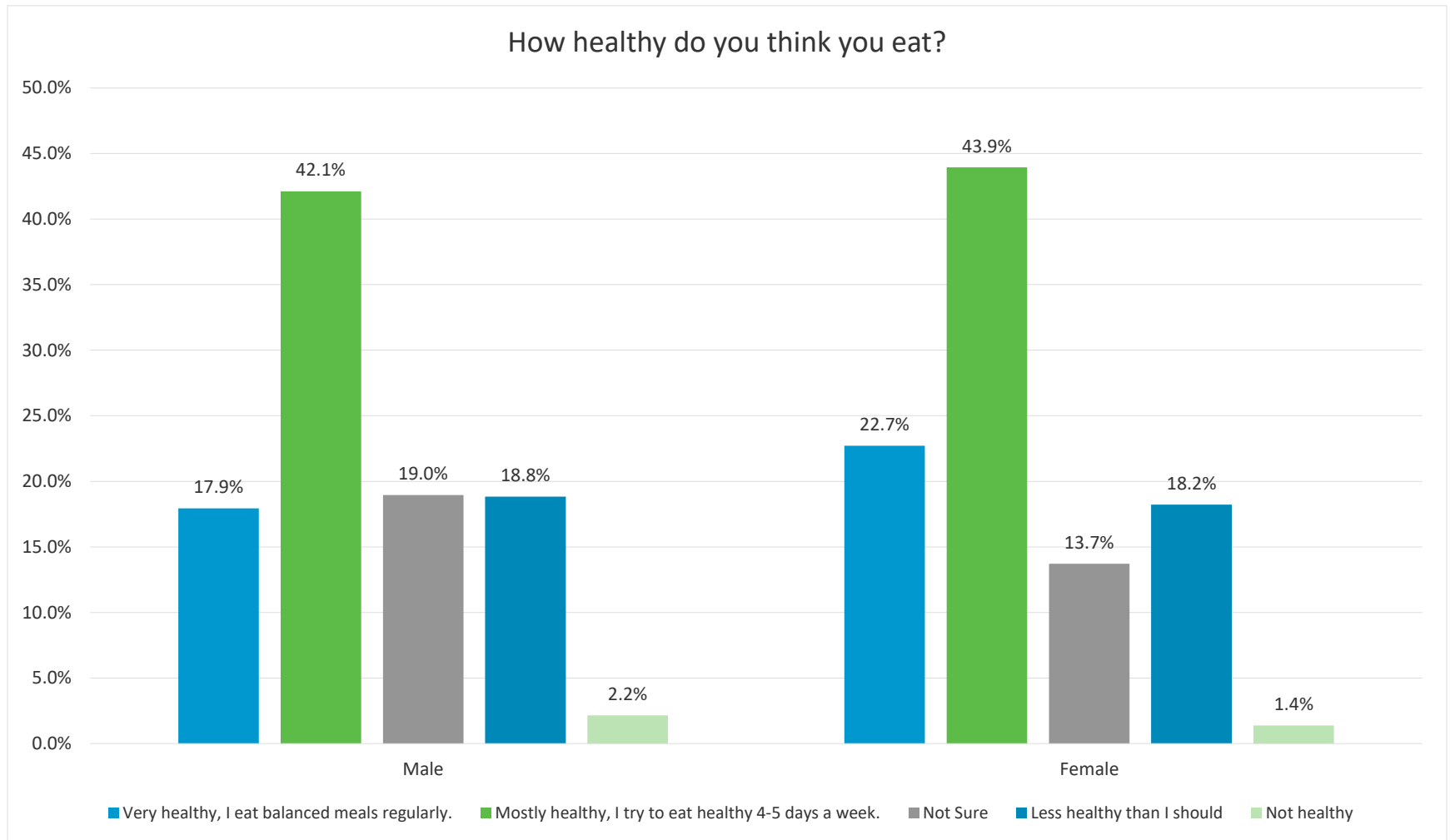


Student Survey Report

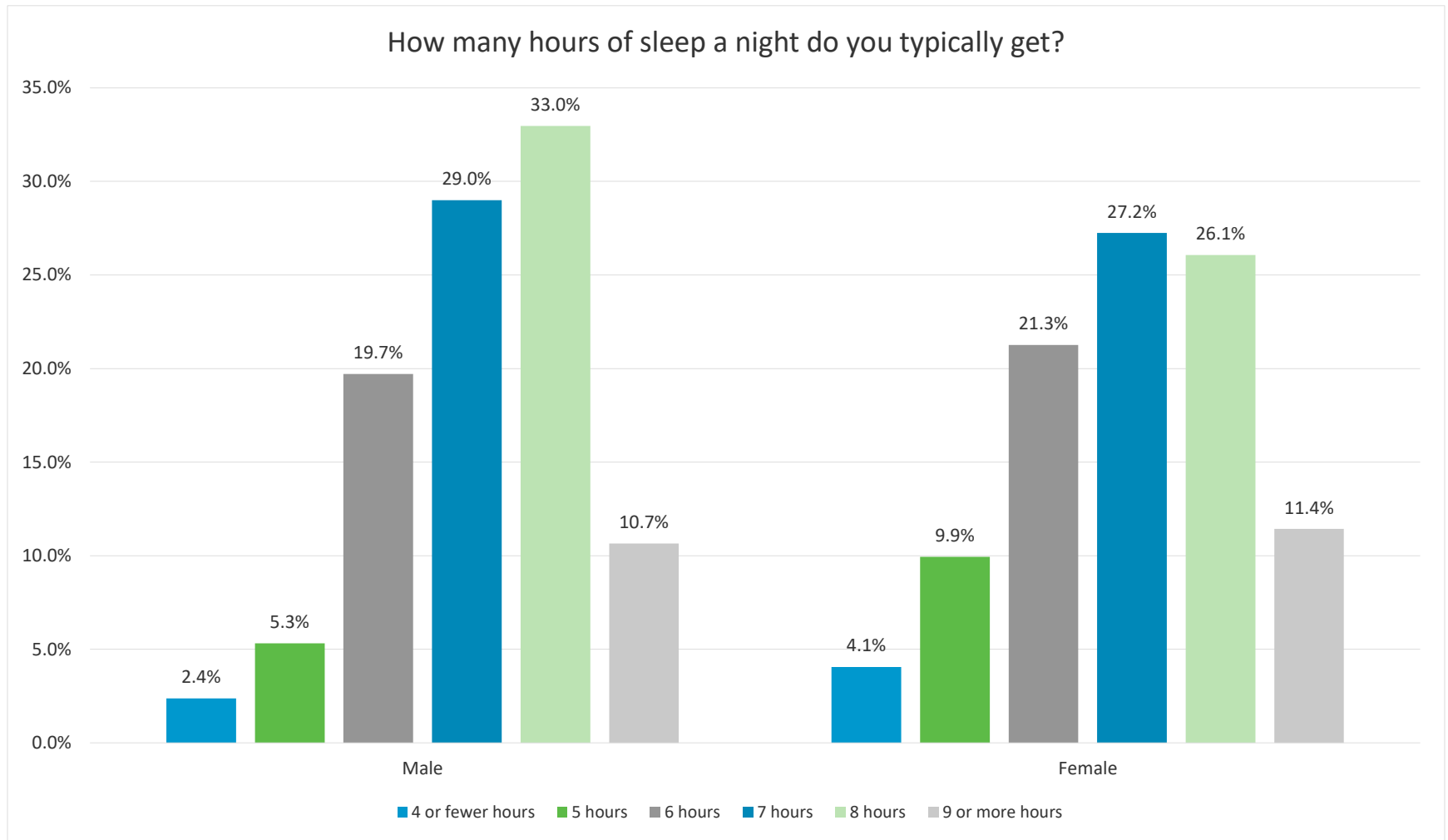
What type of exercise do you participate in?



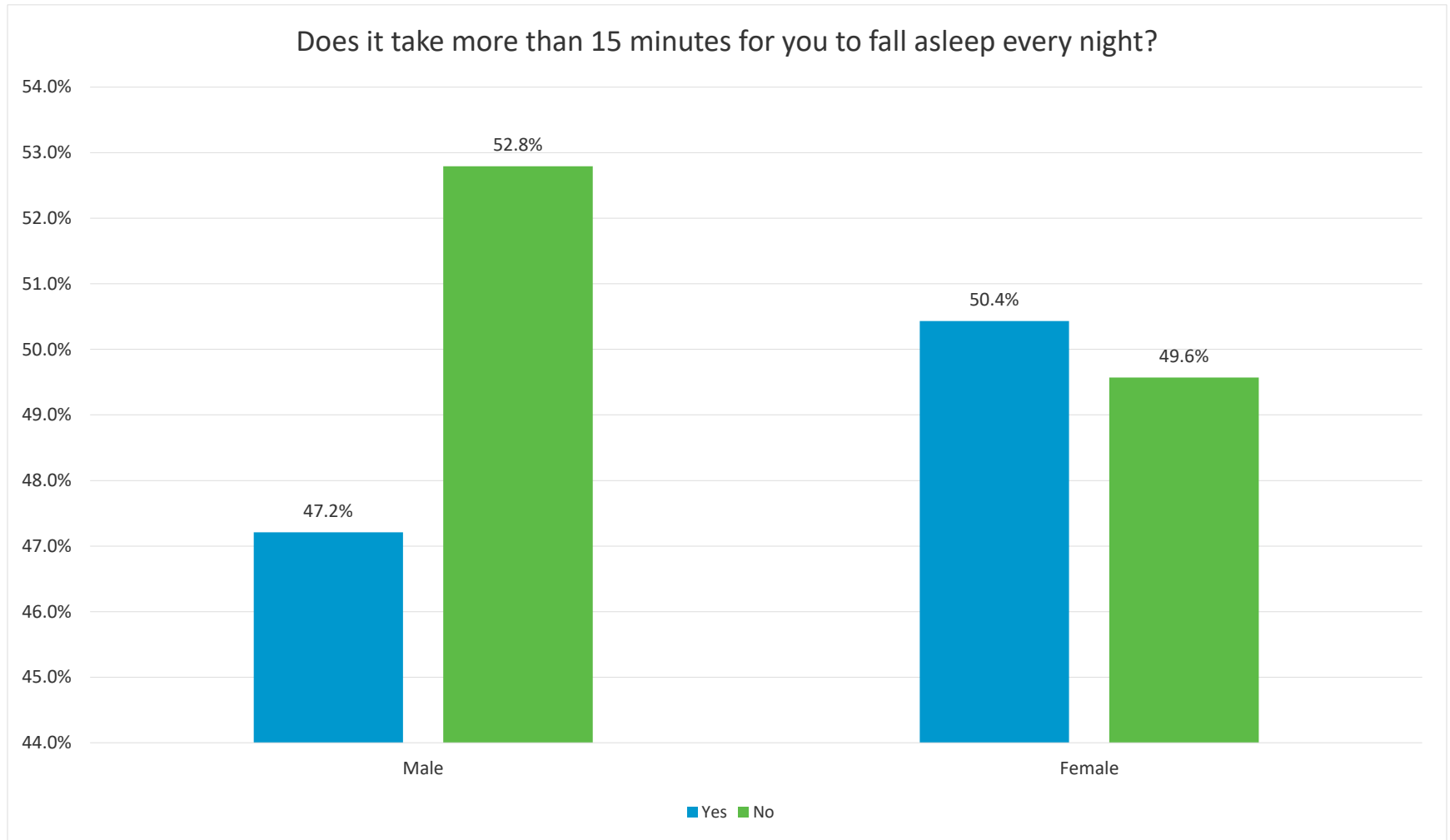
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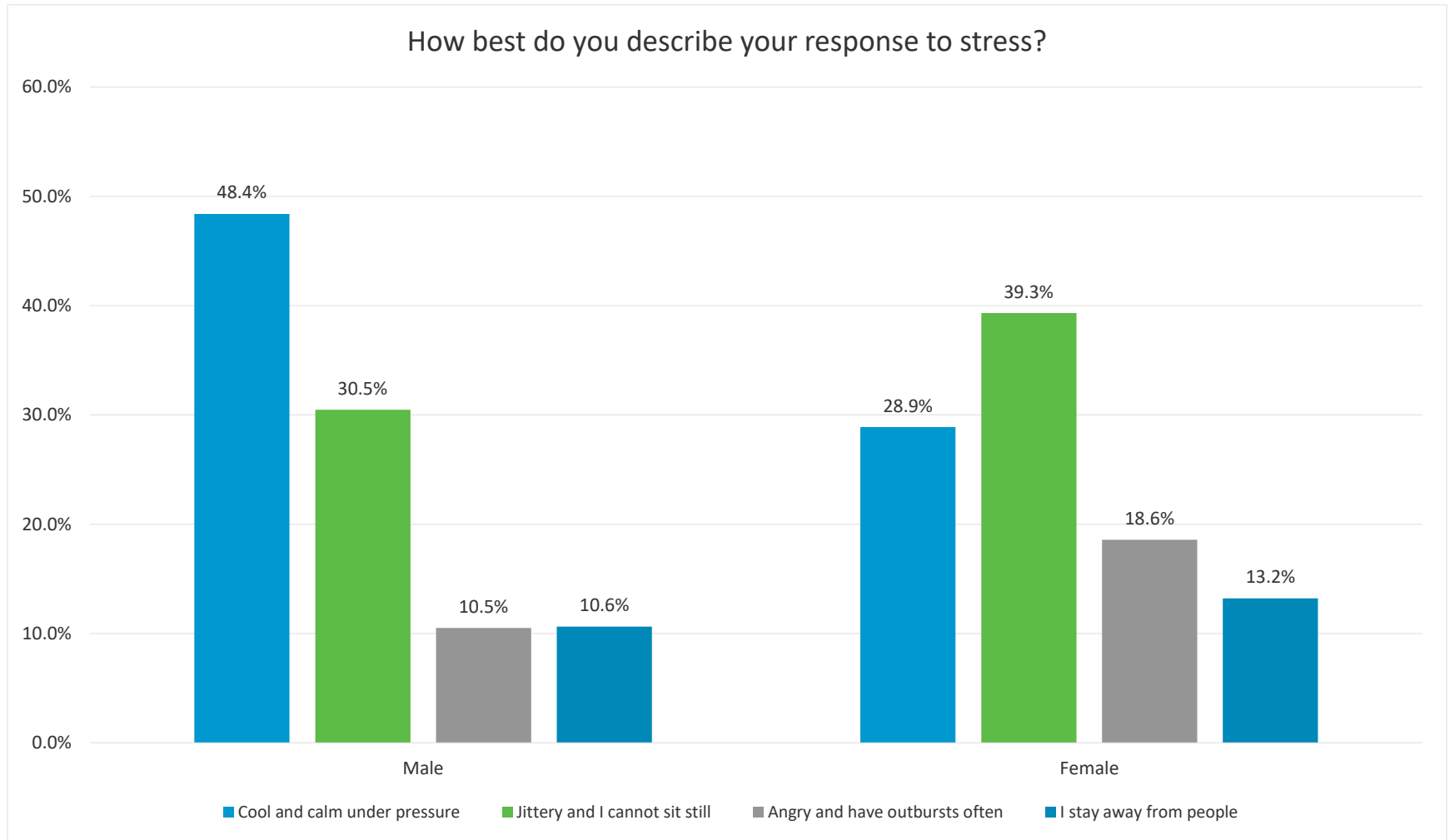
Student Survey Report



Student Survey Report

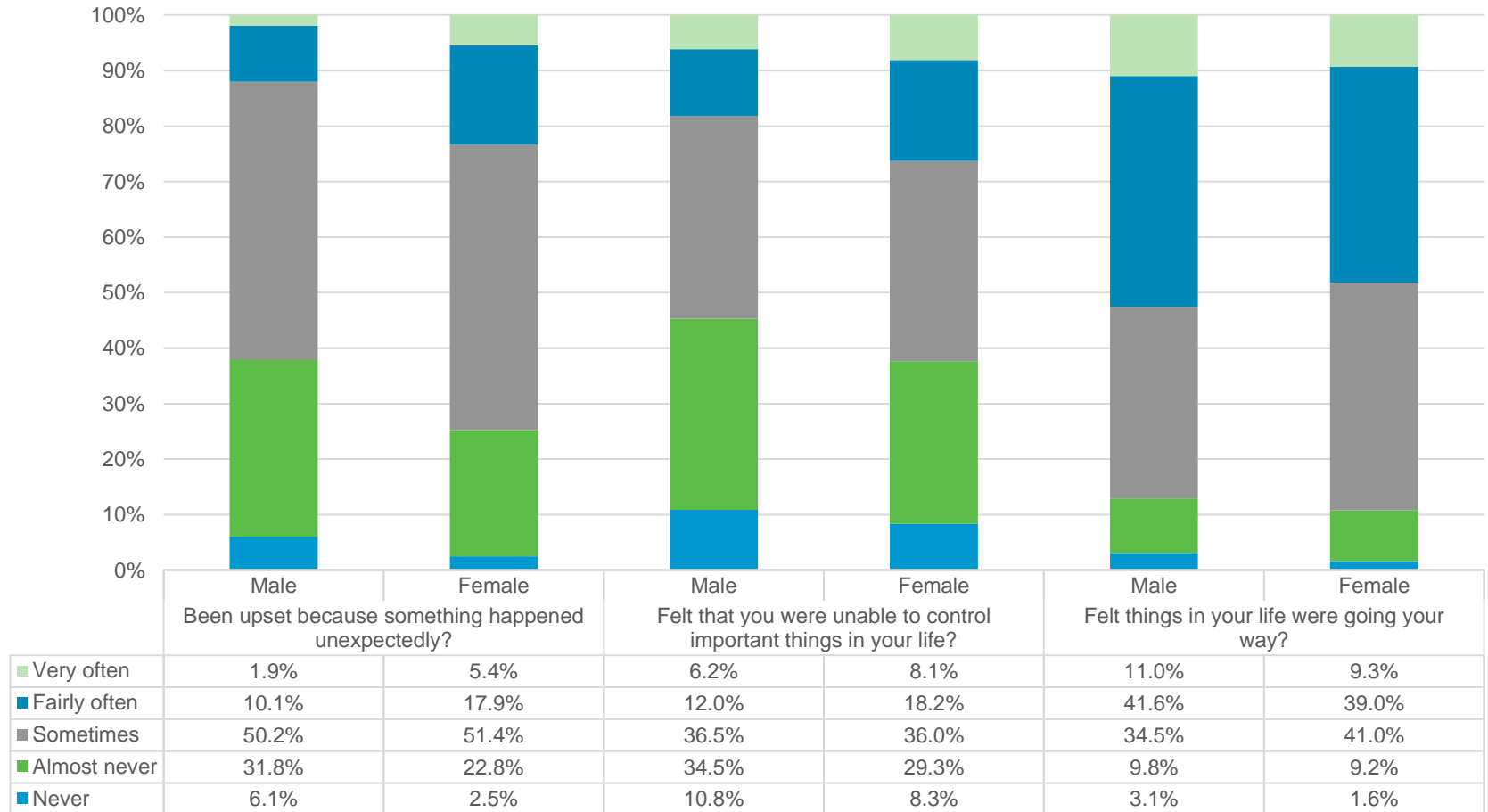


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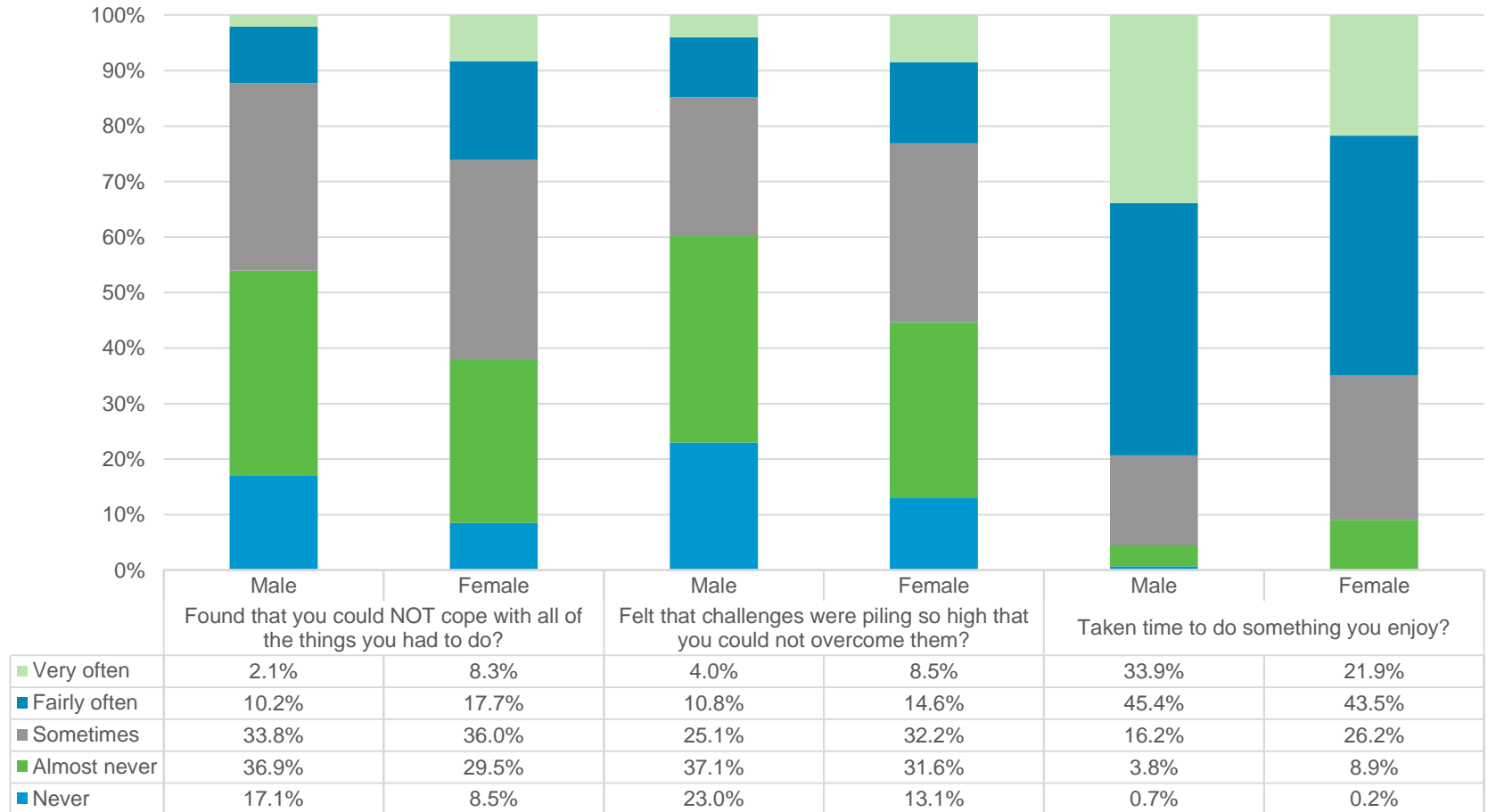
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How often have you:

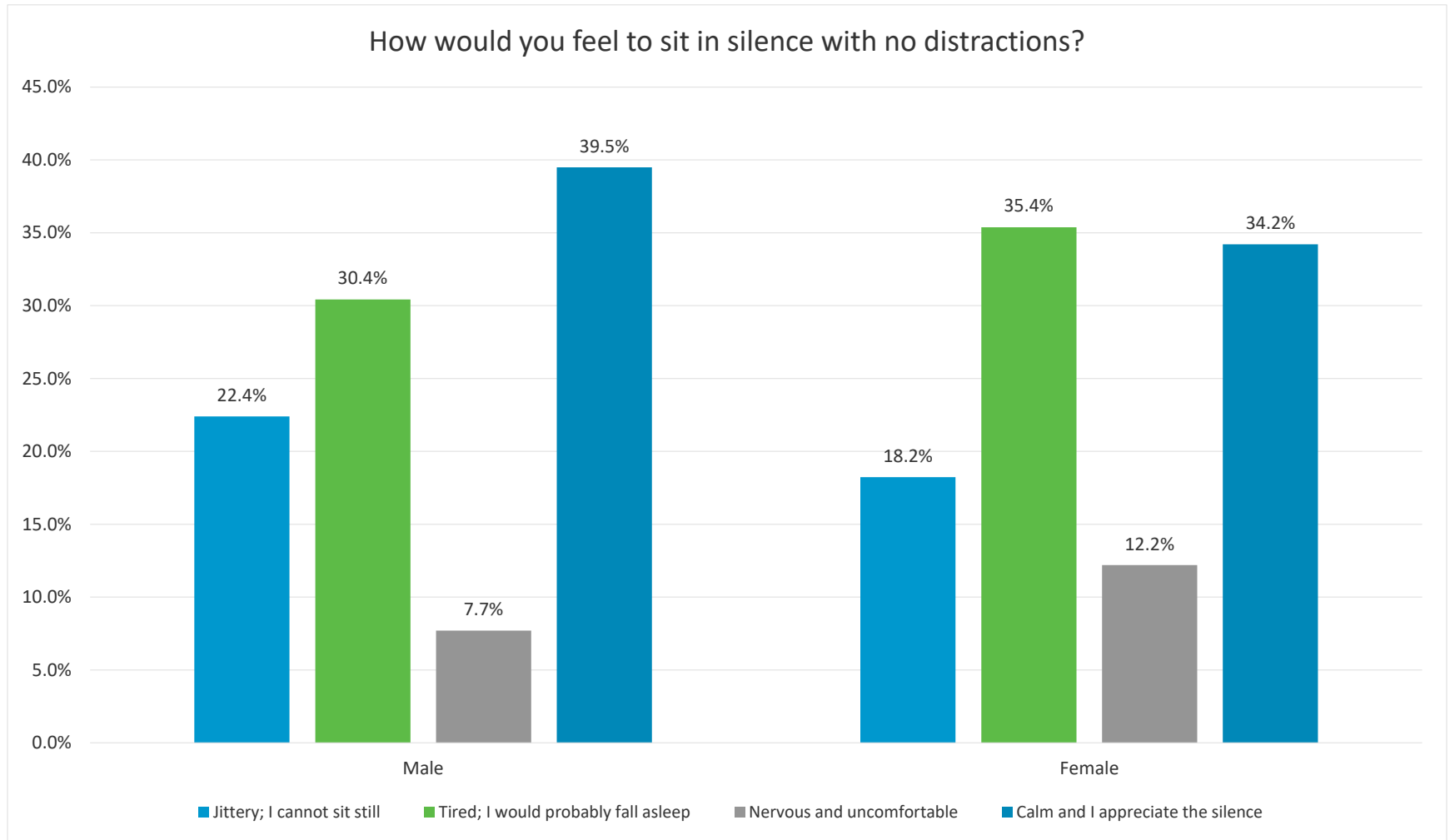


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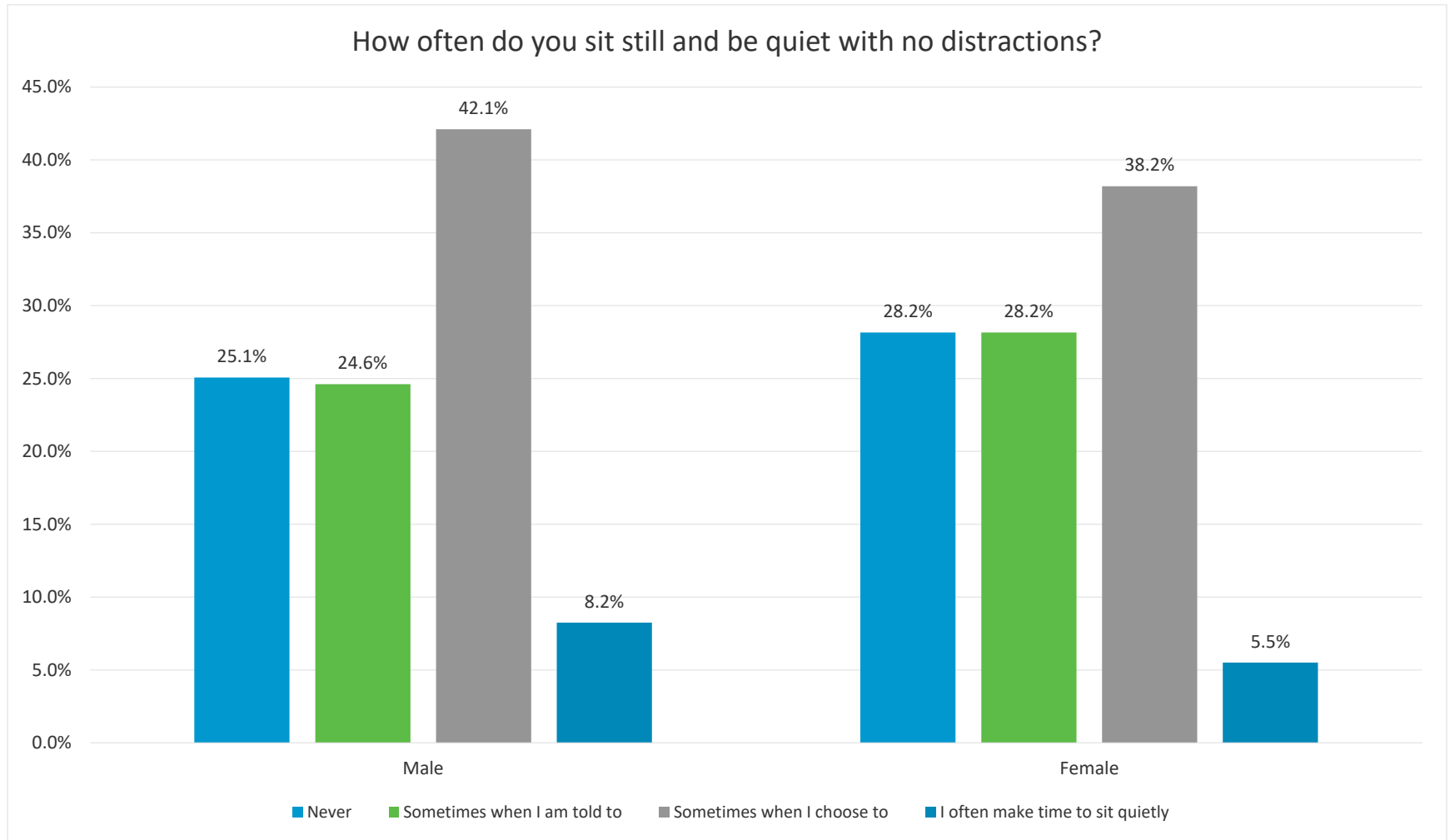
How often have you:



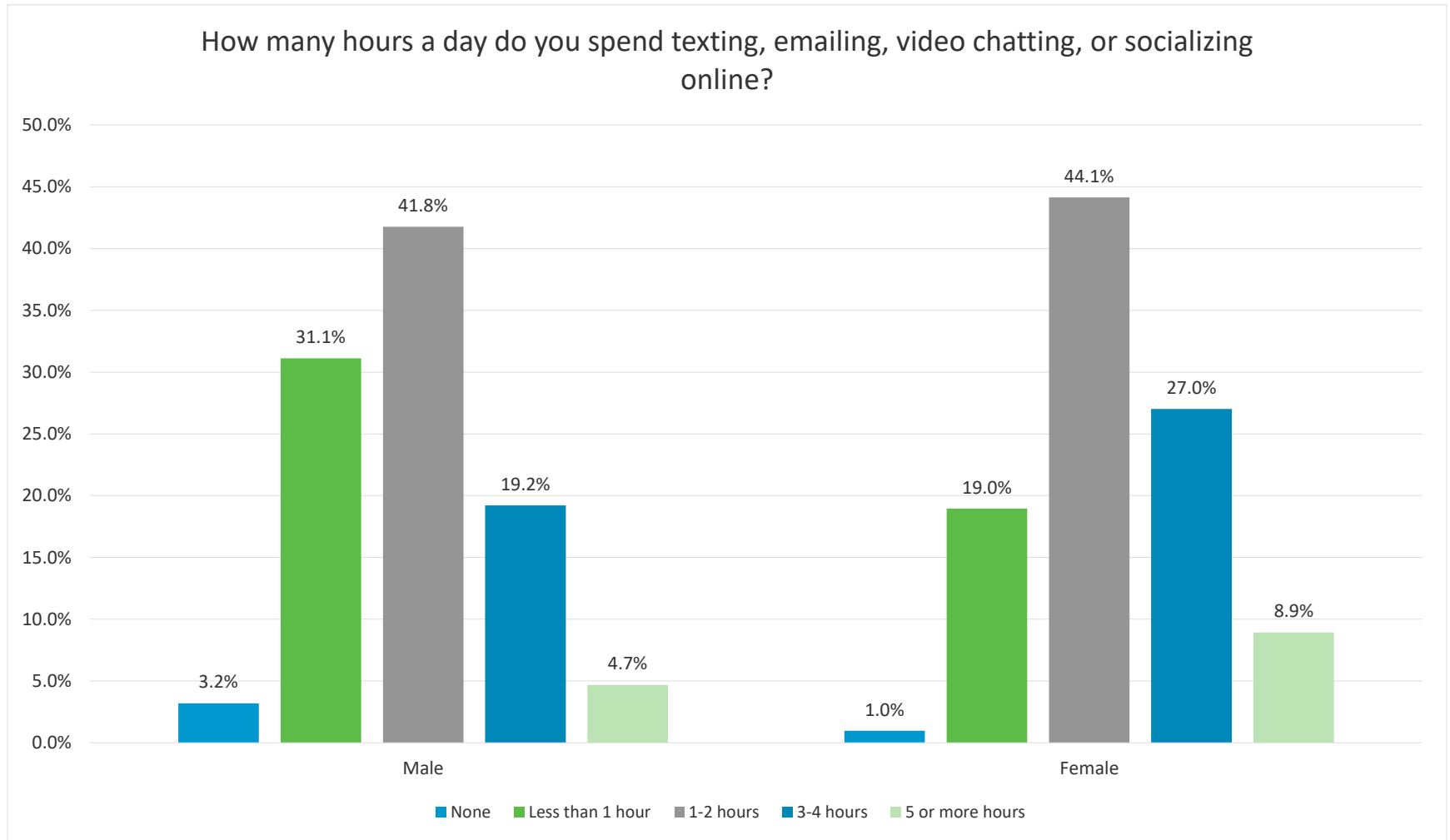
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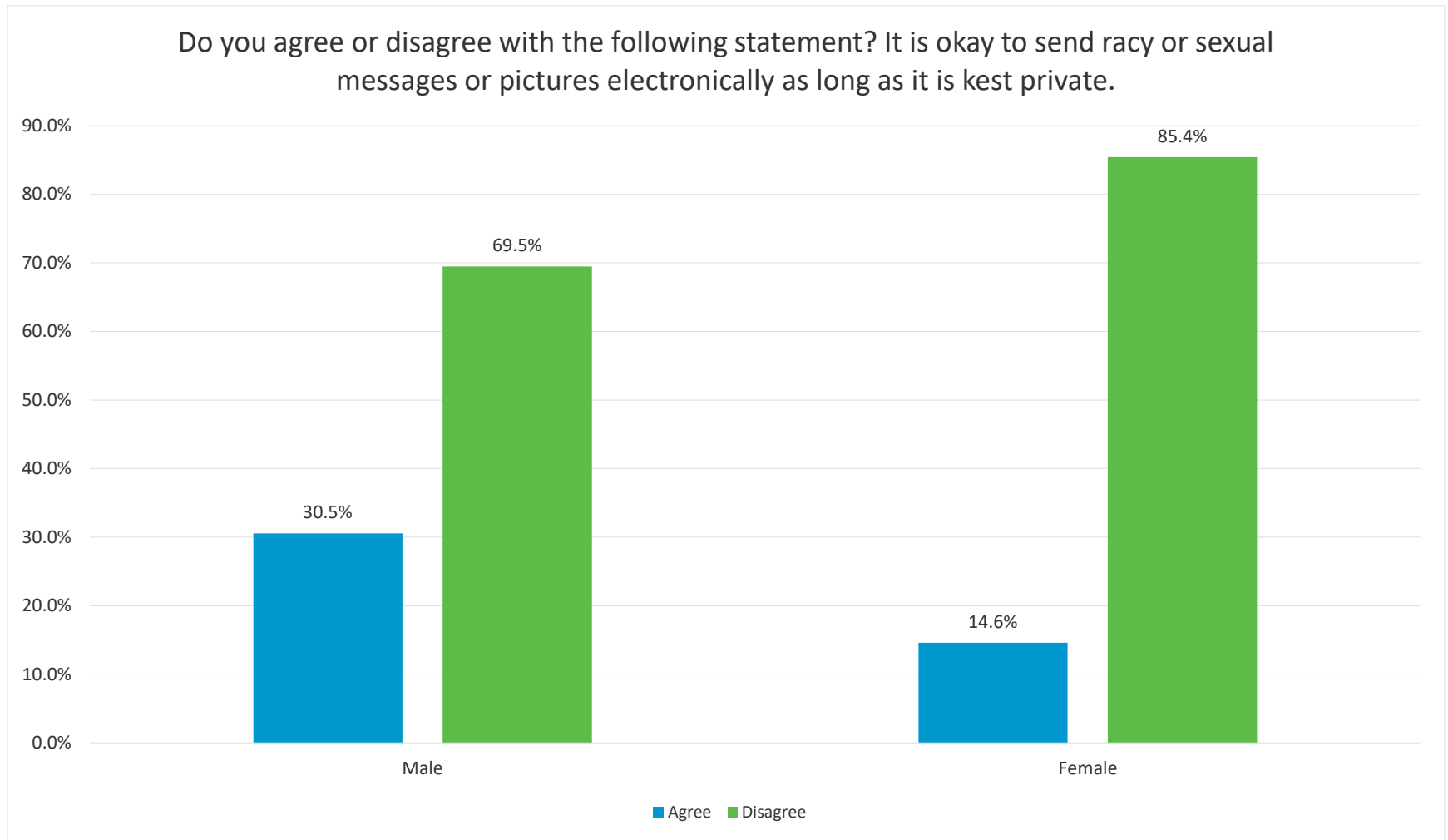
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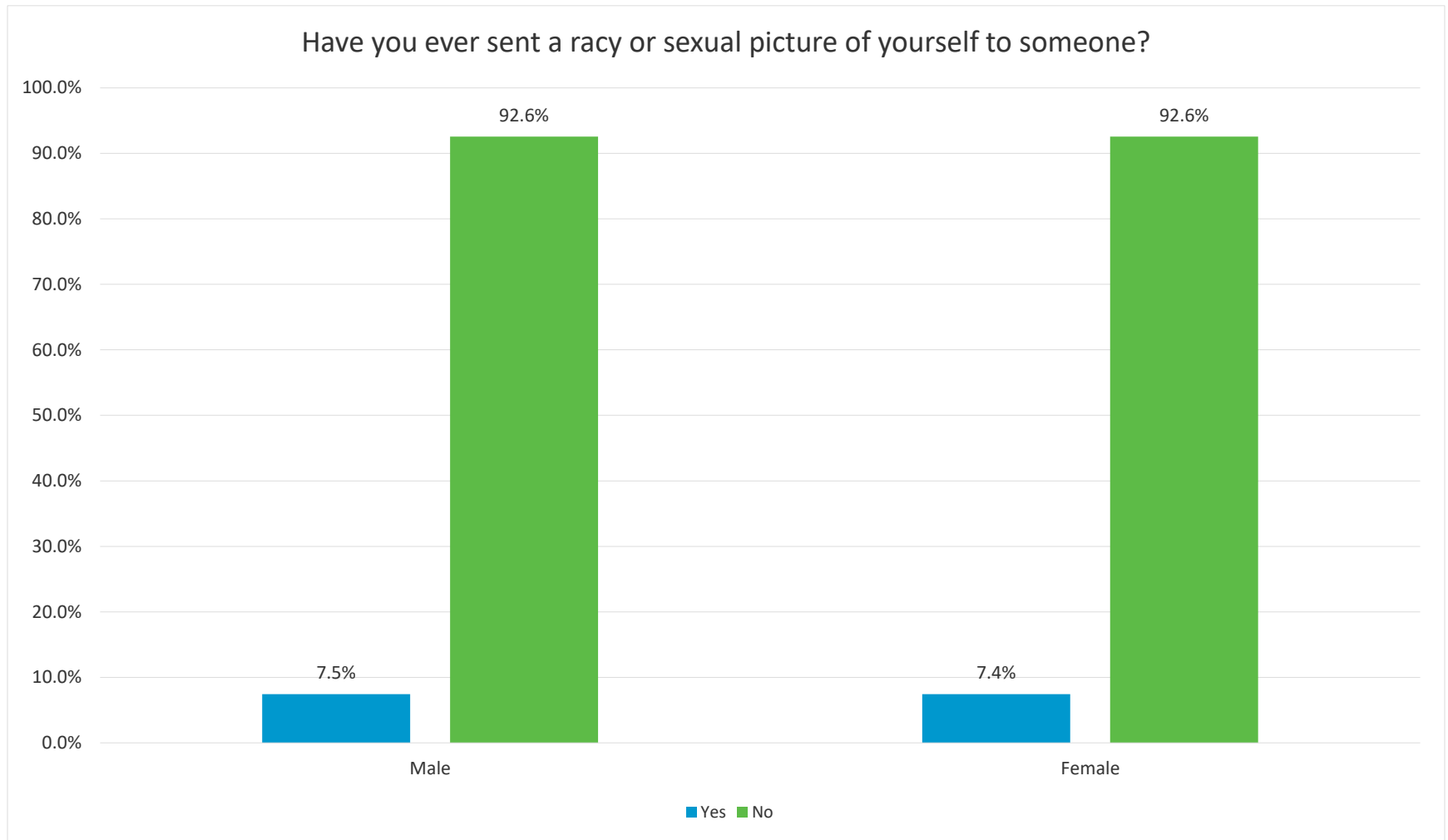
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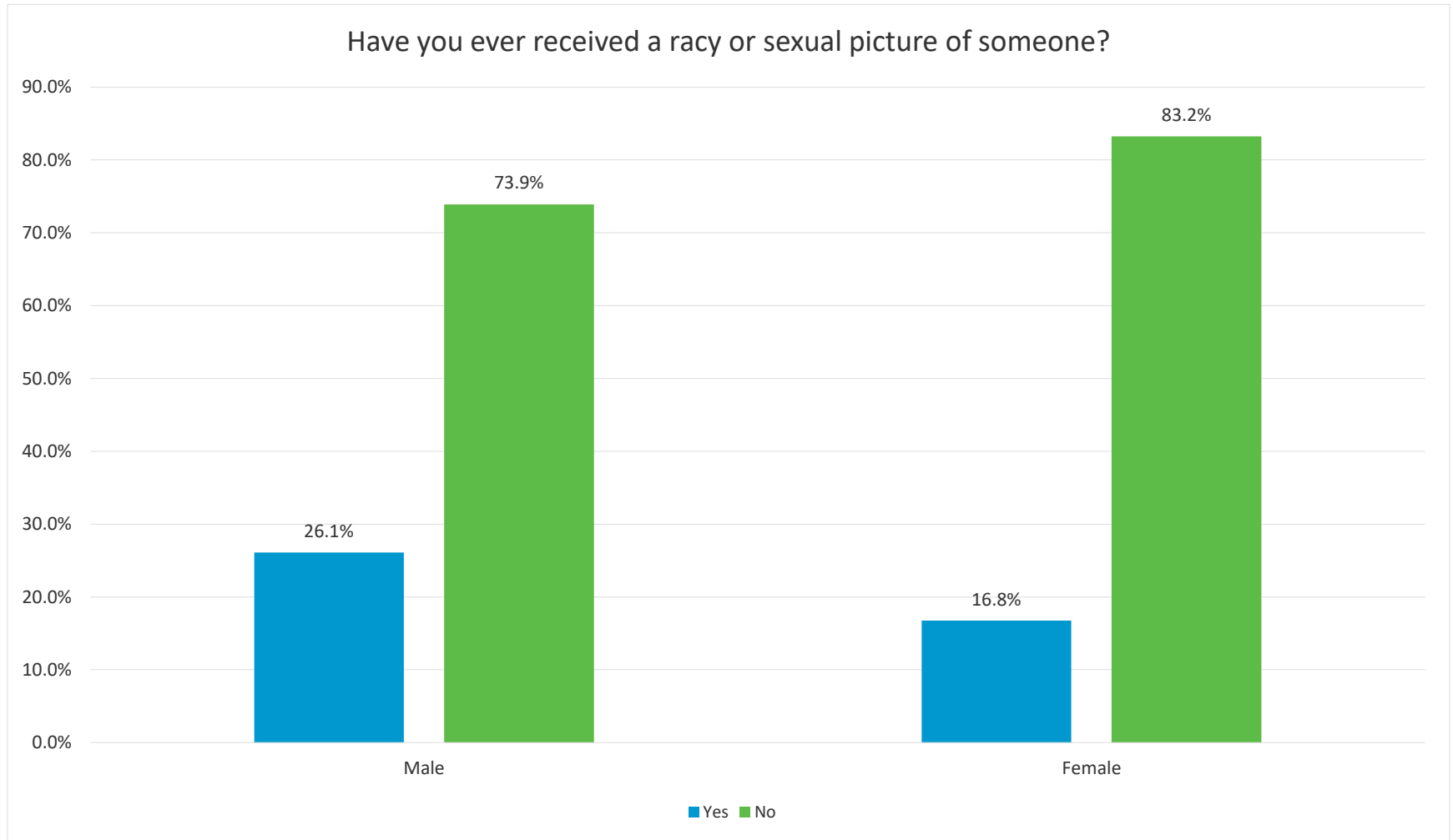
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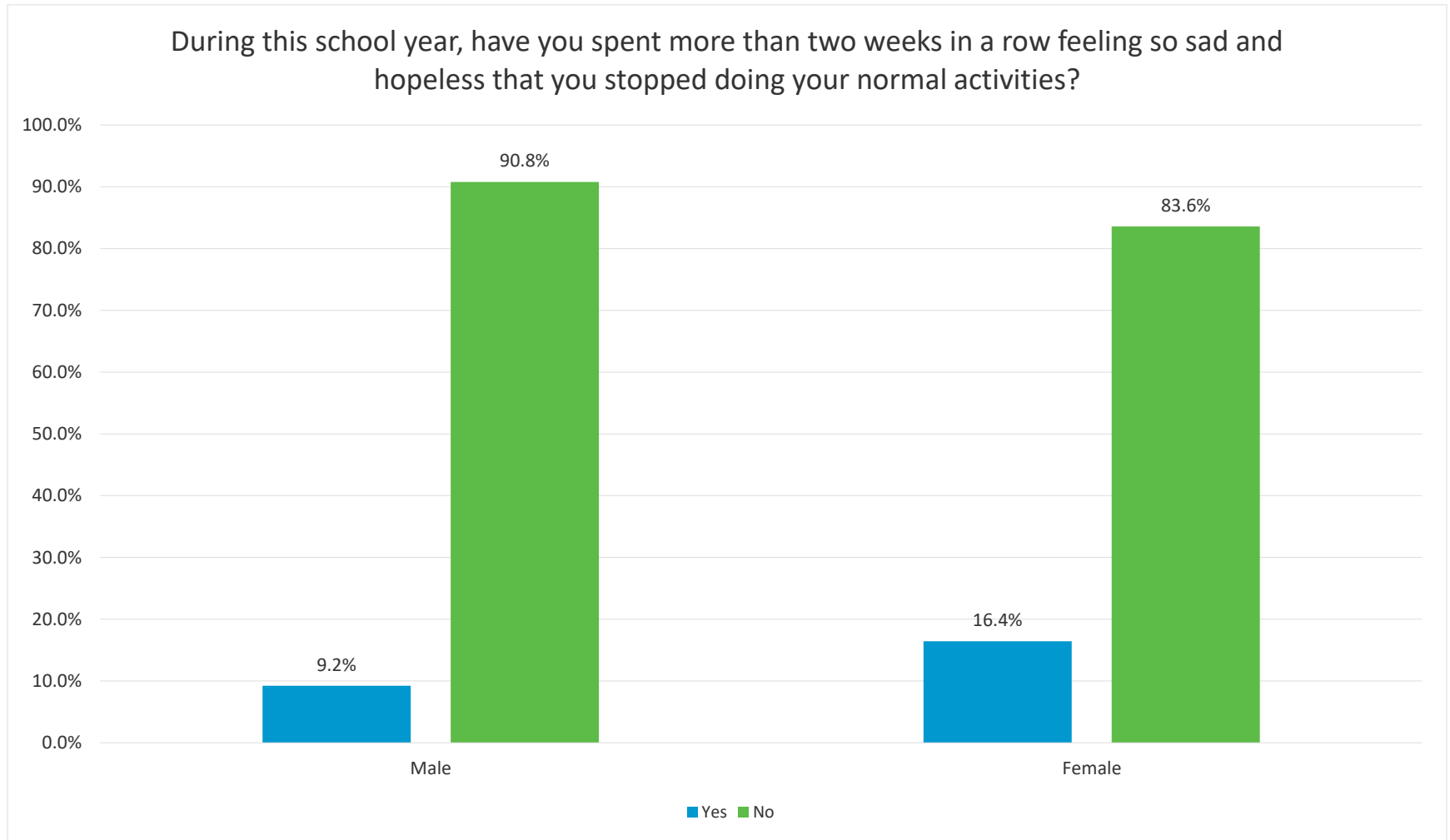
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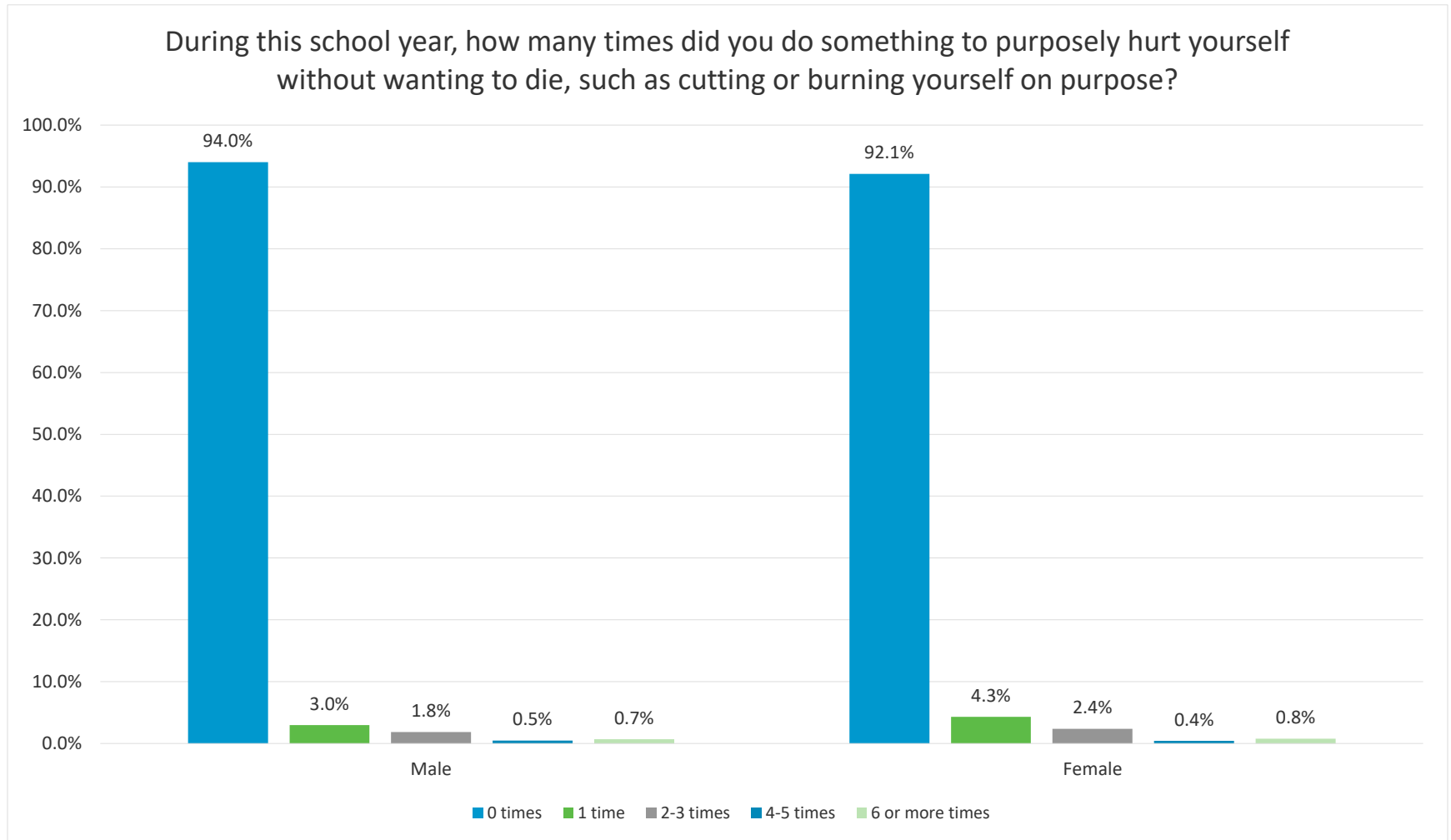
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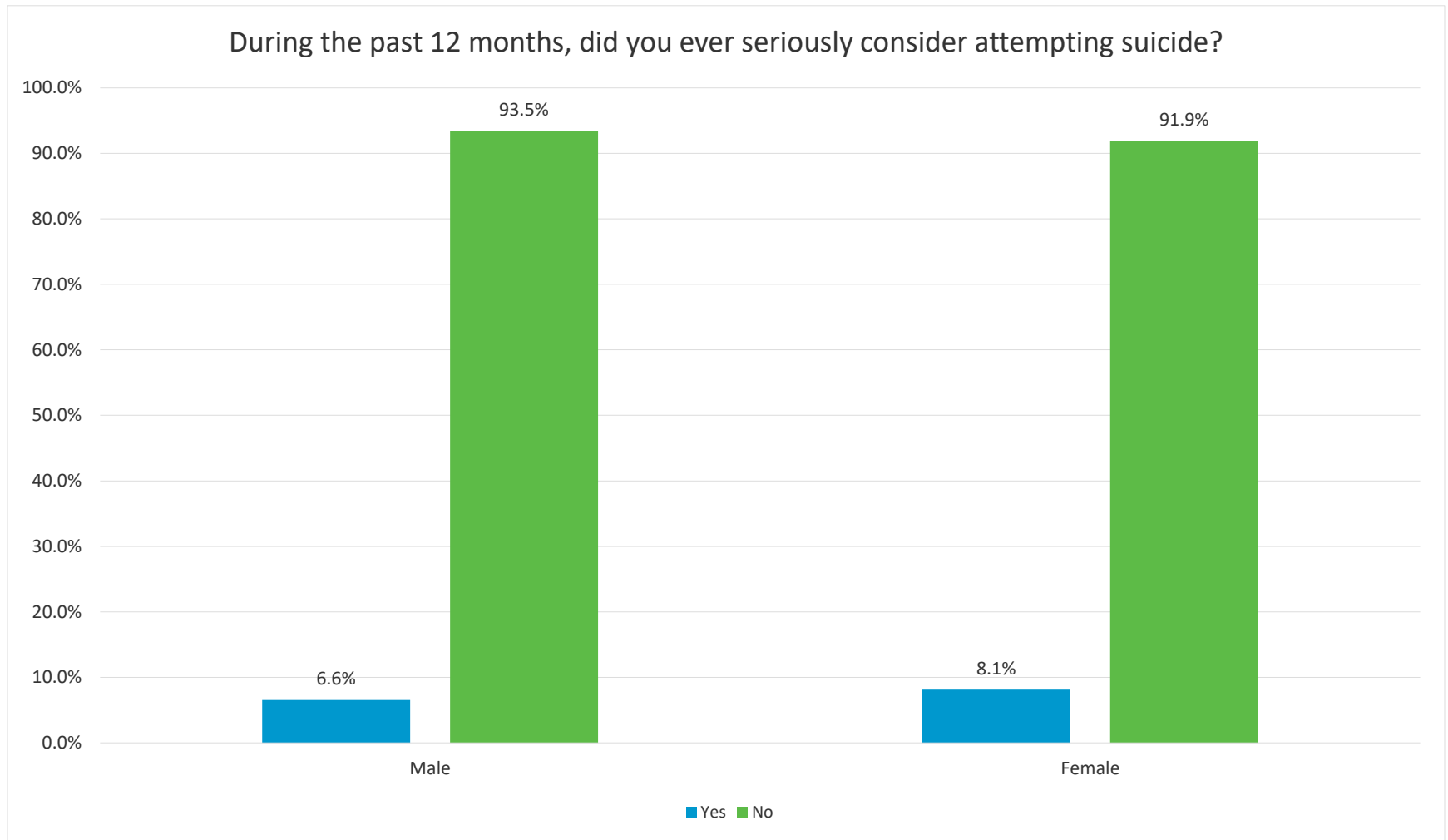
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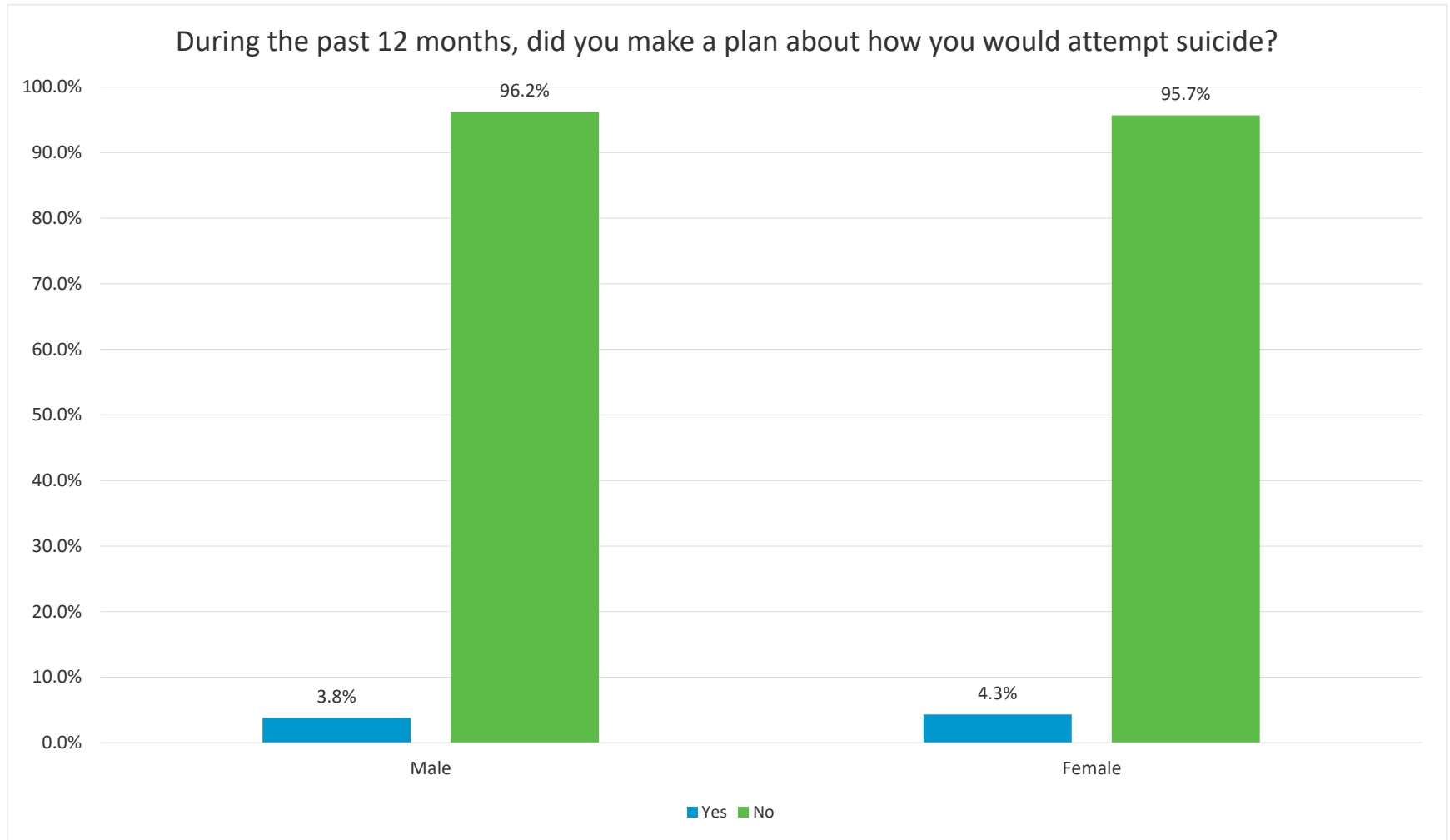
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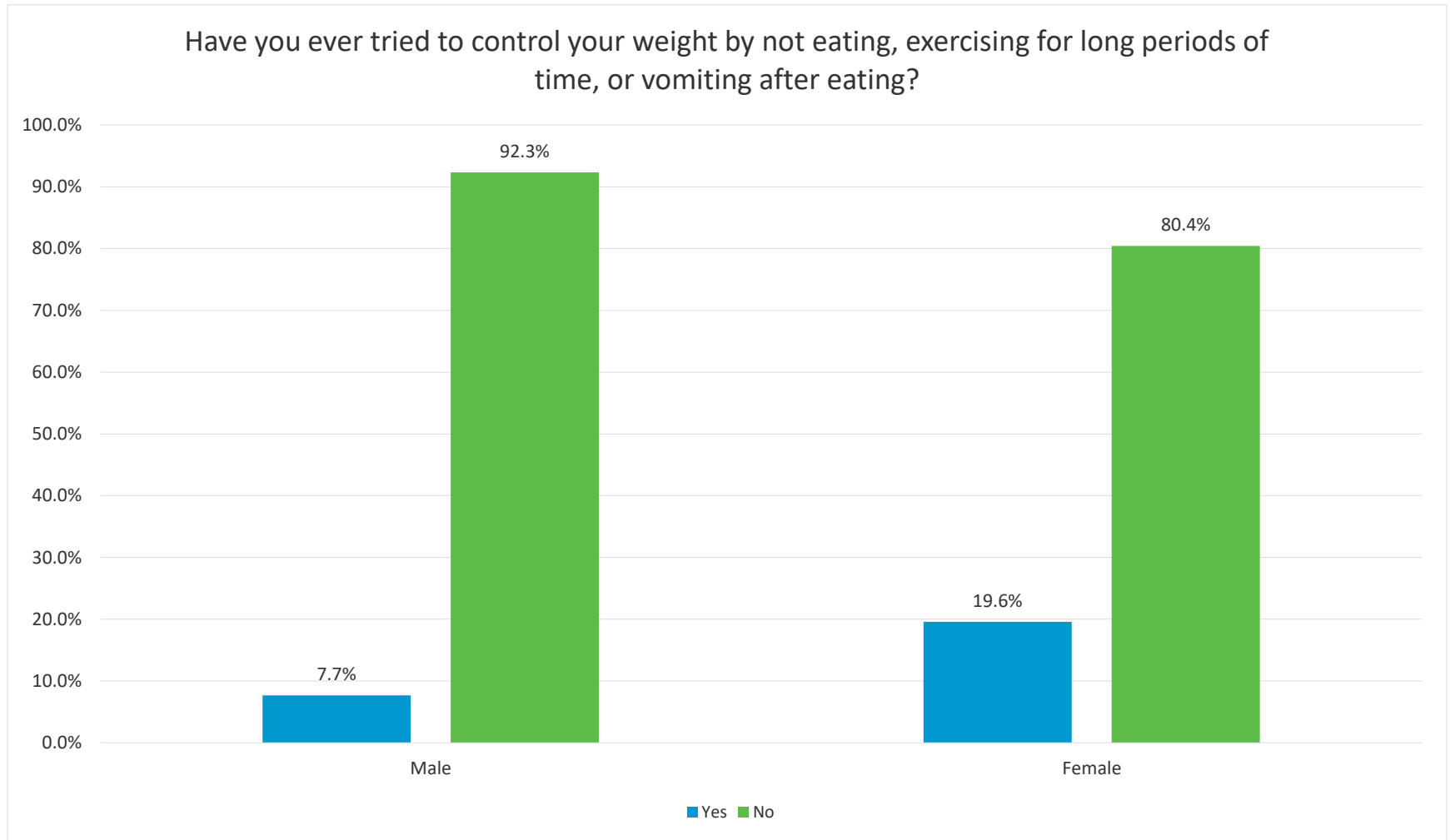
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Student Survey Report



Student Survey Report

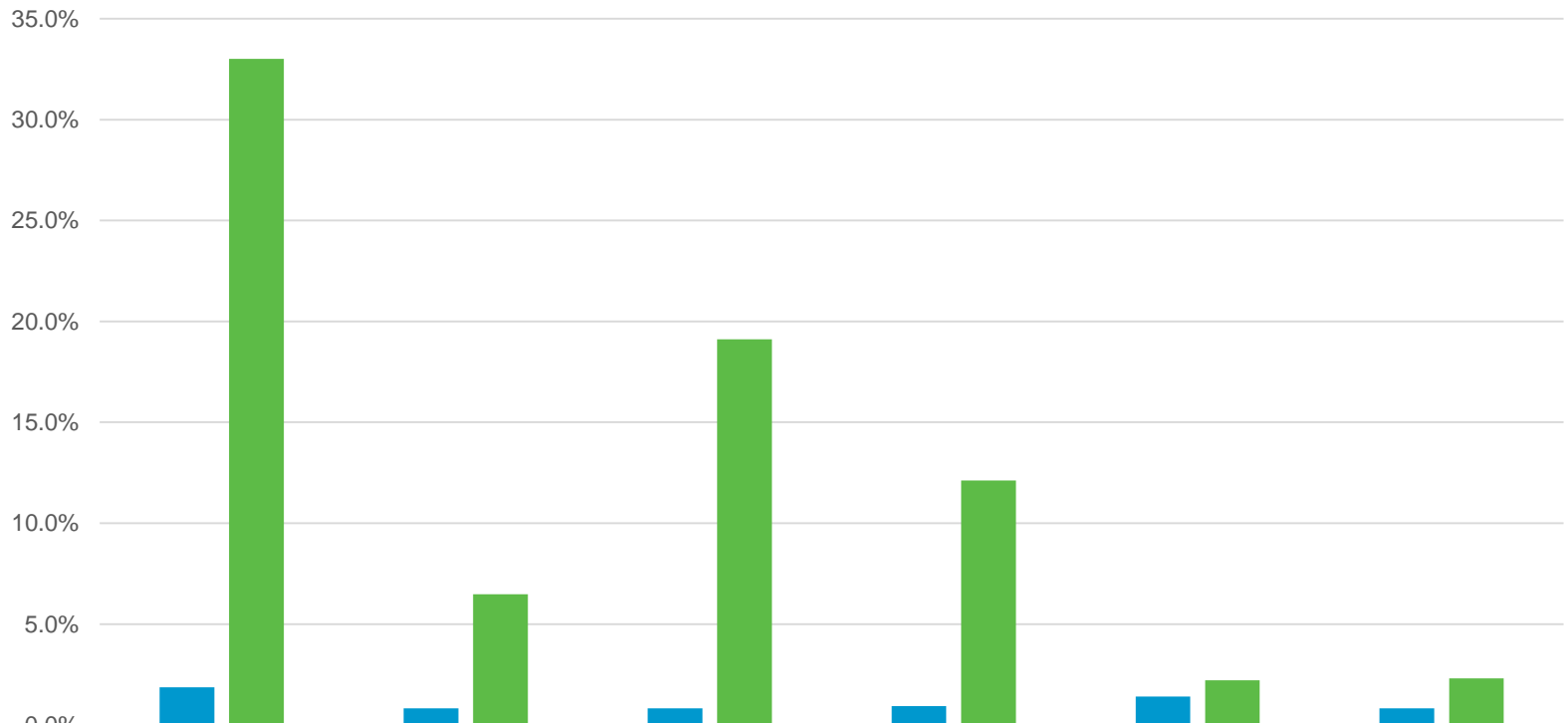


Responses by Grade

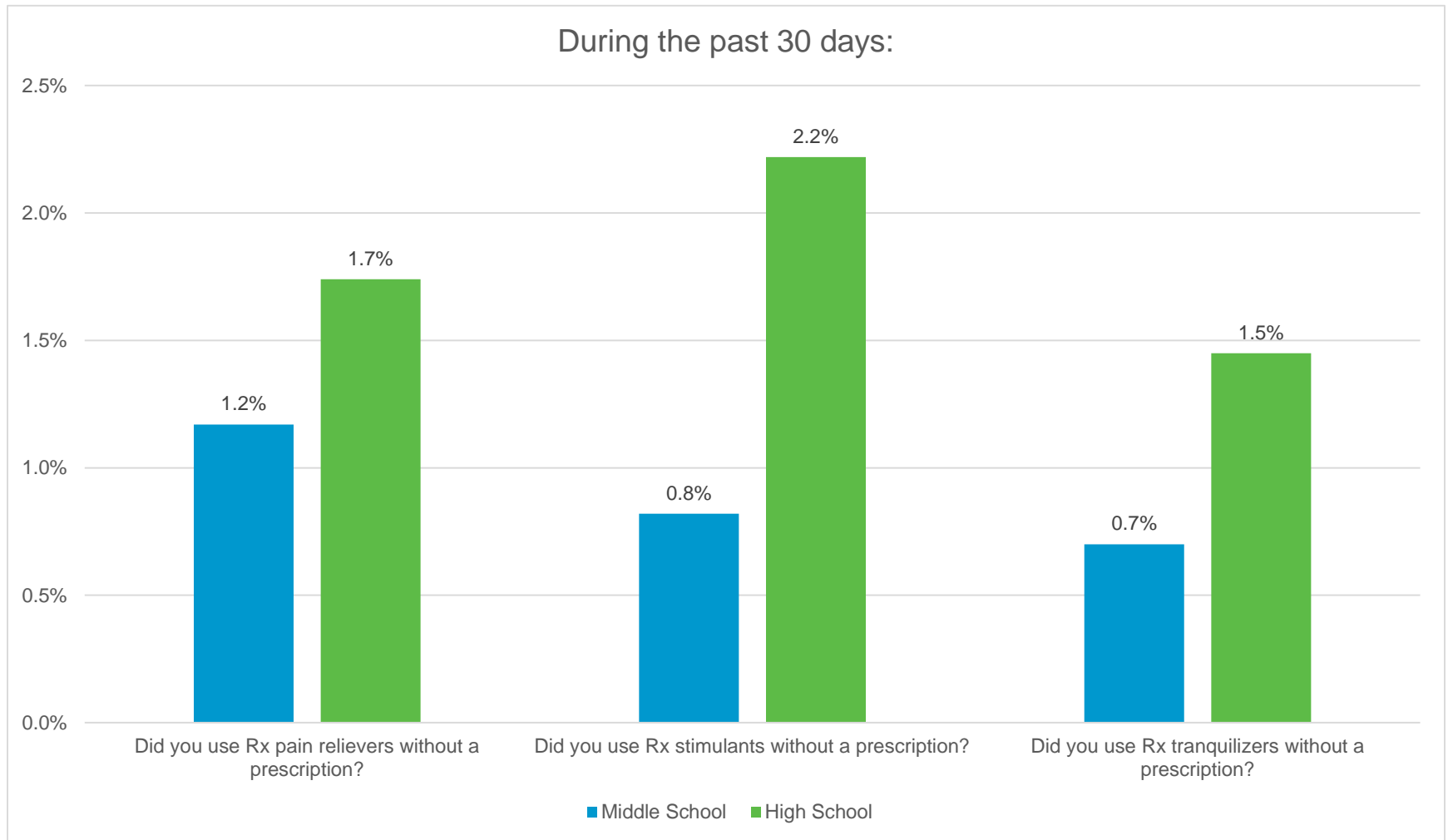


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During the past 30 days:

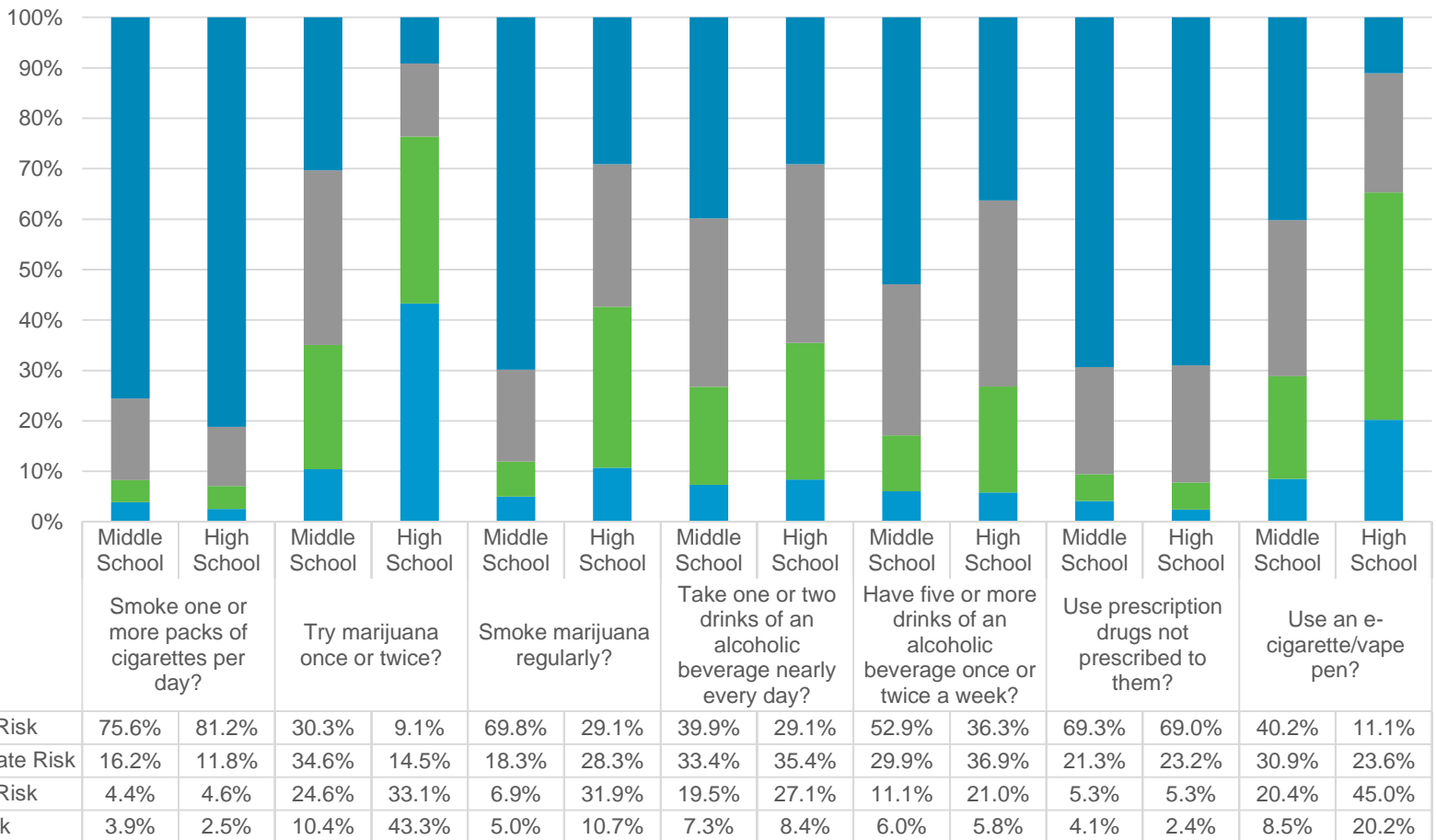


Student Survey Report



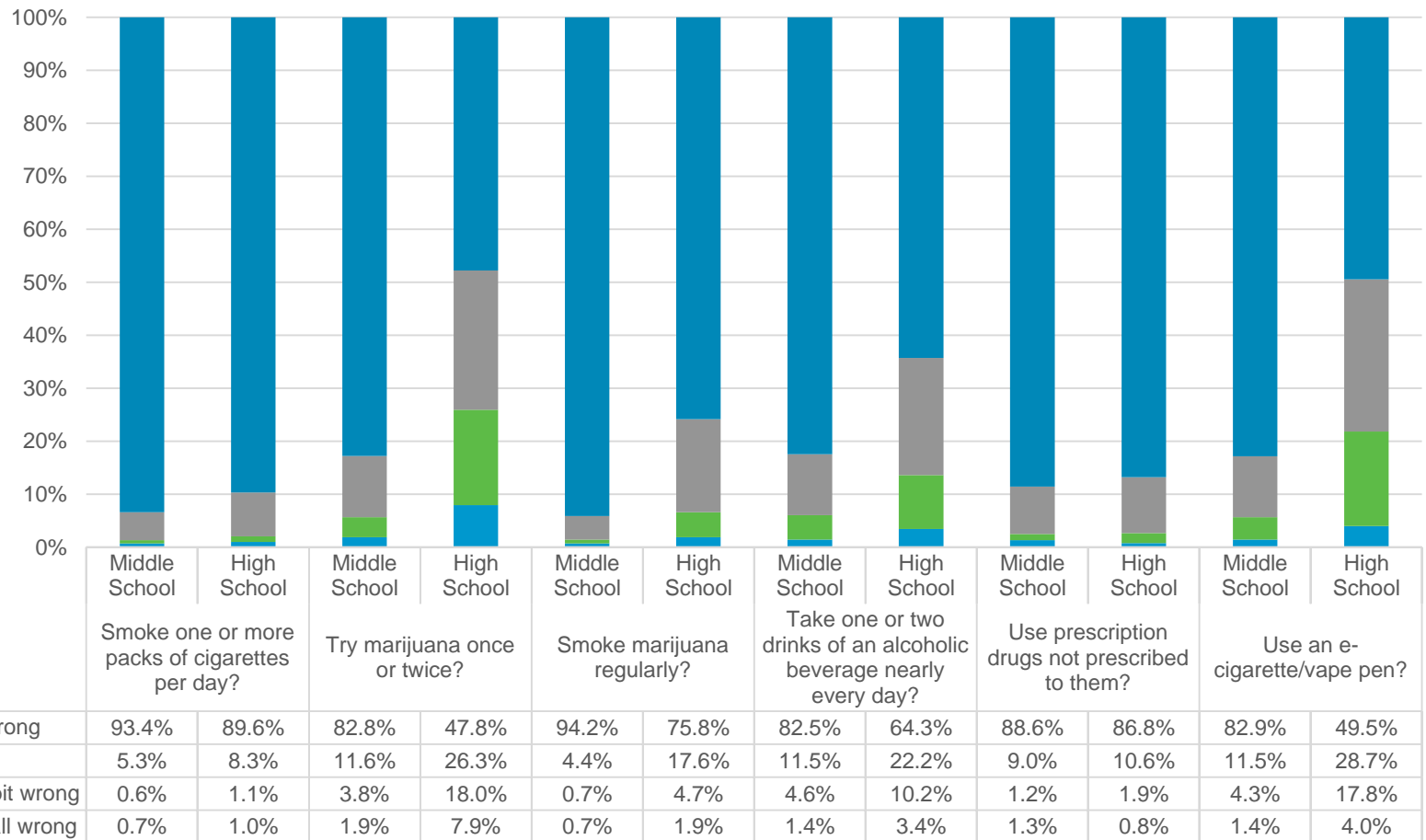
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How much do you think people risk harming themselves if they:



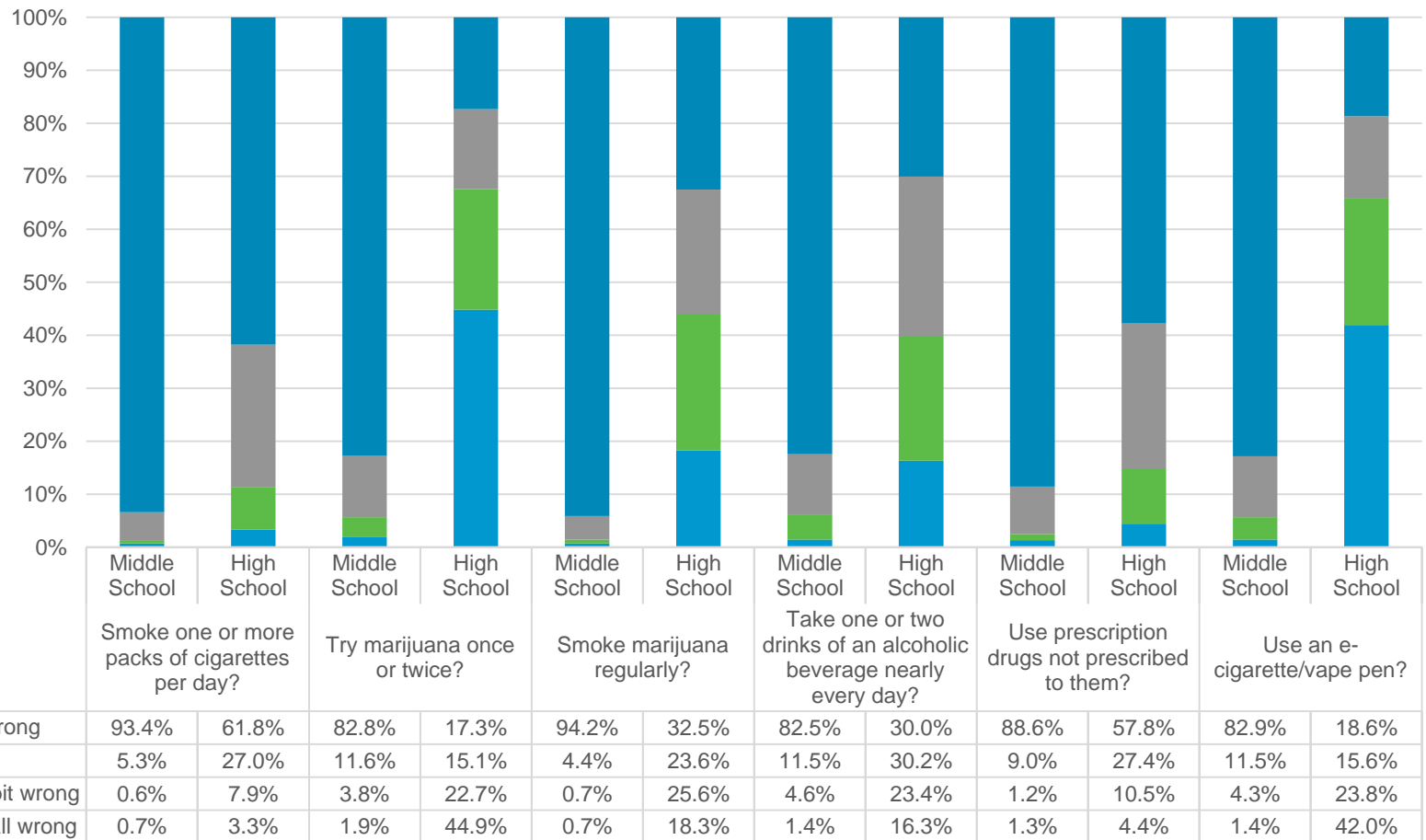
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How wrong do your parents/guardians feel it would be for you to:

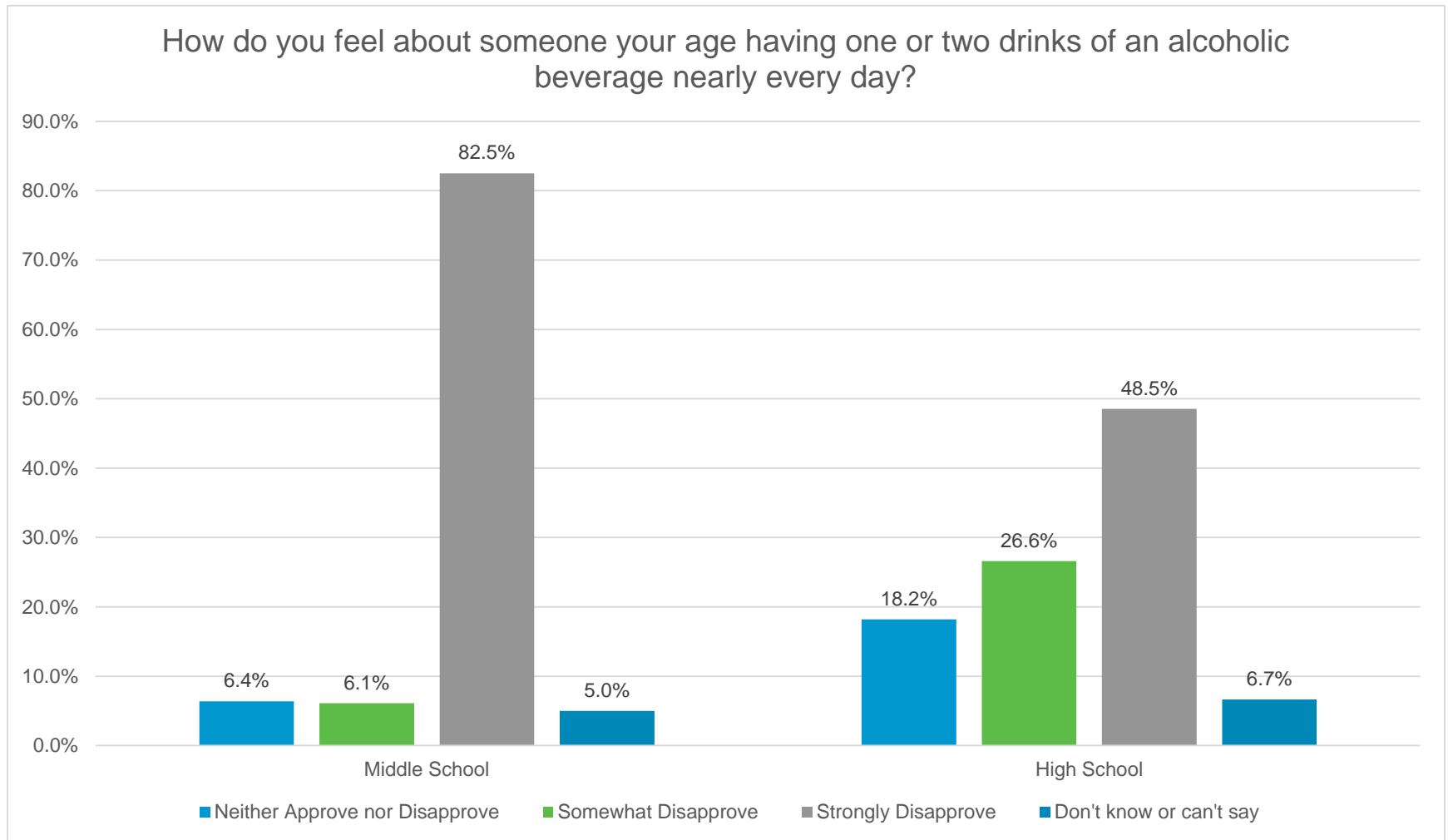


Student Survey Report

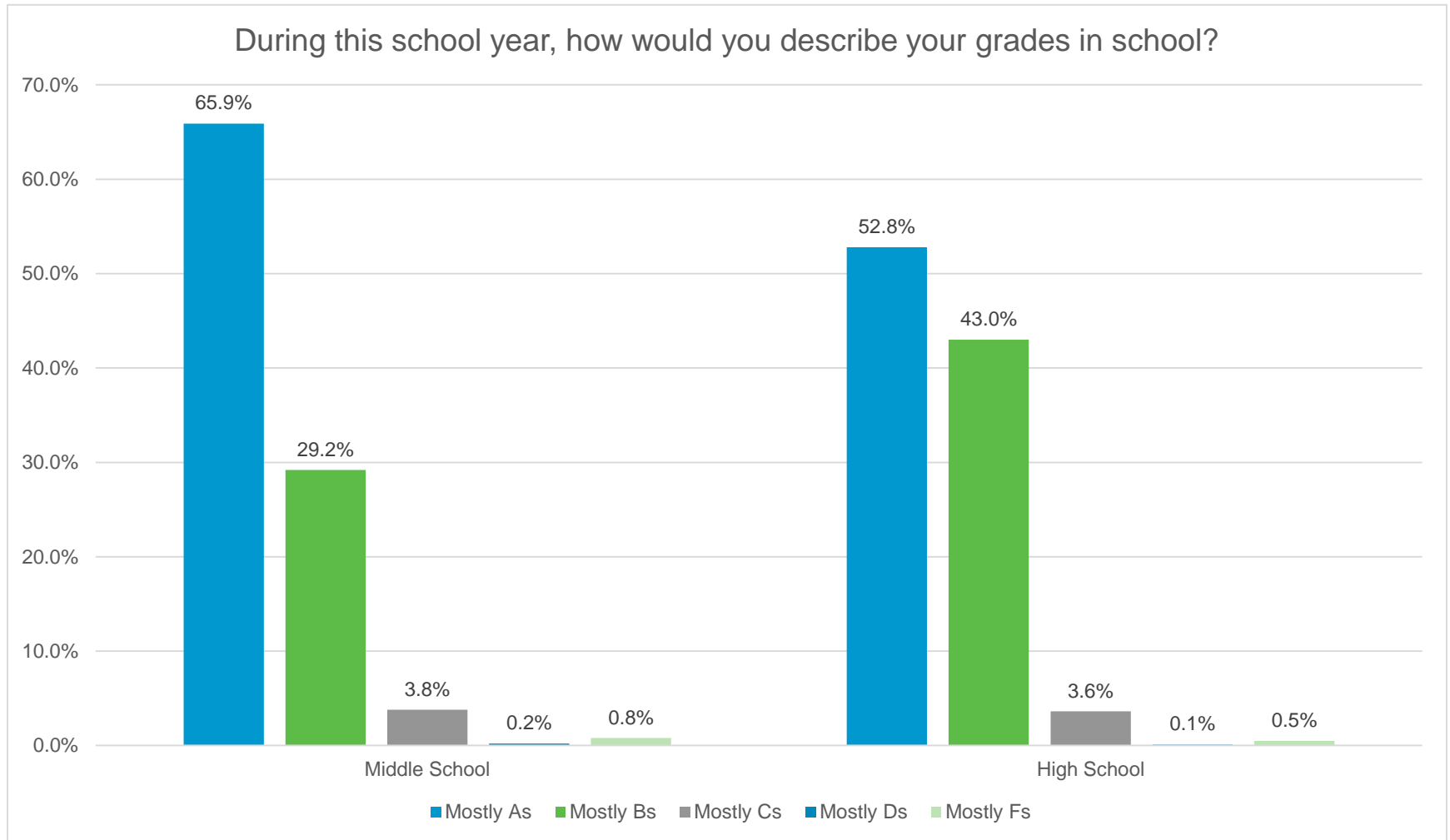
How wrong do your friends feel it would be for you to:



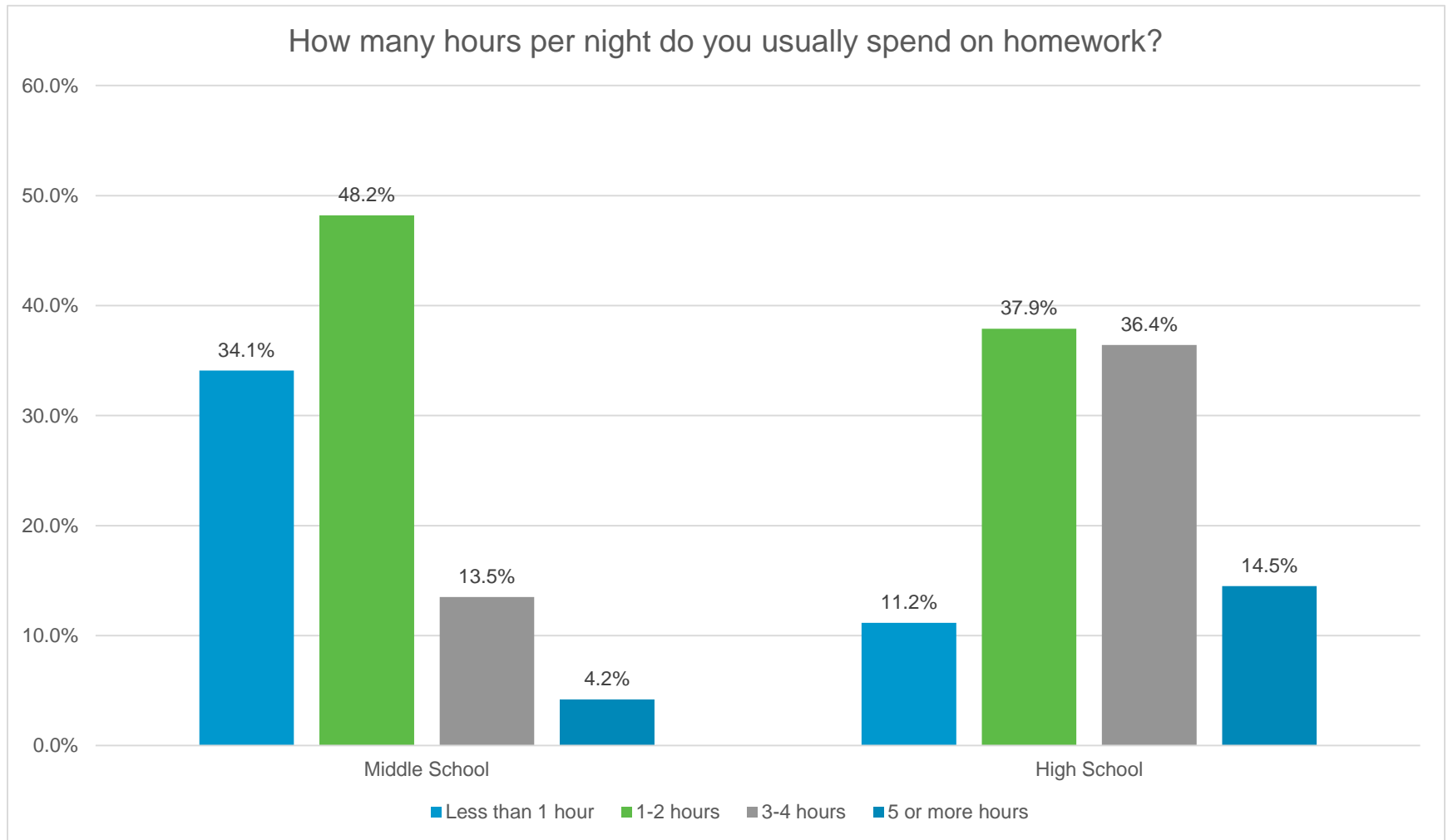
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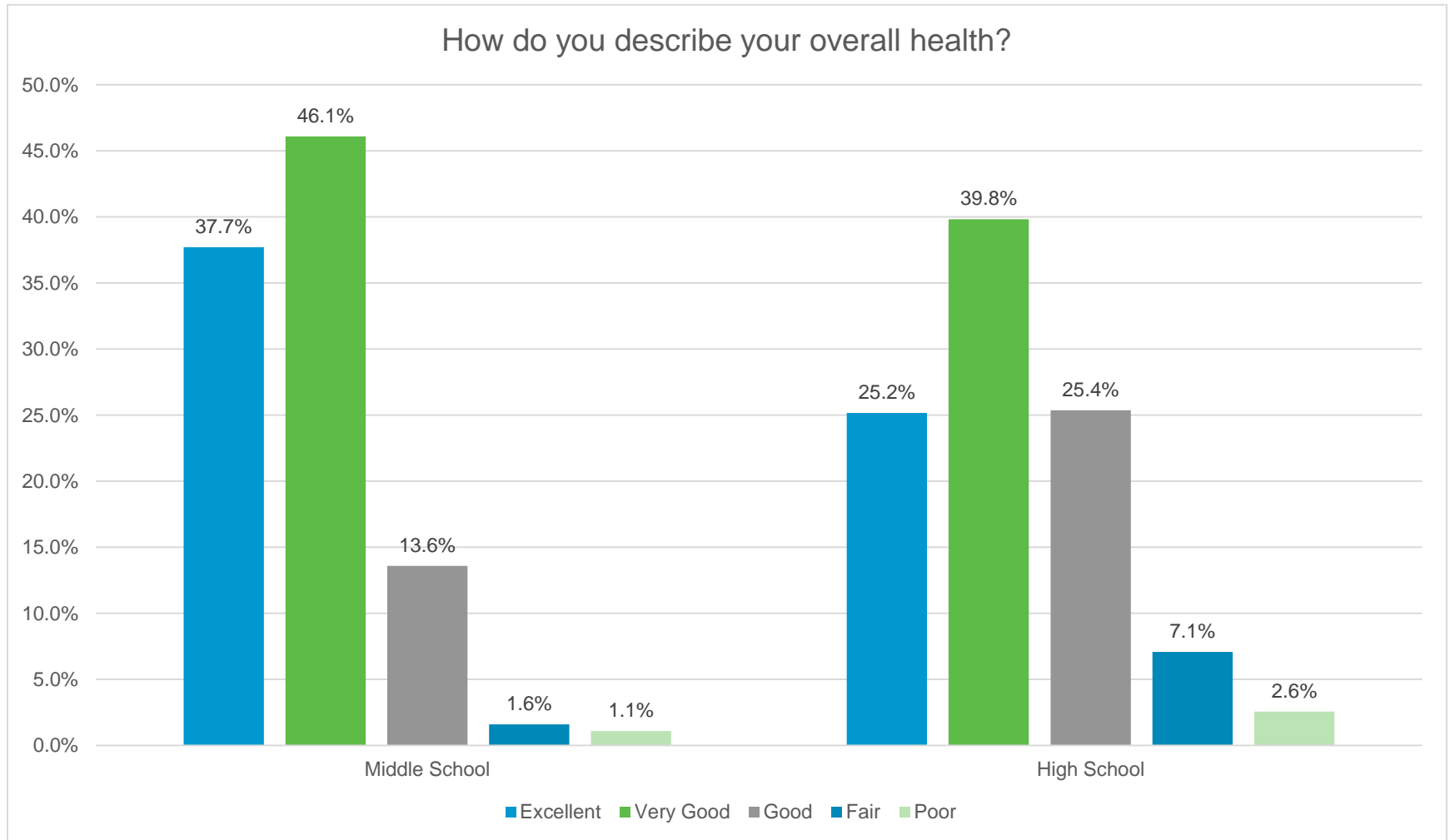
Student Survey Report



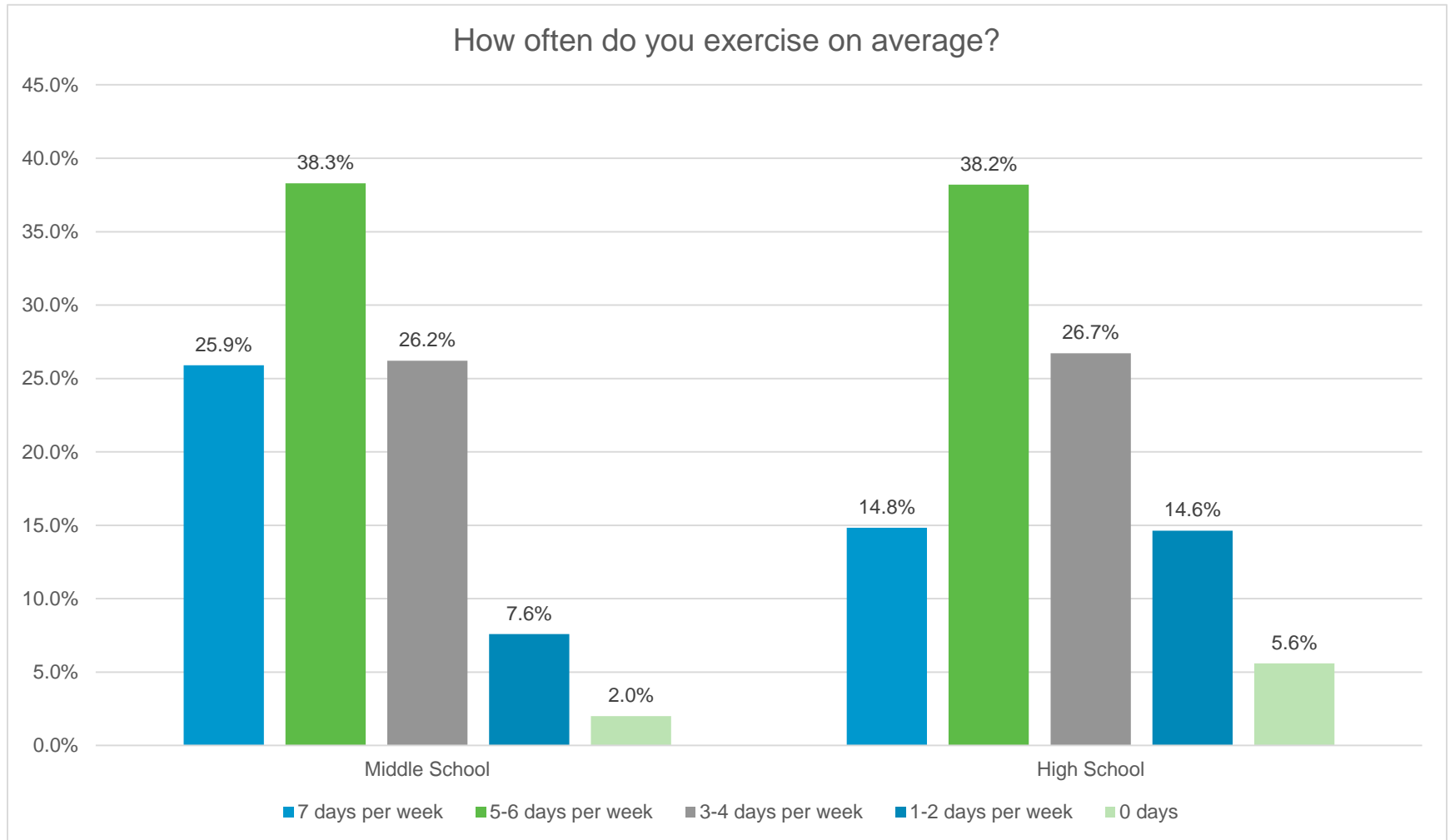
Student Survey Report



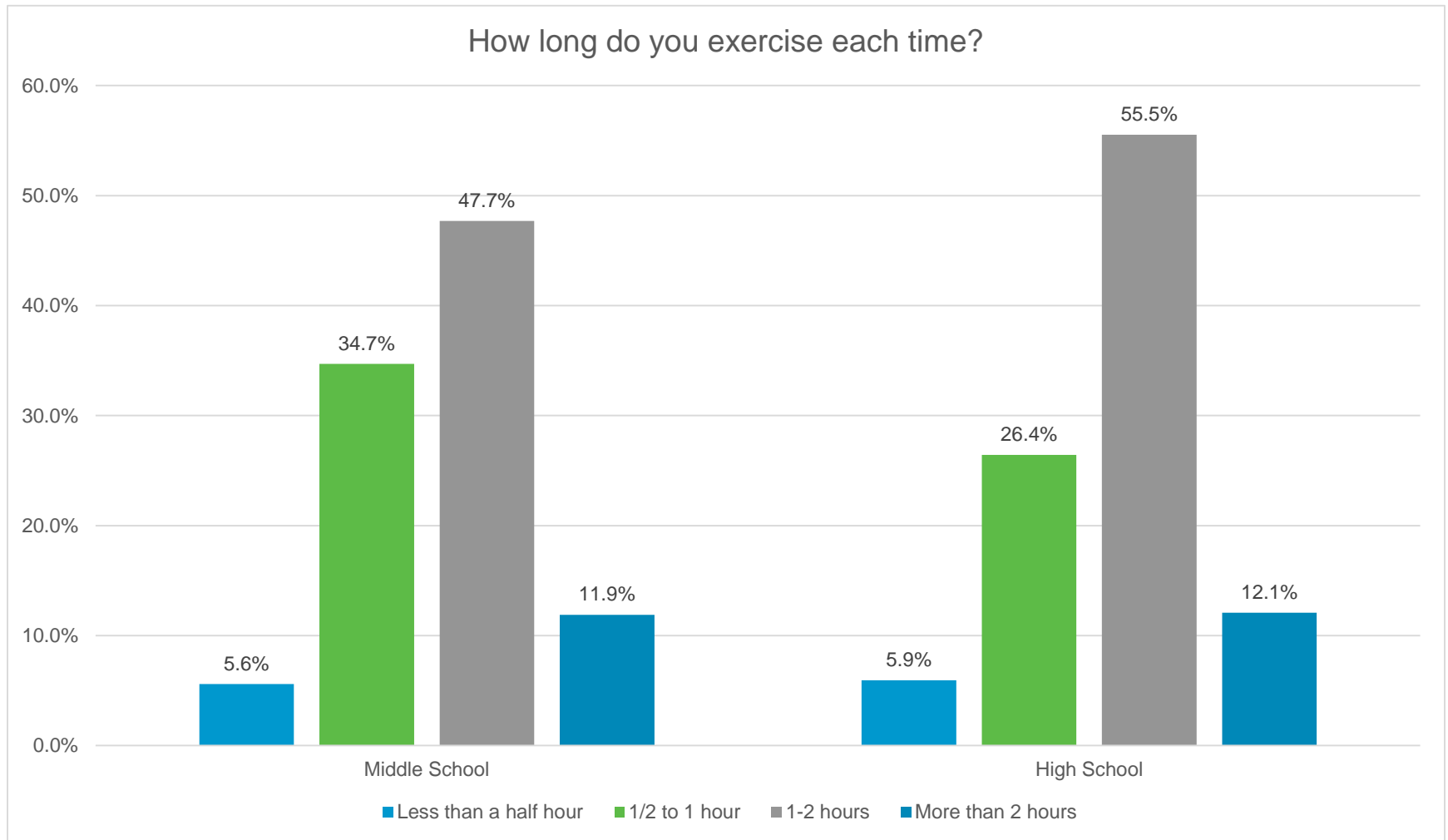
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Student Survey Report

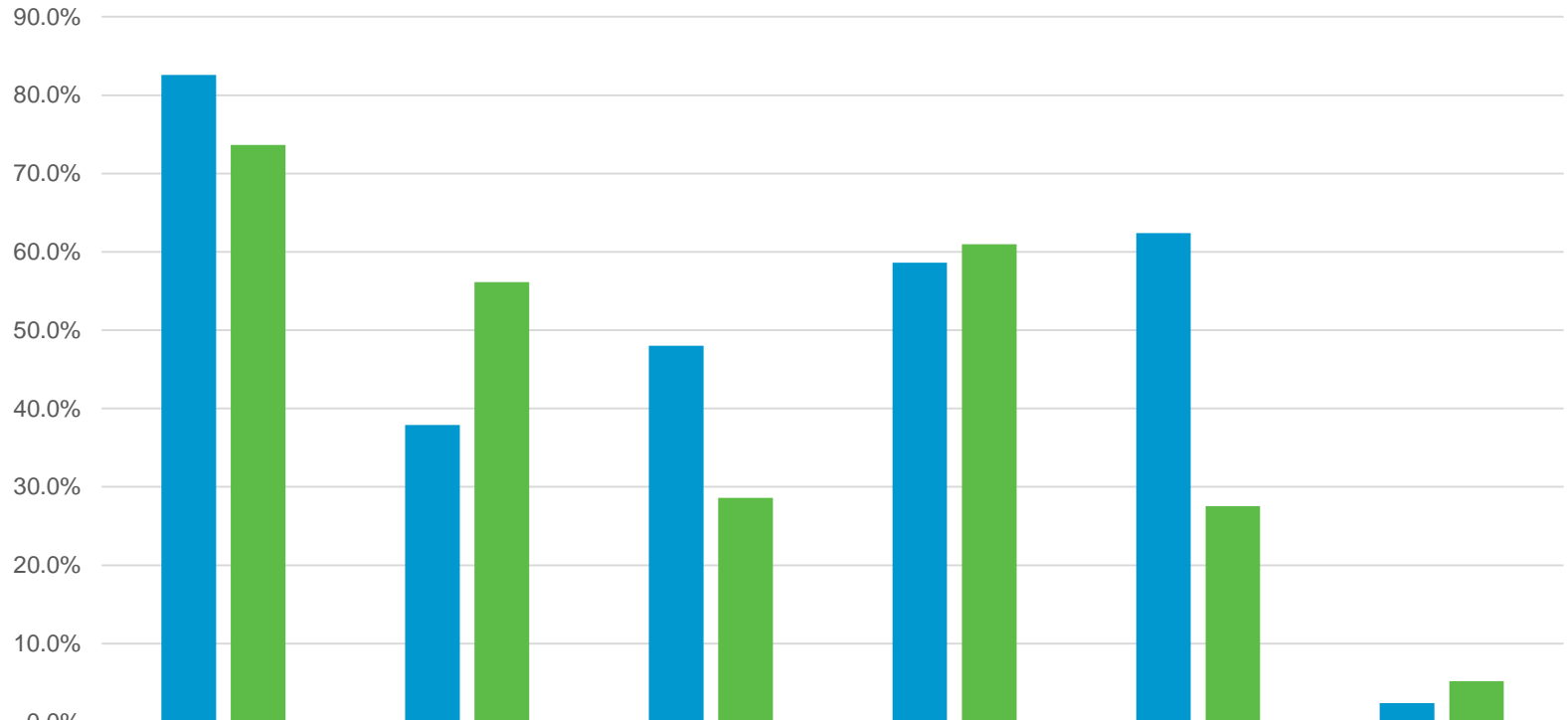


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Student Survey Report

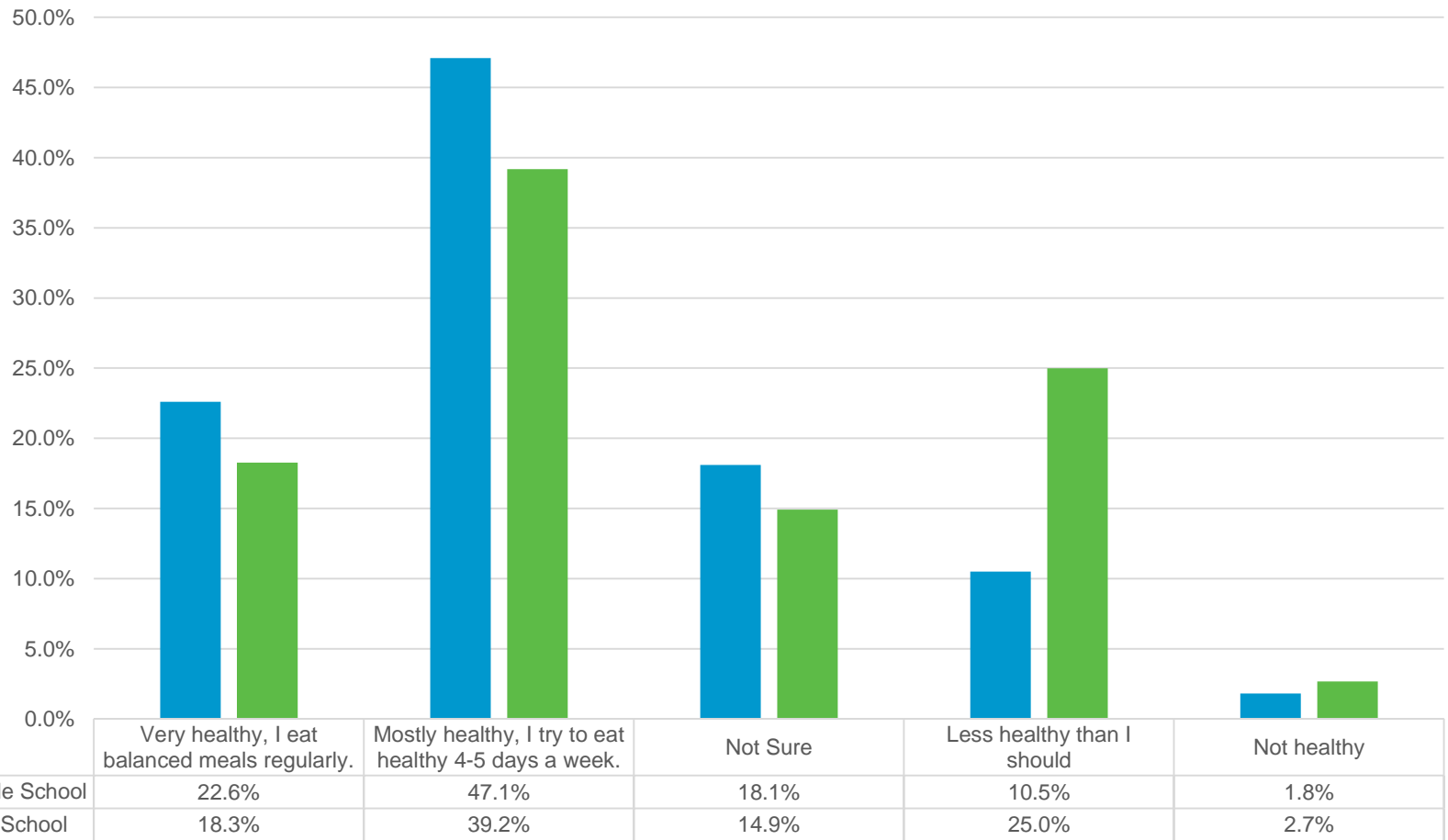
What type of exercise do you participate in:



■ Middle School	82.6%	37.9%	48.0%	58.6%	62.4%	2.4%
■ High School	73.7%	56.2%	28.6%	61.0%	27.5%	5.2%

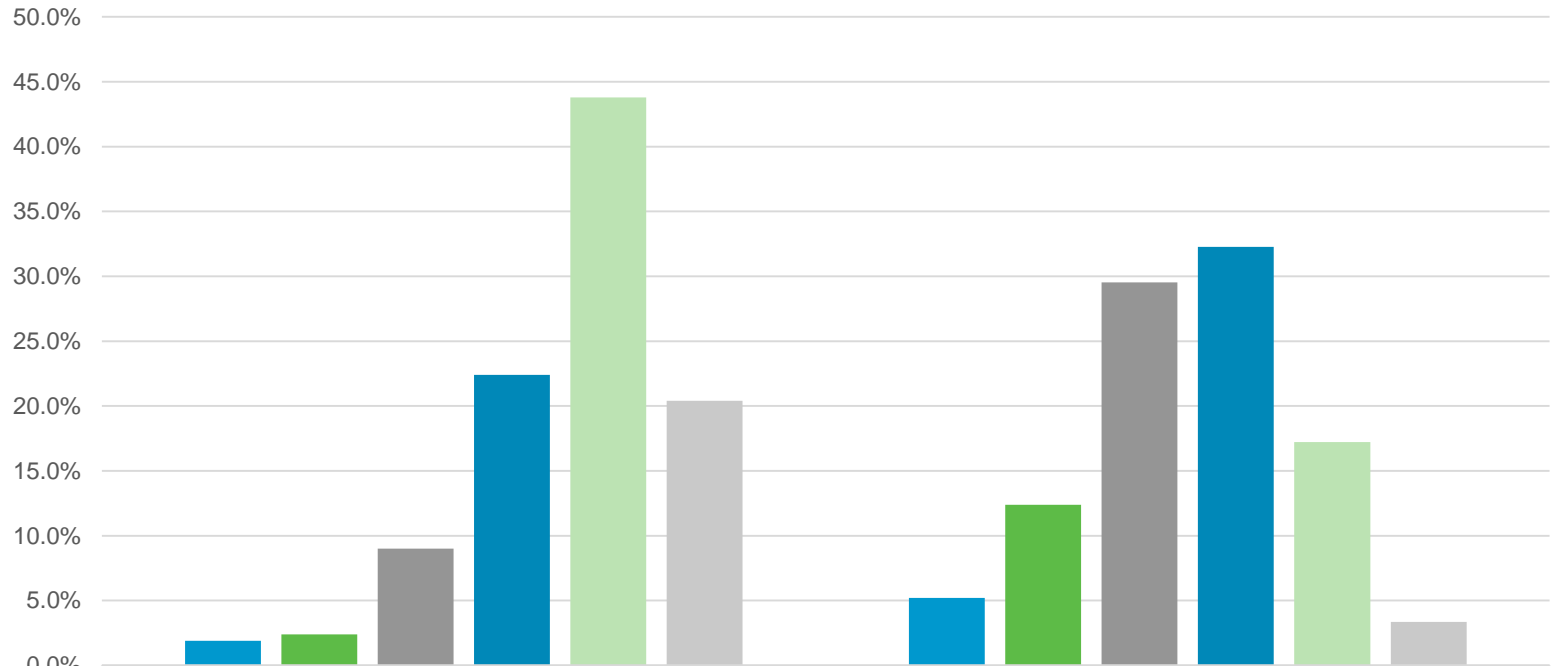
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How healthy do you think you eat?



Student Survey Report

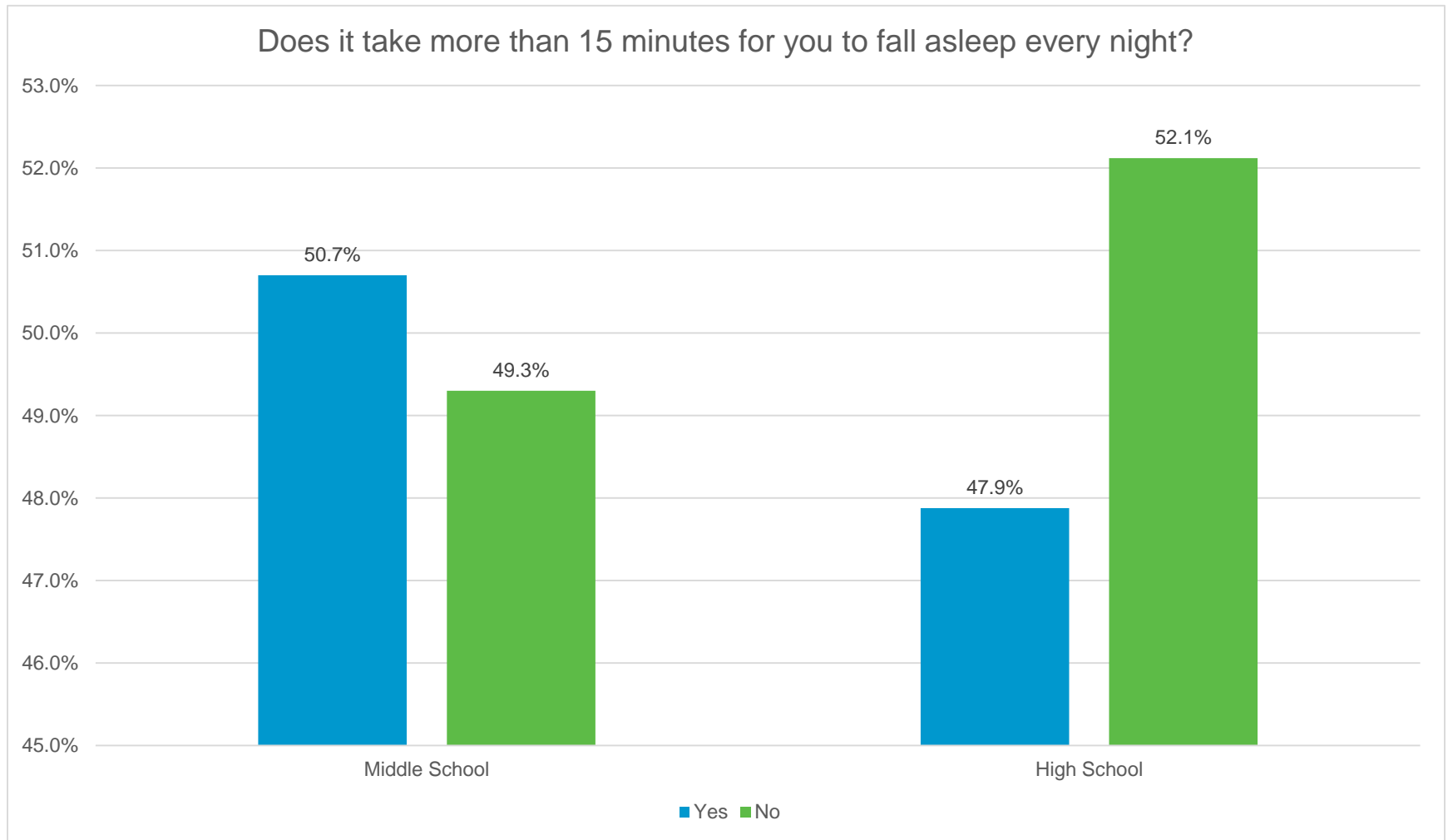
How many hours of sleep a night do you typically get?



- 4 or fewer hours
- 5 hours
- 6 hours
- 7 hours
- 8 hours
- 9 or more hours

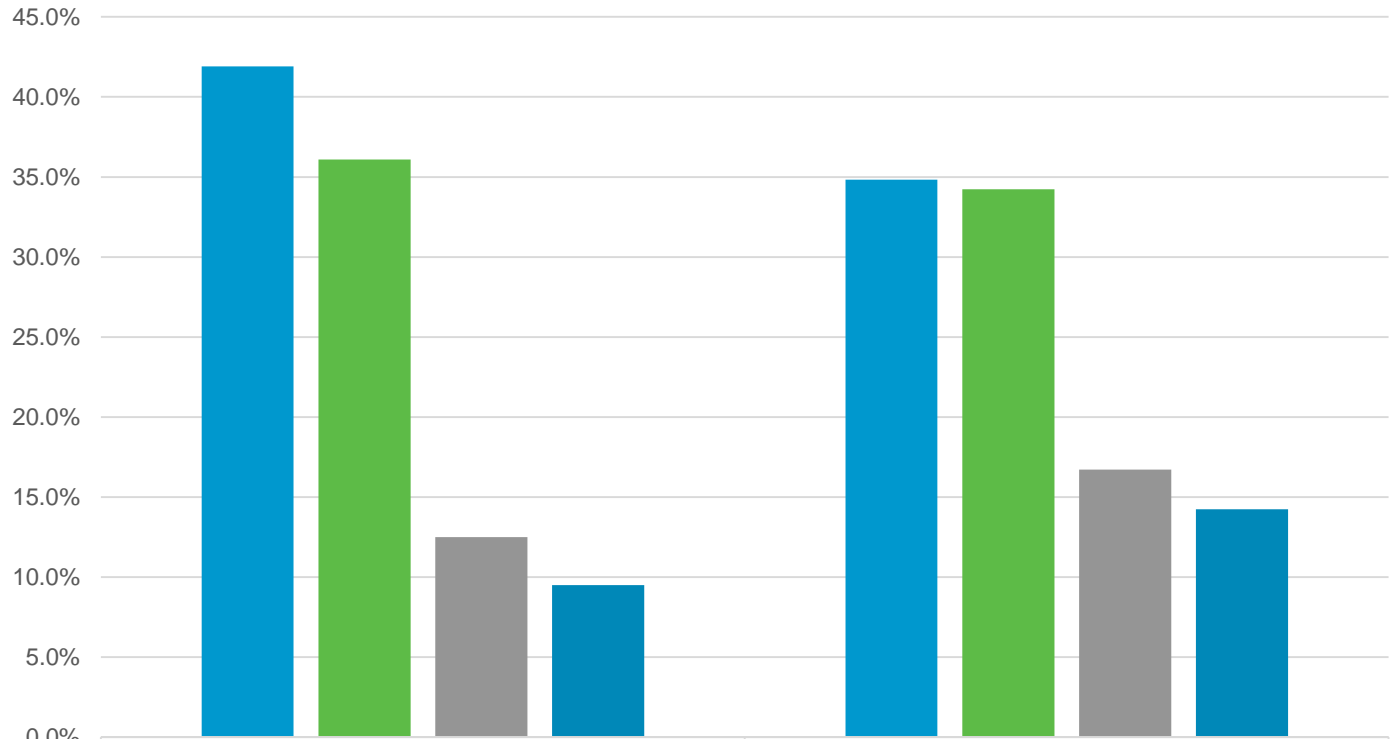
	Middle School	High School
4 or fewer hours	1.9%	5.2%
5 hours	2.4%	12.4%
6 hours	9.0%	29.5%
7 hours	22.4%	32.3%
8 hours	43.8%	17.2%
9 or more hours	20.4%	3.4%

Student Survey Report



Student Survey Report

How best do you describe your response to stress?

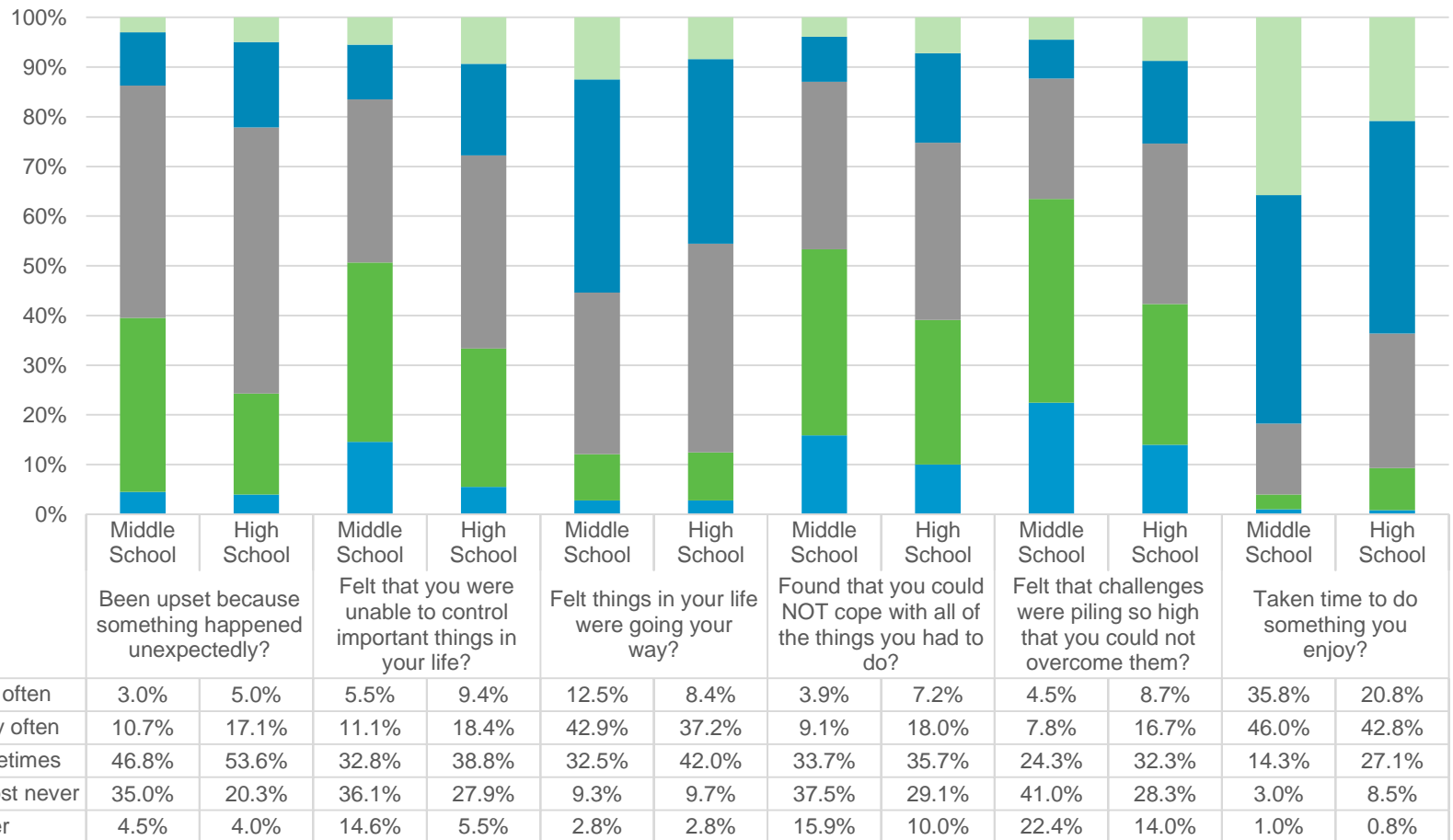


- Cool and calm under pressure
- Jittery and I cannot sit still
- Angry and have outbursts often
- I stay away from people

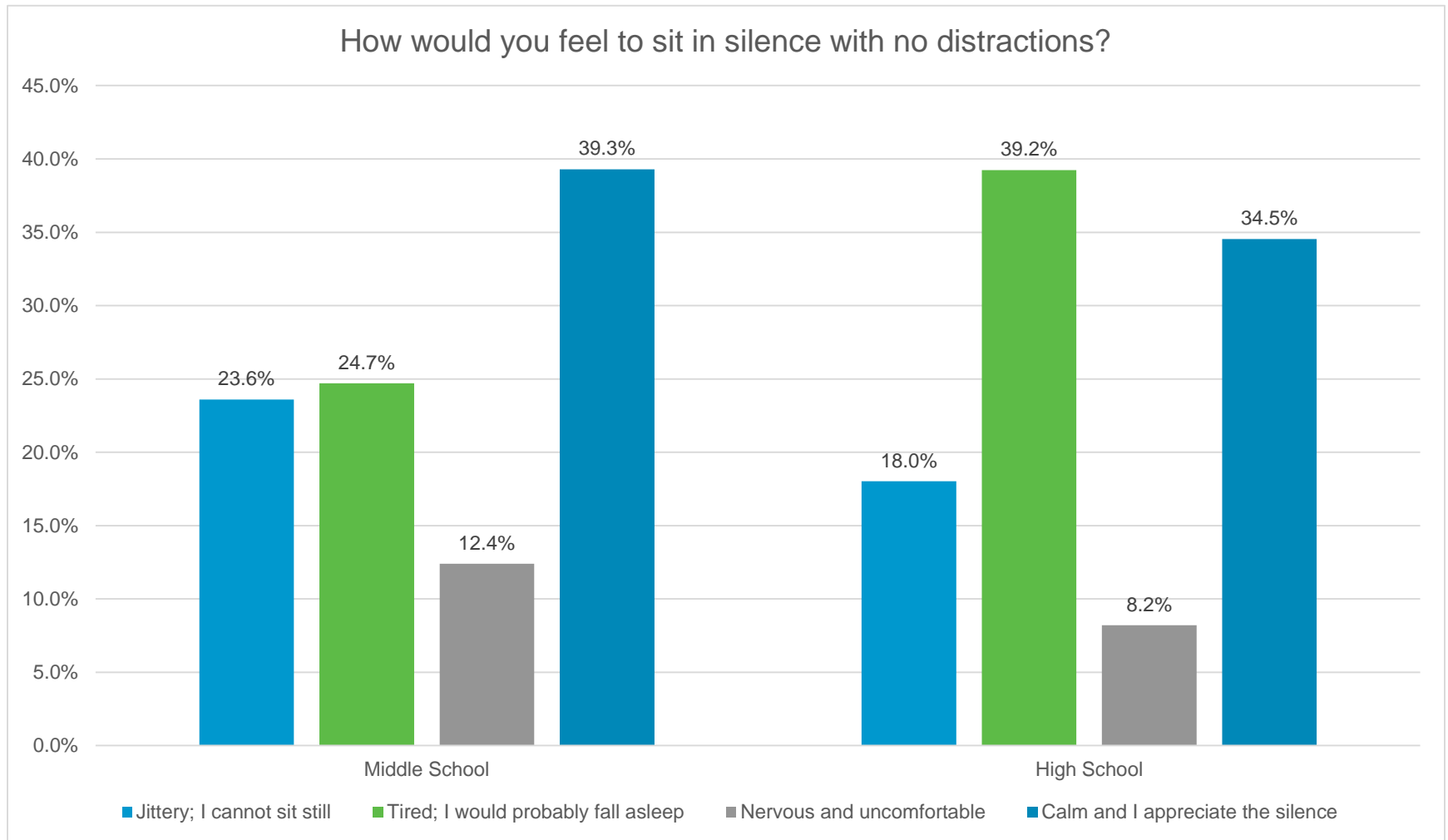
	Middle School	High School
Cool and calm under pressure	41.9%	34.8%
Jittery and I cannot sit still	36.1%	34.2%
Angry and have outbursts often	12.5%	16.7%
I stay away from people	9.5%	14.2%

Student Survey Report

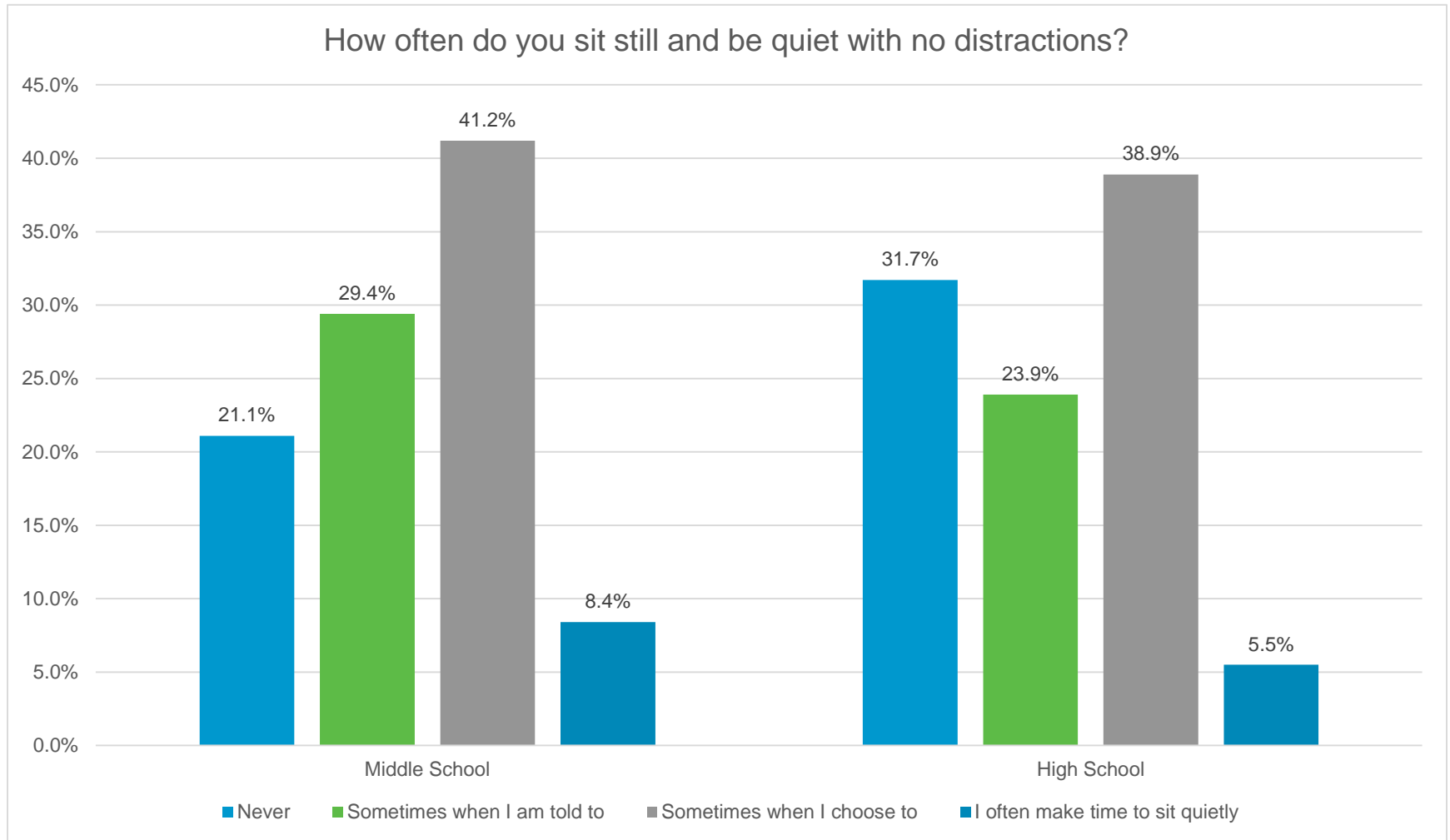
How often have you:



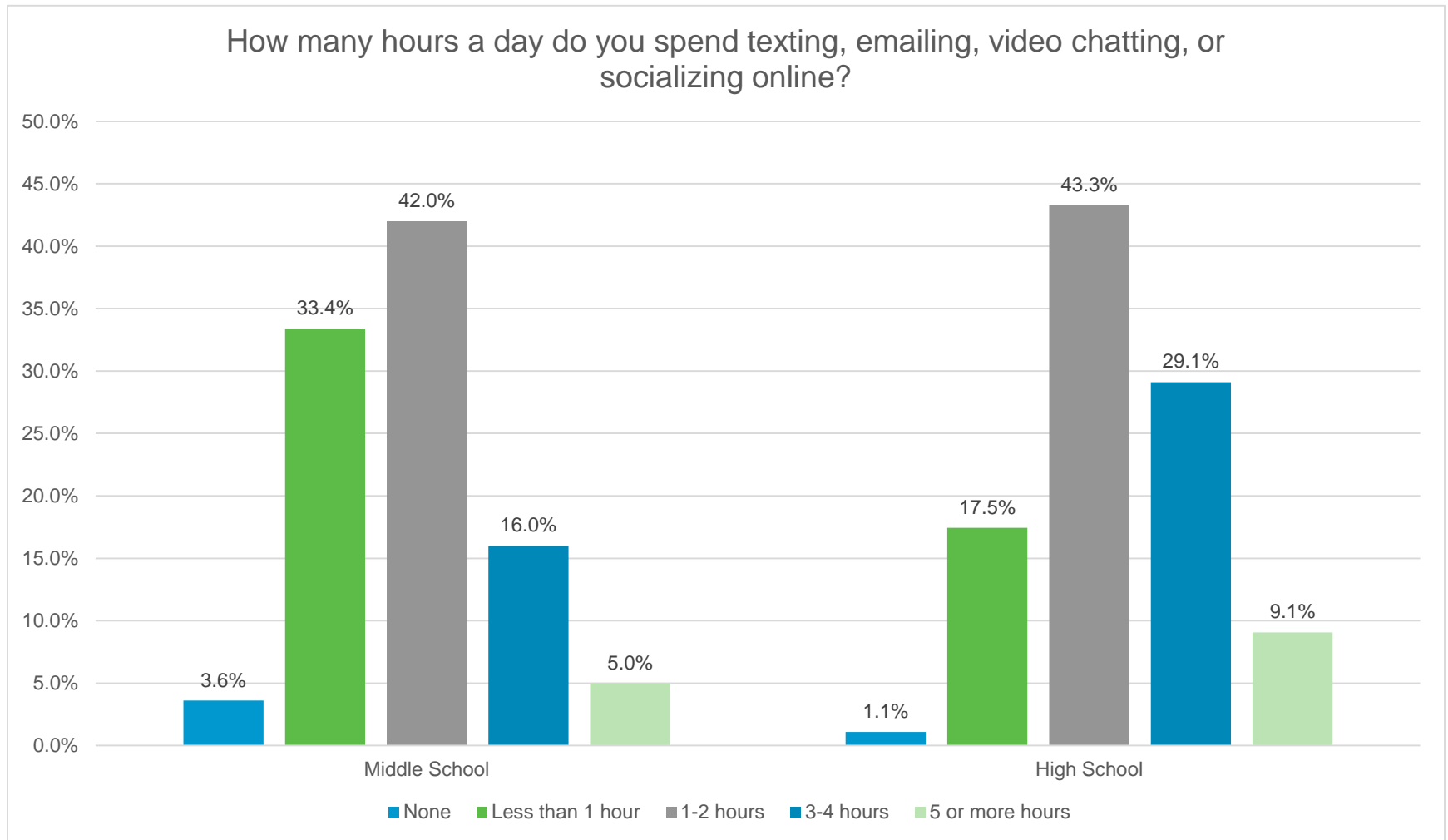
Student Survey Report



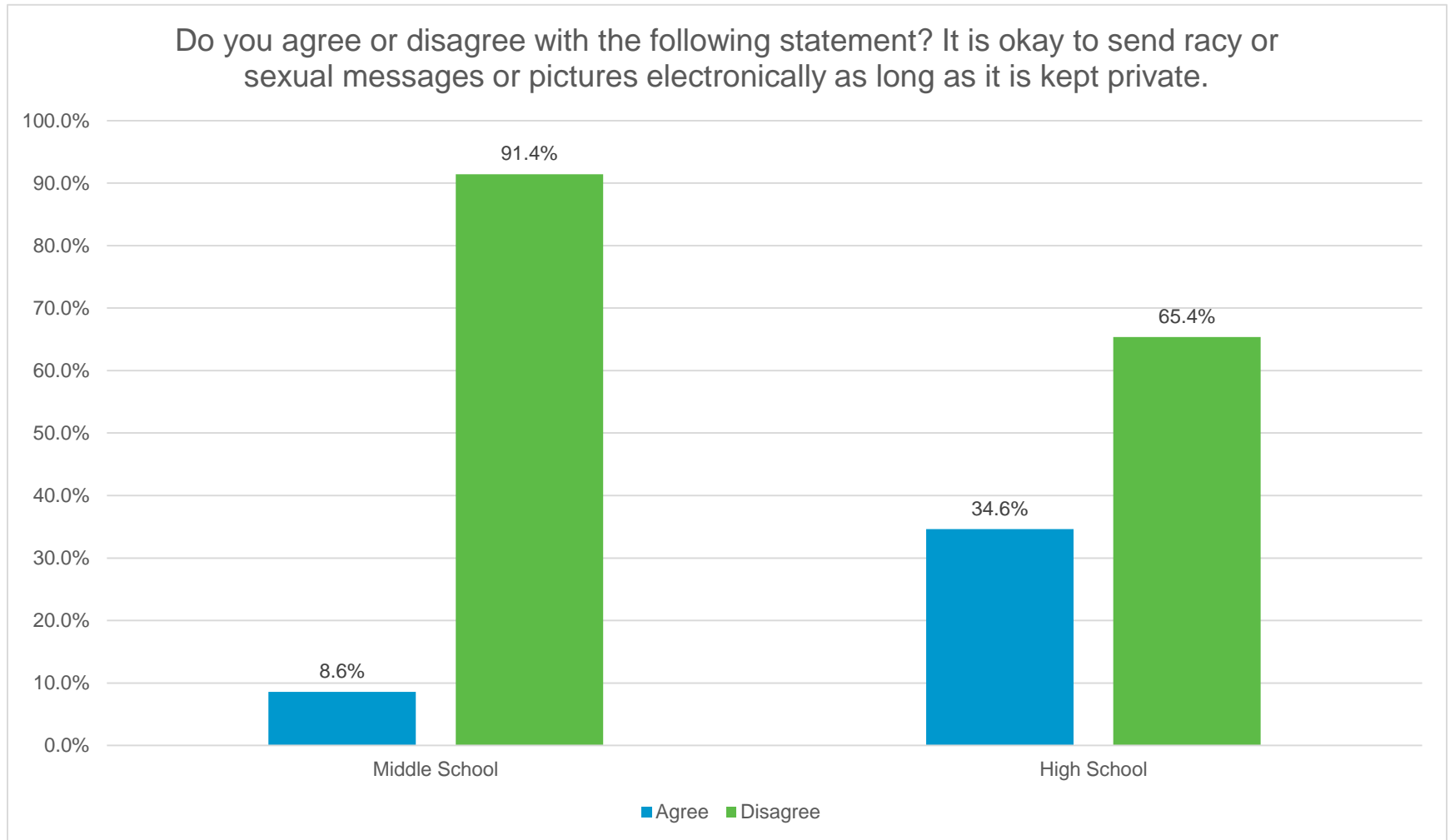
Student Survey Report



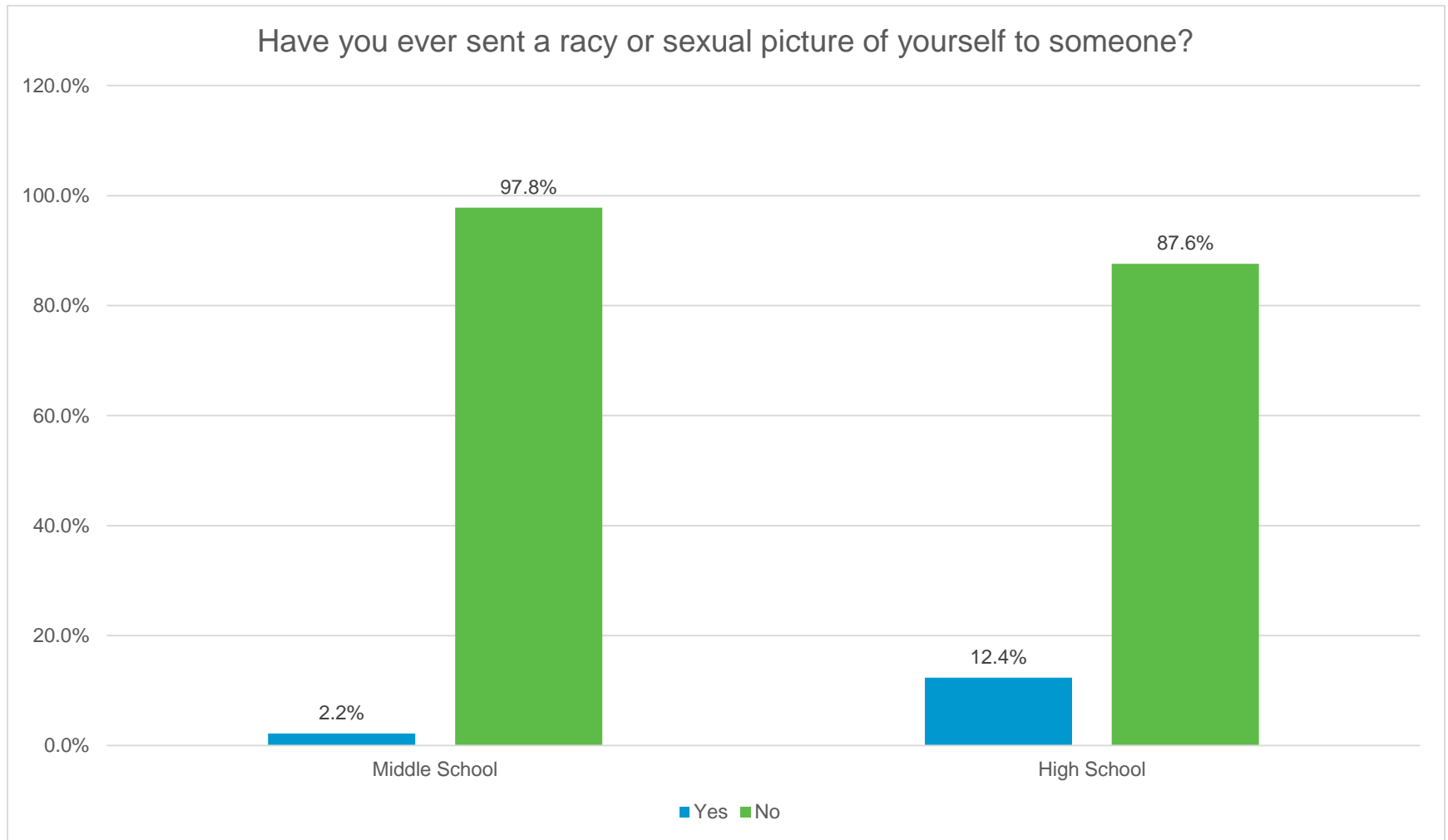
Student Survey Report



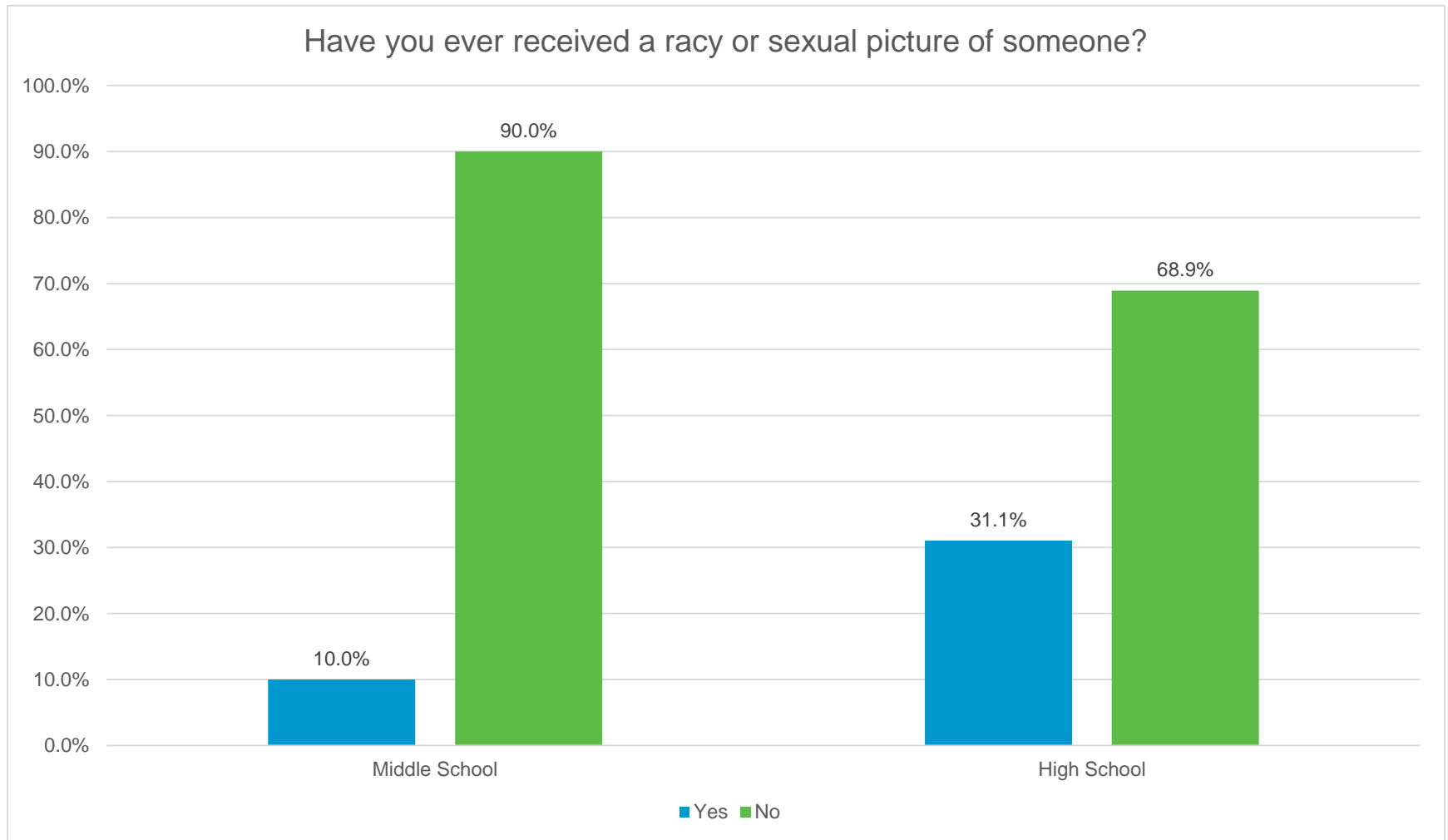
Student Survey Report



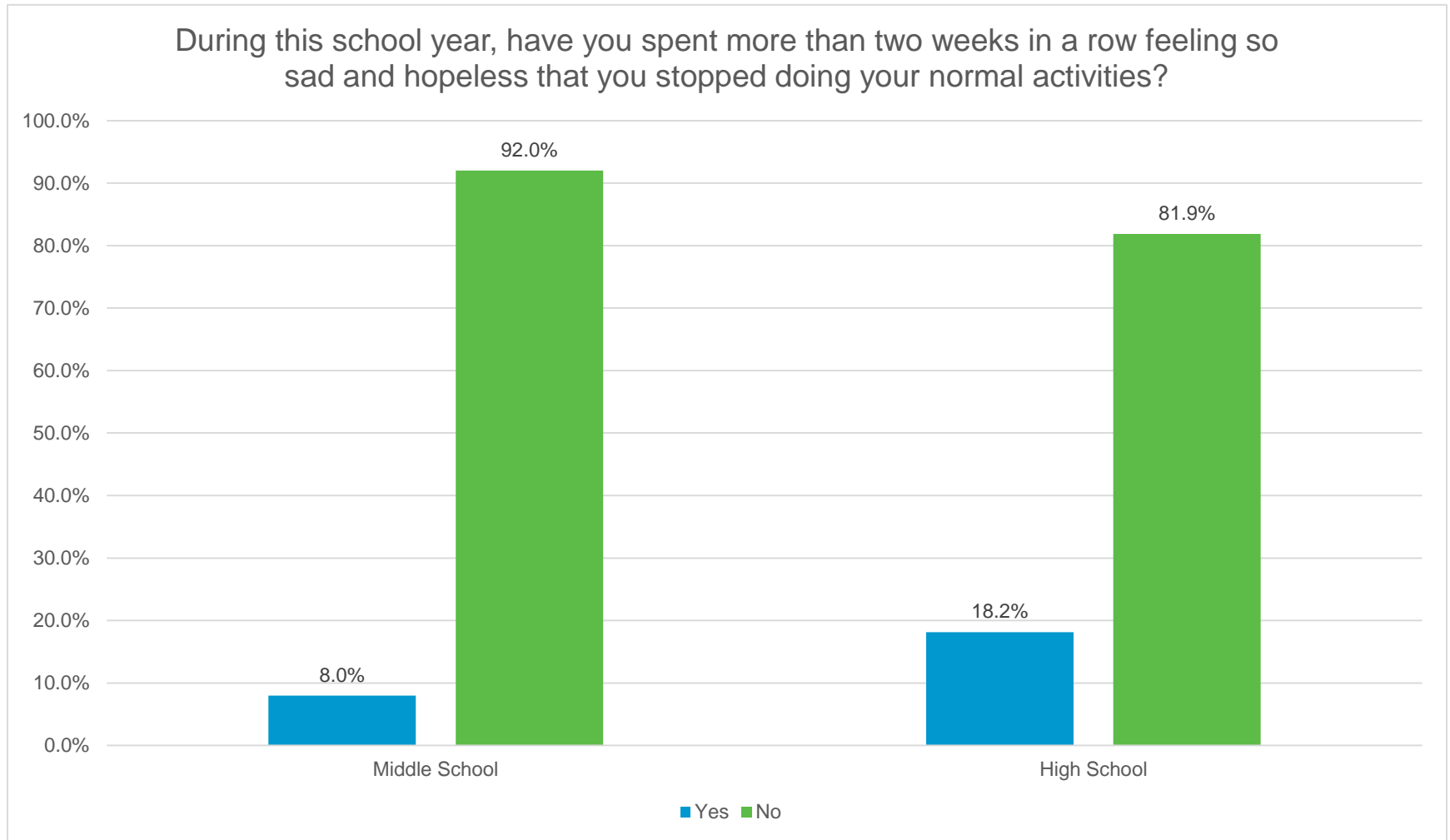
Student Survey Report



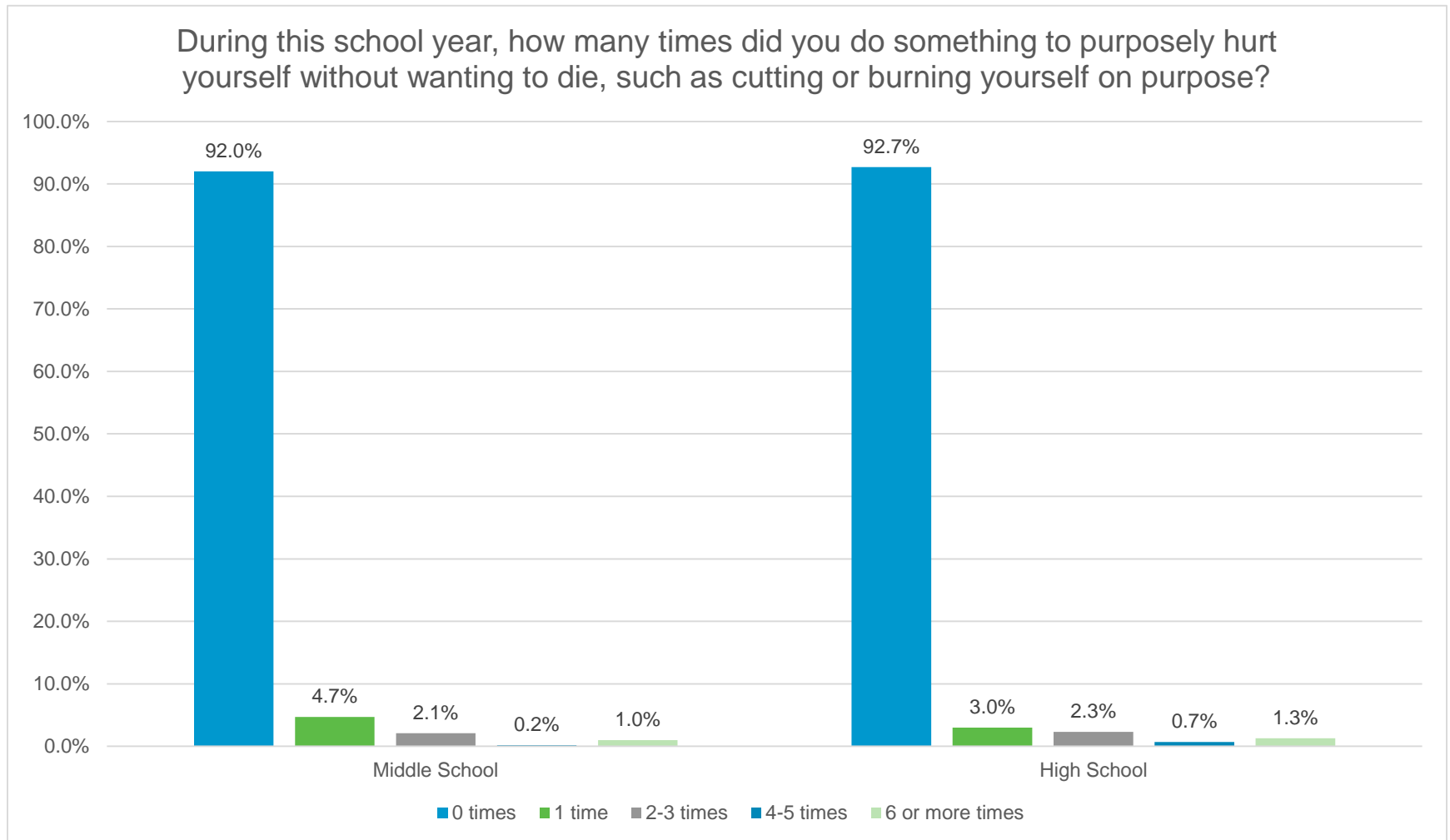
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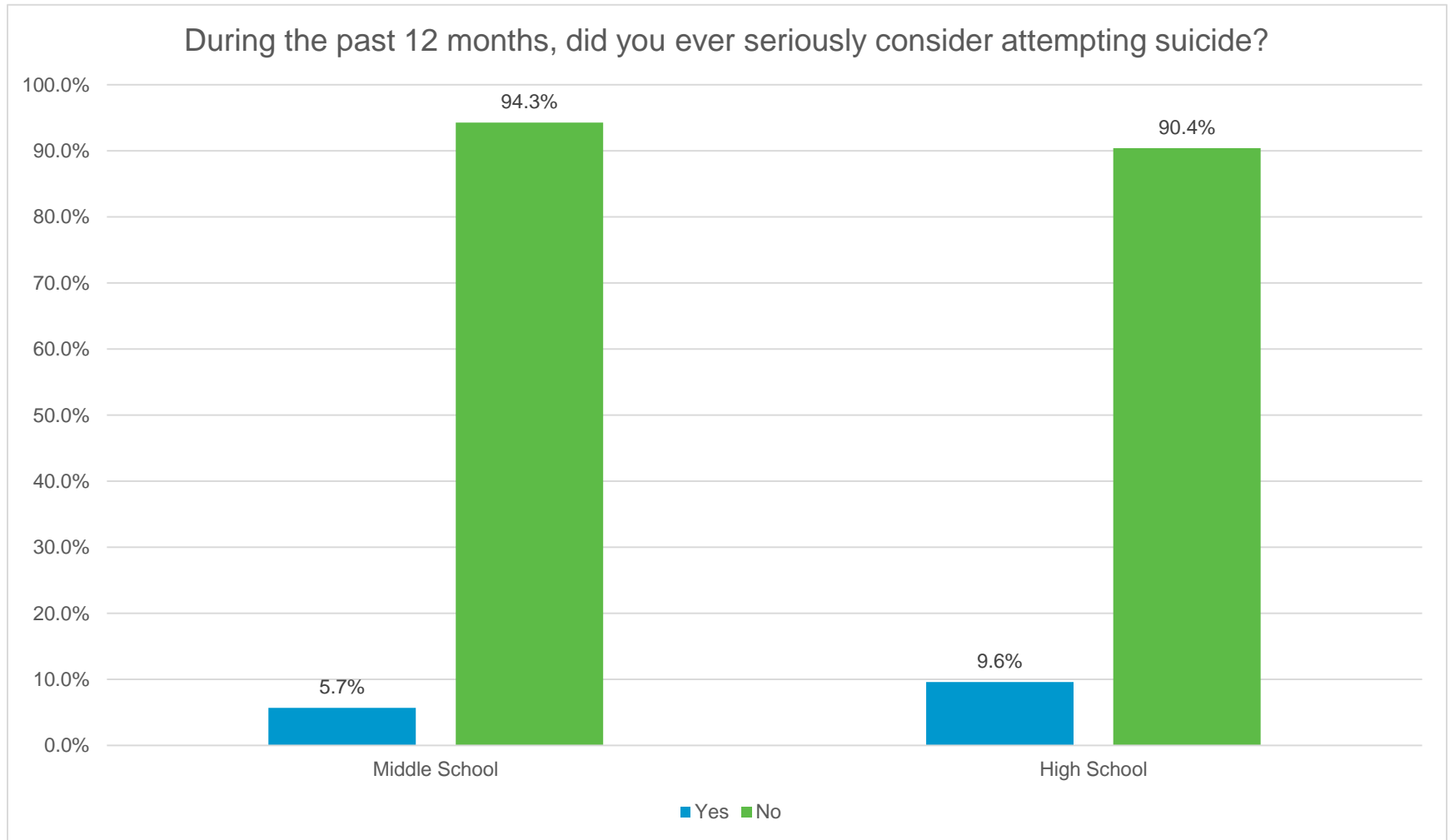
Student Survey Report



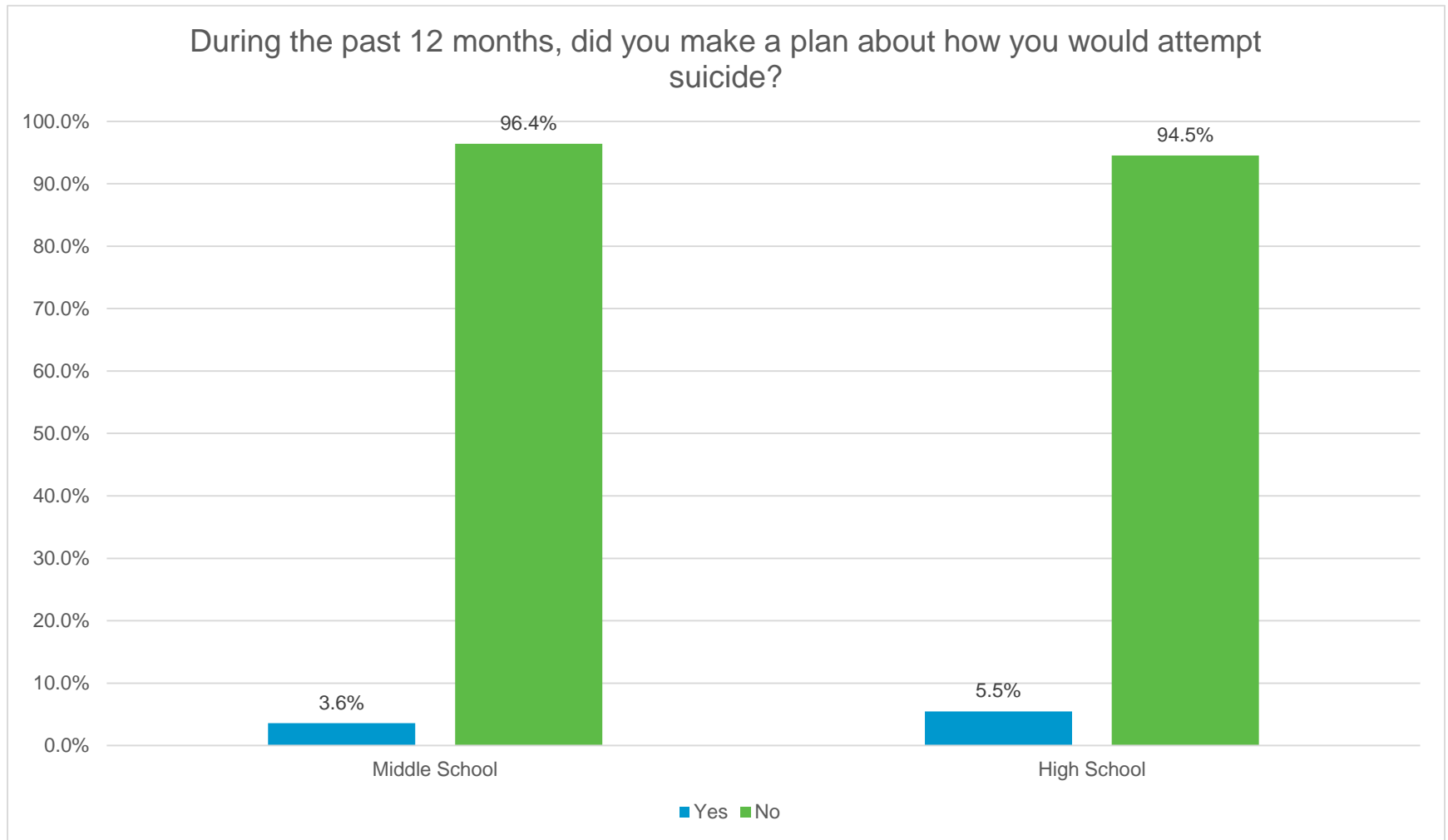
Student Survey Report



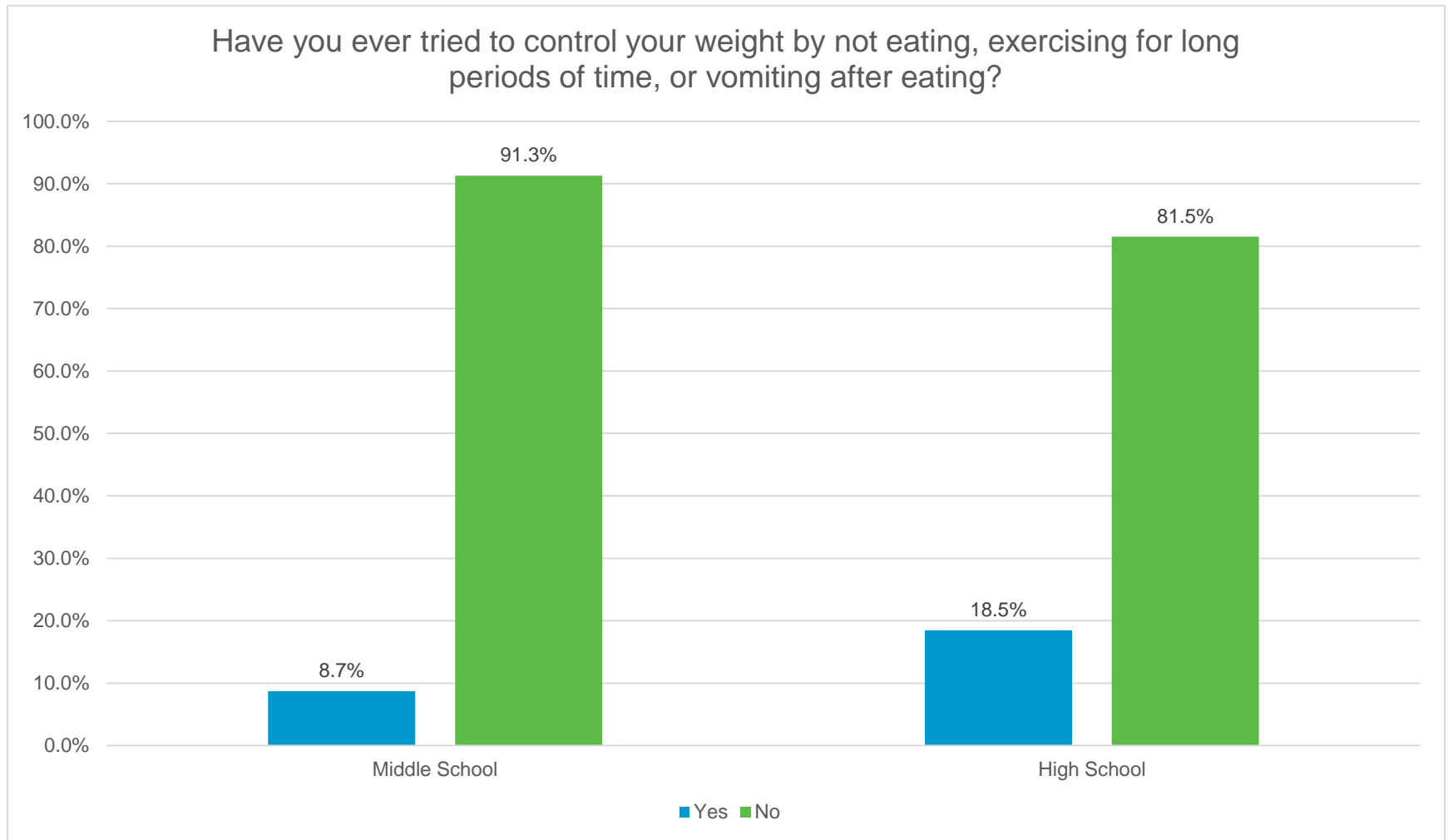
Student Survey Report



Student Survey Report



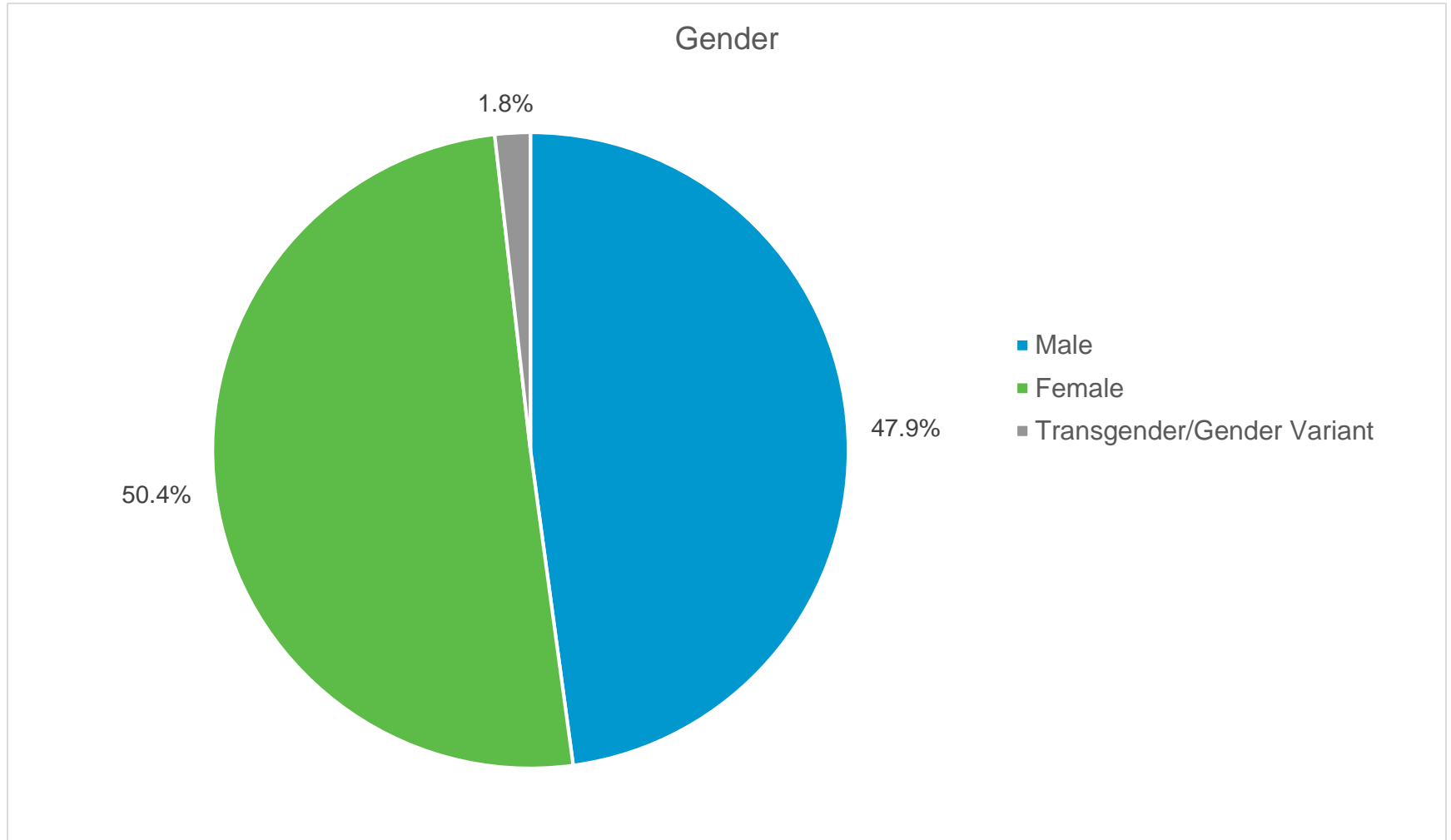
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Demographics

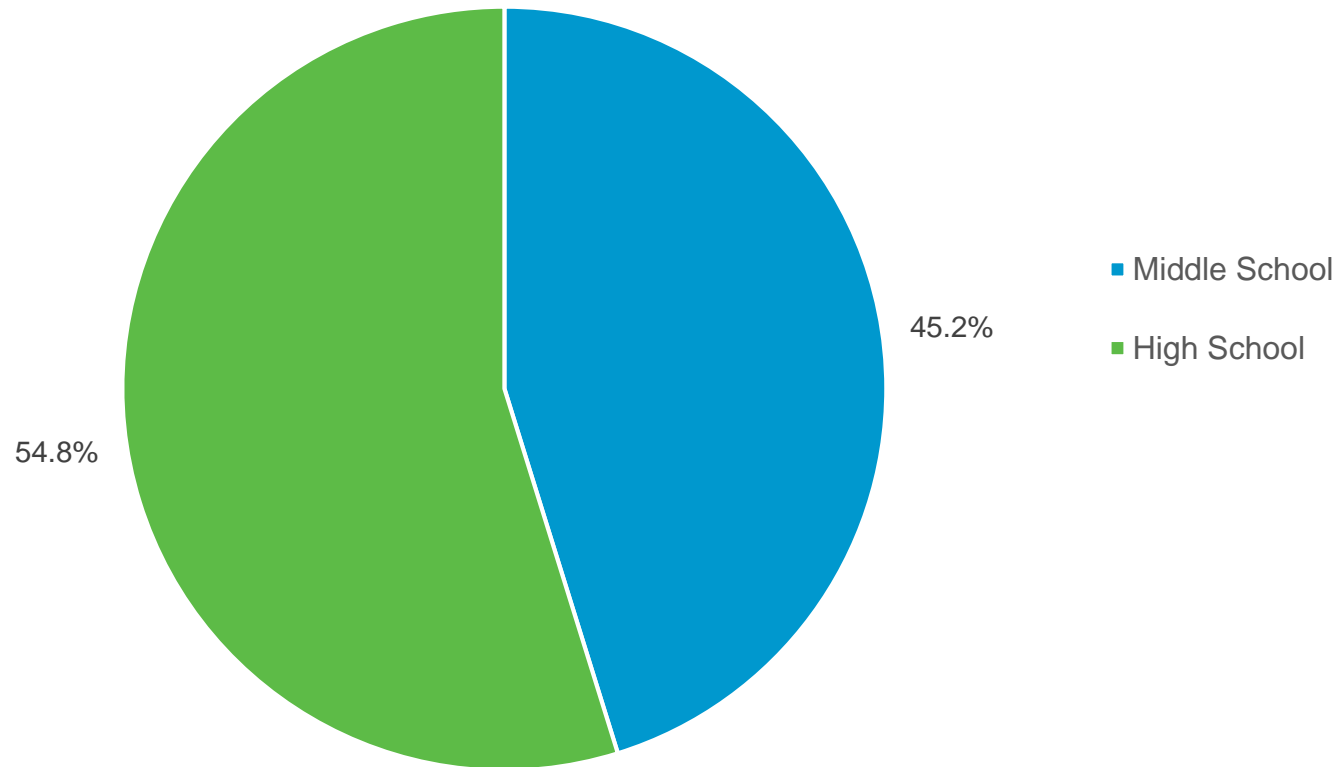


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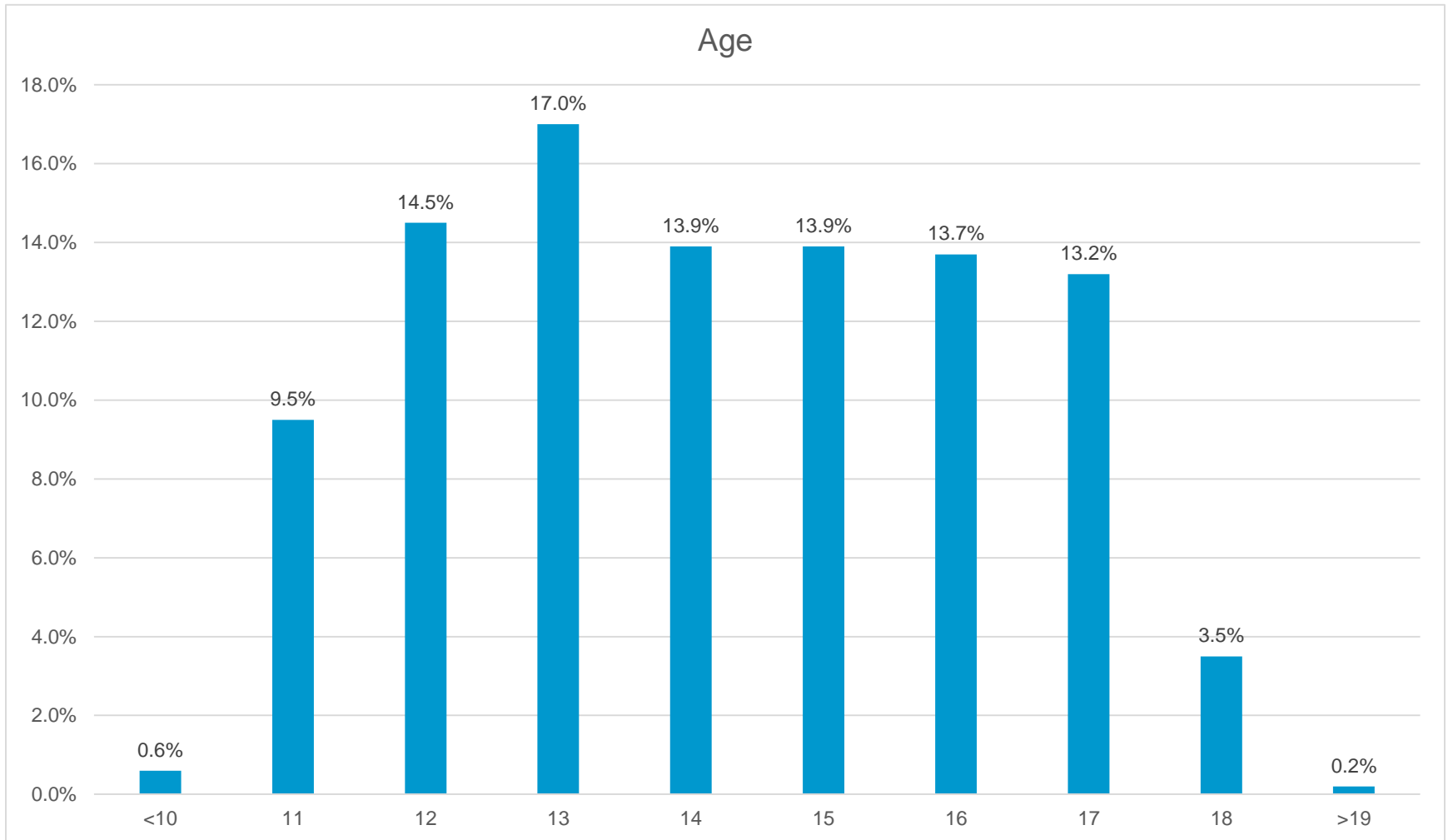


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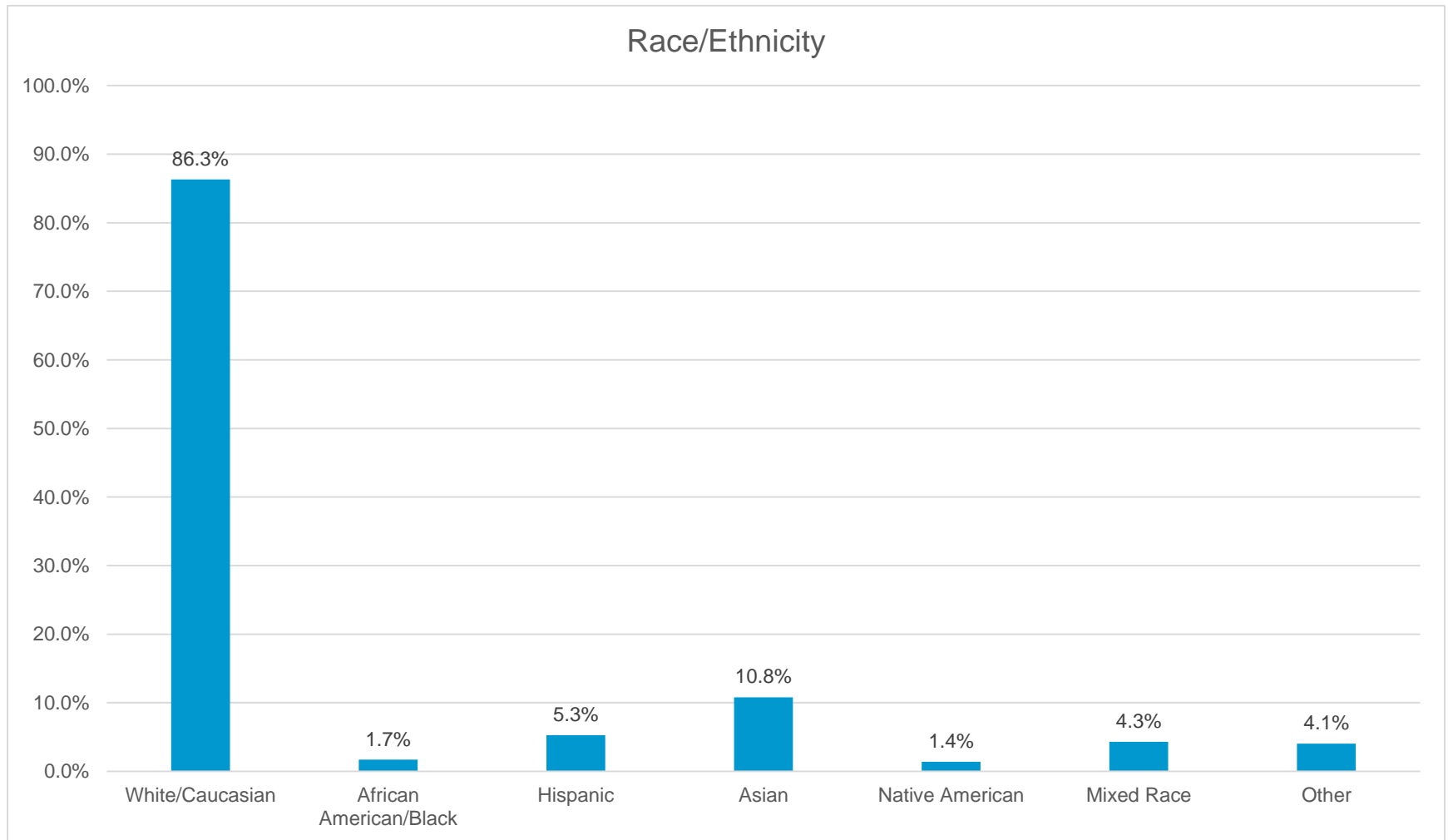
Grade



Student Survey Report



Student Survey Report



Appendix



Student Survey Report

General Information					
Sex		Age		Race/Ethnicity	
Male	47.9%	<10	0.6%	White/Caucasian	86.3%
Female	50.4%	11	9.5%	African American	1.7%
Transgender/Gender Variant	1.8%	12	14.5%	Hispanic	5.3%
Grade		13	17.0%	Asian	10.8%
Middle School	45.1%	14	13.9%	Native American	1.4%
High School	54.9%	15	13.9%	Mixed Race	4.3%
		16	13.8%	Other	4.1%
		17	13.2%		
		18	3.5%		
		>19	0.2%		

30 Day Use	
During the past 30 days, did you drink one or more drinks of an alcoholic beverage?	18.8%
During the past 30 days, did you smoke part or all of a cigarette?	3.8%
During the past 30 days, did you use an e-cigarette/vape pen?	10.9%
During the past 30 days, have you used marijuana or hashish?	7.0%
During the past 30 days, have you used prescription drugs not prescribed to you?	1.7%
During the past 30 days, did you ever smoke Hookah?	1.5%
In the past 30 days, have you used prescription pain relievers without a prescription?	1.3%
In the past 30 days, have you used prescription stimulants without a prescription?	1.4%
In the past 30 days, have you used prescription tranquilizers without a prescription?	1.0%

Student Survey Report

Perception of Risk

How much do you think people risk harming themselves if they:	No Risk	Slight Risk	Moderate Risk	Great Risk
Smoke one or more packs of cigarettes per day?	3.0%	4.5%	13.8%	78.8%
Try marijuana once or twice?	28.4%	29.3%	23.6%	18.7%
Smoke marijuana regularly?	8.2%	20.7%	23.8%	47.4%
Take one or two drinks of an alcoholic beverage nearly every day?	7.7%	23.7%	34.6%	34.0%
Have five or more drinks of an alcoholic beverage once or twice a week?	5.8%	16.6%	33.9%	43.8%
Use prescription drugs not prescribed to them?	3.0%	5.3%	22.4%	69.3%
Use an e-cigarette/vape pen?	14.9%	33.9%	27.0%	24.2%

Perception of Parental Disapproval

How wrong do your parents feel it would be for you to:	Not at all wrong	A little bit wrong	Wrong	Very Wrong
Smoke one or more packs of cigarettes per day?	0.8%	0.9%	6.9%	91.4%
Try marijuana once or twice?	5.1%	11.6%	19.6%	63.7%
Smoke marijuana regularly?	1.3%	2.9%	11.6%	84.2%
Take one or two drinks of an alcoholic beverage nearly every day?	2.5%	7.7%	17.3%	72.6%
Use prescription drugs not prescribed to you?	0.9%	1.6%	9.8%	87.7%
Use an e-cigarette/vape pen?	2.7%	11.7%	21.0%	64.7%

Student Survey Report

Perception of Peer Disapproval				
How wrong do your friends feel it would be for you to:	Not at all wrong	A little bit wrong	Wrong	Very Wrong
Smoke one or more packs of cigarettes per day?	2.4%	5.0%	22.2%	70.4%
Try marijuana once or twice?	26.5%	15.6%	17.1%	40.9%
Some marijuana regularly?	10.7%	14.9%	18.5%	55.8%
Take one or two drinks of an alcoholic beverage nearly every day?	10.1%	15.9%	24.9%	49.1%
Use prescription drugs not prescribed to you?	3.1%	7.3%	22.5%	67.1%
Use an e-cigarette/vape pen?	24.7%	16.9%	16.6%	41.9%

Attitude Toward Peer Use	Neither Approve nor Disapprove	Somewhat Disapprove	Strongly Disapprove	Don't Know/Can't Say
How do you feel about someone your age having one or two drinks of an alcoholic beverage nearly every day?	12.8%	17.4%	64.0%	5.8%

During this school year, how would you describe your grades in school?	
Mostly As	58.8%
Mostly Bs	36.8%
Mostly Cs	3.7%
Mostly Ds	0.2%
Mostly Fs	0.5%

How many hours per night do you usually spend on homework?	
Less than 1 hour	21.5%
1-2 hours	42.6%
3-4 hours	26.1%
5 or more hours	9.8%

Student Survey Report

How do you describe your overall health?	
Excellent	30.8%
Very Good	42.7%
Good	20.1%
Fair	4.6%
Poor	1.8%

How often do you exercise on average?	
7 days per week	19.8%
5-6 days per week	38.2%
3-4 days per week	26.6%
1-2 days per week	11.5%
0 days	3.9%

How long do you exercise each time?	
Less than a half hour	5.7%
1/2 to 1 hour	30.2%
1-2 hours	52.1%
More than 2 hours	12.0%

What type of exercise do you participate in?	
I participate in at least 1 team sport.	77.8%
I go to a gym, use gym equipment or take an exercise class.	48.0%
I play pick up games with friends.	37.3%
I exercise on my own.	59.9%
I work hard in PE class and often break a sweat.	43.3%
I do not exercise.	3.8%

How healthy do you think you eat?	
Very healthy, I eat balanced meals regularly?	20.3%
Mostly healthy, I try to eat healthy 4-5 days a week.	42.8%
Not sure.	16.3%
Less healthy than I should.	18.5%
Not healthy.	2.2%

How many hours of sleep a night do you typically get?	
4 or fewer hours	3.6%
5 hours	7.9%
6 hours	20.3%
7 hours	27.9%
8 hours	29.2%
9 or more hours	11.0%

Student Survey Report

Does it take more than 15 minutes for you to fall asleep every night?	
Yes	49.1%
No	50.9%

How best do you describe your response to stress?	
Cool and calm under pressure	38.0%
Jittery and I cannot sit still	35.1%
Angry and have outbursts often	14.8%
I stay away from people	12.1%

How often have you been upset because something happened unexpectedly?	Never	Almost never	Sometimes	Fairly often	Very often
Been upset because something happened unexpectedly?	4.2%	26.9%	50.6%	14.2%	4.1%
Felt that you were unable to control important things in your life?	9.6%	31.5%	36.2%	15.1%	7.6%
Felt things in your life were going your way?	2.7%	9.5%	37.7%	39.9%	10.2%
Found that you could NOT cope with all of the things you had to do?	12.7%	32.9%	34.8%	14.0%	5.6%
Felt that challenges were piling so high that you could not overcome them?	17.8%	34.1%	28.7%	12.7%	6.7%
Taken time to do something you enjoy?	0.8%	6.0%	21.3%	44.4%	27.6%

Survey Report

How would you feel to sit in silence with no distractions?	
Jittery; I cannot sit still	20.6%
Tired; I would probably fall asleep	32.7%
Nervous and uncomfortable	10.0%
Calm and I appreciate the silence	36.7%

How often do you sit still and be quiet with no distractions?	
Never	26.8%
Sometimes when I am told to	26.4%
Sometimes when I choose to	40.0%
I often make time to sit quietly	6.8%

How many hours a day do you spend texting, emailing, video chatting, or socializing online?	
None	2.2%
Less than 1 hour	24.7%
1-2 hours	42.8%
3-4 hours	23.2%
5 or more hours	7.1%

Do you agree or disagree with the following statement? It is okay to send racy or sexual messages or pictures electronically as long as it is kept private.	
Agree	22.8%
Disagree	77.2%

Have you ever sent a racy or sexual picture of yourself to someone?	
Yes	7.7%
No	92.3%

Have you ever received a racy or sexual picture of someone?	
Yes	21.4%
No	78.6%

During this school year, have you spent more than two weeks in a row feeling so sad and hopeless that you stopped doing your normal activities?	
Yes	13.5%
No	86.5%

Survey Report

During this school year, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?	
0 times	92.5%
1 time	3.7%
2-3 times	2.2%
4-5 times	0.5%
6 or more times	1.1%

During the past 12 months, did you make a plan about how you would attempt suicide?	
Yes	4.6%
No	95.5%

During the past 12 months, did you ever seriously consider attempting suicide?	
Yes	7.8%
No	92.2%

Have you ever tried to control your weight by not eating, exercising for long periods of time, or vomiting after eating?	
Yes	14.0%
No	86.0%

30 Day Use	Male	Female
During the past 30 days, did you drink one or more drinks of an alcoholic beverage?	17.9%	19.0%
During the past 30 days, did you smoke part or all of a cigarette?	5.2%	1.6%
During the past 30 days, did you use an e-cigarette/vape pen?	10.3%	10.3%
During the past 30 days, have you used marijuana or hashish?	7.5%	5.3%
During the past 30 days, have you used prescription drugs not prescribed to you?	1.8%	0.8%
During the past 30 days, did you ever smoke Hookah?	0.8%	1.5%
In the past 30 days, have you used prescription pain relievers without a prescription?	1.2%	0.6%
In the past 30 days, have you used prescription stimulants without a prescription?	1.4%	0.6%
In the past 30 days, have you used prescription tranquilizers without a prescription?	0.8%	0.3%

Survey Report

Perception of Risk					
How much do you think people risk harming themselves if they:		No Risk	Slight Risk	Moderate Risk	Great Risk
Smoke one or more packs of cigarettes per day?	Male	2.8%	4.4%	14.0%	78.8%
	Female	2.3%	4.3%	13.4%	79.9%
Try marijuana once or twice?	Male	32.6%	29.3%	21.1%	17.0%
	Female	23.5%	30.0%	26.1%	20.4%
Smoke marijuana regularly?	Male	10.5%	24.7%	25.0%	39.8%
	Female	4.7%	16.9%	23.1%	55.3%
Take one or two drinks of an alcoholic beverage nearly every day?	Male	8.1%	26.8%	33.4%	31.7%
	Female	6.4%	21.0%	36.1%	36.5%
Have five or more drinks of an alcoholic beverage once or twice a week?	Male	6.6%	19.1%	33.6%	40.7%
	Female	4.0%	14.4%	34.6%	47.0%
Use prescription drugs not prescribed to them?	Male	2.7%	5.6%	25.0%	66.7%
	Female	2.5%	5.2%	20.0%	72.3%
Use an e-cigarette/vape pen?	Male	16.8%	37.2%	25.7%	20.3%
	Female	12.1%	31.0%	28.4%	28.5%

Survey Report

Perception of Parental Disapproval					
How wrong do your parents feel it would be for you to:		Not at all wrong	A little bit wrong	Wrong	Very Wrong
Smoke one or more packs of cigarettes per day?	Male	0.5%	1.1%	7.3%	91.2%
	Female	0.4%	0.6%	6.5%	92.5%
Try marijuana once or twice?	Male	4.6%	12.6%	21.7%	61.1%
	Female	4.9%	10.5%	17.8%	66.8%
Smoke marijuana regularly?	Male	1.5%	2.4%	13.7%	82.5%
	Female	0.4%	3.3%	9.4%	86.9%
Take one or two drinks of an alcoholic beverage nearly every day?	Male	2.7%	8.6%	18.7%	70.0%
	Female	1.6%	6.5%	16.2%	75.7%
Use prescription drugs not prescribed to you?	Male	0.8%	1.3%	10.6%	87.3%
	Female	0.4%	1.8%	9.2%	88.6%
Use an e-cigarette/vape pen?	Male	2.7%	13.5%	22.0%	61.7%
	Female	2.2%	10.0%	20.1%	67.7%

Survey Report

Perception of Peer Disapproval					
How wrong do your friends feel it would be for you to:		Not at all wrong	A little bit wrong	Wrong	Very Wrong
Smoke one or more packs of cigarettes per day?	Male	3.3%	6.3%	26.7%	63.8%
	Female	0.9%	3.7%	18.3%	77.2%
Try marijuana once or twice?	Male	29.7%	15.9%	18.7%	35.6%
	Female	22.7%	15.4%	15.3%	46.5%
Smoke marijuana regularly?	Male	13.9%	17.0%	20.8%	48.2%
	Female	6.7%	13.1%	16.3%	63.9%
Take one or two drinks of an alcoholic beverage nearly every day?	Male	11.8%	19.4%	25.0%	43.9%
	Female	7.8%	12.8%	25.0%	54.5%
Use prescription drugs not prescribed to you?	Male	4.2%	8.6%	27.0%	60.3%
	Female	1.4%	6.0%	18.5%	74.1%
Use an e-cigarette/vape pen?	Male	27.1%	17.0%	19.9%	36.0%
	Female	21.7%	16.8%	13.5%	48.0%

Attitude Toward Peer Use		Neither Approve nor Disapprove	Somewhat Disapprove	Strongly Disapprove	Don't Know/Can't Say
How do you feel about someone your age having one or two drinks of an alcoholic beverage nearly every day?	Male	14.9%	18.8%	58.6%	7.7%
	Female	10.2%	16.3%	69.8%	3.7%

Survey Report

During this school year, how would you describe your grades in school?		
	Male	Female
Mostly As	52.3%	65.8%
Mostly Bs	42.2%	31.6%
Mostly Cs	5.2%	2.1%
Mostly Ds	0.0%	0.3%
Mostly Fs	0.3%	0.2%

How do you describe your overall health?		
	Male	Female
Excellent	33.0%	29.0%
Very Good	42.3%	43.5%
Good	20.1%	20.3%
Fair	3.3%	5.9%
Poor	1.2%	1.4%

How long do you exercise each time?		
	Male	Female
Less than a half hour	5.8%	4.5%
1/2 to 1 hour	30.5%	30.0%
1-2 hours	53.3%	51.9%
More than 2 hours	10.5%	13.5%

How many hours per night do you usually spend on homework?		
	Male	Female
Less than 1 hour	29.8%	13.4%
1-2 hours	46.3%	39.3%
3-4 hours	18.7%	33.4%
5 or more hours	5.3%	13.9%

How often do you exercise on average?		
	Male	Female
7 days per week	25.5%	14.8%
5-6 days per week	38.5%	38.5%
3-4 days per week	23.5%	29.5%
1-2 days per week	9.2%	13.6%
0 days	3.3%	3.6%

Survey Report

What type of exercise do you participate in?		
	Male	Female
I participate in at least 1 team sport.	79.3%	77.2%
I go to a gym, use gym equipment or take an exercise class.	47.3%	48.9%
I play pick up games with friends.	55.2%	20.9%
I exercise on my own.	60.4%	60.1%
I work hard in PE class and often break a sweat.	52.0%	34.9%
I do not exercise.	3.3%	3.3%

How healthy do you think you eat?		
	Male	Female
Very healthy, I eat balanced meals regularly?	17.9%	22.7%
Mostly healthy, I try to eat healthy 4-5 days a week.	42.1%	43.9%
Not sure.	19.0%	13.7%
Less healthy than I should.	18.8%	18.2%
Not healthy.	2.2%	1.4%

How many hours of sleep a night do you typically get?		
	Male	Female
4 or fewer hours	2.4%	4.1%
5 hours	5.3%	9.9%
6 hours	19.7%	21.3%
7 hours	29.0%	27.2%
8 hours	33.0%	26.1%
9 or more hours	10.7%	11.4%

Survey Report

Does it take more than 15 minutes for you to fall asleep every night?		
	Male	Female
Yes	47.2%	50.4%
No	52.8%	49.6%

How best do you describe your response to stress?		
	Male	Female
Cool and calm under pressure	48.4%	28.9%
Jittery and I cannot sit still	30.5%	39.3%
Angry and have outbursts often	10.5%	18.6%
I stay away from people	10.6%	13.2%

How often have you been upset because something happened unexpectedly?		Never	Almost never	Sometimes	Fairly often	Very often
Been upset because something happened unexpectedly?	Male	6.1%	31.8%	50.2%	10.1%	1.9%
	Female	2.5%	22.8%	51.4%	17.9%	5.4%
Felt that you were unable to control important things in your life?	Male	10.8%	34.5%	36.5%	12.0%	6.2%
	Female	8.3%	29.3%	36.0%	18.2%	8.1%
Felt things in your life were going your way?	Male	3.1%	9.8%	34.5%	41.6%	11.0%
	Female	1.6%	9.2%	41.0%	39.0%	9.3%
Found that you could NOT cope with all of the things you had to do?	Male	17.1%	36.9%	33.8%	10.2%	2.1%
	Female	8.5%	29.5%	36.0%	17.7%	8.3%
Felt that challenges were piling so high that you could not overcome them?	Male	23.0%	37.1%	25.1%	10.8%	4.0%
	Female	13.1%	31.6%	32.2%	14.6%	8.5%
Taken time to do something you enjoy?	Male	0.7%	3.8%	16.2%	45.4%	33.9%
	Female	0.2%	8.9%	26.2%	43.5%	21.9%

Survey Report

How would you feel to sit in silence with no distractions?		
	Male	Female
Jittery; I cannot sit still	22.4%	18.2%
Tired; I would probably fall asleep	30.4%	35.4%
Nervous and uncomfortable	7.7%	12.2%
Calm and I appreciate the silence	39.5%	34.2%

How many hours a day do you spend texting, emailing, video chatting, or socializing online?		
	Male	Female
None	3.2%	1.0%
Less than 1 hour	31.1%	19.0%
1-2 hours	41.8%	44.1%
3-4 hours	19.2%	27.0%
5 or more hours	4.7%	8.9%

Have you ever sent a racy or sexual picture of yourself to someone?		
	Male	Female
Yes	7.5%	7.4%
No	92.6%	92.6%

How often do you sit still and be quiet with no distractions?		
	Male	Female
Never	25.1%	28.2%
Sometimes when I am told to	24.6%	28.2%
Sometimes when I choose to	42.1%	38.2%
I often make time to sit quietly	8.2%	5.5%

Do you agree or disagree with the following statement? It is okay to send racy or sexual messages or pictures electronically as long as it is kept private.		
	Male	Female
Agree	30.5%	14.6%
Disagree	69.5%	85.4%

Have you ever received a racy or sexual picture of someone?		
	Male	Female
Yes	26.1%	16.8%
No	73.9%	83.2%

Survey Report

During this school year, have you spent more than two weeks in a row feeling so sad and hopeless that you stopped doing your normal activities?

	Male	Female
Yes	9.2%	16.4%
No	90.8%	83.6%

During this school year, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?

	Male	Female
0 times	94.0%	92.1%
1 time	3.0%	4.3%
2-3 times	1.8%	2.4%
4-5 times	0.5%	0.4%
6 or more times	0.7%	0.8%

During the past 12 months, did you ever seriously consider attempting suicide?

	Male	Female
Yes	6.6%	8.1%
No	93.5%	91.9%

During the past 12 months, did you make a plan about how you would attempt suicide?

	Male	Female
Yes	3.8%	4.3%
No	96.2%	95.7%

Have you ever tried to control your weight by not eating, exercising for long periods of time, or vomiting after eating?

	Male	Female
Yes	7.7%	19.6%
No	92.3%	80.4%

Survey Report

30 Day Use	Middle School	High School
During the past 30 days, did you drink one or more drinks of an alcoholic beverage?	1.9%	33.0%
During the past 30 days, did you smoke part or all of a cigarette?	0.8%	6.5%
During the past 30 days, have you used marijuana or hashish?	0.8%	19.1%
During the past 30 days, have you used prescription drugs not prescribed to you?	0.9%	12.1%
During the past 30 days, did you ever smoke Hookah?	1.4%	2.2%
During the past 30 days, did you use an e-cigarette?	0.8%	2.3%
In the past 30 days, have you used prescription pain relievers without a prescription?	1.2%	1.7%
In the past 30 days, have you used prescription stimulants without a prescription?	0.8%	2.2%
In the past 30 days, have you used prescription tranquilizers without a prescription?	0.7%	1.5%

Survey Report

Perception of Risk					
How much do you think people risk harming themselves if they:		No Risk	Slight Risk	Moderate Risk	Great Risk
Smoke one or more packs of cigarettes per day?	Middle School	3.9%	4.4%	16.2%	75.6%
	High School	2.5%	4.6%	11.8%	81.2%
Try marijuana once or twice?	Middle School	10.4%	24.6%	34.6%	30.3%
	High School	43.3%	33.1%	14.5%	9.1%
Smoke marijuana once or twice a week?	Middle School	5.0%	6.9%	18.3%	69.8%
	High School	10.7%	31.9%	28.3%	29.1%
If they take one or two drinks of an alcoholic beverage nearly every day?	Middle School	7.3%	19.5%	33.4%	39.9%
	High School	8.4%	27.1%	35.4%	29.1%
Have five or more drinks of an alcoholic beverage once or twice a week?	Middle School	6.0%	11.1%	29.9%	52.9%
	High School	5.8%	21.0%	36.9%	36.3%
Use prescription drugs not prescribed to them?	Middle School	4.1%	5.3%	21.3%	69.3%
	High School	2.4%	5.3%	23.2%	69.0%
Use an e-cigarette	Middle School	8.5%	20.4%	30.9%	40.2%
	High School	20.2%	45.0%	23.6%	11.1%

Survey Report

Perception of Parental Disapproval					
How wrong do your parents feel it would be for you to:		Not at all wrong	A little bit wrong	Wrong	Very Wrong
Smoke one or more packs of cigarettes per day?	Middle School	0.7%	0.6%	5.3%	93.4%
	High School	1.0%	1.1%	8.3%	89.6%
Try marijuana once or twice?	Middle School	1.9%	3.8%	11.6%	82.8%
	High School	7.9%	18.0%	26.3%	47.8%
Smoke marijuana regularly?	Middle School	0.7%	0.7%	4.4%	94.2%
	High School	1.9%	4.7%	17.6%	75.8%
Take one or two drinks of an alcoholic beverage nearly every day?	Middle School	1.4%	4.6%	11.5%	82.5%
	High School	3.4%	10.2%	22.2%	64.3%
Use prescription drugs not prescribed to you?	Middle School	1.3%	1.2%	9.0%	88.6%
	High School	0.8%	1.9%	10.6%	86.8%
Use an e-cigarette/vape pen?	Middle School	1.4%	4.3%	11.5%	82.9%
	High School	4.0%	17.8%	28.7%	49.5%

Survey Report

Perception of Peer Disapproval					
How wrong do your friends feel it would be for you to:		Not at all wrong	A little bit wrong	Wrong	Very Wrong
Smoke one or more packs of cigarettes per day?	Middle School	0.7%	0.6%	5.3%	93.4%
	High School	3.3%	7.9%	27.0%	61.8%
Try marijuana once or twice?	Middle School	1.9%	3.8%	11.6%	82.8%
	High School	44.9%	22.7%	15.1%	17.3%
Smoke marijuana regularly?	Middle School	0.7%	0.7%	4.4%	94.2%
	High School	18.3%	25.6%	23.6%	32.5%
Take one or two drinks of an alcoholic beverage nearly every day?	Middle School	1.4%	4.6%	11.5%	82.5%
	High School	16.3%	23.4%	30.2%	30.0%
Use prescription drugs not prescribed to you?	Middle School	1.3%	1.2%	9.0%	88.6%
	High School	4.4%	10.5%	27.4%	57.8%
Use an e-cigarette/vape pen?	Middle School	1.4%	4.3%	11.5%	82.9%
	High School	42.0%	23.8%	15.6%	18.6%

Attitude Toward Peer Use		Neither Approve nor Disapprove	Somewhat Disapprove	Strongly Disapprove	Don't Know/Can't Say
How do you feel about someone your age having one or two drinks of an alcoholic beverage nearly every day?	Middle School	6.4%	6.1%	82.5%	5.0%
	High School	18.2%	26.6%	48.5%	6.7%

Survey Report

During this school year, how would you describe your grades in school?		
	Middle School	High School
Mostly As	65.9%	52.8%
Mostly Bs	29.2%	43.0%
Mostly Cs	3.8%	3.6%
Mostly Ds	0.2%	0.1%
Mostly Fs	0.8%	0.5%

How many hours per night do you usually spend on homework?		
	Middle School	High School
Less than 1 hour	34.1%	11.2%
1-2 hours	48.2%	37.9%
3-4 hours	13.5%	36.4%
5 or more hours	4.2%	14.5%

How do you describe your overall health?		
	Middle School	High School
Excellent	37.7%	25.2%
Very Good	46.1%	39.8%
Good	13.6%	25.4%
Fair	1.6%	7.1%
Poor	1.1%	2.6%

How often do you exercise on average?		
	Middle School	High School
7 days per week	25.9%	14.8%
5-6 days per week	38.3%	38.2%
3-4 days per week	26.2%	26.7%
1-2 days per week	7.6%	14.6%
0 days	2.0%	5.6%

How long do you exercise each time?		
	Middle School	High School
Less than a half hour	5.6%	5.9%
1/2 to 1 hour	34.7%	26.4%
1-2 hours	47.7%	55.5%
More than 2 hours	11.9%	12.1%

Survey Report

What type of exercise do you participate in?		
	Middle School	High School
I participate in at least 1 team sport.	82.6%	73.7%
I go to a gym, use gym equipment or take an exercise class.	37.9%	56.2%
I play pick up games with friends.	48.0%	28.6%
I exercise on my own.	58.6%	61.0%
I work hard in PE class and often break a sweat.	62.4%	27.5%
I do not exercise.	2.4%	5.2%

How healthy do you think you eat?		
	Middle School	High School
Very healthy, I eat balanced meals regularly?	22.6%	18.3%
Mostly healthy, I try to eat healthy 4-5 days a week.	47.1%	39.2%
Not sure.	18.1%	14.9%
Less healthy than I should.	10.5%	25.0%
Not healthy.	1.8%	2.7%

How many hours of sleep a night do you typically get?		
	Middle School	High School
4 or fewer hours	1.9%	5.2%
5 hours	2.4%	12.4%
6 hours	9.0%	29.5%
7 hours	22.4%	32.3%
8 hours	43.8%	17.2%
9 or more hours	20.4%	3.4%

Survey Report

Does it take more than 15 minutes for you to fall asleep every night?		
	Middle School	High School
Yes	50.7%	47.9%
No	49.3%	52.1%

How best do you describe your response to stress?		
	Middle School	High School
Cool and calm under pressure	41.9%	34.8%
Jittery and I cannot sit still	36.1%	34.2%
Angry and have outbursts often	12.5%	16.7%
I stay away from people	9.5%	14.2%

Survey Report

How often have you been upset because something happened unexpectedly?		Never	Almost never	Sometimes	Fairly often	Very often
Been upset because something happened unexpectedly?	Middle School	4.5%	35.0%	46.8%	10.7%	3.0%
	High School	4.0%	20.3%	53.6%	17.1%	5.0%
Felt that you were unable to control important things in your life?	Middle School	14.6%	36.1%	32.8%	11.1%	5.5%
	High School	5.5%	27.9%	38.8%	18.4%	9.4%
Felt things in your life were going your way?	Middle School	2.8%	9.3%	32.5%	42.9%	12.5%
	High School	2.8%	9.7%	42.0%	37.2%	8.4%
Found that you could NOT cope with all of the things you had to do?	Middle School	15.9%	37.5%	33.7%	9.1%	3.9%
	High School	10.0%	29.1%	35.7%	18.0%	7.2%
Felt that challenges were piling so high that you could not overcome them?	Middle School	22.4%	41.0%	24.3%	7.8%	4.5%
	High School	14.0%	28.3%	32.3%	16.7%	8.7%
Taken time to do something you enjoy?	Middle School	1.0%	3.0%	14.3%	46.0%	35.8%
	High School	0.8%	8.5%	27.1%	42.8%	20.8%

How would you feel to sit in silence with no distractions?		
	Middle School	High School
Jittery; I cannot sit still	23.6%	18.0%
Tired; I would probably fall asleep	24.7%	39.2%
Nervous and uncomfortable	12.4%	8.2%
Calm and I appreciate the silence	39.3%	34.5%

Survey Report

How often do you sit still and be quiet with no distractions?		
	Middle School	High School
Never	21.1%	31.7%
Sometimes when I am told to	29.4%	23.9%
Sometimes when I choose to	41.2%	38.9%
I often make time to sit quietly	8.4%	5.5%

How many hours a day do you spend texting, emailing, video chatting, or socializing online?		
	Middle School	High School
None	3.6%	1.1%
Less than 1 hour	33.4%	17.5%
1-2 hours	42.0%	43.3%
3-4 hours	16.0%	29.1%
5 or more hours	5.0%	9.1%

Do you agree or disagree with the following statement? It is okay to send racy or sexual messages or pictures electronically as long as it is kept private.		
	Middle School	High School
Agree	8.6%	34.6%
Disagree	91.4%	65.4%

Have you ever sent a racy or sexual picture of yourself to someone?		
	Middle School	High School
Yes	2.2%	12.4%
No	97.8%	87.6%

Survey Report

Have you ever received a racy or sexual picture of someone?		
	Middle School	High School
Yes	10.0%	31.1%
No	90.0%	68.9%

During this school year, have you spent more than two weeks in a row feeling so sad and hopeless that you stopped doing your normal activities?		
	Middle School	High School
Yes	8.0%	18.2%
No	92.0%	81.9%

During this school year, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?		
	Middle School	High School
0 times	92.0%	92.7%
1 time	4.7%	3.0%
2-3 times	2.1%	2.3%
4-5 times	0.2%	0.7%
6 or more times	1.0%	1.3%

Survey Report

During the past 12 months, did you ever seriously consider attempting suicide?		
	Middle School	High School
Yes	5.7%	9.6%
No	94.3%	90.4%

During the past 12 months, did you make a plan about how you would attempt suicide?		
	Middle School	High School
Yes	3.6%	5.5%
No	96.4%	94.5%

Have you ever tried to control your weight by not eating, exercising for long periods of time, or vomiting after eating?		
	Middle School	High School
Yes	8.7%	18.5%
No	91.3%	81.5%

Survey Report

Survey Report

Citations

¹Harrison, L. & Hughes, A. (1997). The validity of self-reported drug use in survey research: An overview and critique of research methods. *The Validity of Self-Reported Drug Use: Improving the Accuracy of Survey Estimates*. NIDA Research Monograph 167. Rockville, MD: National Institute of Drug Abuse, 18.

²Vrooman, P. and A. Vrooman. (2010). 2010 Lucas County youth survey. Toledo, OH: The Community Partnership