

And the Survey Says: Overview to 2012 Tompkins County Youth Development Survey

Presented by:

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Biannual student survey

- Communities that Care[®] Survey from Pride gathers data on youth substance use & attitudes; also school, family, peer, and community info.
- Similar to survey used in 2008 & 2010
- Data contributed to CYS needs assessment
- Fall, 2012, all 6 Tompkins districts participated (+ New Roots, TST Community School, Candor & So. Seneca)
 - Grades 6-12 (some districts surveyed only 7-12)
 - 4,695 total Tompkins students, 81% participation rate



Participating students

50% male, 50% female

76.2% White

6.8% Mixed origin

5.0% Asian Pacific Islander

4.5% Black/African American

2.9% Hispanic/Latino

4.6% Other



Risk and Protective Factors



Risk and protective factors

Risk and protective factors are organized by the domains where youth live & interact:

- **Community**
- **Family**
- **School**
- **Individual/peer**



Risk factors

Conditions that increase the likelihood of a young person becoming involved in drug use, delinquency, teen pregnancy, school drop out, and/or violence

YOUTH AT RISK		Problem behaviors				
		Substance abuse	Delinquency	Teen pregnancy	School drop-out	Violence
Community	Availability of drugs & firearms	✓				✓
	Community norms & laws favorable toward drug use	✓				
	Transitions & mobility	✓	✓		✓	
	Low neighborhood attachment & commun. disorganization	✓	✓			✓
	Extreme economic & social deprivation	✓	✓	✓	✓	✓
Family	Family history of high risk behavior	✓	✓	✓	✓	
	Family management problems	✓	✓	✓	✓	✓
	Family conflict	✓	✓	✓	✓	✓
	Favorable parental attitudes & involvement in the problem behavior	✓	✓			✓
School	Early & persistent antisocial behavior	✓	✓	✓	✓	✓
	Academic failure in elem. school	✓	✓	✓	✓	✓
	Lack of commitment to school	✓	✓	✓	✓	
Individual/peer	Alienation & rebelliousness	✓	✓		✓	
	Friends who engage in a problem behavior	✓	✓	✓	✓	✓
	Favorable attitudes toward the problem behavior	✓	✓	✓	✓	
	Early initiation of the problem behavior	✓	✓	✓	✓	✓



Protective factors (assets)

Conditions that buffer young persons from exposure to risk either by reducing the impact of the risks or changing the way the youth responds to risks

COMMUNITY
FAMILY
SCHOOL
INDIVIDUAL

Community opportunities for prosocial involvement
Community rewards for prosocial involvement
Family opportunities for prosocial involvement
Family rewards for prosocial involvement
Family attachment
School opportunities for prosocial involvement
School prosocial involvement
School rewards for prosocial involvement
Religiosity
Belief in the moral order
Social Skills



Why Risk & Protective?

- Research based
- By measuring risk and protective factors, risk factors that are elevated can be identified and targeted with prevention interventions and protective factors can be enhanced
 - Example: If academic failure is identified as an elevated risk factor, mentoring and tutoring interventions can be provided



How survey calculated factors

- Responses to one or more questions were used to calculate each factor
- Example:

Risk factor: Community Disorganization

5 survey questions:

1. I feel safe in my neighborhood

How much do these statements describe your neighborhood?

2. Crime and/or drug selling
3. Fights
4. Lots of empty or abandoned buildings
5. Lots of graffiti

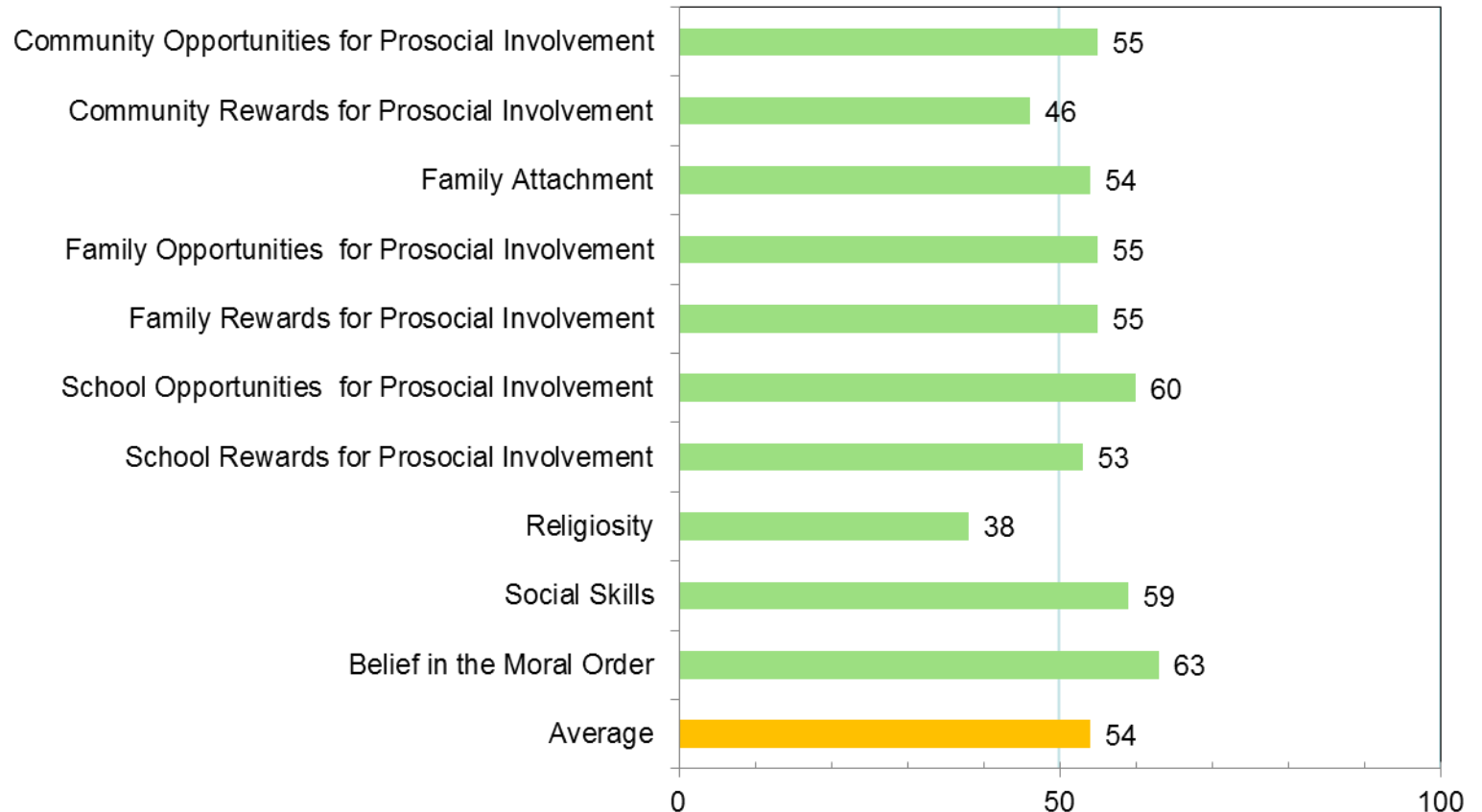


Risk & Protective Factors in Tompkins County



Protective factors

Overall Protective Factor Scale Scores - Tompkins County



National normative average = 50; Tompkins overall average = 54

8 of 10 factors rank higher than 50



Strongest **protective** factors

- Belief in a moral order
- School opportunities for prosocial involvement
- Social skills

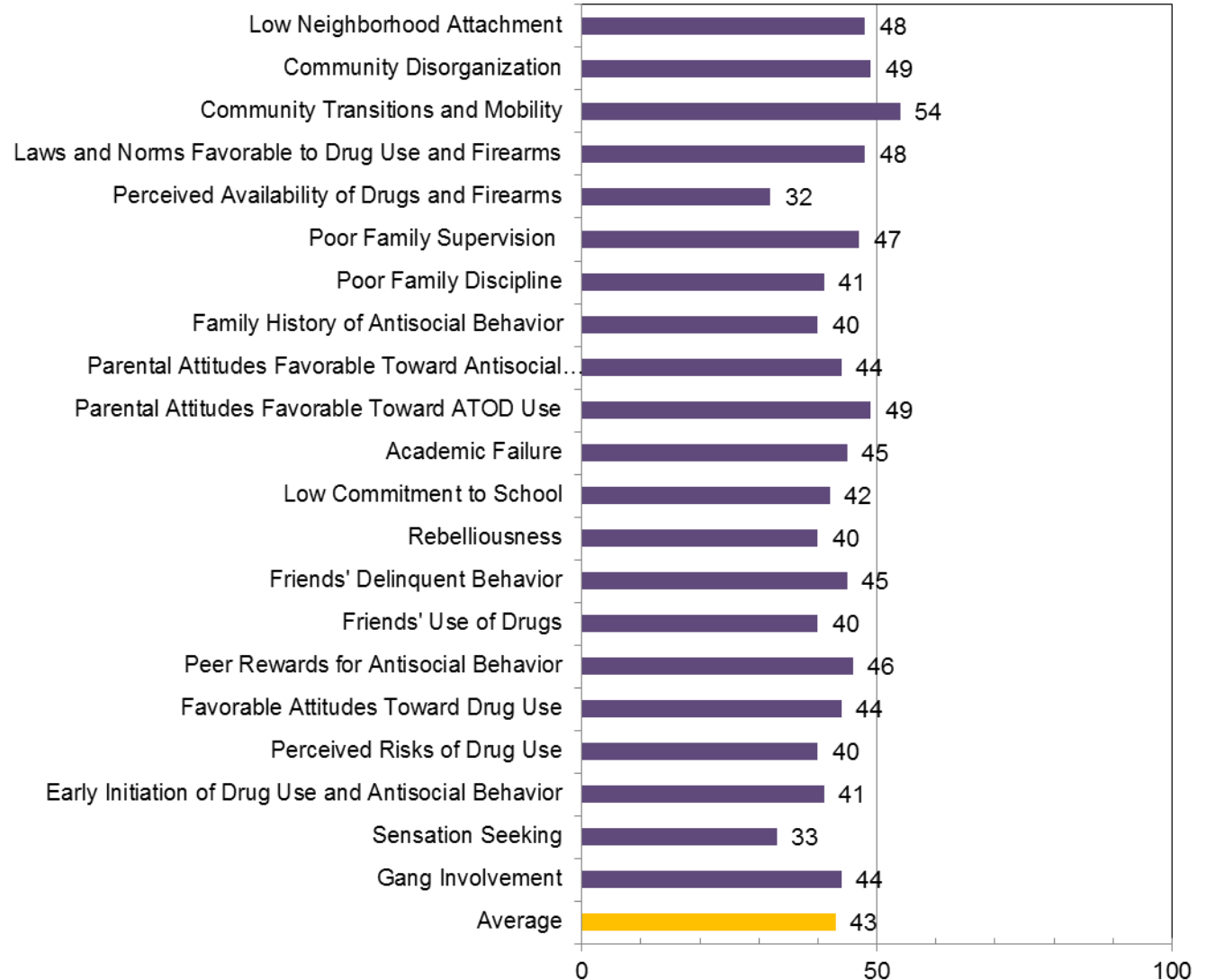
- Translation:

Most youth have strong beliefs in what is “right” or “wrong” & have skills to resist negative peer pressure. They say they have chances to participate meaningfully in important activities at school.



Risk factors

Overall Risk Factor Scale Scores - Tompkins County



Tompkins
average = 43.

Only one item
ranked above
50.



Weakest **risk** factors

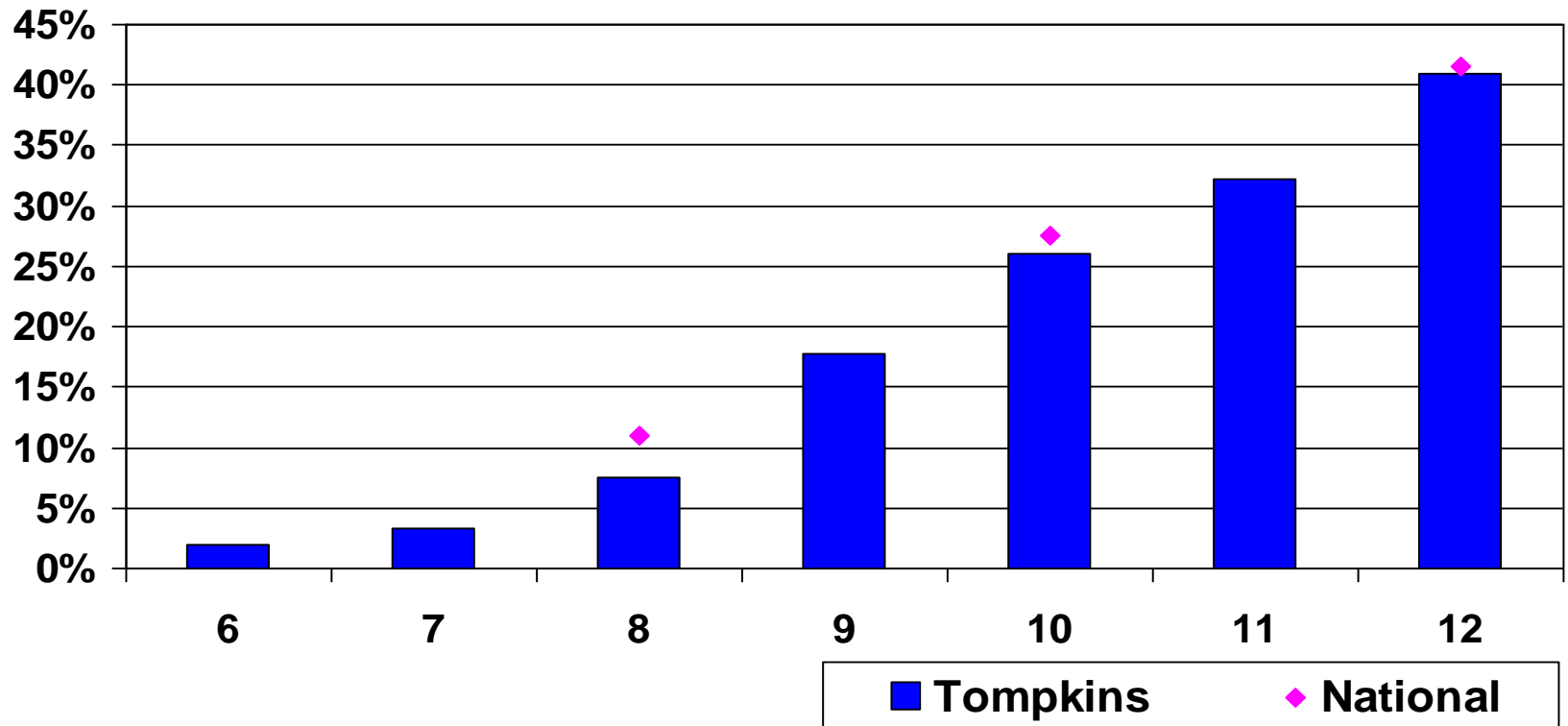
- Community transitions and mobility
- Community disorganization
- Parental attitudes favorable to antisocial behavior
- Translation:
Youth report high rates of residential mobility (frequent moves). They say their community is not safe or well maintained, has crime and not enough surveillance. They report low parental disapproval of youth fighting & petty crime.



Tompkins youth substance use



30-day (current) alcohol use Tompkins & National

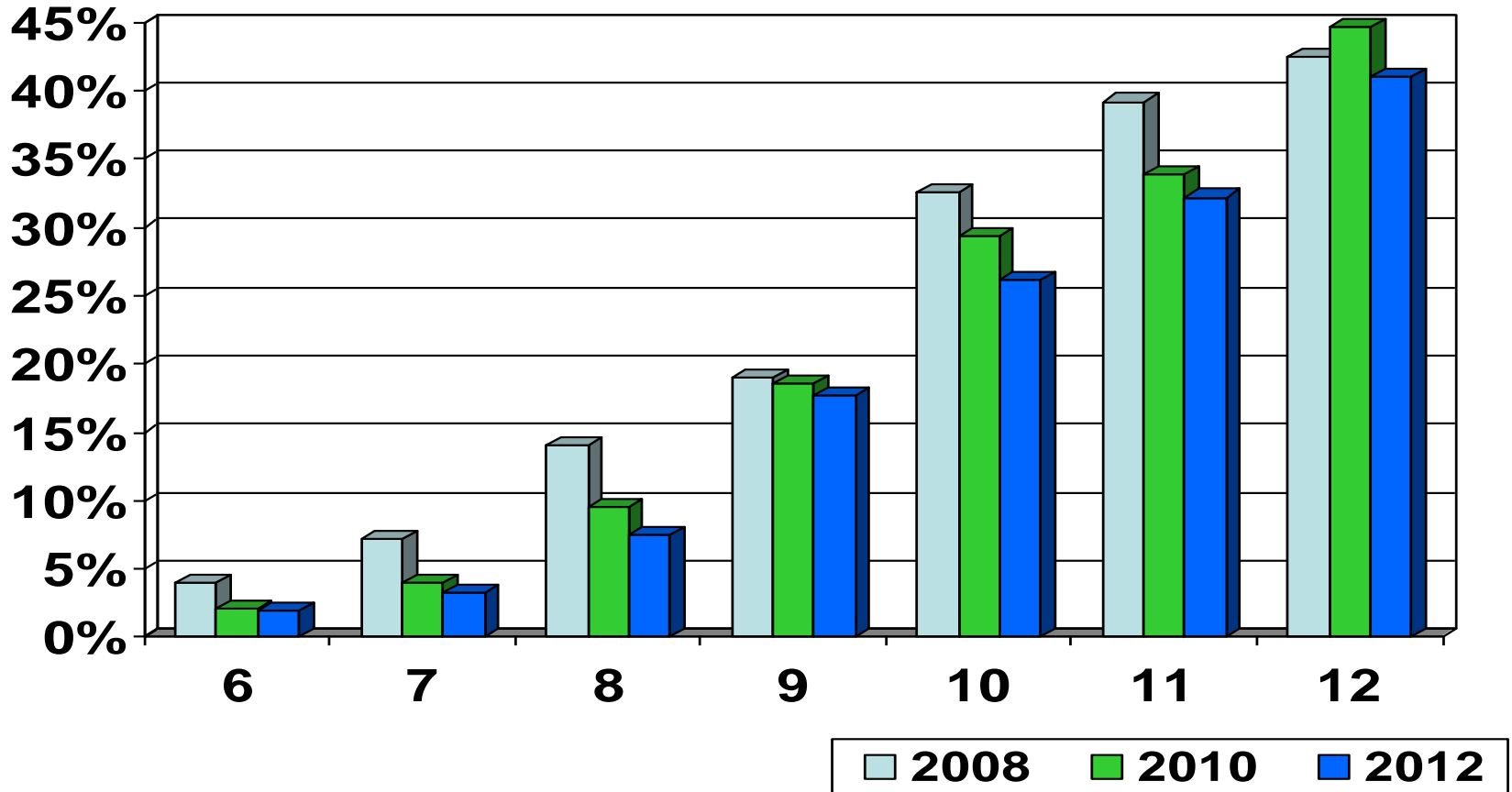


For the first time since we began surveying countywide, alcohol use rates are below national rates for all grades.

(National peers are from the Monitoring the Future Survey, given annually to 50,000 students across the country in grades 8, 10, & 12.)



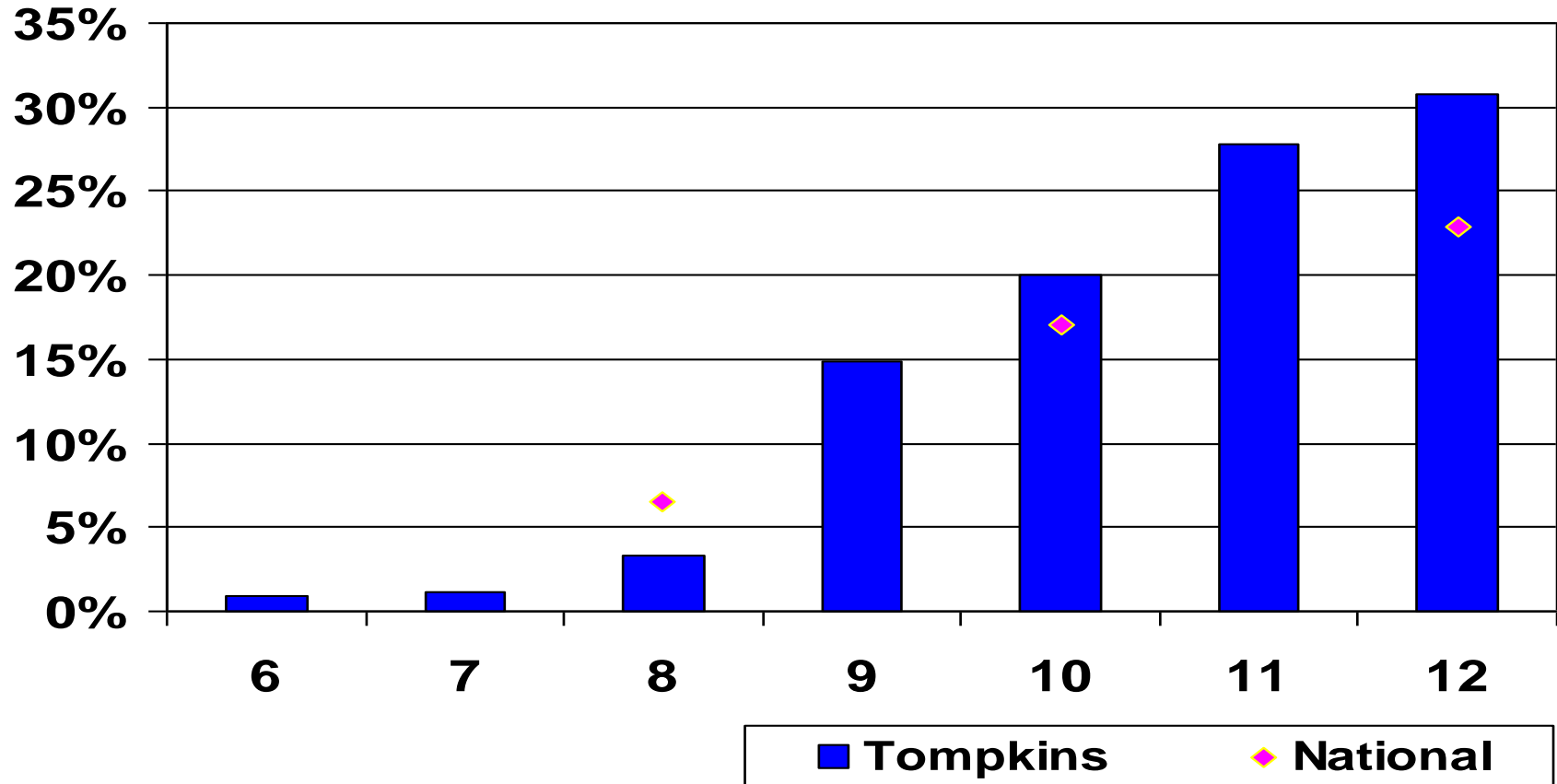
30-day alcohol use over time



Tompkins County alcohol use is down for all grades since 2008.



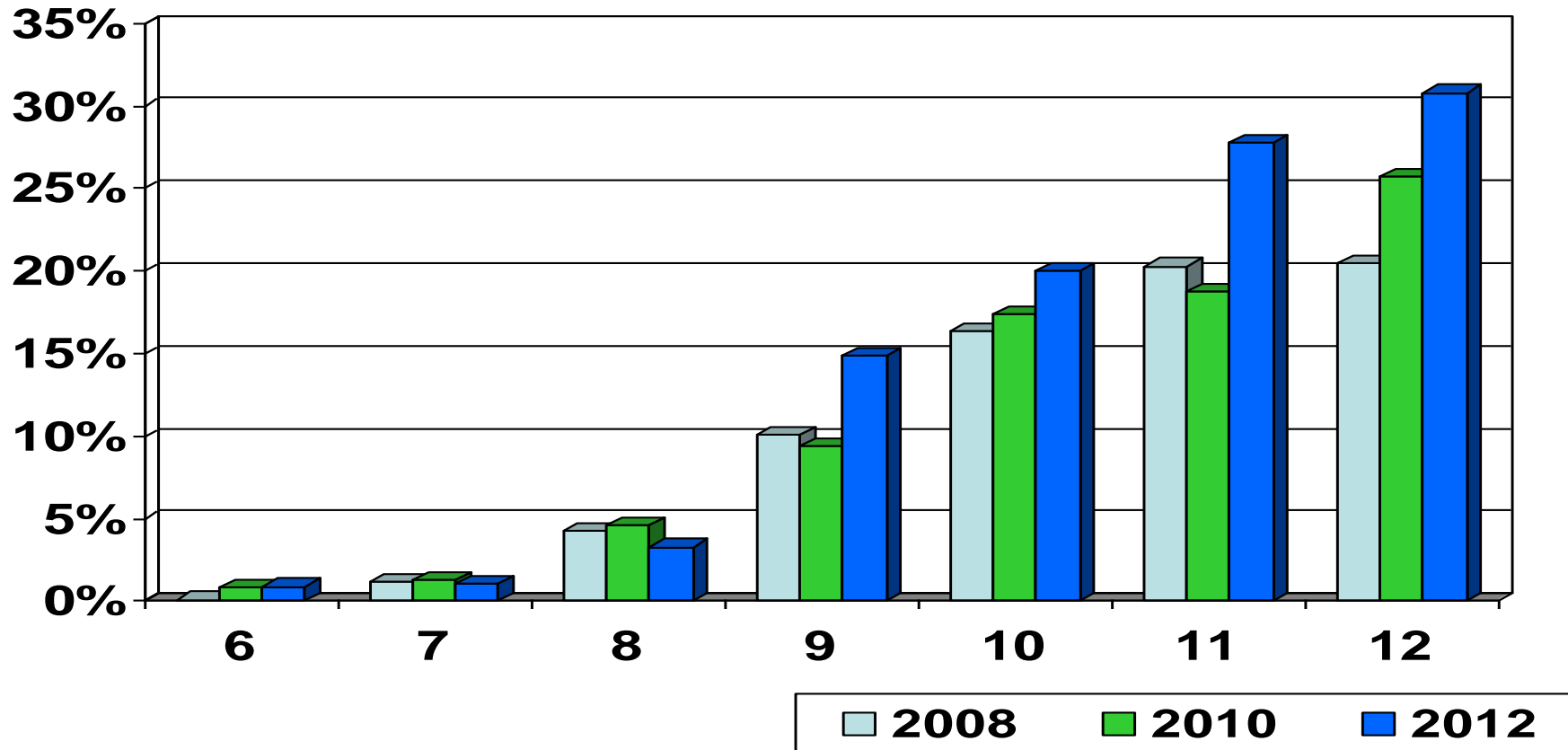
30-day marijuana use Tompkins & National



30-day marijuana use by 10th & 12th graders exceeds use by national peers. Note jump from 8th to 9th grade & the steady increase from 9th grade on!



30-day marijuana use over time



Tompkins marijuana use increased sharply for grades 9-12 since 2008. Note jump from 8th to 9th grade and steady increase thru the HS years.



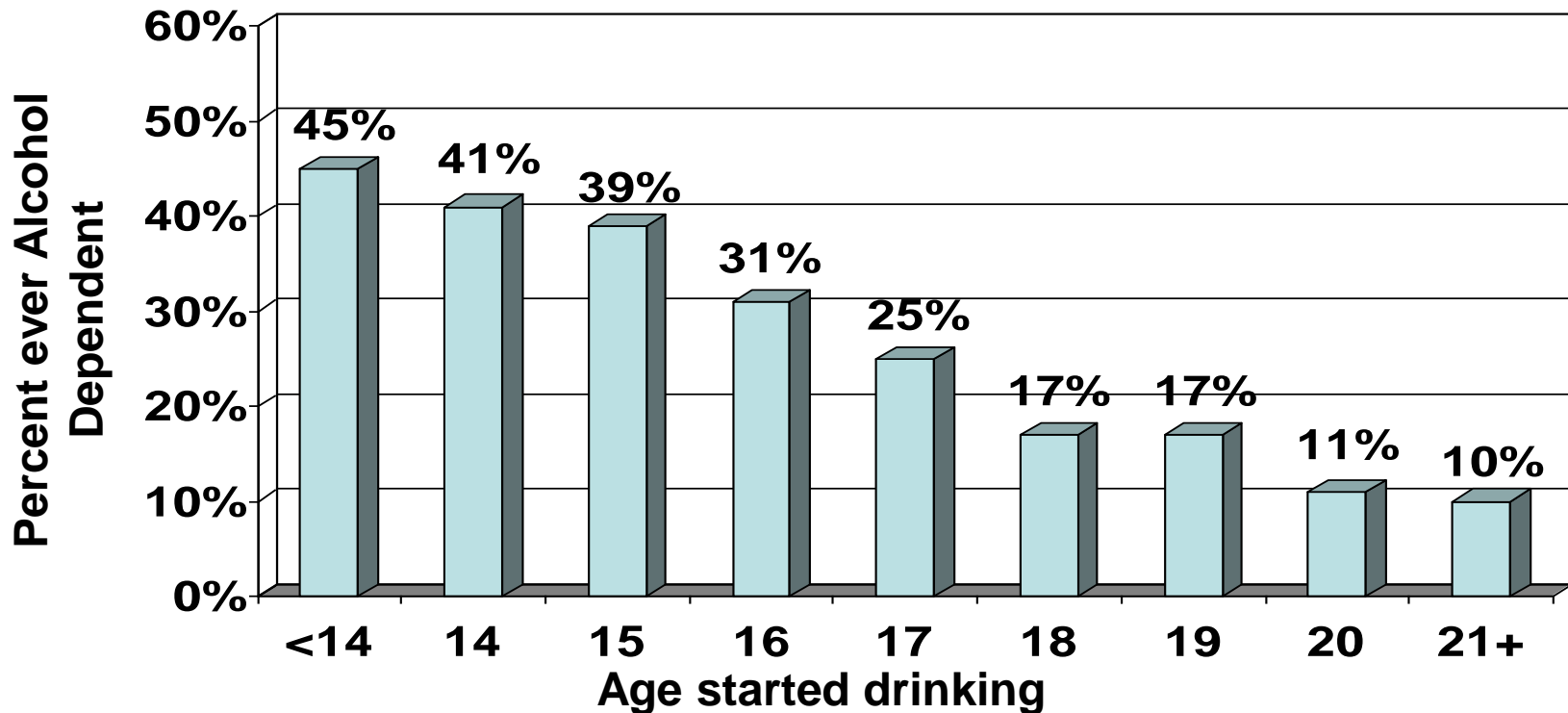
Age of first use

	Tompkins
Alcohol	13.0
Marijuana	13.8
Cigarettes	13.0



Lifetime Alcohol Dependence & Age of First Use

Children who start drinking before age 14 are 4 times more likely to develop alcohol dependence.



Source: *National Institute on Alcohol Abuse and Alcoholism*



Binge drinking

- **17%** of Tompkins H.S. students report binge drinking in the past 2 weeks. (5+ drinks in a row)

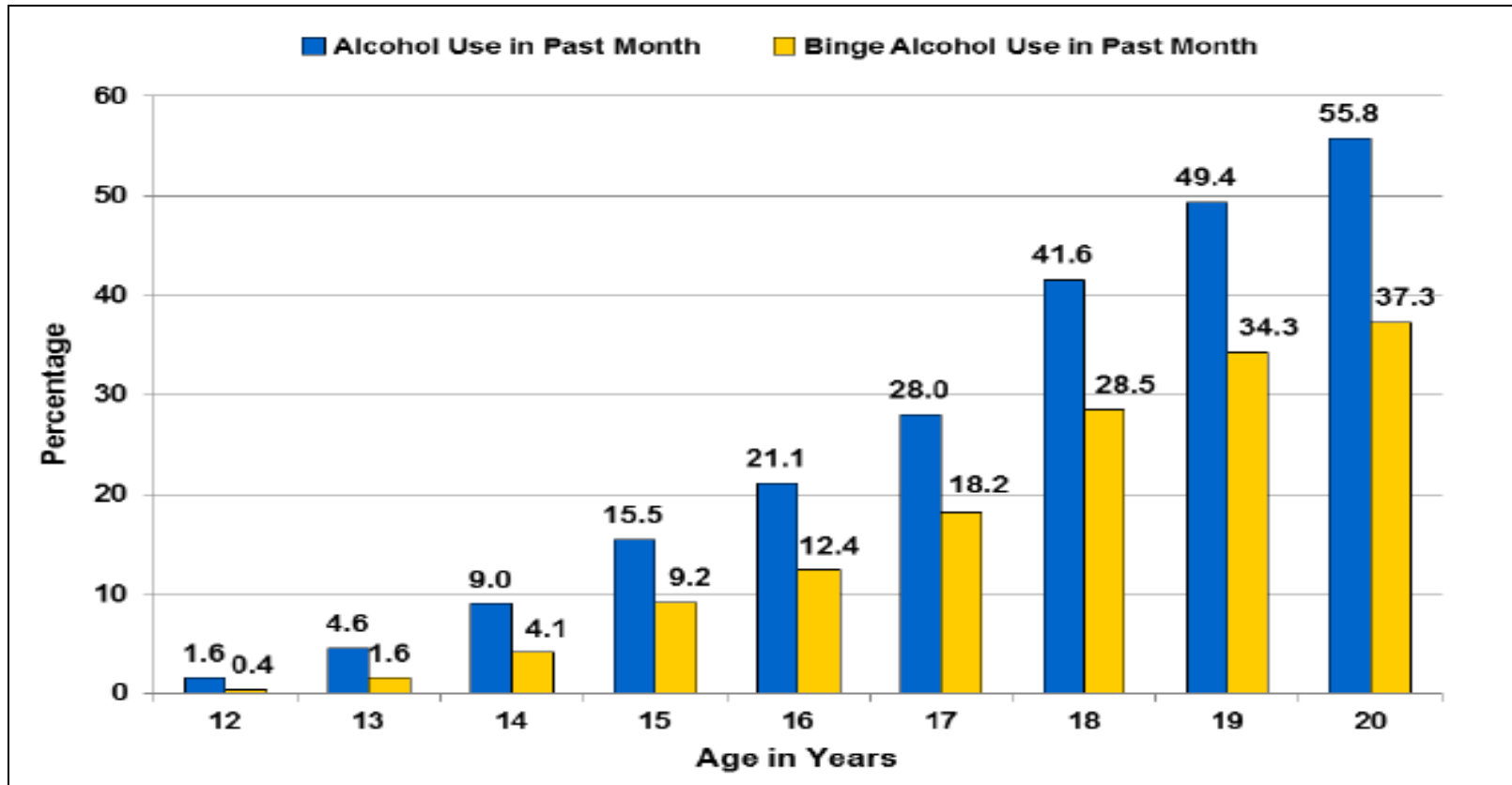
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- Many young drinkers binge when they drink
- Nationally, binge drinking accounts for more than 90% of the alcohol consumed by youth
- Youth ages 12-20 drink 11% of all the alcohol consumed in the U.S.

Source: National Institute on Alcohol Abuse and Alcoholism



National current & binge alcohol use

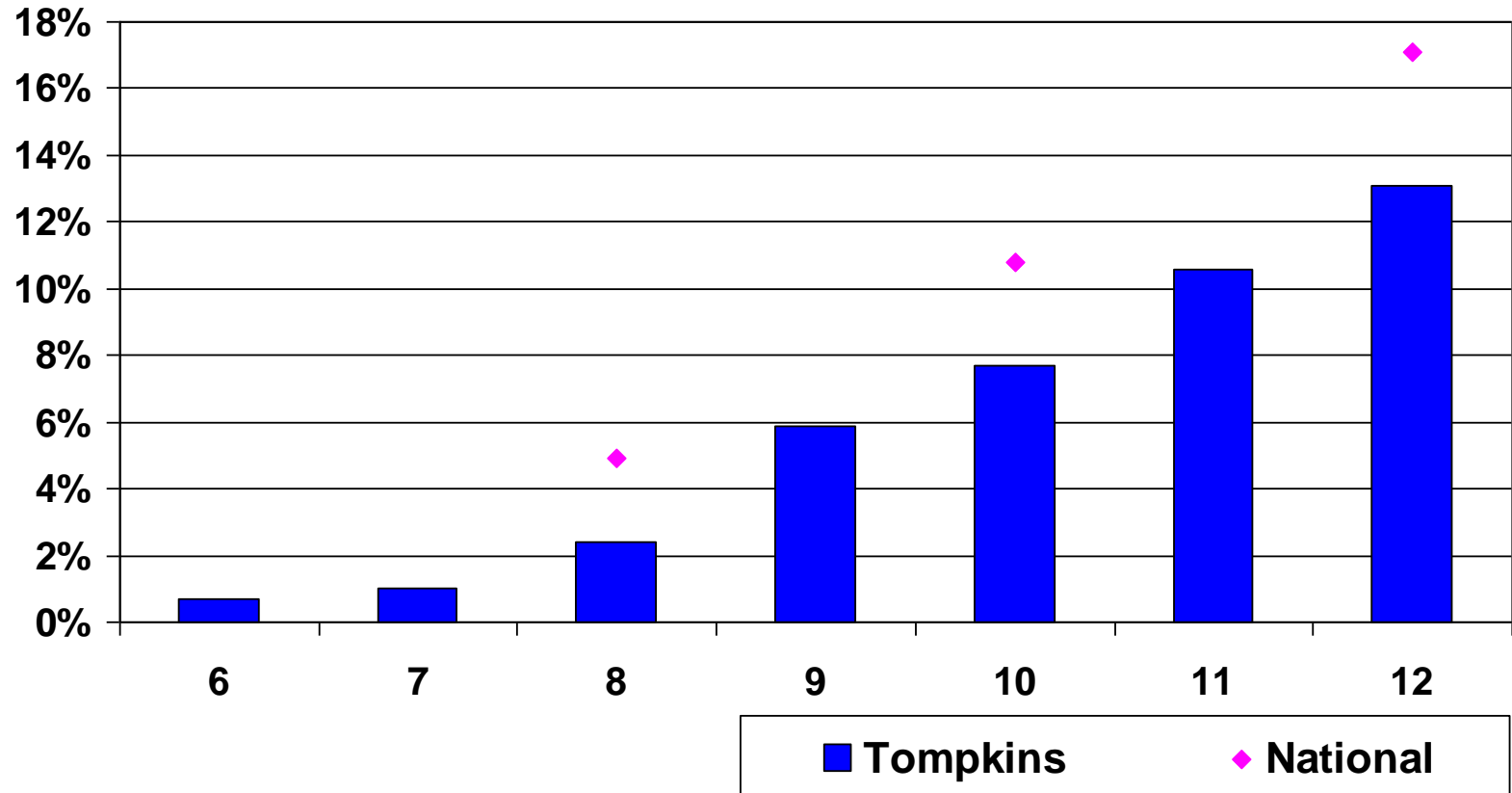


Drinking alcohol & binge drinking become more prevalent as young people get older.

Source: SAMHSA, NSDUH (National Survey on Drug Use & Health)



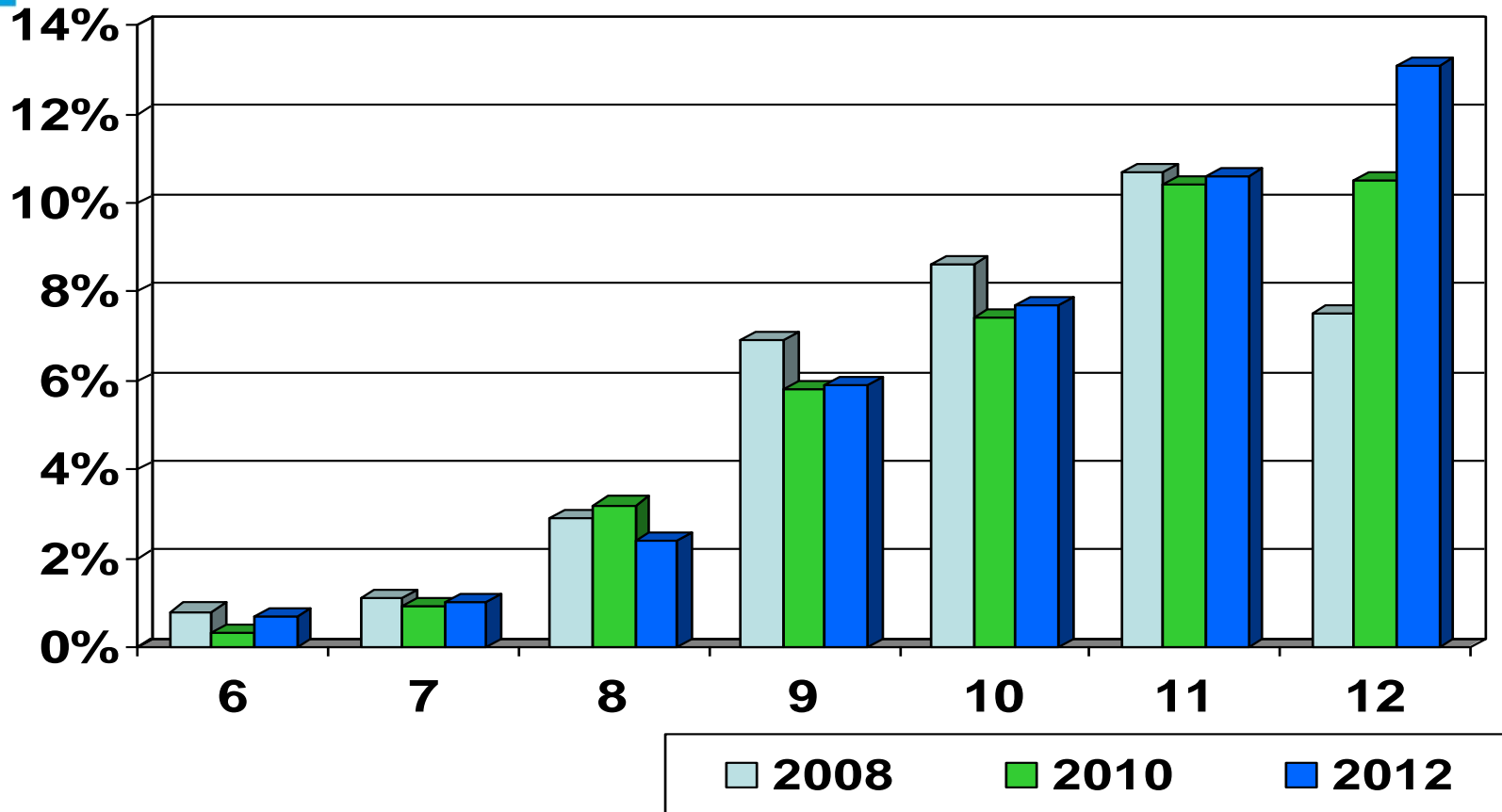
30-day cigarette use Tompkins & National



30-day cigarette use by local youth is significantly lower than national peers.



30-day cigarette use over time



While cigarette use remained relatively unchanged for most grades, it increased for Tompkins students in grade 12.



30-day student use of other drugs

	M.S.	H.S.
Smokeless tobacco	1%	7%
Inhalants	2%	2%
Prescription drugs (not prescribed)	1%	6%
Meth, heroin, bath salts	<1%	≤1%
Cocaine, LSD, Ecstasy, Synthetic marijuana	<1%	2%



Ease of access*

	M.S.	H.S.
Alcohol	19%	56%
Marijuana	11%	61%
Cigarettes	15%	46%

*Would be very or sort of easy to obtain if desired



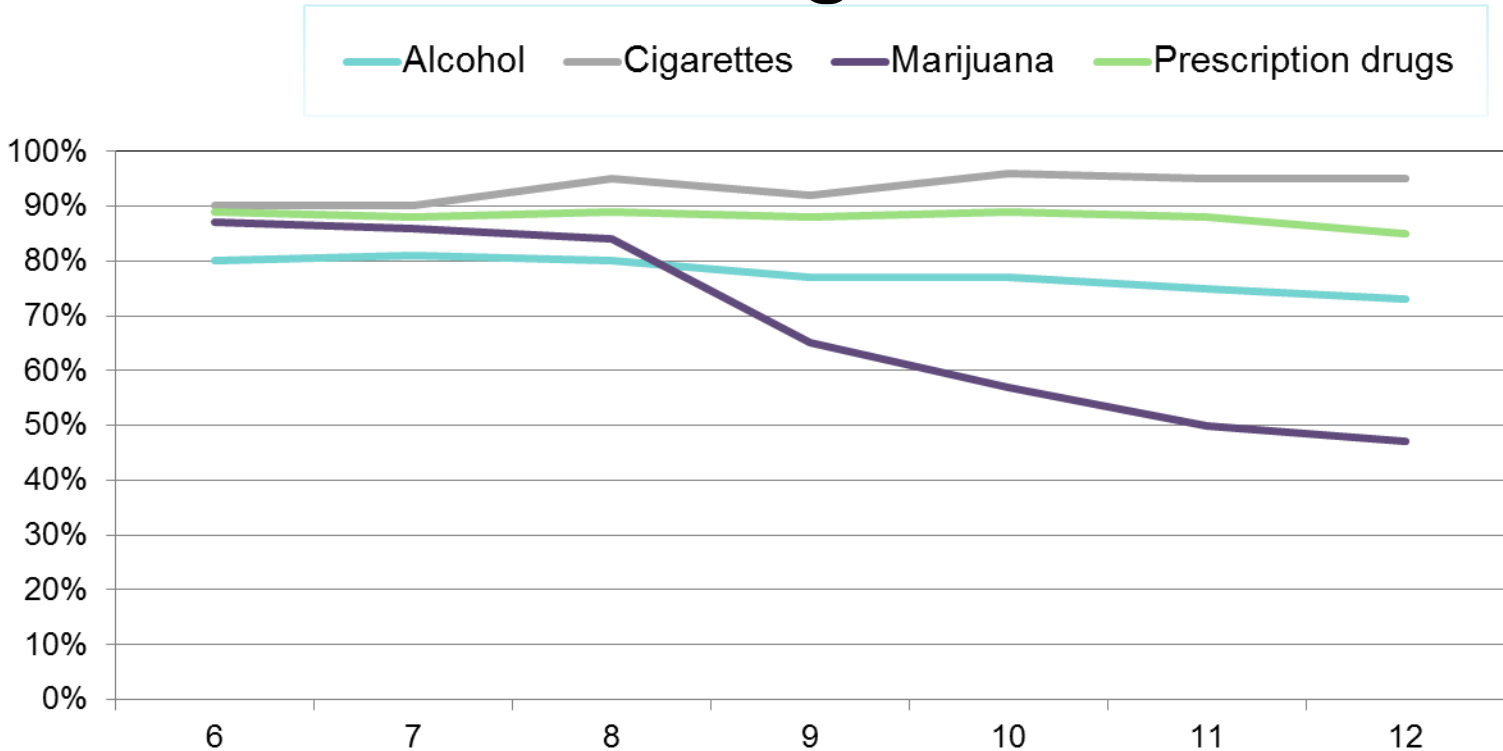
Alcohol sources (for students who drank in past year)

(choose 1 answer)

Friend, age 21+	26%
Friend, < age 21	26%
Home with parents' permission	22%
Home without parents' permission	13%
Relative	7%
Bought with or without fake ID	5%



Perception of risk of harm* from regular use



Perceived harm from cigarette use increases with age while perceived harm from marijuana use decreases with age.

*Moderate or great risk of harm from regular use



Students' Experiences in & out of School



Feelings about school

In past year, I often/always...	M.S.	H.S.
Enjoyed being in school	62%	43%
Hated being in school	16%	25%
Felt safe at school	88%	87%
Tried to do my best work	91%	80%



Extra curricular involvement

	M.S.	H.S.
Lots of chances for students to be involved in sports/clubs/activities	94%	95%
In past year, participated in extra curriculars (school/community)	80%	82%
In past year, participated on sports teams	84%	75%



Negative behaviors at school

	M.S.	H.S.
Have skipped/cut 1 or more full days of school during past 4 weeks	16%	21%
Was suspended in past year	6%	7%
Was drunk/high at school in past year	2%	17%
Brought a handgun to school in past year	<1%	<1%



Teacher/ student/ parent communication

In my school...	M.S.	H.S.
Teachers notice when I'm doing a good job & let me know	80%	70%
School lets my parents know when I've done something well	53%	34%
Students have lots of chances to decide class activities & rules	57%	51%
School rules are fairly enforced	33%	39%
There's a school adult I trust who can help me with problems	50%	47%

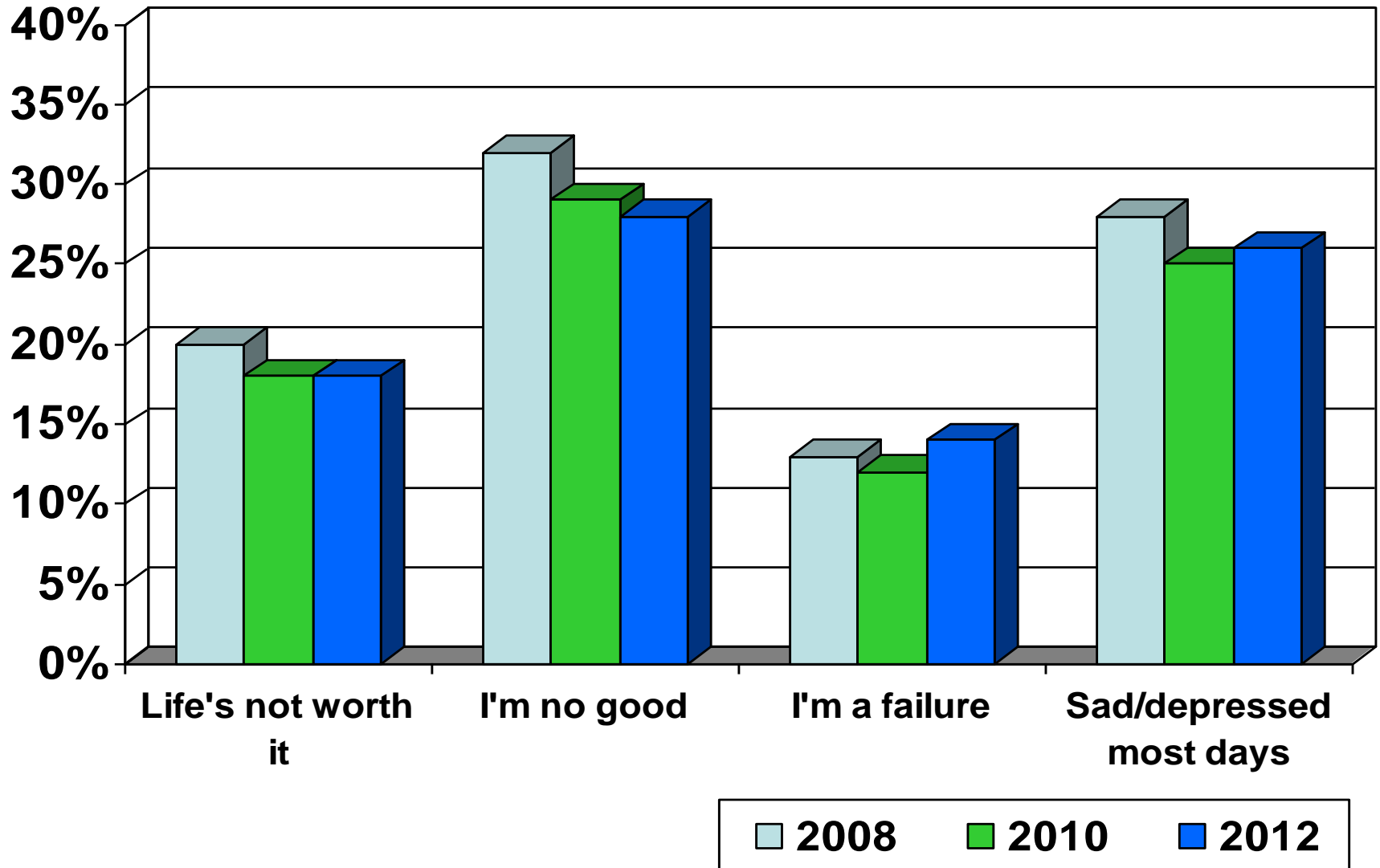


Bullying

In past 30 days...	M.S.	H.S.
Experienced <u>verbal</u> bullying at school	29%	26%
Experienced <u>physical</u> bullying at school	6%	5%
Experienced <u>excluding</u> behaviors at school	14%	17%
Experienced cyber bullying	7%	10%
Students treat one another with respect	27%	36%

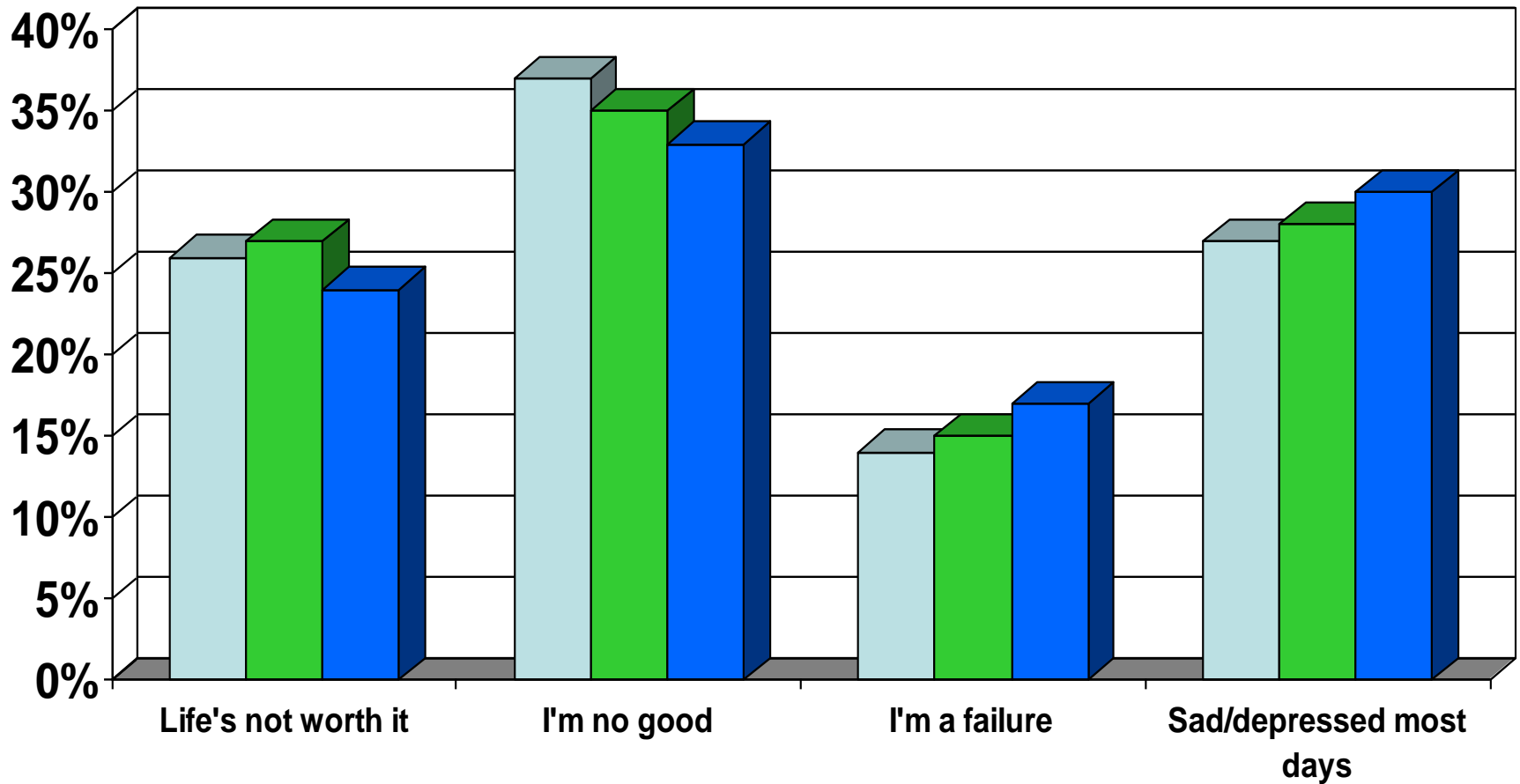


Mental Health (M.S.)





Mental Health (H.S.)



30% of HS students report feeling sad or depressed most days.

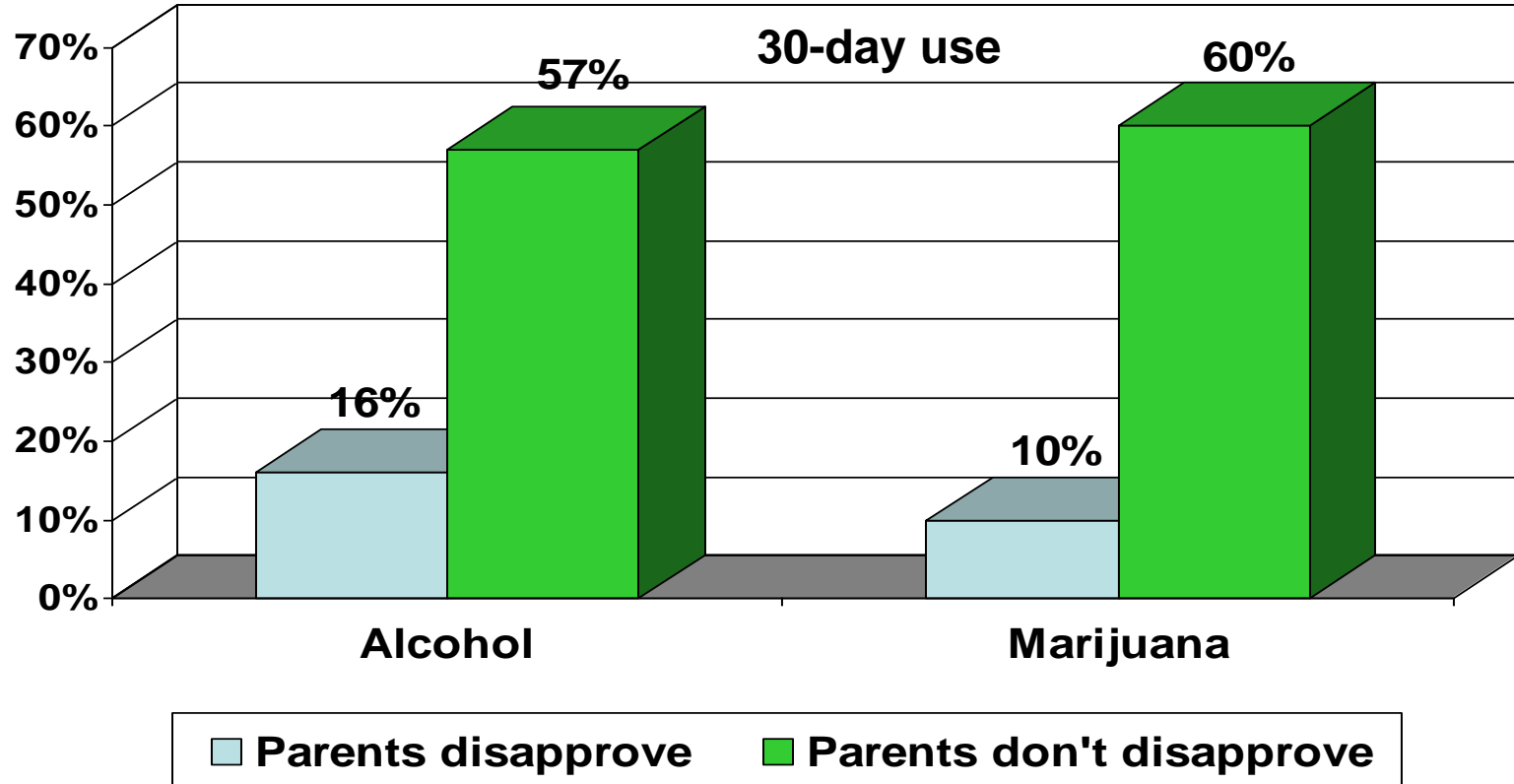




What Parents & Communities Can Do to Improve Youth Outcomes



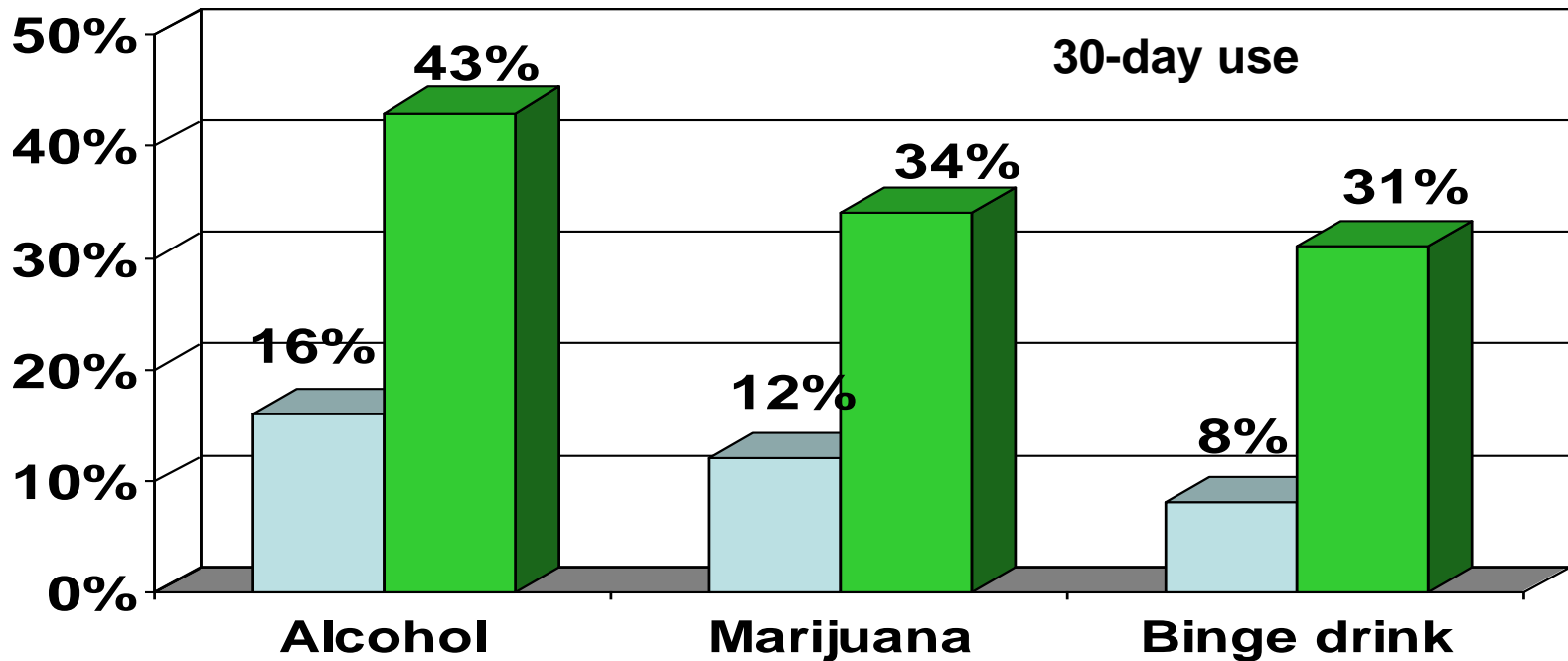
Parents: Tell children you disapprove of drugs



Students whose parents disapprove of their use of alcohol and marijuana have significantly lower 30 day use of these substances.



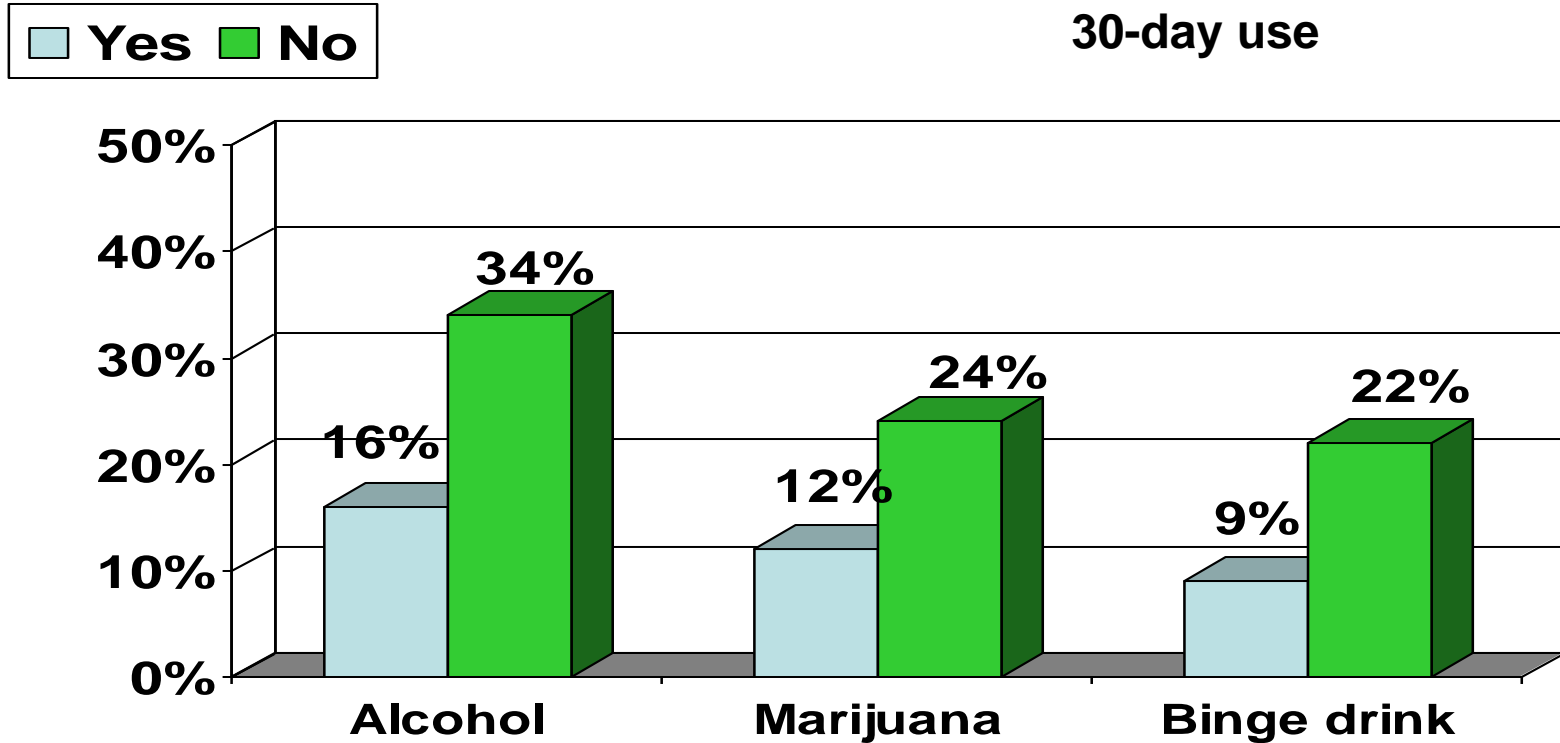
Parents: Keep track of children's whereabouts



Students who reported that their parents know where they are and who they are with had much lower 30-day use rates than students who said their parents did not monitor their whereabouts.



Parents: Have clear family rules about alcohol and drug use



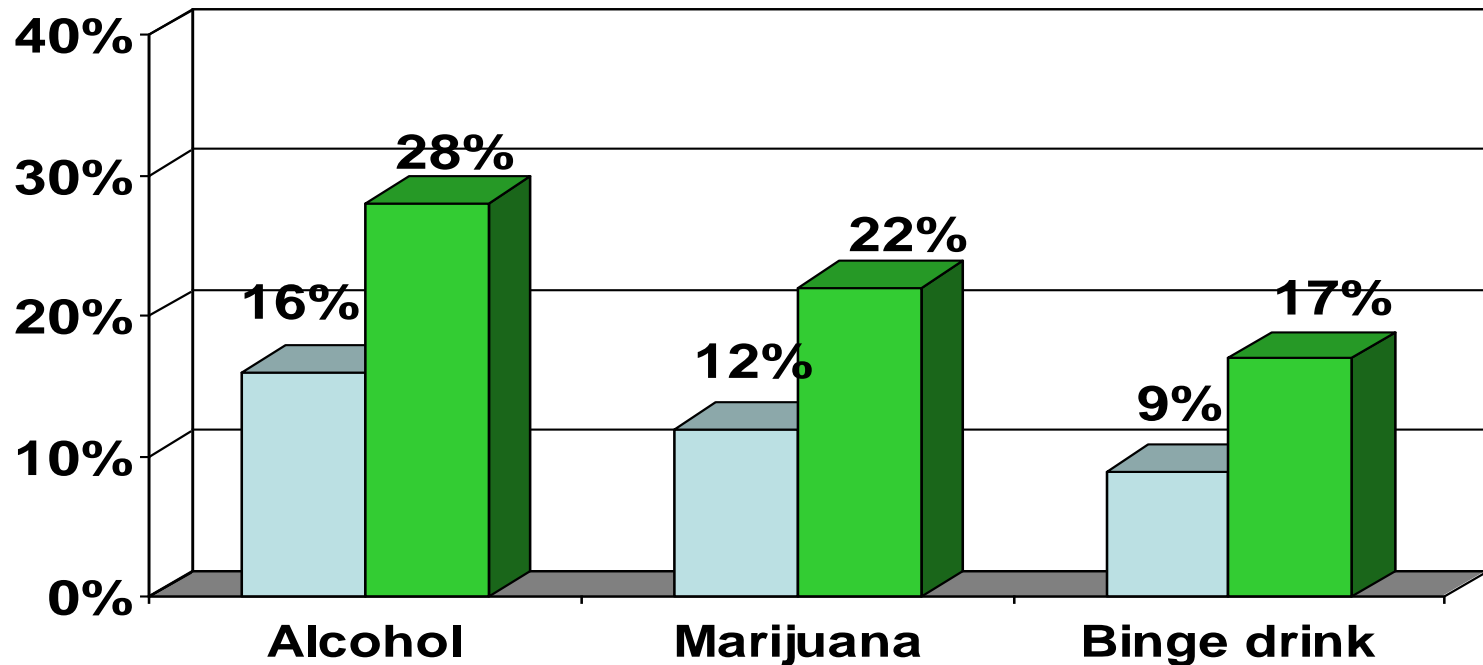
Students who reported that their family has clear rules about alcohol and drug use had much lower 30-day use rates of alcohol and pain killers than students who said their families did not have clear rules.



Parents: Spend time having fun with their children

Yes No

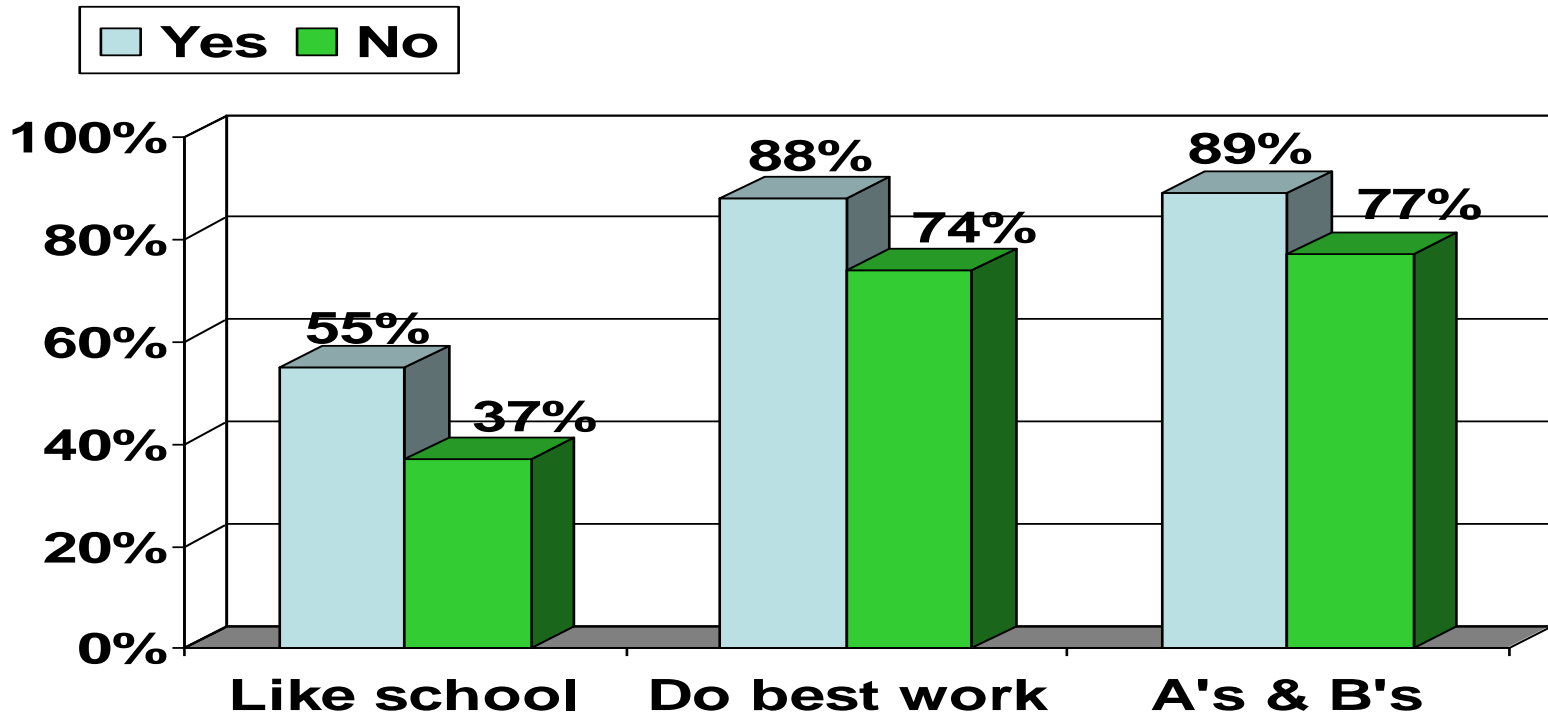
30-day use



Students who said they had lots of chances to do fun things with their parents had much lower 30-day use rates than students who said they did not have chances to have fun with their parents.



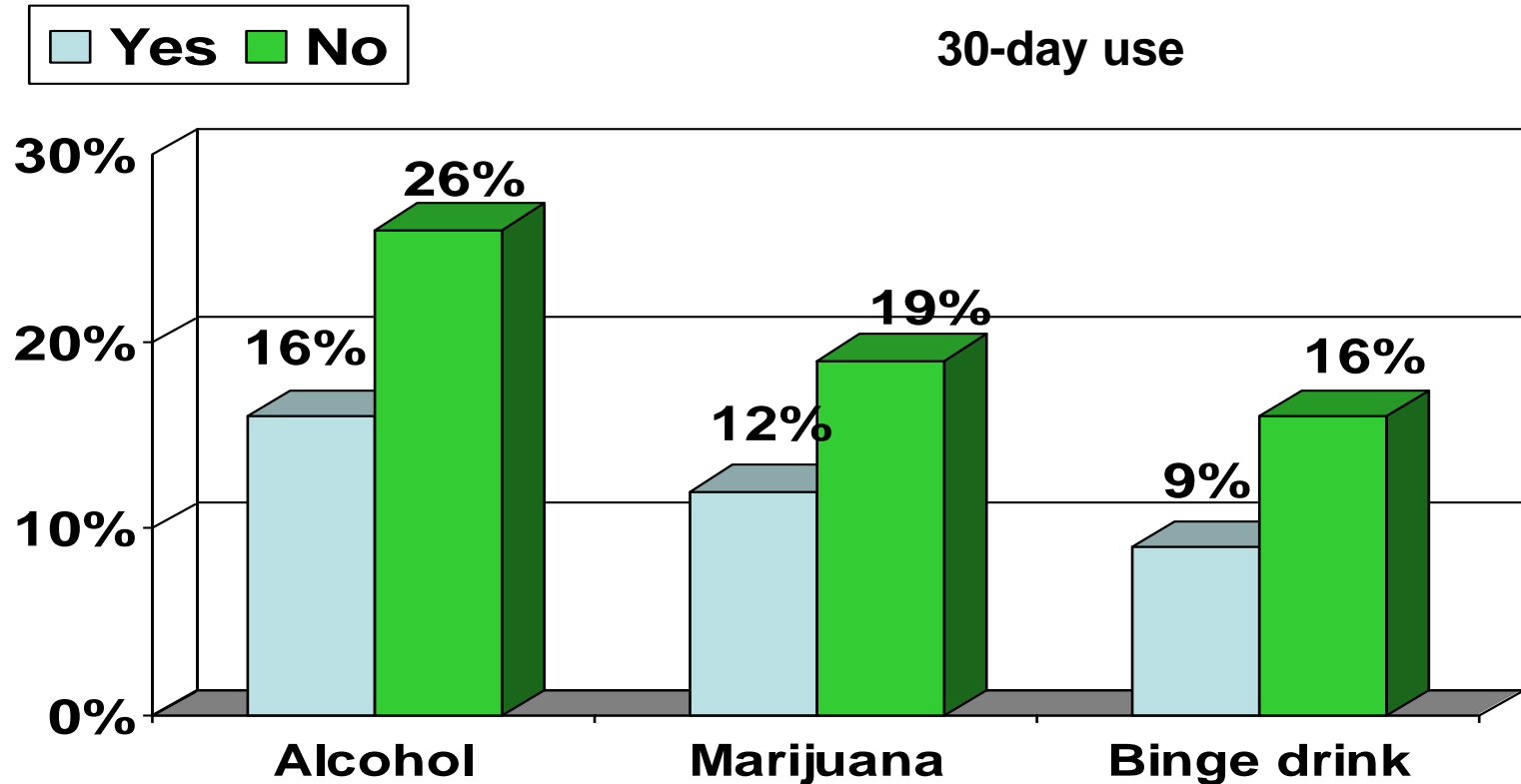
Parents: Spend time having fun with their children



Students who said they had lots of chances to do fun things with their parents like school more, try harder and get better grades than students without chances to have fun with their parents.



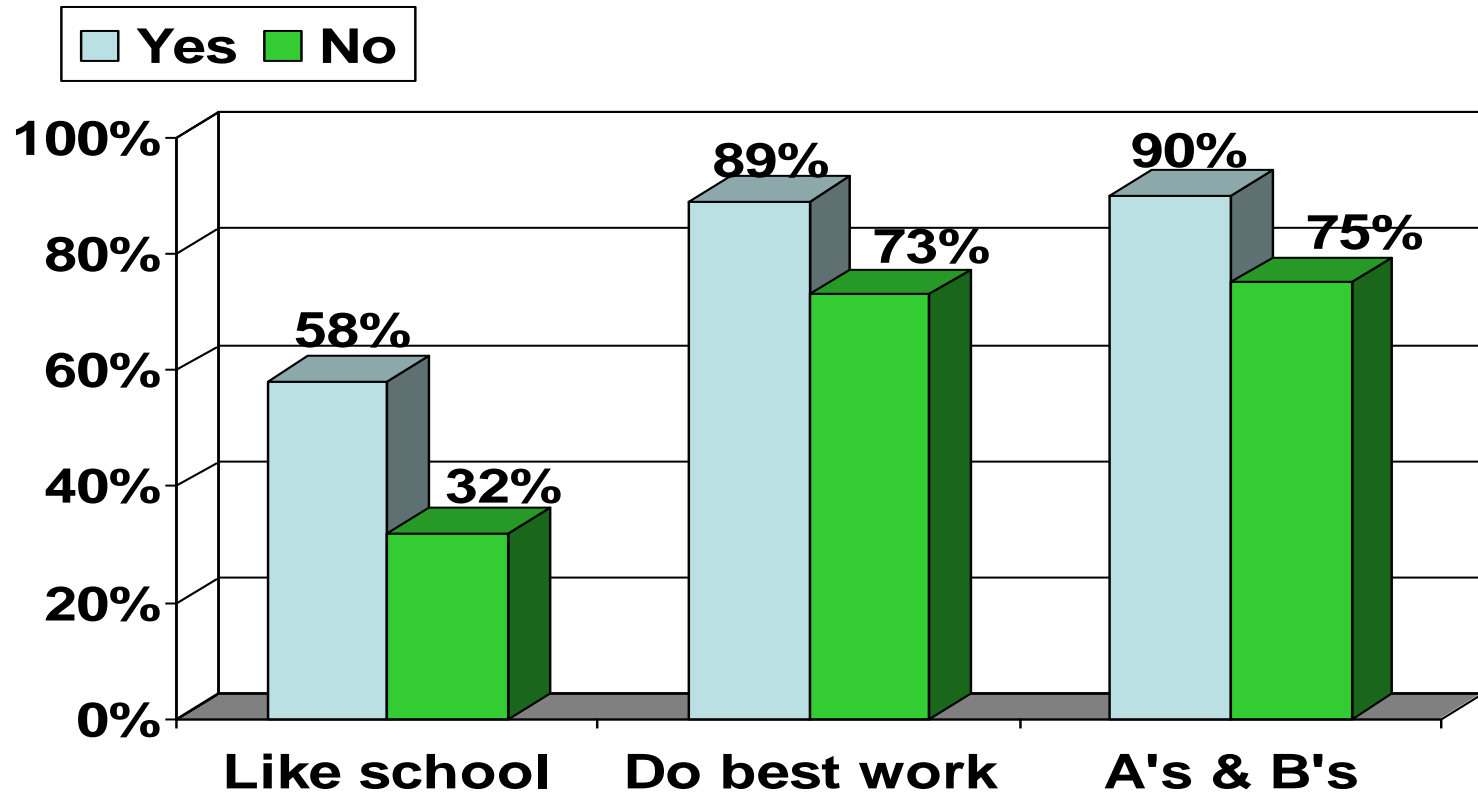
Parents: Acknowledge a good job



Students who said their parents notice when they are doing a good job and let them know about it had lower 30-day use rates than students who said their parents did not notice and acknowledge their good work.



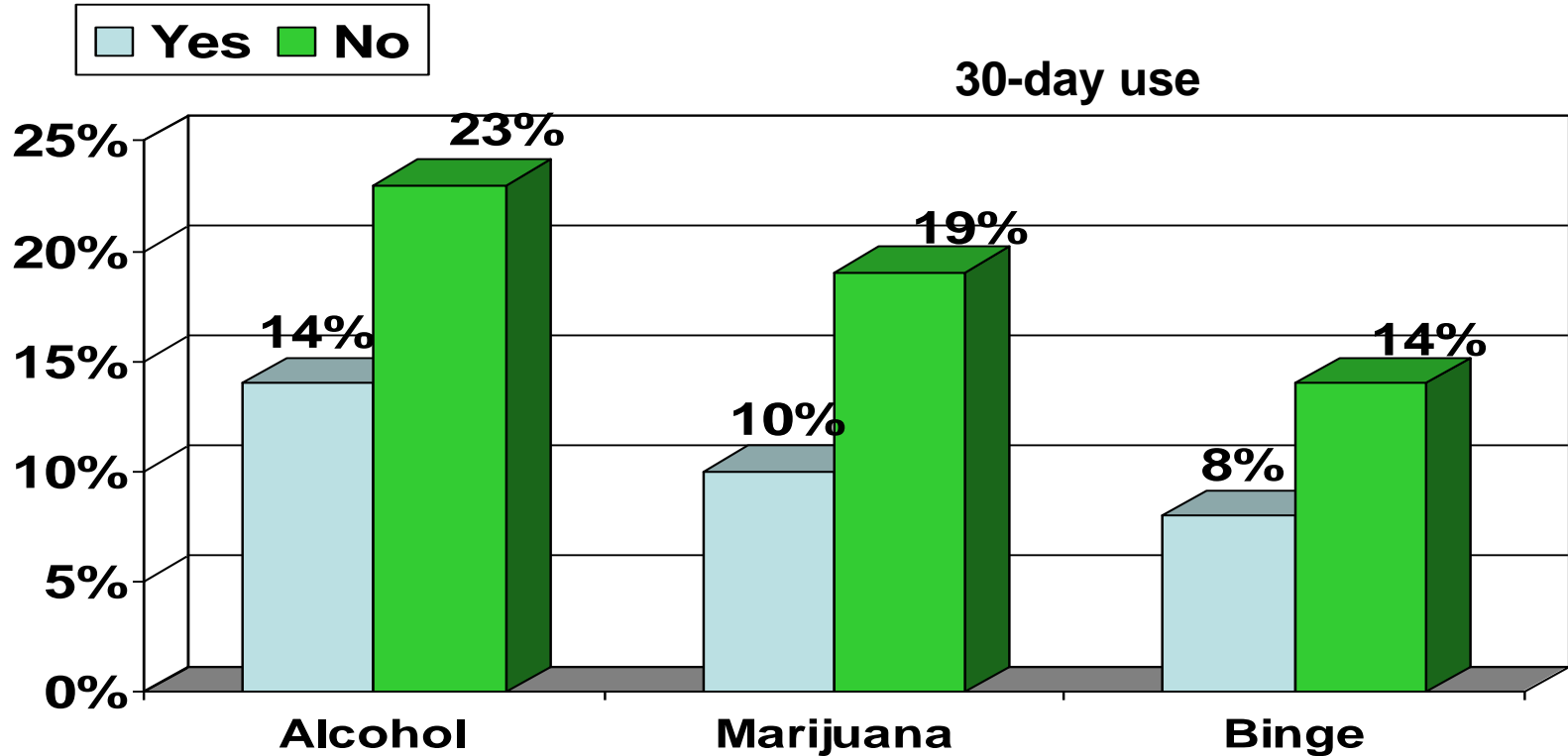
Parents: Acknowledge a good job



Students who said their parents notice when they are doing a good job and let them know about it like school more, try harder and get better grades than students whose parents don't notice and acknowledge a good job.



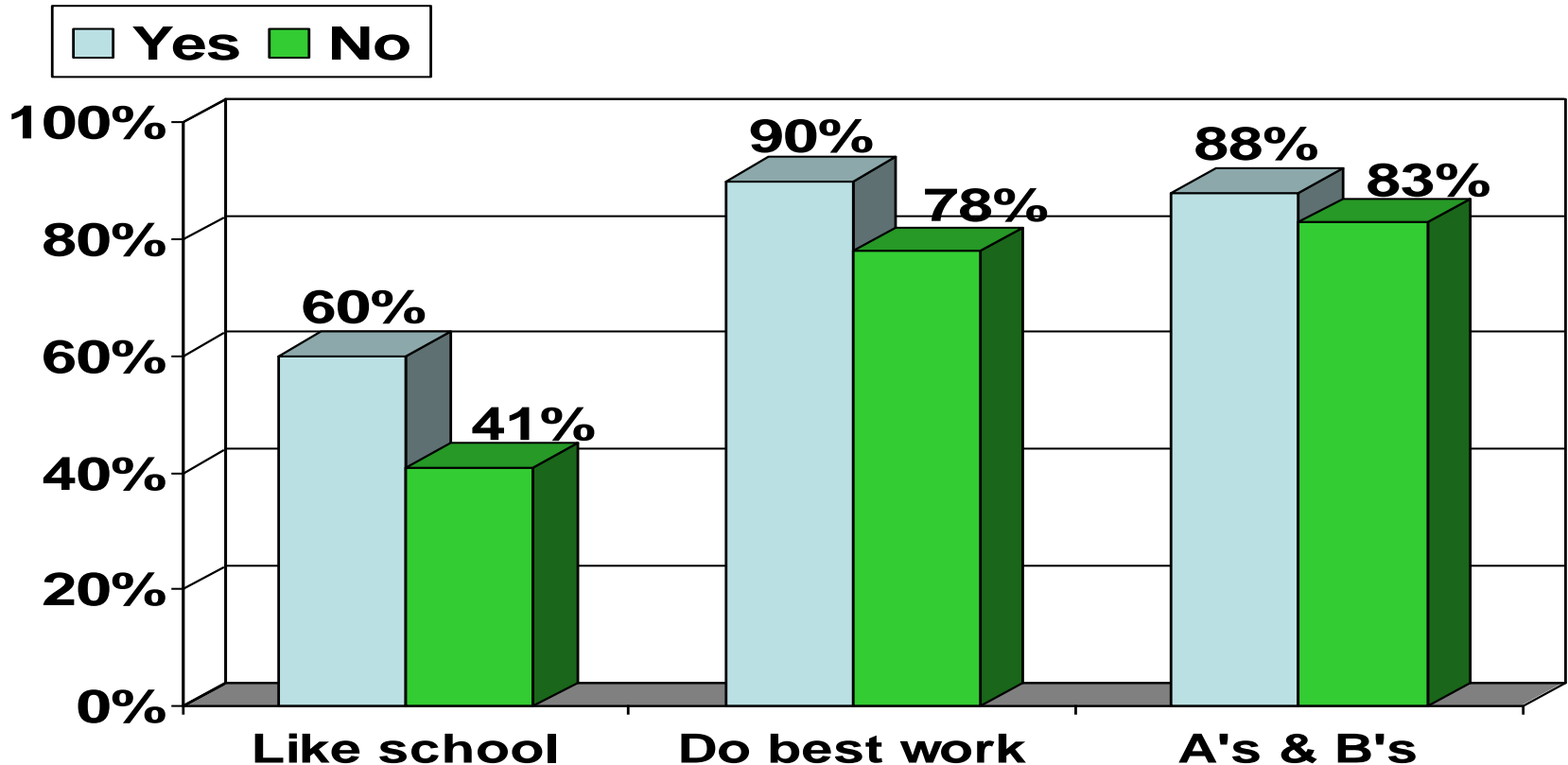
Impact of **supportive community adults** on student drug use



Youth who said adults in their neighborhood encourage them to do their best are less likely to use drugs.



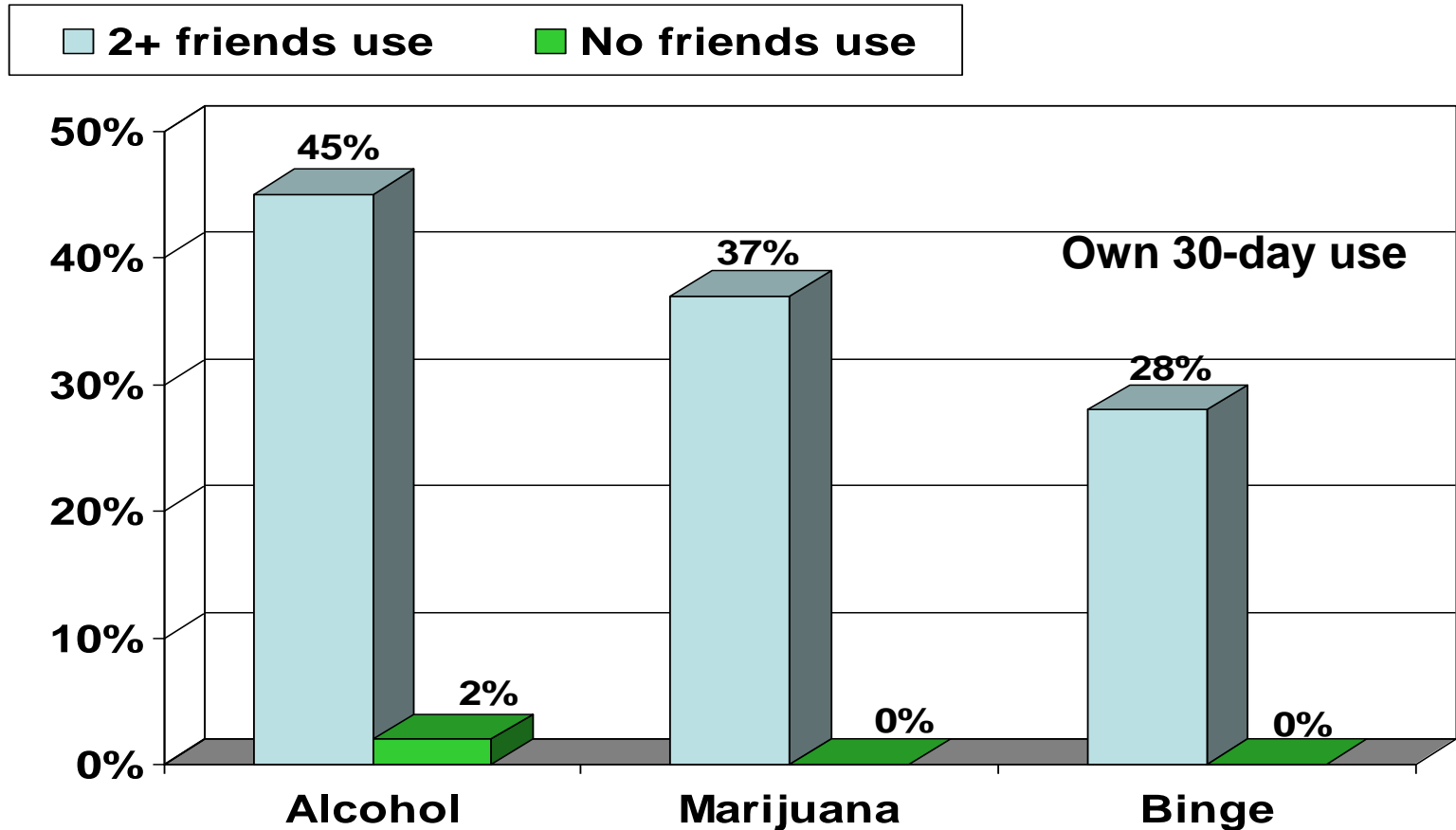
Impact of **supportive community adults** on youth academic success



Youth who said adults in their neighborhood encourage them to do their best like school more, work harder and get better grades.



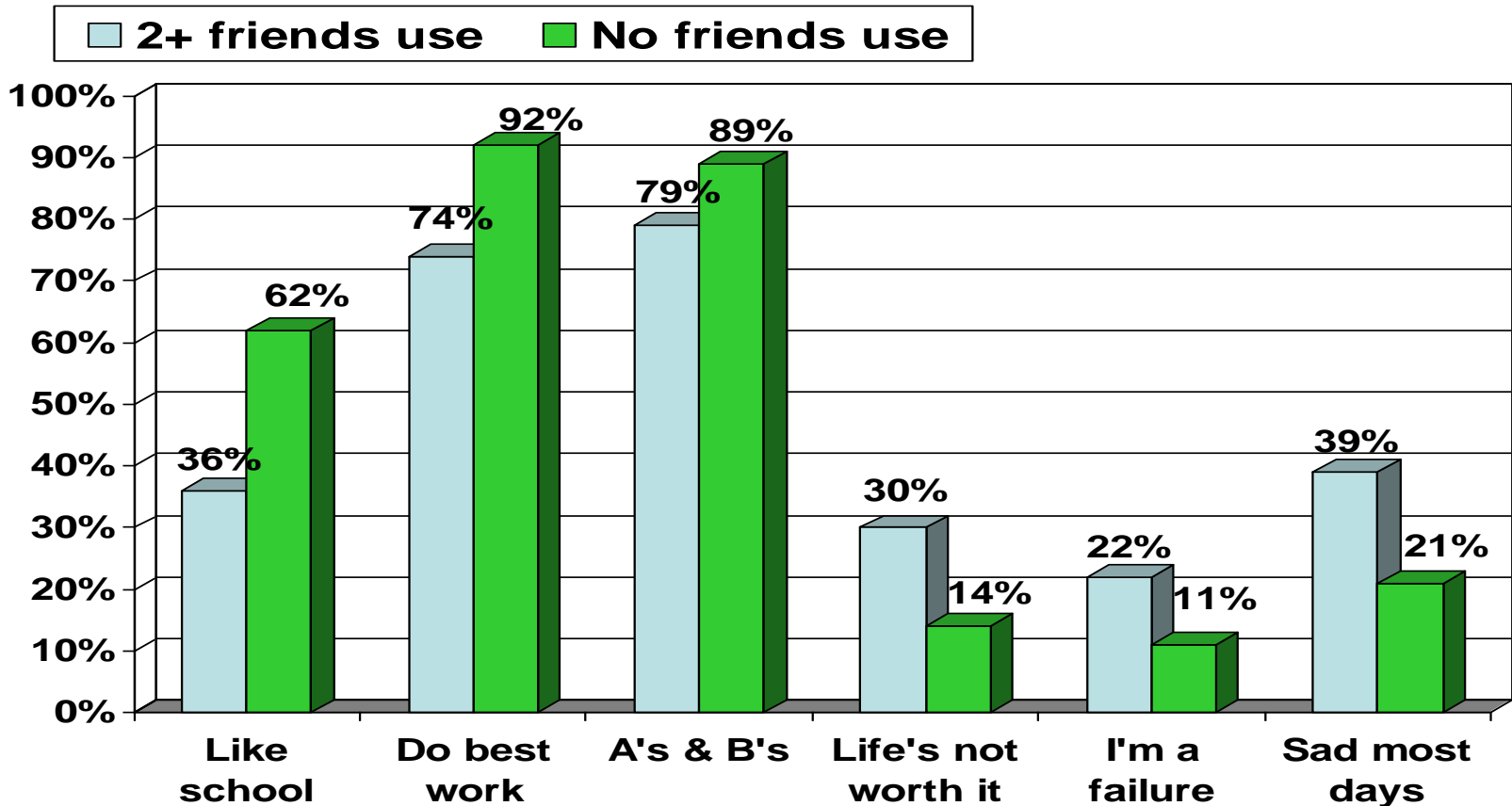
Impact of friends' substance use



Students whose friends don't use alcohol or marijuana are also unlikely to use. Conversely, if friends use, they use.



Impact of friends' substance use

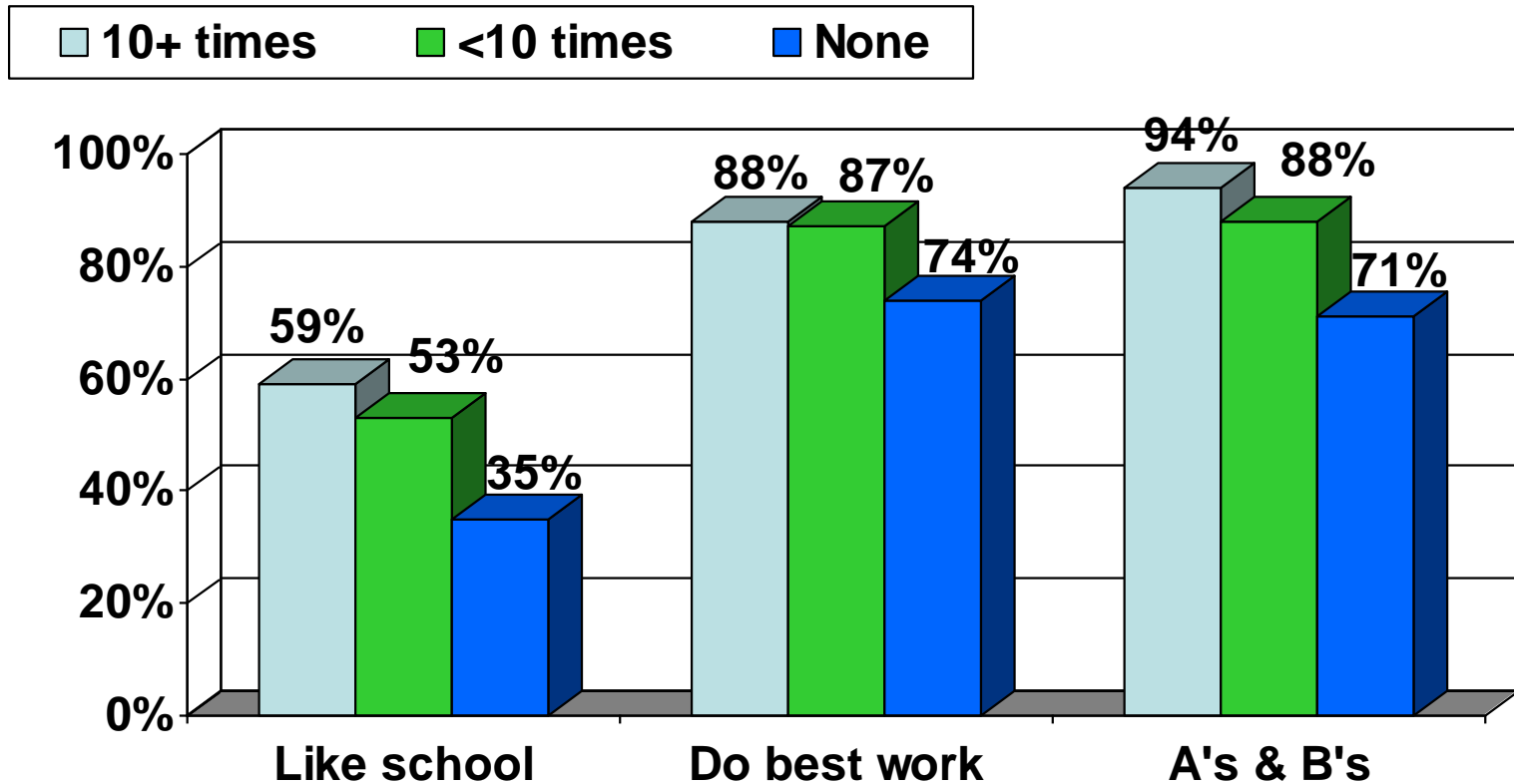


Students whose friends do not use alcohol or marijuana are more engaged in school and have fewer depressive symptoms.



Youth who participated 10+ times in past year in school or community activities...

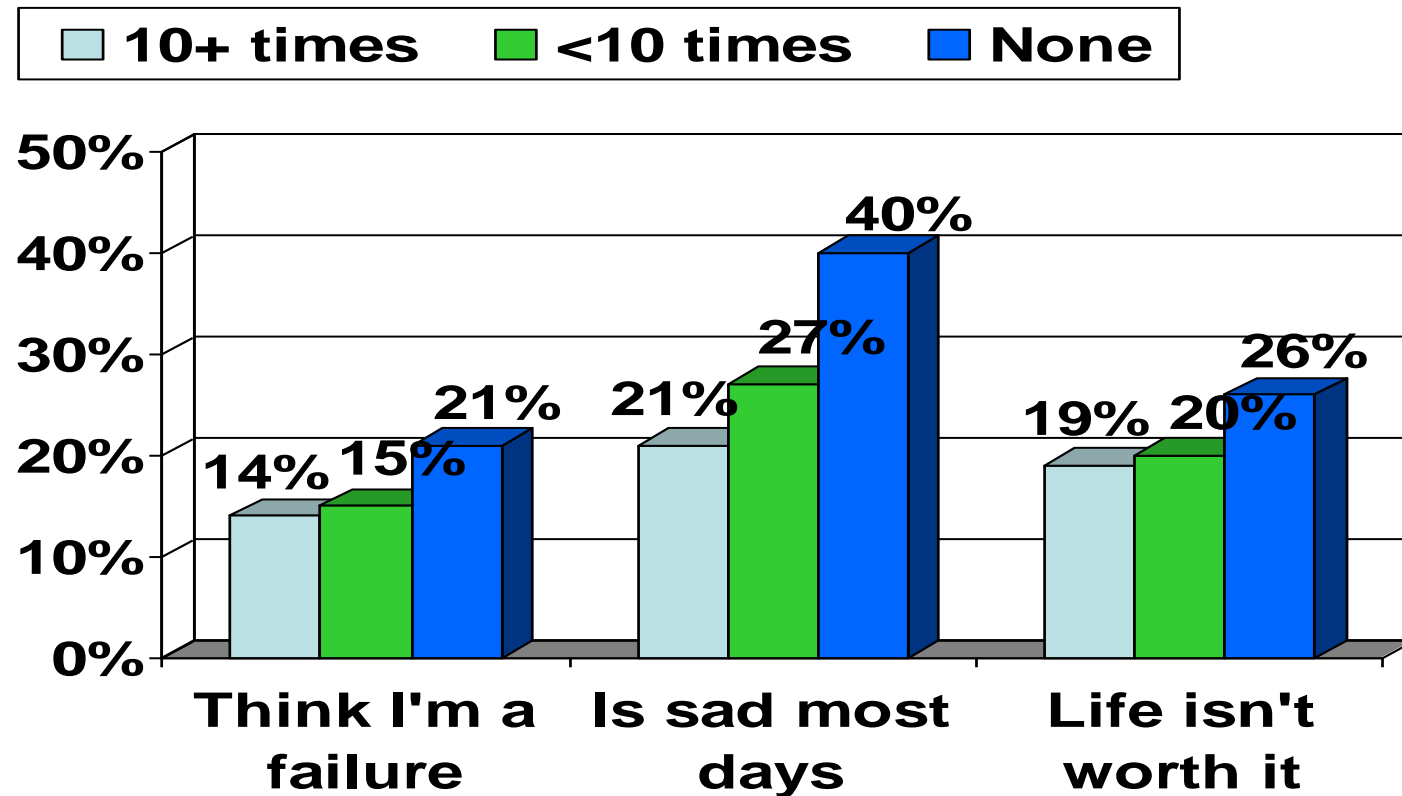
like school more, do their best work, & get better grades.





Youth who participated 10+ times in past year...

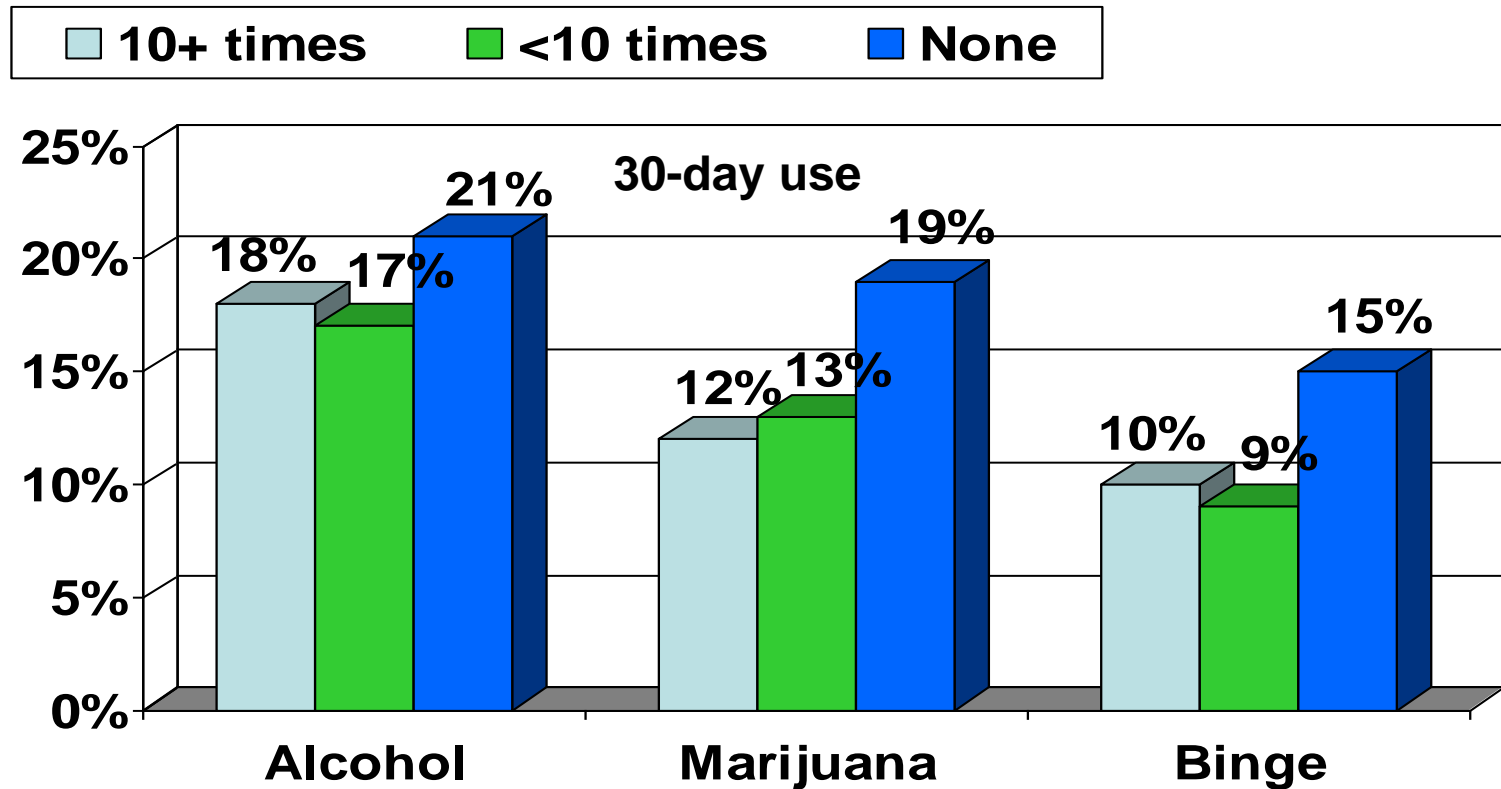
have lower rates of depressive symptoms and feel better about themselves than youth who participated fewer than 10 times.





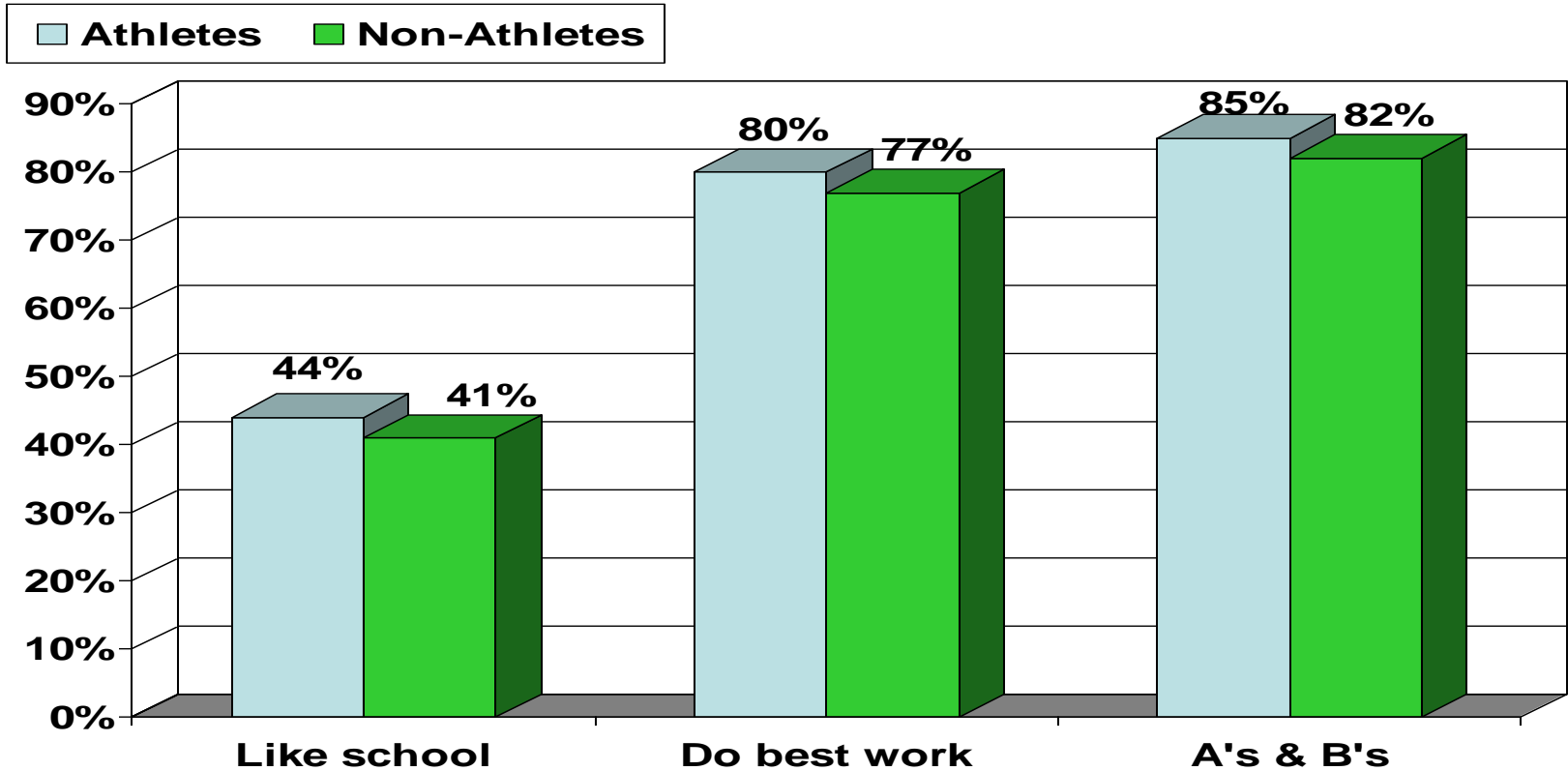
Youth who participated 10+ times in past year...

have lower rates of 30-day alcohol and marijuana use than students who don't participate. Binge rates are also lower.





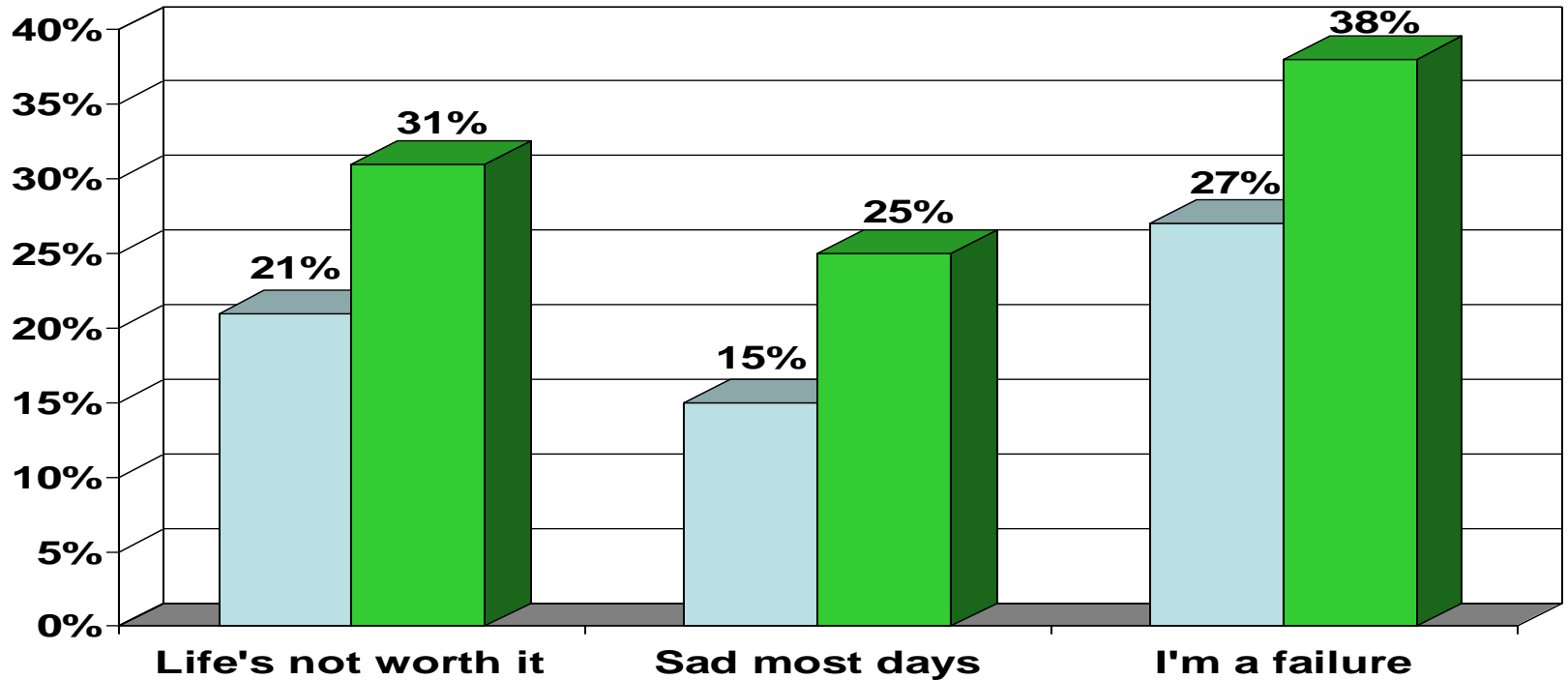
Impact of participation in sports



High schoolers who participate in sports are slightly more engaged at school than non-athletes.



Impact of participation in sports



H.S. student athletes have lower rates of depressive symptoms and feel better about themselves than non-athletes



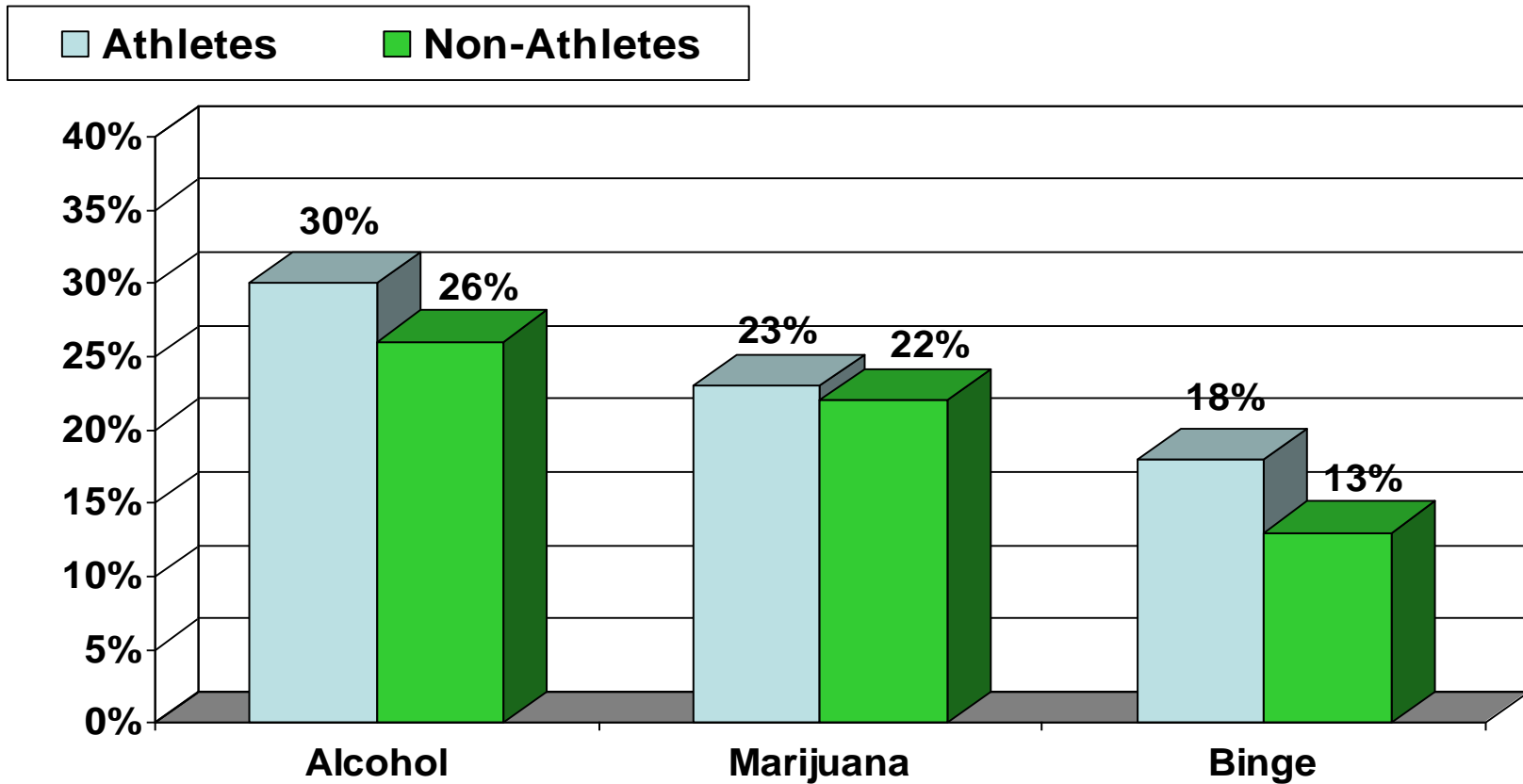
Are H.S. athletes more or less likely to use alcohol than non-athletes?

- More likely
- Less likely



Student athletes

are more likely to use alcohol & to binge drink than non-athletes.





Survey validity

- Sample size
- Anonymity
- Cross check of answers for consistency
- “Trick” questions



Questions & Discussion