

2013

Duxbury High School

Youth Risk Behavior Survey Results



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Methods

Duxbury High School students completed a youth survey to assess a host of risk and protective factors. This report provides the detailed survey findings.

SURVEY

The 2013 Duxbury Youth Risk Behavior Survey was adapted from the 2011 Massachusetts Youth Risk Behavior Survey (YRBS) by the Centers for Disease Control¹. Questions in the survey measured student demographics, substance use, protective factors, depression, personal safety, and sexual health. Social norms questions were added to assess misperceptions among Duxbury High School students on areas of substance use. These questions were adapted from the *Most of Us Teen Norms Survey*².

SAMPLE

The survey was administered on May 2, 2013. The final numbers and demographic profile of students surveyed are discussed in the sample section of this report.

DATA CLEANING AND VALIDITY

Surveys were sent directly from students to *The Outcomes Project* for analysis. Several steps were taken to ensure that the gathered data accurately reflects the behaviors of Duxbury High School students, a process known as “data cleaning.”

First, the survey forms were analyzed visually for “doodling” which are designs made on the bubble answer sheet. Seventeen students were removed for this reason. The survey instrument featured an internal check by imbedding one question in the survey which asked about the use of a fictional drug. Ten students were removed from the sample for indicating that they had used this fake substance. The data was analyzed for inconsistency and exaggeration. Surveys are removed for inconsistencies in cases where students gave inconsistent answers throughout the entire survey. An example of exaggeration might be a student selecting the highest possible use rate for all substances on the survey. One student was removed for these reasons.

Following the data cleaning procedure, the final sample size for the Duxbury High School Youth Risk Behavior Survey is 936 students.

¹ Center for Disease Control, www.cdc.gov

² Most of Us, www.mostofus.org

COMPARISON DATA

Since the survey administered at Duxbury High School was based on an existing instrument, comparison data for many question items is publicly available. Comparisons are useful for providing context to survey results and can aid in identifying both strengths and priority areas.

Where available, comparison data is provided in this report. National comparison numbers are from the 2011 Youth Risk Behavior Survey data set issued by the Centers for Disease Control. State comparison numbers used are from the 2011 Massachusetts Youth Risk Behavior Survey data set reported by The Massachusetts Department of Elementary and Secondary Education and Public Health. This is the most current comparison data available.

REPORTING

For each variable (question), percentages are given out of the students that answered that individual question. Therefore, responses may vary by question as students were allowed to skip individual questions if they did not want to respond. Percentages are rounded up or down where necessary.

Sample

Duxbury High School Survey Population

Total number of students enrolled in grades 9-12	980 students
Number of students absent on day of survey	students
Students whose parents opted out of survey	2 students
Surveys removed from final sample by evaluators through the data cleaning and validity process*	18 students
Students unaccounted for (survey not completed for unknown reason)	students
Final sample included in analysis for this report	936 students
Representation Rate (% of surveys included in analysis out of those available to take the survey)	%

*Please see page 3 for explanation of validity check procedures.

DEMOGRAPHIC PROFILE

	Number of Respondents	Percentage of Respondents
Total Valid Surveys	936	100%
Sex		
Male	457	49%
Female	476	51%
Grade		
9 th grade	254	27%
10 th grade	255	27%
11 th grade	214	23%
12 th grade	209	22%

Age	Number	Percentage
14 years old	81	9%
15 years old	244	26%
16 years old	232	25%
17 years old	215	23%
18 years old or older	161	17%

(The number of students in the first column may not always add up to the total amount in the sample of 936. Students were allowed to skip individual questions.)

Survey Findings

SUBSTANCE USE

Students were asked a range of questions related to their use of substances. Where applicable comparisons are made to Massachusetts' and United States' (2011) averages.

Substance/Activity	Duxbury	MA	USA
Alcohol			
Used within past 30 days	43%	40%	39%
Used within lifetime	67.5%	68%	71%
Age of onset	14.39 years	NA	NA
First used before age 13	7%	15%	20.5%
High-risk drinking during past 30 days	23%	22%	22%
Rode with a driver who had been drinking alcohol during past 30 days	21%	23%	24%
Drove a car or other vehicle when had been drinking alcohol during past 30 days	9%	7%	8%
Drank at least one drink of alcohol on school property	1%	4%	5%
Cigarettes			
Used within past 30 days	5.5%	14%	18%
Used within lifetime	22%	39%	45%
Age of onset	14.24 years	NA	NA
First used before age 13	2%	7%	10%
Used chewing tobacco, snuff or dip during the past 30 days	4%	7%	8%
Used cigars, cigarillos or little cigars during the past 30 days	13%	14%	13%
Smoked cigarettes on school property during the past 30 days	0.4%	6%	5%
Used chewing tobacco, snuff or dip on school property during the past 30 days	1%	NA	5%
Marijuana			
Used within past 30 days	22%	28%	23%
Used within lifetime	36%	43%	40%
Age of onset	14.86 years	NA	NA
First used before age 13	1.5%	7%	8%
Used marijuana on school property during the past 30 days	4%	6%	6%
Prescription Medications Without a Doctor's Orders			
Used within past 30 days	5%	6%	NA
Used within lifetime	13%	15%	21%

OTHER ILLICIT DRUG USE

Substance/Activity	Duxbury	MA	USA
Other Illicit Drug Use: Lifetime			
Non-prescription medicines (for something other than intended purpose)	10%	8%	NA
Cocaine	3%	5%	7%
Ecstasy	6%	6%	8%
Heroin	1%	2%	3%
Methamphetamines	2%	3%	4%
Steroid pills or shots without a doctor's prescription	1%	3%	4%
Any type of illegal drug such as LSD, PCP, mushrooms, Ketamine, Rohypnol or GHB	5%	NA	NA
Used a needle to inject any illegal drug into body	1%	2%	2%
Other Illicit Drug Use: 30 days			
Non-prescription medicines (for something other than intended purpose)	4%	NA	NA
Cocaine	1%	NA	3%
Inhalants	1%	NA	NA
Heroin	0.5%	NA	NA

CIGARETTE USE PER DAY

Students were asked during the past 30 days, on the days they smoked, how many cigarettes they smoked per day.

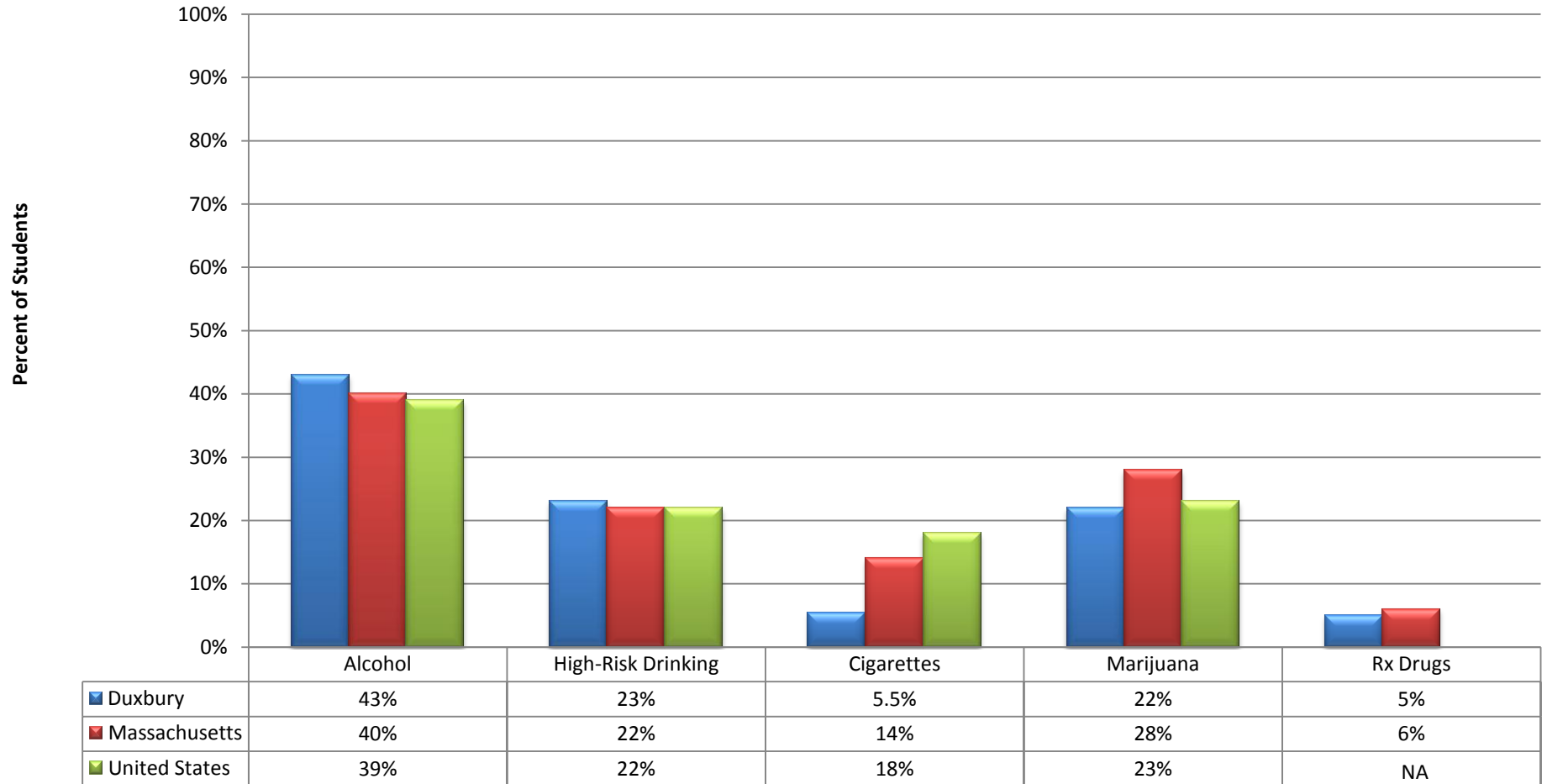
Response	Percentage
I did not smoke cigarettes during the past 30 days	95%
Less than 1 cigarette per day	1%
1 cigarette per day	1%
2 to 5 cigarettes per day	2%
6 to 10 cigarettes per day	0.2%
11 to 20 cigarettes per day	0.1%
More than 20 cigarettes per day	0%

QUIT SMOKING CIGARETTES

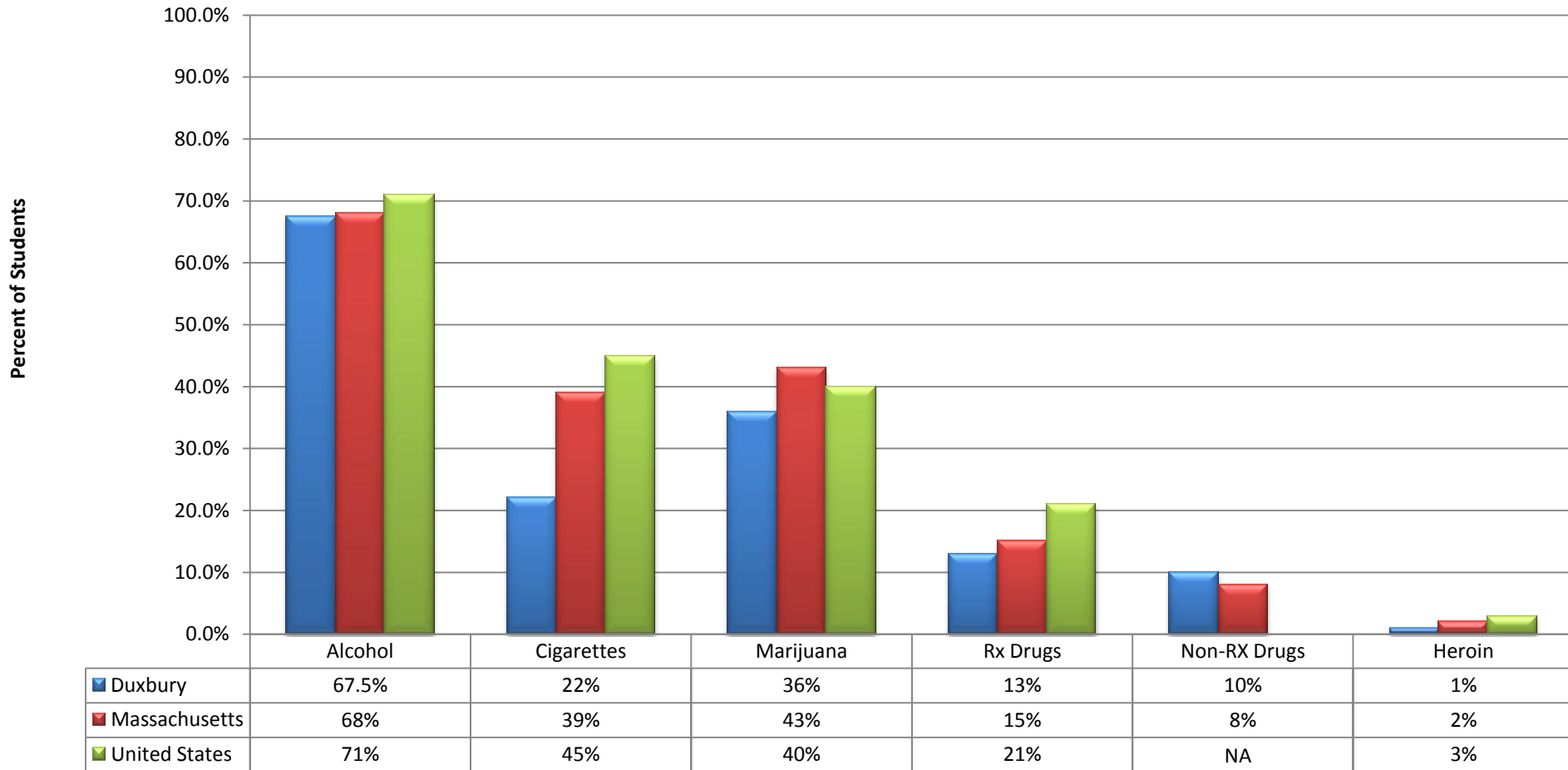
Students were asked during the past 12 months, if they ever tried to quit smoking cigarettes.

- 3.5% of students reported 'yes'.

**Chart 1. Duxbury High School Past 30 Days Substance Use (2013)
Compared to Massachusetts & United States (2011)**



**Chart 2. Duxbury High School Lifetime Substance Use (2013)
Compared to Massachusetts & United States (2011)**



ACCESS TO SUBSTANCES

WHERE STUDENTS OBTAIN ALCOHOL

Students were asked to report where they most frequently got alcohol.

Access Point	Percentage of Students
Do not drink or get alcohol	45%
Someone I know purchased it for me	24%
At a friend's house, <i>without</i> their parent's knowledge	11%
At home, with my parent's knowledge	6%
At home, without my parent's knowledge	6%
Other	5%
At a friend's house, <i>with</i> their parent's knowledge	1%
I purchase it at a store	1%
I asked a stranger to purchase it for me	0.5%

WHERE STUDENTS OBTAIN CIGARETTES

Students were asked to report where they usually get their own cigarettes during the past 30 days.

Access Point	Percentage of Students
I did not smoke cigarettes during the past 30 days	95%
I bought them from a vending machine	2.5%
I gave someone else money to buy them for me	2%
I bought them in a store such as a convenience store, supermarket, discount store or gas station	1%
A person 18 years old or older gave them to me	0.3%
I took them from a store or family member	0.1%

ACCESS TO DRUGS ON SCHOOL PROPERTY

Students were asked if anyone has offered, sold, or given them an illegal drug on school property during the past 12 months.

- 20.5% of students reported 'yes'.
 - ❖ 26% of high school students nationwide reported they have been offered, sold, or given an illegal drug on school property.
 - ❖ 27% of Massachusetts high school students reported they have been offered, sold, or given an illegal drug on school property.

PROTECTIVE FACTORS

This section of the report will cover several areas related to protective factors associated with the prevention of substance use and other risky behaviors. These protective factors include feeling valued at school, having supportive adults, participation in extra-curricular activities, grades at school and perception of risk of harm of alcohol and drug use and perception of parental disapproval of alcohol and drug use.

GRADES AT SCHOOL

Students were asked to describe their grades in school during the past 12 months.

Grades	Percentage
Mostly A's	48.5%
Mostly B's	41%
Mostly C's	8%
Mostly D's	0.7%
Mostly F's	0.2%
Not sure	1%

SUPPORTIVE ADULTS

Students were asked how they agree with two statements.

Statement	Yes	No	Not Sure
Is there at least one teacher or other adult in this school that you can talk to if you have a problem?	71%	13%	16%

❖ 71% of Massachusetts high school students reported there is at least one teacher or other adult in this school they can talk to if they have a problem.

SUPPORTIVE ADULTS

Students were asked how they agree with the following statements.

Statement	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Don't Know
I feel valued as a person at this school	16%	41%	30%	8%	2%	3%
I feel that faculty and staff care about me as a student	16%	46%	27%	8%	3%	1.5%
I have a responsibility to contribute to the well being of other students	27%	47%	21%	3.5%	0.4%	2%

PARTICIPATION IN GROUPS

Students were asked to what extent they participated in the following groups during the past year.

Response	Athletic Groups	Music and Other Performing Arts Groups	Community Organizations
Not involved	15%	41%	45%
Attended	10%	14%	29%
Active Involvement	55%	33%	18.5%
Leadership position	20%	12%	8%

PERCEPTION OF RISK OF HARM

This collection of questions asked students how much they believed people risked harming themselves by engaging in four risk behaviors.

Substance	'Moderate Risk'	'Great Risk'
Smoking one or more packs of cigarettes per day	12%	79%
Trying one or two drinks of an alcoholic beverage	27%	10%
Drinking one or two drinks of an alcoholic beverage nearly every day	29%	51%
Have five or more drinks of alcohol once or twice every weekend	34%	48%
Smoking marijuana occasionally	28%	33%
Smoking marijuana regularly	20%	15%

PERCEPTION OF PARENTAL DISAPPROVAL

A series of questions asked each student how wrong his/her parents feel (on a four point scale) it would be for him/her to drink alcohol, smoke tobacco, smoke marijuana or using prescription drugs not prescribed to them.

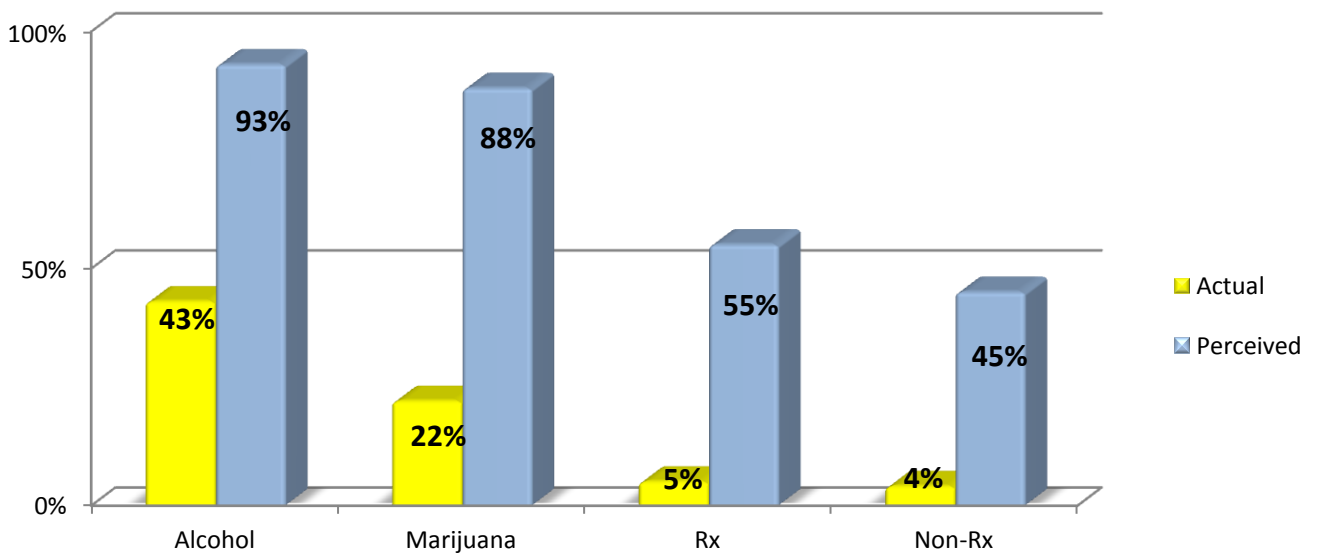
Substance	'Wrong'	'Very Wrong'
Smoking cigarette	12%	86%
Drink beer, wine, or hard liquor regularly	34%	48%
Smoking marijuana	23%	67.5%

SOCIAL NORMS

Students were asked what if they believe the average Duxbury High School student used substances in 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, creating a misperception. A misperception rate of 50% or more indicates a misperception if the actual usage rate is less than 50%.

The table below illustrates the 30-day use rate (actual) compared with the perception of use by peers. Perception was measured by asking students what percentage of students in their grade they believe has used a particular substance in the past 30 days (perceived). Duxbury High School students misperceive that the majority of their peers have used alcohol, marijuana and prescription drugs more than they actually do. This misperception can be considered a risk factor, based on the Social Norms Theory, as students may feel pressure to engage in that risky behavior because they believe that most (>50%) of their peers participate in that behavior. Less than 50% of students reported they believe the average Duxbury High School student used non-prescription medicines for something other than their intended purpose in the past 30 days; therefore, a misperception does not exist.

Duxbury High School Actual and Perceived 30-day Use of Alcohol, Marijuana, Prescription Medications and Non-Prescription Medicines



SUICIDAL BEHAVIORS AND STRESS

Students were asked a series of questions that addressed feeling sad and suicidal behaviors. Questions measured sad feelings, thoughts of suicide, suicide attempt and self-injury. Measures are reported in the following table.

Measure	Duxbury	MA	USA
Felt so sad or hopeless almost every day for two weeks or more in a row within the past year, that they stopped doing usual activities	22%	25%	28.5%
Seriously considered attempting suicide in the past 12 months	11.5%	13%	16%
Made a plan about how to attempt suicide in the past 12 months	8.5%	12%	13%
Actually attempted suicide in the past 12 months	11%	7%	8%
Attempted suicide that resulted in an injury, poisoning or overdose that had to be treated by a doctor or nurse during the past 12 months	3%	2%	2%
Hurt or injured oneself on purpose during the past 12 months	13%	18%	NA

STRESS

Students were asked how often they feel stress in their life.

Response	Percentage
Never	2%
Rarely	9%
Sometimes	40%
Most of the time	41%
Always	8.5%

PERSONAL SAFETY & VIOLENCE

Results for violence-related questions for students who answered 'yes' or 'one time or more' for the given question.

Activity	Duxbury	MA	US
Carried a weapon such as a gun, knife or club during the past 30 days	7.5%	18%	20%
Carried a weapon such as a gun, knife or club during the past 30 days on school property	1%	4%	5%
Carried a gun during the past 30 days	1%	3%	5%
Been in a physical fight during past 12 months	15%	25%	33%
Been injured in a physical fight and had to be treated by a doctor or nurse during the past 12 months	2%	4%	4%
Been in a physical fight during the past 30 days	6%	NA	NA
Been in a physical fight during the past 12 months	15%	25%	33%
Been in a physical fight on school property during the past 12 months	3%	7%	12%
Did not go to school because they felt it would be unsafe at school or on their way to or from school during the past 30 days	2%	5%	6%
Been threatened or injured with a weapon such as a gun, knife or club on school property during the past 12 months	1%	7%	7%
Had their property such as car, clothing or books stolen or deliberately damaged on school property during the past 12 months	24%	NA	26%
Been hit, slapped or physically hurt on purpose by a boyfriend or girlfriend during the past 12 months	8.5%	9%	9%
Been forced to have sexual intercourse when did not want to in lifetime	9%	NA	8%

SEATBELT USE

Students were asked how often they wear a seatbelt when riding in a car driven by someone else.

Frequency	Percentage of Students
Never	1%
Rarely	1%
Sometimes	6%
Most of the time	25%
Always	67%

- ❖ 10% of high school students nationwide reported 'Never' or 'Rarely' wearing a seat belt when riding in a car driven by someone else.
- ❖ 14% of Massachusetts' high school students reported 'Never' or 'Rarely' wearing a seat belt when riding in a car driven by someone else.

HELMET USE

Students were asked how often they wear a helmet while riding a bicycle during the past 12 months.

Frequency	Percentage of Students
I did not ride a bicycle during the past 12 months	23%
Never wore a helmet	19%
Rarely wore a helmet	12%
Sometimes wore a helmet	12%
Most of the time wore a helmet	16.5%
Always wore a helmet	18%

BULLYING

LOCATION OF BULLYING

Students were asked if they have been bullied at school or electronically during the past 12 months. Those who reported 'yes' are reported below.

Statement	Percentage
Bullied on school property	17%
Electronically bullied via email, instant messaging, social networking sites and/or texting	19%

- ❖ 20% of high school students nationwide report being bullied on school property during the past 12 months.
- ❖ 18% of Massachusetts' high school students report being bullied on school property during the past 12 months.

PERCEPTIONS OF BULLYING

Students were asked whether they agree or disagree with the following statements.

Statement	Agree	Disagree
Bullying is a problem in my school.	33%	67%
My school is a safe place for all students.	70%	30%
Someone I know is sometimes anxious to come to this school because of bullying.	18%	82%
I know what the procedures are for reporting bullying in my school.	76%	24%
The adults in my school work with students to keep school a safe and respectful place to learn.	80%	20%
I am comfortable reporting bullying and harassment.	68%	32%
At my school, there are consequences for bullying.	85%	15%
Some kids deserve to be picked on or bullied.	12%	88%

SEXUAL HEALTH

Duxbury High School students were asked questions about age of first sexual intercourse, number of sexual partners, use of drugs or alcohol before intercourse, condom usage and methods of pregnancy prevention.

SEXUAL INTERCOURSE

- 32.5% of Duxbury High School students reported having sexual intercourse in their lifetime.
- ❖ 47% of high school students nationwide reported having sexual intercourse in their lifetime.
- ❖ 42% of Massachusetts' high school students reported having sexual intercourse in their lifetime.

AGE AT FIRST SEXUAL INTERCOURSE

Of the students that have reported having sexual intercourse, the average age when they first had sex was 15.45 years.

Age	Percentage
Have never had sexual intercourse	70%
11 years old or younger	0.8%
12 years old	0.4%
13 years old	0.8%
14 years old	4%
15 years old	8%
16 years old	11%
17 years old or older	6%

- ❖ 4% of Massachusetts' high school students reported having sexual intercourse before the age of 13.
- ❖ 6% of high school students nationwide reported having sexual intercourse before the age of 13.

NUMBER OF SEXUAL PARTNERS IN LIFETIME

Students were asked how many people they have had sexual intercourse with in their lifetime.

Number of Partners	Percentage
I have never had sexual intercourse	70.5%
1 person	15%
2 people	6%
3 people	3%
4 people	2%
5 people	1%
6 or more people	2%

NUMBER OF SEXUAL PARTNERS IN PAST 30 DAYS

Students were asked how many people they have had sexual intercourse during the past thirty days.

Number of Partners	Percentage
I have never had sexual intercourse	70%
I have not had sexual intercourse within the past three months	8%
1 person	19%
2 people	2%
3 people	0.2%
4 people	0.1%
5 people	0.1%
6 or more people	0.7%

USE OF DRUGS OR ALCOHOL BEFORE SEXUAL INTERCOURSE

- ❖ 8% of students reported drinking alcohol or using drugs before they had sexual intercourse the last time.

CONDOMS USE

- ❖ 21% of students reported they or their partner used a condom the last time they had sexual intercourse.

PREGNANCY PREVENTION

Students were asked if they have had sexual intercourse and what method they or their partner used *the last time* to prevent pregnancy. Students were allowed to select more than one method. For this question, 69% of students reported they have never had sexual intercourse.

Method	Percentage
Condoms	16%
Birth control pills	10%
No method was used to prevent pregnancy	2%
Withdrawal	1.5%
Depo-Provera	0.4%
Not sure	0.4%
Some other method	0.3%

EXERCISE AND NUTRITION

Duxbury High School students were asked questions about their health, weight and frequency of physical activity.

PHYSICAL ACTIVITY

Students were asked a series of questions regarding physical activity;

1. Identify the number of days within the past week they were physically active for at least 20 minutes per day. They were told to add all the time they spent in any kind of physical activity that increased their heart rate and made them breathe hard some of the time.
2. Identify the number of days, within the past week, they exercised or participated in physical activity for at least 30 minutes that did not make them sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower or mopping floors.
3. Identify the number of days, within the past week, they were physically active for a total of at least 60 minutes per day.

Response	20 minutes sweating and breathing hard	30 minutes-no sweating or breathing hard	Total of 60 minutes
0 days	7%	19%	11%
1 day	5.5%	12%	9%
2 days	8%	14%	9%
3 days	12%	11.5%	10%
4 days	11%	9%	9%
5 days	16%	9%	16%
6 days	15%	4%	11%
7 days	26%	22%	24%

❖ 63% of Massachusetts' high school students reported that they were physically active for a total of at least 20 minutes per day on three or more of the past seven days.

HEALTH DESCRIPTION

Students were asked, in general, how to describe their health.

Response	Percentage
Excellent	22%
Very good	50%
Good	24.5%
Fair	3%
Poor	0.3%

WEIGHT DESCRIPTION

Students were asked how they would describe their weight.

Response	Percentage
Very underweight	2%
Slightly underweight	16%
About the right weight	62%
Slightly overweight	19%
Very overweight	1%

- ❖ 28% of Massachusetts' high school students viewed themselves as 'slightly overweight' or 'very overweight'.
- ❖ 29% of high school students nationwide viewed themselves as 'slightly overweight' or 'very overweight'.

WEIGHT MANAGEMENT

Students were asked what they are trying to do about their weight.

Response	Percentage
Lose weight	44%
Gain weight	17%
Stay the same weight	20%
Not trying to do anything about weight	19%

- ❖ 45% of Massachusetts' high school students reported they were trying to lose weight.
- ❖ 46% of high school students nationwide reported they were trying to lose weight.

WAYS TO LOSE WEIGHT

Students were asked if they have ever engaged in the following behaviors to lose weight or to keep from gaining weight.

Response	Percentage
Yes, I exercised	46%
Yes, I ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight	7.5%
Yes, I both exercised and ate less food, fewer calories or foods low in fat	33%
No, I did not exercise or eat less food, fewer calories or foods low in fat	13%

UNHEALTHY WAYS TO LOSE WEIGHT

Students were asked if they have ever engaged in the following unhealthy behaviors to lose weight or to keep from gaining weight.

Response	Duxbury	MA	US
Went without eating for 24 hours or more to lose weight or to keep from gaining weight	7%	10%	12%
Took diet pills, powders or liquids without a doctor's advice to lose weight or to keep from gaining weight	3%	4%	5%
Vomited or took laxatives to lose weight or to keep from gaining weight	4%	5%	4%

Releasing Data to the Public

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

Contact Information

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