

2017

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 2017 Duxbury Youth Survey was adapted from the 2017 State and Local Youth Risk Behavior Survey (YRBS) by the Centers for Disease Control. Questions in the survey measured student demographics, substance use, protective factors, depression, personal safety, and sexual health.

SAMPLE

The survey was administered on April 12, 2017. The final number and demographic profile of students surveyed are discussed in the sample section of this report.

DATA CLEANING AND VALIDITY

The survey was administered online via Survey Monkey. 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.”

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. Fourteen students were removed for these reasons. Eight students were removed for completing less than 20 answers.

Following the data cleaning procedure, the final sample size for the Duxbury High School Youth Risk Behavior Survey is 724 students.

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 2015 Youth Risk Behavior Survey data set issued by the Centers for Disease Control. State comparison numbers used are from the 2015 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.

Sample

Duxbury High School Survey Population

Surveys removed from final sample by evaluators through the data cleaning and validity process*	22 students
Final sample included in analysis for this report	724 students

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

DEMOGRAPHIC PROFILE

	Number of Respondents	Percentage of Respondents
Total Valid Surveys	724	100%
Sex		
Male	357	49%
Female	366	51%
Grade		
9 th grade	190	26%
10 th grade	210	29%
11 th grade	182	25%
12 th grade	138	19%
Ungraded or other grade	3	0.4%

	Number	Percentage
Race/Ethnicity		
White	699	96.5/5
Black or African American	8	1%
American Indian or Alaska Native	21	3%
Asian	22	3%
Native Hawaiian or Other Pacific Islander	5	0.7%
Hispanic or Latino (separate question from race)	31	4%

	Number	Percentage
Sexual Orientation		
Heterosexual (straight)	576	84.5%
Gay or Lesbian	13	2%
Bisexual	49	7%
Not sure	44	6.5%
Grades in School during the past 12 months		
Mostly A's	365	54%
Mostly B's	260	38%
Mostly C's	37	5%
Mostly D's	6	0.9%
Mostly F's	1	0.1%
None of these	5	0.5%
Not sure	7	1%

(The number of students in the first column may not always add up to the total amount in the sample of 724. 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' (2015) averages.

Substance/Activity	Duxbury	MA	USA
Alcohol			
Used within past 30 days	31%	34%	33%
Used within lifetime	50%	61%	63%
High-risk drinking during past 30 days*	21%	18%	18%
Age of onset	14.31 years	NA	NA
First used before age 13	6%	13%	17%
Drove after drinking alcohol in past 30 days**	5%	9%	8%
Rode with a driver who had been drinking alcohol in past 30 days	15%	18%	20%
Cigarettes/Tobacco			
Used within past 30 days	8%	8%	11%
Used within lifetime	17%	28%	32%
Age of onset	15.28 years	NA	NA
First used before age 13	1%	4%	7%
Chewing tobacco, snuff, or dip during past 30 days	3%	5.5%	7%
Smoked cigars, cigarillos or little cigars	8%	10%	10%
Tried to quit using all tobacco products	32%	NA	45%
Electronic Vapor Product			
Used within past 30 days	29%	24%	24%
Used within lifetime	37.5%	45%	45%
Marijuana			
Used within past 30 days	21%	24.5%	22%
Used within lifetime	31%	41%	39%
Age of onset	14.69 years	NA	NA
First used before age 13	3%	6%	7.5%

*Duxbury defined high risk drinking as 4 or more drinks of alcohol in a row if you are female and 5 or more drinks of alcohol in a row if you are male.

**Of those who drove a vehicle in the past 30 days

Substance/Activity	Duxbury	MA	USA
Other Illicit Drug Use- Lifetime			
Prescription pain medicine (without a doctor's prescription or differently than how a doctor instructed)	7%	NA	NA
Ecstasy	4.5%	4%	5%
Cocaine	4%	4.5%	5%
Inhalants	4%	NA	7%
Synthetic Marijuana	3.5%	NA	9%
Heroin	2%	2%	2%
Methamphetamines	2%	2%	3%
Steroid pills or shots (without doctor's prescription)	1.5%	NA	3.5%
Needle Use	1%	1%	2%
Been sold, offered or given an illegal drug on school property <i>during past 12 months</i>	13%	20%	22%

Number of Cigarettes Smoked Per Day

Response	Percentage
I did not smoke cigarettes during the past 30 days	93%
Less than 1 cigarettes per day	3%
1 cigarette per day	2.5%
2 to 5 cigarettes per day	0.7%
6 to 10 cigarettes per day	0.1%
11 to 20 cigarettes per day	0.3%
More than 20 cigarettes per day	0.4%

Largest Number of Alcoholic Drinks Had in a Row

Response	Percentage
I did not drink alcohol during the past 30 days	69%
1 or 2 drinks	7%
3 drinks	3%
4 drinks	3%
5 drinks	5%
6 or 7 drinks	4%
8 or 9 drinks	3%
10 or more drinks	4%

ACCESS TO SUBSTANCES

Students were asked how they have obtained electronic vapor products and alcohol in the past 30 days.

Access to Electronic Vapor Products

Response	Percentage
I did not use during the past 30 days	71%
I borrowed them from someone else	12%
I bought them in store such as a convenience store, supermarket, discount store, gas station or vape store	7%
I gave someone else money to buy them for me	3%
A person 18 years old or older gave them to me	3%
I got them some other way	2%
I got them on the internet	1%
I took them from a store or another person	0.3%

Access to Alcohol

Response	Percentage
I did not use during the past 30 days	67.5%
Someone gave it to me	15%
I gave someone else money to buy it for me	7%
I got it some other way	4%
I took it from a store or another person	3%
I bought them in store such as a convenience store, supermarket, discount store or gas station	2%
I bought it at a restaurant, bar or club	0.4%
I bought it at a public event such as a concert or sporting event	0.4%

**Chart 1. Duxbury High School Past 30 Days Substance Use (2017)
Compared to Massachusetts & United States (2015)**

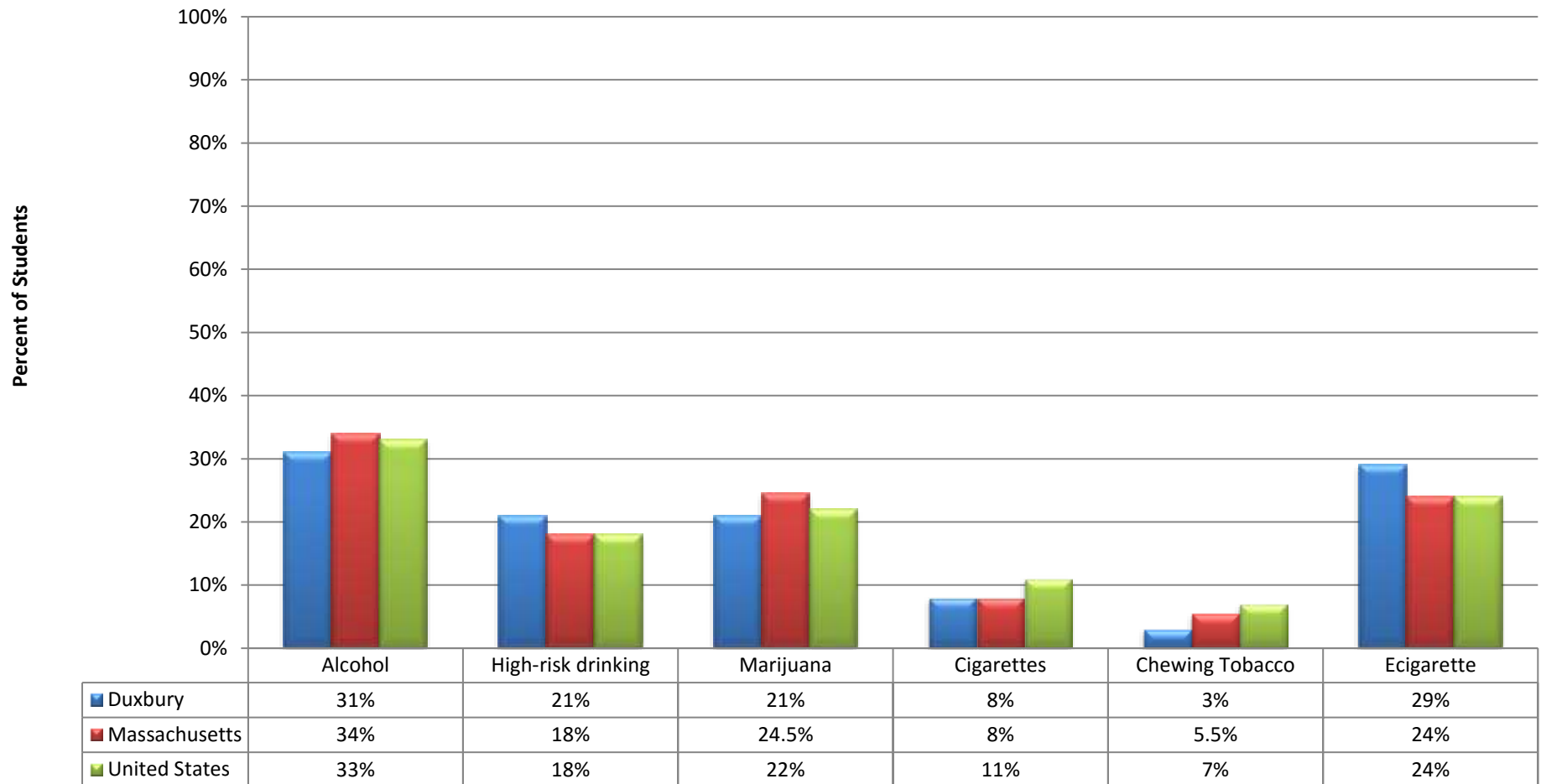
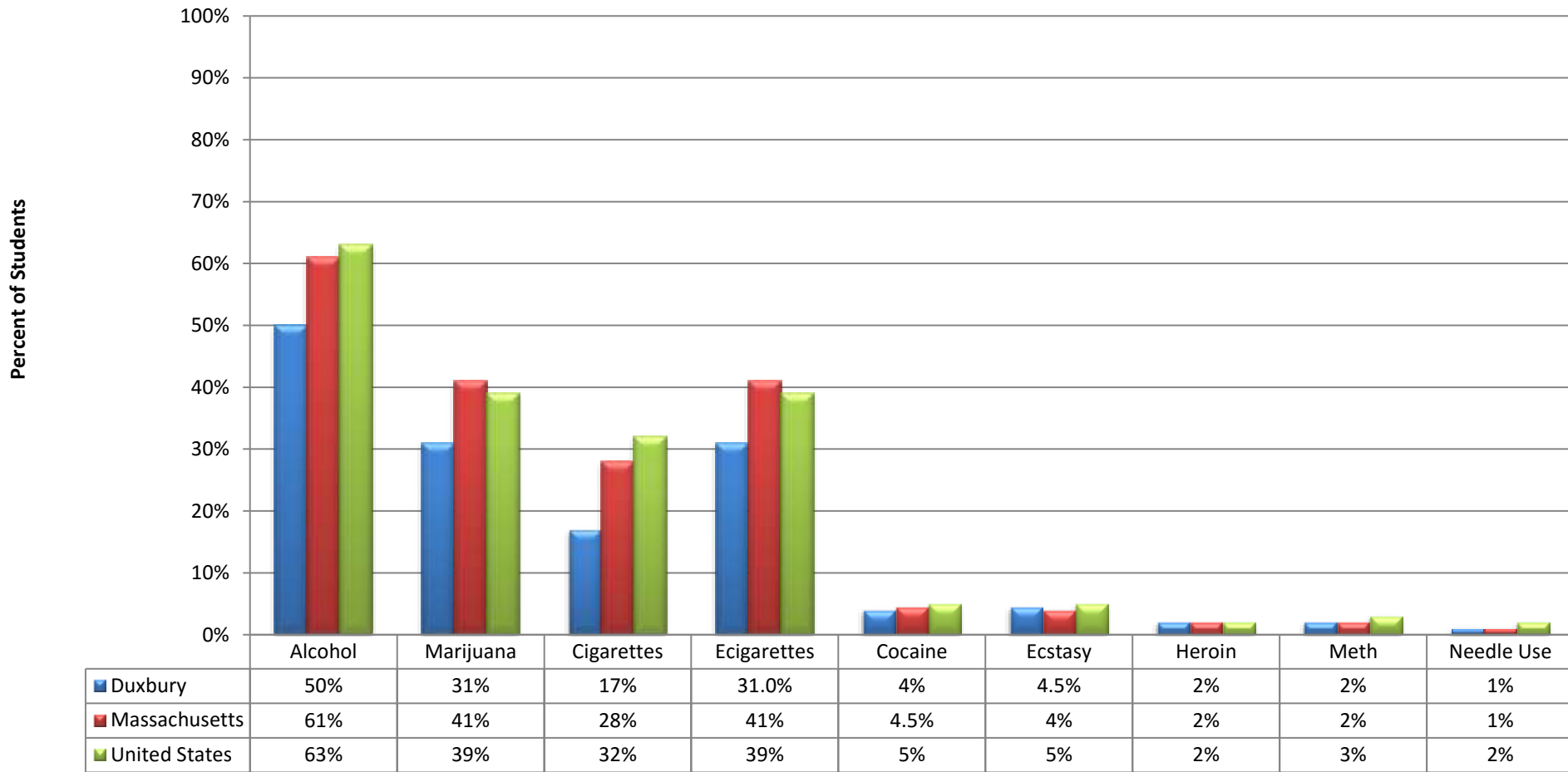


Chart 2. Duxbury High School Lifetime Substance Use (2017) Compared to Massachusetts & United States (2015)



SOCIAL NORMS

Students were asked what how many times they think the average Duxbury High school student used the following substance in the past 30 days. The percentage reported is the percentage of students who selected 1 or more days.

Substance	Percentage
Alcohol	87%
Marijuana	84%
Non-prescription medications for something other than their intended purpose	51%
Prescription Medications without a doctor's orders	54%

SOURCES OF INFORMATION

Students were asked how believable the following sources of information are about tobacco, alcohol or other drugs. Sources are ranked in order of believability.

Source	Very believable	Somewhat believable	Don't know	Somewhat unbelievable	Very unbelievable
Nurse, doctor or health professional	53%	18%	20%	3%	6%
Parents	37%	27%	20%	8%	8%
The police, DARE, etc.	39%	21%	22%	7%	11%
School counselor	27%	32%	28%	6%	8%
The internet	12.5%	33%	29%	17%	9%
Teachers/administrator	25%	29%	26%	9%	12%
Friends	14%	38%	26%	14.5%	7%
A coach	20%	32%	33.5%	7%	8%
Religious organization or religious leader	12%	16%	40.5%	12%	20%
Posters at school	10.5%	28%	34%	14%	14%
School newspaper	11%	24%	37%	13%	15%
YouTube	6%	21%	38%	21%	14%
Facebook	4%	12%	40.5%	25%	19%
Instagram	4%	13%	39%	25%	19%
Twitter	4.5%	13%	40%	23%	20%

DEPRESSION AND SUICIDAL BEHAVIORS

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

Measure	Duxbury	MA	USA
Felt sad or hopeless almost every day for two weeks or more in a row within the past year, that they stopped doing usual activities	26%	27%	30%
Seriously considered attempting suicide in the past 12 months	13%	15%	18%
Made a plan about how to attempt suicide in the past 12 months	9%	12%	15%
Actually attempted suicide in the past 12 months	4%	7%	9%
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	1%	3%	3%

Students were asked how many times they attempted suicide within the past 12 months.

Number of Attempts	Percentage of Students
0 times	96%
1 time	2%
2 or 3 times	1.5%
4 or 5 times	0.3%
6 or more times	0.3%

PERSONAL SAFETY, VIOLENCE & BULLYING

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

Number of Students that Report Being Involved in Violence-Related Behaviors

Activity	Duxbury	MA	USA
Been bullied by someone on school property within <i>past 12 months</i>	16%	16%	20%
Been electronically bullied within <i>past 12 months</i>	15%	13%	15.5%
Carried a weapon such as a gun, knife or club within the <i>past 30 days</i>	9%	13%	16%
Carried a weapon such as a gun, knife or club within the <i>past 30 days on school property</i>	2%	3%	4%
Carried a gun during the <i>past 30 days</i>	3%	3%	5%
Been threatened or injured with a weapon on school property within <i>past 12 months</i>	3%	4%	6%
Been in a physical fight within the <i>past 12 months</i>	13%	19%	23%
Been in a physical fight on school property within the <i>past 12 months</i>	5%	6%	8%
Did not go to school because they felt it would be unsafe at school or on their way to or from school during the <i>past 30 days</i>	3%	5%	6%
Been physically forced to have sexual intercourse when they did not want to in <i>lifetime</i>	7%	5.5%	7%
Been forced to do sexual things that they did not want to during the <i>past 12 months</i>	9%	9%	NA
Been forced to do sexual things they did not want to do by someone they were dating or going out with during the <i>past 12 months</i>	5.5%	7.5%	11%
Been physically hurt on purpose by someone they were dating or going out with during the <i>past 12 months</i>	3%	7%	10%

HELMET USE

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

Frequency	Percentage
Did not ride a bicycle	30.5%
Never	17.5%
Rarely	8%
Sometimes	9%
Most of the time	13%
Always	22%

DISTRACTED DRIVING

Students were asked two questions about their behavior while driving a car or other vehicle.

- 47% of students who drive reported texting or e-mailing while driving a car or other vehicle during the past 30 days.
 - ❖ 38.5% of Massachusetts' high school students reported texting or e-mailing while driving a car or other vehicle during the past 30 days.
 - ❖ 41.5% of high school students nationwide reported texting or e-mailing while driving a car or other vehicle during the past 30 days.

SEXUAL HEALTH

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

SEXUAL INTERCOURSE

- 28% of Duxbury High School students reported having sexual intercourse in their lifetime.
 - ❖ 36% of Massachusetts high school students reported having sexual intercourse in their lifetime.
 - ❖ 41% of high school students nationwide reported having sexual intercourse in their lifetime.

SEXUAL PARTNERS

Students were asked who they have had sexual contact with in their lifetime.

Response	Percentage
Have never had sexual contact	59%
Females	20%
Males	17%
Females and males	4%

AGE AT FIRST SEXUAL INTERCOURSE

Of the students that have reported having sexual intercourse, the average age when they first had sex was 15.12 years. 72% of students reported they have never had sexual intercourse.

Age	Percentage
11 years old or younger	2%
12 years old	0.7%
13 years old	2%
14 years old	2%
15 years old	6%
16 years old	10%
17 years old or older	5%

- ❖ 3% of Massachusetts high school students reported having sexual intercourse before the age of 13.
- ❖ 4% 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
Have never had sexual intercourse	72%
1 person	13%
2 people	5%
3 people	2%
4 people	2%
5 people	1.5%
6 or more people	5%

NUMBER OF SEXUAL PARTNERS IN PAST 3 MONTHS

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

Number of Partners	Percentage
Have never had sexual intercourse	72%
Have not had intercourse during the past 3 months	7%
1 person	14%
2 people	3%
3 people	1%
4 people	0.7%
5 people	0
6 or more people	1%

CONDOM USAGE

Students were asked to report whether they had used a condom *the last time* they had sexual intercourse. Of those who have had sexual intercourse, 65% of students reported they used a condom or their partner used a condom *the last time* they had sexual intercourse.

- ❖ 62.5% of Massachusetts high school students reported they used a condom or their partner used a condom *the last time* they had sexual intercourse.
- ❖ 57% of high school students nationwide reported they used a condom or their partner used a condom *the last time* they had sexual intercourse.

USE OF DRUGS OR ALCOHOL BEFORE SEXUAL INTERCOURSE

Of those who have had sexual intercourse, 27% of students reported drinking alcohol or using drugs before they had sexual intercourse the last time.

- ❖ 22% of Massachusetts high school students reported drinking alcohol or using drugs before they had sexual intercourse the last time.
- ❖ 21% of high school students nationwide reported drinking alcohol or using drugs before they had sexual intercourse the last time.

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, 67% of students reported they have never had sexual intercourse. The following percentages are out of those students who reported having had sex.

Method	Percentage
Condoms	47%
Birth control pills	27%
No method was used to prevent pregnancy	6%
Withdrawal	7%
Not sure	8%
A shot	2%
An IUD	2%

EXERCISE, NUTRITION AND HEALTH

Duxbury High School students were asked questions about frequency of physical activity, use of technology, dietary habits, sleep habits, asthma history and dental care.

WEIGHT

Students were asked how to describe their weight.

Response	Percentage
Very underweight	2%
Slightly overweight	17%
About the right weight	62%
Slightly overweight	16%
Very overweight	3%

- ❖ 31.5% of Massachusetts high school students reported viewing themselves as overweight.
- ❖ 31.5% of high school students nationwide reported viewing themselves as overweight.

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

Response	Percentage
Lose weight	35%
Gain weight	23%
Stay the same weight	17%
I am not trying to do anything about my weight	24%

PHYSICAL ACTIVITY

Students were asked to identify the number of days, within the past week, they were physically active for at least 60 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.

Response	Percentage
0 days	7%
1 day	4%
2 days	6%
3 days	8.5%
4 days	10%
5 days	14.5%
6 days	12%
7 days	38%

- ❖ 49% of Massachusetts high school students reported that they were physically active for a total of at least 60 minutes per day on five or more of the past seven days.
- ❖ Nationwide, 49% of students reported exercising five or more days.

PHYSICAL EDUCATION CLASS

Students were asked how many days they went to physical education classes in an average week.

Response	Percentage
0 days	28%
1 day	1%
2 days	2%
3 days	32%
4 days	28%
5 days	9%

- ❖ 45% of Massachusetts high school students reported going to physical education class at least one day in an average week.
- ❖ 48% of high school students nationwide reported going to physical education class at least one day in an average week.

SPORTS TEAMS

Students were asked how many sports teams they played on during the past 12 months.

Response	Percentage
0 teams	21%
1 team	19%
2 teams	26%
3 or more teams	34%

- ❖ 61% of Massachusetts high school students reported playing on at least one sports team during the past 12 months.
- ❖ 58% of high school students nationwide reported playing on at least one sports team during the past 12 months.

CONCUSSION HISTORY

Students were asked how many times they have had a concussion from playing a sport or being physically active during the past 12 months.

Response	Percentage
0 times	86%
1 time	11%
2 times	2%
3 times	0.4%
4 times	1%

- ❖ 14% of Massachusetts high school students reported having had at least one concussion during the past 12 months.

USE OF TELEVISION

Students were asked how many hours a day they spend watching TV.

Response	Percentage
Do not watch TV on an average school day	28.5%
Less than 1 hour per day	39%
2 hours per day	21%
3 hours per day	6%
4 hours per day	3%
5 or more hours per day	2.5%

- ❖ 18% of Massachusetts high school students reported watching three or more hours of TV on an average school day.
- ❖ 25% of high school students nationwide reported watching three or more hours of TV on an average school day.

USE OF VIDEO OR COMPUTER GAMES

Students were asked how many hours a day they spend playing video or computer games or use a computer for something that is not school work.

Response	Percentage
Do not play video or computer games or use a computer for something that is not school work	17%
Less than 1 hour per day	26%
2 hours per day	25%
3 hours per day	14.5%
4 hours per day	9%
5 or more hours per day	8%

- ❖ 43% of Massachusetts high school students reported playing video or computer games for three or more hours on an average school day.
- ❖ 42% of high school students nationwide reported playing video or computer games for three or more hours on an average school day.

BREAKFAST HABITS

Students were asked how many days they ate breakfast during the past seven days.

Response	Percentage
0 days	9%
1 day	5%
2 days	6%
3 days	7%
4 days	7%
5 days	10%
6 days	8%
7 days	48.5%

- ❖ 35% of Massachusetts high school students reported having breakfast all seven days.
- ❖ 36% of high school students nationwide reported having breakfast all seven days.

HOURS OF SLEEP

Students were asked how many hours of sleep they get on an average school night.

Response	Percentage
4 or less hours	6.5%
5 hours	7%
6 hours	22%
7 hours	35%
8 hours	25%
9 hours	4%
10 or more hours	1%

HEALTH CURRICULUM

Students were what topics they feel are the most important for students in a health curriculum. They were asked to rate each topic in order of importance. Only the top 5 orders of importance are displayed. The reminder of results may be found in the frequency report. They are displayed in rank order.

Topic	1	2	3	4	5
Specific information on the effects of drugs, alcohol and tobacco on teenagers	23.5%	8%	9%	7%	8%
Stress and anxiety management	20%	10%	10%	9%	5%
Mental health disorder	8%	12%	9.5%	8%	8%
Self-esteem	7%	10%	7%	12%	12%
Relationship behaviors	6%	13%	10%	10%	12%
Nutrition	6%	9%	12%	8%	14%
Image	6%	4%	5%	7%	7%
Bullying and harassment	5%	8%	9%	15%	12%
Personal fitness	5%	10%	9%	8%	10%
Cyber safety	4.5%	9%	8%	6%	6%

The following table shows the average score each topic was given. They are displayed in rank order.

Topic	Mean Score
Specific information on the effects of drugs, alcohol and tobacco on teenagers	5.21
Stress and anxiety management	5.30
Relationship behaviors	5.60
Bullying and harassment	5.70
Self-esteem	5.70
Nutrition	5.91
Personal fitness	6.10
Mental health disorder	6.12
Cyber safety	6.82
Image	7.24

Students were asked an open ended question about what additional topics should be included in the health curriculum. The responses are grouped in themes and reported below.

- *Sexual Health/Sexuality Education (16)*
 - *Normal and healthy sexual behaviors AND that it's not wrong for someone to have sex as long as both parties are consenting adults (over 16). The sex ed course had a LOT of ""but if you have more than 1 partner ever terrible things will happen to you"" and ""teenagers have never in history had sex. Everyone is a virgin until they're married"" that really bothered me.*
 - *Sex safety. Also proving that the facts/information is truthful and not out of the school's ass. I want sources!!!*
 - *Safe sex and what not- i don't really think students know enough about what is happening (not the physical act of sex but what comes along with it like emotions you may feel and the risks of STIs)*
 - *Sex Ed. (importance of contraception's)*
 - *Don't teach student not to have sex teach them how to be heathy about it and how to stay safe, don't make them scared of sex*
 - *Pregnancies*
 - *Rape*
- *Mental Health (8)*
 - *Specific information on mental health disorders affecting students and what to do, it isn't always just bullying/harassment*
 - *Eating Disorders*
 - *mental health issues caused by physical illness, NORMALIZING MENTAL HEALTH ISSUES & Teaching children where their support system lies/how to reach out for help, taking care of oneself physically, emotionally, & mentally/how to prioritize ones health/stress the importance of speaking up in regards to concerns about ones health, how to help others who are suffering from some illness/disorder (i.e. how to be a good/supportive friend, the right/wrong ways to treat friends with troubling issues)*
 - *Teaching kids that stress exists but yet also teaching them that it can sometimes be a ""You Problem"".*
- *Drugs/Substances (7)*
 - *Juules (2)*
 - *You need to tell these kids specifically what is IN THE VAPE JUICE. All these kids are vaping all day everyday. They all have their Juul in the bathroom or at lunch and they have NO IDEA what is going into their lungs. They act like its water vapor when it is clearly harmful chemicals. Educate kids about what they are vaping: it is only their ignorance that keeps them doing it. (2)*
 - *Please do not scare straight, students need actual information on the effects of drugs and alcohol, especially on their developing brain. To me, A medical pro objectively analyzing the effects is more effective than a previous addict scaring me straight.*
 - *I also think that the impact of drugs should be more realistically portrayed by the curriculum...*
- *LGBTQ (5)*
 - *Sexual Health Education specific to LGBT (2)*
- *Physical health (5)*
 - *Body health*

- SPORTS
- Weight loss or gain
- New lunch items
- Lactose Intolerance/Allergies
- Personal fitness
- Relationships (4)
 - How to deal with teachers that you don't like.
 - Abusive relationships
 - Relationship with parents
 - Toxic relationships
- Self-Harm (3)
 - Self-harm is bad I self-harm and people need help and you're doing nothing
- Self-esteem (3)
 - how we should be happy with our bodies
 - Peer Pressure in relation to self-confidence and secureness in how your decisions do not have to be like everyone else's and that is ok
- Life Skills (3)
 - Life Management, How to Balance School and Co-Curriculars
 - IQ, time management, pretty much how to do well in school,
 - things about the environment and how we're changing it is going to affect our health, among other things. What I've learned in environmental science this year seems more important than almost anything I've learned in any other class in school, save perhaps English where we learn to write/communicate effectively. I honestly think environmental science should be a required course.
- Bullying (2)
 - Bullying in this school is not helped at all. Administrators don't do anything about it
- Common sense
- Cyber Safety

Contact Information

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