

Student Attitudes and Behavior Survey

Neah-Kah-Nie School District

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Prevention Solutions

Prevention is a climate not a program

- Private nonprofit organization
- **43** years of school-based substance abuse prevention
- **Over 2.5** million students, **70** countries
- **Over 130k** students surveyed
- Evidence-based and personal experience



Prevention Defined

Prevention is an empowering process that promotes individual, family and community health throughout life by implementing practical and effective strategies that:

- Identify and strengthen **protective factors** that contribute to well-being
- Identify and address **risk factors** that interfere with well-being
- Identify and **intervene on behaviors** that lead to disease



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Survey Background

- Developed by experts in public health
- Completely anonymous
- 50 questions on substance use, student attitudes, school life, family life
- Supplemental questions
- 25 checks for inconsistent answers
- Respectful and curious students



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Your School

- Administered Fall 2022
- Grades 6-12
- Web-based survey
- 305 completed responses
- **94%** valid response rate



Key Findings

The vast majority of NKN students hold positive beliefs, engage in responsible decision making, and exhibit healthy behaviors.



Alcohol

- **73%** of NKN students have never had a whole drink of alcohol.
- **53%** of 10th-12th graders have never had a whole drink of alcohol.
 - 6 cases of higher-risk drinking
- **0%** of 6th graders drank in the past year, versus **67%** of 12th graders.
- **13%** of all students agree with the statement “students at this school feel pressured to drink alcohol.”



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Past-Year Alcohol Use

Q19. Have you used any of the following substances during the PAST 12 MONTHS? Do not include drugs used as prescribed by a medical doctor.

19a. Alcohol (at least one whole drink of wine, beer, malt beverage, wine cooler, liquor, mixed drink)

	6th		7th		8th		9th		10th		11th		12th		Total
Yes	0	0.00%	3	6.38%	4	9.76%	8	15.09%	8	15.09%	12	32.43%	22	66.67%	57
No	47	100.00%	44	93.62%	37	90.24%	45	84.91%	45	84.91%	25	67.57%	11	33.33%	254

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Alcohol rates compared to US Norms (MTF 2019)

Alcohol Use Lifetime Prevalence (Q5)

	MTF 8 th	NKN 8 th	MTF 10 th	NKN 10 th	MTF 12 th	NKN 12 th
Total	24.5	15.0	43.1	25.6	58.5	75.0
Male	23.1	15.8	40.8	27.3	56.8	76.5
Female	25.7	5.3	45.2	25.0	60.2	71.4

Alcohol Use Past 12 Months (Q19a)

	MTF 8 th	NKN 8 th	MTF 10 th	NKN 10 th	MTF 12 th	NKN 12 th
Total	19.3	9.8	37.7	21.4	52.1	66.7
Male	17.5	10.5	35.8	23.8	50.2	61.1
Female	21.0	0.0	39.4	20.0	53.8	71.4

Alcohol use at NKN is below U.S. norms in 8th and 10th grade and above US norms in 12th grade for all available measures.



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Marijuana

- **80%** of all students have never used marijuana.
- Past-year marijuana use ranges from **0%- 39%** (6th-12th grade).
 - (*weed, pot, joints, grass, hash, edibles*)
- Most popular substance after alcohol.



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Past-Year Marijuana Use

19e. Marijuana (weed, pot, joints, grass, hash, edibles)

	6th		7th		8th		9th		10th		11th		12th		Total
Yes	0	0.00%	6	12.77%	3	7.32%	8	15.09%	8	15.09%	13	35.14%	13	39.39%	51
No	47	100.00%	41	87.23%	38	92.68%	45	84.91%	45	84.91%	24	64.86%	20	60.61%	260



Marijuana rates compared to US Norms (MTF 2019)

Marijuana Use Lifetime Prevalence (Q17)

	MTF 8 th	NKN 8 th	MTF 10 th	NKN 10 th	MTF 12 th	NKN 12 th
Total	15.2	7.5	34.0	25.6	43.7	43.7
Male	13.6	5.3	32.9	36.4	43.7	41.2
Female	16.4	0.0	34.8	15.0	42.9	42.8

Marijuana Use Past 12 Months (Q19d)

	MTF 8 th	NKN 8 th	MTF 10 th	NKN 10 th	MTF 12 th	NKN 12 th
Total	11.8	7.3	28.8	21.4	35.7	39.4
Male	10.2	5.3	27.6	28.6	35.2	38.9
Female	13.0	0.0	29.7	15.0	35.5	35.7

Marijuana use at NKN is below or on par with U.S. norms for all available measures.



Smoking and Vaping

- **94%** of all students have not smoked a cigarette within the past 12 months.
- Past-year electronic vape use ranges from **0%-24%** (9th-12th grade).
 - *e-cigarettes, e-cigs, vape, vape pens, etc.*
- Rates of vaporizer use below US standards.
- Most popular substance after alcohol and marijuana.



Other Substances

The vast majority of students at NKN do *not* use other drugs. Most common substances reported were inhalants, OCT medicines and narcotics.

19n. Inhalants (sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high)															
	6th		7th		8th		9th		10th		11th		12th		Total
Yes	1	2.13%	0	0.00%	1	2.44%	2	3.77%	2	3.77%	2	5.41%	2	6.06%	10
No	46	97.87%	47	100.00%	40	97.56%	51	96.23%	51	96.23%	35	94.59%	31	93.94%	301

19p. Over-the-counter cold medicines used for non-medicinal purposes (Nyquil, cough syrup, etc.)															
	6th		7th		8th		9th		10th		11th		12th		Total
Yes	4	8.51%	3	6.38%	4	9.76%	4	7.55%	4	7.55%	5	13.51%	2	6.06%	26
No	43	91.49%	44	93.62%	37	90.24%	49	92.45%	49	92.45%	32	86.49%	31	93.94%	285

19h. Narcotics NOT prescribed for you (OxyContin, Vicodin, Dilaudid)															
	6th		7th		8th		9th		10th		11th		12th		Total
Yes	1	2.13%	1	2.13%	1	2.44%	1	1.89%	1	1.89%	3	8.11%	0	0.00%	8
No	46	97.87%	46	97.87%	40	97.56%	52	98.11%	52	98.11%	34	91.89%	33	100.00%	303

Other Substances

In general, students that drank more were more likely to report other substance use

Higher-Risk Drinkers

- **6** “higher-risk drinkers” in grades 11 and 12
- Consumed **5** or more drinks of alcohol on **1** or more days within the **past 30 days**
- “Higher-risk drinkers” are at higher risk for a wide variety of negative emotional, health and social consequences, as well as use of other substances

Consequences of Higher-Risk Use

	"Higher-Risk Drinkers" n = 6	"Lower-Risk Drinkers" n = 17
Felt need or tried to cut down on drinking/other drug use	16.7	23.5
Thought they had a drinking/drug problem	16.7	5.9
Felt guilty about their drinking/drug use	0.0	17.6
Needed a drink or other drug first thing in the morning	0.0	11.8
Used alcohol or other drugs by oneself	50.0	35.3
Got drunk	100.0	64.7
Did something they later felt sorry for	60.0	17.6
Had a fight/argument/bad feelings with a friend/person I am dating	66.7	17.6
Had a fight/argument/bad feelings with a family member	66.7	17.6
Got into sexual situations that they later regretted	16.7	17.6
Missed or performed poorly at school/work/athletic event	33.3	11.8
Had trouble concentrating on homework/class work/other tasks	40.0	17.6
Felt really sick, vomited, or had a hangover	66.7	47.1
Drove a vehicle after drinking	16.7	0.0
Rode as a passenger in a vehicle after the driver had been drinking	66.7	11.8
Got in trouble at home/school	16.7	17.6
Got involved with people they think are a bad influence	0.0	17.6
Forgot what happened while they were drinking	66.7	29.4
Passed out because of drinking	33.3	5.9
Got hurt or injured	16.7	11.8
Had something to drink right before/during school hours	16.7	5.9



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Use Comparisons for Selected Subgroups

	"Higher-Risk Drinkers"	10 th -12 th Graders	"Lower-Risk Drinkers"	"Non-Drinkers"
Cigarettes	16.7	8.0	23.5	1.5
Electronic Vaporizers	100.0	21.6	41.2	4.5
Smokeless Tobacco	66.7	8.9	11.8	1.5
Marijuana	50.0	31.2	41.2	15.2
Ecstasy	0.0	0.0	0.0	0.0
Heroin	0.0	0.0	0.0	0.0
Narcotics	0.0	2.7	11.8	0.0
Amphetamines	0.0	0.9	0.0	0.0
Methamphetamine	0.0	0.9	0.0	0.0
Cocaine	16.7	1.8	0.0	0.0
LSD	0.0	1.8	0.0	0.0
Hallucinogens	16.7	5.4	5.9	0.0
Inhalants	0.0	3.6	17.6	0.0
Steroids	0.0	0.9	6.2	0.0
Over-the-Counter Medicines	0.0	8.0	11.8	9.1



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Let's Talk About It!

What did you think about the student use data at NKN?

What are some ideas you have for prevention?

Where does NKN need to strengthen its prevention efforts?

Social Norms Approach

- Gross exaggerations
- False perceptions
- Perception influences reality
- Affects younger children
- Research-based prevention strategy



False Normative Beliefs

- 31% of 11th graders say they typically use marijuana 1-2 times a year or more.
- Yet, 94% of 11th graders believe their classmates typically use marijuana at this rate.
- 3% of 11th graders agree that “it is cool to get drunk.”
- Yet 42% of 10th graders believe that students in general at their school think “it is cool to get drunk.”

Faculty and Staff

- **68%** of all students feel “valued as a person” at NKN.
- **85%** feel that “teachers and school staff care about me as a student”
- **66%** feel that “my school is making a sincere effort to address alcohol and other drug use problems.”



Family and home life

- Most students agree with statements that suggest high levels of parental interest, involvement, and supervision.
- **82%** of students agree with the statement *“My parents show interest in my schoolwork”*.
- **86%** of students agree with the statement *“My family has clear rules about alcohol and drug misuse”* (**91% - 80%**).



Let's Talk About It!

How can we increase prevention (build protections, reduce risks) in students' home lives?

What role do parents play in prevention?

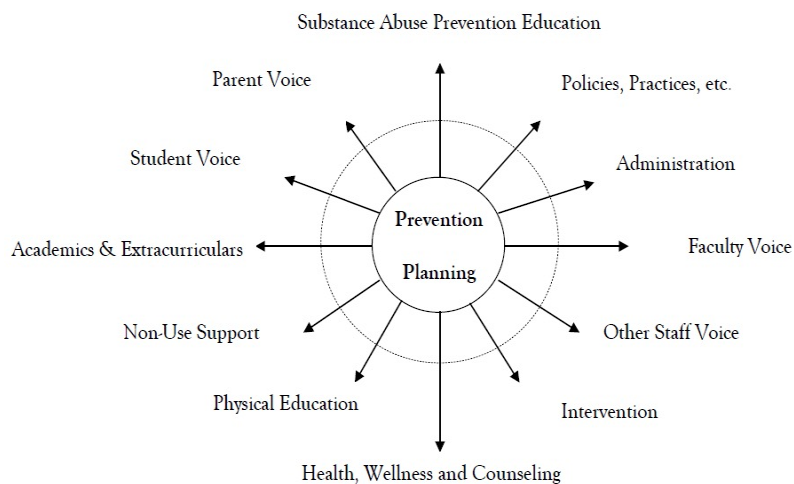
What Works?

Effective prevention programs...

- ... **engage** the entire community
- ... **change** social norms perceptions
- ... **provide** accurate, age-appropriate drug information
- ... **develop** awareness of consequences of use
- ... **reinforce** clear and consistent expectations of health
- ... **balance** health and discipline systems
- ... **delay** first use of alcohol and other drugs
- ... **address** known risk factors and reasons kids use
- ... **teach** early intervention strategies
- ... **promote** alternative ways to have fun
- ... **support** and encourage non-use



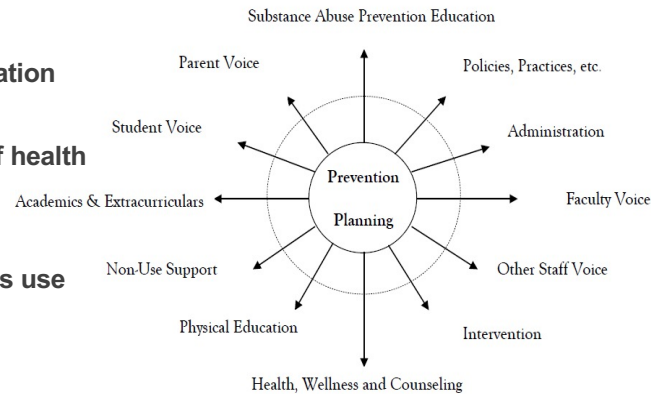
Comprehensive Prevention Planning



Comprehensive Prevention Planning

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Resources

- **Prevention Solutions**
 - Find us on Facebook
 - www.hazeldenbettyford.org/prevention
 - schools@hazeldenbettyford.org
- **National Institute on Drug Abuse**
 - <http://www.nida.nih.gov>
- **Partnership for Drug-Free Kids**
 - <http://www.drugfree.org/>
- **Above the Influence**
 - <http://abovetheinfluence.com/>



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