

Self Concept

- In general youth have positive self concepts. They feel they are good at making friends, and have a number of good qualities.
- 30-40% of 7-12th graders talk to a friend when they have a problem, and 30% of 6th graders talk to a parent.
- Drinkers were more likely to report feeling that no one cares about them, and they have nothing to be proud of.

Family

- Most youth report feeling close to their parents and enjoy spending time with them.
- Up to 1/3 of youth said it is definitely true that they are disciplined for breaking their parents' rules.
- Most youth agreed that their family has clear rules discouraging the use of alcohol and cigarettes (The percentages were higher for rules about cigarettes than alcohol).

Community

- Only 4% of 12th graders feel there are lots of things to do in the community. This percent is higher for younger youth (6th grade 44%).
- 20-30% of 9-12th graders report it is definitely true that "a lot of drugs" are sold in their community.

School

- Most youth reported earning high grades and being committed to getting a good education.
- Between 3% and 17% of students reported spending no time on homework each day.
- 1/3 of high school students feel "a lot of drugs" are available in their school.
- Between 20-30% of youth reported being unaware of their school policies and rules regarding possession or use of alcohol, cigarettes, and marijuana at school.

Prevention Strategies

- Non drinkers feel that checking ID's in stores and parental strictness are effective prevention methods.
- Drinkers feel checking ID's and breathalyzers are most effective.

Tips for Adults

- *Offer to help with homework.*
- *Let kids in the neighborhood know when their behavior is inappropriate.*
- *Volunteer at school activities, or join an advisory group.*
- *Model a positive healthy lifestyle.*

Survey Responses

- Grades 6-12
- 1422 responses included

Recent and Lifetime Use

- 45% of 12th graders have reported using alcohol in the past 30 days.
- Youth report first using alcohol as early as age 10.
- 18% of 10th graders report having used marijuana more than 10 days in the past month.
- Youth report first using marijuana as early as age 11.
- 4% of 10th and 12th graders reported having used Salvia in their lifetime.
- Energy drinks were consumed by 60% of 8th graders in the past 30 days.
- 41% of 12th graders consumed energy drinks combined with alcohol in their lifetime.
- 3-4% of 10th and 12th graders reported having used cocaine or ecstasy in their lifetime.

Those who report lifetime alcohol use are 25 times more likely to report use of illicit drugs.

People who start drinking before age 15 are 50% more likely to become alcohol dependant as adults.

(National Institute on Alcohol Abuse and Alcoholism)

Availability & Sources

- Alcohol, cigarettes, marijuana, other drugs or a gun are considered more readily available by older youth than by younger youth.
- Youth who drink mostly obtain alcohol from friends and at parties, more often without adults present.
- Youth usually obtain cigarettes from friends.

Perception of Harm

- The majority of youth perceive regular cigarette smoking to be harmful.
- Youth tend to find regular alcohol use to be less harmful than regular cigarette use.
- Younger youth feel there is more risk associated with marijuana use than do older youth.

Youth who perceive that there is great risk associated with use of a substance are less likely to use that substance.

Survey Responses

- Grades 6-12
- 1422 responses included