

Lexington High School Youth Risk Behavior Survey

2011 Results

Background on Massachusetts Youth Risk Behavior Survey

- Department of Elementary and Secondary Education administers the Youth Risk Behavior Survey (YRBS) in selected high schools every other year.
- Lexington has worked with researchers from Northeastern University to conduct an analysis of YRBS since 1995.
- Survey focuses on the major risk behaviors that threaten the health and safety of young people
 - tobacco use,
 - alcohol and other drug use,
 - sexual behavior that might lead to unintended pregnancy or sexually transmitted disease,
 - dietary behavior and physical activity, and
 - behaviors associated with intentional and unintentional injury.
- Survey is anonymous

Demographics of 2011 YRBS (N=1,715)

Grade: 20% in 9th, 22% in 10th, 30% in 11th,
and 28% in 12th

Gender: 43% male, 56% female; 0.4% transgender

Ethnicity: 56% White, 1.4% Black, 30% Asian,
2% Hispanic/Latino, 10% Other

Comparison Groups

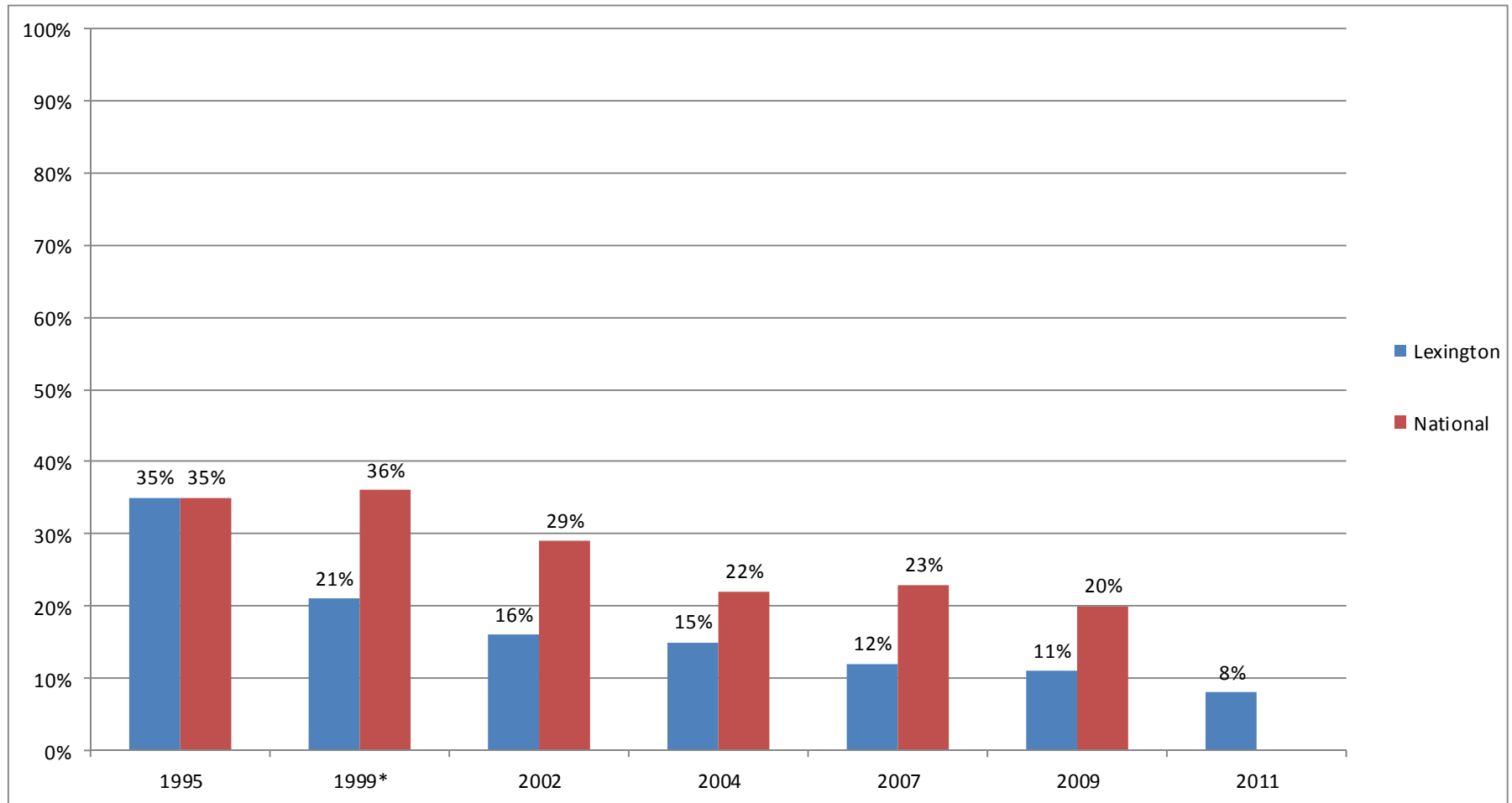
- Lexington High School data compared to:
 - Previous LHS Youth Risk Behavior Survey (YRBS) data
 - National YRBS data (through 2009)
 - Massachusetts YRBS data
 - Regional six school study
 - A YRBS administered to students from six school districts (Acton, Acton-Boxborough, Boxborough, Concord, Concord-Carlisle, Groton-Dunstable, Littleton, Maynard, and Westford) in grades 9 through 12 in March of 2010 (Byrne, 2010)

Patterns of Student Cigarette Use

- In 2011, 8% of all students report smoking cigarettes in past 30 days
 - *Lower than the 16% state average or 20% national average (2009)*
 - *Lower than the 11% from the regional six school report (2010)*
- Of students who reported smoking:
 - 2% active smokers (smoked 15-30 days in past month)
 - Gender differences in onset of smoking (9% of male smokers and 0% of female smokers started before age 13)

Cigarette Smoking Trends Over Time

Lexington and National *(smoked in last 30 days)*



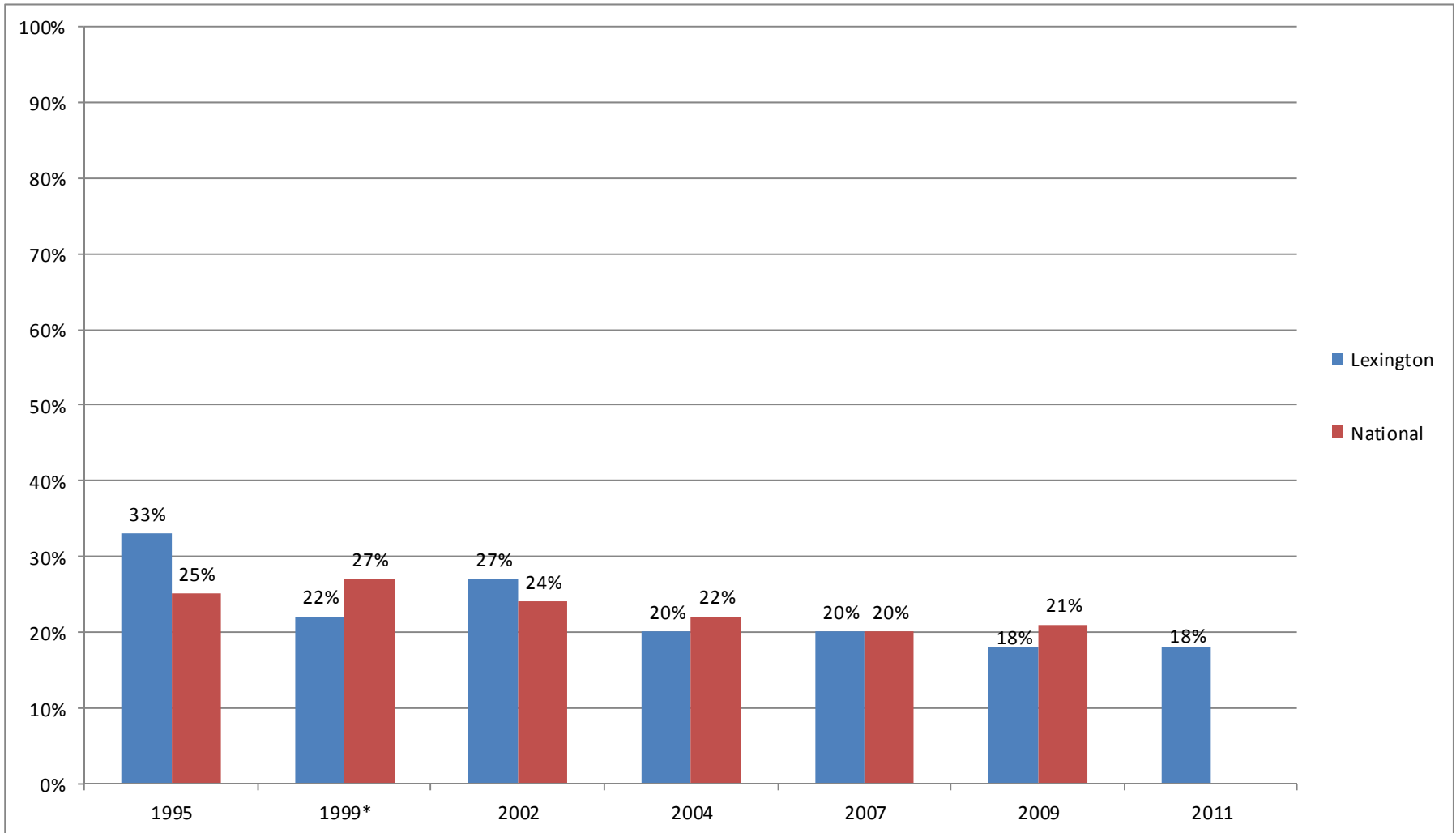
Patterns of Marijuana Use

- 28% of students have tried marijuana in their lifetime
 - *Lower than 37% national average, 43% Massachusetts average and 33% regional six schools report average*
- 18% reported using marijuana at least once in the past 30 days.
 - *Lower than the 27% state average, 21% national average and 21% six combined schools report*
 - Males and females are equally likely to report smoking marijuana
 - Students more likely to have used marijuana than to smoke cigarettes

Marijuana Use Over Time

Lexington and National

(smoked in last 30 days)



Patterns of Other Drug Use

- In 2011, 1.5% reported using cocaine, and 1% used speed at least once in the their lifetime.
- Serious drug use has gone down over time
 - In 1995, 21% used any drug (LSD, ecstasy, heroin, cocaine) at least once compared to only 3% in 2011
 - In 1995, 14% reported they had sniffed glue/aerosol at least once in their life compared to only 3% in 2011.
- In 2011, 2% reported using over the counter medicines to get high and 5% used Rx pain medication to get high at least once in their lifetime.

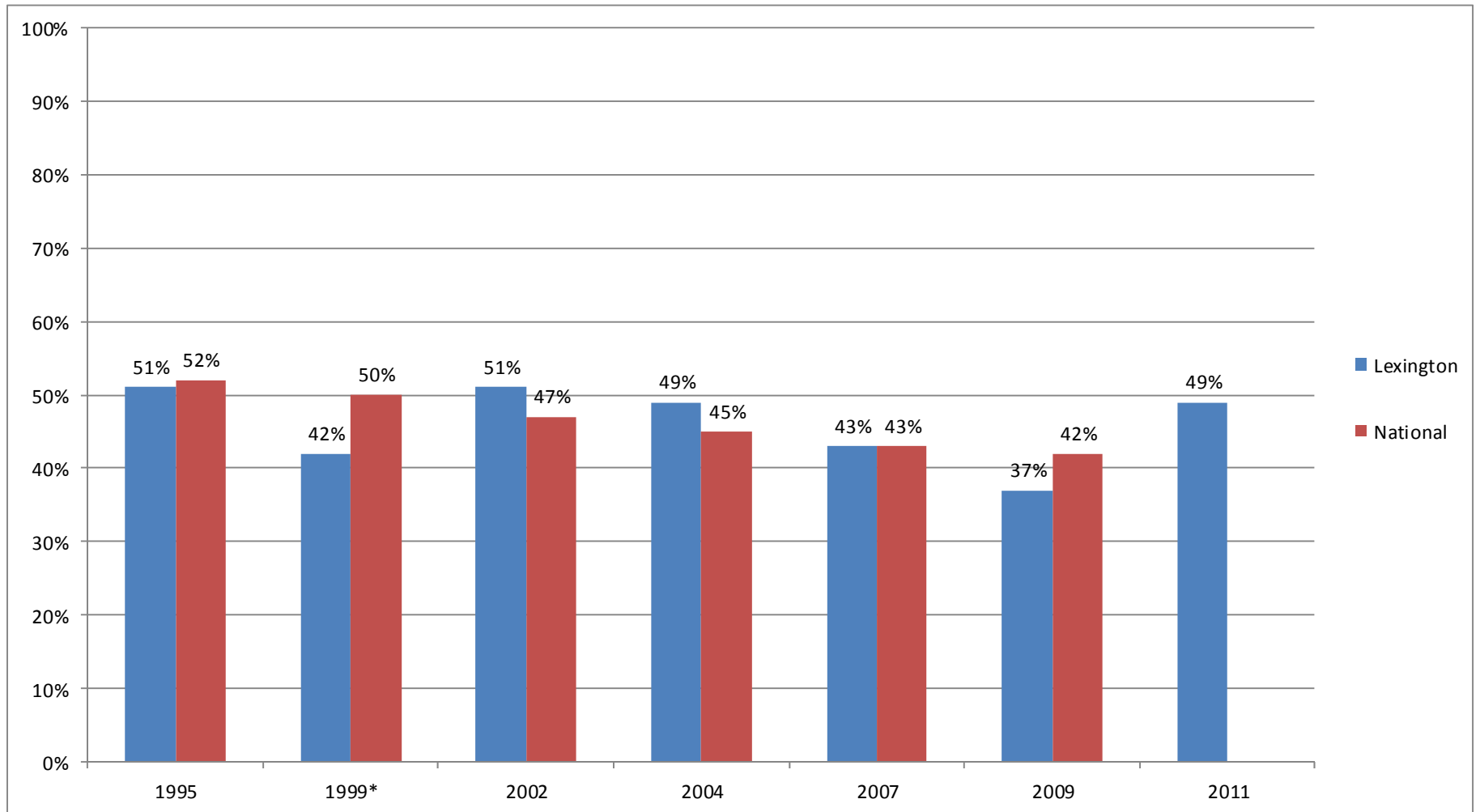
Patterns of Student Drinking

- In 2011, 49% of students reported having at least one drink on one or more days in the past month
 - *Higher than 42% national average, 44% Massachusetts average*
 - *Higher than the regional six schools report average (35%)*
 - No significant gender difference in drinking
 - Variation by grade
 - 32.2% of 9th graders, 37% of 10th, 46.2% of 11th graders, 67.3% 12th graders
- 29% of students reported binge drinking (more than 5 drinks in a row) in the past 30 days
 - *Compared to 24% national average, 25% Massachusetts average and 25% combined six schools report average*
 - Males more likely to binge drink than females
 - 31% males compared to 27% females binge drank at least once in 30 days

Student Drinking Over Time

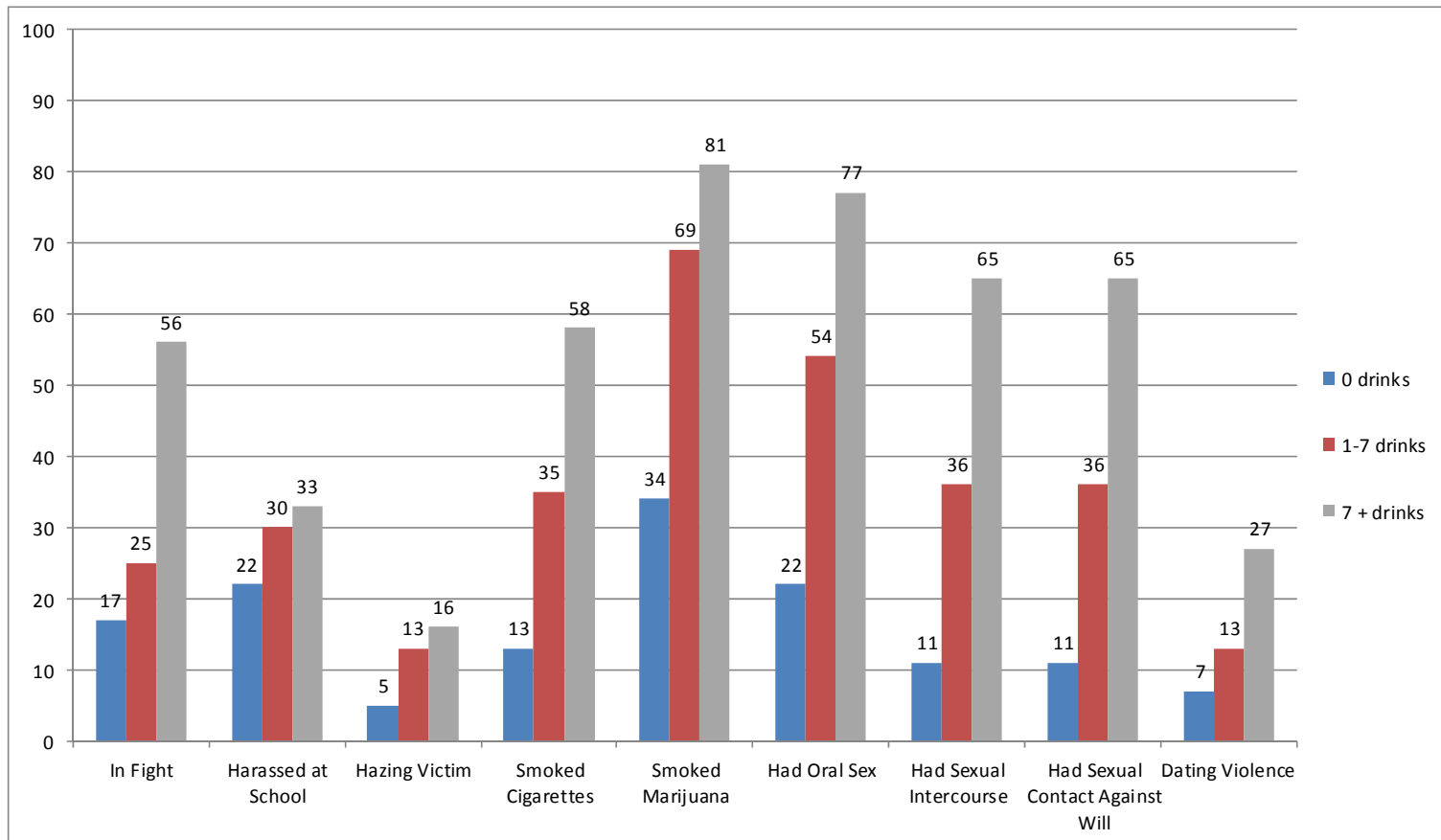
Lexington and National

(drank in last 30 days)



Students who have more than 1
drink in the last 30 days are more
likely to engage in other risky
behavior

Drinking and Risky Behavior



Sexual Activity

- 17% of students report having sexual intercourse
 - *46% national average, 47% Massachusetts average, 26% regional six schools study.*
- Older students more likely to engage in sexual intercourse
 - 2.6% of 9th graders
 - 8% of 10th graders
 - 20% of 11th graders
 - 30% of 12th graders
- Proportion of students who report using a condom if sexually active has increased from 66% to 71% since 1995.

Sexual Activity – Oral Sex

- 27% of students report having oral sex
 - Compared to 35% in regional six school study
- Oral sex varies by grade but not gender

Grade		Gender	
9th	6%	Male	26%
10 th	9%	Female	26%
11 th	27%		
12 th	42%		

- Of those who have had oral sex, 17% report having four or more partners (*22% in 2009*)
- Relationship between alcohol use and oral sex:
 - Of students who report:
 - no alcohol in last 30 days 22% have had oral sex
 - drinking on 1-7 days 54% had oral sex
 - drinking more than 7 days in last 30 days 77% had oral sex

Harassment

- 22% of students report being a victim of harassment at school or because of something that happened at school.
 - Of students who report harassment, 27% told no one
- Of students who report being harassed:
 - 89% report being harassed by students while in school
 - 38% report being harassed over the internet or by email
 - 13% report being harassed by phone calls
 - 7% report being a harassed by mail or written notes
- Males and females report roughly equal levels of harassment
- Gay and lesbian students report proportionately more harassment

Academic Stress

- Students continue to express stress associated with academics
 - 11% report classes cause “extreme stress”
 - 40% report classes cause “a lot of stress”
 - 90% report their stress has increased since starting high school
 - 82% felt pressure from parents to get good grades; 64% felt pressure from teachers to get good grades
 - 89% report atmosphere at LHS encourages academic competition; 78% report the atmosphere in the town of Lexington encourages academic competition
- Gender impact of academic stress
 - Doing poorly on a test bothers young women more than young men (44% of women “bothered a lot” compared to 35% men)

Other Stress

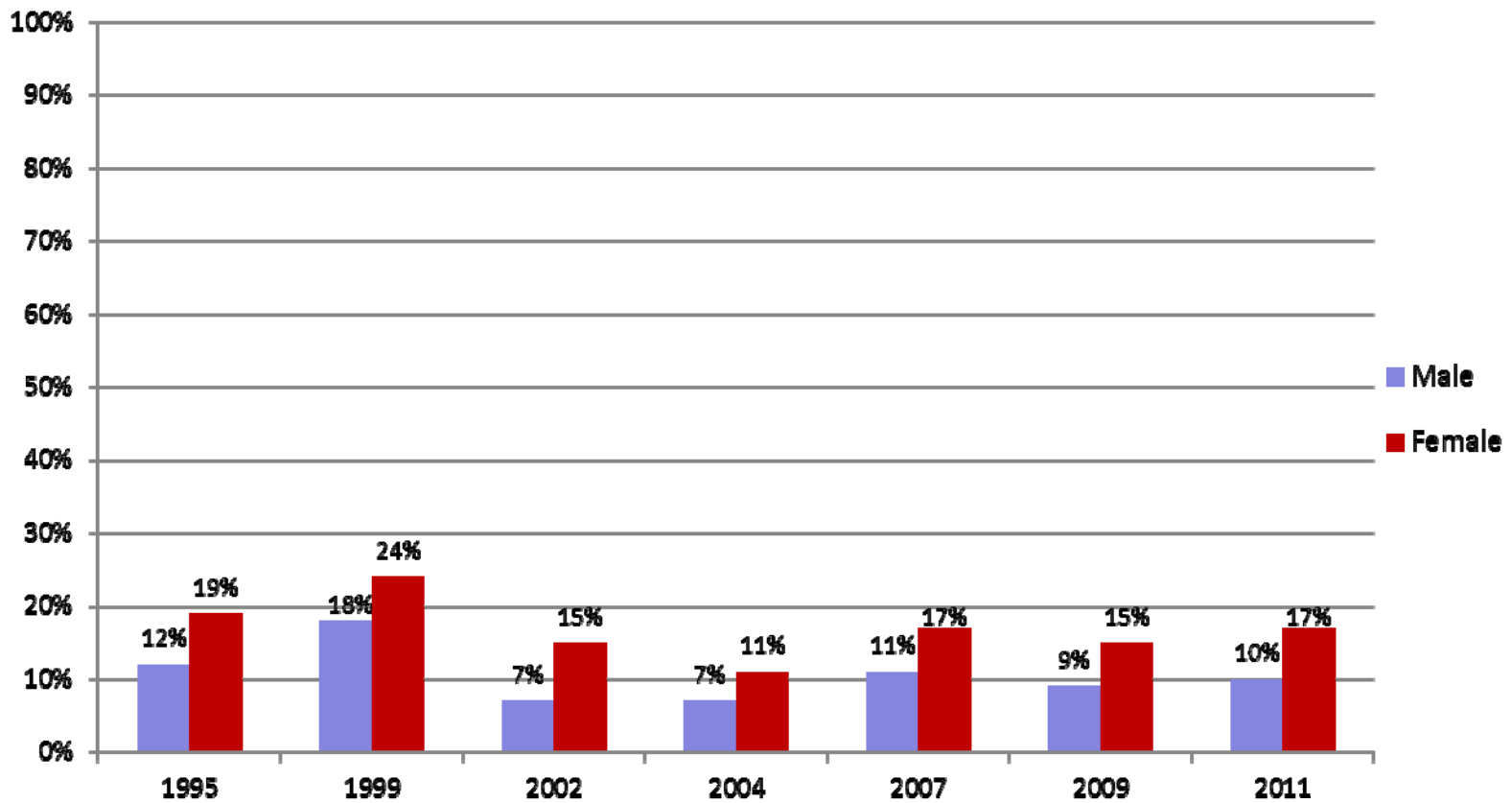
- **Extra-curricular activities cause less stress**
 - 4% report extreme stress from sports
 - 1% report extreme stress from clubs
 - 4% report extreme stress from other extra-curricular activities
- **Changes in family finances**
 - 16% of students reported that a parent lost a job during this last year
 - 35% bothered a lot.
 - 24% of students reported a significant change in family finances during the last year
 - 38% were bothered a lot.
 - Students who experienced negative changes in family finances were more likely to engage in self-harming behavior (17% compared to 10% respectively); more likely to indicate depression (18% compared to 12% respectively)

Coping with Stress

- Students developing healthy support networks
 - 83% of students indicate that they can depend on their family and friends to support them if they encounter problems.
 - When confronted with problems, 78% of students indicate they can usually find several solutions.
- Programming at LHS designed to help reduce stress may be having a positive impact
 - Proportion of students who report classes cause them extreme stress continues to decrease from 2004 to 2011
 - Students report a number of healthy responses for dealing with stress:
 - 77% indicated they listen to music when they experience stress
 - 61% reporting they exercise when they are feeling stress.
 - Only 13% of students indicated that they dealt with stress by drinking alcohol

Consider Suicide

13% (n=209) of students report “ever considered attempting suicide in lifetime”



Conclusions

- Progress continues in reduction of cigarette smoking and drug use
 - Less progress toward reducing drinking
 - Students who drink continue to be much more likely to report engaging in other risky behaviors
- Stress remains a challenge for students of LHS
 - Stress of LHS may contribute to risky behavior
 - This atmosphere makes health programming particularly important
 - Programs to reduce stress may be having an impact

Conclusions, continued

- Health education continues to have a positive impact on student decision making
 - Students report they receive the most accurate information about sex from:
 - Health teachers (60%)
 - Friends (13%)
 - Parents (11%)
 - Parents and friends still most important in decisions about sex and other risky behavior
 - 83% depend on their family and friends to support them if they have problems