

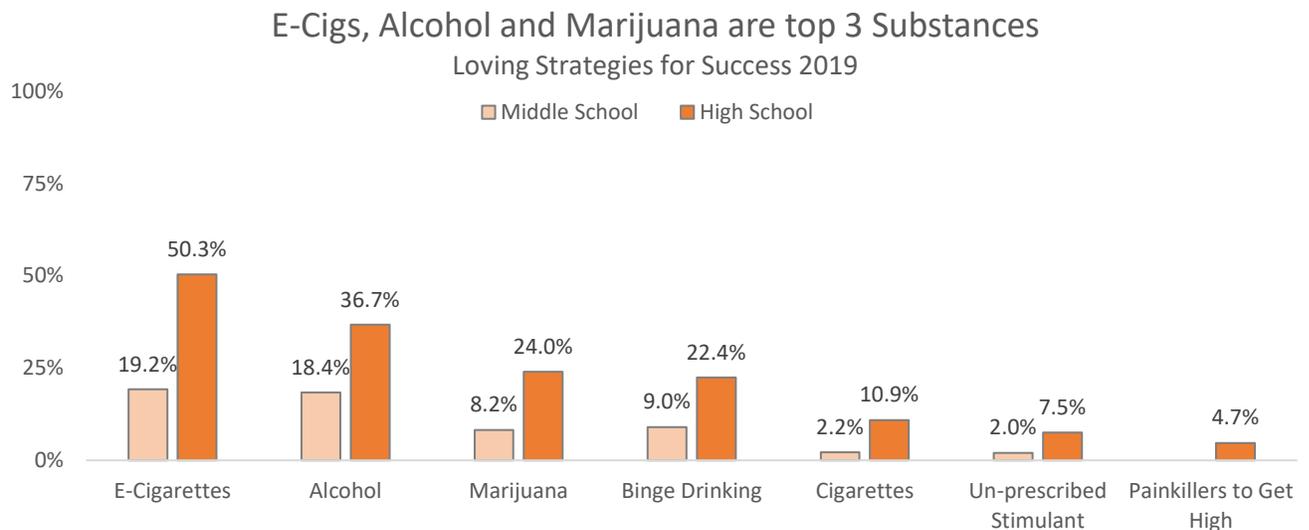
Strategies for Success Youth Survey Results for FY2019

Loving Independent School District

The Strategies for Success (SFS) survey was collected online from middle and high school students in the Loving School District in the fall of 2018. **A total of 99 students completed the middle school SFS survey and 147 completed the high school version.** Questions on the SFS are used to monitor and measure the Carlsbad Community Anti-Drug and Gang Coalition’s outcomes related to youth substance use, access to alcohol and other drugs, and perceptions of risk for using substances in the community and school. In addition to monitoring outcomes, the data help the community plan the most effective and needed prevention services.

Current Substance Use

Current substance use is measured by the percentage of people who report using the specific substance in the past-30 days. Adolescent substance use is risky because research now recognizes that the brain does not stop developing until the early twenties and substance use during development can have lasting effects.¹ The graph below shows the current substance use among middle and high school students.



¹ Volkow, ND. (2017). Developmental Cognitive Neuroscience. <https://doi.org/10.1016/j.dcn.2017.10.002>

Electronic Cigarettes (e-cigs, vapes, or Juuling)

E-cig use has become an epidemic. The majority of students who used e-cigs report using them 1-2 times in the past month. These devices use a liquid that contains dozens of chemicals, many of which are carcinogenic. Nicotine is usually the base ingredient, which is the addictive component in cigarettes and is also carcinogenic. The vape-pens can also be used to smoke cannabis oils or THC ‘wax.’ **Among all Loving high school students who reported using an e-cig device in the past month, 26.3% used it for marijuana and 1.8% used it for methamphetamines.**

Alcohol

Alcohol has been among the top used substances by youth for decades. Adolescent alcohol use, especially binge drinking, is associated with alcohol problems later in life, poor academic performance, injury and homicide, violent and property crime, and unsafe sex.

Marijuana

Marijuana use has been found to impair development of the adolescent brain. Particularly, differences are found among adolescent marijuana smokers in the frontal cortex which is critical to judgement, planning, decision-making, personality, and the amygdala, which directs memory, decision-making, and emotion.^{2 3}

How do our students compare?

High School Substance Use (in the past 30-days)	U.S. 2017 YRBS	New Mexico 2017 YRRS	Loving 2019 SFS
E-Cigarettes	13.2%	26.4%	50.3%
Alcohol	29.8%	27.5%	36.7%
Marijuana	19.8%	27.9%	24.0%
Binge Drinking	13.5%	10.9%	22.4%
Cigarettes	8.8%	10.6%	10.9%
Painkillers to Get High	--	6.6%	4.7%
*Ever used cocaine	4.8%	9.4%	*2.7%
*Ever used methamphetamine	2.5%	4.1%	*0.7%
*Ever used ecstasy	4.0%	7.1%	*2.0%

SOURCES: <http://youthrisk.org/tables/#/2017>

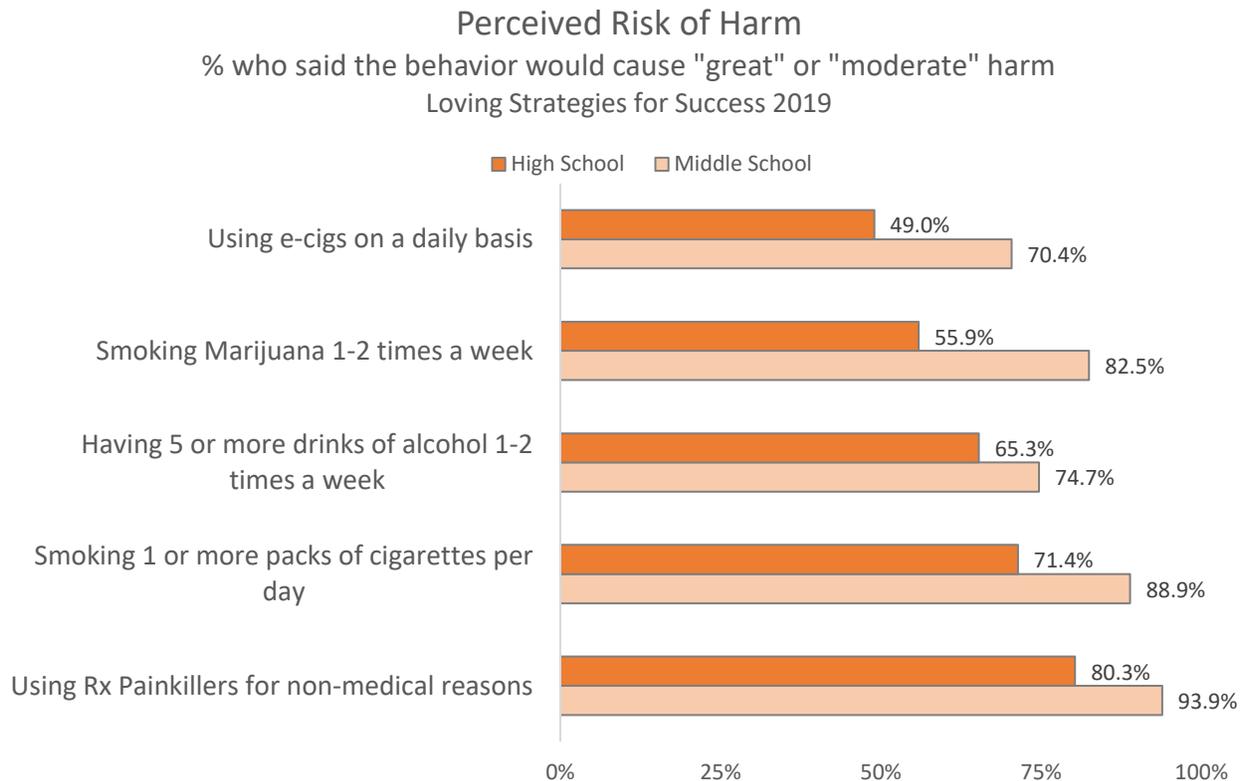
*Loving SFS asked about use in the past 30-days

² Weir, K. (2015). Marijuana and the Developing Brain. American Psychological Association, Vol 46, No. 10.

³ Grubner SA, Sagar KA, Dahlgren MK, Racine M, Lukas SE. (2012). Age of Onset of Marijuana Use and Executive Functioning. Psychology of Addictive Behaviors, 2012 Sep;26(3):496-506.

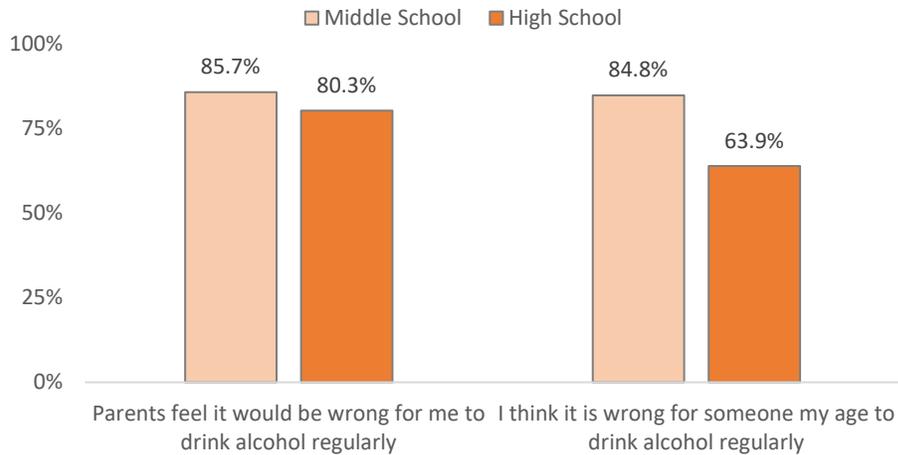
Perception of Harm from Using Substances

A set of questions on the SFS asks about the perceived risk of harm associated with substance use. The graph below shows the percentage of students who said they risk “great” or “moderate” harm from using the substance as described.



A higher perceived risk of harm is associated with decreased tendency to engage in that behavior. We want to see high perceived harm of using substances among our youth.

Attitudes toward Alcohol Use
 % who said "wrong" or "very wrong"
 Loving Strategies for Success 2019



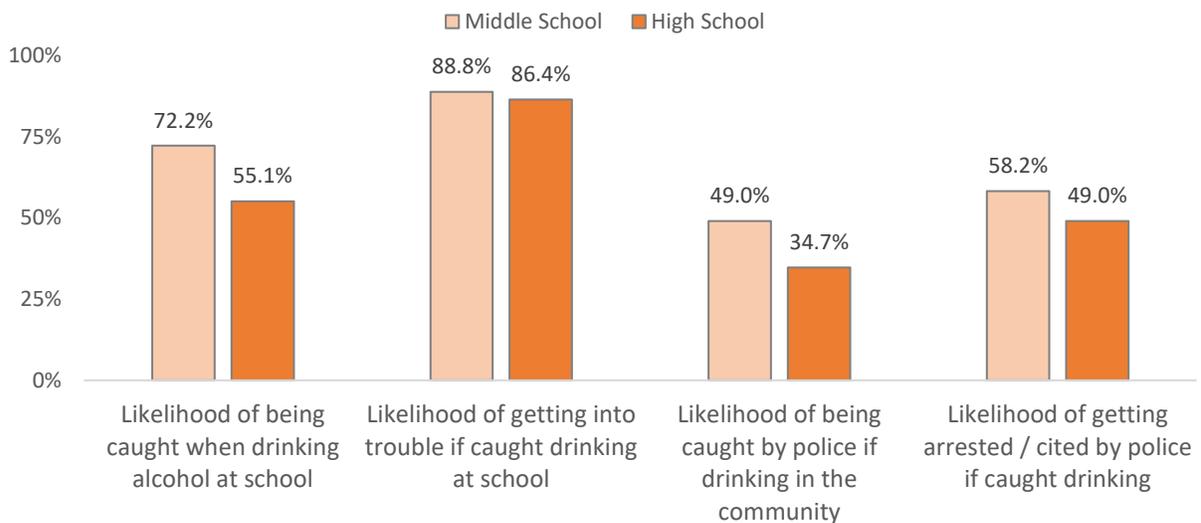
Attitudes Toward Alcohol Use

Youth were asked “how wrong” they think parents and peers would think it is for someone their age to drink alcohol regularly. The graph shows the percentage of students who answered “wrong” or “very wrong” to the question.

Perception of Risk of Getting Caught Drinking Alcohol

Perception of risk of getting caught is also associated with reduced engagement in the risky behavior. The SFS asked students’ perceived risk of getting caught at school and in the community for drinking, and the likelihood of getting into trouble if caught.

Perceived Risk of Getting Caught Drinking Alcohol
 Loving Strategies for Success 2019

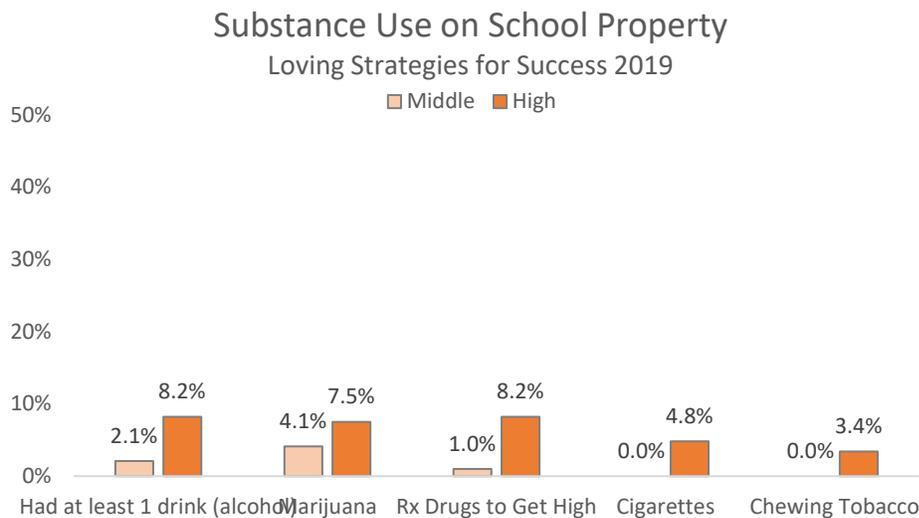


At School

In the Community

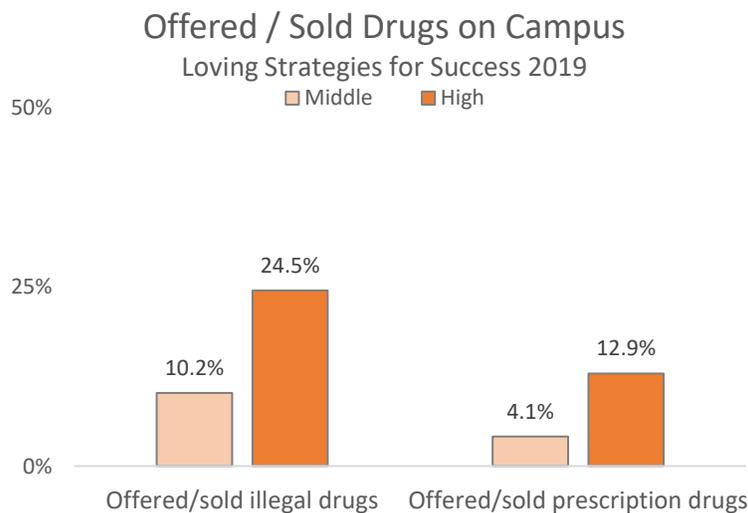
Substance Use on School Property

The Office of Substance Abuse Prevention supports community programs that reduce or eliminate zero-tolerance policies that kick students out of school for substance use. Zero tolerance policies contribute to academic failure and higher substance use, however, school policies that are clear about rules and punishment help create a climate free of substance use and more conducive to learning. Finding the balance, treating students fairly, and referring students to the appropriate support services, can be challenging.



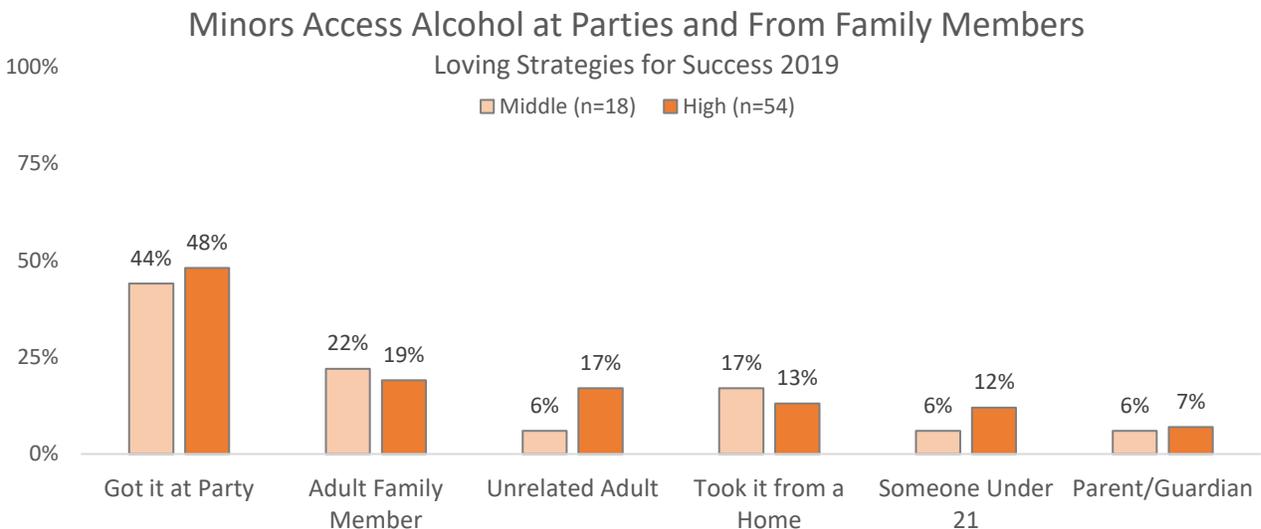
During this school year, did you ever do any of the following while on school property?

Answers do not distinguish whether or not the substances are used during school hours, or at school-sponsored events. The next graph displays how students responded to the question of being offered or sold drugs on campus during this school year.



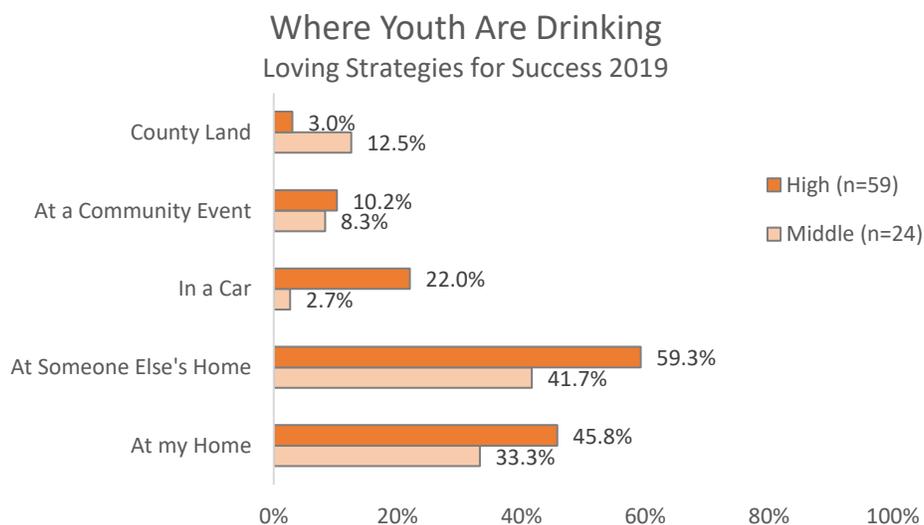
Sources for Alcohol for Minors

The Coalition works to reduce social access of alcohol to minors through coordination with law enforcement to hold adults accountable and educating parents and the community that it is a 4th degree felony to provide alcohol to minors. The graph shows where students report getting their alcohol. The percentage is only among the students who reported drinking in the past 30 days.



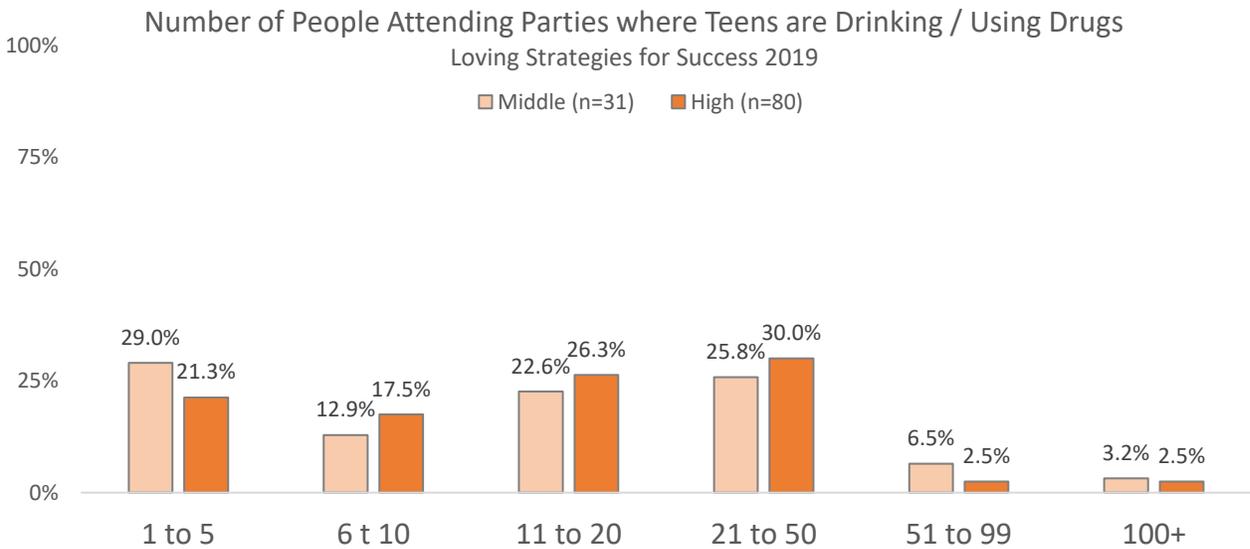
Underage Drinking Parties

The next few questions were designed to gain a better understanding of the party scene for teenagers. **43.2% of high school students** and **59.4% of middle school students** have not attended a party in the past year where teens are drinking. Students who report drinking in the past 30-days are **most likely to drink at their home or someone else's home.**



Underage Drinking Parties

We also asked students how many other people were at the parties they attended. This is important because research shows the bigger the party, the more likely youth are to experience other negative consequences such as physical fights or sexual assaults. Parties with more than eleven other people are more risky than smaller gatherings.

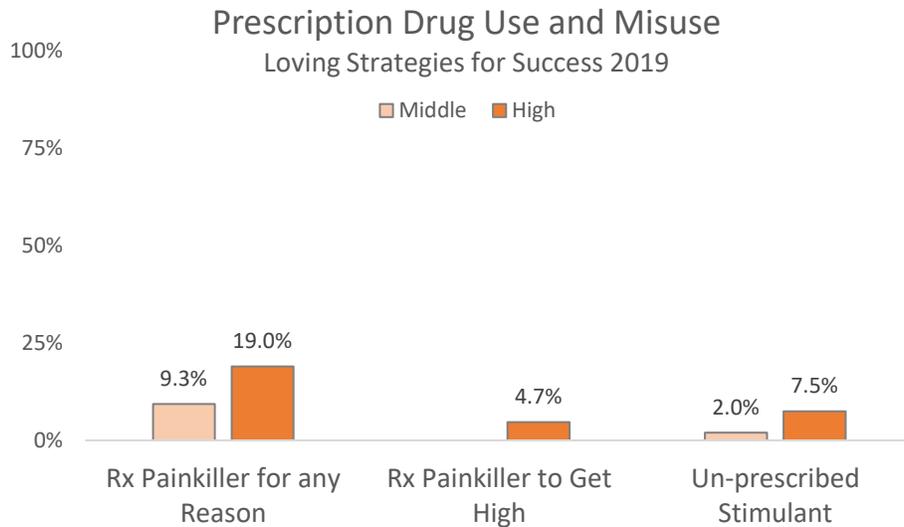


When was the last time you attended a party where teens were drinking?	Have not attended	Past 30 Days	Past 6 Months	Past Year (12 months)	More than a year ago
Middle School (n=39)	59.4%	33.3%	41.0%	5.1%	20.5%
High School (n=83)	43.2%	65.1%	20.5%	6.0%	8.4%

How many parties have you attended in the past year where teens were drinking?	Have not attended	1-3	4-6	7-10	11-15	16-20	21+
Middle School (n=40)	57.4%	52.5%	20.0%	12.5%	5.0%	0%	10.0%
High School (n=79)	45.9%	36.7%	25.3%	7.6%	2.5%	12.2%	5.1%

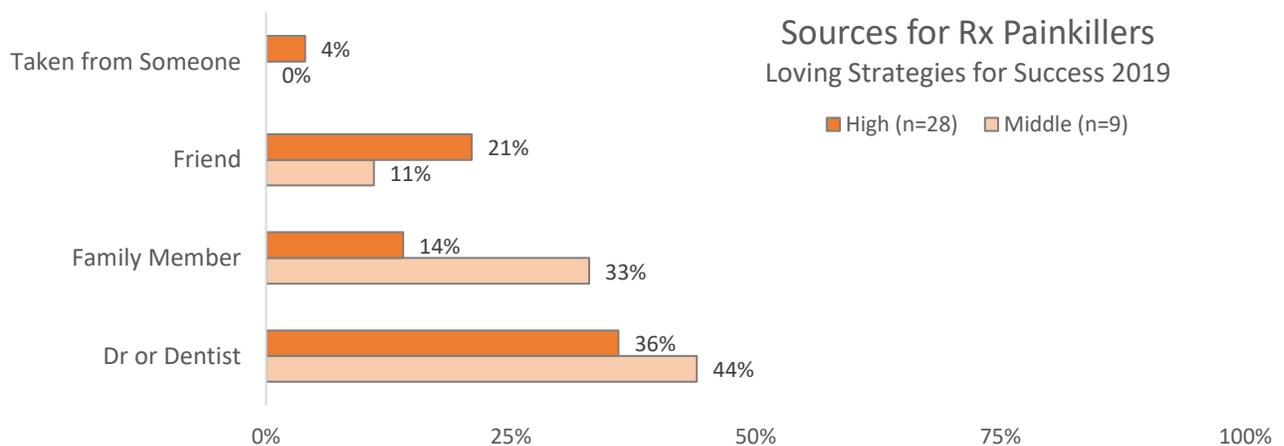
Prescription Painkiller Use and Access

The Coalition aims to reduce prescription painkiller misuse by educating adults on the dangers of sharing them with anyone to whom they were not prescribed, educating on safe storage and disposal, and promoting Drug Take Back Days. The graph below shows the percentage of students who took a prescription painkiller in the past 30-days for any reason or to get high, or who used stimulants in a manner not prescribed by their doctor.



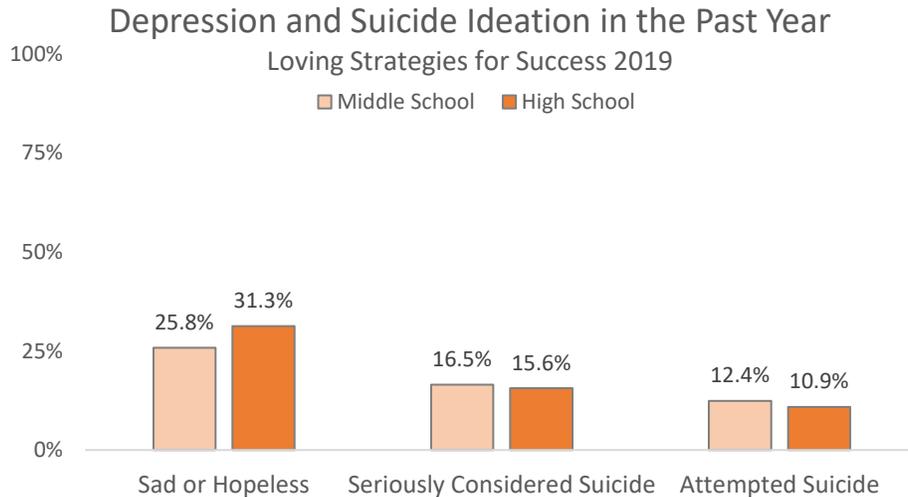
*A technical error on the middle school survey skipped the question about using painkillers to get high, so we only have data for high school students for that indicator.

The graph below shows where middle and high school students report getting their prescription painkillers. This question is analyzed only using the students who report using a prescription painkiller in the past month.



Mental Health Concerns

In an effort to better track mental health concerns, the Coalition added three mental health questions to the SFS. The graph below shows the percentage of students who report feeling sad or hopeless almost every day for two weeks or more, and those who seriously considered suicide and attempted suicide in the past year.



High School Mental Health (in the past 12-months)	U.S. YRBS	New Mexico YRRS
Persistent feelings of sadness or hopelessness	31.5%	35.8%
Seriously considered suicide	17.2%	17.8%
Made a suicide attempt	7.4%	9.9%

SOURCES: <http://youthrisk.org/tables/#/2017>

Recommendations

- Have clear rules about what youth can and cannot do at school and at home.
- Support programs, teachers, students, and staff who strive to make school the safest and best part of each students' day.
- Encourage students to think about going to college or technical school after they graduate high school.
- Tell students you believe in them.
- Show interest in students' school work.
- Encourage students to pursue their interests and get involved in drama, debate, art, music, math league, sports, or other hobbies and areas of interest.
- Give students opportunities to use their skills and recognize them for trying.

These are all protective factors that help buffer youth from risks and help them succeed. [Read more here:](https://youth.gov/youth-topics/substance-abuse/risk-and-protective-factors-substance-use-abuse-and-dependence) <https://youth.gov/youth-topics/substance-abuse/risk-and-protective-factors-substance-use-abuse-and-dependence>

Demographics

Loving School District

School	Number of Surveys
Loving Middle School	99
Loving High School	147
	246

# of Surveys by Grade	6 th	7 th	8 th	9 th	10 th	11 th	12 th
Middle School	31	34	32				
High School				43	30	38	36

*A few students did not indicate their grade

	Middle School		High School	
	#	%	#	%
N	99	--	147	--
Gender				
*Male	50	50.5%	78	53.1%
*Female	48	48.5%	68	46.3%
Race/Ethnicity				
Hispanic	68	67.3%	107	72.8%
White	21	20.8%	33	22.4%
Native American	6	5.9%	3	2.0%
Other	6	5.9%	4	2.7%
Mean Age	12.4		15.7	

*A few students did not indicate their gender

Thank You!

We would like to THANK everyone who played a role in helping us collect these data.

- All the students who took the time to answer the questions honestly;
- All the teachers who helped give instructions to students on completing the survey, took time out of their busy day, and gave up precious instruction time; and
- The school administration and staff who supported the data collection and want to use the findings to plan, implement, and evaluate programming.