

## Summary of L/OL 2013 Youth Survey Report

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**Prevention is working: We are continuing to reduce use of substances among L/OL youth.**

### ALCOHOL

We significantly reduced drinking rates in 2011, and have maintained or decreased rates further in 2012. Our rates continue to be significantly lower than those of the nation, state and region.

**Lifetime drinking:** Continue to reduce rates, with **30% LOLHS** in 2013 vs. 43% in 2011. LOLMS is 5%.

**Past 30-day drinking:** LOLHS is **15%**, the same 2011's. Seniors improved over 2011 rates, somewhat higher rate in 10<sup>th</sup>. LOLMS rate is rare.

**First Use:** Average 14.3 years, same as 2011.

**Binge drinking:** Continue to reduce the numbers of LOLHS students who drink 4 or more drinks on one occasion in the past 30 days. Reduction since 2006 is highly significant.

**Perception of Harm:** Improvement with significant increases in grades 7, 9, and 12, with only 10<sup>th</sup> being below 2011 rates.

**Parent/Guardian Disapproval:** Improvement especially in grades 7, 8 and 12, with only 10<sup>th</sup> below 2011 rates.

**Parental Clear Rules:** Improvement for all grades, and significantly so for grades 9 and 10 from their rates when 7<sup>th</sup> and 8<sup>th</sup> graders.

**Alcohol Sources:** Primary sources for youth who drink are 1) Friends, 2) At a party without an adult's permission, \*\* 3) Parents, without permission, 4) Other people buy it for you, \*\* 5) At a party with adult's permission, 6) Parents,

with permission, and 7) Siblings. (\*\*Reduced since 2006)

**Alcohol users' other drug use:** 1/3 of alcohol users also use marijuana. Very few marijuana users don't drink alcohol. Alcohol is a gateway drug.

### MARIJUANA

Rates of use continue to be better than in the nation, state and region but we are regressing in some areas.

**Lifetime Use:** Rare in middle school. Lower use than in 2011 in all grades except for 9<sup>th</sup>. Significant increase from 8<sup>th</sup> to 9<sup>th</sup> grade, and again 11<sup>th</sup> to 12<sup>th</sup>.

**Past 30 day use:** NO recent use in grades 7 and 8, an improvement over 2011. Compared to 2011, recent use is somewhat higher in 9<sup>th</sup> grade, lower in 10<sup>th</sup>, the same for 11<sup>th</sup>, and significantly lower for 12<sup>th</sup>.

**Average first use:** *This is a great concern.* In 2011 it was 14.6 years vs. 14.0 years in 2013, lower than alcohol. 1/3 of lifetime users started at age 13 or below.

**Perception of harm:** *This is an area of concern.* Improved in all grades except 10<sup>th</sup> since 2011, but perception of harm is much lower in grades 7-9 than it was in 2006.

**Parental disapproval:** 90% or more in grades 7-9 think their parents very strongly disapprove of their marijuana use; somewhat more than 60% of seniors believe so. Rates same as 2011, with grades 9-10 being somewhat weaker.

**Parental Clear rules:** Improved since 2011, though somewhat weaker for 9<sup>th</sup> grade.

**Peer disapproval:** *This is an area of concern.* Only about 20% of grades 10-12 think that their friends feel it would be very wrong for them to smoke marijuana.

**Sources:** *This is an area of concern.* For lifetime users sources are 1) friends, 2) buy it, 3) parents without permission and 4) siblings.

### **TOBACCO**

Rates remain far below that for the region and nation and continue to decrease. Lifetime smoking cigarettes in LOLMS is rare and LOLHS is 10%.

### **OTHER CONCERNS:**

**OTHER TOBACCO PRODUCTS:** 11% of LOLHS have used e-cigarettes that contain liquid nicotine and other (unknown) chemicals; also concerned about “vapes” or “mini-hookahs” that are used with liquid marijuana.

**ENERGY DRINKS:** Use rate is about 10% for grades 8 and 9 . Using a substance to change how one feels can become a habit, a coping skill. There is an association between use of energy drinks and later use of alcohol.

### **SUMMARY OF CONCERNS:**

**Marijuana:** Risk of harm perceptions, delaying first use, acceptance of marijuana use among friends, easier access to marijuana, parental disapproval and clear rules, changing norms, pro-marijuana use in national media and rising use nationally.

**Alcohol:** Risk of harm perceptions, delaying first use, parental disapproval and clear rules, acceptance of use among friends, parties with no adults.

**Energy drinks**

**E-cigarettes**

### **2010 CASFY Strategies to Reduce Alcohol Use:**

- 1) Reduce social access, especially in homes;**
- 2) Increase the belief among youth, parents and adults in the community that youth who use alcohol increase their risk of harm, and**
- 3) Support enforcement of alcohol related laws by police and of school policies by administrators.**

### **Strategy to Reduce Marijuana Use:**

**Increase the belief among youth, parents and adults in the community that youth who use marijuana increase their risk of harm. (Added in 2011).**

### **Next Steps:**

In May and June we will be reviewing our current strategies and actions to implement them. We will be making changes as needed.

Please join CASFY as an active member. We meet the first Tuesday of the month at 7 p.m. in the Activity Center at LYSB.

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