



Community Action for
Substance Free Youth

substance free is where it's at

LYME-OLD LYME YOUTH SURVEY 2013

In Collaboration with LYSB and
Lyme-Old Lyme Public Schools

Grant support from CT DHMAS through Child and Family Agency of SE CT

CASFY Mission

To prevent and reduce alcohol and other drug use among youth by collaborating with the community to raise awareness, modify social norms, educate youth and adults, initiate policy change and promote healthy activities.

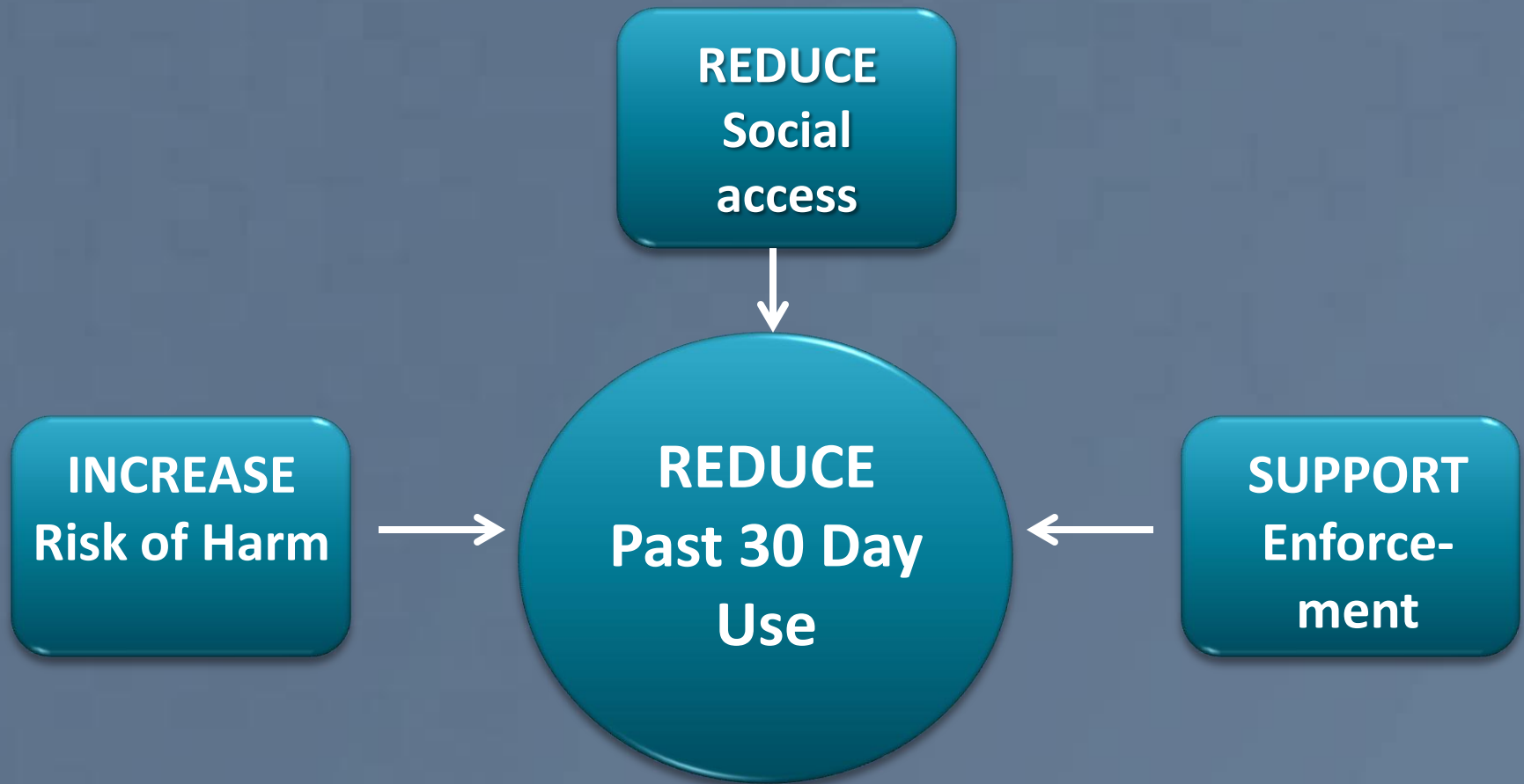
A young boy with dark hair and a light blue shirt is holding a white sign. He is smiling and looking directly at the camera. The background is a white door with a metal hinge visible on the right side. The sign has black text on it.

PREVENTION IS WORKING!!

We continue to REDUCE the
use of substances among L/OL
youth

We've got more work to do.

Alcohol Prevention Strategies



Marijuana Prevention Strategy

(added 2011)

INCREASE
Perception of
Risk of Harm



REDUCE
Past 30 Day
Use

ABOUT THE 2013 SURVEY

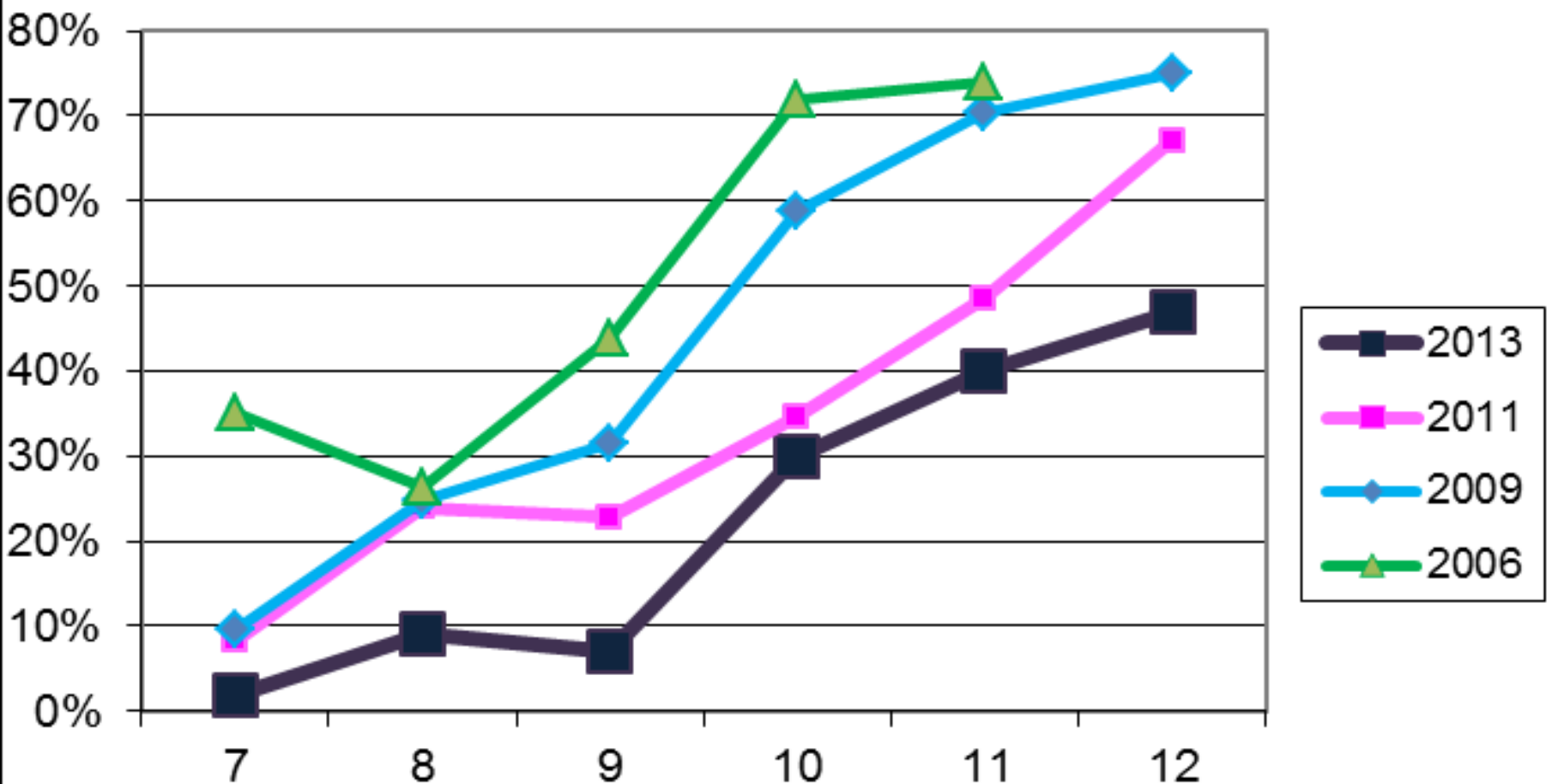
- 603 surveys included in analysis
- Grades 7-12
- 89% participation rate
- Males outnumber females (51% vs. 48%)
- Males outnumber females in 10th grade by 21 and in 11th grade by 18.
- 31 surveys excluded
- Analysis completed by SERAC and by Archie Swindell, Ph.D

“But are they telling the truth?”

- Higher sample size leads to higher degree of confidence in results.
- We are primarily looking at trends, and L/OL trends are better than regional, state and national trends

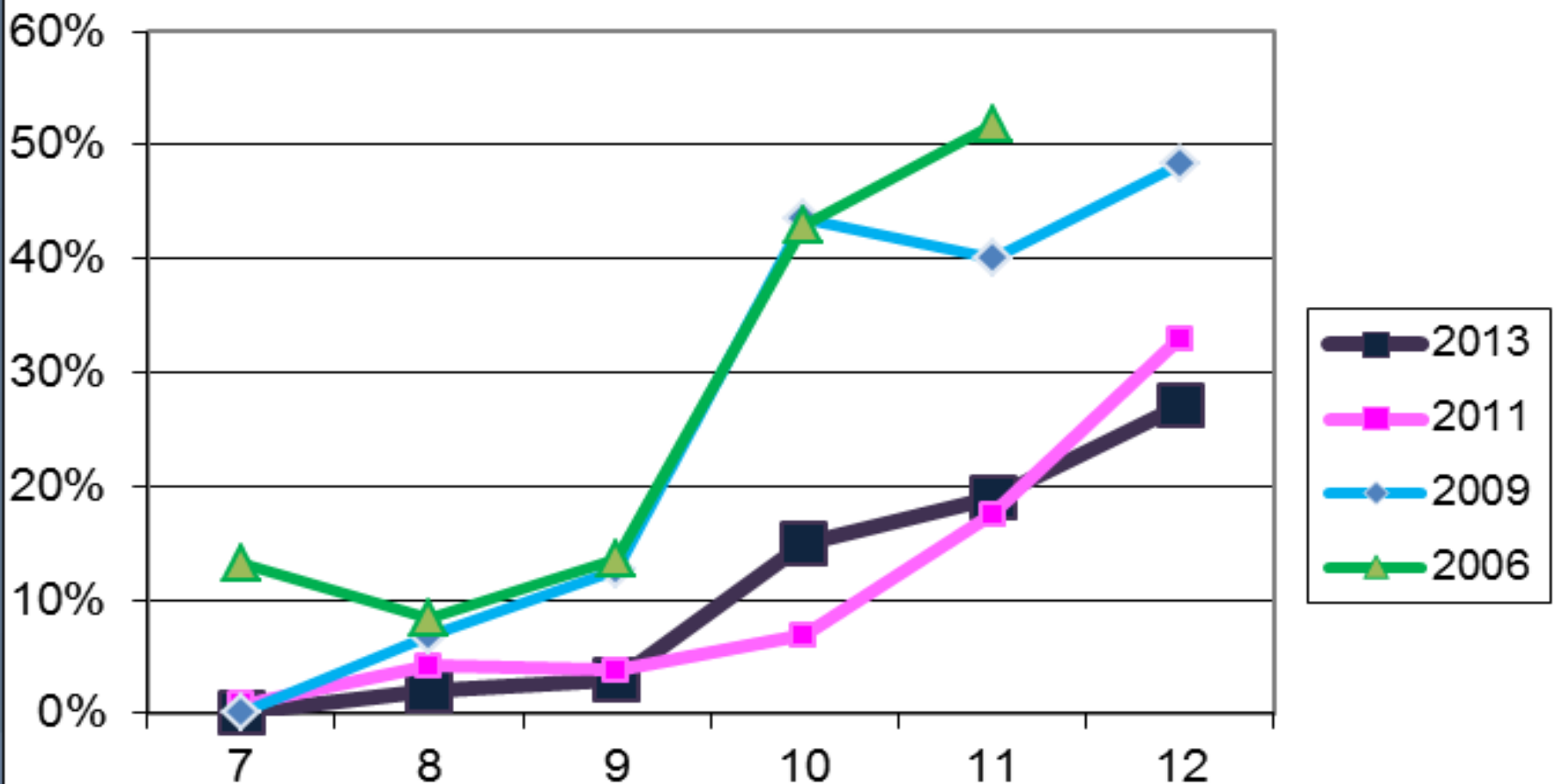
Have you ever used in your lifetime?

Lifetime Use of Alcohol



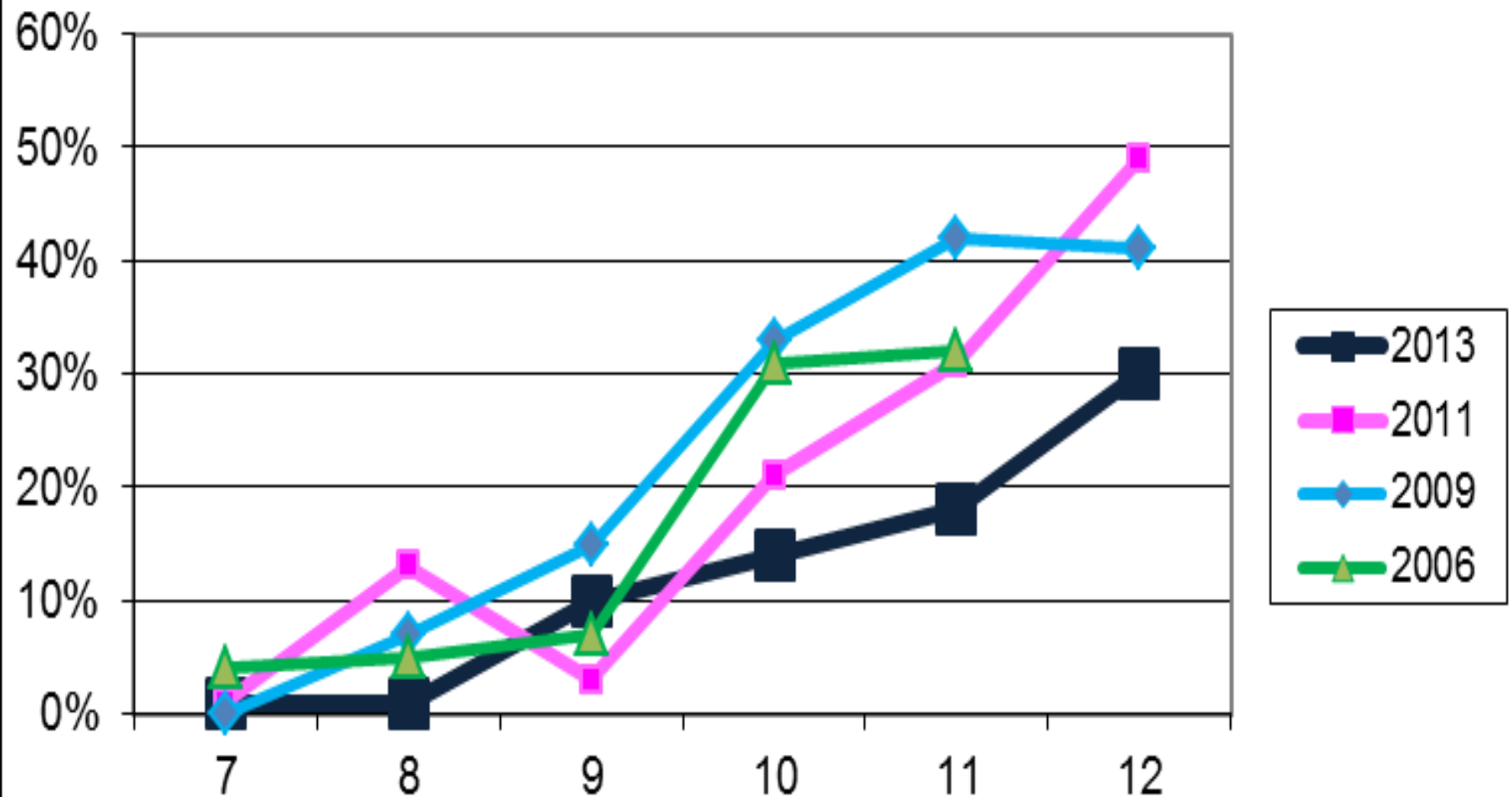
Have you used in the past 30 days?

Past 30 Day Use of Alcohol



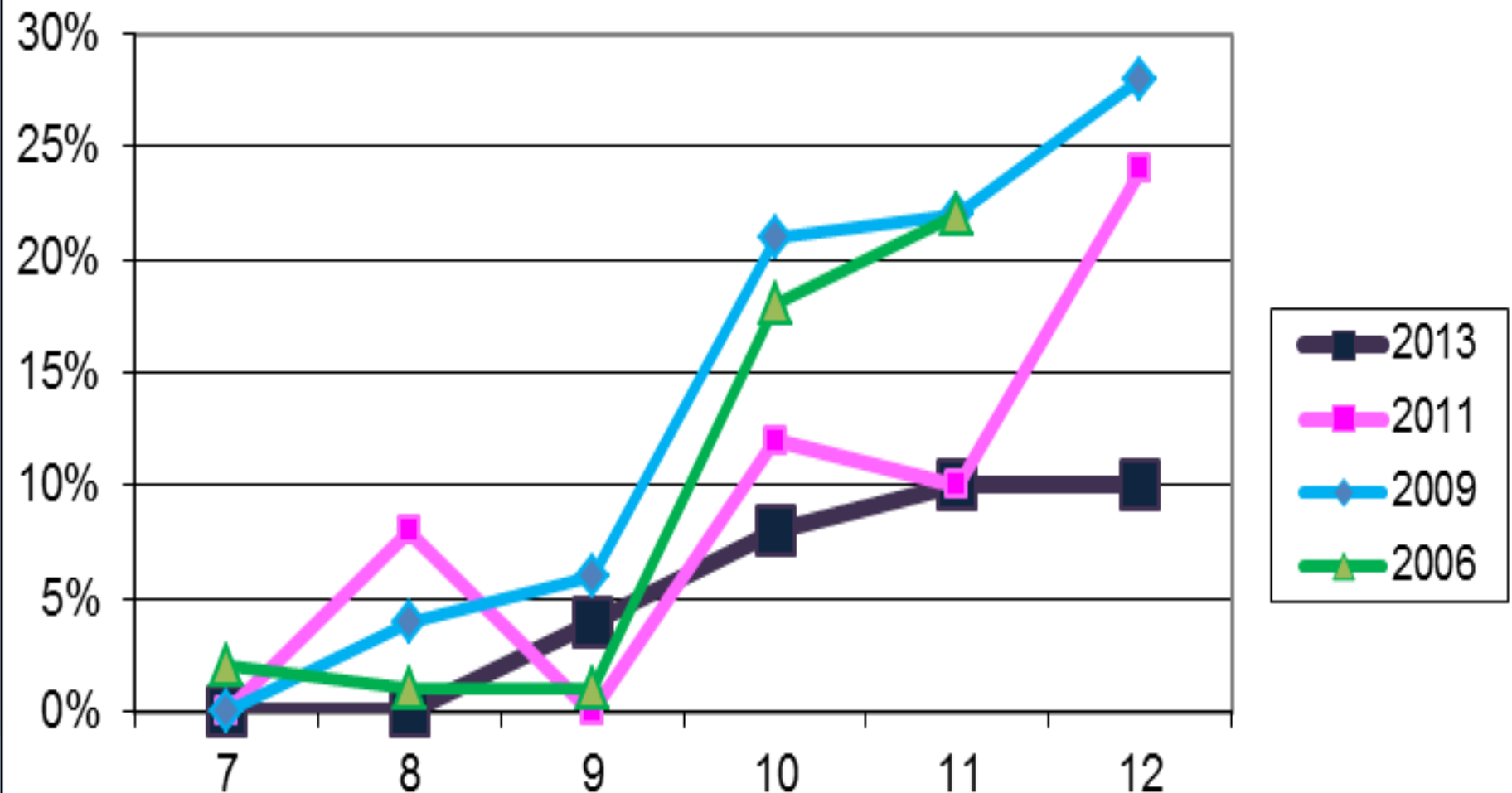
Have you ever used in your lifetime?

Lifetime Use of Marijuana

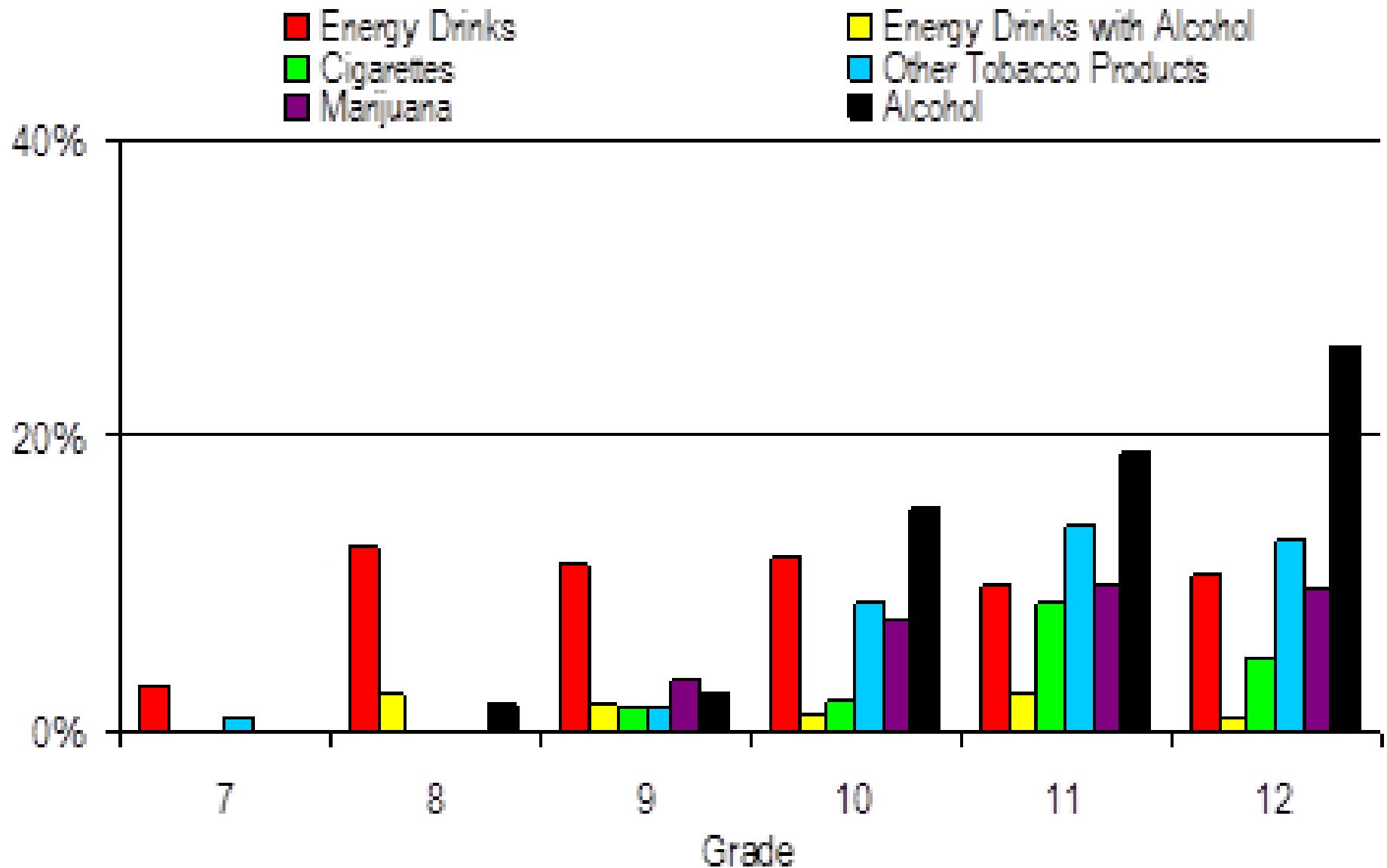


Have you used in the past 30 days?

Recent Use of Marijuana




Core Substances, Past 30 Day Use



Tobacco/Nicotine Use - LOLHS

Perception that tobacco is harmful has been softening

	2013	2011
Cigarettes		
-Lifetime	10%	22%
-Past 30 day use	4%	6%
Other Tobacco Products		
-Lifetime	16%	23%
-Past 30 day use	9%	12%
E-cigarettes	11%	**

A young woman with shoulder-length brown hair, wearing green-rimmed glasses and metal braces, is smiling and holding a white rectangular sign in front of her chest. She is wearing a dark jacket over a patterned top. The background is a white door with a decorative panel. The sign contains the following text:

**The average age
of first use of
alcohol in L/OL is
14.3 years**

Alcohol Use Question

During the past 30 days, on how many days (if any) did you drink one or more drinks of an alcohol beverage (more than a sip, and NOT including religious activities)?

- I have never used
- Not in the past 30 days
- Occasionally (1-5 days)
- Frequently (6-20 days)
- Almost every day (21 days or more)

Alcohol: Grades 9-12

Lifetime Use - decreased

Recent Use – no change

	2013	2011
Lifetime	30% (n=131)	43%
Past 30 day use	15% (n=65)	15%

Past 30 Day Use of Alcohol

Grade	Number of users	Total enrolled
7	0	120
8	2	118
9	3	123
10	16	107
11	16	87
12	31	119
Total	68	674

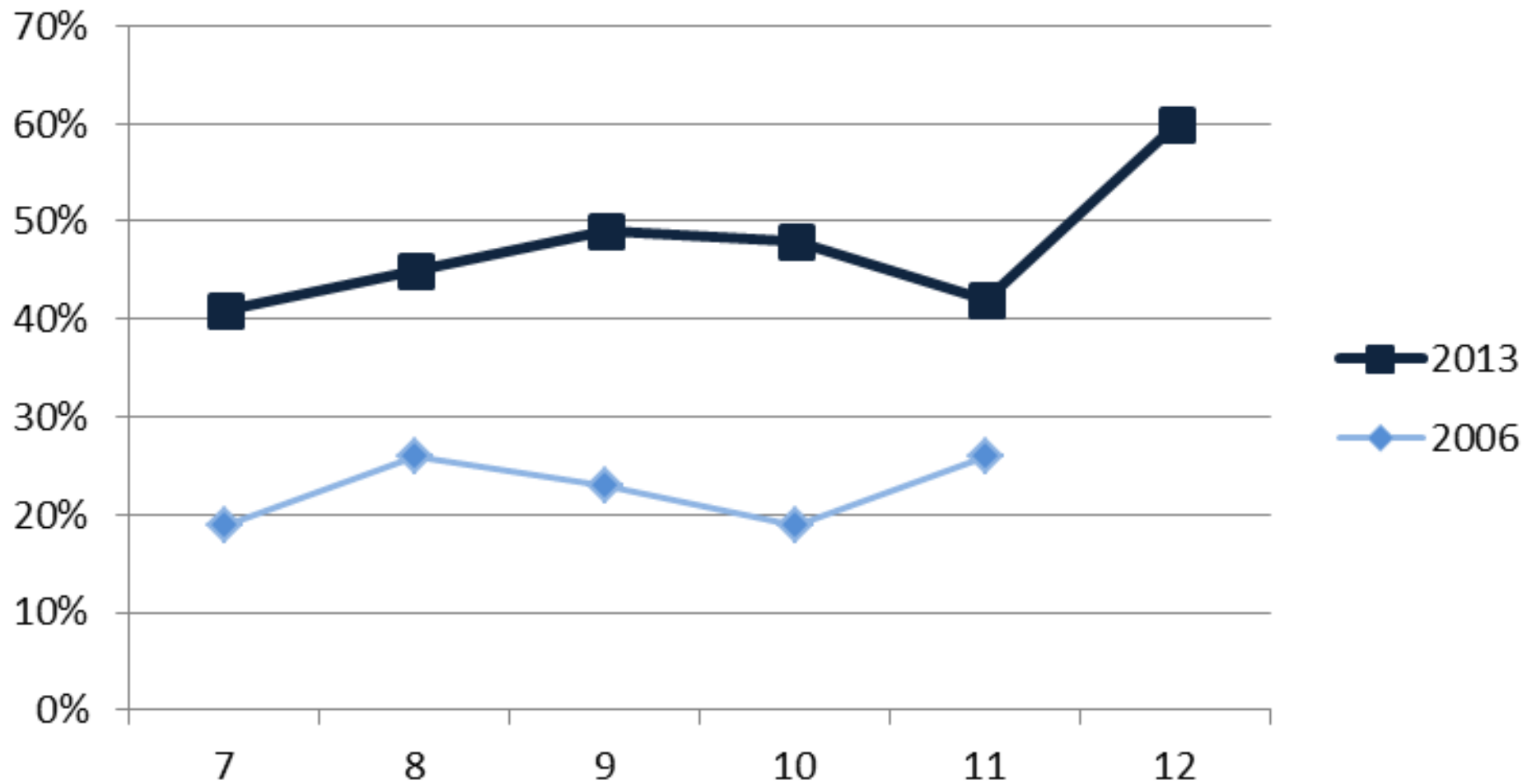
Perceived Harm

Question: How much do people risk harming themselves physically or in other ways when they drink alcoholic beverages, 1 or 2 drinks, nearly everyday?

- No risk
- Slight risk
- Moderate risk
- Great risk
- I don't know

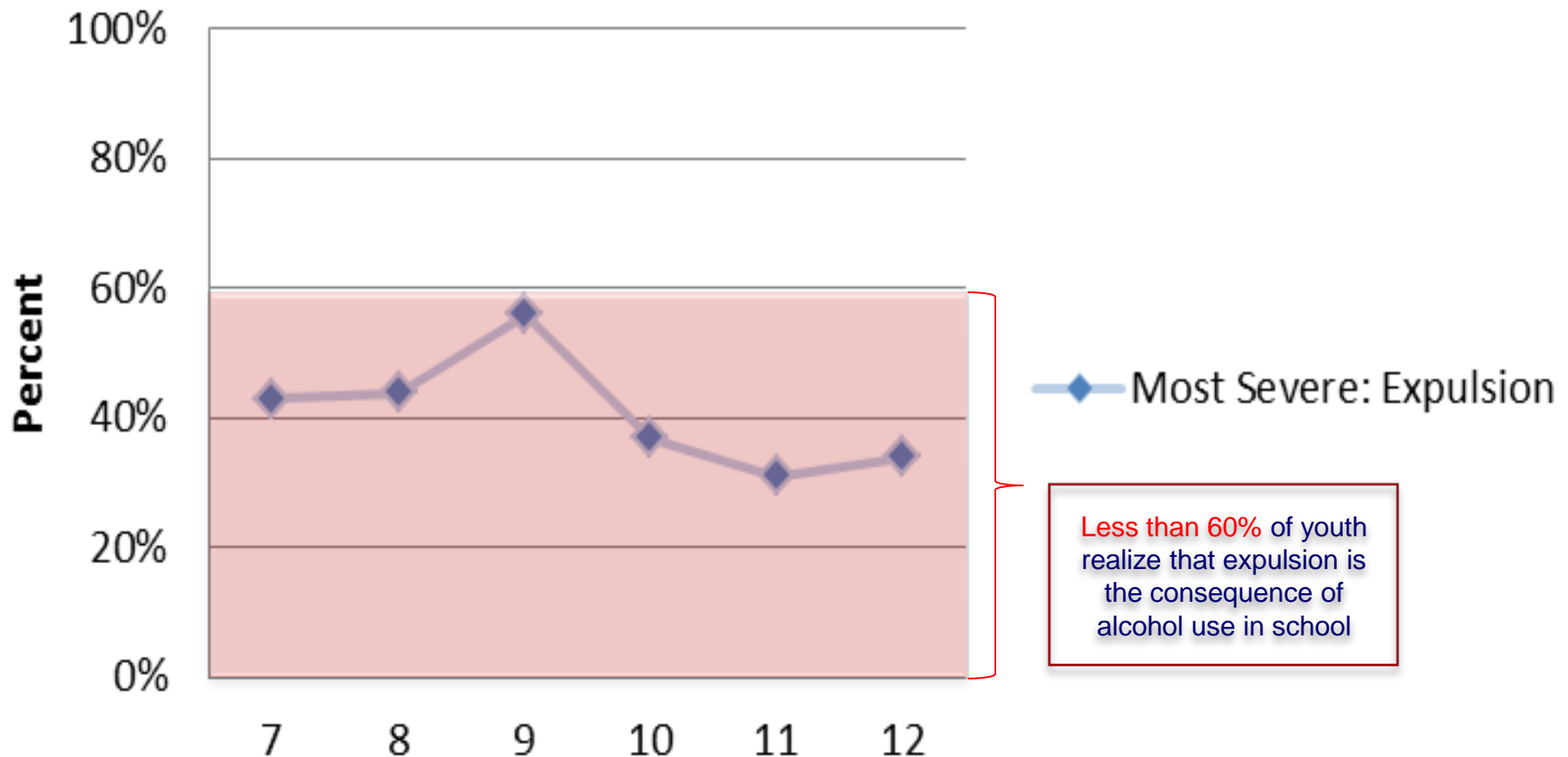
Answer: Great risk of harm


Perceived Harm of Alcohol Use



Question: What is the most severe thing that is likely to happen to a student who is caught in school with an alcoholic beverage?

Expulsion: Most severe consequence for possession of alcohol in school



A young woman with long blonde hair is smiling and holding a white sign in front of her. The sign contains text about parental disapproval being the number one reason kids in L/OL choose not to drink. The background is a plain grey wall.

Parental Disapproval
is the

#1 Reason

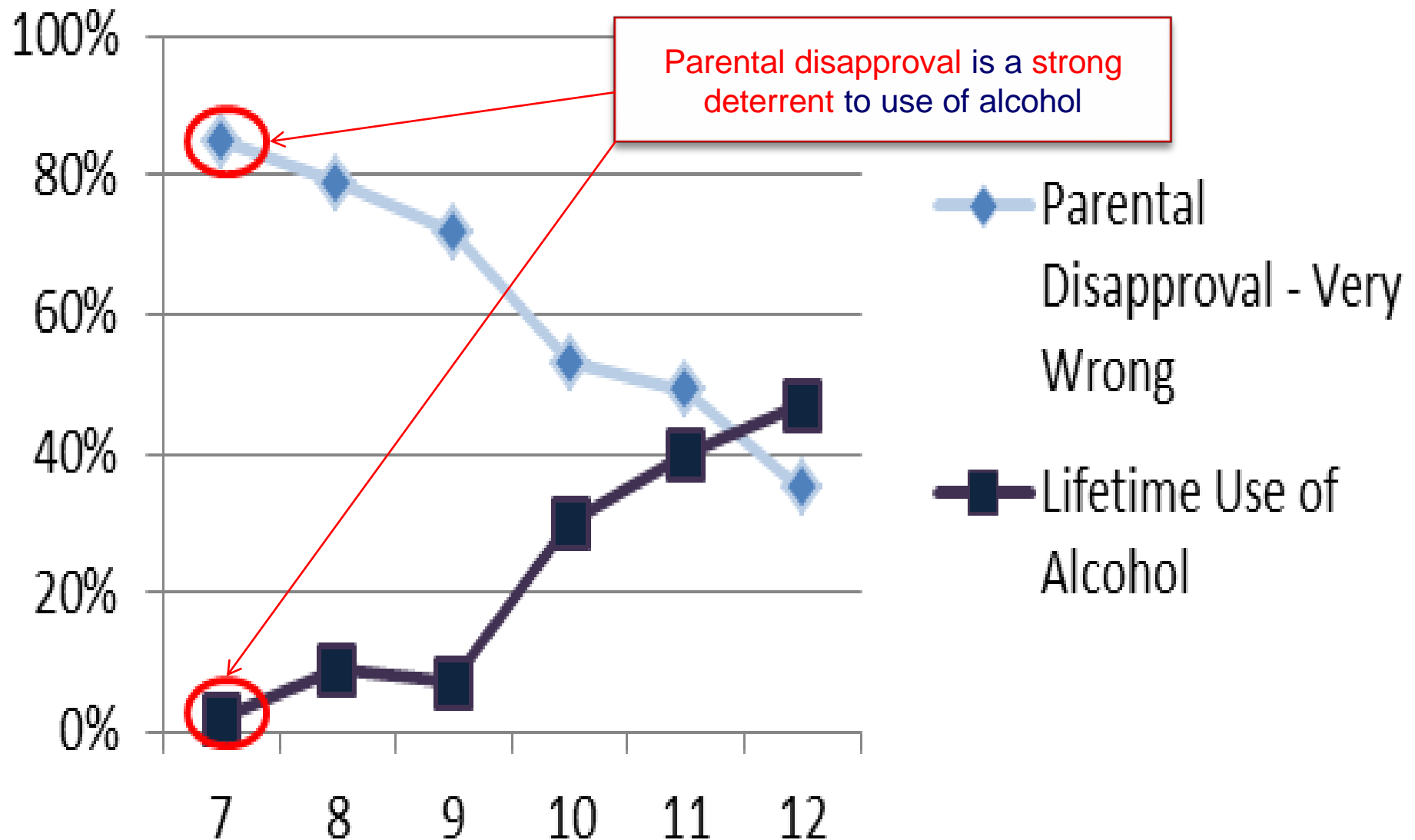
kids in L/OL choose
not to drink.

Perception of Parent/Guardian Disapproval

Question: How wrong do your parent/guardian(s) feel it would be for you to drink alcohol (beer, wine or hard liquor)?

- Not at all wrong
- A little bit wrong
- Wrong
- Very wrong

Perceived Parental Disapproval vs. Alcohol Use






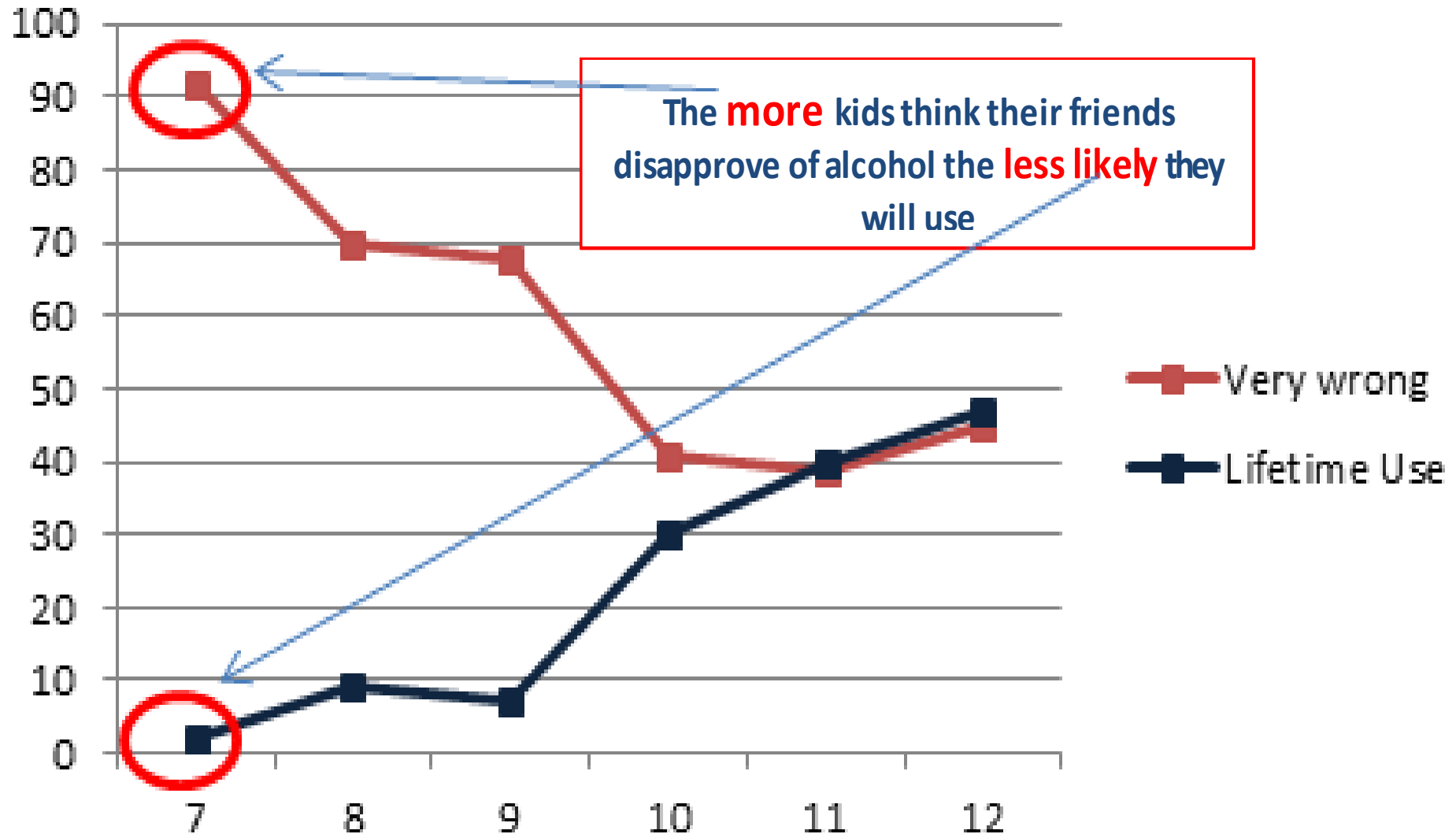
I Will Be A Parent, Not A Bartender

It's definitely true that my family has clear rules discouraging me from using alcohol.

	Grades 7-8	Grades 9-10	Grades 11-12
2011	56%	65%	45%
2013	73%	63%	61%




How wrong do your friends feel it would be for you to drink alcohol?



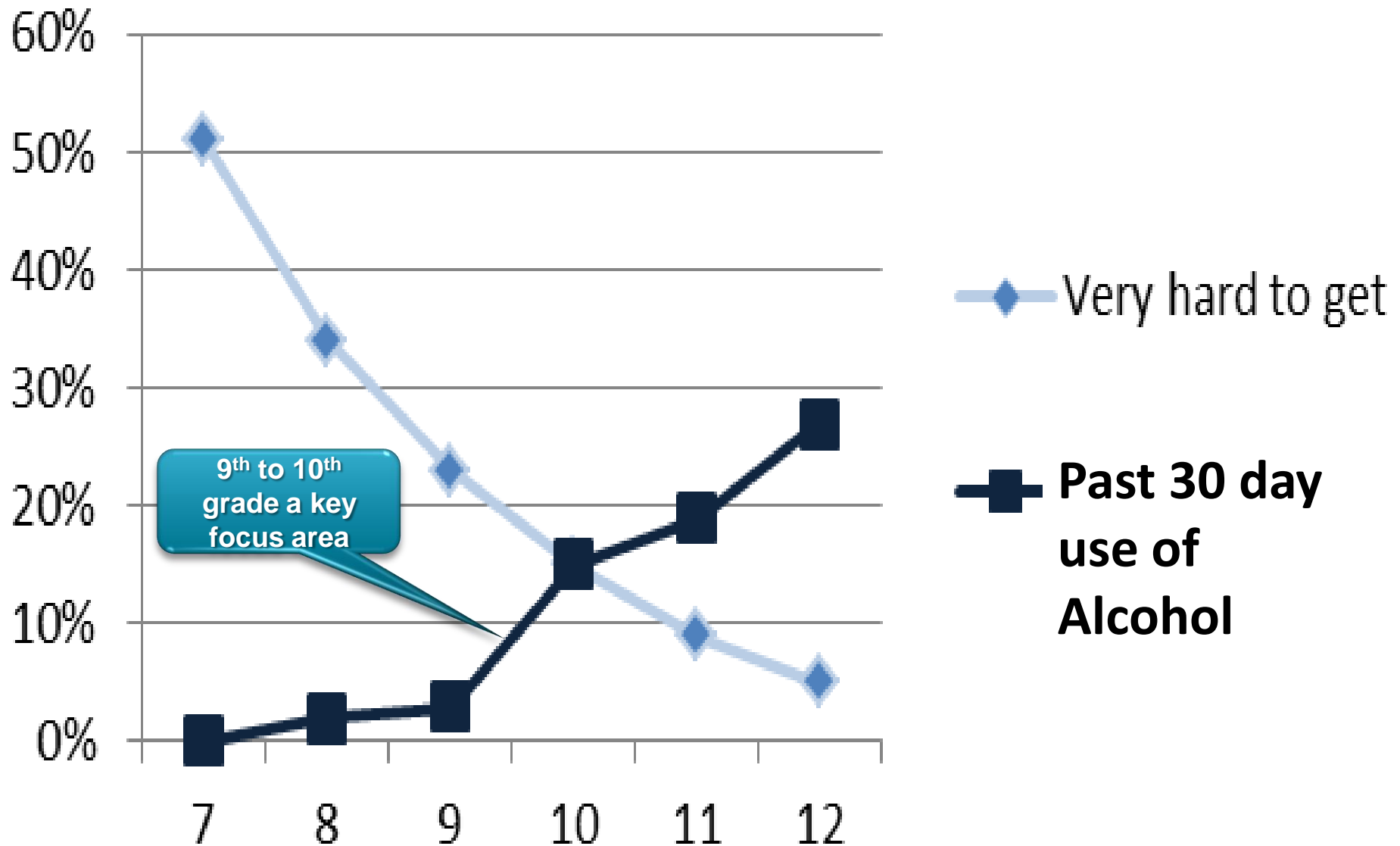
If you wanted to, how easy would it be for you to get alcohol?

“Very easy” or “sort of easy”

	Grades 7-8	Grades 9-10	Grades 11-12
2011	44%	78%	84%
2013	36%	54%	76%



Perceived Access vs. Alcohol Use: highly correlated



The Easiest Place *For Kids* to Get Beer



is right next to the milk.

Keep Alcohol Out of the Hands of Kids.



Community Action for
Substance-Free Youth



Lynne Youth
Service Bureau

How often do you get alcohol from: (Grades 9-12)

- Friends (62%)
- At a party without adult's permission (49%)**
- Your parents, without permission (40%)
- Other people buy it for you (33%)**
- Party with adult's permission (27%)
- Your parents, with permission (25%)
- Siblings (23%)
- You buy it from a store or bar (7%)


** Improved since 2006

Number of Students Who Binge* Drink, Past 30 Days

2013: 31

2006: 45 (not including seniors)

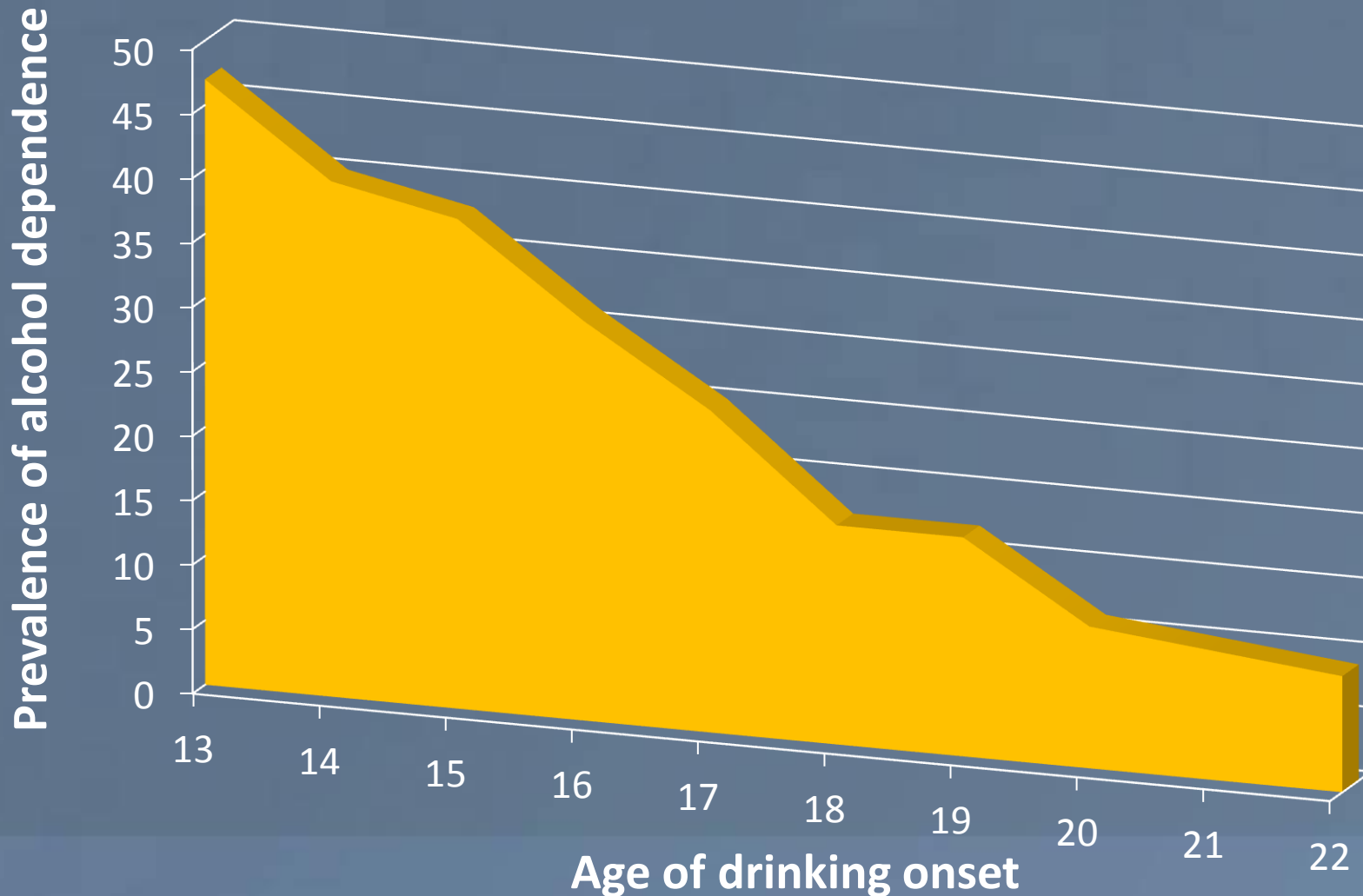
*4 or more drinks on one occasion

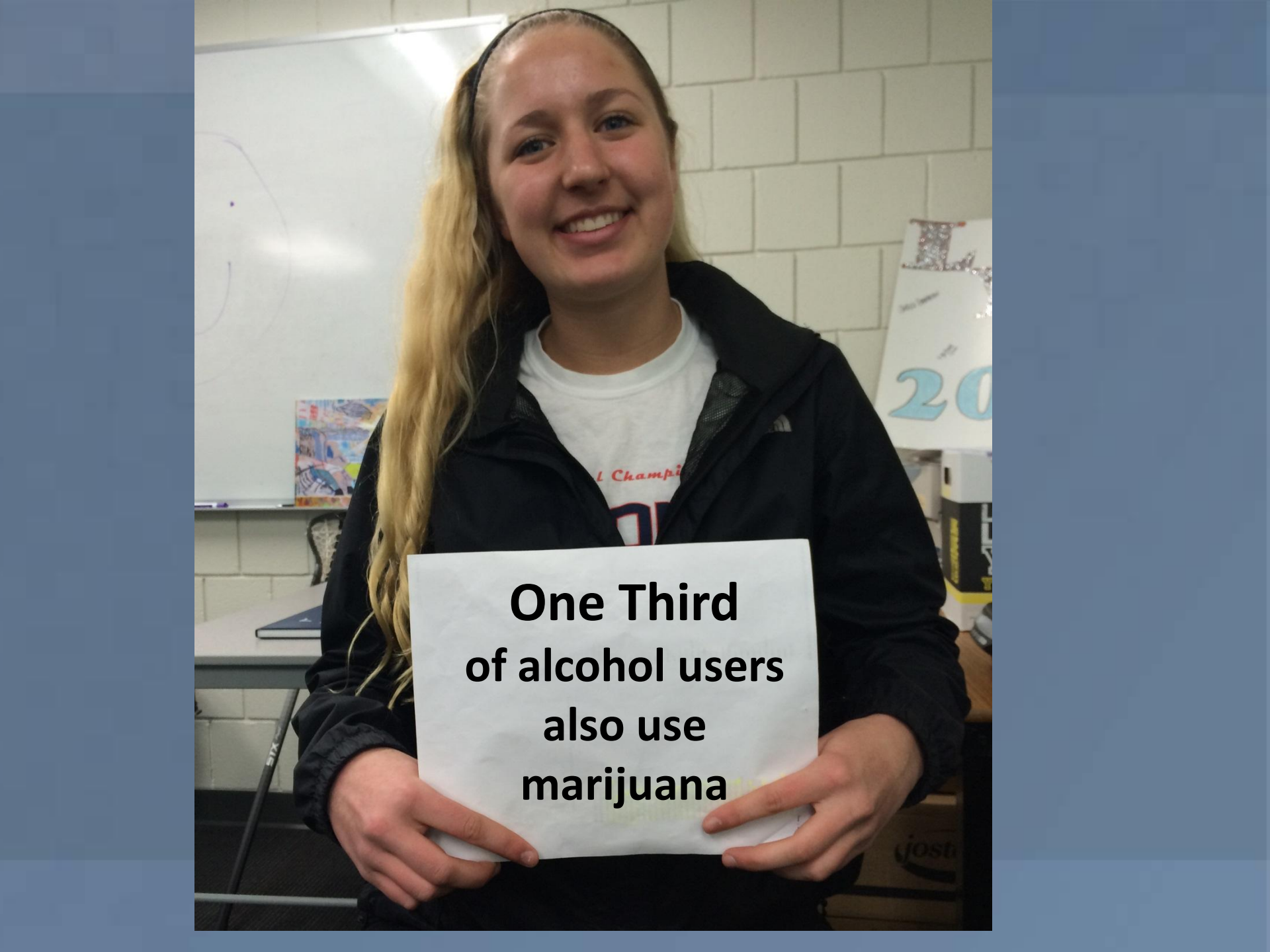
A young boy with blonde hair and rosy cheeks, wearing an orange shirt, is holding a white sign. The sign contains text about the risk of developing alcohol problems if one waits until age 21 to drink.

If I wait until I am 21
to drink, I only have a
10% chance
of developing
problems with alcohol

Risk of alcohol dependence drops each year drinking is postponed:

Children who drink alcohol (more than a few sips) before their 13th birthday are nearly five times more likely to develop alcohol dependence than those who begin drinking at age 21.



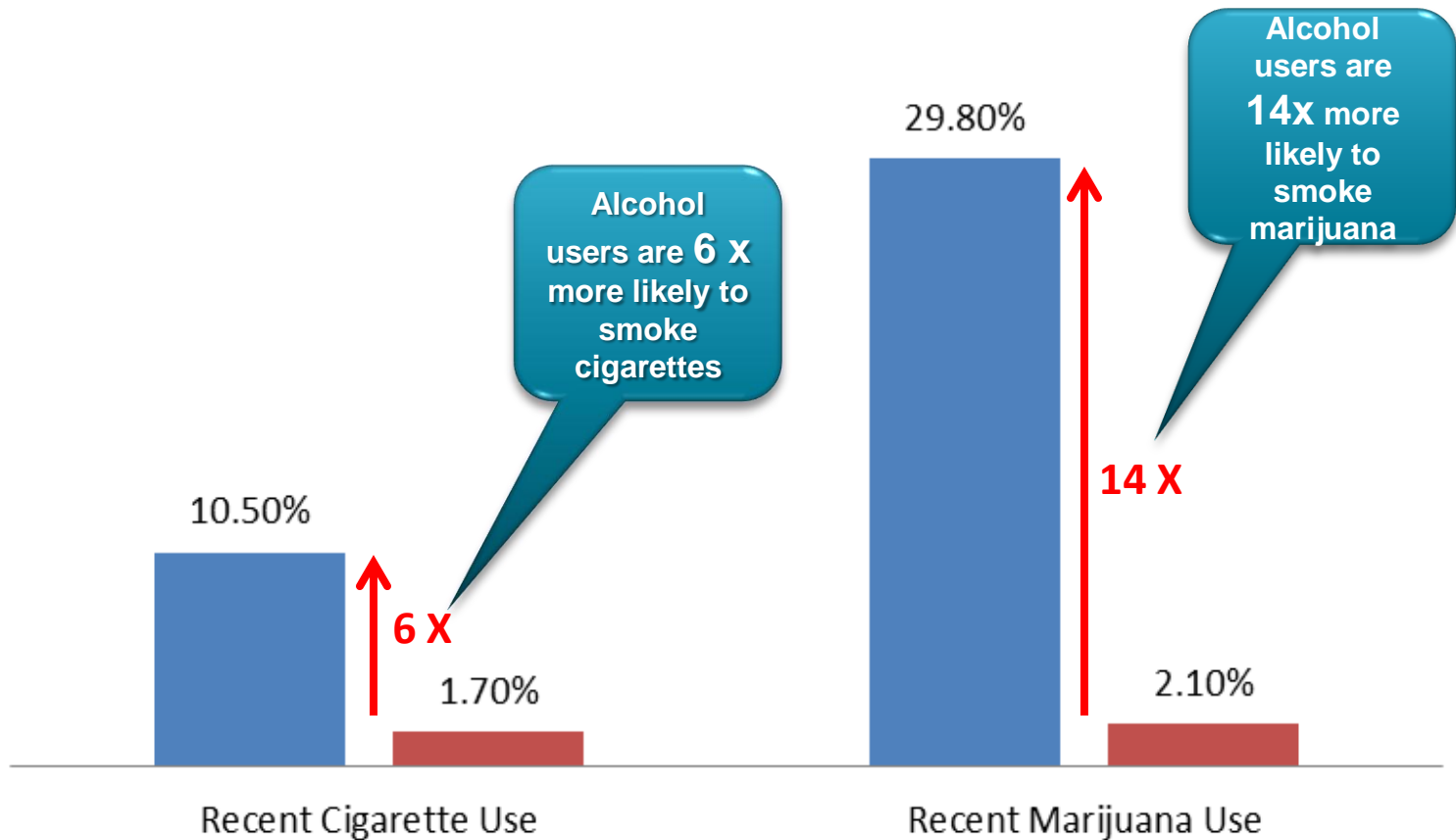


**One Third
of alcohol users
also use
marijuana**

Nearly 1/3 of youth using alcohol also use marijuana

Association of Alcohol Use with Other Substances

■ Recent Alcohol Use - YES ■ Recent Alcohol Use - NO



Marijuana:

Have you ever used in your lifetime?

Grade	N=
7	1
8	1
9	12
10	11
11	15
12	35
Total	75

Marijuana:

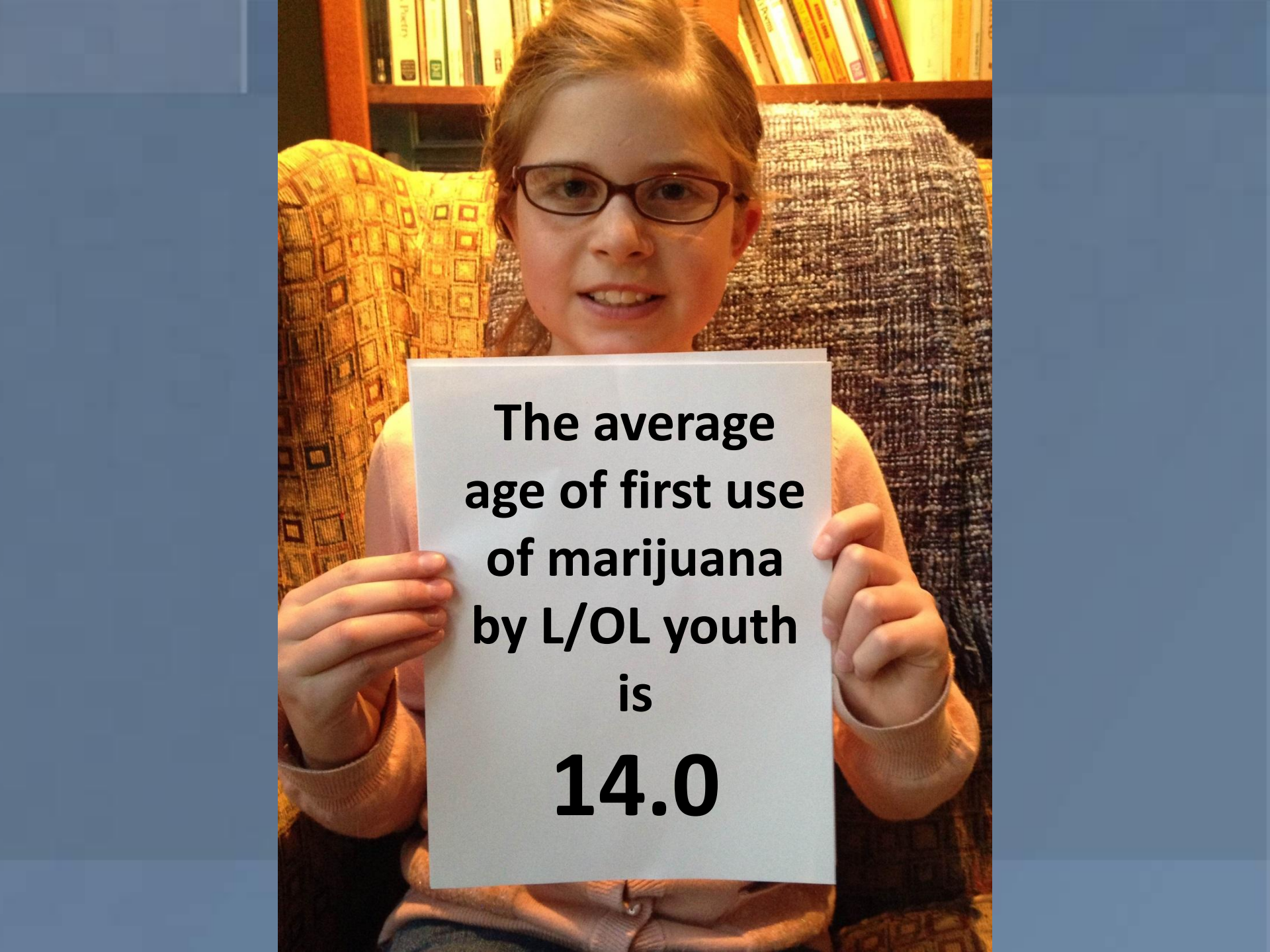
Have you used in the past 30 days?

- I have never used
- Not in the past 30 days
- Occasionally (1-5 days)
- Frequently (6-20 days)
- Almost every day (21 days or more)

Marijuana:

Have you used in the past 30 days?

Grade	N=
7	0
8	0
9	4
10	8
11	9
12	12
Total	33

A young girl with light brown hair and glasses is sitting in a patterned armchair. She is holding a white rectangular sign in front of her chest. The sign contains black text. In the background, a wooden bookshelf filled with books is visible. The entire image is framed by a blue border.

**The average
age of first use
of marijuana
by L/OL youth
is
14.0**

Marijuana Age of First Use in L/OL

14.6 – 2011 Survey

14.0 – 2013 Survey

Age in L/OL of First Marijuana Use

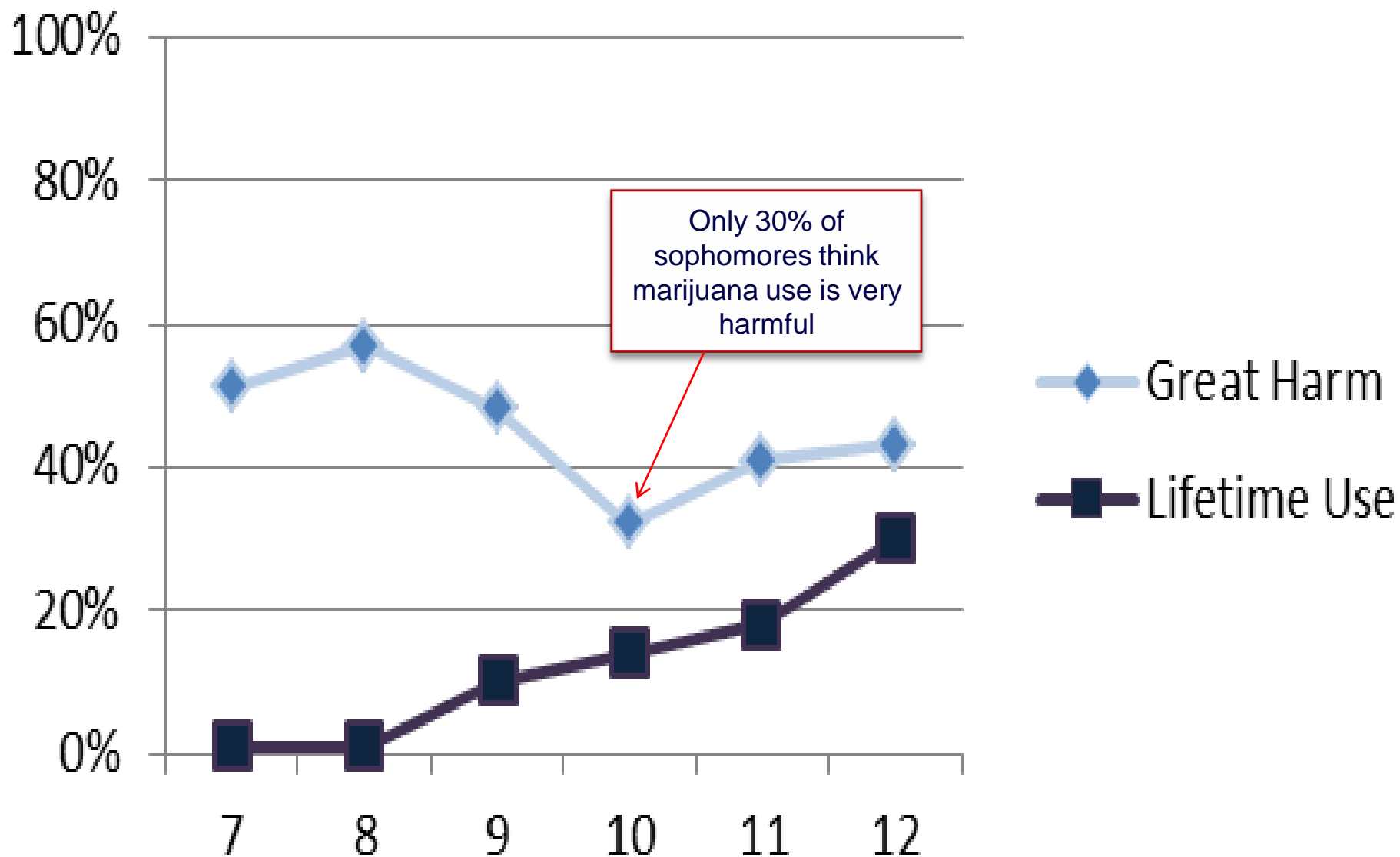
13 and below	N=24
14 and above	N=51

Marijuana and Perception of Harm

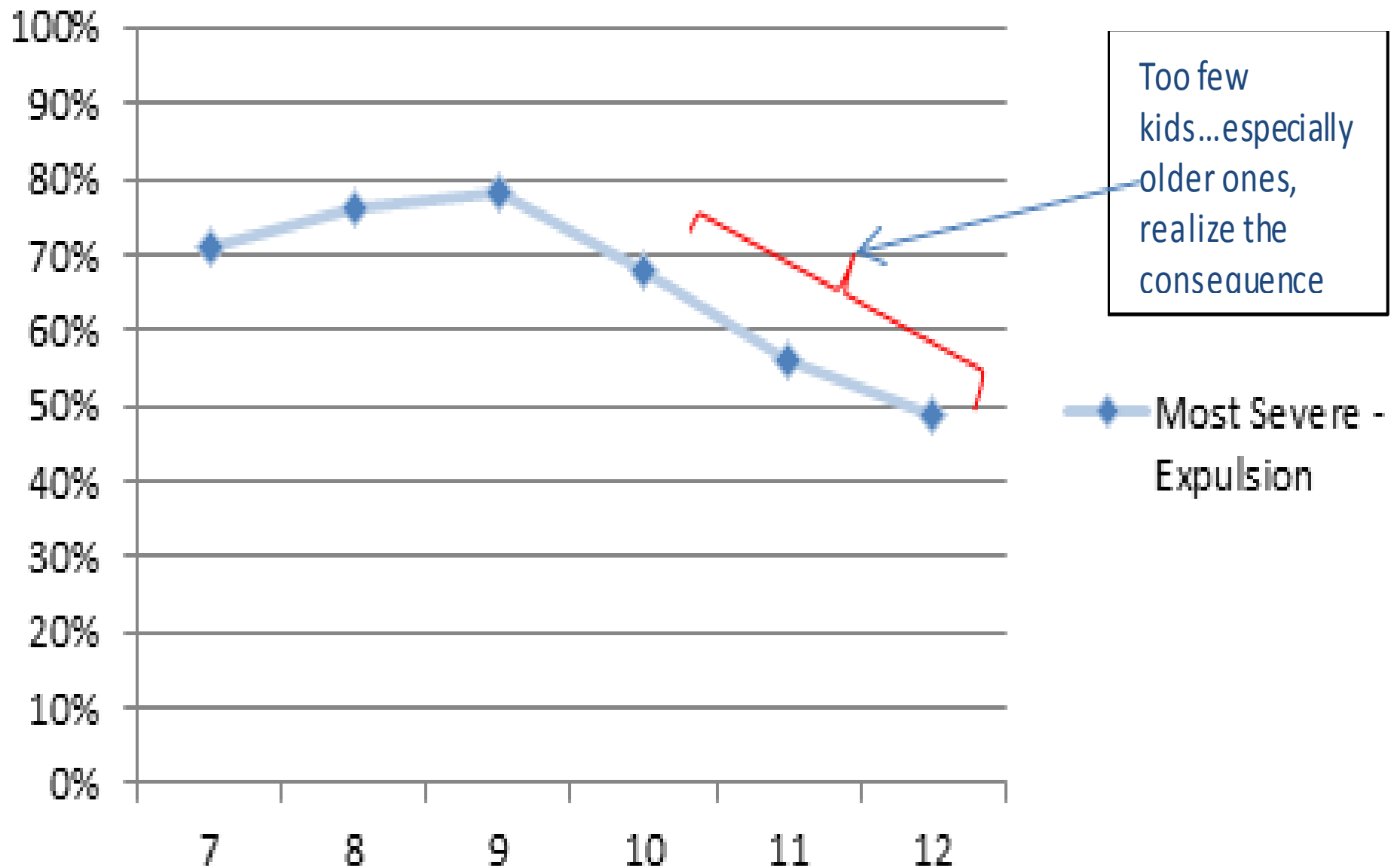
Question: How much do people risk harming themselves physically or in other ways when they use marijuana 1 or 2 times a week?

- No risk
- Slight risk
- Moderate risk
- Great risk

Perceived Harm vs. Marijuana Use

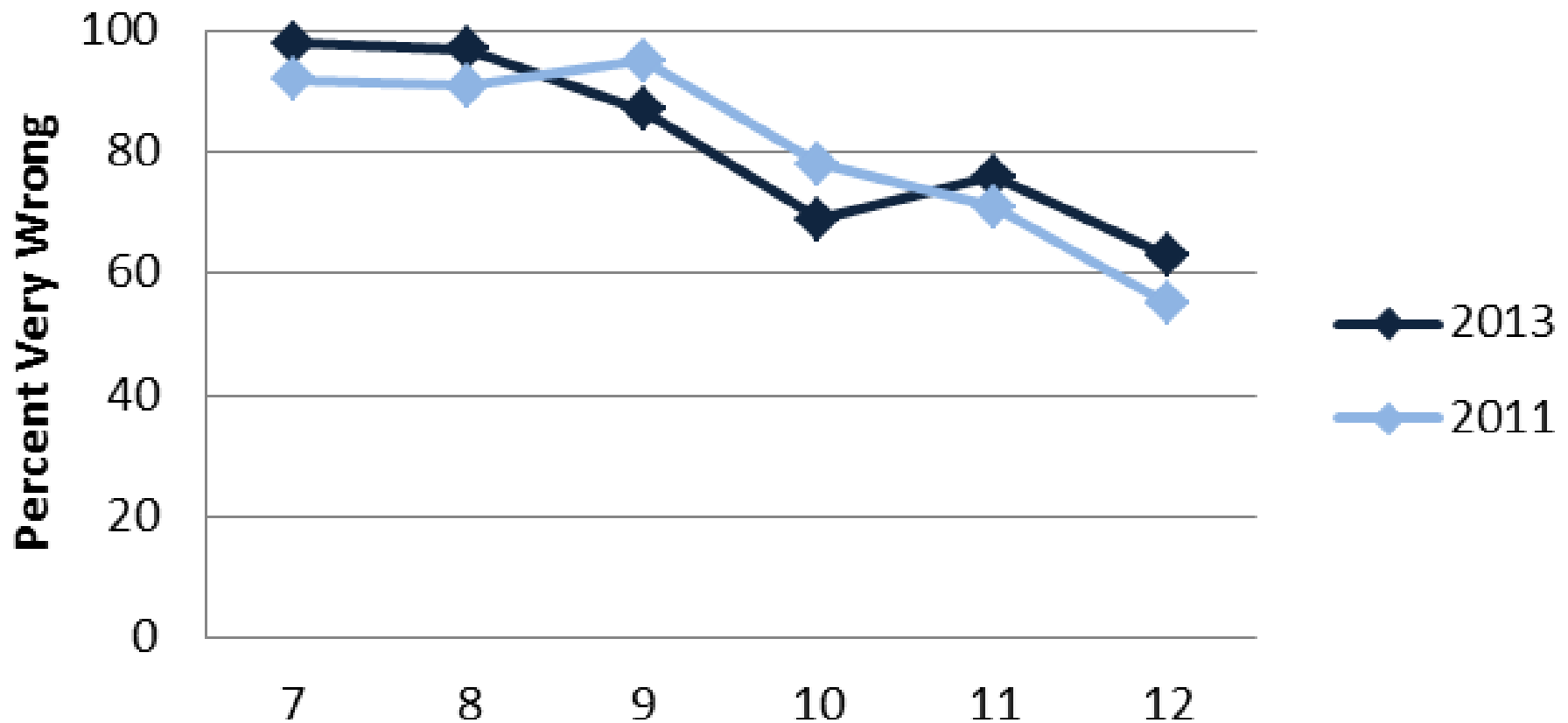


Question: What is the most severe consequence for possession of marijuana in school?



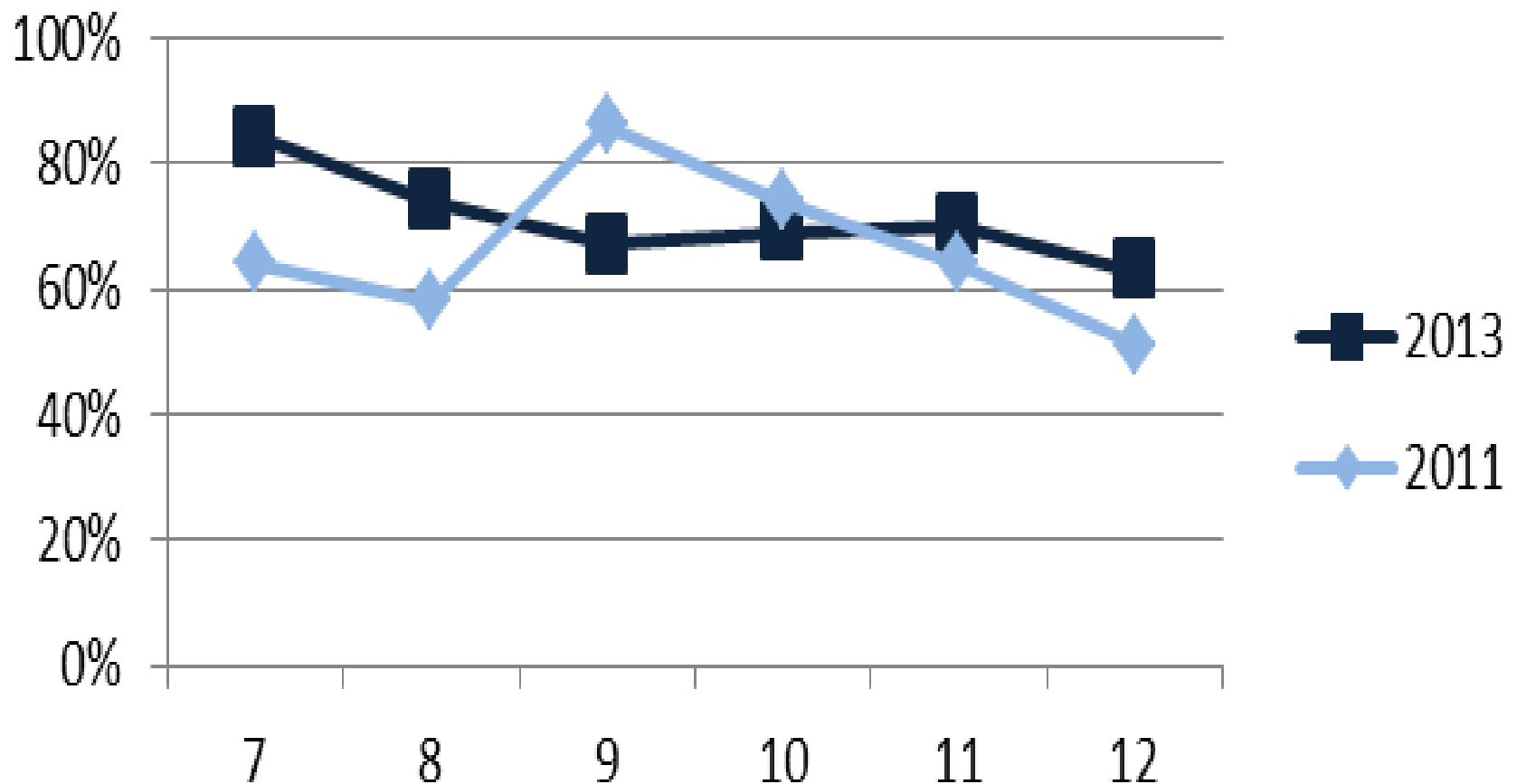
How wrong do your parents feel it would be for you to smoke marijuana?

Parental Disapproval - Marijuana

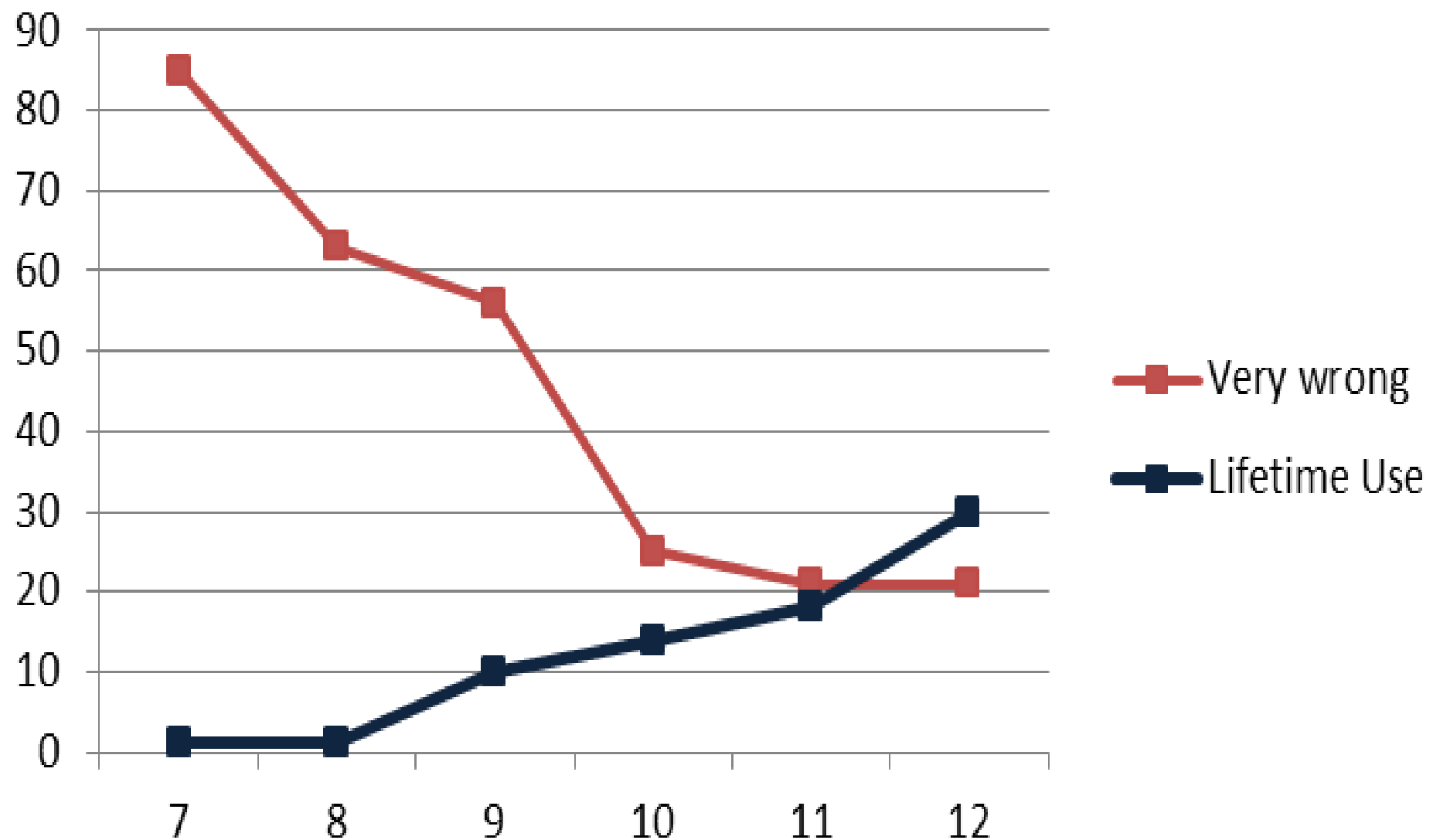


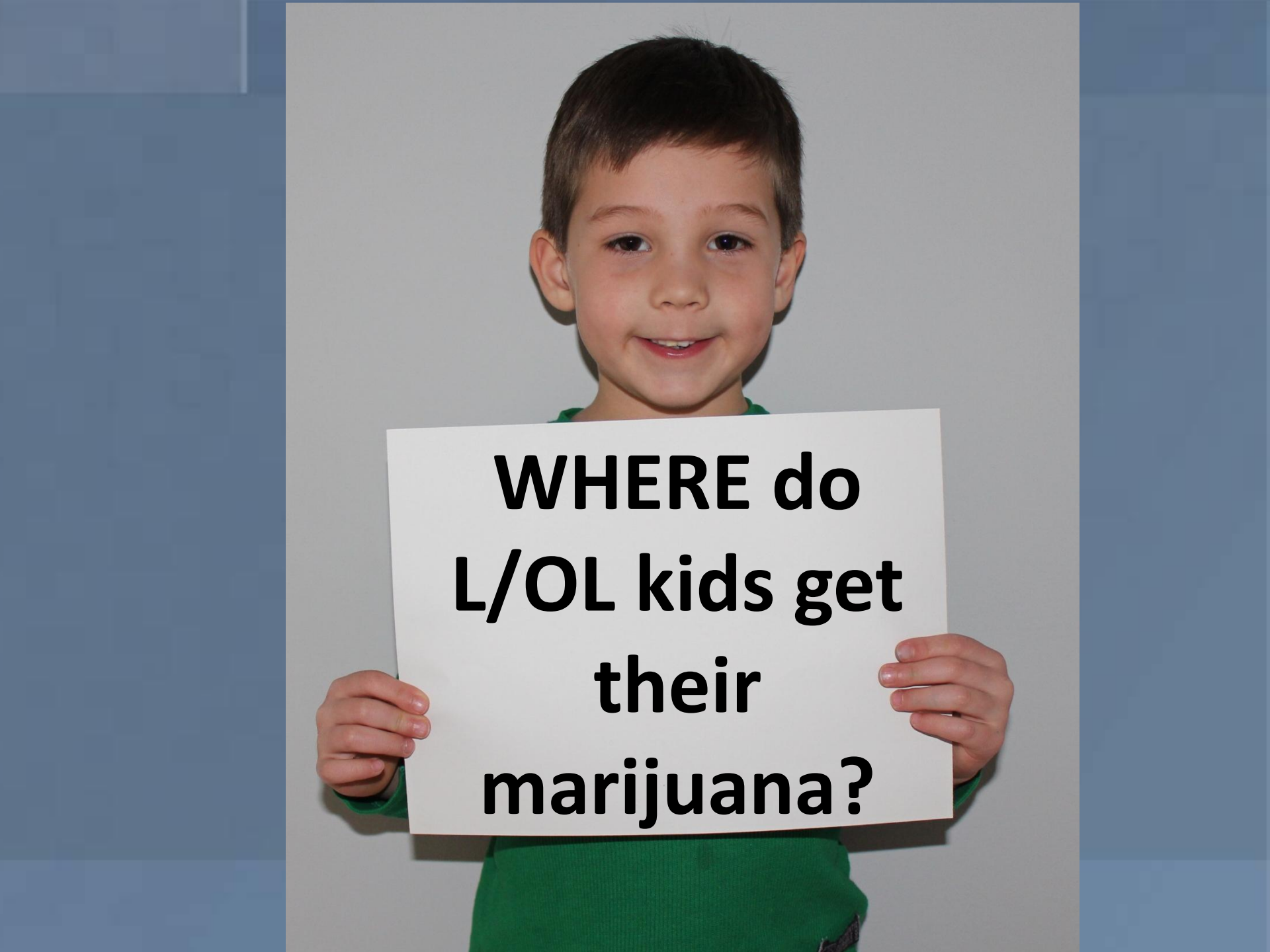
It is definitely true that my family has clear rules discouraging me from using marijuana.

Rules at Home - Marijuana



How wrong do your friends feel it is for you to smoke marijuana?



A young boy with short brown hair and a slight smile is holding a white rectangular sign in front of his chest. He is wearing a green long-sleeved shirt. The background is a plain, light-colored wall. The sign has bold black text that reads: "WHERE do L/OL kids get their marijuana?".

**WHERE do
L/OL kids get
their
marijuana?**

Sources of Marijuana

Lifetime Users - Seniors (N=35)

Source	12 th Grade
Parents, without permission	35%
Siblings	21%
Friends	93%
Buy it	52%

We've got more work to do

1. How to further DECREASE USE of alcohol from 9th to 10th Grade, and 11th to 12th Grade
2. How to further DECREASE ACCESS to alcohol, specifically from friends at parties?
3. How to push back against societal promotion of MARIJUANA USE as a community?
4. How to INCREASE PARENTAL DISAPPROVAL for use of substances, among high school students, especially 10th-12th grades.
5. How to INCREASE PEER DISAPPROVAL for both alcohol and marijuana among high school youth?
6. Age of onset is getting younger for marijuana, and stuck at 14.3 for alcohol. How can we reach parents and youth earlier?



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Substance Free Youth

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CASFY meets on the first Tuesday of the month at 7:00 p.m. at LYSB. All are welcome to join us.

For more information contact:

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This presentation along with other resources can be found on our website:
www.lysb.org