

Summary of L/OL 2015 Youth Survey Report

Contact: Mary Seidner or Karen Fischer 860-434-7208

ALCOHOL

Lifetime Use: The rate for LOLHS (29.7%) is nearly the same as 2013 and significantly lower than the lifetime rate (43%) in 2011.

Past 30 Day Use: The rate for recent use is 12.5%, which is lower than 2013 (15%). Alcohol use rates among teens are the lowest they have ever been nationally, in the state, the region, and have been reduced by 50% in LOL since 2009.

First Use: Average is 14.3 years and hasn't changed in the past 5 years.

Binge Drinking: 21.6% of recent drinkers report drinking 4 or more drinks on one occasion. No change since 2013. Reduction since 2006 is highly significant.

Perception of Harm: How much to people risk harming themselves when they drink 1 or 2 drinks nearly every day? Moderate or great risk 75.3% all grades (note decrease in grades 11-12 vs. 2013 Survey)

Parent/Guardian Disapproval: How wrong do your parents feel it would be for you to drink 1 or 2 drinks nearly every day? Decrease in all grades except 10th vs. 2013.

Parental Clear Rules: My family has clear rules discouraging me from using alcohol. Grade 7 84.2%, Grade 10 88.5%, Grade 11 78.6%,

Peer Disapproval: Wrong or very wrong: 11th 46.7% and 12th 39.1%. Increased in grades 10-12.

Alcohol Sources: Primary sources in order are 1) Friends, 2) At a party without an adult's permission, 3) Parents without permission, 4) My parents with permission, 5) Other people buy it for me, 6) At a party with adult's permission, 7) Siblings.

Alcohol Users' Other Drug Use. LOL High School boys who used alcohol in the past 30 days are 1) 5x more likely to have recently used marijuana, 2) 11x more likely to have recently used cigarettes, 3) 7x more likely to have ever misused a prescription medication and 4) 6x more likely to have ever used an illicit drug (other than marijuana). LOL High School girls who used alcohol in the past 30 days are 7x more likely to have recently used marijuana. Youth who do NOT use alcohol are highly unlikely to use any other substances.

MARIJUANA

Rates of use for have increased for 10-12th grade and significantly so.

Lifetime Use: Rare in middle school. Use in 10th-12th is 23%, 30% and 37%.

Past 30 day Use: No recent use in 7th and 8th as was the case in 2013. Recent use in 10th-12th is 13.5%, 13.2% and 21.8%.

Average Age of First Use: 14.5 years, an improvement over 2013.

Perception of Harm: How much to people risk harming themselves when they use marijuana 1 or 2 times a week. Moderate or great risk: Grade 7- 76.7%, Grade 8- 66.7%, Grade 9- 53.4%, Grade 10- 59.45, Grade 11- 47.2%, Grade 12- 52.0% Grades 11 and 12 are significantly below 2013 rates.

Parental Disapproval: Rates for perception of parental disapproval remain strong, even for seniors where 90% perceive that their parents think it is wrong or very wrong for them to use marijuana.

Parental Clear Rules: My family has clear rules discouraging me from using marijuana. Grade 7- 84.3%, Grade 9- 88.2%, Grade 11- 76.6%, Grade 12- 79.7% Increase in grades 7-10; significant decrease in grades 11-12.

Peer Disapproval: Boys report less peer disapproval than girls. Remains similar to 2013.

Sources: For lifetime users sources are 1) friends, 2) buy it, 3) other people buy it for you, 4) parents without permission, 5) siblings, 6) parents with permission.

Marijuana User's Other Drug Use: Boys who used marijuana in the past 30 days are 1) 6x more likely to recently use alcohol, 2) 35x more likely to recently have used cigarettes, 3) 17x more likely to have ever misused a prescription drug, 4) 18x more likely to have ever used an illicit drug other than marijuana, and 5) 11x more likely to have used an e-cigarette (vaping) recently than boys who haven't used marijuana in the past 30 days.

Girls who used marijuana in the past 30 days are 1) 6x more likely to have recently used alcohol, 2) 18x more likely to have recently used e-cigarette (vaping), and 3) 14x more likely to have ever misused an illicit drug than girls who haven't used marijuana in the past 30 days.

TOBACCO: Rates are significantly below those for the region and nation. Lifetime smoking of cigarettes in LOLMS is rare, and LOLHS lifetime rate is 5.9%, lower than 2013.

OTHER TOBACCO PRODUCTS: Increased use of e-cigarettes (vaping) in grades 10-12. LOLHS: Lifetime use is 13.3%, 2.2% in grades 7-8. 8.1% of high school boys have used other tobacco products (chew, snus, cigarillos, etc.) in the past 30 days, similar to 2013.

ENERGY DRINKS: Past 30 Day use rate is 5.8% for Grades 7-8 and 10.8% for 9-12. 10% of boys in grades 7-8 and 25% of high school students report using an energy drink with alcohol at least once. Using a substance to change how one feels at a young age can become a habit, a coping skill.

SUMMARY OF CONCERNS:

Marijuana: Increase in use in high school, delaying first use, peer disapproval drops in high school, changing norms toward more acceptance of use (national media, legalization in several states, parental disapproval and clear rules among high school students, parental monitoring, access in homes, parties, sales in the community, driving "high", riding as a passenger when driver is "high").

Alcohol: Risk of harm perceptions especially in high school, delaying first use, parental disapproval and clear rules, acceptance of use among friends in high school, parental monitoring, access in homes, parties, driving while under the influence, riding as a passenger when driver is under the influence. Correlation with use of marijuana and alcohol and other illicit drugs and prescription drugs.

NEXT STEPS: Create five year strategic plan to reduce marijuana and alcohol use.

The Mission of the Community Action for Substance Free Youth (CASFY) is to prevent and reduce alcohol and other drug use among youth of Lyme and Old Lyme, by collaborating with the community to raise awareness, modify social norms, educate youth and adults, initiate policy change and promote healthy activities.

CASFY meets on the first Monday of the month at 7:00 p.m. at LYSB. Join us!!