

Rocklin Unified School District

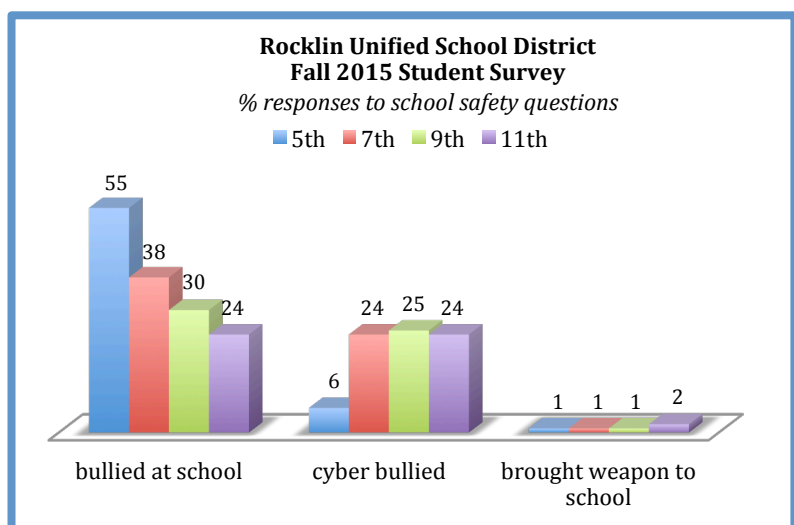
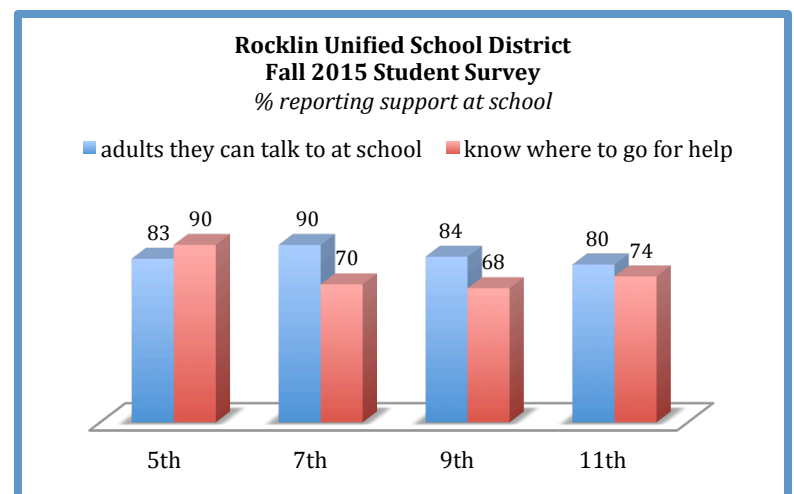
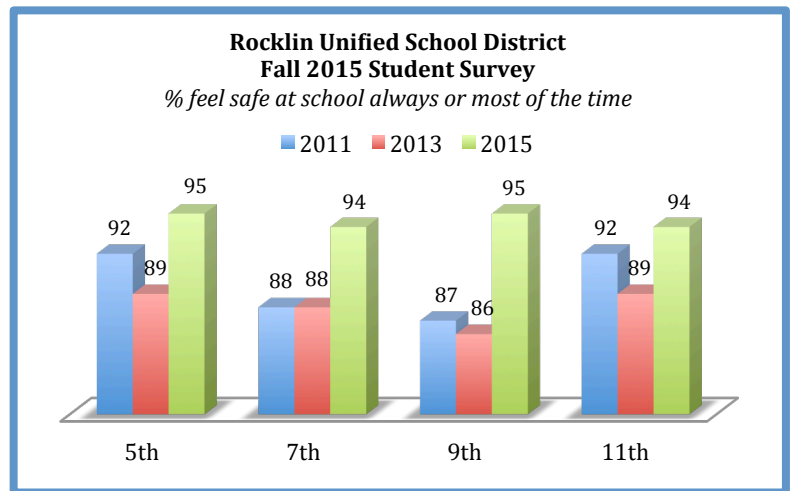


Student Survey Report Fall 2015

HIGHLIGHTS AND TRENDS

SCHOOL SAFETY MEASURES

- Most Rocklin students feel safe at school *always or most of the time*.
- Most students said there are adults at school they can talk to if they need help. Ninth graders were the least likely to be aware of adults they can talk to at school which may reflect their transition to a new and larger campus.
- About a third of 7th and 9th graders and a fourth of 11th graders said they were unsure or did not know where to go for help.
- More than half (55%) of 5th graders said they had been bullied, pushed, shoved or hit at school. About a third of 7th and 9th graders and a fourth of 11th graders said they had been bullied or harassed at school.
- Of those who had been bullied, 75% of 5th graders, 45% of 7th graders, 36% of 9th graders and 22% of 11th graders said they talked to an adult at school for help. Less than half of middle and high school students said it was helpful.
- Half of the 5th graders said other students try to stop bullying when they see it happening.
- Much of the cyber bullying occurs at home indicating a need to involve parents in strategies to prevent and help students cope with the impacts.
- Few students said they brought a weapon to school and less than 1% had brought a gun to school (2 middle school and 1 high school student).



SUBSTANCE USE

The most prevalent substances used by Rocklin youth for both lifetime (ever used) and current use (past 30 day use) are:

- Alcohol
- Marijuana
- (Rx) prescription drugs not prescribed to them, (Oxycontin, Vicodin, Xanax)
- (OTC) over the counter meds (cough/cold medicines)

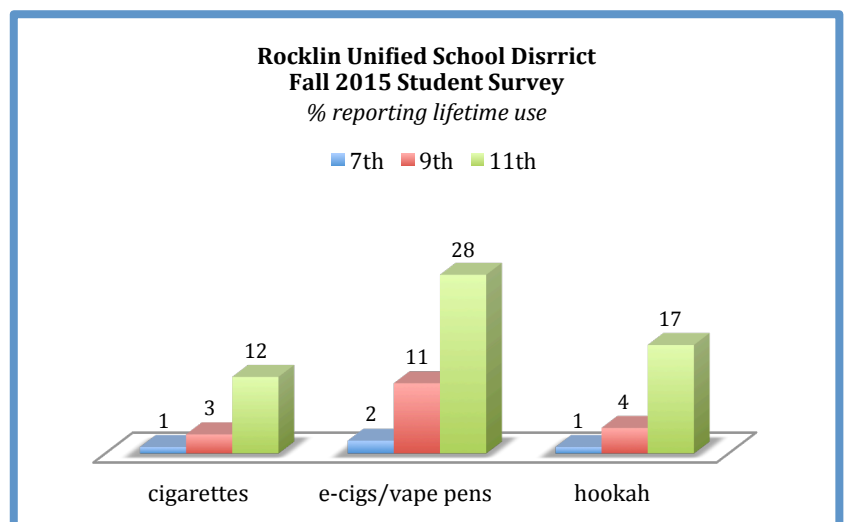
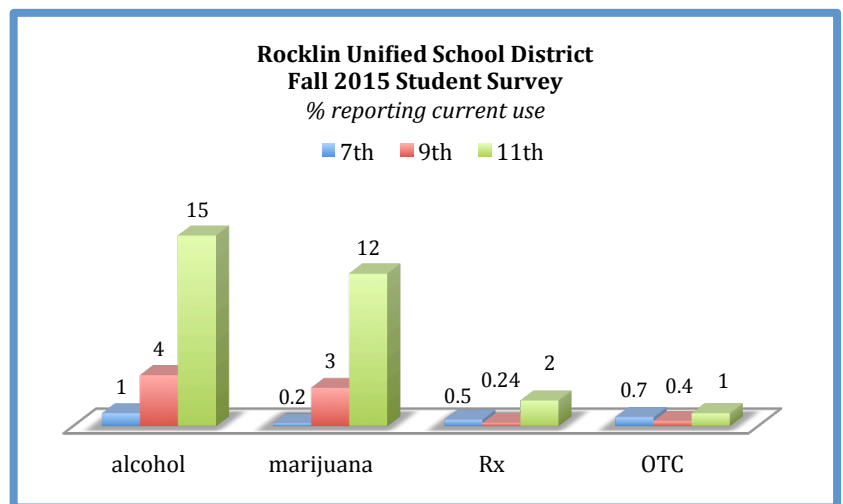
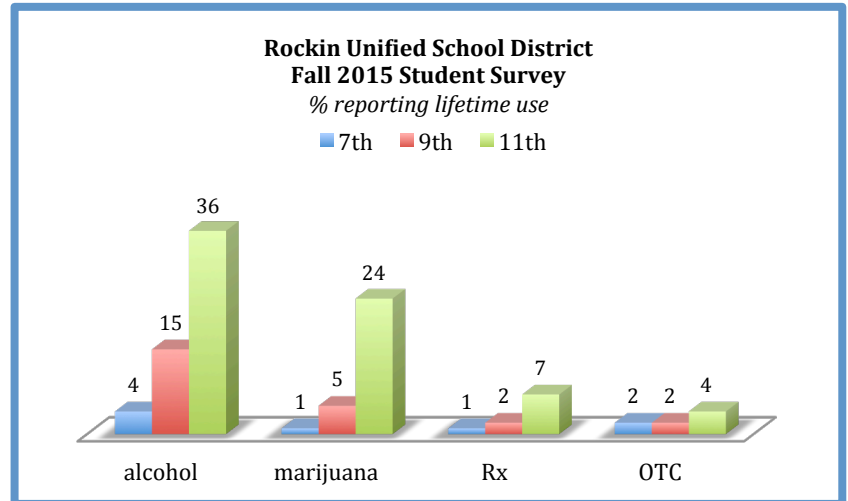
More than a third (36%) of 11th graders used alcohol sometime in their life, and about one in eight (15%) drank alcohol in the last month.

Nearly half of the 11th graders who drank alcohol in the last month had binged (five or more drinks of alcohol at a time).

Use of these substances increases dramatically across grade levels. The use of alcohol and marijuana increases fourfold from 9th to 11th grade.

The use of electronic cigarettes, vape pens and hookah is an increasing trend among young people and now surpasses the use of regular cigarettes.

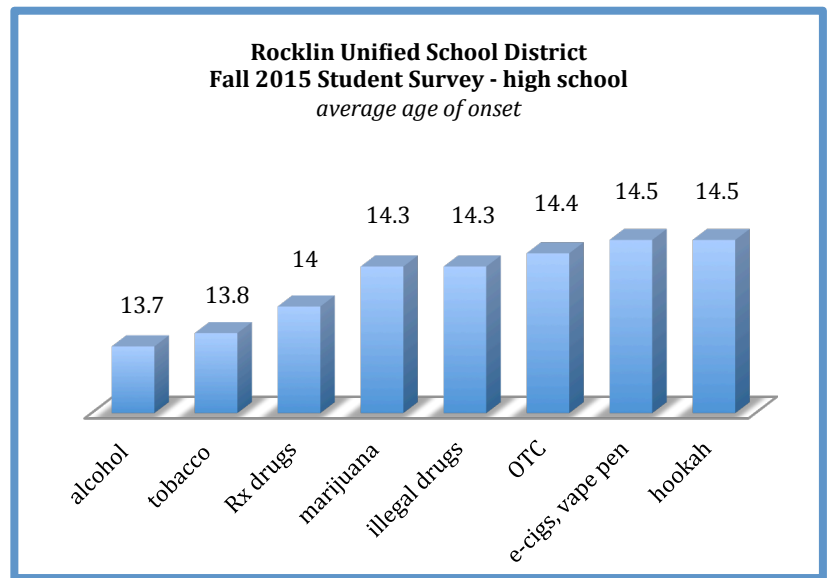
This is an important trend to note since these electronic devices include nicotine and can be used to smoke marijuana. Many youth as well as adults are unaware of the risks associated with using e-cigs or vape pens.



The average age for initiating substance use among Rocklin teens is 13.7 to 14.5 beginning with alcohol, tobacco and prescription drugs.

The data emphasizes a critical need to reinforce protective factors in middle school youth prior to making the challenging transition to high school.

The significant increase in all substance use between 9th and 11th grade highlights a need to reinforce prevention education efforts during 9th and 10th grades.

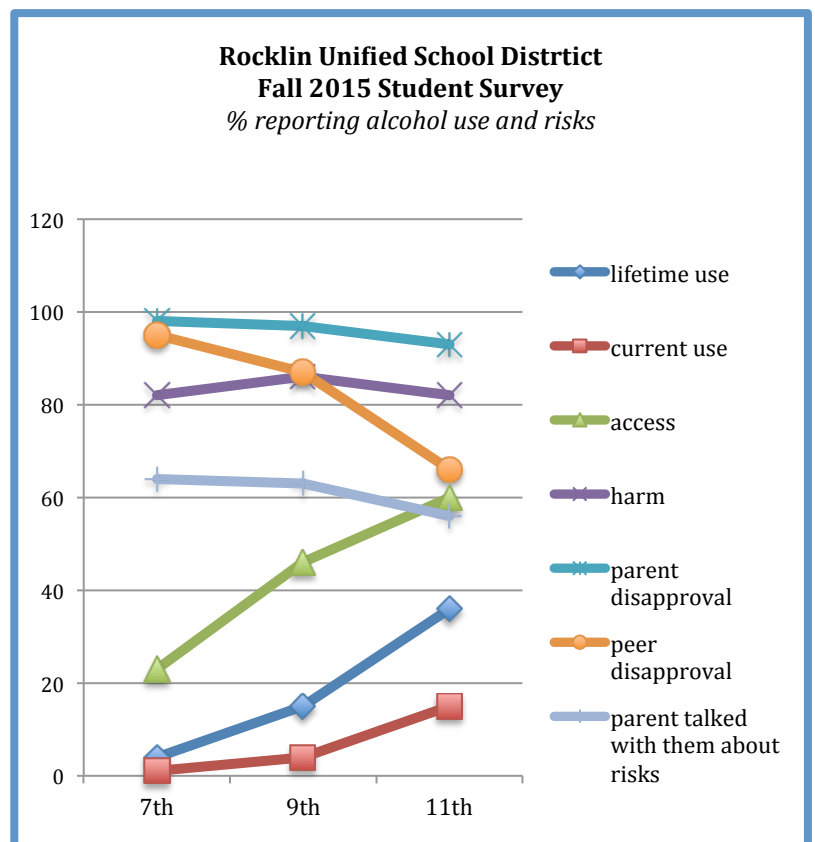


Several key factors influence an adolescent's decision to use or abstain from alcohol or other drugs including:

- Access – how easy is it for them to get the substance.
- Perception of harm – how harmful the substance is.
- Perception of parent disapproval – how much they think their parent would disapprove if they used the substance.
- Perception of peer disapproval – how much they think their peers would disapprove if they used the substance.

Rocklin student data confirms these key factors. As lifetime and current use of alcohol increases, ease of access increases and their perceptions of harm, parent disapproval, and peer disapproval decreases.

Parents are also less likely to talk with their teens about the risks of underage drinking, as they get older.

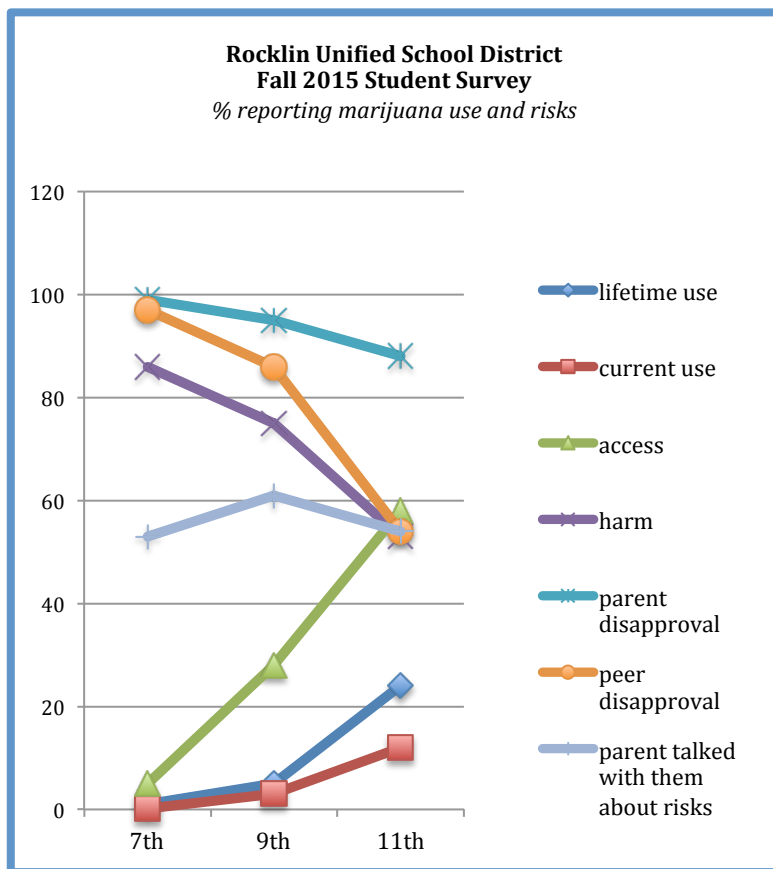


The same principle applies for marijuana use among Rocklin youth. As lifetime and current use of marijuana increases, ease of access increases and their perceptions of harm, parent disapproval, and peer disapproval decrease.

Parents are also less likely to talk to 11th graders about the risks of using marijuana.

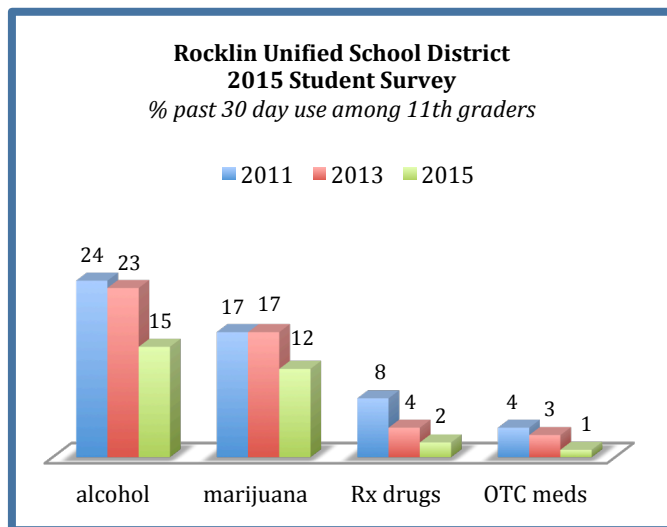
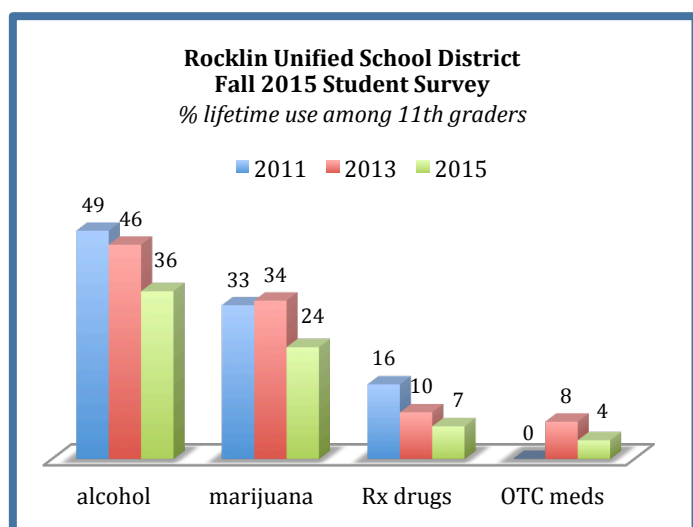
A primary source where teens usually get **alcohol** is their own home (43%) with or without parent knowledge. Other key sources include: parties or events outside of school, friends or another teenager, older siblings.

Teens usually get **marijuana** from friends or other teenagers. A third (32%) said older siblings and 26% said other family member or parent.

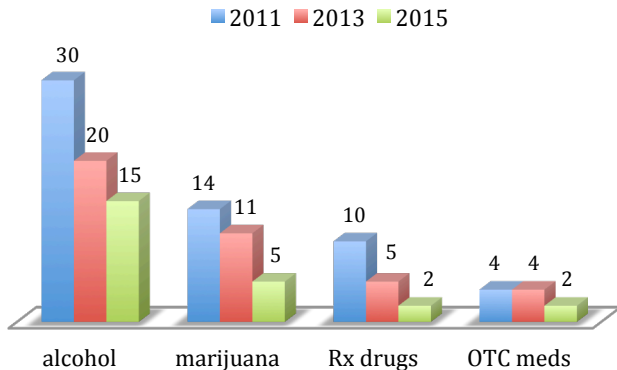


TRENDS

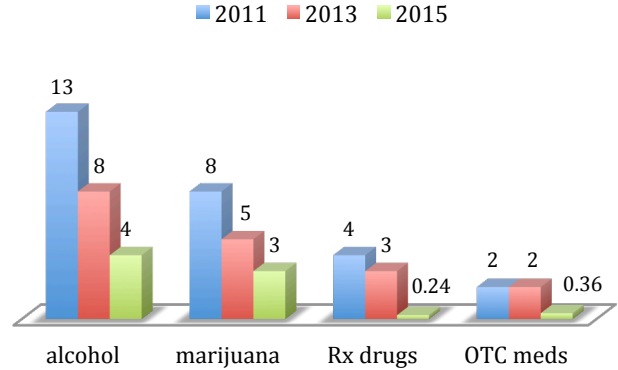
A comparison of data over the past four years reveals some encouraging trends among Rocklin youth. Lifetime and current use of alcohol and marijuana are decreasing. Compared with 2011, 13% fewer 11th graders said they drank alcohol in the last 30 days; 9% fewer had used marijuana.



**Rocklin Unified School District
Fall 2015 Student Survey**
% lifetime use among 9th graders



**Rocklin Unified School District
Fall 2015 Student Survey**
% current use among 9th graders

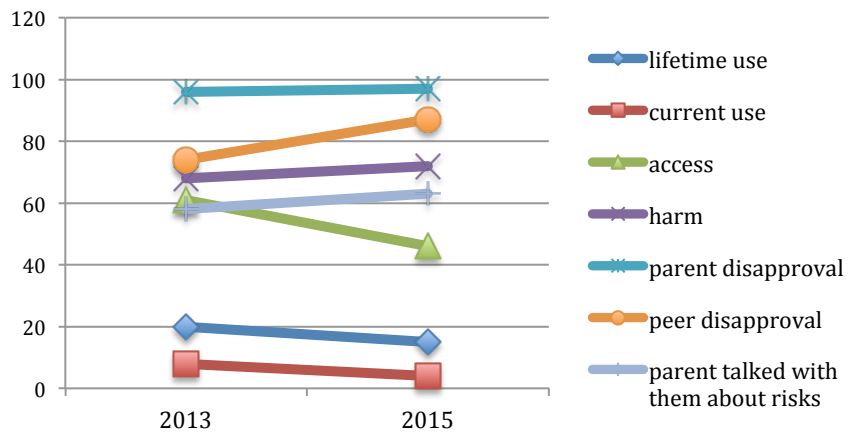


Ninth Grade

Lifetime and current use of alcohol among Rocklin ninth graders has decreased over the past two years, along with a positive trend in all four key risk factors: decrease in access and an increase in perceptions of harm, parent disapproval and peer disapproval.

Ninth graders who said their parent/guardian had talked with them in the last year about the risks of alcohol also increased from 58% to 63%.

**Rocklin Unified School District
Fall 2015 Student Survey - 9th grade**
% trends in alcohol use rates and risk factors

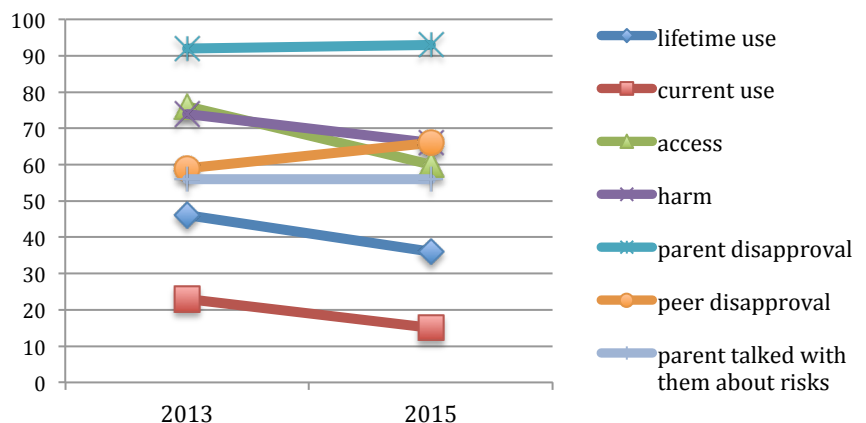


Eleventh Grade

Lifetime and current use of alcohol among Rocklin eleventh graders has decreased over the past two years. A positive trend in two key risk factors correlates with this trend: fewer students said alcohol was easy to get (from 76% to 60%), and more students said their peers would disapprove if they drank alcohol (from 59% to 66%).

Only a little more than half (56%) of eleventh graders said their parent/guardian had talked with them in the last year about the risks of alcohol – same for both 2013 and 2015.

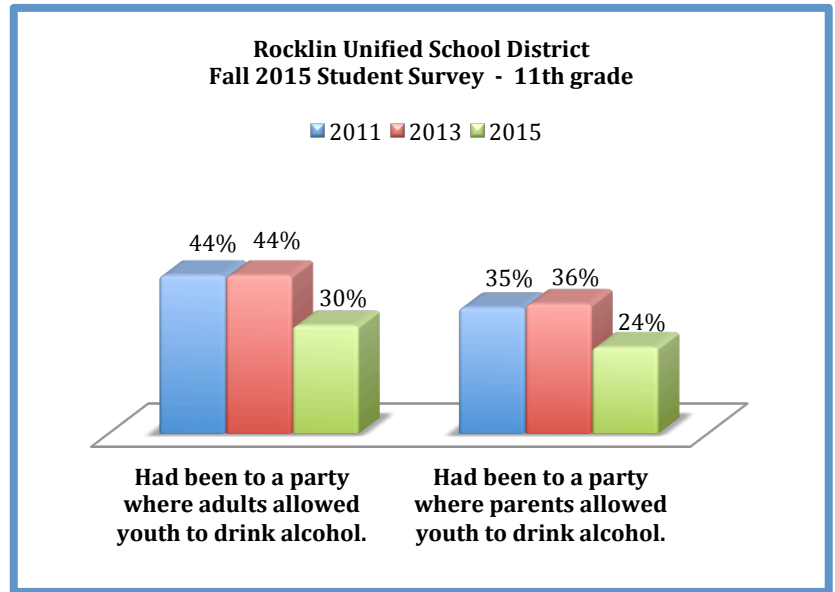
**Rocklin Unified School District
Fall 2015 Student Survey - 11th grade**
% trends in alcohol use rates and risk factors



Students who said they had been to a party or event where adults or parents allowed youth to drink alcohol has decreased.

A fourth (24%) of 11th graders said they had been to a party where parents allowed youth to drink alcohol, compared with 36% in 2013 (a decrease of 11%).

The decrease may partly result from the city of Rocklin's Social Host Ordinance enacted this past year; as well as the community's ongoing campaign to raise awareness about the prevalence and risks of underage drinking.



Mental Health Issues and Trends

The data indicates that a growing number of Rocklin youth are struggling to cope with stresses and challenges in their life that impact their mental health and can contribute to substance use.

- About three in five 9th and 11th graders (60%) said teens their age used alcohol or drugs to help them deal with pressures they face from school, family or friends, and feelings of anger, sadness or worry.
- A third of 7th graders (32%), almost half of 9th graders (48%) and 62% of 11th graders said they were *"always stressed or a lot stressed"*. School/grades and planning for their future were a primary source of stress.
- The level of stress reported by 11th graders increased from 58% in 2011 to 62% in 2015. One in five said they were worried about their mental health.
- More than half of 9th and 11th graders were experiencing symptoms of anxiety and depression including: *feeling anxious a lot, trouble sleeping, and unable to focus*.
- About a third said they felt sad or angry a lot.
- About one in five 11th graders had thoughts of suicide and 8% had attempted suicide.
- Middle and High School students recommended:
 - More counseling support on school campus
 - Support groups in the community to help teens deal with emotions
 - Easier access to mental health service
 - More opportunities for gaining employment skills and volunteering in the community