

Rocklin Unified School District Student Survey Report Fall 2013



INTRODUCTION

In the Fall of 2013, elementary, middle, and high school students enrolled in the Rocklin Unified School District participated in a locally administered survey sharing their experiences and thoughts about health and safety issues.

Rocklin Unified School District partnered with the *Coalition for Placer Youth (CPY)*, a federally funded Drug Free Communities grant program, to develop and administer the survey. District staff and teachers provided input to the survey design insuring that questions were relevant to our communities and students.

A total of 2,601 students participated in the survey including 241 fifth graders, 791 seventh graders, 685 ninth graders, and 884 eleventh graders. Survey participants represented 72% of the approximately 3,609 students enrolled at these grade levels in the District.

The goal of this 2011 survey is to promote local awareness and understanding of the challenges facing our students that can and often do interfere with their school success. Survey questions focused on student experiences and thoughts related to safety, substance use (tobacco, alcohol, marijuana, prescription and other drug use) as well as resiliency factors.

We are grateful to the RUSD staff, teachers and students for their input, time and participation in the survey.

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Rocklin 5th graders

Respondents: 241

Male: 48% Female: 52%

Ages: 9-11 years old



SCHOOL SAFETY

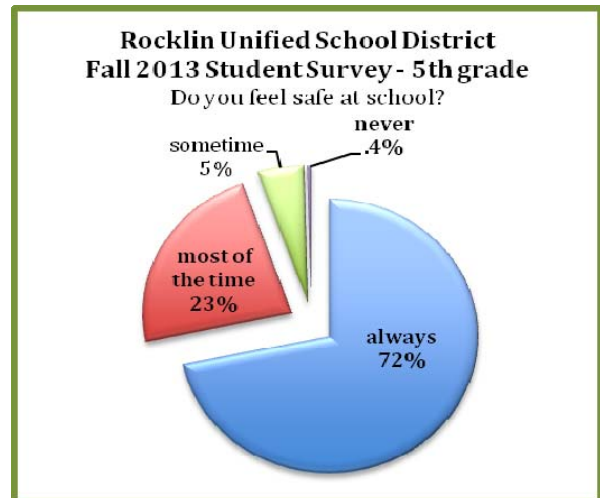
Overall, Rocklin fifth graders reported feeling safe at school. However, nearly half (48%) said they were bullied at school and 6% experienced bullying via social networking sites; 17 students had stayed home from school because they were afraid.

95% said they felt safe at school (always or most of the time):

- Always 72%
- Most of the time 23%
- Sometimes 5%
- Never 0.4% (1 student)

48% had been bullied, pushed, shoved or hit at school in the past year:

- 1 time 19%
- 2 times 14%
- 3 or more times 15%
- none 51%



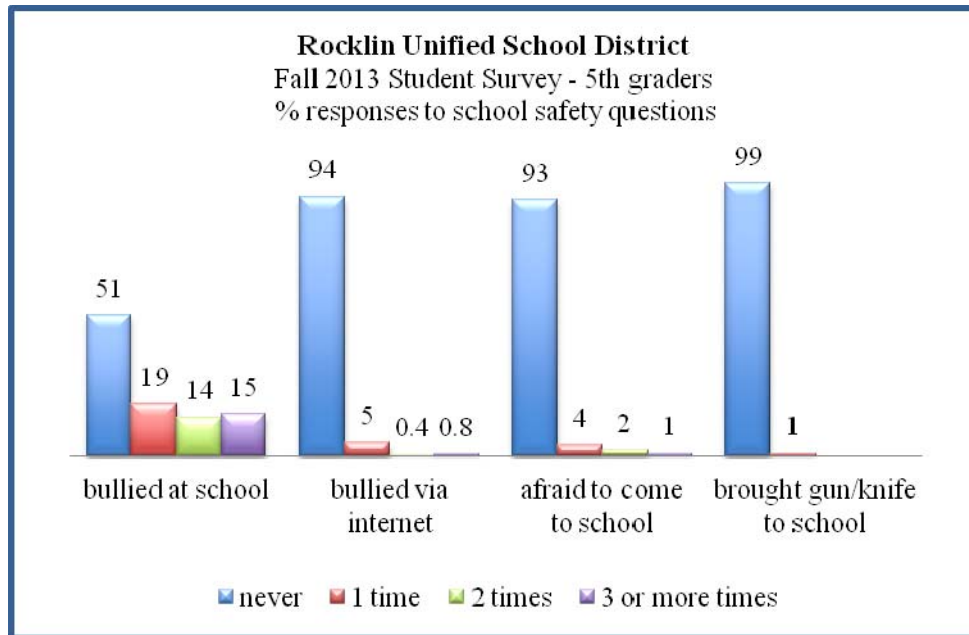
74% who said they had been bullied talked with an adult at school for help; 69% said the bullying stopped after talking with an adult.

6% said other kids at school had spread mean rumors or lies about them on the internet (i.e. Facebook, MySpace, email) in the past year:

- 1 time 5%
- 2 times .4%
- 3 or more time .8%
- never 94%

7% (7 students) had not come to school in the past year because they felt afraid.

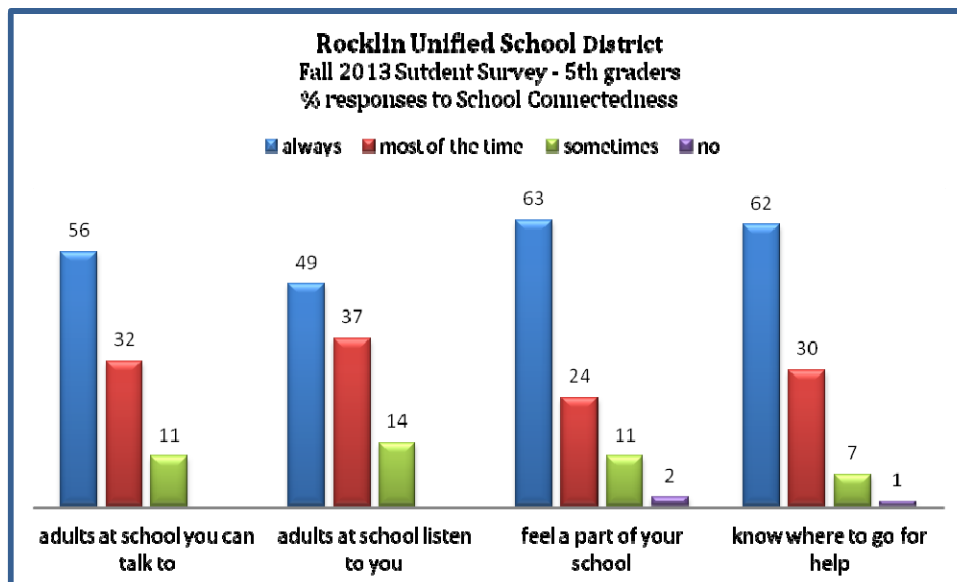
1.3% (3 students) reported bringing a gun or knife to school in the past year.



SCHOOL CONNECTEDNESS

School connectedness provides one measure of a student's resiliency. The more a student feels connected the more likely he/she will experience school success. Overall, Rocklin fifth graders reported a positive connection with their school.

- **89% said they were happy to be at their school always or most of the time.**
- **86% felt a part of their school.**
- **86% said adults at their school listened to them.**
- **88% said there were teachers or other adults at school they could talk to if they needed help.**
- **92% said they knew where to go for help with a problem.**



RISK BEHAVIORS

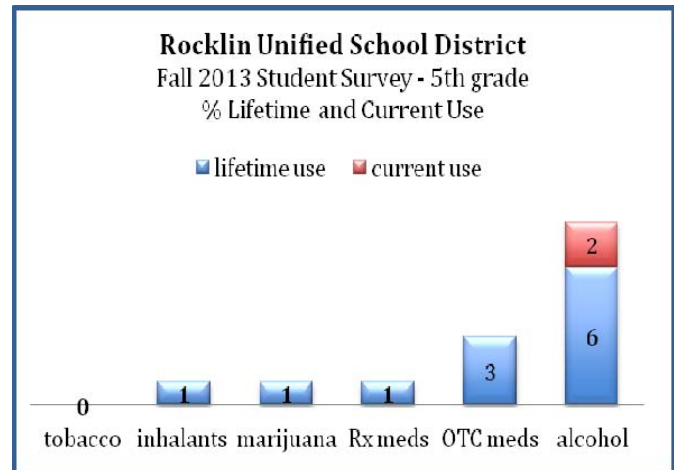
The following survey questions asked about student lifetime (ever used) and current use (past 30 day use) of tobacco, alcohol, and other drugs. The data confirms that most Rocklin 5th graders have not used and are not currently using tobacco, alcohol or other drugs. However, an alarming number did not view use of these substances as being harmful thus highlighting a critical need for prevention education. Alcohol is the most prevalent used for both lifetime and current use.

Lifetime Use

- **100%** never smoked a cigarette or chewed tobacco.
- **99%** never used marijuana, inhalants or somebody else's medicine.
- **97%** never used a cold/cough medicine to get high.
- **94%** never drank alcohol.

Current Use

- **2%** reported drinking alcohol in the last 30 days.

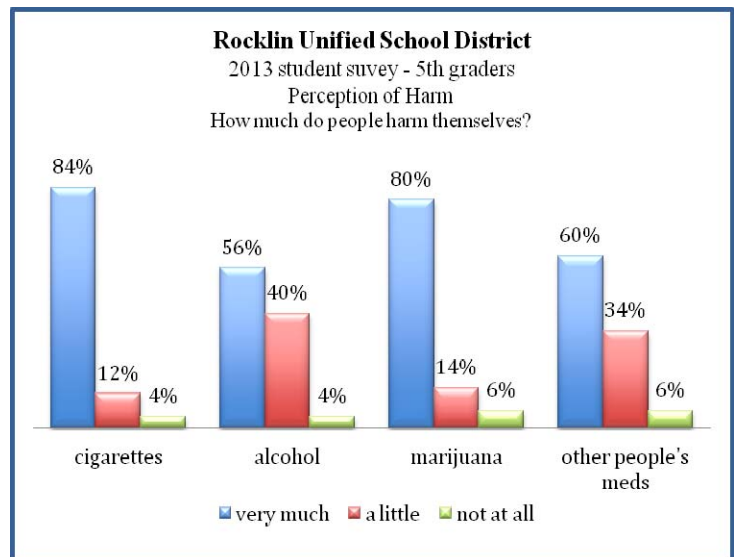


Perception of harm

The greater the perception that a substance is harmful, the less likely a youth will use the substance.

The greatest percentage of the fifth graders said smoking cigarettes was very harmful, and none reported using tobacco.

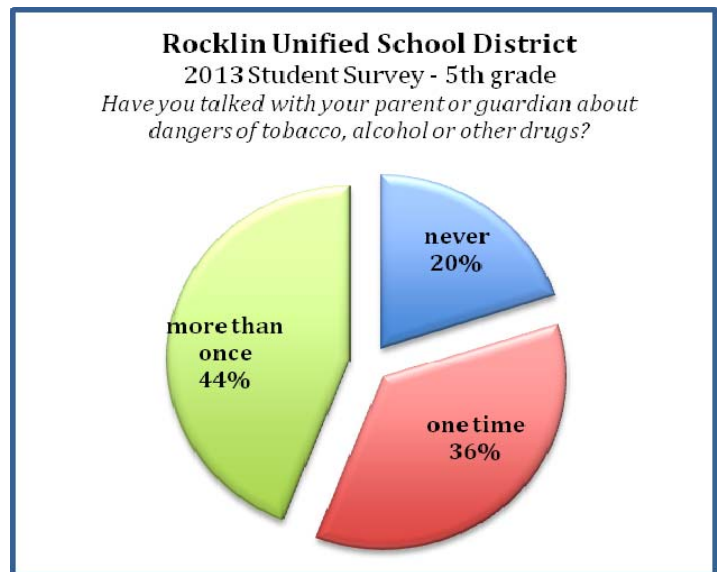
Only a little more than half (56%) said alcohol was very harmful. Alcohol use was the most prevalent reported by fifth graders for both lifetime and current use.



Parent Influence

Research confirms that parents play a key role in influencing the choices their children make with regard to substance use. National prevention campaign urges parents to talk early and often to their children about the risks of drug and alcohol use.

- **98%** of the fifth graders said their parents would feel it was very wrong for them to use alcohol or other drugs.
- **80%** said their parent or guardian had talked with them about the dangers of using tobacco, alcohol or other drugs.
- **20%** said their parent/guardian had never talked with them about drugs/alcohol; and less than half (44%) said they had talked with them more than once.



Peer Influence

Rocklin fifth graders said **97%** of their friends would feel it is wrong for them to use alcohol or drugs. The influence of peers intensifies as children approach adolescents. As the perception that their peers would disapprove decreases if they used alcohol or drugs, the use of these substance increases.

Rocklin Middle Schools

Spring View & Granite Oaks

7th graders

Respondents: 791

Male: 49% Female: 51%

Ages: 11 – 16

Ethnic breakdown	#	%
American Indian	22	2.8
Pacific Islander	7	0.9
Asian American	92	11.7
Black or African American	29	3.7
Hispanic or Latina/o	56	7.2
White	455	58.1
Other	122	15.6



SCHOOL SAFETY

88% said they felt safe at school in the last year always or most of the time (#respondents 745)

41% had been bullied or harassed at school

- Once 19%
- 2 times 8%
- 3 or more times 13%
- Not bullied 59%

8% had been cyber bullied at school

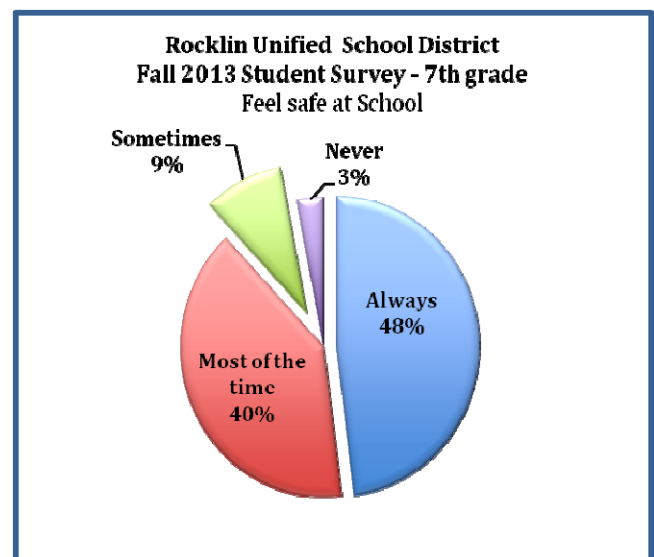
- Once 4%
- 2 times 1%
- 3 or more times 3%

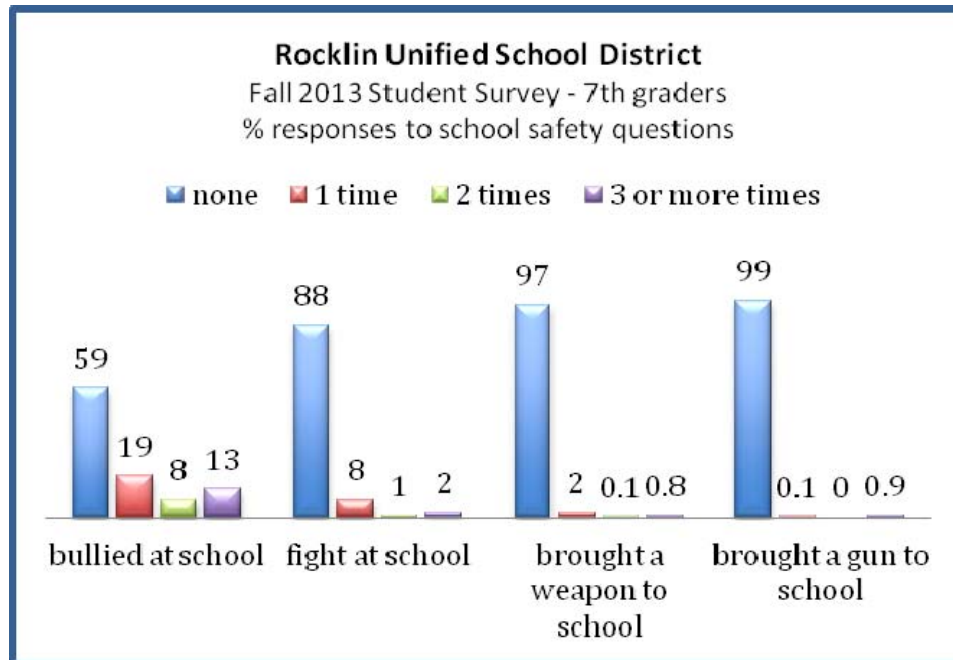
19% had been cyber bullied at home

- Once 10%
- 2 times 4%
- 3 or more times 5%

Of those who had been bullied, 55% talked with an adult at school for help; 58% who talked to an adult said the bullying or harassment stopped.

- **12% had been in a physical fight at school**
- **3% carried a weapon to school (21 students)**
- **1% brought a gun to school (8 students)**





RESILIENCY

The presence of a caring adult in a youth's life is key a factor contributing to his/her resiliency and positive development.

- **98% of Rocklin 7th graders said there were adults in their life who cared about them.**
- **90% said there were teachers or other adults at school they could talk to if they needed help.**

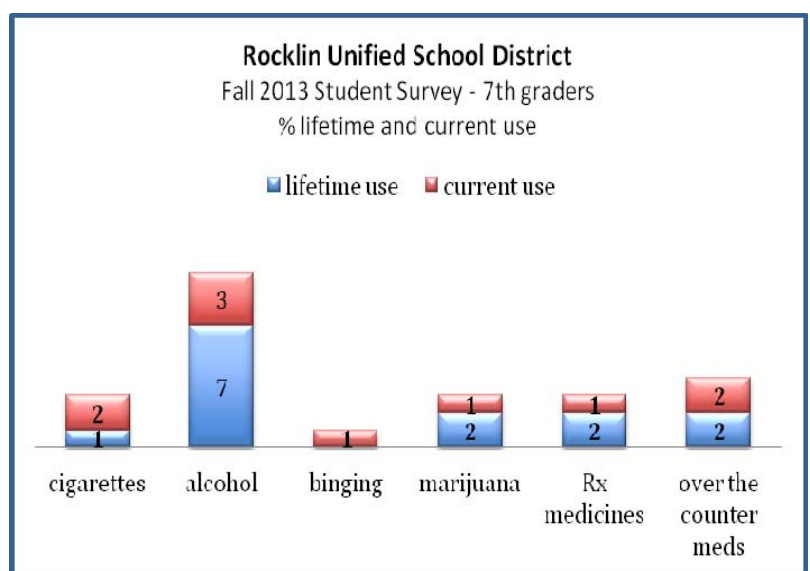
RISK BEHAVIORS

The following survey questions asked about student lifetime (ever used) and current use (past 30 day use) of tobacco, alcohol and other drugs.

Survey data confirms that the majority of Rocklin 7th graders never used and are not currently using tobacco, alcohol or other drugs.

The two most prevalent used are alcohol and over the counter medicines to get high or stoned (such as cough or cold medicines).

Most alarming are the 4% who said they had binged on alcohol, (five or more drinks at a time) in the last month.



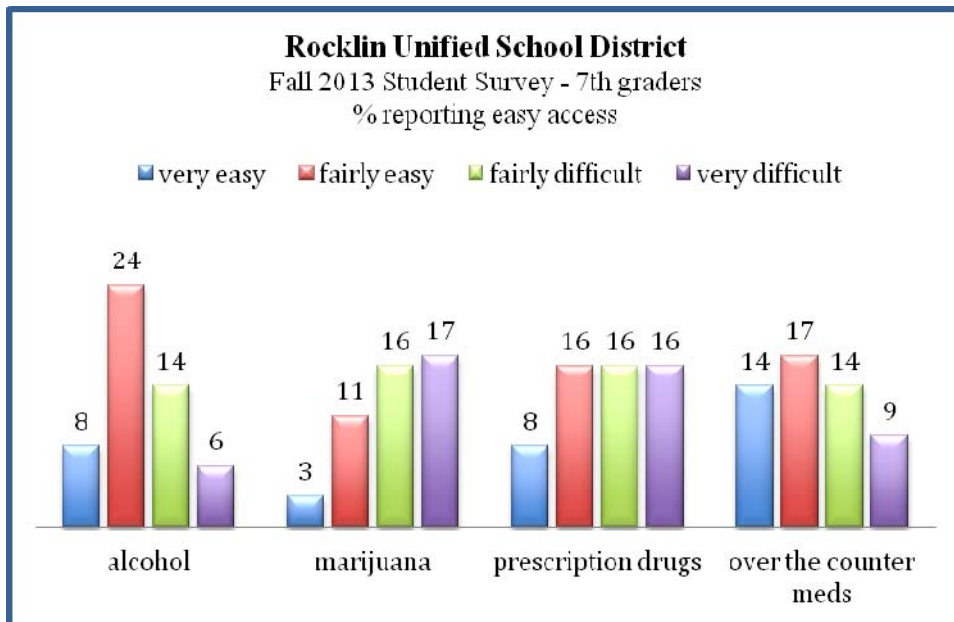
Factors Contributing to Teen Substance Use

National research highlights three key factors that contribute to adolescent substance use:

- How accessible the substances are.
- How harmful the substance is perceived to be.
- How much the youth thinks their parent or guardian would disapprove of their using.

ACCESS

- A third **(32%)** said alcohol was very easy or fairly easy to get.
- A fourth **(25%)** said prescription drugs (Rx) were very easy or fairly easy to get.
- **32%** said it was very easy or fairly easy for teens to get over the counter medicines.
- **14%** said marijuana was very easy or fairly easy to get.



The primary sources where teens their age get alcohol included:

- parties or events outside of school (61%)
- their own home without parent's knowledge (59%)
- their own home with parent knowledge (6%)
- from friends or other teens (59%)
- college students/parties (46%)
- older brother or sister (27%)

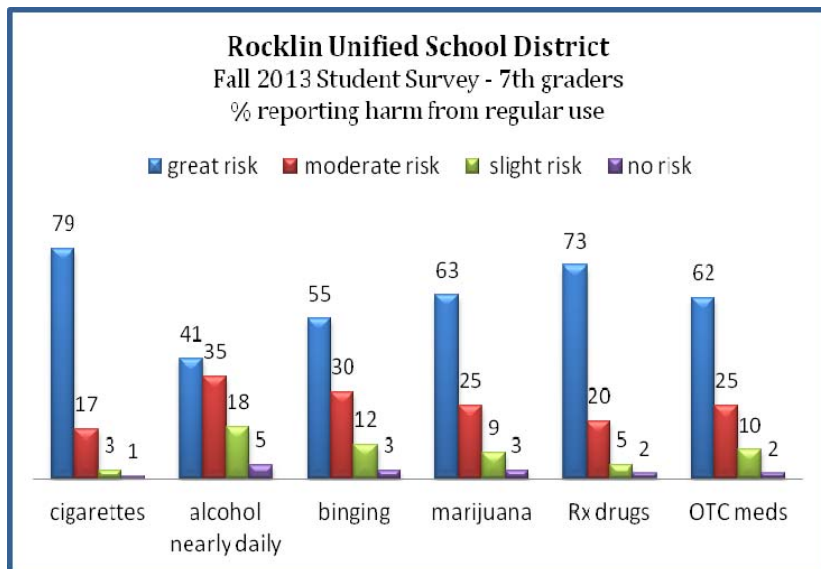
Primary source for prescription drugs and over the counter medicines includes their own home or home of a family member (19%), parties (13%), steal them (13%), and friends or other teens (9%).

- **10%** said they had been to a party or event where ADULTS were allowing youth to drink alcohol.
- **6%** said they had been to a party or event where PARENTS were allowing youth to drink alcohol.

PERCEPTION OF HARM

The greater the perception that a substance is harmful, the less likely a youth will use the substance. Tobacco use has the highest perception of harm, and one of the lowest usage rates. Alcohol has the lowest perception of harm, and is the most prevalent for both lifetime and current use.

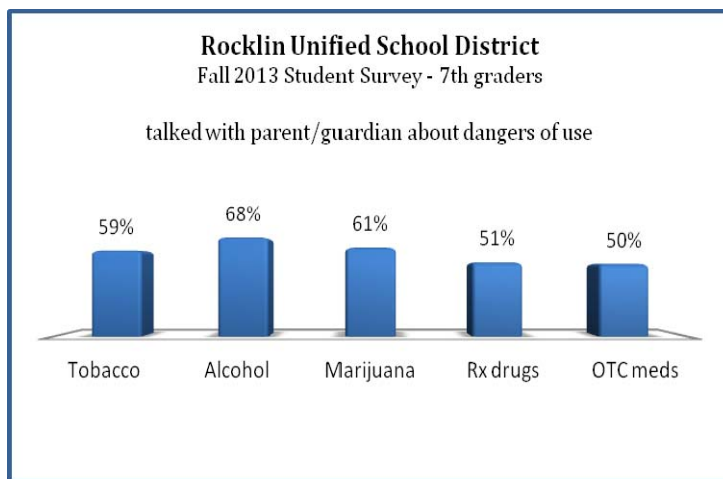
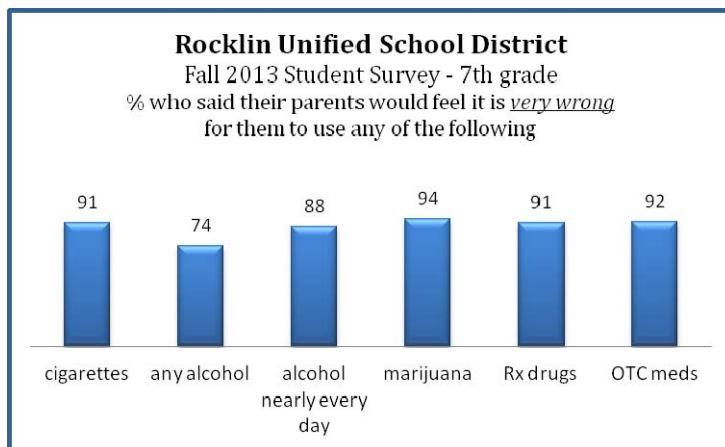
- Less than half (**41%**) of 7th graders said there is a great risk of people harming themselves (physically or in other ways) if they take one or two drinks of an alcoholic beverage nearly every day.
- A little more than half (**55%**) said there was a great risk of people harming themselves (physically or in other ways) if they binged on alcohol (five or more drinks at a time) once or twice a week.
- Only **63%** of 7th graders said there is a great risk of people harming themselves (physically or in other ways) if they use prescription medicines without a doctor's order.



PARENT DISAPPROVAL

Parent disapproval of use plays a key role in deterring youth from using drugs or alcohol.

- Alcohol had the lowest perception of parental disapproval with **74%** of students saying their parents would feel drinking **any** alcohol is very wrong; compared with **88%** who said their parents would say it was very wrong if they used alcohol nearly every day.
- The greatest perception of parent disapproval was for marijuana (94%) and over the counter meds (92%).
- A third (**32%**) said their parent had not talked with them in the last year about the risks of drinking alcohol; and **39%** said their parent/guardian had not talked with them about marijuana.
- Even fewer had talked with them about the dangers of Rx and OTC medicines.

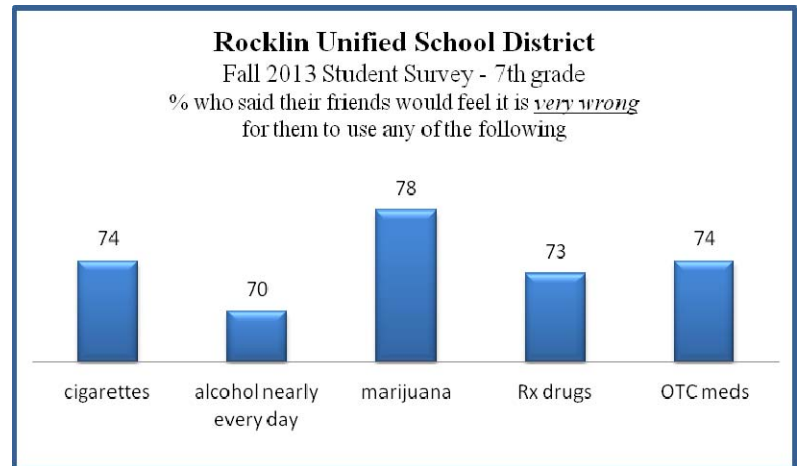


PEER DISAPPROVAL

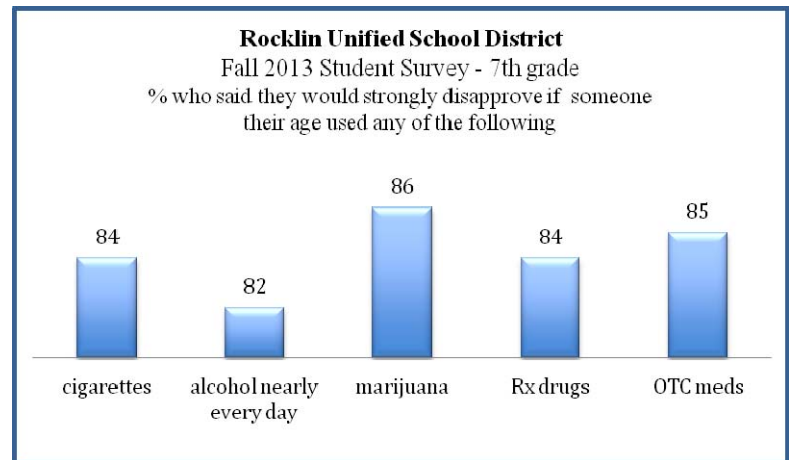
Peers also have a strong influence on a teen's attitudes and choices, especially as they move on through middle school and high school.

Students were asked how much their friends would disapprove if they used drugs or alcohol.

- Students said a third of their friends would not disapprove if they drank alcohol nearly every day; 22% would disapprove if they smoked marijuana.

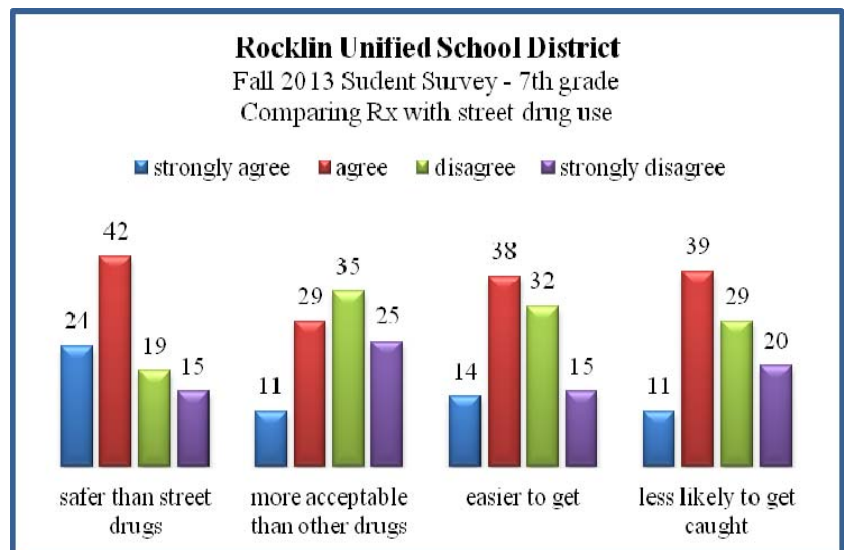


- Students were more likely to disapprove if someone their age used alcohol or drugs. Again, alcohol showed the lowest disapproval rate (82%) compared with all other substances including marijuana (86%).



When comparing use of prescription drugs (without a doctor's order) with street drugs (marijuana, cocaine, meth etc.), students agree that Rx drugs are safer (**66%**), easier to get (**52%**), and a person is less likely to get caught (**50%**).

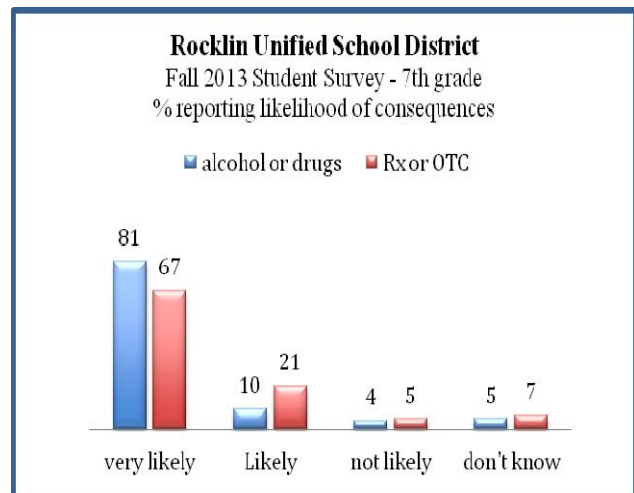
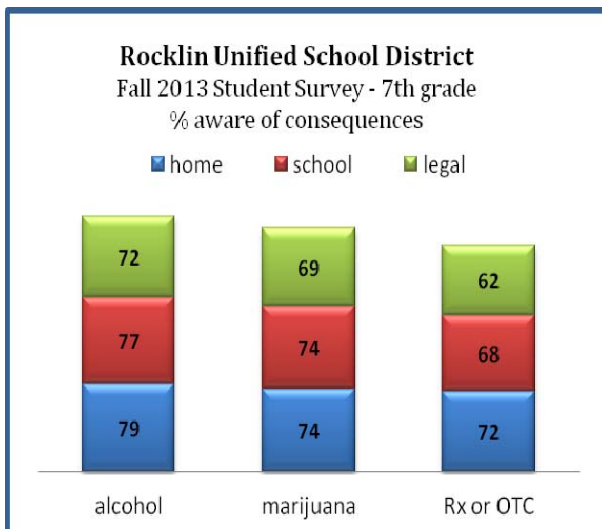
Only **40%** agreed that using Rx is more acceptable than using street drugs.



CONSEQUENCES

An awareness of consequences and the likelihood they will be enforced can be a deterrent to adolescent risk behaviors including substance use.

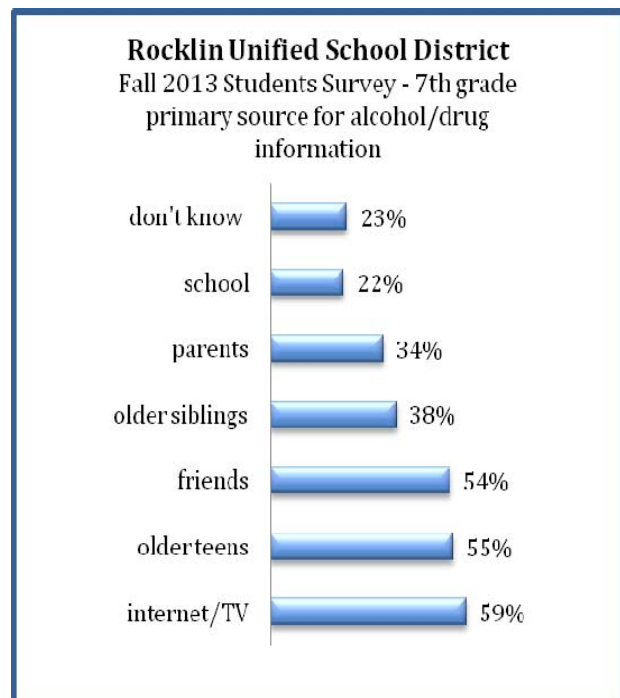
- Students were most aware of the consequences (home, school, legal) for using alcohol, and least aware of those for Rx/OTC use.
- A fourth were unaware of the home and school consequences for marijuana use.
- About a third are unaware of the legal consequences for alcohol and marijuana, even fewer for Rx/OTC.
- **91%** said it was very likely or likely that a student would be suspended or face other consequences if they were caught possessing or using alcohol or other drugs on school property.
- **88%** said it was very likely or likely that a student would be suspended or face other consequences if caught possessing or using Rx or OTC medicines.



SOURCES OF INFORMATION

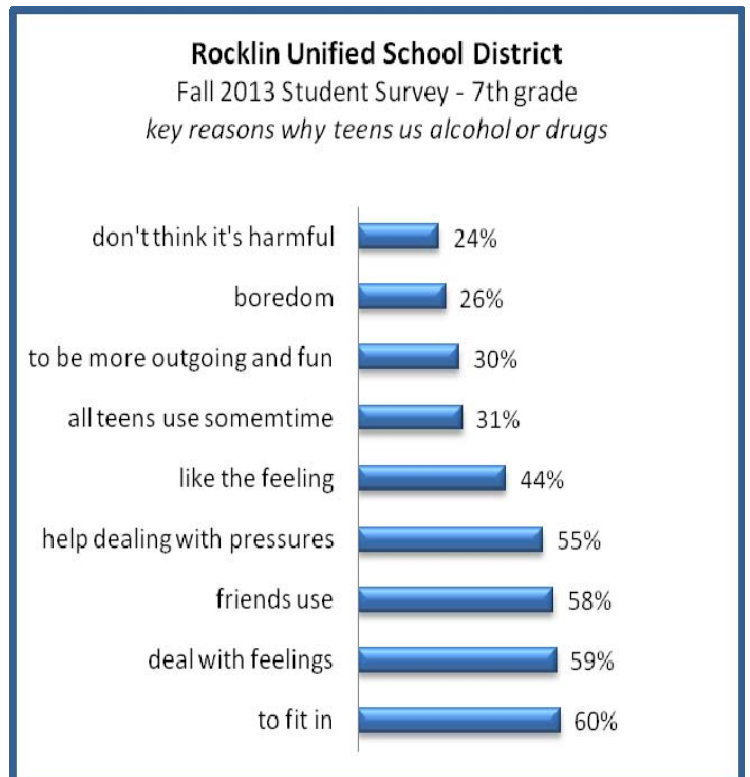
Most often teens lack accurate information about the effects of alcohol, marijuana, and other drugs on their developing bodies.

Their primary sources of information are friends or other teens, media, and internet. Only **34%** said they learned about drugs/alcohol from their parents; and **22%** said from school.

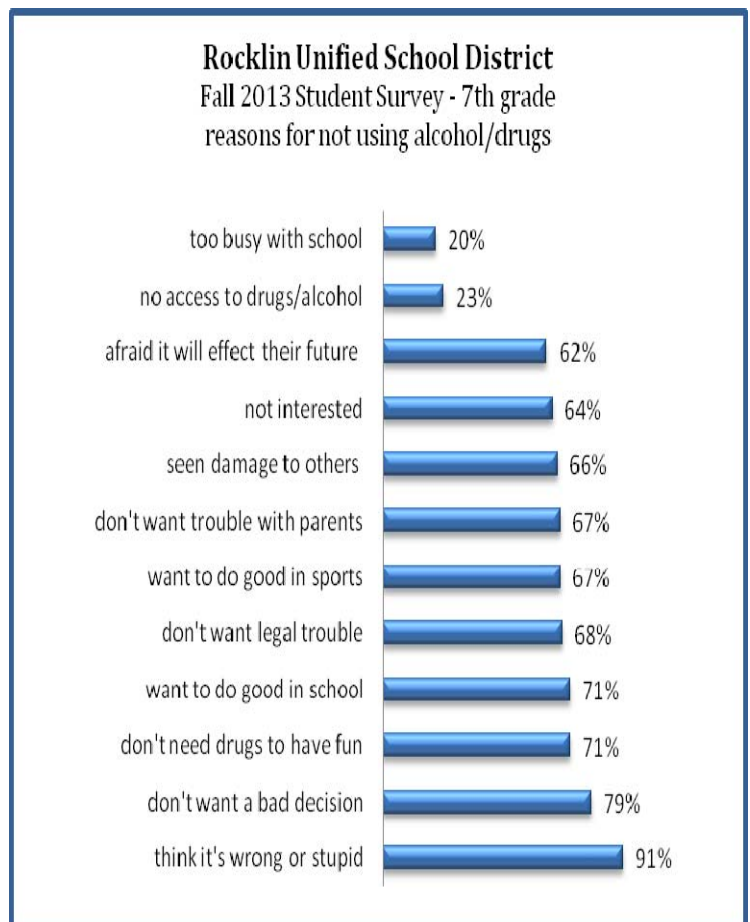


REASONS WHY TEENS USE OR DON'T USE ALCOHOL OR DRUGS

- The top reason why teens their age use alcohol or drugs is to “fit in”.
- More than half said teens their age use drugs or alcohol to help them deal with feelings of anger, sadness, worry (**59%**); and pressures from school, family, friends (**55%**)
- More than half (**58%**) said teens use because their friends use.
- A fourth (24%) said because teens don’t think it’s harmful.



- **91%** said teens don't use alcohol or drugs because they think it's wrong or stupid.
- **79%** don't want to make a bad decision.
- A strong positive finding is the **71%** of 7th graders who said two reasons why teens choose not to use alcohol or drugs is because “**they don't need it to have fun**”; and “**want to do good in school**”.
- **67%** don't want to be in trouble with their parents.

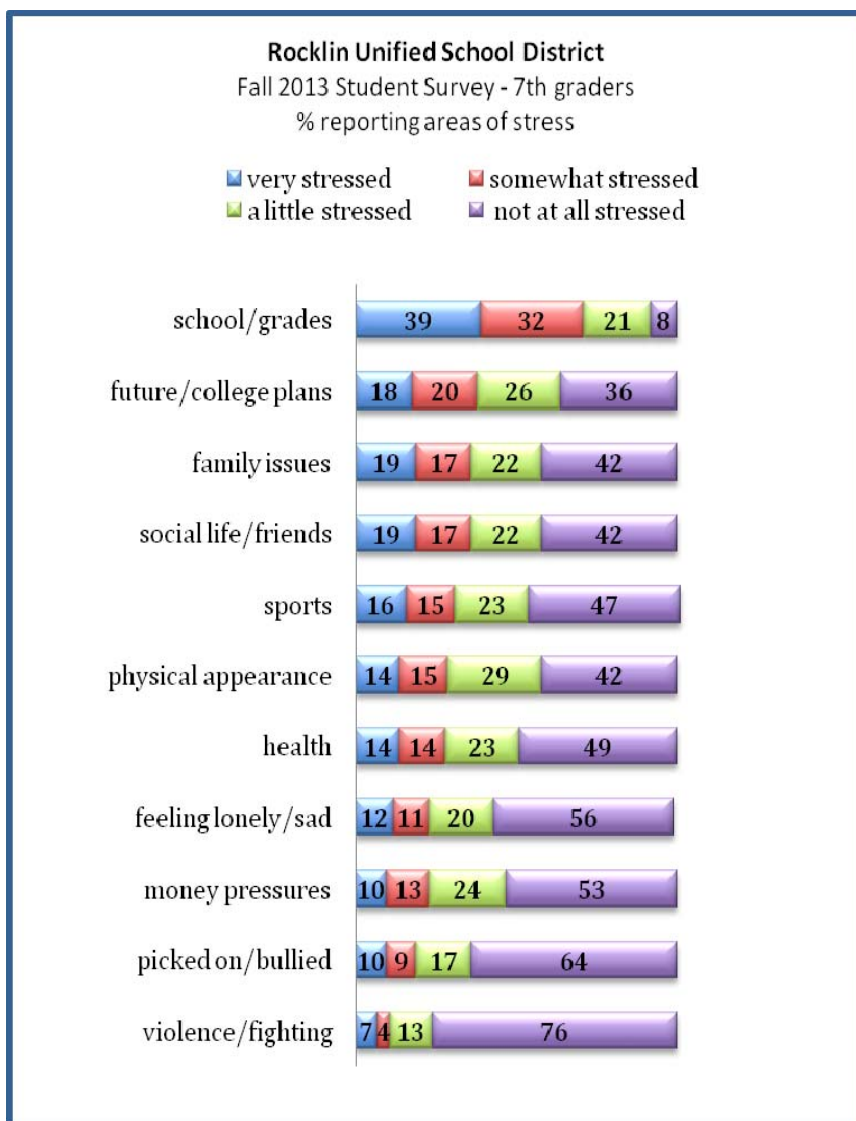


A key reason why teens use drugs or alcohol is to help deal with feelings and pressures.

A third of Rocklin 7th graders said they felt stressed always or most of the time.

Students were most concerned about:

- School/grades 71%
- Future/college plans 38%
- Family issues 36%
- Social life/friends 36%
- Sports 31%
- Physical appearance 29%
- Nearly a fourth (23%) reported feelings of loneliness/sadness; and 19% were stressed due to bullying



Rocklin High Schools

Rocklin, Whitney, & Victory

Respondents: 1,569

9th graders - 685

11th graders - 884

Male: 50% Female: 50%

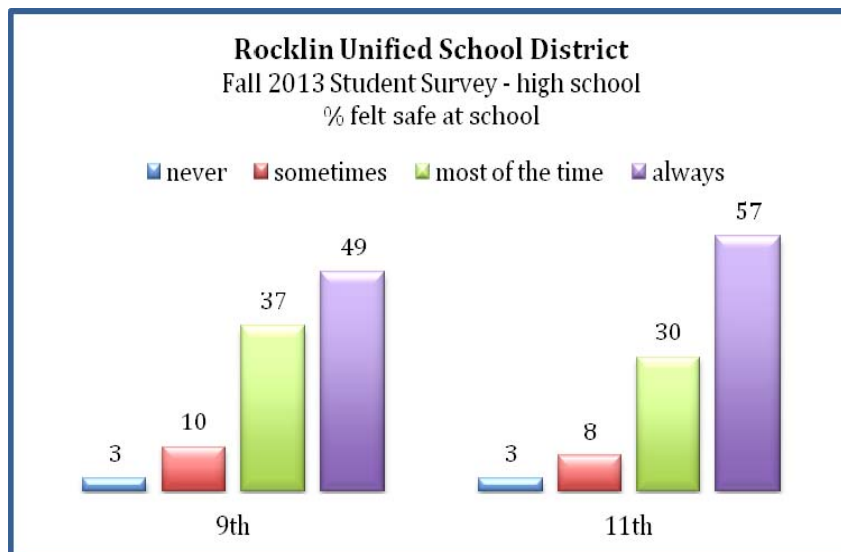
Ages: 14 - 18

Ethnic breakdown	#	%
American Indian	38	2.4
Pacific Islander	39	2.5
Asian American	141	8.9
Black or African American	66	4.2
Hispanic or Latina/o	182	11.5
White	1,009	63.7
Other	109	6.9



SCHOOL SAFETY

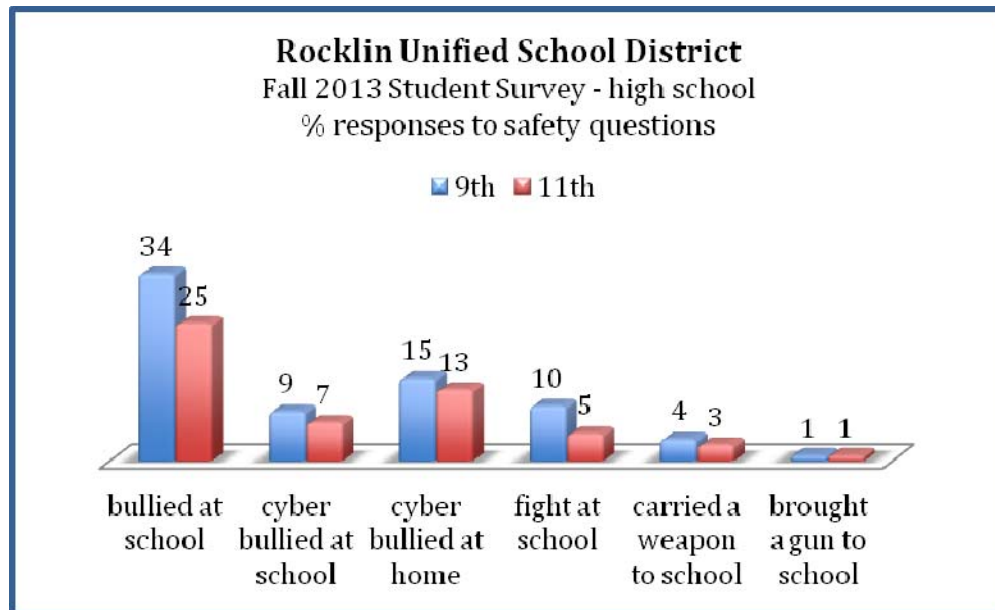
86% of 9th graders and 89% of 11th graders said they felt safe at school always or most of the time.



During this past year:

- A third (34%) of 9th graders and a fourth (25%) of 11th graders have been bullied or harassed at School.
- About one in four 9th graders and one in five 11th graders had been cyber bullied at school or home.
- Of those who had been bullied, only 30% of 9th graders and 26% of 11th graders talked to an adult for help. Less than half said the bullying stopped (44% for 9th and 39% for 11th).
- 25 (4%) 9th graders and 28 (3%) 11th graders had carried a weapon to school.
- 1% of 9th graders (6 students) and 1% of 11th graders (11 students) had carried a gun to school.

- 9th graders are more likely to be bullied and feel unsafe at school.



RESILIENCY

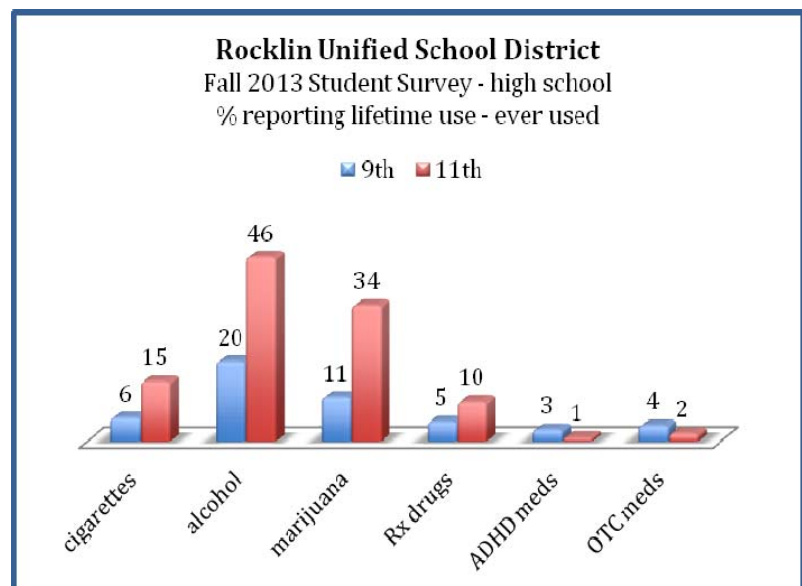
The presence of one caring adult in a youth's life is key a factor contributing to his/her resiliency and positive development.

- **96% of 9th and 11th graders said there were adults in their life who cared about them.**
- **79% of 9th graders and 77% of 11th graders said there were teachers or other adults at school they could talk to if they needed help.**

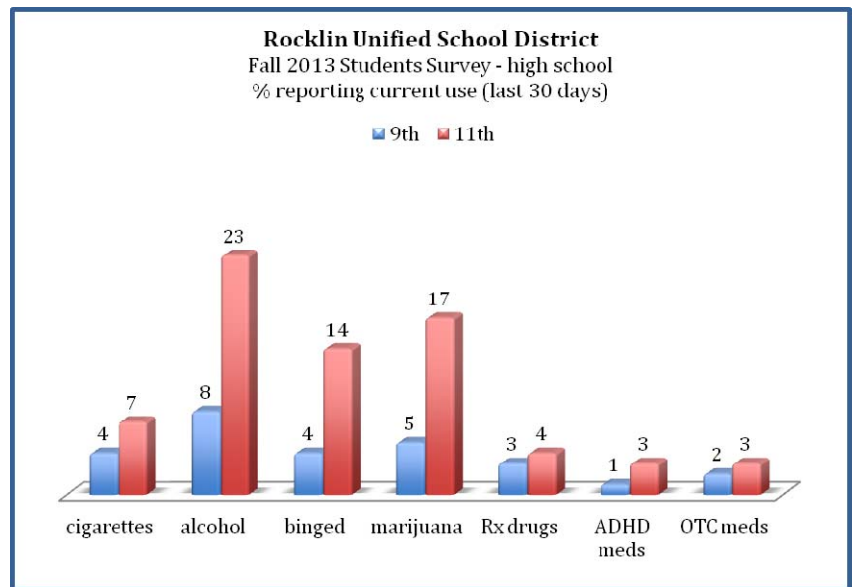
RISK BEHAVIORS

The following survey questions asked about student lifetime (ever used) and current use (past 30 day use) of tobacco, alcohol and other drugs.

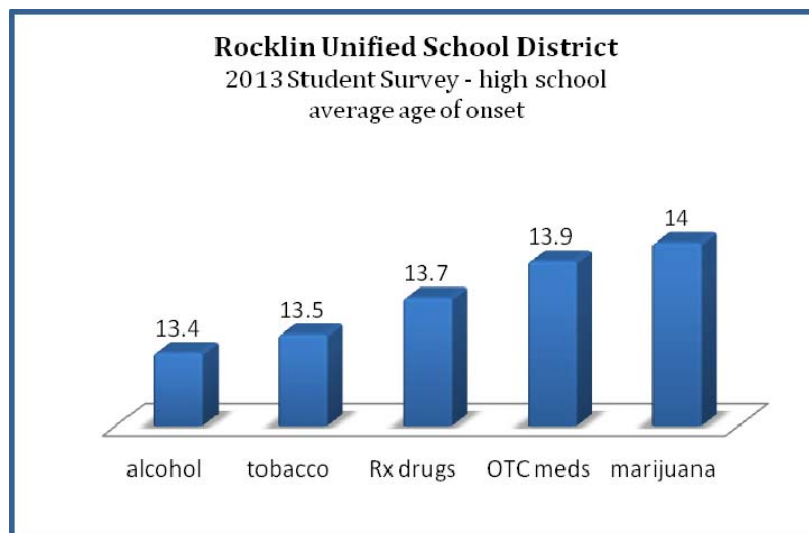
- Alcohol, marijuana, and tobacco are the three most prevalent drugs ever used by both 9th and 11th graders, followed by prescription drugs.
- Nearly a half of 11th graders had used alcohol and a third had used marijuana sometime in their life.
- There is a growing trend with students using other people's ADHD medications (Ritalin, Adderall) with the notion that it would aid them with their studies.



- Use increases significantly from 9th to 11th grade with current use tripling for both alcohol and marijuana.
- Most alarming is the 14% of 11th graders reporting they had binged (5 or more drinks of alcohol at a time) in the last 30 days.
- The use of other people's ADHD meds also increases from 9th to 11th grade, probably reflecting an increase in academic pressure as they approach senior year.



According to survey data, the average age for initiating substance use among Rocklin teens is 13.4 to 14 beginning with alcohol and tobacco. The data emphasizes a critical need to reinforce protective factors in middle school youth prior to making the challenging transition to high school.



Factors Contributing to Teen Substance Use

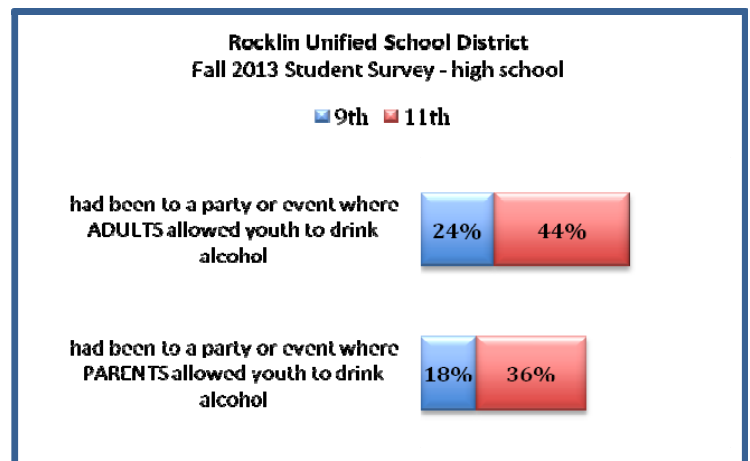
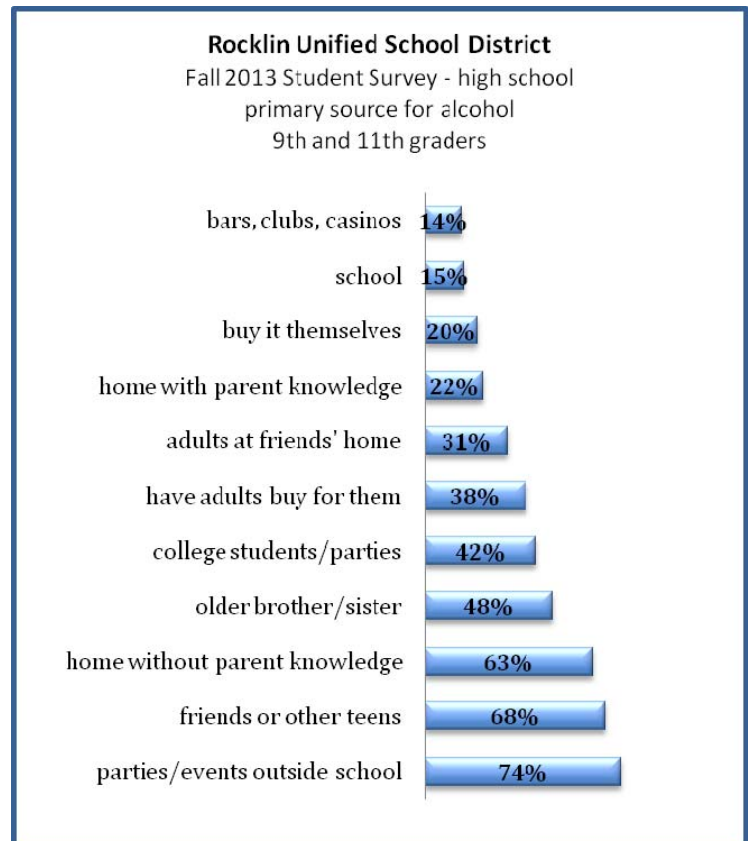
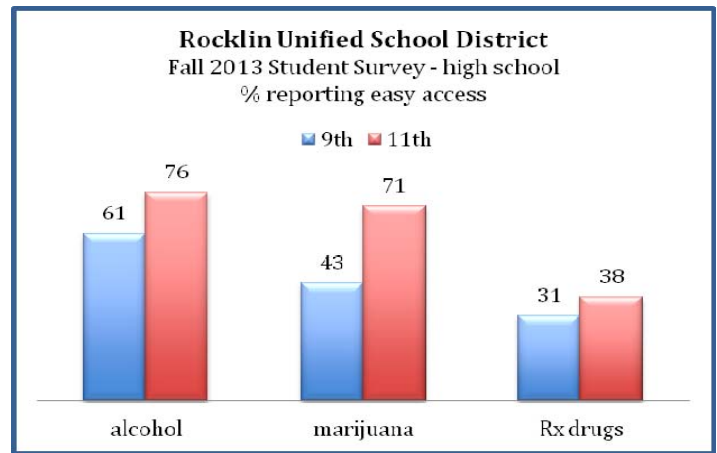
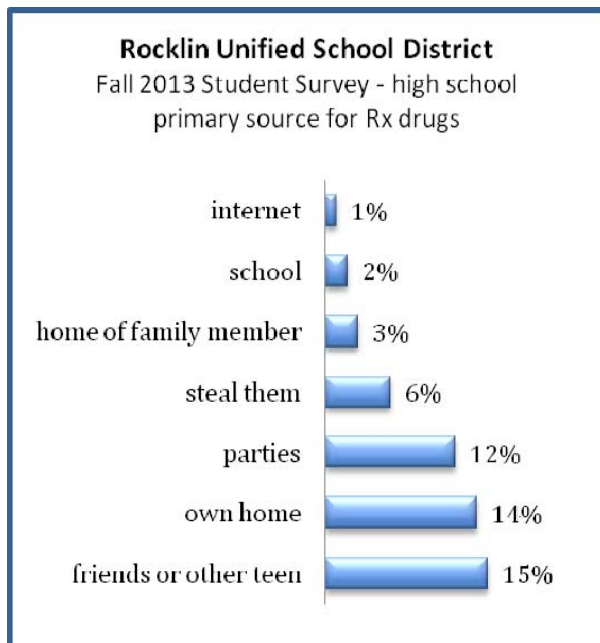
National research highlights three key factors that contribute to adolescent substance use:

- How easy it is to access the substance.
- How harmful the substance is perceived to be.
- How much the youth thinks their parent or guardian would disapprove of their using.

ACCESS

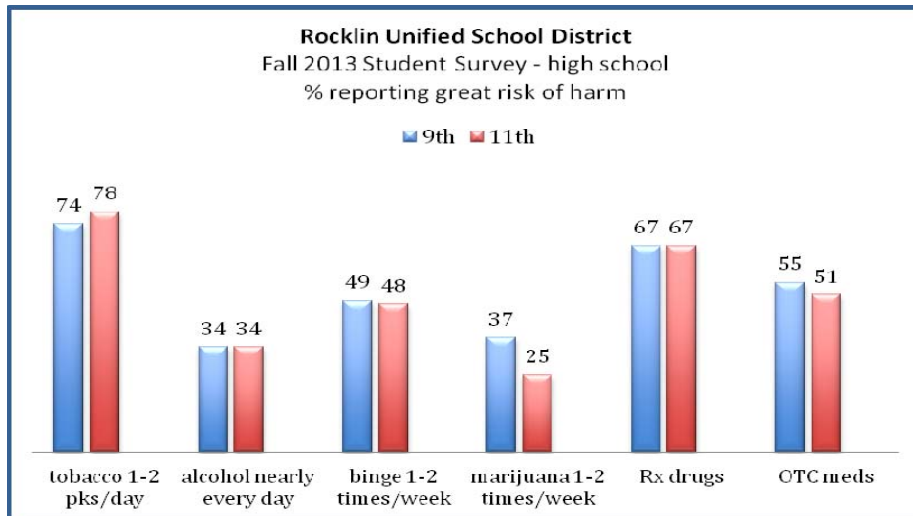
Teen access to alcohol and other drugs is a key factor contributing to underage drinking and substance use.

- Over 70% of 11th graders said alcohol and marijuana are easy to get.
- Over a third of 9th and 11th graders said prescription drugs were easy to get.
- Primary sources for alcohol included: their ***own home***, parties, other teens, older siblings, college students, and getting adults to buy it for them.
- Many said teens their age got alcohol from their own home, either without their parent's knowledge (**63%**), or with their parent's knowledge (**22%**).
- **More than a third (36%) of 11th graders had been to a party or event where parents allowed youth to drink alcohol.**
- Primary sources for prescription drugs included: their own home or home of a family member.



PERCEPTION OF HARM

The greater the perception that a substance is harmful, the less likely a youth will use the substance. Tobacco use has the highest perception of harm, and the lowest usage rates for both 9th and 11th graders. Alcohol and marijuana have the lowest perception of harm and the highest rates for both lifetime and current use.



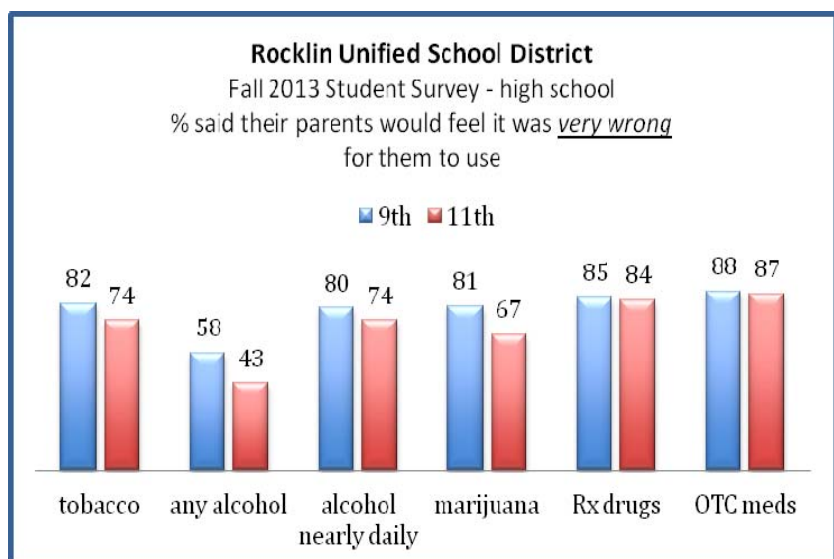
Perception of harm for marijuana use is lowest among 11th graders and has dropped from 32% to 25% since the previous student survey in 2013. At the same time, lifetime marijuana use has increased 2% among 11th graders.

A little more than a third (34%) of 9th and 11th graders said there was great risk of harm if someone drinks alcohol nearly every day; and less than half said there was great risk of harm if someone binges on alcohol one or more times a week.

PARENT DISAPPROVAL

Parent disapproval of use plays a key role in deterring youth from using drugs or alcohol. Students were asked “how wrong do your parents feel it would be if they used any of the substances”.

- Alcohol and marijuana had the lowest perception of parent disapproval among both 9th and 11th graders.
- Less than half of 11th graders said their parents would feel it was very wrong if they drank any alcohol.
- 74% of 11th graders said their parents would feel it was very wrong if they drank alcohol nearly every day.



Parent Influence

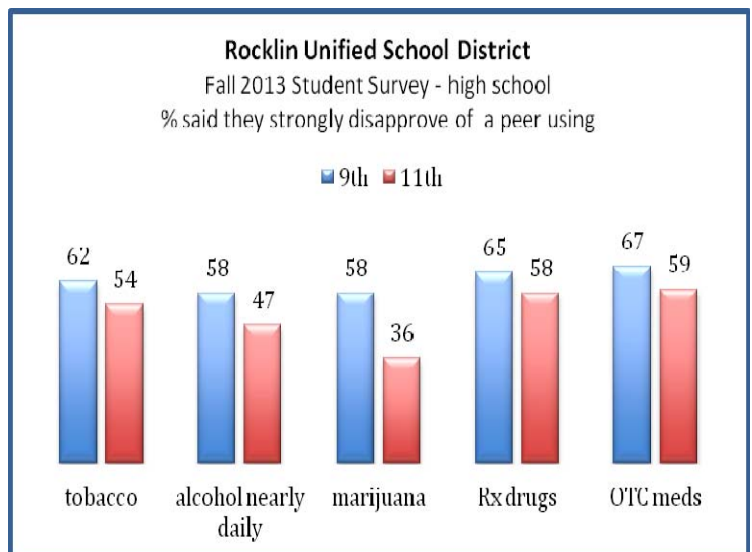
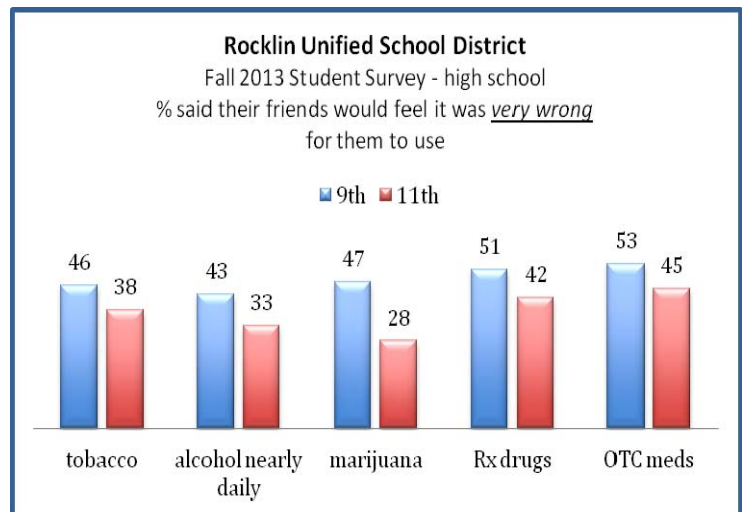
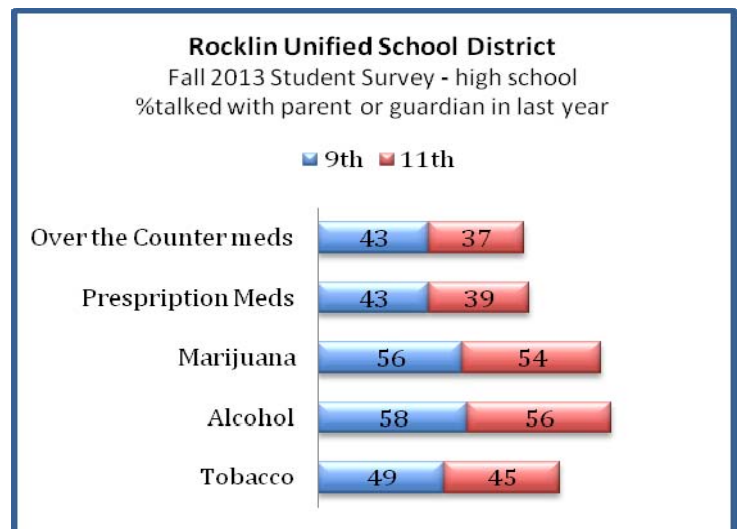
Parents underestimate the power of their influence. The National *Talk they Hear You* campaign emphasizes the importance of parent/teen conversations regarding alcohol and drug use. Their message to parents and other care givers is to ***“talk early and talk often to your children about the dangers and ways they can say no”***.

Typically parents tend to talk less with their teens as they progress through high school.

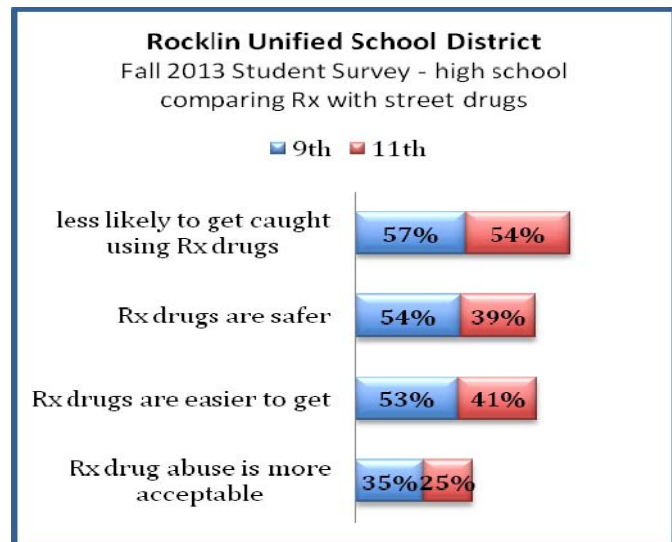
- Less than half of 9th and 11th graders said their parent or guardian had talked with them in the last year about the dangers of using tobacco, Rx, or OTC.
- A little more than half had talked with them about the risks associated with underage drinking and marijuana use.

Peer Disapproval

- Less than half of 9th graders and less than a third of 11th graders said their friends would say it was very wrong if they drank alcohol nearly every day, or smoked marijuana.
- Conversely, more 9th and 11th graders said they would strongly disapprove if a peer used any of these substances. Marijuana again had the lowest disapproval rate.



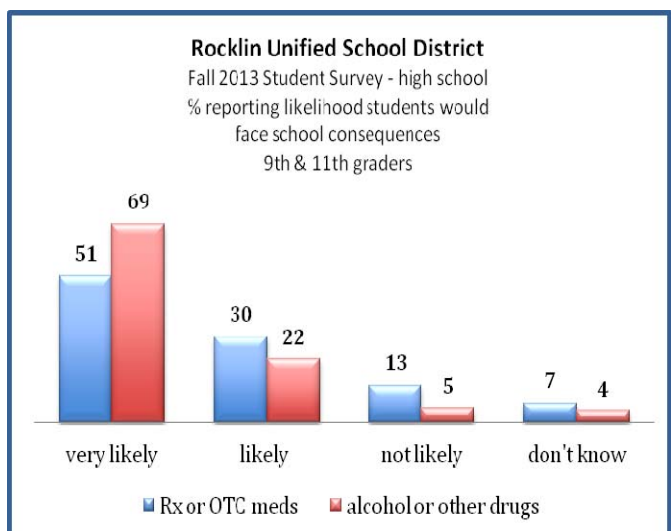
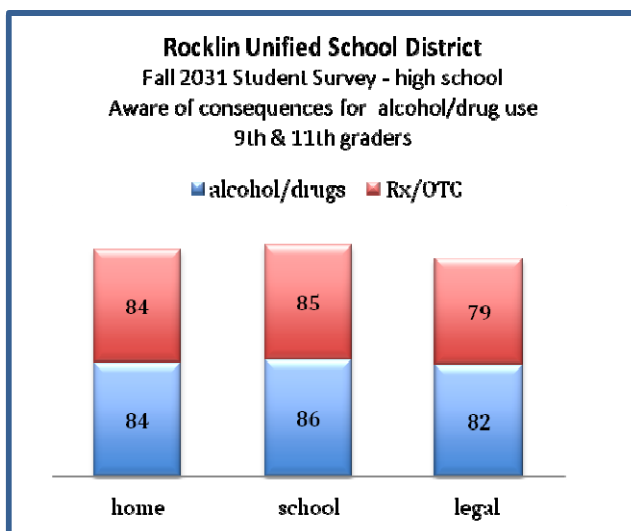
- When comparing the use of prescription drugs (without a doctor's order) with street drugs (marijuana, cocaine, meth etc.), students agreed that Rx drugs are safer, easier to get, and a person is less likely to get caught.
- Fewer 9th and 11th graders agreed that using Rx is more acceptable than using street drugs.



Consequences for use

An awareness of consequences and the likelihood they will be enforced can be a deterrent to adolescent risk behaviors including substance use.

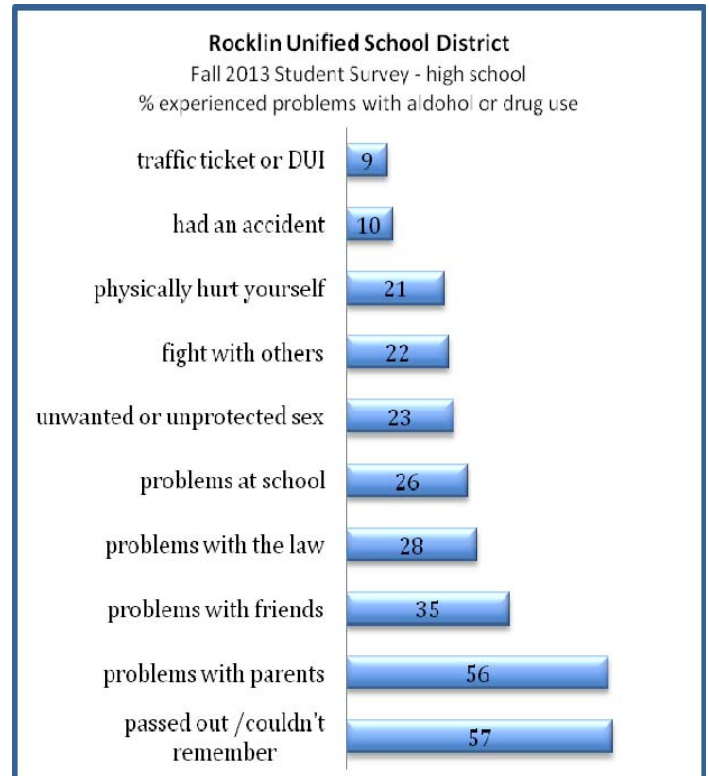
- Approximately 15% to 20% of 9th and 11th graders were unaware or unsure of the home, school, or legal consequences for possessing or using alcohol or other drugs on campus.
- Students were most aware of the school consequence, and least aware of legal consequences for both alcohol/drugs and Rx/OTC meds.
- 91%** of 9th and 11th graders said it was **very likely or likely** that a student would be suspended or face other consequences if they were caught possessing or using alcohol or other drugs on school property.
- 81%** of 9th and 11th graders said it **was very likely or likely** that a student would be suspended or face other consequences if caught possessing or using Rx or OTC medicines.



Experienced problems from substance use

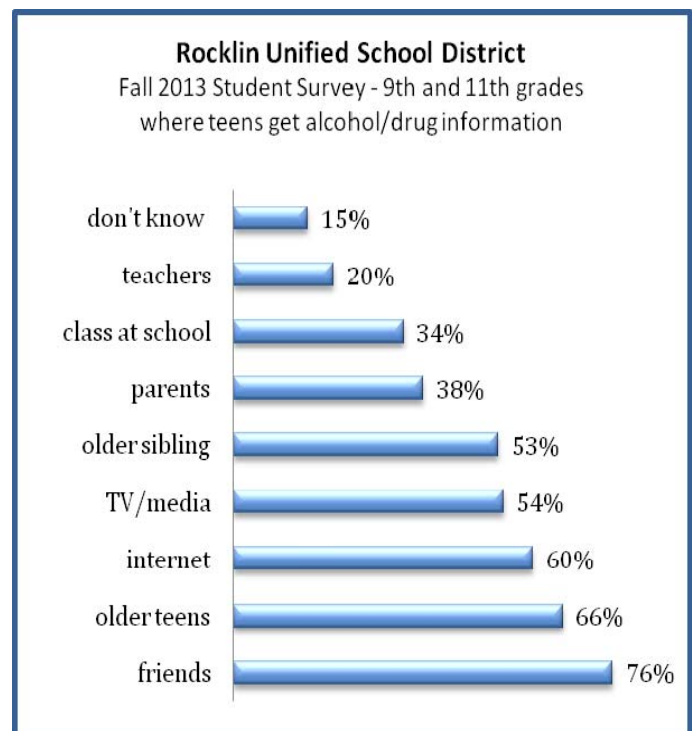
Of the 9th and 11th graders who had used alcohol or drugs:

- More than half (57%) had “passed out” or couldn’t remember what happened.
- 28% had experienced problems with the law, and 9% had a DUI.
- 56% had problems with their parents.



Sources of information

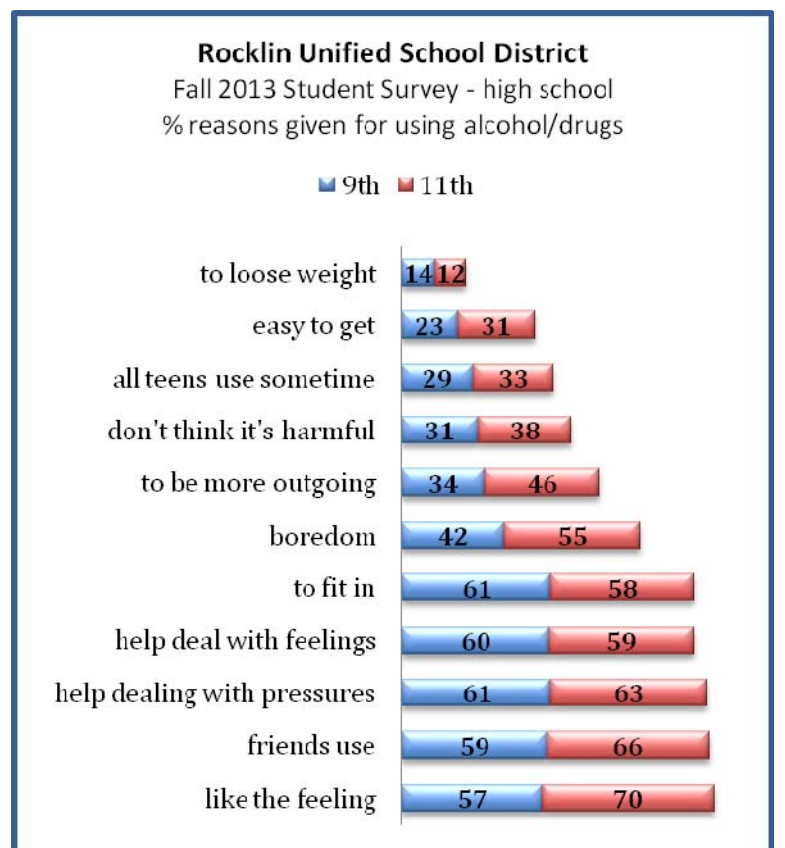
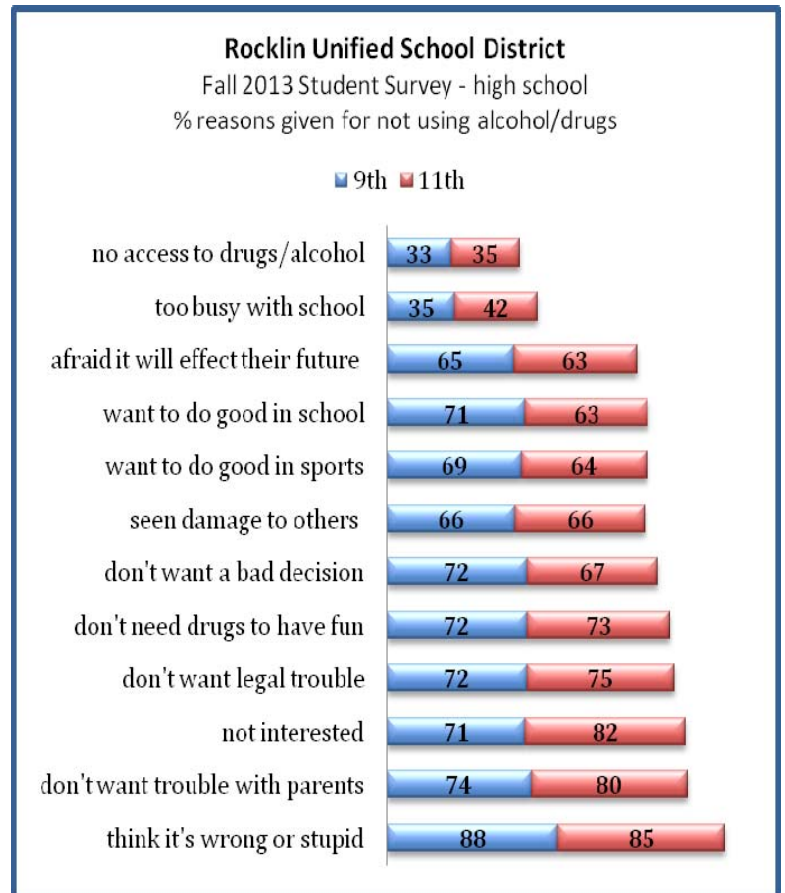
- Most often teens lack accurate information about the effects of alcohol, marijuana, and other drugs on their developing bodies.
- Their primary sources of information are friends, older teens, the internet, and media. Only **38%** said they learned about alcohol and drugs from their parents; and **34%** said from school.



REASONS WHY TEENS USE OR DON'T USE ALCOHOL OR DRUGS

Rocklin 9th and 11th graders expressed some strong positive reasons why teens their age would choose NOT to use drugs or alcohol:

- The majority (88% of 9th graders and 85% of 11th graders) said that teens their age chose NOT to use drugs or alcohol is because they “think it’s wrong or stupid”.
- About 75% say they don’t want to get in trouble with their parents or the law.
- **Most encouraging is the over 70% who say they “don’t need drugs or alcohol to have fun”.**
- More than half have seen the damage alcohol or drugs have done to people they care about.
- More than half want to do good in school or sports.
- Over 60% are afraid that it would affect their future plans.
- Coping with pressures and feelings are two key reasons why teens their age use alcohol or drugs.
- Peer use is a key influencer: 50% of 9th graders and 66% of 11th graders said because their friends use; a third said “all teens use sometime”.
- More than a third of 11th graders (38%) said teens use because they don’t think it is harmful.



- A key reason given for using alcohol or drugs is to help them deal with pressures/stresses they experience from home, school, and friends.
- **48%** of 9th graders and **58%** of 11th graders said they felt a lot of stress or were always stressed.
- Doing well in school and planning for their future were the two top cause of stress for both 9th and 11th graders.
- A third key reason was stress around family issues.
- About one in five said alcohol or drugs helped them to deal with feelings of loneliness, sadness, or anger.
- 12% of 9th graders said using alcohol or drugs was a way to cope with bullying.

