

2015

# Easton High School

Youth Risk Behavior Survey Results

Reported February 2016



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## Methods

*Easton High School students completed a youth survey to assess a host of risk and protective factors. This report provides the detailed survey findings.*

### **SURVEY**

The 2015 Easton Youth Survey was adapted from the 2013 Massachusetts Youth Risk Behavior Survey (YRBS) by the Centers for Disease Control<sup>1</sup>. Questions in the survey measured student demographics, substance use, protective factors, depression, personal safety, and sexual health.

### **SAMPLE**

The survey was administered on December 22, 2015. The final number and demographic profile of students surveyed are discussed in the sample section of this report.

### **DATA CLEANING AND VALIDITY**

Surveys were sent directly from students to the evaluator for analysis. Several steps were taken to ensure that the gathered data accurately reflects the behaviors of Easton High School students, a process known as “data cleaning.”

The data was analyzed for inconsistency and exaggeration. Surveys are removed for inconsistencies in cases where students gave inconsistent answers throughout the entire survey. An example of exaggeration might be a student selecting the highest possible use rate for all substances on the survey. Four students were removed for these reasons. Inconsistent answers are also removed on an individual basis (for example, reported alcohol use within the past 30 days, but not during lifetime).

Following the data cleaning procedure, the final sample size for the Easton High School Youth Risk Behavior Survey is 1121 students.

### **COMPARISON DATA**

Since the survey administered at Easton High School was based on an existing instrument, comparison data for many question items is publicly available. Comparisons are useful for providing context to survey results and can aid in identifying both strengths and priority areas.

Where available, comparison data is provided in this report. National comparison numbers are from the 2013 Youth Risk Behavior Survey data set issued by the Centers for Disease Control. State comparison numbers used are from the 2013 Massachusetts Youth Risk Behavior Survey data set reported by The Massachusetts Department of Elementary and Secondary Education and Public Health. This is the most current comparison data available.

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<sup>1</sup> Center for Disease Control, [www.cdc.gov](http://www.cdc.gov)

## Sample

### Easton High School Survey Population

Total number of students enrolled at Easton High School	1196 students
Number of students absent on day of survey (including externship & field trips)	65 students
Students whose parents opted out of survey	7 students
Surveys removed from final sample by evaluators through the data cleaning and validity process*	3 students
<b>Final sample included in analysis for this report</b>	<b>1121 students</b>
Representation Rate (% of surveys included in analysis out of those available to take the survey)	100%

*\*Please see page 3 for explanation of data cleaning procedures.*

## DEMOGRAPHIC PROFILE

	Percentage of Respondents
<b>Total Valid Surveys</b>	100%
<b>Sex</b>	
Male	47%
Female	53%
<b>Grade</b>	
9 <sup>th</sup> grade	25%
10 <sup>th</sup> grade	27%
11 <sup>th</sup> grade	25%
12 <sup>th</sup> grade	23%

Age	Percentage
14 years old	15.5%
15 years old	26%
16 years old	25%
17 years old	23%
18 years old or older	9%
<b>Race/Ethnicity</b> (students were allowed to select more than one response)	
White	82%
Black or African American	7%
Asian	5%
Hispanic or Latino	4%
Other	4%
American Indian or Alaska Native	1%
Native Hawaiian or Other Pacific Islander	0.5%
<b>How Often Language Other Than English Spoken</b>	
Never	69%
Rarely	10%
Sometimes	7%
Most of the time	6%
Always	8%
<b>Sexual Orientation</b>	
Heterosexual	90%
Gay or lesbian	0.8%
Bisexual	5%
Not sure	4%

## Transgender

Students were given the following statement and asked if they were transgender: A transgender person is someone whose biological sex at birth does not match the way they think or feel about themselves.

Response	Percentage
No, I am not transgender	97%
Yes, I am transgender and I think of myself as really a boy or man	0.3%
Yes, I am transgender and I think of myself as really a girl or woman	0.4%
Yes, I am transgender and think of myself in some other way	0.6%
I do not know if I am transgender	1%
I don't know what this question is asking	0.9%

### Disabilities

Response	Percentage
Has long- term learning disability	10%
Physical disability or long-term health problem	10%

### Where Typically Sleep At Night

Response	Percentage
At home with my parent(s) or guardian(s)	99%
I move from place to place	0.4%
With friends, family or other people because my parents or I lost our home or cannot afford housing	0.3%
In a car, park, campground, or other public place	0.3%
Somewhere else	0.2%
In a hotel or motel or hotel	0.1%

### Lived Away From Parents

Students were asked if they ever lived away from their parents or guardians because they were kicked out, ran away, or were abandoned

- ❖ 3% of students reported 'yes'.

## Survey Findings

### ***SUBSTANCE USE***

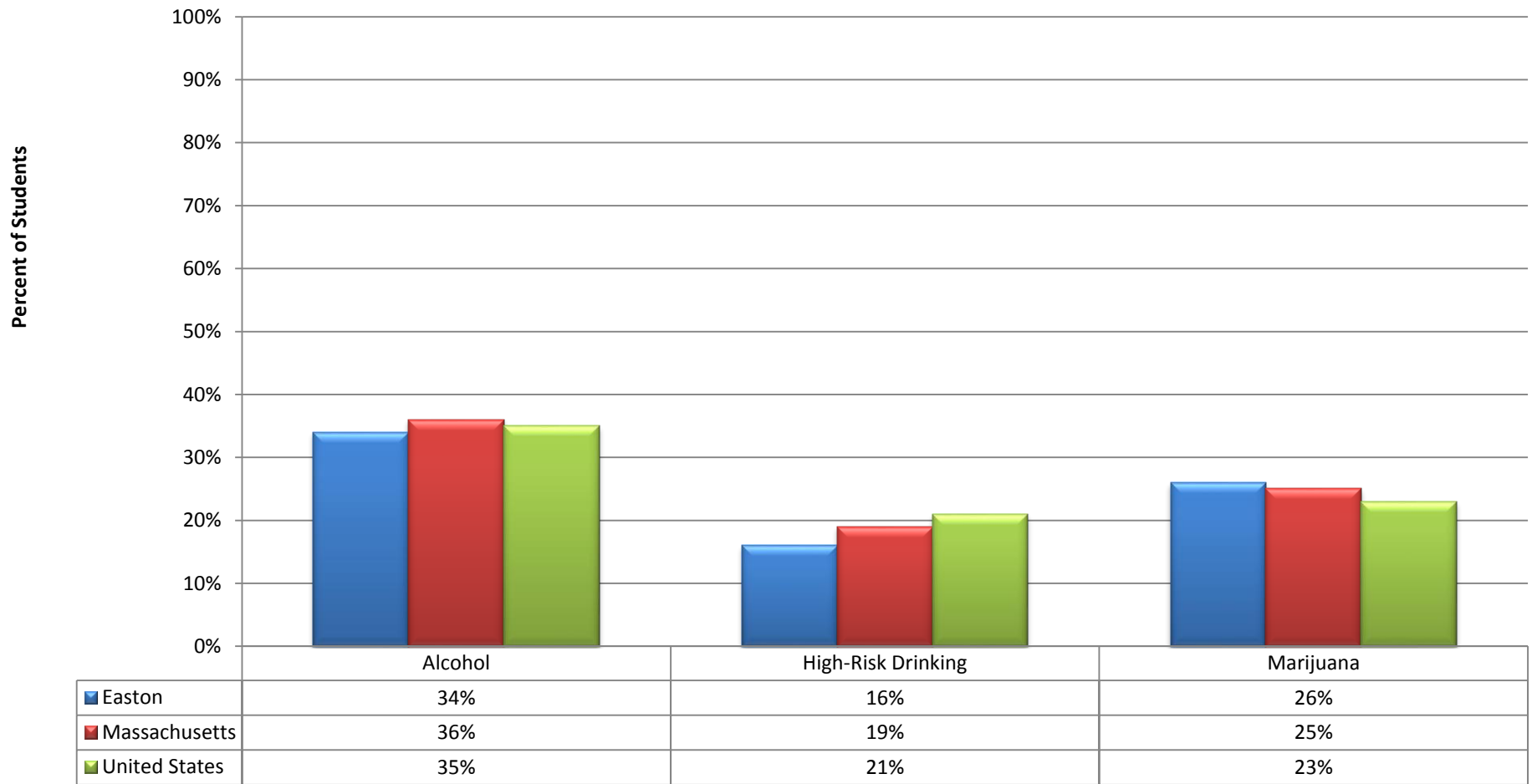
*Students were asked a range of questions related to their use of substances. Where applicable comparisons are made to Massachusetts' and United States' (2013) averages.*

<b>Substance/Activity</b>	<b>Easton</b>	<b>MA</b>	<b>USA</b>
<b>Alcohol</b>			
Used within past 30 days	34%	36%	35%
Used within lifetime	53%	63%	66%
Age of onset	14.21 years	NA	NA
First used before age 13	7%	15%	11%
High-risk drinking during past 30 days	16%	19%	21%
Used alcohol on school property during the past 30 days	1%	3%	NA
Rode with a driver who had been drinking alcohol during past 30 days	14%	18%	22%
Drove a car or other vehicle after drinking alcohol during past 30 days	3%	7%	8%
<b>Cigarettes or other tobacco-containing products</b>			
Used cigarettes, cigars or other tobacco-containing products within past 30 days	10%	NA	NA
Used cigarettes within lifetime	11%	32%	41%
Age of onset of cigarette use	14.49 years	NA	NA
First used cigarettes before age 13	2%	5%	9%
Used an electronic vapor product within lifetime	40%	NA	NA
Used an electronic vapor product within past 30 days	28%	NA	NA
Used an electronic vapor product with anything other than e-liquid for which device was intended within lifetime	10%	NA	NA
Used an electronic vapor product on school property within past 30 days	7%	NA	NA
<b>Marijuana</b>			
Used within past 30 days	26%	25%	23%
Used within lifetime	35%	41%	41%
Age of onset	14.67 years	NA	NA
First used before age 13	2.5%	7%	9%
Used on school property during past 30 days	4%	5%	6%

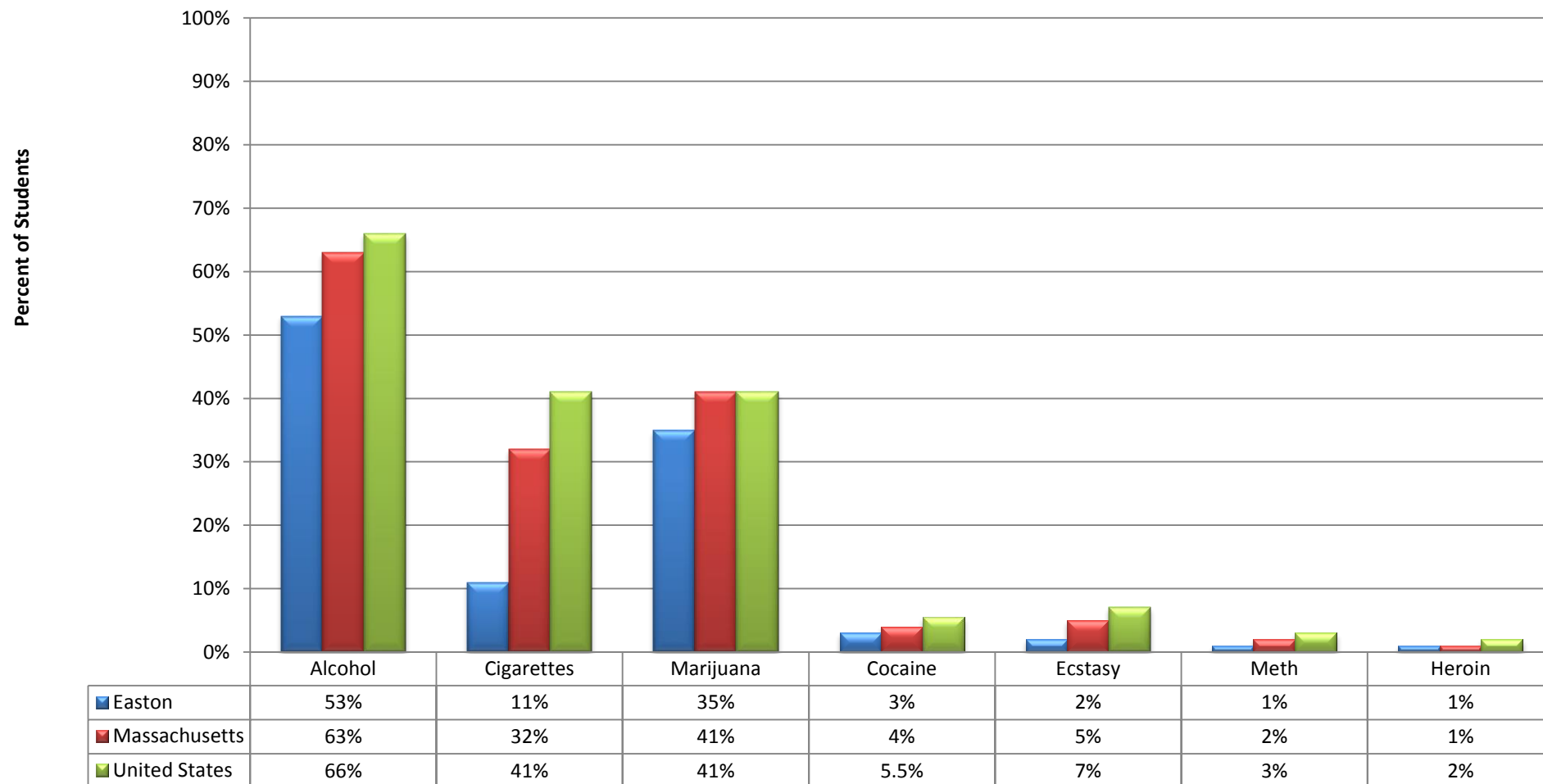
Substance/Activity	Easton	MA	USA
<b>Other Illicit Drug Use: Lifetime</b>			
Cocaine	3%	4%	5.5%
Ecstasy	2%	5%	7%
Methamphetamines	1%	2%	3%
Used synthetic drugs (K2, Spice, fake weed, King Kong, Yucatan Fire, Skunk, Moon Rocks, Bath Salts)	3%	NA	NA
Heroin	1%	1%	2%
<b>Other Illicit Drug Use: Past 12 Months</b>			
Stimulant prescription not prescribed to enhance concentration, academic performance or to lose weight	5%	NA	NA
<b>Other Illicit Drug Use: 30 Days</b>			
Inhalants	1%	3%	NA
OTC cough and medications for purposes other than illness/allergy symptoms	7%	NA	NA



**Chart 1. Easton High School Past 30 Days Substance Use (2015) Compared to Massachusetts & United States (2013)**



**Chart 2. Easton High School Lifetime Substance Use (2015)  
Compared to Massachusetts & United States (2013)**



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## ACCESS TO SUBSTANCES

### ACCESS TO DRUGS ON SCHOOL PROPERTY

Students were asked if anyone has offered, sold, or given them an illegal drug on school property during the past 12 months. 12% of Easton High School students reported they have been offered, sold, or given an illegal drug on school property.

- ❖ 23% of Massachusetts high school students reported they have been offered, sold, or given an illegal drug on school property.

### ADULTS IN LIFE THAT USE MARIJUANA

Students were asked if there are any adults in their life that use marijuana.

- ❖ 20% of students reported 'yes'.

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## PROTECTIVE FACTORS

*This section of the report will cover several areas related to protective factors associated with the prevention of substance use and other risky behaviors. These protective factors include having supportive adults, discussions about substances and grades in school.*

### DISCUSSIONS ABOUT SUBSTANCES

Students were asked how often they and their parents or other adults in their life spoke about drug and alcohol use during the past 12 months.

Response	Percentage
All the time	4%
Often	14%
Sometimes	59%
Not at all	24%

### SUPPORTIVE ADULTS

Statement	Yes	No	Not sure
Is there at least one teacher or other adult in this school that you can talk to if you have a problem?	70%	18%	12%
Can you talk with at least one of your parents or other adult family members about things that are important to you?	86%	8.5%	6%

- ❖ 82% of Massachusetts high school students reported there is at least one teacher or other adult in this school they can talk to if they have a problem.

### IMPACT ON AWARENESS OF DANGERS OF SUBSTANCE ABUSE

Students were asked what they think has had the greatest impact on their awareness of the dangers of substance and alcohol use.

Response	Percentage
Family	52%
Health class and school faculty such as teachers, school nurses, coaches, guidance counselors, adjustment counselors	10%
School presentation and assemblies	15%
Community civic and religious organizations, such as Boy/Girl Scouts, religious institutions	1%
Other	12%
None	10.5%

### REASONS WHY STUDENTS ABSTAIN FROM RISKY BEHAVIOIRS

Students were asked if they answered no to the majority of risk behavior questions such as drug/alcohol use, sexting, sexual activity, etc. to what do they attribute their decisions.

Response	Percentage
Family	50%
Health class and school faculty such as teachers, school nurses, coaches, guidance counselors, adjustment counselors	5%
School presentation and assemblies	4%
Community civic and religious organizations, such as Boy/Girl Scouts, religious institutions	0.9%
Other	17%
None	23%

### GRADES IN SCHOOL

Students were asked how they would describe their grades in school during the past 12 months.

Response	Percentage
Mostly A's	50%
Mostly B's	41.5%
Mostly C's	6%
Mostly D's	0.9%
Mostly F's	0.1%
None of these	0.5%
Not sure	0.8%

❖ 91% of Massachusetts high school students reported having Mostly A's, B's or C's.

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## SUICIDAL BEHAVIORS

Students were asked a series of questions that addressed feeling sad and suicidal behaviors. Questions measured sad feelings, thoughts of suicide, suicide attempt and self-injury. Measures are reported in the following table.

Measure	Easton	MA	USA
Felt so sad or hopeless almost every day for two weeks or more in a row within the past year, that they stopped doing usual activities	19%	22%	30%
Seriously considered attempting suicide in the past 12 months	9.5%	12%	17%
Made a plan about how to attempt suicide in the past 12 months	7%	11%	14%
Actually attempted suicide in the past 12 months	3%	6%	8%
Attempted suicide that resulted in an injury, poisoning or overdose that had to be treated by a doctor or nurse during the past 12 months	0.6%	2%	3%
Had purposely hurt or injured themselves without wanting to die (such as cutting, burning or bruising oneself on purpose) during the past 12 months	13%	14%	NA

Students were asked how many times they attempted suicide within the past 12 months.

Number of Attempts	Percentage of Students
0 times	97%
1 time	2%
2 or 3 times	0.8%
4 or 5 times	0.1%
6 or more times	0.3%

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## PERSONAL SAFETY & VIOLENCE

Students were asked a series of questions related to safety and violence. Students who answered 'yes' or 'one time or more' for the given question are reported below.

Activity	Easton	MA	US
Been a member of a gang	6%	7%	NA
Carried a gun within the <i>past 30 days</i>	3%	3%	5.5%
Carried a weapon such as a gun, knife or club within the <i>past 30 days on school property</i>	2%	4%	5%
Did not go to school because they felt it would be unsafe at school or on their way to or from school during the <i>past 30 days</i>	4%	4%	7%
Been threatened or injured with a weapon on school property within <i>past 12 months</i>	3%	7%	7%
Been in a physical fight within the <i>past 12 months</i>	15.5%	20%	25%
Been injured in a physical fight and had to be treated by a doctor or nurse during <i>past 12 months</i>	2%	2%	3%
Been in a physical fight on school property within the <i>past 12 months</i>	4%	5%	8%
Been bullied on school property during the past 12 months	12%	17%	20%
Been electronically bullied during the past 12 months	10%	14%	15%
Had sexual contact against their will in <i>lifetime</i>	6%	9%	7%
Been forced to have sexual intercourse when did not want to	3%	NA	NA

### PHYSICAL VIOLENCE IN A RELATIONSHIP

Students were asked if a date or someone they were going out with during the past 12 months has forced them to do sexual things they did not want to do.

- 44% of students reported 'I did not date or go out with anyone during the past 12 months'.
- 6% of students reported one or more times.

## SEXUAL FORCE IN A RELATIONSHIP

Students were asked if a date or someone they were going out with during the past 12 months has physically hurt them.

- 43% of students reported 'I did not date or go out with anyone during the past 12 months'.
- 3% of students reported one or more times.
  - ❖ 8% of Massachusetts' high school students reported having been hurt physically by a date or someone they were going out with.
  - ❖ 10% of high school students nationwide reported having been hurt physically by a date or someone they were going out with.

## SEXUAL ACTIVITY AGAINST WILL

Students were asked during the past 12 months, how many times someone they were dating or going out with forced them to do sexual things they did not want to do.

Frequency	Percentage of Students
I did not date or go out with anyone during the past 12 months	43%
0 times	51.5%
1 time	3%
2 or 3 times	2%
4 or 5 times	0.4%
6 or more times	0.7%

## SEAT BELT USE

Students were asked how often they wear a seat belt when riding in a car driven by someone else.

Frequency	Percentage of Students
Never	2%
Sometimes	6%
Often	18%
Always	74%

- ❖ 9% of Massachusetts' high school students reported 'Never' or 'Rarely' wearing a seat belt when riding in a car driven by someone else.
- ❖ 8% of high school students nationwide reported 'Never' or 'Rarely' wearing a seat belt when riding in a car driven by someone else.

## USE OF DEVICE WHILE DRIVING

Students were asked how many days they texted/ e-mailed and talked on a cell phone while driving a car or other vehicle during the past 30 days.

Frequency	Text/e-mail	Talked on cell phone
I did not drive a car or other vehicle during the past 30 days	48%	48%
0 days	32.5%	28.5%
1 or 2 days	5%	9.5%
3 to 5 days	3%	6%
6 to 9 days	3%	3%
10 to 19 days	2%	3%
20 to 29 days	2%	1%
All 30 days	4%	1.5%

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## SEXUAL HEALTH

*Easton High School students were asked questions regarding discussions about sexuality, AIDS/HIV and condom education in school, sexual health services, sexting, age of first sexual intercourse, number of sexual partners, condom usage, use of drugs or alcohol before intercourse and pregnancy.*

### DISCUSSIONS ABOUT SEXUALITY WITH PARENTS OR OTHER ADULTS

Students were asked to report how often they have spoken with parents or other adults in their families about sexuality or ways to prevent HIV, STDs or pregnancy.

Frequency	Percentage
Not at all during past 12 months	51%
About once during the past 12 months	31.5%
About once every few months	12%
About once a month	3%
More than once a month	2%

- ❖ 41% of Massachusetts' high school students reported speaking with parents or other adults in their families about sexuality or ways to prevent HIV, STDs or pregnancy within the past year.

### EDUCATION IN SCHOOL

Students were asked to report if they have been taught about HIV/AIDS, how to use condoms and about birth control methods in school.

Topic	Easton	MA	US
HIV/AIDS	83.5%	85%	85%
How to use condoms	45%	57%	NA
Birth control methods	64%	NA	NA



## SEXUAL HEALTH SERVICES

- Students were asked to report how often they have spoken with parents or other adults in their families about sexuality or ways to prevent HIV, STDs or pregnancy.

Question	Yes	No	Not Sure
Is there an adult in your school who can help you find sexual health services such as HIV, STD and pregnancy testing, access to birth control, or support related to your sexuality?	37%	18%	45%
If you needed help finding sexual health services, would you feel comfortable asking an adult at your school?	23%	53%	24%

## STD TESTING

Question	Yes	No	Not sure
Ever been tested for HIV, the virus that causes AIDS	4%	88%	8%
Ever been tested for other sexually transmitted diseases (STDs) such as genital herpes, Chlamydia, syphilis, or genital warts?	6%	87%	7%
Ever been told by a doctor or nurse that you had HIV infection or any other sexually transmitted disease (STD)	0.9%	98%	1%

## SEXTING

Students were asked if they have ever engaged in “sexting”: the sending of sexual messages or images by cell phone. *\*Students were only allowed to select one response.*

Response	Percentage
I have not	70%
I have taken a picture and/or initiated inappropriate sexual remarks	11%
I have received inappropriate sexual messages or pictures	17.5%
I have forwarded inappropriate sexual messages	1%

## FREQUENCY OF SEXTING

Students were asked if they have engaged in “sexting”, how often they engaged in this activity.

Response	Percentage
Once	22%
Twice	14.5%
Three or more times	63%

## SEXUAL INTERCOURSE

- 28% of Easton High School students reported having sexual intercourse in their lifetime.
  - ❖ 38% of Massachusetts' high school students reported having sexual intercourse in their lifetime.
  - ❖ 47% of high school students nationwide reported having sexual intercourse in their lifetime.

## AGE AT FIRST SEXUAL INTERCOURSE

Of the students that have reported having sexual intercourse, the average age when they first had sex was 15.25 years.

Age	Percentage
Have never had sexual intercourse	72%
11 years old or younger	0.7%
12 years old	0.8%
13 years old	2%
14 years old	3.5%
15 years old	8%
16 years old	7.5%
17 years old or older	6%

- ❖ 3% of Massachusetts' high school students reported having sexual intercourse before the age of 13.
- ❖ 6% of high school students nationwide reported having sexual intercourse before the age of 13.

## NUMBER OF SEXUAL PARTNERS IN LIFETIME

Students were asked how many people they have had sexual intercourse within their lifetime.

Number of Partners	Percentage
I have never had sexual intercourse	71.5%
1 person	14%
2 people	5%
3 people	3%
4 people	3%
5 people	0.4%
6 or more people	3.5%

### NUMBER OF SEXUAL PARTNERS IN PAST THREE MONTHS

Students were asked how many people they have had sexual intercourse during the past three months.

Number of Partners	Percentage
I have never had sexual intercourse	71.5%
I have not had sexual intercourse within the past three months	7%
1 person	16.5%
2 people	3%
3 people	1.5%
4 people	1%

### USE OF DRUGS OR ALCOHOL BEFORE SEXUAL INTERCOURSE

Students were asked to report whether they used drugs or alcohol before *the last time* they had sexual intercourse. 9% of students reported drinking alcohol or using drugs before they had sexual intercourse the last time.

- ❖ 24% of Massachusetts high school students reported drinking alcohol or using drugs before they had sexual intercourse the last time.
- ❖ 22% of high school students nationwide reported drinking alcohol or using drugs before they had sexual intercourse the last time.

### CONDOM USAGE

Students were asked to report whether they had used a condom *the last time* they had sexual intercourse. 26% of students reported they used a condom or their partner used a condom *the last time* they had sexual intercourse.

- ❖ 58% of Massachusetts high school students reported they used a condom or their partner used a condom *the last time* they had sexual intercourse.
- ❖ 59% of high school students nationwide reported they used a condom or their partner used a condom *the last time* they had sexual intercourse.

### PREGNANCY PREVENTION

Students were asked if they have had sexual intercourse and what method they or their partner used *the last time* to prevent pregnancy. Students were allowed to select more than one method. For this question, 73% of students reported they have never had sexual intercourse.

Method	Percentage
Condoms	15%
Birth control pills	6%
No method was used to prevent pregnancy	2%
Withdrawal or some other method	2%
Not sure	0.8%
An IUD or implant	0.7%
A shot, patch, or birth control ring	0.1%

## SEXUAL PARTNERS

Students were asked with whom they have had sexual contact in their lifetime.

Response	Percentage
Have never had sexual contact	56%
Females	22%
Males	19%
Females and males	2%

## PREGNANCY

Students were asked how many times they have been pregnant or gotten someone pregnant.

Response	Percentage
0 times	98%
1 time	0.4%
2 or more times	0.8%
Not sure	1%

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## EXERCISE AND NUTRITION

Easton High School students were asked questions about their weight and losing weight, frequency of physical activity, participation on sports teams, dietary habits and sleep.

### HEIGHT AND WEIGHT

Students were asked to report their height and weight.

	Mean
Height	5' 5"
Weight	144

### WEIGHT DESCRIPTION

Students were asked how to describe their weight.

Response	Percentage
Very underweight	2%
Slightly overweight	14%
About the right weight	61%
Slightly overweight	20%
Very overweight	3%

- ❖ 29% of Massachusetts high school students reported viewing themselves as overweight.
- ❖ 31% of high school students nationwide reported viewing themselves as overweight.

Students were asked what they are trying to do about their weight.

Response	Percentage
Lose weight	39.5%
Gain weight	16%
Stay the same weight	21%
I am not trying to do anything about my weight	24%

### WAYS OF LOSING WEIGHT

Response	Percentage
Nothing	36%
Exercise and eat healthy	55.5%
Fasting-stop eating	1.5%
Skipping meals	6%
Self-induced vomiting	0.5%
Used medications, such as weight loss pills, ADD medications, laxatives	0.3%

### PHYSICAL EDUCATION CLASS

Students were asked how many days they went to physical education classes in an average week.

Response	Percentage
0 days	46%
1 day	0.5%
2 days	0.9%
3 days	2%
4 days	13%
5 days	37%

- ❖ 56% of Massachusetts high school students reported going to physical education class at least one day in an average week.
- ❖ 48% of high school students nationwide reported going to physical education class at least one day in an average week.

### SPORTS TEAMS

Students were asked how many sports teams they played on during the past 12 months.

Response	School sports teams
0 teams	21%
1 team	24%
2 teams	23%
3 or more teams	32%

- ❖ 60% of Massachusetts high school students reported playing on at least one sports team during the past 12 months.
- ❖ 54% of high school students nationwide reported playing on at least one sports team during the past 12 months.

## BREAKFAST HABITS

Students were asked how many days they ate breakfast during the past seven days.

Response	Percentage
0 days	11%
1 day	7%
2 days	12%
3 days	7%
4 days	5%
5 days	7%
6 days	6.5%
7 days	44%

- ❖ 40% of Massachusetts high school students reported having breakfast all seven days.
- ❖ 38% of high school students nationwide reported having breakfast all seven days.

## DRINK/FOOD CONSUMPTION

Students were asked a series of questions about how often they consumed certain foods or drinks during the past 7 days.

Response	Fruit or fruit juices	Other vegetables	Soda, sports drink, other added sugar	Milk*
Did not	5%	6%	30%	18%
1 to 3 times per day	23%	23%	44%	21%
4 to 6 times per day	22.5%	21%	13%	12%
1 time per day	13%	21%	6%	15%
2 times per day	20%	18%	3%	16%
3 times per day	10%	5.5%	1.5%	8%
4 or more times per day	7%	5%	2%	6%

\*3.5% of students reported they drink calcium rich milk alternative such as almond milk or Lactaid.

## SLEEP

Students were asked how many hours of sleep they get on an average school day.

Response	Percentage
4 or less hours	7%
5 hours	14%
6 hours	25.5%
7 hours	27%
8 hours	22%
9 hours	3%
10 or more hours	1%

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## **MEDIA**

Easton High School students were asked questions about their use of video or computer games and their concerns about social media.

### **USE OF VIDEO OR COMPUTER GAMES**

Students were asked how many hours a day they spend playing video or computer games or use a computer for something that is not schoolwork.

<b>Response</b>	<b>Percentage</b>
Do not play video or computer games or use a computer for something that is not school work	10%
Less than 1 hour per day	12%
1 hour per day	13%
2 hours per day	21%
3 hours per day	17%
4 hours per day	12%
5 or more hours per day	15%

- ❖ 39% of Massachusetts high school students reported playing video or computer games for three or more hours on an average school day.
- ❖ 41% of high school students nationwide reported playing video or computer games for three or more hours on an average school day.

### **SOCIAL MEDIA**

<b>Question</b>	<b>Yes</b>	<b>No</b>
Do you have any concerns or awareness of how damaging social media profiles can affect you negatively in the future?	49%	51%
Do you plan to change your social media profiles after high school or college and the work world?	43%	57%

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## **Contact Information**

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