

**TOWN OF SOUTHAMPTON**

# TAP

**T** EEN  
**A** SSESSMENT  
**P** ROJECT

**REPORT 2015**

Tapping into Teen Concerns,  
Perceptions and Behaviors in  
Southampton Town, New York

**SOUTHAMPTON**  
**YOUTH**  
**BUREAU**

**SPONSORED BY:**

Town of Southampton Youth Bureau

**ADMINISTERED BY:**

Town of Southampton Youth Bureau  
Cornell University - College of Human Ecology

**ANALYSIS AND REPORT BY:**

Town of Southampton Youth Bureau





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This report contains analysis of selected data findings. Additional data and further analysis is available by contacting Nancy Lynott at [nlynott@southamptontownny.gov](mailto:nlynott@southamptontownny.gov).



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## INTRODUCTION

The Teen Assessment Project (TAP) is sponsored by the Town of Southampton Youth Bureau with technical assistance provided by Cornell University, College of Human Ecology. In December 2014 the Youth Bureau conducted the TAP, surveying 1,631 youth in 8th, 10th, and 12th grades in Southampton Town, asking them specific questions about their quality of life and their sense of the community in which they live. The survey asked youth about risk behaviors, recreational and work activities, parental involvement, and the risk and protective factors that affect adolescent lives. The findings of this survey will be used to plan and support programs that address the needs of youth and families in the Town of Southampton and to improve out-of-school resources and supervision.

This is the fifth administration of this survey. The first was conducted in 2002 and included all 7th through 12th grade youth in Southampton Town. It was a broader survey, intended to establish a baseline of data with which to compare future data and determine patterns of behavior and community influences in adolescent lives. The second was conducted in November of 2005 and surveyed only 8th, 10th, and 12th grade youth. Due to the wealth of national data that exists for youth in grades 8, 10, and 12, the Town opted to survey these same three grades in order to best compare local data to national data.

The TAP survey was originally chosen as the survey instrument for the 2002 project after evaluation of other survey programs. A modified version was used in 2005, reducing the number of questions from 160 to 103 while adding some new topics. The instrument was again modified in 2008 and included some additional topics of inquiry, resulting in an instrument of 100 questions. Additional modifications were done in 2011 and in 2014, again adding some new topics and removing questions that were no longer providing useful data, resulting in a 101 question instrument.

### Survey Implementation

The Southampton Town Youth Bureau administers the TAP Survey, with assistance from school personnel. The seven school districts serving Southampton Town youth that participate in the survey are: Bridgehampton Union Free School District (UFSD), Hampton Bays UFSD, Riverhead Central School District, Sag Harbor UFSD, Southampton UFSD, Tuckahoe Common School District, and Westhampton Beach UFSD. All survey data are combined into one database, which includes survey findings from these participating districts.



Prior to filling out the survey, youth are encouraged to respond honestly to the questions and are assured that all answers will be anonymous. Survey administrators are given large envelopes in which to seal the survey forms in front of youth immediately upon receipt, ensuring confidentiality. The Youth Bureau collects the answer sheets from each school and submits them to Cornell University for creation of a database from survey results. In 2011 and 2014, some schools were able to administer the survey electronically through Survey Monkey, an on-line survey tool. This electronic database was also forwarded to Cornell, where the online responses were combined with those on the paper scantron sheets. The database is then sent to the Youth Bureau for analysis. Youth Bureau staff developed this survey report.

## **PROFILE OF RESPONDENTS**

Youth completing the 2014 Tap survey are 49.7% male and 50.3% female. Those reporting not having special needs were 82.1% of the respondents; 6.2% report a learning disability, 4.9% report English as a second language as a special need, 2% report an emotional or behavioral disability, .7% report a physical disability, 1.9% report multiple disabilities, and 1.8% report some other disability. The majority of youth, 63.4%, report living with both parents; 14.7% report living with their mother most of the time, 8.9% report living with a parent and a step parent, 5.9% report living with mother and father part of the time, 3.3 % report living with just their father and 3.8% report living with someone other than a parent. Fourteen percent (14.0%) of youth identify themselves as an immigrant or refugee. Respondents report little mobility in their lives; 76.2% report that they have never changed schools and 6.0% report having changed schools 3 or more times. When queried about school achievement, 44.0% report earning grades above 90, and another 37.5% report earning grades above 80. Only 1.8% report earning failing grades. This profile defines the majority of youth as having stable home lives, few special needs, and being successful in school. In the balance of this report, we will look beyond the profile to understand some of the challenges that exist in these young peoples' lives and identify clues as to how the Southampton Town community can rise to meet those challenges.

## REPORTED RISK BEHAVIORS

### Risk Behaviors:

- 43% of youth reported ever drinking alcohol
- 39% reported ever binge drinking and 15% reported binge drinking within the past month
- 14% of youth reported ever smoking cigarettes while 29% of youth reported ever using e-cigarettes
- Less than 10% of youth reported ever using other substances like OTC drugs and prescription pills
- 30% of youth reported using marijuana with 15% reporting using marijuana within the past month
- 35% of youth reported either sending or receiving sext messages
- 34% of sexually active youth reported never using birth control
- 15% of youth reported having 2 or more sex partners
- Youth who reported using marijuana were more likely to report poor school performance, being suspended from school, and use of other illegal drugs

### **Substance Abuse**

The TAP survey conducted in 2014 finds that local youth continue to abuse alcohol as their primary drug of choice. Binge drinking (5 or more drinks in a 3-hour period-of-time) continues to be a significant problem. Other than alcohol, local youth also report frequently abusing marijuana, tobacco, prescription drugs, and over the counter medications, in that order. Twelve percent (12.4%) of youth report being drunk or high in school.

#### *Alcohol*

Nearly eighteen percent (17.6%) of all youth surveyed report drinking alcohol regularly, with 1.5% reporting drinking every day, 2.8% reporting drinking several times a week, and another 13.3% reporting drinking several times a month. More specifically, youth reporting that they have consumed alcohol in the last month are 4% of 8th grade youth, 15% of 10th grade youth, and 34% of 12th grade youth. Those youth reporting at least one drink in their lifetime are 7% of 8th grade students, 35% of 10th grade students, and 65% of 12th grade students. Binge drinking, one or more episodes in the past month, is reported by 15.3%, 8.4% of youth report more than one episode in the last month. When asked about the risks binge drinking posed to their health, 39% of youth reported no risk or slight risk of harm from binge drinking and 61% reported moderate to great risk of harm from binge drinking.



For the first time since the collection of data for this report, the youth of Southampton Town report a lower rate of alcohol use than youth nationwide, according to the Monitoring the Future 2015 report. The town data show 33.0% report alcohol use over the last twelve months, whereas the national statistics show a use rate of 40% in the same time frame.

Youth reporting that they had their first drink under the age of 15 are 24.7%; 4.3% report that their first drink was at age 10 or younger, 4.1% was at age 11 or 12, and 16.3% was at age 13 or 14. Thirteen percent (13.1%) of youth who report drinking got their alcohol from a parent, a friend's parent, or from home without the parents knowing. Youth who report getting alcohol from a person of legal age or at a store were 10.5%, and from other sources were 11%. Fifty-five percent (55%) of youth report that it is easy or very easy to obtain alcohol in the Southampton Town community.

### *Marijuana*

Overall, 30% of youth report ever using marijuana and 15% report current use of marijuana. Broken down by grade level, current use of marijuana, defined as use in the past month, is reported by 3% of 8th grade youth, 11% of 10th grade youth, and 28% of 12th grade youth. Seven percent (7%) of 8th grade youth, 25% of 10th grade youth and 46% of 12th grade youth report ever using marijuana. Synthetic marijuana, or herbal mixtures sprayed with synthetic chemicals to mimic marijuana, is reported to have ever been used by Southampton Town youth at a rate of 7%. Reported current users are 4.7% of youth; 3% of 8th grade youth, 4% of 10th grade youth and 5% of 12th grade youth.

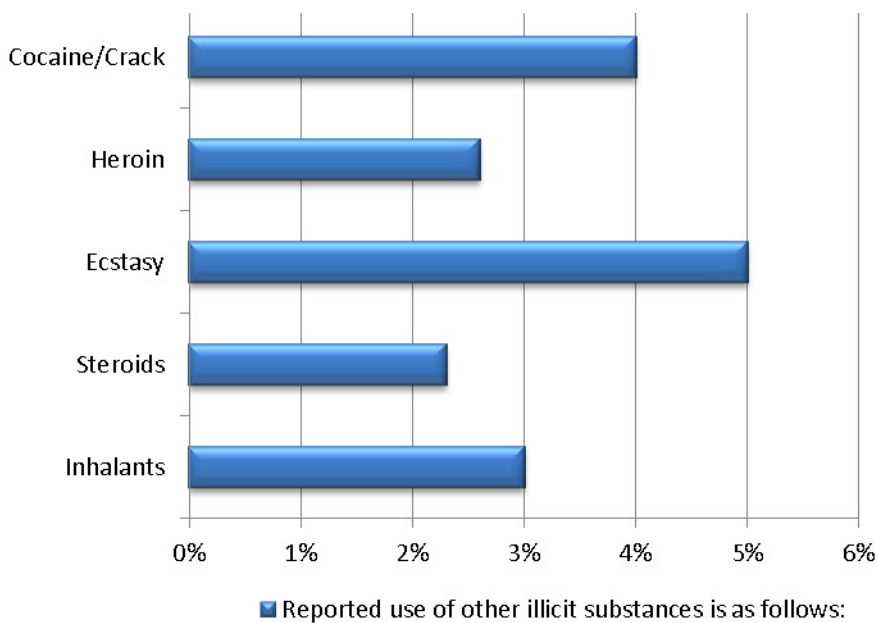
### *Cigarettes and E-cigarettes*

Eighty-six percent (86%) of all youth surveyed report never using cigarettes. Six percent (6%) of 8th grade youth, 10% of 10th grade youth and 20% of 12th grade youth report ever using cigarettes. Current use of cigarettes in the past month is reported by 4% of 8th grade youth, 4% of 10th grade youth, and 10% of 12th grade youth. Seven percent (7%) of all youth report current cigarette use.

Questions about use of e-cigarettes were included in the 2014 administration of the survey for the first time. Twenty-nine percent (29%) of youth report ever using e-cigarettes and 10% report current use (in the past month) of e-cigarettes. These rates surpass reported use of cigarettes by youth. Broken down by grade level, 14% of 8th graders report ever using e-cigarettes, as well as 30% of 10th graders, and 40% of 12th graders.

### Prescription and Over the Counter Drugs

Overall, 5% of youth report using prescription stimulants to get high, 5% report using prescription pain medication to get high, and 5.6% of youth report using over the counter drugs to get high. Breaking down the rates by grade level shows that 3% of 8th grade youth, 3% of 10th grade youth, and 8% of 12th grade youth report using prescription drugs to get high. Also, 4% of 8th grade youth, 4% of 10th grade youth, and 8% of 12th grade youth report using over the counter drugs to get high.



### Other Illicit Drugs

Reported use of other illicit substances is as follows:

- Inhalants – 3%
- Steroids – 2.3%
- Ecstasy – 5%
- Heroin – 2.6%
- Cocaine/Crack – 4%

### Non-illicit drug use

Energy Drinks – Overall, 38% of youth report using energy drinks and the use rate is fairly consistent between grade levels, 30% of 8th graders, 41% of 10th graders, and 41% of 12 graders. These rates mirror use rates reported nationwide. When compared to the amount of sleep that teenagers report getting, 43% who currently use energy drinks report getting less than 6 hours of sleep and 27% of those who sleep more than 8 hours report use of energy drinks.

Caffeine – Youth were asked how many caffeine drinks they consume in a day; 59% report 1 to 2 drinks per day, 7% report 2 to 4 drinks per day, and 3% report 5 or more drinks per day.



### **Perception of risk of using substances**

An important predictor of substance abuse is how risky that behavior is perceived to be by the user. Those perceiving higher levels of risk are less likely to use and those perceiving lower levels of risk are more likely to use. In 2014 58% of respondents reported no or slight risk in using marijuana and 38.6% of respondents reported no or slight risk of binge drinking.

### **Sexual activity**

Youth who report ever having sexual intercourse is at 25%, those who report ever having oral sex is also 25%; those who report having 2 or more sex partners number at 14% of youth, and those who report 4 or more sex partners number at 6% of youth. Forty-three (43%) of youth who report being sexually active also report that they always use birth control, while 34% report that they never use birth control. Fifty-six (56%) of youth report that it is easy to obtain condoms and 30% report that it is difficult.

Sexting, the sending of sexually explicit photos, images, text messages, or e-mails by using a cell phone or other device, is a risk behavior that was addressed by our survey for the first time in 2014. Fifteen percent (15%) of youth report ever sending a sext message, while 35% report ever receiving a sext message. Five percent (5%) of 8th graders, 13% of 10th graders and 26% of 12th graders report using electronic devices to send sext messages to others.

### **Trends and Comparisons**

Although the numbers are still dangerous, the Southampton Town Teen Assessment Project (TAP) has recorded a steady decline in underage alcohol use since 2002:

#### **Reported alcohol use – at least one drink in your lifetime:**

	<b>2002</b>	<b>2005</b>	<b>2008</b>	<b>2011</b>	<b>2014</b>
8th grade	41%	32%	23%	15%	7%
10th grade	67%	67%	61%	47%	35%
12th grade	85%	81%	74%	73%	57%

**Reported binge drinking – consuming 5 or more drinks in a 2 or 3 hour period:**

	<b>2005</b>	<b>2008</b>	<b>2011</b>	<b>2014</b>
One episode in last month	43%	27%	8%	7%
More than one episode in last month	19%	16%	10%	9%

**Reported use of drugs other than alcohol has also shown a steady decline in most areas:**

	<b>2002</b>	<b>2005</b>	<b>2008</b>	<b>2011</b>	<b>2014</b>
Ever used prescription medicines	11%	12%	12%	7%	5%
Ever used over the counter drugs	n/a	10%	9%	6%	6%
Ever used tobacco	34%	29%	25%	20%	13%

**Reported use of marijuana held steady between 2011 and 2014:**

	<b>2002</b>	<b>2005</b>	<b>2008</b>	<b>2011</b>	<b>2014</b>
Ever used marijuana	38%	37%	36%	29%	30%

For the second consecutive survey administration, Southampton Town youth’s reported rates of alcohol use are not soaring above nationwide rates, but in 2014 are in fact lower than national averages. Current alcohol use rates for 8th graders are less than nationwide rates (9% NIDA, 4% Southampton), for 10th graders (31% CDC, 15% Southampton), and for 12th graders (47% CDC, 34% Southampton). Marijuana rates, however, are now being reported at a level that is above the national average (23.4% CDC, 30% Southampton).

In this report we are also able to compare our data to those reported by youth across New York State from the findings of the Youth Risk Behavior Surveillance (YRBS) conducted in 2013 by the Centers for Disease Control (CDC). National data in this section was taken from the National Institute on Drug Abuse’s (NIDA) Monitoring the Future Survey report.

**Reported alcohol use – last 30 days**

	<b>National (NIDA)</b>	<b>Southampton</b>	<b>New York State</b>
8th grade	9%	4%	n/a
10th grade	30.9%	15%	28.3%
12th grade	46.8%	34%	46.8%



### **Marijuana use – last 30 days**

	<b>National (NIDA)</b>	<b>Southampton</b>	<b>New York State</b>
8th grade	6.5%	3%	n/a
10th grade	16.6%	11%	18.8%
12th grade	21.2%	28%	32.2%

### **Tobacco use – last 30 days**

	<b>National (NIDA)</b>	<b>Southampton</b>	<b>New York State</b>
8th grade	1.4%	4%	n/a
10th grade	3.2%	4%	9.4%
12th grade	4.4%	10%	14.6%

### **E-Cigarette use – last 30 days**

	<b>National (NIDA)</b>	<b>Southampton</b>	<b>New York State</b>
8th grade	8.7%	14%	n/a
10th grade	16.2%	30%	n/a
12th grade	17.1%	40%	n/a

### **Sexual Activity**

Nationwide data on sexual behaviors show that Southampton Town youth are less likely to be sexually active than youth across the US, and less likely to use birth control. In Southampton Town, 25% of youth report ever having sexual intercourse. According to YRBS, in 2013 46.8% of high school youth report ever having sexual intercourse. Six percent (6%) of local youth report having 4 or more sex partners, nationally 15% of youth report 4 or more sex partners. The YRBS report also shows that 59% of high school youth used a condom during last sexual intercourse; Southampton Town youth who are sexually active report always using birth control 43% of the time, which has dropped from 66% found by the 2011 survey.

## HEALTH AND LIFESTYLE INDICATORS

### Health and Lifestyle:

- 36% of youth reported experiencing symptoms of depression over the past 6 months
- 15% of youth considered suicide and 13% reported harming themselves on purpose
- 21% of youth reported being bullied
- 12% of youth reported being abused by an adult at home
- 73% of youth reported NOT getting the recommended amount of sleep each night
- Youth report spending most of their time: Hanging out with friends (48%), texting (35%), social networking (34%), TV/videogames (33%), and homework (23%)
- Depressed youth reported
  - Higher rates of sexting and never using birth control
  - Higher rates of school suspension and substance abuse

### **Mental Health**

Southampton Town youth continue to report higher than average rates of experiencing symptoms of depression, with little change since 2005. Rates of contemplation of suicide and self-injury also show little change.

#### *Depression*

Youth were asked to report if they've felt helpless, hopeless, or very sad for a period of two weeks or longer within the last six months. These symptoms are indicators of depression. Overall, 35.8% of youth surveyed responded that they have experienced these symptoms. Females are more likely to have experienced these feelings, reporting them 44% of the time, as opposed to males who report these feelings 27% of the time. When examined by grade level, 35% of 8th graders, 35% of 10th graders and 36% of 12th graders report these feelings of depression.

#### *Suicide*

Suicidal thoughts are another important indicator of mental health problems. Nine percent (9%) of youth report having considered suicide, 3% report having made a suicide plan, and 3% report having attempted suicide. In total, 15% of all Southampton Town youth have at least contemplated suicide. Females are again more likely to report suicidal thoughts, with 20% reporting having these



thoughts while 11% of males report them. When examined by grade level, 13% of 8th graders, 15% of 10th graders, and 19% of 12th graders have considered suicide.

### *Self-injury*

Self-injury can take many forms, but the most commonly reported is cutting. Youth usually engage in self-injury as an attempt to relieve emotional pain, causing physical pain may take one's mind off the invisible trauma that is being felt. The rate of self-injury reported by Southampton Town youth is 12%, with 2% reporting that they have self-injured once, 5% more than once, and another 4% many times. Self-injury is often thought to be more prominent among females and Southampton Town data show that this holds true here, the male rate is 6% while the female rate is 18%.

### **Victims of Bullying/Harassment**

Twenty-one percent (21%) of respondents in Southampton Town report that they have been bullied or harassed by their peers in the past year. Analyzing the Southampton Town data by grade level reveals that 24% of 8th graders, 22% of 10th graders, and 16% of 12th graders report that they have been bullied or harassed by their peers in the past year. Further data analysis shows small differences in academic success and substance abuse between those who report being bullied and those who do not; however, in regards to mental health and victimization measures there is a significant difference between youth being bullied and those who are not. Victimized youth are more likely to see discrimination in their communities.

	<b>Bullied/Harassed</b>	<b>Not Bullied/Harassed</b>
Symptoms of depression	61%	31%
Contemplated suicide	33%	12%
Self-injury 1+ times	24%	9%
Physically hurt by another youth	26%	4%
Bullied/harassed by adult (non-parent)	11%	4%
Sees discrimination in community	61%	40%

## Sleep Habits

Respondents were asked about sleep habits in this administration of the survey; these questions were also included on the 2011 survey. Fifty-four percent (54%) of youth reported that they get six to seven hours of sleep on average per-night. Twenty-seven percent (27%) of youth reported getting eight or more hours of sleep per-night on average, and 19% report getting less than 6 hours of sleep. Research tells us that teenagers should average 8 hours of sleep daily to reduce and eliminate side effects of sleep deprivation. These side effects can include poor grades, symptoms of depression, behavioral problems, weight gain, increase in stress and decrease in ability to listen, concentrate, and problem solve. The findings of this TAP survey reinforce that this is true.

Among Southampton Town youth, 16% of youth who got less than six hours of sleep reported symptoms of depression many times over the past six months. Of youth who report more than 8 hours of sleep, 3% reported symptoms of depression many times over the past six months. Seventy-six percent (76%) of youth who reported getting 8 or more hours of sleep reported no symptoms of depression over the past six months. Ninety-three percent (93%) of youth who responded that they slept 8 or more hours on average per-night reported that they never had any self injurious behavior, and of those who slept less than 6 hours, 28% reported self injurious behavior and 25% reported that they have self injured more than one time over the past year.

The data also show that youth who get more sleep have reduced risk taking behaviors. Nine percent (9%) of youth who slept eight or more hours per-night reported drinking alcohol in the past month. Of those who slept less than 6 hours on an average night, 30% reported drinking alcohol in the past month. Of youth who report sleeping 8 or more hours on an average night, 7% reported binge drinking (5 or more drinks in a 2-3 hour period) 2 or more times in the past month and of those who slept less than 6 hours on an average night, 15% reported binge drinking 2 or more times over the past month. Of those youth who report smoking marijuana in the past year, 40% got 6 hours or less of sleep on an average night and 15% slept more than eight hours. Eighty-five (85%) of those who reported no tobacco use also reported sleeping eight or more hours per night; 40% of youth who reported getting less than 6 hours of sleep per night also reported having used tobacco in their lifetime.



## Use of time

Respondents were asked how they spend their time outside of the classroom. Activities reported, in the time frame of 2 or more hours per week, are:

- Hanging out with friends – 78%
- Social Networking – 62%
- Being at home alone - 65%
- Watching TV/playing video games – 71%
- Homework – 71%
- Exercising – 56%
- Fun activities with parents/family – 61%
- School sports – 46%
- Community sports – 31%
- School activities (clubs/events) – 39%
- Working for pay – 32%
- Reading for pleasure – 25%
- Texting – 59%
- Community activities – 21%

The top five activities that youth report more intense involvement with 6 or more hours per week are:

1. Hanging out with friends – 48%
2. Texting – 35%
3. Social Networking – 34%
4. Watching TV/playing video games – 33%
5. Homework – 23%

It is interesting to note that the activities in which youth report spending most of their time are primarily unstructured and unsupervised.

## Trends and National Comparisons

Since the Teen Assessment Project began in 2002, we have seen reports of symptoms of depression remain steady after an initial decrease from 2002 to 2005, as noted below.

	<b>2002</b>	<b>2005</b>	<b>2008</b>	<b>2011</b>	<b>2014</b>
Feelings of depression	41%	37%	36%	37%	36%
Contemplated suicide	21%	14%	16%	16%	9%
Self-injury	n/a	15%	13%	12%	12%

Southampton Town youth report symptoms of depression at a higher rate than their peers across the country. Thirty percent (29.9%) of youth nationwide felt sad or hopeless every day for a period of two weeks in a row in the past 12 months, as reported in 2014 by the CDC, compared to 35.8% of Southampton Town youth in 2014. Conversely according to the Youth Risk Behavior Surveillance (YRBS), 17% of youth nationwide in 2014 reported that they seriously considered suicide, where 9% of Southampton Town youth reported seriously considering suicide. Fourteen percent (13.6%) of high school youth nationwide have made a suicide plan, compared to 3.2% in Southampton Town, and 8% of youth nationwide have attempted suicide, compared to 2.9% in Southampton Town.

In 2014, high school youth nationwide reported in the YRBS that they are trying to lose weight at a rate of 47.7%. In Southampton Town, the rate of attempted weight loss was at 44%. Almost eight percent (7.7%) of Southampton Town youth report using unhealthy methods to lose weight. Vomiting or taking laxatives was reported nationally at a rate of 4.4%, and 3.4% of Southampton Town youth reported trying to lose weight with this method as well.

According to the Centers for Disease Control (CDC), 10% of school-age youth in the United States will experience some form of bullying in their lifetime and 20% of youth report being bullied on school property in the last 12 months. These data are similar to Southampton's findings that 21% reported being bullied or harassed in the past year.

According to YRBS 2014, 31.7% of youth nationwide get 8 or more hours of sleep on average on a school night. Nearly twenty-seven percent (26.8%) of Southampton Town youth are getting 8 or more hours of sleep on average on a school night, a lower rate than the national average. Sleep is critical because when compared to other data in this survey, it shows that the more youth report sleeping, the lower the potential for engaging in risk behaviors.



## PROTECTIVE FACTORS

### Protective Factors:

Young people often turn to adults to keep them from engaging in illegal or harmful activities.

- 31% look toward a positive role model
- 25% identified their parents as being most influential
- 24% reported after-school activities as an important protective factor

Research shows that the most effective risk prevention strategies are to increase the protective factors in a young person's life. Protective factors serve to protect youth from choosing risky behaviors or experiencing mental and physical health problems.

The TAP Survey has one question that asks youth directly their opinion on the most effective strategy for keeping them out of trouble. Their responses show that the community and their parents play equally important roles; 31% identify positive role models, 25% report family and parents are most effective, and 24% identify after school and weekend activities. Counselors and social workers are identified by 12% of youth surveyed, and school based programs concerning drug and alcohol prevention are selected by 8% of the respondents. Sixty-seven percent (67%) of respondents report that there are fun things to do in the community, which is an increase from previous years, while 33% disagree with that statement.

### Trends

Since 2002, TAP respondents report an increase in resources available to them in the Southampton Town community:

### Which of the following is most helpful in keeping you from illegal or harmful activities?

	2005	2008	2011	2014
Activities out of school	25%	31%	30%	24%
Positive role models	26%	26%	26%	31%
Parents/family	28%	25%	26%	25%
Counselor/ social workers	15%	13%	12%	12%
School programs	n/a	5%	6%	6%

**In my community, there are fun things for kids my age to do**

	<b>2002</b>	<b>2005</b>	<b>2008</b>	<b>2011</b>	<b>2014</b>
Agree	32%	55%	59%	62%	67%
Disagree	68%	45%	41%	38%	33%

**Influence of Adults**

Two sections of questions on the TAP Survey address youth experiences with adults, both in the home and in the community. The data identify common parenting practices that are most successful in preventing engagement in risk behaviors, as well as how the behavior of adults around them influences young people’s engagement in risk behaviors.

**Parenting Practices**

There is an extensive body of research that tells us that certain parenting practices are very effective at preventing youth engagement in risk behaviors. The TAP findings support this research on the local level. Specifically, setting clear rules, following through with consequences when rules are broken, knowing your child’s friends, knowing where your child is and what they are doing, talking with your child about risk behaviors and parent expectations, and having regular family dinners are all found to significantly reduce risk behaviors among youth.

<b>When Parents Do Make Clear Rules</b>	<b>When Parents Don’t Make Clear Rules</b>
21% report sexually active	51% report being sexually active
30% report symptoms of depression	47% report symptoms of depression
13% report recent binge drinking	33% report recent binge drinking
5% report daily marijuana use	30% report daily marijuana use
13% report sending sext messages	32% report sending sext messages
54% report grades in the 90-100 range	32% report grades in the 90-100 range

<b>When Parents Discipline Consistently</b>	<b>When Parents Don’t Discipline</b>
6% report daily marijuana use	16% report daily marijuana use
2% report binge drinking	6% report binge drinking
17% report getting less than 6 hours sleep	24% report getting less than 6 hours sleep
32% report symptoms of depression	42% report symptoms of depression
54% report grades in the 90-100 range	30% report grades in the 90-100 range
23% report being sexually active	35% report being sexually active



<b>When Parents Ask Where Youth Are Going</b>	<b>When Parents Don't Ask Where Youth Are Going</b>
4% report daily marijuana use	29% report daily marijuana use
49% report grades in the 90-100 range	22% report grades in the 90-100 range
22% report being sexually active	51% report being sexually active
27% report symptoms of depression	41% report symptoms of depression
13% report sexting	37% report sexting
15% report currently use alcohol	32% report currently use alcohol

<b>When Parents Know children's friends</b>	<b>When Parents Don't Know children's friends</b>
22% report being sexually active	44% report being sexually active
4% report daily marijuana use	30% report daily marijuana use
29% report symptoms of depression	41% report symptoms of depression
48% report grades in the 90-100 range	30% report grades in the 90-100 range
14% report sext messaging	23% report sext messaging
15% report currently use alcohol	32% report currently use alcohol

<b>When Families Have Regular Dinners Together</b>	<b>When Families Don't Have Regular Dinners Together</b>
23% report being sexually active	37% report being sexually active
6% report daily marijuana use	13% report daily marijuana use
31% report symptoms of depression	48% report symptoms of depression
50% report grades in the 90-100 range	32% report grades in the 90-100 range
17% report currently use alcohol	25% report currently use alcohol
12% report sext messaging	23% report sext messaging

### **Adults in the community**

The TAP survey findings also tell us about the impact adults in the community can have on youth participation in risk behaviors. While 84% of respondents report that there is an adult in the community that they can go to with a serious problem, the data also illustrate that when youth know adults who engage in risk behaviors, they consistently show elevated rates of risk behaviors.

Thirty-nine percent (39.2%) of youth report knowing adults who have used illegal drugs in the past year, 71.1% report knowing adults who have been drunk in the past year, 39.1% know adults who have been high in the last year, 20.5% report that they know adults who have sold or

dealt drugs in the past year, and 35.9% report that they know adults who have done something that could get them in trouble with the police in the past year. How this knowledge correlates to youth substance abuse is illustrated below. Youth who report knowing adults involved with drug and alcohol use, drug sales, or other illegal behaviors are much more likely to engage in risk behaviors. They also report elevated rates of gang involvement, being arrested, and being suspended.

<b>Adults Getting Drunk Youth who:</b>	<b>Know adults who get drunk</b>	<b>Don't know adults who get drunk</b>
Ever drink	32.6%	3.4%
Binge drink	14.0%	.09%
Drunk or high at school	10.6%	1.1%
Ever use marijuana	24.1%	2.3%
Ever abused Rx stimulants	4.2%	.05%
Ever abused Rx pain medicine	4.2%	1.9%

<b>Adults Getting High Youth who:</b>	<b>Know adults who get high</b>	<b>Don't know adults who get high</b>
Ever drank	23.9%	11.9%
Binge drink	11.1%	3.6%
Ever use marijuana	8.9%	2.5%
Ever abused Rx stimulants	3.9%	.09%
Ever abused Rx pain medicine	3.7%	1.1 %

<b>Adults Using Illicit Drugs Youth who:</b>	<b>Know adults who use illicit drugs</b>	<b>Don't know adults illicit drugs</b>
Ever drank	59.8%	12.6%
Binge drink	10.1%	4.3%
Ever use marijuana	18.5%	7.9%
Drunk or high during school	8.9%	2.9%
Ever abused Rx stimulants	3.6%	1.2 %
Ever abused Rx pain medicine	3.7%	1.1%

<b>Adults in Police Trouble Youth who:</b>	<b>Know adults who were in trouble w/ police</b>	<b>Don't Know adults who were in trouble w/police</b>
Ever drank	20.1%	15.9%
Binge drink	9.5%	5.2%
Ever use marijuana	16.6%	9.8%
Drunk or high during school	10.1%	.01%
Ever abused Rx stimulants	3.6%	1.2 %
Ever abused Rx pain medicine	3.7%	1.2%



## WHAT YOU SHOULD KNOW...

Based on the findings of the 2014 TAP, below are the most important take away facts for those who are parenting, working with, or care about youth.

### PROVEN PARENT STRATEGIES

- Set Clear Rules
- Discipline when rules are broken
- Ask where your child is going when they go out
- Know their friends
- Ensure your child gets 8+ hours of sleep each night
- Parents are named by 25% of youth as the most effective influence keeping them from risky behaviors
- Regular family dinners

### SCHOOL PERSONNEL

- 4% of students are regularly drunk and/or high in school
- Substance use & mental health problems have a significant impact on school performance
- Particularly vulnerable students are those with special needs, victims of bullying, LGBTQ-identified, and immigrants and refugees
- Recognize the warning signs and link students with the help they need

### COMMUNITY MEMBERS

- Youth who know adults (not only parents) who engage in risky and illegal behaviors are much more likely to do so themselves
- 31% of youth look toward a positive role model
- You are their role model! If you are a positive role model for youth, you can help keep them from risky behaviors such as substance use and unprotected sex

### POLICY MAKERS

- Youth reported high rates of depression, self-injurious behavior, and substance use
- There is a lack of community-based options to help combat these issues youth face
- Accessible options for out-of-school activities are effective prevention tools and more are needed in our community



## SIDE-BY-SIDE COMPARISON OF YOUTH WHO DID AND DID NOT REPORT MARIJUANA USE AND DEPRESSION

To illustrate how the survey findings can help us understand how risk behaviors, health, and lifestyles interact, we took a closer look at youth who do not report using marijuana, and those who do not report symptoms of depression.

### **Typical features of a youth who is not using marijuana:**

A youth who does not report marijuana use in the 2014 TAP survey is more likely to show higher grades and get more sleep, and less likely to use alcohol or other drugs, to report symptoms of depression, thoughts of suicide, self-injury, sexual activity or sext messages, and less likely to be in trouble at school, or to report being a victim of abuse.

### **Typical features of a youth who reports no symptoms of depression:**

A youth who does not report symptoms of depression is less likely to report having a special need, use alcohol and other drugs, to consider suicide, self-injury, sext messaging, sexual activity, and to be a victim of abuse. He/she is more likely to get better grades, and to get more sleep.

Youth who report depression or marijuana use are more likely to experience racism in the community.

	<b>Respondents who NEVER used marijuana (n=1154)</b>	<b>Respondents who EVER used marijuana (n=418)</b>	<b>Respondents w/NO reported symptoms of depression over the past 6 mos (n=972)</b>	<b>Respondents w/reported symptoms of depression over the past 6 mos (n=542)</b>
<b>Sex</b>				
Male	48%	53%	56%	37%
Female	52%	47%	44%	63%
<b>Grade level</b>				
8th	41%	8%	33%	32%
10th	34%	31%	34%	33%
12th	20%	52%	28%	29%
<b>Special needs</b>	17%	21%	13%	25%
<b>Not heterosexual</b>	10%	14%	7%	17%
<b>Living with 2 parents</b>	67%	53%	68%	58%
<b>Immigrant or refugee</b>	13%	15%	13%	15%
<b>Grades</b>				
90-100	49%	32%	49%	37%
80-89	36%	40%	35%	40%
70-79	12%	20%	13%	17%
65-69	2%	4%	2%	3%
Below 65	1%	4%	1%	3%
<b>Ever been suspended</b>	11%	27%	13%	17%
<b>8 or more hours of sleep</b>	31%	16%	32%	19%
<b>Substance Abuse</b>				
Ever smoked cigarettes	4%	38%	9%	20%
Smoked in last 30 days	1%	21%	4%	10%
Ever used e-cigarettes	15%	68%	22%	39%
Used ecigarettes in last 30 days	3%	28%	7%	14%
Use other tobacco Product	1%	11%	3%	3%
Ever used marijuana	N/A	100%	22%	34%
Used marijuana in last 30 days	N/A	56%	12%	20%
Used synthetic marijuana	1%	28%	6%	6%
Ever drank alcohol	18%	85%	30%	46%
Used alcohol in last 30 days	5%	53%	14%	23%
Ever binge drink	4%	45%	12%	20%
Binge drink in last 30 days	4%	45%	12%	20%
Binge drink >1 in last 30 days	2%	26%	7%	10%
Used heroin	<1%	8%	2%	3%
Used cocaine	1%	14%	3%	6%
Used inhalants	1%	8%	2%	5%
Used ecstasy	<1%	18%	3%	7%
Used steroids	1%	7%	2%	3%
Used prescription stimulants	1%	15%	3%	8%
Used prescription pain meds	1%	15%	3%	8%
Used OTC drugs	2%	14%	4%	9%
<b>Mental health</b>				
Symptoms of depression in last 6 mos	32%	47%	N/A	100%
More than once in last 6 mos	25%	38%	N/A	79%
Considered suicide	12%	27%	4%	36%
Considered w/no plan	8%	13%	3%	21%
Seriously considered w/plan	2%	7%	<1%	8%
Attempted	2%	7%	<1%	7%
Self-injury	10%	19%	3%	30%
<b>Sext messaging</b>				
Sent sext messages	7%	36%	11%	21%
Received sext messages	23%	67%	29%	45%
<b>Sexually active</b>				
2 or more sex partners	5%	42%	12%	20%
Always use birth control	5%	22%	8%	13%
Never use birth control	7%	30%	12%	16%
<b>Victims of abuse</b>				
By adult in home	10%	16%	5%	25%
By another youth	8%	10%	6%	14%
Bullied	20%	13%	13%	35%
By boy/girlfriend	2%	10%	2%	7%
<b>Belong to a gang</b>	2%	11%	4%	5%
<b>Gangs in community</b>	13%	21%	13%	17%
<b>Racism in community</b>	43%	55%	40%	59%



## FINDINGS RELATED TO MARIJUANA USE AND DEPRESSION:

### **Sex:**

- More males report ever using marijuana while more females report being depressed over past 6 months.

### **Age:**

- For marijuana users, most respondents were 17 years old.
- For respondents who reported depression over last 6 months, most were 15 and 17 years old.

### **Special needs:**

- Those who reported ever using marijuana or experiencing depression in the last 6 months also reported higher rates of having special needs.

### **Family:**

- Those who never used marijuana or never experienced depression over the past 6 months had higher reports of living in a 2-parent household.

### **School:**

- Eighty-five percent (85%) of respondents who never used marijuana reported earning grades 80% or better in school compared to 72% who did report using marijuana.
- Eighty-four percent (84%) without depression over the last 6 months reported earning grades 80% or better in school compared to 77% who reported depression over the last 6 months.
- Respondents who reported ever using marijuana or who experienced depression in the last 6 months also reported higher rates of school suspension compared to respondents who never used marijuana or experienced depression in last 6 months.

### **Substance use:**

- Rates of reported substance use were higher for respondents who ever used marijuana or experienced depression in the last 6 months compared to those who reported never using marijuana or experiencing depression over the last 6 months. The only exception is “other tobacco use” for the never depressed and depressed respondents whose reported usage was the same at 3%.

**Depression, suicide, and self-harm:**

- Marijuana users reported higher rates of depression compared to non-users
- Marijuana users and depressed respondents reported higher rates of considering suicide
- Reported rates of self-injury were higher for marijuana users and respondents who reported depression over the past 6 months

**Sex:**

- Reports of both sending and receiving sext messages were higher for respondents who reported ever using marijuana and respondents who reported depression over the past 6 months.
- Marijuana users and respondents who experienced depression over the past 6 months also reported having two or more sex partners than respondents who never experienced either. Marijuana users were more likely to report having 2 or more sex partners than depressed respondents.
- Reported use of birth control “always” and “never” were higher for respondents who reported ever using marijuana and experiencing depression over the past 6 months

**Abuse:**

- Marijuana users and depressed respondents were more likely to be victims of abuse at home, by their peers, or by their boy/girlfriend.
- Reported rates of bullying were lower for marijuana users compared to non-marijuana users but were almost three times higher for depressed respondents compared to non-depressed respondents.

**Racism:**

- Reported racism in the community was higher for respondents who ever reported using marijuana and respondents who reported depression over the last 6 months compared to respondents who reported experiencing neither.



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