

# 2019

# ▶ PRIDE Survey

Bernards Township Board of Education –  
September 23, 2019

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# Surveying in Bernards Township Schools

- ▶ The Bernards Township School District, Bernards Township Health Department, and Bernards Township Municipal Alliance have been surveying the schools for nearly 30 years.
- ▶ American Drug and Alcohol Survey - last conducted in December of 2016.
- ▶ Student Stressor Survey - conducted Spring 2005, 2012, 2018.
- ▶ PRIDE Survey will be replacing both surveys and will be conducted in the 6<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> grades every other year.

# PRIDE Survey

- ▶ The Pride Surveys were developed to provide accurate, reliable and useful information about students through their reported behaviors, perceptions and living environments.
- ▶ Questionnaire forms and administration procedures have undergone extensive reviews by independent evaluators over the years.
- ▶ The survey provides users with data of high quality and practical application - either paper or computer form.
- ▶ Introduced in 1982, the Pride Survey for Grades 6-12 has been employed in thousands of schools across the county.
- ▶ Much more than just a substance abuse survey, this questionnaire gathers climate data as well as 50 risk and protective factors.
- ▶ Pride Survey Plus takes an even closer look at current issues.
- ▶ E-Cigarette usage was added in 2018.

# Questionnaire Design

- ▶ 151 Questions from PRIDE including demographic and student information.
- ▶ Additional 15 questions developed specifically for local program planning.
- ▶ Parental permission gotten for each student completing the survey.
- ▶ Distributed via Chromebooks to all 6<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> grade students.
  - ▶ March 5-8 – RHS, March 6 – WAMS.
  - ▶ Class where the survey was distributed varied by school and grade.



# Response Rates

Grade	Grade Total	Male	Female
6 <sup>th</sup> Grade	235	114	120
8 <sup>th</sup> Grade	206	111	92
10 <sup>th</sup> Grade	270	118	150
12 <sup>th</sup> Grade	190	82	106
Total Surveys	<b>901</b>	425	468

## ▶ Response Rate per Grade

- ▶ 6<sup>th</sup> Grade - 53%
- ▶ 8<sup>th</sup> Grade - 47%
- ▶ 10<sup>th</sup> Grade - 57%
- ▶ 12<sup>th</sup> Grade - 40%

**Average Response  
Rate: 49.25%**

# Demographics

# Gender and Ethnic Origin

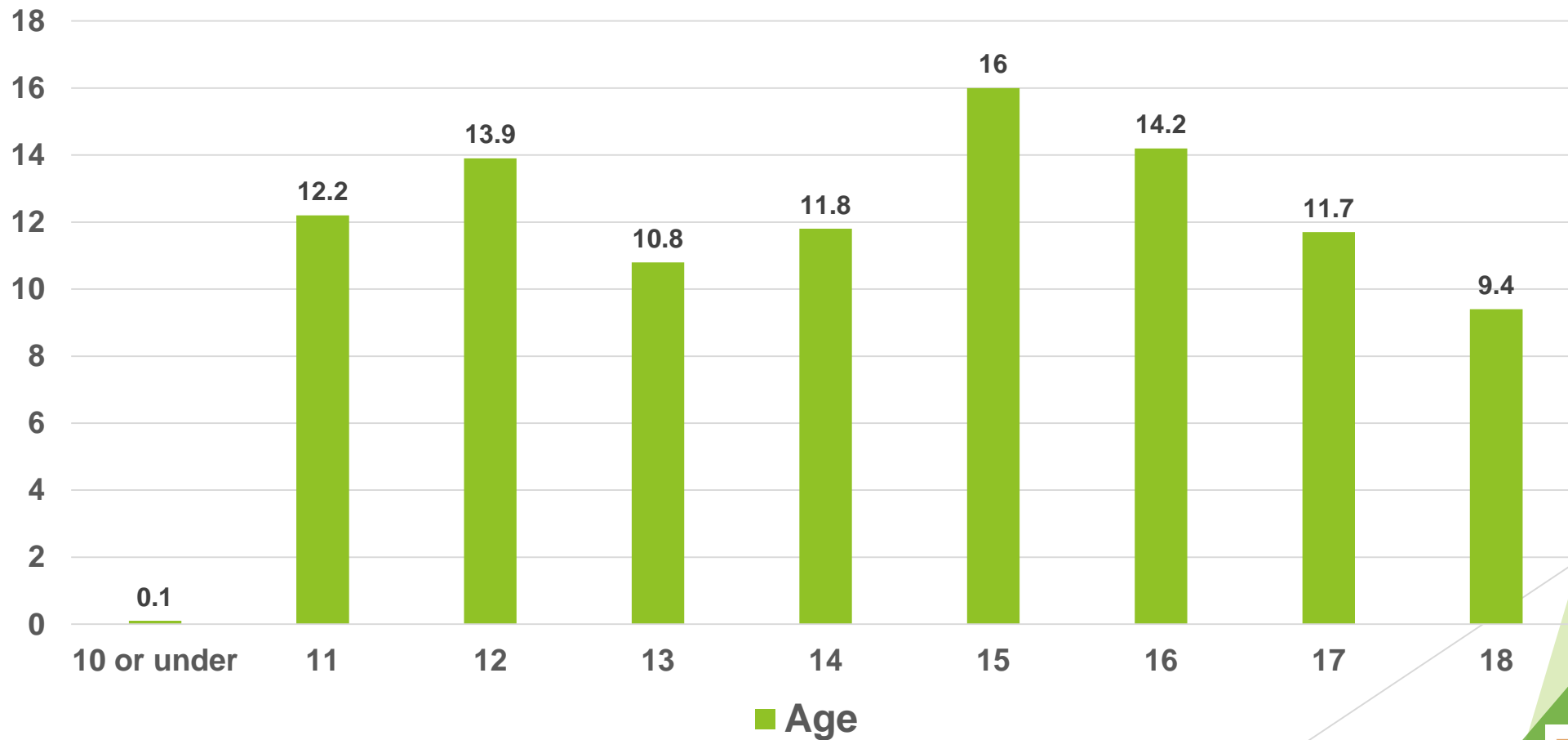
- ▶ Number of Male students surveyed: 425 (47.6%)
- ▶ Number of Female students surveyed: 468 (52.4%)

Response	TOTAL
White	61.0%
African American	1.1%
Hispanic/Latino	4.1%
Asian/Pacific Islander	23.7%
Native American	0.7%
Mixed Origin	6.5%
Other	2.9%

# Age

- ▶ Student ages corresponded to the class grades

## Age





# Student Information

Do your parents talk with you about the problems of tobacco, alcohol and drug use?

Response	TOTAL
Never	11.5
Seldom	20.0
Sometimes	40.2
Often	20.5
A Lot	7.4

Do your teachers talk with you about the problems of tobacco, alcohol and drug use?

Response	TOTAL
Never	15.7
Seldom	27.5
Sometimes	34.2
Often	14.9
A Lot	7.7

## Does your school set clear rules on using drugs at school?

Response	TOTAL
Never	2.1
Seldom	5.4
Sometimes	13.5
Often	28.8
A Lot	50.2

## Does your school set clear rules on bullying or threatening other students at school?

Response	TOTAL
Never	2.7
Seldom	6.5
Sometimes	16.7
Often	26.5
A Lot	47.7

# How often do you feel stressed out at school?

Response	6th	8th	10th	12th	TOTAL
Never	9.4	7.5	4.2	7.3	7.0
Seldom	25.2	15.6	6.8	6.2	13.6
Sometimes	40.2	33.2	16.3	20.3	27.3
Often	13.7	19.6	26.5	35.6	23.3
Alot	11.5	24.1	46.2	30.5	28.7

# How often do you feel stressed out at home?

Response	6th	8th	10th	12th	TOTAL
Never	24.9	16.5	9.1	10.7	15.3
Seldom	30.5	24.0	12.9	11.3	27.5
Sometimes	26.6	29.0	26.5	25.4	26.9
Often	9.9	16.5	24.2	33.9	20.6
Alot	8.2	14.0	27.3	18.6	17.4

# When I get stressed out, I use alcohol or drugs to help me relax

Response	6th	8th	10th	12th	TOTAL
Never	99.6	96.0	81.4	68.6	87.1
Seldom	0.0	2.5	10.2	17.1	7.2
Sometimes	0.0	0.5	4.5	9.1	3.3
Often	0.0	0.5	1.9	2.3	1.1
Alot	0.4	0.5	1.9	2.3	1.3

## Do your parents set clear rules for you?

Response	TOTAL
Never	1.1
Seldom	3.7
Sometimes	17.2
Often	41.0
A Lot	37.0

## Do your parents punish you when you break the rules?

Response	TOTAL
Never	2.8
Seldom	10.2
Sometimes	30.6
Often	39.0
A Lot	17.3

In the past year have you tried to cut down on the time you were on the phone?

Response	6 <sup>th</sup>	8 <sup>th</sup>	10 <sup>th</sup>	12 <sup>th</sup>	TOTAL
Yes	61.7	58.4	64.0	60.0	61.3
No	38.3	41.6	36.0	40.0	38.7

Do you think any of your friends use their cell phone too much?

Response	6 <sup>th</sup>	8 <sup>th</sup>	10 <sup>th</sup>	12 <sup>th</sup>	TOTAL
Yes	66.4	64.2	74.6	78.8	71.0
No	33.6	35.8	25.4	21.2	29.0



# Survey Results

# Note on “Illicit Drugs”

- Marijuana is the illicit drug most used by junior and senior high school students. However many marijuana users become multiple drug users.
- The other illicit drug categories used in the PRIDE Survey are as follows

Cocaine (including crack)  
Inhalants (such as glue or solvents)  
Hallucinogens (including LSD, PCP)  
Heroin  
Steroids  
Ecstasy (MDMA)

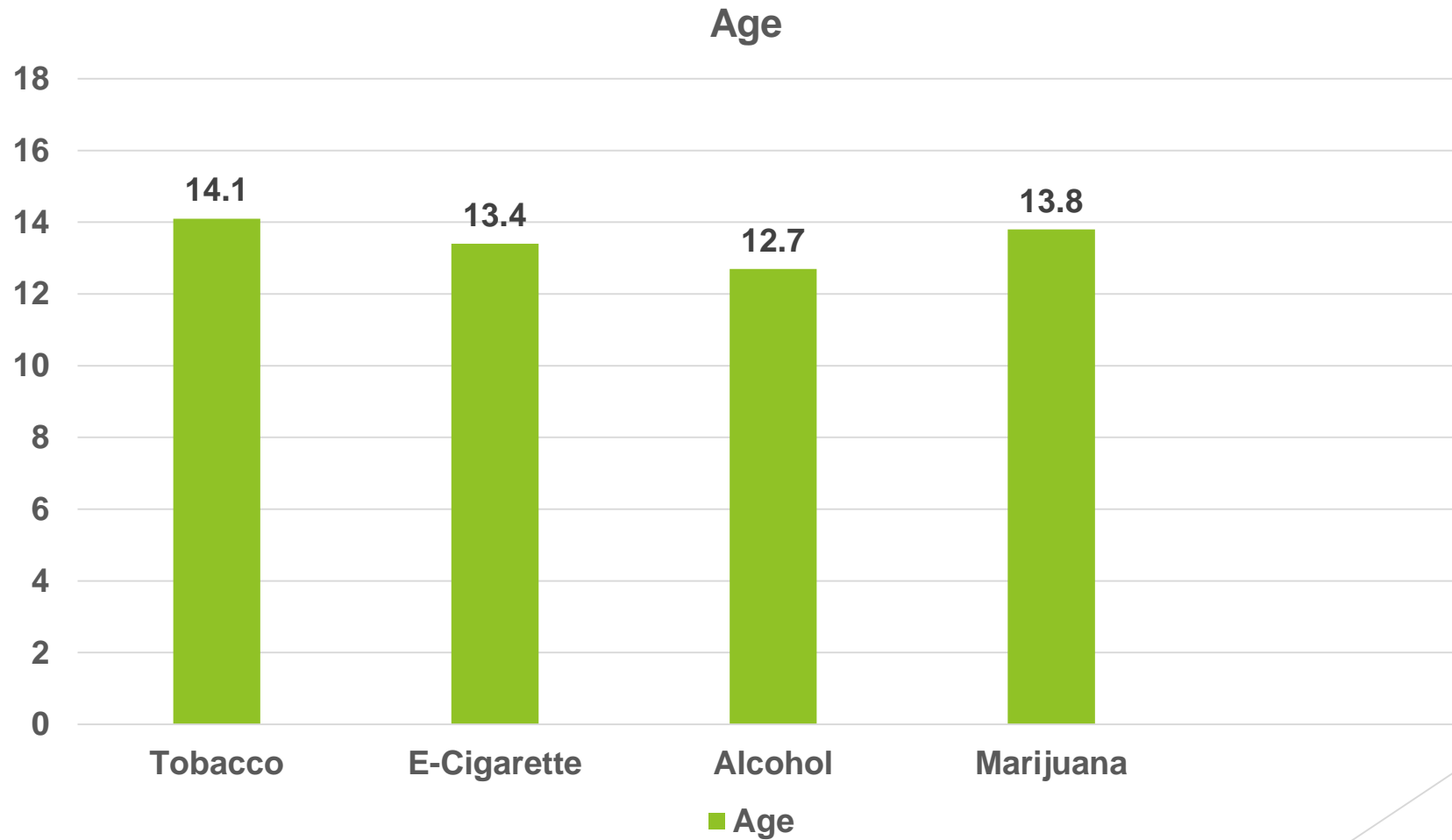
Meth (ice, crank, etc)  
Prescription drugs  
Over the counter drugs  
Opioid painkillers

# Other Information

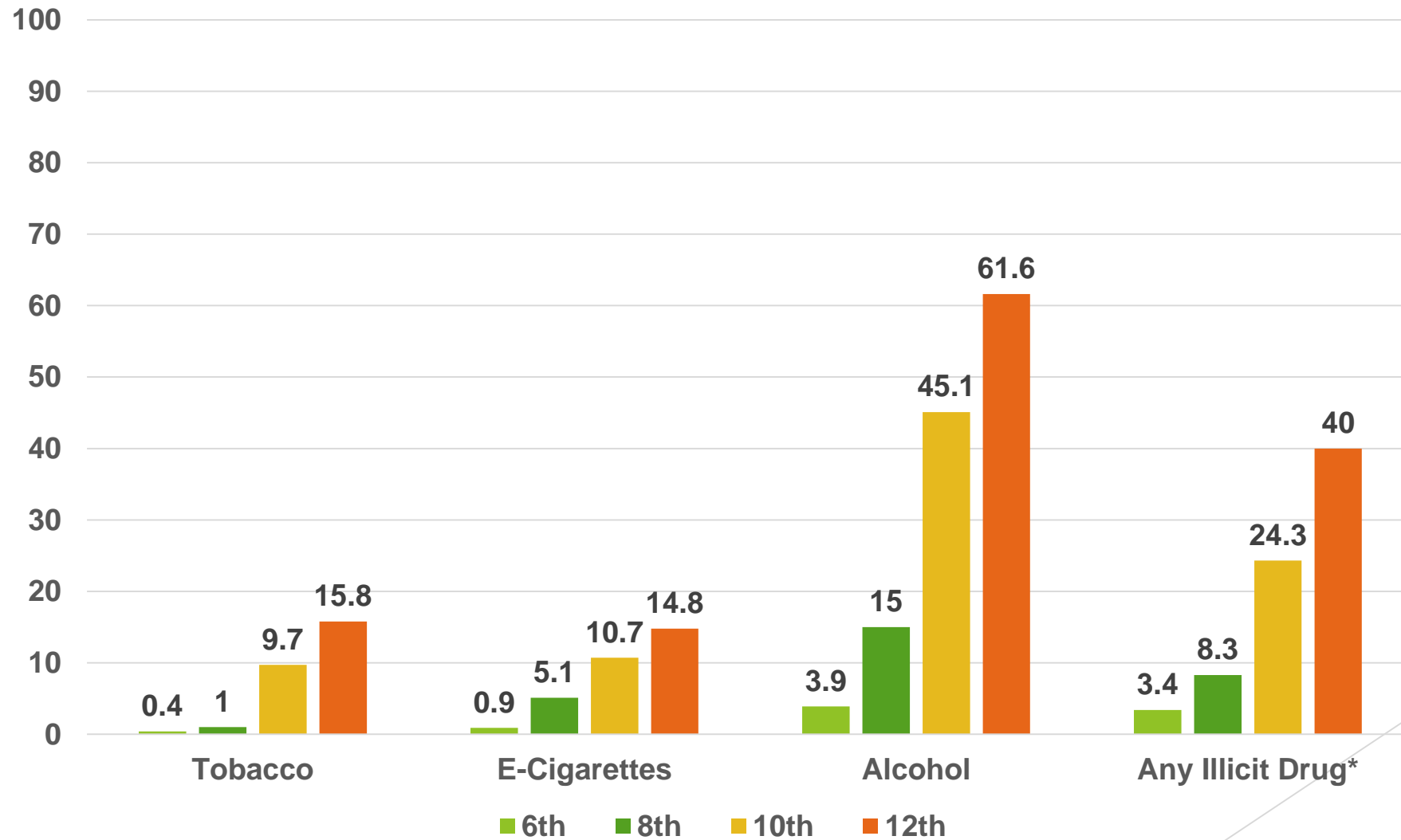
- ▶ E-Cigarettes refer to "e-cigarette, vape pen, e-liquid rig, (Juul, N2, Joytech, etc.) excluding marijuana products"
- ▶ Prescription Drugs refer to "prescription drugs not prescribed to you (such as Ritalin, Xanax or OxyContin)"
- ▶ Opioid Pain Killers refer to "prescription opioid pain killers to get high (OxyContin, Vicodin, Percocet, Codeine, etc.)"



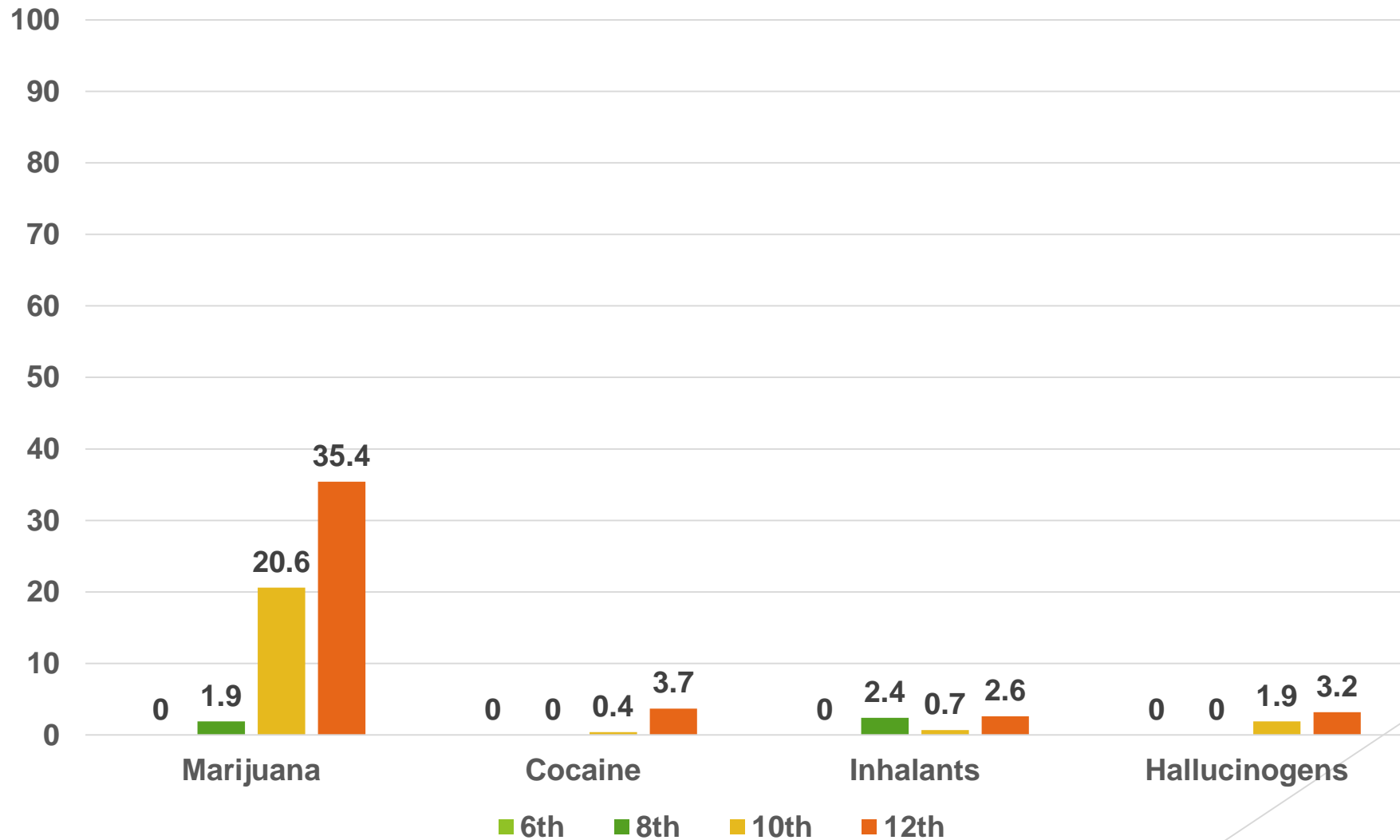
# Average Age of Onset of Use



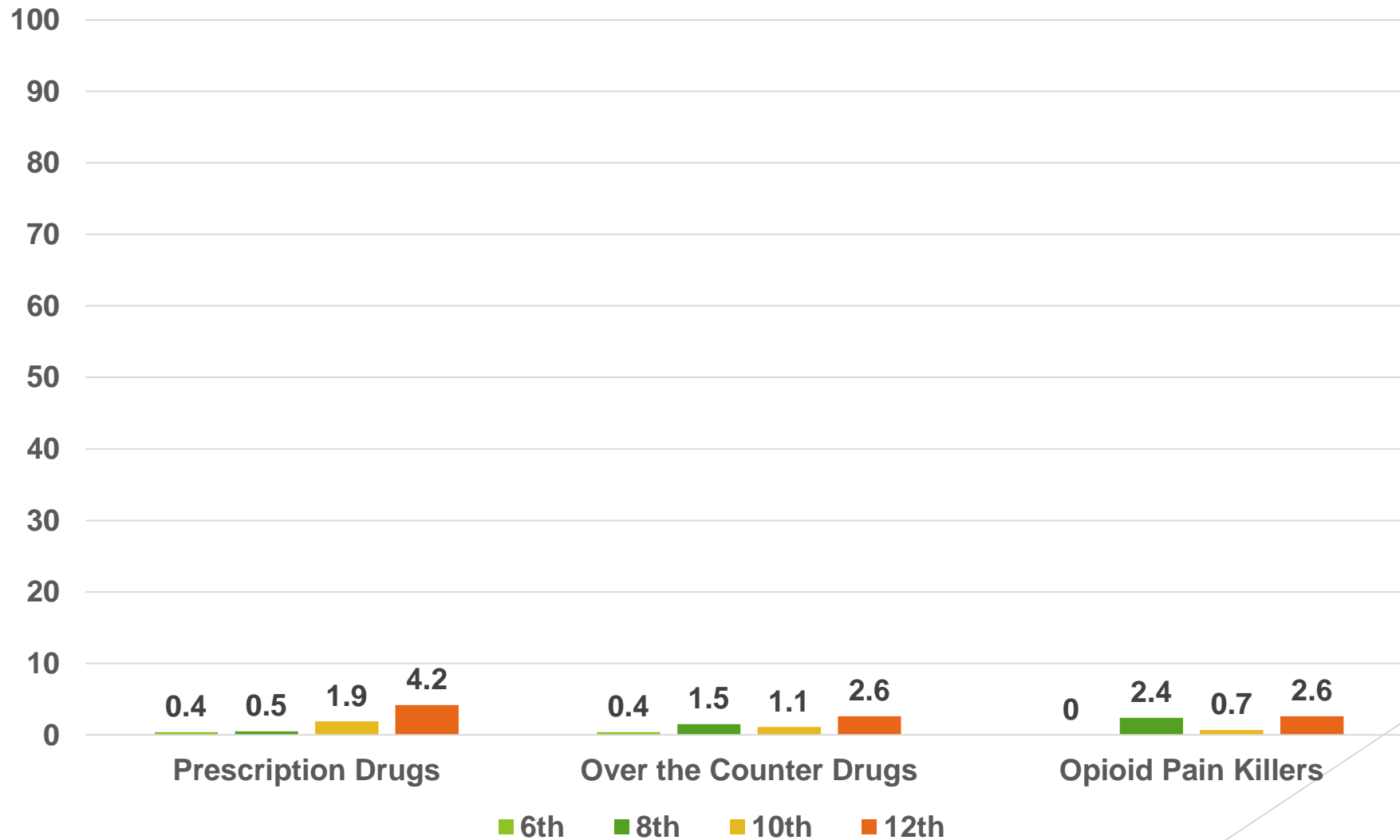
# Annual Use



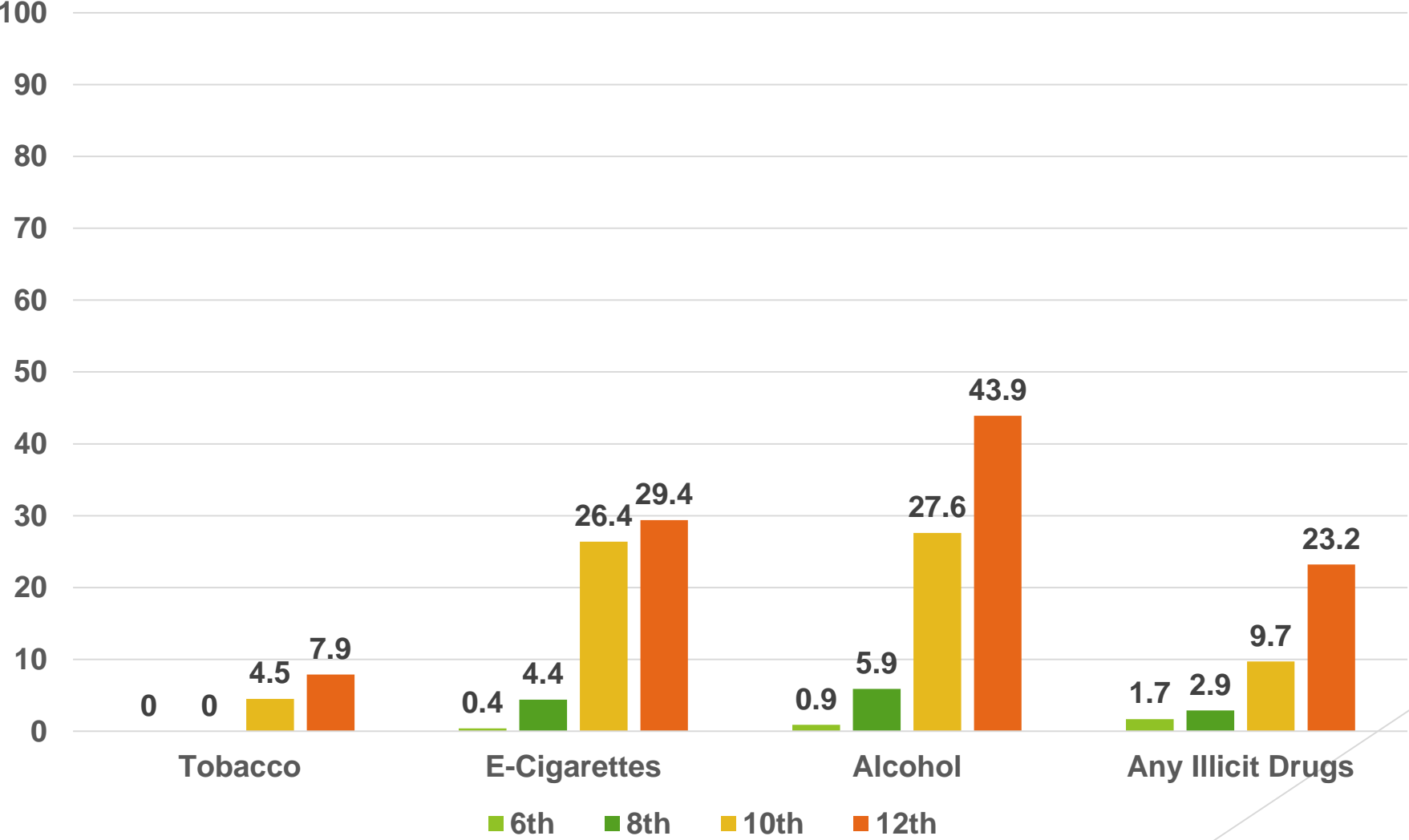
# Annual Use (breakdown of “illicit drugs”)



# Annual Use (breakdown of “illicit drugs”)

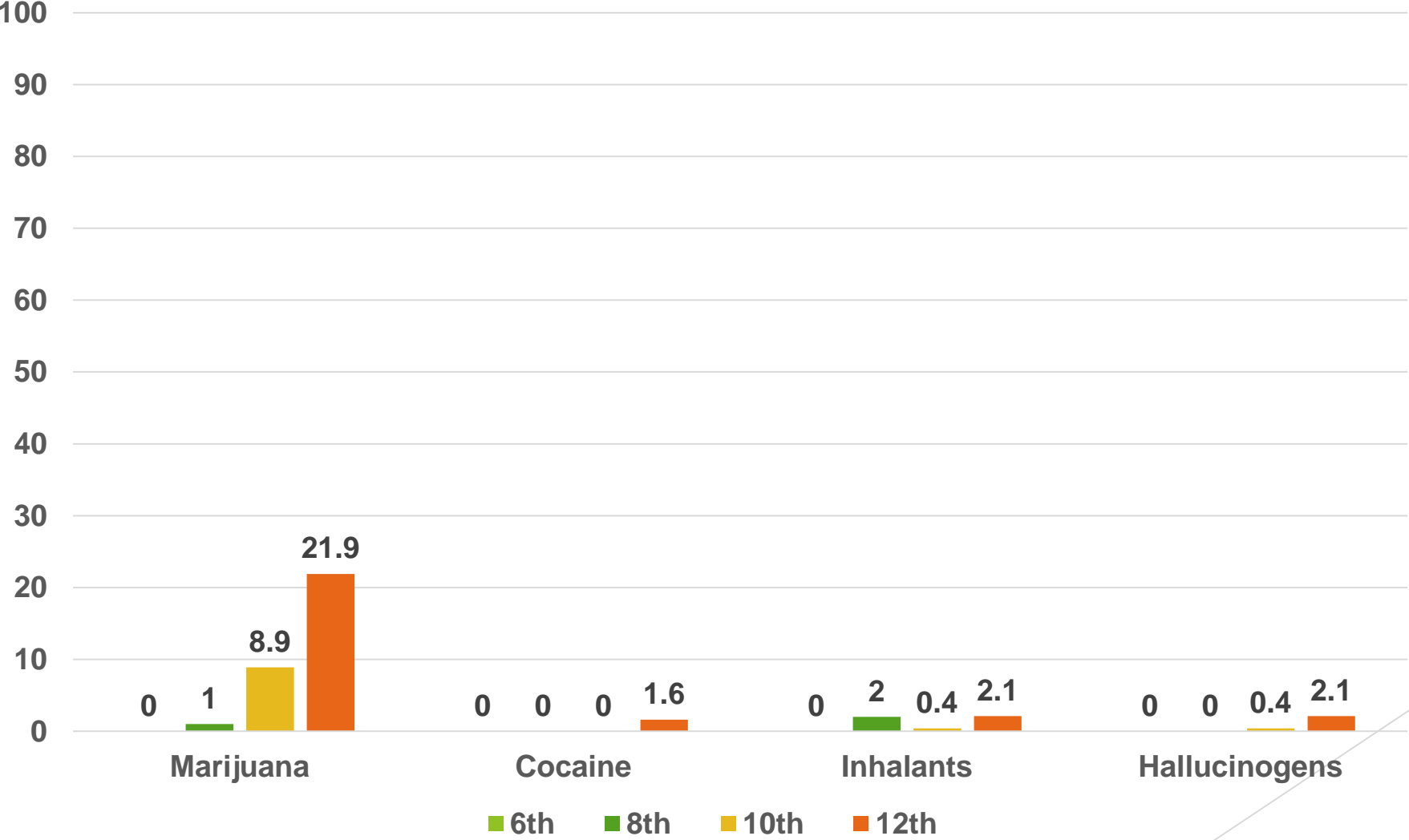


# Past 30 Day Use

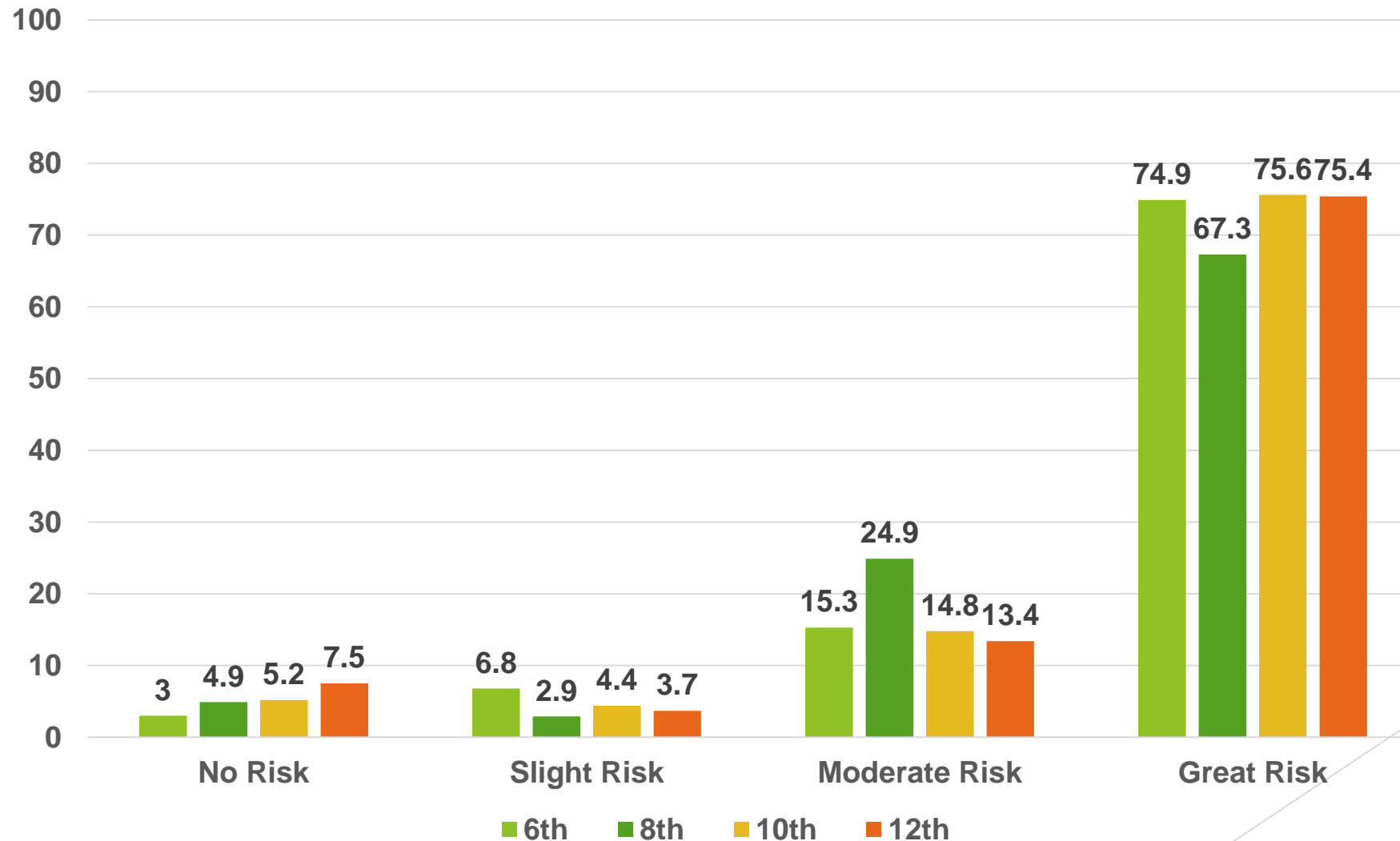




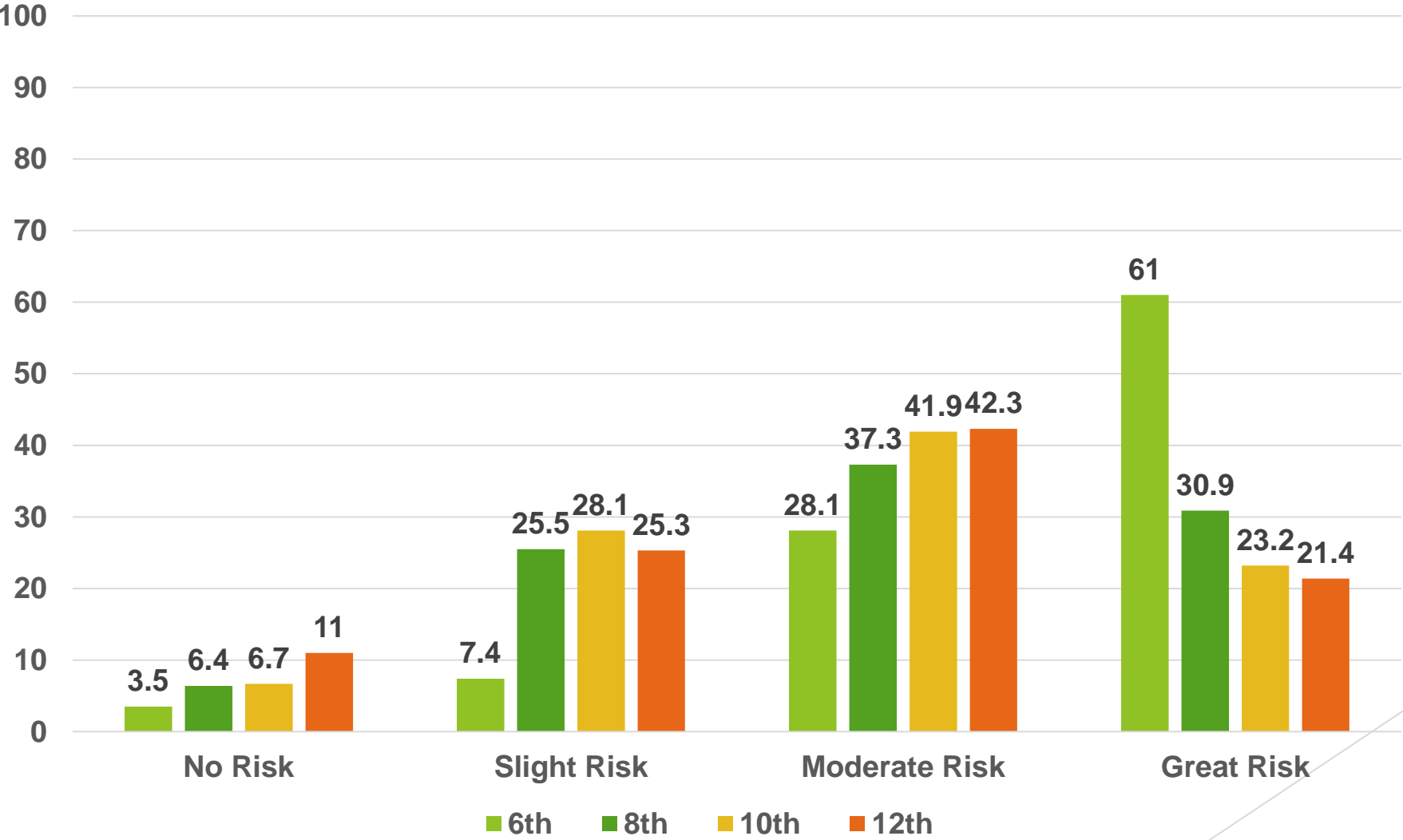
# Past 30 Day Use



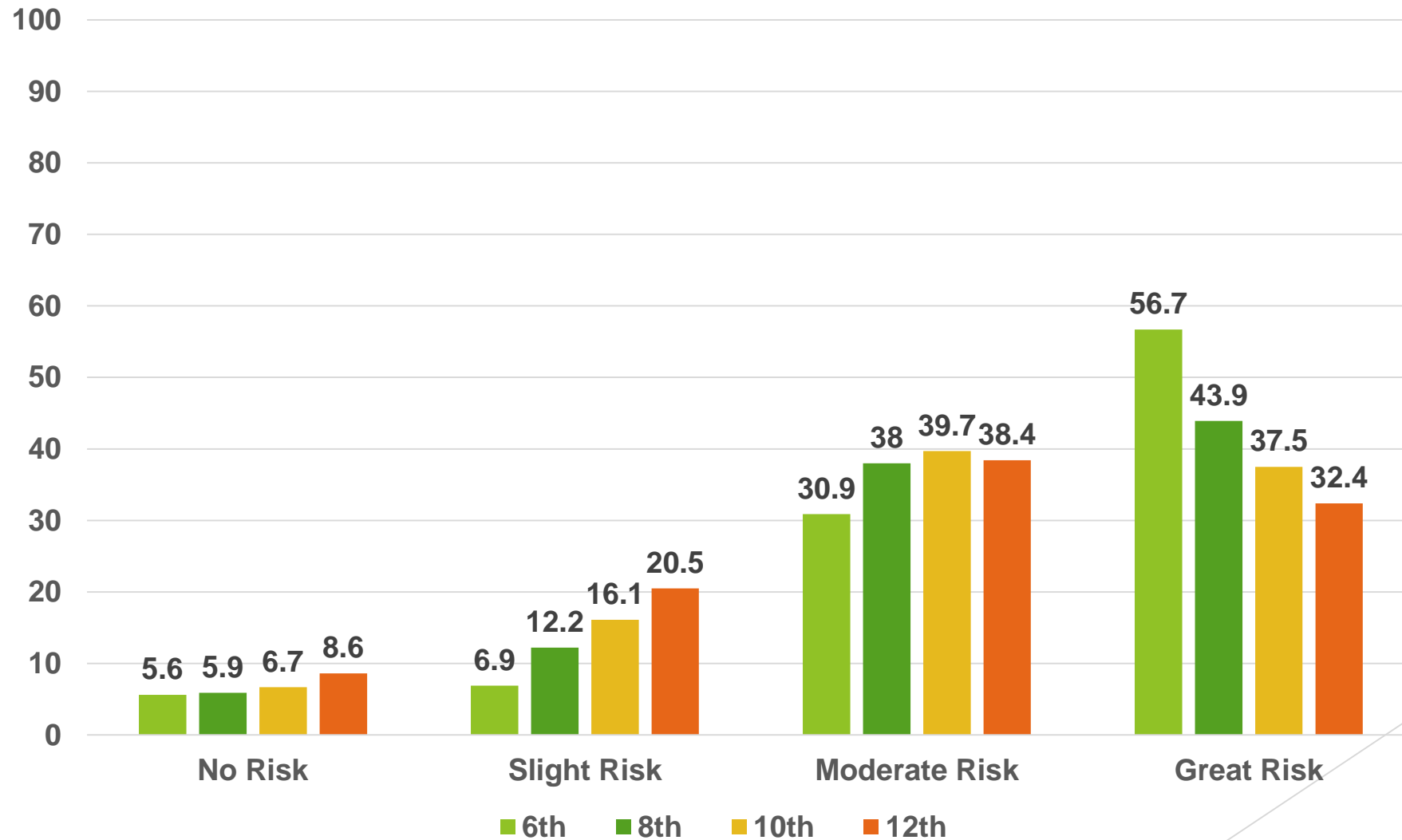
# Perception of Risk: One or More Packs of Cigarettes a Day



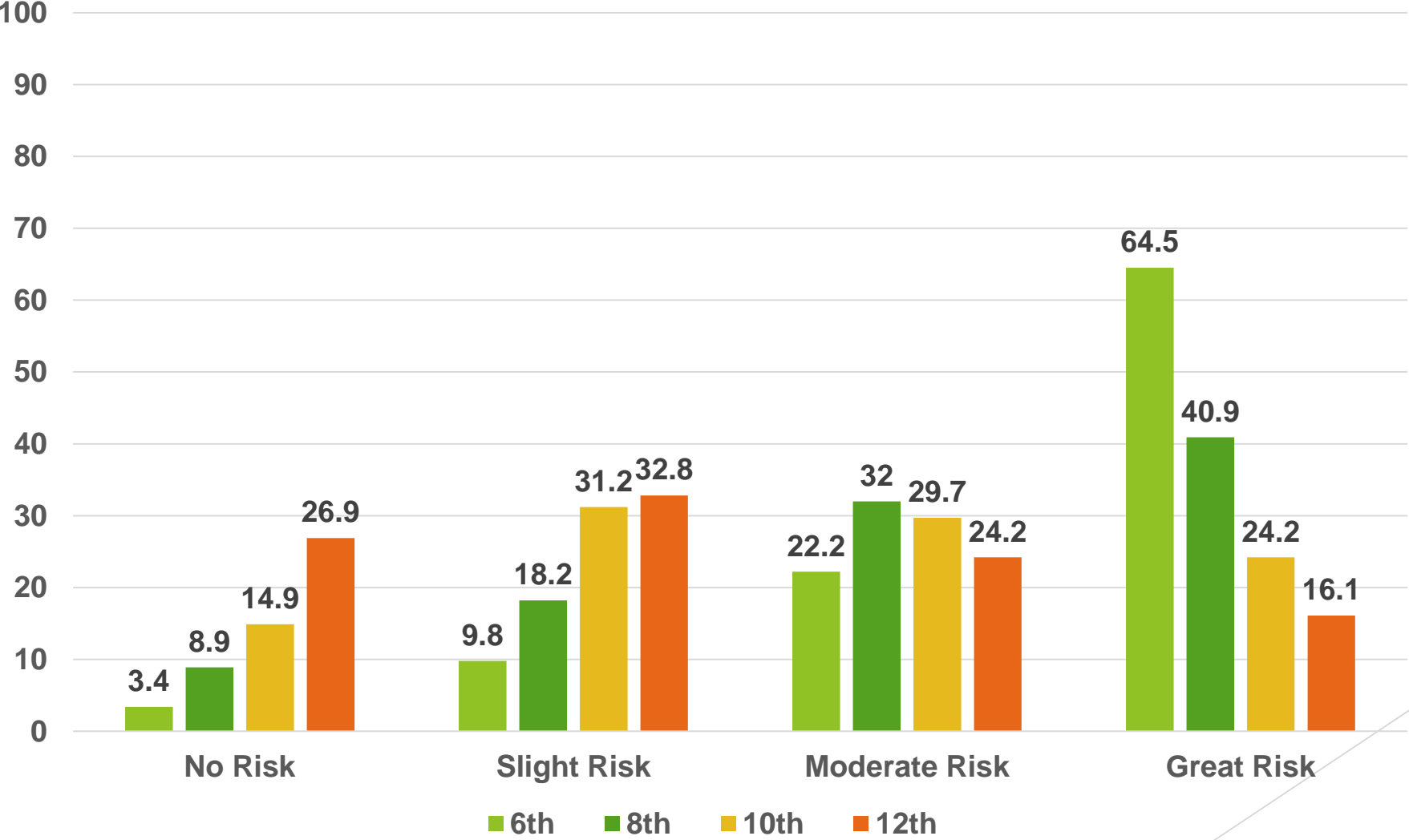
# Perception of Risk: Use E-Cigarettes



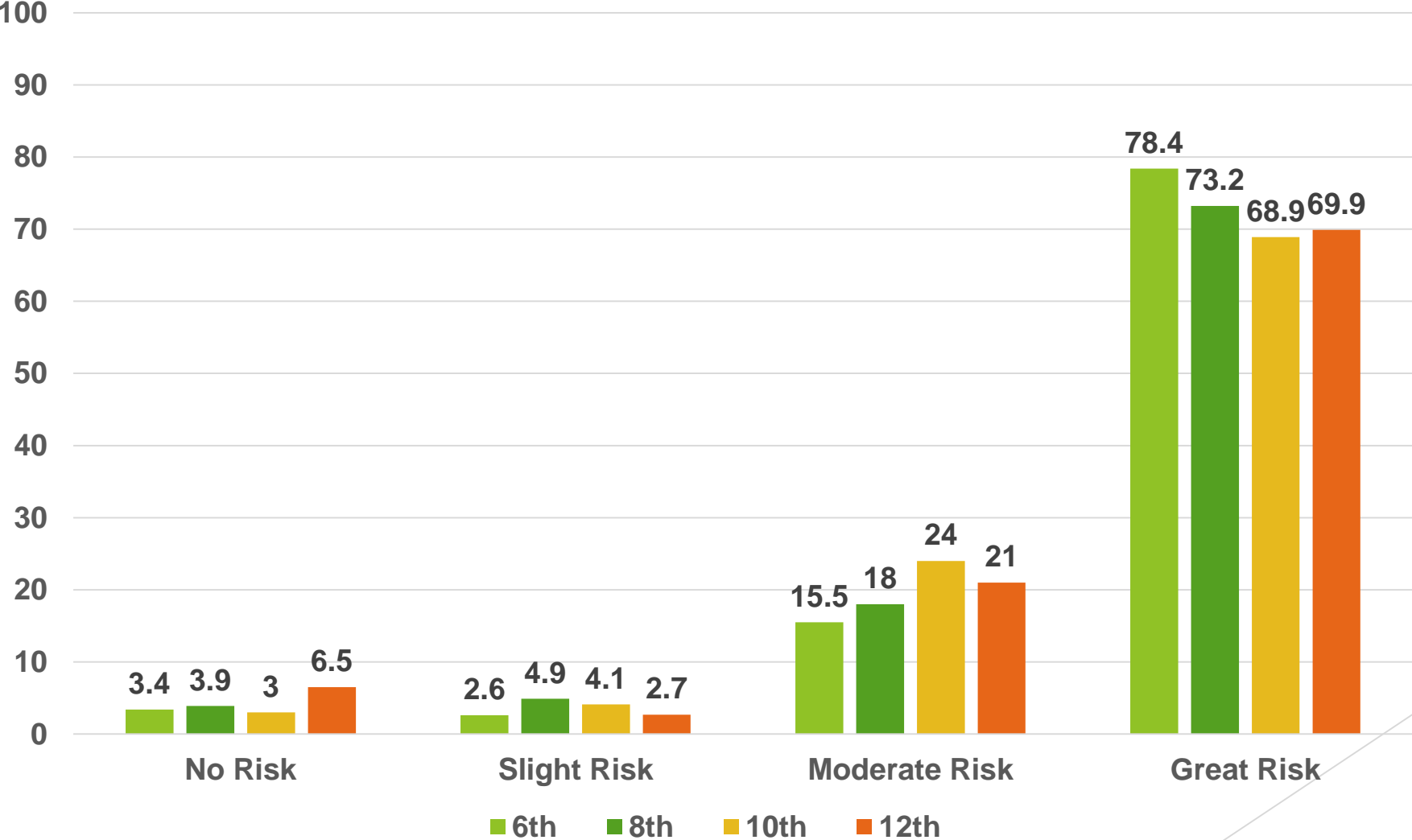
# Perception of Risk: Five or More Drinks of Alcohol 1-2/Week



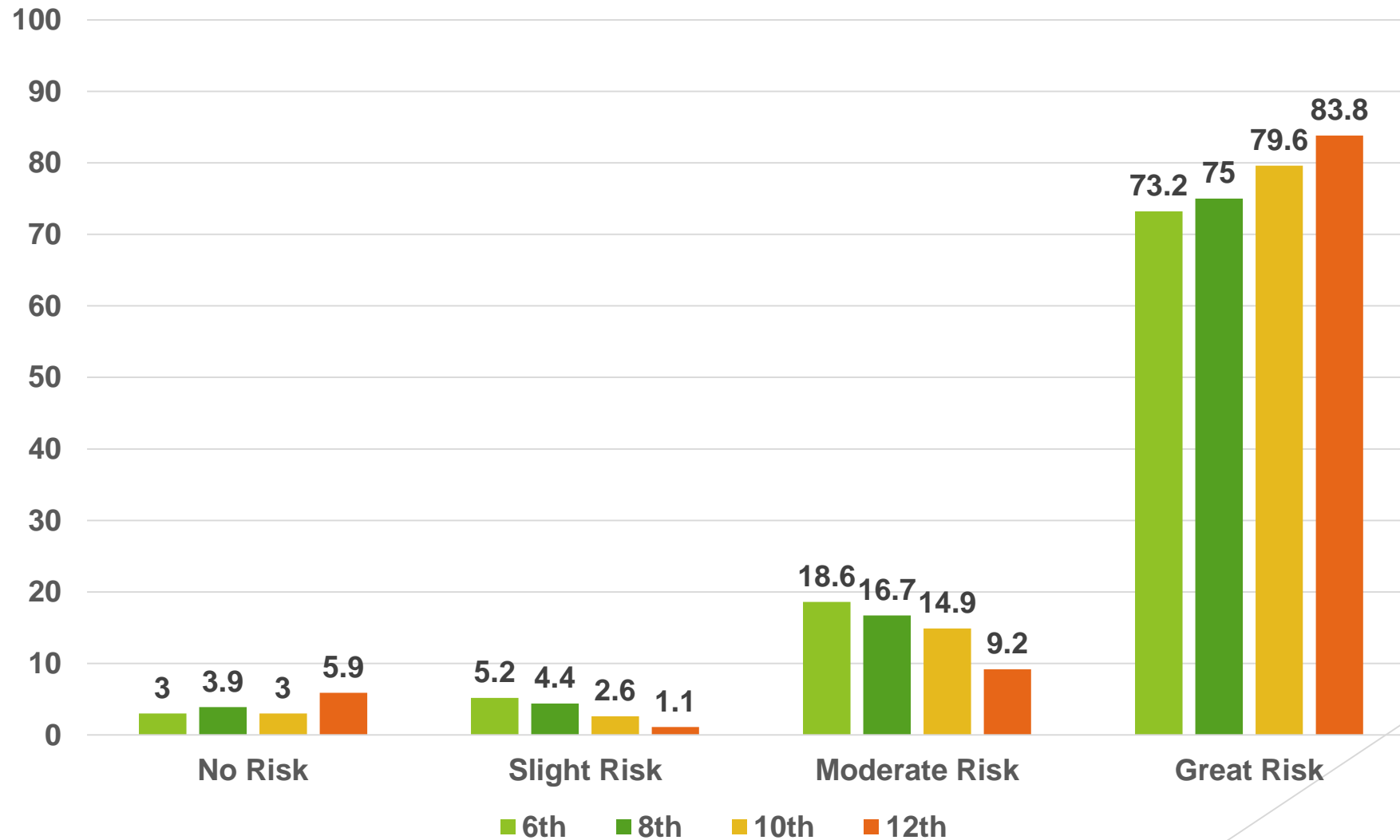
# Perception of Risk: Smoke Marijuana 1-2/Week



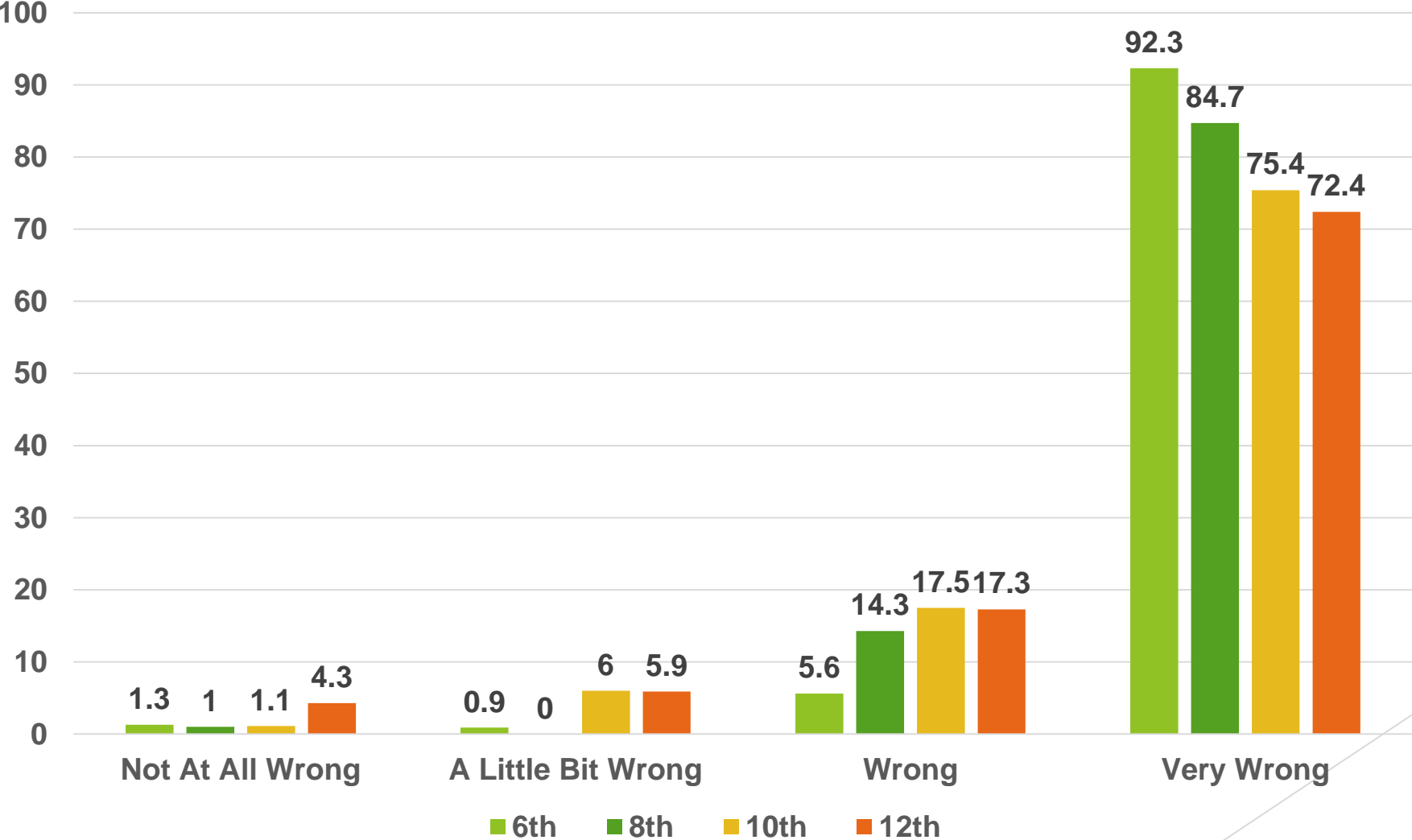
# Perception of Risk: Prescription Drugs Not Prescribed to You



# Perception of Risk: Opioid Pain Killer to Get High

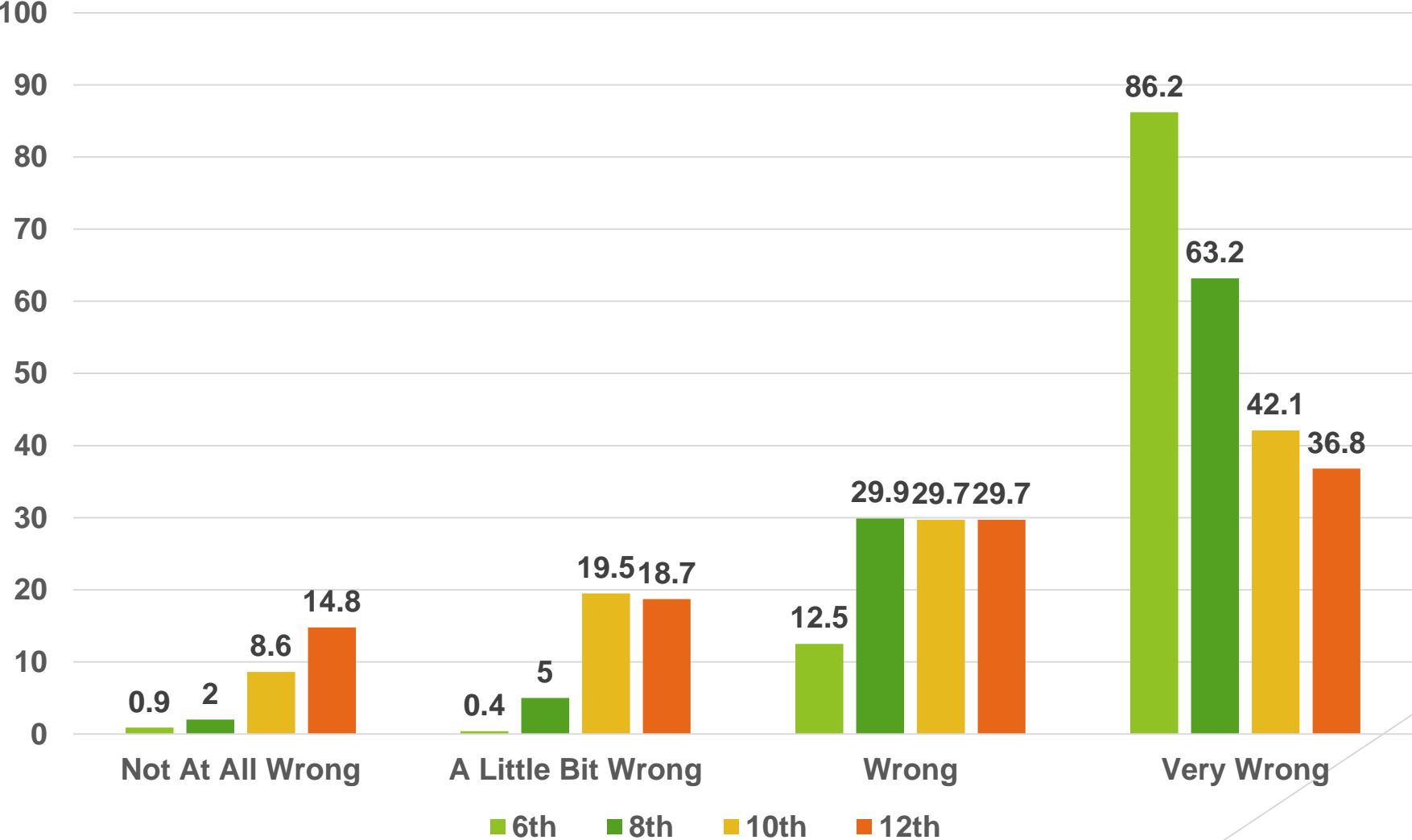


# Perception of Disapproval: Smoke Tobacco Parents

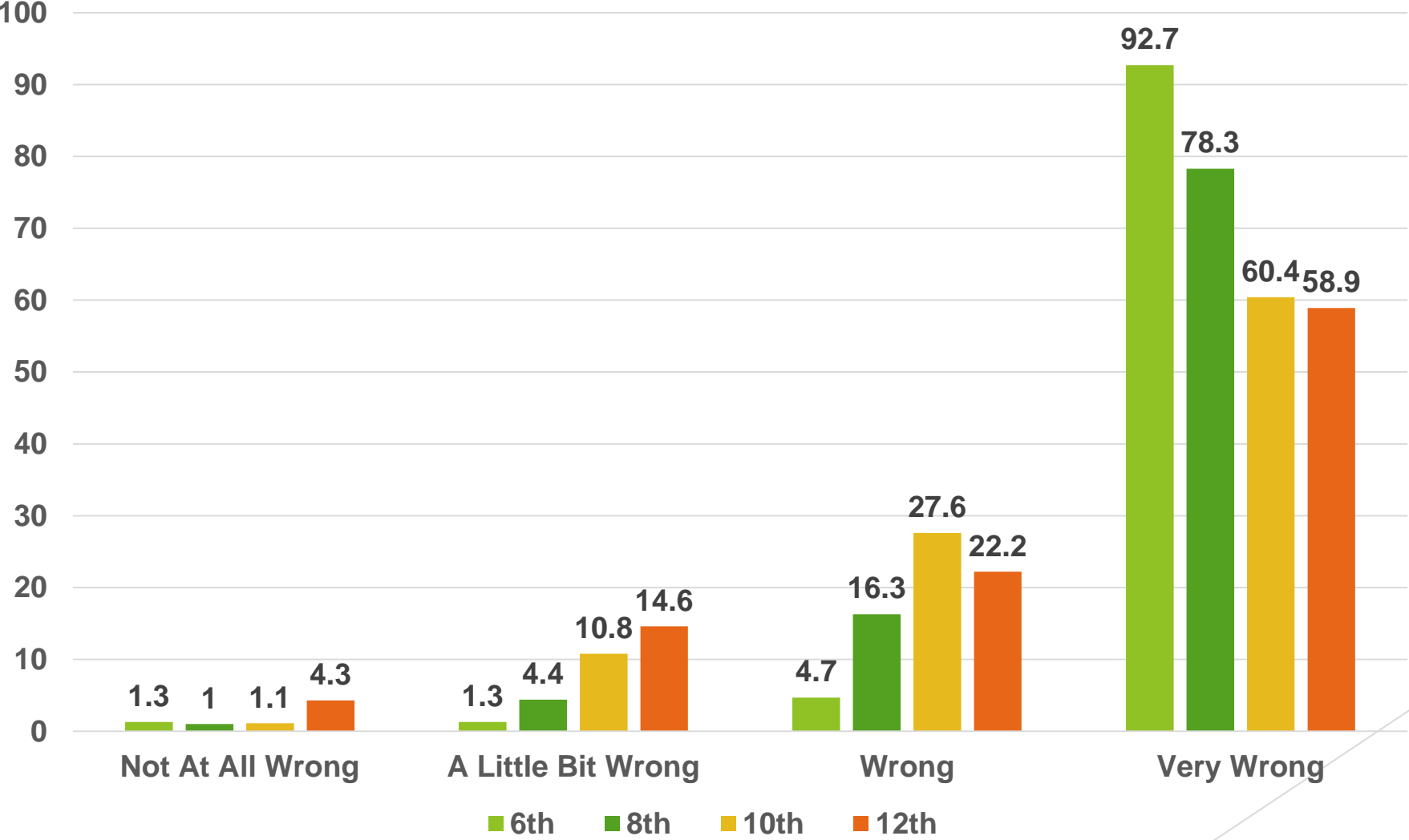




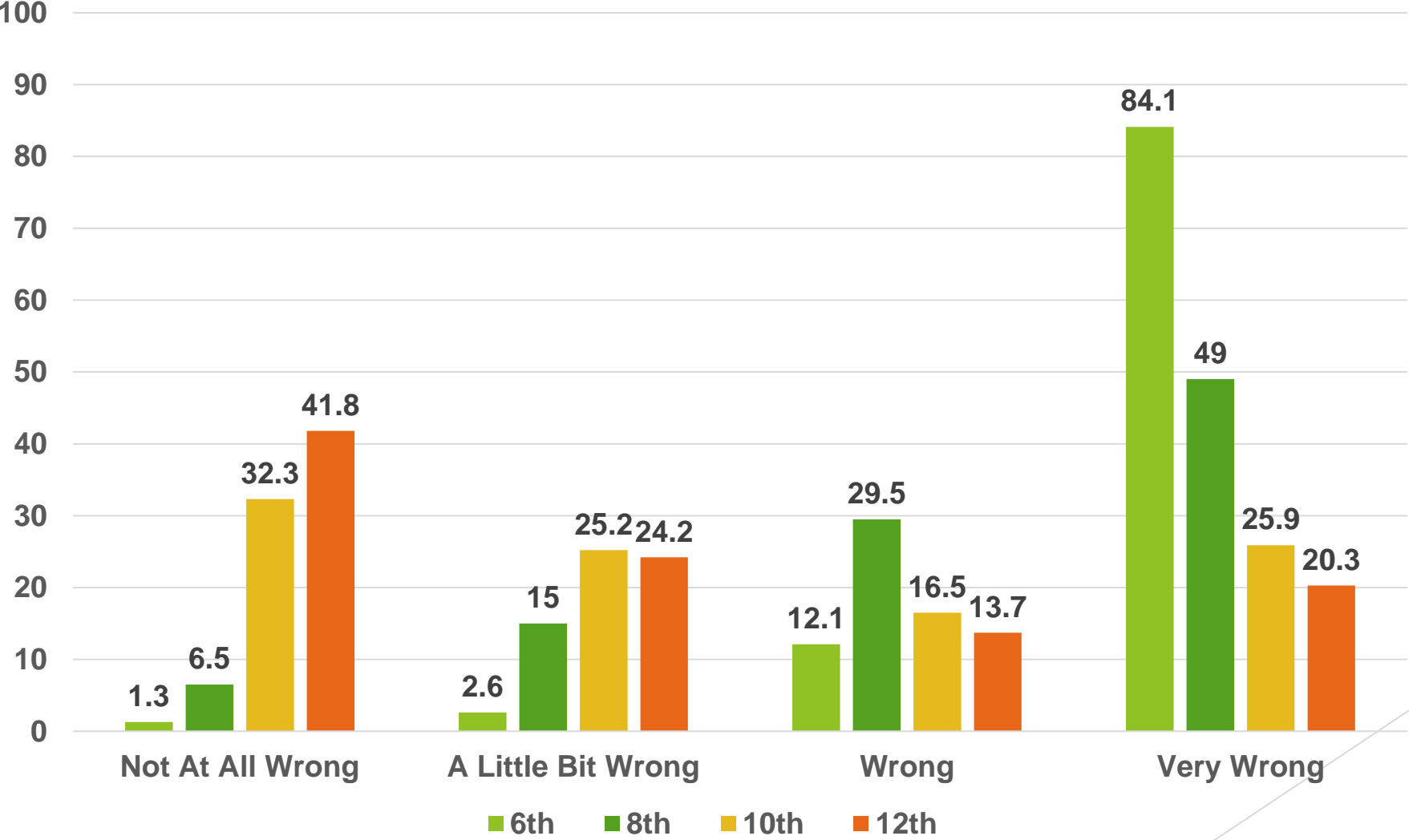
# Perception of Disapproval: Smoke Tobacco Friends



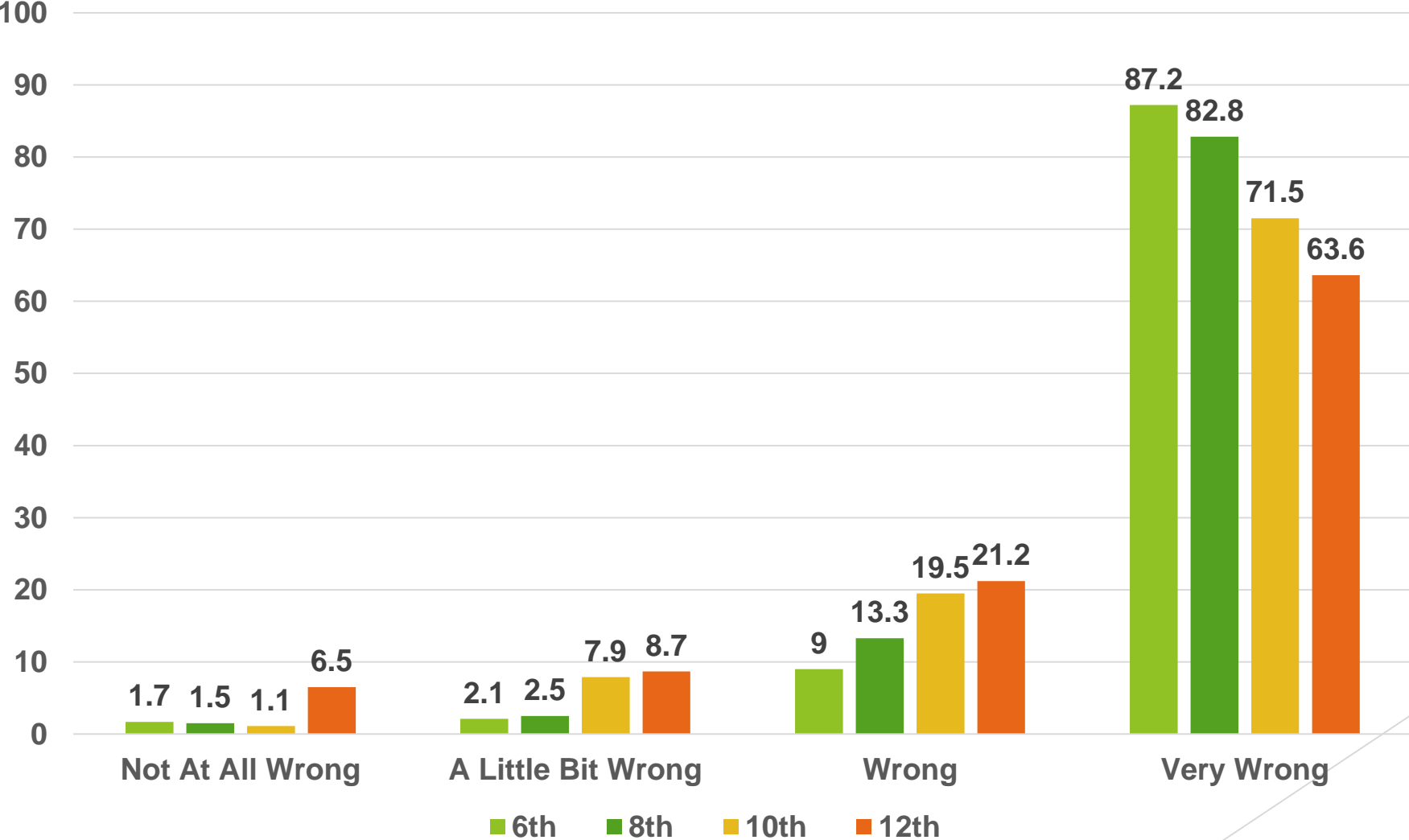
# Perception of Disapproval: Use E-Cigarettes Parents



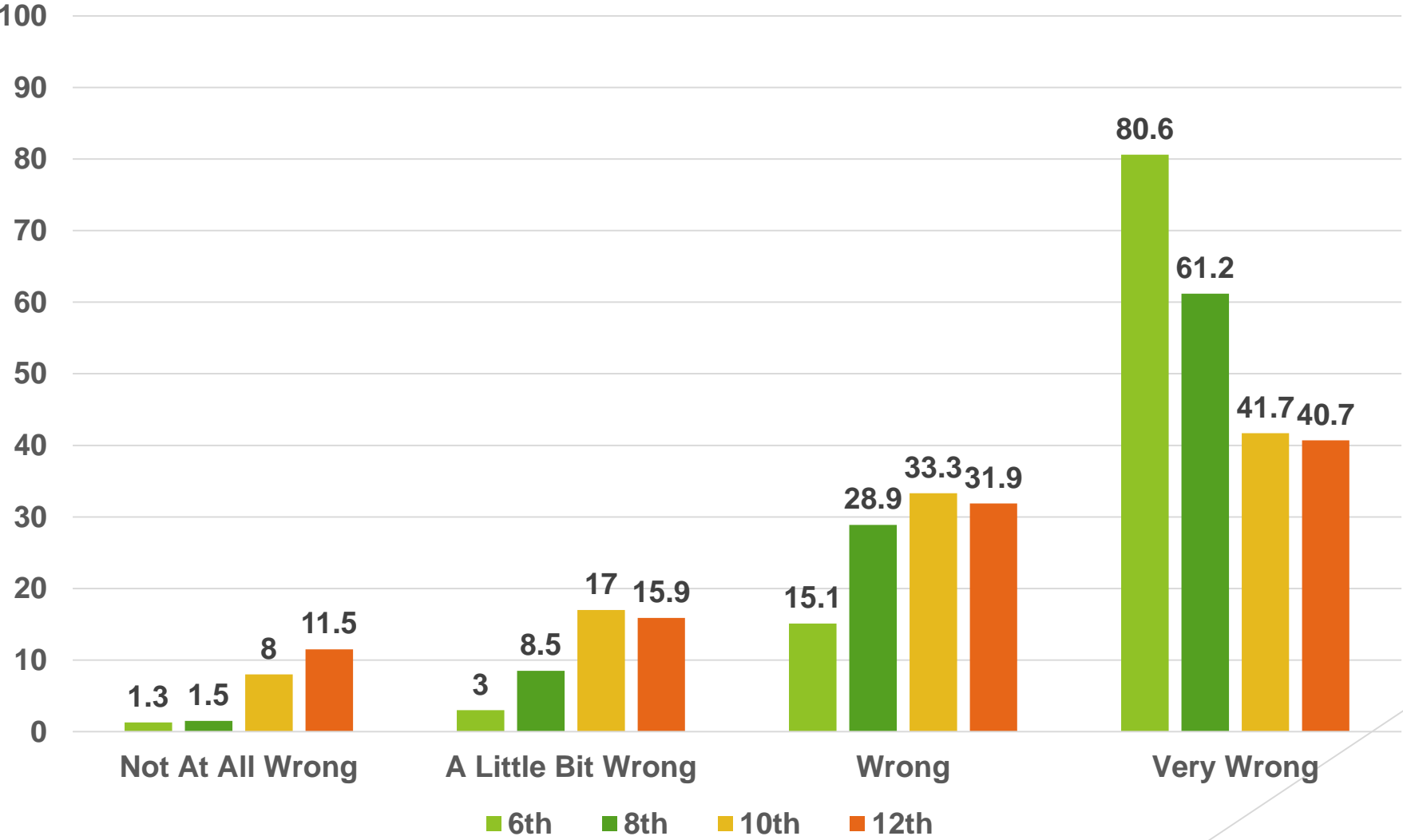
# Perception of Disapproval: Use E-Cigarettes Friends



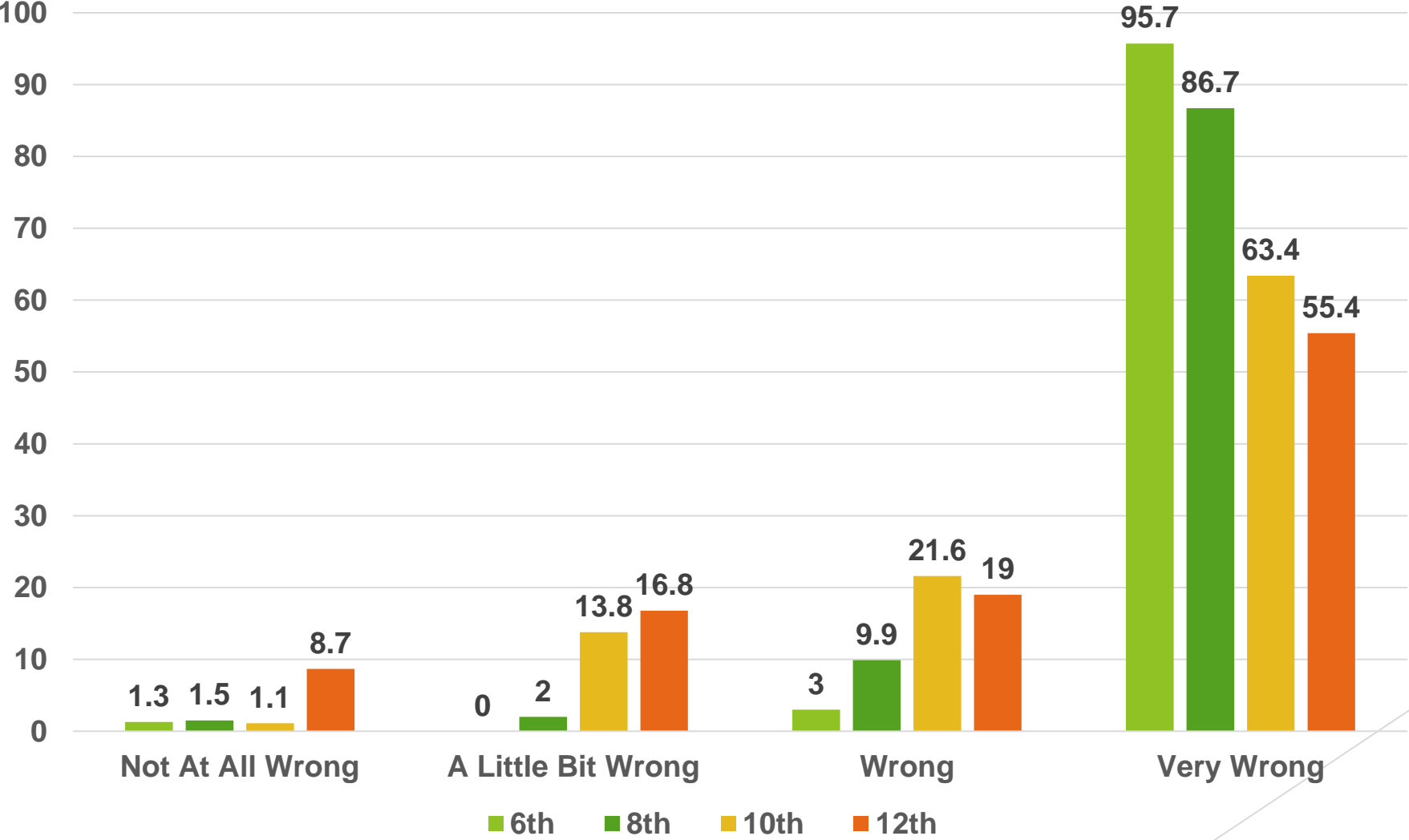
# Perception of Disapproval: Drink Alcohol Nearly Every Day - Parents



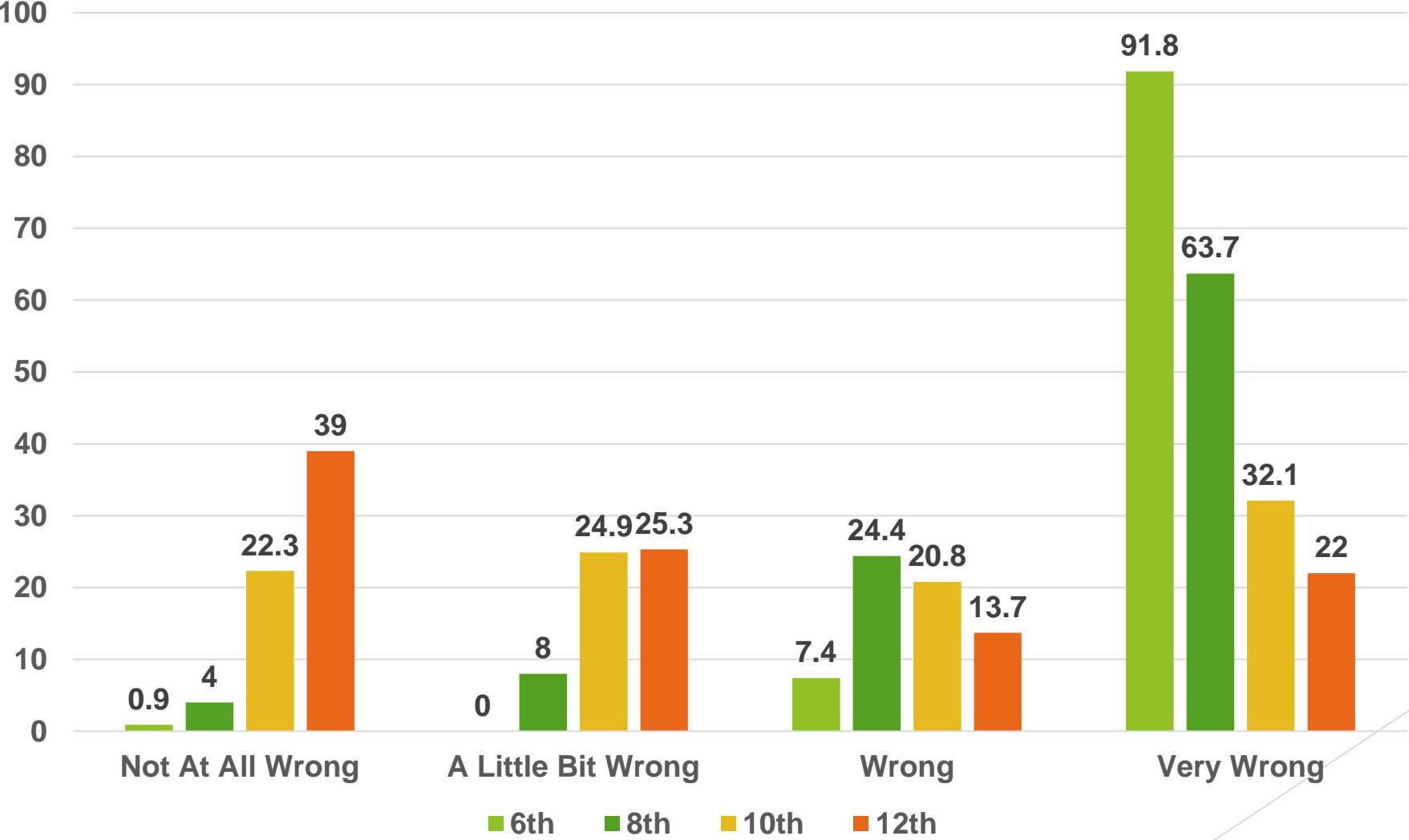
# Perception of Disapproval: Drink Alcohol Nearly Every Day - Friends



# Perception of Disapproval: Smoke Marijuana-Parents



# Perception of Disapproval: Smoke Marijuana - Friends



# Narrative Reports



# Introduction

- ▶ Tobacco, alcohol, drug use and violence continue to be a persistent problem facing the youth of America.
- ▶ The use of mind-altering chemicals has proven to be especially harmful to the adolescent growth and development process.
- ▶ Psychoactive drugs interfere with physical, social, and emotional growth during the critical years of adolescent development.

# Availability of Alcohol and Tobacco Products

- ▶ Students were asked how easy it was for them to get alcohol, specifically in the form of beer, coolers, and liquor.
- ▶ The following table provides the percentages of students who responded “Fairly Easy” or “Very Easy” for obtaining tobacco products as well as beer, wine coolers, liquor, and marijuana

DRUG	6th	8th	10th	12th
Tobacco	6.5	19.4	34.6	53.1
Alcohol	14.7	38.3	62.1	69.7

# Tobacco

- ▶ Cigarette smoke contains more than 1,200 chemicals, none of which have been proved to be beneficial to humans
- ▶ When cigarette smoke is absorbed into the body it decreases the oxygen carrying capacity of the blood and increased clotting rate and hardening of the arteries
- ▶ Using tobacco products is a major cause of emphysema, chronic bronchitis, lung cancer, heart disease, and cancer of the mouth.
- ▶ While millions of people in this country have quit smoking, millions still do. It's important to examine the use of cigarettes by students since it is still an unhealthy practice.
- ▶ Students who smoke tobacco early are more prone to try other drugs, particularly marijuana than students who do not use tobacco products.

## Past 30 Day Use of Tobacco

Drug	6 <sup>th</sup>	8 <sup>th</sup>	10 <sup>th</sup>	12 <sup>th</sup>
Tobacco	0.0	0.0	4.5	7.9

# Alcohol

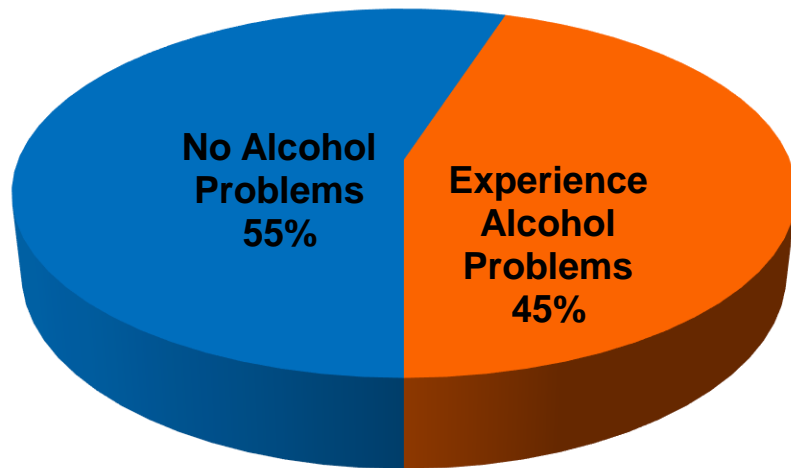
- ▶ Alcohol is a central nervous system depressant which relaxes the inhibiting and controlling mechanisms of the brain
- ▶ **Chronic Problems:** Alcoholism, liver damage, brain damage
- ▶ **Immediate Dangers:** Drunk driving deaths, DUI, binge drinking & alcohol poisoning injuries, sexual assault, academic decline & failure

Past 30 Day Use of Alcohol				
Drug	6 <sup>th</sup>	8 <sup>th</sup>	10 <sup>th</sup>	12 <sup>th</sup>
Alcohol	0.9%	5.9%	27.6%	43.9%

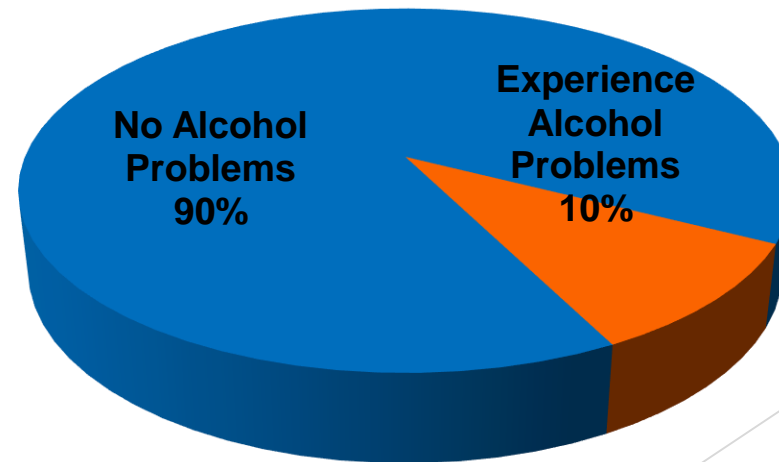
# Alcohol



**Age of First Drink = 14**



**Age of First Drink = 21**

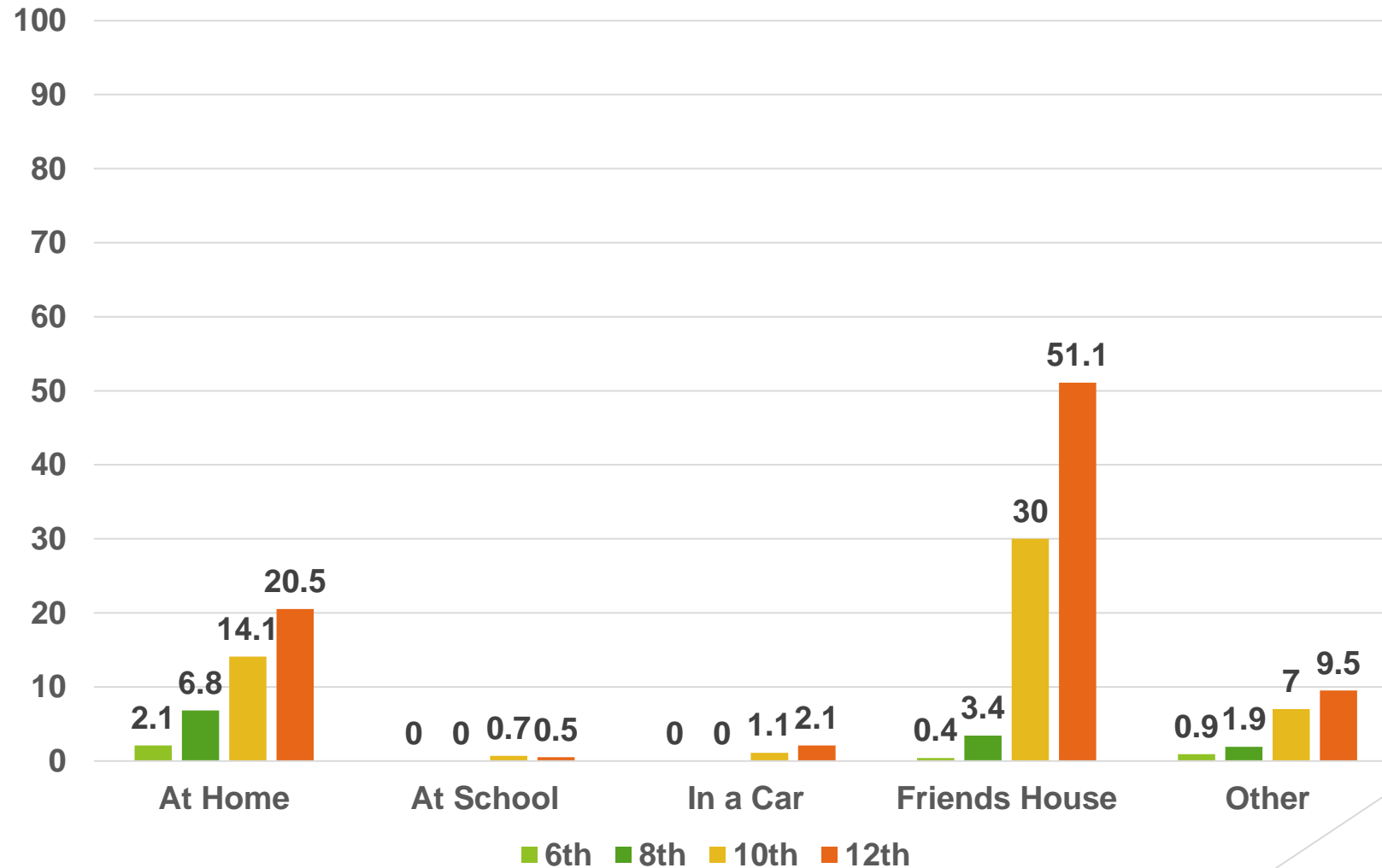


# Alcohol

- ▶ **At School** is the least popular location for use and **During School** is the least popular time of use.
- ▶ **Weekends** tends to be the most popular time of use and **At Home** tends to be the most popular with younger students while **Friend's House** and **Other** tends to be the most popular with older students.
- ▶ These data strongly support the concept of parent and community involvement in reducing alcohol use by youth.

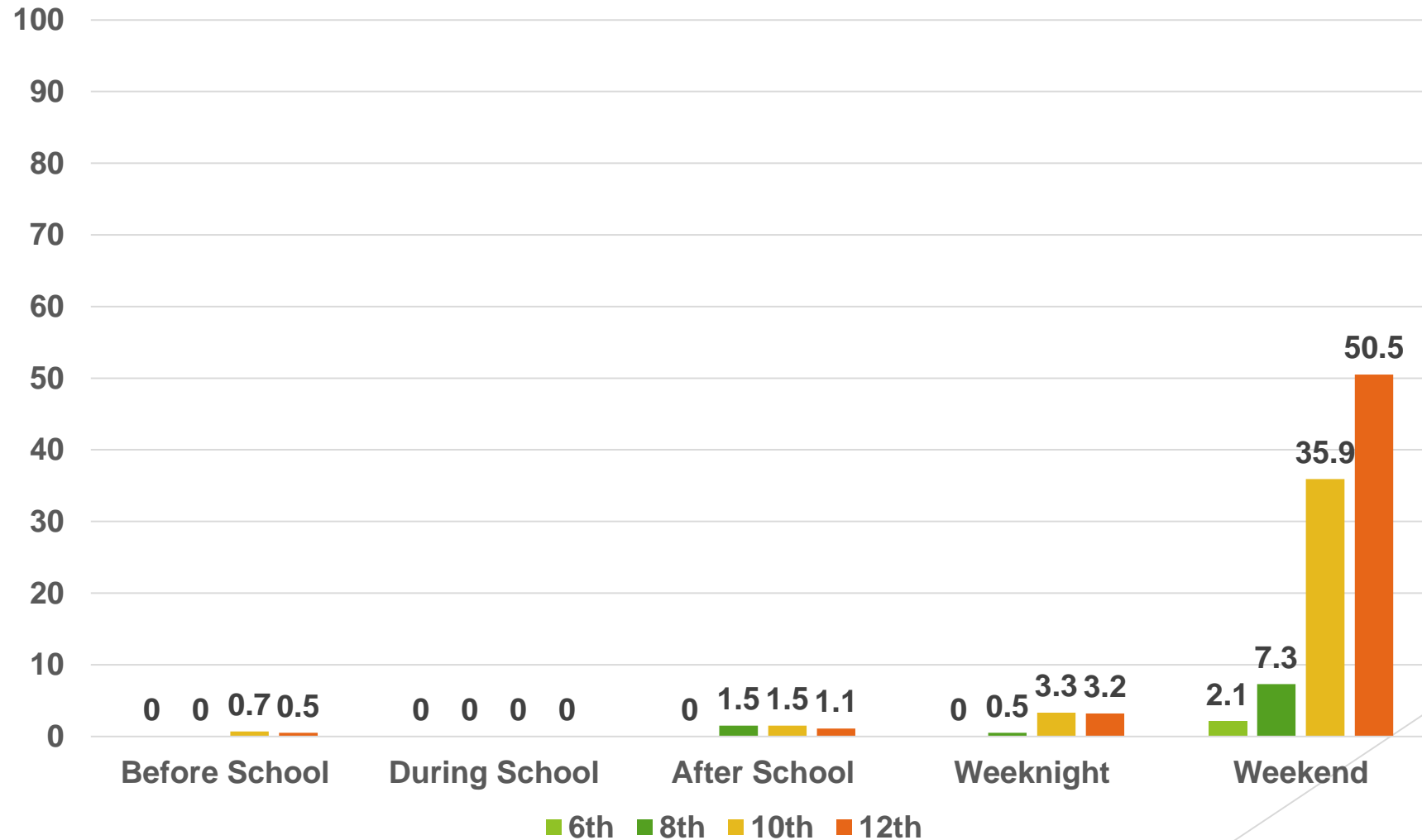
# Alcohol

## Location of Alcohol Use



# Alcohol

## Time of Any Alcohol Use





# Marijuana

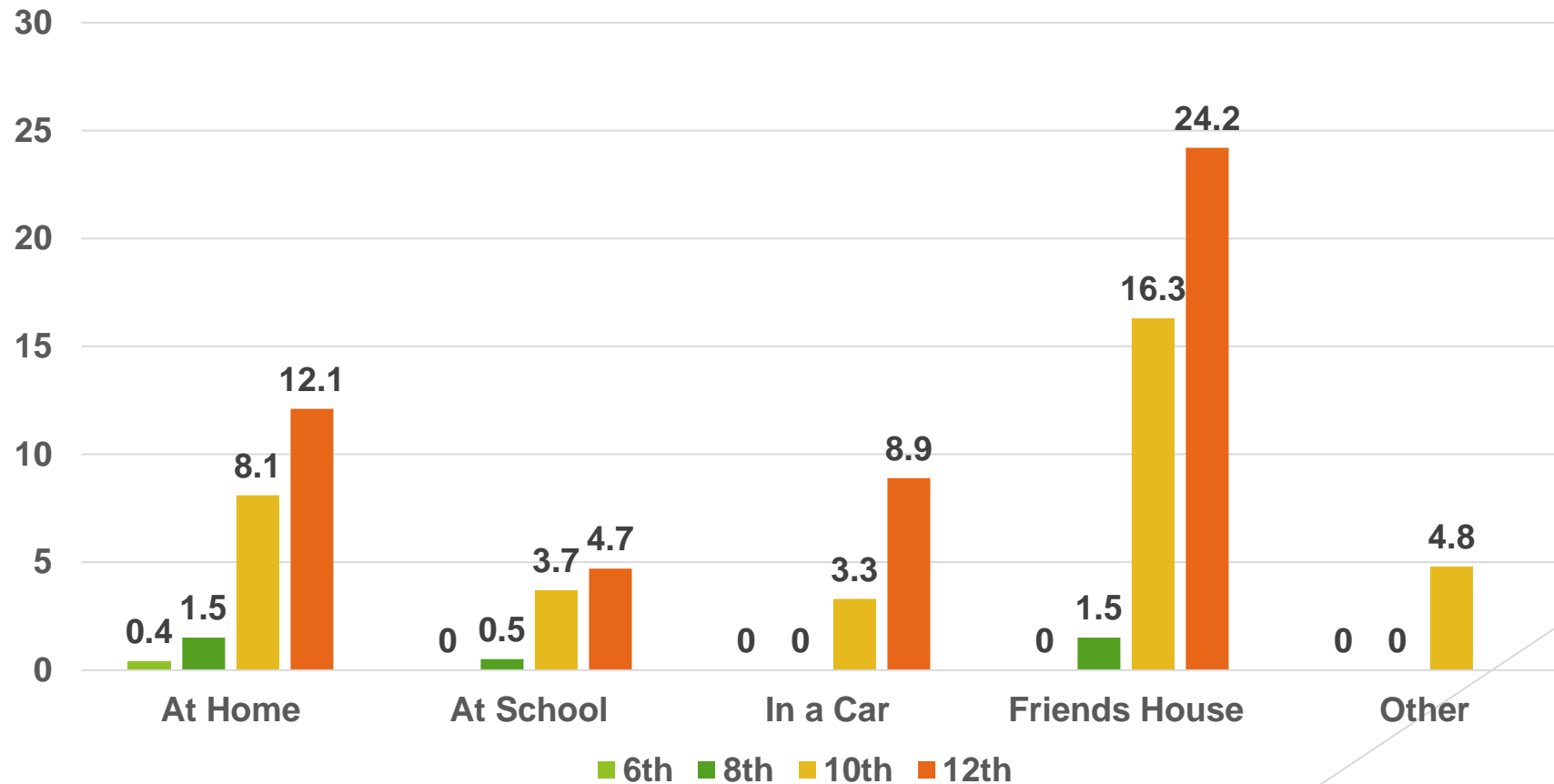
- ▶ Marijuana is a crude drug made from *cannabis sativa* and contains more than 400 known chemicals. 70 of these chemicals are known as “cannabinoids” and are only found in the cannabis plant.
- ▶ One of the cannabinoids, THC is the major mind altering chemical in marijuana.
- ▶ Marijuana used in the 1960s was lower in THC ranging from .25 - 1 percent with few health hazards
- ▶ Presently there is marijuana available with THC levels of more than 24 percent.
- ▶ Because of the stronger, more potent varieties, the intoxicating and health effects of smoking marijuana has increased dramatically.

Drug	6 <sup>th</sup>	8 <sup>th</sup>	10 <sup>th</sup>	12 <sup>th</sup>
Marijuana	0	1.0	8.9	21.9

# Marijuana

- ▶ Often, marijuana and other illicit drug use will occur within a friendship circle and those who report use among friends are more likely to use.

Location of Marijuana Use



# Spotlight on E-Cigarettes

- ▶ E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.
- ▶ E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine, flavorings, and other chemicals that help to make the aerosol. Users inhale this aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales into the air.
  - ▶ Nicotine is the addictive drug in regular cigarettes, cigars, and other tobacco products
- ▶ E-cigarettes are known by many different names. They are sometimes called “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems (ENDS).”
- ▶ Some e-cigarettes are made to look like regular cigarettes, cigars, or pipes. Some resemble pens, USB sticks, and other everyday items. Larger devices such as tank systems, or “mods,” do not resemble other tobacco products.
- ▶ Using an e-cigarette is sometimes called “vaping.”
- ▶ E-cigarettes can be used to deliver marijuana and other drugs.

# Spotlight on E-Cigarettes



JUUL + pod



NJOY



Blu



“Mod”



Phix



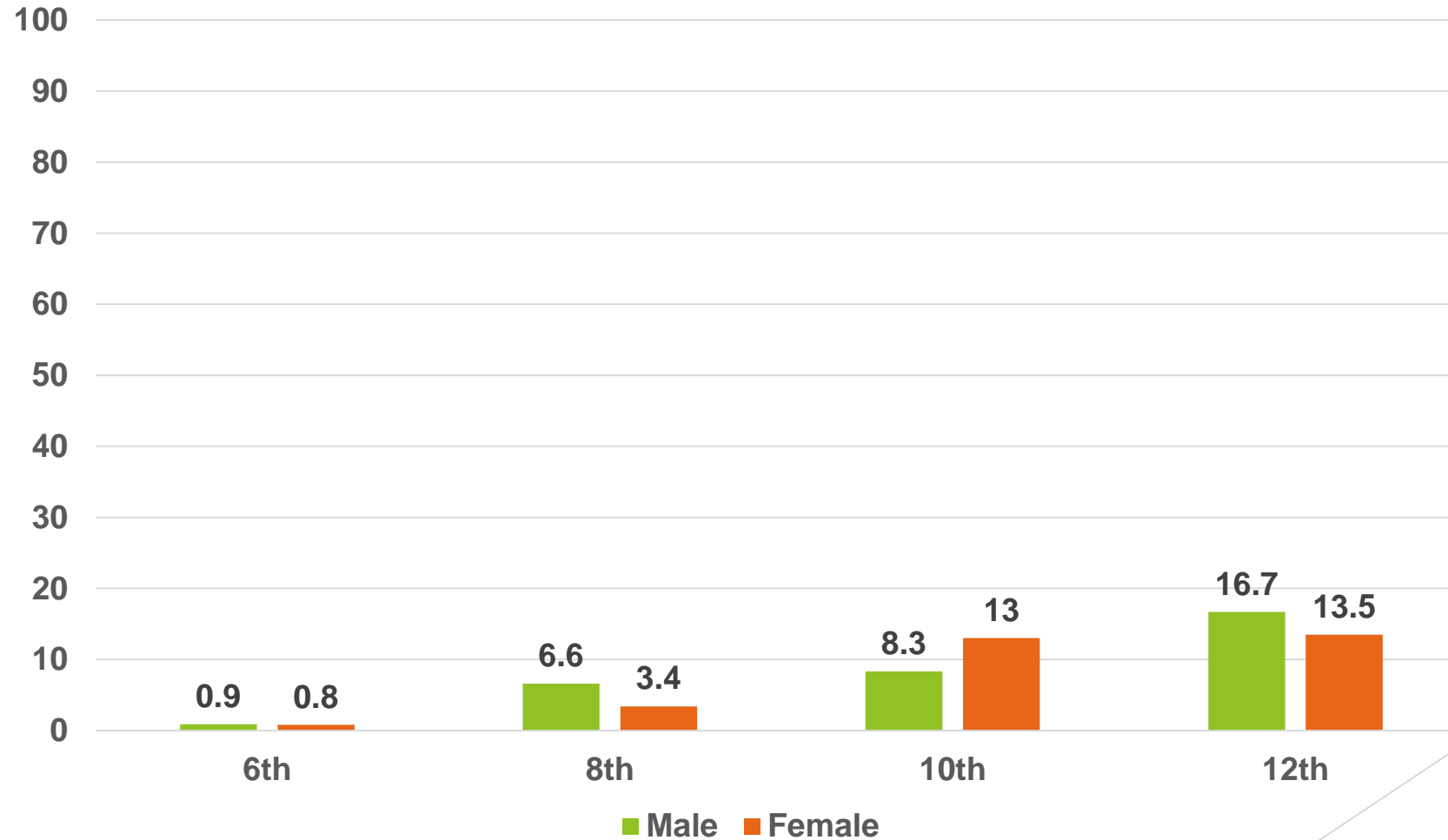
THC Pen + Cartridge

During the past 30 days have you used an e-cigarette, vape pen, e-liquid rig, (JUUL, N2, Joytechetc.) excluding marijuana products?

Response	6 <sup>th</sup>	8 <sup>th</sup>	10 <sup>th</sup>	12 <sup>th</sup>	TOTAL
Yes	0.4	4.4	26.4	29.4	15.2
No	99.6	95.6	73.6	70.6	84.8

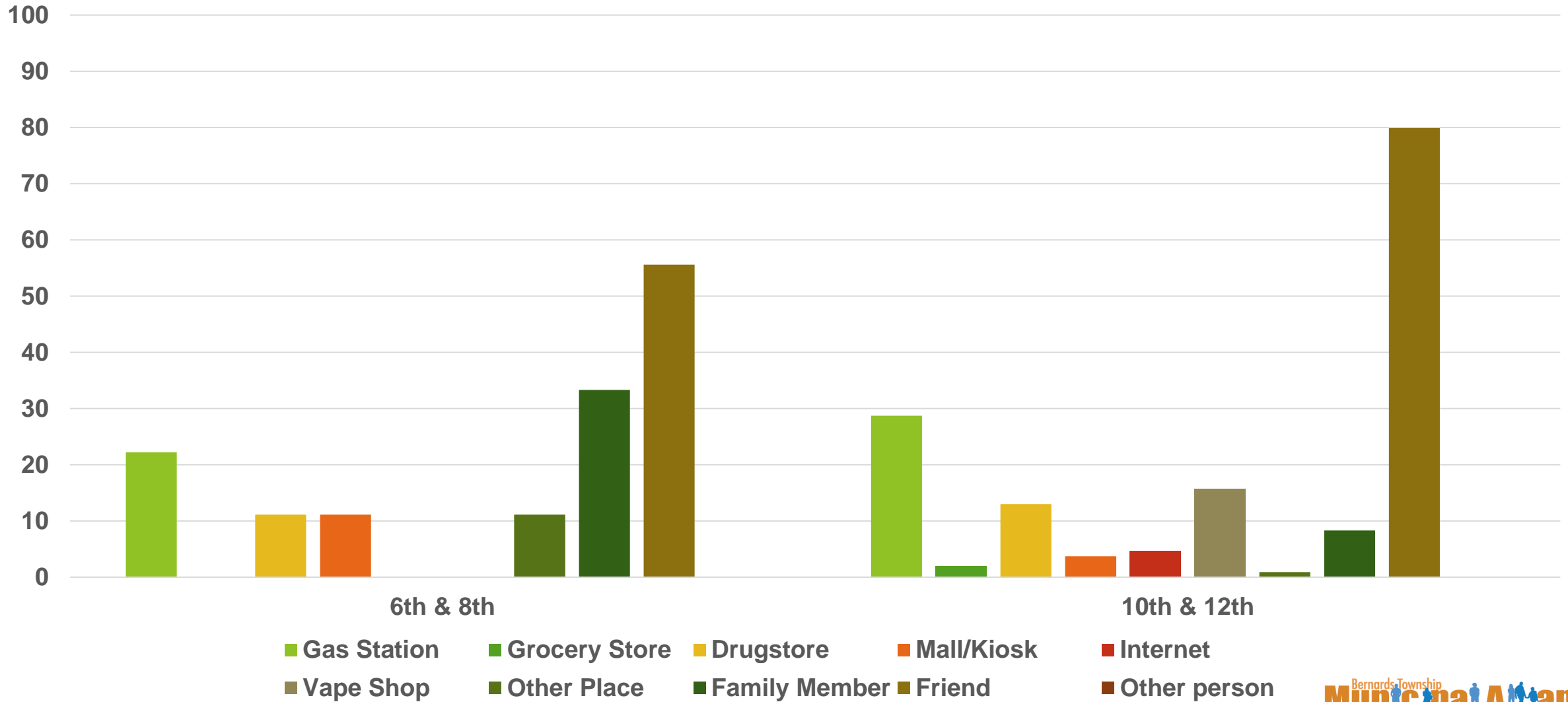
# Spotlight on E-Cigarettes

Annual Use By Gender: E-Cigarettes



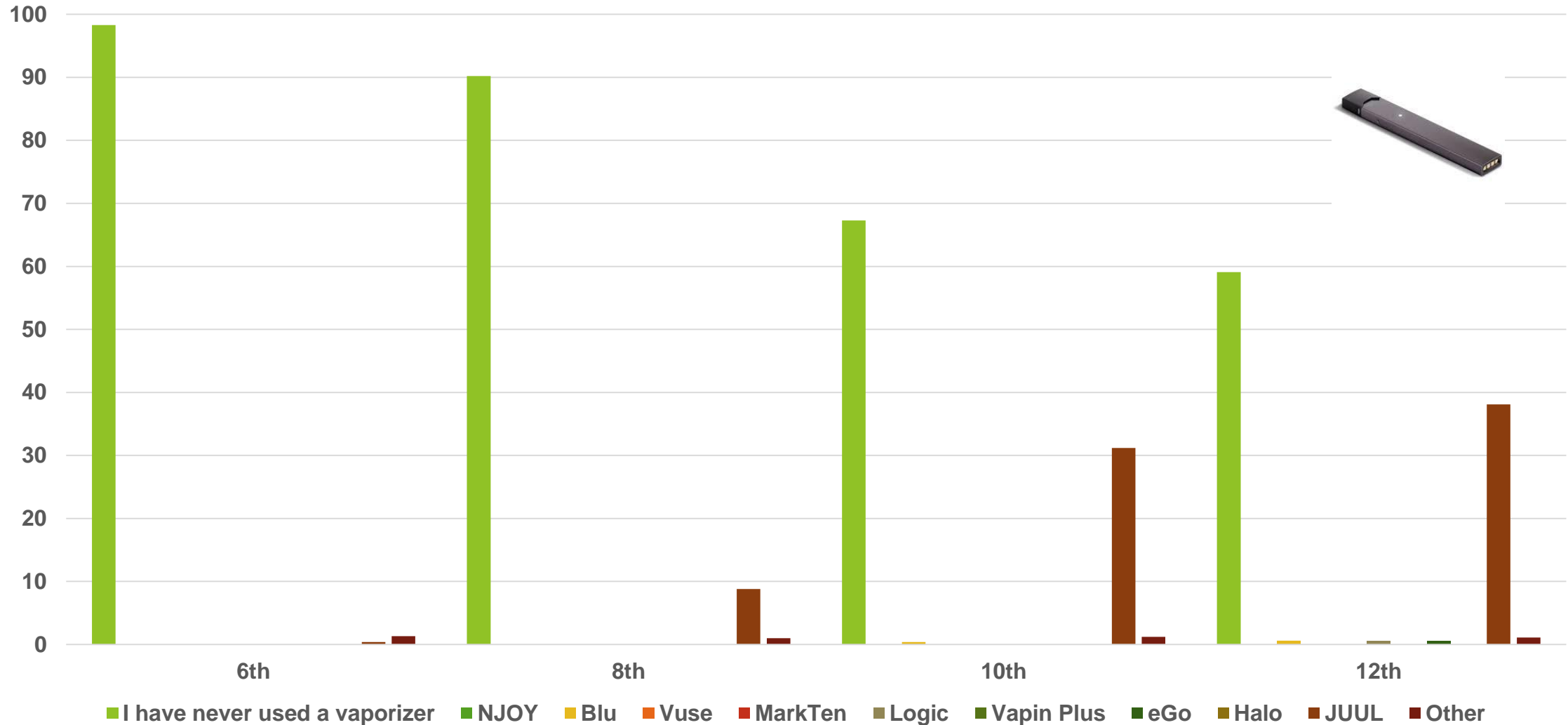
# Spotlight on E-Cigarettes

## Sources of E-Cigarette Products



# Spotlight on E-Cigarettes

If you have ever used a vaporizer, which brand did you use?



# Spotlight on E-Cigarettes

Have you ever tried marijuana (weed, pot, hashish, wax, oil, dabs, synthetic marijuana, etc) with a vaping device?

Response	6 <sup>th</sup>	8 <sup>th</sup>	10 <sup>th</sup>	12 <sup>th</sup>	TOTAL
Yes	1.3	3.5	22.7	37.5	15.6
No	98.7	96.5	77.3	62.5	84.4

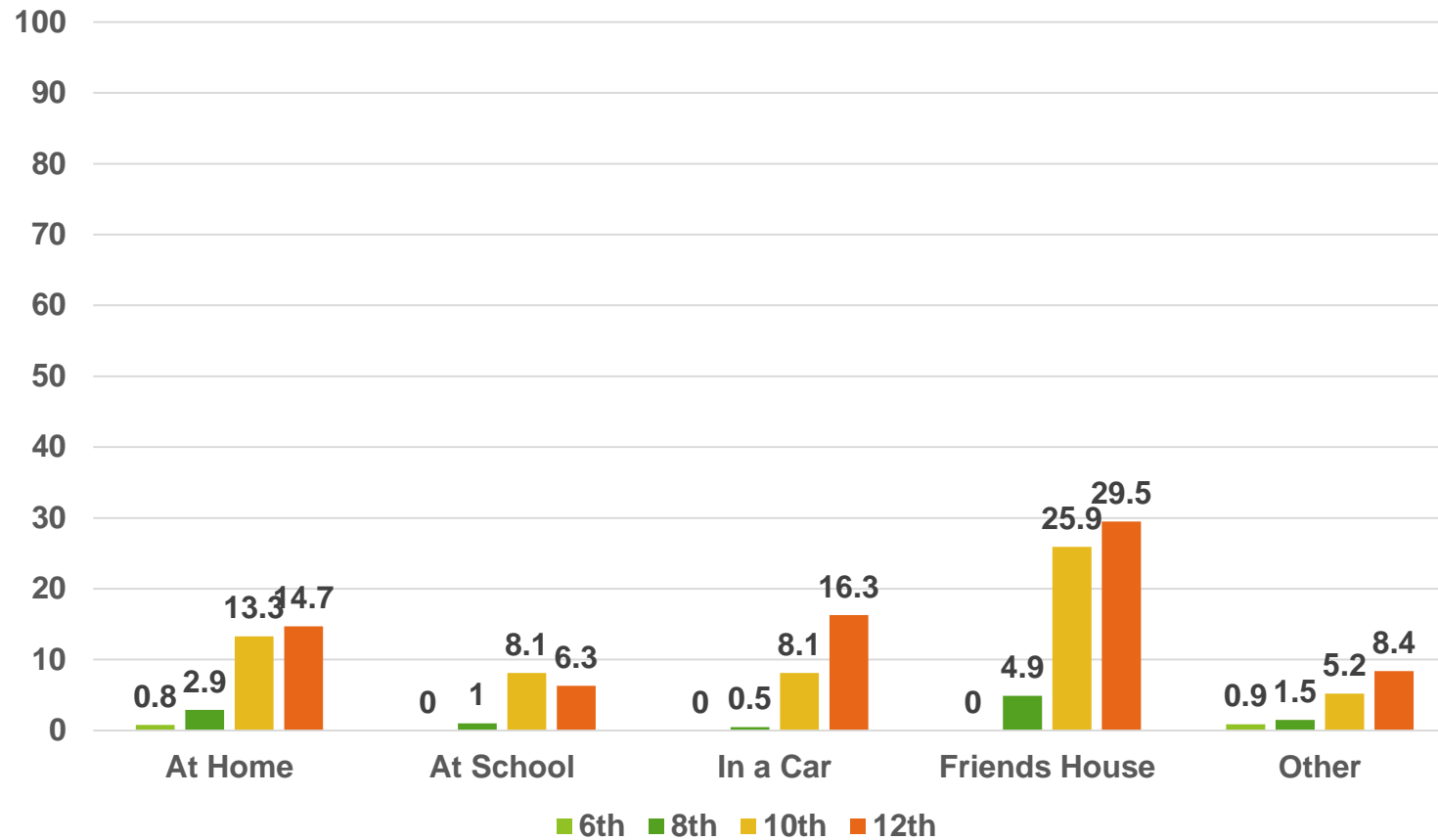
During the past 30 days: Have you ever tried marijuana, hashish, marijuana wax, oil, dabs, synthetic marijuana or any form of marijuana with a with a vaping device?

Response	6 <sup>th</sup>	8 <sup>th</sup>	10 <sup>th</sup>	12 <sup>th</sup>	TOTAL
Yes	0.4	1.0	12.6	23.5	9.0
No	99.6	99.0	87.4	76.5	91.0



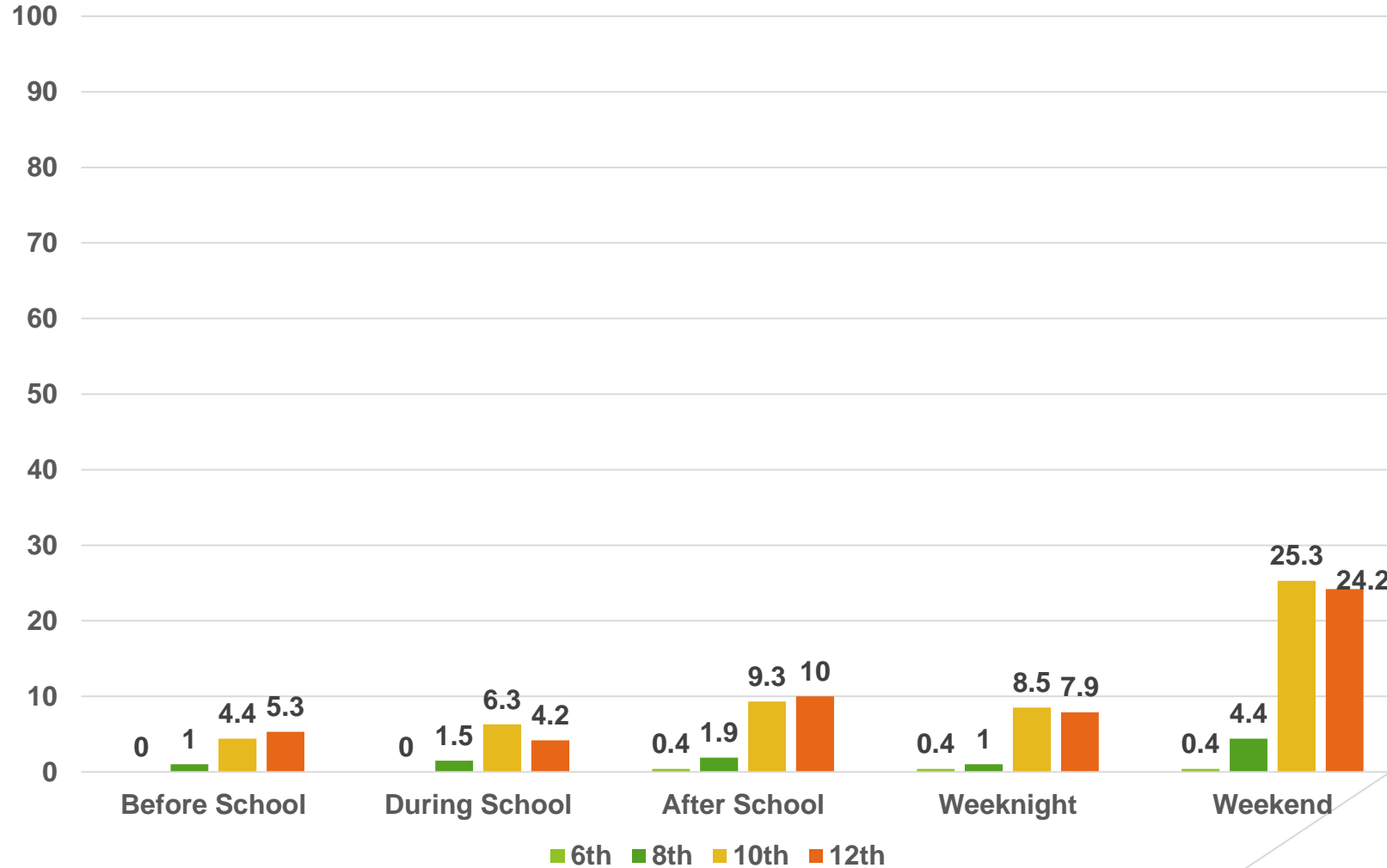
# Spotlight on E-Cigarettes

## Location of E-Cigarette Use



# Spotlight on E-Cigarettes

## Time of Any E-Cigarette Use



# Summary of Results

- ▶ Use of alcohol has remained high amongst Bernards Township students, and the proportion of 10<sup>th</sup> and 12<sup>th</sup> graders reporting alcohol usage is higher than the national average.\*
  - ▶ 10<sup>th</sup> - 27.8 vs 18.6
  - ▶ 12<sup>th</sup> - 43.9 vs 30.2
- ▶ Initiation of most substances is occurring between 12-15 years old, at the transition point to adolescence.
- ▶ Alcohol and drug use occurs in social settings, with friends, on the weekends, and at other homes.
- ▶ Use of e-cigarettes continues to be an issue with 26.4% of 10<sup>th</sup> graders, and 29.4% of 12<sup>th</sup> graders reporting past 30 day use.
- ▶ Marijuana is the most highly used illicit drugs with others being reported at a lower rate amongst all grades.
- ▶ Students underestimate the risk of most drugs, with perception of risk decreasing with age.
  - ▶ Perception of marijuana and use of e-cigarettes having proportionally lower rates of “no risk and “slight risk”.

# Next Steps

- ▶ 2019 survey will serve as the baseline for multi-year comparison in the future.
- ▶ In the future, find an easier way to distribute permission slips and information on survey to yield a higher response rate.
- ▶ Collaboration between the school, Health Department, and other organizations to work on initiatives and programs moving forward.
- ▶ Meetings between entities to review current data and strategic planning.
- ▶ Priority - for adolescents to understand the addictive and damaging effects of drug use, especially current trends.
- ▶ Continue educational presentations, attempt to reach parents through other media.
- ▶ Continue educating young people with up to date information and trends as they become available.



[www.bernardalliance.org/surveys](http://www.bernardalliance.org/surveys)

Full surveys including detailed, executive, and school specific will be posted

# Thank You!

- ▶ Bernards Township School District
  - ▶ Ridge High School
  - ▶ William Annin Middle School
  - ▶ Superintendent
  - ▶ Counseling Department
  - ▶ IT Department
- ▶ Bernards Township Health Department
- ▶ Bernards Township Municipal Alliance/Youth Services Commission
  - ▶ Governors Council on Alcoholism & Drug Abuse
  - ▶ Somerset County Board of Chosen Freeholders
- ▶ Community in Crisis
- ▶ PRIDE Surveys



*Promoting Public Health*

Bernards Township **Health** Department

## **Lucy A. Forgione, MS, MCHES**

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