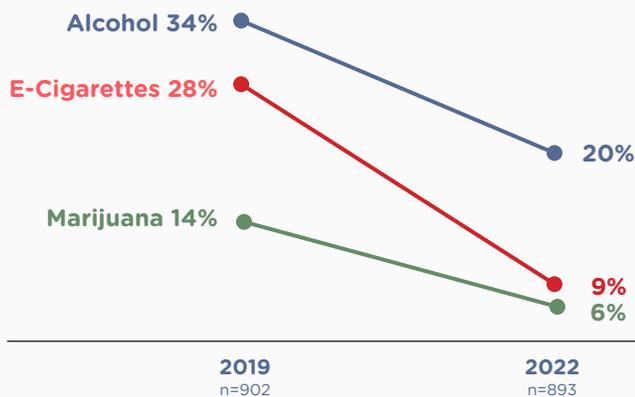


# Bernards Township School District 2022 PRIDE Survey

## Substance use declines across BTSD

Bernards Township School District and Bernards Township Health Department administer the PRIDE (Parents' Resource Institute for Drug Education) survey to identify youth substance use and school climate issues specific to students in BTSD schools. The PRIDE Survey was conducted in 2019 and 2022 at WAMS and RHS.\*

### PAST 30-DAY SUBSTANCE USE FALLS AMONG 10TH AND 12TH GRADERS SINCE 2019



The nationwide decrease in substance use that started in 2021 is apparent at RHS. Fewer RHS students regularly use alcohol, e-cigarettes, and marijuana compared to before the pandemic.

Past 30-day use of alcohol remains above national levels for RHS 12th graders, however a promising trend of declining local youth alcohol use has been observed since 2014.

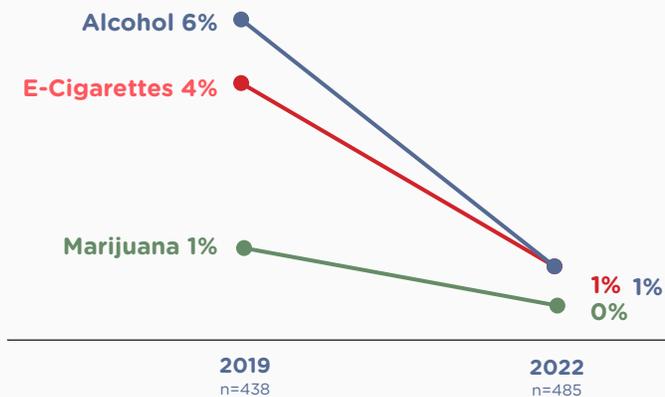
Nationwide past 30-day use among 12th graders

- 28% drank alcohol
- 26% used e-cigarette
- 20% used marijuana

Source: Monitoring the Future (2022)

Sources: Pride Surveys (2019, 2022)

### PAST 30-DAY SUBSTANCE USE FALLS FOR 8TH GRADERS SINCE 2019



Past 30-day use fell for all three of the most used substances among WAMS students since 2019.

More youth are choosing not to use substances and those who do use are starting at a later age.

Past 30-day use of the most common substances remains below national levels for WAMS students.

Nationwide past 30-day use among 8th graders

- 6% drank alcohol
- 9% used e-cigarettes
- 5% used marijuana

Source: Monitoring the Future (2022)

Sources: Pride Surveys (2019, 2022)

\*A PRIDE survey was administered in 2021, however the sample size was insufficient for analysis and is not included.



# Bernards Township School District

## Vaping considered increasingly harmful

### SMOKING AND VAPING AT SCHOOL AMONG 10TH AND 12TH GRADERS FALLS



Despite anecdotal reports that vaping in the bathrooms persists, the number of RHS students who reported smoking or vaping at school dropped. Students who reported they **DID NOT VAPE** in the past year rose from 64% in 2019 to 89% in 2022.

Sources: Pride Surveys (2019, 2022)

### STUDENTS' PERCEPTION OF THE RISK OF SUBSTANCES CHANGED UNEVENLY SINCE 2019

E-Cigarettes	+12%
Marijuana	+2%
Cigarettes	-4%
Alcohol	-5%
RX Drugs	-9%

Currently, middle and high school students consider vaping and using marijuana a greater risk than students their age did before the pandemic.

Increasing perception of risk of substance use and decreasing access to substances are cornerstones of substance use prevention.

All substances, including alcohol, e-cigarettes, and marijuana are perceived to be harder to access for all grades now than it was in 2019.

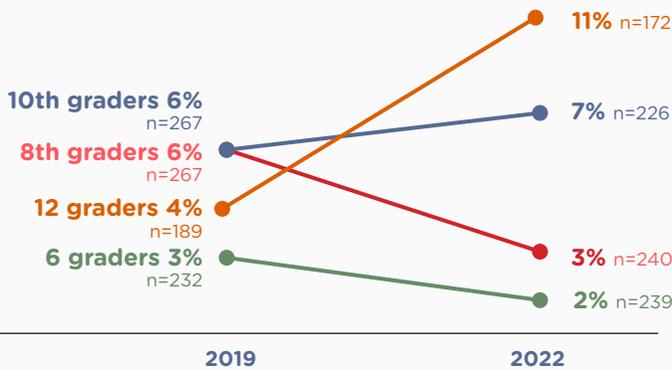
Source: Pride Surveys (2019, 2022)



# Bernards Township School District

## Mental health concerns among RHS seniors

### FREQUENCY OF THOUGHTS OF DYING BY SUICIDE SIGNIFICANTLY INCREASED FOR 12TH GRADE STUDENTS

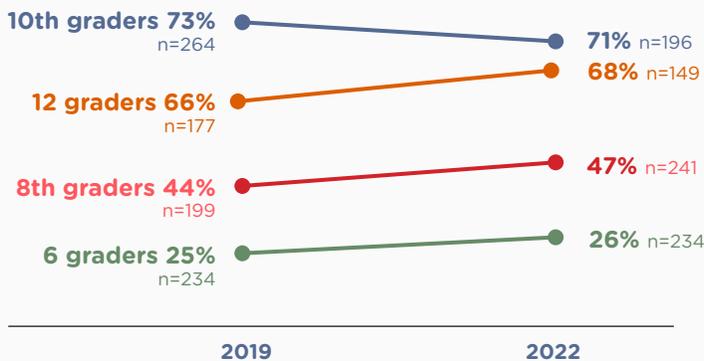


The percent of 12th graders thinking of dying by suicide “often” or “a lot” almost tripled compared to pre-pandemic levels.

According to the most recent nationwide Youth Risk Behavior Survey (YRBS), youth reporting mental health struggles has been increasing since 2011.

Sources: Pride Surveys (2019, 2022) Item: “Have you thought about committing suicide?” Responses: “Often” or “A lot”

### STRESS LEVELS AT SCHOOL REMAIN NEAR PRE-PANDEMIC LEVELS



Students’ stress levels at school are high but have not increased since 2019. 68% of 12th graders and 71% of 10th graders report feeling stress at school “often” or “a lot.”

Sources: Pride Surveys (2019, 2022) Item: “How often do you feel stressed out at school?” Responses: “Often” or “A lot”

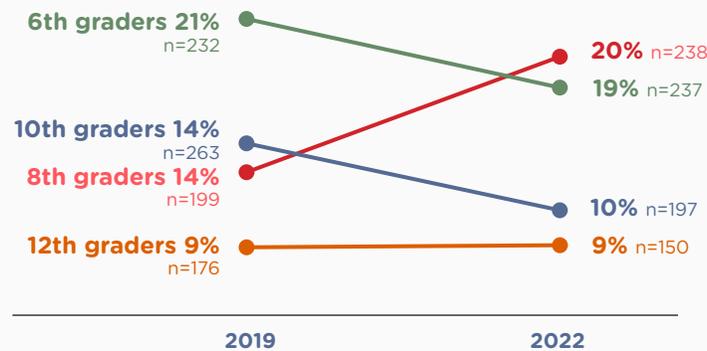


# Bernards Township School District

## School climate strengths and weaknesses

### MORE 8TH GRADERS FEARFUL

THAT A STUDENT MAY HURT THEM AT SCHOOL THAN IN 2019



### Where students feel LEAST SAFE at school

#### 6th and 8th grade

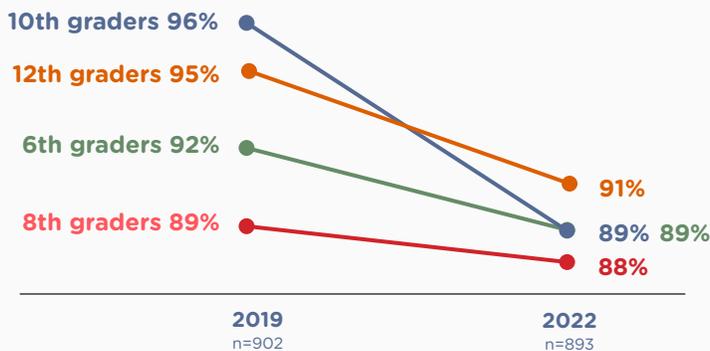
- Parking lot 14%
- Bus 11%
- Bathrooms 9%

#### 10th and 12th grade

- Bathrooms 13%
- Parking lot 11%
- School events 9%

Sources: Pride Surveys (2019, 2022) Item: "In the past year, while at school have you been afraid a student may hurt you?" Responses: 1 or more times

### MOST STUDENTS REGULARLY PARTICIPATE IN SCHOOL OR COMMUNITY-BASED EXTRACURRICULAR ACTIVITIES



School and community involvement are protective factors for youth mental health. While lower than in 2019, participation in activities remains high for all grades.

Sources: Pride Surveys (2019, 2022) Item: Students who report participating in school sports, clubs, activities, or community activities "Sometimes," "Often" or "A Lot"