

# T.A.P

## Teen Assessment Project

### Youth Survey

### ~2023~

## MONADNOCK REGION REPORT



# 2023 Teen Assessment Project (TAP) Survey Report

## Monadnock Region

---

For further information concerning this report, contact:

*Lauren Bressett*

*Greater Monadnock Public Health Network volunteer*

<https://healthymonadnockalliance.org/>

[dlbressett@myfairpoint.net](mailto:dlbressett@myfairpoint.net)

Technical Support from [The Center for Excellence on Addiction](#)

# Table of Contents

<b>Table of Contents</b> .....	<b>3</b>
<b>Acknowledgements</b> .....	<b>4</b>
<b>Background</b> .....	<b>5</b>
Background Information.....	5
<b>Administration of the TAP</b> .....	<b>6</b>
<b>Survey Respondent Characteristics</b> .....	<b>8</b>
<b>Experiences with Substance Use</b> .....	<b>10</b>
Current and Lifetime Use.....	10
Access to Substances.....	11
Attitudes Around Substance Use.....	12
<b>Perception of Risk of Harm</b> .....	<b>14</b>
<b>Perception of Peer and Parental Approval or Disapproval of Use</b> .....	<b>17</b>
<b>Mental Health Status and Supports</b> .....	<b>19</b>
Mental Health Supports.....	19
<b>Adverse Experiences</b> .....	<b>21</b>
<b>Use of the Internet and Social Media</b> .....	<b>24</b>
<b>Connectedness</b> .....	<b>26</b>
School Connectedness.....	26
Community Connectedness.....	27
<b>Parental Monitoring</b> .....	<b>29</b>
<b>Activities</b> .....	<b>30</b>
Sleep.....	30
Extracurricular Activities.....	30
<b>Conclusion</b> .....	<b>32</b>
<b>Appendix - 2023 TAP All Frequencies and Percentages</b> .....	<b>34</b>

## Acknowledgements

The Teen Assessment Project (TAP) originated in 1989 at the University of Wisconsin at Madison under the direction of Stephen A. Small, Ph.D. The University of New Hampshire (UNH) Cooperative Extension adapted and expanded the scope of the TAP for use with New Hampshire communities through 2003. Since 2005, the New Hampshire Community Health Institute (CHI) has continued administration of the youth survey aspect of the TAP in coordination with a number of community-based organizations.

The 2023 Monadnock Region TAP Survey was made possible through the support and assistance of the Greater Monadnock Public Health Network, Monadnock Youth Coalition, Reality Check; faculty, staff and students of participating middle schools including Chesterfield, Great Brook, Keene, South Meadow, Westmoreland, and Winchester; and funding from the US Substance Abuse and Mental Health Services' Drug-Free Communities (DFC) Support Program.

We wish to thank all those involved, including the students who completed the survey and their parents for sharing the important perspective of the youth of this community.

## Background

*This report presents results and analysis of the 2023 Teen Assessment Project (TAP) Survey of the Monadnock Region of New Hampshire. In January through April of 2023, a TAP Survey was administered to public middle school students in six middle schools serving the region including Chesterfield, Great Brook, Keene, South Meadow, Westmoreland, and Winchester. The final sample of 605 students represents responses from 68.7% of the total enrolled middle school student population (7th and 8th grades only).*

### **Background Information**

Members of the Greater Monadnock Public Health Network, Monadnock Youth Coalition, Reality Check, and leadership of the middle schools in the Monadnock region to initiate a youth survey process to gather information to inform planning of appropriate programs and services. The TAP has been initiated in the region at various times over the past 20 years. A version of the TAP survey was previously administered in the Keene region, a subset of the Monadnock region, in 2000 and in 2012. In 2016, a version of the TAP survey was administered to ten middle schools in the Monadnock region, culminating in a regional report for the area. Most recently, in 2019 a version of the TAP survey was administered to five schools in the Monadnock region. but due to a low survey response rate, only a combined regional report of frequencies was created.

The TAP survey is one effort by the region to understand what is contributing to the successes and challenges of its youth. The goal of the TAP is to provide communities with local research-based information that can help with the development of education and action to build assets and protective factors that contribute to positive, healthy behavior choices. The TAP is not all encompassing of all issues, it focuses on a subset of behaviors. The 2023 survey includes a number of common categories and questions from the earlier iterations of the TAP survey, with some modifications to reflect current concerns and the specific focus on the middle school population. The most notable changes from the original survey are a set of questions addressing perceptions of why some peers use substances, a section addressing internet use and safety, changes in some substance misuse questions, updates in question wording to align more closely with the federally-sponsored Youth Risk Behavior Survey (YRBS), and changes in some specific substance use questions to address contemporary concerns such as misuse of prescription drugs and electronic vapor product use.

## Administration of the TAP

The 2023 TAP Survey report is the result of collaboration of the Greater Monadnock Public Health Network, Monadnock Youth Coalition, Reality Check, area middle schools, and The Center for Excellence on Addiction. Administration of the TAP was approved by the leadership of the respective school districts.

A total of 132 items were selected from previous TAP instruments or developed locally for the 2023 TAP survey to reflect community concerns and interests. The questions were designed to assess the following interests, concerns, and behaviors:

- teen attitudes and worries
- future aspirations
- alcohol and other drug abuse
- mental and physical health
- sexuality
- use of time
- diversity, harassment, and perceived discrimination
- personal safety
- interactions with peers
- perceptions of parental values and monitoring
- perceptions of school
- neighborhood monitoring and support
- internet use and safety

The school community was informed about the project through school meetings, parent notices via print and social media, and phone calls. Parents were provided with an active consent form in order to opt in to their child's participation. Prior to the survey administration date, parents were able to review the survey and ask questions. Additionally, on the day of the survey, students could opt out of the survey. A total of 221 parents or 25.1% of total enrollment choose not to provide permission for their student to participate in the survey. Participating students were also instructed that they could skip any question they did not want to answer or could stop completing the survey at any time.

Teachers and support personnel were provided with survey administration procedures. Teachers remained in the room to maintain a positive classroom climate. A script with specific instructions was read by the survey administrators to maintain consistency among the classrooms.

The survey was administered on several dates from January through April 2023 at six middle schools in the Monadnock region. A total of 638 students completed the survey. The remaining difference between total enrollment and total respondents after opt outs were absentees on the day of survey administration. The data files were built using SPSS and in order to ensure accurate and honest responses a number of data clearing and screening steps were taken:

- Initially, the survey responses were reviewed for level of completeness. Any responses with more than 50% missing data (i.e., more than half of survey item responses left blank) were excluded from the dataset. Surveys submitted by students with a response of “Not at all honest” on the question “How honest were you in doing this survey?” were also screened out of the dataset. A total of 33 cases were excluded from the analysis by these screens.

This report thus reflects the survey results of 605 students, which is 68.7% of the total middle school student population of 881 (as of each school’s survey administration date).

- Out of those 605 survey responses, further consistency checks were carried out throughout the analysis and any inconsistent responses on specific survey questions were removed. For example, indicating never using alcohol on one question, but binge drinking behavior on a subsequent question. The following number of survey item responses were removed:
  - In the substance use analysis, nine survey item responses were excluded from the analysis due to inconsistent answers on self-reported use-related behaviors
  - In the analysis of behavioral health, 18 survey item responses were excluded from the analysis due to inconsistent answers related to history of self-harm.

The following is an aggregate report of the respondents and is intended to provide a better understanding of early teen attitudes, behaviors, and experiences. This information can assist the community in planning and education initiatives that will facilitate awareness, support, and program and policy development for teens. *Please note that caution should be used when drawing conclusions from demographic comparisons as numbers are low (e.g., gender non-conforming, non-binary, or transgender respondents).*

## Survey Respondent Characteristics

This report reflects the survey results of 605 students, representing 68.7% of the total enrolled middle school student population (7th and 8th grades only) of the six middle schools who administered the 2023 TAP. A majority of the survey responses (85.4%) are from three of the schools: Keene (44.1%), South Meadow (24.1%), and Great Brook (17.2%). The other three schools (Chesterfield, Winchester, and Westmoreland) represent 14.6% of responses.

**Table 1: Survey Responses by School (n=605)**

	Frequency (n)	Percent (%)
Westmoreland	10	1.7%
Winchester	37	6.1%
Chesterfield	41	6.8%
Great Brook	104	17.2%
South Meadow	146	24.1%
Keene	267	44.1%

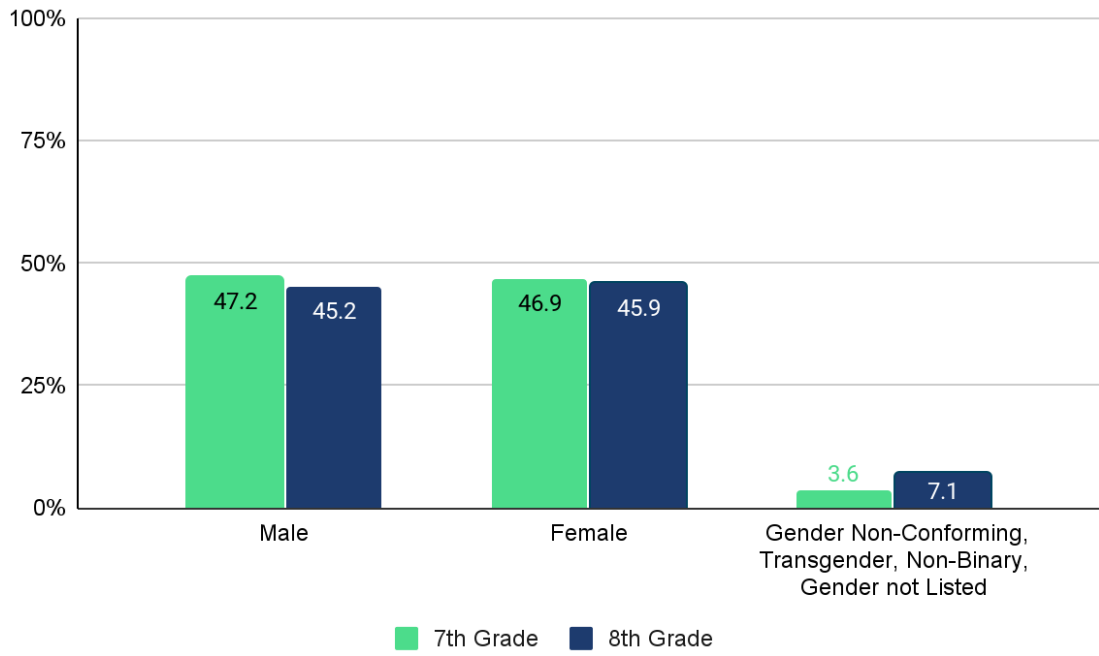
The sample was comprised of a roughly equal proportion of 7th grade (51.2%) and 8th grade (48.8%) students. The majority of students reported that their gender was female (46.3%) or male (46.4%), followed by five percent (5.3%) of students reporting that they are gender non-conforming, transgender, non-binary, or gender not listed. Two percent (2.0%) of students indicated that they preferred not to answer. Graph 1 below shows the gender breakdown of respondents by grade.

**Table 2: Survey Responses by Grade and Gender (n=605)**

	Frequency (n)	Percent (%)
Grade		
7th	309	51.2%
8th	294	48.8%
Gender		
Female	279	46.3%
Male	280	46.4%
Gender non-conforming, transgender, non-binary, gender not listed	32	5.3%
Prefer not to answer	12	2.0%



**Graph 1: Survey Respondents' Gender by Grade (n=605)**



## Experiences with Substance Use

### Current and Lifetime Use

The vast majority of students reported that they have not used a substance (alcohol, electronic vapor product, marijuana, prescription drug, cigarettes, or alcohol) in the past 30 days. While the prevalence of recent substance use was low, the most commonly used substance was alcohol (4.8%), followed by electronic vapor products (4.0%), and marijuana (3.3%). Of the students who reported that they used alcohol, the most common location where they used was at home without their parents' permission (45.8%).

Rates of current substance use varied by grade and gender. Students in 8th grade had a higher rate of alcohol, electronic vapor product, and marijuana use in the past 30 days than 7th graders. However, 7th grade students reported using prescription drugs, cigarettes, and engaging in binge drinking at slightly higher rates than 8th graders. Female students reported using most substances at higher rates than male students. Students who identified as gender non-conforming, non-binary, or transgender were more likely to have recently used substances than their female or male peers.

**Table 3: Substance Use in the Past 30 Days (n=605)**

	Total	7th Grade	8th Grade	Female	Male	Gender Non-Conforming /Non-Binary/ Transgender
	n (%)	n (%)	n (%)	n (%)	n (%)	n (%)
Alcohol (at least one drink)	29 (4.8%)	12 (3.9%)	17 (5.8%)	18 (6.5%)	7 (2.5%)	* (12.5%)
Electronic vapor product	24 (4.0%)	12 (3.9%)	12 (4.1%)	14 (5.1%)	6 (2.2%)	* (9.4%)
Marijuana	20 (3.3%)	7 (2.3%)	13 (4.5%)	10 (3.6%)	* (1.4%)	6 (18.8%)
Prescription drug	11 (1.8%)	8 (2.6%)	* (1.0%)	6 (2.2%)	* (1.1%)	* (6.3%)
Cigarettes	8 (1.3%)	* (0.7%)	6 (2.1%)	* (1.1%)	* (1.1%)	* (6.3%)
Alcohol (5 or more drinks in a row)	* (0.7%)	* (0.3%)	* (1.0%)	* (0.7%)	* (0.7%)	0 (0.0%)

Note: To protect privacy, any data point with 5 or fewer respondents will be represented as \* and only the percent will be displayed.

The TAP asks students to report on whether they have ever used inhalants, used an over-the-counter drug (e.g., cough medicine, allergy medicine, or pain relievers) to get high, or engaged in binge drinking (5 or more alcoholic drinks in a row). A small percentage of

students reported ever having used inhalants (5.3%), over-the-counter drugs (4.3%), or engaged in binge drinking (4.1%). Students in 8th grade reported higher rates of lifetime use of all three substances, compared with 7th graders. Gender non-conforming, non-binary, or transgender students reported the highest rates of use of these substances, followed by females and then males.

**Table 4: Substance Use in Lifetime (n=605)**

	Total	7th Grade	8th Grade	Female	Male	Gender Non-Conforming /Non-Binary/ Transgender
	n (%)	n (%)	n (%)	n (%)	n (%)	n (%)
Inhalants	32 (5.3%)	15 (4.9%)	17 (5.8%)	18 (6.5%)	9 (3.2%)	* (12.9%)
Over-the-counter drug (e.g., cough medicine, allergy medicine, or pain relievers)	26 (4.3%)	11 (3.6%)	15 (5.1%)	13 (4.7%)	11 (3.9%)	* (6.3%)
Alcohol (5 or more drinks in a row)	25 (4.1%)	10 (3.2%)	15 (5.1%)	15 (5.4%)	7 (2.5%)	* (9.4%)

Note: To protect privacy, any data point with 5 or fewer respondents will be represented as \* and only the percent will be displayed.

### Access to Substances

More than a quarter (27.6%) of students reported that it would be very easy or sort of easy to access alcohol (beer, wine, or hard liquor). Of the students who reported that they used alcohol, the most frequently reported source of access was taking it from their parents or friends' parents without their knowledge (42.9%). Prescription drugs (not prescribed to the survey taker) were the second most accessible substance, with 17.0% of students reporting they would be very easy or sort of easy to access. Across substance types, gender non-conforming, non-binary, or transgender and female students reported having greater ease of access than male students.

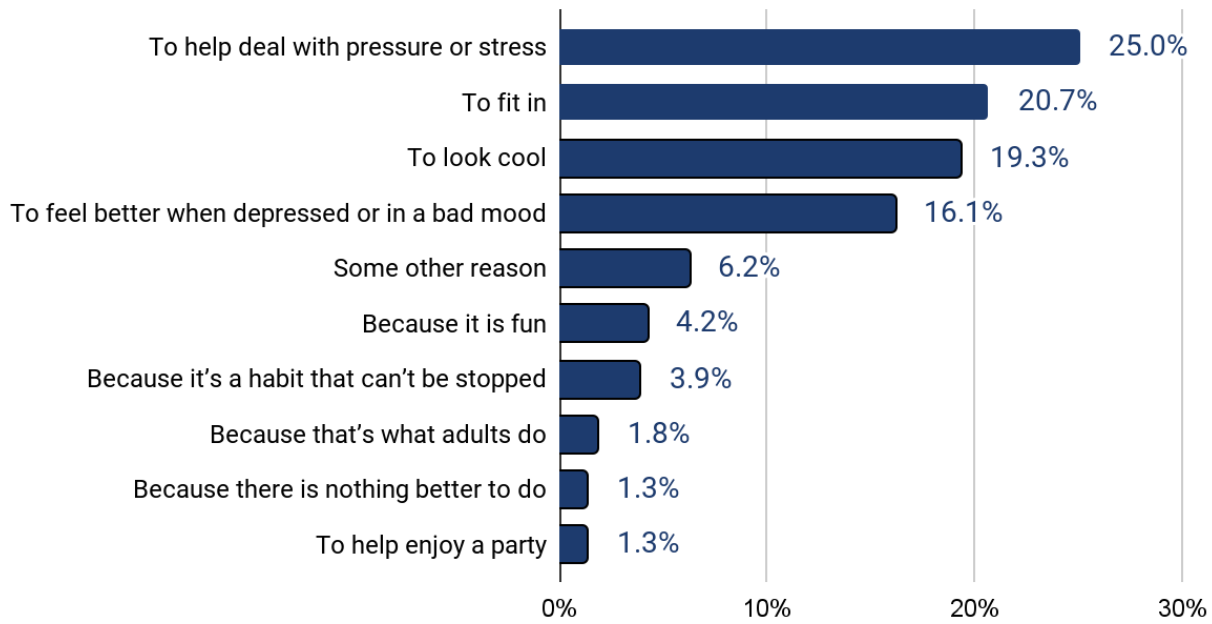
**Table 5: Ease of Access to Substances (n=605)**

	Total	7th Grade	8th Grade	Female	Male	Gender Non-Conforming /Non-Binary/ Transgender
	n (%)	n (%)	n (%)	n (%)	n (%)	n (%)
Very easy or sort of easy to access <b>beer, wine or hard liquor</b>	167 (27.6%)	81 (26.2%)	84 (28.6%)	77 (27.6%)	72 (25.7%)	14 (43.8%)
Very easy or sort of easy to access <b>prescription drugs not prescribed to you</b>	102 (17.0%)	56 (18.2%)	45 (15.4%)	47 (16.9%)	42 (15.2%)	9 (28.1%)
Very easy or sort of easy to access <b>electronic vapor products</b>	98 (16.3%)	43 (14.1%)	54 (18.4%)	45 (16.1%)	38 (13.7%)	13 (41.9%)
Very easy or sort of easy to access <b>marijuana</b>	58 (9.6%)	28 (9.1%)	29 (9.9%)	27 (9.7%)	21 (7.6%)	9 (28.1%)
Very easy or sort of easy to access <b>tobacco</b>	56 (9.3%)	31 (10.1%)	24 (8.2%)	29 (10.4%)	21 (7.6%)	6 (18.8%)

### Attitudes Around Substance Use

When asked if their best friend offered them a cigarette, alcoholic drink or other illegal drug and they did not want it, how hard would it be for them to say “No”, only 5.8% of students reported that it would be very hard or sort of hard. Of 7th graders, 6.5% reported it would be very hard or sort of hard, compared with 5.1% of 8th graders. Slight differences also existed between genders with 12.5% of students who identified as gender non-conforming, non-binary, or transgender reporting it would be very hard or sort of hard, followed by 6.5% of females and 4.3% of males. The TAP collected students’ perceptions of why youth use alcohol and other substances. One-quarter (25.0%) of students felt it was to help deal with pressure or stress, followed by approximately one-fifth of students who reported it was to fit in (20.7%) or look cool (19.3%). Graph 2 includes data on all of the reasons for youth substance use.

**Graph 2: Main Reasons for Youth Alcohol and Other Drug Use (n=605)**

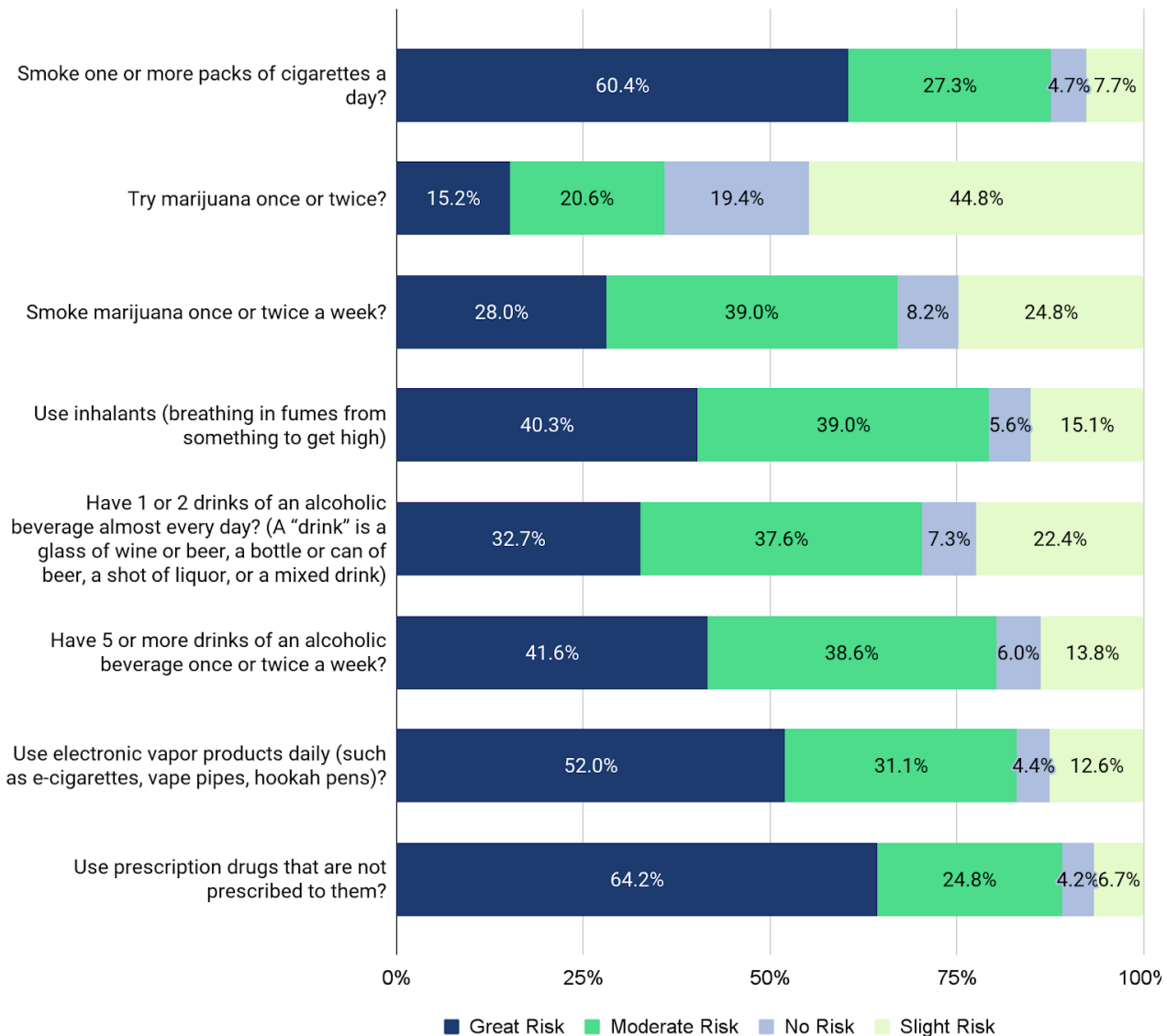


## Perception of Risk of Harm

Students were asked a series of questions to ascertain their perception of risk of harm related to various substances. The following graphs display students' reported perceived risk of harm of substance use (Graph 3) and demonstrate relationships between perception of risk and risk behavior (Graphs 4-6).

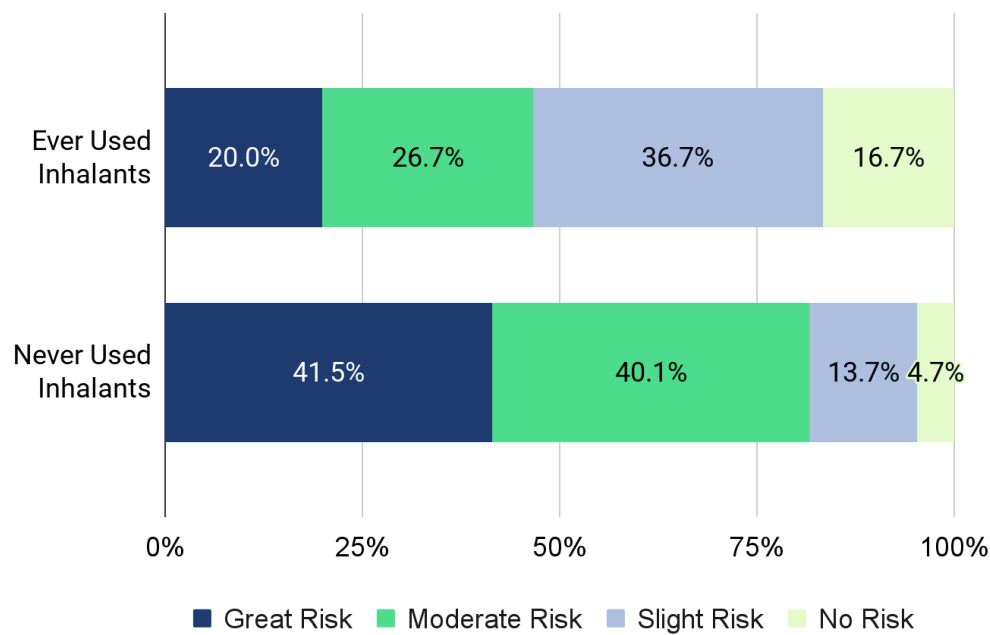
When asked to evaluate the risk of harm according to type of substance, students reported the highest rates of great or moderate risk use for prescription drugs not prescribed to them (89.0%), smoking one or more packs of cigarettes a day (87.7%), and use of electronic vapor products daily (83.1%).

**Graph 3: Risk of Harm by Substance (n=605)**

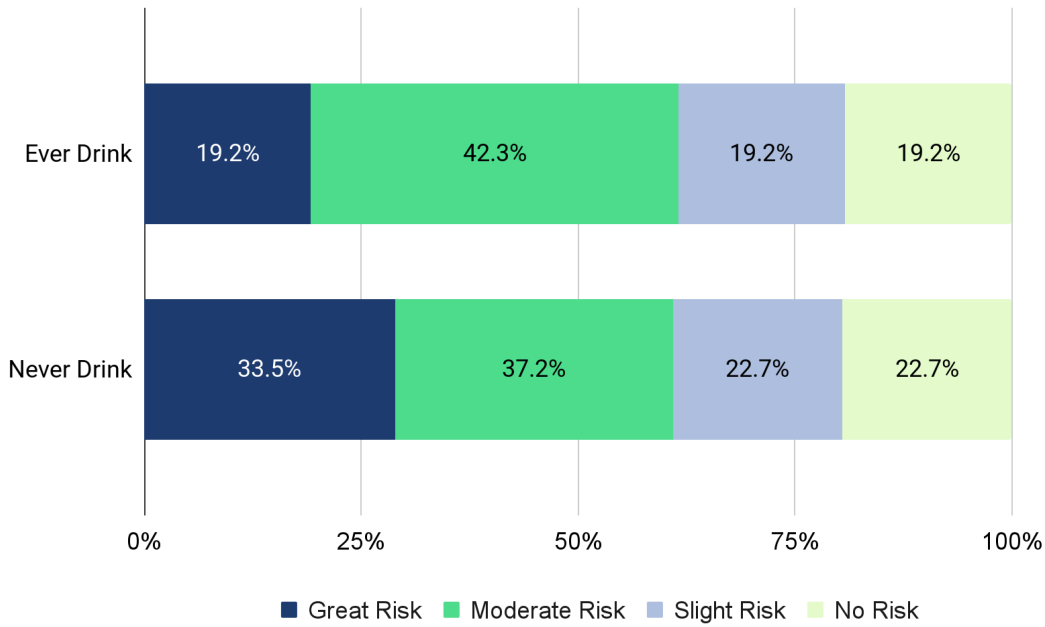


Overall, students who used substances were less likely to perceive their use as harmful. Students who have ever used inhalants were less likely to perceive inhalants as having great or moderate risk of harm (46.7%), compared to those who have never used inhalants (81.6%). Students who have ever drunk alcohol were less likely to perceive alcohol as having great or moderate risk of harm (61.5%), compared to those who have never drunk alcohol (70.7%). Students who have ever binge drank alcohol were less likely to perceive binge drinking as having moderate or great risk of harm (76.9%), compared to students who have never binge drank (80.4%).

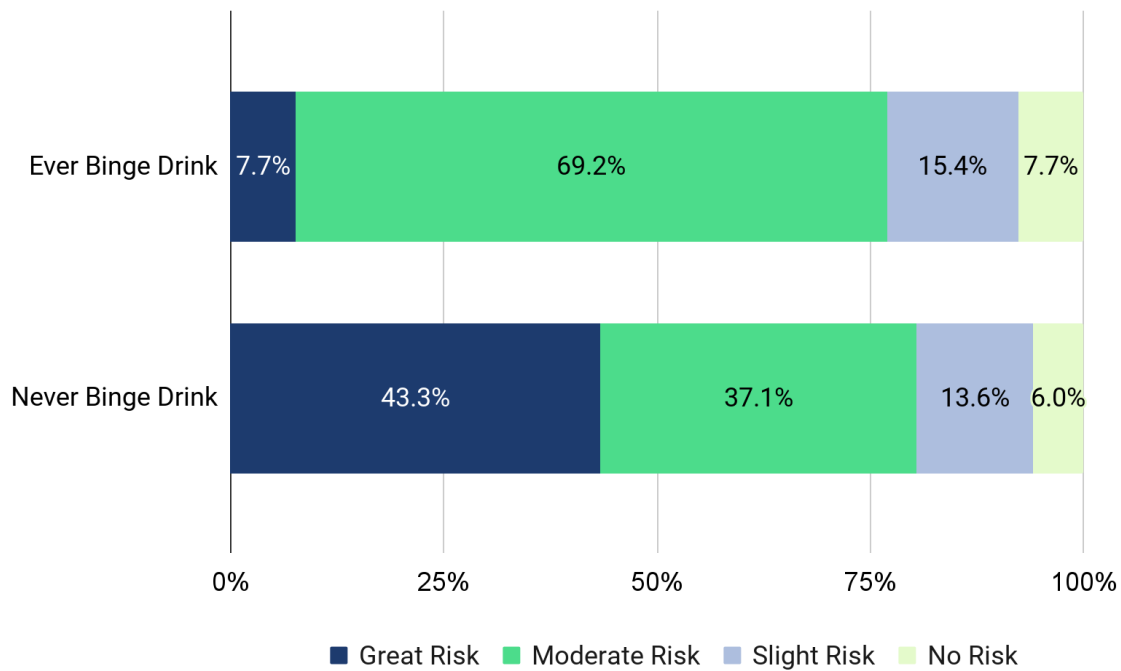
**Graph 4: Perception of Risk by Lifetime Use: Inhalants (breathing in fumes from something to get high) (n=584)**



**Graph 5: Perception of Risk by Lifetime Use: One or Two drinks of an Alcoholic Beverage Almost Every Day (n=591)**



**Graph 6: Perception of Risk by Lifetime Use: Binge Drinking (5 or more drinks of of an alcoholic beverage once or twice a week) (n=594)**



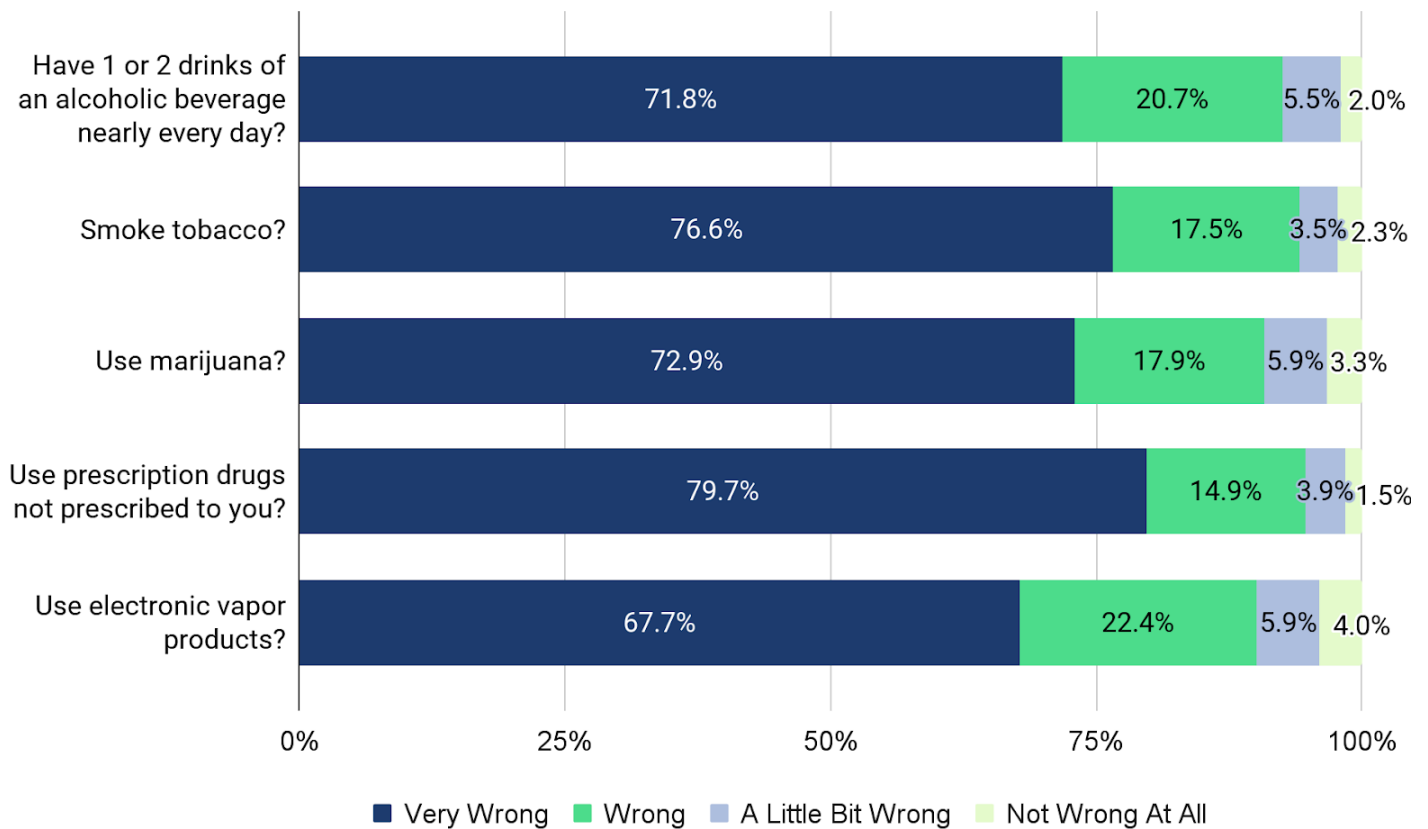


## Perception of Peer and Parental Approval or Disapproval of Use

The following graphs show the students' reported perception of their friends' and parents' views on substance use.

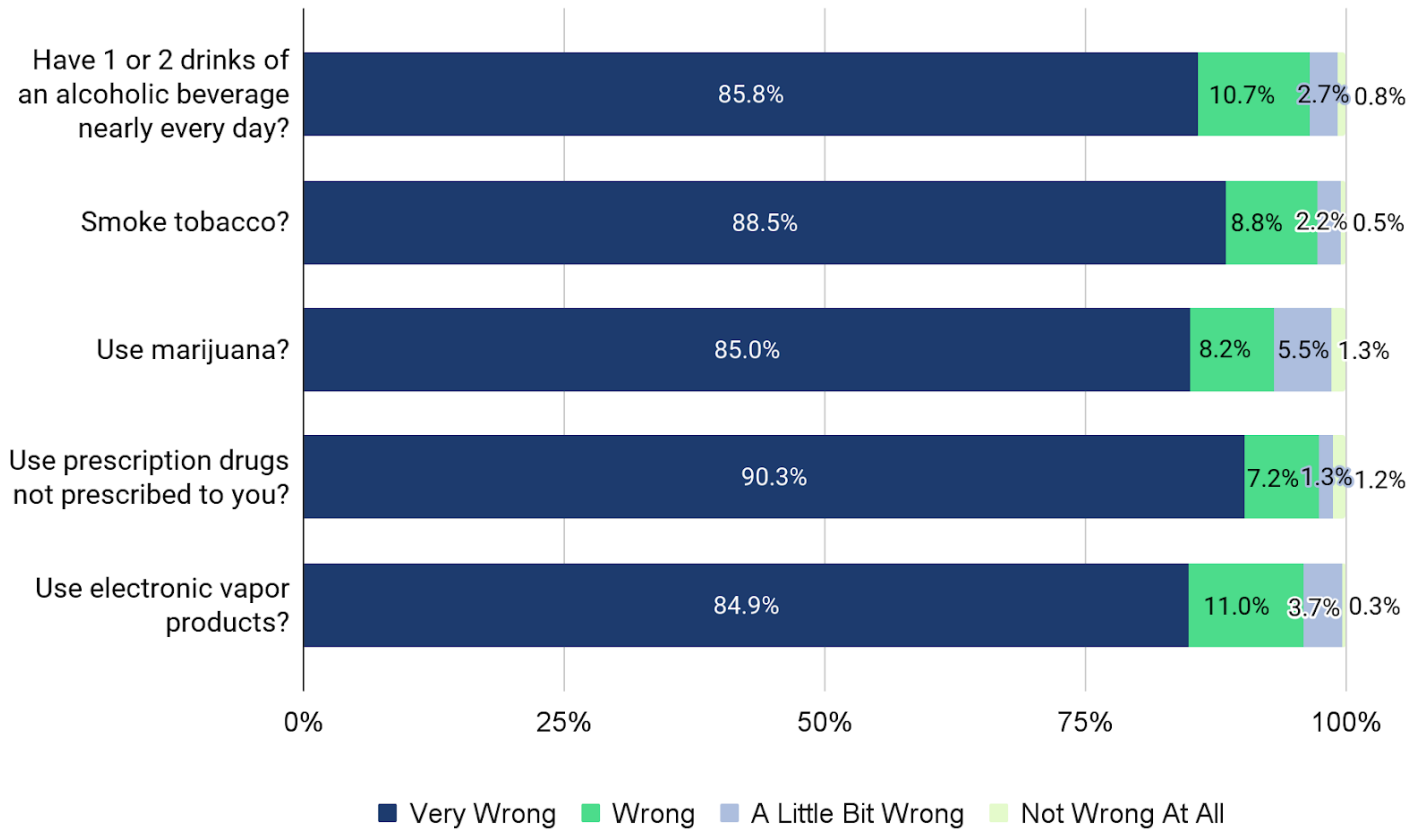
Students reported that they perceived that their peers felt it was wrong or very wrong to use substances, especially using prescription drugs (94.6%) or smoking tobacco (94.1%). See Graph 7 below for additional data.

**Graph 7: Peer Perception of Substance Use (n=605)**



Similarly, students reported that they perceived that their parents felt it was wrong or very wrong to use substances, especially using prescription drugs (97.5%) or smoking tobacco (97.3%). See Graph 8 below for additional data.

**Graph 8: Parental Perception of Substance Use (n=605)**



## Mental Health Status and Supports

Overall, about one-third (35.2%) of students reported that they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities the past 12 months and 17.6% of students harmed themselves in a way that was deliberate in the past 12 months. Over half (65.6%) of gender non-conforming, non-binary, or transgender students reported that they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities the past 12 months, and 44.4% harmed themselves in a way that was deliberate in the past 12 months.

Of the students who reported that they had harmed themselves in a deliberate way in the past year, the most frequently reported method of self-harm was deliberately cutting, scratching, hitting, or burning themselves (72.0%). Reported methods of self-harm were consistent across grade and gender.

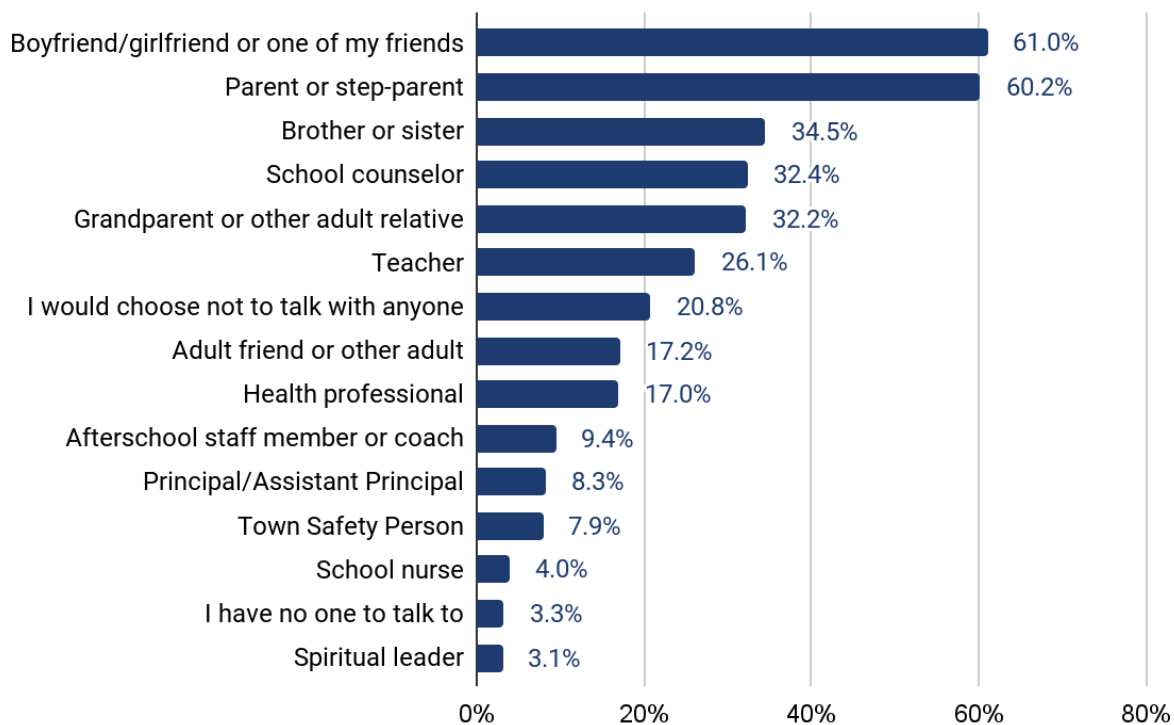
**Table 6: Depression and Self-Harm (n=605)**

	Total	7th Grade	8th Grade	Female	Male	Gender Non-Conforming /Non-Binary/ Transgender
	n (%)	n (%)	n (%)	n (%)	n (%)	n (%)
Felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities the past 12 months	209 (35.2%)	111 (36.5%)	98 (34.0%)	113 (41.2%)	70 (25.5%)	21 (65.6%)
Harmed themselves in a way that was deliberate in the past 12 months	100 (17.6%)	49 (16.9%)	51 (18.4%)	66 (25.6%)	20 (7.4%)	12 (44.4%)

### Mental Health Supports

When asked who they would go to for help if they had a personal problem and needed to talk to someone, students were most likely to talk to their boyfriend, girlfriend, or one of their friends (61.0%), followed by a parent or step-parent (60.2%), and a brother or sister (34.5%). About one-fifth of students (20.8%) reported that they would choose not to talk with anyone and 3.3% reported that they have no one to talk to.

**Graph 9: Who Students Go to For Help when They Have a Personal Problem (n=605)**



*Graph 9 Note: This survey item allowed students to select multiple response options.*

Students were asked if they see a counselor to help them with their problems. Overall, about one-fifth (26.9%) of students reported that they see a counselor at school or outside of school to help them with their problems. Students in 7th grade were more likely than 8th grade students to see a counselor (30.7% vs. 22.9%). Half (50.0%) of gender non-conforming, non-binary, or transgender students see a counselor.

**Table 7: See a Counselor for Help (n=605)**

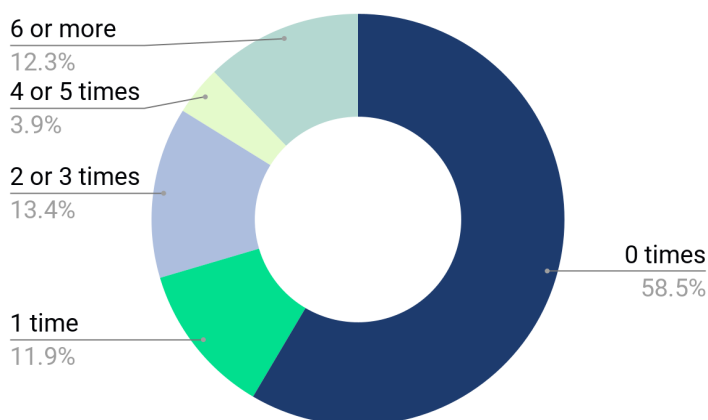
	Total	7th Grade	8th Grade	Female	Male	Gender Non-Conforming /Non-Binary/ Transgender
	n (%)	n (%)	n (%)	n (%)	n (%)	n (%)
See a counselor to help them with their problems	159 (26.9%)	93 (30.7%)	66 (22.9%)	81 (29.5%)	58 (21.3%)	16 (50.0%)

## Adverse Experiences

Students were asked to report on instances of adverse experiences, such as witnessing violence or experiencing it firsthand. The vast majority reported that they had never (80.4%) or rarely (9.9%) seen or heard adults in their home slap, hit, kick, punch, or hurt each other. One-half (49.5%) of students reported that they had seen or heard about a friend trying to deliberately harm themselves (such as by cutting, hitting, or drugging themselves). Most students (75.5%) reported they had observed this self-harm behavior during the past year. Students in 8th grade were slightly more likely than 7th graders (52.4% and 46.7%, respectively) to report having observed or having heard of friends engaging in self-harm behaviors, and those who identified as female or non-conforming, non-binary, or transgender reported higher rates (63.0% and 71.9%, respectively) than male students (33.1%).

Seventeen percent (16.7%) of students reported that a parent or other adult in their home had ever hit, beat, kicked, or physically hurt them in any way. When asked if anyone (including students, teachers, or anyone else) had touched, grabbed, or pinched them in a sexual way when they did not want them to in the past 12 months, eighteen percent (17.6%) reported one or more experiences. Respondents who identified as female or non-conforming, non-binary, or transgender reported higher rates (19.4% and 28.0%, respectively) than male students (12.0%). Forty-two percent (41.5%) reported that in the past 12 months they had been the target of bullying (whether in person or through online messages), including twelve percent (12.3%) who reported experiencing six or more instances of bullying. Seventh graders reported having experienced bullying at a higher rate (46.6%) than 8th graders (36.1%). Female and non-conforming, non-binary, or transgender students (48.2% and 62.5%, respectively) reported having been bullied more often than male students (32.4%).

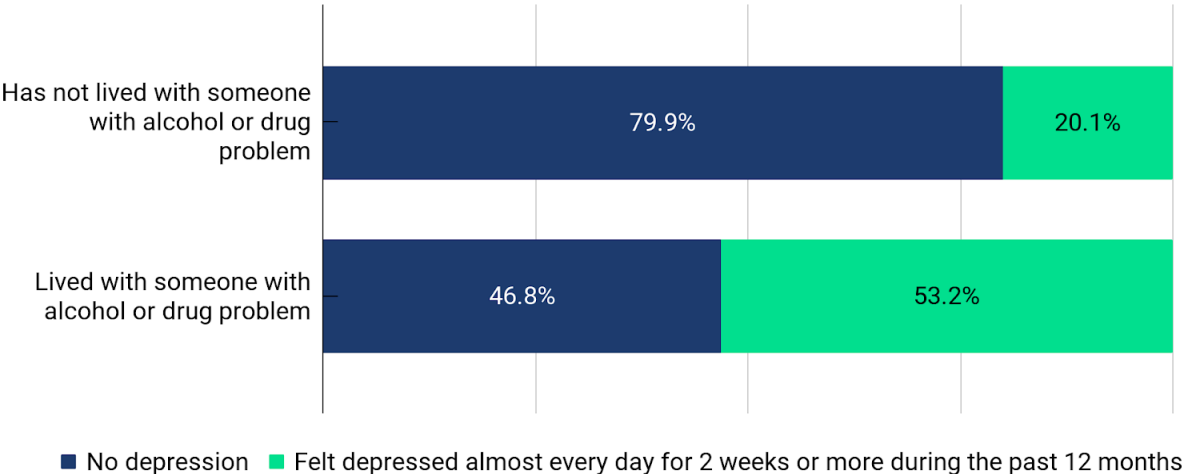
**Graph 10: Number of Experiences with Bullying in the Past 12 Months (n=605)**



When students were asked if they had ever lived with someone who had a problem with alcohol or drugs, approximately one-third (34.1%) responded in the affirmative. Of these students, thirty-four percent (34.2%) reported that they had ever seen or heard adults in their home slap, hit, kick, punch, or hurt each other. Of the students who had never lived with someone who had a problem with alcohol or drugs, only eight percent (8.0%) had ever seen or heard adults in their home slap, hit, kick, punch, or hurt each other. Similarly, students who reported that they had ever lived with someone who had a problem with alcohol or drugs reported also having ever experienced a parent or other adult in their home hit, beat, kick, or physically hurt them in any way at a higher rate than students who had never lived with someone who had a problem with alcohol or drugs (23.1% and 9.9%, respectively).

There was also a measurable difference in the rate of depression reported by students who had ever lived with someone who had a problem with alcohol or drugs compared with students who had not. Fifty-three percent (53.2%) of students who had ever lived with someone who had a problem with alcohol or drugs reported that in the past 12 months they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities (like school, hobbies, sports, going out with friends). Comparatively, only twenty percent (20.1%) of students who had never lived with someone who had a problem with alcohol or drugs reported experiencing depression.

**Graph 11: Depression and Living with Someone with an Alcohol or Drug Problem (n=590)**



Students who had ever lived with someone who had a problem with alcohol or drugs reported higher rates of lifetime substance use. Of these students, thirteen percent (13.0%) had used inhalants, nine percent (8.4%) had engaged in binge drinking, and six percent (5.9%) had used over-the-counter drugs (e.g., cough medicine, allergy medicine, or pain relievers) to get high. Students who had never lived with someone who had a problem with

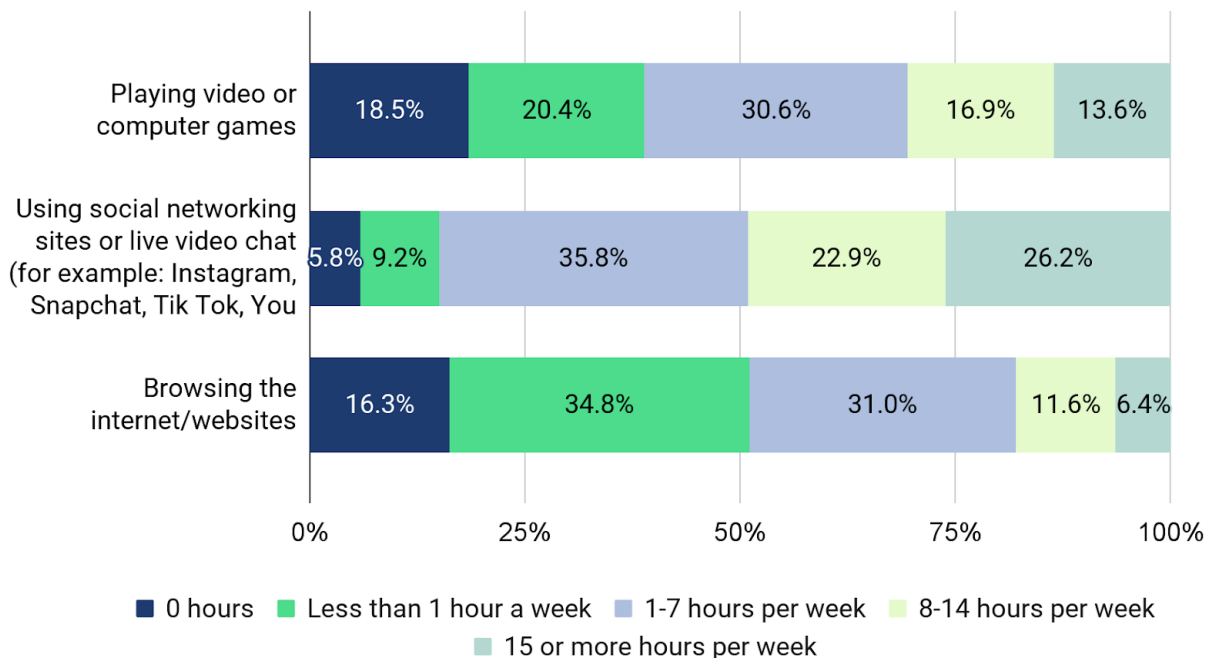
alcohol or drugs reported lifetime rates of use between one to two percent (1.1%-2.3%) across these substances.

## Use of the Internet and Social Media

Students were asked several questions related to how they use the internet, in particular social media. Twenty-nine percent (29.1%) of students knew someone who had been really hurt by cyberbullying, and 77.7% indicated that they would report a cyberbullying incident if they could do it anonymously.

In Graph 12, students were asked to estimate their average weekly hours spent on certain internet-based activities. The majority of students spent at least one hour a week using social media and browsing the internet, with just over a quarter of students (26.2%) indicating that they spent 15 hours or more per week on social media. Video/computer games were slightly less popular, with only 30.5% of students spending eight or more hours per week on this activity.

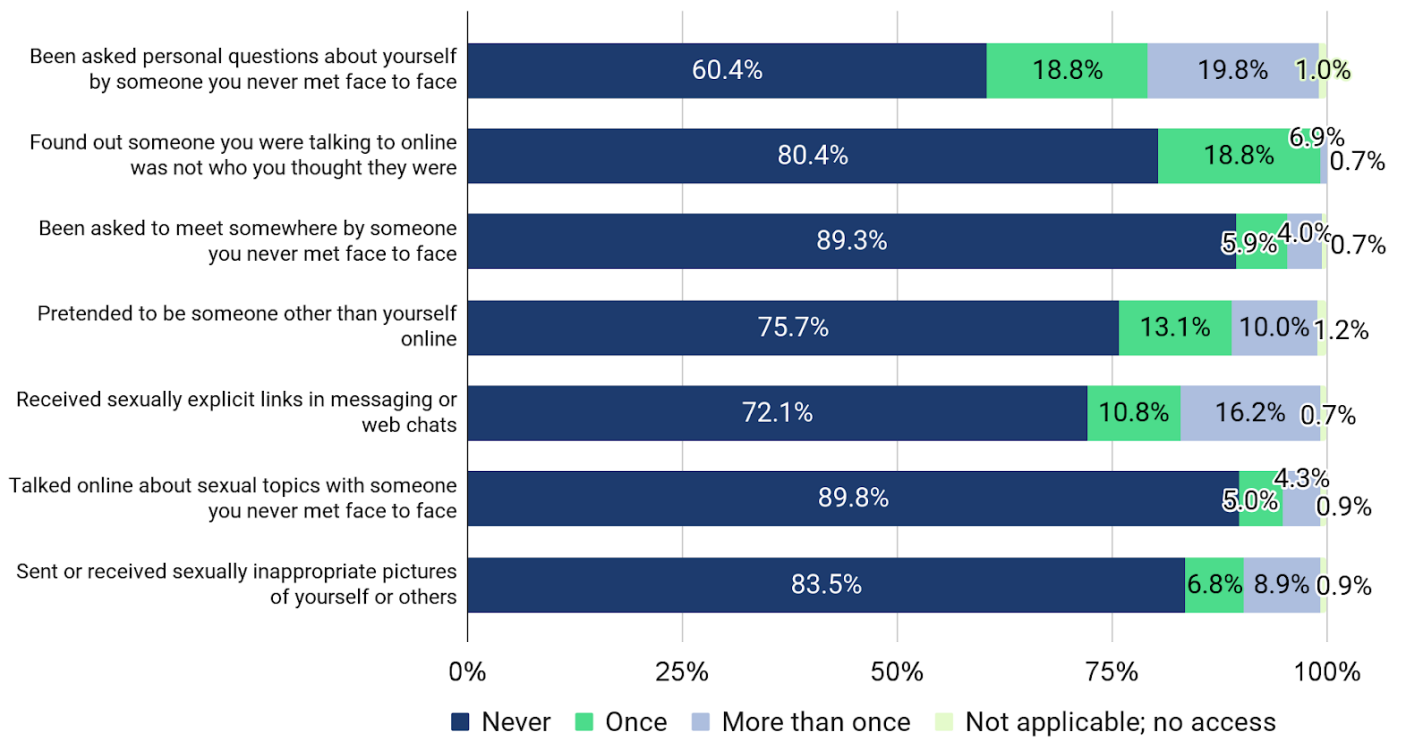
**Graph 12: Students' Use of Time (n=605)**



Students were asked several questions about their experiences related to internet safety. Graph 13 shows their responses to how many times in their lives they had had certain experiences on the internet. The most common experience of inappropriate internet use students had experienced was being asked personal questions by someone they had never met face to face. Nineteen percent (18.8%) of students had experienced this once and 19.8% had experienced it more than once. Students surveyed had slightly less experience with being asked to meet somewhere (89.3% had never experienced this) or talking online about sexual topics by someone they had never met in person (89.8% had never experienced this).

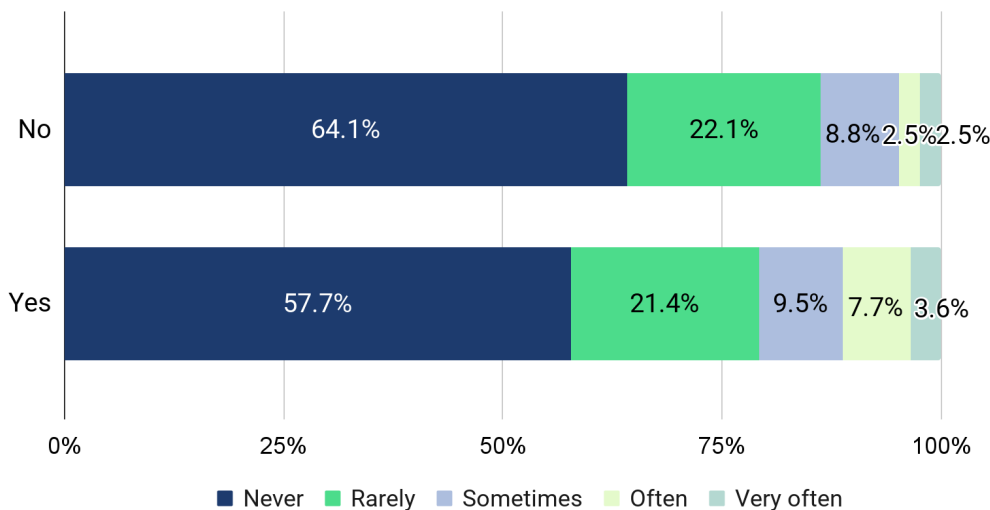


**Graph 13: Internet Safety: How many times have you ever...(n=605)**



Graph 14 shows how responses related to frequency of inappropriate internet use differ based on whether or not the respondent knew someone who had been really hurt by cyberbullying. Overall, students who knew someone who had been really hurt by cyberbullying were more likely than those who did not to use the internet/electronic communication inappropriately. (Pearson Chi-Square  $p$ -value = 0.046)

**Graph 14: Frequency of inappropriate internet or other means of electronic communication use. Responses are shown based on whether or not the respondents knew someone who had been really hurt by cyberbullying (n=575)**



## Connectedness

Students were asked a series of questions to ascertain their feelings of connectedness to their school and community. The following tables highlight specific questions within each topic area.

### School Connectedness

Overall, 76.5% of students reported that they agreed or strongly agreed that they feel safe at school, 65.1% agreed or strongly agreed that they feel valued in their community, 95.5% agreed or strongly agreed that their school offers many opportunities for students to get involved, 85.4% agreed or strongly agreed that there are many chances for students to talk with a teacher or other staff member one-on-one, and 75.7% agreed or strongly agreed that there is an adult in school who they could talk to about a problem. Students in 8th grade were slightly more likely to respond positively to school connectedness questions compared to 7th graders, specifically when asked about having an adult at school to talk to about a problem (78.2% vs. 73.4%). Gender non-conforming, non-binary, or transgender students were less likely than female and male students to respond positively to these measures, except for the question on availability of opportunities for involvement in which they were most likely to respond positively (96.9%).

**Table 8: School Connectedness (n=605)**

	Total	7th Grade	8th Grade	Female	Male	Gender Non-Conforming /Non-Binary/ Transgender
	n (%)	n (%)	n (%)	n (%)	n (%)	n (%)
Agree or strongly agree that they feel safe at school	457 (76.5%)	225 (74.5%)	230 (78.5%)	198 (72.3%)	229 (82.4%)	22 (68.8%)
Agree or strongly agree that they feel valued in the school community	394 (65.1%)	197 (65.9%)	195 (67.2%)	165 (61.1%)	208 (75.1%)	16 (50.0%)
Agree or strongly agree that their school offers many opportunities for students to get involved in sports, clubs, and other school activities outside of class	574 (95.5%)	292 (95.1%)	280 (95.9%)	266 (96.0%)	266 (95.3%)	31 (96.9%)

Agree or strongly agree that there are many chances for students in their school to talk with a teacher or staff member one-on-one	514 (85.4%)	261 (85.0%)	251 (85.7%)	223 (80.2%)	256 (91.8%)	25 (78.1%)
Agree or strongly agree that there is an adult at school who they would talk to if they have a problem	455 (75.7%)	224 (73.4%)	230 (78.2%)	218 (78.4%)	211 (75.9%)	20 (62.5%)

### Community Connectedness

Overall, 89.3% of students agreed or strongly agreed that their community is a safe place to live, 70.9% agreed or strongly agreed that they had neighbors to count on if they had a problem, 81.3% agreed or strongly agreed that it is important to them to contribute to their community and society, and 57.4% agreed or strongly agreed that there are a lot of fun things to do for kids their age in their community. Students in 7th grade were more likely than 8th graders to agree or strongly agree with all measures. Male students were similarly more likely than female and gender non-conforming, non-binary, or transgender students to agree or strongly agree with all measures. Notably, only 50.0% of gender non-conforming, non-binary, or transgender students agreed or strongly agreed that they have a neighbor they can count on to help them if they had a problem and only 40.6% agreed or strongly agreed that there are a lot of fun things for kids their age to do in their community.

**Table 10: Community Connectedness (n=605)**

	Total	7th Grade	8th Grade	Female	Male	Gender Non-Conforming /Non-Binary/ Transgender
	n (%)	n (%)	n (%)	n (%)	n (%)	n (%)
Agree or strongly agree that their community is a good place to live	536 (89.3%)	276 (90.2%)	258 (88.4%)	244 (88.7%)	253 (90.4%)	28 (87.5%)
Agree or strongly agree that if they had a problem, there are neighbors who they could count on to help them	427 (70.9%)	221 (72.0%)	204 (69.6%)	199 (71.8%)	204 (73.1%)	16 (50.0%)

Agree or strongly agree that it is important to them to contribute to their community and society	478 (81.3%)	244 (82.2%)	232 (80.3%)	219 (81.7%)	231 (83.7%)	22 (68.8%)
Agree or strongly agree that In their community there are a lot of fun things for kids their age to do	343 (57.4%)	183 (60.0%)	160 (55.0%)	144 (52.6%)	180 (64.5%)	13 (40.6%)

## Parental Monitoring

Parental monitoring refers to parents' supervision and awareness of their child's activities. The following tables highlight specific questions related to this topic.

Overall, 84.1% of students agreed or strongly agreed that their parents are interested in what they are learning and doing at school, 88.3% reported that their parents know where they are when they go out at night a lot of the time or always, 76.7% reported that their parents know who their friends are a lot of the time or always, and 87.9% reported that their parents usually know what they are doing after school a lot of the time or always. Percentages were similar across grades. Gender non-conforming, non-binary, or transgender students were least likely to agree or strongly agree that their parents are interested in what they are learning or doing in school (65.6%), know who their friend are a lot of the time or always (71.9%), and usually know what they are doing after school a lot of the time or always (78.1%). Female students were most likely to report that their parents know where they are when they go out at night a lot of the time or always (89.7%), and that their parents usually know what they are doing after school a lot of the time or always (90.9%).

**Table 9: Parental Monitoring (n=605)**

	Total	7th Grade	8th Grade	Female	Male	Gender Non-Conforming /Non-Binary/ Transgender
	n (%)	n (%)	n (%)	n (%)	n (%)	n (%)
Agree or strongly agree that their parent(s) are interested in what they learn and how they are doing in school	508 (84.1%)	257 (83.4%)	249 (84.7%)	228 (81.7%)	248 (88.6%)	21 (65.6%)
When they go out at night, their parent(s) know where they are a lot of the time or always	521 (88.3%)	268 (89.0%)	252 (87.8%)	244 (89.7%)	239 (87.5%)	28 (87.5%)
Their parent(s) know who their friends are a lot of the time or always	460 (76.7%)	239 (77.9%)	219 (75.3%)	224 (80.9%)	204 (73.4%)	23 (71.9%)
Their parent(s) usually know what they are doing after school	524 (87.9%)	267 (88.1%)	255 (87.6%)	249 (90.9%)	241 (87.0%)	25 (78.1%)

## Activities

The TAP included several survey items to assess how students use their time, including the average number of sleep they get per night and the number of hours per week they spend engaged in extracurricular activities.

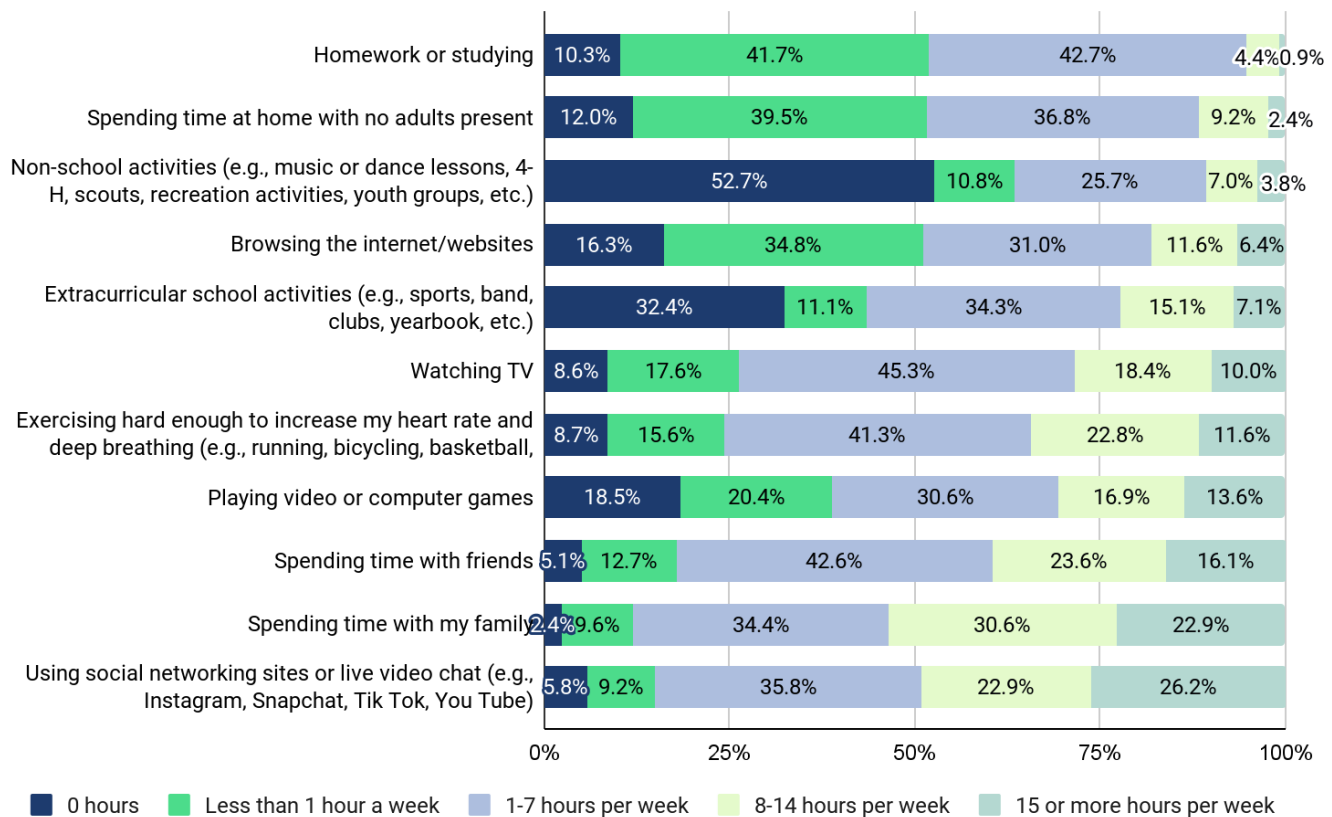
### Sleep

When asked about sleep, a little over half (53.8%) of students reported that they usually sleep for 7-8 hours per night, followed by 21.8% of students who reported getting 5-6 hours of sleep. Nine percent (9.0%) of students reported that they sleep less than five hours per night on average. Male students reported sleeping more hours per night than female and gender non-conforming, non-binary, or transgender students.

### Extracurricular Activities

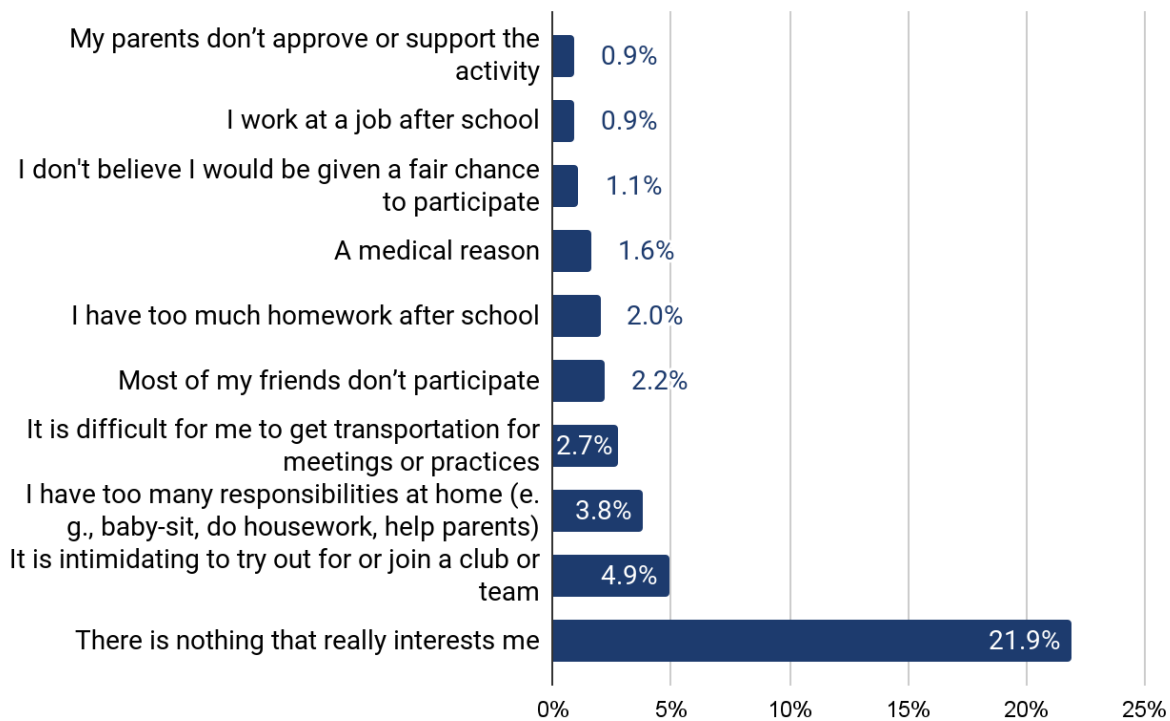
Of the activities captured on the TAP, students reported that they spend the most hours per week (15 hours or more) using social networking sites or live video chat, followed by spending time with their family or friends. See Graph 15 below for additional data on all activities.

**Graph 15: Time Spent Per Week on Activities (n=605)**



Students who indicated that they do not often participate in extracurricular activities (about 42.0% of all students) were asked what their main reason was for not participating. Approximately one-fifth (21.9%) indicated that ‘there is nothing that really interests me’. This was followed by smaller percentages of students responding that they found it intimidating to try out for a club or a team (4.9%) or have too many responsibilities at home (e.g., baby-sit, do housework, help parents) (3.8%). See Graph 16 below for additional data.

**Graph 16: Reasons for Lack of Participation in Extracurricular Activities (n=605)**



## Conclusion

The TAP Youth Survey allows individual schools and the region, overall, to better understand and respond to the health risks facing youth in their communities, as well as to promote information sharing and coordination across schools, health officials, and other community-based service providers. The schools and communities are encouraged to use the information provided in this report to better inform ongoing education and prevention efforts and to support the overall healthy development of youth. Key findings of the report include:

- Low rates of current and lifetime substance use across all students, with increased use from 7th to 8th grade.
- High rates of perceived risk of harm of substance use.
- High rates of perceived peer and parental disapproval of substance use.
- Students are most likely to use substances in reaction to stress or depression or because they want to fit in or look cool.
- High rates of reported depression and engagement in self-harm, specifically among gender non-conforming, non-binary, or transgender students. Similarly, there were high rates of reported witnessing or hearing of the engagement of self-harm by a friend.
  - *Note that the overall rate of reported depression is higher than the rate of students who reported that they see a counselor for assistance.*
- Students who reported ever having lived with someone who had a problem with alcohol or drugs reported higher rates of depression, lifetime substance use, and witnessing violence or experiencing it firsthand.
- High rates of bullying (including cyberbullying) across all students, with decreased rates of bullying from 7th to 8th grade.
- High rates of internet use, specifically social media use. Students spend more hours per week on social networking sites than any other reported activity.
- High rates of school connectedness, specifically around opportunities for involvement in activities.
- Similarly high rates of community connectedness, specifically a large portion of students report feeling that their community is a good place to live.
- High rates of parental supervision and awareness of their child's activities.
- For students who are not engaged in extracurricular activities, the most frequently reported reason was lack of available activities of interest.



## Recommended Resources for Schools:

While the TAP survey only assesses select risk and protective factors, learning about the broader scope of factors that contribute to adolescent health can help communities further their assessment and inform strategic planning. Below are a few recommended resources:

- The Center for Communities That Care: <https://www.communitiesthatcare.net/>
- CDC, Adolescent and School Health: <https://www.cdc.gov/healthyyouth/index.htm>
- National Institute on Drug Abuse, Preventing Drug Use among Children and Adolescents: [https://nida.nih.gov/sites/default/files/preventingdruguse\\_2.pdf](https://nida.nih.gov/sites/default/files/preventingdruguse_2.pdf)
- SAMHSA Behavioral Health Resources for Youth: <https://www.samhsa.gov/school-campus-health/behavioral-health-resources-youth>
- The Partnership @drugfreeNH: <https://drugfreenh.org/>
- Search Institute: <https://searchinstitute.org/>
- National Alliance on Mental Illness (NAMI): <https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults>
- Gay, Lesbian and Straight Education Network (GLSEN): <https://www.glsen.org/supporting-trans-and-gnc-students>

# Appendix

# 2023 Teen Assessment Project (TAP) Survey with Frequency and Percentage Responses by Grade

## ABOUT YOURSELF:

### 1. What is your gender?

- Male
- Female
- Gender non-conforming, transgender, non-binary, or gender not listed
- Prefer not to answer

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
145	47.2%	133	45.2%
144	46.9%	135	45.9%
11	3.6%	21	7.1%
7	2.3%	*	1.7%

### 2. What is your current grade in school?

- 7<sup>th</sup> grade
- 8<sup>th</sup> grade

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
309	100.0%	0	0.0%
0	0.0%	294	100.0%

## STUDENT WORRIES:

### 3. How much do you worry about the following issues:

#### *Getting good grades*

- Not at All
- A little
- Some
- Much
- Very Much

#### *Getting along with my parent(s) at home*

- Not at All
- A little
- Some
- Much
- Very Much

#### *Not fitting in with the other kids at school*

- Not at All
- A little
- Some
- Much
- Very Much

#### *How I look*

- Not at All
- A little
- Some
- Much
- Very Much

#### *Having enough food to eat*

- Not at All
- A little
- Some
- Much
- Very Much

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
31	10.1%	24	8.2%
53	17.2%	44	15.0%
69	22.4%	77	26.2%
81	26.3%	86	29.3%
74	24.0%	63	21.4%
89	28.8%	82	28.4%
51	16.5%	52	18.0%
48	15.5%	52	18.0%
57	18.4%	56	19.4%
64	20.7%	47	16.3%
103	33.9%	92	31.6%
68	22.4%	68	23.4%
54	17.8%	59	20.3%
34	11.2%	47	16.2%
45	14.8%	25	8.6%
60	19.9%	39	13.4%
69	22.8%	65	22.3%
45	14.9%	65	22.3%
63	20.9%	60	20.5%
65	21.5%	63	21.6%
185	60.3%	184	62.6%
24	7.8%	35	11.9%
34	11.1%	24	8.2%
24	7.8%	15	5.1%
40	13.0%	36	12.2%

*Note: To protect privacy, any data point with 5 or fewer respondents will be represented as \* and only the percent will be displayed.*

*Where I will be sleeping each night*

- Not at All
- A little
- Some
- Much
- Very Much

*Being pressured to drink alcohol or use drugs*

- Not at All
- A little
- Some
- Much
- Very Much

*Being pressured to have any type of sexual contact*

- Not at All
- A little
- Some
- Much
- Very Much

223	72.4%	224	77.5%
17	5.5%	13	4.5%
22	7.1%	8	2.8%
12	3.9%	13	4.5%
34	11.0%	31	10.7%
255	83.3%	244	83.0%
27	8.8%	26	8.8%
*	1.3%	11	3.7%
11	3.6%	*	1.4%
9	2.9%	9	3.1%
256	83.1%	236	80.5%
20	6.5%	25	8.5%
12	3.9%	13	4.4%
*	1.6%	*	1.7%
15	4.9%	14	4.8%

**ALCOHOL AND OTHER DRUG USE:**

**4. How easy would it be for you to get each of the following?**

*Beer, wine or hard liquor*

- Very Easy
- Sort of Easy
- Sort of Hard
- Very Hard
- I Don't Know

*Tobacco*

- Very Easy
- Sort of Easy
- Sort of Hard
- Very Hard
- I Don't Know

*Marijuana*

- Very Easy
- Sort of Easy
- Sort of Hard
- Very Hard
- I Don't Know

*Electronic vapor products such as Juul*

- Very Easy
- Sort of Easy
- Sort of Hard
- Very Hard
- I Don't Know

*Prescription drugs not prescribed to you*

- Very Easy
- Sort of Easy
- Sort of Hard
- Very Hard
- I Don't Know

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
32	10.4%	32	10.9%
49	15.9%	52	17.7%
37	12.0%	36	12.2%
102	33.0%	82	27.9%
89	28.8%	92	31.3%
20	6.5%	12	4.1%
11	3.6%	12	4.1%
15	4.9%	21	7.2%
164	53.4%	148	50.5%
97	31.6%	100	34.1%
15	4.9%	14	4.8%
13	4.2%	15	5.1%
13	4.2%	17	5.8%
163	52.9%	140	47.8%
104	33.8%	107	36.5%
25	8.2%	20	6.8%
18	5.9%	34	11.6%
20	6.6%	20	6.8%
138	45.2%	126	43.0%
104	34.1%	93	31.7%
32	10.4%	25	8.6%
24	7.8%	20	6.8%
20	6.5%	30	10.3%
127	41.4%	113	38.7%
104	33.9%	104	35.6%

*Note: To protect privacy, any data point with 5 or fewer respondents will be represented as \* and only the percent will be displayed.*

5. If your best friend offered you a cigarette, alcoholic drink or other illegal drug and you did not want it, how hard would it be for you to say “No”?

- Very easy
- Sort of easy
- Sort of hard
- Very hard
- I don't know

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
227	73.5%	223	76.4%
48	15.5%	46	15.8%
15	4.9%	12	4.1%
*	1.6%	*	1.0%
14	4.5%	8	2.7%

6. During the past 30 days, on how many days did you smoke cigarettes?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 29 days
- All 30 days

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
305	99.3%	286	97.9%
*	0.3%	*	0.3%
0	0.0%	*	0.7%
*	0.3%	*	0.3%
0	0.0%	*	0.3%
0	0.0%	*	0.3%

7. During the past 30 days, on how many days did you use an electronic vapor product?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 29 days
- All 30 days

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
292	96.1%	280	95.9%
6	2.0%	*	1.7%
*	1.0%	*	0.7%
*	0.3%	*	0.3%
0	0.0%	*	0.7%
*	0.7%	*	0.7%

8. Have you ever used inhalants (*breathing fumes from something to get high*)?

- Don't use and never have
- Have used but don't anymore
- Once or twice a year
- 1 to 3 times a month
- 1 to 6 times a week
- Daily

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
290	95.1%	275	94.2%
8	2.6%	9	3.1%
*	1.0%	*	0.7%
*	0.7%	*	1.0%
*	0.3%	*	0.7%
*	0.3%	*	0.3%

9. During the past 30 days, on how many days did you have at least one drink of alcohol?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 29 days
- All 30 days

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
294	96.1%	275	94.2%
9	2.9%	12	4.1%
*	1.0%	*	1.0%
0	0.0%	0	0.0%
0	0.0%	*	0.07%
0	0.0%	0	0.0%

Note: To protect privacy, any data point with 5 or fewer respondents will be represented as \* and only the percent will be displayed.

10. During the past 30 days, on how many days did you have 5 or more alcoholic drinks in a row (that is, within a few hours)?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 29 days
- All 30 days

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
306	99.7%	289	99.0%
*	0.3%	*	0.7%
0	0.0%	*	0.3%
0	0.0%	0	0.0%
0	0.0%	0	0.0%
0	0.0%	0	0.0%

11. During the past 30 days, on how many days did you use marijuana?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 29 days
- All 30 days

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
299	97.7%	278	95.5%
*	1.0%	6	2.1%
*	0.7%	*	0.3%
*	0.7%	*	0.7%
0	0.0%	*	1.0%
0	0.0%	*	0.3%

12. Have you ever taken an over-the-counter drug (such as cough medicine, allergy medicine, or pain relievers) to get high?

- Don't and never have
- Have used but don't anymore
- Once or twice a year
- 1 to 3 times a month
- 1 to 6 times a week
- Daily

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
295	96.4%	278	94.9%
*	1.3%	7	2.4%
*	1.0%	*	0.7%
*	1.3%	*	0.3%
0	0.0%	*	1.4%
0	0.0%	*	0.3%

13. During the past 30 days, on how many days did you take a prescription drug that was not prescribed to you?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 29 days
- All 30 days

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
299	97.4%	287	99.0%
7	2.3%	*	1.0%
*	0.3%	0	0.0%
0	0.0%	0	0.0%
0	0.0%	0	0.0%
0	0.0%	0	0.0%

14. In your opinion, what is the one main reason that youth who use alcohol or other drugs do so?

- Because it is fun
- To fit in

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
10	3.3%	15	5.2%
67	22.1%	55	19.0%

Note: To protect privacy, any data point with 5 or fewer respondents will be represented as \* and only the percent will be displayed.

To help enjoy a party  
 To help deal with pressure or stress  
 To look cool  
 To feel better when depressed or in a bad mood  
 Because that's what adults do  
 Because there is nothing better to do  
 Because it's a habit that can't be stopped  
 Some other reason

*	1.7%	*	1.0%
78	25.7%	70	24.1%
63	20.8%	52	17.9%
39	12.9%	57	19.7%
*	1.7%	6	2.1%
*	1.3%	*	1.4%
12	4.0%	11	3.8%
20	6.6%	17	5.9%

**15. How much do you think people risk harming themselves (*physically or in other ways*) if they:**

*Smoke one or more packs of cigarettes a day?*

- No Risk
- Slight Risk
- Moderate Risk
- Great Risk

*Try marijuana once or twice?*

- No Risk
- Slight Risk
- Moderate Risk
- Great Risk

*Use marijuana once or twice a week?*

- No Risk
- Slight Risk
- Moderate Risk
- Great Risk

*Use inhalants (breathing in fumes from something to get high)*

- No Risk
- Slight Risk
- Moderate Risk
- Great Risk

*Have 1 or 2 drinks of an alcoholic beverage almost every day? (A "drink" is a glass of wine or beer, a bottle or can of beer, a shot of liquor, or a mixed drink)*

- No Risk
- Slight Risk
- Moderate Risk
- Great Risk

*Have 5 or more drinks of an alcoholic beverage once or twice a week?*

- No Risk
- Slight Risk
- Moderate Risk
- Great Risk

*Use electronic vapor products daily (such as e-cigarettes, vape pipes, hookah pens)?*

- No Risk
- Slight Risk
- Moderate Risk
- Great Risk

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
17	5.6%	11	3.8%
25	8.2%	21	7.2%
91	29.7%	72	24.8%
173	56.5%	186	64.1%
52	17.2%	63	22.0%
137	45.2%	127	44.3%
61	20.1%	61	21.3%
53	17.5%	36	12.5%
27	9.0%	21	7.4%
66	21.9%	79	28.0%
114	37.9%	114	40.4%
94	31.2%	68	24.1%
23	7.6%	10	3.5%
42	13.9%	47	16.5%
109	36.0%	120	42.1%
129	42.6%	108	37.9%
28	9.2%	15	5.2%
64	21.1%	68	23.6%
111	36.6%	111	38.5%
100	33.0%	94	32.6%
26	8.5%	10	3.5%
47	15.4%	34	11.8%
97	31.7%	132	45.8%
136	44.4%	112	38.9%
19	6.3%	7	2.5%
39	12.9%	35	12.3%
78	25.7%	104	36.6%
167	55.1%	138	48.6%

Note: To protect privacy, any data point with 5 or fewer respondents will be represented as \* and only the percent will be displayed.

Use prescription drugs that are not prescribed to them?

- No Risk
- Slight Risk
- Moderate Risk
- Great Risk

17	5.6%	8	2.8%
23	7.6%	17	5.9%
62	20.4%	85	29.6%
202	66.4%	177	61.7%

**16. How wrong do your friends feel it would be for you to:**

*Have one or two drinks of an alcoholic beverage nearly every day?*

- Very Wrong
- Wrong
- A Little Bit Wrong
- Not Wrong at All

*Smoke tobacco?*

- Very Wrong
- Wrong
- A Little Bit Wrong
- Not Wrong at All

*Use marijuana?*

- Very Wrong
- Wrong
- A Little Bit Wrong
- Not Wrong at All

*Use prescription drugs not prescribed to you?*

- Very Wrong
- Wrong
- A Little Bit Wrong
- Not Wrong at All

*Use electronic vapor products such as Juul?*

- Very Wrong
- Wrong
- A Little Bit Wrong
- Not Wrong at All

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
223	73.1%	205	70.2%
58	19.0%	66	22.6%
17	5.6%	16	5.5%
7	2.3%	*	1.7%
251	82.3%	206	70.5%
34	11.1%	71	24.3%
13	4.3%	8	2.7%
7	2.3%	7	2.4%
224	80.3%	191	65.4%
35	11.5%	71	24.3%
16	5.3%	19	6.5%
9	3.0%	11	3.8%
254	83.3%	220	75.9%
35	11.5%	54	18.6%
9	3.0%	14	4.8%
7	2.3%	*	0.7%
218	71.9%	185	63.1%
54	17.8%	80	27.3%
18	5.9%	17	5.8%
13	4.3%	11	3.8%

**17. During the past 30 days, how many times did you *ride* in a motorized vehicle (*car, truck, motorcycle, snowmobile, etc.*) with a driver who had been drinking or using drugs?**

- 0 times
- 1 time
- 2-3 times
- 4-5 times
- 6 or more times

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
254	82.7%	261	89.1%
21	6.8%	18	6.1%
16	5.2%	7	2.4%
*	1.0%	0	0.0%
13	4.2%	7	2.4%

*Note: To protect privacy, any data point with 5 or fewer respondents will be represented as \* and only the percent will be displayed.*



**18. If you drink alcohol, where do you usually get the alcohol that you drink?**

- I don't drink alcohol
- I take it from my parent or from my friends' parent without them knowing
- I get it from friends my own age
- Older friends or siblings give it to me
- My parent(s) give it to me
- I buy it myself at a local store such as a convenience store or supermarket
- I ask someone of legal age to buy it for me
- Some other way

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
288	95.4%	279	95.2%
*	1.7%	7	2.4%
0	0.0%	*	0.3%
0	0.0%	*	1.0%
*	1.3%	*	0.3%
0	0.0%	0	0.0%
0	0.0%	0	0.0%
*	1.7%	*	0.7%

**19. If you drink alcohol, where do you most often drink?**

- I don't drink alcohol
- At home **without** my parent(s) permission
- At my home **with** my parent(s) permission
- At a friend's home **without** their parent(s) permission
- At a friend's home **with** their parent(s) permission
- At a party
- In a car, truck or van
- Outside in a park, field, woods, or hangout
- At a school event
- At a community event

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
292	96.4%	280	95.6%
*	1.7%	6	2.0%
*	1.0%	*	0.3%
*	0.3%	*	0.3%
0	0.0%	*	1.0%
0	0.0%	0	0.0%
0	0.0%	0	0.0%
*	0.3%	*	0.3%
*	0.3%	*	0.3%
0	0.0%	0	0.0%

**20. During the past 12 months, do you recall hearing, reading or seeing a public message about avoiding alcohol or other illegal drugs?**

- Yes, at least once
- Yes, more than once
- No
- Not sure

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
82	26.6%	86	29.3%
156	50.6%	139	47.3%
26	8.4%	20	6.8%
44	14.3%	49	16.7%

**YOUR OPINIONS ABOUT SCHOOL:**

**21. For each of the following statements, please indicate the extent to which you agree or disagree.**

- I enjoy going to school.*
- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
27	8.7%	25	8.5%
178	57.6%	159	54.3%
71	23.0%	85	29.0%
33	10.7%	24	8.2%

*Note: To protect privacy, any data point with 5 or fewer respondents will be represented as \* and only the percent will be displayed.*

*My school has clear rules and consequences for behavior.*

Strongly Agree

Agree

Disagree

Strongly Disagree

*The rules in my school are enforced fairly.*

Strongly Agree

Agree

Disagree

Strongly Disagree

*I think the things I am learning in school are going to be important for me later in life.*

Strongly Agree

Agree

Disagree

Strongly Disagree

*My parent(s) are interested in what I learn and how I'm doing in school.*

Strongly Agree

Agree

Disagree

Strongly Disagree

*I feel safe at school.*

Strongly Agree

Agree

Disagree

Strongly Disagree

*I feel valued in the school community.*

Strongly Agree

Agree

Disagree

Strongly Disagree

*I feel comfortable going to the school nurse with health issues.*

Strongly Agree

Agree

Disagree

Strongly Disagree

*My school offers many opportunities for students to get involved in sports, clubs, and other school activities outside of class.*

Strongly Agree

Agree

Disagree

Strongly Disagree

*There are many chances for students in my school to talk with a teacher or staff member one-on-one.*

Strongly Agree

Agree

Disagree

Strongly Disagree

65	21.2%	49	16.8%
180	58.8%	185	63.4%
50	16.3%	43	14.7%
11	3.6%	15	5.1%
24	7.9%	21	7.3%
162	53.5%	149	52.1%
92	30.4%	92	32.2%
25	8.3%	24	8.4%
43	14.1%	39	13.4%
152	50.0%	149	51.0%
81	26.6%	78	26.7%
28	9.2%	26	8.9%
110	35.7%	99	33.7%
147	47.7%	150	51.0%
35	11.4%	38	12.9%
16	5.2%	7	2.4%
66	21.9%	62	21.2%
159	52.6%	168	57.3%
54	17.9%	53	18.1%
23	7.6%	10	3.4%
44	14.7%	45	15.5%
153	51.2%	150	51.7%
71	23.7%	77	26.6%
31	10.4%	18	6.2%
68	22.4%	46	15.9%
137	45.2%	161	55.7%
77	25.4%	56	19.4%
21	6.9%	26	9.0%
178	58.0%	155	53.1%
114	37.1%	125	42.8%
11	3.6%	10	3.4%
*	1.3%	*	0.7%
100	32.6%	87	29.7%
161	52.4%	164	56.0%
37	12.1%	39	13.3%
9	2.9%	*	1.0%

*Note: To protect privacy, any data point with 5 or fewer respondents will be represented as \* and only the percent will be displayed.*

*There is an adult at school I would talk to if I have a problem.*

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

*My teachers expect less of me because of my gender.*

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

*My teachers notice when I am doing a good job and let me know about it.*

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

*The school lets my parents /caregiver know when I have done something well.*

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

*In my school, students have many chances to help decide things like class activities and rules.*

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

*I try to do my best work at school.*

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

106	34.8%	93	31.6%
118	38.7%	137	46.6%
52	17.0%	41	13.9%
29	9.5%	23	7.8%
19	6.2%	6	2.0%
36	11.8%	21	7.2%
102	33.4%	133	45.4%
148	48.5%	133	45.4%
55	18.1%	38	13.2%
181	59.5%	180	62.5%
49	16.1%	57	19.8%
19	6.3%	13	4.5%
41	13.5%	23	8.0%
131	43.2%	118	41.0%
94	31.0%	121	42.0%
37	12.2%	26	9.0%
37	12.3%	24	8.2%
137	45.7%	126	43.2%
102	34.0%	114	39.0%
24	8.0%	28	9.6%
149	48.7%	115	39.1%
130	42.5%	148	50.3%
16	5.2%	24	8.2%
11	3.6%	7	2.4%

## **YOUR OPINIONS ABOUT COMMUNITY:**

**22. For each of the following statements, please indicate the extent to which you agree or disagree.**

*My community is a good place to live.*

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

*I can count on the police if I am having a problem and I need help.*

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
98	32.0%	88	30.1%
178	58.2%	170	58.2%
20	6.5%	29	9.9%
10	3.3%	*	1.7%
86	28.1%	76	26.0%
155	50.7%	168	57.5%
45	14.7%	41	14.0%
20	6.5%	7	2.4%

*Note: To protect privacy, any data point with 5 or fewer respondents will be represented as \* and only the percent will be displayed.*

*If I were to do something wrong, adults in my community would probably tell my parent(s)/guardian(s).*

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

*Adults in my community keep an eye on what teens are up to.*

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

*If an adult in my town saw me drinking alcohol, they would probably tell my parent(s)/ guardian(s).*

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

*If I had a problem, there are neighbors who I could count on to help me.*

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

*It is important to me to contribute to my community and society.*

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

*It's not really my problem if my neighbors are in trouble and need help.*

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

*If I had to choose between helping to raise money for a community project and enjoying my own free time, I'd keep my own free time.*

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

*In my community there are a lot of fun things for kids my age to do.*

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

96	31.4%	79	27.1%
171	55.9%	169	58.1%
29	9.5%	36	12.4%
10	3.3%	7	2.4%
44	14.7%	38	13.1%
139	46.3%	127	43.8%
91	30.3%	106	36.6%
26	8.7%	19	6.6%
117	38.6%	89	30.9%
130	42.9%	141	49.0%
46	15.2%	49	17.0%
10	3.3%	9	3.1%
113	36.8%	67	22.9%
108	35.2%	137	46.8%
55	17.9%	68	23.2%
31	10.1%	21	7.2%
77	25.9%	55	19.0%
167	56.2%	177	61.2%
38	12.8%	50	17.3%
15	5.1%	7	2.4%
12	3.9%	8	2.8%
38	12.4%	34	11.8%
131	42.8%	173	59.9%
125	40.8%	74	25.6%
39	13.0%	30	10.5%
87	29.0%	119	41.5%
142	47.3%	123	42.9%
32	10.7%	15	5.2%
49	16.1%	32	11.0%
134	43.9%	128	44.0%
80	26.2%	82	28.2%
42	13.8%	49	16.8%

*Note: To protect privacy, any data point with 5 or fewer respondents will be represented as \* and only the percent will be displayed.*

**YOU AND YOUR FAMILY:**

**23. These questions are about your parents or the adults you live with. How much do the following apply to you?**

	7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
	n	%	n	%
<i>My parents/family have clear rules and standards for my behavior.</i>				
Never	12	3.9%	*	0.7%
Rarely	15	4.9%	27	9.2%
Sometimes	70	22.8%	61	20.9%
A Lot of the Time	107	34.9%	116	39.7%
Always	103	33.6%	86	29.5%
<i>If I am going to be home late, I am expected to call my parent(s) to let them know.</i>				
Never	10	3.3%	10	3.4%
Rarely	17	5.6%	11	3.8%
Sometimes	36	11.8%	43	14.8%
A Lot of the Time	35	11.5%	57	19.6%
Always	207	67.9%	170	58.4%
<i>I tell my parent(s) who I'm going to be with before I go out.</i>				
Never	9	3.0%	*	1.7%
Rarely	8	2.6%	8	2.8%
Sometimes	23	7.6%	30	10.4%
A Lot of the Time	58	19.1%	55	19.1%
Always	205	67.7%	190	66.0%
<i>When I go out at night, my parent(s) know where I am.</i>				
Never	11	3.7%	*	1.7%
Rarely	*	0.7%	10	3.5%
Sometimes	20	6.6%	20	7.0%
A Lot of the Time	46	15.3%	53	18.5%
Always	222	73.8%	199	69.3%
<i>My parent(s) know who my friends are.</i>				
Never	10	3.3%	7	2.4%
Rarely	16	5.2%	14	4.8%
Sometimes	42	13.7%	51	17.5%
A Lot of the Time	102	33.2%	87	29.9%
Always	137	44.6%	132	45.4%
<i>My parent(s) usually know what I am doing after school.</i>				
Never	10	3.3%	*	1.0%
Rarely	*	1.7%	6	2.1%
Sometimes	21	6.9%	27	9.3%
A Lot of the Time	75	24.8%	73	25.1%
Always	192	63.4%	182	62.5%
<i>My parent(s) know how I spend my money.</i>				
Never	19	6.3%	13	4.5%
Rarely	16	5.3%	17	5.8%
Sometimes	43	14.1%	47	16.2%
A Lot of the Time	84	27.6%	84	28.9%
Always	142	46.7%	130	44.7%

*Note: To protect privacy, any data point with 5 or fewer respondents will be represented as \* and only the percent will be displayed.*

*Have you ever seen or heard adults in your home slap, hit, kick, punch or hurt each other?*

- Never
- Rarely
- Sometimes
- A Lot of the Time
- Always

238	78.3%	240	82.8%
31	10.2%	28	9.7%
24	7.9%	14	4.8%
7	2.3%	*	1.7%
*	1.3%	*	1.0%

*How often has a parent or other adult in your home hit, beat, kicked, or physically hurt you in any way?*

- Never
- Rarely
- Sometimes
- A Lot of the Time
- Always

246	81.7%	247	85.2%
37	12.3%	28	9.7%
10	3.3%	11	3.8%
7	2.3%	*	0.3%
*	0.3%	*	1.0%

**24. How wrong do your parents/caregivers feel it would be for you to . . . ?**

*Smoke tobacco?*

- Very Wrong
- Wrong
- A Little Bit Wrong
- Not Wrong at All

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
276	89.9%	252	86.9%
23	7.5%	30	10.3%
6	2.0%	7	2.4%
*	0.7%	*	0.3%

*Use electronic vapor products?*

- Very Wrong
- Wrong
- A Little Bit Wrong
- Not Wrong at All

267	87.3%	239	82.4%
25	8.2%	41	14.1%
12	3.9%	10	3.4%
*	0.7%	0	0.0%

*Have one or two drinks of an alcoholic beverage nearly every day?*

- Very Wrong
- Wrong
- A Little Bit Wrong
- Not Wrong at All

269	87.9%	242	83.4%
27	8.8%	37	12.8%
8	2.6%	8	2.8%
*	0.7%	*	1.0%

*Use marijuana?*

- Very Wrong
- Wrong
- A Little Bit Wrong
- Not Wrong at All

274	89.3%	234	80.4%
15	4.9%	34	11.7%
14	4.6%	19	6.5%
*	1.3%	*	1.4%

*Use prescription drugs that were not prescribed to you?*

- Very Wrong
- Wrong
- A Little Bit Wrong
- Not Wrong at All

280	91.8%	257	88.6%
16	5.2%	27	9.3%
*	1.6%	*	1.0%
*	1.3%	*	1.0%

*Engage in sexual activity?*

- Very Wrong
- Wrong
- A Little Bit Wrong
- Not Wrong at All

229	75.3%	173	61.1%
45	14.8%	72	25.4%
24	7.9%	33	11.7%
6	2.0%	*	1.8%

*Note: To protect privacy, any data point with 5 or fewer respondents will be represented as \* and only the percent will be displayed.*

**25. If you were smoking cigarettes or vaping and your parent(s)/caregiver(s) found out, do you think you would get in trouble at home?**

Yes  
Probably  
I'm not sure  
Probably not  
No

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
273	88.9%	257	87.4%
21	6.8%	21	7.1%
7	2.3%	8	2.7%
*	0.3%	6	2.0%
*	1.6%	*	0.7%

**26. If you were using any kind of marijuana products and your parent(s)/caregiver(s) found out, do you think you would get in trouble at home?**

Yes  
Probably  
I'm not sure  
Probably not  
No

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
278	90.3%	248	84.6%
17	5.5%	28	9.6%
*	1.3%	6	2.0%
6	1.9%	8	2.7%
*	1.0%	*	1.0%

**27. If you were drinking beer, wine, or liquor and your parent(s)/caregiver(s) found out, do you think you would get in trouble at home?**

Yes  
Probably  
I'm not sure  
Probably not  
No

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
259	84.4%	250	85.0%
34	11.1%	28	9.5%
7	2.3%	6	2.0%
*	1.3%	7	2.4%
*	1.0%	*	1.0%

**28. If you were having sex and your parent(s)/caregiver(s) found out, do you think you would get in trouble at home?**

Yes  
Probably  
I'm not sure  
Probably not  
No

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
230	74.7%	183	62.5%
41	13.3%	71	24.2%
19	6.2%	8	9.6%
12	3.9%	6	2.0%
6	1.9%	*	1.7%

*Note: To protect privacy, any data point with 5 or fewer respondents will be represented as \* and only the percent will be displayed.*

**29. How often in the past year have you had a good talk with a parent or other adult you live with about the following topics?**

*Risks of drinking or taking other drugs*

- Never
- Rarely
- Sometimes
- Often
- Very Often
- No Adult at Home

*Whether or not it's okay for teens to have sex*

- Never
- Rarely
- Sometimes
- Often
- Very Often
- No Adult at Home

*Your job or education plans after high school*

- Never
- Rarely
- Sometimes
- Often
- Very Often
- No Adult at Home

*Your personal problems*

- Never
- Rarely
- Sometimes
- Often
- Very Often
- No Adult at Home

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
78	25.4%	59	20.4%
73	23.8%	70	24.2%
87	28.3%	88	30.4%
48	15.6%	54	18.7%
21	6.8%	18	6.2%
0	0.0%	0	0.0%
120	39.3%	86	29.8%
76	24.9%	81	28.0%
59	19.3%	78	27.0%
26	8.5%	26	9.0%
24	7.9%	18	6.2%
0	0.0%	0	0.0%
39	12.7%	27	9.3%
38	12.4%	26	9.0%
88	28.8%	81	28.0%
66	21.6%	84	29.1%
71	23.2%	71	24.6%
*	1.3%	0	0.0%
73	23.9%	43	14.9%
59	19.3%	67	23.3%
50	16.4%	65	22.6%
60	19.7%	58	20.1%
62	20.3%	55	19.1%
*	0.3%	0	0.0%

**30. Have you ever lived with someone who had a problem with alcohol or drugs?**

- Yes
- No
- I'm not sure

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
111	36.4%	93	32.0%
135	44.3%	131	45.0%
59	19.3%	67	23.0%

**PERSONAL ISSUES:**

**31. What do you think you will do after you finish high school?**

- Go to a vocational/technical school
- Go to a 2-year college
- Go to a 4-year college or university
- Get a full-time job

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
7	2.3%	*	1.7%
18	5.9%	21	7.2%
125	40.7%	146	49.8%
22	7.2%	18	6.1%

*Note: To protect privacy, any data point with 5 or fewer respondents will be represented as \* and only the percent will be displayed.*



Join the military (*Army, Navy, Air Force, etc.*)  
 Get married and be supported by my husband/wife  
 Go on public assistance (*for example, welfare, food stamps, EBT*)  
 I don't really know yet what I will do after high school  
 I will probably drop out before I complete high school.

16	5.2%	14	4.8%
7	2.3%	*	1.7%
*	1.0%	0	0.0%
103	33.6%	82	28.0%
6	2.0%	*	0.7%

**32. If you were having a personal problem and needed someone to talk to, which of the following would you go to for help? (Check all that apply)**

Teacher  
 Principal/Assistant Principal  
 School counselor  
 School nurse  
 Parent or step-parent  
 Brother or sister  
 Grandparent or other adult relative  
 Boyfriend/girlfriend or one of my friends  
 Health professional (*for example, doctor, nurse, therapist, counselor*)  
 Spiritual leader (*for example, pastor, rabbi, church youth group leader or other spiritual person*)  
 Town Safety Person (*for example, EMS or Police*)  
 Afterschool staff member or coach (*for example: drama, music, sports, club adviser*)  
 Adult friend or other adult (*for example, a scout leader, 4-H leader, youth group leader*)  
 I have no one to talk to  
 I would choose not to talk with anyone

7 <sup>th</sup> Grade	8 <sup>th</sup> Grade
n	n
83	75
30	20
116	80
12	12
190	172
113	95
103	92
186	181
59	44
11	8
34	14
32	25
63	39
14	6
61	65

**33. If you have problems and need someone to help you, do you see a counselor to help you with your problems?**

I don't have problem that I need counseling help with  
 Yes, I see a counselor at school  
 Yes, I see a counselor outside of school  
 Yes, I see counselors at school and outside of school  
 No, and I don't want to see a counselor for help with my problems  
 No, but I wish I could see a counselor for help with my problems

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
115	38.1%	111	38.5%
65	21.5%	38	13.2%
17	5.6%	17	5.9%
11	3.6%	11	3.8%
73	24.2%	88	30.6%
21	7.0%	23	8.0%

**34. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities (like school, hobbies, sports, going out with friends)?**

No  
 Yes

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
193	63.5%	190	66.0%
111	36.5%	98	34.0%

*Note: To protect privacy, any data point with 5 or fewer respondents will be represented as \* and only the percent will be displayed.*

**35. Have you ever harmed yourself in a way that was deliberate (such as self-cutting, choking, or ingesting a drug as a means to harm yourself)?**

- No
- Yes, during the past year
- Yes, more than a year ago

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
226	77.9%	207	74.7%
49	16.9%	51	18.4%
15	5.2%	19	6.9%

**36. If you have you ever deliberately tried to harm yourself, in what way did you most recently try to harm yourself?**

- I have never tried to harm myself
- I deliberately cut, scratched, hit or burned myself
- I took drugs or used medication to harm myself
- I choked myself
- I picked or pulled my skin or hair
- I tried to harm myself by head banging
- I tried to harm myself in some other way

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
223	77.4%	206	75.5%
45	15.6%	50	18.3%
*	0.7%	0	0.0%
*	1.0%	*	0.7%
*	1.7%	7	2.6%4
*	1.4%	*	0.4%
6	2.1%	7	2.6%

**37. Have you ever seen or heard about a friend trying to deliberately harm themselves (such as by cutting, hitting, or drugging themselves)?**

- No
- Yes, during the past year
- Yes, more than a year ago

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
161	53.3%	138	47.6%
110	36.4%	111	38.3%
31	10.3%	41	14.1%

**38. What would you be most likely to do if you knew a friend was harming themselves?**

- Try to talk to them
- Tell my parent
- Tell my teacher, guidance counselor or principal
- Tell another friend
- Tell another adult who I trust
- I don't know what I would do

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
194	63.4%	192	66.4%
25	8.2%	18	6.2%
33	10.8%	28	9.7%
7	2.3%	*	1.7%
18	5.9%	19	6.6%
29	9.5%	27	9.3%

**39. Have you ever voluntarily engaged in sexual activity (for example, oral sex, sexual intercourse)?**

- No, I have never voluntarily engaged in sexual activity
- Yes, but I am not currently sexually active
- Yes, and I am currently sexually active

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
292	95.4%	268	93.1%
9	2.9%	15	5.2%
*	1.6%	*	1.7%

*Note: To protect privacy, any data point with 5 or fewer respondents will be represented as \* and only the percent will be displayed.*

**40. During the past 12 months, how often have you been the target of bullying, whether in person or through online messages? (Bullying is when 1 or more students repeatedly threaten, spread rumors about, tease, hit, or hurt another student.)**

- No times
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 or more times

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
163	53.4%	184	63.9%
35	11.5%	35	12.2%
44	14.4%	36	12.5%
16	5.2%	7	2.4%
47	15.4%	26	9.0%

**41. During the past 12 months, how often has anyone (*that includes students, teachers, or anyone else*) touched, grabbed or pinched you in a sexual way when you did not want them to?**

- No times
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 or more times

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
245	80.9%	241	84.0%
27	8.9%	22	7.7%
17	5.6%	14	4.9%
*	1.7%	*	0.7%
9	3.0%	8	2.8%

**42. During the last 12 months how often did someone try to keep you from doing something you wanted to do (example: going out with friends, going to an activity)**

- No times
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 or more times

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
154	50.7%	149	52.1%
47	15.5%	36	12.6%
52	17.1%	53	18.5%
10	3.3%	16	5.6%
41	13.5%	32	11.2%

**43. During the past 12 months, how often have you heard other students make derogatory or insulting comments about someone's religion, physical or learning disability, race/ethnicity, gender, or sexual orientation at school?**

- No times
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 or more times

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
111	36.3%	93	32.6%
32	10.5%	18	6.3%
50	16.3%	49	17.2%
17	5.6%	18	6.3%
96	31.4%	107	37.5%

*Note: To protect privacy, any data point with 5 or fewer respondents will be represented as \* and only the percent will be displayed.*

**44. During the past 12 months, how many times has someone stolen or deliberately damaged your property at school?**

- No times
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 or more times

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
196	64.5%	203	70.5%
47	15.5%	34	11.8%
37	12.2%	33	11.5%
12	3.9%	7	2.4%
12	3.9%	11	3.8%

**HOW DO YOU SPEND YOUR TIME?**

**45. How much sleep do you usually get each night?**

- 9 or more hours
- 7-8 hours
- 5-6 hours
- Less than 5 hours

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
56	18.5%	33	11.7%
161	53.1%	155	55.0%
58	19.1%	69	24.5%
28	9.2%	25	8.9%

**46. About how many hours per week do you spend doing the following:**

*Homework or studying*

- None
- Less than 1 Hour a Week
- 1-7 Hours per Week
- 8-14 Hours per Week
- 15 or More Hours per Week

*Extra-curricular school activities such as sports, band, clubs, yearbook, etc.*

- None
- Less than 1 Hour a Week
- 1-7 Hours per Week
- 8-14 Hours per Week
- 15 or More Hours per Week

*Non-school activities such as music or dance lessons, 4-H, scouts, recreation activities, youth groups, etc.*

- None
- Less than 1 Hour a Week
- 1-7 Hours per Week
- 8-14 Hours per Week
- 15 or More Hours per Week

*Watching TV*

- None
- Less than 1 Hour a Week
- 1-7 Hours per Week
- 8-14 Hours per Week
- 15 or More Hours per Week

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
37	12.3%	23	8.2%
118	39.2%	126	44.7%
133	44.2%	115	40.8%
11	3.7%	15	5.3%
*	0.7%	*	1.1%
91	30.7%	96	34.4%
26	8.8%	37	13.3%
108	36.5%	89	31.9%
45	15.2%	42	15.1%
26	8.8%	15	5.4%
143	48.6%	158	57.0%
82	27.9%	65	23.5%
82	27.9%	65	23.5%
23	7.8%	16	5.8%
8	2.7%	14	5.1%
21	7.1%	29	10.3%
55	18.5%	47	16.7%
126	42.4%	135	48.0%
62	20.9%	45	16.0%
33	11.1%	25	8.9%

*Note: To protect privacy, any data point with 5 or fewer respondents will be represented as \* and only the percent will be displayed.*

*Playing video or computer games*

- None
- Less than 1 Hour a Week
- 1-7 Hours per Week
- 8-14 Hours per Week
- 15 or More Hours per Week

*Using social networking sites or live video chat (e.g., Instagram, Snapchat, Tik Tok, You Tube, Facebook)*

- None
- Less than 1 Hour a Week
- 1-7 Hours per Week
- 8-14 Hours per Week
- 15 or More Hours per Week

*Browsing the internet/websites*

- None
- Less than 1 Hour a Week
- 1-7 Hours per Week
- 8-14 Hours per Week
- 15 or More Hours per Week

*Spending time with my family*

- None
- Less than 1 Hour a Week
- 1-7 Hours per Week
- 8-14 Hours per Week
- 15 or More Hours per Week

*Spending time at home with no adults present*

- None
- Less than 1 Hour a Week
- 1-7 Hours per Week
- 8-14 Hours per Week
- 15 or More Hours per Week

*Spending time with friends*

- None
- Less than 1 Hour a Week
- 1-7 Hours per Week
- 8-14 Hours per Week
- 15 or More Hours per Week

*Exercising hard enough to increase my heart rate and deep breathing (such as running, bicycling, basketball, etc).*

- None
- Less than 1 Hour a Week
- 1-7 Hours per Week
- 8-14 Hours per Week
- 15 or More Hours per Week

46	15.5%	60	21.4%
66	22.2%	52	18.6%
79	26.6%	97	34.6%
64	21.5%	34	12.1%
42	14.1%	37	13.2%
19	6.3%	15	5.3%
32	10.7%	22	7.8%
99	33.0%	108	38.3%
72	24.0%	62	22.0%
78	26.0%	75	26.6%
57	19.2%	36	12.9%
106	35.7%	94	33.7%
86	29.0%	93	33.3%
34	11.4%	33	11.8%
14	4.7%	23	8.2%
10	3.3%	*	1.4%
31	10.3%	25	9.0%
91	30.2%	107	38.5%
92	30.6%	86	30.9%
77	25.6%	56	20.1%
39	13.3%	30	10.8%
120	40.8%	107	38.5%
104	35.4%	105	37.8%
25	8.5%	28	10.1%
6	2.0%	8	2.9%
16	5.4%	13	4.7%
32	10.8%	41	15.0%
129	43.4%	114	41.6%
66	22.2%	68	24.8%
54	18.2%	38	13.9%
27	9.1%	23	8.2%
44	14.8%	45	16.1%
115	38.7%	123	44.1%
78	26.3%	54	19.4%
33	11.1%	34	12.2%

*Note: To protect privacy, any data point with 5 or fewer respondents will be represented as \* and only the percent will be displayed.*

**47. If you *don't* often participate in extracurricular activities, what is the one main reason you don't?**

Not applicable; I do often participate in extracurricular activities  
 There is nothing that really interests me  
 It is intimidating to try out for or join a club or team  
 I don't believe I would be given a fair chance to participate  
 It is difficult for me to get transportation for meetings or practices  
 I work at a job after school  
 I have too much homework after school  
 I have too many responsibilities at home (*for example, I need to babysit, do housework, help parents*).  
 Most of my friends don't participate  
 My parents don't approve or support the activity  
 A medical reason

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
170	60.3%	149	55.6%
55	19.5%	66	24.6%
12	4.3%	14	5.2%
*	0.7%	*	1.5%
7	2.5%	8	3.0%
*	1.8%	0	0.0%
6	2.1%	*	1.9%
10	3.5%	11	4.1%
6	2.1%	6	2.2%
*	1.4%	*	0.4%
*	1.8%	*	1.5%

**INTERNET USE & SAFETY**

**48. Where are you most often when you access the internet?**

At school  
 At the public library  
 At a friend's house  
 In my bedroom  
 In the bedroom of another family member  
 In a family area of our house (such as dining room, living room, hallway)  
 On the bus or in a car  
 At a relative's house  
 Some other place

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
23	7.7%	21	7.6%
*	0.3%	0	0.0%
*	1.7%	*	0.7%
183	61.4%	198	71.5%
*	0.3%	*	1.1%
73	24.5%	44	15.9%
*	0.7%	*	1.1%
*	1.0%	*	0.4%
7	2.3%	*	1.8%

**49. During the school day, how often do you text, instant message or use an electronic device for social networking?**

Never  
 Several times a month  
 Several times a week  
 Several times a day  
 Several times an hour or more

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
181	60.5%	118	43.1%
40	13.4%	50	18.2%
25	8.4%	48	17.5%
31	10.4%	39	14.2%
22	7.4%	19	6.9%

*Note: To protect privacy, any data point with 5 or fewer respondents will be represented as \* and only the percent will be displayed.*

**50. How often do you feel that you use the internet, social media, or other means of electronic communication in ways that are probably not appropriate?**

Never  
Rarely  
Sometimes  
Often  
Very often

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
197	65.9%	162	58.7%
60	20.1%	66	23.9%
20	6.7%	31	11.2%
13	4.3%	10	3.6%
9	3.0%	7	2.5%

**51. How many times have you ever ... ?**

Been asked personal questions about yourself by someone you never met face to face

Never  
Once  
More than Once  
Not Applicable; No Access

Found out someone you were talking to online was not who you thought they were

Never  
Once  
More than Once  
Not Applicable; No Access

Been asked to meet somewhere by someone you never met face to face

Never  
Once  
More than Once  
Not Applicable; No Access

Pretended to be someone other than yourself online

Never  
Once  
More than Once  
Not Applicable; No Access

Received sexually explicit links in messaging or web chats

Never  
Once  
More than Once  
Not Applicable; No Access

Talked online about sexual topics with someone you never met face to face

Never  
Once  
More than Once  
Not Applicable; No Access

7 <sup>th</sup> Grade		8 <sup>th</sup> Grade	
n	%	n	%
168	56.4%	179	64.9%
69	23.2%	38	13.8%
59	19.8%	55	19.9%
*	0.7%	*	1.4%
232	77.9%	229	83.0%
40	13.4%	29	10.5%
24	8.1%	16	5.8%
*	0.7%	*	0.7%
261	88.2%	248	90.5%
24	8.1%	10	3.6%
9	3.0%	14	5.1%
*	0.7%	*	0.7%
218	73.9%	215	78.2%
34	11.5%	39	14.2%
39	13.2%	18	6.5%
*	1.4%	*	1.1%
211	71.5%	201	72.8%
37	12.5%	24	8.7%
45	15.3%	48	17.4%
*	0.7%	*	0.7%
273	91.6%	242	87.7%
14	4.7%	15	5.4%
9	3.0%	16	5.8%
*	0.7%	*	1.1%

*Note: To protect privacy, any data point with 5 or fewer respondents will be represented as \* and only the percent will be displayed.*

Sent or received sexually inappropriate pictures of yourself or others  
 Never  
 Once  
 More than Once  
 Not Applicable; No Access

260	87.2%	220	79.7%
18	6.0%	20	7.2%
17	5.7%	34	12.3%
*	1.0%	*	0.7%

**52. I personally know someone who has been really hurt by cyber-bullying.**

No  
 Yes

<b>7<sup>th</sup> Grade</b>		<b>8<sup>th</sup> Grade</b>	
<b>n</b>	<b>%</b>	<b>n</b>	<b>%</b>
205	68.3%	204	73.4%
95	31.7%	74	26.6%

**53. Would you report a cyber-bullying incident if you could do it anonymously?**

No  
 Yes

<b>7<sup>th</sup> Grade</b>		<b>8<sup>th</sup> Grade</b>	
<b>n</b>	<b>%</b>	<b>n</b>	<b>%</b>
68	23.1%	59	21.6%
227	76.9%	214	78.4%

**54. How honest were you in doing this survey?**

Honest on all questions  
 Honest on all but a few questions  
 Honest on most questions  
 Honest on some questions  
 Not at all honest

<b>7<sup>th</sup> Grade</b>		<b>8<sup>th</sup> Grade</b>	
<b>n</b>	<b>%</b>	<b>n</b>	<b>%</b>
212	70.9%	190	68.6%
66	22.1%	69	24.9%
19	6.4%	15	5.4%
*	0.7%	*	1.1%
0	0.0%	0	0.0%

*Note: To protect privacy, any data point with 5 or fewer respondents will be represented as \* and only the percent will be displayed.*