

# Darien Parent and Youth Survey Report

Developmental Assets and Substance Use, 2018



# Context for Tonight's Discussion



# What We Hope to Accomplish: Short and Long-Term

## *Short-term Outcomes*

- Increase in parents who report understanding the difference between the adult and teen brain
- Increase in parents who know the consequences of breaking the social hosting law
- Increase in parents who are in dialogue with their teen about underage drinking and substance use

## *Long-term Outcomes*

- Reduce past 30 day use for youth ages 12-17
- Increase in youth perception of parental disapproval
- Increase in youth perception of risk
- Reduce in Junior and Senior Past 30 Day Use

# What We Are Going to Talk About Tonight

1. Developmental Assets: How are Darien youth scoring?
2. Teen Substance Abuse
  - a. Prevalence
  - b. Perception of risk
  - c. Motivation
3. Parent Perception & Attitudes Regarding Teen Substance Use
4. “Where we do we go from here?” – Clinician Perspective

# Developmental Assets: What are they? How are they measured?

- A research based framework for understanding the strengths and supports that young people need in their lives to prepare for a positive, productive future.
- Possessing these assets helps young people make positive life choices, affecting their growth as they move through childhood and adolescence and into adulthood.
- Measured with a 58 question survey
- The higher levels of assets young people experience across the contexts of their lives, the more likely they are to:
  - ✓ *Do well in school*
  - ✓ *Be prepared for post-high school education and careers*
  - ✓ *Contribute more to their communities and society*
  - ✓ *Avoid high-risk behaviors, such as violence, substance abuse, and sexual activity*

# Categories of Developmental Assets

## External Assets

Support

Empowerment

Boundaries and Expectations

Constructive Use of Time

## Internal Assets

Commitment to Learning

Positive Values

Social Competencies

Positive Identity

# Darien Student Data

Assets, Substance Use, Risk Perception, and Motivation

# Darien Youth Assets, Middlesex Middle School

*(684 students, surveyed in January 2018)*

Total Assets: 44.9 (Range 0-60)

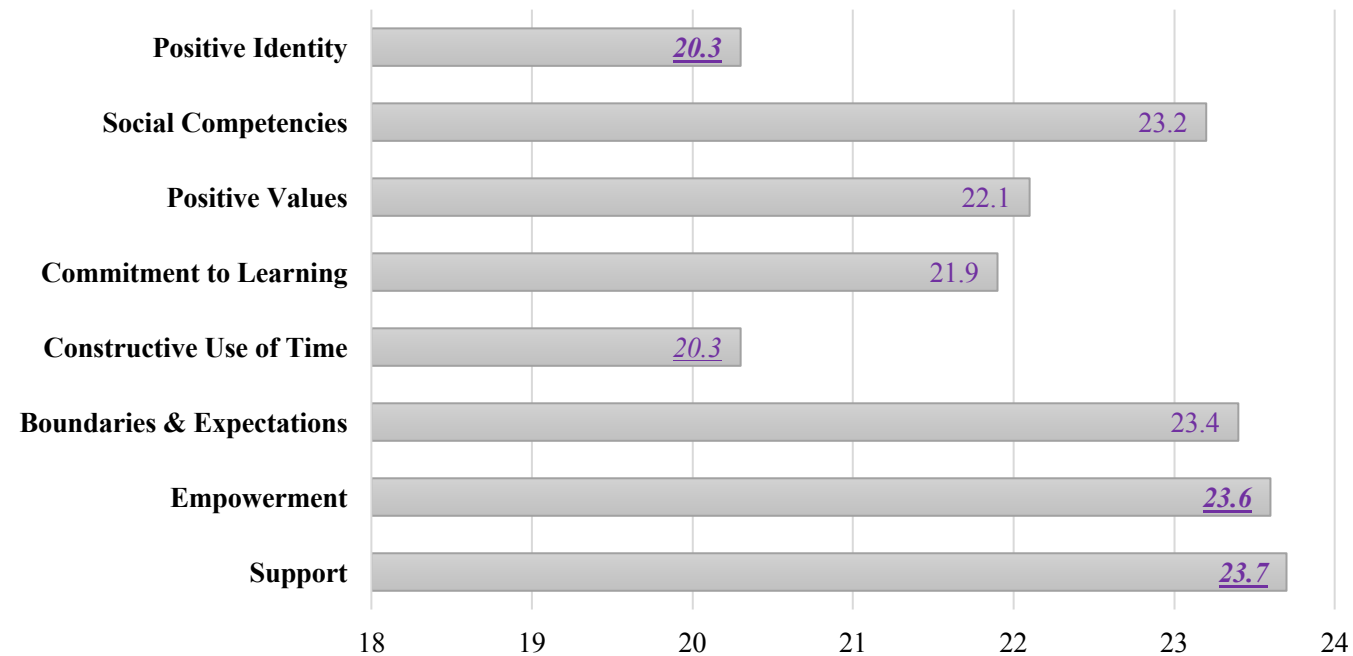
External Assets: 22.9 (Range 0-30)

Internal Assets: 22.0 (Range 0-30)

## *Mean Scores, 8 Asset Categories*

*Range: 0-30*

*Challenged: 0-14 Vulnerable: 15-20 Adequate: 21-25 Thriving: 26-30*





# Darien Youth Assets, Darien High School

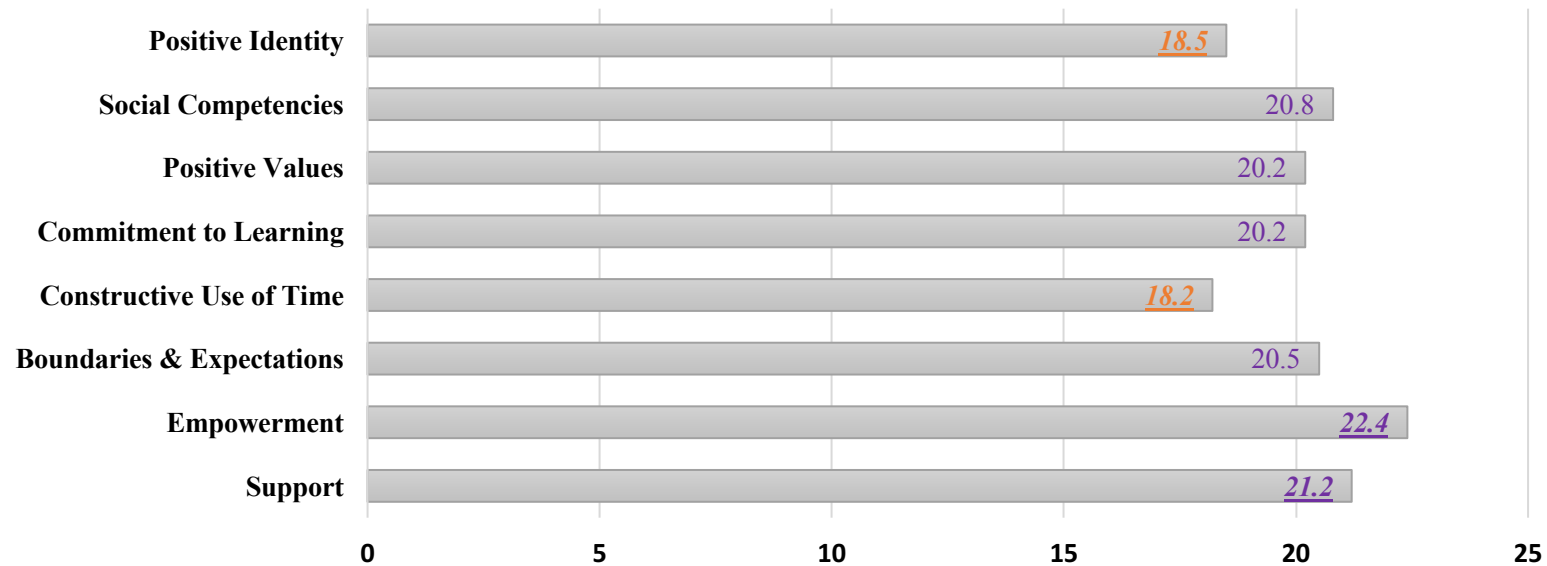
*(1118 students, surveyed in January 2018)*

Total Assets: 40.8 (Range 0-60)  
External Assets: 20.7 (Range 0-30)  
Internal Assets: 20.1 (Range 0-30)

## Mean Scores, 8 Asset Categories

Range: 0-30

Challenged: 0-14 Vulnerable: 15-20 Adequate: 21-25 Thriving: 26-30



# Empowerment vs. Positive Identity

## Empowerment

- ***Community values youth***—Young person perceives that adults in the community value youth.
- ***Youth as resources***—Young people are given useful roles in the community.
- ***Service to others***—Young person serves in the community one hour or more per week.
- ***Safety***—Young person feels safe at home, school, and in the neighborhood.

## Positive Identity

- ***Personal power***—Young person feels he or she has control over “things that happen to me.”
- ***Self-esteem***—Young person reports having a high self-esteem.
- ***Sense of purpose***—Young person reports that “my life has a purpose.”
- ***Positive view of personal future***—Young person is optimistic about her or his personal future.

# 30-Day Prevalence of Substance Use

## 2014 vs. 2018

Substance	Year	Grade					
		7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
Cigarettes	2018	0.3	0.5	1.3	3.1	5.9	7.2
	2014	0.3	1.0	2.3	3.2	20.8	23.0
E-Cigarettes	2018	0.3	3.6	13.9	19.5	33.2	37.6
	2014	n/a	n/a	n/a	n/a	n/a	n/a
Alcohol	2018	2.0	1.8	15.1	32.3	45.1	60.6
	2014	2.2	4.5	18.4	37.4	57.5	67.1
Marijuana	2018	0.0	0.8	4.0	10.8	21.2	31.0
	2014	0.3	1.2	3.0	15.8	30.7	42.7
Rx Drug without own Prescription	2018	0.0	0.5	1.3	3.5	4.1	6.1
	2014	0.0	0.0	1.5	1.8	4.3	9.3

# Percent of Students Perceiving “Great Risk” from Substance Use 2014 vs. 2018

Scenario/Substance	Year	Grade					
		7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
Smoking a half pack or more of cigarettes/day	2018	76.8	76.8	70.6	69.3	72.8	67.5
	2014	74.7	75.3	69.2	76.4	75.7	74.5
Using E-cigarettes	2018	56.9	42.0	31.1	27.7	24.8	19.1
	2014	n/a	n/a	n/a	n/a	n/a	n/a
Having 1-2 alcoholic drinks nearly every day	2018	69.3	66.5	61.5	61.8	59.5	52.5
	2014	37.4	39.0	34.3	36.1	35.0	35.2
Having 5 or more alcoholic drinks 1-2 times/week	2018	71.8	69.4	62.5	55.7	48.5	37.9
	2014	72.8	72.2	63.6	59.7	50.6	46.2
Using marijuana more than once a week	2018	79.9	75.0	55.8	43.4	28.0	17.2
	2014	83.3	81.5	59.9	44.1	28.9	25.3
Using prescription drugs without a prescription	2018	73.7	72.9	73.4	68.5	69.6	62.8
	2014	76.5	87.7	73.4	74.9	59.5	62.5

# Percent of Students Perceiving “Very High” Parental Disapproval Concerning Substance Use

## 2014 vs. 2018

Scenario/Substance	Year	Grade					
		7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
Smoke Cigarettes	2018	94.0	92.5	89.5	84.1	83.4	75.9
	2014	69.2	70.6	66.6	67.6	60.0	56.3
Use E-cigarettes	2018	91.8	82.2	72.9	65.6	60.4	49.8
	2014	n/a	n/a	n/a	n/a	n/a	n/a
Consume 1-2 alcoholic drinks nearly every day	2018	91.8	92.5	89.5	85.5	84.9	77.3
Consume alcohol 1-2 times/week	2018	75.8	71.8	57.6	46.5	39.2	23.3
Consume 4 or more alcoholic drinks on one occasion	2018	91.5	88.4	83.1	70.5	56.8	37.4
Consume Alcohol	2014	57.6	55.0	51.1	51.0	39.1	35.5
Use marijuana	2018	96.4	93.8	85.4	76.0	68.7	54.1
	2014	87.5	83.6	74.0	67.2	57.2	57.2
Using prescription drugs without a prescription	2018	97.3	94.9	91.5	92.0	91.6	88.7
	2014	81.3	83.2	80.2	79.6	76.1	78.9

# Patterns of Alcohol Consumption

## 2018

Scenario/Question	Grade					
	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
Students Reporting 4+ Drinks/Occasion, Last 30 Days	0.0	2.0	18.2	30.5	37.2	54.2
“When I drink, I usually have this many drinks”						
2 or 3	7.1	8.3	34.0	34.0	35.1	41.3
4 or more	0.0	2.8	14.9	27.2	34.6	41.8
“How many times do you usually drink each month”						
Usually None	86.1	76.0	47.0	36.4	29.6	19.3
1 time	13.9	20.0	22.0	19.4	18.0	18.9
2-3	0.0	2.0	22.0	26.7	30.2	28.8
4 or more	0.0	2.0	9.0	17.6	22.2	33.0

# Top Five Reasons for Drinking Among Those Reporting Alcohol Use

- Friends/Peer Pressure
  - To have fun
  - Stress/to feel better
- Ready availability of alcohol
  - Curiosity

# Top Four Self-Reported Reasons Not to Drink

## Among Those Reporting Alcohol Use

- ID Checking
- Breathalyzer
- Suspension of Driver's License
- Strict Parents

## Among Those Not Reporting Alcohol Use

- Friends Don't Drink
  - Check IDs
  - Parents Strict
- Breathalyzer or License Suspension

Punitive consequences for drinking are the primary deterrents among youth. The one difference in self-reported deterrents to drinking by youth who don't drink was peer behavior.



# Parent Perceptions

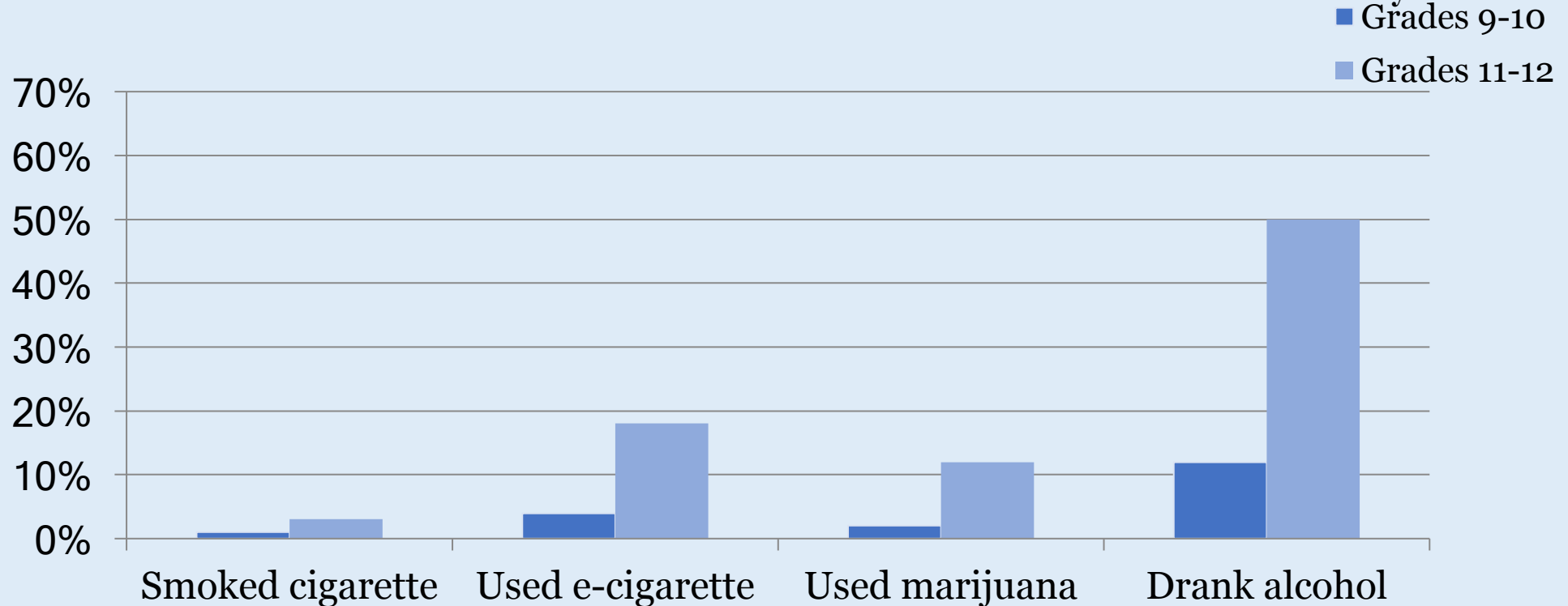
Youth Substance Use, Risks, and Motivations

# Key Takeaways from 2016 Survey

1. Teens in our community are using alcohol and marijuana more than we think and it is highly accessible
2. There is a certain degree of acceptance of teen drinking among parents, including the use of private homes for parties
3. We have an incredibly involved parent community, creating an opportunity for parents to have significant influence over their kids' attitudes and behaviors towards drugs and alcohol

# Parent Perception of Substance Use

Percent of Parents Who Think Their Child Has Used a Substance in the Last 30 Days



**100% of middle school parent respondents perceived zero usage of alcohol and marijuana, 2% think their children have used e-cigarettes**

# Parent Perception of Alcohol Use Has Decreased Since 2016 Parent Survey

## Alcohol Use in Past 30-Days

	2016	2018
Grades 9-10	24%	12%
Grades 11-12	59%	50%

**E-cigarettes are the only substance for which parents perceive increased usage among juniors and seniors**

\* Data from 2018 Youth Survey

# Parents Underestimate Teen Use of Alcohol in Certain Grades

## Alcohol Use in Past 30-Days

	Parent Perception	Youth Self-Reported*
Grades 6-8	None	<ul style="list-style-type: none"><li>• 7<sup>th</sup> grade: 2%</li><li>• 8<sup>th</sup> grade: 2%</li></ul>
Grades 9-10	12%	<ul style="list-style-type: none"><li>• 9 grade: 15%</li><li>• <b>10<sup>th</sup> grade: 32%</b></li></ul>
Grades 11-12	50%	<ul style="list-style-type: none"><li>• 11<sup>th</sup> grade: 45%</li><li>• <b>12<sup>th</sup> grade: 61%</b></li></ul>

\* Data from 2018 Youth Survey

# Parents Underestimate Use of Marijuana in Older Teens

## Marijuana Use in Past 30-Days

	Parent Perception	Youth Self-Reported*
Grades 6-8	None	<ul style="list-style-type: none"><li>• 7<sup>th</sup> grade: 0%</li><li>• 8<sup>th</sup> grade: 1%</li></ul>
Grades 9-10	2%	<ul style="list-style-type: none"><li>• 9 grade: 4%</li><li>• 10<sup>th</sup> grade: 11%</li></ul>
Grades 11-12	12%	<ul style="list-style-type: none"><li>• <b>11<sup>th</sup> grade: 21%</b></li><li>• <b>12<sup>th</sup> grade: 31%</b></li></ul>

\* Data from 2018 Youth Survey

# Parents Underestimate Use of E-Cigarettes in Older Teens

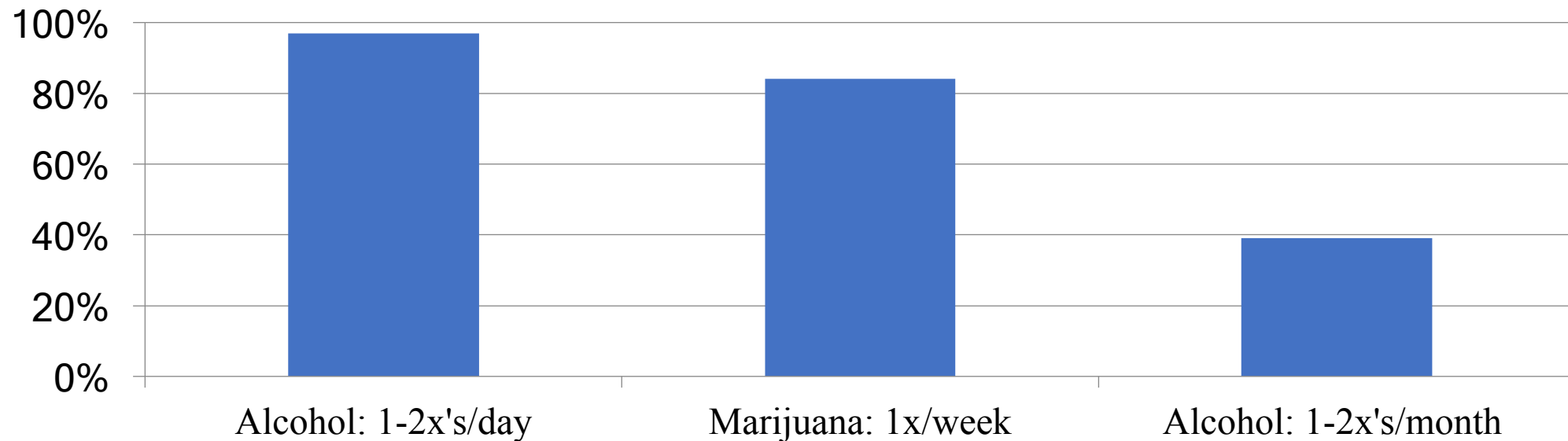
## E-Cigarette Use in Past 30-Days

	Parent Perception	Youth Self-Reported*
Grades 6-8	2%	<ul style="list-style-type: none"> <li>• 7<sup>th</sup> grade: 0%</li> <li>• 8<sup>th</sup> grade: 4%</li> </ul>
Grades 9-10	4%	<ul style="list-style-type: none"> <li>• 9 grade: 14%</li> <li>• <b>10<sup>th</sup> grade: 20%</b></li> </ul>
Grades 11-12	18%	<ul style="list-style-type: none"> <li>• <b>11<sup>th</sup> grade: 33%</b></li> <li>• <b>12<sup>th</sup> grade: 38%</b></li> </ul>

\* Data from 2018 Youth Survey

# Parents Perceive Lower Risk of Harm to Teens Who Drink 1-2 times per Month

Percent of 11-12<sup>th</sup> Grade Parents Who Perceive “Great Risk of Harm”

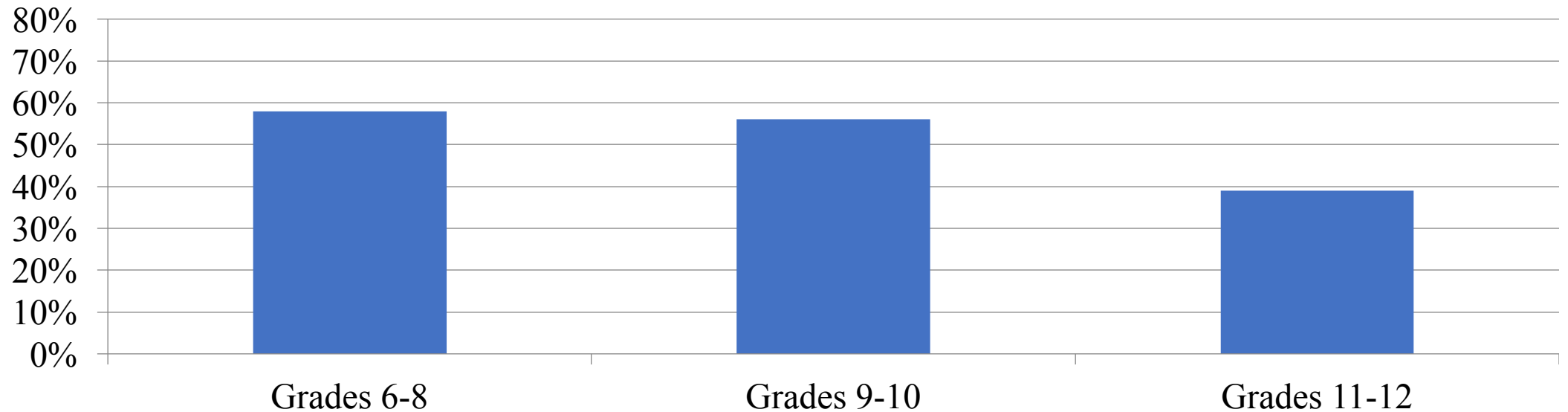


**Parents perceive social drinking as acceptable.**



# Parents Perceiving “Great Risk of Harm” from Alcohol Declines as Teens Get Older

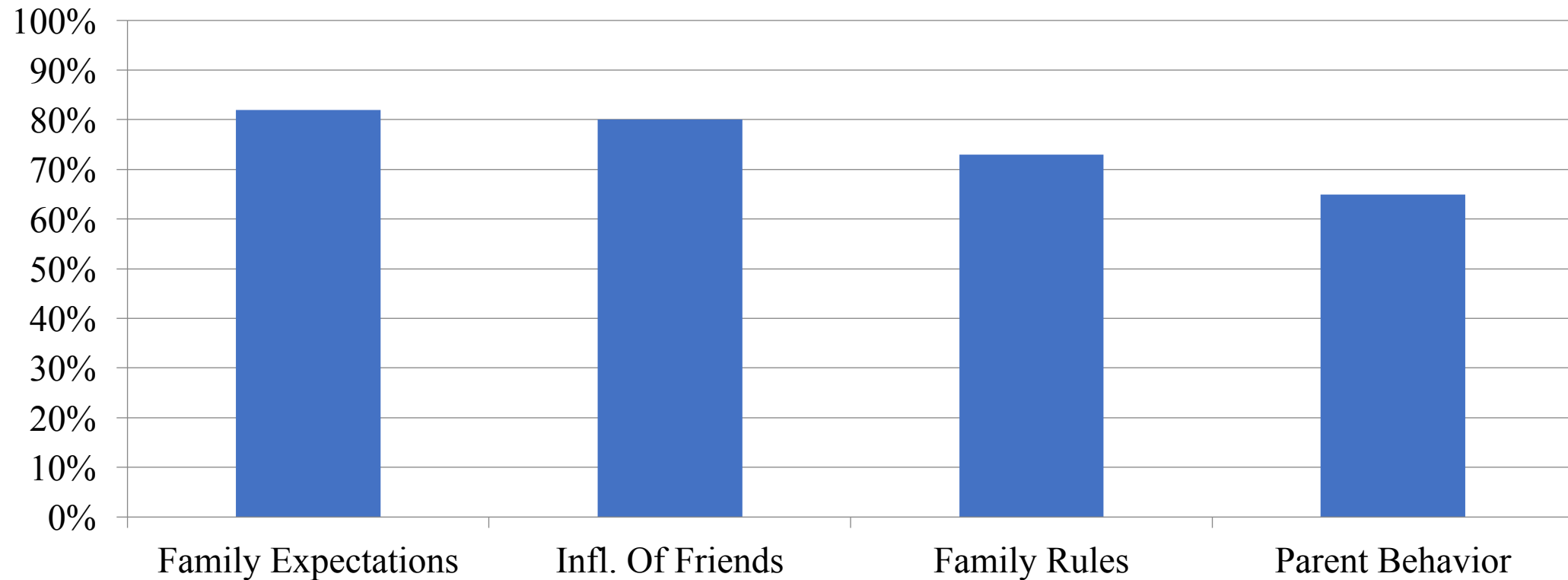
Percent of Parents who Perceive “Great Risk of Harm” to Teenagers if They Drink Alcohol Once or Twice a Month



Parents perceive social drinking as increasingly acceptable as teens age.

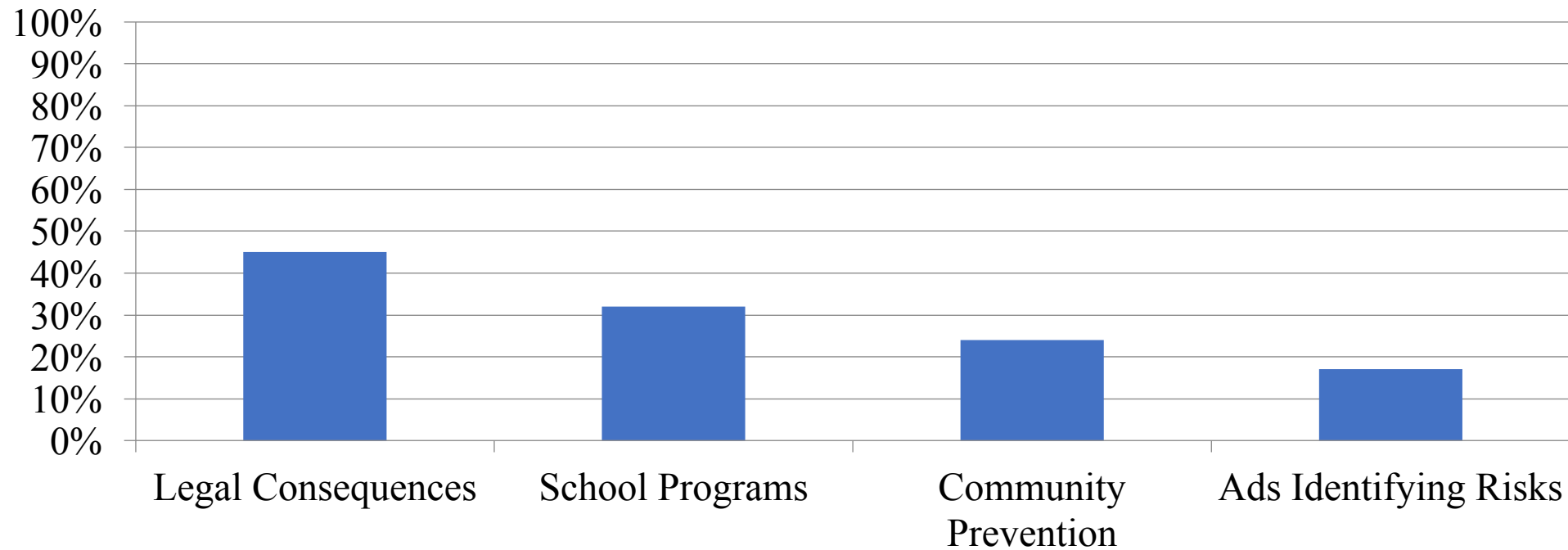
# Parents Identify Themselves as Leading Influencers of Teen Drinking Behavior

“How important do you think the following are in influencing a teenager’s behavior regarding alcohol?”



# Parents Perceive External Influencers As Substantially Less Important in Influencing Teen Behavior

“How important do you think the following are in influencing a teenager’s behavior regarding alcohol?”



# Increase in Family Rules Regarding Alcohol Use Across All Age Groups

“My family has clear rules for my child discouraging the  
use of alcohol”

	2016	2018
Grades 6-8	78%	83%
Grades 9-10	70%	74%
Grades 11-12	50%	<b>68%</b>

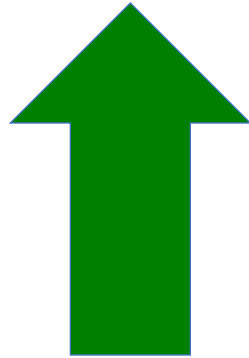
**There was a notable increase in family rules for older teens**

# Conversations Are Happening at Home

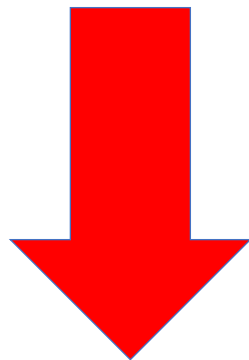
- Nearly 80% of high school parents report having regular conversations about drugs and alcohol
  - More than 80% of middle school parents have had a conversation about alcohol in the past three months
- Nearly 80% of middle and high school parents think their child would talk to them if they had a serious concern

**Talk early, talk often**

# Role of Parents: Positive Trends for Parent Involvement & Communication



- **93% of parents know the social hosting law**
- **80-95% have “some or a lot” of knowledge on the effects of alcohol on teen brain**
- **70-80% have clear family rules discouraging use of alcohol**



- **17% of parents reported that teens consumed alcohol in their homes**
- **4% of parents reported serving teens other than their child in their homes**

# Going Forward

1. Across the board, parents are engaged and want to learn more about teen substance use/abuse
2. Encourage ongoing and open dialogue with your child about alcohol and drug use
3. Understand that drinking patterns have changed
4. It is critical for parents need to establish clear rules and consequences, which may need to change as teens get older,
5. Don't underestimate the importance of active listening

# Success involves prevention and fostering healthy coping and adaptive skills

We need to increase teens use of the 40 developmental assets that foster healthy growth and decision making

Maintain our focus on the 5 Key Developmental Assets linked to healthy decision making, including use of drugs and alcohol:

1. Adult Role Models
2. Family Boundaries
3. Positive Peer Influence
4. Self-Esteem
5. Planning & Decision Making

[www.search-institute.com](http://www.search-institute.com)



# Community Problems Require Community Solutions

1. Conversations are happening between many of our community leaders
2. Increase offering and variety of educational programming
3. Reach down to elementary and middle school parents and get them engaged NOW
4. Remember our children look to ALL of us as role models – parents, community and thought leaders;
  1. 29% of 12<sup>th</sup> graders say adult in the community role-model positive, responsible behavior
5. Talk early, talk often
6. And listen, too!