

Illinois Youth Survey Results Grades 10, 12

Executive Summary

As we all know, “It takes a village...” and what a collaborative effort this has been! School Districts 67, 65, and 115, several parent groups, LEAD, the Underage Drinking Task Force, CROYA, and many, many others have shown a *strong commitment* by coming together to provide the best possible network of care to prevent issues from arising, intervene if students fall, and support healthy decision-making as students navigate through adolescence.

In February 2008, all three districts elected to participate in the Illinois Youth Survey (IYS). Sixth, eighth, tenth, and twelfth grade students were surveyed. The IYS covers a number of problem behaviors, including bullying, other violence, nutrition, and the use of gateway (alcohol, tobacco, marijuana, inhalants) and other drugs. It also measures key risk and protective factors that strongly contribute to community-wide substance use rates. The districts will be using the results to enhance and develop social-emotional programming, including drug and alcohol prevention.

The purpose of this report is to review the data collected from District 115 students and to compare our community’s information with results that were obtained from eleven other high schools that participated in the survey across Lake County, Illinois.

Demographics

- 358 (76%) tenth grade and 246 (57%) twelfth grade students were surveyed.
- Over 75% of students reported involvement in sports, other activities, and/or service clubs.

Substance Use

- When compared to data that was collected from the 2006 IYS, District 115 use rates have decreased or stayed the same in nearly all categories.
- District 115 tenth and twelfth graders report levels of use that exceed Lake County averages in the categories of alcohol, binge drinking, marijuana, prescription drugs, and the misuse of over-the-counter medications (See Appendix 1, Graphs 1-10; also see Appendix 2, Table 1).
- Most students who choose to use substances, reported that their age of first use occurred before the age of 15.
- Notably, 26% of tenth graders and 42% of twelfth graders reported having been involved in binge drinking within two weeks of taking the survey, as compared to 15% and 30%, respectively, of the broader Lake County sample.

Community and Parent Influence

- Tenth and twelfth grade students reported that alcohol was the easiest drug to obtain, with 66% of tenth graders and 85% of twelfth graders indicating that alcohol was “sort of easy,” or “very easy” to get. The most common reported sources for obtaining alcohol were: “...at a party”, “A friend...”, and “I took it from home without my parents knowing it...” 10% of twelfth grade students reported using a fake ID to purchase alcohol in the past year.

- Tenth and twelfth graders reported parent disapproval of alcohol, cigarettes, and marijuana, although the percentage of students reporting strong parent disapproval dropped from 59% to 35% in regard to drinking alcohol regularly.
- The percentage of tenth and twelfth grade students who reported that their family has clear rules about alcohol and drug use has risen since 2006 from 75% and 65%, to 78% and 70%, respectively.
- 36% of twelfth graders reported that, in the past 12 months, they had ridden in a car driven by another teenager who had been drinking or using drugs. 25% of twelfth graders reported driving while under the influence of alcohol or marijuana (See Appendix 1, Graphs 3-4). These numbers reflect a substantial decrease (from over 50% and 30%, respectively) from the 2006 report.

Individual and Peer Considerations

- District 115 students report comparable instances of verbal aggression, physical threats and attacks in regard to bullying, as compared to Lake County. (See Appendix 1, Graphs 1-4).
- Students' perceptions of their peers' use and attitudes toward use are known to be factors that can affect their own decision-making in regard to drugs and alcohol. It is evident that student perception and acceptance of alcohol use changes between tenth and twelfth grades (See Appendix 2, Table 2).
- Students consistently perceive their peers are using at higher levels than the peers actual report.
- 18% of tenth graders and 17% of twelfth graders reported that they had felt so sad or hopeless for a 2-week period that they stopped usual activities. In addition, 13% of tenth graders and 9% of twelfth graders reported that they have seriously considered suicide in the past year.

Conclusions

Overall, the Lake Forest, Lake Bluff, and Knollwood community appears to be heading in the right direction in regard to addressing drug and alcohol use. Tenth and twelfth grade student reports of past 30-day use of alcohol, inhalants, marijuana, and binge drinking have held steady, and in most cases decreased since the Illinois Youth Survey was last administered in 2006. We can only assume that this is due in part to the strong community initiative that has been put forth by many community organizations, parents, and students who are passionate about finding a solution to adolescent drug and alcohol use. However, there is *always room for improvement*. These survey results indicate five initial areas to target for growth:

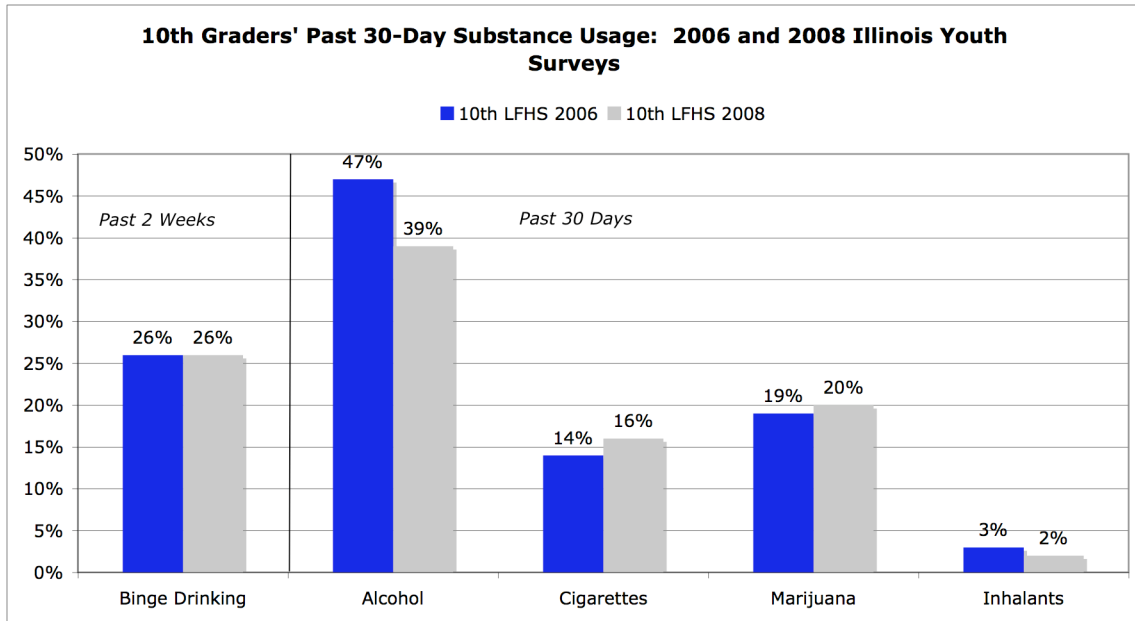
- Continued development of the Emotional Wellness initiative, aimed to nourish a school culture of responsibility, integrity, and empathy, while working to instill pro-social behavior norms.
- Re-examine current health curriculum, particularly alcohol and drug units to ensure that the latest research and information is being utilized and student misperceptions corrected. Coordinate curricula among all teachers, collaborate with student service personnel and outside resources, and synchronize topics with LEAD parent programming. Coordinate with feeder middle schools to ensure that information is presented on a continuum and there are no gaps.

- Continued collaboration with various community resources and parent groups, to provide opportunities for parent education about risk factors for substance use, parental responsibility, and the importance of having on-going discussions with children about family rules, values, and expectations. It appears that the commitment of the community over the past two years is slowly showing progress, as more students are reporting clear family rules and regular conversations with their parents about alcohol and other drugs.
- Increase school staff training and awareness in terms of student substance use and abuse, recognition of signs of use, confidentiality, and Student Assistance Programming. Increase staff awareness of supports available to students who may be using or who are at-risk of use, and ways to access these supports.

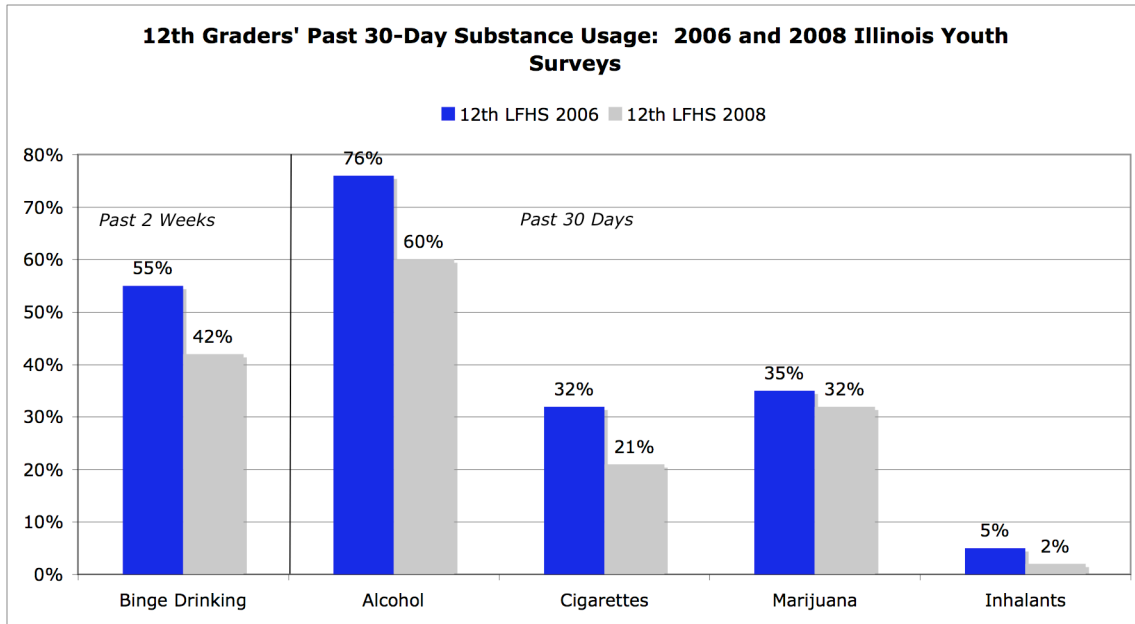
Ongoing opportunities for student involvement and leadership in positive activities and prevention programs, both in school and in the community, to raise awareness and change social norms of acceptance towards underage drinking and/or substance use.

Appendix One, High School results. Graphs: 2008 Illinois Youth Survey Results.

Graph One. 10thth Graders' Past 30-Day Substance Use: 2006 and 2008 Illinois Youth Survey Results.



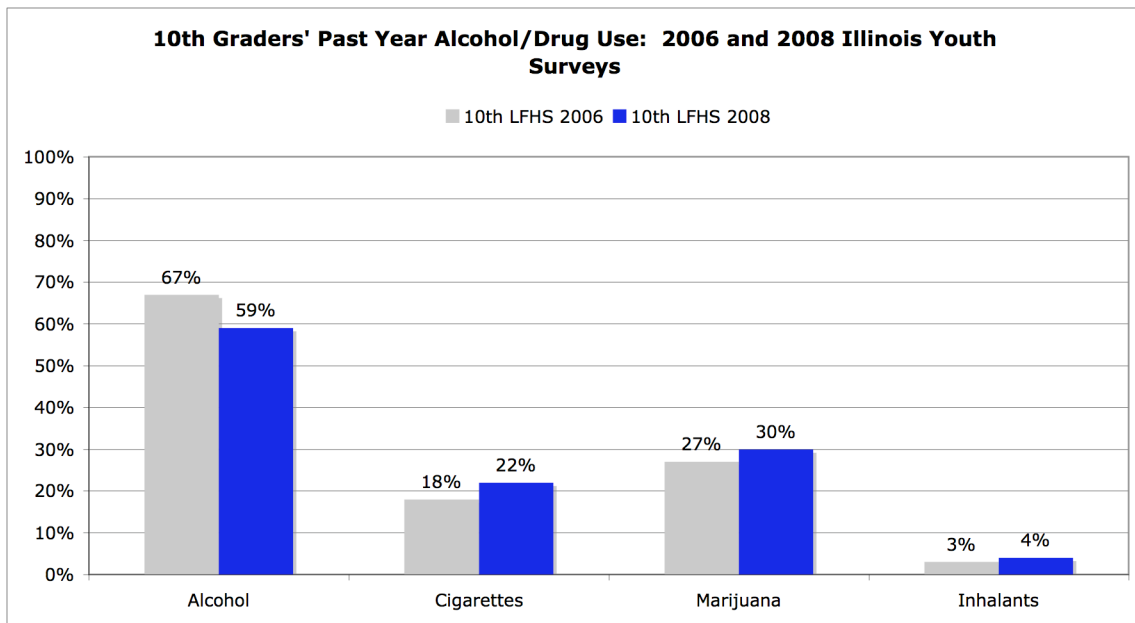
Graph Two. 12thth Graders' Past 30-Day Substance Use: 2006 and 2008 Illinois Youth Survey Results.



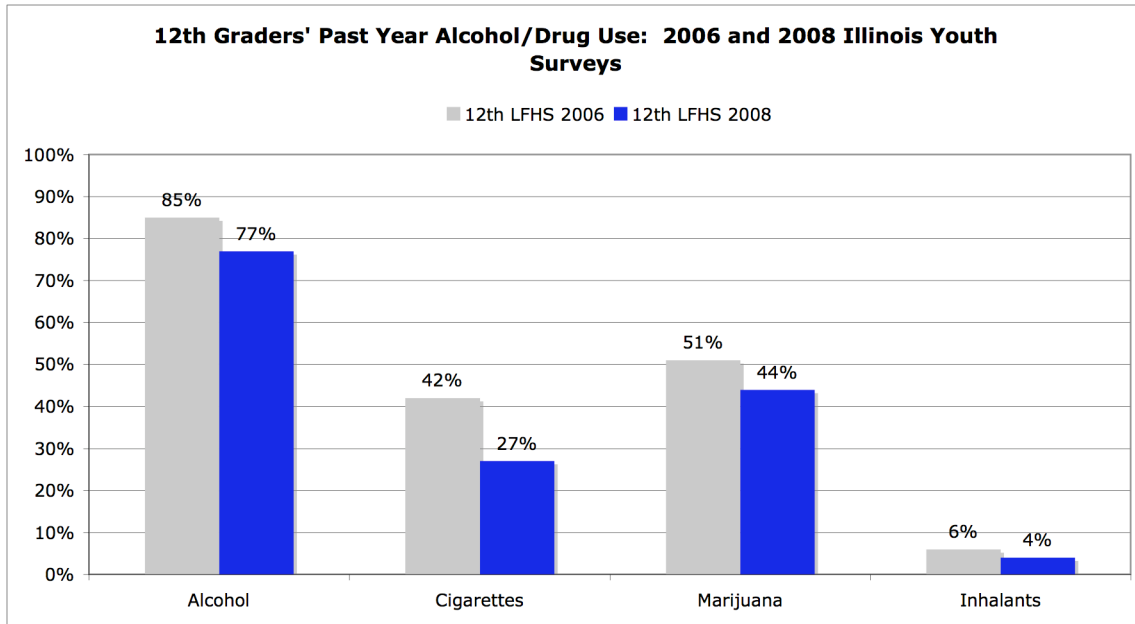
Guide:

*Past 30-Day Use: Student has used the substance at least once in the past 30 days.
 Past Year Use: Student has used the substance at least once in the past year.*

Graph Three. 10th Graders' Past Year Alcohol/Drug Use: 2006 and 2008 Illinois Youth Survey Results.



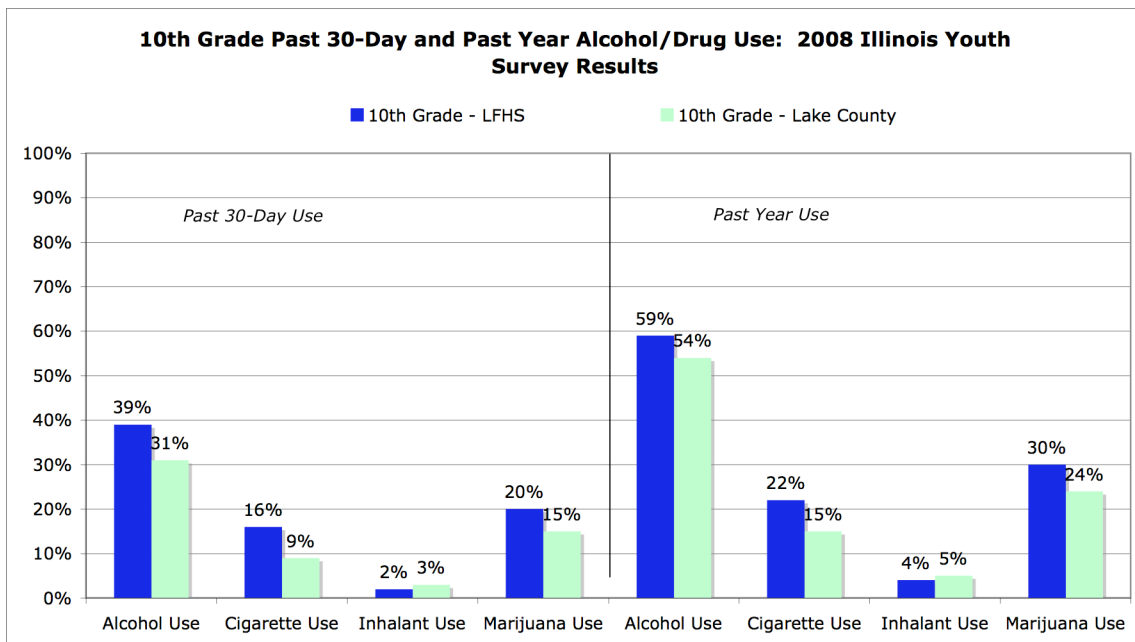
Graph Four. 12thth Graders' Past Year Alcohol/Drug Use: 2006 and 2008 Illinois Youth Survey Results.



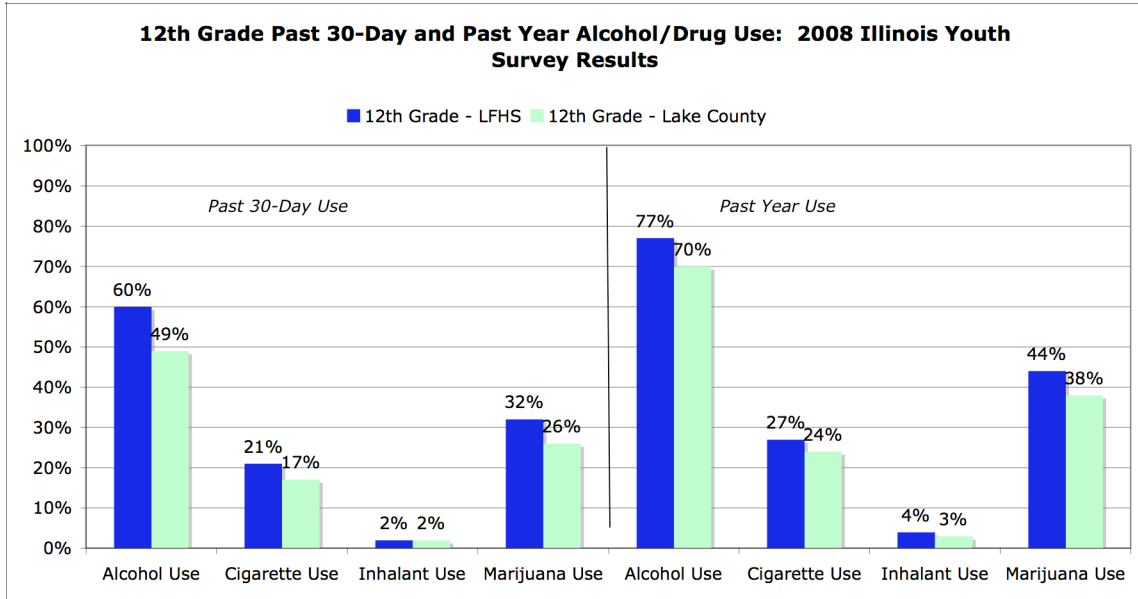
Guide:

Past 30-Day Use: Student has used the substance at least once in the past 30 days.
Past Year Use: Student has used the substance at least once in the past year.

Graph Five. 10th Grade Past 30-Day and Past Year Alcohol/Drug Use: From 2008 Illinois Youth Survey Results.



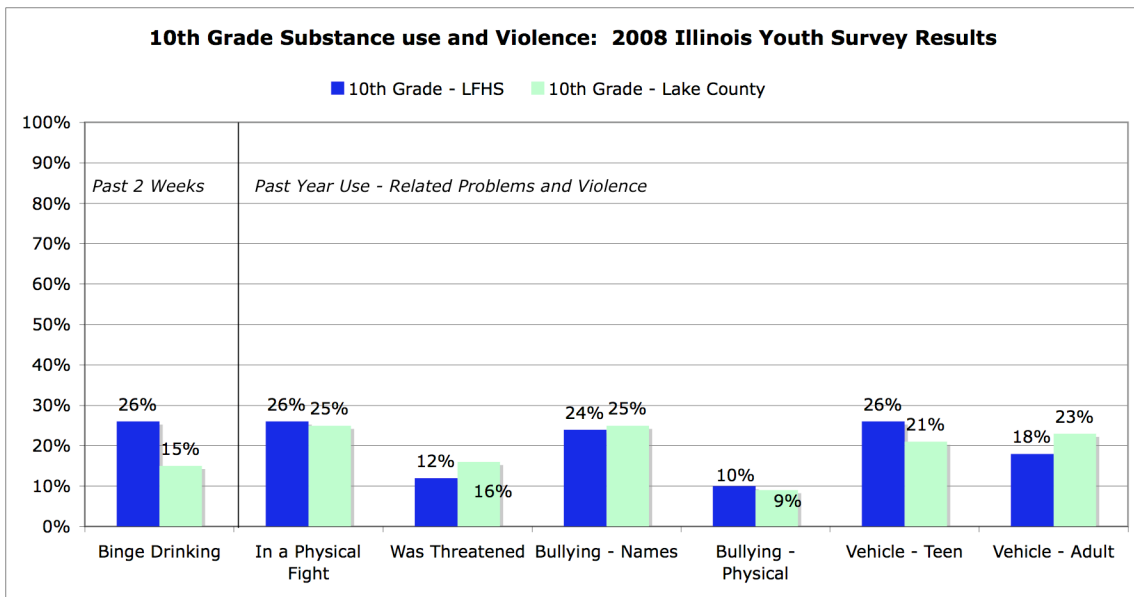
Graph Six. 12th Grade Past 30-Day and Past Year Alcohol/Drug Use: From 2008 Illinois Youth Survey Results.



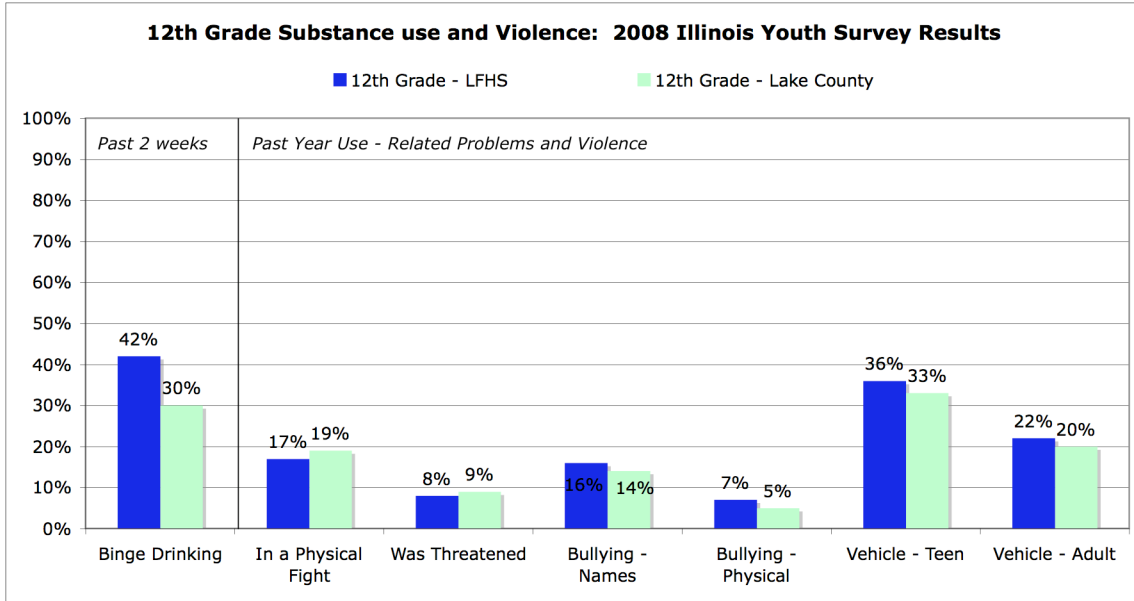
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Past 30-Day Use: Student has used the substance at least once in the past 30 days.
Past Year Use: Student has used the substance at least once in the past year.
Prescription Drug Misuse: Student has used a prescription drug in the past year without a doctor's prescription.

Graph Seven. 10th Grade Substance Use and Violence: From 2008 Illinois Youth Survey Results.



Graph Eight. 12th Grade Substance Use and Violence: From 2008 Illinois Youth Survey Results.

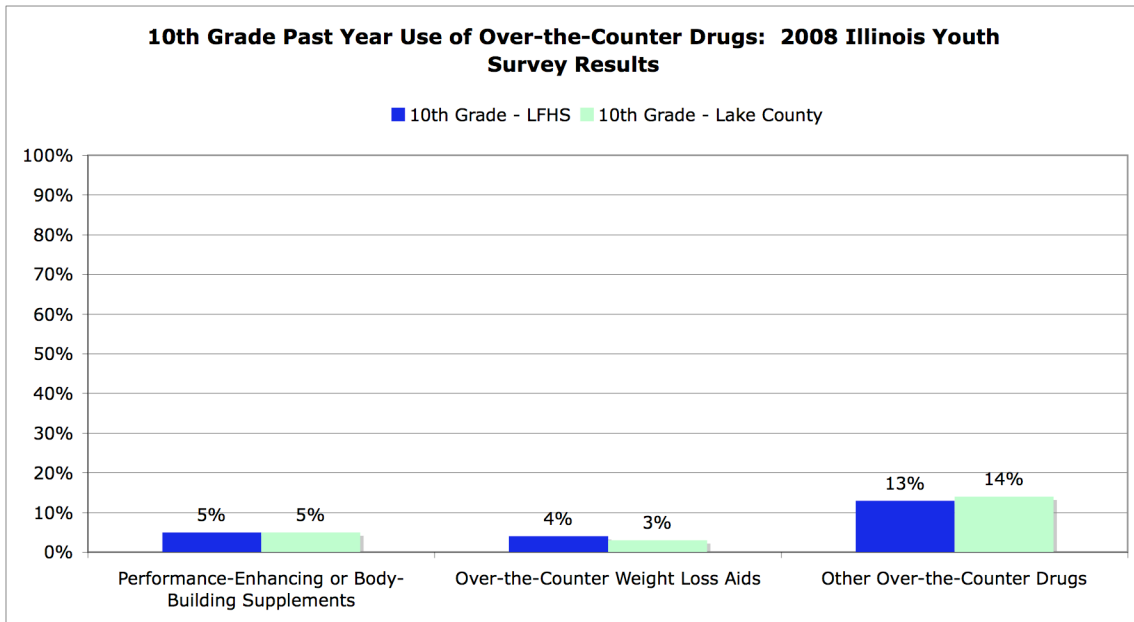


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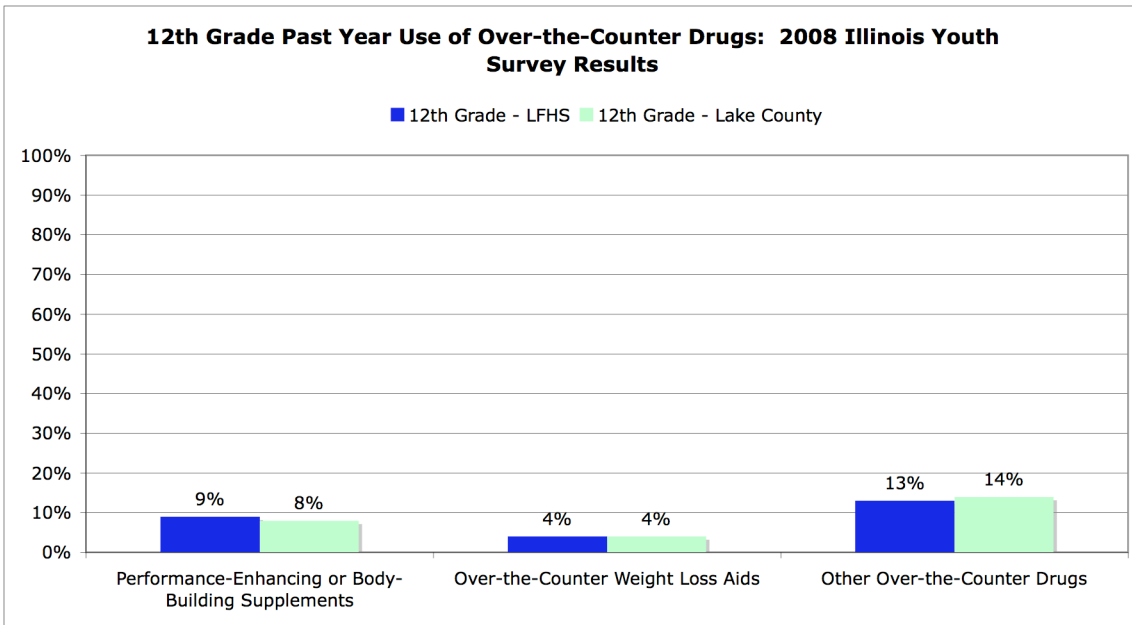
Binge Drinking: Student has consumed 5 or more alcoholic drinks in a row on one occasion in the previous two weeks.

Vehicle - Teen/Adult: Student reports at least one incident in the past year of riding in a car driven by a teen or adult who had been drinking

Graph Nine. 10th Grade Past Year Use of Over-the-Counter Drugs: 2008 Illinois Youth Survey Results.



Graph Ten. 12th Grade Past Year Use of Over-the-Counter Drugs: 2008 Illinois Youth Survey Results.



Guide:

*Performance-enhancing supplements - e.g., fat-burners or creatine.
Over-the-counter weight loss aids - e.g., laxatives or Dexatrim
Other over-the-counter drugs - e.g., cough syrup*

Appendix Two High School Results. Tables: *Illinois Youth Survey Results.*

Table One. Age of Initial Substance Use ('Onset'): From Illinois Youth Survey, Lake Forest High School Sample (Winter 2008).

<i>How old were you when you first...</i>	Never Have	10 or Younger	11	12	13	14	15	16	17	18 or Older
Smoked marijuana	68%	1%	1%	0%	3%	9%	16%	1%	0%	0%
Smoked a cigarette, even just a puff	68%	3%	2%	3%	4%	8%	12%	1%	0%	0%
Used any other tobacco product	81%	2%	1%	2%	2%	4%	8%	1%	0	0
Had more than a sip or two of alcohol	36%	7%	4%	5%	8%	22%	15%	3%	0%	0%
Began drinking alcoholic beverages regularly (at least once or twice a month)	69%	1%	0%	1%	2%	9%	17%	1%	0%	0%
Used inhalants	96%	1%	0%	1%	0%	0%	0%	1%	0%	0%

Table Two. Student-Reported Perceptions of Wrongness of Alcohol/Drug Use at Current Age: From Illinois Youth Survey, Lake Forest High School Sample (Winter 2008).

<i>How wrong do you think it is for someone your age to:</i>	10 th Grade		12 th Grade	
	LFHS Sample	Lake County	LFHS Sample	Lake County
"Very wrong" or "Wrong" to drink alcohol regularly	50%	67%	26%	49%
"Very wrong" or "Wrong" to smoke cigarettes	67%	78%	34%	57%
"Very wrong" or "Wrong" to smoke marijuana	63%	73%	37%	57%

Table Three. Student-Reported Regularity of Communication with Parents/Guardians Regarding Drug/Alcohol Use: From Illinois Youth Survey, Lake Forest High School Sample (Winter 2008).

		<i>LFHS Sample</i>			<i>Lake County</i>		
		<i>Yes (%)</i>	<i>No (%)</i>	<i>Do Not Recall (%)</i>	<i>Yes (%)</i>	<i>No (%)</i>	<i>Do Not Recall (%)</i>
<i>10th</i>	<i>Tobacco</i>	<i>49%</i>	<i>42%</i>	<i>9%</i>	<i>45%</i>	<i>43%</i>	<i>12%</i>
	<i>Alcohol</i>	<i>65%</i>	<i>28%</i>	<i>7%</i>	<i>58%</i>	<i>31%</i>	<i>11%</i>
	<i>Marijuana/other illegal drugs</i>	<i>53%</i>	<i>39%</i>	<i>8%</i>	<i>52%</i>	<i>37%</i>	<i>11%</i>
<i>12th</i>	<i>Tobacco</i>	<i>45%</i>	<i>45%</i>	<i>10%</i>	<i>42%</i>	<i>50%</i>	<i>8%</i>
	<i>Alcohol</i>	<i>61%</i>	<i>30%</i>	<i>9%</i>	<i>58%</i>	<i>34%</i>	<i>7%</i>
	<i>Marijuana/other illegal drugs</i>	<i>47%</i>	<i>42%</i>	<i>11%</i>	<i>48%</i>	<i>44%</i>	<i>8%</i>