

Lake Forest School Districts 67 &115
Lake Bluff School District 65
2008 Illinois Youth Survey
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.

Across the state of Illinois, schools are offered the opportunity every two years to administer a survey to students in 6, 8, 10, and 12th grades. In February 2008, all three districts elected to participate in the Illinois Youth Survey (IYS). 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 67, District 65, and District 115 students and to compare our community’s information with results that were obtained from over 30 other middle schools and ten other high schools that participated in the survey across Lake County, Illinois. If you have further questions about the survey results, please contact Jenny Edgington, SAP Coordinator, at 847-582-7360 or jedging@d115.org.

Demographics

- 316 (90%) sixth grade and 343 (80%) eighth grade students were surveyed.
- Over 90% of middle school students reported involvement in sports, other activities, and/or service clubs.
- 358 (76%) tenth grade and 246 (57%) twelfth grade students were surveyed.
- Over 75% of high school students reported involvement in sports, other activities, and/or service clubs.

Substance Use

- District 67 and District 65 sixth and eighth graders reported lower levels of use in several categories of substances, including alcohol, cigarettes, inhalants, and marijuana, when compared to other students in Lake County.
- Notably, 5% of community eighth graders reported having been involved in binge drinking within two weeks of taking the survey, as compared to 3% of the broader Lake County sample.
- Eighth graders were asked about *past year* misuse of prescription and over-the-counter drugs (e.g., cough syrup). Less than 1% of 8th graders reported use of uppers or downers without a prescription, while more than 1% of students reported having used steroids. In addition, 12% of students reported using over-the-counter drugs for a non-medical purpose, compared to 14% of students in Lake County. Also notable is the 8% of eighth graders who reported inhalant use in the past year, as compared to the county average of 9%.
- 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.
- 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.
- Most students who choose to use substances before leaving high school, reported that their age of first use occurred before the age of 15.

- 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.

Community and Parent Influence

- Students reported strong parent disapproval of alcohol, cigarettes, and marijuana, and most indicated that their parents have had conversations with them on the topic in the past year. However, the percentage of students who report strong parental disapproval of alcohol, cigarettes, and marijuana, decreases between sixth and twelfth grade. Students' reports of having conversations with their parents about alcohol and marijuana also decrease from sixth to twelfth grade as rates of use increase.
- Interestingly, 96% of sixth graders reported that their family has clear rules about alcohol and drug use, compared to 70% of twelfth graders.
- Students reported that alcohol was the easiest drug to obtain, with 43% of eighth graders, 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.
- 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. These numbers reflect a substantial decrease (from over 50% and 30%, respectively) from the 2006 report.

Individual and Peer Considerations

- District 65, 67, and 115 students report comparable instances of verbal aggression and bullying, and substantially lower rates of physical threats or attacks, as compared to Lake County. 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 sixth and twelfth grades.
- Students' perception of the "coolness" factor of alcohol and drug use changes as well. For example, 91% of sixth graders (Lake County: 81%) reported "No or very little chance" that they would be perceived as cool if they drank regularly, compared to 62% of eighth graders (Lake County: 67%).
- Students consistently perceive their peers are using at higher levels than the peers actual report.
- 16% of eighth graders, 18% of tenth graders, and 17% of twelfth graders reported that 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.

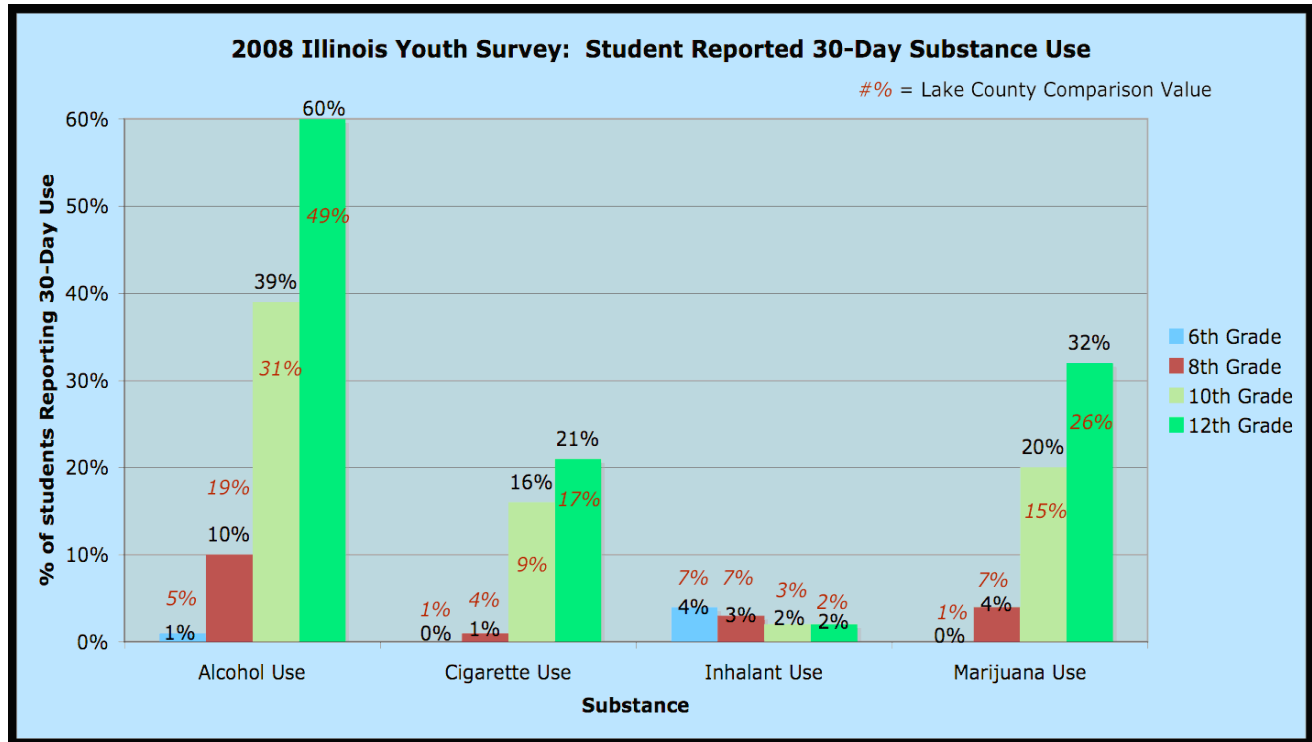
Conclusions

Overall, although our community's middle school students report lower rates of drug and alcohol use when compared to other Lake County schools that participated in the survey, our high school students are using at higher rates. Tenth and twelfth graders are reporting somewhat lower rates of alcohol use than the 2006 data indicated, and it is reasonable to suspect that these results could be due in part to strong preventative efforts during the intervening period. These survey results indicate four initial areas to target for growth:

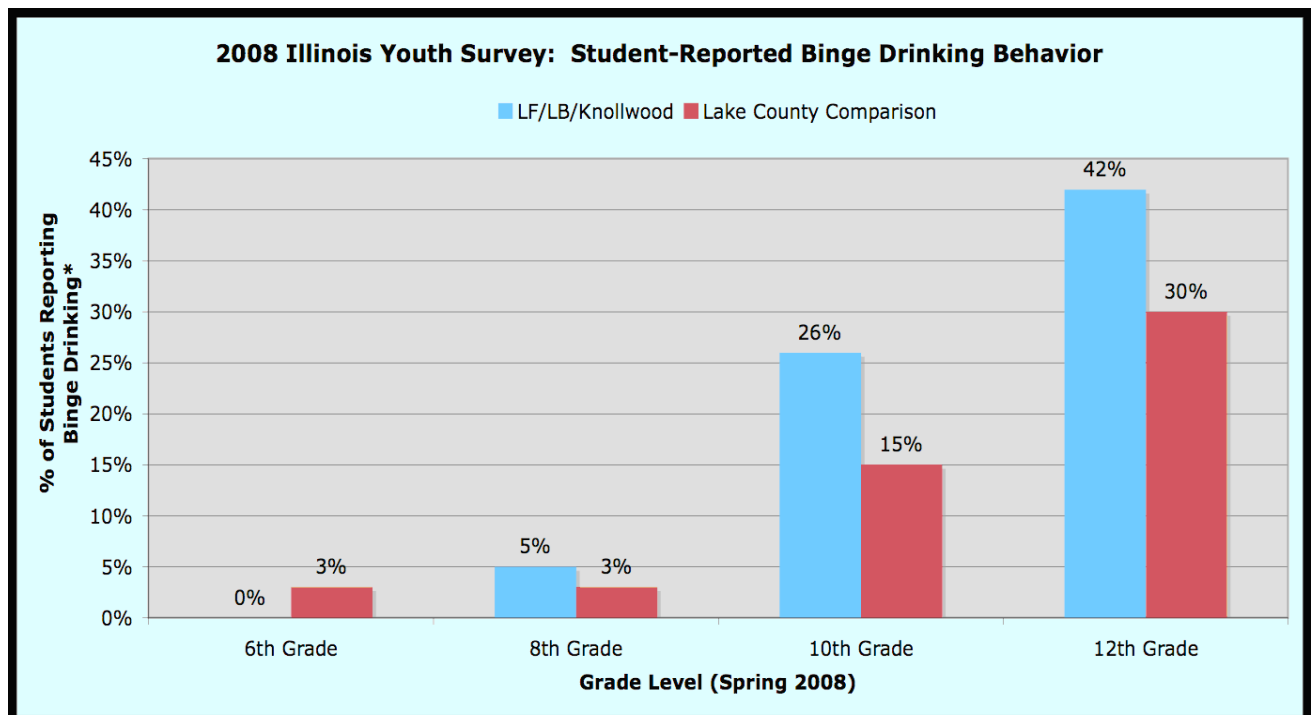
- Continued development of the Emotional Wellness initiative, aimed to look at each student as a whole person, and teach students the skills and self-understanding needed to make responsible choices and live healthy lives. District 67 has taken proactive steps in addressing the issue of bullying through the creation of a focused committee in the 2007-2008 school year. District 67 Advisory classes will begin implementation of the *Second Step for Middle Schools* curriculum in 2008. District 65 has begun implementation of *BAM!*, a Positive Behavior Intervention Support program during advisories.
- 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.
- Continued student education and programming about dangers of substance use (including over-the-counter medication, prescription drugs, and inhalants) to be implemented across the school curriculum, including Wellness classes and Advisory, using a student-led, peer-taught format when possible.
- Ongoing opportunities for student involvement 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. Graphs.

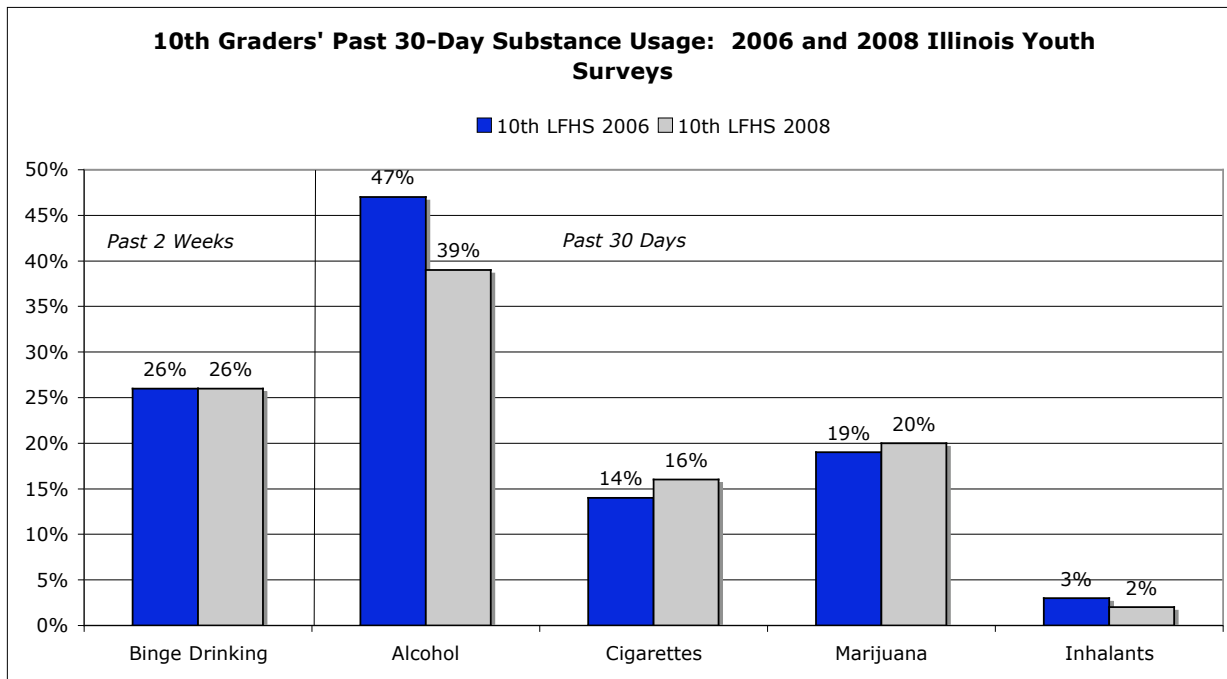
Graph One. Student-Reported Past 30-Day Substance Use: From 2008 Illinois Youth Survey Results.



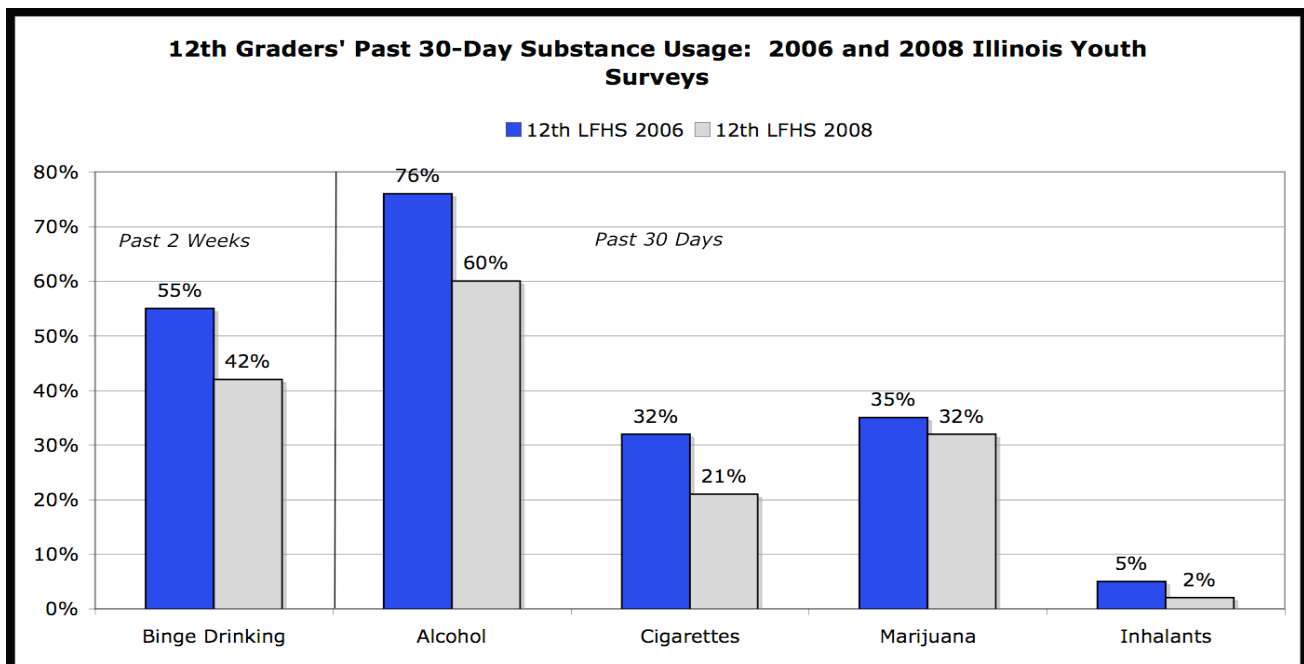
Graph Two. Student-Reported Binge Drinking: From 2008 Illinois Youth Survey Results.



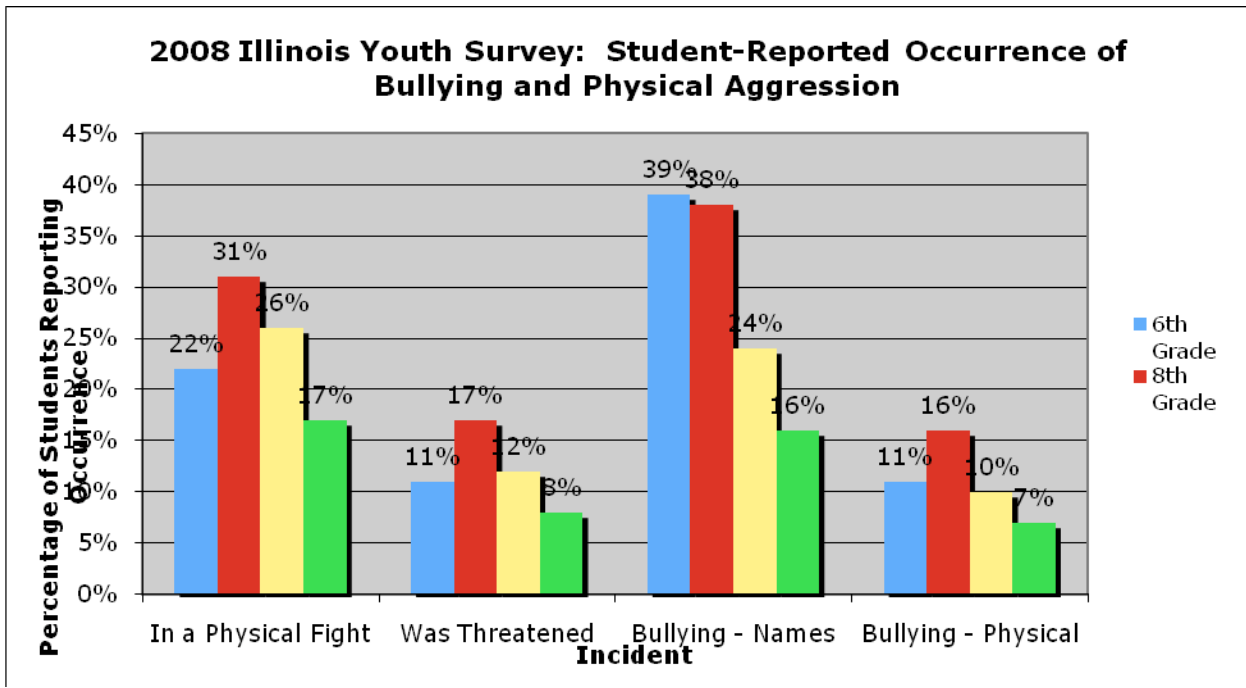
Graph Three: 10th Graders' Past Year Alcohol/Drug Use: 2006 and 2008 Illinois Youth Survey Results.



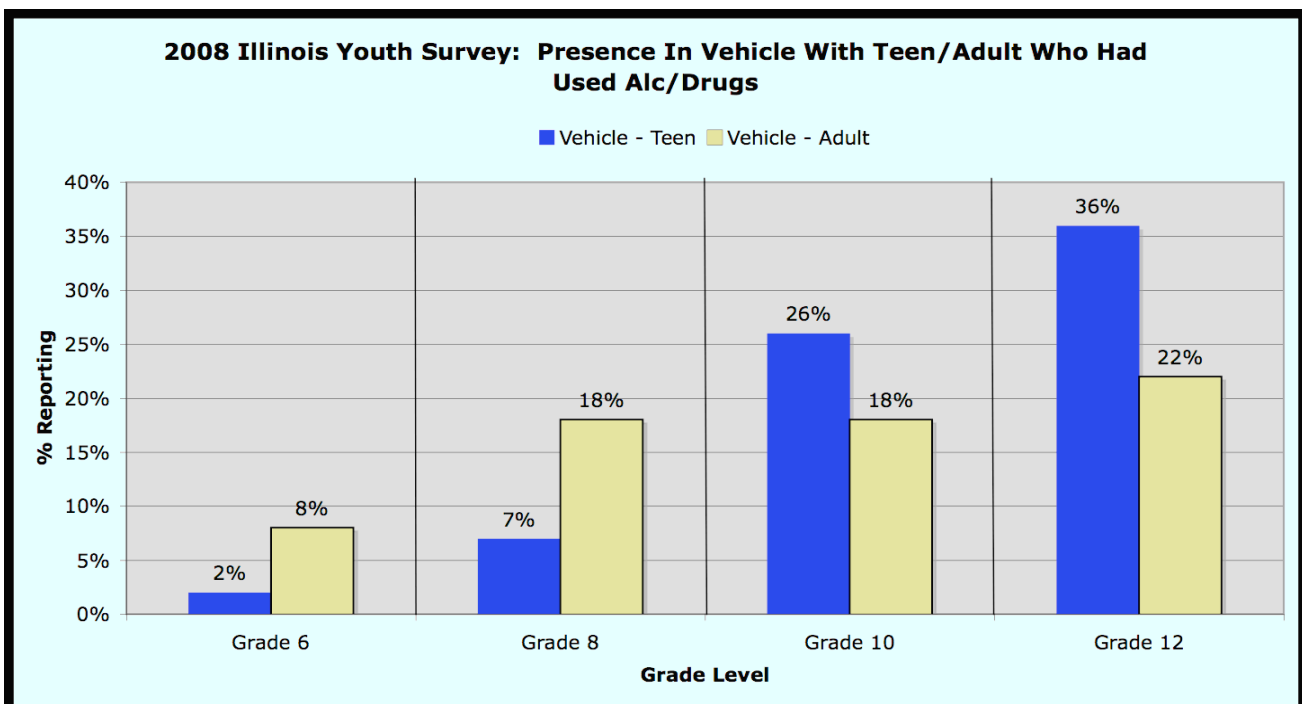
Graph Four. 12th Graders' Past Year Alcohol/Drug Use: 2006 and 2008 Illinois Youth Survey Results.



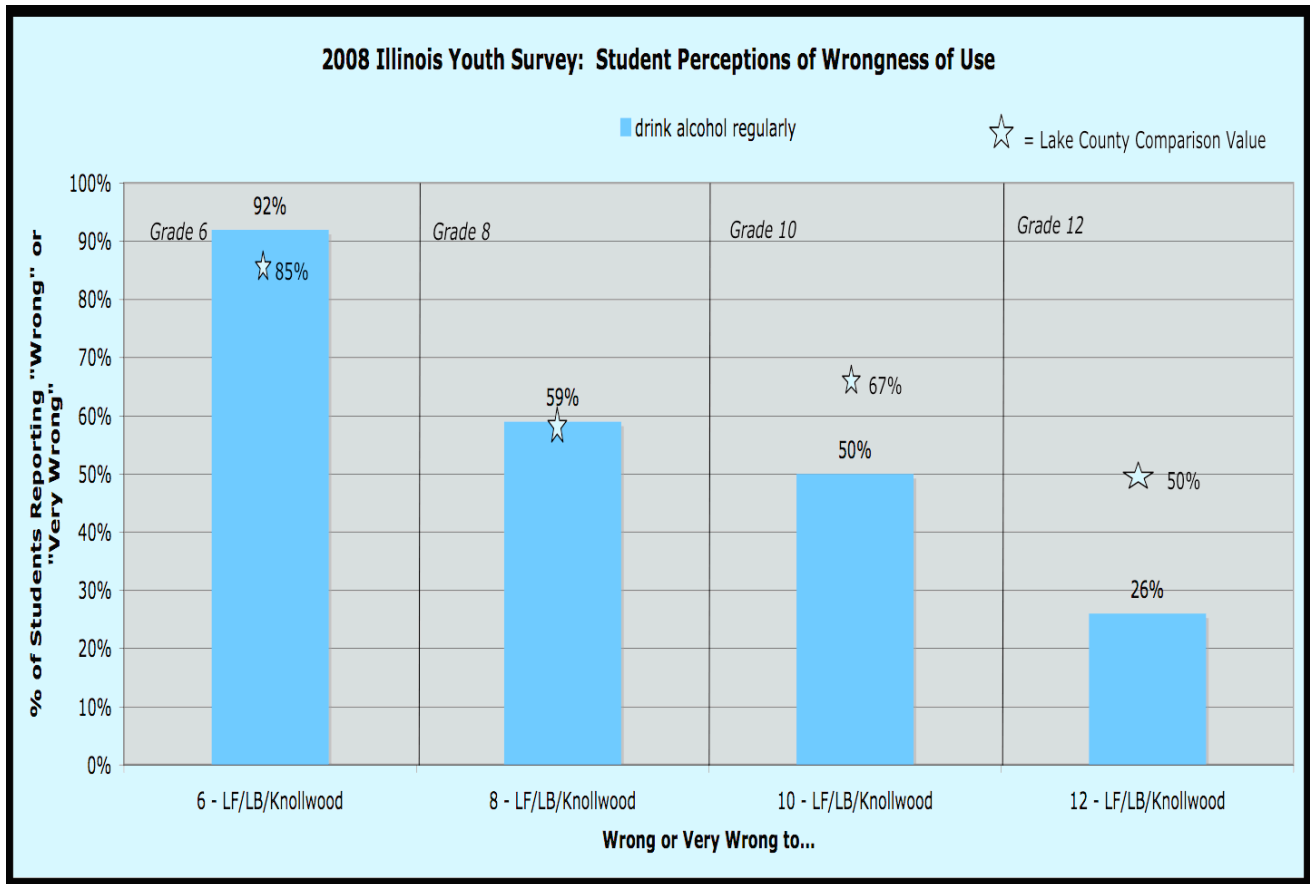
Graph 6. Student-Reported Occurrence of Bullying and Physical Aggression: 2008 Illinois Youth Survey Results.



Graph 7. Student-Reported Presence In Vehicle with Driver who had Used Alcohol/Drugs: 2008 Illinois Youth Survey Results.



Graph Eight. Student-Reported Perceptions of Wrongness of Alcohol/Drug Use at Current Age: From 2008 Illinois Youth Survey.



Appendix Two. Tabled 2008 Illinois Youth Survey Results.

Table One. Age of Initial Substance Use ('Onset') Among 8th Graders: From Illinois Youth Survey, LF/LB/Knollwood Communities (Winter 2008).

<i>How old were you when you first...</i>	Never Have	10 or Younger	11	12	13	14	17	18 or Older
Smoked marijuana	93%	0%	0%	1%	3%	2%	0%	1%
Smoked a cigarette, even just a puff	93%	2%	2%	1%	1%	1%	0%	0%
Used any other tobacco product	94%	1%	1%	1%	1%	1%	0%	1%
Had more than a sip or two of alcohol	66%	8%	5%	7%	9%	2%	1%	1%
Began drinking alcoholic beverages regularly (at least once or twice a month)	93%	1%	0%	0%	3%	2%	0%	1%
Used inhalants	97%	0%	0%	0%	1%	0%	1%	1%

Table Two. Age of Initial Substance Use ('Onset') Among 12th Graders: From Illinois Youth Survey, LF/LB/Knollwood Communities (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 Three. Student-Reported Regularity of Communication with Parents/Guardians Regarding Drug/Alcohol Use: From 2008 Illinois Youth Survey.

		LF/LB/Knollwood Community			Lake County		
		Yes (%)	No (%)	Do Not Recall (%)	Yes (%)	No (%)	Do Not Recall (%)
6th	Tobacco	59%	22%	19%	63%	18%	19%
	Alcohol	76%	9%	15%	70%	16%	15%
	Marijuana/other illegal drugs	69%	85%	16%	68%	16%	16%
8th	Tobacco	55%	27%	18%	46%	36%	18%
	Alcohol	63%	24%	13%	52%	32%	16%
	Marijuana/other illegal drugs	57%	68%	11%	53%	32%	15%
10th	Tobacco	49%	42%	9%	45%	43%	12%
	Alcohol	65%	28%	7%	58%	31%	11%
	Marijuana/other illegal drugs	53%	39%	8%	52%	37%	11%
12th	Tobacco	45%	45%	10%	42%	50%	8%
	Alcohol	61%	30%	9%	58%	34%	7%
	Marijuana/other illegal drugs	47%	42%	11%	48%	44%	8%