



Missouri Student Survey 2018 Report

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MENTAL HEALTH

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Executive Summary

Every even numbered year since 2000, the Missouri Departments of Mental Health (DMH) and Elementary and Secondary Education (DESE) have conducted the Missouri Student Survey (MSS) to monitor substance use and related behaviors of adolescent youth. All public middle and high schools are asked to participate by surveying at least one classroom per grade. This report describes the results of this survey.

The 2018 survey involves two levels of sampling. A random sample, selected for equal geographical distribution, was used to estimate prevalence rates for the entire state. A convenience sample was used to determine the county level data. Students who were part of the random sample were also automatically included in the convenience sample.

Participants

Statewide Random Sample: A total of 96 schools (48 middle and 48 high) were selected to be part of the random sample. Of these, 62 (65%) schools with 3,339 students participated in the 2018 MSS. Data was weighted to represent the state level demographics. All data in this report is from the random sample.

County Level Convenience Sample (not included in this report): The 2018 MSS survey was administered to 125,574 children and adolescents in grades 6-12. After data cleaning and adjustments were made to ensure the data represented the demographic characteristics of each county, the sample size equaled 118,105, representing 102 counties (89%). Convenience samples were used in all MSS reports prior to 2016.



Data in this report are drawn from the Statewide Random Sample. To obtain County-Level data, see <https://seow.dmh.mo.gov/>

Key Findings






Comparisons between 2018 Missouri and the U.S.

Substance Use

In both Missouri and the nation, alcohol lifetime use was higher than all other drugs, followed by cigarette (both standard and electronic) and marijuana use. Past month use followed a similar pattern, though electronic cigarette use was higher than alcohol use and standard cigarettes. Alcohol, cigarette and chewing tobacco lifetime and 30-day use were higher in Missouri than nationally. Inhalant and hallucinogen lifetime use was higher nationally than in Missouri. Overall, illegal drugs were used much less than legal ones. Past month use of electronic cigarettes was slightly lower than national average.



National data is taken from the National Survey on Drug Use and Health (NSDUH, 2016). Some substances are blank because the survey does not ask about them.

Percentage of Substance Use in Missouri Users (6-12th grade) and the United States Users (12-18 years)

	Missouri		United States	
	Lifetime	30-day	Lifetime	30-day
Alcohol 	34.5%	14.5%	27.0%	9.2%
Electronic Cigarettes 	26.9%	15.3%	-	-
Cigarettes 	18.2%	6.0%	11.6%	3.4%
Marijuana 	14.0%	6.5%	14.8%	6.5%
Prescription Drugs 	11.0%	7.6%	-	-
Chewing Tobacco	9.9%	4.4%	4.7%	1.4%
Hookah	5.6%	2.6%	-	-
Over-the-Counter Meds	4.2%	1.6%	-	-
Inhalants	2.2%	1.1%	8.3%	0.6%
Synthetic Drugs	1.1%	0.3%	-	-
Hallucinogens	1.3%	-	2.7%	0.5%
Cocaine	1.0%	-	0.9%	0.1%
Club Drugs	0.9%	-	-	-
Methamphetamine	0.3%	-	0.3%	0.0%
Heroin	0.2%	-	0.1%	0.0%

The Youth Risk Behavioral Survey (YRBS, 2017) collects national data on high school youth only. Data is included for two substances not covered by NSDUH. The 2017 YRBS report indicates electronic cigarette use and prescription drug misuse in Missouri high school students is similar to the national average. Past month use of electronic cigarettes is slightly lower than national average.

YRBS Percentage of Substance Users in Missouri and the United States, High School ONLY

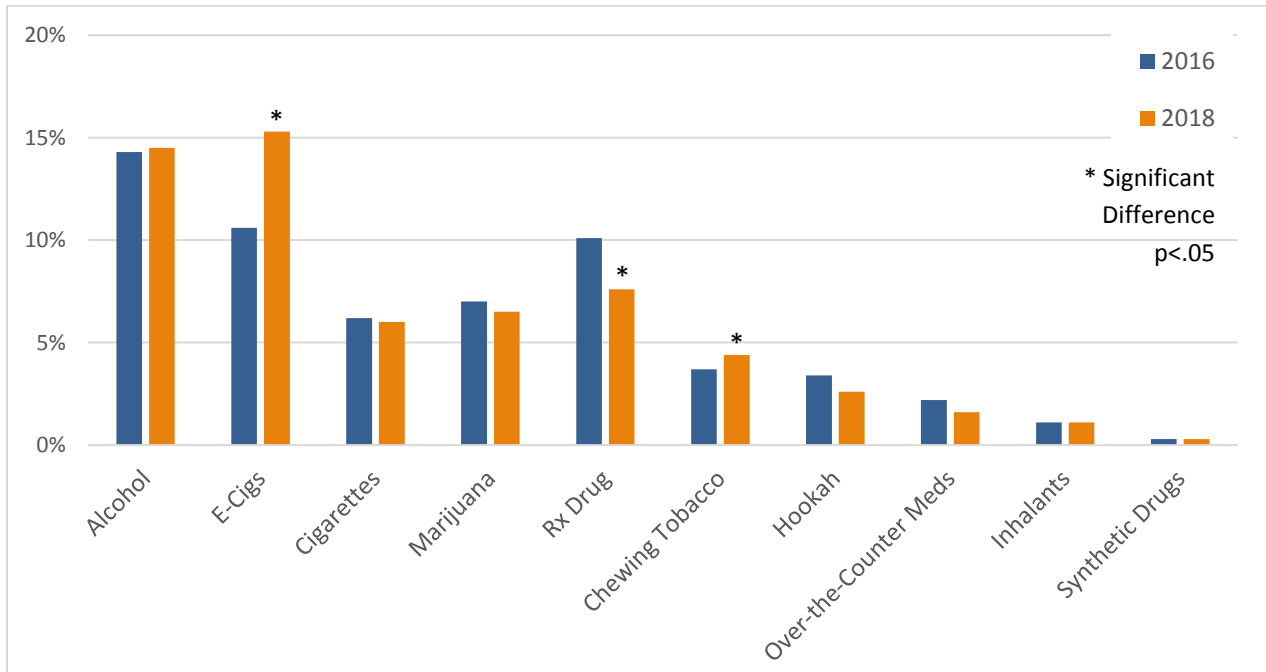
	Missouri		United States	
	Lifetime	30-day	Lifetime	30-day
Electronic Cigarettes 	39.9%	10.9%	42.2%	13.2%
Prescription Drugs  (specifically pain medication)	13.7%	-	14.0%	-

2018 Substance Use Comparison Over Time

The MSS’s statewide random sample has data for two time points (2016 and 2018). Statistical comparisons can be made over time and provide some information on trends, but data should be interpreted with caution because there are only two time points.

The figure below indicates a significant increase in current use from 2016 in e-cigarettes and chewing tobacco, while prescription drug misuse has decreased. There is no significant change in past month use for any of the other substances.

Past Month Substance Use, MSS 2016 and 2018



With the exception of peer use in standard cigarettes, all of the changes in risk and protective factors were in the less desirable direction. Again, this was only two data points so the trends should be watched but no definitive conclusions should be drawn at this time.

2018 Substance Use Dynamics

Specific Substance Use Patterns

Tobacco

Tobacco users typically reported using 1-2 days.

Approximately 1 out of 3 current tobacco users (33.2%) reported using more than one form of tobacco.

Most students reported using flavor only products in their e-cigs at least some of the time. However, more than 1 in 10 reported using marijuana at least some of the time.

Alcohol

Among those youth who reported drinking in the last 30 days, the majority (54.7%) reported drinking only 1 or 2 days.

Almost 4 out of 10 (39.6%) students reported past month alcohol use also reported having five or more drinks (binge drinking) in the past month. As previously mentioned, most youth only drink 1-2 days a month, but when they drink, they drink heavily.

Marijuana

Of those youth who smoked marijuana in the past month, a little over 1 in 3 youth reported smoking one or two days in the month, while 13.1% reported daily use.

About 1 in 5 (16.9%) past month users smoked marijuana on school property in the past 30 days. Fewer youth reported drinking alcohol on school property (5.6%) and smoking cigarettes on school property (14.5%) in the past 30 days. This pattern differs from 2016 where more students reported smoking cigarettes on school property.

Prescription Drugs

Of those who did misuse prescription drugs at least once, pain medication was the most commonly misused substance. Not surprisingly, the number one reason given for misusing prescription drugs was to reduce and/or manage pain. Sleeping medication was the second most misused prescription drug and the second most common reason given was to help with sleep. These patterns were the exactly those seen in the 2016 survey.

Overall, current prescription drug misuse has decreased since 2016. When looking at past year misuse of specific drugs, there was a significant decrease in pain medication misuse.

Access and Availability

When asked how a student gets tobacco, alcohol or marijuana the most common response is “a friend gives or sells it to me.” However, a family member is more likely to be the source for prescription drugs.

About half of youth perceived that cigarettes (standard and electronic), alcohol and over-the-counter drugs were either “very easy” or “sort of easy” to obtain. The perceived effectiveness of law enforcement to catch someone using substances was low. The majority of youth surveyed reported that none of their friends used alcohol, cigarettes, marijuana or other illegal drugs in the past year. Many youth (43.7%), however, did currently have at least one friend who drank alcohol and 1 in 3 youth (34.5%) had at least one friend who smoked marijuana.

Values around Substance Use

When youth were asked whether it was wrong to use substances, the majority of students answered all the questions with “very wrong”. Alcohol was perceived as the least wrong. When “very wrong” was combined with “wrong”, over 7 out of 10 students perceived substance use to be wrong in all categories except alcohol. Almost all youth disagreed with the use of over the counter, prescription and other illegal drugs.

The majority of students felt that their friends would consider any substance use wrong. Although students may have had friends who used substances, the great majority of them believed that their friends would not see them as “very cool” or “pretty cool” if they used.

When youth were asked about the riskiness of substance use, electronic cigarettes were seen as the least risky substance, followed by alcohol usage (without a dosage specified) and then marijuana. However, when alcohol dosage was specified it was seen as more risky. Prescription drug misuse, synthetic drug use and other illegal drug use was perceived as the most risky. Similar to the responses for perceived harm, alcohol use was the most accepted.

2018 Mental Health Dynamics

School Environment

The majority of youth agreed that students of all races and ethnicity were treated fairly, that rules were enforced fairly and that the teacher noticed when a student was doing a good job. However, only 4 in 10 students said the school notified the student’s family when they were doing a good job.

More than one in four (29.7%) students reported skipping at least one day of school in the past month. Of those students who did skip school, the majority reported skipping only 1 or 2 days.

The majority of students did not report missing school due to feeling unsafe ,which was similar to the national survey (high school students only: 7.6% MSS, 2018 vs. 6.7% - YRBS, 2015). However, more than 1 in 10 students “disagreed” or “strongly disagreed” that they felt safe at school. The number of days student reported skipping due to safety reasons has increased from 2016, while their perception of school safety has decreased.

Problem Behaviors

The majority of students reported that they had not engaged in physical bullying (85.9%), spread mean rumors or lies at school (79.3%) or embarrassed another student online or via text messaging (84.5%). However, over half (51.1%) of youth reported making fun of other people and 4.8% reported making fun of others 40 or more times in the past three months. When students were asked about what forms of bullying they experienced there was a similar pattern.

Missouri high school students reported being bullied at school in the past year slightly more than was reported nationally (27.3% - MSS, 2018 vs 19.0% - YRBS, 2017). There was a significant decrease in students who reported making fun of other people from 2016 to 2018.

Students reported that they rarely engaged in fighting or rebellious and defiant attitudes. Of the rebellious behaviors, cheating was seen as the most acceptable, but fewer than 1 out of 5 students agreed with that statement. The vast majority of youth (88.2%) did not have a friend who carried a gun (not including use for hunting or sport). There was a significant decrease from 2016 in youths' perception that a youth carrying a gun would get caught by police. This corresponds to an increase in number of friends who carried a gun in the past year.

Depressive Symptoms, Self-Harm and Suicidal Ideation

Most students (73.6%) reported feeling grouchy or in a bad mood at least sometimes. Over half reported feeling sad (55.6%), had changes in sleep (57.4%) or had difficulty concentrating in school (55.9%) at least sometimes. Feeling hopeless was reported the least (31.7% "sometimes", "often" or "always"). Females consistently reported experiencing more depressive symptoms and self-harm than males.

About 14.1% of students reported attempting to harm themselves in a deliberate, but not suicidal, way. The most common method of self-harm was "cut, scratched or hit myself on purpose".

More than 1 in 10 youth (14.1%) reported that they had considered suicide in the last year and 10.9% made a plan to attempt suicide and 6.2% attempted suicide. Of those who attempted suicide, 22% had attempts that resulted in an injury requiring medical attention. The majority of those who attempted suicide only attempted once. Fewer high school students in Missouri reported suicidal thoughts or behaviors compared to students nationally (YRBS, 2017).

Percent of Students Reporting Suicidal Behavior – High School ONLY

	2018 MSS	2017 YRBS
<i>Seriously Considered</i>	14.1%	17.2%
<i>Made a Plan</i>	10.9%	13.6%
<i>Attempted</i>	6.2%	7.4%
<i>Attempted Resulting in Injury</i>	1.4%	2.4%

The majority of students "agreed" or "strongly agreed" with the questions about knowing where to get help, feeling optimistic and handling stress well.

CHAPTER 1 – INTRODUCTION



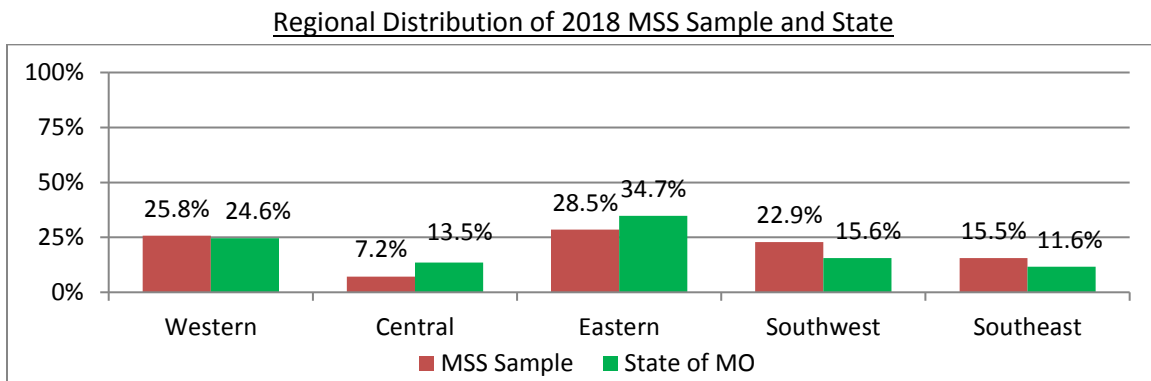
While many of the substance use and other risky behaviors of students have either remained constant or declined slightly in the recent years, many school-aged youth continue to engage in behaviors that put them at risk for injury, disease, and loss of life. The consequences of engaging in these behaviors in adolescence are far too great to be ignored. In order to track trends in adolescent risk behaviors, the Missouri Department of Mental Health (DMH) and Department of Elementary and Secondary Education (DESE) have conducted the Missouri Student Survey (MSS) every even numbered year since 2000. The first MSS, conducted by Research Triangle Institute on behalf of DMH, was funded by the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA). Since then, the MSS has been funded by the DMH and analysis conducted by the Missouri Institute of Mental Health (MIMH). Beginning in 2016, MIMH coordinated the data collection as well.

This report presents the results of the 2018 MSS, which assesses substance use and other health-risk behaviors among 6th through 12th graders attending public schools across the state. The numbers reported in this report reflect a random sample at the state level (53.5% response rate). Data at the more local levels (found elsewhere) continues to reflect a convenience sample.

All data in this report is weighted data.

Regional Distribution

All of the DMH's Division of Behavioral Health (DBH) planning regions were represented to varying degrees in the final sample. The Eastern region, which includes the state's most populous counties (i.e., St. Louis, St. Charles, Franklin, Jefferson, and St. Louis City) had the highest percentage of students (28.5%). The Northwest region, encompassing the Kansas City area and surrounding counties, had the next highest percentage (25.8%). The sample distributions are similar to those of the state¹.



¹ <http://dmh.mo.gov/ada/rpts/2015statusreport.html>



MISSOURI DEPARTMENT OF MENTAL HEALTH
DIVISION OF BEHAVIORAL HEALTH
PLANNING REGIONS



Participant Gender

The sample was evenly represented by males (49.7%) and females (50.3%), weighted to be similar to the state's gender distribution (49.1% male and 50.9% female).

Participant Age and Grade

Participating schools were asked to survey at least one class in each grade. The participants were 14.68 years of age on average.

Grade Level of 2018 MSS Sample

	Percentage of Sample
6 th	15.3%
7 th	13.7%
8 th	14.0%
9 th	13.4%
10 th	13.7%
11 th	14.6%
12 th	15.2%

Parent Education and Military Status

At the minimum, most participants' parents graduated from high school. A higher percentage of mothers completed a college education than fathers. Over seventeen percent (17.2%) of students report at least one parent served in the military.

Parental Education of 2018 MSS Sample

	Mother's Ed	Father's Ed
<i>Did not finish High School</i>	6.1%	8.9%
<i>Graduated from High School</i>	14.2%	11.5%
<i>Some education after High School</i>	21.1%	27.0%
<i>Graduated from College</i>	46.0%	32.4%
<i>Not Sure</i>	12.6%	19.0%

Participant Race and Ethnicity

The majority of the sample was White (76.9%), and 12.7% were Black or African-American. These percentages were weighted to be similar to the state of Missouri's estimated race/ethnicity population distributions (82.5% White and 11.6% Black) and 3.9% of Missourians report a Hispanic or Latino ethnicity.

Race / Ethnicity Distribution of 2018 MSS Sample

	Percentage of Sample
<i>Hispanic/Latino (of any race)</i>	5.8%
<i>Not Hispanic or Latino</i>	94.2%
<i>White/Caucasian</i>	76.9%
<i>Black/African-American</i>	12.7%
<i>American Indian/Alaskan Native</i>	0.2%
<i>Asian</i>	0.3%
<i>Native Hawaiian or Other Pacific Islander</i>	0.1%
<i>Multiracial</i>	8.5%
<i>Other (not otherwise specified)</i>	1.2%






CHAPTER 2 – ALCOHOL, TOBACCO, & OTHER DRUGS

Lifetime & Past Month (30-day) Substance Use

Substance Use Comparisons with a National Sample

The table below displays lifetime and 30-day substance use for Missouri youth compared to national data from the 2015-16 NSDUH. In both Missouri and the nation, alcohol lifetime use was higher than all other drugs, followed by cigarette (both standard and electronic) and marijuana use. Past month use follows a similar pattern; however, electronic cigarette use was higher than alcohol use. Alcohol, cigarette, and chewing tobacco lifetime and 30-day use were higher in Missouri than nationally. Inhalant and hallucinogen lifetime use was higher nationally than in Missouri. Overall, illegal drugs are used much less than legal ones.

Percentage of Substance Users in Missouri and the United States



	Missouri ²		United States ³	
	Lifetime	30-day	Lifetime	30-day
Alcohol 	34.5%	14.5%	27.0%	9.2%
Electronic Cigarettes 	26.9%	15.3%	-	-
Cigarettes 	18.2%	6.0%	11.6%	3.4%
Marijuana 	14.0%	6.5%	14.8%	6.5%
Prescription Drugs 	11.0%	7.6%	-	-
Chewing Tobacco	9.9%	4.4%	4.7%	1.4%
Hookah	5.6%	2.6%	-	-
Over-the-Counter Meds	4.2%	1.6%	-	-
Inhalants	2.2%	1.1%	8.3%	0.6%
Synthetic Drugs	1.1%	0.3%	-	-
Hallucinogens	1.3%	-	2.7%	0.5%
Cocaine	1.0%	-	0.9%	0.1%
Club Drugs	0.9%	-	-	-
Methamphetamine	0.3%	-	0.3%	0.0%
Heroin	0.2%	-	0.1%	0.0%

² 2018 Missouri Student Survey

³ NSDUH State Estimates for 12-17, 2015-2016

The YRBS (2017) collects national data on high school youth only. The 2017 report shows Missouri high school students reporting electronic cigarette use and prescription drug misuse similarly to the national average. Past month use of electronic cigarettes is slightly lower than national average.

YRBS Percentage of Substance Users in Missouri and the United States, High School ONLY

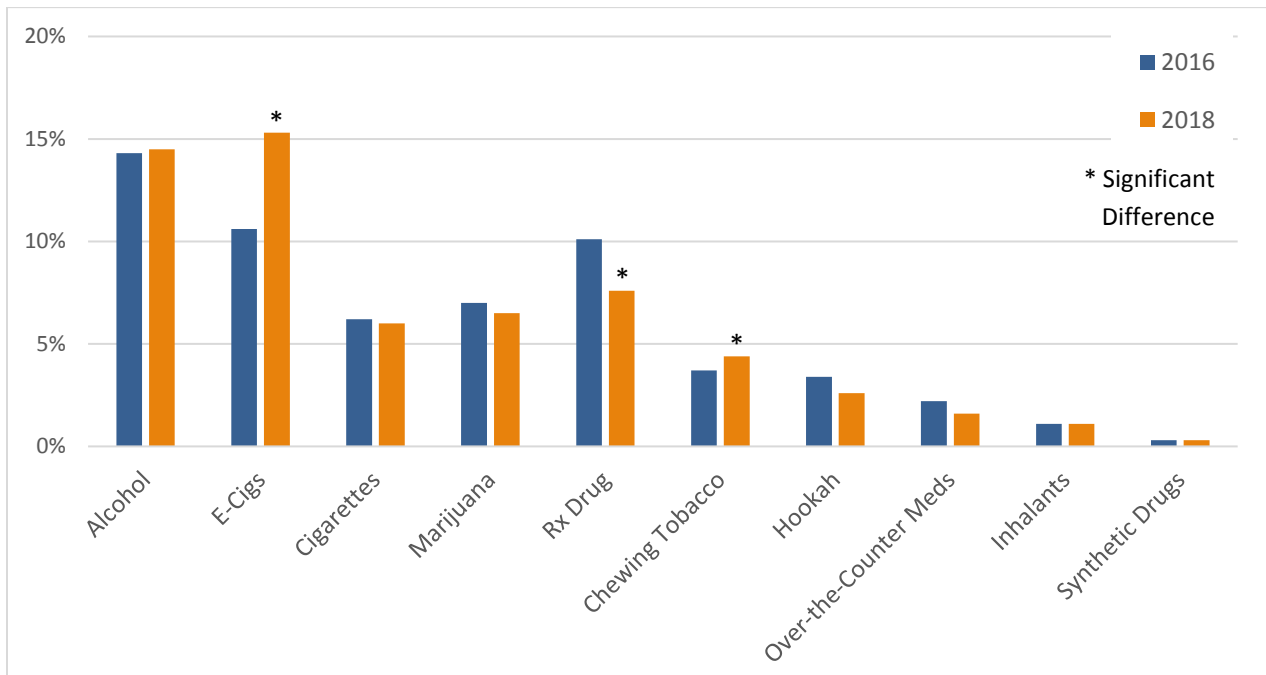
	Missouri		United States	
	Lifetime	30-day	Lifetime	30-day
Electronic Cigarettes 	39.9%	10.9%	42.2%	13.2%
Prescription Drugs  (specifically pain medication)	13.7%	-	14.0%	-

Substance Use Comparison Over Time – Past Month Use

The MSS’s statewide random sample has data for two time points (2016 and 2018). Statistical comparisons can be made over time and provide some information on trends, but data should be interpreted with caution because there are only two time points.





The figure below indicates a significant increase from 2016 in e-cigarettes and chewing tobacco current use, while reports of prescription drug misuse have decreased. There is no significant change in past month use for any of the other substances.

Past Month Substance Use, MSS 2016 and 2018



Age of First Substance Use Comparisons with National Samples

Data for age of first use show that inhalants are used at earlier than other drugs while marijuana has the latest age of first use. National comparison numbers are not available through NSDUH this year, for this indicator.

<u>Average Age of First Use</u>	
	Missouri
Marijuana 	14.26
Cigarettes 	13.17
Alcohol 	13.12
Prescription Drugs 	11.81
Over the Counter	11.20
Inhalants	10.63

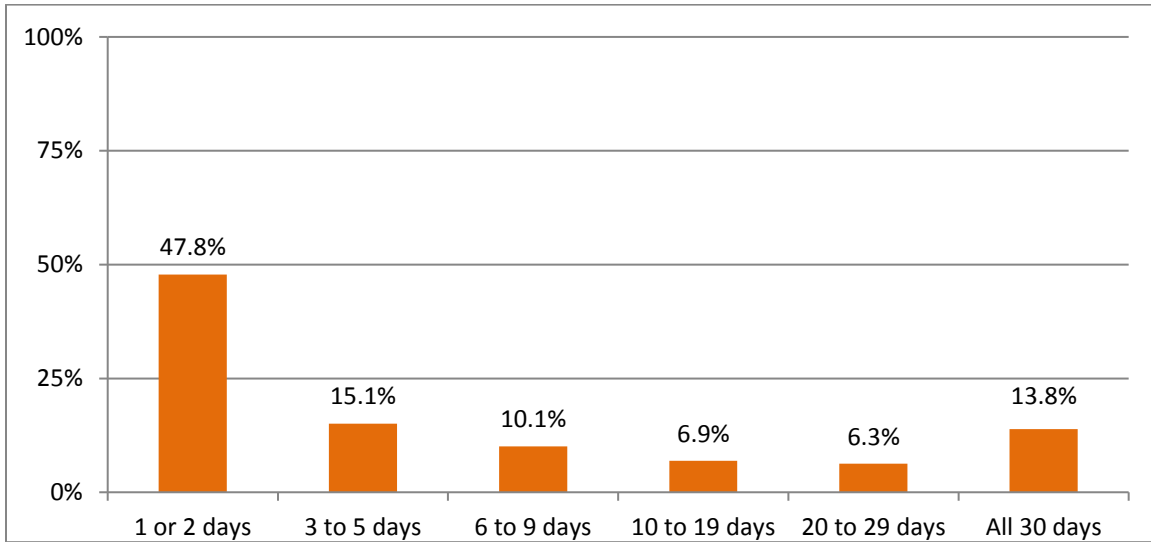
There was no significant difference between 2016 and 2018 on age of first use for cigarettes, alcohol, marijuana or inhalants. As this is the first year students were asked about age of first misuse for over the counter or prescription drug, change over time is unknown for those substances.

Substance Use Extent & Circumstances

Tobacco

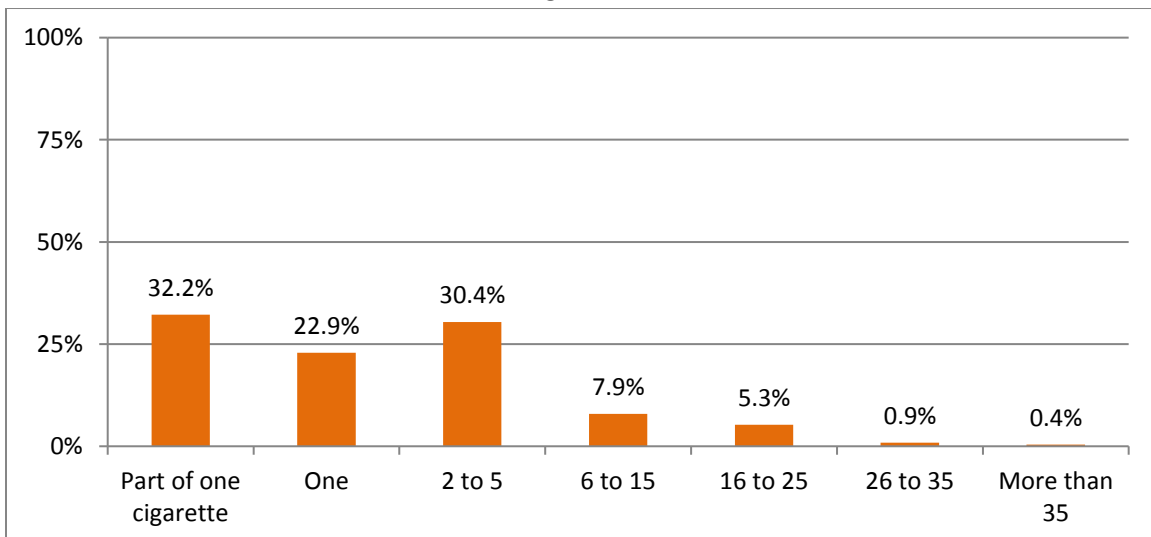
Among students who reported that they smoke, the highest percent smoked only one or two days out of the month (47.8%), followed by 3 to 5 days (15.1%) and then daily smoking (13.8%).

Number of Days of Use Among Youth Who Had Smoked Cigarettes in the Past Month



Among youth who had smoked a cigarette in the 30 days prior to the survey administration, 75.2% tried to quit smoking at some point and 48.0% of them did so successfully. The majority (85.5%) of youth who smoked in the past 30 days reported smoking five or fewer cigarettes a day on the days that they did smoke. Very few (6.6%) reported smoking more than 15 cigarettes a day.

Average Number of Cigarettes Smoked per Day (on Days That Cigarettes Were Smoked) Among Youth Who Had Smoked Cigarettes in the Past Month



Most youth who smoke obtain them from a friend, followed by buying cigarettes from a store and then they reported taking it without permission. As students could select multiple options, the total adds to more than 100%.

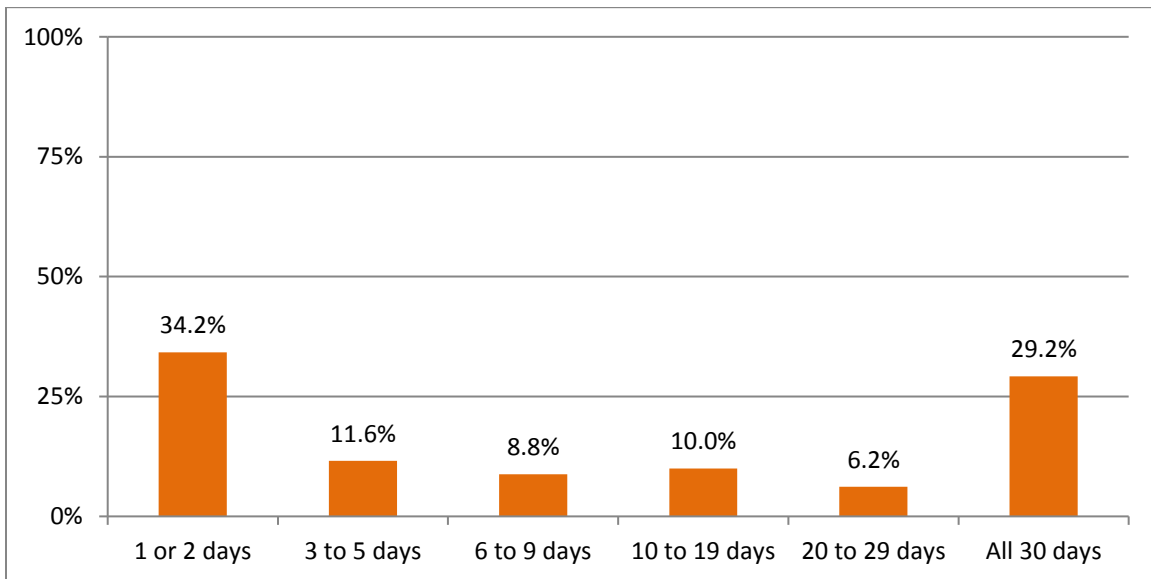
How Cigarettes were Accessed, of those who reported Past Month Use

	Endorsed
<i>A friend gives or sells it to me</i>	53.5%
<i>I buy them from the store</i>	28.7%
<i>I take it without permission</i>	21.0%
<i>A family member gives or sells it to me</i>	16.7%
<i>I ask a stranger to buy them for me</i>	10.4%
<i>I buy it online</i>	1.1%
<i>Other</i>	10.6%

Less than a quarter (14.5%) of cigarette smokers had smoked on school property during the past 30 days, most of them smoking on school property 1-2 days. Approximately 1% of smokers are doing so on school property daily.

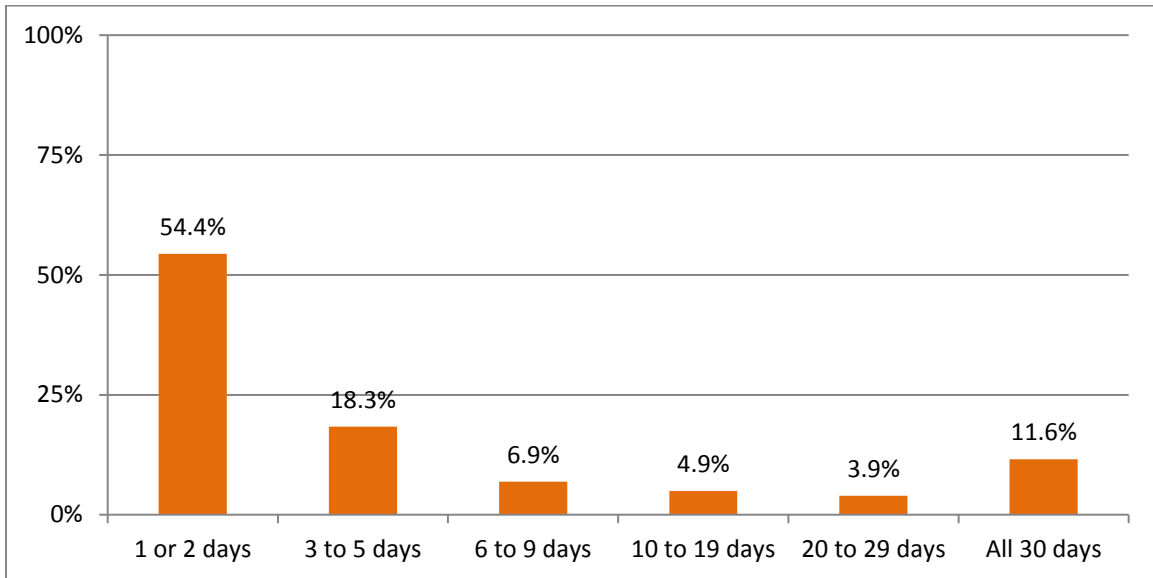
The use of chewing tobacco is similar to cigarette use with the largest percentage of youth using only 1 or 2 days (34.2%) out of the month or every day (29.2%).

Days of Use Among Youth Who Had Used Chewing Tobacco or Snuff in the Past Month



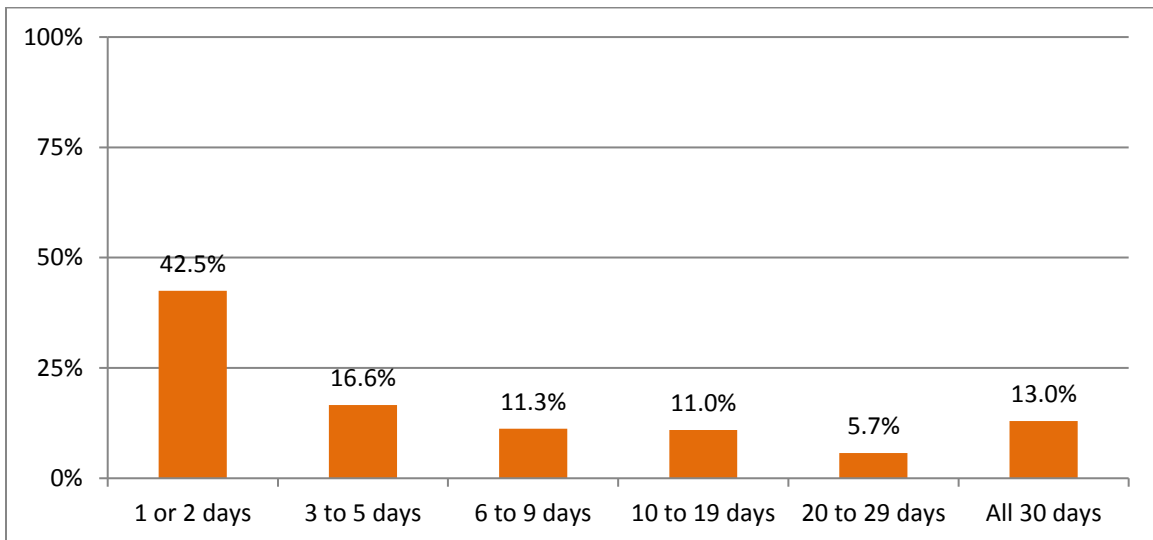
The majority of students who report using a hookah only do it on an occasional basis. However, more than 1 in 10 do report using one daily.

Days of Use Among Youth Who Had Used Hookahs in the Past Month



Youth reporting using electronic cigarettes have a similar pattern to standard cigarettes, the highest percent smoked only one or two days out of the month (42.5%), followed by 3 to 5 days (16.6%) and then daily smoking (13.0%).

Days of Use Among Youth Who Had Used Hookahs in the Past Month



Most youth who smoke obtain them from a friend, followed by buying cigarettes from a store. A much larger number reports buying the e-cigs online versus standard cigarettes.

How Electronic Cigarette Products were Accessed, of Those Who Reported Past Month Use

	Endorsed
<i>A friend gives or sells it to me</i>	58.2%
<i>I buy them from the store</i>	20.1%
<i>I buy it online</i>	12.1%
<i>A family member gives or sells it to me</i>	12.0%
<i>I take it without permission</i>	5.6%
<i>I ask a stranger to buy them for me</i>	5.0%
<i>Other</i>	12.4%

Electronic cigarettes use liquids and the content of these liquids vary. Most students report using flavor only products in their e-cigs, at least sometimes. More than 1 in 10 report at least sometimes using marijuana.

Product Used in E-Cig, Mod or Vape for Those Who Reported Using E-Cigs in Their Lifetime

	Endorsed
<i>Flavor only</i>	78.7%
<i>Nicotine</i>	40.6%
<i>Marijuana</i>	10.8%
<i>Other</i>	4.1%

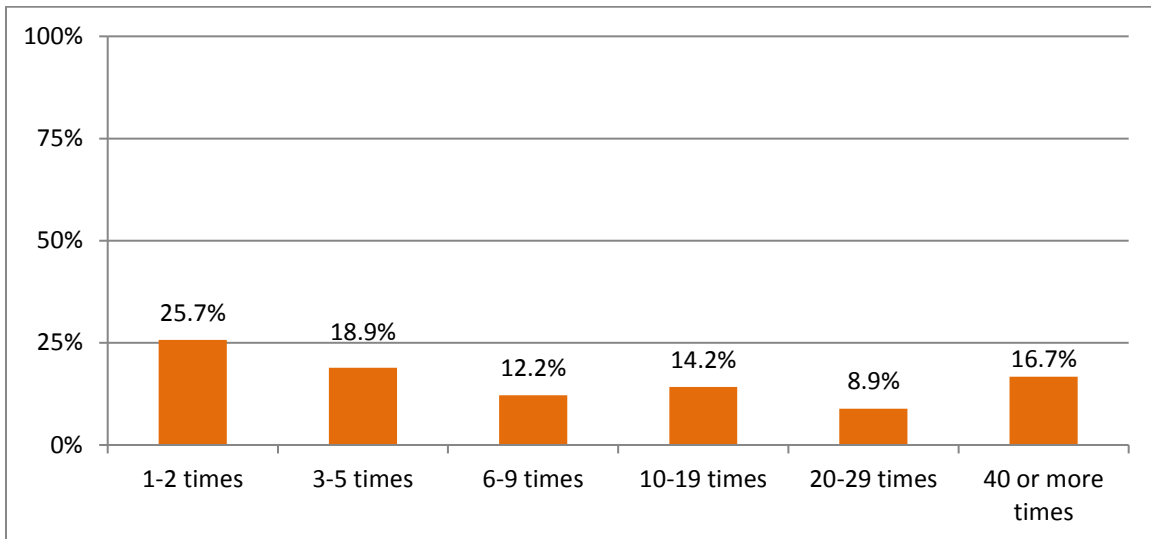
One out of three current tobacco users (33.2%) report using more than one form of tobacco. Of those who report currently smoking standard cigarettes, 28.6% also report current chew use, 64.4% report current electronic cigarette use and 17.5% report current hookah use. Of those who report currently smoking electronic cigarettes, 15.4% also report current chew use, 25.0% report current electronic cigarette use and 13.7% report current hookah use.



Alcohol

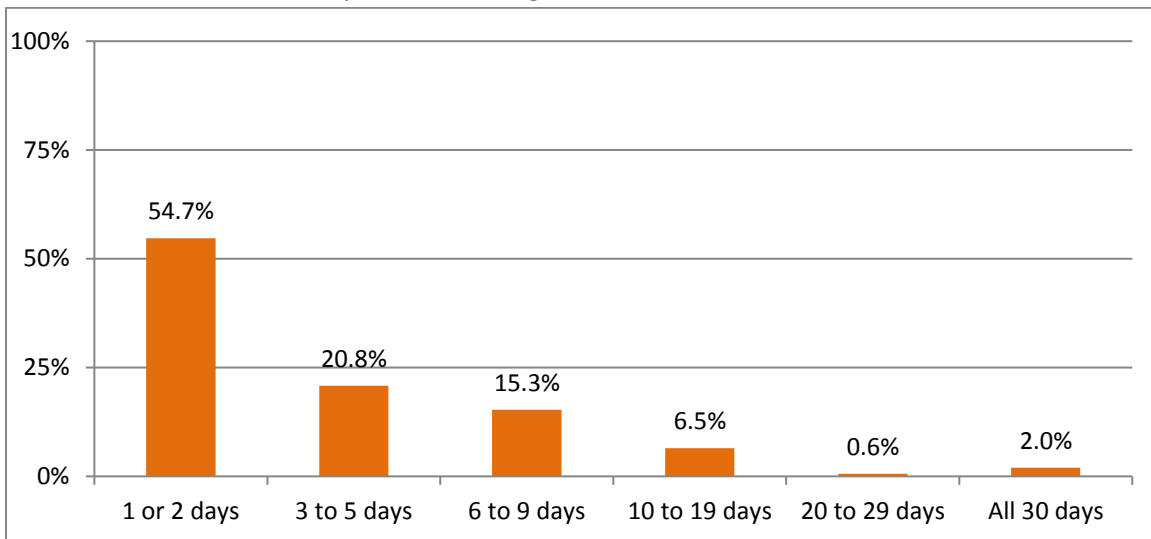
When looking at students who reported having at least one drink in their lifetime, the largest group has only consumed alcohol on 1-2 occasions. However, over 15% have consumed alcohol more than 40 occasions. This excludes “when you only had a sip or two from a drink or if you drank alcohol only for religious purposes”.

Number of times Youth Had at Least One Drink of Alcohol in Their Lifetime, Among Those Who Had a Drink at Least Once



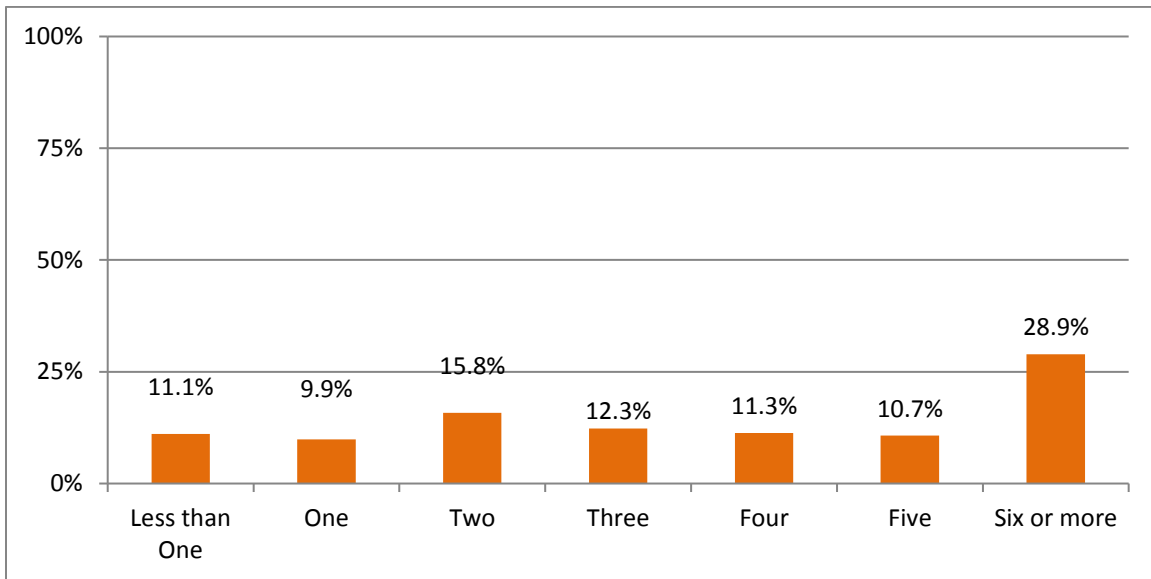
Among those youth who reported drinking in the last 30 days, the majority (54.7%) reported drinking only 1 or 2 days. Among those, 5.6% reported drinking on school property at least once.

Days of Use Among Past Month Alcohol Users



Almost 4 out of 10 (39.6%) students reporting past month alcohol use also reported having five or more drinks (binge drinking) in the past month. Taken with previously reported information, this indicates that while most youth only drink 1-2 days a month, when they do drink many of them drink heavily.

Average Number of Drinks Consumed (on Days That Alcohol Was Used) Among Youth Who Consumed Alcohol in the Past Month



Overall, in the past 30 days, a small percentage (3.6%) of students 16 and older reported drinking while driving. This compares to 5.5% at the national level (YRBS, 2017). While 14.1% of all students rode with someone who had been drinking, this is less than reported at the national level (16.5% - YRBS, 2017). However, when looking only at students who reported drinking in the past 30 days, 36.1% rode with someone who had been drinking and 14.2% reported drinking and driving. There is no significant difference in the number of students who report drinking and driving or riding with someone who had been drinking between 2016 and 2018.

While a friend remains the primary source to get alcohol, family members and theft are also common sources.

How Alcohol was Accessed, of those who reported Past Month Use

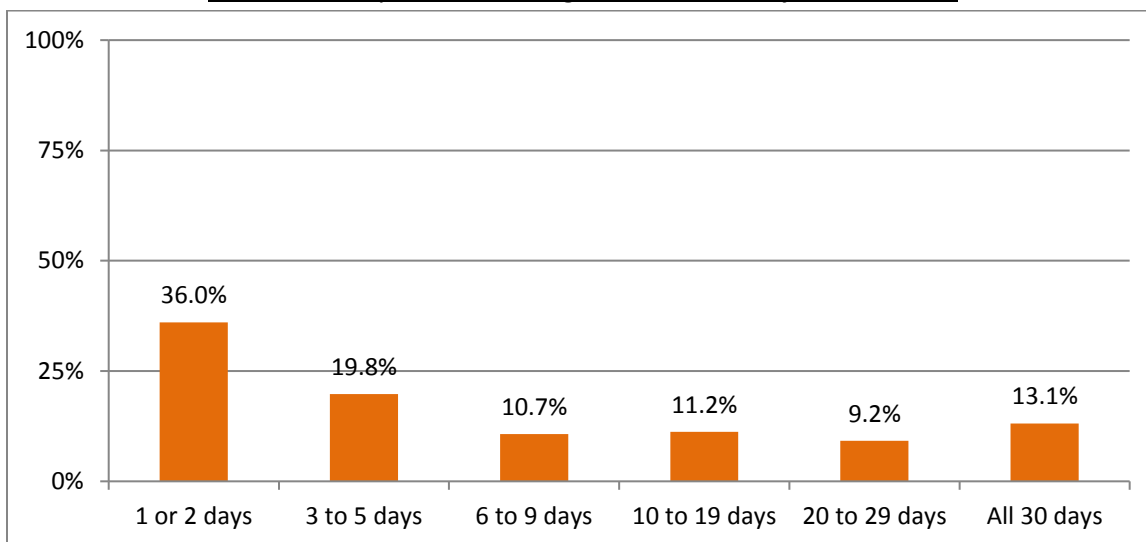
	Endorsed
<i>A friend gives or sells it to me</i>	62.2%
<i>A family member gives or sells it to me</i>	41.6%
<i>I take it without permission</i>	25.7%
<i>I buy them from the store</i>	7.7%
<i>I ask a stranger to buy them for me</i>	7.4%
<i>I ask a stranger to buy them for me</i>	7.4%
<i>I buy it online</i>	1.2%
<i>Other</i>	7.7%

Marijuana



Of those youth who smoked marijuana in the past month, a little over 1 in 3 youth reported smoking one or two days in the month while 13.1% reported daily use.

Number of Days of Use Among Past Month Marijuana Smokers



About 1 in 5 (16.9%) past month users smoked marijuana on school property in the past 30 days. This is higher than the percentage reporting drinking alcohol on school property (5.6%) and those who reported smoking cigarettes on school property (14.5%). This pattern differs from 2016 where more students smoked cigarettes on school property.

Most students report smoking marijuana although edibles and dabbing, etc. are also relatively common.

Methods of Using Marijuana

	Endorsed
<i>Smoke it (blunt, pipe, joint, etc.)</i>	41.9%
<i>Smoke it (vape, bong, water pipe, hookah)</i>	22.7%
<i>Eat it (edibles)</i>	20.9%
<i>Dabbing / Wax / Hash Oil</i>	14.3%
<i>Other</i>	1.9%

The great majority of students get their marijuana from a friend.. They also obtain it from a dealer and family members.

How Marijuana was Accessed, of Those Who Reported Past Month Use

	Endorsed
<i>A friend gives or sells it to me</i>	74.5%
<i>I buy it from a dealer</i>	43.1%
<i>A family member gives or sells it to me</i>	28.1%
<i>A stranger gives or sells it to me</i>	8.5%
<i>I take it without permission</i>	7.2%
<i>I buy it online</i>	2.7%
<i>Other</i>	9.9%

Prescription Drug Misuse



Of those who did misuse prescription drugs at least once (11% of sample), pain medication was the most commonly misused substance; not surprisingly, the number one reason given for misusing prescription drugs was to reduce and/or manage pain. Similarly, sleeping medication is the second most misused prescription drug and the second most common reason given is to help with sleep. These patterns are the exact same as those seen in the 2016 survey.

Overall current prescription drug misuse has decreased since 2016. When looking at past year misuse of specific drugs, there is a significant decrease in pain medication. However, there was an increase in those indicating “Other”.



Type of Prescription Misused in the Past Year, of Those Who Reported Lifetime Misuse of Prescription

Drugs

	Endorsed
<i>Pain medication</i>	47.6%
<i>Sleeping medication</i>	25.5%
<i>Sedatives / anxiety medication</i>	21.4%
<i>Stimulants</i>	10.5%
<i>Other</i>	18.4%

Reasons for Use that were Important to Those Who Reported Lifetime Misuse of Prescription Drugs

	Endorsed
<i>To reduce and/or manage pain</i>	27.5%
<i>To help me sleep</i>	21.9%
<i>To help with stress</i>	15.8%
<i>To help me feel better or happier</i>	14.1%
<i>To increase my energy</i>	11.6%
<i>To have a good time</i>	9.3%
<i>Curiosity</i>	7.1%
<i>To improve academic performance</i>	5.4%
<i>To help with weight loss</i>	3.6%
<i>To fit in with friends</i>	2.4%

Prescription drugs are the only substance that students report getting primarily from their family, all other substances were primarily obtained from a friend.

Note that in 2016, numbers were reported for lifetime use. This year it was changed to current use in order to mirror data reported for other substances in this report.

How Prescription was Accessed, of Those Who Reported Past Month Use






	Endorsed
<i>A family member gives or sells it to me</i>	43.1%
<i>A friend gives or sells it to me</i>	13.6%
<i>I take it without permission</i>	10.2%
<i>I buy it online</i>	2.2%
<i>A stranger gives or sells it to me</i>	1.9%
<i>Other</i>	21.4%

Factors Associated with Adolescent Substance Use

Substance Availability

About half of youth perceived that cigarettes (standard and electronic), alcohol, and over-the-counter drugs were either “very easy” or “sort of easy” to obtain. Marijuana was considered easier to get than prescription or synthetic drugs, with almost 2 out of 5 students believing marijuana was easy to get. Illegal drugs were perceived as the most difficult to get, with a large majority (87%) reporting that they were “sort of hard” or “very hard” to get.




Youth Perception of Substance Availability

	Very Easy	Sort of Easy	Sort of Hard	Very Hard
<i>Over-the-Counter Drugs</i>	31.7%	18.6%	14.5%	35.2%
<i>Alcohol</i> 	28.0%	20.9%	18.7%	32.3%
<i>Cigarettes</i> 	24.3%	20.1%	17.6%	38.1%
<i>E-Cigarettes</i> 	30.4%	17.8%	14.8%	37.0%
<i>Marijuana</i> 	21.7%	15.2%	13.6%	49.5%
<i>Prescription Drugs</i> 	11.2%	14.2%	21.3%	53.2%
<i>Synthetic Drugs</i>	11.1%	11.5%	18.0%	59.3%
<i>Other Illegal Drugs</i>	5.3%	7.6%	16.2%	70.9%

Law Enforcement

The perceived effectiveness of law enforcement around substance use was low. Most youth did not believe that the police would catch someone using substances in their neighborhood. This is fairly consistent across all drugs. However, students are most likely to believe that a police officer would catch someone using marijuana.

Percentage of Youth Who Think the Police Would Catch Students Using Substances in Their Neighborhood




	No!	no	yes	Yes!
<i>Cigarettes</i> 	29.5%	41.0%	21.5%	8.0%
<i>Alcohol</i> 	28.2%	40.4%	21.3%	10.0%
<i>Marijuana</i> 	23.9%	32.3%	25.3%	18.5%

Peer Substance Use and Perception of Substance Use

The majority of youth surveyed reported that none of their friends used alcohol, cigarettes, marijuana or other illegal drugs in the past year. Many youth (43.7%), however, did have at least one friend who drank alcohol while 1 in 3 (34.5%) had at least one friend who smoked marijuana.





Young people tend to either have no friends who use or 4+ friends that use. This indicates that for many youth with friends that use, a large portion of their social group engaging in a use of these substances.

Percentage of Youth Who Have Friends Who Use Substances

	0 friends	1 friend	2 friends	3 friends	4 or more friends
Alcohol 	56.3%	11.2%	7.7%	4.3%	20.6%
Marijuana 	65.5%	9.8%	7.1%	4.0%	13.6%
Cigarettes 	73.7%	10.6%	5.5%	2.7%	7.4%
Other Illegal Drugs	89.8%	4.8%	2.4%	0.9%	2.0%





The majority of students feel like their friends would consider all types of substance use wrong. While marijuana was the least likely for students to be concerned about peer judgment, 7 out of 10 still thought their friends would disapprove.

Youths' Perception of How Wrong their Friends consider Substance Use

	Not wrong at all	A little bit wrong	Wrong	Very wrong
Prescription Drugs 	6.8%	5.4%	17.0%	70.8%
Smoke Tobacco 	11.0%	9.7%	19.8%	59.6%
One or two drinks every day 	11.4%	13.4%	21.8%	53.4%
Marijuana 	15.7%	13.2%	14.6%	56.5%

Similarly, while students may have friends who use substances, the great majority of them believe that their friends would not see them as “very cool” or “pretty cool” if they used. Cigarettes are seen as the least cool substance.








Percentage of Youth who Indicate Level of Coolness

	Very Cool	Pretty Cool	A Little Cool	Not at all Cool
Smoked Cigarettes 	4.0%	6.7%	17.6%	71.7%
Smoked Marijuana 	11.6%	14.2%	17.2%	56.9%
Used E-Cigarettes 	10.9%	15.0%	20.3%	53.8%
Drank Alcohol 	11.0%	15.9%	20.7%	52.4%

Perceived Risk of Harm from Substances

Electronic cigarettes were seen as the least risky substance, followed by alcohol usage without a dosage specified and marijuana. As alcohol dosage was specified, however, it was seen as more risky. Prescription drug misuse, synthetic drug use and other illegal drug use is perceived as the most risky.

Youths' Perception of Risk of Harm from Using Substances









	No Risk at All	Slight Risk	Moderate Risk	Great Risk
<i>E-Cigarettes</i> 	14.7%	27.1%	28.1%	30.1%
<i>Any alcohol use</i> 	9.5%	30.2%	32.0%	28.3%
<i>Marijuana</i> 	18.1%	18.9%	18.9%	44.1%
<i>One or two drinks nearly every day</i> 	10.4%	21.0%	31.8%	36.7%
<i>Five or more drinks once or twice a week</i> 	8.5%	14.4%	26.8%	50.3%
<i>Over the Counter Drugs</i>	7.2%	14.5%	27.4%	51.0%
<i>Cigarettes, 1+ packs per day</i> 	7.5%	9.6%	17.9%	65.1%
<i>Prescription Drugs</i> 	5.4%	7.7%	19.5%	67.4%
<i>Synthetic Drugs</i>	6.2%	6.6%	14.6%	72.7%
<i>Other Illegal Drugs</i>	5.5%	3.5%	11.4%	79.6%

Morality of Substance Use

Similar to responses for the perception of harm, alcohol use was most accepted. However, it should be noted that the majority of students in every question said that it would be “very wrong”. When combined with “wrong”, over 7 out of 10 students disagreed with substance use in all categories except alcohol. Almost all disagreed with the use of over the counter, prescription and other illegal drugs.

More youth perceived alcohol as “very wrong” when it was used every day or heavily once or twice a week. However, for marijuana, the frequency of use did not affect how wrong it was perceived.

Youths’ Perception of Wrongfulness of Substance Use

	Not wrong at all	A little bit wrong	Wrong	Very wrong
<i>Any type of alcohol</i> 	12.4%	19.9%	16.5%	51.2%
<i>E-Cigarettes</i> 	9.6%	13.4%	18.8%	58.1%
<i>Any use of marijuana</i> 	10.1%	10.7%	12.5%	66.7%
<i>Once or twice a week, smoke marijuana</i> 	9.2%	8.6%	12.8%	69.4%
<i>One or two drinks every day</i> 	4.6%	9.1%	18.8%	67.4%
<i>Cigarettes</i> 	5.2%	7.7%	17.5%	69.5%
<i>Five or more drinks once or twice a week</i> 	4.8%	6.4%	15.7%	73.2%
<i>Over the Counter Drugs</i>	3.1%	4.0%	13.2%	79.7%
<i>Prescription Drugs</i> 	1.9%	3.3%	10.2%	84.6%
<i>Other Illegal Drugs</i>	1.7%	1.4%	6.6%	90.3%

Change Over Time

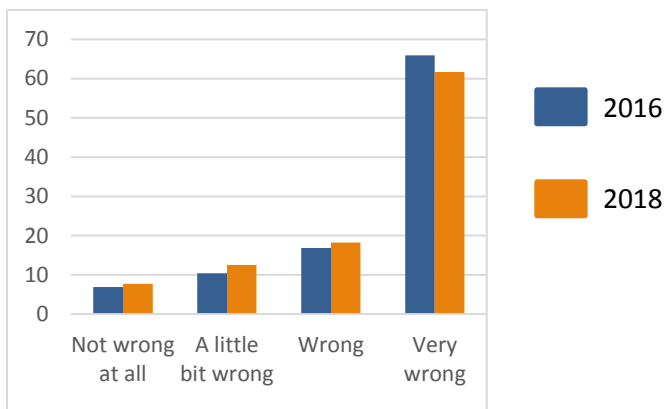
This section details changes in risk and protective factors from 2016 to 2018. Only significant changes are noted. That means that if you do not see a variable listed, it did not change from the past report.

With the exception of peer use in standard cigarettes, all of the changes were towards the less desirable direction. Again, as this is only two data points, the trends should be watched but no definitive conclusions can be drawn at this point.

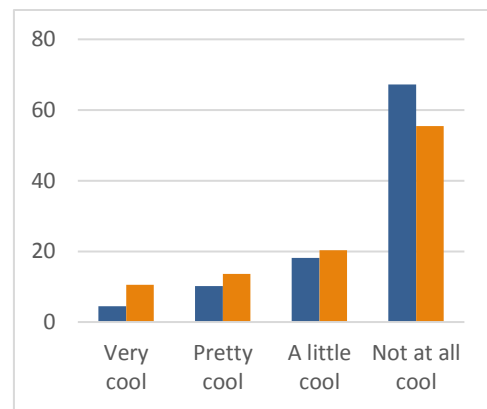
Note that scales vary in each graph to allow the maximum amount of detail to be shown.

Electronic Cigarettes (E-Cigs)

In 2018, fewer students said it would be “very wrong” to use electronic cigarettes.



In 2018, fewer students said it would be “not at all cool” to use electronic cigarettes.

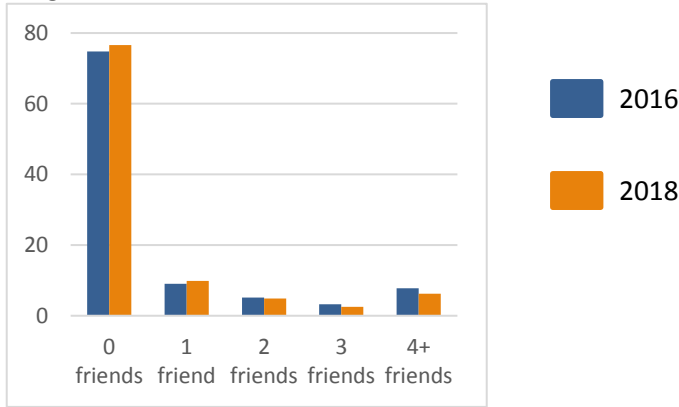


When asked how easy it would be to obtain electronic cigarettes, more said it would be “very easy” or “sort of easy”.

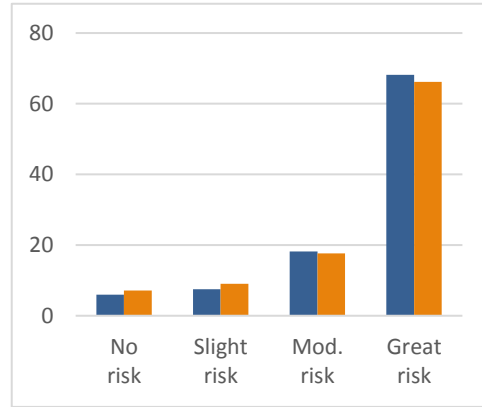


Standard Cigarettes

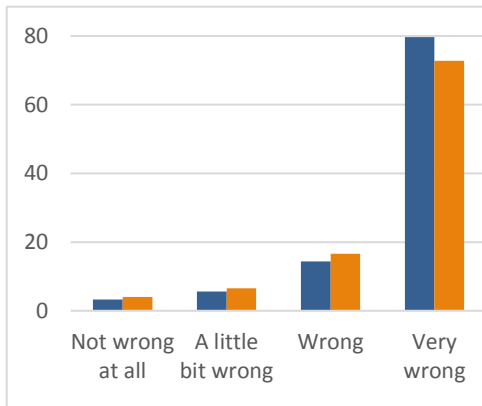
The only positive change for 2018 risk and protective factors was students reporting that fewer of their close friends smoke cigarettes.



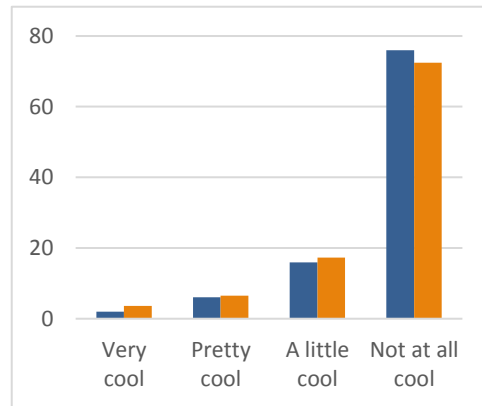
In 2018, fewer students said there would be a “great risk” to smoke 1+ pack a day of tobacco cigarettes.



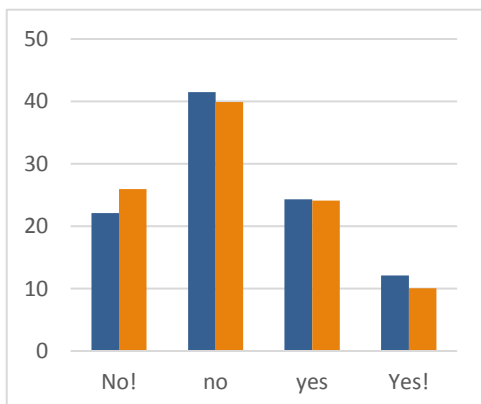
Fewer students said they would be “very wrong” to smoke tobacco cigarettes.



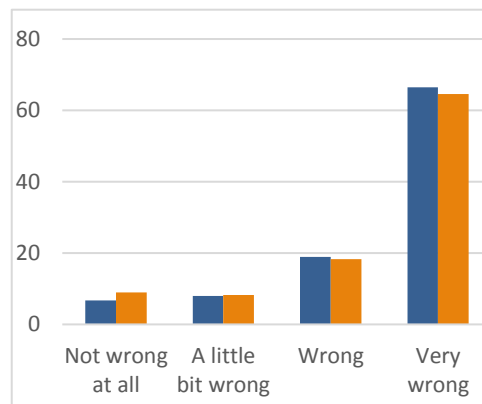
Fewer students said it would be “not at all cool” to smoke cigarettes.



More students indicated that a young person in the neighborhood would not be caught by the police if they were smoking cigarettes.

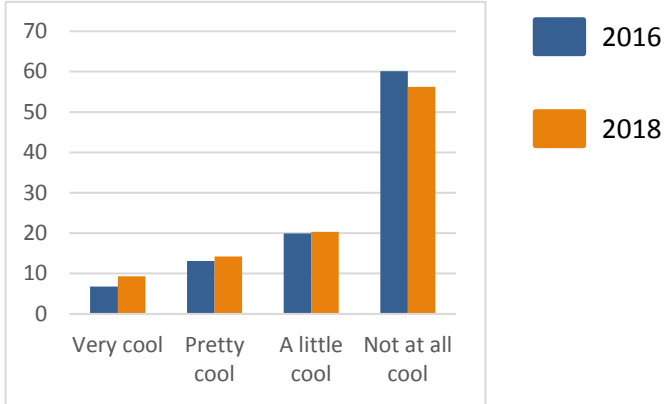


More students said that their friends think it would be “not wrong at all” if they smoked cigarettes.

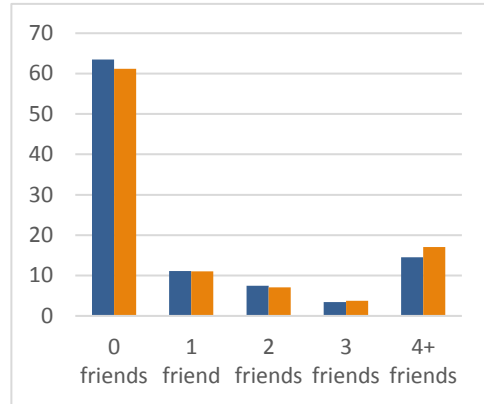


Alcohol

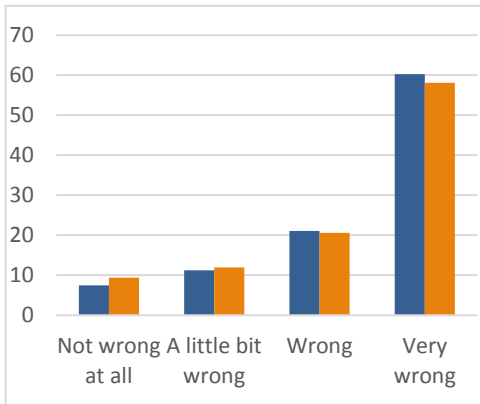
In 2018, fewer students said it would be “not at all cool” to drink alcohol.



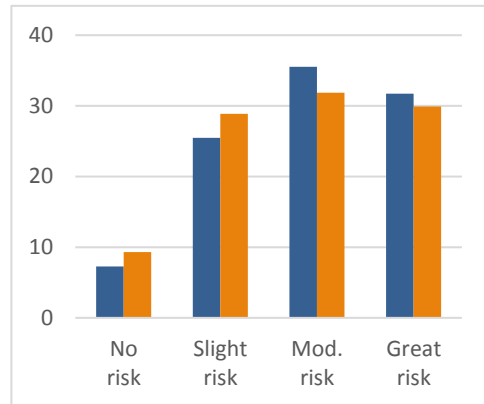
More students reported “4+” of a student’s closest friends drank alcohol.



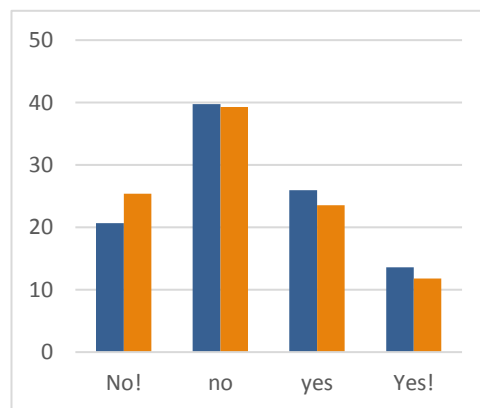
More students said that their friends think it would be “not wrong at all” if they drank alcohol 1-2 times a day.



In 2018, fewer students said there would be a “moderate” or “great risk” in drinking alcohol when no dosage was given.

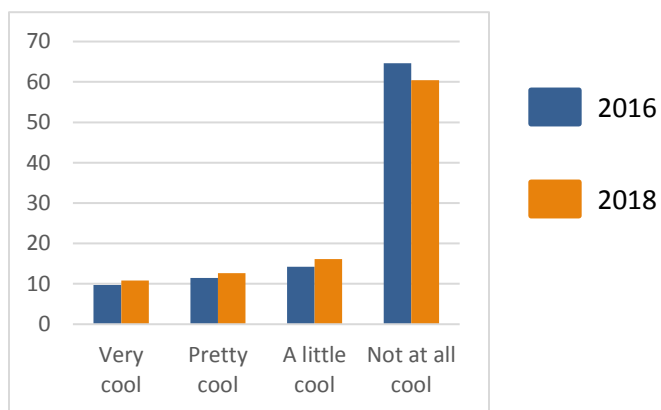


More students indicated that a young person in the neighborhood would not be caught by the police if they were drinking alcohol.

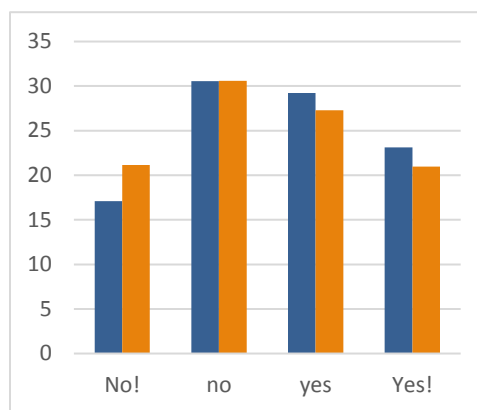


Marijuana

In 2018, fewer students said it would be “not at all cool” to smoke marijuana.



More students indicated that a young person in the neighborhood would not be caught by the police if they were smoking marijuana.



Prescription Drug Misuse

There was no change in underlying risk and protective factors for prescription drug misuse, as measured by the survey.

CHAPTER 3 – PROBLEM BEHAVIORS

This chapter contains information on self-reported problem behaviors including emotional and physical bullying, physical aggression and experience with weapons. It also includes information on factors associated with adolescent problem behaviors, such as rebellious and defiant attitudes, weapon availability, perceived law enforcement response to weapon possession, peer weapon use, and problem behavior and attitudes among the family.

Bullying

Bullying Behaviors

Youth were asked to report the number of times in the past three months they bullied others or were bullied by another student. Bullying behaviors include physical bullying (whether a student had hit, shoved or pushed another student and were not “just fooling around”) and emotional bullying (spreading mean rumors or lies, making fun of others, and embarrassing or hurting another student through the use of a cell phone or the internet).

The majority of students reported that they had not engaged in physical bullying (85.9%), spread mean rumors or lies at school (79.3%) or embarrassed another student online or via text messaging (84.5%). However, over half (51.1%) of the youth did report making fun of other people, and 4.8% reported doing this 40 or more times in the past three months. There was a significant decrease in students reporting making fun of other people from 2016 to 2018.

Frequency of Bullying Behaviors in the Past 3 Months

	Never	1-2	3-5	6-9	10-19	20-29	30-39	40 +
<i>Hit, shoved or pushed another student and were not just fooling around</i>	85.9%	8.7%	2.1%	1.5%	0.5%	0.2%	0.2%	0.8%
<i>Spread mean rumors or lies about others at school</i>	79.3%	15.7%	2.2%	0.9%	0.6%	0.2%	0.1%	0.9%
<i>Made fun of other people</i>	48.9%	29.3%	8.7%	4.0%	2.7%	1.0%	0.6%	4.8%
<i>Posted something online or sent a text that might embarrass or hurt another student</i>	84.5%	10.4%	2.3%	1.0%	0.5%	0.4%	0.1%	0.8%

Peer Victimization

Students were asked if they were bullied on school property in the past year. Bullying was defined as “when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way”. Missouri high school students report being bullied at school in the past year slightly more than reported on the national survey (27.3% - MSS, 2018 vs 19.0% - YRBS, 2017).

Frequency of Peer Victimization in the Past 3 Months

	Never	1-2	3-5	6-9	10-19	20-29	30-39	40 +
<i>Been hit, shoved or pushed by another student who was not just fooling around</i>	79.0%	12.7%	3.7%	2.1%	0.7%	0.3%	0.2%	1.3%
<i>Mean rumors or lies spread about you at school</i>	53.0%	24.6%	10.9%	4.7%	2.6%	0.9%	0.4%	2.9%
<i>Made fun of by others</i>	40.1%	26.4%	12.3%	6.4%	4.5%	2.1%	0.9%	7.9%
<i>Had something embarrassing or hurtful posted online or in a text by another student</i>	76.7%	13.0%	4.6%	2.6%	1.0%	0.6%	0.3%	1.3%



Physical Aggression & Experience with Weapons

Four out of five students reported not engaging in a physical fight in the last year. Almost all youth reported they were not injured in a physical fight or threatened with a weapon while on school property. For those who did engage in fighting, the majority reported that they had only fought once in the past year.

Frequency of Fighting and Being Threatened/Injured with a Weapon in the Past 12 months

	0 times	1 times	2 or 3 times	4 or 5 times	6 or 7 times	8 or 9 times	10 or 11 times	12 or more
<i>In a physical fight</i>	82.1%	10.4%	4.7%	1.3%	0.4%	0.2%	0.1%	0.9%
<i>Injured in a physical fight (required medical treatment)</i>	97.2%	2.0%	0.4%	0.1%	0.1%	0.0%	0.0%	0.2%
<i>Threatened/Injured with a weapon on school property</i>	93.4%	3.7%	1.4%	0.7%	0.1%	0.0%	0.1%	0.6%

Rebellious & Defiant Attitudes

The large majority of youth did not report rebellious and defiant attitudes. Of the rebellious behaviors, cheating was seen as the most acceptable, but less than 1 out of 5 students “agreed” and “strongly agreed” with that statement.

Extent of Rebellious and Defiant Attitudes

	Strongly disagree	Disagree	Agree	Strongly Agree
<i>I ignore rules that get in my way.</i>	40.5%	43.2%	13.8%	2.4%
<i>I do the opposite of what people tell me, just to get them mad.</i>	50.2%	37.2%	9.9%	2.6%
<i>I think sometimes it is okay to cheat at school.</i>	46.9%	31.2%	17.2%	4.6%

Weapons - Availability, Law Enforcement, and Peer Behavior

Four out of ten (41.5%) youth did not believe that a youth carrying a gun in their neighborhood would be caught by the police.

Extent to Which Youth Think the Police Would Catch a Kid Carrying a Gun in Their Neighborhood

	No!	no	yes	Yes!
<i>If a kid was found carrying a gun in your neighborhood, or in the area around where you live, would he or she be caught by police?</i>	18.1%	23.4%	30.7%	27.8%

While the vast majority of youth did not have a friend who carried a gun (not including use for hunting or sport), over 10% reported one or more friends had carried a gun in the past year.

Number of Friends Who Carried a Gun in the Past Year (12 months)

	0 friends	1 friend	2 friends	3 friends	4 or more friends
<i>How many friends you feel closest to have carried a gun (not including use of a gun for hunting or sport)?</i>	88.2%	5.5%	2.1%	0.8%	3.4%

There was a significant decrease from 2016 in youth’s perception that a youth carrying a gun would be caught by police. This corresponds to an increase in number of friends who carried a gun in the past year.





CHAPTER 4 – MENTAL HEALTH

Depression

Youth were asked six questions related to depression.⁴ Most students (73.6%) reported feeling grouchy or in a bad mood at least “sometimes”. Over half reported feeling sad (55.6%), changes in sleep (57.4%), or difficulty concentrating in school (55.9%) at least “sometimes”. Feeling hopeless was reported the least (31.7% “sometimes”, “often” or “always”)

Extent of Depressive Symptoms in the Past Month (30 Days)

	Never	Not very often	Sometimes	Often	Always
<i>Were you very sad?</i>	20.5%	23.9%	31.1%	18.0%	6.5%
<i>Were you grouchy or irritable, or in a bad mood?</i>	8.9%	17.5%	38.6%	26.2%	8.8%
<i>Did you feel hopeless about the future?</i>	45.0%	23.3%	18.5%	7.8%	5.4%
<i>Did you feel like not eating or eating more than usual?</i>	40.9%	16.8%	20.5%	13.5%	8.3%
<i>Did you sleep a lot more or a lot less than usual?</i>	24.6%	18.1%	24.0%	19.9%	13.5%
<i>Did you have difficulty concentrating on your school work?</i>	22.7%	21.5%	26.3%	15.9%	13.7%

⁴ Orpinas P. Skills training and social influences for violence prevention in middle schools: a curriculum evaluation. Doctoral Dissertation. Houston, TX: University of Texas Health Science Center at Houston, School of Public Health, 1993. (Unpublished)

Females consistently report a statistically significant difference in experiencing more depressive symptoms than males.

Depressive Symptoms in the Past Month (30 Days) by Gender (Often & Always)

	Male	Female
<i>Were you sad?</i>	15.1%	33.6%
<i>Were you grouchy or irritable, or in a bad mood?</i>	24.6%	45.2%
<i>Did you feel hopeless about the future?</i>	10.2%	16.0%
<i>Did you feel like not eating or eating more than usual?</i>	15.4%	28.1%
<i>Did you sleep a lot more or a lot less than usual?</i>	26.1%	40.6%
<i>Did you have difficulty focusing on your school work?</i>	27.0%	32.1%

There was a significant increase in the number of students who reported sleeping issues from 2016 to 2018.

Self-Harm, Suicidal Ideation & Attempts

About 14% of students reported attempting to harm themselves in a deliberate, but not suicidal, way. The most common method of self-harm was “cut, scratched or hit myself on purpose”. After examining “Other” write in options from 2016, a new category was added this year and “punched a hard object” is the second most common method. Females (24.6%) were much more likely than males to report self-harm (14.4%).

Percent of Students Reporting Types of Self-Harm

	Male	Female	Overall
<i>Cut, scratched or hit myself on purpose to hurt myself</i>	7.7%	20.6%	14.1%
<i>Punched a hard object (like a wall or door)</i>	9.3%	13.3%	11.3%
<i>Pulled my hair or eyelashes</i>	2.1%	6.7%	4.4%
<i>Burned myself</i>	1.4%	4.8%	3.2%
<i>Swallowed more medicine than a doctor told me to take to hurt myself</i>	1.0%	4.9%	2.9%
<i>Used drugs or alcohol to hurt myself</i>	1.1%	3.1%	2.1%
<i>Swallowed something on purpose that was not food, drink or medicine in order to hurt myself</i>	0.5%	0.7%	0.6%
<i>Other</i>	3.2%	2.8%	3.0%

More than 1 in 10 youth (14.1%) surveyed reported that they considered suicide in the last year and 10.9% made a plan to attempt suicide.

Of those who attempted suicide, 22% had attempts that resulted in injury. The majority of those who attempted did so only once.

Number of Suicide Attempts in the Past Year (12 Months)

	0 times	1 time	2 or 3 times	4 or 5 times	6 or more times
<i>How many times did you actually attempt suicide?</i>	93.8%	3.5%	1.7%	0.4%	0.6%

Using the YRBS (2017) as a national comparison for high school students only, Missouri has lower numbers than national numbers across all questions.

Percent of Students Reporting Suicidal Behavior – High School ONLY

	2018 MSS	2017 YRBS
<i>Seriously Considered</i>	14.1%	17.2%
<i>Made a Plan</i>	10.9%	13.6%
<i>Attempted</i>	6.2%	7.4%
<i>Attempted Resulting in Injury</i>	1.4%	2.4%

Resiliency

The majority of students “agreed” or “strongly agreed” with the questions about knowing where to get help, feeling optimistic and handling stress well. However, more than 3 in 10 were unsure of where to get help and a similar number didn’t feel like they had healthy coping mechanisms.

Resiliency Factors

	Strongly disagree	Disagree	Agree	Strongly Agree
<i>I know where to go in my community to get help.</i>	13.7%	17.4%	45.5%	23.5%
<i>I feel optimistic about my future.</i>	8.3%	15.7%	42.5%	33.5%
<i>I feel that I handle stress in a healthy way.</i>	17.7%	22.6%	41.6%	18.2%

CHAPTER 5- EDUCATIONAL ENVIRONMENT

Perceptions & Attitudes toward School

The majority of youth agreed that students of all races and ethnicity are treated fairly, that rules are enforced fairly and that the teacher notices when the student is doing a good job. However, only 4 in 10 students say the school notifies the student’s family when they are doing a good job.

Perceptions and Attitudes Toward School by Youth

	Strongly disagree	Disagree	Agree	Strongly Agree
<i>My teacher(s) notice(s) when I am doing a good job and let me know about it.</i>	6.0%	20.2%	57.6%	16.2%
<i>The school lets my parents know when I have done something well.</i>	19.3%	39.7%	32.7%	8.3%
<i>In my school, rules are enforced fairly.</i>	11.2%	23.2%	50.7%	14.9%
<i>In my school, students of all races and ethnic groups are treated equally.</i>	7.4%	13.3%	42.6%	36.7%



School Performance

Almost all youth surveyed reported they were making at least passing grades with almost half reporting having received mostly A's.

Average Grades Last School Year

	Mostly F's	Mostly D's	Mostly C's	Mostly B's	Mostly A's
<i>What were your average grades?</i>	0.8%	2.9%	14.5%	35.0%	46.8%

Only 4.1% of students reported being suspended from school in the past 3 months.

Number of Times Youth were Suspended from School in the Past Three Months

	Never	1-2	3-5	6-9	10-19	20-29	30-39	40 +
<i>Been suspended from school</i>	95.9%	2.8%	0.5%	0.2%	0.1%	0.2%	0.0%	0.3%

More than one in four (29.7%) students reported skipping at least one day of school in the past month. Of those students who did skip school, the majority reported skipping only 1 or 2 days.

Number of Days Youth Skipped or Cut School in the Past Month

	0 days	1 or 2 days	3 to 5 days	6 to 9 days	10 + days
<i>How many whole days have you missed school because you skipped or cut?</i>	70.3%	20.6%	6.2%	1.8%	1.0%

The majority of students did not report missing school due to feeling unsafe which was similar to the national survey (High school students only: 7.6% MSS, 2018 vs. 6.7% - YRBS, 2015). However, more than 1 in 10 students "disagreed" or "strongly disagreed" that they felt safe at school.

The number of days student reported skipping due to safety reasons has increased from 2016 while their perception of school safety has decreased.

Number of Days Youth Skipped Due to Feeling Unsafe in the Past Month

	0 days	1 day	2 to 3 days	4 to 5 days	6+ days
<i>How many whole days have you missed school because you felt you would be unsafe at school or on your way to or from school?</i>	92.4%	3.9%	2.3%	0.4%	1.1%

Perceptions of School Safety in the Past Three Months

	Strongly disagree	Disagree	Agree	Strongly Agree
<i>I feel safe at school</i>	4.3%	11.8%	59.1%	24.8%

Appendix A – Survey Wording 2018

Comparison tables from 2006 to 2018 and copies of the surveys are available at <https://dmh.mo.gov/ada/mobhew/>

Missouri Student Survey 2018 - FINAL

INTRODUCTION

Thank you for agreeing to participate in this study. The following questions are about your thoughts and feelings on a number of subjects about which we would like to know your opinions. Completing this survey is completely voluntary, which means you can stop at any time and you don't have to answer any questions that you don't want to. There are no right or wrong answers and everything you say is completely anonymous. That means that no one will ever know your individual responses. Please answer the survey as thoughtfully and honestly as possible. Thank you very much for being an important part of this project!

- ❖ Please answer all of the questions by marking one of the answer spaces.
- ❖ Select the answer that comes closest to how you feel.
- ❖ If you are not sure what a question means, please ask the survey administrator to explain.
- ❖ If any of the questions make you uncomfortable, you don't have to answer them; just leave them blank.

Classrooms have been assigned an ID number. This does not identify you in any way; your answers are still anonymous.

After you have read this page, to begin the survey, please enter the code for your school here (your teacher will tell you what it is):

First, we'd like to know a little about you.

How old are you?

- 10 or younger
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19 or older

What grade are you in?

- 6th
- 7th
- 8th
- 9th
- 10th
- 11th
- 12th

Are you male or female?

- Male
- Female

Are you Hispanic or Latino?

- Yes, I am Hispanic or Latino
- No, I am not Hispanic or Latino

Which of the following best describes you? (check all that apply)

- African American or Black
- American Indian or Alaskan Native
- Asian
- Native Hawaiian or other Pacific Islander
- White
- Other (please specify) _____

What is the language you speak most often at home?

- English
- Spanish
- Other

How much education does your father have?

- Did not finish High School
- Some education after High School
- Not Sure
- Graduated from High School
- Graduated from College

How much education does your mother have?

- Did not finish High School
- Some education after High School
- Not Sure
- Graduated from High School
- Graduated from College

Have either of your parents served in the military (Army, Navy, Marines, Air Force, National Guard, or Reserves)? (check all that apply)

- No
- Yes, my mother is CURRENTLY in the military
- Yes, my mother WAS in the military but is now a veteran
- Yes, my father is CURRENTLY in the military
- Yes, my father WAS in the military but is now a veteran
- I'm not sure / don't know

Do you have your own cell phone?

- No
- Yes but I do not use it to access the internet
- Yes and I use it to access the internet

During the past week, have you used the following media at least once? (check all that apply)

- Local radio
- Facebook
- Instagram
- Twitter
- Other (please specify) _____
- Snapchat
- Tumblr
- Youtube
- Vine
- Pinterest
- Yik Yak
- Kik
- Snapkidz

Where have you seen or heard messages against drinking alcohol or using drugs in the past 3 months?
(check all that apply)

- Poster in school
- Television
- Video on Youtube
- Teacher
- Other (please specify) _____
- Pandora
- Radio ad
- Facebook
- Parent or guardian
- Items given to you such as pencils or t-shirts
- Billboard
- Bus ad
- Friend
- Movie Theater

Have you seen or heard the following lines in ads or posters about drugs or alcohol in the past 3 months? (check all that apply)

- Choose Your Future
- Be Under Your Own Influence / My Own Influence
- Be Your Best
- Not Even Once
- For Your Future / The Future is Yours
- I have not seen or heard of any of the above

Your School

What were your average grades last school year?

- Mostly A's
- Mostly B's
- Mostly C's
- Mostly D's
- Mostly F's

During the past 30 days, how many whole days have you missed school because you skipped or cut?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 or more days

During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

- 0 days
- 1 day
- 2 or 3 days
- 4 or 5 days
- 6 or more days

I feel safe at school.

- Strongly Disagree
- Disagree
- Agree
- Strongly Agree

How many times in the past 3 months have you been suspended from school?

- Never
- 1-2
- 3-5
- 6-9
- 10-19
- 20-29
- 30-39
- 40 or more

The following sentences ask about your feelings about school. Please answer strongly disagree if you really don't agree with the question, disagree if you sort of disagree, agree if you sort of agree, and strongly agree if you really agree with the sentence

	Strongly Disagree	Disagree	Agree	Strongly Agree
My teacher(s) notice(s) when I am doing a good job and let me know about it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The school lets my parents know when I have done something well.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rules are enforced fairly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Students of all races and ethnic groups are treated equally.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Your Friends During the past year (12 months), how many of the friends you feel closest to you have

	0 friends	1 friend	2 friends	3 friends	4 or more friends
smoked cigarettes?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
had a drink of any type of alcohol?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
smoked marijuana (pot, weed)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
used any other illegal drugs such as cocaine, LSD (acid), methamphetamine (meth.), or club drugs (molly, ecstasy, roofies)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
carried a gun (not including use of a gun for hunting or sport)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How wrong do your friends feel it would be for you to

	Not wrong at all	A little bit wrong	Wrong	Very wrong
have one or two drinks of an alcoholic beverage nearly every day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
smoke tobacco?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
smoke marijuana (pot, weed)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
use prescription drugs not prescribed to you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Your Neighborhood Please answer No! if you really don't agree with the sentence, no if you sort of disagree, yes if you sort of agree, and Yes! if you really agree with the sentence.

	No!	no	yes	Yes!
If a kid smoked cigarettes in your neighborhood, or the area around where you live, would he or she be caught by the police?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If a kid drank some beer, wine, or hard liquor (for example, vodka, whiskey, or gin) in your neighborhood, or the area around where you live, would he or she be caught by the police?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If a kid smoked marijuana (pot, weed) in your neighborhood, or the area around where you live, would he or she be caught by the police?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If a kid was found carrying a gun in your neighborhood, or the area around where you live, would he or she be caught by the police?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Your Thoughts and Behaviors The next set of questions asks about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.

How many times in the past 3 months have YOU done the following action:

	Never	1-2	3-5	6-9	10-19	20-29	30-39	40 or more
Spread mean rumors or lies about other kids at school?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Posted something online or sent a text that might embarrass or hurt another student?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Made fun of other people?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hit, shoved or pushed another student and was not just fooling around?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

During the past 12 months, have you ever been bullied on school property?

- No
- Yes

How many times in the past 3 months has SOMEONE ELSE done the following action TO YOU:

	Never	1-2	3-5	6-9	10-19	20-29	30-39	40 or more
Spread mean rumors or lies about you at school?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Posted something online or sent a text that embarrassed or hurt you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Made fun of you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hit, shoved or pushed you and was not just fooling around?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

During the past 12 months, how many times

	0 times	1 time	2 or 3	4 or 5	6 or 7	8 or 9	10 or 11	12 or more
Were you in a physical fight?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The following sentences ask about your feelings about yourself. Please answer strongly disagree if you really don't agree with the sentence, disagree if you sort of disagree, agree if you sort of agree, and strongly agree if you really agree with the sentence.

	Strongly Disagree	Disagree	Agree	Strongly Agree
I ignore rules that get in my way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do the opposite of what people tell me, just to get them mad.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think sometimes it is okay to cheat at school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know where to go in my community to get help.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel optimistic about my future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that I handle stress in a healthy way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have adults in my life I turn to when things feel overwhelming.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In the last 30 days how often:

	Never	Not very often	Sometimes	Often	Always
were you very sad?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
were you grouchy or irritable, or in a bad mood?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
did you feel hopeless about the future?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
did you feel like not eating or eating more than usual?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
did you sleep a lot more or a lot less than usual?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
did you have difficulty concentrating on your school work?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

During the past 12 months, did you ever seriously consider attempting suicide?

- No
- Yes

During the past 12 months, did you make a plan about how you would attempt suicide

- No
- Yes

During the past 12 months, how many times did you actually attempt suicide?

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

If 0 times Is Selected, Then Skip To Have you ever harmed yourself on purpose in a way that was deliberate but not intended as a way to take your life?

If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

- No
- Yes

Have you ever harmed yourself on purpose in a way that was deliberate but not intended as a way to take your life?

- No
- Yes

If No Is Selected, Then Skip To Your Beliefs about Cigarettes, Alcohol, and Other Drugs

What did you do? (check all that apply)

- Cut, bit, scratched or hit myself on purpose to hurt myself
- Swallowed more medicine than a doctor told me to take to hurt myself
- Used drugs or alcohol to hurt myself
- Swallowed something on purpose that was not food, drink or medicine in order to hurt myself
- Punched a hard object (like a wall or door)
- Burned myself
- Pulled my hair or eyelashes
- Other (please specify) _____

Your Beliefs about Cigarettes, Alcohol, and Other Drugs

These questions are about how available certain things are to you.

	Very easy	Sort of easy	Sort of hard	Very hard
If you wanted to get some cigarettes, how easy would it be for you to get some?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If you wanted to get some e-cigs, mods, or vapes, how easy would it be for you to get some?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If you wanted to get some alcohol (beer, wine, brandy, and mixed drinks), how easy would it be for you to get some?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If you wanted to get some marijuana (pot, weed), how easy would it be for you to get some?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If you wanted to get any other illegal drugs such as cocaine, LSD (acid), methamphetamine (meth.), or club drugs (molly, ecstasy, roofies), how easy would it be for you to get some?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If you wanted to get some over the counter drugs (Tylenol Cough, Dayquil, Benadryl, etc) when you were not sick, how easy would it be for you to get some?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If you wanted to get some prescription drugs that were not prescribed to you by a doctor, how easy would it be for you to get some?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If you wanted to get some synthetic drugs (such as K2, bath salts, plant food, Spice), how easy would it be for you to get some?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How “cool” do you think your peers believe someone your age would be if they

	Very cool	Pretty cool	A little cool	Not at all cool
Smoked cigarettes?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Used e-cigs, mods, or vapes?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drank alcohol?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Smoked marijuana (pot, weed)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

	No risk at all	Slight risk	Moderate risk	Great risk
drink alcohol?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
take one or two drinks of an alcoholic beverage nearly every day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
have five or more drinks of an alcoholic beverage once or twice a week?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
smoke one or more packs of tobacco cigarettes per day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
smoke e-cigarettes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
smoke marijuana (pot, weed) once or twice a week?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
use any other illegal drugs such as cocaine, LSD (acid), methamphetamine (meth.), or club drugs (molly, ecstasy, roofies)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
use synthetic drugs (K2, bath salts, plant food, Spice)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
use Cold/Cough Medicines (Coricidin Cough, Sudafed, TheraFlu, Tylenol Cough) or other over-the-counter medicines to get high?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
use prescription drugs that have not been prescribed to them?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How do you feel about someone your age having one or two drinks of an alcoholic beverage nearly every day?

- Neither Approve Nor Disapprove
- Somewhat Disapprove
- Strongly Disapprove
- Don't Know/ Can't Say

How wrong do you feel it would be for you to

	Not wrong at all	A little bit wrong	Wrong	Very wrong
smoke tobacco cigarettes?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
smoke e-cigarettes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
have a drink of any type of alcohol?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
take one or two drinks of an alcoholic beverage nearly every day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
have five or more drinks of an alcoholic beverage once or twice a week?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
use marijuana (pot, weed)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
smoke marijuana (pot, weed) once or twice a week?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
use any other illegal drugs such as cocaine, LSD (acid), methamphetamine (meth.), or club drugs (molly, ecstasy, roofies)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
use Cold/Cough Medicines (Coricidin Cough, Sudafed, TheraFlu, Tylenol Cough) or other over-the-counter medicines to get high?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
use prescription drugs that have not been prescribed to you by a doctor?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Cigarettes, Alcohol, and Other Drugs These next questions are about your use of tobacco, alcohol, and other drugs. Remember your answers are completely anonymous.

CIGARETTES.

Have you ever smoked part or all of a cigarette?

- No
- Yes

If No Is Selected, Then Skip To CHEWING TOBACCO.

How old were you the first time you smoked part or all of a cigarette?

- 8 or Younger
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19 or older

How do you get your cigarettes? (check all that apply)

- θ A family member gives or sells them to me
- θ A friend gives or sells them to me
- θ I buy them from the store
- θ I ask a stranger to buy them for me
- θ I take them without permission
- θ Buy them online
- θ Other (please specify) _____

What is your best estimate of the number of days you smoked part or all of a cigarette during the past 30 days?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

If 0 days Is Selected, Then Skip To CHEWING TOBACCO.

Have you ever tried to quit smoking cigarettes?

- Yes and I quit
- Yes, but I still smoke
- No, I never tried

On the day or days you smoked cigarettes during the past 30 days, how many cigarettes did you smoke per day, on average?

- Part of one cigarette per day
- 1 cigarette per day
- 2 to 5 cigarettes per day
- 6 to 15 cigarettes per day (about 1/2 pack)
- 16 to 25 cigarettes per day (about 1 pack)
- 26 to 35 cigarettes per day (about 1 1/2 packs)
- More than 35 cigarettes per day (about 2 packs or more)

What is your best estimate of the number of days you smoked part or all of a cigarette on school property during the past 30 days?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

CHEWING TOBACCO. These next questions are about your use of chewing tobacco and snuff, sometimes called dip.

Have you ever used chewing tobacco such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen or snuff (dip), even once?

- No
- Yes

If No Is Selected, Then Skip To ELECTRONIC CIGARETTES

What is your best estimate of the number of days you used chewing tobacco or snuff during the past 30 days?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20-29 days
- All 30 days

ELECTRONIC CIGARETTES (E-CIGS, MODS, or VAPES). These next questions are about your use of e-cigs, mods, or vapes.

Have you ever used e-cigs, mods, or vapes even once?

- No
- Yes

If No Is Selected, Then Skip To HOOKAH.

- How do you get the products to put in your e-cig, mod or vape? (check all that apply)
- θ A family member gives or sells them to me
- θ A friend gives or sells them to me
- θ I buy them from the store
- θ I ask a stranger to buy them for me
- θ I take them without permission
- θ Buy them online
- θ Other (please specify) _____

What is your best estimate of the number of days you used e-cigs, mods or vapes during the past 30 days?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20-29 days
- All 30 days

What do you use in your e-cig, mod, or vape? (check all that apply)

- Nicotine
- Marijuana (pot, weed)
- Flavor only
- Other (please specify) _____

HOOKAH. These next questions are about your use of hookahs or water pipes.

Have you ever used hookahs (water pipes), even once?

- No
- Yes

If No Is Selected, Then Skip To ALCOHOL.

What is your best estimate of the number of days you used hookahs (water pipes) during the past 30 days?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20-29 days
- All 30 days

ALCOHOL. The next questions are about alcohol, such as beer, wine, brandy, and mixed drinks. We are not asking about times when you only had a sip or two from a drink or drank only for religious purposes. Throughout these questions, by a "drink", we mean a can or bottle of beer, a glass of wine or a wine cooler, a shot of liquor, or a mixed drink with liquor in it.

During the past 30 days, on how many days did you ride in a car or other vehicle driven by someone who had been drinking alcohol?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20-29 days
- All 30 days

Have you ever, even once, had a drink of any type of alcohol? Please do not include times when you only had a sip or two from a drink or if you drank alcohol only for religious purposes.

- No
- Yes

If No Is Selected, Then Skip To MARIJUANA.

Think about the first time you had a drink of alcohol. How old were you the first time you had a drink of an alcoholic beverage? Please do not include any time when you only had a sip or two from a drink.

- 8 or Younger
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19 or older

During your life, how many times have you had at least one drink of alcohol?

- 0 times
- 1-2 times
- 3-5 times
- 6-9 times
- 10-19 times
- 20-39 times
- 40 or more times

How do you get your alcohol? (check all that apply)

A family member gives or sells it to me

A friend gives or sells it to me

I buy it from the store / bar / etc.

I ask a stranger to buy it for me

I take it without permission

Buy it online

Other (please specify) _____

What is your best estimate of the number of days you drank alcohol during the past 30 days?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

If 0 days Is Selected, Then Skip To MARIJUANA.

Think back over the last two weeks. How many times have you had five or more alcoholic drinks in a row?

- None
- Once
- Twice
- 3-5 times
- 6-9 times
- 10 or more times

On the days you drink alcohol, about how many drinks do you have on average?

- Less than one
- One
- Two
- Three
- Four
- Five
- Six or more

What is your best estimate of the number of days you drank alcohol on school property during the past 30 days?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

During the past 30 days, on how many days did you drive a car or other vehicle when you had been drinking alcohol?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

MARIJUANA. The next questions are about marijuana, also called weed, pot or grass. Marijuana is usually smoked, either in cigarettes, called joints, or in a pipe.

Have you ever, even once, used marijuana?

- No
- Yes

If No Is Selected, Then Skip To INHALANTS.

How old were you the first time you used marijuana?

- 8 or Younger
 - 9
 - 10
 - 11
 - 12
 - 13
 - 14
 - 15
 - 16
 - 17
 - 18
 - 19 or older
-
- How do you access your marijuana? (check all that apply)
 - θ A family member gives or sells it to me
 - θ A friend gives or sells it to me
 - I buy it from a dealer
 - θ A stranger gives or sells it to me
 - θ I take it without permission
 - θ Buy it online
 - θ Other (please specify) _____

What is your best estimate of the number of days you used marijuana during the past 30 days?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

If 0 days Is Selected, Then Skip To INHALANTS.

What is your best estimate of the number of days you used marijuana on school property during the past 30 days?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

How do you use Marijuana? (check all that apply)

- Smoke it (blunt, pipe, joint, etc.)
- Smoke it (vape, bong, water pipe, hookah)
- Eat it (Edibles)
- Dabbing/Wax/Hash oil
- Other (please specify)

INHALANTS. The next questions are about inhalants, which are liquids, sprays, and gases that some people sniff or inhale. Inhalants include things like gas in aerosol cans, whippets, gasoline, white out, glue, and marking pens.

Have you ever, even once, used inhalants?

- No
- Yes

If No Is Selected, Then Skip To PRESCRIPTION DRUGS

How old were you the first time you used inhalants?

- 8 or Younger
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19 or older

What is your best estimate of the number of days you used inhalants during the past 30 days?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

PRESCRIPTION DRUGS. The next questions are about prescription drugs (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) taken without a doctor's prescription?

Have you ever, even once, used prescription medication that was not prescribed for you by a doctor?
(not including "over-the-counter" medications)

- No
- Yes

In the past 12 months, which of the following prescription drugs have you used without a doctor's prescription for your use? (check all that apply)

- Stimulants (e.g., Dexedrine, Adderall, Ritalin, Concerta)
- Pain medication (e.g., Vicodin, OxyContin, Tylenol 3 with Codeine, Demerol, morphine)
- Sedatives/anxiety medication (e.g., Barbiturates, Valium, Librium, Xanax, Ativan, Klonopin)
- Sleeping medication (e.g., Ambien, Halcion, Restoril)
- Other (please specify) _____

What is your best estimate of the number of days in the past 30 days you used any prescription medication that was not prescribed for you by a doctor

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

If 0 days Is Selected, Then Skip To OVER-THE-COUNTER MEDICATIONS.

How do you access your prescription drugs without a doctor's prescription? (check all that apply)

- A family member gives or sells it to me
- A friend gives or sells it to me
- A stranger gives or sells it to me
- I take it without permission
- Buy it online
- Other (please specify) _____

People use prescription drugs for various reasons, including the reasons displayed below. For any of the drugs you used without a doctor's prescription, check the reasons that were important to you. (check all that apply)

- To help with stress reduction
- To help me sleep
- To help me feel better or happier
- To increase my energy
- To help with weight loss
- To fit in with friends
- To have a good time
- To reduce and/or manage pain
- To improve academic performance
- Curiosity

How old were you the first time you used prescription medication that was not prescribed for you by a doctor? (not including "over-the-counter" medications)

- 8 or Younger
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19 or older

OVER-THE-COUNTER MEDICATIONS.

Have you ever, even once, used Cold/Cough Medicines (Coricidin Cough, Sudafed, TheraFlu, Tylenol Cough) or other over-the-counter medicines to get high?

- No
- Yes

If No Is Selected, Then Skip To SYNTHETIC DRUGS

How old were you the first time you used Cold/Cough Medicines (Coricidin Cough, Sudafed, TheraFlu, Tylenol Cough) or other over-the-counter medicines to get high?

- 8 or Younger
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19 or older

What is your best estimate of the number of days in the past 30 days you used Cold/Cough Medicines (Coricidin Cough, Sudafed, TheraFlu, Tylenol Cough) or other over-the-counter medicines to get high?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

SYNTHETIC DRUGS.

Have you ever, even once, used a synthetic drug (K2, bath salts, plant food, Spice)?

- No
- Yes

If No Is Selected, Then Skip To OTHER DRUGS.

What is your best estimate of the number of days in the past 30 days you used synthetic drug?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

OTHER DRUGS.

Have you ever, even once, used any form of cocaine?

- No
- Yes

Have you ever, even once, used heroin (also called smack or H)?

- No
- Yes

Have you ever, even once, used hallucinogens such as LSD (acid), PCP (angel dust), Magic Mushrooms, Mescaline, Peyote, or Psilocybin?

- No
- Yes

Have you ever, even once, used methamphetamine (known as meth, crank, crystal, or ice)?

- No
- Yes

Have you ever, even once, used Dumolan (also known as "dums" or "dumbos")?

- No
- Yes

Have you ever, even once, used any type of club drug including MDMA (molly, ecstasy, X, E), GHB (G), Rohypnol (roofie), and Ketamine (Special K)?

- No
- Yes

Your Family

	Strongly disagree	Disagree	Agree	Strongly agree
My parents notice when I am doing a good job and let me know about it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My parents ask me what I think before most family decisions affecting me are made.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My parents ask if I have gotten my homework done.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Not wrong at all	A little bit wrong	Wrong	Very wrong
How wrong do your parents feel it would be for you to smoke tobacco?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How wrong do your parents feel it would be for you to have a drink of any type of alcohol?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How wrong do your parents feel it would be for you to take one or two drinks of an alcoholic beverage nearly every day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How wrong do your parents feel it would be for you to use Cold/Cough Medicines (Coricidin Cough, Sudafed, TheraFlu, Tylenol Cough) or other over-the-counter medicines to get high?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How wrong do your parents feel it would be for you to smoke marijuana (pot, weed)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How wrong do your parents feel it would be for you to smoke marijuana (pot, weed) once or twice a week?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How wrong do your parents feel it would be for you to use prescription drugs not prescribed to you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How often do people in your family insult or yell at each other?

- Never
- Not very often
- Some of the time
- Most of the time
- All of the time

Honesty

How honest were you in filling out this survey?

- I was not honest at all
- I was honest once in a while
- I was honest some of the time
- I was honest pretty much all of the time
- I was honest all of the time

Thanks very much for completing this survey!!!