

# Youth Risk Behavior Survey

Milton Public Schools  
School Committee Presentation  
September 18, 2019



# Introduction

## YOUTH RISK BEHAVIOR SURVEY (YRBS)

- Standard YRBS questions developed by CDC
- MHS YRBS team added questions for deeper understanding
- Administered to grades 9-12 in March 2019 with help of MSAPC staff
- Electronic multiple-choice survey
- Completely confidential
- Analyzed by Lynch Research Associates with funding from MSAPC grant

# Student Assets

Of the 46 YRBS risk indicators studied, Milton students performed better than the rest of the nation on 36 of them.

There have been dramatic improvements in student alcohol & marijuana consumption since 2014.



Nearly all types of **violence and bullying** are **significantly lower** than the rest of the state and the nation.



Smoking **cigarettes** is **significantly lower** than the state and nation.



**Illicit drugs** such as cocaine, ecstasy and inhalants are used at **much lower rates** than the rest of the nation.



Very low rates of **drunk driving** (though drugged driving is a noted concern).



Rates of engaging in **risky sexual behaviors** are **significantly lower** in Milton



# Substances of Concern

Continued Concern:

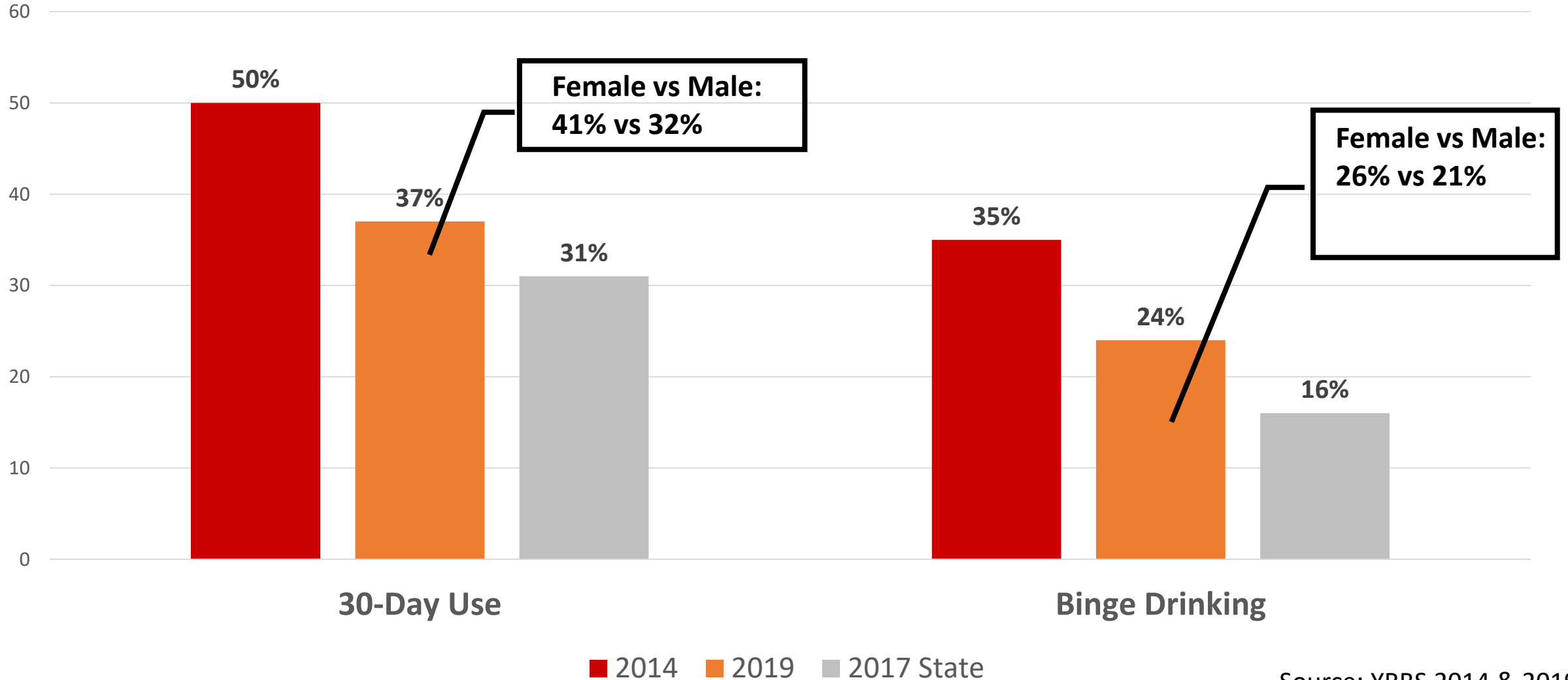
**Alcohol and Marijuana**

Emerging Problem:

**Vaping**

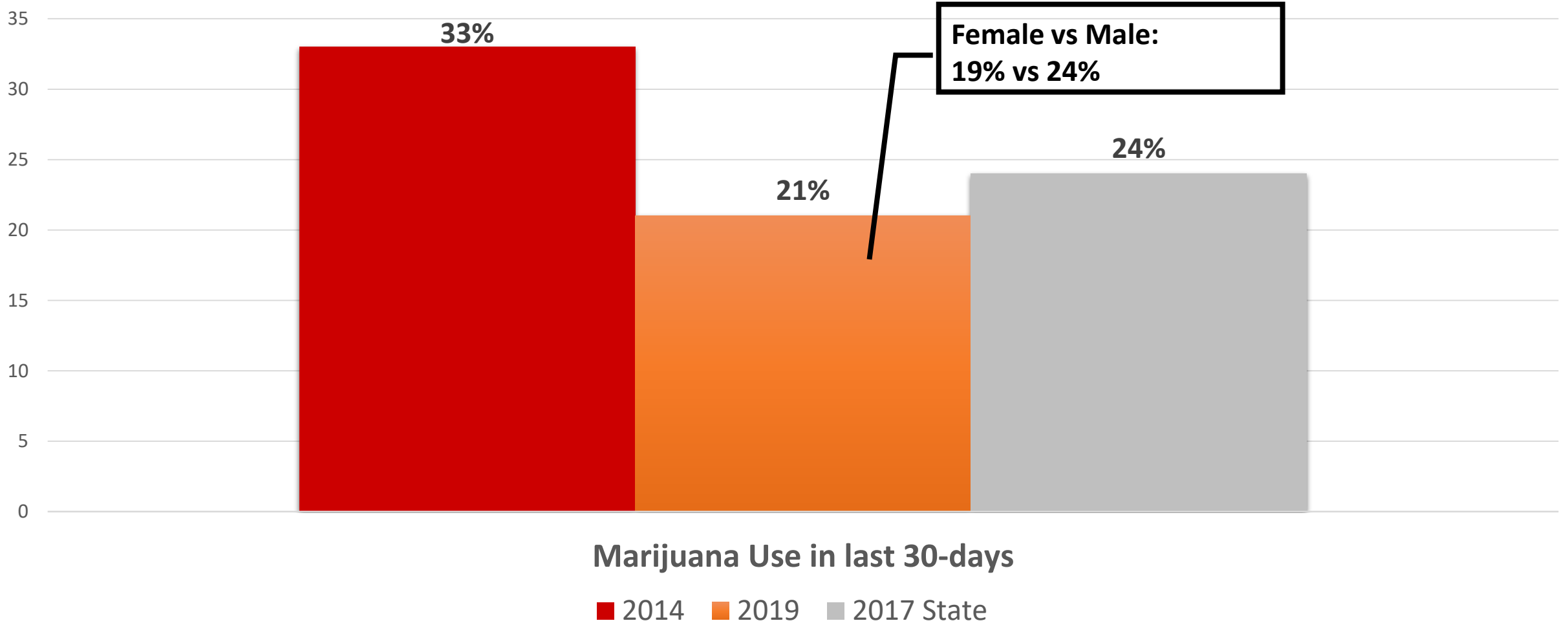
Both 30-day alcohol and binge drinking rates in Milton continue to be higher than state and national rates. MHS Binge drinking is nearly double the U.S. rate.

### Underage Drinking among Milton Youth



Marijuana usage rates in Milton lower than state rate (match nation).

### Marijuana Use among Milton Youth



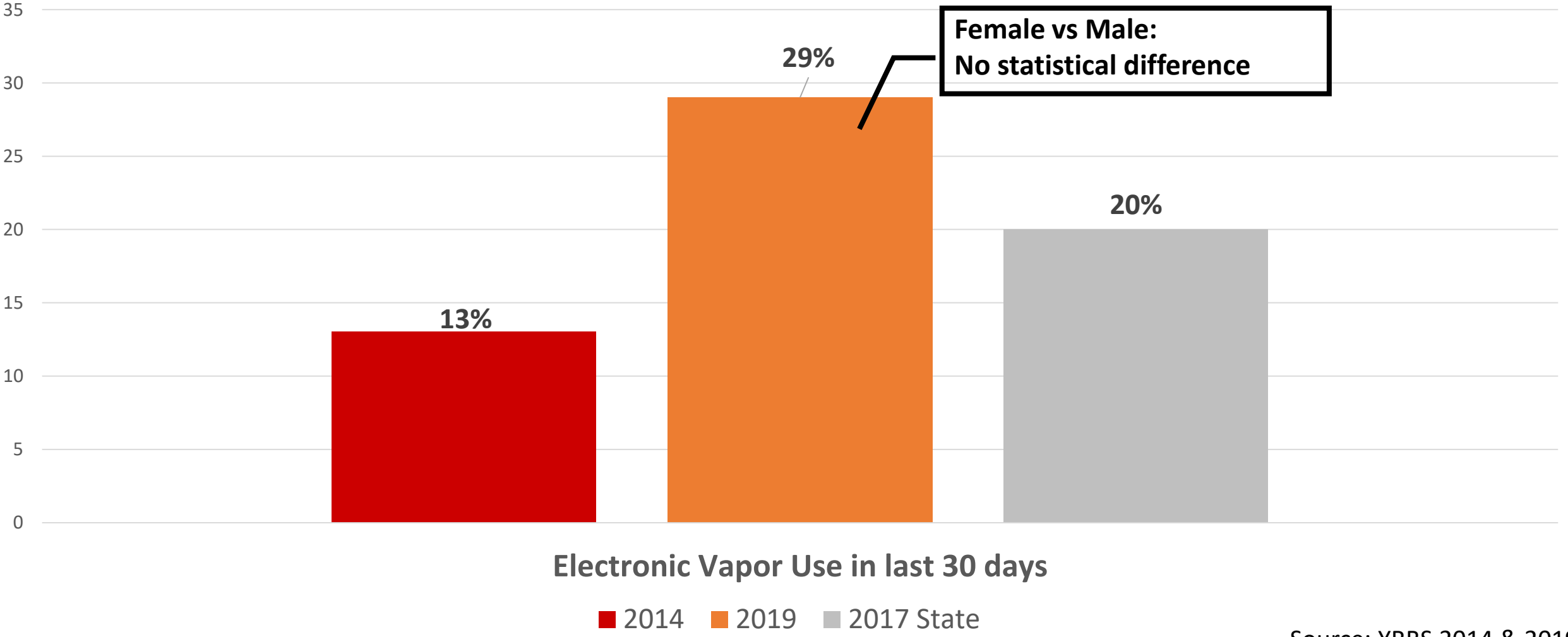
# Vaping

- **Vaping**: the act of inhaling and exhaling the aerosol (often called vapor) produced by an e-cigarette or similar battery-powered device.
- **E-cigarettes**: battery-powered vaporizers that simulate the action and sensation of smoking.
- **Other names**: JUULs, vape pens, mods, pods, e-cig, etc



Electronic Vapor Use (vaping) has increased dramatically nationwide.  
In Milton, the rates have more than doubled from 2014.  
MHS rates are significantly higher than state or nation.

### Electronic Vapor Use among Milton Youth



Source: YRBS 2014 & 2019



# Mental Health Issues among MHS students continue and have increased since 2014.

## Depressive Symptoms

- **2019**: 29% of MHS students reported depressive symptoms (higher than state)
- **Higher** than state rate and increased from 2014 survey

## Suicidality

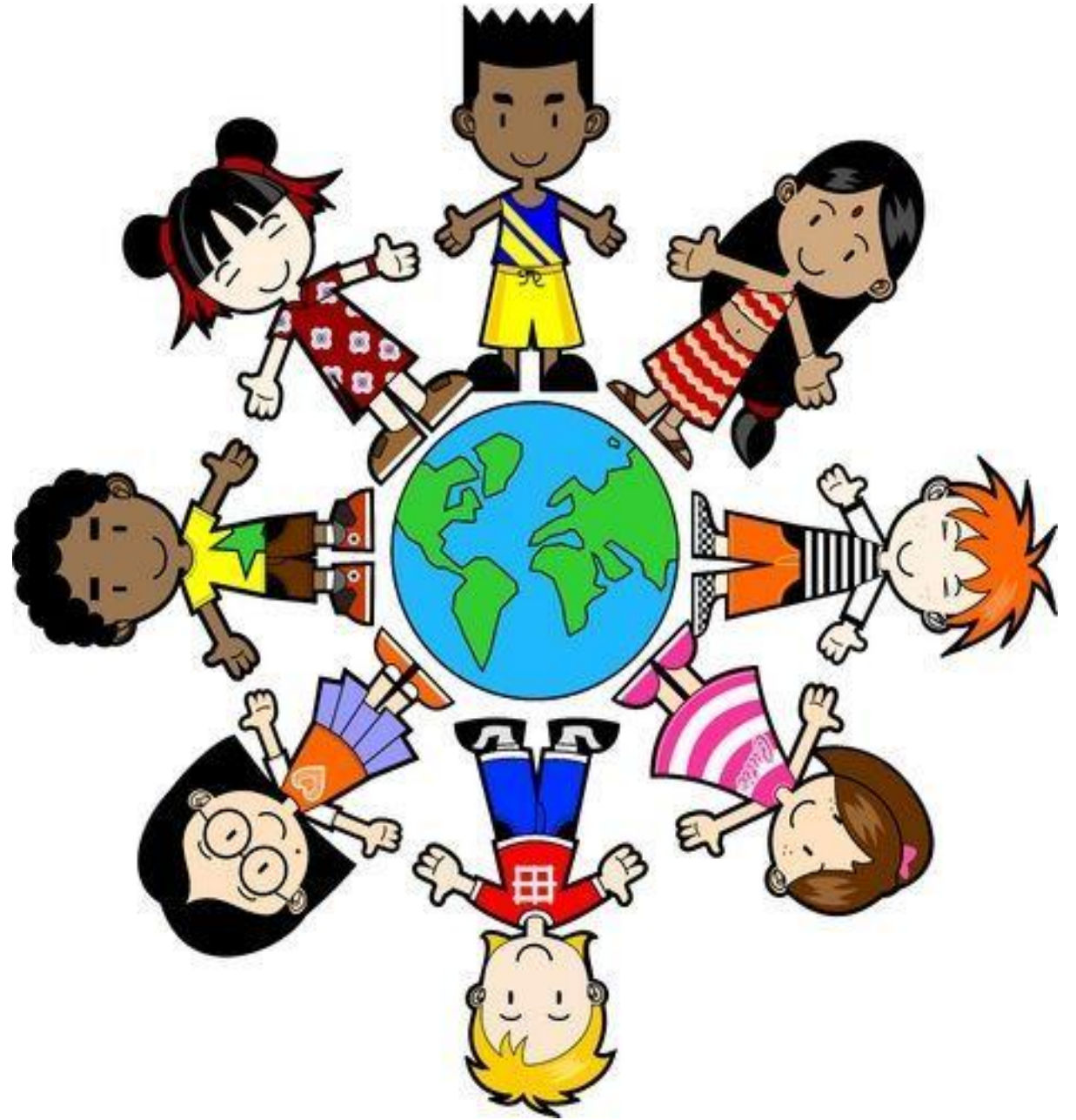
- **2019**: 15% seriously considered suicide in past year (higher than state)
- Increased from 2014
- Doubling in rates of male students who considered suicide from 2014 to 2019 (12%)

## Anxiety

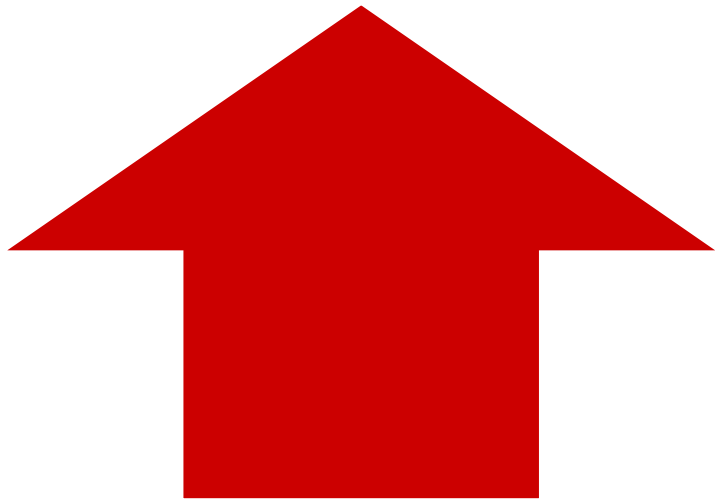
- **2019**: 45% of MHS students indicated that they experience persistent anxiety symptoms (nervousness, anxiousness, or on edge)
- Females vs males: 56% vs 38% respectively
- Anxiety tends to be higher among students in Grade 11 & 12 vs Grades 9 & 10

# Risk Analyses by Demographic Groups

*seeking to help our most  
vulnerable students*



White students represent the greatest number of students at risk of mental health and substance use issues in MHS, but certain minority groups have higher rates of risk.



## Highest Rates

### Alcohol and/or Drugs

- White Athletes
- Caribbean
- LGBTQ+
- Hispanic
- Asian American  
(prescription drug only)

### Mental Health

- LGBTQ+
- Caribbean
- Hispanic
- Asian American
- Art Students



## Lowest Rates

### Alcohol & Drugs

- Black/African-American
- Art Students
- Higher achieving students (drugs only)
- Asian American (alcohol only)

### Mental Health

- Athletes
- Black/African-American
- Higher achieving students

# Priorities of School Year 2019-2020

- The high school leadership team, central administration, SEL facilitator, and guidance staff have prioritized the following student risk factors to be addressed over the coming 1-2 years. We will also develop specific strategies to support our most vulnerable students.



Behavioral Health (includes stress management, mental health disorders, social-emotional learning skills, coping mechanisms, etc)

Vaping of both nicotine & marijuana concentrates

Alcohol consumption, especially binge drinking

MSAPC will address these issues in the community.

# Where do we go from here?



**Educating all stakeholders**

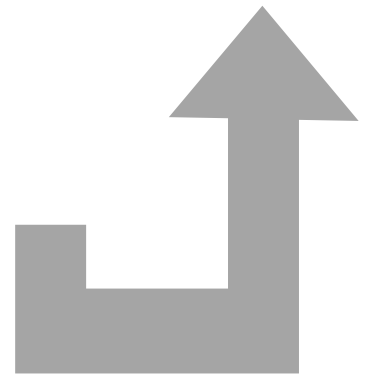


**Vaping Detectors installed in Bathrooms & Locker Rooms**

**Ensuring best practices and curricula**



**System wide vertical approach**



**Innovative practices to support mental health**