

Napa County California Healthy Kids SURVEY RESULTS - FALL 2008

What is the California Healthy Kids Survey & Why Was It Conducted?

The California Healthy Kids Survey (CHKS) is a service provided by the California Department of Education to assist districts in collecting information on the health risks and the resilience of their students. Students are surveyed a minimum of every two years. The following report provides a summary of the findings relating to safety, physical health, substance use, violence and risk behaviors from the survey administered in the Fall of 2008 to 7th, 9th & 11th graders.

While it is essential to identify and address student problems, it is equally important to acknowledge and celebrate the positive behaviors and attitudes of the majority of our youth.



Who completed the California Healthy Kids Survey in Napa County in the Fall of 2008?

7th Graders

82%
OR
1,148 Students

9th Graders

75%
OR
1,156 Students

11th Graders

75%
OR
1,070 Students



Why are the results important?

The results **provide important information that comes DIRECTLY from our young people.** We need to be aware of the choices they are making, the pressures they experience and the environment which surrounds them. It is the responsibility of parents, educators and the community to help create safe and healthy environments and opportunities for our young people. The data helps point us all in the right direction.

Napa Valley Unified School District

St. Helena Unified School District

Calistoga Joint Unified School District

**WHAT ARE OUR
KIDS SAYING?
Look inside**

Napa County California Healthy Kids SURVEY RESULTS

COUNTYWIDE RESULTS—7th, 9th & 11th GRADERS - FALL 2008

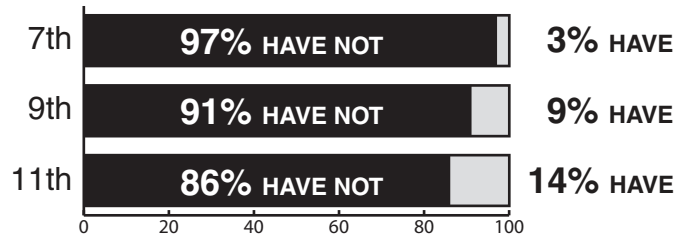
Includes Napa Valley Unified, St. Helena Unified, and Calistoga Joint Unified Students

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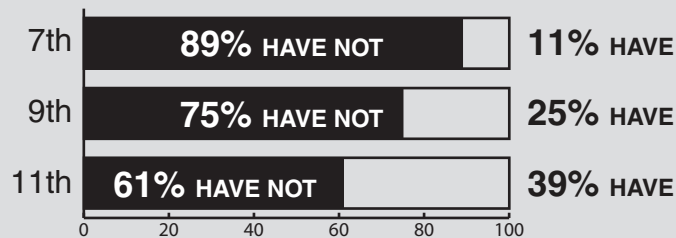
TOBACCO, ALCOHOL & OTHER DRUG USE

Used any TOBACCO in the last 30 days



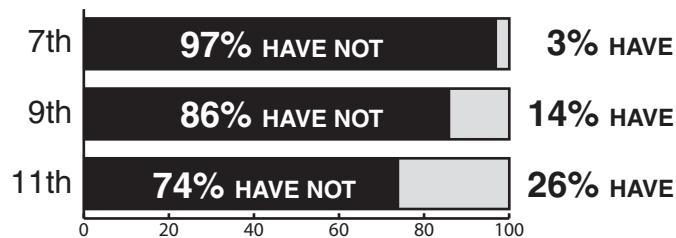
GOOD NEWS
Tobacco Use Dropped
2% – 7th Grade
2% – 9th Grade
3% – 11th Grade

Used any ALCOHOL in the last 30 days



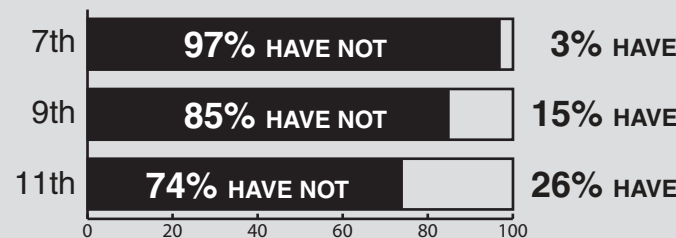
GOOD NEWS
Alcohol Use Dropped
3% – 7th Grade
1% – 11th Grade
ALERT!
Alcohol use is still TOO HIGH!

BINGE DRINKING in the last 30 days



SOME PROGRESS
Binge Drink Reduced
2% in 7th Grade
ALERT!
Increase of
1% in 9th Grade
STILL 26% in 11th Grade

Used any MARIJUANA in the last 30 days



Marijuana use dropped
2% for 7th Graders.
ALERT!
Increase of 2% in
9th Graders & 4% in
11th Graders.

DANGEROUS BEHAVIORS

Although some reduction in substance use occurred—the number of students using tobacco, alcohol, & marijuana is UNACCEPTABLE.

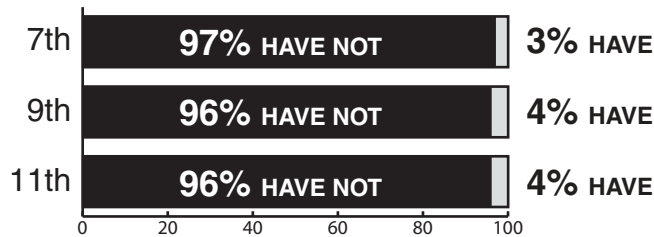
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Used any INHALANTS in the last 30 days



POSITIVE PROGRESS *

Reduction by 3%
for 7th Graders:
1% improvement for 9th
Graders & 11th Graders.

ECSTASY

During your LIFETIME, how many times have you tried or used ecstasy to get high?

	9th	11th
None	93%	84%
1 time	2%	4%
2 to 3 times	2%	4%
4 or more times	3%	8%

ALERT!

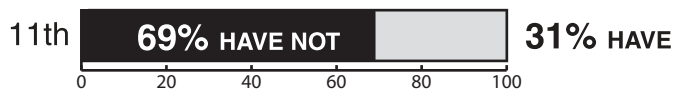
3% of 9th Graders
(35 Students) and
8% of 11th Graders
(86 Students) report using
ecstasy 4 or more times.

IN A CAR WITH AN IMPAIRED DRIVER

Ever been a passenger in car with driver who had been drinking?



Ever driven after drinking or been in a car with someone who has?



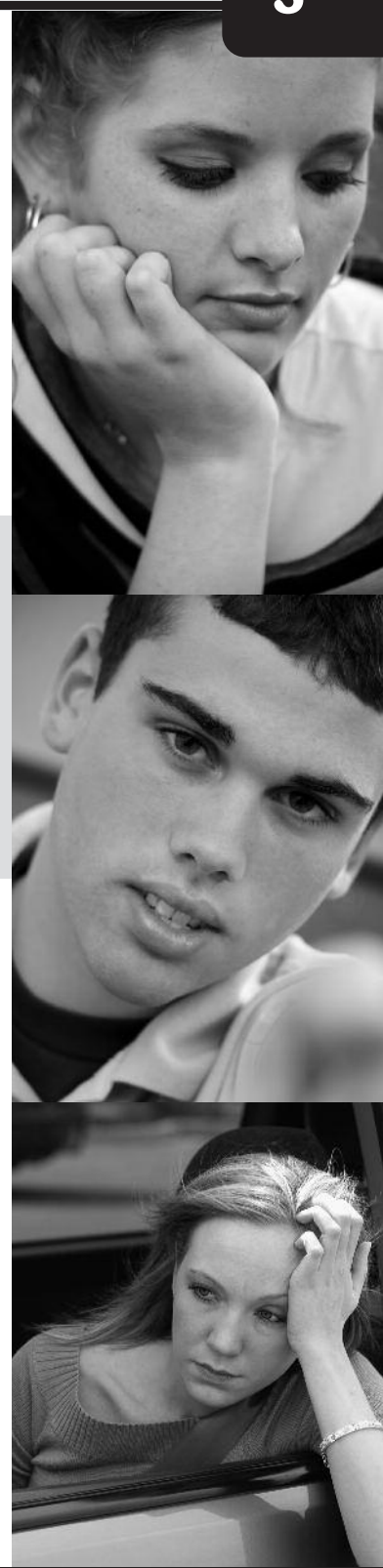
Improvement of 3%
for 7th Graders & 4% for
9th Graders

ALERT!

31% of 11th Graders
surveyed report
either driving under the
influence themselves or
with a friend who was
under the influence.

DO YOU KNOW A YOUTH WHO HAS BEEN IN A CAR WITH AN ADULT WHO HAS BEEN DRINKING? ARE YOU AWARE OF YOUNG PEOPLE WHO ARE DRIVING UNDER THE INFLUENCE OR RIDING WITH A FRIEND WHO HAS BEEN DRINKING?

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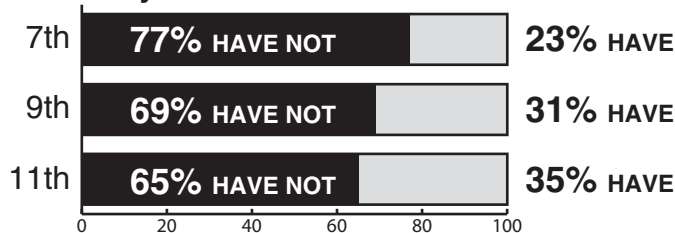
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STUDENT BEHAVIORS

Over the last 12 months, did you ever feel so sad and hopeless almost every day for two weeks or more that you stopped doing some of your usual activities?

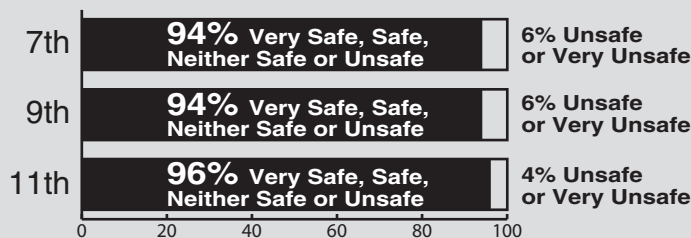


ALERT!

Large percentage of youth reporting sad and depressed feelings.

SEE BACK PAGE FOR LIST OF SUPPORT PROGRAMS

Do you feel SAFE AT SCHOOL?

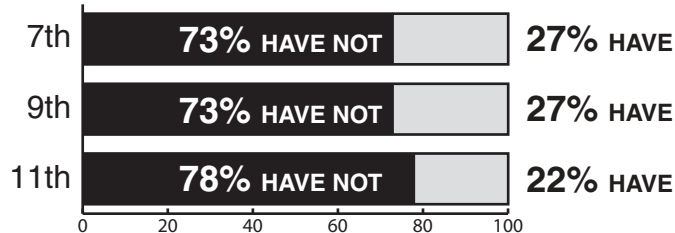


POSITIVE

2% less 7th Graders & 11th Graders feel unsafe or very unsafe. Up 1% for 9th Graders.



Over the last 12 months, have you been verbally harassed with **MEAN RUMORS** or **LIES** 2 times or more while at school?

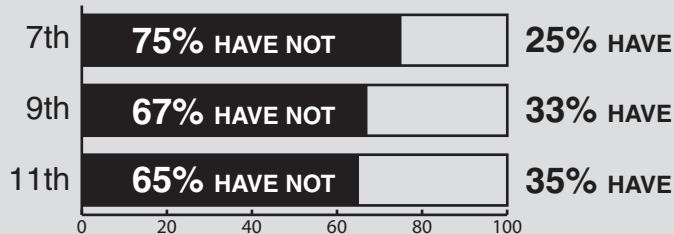


GOOD NEWS

Reduction in rumors & lies by 3% in 7th Grade BUT increase of 3% in 9th Grade.



Over the last 12 months, have you been verbally harassed with **SEXUAL JOKES, COMMENTS, or GESTURES** 2 or more times while at school?



ALERT!

Harassment has increased by 2% in 9th Grade & 4% in 11th Grade. Reduced 3% in 7th Grade.

**We need to monitor our young people. Being mean is NOT okay.
ALL STUDENTS NEED TO FEEL SAFE.**

*NOTE: All comparison data is between Fall 2006 & Fall 2008 CHKS results.

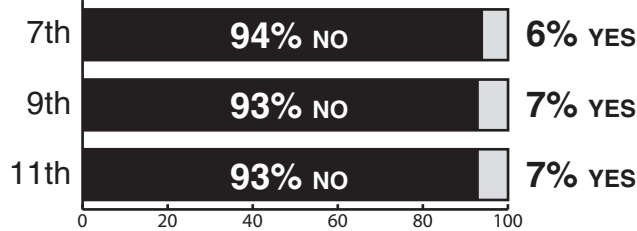
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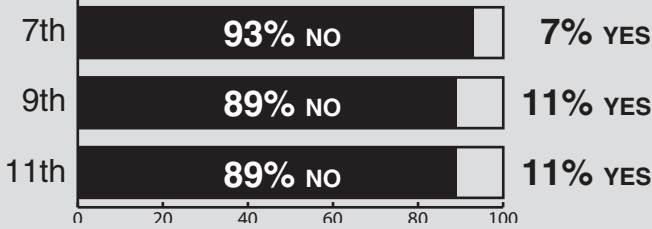
GANG INVOLVEMENT

Do you consider yourself a member of a gang?



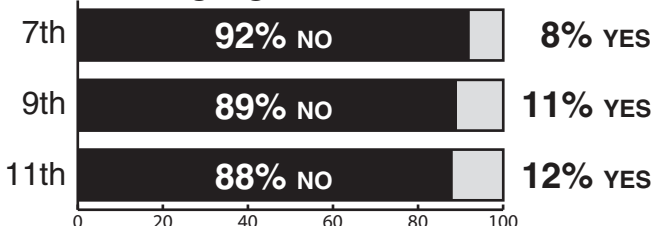
GOOD NEWS *
DOWN FROM 2006
 7% less for 7th Grade
 9% less for 9th Grade
 7% less for 11th Grade

Have you EVER represented, or belonged to a gang?



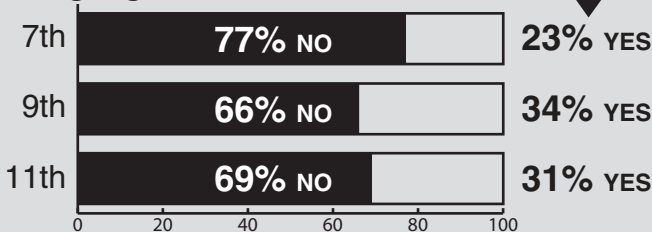
GOOD NEWS *
 Gang representation down.
 3% less in 7th Grade
 5% less in 9th Grade
 3% less in 11th Grade

Have you EVER been a victim to the actions of a gang member?



GOOD NEWS *
 Victims down.
 2% less in 7th Grade
 4% less in 9th Grade
 2% less in 11th Grade

Do you hang around with people who are (or might be) involved in a gang?



CAUTION *
 Students need to be clear about the danger of hanging out with gang members.



ALERT! Even though numbers have reportedly decreased for gang involvement, NO involvement can be tolerated. There is work to be done.

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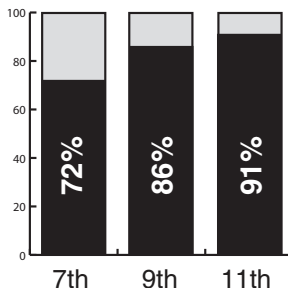
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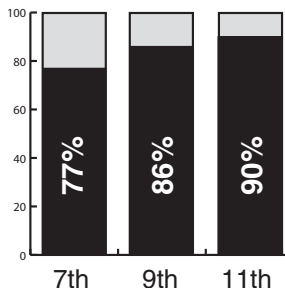
KNOWLEDGE

YES

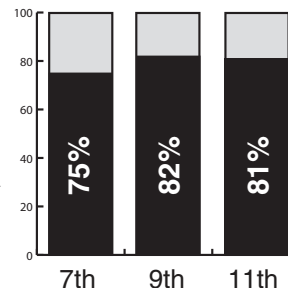
Do you believe that frequent use of **TOBACCO** is harmful?



Do you believe that frequent use of **ALCOHOL** is harmful?



Do you believe that frequent use of **MARIJUANA** is harmful?

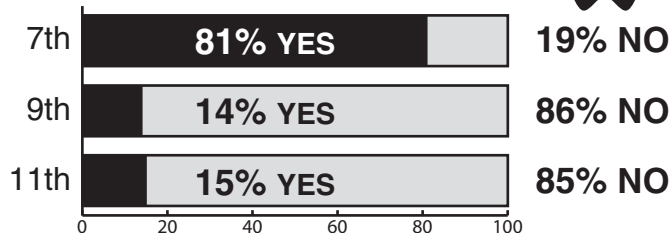


TALKING TO YOUTH

At least once in the last 12 months, have you talked to parent/guardian about dangers of tobacco, alcohol and drug use?



At least once in the last 12 months, have you watched, heard or read about the dangers of tobacco, alcohol or drug use?



WE NEED TO BE TALKING TO YOUNG PEOPLE ABOUT SAFE AND HEALTHY DECISIONS OFTEN.

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DO YOU KNOW?

PARENTS

When asked how they thought their PARENTS/GUARDIANS would feel if they drank ANY alcohol regularly, students responded:

	7th	9th	11th
Very Wrong	80%	68%	65%
Wrong	10%	17%	19%
ALERT! A little bit wrong	3%	6%	7%
Not at all wrong	1%	2%	3%
I don't know	6%	6%	6%

Do your children know how you feel about them drinking alcohol?

PEERS

When asked how they thought their PEERS would feel if they drank ANY alcohol regularly, students responded:

	7th	9th	11th
Very Wrong	70%	53%	45%
Wrong	14%	21%	19%
ALERT! A little bit wrong	5%	10%	14%
Not at all wrong	4%	9%	16%
I don't know	7%	7%	7%

It is obvious that students believe that peers have more tolerance for friends using alcohol. HOWEVER, research shows that PARENTS have the most influence over their students' decisions. PARENTS have the POWER to help young people say NO to the use of tobacco, alcohol and drugs.

ENERGY DRINKS

Only 62% of 7th graders, 61% of 9th graders and 71% of 11th graders report NOT drinking any energy drinks on a regular basis. However TOO many students DO report daily consumption of energy drinks.

	7th	9th	11th
1 Drink a day	25%	27%	20%
ALERT! 2 drinks a day	7%	7%	5%
3 drinks a day	2%	2%	1%
5 or more drinks a day	3%	2%	3%

ENERGY DRINKS are LOADED with sugars, caffeine and other stimulant additives. Check the labels and know what young people are drinking. Be aware that some energy drinks also contain ALCOHOL.

COLD/COUGH MEDICINES

When asked how many times during their life they had used or tried Cold/Cough medicines without a doctor's order (TO GET "HIGH" OR "STONED"), they replied:

	9th	11th
0 times	82%	78%
1 time	4%	5%
ALERT! 2 to 3 times	5%	6%
4 or more times	9%	10%

Monitor your medicine cabinets. Be aware of the medications that your children are taking. Make sure that they know the dangers of using medications inappropriately and the added effects when mixed with alcohol consumption.

**CREATE CLEAR FAMILY RULES. SET BOUNDARIES.
MONITOR BEHAVIORS. SAFEGUARD HOMES.**

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THE YOUNG PEOPLE HAVE SPOKEN. WHAT ARE WE GOING TO DO WITH THIS INFORMATION?

FACT: Teenagers whose parents talk to them regularly about the dangers of alcohol and drugs are 42% less likely to use alcohol and drugs than those teens whose parents don't, yet only 1 in 4 teens report having these conversations.

www.drugfree.org



LET'S ASK OURSELVES:

AT HOME:

- Do we spend time listening and talking to our children while driving in the car, taking a walk, or eating a meal together?
- Do we encourage and praise good behavior and safe and healthy choices?
- Do we set limits and boundaries with clear consequences?
- Do we notice sustained changes in behaviors, habits or friendships that could signal problems?
 - See page 4 for statistics •
- Do we monitor the use of electronic devices?
- Do we make sure that our children are clear about home rules and safe driving practices?

AT SCHOOL:

- Are we connecting with students and making them feel noticed?
- Do we speak out when unkind acts and words are witnessed?
- Are we ensuring that students feel safe?
- Are we educating our students on the dangers of using tobacco, drug, alcohol and violence?
- Are we empowering our students to make decisions that will keep them safe and healthy?

COMMUNITY:

- Are we knowledgeable about the interests of young people?
- Are we making sure that tobacco, alcohol and drugs are not readily available to youth?
- Do we make young people a priority?
- Are we involved in youth activities and projects in our community?
- Do we find ways to mentor young people?
- Do we model appropriate behaviors around substance use?

NOT SURE WHERE TO START? CHECK THESE RESOURCES FOR IDEAS.

WEBSITES:

www.samhsa.gov

information on alcohol and other drugs

www.cdc.gov/verb

information for improving physical activity levels for families, schools and communities

www.StopBullyingNow.hrsa.gov

How to deal with bullying & harassment

www.talkingwithkids.org

great information on starting conversations and standing your ground

www.drugfreeamerica.org

information on ways to talk with teens about drugs or to learn more about drugs and abuse

www.theantidrug.com

provides information on keeping young people alcohol and drug free

www.notmykid.org

skills & information to help make positive life choices

www.promoteprevention.org

national center for mental health promotion & youth violence prevention

www.timetoact.drugfree.org

how to tell if your teen is using, taking action to intervene

www.kidshealth.org

for parents, kids & teens, covers gamut of health topics

www.wolfecenter.org

local resource for youth assessment and treatment

Compiled and Published by NAPA COUNTY OFFICE OF EDUCATION
Office of Safety & Wellness • Jeanne Title (jtitle@ncoe.k12.ca.us)

Become involved in community efforts to reduce underage drinking—contact www.catalystcoalition.org (707-253-06812)