2019 Student Attitudes & Behaviors Survey

Key Results
Summary

• In order to gain a better understanding of students attitudes and actions relating to at-risk behaviors, **BROOKFIELD CARES** and the Brookfield Public Schools surveyed students in grades 7–12 in November of 2019. *Note: We surveyed grades 6 and 8–12 in 2016.*

• While the results show that our issues are not greater than other comparable towns, survey results do point to the fact that we have issues to address as a community.

• Results shown area aggregated from multiple questions, providing more representative results.

• This is the fifth time we’ve surveyed students.
The Survey

- The Survey — developed by Search Institute and taken by millions of students — provides data in a wide range of areas including alcohol and drug use, depression & suicide, gambling, vaping (for the first time), and more.

- Search Institute also reports results as Developmental Assets — a research-based framework that shows a clear relationship between high asset scores and thriving behaviors.

- To learn more, visit: search-institute.org
Developmental Assets

This framework of Developmental Assets identifies a set of skills, experiences, relationships, and behaviors that enable young people to develop into successful and contributing adults.

**External Assets**
- Support
- Empowerment
- Boundaries & Expectations
- Constructive Use of Time

**Internal Assets**
- Commitment to Learning
- Positive Values
- Social Competencies
- Positive Identity

Developmental Assets

To learn more about the 40 Developmental Assets that help kids succeed, watch this brief video.

https://youtu.be/hPY67ee5h4
What our children say

Students tell us we are **strongest** in the following Assets (% reporting Assets):

<table>
<thead>
<tr>
<th></th>
<th></th>
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<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>22</td>
<td>School Engagement</td>
<td>57</td>
<td>78</td>
<td>69</td>
<td>70</td>
<td>82</td>
</tr>
<tr>
<td>1</td>
<td>Family Support</td>
<td>71</td>
<td>68</td>
<td>73</td>
<td>77</td>
<td>79</td>
</tr>
<tr>
<td>28</td>
<td>Integrity</td>
<td>72</td>
<td>74</td>
<td>77</td>
<td>76</td>
<td>79</td>
</tr>
<tr>
<td>30</td>
<td>Responsibility</td>
<td>63</td>
<td>66</td>
<td>70</td>
<td>67</td>
<td>76</td>
</tr>
<tr>
<td>15</td>
<td>Positive Peer Influence</td>
<td>55</td>
<td>68</td>
<td>37</td>
<td>74</td>
<td>75</td>
</tr>
<tr>
<td>21</td>
<td>Achievement Motivation</td>
<td>67</td>
<td>78</td>
<td>77</td>
<td>78</td>
<td>75</td>
</tr>
<tr>
<td>29</td>
<td>Honesty</td>
<td>68</td>
<td>70</td>
<td>69</td>
<td>68</td>
<td>74</td>
</tr>
<tr>
<td>40</td>
<td>Positive View of Personal Future</td>
<td>63</td>
<td>66</td>
<td>70</td>
<td>67</td>
<td>74</td>
</tr>
</tbody>
</table>

Results for grades 9 – 12
What our children say

Students tell us we are *weakest* in the following Assets (% reporting Assets):

<table>
<thead>
<tr>
<th></th>
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<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>25</td>
<td>Reading for Pleasure</td>
<td>23</td>
<td>23</td>
<td>16</td>
<td>15</td>
<td>12</td>
</tr>
<tr>
<td>17</td>
<td>Creative Activities</td>
<td>20</td>
<td>24</td>
<td>19</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>7</td>
<td>Community Values Youth</td>
<td>13</td>
<td>20</td>
<td>20</td>
<td>25</td>
<td>22</td>
</tr>
<tr>
<td>6</td>
<td>Parent Involvement in Schooling</td>
<td>17</td>
<td>25</td>
<td>27</td>
<td>24</td>
<td>23</td>
</tr>
<tr>
<td>5</td>
<td>Caring School Climate</td>
<td>18</td>
<td>30</td>
<td>33</td>
<td>30</td>
<td>27</td>
</tr>
<tr>
<td>8</td>
<td>Youth (Children) as Resources</td>
<td>21</td>
<td>27</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>4</td>
<td>Caring Neighborhood</td>
<td>35</td>
<td>36</td>
<td>34</td>
<td>37</td>
<td>34</td>
</tr>
<tr>
<td>13</td>
<td>Neighborhood Boundaries</td>
<td>33</td>
<td>41</td>
<td>35</td>
<td>41</td>
<td>35</td>
</tr>
</tbody>
</table>

Results for grades 9 – 12
# Current Behaviors

<table>
<thead>
<tr>
<th>Category</th>
<th>Definition</th>
<th>TOTAL 9–12</th>
<th>GRADE 7</th>
<th>GRADE 9</th>
<th>GRADE 12</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Alcohol</strong></td>
<td>Used alcohol in the last 30 days</td>
<td>24%</td>
<td>5%</td>
<td>11%</td>
<td>44%</td>
</tr>
<tr>
<td></td>
<td>Got drunk in the last 2 weeks</td>
<td>12%</td>
<td>2%</td>
<td>3%</td>
<td>23%</td>
</tr>
<tr>
<td><strong>Driving &amp; Alcohol</strong></td>
<td>Drove after drinking in the last 12 months</td>
<td>3%</td>
<td>0%</td>
<td>1%</td>
<td>8%</td>
</tr>
<tr>
<td></td>
<td>Rode (once or more in the last 12 months) with a driver who had been drinking</td>
<td>16%</td>
<td>19%</td>
<td>16%</td>
<td>12%</td>
</tr>
</tbody>
</table>
## Current Behaviors

<table>
<thead>
<tr>
<th>Category</th>
<th>Definition</th>
<th>% Reporting Risk Taking Behaviors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eating Disorder</td>
<td>Has engaged in bulimic or anorexic behavior</td>
<td>TOTAL 9–12</td>
</tr>
<tr>
<td></td>
<td></td>
<td>17%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>GRADE 7</td>
</tr>
<tr>
<td></td>
<td></td>
<td>15%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>GRADE 9</td>
</tr>
<tr>
<td></td>
<td></td>
<td>16%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>GRADE 12</td>
</tr>
<tr>
<td></td>
<td></td>
<td>20%</td>
</tr>
<tr>
<td>Depression</td>
<td>Felt sad or depressed most of the time in the past month</td>
<td>TOTAL 9–12</td>
</tr>
<tr>
<td></td>
<td></td>
<td>21%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>GRADE 7</td>
</tr>
<tr>
<td></td>
<td></td>
<td>12%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>GRADE 9</td>
</tr>
<tr>
<td></td>
<td></td>
<td>16%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>GRADE 12</td>
</tr>
<tr>
<td></td>
<td></td>
<td>27%</td>
</tr>
</tbody>
</table>
Current Behaviors

<table>
<thead>
<tr>
<th>Category</th>
<th>Definition</th>
<th>% Reporting Risk Taking Behaviors</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>TOTAL 9–12</td>
</tr>
<tr>
<td></td>
<td></td>
<td>GRADE 7</td>
</tr>
<tr>
<td>Gambling</td>
<td>Gambled once or more in the last 12 months</td>
<td>14%</td>
</tr>
<tr>
<td>Illicit drug use</td>
<td>Used heroin or other narcotics multiple times in the last 12 months</td>
<td>1%</td>
</tr>
</tbody>
</table>
## Current Behaviors

<table>
<thead>
<tr>
<th>Category</th>
<th>Definition</th>
<th>% Reporting Risk Taking Behaviors</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>TOTAL 9–12</td>
<td>GRADE 7</td>
</tr>
<tr>
<td>Depression /Suicide</td>
<td>Is frequently depressed and/or has attempted suicide</td>
<td>26%</td>
</tr>
<tr>
<td>Violence</td>
<td>Has engaged in 3 or more acts(^1) in the last 12 months</td>
<td>14%</td>
</tr>
<tr>
<td>Anti-Social Behavior</td>
<td>Has been involved in 3 or more incidents(^2) in the last 12 months</td>
<td>6%</td>
</tr>
</tbody>
</table>

\(^1\) Fighting, hitting, injuring a person, carrying or using a weapon, or threatening physical harm

\(^2\) Fighting, hitting, injuring a person, carrying or using a weapon, or threatening physical harm
## Current Behaviors

<table>
<thead>
<tr>
<th>Grade</th>
<th>Alcohol</th>
<th>Marijuana</th>
<th>Prescription Drugs</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>7</td>
<td>9</td>
<td>12</td>
</tr>
<tr>
<td>Past 30-Day Use</td>
<td>5%</td>
<td>11%</td>
<td>44% (Was 54% in 2016)</td>
</tr>
<tr>
<td></td>
<td>0%</td>
<td>2.5%</td>
<td>27% (Was 33% in 2016)</td>
</tr>
<tr>
<td></td>
<td>1.6%</td>
<td>1.2%</td>
<td></td>
</tr>
<tr>
<td>Perception of Risk</td>
<td>84%</td>
<td>87%</td>
<td>77%</td>
</tr>
<tr>
<td>Perception of Parental Disapproval</td>
<td>98%</td>
<td>98%</td>
<td>92%</td>
</tr>
<tr>
<td>Perception of Peer Disapproval</td>
<td>94%</td>
<td>85%</td>
<td>66%</td>
</tr>
<tr>
<td>Prescription Drugs</td>
<td>9%</td>
<td>12%</td>
<td></td>
</tr>
<tr>
<td>Perception of Parental Disapproval</td>
<td>93%</td>
<td>90%</td>
<td></td>
</tr>
<tr>
<td>Perception of Peer Disapproval</td>
<td>96%</td>
<td>98%</td>
<td></td>
</tr>
<tr>
<td>Perception of Peer Disapproval</td>
<td>95%</td>
<td>88%</td>
<td></td>
</tr>
</tbody>
</table>
More points of note

- 96% of 7–8 students and 89% of 9–12 students feel using prescription drugs that are not prescribed to them is wrong to very wrong.
- 2% of 7–8 students and 24% of 9–12 students feel smoking marijuana would be not at all wrong.
- 17% of 9–12 students reported threatening physical harm to someone in the last 12 months.
- 10% of 7–8 students and 44% of 9–12 students reported attending parties in the past year where other kids their age were drinking.
Our Middle Schoolers

- 18% report getting hurt by someone in their home
- 76% use a computer, cell phone, or tablet to email, play games, surf the web, message, or text with friends for 2 hours or more a day
- 65% watches 2 or more hours of TV or videos each school day
- 50% say they have more than 1 hour per day at home with no adult supervision
Vaping

This year — for the first time — the Survey included questions on vaping.

<table>
<thead>
<tr>
<th></th>
<th>Whisconier Middle School</th>
<th>Brookfield High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Has vaped (“juuled”) during the past 30 days</td>
<td>2.1%</td>
<td>17.8%</td>
</tr>
<tr>
<td>Of those who indicated they had, # who vaped marijuana</td>
<td>0.2%</td>
<td>8.5%</td>
</tr>
<tr>
<td>My family definitely has specific rules discouraging me from vaping</td>
<td>65.8%</td>
<td>52.8%</td>
</tr>
</tbody>
</table>

**Observation:** While reported student use of marijuana alone is down (see page 12), the number now reporting vaping marijuana almost offsets this reduction.
Vaping

Perception of how easy it would be to get electronic cigarettes or other vaping devices changes as our children get older.

**Grades 7–8**
- Very easy: 9.4%
- Sort of easy: 16.1%
- Sort of hard: 21.6%
- Very hard: 52.9%

**Grades 9–12**
- Very easy: 35.3%
- Sort of easy: 29.9%
- Sort of hard: 18.8%
- Very hard: 16.0%
Vaping

Brookfield Cares is now working with Brookfield’s Youth Commission*. They recently surveyed 105 students age 14–15 years old. Here is some of what these students told us:

✓ 32% know someone who has suffered health consequences as a result of vaping/e-cigarettes.
✓ 68% say there should be consequences for use on school grounds.
✓ 59% say cessation/support programs should be offered.
✓ 61% ask for assemblies/programs on the risks.

* Town website: brookfieldct.gov/youth-commission
What have we learned?

• Alcohol continues to be the number one drug of choice.

• Marijuana continues to be viewed as less dangerous than other substances with less parental disapproval, *but use has moved to vaping*

• We need to be continually mindful of suicide risk of students.

• Onset of at-risk behaviors (drinking) can start as early as age 10 or 11.
• While respecting HIPAA privacy concerns, we can report that our schools have dealt with these Students in Crisis issues:

- Drug/Alcohol Abuse
- Suicidal & Non–Suicidal Self–Injury behavior
- Eating Disorders
## Additional Data: Students in Crisis

<table>
<thead>
<tr>
<th></th>
<th>Whisconier Middle School</th>
<th></th>
<th>Brookfield High School</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>9/2018 through 1/2020</strong></td>
<td>5</td>
<td></td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>Incidents Reported</td>
<td></td>
<td></td>
<td>Incidents Reported</td>
<td></td>
</tr>
<tr>
<td>Resulted in Suspension</td>
<td></td>
<td></td>
<td>Resulted in Suspension</td>
<td></td>
</tr>
<tr>
<td>Hospitalization</td>
<td>All included in categories below</td>
<td>11</td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>Drug / Alcohol Abuse</td>
<td>0</td>
<td>17</td>
<td>11</td>
<td></td>
</tr>
<tr>
<td>Suicidal</td>
<td>12</td>
<td></td>
<td>2 attempt / 8 ideation</td>
<td></td>
</tr>
<tr>
<td>Non-Suicidal / Self Injury</td>
<td>16</td>
<td>12</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*All students who express suicidal thinking are either referred to Crisis Intervention at Danbury Hospital or Emergency Mobile Psychiatric Services (EMPS) is called to the school. The hospital may not admit or refer the student for extended hospitalization.*

*Please note: The number of hospitalizations are part of the combined numbers including Suicidal and Non-Suicidal Self Injury.*
Mental Health Trends

Marc Brackett, founding Director of the Yale Center for Emotional Intelligence and lead developer of the RULER program which Brookfield Schools has adopted, reports the following national trends, which our own survey mirrors.

<table>
<thead>
<tr>
<th>Mental Health</th>
<th>18%</th>
<th>25%</th>
<th>60%</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>of the population is affected by anxiety disorders</td>
<td>of children between ages 13 and 18 have been diagnosed with an anxiety disorder</td>
<td>of college students report “overwhelming anxiety”</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>40%</th>
<th>28%</th>
<th>20%</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>of college students report feeling so depressed they had difficulty functioning</td>
<td>increase in the U.S. suicide rate from 1999 – 2016</td>
<td>increase each year for the last 6 years in college students seeking mental health treatment</td>
</tr>
</tbody>
</table>

Depression is the leading cause of disability worldwide.

Suicide is 2nd leading cause of death in college students.

Suicide is 2nd leading cause of death in college students.
Numbers

- Brookfield had 3 resident overdose deaths in 2019.
  
  
  https://www.ctpost.com/local/article/Rising-rate-of-fatal-overdoses-gripping-CT-14422594.php (scroll to see image 4 of 94)

- The Brookfield Police Department disposes of over 50 pounds of unused prescription drugs each month.

The Additional Data does not come from the Attitude & Behaviors survey but is relevant to this discussion.
What can we do

• Increase awareness of assets and behaviors in all constituent groups, including parents, school staff, care providers, clergy, elected officials, community members, more.

• Collectively work to identify Assets that we as a community can increase.

• Continue to listen to and talk with our children and neighbors.

• Work to lessen the stigma surrounding behavior and mental health issues.

• Do not be afraid to reach out for help or support.
Next steps

• Continue to revamp the health curriculum in our schools to address issues starting in grades before at-risk behaviors begin.

• Continue a series of meetings/presentations/events to keep the community engaged and educated.

• Continue annual mandatory parent meetings (including Freshman Forum) at schools.

• Schools and Town continue to provide data on an annual basis.

• Work to reduce the stigma of mental health issues through education, conversation and support.

• Ask for the community’s continued support, understanding and involvement.
Next steps

We are working on presentations for important constituent groups, directed specifically to those groups.

- **Community event**
  - Present key findings
  - Provide ‘what can we do’ ideas to parents, neighbors, caregivers, organizations, businesspersons
  - Include break-out sessions

- **Presentation to Students who participated in the survey**
  - Present key findings
  - Ask for direct feedback
  - Engage our students in the process and discuss next steps
Welcome to Brookfield Cares

We are a community-based organization dedicated to promoting awareness and education by focusing on the impact of substance abuse, depression, suicide, and other public health concerns.

Check out the Parent's Guide to Helping your Child

Understand that the stresses of school and the new social media environment are vastly different than what you experienced at the same age.

CARES Hope & Support Group

Get support, advice from experienced volunteers.

New Location:

150 Fair St.
Burlington, VT 05401

208-546-2777

CARES is completely run by volunteers.

Drinking alcohol can begin as early as age 10 or 11.