

Additional Analyses for STEPS Coalition

Featuring Results from the Attitudes & Behaviors Survey

Developed by:



This brief addendum to STEPS Coalition’s Attitudes & Behaviors Survey Report contains a summary of additional analyses requested by STEPS Coalition. These analyses were conducted using aggregated data from DePaolo Middle School, Kennedy Middle School, and Southington High School in February and March, 2022.

Table 1. Have you ever used a vaping device to vape ...

	NO, Never	YES, but NOT in the Past 30 Days	YES, in Past 30 Days	Mean (Range 0-2)
Nicotine	84.2%	7.9%	7.9%	.24
THC oil or marijuana	90.4%	4.2%	5.4%	.15

Table 2. If youth has used a vaping device in the past 30 days, how frequently did they use it to vape ...

	1 or 2 times per week	Every day	Mean (Range 1-2)
Nicotine	49.5%	50.5%	1.51
THC oil or marijuana	71.4%	28.6%	1.29

Most youth report **never** having vaped nicotine or THC oil/marijuana at the time they were surveyed. However, of the nearly 16% ($n=97$) of youth who report having vaped nicotine before, half of them (or 8% of all youth) report vaping nicotine daily. Similarly, of the nearly 10% ($n=63$) of youth who report having vaped THC oil or marijuana before, over a quarter of them (or nearly 3% of all youth) report vaping marijuana/THC oil daily.

Table 3. How much do people risk harming themselves physically or in other ways when they use e-cigarettes or vaping products to vape ...

	No Risk	Slight Risk	Moderate Risk	Great Risk	Mean (Range 1-4)
Tobacco	4.5%	11.2%	35.8%	48.5%	3.28
THC oil or marijuana	5.2%	14.7%	33.4%	46.7%	3.22

Youth appear to have very similar perceptions of harm about tobacco and marijuana use. This suggests that the lower rate of THC oil/marijuana use (compared to nicotine) in Tables 1 and 2 may be due to the

difficulty of obtaining THC oil/marijuana (relative to nicotine), and not any concern about marijuana being a riskier substance to vape.

Table 4. How wrong do your ___ feel it would be for you to use e-cigarettes or vaping products?

	Not at all wrong	A little bit wrong	Wrong	Very wrong	Mean (Range 1-4)
Parents	0.7%	4.0%	16.1%	79.2%	3.74
Friends	7.9%	17.2%	29.5%	45.4%	3.12

Perhaps unsurprisingly, parents were far more likely than peers to feel that vaping was wrong (95.3% youth stated that their parents considered vaping to be *wrong* or *very wrong*, vs. 74.9% of their friends). Nevertheless, it is encouraging to see that three-quarters of the surveyed youths' peers disapproved of vaping.

Table 5. If youth has ever had more than a sip of alcohol before, where did they get their alcohol from?

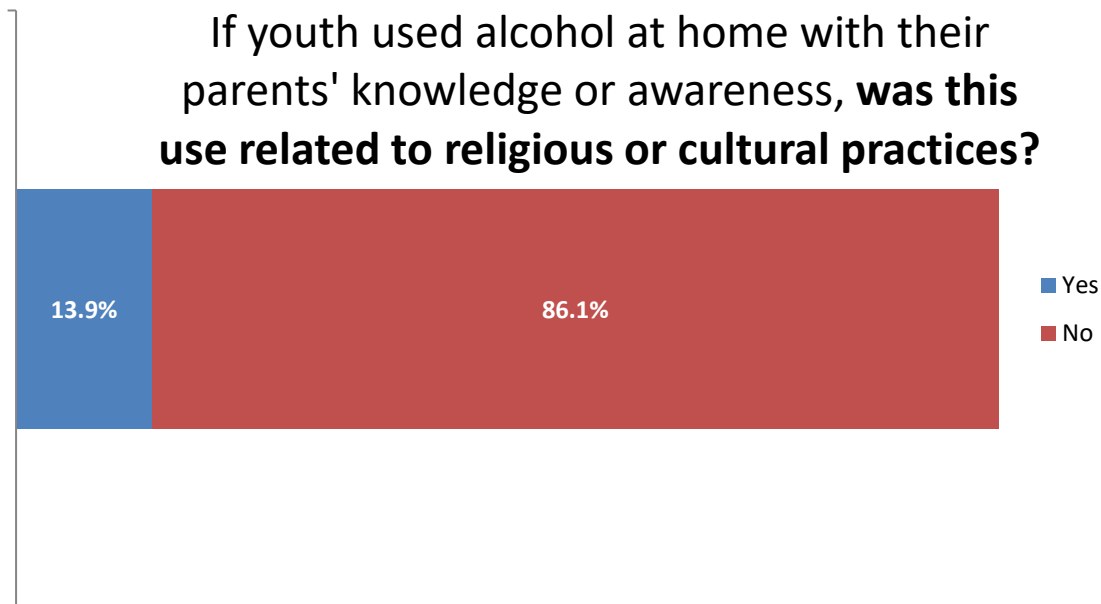
	Never	Sometimes	Often	Mean (Range 1-3)
At my house				
... with parent permission	45.2%	43.4%	11.4%	1.66
... without parent permission	70.7%	23.8%	5.5%	1.35
From a friend's house	68.8%	23.7%	7.5%	1.39
At a party with an adult present who ...				
Knows underage drinking is taking place	82.4%	13.9%	3.7%	1.21
Does <u>not</u> know underage drinking is taking place	83.4%	12.1%	4.5%	1.21
At a party <u>without</u> an adult present	78.1%	14.9%	7.0%	1.29
An older sibling/friend bought it for me	80.4%	14.3%	5.3%	1.25

Perhaps the most striking number in this table is the 54.8% of youth who report having had alcohol at home with their parents' permission, as every other listed location was 30% or lower for occasional or frequent alcohol use. However, 43.4% of these youth report only occasional alcohol use, suggesting that their parents may be exposing their children to alcohol in a controlled context but more information may be required to understand the scope and circumstances.

Table 6. During the last 12 months, how many times has youth ...

	Never	Once	Twice	3-4 Times	5 or More Times	Mean (Range 1-5)
Ridden in a car with a teenage driver who had been drinking	96.1%	2.6%	0.7%	0.3%	0.2%	1.06
Ridden in a car with an adult driver who had been drinking	77.1%	9.3%	5.8%	3.8%	3.9%	1.48
Used alcohol at home with parent knowledge or awareness	86.1%	6.7%	3.6%	2.6%	0.9%	1.25

It is very encouraging to see that the vast majority of teen drivers do not drink and then drive. However, adults who drink and then drive may still be a concern for a fifth of the surveyed youth.



Of the 14% of youth who report using alcohol at home with their parents' knowledge or awareness in the past 12 months, 86.1% (or 12% of the total number of surveyed youth) reported that the alcohol use was not part of any religious or cultural practices or customs.

Table 7. If youth has ever used an e-cigarette or vaping product before, where did they get their vaping product from?

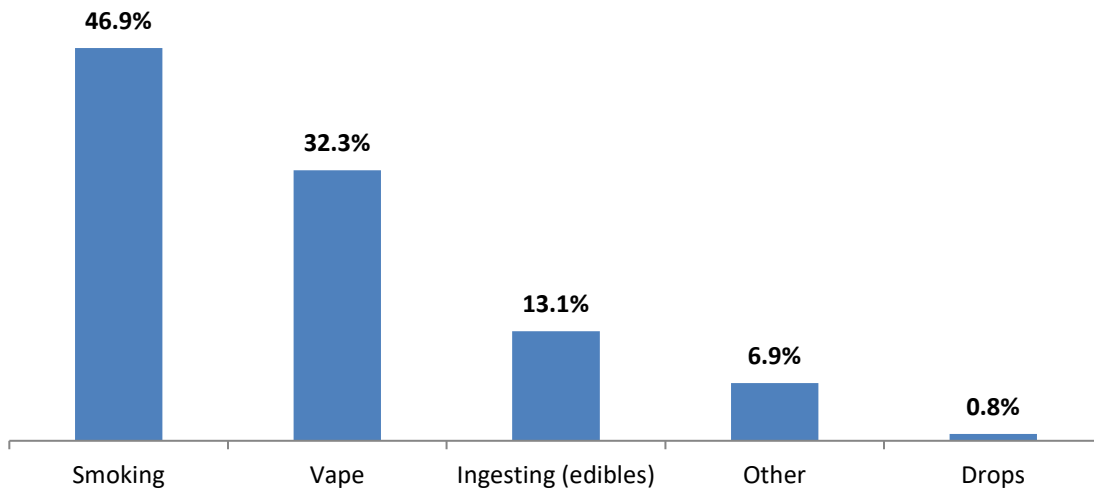
	Never	Sometimes	Often	Mean (Range 1-3)
Friend/Peer	21.0%	46.2%	32.8%	2.12
Family member	74.2%	21.6%	4.2%	1.30
Person other than friend or family member	73.8%	18.3%	7.9%	1.34
Vape shop	71.4%	14.6%	14.1%	1.43
Gas station or convenience store	71.7%	17.3%	11.0%	1.39
Internet (online)	94.2%	4.2%	1.6%	1.07

Table 8. If youth has ever used marijuana before, where did they get their marijuana from?

	Never	Sometimes	Often	Mean (Range 1-3)
Family member	74.2%	21.1%	4.7%	1.30
A friend/peer gave it to me	22.9%	48.1%	29.0%	2.06
A friend/peer sold it to me	57.0%	25.0%	18.0%	1.61
I bought it from someone else	62.0%	23.3%	14.7%	1.53
I got it online	92.9%	6.3%	0.8%	1.08

Among youth who report having vaped or used marijuana before, Tables 7 and 8 clearly show that their friends are the most common source of vaping products and/or marijuana.

If youth has ever used marijuana before, **what was their preferred method of use?**





Of the nearly 10% of youth who report having used marijuana before, half of them (or 5% of all surveyed youth) preferred to smoke, followed by vape (3% of all surveyed youth).

Table 9. If youth has *ever* used an e-cigarette or vaping product before, where did they use the e-cigarettes or vaping products?

	Never	Sometimes	Often	Mean (Range 1-3)
Home	38.3%	27.3%	34.4%	1.96
Friend’s home	27.8%	31.7%	40.5%	2.13
On school property	60.6%	25.2%	14.2%	1.54
At a party	42.6%	29.5%	27.9%	1.85
Outdoors at a public place	48.0%	27.6%	24.4%	1.76

The most common places youth report vaping are their own homes or their friends’ homes.

Table 10. My family has clear rules against ...

	Strongly Disagree	Disagree	Agree	Strongly Agree	Not sure / Don’t know	Mean (Range 1-4)*
Using alcohol	8.1%	6.9%	22.9%	56.3%	5.9%	3.35
Vaping	9.1%	3.2%	16.1%	66.7%	4.8%	3.48
Using marijuana	9.7%	4.1%	15.8%	65.5%	5.0%	3.44

*These means exclude the “Not sure / Don’t know” response option; higher means indicate stronger average agreement.

On average, youths’ families have clear rules against alcohol use, marijuana use, and vaping (mean scores between 3 and 4 indicate that most responses were either *agree* or *strongly agree*). Notably, the slightly lower mean for alcohol use may indicate that families as a general rule see alcohol use as slightly less harmful than vaping or marijuana use.

Table 11. During the last 12 months, how often has youth ...

	Never	Once	Twice	3-4 Times	5 or More Times	Mean (Range 1-5)
Gambled	78.9%	9.8%	5.1%	2.7%	3.4%	1.42
Been electronically bullied	74.7%	11.4%	5.5%	3.8%	4.7%	1.52
Witnessed incidents of bullying at school	52.3%	16.0%	12.0%	10.1%	9.6%	2.09
Been a victim of bullying at school	81.9%	8.3%	3.1%	3.2%	3.5%	1.38



More than three quarters of the surveyed youth report not having gambled, bullied over social media or text, or physically bullied in the last 12 months; however, nearly half report having *witnessed* incidents of bullying at school. This disconnect suggests that these youth may be over-reporting bullying at school (for instance, they may witness an incident that looks like bullying – e.g., students shoving each other – but it is in fact friends giving each other playful shoves with no malicious intent).

Table 12. School climate and self-reflection.

	Strongly Disagree	Disagree	Agree	Strongly Agree	Mean (Range 1-4)
At school, everyone knows that you'll get in trouble for bullying.	13.0%	18.8%	42.6%	25.6%	2.81
I feel comfortable talking to a teacher or administrator if I feel unsafe, or if I see or hear something that makes me uncomfortable.	13.8%	27.1%	46.0%	13.1%	2.58
I feel safe at school.	8.3%	21.8%	57.3%	12.7%	2.74
Teachers care about my emotions and check-in with me.	11.0%	34.8%	46.3%	7.9%	2.51
In the past month I have spent time reflecting on my own feelings (recognizing, understanding, or labeling emotions that I am experiencing).	9.0%	21.4%	52.9%	16.6%	2.77
I intentionally use strategies to regulate my emotions.	11.3%	31.9%	46.4%	10.4%	2.56
I have teachers that intentionally use strategies to help me regulate my emotions.	19.7%	48.3%	28.7%	3.4%	2.16
I have used the Blueprint (or another strategy/method) to deal with conflict.	33.3%	42.8%	21.1%	2.8%	1.93

The fact that none of these statements have means of 3 or higher is somewhat concerning; every item has at least 30% of surveyed youth responding that they *strongly disagree* or *disagree* with it.



Right now, is there an adult in your life that you would go to for help if you were feeling sad, depressed, anxious, or worried, etc.?

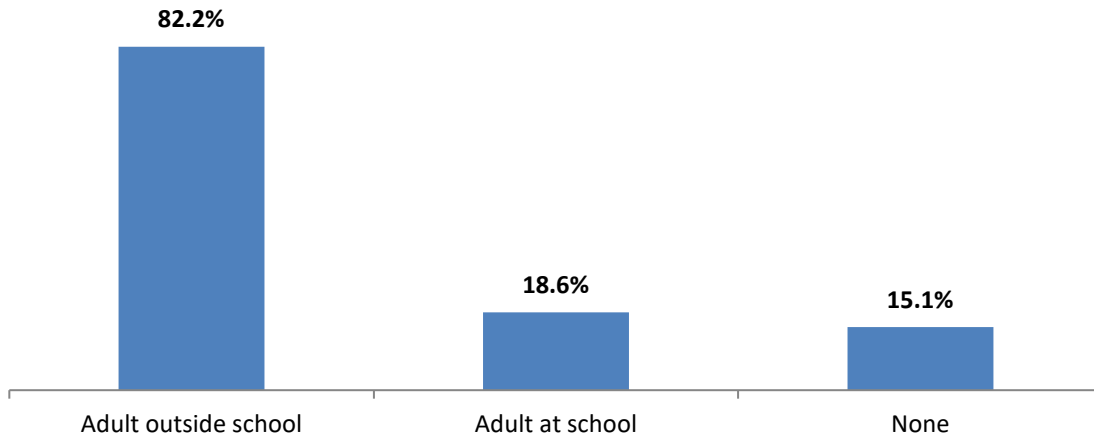


Table 13. Right now, is there an adult in your life that you would go to for help if you were feeling sad, depressed, anxious, or worried, etc.?

	An adult at school	An adult outside of school
No		15.1%
1 type of adult	2.7%	66.3%
Both types of adults		15.9%

Youth were allowed to select all of supports in their lives that applied to them, which is why the sum of the percentages in the bar chart exceeds 100%.

Table 13 breaks down these numbers in more detail. 15.9% of youth indicated they had support both from adults at school and adults outside school. Of the 69.0% youth who only selected one type of adult, their source of support was most commonly an adult outside of school. However, adults at school were seen by 18.6% of youth as an important source of support in their lives.

Table 14. How much stress, anxiety, or worry do the following give you in your day to day life?

	None	Low	Medium/Moderate	High/Extreme	Mean (Range 0-3)
Home life	32.8%	35.1%	23.4%	8.8%	1.08
Academics	3.8%	13.5%	41.7%	41.0%	2.20
College/Post high school planning	17.5%	19.5%	30.0%	33.0%	1.78
Schedule	21.1%	29.8%	32.4%	16.7%	1.45
Personal safety	48.3%	32.3%	13.1%	6.4%	0.78
Social scene	34.3%	32.4%	22.5%	10.7%	1.10
Friends	40.9%	32.8%	18.0%	8.2%	0.94
Work	55.0%	19.6%	17.0%	8.4%	0.79

Table 15. Means of stressors by participating school.

	Southington High School	Kennedy Middle School	DePaolo Middle School
Home life	1.17	0.97	0.77
Academics	2.30	2.15	1.84
College/Post high school planning	2.01	1.37	1.26
Schedule	1.57	1.27	1.08
Personal safety	0.71	0.93	0.84
Social scene	1.18	0.94	0.84
Friends	1.06	0.73	0.61
Work	0.82	0.75	0.63

The means in Table 14 indicate that most of the factors listed in the table were low sources of stress among youth who participated in this survey (higher numbers mean more stress, anxiety, or worry). Table 15 breaks the means down by each participating school. We can draw the following conclusions from these means:

- Perhaps unsurprisingly, high school students on average experience more stress, anxiety, or worry compared to middle school students.
- It is interesting to see that the high school participants, on average, report feeling the least amount of stress about their personal safety; both middle schools' personal safety means exceed the high school's mean.
- Kennedy Middle School stands out for a couple of different reasons. First, Kennedy students were more stressed than their DePaolo counterparts across the board. Second, Kennedy students reported feeling levels of stress about academics rivaling the levels reported by the high school students.