

# **Pride Survey Plus 2020 -2021 Mansfield Public Schools Mansfield, MA**

Completed by:

**PRIDE SURVEYS**

## Pride Survey Plus (Communities That Care Youth Survey):

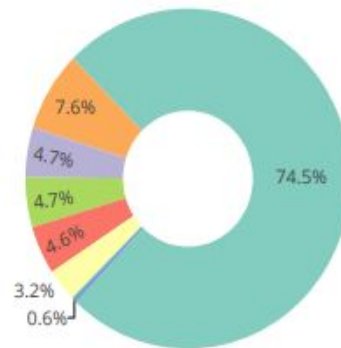
The improved Pride Survey Plus measures student behaviors related to drug use; student perceptions about drug use; student mental and physical health; and vehicle safety; with new questions on school climate, family life and opioid and vaping use.

MPS has been surveying students every other year for over ten years.

2021: Total number of students surveyed: **706**

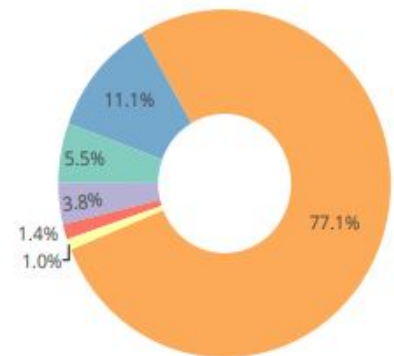
### Grade Levels

- Number of 6th grade students surveyed: **223**
  - Number of 8th grade students surveyed: **251**
  - Number of 10th grade students surveyed: **232**
- **46% male, 54% female**



White  
African American  
Hispanic/Latino  
Asian/Pacific Islander  
Native American  
Mixed Origin  
Other

Figure 3: Students' Race/Ethnicity

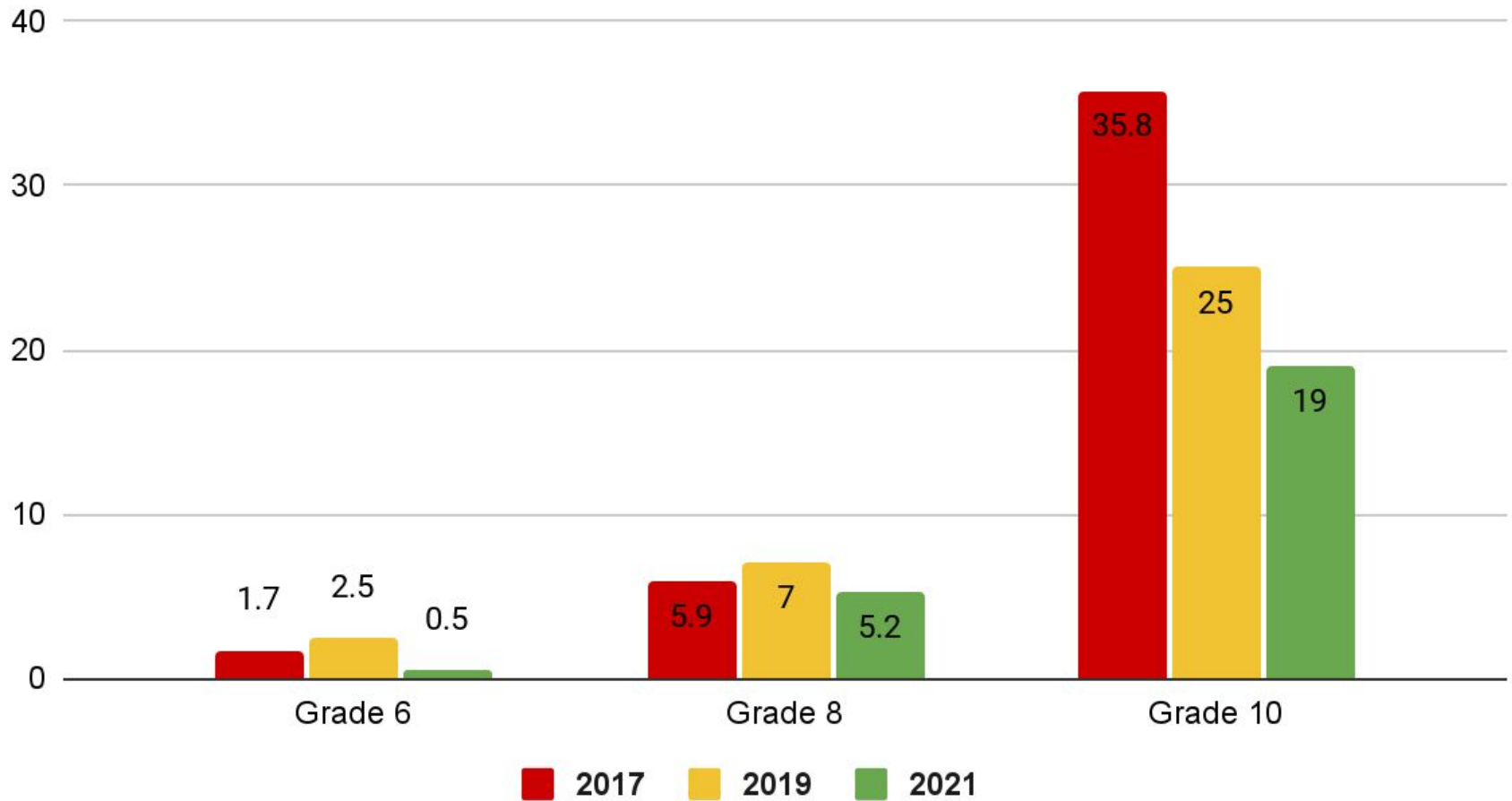


Both Parents  
Mother & Stepfather  
Mother Only  
Other  
Father Only  
Father & Stepmother

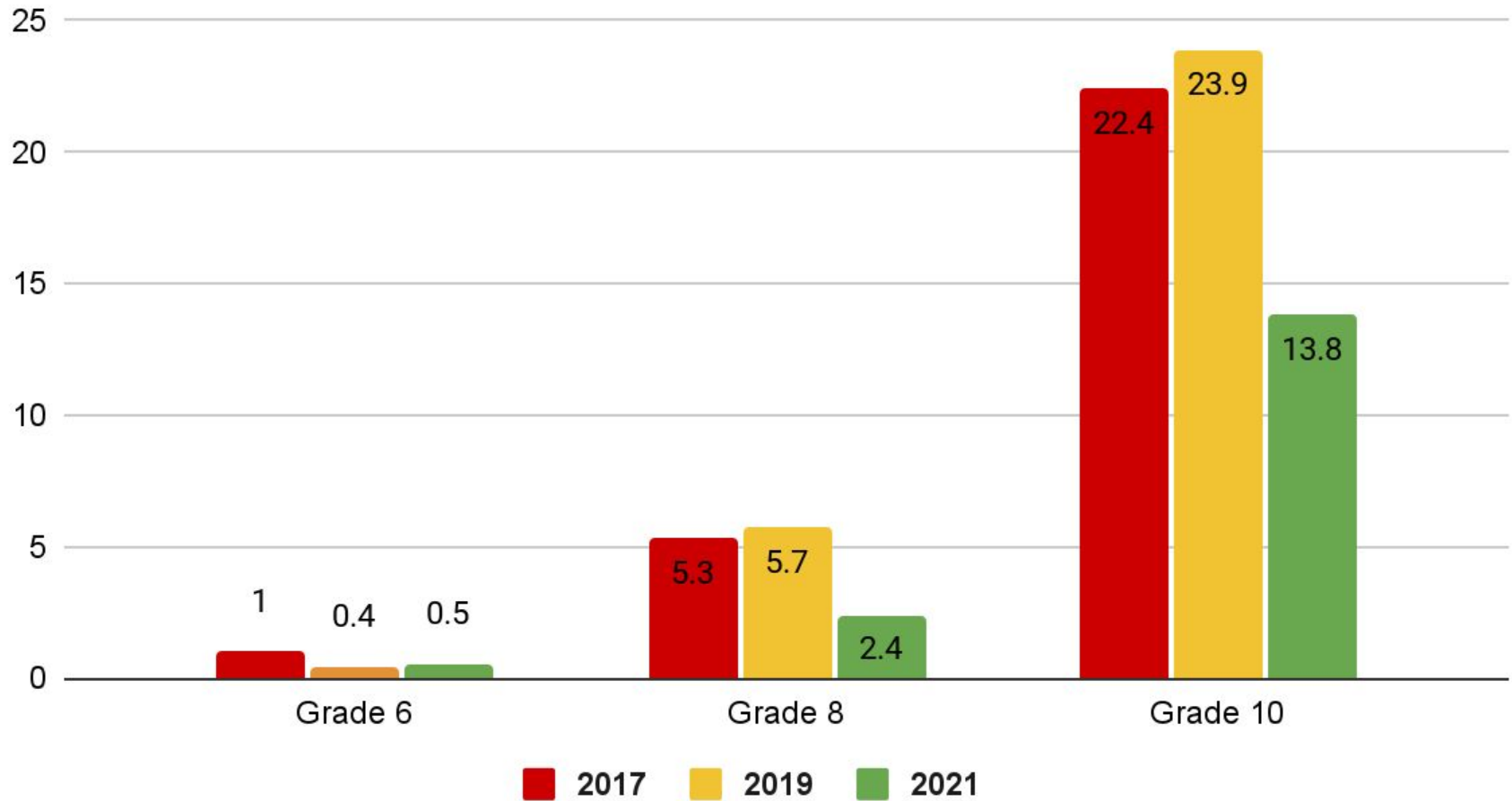
Figure 4: Student Living Situation

# Substance Use

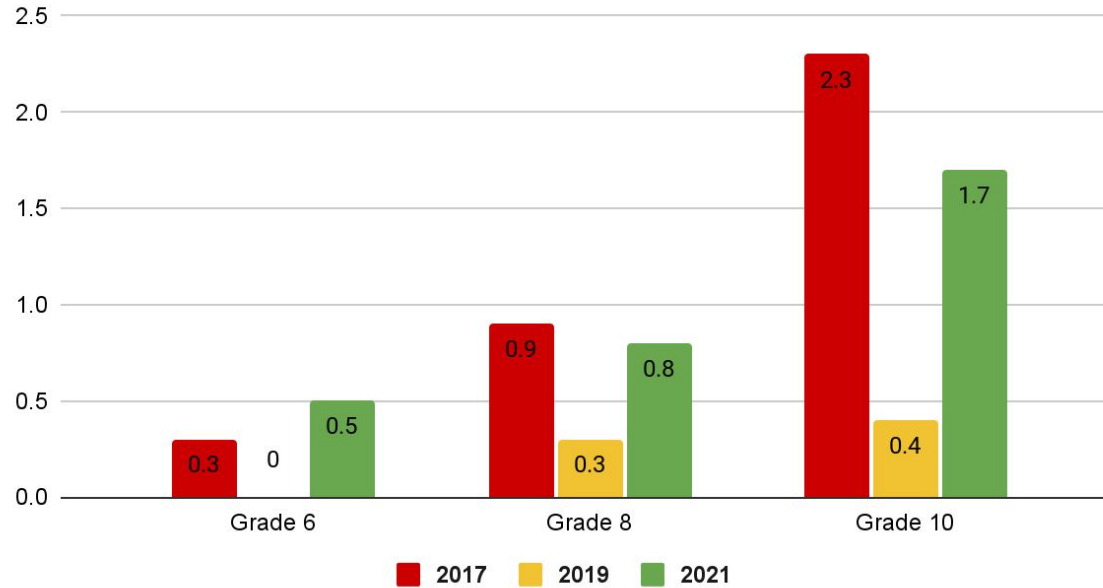
## Students Who Have Used Alcohol in the Past 30 Days



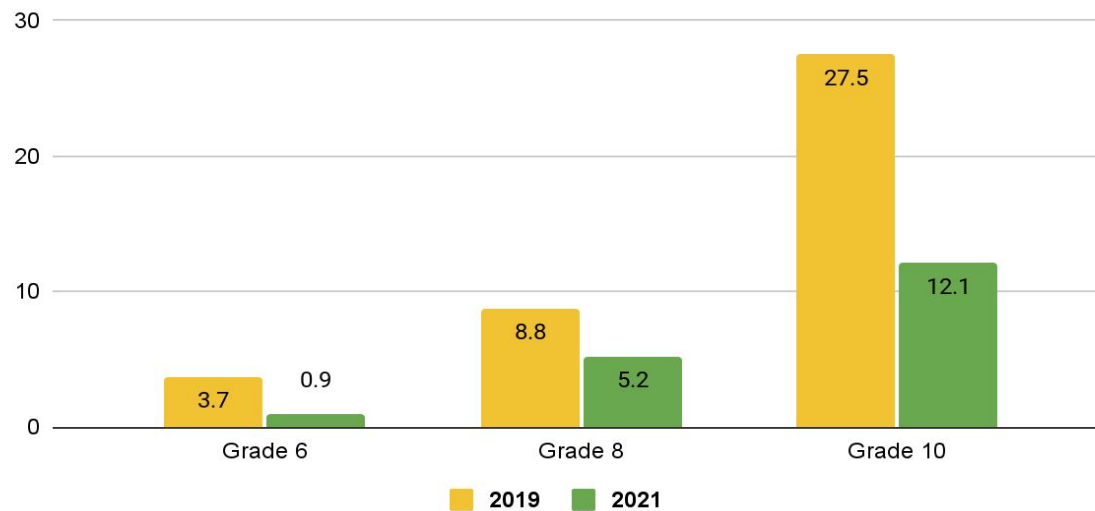
## Students Who Have Used Marijuana in the Past 30 Days



### Students Who Have Used Cigarettes in the Past 30 Days

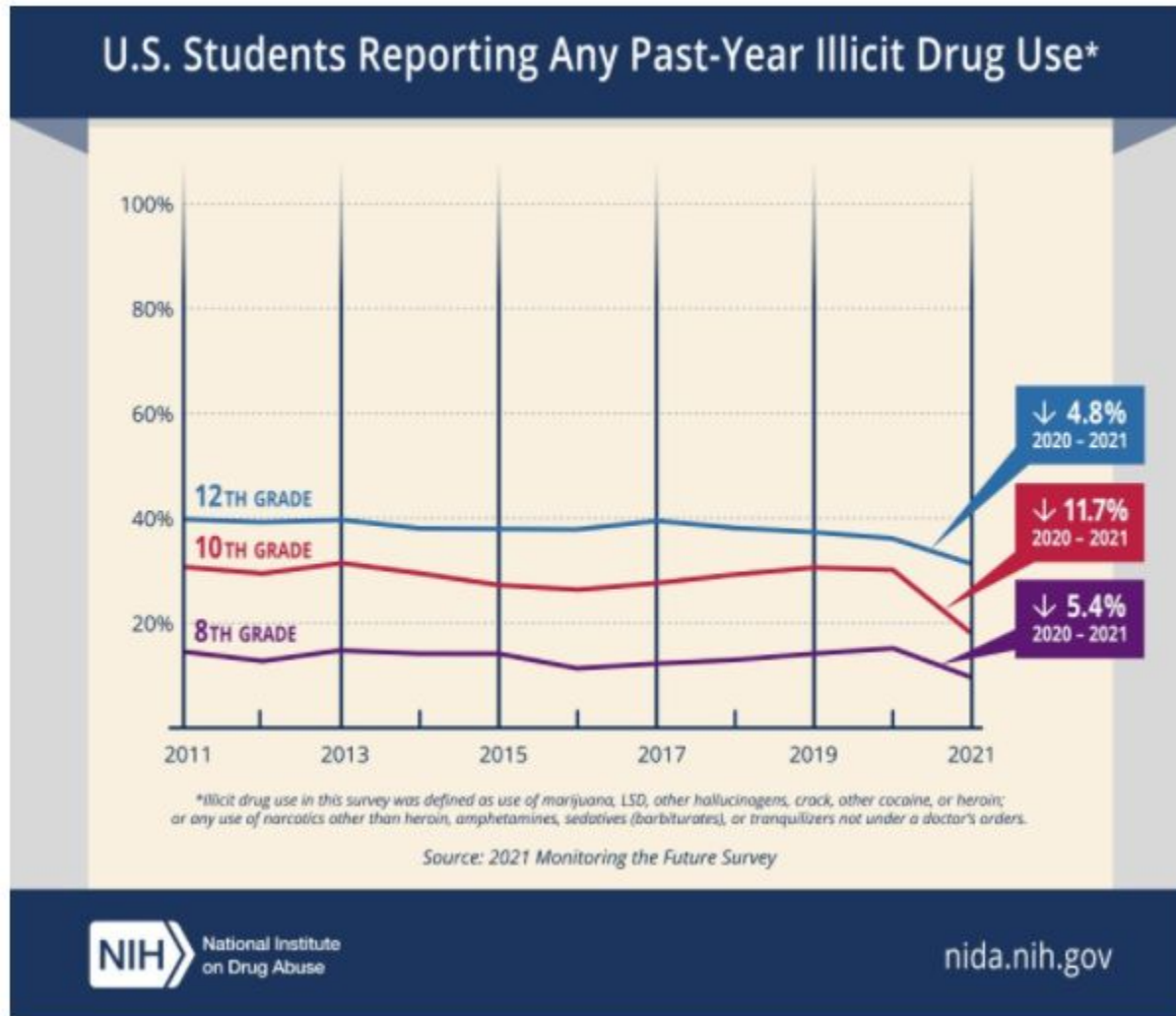


### Students Who Have Used Vaping Products in the Past 30 Days



## Monitoring the Future: National Study

Researchers surveyed over 32,000 students from February to June 2021



The percentage of adolescents reporting substance use decreased significantly in 2021, representing the largest one-year decrease in overall illicit drug use reported since the survey began in 1975.

## WHY?

- Most surveys were completed online at home (may not have had the same level of privacy needed to feel comfortable to truthfully report their own substance use)
- Researchers believe the decline in use is believed to be among "new initiates" — teens who would have started using substances this past year but did not.
- Any delay in the onset of drug or alcohol use may reduce levels of drug use in the future. (Research show if you delay drug alcohol use there is a lower level of use throughout life)

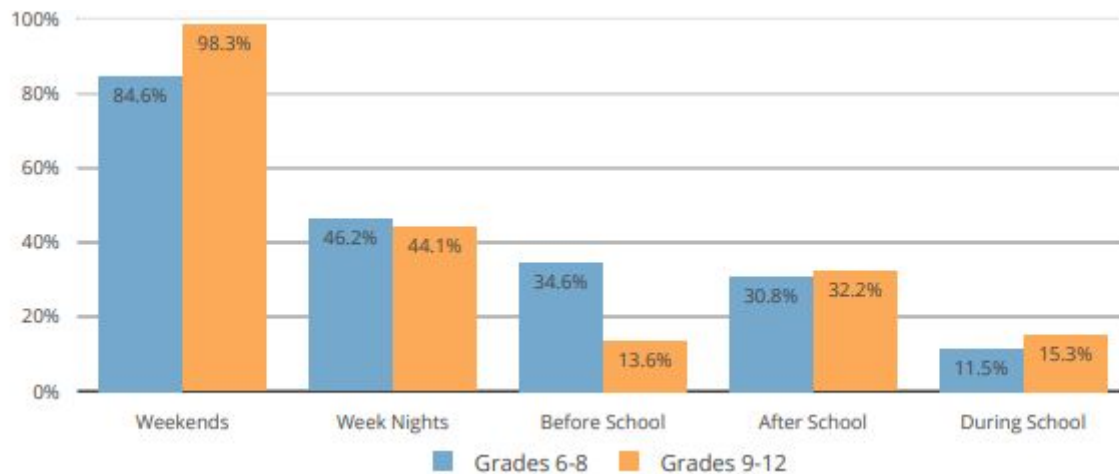
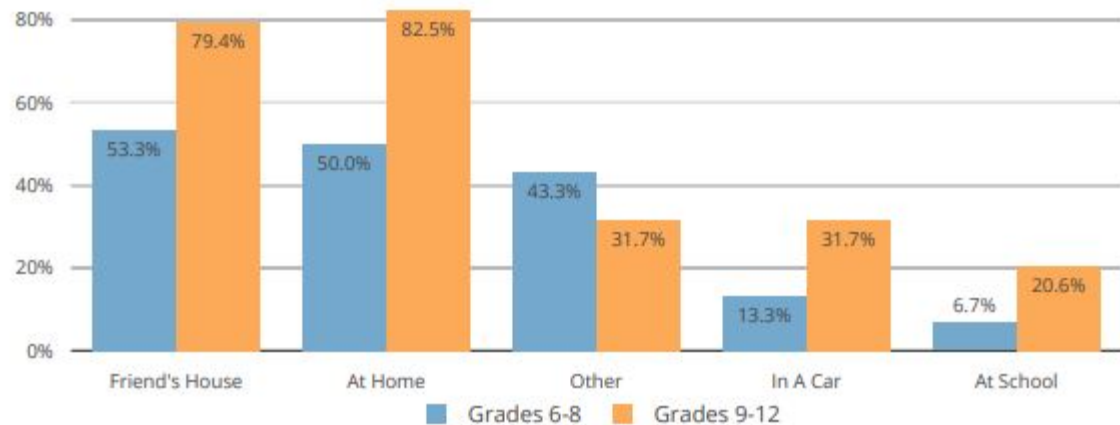
Moving forward, it will be crucial to identify the pivotal elements of this past year that contributed to decreased drug use to inform student education and community presentations:

- substance availability
- family involvement
- differences in peer pressure



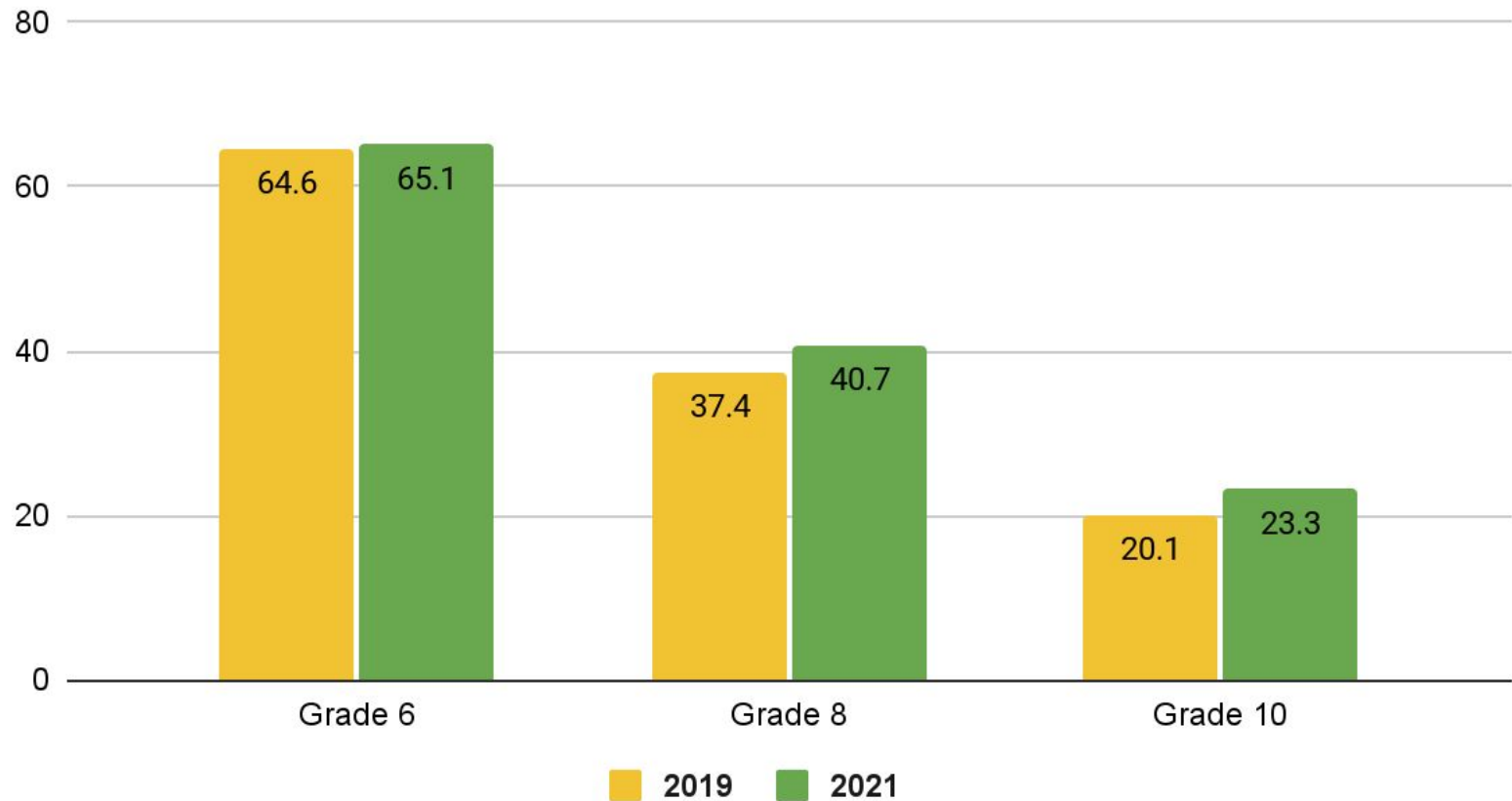
## When and Where Are Drugs Being Used?

- In almost all cases & grades, student drug use is higher when students are not at school.
- At Home & Friend's House highest use and on weekends



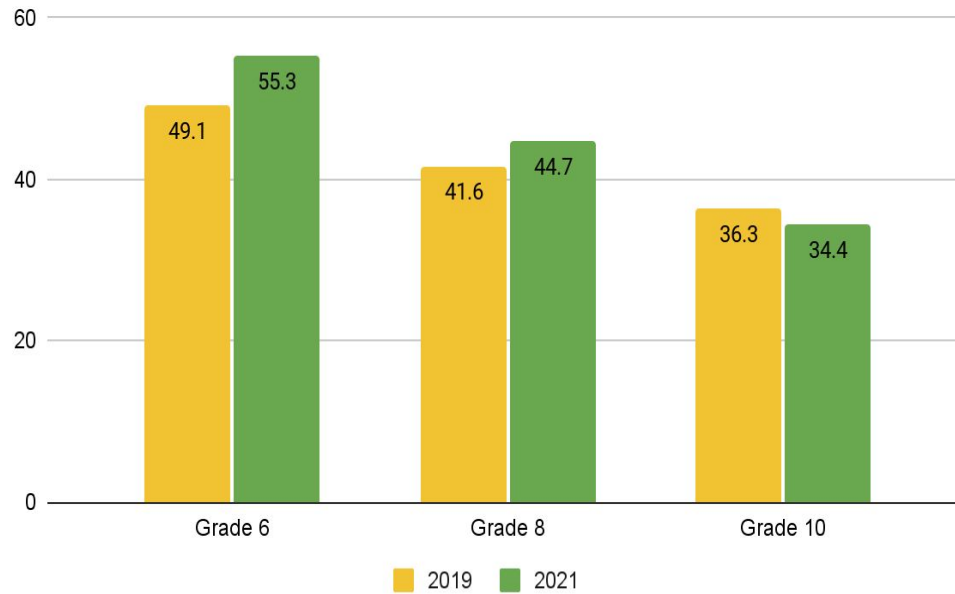
# **Student Mental and Physical Health**

## Students Who Sleep 8-10 Hours a Night

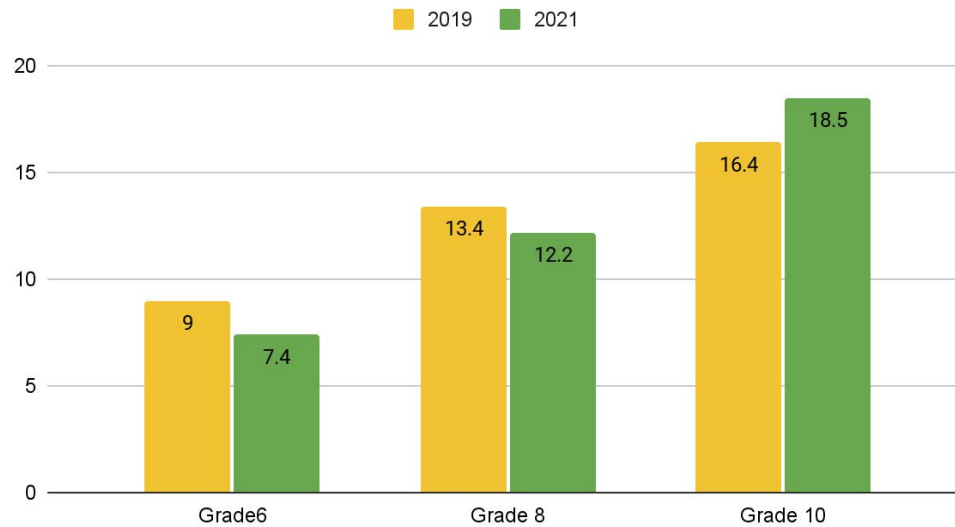


**American Academy of Pediatrics recommends teenagers 13 to 18 years of age should sleep 8 to 10 hours per 24 hours on a regular basis to promote optimal health.**

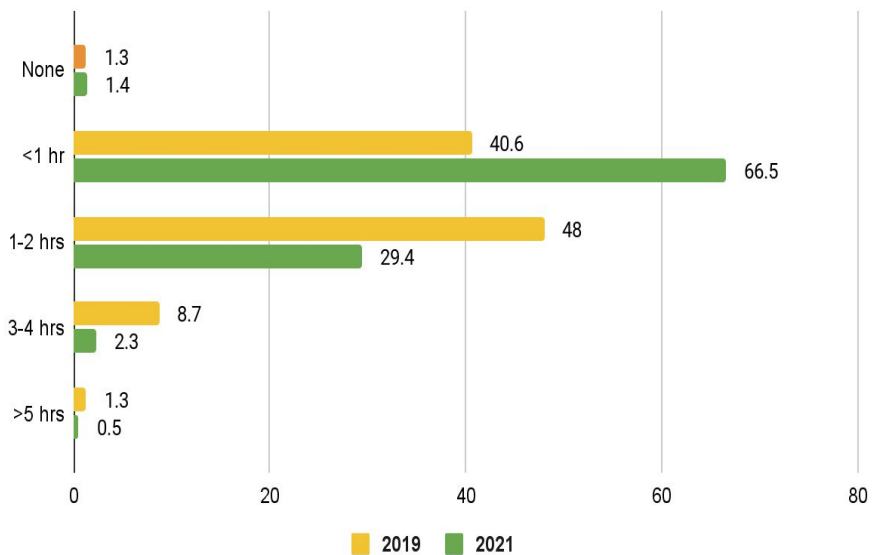
### Students Who Eat Breakfast Everyday



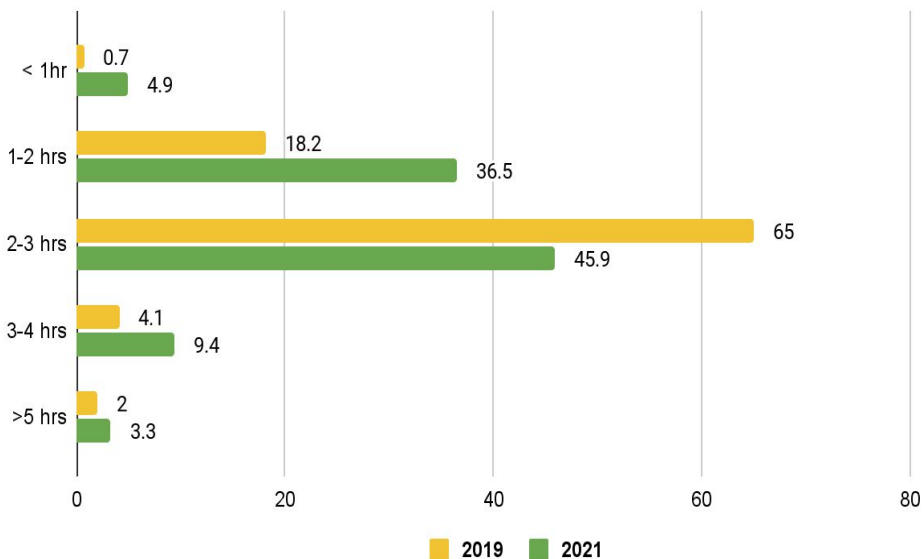
### Students Who Do Not Eat Breakfast



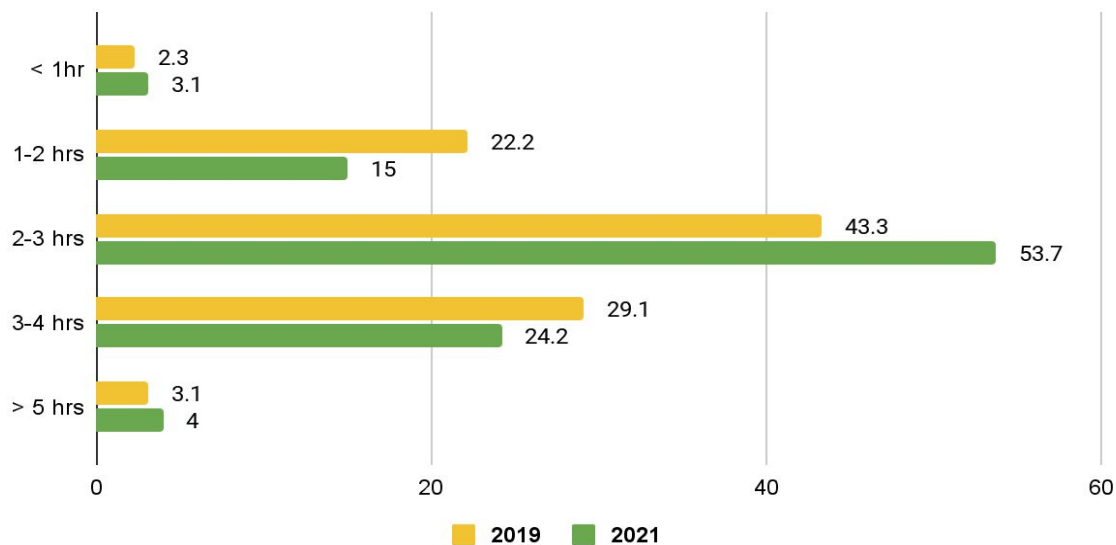
### Grade 6: Hours Of Homework on an Average School day



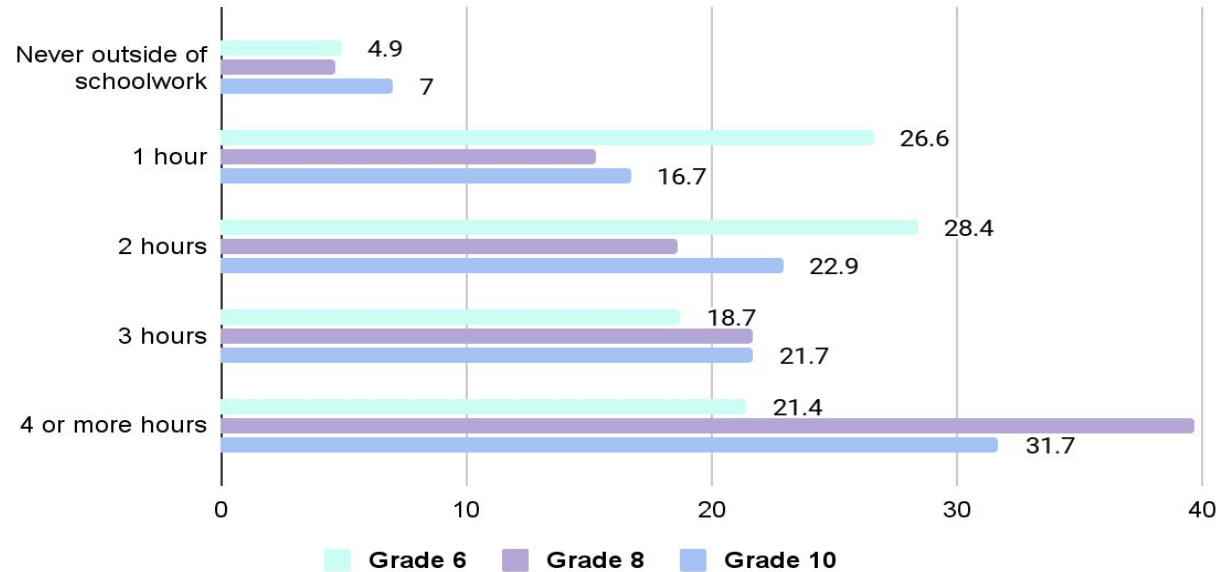
### Grade 8: Hours of Homework on an Average School Day



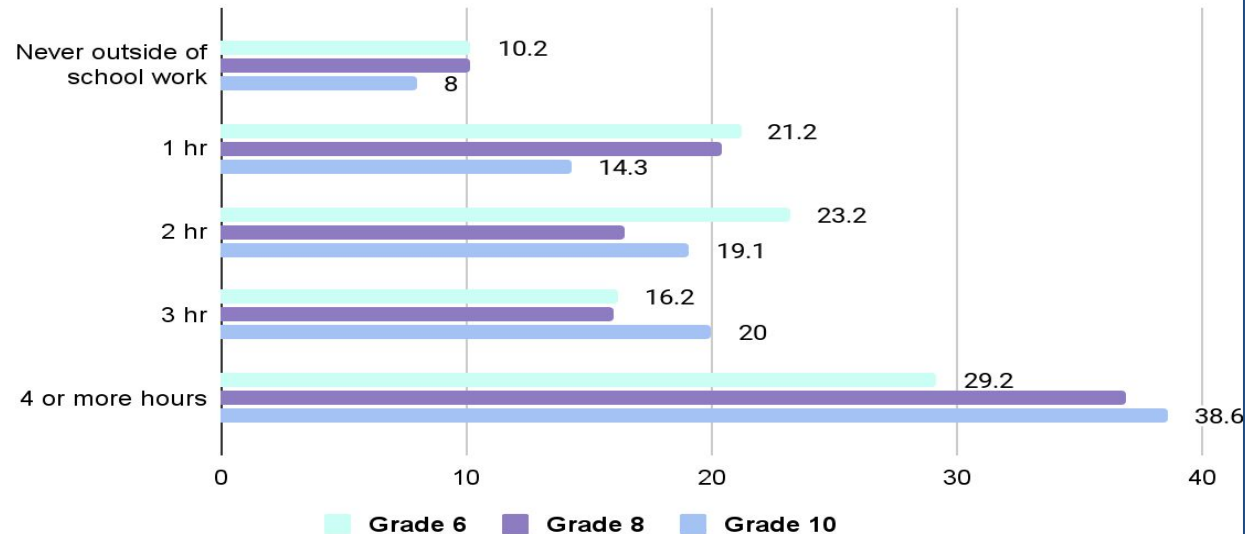
### Grade 10: Hours of Homework on an Average School Day



## 2019 - Media Use Outside of Schoolwork



## 2021 - Media Use Outside of Schoolwork



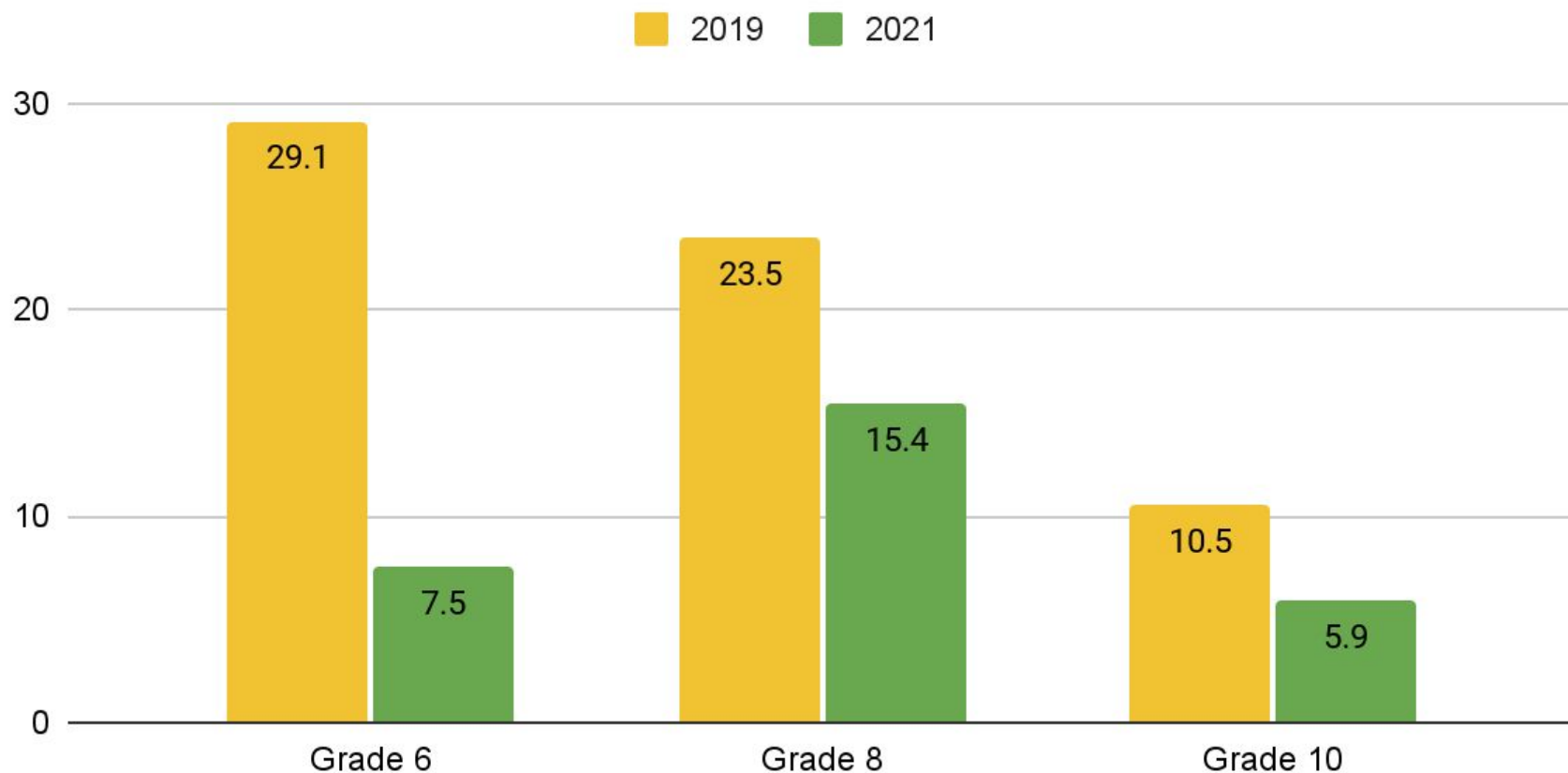
## American Academy of Pediatrics: Guidelines for Media Use

- Age 2 and under: avoid media use (except video chatting).
- Preschoolers: No more than one hour of high-quality programming per day.
- Grade-schoolers/Teens: Don't let media displace other important activities such as quality sleep, regular exercise, family meals, "unplugged" downtime.
- All ages: Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.
- For children ages 6 and older, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.
- Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.
- Have ongoing communication about online citizenship and safety, including treating others with respect online and offline.
- Promote that children and adolescents get the recommended amount of daily physical activity (1 hour) and adequate sleep (8–12 hours, depending on age).



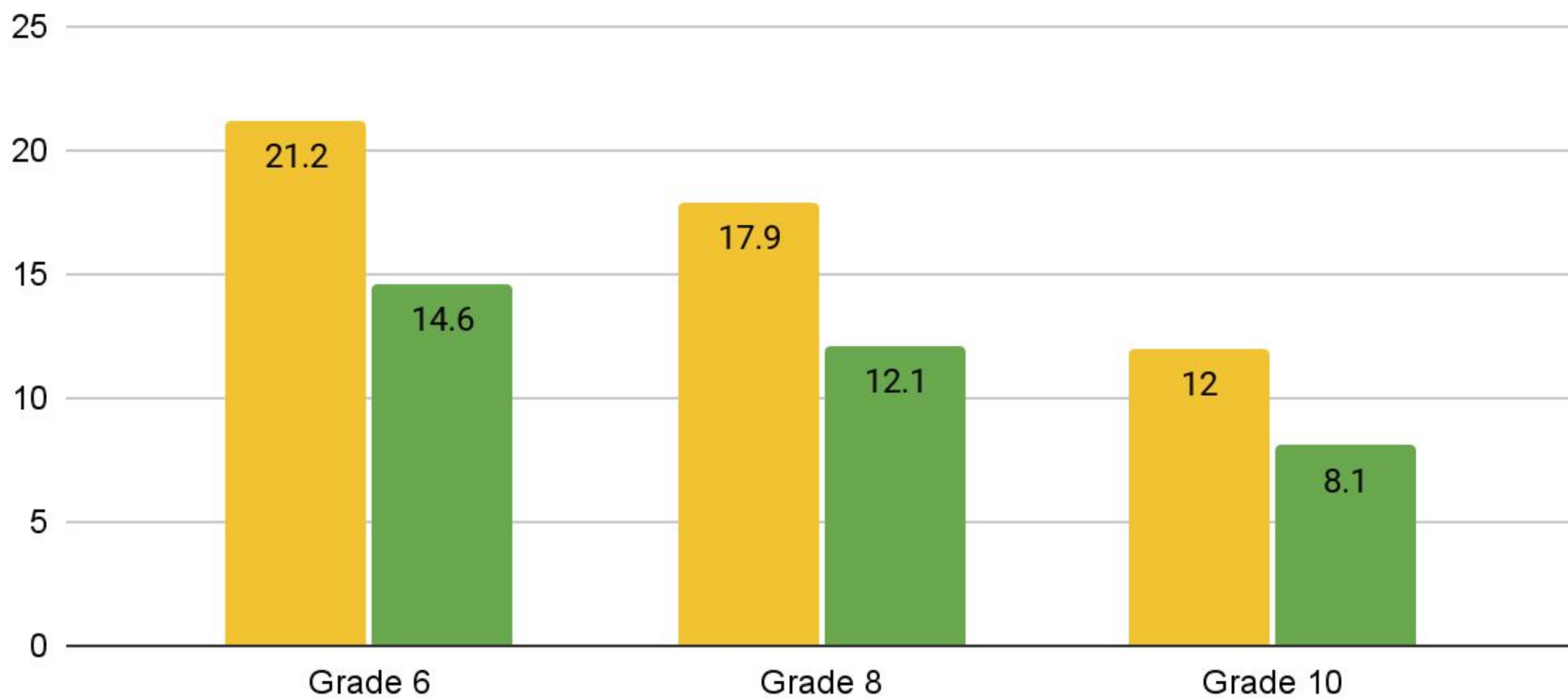


## Students Who Have Been Bullied on School Property in the Past 12 Months



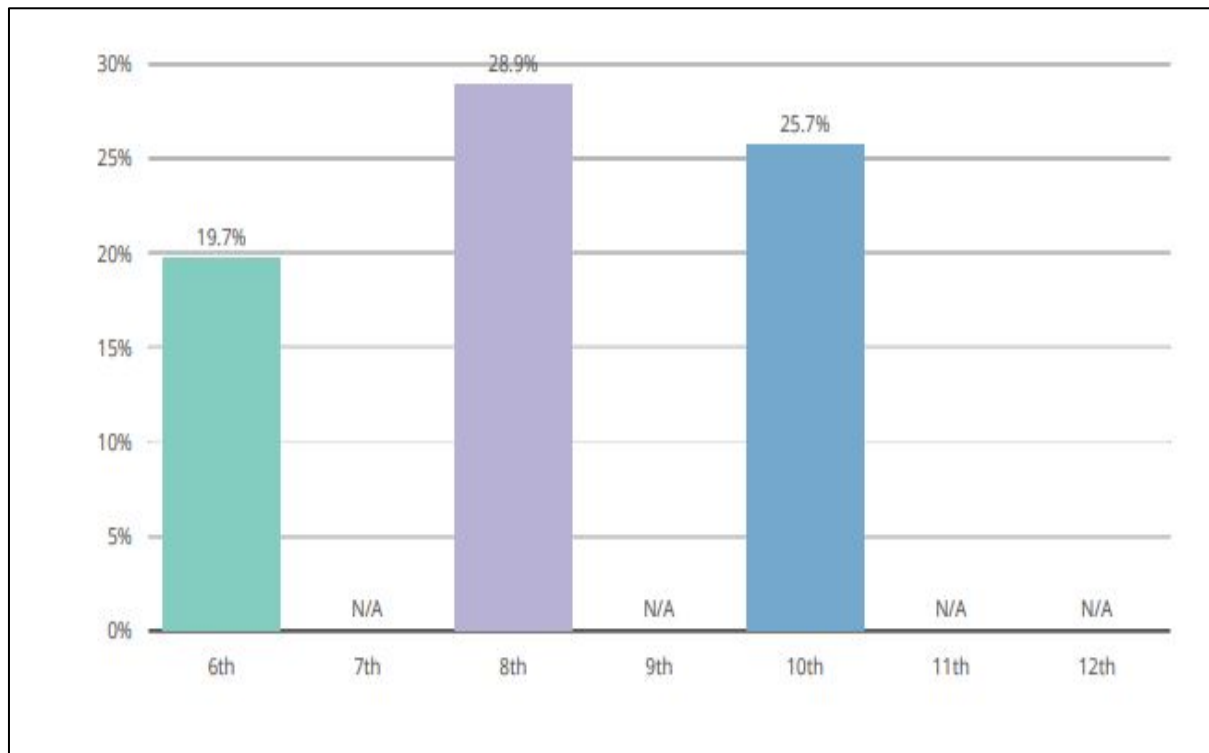
# Students Who Have Been Electronically Bullied in the Past 12 Months

2019 2021



## Students Reporting Thoughts of Suicide






- Suicide is the third leading cause of death for youth between the ages of 10 and 24.
- The Pride Survey Plus questionnaire asks students to report whether they have thought of committing suicide; students can select from responses: never, seldom, sometimes, often, a lot.
- Below figure shows the percentage of students who selected a response other than "Never."



# YOUTH RISK BEHAVIOR SURVEY DATA 2009-2019

## PROGRESS AT-A-GLANCE FOR

## MENTAL HEALTH AND SUICIDE VARIABLES\*

THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO:	2009 Total	2011 Total	2013 Total	2015 Total	2017 Total	2019 Total	Trend
Experienced persistent feelings of sadness or hopelessness	26.1	28.5	29.9	29.9	31.5	36.7	
Seriously considered attempting suicide	13.8	15.8	17.0	17.7	17.2	18.8	
Made a suicide plan	10.9	12.8	13.6	14.6	13.6	15.7	
Attempted suicide	6.3	7.8	8.0	8.6	7.4	8.9	
Were injured in a suicide attempt that had to be treated by a doctor or nurse	1.9	2.4	2.7	2.8	2.4	2.5	

Source: National Youth Risk Behavior Surveys, 2009-2019  
 \*For the complete wording of YRBS questions, refer to Appendix.



# **SOS: Signs of Suicide**

## **Suicide Prevention Program that Educates Students about the Relationship between Suicide and Depression Conducted in 7th and 9th Grades**

- Students watch an educational video and participate in guided discussion about depression, suicide, and what to do if they are worried about a friend
- Students complete a 7 question depression screening
- School staff follow up with students as needed and notify parents of any follow-up conversation with their child.
- Some students may benefit from further assessment from a mental health professional.
- School staff provide families with resources and referral information
  - 2018 - 2019:
    - 18% of 9th grader screened in
    - 17% of 7th graders screened in
  - 2019 - 2020
    - 21% of 9th graders screened in
    - 27% of 7th graders screened in
  - 2020-2021
    - Screenings waived by the state
  - 2021 - 2022
    - 9th grade will be complete by the end of April
    - 7th grade will be complete by the end of May
- Future planning for emotional support for students

## Next Steps:

- Post on website
- Present to Health & Wellness Advisory Council
- Use data to guide programming
- Look for funding opportunities to create support systems for mental health

