



*Building & Promoting
Asset Development for Youth*

**San Juan Unified School District
California Healthy Kids Survey Fall 2007
Overview of Key Findings**

DRAFT

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Key findings and student responses from the Fall 2007 California Healthy Kids Survey

Current Use of Alcohol, Drugs, and Tobacco

During the past 30 days, did you...

•Smoke a Cigarette?

5th graders:	99% Have Not	1% Have
7th graders:	94% Have Not	5% Have
9th graders:	86% Have Not	14% Have
11th graders:	80% Have Not	20% Have

•Chew Tobacco or Snuff?

5th graders:	98% Have Not	2% Have*
7th graders:	96% Have Not	4% Have
9th graders:	93% Have Not	7% Have
11th graders:	89% Have Not	11% Have

•5th grade question—Drink ANY Alcohol?

5th graders: **91% Have Not** 9% Have

•Drink whole glass/can of alcohol (Grades 7-11)?

7th graders:	87% Have Not	13% Have
9th graders:	73% Have Not	27% Have
11th graders:	61% Have Not	39% Have

•Get very drunk or sick after drinking*?

7th graders:	92% Have Not	8% Have
9th graders:	74% Have Not	26% Have
11th graders:	59% Have Not	41% Have

•Smoke Marijuana?

5th graders:	99% Have Not	1% Have*
7th graders:	95% Have Not	5% Have
9th graders:	85% Have Not	15% Have
11th graders:	79% Have Not	21% Have

•Use Inhalants?

5th graders:	96% Have Not	4% Have*
7th graders:	94% Have Not	6% Have
9th graders:	95% Have Not	5% Have
11th graders:	97% Have Not	3% Have

*Lifetime experience



Level of Involvement in High Risk Behaviors

During your life, have you ever ...

•Been a passenger in a car driven by someone who had been drinking?

7th graders: **55% Have Not** 45% Have

•Driven after drinking (or been driven a by friend)?

9th graders:	85% Have Not	15% Have
11th graders:	78% Have Not	22% Have

•Done binge drinking (defined as 5 or more drinks in a couple of hours)

7th graders:	95% Have Not	5% Have
9th graders:	85% Have Not	15% Have
11th graders:	75% Have Not	25% Have

•Been high from using drugs?

7th graders:	92% Have Not	8% Have
9th graders:	77% Have Not	23% Have
11th graders:	64% Have Not	36% Have

•Considered yourself a gang member?

7th graders:	91% Have Not	9% Have
9th graders:	92% Have Not	8% Have
11th graders:	90% Have Not	10% Have





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Perceived Harm of Substance Use

5th grade: Do you believe that smoking/drinking/using _____ is a little, or very bad for a person's health?

Secondary: Do people greatly or moderately harm themselves physically and in other ways when they smoke 1-2 packs daily or drink or smoke marijuana once or twice a week?

Cigarettes

5th graders:	99%	Do believe	1%	Do Not
7th graders:	63%	Do believe	37%	Do Not
9th graders:	62%	Do believe	38%	Do Not
11th graders:	66%	Do believe	34%	Do Not

Marijuana

5th graders:	79%	Do believe	21%	Do Not
7th graders:	75%	Do believe	25%	Do Not
9th graders:	74%	Do believe	26%	Do Not
11th graders:	69%	Do believe	31%	Do Not

Alcohol

5th graders:	98%	Do believe	2%	Do Not
7th graders:	73%	Do believe	27%	Do Not
9th graders:	75%	Do believe	25%	Do Not
11th graders:	80%	Do believe	20%	Do Not

Student Safety

During the past 12 months at school have you...

•Been harassed because of race/ethnicity, religion, sexual orientation, or disability (hate crimes) even once?

7th graders:	69%	Have Not	31%	Have
9th graders:	71%	Have Not	29%	Have
11th graders:	74%	Have Not	26%	Have

•Had mean rumors/lies spread about you (2 or more times)?

7th graders:	71%	Have Not	29%	Have
9th graders:	77%	Have Not	23%	Have
11th graders:	80%	Have Not	20%	Have

•Had sexual jokes/comments/gestures made to you (2 or more times)?

7th graders:	70%	Have Not	30%	Have
9th graders:	63%	Have Not	37%	Have
11th graders:	60%	Have Not	40%	Have

•Been made fun of because of your looks/ways/talk (2 or more times)?

7th graders:	73%	Have Not	27%	Have
9th graders:	75%	Have Not	25%	Have
11th graders:	78%	Have Not	22%	Have

•Been hit or pushed

5th graders:	58%	Have Not	42%	Have
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•Been in a physical fight?

7th graders:	85%	Have Not	15%	Have
9th graders:	90%	Have Not	10%	Have
11th graders:	83%	Have Not	17%	Have

•Been afraid of being beaten up (2 or more times)?

7th graders:	88%	Have Not	12%	Have
9th graders:	91%	Have Not	9%	Have
11th graders:	96%	Have Not	4%	Have

•Had someone steal or damage your property?

7th graders:	68%	Have Not	32%	Have
9th graders:	71%	Have Not	29%	Have
11th graders:	76%	Have Not	24%	Have

•Do you feel safe or very safe at school?

5th graders:	83%	Do	16%	Do Not
7th graders:	93%	Do	7%	Do Not
9th graders:	93%	Do	7%	Do Not
11th graders:	94%	Do	6%	Do Not

•5th Graders

Do you always or mostly wear a seat belt?	95%	Do	5%	Do Not
Do you always or mostly wear a bike helmet?	72%	Do	28%	Do Not

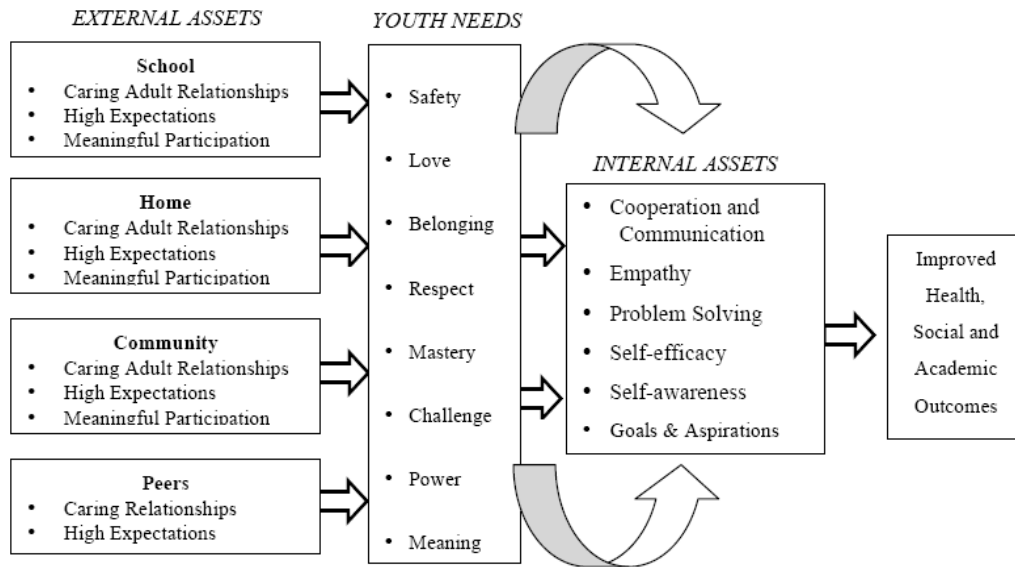


Key findings and student responses from the Fall 2007
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School Connectedness - Resiliency Youth Data

Providing environmental external supports and opportunities (external assets) in the form of Caring Relationships, High Expectations and opportunities for Meaningful Participation engages students' innate resilience. This asset triad promotes positive individual outcomes including improved health and academic outcomes. Michael Rutter's classic research found that a positive school climate was the critical variable differentiating between schools with high and low rates of delinquency, behavioral disturbance, attendance and academic attainment.



High Assets: percent of students with average item response above 3
Moderate Assets: percent of students with average item response of at least 2 and no more than 3
Low Assets: percent of students with average item response below 2
 4: yes, all of the time 3: yes, most of the time 2: yes, some of the time 1: no, never

Total School Environmental Assets:



Grade	High 2005	High 2007	Mod. 2005	Mod. 2007	Low 2005	Low 2007
5th	56	55	41	42	4	3
7th	31	39	55	51	14	10
9th	28	28	55	57	17	15
11th	32	37	49	52	19	12
NT	23	17	45	54	32	29

Among the most frequently encountered positive role models in the lives of the children...outside the family circle, was a favorite teacher. For the resilient youngster a special teacher was not just an instructor for academic skills, but also a confidant and positive model for personal identification.

-Emmy Werner, Ruth Smith



**Key findings and student responses from the Fall 2007
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Caring Relationships with adults at school are: where adults build transformative relationships/supportive connections and take interest in, talk with, listen to, help, notice, and trust a youth and where adults model healthy development and well being. Questions: Is there someone at this school who 1) really cares about me, 2) notices when I'm not there, 3) who listens when I have something to say?

Grade	High 2005	High 2007	Mod. 2005	Mod. 2007	Low 2005	Low 2007
5th	60	59	36	38	4	2
7th	31	40	55	51	14	9
9th	28	30	55	57	17	13
11th	36	41	51	50	13	8
NT	23	17	54	62	23	21

High Expectations with Adults in School are: consistent messages received by student around ability to follow rules, be a success, do their best, try to do what is right, and do well in school. Consistent in giving direct messages the student can and will succeed responsibly. Questions: Is there someone at this school who 1) tells me when I do a good job, 2) wants me to do my best, 3) believes I will be a success?

Grade	High 2005	High 2007	Mod. 2005	Mod. 2007	Low 2005	Low 2007
5th	63	66	34	33	3	1
7th	51	59	42	35	8	5
9th	43	46	47	45	10	8
11th	43	50	46	44	10	6
NT	36	29	44	58	19	13

Meaningful participation is: involvement of the student in relevant, engaging, fun, and interesting activities with opportunities for responsibility and contribution in a way that makes a difference in their school. Questions: Do you 1) do interesting activities, 2) help decide things like class activities or rules, 3) do things that make a difference/are helpful?

Grade	High 2005	High 2007	Mod. 2005	Mod. 2007	Low 2005	Low 2007
5th	17	18	69	68	14	14
7th	13	16	58	57	29	27
9th	13	12	55	53	32	35
11th	14	16	48	51	37	33
NT	15	8	33	42	52	50

Personal/School Connectedness: the degree of closeness or attachment to teachers and other school staff; trust in them and commitment to conventional school goals as well as involvement in extra curricular activities. Other dimensions are perceptions of teachers and other school staff members' respect and interest in students as individuals including competence and self-efficacy. Questions include: Do you feel close to people at school? Are you happy to be at this school? Do you feel like you are part of this school? Do teachers treat students fairly? Do you feel safe at this school?

Grade	High 2005	High 2007	Mod. 2005	Mod. 2007	Low 2005	Low 2007
5th	57	61	40	35	4	4
7th	44	53	45	39	11	8
9th	42	43	48	46	10	11
11th	37	45	52	43	11	12
NT	14	15	54	50	31	35



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Fitness & Food

•Did you eat breakfast today?

5th graders:	85% Have	15% Have Not
7th graders:	34% Have	66% Have Not
9th graders:	38% Have	62% Have Not
11th graders:	40% Have	60% Have Not

•During the past 24 hours (yesterday) did you drink soda pop 2 or more times?

7th graders:	38% Did Not	62% Did
9th graders:	39% Did Not	61% Did
11th graders:	42% Did Not	58% Did

During the past 30 days, did you...

•Exercise to lose weight or keep from gaining weight?

7th graders:	60% Did	40% Did Not
9th graders:	56% Did	44% Did Not
11th graders:	50% Did	50% Did Not

•5th grade...exercise or do physical activity?
7,9,11th...do exercise for at least 20 minutes that made you sweat or breathe hard at least 3 days a week?

5th graders:	88% Did	12% Did Not
7th graders:	78% Did	22% Did Not
9th graders:	75% Did	25% Did Not
11th graders:	61% Did	39% Did Not

Has a doctor told you or your parent/guardian...

•That you have asthma?

5th graders:	81% Has Not Told	19% Has
7th graders:	67% Has Not Told	21% Has
9th graders:	68% Has Not Told	23% Has
11th graders:	70% Has Not Told	25% Has



Health & Home

During the past 12 months...

•Have you talked with one of your parents (or guardian) about the dangers of tobacco, alcohol or drug use?

7th graders:	67% Have	33% Have Not
9th graders:	41% Have	59% Have Not
11th graders:	45% Have	55% Have Not

•Have you heard, read or watched any messages about not using alcohol, tobacco, or drug use?

7th graders:	83% Have	17% Have Not
9th graders:	16% Have	84% Have Not
11th graders:	12% Have	88% Have Not

•Did you ever feel so sad and hopeless almost every day for two weeks or more that you stopped doing some usual activities?

7th graders:	73% Have Not	27% Have
9th graders:	69% Have Not	31% Have
11th graders:	68% Have Not	32% Have

• How difficult is it for students in your grade to get any of the following substances if they really want them?

• Alcohol			
7th graders:	27% Difficult	32% Easy	
9th graders:	16% Difficult	84% Easy	
11th graders:	11% Difficult	89% Easy	
• Marijuana			
7th graders:	34% Difficult	19% Easy	
9th graders:	21% Difficult	79% Easy	
11th graders:	10% Difficult	90% Easy	
• Cigarettes			
7th graders:	26% Difficult	30% Easy	
9th graders:	15% Difficult	85% Easy	
11th graders:	8% Difficult	93% Easy	



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California Healthy Kids Survey



What does the survey tell us?

The majority of our students make safe and healthy choices and decisions. These students deserve our recognition and congratulations!

- Students clearly feel that frequent use of substances is harmful; however tobacco use is up: 2% in 7th and 3% in 9th grades. Marijuana use was reported by 5% of 7th graders, 15% of 9th graders, and 21% of 11th graders.
- Use of painkillers was reported by 11% of 9th and 16% of 11th graders.
- The percent of SJUSD students surveyed who reported current alcohol use was as follows: 7th grade, 13%, 9th grade, 27%, and 11th grade, 39%. Of 5th grade students surveyed, 8% reported having a sip or two, while 1% reported having a full glass of alcohol.
- During their lifetime, 45% of 7th graders surveyed report riding with someone driving under the influence, an increase of 2% over 2005. The number of students who reported driving or riding with someone under the influence decreased by 3% to 15% in 9th grade and by 4% to 22% in 11th grade.

What does the survey tell us? (Continued)

- The percent of students surveyed who reported binge drinking in the last 30 days (defined as consuming 5 drinks or more in an hour's time) showed an increase: 9th graders reported binge drinking 15% in 2007 compared to 12% in 2005, and 11th graders reported binge drinking 25% in 2007 compared to 23% in 2005.
- There are many students who treat each other kindly, do the right thing, and stand up for others who are being treated unfairly. These students deserve acknowledgement and support for their integrity and courage.
- The majority of students report feeling safe or very safe at school and have not been involved in fighting; yet 30% report being harassed. Gang membership is reported by 8% to 10% of our 7th, 9th and 11th graders.
- Since the 2005 survey, students reported experiencing higher levels of school connectedness in all grades surveyed. Measures are: I feel close to people at this school, I am happy to be at this school, I feel part of this school; the teachers treat students fairly and, I feel safe at school.

Our young people need caring relationships and opportunities for meaningful participation in our homes, schools, and community to be healthy and academically successful.

Sample Size Fall 2007

5th Grade N =	585
7th Grade N =	2787
9th Grade N =	2595
11th Grade N =	2315
NT N =	53



More information and resources available at: www.wested.org/cs/chks/print/docs/chks_home.html