

REDUCING RISKS OF SUBSTANCE ABUSE

PAYS provides information on the positive connections that T/E students report they have in their day-to-day lives. Overall, the students continue to report a strong relationship to their school, their community and their home.

% of all students who reported participating in:

School sponsored activities	76.2%
Family supported activities	64.8%
Organized community activities	33.5%
Volunteer activities	33.3%
Job/Employment	35.9%
Faith based activities	17.4%

% of students who responded YES to these statements:

I feel safe at school	91.3%
My parents know where I am and who I am with	94.8%
I have opportunities to talk 1-on-1 with a teacher	84.2%
I have clear family rules about alcohol and drug use	84.2%

DID YOU KNOW ?

Parents are the #1 influence in their child’s life.
Here are some tips to keep them safe.

- Make sure your home is safe by locking up medications and firearms.
- Set appropriate boundaries for your children.
- Listen to your child to understand what they are feeling and experiencing.
- Stay educated and up to date on trends.
Visit www.archcares.org for information and resources.
- Get information at Partnership for Drug Free Kids at www.drugfree.org.



For full results of the 2021 PA Youth Survey visit archcares.org or tesd.net/PAYS

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2021
PA Youth Survey



The Pennsylvania Youth Survey (PAYS) is administered every other year to the students in the T/E School District. PAYS is a statewide, anonymous and voluntary survey that includes questions on drug and alcohol use, vaping and e-cigarette use, and depression, suicidal ideation and bullying.

Totals of T/E students participating in 2021 PAYS:

12th grade - 420 10th grade - 564 8th grade - 511

ALCOHOL & MARIJUANA USE

The 30-day alcohol and marijuana usage for T/E School District students is trending lower than the usage reported in previous surveys; yet, “early initiation” and “prevalence of usage” for T/E students remains higher than the PA statewide totals. Also noteworthy is far fewer students report driving after using marijuana or alcohol than in past surveys.

In the past 30 days, % of students who reported using:

	12th	10th	8th
Alcohol	49.6%	23.1%	4.8%
Marijuana	22.9%	7.4%	1.2%

Risky Substance Abuse Behavior

	12th	10th
Binge drinking in past 2 weeks	21.8%	8.4%
Driving after alcohol use	4.8%	
Driving after marijuana use	10.0%	

Students were asked, “If you used alcohol in the past 12 months, how did you obtain it?” They could select more than one answer and were given several options. Some of those answers are:

	12th	10th	8th
Parents provided it	36.1%	25.7%	44.7%
Friends’ parents provided it:	33.0%	21.0%	10.5%
Took it without permission: (from any source)	28.6%	42.8%	39.5%



DID YOU KNOW ?

1 in 4 teens who drink alcohol or use marijuana regularly before the age of 18 will develop an addiction.

centeronaddiction.org

CIGARETTE, VAPING & E-CIGARETTE USE

Vaping and E-Cigarette use among 10th & 12th graders continues to trend downward after a spike in 2017. Cigarette use has increased since 2019. Our student usage remains higher than statewide totals.

In the past 30 days, % of students who reported using:

	<u>12th</u>	<u>10th</u>	<u>8th</u>
Cigarettes	17.3%	3.7%	0.4%
Vaping or E-Cigarettes	26.3%	10.9%	5.3%

Students were asked, “If you used a vaping product in the past 12 months, what substance(s) did you vape?” They could select more than one answer.

	<u>12th</u>	<u>10th</u>	<u>8th</u>
Nicotine	76.9%	68.3%	59.4%
Marijuana or hash oil	47.1%	41.3%	15.6%
Just flavoring	21.5%	20.6%	50.0%
Unsure of product	7.4%	19.0%	21.9%



DID YOU KNOW ?

One vaping pod equals 20 cigarettes.
truthinitiative.com

PRESCRIPTION AND OTHER DRUG USE

PAYS indicates that T/E students continue to report minimal usage of prescription drugs; usage has been trending down over the past three survey periods.

In the past 30 days, % of 12th grade students who reported using:

Stimulants	0.7%
Tranquilizers	0.7%
Narcotics	0.0%
Cocaine	0.0%



DID YOU KNOW ?

Most students who misuse prescription drugs took them from a family member living in their home or got them from a friend.
medicineabuseproject.com

SOCIAL AND EMOTIONAL AND MENTAL HEALTH

Part of the PA Youth Survey captures responses of students relative to their social and emotional well-being.

% of students who reported that they:

	<u>12th</u>	<u>10th</u>	<u>8th</u>
Feel a lack of self worth	41.6%	35.9%	33.5%
Engage in self-harm	16.8%	16.3%	18.2%
Seriously considered suicide	18.8%	16.5%	14.7%

T/E School District 10th and 12th graders reported higher suicide ideation and attempts in 2021 compared to 2019. T/E numbers remain lower than statewide percentages.



DID YOU KNOW?

Talking to your children about depression and suicide will not cause them to become depressed or consider suicide. You can find a Conversation Guide for talking to your teen about their mental health at signsofsuicide.org or jedfoundation.org.

The importance of the data below is that students who experience sadness or depression are at higher risk for using alcohol and marijuana.

In past 30 days, % of students who reported being:

	<u>Used Alcohol</u>	<u>Used Marijuana</u>
Not depressed	16.5%	4.9%
Moderately depressed	25.3%	10.2%
Highly depressed	33.8%	17.6%



DID YOU KNOW ?

Alcohol and marijuana are often used by teens as an unhealthy coping mechanism for anxiety and depression.



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