



## Warroad / Roseau Combined

### Hope, Concern, and Action

This report reveals data about alcohol, tobacco, and other drug (ATOD) use and beliefs among Minnesota students in twelve communities. As you will read on the following pages, there are three important conclusions that must be recognized:

- (1) Most youth are making good decisions and have healthy beliefs about ATOD;
- (2) Many youth drastically over-estimate the prevalence of ATOD use among their peers and are therefore at greater risk for using ATOD themselves;
- (3) Too many youth are using ATOD which is both illegal and risky.

All these conclusions must be addressed in a comprehensive prevention effort.

So, while most students in these twelve communities are making good decisions about ATOD, the negative impacts for some that do use are devastating. Alcohol related accidents among 15-24 year-olds are the leading cause of death. Alcohol use contributes to poor academic performance, violence, property damage, sexual assaults, and other negative consequences.

These data indicate that these twelve communities must take action to prevent ATOD use. Since most students are making healthy choices about not using, they become our greatest ally. We can all work together to increase the majority of youth who are making healthy decisions. One way to do this is to use these data to correct the misperceptions that teens have about their peers and ATOD.

The role of the community is to clearly communicate that while most teens are making healthy choices, any underage ATOD use is illegal, dangerous, and unacceptable – to both teens and adults. Communicating accurate information and establishing clear guidelines will cultivate even stronger positive community norms across Minnesota.

#### Survey Background

The results presented in this report are based on the 2009 Most of Us<sup>®</sup> Youth Survey. These data represent findings from a project involving 12 selected school sites from across Minnesota. This report was prepared under a special project operated by the Minnesota Department of Human Services (DHS) – Alcohol and Drug Abuse Division. The results in this report focus on youth substance use and attitudes. These survey results are based on 975 surveys of 7<sup>th</sup>-12<sup>th</sup> graders from Warroad / Roseau Combined.



## What These Data Tell Us

### Youth Substance Use and Perceived Use

In 2009, 83% (High School grades 9-12, 76% / Middle School grades 7-8, 95%) of students reported using alcohol less than once a month. However, 59% (HS 73% / MS 33%) of these same students perceived **most students** at their school drink once a month or more often. 29% (HS 37% / MS 14%) perceived **most students** at their school drink once a week or daily. *Q15B, Q16B*

In 2009, 92% (HS 88% / MS 98%) of students reported **not drinking** alcohol at a party in a typical month during the past 12 months. *Q9A*

In 2009, 67% (HS 55% / MS 91%) of students reported never getting drunk in the past 12 months. *Q9B*

In 2009, 80% (HS 73% / MS 95%) of students reported using tobacco less than once a month. However, 58% (HS 72% / MS 30%) of these same students perceived **most students** at their school use tobacco once a month or more often. 48% (HS 61% / MS 22%) perceived **most students** at their school use tobacco once a week or daily. *Q15A, Q16A*

In 2009, most students reported never using other drugs. However, many students perceived that **most students** at their school use these drugs (see table below). *Q15C-M, Q16C-M*

	Students who reported <b>never</b> using...	Students who perceived <b>most students</b> in their school use...
Marijuana (pot, hash, hash oil)	85% (HS 79% / MS 96%)	63% (HS 76% / MS 38%)
Cocaine (crack, rock, freebase)	98% (HS 98% / MS 99%)	35% (HS 39% / MS 27%)
Amphetamines (meth, diet pills, speed, crank)	98% (HS 97% / MS 100%)	31% (HS 33% / MS 29%)
Sedatives (downers, ludes)	98% (HS 97% / MS 100%)	25% (HS 28% / MS 19%)
Hallucinogens (LSD, PCP, mushrooms)	97% (HS 96% / MS 100%)	27% (HS 31% / MS 20%)
Opiates (heroin, smack, horse)	98% (HS 98% / MS 100%)	24% (HS 27% / MS 19%)
Inhalants (glue, solvents, gas)	95% (HS 96% / MS 95%)	36% (HS 36% / MS 36%)
Designer Drugs (ecstasy, MDMA)	98% (HS 98% / MS 99%)	24% (HS 27% / MS 19%)
Other illegal drugs	98% (HS 97% / MS 100%)	34% (HS 38% / MS 27%)
Over the counter drugs <u>for the purpose of getting high</u> (cough medicine, cold tablets)	93% (HS 91% / MS 96%)	53% (HS 55% / MS 48%)

*Alcohol Use, Consequences and Perceptions*

In 2009, 74% (HS 73% / MS 75%) of students reported riding **once or never** in a car or other vehicle in the past 12 months driven by someone who drank alcohol before or while driving. However, 61% (HS 67% / MS 51%) of these same students perceived **most students** at their school had two or more times. *Q10*

In 2009, 84% (HS 82% / MS 88%) of students reported **never** driving a car or other vehicle in the past 12 months while drinking alcohol or after drinking alcohol. However, 70% (HS 78% / MS 54%) of these same students perceived **most students** at their school had. *Q11*

In 2009, most students reported the following consequences **had not occurred** to them as a result of drinking in the past 12 months. *Q5A-E*

	Students who reported “This hasn’t happened to me”
Cutting class due to alcohol use	95% (HS 93% / MS 98%)
Grades negatively affected due to alcohol use	96% (HS 94% / MS 99%)
Damaged friendships or relationships due to alcohol use	93% (HS 90% / MS 98%)
Missed or performed poorly in an athletic event due to alcohol use	97% (HS 96% / MS 99%)
Sickness (hangover, nausea, illness) due to alcohol use	80% (HS 72% / MS 95%)

*Attitudes and Perceptions about Alcohol and Tobacco*

In 2009, 66% (HS 55% / MS 85%) of students **strongly agreed or agreed** that “drinking alcohol is never a good thing for anyone my age to do.” However, 58% (HS 71% / MS 32%) of these same students perceived that **most students** at their school would not agree (either disagree or neither agree nor disagree). *Q6A, Q6B*

In 2009, 73% (HS 63% / MS 91%) of students **strongly agreed or agreed** that “getting drunk is never a good thing for anyone my age to do.” However, 53% (HS 67% / MS 28%) of these same students perceived that **most students** at their school would not agree (either disagree or neither agree nor disagree). *Q7A, Q7B*

In 2009, 71% (HS 63% / MS 87%) of students reported they would rather **not drink alcohol** when they hang out with their friends. *Q8*

In 2009, 87% (HS 83% / MS 94%) of students **did not approve** of their friends drinking any amount of alcohol (either disapproved or neither disapproved nor approved). *Q17C*

In 2009, 58% (HS 47% / MS 79%) of students **disapproved** of their friends getting drunk. *Q17D*

In 2009, 76% (HS 73% / MS 81%) of students **strongly disapproved** of their friends driving a vehicle after drinking alcohol. *Q17I*

In 2009, 67% (HS 66% / MS 69%) of students **strongly disapproved** of their friends riding in a vehicle with a driver who has been drinking alcohol. *Q17J*

In 2009, 70% (HS 62% / MS 86%) of students believed that “tobacco use is never a good thing to do.” However, 75% (HS 85% / MS 55%) of these same students perceived that **most students** at their school would not feel this way. *Q12A, Q12B*

In 2009, 67% (HS 59% / MS 83%) of students **disapproved** of their friends smoking cigarettes. *Q17E*

In 2009, 66% (HS 56% / MS 84%) of students **disapproved** of their friends smoking cigarettes at a party or while drinking. *Q17F*

### *Attitudes and Perceptions about Other Drugs*

In 2009, 79% (HS 72% / MS 92%) of students believed that using marijuana “is never a good thing to do.” However, 58% (HS 69% / MS 38%) of these same students perceived that **most students** at their school would not feel this way. *Q13A, Q13B*

In 2009, 66% (HS 58% / MS 83%) of students **disapproved** of their friends trying marijuana once or twice. *Q17A*

In 2009, 82% (HS 77% / MS 90%) of students **disapproved** of their friends smoking marijuana frequently. *Q17B*

In 2009, 91% (HS 89% / MS 95%) of students believed that using any illegal drug other than marijuana “is never a good thing to do.” However, 47% (HS 54% / MS 35%) of these same students perceived that **most students** at their school would not feel this way. *Q14A, Q14B*

In 2009, 82% (HS 79% / MS 90%) of students **disapproved** of their friends trying drugs other than marijuana once or twice. *Q17G*

In 2009, 72% (HS 68% / MS 81%) of students **strongly disapproved** of their friends using drugs other than marijuana frequently. *Q17H*

## **Families Play an Important Role**

Research has shown that parents play an important role in their children’s choices about not using alcohol, tobacco, or other drugs.

### *Student Perceptions of Parents*

In 2009, 91% (HS 88% / MS 96%) of students reported that their parents **do not allow** them and their friends to drink alcohol at their homes. However, 9% (HS 11% / MS 4%) of these same students perceived **most parents** (50% or more) at their school do allow their teens and their teens’ friends to drink alcohol at their homes. *Q19, Q20*

In 2009, 65% (HS 57% / MS 80%) of students **agreed** that “parents should not let their teens and their teens’ friends drink alcohol at home.” However, 57% (HS 66% / MS 39%) of these same students perceived **most students** in their school would not agree (either disagree or neither agree nor disagree). 21% (HS 24% / MS 15%) of these same students perceived **most parents** of students in their school would not agree (either disagree or neither agree nor disagree) *Q21*

In 2009, 74% (HS 70% / MS 83%) of students **agreed** that “parents and other adults should clearly communicate with their children about the importance of not using alcohol and other drugs.” However, 48% (HS 53% / MS 39%) of these same students perceived **most students** at their school would not agree (either disagree or neither agree nor disagree). 17% (HS 20% / MS 11%) of these same students perceived **most parents of students in their school** would not agree (either disagree or neither agree nor disagree). *Q18*

In 2009, 48% (HS 48% / MS 50%) of students reported that their parents had discussed their family rules about alcohol or drugs with them in the past 12 months. However, 81% (HS 84% / MS 75%) of these same students perceived **most other students’ parents** (50% or more) from their school **had not discussed** their family rules about alcohol or drugs with them in the past 12 months. *Q23, Q24*

In 2009, 74% (HS 68% / MS 84%) of students **agreed** that “parents should set clear rules and expectations about avoiding harmful behavior.” However, 49% (HS 57% / MS 34%) of these same students perceived **most students** at their school would not agree (either disagree or neither agree nor disagree). 14% (HS 18% / MS 8%) of these same students perceived **most parents of students in their school** would not agree (either disagree or neither agree nor disagree). *Q22*



*Student Awareness of Campaign Efforts for Warroad / Roseau Combined*

In 2009, 69% (HS 70% / MS 67%) of students reported seeing any tobacco, alcohol, drug, or other prevention campaign advertisements, posters, or brochures in their school in the past 12 months. *Q25*

In 2009, 46% (HS 49% / MS 41%) of students reported seeing “MOST of Us<sup>®</sup>” messages in their school in the past 12 months. *Q26*

In 2009, 19% (HS 19% / MS 19%) of students reported hearing or seeing “MOST of Us<sup>®</sup>” messages on average a few times a week or more often in the past 12 months. 69% (HS 69% / MS 69%) reported hearing or seeing “MOST of Us<sup>®</sup>” messages on average a few times a year or less often in the past 12 months. *Q27*

The following table summarizes in what ways students reported seeing or hearing “MOST of Us<sup>®</sup>” messages. *Q28*

	Students who reported “yes” to seeing or hearing “MOST of Us <sup>®</sup> ” messages
School newspaper	11% (HS 9% / MS 15%)
Posters	63% (HS 64% / MS 62%)
Banners	30% (HS 27% / MS 35%)
Give-aways (messages appearing on water bottles, pencils, key chains)	12% (HS 8% / MS 19%)
Screensavers	6% (HS 4% / MS 9%)
Radio	31% (HS 32% / MS 31%)
TV	25% (HS 20% / MS 33%)
Movie theater slides	33% (HS 33% / MS 32%)
Billboards	30% (HS 25% / MS 38%)
Other	28% (HS 22% / MS 39%)

### Key Actions

This report reveals both hope and concern when it comes to preventing alcohol, tobacco, and other drug use in Minnesota. As with all communities, there are still serious problems that must be addressed.

As a community member, your voice matters. Data are only helpful when put into action. Here are key actions you can take:

- + Share and discuss this report with coalition members, community leaders, and friends
- + Use this information to promote hope for successfully reducing ATOD use
- + Promote intervention and treatment options
- + Compare these data with other findings in your community
- + Use these data to guide policy development
- + Frame media and steer public conversations using these data
- + Create messages to correct misperceptions among youth, parents, and the community members



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