

# ALAMEDA COUNTY

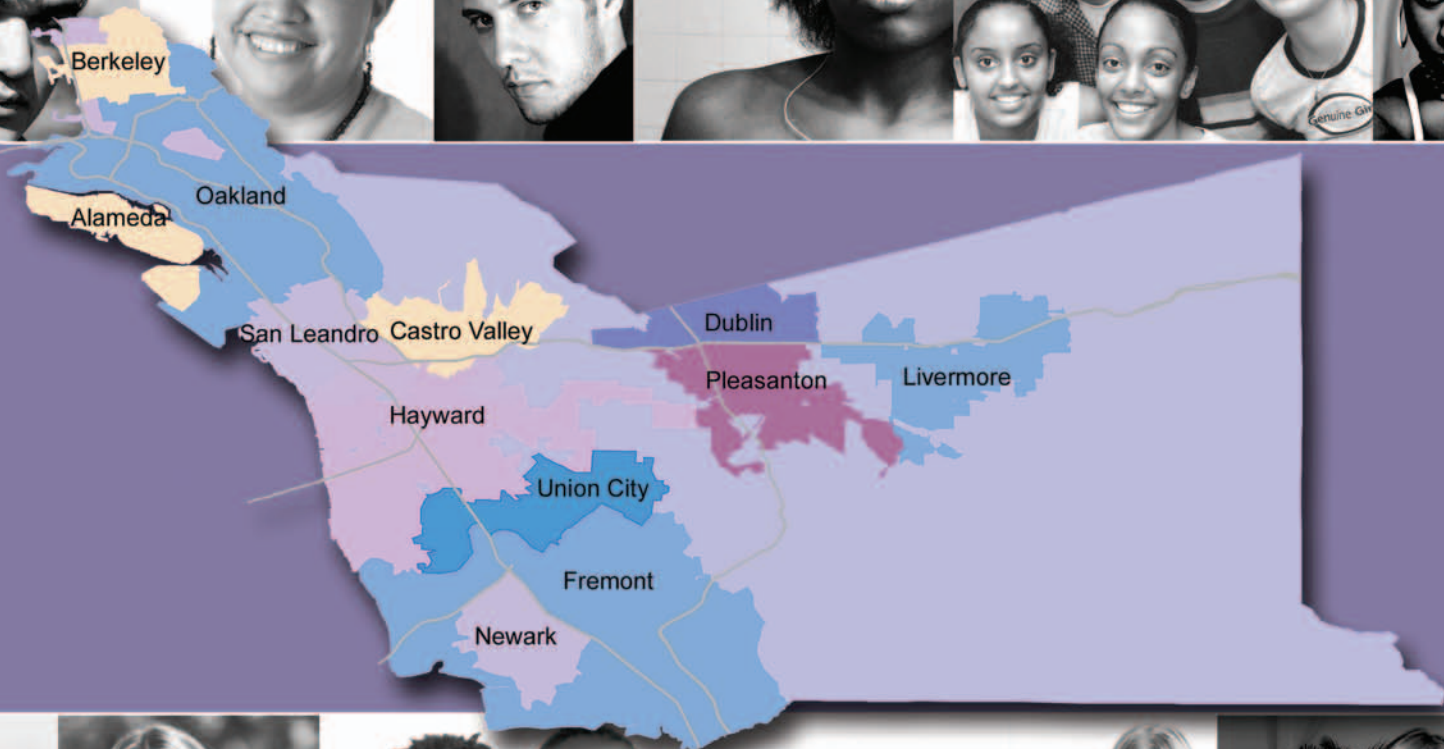
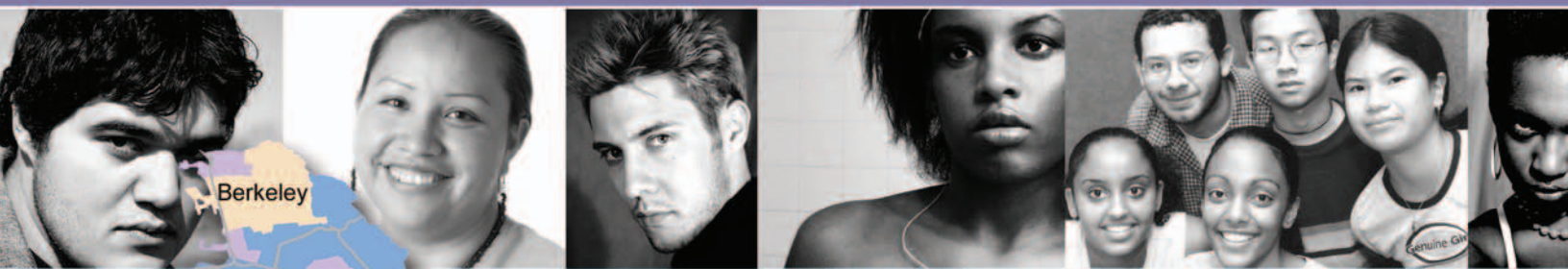
## BEHAVIORAL HEALTH CARE SERVICES

### ALCOHOL & DRUG YOUTH SURVEY

#### SPRING 2006: ACCESS, USE & CONSEQUENCES



ALCOHOL, DRUG & MENTAL HEALTH SERVICES  
MARYE L. THOMAS, M.D., DIRECTOR



Funded by a grant from the California Department of Alcohol and Drug Programs

## ACKNOWLEDGEMENTS

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## EXECUTIVE SUMMARY

During the spring of 2005, BHCS surveyed middle and high school students throughout Alameda County about their access to and use of alcohol and other drugs (AOD). Topics included: where and how youth obtain AOD; their perception of the negative effects; and the prevalence of drinking and driving. The survey also attempted to identify protective factors that may prevent or reduce the onset of AOD use and abuse.

The results illustrate the fact that a significant number of Alameda County youth are placing themselves at risk by using AOD. This ever-increasing problem is one that the communities in our county share with others across the state and nation. A report by The Center on Alcohol Marketing and Youth (CAMY) recently released a report that stated that alcohol use among young people under 21 is the leading drug problem in the United States. Furthermore, while the Monitoring the Future Survey reports slight decreases in marijuana use it still remains the most commonly used illegal drug in the United States with nearly 45% of U.S. teenagers trying marijuana before finishing high school.

Key findings from the 2005 BHCS Countywide AOD Youth Survey include:

Forty one percent of the high school respondents and almost twenty percent of the middle school respondents reported using alcohol in the past thirty days.

Twenty-one percent of the high school students surveyed took their first drink of alcohol before the age of 11 years, with the majority of students consuming their first drink between the ages of 11 and 15 years.

Twenty three percent of all high school student respondents reported binge drinking in the past 30 days. Nationally the percentage of high school students who engage in binge drinking ranges from 22% to 30%.

The top two reported consequences of alcohol use were fighting and unwanted/unprotected sex.

Thirty two percent of the high school respondents reported using marijuana in the past thirty days.

Thirty four percent of all student respondents (middle and high school) during their lifetime have either driven after drinking or have ridden in a car with a driver who had been drinking.

The majority of all students surveyed are involved in after school activities including (in order of prevalence): sports, clubs, work, and youth organizations.

This youth survey project is part of a larger needs assessment initiative that will assist Alameda County Behavioral Health Care Services (BHCS) to identify AOD prevention needs.

# 1.

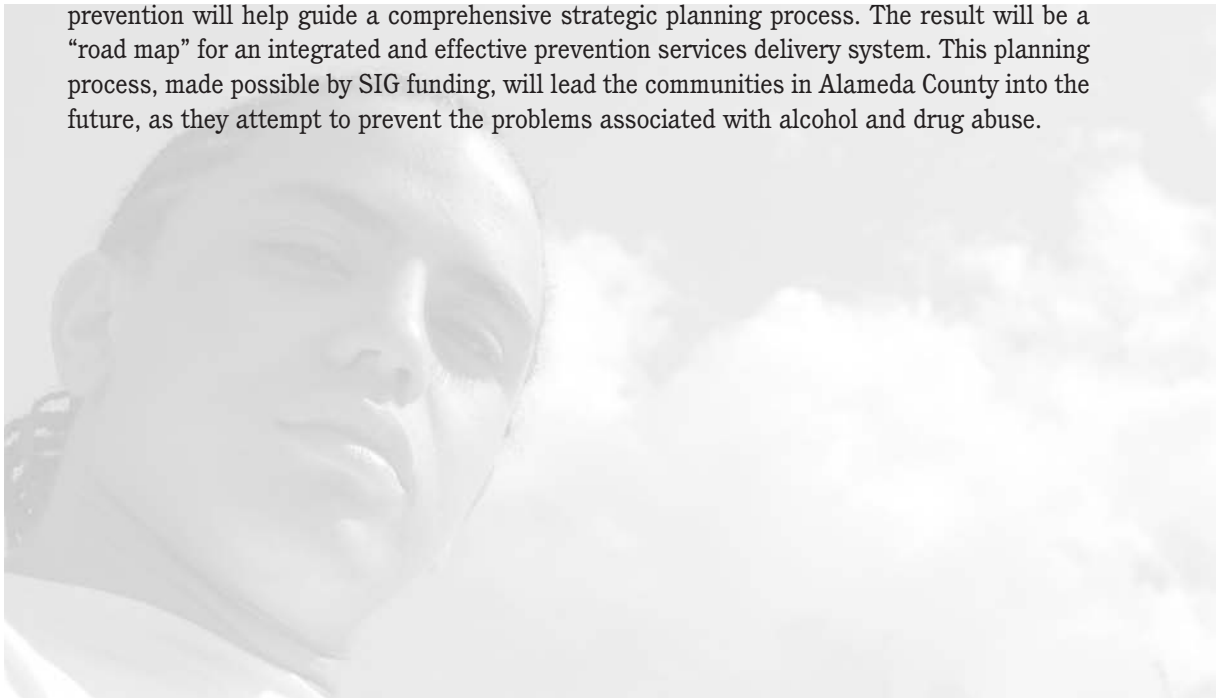
## INTRODUCTION



*In September 2004, Alameda County was one of thirteen California counties to be awarded a State Incentive Grant (SIG) by the California Department of Alcohol and Drug Programs. The purpose of the grant, administered through the Alameda County Department of Behavioral Healthcare Services (BHCS), was twofold:*

- (1) Reform the county-wide AOD primary prevention system to support better coordination and increased system effectiveness; and
- (2) Reduce binge drinking and its negative effects among students at two targeted colleges: the University of California at Berkeley (UCB) and California State University East Bay (CSUEB).

The first step toward reforming the system was to identify the AOD prevention needs of youth, adults and older adults in Alameda County through an in-depth needs assessment. The valuable data yielded by BHCS's Countywide AOD Youth Survey is the focus of this report. Along with data collected on adults and older adults, which will be the focus of future reports, this information on the attitudes, choices, and needs of youth related to AOD use and prevention will help guide a comprehensive strategic planning process. The result will be a "road map" for an integrated and effective prevention services delivery system. This planning process, made possible by SIG funding, will lead the communities in Alameda County into the future, as they attempt to prevent the problems associated with alcohol and drug abuse.



# II.

## SURVEY METHODOLOGY, LIMITATIONS, AND SAMPLE SIZE



*HHREC has an excellent track record in working in a collegial manner with other providers, and has existing relationships with a variety of community groups. They had the capacity to bring on staff in order to collect this data from diverse groups in a quick and efficient manner.*

**The BHCS Countywide Survey sample included surveys from 591 high school students and 315 middle school students from all over Alameda County.**

### SURVEY METHODOLOGY

In order to identify the alcohol and drug prevention needs of Alameda County youth, BHCS developed a thirty five-item survey for high school students and a thirty-item survey for middle school students. Survey questions were based on a number of risk and protective factors, including questions about alcohol and drug (AOD) use and age at first use, academic achievement, access to AOD, gang member affiliation, after school activities, mentors, drinking and driving, and mental health struggles. In addition to developing a set of original questions, permission was obtained to use a number of questions from several other sources including the California Healthy Kids Survey, a survey conducted by the Albany High School's Drug and Alcohol Task Force (DATF), and a survey by the Alcohol Policy Network (APN). Once survey questions were developed, they were edited for clarity and consistency by BHCS staff, and then piloted with the Alameda Family Services School-Based Health Center-Encinal High School Student Research Team. The survey was revised based on the student's feedback before being administered to youth in the community.

The survey was administered by a subcontractor, the Health and Human Resource Education Center (HHREC). HHREC has an excellent track record in working in a collegial manner with other providers, and has existing relationships with a variety of community groups. They had the capacity to bring on staff in order to collect this data from diverse groups in a quick and efficient manner. Furthermore, HHREC has experience in conducting focus groups and administering surveys through both of their programs, the Black Women's Media Project, and Health Through Art. HHREC made a concerted effort to canvas all areas of the County in order to collect a diverse sample of high school and middle school youth.

This assessment was carefully designed to ensure honest responses from participants. The confidentiality of the survey was stressed through the instructions and administration procedures. It was made clear to all students that their participation was entirely voluntary, anonymous, and confidential. They were also told that they were under no obligation to complete the survey or answer any questions that made them feel uncomfortable. Resource cards listing various agencies that offer support and information were also provided to all participants.

Survey responses were entered into a database and cleaned for quality assurance. Where it was evident that students did not take the survey seriously, these surveys were deleted from

the database; however there were very few that had to be discarded. Most students appear to have answered the questions thoughtfully and honestly; in the few instances where there were indications that this was not the case, these surveys were removed from the data set.

## LIMITATIONS

There are several limitations to the methodology of this survey, which should be kept in mind when interpreting the data in this report. These include:

- (1) Self Reporting – Self-reported data is subject to “recall bias,” which may lead to under- or over-reporting.
- (2) Although the sample is diverse in terms of race/ethnicity and socioeconomic status, it may not be representative of all youth in Alameda County; thus, the results are not generalizable.
- (3) Most questions offered the opportunity for a closed-ended response (e.g., multiple choice). This design enhanced the reliability of the data, but limited the answer choices that respondents could select. Where applicable, an open-ended choice of “Other” was added to the set of possible responses.

## SAMPLING METHOD

The BHCS Countywide Survey sample included surveys from 591 high school students and 315 middle school students from all over Alameda County, collected by HHREC. Surveys were administered at multiple sites and events where HHREC felt there would be a large number of youth present. A number of sites where surveys were administered include the 2005 Youth Anti-Violence Prevention Conference, the Emeryville Recreation Department, the City of Hayward’s Cinco de Mayo celebration, Mission Valley Regional Occupational Program, Longfellow Middle School’s Crisis Support Services program, Alameda County Unified School District, and Juvenile Hall.

Students represented the following schools:

**High Schools**—Berkeley High School, Berkeley Alternative High School, James Logan, Skyline, Mt. Eden, Tennyson, Alameda, Encinal, Buena Vista, Castlemont, Oakland Technical, McClymonds, Emery, Fremont, JFK, American, Mission San Jose, Washington, Hayward High, Newark Memorial, Rock La Fleche, Valley, and Del Valle.

**Middle Schools**—Caesar Chavez, King, Alvarado, Anna Yates, Bret Harte, Emery Secondary, John Muir, Chipman, Lincoln, Wood, Claremont, and Longfellow.

At the time of the administration of this countywide survey, two other surveys were also being conducted. Perceiving an opportunity to expand our scope, we collaborated with the other organizations—the Alcohol

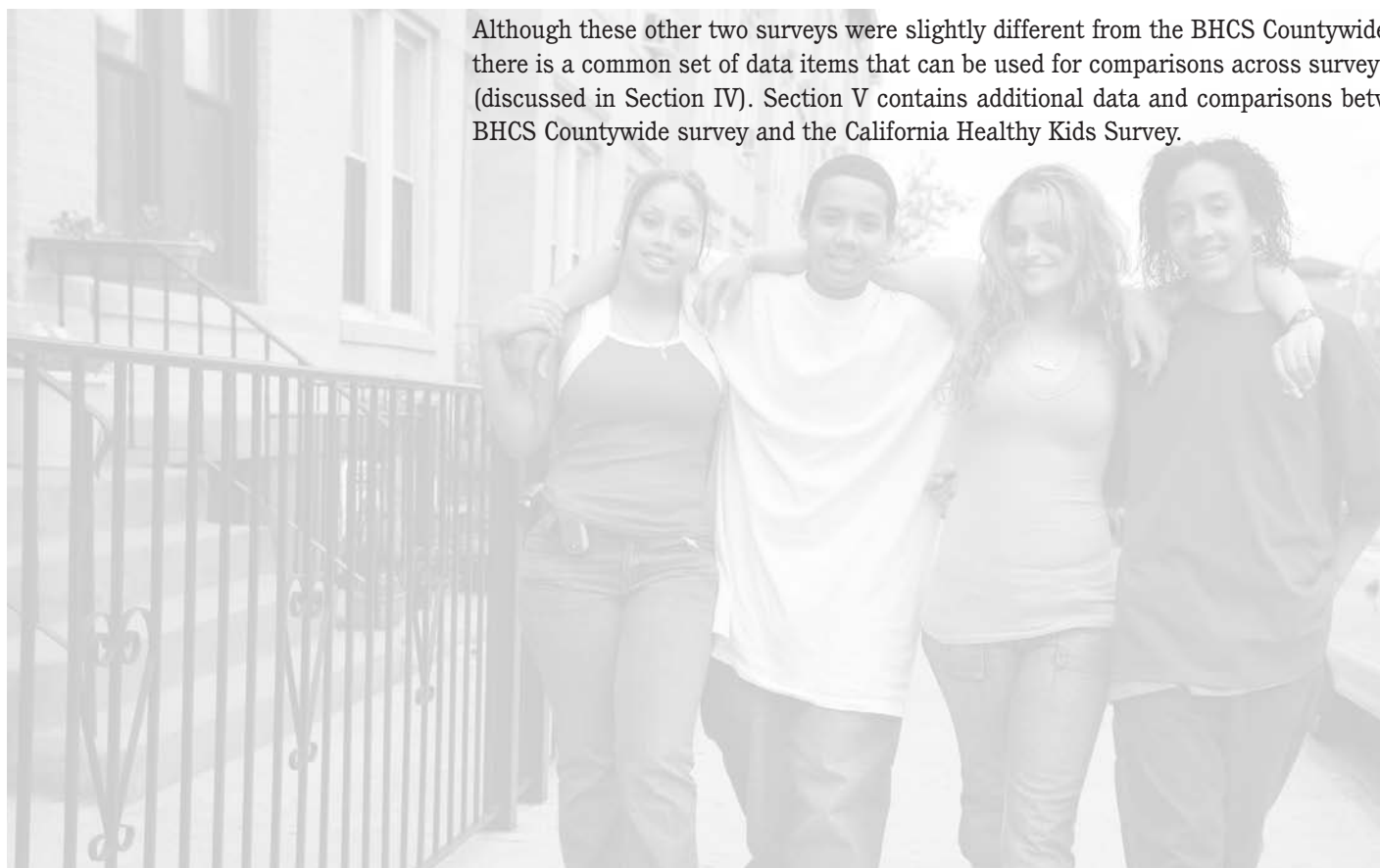


Policy Network (APN) and Community Counseling Education Center (CCEC)—and were able to increase our sample size by 691 surveys (from 906 to 1,597).

APN is a community-based organization in Berkeley specializing in environmental prevention strategies. APN received a grant from the Office of Traffic and Safety to survey youth regarding alcohol and its negative effects. BHCS contracted with APN to survey students at Berkeley High School and Berkeley Alternative High School using a modified version of APN's survey tool. This gave us an additional 375 surveys from Berkeley High and 64 from Berkeley Alternative High

CCEC, which runs the Friday Night Live program (FNL) countywide, was gathering data in the southern part of the county about access to alcohol and drinking patterns, seat belt safety, and drinking and driving. CCEC agreed to share their data in return for technical assistance in developing the survey, a database, and analysis assistance. This resulted in 252 additional surveys from southern Alameda County high schools, particularly James Logan High School.

Although these other two surveys were slightly different from the BHCS Countywide Survey, there is a common set of data items that can be used for comparisons across survey cohorts, (discussed in Section IV). Section V contains additional data and comparisons between the BHCS Countywide survey and the California Healthy Kids Survey.



# III.

## DEMOGRAPHICS

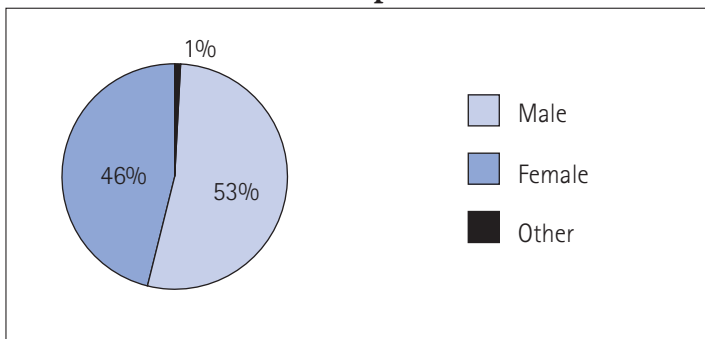


*The question regarding sexual orientation was only asked of high school students. Of those who responded to this item, 92% (500) identified as heterosexual and 8% (42) identified as gay, lesbian, bisexual, transgender, or questioning (LGBTQ).*

### RACE/ETHNICITY

The three agencies conducting surveys (HHREC, APN and FNL) managed to reach a diverse student population. African American students were the largest group represented (33%), followed by Latino (16%), Caucasian (14%), and Multi-Ethnic (13%). Although the sample is considered diverse it does not necessarily mirror the county's youth population. Estimates from the 2004 American Community Survey report that for youth 10-17 years of age 33% are considered Caucasian (non Hispanic/Latino), 24% Latino, 21% Asian, 14% African American, 12% Other, and 8% Multi-ethnic.<sup>1</sup>

### Gender of Student Participants



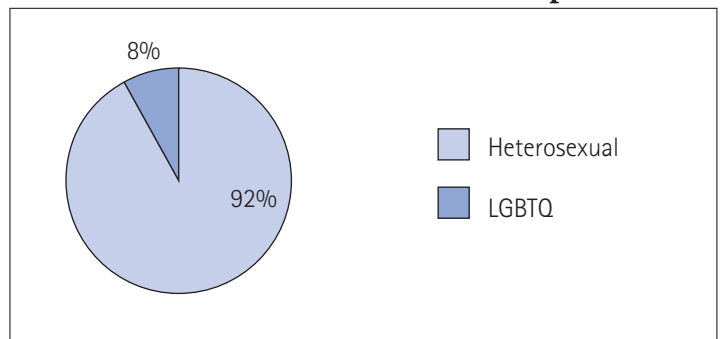
### GENDER

Males were slightly more represented than females, and 1% reported their gender as "other."

### SEXUAL ORIENTATION

The question regarding sexual orientation was only asked of high school students. Of those who responded to this item, 92% (500) identified as heterosexual and 8% (42) identified as gay, lesbian, bisexual, transgender, or questioning (LGBTQ).

### Sexual Orientation of Student Participants



<sup>1</sup> Population data for Native American and Asian Pacific Islander Youth was not available because the number of sample cases in this survey was too small. Data Source: [www.factfinder.census.gov](http://www.factfinder.census.gov)

# IV.

## COMMON DATA ITEMS ACROSS SURVEYS



*Students were asked, “How old were you the first time you had an alcoholic drink?” A surprising 19% of the youth surveyed reported having their first alcoholic drink before the age of 11, and 43% reported their age to be between the ages of 11 and 15 years*

**When students were asked “How often do you drink?” or “In the past 30 days how often have you used alcohol?” 61% (866) of students reported not drinking at all.**

As discussed under “Sampling” above, the collaboration with other groups conducting simultaneous surveys gave BHCS access to an expanded sample. We identified common items across the three surveys, allowing comparisons across the data sets. These common items include:

- Age at first use of alcohol;
- Frequency of alcohol use (including binge drinking);
- Reasons for use;
- Popular locations for use;
- Type of alcohol commonly consumed;
- Access to alcohol;
- Protective factors related to prevention;
- Frequency of asking an adult to purchase alcohol for a minor, i.e. shoulder tapping; and
- Drinking and driving, or riding with a driver who has been drinking.

Detailed tables on these common data items can be seen in Appendix A.

### AGE AT FIRST ALCOHOL USE

Students were asked, “How old were you the first time you had an alcoholic drink?” A surprising 19% of the youth surveyed reported having their first alcoholic drink before the age of 11, and 43% reported their age to be between the ages of 11 and 15 years; however, it should also be noted that 38% (547 students) reported never having an alcoholic drink.

### FREQUENCY OF USE

When students were asked “How often do you drink?” or “In the past 30 days how often have you used alcohol?” 61% (866) of students reported not drinking at all. Thirty-five percent (524) reported using alcohol either a few times a month, once a week, or 2-5 times per week, with the most common answer being a few times a month. Another 4% (56) reported drinking alcohol on a daily basis.

## BINGE DRINKING

Binge drinking is defined as four or more drinks in a sitting (a two hour period) for females and five or more drinks in a sitting for males<sup>2</sup>.

Of the 568 high school students surveyed, **76% (437) reported zero days of binge drinking.** For the thirty days prior to the survey, 7% reported binge drinking on one occasion; 9% reported two to three days; 4% reported between four and six days; and another 4% reported binge drinking on seven or more days.

Eighty eight percent of the 301 middle school students reported zero days of binge drinking out of the past thirty. Three percent reported binge drinking on one day of the past thirty, 7% reported two to six days, and 2% reported binge drinking on seven or more days of the past thirty days.

The FNL survey also captured binge drinking rates of high school students using the following question: “When you drink, how many drinks do you normally have in one sitting?” Forty-eight percent (117) reported not drinking at all; however of the 52% (127) who reported drinking, 27% (35) met the definition for *binge drinking*. (More comparison data on binge drinking can be seen in Section V.)

## LOCATIONS WHERE ALCOHOL AND DRUG USE OCCURS

Depending on the version of the survey, students were asked, “Where do you drink alcohol or use drugs?” or “Where do you or your friends drink alcohol?” The three top reported locations to drink or use drugs were: (1) the youth’s home (either alone or with friends); (2) a friend or relative’s home; and (3) parties or school events.

## REASONS FOR USE

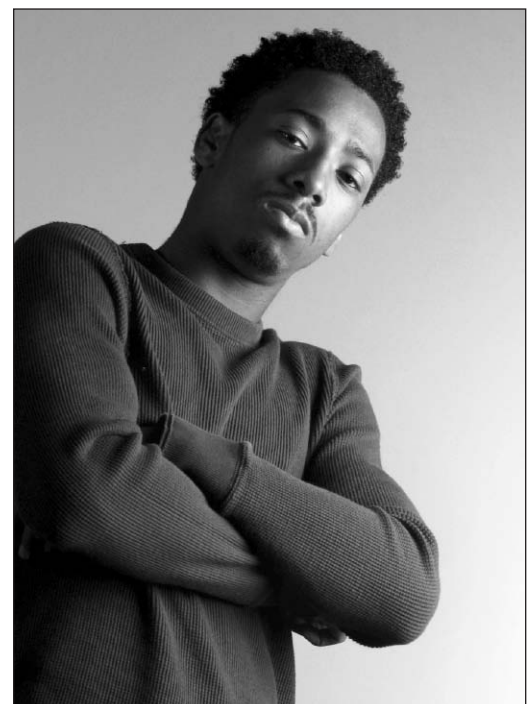
Students were asked why they or other young people drink. The most common reasons given were that it feels good, it’s fun, and relieves stress. Within the FNL cohort, two additional responses showed up a significant number of times: peer pressure and [my] family uses. The student’s responses for reasons of use may run counter to what the media promotes as the top reason for use-such as youth are bored, alcohol and drugs are easily accessible, etc.

This data on reasons for use is important and will help guide the prevention strategic planning process in terms of prevention priorities. It is possible that in the future more emphasis will be on teaching youth healthy ways to relieve stress or involving the family more in prevention activities.

## TYPE OF ALCOHOL COMMONLY CONSUMED

With the exception of the FNL cohort (where beer was the most commonly reported alcohol consumed), the survey results indicated that hard liquor was the most common type of alcohol consumed, a result which was initially puzzling. When this

**The three top reported locations to drink or use drugs were: (1) the youth’s home (either alone or with friends); (2) a friend or relative’s home; and (3) parties or school events.**



<sup>2</sup> Binge Drinking definition source: National Institute on Alcohol Abuse and Alcoholism website [www.niaaa.nih.gov](http://www.niaaa.nih.gov)

**Parents are allowing their children and their friends to drink alcohol in their home because they feel if they can supervise or “contain” the youth they are safer.**

data was presented to providers of Alameda County prevention services, they indicated that students often refer to sugary alcoholic malt liquor drinks as hard liquor. Beverages such as Mike’s Hard Lemonade or Smirnoff Ice, commonly known as “alcopops,” actually contain malt liquor, rather than hard liquor. This misconception may explain the surprising findings, and brings into doubt the integrity of the data on this question.

## **ACCESS TO ALCOHOL**

The top three ways that youth report accessing alcohol are: from friends; from a supermarket/liquor store; or from relatives. Since students report mainly drinking in their own home or that of a friend or relative it appears that the majority of students are accessing alcohol from friends/relatives or a supermarket/liquor store and then drinking the alcohol either in their own home or in their friends/relatives home. According to local sources and anecdotal data this pattern of drinking in the home is usually accompanied by parental permission or acceptance. Parents are allowing their children and their friends to drink alcohol in their home because they feel if they can supervise or “contain” the youth they are safer, e.g. no drinking and driving, less chance of alcohol poisoning, date rape, etc. Many parents do not know that this is illegal and can entail severe consequences.

## **FACTORS THAT PREVENT STUDENTS FROM ALCOHOL OR DRUG USE**

Berkeley and Countywide students were asked, “What prevents you from drinking or using drugs?” The main reasons students reported not using alcohol or other drugs were: parents; awareness of consequences; stories they’ve heard; accidents; and fear of getting in trouble. Other preventative factors such as involvement in after school activities and having a mentor are analyzed in Section V. It should also be noted that a significant percentage of high school youth reported that nothing stops them from using alcohol or drugs. This is particularly the case for the student respondents at Berkeley Alternative High School where 24% reported that nothing stops them from using.

## **ASKING AN ADULT TO PURCHASE ALCOHOL (A.K.A. “SHOULDER TAPPING”)**

Across all surveys, on average, 25% of students have asked an adult to purchase alcohol for them; this activity is called shoulder tapping. Middle school students who took this survey have the lowest percentage of students who have asked adults to purchase alcohol for them, while students at Berkeley Alternative High School and Berkeley High have the highest percent of students who have engaged in shoulder tapping activities.

There appears to be a correlation between this data and the access data on page seven. The majority of students in the FNL survey reported that they get their alcohol from friends or relatives (76%), which would explain why only 14% report shoulder tapping activities. Similarly, 23% of Berkeley High and 40% of Berkeley Alternative respondents report obtaining their alcohol from supermarkets/liquor stores, which is probably related to the high reports of shoulder tapping activities (35% and 60% respectively).

These differences in access and locations of use may be due to a number of factors including the concentration of alcohol outlets in the Berkeley area as compared to the southern part of

the county (specifically in Union City where the majority of FNL respondents live), the UC Berkeley campus and students who might be more willing to purchase alcohol for youth, the ethnic make up of the cohorts, etc. We were not able to do a comparison by race/ethnicity because less than 15% of FNL respondents filled in the race/ethnicity category.

### **DRINKING AND DRIVING OR RIDING AS A PASSENGER WITH SOMEONE WHO HAS BEEN DRINKING**

The data show that an alarming percentage of students throughout the County have either driven a vehicle after drinking or rode as a passenger with someone who had been drinking. Approximately one in three of the respondents has either driven after drinking or ridden in a car with someone who had been drinking.

Of the Countywide high school respondents, 68% reported never drinking and driving or riding as a passenger with someone who had been drinking; however, 15% reported either drinking and driving or being a passenger seven or more times in their lives. The data was similar for middle school students.

**An alarming percentage of students throughout the County have either driven a vehicle after drinking or rode as a passenger with someone who had been drinking.**



# V.

## COUNTYWIDE DATA COMPARED TO OTHER DATA SETS



*The CHKS is a comprehensive youth self-report data collection tool that provides essential and reliable health risk assessment and resilience information to schools, districts, and communities. In Alameda County, the CHKS is administered to students in 7th, 9th, and 11th grades.*

This section reviews data from BHCS’s Countywide survey of middle and high school students (and where appropriate, Berkeley High students) in comparison to data collected using the California Healthy Kids Survey (CHKS). The CHKS is a comprehensive youth self-report data collection tool that provides essential and reliable health risk assessment and resilience information to schools, districts, and communities. In Alameda County, the CHKS is administered to students in 7th, 9th, and 11th grades. Because the CHKS 7th and 11th grade cohorts have similar average ages to the Countywide middle and high school data sets, respectively, these cohorts lend themselves best to comparison.

In the tables below, BHCS Countywide data is labeled as *CW MS* (middle school data), *CW HS* (high school data), *CW Alt* (alternative high schools, except Berkeley), *Berkeley* (Berkeley High School), and *Berk Alt* (Berkeley Alternative High School). CHKS data is labeled *CHKS 7* (7th grade/middle school), *CHKS 11* (11th grade/high school), and *CHKS Alt* (alternative high schools). Additional tables can be seen in Appendix A.

### ALCOHOL USE IN PAST THIRTY DAYS

The percentage of middle school student respondents in the BHCS Countywide cohort who report any alcohol use within the past thirty days is 17%, compared to 9% of CHKS MS respondents. For high school students, the rates are similar (35% BHCS and 33% CHKS), except for Berkeley High, which is 58%. For all alternative high students, 74% reported using alcohol within the past 30 days.

**TABLE 1: Alcohol Use**

	CHKS 7	CW MS	CHKS 11	CW HS	Berkeley	CHKS Alt	CW Alt	Berk Alt
<b>None</b>	<b>91%</b>	<b>83%</b>	<b>67%</b>	<b>65%</b>	<b>42%</b>	<b>51%</b>	<b>75%</b>	<b>10%</b>
<b>Any Alcohol Use</b>	<b>9%</b>	<b>17%</b>	<b>33%</b>	<b>35%</b>	<b>58%</b>	<b>49%</b>	<b>25%</b>	<b>90%</b>
1 or 2 days	6%	8%	18%	18%	26%	21%	6%	43%
3 to 9 days	1%	5%	11%	9%	12%	15%	10%	25%
10 to 19 days	1%	2%	3%	5%	10%	7%	2%	6%
20 or more (daily)	1%	2%	1%	4%	10%	6%	8%	16%

<sup>3</sup> Data regarding gender differences for the FNL and Berkeley Alternative cohort were not included because gender identification was not asked on the FNL survey and almost 100% of the Berkeley Alternative respondents were male, making any type of gender comparison not meaningful.

In the Countywide middle and high school cohorts, more male student respondents reported drinking in the past thirty days than female student respondents. Of middle school students who reported drinking in the past thirty days, 59% were male and 41% were female. Of the CW HS students, 60% were male, 37% were female, and 3% identified as other. In the Berkeley survey, by contrast, *64% were female and 36% were male*. This difference may be due to a slightly higher percentage of females in the Berkeley cohort as compared to a slightly higher percentage of males in the CW HS cohort, or to other differences not revealed by this analysis.<sup>3</sup>

**In Berkeley, as with the alcohol data, it appears that more female students reported using marijuana in the past thirty days than male student respondents.**

## MARIJUANA USE-PAST THIRTY DAYS

When marijuana use in the past thirty days is compared across middle, high and alternative schools, the data show that the percentage of middle school and high school student respondents using marijuana in the Countywide sample is higher than for CHKS respondents (6% to 13% for middle school, 16% to 30% for Countywide high school, and 16% to 32% for Berkeley High), and mixed for alternative students with 40% of CHKS alternative students using marijuana as compared to 28% Countywide and 61% at Berkeley Alternative.

**TABLE 2: Marijuana Use**

	CHKS 7	CW MS	CHKS 11	CW HS	Berkeley	CHKS Alt	CW Alt	Berk Alt
<b>None</b>	<b>94%</b>	<b>87%</b>	<b>84%</b>	<b>70%</b>	<b>68%</b>	<b>60%</b>	<b>72%</b>	<b>39%</b>
<b>Any Marijuana Use</b>	<b>6%</b>	<b>13%</b>	<b>16%</b>	<b>30%</b>	<b>32%</b>	<b>40%</b>	<b>28%</b>	<b>61%</b>
1 or 2 days	1%	5%	7%	12%	15%	10%	4%	17%
3 to 9 days	1%	2%	5%	6%	8%	8%	2%	9%
10 to 19 days	4%	2%	2%	4%	3%	9%	8%	8%
20 or more (daily)	0%	4%	2%	8%	5%	13%	14%	27%

When the marijuana use data of the past thirty days is broken down by gender, it is similar to the alcohol data in that of the CW HS survey respondents who reported using marijuana in the past thirty days; 67% were males, 29% were female, and 4% identified as other. In Berkeley, as with the alcohol data, it appears that *more female students reported using marijuana in the past thirty days than male student respondents*, e.g., of the survey population that reported using marijuana in the past thirty days, 56% were female and 44% were male. Again differences in gender and usage percentages may be due to a slightly larger number of female Berkeley student respondents, age of students, or other socio-economic variables; however it may be possible that there are simply slightly more female students drinking alcohol or using marijuana than male students at Berkeley High. This type of trend is illustrated in the 2004 CHKS results, where females in 9th and 11th grade had slightly higher alcohol use rates than males; in 9th grade the percentages were 25% to 20% and in 11th grade the percentage of females using alcohol in the past thirty days was 34% to 31% respectively.



### Alcohol Use in the past 30 days by race/ethnicity for CW High School Youth

		RACE/ETHNICITY								
		African American	Asian	Asian Pacific Islander/ Native Hawaiian	Latino	Mult-ethnic	Native American*	Other	Caucasian	Total
NO	count	93	60	18	45	28	1	31	39	315
	%	76.9%	82.2%	56.3%	47.9%	53.8%	20.0%	77.5%	50.6%	63.8%
YES	count	28	13	14	49	24	4	9	38	179
	%	23.1%	17.8%	43.8%	<b>52.1%</b>	<b>46.2%</b>	80.0%	22.5%	<b>49.4%</b>	36.2%
TOTAL	count	121	73	32	94	52	5	40	77	494
	%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

When alcohol use in the past 30 days is analyzed by ethnicity, Latino, Caucasian, and Multi-ethnic self identified youth had the highest use rates. Youth self identified as Asian had the lowest use rate (18%); however this rate of use is still unacceptably high.

\* Due to their small sample size Native American Youth were not included in this analysis.

### Marijuana use in the past 30 days by race/ethnicity for CW High School Youth

		RACE/ETHNICITY								
		African American	Asian	Asian Pacific Islander/ Native Hawaiian	Latino	Multi-racial	Native American*	Other	Caucasian	Total
NO	count	84	63	23	57	35	3	32	46	343
	%	68.9%	88.7%	71.9%	62.0%	66.0%	75.0%	80.0%	59.7%	69.9%
YES	count	38	8	9	35	18	1	8	31	148
	%	31.1%	11.3%	28.1%	<b>38.0%</b>	<b>34.0%</b>	25.0%	20.0%	<b>40.3%</b>	30.1%
TOTAL	count	122	71	32	92	53	4	40	77	491
	%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

When marijuana use in the past 30 days is analyzed by ethnicity the results are fairly similar to 30 day alcohol use rates. Caucasian, Latino, and Multi-ethnic self identified youth had the highest use rates. Youth self identified as Asian had the lowest use rates (11%).

\* Due to their small sample size Native American Youth were not included in this analysis.

### Alcohol Use in the past 30 days by race/ethnicity for Berkeley High School Youth

		RACE/ETHNICITY									
		African American	Asian	Caucasian	Latino	Middle Eastern*	Native American*	Pacific Islander*	Other	Multi-ethnic	Total
NO	count	79	25	26	24	3	4	1	12	28	210
	%	72.5%	89.3%	35.1%	47.1%	60.0%	50.0%	25.0%	75.0%	47.5%	57.4%
YES	count	30	3	48	27	2	4	3	4	31	156
	%	27.5%	10.7%	<b>64.9%</b>	<b>52.9%</b>	40.0%	50.0%	75.0%	25.0%	<b>52.5%</b>	42.6%
TOTAL	count	109	28	74	51	5	8	4	16	59	366
	%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

When marijuana use in the past 30 days is analyzed by ethnicity the results are fairly similar to 30 day alcohol use rates. Caucasian, Latino, and Multi-ethnic self identified youth had the highest use rates. Youth self identified as Asian had the lowest use rates (11%).

\* Due to their small sample size these groups were not included in this analysis.

### Marijuana Use in the past 30 days by race/ethnicity for Berkeley High School Youth

		RACE/ETHNICITY									
		African American	Asian	Caucasian	Latino	Middle Eastern*	Native American*	Pacific Islander*	Other	Multi-ethnic	Total
NO	count	75	23	46	30	5	5	1	14	35	240
	%	74.3%	88.5%	63.0%	62.5%	100.0%	62.5%	25.0%	87.5%	60.3%	68.4%
YES	count	26	3	27	18	0	3	3	2	23	111
	%	25.7%	11.5%	<b>37.0%</b>	<b>37.5%</b>	0%	37.5%	75.0%	12.5%	<b>39.7%</b>	31.6%
TOTAL	count	101	26	73	48	5	8	4	16	58	351
	%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

When marijuana use in the past 30 days is analyzed by ethnicity for the Berkeley student cohort the results are fairly similar to the countywide high school data. Multi-ethnic, Latino, and Caucasian self identified youth had the highest use rates. Likewise youth that self identified as Asian had the lowest use rates (12%). It should also be noted that overall marijuana use rates are lower than alcohol use rates.

\* Due to their small sample size these groups were not included in this analysis.

### Alcohol Use in the past 30 days by race/ethnicity for CW Middle School Youth

		RACE/ETHNICITY								
		African American	API/Native Hawaiian	Asian	Latino	Multi-ethnic	Native American*	Other	Caucasian	Total
NO	count	109	9	28	29	36	5	11	19	247
	%	84.5%	75.0%	100.0%	74.4%	78.3%	100.0%	78.6%	79.2%	82.6%
YES	count	20	3	0	10	10	0	3	5	52
	%	15.5%	<b>25.0%</b>	0%	<b>25.6%</b>	<b>21.7%</b>	0%	<b>21.4%</b>	<b>20.8%</b>	17.4%
TOTAL	count	129	12	28	48	46	5	14	24	299
	%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

Middle school Latino and API/Native Hawaiian youth reported the highest percent of alcohol use in the past 30 days, followed by Multi-ethnic, Other, and Caucasian self identified youth. As seen in the other tables, Asian identified youth had the lowest use rate, with 0% of Asian youth reporting any alcohol use in the past 30 days.

\* Due to their small sample size Native American Youth were not included in this analysis.

### Marijuana Use in the past 30 days by race/ethnicity for CW Middle School Youth

		RACE/ETHNICITY								
		African American	API/Native Hawaiian	Asian	Latino	Multi-ethnic	Native American*	Other	Caucasian	Total
NO	count	108	12	28	34	36	5	13	21	259
	%	83.1%	100.0%	100.0%	94.4%	80.0%	100.0%	92.9%	84.0%	87.2%
YES	count	22	0	0	2	9	0	1	4	38
	%	<b>16.9%</b>	0%	0%	5.6%	<b>20.0%</b>	0%	7.1%	<b>16.0%</b>	12.8%
TOTAL	count	130	12	28	36	45	5	14	25	297
	%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

Middle school Multi-ethnic, African American, and Caucasian youth reported the highest percent of marijuana use in the past 30 days. Asian and API/Native Hawaiian identified youth had the lowest use rate, with 0% of Asian youth reporting any marijuana use in the past 30 days. This is the first cohort where African American use rates have been among the top three highest use rates.

\* Due to their small sample size Native American Youth were not included in this analysis.

## BINGE DRINKING-PAST THIRTY DAYS

The percentage of middle school student respondents in the BHCS Countywide cohort who reported at least one day of binge drinking within the past thirty days is 12%, compared to 2% of CHKS MS respondents. For high school students, the rates are fairly similar (24% BHCS and 18% CHKS). For BHCS alternative high students, 20% reported engaging in at least one episode of binge drinking as compared to 33% of CHKS Alt student respondents.

Nationally, the percentage of high school students who engage in binge drinking ranges from 22% to almost 30%<sup>4</sup>.



**TABLE 3: Binge Drinking**

	CHKS 7	CW MS	CHKS 11	CW HS	CW Alt	CHKS Alt
0 days	97%	88%	82%	77%	80%	68%
1 to 2 days	1%	5%	10%	11%	11%	13%
3 or more days	1%	7%	8%	13%	9%	20%

**Nationally, the percentage of high school students who engage in binge drinking ranges from 22% to almost 30%.**

<sup>4</sup> National binge drinking data source: 2002 Monitoring the Future survey and 2001 Youth Risk Behavior Survey.

Middle school student respondents of the CHKS and CW MS surveys reported that it is almost equally very easy/easy or somewhat difficult/difficult to obtain alcohol.

## ALCOHOL AND DRUG USE IN PAST SIX MONTHS

The data in this table indicate that the two main substances that Alameda County youth are using/abusing are alcohol and marijuana.

The use of inhalants and other drugs (methamphetamine, cocaine, LSD, ecstasy, etc.) were reported by respondents far less frequently in the past six months than alcohol and marijuana. Thirty-one percent of middle school respondents reported using alcohol in the past six months, compared to 4% reporting the use of inhalants and/or other drugs. Among high school student respondents, 49% reported using alcohol and 38% using marijuana, compared to 5% reporting the use of inhalants and 9% using other drugs in the past six months.

TABLE 4: Alcohol and Drug Use in Past Six Months

	Alcohol			Marijuana	
	CW MS	CW HS		CW MS	CW HS
<b>None</b>	<b>69%</b>	<b>51%</b>	<b>None</b>	<b>81%</b>	<b>62%</b>
<b>Any Use</b>	<b>31%</b>	<b>49%</b>	<b>Any Use</b>	<b>19%</b>	<b>38%</b>
1 or 2 times	14%	17%	1 or 2 times	5%	11%
A few times	8%	12%	A few times	4%	7%
Once a month	3%	4%	Once a month	2%	2%
Once a week	2%	4%	Once a week	2%	2%
A few times a week	3%	8%	A few times a week	2%	5%
Once or more a day	2%	4%	Once or more a day	4%	11%

	Inhalants			Other Drugs	
	CW MS	CW HS		CW MS	CW HS
<b>None</b>	<b>94%</b>	<b>95%</b>	<b>None</b>	<b>96%</b>	<b>91%</b>
<b>Any Use</b>	<b>4%</b>	<b>5%</b>	<b>Any Use</b>	<b>4%</b>	<b>9%</b>
1 or 2 times	1%	2%	1 or 2 times	1%	3%
A few times	1%	2%	A few times	1%	2%
Once a month	0%	0%	Once a month	0%	<1%
Once a week	0%	<1%	Once a week	1%	1%
A few times a week	<1%	<1%	A few times a week	0%	1%
Once or more a day	2%	1%	Once or more a day	1%	2%

## DIFFICULTY IN OBTAINING ALCOHOL OR MARIJUANA

Middle school student respondents of the CHKS and CW MS surveys reported that it is almost equally very easy/easy or somewhat difficult/difficult to obtain alcohol. For high school students, the majority of respondents from the CHKS survey perceive it to be very easy or easy to obtain/purchase alcohol (77%). High school student respondents of the CW HS survey also felt it was very easy/easy to obtain alcohol (39%), but to a lesser degree than the respondents in the CHKS survey. In contrast, Berkeley and Berkeley Alternative survey

respondents reported more difficulty in obtaining/purchasing alcohol with 47% of Berkeley High respondents and 56% of Berkeley Alternative respondents saying it was either somewhat difficult or difficult to obtain/purchase alcohol. The Berkeley Police Department currently has a grant from the Department of Alcohol and Beverage Control (ABC) to conduct minor decoy and shoulder tapping alcohol prevention activities. These prevention activities could be a factor in why Berkeley respondents find it more difficult to obtain/purchase alcohol.

For obtaining/purchasing marijuana the trend was the same as for alcohol in that the majority of middle school students in both surveys felt it was difficult/somewhat difficult to obtain/purchase marijuana (46% in CHKS and 53% in CW MS). A similar trend was also seen with high school students in that the majority of CHKS respondents (72%) felt it was either very easy or easy to obtain marijuana. High school student respondents of the CW HS and Berkeley surveys also felt it was either very easy or easy to obtain/purchase marijuana (50% and 64%), but to a lesser degree than the respondents in the CHKS survey. However, 91% of Berkeley Alternative student respondents reported that it was either very easy or easy to purchase marijuana-this percentage is even higher than the CHKS Alternative school data in which 76% of respondents thought it was either very easy or easy to obtain marijuana.



It should also be noted that a significant percent of CW HS respondents (almost 40%) did not know if it was either easy or difficult to obtain/purchase alcohol or marijuana. From this an assumption can be made that these students do not know because they are not using or actively trying to use these substances.

Although, the data show that it is fairly common for students to have little difficulty in obtaining alcohol or marijuana it should be remembered that easy access to these drugs is not the main reason for youth using. The main reasons for use included feeling good, fun, and relieving stress. Data on reasons for use can be reviewed in Section IV.

## GANG INVOLVEMENT

The percentage of reported gang involvement is similar in both surveys; however it is slightly higher for middle school students in the CW MS survey (8% CHKS vs. 15% CW MS). What is alarming is that of the alternative school students approximately 1 in 4 student respondents of either survey reported that they have belonged to a gang at some point in time. Additionally, the difference in percentage of gang involvement dramatically increases from the traditional high school category (avg. 10%) to the alternative high school category (avg. 27%).

**TABLE 5: Gang Involvement**

	CHKS 7	CW MS	CHKS 11	CW HS	CHKS Alt	CW Alt
Yes	8%	15%	9%	11%	25%	28%
No	92%	85%	91%	89%	75%	72%

In the CW MS and CW HS survey students were also asked if they had ever wanted to belong to a gang. Of the students who said no to belonging to a gang, 9% of middle school, 6% of high school and 4% of alternative school student respondents reported yes, they have wanted to belong to a gang.

## COMING TO SCHOOL DRUNK OR HIGH-PAST THIRTY DAYS

The majority of students in each survey reported not coming to school drunk or high in the past thirty days; however between 12% and 14% of youth in all grade levels indicated that they had. While this may seem positive that low numbers of youth are coming to school drunk or high, it may also mean that when students are drunk or high they simply do not come to school at all; this is the assumption from several of the local prevention providers.

**TABLE 6: Consequences of Use<sup>5</sup>**

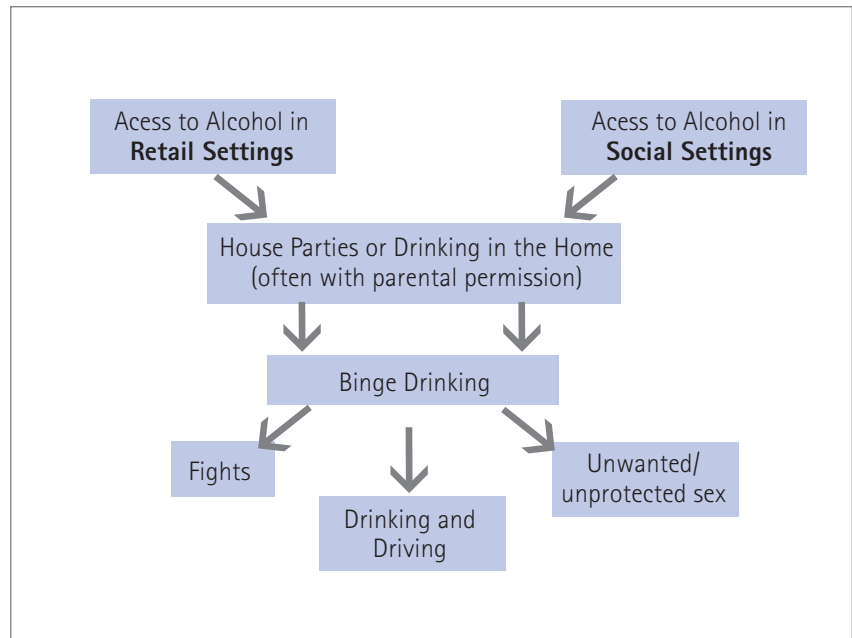
	CW HS	CW Alt
N/A Does Not Use Alcohol	58%	48%
Physical Pain/Injury	7%	4%
<b>Fighting</b>	<b>16%</b>	<b>25%</b>
<b>Unwanted/Unprotected Sex</b>	<b>10%</b>	<b>18%</b>
Damage Friendship/Family Troubles	9%	5%

## CONSEQUENCES OF ALCOHOL USE

High school student respondents reported that fighting was the most common consequence of alcohol use (16%), followed by unwanted/unprotected sex (10%), damage to friendships/family troubles (9%), and physical pain/injury (7%). For students attending alternative schools, the data is similar but has higher percentages for some consequences and lower percentages for others, e.g. the percentages for the consequences of fighting and unwanted/unprotected sex are higher, but are lower for physical pain/injury and damage friendship/family troubles. It is unsettling to see that as a consequence of alcohol 1 in 4 alternative school respondents have suffered from fighting and almost 1 in 5 respondents have engaged in unwanted/unprotected sex.

**It is unsettling to see that as a consequence of alcohol 1 in 4 alternative school respondents have suffered from fighting and almost 1 in 5 respondents have engaged in unwanted/unprotected sex.**

Based on all of the collected data we have created this model to visually show how access to alcohol and the most commonly reported locations of use lead to binge drinking and its top three reported consequences for Alameda County youth.



<sup>5</sup> National binge drinking data source: 2002 Monitoring the Future survey and 2001 Youth Risk Behavior Survey.

## INVOLVEMENT IN AFTER SCHOOL ACTIVITIES

The majority of students surveyed in middle school (71%) and high school (65%) reported being involved in after school activities such as sports, clubs, work, and youth organizations; however for student respondents attending alternative schools, slightly more than half are not involved in any after school activities. Of the students participating in after school activities, sports are the most common type of activity.

Research has shown that involvement in after school activities is a *protective factor* that has been associated with: (1) academic achievement; (2) a stronger self-image; (3) positive social development; (4) reductions in risk-taking behavior (such as alcohol and drug use); and (5) better school behavior and fewer absences.<sup>6</sup> Conversely when our local data was analyzed we did not find a significant association between a reduction in AOD use and participation in after school activities, possibly due to the small sample size.

## STUDENTS WHO HAVE A MENTOR OR POSITIVE ROLE MODEL IN THEIR LIVES

Middle and high school students were asked, “Do you have a mentor and/or positive role model to talk to about problems in life?” Across all groups the majority of student respondents reported that they had a mentor or positive role model in their lives; however between 33% and 37% of students reported not having a mentor or positive role model to talk with. Due to the way the question was asked, it is possible that more youth have positive role models, but they just don’t talk with them. Starting in middle school youth seek out their peers more than adults for support, information, etc.

Although having a mentor or positive role model has been shown to be a protective factor against risk-taking behaviors such as AOD use,<sup>7</sup> a cross tab analysis of the countywide middle and high school data did not show a significant reduction in AOD use based on students having a mentor.

**The majority of student respondents reported that they had a mentor or positive role model in their lives.**



<sup>6</sup> American Youth Policy Forum. (2003). *Finding fortune in thirteen out-of-school time programs: A compendium of education programs and practices*. Washington, DC: Author. Available at [www.aypf.org/publications/Compendium2003.pdf](http://www.aypf.org/publications/Compendium2003.pdf) (Acrobat file).

<sup>7</sup> Beier S, et al. The Potential Role of an Adult Mentor in Influencing High-Risk Behaviors in Adolescents. *Arch Pediatric Adolescent Medicine*. April 2000;154:327-331

## ISSUES THAT YOUTH STRUGGLE WITH

In the Countywide survey we asked middle and high school youth respondents, “Have you ever struggled with any of the following types of problems?” Students were given a closed set of eight responses, which can be seen in the following two tables. The responses are broken down by gender for middle and high school participants due to the assumption that males and females can struggle or cope with issues differently at different developmental stages.

**TABLE 7: Middle School**

Issue	Female N=133	Male N=177
Depression	26%	22%
Anxiety	5%	5%
Not eating and/or bingeing & purging	10%	7%
Learning difficulties	14%	9%
Feelings of not fitting in or belonging	32%	20%
Suicidal thoughts or attempts	8%	9%
Cutting skin to relieve stress	9%	2%
Uncontrolled anger	26%	23%

### Middle School Students

For middle school respondents both genders struggled similarly with depression, anxiety, not eating/bingeing and purging, suicidal thoughts or attempts, and uncontrolled anger. Areas where female respondents reported higher percentages of struggle included learning difficulties, feelings of not fitting in or belonging, and cutting skin to relieve stress.

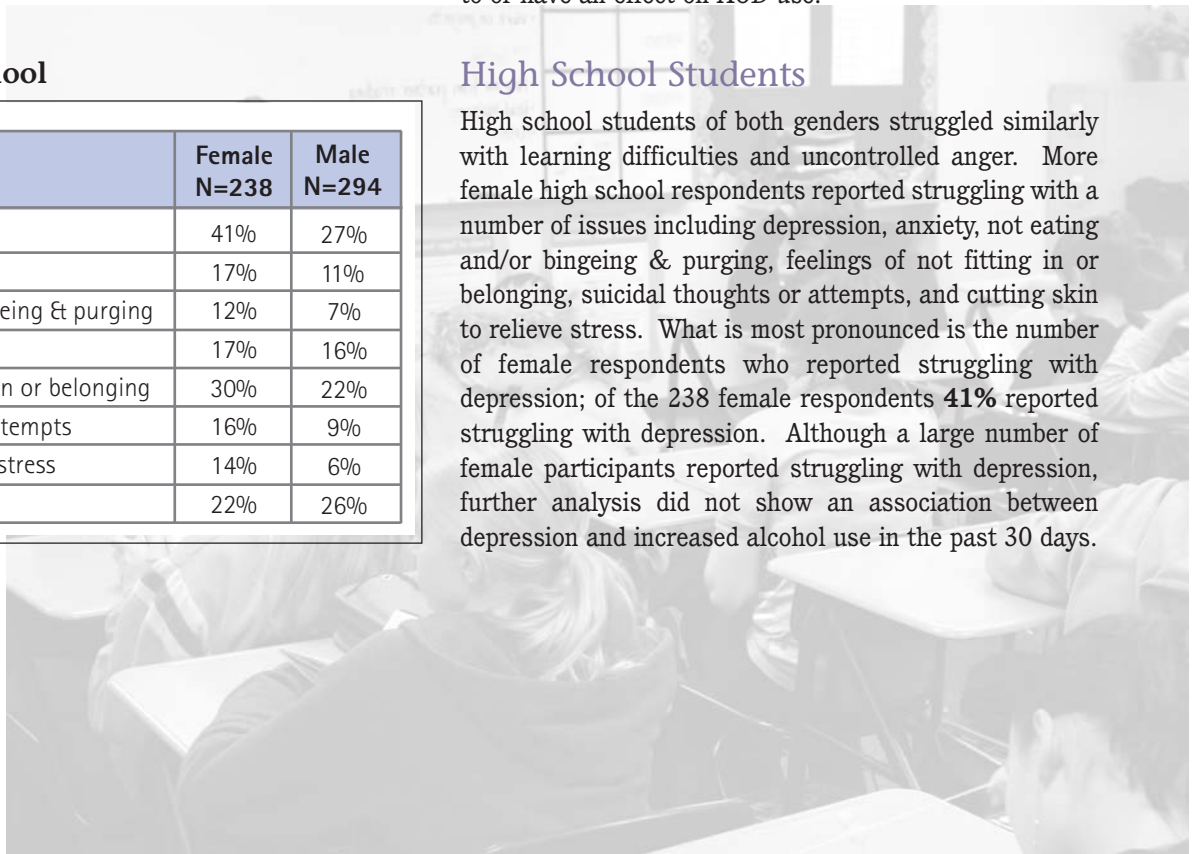
Although rates between male and female respondents are similar for depression and uncontrolled anger they are quite high with 1 in 4 of the 133 female respondents and 1 in 5 of the 177 male respondents reported having struggled with depression and uncontrolled anger. Both of these issues, as well as the other listed struggles, can lead to or have an effect on AOD use.

**TABLE 8: High School**

Issue	Female N=238	Male N=294
Depression	41%	27%
Anxiety	17%	11%
Not eating and/or bingeing & purging	12%	7%
Learning difficulties	17%	16%
Feelings of not fitting in or belonging	30%	22%
Suicidal thoughts or attempts	16%	9%
Cutting skin to relieve stress	14%	6%
Uncontrolled anger	22%	26%

### High School Students

High school students of both genders struggled similarly with learning difficulties and uncontrolled anger. More female high school respondents reported struggling with a number of issues including depression, anxiety, not eating and/or bingeing & purging, feelings of not fitting in or belonging, suicidal thoughts or attempts, and cutting skin to relieve stress. What is most pronounced is the number of female respondents who reported struggling with depression; of the 238 female respondents **41%** reported struggling with depression. Although a large number of female participants reported struggling with depression, further analysis did not show an association between depression and increased alcohol use in the past 30 days.



# VI.

## CONCLUSIONS AND NEXT STEPS



*Alcohol is being accessed through social or retail settings (depending on geographic location in the county) and then consumed in a home setting (either their own home or a friends or relatives home). Youth also perceive that it is fairly easy to obtain/purchase alcohol and or marijuana.*

**It is our expectation that this data will be used to promote awareness of these AOD and risk taking behaviors and ultimately help in refining prevention services, which will result in better coordination and efficiency of the overall prevention system.**

The data presented in this report captures a snapshot of current Alameda County youth behaviors as related to alcohol and other drug use (particularly marijuana) and other associated behaviors, opinions, and struggles. Main points to take away from this report include the following bullets.

- For the youth participants who reported AOD use, alcohol and marijuana were the top two drugs of choice. Alcohol and marijuana use rates remain unacceptably high with 41% of all high school respondents and almost 20% percent of middle school respondents reported using alcohol in the past thirty days. Thirty two percent of all high school respondents reported using marijuana in the past thirty days. Additionally binge drinking rates for the youth respondents are similar to national rates (24% locally vs. 22-30% nationally).
- Alcohol is being accessed through social or retail settings (depending on geographic location in the county) and then consumed in a home setting (either their own home or a friends or relatives home). Youth also perceive that it is fairly easy to obtain/purchase alcohol and or marijuana.
- The youth participants reported that fighting and unwanted/unprotected sex were the top two consequences of alcohol use. AOD use among youth is an important indicator of health and social issues with implications for both current and future impact on individuals as well as on the overall community. Substance use has direct consequences for youth related to academic performance, risky sexual activity, delinquent and criminal behavior, violence, and long term health issues.
- Drinking and driving rates or riding with a driver who had been drinking are dangerously high with about 35% of students reporting (over their lifetime) to have either driven after drinking or have ridden in a car with a driver who had been drinking. What is more disturbing is that 15% of the Countywide high school cohort reported either drinking and driving or being a passenger seven or more times in their lives.
- Alameda County Behavioral Health Care Services hopes that the information provided in this report is useful in understanding the needs and issues that youth in Alameda County face on an ongoing basis regarding AOD use and associated high risk behaviors. It is our expectation that this data will be used to promote awareness of these AOD and risk taking behaviors and ultimately help in refining prevention services, which will result in *better coordination and efficiency of the overall prevention system.*

# APPENDIX A. COUNTYWIDE HIGH SCHOOL YOUTH SURVEY TOOL

## ALAMEDA COUNTY AOD YOUTH SURVEY

Alameda County Behavioral Health Care Services is interested in finding out about young people's health-related attitudes, risks and behaviors. Attached is a survey that has been designed to capture this type of information. It includes questions about alcohol and drug use, the problems caused by that use, drinking and driving patterns, and what prevents youth from using alcohol and/or drugs. **The survey is totally voluntary and all of your answers will be kept strictly confidential.** The information from these surveys will give us a better understanding of youth behaviors. This will allow us to enhance our prevention efforts and the well-being of youth in Alameda County.

Directions: Please read each question carefully and circle the answer that best fits your opinion. For some questions you can circle more than one answer-these questions will be marked for you.

## DEMOGRAPHICS

---

1. Your age: \_\_\_\_\_ years

2. Gender:    a. Female            b. Male            c. Other

3. How do you describe yourself in terms of race/ethnicity?

- |   |                           |
|---|---------------------------|
| a. African American                       | e. Native American        |
| b. Asian                                  | f. White                  |
| c. Asian Pacific Islander/Native Hawaiian | g. Multi-racial           |
| d. Latino/a                               | h. Other (specify): _____ |

4. Current grade in school:

5. Name of School: \_\_\_\_\_

- |         |         |
|---------|---------|
| a. 9th  | c. 11th |
| b. 10th | d. 12th |

6. Who do you live with?

- |             |                 |                |                   |               |
|-------------|-----------------|----------------|-------------------|---------------|
| a. Parent/s | b. Grandparents | c. Foster care | d. Other relative | e. Group home |
|-------------|-----------------|----------------|-------------------|---------------|

7. Where do you live? (City/zip): \_\_\_\_\_

8. During the past year, how would you describe the grades you mostly received in school?

- |                |                |                |               |
|----------------|----------------|----------------|---------------|
| a. Mostly A's  | c. Mostly B's  | e. Mostly C's  | g. Mostly D's |
| b. A's and B's | d. B's and C's | f. C's and D's | h. Mostly F's |

## ALCOHOL AND DRUG CONSUMPTION

**9. How old were you the first time you had an alcoholic drink? (not including just a sip or for religious activities)**

- a. Never had a drink before.      c. 11-12      e. 16-17  
 b. Younger than 11      d. 13-15      f. 18 or over

**10. How old were you the first time you used marijuana or other drugs?**

- a. Never used marijuana or other drugs before.      c. 11-12      e. 16-17  
 b. Younger than 11      d. 13-15      f. 18 or over

**11. During the past 30 days, how often have you used...**

	zero, I don't use	1-2 days	3-9 days	10-19 days	20 or more (daily)
A. Any alcohol (beer, wine, wine coolers, liquor, etc.)	A	B	C	D	E
B. Marijuana (pot, weed, grass, hash)	A	B	C	D	E

**12. What kind of alcohol do you or your friends like to consume?**

- a. I don't drink alcohol.      c. Wine      e. Wine coolers/cocktails  
 b. Beer      d. Hard liquor      f. Malt liquor

**13. Think back over the past thirty days. How many days, if any, did you have five or more alcoholic drinks, within a two hour period? (Circle only one answer)**

- a. None      c. 2 days      e. 4 days      g. 6 days  
 b. 1 day      d. 3 days      f. 5 days      h. 7 or more days

**14. During the past six months, about how many times have you used these substances?**

	0 times	1-2 times	A few times	Once a month	Once a week	A few times a week	Once or more a day
A. Any alcohol (beer, wine, wine coolers, liquor, etc.)	A	B	C	D	E	F	G
B. Marijuana (pot, weed, grass, hash)	A	B	C	D	E	F	G
C. Inhalants (things you sniff, huff or breathe to get high such as glue, paint, aerosol sprays, gasoline, poppers, etc)	A	B	C	D	E	F	G
D. Any other drugs (cocaine, Meth, PCP, or sedatives)	A	B	C	D	E	F	G

**15. Where do you drink alcohol or use drugs? (Circle all that apply)**

- a. I don't drink alcohol or use drugs      f. Parks/recreation centers  
 b. At home alone      g. At parties/school events (dances/sports)  
 c. At home with friends      h. Entertainment spots (movie theater, etc)  
 d. Friends or relative's home      i. School  
 e. On the street/corner      j. Other: \_\_\_\_\_

16. In the past 30 days have you ever come to school drunk or high? a. Yes b. No

17. Do you pour alcohol into other containers to disguise that you are drinking alcohol?

a. Yes b. No If so what kinds? \_\_\_\_\_

## ACCESS

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18. Where do you usually get your alcohol? (Circle all that apply)

- a. I don't drink c. Supermarket/Liquor Store e. Relatives/brother/sister  
b. My house/parents d. Friends f. Adults

19. Where do you usually get your marijuana or other drugs? (Circle all that apply)

- a. I don't use marijuana or other drugs e. Parties or events outside of school  
b. School f. Neighborhood  
c. Home g. Dealers  
d. A friend's home

20. In your opinion, how difficult is it to purchase alcohol?

- a. Easy c. Sometimes difficult e. N/A I don't know  
b. Very Easy d. Difficult

21. In your opinion, how difficult is it to purchase marijuana or other drugs?

- a. Easy c. Sometimes difficult e. N/A I don't know  
b. Very Easy d. Difficult

22. Have you or your friends ever paid an adult to purchase alcohol for you? a. Yes b. No

23. Has drinking alcohol ever caused you to have any of the following problems? (Circle all that apply)

- a. Does not apply I never use alcohol d. Have unwanted or unprotected sex  
b. Physically hurt or injure yourself e. Damage a friendship or cause family troubles  
c. Fight with other kids

## FAMILY AND COMMUNITY

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24. Who would you call if you were too drunk or high to drive?

- a. Parents c. Relative e. Would not call, would drive home  
b. Friends d. Brother/Sister f. I don't drive

**25. Why do you drink or use drugs? (Circle all that apply)**

- a. I don't drink or use drugs
- b. Friends give me a hard time if I don't
- c. Family is ok with it
- d. Feels good
- e. Advertising/media makes it look cool
- f. Family uses
- g. Feel confused about gender identity or sexual orientation
- h. Escape from problems "numb out"
- i. Bored/Nothing else to do
- j. Stressed out
- k. Fun
- l. Easy availability
- m. Learning difficulties
- n. Other \_\_\_\_\_

**26. What prevents you from drinking or using drugs? (Circle all that apply)**

- a. Accidents
- b. Stories you've heard
- c. Can't get alcohol
- d. Anti-alcohol/drug messages
- e. Aware of the consequences
- k. Nothing stops me from using alcohol and/or drugs.
- f. Afraid to get in trouble
- g. Taste is nasty
- h. Family alcoholism
- i. Religious reasons
- j. Parents

**27. Are you involved with any after school activities?**

- a. Sports
- c. Work
- e. I'm not involved in any after school programs
- b. Clubs
- d. Youth organizations
- f. Other \_\_\_\_\_

**28. Have you ever belonged to a gang?** a. Yes b. No

**29. Have you ever *wanted* to belong to a gang?** a. Yes b. No

**30. Do you have a mentor and/or positive role model to talk to about problems in life?** a. Yes b. No

**31. During your life, how many times have you ever driven a car when you had been drinking alcohol, or been in a car driven by a friend who had been drinking?**

- a. Never
- b. 1 time
- c. 2 times
- d. 3 to 6 times
- e. 7 or more times

**32. Do you think driving while intoxicated is dangerous?** a. Yes b. No

**If you feel comfortable please answer the final two questions**

**33. Do you identify as gay, lesbian, bisexual, transgender, or questioning? (Even if you haven't told anyone)**

- a. Yes
- b. No

**34. Have you ever struggled with any of the following types of problems? (Circle all that apply)**

- a. Depression
- b. Anxiety
- c. Not eating and/or binging and purging
- d. Learning difficulties
- e. Feelings of not fitting in or belonging
- f. Suicidal thoughts or attempts
- g. Cutting your skin to relieve stress/sadness
- h. Uncontrolled anger

**35. Comments** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**END OF SURVEY!!!! THANK YOU FOR YOUR INPUT!!**

## APPENDIX B. DATA TABLES

In the tables below, BHCS Countywide data is labeled as *CW MS* (middle school data), *CW HS* (high school data), *CW Alt* (alternative high schools, except Berkeley), *Berkeley* (Berkeley High School), and *Berk Alt* (Berkeley Alternative High School). Data from the alcohol survey conducted by the Friday Night Live chapter in southern Alameda County is labeled FNL. CHKS data is labeled *CHKS 7* (7th grade/middle school), *CHKS 11* (11th grade/high school), and *CHKS Alt* (alternative high schools).

**DATA TABLE 1: Age at First Use**

	CW MS N=315	CW HS N=585	Berkeley N=370	Berkeley ALT N=64	FNL N=240
Never Used	62%	33%	22%	8%	30%
Younger than 11 years	16%	11%	28%	28%	24%
11-13years	22%	16%	—	44%	19%
14-15 years	—	28%	21%	15%	22%
16-17 years	—	11%	7%	3%	4%
18+ years	—	1%	22%	2%	1%

**DATA TABLE 2: Frequency of Alcohol Use-Past Thirty Days**

	CW MS N=299	CW HS N=536	Berkeley N=363	Berkeley ALT N=64	FNL N=243
Never	83%	65%	34%	0%	61%
Once a week	5%	9%	10%	<b>59%</b>	9%
2-5 times/week	2%	5%	8%	41%	7%
<b>A few times a month</b>	<b>8%</b>	<b>17%</b>	<b>21%</b>	—	<b>23%</b>
Special occasion	—	—	19%	—	—
Daily	2%	4%	8%	—	—

**DATA TABLE 3: Access to Alcohol**

	CW MS 343 responses	CW HS 779 responses	Berkeley 509 responses	Berkeley ALT 81 responses	FNL 252 responses
Don't use/blank	62%	33%	19%	10%	4%
My house/parents	9%	7%	9%	0%	<b>12%</b>
<b>Supermarket/Liquor store</b>	4%	<b>20%</b>	<b>23%</b>	<b>40%</b>	—
<b>Friends</b>	<b>14%</b>	<b>25%</b>	<b>19%</b>	<b>2%</b>	<b>42%</b>
Relatives	5%	7%	7%	<b>17%</b>	<b>34%</b>
Adults	5%	8%	6%	5%	0%
Other people's parents	—	—	3%	12%	—
Stranger	—	—	—	—	9%
Other	—	—	—	—	0%
Multitple places*	—	—	13%	14%	—

\* Due to the way the Berkeley data was entered, when a student marked more than four responses their answers were coded into a "multiple" variable.

**DATA TABLE 4: Type of Alcohol Commonly Consumed**

	CW MS N=315	CW HS N=591	Berkeley 431 responses	Berkeley ALT 69 responses	FNL N=252
Don't use/blank	68%	46%	22%	9%	38%
Beer	5%	9%	13%	7%	<b>27%</b>
Wine	2%	3%	5%	1%	7%
<b>Hard liquor</b>	<b>15%</b>	<b>30%</b>	<b>31%</b>	<b>61%</b>	17%
Wine coolers/cocktails	8%	8%	8%	7%	11%
Malt liquor	2%	4%	4%	6%	—
Jell-O shots	—	—	4%	0%	—
Multiple types	—	—	13%	9%	—

**DATA TABLE 5: Reasons for Alcohol or Drug Use**

	CW MS 445 responses	CW HS 1116 responses	Berkeley 483 responses	Berkeley ALT 71 responses	FNL 599 responses
Don't use/blank	48%	22%	6%	7%	21%
Peer pressure	3%	2%	7%	4%	<b>18%</b>
Stress	4%	10%	11%	13%	21%
<b>Fun</b>	<b>10%</b>	<b>17%</b>	<b>11%</b>	<b>13%</b>	14%
Feels good	8%	16%	11%	20%	11%
Family uses	4%	3%	2%	4%	19%
Confusion with gender identity	1%	0%	—	—	—
Numb out/escape	3%	7%	—	—	—
Bored	6%	9%	—	—	—
Family is OK	3%	3%	2%	0%	—
Easy availability	2%	5%	3%	1%	—
Learning difficulties	1%	1%	—	—	—
Depression	—	—	—	—	10%
Social setting	—	—	—	—	12%
Media makes it cool	4%	2%	2%	3%	—
Other	4%	4%	4%	6%	5%
Multiple reasons	—	—	44%	30%	—

**DATA TABLE 6: Factors that Prevent Students from Alcohol or Drug Use**

	CW MS 695 responses	CW HS 1258 responses	Berkeley 503 responses	Berkeley ALT 70 responses
<b>Accidents</b>	<b>12%</b>	<b>12%</b>	<b>11%</b>	<b>17%</b>
<b>Stories they've heard</b>	<b>17%</b>	<b>12%</b>	<b>5%</b>	<b>11%</b>
<b>Aware of consequences</b>	<b>13%</b>	<b>14%</b>	<b>16%</b>	<b>6%</b>
<b>Parents</b>	<b>15%</b>	<b>15%</b>	<b>9%</b>	<b>16%</b>
<b>Fear of getting in trouble</b>	<b>13%</b>	<b>13%</b>	<b>6%</b>	<b>3%</b>
No access	5%	3%	7%	6%
Anti alcohol/drug messages	7%	5%	1%	0%
Tastes bad	7%	8%	7%	4%
Family alcoholism	3%	4%	3%	2%
Religious reasons	3%	3%	2%	0%
Nothing stops me	5%	11%	14%	24%
Multiple reasons	—	—	19%	11%

**DATA TABLE 7: Asking an Adult to Purchase Alcohol (a.k.a. "Shoulder Tapping")**

CW MS N=315	CW HS N=591	Berkeley N=431	Berkeley ALT N=69	FNL N=252
12%	28%	35%	60%	14%

**DATA TABLE 8: Drinking and Driving or Riding as a Passenger**

CW MS N=313	CW HS N=572	Berkeley N=351	Berkeley ALT N=60	FNL N=243
35%	32%	33%	48%	26%

Note: The Berkeley and Berkeley Alternative survey only asked if students had “ever gone for a ride with a drunk driver.” It did not specifically ask if the student ever drove after drinking.

**DATA TABLE 9: Youth Reported Difficulty in Purchasing/Obtaining Alcohol or Marijuana**

	CHKS 7	CW MS	CHKS 11	CW HS	Berkeley	CHKS Alt	CW Alt	Berkeley Alt
<b>Difficulty Obtaining/ Purchasing Alcohol</b>								
Very easy	32%	47%	77%	39%	36%	71%	44%	39%
Somewhat difficult/difficult	35%	53%	12%	22%	<b>47%</b>	16%	10%	<b>56%</b>
Don't know/NA	33%	—	11%	39%	17%	13%	46%	5%
<b>Difficulty Obtaining/ Purchasing Marijuana</b>								
Very easy	18%	47%	72%	50%	64%	76%	56%	91%
Somewhat difficult/difficult	46%	53%	12%	12%	7%	10%	4%	4%
Don't know/NA	36%	—	16%	38%	29%	14%	40%	5%

**DATA TABLE 10: Youth Coming to School Drunk or High**

	CW MS	CW HS	CW Alt
Yes	32%	14%	13%
No	88%	86%	87%

**DATA TABLE 11: Percent of youth who are involved in after school activities**

	CW MS	CW HS	CW Alt
Yes	71%	65%	46%
No	29%	35%	54%

**DATA TABLE 12: Percent of youth who reported having a mentor or positive role model**

	CW MS	CW HS	CW Alt
Yes	65%	63%	67%
No	35%	37%	33%



