WHAT OUR STUDENTS TELL US:

2013 MINNESOTA STUDENT SURVEY RESULTS FOR OSSEO AREA SCHOOLS
MN Student Survey Summary

Summary provided through Partnership for Change Coalition. Many thanks for the resources provided to make this summary document possible.
Survey data assists with students achieving dreams, contributing to community and engaging in a lifetime of learning by:

- Identifying student protective factors
- Identifying issues that interfere with academic success
- Assisting educators to respond to student needs
Overview of Minnesota Student Survey 2013

- In Osseo, the survey has been given every three years since 1992
- Survey developed and analyzed by MN Departments of Education, Health, Human Services and Public Safety
- Some questions changed/updated and grade levels changed
- Some 9th grade trend data available—report available at [http://education.state.mn.us/MDE/StuSuc/SafeSch/MNStudentSurvey/](http://education.state.mn.us/MDE/StuSuc/SafeSch/MNStudentSurvey/)
The Minnesota Student Survey Covers Many Areas – Some Include:

- Demographics
- Protective Factors – school, family, neighborhoods
- School: academics, plans, safety
- Risk behaviors: substance use, bullying behavior and sexual activity
- Stress and emotional distress
- 9th grade trend data
Who Took the Survey in Osseo School District

- 1,447 or 90% of 5th grade students
- 1,310 or 88% of 8th grade students
- 1,239 or 86% of 9th grade students
- 1,210 or 80% of 11th grade students
- A total of 5,206 students surveyed in Osseo
Who Took the Survey in Osseo School District

- American Indian: 2% (2007), 1% (2010), 1% (2013)
- White: 58% (2007), 54% (2010), 52% (2013)
- Biracial/Other: 7% (2007), 9% (2010), 9% (2013)
- I don't know/no answer: 4% (2007), 4% (2010), 6% (2013)

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Prepared by Lorry Day, Life Lines for Youth and Families LLC
Top School Protective Factors

- Students feel safe at school
- Students feel their teachers care about them
- Students feel listened to by adults at school
- 3 out of 4 students plan to go to college
- Most students feel school is an important part of their lives
Top Family Protective Factors

- Students feel cared about by their parents
- Students feel cared about by other relatives
- Most students can talk to their parents about their problems
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SCHOOL ISSUES
Bullying Behavior

Other Students pushed, shoved, hit or kicked you

Other students threatened to beat you up

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Prepared by Lorry Day,  
Life Lines for Youth and Families LLC
Bullying Can Affect a Student’s Academic Success and Their Self Esteem

- Through email, texting, chat rooms, etc.
- Other students excluded you from friends, activities
Reasons Students Bullied or Harassed in the Past Month

- Weight or physical...: 22%
- Race/ethnicity: 12%
- Religion: 7%
- Sexual orientation or...: 7%
- Gender: 6%
- Physical or mental disability: 4%

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Prepared by Lorry Day,
Life Lines for Youth and Families LLC
Harassment Can Cause Lower Self Esteem and Can Impact a Student’s Mental and Physical Health

Other Students at School Made Unwanted Sexual Comments, Jokes or Gestures Towards You

<table>
<thead>
<tr>
<th>Grade</th>
<th>8th - M</th>
<th>8th - F</th>
<th>9th - M</th>
<th>9th - F</th>
<th>11th - M</th>
<th>11th - F</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>17%</td>
<td>30%</td>
<td>17%</td>
<td>33%</td>
<td>20%</td>
<td>30%</td>
</tr>
</tbody>
</table>
School Issues: Truancy Can Lead to Poor Academic Success and Dropping Out of School

<table>
<thead>
<tr>
<th>Grade</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>8th</td>
<td>13%</td>
<td>14%</td>
<td>14%</td>
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<td>6%</td>
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<tr>
<td>9th</td>
<td>14%</td>
<td>8%</td>
<td>8%</td>
<td>7%</td>
<td>10%</td>
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<tr>
<td>11th</td>
<td>20%</td>
<td>12%</td>
<td>12%</td>
<td>19%</td>
<td>10%</td>
</tr>
</tbody>
</table>

Partial Day vs Full Day

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HIGH RISK BEHAVIORS
Substance Abuse – Very Few 5th Graders Have Used Alcohol or Other Drugs

- Smoked cigarettes in last 30 days: 0% (M) / 0% (F)
- Drank alcohol in last 12 months: 4% (M) / 2% (F)
- Used marijuana in last 12 months: 1% (M) / 1% (F)
- Inhalent use in last 12 months to get high: 2% (M) / 2% (F)

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Alcohol Use Increases with Age

Almost 1 out of 4 – 11th grade students drink on a regular basis and more than 1 out of 10 binge drink. Alcohol remains the most widely used substance by teenagers.

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Where Do Most Students Get Alcohol?

- From friends
- At parties
- Taking it from home
- Someone else bought it
- Got it from my parents
- Got it from other family members
Alcohol Marketing to Youth – Alcohol Doesn’t Look the Same
“Sweet New Alcohol Products That Will Give You a Sugar High With Your Buzz”
Marijuana Use in Osseo Is Slightly Higher Than the Rest of the State (except for 9th and 11th grade females)

<table>
<thead>
<tr>
<th>Grade</th>
<th>8th - M</th>
<th>8th - F</th>
<th>9th - M</th>
<th>9th - F</th>
<th>11th - M</th>
<th>11th - F</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marijuana use past 30 days - Osseo</td>
<td>9%</td>
<td>6%</td>
<td>10%</td>
<td>15%</td>
<td>23%</td>
<td>20%</td>
</tr>
<tr>
<td>Marijuana use past 30 days - state</td>
<td>6%</td>
<td>5%</td>
<td>9%</td>
<td>9%</td>
<td>13%</td>
<td>3%</td>
</tr>
</tbody>
</table>

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Marijuana is addictive

THC levels increased from 3% in 1970 to 11% + in 2011

Marijuana lowers IQ, grades and increases students dropping out of school

1 in 6 young people who start using marijuana in adolescence become addicted

According to national surveys, marijuana use is increasing among all ages.
Marijuana’s Different Looks
E-cigarettes Are Used by Youth to “Vape” Marijuana

- Easy access (available at tobacco shops, convenience and grocery stores)
- Vaporizing does not produce the smell; therefore use can go undetected
Marijuana is Also Available in Oil Form for Use in E-Cigarettes
Synthetics—“K2, Spice”

- Synthetics are a smoking blend made of herbs and spices sprayed with synthetic cannabinoids.
- Can cause hallucinations, vomiting, fast heart beat, dangerously elevated blood pressure, agitation and other dangerous effects.
- Synthetics have effects up to 100 times more potent than regular marijuana.

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Marijuana Concentrates are dangerous

- Contain between 30 – 90% THC
- Include butane, hash oil, shatter, crumble, dabs and earwax

Traditional hash       Bubble Hash       Oil
Dabs are concentrated cannabis extracts that get you really high really fast.
(TheWeedBlog)
Today’s Marijuana Edibles

- Made from potent, concentrated forms of THC
- Effects are completely different when ingested than when smoked – more powerful and longer in duration
- Use can result in vomiting, hallucinations, paranoia and panic
More Edibles – Sometimes Called “Tasty Treats” – can be purchased on Internet
Prescription and Other Illegal Drugs Also Used But at Much Lower Rates
Students Have Been Offered, Sold or Given A Drug at School – Osseo’s results are slightly higher than the rest of the state.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Osseo</th>
<th>State</th>
</tr>
</thead>
<tbody>
<tr>
<td>5th</td>
<td>2%</td>
<td>1%</td>
</tr>
<tr>
<td>8th</td>
<td>10%</td>
<td>7%</td>
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<tr>
<td>9th - M</td>
<td>16%</td>
<td>12%</td>
</tr>
<tr>
<td>11th</td>
<td>19%</td>
<td>16%</td>
</tr>
</tbody>
</table>
9th Grade Trend Data – Cigarette and Alcohol Use Decreased

- Cigarette Use in Last 30 Days:
  - 2007: 11%
  - 2010: 7%
  - 2013: 6%

- Alcohol Use Past 12 Months:
  - 2007: 33%
  - 2010: 29%
  - 2013: 23%

- Alcohol Use Past 30 Days:
  - 2007: 21%
  - 2010: 17%
  - 2013: 13%

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9th Grade Trend Data – Slight Increase in Marijuana Use In Past 30 Days

- 9th - M: 10% (2007), 11% (2010), 15% (2013)
- 9th - F: 8% (2007), 6% (2010), 9% (2013)

Funded by Partnership for Change Coalition
Prepared by Lorry Day, Life Lines for Youth and Families LLC
9th Grade Trend Data – Slight Increase in Students Who Were Offered, Sold or Given Drugs At School
Students in Osseo who Have Had Sexual Intercourse

Early sexual activity can result in loss of self esteem and self respect and in feelings of guilt.
9th Grade Trend Data – Sexual Activity Has Decreased in 9th Grade

<table>
<thead>
<tr>
<th>Year</th>
<th>9th - M</th>
<th>9th - F</th>
</tr>
</thead>
<tbody>
<tr>
<td>2007</td>
<td>22%</td>
<td>17%</td>
</tr>
<tr>
<td>2010</td>
<td>27%</td>
<td>17%</td>
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<tr>
<td>2013</td>
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What Are the Most Common Reasons for Sexual Abstinence by Youth?

- I don’t think it’s right at my age
- My parents would object
- Fear of pregnancy
- Fear of STD’s
- I don’t want to have sex
- I have chosen to wait until marriage
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EMOTIONAL DISTRESS
Two Questions Were Asked of 5th Grade Students Regarding Emotional Distress
(responses were “strongly agree or agree”)

- **I worry a lot**
  - 5th - M: 27%
  - 5th - F: 47%

- **I sometimes feel bad without knowing why**
  - 5th - M: 24%
  - 5th - F: 37%
Emotional Distress Questions for 8th, 9th, and 11th Grade Students Were More Comprehensive

- Feeling trapped, lonely, depressed, hopeless
- Feeling anxious, troubled, scared
- Being upset when reminded about something in the past
Many Students Suffer From Severe Emotional Distress

<table>
<thead>
<tr>
<th>Grade</th>
<th>Hurt yourself on purpose in last 12 months</th>
<th>Suicidal thoughts</th>
<th>Attempted suicide</th>
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</thead>
<tbody>
<tr>
<td>8th - M</td>
<td>8%</td>
<td>4%</td>
<td>20%</td>
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<td>19%</td>
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9th Grade Trend Data – Self injury Behavior (Cutting, Burning, Bruising)

- 2007
- 2010
- 2013

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<thead>
<tr>
<th>Year</th>
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<tbody>
<tr>
<td>2007</td>
<td>12%</td>
<td>25%</td>
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<tr>
<td>2010</td>
<td>14%</td>
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9th Grade Trend Data – Suicidal Thoughts

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9th Grade Trend Data – Suicidal Attempts

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<td>9th - F</td>
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<td>8%</td>
<td>9%</td>
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</table>
In Summary: What Does The Data Tell Us?

- The majority of students are successful in school and feel that school is an important part of their lives.
- Students identified many Protective Factors in school, at home and in the community that will help them be successful in school and in life.
In Summary: What Does the Data Tell Us About Students’ High Risk Behaviors at School?

- Students in 5th grade have higher rates of being physically bullied or being threatened by other students.
- Bullying through excluding others from friends or activities is greater for female students at all grade levels.
- More students are bullied because of weight or physical appearance (1 out of 5) followed by race or ethnicity.
In all questions asked regarding experiencing emotional distress, girls have much higher levels of sad, depressed and hopeless feelings and related actions.
In Summary: What Does the Data Tell Us About Students’ Illegal and Unsafe Behaviors?

- While alcohol use remains the most widely used substance by male and female students, it is closely followed by marijuana.

- 30 day marijuana use in 11th grade is almost 1 out of 4 for males and almost 1 out of 5 for females.

- Sexual intercourse increases significantly between 9th and 11th grade with more than 1 out of 3 females in 11th grade being sexually active.
Why Is This Data Important?

In order for students in Osseo Area Schools to achieve their dreams, contribute to community and engage in a lifetime of learning it is important for educators to work with students to increase their Protective Factors and address their High-Risk Behaviors.
For questions about this survey information contact: Lorry Day, Life Lines for Youth and Families, LLC (lorryday13@gmail.com)

Osseo Area Schools is part of the “Partnership for Change Coalition” made up of youth, parents, schools, law enforcement, and community groups. The mission of the Coalition is to leverage community partnerships to prevent and reduce alcohol and other drug use among youth and reduce substance abuse in the community. Visit their website at www.partnership4change.org.
References

- “Minnesota Student Survey 2013” – Osseo Area School’s Results
- Office of National Drug Control Policy, Drug Free Communities Support Program
- “Monitoring the Future: National Survey Results on Drug Use”, 2013 Overview
- The Partnership for Drug–Free Kids