

Milwaukee Youth and Family Development Alliance

Youth Survey

R E P O R T



Survey Background

The Milwaukee Youth and Family Development Alliance Youth Survey is a 36-question questionnaire based on the Youth Risk Behavior Survey (YRSB) developed by the U.S. Centers for Disease Control. YRSB is used by school districts and youth organizations across the country; additionally, the Wisconsin Department of Public Instruction and the Milwaukee Public Schools utilize the YRSB on a regular basis.

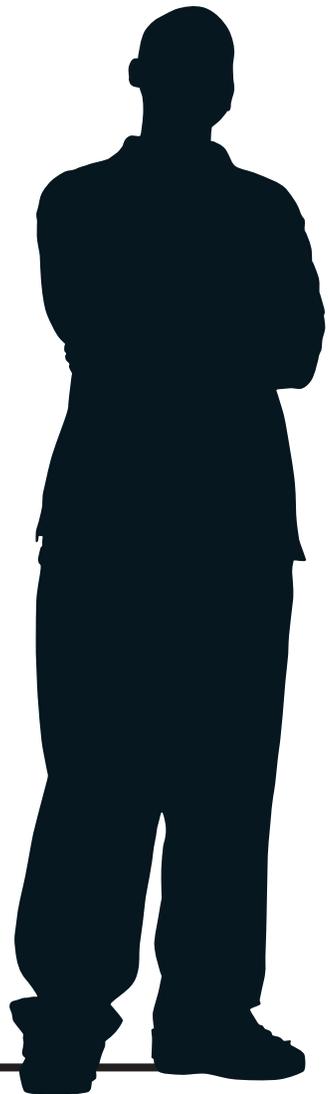
The survey opportunity was offered to organizations participating in the Alliance as a way for them to

- a) be part of a community effort to gather up to date information about youth involved in prevention programs; and
- b) obtain results for youth participating in their specific program. Any participating organization was able to receive its own data back if more than fifteen (15) youth participated at their site.

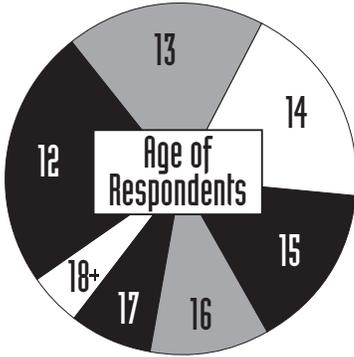
The following organizations participated in the 2005 youth survey:

- Agape Community Center
- Best Men – Grand Avenue Middle School
- Best Men – Edison Middle School
- Boys and Girls Club – LaVarnway
- Boys and Girls Club – Davis
- Latino Community Center
- Milwaukee Christian Center
- Modjeska Youth Theatre Company
- New Concept Self Development Center
- Northwest Side Community Development Corporation
- Social Development Commission – West Side Safe Haven
- St. Gabriel’s Church of God in Christ

At each site, program staff organized a group of youth to take the survey and then turned the group over to an Alliance survey administrator who distributed the survey to youth and collected the completed surveys. Youth were advised that their answers were confidential and that their responses would never be connected to them as individuals. Further, youth were told that they were not required to participate and did not have to answer specific questions if they preferred not to. Overall, participation in the youth survey was excellent.



Survey Respondents

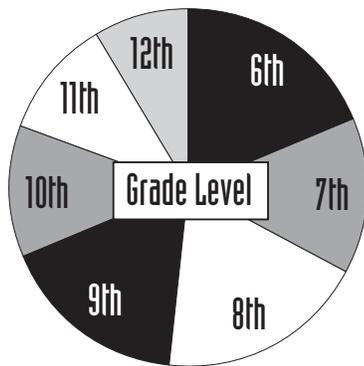


Age	Percent
12 years or younger	24.0%
13 years	18.3%
14 years	18.9%
15 years	15.3%
16 years	11.0%
17 years	7.6%
18 years or older	4.9%

A total of 467 youth completed the 2005 Milwaukee Youth and Family Development Alliance Youth Survey.

Boys and girls were equally represented: 47.9% were girls and 52.1% were boys.

The average age of respondents was 14.3 years; average grade level was 8.6.



Grade Level	Percent
6th grade	18.7%
7th	14.1%
8th	18.9%
9th	17.0%
10th	11.9%
11th	10.8%
12th	8.6%

Race/Ethnicity



Race/ethnicity	Percent
African American	65.4%
American Indian or Alaska Native	3.7%
Asian	1.5%
Hispanic or Latino	22.8%
Native Hawaiian/Other Pacific Islander	0.4%
White or Caucasian	14.9%

The youth who responded to the 2005 Youth Survey represent the diversity of youth served through Milwaukee Brighter Futures-funded agencies within the City of Milwaukee.

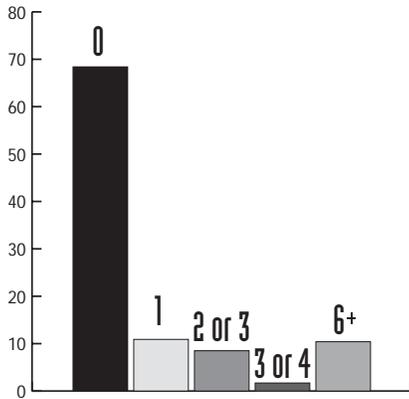
The survey results are presented in this report. Each question is presented along with the frequency distributions for all youth who took the survey. Comments are provided that examine possible differences between boys and girls as well as differences by age.

Readers who are interested in more detailed results and analysis should contact Jan Wilberg, Milwaukee Youth and Family Development Alliance evaluation coordinator, at (414) 962-3726 or jwilberg@wi.rr.com.

Safety

The survey asked several questions related to youths' physical safety in terms of both behavior and attitudes.

During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?

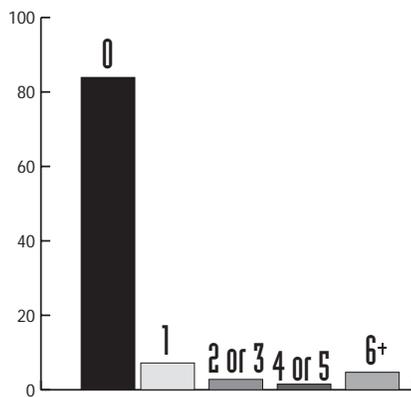


Number of times	Percent
0 times	68.4%
1 time	10.9%
2 or 3 times	8.5%
4 or 5 times	1.7%
6 or more times	10.4%

Overall, about one-third of youth said they had ridden with someone who had been drinking in the past 30 days.

Boys were slightly more likely than girls to have ridden in a car with someone who had been drinking alcohol (33.9% of boys and 28.3% of girls).

During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?



Number of days	Percent
0 days	83.9%
1 day	7.2%
2 or 3 days	2.8%
4 or 5 days	1.5%
6 or more days	4.7%

Overall, nearly 1 out of every 5 youth responding to the survey had carried a weapon in the past month.

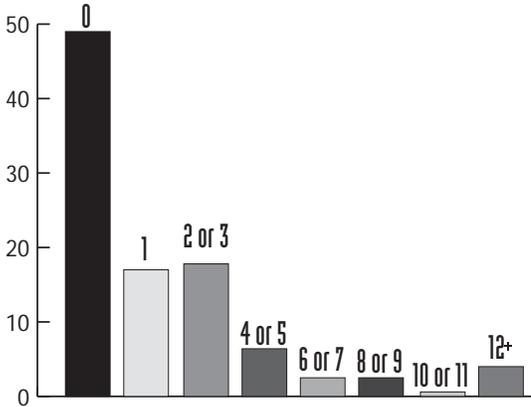
The likelihood of carrying a weapon increased with age. Between the ages of 12 and 15, about 15% of youth reported carrying a weapon. At ages 16 and 17, the percentage of youth reporting that they carried a weapon jumps to about 25%.

Also interesting was the difference between boys and girls. 20.9% of boys reported having carried a weapon compared to 10.8% of girls.



Safety

During the past 12 months, how many times were you in a physical fight?



Number of times	Percent
0 times	49.0%
1 time	17.0%
2 or 3 times	17.8%
4 or 5 times	6.4%
6 or 7 times	2.5%
8 or 9 times	2.5%
10 or 11 times	0.6%
12 or more times	4.0%

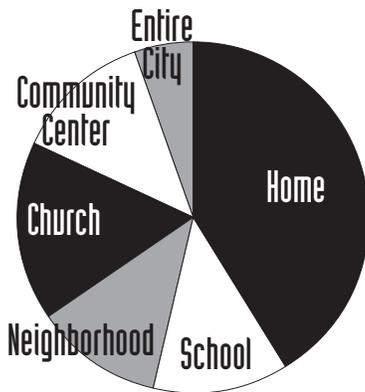
Physical fighting was very common for both girls and boys: 46.0% of girls and 55.7% of boys reported having been in a physical fight during the past year.

About 1 in 10 youth (boys and girls) reported having had six or more fights during the past year.

The tendency to fight decreased with age: 60.2% of 12 year olds reported fighting compared to 50.0% of 14 year olds and 27.8% of 17 year olds.

African American youth were more likely than other youth to report having been in a physical fight during the past 12 months (African American 66.0%, Hispanic 47.8%, White 30.2%), Other 28.6%).

Where do you feel safe?



Where do you feel safe?	Percent
At home	75.9%
At school	23.0%
In neighborhood	21.7%
At church	30.4%
At community center or program	23.3%
In entire city	10.0%

This question yielded two important results. First, only 3 out of 4 youth felt safe at home. This means that 1 in 4 felt unsafe at home for some reason.

Second, relatively few youth reported feeling safe in places that might be generally regarded as safe, such as school, church, and a community center or program. "Feeling safe in the neighborhood" and "in the entire city" were the lowest scored items, reflecting youths' sense of vulnerability in these areas.

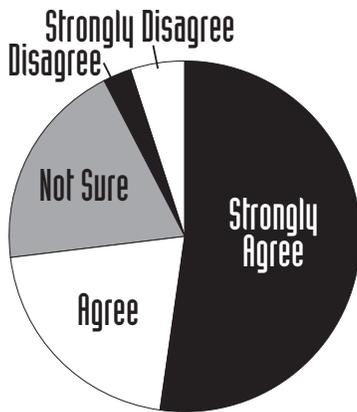
Fifteen and sixteen year olds were more likely than younger youth (ages 12-13) or older youth (ages 17-18) to feel safe at school, in the neighborhood, at church, at a community center or program and the entire city. African American youth were less likely than other youth to feel safe at school or at community centers or programs.

Safety

During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?

One in ten respondents answered yes to this question; 10.5% said yes and 89.5% said no. Girls were slightly more likely (11.4%) than boys (9.9%) to report this problem.

I can resist negative peer pressure and dangerous situations.

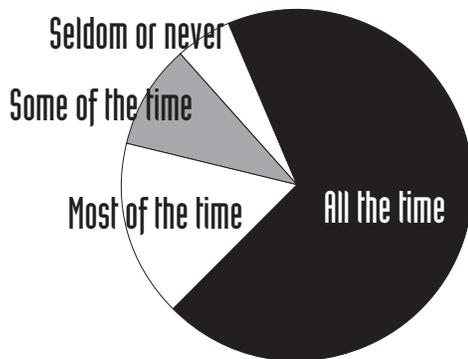


Agree or disagree	Percent
Strongly agree	52.2%
Agree.....	20.8%
Not sure	19.3%
Disagree	2.6%
Strongly disagree	5.0%

About three-fourths of youth (73.0%) said that they “strongly agree” or “agree” with this statement. Girls were somewhat more likely than boys to see themselves as able to resist bad influences (78.0% for girls compared to 68.8% for boys).

Boys were more likely than girls (22.6% compared to 15.6%) to say “not sure” in response to this question.

How often do your parents ask where you are going or with whom you will be?



How often	Percent
All the time.....	68.8%
Most of the time	16.3%
Some of the time.....	9.6%
Seldom or never	5.2%

Most youth (85.1%) reported that their parents asked questions about their plans “all the time” or “most of the time.”

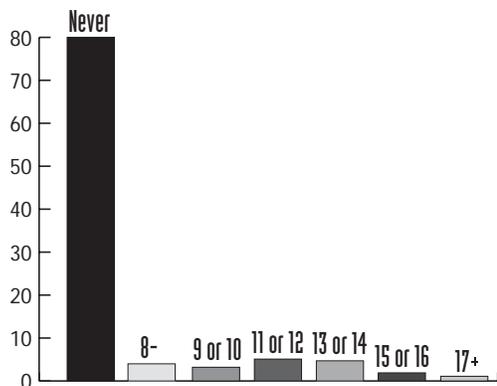
Girls were slightly more likely than boys to report that their parents asked “all the time” (88.1% compared to 83.5%).

Only a very small percentage (around 5.0%) reported that their parents “seldom or never” asked about their plans. This percentage was relatively constant across gender and age.

Cigarettes

Youth were asked a series of questions regarding their use of cigarettes, including whether they had ever smoked, when they smoked for the first time, their current smoking behavior, ease of obtaining cigarettes, and the extent to which friends and parents try to stop them from smoking.

How old were you when you smoked a whole cigarette for the first time?

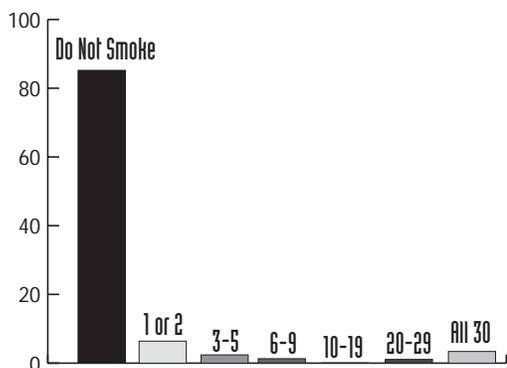


How old	Percent
I have never smoked a whole cigarette	80.0%
8 years or younger	4.0%
9 or 10 years old	3.2%
11 or 12 years old	5.1%
13 or 14 years old	4.7%
15 or 16 years old	1.9%
17 years old or older	1.1%

The most important information in this table may be the fact that 80.0% of youth said they had never smoked a whole cigarette.

'Age of onset' is another way of stating when someone did something for the first time. Among those youth who reported having ever smoked a whole cigarette, the average 'age of onset' was between 11 and 12 years of age. Boys tended to have a slightly younger age of onset than females but both were within this same age range.

During the past 30 days, on how many days did you smoke cigarettes, cigars, cigarillos, or little cigars?

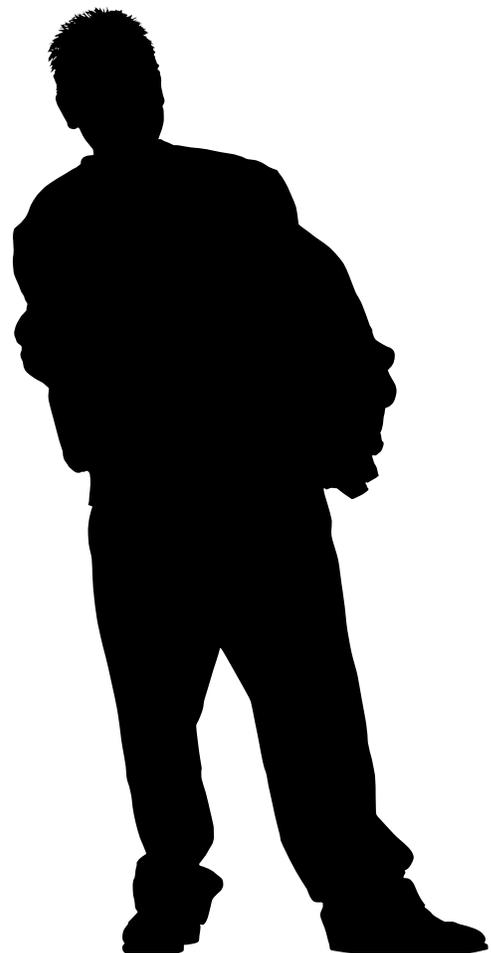


How many days	Percent
I do not smoke	85.2%
1 or 2 days	6.4%
3 to 5 days	2.1%
6 to 9 days	1.3%
10 to 19 days	0.4%
20 to 29 days	1.1%
All 30 days	3.4%

First of all, note that 85.2% of youth said that they did not smoke. This is higher than the percentage who said they had never smoked a whole cigarette (see previous table). This means that many youth tried smoking but did not continue.

Boys and girls smoke at about the same rate – around 15.0%.

The older the youth, the more likely he or she smoked. By age 17, 25.0% of youth smoked on 1 or more days during the previous 30 days compared to 10.3% of 14 year olds. Very few youth (3.4%) reported having smoked on a daily basis during the previous month.



Cigarettes

How easy would it be for you to get cigarettes if you wanted some?

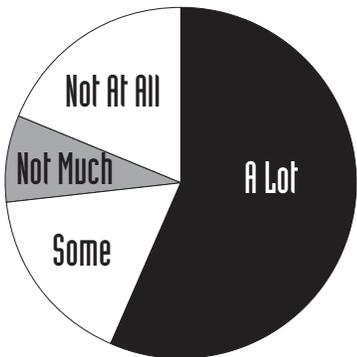


How easy	Percent
Very easy	32.9%
Fairly easy	18.1%
Hard	11.3%
Very hard	12.7%
Probably impossible	25.1%

Youth were evenly split between those who thought it would be very easy or fairly easy to get cigarettes (51.0%) and those who thought it would be hard, very hard or probably impossible to get cigarettes (49.0%).

Older youth were more likely to think getting cigarettes was very or fairly easy. For example, 40.7% of 14 year olds thought getting cigarettes was very or fairly easy compared to 61.7% of 15 year olds, 68.6% of 16 year olds, and 71.4% of 17 year olds. Girls and boys were equally as likely to think that getting cigarettes was easy.

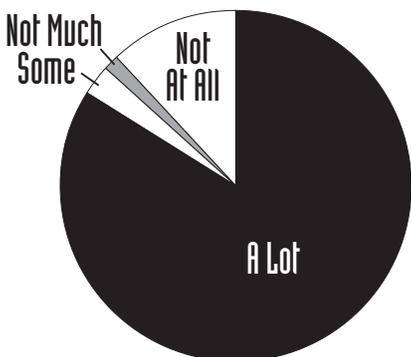
How much would your friends try to stop you from smoking cigarettes?



How much	Percent
A lot	56.6%
Some	16.7%
Not much	8.0%
Not at all	18.8%

About 3 out of 4 youth (73.3%) thought that their friends would try to keep them from smoking cigarettes. Girls were somewhat more likely than boys to feel this way (78.7% compared to 68.6%). Nearly 1 in 5 youth thought their friends would do nothing to stop them from smoking cigarettes.

How much would your parents try to stop you from smoking cigarettes?



How much	Percent
A lot	83.9%
Some	2.8%
Not much	1.4%
Not at all	11.9%

Overall, youth (both girls and boys) thought that their parents were more likely than their friends to try to stop them from smoking cigarettes (86.7% compared to 73.3%).

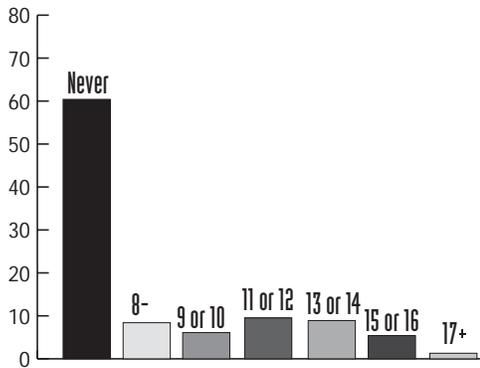
The efforts of parents to deter their children from smoking seemed to be fairly similar across age groups with 14 year olds reporting the highest rate of parental intervention (91.7%).

About 1 in 10 youth (11.9%) indicated that their parents would do nothing to prevent them from smoking.

Alcohol

Youth were asked a series of questions regarding their use of alcohol including when they had their first drink, their current drinking behavior, how they accessed alcohol, perception of harm from drinking, and extent to which their friends and parents would try to stop them from getting drunk.

How old were you when you had your first drink of alcohol, other than a few sips?



How old	Percent
I have never had more than a few sips of alcohol	60.4%
8 years or younger	8.4%
9 or 10 years old	6.1%
11 or 12 years old	9.5%
13 or 14 years old	8.9%
15 or 16 years old	5.4%
17 years old or older	1.3%

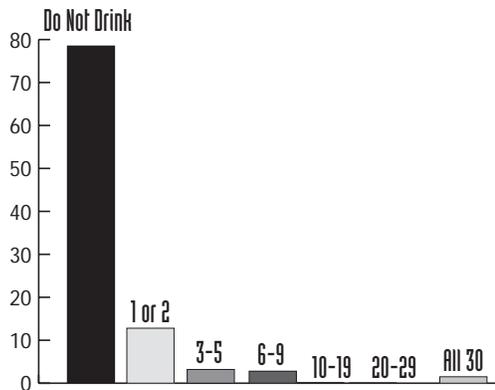
Six out of 10 youth (60.4%) indicated that they had never had more than a few sips of alcohol. This compares to 80.0% of youth who said that they had never smoked a whole cigarette. In other words, youth were more likely to have had a drink of alcohol than to have smoked a whole cigarette.

Age of onset (the age at which youth had their first drink) was 11 to 12 with very slight differences between boys and girls.



Alcohol

During the past 30 days, on how many days did you have at least one drink of alcohol?



How many days	Percent
I do not drink	78.5%
1 or 2 days.....	12.8%
3 to 5 days.....	3.2%
6 to 9 days.....	2.8%
10 to 19 days.....	0.9%
20 to 29 days.....	0.4%
All 30 days.....	1.5%

The vast majority of youth (78.5%) said that they did not currently drink alcohol. This compares to 60.4% who said they had never tried alcohol. This means that while a relatively high percentage of youth have tried alcohol (39.6%), a much lower percentage of youth currently drink alcohol (21.5%).

Boys and girls were equally as likely to be non-users of alcohol (79.4% for boys and 78.9% for girls). The likelihood that youth will be non-users drops with age; that is, older teens are more likely than younger teens to use alcohol. By age 17, 38.9% of youth had had at least one drink of alcohol on 1 or more days during the past 30 days compared to 19.3% of 14 year olds. Very few youth (1.9%) had had a drink on 20 or more days during the past 30 days.

How easy would it be for you to get alcohol if you wanted some?



How easy	Percent
Very easy	33.1%
Fairly easy	21.9%
Hard	10.3%
Very hard	11.0%
Probably impossible	23.7%

More than half of youth (55.0%) thought that it would be very easy or fairly easy to get alcohol.

Interestingly, youth felt that it was easier to obtain alcohol than to obtain cigarettes.

Older youth found it much easier to obtain alcohol than younger youth. For example, 50.2% of 14 year olds thought it would be very easy or fairly easy compared to 77.1% of 17 year olds. Girls were slightly more likely than boys to think it would be very or fairly easy to get alcohol (58.7% compared to 52.2%).

During the past 30 days, how did you usually get your own alcohol?

How did you usually get alcohol	Percent
I did not use alcohol during the past 30 days	79.7%
I got it in a store such as a convenience store	3.7%
I gave someone else money to buy it for me	3.5%
A person 18 years old or older gave it to me	6.5%
I took it from a store or family member	3.0%
I got it some other way	3.7%

Youth who used alcohol obtained it in a variety of ways. The most popular method was obtaining alcohol from a person 18 years or older. Purchasing alcohol from a convenience store, getting someone else to buy the alcohol and taking it (stealing) from a family member or store were also used.

Youth who were 17 years old were significantly more likely than younger youth to have someone buy for them or obtain alcohol from an older person.

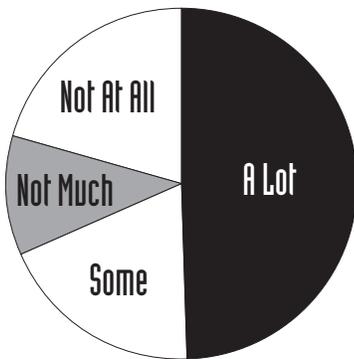
Alcohol

How much do you think people harm themselves (physically or otherwise):

	No harm	Very little	A lot	Don't know
If they use alcohol 1 or 2 times?	21.7%	45.6%	17.8%	14.9%
If they use alcohol regularly?	8.9%	19.0%	57.5%	14.6%
If they get drunk 1 or 2 times?	10.5%	33.0%	41.4%	15.1%
If they get drunk regularly?	8.0%	9.7%	67.1%	15.2%

Youth tended to see little or no harm in using alcohol 1 or 2 times. Less than 1 in 5 youth (17.8%) felt that people could experience 'a lot of harm' (physically or otherwise) if they use alcohol 1 or 2 times. Perception of harm increased with the frequency and extent of drinking with getting drunk regularly being seen as the most harmful (67.1%).

How much would your friends try to stop you from getting drunk?



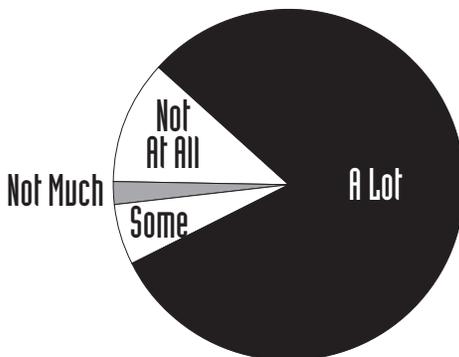
How much	Percent
A lot	49.5%
Some	18.9%
Not much	11.0%
Not at all	20.6%

Overall, youth thought it was more likely that their friends would try (a lot or some) to stop them from smoking than from getting drunk (73.3% compared to 68.4%).

Girls were more likely than boys to think that their friends would try 'a lot' or 'some' to stop them from getting drunk; 77.2% of girls thought so compared to 60.7% of boys. Older youth were less likely than younger youth to think their friends would try to stop them from getting drunk (62.8% of 17 year olds compared to 74.1% of 14 year olds).

Of note is the fact that 1 in 5 youth thought that their friends would not try at all to stop them from getting drunk.

How much would your parents try to stop you from getting drunk?



How much	Percent
A lot	80.9%
Some	5.6%
Not much	2.1%
Not at all	11.4%

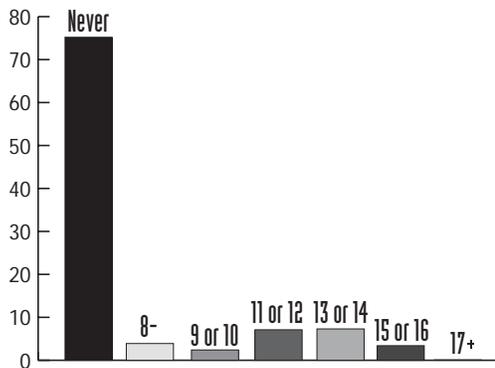
Parents seem to be an important voice for youth relative to alcohol use. Almost 9 out of 10 youth (86.5%) felt that their parents would try 'some' or 'a lot' to stop them from getting drunk.

Girls were slightly more likely than boys to indicate that their parents would try 'a lot' or 'some' (89.1% for girls compared to 85.2% for boys).

About 1 in 10 youth said their parents would do nothing to stop them from getting drunk.

Marijuana

How old were you when you tried marijuana for the first time?



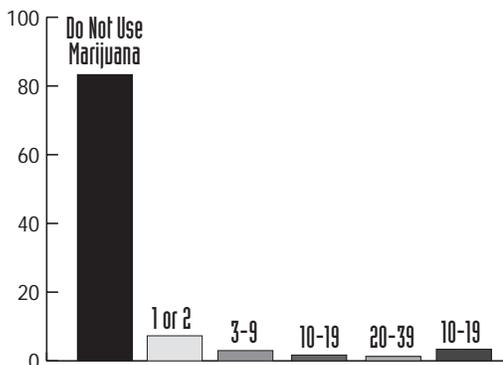
How old	Percent
I have never tried marijuana.....	75.2%
8 years or younger	3.9%
9 or 10 years old	2.4%
11 or 12 years old	7.1%
13 or 14 years old	7.3%
15 or 16 years old	3.4%
17 years old or older	0.9%

Girls were more likely than boys to have never tried marijuana (81.2% of girls compared to 70.7% of boys).

Use of marijuana increased with age. For example, 23.6% of 14 year olds had used marijuana compared to 58.3% of 17 year olds.

Average age of onset for marijuana use is only slightly higher than that for cigarettes or alcohol at 11-12 years of age.

During the past 30 days, how many times did you use marijuana?



How many days	Percent
I do not use marijuana....	83.3%
1 or 2 times	7.3%
3 to 9 times	3.0%
10 to 19 times	1.7%
20 to 39 times	1.3%
40 or more times	3.4%

The majority of youth (83.3%) said that they did not use marijuana. Of those who used marijuana in the previous 30 days, most (61.8%) used it 9 times or less.

About 1 in 5 youth (20.8%) used marijuana 40 or more times in the previous 30 days.

How much do you think people harm themselves (physically or otherwise):

	No harm	Very little	A lot	Don't know
If they use marijuana 1 or 2 times?	14.4%	36.6%	31.6%	17.5%
If they use marijuana regularly?	10.3%	10.1%	62.3%	17.3%

About one-third of youth (31.8%) thought that using marijuana 1 or 2 times caused 'a lot of harm' compared to two-thirds (62.3%) who thought using marijuana regularly caused 'a lot of harm'. Of note is the consistent percentage of youth who indicated "I don't know" when asked this question.



Marijuana

How easy would it be for you to get marijuana if you wanted some?

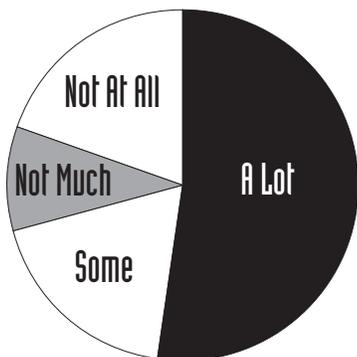


How easy	Percent
Very easy	33.3%
Fairly easy	12.1%
Hard	12.4%
Very hard	14.0%
Probably impossible	28.2%

Nearly half of youth (45.4%) thought it would be 'very easy' or 'fairly easy' to get marijuana if they wanted some. Boys were slightly more likely than girls to think so (48.5% for boys compared to 42.3% for girls).

Older youth thought it was much easier to obtain marijuana than younger youth. For example, 72.2% of 17 year olds thought it would be 'very easy' or 'fairly easy' compared to 41.2% of 14 year olds.

How much would your friends try to stop you from using marijuana?

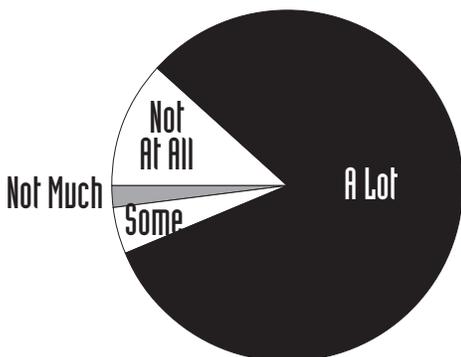


How much	Percent
A lot	52.3%
Some	18.5%
Not much	9.6%
Not at all	19.6%

7 out of 10 youth thought their friends would try 'a lot' or 'some' to stop them from using marijuana. This was generally consistent across age categories, although girls were slightly more likely than boys to think so (75.0% for girls compared to 67.1% for boys).

1 out of 5 youth thought that their friends would do nothing to stop them from using marijuana.

How much would your parents try to stop you from using marijuana?



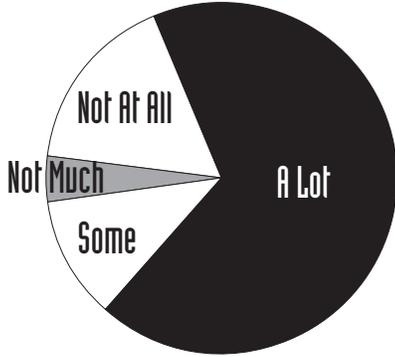
How much	Percent
A lot	82.0%
Some	4.3%
Not much	2.0%
Not at all	11.7%

Almost 9 of 10 youth thought their parents would try 'a lot' or 'some' to stop them from using marijuana. Again, girls were slightly more likely than boys to say so (89.1% for girls compared to 84.8% for boys).

1 of 10 youth indicated that their parents would do nothing to try to stop them from using marijuana.

Other Drugs

How much would your friends try to stop you from using inhalants?



How much	Percent
A lot	67.8%
Some	11.3%
Not much	4.2%
Not at all	16.7%

Most youth (79.1%) thought their friends would try 'a lot' or 'some' to keep them from using inhalants.

Again, girls were more likely than boys to think so (83.0% for girls compared to 75.8% for boys). 16.7% of youth thought their friends would do nothing to stop them from using inhalants.

In the past 30 days, have you used anything else to get high or get a buzz?

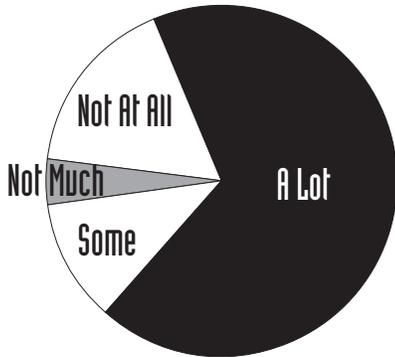
Used anything else	Percent
I have never used anything else to get high or get a buzz	95.3%
Used cocaine or crack	0.7%
Used inhalants such as glue or aerosol spray	1.8%
Used heroin	0.7%
Used ecstasy	0.9%
Used methamphetamines	0.7%
Used prescription drugs	1.6%
Used over the counter drugs	0.9%

Few youth (4.7%) reported using drugs other than cigarettes, alcohol, or marijuana. Of those who reported such use, the most frequently used drugs were inhalants such as glue or aerosol spray and prescription drugs.



Other Drugs

How much would your friends try to stop you from using inhalants?

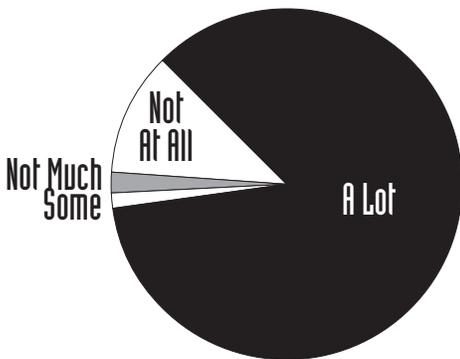


How much	Percent
A lot	67.8%
Some	11.3%
Not much	4.2%
Not at all	16.7%

Most youth (79.1%) thought their friends would try 'a lot' or 'some' to keep them from using inhalants.

Again, girls were more likely than boys to think so (83.0% for girls compared to 75.8% for boys). 16.7% of youth thought their friends would do nothing to stop them from using inhalants.

How much would your parents try to stop you from using cocaine or crack?

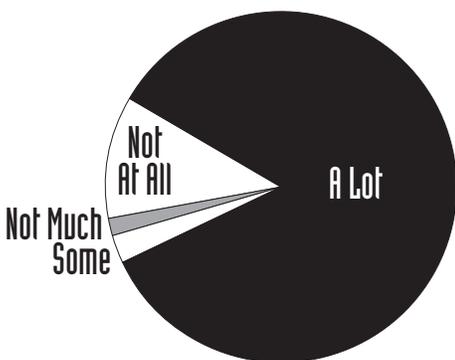


How much	Percent
A lot	85.3%
Some	1.4%
Not much	1.9%
Not at all	11.4%

Most youth (86.7%) thought that their parents would try 'a lot' or 'some' to stop them from using cocaine or crack. This percentage was fairly constant across ages, with girls slight more likely than boys to think so (89.2% for girls compared to 85.6% for boys).

Again, 11.4% of youth thought their parents would do nothing to try to stop them from using cocaine or crack.

How much would your parents try to stop you from using inhalants?

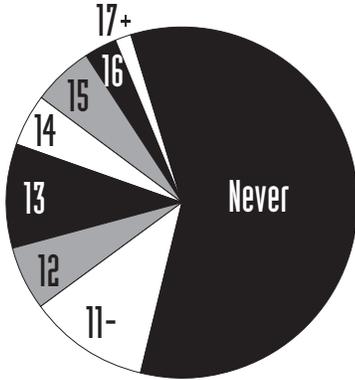


How much	Percent
A lot	84.5%
Some	2.6%
Not much	1.6%
Not at all	11.3%

About the same percentage of youth (87.1%) thought their parents would try to stop them from using inhalants. Again, the influence of parents was fairly consistent across age ranges with girls more likely than boys to think their parents would try to stop them from using inhalants.

Sexual Behavior

How old were you when you had sexual intercourse for the first time?



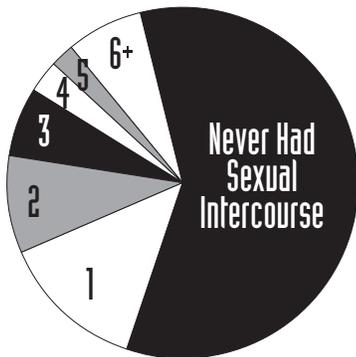
How old	Percent
I have never had sexual intercourse	58.5%
11 years or younger	11.1%
12 years old	5.9%
13 years old	9.6%
14 years old	4.8%
15 years old	5.6%
16 years old	3.0%
17 years or older	1.5%

he most striking piece of data from this question is that more youth reported having had sexual intercourse than smoking, drinking alcohol, or using marijuana.

White and Hispanic youth were less likely than African American, Multiple Ethnicity, or Other youth to have had sexual intercourse (African American 52.1%, Hispanic 20.0%, White 18.4%, Multiple Ethnicity 36.8%, Other 50.0%).

Girls were much more likely than boys to report never having had sexual intercourse (77.7% for girls compared to 40.6% for boys). Of those youth who reported having had sexual intercourse, 64.3% said their first experience was at age 13 or younger.

During your life, with how many people have you had sexual intercourse?



How many people	Percent
I have never had sexual intercourse	59.2%
1 person	13.1%
2 people	9.0%
3 people	6.4%
4 people	3.0%
5 people	2.2%
6 or more people	7.1%

The average number of sexual partners for boys was 4.22; the average for girls was 2.93. It is important to note that the age range in this survey means that respondents had varying lengths of time in which to be sexually active. Further, because boy respondents tended to be older than girl respondents, they essentially had more 'time' to be sexually active which might be one explanation for their higher average number of sexual partners.



Sexual Behavior

The last time you had sexual intercourse, what method did you or your partner use to prevent pregnancy?

What Method	Percent	
I have never had sexual intercourse	63.6%	Condoms were the most frequently used form of birth control; 75% of boys reported using condoms the last time they had sexual intercourse.
No method was used to prevent pregnancy	3.6%	
Birth control pills	2.4%	
Condoms	25.7%	
Depo-Provera injection or patch.....	0.0%	
Withdrawal	1.6%	
Some other method	0.0%	
Not sure	3.2%	

How many times have you been pregnant or gotten someone pregnant?

How many times	Percent	
0 times	94.4%	A small percentage (2.6%) of youth reported having been pregnant or gotten someone pregnant. 3.0% of youth indicated that they were 'not sure'.
1 time	1.9%	
2 or more times	0.7%	
Not sure	3.0%	

Have you ever been taught about AIDS or HIV infection in schools?

Most youth (82.8%) said that they had received AIDS/HIV education in school; 10.6% said they had not received such education; and 6.6% were not sure.

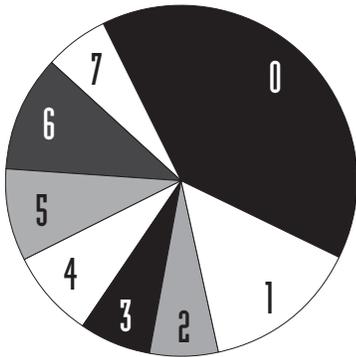
Have you ever been taught about AIDS or HIV infection someplace else?

Most youth (70.7%) had also received AIDS/HIV education somewhere else besides in school; 17.3% had not received such education elsewhere; and 12.0% were not sure.

Attitudes

Youth were asked a series of questions that included their activity level,

On how many of the past 7 days, did you exercise or participate in a sport such as basketball, swimming, soccer, running, dancing or other activity?



How Many Days	Percent
0 days	14.4%
1 day	6.3%
2 days	6.6%
3 days	8.1%
4 days	8.5%
5 days	10.7%
6 days	5.9%
7 days	39.5%

About 4 of 10 youth (39.5%) reported exercising every day; about 6 of 10 (56.1%) reported exercising 5 or more days a week.

Boys were more likely than girls to exercise every day (48.5% for boys compared to 30.2% for girls).

Some youth reported 0 days of exercising in the past 7 days: 14.4% of girls and 13.8% of boys.

What do you do when you feel sad or hopeless?

What do you do....	Percent
Never feel sad or hopeless	13.8%
Talk to a friend	36.0%
Talk to my parents	19.4%
Talk to another trusted adult	9.6%
Exercise	8.5%
Use alcohol or drugs	4.4%
Do other activities, like going to movies, hobbies, or listening to music	49.1%

Very few youth (13.8%) reported “never feeling sad or hopeless,” with boys twice as likely as girls to deny these feelings (17.7% for boys compared to 9.9% for girls).

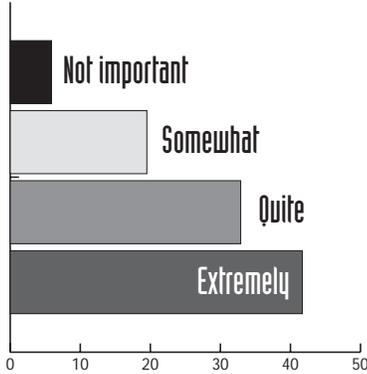
White youth were much more likely than Hispanic or African American youth to indicate feeling sad or hopeless. White, Hispanic, and youth of multiple ethnic backgrounds were more likely than African American youth to talk to a friend when feeling sad or hopeless.

Both boys and girls relied on friends, parents, and other trust adults to talk to when they were feeling sad or hopeless; however, girls were twice as likely to talk to a friend about their problems (47.7%) than were boys (24.1%). Boys were somewhat more likely than girls to use exercise as a coping strategy.



Attitudes

How important is it to you to help other people?



How important	Percent
Not important	5.9%
Somewhat important	19.5%
Quite important	32.9%
Extremely important	41.7%

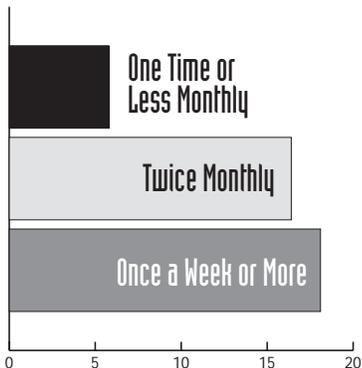
Most youth (74.6%) thought it was 'quite' or 'extremely' important to help other people.

Again, girls were more likely than boys to feel this way (78.0% for girls compared to 71.9% for boys).

Statement	Strongly agree	Agree	Not sure	Disagree	Strongly disagree
I care about other people's feelings.	40.9%	38.0%	15.4%	2.4%	3.3%
I stand up for my beliefs.	63.6%	25.7%	6.6%	1.5%	2.6%
It is important for me not to use alcohol or other drugs	66.5%	14.9%	9.2%	3.9%	5.5%
I can resist negative peer pressure and dangerous situations	52.2%	20.8%	19.3%	2.6%	5.0%

Youth were most likely to 'strongly agree' or 'agree' with the statement "I stand up for my beliefs." Nearly 9 of 10 youth (89.3%) felt this was true for them. The importance of not using alcohol or other drugs and caring about other people's feelings ranked next with 81.3% and 78.9% respectively. Interestingly, a lower percentage of youth (73.0%) agreed with the statement "I can resist negative peer pressure and dangerous situations." Nearly 1 of 5 youth indicated they weren't sure when asked this question.

How often do you come to this agency or program?



How Often	Percent
About one time per week or more	65.8%
About two times per month	16.1%
About one time per month or less	18.1%

Frequency of participation was fairly consistent across age ranges with girls more likely than boys to be frequent (once a week of more) participants (71.0% for girls compared to 61.8% for boys).

Quick Comparisons

Use of cigarettes, alcohol, marijuana, and other drugs:

- 14.8% of youth smoked cigarettes within past 30 days
- 21.5% of youth had consumed alcohol within past 30 days
- 16.7% of youth used marijuana within the past 30 days
- 4.7% of youth used something else to get high, e.g. cocaine or crack, in-halants, heroin, ecstasy, methamphetamines, prescription drugs or over the counter drugs within the past 30 days

Peer influence – the percentage of youth who said their friends would try ‘a lot’ or ‘some’ to stop them from:

- smoking cigarettes: 73.3%
- getting drunk: 68.4%
- using marijuana: 70.8%
- using cocaine or crack: 79.9%
- using inhalants: 79.1%

Parental influence – the percentage of youth who said their parents would try ‘a lot’ or ‘some’ to stop them from:

- smoking cigarettes: 86.7%
- getting drunk: 86.5%
- using marijuana: 86.3%
- using cocaine or crack: 86.7%
- using inhalants: 87.1%

Perception of harm:

- 57.5% of youth thought that using alcohol regularly could cause ‘a lot of harm’
- 62.3% of youth thought that using marijuana regularly could cause ‘a lot of harm’

Ease of access – what percentage of youth thought it would be ‘very easy’ or ‘fairly easy’ to obtain:

- cigarettes: 51.0%
- alcohol: 55.0%
- marijuana: 45.4%