Growing Up in Delaware: Contexts, Behaviors and Consequences

University of Delaware Center for Drug and Alcohol Studies
Presented to the Delaware Kids Caucus
December 13, 2011
The Delaware High School Youth Risk Behavior Survey
Since 1993 (CDAS has conducted since 1999)
In 2009:
2,299 Delaware Public High School Students

- Grades 9-12
- Substance Use
- Personal Safety
- Depressive/Suicidal Behaviors
- Nutrition
- Exercise
- Sexual Behaviors
The Delaware School Survey
Since 1989 (CDAS has conducted since 1995)
In 2010
81% of 5th grade enrollment (n=7,745)
69% of 8th grade enrollment (n=6,572)
63% of 11th grade enrollment (n=5,478)

• Grades 5, 8, and 11 Delaware Public Schools
• Substance Use
• Delinquent Behaviors and Gambling
• School Climate and Family Climate
• Peer Behaviors
• Risk-Taking/Impulsivity
Let’s take a look at an average Delaware child . . .
This is Sophia.
Sophia just started Kindergarten. She lives in our most densely populated county, one of over 5,000 Delaware girls her age, one of over 10,000 children her age.
Sophia, like half of all children born in Delaware, received WIC. Her mom, a single parent, works and takes classes at Del Tech so she can eventually better support her two girls.
Sophia has had health insurance through Medicaid and the Delaware Healthy Children Program, and attends day care with Purchase of Care payments. The State of Delaware has a BIG investment in her.
She is healthy, happy, smart, and secure.
Sophia cares for others, especially her active younger sister.
She is involved in the community,
and has dreams for the future.
Someday, Sophia will be part of an average classroom of 25 students.
These are the contexts in which our Delaware 5th graders are growing up . . .
52% of 5th graders say they get a free or reduced-price lunch at school.

Source: 2010 Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
31% of Delaware 5th graders live in a one-parent household (87% of which are headed by women), and 3% live with a grandparent with no parent in the home.

Source: 2010 Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
More than one in four 5th graders has moved 3 or more times since starting Kindergarten. This is twice as likely in one-parent households.

Source: 2010 Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
Most 5th graders feel safe in their neighborhood (84%). Most spend the after-school hours somewhere where there is an adult (84%). Those who don’t are 50% more likely to have tried alcohol.

Source: 2010 Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
Almost all 5th graders (91%) feel safe at school.

Source: 2010 Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
At home, students spend their time:

- **Online/watching TV/playing video games**
  - 30% spend ½ hour or less; 42% spend two hours or more

- **Doing school work**
  - 54% spend ½ hour or less; 12% spend two hours or more

- **Physically playing or exercising**
  - 18% spend ½ hour or less; 60% spend two hours or more

**Source:** 2010 Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
The number of books in a student’s household also is associated with school performance and behavior—22% report having 20 or fewer books at home, while 55% have 50 or more.

Source: 2010 Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
Parents usually know where their 5\textsuperscript{th} graders are (94%), although some lie to their parents about where they are (12%), and these students are \textbf{300\% more likely} to report having experimented with alcohol, having stolen something, or having destroyed someone else’s property.

Source: 2010 Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
Most students (95%) report that their parents ask if they have completed their homework, and most (89%) say their parents tell them when they have done a good job at school or at home.

Source: 2010 Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
9% of 5th graders—almost one in 10—report having seen or heard adults in their household hurting each other in the past year. These students are more likely to experiment with cigarettes, alcohol and marijuana and more likely to hit someone else.

Source: 2010 Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
5% of Delaware 5th graders report they have been called names and 5% have been shoved, hit or kicked by a parent or step-parent. These students are more likely to use alcohol and more likely to hit others.

Source: 2010 Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
Two out of three Delaware 5th graders (66%) say their parents have spoken to them about the risks of alcohol use, and 69% say parents told them not to use alcohol. These students are less likely to have tried alcohol.

Source: 2010 Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
7% do not feel that rules are strictly enforced at home or at school. These students are more likely to steal and experiment with cigarettes and alcohol.

Source: 2010 Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies
In Sophia’s average 5th grade classroom:

- 15% will have tried an alcoholic drink (not just a sip) this represents about 4 children in Sophia’s classroom; only 22% will perceive a lot of risk in one or two drinks, and fewer than half (42%) will perceive a lot of risk in daily use.

Source: 2011 Delaware School Survey
4% will have tried cigarettes (more than a few puffs); this represents 1 student in Sophia’s average 5th grade classroom of 25 students; 59% will perceive a lot of risk from smoking a pack or more per day.
More than 1 in 3 Delaware 5th graders live with a parent who smokes cigarettes. 41% live with someone who smokes. The more time children spend with a smoker, the more likely they are to become smokers. A child who reports being in a room or car with a smoker daily is 7 times more likely to smoke* than a child who reports not being exposed to environmental smoke.

*Source: 2008 Delaware School Survey, Center for Drug and Alcohol Studies, University of Delaware
1% of 5th graders will have tried marijuana; while this number is still low, only 33% perceive a lot of risk in trying marijuana.

Source: 2011 Delaware School Surveys
12% of 5th graders have been in a fight at school in the past year.

40% feel that fighting is a problem in their school.

2 in 3 fifth graders feel that the misbehavior of some students in their school keeps teachers from teaching those who want to learn.

Source: 2011 Delaware School Survey
By the time Sophia is in 8th grade:
• 36% of Delaware 8th graders (about 9 of Sophia’s classmates) drank alcohol in the past year

• 35% do not see great risk in binge drinking

• Nearly 1 in 3 know where they can buy alcohol

Source: 2011 Delaware School Survey
• 19% of Delaware 8th graders have smoked marijuana in the past year
• 2 in 3 do not see great risk in trying it
• About 2 in 5 know where to buy marijuana

Source: 2011 Delaware School Survey
Students who drank alcohol, smoked marijuana, or used other drugs in the past thirty days are almost 3.5 times as likely to report they also skipped school and twice as likely to have cheated on a test.

23% of 8th grade students have used alcohol, marijuana or other drugs in the past month.

Source: 2011 Delaware School Survey
A quarter of Sophia’s class feels that violence is a problem in their school.

1 student in Sophia’s average 8th grade class took a weapon to school or a school event this year.

Source: 2011 Delaware School Survey
One in five middle school and high school youth report having seen violence between adults in their home in the past year.
Those who have witnessed domestic violence are:

• More likely to use tobacco, alcohol and other drugs
• More likely to commit personal offenses, property offenses, drug sales and engage in gambling
• Less likely to succeed in school and more likely to skip classes or be suspended
• More likely to be involved in abusive intimate relationships
• 12% of Sophia’s 8th grade classmates are medicated to help them concentrate better in school.

• 4% of her classmates are medicated for depression or anxiety.

Source: 2011 Delaware School Survey
These are the “big kids” Sophia now looks up to.
By the time Sophia reaches 11th grade, some of her former classmates will have left school. Among those who remain:
In the past year, out of every 10 11th graders:

- 62% used Alcohol
- 39% used Marijuana
- 21% smoked Cigarettes
- 17% misused Rx
- 21% Binge Drank (2 weeks)

Source: 2011 Delaware School Survey
28% of Delaware 11\textsuperscript{th} Graders meet the criteria for alcohol dependence and or abuse: 
21% abuse only
1% dependence only
6% dependence and abuse

Source: 2009 Delaware School Survey
34% of High School Students report being diagnosed with at least one Chronic Illness.

Source: 2009 Delaware Youth Risk Behavior Survey
64% of these students diagnosed with a chronic illness take prescribed medications for their conditions, and many of these are more likely to self-medicate, using illegal drugs.

Source: 2009 Delaware Youth Risk Behavior Survey
With Regard to Sad Feelings, Self-Injury, and Attempted Suicide, Students Report They . . .

- Stopped Doing Usual Activities Because Felt Sad or Hopeless For 2 Weeks: 27%
- Purposely Hurt Myself Without Wanting to Die (e.g. Cutting, Scraping, or Burning): 13%
- Seriously Considered Attempting Suicide: 13%
- Have Made a Plan About How They Would Attempt Suicide: 9%
- Have Actually Attempted Suicide at Least Once in the Past 12 Months: 7%
- If Having Attempted Suicide in the Past 12 Months, Required Medical Attention due to an Injury, Poisoning, or Overdose: 2%

Source: 2009 Delaware Youth Risk Behavior Survey
There are fewer obese students than in 2009—12%, and, overall, fewer who are overweight—15%. There are few significant health-related differences in behavior between obese students and those who are not.

• Obese students are less likely to eat breakfast
• They are more sedentary—more likely to watch 3 or more hours of TV a day.

Source: 2009-2011 Delaware Youth Risk Behavior Survey
Most high school students are sexually active. By the time they are 12th graders, 3 out of 4 have had sexual intercourse.

Source: 2009 Delaware Youth Risk Behavior Survey
• 63% of 11\textsuperscript{th} grade students reported they had given or received oral sex—41% of 9\textsuperscript{th} graders have.

• 7% of 11\textsuperscript{th} grade girls report having been pregnant at least once—6% of 9\textsuperscript{th} grade girls.

• 2% of 11\textsuperscript{th} grade students reported that they had been diagnosed with a sexually transmitted disease (STD)—3% of 9\textsuperscript{th} graders have.

• Remember, these are the students still in school.

Source: 2009 Delaware Youth Risk Behavior Survey
Students who report not having had sexual intercourse are most likely to report the following reasons:

- Not ready
- Sex is only for serious relationships
- Prevent pregnancy/STD’s

Source: 2009 Delaware Youth Risk Behavior Survey
Small Numbers of Delaware High School Youth Report Minority Sexual Orientation

- Heterosexual: 92% (N=2135)
- Homosexual: 2% (N=35)
- Bisexual: 5% (N=114)
- Not sure: 1% (N=33)
These students are significantly more at risk. They are more likely to report smoking marijuana during the past month:

- Heterosexual: 24%
- Sexual Minority: 44%

Source: 2009 Delaware Youth Risk Behavior Survey
And they are more likely to report that within the past year they made a plan about how to attempt suicide.

Source: 2009 Delaware Youth Risk Behavior Survey
Sexual Risk Behaviors

Source: 2009 Delaware Youth Risk Behavior Survey
Sexual Risk Behaviors

Source: 2009 Delaware Youth Risk Behavior Survey
Cyberbullying

Students are now engaging in technologically assisted risk behaviors, and report being threatened, insulted and harassed by:

- Email--------------------------5%
- IM---------------------------9%
- Texting----------------------25%
- Social Networking----------22%
- Someone they don’t know------16%
- Someone they know casually----16%
- A friend----------------------11%
- A relative---------------------6%

Source: Delaware School Survey
What are the contexts for high school students?
Neighborhoods

• Those who report a lot of crime in their neighborhoods are almost 4 times more likely to report being arrested in the past year.

• Those who report a lot of drug sales in their neighborhood are more than 4 times as likely to report having used marijuana in the past month and more than 4 times as likely to have used other illegal drugs than those who report no drug sales.

Source: Delaware School Survey
Neighborhoods

• 11th grade students who report a lot of people in their neighborhood go to prison are more than 3 times more likely to have been arrested in the past year

• Students report far more drug selling than crime—apparently, many students do not see drug sales as crimes

Source: Delaware School Survey
Families

• 11th grade students who have seen or heard domestic violence in their homes regularly are 4 times less likely to get along with their parents and more likely to hit someone else.

• Students whose parents smoke are twice as likely to be smokers themselves.

Source: Delaware School Survey
Families

• 11th grade students who report drinking alcohol with adult family members in the past month are more than 3 times as likely to report being heavy drinkers (drank 20 or more days per month) and 2 ½ times more likely to be binge drinkers (5 or more drinks at a time)

• Students who took alcohol from home with permission are more than 4 times as likely to be heavy drinkers and 2 ½ times more likely to be binge drinkers

Source: Delaware School Survey
Families

• 11\textsuperscript{th} grade students who took alcohol from home with permission are 3 times more likely to give or sell alcohol to other students

• Students who smoked marijuana with an adult family member are more than 6 times more likely to be heavy marijuana users (at least 6-9 times in the past month)

Source: Delaware School Survey
Families—Behaviors that reduce youth risk behaviors

- Parents tell them when they do a good job
- Parents talk to them about school and about their future plans
- Provide books and appropriate experiences
- Parents call to check on them
- Parents provide consistent rules and consequences

Parents model and reinforce appropriate behavior
Where are we in the big picture?

• Compared to the rest of the states
• Compared to where we were
More students report use of alcohol than any other drug or any other risk behavior. Alcohol is also most likely to be associated with bad consequences—vehicle crashes, fights, arrests among them.
Ever drank alcohol
Past 30 day alcohol use
Drank before age 13
Binge drinking

Source: 2009 Delaware Youth Risk Behavior Survey
Past 30 Day Alcohol Use

Source: 1999-2011 Delaware School Survey
Percentage of students who had at least one drink of alcohol on one or more of the past 30 days

Note:  
* : Denotes linear significant change  
† : Denotes quadratic significant change  
Source: 2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware
Percentage of students who had their first drink of alcohol other than a few sips before age 13 years

Note: *: Denotes linear significant change
†: Denotes quadratic significant change

Source: 2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware
Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days

Note:  * : Denotes linear significant change  
† : Denotes quadratic significant change  
Source:  2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware
Past 30 Day Alcohol Use by Age Group—Delaware BRFSS 2001-2008

- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65+
Binge Drinking by Age Group, Delaware BRFSS

- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65+

### 2006
- 18-24: 34
- 25-34: 31
- 35-44: 22
- 45-54: 16
- 55-64: 10
- 65+: 4

### 2007
- 18-24: 34
- 25-34: 30
- 35-44: 21
- 45-54: 16
- 55-64: 9
- 65+: 4

### 2008
- 18-24: 30
- 25-34: 27
- 35-44: 18
- 45-54: 10
- 55-64: 3

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[University of Delaware logo]
Delaware is in the top quartile for drinking and binge drinking among women aged 18-44 (child bearing age). There is no data on the number of children born with Fetal Alcohol Spectrum Disorder.

Source: CDC.gov
Delaware’s alcohol-related robbery rate is estimated to be 16% higher than the national average.

Alcohol positive fatal vehicle accidents (all ages) are 11% above the national average.

Alcohol sales in Delaware were 41% higher per capita than national sales.
Costs of Underage Drinking in Delaware = $197 Million Annually

Medical = $15,000,000
Work Lost = $61,000,000
Pain & Suffering = $121,000,000
Past 30 Day Cigarette Use

Source: 1999-2011 Delaware School Survey
Percentage of students who ever tried cigarette smoking, even one or two puffs

Note:  
* : Denotes linear significant change  
† : Denotes quadratic significant change  
Source:  2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware
Percentage of students who smoked a whole cigarette for the first time before age 13 years

Note:  *: Denotes linear significant change
†: Denotes quadratic significant change
Source:  2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware
Ever used marijuana: U.S. 36.8%, Delaware 42.8%
Past 30 day marijuana use: U.S. 20.8%, Delaware 25.8%
Used before age 13: U.S. 7.5%, Delaware 11.4%

Source: 2009 Delaware Youth Risk Behavior Survey
Past 30 Day Marijuana Use

Source: 1999-2011 Delaware School Survey
Percentage of students who used marijuana one or more times during the past 30 days

Note:  * : Denotes linear significant change  
† : Denotes quadratic significant change  
Source:  2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware
Percentage of students who tried marijuana for the first time before age 13 years

Note:  *: Denotes linear significant change
†: Denotes quadratic significant change
Source: 2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware
Past Year Substance Use: Prescription Painkillers

State Trends
Center for Drug & Alcohol Studies, 2011
As youth become young adults . . .

- 18-25 year olds are highest for past month alcohol use—65% and binge drinking 45%
- 18-25 year olds are highest for past month marijuana use—19%
- 18-25 year olds are highest for other illicit drug use—8%
- 18-25 year olds are highest for non-medical pain reliever use—12%
- All of the above are higher than national norms

Source: National Survey on Drug Use and Health
Adult and Juvenile Drug Arrests

![Bar chart showing Adult and Juvenile drug arrests from 2000 to 2005. The chart indicates a steady increase in arrests over the years.](chart)
Delaware Drug and Alcohol Treatment Admissions by Drug 1994-2008

% Increase:
Since 1994
Alcohol— -32%
Marijuana—745%
Heroin—104%
Other Opiates—8327%
Delaware Drug and Alcohol Treatment Admissions by Age Group 1994-2008

Percent Increase:
- 18-20 — 305%
- 21-24 — 114%
- 25-34 — 7%
- 35-44 — 17%
- 45-54 — 179%
- 55-64 — 72%
- 65+ — -58%
Drug-induced Deaths – Rates

Five-year Age-adjusted Mortality Rates for Drug-Induced Deaths by Race
Delaware, 1980-2005

Source: Delaware Health Statistics Center
Fighting / Violence is perceived by students as a problem in their school, across all grades

Source: 1999-2011 Delaware School Survey
In physical fight

- U.S.: 31.5
- Delaware: 30.4

Injured in physical fight

- U.S.: 3.8
- Delaware: 8.5

Source: 2009 Delaware Youth Risk Behavior Survey
Percentage of students who were in a physical fight one or more times during the past 12 months

Note:  * : Denotes linear significant change
      † : Denotes quadratic significant change
Source:  2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware
The bar chart shows the percentage of youth who carried a weapon and a gun.

- Carried Weapon: 17.5% (U.S.) vs. 18.5% (Delaware)
- Carried Gun: 5.9% (U.S.) vs. 8.5% (Delaware)

Source: 2009 Delaware Youth Risk Behavior Survey
Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days

Note:  * : Denotes linear significant change  
† : Denotes quadratic significant change
Source: 2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware
Percentage of students who carried a gun on one or more of the past 30 days

Note:  * : Denotes linear significant change  
† : Denotes quadratic significant change

Source:  2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware
Percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months

Note:  * : Denotes linear significant change  
† : Denotes quadratic significant change  
Source: 2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware
Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to

Note: * : Denotes linear significant change
† : Denotes quadratic significant change
Source: 2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware
Source: 2009 Delaware Youth Risk Behavior Survey
Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months

Note:  
*: Denotes linear significant change  
†: Denotes quadratic significant change

Source: 2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware
Percentage of students who actually attempted suicide one or more times during the past 12 months

![Graph showing percentage of students attempting suicide over time for different groups.

Note:  
* : Denotes linear significant change  
† : Denotes quadratic significant change  

Source: 2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware
Ever had sex | Currently sexually active | Sex before age 13 | Sex w/>3 persons
---|---|---|---
U.S. | Delaware | U.S. | Delaware
46 | 57.5 | 42.9 | 9.7 | 13.8 | 21

Source: 2009 Delaware Youth Risk Behavior Survey
Source: 2009 Delaware Youth Risk Behavior Survey
Percentage of students who ever had sexual intercourse

Note:  * : Denotes linear significant change  
† : Denotes quadratic significant change

Source: 2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware
Percentage of students who had sexual intercourse for the first time before age 13 years

Note:  *: Denotes linear significant change  
†: Denotes quadratic significant change  
Source:  2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware
Percentage of students who had sexual intercourse with one or more people during the past three months

Note:  
* : Denotes linear significant change  
† : Denotes quadratic significant change

Source: 2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware
Among students who had sexual intercourse during the past three months, the percentage who used a condom during the last sexual intercourse

Note: * : Denotes linear significant change
† : Denotes quadratic significant change

Source: 2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware
Percentage of students who were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index, by age and sex)

Note:  
* : Denotes linear significant change  
†: Denotes quadratic significant change  
Source:  2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware
Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)

Note:  * : Denotes linear significant change  
† : Denotes quadratic significant change

Source:  2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware
Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days

Note:  * : Denotes linear significant change
† : Denotes quadratic significant change
Source: 2001-11 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware
Percentage of students who ate green salad one or more times during the past seven days

Note:  * : Denotes linear significant change
† : Denotes quadratic significant change
Source: 2001-11 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware
Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days

Note:  
* : Denotes linear significant change  
† : Denotes quadratic significant change  
Source: 2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware
Percentage of students who drank three or more glasses per day of milk during the past seven days

Note:  
* : Denotes linear significant change  
†: Denotes quadratic significant change  
Source: 2009 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware
Percentage of students who were physically active for a total of at least 60 minutes per day on five or more of the past seven days

Note:  * : Denotes linear significant change
† : Denotes quadratic significant change
Source: 2009 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware
Who is it? That’s not a simple question.
## Who Does It?

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Male</th>
<th>Female</th>
<th>Black (26%)</th>
<th>White (51%)</th>
<th>Hispanic (13%)</th>
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</thead>
<tbody>
<tr>
<td>Fought in past 12 months</td>
<td>32%**</td>
<td>20%</td>
<td>31%</td>
<td>22*</td>
<td>28%</td>
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<tr>
<td>Carried a Weapon</td>
<td>21%**</td>
<td>6%</td>
<td>10%</td>
<td>15%*</td>
<td>12%</td>
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<tr>
<td>Pregnant</td>
<td>7%</td>
<td>9%</td>
<td>10%</td>
<td>6%*</td>
<td>9%</td>
</tr>
<tr>
<td>Sold Drugs @ School</td>
<td>11%*</td>
<td>6%</td>
<td>7%</td>
<td>8%</td>
<td>7%</td>
</tr>
</tbody>
</table>

Source: 2011 Delaware Youth Risk Behavior Survey
Other Groups:
(if 2 numbers, 1\textsuperscript{st} is 8\textsuperscript{th} grade and second is 11\textsuperscript{th} grade; if one number, a sample of all high grades, depending on which survey was used)

- Children in poverty 42\%, 34\%
- Homeless (not with relative) 3\%
- Adult family member active in Military 19\%, 14\%
- Adult family member incarcerated in past 12 months 19\%, 16\%
- Physical disability 9\%
- Learning disability 12\%
- LGBQT 7\%
- Obese 12\%
- Witnessed Domestic Violence 12\%
Stresses are not discreet.

37% of 11th grade children with a parent active in the military in the past year are in the Free and Reduced Lunch Program. 15% of those in the Program had a parent active in the military in the past year.

Source: 2011 Delaware School Survey
Stresses are not discreet.

55% of Delaware 11th graders who had a parent incarcerated in the past year are in the Free and Reduced Lunch Program. 25% of those in the Program had a parent incarcerated in the past year.

Source: 2011 Delaware School Survey
Labels become part of a student’s personal context. Each additional stress in their context adds to the likelihood that the child will find ways to relieve or act out against the stress.

Sources of support lessen that likelihood.

Optimal Growth Conditions

Support

Stress
## Group Differences

<table>
<thead>
<tr>
<th></th>
<th>Past 30 day Tobacco Use</th>
<th>Past 30 day Alcohol Use</th>
<th>Binge Drinking</th>
<th>Past 30 day Marijuana Use</th>
<th>Sexually Active</th>
<th>Been Pregnant/Gotten someone Pregnant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obese</td>
<td>18</td>
<td>40</td>
<td>17**</td>
<td>24**</td>
<td>54**</td>
<td>6*</td>
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<tr>
<td>Learning Disabled</td>
<td>32**</td>
<td>54**</td>
<td>29**</td>
<td>41**</td>
<td>70**</td>
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<td>65**</td>
<td>17**</td>
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<td>Parent Incarcerated</td>
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<td>60**</td>
<td>29**</td>
<td>49**</td>
<td>73**</td>
<td>20**</td>
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<tr>
<td>All Students</td>
<td>18</td>
<td>40</td>
<td>22</td>
<td>28</td>
<td>59</td>
<td>8</td>
</tr>
</tbody>
</table>

* Significant at .05 level; ** significant at .001 level

Source: 2011 Delaware Youth Risk Behavior Survey
# Group Differences

<table>
<thead>
<tr>
<th></th>
<th>Bullied @ School</th>
<th>Threatened @ School</th>
<th>Forced to have Sex</th>
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<tbody>
<tr>
<td>Obese</td>
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<td>10**</td>
<td>5**</td>
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<tr>
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<td>14**</td>
<td>17**</td>
</tr>
<tr>
<td>Parent Incarcerated</td>
<td>19**</td>
<td>12**</td>
<td>16**</td>
</tr>
<tr>
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<td>35**</td>
<td>33**</td>
<td>48**</td>
</tr>
<tr>
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<td>29**</td>
<td>11**</td>
<td>30**</td>
</tr>
<tr>
<td>All Students</td>
<td>16</td>
<td>6</td>
<td>8</td>
</tr>
</tbody>
</table>

* Significant at .05 level; ** significant at .001 level

Source: 2011 Delaware Youth Risk Behavior Survey
<table>
<thead>
<tr>
<th>Condition</th>
<th>No one to Talk to</th>
<th>Sad 2 or more Weeks</th>
<th>Suicide Attempt</th>
<th>3+ Hours TV/Day</th>
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<tbody>
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<td>54**</td>
<td>22**</td>
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<td>43**</td>
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<td>31**</td>
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<tr>
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<td>47**</td>
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<tr>
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<td>62**</td>
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</tr>
</tbody>
</table>

Source: 2011 Delaware Youth Risk Behavior Survey

* Significant at .05 level; ** significant at .001 level