



2019 Vermont Parent Survey on Youth Substance Use

Statewide Summary Tables

Submitted to:

Vermont Department of Health

Division of Alcohol and Drug Abuse Programs

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*Questions regarding the survey or the data presented here should be directed to Amy Livingston at 802-652-4111, or* *[alivingston@pire.org](mailto:alivingston@pire.org)*.

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**Overview**

***Purpose of this report…***

The 2019 Vermont Parent Survey on Youth Substance Use (VPS) was conducted to support the statewide evaluation of Vermont’s Regional Prevention Partnerships (RPP) project. Because this survey, and others like it, provide data that may be useful for purposes other than the evaluation, PIRE provides summaries of the survey data to VDH/ADAP and interested stakeholders. This report describes the methods used to conduct the 2019 survey and provides a comprehensive set of tables summarizing the data obtained. Because a similar survey was conducted in 2017, this report summarizes the findings from both the 2017 and 2019 surveys to allow comparisons between the two years on all questions that were contained in both surveys. A much briefer report that highlights just the most notable findings was also prepared and will be made available on the VDH/ADAP website.

***Survey methodology***

The survey, which was accessed and completed online, was conducted for several weeks during the fall of each survey year. Parents of students in grades 6 through 12 in Vermont were eligible to participate. In both years, respondents were recruited primarily through Facebook advertisements, with additional promotion efforts from community-based organizations funded by RPP. As an incentive to participate, respondents had the option of being directed at the end of the survey to a separate web page where they could enter a random drawing for a cash prize.

The sample sizes for the 2017 and 2019 surveys are provided in the following table. The findings in this report are based on these sample sizes, minus the small number of respondents who chose not to respond to any particular question.[[1]](#footnote-1) Questions that were directed to only a subgroup of respondents are identified in footnotes below each table.

Sample sizes for the 2017 and 2019 VPS:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Grade Level of Referent Child** | | | | **Total Sample** | |
|  | **6-8** | | **9-12** | | **Grades 6-12** | |
| Year: | 2017 | 2019 | 2017 | 2019 | 2017 | 2019 |
| Sample Size: | 394 | 544 | 835 | 598 | 1229 | 1142 |

As evident in the table above, the 2019 survey yielded a smaller percent of parents who identified a child in high school as their referent child[[2]](#footnote-2) (52.4%) compared to the 2017 survey (67.9%). The reasons for this are not certain, but it is possible that the efforts by RPP-funded community organizations in 2019 to promote the survey were more successful in securing cooperation from middle schools than high schools. The weighting procedures employed (described below) ensure that the total sample findings for the two years are not affected by their different sample compositions (with respect to middle school versus high school of the referent child), and therefore may be directly compared.

***Representativeness of the sample and weighting procedure***

Because a scientifically developed random sample of parents was not possible, survey findings do not necessarily reflect the overall parent population of Vermont. Even so, the use of Facebook ads plus additional recruitment efforts at the local level is expected to provide a reasonably inclusive sample of parents for each of the two years, and therefore be useful for tracking changes in parents’ views and perceptions over this two-year period. Additionally, the data analyzed for this report were weighted by grade level of the referent child (6th-8th vs. 9th-12th) and county of residence to ensure that the characteristics of the respondents match the Vermont parent population on these variables. Enrollment data from the Vermont Agency of Education for the most recent school year available (2018-2019) were used for this purpose.[[3]](#footnote-3) Both the 2017 and the 2019 survey data files were weighted using the 2018-2019 enrollment figures, which ensures that comparisons made between 2017 and 2019 are not influenced by changes in the distribution of students by county and grade level (middle school versus high school) over the two-year interval. For this reason, the percentages reported here for the 2017 survey differ slightly from those provided in the 2017 report and tables, which were weighted to 2016-2017 enrollment numbers.

***Organization of the Findings***

The tables in this report show the response distributions for all questions included in the 2019 survey. The values in the tables are the percent of parents reporting each response listed. The survey questions are organized by content area as indicated in the title of each lettered section, and generally follow the order of questions as they appeared in the survey instrument.[[4]](#footnote-4) For each question, the response distributions are shown separately for parents whose referent child was in middle school (grades 6 through 8), and high school (grades 9 through 12). The response distributions for the total sample, undifferentiated by grade level of the referent child, are also shown in the rightmost columns of each table.

Because many of the 2019 survey questions were also included in the 2017 VPS, the tables also show the findings from 2017, where applicable, for comparison purposes. For the total sample only[[5]](#footnote-5), values for 2019 that are statistically different (at the p<.10, .05, and .01 levels) from the corresponding value for 2017 are noted accordingly. Significance tests were not performed on the demographic questions (Tables P and Q).

Some questions allowed the respondent to check all response options that apply. Other questions instruct the respondent to check up to three responses. These features are noted in the questions as shown at the top of each table for which they apply. For both of these types of questions, the sum of the percentages of respondents providing each response option will be over 100%.

Several items included a response option for which the respondent was invited to provide additional details within a text field. These response options are indicated by inclusion of the term “(specify)” or similar wording. A summary of the various open-ended responses to these queries is provided in a separate narrative section (Section R). An open-ended comment field was also provided at the end of the survey. These comments were coded into a discrete set of categories. The table in Section S of this report shows the percentages of respondents who provided comments according to the categories we identified.

**A. Frequency of talking with child about dangers of using substances**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **During the past 12 months, how many times have you talked with your child about the potential dangers or problems that could result from persons their age...** | | | | | | | |
|  | | | | | | | |
|  | **Grade Level of Referent Child** | | | | **Total Sample** | | |
|  | **6-8** | | **9-12** | | **Grades 6-12** | | |
|  | **2017** | **2019** | **2017** | **2019** | **2017** | **2019** | **Signif\*** |
| **Using alcohol? (Q8)** |  |  |  |  |  |  |  |
| 0 times | 18.4 | 14.6 | 6.0 | 7.3 | 11.3 | 10.4 |  |
| 1 to 2 times | 23.4 | 24.4 | 17.9 | 16.8 | 20.2 | 20.0 |  |
| A few times | 36.0 | 35.2 | 33.6 | 35.7 | 34.6 | 35.5 |  |
| Many times | 22.3 | 25.9 | 42.5 | 40.3 | 33.9 | 34.1 |  |
| **Using marijuana? (Q9)** |  |  |  |  |  |  |  |
| 0 times | 28.2 | 21.5 | 10.1 | 12.4 | 17.8 | 16.3 |  |
| 1 to 2 times | 24.9 | 22.3 | 21.3 | 14.5 | 22.8 | 17.8 | +++ |
| A few times | 28.8 | 31.0 | 30.0 | 31.3 | 29.5 | 31.2 |  |
| Many times | 18.2 | 25.3 | 38.6 | 41.8 | 29.9 | 34.7 | ++ |
| **Using prescription drugs that are not prescribed to them or using them in ways other than prescribed by their doctor? (Q10)** |  |  |  |  |  |  |  |
| 0 times | 33.3 | 29.3 | 23.0 | 23.8 | 27.5 | 26.2 |  |
| 1 to 2 times | 26.9 | 25.6 | 23.4 | 19.5 | 24.9 | 22.1 |  |
| A few times | 21.6 | 22.9 | 26.1 | 27.6 | 24.2 | 25.6 |  |
| Many times | 18.1 | 22.2 | 27.5 | 29.2 | 23.5 | 26.2 |  |
| **Using e-cigarettes? (Q11)** |  |  |  |  |  |  |  |
| 0 times | 56.3 | 15.0 | 46.0 | 9.9 | 50.4 | 12.1 | +++ |
| 1 to 2 times | 18.1 | 16.6 | 18.1 | 10.9 | 18.1 | 13.3 | +++ |
| A few times | 15.5 | 25.2 | 20.6 | 19.2 | 18.4 | 21.8 | + |
| Many times | 10.1 | 43.3 | 15.3 | 60.1 | 13.1 | 52.9 | +++ |
| **Driving after drinking alcohol or riding in vehicle driven by someone who has been drinking? (Q12)** |  |  |  |  |  |  |  |
| 0 times |  | 27.0 |  | 12.6 |  | 18.7 |  |
| 1 to 2 times |  | 20.0 |  | 13.6 |  | 16.4 |  |
| A few times |  | 26.5 |  | 26.7 |  | 26.6 |  |
| Many times |  | 26.5 |  | 47.2 |  | 38.3 |  |
| **Driving after using marijuana or riding in a vehicle driven by someone who has been using marijuana? (Q13)** |  |  |  |  |  |  |  |
| 0 times |  | 43.6 |  | 25.2 |  | 33.1 |  |
| 1 to 2 times |  | 15.4 |  | 14.4 |  | 14.9 |  |
| A few times |  | 22.6 |  | 25.3 |  | 24.2 |  |
| Many times |  | 18.4 |  | 35.0 |  | 27.9 |  |

**\***Statistical significance of difference between the 2017 and 2019 values: + (p<.10); ++ (p<.05); +++ (p<.01)

**B. Perceptions regarding substance abuse resources and services in community**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **How much do you agree or disagree with the following two statements…?** | | | | | | | |
|  | | | | | | | |
|  | **Grade Level of Referent Child** | | | | **Total Sample** | | |
|  | **6-8** | | **9-12** | | **Grades 6-12** | | |
|  | **2017** | **2019** | **2017** | **2019** | **2017** | **2019** | **Signif\*** |
| **There are places in my community where I can learn more about how to help prevent my child from using alcohol and drugs. (Q14)** |  |  |  |  |  |  |  |
| Strongly agree | 20.0 | 15.8 | 15.2 | 17.4 | 17.2 | 16.7 |  |
| Agree | 50.9 | 45.5 | 55.2 | 50.8 | 53.4 | 48.5 | ++ |
| Disagree | 10.9 | 12.8 | 10.9 | 11.9 | 10.9 | 12.3 |  |
| Strongly disagree | 2.2 | 4.6 | 1.7 | 5.5 | 1.9 | 5.1 | +++ |
| Don't know | 16.0 | 21.4 | 17.1 | 14.4 | 16.6 | 17.4 |  |
| **There are places in my community where I can get help if my child is using alcohol or drugs. (Q15)** |  |  |  |  |  |  |  |
| Strongly agree | 23.0 | 15.8 | 18.8 | 18.4 | 20.6 | 17.3 | + |
| Agree | 49.4 | 47.8 | 54.9 | 47.2 | 52.6 | 47.4 | ++ |
| Disagree | 13.0 | 11.6 | 10.3 | 12.8 | 11.5 | 12.3 |  |
| Strongly disagree | 2.0 | 4.8 | 2.7 | 7.3 | 2.4 | 6.3 | +++ |
| Don't know | 12.6 | 20.1 | 13.3 | 14.3 | 13.0 | 16.8 | ++ |

**\***Statistical significance of difference between the 2017 and 2019 values: + (p<.10); ++ (p<.05); +++ (p<.01)

**C. Awareness and use of prescription drug disposal options**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Grade Level of Referent Child** | | | | **Total Sample** | | |
|  | **6-8** | | **9-12** | | **Grades 6-12** | | |
|  | **2017** | **2019** | **2017** | **2019** | **2017** | **2019** | **Signif\*** |
| **Are there places in your community where you can dispose of unused prescription medications? (Q16)** |  |  |  |  |  |  |  |
| Yes | 71.2 | 74.6 | 70.7 | 72.8 | 70.9 | 73.6 |  |
| No | 5.5 | 4.9 | 4.0 | 4.8 | 4.6 | 4.8 |  |
| Don’t know | 23.4 | 20.4 | 25.3 | 22.4 | 24.5 | 21.6 |  |
| **In the past 12 months, how many times have you taken unused prescription medications to a drop-off location in your community?  (Q17)** |  |  |  |  |  |  |  |
| 0 times | 83.7 | 82.3 | 79.7 | 75.2 | 81.4 | 78.2 | + |
| 1 or 2 times | 14.2 | 16.6 | 17.1 | 23.5 | 15.9 | 20.5 | +++ |
| 3 or more times | 2.1 | 1.1 | 3.3 | 1.3 | 2.8 | 1.2 | ++ |
| **In the past 12 months, how many times have you used a prescription medication pre-paid mail-back envelope? (Q18)** |  |  |  |  |  |  |  |
| 0 times |  | 95.4 |  | 97.4 |  | 96.6 |  |
| 1 to 2 times |  | 4.0 |  | 2.3 |  | 3.0 |  |
| A few times |  | 0.6 |  | 0.2 |  | 0.4 |  |

**\***Statistical significance of difference between the 2017 and 2019 values: + (p<.10); ++ (p<.05); +++ (p<.01)

**D. Perceived risk to adolescents from using substances**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **How much do persons your child’s age risk harming themselves physically and in other ways if they...** | | | | | | | |
|  | | | | | | | |
|  | **Grade Level of Referent Child** | | | | **Total Sample** | | |
|  | **6-8** | | **9-12** | | **Grades 6-12** | | |
|  | **2017** | **2019** | **2017** | **2019** | **2017** | **2019** | **Signif\*** |
| **Drink alcohol occasionally (Q19)** |  |  |  |  |  |  |  |
| No risk | 5.4 | 10.4 | 3.4 | 6.3 | 4.2 | 8.0 | +++ |
| Slight risk | 14.0 | 9.2 | 16.2 | 10.8 | 15.3 | 10.1 | +++ |
| Moderate risk | 26.5 | 18.5 | 40.2 | 35.0 | 34.3 | 28.0 | +++ |
| Great risk | 54.2 | 62.0 | 40.3 | 47.9 | 46.2 | 53.9 | +++ |
| **Use marijuana once or twice a week? (Q20)** |  |  |  |  |  |  |  |
| No risk | 7.1 | 11.1 | 5.7 | 7.7 | 6.3 | 9.1 | ++ |
| Slight risk | 13.7 | 12.2 | 20.6 | 15.9 | 17.7 | 14.3 | ++ |
| Moderate risk | 21.6 | 17.9 | 32.7 | 29.9 | 27.9 | 24.8 |  |
| Great risk | 57.6 | 58.8 | 41.1 | 46.5 | 48.1 | 51.7 |  |
| **Use e-cigarettes or vaping devices nearly every day? (Q21)** |  |  |  |  |  |  |  |
| No risk | 7.2 | 9.9 | 5.6 | 5.1 | 6.3 | 7.1 |  |
| Slight risk | 10.8 | 7.3 | 11.8 | 4.5 | 11.4 | 5.7 | +++ |
| Moderate risk | 13.5 | 11.8 | 23.9 | 16.7 | 19.4 | 14.7 | +++ |
| Great risk | 68.5 | 71.1 | 58.7 | 73.6 | 62.9 | 72.5 | +++ |

**\***Statistical significance of difference between the 2017 and 2019 values: + (p<.10); ++ (p<.05); +++ (p<.01)

**E. Ease of access to substances kept in the home**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **How likely is it that your child would be able to access the following substances in your home without your knowledge...** | | | | | | | |
|  | | | | | | | |
|  | **Grade Level of Referent Child** | | | | **Total Sample** | | |
|  | **6-8** | | **9-12** | | **Grades 6-12** | | |
|  | **2017** | **2019** | **2017** | **2019** | **2017** | **2019** | **Signif\*** |
| **Alcohol (Q22)** |  |  |  |  |  |  |  |
| Very likely | 13.0 | 11.8 | 14.5 | 14.7 | 13.9 | 13.5 |  |
| Somewhat likely | 19.4 | 23.5 | 23.0 | 21.2 | 21.5 | 22.2 |  |
| Not very likely | 24.7 | 27.3 | 26.2 | 30.4 | 25.5 | 29.1 | + |
| Not at all likely | 27.5 | 20.5 | 23.1 | 18.5 | 25.0 | 19.4 | +++ |
| Not applicable | 15.5 | 16.9 | 13.2 | 15.2 | 14.2 | 15.9 |  |
| **Marijuana (Q23)** |  |  |  |  |  |  |  |
| Very likely | 3.0 | 3.5 | 2.5 | 4.3 | 2.7 | 3.9 |  |
| Somewhat likely | 3.0 | 5.1 | 4.6 | 5.3 | 3.9 | 5.2 |  |
| Not very likely | 6.8 | 13.6 | 8.3 | 11.5 | 7.7 | 12.4 | +++ |
| Not at all likely | 18.4 | 15.9 | 17.3 | 14.3 | 17.8 | 15.0 |  |
| Not applicable | 68.8 | 62.0 | 67.3 | 64.6 | 68.0 | 63.5 | + |
| **Prescription medications (Q24)** |  |  |  |  |  |  |  |
| Very likely | 6.5 | 6.5 | 5.1 | 9.3 | 5.7 | 8.1 | + |
| Somewhat likely | 10.8 | 14.1 | 11.1 | 11.9 | 11.0 | 12.8 |  |
| Not very likely | 21.8 | 28.9 | 22.8 | 26.6 | 22.4 | 27.6 | ++ |
| Not at all likely | 37.2 | 33.6 | 42.4 | 35.6 | 40.2 | 34.8 | ++ |
| Not applicable | 23.7 | 16.9 | 18.6 | 16.6 | 20.8 | 16.7 | ++ |

**\***Statistical significance of difference between the 2017 and 2019 values: + (p<.10); ++ (p<.05); +++ (p<.01)

**F. Confidence in ability to talk with child about substance use and recognize signs of substance use**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **How confident are you in…** | | | | | | | |
|  | | | | | | | |
|  | **Grade Level of Referent Child** | | | | **Total Sample** | | |
|  | **6-8** | | **9-12** | | **Grades 6-12** | | |
|  | **2017** | **2019** | **2017** | **2019** | **2017** | **2019** | **Signif\*** |
| **Being able to talk effectively with your child about alcohol and drugs?  (Q25)** |  |  |  |  |  |  |  |
| Very confident | 69.9 | 68.8 | 73.0 | 69.0 | 71.7 | 68.9 |  |
| Somewhat confident | 27.5 | 27.8 | 22.9 | 27.7 | 24.8 | 27.7 |  |
| Not very confident | 2.6 | 3.0 | 2.8 | 2.2 | 2.7 | 2.5 |  |
| Not at all confident | 0.0 | 0.2 | 0.3 | 0.5 | 0.2 | 0.4 |  |
| Undecided or don't know | 0.0 | 0.2 | 1.0 | 0.6 | 0.6 | 0.5 |  |
| **Knowing the patterns or signs that could indicate your child has been using alcohol or drugs? (Q27)** |  |  |  |  |  |  |  |
| Very confident | 58.7 | 34.1 | 59.4 | 38.5 | 59.1 | 36.7 | +++ |
| Somewhat confident | 37.0 | 54.4 | 36.4 | 51.4 | 36.7 | 52.7 | +++ |
| Not very confident | 3.9 | 9.5 | 3.4 | 7.9 | 3.6 | 8.6 | +++ |
| Not at all confident | 0.4 | 0.9 | 0.4 | 1.6 | 0.4 | 1.3 | ++ |
| Undecided or don't know | 0.0 | 1.2 | 0.4 | 0.6 | 0.2 | 0.9 | + |

**\***Statistical significance of difference between the 2017 and 2019 values: + (p<.10); ++ (p<.05); +++ (p<.01)

**G. Aspects of talking with child that parent wishes they were better at or would like more information**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Which specific aspects of talking to your child about alcohol and drugs, if any, do you most wish you were better at or would like to have more information? (Please check up to three choices)…** | | | | | | |
|  | | | | | | |
|  | **Grade Level of Referent Child** | | | | **Total Sample** | |
|  | **6-8** | | **9-12** | | **Grades 6-12** | |
| **(Q26)** | **2017** | **2019** | **2017** | **2019** | **2017** | **2019** |
| Knowing how and when to start these conversations |  | 20.9 |  | 14.7 |  | 17.3 |
| Knowing the facts about what percent of students your child's age use alcohol and drugs |  | 27.9 |  | 22.2 |  | 24.6 |
| Knowing the facts about the risks of using various substances |  | 15.2 |  | 14.4 |  | 14.7 |
| Knowing how to respond to questions about your own past (or present) substance use |  | 20.8 |  | 21.6 |  | 21.3 |
| Getting your child to share his or her experiences and views |  | 41.8 |  | 40.8 |  | 41.2 |
| Listening attentively to what your child has to say |  | 9.5 |  | 6.5 |  | 7.8 |
| Getting your child's full attention |  | 28.3 |  | 28.0 |  | 28.1 |
| Knowing how to respond if your child admits to using substances |  | 34.3 |  | 35.4 |  | 34.9 |
| Other (please describe) |  | 3.8 |  | 5.7 |  | 4.9 |

**H. Substances that parent believes child has used**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Which, if any, of these substances do you know or suspect that your child has used in the past 30 days? (Check all that apply)…** | | | | | | |
|  | | | | | | |
|  | **Grade Level of Referent Child** | | | | **Total Sample** | |
|  | **6-8** | | **9-12** | | **Grades 6-12** | |
| **(Q28)** | **2017** | **2019** | **2017** | **2019** | **2017** | **2019** |
| Alcohol |  | 0.7 |  | 10.0 |  | 6.0 |
| Marijuana |  | 2.5 |  | 12.5 |  | 8.3 |
| Tobacco |  | 0.4 |  | 3.6 |  | 2.2 |
| E-cigarettes or vaping devices (e.g. Juul devices) |  | 2.5 |  | 9.4 |  | 6.5 |
| Prescription medications (in ways other than as prescribed to them) |  | 0.0 |  | 0.9 |  | 0.5 |
| Other substances (specify) |  | 0.0 |  | 0.9 |  | 0.5 |
| I don’t think my child has used any substances |  | 96.0 |  | 80.1 |  | 86.8 |

**I. Level of concern about child’s use of substances1,2**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **How concerned are you about your child’s use of…?** | | | | | | |
|  | | | | | | |
|  | **Grade Level of Referent Child** | | | | **Total Sample** | |
|  | **6-8** | | **9-12** | | **Grades 6-12** | |
|  | **2017** | **2019** | **2017** | **2019** | **2017** | **2019** |
| **Alcohol (Q29)** |  |  |  |  |  |  |
| Not very concerned |  | -- |  | -- |  | 42.9 |
| Somewhat concerned |  | -- |  | -- |  | 39.5 |
| Greatly concerned |  | -- |  | -- |  | 17.6 |
| **Marijuana (30)** |  |  |  |  |  |  |
| Not very concerned |  | -- |  | -- |  | 34.5 |
| Somewhat concerned |  | -- |  | -- |  | 26.6 |
| Greatly concerned |  | -- |  | -- |  | 38.9 |
| **Tobacco (Q31)** |  |  |  |  |  |  |
| Not very concerned |  | -- |  | -- |  | 24.8 |
| Somewhat concerned |  | -- |  | -- |  | 11.9 |
| Greatly concerned |  | -- |  | -- |  | 63.4 |
| **E-cigarettes or vaping devices (Q32)** |  |  |  |  |  |  |
| Not very concerned |  | -- |  | -- |  | 9.8 |
| Somewhat concerned |  | -- |  | -- |  | 18.1 |
| Greatly concerned |  | -- |  | -- |  | 72.1 |

1Sample sizes for these items are based on positive responses to corresponding questions in section H.

2Due to the small numbers of responses on which the rates in this table are based, especially for parents whose referent child was in grade levels 6-8, the findings for the total sample only are reported. In addition, the sample sizes for parents who knew or suspected their child had misused prescription medications or used other drugs in the past 30 days were insufficient to report their level of concern about these behaviors.

**J. Topics for which parents are likely to seek information or guidance**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **For which of the following topics are you likely to seek information or guidance during the upcoming year? (Check all that apply)** | | | | | | |
|  | | | | | | |
|  | **Grade Level of Referent Child** | | | | **Total Sample** | |
|  | **6-8** | | **9-12** | | **Grades 6-12** | |
| **(Q35)** | **2017** | **2019** | **2017** | **2019** | **2017** | **2019** |
| Preventing my child from using alcohol or other drugs |  | 19.7 |  | 13.7 |  | 16.3 |
| Preventing my child from being bullied (including cyber bullying) |  | 42.3 |  | 21.2 |  | 30.2 |
| Preventing my child from bullying others (including cyber bullying) |  | 17.4 |  | 7.7 |  | 11.8 |
| Helping my child connect with positive role models, peers and activities |  | 46.9 |  | 40.3 |  | 43.1 |
| Helping my child deal with stress or mental health issues |  | 56.5 |  | 65.4 |  | 61.6 |
| Knowing what my child is doing online and/or on the phone |  | 50.1 |  | 33.3 |  | 40.4 |
| Using parental controls to limit my child's online/phone use or content |  | 34.3 |  | 16.8 |  | 24.2 |
| Setting limits on my child's night time and weekend activities |  | 17.1 |  | 17.3 |  | 17.2 |
| Negative effects of teen marijuana use |  | 8.4 |  | 6.0 |  | 7.1 |
| Negative effects of teen e-cigarette use or vaping |  | 11.7 |  | 11.7 |  | 11.7 |
| State laws regarding medical and non-medical use of marijuana by underage persons |  | 4.7 |  | 7.1 |  | 6.1 |
| State laws regarding use of e-cigarettes or vaping devices by underage persons |  | 4.8 |  | 6.2 |  | 5.6 |
| Helping my child cope with family members who are struggling with addiction |  | 13.8 |  | 8.9 |  | 11.0 |
| Ways I can support efforts in my community to prevent and reduce teen substance use |  | 18.8 |  | 17.1 |  | 17.8 |
| Other topics related to protecting my child's safety and well-being (specify) |  | 6.5 |  | 7.8 |  | 7.2 |
| None of the above |  | 12.5 |  | 13.1 |  | 12.9 |

**K. Substances in which parents have a high interest in learning more about how to prevent child’s use1**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **What substances do you have a high interest in learning more about how to prevent use by your child? (Check all that apply)** | | | | | | |
|  | | | | | | |
|  | **Grade Level of Referent Child** | | | | **Total Sample** | |
|  | **6-8** | | **9-12** | | **Grades 6-12** | |
| **(Q36)** | **2017** | **2019** | **2017** | **2019** | **2017** | **2019** |
| Substance use in general (no particular category) |  | 62.1 |  | 67.4 |  | 64.6 |
| Alcohol |  | 31.0 |  | 27.2 |  | 29.2 |
| Tobacco |  | 18.7 |  | 13.0 |  | 16.0 |
| E-cigarettes or other vaping devices (e.g. Juul products) |  | 28.7 |  | 43.5 |  | 35.9 |
| Marijuana |  | 22.9 |  | 34.2 |  | 28.3 |
| Prescription drugs (e.g., pain relievers, stimulants, sedatives) |  | 23.7 |  | 10.7 |  | 17.4 |
| Other drugs such as cocaine, hallucinogens, heroin |  | 15.4 |  | 22.9 |  | 19.0 |
| Other drugs not listed above (specify) |  | 2.6 |  | 0.0 |  | 1.3 |

1Sample sizes for these items are based on a positive response to the first response option shown in section J.

**L. Preferred ways to obtain information about parenting topics1**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **What would be the most preferable ways for you to obtain information about the parenting topics of interest to you? (Please check up to three choices).** | | | | | | |
|  | | | | | | |
|  | **Grade Level of Referent Child** | | | | **Total Sample** | |
|  | **6-8** | | **9-12** | | **Grades 6-12** | |
| **(Q37)** | **2017** | **2019** | **2017** | **2019** | **2017** | **2019** |
| Online via specific health or parenting information websites |  | 60.9 |  | 59.1 |  | 59.9 |
| Online search engines and/or social media (e.g., Google, Facebook, YouTube) |  | 32.9 |  | 32.6 |  | 32.7 |
| Printed materials (such as newsletters, magazines, newspapers, books, brochures, tip sheets, etc.) |  | 28.5 |  | 24.4 |  | 26.2 |
| Large group presentations or community meetings |  | 15.6 |  | 18.7 |  | 17.4 |
| Small group classes or support groups |  | 14.8 |  | 12.0 |  | 13.2 |
| Periodic emails or text messages from trusted organizations or service providers |  | 24.8 |  | 25.9 |  | 25.4 |
| Meeting individually with teacher, counselor, doctor, or other service provider |  | 26.4 |  | 27.0 |  | 26.7 |
| Following what other parents are discussing on social media |  | 8.3 |  | 8.2 |  | 8.2 |
| Talking with other parents in person |  | 24.7 |  | 27.0 |  | 26.0 |
| Other (describe) |  | 1.3 |  | 1.8 |  | 1.6 |

**1** Sample sizes for these items are based on a positive response to at least one response option in section J.

**M. Perceptions regarding school that their child attends**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **How strongly do you agree or disagree with the following statements about the school your child attends?** | | | | | | |
|  | | | | | | |
|  | **Grade Level of Referent Child** | | | | **Total Sample** | |
|  | **6-8** | | **9-12** | | **Grades 6-12** | |
|  | **2017** | **2019** | **2017** | **2019** | **2017** | **2019** |
| **My child's school encourages me to be an active partner in educating my child. (Q38)** |  |  |  |  |  |  |
| Strongly agree |  | 35.9 |  | 27.2 |  | 30.9 |
| Agree |  | 45.9 |  | 48.4 |  | 47.4 |
| Disagree |  | 15.1 |  | 18.6 |  | 17.1 |
| Strongly disagree |  | 3.0 |  | 5.8 |  | 4.6 |
| **At my child's school, the staff really cares about my child. (Q39)** |  |  |  |  |  |  |
| Strongly agree |  | 34.1 |  | 32.7 |  | 33.3 |
| Agree |  | 55.8 |  | 51.7 |  | 53.4 |
| Disagree |  | 8.5 |  | 13.6 |  | 11.4 |
| Strongly disagree |  | 1.6 |  | 2.1 |  | 1.9 |
| **My child's school takes effective measures to ensure the safety of students. (Q40)** |  |  |  |  |  |  |
| Strongly agree |  | 28.6 |  | 25.5 |  | 26.8 |
| Agree |  | 59.1 |  | 56.1 |  | 57.4 |
| Disagree |  | 8.6 |  | 15.3 |  | 12.4 |
| Strongly disagree |  | 3.8 |  | 3.2 |  | 3.4 |
| **My child's school provides high quality services, or connections to high quality services in the community, to help students with social or emotional needs. (Q41)** |  |  |  |  |  |  |
| Strongly agree |  | 20.9 |  | 17.7 |  | 19.1 |
| Agree |  | 52.4 |  | 51.1 |  | 51.7 |
| Disagree |  | 20.9 |  | 25.5 |  | 23.6 |
| Strongly disagree |  | 5.7 |  | 5.6 |  | 5.7 |
| **My child's school communicates school policies and procedures clearly to parents or guardians. (Q42)** |  |  |  |  |  |  |
| Strongly agree |  | 26.8 |  | 22.7 |  | 24.5 |
| Agree |  | 52.7 |  | 52.9 |  | 52.8 |
| Disagree |  | 16.1 |  | 19.5 |  | 18.1 |
| Strongly disagree |  | 4.3 |  | 5.0 |  | 4.7 |

**N. Awareness of and engagement with Vermont’s ParentUp Campaign**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Grade Level of Referent Child** | | | | **Total Sample** | | |
|  | **6-8** | | **9-12** | | **Grades 6-12** | | |
|  | **2017** | **2019** | **2017** | **2019** | **2017** | **2019** | **Signif\*** |
| **Over the past 12 months, have you seen or heard any information about (or from) a resource called ParentUp that is designed to help parents prevent underage drinking and other drug use? (Q43)** |  |  |  |  |  |  |  |
| Yes | 16.8 | 16.9 | 15.9 | 22.3 | 16.3 | 20.0 | ++ |
| No | 70.9 | 71.5 | 70.8 | 64.0 | 70.9 | 67.2 |  |
| Not sure | 12.3 | 11.6 | 13.3 | 13.7 | 12.8 | 12.8 |  |
| **Where did you see or hear the information?  Please check all that apply. (Q44)1** |  |  |  |  |  |  |  |
| Radio | 11.5 | 15.6 | 11.8 | 10.9 | 11.6 | 12.6 |  |
| Television | 13.8 | 17.2 | 21.2 | 8.7 | 17.9 | 11.8 |  |
| Online | 58.3 | 33.1 | 47.6 | 43.0 | 52.4 | 39.4 | ++ |
| Community meeting | 10.7 | 10.0 | 12.5 | 7.2 | 11.7 | 8.2 |  |
| Newspaper article | 4.1 | 5.1 | 12.3 | 3.6 | 8.6 | 4.1 |  |
| School meeting or other communication from school | 17.9 | 19.6 | 21.7 | 14.1 | 20.0 | 16.1 |  |
| Other written information (such as a brochure, flyer, postcard, etc.) |  | 29.9 |  | 28.5 |  | 29.0 |  |
| Directly from someone I know | 12.6 | 6.0 | 15.5 | 13.4 | 14.2 | 10.7 |  |
| Not sure | 7.6 | 7.4 | 4.7 | 15.8 | 6.0 | 12.7 | ++ |
| Other (specify): | 10.9 | 13.8 | 5.7 | 3.4 | 8.0 | 7.2 |  |
| **Have you** **visited the ParentUp website in the past 6 months? (Q45)1** |  |  |  |  |  |  |  |
| Yes | 24.7 | 19.6 | 28.2 | 22.3 | 26.7 | 21.3 |  |
| No | 75.3 | 80.5 | 71.8 | 77.7 | 73.3 | 78.7 |  |

**\***Statistical significance of difference between the 2017 and 2019 values: + (p<.10); ++ (p<.05); +++ (p<.01)

**1** Sample size for this item is based on a positive response to question 43 as shown above.

**O. Reasons for not visiting the ParentUp website1**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **What are the reasons why you have not visited the ParentUp website in the past six months? (Check all that apply)** | | | | | | |
|  | | | | | | |
|  | **Grade Level of Referent Child** | | | | **Total Sample** | |
|  | **6-8** | | **9-12** | | **Grades 6-12** | |
| **(Q46)** | **2017** | **2019** | **2017** | **2019** | **2017** | **2019** |
| You were not aware there was a ParentUp website |  | 40.3 |  | 28.5 |  | 32.8 |
| You weren’t sure how to access the website |  | 7.2 |  | 0.0 |  | 2.7 |
| You don’t think your child is using alcohol or other drugs |  | 39.3 |  | 43.9 |  | 42.2 |
| You don’t think your child is currently at risk for using alcohol or other drugs |  | 16.1 |  | 27.2 |  | 23.1 |
| You do think your child may be using or is at risk, but that is not a significant concern to you |  | 1.0 |  | 0.7 |  | 0.8 |
| You do think your child may be using or is at risk, but don’t think the website would be of much help |  | 0.0 |  | 2.3 |  | 1.5 |
| You do think your child may be using or is at risk, but you already have the information you need to address current or potential substance use issues that may arise |  | 1.0 |  | 1.5 |  | 1.3 |
| You do think your child may be using or is at risk, but you can get any information you need from other sources |  | 2.2 |  | 5.1 |  | 4.0 |
| You didn’t have time or just didn’t get around to it yet |  | 22.4 |  | 19.1 |  | 20.3 |
| You heard or saw something about the website that interested you, but then forgot to follow-up |  | 22.9 |  | 19.1 |  | 20.5 |
| Other – (please describe) |  | 5.5 |  | 8.7 |  | 7.5 |

1 Sample sizes for these items are based on a response of “no” or “not sure” to question 43 in section N.

**P. Referent child demographics**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Grade Level of Referent Child** | | | | **Total Sample** | |
|  | **6-8** | | **9-12** | | **6-12** | |
|  | **2017** | **2019** | **2017** | **2019** | **2017** | **2019** |
| **What is the age of your child? (Q5)** |  |  |  |  |  |  |
| 11 or younger | 26.3 | 27.6 | 0.0 | 0.5 | 11.2 | 12.1 |
| 12 | 26.4 | 36.7 | 0.1 | 0.5 | 11.3 | 15.7 |
| 13 | 41.0 | 29.2 | 1.2 | 18.5 | 18.1 | 12.7 |
| 14 | 6.3 | 6.4 | 16.2 | 30.1 | 12.0 | 13.3 |
| 15 | 0.0 | 0.2 | 25.0 | 22.8 | 14.4 | 17.3 |
| 16 | 0.0 | 27.6 | 24.7 | 21.7 | 14.2 | 13.1 |
| 17 | 0.0 | 36.7 | 26.8 | 5.9 | 15.4 | 12.5 |
| 18 or older | 0.0 | 29.2 | 6.0 | 0.5 | 3.5 | 3.4 |
| **What is the grade of your child? (Q6)** |  |  |  |  |  |  |
| 6th | 32.4 | 36.5 | -- | -- | 13.8 | 15.6 |
| 7th | 28.5 | 36.6 | -- | -- | 12.1 | 15.6 |
| 8th | 39.1 | 26.9 | -- | -- | 16.7 | 11.5 |
| 9th | -- | -- | 20.2 | 27.4 | 11.6 | 15.7 |
| 10th | -- | -- | 25.2 | 30.0 | 14.5 | 17.2 |
| 11th | -- | -- | 24.7 | 21.1 | 14.2 | 12.1 |
| 12th | -- | -- | 29.9 | 21.5 | 17.1 | 12.4 |
| **Does your child identify him or herself as… (Q7)** |  |  |  |  |  |  |
| Female | 47.6 | 47.4 | 49.7 | 48.0 | 48.8 | 47.7 |
| Male | 51.0 | 51.6 | 48.4 | 49.4 | 49.5 | 50.3 |
| Transgender | 0.4 | 0.7 | 0.7 | 1.1 | 0.6 | 0.9 |
| Other | 0.9 | 0.4 | 1.2 | 1.6 | 1.1 | 1.1 |

**Q. Respondent demographics**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Grade Level of Referent Child** | | | | **Total Sample** | |
|  | **6-8** | | **9-12** | | **6-12** | |
|  | **2017** | **2019** | **2017** | **2019** | **2017** | **2019** |
| **What is your age? (Q49)** |  |  |  |  |  |  |
| 18-24 | 0.4 | 0.2 | 0.0 | 0.4 | 0.2 | 0.3 |
| 25-34 | 9.5 | 14.5 | 1.9 | 4.2 | 5.2 | 8.6 |
| 35-44 | 48.0 | 48.6 | 30.5 | 35.1 | 38.0 | 40.8 |
| 45-54 | 34.2 | 31.9 | 51.0 | 45.2 | 43.8 | 39.6 |
| 55-64 | 7.7 | 4.5 | 15.5 | 14.0 | 12.1 | 10.0 |
| 65 or older | 0.2 | 0.3 | 1.2 | 1.2 | 0.8 | 0.8 |
| **Do you identify yourself as… ? (Q50)** |  |  |  |  |  |  |
| Female | 86.2 | 90.6 | 84.9 | 89.8 | 85.5 | 90.2 |
| Male | 13.1 | 8.7 | 14.8 | 9.8 | 14.1 | 9.3 |
| Transgender | 0.0 | 0.0 | 0.1 | 0.0 | 0.0 | 0.0 |
| Other | 0.7 | 0.7 | 0.2 | 0.4 | 0.4 | 0.5 |
| **Do you identify yourself as… ? (Q51)** |  |  |  |  |  |  |
| Asian/Pacific Islander |  | 0.5 |  | 0.4 |  | 0.4 |
| Black or African American |  | 0.1 |  | 0.3 |  | 0.2 |
| Native American/Alaska Native |  | 0.2 |  | 0.4 |  | 0.3 |
| White |  | 97.1 |  | 96.2 |  | 96.6 |
| Multi-racial |  | 1.2 |  | 0.7 |  | 0.9 |
| Other |  | 1.0 |  | 2.1 |  | 1.6 |
| **Do you identify yourself as… ? (Q52)** |  |  |  |  |  |  |
| Hispanic or Latino |  | 1.4 |  | 1.3 |  | 1.3 |
| Not Hispanic or Latino |  | 89.2 |  | 83.5 |  | 85.9 |
| Other |  | 9.5 |  | 15.2 |  | 12.8 |
| **What is the highest level of education you have completed? (Q53)** |  |  |  |  |  |  |
| High school (including GED) or less |  | 17.8 |  | 11.4 |  | 14.1 |
| Attended some college |  | 16.2 |  | 17.7 |  | 17.1 |
| Completed college |  | 37.8 |  | 39.0 |  | 38.5 |
| Completed graduate or professional school after college |  | 26.6 |  | 31.1 |  | 29.2 |
| Other (specify) |  | 1.6 |  | 0.8 |  | 1.1 |
| **Are you currently or have you ever been a member of the United States Armed Forces (active duty, reserve, or National Guard)? (Q54)** |  |  |  |  |  |  |
| Yes | 3.0 | 1.9 | 4.7 | 1.3 | 4.0 | 1.5 |
| No | 97.0 | 98.1 | 95.3 | 98.7 | 96.0 | 98.5 |

**R. Summary of “Other (specify)” Comments**

For questions in which one of the response options was “other,” and this option was selected, respondents were invited to describe (or specify) what they had in mind. Below is a brief summary of the information entered in these fields.

**Which specific aspects of talking to your child about alcohol and drugs, if any, do you most wish you were better at or would like to have more information? (Section G).**

The majority of the 54 “other” responses provided for this question simply mentioned that there were no aspects (i.e., “none”) of talking to their child that the parent wished they were better at or would like to have more information. Many of these respondents also mentioned that they have open and honest conversations with their child. A few other topics that appeared less frequently (but more than once) included: how to resist peer pressure, substance misuse by family members, the dangers of using alcohol and other drugs, and how to have these discussions without alienating their child.

**Which, if any, of these substances do you know or suspect that your child has used in the past 30 days? (Section H).**

LSD was the only “other” substance mentioned by any of the respondents.

**For which of the following topics are you likely to seek information or guidance during the upcoming year? (Section J).**

A number of the 42 “other” responses entered actually were covered in the list of topics shown in the question. The two most prominent of these had to do with: a) stress or mental health (some of which specifically mentioned self-harm or suicide concerns), and b) the need for positive role models and peers. Parents may have mentioned these again in their “other” response because they were especially important to them or the way they wished to describe the topic did not match exactly with one of the explicit response options.

Another more common “other” response concerned sexual assault prevention and safe dating. Additional “other” responses from multiple respondents included healthful lifestyles (e.g., exercise and diet), being prepared for the transition to college, generally staying safe at school or in the community, and issues regarding sexual orientation and gender identity.

**What substances do you have a high interest in learning more about how to prevent use by your child? (Section K).**

No additional substances were mentioned in the “other” text field for this question. The list of explicit response options provided was apparently very complete.

**What would be the most preferable ways for you to obtain information about the parenting topics of interest to you? (Section L).**

About a dozen miscellaneous text entries for “other” were received, but no common responses. Several responses mentioned schools or school/community partnerships as a preferred source for information.

**Where did you see or hear the information (about ParentUp)? (Section N).**

The only common “other” response to this question was mention of a specific community-based organization or program. Various miscellaneous answers included seeing signs around the community, including on a bus, in neighbors’ yards, and on a truck.

**What are the reasons why you have not visited the ParentUp website in the past six months? (Section O).**

Most of the 11 “other” write-in responses received for this question simply mentioned that they had no need for information from the website, either because they already had the information they needed or because their child was not at risk for using substances.

**S. Open-ended comments provided by respondents (categorized)**

At the end of the survey, parents were invited to enter comments about the survey or issues that were raised in the survey. Comments were provided by 119 respondents (just over 10% of the sample). As displayed in the following table, the specific comments entered were categorized into 22 more generic comments plus a “miscellaneous category” composed of a heterogeneous mix of viewpoints and observations that did not fall into any of the other categories. The majority of respondents provided only one comment category, although the number of categories identified per respondent ranged from one to three.

Of all the comments received, there was no particular topic that stood out as an issue of common concern or interest to parents. The two categories with the highest frequencies were “miscellaneous” unrelated topics and widely ranging personal anecdotes. Following those categories were comments about the importance of parents having open communication and frequent conversations with their children about alcohol and drugs (11.8% of parents) and aspects of the survey they would like to change or found confusing (10.9%). The most common general category of comments pertained to prevention services and policies in the community (including schools), the majority of which reflected a perceived need for more or better services or stronger enforcement.

It is notable that very few parents entered comments suggesting that marijuana use should not be a concern or is not dangerous, or that the legal age for possession/use of alcohol and marijuana should be 18. These comments have been significantly more common in recent surveys conducted with young adult Vermont residents aged 18 to 25.

**Open-ended Comments Provided by Respondents**

|  |  |  |
| --- | --- | --- |
| **Comments (Organized by General Category)** | **Frequency** | **Percent of respondents who entered comments** |
| **Comments on scope or seriousness of underage drinking and youth substance use in state or community** |  |  |
| Levels of youth drug use and/or availability is a problem | 4 | 3.4 |
| Concern about e-cigarettes/vaping | 10 | 8.4 |
| Marijuana use should not be a concern | 3 | 2.5 |
| Legal age for alcohol and/or marijuana should be 18 | 2 | 1.7 |
| Concern about influence of social media on youth substance use | 3 | 2.5 |
| **Comments on parenting approaches and perspectives** |  |  |
| Parents should have open communication and frequent conversations with their children about alcohol and drugs | 14 | 11.8 |
| My child chooses not to drink or use drugs/I'm not worried that my child is using substances | 5 | 4.2 |
| Parents should set clear limits around alcohol and drug use | 2 | 1.7 |
| Concern about permissiveness of other parents regarding alcohol and/or drug use | 3 | 2.5 |
| Desire for more support and resources for parents/opportunities to talk with other parents | 6 | 5.0 |
| **Comments on need for enhanced services or on existing services** |  |  |
| Need more/better substance abuse and mental health treatment/recovery options for youth | 6 | 5.0 |
| More effective prevention education needed through schools | 10 | 8.4 |
| Youth need more alternative activities/opportunities for community engagement | 4 | 3.4 |
| School policies around substance use need to be stronger and/or better enforced | 8 | 6.7 |
| Community-wide prevention efforts needed/would make it easier for parents to set limits | 3 | 2.5 |
| There is good prevention work happening in my community/at my child's school | 8 | 6.7 |
| **Other comments** |  |  |
| Explanation of answer(s)/personal anecdote | 18 | 15.1 |
| Child has had a problem with drugs and/or alcohol | 3 | 2.5 |
| Respondent is in recovery/family history or issues with substance abuse | 3 | 2.5 |
| Would like to change something about the survey/disliked some of the questions or found them to be confusing | 13 | 10.9 |
| Liked the survey/thanks for doing this research | 6 | 5.0 |
| Questions about schools answered for school that is different that town | 5 | 4.2 |
| Miscellaneous (i.e., unrelated comments did not fit any of the above categories) | 26 | 21.8 |

1. Because some respondents only completed part of the survey, there is a drop-off of about 10% in the sample sizes across items from the beginning to the end of the survey. [↑](#footnote-ref-1)
2. Respondents who had more than one eligible child were asked to think of one particular child throughout the survey when answering questions about their child. The child was randomly chosen based on their birthdate. [↑](#footnote-ref-2)
3. Enrollment data from larger independent schools that primarily serve their local areas were added to the public school enrollment counts from AOE. [↑](#footnote-ref-3)
4. The tables also show the question numbers (e.g., Q8, etc.) that are used to number the questions in the printable (Microsoft Word) version of the survey. [↑](#footnote-ref-4)
5. Significance levels for 2017-2019 differences are not reported for the grades 6-8 and 9-12 subgroups, as comparing significance test results when the tests are based on different sample sizes may be misleading. [↑](#footnote-ref-5)