

ORMS Youth Risk Behavior Survey Report - 5/13/16

Summary

In the spring of 2015, ORMS participated in the Youth Risk Behavior Survey. Though ORHS has participated for many years, this is only the second time ORMS has participated (the first survey was completed in 2013). Several other seacoast middle schools participated and due to having results for two years, we can now make comparisons, see trends, and see increases/decreases in student choices.

Insight and highlights of the report:

The survey is a health behavior survey, not solely a drug and sexual activity survey.

- Who took the survey?
 - All grade seven and eight students (current grade 8 students and the freshmen class at ORHS).
- What is the purpose of the survey and why did we take it?
 - To get a better understanding of the choices our students are making when it comes to their health. We can never assume as educators and parents we know about all of the choices our students are making or the risks they might be taking. The results give us an opportunity to make adjustments in educational opportunities and target specific areas of concern from the survey.
- The data clearly shows ORMS students recognize that the use of drugs and alcohol is “wrong or very wrong.” Further, ORMS student data reports that students are aware that their parents would consider their use of drugs or alcohol as “wrong or very wrong.”
- ORMS students have a very low rate of physical violence at school.
- ORMS students are physically active and overall have healthy diets with a low rate of screen time use. Students also report they have good medical care and visit a dentist routinely.
- Eighty percent report they have participated in a club (other than a sport).

Two examples of recent program changes due to the YRBS data:

- Suicide prevention in grade 8 where we use the SOS (signs of suicide) curriculum which is CDC approved and recommended.
- We also have implemented the ACT program (Acknowledge Care Tell) in grades five through eight. From 2013 to 2015 we have seen a decrease in students that “seriously considered” suicide.
- We have seen a decrease in students reporting being bullied at school. Just this year we have implemented Quicktip where students can report being bullied or any violation of a school rule or expectation. Quicktip is anonymous and school administration receives the tip after it is submitted instantly.
- Our counseling staff continue to teach a variety of lessons on “Bully Proofing” and cyber safety through our C.A.R.E. philosophy.

Jay Richard

Principal

ORHS 2015 Youth Risk Behavior Survey

5/15/16

Summary

Last spring all students in grades 9-12 at Oyster River High School participated in the Youth Risk Behavior Survey. The survey results provide us with insight into our students' perceptions on many health and safety issues. Fortunately the high school has been participating in this survey for many years and can now analyze results from five years of data spanning nine years. Although the data is based on student perception only, there is some valuable information that can be gleaned from this data over time.

Insights and Highlights of the Report:

- Overall we are a safe school and our students engage in safe behaviors such as consistent use of seatbelts and bike helmets. Our students also engage in a small number of physical fights and generally feel safe coming to school.
- Generally our students report having healthy behaviors such as the low numbers of students reporting cigarette use, and soda consumption. Student are reporting watching less television, although it appears that there may have been a shift to computer/video games.
- A large number of our students continue to participate in athletic activities, although overall physical activity has fluctuated.
- Many Students are reporting that they are getting less than 8 hours of sleep on average per night, and this appears to be more common for grades 11 and 12.
- When it comes to Drugs, Alcohol, and Tobacco parents are giving the message that their children should not be using these substances. Although, there seems to be a perception of students that their peers feel it is ok to engage in some of these activities. Students report that they are seeing drug/alcohol prevention messaging in schools.
- New products/substances do not have longitudinal data (vaporizers/e-cigarettes, synthetic marijuana), although ORHS numbers are comparable to others areas in the state when it comes to these products.
- The number of students who report being sexually active remains consistent; there has been in increase in students reporting not using protection during sexual intercourse.
- Generally speaking our students are aware of the dangers and safety concerns regarding risky behaviors. Whether they learn about these concerns from parents or in classes at school, the information is getting to our students. However, students are still heavily influenced by their peers, or at least the perceptions of what they feel their peers think is acceptable.

Examples of recent interventions:

- Quick-tip anonymous reporting system was implemented last year to help students report bullying/school safety issues.
- Recently conducted informational sessions for students on the health/safety issues related to vaporizers/e-cigarettes.
- Anti-Bullying curriculum has been part of Health classes and has recently been added to World Cultures courses.

Mike McCann
Principal
ORHS