

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.



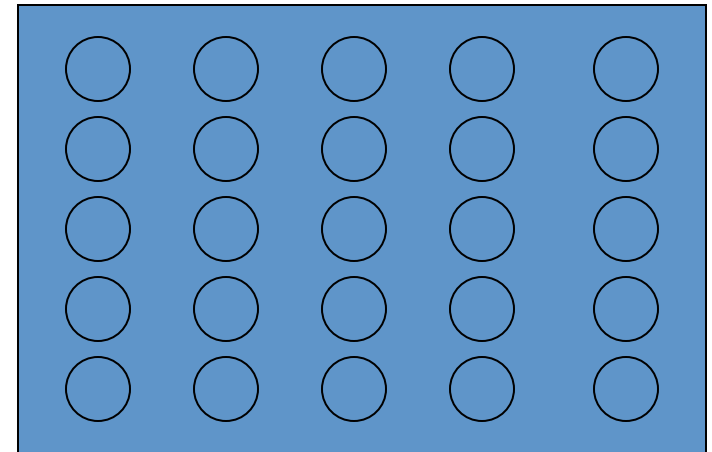


She is involved in the community,

and has
dreams for
the future.

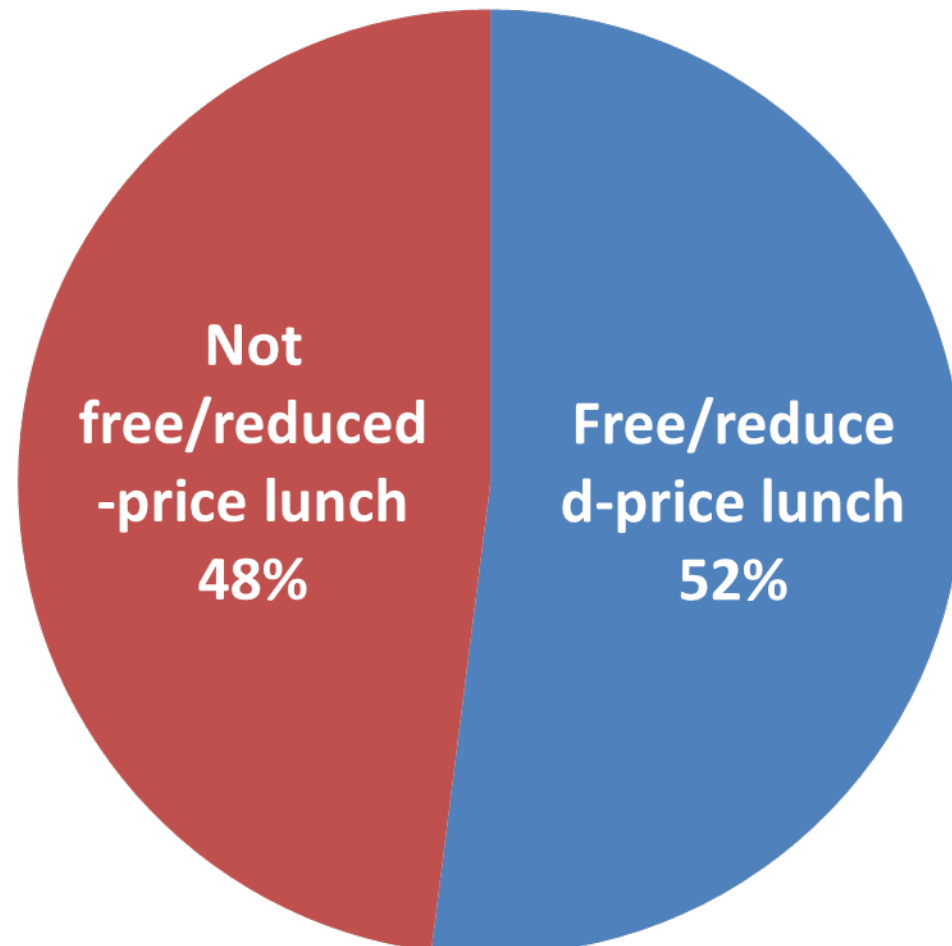


Someday, Sophia will be part of an average classroom of 25 students.

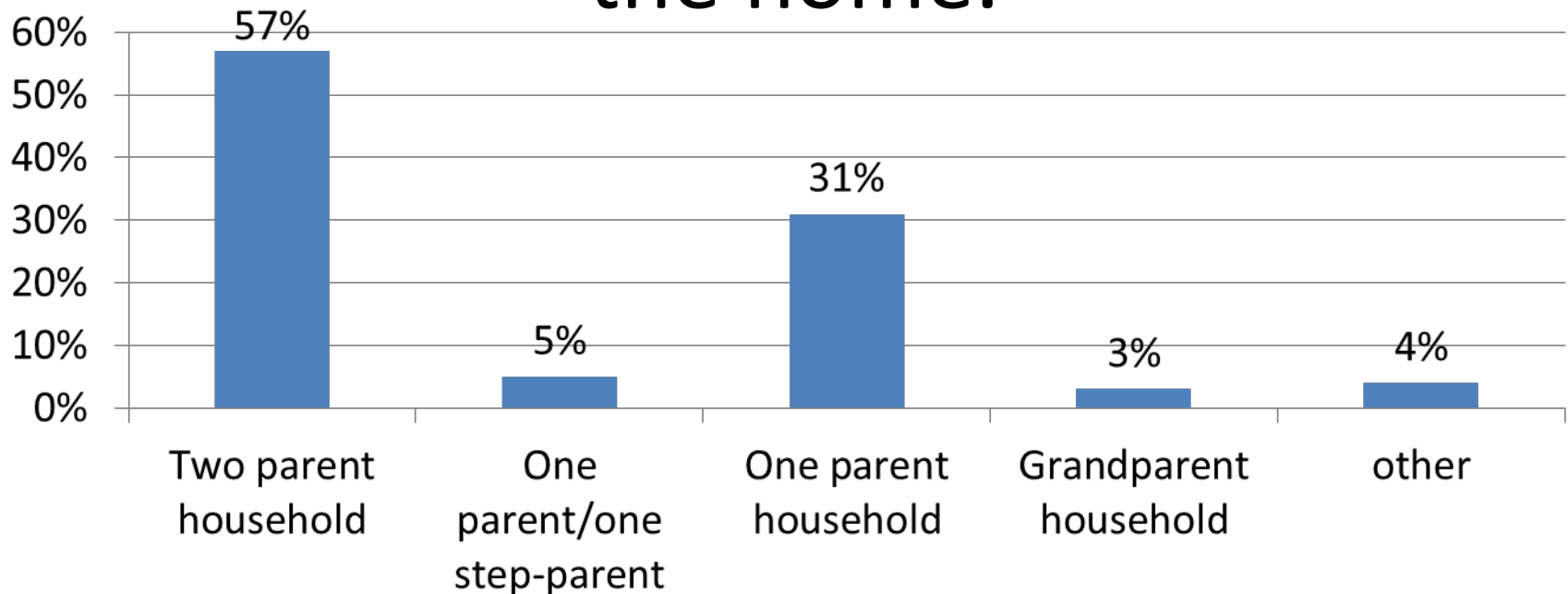


These are the contexts in which
our Delaware 5th graders are
growing up . . .

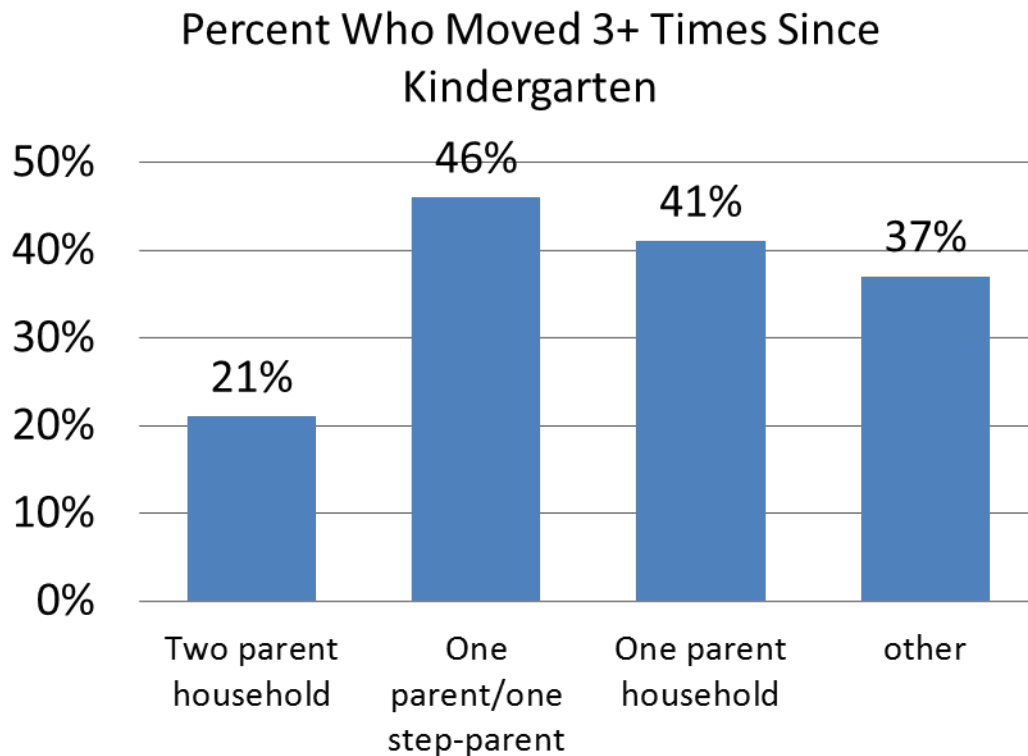
52% of 5th graders say they get a free or reduced-price lunch at school.



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.



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.



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.



Almost all 5th
graders (91%)
feel safe at
school.

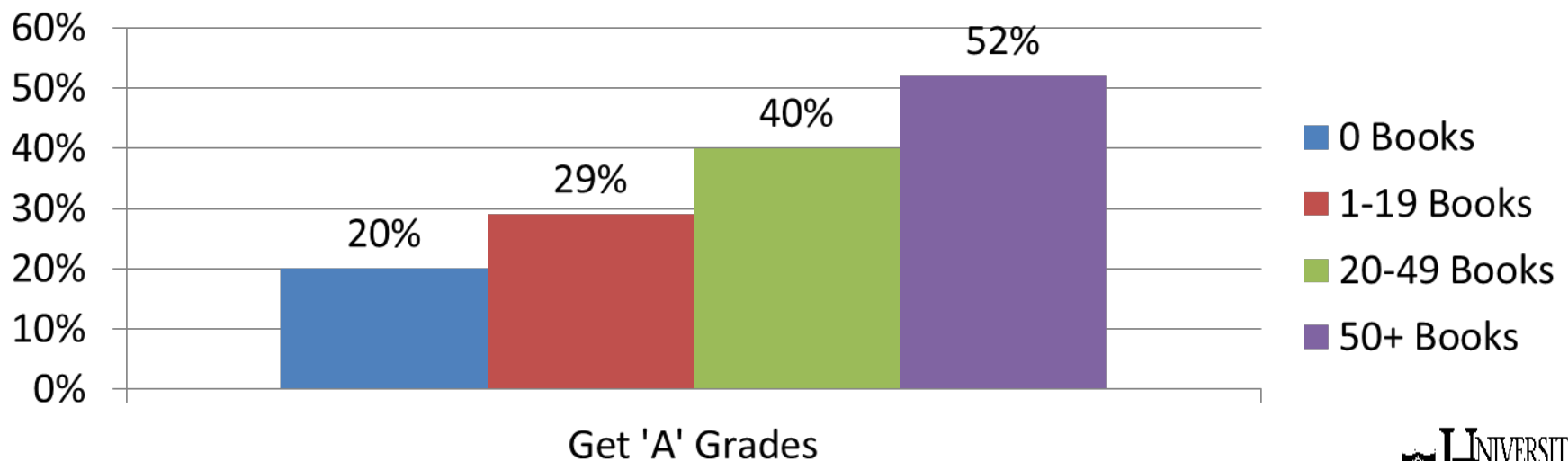


At home, students spend their time:

- 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



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.

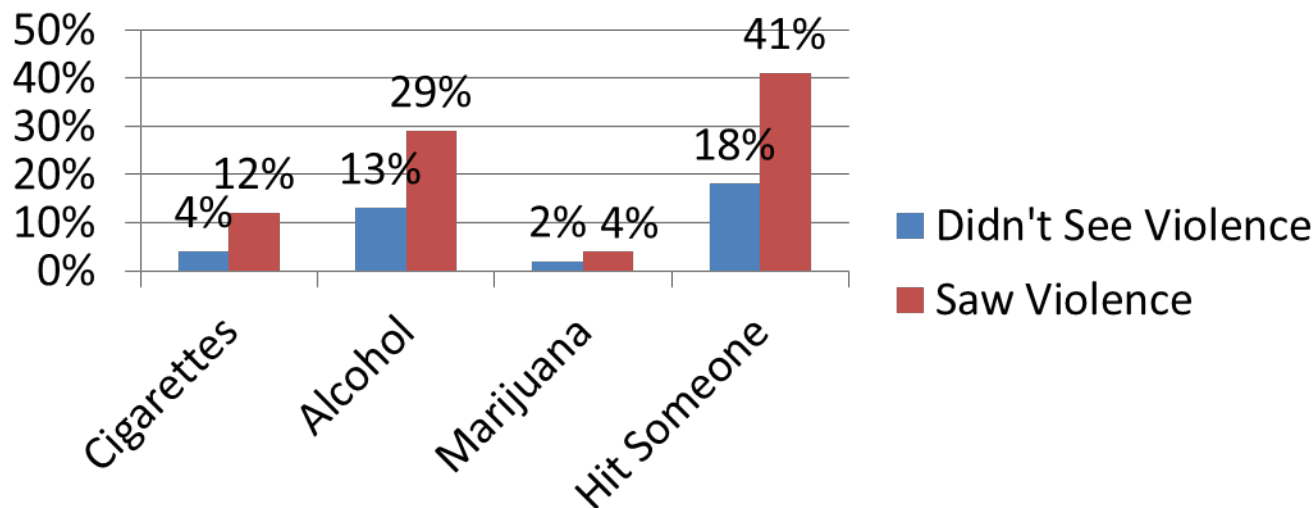


Parents usually know where their 5th graders are (94%), although some lie to their parents about where they are (12%), and these students are **300% more likely** to report having experimented with alcohol, having stolen something, or having destroyed someone else's property.

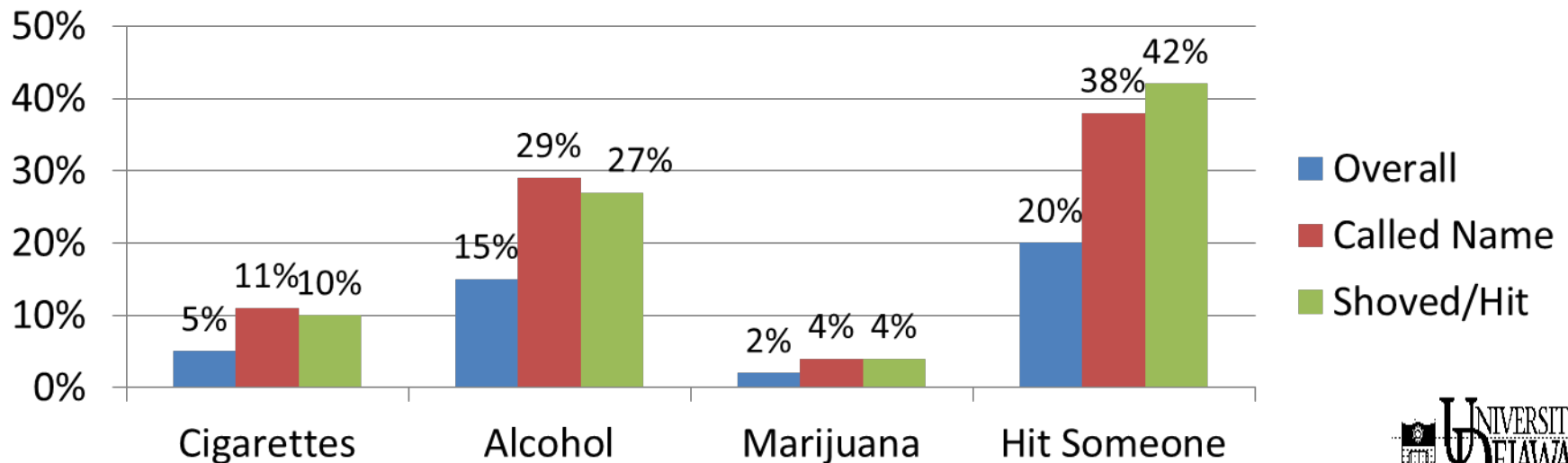
Most students (95%) report that their parents ask if they have completed their homework, and most (89%) say their parents tell them when they have done a good job at school or at



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.



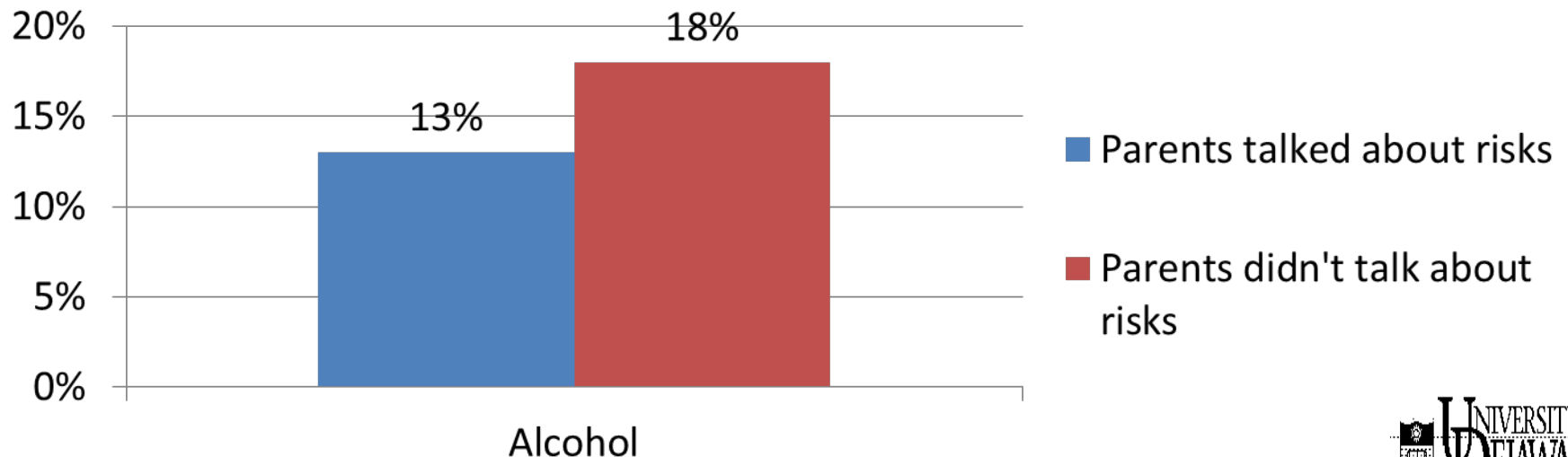
5% of Delaware 5th graders report they have been called names and 5% have been shoved, hit or kicked by a parent or step-parent. These students are more likely to use alcohol and more likely to hit others.



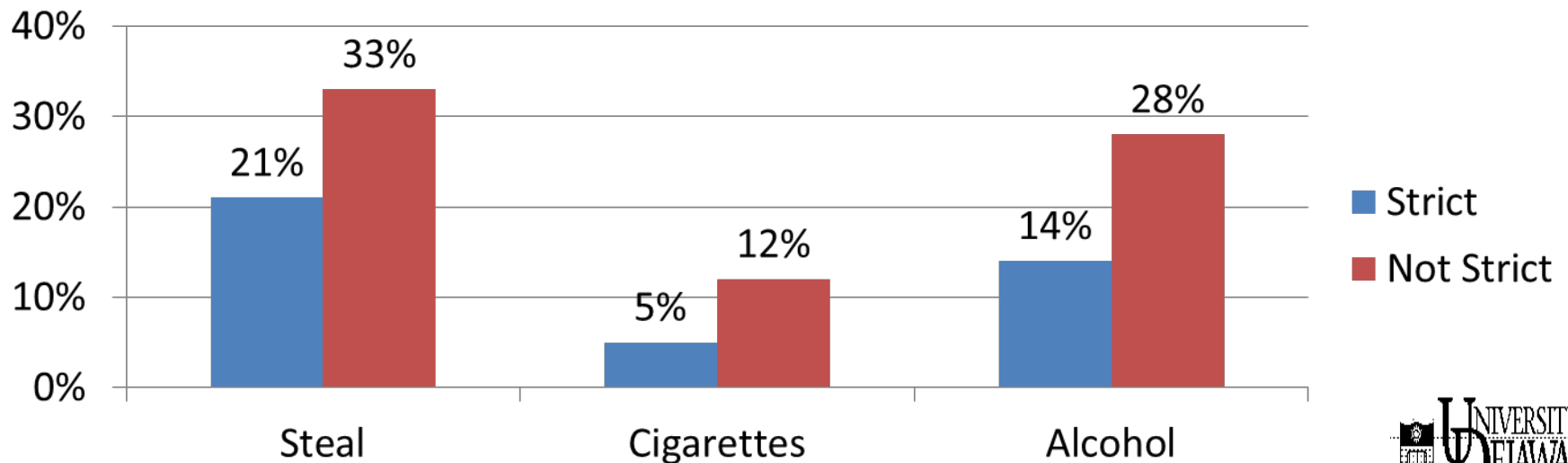
Source: 2010 Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies



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.



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.

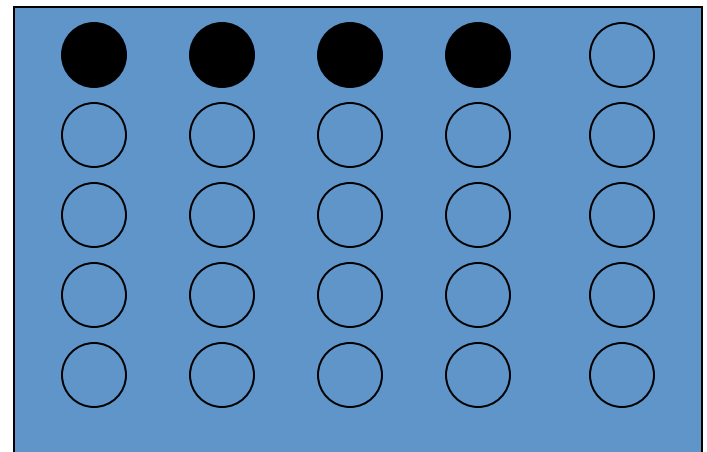


Source: 2010 Delaware School Survey, University of Delaware Center for Drug and Alcohol Studies

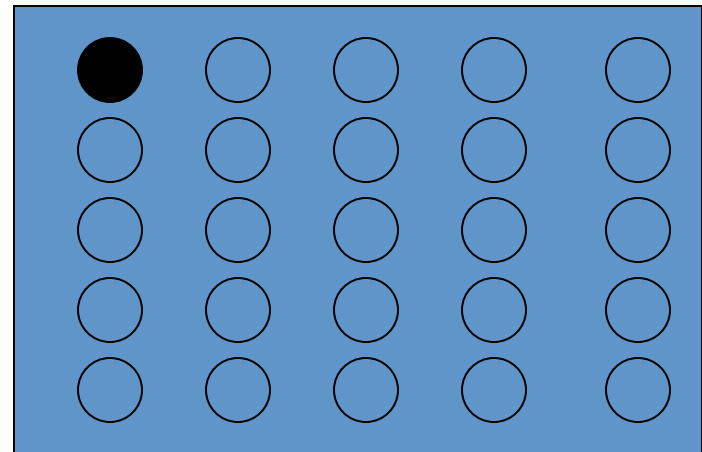


In Sophia's average 5th grade classroom:

- **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.



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.

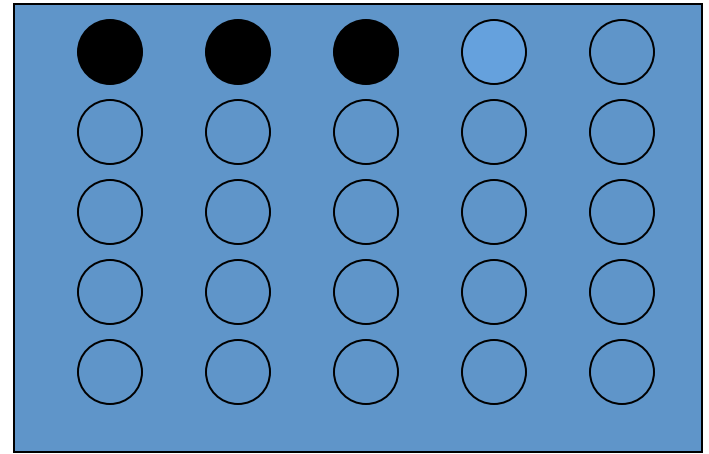
The more time children spend with a smoker, the more likely they are to become smokers. A child who reports being in a room or car with a smoker daily is **7 times more likely to smoke*** than a child who reports not being exposed to environmental smoke.



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



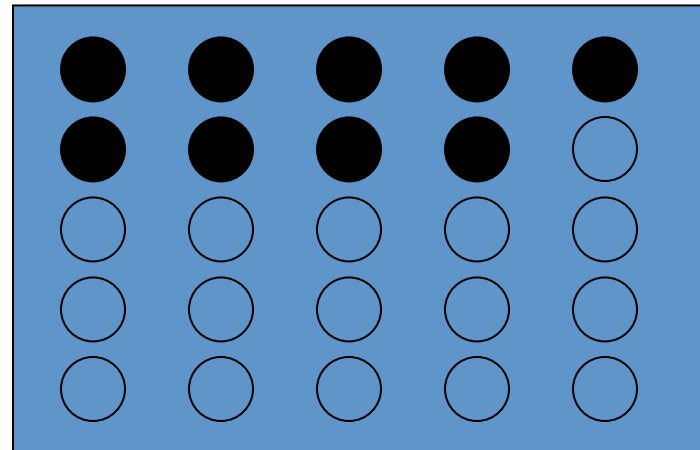
**40% feel that fighting is a
problem in their school.**

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

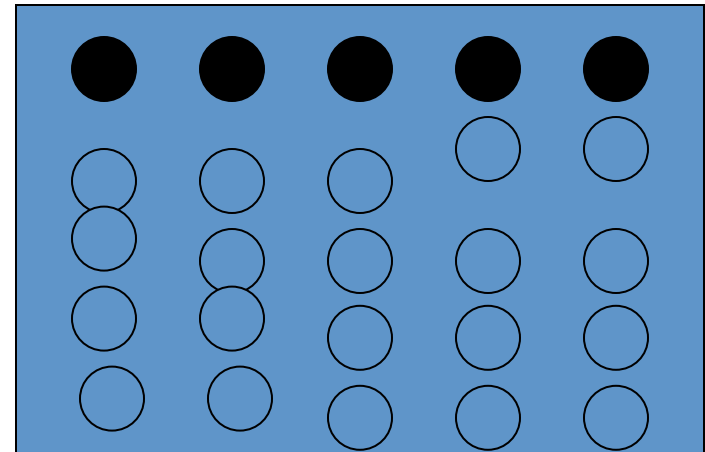


By the time Sophia is in 8th grade:

- **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

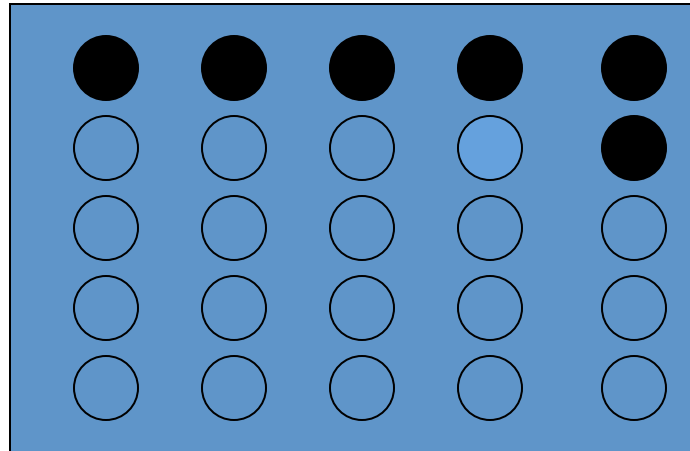


- 19% of Delaware 8th graders have smoked **marijuana** in the past year
- 2 in 3 do not see great risk in trying it
- About 2 in 5 know where to buy marijuana

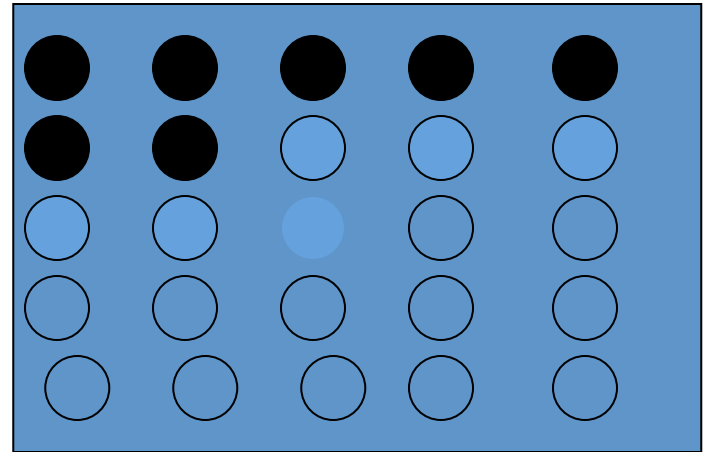


Students who drank alcohol, smoked marijuana, or used other drugs in the past thirty days are almost 3.5 times as likely to report they also skipped school and twice as likely to have cheated on a test.

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

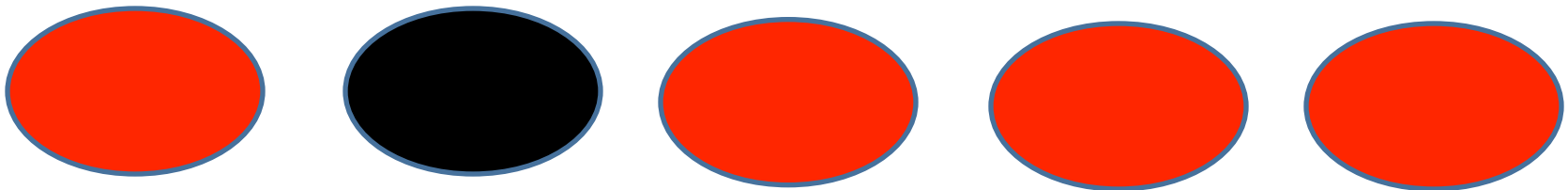


A quarter of Sophia's
class feels that
violence is a
problem in their
school.



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

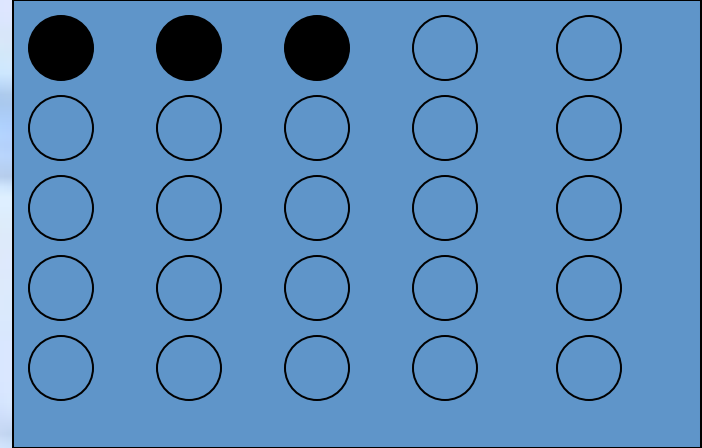
One in five middle school and high school youth report having seen violence between adults in their home in the past year.



Those who have witnessed domestic violence are:

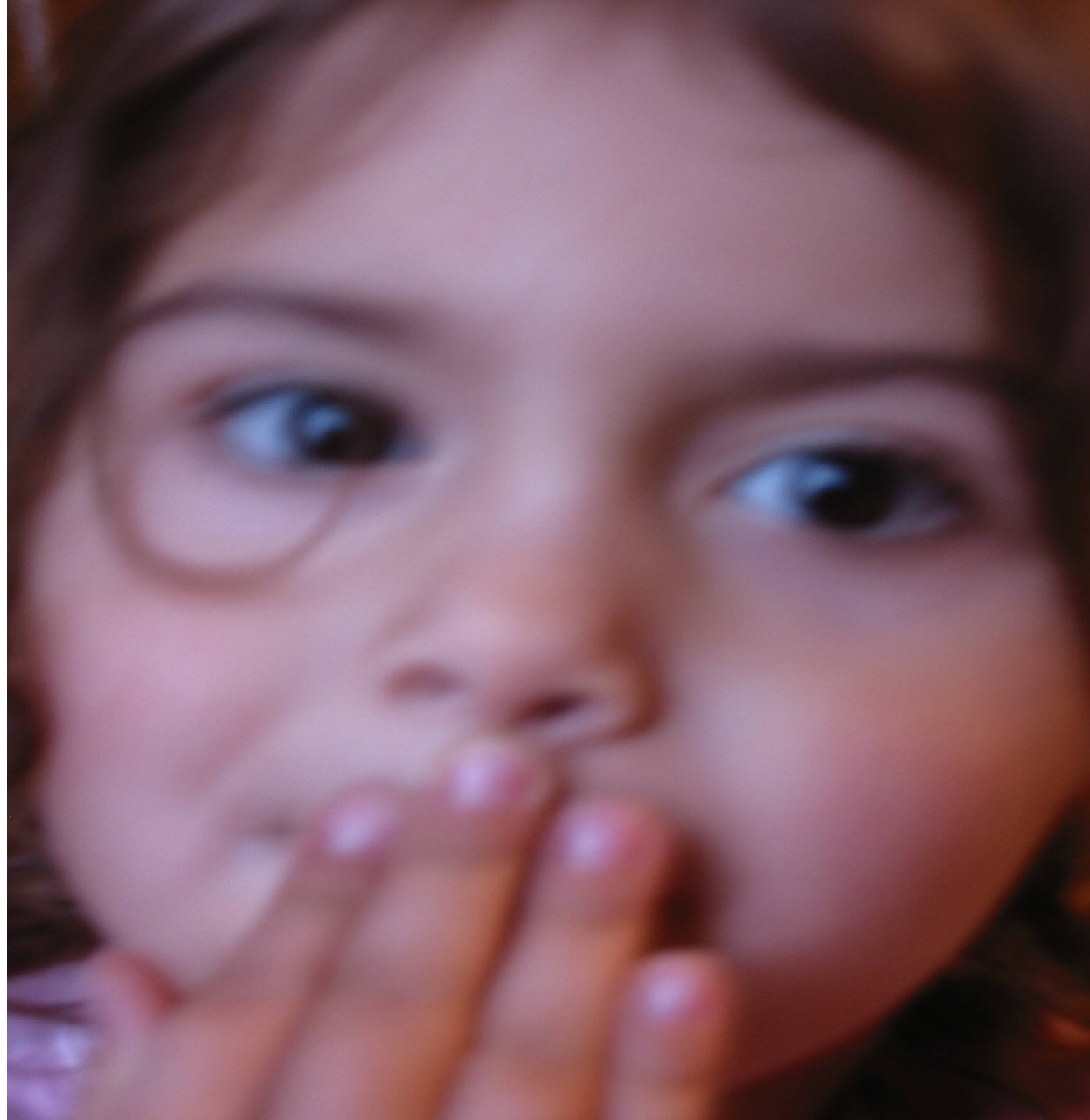
- More likely to use tobacco, alcohol and other drugs
- More likely to commit personal offenses, property offenses, drug sales and engage in gambling
- Less likely to succeed in school and more likely to skip classes or be suspended
- More likely to be involved in abusive intimate relationships

- **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**

These
are the
“big
kids”
Sophia
now
looks
up to.

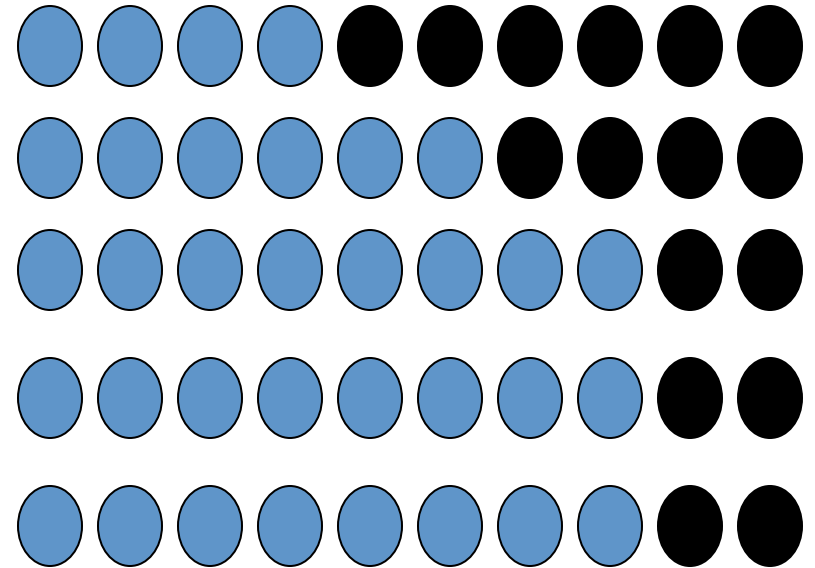


By the time Sophia reaches 11th
grade, some of her former
classmates will have left school.
Among those who remain :



In the past year, out of every 10 11th
graders:

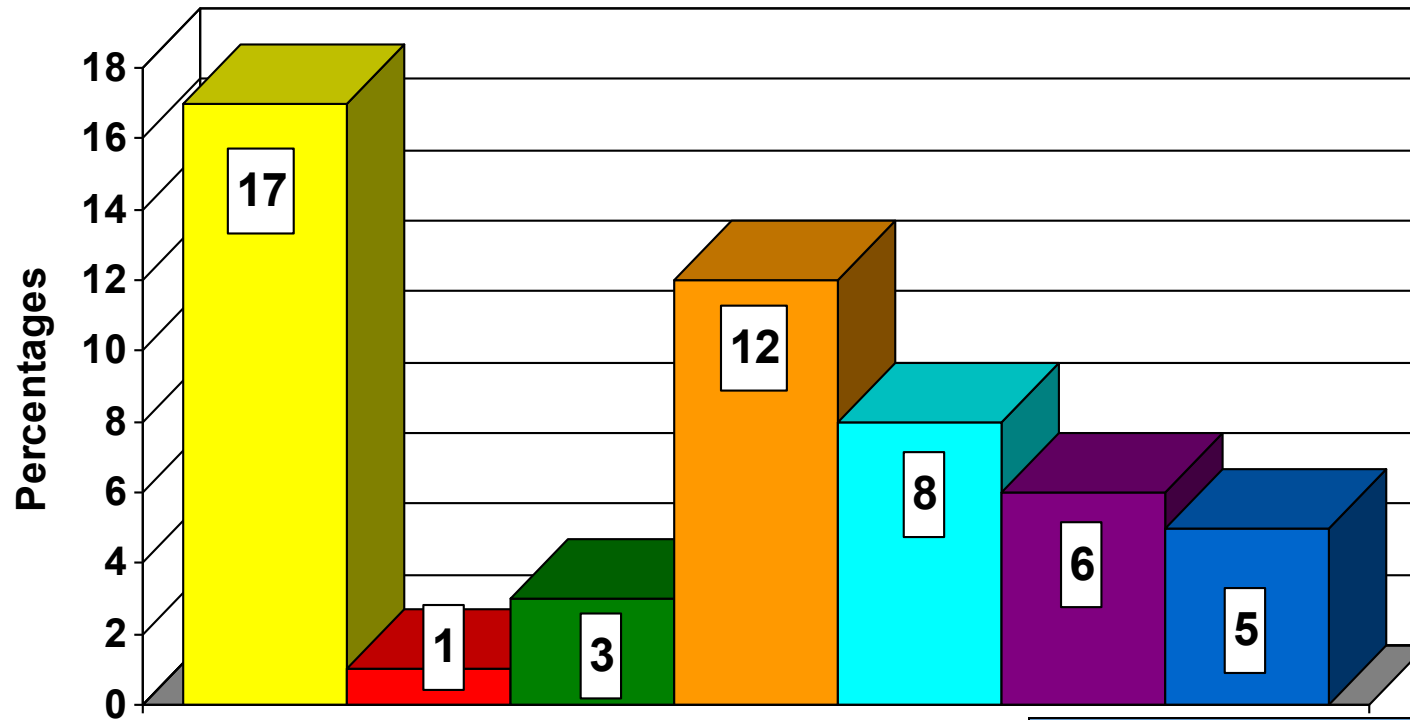
- 62% used Alcohol
- 39% used Marijuana
- 21% smoked Cigarettes
- 17% misused Rx
- 21% Binge Drank (2 weeks)



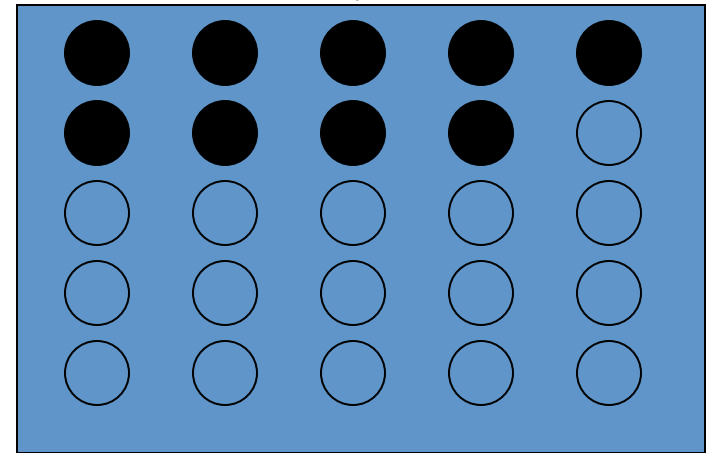
**28% of Delaware 11th Graders
meet the criteria for alcohol
dependence and or abuse:
21% abuse only
1% dependence only
6% dependence and abuse**



Percentage of High School Students Reporting Diagnosis of Chronic Illness



34% of High School Students report being diagnosed with at least one Chronic Illness.

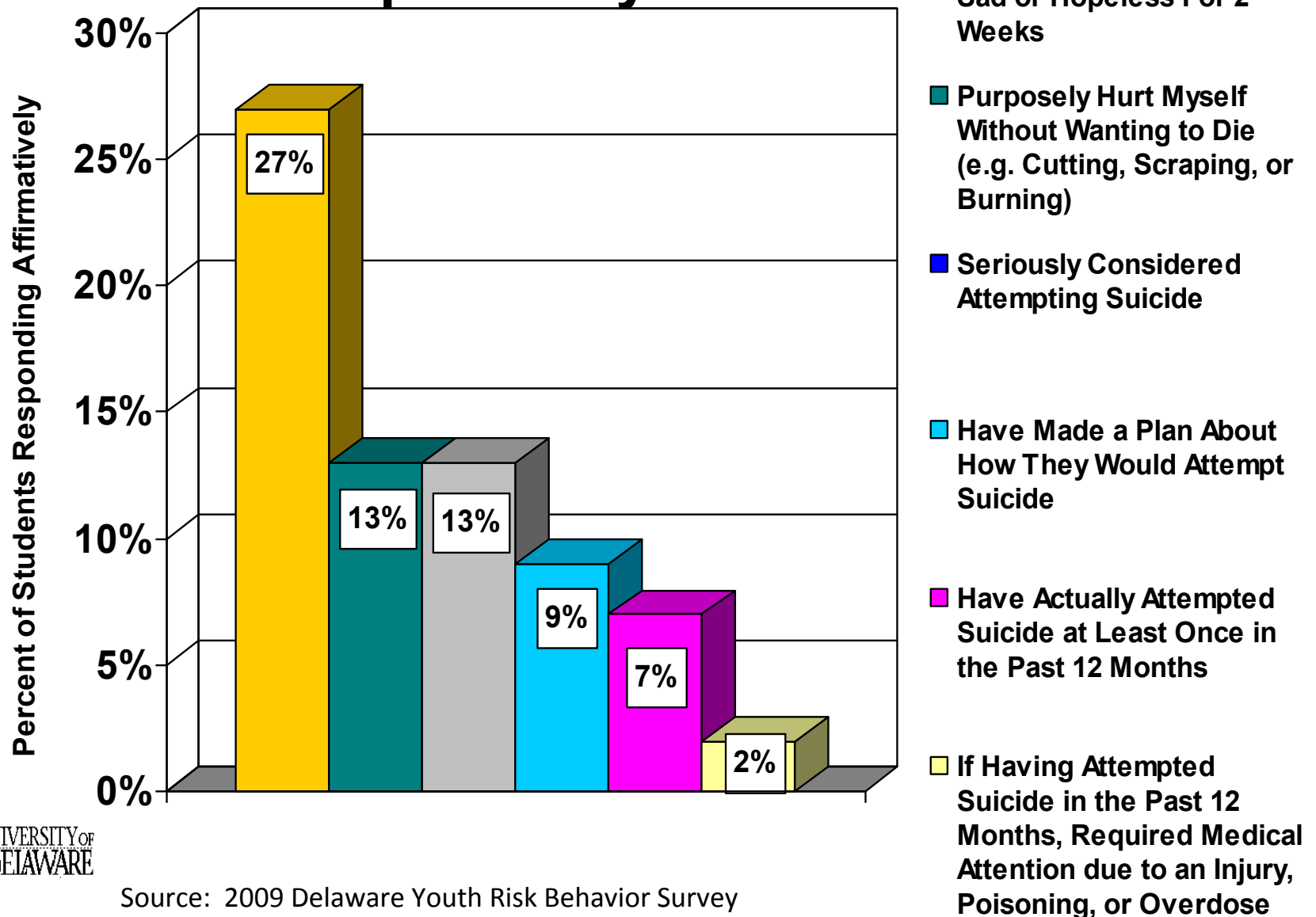


64% of these students diagnosed with a chronic illness take prescribed medications for their conditions, and many of these are more likely to self-medicate, using illegal drugs.



Source: 2009 Delaware Youth Risk Behavior Survey

With Regard to Sad Feelings, Self-Injury, and Attempted Suicide, Students Report They . . .



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.

Most high school students are sexually active. By the time they are 12th graders, 3 out of 4 have had sexual intercourse.

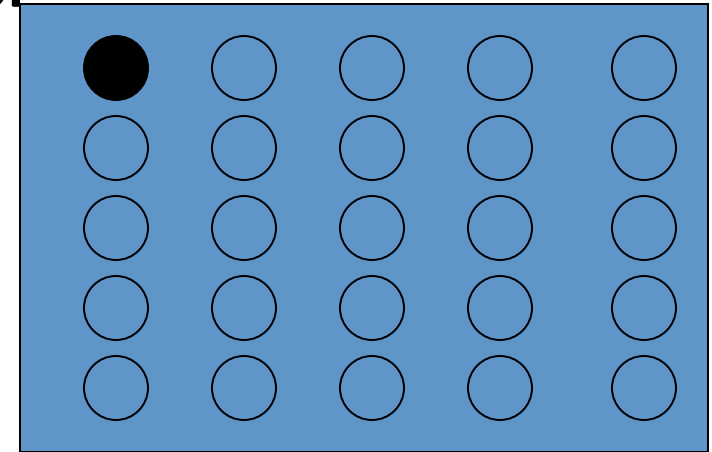
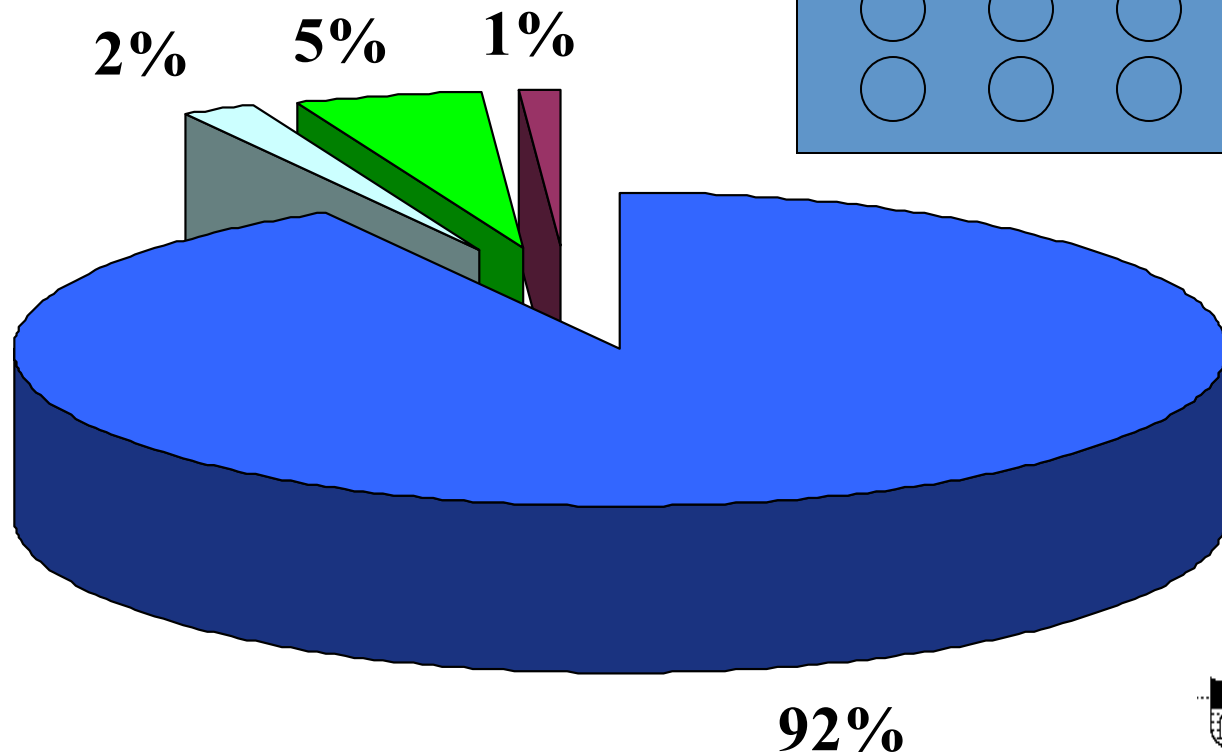
- 63% of 11th grade students reported they had given or received oral sex—41% of 9th graders have.
- 7% of 11th grade girls report having been pregnant at least once—6% of 9th grade girls.
- 2% of 11th grade students reported that they had been diagnosed with a sexually transmitted disease (STD)—3% of 9th graders have.
- Remember, these are the students still in school.



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

Small Numbers of Delaware High School Youth Report Minority Sexual Orientation



heterosexual

N=2135

homosexual

N=35

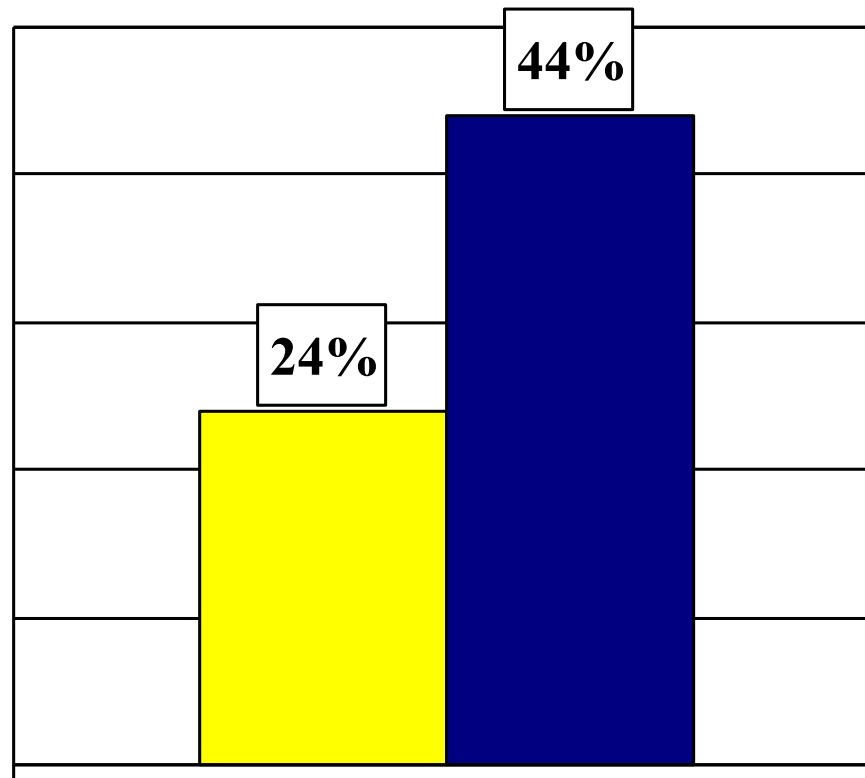
bisexual

N=114

not sure

N=33

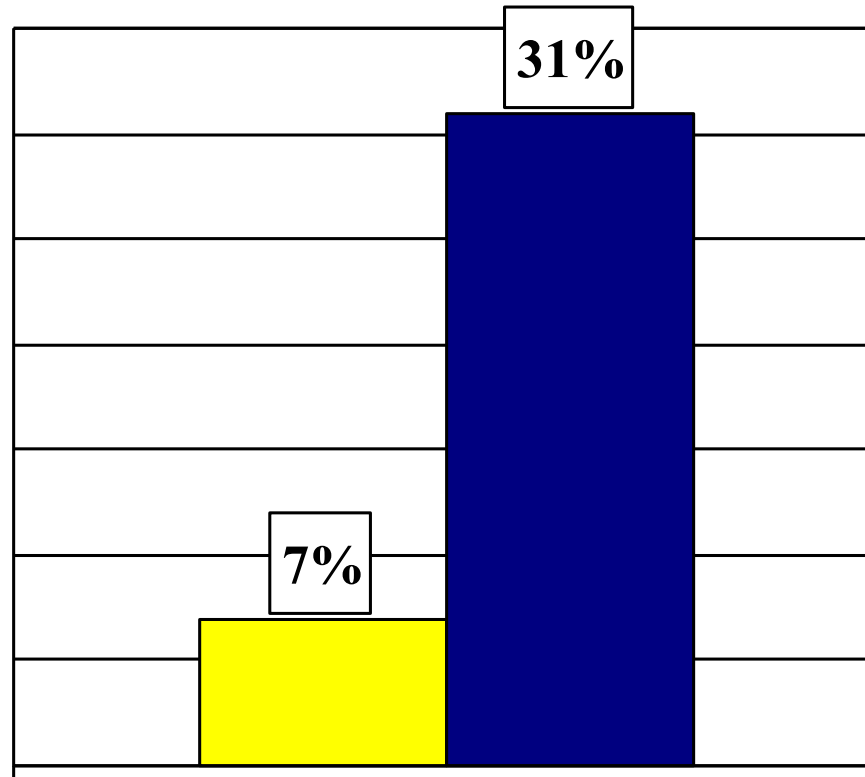
These students are significantly more at risk. They are more likely to report smoking marijuana during the past month:



■ Heterosexual ■ Sexual Minority

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.

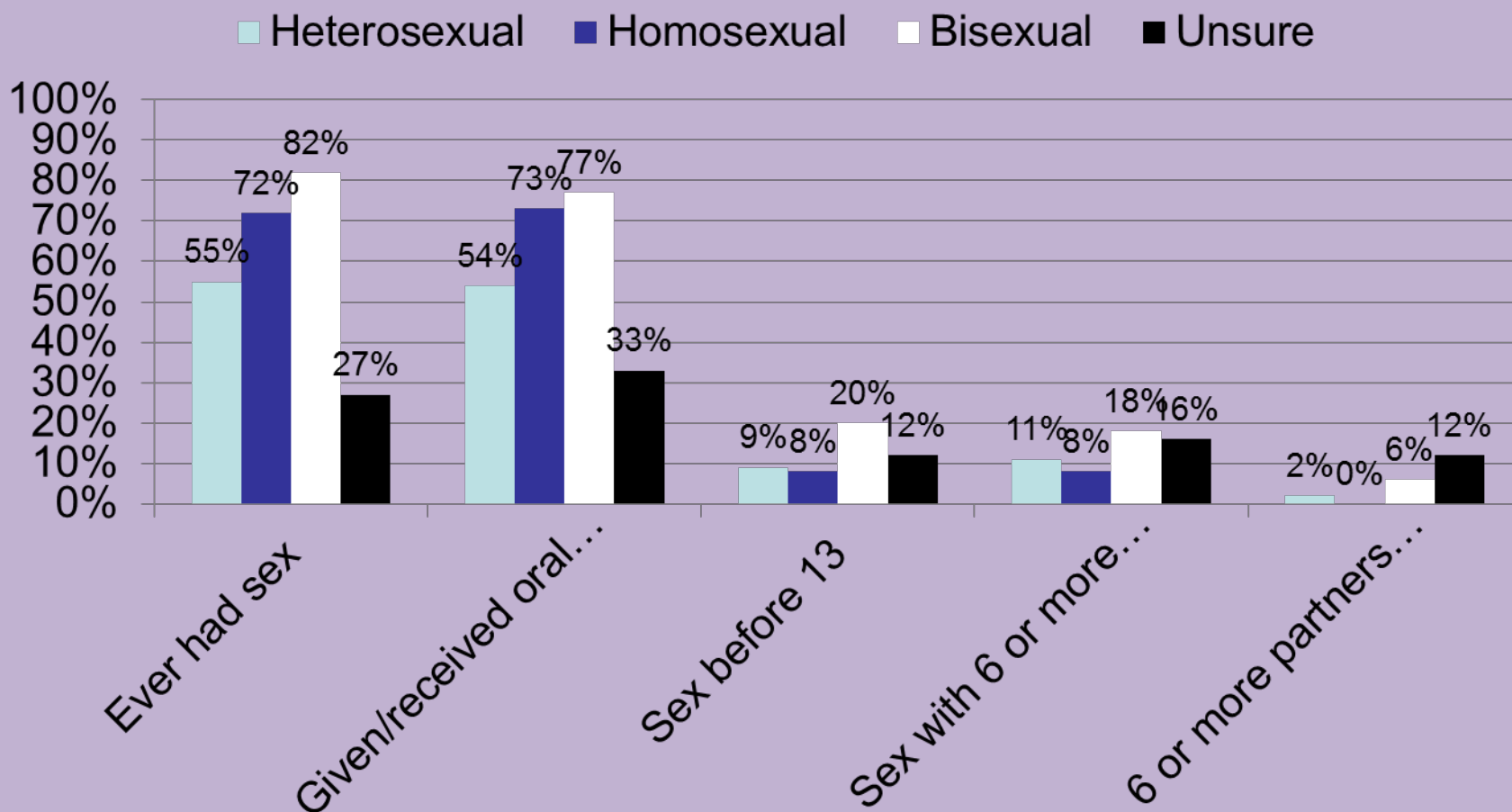


■ Heterosexual ■ Sexual Minority

Source: 2009 Delaware Youth Risk Behavior Survey

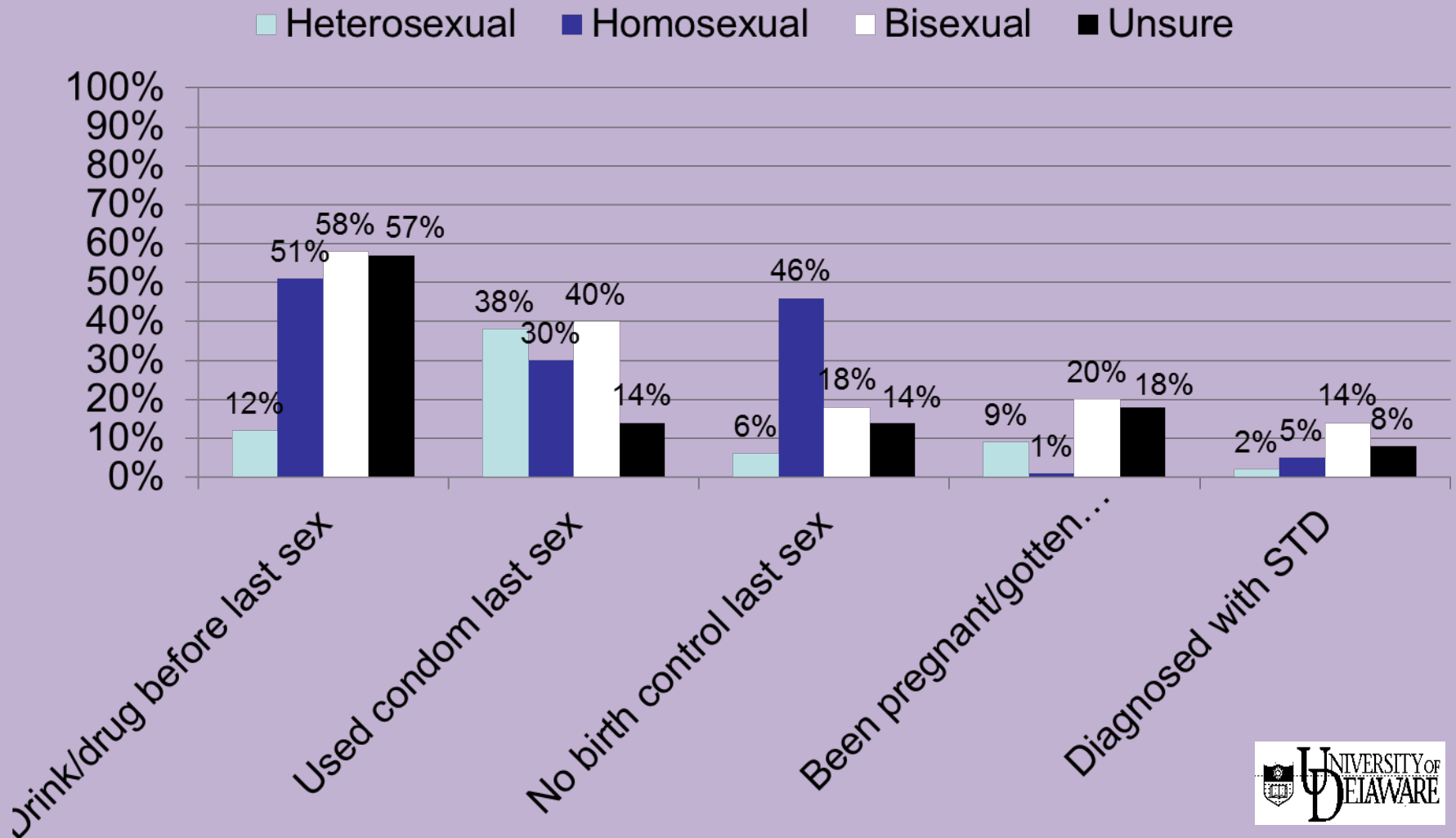


Sexual Risk Behaviors



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

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

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

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

- 11th 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)

Families—Behaviors that reduce youth risk behaviors

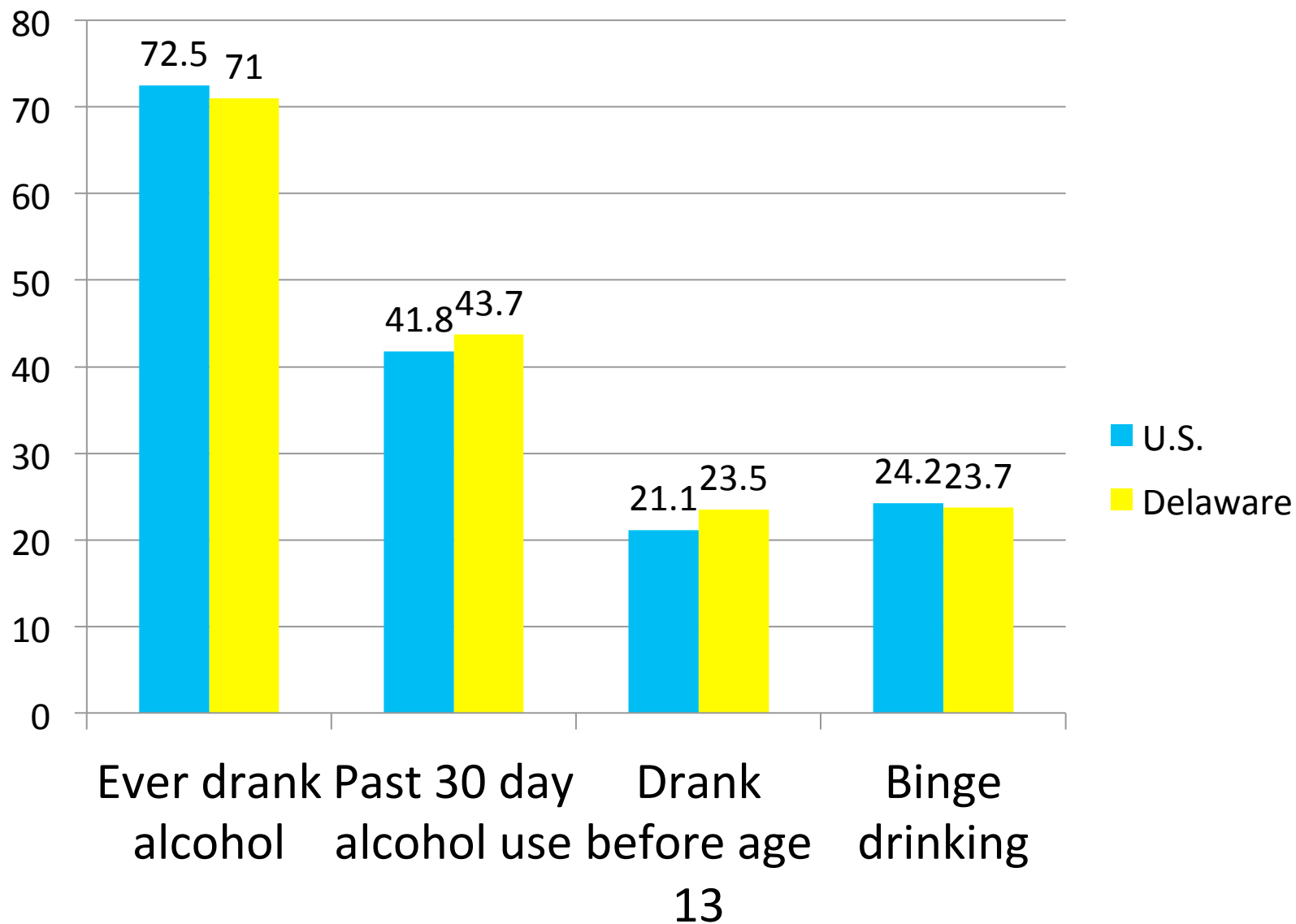
- Parents tell them when they do a good job
- Parents talk to them about school and about their future plans
- Provide books and appropriate experiences
- Parents call to check on them
- Parents provide consistent rules and consequences

Parents model and reinforce appropriate behavior

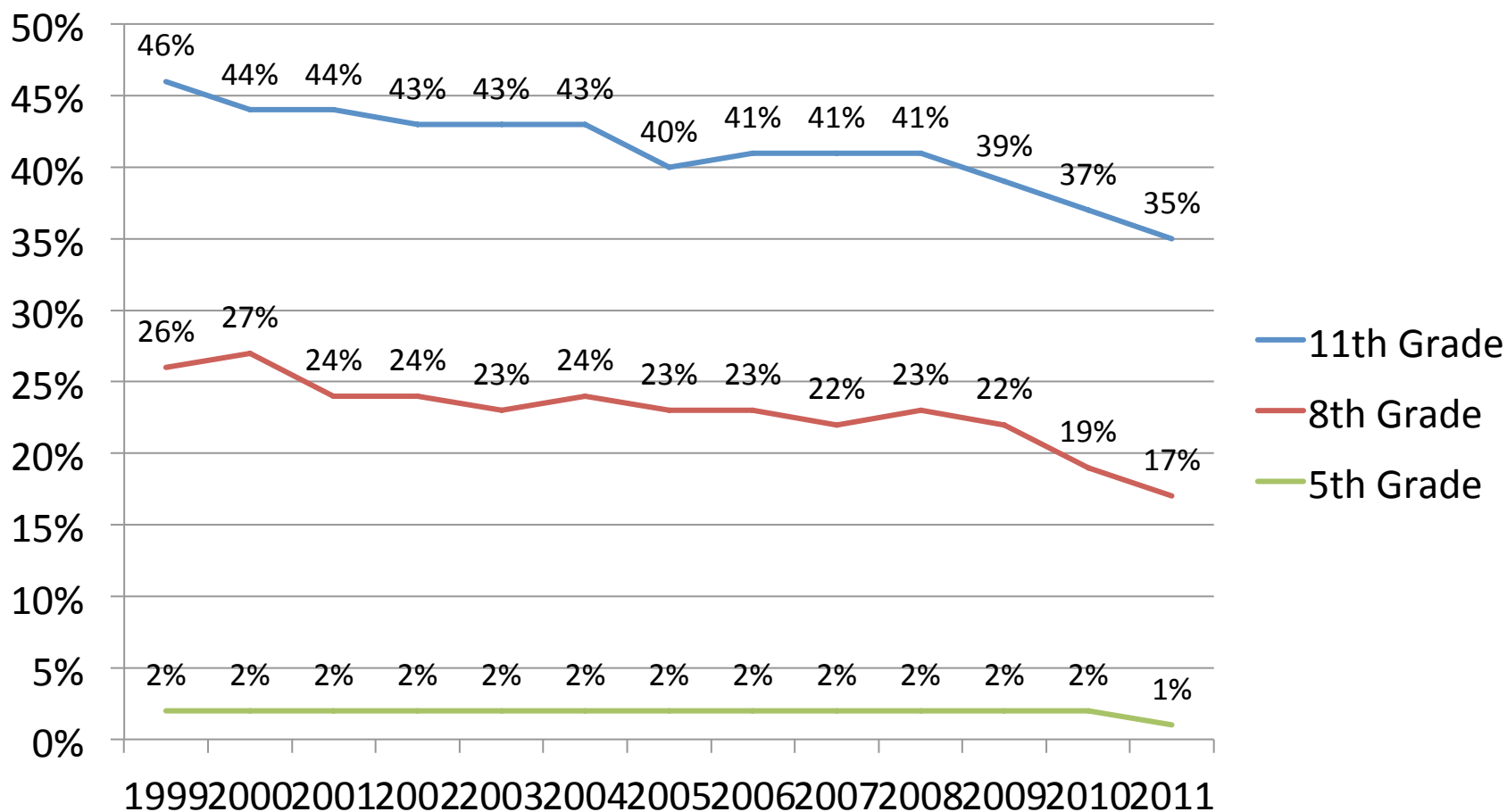
Where are we in the big picture?

- 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.

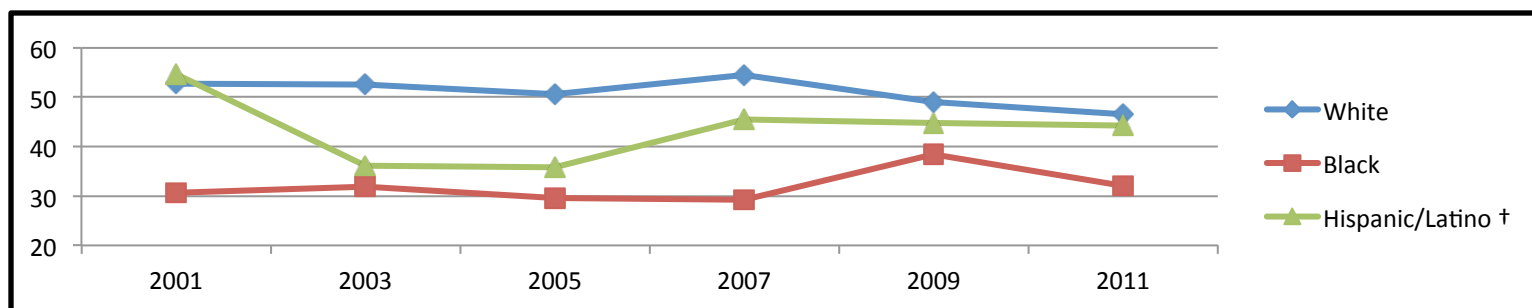
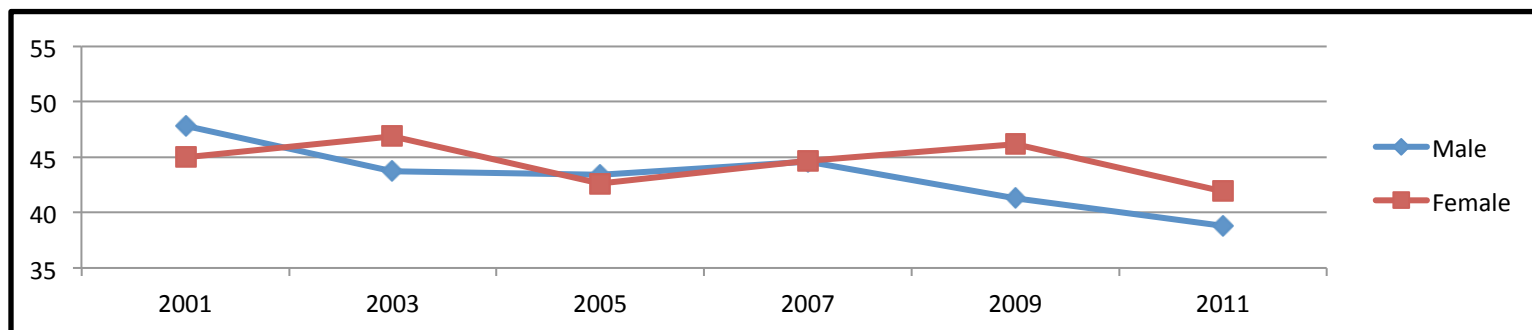
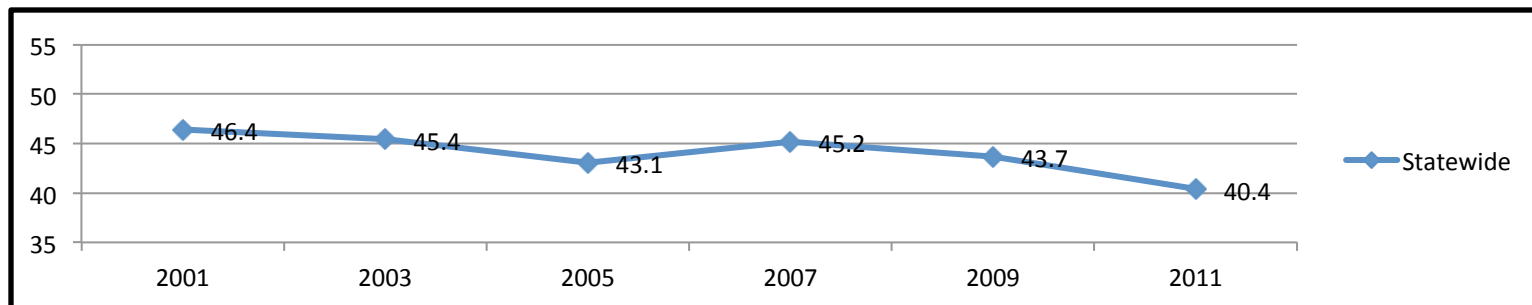


Past 30 Day Alcohol Use



Source: 1999-2011 Delaware School Survey

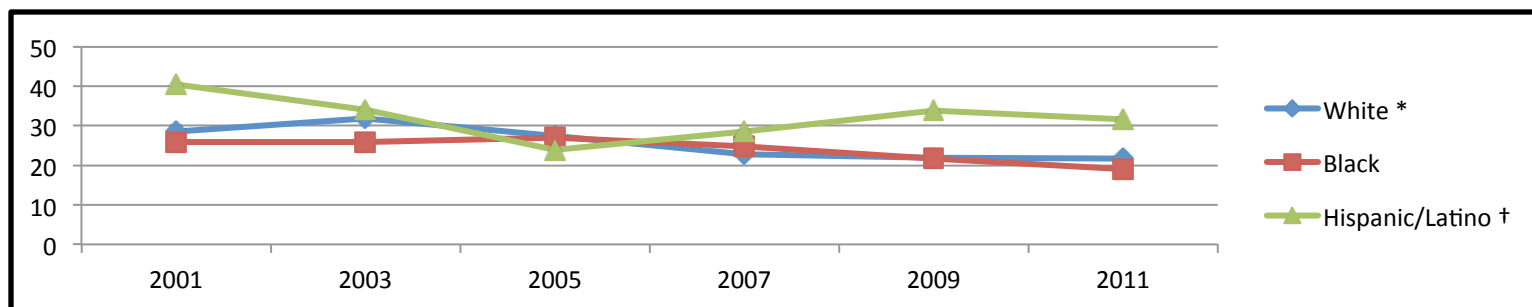
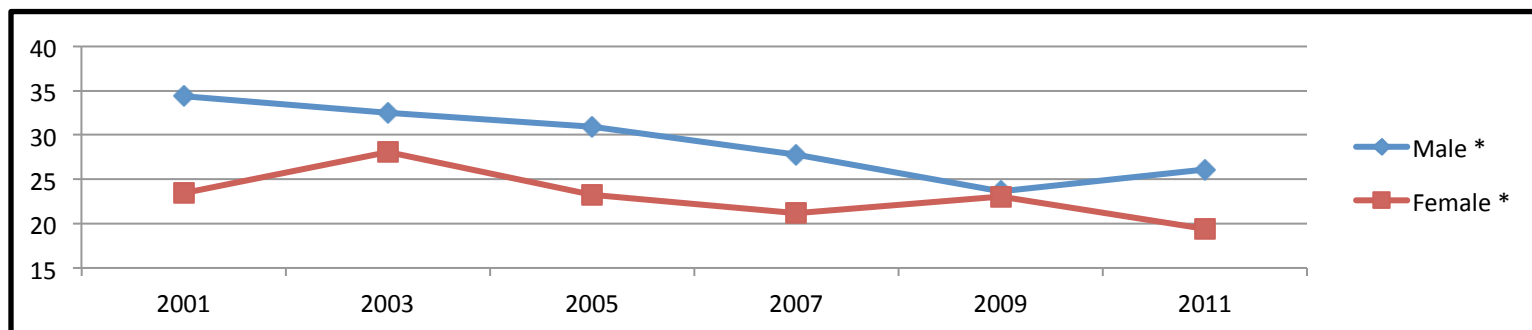
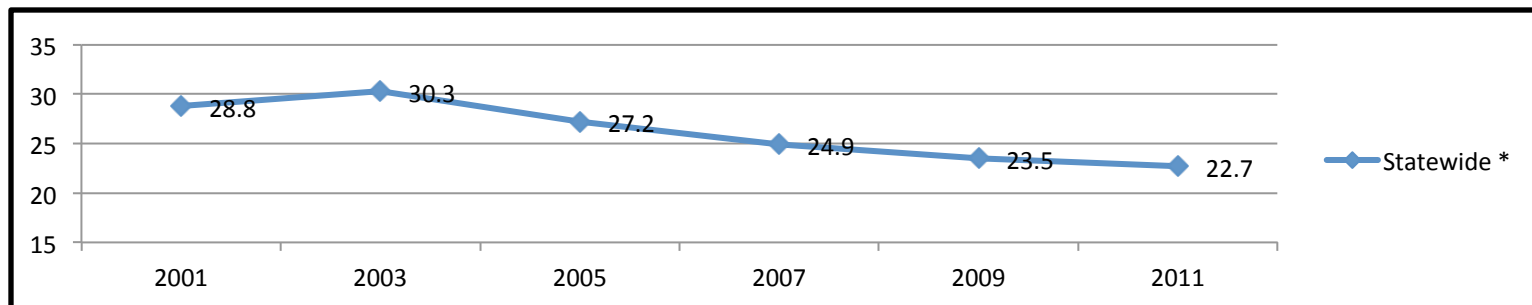
Percentage of students who had at least one drink of alcohol on one or more of the past 30 days



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

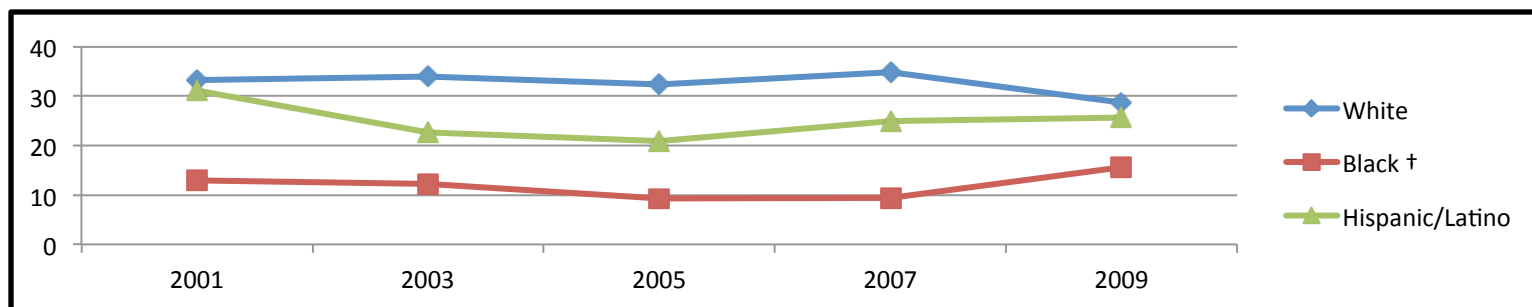
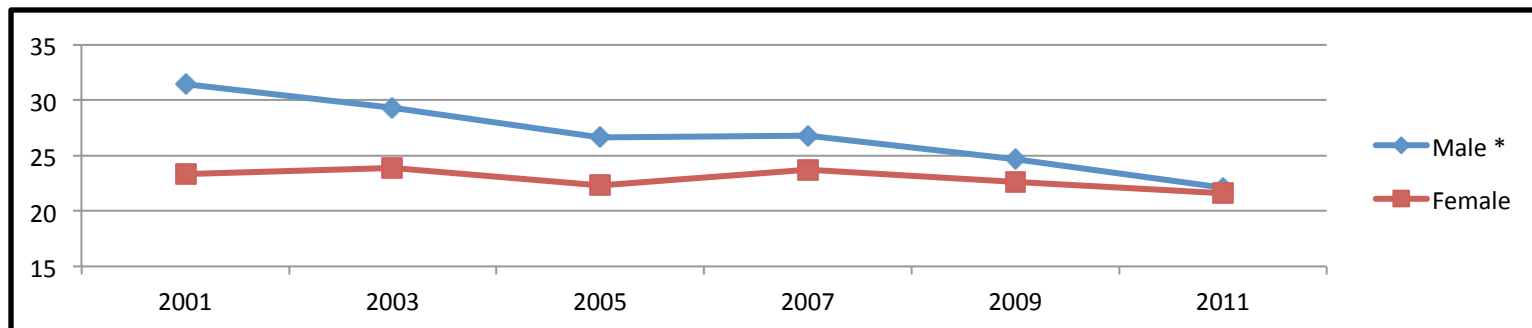
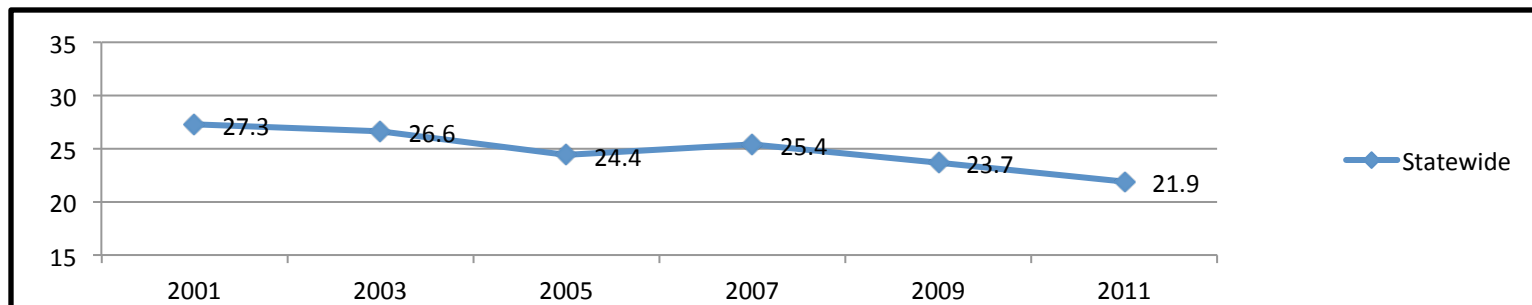


Note: * : Denotes linear significant change
† : Denotes quadratic significant change

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

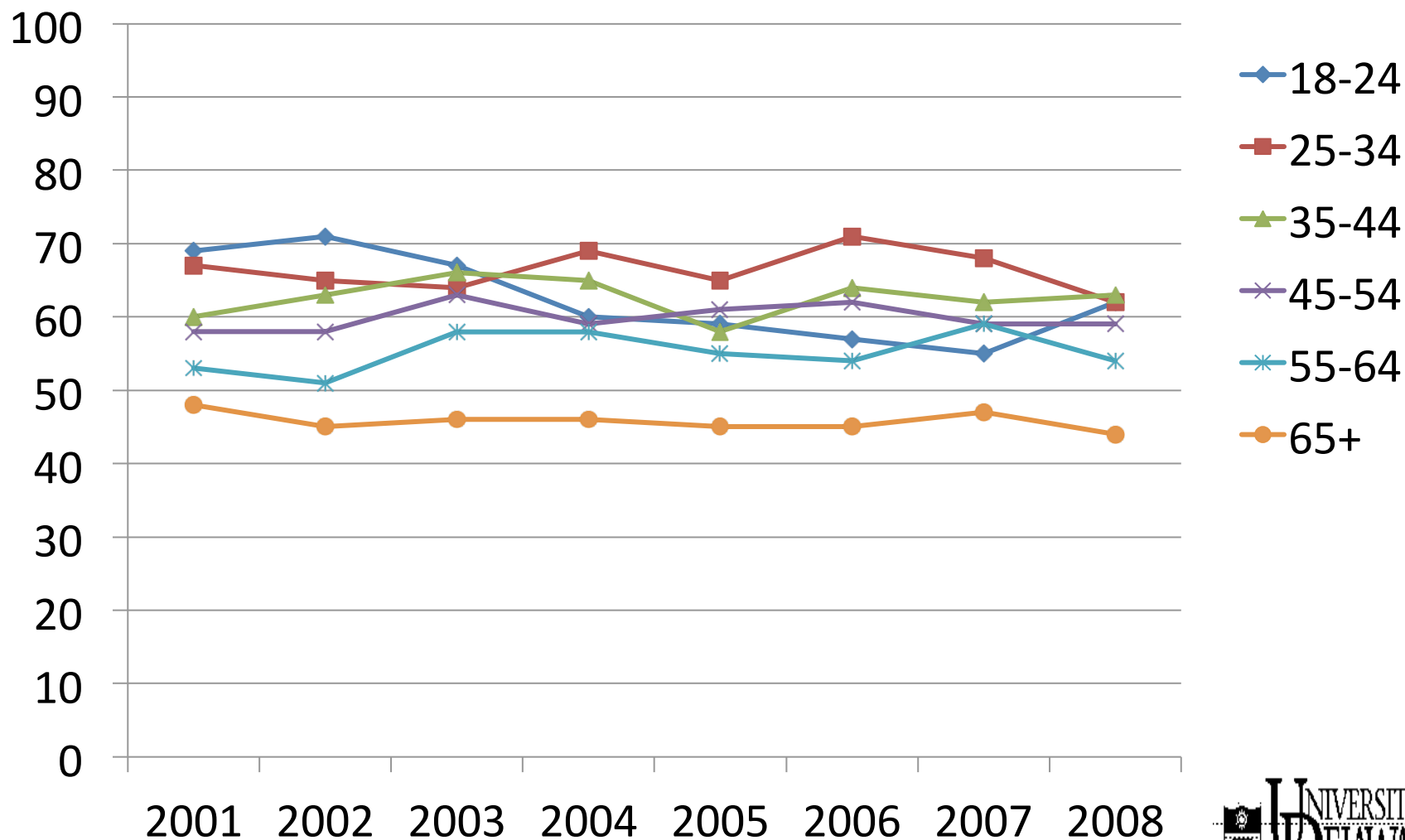


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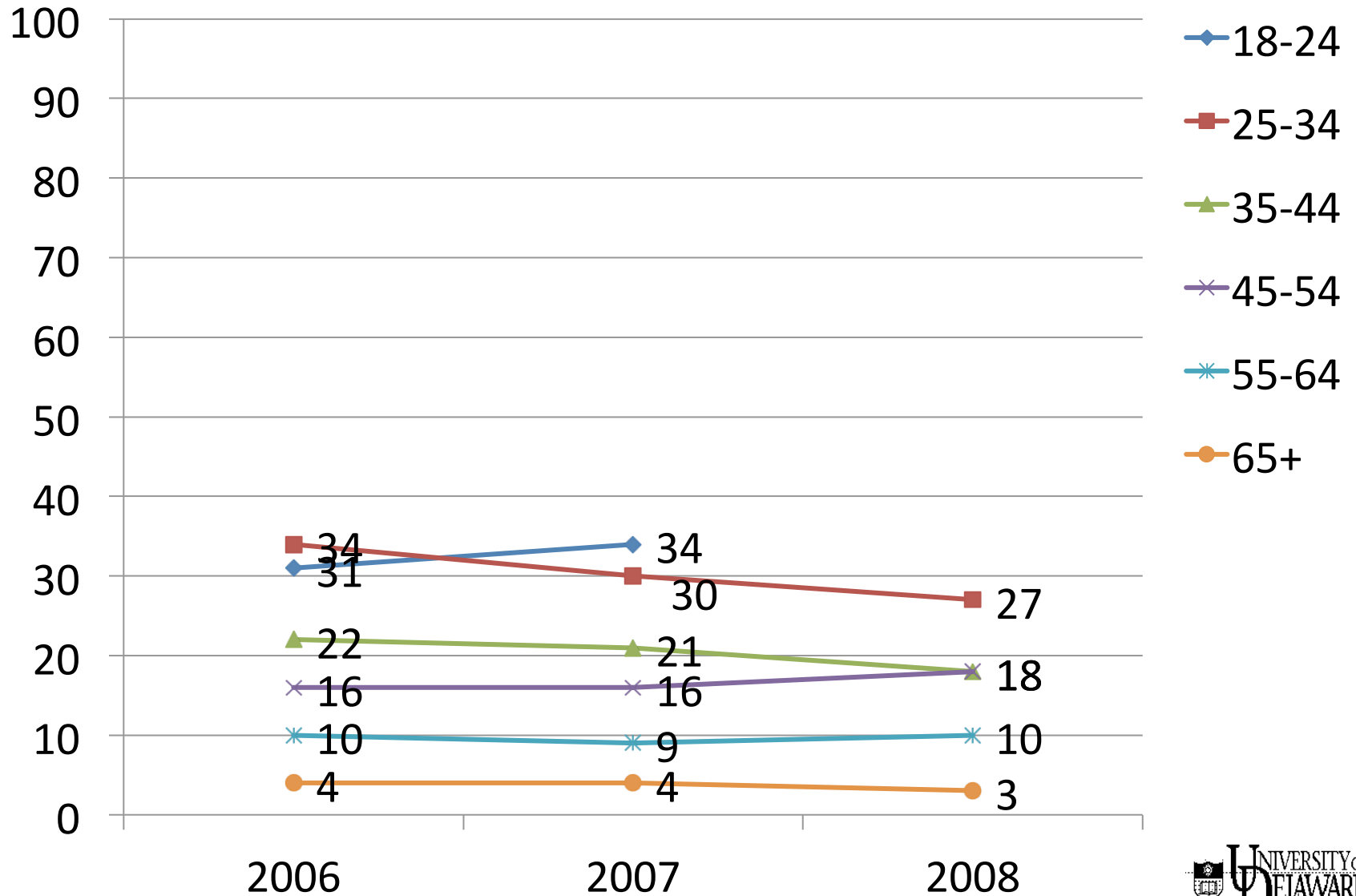
Source: 2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware



Past 30 Day Alcohol Use by Age Group— Delaware BRFSS 2001-2008



Binge Drinking by Age Group, Delaware BRFSS



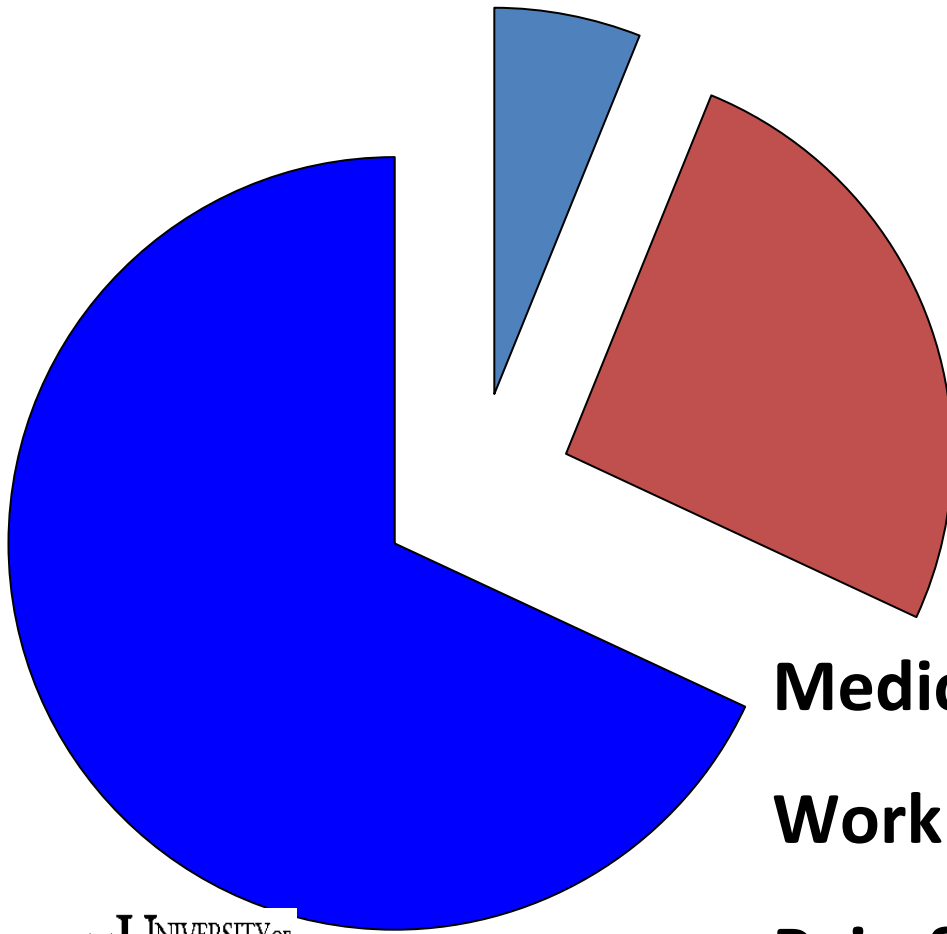
Delaware is in the top quartile for drinking and binge drinking among women aged 18-44 (child bearing age). There is no data on the number of children born with Fetal Alcohol Spectrum Disorder.

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

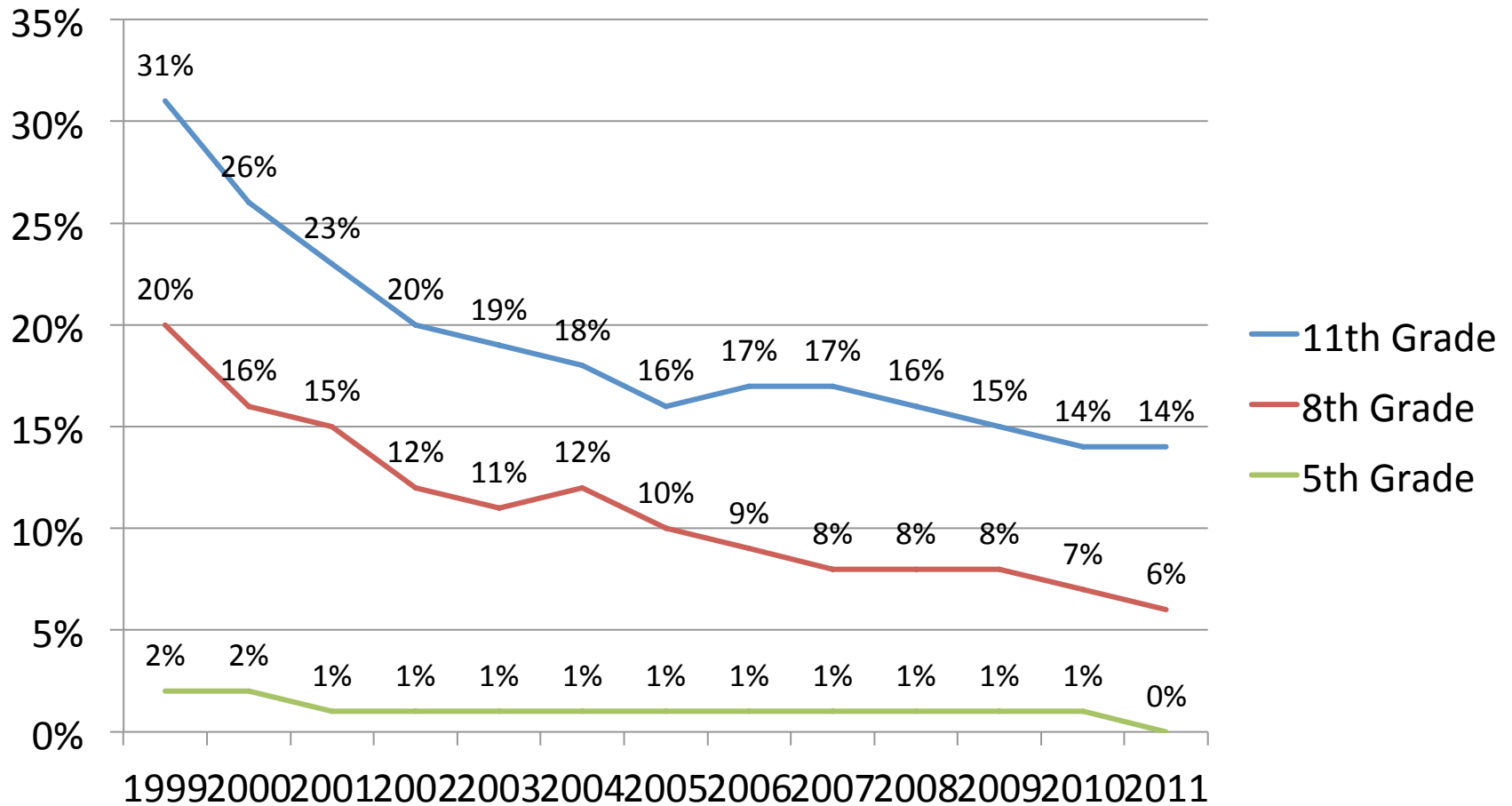


Medical = \$15,000,000

Work Lost = \$61,000,000

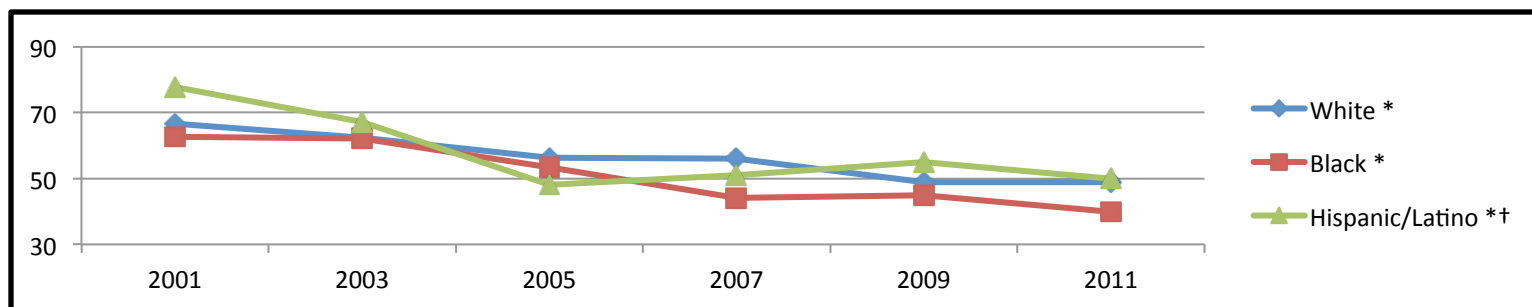
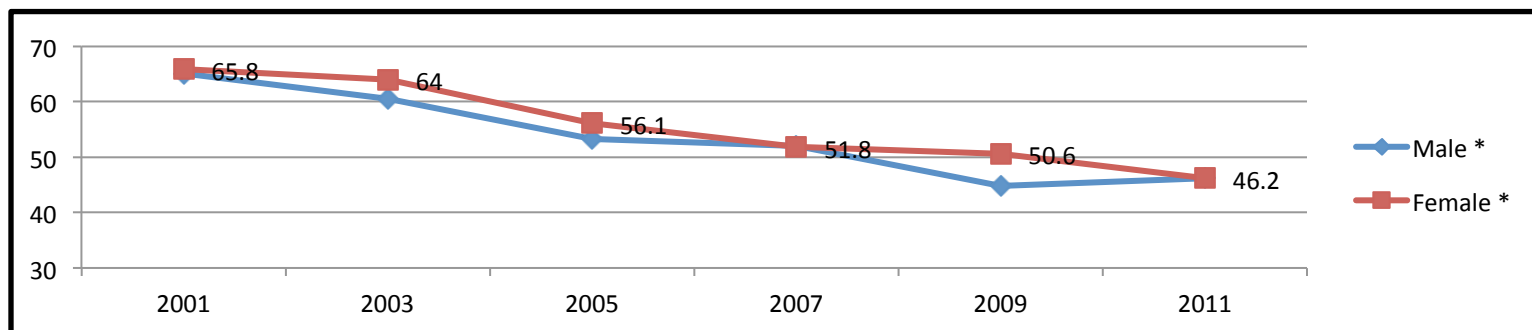
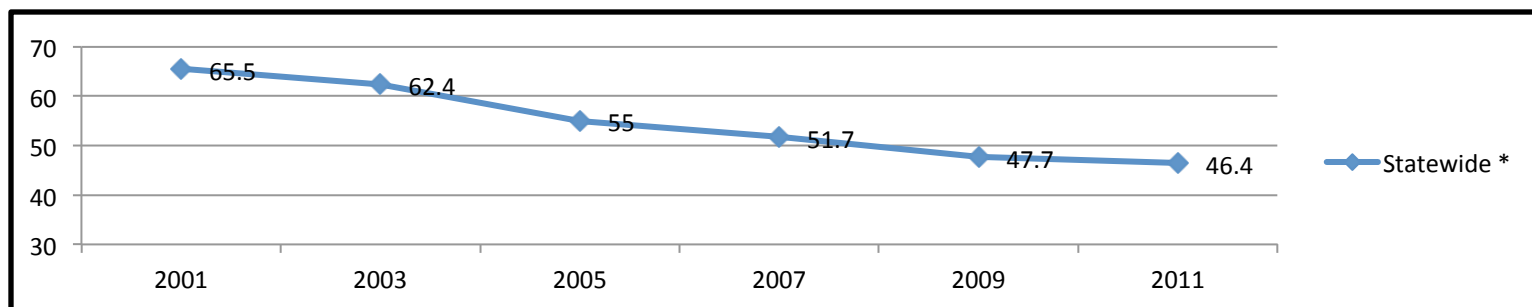
Pain & Suffering=\$121,000,000

Past 30 Day Cigarette Use



Source: 1999-2011 Delaware School Survey

Percentage of students who ever tried cigarette smoking, even one or two puffs

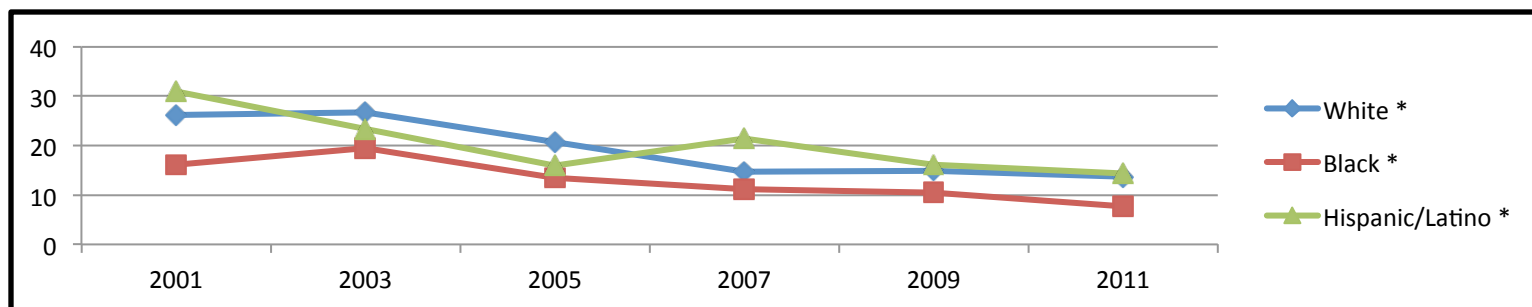
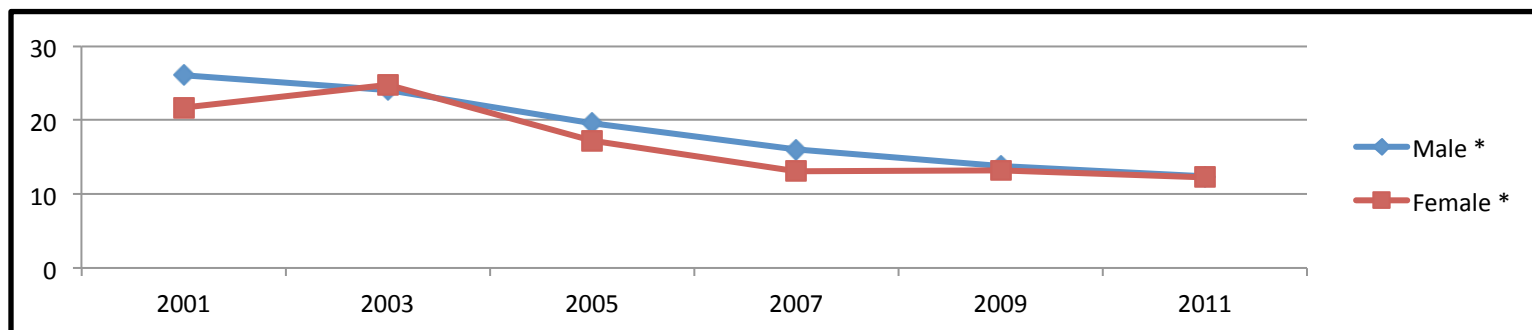
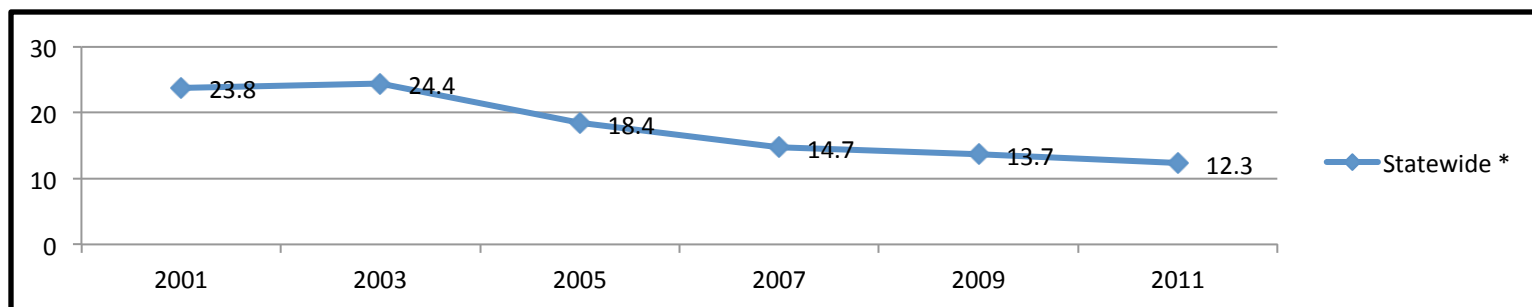


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Source: 2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware

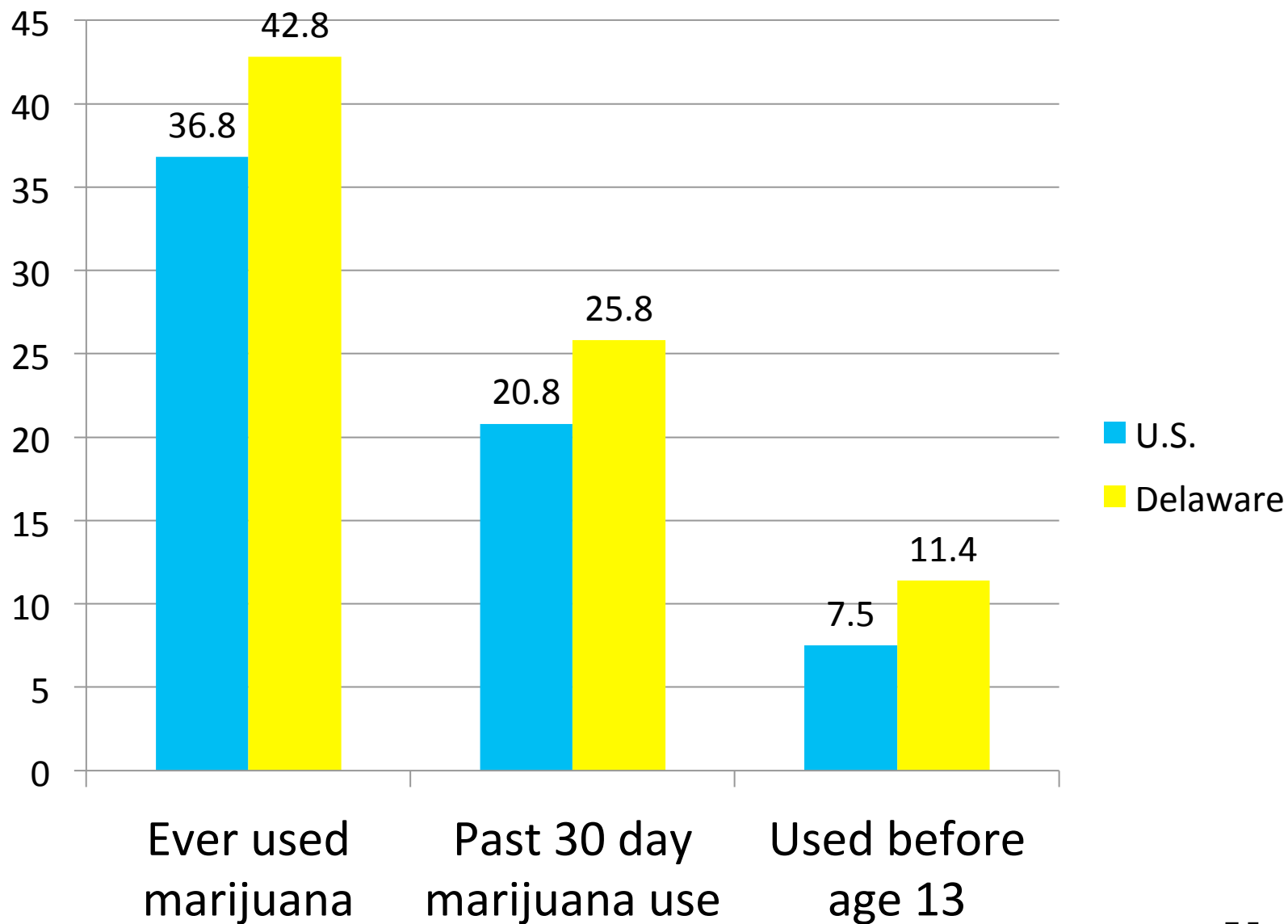


Percentage of students who smoked a whole cigarette for the first time before age 13 years

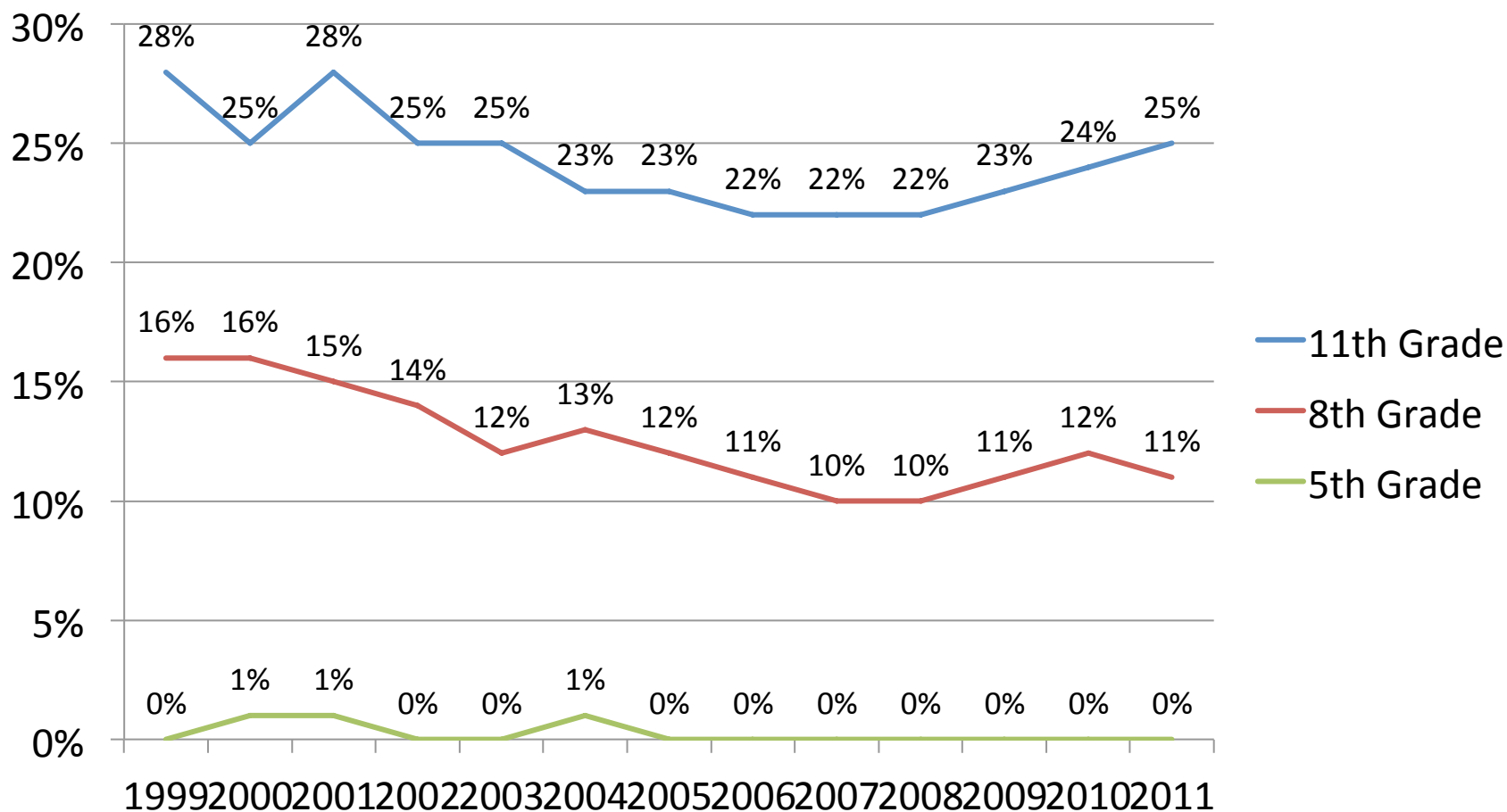


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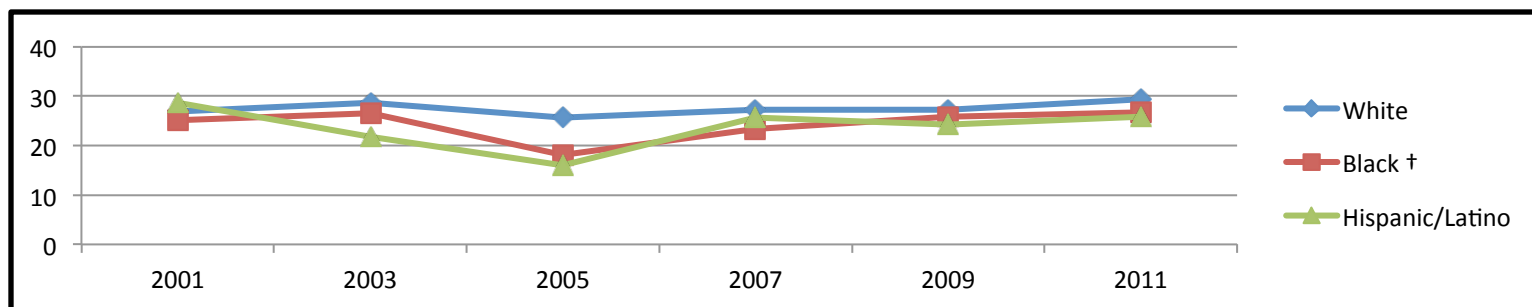
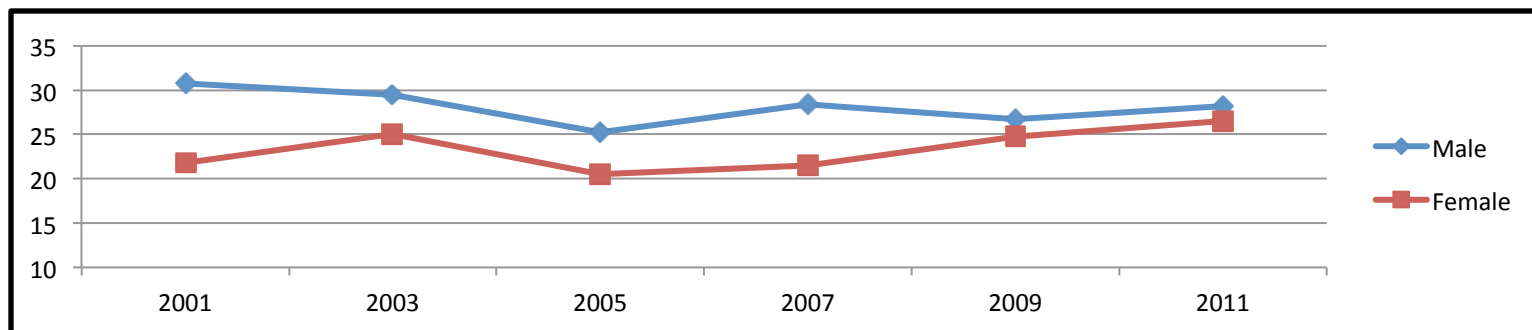
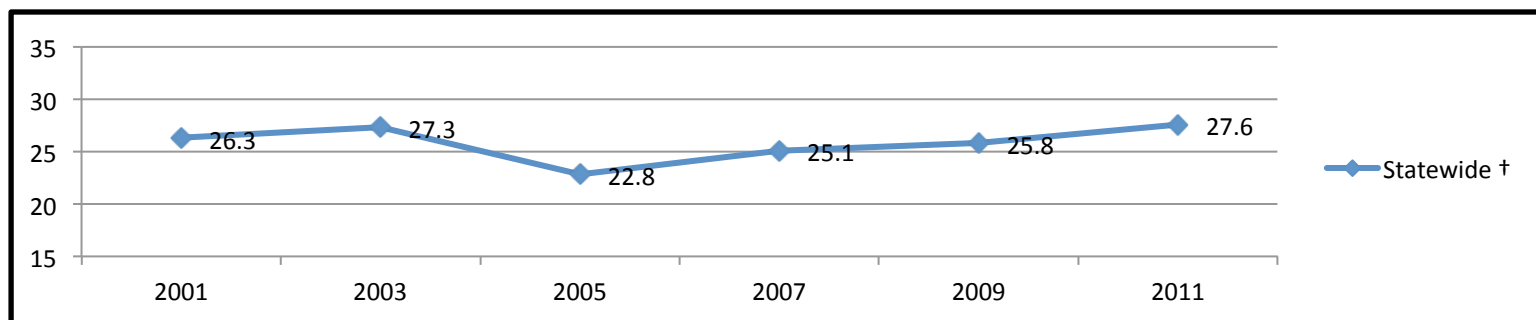


Past 30 Day Marijuana Use



Source: 1999-2011 Delaware School Survey

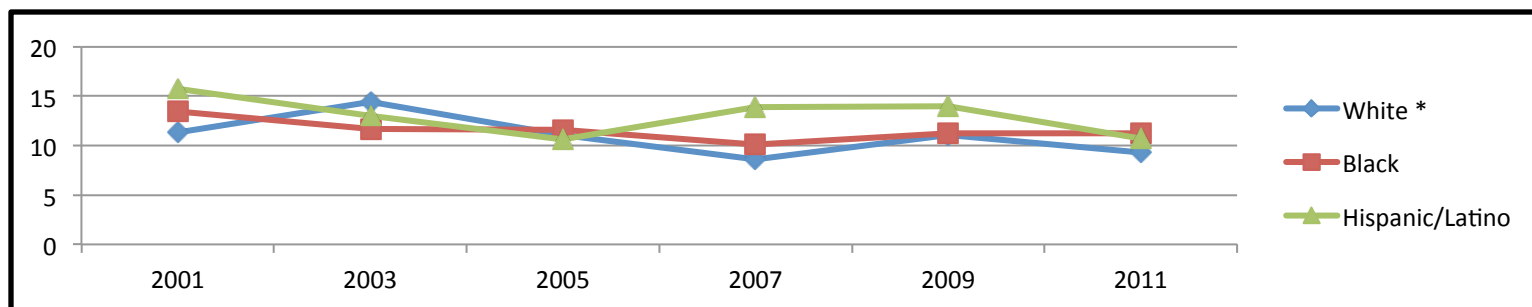
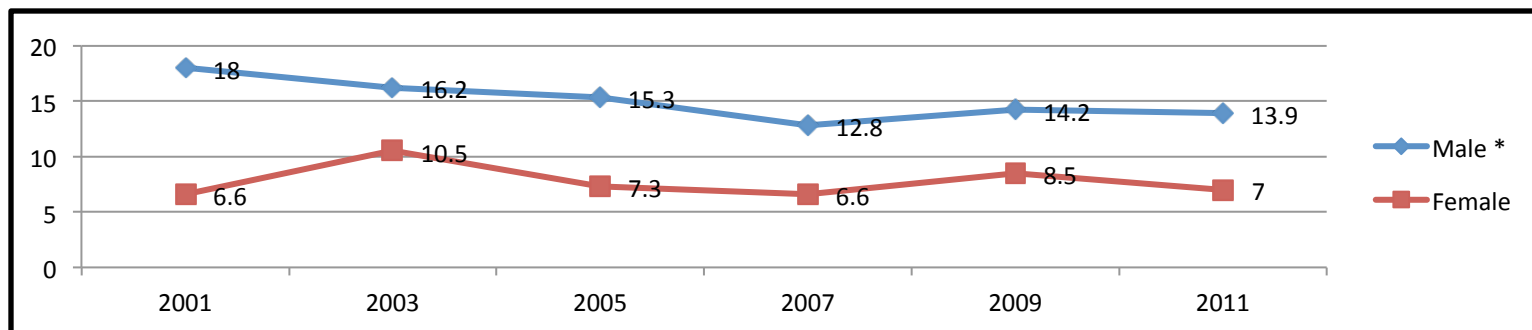
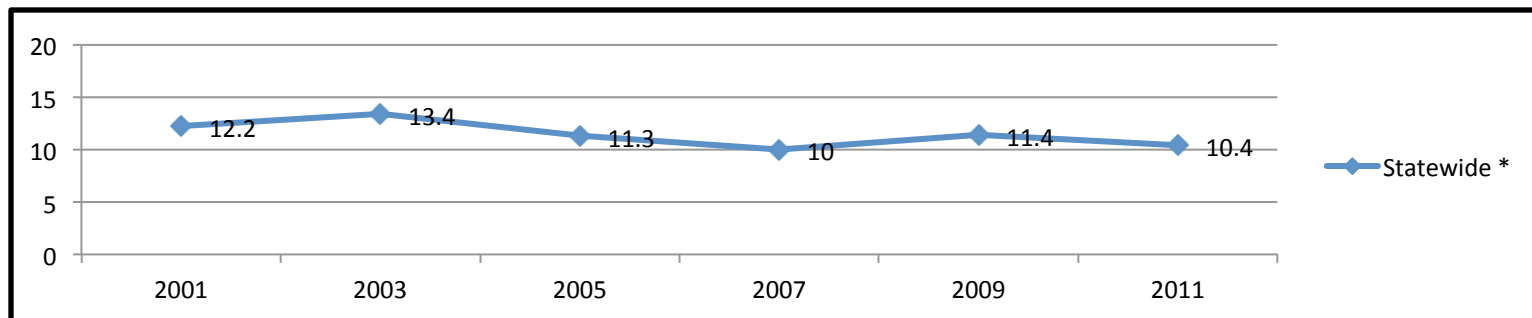
Percentage of students who used marijuana one or more times during the past 30 days



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

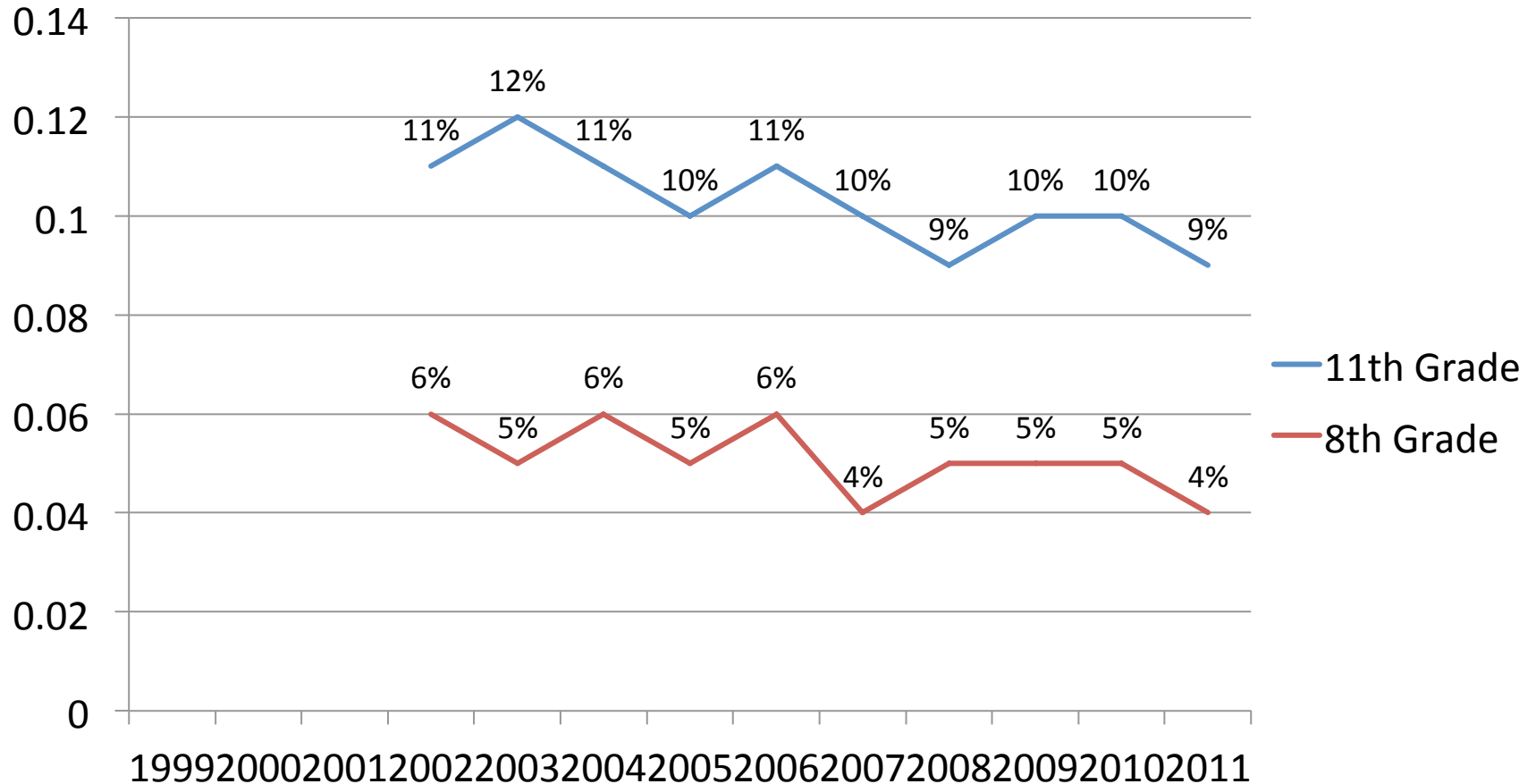


Note: * : Denotes linear significant change
 † : Denotes quadratic significant change

Source: 2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware



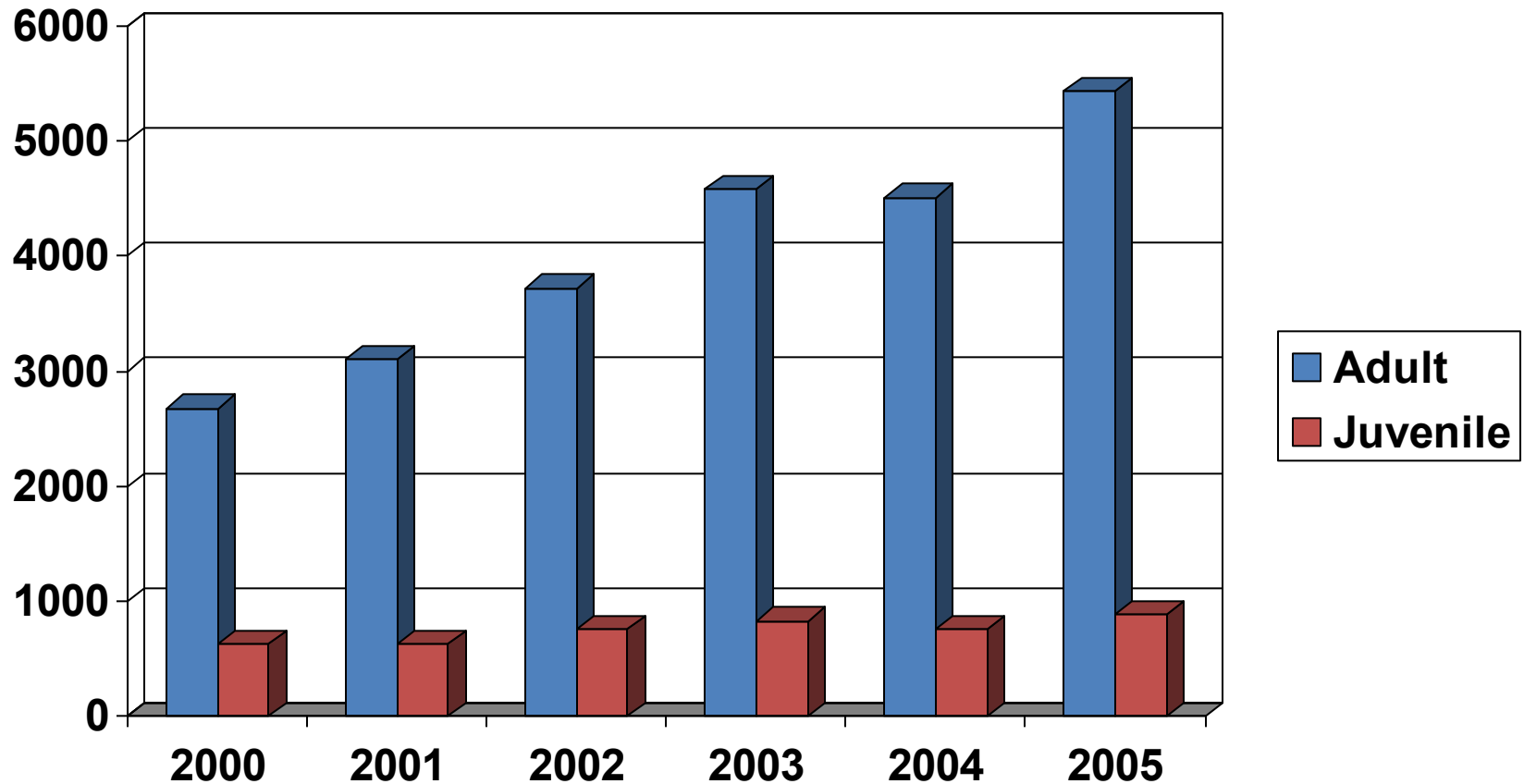
Past Year Substance Use: Prescription Painkillers



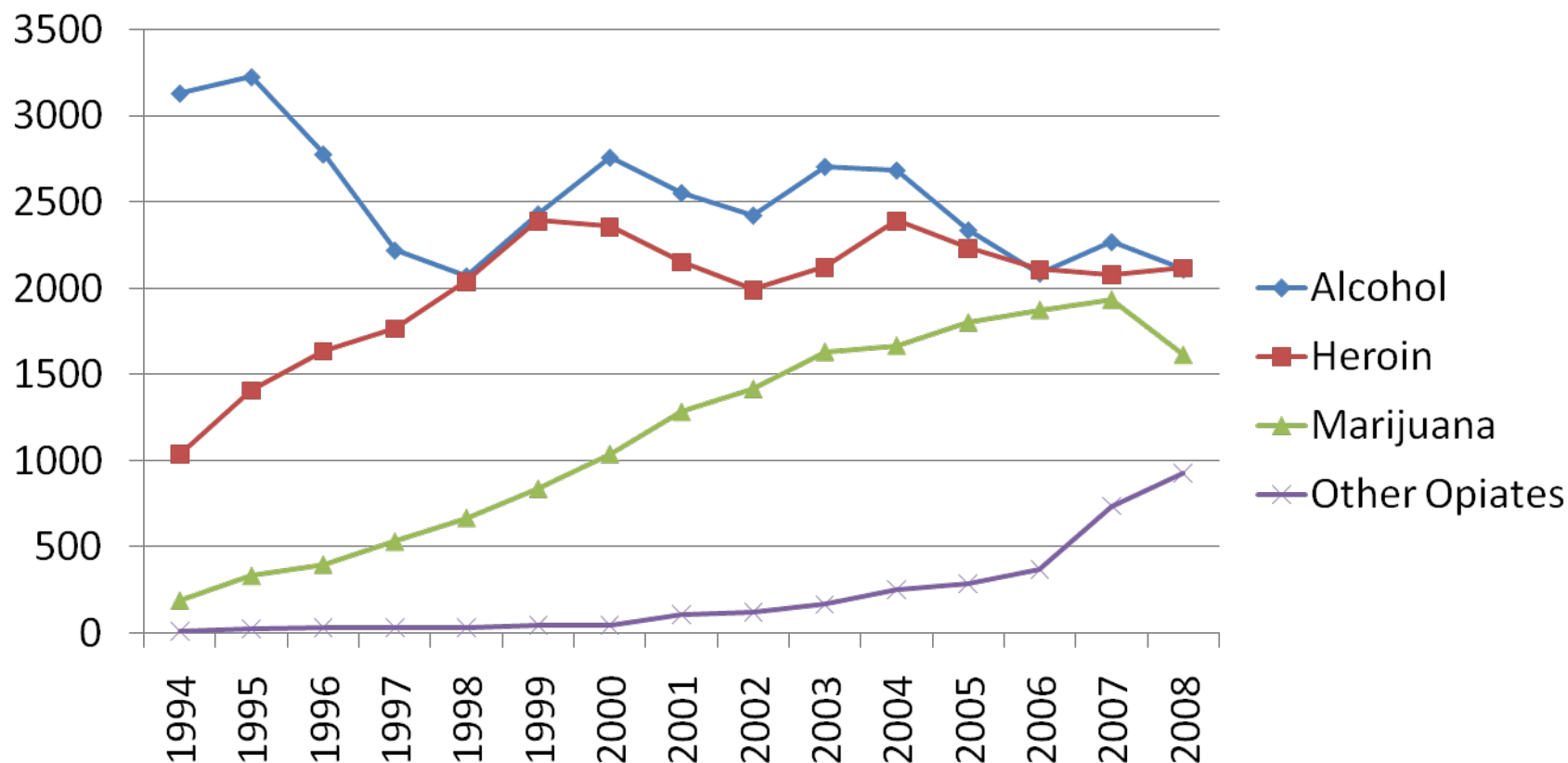
As youth become young adults . . .

- 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

Adult and Juvenile Drug Arrests



Delaware Drug and Alcohol Treatment Admissions by Drug 1994-2008

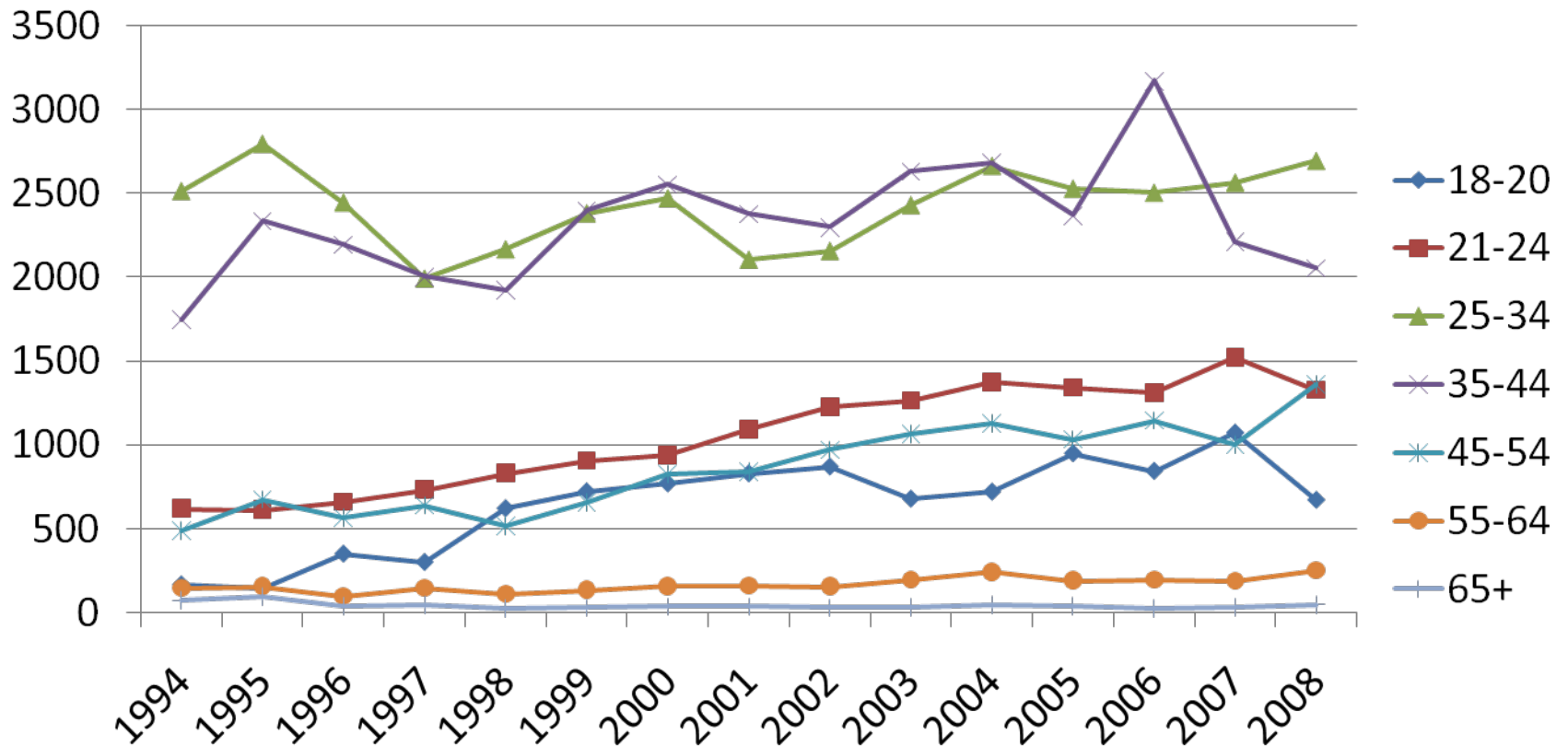


**% Increase:
Since 1994**

Alcohol— -32%
Marijuana—745%

Heroin—104%
Other Opiates—8327%

Delaware Drug and Alcohol Treatment Admissions by Age Group 1994-2008



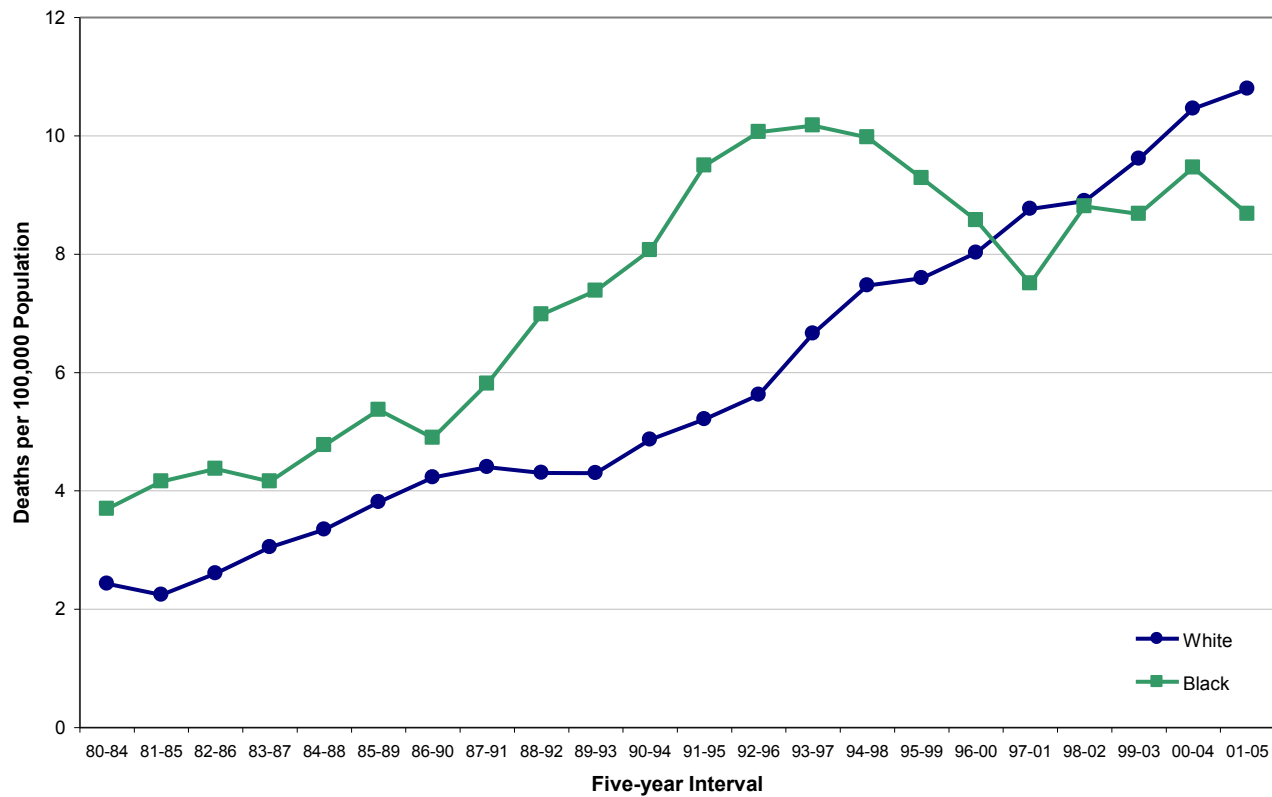
Percent Increase: 18-20—305%
45-54— 179%

21-24—114%
55-64—72%

25-34—7%
65+— -58%

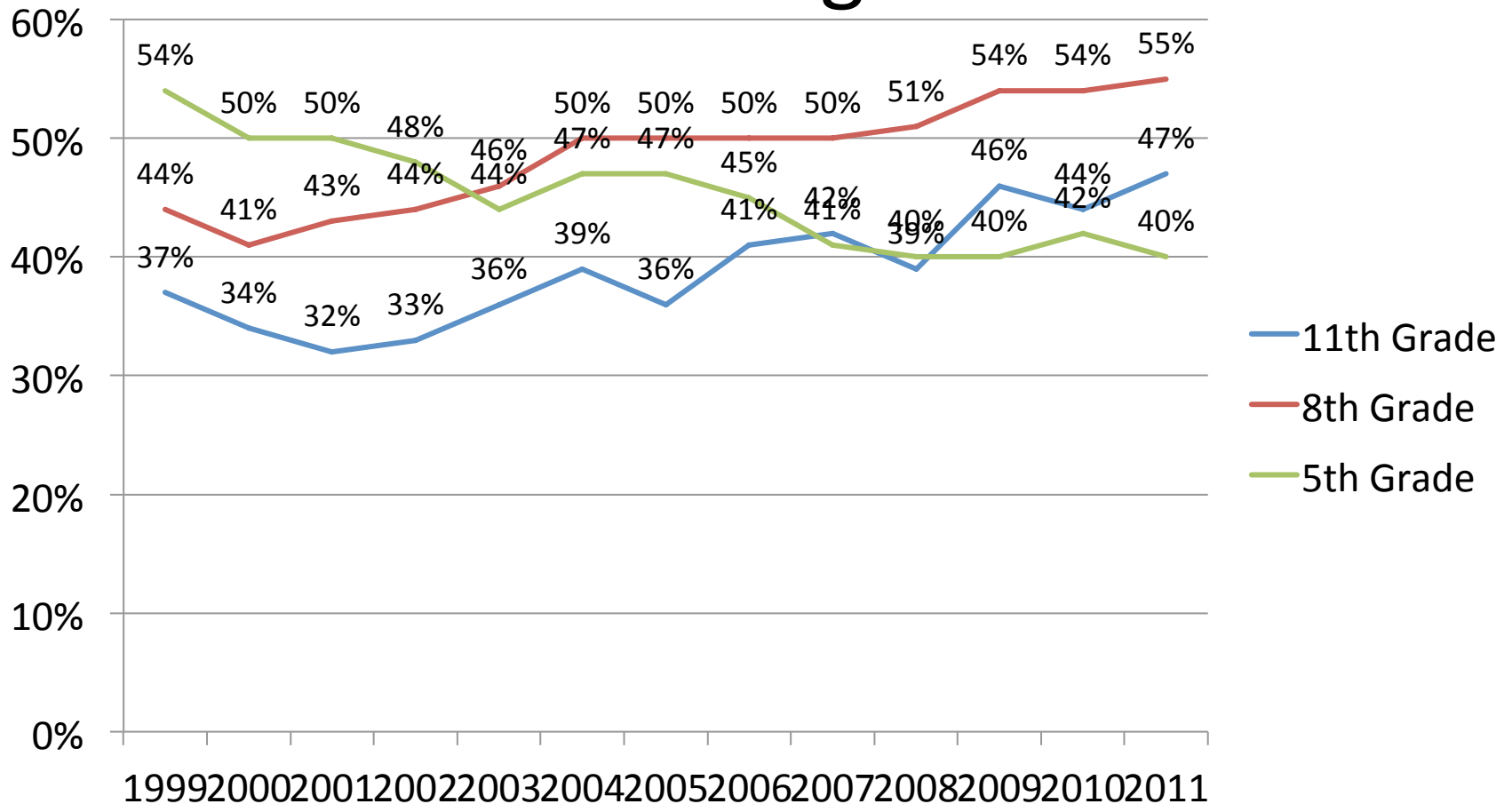
Drug-induced Deaths – Rates

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

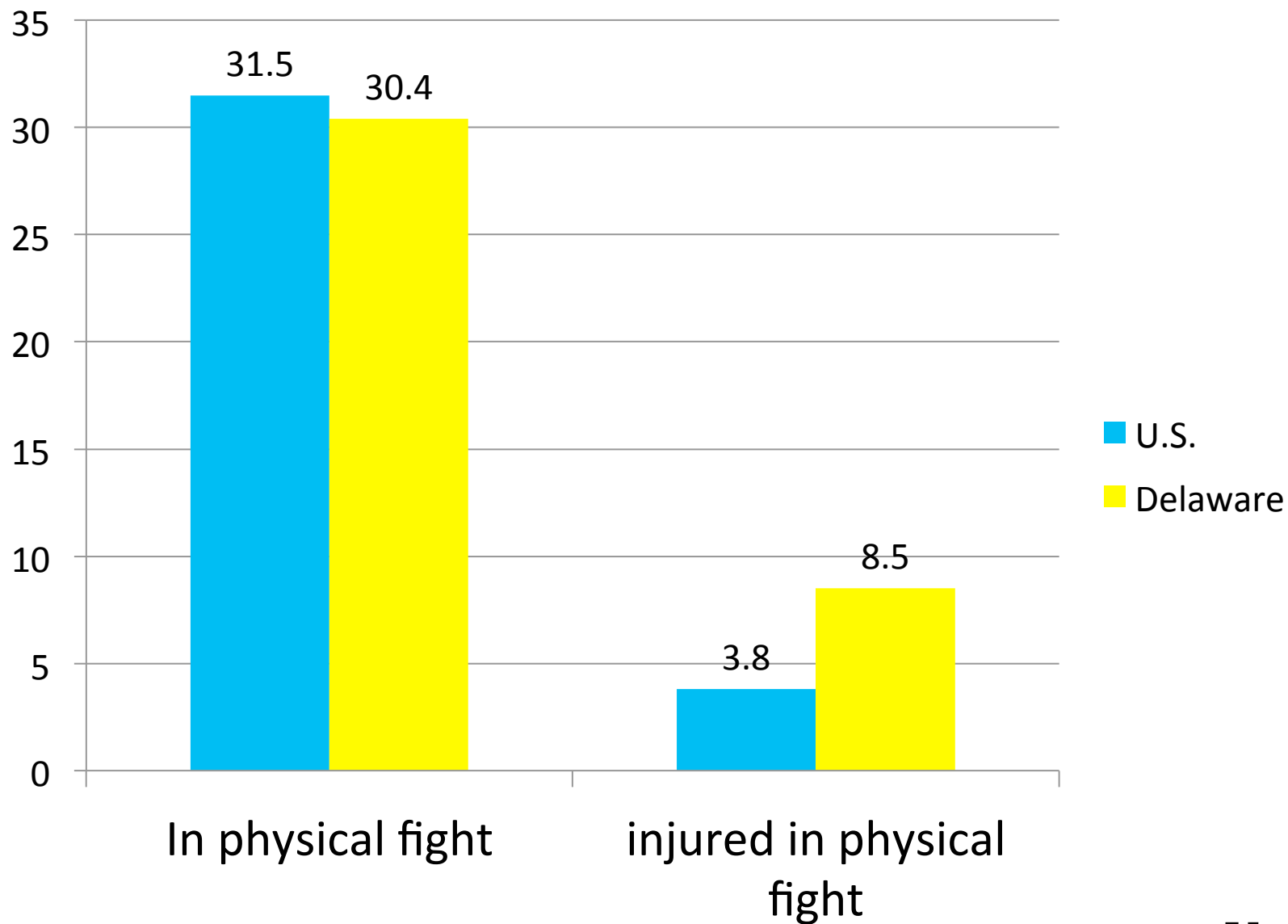


Source: Delaware Health Statistics Center

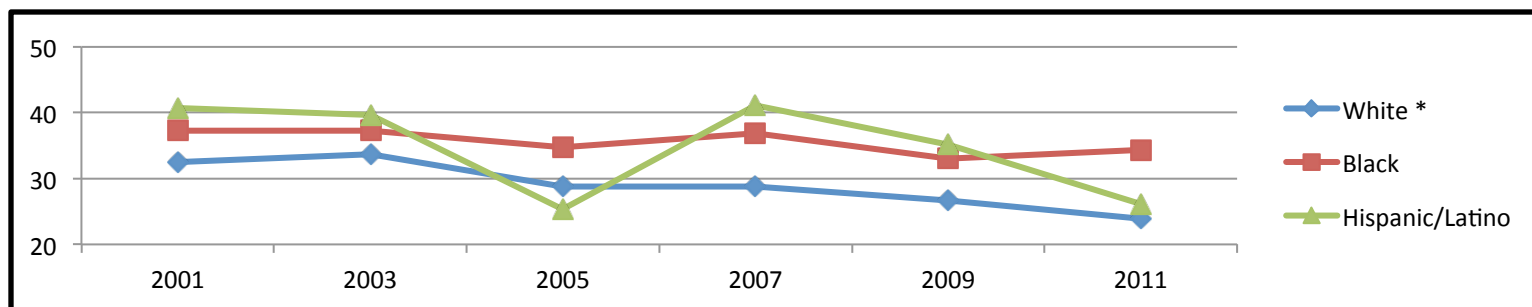
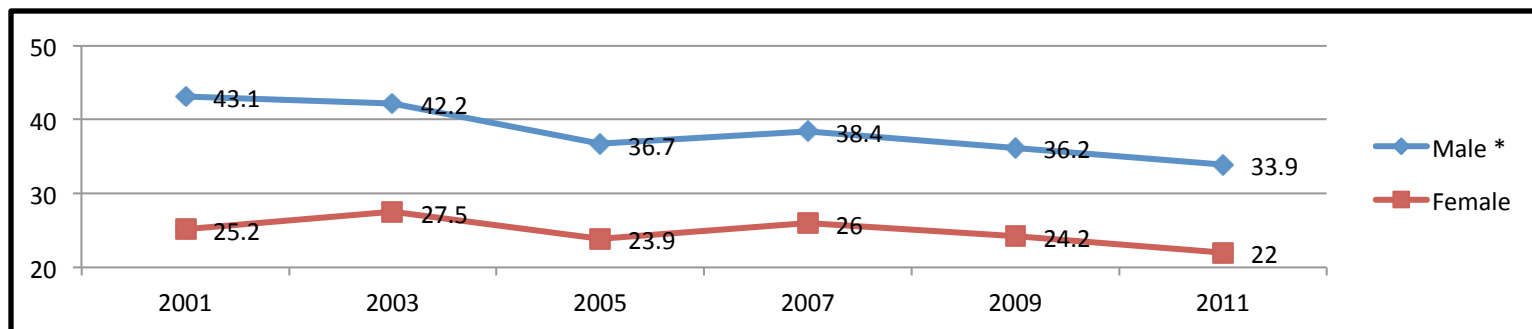
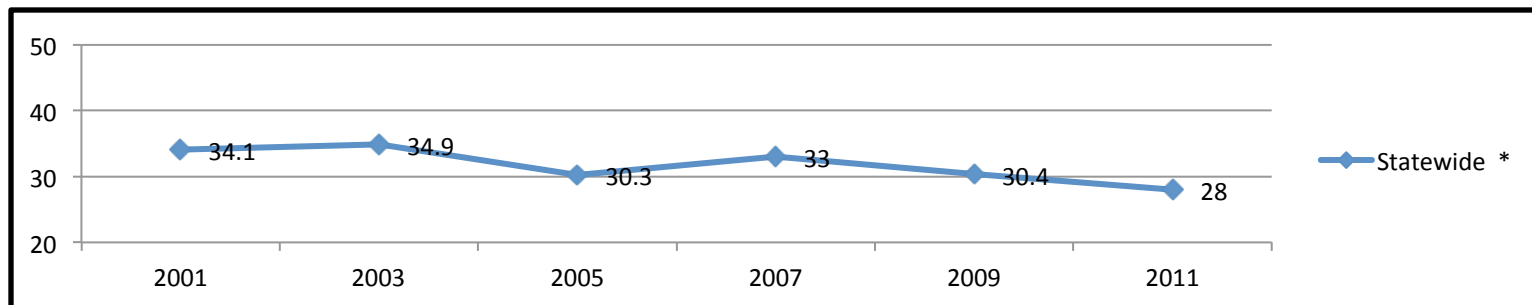
Fighting / Violence is perceived by students as a problem in their school, across all grades



Source: 1999-2011 Delaware School Survey



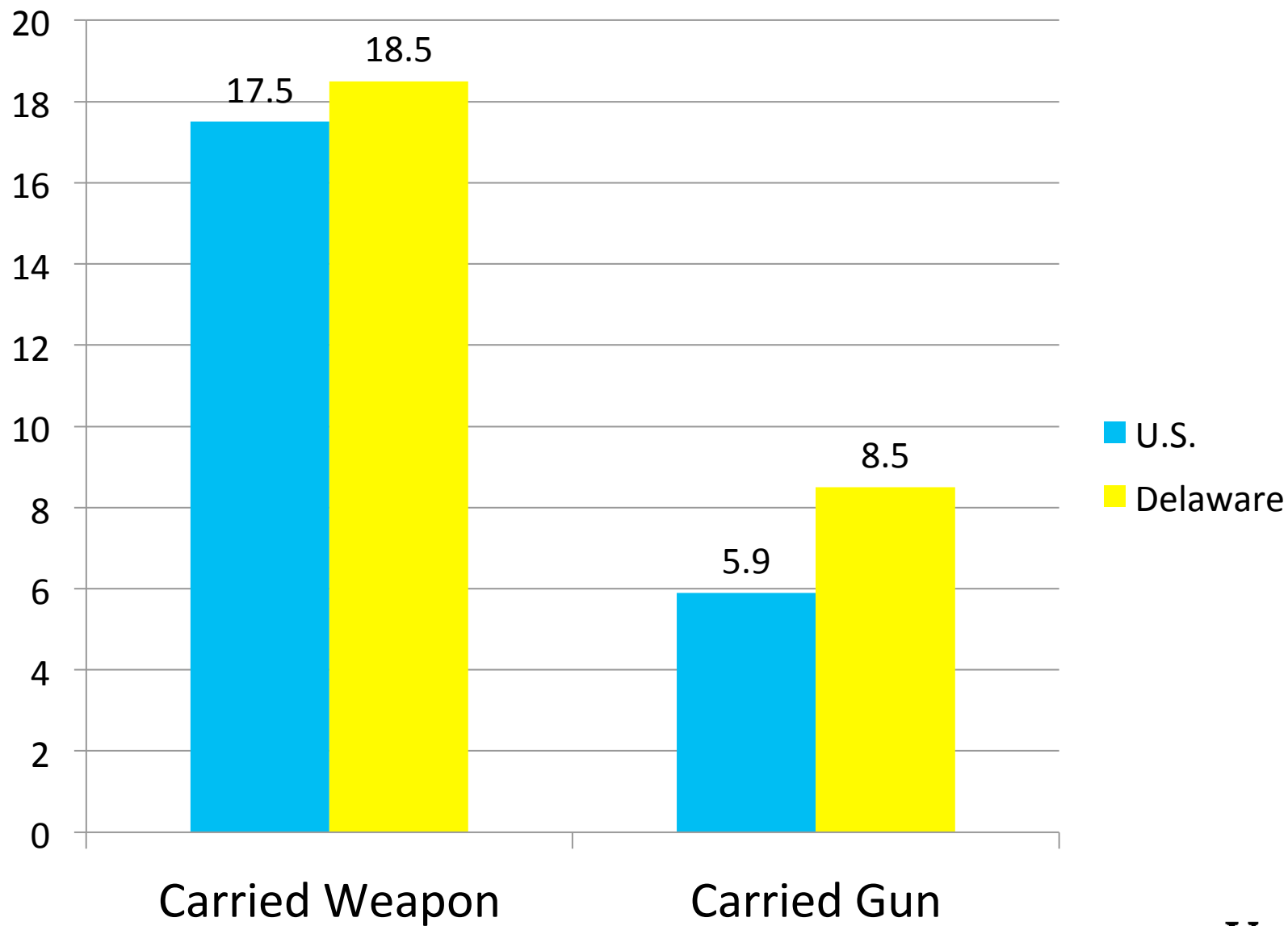
Percentage of students who were in a physical fight one or more times during the past 12 months



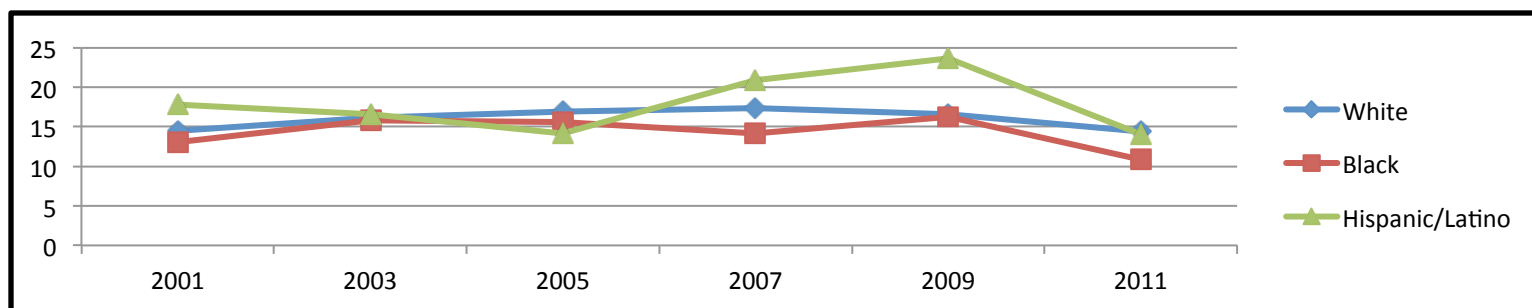
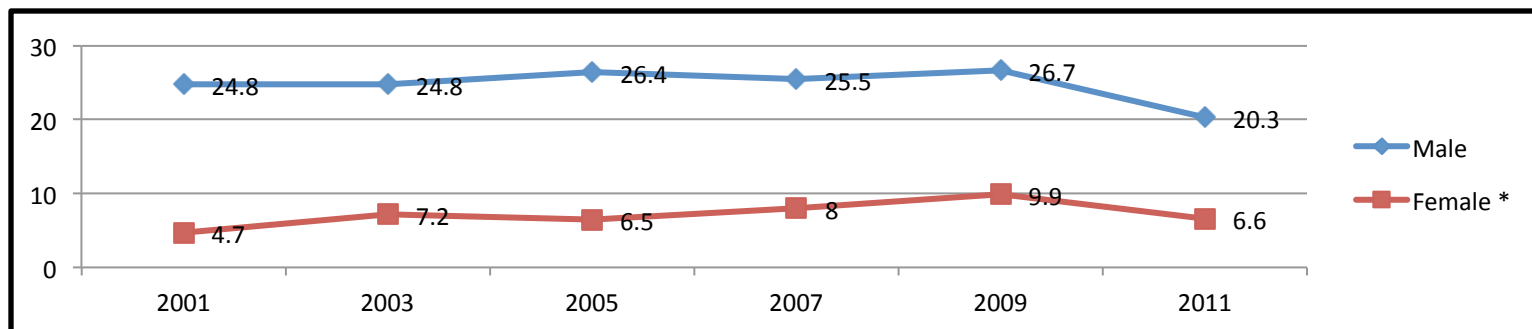
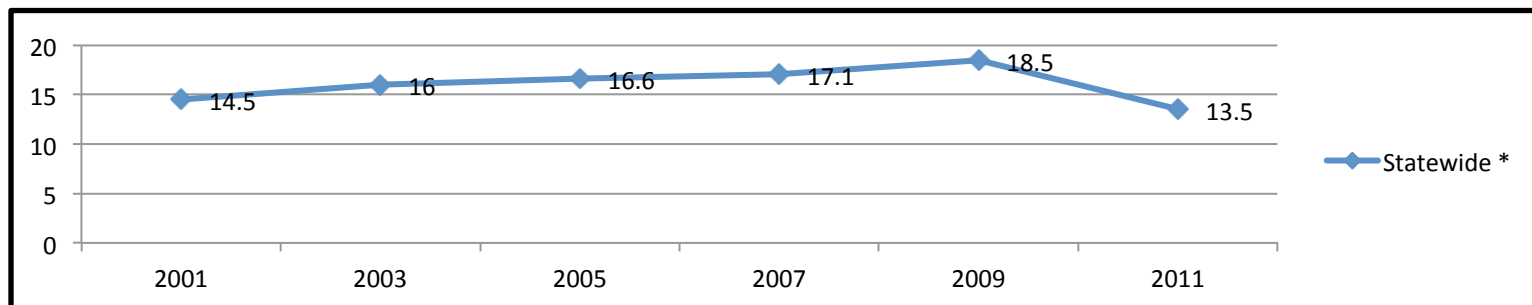
Note: * : Denotes linear significant change
 † : Denotes quadratic significant change

Source: 2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware





Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days

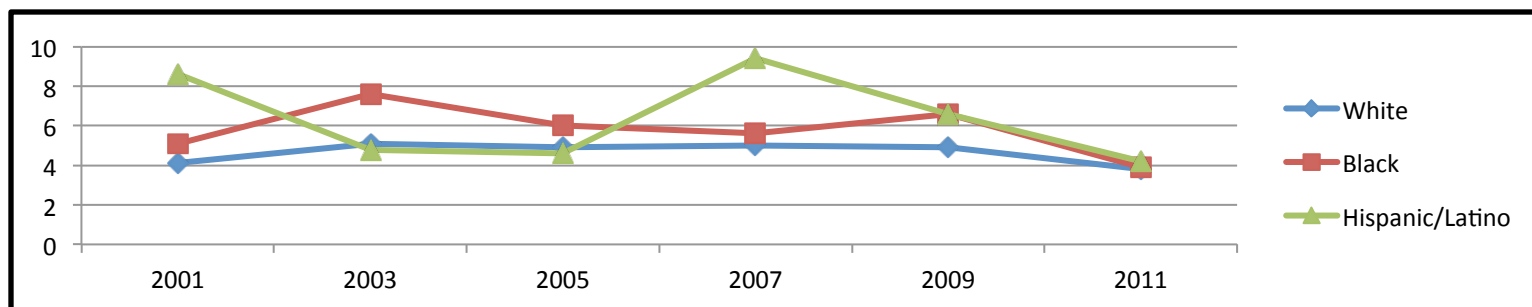
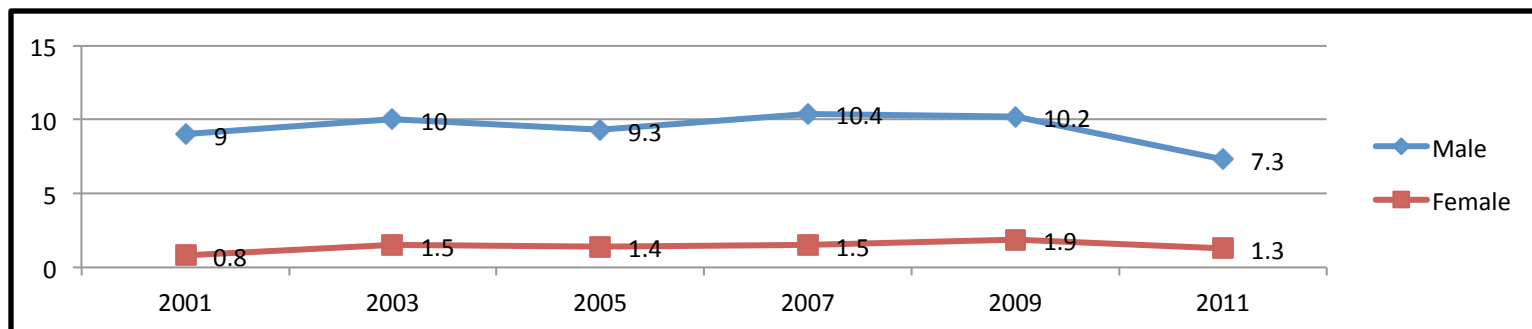
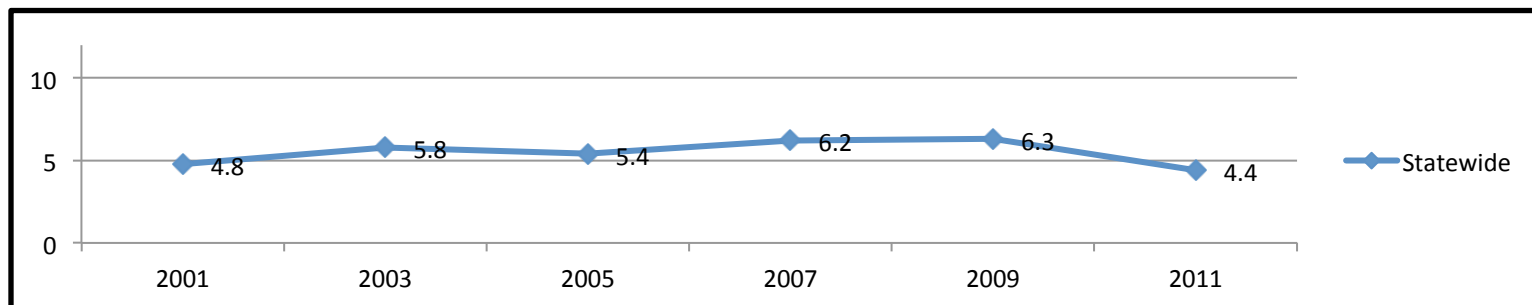


Note: * : Denotes linear significant change
† : Denotes quadratic significant change

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

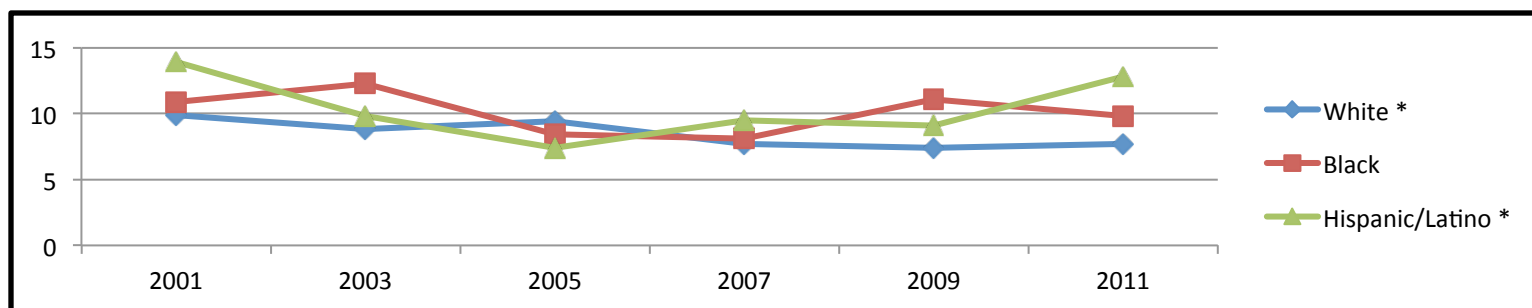
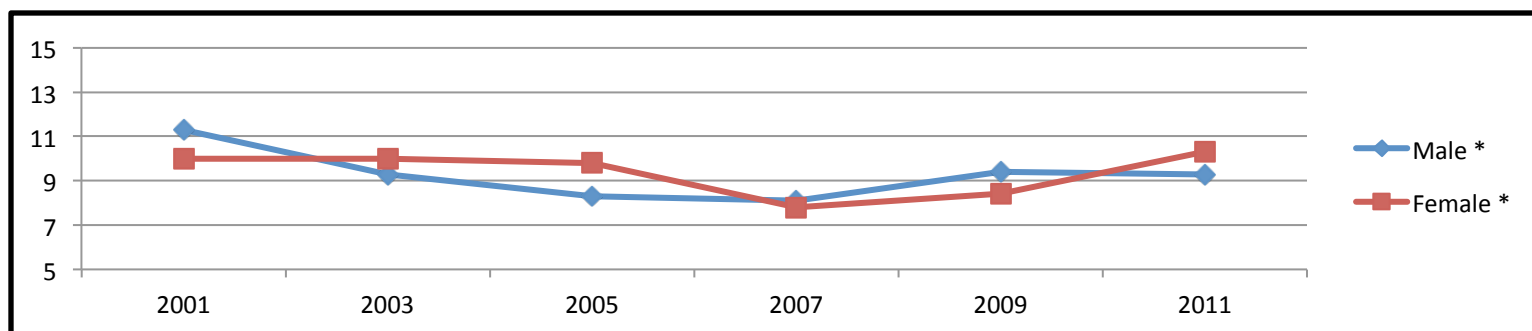
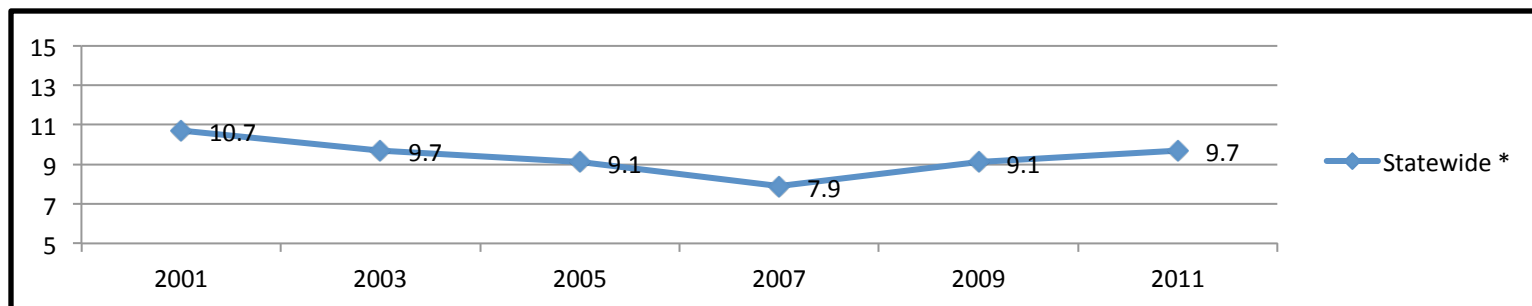


Note: * : Denotes linear significant change
 † : Denotes quadratic significant change

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

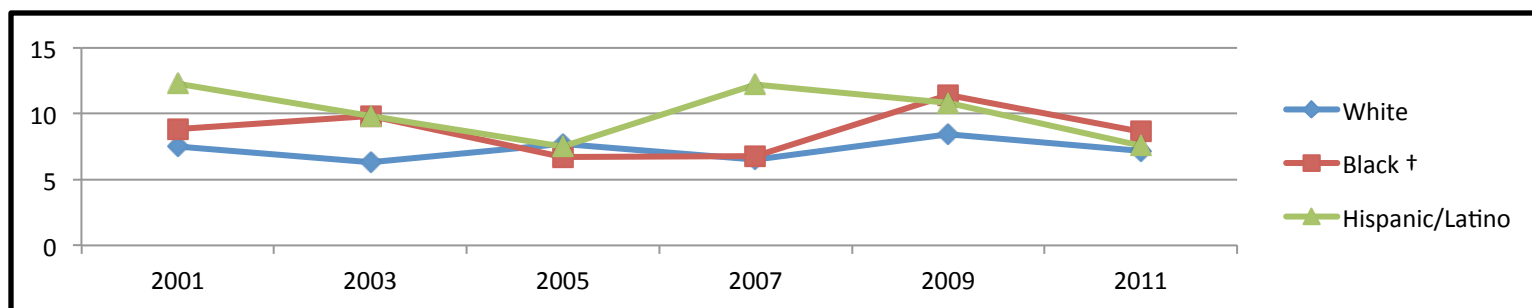
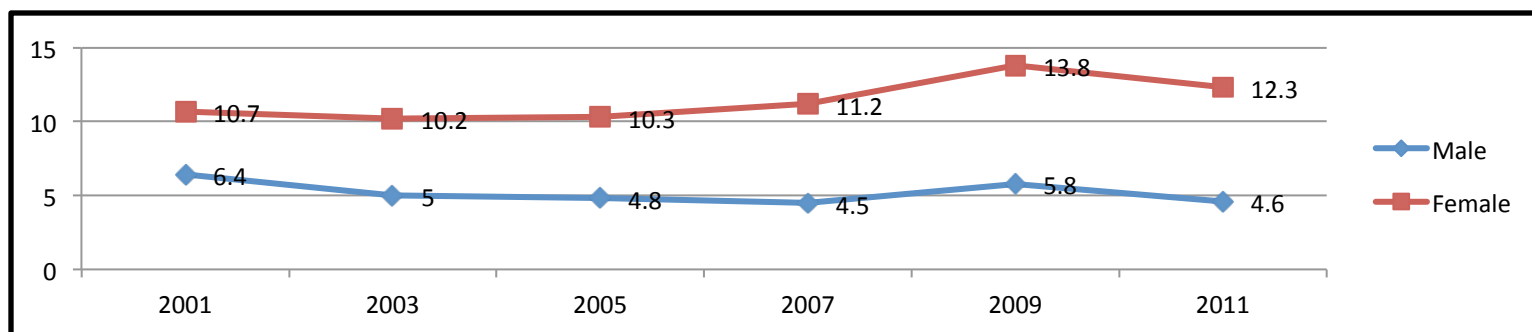
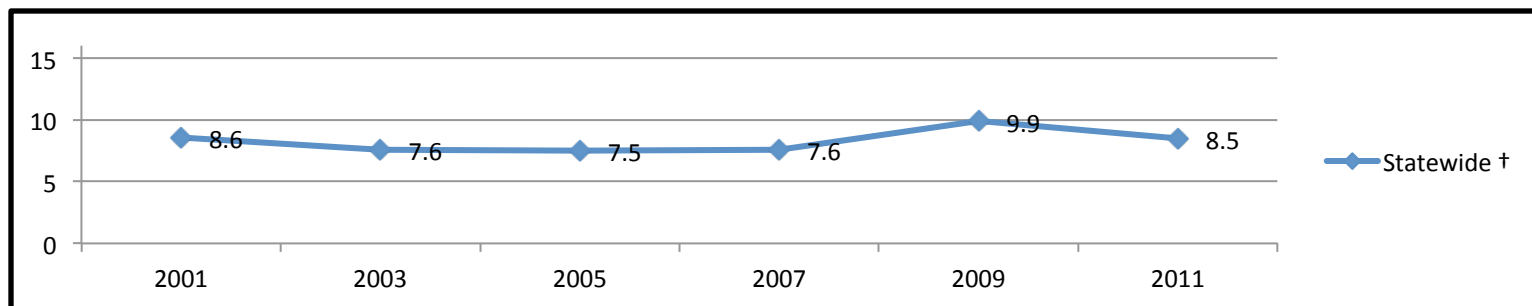


Note: * : Denotes linear significant change
 † : Denotes quadratic significant change

Source: 2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware



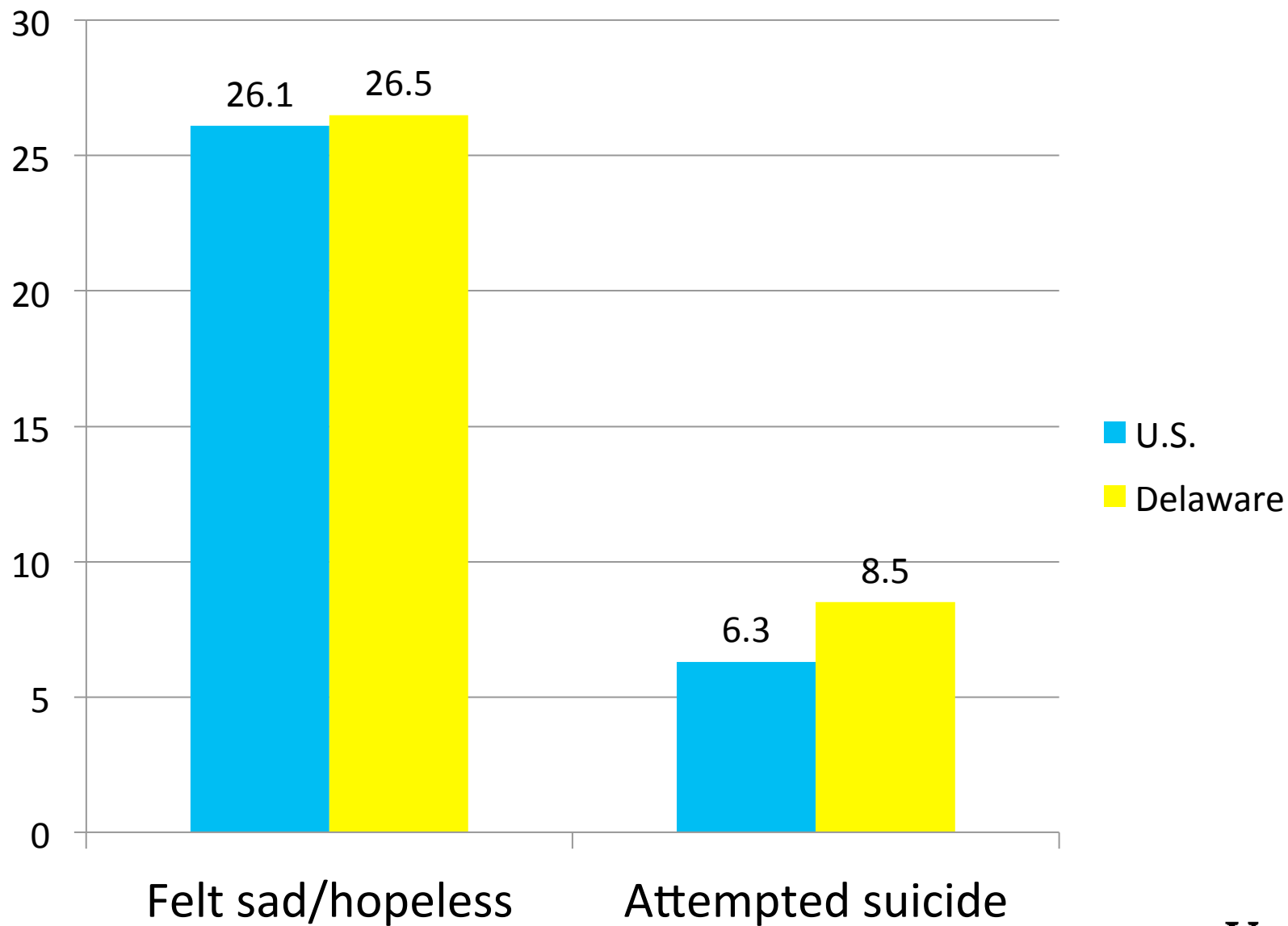
Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to



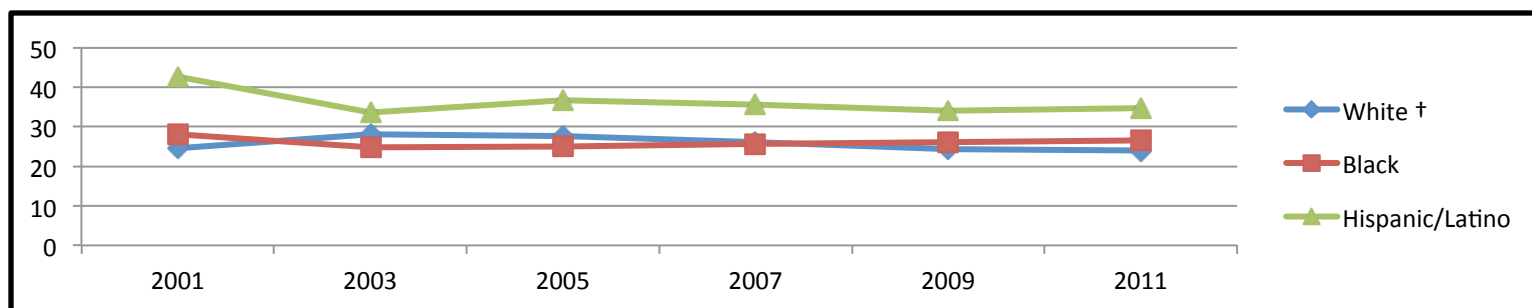
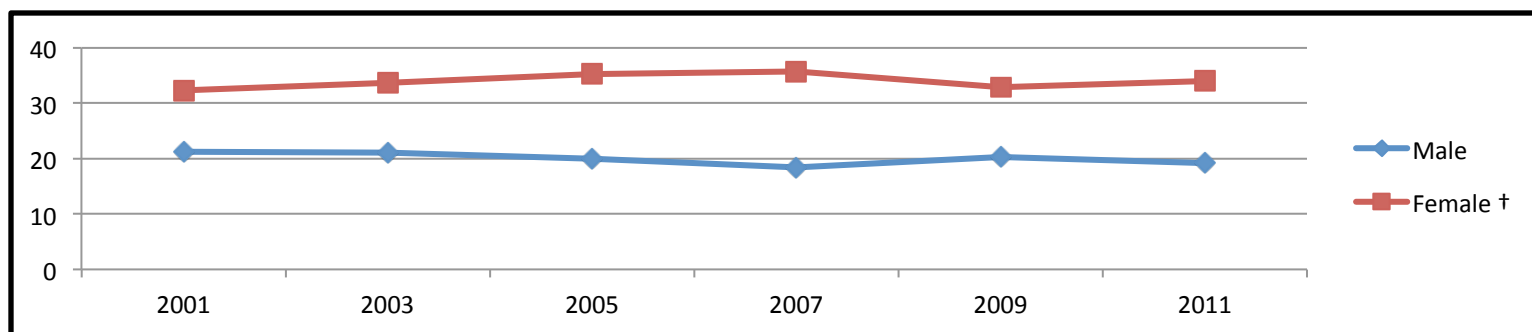
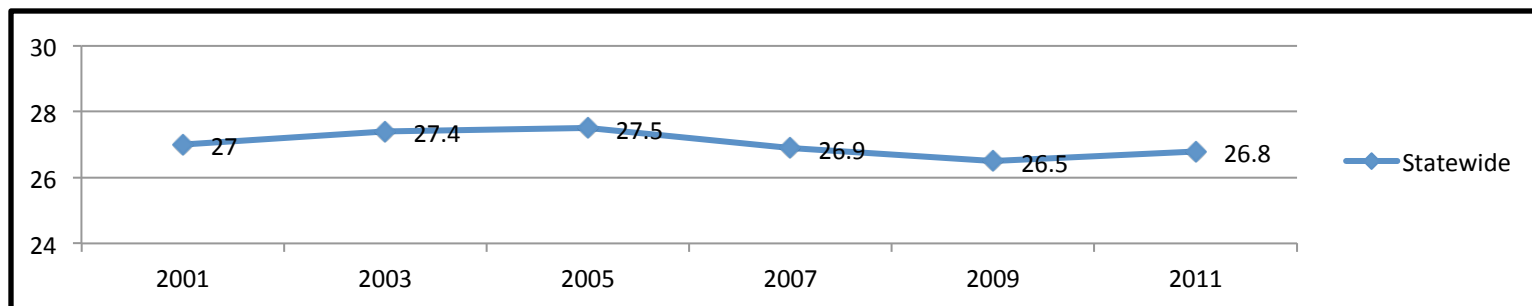
Note: * : Denotes linear significant change
 † : Denotes quadratic significant change

Source: 2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware





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

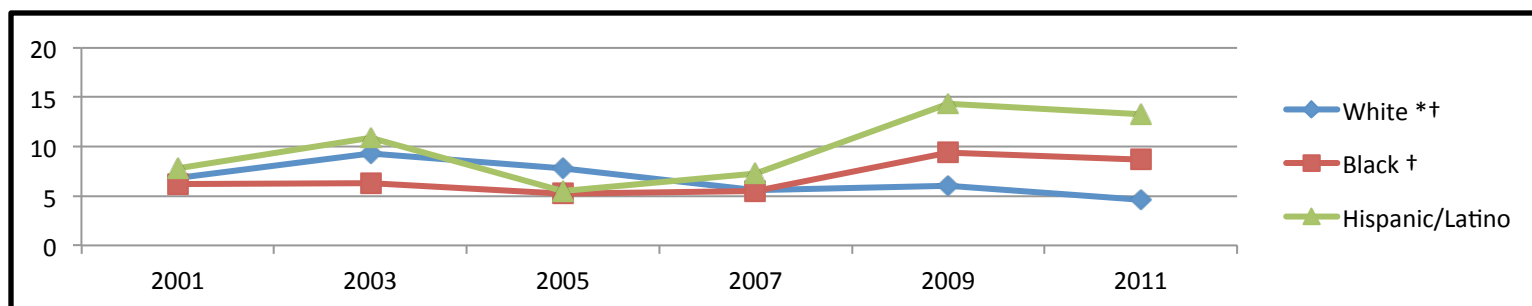
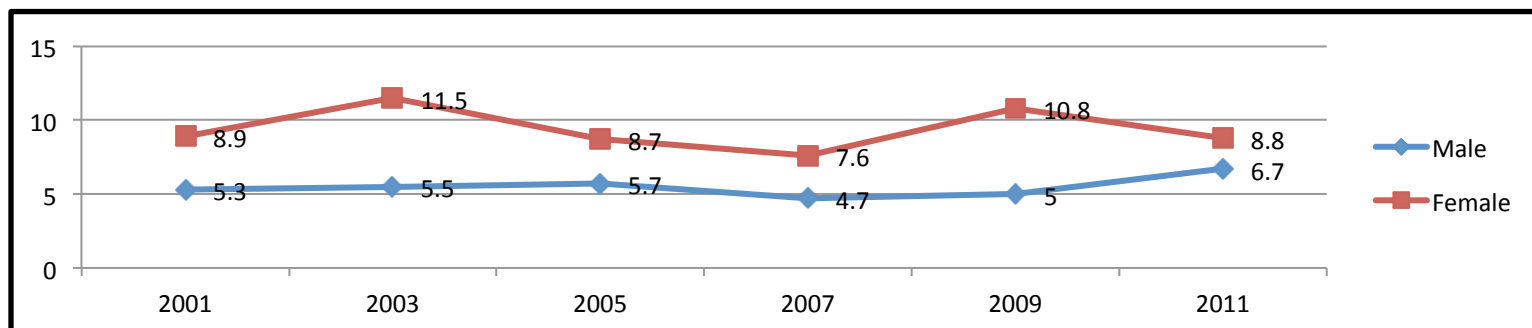
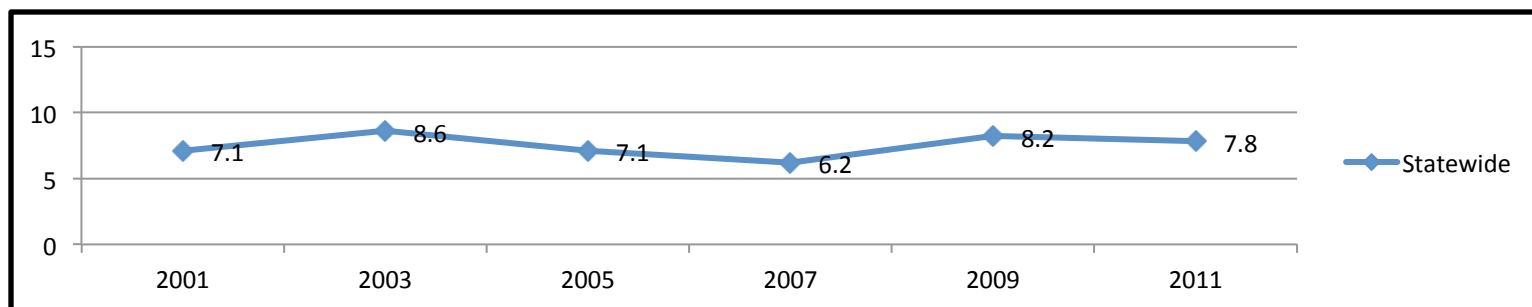


Note: * : Denotes linear significant change
 † : Denotes quadratic significant change

Source: 2001-23011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware



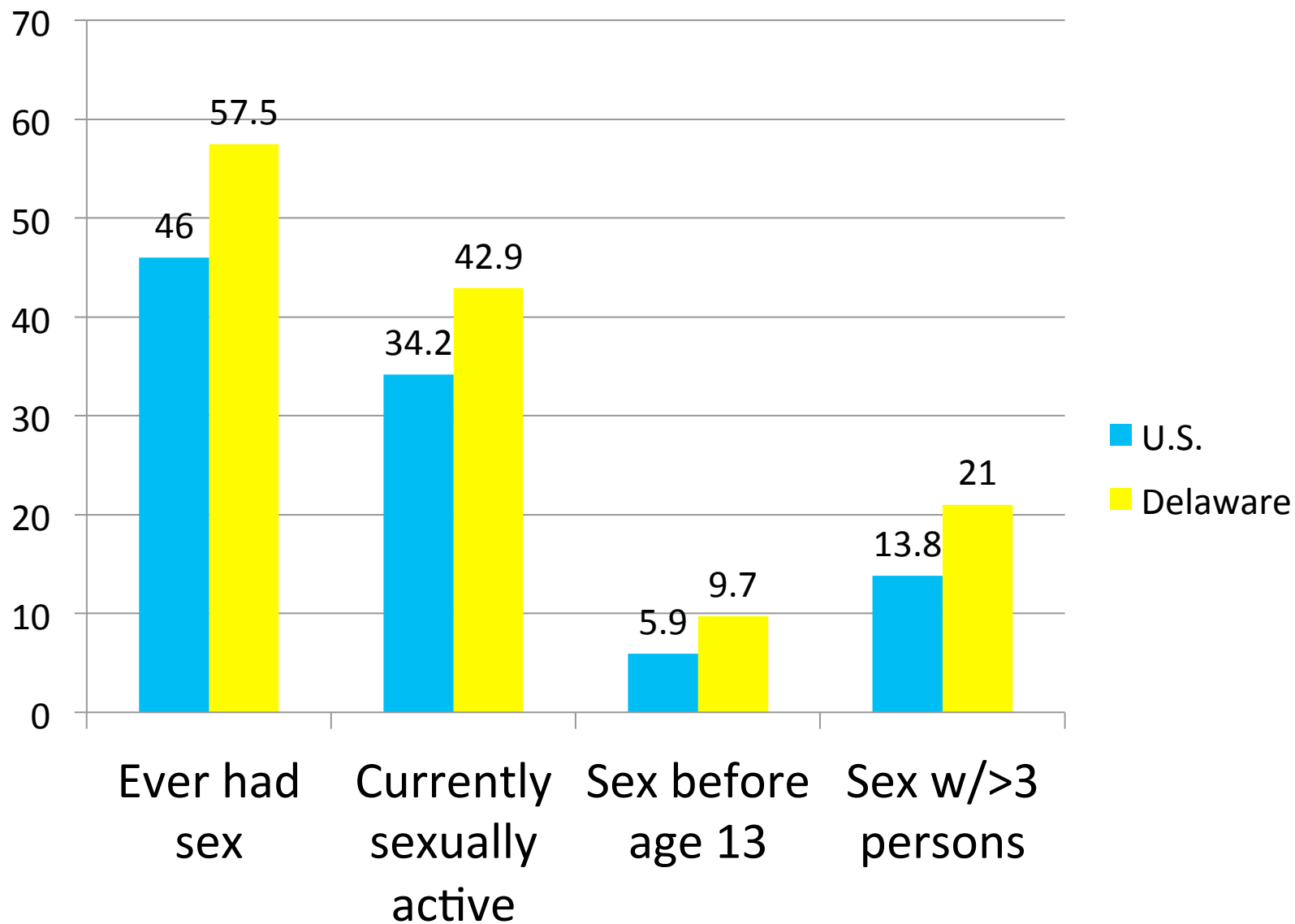
Percentage of students who actually attempted suicide one or more times during the past 12 months

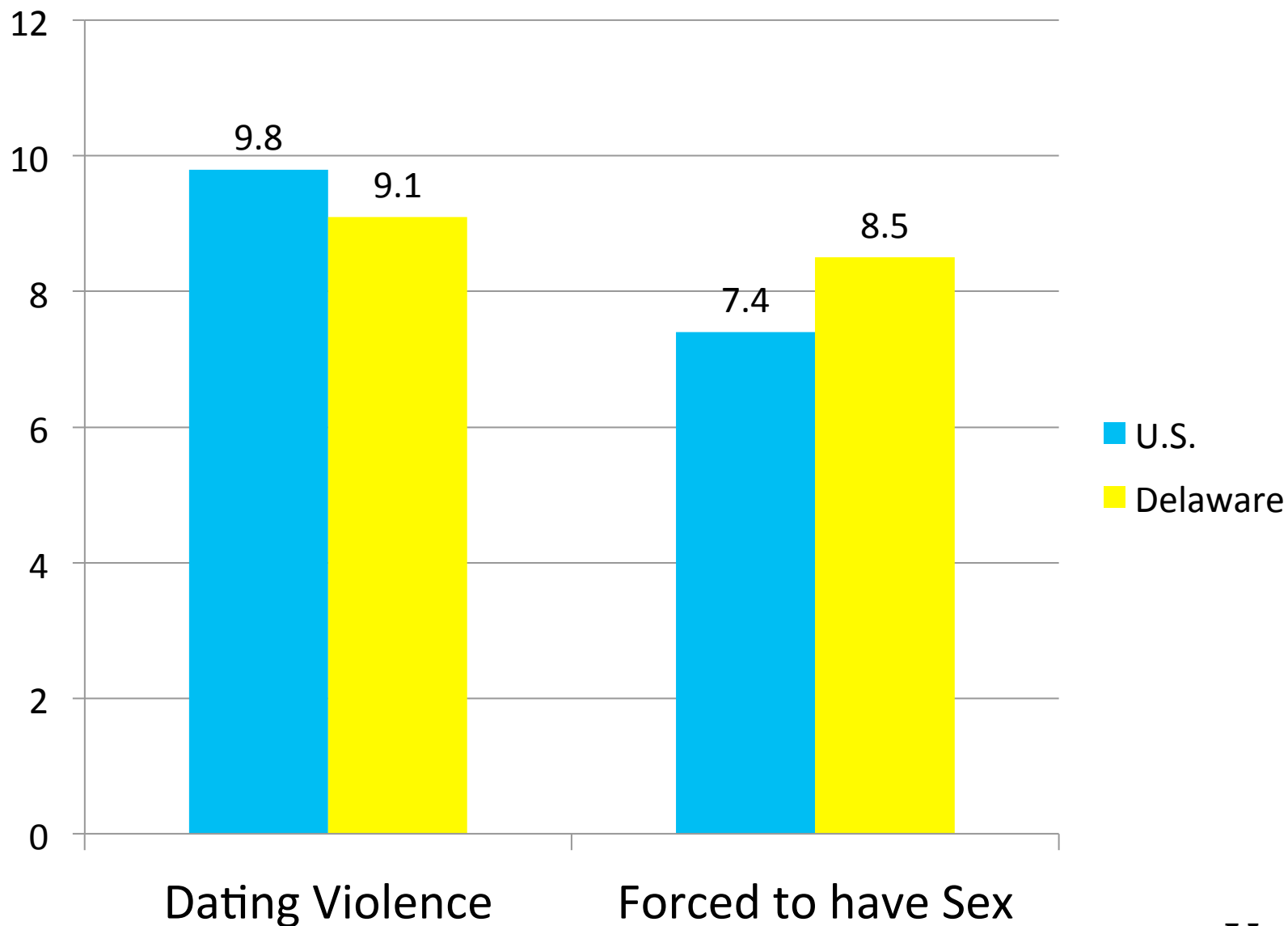


Note: * : Denotes linear significant change
 † : Denotes quadratic significant change

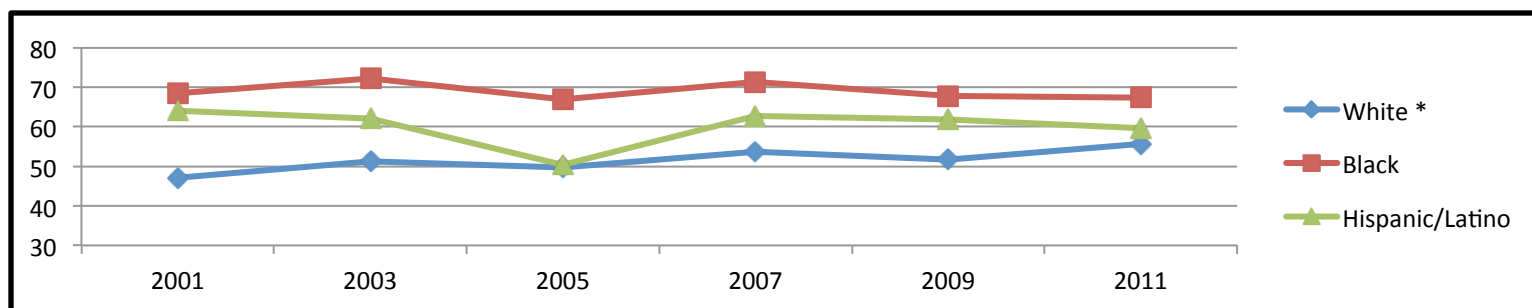
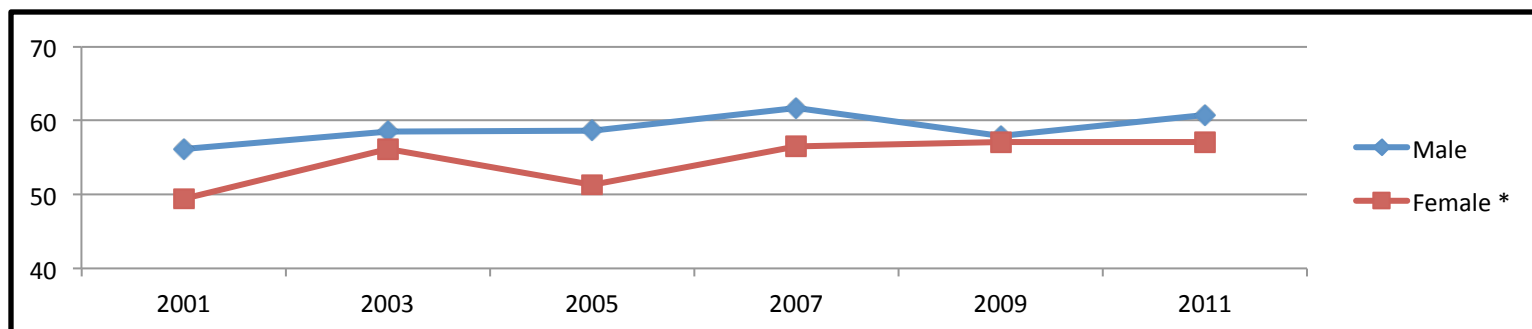
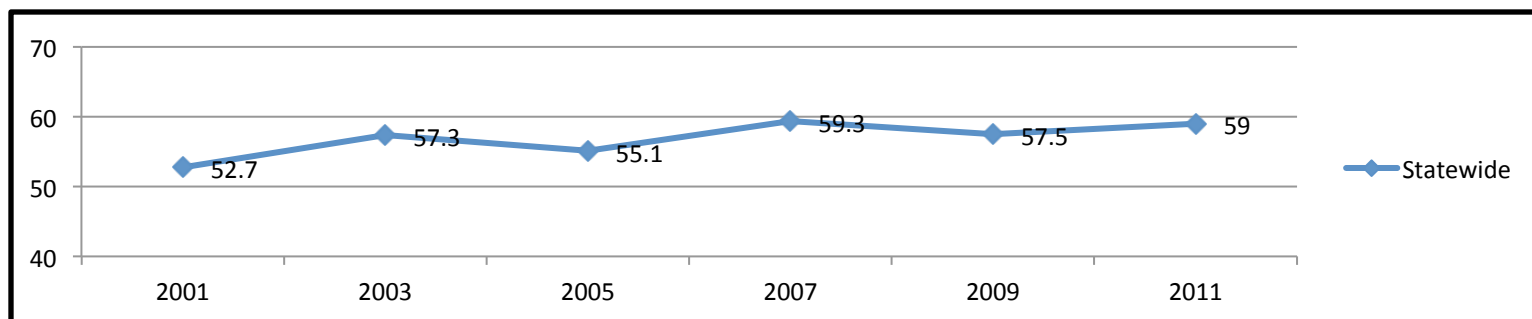
Source: 2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware







Percentage of students who ever had sexual intercourse

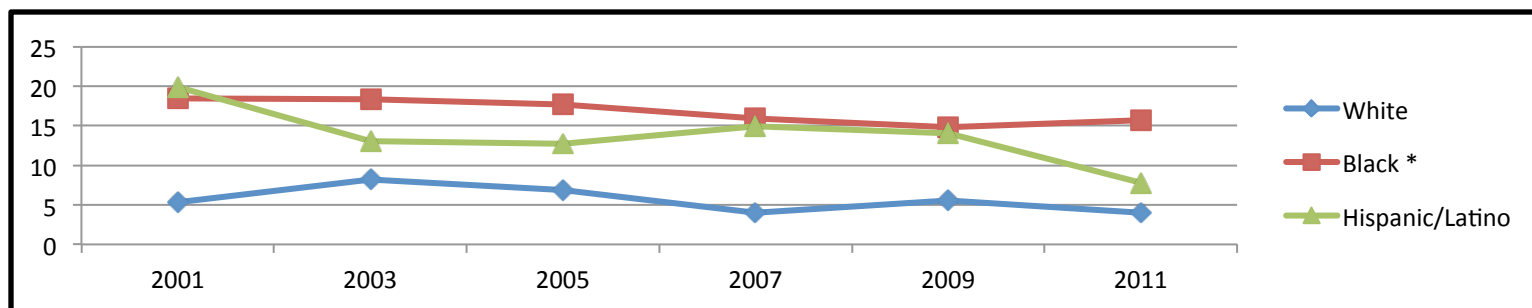
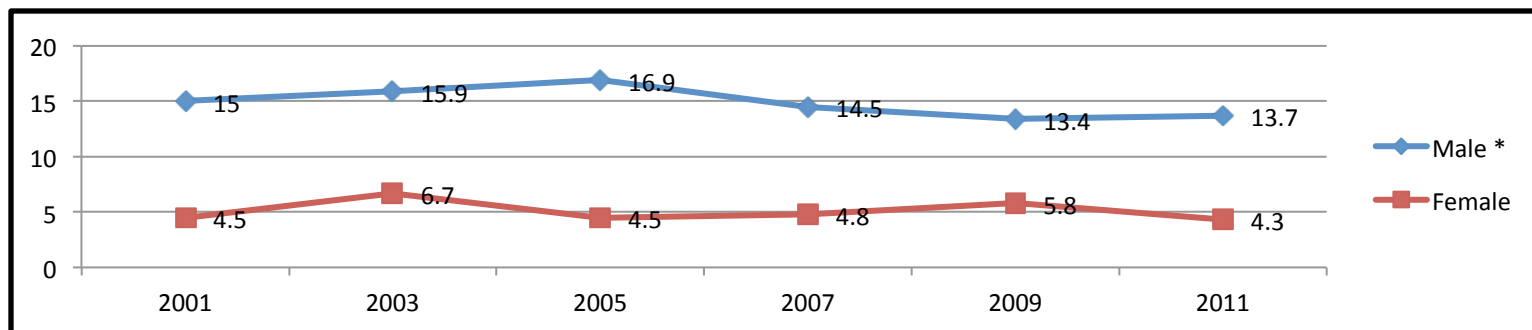
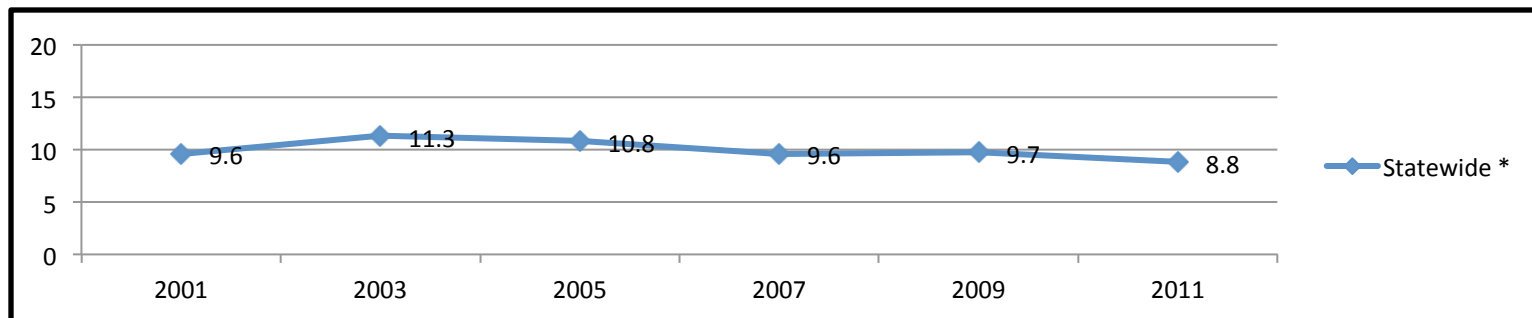


Note: * : Denotes linear significant change
 † : Denotes quadratic significant change

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

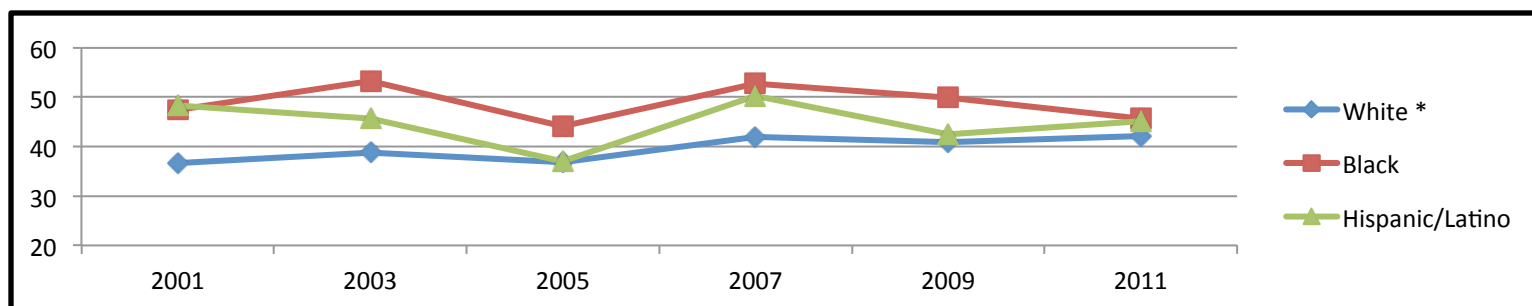
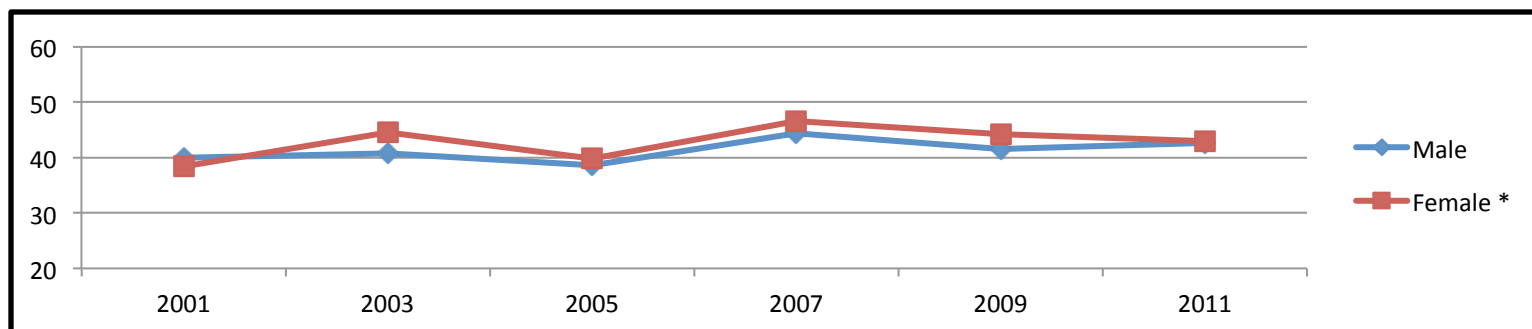
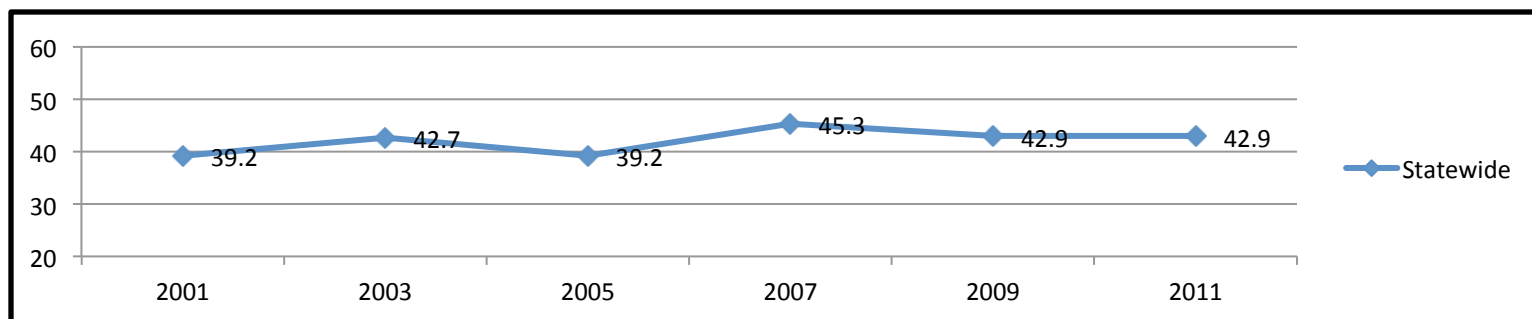


Note: * : Denotes linear significant change
 † : Denotes quadratic significant change

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

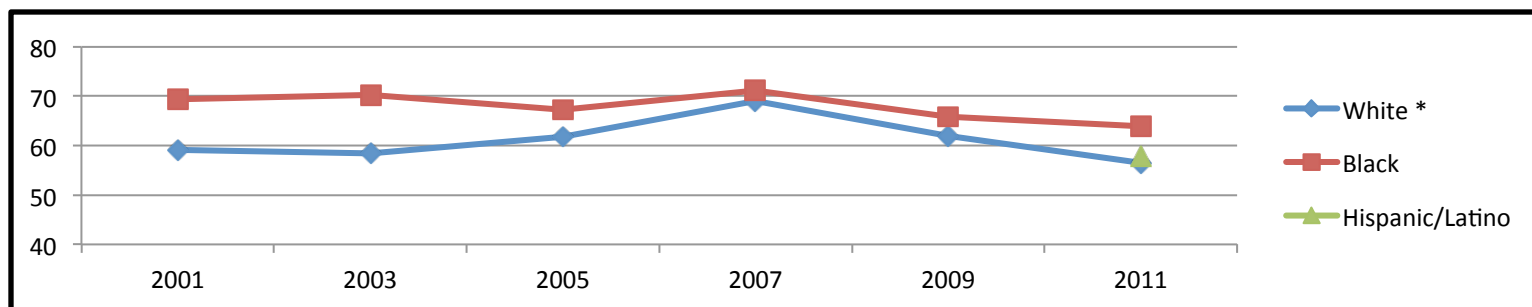
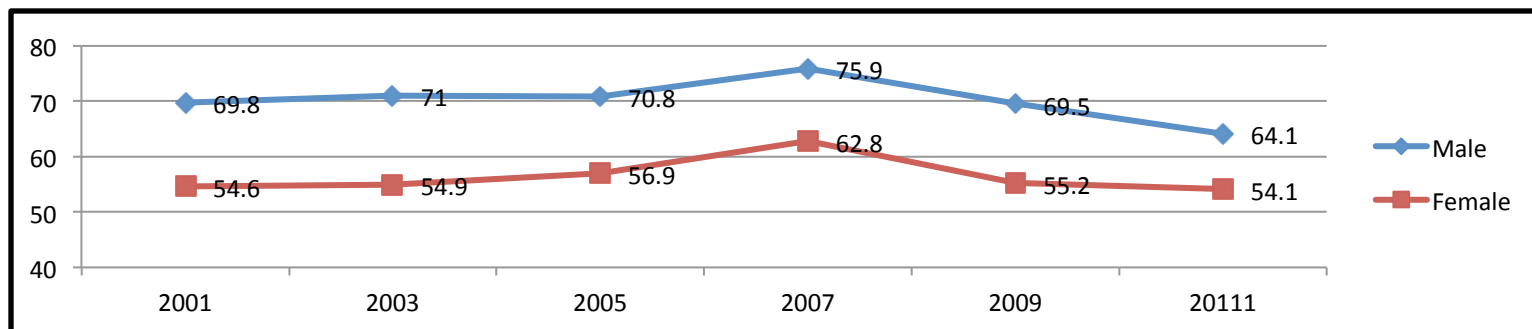
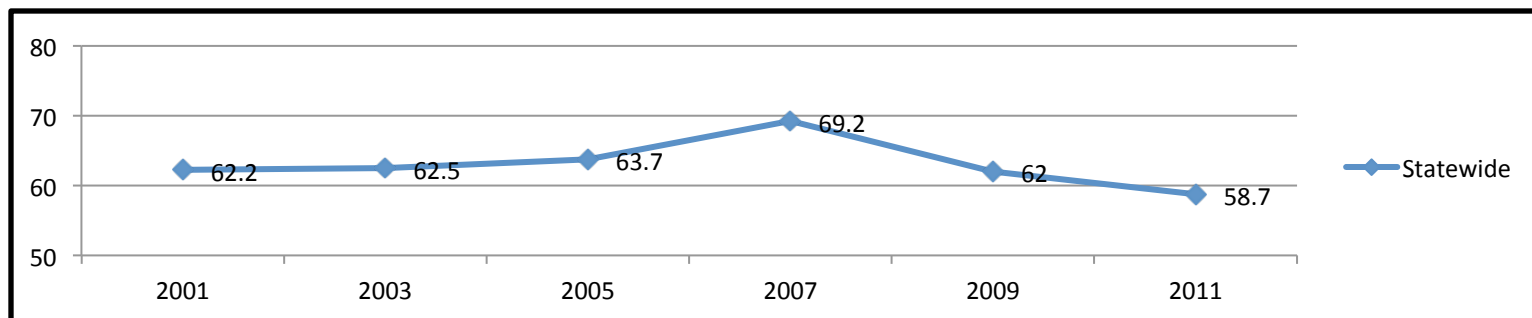


Note: * : Denotes linear significant change
 † : Denotes quadratic significant change

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

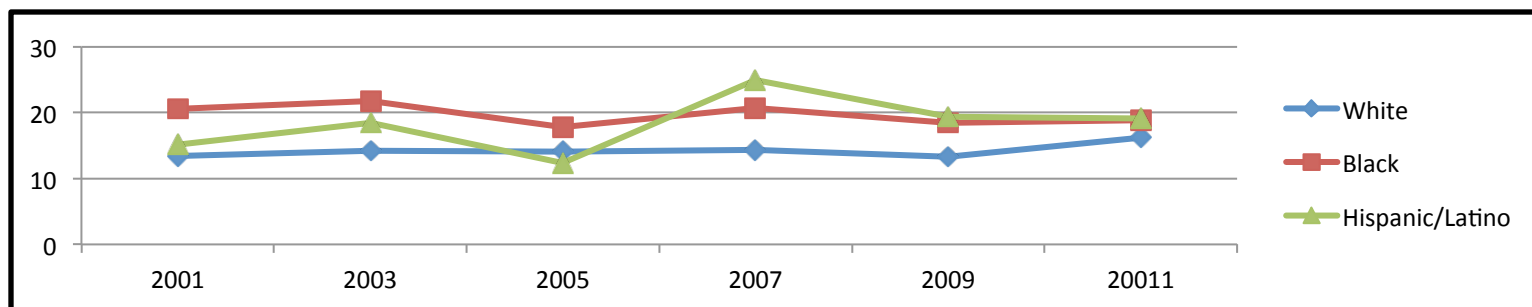
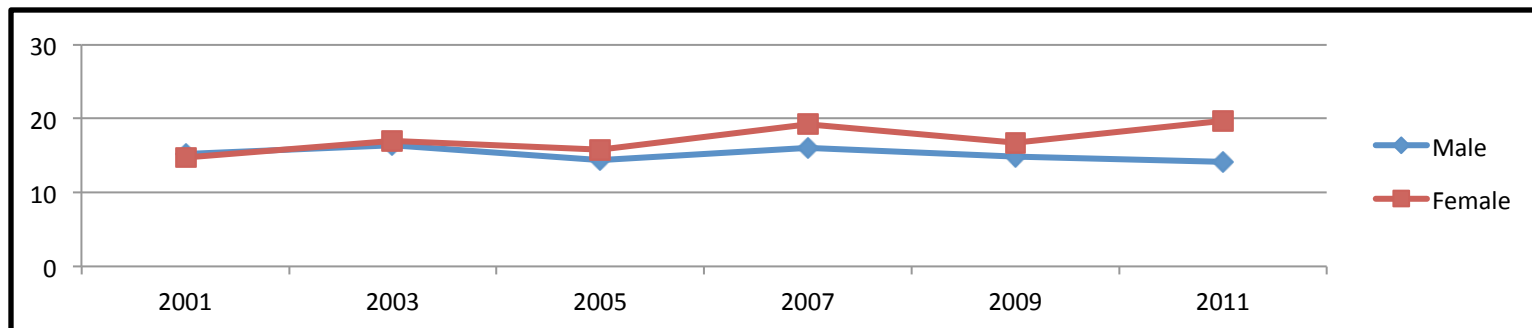
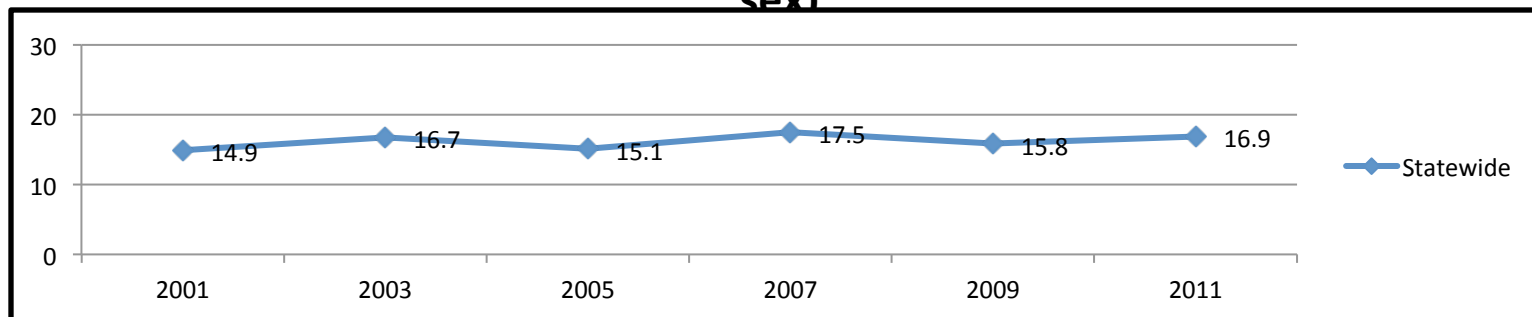


Note: * : Denotes linear significant change
† : Denotes quadratic significant change

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)

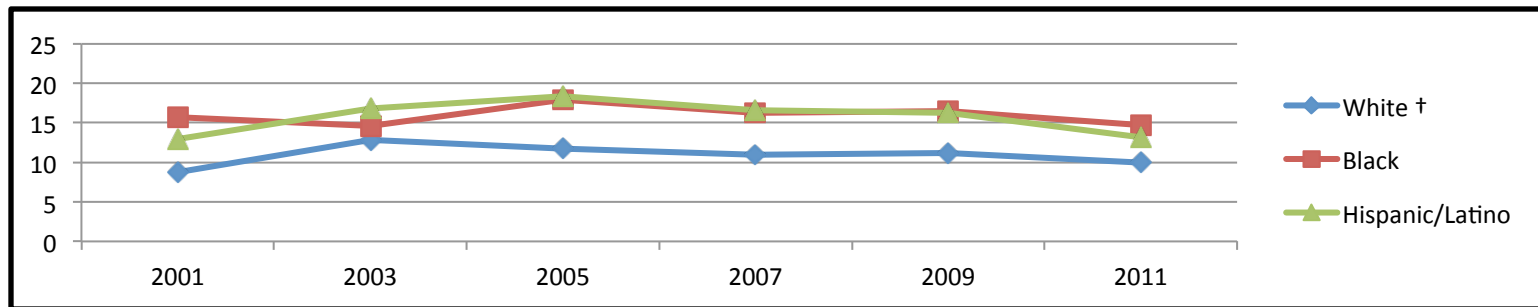
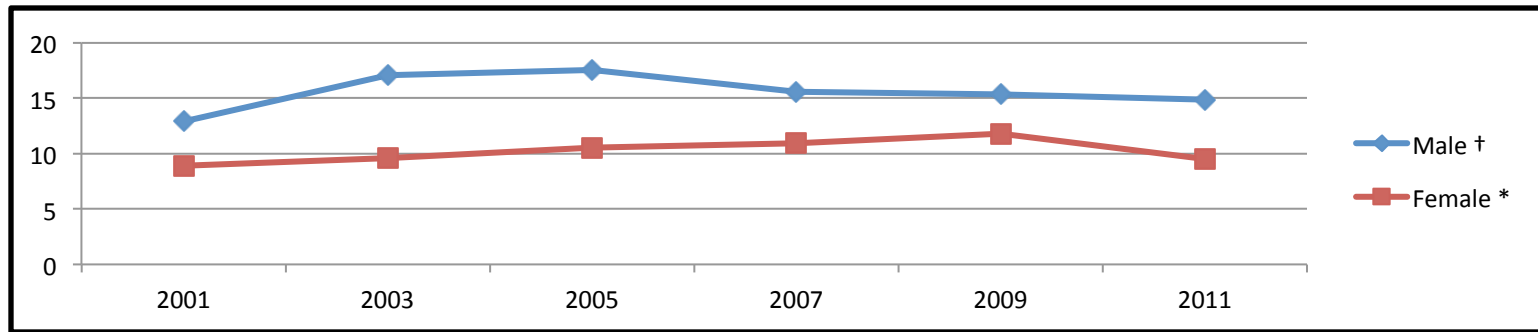
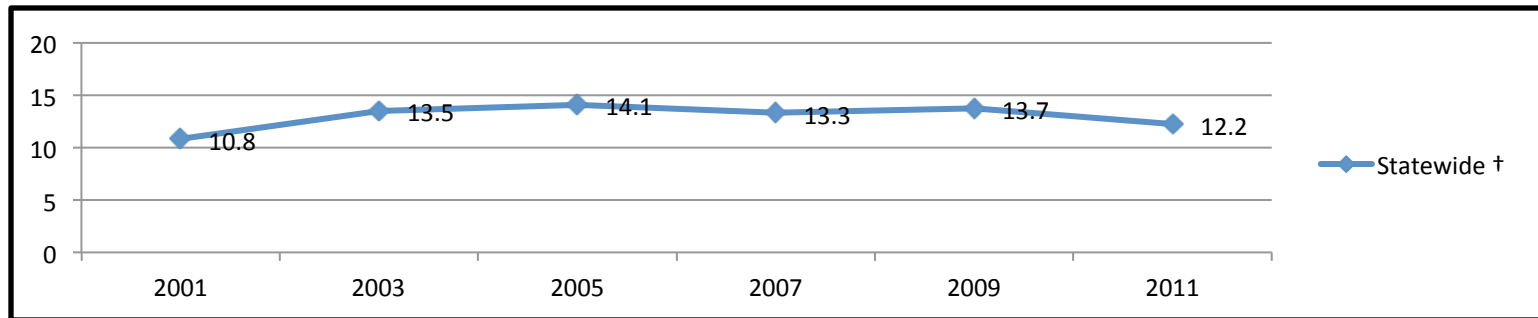


Note: * : Denotes linear significant change
 † : Denotes quadratic significant change

Source: 2001-2011 Delaware Youth Risk Behavior Survey, Center for Drug and Alcohol Studies, University of Delaware



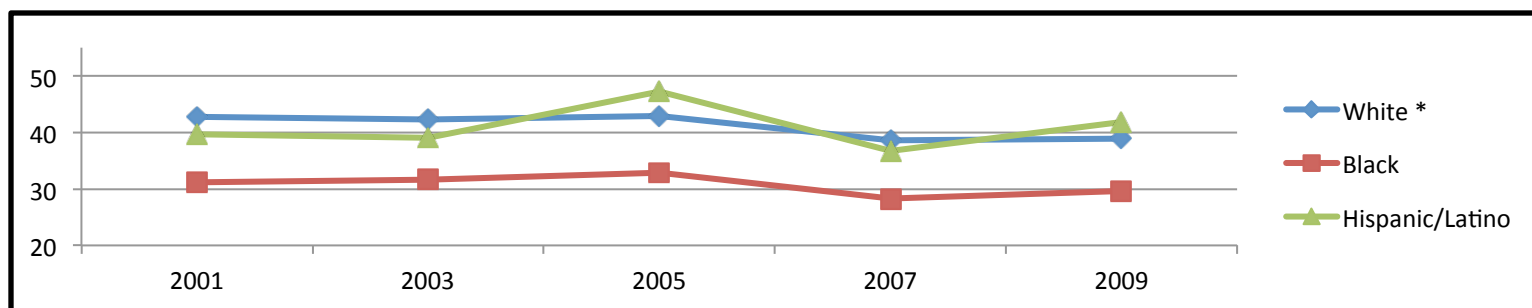
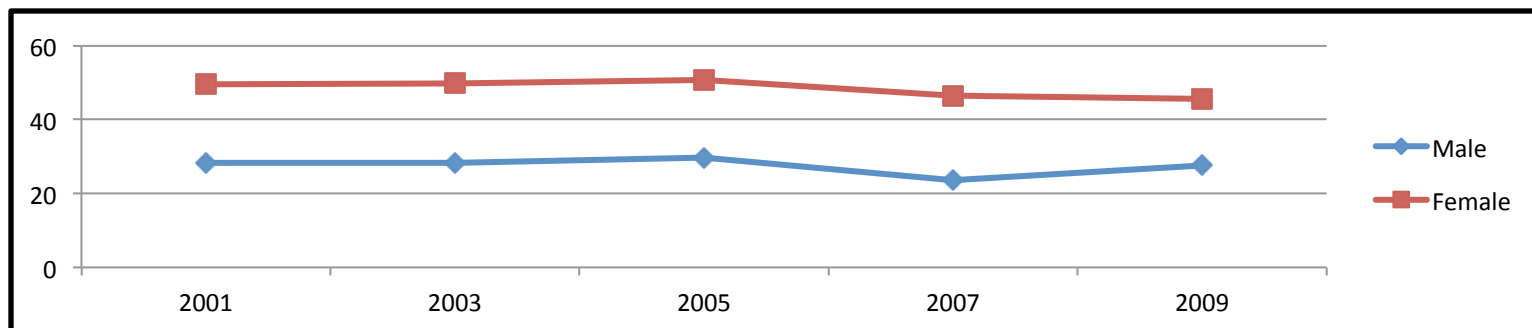
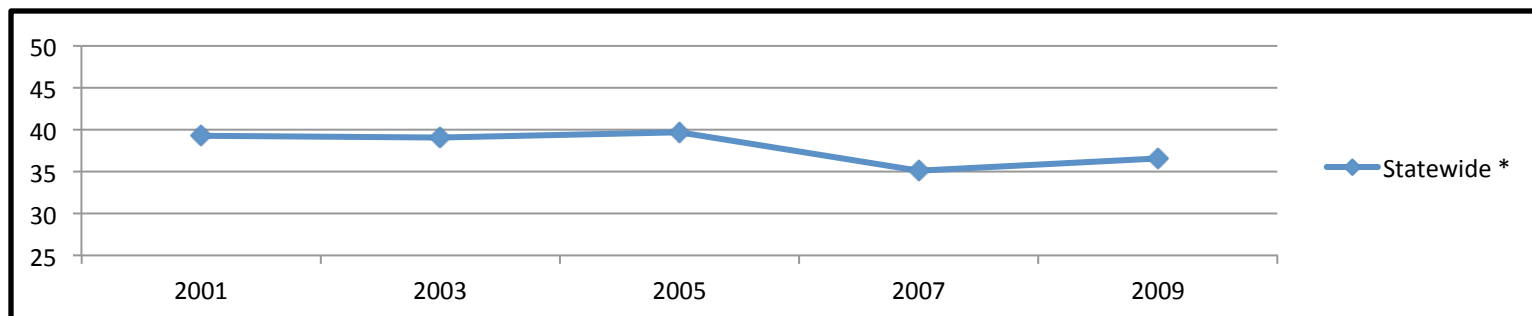
Percentage of students who were obese (i.e., at or above the 95th percentile for body mass index, by age and sex)



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

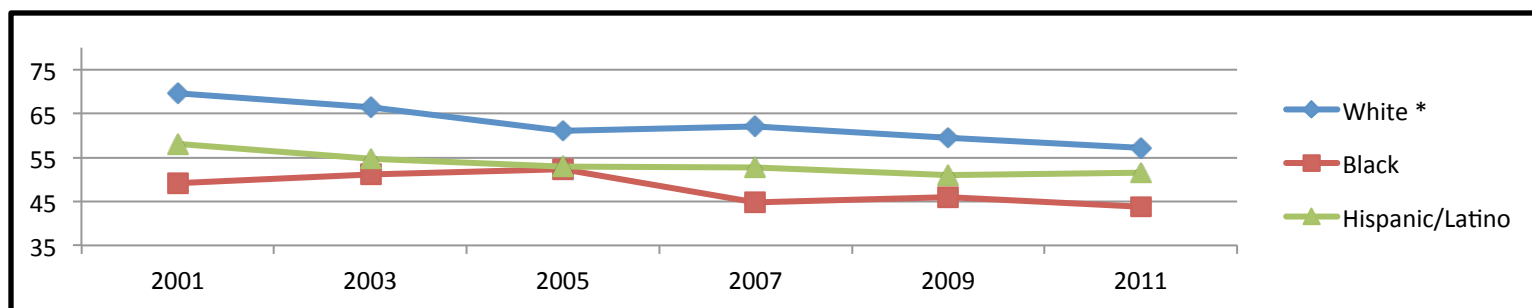
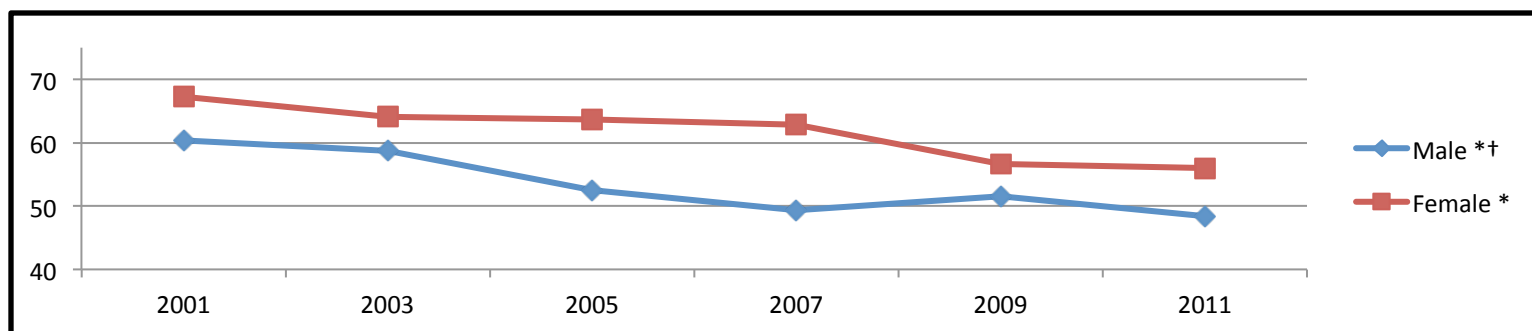
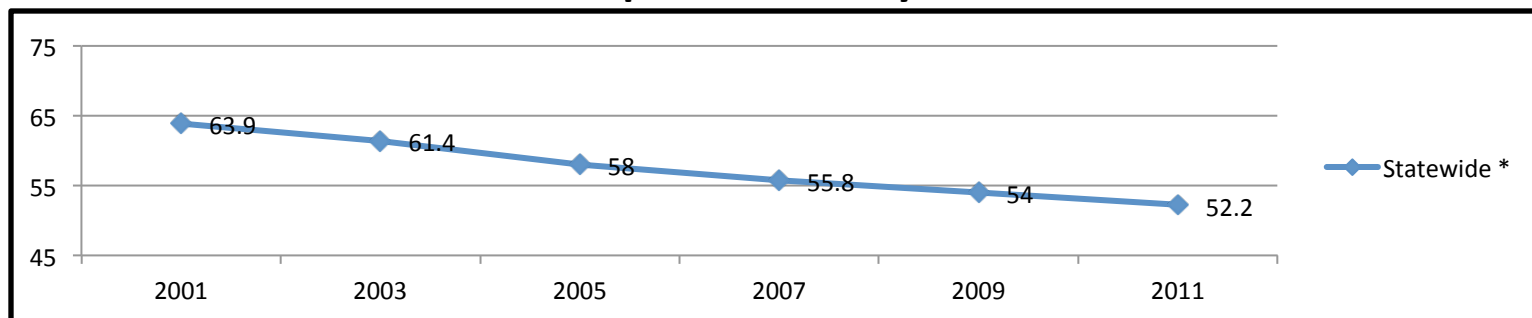


Note: * : Denotes linear significant change
 † : Denotes quadratic significant change

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

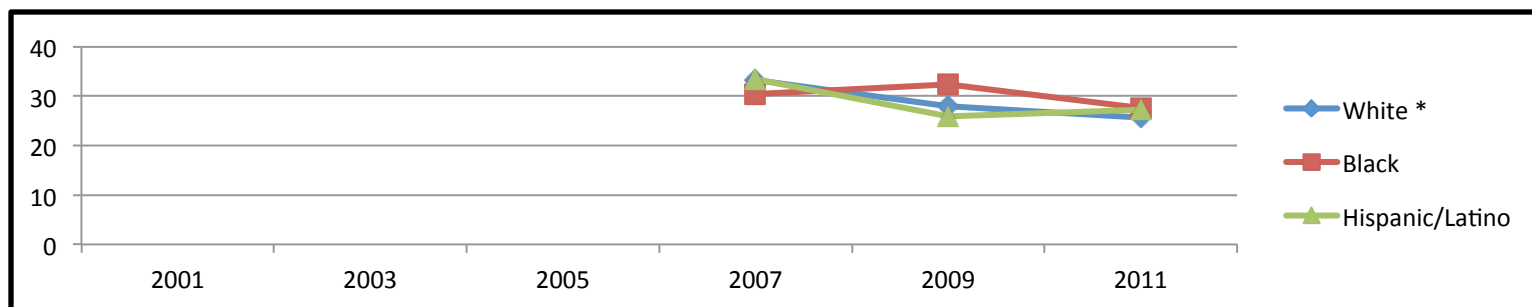
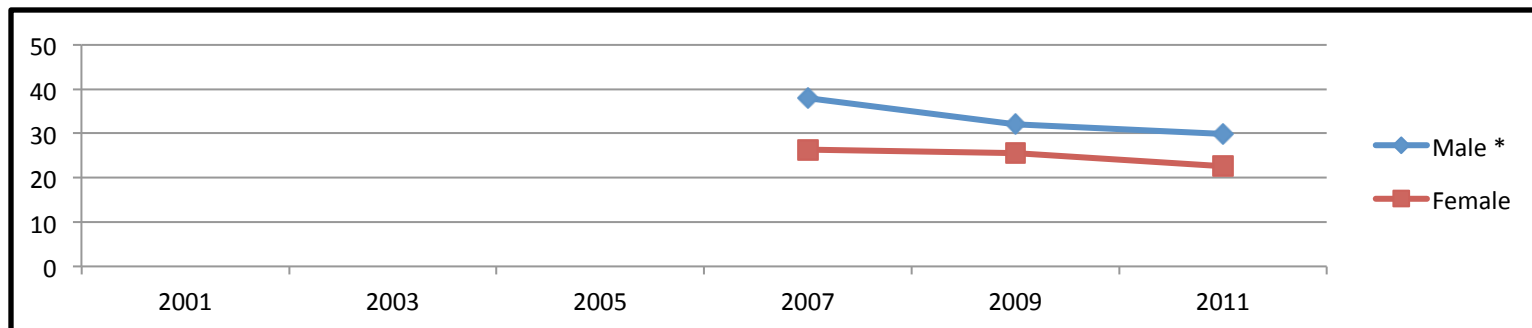
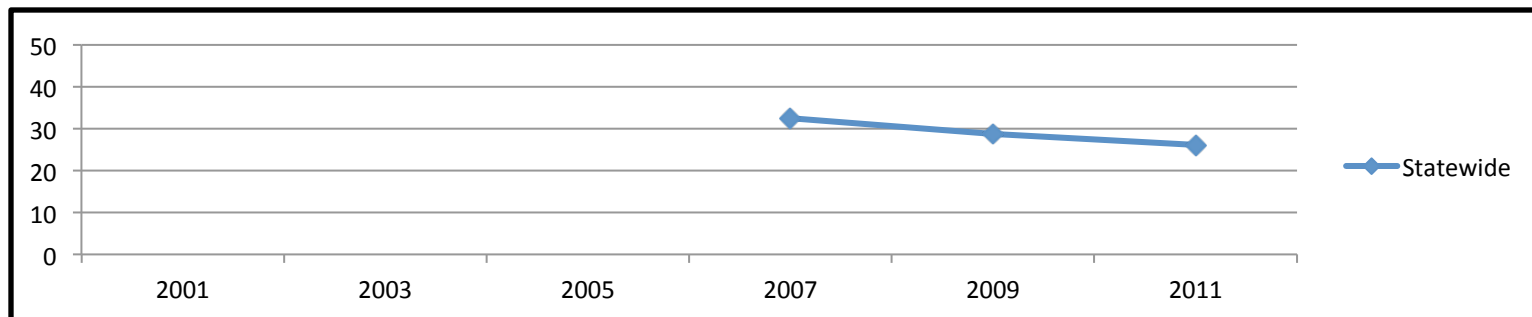


Note: * : Denotes linear significant change
 † : Denotes quadratic significant change

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

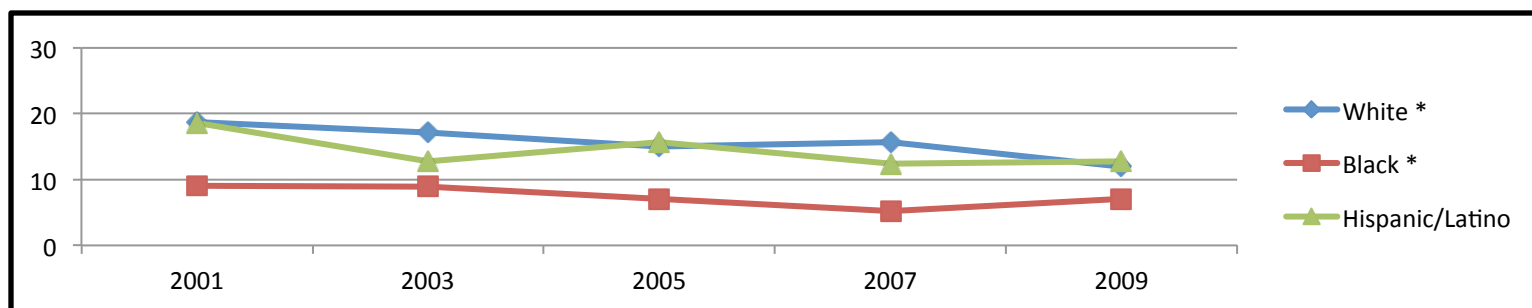
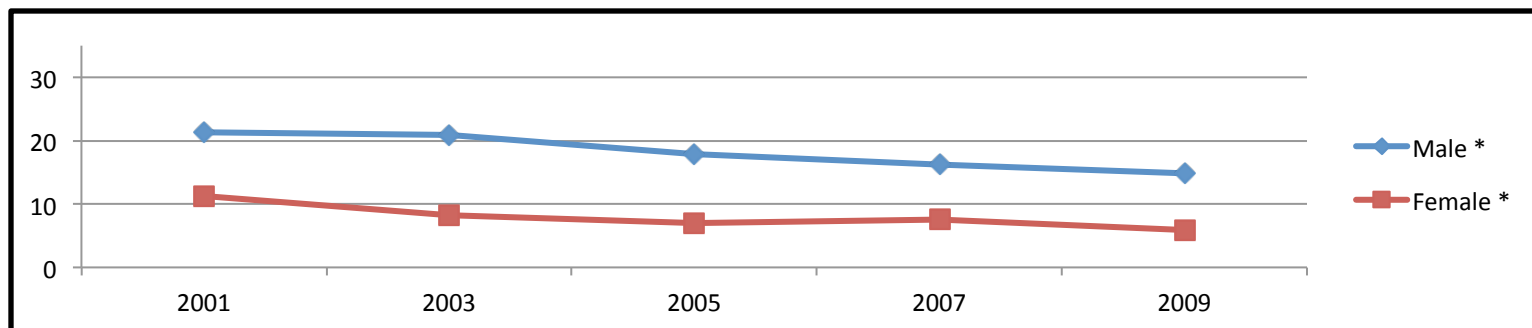
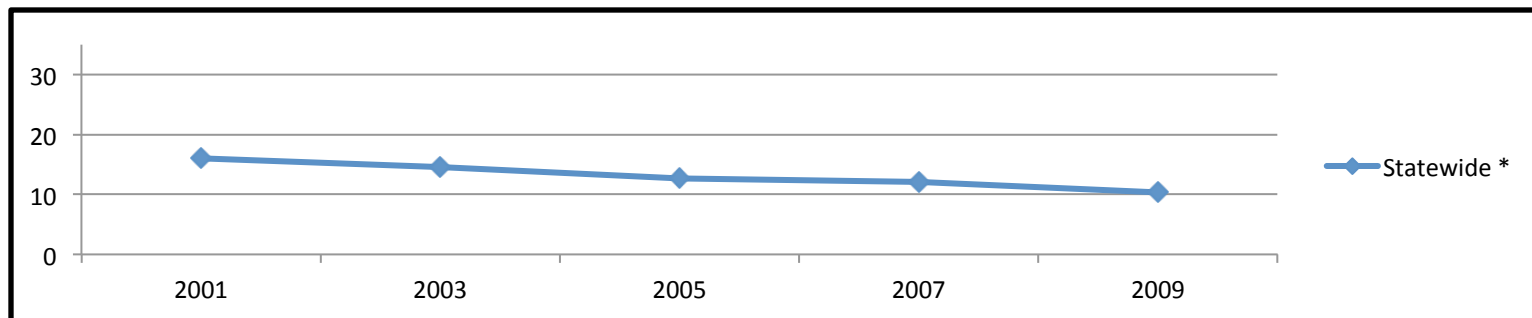


Note: * : Denotes linear significant change
 † : Denotes quadratic significant change

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

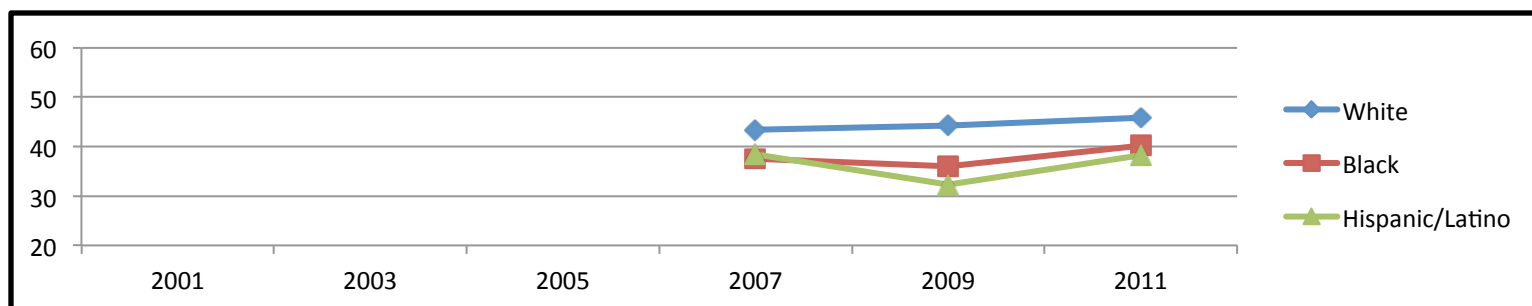
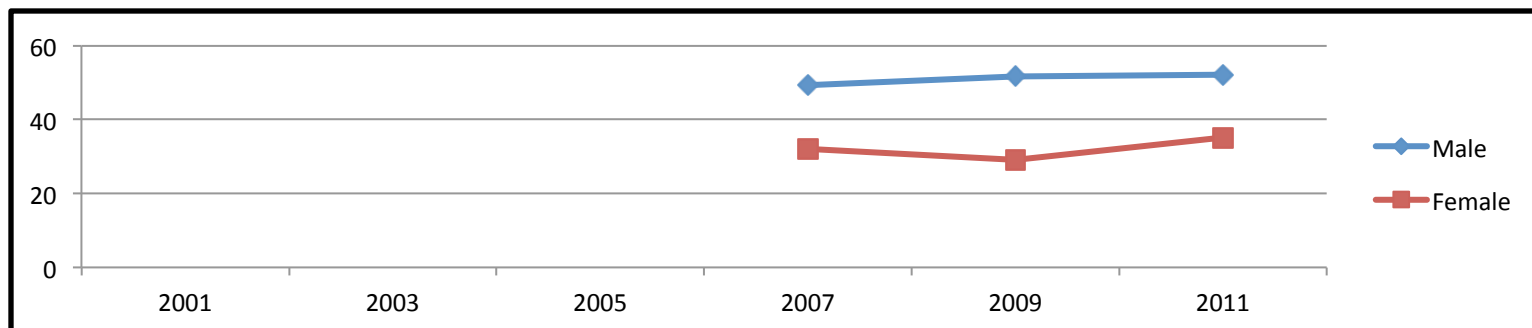
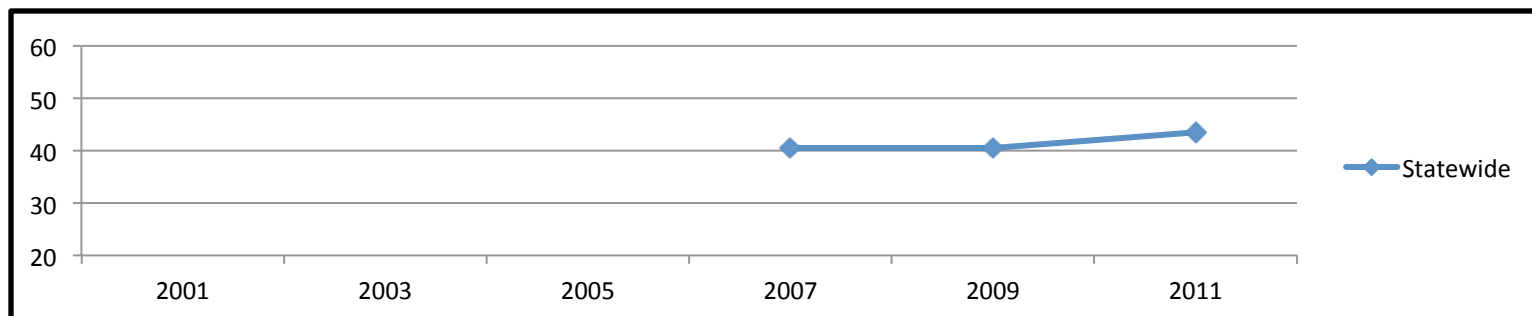


Note: * : Denotes linear significant change
† : Denotes quadratic significant change

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?

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



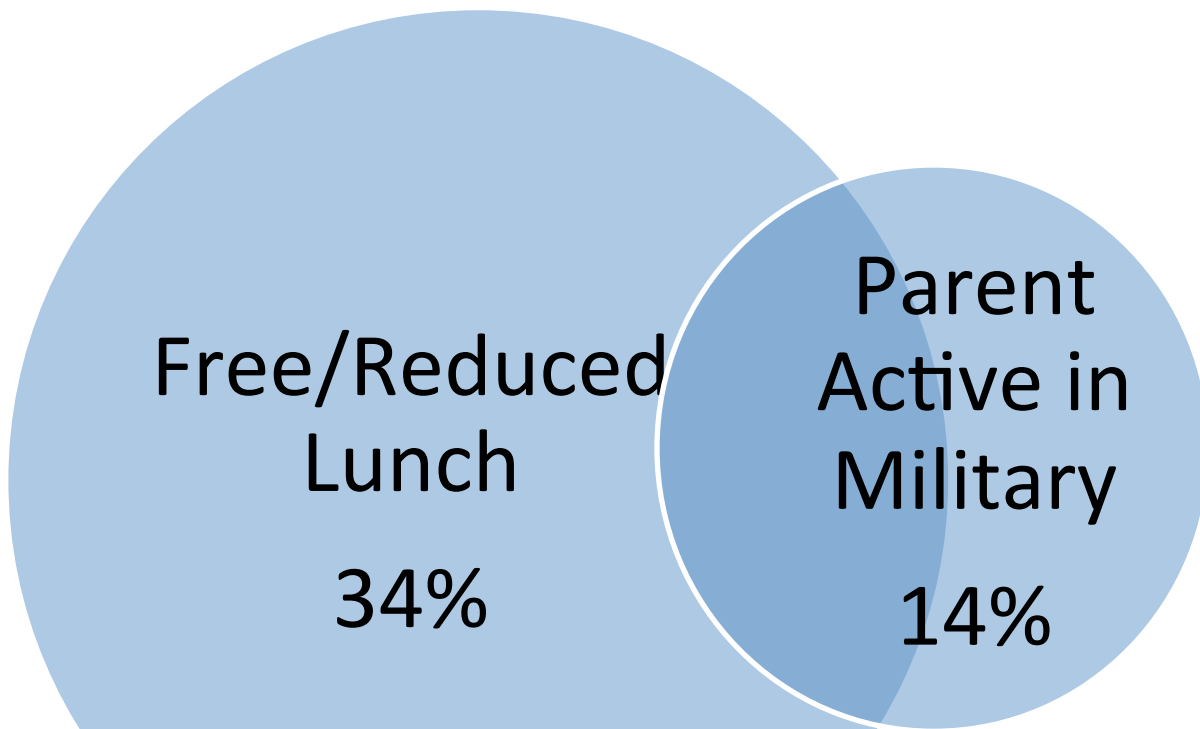
Source: 2011 Delaware Youth Risk Behavior Survey

Other Groups:

(if 2 numbers, 1st is 8th grade and second is 11th grade; if one number, a sample of all high grades, depending on which survey was used)

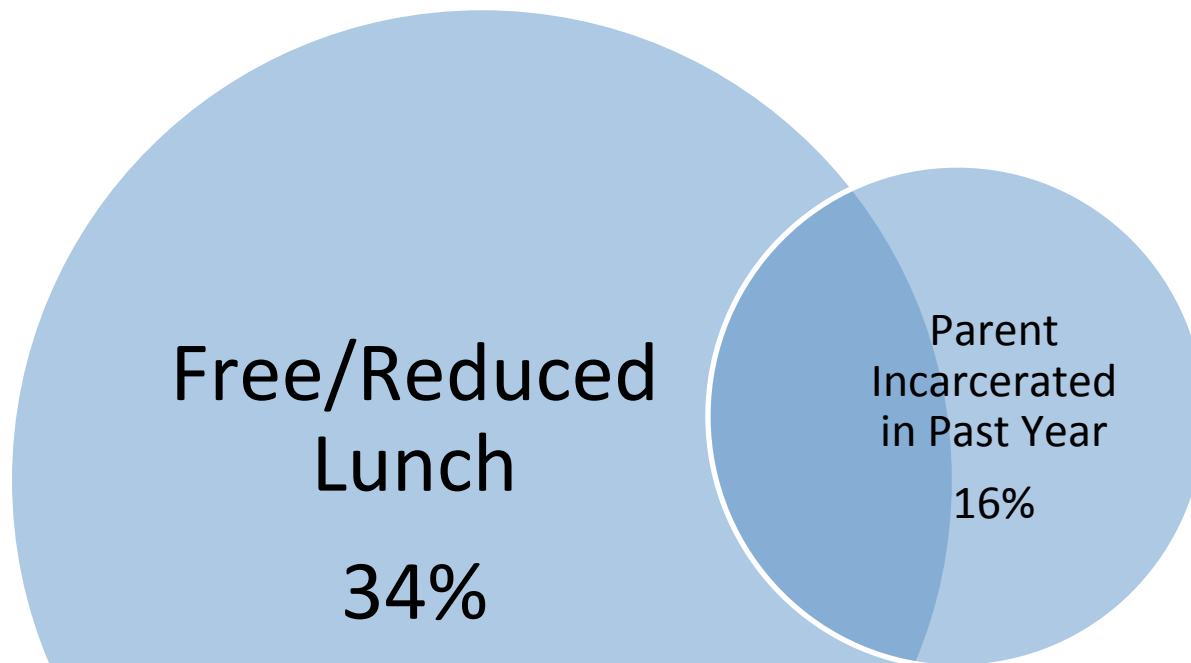
- Children in poverty 42%, 34%
- Homeless (not with relative) 3%
- Adult family member active in Military 19%, 14%
- Adult family member incarcerated in past 12 months 19%, 16%
- Physical disability 9%
- Learning disability 12%
- LGBTQ 7%
- Obese 12%
- Witnessed Domestic Violence 12%

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.

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.

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.



Optimal
Growth
Conditions

The diagram features a large blue circle on the left containing the text 'Optimal Growth Conditions'. To its right are two horizontal blue arrows. The top arrow points left towards the circle and is labeled 'Support' in red text above it. The bottom arrow points right away from the circle and is labeled 'Stress' in red text below it.

Support

Stress



Sources of support lessen that likelihood

Group Differences

	Past 30 day Tobacco Use	Past 30 day Alcohol Use	Binge Drinking	Past 30 day Marijuana Use	Sexually Active	Been Pregnant/ Gotten someone Pregnant
Obese	18	40	17**	24**	54**	6*
Learning Disabled	32**	54**	29**	41**	70**	16**
Physically Disabled	28**	51**	31**	37**	65**	17**
Parent Incarcerated	26**	51**	27**	40**	73**	17**
Homeless	56**	80**	61**	70**	95**	42**
LGBQ	42**	60**	29**	49**	73**	20**
All Students	18	40	22	28	59	8

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

Source: 2011 Delaware Youth Risk Behavior Survey

Group Differences

	Bullied @ School	Threatened @ School	Forced to have Sex
Obese	15	10**	5**
Learning Disabled	36**	15**	27**
Physically Disabled	27**	14**	17**
Parent Incarcerated	19**	12**	16**
Homeless	35**	33**	48**
LGBQ	29**	11**	30**
All Students	16	6	8

Source: 2011 Delaware Youth Risk Behavior Survey
 * Significant at .05 level ; ** significant at .001 level

	No one to Talk to	Sad 2 or more Weeks	Suicide Attempt	3+ Hours TV/Day
Obese	21**	32**	9**	48**
Learning Disabled	24**	54**	22**	41**
Physically Disabled	28**	43**	17**	31**
Parent Incarcerated	24**	37**	17**	45**
Homeless	38**	44**	47**	33*
LGBQ	18*	62**	28**	52**
All Students	16	27	8	37

Source: 2011 Delaware Youth Risk Behavior Survey

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

