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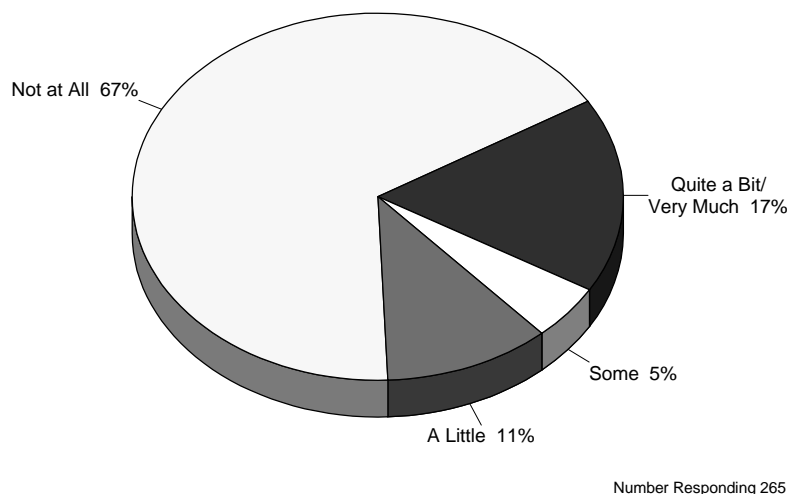
## CHAPTER 4

### Alcohol, Tobacco and Drug Use

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Recent statistics indicate many of the New Hampshire's youth drink. One major concern about adolescent alcohol use is the fatalities resulting from automobile accidents, the leading cause of death among adolescents. In addition, frequent alcohol use during adolescence is one of the best predictors of problem drinking in adulthood (Hawkins & Graham, 1997). Frequent alcohol use often puts individuals at risk for various behavioral (e.g., suicide), psychological (e.g., depression), social (e.g., divorce), and vocational (e.g., unemployment) consequences (Midanik & Tam, 1996; Newcomb and Bentler, 1988). For these reasons, we need to be concerned about teen alcohol and other drug use and the impact it has on other behaviors. In addition to surveying about teens' drug and alcohol use, we also asked youth if they worried about their parent(s)' drinking too much or using drugs. Our survey revealed some local youth worry about their parent(s)' drinking or drug use. Figure 4-1 shows 33% of all teens indicated they worry to some degree about parental alcohol or drug abuse.

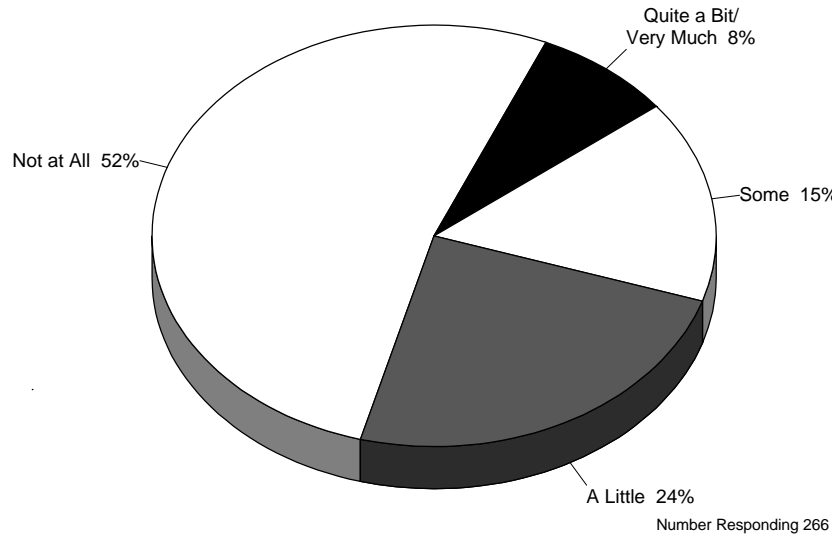
**Figure 4-1: Parental Alcohol or Drug Abuse  
as a Teen Worry**



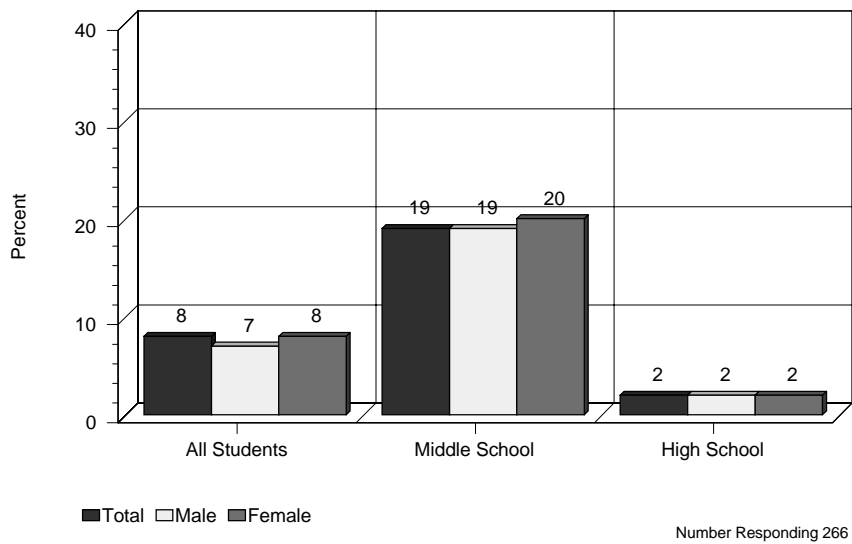
*Note: Due to rounding, some graphs may not total 100%.*

Figure 4-2 shows 47% of teens surveyed worry to some degree about being pressured into drinking or using other drugs. Figure 4-3 shows this broken down by gender and school level.

**Figure 4-2: Being Pressured into Drinking or Doing Other Drugs as a Teen Worry**



**Figure 4-3: Being Pressured into Drinking or Doing Other Drugs as a Teen Worry (Quite a Bit or Very Much, by Gender and School Level)**



## Overall Alcohol and Drug Use

Figure 4-4 shows the percentage of all teens who have used various substances at any time in the past. Alcohol (beer, 69%; wine, 66%; hard liquor, 64%) is the most commonly used substance at the "any use at all" level, followed by smoking tobacco (59%), and marijuana (49%).

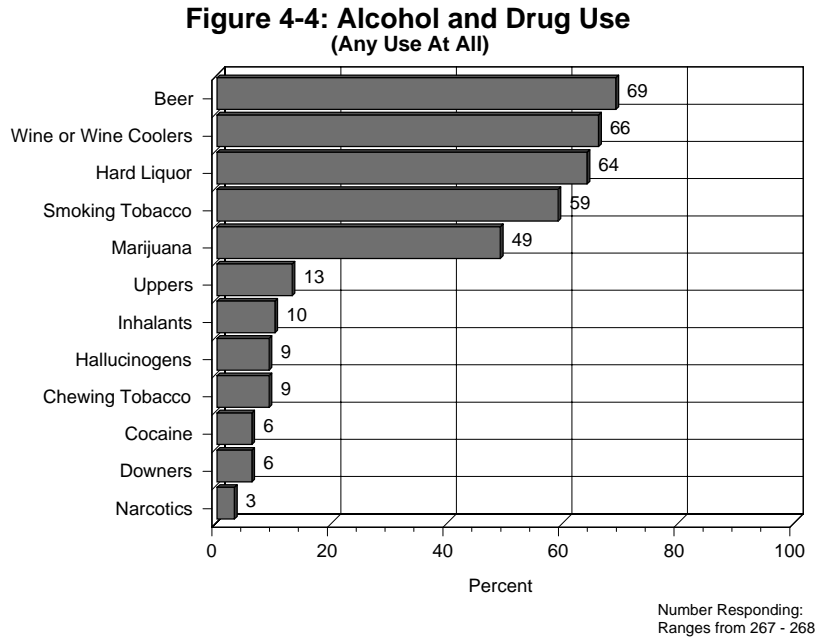


Figure 4-5 shows the percent of teens who use alcohol or other drugs on a monthly or more often basis. Again, alcohol is the substance most often used at this level (beer, 47%; wine, 34%; hard liquor, 40%), followed by smoking tobacco (33%) and marijuana (27%).

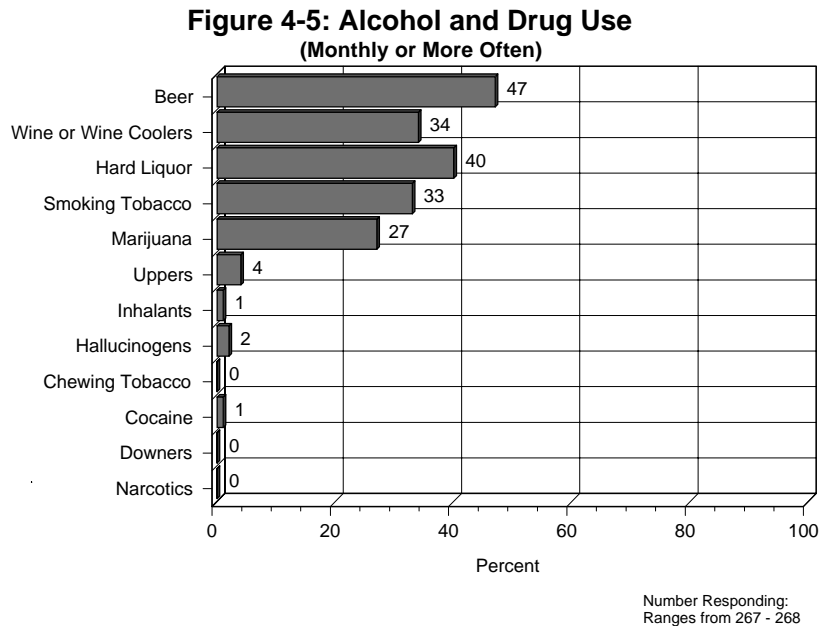


Figure 4-6 shows the percent of all teens who use various substances "once or twice a week" or more often. Smoking tobacco (27%), beer (24%), and marijuana (16%) are the most commonly used substances at this level of frequency.

**Figure 4-6: Alcohol and Drug Use  
(Weekly or More Often)**

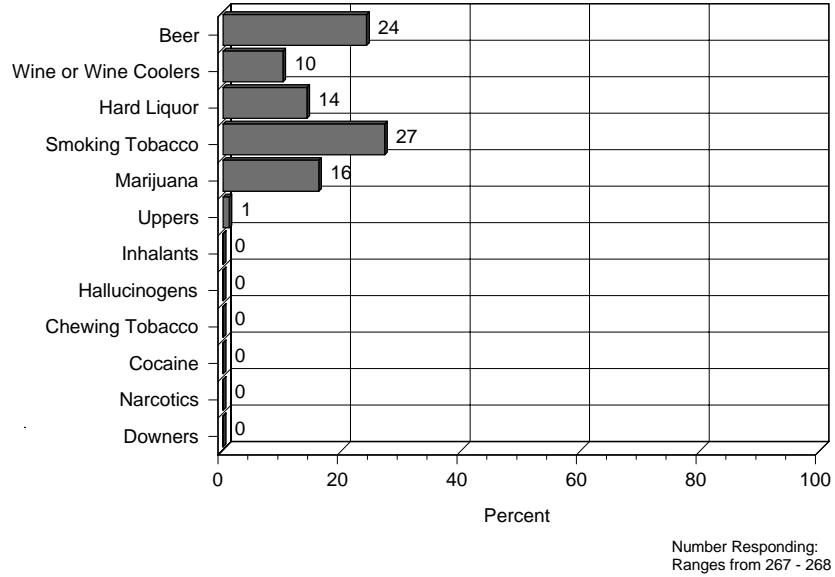


Figure 4-7 shows more high school students than middle school students have used alcohol or other drugs at the "any use at all" level.

**Figure 4-7: Alcohol and Drug Use  
(Any Use at All, by School Level)**

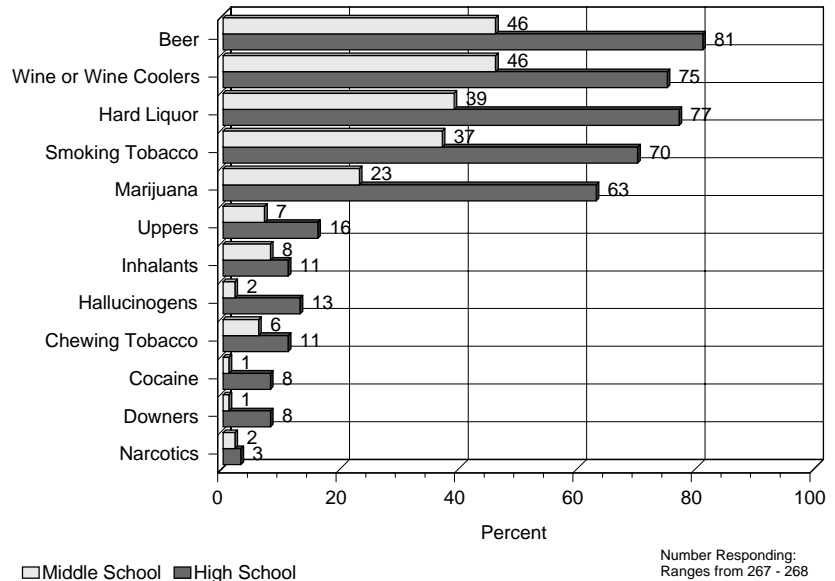


Figure 4-8 shows monthly or more often use of alcohol, smoking tobacco, and marijuana is greater in high school than in middle school. Differences in monthly use of uppers is slight.

**Figure 4-8: Alcohol and Drug Use**  
(Monthly or More Often, by School Level)

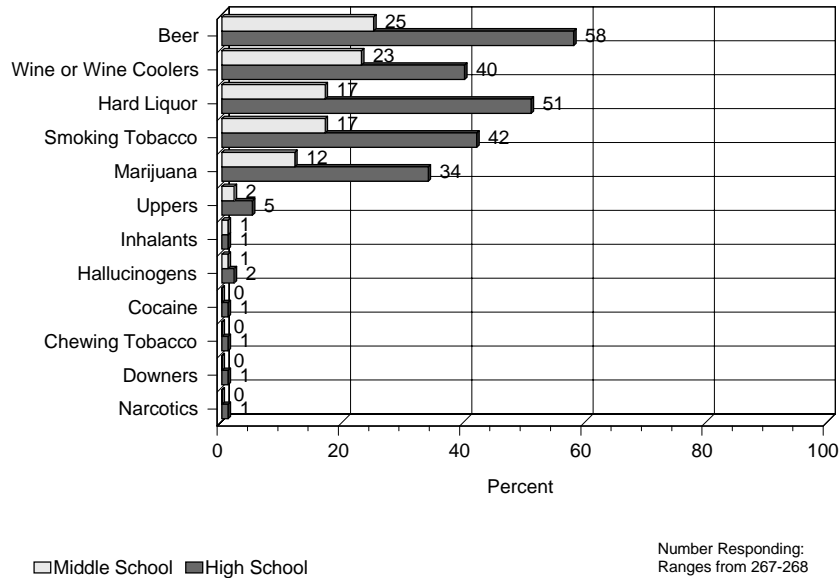
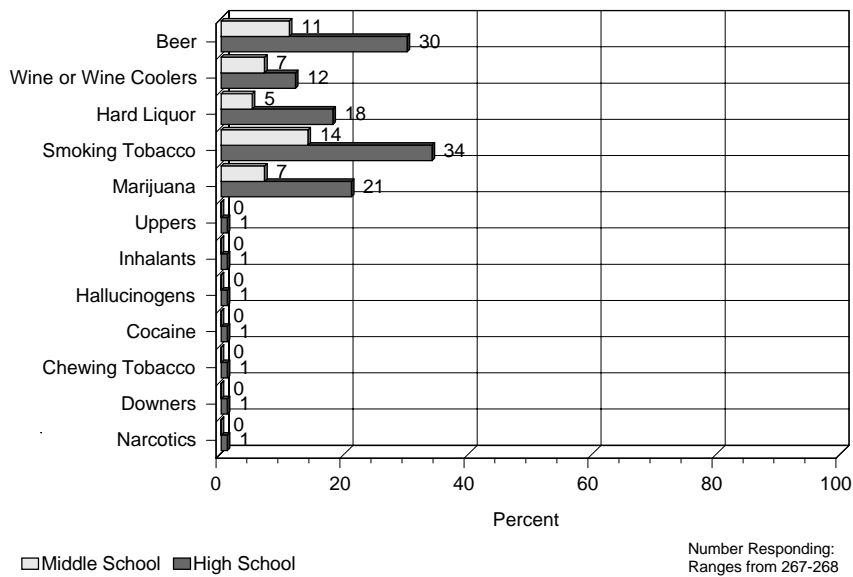


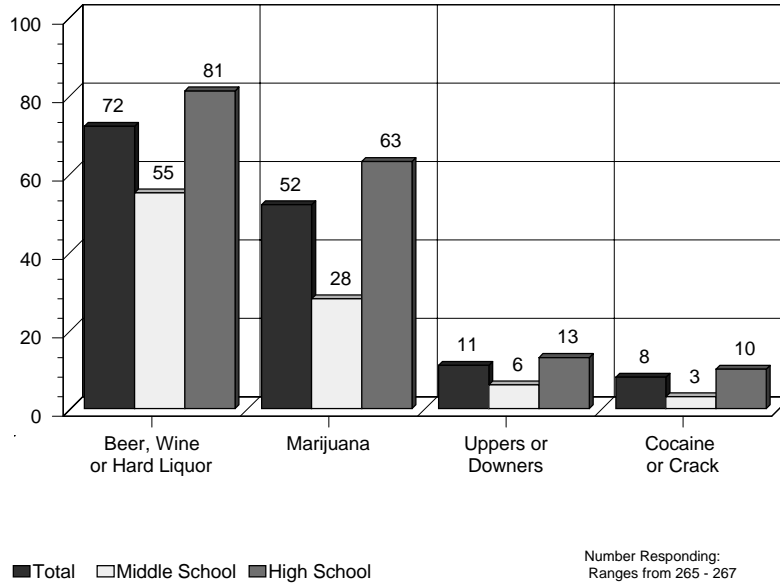
Figure 4-9 shows weekly use of alcohol, smoking tobacco, and marijuana are also more common in high school than in middle school. Differences in weekly use of other substances are negligible.

**Figure 4-9: Alcohol and Drug Use**  
(Weekly or More Often, by School Level)



Obtainability. Figure 4-10 shows the perceived ease of obtaining alcohol and other drugs on the basis of school level. It is worth noting over half of high school youth believe alcohol and marijuana are easy or very easy to get.

**Figure 4-10: Obtainability Of Alcohol and Other Drugs**  
(Very Easy or Easy to Get, by School Level)



Students were asked, "Have you ever provided illegal drugs?" Figure 4-11 shows that while few middle school students have provided drugs to others (7%), one-third of high school students have done so (35%). Most teens are providing drugs to other teens (18%).

**Figure 4-11: Teens Who Have Provided Illegal Drugs  
(By School Level)**

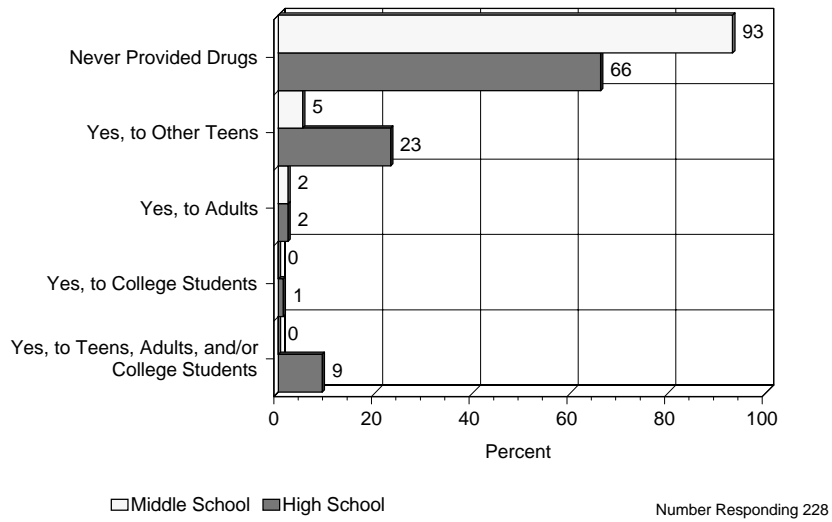
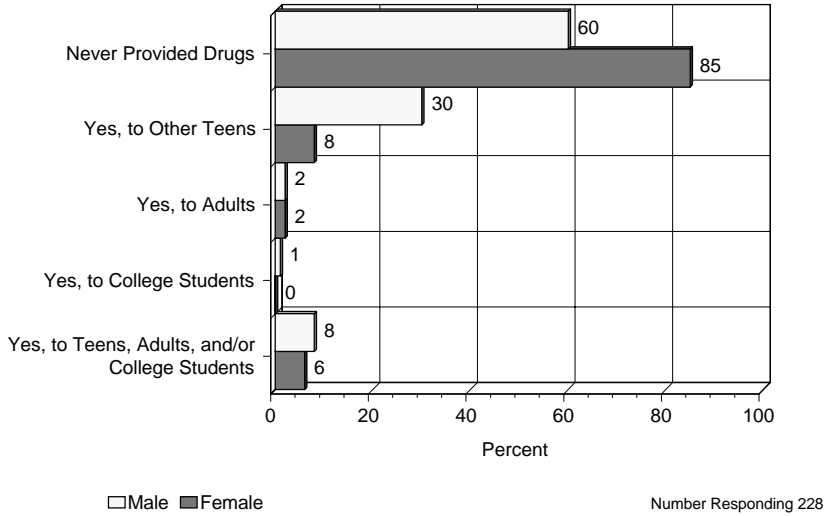


Figure 4-12 shows males are more likely to provide drugs to others than females (males, 41%; females, 16%).

**Figure 4-12: Teens Who Have Provided Illegal Drugs  
(By Gender)**



Perceived Risk. We asked local teens a series of questions regarding how risky they thought certain behaviors are. We asked, "How much do you think people risk harming themselves (physically or in other ways) if they: smoke one or more packs of cigarettes a day; try marijuana once or twice; smoke marijuana regularly; use inhalants; take 1 or 2 drinks of an alcoholic beverage nearly every day; and have 5 or more drinks at one time each weekend?" Figure 4-13 shows those youth who consider these activities to be of "no risk" or "slight risk".

**Figure 4-13: Perceived Risk of Alcohol and Other Drug Use  
(No Risk or Slight Risk, by School Level)**

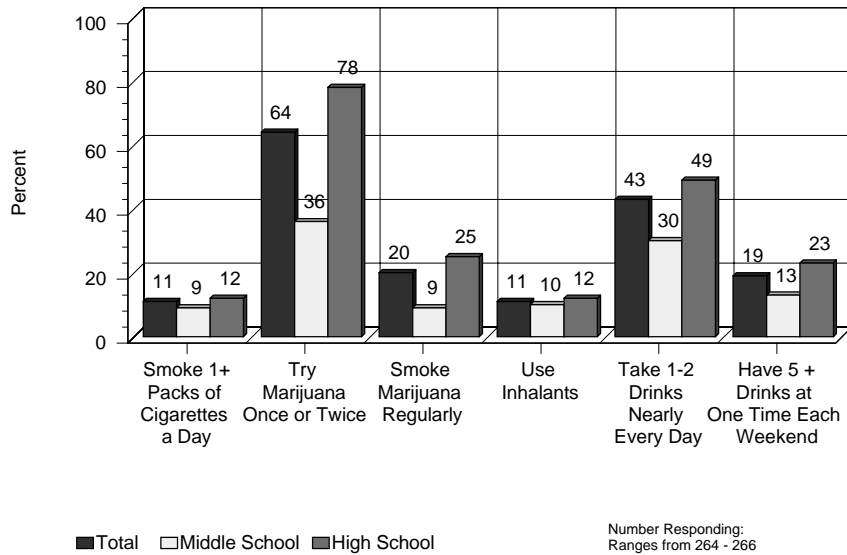
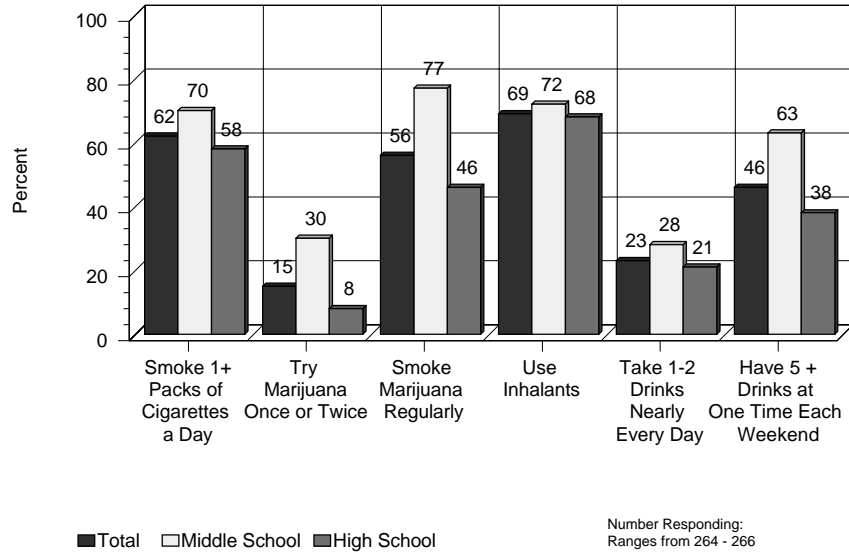


Figure 4-14 shows those who consider these activities to be of "great risk." For every substance, middle school students considered it a greater risk than high school students.

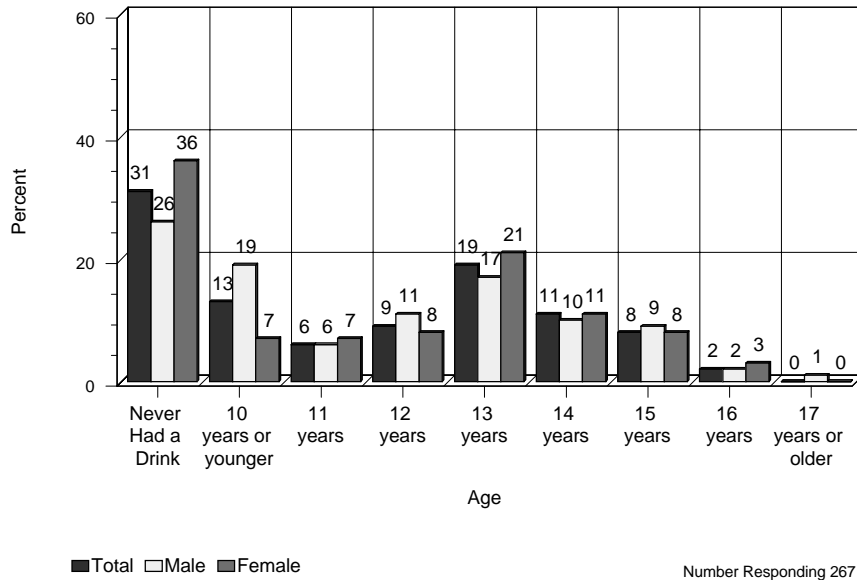
**Figure 4-14: Perceived Risk of Alcohol and Other Drug Use  
(Great Risk, by School Level)**



## Alcohol Use

Figure 4-15 shows how old students were when they first consumed alcohol. The average reported age teens first consumed alcohol is 13.

**Figure 4-15: Age Students Had Their First Drink of Alcohol  
(By Gender)**



A recent study by the Youth Risk Behavior Surveillance Survey found nationally, 32.2% (N.H., 30%) of high school youth (*grades 9-12*) reported drinking more than a few sips of alcohol before age 13 (Centers for Disease Control and Prevention, 2000). New Hampshire ranked 22<sup>nd</sup> out of 33 states surveyed by the CDC. Furthermore, the Centers for Disease Control and Prevention (2000) found that, nationally, 81% (N.H., 82.9%) of high school youth (*grades 9-12*) reported having consumed alcohol at some point in the past. Here, New Hampshire ranks 6<sup>th</sup> out of 29 states surveyed by the CDC. The Youth Risk Behavior Surveillance Survey also found nationally, 50% (N.H., 52.5%) of high school youth (*grades 9-12*) reported drinking alcohol at least once during the month preceding the survey (Centers for Disease Control and Prevention, 2000). New Hampshire ranks 11<sup>th</sup> out of 33 states surveyed by the CDC.

Frequency. Overall, 69% of local teens have at some point consumed beer. Figure 4-16 shows how often local teens consume beer on the basis of school level.

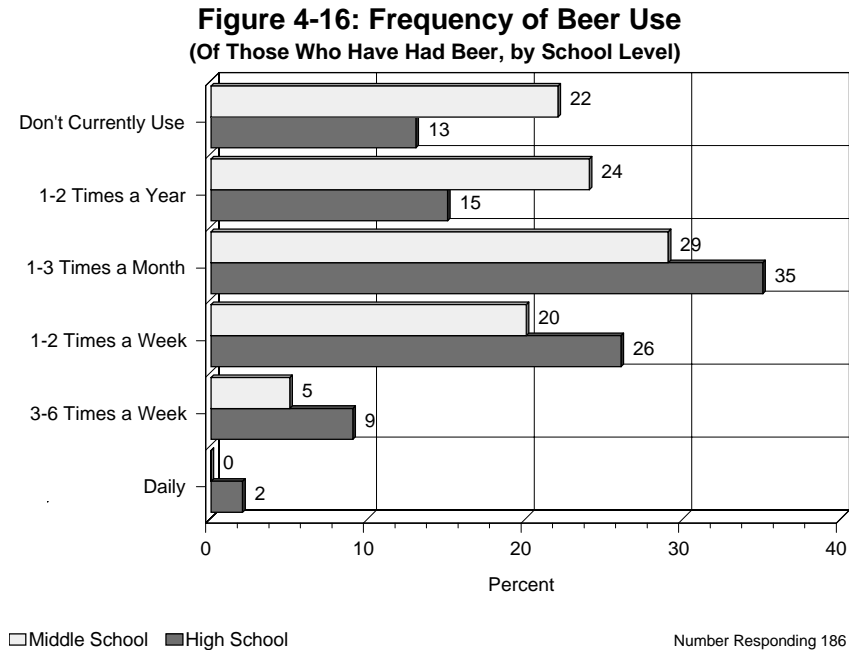
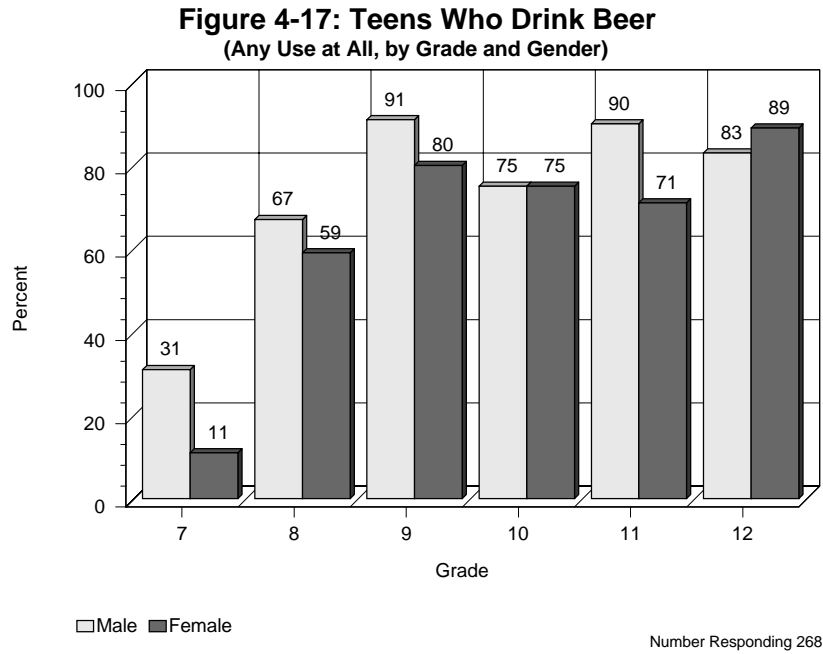
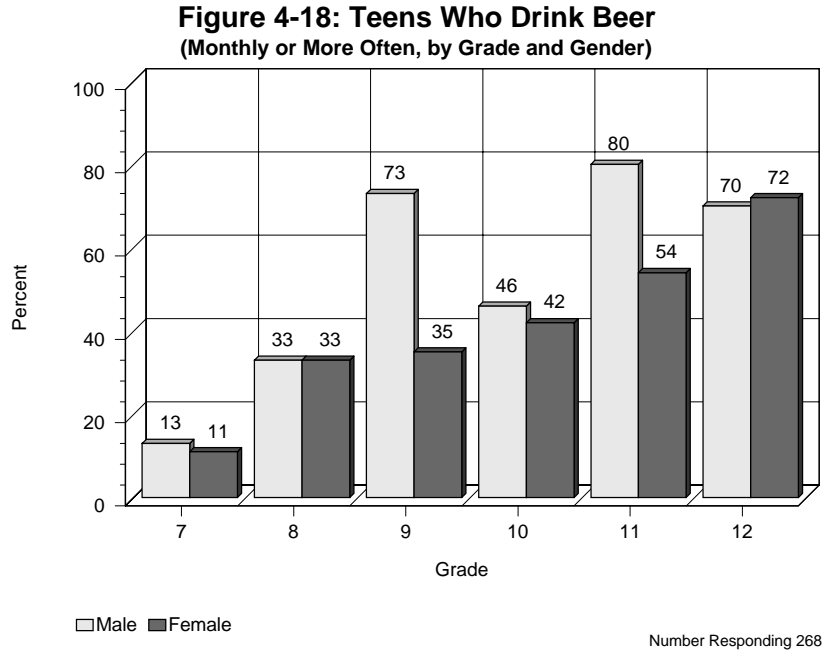


Figure 4-17 summarizes the percentages of males and females, at each grade level, who reported having consumed beer some time in the past. On the basis of school level, almost half of middle school youth (46%) and about 4 out of 5 (81%) high school youth have consumed beer at some time.

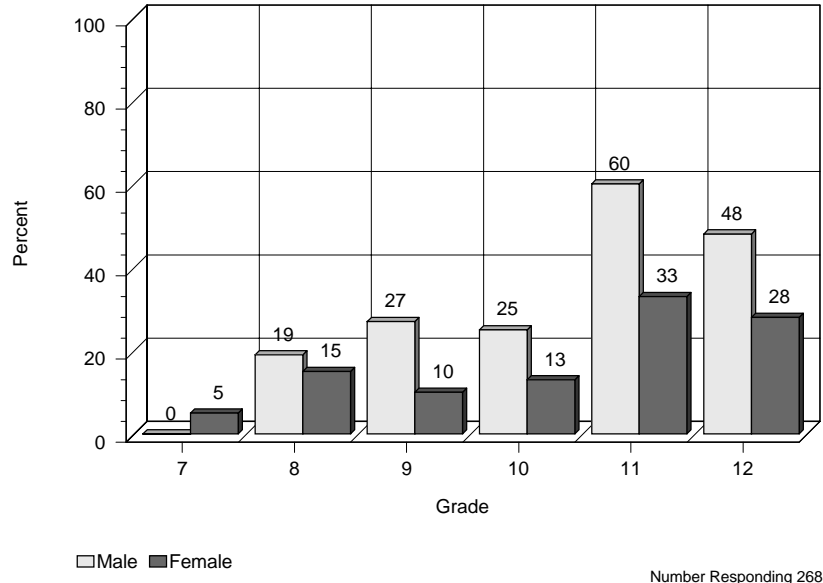


Monthly use of beer is shown in Figure 4-18. Overall, 47% of local youth reported using beer once a month or more often (middle school, 25%; high school, 58%). Males drink beer at this rate more than females (males, 53%; females, 41%).



Weekly use of beer is noted in Figure 4-19. Twenty-four percent (24%) of all youth reported the consumption of alcohol at least once a week or more (middle school, 11%; high school, 30%). Weekly beer use from middle school to high school more than triples for males (middle school males, 12%; high school males, 39%) and nearly doubles for females (middle school females, 11%; high school females, 21%).

**Figure 4-19: Teens Who Drink Beer**  
(Weekly or More Often, by Grade and Gender)



Overall, 66% of local teens have at some point consumed wine or wine coolers. Figure 4-20 shows how often local teens consume wine/wine coolers on the basis of school level.

**Figure 4-20: Frequency of Wine or Wine Cooler Use**  
 (Of Those Who Have Had Wine/Wine Coolers, by School Level)

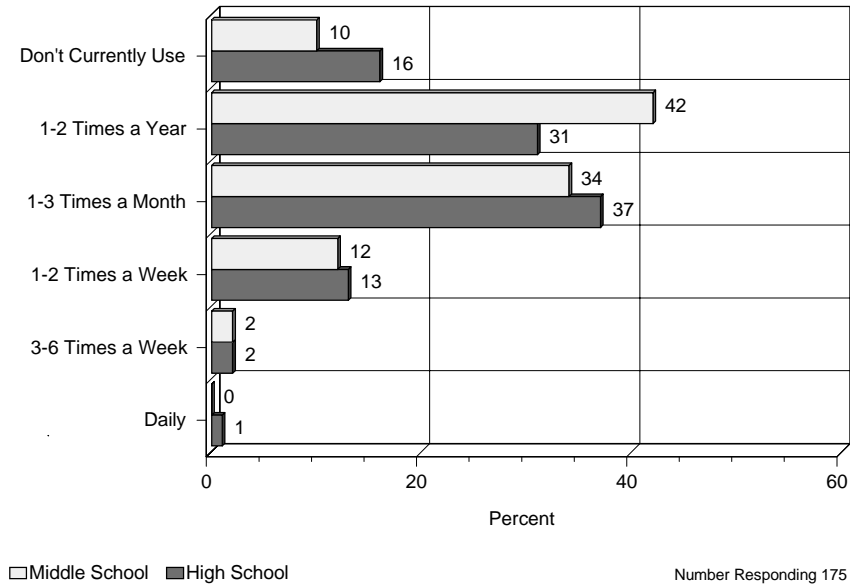
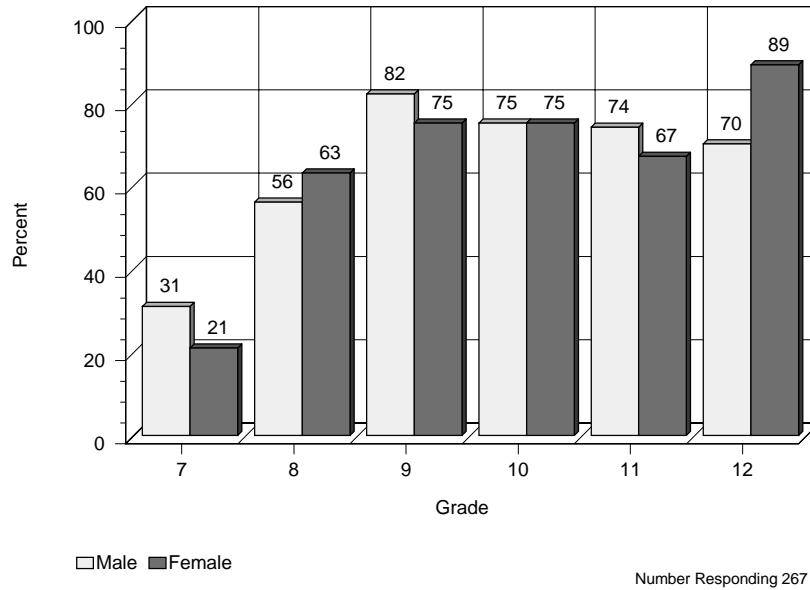


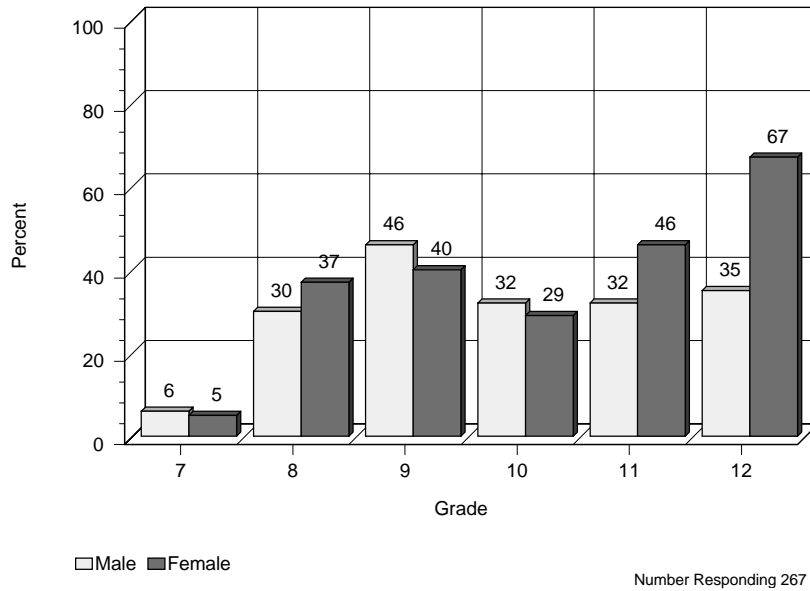
Figure 4-21 summarizes the percentages of males and females, at each grade level, who reported having consumed wine or wine coolers some time in the past. On the basis of school level, almost half of middle school youth (46%) and 3 out of 4 (75%) high school youth have consumed wine/wine coolers at some time.

**Figure 4-21: Teens Who Drink Wine/Wine Coolers**  
 (Any Use at All, by Grade and Gender)



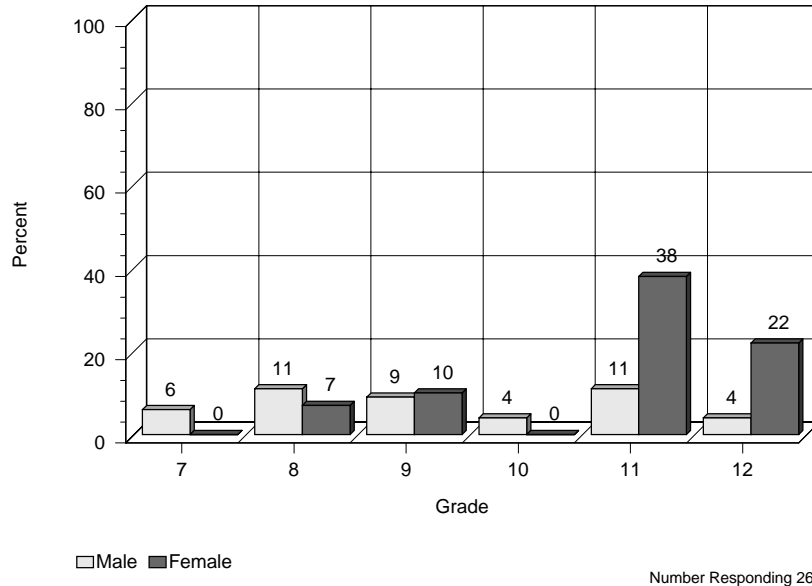
Monthly use of wine or wine coolers is shown in Figure 4-22. Overall, 34% of local youth reported using wine/wine coolers once a month or more often (middle school, 23%; high school, 40%). Females are more likely than males to use wine or wine coolers monthly or more often (males, 31%; females, 37%).

**Figure 4-22: Teens Who Drink Wine/Wine Coolers**  
(Monthly or More Often, by Grade and Gender)



Weekly use of wine or wine coolers is noted in Figure 4-23. Ten percent (10%) of all youth reported the consumption of wine/wine coolers at least once a week or more (middle school, 7%; high school, 12%). Weekly wine/wine cooler use from middle school to high school slightly decreases for males (middle school males, 9%; high school males, 7%) but quadruples for females (middle school females, 4%; high school females, 17%).

**Figure 4-23: Teens Who Drink Wine/Wine Coolers**  
(Weekly or More Often, by Grade and Gender)



Overall, 64% of local teens have at some point consumed hard liquor. Figure 4-24 shows how often local teens consume hard liquor on the basis of school level.

**Figure 4-24: Frequency of Hard Liquor Use**  
 (Of Those Who Have Had Hard Liquor, by School Level)

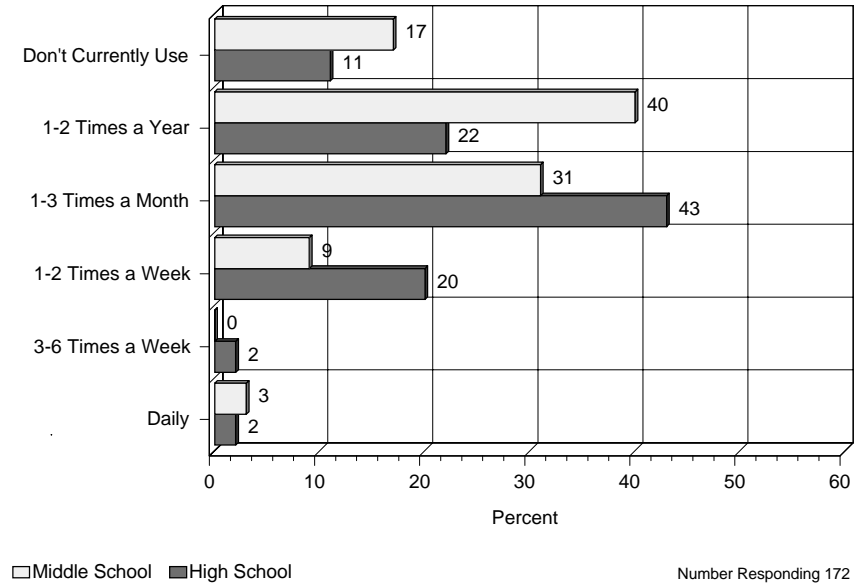
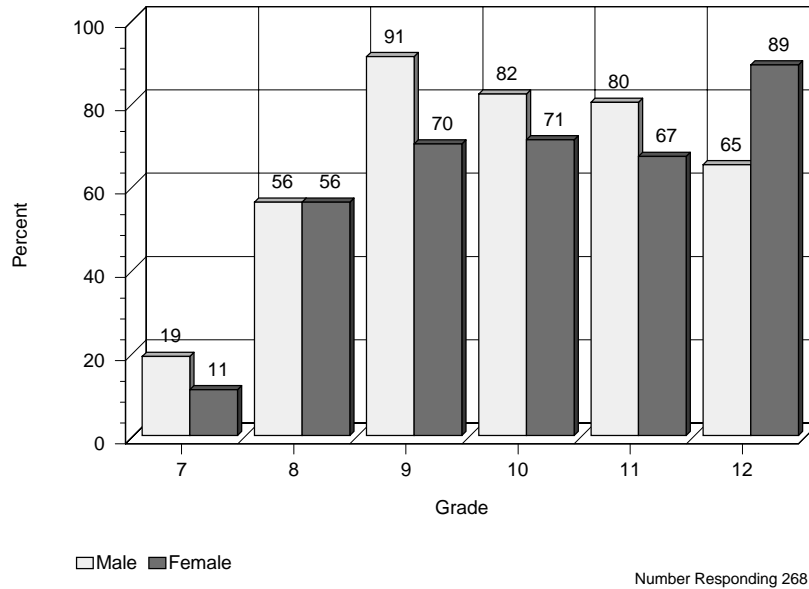
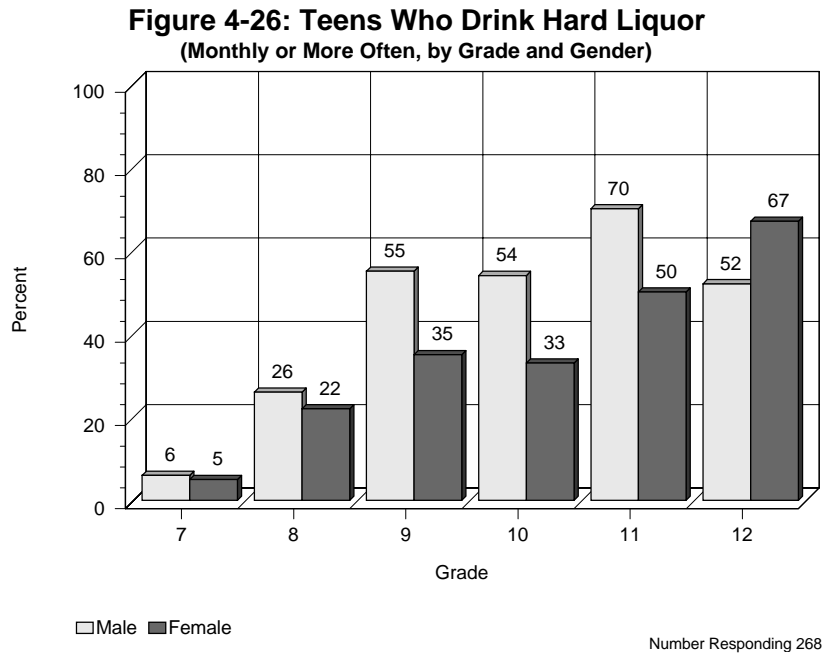


Figure 4-25 summarizes the percentages of males and females, at each grade level, who reported having consumed hard liquor some time in the past. On the basis of school level, about 2 out of 5 middle school youth (39%) and about 3 out of 4 (77%) high school youth have consumed hard liquor at some time.

**Figure 4-25: Teens Who Drink Hard Liquor**  
 (Any Use at All, by Grade and Gender)

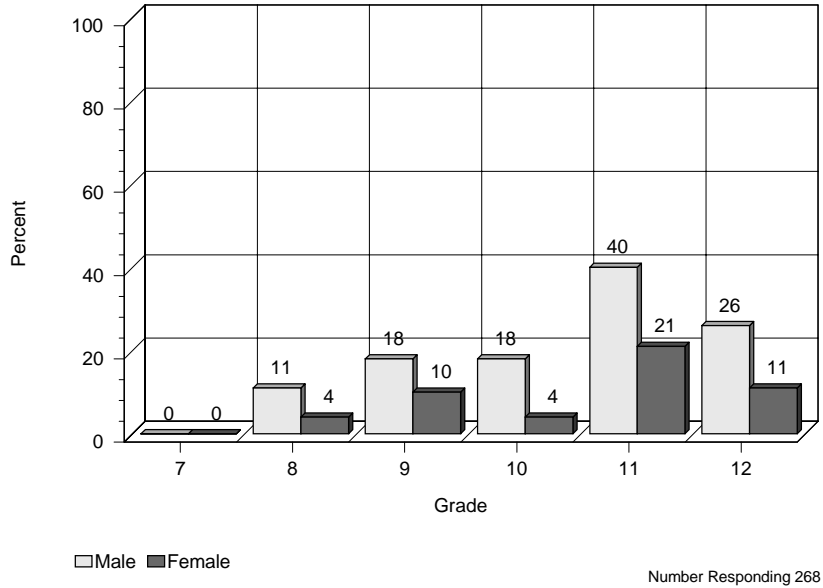


Monthly use of hard liquor is shown in Figure 4-26. Overall, 40% of local youth reported using hard liquor once a month or more often (middle school, 17%; high school, 51%). Males are more likely than females to drink hard liquor monthly or more often (males, 45%; females, 35%).



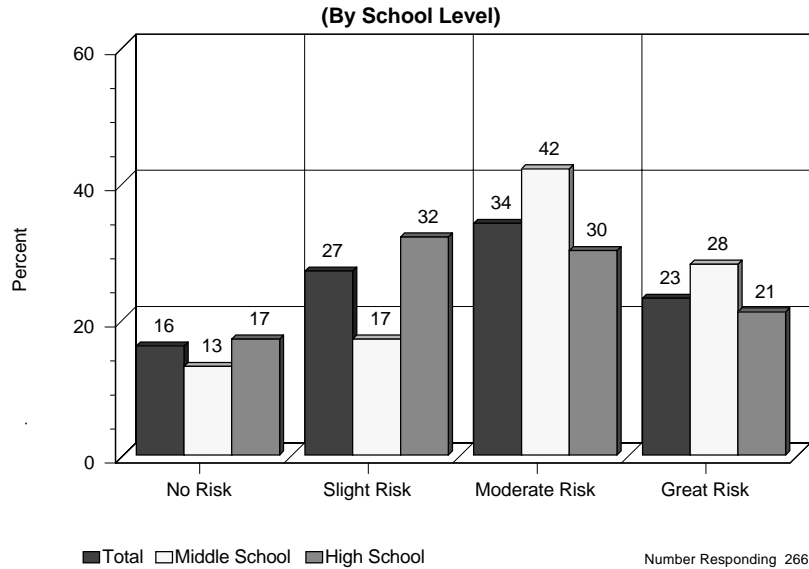
Weekly use of hard liquor is noted in Figure 4-27. Fourteen percent (14%) of all youth reported the consumption of alcohol at least once a week or more (middle school, 5%; high school, 18%). Weekly beer use from middle school to high school more than triples for males (middle school males, 7%; high school males, 25%) and for females (middle school females, 2%; high school females, 12%).

**Figure 4-27: Teens Who Drink Hard Liquor**  
(Weekly or More Often, by Grade and Gender)

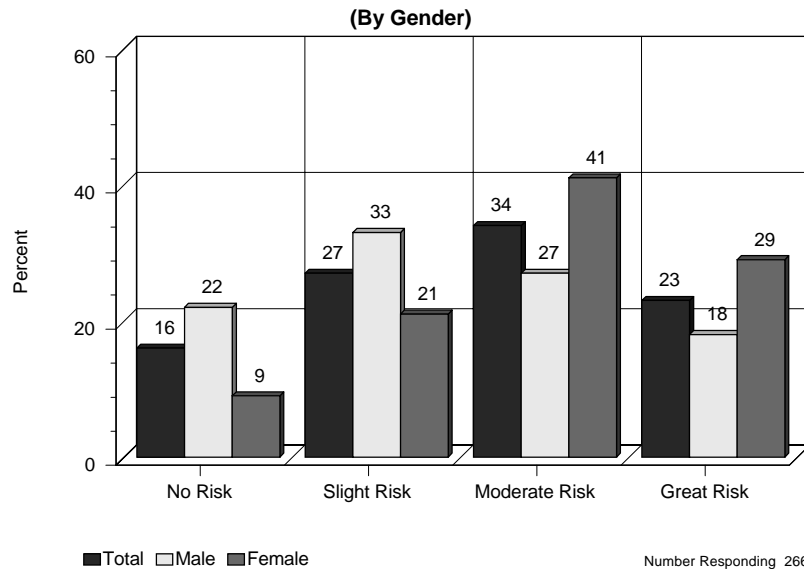


Perceived Risk of Drinking. Overall, 23% of student felt taking one or two drinks every day carries a great risk. Figure 4-28 shows the breakdown of all responses by school level. Figure 4-29 shows the breakdown by gender.

**Figure 4-28: Perceived Risk: Take 1 or 2 Drinks of an Alcoholic Beverage Nearly Every Day**



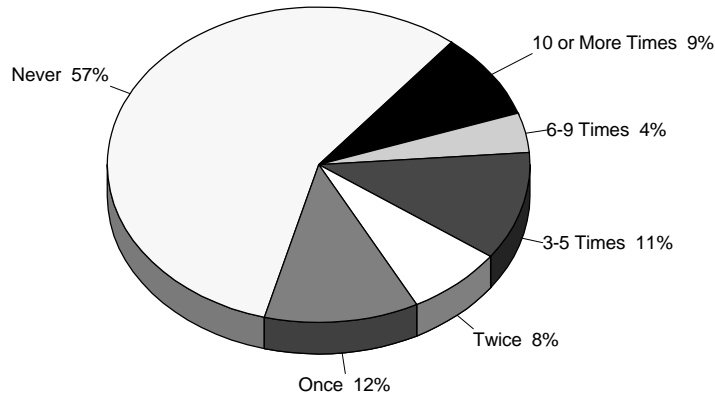
**Figure 4-29: Perceived Risk: Take 1 or 2 Drinks of an Alcoholic Beverage Nearly Every Day**



The Monitoring the Future Study conducted in 1999 found 30% of 8<sup>th</sup> grade students, 33% of 10<sup>th</sup> grade students and 22% of 12<sup>th</sup> grade students surveyed think binge drinking carries great risk (Johnson, O'Malley and Bachman, 2000). TAP found in Gorham, 26% of 8<sup>th</sup> grade students, 26% of 10<sup>th</sup> grade students and 22% of 12<sup>th</sup> grade students felt doing so has great risk.

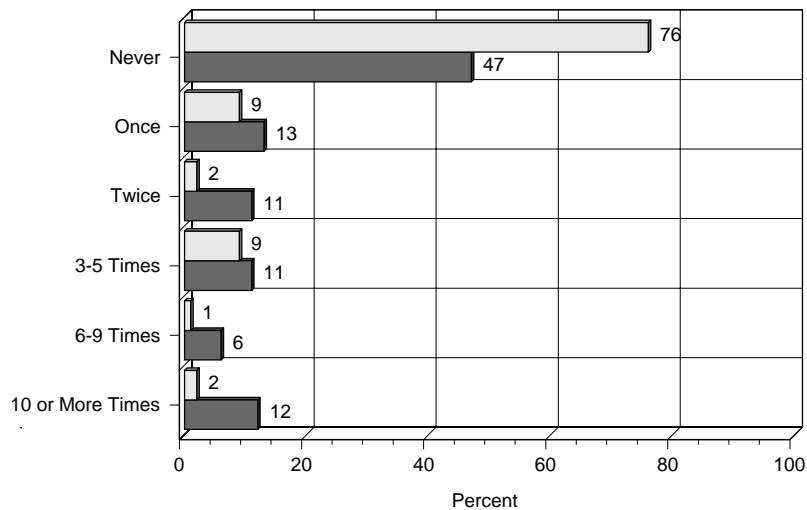
**Binge Drinking.** Local teens were asked the question *"During the **past month**, have you had **5 or more** alcoholic drinks at one time?"* A drink was defined *"a glass of wine or beer, a bottle or can of beer, a shot of liquor, or a mixed drink."* Figure 4-30 shows the responses to this question. Forty-four percent (44%) of teens reported having 5 or more drinks at one time (binge drinking) at least once in the past month. As Figure 4-31 shows, fewer middle school youth engaged in binge drinking in the past month than high school youth (middle school, 23%; high school, 53%).

**Figure 4-30: Frequency of Binge Drinking**  
(Number of Times in the Past Month)



Number Responding 266

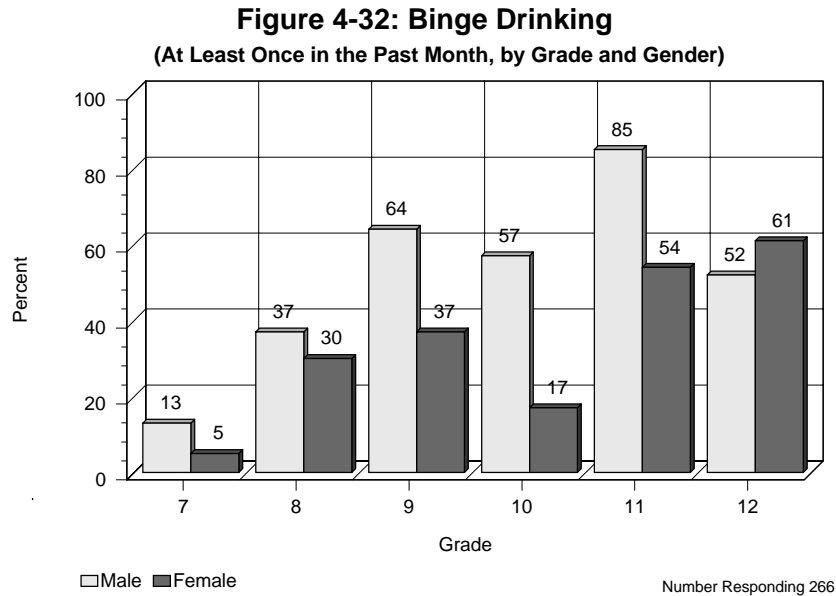
**Figure 4-31: Frequency of Binge Drinking**  
(Number of Times in the Past Month, by School Level)



□ Middle School   ■ High School

Number Responding 266

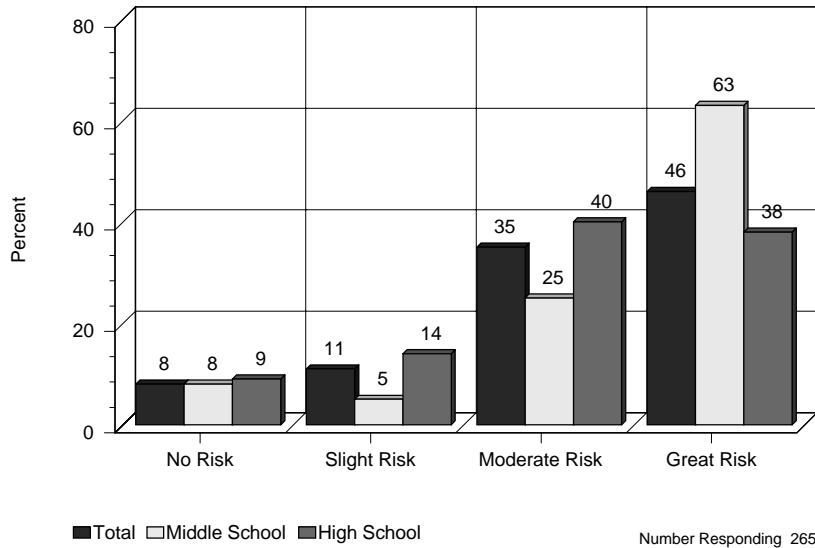
Figure 4-32 shows the frequency of teens' binge drinking (5 or more drinks in a row). Overall, more males (53%) reported binge drinking than females (34%). In the 12<sup>th</sup> grade, 52% of males and 61% of females reported binge drinking in the past month. The rate for males increases from 29% in middle school to 63% in high school, while the rate for females increases from 20% in middle school to 41% in high school. Frequent binge drinking can indicate a pattern of abusive drinking that may require professional attention.



The Youth Risk Behavior Surveillance Survey found nationally, 31.5% (N.H., 33.2%) of high school youth (*grades 9-12*) reported drinking heavily at least once during the month before they were surveyed (Centers for Disease Control & Prevention, 2000). TAP found 53% of Gorham youth, *grades 9-12*, have had 5 or more drinks in a row at least once in the past month. New Hampshire ranks 16th out of 33 states surveyed by the CDC.

Perceived Risk of Binge Drinking. We asked local youth how much they felt people risk harming themselves (physically or in other ways) if they have 5 or more drinks at one time (binge drinking) once or twice each weekend. In all, 46% reported they felt it was a "great risk"; 19% said they felt it was "no" or "slight risk." Figure 4-33 shows the breakdown of all responses by school level. Figure 4-34 shows the responses broken down by gender.

**Figure 4-33: Perceived Risk: Binge Drinking  
Once or Twice Each Weekend  
(By School Level)**



**Figure 4-34: Perceived Risk: Binge Drinking  
Once or Twice Each Weekend  
(By Gender)**

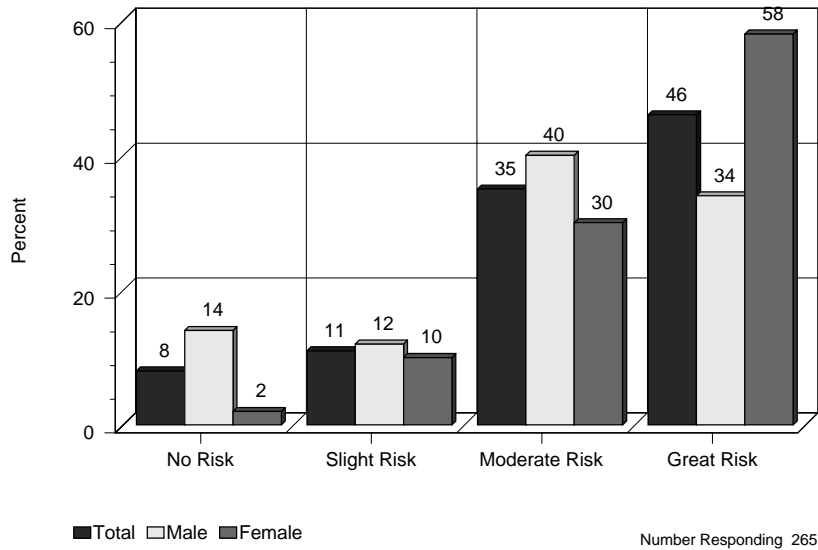
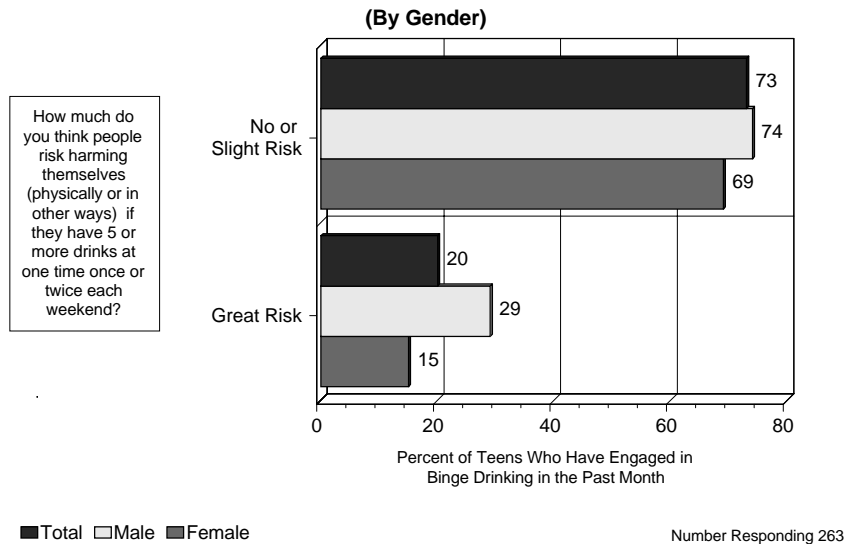


Figure 4-35 shows 73% of teens who consider having 5 or more drinks in a row at one time (binge drinking) as "no risk" or "slight risk" have engaged in binge drinking at least once in the past month. Of those who consider binge drinking a "great risk," only 20% have done so.

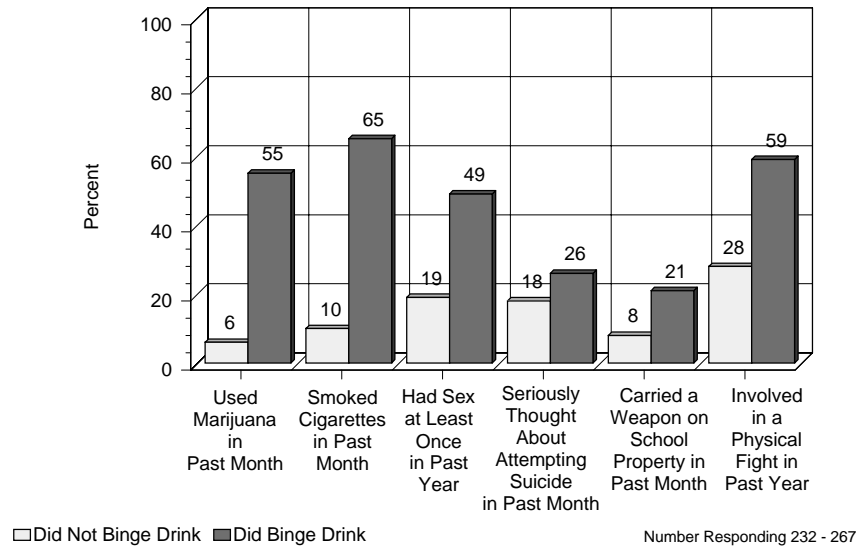
**Figure 4-35: Perceived Risk: Binge Drinking Every Weekend vs. Those Who Have Engaged in Binge Drinking at Least Once in the Past Month**



The Monitoring the Future Study conducted in 1999 found 55% of 8<sup>th</sup> grade students, 52% of 10<sup>th</sup> grade students and 43% of 12<sup>th</sup> grade students surveyed think binge drinking carries great risk (Johnson, O'Malley and Bachman, 2000). TAP found in the local area, 59% of 8<sup>th</sup> grade students, 37% of 10<sup>th</sup> grade students and 42% of 12<sup>th</sup> grade students reported they felt doing so has great risk.

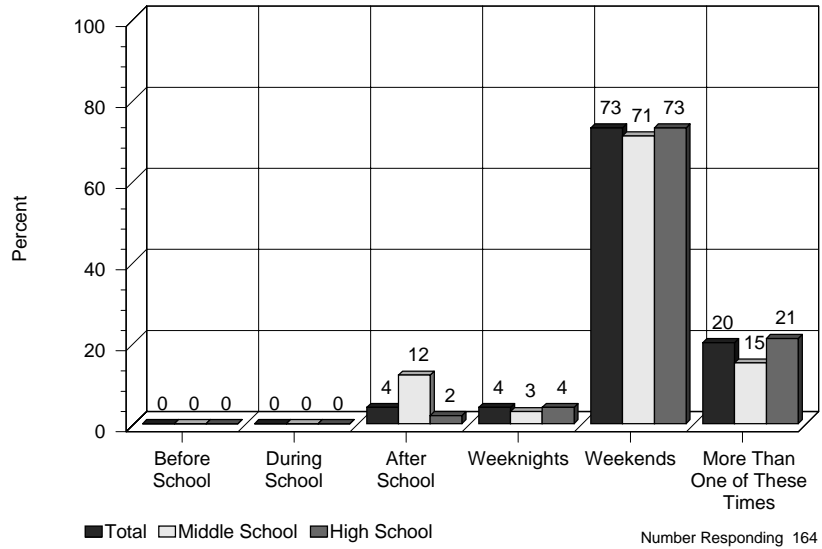
Risky Behaviors and Binge Drinking. Recently, Harvard University conducted a study of college students and binge drinking. The study found that frequent binge drinkers were more likely to have unplanned sexual activity, unprotected sex, been in trouble with campus police, damaged property, and been hurt or injured (Harvard School of Public Health, 1995). TAP found that teens who engage in binge drinking are more likely to engage in risky behaviors. Figure 4-36 shows various risky behaviors by whether or not students engage in binge drinking.

**Figure 4-36: Risk Behaviors Among Those Teens Who Engage in Binge Drinking vs. Those Who Don't Engage in Binge Drinking**

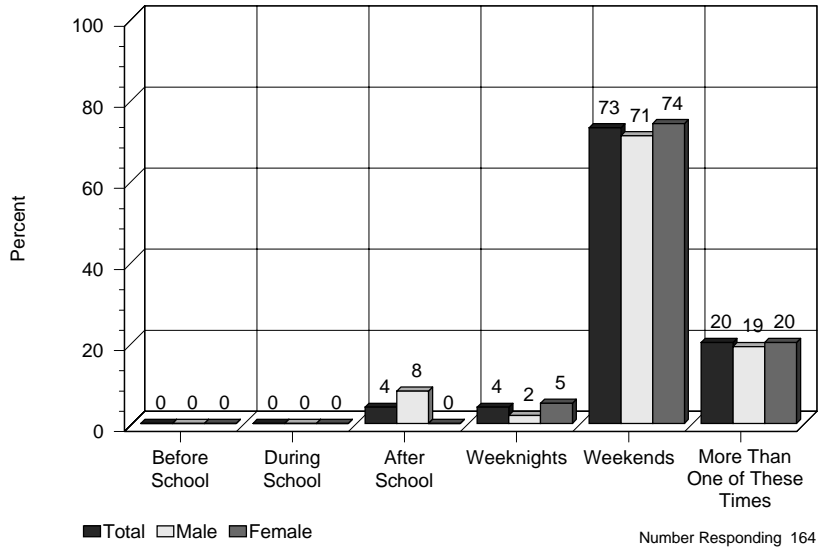


When Teens Drink. Local teens were asked when they usually drink alcohol. The majority of students (73%) drink on the weekends (middle school, 71%; high school, 73%; males, 71%; females, 74%). Figure 4-37 shows the responses by school level and Figure 4-38 shows the responses by gender.

**Figure 4-37: When Teens Use Alcohol**  
(Of Those Who Drink, by School Level)

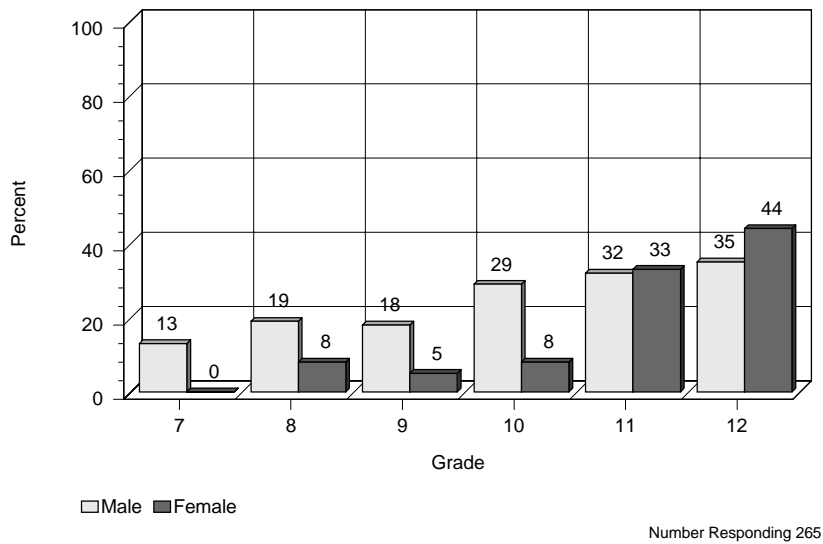


**Figure 4-38: When Teens Use Alcohol**  
(Of Those Who Drink, by Gender)



Drinking and Driving. We asked local youth, "If you drink or use drugs, how many times during the **past month**, have you driven a motorized vehicle (car, truck, motorcycle, snowmobile, etc.) after drinking alcohol or using drugs?" Twenty percent (20%) of all local youth said they drove at least once in the past month after drinking alcohol or using drugs (middle school, 10% and high school, 25%). Over one-third of 12<sup>th</sup> graders (males, 35%; females, 44%) indicated they drove at least once in the past month after drinking or using drugs. Figure 4-39 displays the responses by grade and gender.

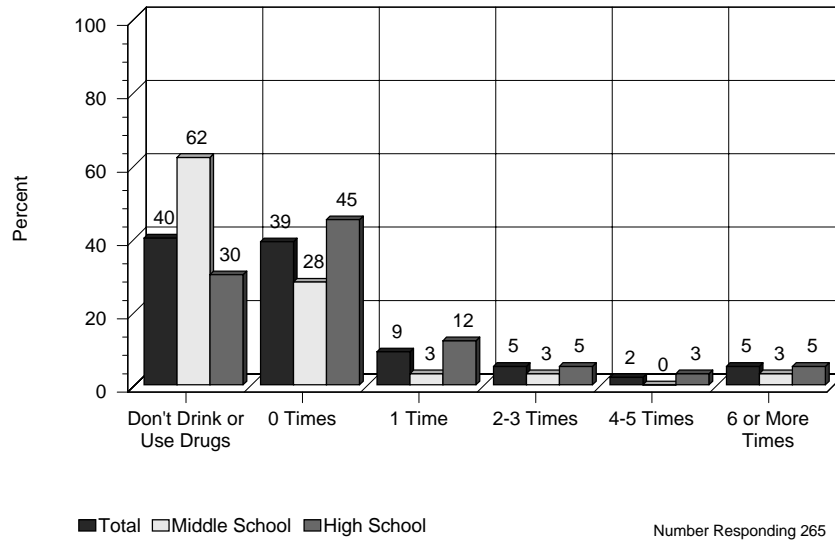
**Figure 4-39: Teens Who Have Driven A Vehicle After Drinking or Using Drugs (In the Past Month, by Grade and Gender)**



The issue of teens driving under the influence of alcohol is a major concern. The Centers for Disease Control and Prevention (2000) found nationally, 13.1% of high school youth had driven a vehicle after drinking alcohol in the month preceding the survey. For N.H., this statistic is 11.7% of high school youth (CDC, 2000). New Hampshire ranked 29th out of the 33 states surveyed by the CDC.

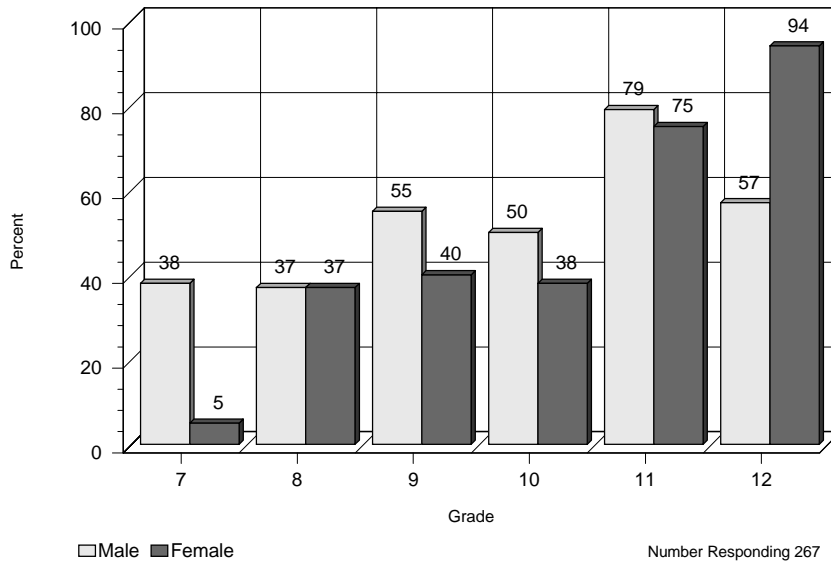
Figure 4-40 shows the frequency of driving after drinking or doing drugs by school level.

**Figure 4-40: Frequency of Driving in a Vehicle After Drinking or Using Drugs**  
(In the Past Month, by School Level)



Another concern is the issue of teens riding with a driver who may be under the influence of alcohol or drugs. We asked local youth, "How many times have you ever ridden in a motorized vehicle (car, truck, motorcycle, snowmobile) with a **teen** who has been drinking alcohol or using drugs?" Figure 4-41 displays how many teens rode with another teen who had been drinking or using drugs, by grade and gender.

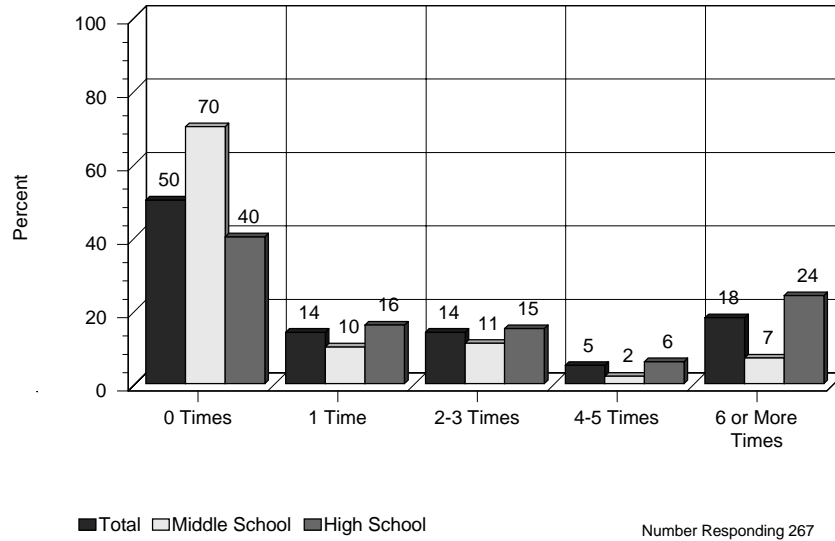
**Figure 4-41: Teens Who Have Ridden in a Vehicle with a Teen Who Had Been Drinking or Using Drugs (At Least Once, by Grade and Gender)**



Nationally, 33.1% (N.H., 29.3%) of high school students had ridden with a driver who had been drinking alcohol in the month preceding the survey (Centers for Disease Control and Prevention, 2000). New Hampshire ranks 28<sup>th</sup> out of the 33 states surveyed by the CDC.

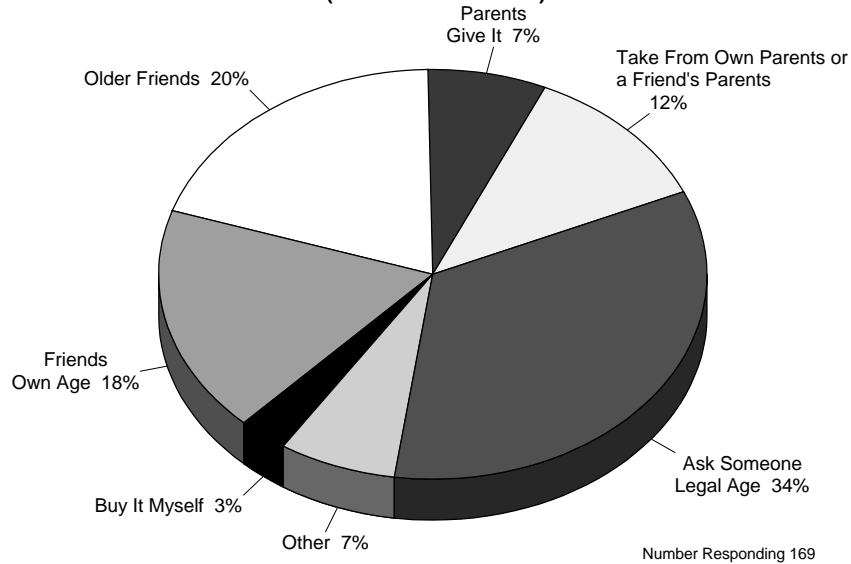
Figure 4-42 shows the frequency of teens' riding with another teen who had been drinking or doing drugs by school level.

**Figure 4-42: Frequency of Riding in a Vehicle With a Teen Who Had Been Drinking or Using Drugs (At Least Once, by School Level)**



Obtainability of Alcohol. The survey asked local youth where they get alcohol. Figure 4-43 shows how students who use alcohol responded. The most commonly reported source of alcohol was from asking someone of legal age (34%). As Figure 4-44 shows, middle school students who drink are most likely to obtain alcohol by taking it from their parents or a friend's parents (35%). High school students who drink are most likely to get it by asking someone of legal age to buy it for them (41%).

**Figure 4-43: Where Teens Get Alcohol**  
(Of Those Who Drink)



**Figure 4-44: Where Teens Get Alcohol**  
(Of Those Who Drink, by School Level)

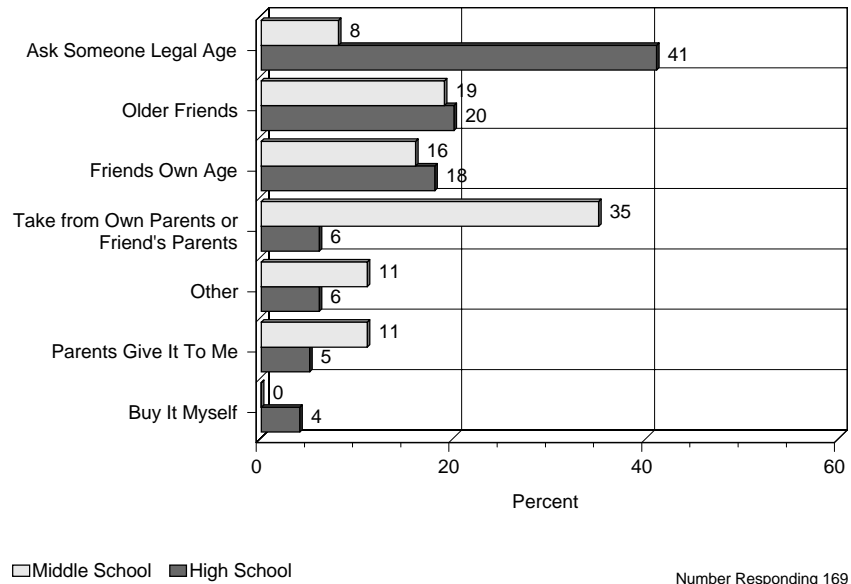
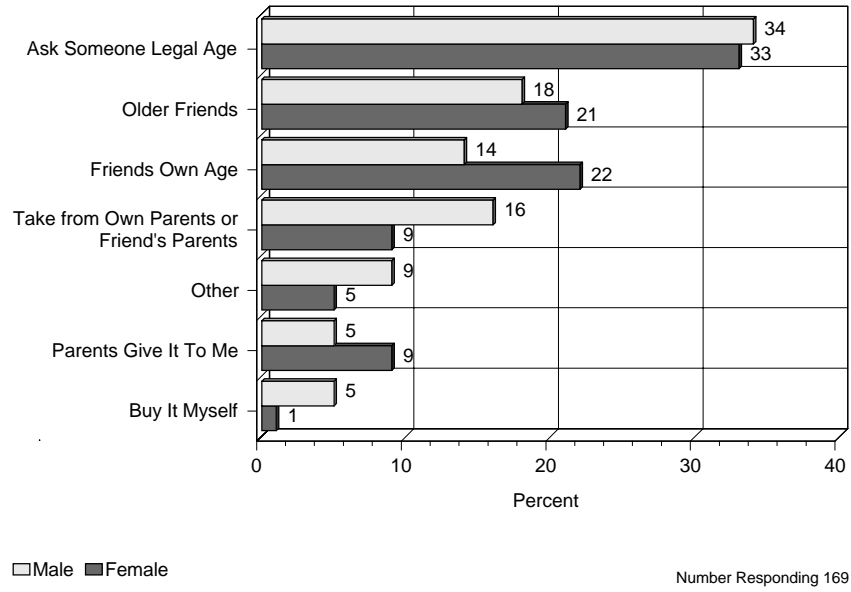


Figure 4-45 shows males and females who drink are likely to get alcohol by asking someone of legal age to buy for them (males, 34%; females, 33%).

**Figure 4-45: Where Teens Get Alcohol**  
(Of Those Who Drink, by Gender)



Teens were asked, "If you drink alcohol, where do you **most often** drink it?" As shown in Figure 4-46, more teens drink at parties than any other place (52%).

**Figure 4-46: Where Teens Drink Alcohol**  
(Of Those Who Drink)

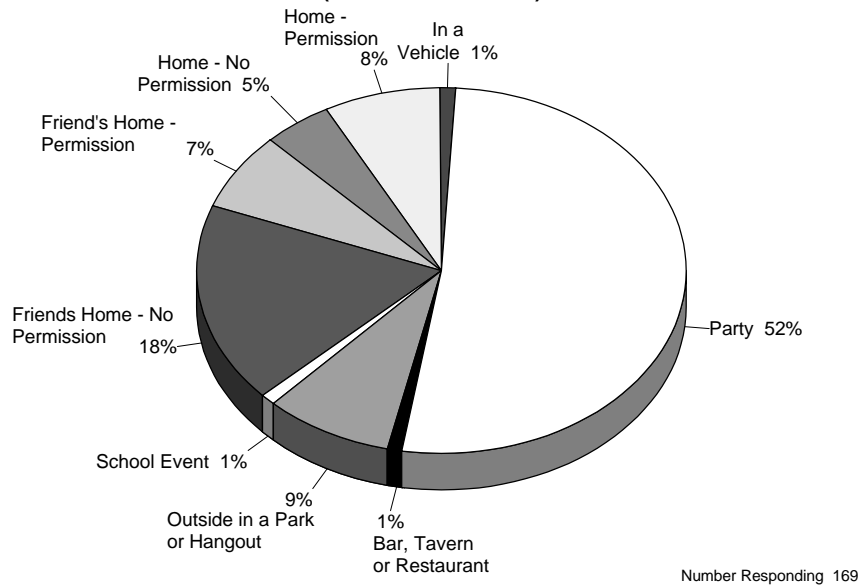


Figure 4-47 shows that parties are the most common place for high school students to drink (58%). The most common place for middle school students to drink is at a friend's home without their parents' permission (30%), followed closely by drinking at a party (27%). The home appears to be a common place to consume alcohol. Eight percent (8%) of teens who drink reported drinking at home with their parents' permission. Seven percent (7%) drink at a friend's home with their parents' permission (middle school, 3% and high school, 8%).

**Figure 4-47: Where Teens Drink Alcohol**  
(Of Those Who Drink, by School Level)

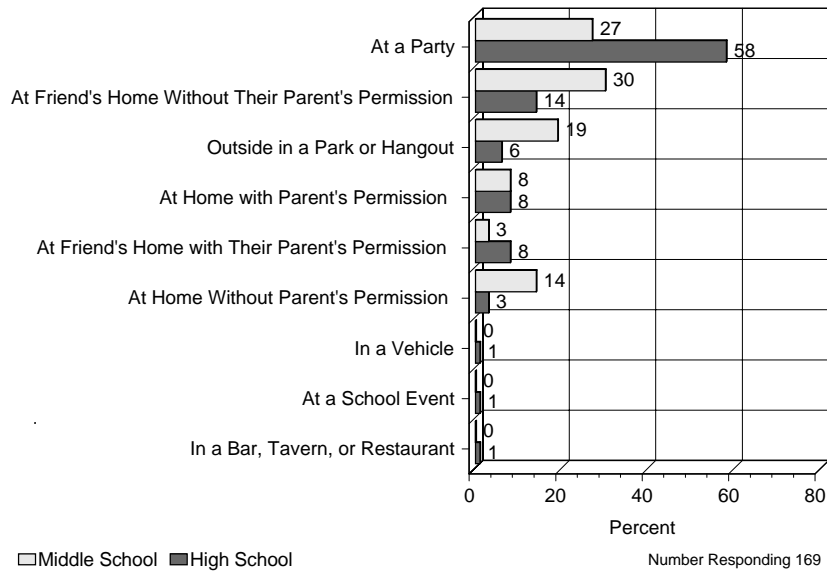
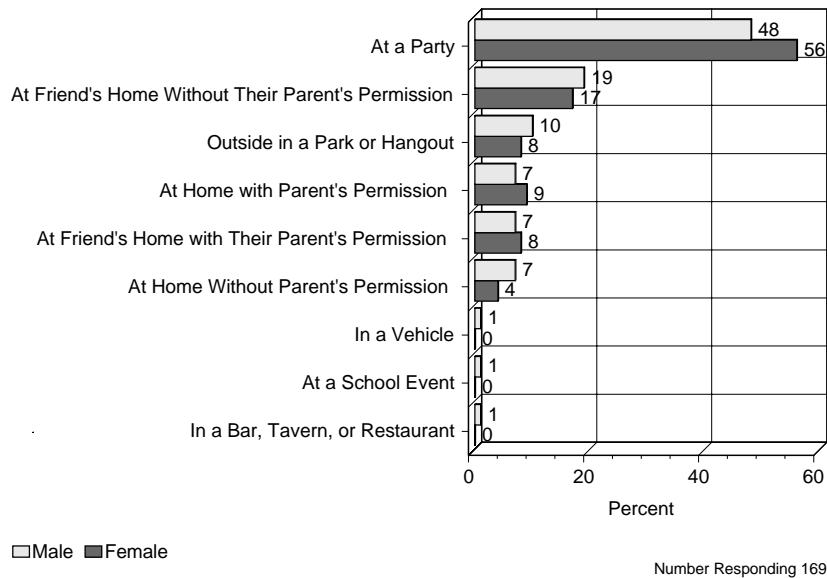


Figure 4-48 shows the most common places for teens to drink, reported for males and females. Females are more likely than males to drink at a party (males, 48%; females, 56%). Males are slightly more likely than females to drink at home without their parents' permission (males, 7%; females, 4%).

**Figure 4-48: Where Teens Drink Alcohol**  
(Of Those Who Drink, by Gender)



As Figure 4-49 shows, 72% of students surveyed think it is "easy" or "very easy" to obtain alcohol.

**Figure 4-49: Obtainability of Alcohol**

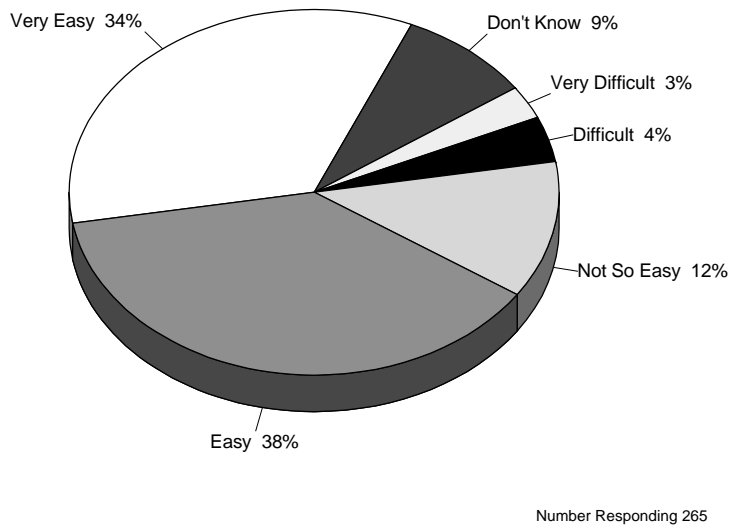
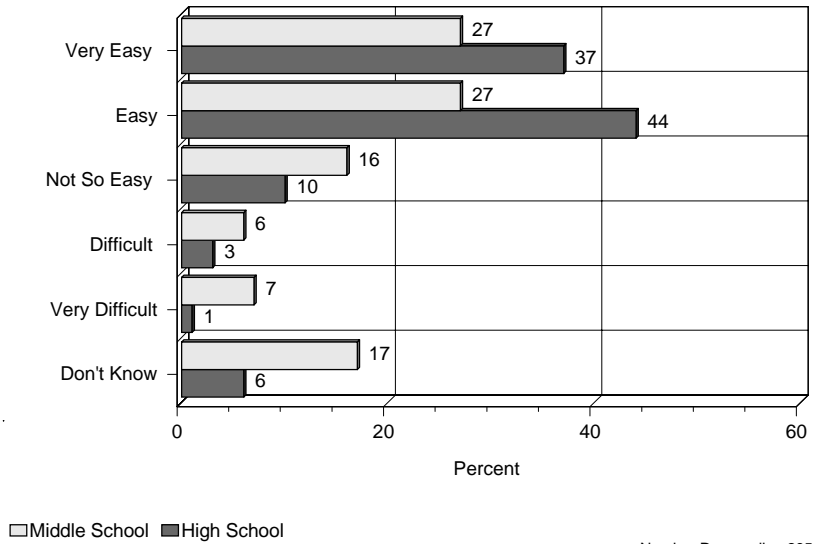


Figure 4-50 shows over two-thirds of students think it is "easy" or "very easy" to obtain alcohol (middle school, 54%; high school students, 81%; males, 71%; females, 73%). Seven percent (7%) said it is "difficult" or "very difficult" to get alcohol (middle school, 13%; high school, 4%) and 9% of local teens did not know how easy or difficult it is to get alcohol (middle school, 17%; high school, 6%).

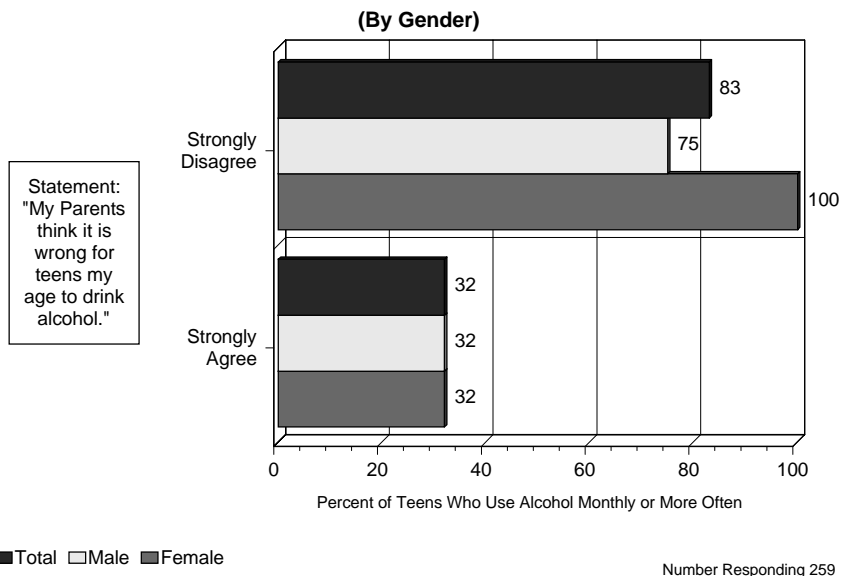
**Figure 4-50: Obtainability of Alcohol  
(By School Level)**



On the positive side, it is important to note that 25% of local students reported never having used alcohol (middle school, 44%; high school, 16%). Over half of all teens (57%) report never having had 5 or more drinks in a row in the past month (middle school, 76%; high school, 47%).

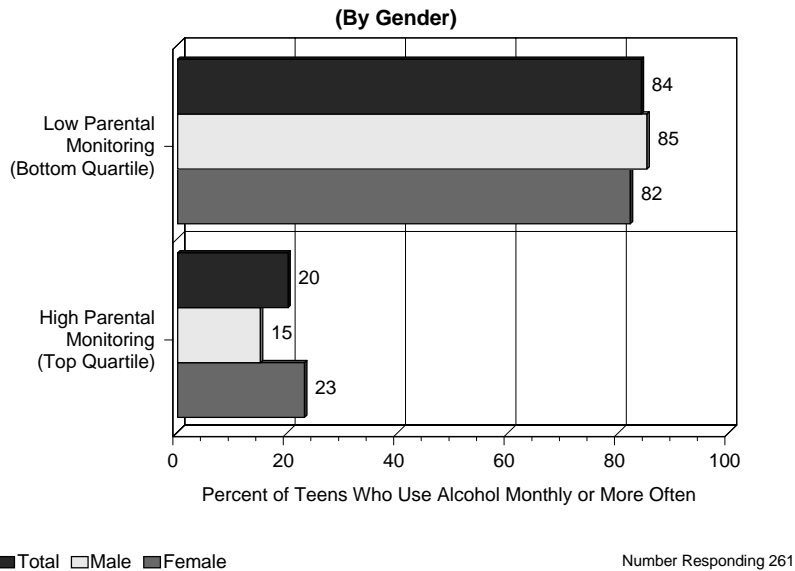
Parents' Role in Teen Drinking. Parents can play an important role in teens' decisions about drinking alcohol (Ary et al., 1999; Ary & Duncan, 1999; Flannery, Williams & Vazsonyi, 1999). Teens' perceptions of their parents' values about drinking may influence their decision whether or not to drink. As Figure 4-51 shows, teens who feel strongly that their parents would not approve of teens their age drinking are much less likely to drink. Of those who feel strongly that their parents would not approve, 32% drink alcohol monthly or more often. Of those who do not believe that their parents think it is wrong for teens their age to drink, 83% drink monthly or more often.

**Figure 4-51: Relationship Between Teens' Perceptions of Parental Values and Levels of Monthly Teen Drinking**



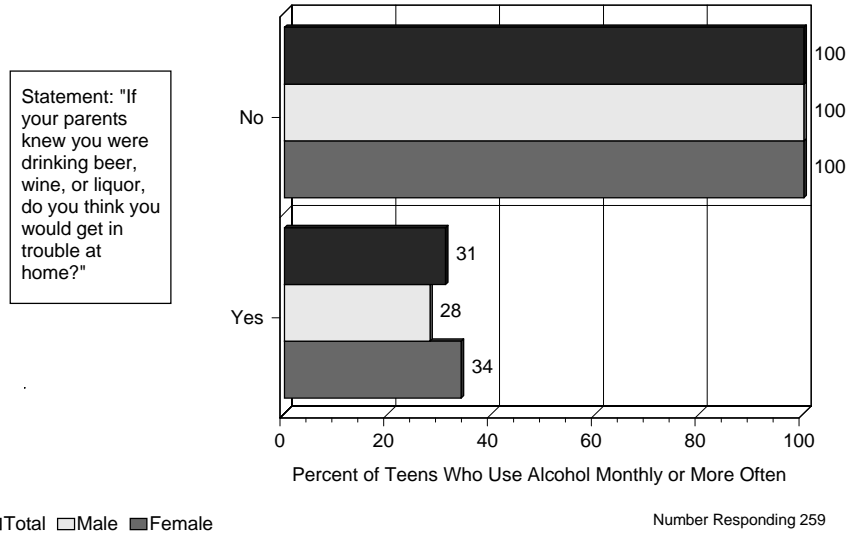
Research has also suggested parental monitoring can be an important factor in preventing adolescent problem behavior (Ary & Duncan, 1999; Flannery, Williams & Vazsoryi, 1999; Rodgers, 1999). Figure 4-52 shows a strong relationship between parental monitoring and local teens not drinking. Parental monitoring refers to parents' supervision and awareness of their child's activities (see Chapter 7 pp. 132-134). Eighty-two percent (82%) of females with low parental monitoring by parents drink alcohol on a monthly or more often basis, while 23% of females with high monitoring reported drinking at this level. The effect of high monitoring on monthly drinking is also strong for males. Only 15% of the males with high parental monitoring drink monthly or more often, while 85% of the males with low monitoring drink monthly or more often.

**Figure 4-52: Relationship Between Parental Monitoring and Levels of Monthly Teen Drinking**



Another strong factor influencing local teen drinking is whether or not teens believe they will get in trouble at home if they drink. As Figure 4-53 shows, both males and females are much less likely to drink alcohol on a monthly or more often basis if they believe their drinking will get them in trouble at home (100% vs. 31%).

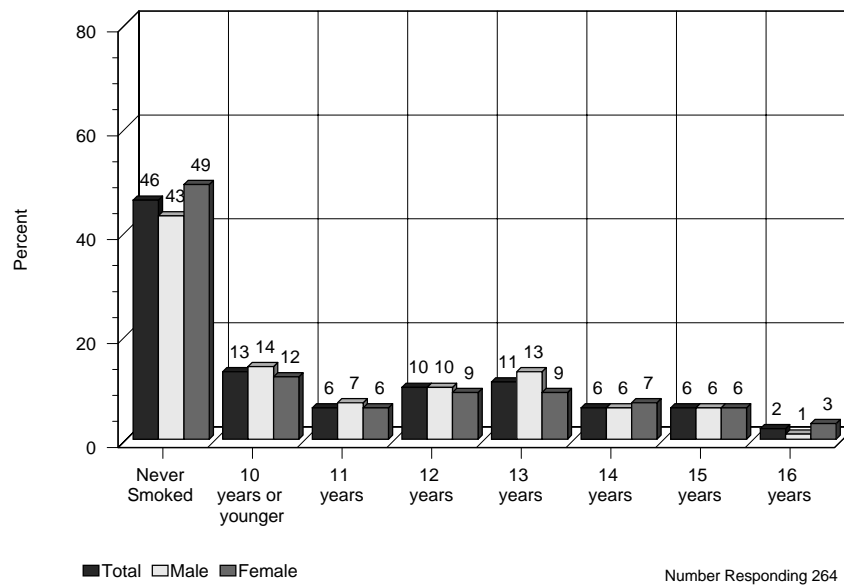
**Figure 4-53: Relationship Between Monthly Teen Drinking and Thinking They Will Get in Trouble at Home (By Gender)**



## Tobacco Use

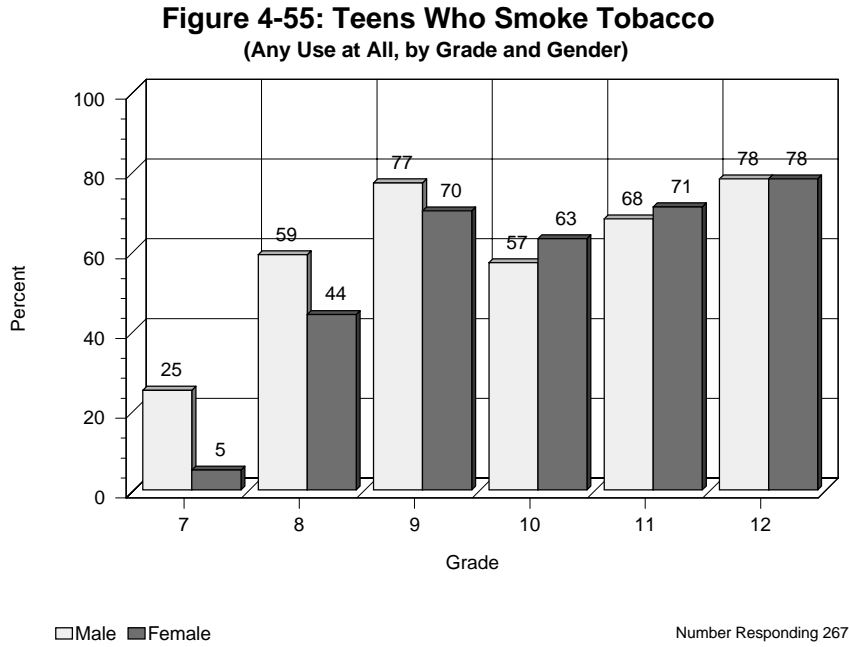
Smoking tobacco is one of the most harmful risk factors affecting a person's health. Studies have found that teens who smoke cigarettes are more likely to use alcohol, marijuana, and other drugs (Lewinsohn, Rohde & Brown, 1999, Merrill, Kleber, Shwartz, Liu & Lewis, 1999). Following alcohol, smoking tobacco is the second most commonly used chemical substance by local teens when considering "any use at all." Locally, 59% of youth have smoked tobacco at some time in the past. Figure 4-54 shows the age at which students first smoked a whole cigarette. The average age students first experimented with tobacco is 12.

**Figure 4-54: Age Students First Smoked a Whole Cigarette (By Gender)**



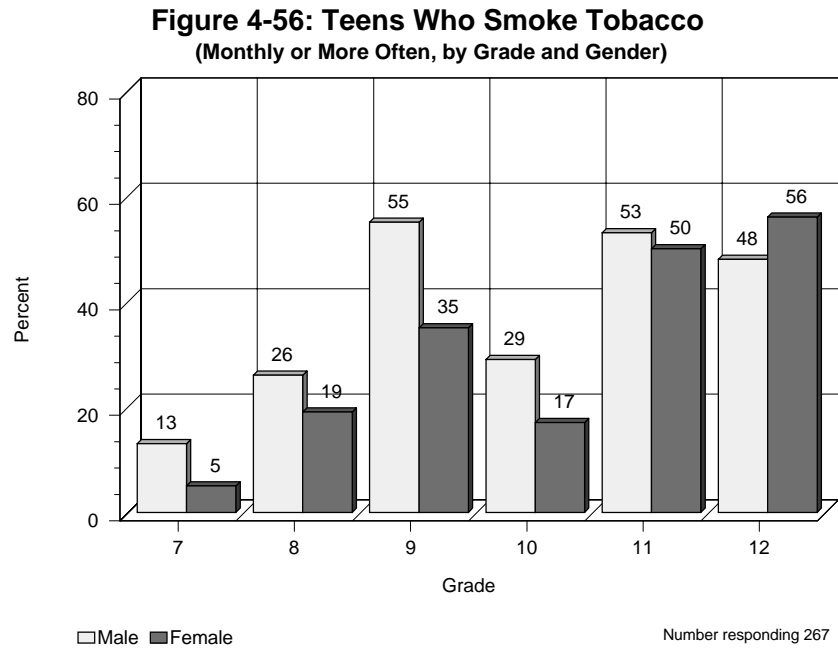
The Youth Risk Behavior Surveillance Survey found nationally, 24.7% (N.H., 26.2%) of high school youth (*grades 9-12*) have smoked a whole cigarette before age 13 (Center for Disease Control and Prevention, 2000). New Hampshire ranks 19<sup>th</sup> out of 33 states surveyed by the CDC.

Frequency. Figure 4-55 shows "any use at all" of smoking tobacco, on the basis of gender and grade level. Teens smoke more as they get older. In the 12<sup>th</sup> grade, 78% of teens have smoked tobacco at least once in their lives.



A recent study by the Youth Risk Behavior Surveillance Survey found that, nationally, 70.4% (N.H., 66.7%) of high school youth (*grades 9-12*) have tried cigarette smoking (Centers for Disease Control and Prevention, 2000). New Hampshire ranks 24th out of the 29 states surveyed by the CDC.

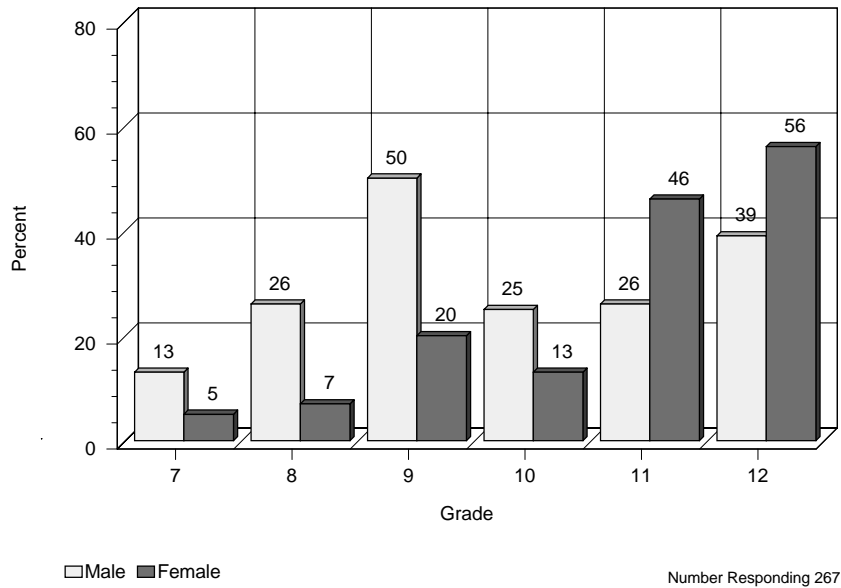
Thirty-three percent (33%) of local teens reported smoking tobacco monthly or more often (middle school, 17%; high school, 42%; males, 37%; females, 30%). Figure 4-56 shows the monthly use of smoking tobacco, on the basis of gender and grade level.



The Center for Disease Control and Prevention (2000) found that, nationally, 34.8% of high school youth (*grades 9-12*) reported smoking tobacco at least once during the month preceding the survey. For N.H., this statistic is 34.1% of high school youth (CDC, 2000). New Hampshire ranks 16<sup>th</sup> out of 33 states surveyed by the CDC.

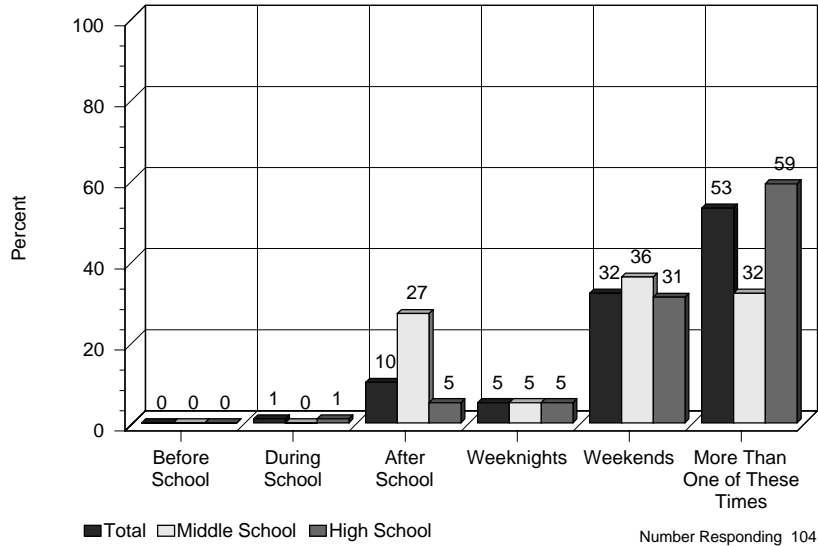
Twenty-seven percent (27%) of students surveyed reported they smoke weekly or more often. Figure 4-57 shows in the 12<sup>th</sup> grade, 56% of females and 39% of males reported smoking tobacco at least once a week or more often. This level of tobacco use is considered to be a smoking habit. High school students are more likely to smoke tobacco on a weekly or more basis than middle school students (middle school, 14%; high school, 34%). Weekly tobacco smoking by males increases from middle school (21%) to high school (35%); tobacco smoking by females also increases substantially from middle school (7%) to high school (33%).

**Figure 4-57: Teens Who Smoke Tobacco**  
(Weekly or More Often, by Grade and Gender)

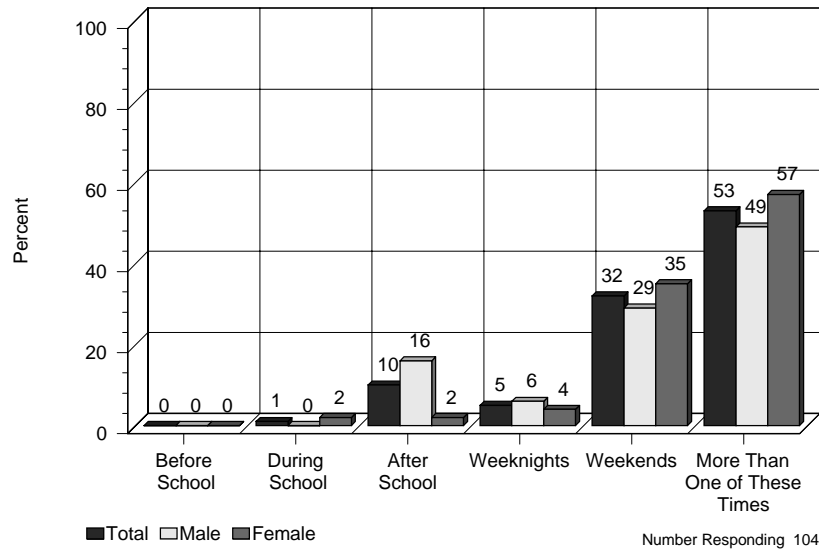


When Teens Use Tobacco. Teens are most likely to use tobacco on more than one occasion during the week (53%). Figure 4-58 shows the breakdown by school level, Figure 4-59 shows the same by gender.

**Figure 4-58: When Teens Use Tobacco**  
(Of Those Who Use Tobacco, by School Level)

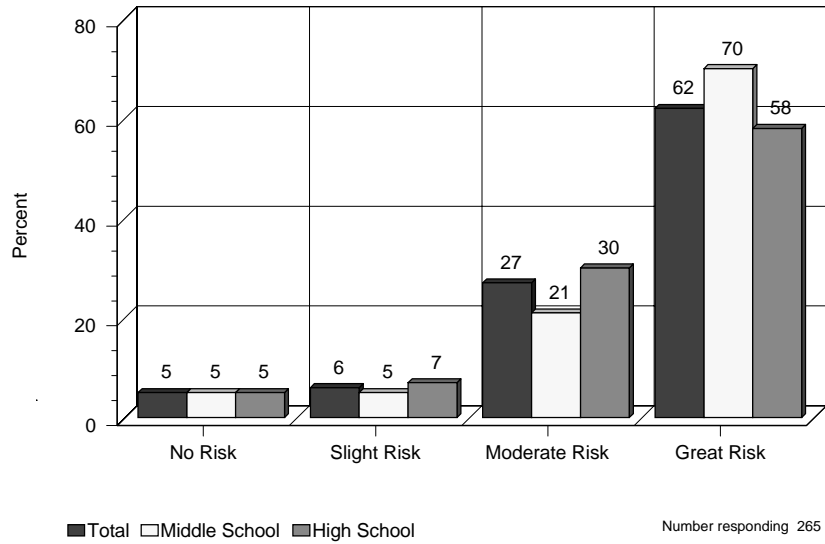


**Figure 4-59: When Teens Use Tobacco**  
(Of Those Who Use Tobacco, by Gender)



Perceived Risk. We asked local students "How much do you think people risk harming themselves (physically or in other ways) if they smoke one or more packs of cigarettes a day?" Figure 4-60 shows all responses broken down by school level. Figure 4-61 shows responses broken down by gender.

**Figure 4-60: Perceived Risk: Smoke One or More Packs of Cigarettes a Day (By School Level)**



**Figure 4-61: Perceived Risk: Smoke One or More Packs of Cigarettes a Day (By Gender)**

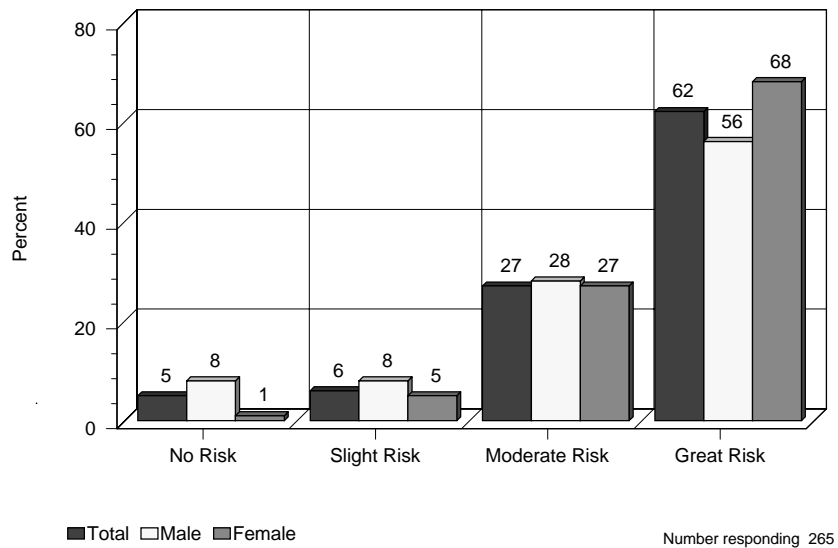
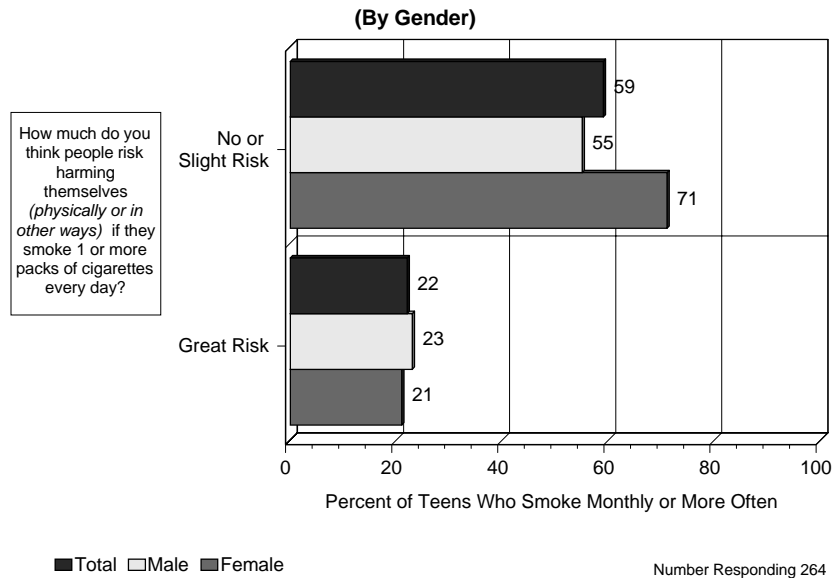


Figure 4-62 shows that teens who believe smoking one or more packs of cigarettes a day poses a "great risk" (22%) are less likely to smoke on a monthly basis than teens who feel smoking poses "no" or "slight risk" (59%).

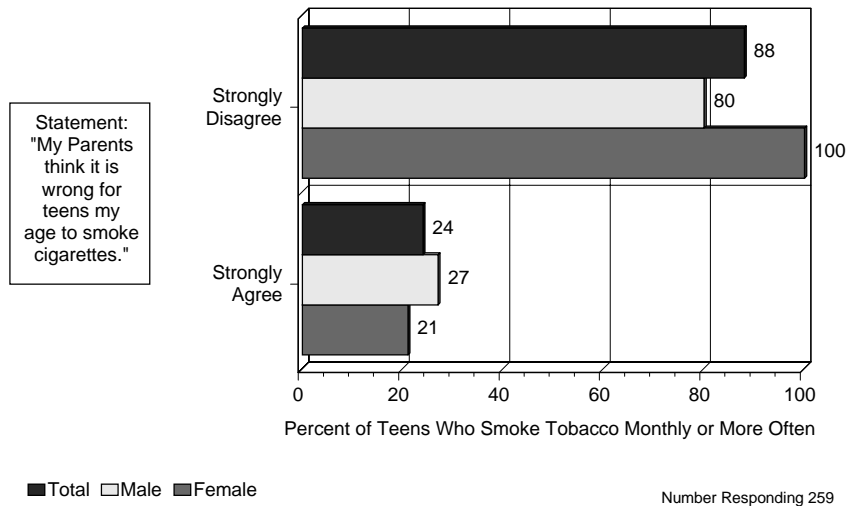
**Figure 4-62: Perceived Risk of Smoking One or More Packs of Cigarettes a Day and Monthly Teen Smoking**



The Monitoring the Future Study conducted in 1999 found 55% of 8<sup>th</sup> grade students, 63% of 10<sup>th</sup> grade students and 71% of 12<sup>th</sup> grade students surveyed think smoking one or two packs of cigarettes daily carries a great risk (Johnson et al., 2000). TAP found 66% of local 8<sup>th</sup> grade students, 65% of local 10<sup>th</sup> grade students and 51% of local 12<sup>th</sup> grade students said they felt doing so has great risk.

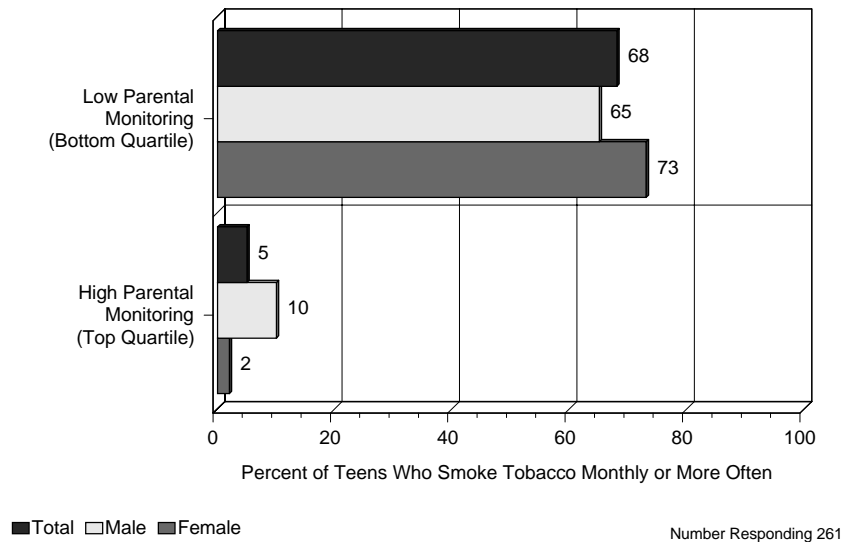
Parents' Role in Teen Tobacco Smoking. As with alcohol, parents are influential in teens' decisions about tobacco smoking. Teens' perceptions of their parents' values about tobacco smoking may influence their decision to smoke or not smoke. As Figure 4-63 shows, teens who strongly feel their parents think it's wrong for teens their age to smoke cigarettes are less likely to smoke. Of those who strongly agree their parents think it's wrong, 24% smoke tobacco monthly or more often. Of those who do not believe their parents think it is wrong for teens their age to smoke tobacco, 88% smoke monthly or more often. Teens' perceptions of their parents' values about smoking appear to have a greater effect upon females' levels of smoking (21% vs 100%) than males' smoking (27% vs. 80%).

**Figure 4-63: Relationship Between Teens' Perceptions of Parental Values and Levels of Monthly Teen Tobacco Smoking (By Gender)**



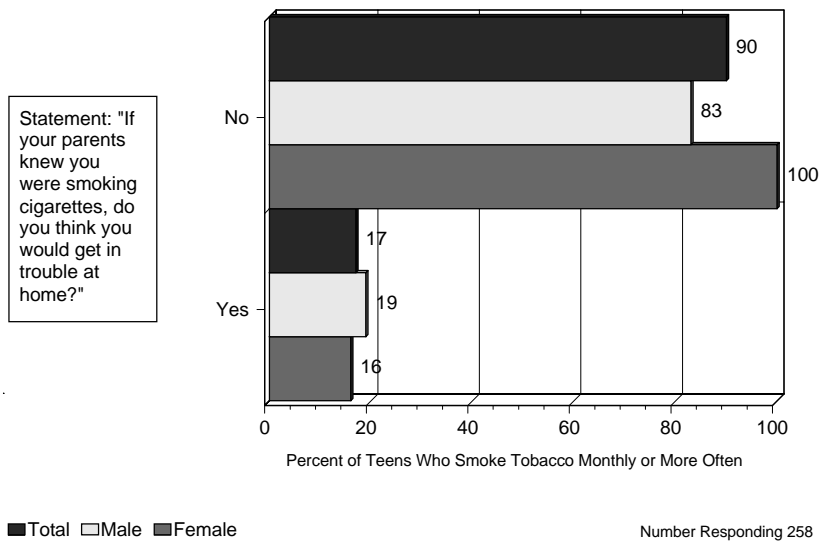
Parental monitoring positively affects levels of teen tobacco smoking. Figure 4-64 shows teens with a high level of parental monitoring (5%) are much less likely to smoke tobacco monthly than are teens with a low level of parental monitoring (68%).

**Figure 4-64: Relationship Between Parental Monitoring and Levels of Monthly Teen Tobacco Smoking (By Gender)**



Teens believing they will get in trouble at home also appears to have a strong influence on their behavior. Figure 4-65 shows the responses of students to the question of whether they thought they would get in trouble at home if their parents knew they smoked tobacco. Females who did not think they would get in trouble at home over this issue were far more likely (100%) to smoke tobacco on a monthly basis than were those who did think they would be in trouble (16%). Males were also much more likely to smoke monthly if they thought they would not get in trouble (not get in trouble, 83%; get in trouble, 19%).

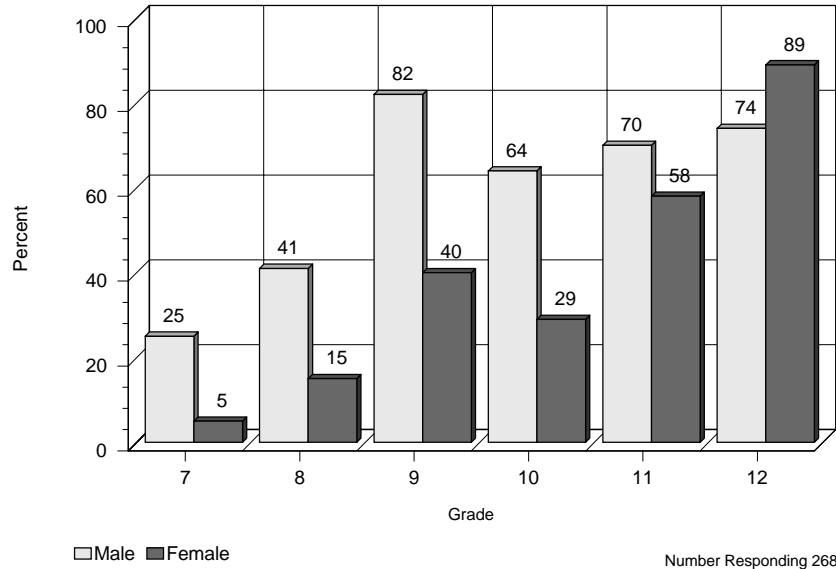
**Figure 4-65: Relationship Between Teens' Level of Monthly Smoking and Thinking They'll Get in Trouble at Home (By Gender)**



## Marijuana Use

Following alcohol and tobacco, marijuana is the third most commonly used substance by local teens when considering "any use at all." Locally, 49% of youth have smoked marijuana at some time in the past (middle school, 23%; high school, 63%). Figure 4-66 shows the breakdown for any marijuana use at all by grade level and gender.

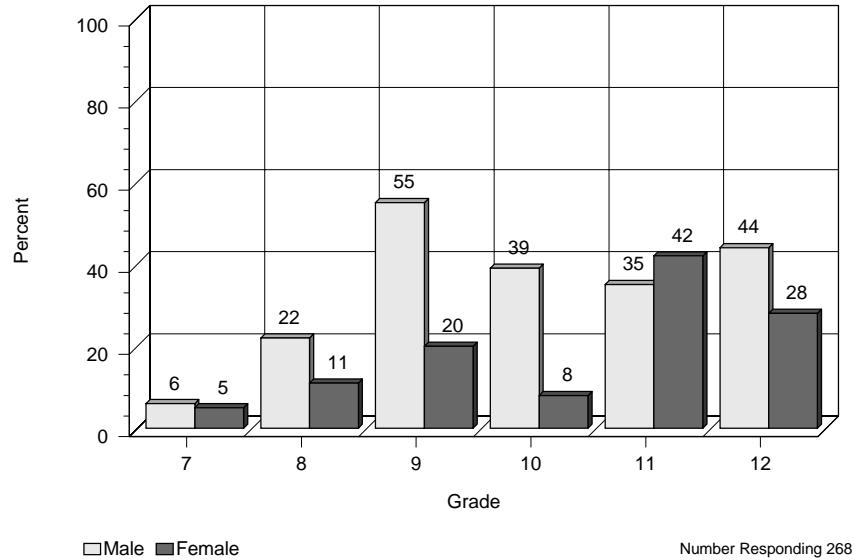
**Figure 4-66: Teens Who Use Marijuana**  
(Any Use at All, by Grade and Gender)



A recent study by the Youth Risk Behavior Surveillance Survey found nationally, 47.2% (N.H., 49.8%) of high school youth (*grades 9-12*) have reported using marijuana at least once in the past (Centers for Disease Control and Prevention, 2000). New Hampshire ranks 4<sup>th</sup> out of 29 states surveyed by the CDC.

Figure 4-67 shows the breakdown of monthly marijuana use by grade and gender. Overall, 27% of all local youth reported using marijuana on a monthly or more often basis (middle school, 12%; high school, 34%).

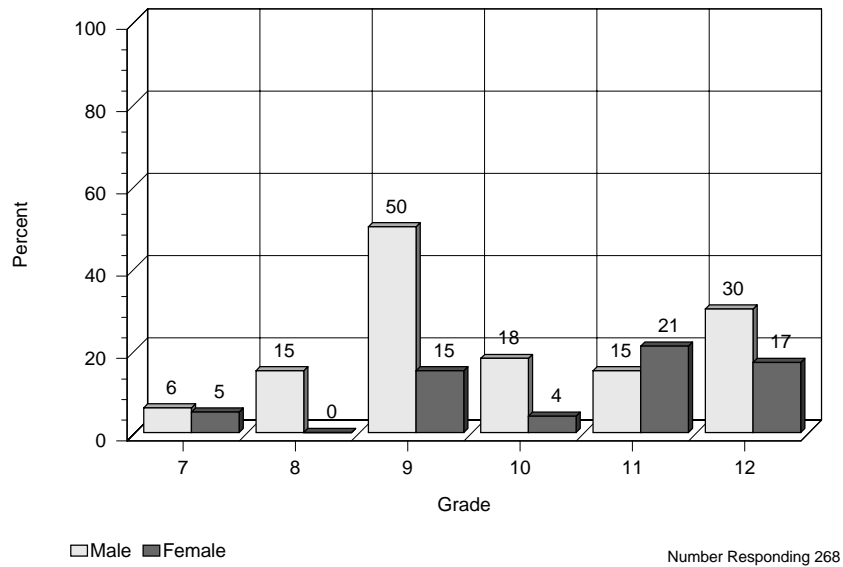
**Figure 4-67: Teens Who Use Marijuana**  
(Monthly or More Often, by Grade and Gender)



The Centers for Disease Control and Prevention (2000) found 26.7% (N.H., 30.3%) of high school youth (*grades 9-12*) used marijuana one or more times during the 30 days preceding the survey. New Hampshire ranks 6th out of 33 states surveyed by the CDC.

Figure 4-68 shows weekly marijuana use by grade level and gender. Sixteen percent (16%) of all students reported using marijuana at least once a week (middle school, 7%; high school, 21%). The rate for weekly use increases between middle school and high school for both males and females (middle school males, 12%; high school males, 28%; middle school females, 2%; high school females, 14%). For males, weekly marijuana use peaks in grade 9 (50%). Females' weekly use of marijuana peaks in grade 11 (21%).

**Figure 4-68: Teens Who Use Marijuana**  
(Weekly or More Often, by Grade and Gender)



When Teens Use Marijuana and Other Drugs. The majority of students who use drugs do so on the weekends. Figure 4-69 shows the response by school level.

**Figure 4-69: When Teens Use Marijuana and Other Drugs**  
(Of Those Who Use Drugs, by School Level)

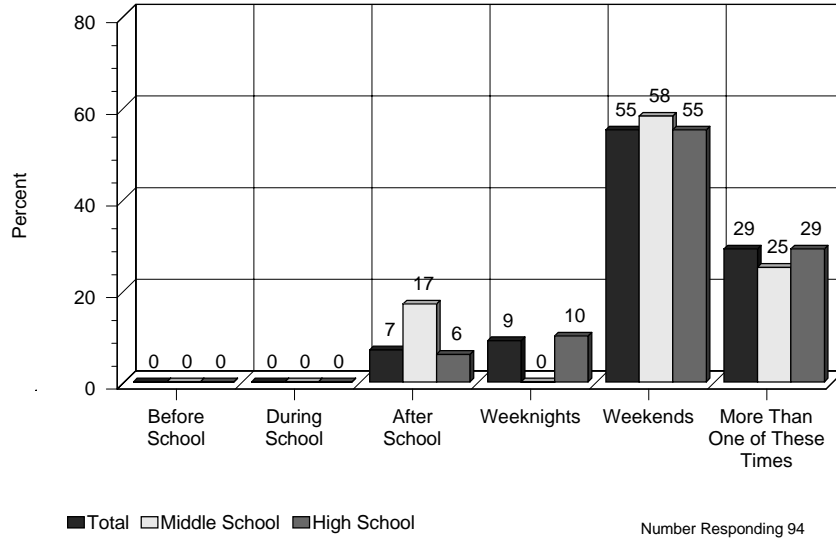
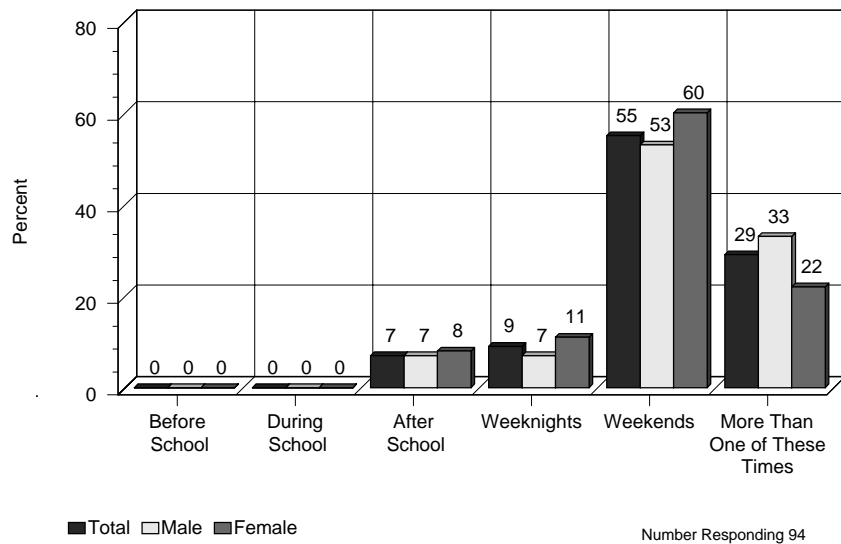


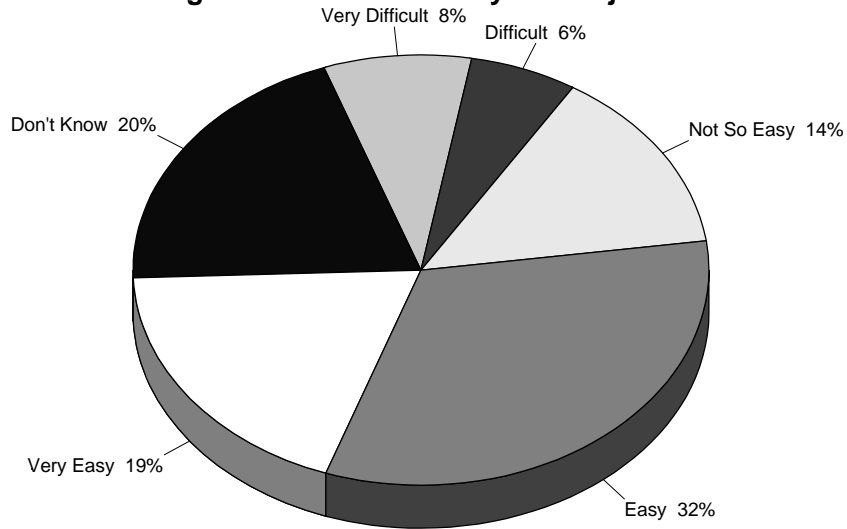
Figure 4-70 shows the responses by gender. Both males and females are most likely to use drugs on the weekends.

**Figure 4-70: When Teens Use Marijuana and Other Drugs**  
(Of Those Who Use Drugs, by Gender)



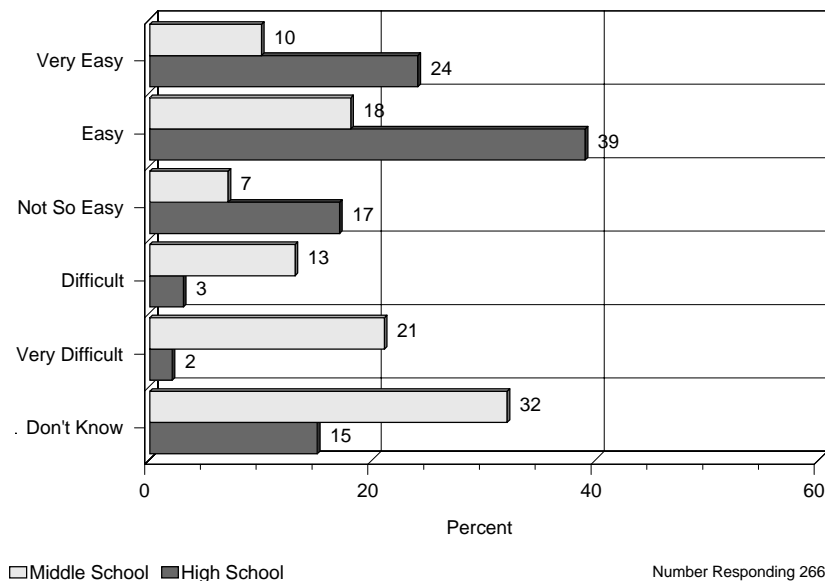
**Obtainability.** Overall, as Figure 4-71 shows, 51% of students tell us it is "very easy" or "easy" to obtain marijuana. Figure 4-72 shows there is a large difference between middle school, where only 28% believe it is "very easy" or "easy" to get marijuana, and high school, where 63% believe it is. One third of middle school students (34%) believe it is "very difficult" or "difficult" to obtain marijuana; only 5% of high school students think so. In middle school, 32% of students don't know how obtainable marijuana is, while in high school, 15% of students don't know.

**Figure 4-71: Obtainability of Marijuana**



Number Responding 266

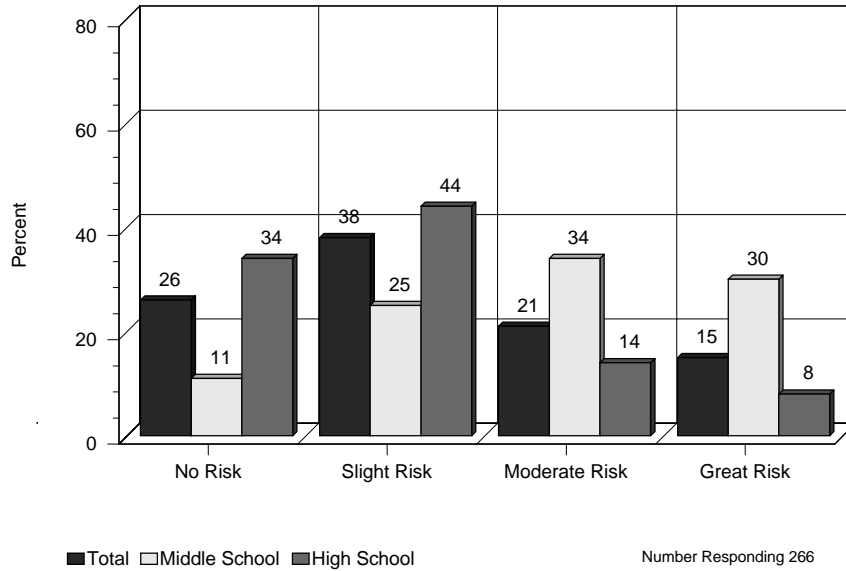
**Figure 4-72: Obtainability of Marijuana (By School Level)**



Number Responding 266

Perceived Risk. We asked students *"How much do you think people risk harming themselves (physically or in other ways) if they try marijuana once or twice?"* Sixty-four percent (64%) of students responded they felt this experimentation with marijuana carried *"no"* or *"slight risk"* (middle school, 36%; high school, 78%). Figure 4-73 shows responses broken down by school level. Figure 4-74 shows responses broken down by gender.

**Figure 4-73: Perceived Risk: Try Marijuana Once or Twice (By School Level)**



**Figure 4-74: Perceived Risk: Try Marijuana Once or Twice (By Gender)**

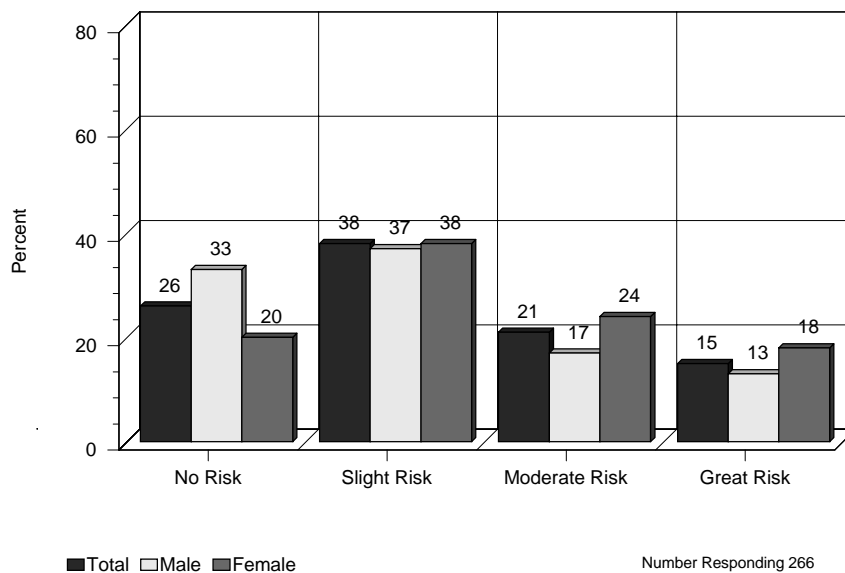
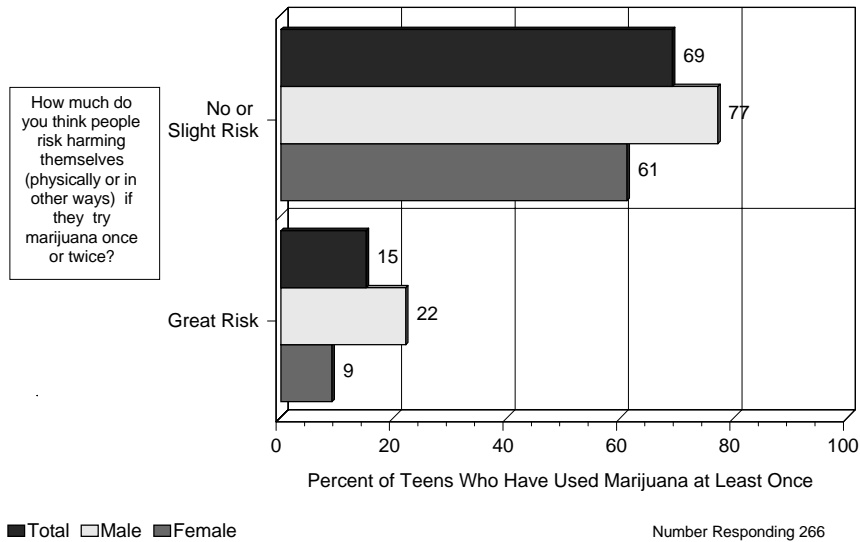


Figure 4-75 shows 69% of those who consider trying marijuana once or twice to be of “no” or “slight risk” have used marijuana at least once. Of those who consider this to be of “great risk,” 15% report using marijuana at least once.

**Figure 4-75: Relationship Between Perceived Risk of Trying Marijuana Once or Twice vs. Any Use at All of Marijuana (By Gender)**



The Monitoring the Future Study conducted in 1999 found 28% of 8<sup>th</sup> grade students, 19% of 10<sup>th</sup> grade students and 16% of 12<sup>th</sup> grade students surveyed think trying marijuana carries a great risk (Johnson et al., 2000). TAP found 23% of local 8<sup>th</sup> grade students, 8% of local 10<sup>th</sup> grade students and 10% of local 12<sup>th</sup> grade students said they felt doing so has great risk.

We also asked youth "How much do you think people risk harming themselves (physically or in other ways) if they smoke marijuana regularly?" Figure 4-76 shows 20% consider regular use of marijuana to be of "no" or "slight risk."

**Figure 4-76: Perceived Risk: Smoke Marijuana Regularly (By School Level)**

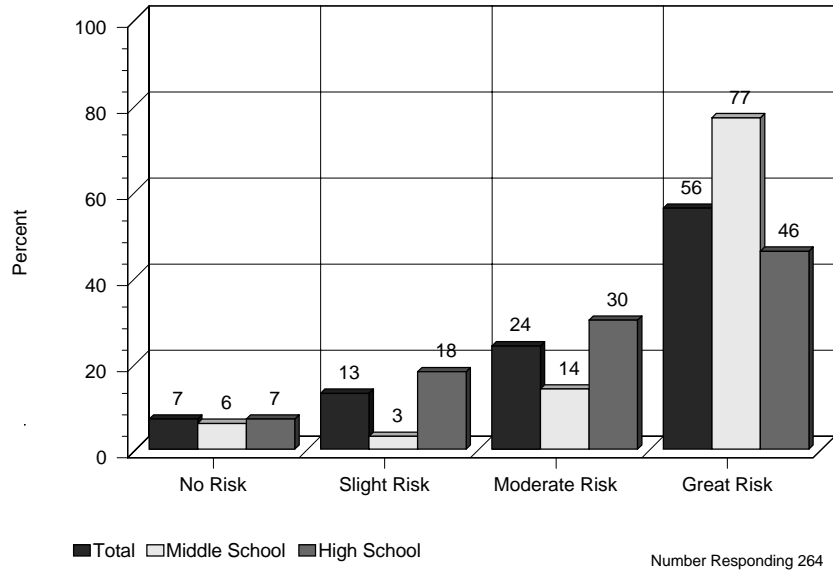
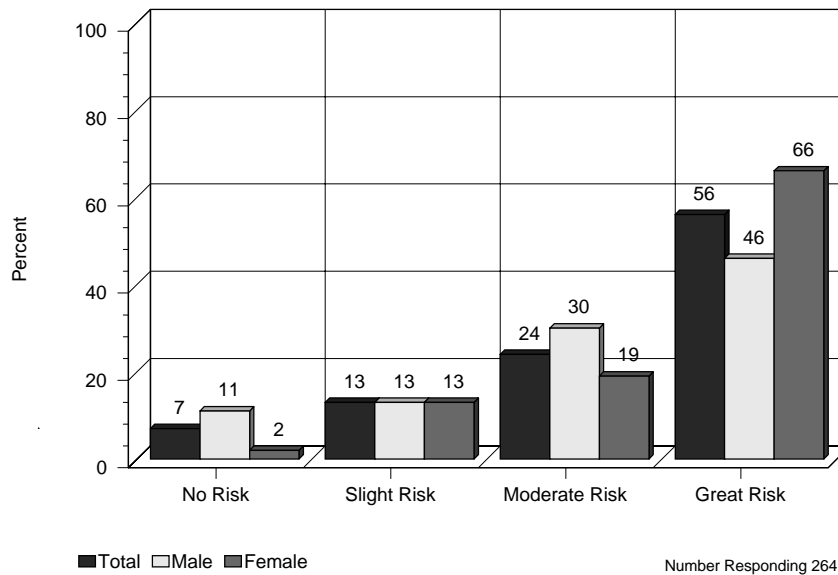


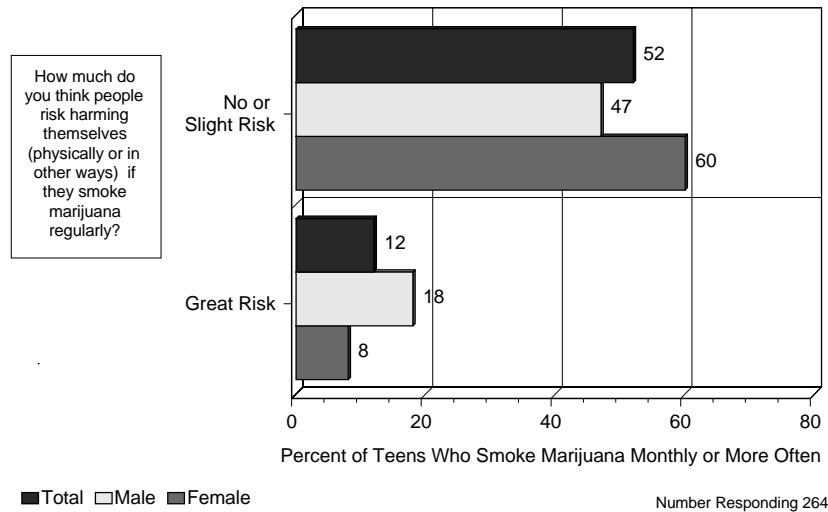
Figure 4-77 shows the responses broken down by gender.

**Figure 4-77: Perceived Risk: Smoke Marijuana Regularly (By Gender)**



TAP data indicate those who consider regular marijuana use to be of "great risk" are less likely to smoke marijuana monthly or more often. Figure 4-78 shows 52% of those who consider smoking marijuana regularly to be of "no" or "slight risk" smoke monthly or more often. Only 12% of those who consider smoking to be of great risk use marijuana monthly or more often.

**Figure 4-78: Relationship Between Teens' Perceived Risk of Smoking Marijuana Regularly and Teens' Monthly Use of Marijuana (By Gender)**



The Monitoring the Future Study conducted in 1999 found 73% of 8<sup>th</sup> grade students, 66% of 10<sup>th</sup> grade students and 57% of 12<sup>th</sup> grade students think regular marijuana smoking carries a great risk (Johnson et al., 2000). TAP found 77% of local 8<sup>th</sup> grade students, 56% of local 10<sup>th</sup> grade students and 32% of local 12<sup>th</sup> grade students said they felt doing so has great risk.

**Inhalant Use**

Inhalants are also used by local teens. Some examples of inhalants are glue, white-out correction fluid, gasoline, contents of spray cans and paint thinners. Inhalants are particularly dangerous because they are so accessible to young people. Ten percent (10%) of local teens reported having used inhalants at some time in the past (middle school, 8%; high school, 11%).

We asked students "If you have used inhalants, how old were you the first time you used inhalants?" As Figure 4-79 shows, the average reported age at which youth first experimented with inhalants is 13.

**Figure 4-79: Age Students First Experimented with Inhalants (By Gender)**

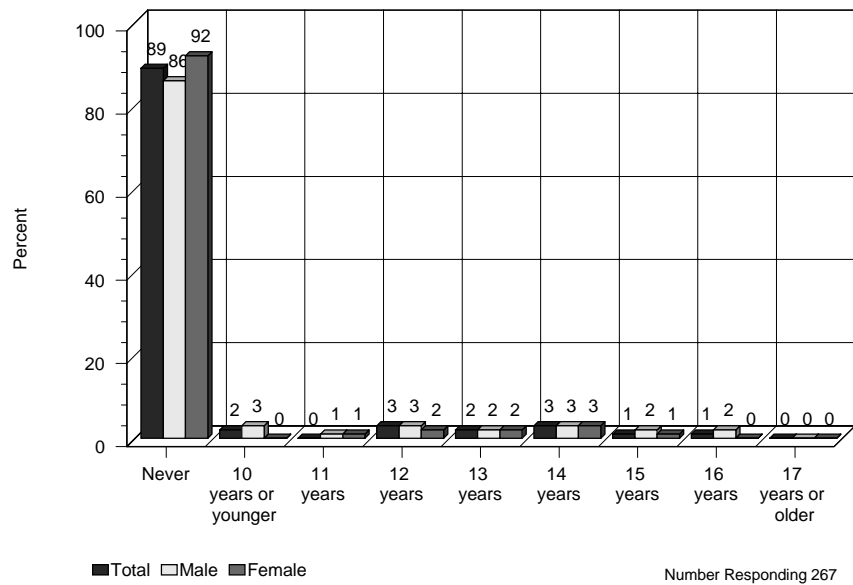
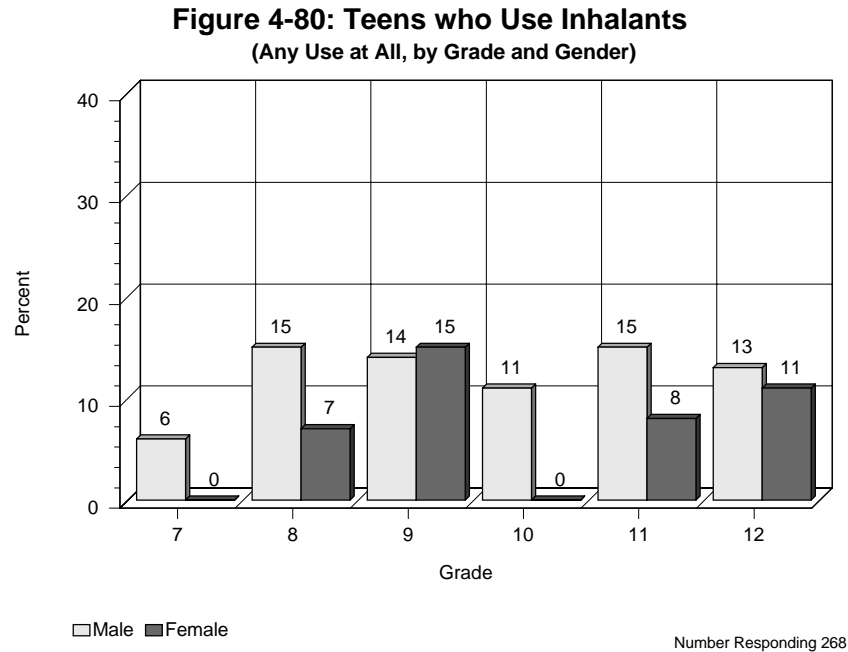


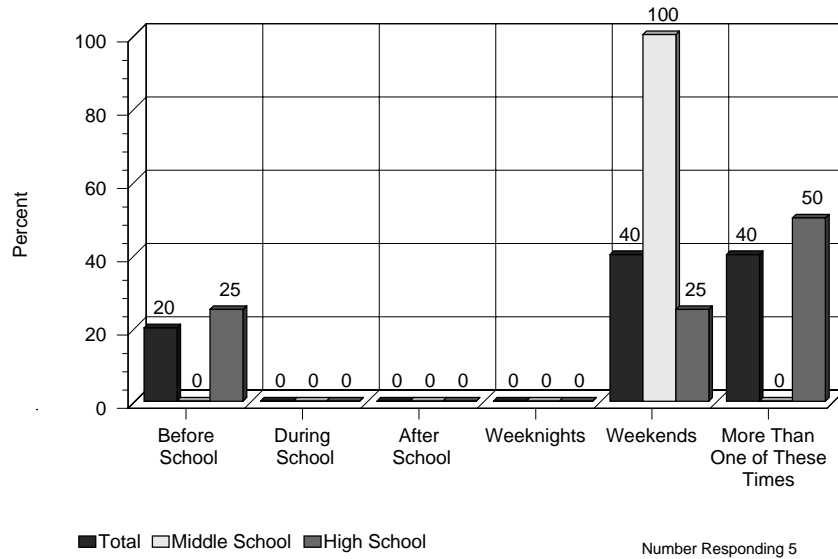
Figure 4-80 shows the breakdown for any inhalant use at all, by grade level and gender. One percent (1%) of local youth reported using inhalants monthly or more often (middle school, 1%; high school, 1%).



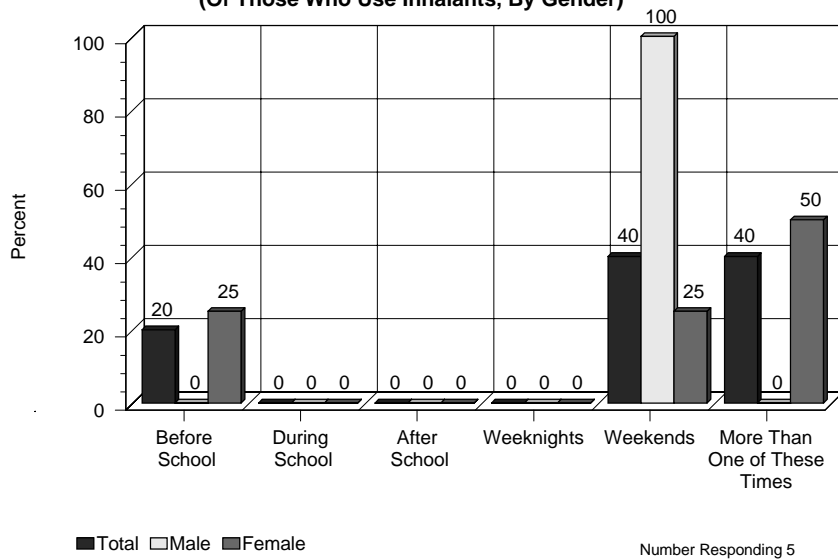
The Centers for Disease Control and Prevention (2000) found 14.6% (N.H. 19.4%) of the nation's high school youth (*grades 9-12*) have sniffed or inhaled intoxicating substances at least once in their lifetime. New Hampshire ranks 3<sup>rd</sup> out of 32 states surveyed (Centers for Disease Control and Prevention, 2000). Furthermore, the CDC (2000) found that nationally for monthly use of inhalants this statistic was, 4.2% (N.H., 5.2%) of high school youth. Here, New Hampshire ranks 6<sup>th</sup> out of the 32 states surveyed by the CDC.

When Teens Use Inhalants. Teens who use inhalants are most likely to use inhalants on the weekends (40%) or at more than one time (40%). Figure 4-81 shows the breakdown by school level. Figure 4-82 shows the responses by gender.

**Figure 4-81: When Teens Use Inhalants**  
(Of Those Who Use Inhalants, By School Level)

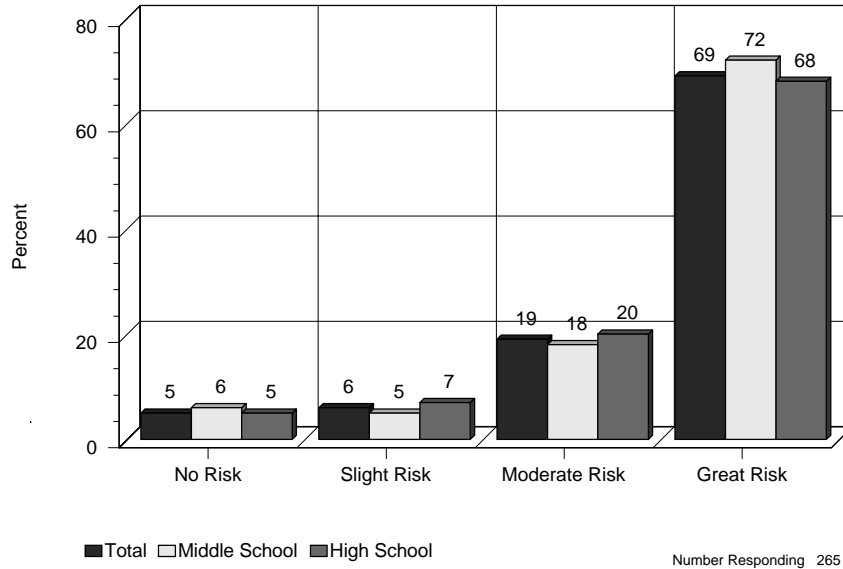


**Figure 4-82: When Teens Use Inhalants**  
(Of Those Who Use Inhalants, By Gender)

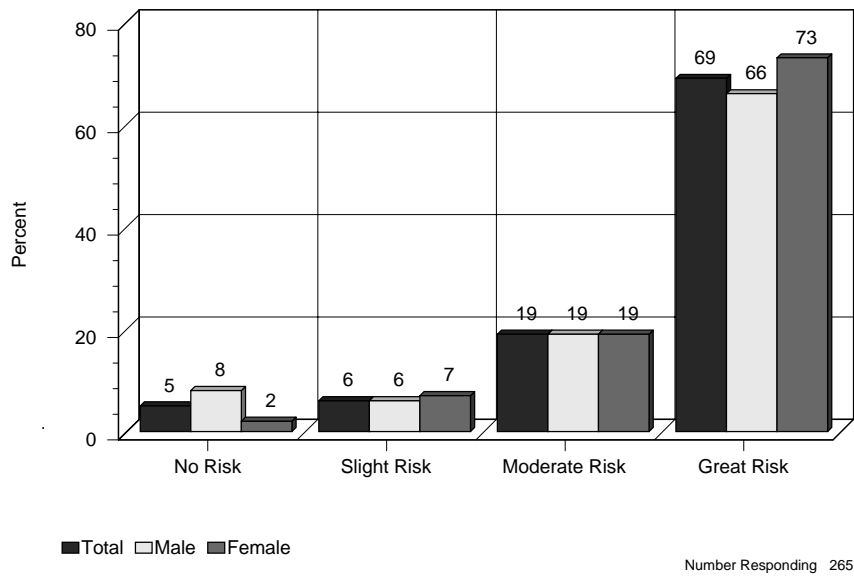


Perceived Risk. We asked local students "How much do you think people risk harming themselves (physically or in other ways) if they use inhalants?" Figure 4-83 shows that 11% of local youth feel that doing so has "no" or "slight risk" (middle school, 11%; high school, 12%). Slightly more middle school students (72%) than high school students (68%) feel using inhalants carries "great risk." Figure 4-84 shows the responses broken down by gender.

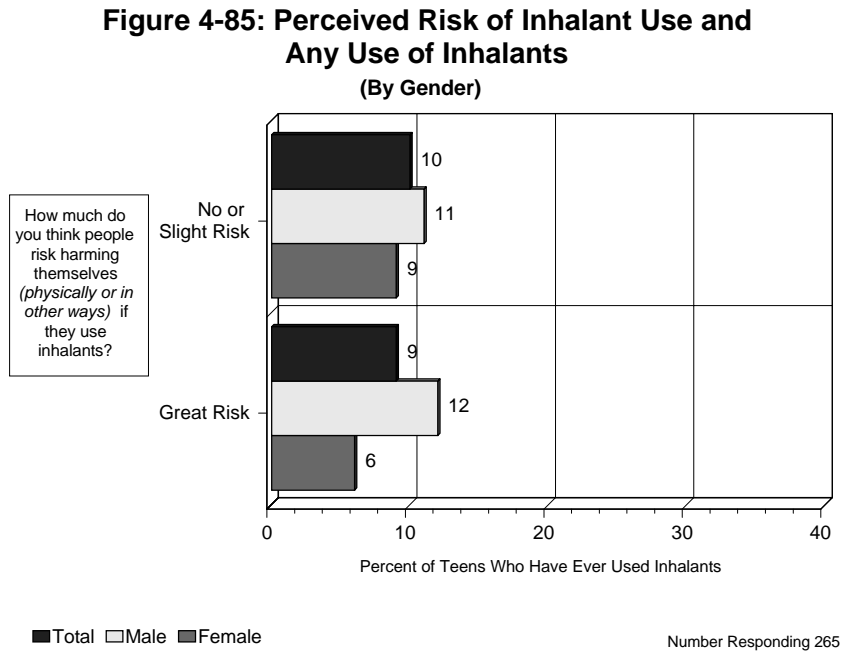
**Figure 4-83: Perceived Risk: Inhalant Use  
(By School Level)**



**Figure 4-84: Perceived Risk: Inhalant Use  
(By Gender)**



TAP data indicate that whether youth perceive inhalant use as risky or not has no bearing on whether they use inhalants. Figure 4-85 shows that slightly more females who consider inhalant use to be of "no" or "slight risk" use inhalants (9%) than those who consider it a great risk (6%).



The Monitoring the Future Study conducted in 1999 asked 8<sup>th</sup> and 10<sup>th</sup> graders about the perceived harmfulness of inhalants. Their data found 41% of 8<sup>th</sup> grade students and 48% of 10<sup>th</sup> grade students think trying inhalants once or twice carries great risk (Johnson et al., 1999). TAP found 68% of local 8<sup>th</sup> grade students, 71% of local 10<sup>th</sup> grade students and 81% of local 12<sup>th</sup> grade students said they felt doing so has great risk. Awareness of the risks of inhalant use appears to grow as teens get older for both genders.

### **Other Drugs**

It is important to note that although drugs other than alcohol, smoking tobacco, and marijuana are not as commonly used, they are in fact being used by local teens. They are each dangerous and life-threatening and the use of these drugs should be acknowledged and taken seriously. The table below shows rates of use broken down by any use at all, monthly use, and weekly use by local teens. This information can also be viewed in graph form in the first section of Chapter Four, **Overall Alcohol and Drug Use**.

<b>Type of Drug</b>	<b>Any Use At All</b>	<b>Monthly Use</b>	<b>Weekly Use</b>
Uppers	13%	4%	1%
Hallucinogens	9%	2%	0%
Chewing Tobacco	9%	0%	0%
Cocaine or crack	6%	1%	0%
Downers	6%	0%	0%
Narcotics	3%	0%	0%