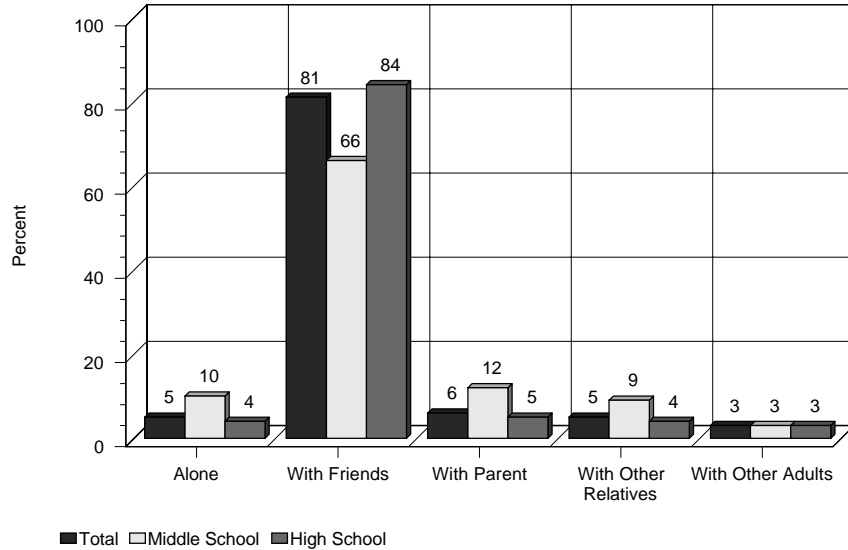


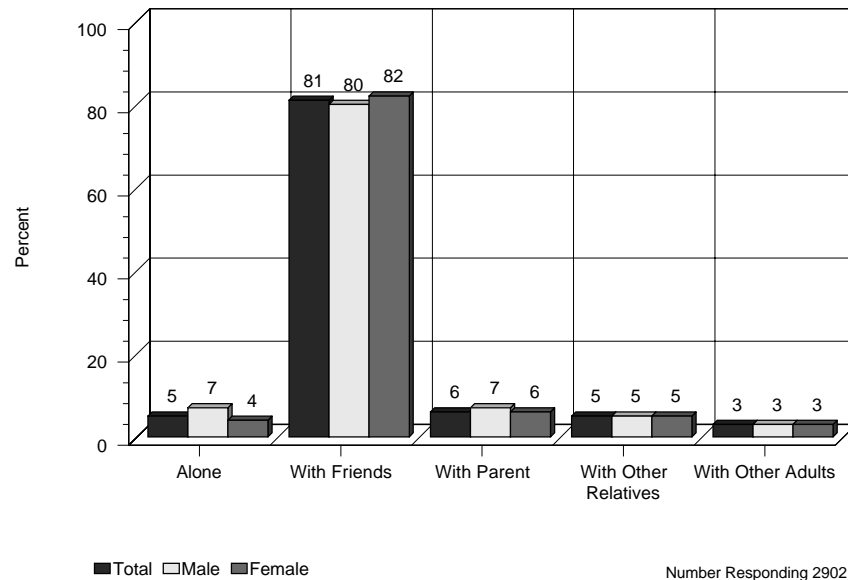
Who Teens Drink With. Figure 4-45 and Figure 4-46 show that most teens who drink drink most often with their friends (81%). While Figure 4-45 shows there are differences between middle and high school students, Figure 4-46 shows little differences in gender. While more high school students drink with friends (84%), more middle school students drink alone (10%), or with their parents (12%).

**Figure 4-45: Who Teens Most Often Drink With
(Of Those Who Drink, By School Level)**



Number Responding 2902

**Figure 4-46: Who Teens Most Often Drink With
(Of Those Who Drink, By Gender)**



Number Responding 2902

Why Teens Drink and Why They Don't Drink. We asked teens, "What do you think is the **one main reason** why teens your age drink alcohol?" Overall, the most common reasons chosen were: "It helps them have more fun with their friends." (28%), "They want to fit in with their friends." (16%) and "It helps them forget their problems." (13%). Although high school students felt teens were more likely to drink because it helps them have more fun with their friends (middle school, 14%; high school, 34%), middle school students felt teens were more likely to drink because they wanted to fit in (middle school, 20%; high school, 13%), or because people they admire make it seem "cool" (middle school, 13%; high school, 6%). Figure 4-47 shows the breakdown of all responses by school level.

**Figure 4-47: One Main Reason Why Teens Drink
(By School Level)**

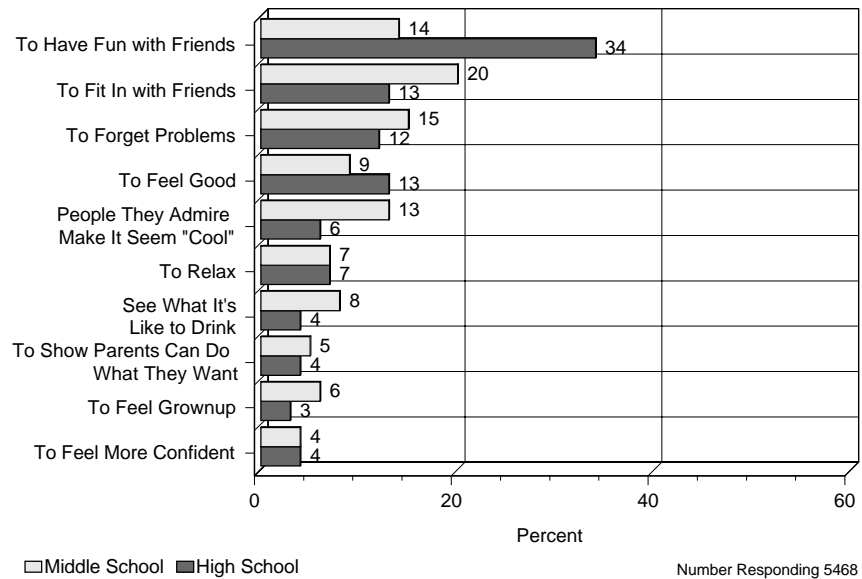
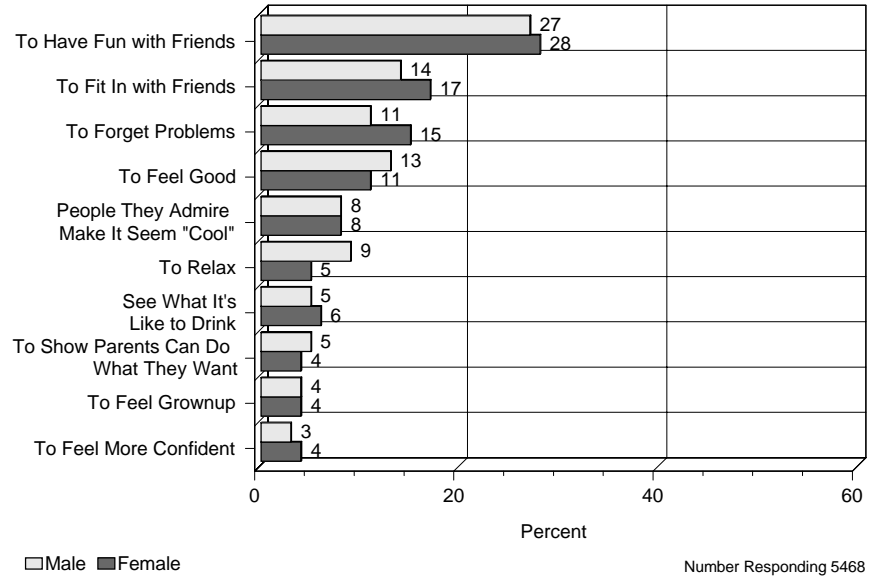


Figure 4-48 shows the breakdown by gender. There are no real differences between males and females on why they think teens drink.

Figure 4-48: One Main Reason Why Teens Drink
(By Gender)



It is also good to know why teens say they *don't* drink. We asked teens, "What do you think is the **one main reason** why teens your age don't drink alcohol?" The three most frequent responses were: "They don't want to mess up their bodies." (28%), "They don't need it to make them happy." (16%); and "It's against the law and they're afraid they might get caught." (16%). More middle school students than high school students said they don't drink because they don't want to mess up their bodies (middle school, 38%; high school, 24%). More high school students (19%) than middle school students (10%) said they don't drink because they don't need it to make them happy. Figure 4-49 shows the breakdown of all responses by school level.

**Figure 4-49: One Main Reason Why Teens Don't Drink
(By School Level)**

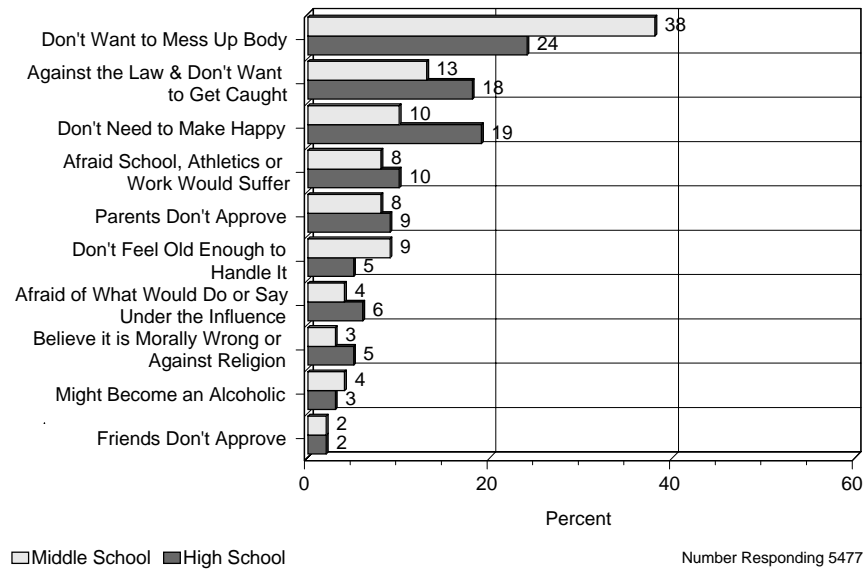
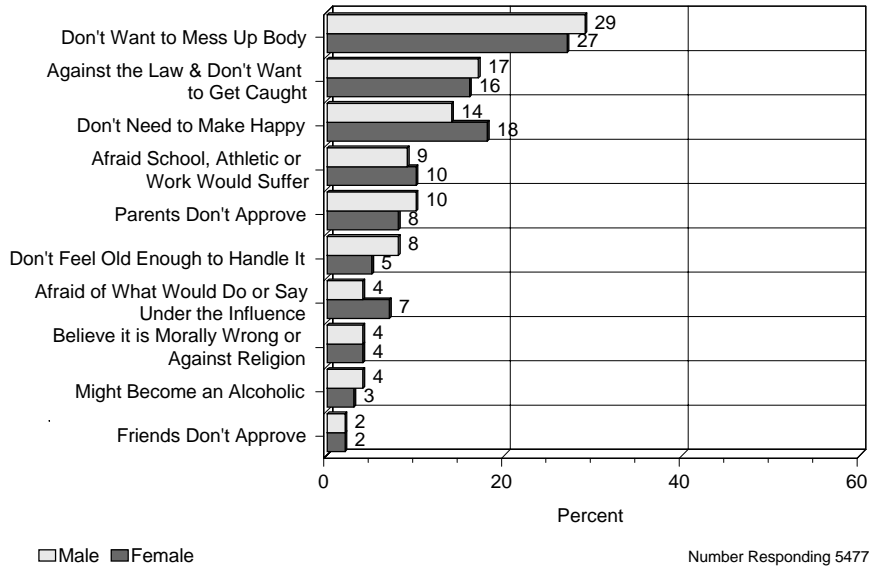


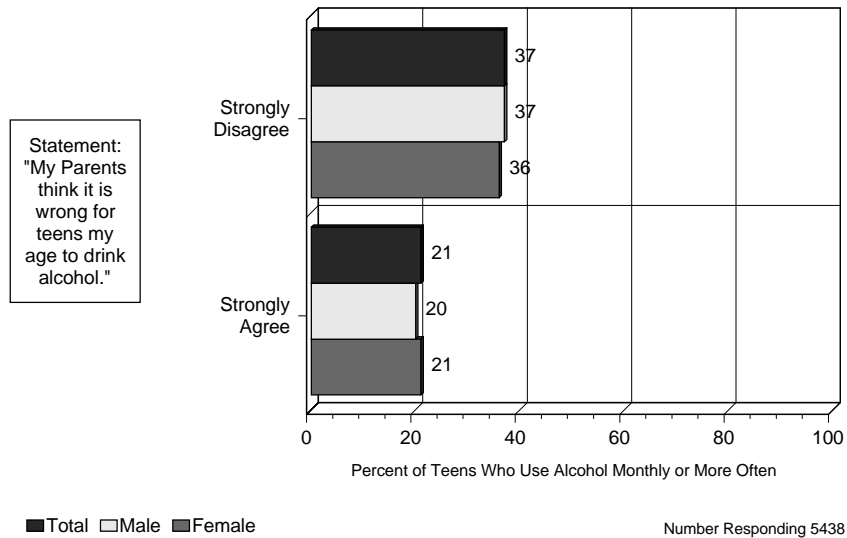
Figure 4-50 shows the responses broken down by gender. As with Figure 4-48 , there are no major gender differences in what teens think is the one main reason why teens don't drink.

**Figure 4-50: One Main Reason Why Teens Don't Drink
(By Gender)**



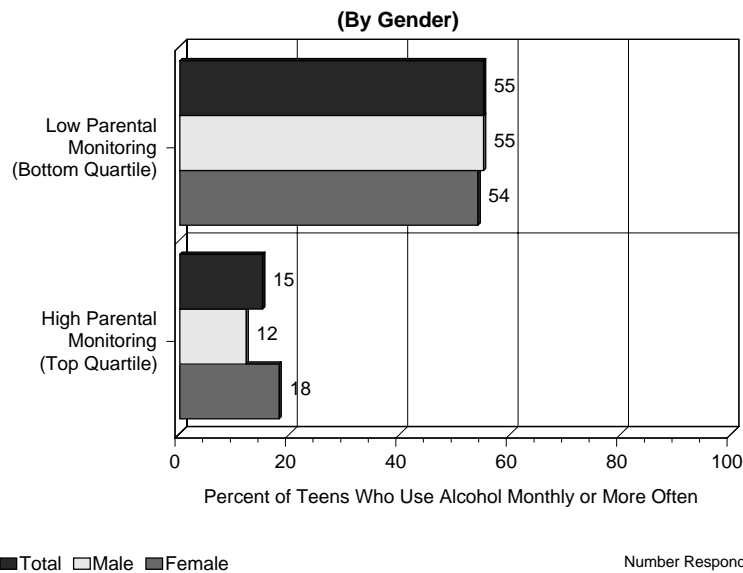
Parents' Role in Teen Drinking. Parents can play an important role in teens' decisions about drinking alcohol (Ary et al., 1999; Ary & Duncan, 1999; Flannery, Williams & Vazsonyi, 1999). Teens' perceptions of their parents' values about drinking may influence their decision whether or not to drink. As 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, 21% 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, 37% drink monthly or more often.

Figure 4-51: Relationship Between Teens' Perceptions of Parental Values and Levels of Monthly Teen Drinking
(By Gender)



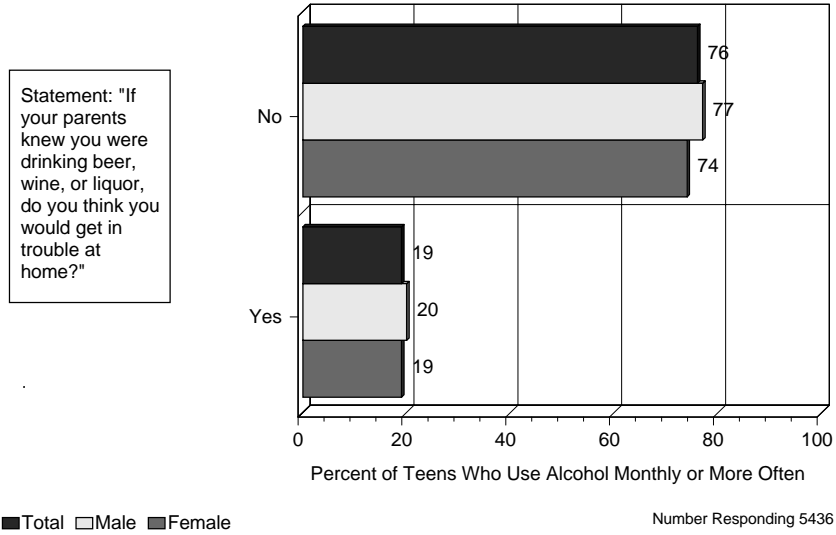
Research has also suggested parental monitoring can be an important factor in preventing adolescent problem behavior (Ary & Duncan, 1999; Flannery, Williams & Vazsoryi, 1999; Rodgers, 1999). Figure 4-52 shows a strong relationship between parental monitoring and local teens not drinking. Parental monitoring refers to parents' supervision and awareness of their child's activities (see Chapter 7 pp. 133-135). Fifty-four percent (54%) of females with low monitoring by parents drink alcohol on a monthly or more often basis, while 18% of females with high monitoring reported drinking at this level. The effect of high monitoring on monthly drinking is also strong for males. Only 12% of the males with high parental monitoring drink monthly or more often, while 55% 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 (76% vs. 19%).

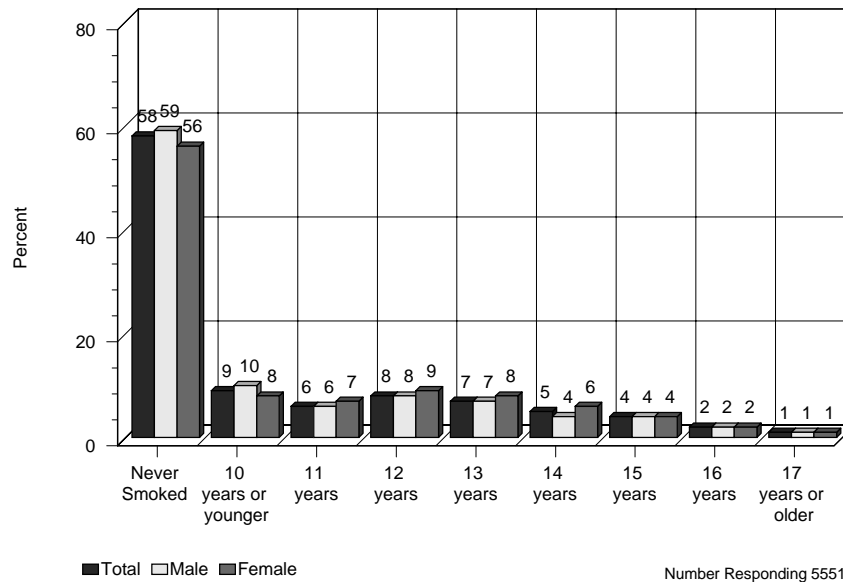
Figure 4-53: Relationship Between Monthly Teen Drinking and Thinking They Will Get in Trouble at Home (By Gender)



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, Schwartz, 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, 45% 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.

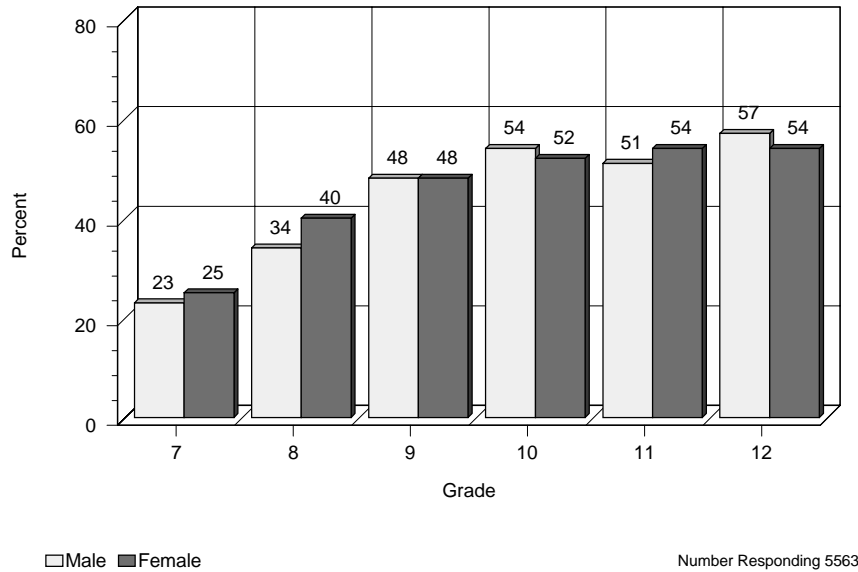
Figure 4-54: Age Students First Smoked a Whole Cigarette (By Gender)



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 (Centers for Disease Control and Prevention, 2000). New Hampshire ranks 19th highest out of 33 states surveyed by the CDC.

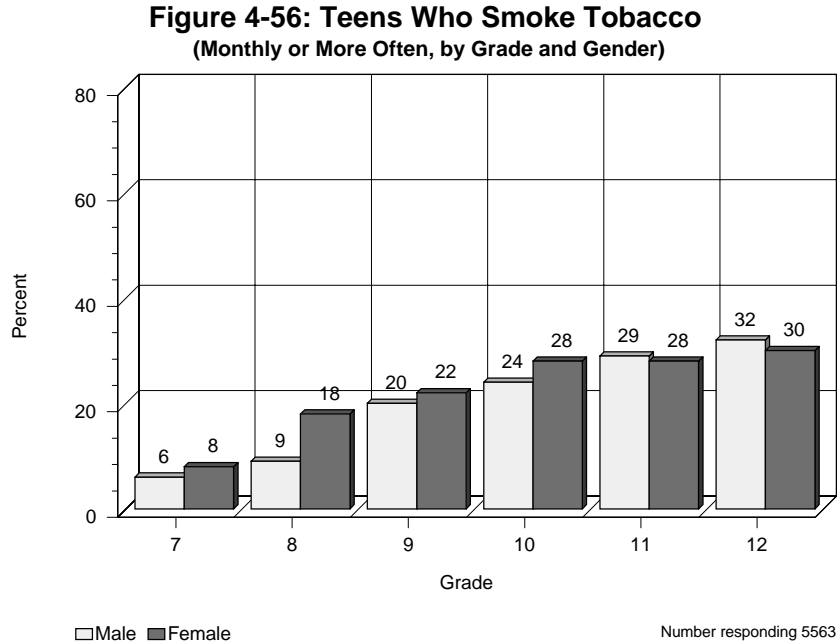
Frequency. Figure 4-55 shows "any use at all" of smoking tobacco, on the basis of gender and grade level. As with drinking, more teens smoke tobacco as they get older. In the 12th grade, 57% of males and 54% of females have smoked tobacco at least once in their lives.

Figure 4-55: Teens Who Smoke Tobacco
(Any Use at All, by Grade and Gender)



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 highest out of the 29 states surveyed by the CDC.

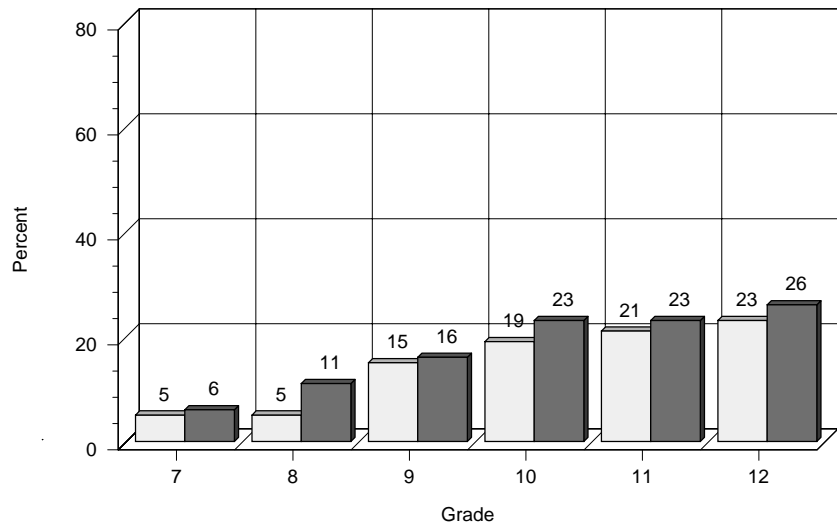
Twenty-one percent (21%) of local teens reported smoking tobacco monthly or more often (middle school, 10%; high school, 26%; males, 20%; females, 22%). Figure 4-56 shows the monthly use of smoking tobacco, on the basis of gender and grade level.



The Centers 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 16th highest in monthly smoking out of 33 states surveyed by the CDC.

Sixteen percent (16%) of students surveyed reported they smoke weekly or more often. Figure 4-57 shows in the 12th grade, 26% of females and 23% of males reported smoking tobacco at least once a week or more often. High school students are more likely to smoke tobacco on a weekly or more often basis than middle school students (middle school, 7%; high school, 20%). Weekly tobacco smoking by males increases from middle school (5%) to high school (19%); tobacco smoking by females also increases substantially from middle school (9%) to high school (21%).

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



□ Male ■ Female

Number Responding 5563

Teens were also asked how often they had smoked cigarettes in the past month. While most reported not smoking in the past month, others reported smoking up to two packs per day (although these students add up to less than 1% of students surveyed). Figure 4-58 and 4-59 show the breakdown by school level and gender.

Figure 4-58: How Frequently Teens Have Smoked Cigarettes in the Past Month (By School Level)

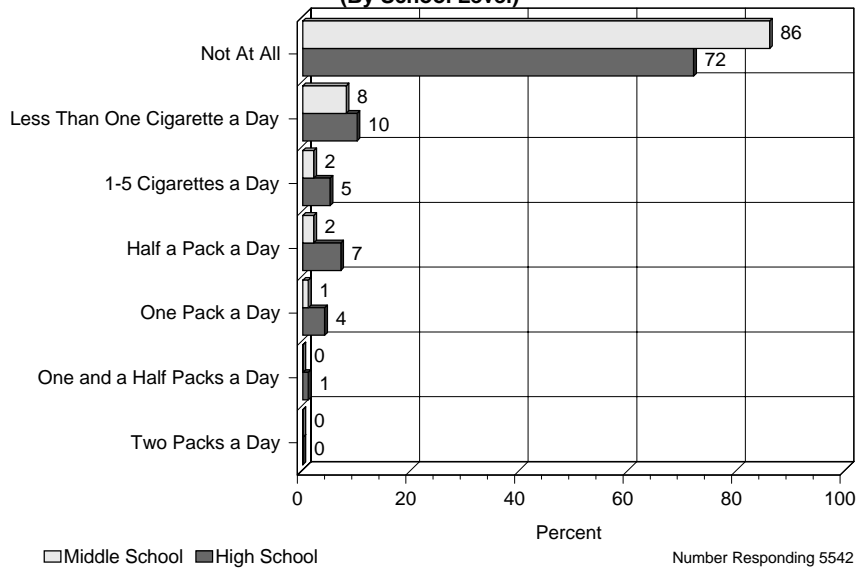
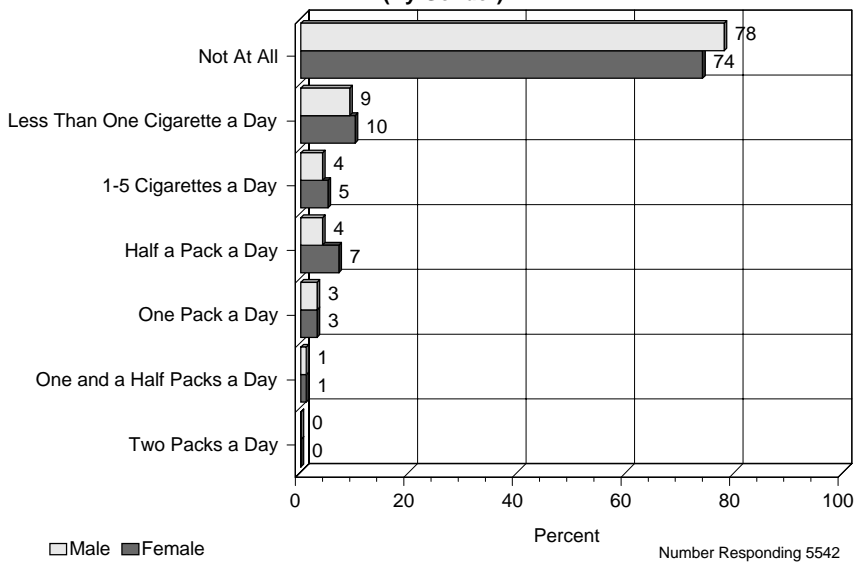


Figure 4-59: How Frequently Teens Have Smoked Cigarettes in the Past Month (By Gender)



When Teens Use Tobacco. Teens are most likely to use tobacco after school (39%) or on weekends (36%). Figure 4-60 shows the breakdown by school level, Figure 4-61 shows the same by gender.

Figure 4-60: When Teens Use Tobacco
(Of Those Who Use Tobacco, by School Level)

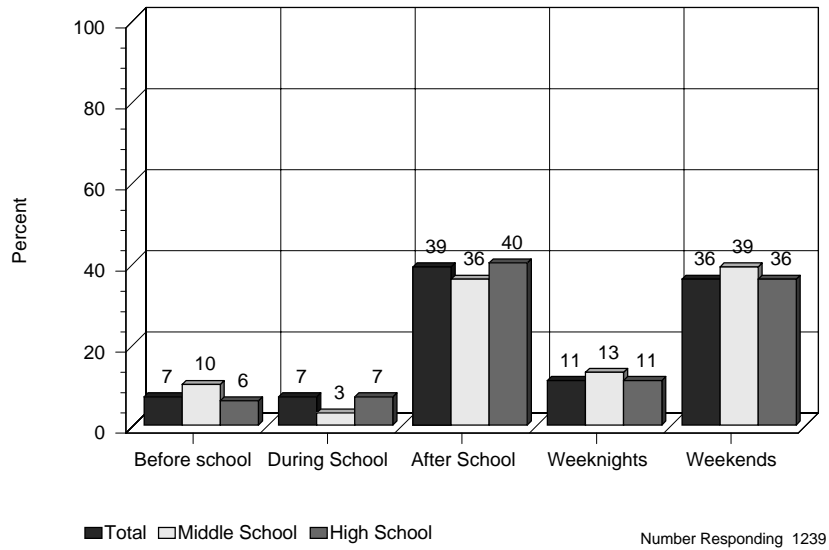
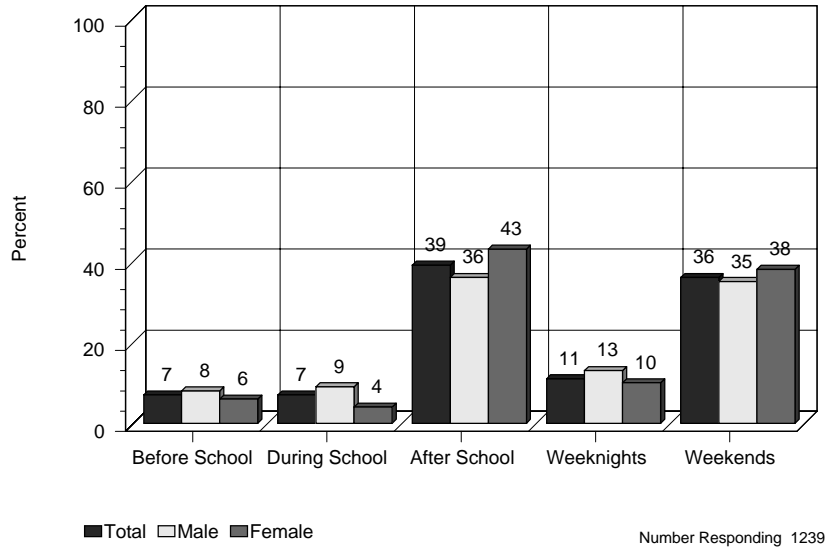


Figure 4-61: When Teens Use Tobacco
(Of Those Who Use Tobacco, by Gender)



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 4-62 shows all responses broken down by school level. Figure 4-63 shows responses broken down by gender.

Figure 4-62: Perceived Risk: Smoke One or More Packs of Cigarettes a Day (By School Level)

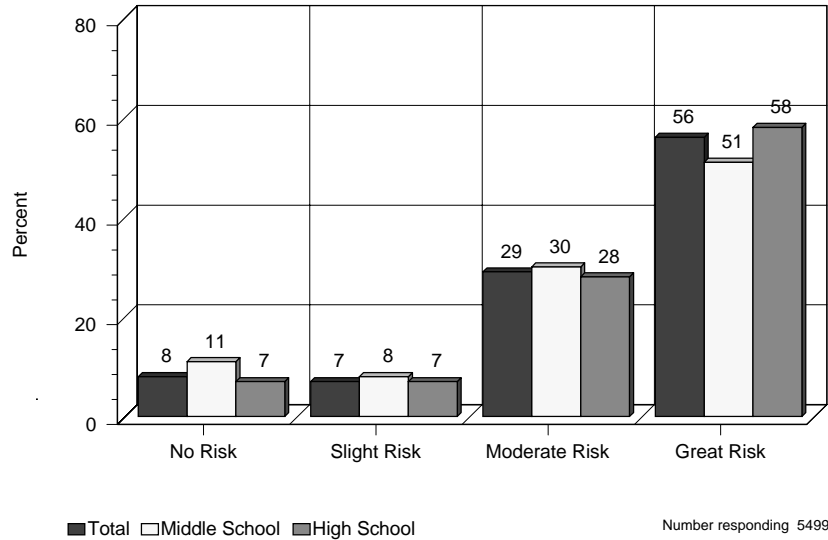


Figure 4-63: Perceived Risk: Smoke One or More Packs of Cigarettes a Day (By Gender)

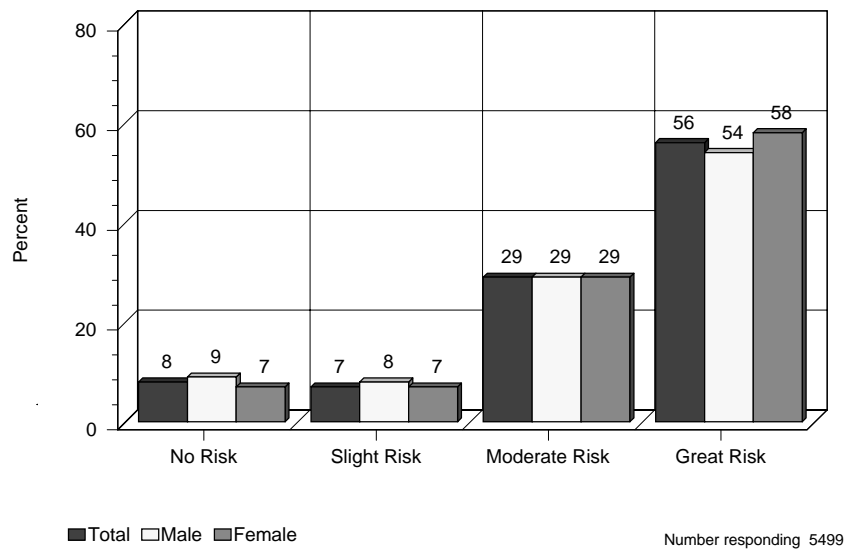
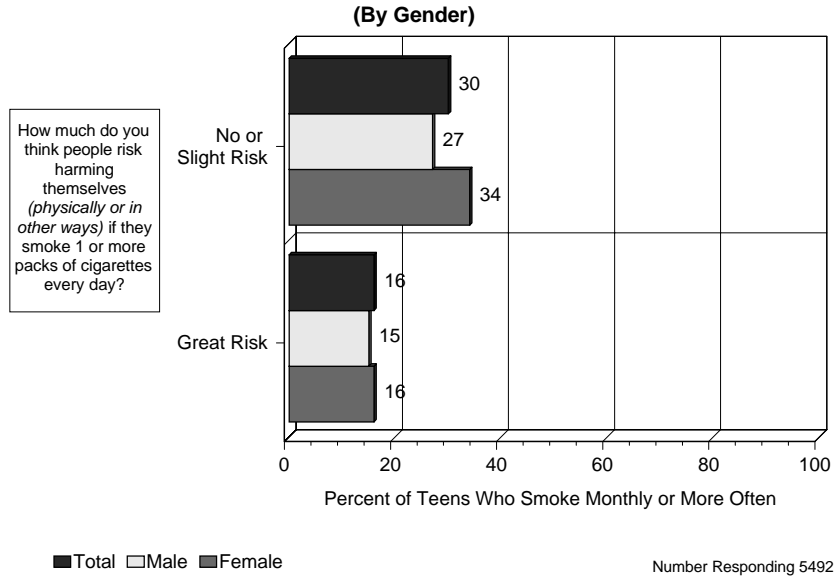


Figure 4-64 shows that teens who believe smoking one or more packs of cigarettes a day poses a "great risk" (16%) are less likely to smoke on a monthly basis than teens who feel smoking poses "no" or "slight risk" (30%).

Figure 4-64: 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 8th grade students, 63% of 10th grade students and 71% of 12th grade students surveyed think smoking one or two packs of cigarettes daily carries a great risk (Johnson et al., 2000). TAP found 53% of local 8th grade students, 60% of local 10th grade students and 59% of local 12th grade students said they felt doing so has great risk.

Obtainability of Tobacco. We also asked local youth where they get tobacco products. Figure 4-65 shows how students who smoke responded. The most commonly reported source of tobacco was from friends their own age or older (39%). As Figure 4-66 shows, middle school students are more likely than high school students to obtain tobacco by taking it from their parents or a friend's parents (27%). High school students who smoke are more likely than middle school students to buy it themselves (23%).

Figure 4-65: Where Teens Get Tobacco
(Of Those Who Smoke)

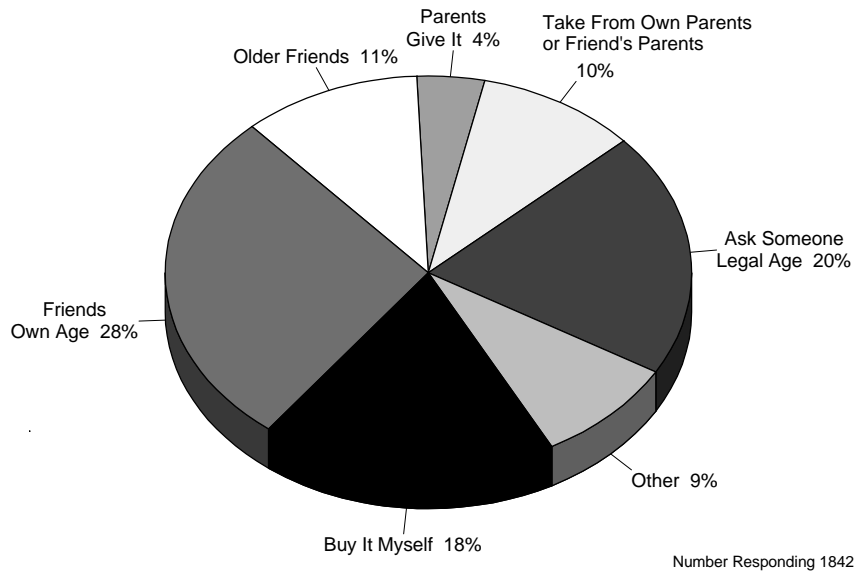
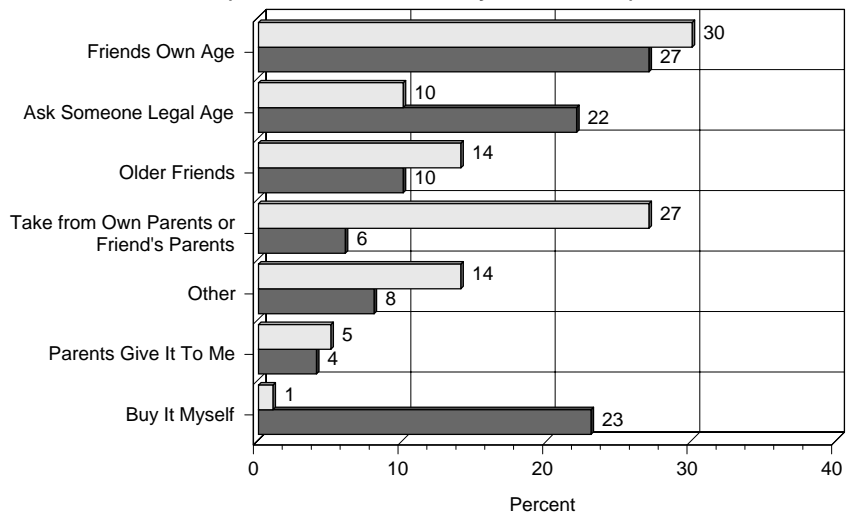


Figure 4-66: Where Teens Get Tobacco
(Of Those Who Smoke, by School Level)



□ Middle School ■ High School

Number Responding 1842

Why Teens Use Tobacco Products and Why They Don't Use Tobacco Products. We asked teens, "What do you think is the **one main reason** why teens your age use tobacco products?" The most common responses were, "All their friends use it," (26%), "It seems like a 'cool' thing to do," (26%), and "It calms them down," (18%). Figure 4-67 shows more high school students than middle school students reported that teens smoke because it calms them down (22% vs 10%). More middle school students than high school students say they smoke because it seems like a "cool" thing to do (31% vs 23%). Figure 4-68 shows there are no major differences in responses based on gender.

Figure 4-67: One Main Reason Why Teens Use Tobacco

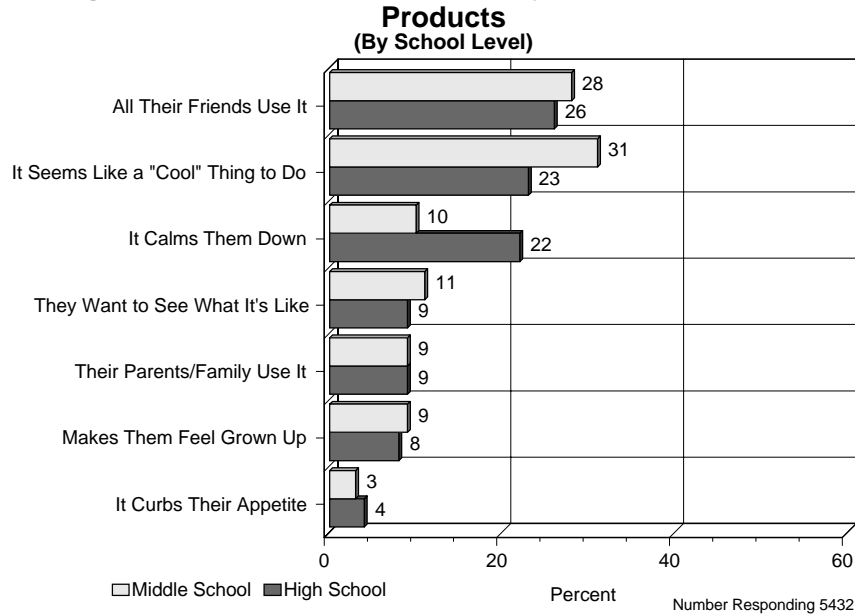
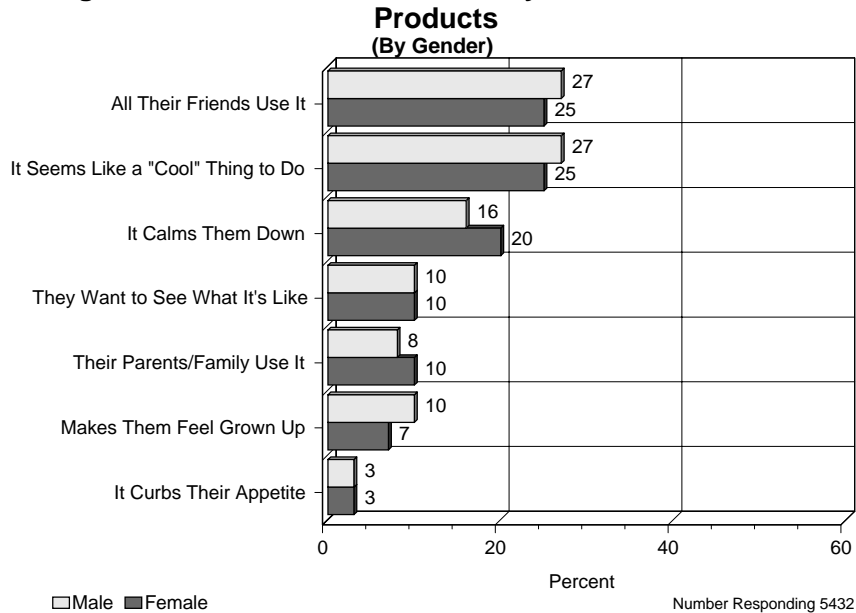


Figure 4-68: One Main Reason Why Teens Use Tobacco



It is also good to know why teens say they *don't* use tobacco. We asked teens, "If you do not use tobacco, what is the one main reason why you do not use tobacco products?" The three most frequent responses were: "It endangers my health," (43%), "My performance in athletics or other activities would suffer," (15%), and "It makes my breath and clothes smell unpleasant" (12%). Figure 4-69 shows the breakdown of all responses by school level.

Figure 4-69: One Main Reason Why Teens Don't Use Tobacco
(Of Those Who Don't Use Tobacco, by School Level)

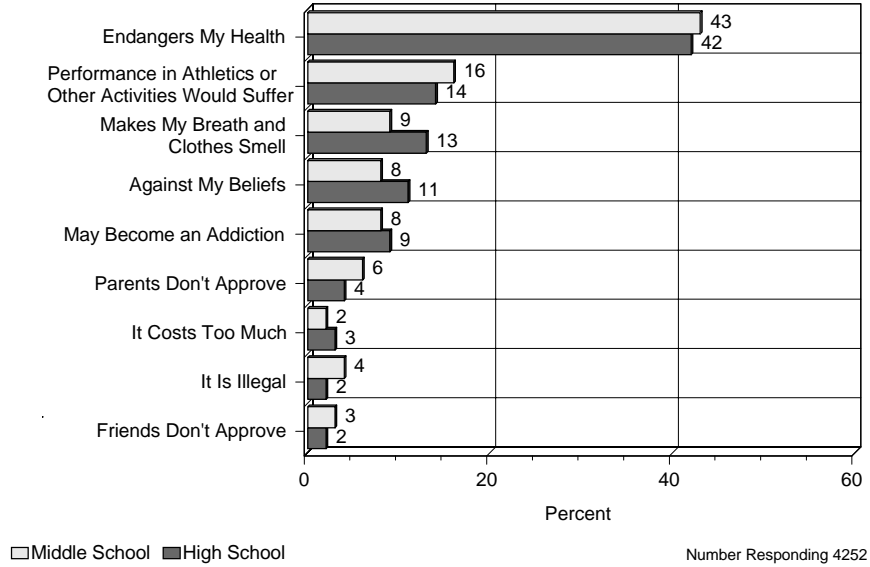
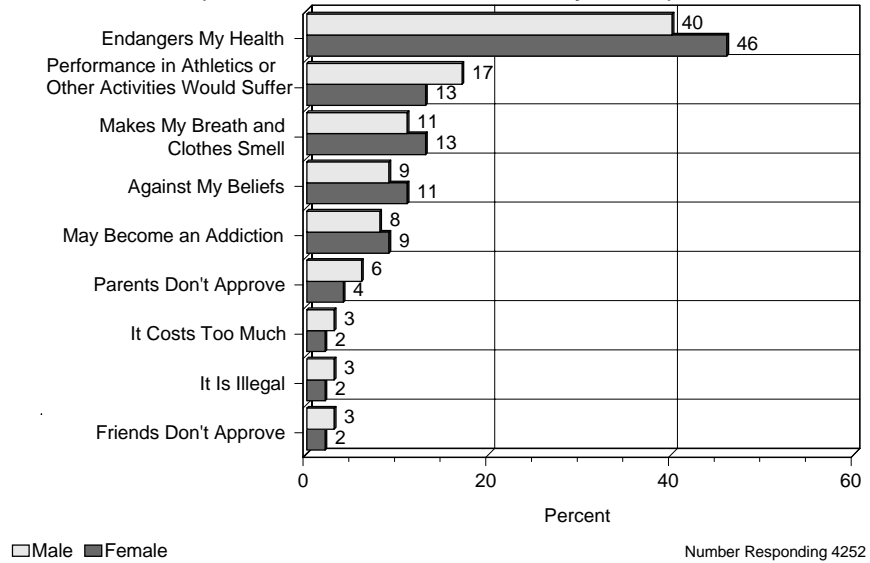


Figure 4-70 shows more females than males report they don't use tobacco because it endangers their health (females, 46% and males, 40%). Males are more likely to say they don't use tobacco products because their performance in athletics or other activities would suffer (males, 17% and females, 13%). No major differences appear in other responses.

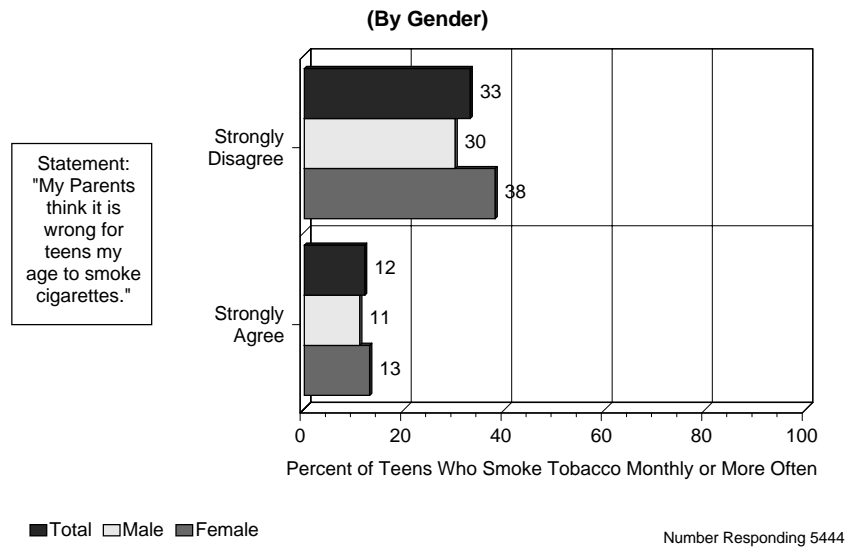
Figure 4-70: One Main Reason Why Teens Don't Use Tobacco

(Of Those Who Don't Use Tobacco, by Gender)



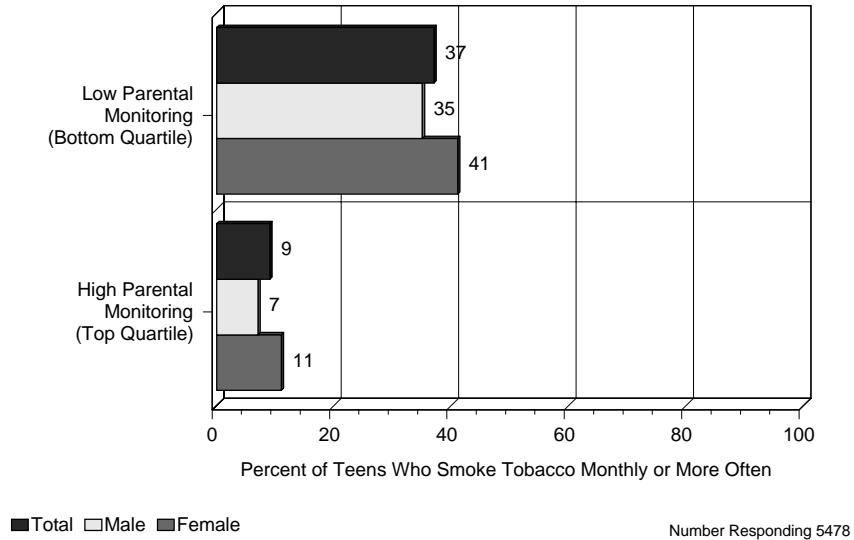
Parents' Role in Teen Tobacco Smoking. As with alcohol, parents are influential in teens' decisions about tobacco smoking. Teens' perceptions of their parents' values about tobacco smoking may influence their decision to smoke or not smoke. As Figure 4-71 shows, teens who strongly feel their parents 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, 12% 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, 33% smoke monthly or more often. Teens' perceptions of their parents' values about smoking appear to have a greater effect upon females' levels of smoking (38% vs 13%) than males' smoking (30% vs 11%).

Figure 4-71: Relationship Between Teens' Perceptions of Parental Values and Levels of Monthly Teen Tobacco Smoking



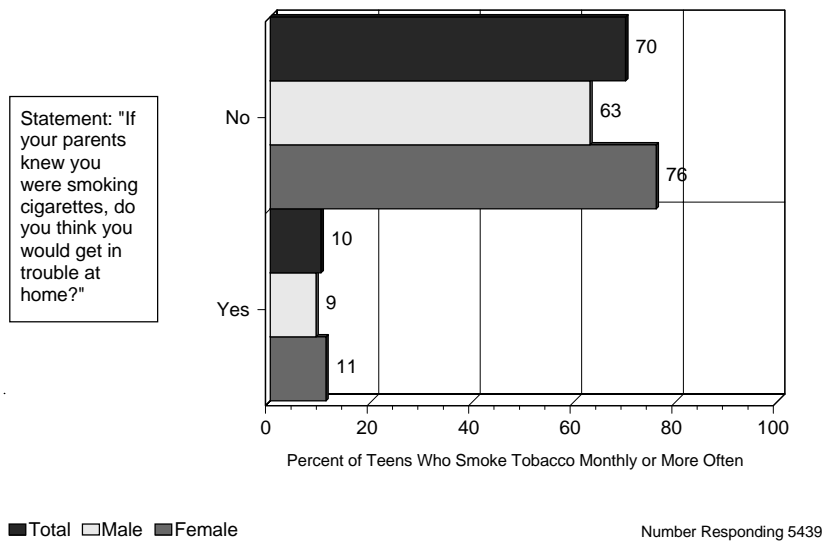
Parental monitoring positively affects levels of teen tobacco smoking. Figure 4-72 shows teens with a high level of parental monitoring (9%) are much less likely to smoke tobacco monthly than are teens with a low level of parental monitoring (37%).

Figure 4-72: Relationship Between Parental Monitoring and Levels of Monthly Teen Tobacco Smoking (By Gender)



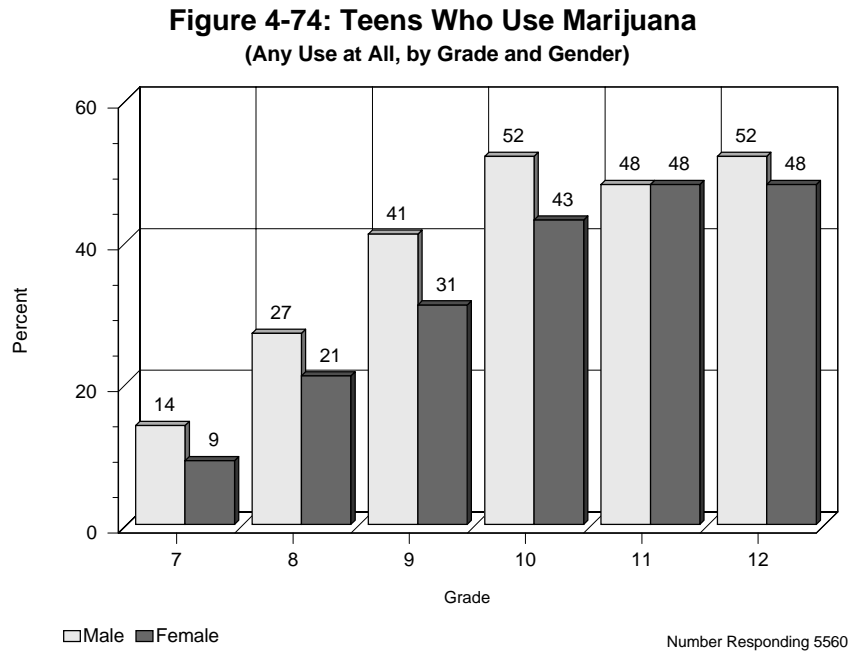
Teens believing they will get in trouble at home also appears to have a strong influence on their behavior. Figure 4-73 shows the responses of students to the question of whether they thought they would get in trouble at home if their parents knew they smoked tobacco. Males who did not think they would get in trouble at home over this issue were far more likely (63%) to smoke tobacco on a monthly basis than were those who did think they would be in trouble (9%). Females were also much more likely to smoke monthly if they thought they would not get in trouble (not get in trouble, 76%; get in trouble, 11%).

Figure 4-73: Relationship Between Teens' Level of Monthly Smoking and Thinking They'll Get in Trouble at Home (By Gender)



Marijuana Use

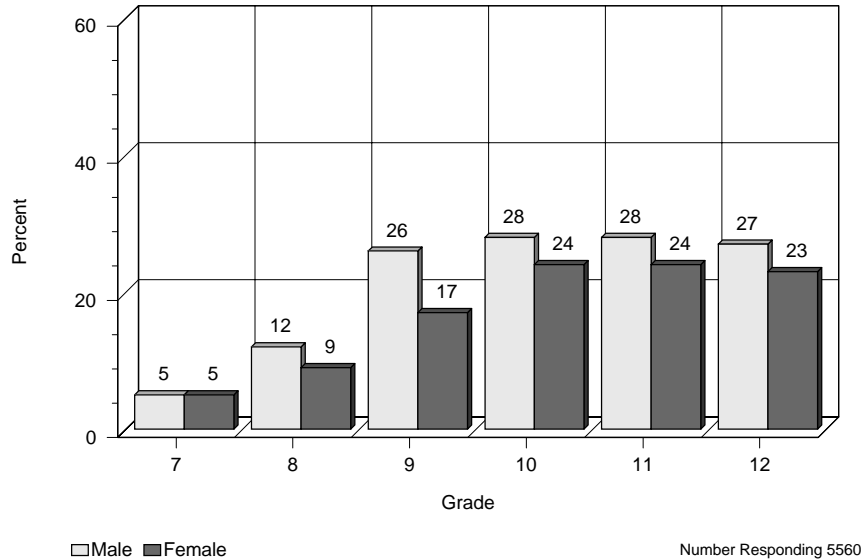
Following alcohol and tobacco, marijuana is the third most commonly used substance by local teens when considering "any use at all." Locally, 36% of youth have smoked marijuana at some time in the past (middle school, 18%; high school, 45%). Figure 4-74 shows the breakdown for any marijuana use at all by grade level 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 4th highest for any marijuana use out of 29 states surveyed by the CDC.

Figure 4-75 shows the breakdown of monthly marijuana use by grade and gender. Overall, 19% of all local youth reported using marijuana on a monthly or more often basis (middle school, 8%; high school, 24%).

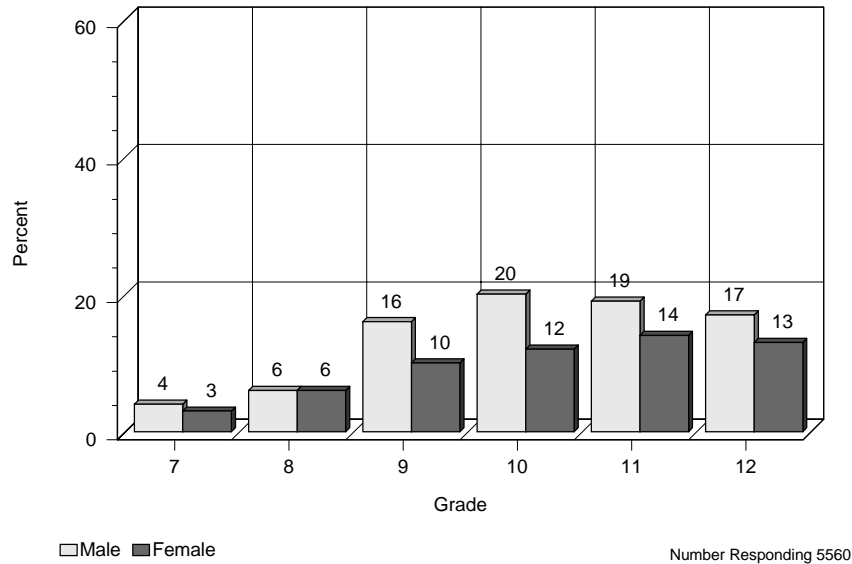
Figure 4-75: Teens Who Use Marijuana
(Monthly or More Often, by Grade and Gender)



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 highest in marijuana use out of 33 states surveyed by the CDC.

Figure 4-76 shows weekly marijuana use by grade level and gender. Twelve percent (12%) of all students reported using marijuana at least once a week (middle school, 5%; high school, 15%). The rate for weekly use increases between middle school and high school for both males and females (middle school males, 5%; high school males, 18%; middle school females, 4%; high school females, 12%). For males, weekly marijuana use peaks in grade 10 (20%). Females' weekly use of marijuana peaks in grade 11 (14%).

Figure 4-76: 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 4-77 shows the responses by school level. There are no major differences between middle and high school students.

Figure 4-77: When Teens Use Marijuana and Other Drugs
(Of Those Who Use Drugs, by School Level)

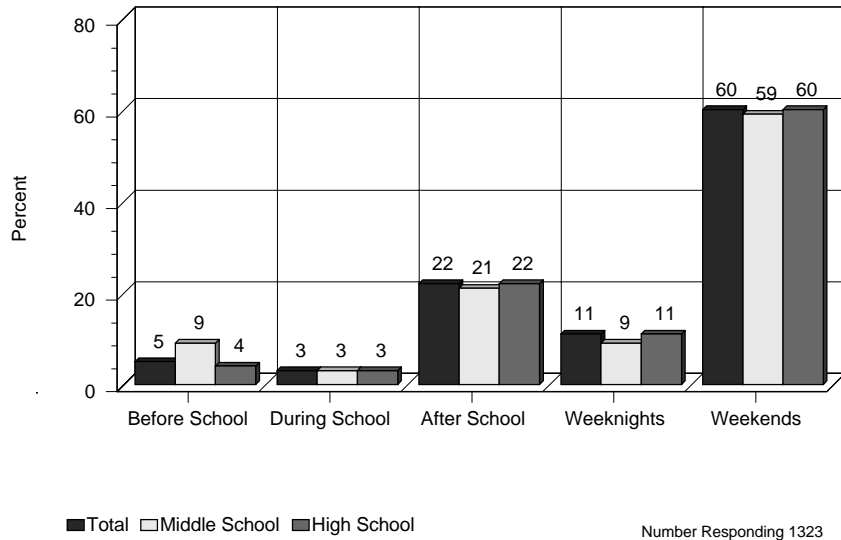
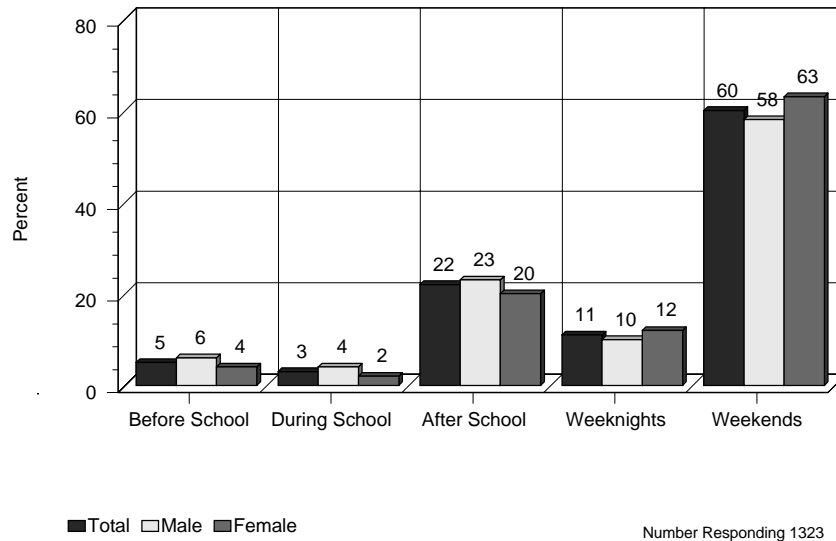


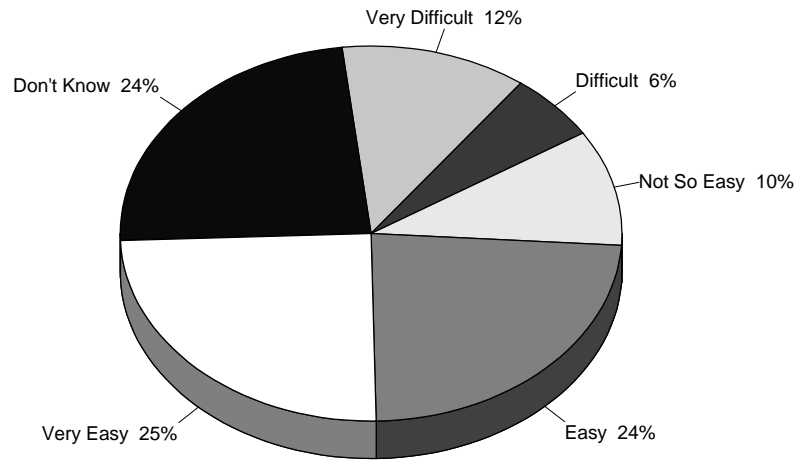
Figure 4-78 shows the responses by gender. As with the chart above, there are no major differences between males and females.

Figure 4-78: When Teens Use Marijuana and Other Drugs
(Of Those Who Use Drugs, by Gender)



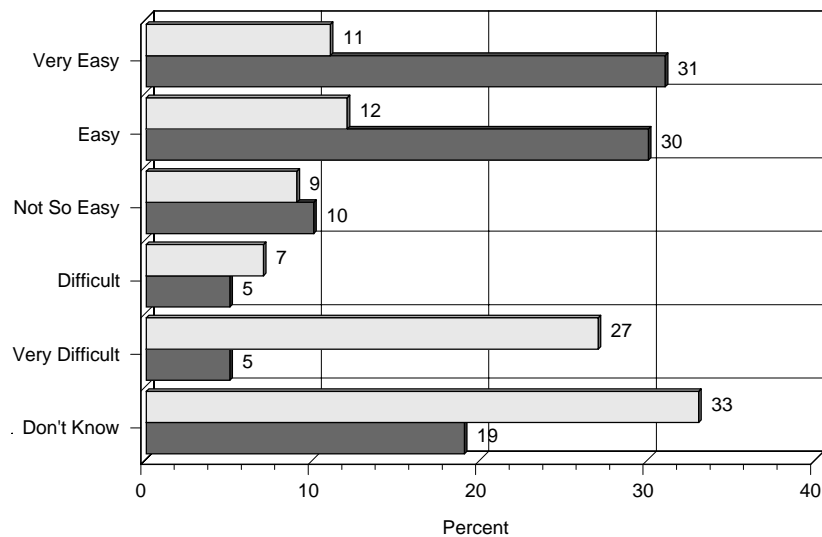
Obtainability. Overall, as Figure 4-79 shows, 49% of students tell us it is "very easy" or "easy" to obtain marijuana. Figure 4-80 shows there is a large difference between middle school, where only 23% believe it is "very easy" or "easy" to get marijuana, and high school, where 61% believe it is. One third of middle school students (34%) believe it is "very difficult" or "difficult" to obtain marijuana; only 10% of high school students think so. In middle school, 33% of students don't know how obtainable marijuana is, while in high school, 19% of students don't know.

Figure 4-79: Obtainability of Marijuana



Number Responding 5541

Figure 4-80: Obtainability of Marijuana (By School Level)



□ Middle School ■ High School

Number Responding 5541

Why Teens Do and Don't Use Marijuana. We asked teens "What do you think is the *one main reason why teens your age use marijuana?*" The most common reason chosen was "It helps them feel good." (26%). Figure 4-81 shows the breakdown of responses by school level. Figure 4-82 shows the breakdown by gender.

Figure 4-81: One Main Reason Why Teens Use Marijuana (By School Level)

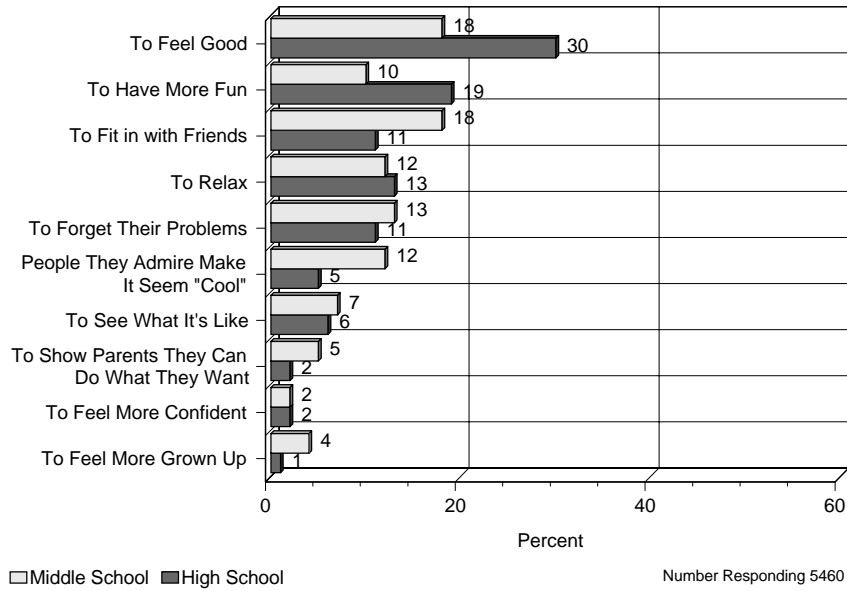
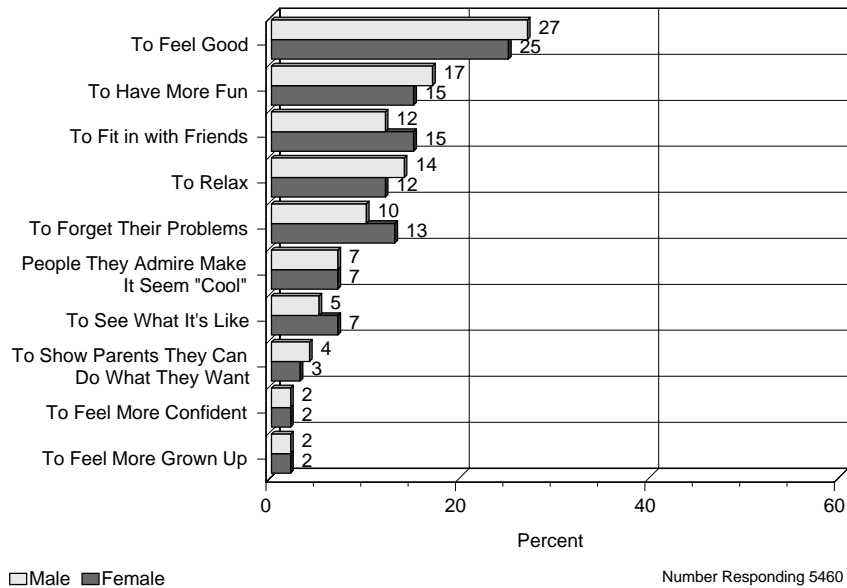


Figure 4-82: One Main Reason Why Teens Use Marijuana (By Gender)



It is also useful to know why teens don't use marijuana. We asked teens "What do you think is the **one main reason** why teens your age don't use marijuana?" Overall, 38% of local teens indicated they felt teens their age did not use marijuana because "They don't want to mess up their bodies." Others said teens did not use marijuana because "It's against the law and they're afraid they might get caught." (17%) and "They don't need it to make them happy." (13%). Figure 4-83 shows the breakdown of responses by school level and Figure 4-84 shows the breakdown by gender.

Figure 4-83: One Main Reason Why Teens Don't Use Marijuana (By School Level)

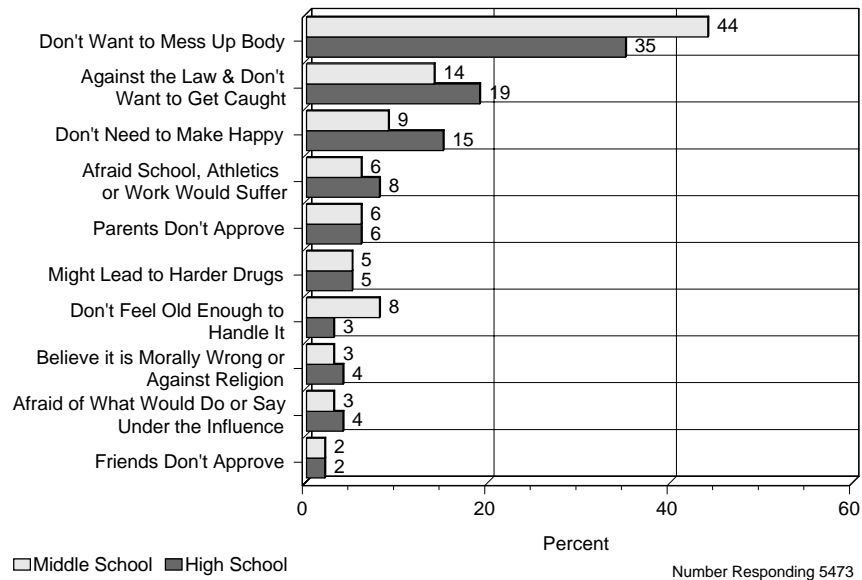
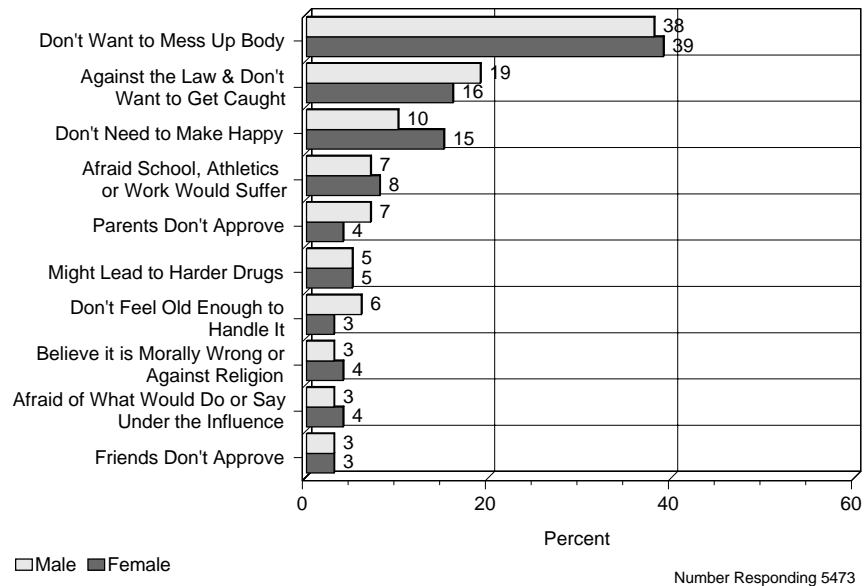


Figure 4-84: One Main Reason Why Teens Don't Use Marijuana (By Gender)



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-six percent (66%) of students responded they felt this experimentation with marijuana carried "no" or "slight risk" (middle school, 51%; high school, 73%). Figure 4-85 shows responses broken down by school level. Figure 4-86 shows responses broken down by gender.

Figure 4-85: Perceived Risk: Try Marijuana Once or Twice (By School Level)

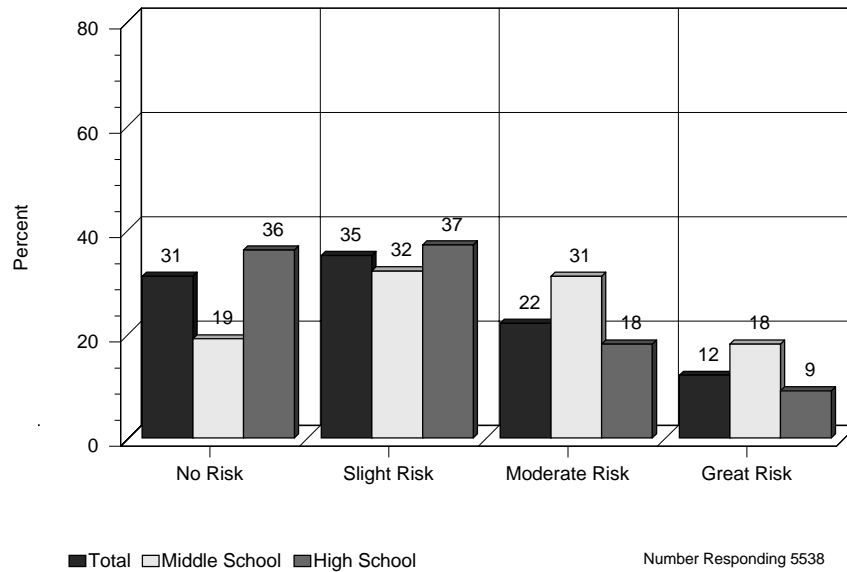


Figure 4-86: Perceived Risk: Try Marijuana Once or Twice (By Gender)

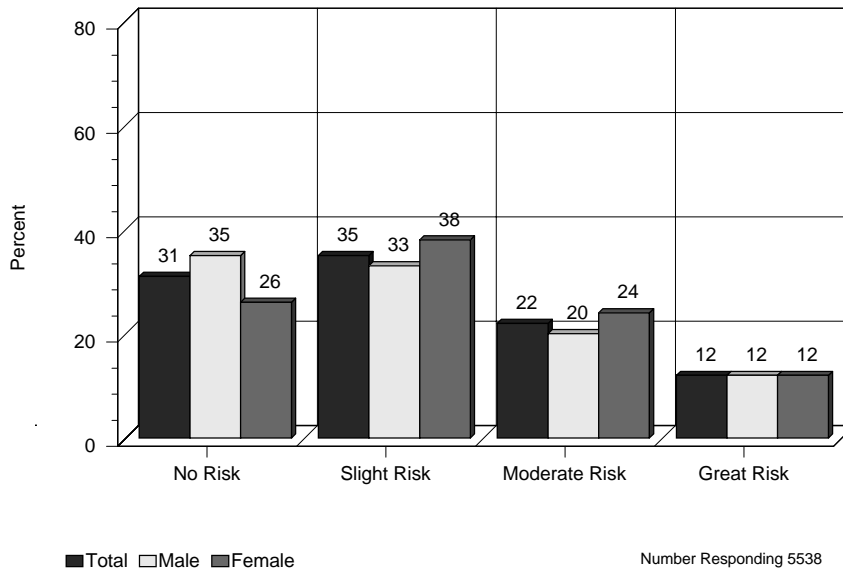
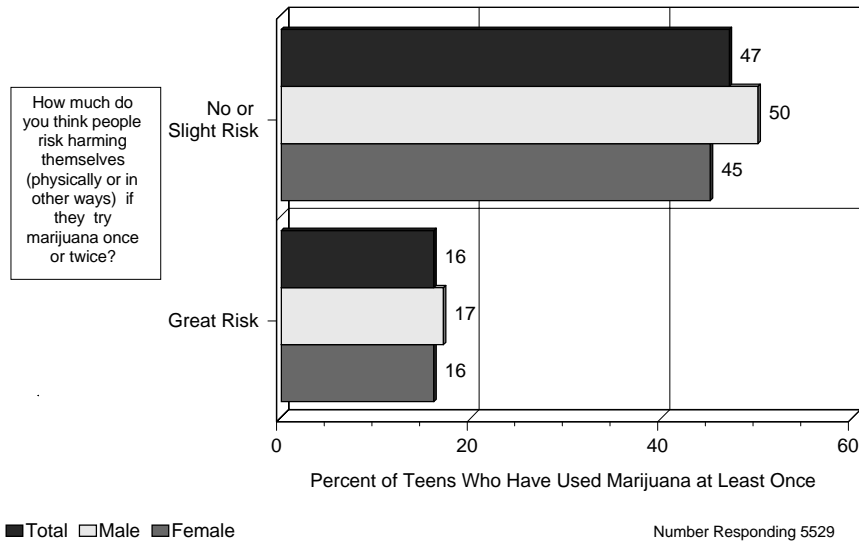


Figure 4-87 shows 47% of those who consider trying marijuana once or twice to be of “no” or “slight risk” have used marijuana at least once. Of those who consider this to be of “great risk,” 16% report using marijuana at least once.

Figure 4-87: 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 8th grade students, 19% of 10th grade students and 16% of 12th grade students surveyed think trying marijuana carries a great risk (Johnson et al., 2000). TAP found 15% of local 8th grade students, 9% of local 10th grade students and 9% of local 12th 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 4-88 shows 25% consider regular use of marijuana to be of "no" or "slight risk."

Figure 4-88: Perceived Risk: Smoke Marijuana Regularly (By School Level)

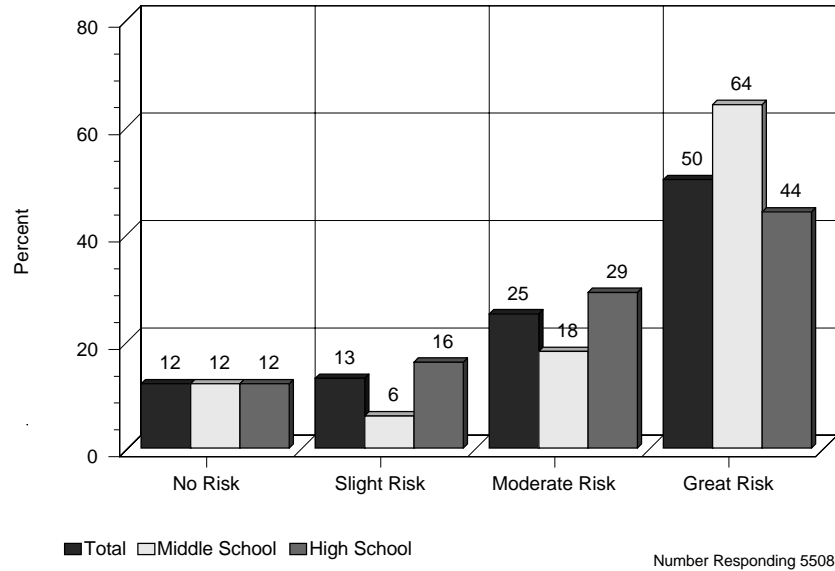
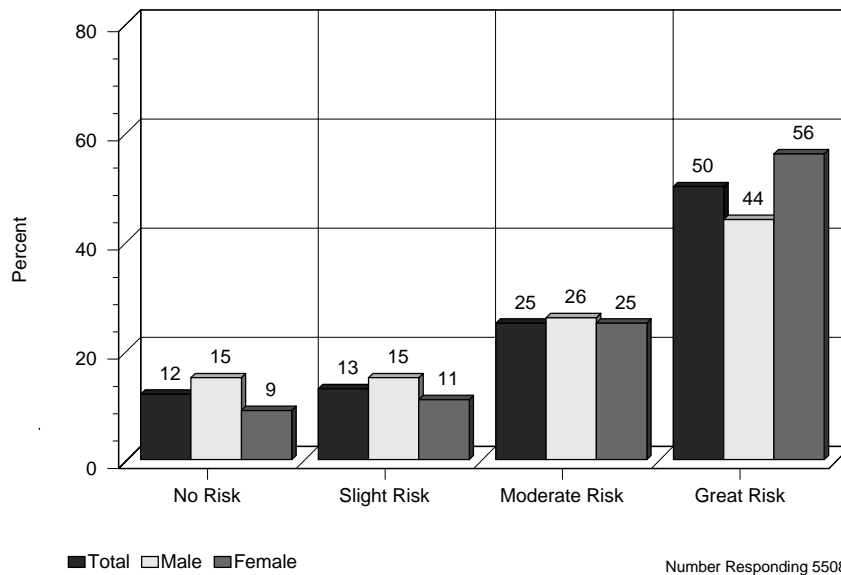


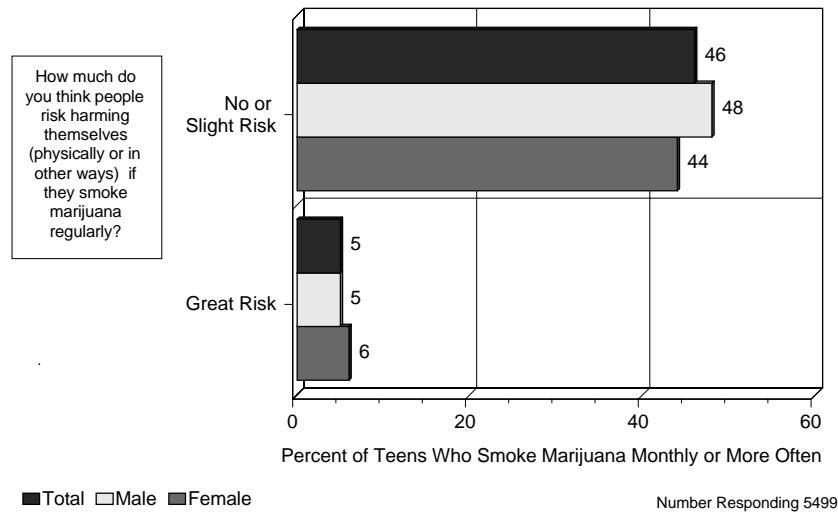
Figure 4-89 shows the responses broken down by gender.

Figure 4-89: 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 4-90 shows 46% of those who consider smoking marijuana regularly to be of "no" or "slight risk" smoke monthly or more often. Only 5% of those who consider smoking to be of great risk use marijuana monthly or more often.

Figure 4-90: 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 8th grade students, 66% of 10th grade students and 57% of 12th grade students think regular marijuana smoking carries a great risk (Johnson et al., 2000). TAP found 61% of local 8th grade students, 45% of local 10th grade students and 39% of local 12th 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. Eleven percent (11%) of local teens reported having used inhalants at some time in the past (middle school, 12%; high school, 10%).

We asked students *"If you have used inhalants, how old were you the first time you used inhalants?"* As Figure 4-91 shows, the average reported age at which youth first experimented with inhalants is 13.

Figure 4-91: Age Students First Experimented with Inhalants (By Gender)

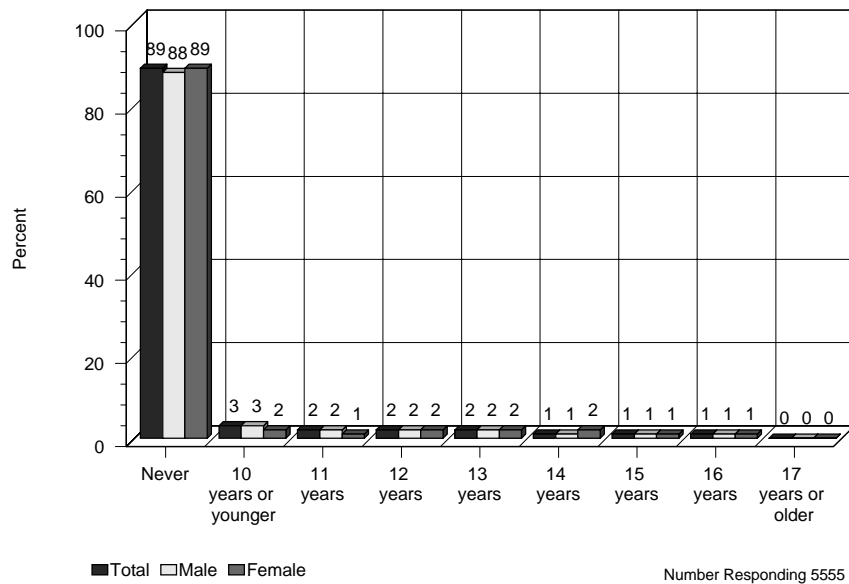
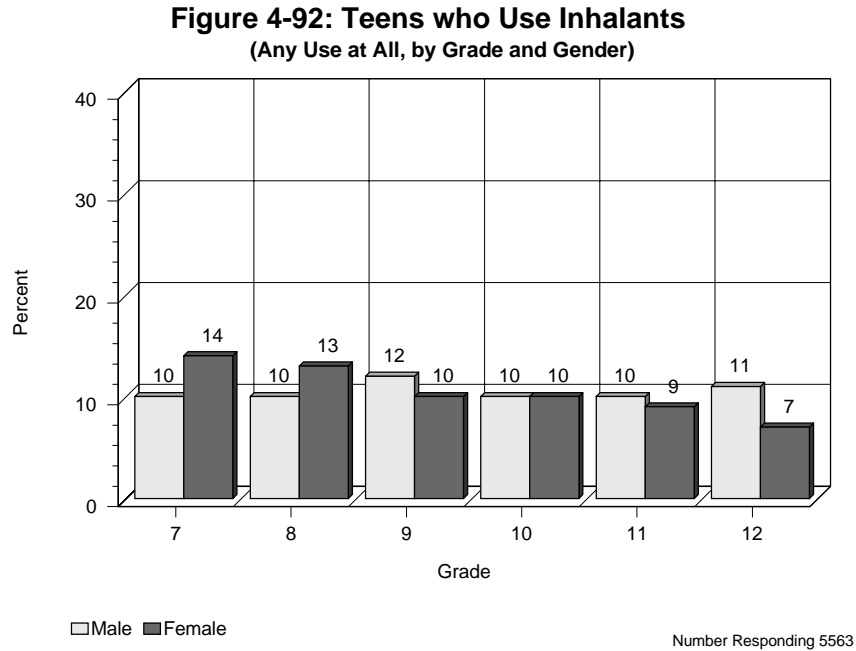


Figure 4-92 shows the breakdown for any inhalant use at all, by grade level and gender. Two percent (2%) of local youth reported using inhalants monthly or more often (middle school 2%; high school, 2%).



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 3rd highest for any inhalant use 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 6th highest out of the 32 states surveyed by the CDC.

When Teens Use Inhalants. Teens who use inhalants are most likely to use inhalants during school (30%). Middle school students are more likely to use inhalants during school than high school students (36% vs 26%). Figure 4-93 shows the breakdown by school level. Figure 4-94 shows the responses by gender.

Figure 4-93: When Teens Use Inhalants
(Of Those Who Use Inhalants, By School Level)

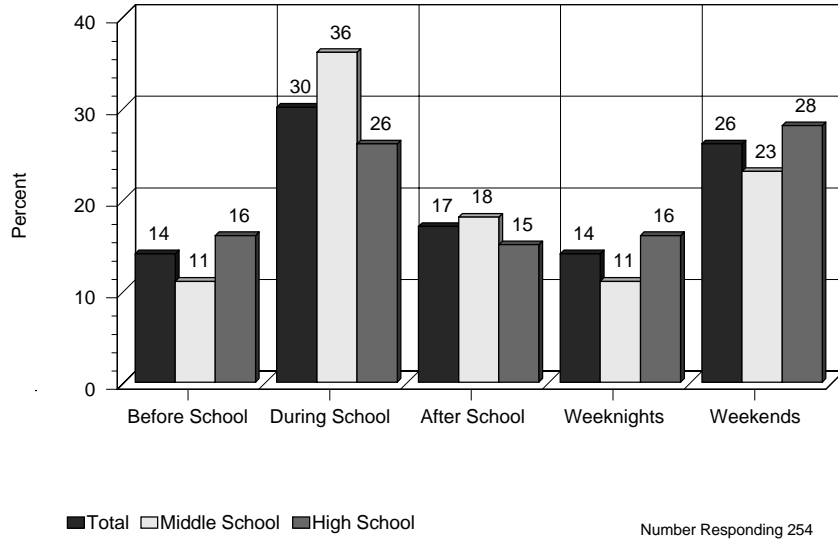
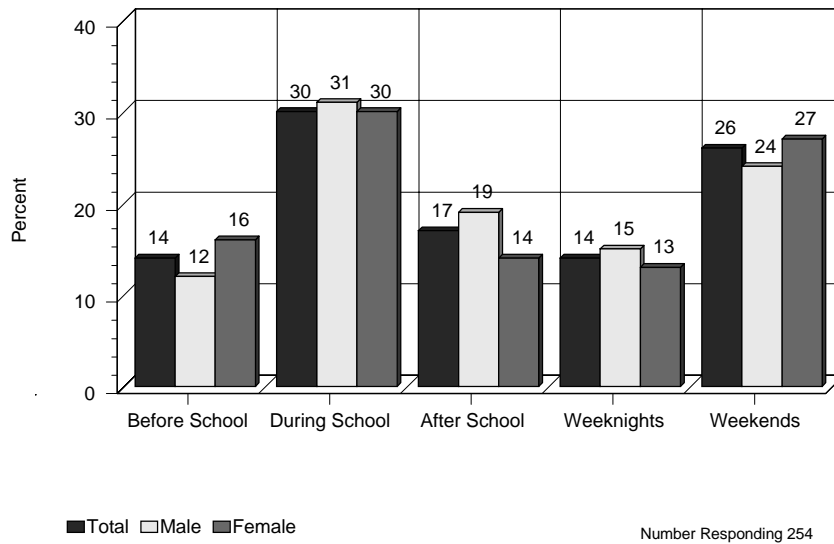
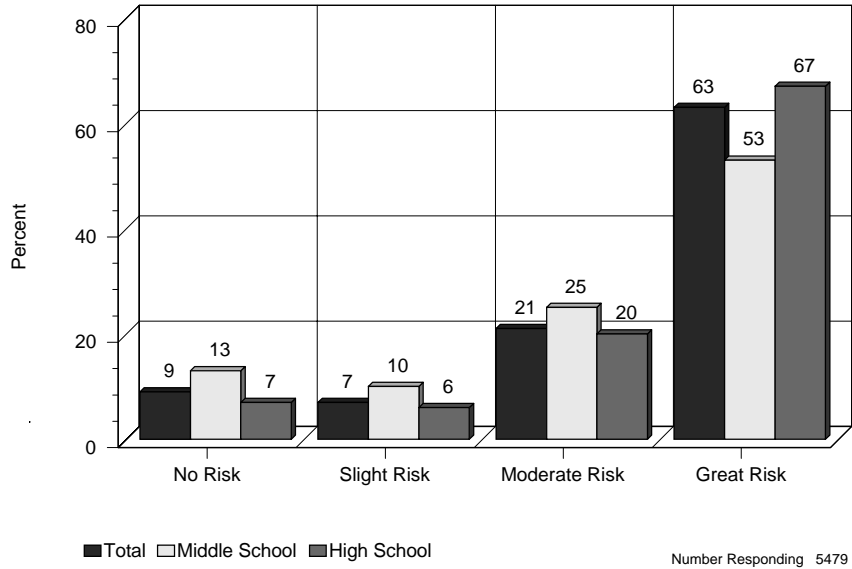


Figure 4-94: When Teens Use Inhalants
(Of Those Who Use Inhalants, By Gender)

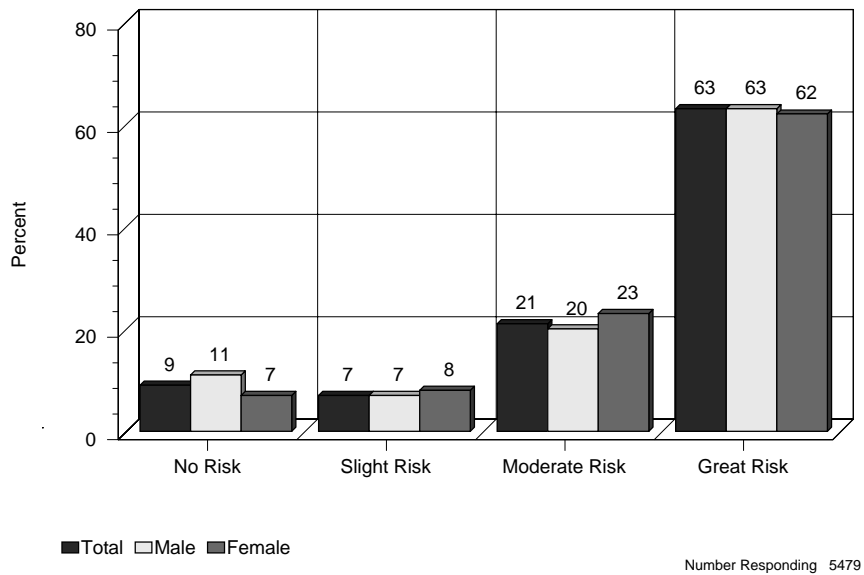


Perceived Risk. We asked local students "How much do you think people risk harming themselves (physically or in other ways) if they use inhalants?" Figure 4-95 shows that 16% of local youth feel that doing so has "no" or "slight risk" (middle school, 23%; high school, 13%). More high school students (67%) than middle school students (53%) feel using inhalants carries "great risk." Figure 4-96 shows the responses broken down by gender.

**Figure 4-95: Perceived Risk: Inhalant Use
(By School Level)**

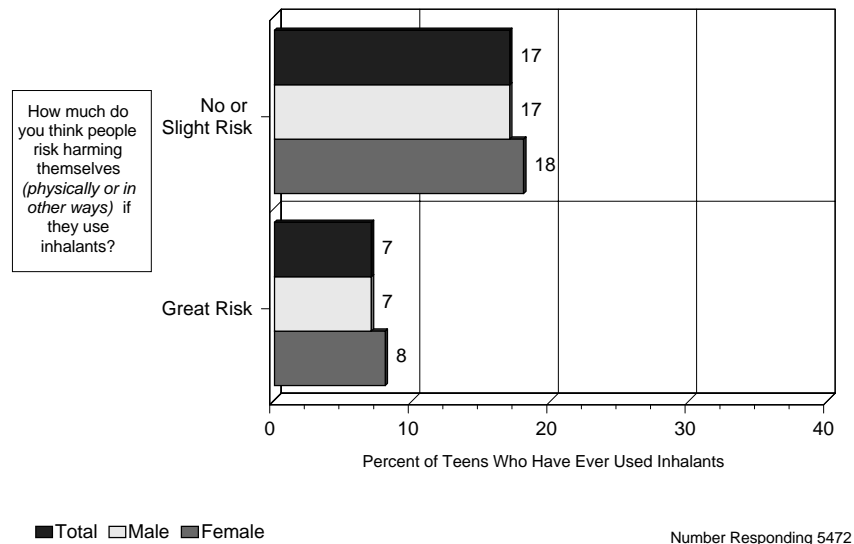


**Figure 4-96: Perceived Risk: Inhalant Use
(By Gender)**



TAP data indicate youth who perceive inhalant use as less risky are more likely to use inhalants. Figure 4-97 shows 17% of those who consider inhalant use to be of "no" or "slight risk" use inhalants compared with 7% who consider inhalant use to be of "great risk."

Figure 4-97: Perceived Risk of Inhalant Use and Any Use of Inhalants (By Gender)



The Monitoring the Future Study conducted in 1999 asked 8th and 10th graders about the perceived harmfulness of inhalants. Their data found 41% of 8th grade students and 48% of 10th grade students think trying inhalants once or twice carries great risk (Johnson et al., 2000). TAP found 58% of local 8th grade students, 66% of local 10th grade students and 71% of local 12th 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**.

Table 4-1: Overall Drug Use

Type of Drug	Any Use	Monthly Use	Weekly Use
Over the Counter	28%	10%	5%
Hallucinogens	13%	4%	1%
Uppers	13%	4%	2%
Chewing Tobacco	12%	4%	2%
Cocaine or Crack	7%	2%	1%
Downers	6%	2%	1%
Narcotics	4%	1%	1%
Steroids	4%	1%	1%