MS Total Participants = 1,280

### 2019 Age of Participants

<table>
<thead>
<tr>
<th>Age Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 years old or younger</td>
<td>31.0%</td>
</tr>
<tr>
<td>11 years old</td>
<td>21.0%</td>
</tr>
<tr>
<td>12 years old</td>
<td>32.8%</td>
</tr>
<tr>
<td>13 years old</td>
<td>31.2%</td>
</tr>
<tr>
<td>14 years old</td>
<td>14.3%</td>
</tr>
<tr>
<td>15 years old</td>
<td>0.1%</td>
</tr>
<tr>
<td>16 years old or older</td>
<td>0.3%</td>
</tr>
</tbody>
</table>

### 2019 Gender

- Female: 50%
- Male: 48%
- Other: 2%
HS Total Participants = 1,712

2019 Age of Participants

YO = Years Old

2019 Gender

Female: 46%
Male: 50%
Other: 3%
Middle School
How do you describe yourself? (Select one or more responses)

- American Indian or Alaska Native: 3.4%
- Asian: 15.6%
- Black or African American: 7.0%
- Hispanic or Latino: 7.8%
- Native Hawaiian or other Pacific Islander: 2.1%
- White/Caucasian: 78.5%
How do you describe yourself? (Select one or more responses)

- American Indian or Alaska Native: 5.0%
- Asian: 14.7%
- Black or African American: 5.9%
- Hispanic or Latino: 5.4%
- Native Hawaiian or other Pacific Islander: 0.8%
- White/Caucasian: 77.0%
Topical Areas

• Violence and Bullying
• Social Media and Safety
• Alcohol, Drugs and Tobacco
• Mental Health
• Sexual Risk (High School only)
• General Health
• Adverse Childhood Experiences
• Assets
Violence and Bullying
Students reported bullying related to disability as highest concern area (23%)

<table>
<thead>
<tr>
<th>Students who are gay, lesbian, bisexual</th>
<th>Student's Race</th>
<th>Student's Religion</th>
<th>Student's Language other than English</th>
<th>Student's Country of Origin</th>
<th>Student's Disability</th>
</tr>
</thead>
<tbody>
<tr>
<td>20.0%</td>
<td>16.8%</td>
<td>12.9%</td>
<td>11.0%</td>
<td>11.0%</td>
<td>23.0%</td>
</tr>
</tbody>
</table>

Students reported bullying related to disability as highest concern area (23%)
High School - Bullying based on the following is a Serious or Somewhat Serious problem:

- Gay, lesbian, bisexual: 17.2% (2017), 23.7% (2019)
- Race: 17.5% (2017), 24.7% (2019)
- Religion: 14.8% (2017), 17.9% (2019)
- Language other than English: 10.0% (2017), 13.4% (2019)
- Student's Country of Origin: 12.5% (2017), 15.2% (2019)
- Disability: 22.5% (2017), 29.5% (2019)

Students reported bullying related to disability as highest concern area; 30% = 479 students
Middle School - Frequently or Very Frequently witnessed/heard of issues regarding:

- Race: 12.4%
- Religion: 8.0%
- Language other than English: 6.7%
- Country of Origin: 6.0%
- Disability: 16.6%

Students reported issues related to disability most frequently (16.6%) followed by race (12.4%).
Students reported issues related to disability are highest followed by race; 16% = 259 students; followed by race 15% = 237 students.
Social Media and Safety Issues
Social media usage to receive and/or give negative messages is a relatively stable trend; receiving electronic bullying decrease is the most favorable trend.

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Were electronically bullied in the past year</td>
<td>12.8%</td>
<td>13.8%</td>
<td>9.4%</td>
</tr>
<tr>
<td>Electronically bullied someone else in the past year</td>
<td>6.1%</td>
<td>4.8%</td>
<td>1.8%</td>
</tr>
</tbody>
</table>
Social media usage to receive and/or give negative messages is a relatively stable trend; receiving electronic bullying decrease is the most favorable trend.

<table>
<thead>
<tr>
<th>Year</th>
<th>Were electronically bullied in the past year</th>
<th>Electronically bullied someone else in the past year</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>15.1%</td>
<td>14.4%</td>
</tr>
<tr>
<td>2017</td>
<td>13.8%</td>
<td>14.6%</td>
</tr>
<tr>
<td>2019</td>
<td>17.2%</td>
<td>11.1%</td>
</tr>
</tbody>
</table>
Substance Use
Middle School - Alcohol Use

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Had first drink before age 13</td>
<td>6.0%</td>
<td>4.9%</td>
<td>5.5%</td>
</tr>
<tr>
<td>Had at least one drink of</td>
<td>2.8%</td>
<td>3.7%</td>
<td>1.6%</td>
</tr>
<tr>
<td>alcohol in the past month</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Engaged in binge drinking in</td>
<td>0.9%</td>
<td>1.4%</td>
<td>0.3%</td>
</tr>
<tr>
<td>the past month</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Pittsford Schools
High School-Alcohol Use

Had first drink before age 13: 8.7%, 8.8%, 8.1%

Had at least one drink of alcohol in the past month:
- 32.7% (2015)
- 31.5% (2017)
- 27.6% (2019)

Engaged in binge drinking in the past month:
- 19.3% (2015)
- 19.1% (2017)
- 18.3% (2019)
Overall use of marijuana has increased from 2015 to 2019.
Overall use of marijuana has increased from 2017 to 2019.

High School – Marijuana Use

<table>
<thead>
<tr>
<th>Used marijuana before age 13</th>
<th>Used marijuana in the past month</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.6%</td>
<td>19.9%</td>
</tr>
<tr>
<td>3.5%</td>
<td>15.8%</td>
</tr>
<tr>
<td>3.7%</td>
<td>19.0%</td>
</tr>
</tbody>
</table>

Overall use of marijuana has increased from 2017 to 2019.
310 students reported using marijuana in the past month; in 2019 vaping overtook smoking as the preferred method of use.

### High School Marijuana Use - How they used it in past 30 days

<table>
<thead>
<tr>
<th>Method</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoked it in a joint, bong, pipe, or blunt</td>
<td>70.9%</td>
<td>60.1%</td>
<td>60.3%</td>
</tr>
<tr>
<td>Ate it in food/edibles such as brownies, cakes, cookies, or candy</td>
<td>26.4%</td>
<td>22.2%</td>
<td>29.7%</td>
</tr>
<tr>
<td>Drank it in tea, cola, alcohol, or other drinks</td>
<td>9.2%</td>
<td>8.1%</td>
<td>14.8%</td>
</tr>
<tr>
<td>Vaped it</td>
<td>27.8%</td>
<td>20.5%</td>
<td>79.7%</td>
</tr>
<tr>
<td>Used it some other way</td>
<td>9.4%</td>
<td>12.0%</td>
<td>16.1%</td>
</tr>
</tbody>
</table>

310 students reported using marijuana in the past month; in 2019 vaping overtook smoking as the preferred method of use.
During your life, have you ever taken prescription medicine without a doctor's prescription, or taken it differently than your doctor’s direction?

During your life, have you ever taken any form of over-the-counter drugs to get high?

Have you ever sniffed/inhaled glue, markers, computer keyboard cleaners (Duster), paints or sprays, or breathed the contents of spray cans to get high?

Used an energy drink

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>During your life, have you ever taken prescription medicine without a doctor's prescription, or taken it differently than your doctor’s direction?</td>
<td>2.3%</td>
<td>1.4%</td>
<td>2.4%</td>
</tr>
<tr>
<td>During your life, have you ever taken any form of over-the-counter drugs to get high?</td>
<td>3.3%</td>
<td>1.7%</td>
<td>1.7%</td>
</tr>
<tr>
<td>Have you ever sniffed/inhaled glue, markers, computer keyboard cleaners (Duster), paints or sprays, or breathed the contents of spray cans to get high?</td>
<td>5.7%</td>
<td>4.2%</td>
<td>3.6%</td>
</tr>
<tr>
<td>Used an energy drink</td>
<td>31.4%</td>
<td>34.0%</td>
<td>35.8%</td>
</tr>
</tbody>
</table>
Have ever taken pain medication not prescribed or differently than described

- 2015: 8.3%
- 2017: 5.7%
- 2019: 8.1%

Have ever taken sedative medication not prescribed or differently than described

- 2015: 6.3%
- 2017: 3.0%
- 2019: 2.6%

Have ever taken stimulant medication not prescribed or differently than described

- 2015: 6.3%
- 2017: 5.5%
- 2019: 5.8%

Abused over-the-counter medications

- 2015: 6.3%
- 2017: 5.5%
- 2019: 5.8%

Injected an illegal drug into their body

- 2015: 3.0%
- 2017: 2.4%
- 2019: 2.6%
High School - Use of Other Drugs

- Synthetic Drugs:
  - 2015: 4.1%
  - 2017: 3.6%
  - 2019: 4.3%

- Cocaine:
  - 2015: 4.7%
  - 2017: 3.9%
  - 2019: 4.7%

- Heroin:
  - 2015: 3.7%
  - 2017: 2.6%
  - 2019: 3.6%

- Ecstasy:
  - 2015: 4.7%
  - 2017: 4.0%
  - 2019: 4.7%

- Hallucinogenic Drugs:
  - 2015: 6.9%
  - 2017: 5.0%
  - 2019: 5.9%
Middle School

RODE IN A CAR or other vehicle driven by someone who had been drinking alcohol in the past month

- 2015: 18.1%
- 2017: 14.6%
- 2019: 13.2%

RODE IN A CAR or other vehicle driven by someone who had been using marijuana, pills, or other drugs in the past month

- 2015: 19.4%
- 2017: 14.7%
- 2019: 15.0%

Pittsford Schools
While still significant, texting while driving declined in 2019.
Substance Use on School Property
Drug use on campuses at lowest point in 6 years; in 2019, 11% = 187 students
High School - Went to School/School Events Under the Influence

- Alcohol: 6.6% (2017), 13.4% (2019)
- Marijuana, pot or weed: 6.9% (2017), 11.7% (2019)
- Cocaine: 2.3% (2017), 3.1% (2019)
- Heroin: 2.0% (2017), 2.8% (2019)
- Pills not prescribed for them: 2.8% (2017), 3.1% (2019)
- Other Drugs: 2.5% (2017), 3.9% (2019)
High School - Used at School/School Events

- Alcohol: 11.2% (2019), 5.3% (2017)
- Marijuana, pot or weed: 9.9% (2019), 4.5% (2017)
- Cocaine: 2.5% (2019), 3.6% (2017)
- Heroin: 2.1% (2019), 3.2% (2017)
- Pills not prescribed for them: 2.8% (2019), 3.6% (2017)
- Vapes/E-cigs: 10.8% (2019)

Pittsford Schools
Middle School - E-Cigarettes

- **Ever used an e-cig or vape product**
  - 2015: 3.3%
  - 2017: 3.4%
  - 2019: 4.2%

- **Tried an e-cig or vape product before age 13**
  - 2015: 2.0%
  - 2017: 2.6%

- **Used an e-cig or vape product within last month**
  - 2015: 4.7%
  - 2017: 4.4%
  - 2019: 1.5%
E-cig usage continues for over 20% of students.
Mental Health
Personal Problems
Felt so sad or hopeless almost every day for two weeks or more in a row - stopped doing some usual activities?

- 2015: 13.4%
- 2017: 14.6%
- 2019: 18.7%

Had difficulty concentrating, remembering, or making decisions because of mental, or emotional challenges?

- 2015: 12.9%
- 2017: 18.7%
- 2019: 28.0%

Did something to purposely hurt themselves without wanting to die, such as cutting or burning yourself on purpose?

- 2015: 11.3%
- 2017: 13.7%
- 2019: 10.3%
High School - Mental Health

- Felt so sad or hopeless almost every day for two weeks or more in a row - stopped doing some usual activities
  - 2015: 22.7%
  - 2017: 21.9%
  - 2019: 24.3%

- Had difficulty concentrating, remembering, or making decisions because of mental, or emotional challenges
  - 2015: 25.2%
  - 2017: 24.1%
  - 2019: 31.8%

- Did something to purposely hurt themselves without wanting to die, such as cutting or burning yourself on purpose
  - 2015: 16.0%
  - 2017: 14.7%
  - 2019: 11.2%

Student mental health needs approximate 20-25% of the population.
Self harm has decreased; suicidal concerns have increased.
High School - Mental Health - Suicide

<table>
<thead>
<tr>
<th>Category</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seriously considered suicide in the past year</td>
<td>10.5%</td>
<td>11.5%</td>
<td>13.4%</td>
</tr>
<tr>
<td>Made a plan about how they would attempt suicide in the past year</td>
<td>7.5%</td>
<td>8.3%</td>
<td>9.5%</td>
</tr>
<tr>
<td>Actually attempted suicide in the past year</td>
<td>3.7%</td>
<td>4.7%</td>
<td>5.4%</td>
</tr>
<tr>
<td>A suicide attempt in the past year resulted in an injury needing treatment by a doctor/nurse</td>
<td>1.5%</td>
<td>1.9%</td>
<td>2.2%</td>
</tr>
</tbody>
</table>

Self harm has decreased; suicidal concerns have increased

Pittsford Schools
Sexual Risk Behaviors
Ever had sexual intercourse: 23.9% (2015), 23.2% (2017), 24.4% (2019)

Had sexual intercourse before age 13: 2.8% (2015), 2.8% (2017), 4.0% (2019)

Engaged in sexual intercourse in the past 3 months: 18.8% (2015), 19.1% (2017), 11.7% (2019)

Ever participated in oral sex: 29.0% (2015), 28.7% (2017), 28.4% (2019)

Participated in oral sex before age 13: 2.9% (2015), 3.6% (2017), 4.3% (2019)

Used alcohol or drugs before they had sex the last time, of currently sexually active students: 12.3% (2015), 25.4% (2017), 11.0% (2019)

Used a condom during last time they had sexual intercourse: 65.8% (2015), 56.9% (2017), 26.1% (2019)
Adverse Childhood Experiences
ACEs
Middle School - ACES - Home Life

- Parent/adult in home swore at, insulted or put down student: 7.4% (2015), 6.9% (2017), 7.1% (2019)
- Parent/adult in home hit, beat, kicked or physically hurt student: 2.1% (2015), 2.2% (2017), 0.8% (2019)
- Parents/adults in home hit, beat, kicked or physically hurt each other: 1.8% (2015), 0.9% (2017), 0.6% (2019)
- Currently do not live with both parents: 14.0% (2019)
- Often/repeatedly family has not had enough money to buy food/pay for housing: 3.3% (2015), 3.7% (2017), 2.1% (2019)
High School - ACEs - Home Life

- Parent/adult in home swore at, insulted or put down student: 10.8% (2015), 10.1% (2017), 10.8% (2019)
- Parent/adult in home hit, beat, kicked or physically hurt student: 2.1%, 2.9%, 2.6%
- Parents/adults in home hit, beat, kicked or physically hurt each other: 2.0%, 2.6%, 2.4%
- Currently do not live with both parents: 21.1% (2015), 19.5% (2017), 17.4%
- Often/repeatedly family has not had enough money to buy food/pay for housing: 2.4%, 2.4%, 3.4%

Pittsford Schools
Middle School - ACES - Home Life

- Ever lived with an alcoholic, problem drinker, drug user, or was a problem gambler?
  - 2015: 8.2%
  - 2017: 8.5%
  - 2019: 8.0%

- Ever lived with anyone who was depressed, mentally ill, or suicidal?
  - 2015: 6.8%
  - 2017: 12.6%
  - 2019: 13.2%

- Ever had anyone in household ever go to jail or prison?
  - 2015: 4.6%
  - 2017: 3.8%
  - 2019: 4.6%

- Ever witnessed someone get shot, stabbed, or beaten in neighborhood?
  - 2015: 4.6%
  - 2017: 3.5%

Pittsford Schools
Ever lived with an alcoholic, problem drinker, drug user, or was a problem gambler?

Ever lived with anyone who was depressed, mentally ill, or suicidal?

Did anyone in household ever go to jail or prison?

Ever witnessed someone get shot, stabbed, or beaten in neighborhood?

Ever forced to have sexual intercourse, touch someone sexually, or be touched by someone sexually?
Assets
Protective Factors
Middle School - Assets - Protective Factors

"My family gives me help and support when I need it" 90.9% 90.8% 92.3%
"In my family there are clear rules about what I can and cannot do" 92.6% 91.8% 96.8%
"I get a lot of encouragement at my school" 77.0% 76.5% 86.3%
"In my community I feel I matter to people" 58.7% 60.9% 83.6%

Assets related to home, school and community
Overall positive self perception and community contributions; variation of perceptions over teacher care over the past three surveys.

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>On the whole, I like myself</td>
<td>88.5%</td>
<td>86.5%</td>
<td>85.2%</td>
</tr>
<tr>
<td>I am given a lot of chances to help make my community a better place in which to live</td>
<td>70.8%</td>
<td>84.3%</td>
<td>84.7%</td>
</tr>
<tr>
<td>My teachers really care about me</td>
<td>62.1%</td>
<td>68.5%</td>
<td>66.7%</td>
</tr>
</tbody>
</table>
High School - Assets - Protective Factors

<table>
<thead>
<tr>
<th>Statement</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;My family gives me help and support when I need it&quot;</td>
<td>86.5%</td>
<td>90.0%</td>
<td>90.0%</td>
</tr>
<tr>
<td>&quot;In my family there are clear rules about what I can and cannot do&quot;</td>
<td>84.6%</td>
<td>88.0%</td>
<td>87.3%</td>
</tr>
<tr>
<td>&quot;I get a lot of encouragement at my school&quot;</td>
<td>73.4%</td>
<td>74.1%</td>
<td>75.1%</td>
</tr>
<tr>
<td>&quot;In my community I feel I matter to people&quot;</td>
<td>67.2%</td>
<td>70.2%</td>
<td>68.6%</td>
</tr>
</tbody>
</table>

Assets related to home, school and community
Know of one or more adults (other than parents) to discuss important questions about their life

<table>
<thead>
<tr>
<th>Year</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>88.4%</td>
<td>89.1%</td>
<td>86.6%</td>
</tr>
</tbody>
</table>

Spend one or more hours per week helping others

<table>
<thead>
<tr>
<th>Year</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>54.2%</td>
<td>57.2%</td>
<td>54.4%</td>
</tr>
</tbody>
</table>
High School - Assets - Protective Factors

Know of one or more adults (other than parents) to discuss important questions about their life

- 2015: 83.4%
- 2017: 83.9%
- 2019: 86.2%

Spend one or more hours per week helping others

- 2015: 57.4%
- 2017: 54.3%
- 2019: 58.7%

Pittsford Schools
General Health:
Physical Activity/Sleep
Weight/Food Insecurity
Preventative Health
Technology Use
Middle School - Technology Use

<table>
<thead>
<tr>
<th>Activity</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watch TV, Netflix, Hulu, YouTube, streamed videos, etc. on a typical school day (3 or more hours)</td>
<td>11.2%</td>
<td>18.8%</td>
<td>22.7%</td>
</tr>
<tr>
<td>Play video or computer games, or use a computer or smartphone for something that is not school work on a typical school day (3 or more hours)</td>
<td>20.7%</td>
<td>16.4%</td>
<td>25.4%</td>
</tr>
</tbody>
</table>

Technology use increased
Watch TV, Netflix, Hulu, YouTube, streamed videos, etc. on a typical school day (3 or more hours)

- 2015: 13.8%
- 2017: 23.7%
- 2019: 28.3%

Play video or computer games, or use a computer or smartphone for something that is not school work on a typical school day (3 or more hours)

- 2015: 33.6%
- 2017: 31.6%
- 2019: 32.3%

Technology use increased
Parental Influence
Students perceive parental disapproval of smoking cigarettes, marijuana and e-cigs higher than drinking alcohol.
## Middle School - During the past 12 months, did you talk to an adult in your school about a personal problem you had?

<table>
<thead>
<tr>
<th>Role</th>
<th>2019</th>
<th>2017</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>School Counselors</td>
<td>17.7%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teachers</td>
<td>11.5%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other School Personnel</td>
<td>2.5%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Support Staff</td>
<td>2.3%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>School Mental Health Staff</td>
<td>2.1%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>School Nurse</td>
<td>1.9%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health Teachers</td>
<td>1.0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Administrator (Principal, Assistant Principal)</td>
<td>0.8%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Custodial Staff</td>
<td>0.3%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dignity Act Coordinator</td>
<td>0.2%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
High School - During the past 12 months, did you talk to an adult in your school about a personal problem you had?

<table>
<thead>
<tr>
<th>Role</th>
<th>2019</th>
<th>2017</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teachers</td>
<td>16.1%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>School Counselors</td>
<td>13.6%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Administrator (Principal, Asst. Principal)</td>
<td>5.3%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Support Staff</td>
<td>3.9%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>School Mental Health Staff</td>
<td>3.5%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>School Nurse</td>
<td>3.3%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other School Personnel</td>
<td>3.2%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Custodial Staff</td>
<td>2.4%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Health Teachers</td>
<td>1.9%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dignity Act Coordinator</td>
<td>1.9%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

74% did not talk to an adult at school.
Discussion