

# **Texas School Survey Of Drug And Alcohol Use**

## **Sample ISD**

### **Secondary Executive Summary**

#### **Introduction**

The Texas School Survey is an annual collection of self-reported tobacco, alcohol, inhalant, and substance use data from among elementary and/or secondary students in individual districts throughout the state of Texas. The survey, conducted by the Public Policy Research Institute (PPRI) in conjunction with the Texas Department of State Health Services (DSHS), is also administered every other year to a representative sample of Texas students in grades 4 through 6 and grades 7 through 12.

Data from the statewide sampling, administered in the Spring of 2006, are incorporated into an over-time database maintained by DSHS to track trends in substance use so that policymakers at the state level have up-to-date information upon which to base decisions and plot prevention strategies. These data also serve as an overall standard of comparison for use by those at the district level to interpret, and act upon, local survey findings in a similar way.

The executive summary begins with a section containing a general demographic overview of those who took the survey in the participating district. This is followed by sections dealing with the various substances covered by the survey---tobacco, alcohol, inhalants, and illicit drugs. The summary concludes with a section that explores selected characteristics associated with substance use in the district and a final one dealing with where students come by what they know about drugs and alcohol and to whom they might turn if they thought they were having a problem.

For context, each section dealing with substance use will begin with a brief, over-time glimpse of the statewide trends over the last decade and a half with regard to that substance. Use data are then sandwiched in between subsections dealing with environment and, where the data are applicable, with behavior specifically associated with substance use.

Items that are generally recognized as contributing to the environment in which substance use is most likely to occur include availability, peer use, and parental attitudes. Included in the behavior category are such things as "binge drinking" (the consuming of five or more alcoholic beverages at one time), attending class drunk or stoned, use of alcohol or illicit drugs at parties, or operating a motor vehicle while under the influence of alcohol or drugs.

As for the actual, self-reported use of each substance, it is important to note the frequency of such use. Is it experimental, a once-in-a-lifetime thing? Is it casual use, a once-in-a-while behavior? Or is it regular use, a monthly, weekly, or---in the case of tobacco products in particular---a daily habit? Further, use data are used to differentiate between those who smoke cigarettes from those who use a smokeless tobacco product, those who drink beer from those who drink wine coolers,

those who sniff correction fluid from those who sniff glue, and those who smoke marijuana from those who snort powdered cocaine.

Two final points should be noted about the data. First, due to the differences in rounding procedures, there may be slight discrepancies between the percentages referred to in the tables and those reflected in the executive summary and in the corresponding figures. **Second, some data in this report are marked with an asterisk. Data so marked are estimated to be statistically significant at the .01 level from the comparable data for the state as a whole. This means that in only one of a hundred samples would a difference this large have occurred when there was no difference between the district and state data. Differences in very small districts will seldom be statistically significant due to the small number of cases. Differences that are not marked may be important, but should be treated with more caution than those that are statistically significant.**

The percentages referred to in the executive summary that follows were taken from the tables found in "Part I: District Survey Results." Figures referenced throughout this report are included in "Part III: Executive Summary."

## Demographic Overview

In the Spring of 2007, the Texas School Survey was administered to students in grades 7 through 12 in the Sample Independent School District (SISD). Texas School Survey protocols, formulated to ensure that the data used in this analysis has an acceptable probability of error, called for the district to administer the survey to all of the secondary students. The accuracy of the data requires that school staff administering the survey followed the protocols.

A total of 4735 students completed the questionnaire. Of that number, 385 surveys were excluded from analysis because students did not indicate their grade or age, or because they were identified as exaggerators (i.e., claimed to have used a non-existent drug or reported overly excessive drug use). The final number of surveys included in the overall district analysis was 4350, consisting of:

- Eighteen percent are 7th graders, 18 percent are 8th graders, 21 percent are 9th graders, 17 percent are 10th graders, 14 percent are 11th graders, and 11 percent are 12th graders;
- A nearly even split of male (49 percent) and female (51 percent) students;
- An ethnic breakdown that is 45 percent white, 34 percent Mexican-American, 9 percent African-American, 4 percent Asian-American, 1 percent Native American, and 7 percent other;
- Sixty percent say they live in a two-parent home, and 67 percent report they have lived in the district for three or more years; and
- Forty-two percent say their parent(s) are college graduates, and 35 percent indicate they qualify for free/reduced lunches at school.

## Tobacco

General tobacco use includes both cigarettes and smokeless tobacco products.

**Statewide Overview.** Well over half of secondary students statewide reported experimental use of tobacco products throughout the 1990's. In 2000, however, the number of these students who reported such use dipped slightly (51 percent). This downward trend continued through the 2002 (45 percent), 2004 (39 percent), and 2006 (35 percent) statewide assessments. The prevalence of those secondary students reporting past-month general tobacco use, which had been inching upward through 1996, leveled off in 1998, and began a steady, incremental decline in the 2000 (22 percent), 2002 (18 percent), 2004 (17 percent), and 2006 (15 percent) statewide surveys. This downward movement in tobacco use appears to be more prevalent with regard to cigarettes than it does with regard to the smokeless variety.

**District Overview.** Overall, the general use of tobacco products among Sample ISD students 2007 was higher than that reported by their counterparts statewide, including statistically significant differences with regard to close friends who smoke cigarettes and use smokeless tobacco; the perceived easy availability of smokeless tobacco products; lifetime general tobacco use (grades 8, 9 and 10 in particular); past-month general tobacco use (grades 9 and 10 in particular); lifetime cigarette use; daily cigarette use (grade 9 in particular); and lifetime, past-month and daily smokeless tobacco use.

**Environment.** Well over half of SISD students (57 percent) reported that cigarettes are somewhat or very easy to get (57 percent statewide), while 13\* percent said most or all of their close friends smoke cigarettes (11 percent statewide).

Forty-one\* percent of district students indicated that smokeless tobacco products are somewhat or very easy to get (38 percent statewide), and 9\* percent said most or all of their close friends use smokeless tobacco (5 percent statewide).

Students were asked about parental attitudes toward the use of cigarettes by "kids your age." Eighty-one percent of SISD students said their parents strongly or mildly disapprove of kids smoking (83 percent statewide), while 8 percent said their parents neither approve nor disapprove (7 percent statewide), and 9 percent said they "don't know" how their parents feel about kids their age smoking cigarettes (8 percent statewide).

Forty-five\* percent of Sample students believe that tobacco use is "very dangerous" (50 percent statewide) (Fig. 15).

**Use.** Thirty-nine\* percent of Sample students reported general tobacco use at least once during their lifetimes (35 percent statewide) (Fig. 1). Experimental use of tobacco products was lowest among district 7th graders (16 percent/19 percent statewide) and highest among SISD 11th graders (48 percent/45 percent statewide); and significantly higher than that indicated by their counterparts statewide among Sample 8th graders (33\* percent/27 percent statewide), 9th graders (46\* percent/36 percent statewide), and 10th graders (47\* percent/40 percent statewide) (Fig. 3).

Eighteen\* percent of Sample ISD students said they had used a tobacco product during the past month (15 percent statewide) (Fig. 2). Past-month general tobacco use was lowest among SISD 7th grade students (4 percent/6 percent statewide) and highest among district 11th grade students (26 percent/22 percent statewide); and significantly higher than that reported by their peers statewide among Sample 9th graders (19\* percent/14 percent statewide) and 10th graders (22\* percent/18 percent statewide) (Fig. 4).

Thirty-six\* percent of Sample students reported smoking cigarettes at least once during their lifetimes (34 percent statewide), while 15 percent said they had smoked cigarettes during the past month (14 percent statewide), and 5\* percent reported smoking cigarettes on a daily basis (3 percent statewide). Daily cigarette use, an obvious indicator of habit-forming behavior, was highest among Sample ISD 12th graders (11 percent/8 percent statewide); and was significantly higher than that indicated by their peers statewide among SISD 9th graders (5\* percent/3 percent statewide)

Experimental use of smokeless tobacco products was reported by 15\* percent of SISD students (10 percent statewide), 6\* percent said they had used a smokeless tobacco product during the past month (4 percent statewide), and 2\* percent reported using a smokeless tobacco product on a daily basis (1 percent statewide).

## Alcohol

Alcohol is the most widely used substance among students statewide and in the Sample ISD.

**Statewide Overview.** As the 1990's began, 81 percent of secondary students statewide reported experimental alcohol use. Over the decade that followed, the number of these students reporting such use inched downward in each successive statewide assessment. This downward trend in lifetime alcohol use leveled off at 71 percent in the 2000 and 2002 statewide assessments, but picked up again in the 2004 (68 percent) and 2006 (66 percent) statewide data. On the other hand, past-month alcohol use among secondary students statewide has been more of a roller-coaster-ride through the same period, beginning with 43 percent of these students in 1990, dropping to 37 percent in 1992, inching back upward to 39 percent in 1994, leveling off in 1996 and 1998 at 38 percent, and dipping down to 36 percent in 2000, 35 percent in 2002, 33 percent in 2004, and 32 percent in 2006.

**District Overview.** Overall, Sample ISD students were drinking alcohol in 2007 at rates slightly higher than those reported by their peers statewide, including statistically significant differences with regard to close friends who drink alcohol; obtaining alcohol at parties; lifetime alcohol use (grade 10 only); beer and wine coolers as the beverage of choice; weekly or monthly beer use; binge-drinking beer and wine coolers; and attending at least one class while intoxicated (grades 9 and 10 in particular).

**Environment.** Thirty-three\* percent of district students reported most or all of their close friends drink alcohol (31 percent statewide), and 67 percent said alcohol (beer, wine coolers, wine, and liquor) was somewhat easy or very easy to obtain (67 percent statewide).

Students who said they consume alcohol were asked where they obtained it most of the time or always. Thirty-five\* percent of district students said they obtain alcohol "at parties" (32 percent statewide), while 28 percent responded that they get it "from friends" (27 percent statewide); and 8 percent reported they get alcohol "from the store" (8 percent statewide).

Parental attitudes can be a major factor in whether or not a student uses alcohol. When asked how their parents feel about kids their age drinking beer, 74\* percent of Sample students said their parents strongly or mildly disapprove (78 percent statewide), while 12\* percent said their parents neither approve nor disapprove of such behavior (10 percent statewide), and 8 percent said they "don't know" how their parents feel about kids their age drinking beer (7 percent statewide) (Fig. 16).

Less than half of SISD students (41\* percent) feel that it is "very dangerous" to use alcohol (46 percent statewide) (Fig. 15).

**Use.** Sixty-seven percent of Sample students reported consuming alcohol at least once during their lifetimes (66 percent statewide) (Fig. 1). Lifetime alcohol use was lowest among SISD 7th graders (44 percent/47 percent statewide) and highest among district 10th graders (78\* percent/73 percent statewide), 11th graders (78 percent/75 percent statewide), and 12th graders (78 percent/78 percent statewide) (Fig. 5).

Thirty-four percent of Sample ISD students said they had consumed alcohol during the past month (32 percent statewide) (Fig. 2). Past-month alcohol use was lowest among SISD 7th graders (15 percent/16 percent statewide) and highest among district 12th graders (48 percent/46 percent statewide) (Fig. 6).

The alcoholic beverages most often consumed by Sample students are beer (54\* percent/48 percent statewide) and wine coolers (46\* percent/42 percent statewide). Nearly a third of SISD students said they drink beer (31\* percent/27 percent statewide) and nearly a quarter said they drink wine coolers (23 percent/21 percent statewide) on a weekly or monthly basis.

**Behavior Associated With Use.** "Binge drinking" is the consumption of five or more beers, wine coolers, servings of wine, or drinks with liquor at one time. Sixteen\* percent said they usually drink five or more beers at a time on average when they drink (13 percent statewide), while 11\* percent said they usually drink five or more wine coolers at a time on average when they drink (9 percent statewide).

Twelve\* percent of Sample students reported attending at least one class during the past school year while "drunk" (9 percent statewide). The rates of attending class while intoxicated were significantly higher than those indicated by their counterparts statewide among SISD 9th graders (16\* percent/10 percent statewide) and 10th graders (14\* percent/10 percent statewide) (Figs. 11a and 11b).

Eleven percent of SISD 9th through 12th grade students said that they had driven a car after having "a good bit to drink" at least once during the past year (12 percent statewide). The highest rate of driving while intoxicated was reported by Sample 12th graders (18 percent/21 percent statewide). Driving while intoxicated four or more times during the past year was reported by 2 percent of district 9th through 12th graders (3 percent statewide) (Fig. 13).

Thirty-one percent of Sample students said alcohol was used at most or all of the parties they attended in the past school year (32 percent statewide). The highest rate of alcohol use at most or all parties was reported by SISD 12th graders (53 percent/54 percent statewide) (Figs. 14a and 14b).

One percent of SISD students said they had gotten into trouble with their teacher because of alcohol use at least once during the past school year (1 percent statewide), while 4 percent reported they had gotten in trouble with the police because of their alcohol use during the past year (4 percent statewide), and 8 percent said they had "difficulties of any kind" with friends because of one's own drinking (8 percent statewide).

## Illicit and Licit Substances

Illicit drugs are defined as controlled substances and include marijuana, cocaine (powdered form and crack), uppers (stimulants), downers (narcotics), Rohypnol, hallucinogens, ecstasy, and heroin. Licit substances are those legally purchased either over-the-counter or via a physician's prescription.

**Statewide Overview.** Just under a quarter of secondary students statewide in 1992 reported experimental use of an illegal drug at some point in their lives (22 percent), and 10 percent said they had used an illegal substance during the previous month. These prevalence rates began to climb---the experimental use rate by 6 percent (to 28 percent) and the doubling of the past-month use rate (to 14 percent)---beginning with the 1994 statewide assessment. By 1998, experimental use of illicit substances had peaked at 36 percent; however, past-month use of an illicit substance actually edged downward a percentage point from its peak at 18 percent in 1996. This was followed two years later by declines in illicit drug use both in the lifetime (34 percent) and past-month (15 percent) categories. There was no change in 2002, but a downward dip by two percent in both the experimental (32 percent) and past-month (14 percent) uses were detected in 2004, and further declines were apparent in 2006---to 28 percent for lifetime and 13 percent for past-month uses.

Marijuana use by those who also report using other illicit drugs appears to have mirrored the trends for illicit drug use in general over the last decade. Such use also dipped in the 2004 statewide assessment to 30 percent for those who said they had done so at least one time and 13 percent who reported having done so in the past month. This downward trend continues through the most recent statewide assessment---to 26 percent for lifetime and 11 percent for past-month uses. Defying this overall trend, those secondary students who have reported smoking marijuana exclusive to other illicit drugs has remained relatively steady at just over 16 percent for experimental use and just over 5 percent for those who say they have done so in the previous month through 2004. In 2006, however, lifetime exclusive marijuana use dipped to 14 percent and past-month use inched down to 4 percent.

The 2004 statewide survey of secondary students suggests a decline in the use of the most "popular" illicit drugs---cocaine, crack, uppers, downers, ecstasy, and Rohypnol---as the underlying cause of the decline in the general use categories. Of these substances, ecstasy is arguably the most notable. Between 1996 and 2000, experimental ecstasy use had remained steady at about 5 percent, whereas past-month ecstasy use had been inching up from just under 1 percent to 2 percent during that same period. There was a sharp, upward spike in ecstasy use in 2002, to 9 percent for experimental use and 3 percent for past-month use. The 2004 statewide survey indicated a sharp 3 percent drop in experimental ecstasy use (6 percent) and a corresponding one percent drop in past-month use (2 percent). The most recent assessment suggests a return to the pre-spike level of 5 percent for experimental ecstasy use and 2 percent for such use in the past month.

Finally, a new question was added in 2006 that seeks to measure the abuse of the licit substances such as prescription codeine cough syrup and over-the-counter cold medicines. A further assessment with the new question is needed before any conclusions, even tentative ones, can be reached.

**District Overview.** Overall, the use of illicit drugs, and of marijuana in particular, among Sample ISD secondary students in 2007 was somewhat higher than that reported by their counterparts statewide, including statistically significant differences with regard to the perceived easy availability of uppers and downers; lifetime use of illicit substances in general and of marijuana (grade 9 especially), powdered cocaine, uppers, downers and ecstasy in particular.

**Environment.** Students were asked how available they believed certain substances were to obtain. Under half of SISD students (39 percent) said marijuana was somewhat or very easy to obtain (42 percent statewide), and just over a fifth indicated that powdered cocaine (22 percent/23 percent statewide), ecstasy (22 percent/21 percent statewide), uppers (21\* percent/17 percent statewide), and downers (21\* percent/17 percent statewide) were easily accessible to them. Fourteen percent of district students said they believed heroin was somewhat or very easy to obtain (13 percent statewide).

With regard to the question of the effects of peer influence on substance use, 16 percent of SISD students reported most or all of their close friends smoke marijuana (16 percent statewide).

And when asked about parental attitudes toward marijuana use, Sample students reported a disapproval rate of 85\* percent (87 percent statewide). Eight\* percent of district students said they "don't know" how their parents feel about kids their age using marijuana (7 percent statewide), while 5 percent said their parents neither approve nor disapprove (4 percent statewide) (Fig. 16).

Fifty-nine\* percent of Sample students believe that marijuana use is "very dangerous" (62 percent statewide). As for how SISD students viewed the risks associated with the use of certain other illicit substances, 75\* percent feel that use of ecstasy is "very dangerous" (81 percent statewide), 78\* percent believe that powdered cocaine use is "very dangerous" (83 percent statewide), 81\* percent feel that the use of crack is "very dangerous" (85 percent statewide), and 81\* percent believe that heroin is "very dangerous" (87 percent statewide) (Fig. 15).

**Use.** In the Sample ISD, 31\* percent of students reported experimental use of an illicit drug (28 percent statewide), and 29\* percent of SISD students reported smoking marijuana at least once in their lifetimes (26 percent statewide) (Fig. 1). Lifetime marijuana use was lowest among Sample 7th graders (8 percent/9 percent statewide) and highest among district 12th graders (45 percent/42 percent statewide); and significantly higher than that reported by their peers statewide among SISD 9th graders (32\* percent/26 percent statewide) (Fig. 9).

Past-month marijuana use was reported by 11 percent of Sample ISD students (11 percent statewide) (Fig. 2). The rates of past-month marijuana use ranged from 3 percent among district 7th graders (4 percent statewide) to 16 percent among SISD 12th graders (17 percent statewide); and significantly higher than that indicated by their peers statewide among Sample 9th graders (14\* percent/11 percent statewide) (Fig. 10).

Other illicit substances are used by a smaller number of Sample ISD students. Ten\* percent of SISD students said they had used downers (6 percent statewide), 9\* percent said they had used powdered cocaine (6 percent statewide), 9\* percent reported using uppers (6 percent statewide), 8\* percent reported using ecstasy (5 percent statewide), 6 percent said they had used hallucinogens (5

percent statewide), 3 percent indicated they had used Rohypnol (3 percent statewide), 3 percent indicated they had used crack (2 percent statewide), 2 percent reported using heroin (2 percent statewide), and 2 percent said they had used steroids (2 percent statewide) at least once during their lifetimes (Fig. 1).

As for illicit use of an otherwise legal product (i.e., prescription or over-the-counter drugs), 11 percent of district students reported using a prescription cough syrup containing codeine (Lean, Nods, AC/DC) at least once in their lives to get high (8 percent statewide), and 9 percent indicated that they had used the over-the-counter products DXM or Coricidin (“Triple C’s”, “Skittles”) at least one time to get high (5 percent statewide).

**Behavior Associated with Use.** Ten percent of SISD students reported attending at least one class in the past year while "stoned" on marijuana (10 percent statewide). The rates of class attendance while stoned ranged from 4 percent among Sample 7th graders (5 percent statewide) to 13 percent among district 9th graders (11 percent statewide), 10th graders (12 percent statewide), 13 percent 11th graders (13 percent statewide), and 12th graders (13 percent statewide) (Figs. 12a and 12b).

Driving under the influence of drugs at least once during the past year was reported by 9 percent of Sample ISD 9th through 12th grade students (10 percent statewide). Driving under the influence of drugs was highest among SISD 12th graders (15 percent/16 percent statewide). Driving while stoned four or more times during the past year was reported by 1\* percent of district 9th through 12th graders (2 percent statewide).

Fifteen percent of the Sample ISD students said that marijuana and/or other drugs were used at most or all of the parties they attended during the school year (16 percent statewide). The use of marijuana and/or other drugs at most or all parties was highest among district 12th graders (24 percent/28 percent statewide); and was significantly lower than that indicated by their peers statewide among Sample 11th graders (20\* percent/26 percent statewide).

Two percent of SISD students said they had gotten into trouble with their teacher because of illicit drug use at least once during the past school year (2 percent statewide), while 4\* percent reported they had gotten in trouble with the police because of their use of illegal drugs during the past year (3 percent statewide), and 7 percent said they had gotten into "difficulties of any kind" with their friends during the past year because of their own drug use (6 percent statewide).

## Inhalants

In general, inhalants are common, licit substances (paints, thinners, correction fluid, glue, etc.) which, when sniffed, huffed, or inhaled, produce an intoxicating effect. Lifetime and past-month inhalant use percentages have been adjusted to reflect reported use of both specific inhalants and inhalant use generally. This adjustment was made because some students responded positive to specific use without responding positive to generic use, while some students responded positive to generic use but not specific inhalants.

**Statewide Overview.** Nearly a quarter of secondary students statewide indicated they had experimented with an inhalant substance in the 1992 assessment. The number of these students reporting such use had dropped to 19 percent in 1994 and 1996, but began to creep back upward in 1998 (22 percent). Experimental inhalant use has been inching downward in the three assessments conducted in the new century---19 percent in 2000, 18 percent in 2002, and 17 percent in 2004. This downward slide in experimental use appears to have stalled at 17 percent, according to the 2006 survey. Past-month inhalant use held steady at 5 percent through 1996, ticked up to 8 percent two years later, and dropped a percentage point in 2000 (7 percent). The number of these students reporting past-month inhalant use has stayed flat at 7 percent through the 2002 and 2004 surveys, and was 6 percent in the most recent statewide assessment.

**District Overview.** Overall, Sample ISD students were using inhalants in 2007 at rates somewhat similar to those reported by their counterparts statewide.

**Environment.** Four percent of SISD students reported most or all of their close friends use inhalants (3 percent statewide), and 70\* percent believe that inhalant use is "very dangerous" (74 percent statewide) (Fig. 15).

**Use.** Eighteen percent of Sample students reported using inhalants at least once during their lifetimes (17 percent statewide) (Fig. 1). Lifetime inhalant use was significantly lower and higher, respectively, than that indicated by their counterparts statewide among district 7th grade students (14\* percent/18 percent statewide) and SISD 9th grade students (26\* percent/18 percent statewide) (Fig. 7).

Six percent of Sample ISD students said they had used inhalants during the past month (6 percent statewide) (Fig. 2). Past-month inhalant use ranged from 6 percent among district 7th grade students (8 percent statewide) to 10 percent among SISD 8th grade students (8 percent statewide) (Fig. 8).

Nine percent of SISD students said they had used two or more different kinds of inhalant substances during their lifetimes (8 percent statewide).

The inhalant substances most frequently used by Sample students were those in the "other inhalants" category (9 percent/9 percent statewide), liquid/spray paint (8 percent/7 percent statewide), and correction fluid/whiteout (7 percent/7 percent statewide).

Five percent of district students indicated they had inhaled nitrous oxide/laughing gas (5 percent statewide), 5 percent reported inhaling gasoline (4 percent statewide), 5 percent reported inhaling

paint thinner (4 percent statewide), and 5 percent indicated they had inhaled substances in the "other sprays" category (4 percent statewide) at least once during their lifetimes.

## Drug and Alcohol Information

The influence of substance use education programs may be reflected in students' attitudes toward the use of specific substances reported above. The attitudes of students concerning substance use may also be shaped by the messages provided by parents and the various forms of modern media (i.e., television and radio, the internet, books and magazines, etc.). To whom a student may feel most comfortable turning to for assistance with a substance use problem or issue may help gauge the effect these various messengers are having on those attitudes.

Fifty-three\* percent of Sample ISD students said they had gotten information about drugs and alcohol from any school source since classes began in the Fall (61 percent statewide). Of the eight available responses as to the source of such information, two stand out from the pack. A “health class” was reported by 40\* percent of district students as a source for information about drugs and alcohol (49 percent statewide), while 34\* percent said the source for this information was “an assembly program” (48 percent statewide).

As for off-campus sources for substance use information, 47 percent of SISD students indicated that their source was “TV, radio, or other audio/video” (56 percent statewide), 43 percent said that their parents were such a source (52 percent statewide), 40 percent reported that the source of substance use information was “books, magazines, or posters” (50 percent statewide), and 24 percent indicated that “a website or on-line chat group” was a source (25 percent statewide).

When asked where they would go for help with a drug or alcohol problem, the largest percentage of Sample students said they would seek help from their friends (69\* percent/72 percent statewide), followed by an adult friend or relative (57\* percent/60 percent statewide) and their parents (56\* percent/59 percent statewide). District students are least likely to seek help for a drug or alcohol problem from a counselor or program in school (28\* percent/32 percent statewide), or another adult in school, such as a teacher or nurse (29\* percent/32 percent statewide) (Fig. 17).

Since school began in the Fall, 7 percent of Sample students reported seeking help for any problems connected with alcohol or drug use from someone other than family or friends (7 percent statewide).