



Health Risk Behaviors among Maine Youth

*Results of the 2007 Youth Risk Behavior Survey
Grades 7 – 12*

Prepared for the Maine Department of Education

by

Pan Atlantic SMS Group

Portland, Maine

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Kristina Record, YRBS Project Coordinator, and Bridget Harr, Market Research Analyst, at Pan Atlantic SMS Group, authored this report and the supplemental fact sheets, as well as the middle school and high school highlight brochures.

ADDITIONAL INFORMATION ABOUT THE MAINE YRBS

This report, the individual behavioral fact sheets, and the middle school and high school highlights can be accessed at the following website: www.maineceph.com. Additional interactive YRBS data can be found on The Centers for Disease Control website at www.cdc.gov/healthyyouth/yrbs.

INTRODUCTION

This report describes the 2007 Maine Youth Risk Behavior Survey (YRBS) results, as well as comparison to past YRBS results, where appropriate. This narrative contains information about adolescent health-risk behaviors that are occurring, as well as prevention indicators. Maine has collected the majority of this data since 1993. Randomly selected students (2,855) in grades 7 – 12 in 46 randomly selected public middle¹ and high schools participated in the 2007 Maine YRBS. Survey administrators followed strict procedures to safeguard students' privacy and anonymity. School and student participation was voluntary. **Because the data is weighted, it is representative of students throughout Maine.** This report is intended to provide current data on adolescent health-risk behaviors to school officials, health educators, parents, health care providers, and others throughout the State of Maine.

The Division of Adolescent and School Health within the Centers for Disease Control and Prevention developed the survey in collaboration with representatives from 71 state and local departments of education and nine other federal agencies. The survey monitors priority health-risk behaviors that contribute to the leading causes of death, injury, illness, and social problems among youth and adults in the United States. These behaviors fall into six categories:

- ✓ Behaviors resulting in unintentional and intentional injuries
- ✓ Tobacco use
- ✓ Alcohol and other drug use
- ✓ Sexual behaviors resulting in HIV infection, other sexually transmitted diseases, and unintended pregnancies
- ✓ Dietary behaviors
- ✓ Physical activity

¹ This includes junior high schools.

METHODOLOGY

The Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services regularly conducts the Youth Risk Behavior Survey (YRBS) to gather and analyze information on the health status of the nation's youth. In 1997, Maine expanded the survey to include middle school, as well as high school level students. These students represent grades 7 through 12. While the language of the questions differs in the surveys administered to these two groups of students, the areas of youth health-risk behaviors are similar. Data from middle schools and high schools cannot always be compared because middle school students were often asked about certain behaviors occurring in their **lifetime**, while high school students were often asked about certain behaviors occurring in the **30 days preceding the survey**. In addition, there are behaviors that were included in the high school survey, but not in the middle school survey (i.e., use of certain illegal substances, dietary behaviors, certain behaviors occurring on school property).

Data from the surveys were aggregated for analysis by the CDC at the national level with state-level data made available for individual participating states. All individual, school, and geographic identifiers were removed, according to standard behavioral survey procedures. The YRBS results are analyzed by gender, grade and age categories. This report describes findings at both the middle school and high school levels, as well as notable differences by gender and grade level. Findings by race are not included as the numbers of students of color are too few to analyze in terms of statistical significance.

The data for Maine was collected in the 2007 spring semester by Pan Atlantic SMS Group in Portland, Maine, through a contract with the Maine Department of Education that includes collaboration with the Maine Center for Disease Control and Prevention. The data for this report was provided by Westat Consultants, a survey research firm located in Rockville, Maryland, under contract with CDC. Survey forms were completed by 1,324 students in 23 public high schools and 1,538 students in 23 public middle schools. As 23 of the 30 high schools that were selected participated in the survey, there is a school response rate of 77%. The middle school response rate was also 77% (23 of 30 schools). Seventy-eight percent (78%) of high school students sampled and 87% of middle school students sampled completed usable questionnaires. Thus, the overall response rates (school response rate x student response rate) were 60% for the high school sample and 67% for the middle school sample. Both sets of response rates resulted in weighted data.

Because the data is weighted, it is representative of students throughout Maine. Comparisons are made throughout the following report with weighted data from the 2005, 2003, 2001, 1997, and 1995. Changes in trends and differences between subgroups (for example, grade or gender) are reported only when they are statistically significant. Because the data were unweighted in 1993 and 1999, comparisons cannot be made with those results.

METHODOLOGY (cont.)

Trends and differences between subgroups are considered to be statistically significant when the confidence intervals between the estimates in question do not overlap. For example, the percentage of middle school students in 2005 who reported that they never or rarely wear a helmet while riding a bicycle is 51%. The estimate for the same behavior was 64% in 1997. The 95% confidence intervals for this behavior in 2005 were 43.0% to 58.0%, and the 95% confidence intervals for this behavior in 1997 were 59.2% to 68.5%. Since these confidence intervals do not overlap, the change in this behavior from 1997 to 2005 is determined to be statistically significant. It is important to note that there are instances in the report that follows where seemingly large discrepancies between subgroups and/or trend years are not statistically significant. This is because the confidence intervals in these instances overlap and thus are not considered to be statistically significant.

Administration of the surveys was conducted in accordance with CDC protocols, including safeguards to guarantee students' anonymity. Surveys were generally administered in a class that was required for each student in the school (for example, English). Otherwise, surveys were administered in a given class period (for example, Period 2). A staff-designated member of Pan Atlantic SMS Group administered surveys to adhere to the established protocols. Students who were absent the day of the survey completed it at a later date following the same protocols and a representative of the school mailed it to Pan Atlantic SMS Group.

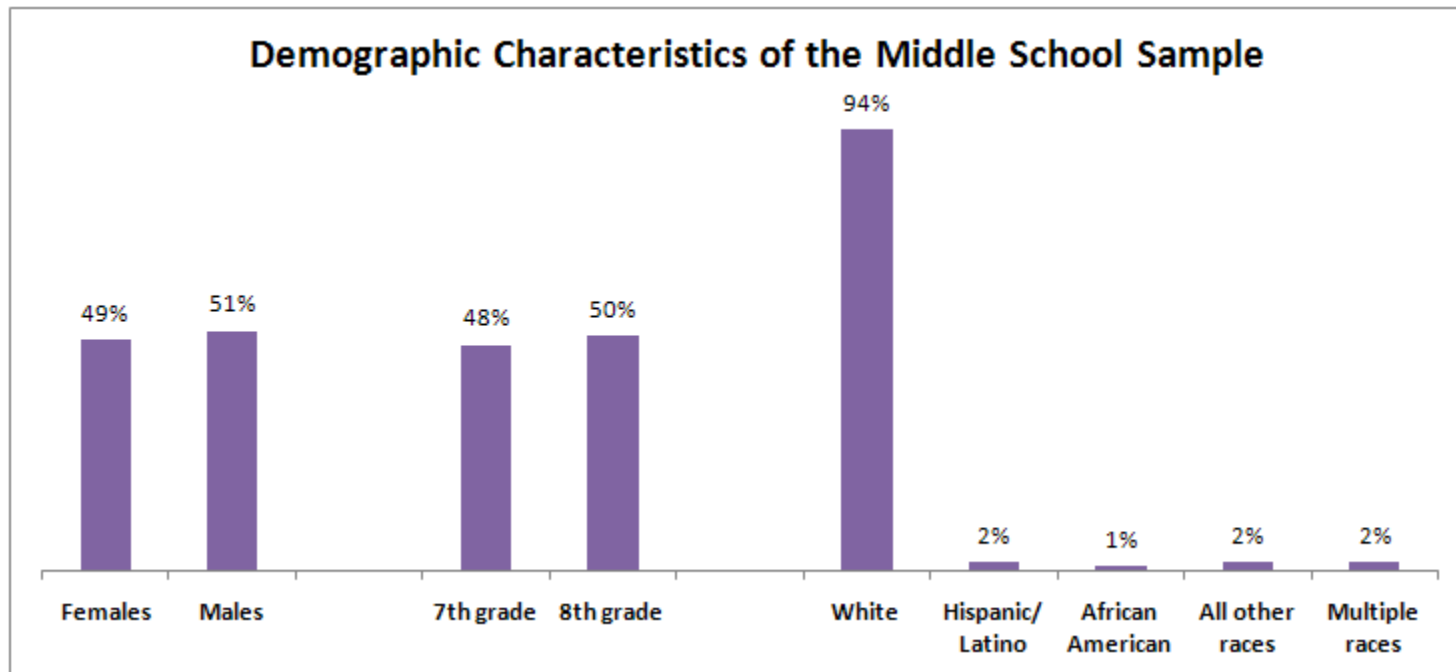
Included throughout the report in *italics* are selected goals and objectives for adolescent health from the Healthy Maine 2010 adolescent health goals. Targets set in these goals and objectives are presented to draw attention to Maine's projected improvement in adolescent health indicators. Relating these goals to the YRBS data can help guide family, school, and community efforts in planning and implementing programs to improve the health status of Maine youth.

DEMOGRAPHICS

Students were asked several demographic questions, including grade in school, age, sex, and race.

- The weighted demographic characteristics of the **middle school** sample are as follows*:

Females	48.8%	7 th grade	47.7%	White	94.0%
Males	51.2%	8 th grade	49.8%	Hispanic/Latino	1.8%
				African American	0.8%
				All other races	1.6%
				Multiple races	1.8%



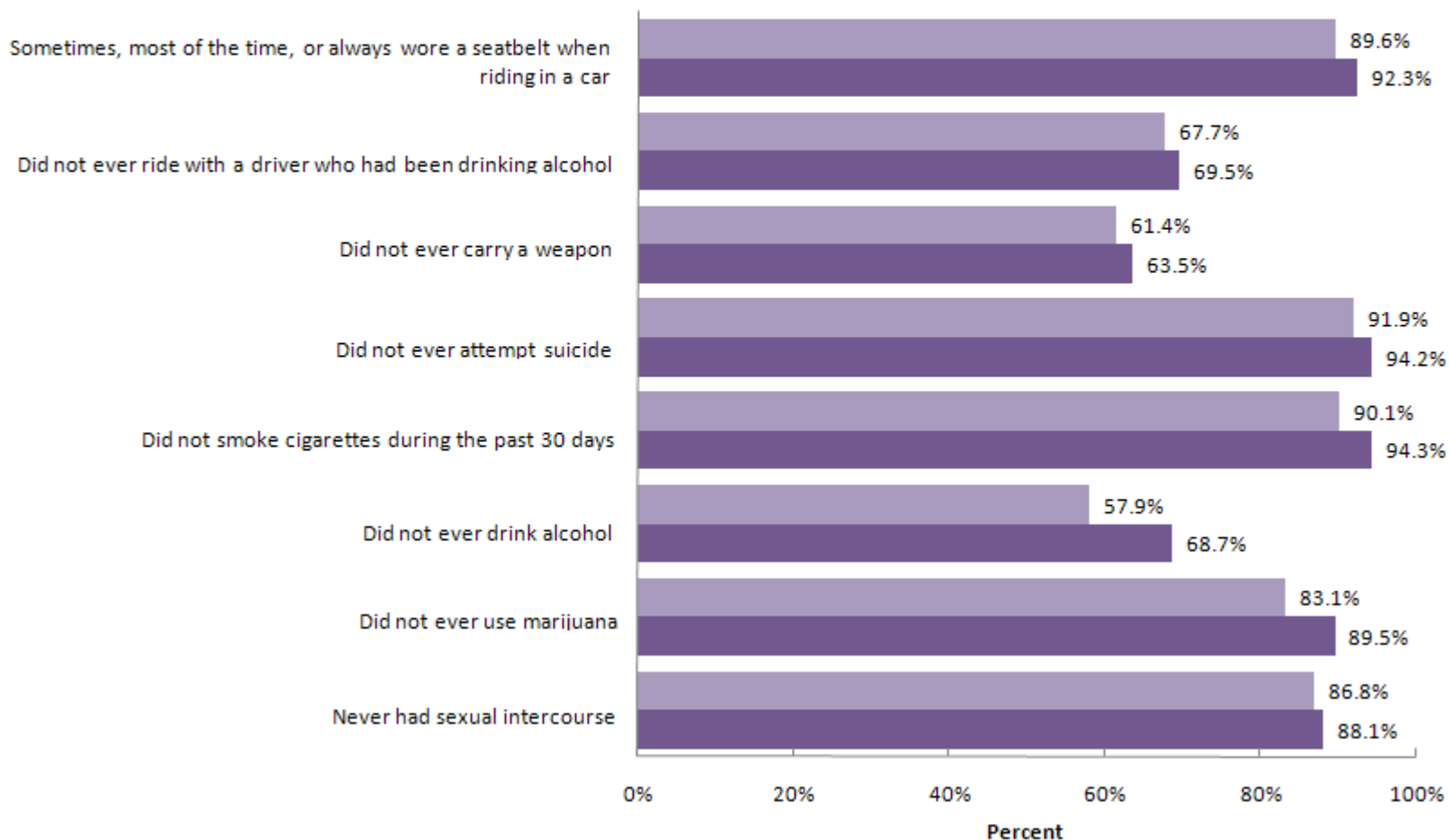
* Please note that the demographic figures may not add up to 100.0% because some students did not provide certain demographic information.

YOUTH RISK BEHAVIOR SURVEY RESULTS: COMPARISONS FROM 2001 AND 2007

Maine Middle School Survey Summary Findings

Percentage of Middle School Students Who:

■ 2001 ■ 2007

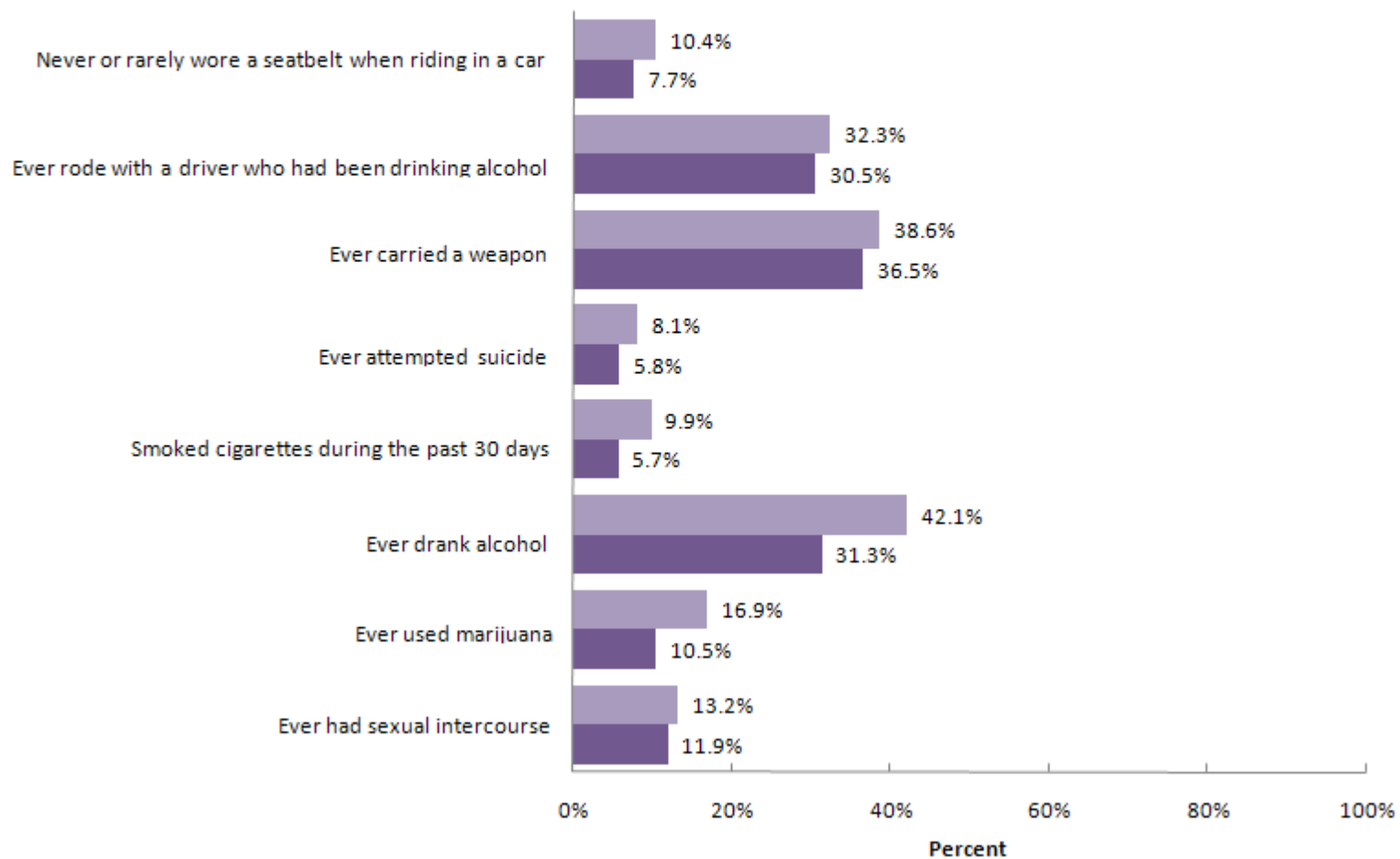


YOUTH RISK BEHAVIOR SURVEY RESULTS: COMPARISONS FROM 2001 AND 2007

Maine Middle School Survey Summary Findings

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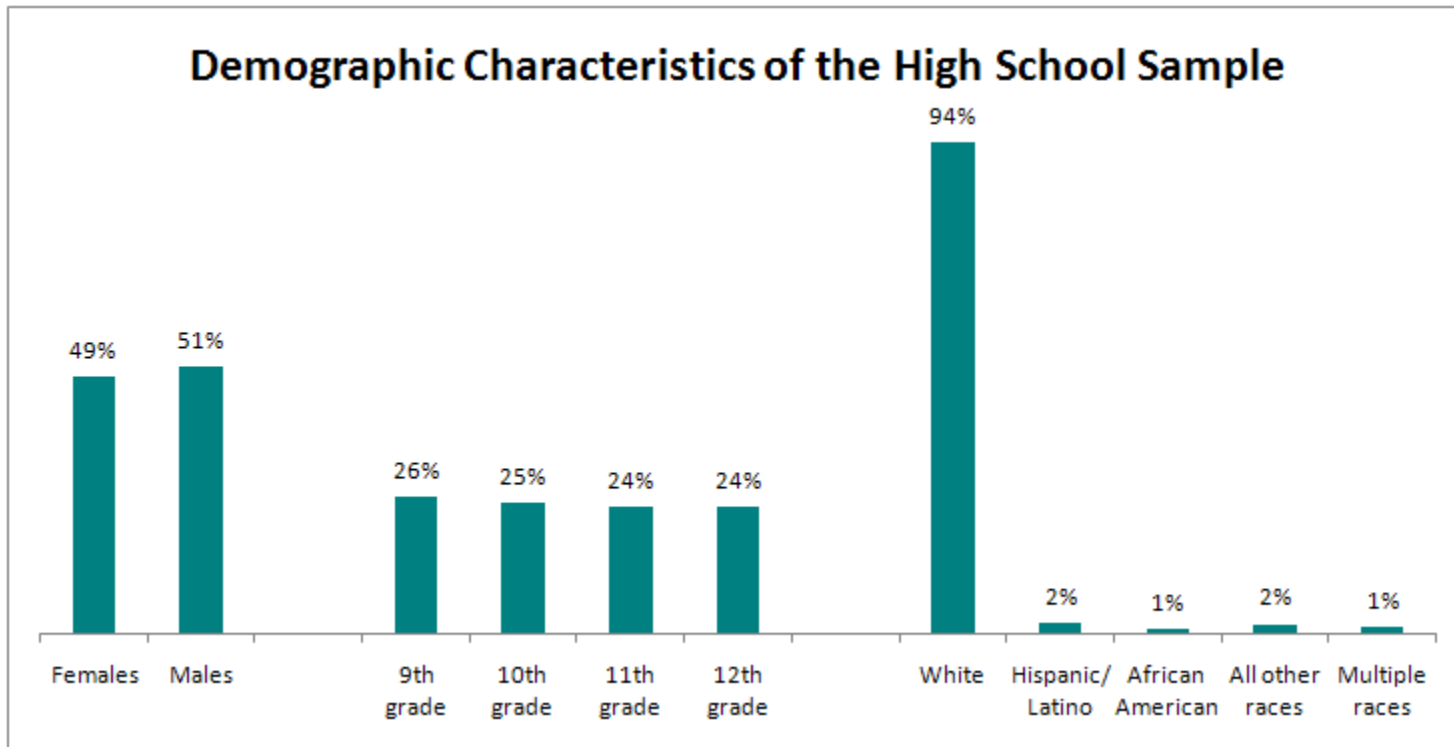
■ 2001 ■ 2007



DEMOGRAPHICS

- The weighted demographic characteristics of the **high school** sample are as follows*:

Females	48.8%	9 th grade	26.3%	White	94.2%
Males	51.2%	10 th grade	25.3%	Hispanic/Latino	2.2%
		11 th grade	24.2%	African American	0.7%
		12 th grade	23.9%	All other races	1.7%
				Multiple races	1.2%



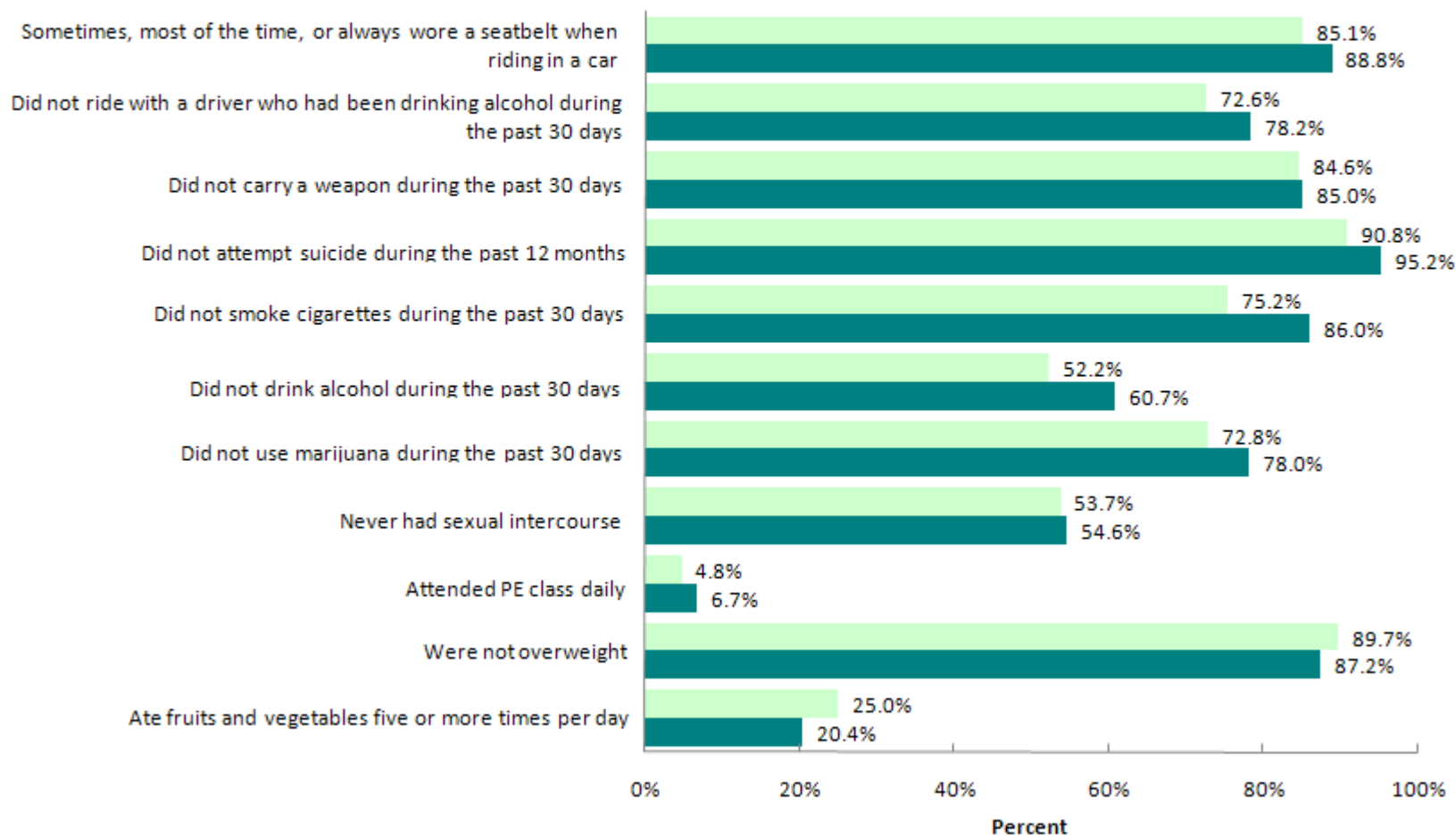
* Please note that the demographic figures may not add up to 100.0% because some students did not provide certain demographic information.

YOUTH RISK BEHAVIOR SURVEY RESULTS: COMPARISONS FROM 2001 AND 2007

Maine High School Survey Summary Findings

Percentage of High School Students Who:

2001 2007

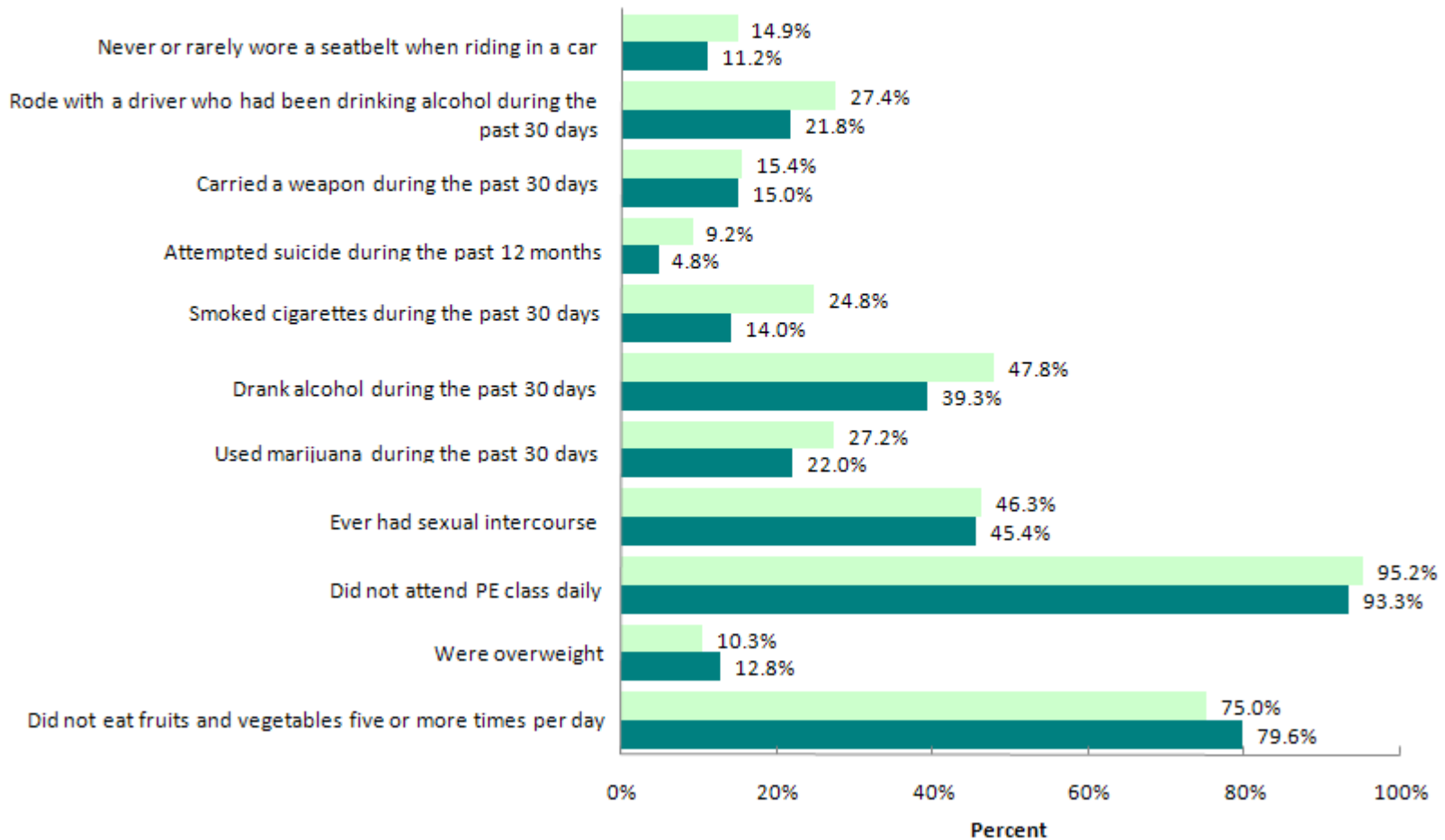


YOUTH RISK BEHAVIOR SURVEY RESULTS: COMPARISONS FROM 2001 AND 2007

Maine High School Survey Summary Findings

Percentage of High School Students Who:

2001 2007



PERSONAL SAFETY AND VIOLENCE-RELATED BEHAVIORS

The survey asked students various questions about safety and violence-related behavior. More specifically, students were asked about helmet and seatbelt usage; operating or riding in a vehicle while the driver is under the influence of alcohol or illegal drugs; carrying weapons; physical fighting; sexual assault; and harassment.

Helmet and Seat Belt Usage

Over the past decade, significant gains have been made in seat belt and helmet usage.

Of middle school students who rollerblade or ride a skateboard, 65% indicated that they never or rarely wear a helmet.

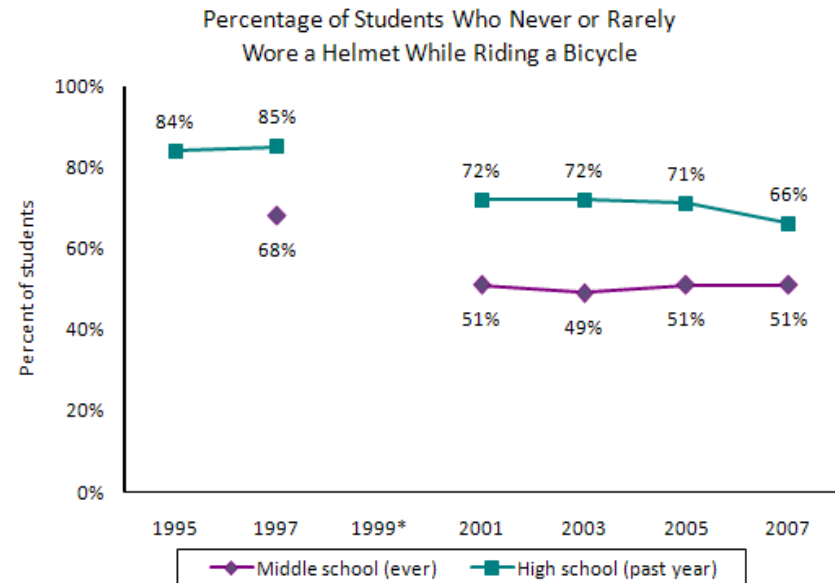
- Since 1997 (81%), there has been a statistically significant reduction in the percentage of middle school students who never or rarely wear a helmet while rollerblading or skateboarding.

Approximately one-half (51%) of middle school students surveyed indicated that they never or rarely wear a helmet while riding a bicycle.

- There has been a statistically significant reduction since 1997 (68%) in the percentage of middle school students who reported that they never or rarely use a bicycle helmet.

Sixty-six percent (66%) of high school students surveyed never or rarely wore a helmet while riding a bicycle in the past year.

- Since 1997 (85%), there has been a statistically significant reduction in the percentage of high school students who reported that they never or rarely used a bicycle helmet in the past year.



* There are no results because the data set in 1999 was not representative of the entire state.

PERSONAL SAFETY AND VIOLENCE-RELATED BEHAVIORS (cont.)

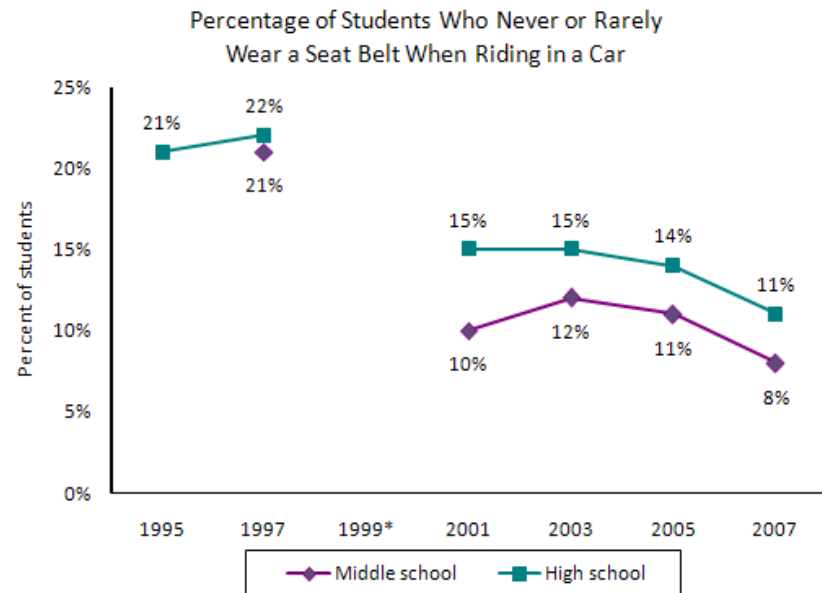
Helmet and Seat Belt Usage (cont.)

While the clear majority of middle school students reported that they wear a seat belt in a car either always (61%) or most of the time (23%), 8% of students in middle school sometimes wear a seat belt, and 8% never or rarely wear a seat belt.

- The current percentage (8%) of middle school students who indicated that they never or rarely wear a seat belt has been reduced significantly since 1997 (21%).

When riding in a car driven by someone else, just over three-fourths (78%) of high school students reported that they wear a seat belt either always (52%) or most of the time (26%). Eleven percent (11%) of high school students reported that they never or rarely wear a seat belt when riding in a car driven by someone else.

- The current percentage (11%) of high school students who reported that they never or rarely wear a seat belt when riding in a car driven by someone else shows a significant improvement since 1997 (22%).
- Male high school students (15%) were significantly more likely to have reported never or rarely wearing a seatbelt when riding in a car driven by someone else, as compared with female high school students (7%).



* There are no results because the data set in 1999 was not representative of the entire state.

PERSONAL SAFETY AND VIOLENCE-RELATED BEHAVIORS (cont.)

Operating a Vehicle Under the Influence of Alcohol or Drugs

Significant reductions have been made in terms of reported drinking and driving levels.

Three in ten (31%) middle school students surveyed have ridden in a car driven by someone who had been drinking alcohol.

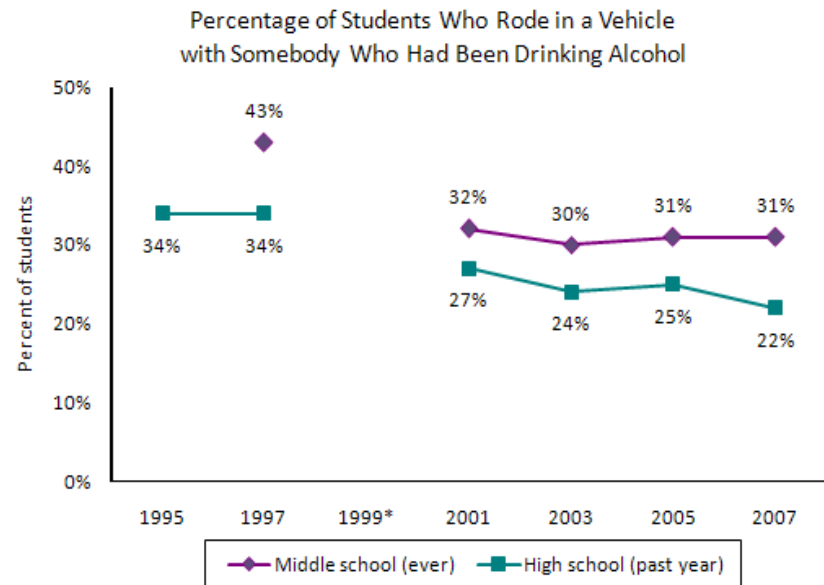
- The percentage of middle school students who have ridden in a car driven by someone who had been drinking alcohol has dropped significantly since 1997 (43%).
- Eighth grade students (35%) were significantly more likely than seventh grade students (26%) to report having ridden in a car driven by someone who had been drinking alcohol.

Twenty-two percent (22%) of high school students rode in a car driven by someone who had been drinking alcohol at least once in the 30 days preceding the survey.

- Since 1997 (34%), the percentage of high school students who rode in a car driven by someone who had been drinking alcohol dropped significantly.

Nine percent (9%) of high school students drove a car or other vehicle when they had been drinking alcohol at least once in the 30 days preceding the survey.

- The percentage of high school students reporting that they have driven a vehicle while under the influence of alcohol in the past month has dropped significantly since 1997 (16%).
- Students in the 12th grade (14%) were significantly more likely than students in the 9th grade (4%) to report this behavior.

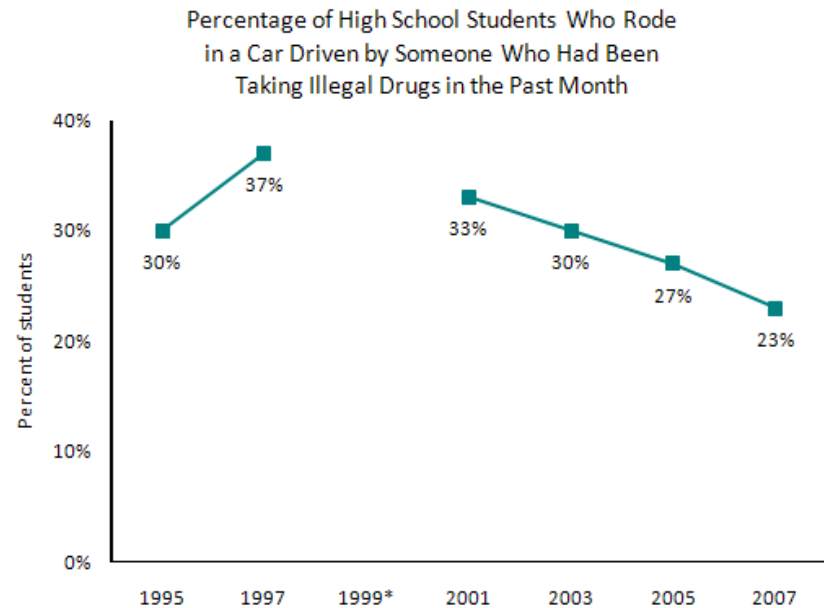


PERSONAL SAFETY AND VIOLENCE-RELATED BEHAVIORS (cont.)

Operating a Vehicle Under the Influence of Alcohol or Drugs (cont.)

Twenty-three percent (23%) of high school students rode in a car driven by someone who had been taking illegal drugs such as marijuana at least once in the month preceding the survey.

- In the past decade there has been a statistically significant drop in the percentage of high school students reporting having ridden in a car in the past month with someone who had been taking illegal drugs, from 37% in 1997 to 23% in 2007.
- Students in the 12th grade (28%) were significantly more likely than students in the 9th grade (13%) to report having ridden in a car driven by someone who had been taking illegal drugs in the month preceding the survey.



* There are no results because the data set in 1999 was not representative of the entire state.

PERSONAL SAFETY AND VIOLENCE-RELATED BEHAVIORS (cont.)

Carrying Weapons

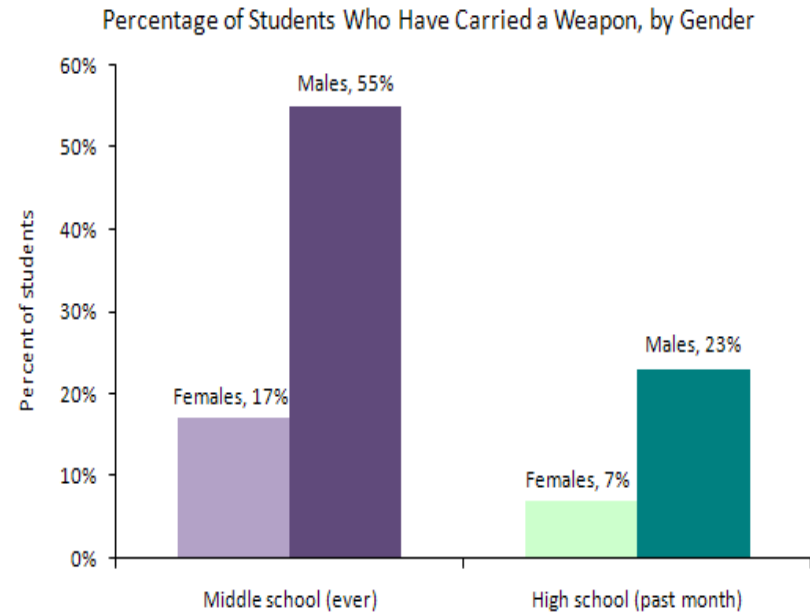
Significant improvement has been made in the past decade with respect to students carrying weapons on school property. Male students are still more likely than female students to be involved in carrying weapons.

Nearly four in ten (37%) middle school students surveyed have carried a weapon such as a gun, knife, or club in their lifetime. *(Please note that the high rates of middle school students ever carrying weapons may be explained by the fact that hunting is common among Maine youth.)*

- Male middle school students (55%) were significantly more likely than female middle school students (17%) to have carried a weapon.

Fifteen percent (15%) of high school students carried a weapon such as a gun, knife, or club in the 30 days preceding the survey. *(Please note that the survey was administered in the spring semester. As high school students were asked about carrying weapons in the 30 days preceding the survey, it is unlikely that hunting influenced the high school results regarding carrying weapons.)*

- The percentage of high school students reporting that they have carried a weapon in the past month has declined significantly in the past decade, from 22% in 1997 to the current rate of 15%.
- Male high school students (23%) were significantly more likely than female high school students (7%) to indicate that they carried a weapon in the 30 days preceding the survey.



PERSONAL SAFETY AND VIOLENCE-RELATED BEHAVIORS (cont.)

Carrying Weapons (cont.)

Five percent (5%) of high school students carried a gun in the 30 days prior to taking the survey.

- There has been a statistically significant drop in the percentage of high school students reporting having carried a gun in the past month (down from 7% in 1997).
- Male high school students (7%) were significantly more likely than female high school students (2%) to report that they carried a gun in the 30 days preceding the survey.

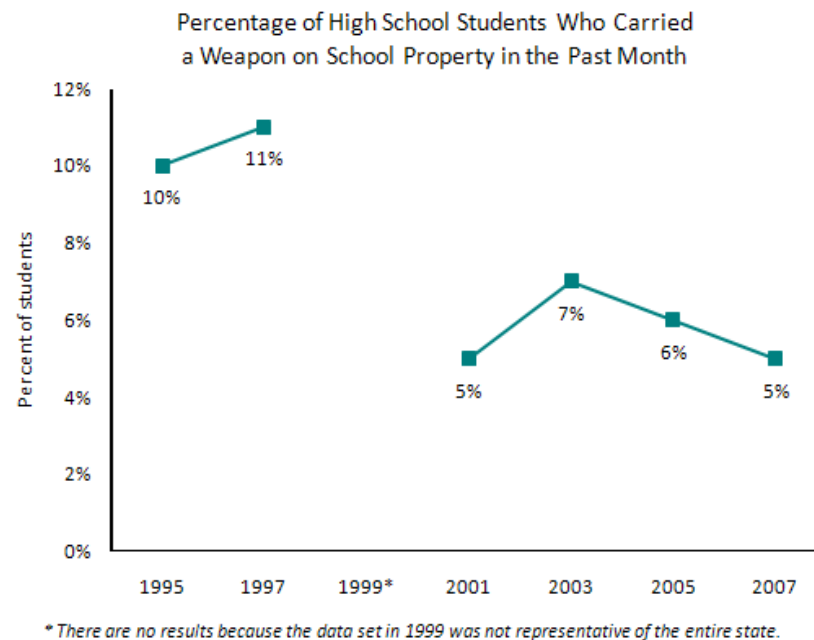
The majority of high school students (95%) did not carry a weapon such as a gun, knife, or club on school property in the 30 days preceding the survey.

- The 5% of high school students who have carried a weapon on school property represents a statistically significant decrease over the past decade (down from 11% in 1997).
- Male high school students (7%) were significantly more likely to carry a weapon on school property than were female high school students (3%).

Five percent (5%) of high school students indicated that they did not go to school on one or more of the 30 days preceding the survey because they felt unsafe at school or on their way to or from school.

Seven percent (7%) of high school students reported having been threatened or injured with a weapon while on school property at least once in the year preceding the survey.

Nearly one-fourth (22%) of high school students have had property, such as their car, clothing, or books, stolen or damaged on school property during the past 12 months.



PERSONAL SAFETY AND VIOLENCE-RELATED BEHAVIORS (cont.)

Physical Fighting

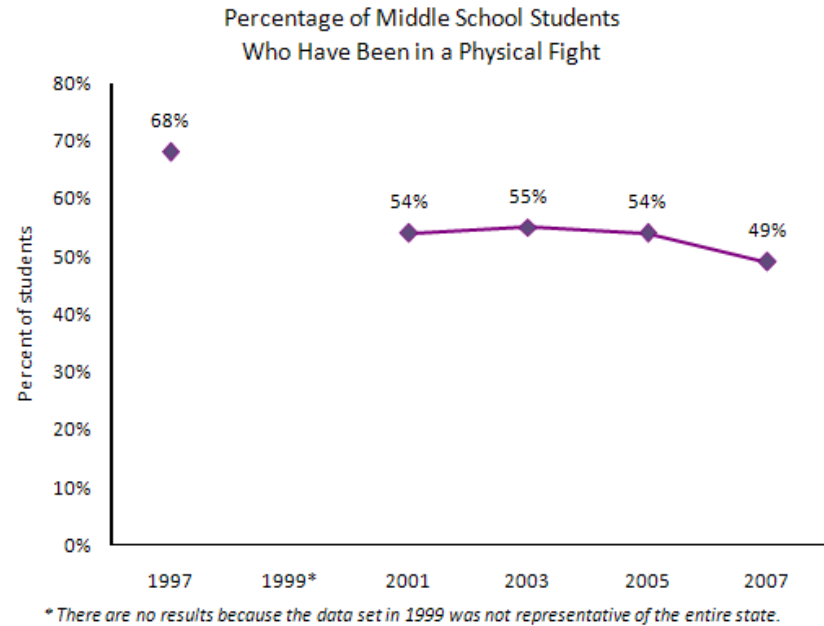
The rates for physical fighting have dropped in recent years among middle school and high school students. Males continue to be more likely than females to be involved in physical fighting.

Forty-nine percent (49%) of Maine middle school students surveyed reported participating in a physical fight in their lifetime.

- The percentage of middle school students who reported ever having been in a physical fight has dropped significantly from 68% in 1997 to 49% in 2007.
- Male middle school students (66%) were significantly more likely than female middle school students (32%) to have participated in a physical fight.

Six percent (6%) of middle school students surveyed have participated in a physical fight in which they were hurt enough to be treated by a doctor or nurse.

- There has been a statistically significant drop in the percentage of middle school students reporting having participated in a physical fight which required medical attention (down from 11% in 1997).
- Male middle school students (8%) were significantly more likely to report that they had been in a physical fight in which they were hurt enough to be treated by a doctor or nurse when compared to female middle school students (3%).



PERSONAL SAFETY AND VIOLENCE-RELATED BEHAVIORS (cont.)

Physical Fighting (cont.)

Twenty-seven percent (27%) of high school students were in a physical fight in the 12 months preceding the survey. ***The Healthy Maine 2010 adolescent health goal of 28% has been met.***

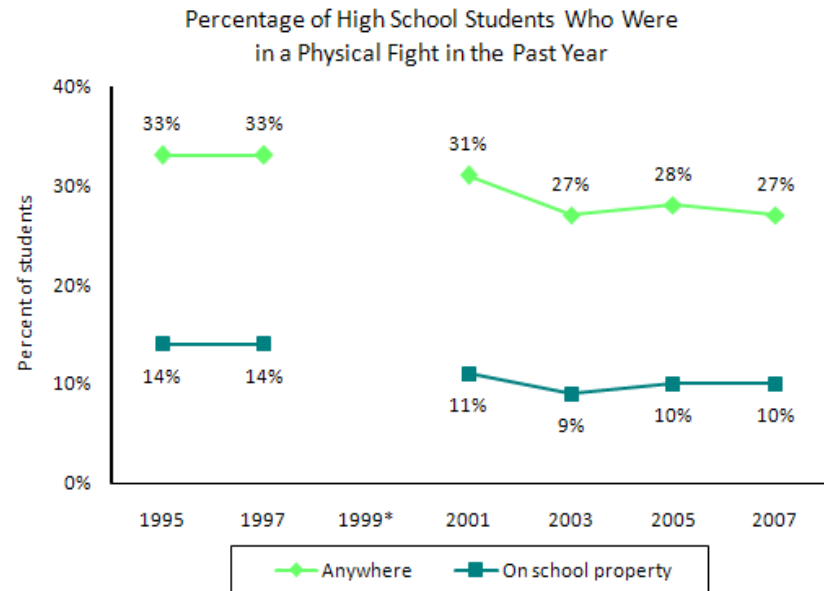
- Past-year physical fighting among high school students has dropped significantly over the past decade; the figure was 33% in 1997.
- A significantly higher proportion of male high school students (33%) have been in a physical fight in the past year, when compared to female high school students (19%).

One in ten (10%) high school students were in a physical fight on school property in the year preceding the survey.

- There has been a significant decline in physical fighting on school property since 1997 (14%).
- While male high schools students (13%) were more likely than female high school students (7%) to report having been in a physical fight on school property in the past year, this difference is not statistically significant.

Twelve percent (12%) of high school students reported being hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend in the past year.

- No gender differences were found among those who reported being physically abused by a boyfriend or girlfriend in the 12 months preceding the survey.



*There are no results because the data set in 1999 was not representative of the entire state.

PERSONAL SAFETY AND VIOLENCE-RELATED BEHAVIORS (cont.)

Sexual Assault

Eight percent (8%) of high school students surveyed have been forced to have sexual intercourse against their will.

- While female high school students (10%) were more likely to indicate that they have been forced to have sexual intercourse than male high school students (6%), this difference is not statistically significant.

Harassment

Ten percent (10%) of high school students reported having been attacked or subjected to offensive comments (either at school or on their way to or from school) based on their race.

Seven percent (7%) of high school students reported having been attacked or subjected to offensive comments (either at school or on their way to or from school) based on their perceived sexual orientation.

- No gender differences were reported regarding harassment due to perceived sexual orientation.

ATTEMPTED SUICIDE AND SAD FEELINGS

Attempted Suicide

Prevalence rates relating to thoughts and plans of suicide show significant improvement since 1997 on both the middle school and high school levels.

Seventeen percent (17%) of middle school students surveyed have seriously thought about killing themselves.

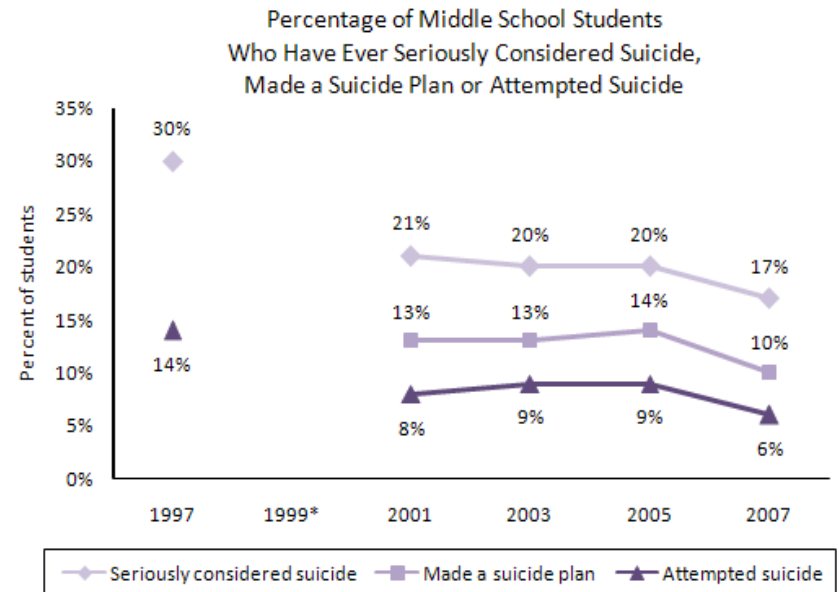
- The percentage of middle school students who have seriously thought about killing themselves has declined significantly since 1997 (30%).
- Female middle school students (20%) were significantly more likely than male middle school students (13%) to have reported seriously considering suicide in their lifetime.
- Students in the 8th grade (20%) were more likely than those in the 7th grade (14%) to have reported that they have seriously thought about killing themselves; this difference, however, is not statistically significant.

The majority (90%) of middle school students surveyed have never made a plan to commit suicide. Ten percent (10%) of middle school students, however, have made a plan about how they would kill themselves.

- The rate of middle school students who have made a suicide plan has declined from 13% in 2001 to 10% in 2007; this difference is statistically significant.

Six percent (6%) of middle school students surveyed indicated that they have tried to kill themselves.

- The reported attempted suicide rate among middle school students has been reduced significantly since 1997 (14%).



* There are no results because the data set in 1999 was not representative of the entire state.

ATTEMPTED SUICIDE AND SAD FEELINGS (cont.)

Attempted Suicide (cont.)

Eleven percent (11%) of high school students seriously considered attempting suicide in the 12 months preceding the survey.

- There has been a statistically significant reduction in the percentage of high school students who seriously considered attempting suicide since 1997 (25%).

While 87% of high school students did not make a suicide plan in the year prior to taking the survey, 13% of high school students reported that, in the 12 months preceding the survey, they made a plan about how they would commit suicide.

- The percentage of high school students who reported making a suicide plan dropped significantly since 1997 (21%).

While 95% of high school students did not try to kill themselves in the year preceding the survey, 5% of high school students did attempt suicide.

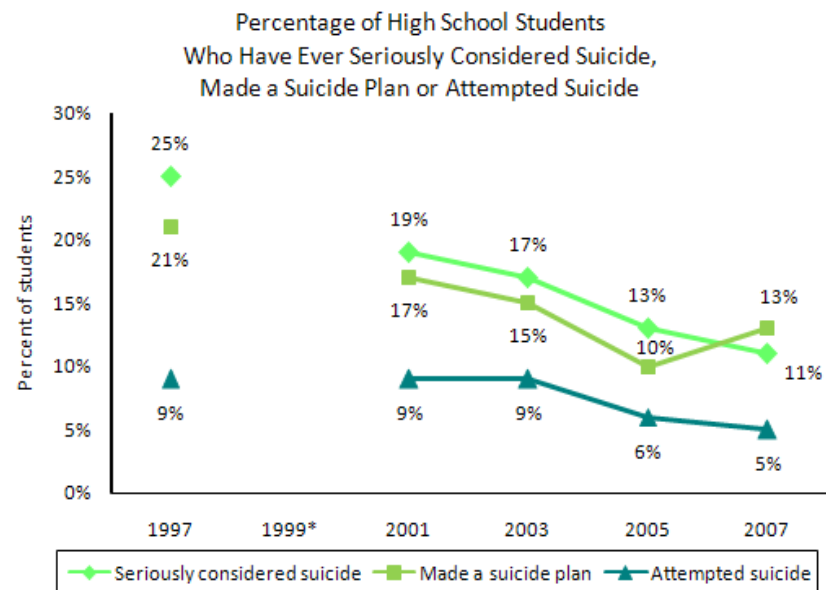
- The rate of this behavior has declined from 9% in 1997 to 5% in 2007; this difference is statistically significant.

Two percent (2%) of high school students reported that, because of an attempted suicide in the 12 months preceding the survey, they sustained an injury, poisoning, or overdose that had to be treated by a doctor or nurse.

- The percentage of high school students reporting this situation has dropped significantly since 2001 (5%).

Two in ten (21%) high school students reported that in the past 12 months they did something to purposely hurt themselves without wanting to die, such as cutting or burning themselves on purpose.

- Female high school students (27%) were significantly more likely than male high school students (15%) to report cutting/burning behavior.



* There are no results because the data set in 1999 was not representative of the entire state.

ATTEMPTED SUICIDE AND SAD FEELINGS (cont.)

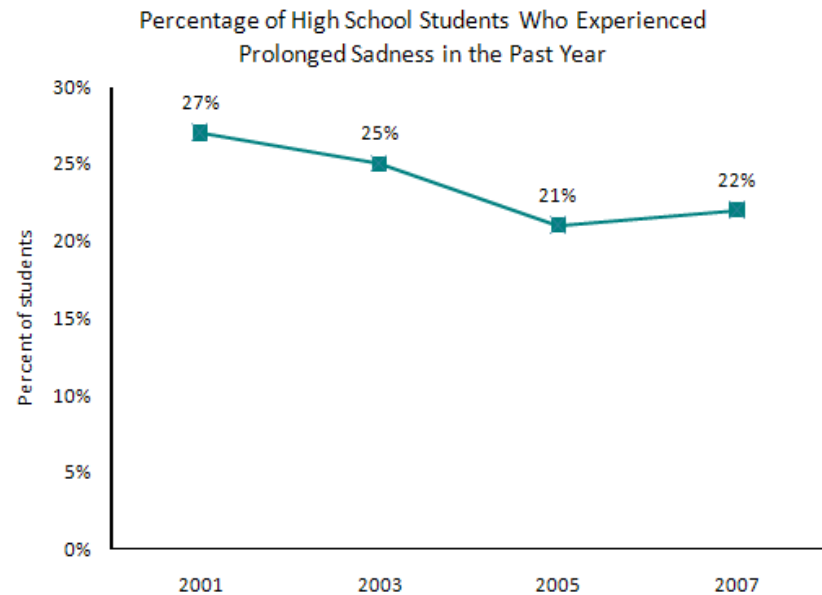
Sad Feelings

Two in ten (22%) high school students indicated that, in the year preceding the survey, they felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities (prolonged sadness).

- The rate of high school students who reported prolonged sadness declined from 27% in 2001 to 22% in 2007; this difference is statistically significant.
- Female high school students (28%) were significantly more likely than male high school students (16%) to have experienced prolonged sadness in the past year.

Two in ten (20%) high school students said that they got help from their friends when they felt sad or hopeless in the past year, and 6% got help from their parents or other adult relatives. Fifteen percent (15%) did not get help when they felt sad or hopeless. Fifty-two percent (52%) of high school students reported that they had not felt sad or hopeless in the 12 months preceding the survey.

- Male high school students (63%) were significantly more likely than female high school students (40%) to report that they did not feel sad or hopeless in the 12 months preceding the survey.



TOBACCO, ALCOHOL, AND ILLEGAL DRUG USE

The next section of the survey dealt with tobacco, alcohol, and illegal drug use. Specifically, students were asked about cigarette smoking, method of obtaining tobacco, and other tobacco use; alcohol, marijuana, cocaine, inhalant, heroin, methamphetamine, ecstasy, steroid, and intravenous drug use; as well as the use of illegal drugs on school property.

Cigarette Smoking

Cigarette smoking rates have continued to decline on both the middle and high school levels.

One-fifth (20%) of middle school students reported ever trying smoking, even one or two puffs.

- The percentage of middle school students who have tried smoking has dropped significantly since 2001 (36%).

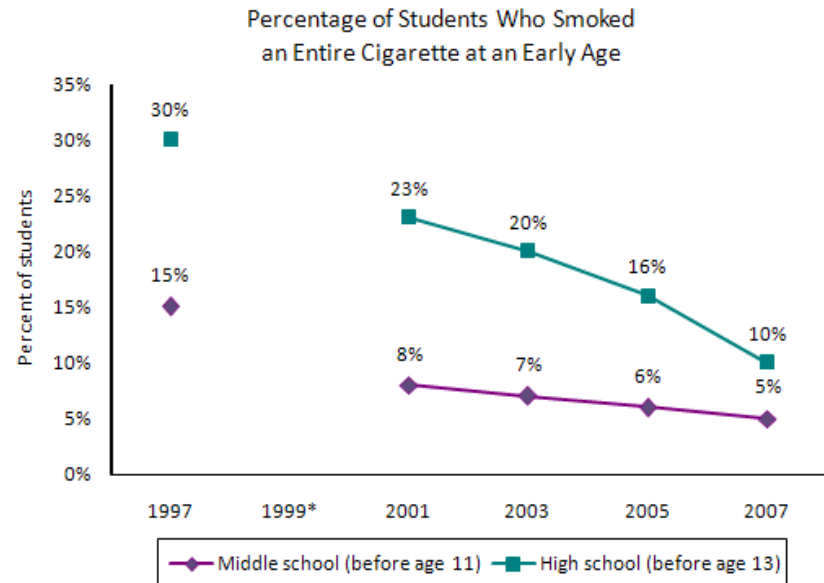
Eighty-seven percent (87%) of middle school students surveyed have never smoked an entire cigarette.

- The percentage of middle school students who have smoked an entire cigarette before the age of 11 has decreased from 15% in 1997 to 5% in 2007.

Seventy-one percent (71%) of high school students reported that they have never smoked a whole cigarette.

- The percentage of high school students who have smoked an entire cigarette before the age of 13 decreased significantly from 30% in 1997 to 10% in 2007.

Lifetime smoking rates increase by grade level. While 9% of 7th grade students have smoked an entire cigarette, 34% of 12th grade students have smoked an entire cigarette.



TOBACCO, ALCOHOL, AND ILLEGAL DRUG USE (cont.)

Cigarette Smoking (cont.)

Six percent (6%) of middle school students and 14% of high school students reported that they smoked cigarettes on one or more of the 30 days preceding the survey. ***The Healthy Maine 2010 adolescent health goal of reducing the percentage of high school students smoking in the past 30 days to 15% has been met.***

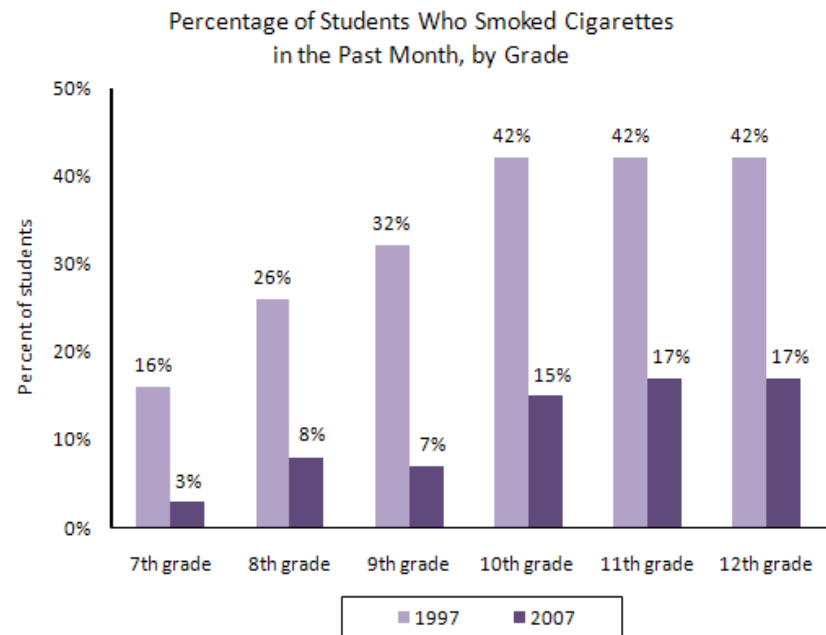
- The rate of past-month smoking among middle school students has improved significantly from 21% in 1997 to 6% in 2007.
- Prevalence rates of recent (past-month) smoking among high school students have declined significantly from 39% in 1997 to 14% in 2007.
- Recent smoking rates in high school appear to level off in the 11th grade. While 3% of 7th grade students smoked on one or more of the past 30 days, 17% of 11th and 12th grade students did the same.

Four percent (4%) of middle school students reported that they have ever smoked cigarettes daily, that is at least one cigarette every day for 30 days.

- The prevalence rate of daily smoking among middle school students has dropped significantly since 2001 (8%).

Twelve percent (12%) of high school students reported “current cigarette use”, defined as those who have smoked more than 10 cigarettes per day on the days they smoked during the past 30 days.

- The percentage of high school students who engage in “current cigarette use” has declined significantly since 1997, when the rate was 24%.



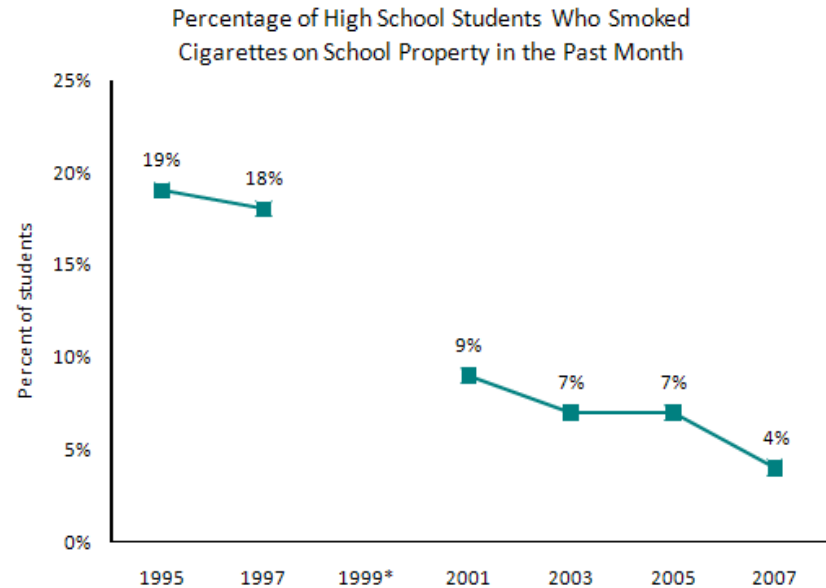
TOBACCO, ALCOHOL, AND ILLEGAL DRUG USE (cont.)

Cigarette Smoking (cont.)

Four percent (4%) of high school students reported having smoked cigarettes on school property in the 30 days preceding the survey.

- Cigarette smoking on school property among high school students has declined significantly over the past decade; the rate was 18% in 1997.

Nearly one-half (45%) of current high school smokers tried to quit smoking in the 12 months preceding the survey.



*There are no results because the data set in 1999 was not representative of the entire state.

TOBACCO, ALCOHOL, AND ILLEGAL DRUG USE (cont.)

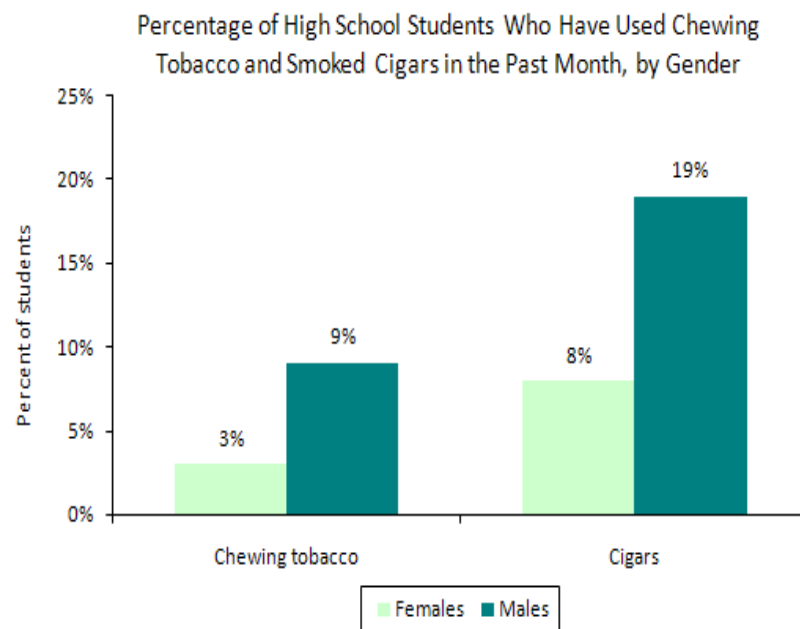
Other Tobacco Use

The vast majority of middle school students (97%) and high school students (94%) did not use chewing tobacco, dip, or snuff in the 30 days preceding the survey.

- The overall recent (past 30 day) smokeless tobacco use rate among high school students has declined from 1997 (8%) to 2007 (6%); this difference is statistically significant.
- Nine percent (9%) of male high school students indicated recent use of chewing tobacco, dip, or snuff, which is significantly higher than the 3% of female high school students who reported doing the same.

Five percent (5%) of middle school students and 14% of high school students reported smoking cigars, cigarillos, or little cigars during the 30 days preceding the survey.

- Male middle school students (7%) were significantly more likely than female middle school students (3%) to indicate that they have smoked cigars, cigarillos, or little cigars during the past 30 days.
- Nineteen percent (19%) of male high school students have smoked cigars, cigarillos, or little cigars in the preceding 30 days, which is significantly higher than the 8% of female high school students who reported doing the same.
- Cigar, cigarillo, and little cigar use increases with age. While 3% of 7th grade students reported smoking cigars, cigarillos, or little cigars in the preceding 30 days, 24% of 12th graders reported this behavior.

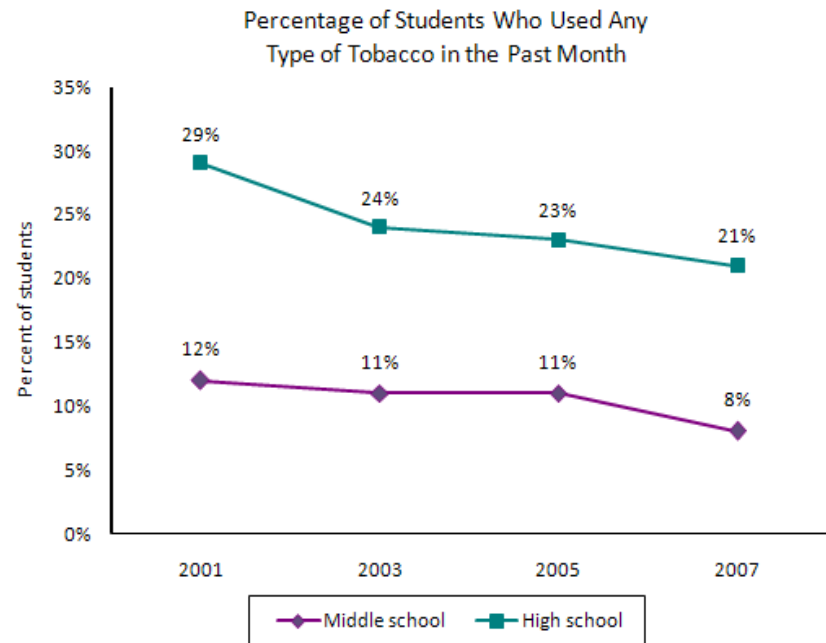


TOBACCO, ALCOHOL, AND ILLEGAL DRUG USE (cont.)

Other Tobacco Use (cont.)

In all, 8% of middle school students and 21% of high school students used any type of tobacco in the 30 days preceding the survey.

- The percentage of students reporting any type of tobacco use in the past month decreased significantly on both the middle school and high school levels since 2001 (12% versus 8% and 29% versus 21%, respectively).
- Overall tobacco use increases with age. While 5% of 7th grade students reported any tobacco use in the preceding 30 days, 34% of 12th graders indicated tobacco use in that time.
- Prevalence rates of any recent (past 30 day) use of tobacco by male and female students were statistically similar on both the middle school and high school levels.



TOBACCO, ALCOHOL, AND ILLEGAL DRUG USE (cont.)

Alcohol Use

Reported alcohol use rates among high school students have continued to decline over the past decade.

Thirty-one percent (31%) of middle school students and 64% of high school students have consumed more than a few sips of alcohol in their lifetime.

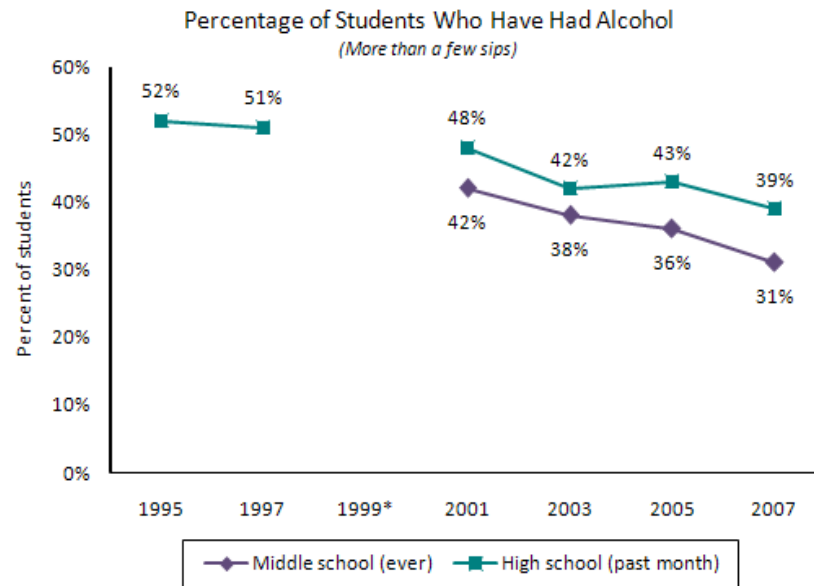
- The prevalence rate of lifetime alcohol use among middle school students has declined significantly, from 42% in 2001 to 31% currently.
- Students in the higher grades were more likely than students in the lower grades to report ever having consumed alcohol in their lifetime (79% [12th grade] versus 21% [7th grade]).

Twelve percent (12%) of middle school students had their first drink of alcohol before the age of 11 and 15% of high school students had their first drink of alcohol before the age of 13.

- The percentage of high school students who had their first drink before age 13 has declined significantly since 1997 (29%).
- Male middle school students (16%) were significantly more likely than female middle school students (9%) to have reported having their first drink of alcohol before the age of 11.

Thirty-nine percent (39%) of high school students had at least one drink of alcohol in the month prior to taking the survey.

- Past-month drinking rates among high school students have declined significantly in the past decade, from 51% in 1997 to 39% in 2007.
- Students in the 12th grade (51%) were significantly more likely to report having consumed alcohol in the 30 days preceding the survey than students in the 9th grade (25%).



* There are no results because the data set in 1999 was not representative of the entire state.

TOBACCO, ALCOHOL, AND ILLEGAL DRUG USE (cont.)

Alcohol Use (cont.)

Twenty-three percent (23%) of high school students have participated in “binge drinking” (defined as having five or more drinks of alcohol within a couple of hours) at least once in the 30 days preceding the survey.

- The percentage of high school students reporting recent binge drinking has decreased significantly since 1997 (34%).
- Students in the 12th grade (33%) were significantly more likely than students in the 9th grade (12%) to report having had five or more drinks of alcohol in a row in the 30 days preceding the survey.

The top two ways that the high school students who drank alcohol in the 30 days prior to the survey obtained their alcohol were: 1) someone giving them the alcohol, and 2) the students giving someone else money to purchase the alcohol.

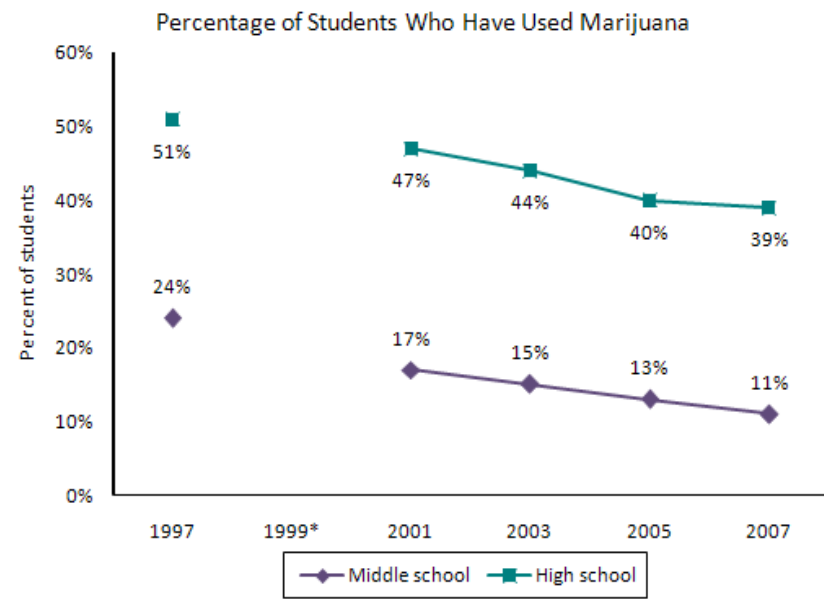
Six percent (6%) of high school students reported that they had at least one drink of alcohol on school property in the 30 days preceding the survey.

Marijuana Use

Marijuana use has decreased for both middle and high school students.

Eleven percent (11%) of middle school students and 39% of high school students have used marijuana.

- The lifetime marijuana use rate among middle school students has declined from 24% in 1997. The prevalence rate of lifetime marijuana use among high school students has decreased as well in that time, from 51% in 1997 to 39% in 2007.
- Students in the higher grades were more likely to report having used marijuana than students in the lower grades (54% [12th grade] versus 6% [7th grade]).



* There are no results because the data set in 1999 was not representative of the entire state.

TOBACCO, ALCOHOL, AND ILLEGAL DRUG USE (cont.)

Marijuana Use (cont.)

Four percent (4%) of middle school students tried marijuana before the age of 11 and 7% of all high school students surveyed tried marijuana before the age of 13.

- The percentage of high school students who tried marijuana before the age of 13 has decreased significantly from 12% in 1997 to 7% in 2007.

Twenty-two percent (22%) of high school students reported that they used marijuana in the 30 days preceding the survey.

- Past-month use of marijuana among high school students has declined significantly over the past decade, from 30% in 1997.
- Students in the 9th grade (11%) were significantly less likely to report this behavior than 12th grade students (28%).

Five percent (5%) of high school students indicated that they used marijuana on school property one or more times in the 30 days preceding the survey.

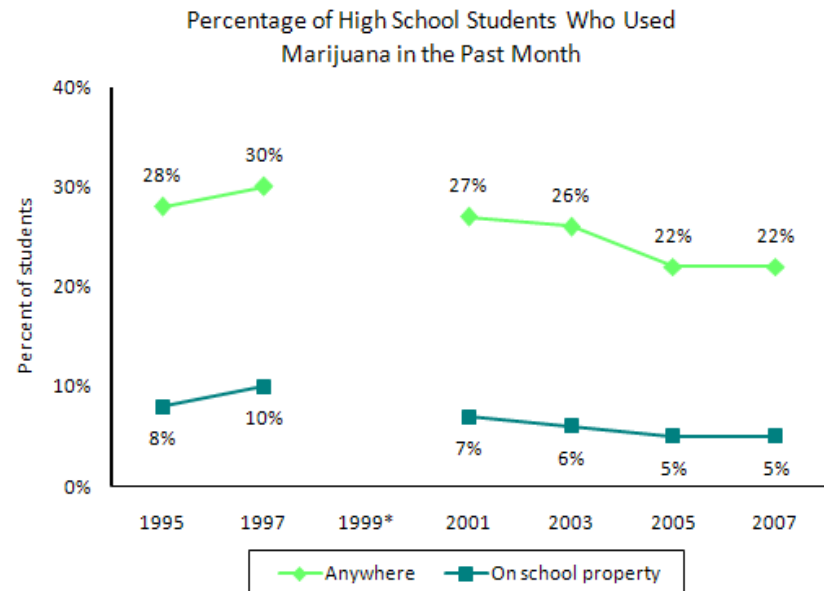
- Past-month use of marijuana on school property among high school students has decreased significantly since 1997 (10%).

Cocaine Use

Three percent (3%) of middle school students reported lifetime cocaine use, including powder, crack, or freebase cocaine.

- Lifetime use of cocaine among middle school students has declined significantly since 2001 (5%).

Four percent (4%) of high school students used any form of cocaine in the 30 days preceding the survey.



* There are no results because the data set in 1999 was not representative of the entire state.

TOBACCO, ALCOHOL, AND ILLEGAL DRUG USE (cont.)

Inhalant Use

Lifetime inhalant rates have leveled off since a significant drop between 1997 and 2001 at both the middle school and high school levels.

Eleven percent (11%) of middle school students and 13% of high school students have used inhalants in their lifetime.

- The current rates of lifetime inhalant use among middle school and high students are significantly lower than the 1997 figures of 26% and 19%, respectively.

Heroin Use¹

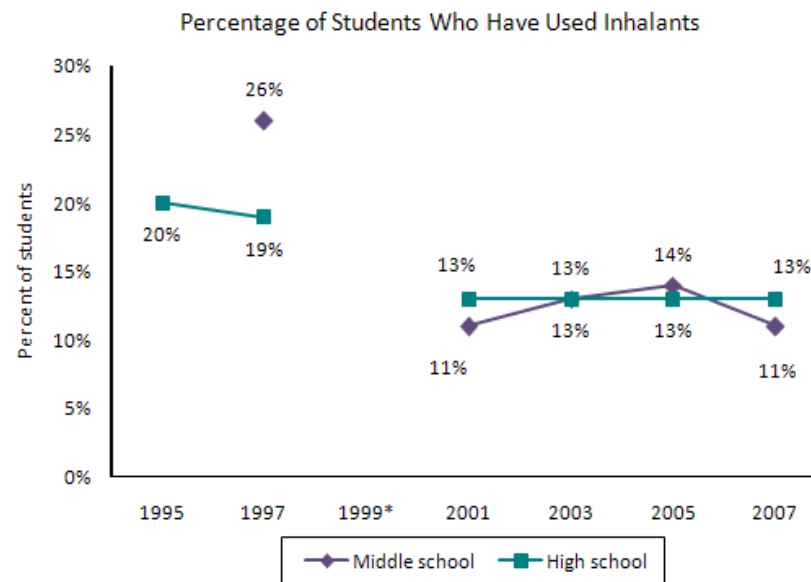
Nearly all high school students (96%) indicated that they have never used heroin in their lifetime. Four percent (4%) of high school students reported having used heroin at least one time in their life.

- Reported lifetime heroin use among high school students has remained the same since 2001, when the question was first asked.

Methamphetamine Use

Five percent (5%) of high school students have used methamphetamines (which includes speed, crystal, crank, and ice) in their life.

- There has been a downward trend of lifetime methamphetamine use among high school students since 2001 (8%), when the question was first asked.



* There are no results because the data set in 1999 was not representative of the entire state.

¹ Please note that middle school students were not asked about heroin, methamphetamine or ecstasy use.

TOBACCO, ALCOHOL, AND ILLEGAL DRUG USE (cont.)

Steroid Use

Steroid use has declined over the past decade at both the middle and high school levels.

Three percent (3%) of both middle school students and high school students surveyed have used steroids.

- The level of lifetime steroid use among middle school students represents a decline since 1997 (6%). There has been a decline in steroid use among high school students since 2001 (6%).

Intravenous Drug Use

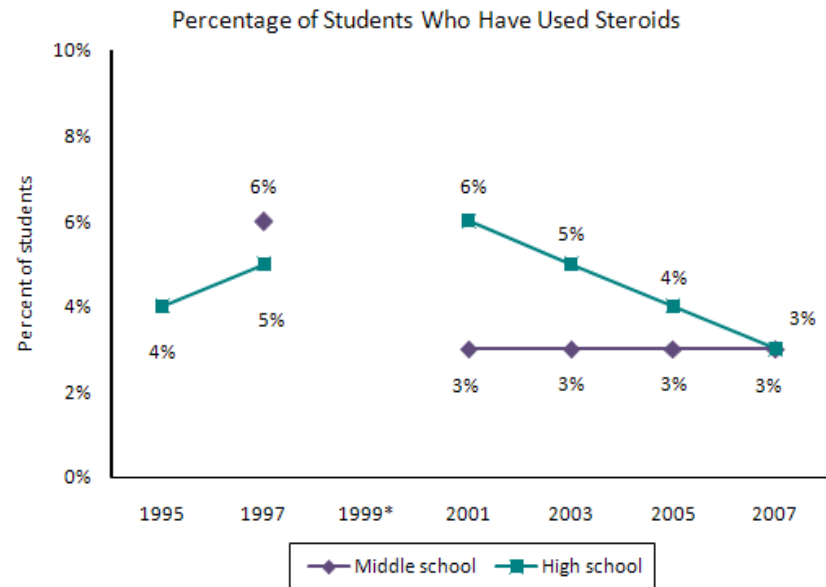
Five percent (5%) of middle school students and 3% of high school students reported that they have used a needle to inject an illegal drug into their body.

- The rates of intravenous drug use have remained unchanged in recent years for both the middle and high school levels.

Illegal Drugs on School Property

Twenty-nine percent (29%) of high school students indicated that they were offered, sold, or given an illegal drug on school property by someone during the 12 months preceding the survey.

- The percentage of high school students who reported that they were offered, sold, or given an illegal drug on school property during the past year has declined significantly, from a high of 41% in 1997 to 29% in 2007.



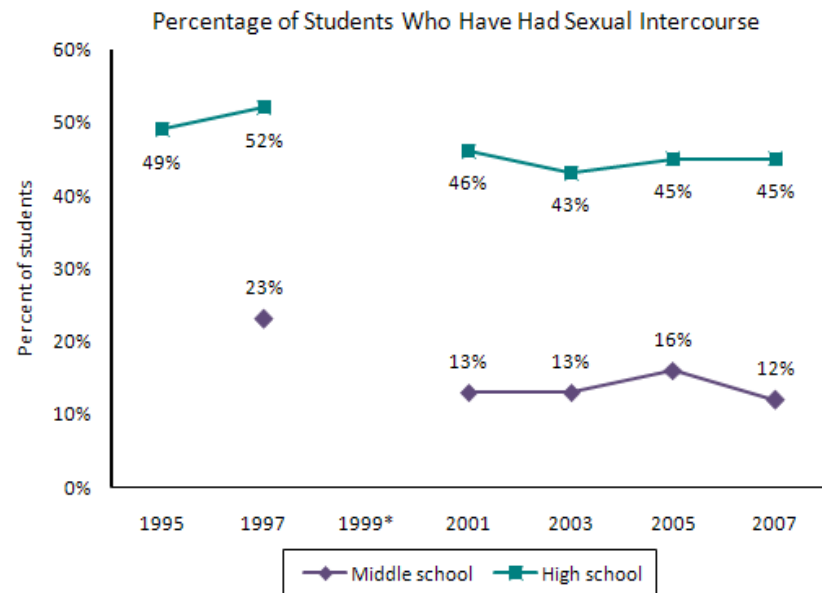
SEXUAL BEHAVIOR

The survey next asked questions about sexual behaviors, as well as condom and other contraceptive use. HIV infection and sexually transmitted disease risk behaviors are included because AIDS is a critical public health threat. **Please note that for the 'Sexual Behavior' section, the questions do not specify whether sexual intercourse/contact was consensual.**

Rates of sexual intercourse for middle school and high school students have declined in recent years.

Twelve percent (12%) of middle school students and 45% of high school students reported having had sexual intercourse.

- The current rates of sexual intercourse for middle school and high school students have decreased significantly in recent years; from 23% in 1997 to 12% in 2007 among middle school students and from 52% in 1997 to 45% in 2007 among high school students.
- *The Healthy Maine 2010 adolescent health goal is to reduce the percentage of high school students reporting that they have had sexual intercourse to 40%.*
- Not surprisingly, students in the 12th grade (65%) were significantly more likely than students in the 7th grade (7%) to have had sexual intercourse.
- Although the difference is not statistically significant, male middle school students (15%) were more likely to report having had sexual intercourse than female middle school students (9%).



*There are no results because the data set in 1999 was not representative of the entire state.

SEXUAL BEHAVIOR (cont.)

Three percent (3%) of middle school students reported having had sexual intercourse before age 11 and 5% of high school students reported having had sexual intercourse before the age of 13.

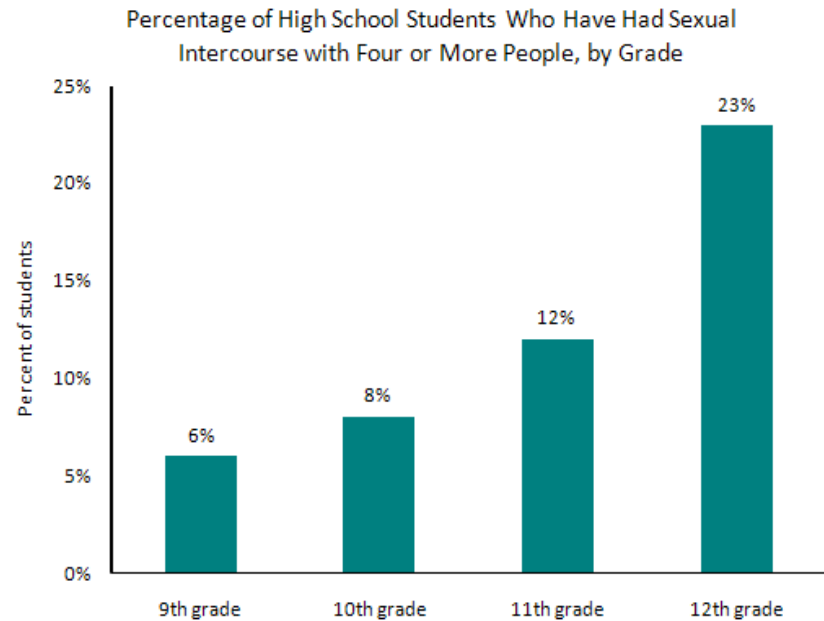
While 4% of middle school students surveyed reported having had sexual intercourse with three or more people, 12% of high school students reported having had sexual intercourse with four or more people.

- Students in the 12th grade (23%) were significantly more likely than students in the 9th grade (6%) to report having sexual intercourse with four or more people.
- Male high school students and female high school students are equally likely to report this behavior.

Five percent (5%) of female high school students and 3% of male high school students describe themselves as gay, lesbian, or bisexual.

Eight percent (8%) of female high school students and 5% of male high school students surveyed reported having had sexual contact with members of the same gender or with members of both genders. The rate of same-sex only contact for high school students was 3% for both females and males.

- Female high school students (6%) were significantly more likely than male high school students (2%) to report having had sexual contact with members of both genders.



SEXUAL BEHAVIOR (cont.)

Of high school students who have had sexual intercourse, 27% have abstained in the past three months. *The Healthy Maine 2010 adolescent health goal is 33%.*

Thirty-three percent (33%) of all high school students surveyed had sexual intercourse with one or more people in the past three months and are considered to be currently sexually active.

- 12th grade students (50%) were significantly more likely than students in the 9th grade (19%) to be currently sexually active.

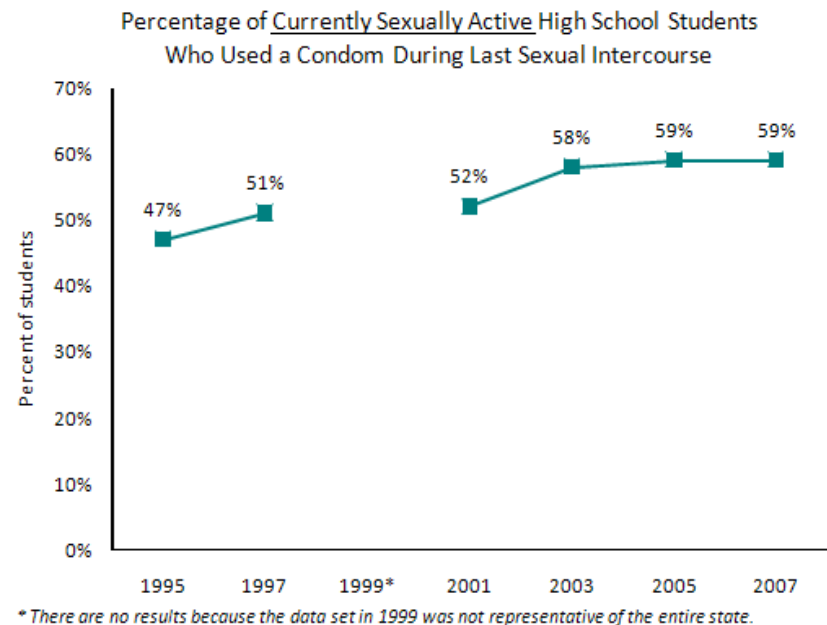
Of currently sexually active high school students, 20% indicated that they drank alcohol or used drugs before last intercourse.

Seventy-two percent (72%) of middle school students who have had sexual intercourse reported using a condom during their last sexual intercourse experience. Approximately six in ten (59%) high school students that are currently sexually active indicated that they used a condom the last time they had sexual intercourse. ***The Healthy Maine 2010 adolescent health goal of 58% has been met among the high school population.***

- The percentage of currently sexually active high school students who used a condom during their last sexual intercourse has improved significantly from 51% in 1997 to 59% in 2007.
- While not a statistically significant difference, it is interesting to note that 69% of male high school students who are currently sexually active reported having used a condom during last sexual intercourse compared with 51% of female high school students.

Forty-one percent (41%) of high school females considered to be currently sexually active indicated that they used birth control pills as a method of contraception during last sexual intercourse.

The Healthy Maine 2010 adolescent health goal for pregnancies among females 15 to 17 years of age is set at 16.3 per 1,000. The rate in 2003 was 19.0.



BODY WEIGHT, PHYSICAL ACTIVITY, NUTRITION & HEALTH CARE

The next section of the survey asked several questions about nutrition and body weight.

Body Weight

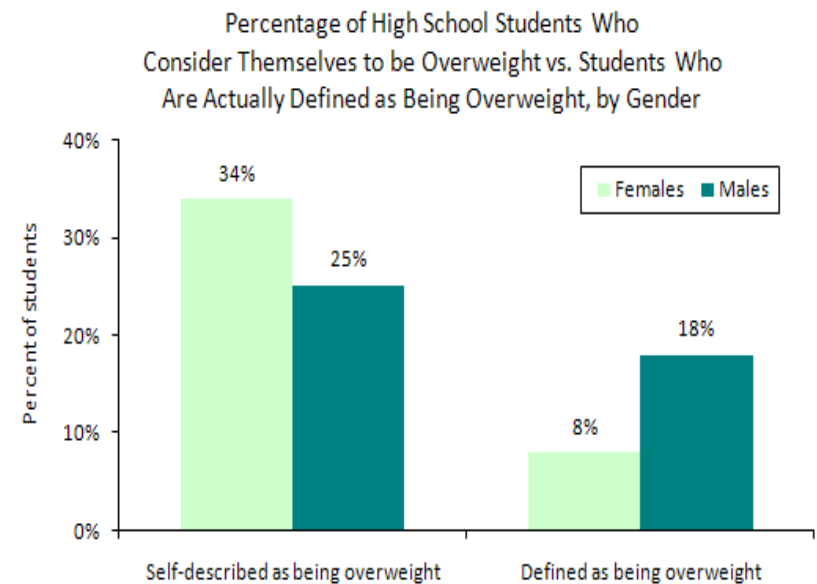
Nearly six in ten (58%) middle school students reported that they are about the right weight. While 24% of middle school students feel that they are overweight (either very or slightly), 17% believe that they are underweight (either very or slightly).

- The percentage of middle school students who describe themselves as overweight (either very or slightly) has declined from 29% in 1997 to 24% in 2007; this difference is statistically significant.

Fifty-seven percent (57%) of high school students surveyed believe that they are about the right weight. Three in ten high school students (30%) described their weight as overweight (either very or slightly) and 14% indicated that they are underweight (either very or slightly).

According to respondents' self-reported height and weight, 13% of high school students were defined as "overweight". An additional 13% of high school students were considered to be at risk for becoming overweight.

- Male high school students (18%) were significantly more likely than female high school students (8%) to be defined as overweight. However, 34% of female high school students believe that they are overweight (either very or slightly), which is significantly higher than the 25% of male high school students who believe the same to be true.



¹ In the YRBS, "overweight" students are defined as those who, using self-reported height and weight, were at or above the 95th percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey. Those who are at risk for becoming overweight are defined as students who were at or above the 85th percentile but below the 95th percentile. *The Healthy Maine 2010 adolescent health goal for adolescents being defined as "overweight" is 5%.*

BODY WEIGHT, PHYSICAL ACTIVITY, NUTRITION & HEALTH CARE (cont.)

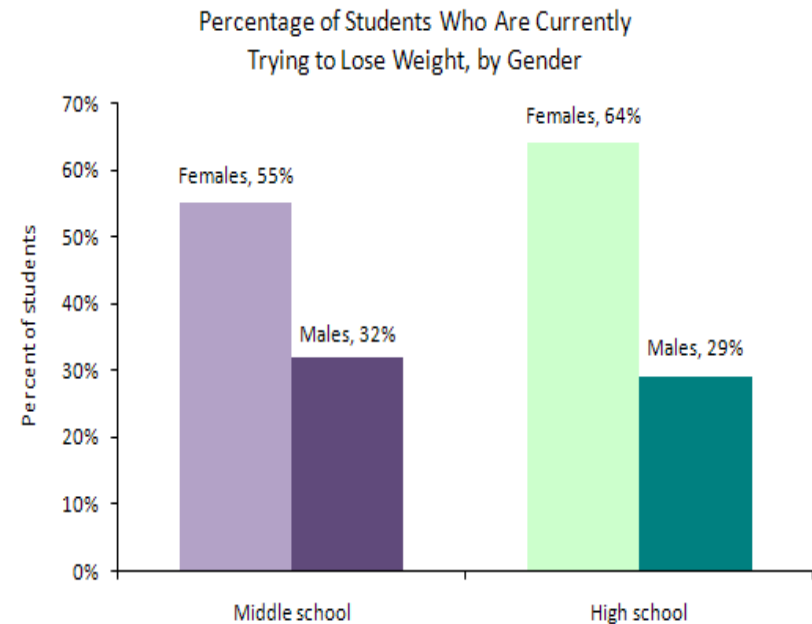
Body Weight (cont.)

Forty-three percent (43%) of middle school students indicated that they are currently trying to lose weight. Twenty-three percent (23%) of middle school students reported that they are not trying to do anything about their weight, and 23% are trying to maintain their current weight. Eleven percent (11%) indicated that they are trying to gain weight.

- Female middle school students were more likely than males to report that they are trying to lose weight (55% versus 32%); this difference is statistically significant.

Forty-six percent (46%) of high school students are currently trying to lose weight. One in five high school students (20%) indicated that they are not trying to do anything about their weight, and 18% are trying to maintain their weight. Sixteen percent (16%) reported that they are trying to gain weight.

- Female high school students (64%) were significantly more likely than male high school students (29%) to report that they are trying to lose weight.



BODY WEIGHT, PHYSICAL ACTIVITY, NUTRITION & HEALTH CARE (cont.)

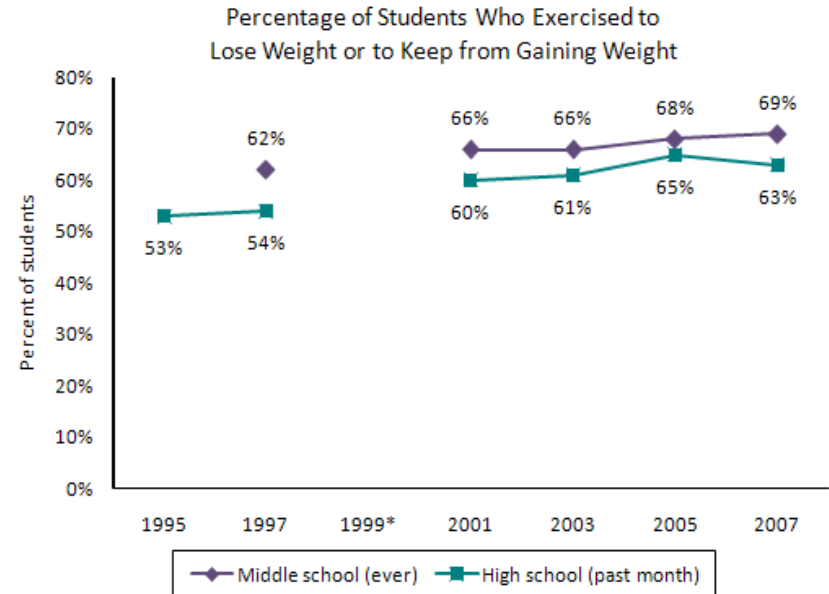
Body Weight (cont.)

Sixty-nine percent (69%) of middle school students have exercised to lose weight or to keep from gaining weight.

- The percentage of middle school students who have exercised to lose weight or to keep from gaining weight increased significantly from 62% in 1997 to 69% in 2007.
- Female middle school students (74%) were significantly more likely than male middle school students (63%) to have exercised to lose weight or to keep from gaining weight.

Sixty-three percent (63%) of high school students have exercised to lose weight or to keep from gaining weight in the 30 days preceding the survey.

- The percentage of high school students who have exercised to lose weight or to keep from gaining weight in the past month increased significantly from 54% in 1997 to 63% in 2007.
- Female high school students (73%) were significantly more likely than male high school students (53%) to have exercised to lose weight or to keep from gaining weight in the month prior to taking the survey.



* There are no results because the data set in 1999 was not representative of the entire state.

BODY WEIGHT, PHYSICAL ACTIVITY, NUTRITION & HEALTH CARE (cont.)

Body Weight (cont.)

Forty-five percent (45%) of middle school students reported having ever dieted in order to lose weight or to keep from gaining weight.

- Female middle school students (57%) were significantly more likely than male middle school students (33%) to report ever having dieted.

Fifteen percent (15%) of middle school students have fasted for 24 hours or more to lose weight or to keep from gaining weight.

- The prevalence rate of fasting among middle school students has decreased from 19% in 2001 to 15% in 2007.
- Female middle school students (20%) were significantly more likely than male middle school students (9%) to have reported fasting for the purpose of weight control.

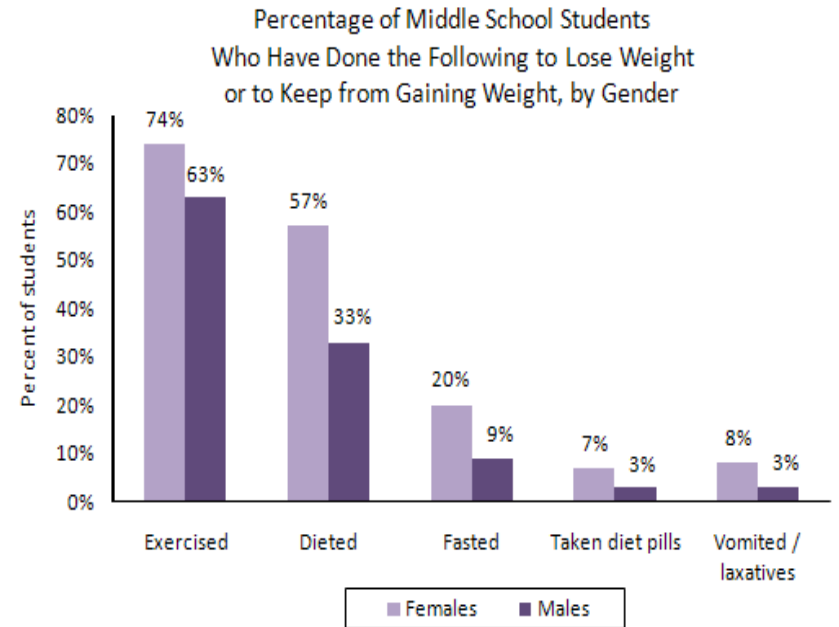
- Eighth grade students (18%) were significantly more likely than seventh grade students (11%) to report having fasted to lose weight or to keep from gaining weight.

Five percent (5%) of middle school students have taken diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight. *(Please note that this does not include meal replacement products, such as Slim Fast.)*

- Students in 8th grade (8%) were significantly more likely than students in 7th grade (3%) to report this behavior.

Five percent (5%) of middle school students have vomited or taken laxatives to lose weight or to keep from gaining weight.

- The percentage of middle school students who have vomited or taken laxatives has declined significantly from 10% in 1997 to 5% in 2007.
- Female middle school students (8%) were significantly more likely than male middle school students (3%) to report that they have ever vomited or taken laxatives to lose weight or to keep from gaining weight.



BODY WEIGHT, PHYSICAL ACTIVITY, NUTRITION & HEALTH CARE (cont.)

Body Weight (cont.)

Forty-two percent (42%) of high school students have dieted in order to lose weight or to keep from gaining weight in the 30 days preceding the survey.

- The reported dieting rates in the past month for female high school students (56%) were significantly higher than those reported by male high school students (28%).

Ten percent (10%) of high school students fasted for at least 24 hours to lose weight or to keep from gaining weight in the 30 days preceding the survey.

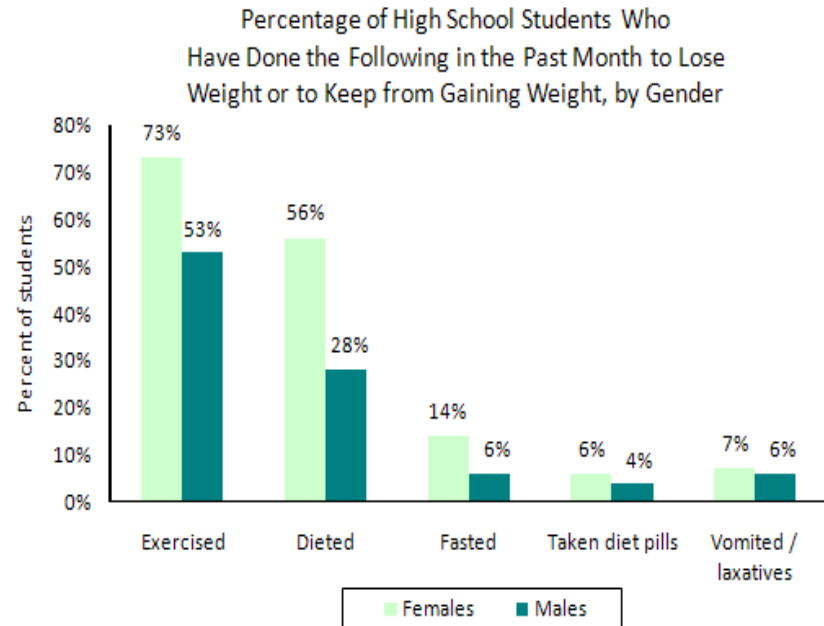
- The prevalence rate of high school students fasting in the past month has declined from 13% in 2001 to 10% in 2007.
- While 14% of female high school students reported (past month) fasting behavior, 6% of male high school students did the same; this difference is statistically significant.

In the 30 days preceding the survey, five percent of high school students (5%) took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight. *(Please note that this does not include meal replacement products, such as Slim Fast.)*

In the month prior to taking the survey, 6% of high school students vomited or took laxatives to lose weight or to keep from gaining weight.

One-third of high school students (33%) reported that they ate an amount of food that most people would consider large in a short period of time (an "eating binge") at least once in the 30 days preceding the survey.

- Males and females were equally likely to report this behavior.



BODY WEIGHT, PHYSICAL ACTIVITY, NUTRITION & HEALTH CARE (cont.)

Nutrition

Please note that middle school students were not asked about nutrition.

Twenty percent (20%) of high school students ate five or more servings of fruits and vegetables per day during the seven days preceding the survey. *The Healthy Maine 2010 adolescent health goal is 33%.*

- The percentage of high school students who reported eating five or more servings of fruits and vegetables per day in the past week significantly decreased from 25% in 2001 to 20% in 2007.

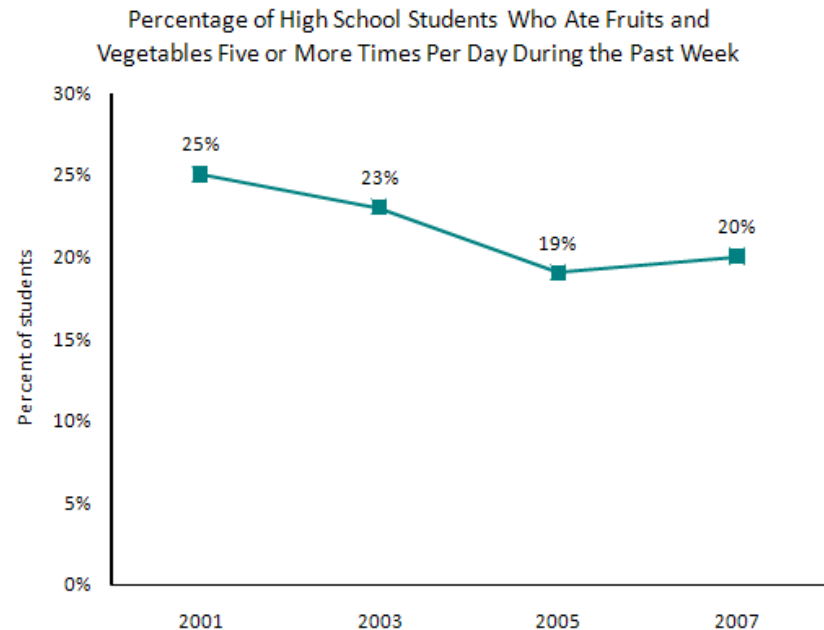
The majority (89%) of high school students ate fruit one or more times in the seven days preceding the survey. Twenty-nine percent (29%) ate fruit at least once per day.

- Female high school students (93%) were significantly more likely than male high school students (85%) to have eaten fruit in the week prior to taking the survey.

Seventy-two percent (72%) of high school students ate green salad at least once in the seven days preceding the survey. Fourteen percent (14%) of students surveyed reported that they ate green salad at least once per day in the past week.

Approximately eight in ten (78%) high school students reported that they ate potatoes at least once in the week preceding the survey. Eight percent (8%) of high school students ate potatoes each of the seven days prior to taking the survey.

Nearly two-thirds (64%) of students attending high school ate carrots in the seven days preceding the survey. Seven percent (7%) of high school students reported that they ate carrots at least once per day in the past week.



BODY WEIGHT, PHYSICAL ACTIVITY, NUTRITION & HEALTH CARE (cont.)

Nutrition (cont.)

Approximately nine in ten (91%) high school students indicated that they ate other vegetables one or more times in the week prior to taking the survey. Nearly one-fourth (23%) of students ate other vegetables at least once per day in the past week.

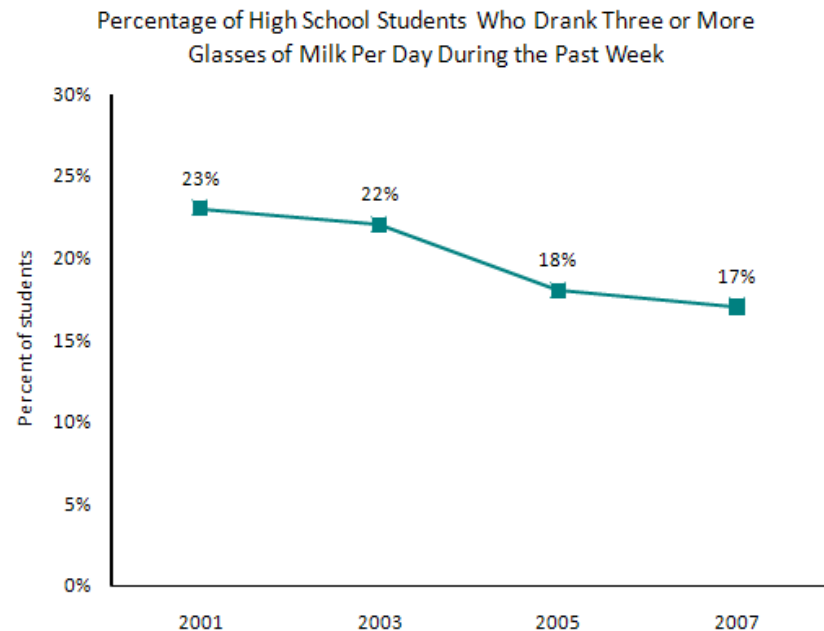
Eighty-three percent (83%) of high school students drank 100% fruit juice at least once in the seven days preceding the survey. One-fourth (25%) of high school students drank 100% fruit juice at least once per day in the week preceding the survey.

Seventeen percent (17%) of high school students drank three or more glasses of milk per day during the week prior to taking the survey. One-half (50%) of students drank at least one glass of milk every day during the past week.

- The percentage of high school students who reported drinking three or more glasses of milk per day in the past week decreased significantly from 23% in 2001 to 17% in 2007.
- While 22% of male high school students drank three or more glasses of milk per day in the seven days preceding the survey, 11% of female students did the same. This gender difference is statistically significant.

Seventy-four percent (74%) of students in high school indicated that they drank soda at least once in the past week. One in five (20%) high school students drank a can, bottle or glass of soda one or more times per day in the week prior to the survey.

- Male high school students (26%) were significantly more likely than female high school students (13%) to have consumed soda each day during the seven days preceding the survey.



BODY WEIGHT, PHYSICAL ACTIVITY, NUTRITION & HEALTH CARE (cont.)

Physical Activity

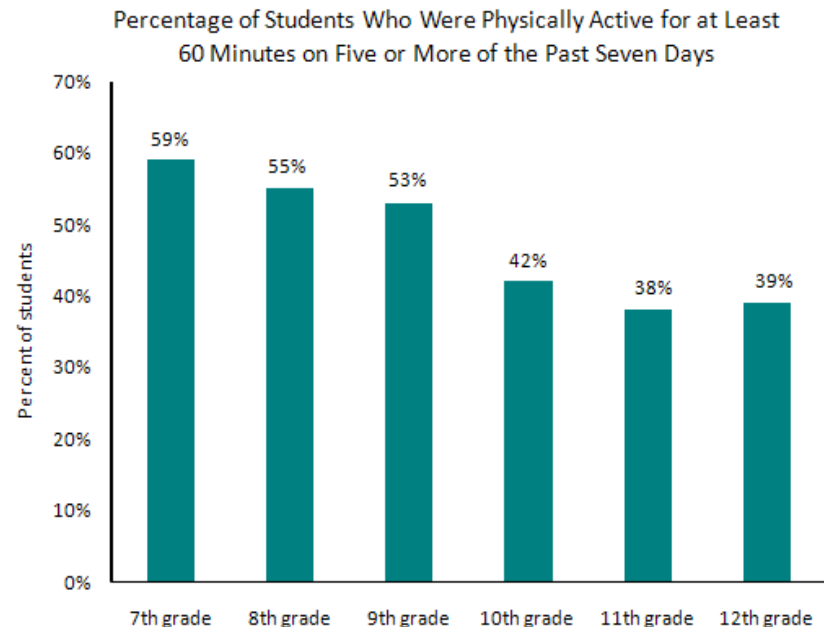
Please note that middle school students were not asked about **moderate** physical activity.

Fifty-seven percent (57%) of middle school students and 43% of high school students were physically active for a total of at least 60 minutes per day on five or more of the seven days preceding the survey.

- Male students reported higher levels of being physically active for at least an hour on at least five of the past seven days than female students on both the middle school (63% versus 51%) and high school (49% versus 37%) levels. These gender differences, however, are not statistically significant.
- Students in the lower grades were more likely than those in the higher grades to report being physically active for a total of at least 60 minutes per day on at least five of the seven days prior to the survey (59% [7th grade] versus 39% [12th grade]).

Eighteen percent (18%) of high school students exercised or participated in at least 20 minutes of **vigorous** physical activity that made them sweat and breathe hard every day for the seven days preceding the survey. Fourteen percent (14%) of high school students did not participate in at least 20 minutes of vigorous physical activity in the week preceding the survey.

Sixteen percent (16%) of high school students participated in at least 30 minutes of **moderate** physical activity that did not make them sweat or breathe hard (such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors) during each of the seven days preceding the survey. Twenty-two percent (22%) of high school students did not participate in at least 30 minutes of moderate physical activity in the week preceding the survey.



BODY WEIGHT, PHYSICAL ACTIVITY, NUTRITION & HEALTH CARE (cont.)

Physical Activity (cont.)

The Healthy Maine 2010 adolescent health goal for adolescents participating in **vigorous** physical activity for at least 20 minutes per day, three or more days per week is 85%, compared with the current rate of 73% for middle school students and 60% for high school students.

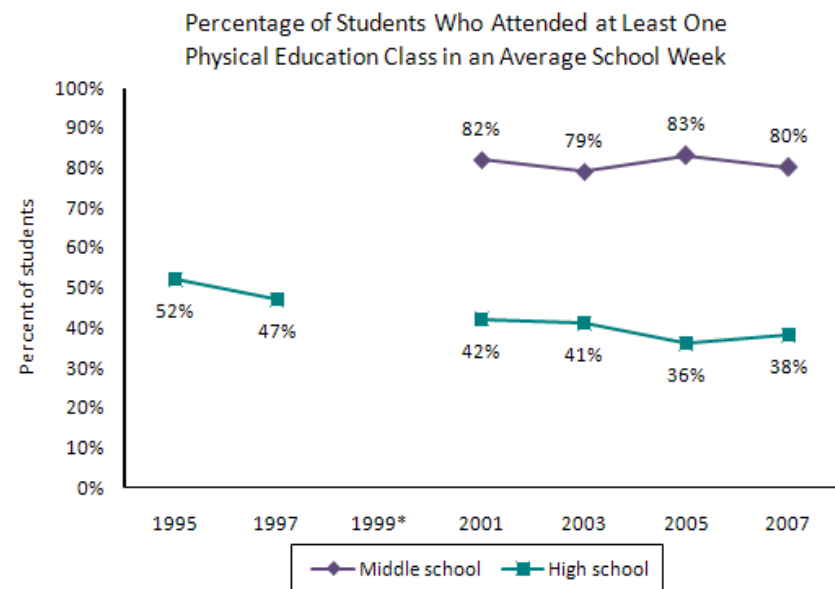
The Healthy Maine 2010 goal for adolescents participating in **moderate** physical activity for at least 30 minutes per day, three or more days per week is 40%. **This goal has been met, as the current rate is 50% for high school students.**

Eighty percent (80%) of middle school students and 38% of high school students reported that they attend physical education (PE) class at least once in an average school week.

- PE attendance among high school students has declined over the past decade, from 47% in 1997 to 38% in 2007.
- Students in the lower grades were much more likely than those in the higher grades to report attending physical education class on one or more days during an average school week (81% for 7th grade versus 22% for 12th grade).

Eighty-seven percent (87%) of high school students enrolled in PE reported that they exercise or play sports for more than 20 minutes during an average physical education class.

Eleven percent (11%) of middle school students and 7% of high school students attend PE classes daily in an average school week.



* There are no results because the data set in 1999 was not representative of the entire state.

BODY WEIGHT, PHYSICAL ACTIVITY, NUTRITION & HEALTH CARE (cont.)

Physical Activity (cont.)

Nearly three-fourths of middle school students (73%) indicated that they have played on a sports team in the past year.

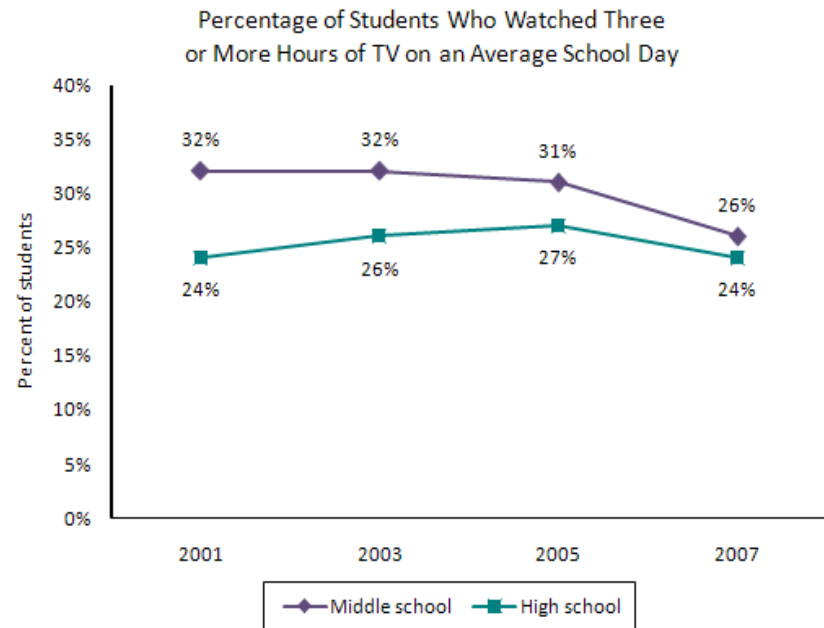
While 26% of middle school students reported that they watch three hours or more of TV on an average school day, 24% of high school students reported the same.

- The percentage of middle school students who indicated that they watch at least three hours of TV on an average school day has declined from 32% in 2001 to 26% in 2007.

The Healthy Maine 2010 adolescent health goal for adolescents watching two or fewer hours of television per school day is 85%, compared with the current rate of 74% for middle school students and 76% for high school students.

Twenty-four percent (24%) of middle school students and 21% of high school students indicated that they use a computer for fun or play video games for at least three hours on an average school day.

- Students in the 8th grade (29%) were significantly more likely than students in the 7th grade (19%) to report this behavior.
- Male middle school students (28%) were significantly more likely than female middle school students (20%) to report using a computer for fun or playing video games for at least three hours on an average school day.
- Similarly, male high school students (27%) reported higher levels of this behavior than female high school students (16%).



BODY WEIGHT, PHYSICAL ACTIVITY, NUTRITION & HEALTH CARE (cont.)

Health Care

Eighty-one percent (81%) of both middle school and high school students surveyed have seen a dentist for a check-up, exam, teeth cleaning, or other dental work within the last 12 months.

Fourteen percent (14%) of high school students indicated that they always or most of the time wear sunscreen with an SPF of 15 or higher when they are outside for more than one hour on a sunny day.

- Female high school students (19%) were more likely than male high school students (9%) to report that they always or most of the time wear sunscreen when they are outside for at least an hour on a sunny day.

Approximately one in four middle school (22%) and high school (26%) students has been told by a doctor or nurse that they have asthma.

Twelve percent (12%) of middle school students and 14% of high school students currently have asthma (defined as being told by a doctor or nurse that they had asthma and still have asthma).

Five percent (5%) of all middle school students and 6% of all high school students indicated that they have had an episode of asthma or an asthma attack in the past 12 months.

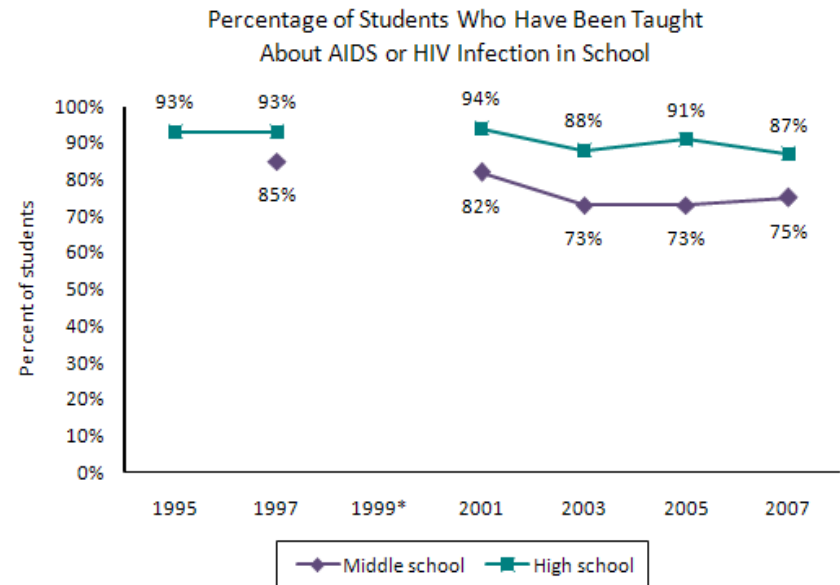
AIDS EDUCATION

The next section of the survey asked about AIDS education. HIV prevention education has been carried out in Maine public schools since 1987.

AIDS Education

Seventy-five percent (75%) of middle school students surveyed and 87% of high school students have been taught about AIDS or HIV infection in school.

- The percentage of students who reported that they have been taught about AIDS or HIV infection in school has decreased significantly over the past decade on both the middle and high school levels (85% versus 75% and 93% versus 87%, respectively).
- Not surprisingly, students in the 7th grade (69%) were the least likely to report having been taught about AIDS or HIV infection in school.



Recent Discussions with Parents about Sex

While 32% of middle school students have talked with their parent(s) and/or guardian(s) about sex in the past six months, 42% of high school students have done the same.

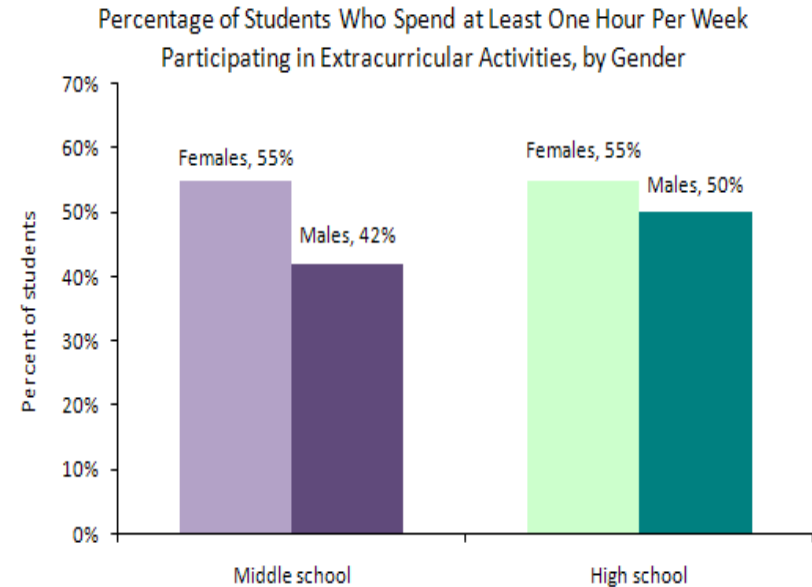
- The percentages of students who have talked with their parent(s) and/or guardian(s) about sex in the past six months have decreased significantly on both the middle school and high school levels since 2005 (down from 47% and 55%, respectively).
- Female high school students (49%) were significantly more likely than male high school students (35%) to have spoken with their parent(s) and/or guardian(s) about sex in the six months preceding the survey.

YOUTH ASSETS

Extracurricular Activities

Forty-nine percent (49%) of middle school students and 53% of high school students reported that they spend one hour or more during an average school week in clubs or organizations (other than sports) outside of regular school hours.

- Female middle school students (55%) were more likely than male middle school students (42%) to have indicated that they spend at least one hour during a typical school week participating in extracurricular activities; this gender difference is statistically significant.



Emotional Support and Encouragement

The final section of the survey asked about emotional support and encouragement.

Eighty-seven percent (87%) of middle school and 86% of high school students indicated that they agree that their parent(s) and/or guardian(s) really care and give them help and support when they need it.

Seventy-four percent (74%) of middle school students and 75% of high school students reported that they agree that one teacher really cares about them and gives them a lot of encouragement.

Sixty percent (60%) of middle school students and 57% of high school students indicated that they agree that in their community they feel like they matter to people.