

# Needham Coalition for Youth Substance Abuse Prevention

Spring 2013 Parent Survey  
of Norms, Attitudes, and Behaviors

2013

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## SUMMARY OF FINDINGS

### Demographics

- A total of 623 parents who have at least one child in grades 6-12 provided valid responses to the parent survey. Results are generalizable only to those individuals who took part in the survey and may not reflect the perceptions, attitudes, or behaviors of other members of the Needham community. According to the MA Department of Education, there were 2,866 public school students enrolled in Needham schools during the 2012-2013 academic year. Assuming that some parents may have multiple children in grades 6-12, this survey likely captured between 25% and 33% of all parents of Needham public school students in grades 6-12.

### Communication about Underage Drinking and Substance Use

- Family Dinners – 64.2% of respondents reported that they ate dinner at home with their child on 5 or more of the past 7 days. [Page 6]
- Attitudes about the Effectiveness of Parent-Child Communication – 81.7% of parents feel that what they say has an influence on whether or not their child uses alcohol or other drugs. [Page 7]
- Parent-Child Communication about Underage Drinking and Substance Use – 93.9% of respondents have communicated their family’s guidelines and expectations around youth alcohol and drug use to their child, 63.6% have talked to their child in the past 30 days about the potential negative consequences associated with alcohol use, 47.7% have talked to their child in the past 30 days about the potential negative consequences associated with using marijuana, and 23.1% have talked to their child in the past 30 days about the potential negative consequences associated with the non-medical use of prescription drugs. [Page 8]
- Communicating with Child about Safety Strategies – 70.5% of parents have talked to their child about calling or sending a text message for help when they are in an unsafe situation, 54.9% have talked to their child about ways to say no, 44.2% have a verbal or written contract with their child about not riding in a vehicle driven by someone who has been drinking, 34.9% have given their child a code word or other way to indicate that they need to be picked up without having to explain the reason, 23.9% have a verbal or written contract with their child that *prohibits* the use of any alcohol or drugs, and 20.1% have a verbal or written contract with their child that *limits* the use of alcohol or drugs. [Page 10]
- Communicating with Other Parents – 63.4% of survey respondents report that they have talked with the parents of their child’s close friends to share and compare parental philosophies and standards regarding alcohol and drugs. [Page 11]

## Attitudes and Beliefs about Underage Drinking and Substance Use

- Parent Attitudes about Underage Drinking and Youth Marijuana Use – 73.1% of parents believe youth drinking is never a good thing. A larger proportion of parents (92.7%) believe youth marijuana use is never a good thing. [Page 12]
- Attitudes about Youth Using Alcohol or Marijuana at Home – 80.2% of parents disagree that it is okay to allow underage alcohol use at home and 95.9% disagree that it is okay to allow youth marijuana use at home. [Page 14]
- Attitudes about Receiving Calls from Other Parents – 92.2% of parents would like other parents to call them to see whether or not a parent will be home before allowing their child to come over for a social gathering. [Page 15]
- Attitudes about Police Involvement in Underage Drinking Situations – 97.7% of parents think that police should contact the parents of teens caught drinking alcohol, 58.2% think that the school should enforce MIAA sanctions if the student is on a sports team, 39.3% think that the teens should be referred to a mandatory substance abuse education class, 37.9% think that the police should just issue a verbal warning to the teens, 30.0% think the police should inform school personnel, 26.0% think the police should issue a ticket/notice for the teens to appear in court, and 12.6% think the police should arrest the offending teens. Less than one percent of parents (0.8%) think there should be no action taken against teens caught drinking alcohol. [Page 16]
- Parent Beliefs about the Non-Medical Use of Prescription Drugs – 32.6% of parents think that the non-medical use of prescription drugs is a problem among youth in Needham. The majority of parents (58.9%) had no opinion about this issue. [Page 17]
- Parental Disapproval of Youth Substance Use – Almost all respondents (98.3%) think it would be *very wrong* for their child to use prescription drugs not prescribed to them, 96.3% think it would be *very wrong* for their child to have 1 or 2 drinks of an alcoholic beverage nearly every day, 85.5% think it would be *very wrong* for their child to smoke tobacco, and 83.7% think it would be *very wrong* for their child to smoke marijuana. [Page 18]
- Parent Beliefs about Community Substance Use Norms – 75.8% of parents think that many parents set a bad example for their children by their own excessive alcohol use, 45.4% think too many parents in Needham either provide alcohol for their children or turn a blind eye to underage alcohol use, and 34.9% think too many parents in Needham turn a blind eye to youth marijuana use. [Page 18].
- Beliefs about Why Some Other Parents Allow Underage Drinking – 30.1% of parents believe that other parents may allow children to drink alcohol in their home so the drinking is supervised, 28.5% believe it is so the youth don't drink and drive, 19.5% think

it is to teach the youth to drink responsibly, 4.2% think it's so the youth don't get arrested, and 17.7% think it's because of some other reason. Among this latter group, the majority think that some parents allow underage drinking because they want to be their child's friend rather than their parent – a “cool” parent. [Page 20]

- Parent Attitudes about School-Based Substance Abuse Prevention – 93.2% of parent respondents think that schools should provide education programs for students their child's age that are designed to help prevent and reduce underage drinking and substance use. One-third (37.4%) feel that substance abuse awareness and prevention curricula should be delivered in 4-5<sup>th</sup> grade, 68.9% feel it should be delivered in 6<sup>th</sup> grade, 81.9% feel it should be delivered in 7-8<sup>th</sup> grade, 76.2% feel it should be delivered in 9-10<sup>th</sup> grade, and 69.8% feel it should be delivered in 11-12<sup>th</sup> grade. [Page 20]
- Effective Ways/Places to Reach Parents with Prevention Messages – The largest proportion of respondents indicated that the most effective ways to reach Needham parents with prevention messages are through the parent newsletter from the school (82.4%), PTC e-mail/newsletter (66.3%), the school's website (66.1%), print newspapers (55.2%), and doctor's offices (54.2%). [Page 22]

### **Perceptions of Underage Drinking and Substance Use**

- Parent Perception of Substance Use and Related Issues in Needham – Parents over-estimate the percentage of Needham youth in grades 6-8 and grades 9-12 who drank alcohol in the past 30 days, binge drank in the past 30 days, rode with a drinking driver in the past 30 days, used marijuana in the past 30 days, and ever used prescription drugs without a doctor's prescription. On average, parents over-estimated each of these behaviors by approximately 7% at the middle grades level and 11% at the high school level in comparison to data from the 2012 MetroWest Adolescent Health Survey conducted in Needham Public Schools. [Page 23]
- Parent Perception of Usual Source of Alcohol Among Underage Drinkers – Parents believe that the most common source of alcohol among 6-8<sup>th</sup> graders is from home without parental knowledge (68.6%), from a party (11.4%), and from a friend or someone the child knows giving it to them or buying it for them (8.6%). At the high school level, parents believe the most common source of alcohol is from a friend or someone the child knows giving it to them or buying it for them (32.9%), from home without parental knowledge (32.4%), and from a party (19.7%). [Page 24]
- Parent Perception of Usual Source of Prescription Drugs Among Non-Medical Users – Parents believe that the most common source of prescription drugs for non-medical use among 6-8<sup>th</sup> graders is from home without parental knowledge (61.9%) and from a friend (34.4%). At the high school level, parents believe the most common source of prescription drugs is from home without parental knowledge (50.0%) and from a friend (34.4%). [Page 25]

- Parent Perception of Other Parents' Attitudes and Behaviors – Respondents believe that 13.4% of the parents of 6-8<sup>th</sup> graders knowingly allow their child to attend parties where underage drinking occurs, think that 10.1% knowingly allow their child to attend parties where marijuana use occurs, believe that 24.1% call to make sure a parent will be present when their child goes to a social gathering at another house, and believe that 45.3% of 6-8<sup>th</sup> grade parents would like to be called if their own child was hosting a gathering to ensure that a parent will be present. At the high school level, respondents believe that 31.1% of the parents of 9-12<sup>th</sup> graders knowingly allow their child to attend parties where underage drinking occurs, think that 23.6% knowingly allow their child to attend parties where marijuana use occurs, believe that 16.9% call to make sure a parent will be present when their child goes to a social gathering at another house, and believe that 39.3% of 9-12<sup>th</sup> grade parents would like to be called if their own child was hosting a gathering to ensure that a parent will be present. [Page 26]

### **Behaviors Associated with Underage Drinking and Substance Use Prevention**

- Means Restriction – 89.5% of parents keep alcohol in their home and 74.7% have prescription drugs in their home. Among those who keep alcohol in their home, 61.5% actively monitor or take stock of the alcohol and 12.8% secure or lock-up the alcohol. Among those with prescription medication in their home, 55.3% actively monitor or take stock of it and 16.2% secure or lock-up their prescription drugs. [Page 27]
- Parties and Gatherings – 78.0% of parents report that they never knowingly allow their child to attend parties where underage drinking occurs and 84.7% never knowingly allow their child to attend parties where marijuana use occurs. In contrast, 74.1% report that they at least occasionally allow their child to have friends over when there are no parents at home. This latter item is simply intended to assess the occurrence of unsupervised gatherings of friends and does not imply the child is having a party or that they or their friends are engaging in substance use. [Page 28]
- Calling Other Parents – 38.0% of parents report that they call other parents either *most of the time* or *all of the time* to make sure a parent will be home before they let their child attend a gathering at another house. An additional 29.1% make the call *sometimes*, 20.6% *rarely* call, and 12.2% *never* make the call. [Page 29]
- Parental Monitoring (While Child is with Friends) – 66.2% of parents report that they monitor the activity of their child and his/her friends by walking through the area in which they are congregating and visually assessing for signs of substance use either *most of the time* or *all of the time* when their child has friends over the house, 96.9% require their child to tell them with whom and where they will be when they are out with friends, and 81.0% check-in with their child by phone or text message either *most of the time* or *all of the time* while they are out with friends. [Page 30]

- Parental Monitoring (After Child is Out with Friends) – Only 3.2% of parents report that they are asleep either *most of the time* or *all of the time* when their child returns from being out with friends, 57.7% visually assess their child for signs of substance use either *most of the time* or *all of the time* when their child returns home from being out with friends, and 90.2% engage their child in a conversation to learn about their activities either *most of the time* or *all of the time* when their child returns home from being out with friends. [Page 31]
- Actions Parents Support When Other Parents Violate Underage Drinking Laws – 81.3% of parents would prohibit their child from going to the home of another parent who they learned was allowing teens to drink alcohol at their home, 26.8% would call and talk to the other parent, 6.5% would call the police, 4.5% would call someone at their child’s school, and 8.8% would not take any action. [Page 32].

## BACKGROUND

The Needham Coalition for Youth Substance Abuse Prevention (NCYSAP) conducted a survey of parents of students in grades 6-12 to learn more about their personal beliefs, perceptions, and behaviors regarding underage drinking and substance use. The survey asked questions in four broad domains: (1) communication about underage drinking and substance use, (2) attitudes and beliefs about underage drinking and substance use, (3) perceptions of underage drinking and substance use, and (4) behaviors associated with underage drinking and substance use prevention.

The anonymous survey, which consisted of 49 questions, was administered online during the five-week period between April 5, 2013 and May 9, 2013. In order to take part in the survey, parents had to: (a) have at least one child in grades 6-12 in public or private school in Needham (regardless of residence) or (b) be a Needham resident with at least one child in grades 6-12 in a school outside of Needham.

## VALIDITY AND RELIABILITY

One of the challenges associated with survey research is the potential for error in the data. This can stem from multiple sources such as, the same respondent submitting multiple surveys, poor question wording, lack of appropriate response options that accurately reflect the experiences of all potential respondents, frivolity, and misinterpretation of the underlying meaning of a question. The likelihood of encountering these potential sources of error can vary depending on the method used to collect the data. The single largest source of potential error associated with online data collection is lack of knowledge about who actually responds to the survey (e.g., did one respondent complete multiple surveys, was the respondent really a parent, and was the respondent really a Needham parent). While we cannot ever know with absolute certainty, short of having respondents complete the survey under controlled conditions (e.g., having parents come and complete the survey at a school computer lab), there are several steps that can be taken to increase our confidence in the results. For example:

1. Using clear and unambiguous language in the instructions – prominently indicating who the intended target audience is (i.e., parents of 6th-12th graders), indicating what the questions are about (i.e., their oldest child in grades 6-12), and indicating that only one survey should be completed per household.
2. Data screening – using visual and statistical screening to identify and remove cases in which the respondent provided obviously frivolous responses (i.e., always choosing the extreme response option for every item).
3. Identical case analysis – statistically identifying all duplicate records to minimize the chances that the same person submitted multiple surveys and/or the chances that the survey was accidentally submitted multiple times.

While these are not failsafe methods, they do help to ensure a clean dataset that minimizes the chances that there are gross errors present in the final set of data. Each of these steps was taken during the administration and analysis of the Needham Parent Survey.

Ideally, the development of survey items such as those used in the Needham Parent Survey should be an iterative process. Items should be field-tested with a subset of representatives from the intended target population and psychometric analyses should be conducted to help build the case that the survey items are both valid and reliable. Under real world, non-laboratory conditions, this is often difficult to accomplish. To help guard against this potential for error, survey items should be based either in whole, or in part, on items that have been used successfully in other research projects and in other settings. The Needham survey met this condition for the majority of items in the parent survey.

There always remains the possibility that some participants may not feel they can accurately respond to a given item. This can be addressed in two ways: (1) instructing respondents to select the best possible answer for any given item and (2) instructing respondents to skip any items that they either cannot or do not feel comfortable answering. During the analysis phase, issues with specific items can be identified based on the pattern of missing responses. If, for example, 25% of respondents did not answer one of the items, this should be noted as part of the results and this item should be modified in any future surveys. Similarly, if a subset of participants (e.g., the parents of 6th graders) were significantly more likely than other respondents to skip an item, this should be noted in the results and this item should be examined to determine whether and how it should be modified in the future. As shown on Page 3 of this report, a missing values analysis failed to detect any systemic issues.

By striking a balance of design, logical, and statistical controls, as was the case with the Needham Parent Survey, we can minimize the odds of large-scale error creeping into the survey and maximize our confidence in the results.

## **RESPONDENTS**

A total of 697 individuals visited the survey webpage during the five week period that it was open. Seventy-four (74) of these individuals (11% of those who visited) were removed from the final analytical sample. The reasons for the removal of these cases are as follows:

- 14 individuals were automatically disqualified because they answered, “No” to the screening question, “Do you currently have any children in grades 6-12?”
- 1 individual was automatically disqualified because they answered, “No” to the screening question, “Do you currently live in Needham, Massachusetts?” and answered, “No” to the screening question, “Do you currently have any children in public or private school in grades 6-12 in Needham?”

- 1 individual was removed because they did not identify the age of their oldest child in grades 6-12 so their responses could not be grouped with similar individuals.
- 19 individuals were removed because they did not answer any questions other than the first screening question (“Do you currently have any children in grades 6-12?”).
- 39 individuals were removed from the sample because they only answered the first series of questions about residence and school.

The final analytical sample consisted of 623 parents who currently have at least one child in grade 6-12. The age of the respondents’ oldest child in grades 6-12 is as follows:

	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
<b>Final Sample</b>	9.6% (60)	5.3% (33)	4.7% (29)	15.6% (97)	19.7% (123)	21.8% (136)	23.3% (145)

Results are generalizable only to those individuals who took part in the survey and may not reflect the perceptions, attitudes, or behaviors of other members of the Needham community. According to the MA Department of Education, there were 2,866 public school students enrolled in Needham schools during the 2012-2013 academic year. Assuming that some parents may have multiple children in grades 6-12, this survey likely captured between 25% and 33% of all parents of Needham public school students in grades 6-12.

**Analytical Sample Note:** Parents whose oldest child was in high school were more likely to respond to the survey than were parents whose oldest child was in middle grades. The results section of this report should be viewed with this in mind. Although parents whose oldest child was in high school may have other younger children attending middle school, the majority of respondents to this survey were responding with their high school-aged child in mind. The results may look different if more parents whose oldest child was in middle school had responded to the survey.

Similarly, caution should be exercised if comparisons are made to the parent survey that was conducted during spring 2011. The 2011 parent survey was much closer to the ideal of having roughly 14% of parents indicate that their oldest child was in each of the seven grade levels from 6-12. Any observed differences between 2011 and 2013 may be due to differences in the sample rather than due to any real change in attitudes, perceptions, or behaviors over time.

### MISSING VALUES ANALYSIS

A missing values analysis was conducted to: (1) identify any items that were skipped by a large number of respondents and (2) assess whether or not respondents differed in their likelihood of answering a question based on the age of their oldest child.

Each item in the survey was answered by at least 80% of respondents. This indicates that there were few items with large-scale missing data. On average, respondents skipped or did not answer 7 of the 49 questions (14%). The items with the largest proportion of missing responses were Q30, Q31, Q32, and Q34 (see Appendix A). Between 16% and 20% of respondents did not answer these items. These four items are each from the Perceptions section of the survey. Question #30 and Question #31 asked respondents to estimate the percentage of students in Needham who used different substances. Question #32 asked respondents to estimate the percentage of other parents who engage in different behaviors (e.g., calling other parents to make sure they will be home). These items are in a different format than the other items in the survey. The items consist of a drop-down menu ranging from 0% to 100%. It is possible that respondents were confused by the format of these three items. It is equally likely, however, that respondents skipped these items because they did not feel that they could provide an accurate estimate. Question #34 asked respondents to identify what they believed to be the most common source of prescription drugs among youth who engaged in the non-medical use of prescription drugs. In contrast to items #30-#32, this item was in a similar format to the other items in the survey (i.e., it provided respondents with a list of categorical choices). The fact that Question #34 was skipped by an equal proportion of respondents that skipped Questions #30-#32 may suggest that respondents skipped these four items because they did not feel that they knew the answer or could provide an accurate estimate rather than the items being poorly worded or in a format that was confusing to the respondent. In other words, some respondents may have been unwilling to guess at the answer to these questions since they each ask the respondent to estimate how many *other* people engage in specific behaviors.

The missing values analysis also assessed the number of items skipped by the age of the respondents' oldest 6-12<sup>th</sup> grade child. The purpose of this analysis was to identify whether or not all items were equally applicable across respondents independent of the age of their oldest 6<sup>th</sup>-12<sup>th</sup> grade child. A one-way analysis of variance (ANOVA) was conducted to determine whether or not respondents in these different groups skipped more questions on average than their peers. Overall, there were no significant differences in the average number of items that were skipped based on the age of the respondents' oldest child. On average, parents of 6<sup>th</sup> graders skipped 8 items, parents of 7<sup>th</sup> graders skipped 5 items, parents of 8<sup>th</sup> graders skipped 4 items, parents of 9<sup>th</sup> graders skipped 9 items, parents of 10<sup>th</sup> graders skipped 8 items, parents of 11<sup>th</sup> graders skipped 6 items, and parents of 12<sup>th</sup> graders skipped 8 items. Again, these differences were not significant. As indicated earlier, the average number of skipped items across all respondents was 7 out of 49 (14%).

## RESPONDENT DEMOGRAPHICS

### Residence

As described earlier, the survey was open to both residents of Needham and to parents who live outside of Needham but have a child in grades 6-12 in public or private school in Needham. Almost all of the respondents (97.9%) reported that they currently live in Needham. Nine respondents (1.4%) reported that they live outside of Needham and four respondents (0.6%) did not answer this question.

### Children Attending a School in Needham

Ninety-seven percent (97.3%) of respondents reported that they currently have at least one child in public or private school in grades 6-12 in Needham.

### Children Attending a School Outside of Needham

Nine percent (9.2%) of respondents reported that they currently have at least one child in public or private school in grades 6-12 outside of Needham.

### Public or Private School

Ninety-four percent (94.4%) reported that their oldest child in grades 6-12 attends public school. The remaining 35 respondents (5.6%) indicated that their oldest child in grades 6-12 attends private school.

As demonstrated in Table 1, the vast majority of respondents were Needham residents with at least one child in the Needham Public School System in grades 6-12. Apart from sections of this report that explore specific sub-group differences, the results should be interpreted with this parent demographic in mind (i.e., Needham resident parents of public middle and high school students). Information on the age breakdown of the respondents' oldest child in grades 6-12 was reported earlier on Page 3 of this report. As noted, parents whose oldest child is in high school (grades 9-12) are over-represented in comparison to those parents whose oldest child is in middle school (grades 6-8).

Table 1: Respondent Demographic Summary Table

School System	Live in Needham?			TOTAL
	No	Yes	Unknown	
Needham Schools Only	1.3% (8)	87.5% (545)	0.6% (4)	89.4% (557)
Outside of Needham Only	0.0% (0)	1.3% (8)	0.0% (0)	1.3% (8)
Both In and Out of Needham	0.2% (1)	7.7% (48)	0.0% (0)	7.9% (49)
Neither <sup>1</sup>	0.0% (0)	1.4% (9)	0.0% (0)	1.4% (9)
TOTAL	1.4% (9)	97.9% (610)	0.6% (4)	100.0% (623)

### ANALYSIS PLAN

Descriptive statistics are presented for each item in the survey (i.e., the number and percentage of all respondents that answered each response option for each item in the questionnaire). All items are also analyzed to examine the presence or absence of differences based on the age of

<sup>1</sup> Provided that these respondents did not make an error when completing the survey, the most likely explanation is that this group consists of parents who home school their children.

the respondents' oldest 6-12<sup>th</sup> grade child. The results of these analyses may help Needham better plan and target prevention activities and prevention messaging by understanding whether an issue exists among some age groups and not others. Limited comparisons are also made to the spring 2011 Needham parent survey and to the 2012 MetroWest Adolescent Health Survey of Needham Public Schools students (when available). It is possible to examine the data by residence of the parent and by whether or not the child attended public or private school, but the number of non-Needham residents and private school students represented in the survey is so small that these analyses would likely not constitute a fair comparison.

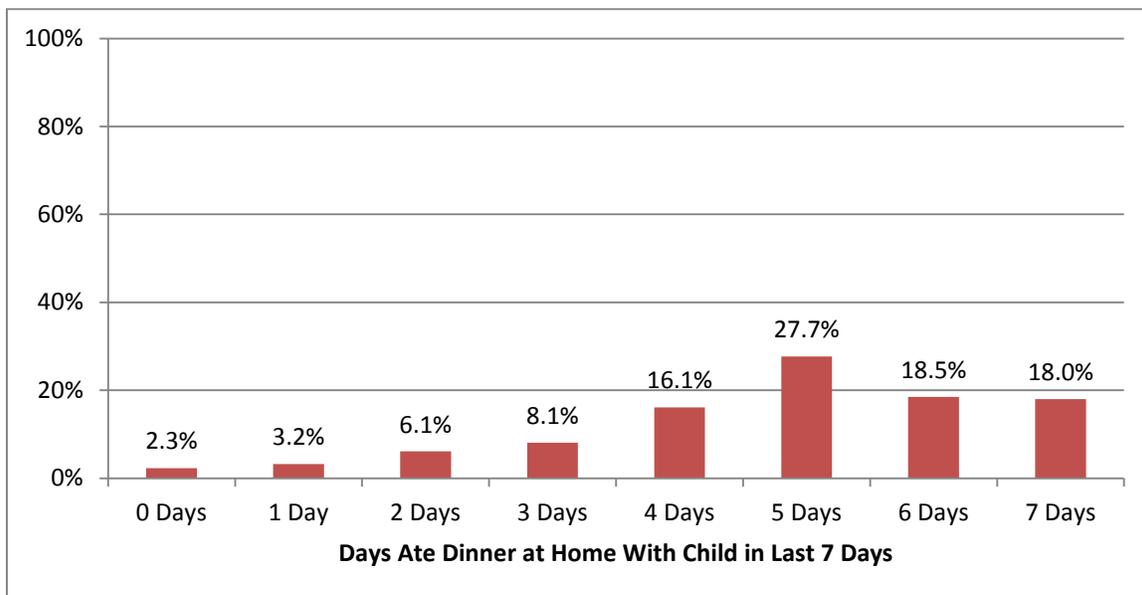
## COMMUNICATION ABOUT UNDERAGE DRINKING AND SUBSTANCE USE

The first eight questions in the survey asked about different types of communication the respondent may have had with their child and/or other parents. All items in this section asked the respondent to answer the question with their oldest 6-12<sup>th</sup> grade child in mind.

### Communication – Family Dinners

Research has demonstrated a relationship between parental engagement and youth substance use. In one study by the Center on Addiction and Substance Abuse, children in families who ate dinner together at least five times a week were less likely than their peers to engage in substance use (CASA, 2005)<sup>2</sup>. The first question in the survey asked respondents, “During the past 7 days, on how many days did you eat dinner at home with your child?” As shown in Figure 1, approximately two-thirds of respondents (64.2%) reported that they ate dinner at home with their child on 5 or more of the past 7 days. The average across the entire sample was 4.8 days.

Figure 1: Days Ate Dinner at Home with Child in Last 7 Days (n=621; mean=4.80)



<sup>2</sup> Center on Addiction and Substance Abuse (CASA). (2005). *The importance of family dinners II*. New York, New York: Author. Accessed online at: <http://tinyurl.com/noiczcz>

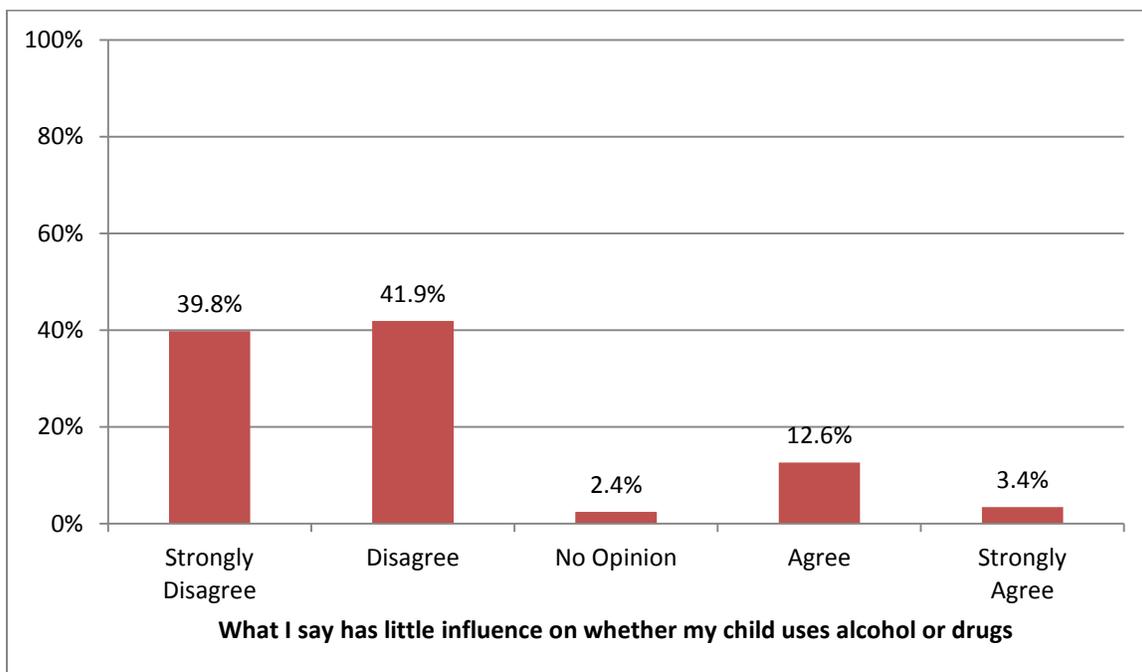
Results from a one-way analysis of variance (ANOVA) found a significant difference in the average number of days parents report eating dinner at home with their child based on the age of the respondent's oldest child,  $F(6,614) = 6.89, p \leq .001$ . A Tukey post-hoc test revealed that parents whose oldest child was in 12<sup>th</sup> grade reported eating dinner at home with their child fewer days than their peers. The mean number of days parents reported eating dinner at home with their child by grade/age were: 6<sup>th</sup> (5.43), 7<sup>th</sup> (5.21), 8<sup>th</sup> (5.41), 9<sup>th</sup> (5.01), 10<sup>th</sup> (4.98), 11<sup>th</sup> (4.69), 12<sup>th</sup> (4.12). On average, parents whose oldest child was in grade 6-11 reported eating dinner at home with their child an average of 5 of the past 7 days. Parents whose oldest child was in 12<sup>th</sup> grade reported eating dinner at home with their child an average of 4 days a week.

### Communication – Attitudes about the Effectiveness of Parent-Child Communication

The questionnaire asked about parents' attitudes regarding the effectiveness of talking to their child about alcohol and drug use. Respondents were asked to disagree or agree with the following statement, "What I say has little influence on whether my child uses alcohol or drugs." The response options for this item were: *strongly disagree*, *disagree*, *no opinion*, *agree*, and *strongly agree*.

As shown in Figure 2, the majority of respondents (81.7%) *disagreed* with this statement and felt that what they say does have an influence on whether their child uses alcohol or drugs. There were no significant differences by age/grade of the respondents' oldest child in the propensity of parents to disagree or agree with this statement.

Figure 2: Attitudes about the Effectiveness of Parent-Child Communication (n=621)



**Trend.** There was a decrease from 89.4% to 81.7% reporting they *disagree* or *strongly disagree* that what they say has little influence on whether their child uses alcohol or drugs between

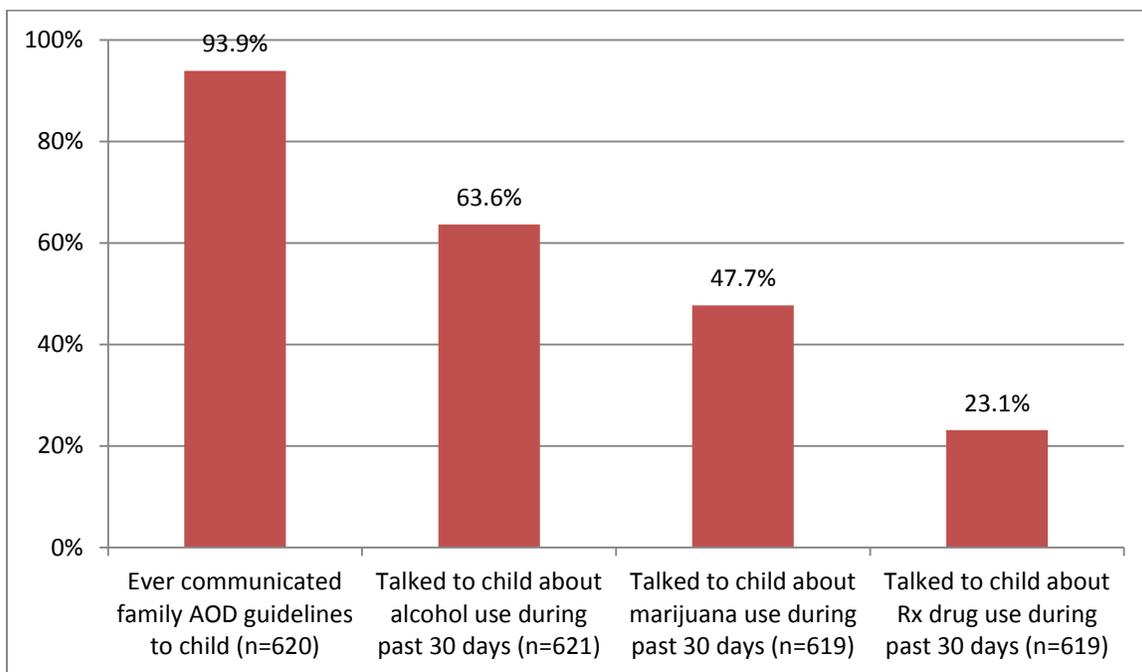
2011 and 2013. It is possible this finding is due to differences in the two samples rather than the passage of time, but the fact that there appears to be no relationship between this item and the age of the respondent’s child may indicate an actual change in this area over time.

### Communication – Parent-Child Communication about Underage Drinking and Substance Use

Four items in the survey explored parent-child communication about underage drinking and substance use: (a) “Have you communicated your family’s guidelines and expectations around youth alcohol and drug use to your child?”, (b) “During the past 30 days, have you talked to your child about the potential negative consequences associated with underage alcohol use?”, (c) “During the past 30 days, have you talked to your child about the potential negative consequences associated with using marijuana?”, and (d) “During the past 30 days, have you talked to your child about the potential negative consequences associated with using prescription drugs that were not prescribed to them?”.

As shown in Figure 3, almost all of the respondents (93.9%) reported that they have communicated their family’s guidelines and expectations around youth alcohol and drug use to their child, two-thirds (63.6%) have talked to their child in the past 30 days about the potential negative consequences associated with underage alcohol use, half (47.7%) have talked with their child in the past 30 days about the potential negative consequences associated with using marijuana, and one-quarter (23.1%) have talked with their child in the past 30 days about the potential negative consequences associated with the non-medical use of prescription drugs.

Figure 3: Parent-Child Communication about Underage Drinking and Substance Use



Results of a chi-square analysis indicate that there was a statistically significant difference in reports of parents ever having communicated their family’s guidelines and expectations around

youth alcohol use and drug use to their child based on the age of the respondents' oldest child,  $\chi^2(6, N=620) = 57.01, p \leq .001$ . Examination of the standardized residuals indicate that the parents of high school students were more likely than parents of middle grades students to report ever having had this conversation with their child: (6<sup>th</sup>: 75%; 7<sup>th</sup>: 85%; 8<sup>th</sup>: 86%; 9<sup>th</sup>: 97%; 10<sup>th</sup>: 94%; 11<sup>th</sup>: 99%; 12<sup>th</sup>: 99%).

This same pattern emerged when examining the proportion of parents who report that they talked to their child during the past 30 days about the potential negative consequences associated with underage alcohol use,  $\chi^2(6, N=621) = 16.88, p = .010$  – (6<sup>th</sup>: 47%; 7<sup>th</sup>: 46%; 8<sup>th</sup>: 55%; 9<sup>th</sup>: 70%; 10<sup>th</sup>: 67%; 11<sup>th</sup>: 68%; 12<sup>th</sup>: 65%) and those that talked to their child during the past 30 days about the potential negative consequences associated with using marijuana,  $\chi^2(6, N=619) = 32.80, p \leq .001$  – (6<sup>th</sup>: 25%; 7<sup>th</sup>: 21%; 8<sup>th</sup>: 29%; 9<sup>th</sup>: 51%; 10<sup>th</sup>: 53%; 11<sup>th</sup>: 57%; 12<sup>th</sup>: 52%).

There was no difference by the age of the respondent's oldest child in the proportion of parents who report that they talked to their child during the past 30 days about the potential negative consequences associated with non-medical use of prescription drugs.

**Trend.** The question that asked about whether or not the respondent ever communicated their family's guidelines and expectations around youth alcohol and drug use to their child was also asked in the spring 2011 parent survey. There was an increase from 91.9% of parents to 93.9% reporting that they had ever had this conversation with their child between 2011 and 2013. It is important to note, however, that this finding could be due to differences in the two samples rather than a result of the passage of time. Given the finding that parents of 12<sup>th</sup> graders are more likely to have engaged in these conversations with their child than their peers and the fact that 12<sup>th</sup> grade parents are over-represented in the 2013 sample, this is the most likely explanation for the difference over time.

### **Communication – Communicating with Child about Safety Strategies**

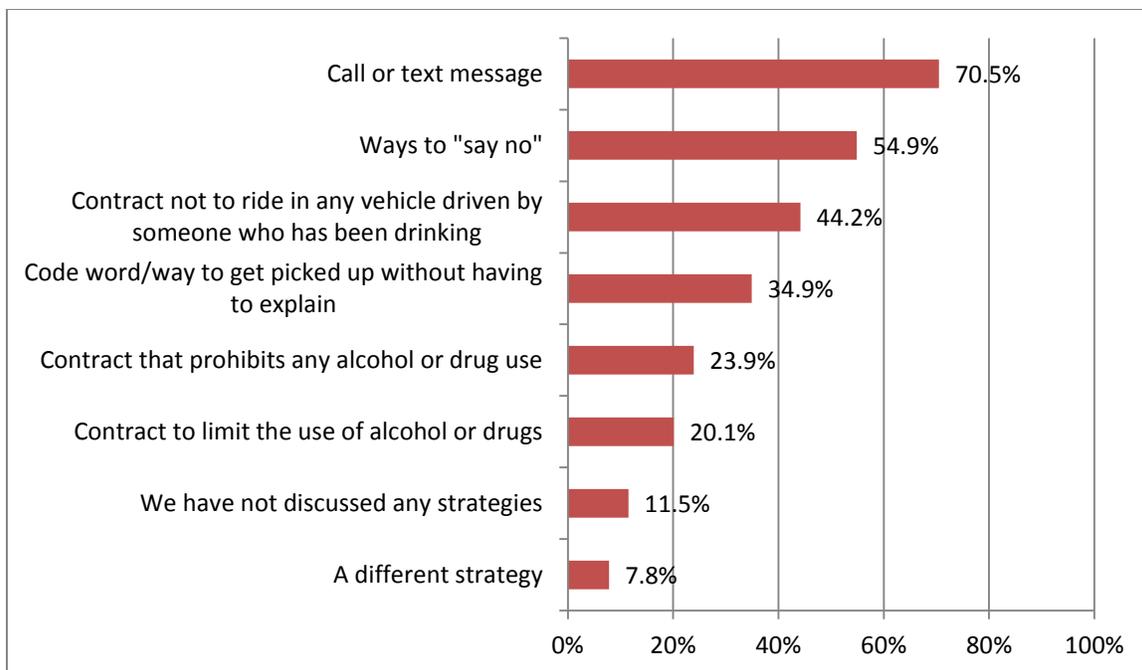
Parents were asked to indicate which, if any strategies, they and their child have discussed about how to protect themselves in an unsafe situation. Eighty-nine percent of parents (88.5%) report that they have discussed one or more safety strategies with their child.

As shown in [Figure 4](#), the largest proportion of parents (70.5%) have discussed *calling or text messaging* as a strategy for their children to use in unsafe situations, 54.9% have discussed *ways to "say no"*, 44.2% have a *verbal or written contract with their child not to ride in any vehicle driven by someone who has been drinking*, 34.9% have discussed using a *code word/way to get picked up without having to explain*, 23.9% have a *verbal or written contract with their child that prohibits any alcohol or drug use*, 20.1% have a *verbal or written contract with their child to limit the use of alcohol or drugs*, and 7.8% have discussed a *different strategy* with their child.

There was a significant increase by age/grade of the respondents' oldest child and the likelihood of having discussed safety strategies,  $\chi^2(6, N=616) = 36.80, p \leq .001$ , (6<sup>th</sup>: 68%; 7<sup>th</sup>: 84%; 8<sup>th</sup>: 83%; 9<sup>th</sup>: 88%; 10<sup>th</sup>: 88%; 11<sup>th</sup>: 94%; 12<sup>th</sup>: 95%). Among the parents of 6<sup>th</sup> graders, 68%

report having discussed safety strategies with their child compared to 95% of parents of 12<sup>th</sup> graders. Reports of having a *verbal or written contract not to ride in any vehicle driven by someone who has been drinking*,  $\chi^2(6, N=616) = 43.94, p \leq .001$ , (6<sup>th</sup>: 17%; 7<sup>th</sup>: 16%; 8<sup>th</sup>: 35%; 9<sup>th</sup>: 39%; 10<sup>th</sup>: 47%; 11<sup>th</sup>: 55%; 12<sup>th</sup>: 55%), *having a verbal or written contract to limit the use of alcohol or drugs*,  $\chi^2(6, N=616) = 42.52, p \leq .001$ , (6<sup>th</sup>: 5%; 7<sup>th</sup>: 0%; 8<sup>th</sup>: 3%; 9<sup>th</sup>: 16%; 10<sup>th</sup>: 17%; 11<sup>th</sup>: 29%; 12<sup>th</sup>: 32%), *having a verbal or written contract that prohibits any alcohol or drug use*,  $\chi^2(6, N=616) = 15.64, p = .016$ , (6<sup>th</sup>: 10%; 7<sup>th</sup>: 9%; 8<sup>th</sup>: 21%; 9<sup>th</sup>: 22%; 10<sup>th</sup>: 31%; 11<sup>th</sup>: 30%; 12<sup>th</sup>: 24%), *calling or text messaging*,  $\chi^2(6, N=616) = 21.94, p = .001$ , (6<sup>th</sup>: 51%; 7<sup>th</sup>: 50%; 8<sup>th</sup>: 72%; 9<sup>th</sup>: 73%; 10<sup>th</sup>: 70%; 11<sup>th</sup>: 75%; 12<sup>th</sup>: 77%), and *ways to say no*,  $\chi^2(6, N=616) = 14.04, p = .029$ , (6<sup>th</sup>: 36%; 7<sup>th</sup>: 53%; 8<sup>th</sup>: 62%; 9<sup>th</sup>: 66%; 10<sup>th</sup>: 55%; 11<sup>th</sup>: 56%; 12<sup>th</sup>: 54%) each increased significantly with age/grade of the respondents' oldest child.

**Figure 4: Safety Strategies Parents Have Discussed with their Child**



Parents who reported that they discussed *a different strategy* with their child (7.8%) were asked to describe this strategy. Other safety strategies identified by parents included: blaming the parent as an excuse for why they can't drink alcohol, having other (non-parent) adults to call for a ride, talking to their child about different refusal strategies, telling their child to only pretend to drink or to fake an illness, telling their child to always have a close friend present, telling their child not to ride in a vehicle with a driver who has been using marijuana, telling their child to leave the situation, and providing their child with emergency money for a taxi.

**Trend.** There was an increase between 2011 and 2013 in the proportion of parents who reported that they discussed safety strategies with their child (from 85.4% to 88.5%). Reports of *having a verbal or written contract not to ride in any vehicle driven by someone who has been drinking* rose from 36.2% to 44.2% and reports of *having a verbal or written contract to limit*

*the use of alcohol or other drugs* rose from 10.0% to 20.1%. There was, however, a sizeable decrease from 41.3% to 34.9% in reports of *having a code word or way to get picked up without having to explain*.

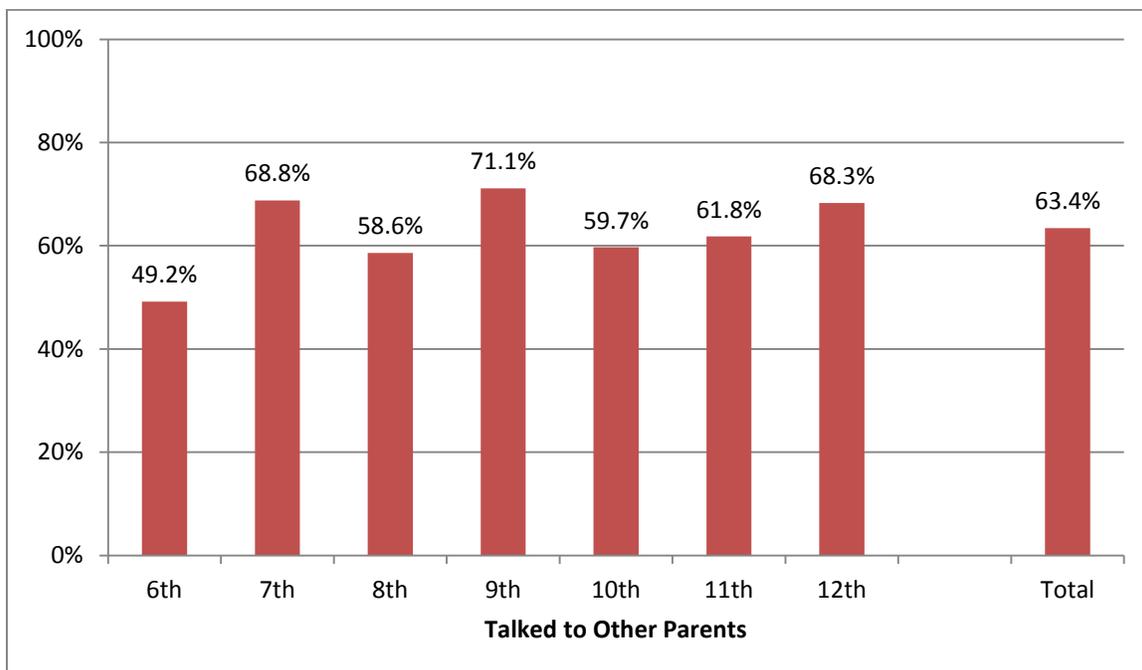
Based on the fact that having discussions about each of the different safety strategies increases with age/grade of the child, the observed changes between 2011 and 2013 are most likely due differences between the 2011 and 2013 samples. We would expect reports of these discussions to increase by virtue of parents of older children being over-represented in the 2013 sample alone. The observed decrease in the popularity of *having a code word or way to get picked up without having to explain* is counterintuitive and is likely not due to differences in the samples alone. With the proliferation of cell phones and smart phones, it is possible that this option is redundant with *text messaging* (which did not change between 2011 and 2013). The child may not need to mask their conversation or use special code words if they can simply text their parents in relative privacy without needing to resort to subterfuge.

### Communication – Communicating with Other Parents

Respondents were asked, “Have you ever talked with parents of your child’s close friends to compare parental philosophies and standards regarding alcohol and drugs?” Across the entire sample, approximately two-thirds (63.4%) reported that they had ever talked with parents of their child’s close friends to share and compare parental philosophies and standards regarding alcohol and drugs.

As shown in [Figure 5](#), there was some grade-by-grade variation, but these differences did not reach the level of statistical significance, nor is there a clear linear relationship.

**Figure 5: Talked with Other Parents about Alcohol and Drug Standards and Parenting (n=617)**



**Trend.** The question that asked about whether or not the respondent ever talked with parents of their child’s close friends to share and compare parental philosophies and standards regarding alcohol and drugs was also asked in the spring 2011 parent survey. There was no real difference between the two survey administrations (65.2% in 2011 and 63.4% in 2013).

### ATTITUDES AND BELIEFS ABOUT UNDERAGE DRINKING AND SUBSTANCE USE

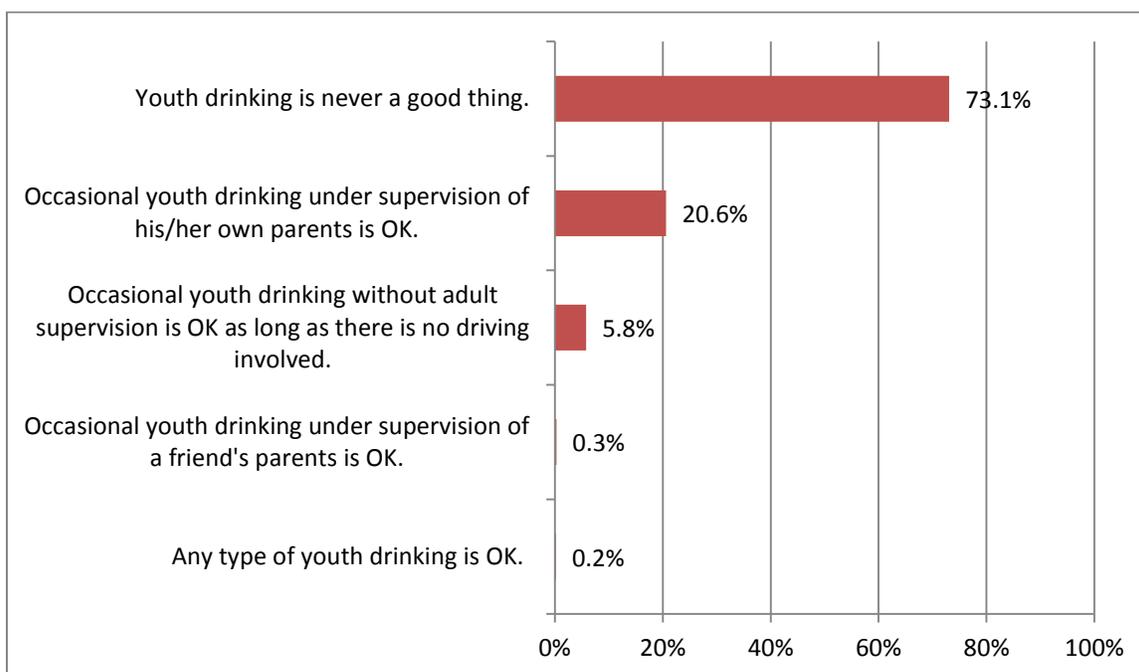
A series of 15 items asked about respondents’ beliefs about underage drinking and youth substance use. As with the first section on Communication, all items in this section asked the respondent to answer the question with their oldest 6-12<sup>th</sup> grade child in mind.

#### Attitudes and Beliefs – Parent Attitudes about Underage Drinking and Youth Marijuana Use

A parallel set of items were used to assess parents’ beliefs about underage drinking and youth marijuana use. The two items asked parents to indicate which of five response options *best* represent their own belief about underage alcohol use and youth marijuana use.

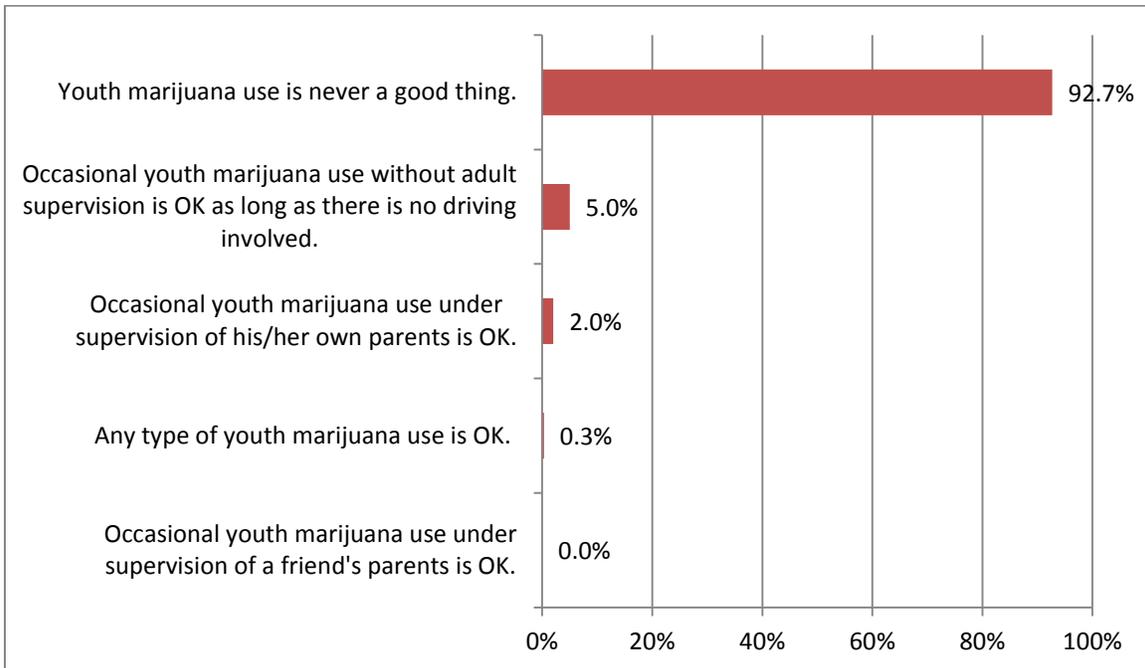
As shown in [Figure 6](#), three-quarters of parents (73.1%) indicated they personally believe *youth drinking is never a good thing* and 20.6% believe that *occasional youth drinking under supervision of his/her own parents is OK*. Far fewer respondents believe *occasional youth drinking without adult supervision is OK as long as there is no driving involved* (5.8%), *occasional youth drinking under supervision of a friend’s parents is OK* (0.3%), or *any type of youth drinking is OK* (0.2%).

**Figure 6: Parental Attitudes About Underage Alcohol Use (n=602)**



As shown in Figure 7, almost all parents (92.7%) indicated that they personally believe *youth marijuana use is never a good thing*. Five percent (5.0%) believe that *occasional youth marijuana use without adult supervision is OK as long as there is no driving involved*, 2.0% believe that *occasional youth marijuana use under supervision of his/her own parents is OK*, and 0.3% believe *any type of youth marijuana use is OK*. None of the respondents believe that *occasional youth marijuana use under supervision of a friend's parents is OK*.

**Figure 7: Parental Attitudes About Youth Marijuana Use (n=602)**



Differences by the grade of the respondents' oldest child were examined for both items by dichotomizing the question into two categories: (1) respondents who believe that underage alcohol use/youth marijuana use is never a good thing and (2) respondents who believe that some form of underage alcohol use/youth marijuana use is OK. Results of chi-square analyses indicate that there were no significant differences in responses to these items based on the age of the respondents' oldest child.

**Trend.** These two items both appeared in the spring 2011 parent survey. There was a decrease from 81.6% to 73.1% between 2011 and 2013 in the proportion of parents who believe that underage drinking is never a good thing and an increase from 14.6% to 20.6% in the proportion who believe that underage drinking under the supervision of one's own parents is OK. It is highly likely that this difference is due to the differences in samples between the two survey periods. Even though there were no significant differences by age of the respondents' oldest child, visual inspection of observed data reveals that parents of high school students seem to be slightly more permissive of underage alcohol use than parents of middle school students. There was no appreciable difference between 2011 and 2013 in parent beliefs about youth marijuana

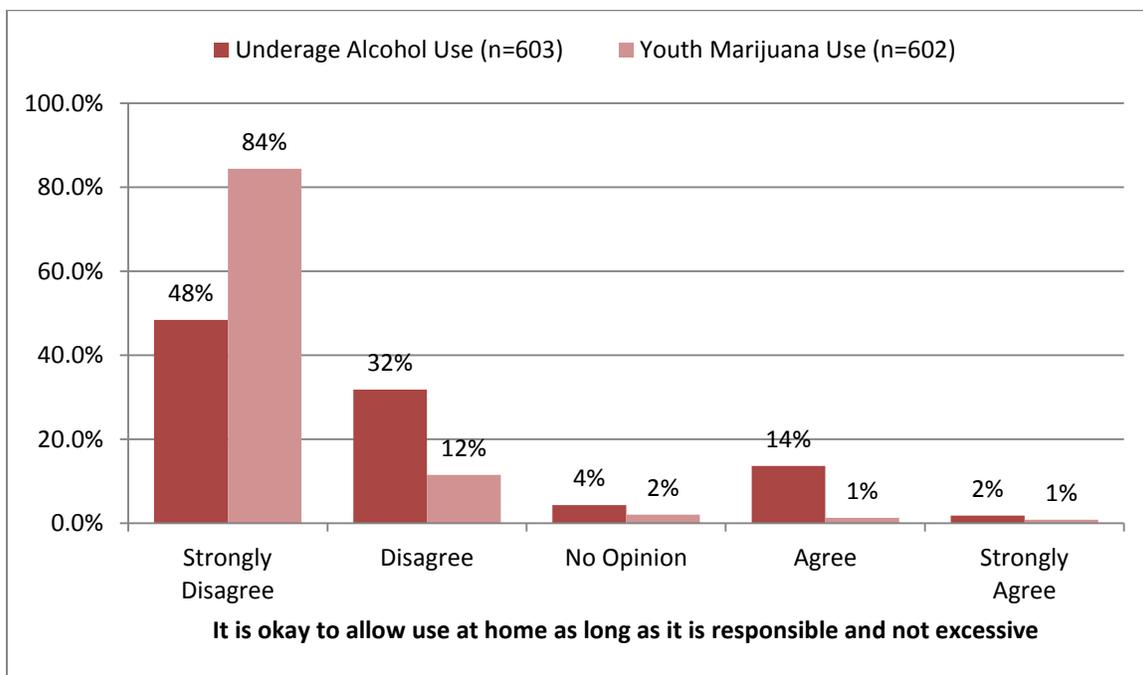
use (94.7% believed youth marijuana use is never a good thing in 2011 and 92.7% believed youth marijuana use is never a good thing in 2013).

**Attitudes and Beliefs – Attitudes about Youth Using Alcohol or Marijuana at Home**

Whereas the last set of questions asked parents to identify the statement that *best* represents their overall view of underage drinking and youth marijuana use, two follow-up items asked parents to rate their agreement with the following question, “I think it is okay to allow [underage alcohol use/youth marijuana use] at home as long as it is responsible and not excessive. The response options for this item were: *strongly disagree*, *disagree*, *no opinion*, *agree*, and *strongly agree*.

As shown in Figure 8, eighty percent of respondents (80.2%) either *disagree* or *strongly disagree* that it is okay to allow underage alcohol use at home as long as it is responsible and not excessive and 95.9% *disagree* or *strongly disagree* that it is okay to allow youth marijuana use at home. There were no significant differences by age/grade of the respondents’ oldest child in the propensity of parents to disagree or agree with these two statements.

**Figure 8: Attitudes about Youth Using Alcohol or Marijuana at Home**



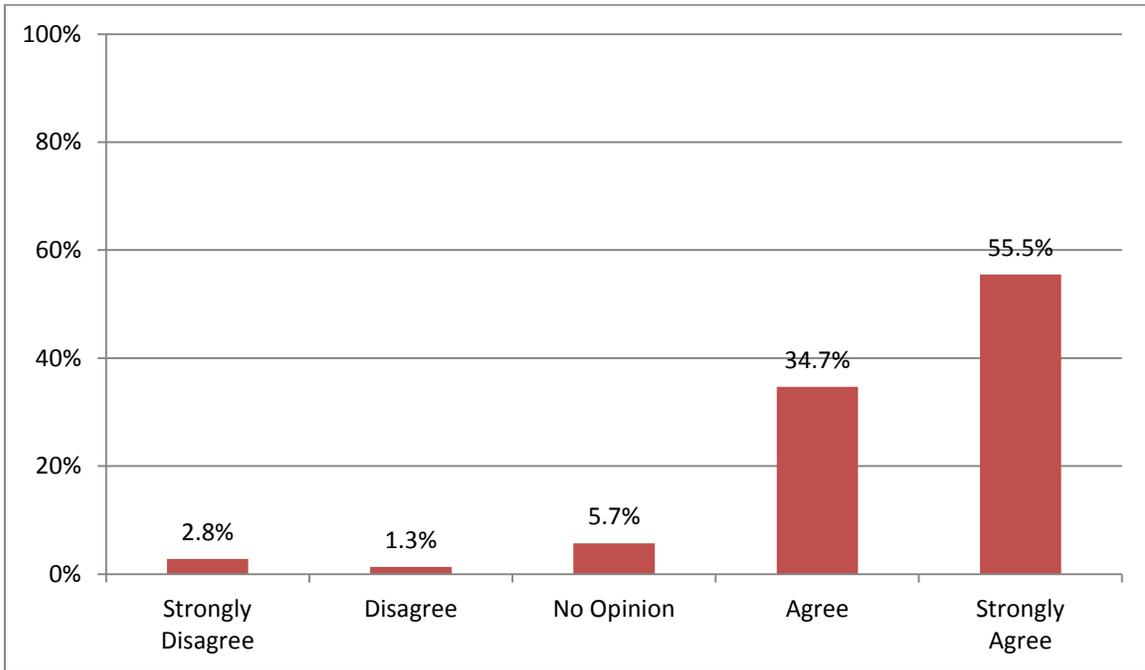
**Trend.** These two items were not asked in the spring 2011 parent survey.

**Attitudes and Beliefs – Attitudes about Receiving Calls from Other Parents**

Respondents were asked to rate their level of agreement with the following statement, “I would like other parents to call me to see if I will be home if their child is coming to my home for a social gathering.” The response options for this item were: *strongly disagree*, *disagree*, *no opinion*, *agree*, and *strongly agree*.

As shown in Figure 9, almost all parents (92.2%) either *agree* or *strongly agree* that they would like other parents to call to see whether or not a parent will be home if the other parent’s child is coming over for a social gathering. Six percent of respondents (5.7%) had *no opinion*, 1.3% indicated that they *disagree*, and 2.8% reported that they *strongly disagree*. There was no difference in responses to this question based on the age of the respondents’ oldest child.

**Figure 9: I Would Like Other Parents to Call Me If My Child Is Hosting a Social Gathering (n=600)**



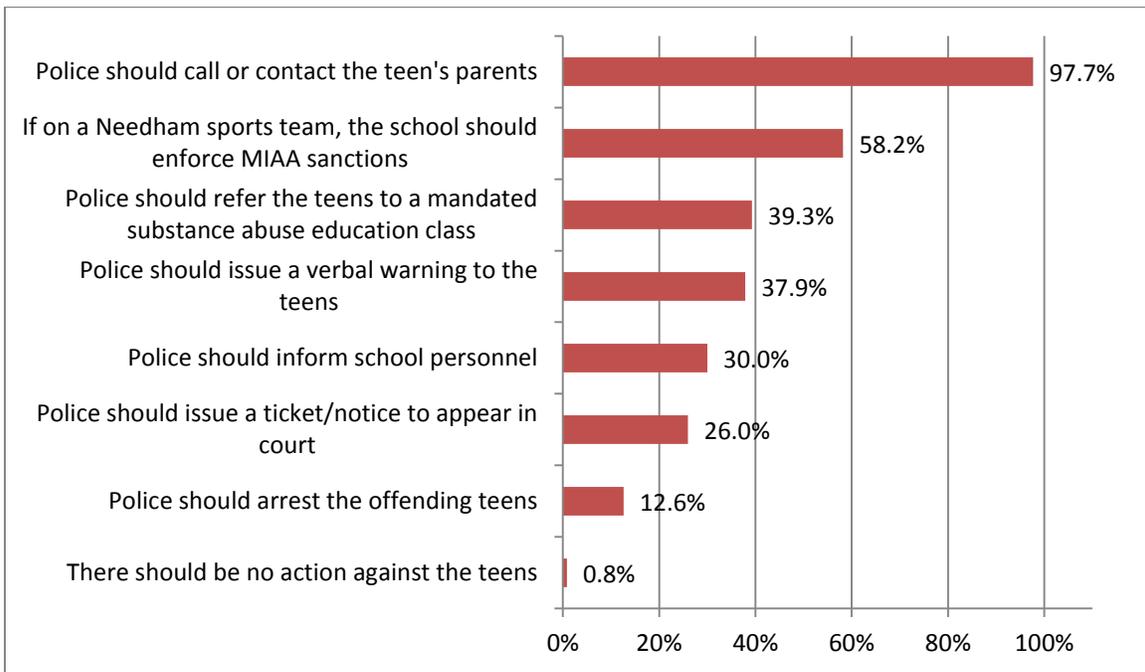
**Trend.** The results for this item were nearly identical between the 2011 parent survey (89.0%) and the 2013 parent survey (92.2%).

**Attitudes and Beliefs – Attitudes about Police Involvement in Underage Drinking Situations**

Respondents were asked to indicate what law enforcement action(s) they would support if the police became aware that Needham teens were drinking alcohol.

As shown in Figure 10, almost all respondents (97.7%) think *police should contact the teens’ parents* and over half (58.2%) think *the school should enforce MIAA sanctions if the student is on a Needham sports team*. Roughly one-third of parents think that *police should refer the teens to a mandated substance abuse education class* (39.3%), *police should issue a verbal warning to the teens* (37.9%), or *police should inform school personnel* (30.0%). One-quarter of parents (26.0%) think *police should issue a ticket/notice to appear in court* and 12.6% think *police should arrest the offending teens*. Less than one percent of respondents (0.8%) think that there should be no action against the teens.

**Figure 10: Action(s) Parents Would Support if Needham Teens Were Caught Drinking (n=601)**



Results of chi-square analyses indicate that there were no significant differences in the response to this question based on the age of the respondent's oldest child.

**Trend.** The results for this item were nearly identical between the 2011 parent survey and the 2013 parent survey.

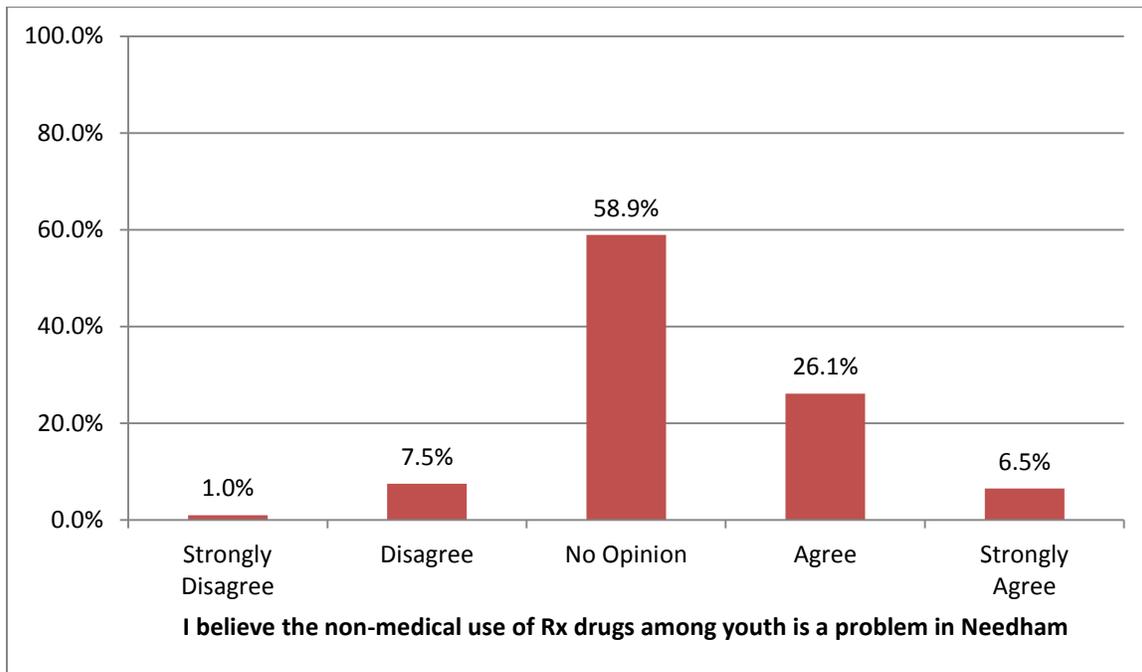
### **Attitudes and Beliefs – Parent Beliefs about the Non-Medical Use of Prescription Drugs**

In addition to questions about underage alcohol use and youth marijuana use, respondents were asked about non-medical use of prescription drugs. Respondents were asked to rate their level of agreement with the following item, "I believe the illegal use of prescription medications among youth is a problem in Needham." The response options for this item were: *strongly disagree*, *disagree*, *no opinion*, *agree*, and *strongly agree*.

As shown in [Figure 11](#), one-third of respondents (32.6%) reported they *agree* or *strongly agree* that non-medical use of prescription drugs among youth in Needham is a problem. It is important to note that over half (58.9%) reported that they had *no opinion* on this issue.

There were no significant differences in responses to this item based on the age of the respondent's oldest child.

**Figure 11: Parent Beliefs about the Non-Medical Use of Prescription Drugs (n=598)**



**Trend.** Respondents to the 2013 survey were less likely to *agree* or *strongly agree* that non-medical use of prescription drugs among youth is a problem in Needham than were respondents to the 2011 parent survey (32.6% in 2013 versus 39.6% in 2011). Given that this question does not seem to vary by age of the respondent’s oldest child, the difference in samples alone is not likely the only factor that explains the observed difference over time.

### **Attitudes and Beliefs – Parental Disapproval of Youth Substance Use**

A series of four questions assessed parental disapproval of youth substance use. Respondents were asked to indicate how wrong they think it would be for their child to: (a) smoke tobacco, (b) have one or two drinks of an alcoholic beverage nearly every day, (c) smoke marijuana, and (d) use prescription drugs not prescribed to them. The response options for these items were: *not at all wrong*, *a little bit wrong*, *wrong*, and *very wrong*.

As shown in [Table 2](#), almost all respondents (98.3%) think it would be *very wrong* for their child to use prescription drugs not prescribed to them, 96.3% think it would be *very wrong* for their child to have 1 or 2 drinks of an alcoholic beverage nearly every day, 85.5% think it would be *very wrong* for their child to smoke tobacco, and 83.7% think it would be *very wrong* for their child to smoke marijuana.

There were no significant differences by age/grade of the respondents’ oldest child in the extent to which parents think that it would be wrong for their child to use any of these substances.

**Trend.** These two items were not asked in the spring 2011 parent survey.

**Table 2: Parental Disapproval of Youth Substance Use**

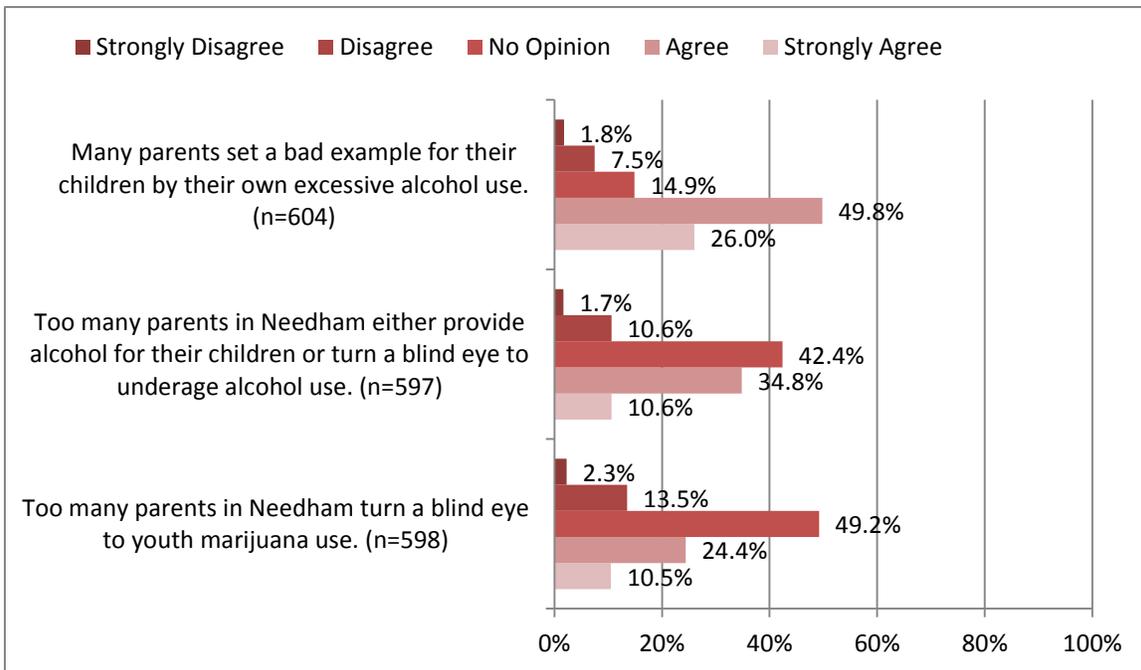
	How wrong do you think it would be for your child to...				Mean (1-4)
	Not At All Wrong	A Little Bit Wrong	Wrong	Very Wrong	
Use prescription drugs not prescribed to them (n=601)	0.2% (1)	0.2% (1)	1.3% (8)	<b>98.3%</b> (591)	3.98
Have 1 or 2 alcoholic drinks nearly every day (n=601)	0.2% (1)	0.3% (2)	3.2% (19)	<b>96.3%</b> (579)	3.96
Smoke tobacco (n=601)	0.3% (2)	1.3% (8)	12.8% (77)	<b>85.5%</b> (514)	3.84
Smoke marijuana (n=601)	1.0% (6)	4.0% (24)	11.3% (68)	<b>83.7%</b> (503)	3.77

**Attitudes and Beliefs – Parent Beliefs about Community Substance Use Norms**

Three questions examined parents’ beliefs about community substance use norms.

Three-quarters of respondents (75.8%) either *agree* or *strongly agree* that many parents set a bad example for their children by their own excessive alcohol use. Forty-five percent (45.4%) either *agree* or *strongly agree* that too many parents in Needham either provide alcohol for their children or turn a blind eye to underage alcohol use. Thirty-five percent (34.9%) either *agree* or *strongly agree* that too many parents in Needham turn a blind eye to youth marijuana use. It is important to note that few respondents *disagree* or *strongly disagree* that Needham parents turn a blind eye to underage alcohol use and youth marijuana use. As shown in [Figure 12](#), almost half of respondents indicated that they have *no opinion* on these issues.

**Figure 12: Parent Beliefs about Community Substance Use Norms**



Results from a one-way analysis of variance (ANOVA) found a significant difference in the belief that too many parents in Needham either provide alcohol for their child or turn a blind eye to underage alcohol use,  $F(6,590) = 21.18, p \leq .001$ . A Tukey post-hoc test revealed that parents whose oldest child was in 6<sup>th</sup> grade were less likely than their peers to *agree* or *strongly agree* with this statement and more likely to have *no opinion*. There was no difference in the other two questions based on the age of the respondent's oldest child.

**Trend.** Respondents in 2013 were much more likely than respondents in 2011 to *agree* or *strongly agree* that many parents set a bad example for their children by their own excessive alcohol use (41.6% in 2011 to 75.8% in 2013). In contrast, there was relatively little change between 2011 and 2013 in the belief that too many parents in Needham either provide alcohol to their children or turn a blind eye to underage alcohol use (41.5% to 45.4%) or the belief that too many parents in Needham turn a blind eye to youth marijuana use (31.7% to 34.9%). Since these items tend not to vary significantly by age of the respondents' oldest child, it is difficult to dismiss this finding as simply being due to differences in the 2011 and 2013 samples – although this remains the most plausible explanation.

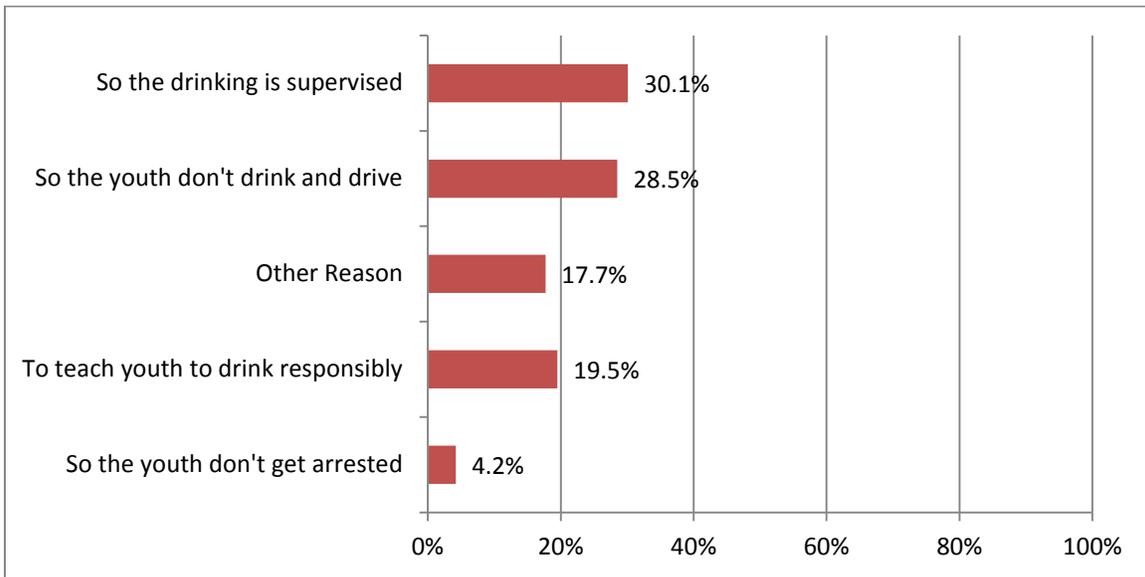
It is possible that awareness of the issue has increased over time – which might account for the change. It is also possible that respondents witnessed or saw/heard media coverage that would lead them to believe that parents are setting a bad example for their children by their own excessive alcohol use. However, given the size of the difference it is more likely that this is due to differences in the 2011 and 2013 samples. It is unlikely that community perception would move this much in such a short period of time unless there was a high profile occurrence, tragic event, or sustained awareness campaign.

### **Attitudes and Beliefs – Beliefs about Why Some Other Parents Allow Underage Drinking**

Respondents were asked to identify the *main* reason they think some parents may allow their own children and other children to drink alcohol in their home. As shown in Figure 13, respondents were most likely to believe that other parents may allow their and other children to drink alcohol in their home *so the drinking is supervised* (30.1%) or *so the youth don't drink and drive* (28.5%). An additional 19.5% believe it's to *teach youth to drink responsibly*, 4.2% think it's *so the youth don't get arrested*, and 17.7% think it is for *some other reason*. There were no significant differences in parent responses to this question based on the age of their oldest child.

The 104 parents who reported *some other reason* were asked to describe what the reason may be for other parents to allow their and other children to drink alcohol in their home. The largest number felt that parents want to be their kid's friend – a cool parent, felt that these parents can't say no or stand up to their kids, think that the parents are too busy or don't care, think it's so their kids will be popular, think it's because the parents use/abuse alcohol themselves, think it's because the parents don't see underage drinking as a big deal and/or they did it themselves when they were younger, and think it's because parents want to model responsible behavior and/or take the mystery out of drinking so their kids won't drink excessively now or in the future.

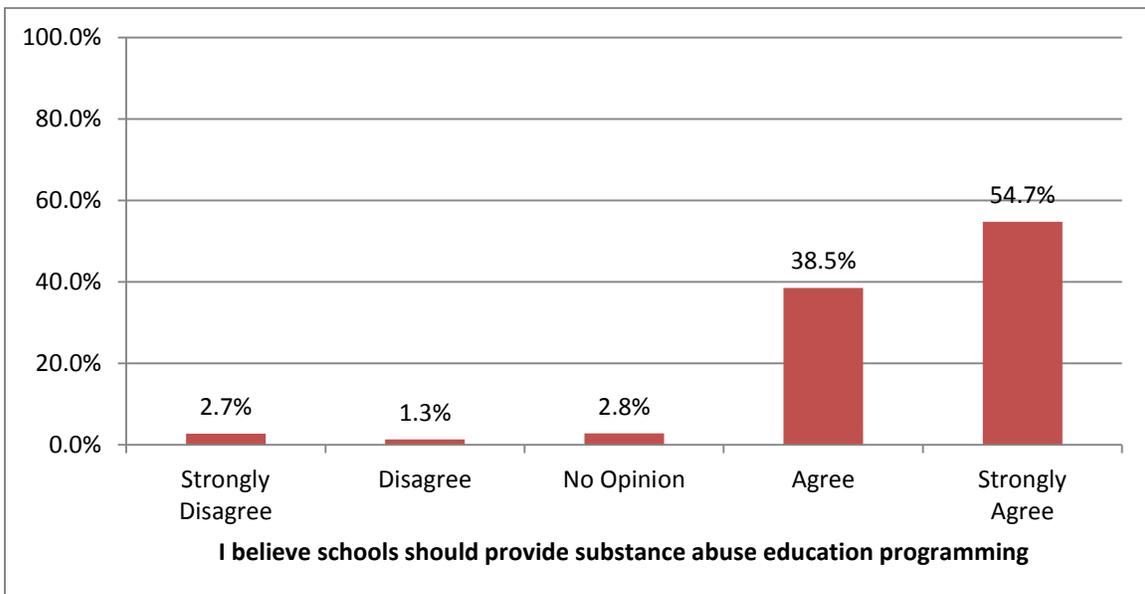
**Figure 13: Beliefs about Why Some Parents Allow Children to Drink Alcohol at Home (n=589)**



**Attitudes and Beliefs – Parent Attitudes about School-Based Substance Abuse Prevention**

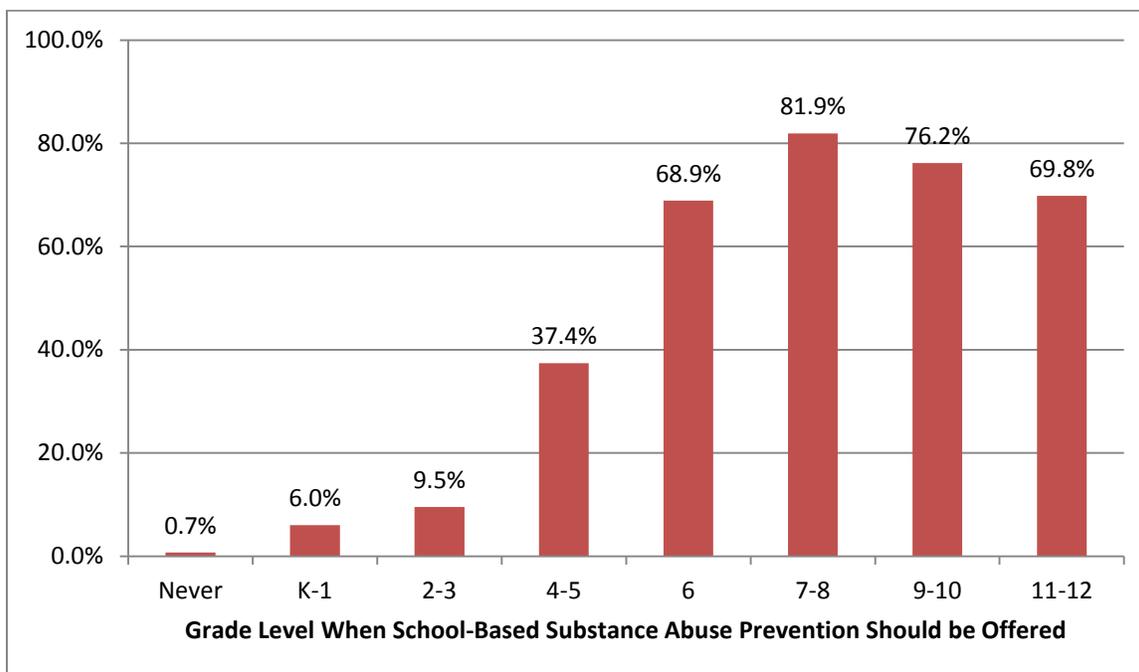
Two questions assessed whether or not respondents feel that schools should provide substance abuse prevention programs and the grade(s) at which this content should be delivered. As shown in Figure 14, almost all respondents (93.2%) reported they *agree* or *strongly agree* that schools should provide education programs for students their child’s age that are designed to help prevent and reduce underage drinking and substance abuse. There were no significant differences in responses to this item based on the age of the respondent’s oldest child.

**Figure 14: Parent Attitudes about School-Based Substance Abuse Prevention (n=598)**



The second question in this part of the survey asked respondents to indicate the grade levels in which schools should provide evidence-based, age/developmentally appropriate substance abuse awareness and prevention curricula through health classes. As shown in Figure 15, a little over a third (37.4%) felt that substance abuse prevention content should be delivered during grades 4-5, two-thirds (68.9%) felt that it should be delivered in grade 6, the largest proportion (81.9%) felt that it should be delivered in grades 7-8, three-quarters (76.2%) felt it should be delivered in grades 9-10, and 68.9% felt it should be delivered in grades 11-12.

**Figure 15: Grade(s) When Substance Abuse Prevention Should be Delivered at School (n=602)**



**Trend.** Respondents to the 2013 survey were slightly more likely to *agree* or *strongly agree* that schools should provide education programs for students that are designed to help prevent and reduce underage drinking and substance abuse than were respondents to the 2011 parent survey (93.2% in 2013 versus 89.2% in 2011). Given that this question does not seem to vary by age of the respondent’s oldest child, the difference in samples alone is not likely the only factor that explains the observed difference over time. The second question about the grade(s) when substance abuse prevention content should be delivered was not asked in the 2011 survey.

**Attitudes and Beliefs – Effective Ways/Places to Reach Parents with Prevention Messages**

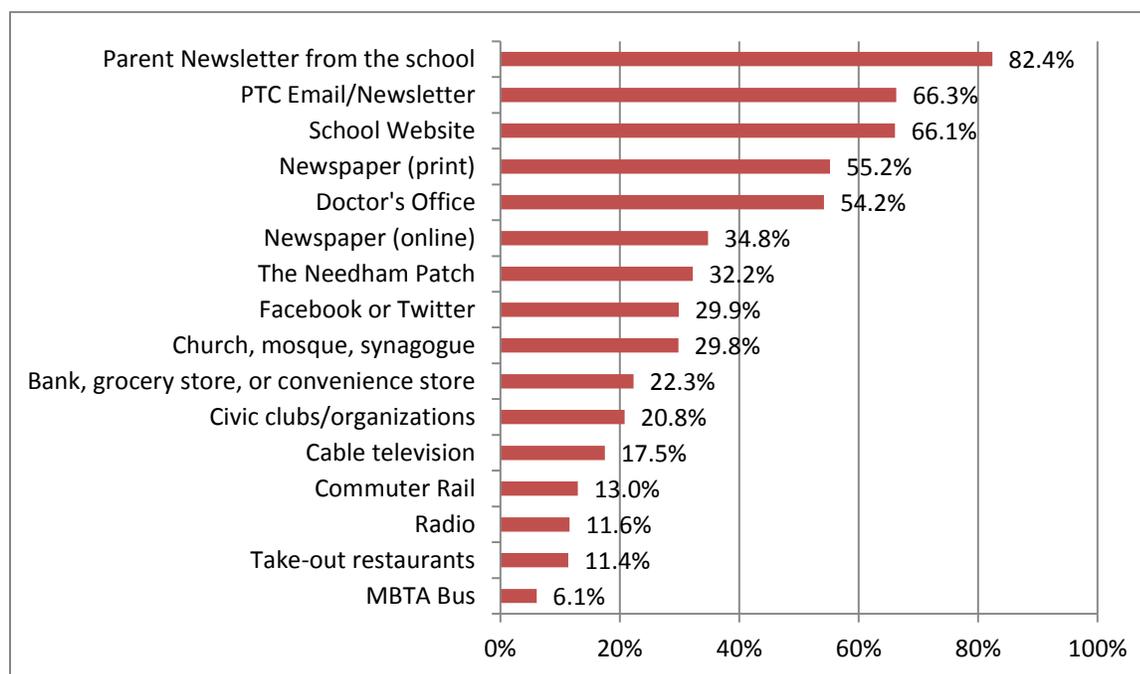
Respondents were provided with a list of 16 different options and were asked to identify what they feel are effective ways/places to reach Needham parents with prevention messages.

As shown in Figure 16, the largest proportions of respondents indicated that the most effective ways to reach Needham parents with prevention messages are through the *parent newsletter from the school* (82.4%), *PTC Email/Newsletter* (66.3%), the *school website* (66.1%), *print newspaper* (55.2%), and *doctor’s offices* (54.2%). The sources identified by the smallest number

of parents were *the commuter rail* (13.0%), *radio* (11.6%), *take-out restaurants* (11.4%), and the *MBTA bus* (6.1%).

The only significant differences based on the age of the respondent’s oldest child were for *online newspapers* and *PTC Email/Newsletter*. Parents whose oldest child was in 12<sup>th</sup> grade were significantly less likely than their peers to have identified *online newspapers* as an effective way to reach parents with prevention messages. Parents whose oldest child was in high school (grades 9-12) were significantly less likely than parents whose oldest child was in middle grades to identify *PTC Email/Newsletter* as an effective way to reach parents with prevention messages.

**Figure 16: Effective Ways/Places to Reach Needham Parents with Prevention Messages (n=578)**



**Trend.** There were very few differences between the 2011 survey and the 2013 survey in the order or percentages of parents who identified each of these ways/places as being effective. The only difference was in the percentage of parents who identified *the Needham Patch* as an effective way to reach parents with prevention messages. In the 2011 survey, only 15.7% of parents identified the *Patch* as an effective way to reach parents – this percentage doubled to 32.2% in the 2013 survey.

### PERCEPTIONS OF UNDERAGE DRINKING AND SUBSTANCE USE

A series of 5 multi-part items in the questionnaire asked about respondents’ perceptions of what actually occurs in Needham in the area of underage drinking, youth substance use, and related issues.

### Perceptions – Parent Perception of Substance Use and Related Issues in Needham

Parents were asked to estimate the percentage of Needham students in 6-8<sup>th</sup> grade and 9-12<sup>th</sup> grade who engage in substance use and related issues. Table 3 shows parents’ average estimate of how many 6-8<sup>th</sup> graders engaged in each of these behaviors and the actual percentage of 7-8<sup>th</sup> graders who reported engaging in these behaviors in the 2012 MetroWest Adolescent Health Survey conducted in the Needham Public Schools. Similarly, the table shows parents’ estimate of these behaviors among 9-12<sup>th</sup> graders and actual data from the MetroWest survey for this age group.

Parents over-estimated the occurrence of each of these behaviors for which comparative data are available. On average, parents tended to over-estimate each of these behaviors by approximately 7% at the middle grades level and 11% at the high school level. The largest over-estimate was for perception of how many 9-12<sup>th</sup> graders used marijuana in the last 30 days. Parents were 17% off in their estimate (36% estimated vs. 19% actual). Parents were most accurate in their estimate of binge drinking in the past 30 days – having 5 or more drinks within a couple of hours. Parents were only 2% off in their estimate (23% estimated vs. 21% actual).

**Table 3: Parent Perception of Substance Use and Related Issues in Needham**

Estimate % of Needham Students Who...	6-8 <sup>th</sup> Grade (Estimate)	7-8 <sup>th</sup> Grade (Actual 2012)	9 <sup>th</sup> -12 <sup>th</sup> Grade (Estimate)	9 <sup>th</sup> -12 <sup>th</sup> Grade (Actual 2012)
Drank at least one drink of alcohol (not including religious ceremonies) in the last 30 days	15.3%	6.2%	48.5%	34.9%
Drank 5 or more drinks of alcohol in a row (within a couple of hours) in the last 30 days	4.4%	0.9%	23.3%	21.3%
Rode in a car or other vehicle driven by someone who had been using alcohol in the last 30 days	7.4%	N/A	24.4%	15.1%
Used marijuana in the last 30 days	10.6%	1.9%	36.0%	19.4%
Ever used a prescription drug without a doctor’s prescription	5.0%	N/A	19.0%	4.6%

### Perceptions – Parent Perception of Usual Source of Alcohol among Underage Drinkers

Parents were asked to identify what they think was the most usual source of alcohol among youth their child’s age who drank alcohol in the last 30 days. The question wording was, “Among Needham youth my child’s age who drank alcohol in the last 30 days (not including religious ceremonies), I believe they usually acquired the alcohol...” Since respondents were

asked about youth their child’s age, these data are presented separately for parents whose oldest child is in 6-8<sup>th</sup> grade and parents whose oldest child is in 9-12<sup>th</sup> grade.

As shown in Table 4, respondents whose oldest child is in 6-8<sup>th</sup> grade believe that the top three sources of alcohol among 6-8<sup>th</sup> graders who drank in the past 30 days were *from home without parental knowledge* (68.6%), *from a party* (11.4%), and *from a friend or someone s/he knows giving it to them or buying it for them* (8.6%). Respondents whose oldest child is in 9-12<sup>th</sup> grade believe that the top three sources of alcohol among 9-12<sup>th</sup> graders who drank alcohol in the past 30 days were *from a friend or someone s/he knows giving it to them or buying it for them* (32.9%), *from home without parental knowledge* (32.4%), and *from a party* (19.7%).

Parents of both 6-8<sup>th</sup> graders and 9-12<sup>th</sup> graders identified the same three most usual sources. The only difference was that parents of 6-8<sup>th</sup> graders were two times as likely to identify home as the source (without parental knowledge) than were parents of 9-12<sup>th</sup> graders. Very few parents believe that youth who drank alcohol in the past 30 days usually got it *from home with parental knowledge, by purchasing it from a commercial source, asking a stranger to buy it, purchasing it online, or some other way*.

**Table 4: Parent Perception of Usual Source of Alcohol among Underage Drinkers**

Among youth my child’s age who drank alcohol in the last 30 days, I believe they usually acquired it...	6-8 <sup>th</sup> Grade (Parent Estimate)	9-12 <sup>th</sup> Grade (Parent Estimate)
From a party	11.4%	19.7%
From a friend (not at a party)	6.7%	9.4%
From home with parental knowledge	3.8%	1.4%
From home without parental knowledge	68.6%	32.4%
By him/herself from a store, tavern, bar, or public event (like a concert or sporting event)	0.0%	0.0%
From a friend or someone s/he knows giving it to them or buying it for them	8.6%	32.9%
From asking a stranger to buy it	0.0%	0.9%
Having a friend purchase it or purchasing it themselves online	1.0%	2.6%
Some other way	0.0%	0.7%

**Perceptions – Parent Perception of Usual Source of Rx Drugs among Non-Medical Users**

Parents were asked to identify what they think was the most usual source of prescription drugs among youth their child’s age who used them non-medically. The question wording was, “Among Needham youth my child’s age who ever used prescription drugs without a doctor’s prescription, I believe they usually acquired them...” Since respondents were asked about youth their child’s age, these data are presented separately for parents whose oldest child is in 6-8<sup>th</sup> grade and parents whose oldest child is in 9-12<sup>th</sup> grade.

As shown in Table 5, respondents whose oldest child is in 6-8<sup>th</sup> grade believe that the top two sources of prescription drugs among 6-8<sup>th</sup> graders who ever used them non-medically were *from home without parental knowledge* (61.9%) and *from a friend* (34.4%). Respondents whose oldest child is in 9-12<sup>th</sup> grade believe that the top two sources of prescription drugs among 9-12<sup>th</sup> graders who ever used them non-medically were *from home without parental knowledge* (50.0%) and *from a friend* (34.4%).

Parents of both 6-8<sup>th</sup> graders and 9-12<sup>th</sup> graders identified the same most usual sources. The only difference was that parents of 9-12<sup>th</sup> graders were less likely to identify *home* as a source and more likely to identify *friends* and *purchasing them* from somewhere other than the Internet as sources. Very few parents believe that youth who ever used prescription drugs non-medically usually got them by *purchasing them on the Internet* or *some other way*.

**Table 5: Parent Perception of Usual Source of Rx Drugs among Non-Medical Users**

Among youth my child's age who ever used Rx drugs without a prescription, I believe they usually acquired them...	6-8 <sup>th</sup> Grade (Parent Estimate)	9-12 <sup>th</sup> Grade (Parent Estimate)
From a friend	26.7%	34.4%
From home without parental knowledge	61.9%	50.0%
From someone else without them knowing	7.6%	5.5%
Purchasing them on the Internet	1.0%	0.7%
Purchasing them someplace else	2.9%	7.5%
Some other way	0.0%	1.9%

### Perceptions – Parent Perception of Other Parents' Attitudes and Behaviors

Parents were asked to estimate the percentage of parents at their child's school who they think have certain attitudes and engage in certain behaviors. Since respondents were asked about parents at their child's school, these data are presented separately for parents whose oldest child is in 6-8<sup>th</sup> grade and parents whose oldest child is in 9-12<sup>th</sup> grade.

As shown in Table 6, respondents whose oldest child is in 6-8<sup>th</sup> grade think that 13.4% of other 6-8<sup>th</sup> grade parents knowingly allow their child to attend parties where underage drinking occurs, think that 10.1% of other 6-8<sup>th</sup> grade parents knowingly allow their child to attend parties where marijuana use occurs, think that 24.1% of other 6-8<sup>th</sup> grade parents call to make sure a parent will be present when their child goes to a social gathering at another house, and think that 45.3% of other 6-8<sup>th</sup> grade parents would like to be called if their own child was hosting a gathering to ensure that a parent will be present.

Respondents whose oldest child is in 9-12<sup>th</sup> grade think that 31.1% of other 9-12<sup>th</sup> grade parents knowingly allow their child to attend parties where underage drinking occurs, think that 23.6% of other 9-12<sup>th</sup> grade parents knowingly allow their child to attend parties where marijuana use occurs, think that 16.9% of other 9-12<sup>th</sup> grade parents call to make sure a parent will be present when their child goes to a social gathering at another house, and think that 39.3% of other 9-

12<sup>th</sup> grade parents would like to be called if their own child was hosting a gathering to ensure that a parent will be present.

**Table 6: Parent Perception of Other Parents' Attitudes and Behaviors**

What % of PARENTS at your child's school do you think...	Parents of 6-8 <sup>th</sup> Graders Estimate of Other 6-8 <sup>th</sup> Grade Parents	Parents of 9-12 <sup>th</sup> Graders Estimate of Other 9-12 <sup>th</sup> Grade Parents
Knowingly allow their children to attend parties where underage drinking occurs?	13.4%	31.1%
Knowingly allow their child to attend parties where marijuana use occurs?	10.1%	23.6%
Call to make sure that a parent is home before they allow their child to go to another parent's home for a social gathering?	24.1%	16.9%
Want to be called by other parents if they are hosting a gathering of students to make sure a parent will be home and that the child has permission for the gathering	45.3%	39.3%

### **BEHAVIORS ASSOCIATED WITH UNDERAGE DRINKING AND SUBSTANCE USE PREVENTION**

The final set of 15 questions assessed parents' behaviors associated with preventing underage drinking and youth substance use.

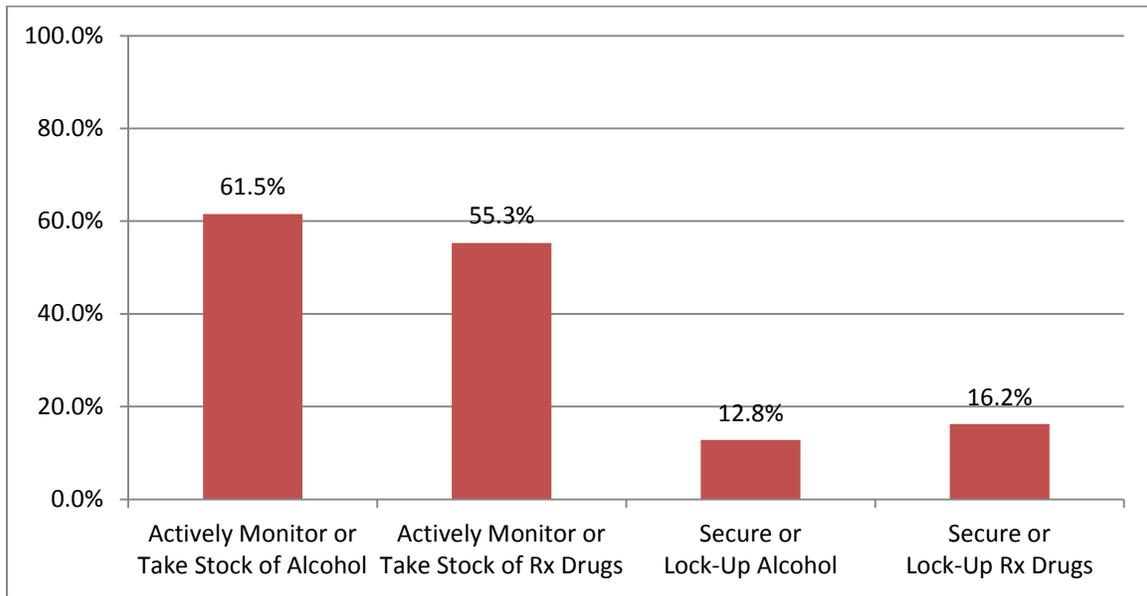
#### **Behaviors – Means Restriction**

Four questions in the survey examined the extent to which parents: (a) actively monitor or take stock of any alcohol or prescription medications present in their home and (b) secure or lock-up any alcohol or prescription medications present in their home.

Eleven percent of parents (10.5%) indicated that they do not keep any alcohol in their home and 25.3% reported that there are no prescription medications in their home.

As shown in [Figure 17](#), among the 89.5% of parents who keep alcohol in their home, 61.5% report that they actively monitor or take stock of the alcohol and 12.8% report that they secure or lock-up the alcohol. Among the 74.7% of parents who have prescription drugs in their home, 55.3% report that they actively monitor or take stock of the prescription drugs and 16.2% report that they secure or lock-up the prescription drugs.

**Figure 17: Alcohol and Prescription Drug Means Restriction Efforts**



Parents whose oldest child was in grades 9-12 were significantly more likely than parents whose oldest child was in grades 6-8 to report that they actively monitor or take stock of any alcohol or prescription drugs present in the home. There was no difference by age of the respondent's oldest child in reports of securing or locking up alcohol or prescription drugs.

**Trend.** Respondents to the 2013 survey were more likely than respondents to the 2011 survey to report that they actively monitor or take stock of any alcohol present in their home (61.5% in 2013 versus 55.0% in 2011). Given that this behavior seems to be more prevalent among parents of older children, it is likely that this difference is due to differences in the respondent samples between 2011 and 2013. There were no differences between 2011 and 2013 in reports of securing or locking up alcohol (13.9% in 2011 versus 12.8% in 2013) or in reports of actively monitoring or taking stock of prescription drugs present in the home (56.8% in 2011 versus 55.3% in 2013). Respondents in 2013 were slightly more likely than respondents in 2011 to report securing or locking up prescription drugs present in the home (13.5% in 2011 versus 16.2% in 2013). Given that this item does not seem to vary by age of the respondent's oldest child, it is possible that there has been a small increase in this behavior over time.

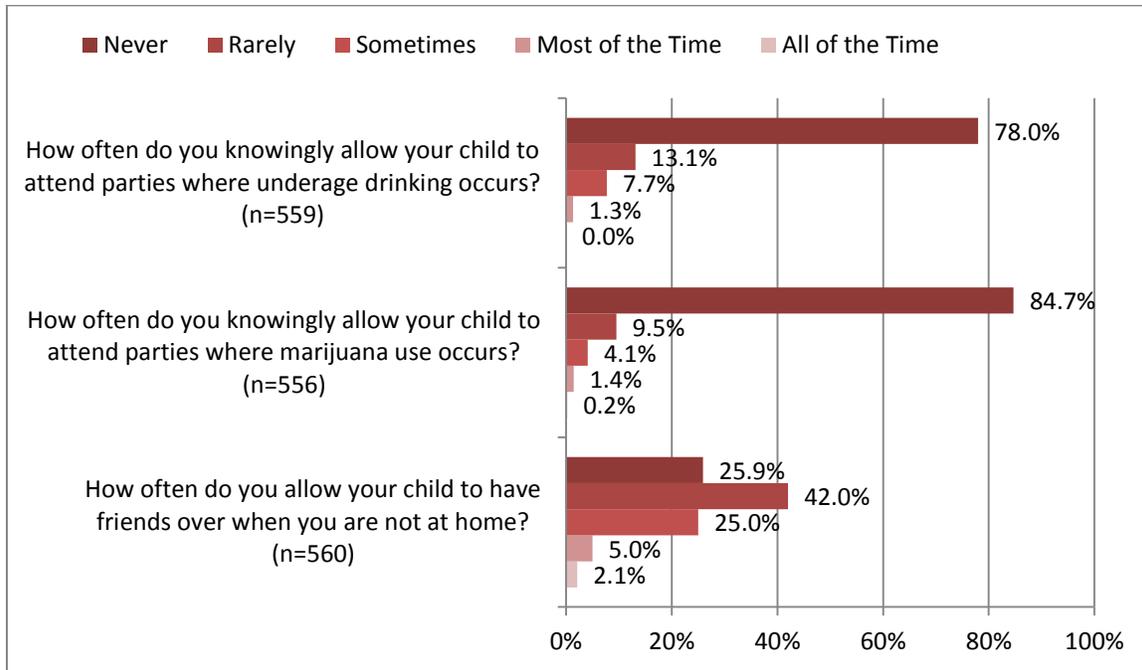
### **Behaviors – Parties and Gatherings**

Three questions in the survey asked about parents knowingly allowing their child to attend parties and allowing their child to have friends over when there are no parents at home.

As shown in [Figure 18](#), the majority of parents (78.0%) report that they *never* knowingly allow their child to attend parties where underage drinking occurs and 84.7% report that they never knowingly allow their child to attend parties where marijuana use occurs. In contrast, three-quarters (74.1%) reported that they at least occasionally allow their child to have friends over when there are no parents at home. It should be noted that this is not meant to imply that the

child is having a party or that they or their friends are engaging in substance use. This latter item is simply intended to assess the occurrence of unsupervised gatherings of friends.

**Figure 18: Parties and Gatherings**



Parents whose oldest child is in grades 9-12 were significantly more likely than parents whose oldest child is in grades 6-8 to report that they have knowingly allowed their child to attend parties where underage drinking occurred,  $\chi^2(18, N=559) = 66.56, p \leq .001$ , (6<sup>th</sup>: 0%; 7<sup>th</sup>: 0%; 8<sup>th</sup>: 4%; 9<sup>th</sup>: 16%; 10<sup>th</sup>: 17%; 11<sup>th</sup>: 30%; 12<sup>th</sup>: 41%). Parents whose oldest child is in grades 9-12 were also significantly more likely than parents whose oldest child is in grades 6-8 to report that they have knowingly allowed their child to attend parties where marijuana use occurred,  $\chi^2(24, N=556) = 45.68, p = .005$ , (6<sup>th</sup>: 0%; 7<sup>th</sup>: 0%; 8<sup>th</sup>: 4%; 9<sup>th</sup>: 12%; 10<sup>th</sup>: 12%; 11<sup>th</sup>: 20%; 12<sup>th</sup>: 29%). There was no significant difference by age of the respondent's oldest child in reports of allowing their child to have friends over when no parent is at home.

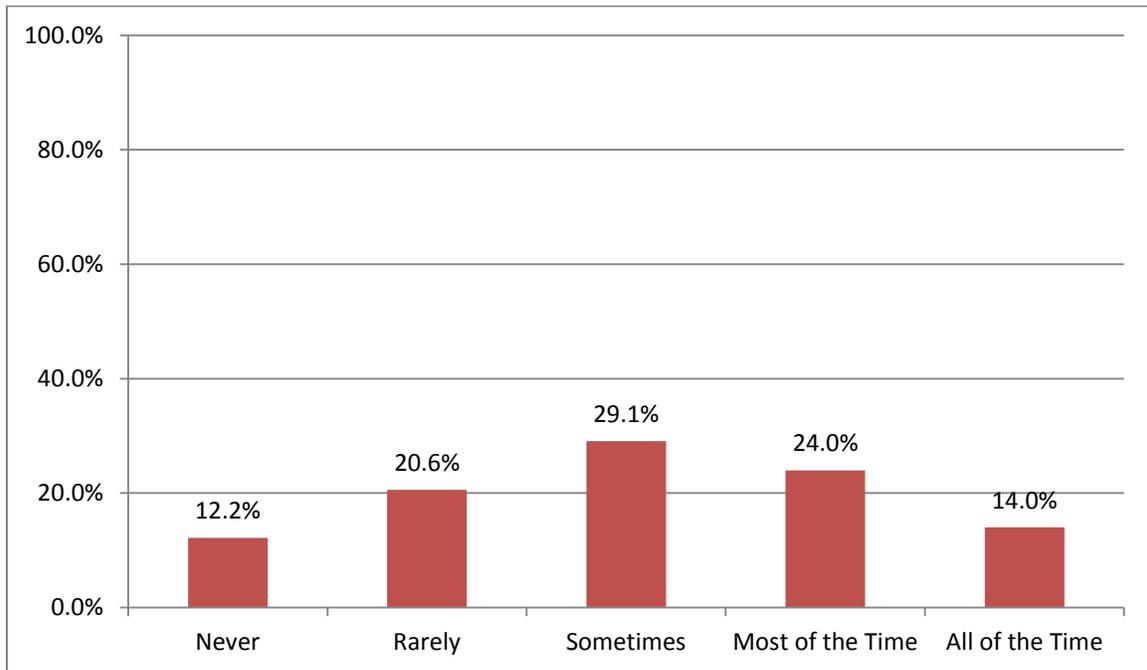
**Trend.** Respondents to the 2013 survey were less likely than respondents to the 2011 survey to report that they *never* knowingly allow their child to attend parties where underage drinking occurred (88.2% in 2011 versus 78.0% in 2013). Given that this behavior seems to be more prevalent among parents of older children, it is likely that this difference is due to differences in the respondent samples between 2011 and 2013. The other two items were not asked in 2011.

### Behaviors – Calling Other Parents

Another item in the survey assessed the frequency of parents calling other parents prior to allowing their child to attend a social gathering. This question asked, “How often do you call other parents to make sure they will be home before you allow your child to go to their house for a social gathering?”

Among those parents who allow their child to go to social gatherings (98.6%), over one-third (38.0%) report that they call other parents either *most of the time* or *all of the time* to make sure a parent will be home. An additional 29.1% of parents report that they make the call *sometimes*, 20.6% *rarely* call, and 12.2% *never* make the call (see Figure 19).

**Figure 19: Frequency of Calling Other Parents (n=549)**



Differences by the grade of the respondents' oldest child were examined by recoding the response options into three categories: (1) *never/rarely*, (2) *sometimes*, and (3) *most/all of the time*. In general, reports of calling decreased significantly with age/grade of the respondents' oldest child,  $\chi^2(12, N=549) = 70.92, p \leq .001$ , (6<sup>th</sup>: 72%; 7<sup>th</sup>: 60%; 8<sup>th</sup>: 67%; 9<sup>th</sup>: 45%; 10<sup>th</sup>: 33%; 11<sup>th</sup>: 30%; 12<sup>th</sup>: 19%). Three-quarters of 6<sup>th</sup> grade parents (72%) report that they call *most of the time/all of the time* compared to under one-fifth (19%) of parents of 12<sup>th</sup> graders.

**Trend.** Respondents to the 2013 survey were less likely than respondents to the 2011 survey to report that they call other parents *most of the time* or *all of the time* (38.0% in 2011 versus 58.9% in 2013). Given that the parents of older children are significantly less likely to make the call, it is highly likely that this difference is due to differences in the respondent samples between 2011 and 2013.

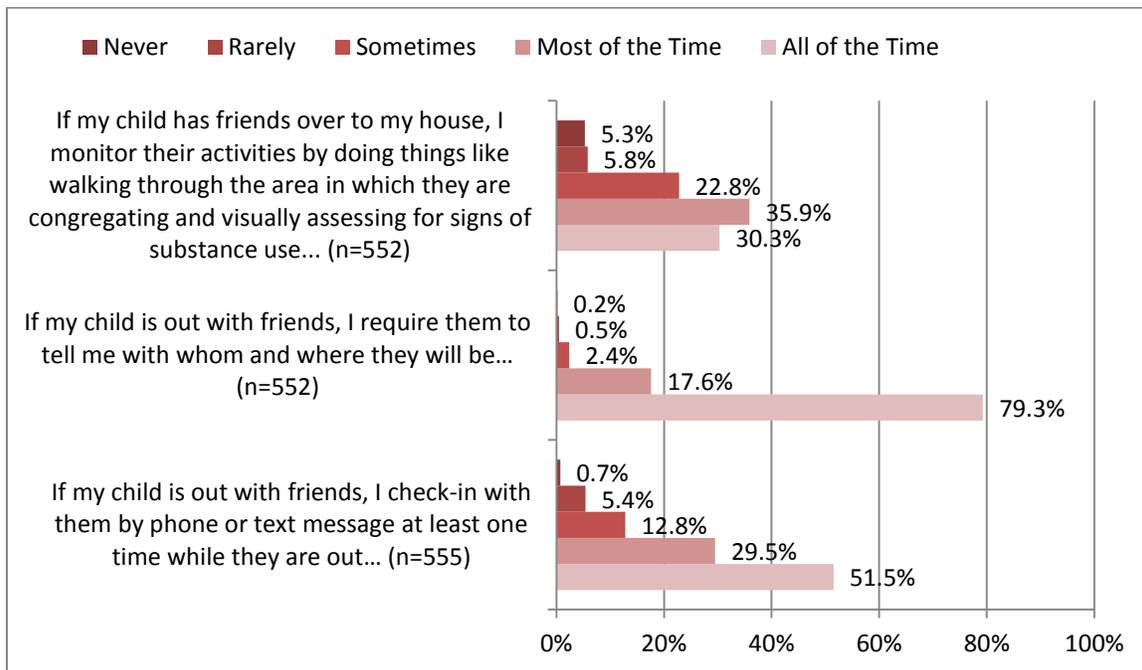
### **Behaviors – Parental Monitoring (While Child is with Friends)**

Parents were asked three questions related to parental monitoring when the child is engaged in a social activity with friends.

As shown in Figure 20, two-thirds of parents (66.2%) reported that they monitor the activity of their child and his/her friends by walking through the area in which they are congregating and

visually assessing for signs of substance use either *most of the time* or *all of the time* when their child has friends over the house. Almost all of the respondents (96.9%) reported that they require their child to tell them with whom and where they will be either *most of the time* or *all of the time* if they are out with friends. The majority of respondents (81.0%) reported that they check-in with their child by phone or text message either *most of the time* or *all of the time* while they are out with friends.

**Figure 20: Parental Monitoring (While Child is with Friends)**



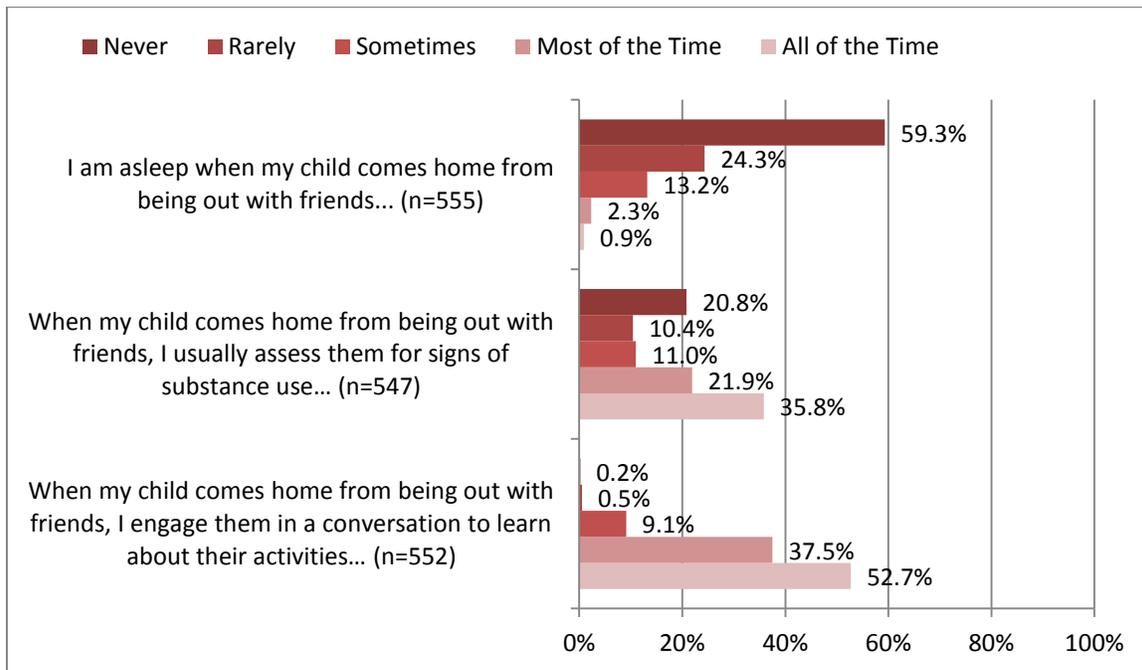
There were no significant differences among these three items based on the age of the respondents' oldest child. These items were asked in a different format during 2011, so trend data are not available for these items.

### Behaviors – Parental Monitoring (After Child is Out with Friends)

A second series of questions asked parents about parental monitoring behavior after their child returns home from being out with friends.

As shown in [Figure 21](#), only 3.2% of parents reported that they are asleep either *most of the time* or *all of the time* when their child returns home from being out with friends. Over half of parents (57.7%) report that they visually assess their child for signs of substance use (e.g., bloodshot eyes, pupil dilation, coherence of speech, physical coordination, odor) either *most of the time* or *all of the time* when their child returns home from being out with friends. Almost all respondents (90.2%) report that they engage their child in a conversation to learn about their activities either *most of the time* or *all of the time* when their child returns home from being out with friends.

**Figure 21: Parental Monitoring (After Child is Out with Friends)**



Parent reports of being asleep when their child returns home from being out with friends (6<sup>th</sup>: 2%; 7<sup>th</sup>: 7%; 8<sup>th</sup>: 0%; 9<sup>th</sup>: 4%; 10<sup>th</sup>: 10%; 11<sup>th</sup>: 24%; 12<sup>th</sup>: 35%) and assessing their child for signs of substance use when they return home from being out with friends (6<sup>th</sup>: 24%; 7<sup>th</sup>: 39%; 8<sup>th</sup>: 56%; 9<sup>th</sup>: 59%; 10<sup>th</sup>: 63%; 11<sup>th</sup>: 71%; 12<sup>th</sup>: 59%) both increased significantly with the age of the respondent’s oldest child. These items were asked in a different format during 2011, so trend data are not available for these items.

**Behaviors – Actions Parents Support When Other Parents Violate Underage Drinking Laws**

Parents were asked what they would do, if anything, if they learned that another parent of a child at their child’s school was allowing teens to drink at their home.

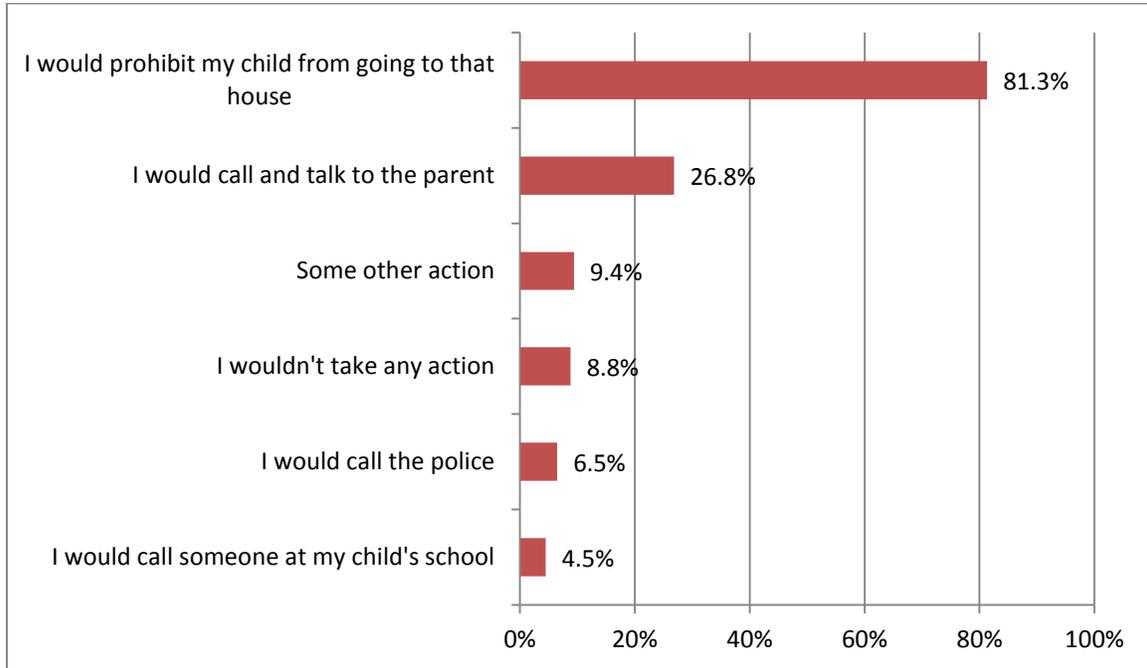
As shown in Figure 22, 81.3% of parents report that they would prohibit their child from going to the home of another parent who they learned was allowing teens to drink alcohol at their home, 26.8% reported that they would call and talk to the other parent, 8.8% would not take any action, 6.5% would call the police, and 4.5% would call someone at their child’s school.

Fifty-two respondents (9.4%) indicated that they would take *some other action* if they learned that another parent at their child’s school was allowing teens to drink alcohol at their home.

The 52 parents who reported that they would take *some other action* were asked to describe what other action they might take. Respondents indicated that they would call other parents to let them know, discuss it with their child, and call other authorities (e.g., Needham Youth Commission). The largest number of respondents in this category indicated that their response

would depend on the situation (e.g., how well they know the other parents, what the circumstances were, etc.).

**Figure 22: Parent Action(s) if Other Parents Were Allowing Youth to Drink Alcohol (n=556)**



There were no significant differences in responses to this item based on the age of the respondent's oldest child.

**Trend.** Respondents to the 2013 survey were equally likely as respondents to the 2011 survey to report that they would prohibit their child from going to the other parent's house (83.0% in 2011 to 81.3% in 2013) or call the other parent (29.1% in 2011 to 26.8% in 2013). Respondents in 2013 were somewhat less likely than their counterparts in the 2011 survey to report that they would call the police (11.7% in 2011 to 6.5% in 2013) or call the school (14.1% in 2011 to 4.5% in 2013). There was also a small increase between 2011 and 2013 in the percentage of parents who report that would not take any action (4.9% in 2011 to 8.8% in 2013).

## CROSS-WALK OF ITEMS SIMILAR TO THOSE IN THE STUDENT SURVEY

Several of the items that appeared in the 2013 parent survey are roughly parallel to questions that appeared in the 2012 MetroWest Adolescent Health Survey (High School Form and Middle School Form). The table below identifies the common items and their question number in each respective survey. It should be noted that these are not perfect comparisons and those seeking to use this information should refer to the original question wording in each instrument to avoid making inappropriate statements.

Question	Parents of 6-8 <sup>th</sup> Graders	7-8 <sup>th</sup> Graders (2012)	Parents of 9-12 <sup>th</sup> Graders	9-12 <sup>th</sup> Graders (2012)
Ate dinner at home with family on 5 or more of the past 7 days	77.9% (Q7)	83.0% (Q88)	60.9% (Q7)	72.0% (Q124)
Talked about underage drinking during past 30 days	48.4% (Q9)	28.5% (Q106)	67.3% (Q9)	32.2% (Q145)
Talked about marijuana use during past 30 days	24.8% (Q10)	25.3% (Q107)	53.2% (Q10)	24.3% (Q146)
Talked about non-medical use of prescription drugs during past 30 days	23.8% (Q11)	16.9% (Q108)	22.9% (Q11)	13.7% (Q147)
Parents feel it is wrong or very wrong for child to smoke tobacco	98.3% (Q19a)	97.4% (Q103a)	98.3% (Q19a)	94.8% (Q141a)
Parents feel it is wrong or very wrong for child to have 1 or 2 drinks of an alcoholic beverage nearly every day	100.0% (Q19b)	97.5% (Q103b)	99.4% (Q19b)	93.9% (Q141b)
Parents feel it is wrong or very wrong for child to smoke marijuana	96.6% (Q19c)	98.2% (Q103c)	94.6% (Q19c)	88.2% (Q141c)
Parents feel it is wrong or very wrong for child to use Rx drugs not prescribed to them	100.0% (Q19d)	98.8% (Q103d)	99.6% (Q19d)	97.1% (Q141d)
Drank at least one drink of alcohol (not including religious ceremonies) in the last 30 days	15.3% (Q30a)	6.2% (Q51)	48.5% (Q30a)	34.9% (Q51)
Drank 5 or more drinks of alcohol in a row (within a couple of hours) in the last 30 days	4.4% (Q30b)	0.9% (Q53)	23.3% (Q30b)	21.3% (Q53)
Rode in a car or other vehicle driven by someone who had been using alcohol in the last 30 days	7.4% (Q30c)	N/A	24.4% (Q30c)	15.1% (Q12)
Used marijuana in the last 30 days	10.6% (Q30d)	1.9% (Q60)	36.0% (Q30d)	19.4% (Q64)
Ever used a prescription drug without a doctor's prescription	5.0% (Q31)	0.4% (Q65)	19.0% (Q31)	4.6% (Q78)

**APPENDIX A:  
Spring 2013 Survey Instrument**

**Needham Coalition for Youth Substance Abuse Prevention  
Parent Survey of Norms, Behaviors, and Attitudes (2013)**

Dear Parent/Guardian,

The Needham Coalition for Youth Substance Abuse Prevention (NCYSAP) is conducting a survey of parents of 6<sup>th</sup>-12<sup>th</sup> graders in public and private schools. The purpose of this survey is to help the NCYSAP learn more about parent beliefs and perceptions regarding underage drinking and substance use. Your candid feedback will enable us to structure and implement targeted prevention initiatives to enhance youth health and safety. The results of this survey will be shared with you through our website and during the next academic year through health promotion activities and community-wide messaging.

It should only take about 10-12 minutes to answer the questions.

This survey is anonymous. Your responses cannot be traced to you. The data are being handled by Social Science Research and Evaluation, Inc., a non-profit research firm in Burlington, MA. No one will know how you answered the items in this survey. Please answer the questions based on what you actually think and do. Completing the survey is voluntary. You may skip any question you choose not to answer.

Thank you very much for your time and support.

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**Background Information**

1. Do you **currently** have any children in grades 6-12? (select *one*)
- No [**Note:** these individuals are opted-out of the survey]
- Yes [**Note:** these individuals are sent to Question #2]

**Residence and School**

2. Do you currently live in Needham, Massachusetts? (select *one*)
- No
- Yes
3. Do you currently have any children in public or private school in grades 6-12 in Needham? (select *one*)
- No
- Yes
4. Do you currently have any children in public or private school in grades 6-12 outside of Needham? (select *one*)
- No
- Yes
5. In which grade level is your oldest child in grades 6-12? (select *one*)
- 6<sup>th</sup> grade
- 7<sup>th</sup> grade
- 8<sup>th</sup> grade
- 9<sup>th</sup> grade
- 10<sup>th</sup> grade
- 11<sup>th</sup> grade
- 12<sup>th</sup> grade

6. Does your oldest child in grades 6-12 attend public school or private school? (select *one*)

- Public School  
 Private School

### Communication

This first series of questions asks about different types of communication you may have had with your child and/or with other parents. Please think about your oldest child in 6th-12th grade when answering these items.

7. During the past 7 days, on how many days did you eat dinner at home with your child? (select *one*)

- 0 days                       3 days                       6 days  
 1 day                         4 days                       7 days  
 2 days                         5 days

8. Have you communicated your family's guidelines and expectations around youth alcohol and drug use to your child? (select *one*)

- No     Yes

9. During the past 30 days, have you talked to your child about the potential negative consequences associated with underage alcohol use? (select *one*)

- No     Yes

10. During the past 30 days, have you talked to your child about the potential negative consequences associated with using marijuana? (select *one*)

- No     Yes

11. During the past 30 days, have you talked to your child about the potential negative consequences associated with using prescription drugs that were not prescribed to them? (select *one*)

- No     Yes

12. Have you ever talked with parents of your child's close friends to share and compare parental philosophies and standards regarding alcohol and drugs? (select *one*)

- No  
 Yes

13. What I say has little influence on whether my child uses alcohol or drugs. (select *one*)

- Strongly Disagree                       No Opinion                       Strongly Agree  
 Disagree                                       Agree

14. Which of the following strategies, if any, have you and your child discussed about how to protect themselves in an unsafe situation? (select all that apply)

- A verbal or written contract with your child not to ride in any vehicle driven by someone who has been drinking  
 A verbal or written contract with your child to limit the use of alcohol or drugs  
 A verbal or written contract with your child that prohibits any alcohol or drug use  
 Call or text message  
 Code word/way to get picked up without having to explain  
 Ways to "say no"  
 We have not discussed any strategies  
 A Different Strategy (type-in): \_\_\_\_\_

**Attitudes and Beliefs**

These questions ask about your attitudes and beliefs about youth substance use. Remember to think about your oldest child in 6th-12th grade when answering these items.

15. Which of the following statements *best* represents your own belief about underage alcohol use? (select *one*)

- Youth drinking is never a good thing.
- Occasional youth drinking under supervision of his/her own parents is OK.
- Occasional youth drinking under supervision of a friend's parents is OK.
- Occasional youth drinking without adult supervision is OK as long as there is no driving involved.
- Any type of youth drinking is OK.

16. Which of the following statements *best* represents your own belief about youth marijuana use? (select *one*)

- Youth marijuana use is never a good thing.
- Occasional youth marijuana use under supervision of his/her own parents is OK.
- Occasional youth marijuana use under supervision of a friend's parents is OK.
- Occasional youth marijuana use without adult supervision is OK as long as there is no driving involved.
- Any type of youth marijuana use is OK.

17. I think it is okay to allow underage alcohol use at home as long as it is responsible and not excessive. (select *one*)

- Strongly Disagree
- Disagree
- No Opinion
- Agree
- Strongly Agree

18. I think it is okay to allow youth marijuana use at home as long as it is responsible and not excessive. (select *one*)

- Strongly Disagree
- Disagree
- No Opinion
- Agree
- Strongly Agree

19. How wrong do you think it would be for your child to.... (select *one per row*)

	<b>Not At All Wrong</b>	<b>A Little Bit Wrong</b>	<b>Wrong</b>	<b>Very Wrong</b>
Smoke tobacco	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have one or two drinks of an alcoholic beverage nearly every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smoke marijuana	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use prescription drugs not prescribed to them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

20. Many parents set a bad example for their children by their own excessive alcohol use. (select *one*)

- Strongly Disagree
- Disagree
- No Opinion
- Agree
- Strongly Agree

21. Too many parents in Needham either provide alcohol for their children or turn a blind eye to underage alcohol use.

- (select *one*)
- Strongly Disagree
  - Disagree
  - No Opinion
  - Agree
  - Strongly Agree

22. Too many parents in Needham turn a blind eye to youth marijuana use. (select *one*)

- Strongly Disagree
- Disagree
- No Opinion
- Agree
- Strongly Agree

23. I believe the illegal use of prescription medications among youth is a problem in Needham. (select *one*)
- Strongly Disagree                       No Opinion                       Strongly Agree
- Disagree                                       Agree
24. I believe schools should provide education programs for students my child's age that are designed to help prevent and reduce underage drinking and substance abuse. (select *one*)
- Strongly Disagree                       No Opinion                       Strongly Agree
- Disagree                                       Agree
25. In which grade levels should schools provide evidence-based, age/developmentally appropriate substance abuse awareness and prevention curricula through health classes? (select all that apply)
- Never                                       4<sup>th</sup>-5<sup>th</sup> grade                       9<sup>th</sup>-10<sup>th</sup> grade
- K-1<sup>st</sup> grade                               6<sup>th</sup> grade                               11<sup>th</sup>-12<sup>th</sup> grade
- 2<sup>nd</sup>-3<sup>rd</sup> grade                               7<sup>th</sup>-8<sup>th</sup> grade
26. What are some effective ways/places to reach parents like you with prevention messages? (select all that apply)
- Bank, grocery store, or convenience store                       Facebook or Twitter                       Parent Newsletter from the school
- Cable television                               Commuter Rail                               PTC Email/Newsletter
- Church, mosque, or synagogue                               MBTA Bus                               Radio
- Doctor's Office                               Newspaper (online)                       School Website
- Civic clubs/organizations                       Newspaper (print)                       Take-out restaurants
- The Needham Patch
27. If the police became aware that Needham teens were drinking alcohol, what action would you support regarding the teens? (select all that apply)
- There should be no action against the teens
- Police should issue a verbal warning to the teens
- Police should call or contact the teens' parents
- Police should issue a ticket/notice to appear in court
- Police should arrest the offending teens
- Police should inform school personnel
- If on a Needham sports team, the school should enforce MIAA sanctions
- Police should refer the teens to a mandated substance abuse education class
28. What is the *main* reason you think some parents may allow their and other children to drink alcohol in their home? (select *one*)
- So the youth don't drink and drive
- So the drinking is supervised
- So the youth don't get arrested
- To teach youth to drink responsibly
- Other (type-in): \_\_\_\_\_
29. I would like other parents to call me to see if I will be home if their child is coming to my home for a social gathering. (select *one*)
- Strongly Disagree                       No Opinion                       Strongly Agree
- Disagree                                       Agree

## Perceptions

These questions ask about your perceptions about what actually occurs in Needham.

30. Estimate the percentage of Needham students in each of the following grade levels who did each of the following during the last 30 days. (choose a percentage between 0% and 100%)

	6 <sup>th</sup> -8 <sup>th</sup> Graders	9 <sup>th</sup> -12 <sup>th</sup> Graders
Drank at least one drink of alcohol (not including religious ceremonies)	[drop-down]	[drop-down]
Drank 5 or more drinks of alcohol in a row (within a couple of hours)	[drop-down]	[drop-down]
Rode in a car or other vehicle driven by someone who had been drinking alcohol	[drop-down]	[drop-down]
Used marijuana	[drop-down]	[drop-down]

31. Estimate the percentage of Needham students in each of the following grade levels who have ever used a prescription drug (such as Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription. This includes using someone else's prescription or obtaining them illegally. (choose a percentage between 0% and 100%)

	6 <sup>th</sup> -8 <sup>th</sup> Graders	9 <sup>th</sup> -12 <sup>th</sup> Graders
Ever used a prescription drug without a doctor's prescription	[drop-down]	[drop-down]

32. What percentage of parents at your child's school do you think...(choose a percentage between 0% and 100%)

	% of Parents
Knowingly allow their children to attend parties where underage drinking occurs	[drop-down]
Knowingly allow their child to attend parties where marijuana use occurs	[drop-down]
Call to make sure that a parent is home before they allow their child to go to another parent's home for a social gathering	[drop-down]
Want to be called by other parents if they are hosting a gathering of students to make sure a parent will be home and that the child has permission for the gathering	[drop-down]

33. Among Needham youth my child's age who drank alcohol in the last 30 days (not including religious ceremonies), I believe they usually acquired the alcohol: (select *one*)

<input type="checkbox"/> From a party
<input type="checkbox"/> From a friend (not at a party)
<input type="checkbox"/> From home <u>with</u> parental knowledge
<input type="checkbox"/> From home <u>without</u> parental knowledge
<input type="checkbox"/> By him/herself from a store, tavern, bar, or public event (like a concert or sporting event)
<input type="checkbox"/> From a friend or someone s/he knows giving it to them or buying it for them
<input type="checkbox"/> From asking a stranger to buy it
<input type="checkbox"/> Having a friend purchase it or purchasing it themselves online
<input type="checkbox"/> Some other way

34. Among Needham youth my child's age who ever used prescription drugs without a doctor's prescription, I believe they usually acquired them: (select *one*)

<input type="checkbox"/> From a friend
<input type="checkbox"/> From home <u>without</u> parental knowledge
<input type="checkbox"/> From someone else <u>without</u> them knowing
<input type="checkbox"/> Purchasing them on the Internet
<input type="checkbox"/> Purchasing them someplace else
<input type="checkbox"/> Some other way



44. If my child has friends over to my house, I monitor their activities by doing things like walking through the area in which they are congregating and visually assessing for signs of substance use... (select *one*)
- |                                    |   |
|------------------------------------|---|
| <input type="checkbox"/> Never     | <input type="checkbox"/> Most of the time |
| <input type="checkbox"/> Rarely    | <input type="checkbox"/> All of the time  |
| <input type="checkbox"/> Sometimes |   |
45. If my child is out with friends, I require them to tell me with whom and where they will be... (select *one*)
- |                                    |   |
|------------------------------------|---|
| <input type="checkbox"/> Never     | <input type="checkbox"/> Most of the time |
| <input type="checkbox"/> Rarely    | <input type="checkbox"/> All of the time  |
| <input type="checkbox"/> Sometimes |   |
46. If my child is out with friends, I check-in with them by phone or text message at least one time while they are out... (select *one*)
- |                                    |   |
|------------------------------------|---|
| <input type="checkbox"/> Never     | <input type="checkbox"/> Most of the time |
| <input type="checkbox"/> Rarely    | <input type="checkbox"/> All of the time  |
| <input type="checkbox"/> Sometimes |   |
47. I am asleep when my child comes home from being out with friends... (select *one*)
- |                                    |   |
|------------------------------------|---|
| <input type="checkbox"/> Never     | <input type="checkbox"/> Most of the time |
| <input type="checkbox"/> Rarely    | <input type="checkbox"/> All of the time  |
| <input type="checkbox"/> Sometimes |   |
48. When my child comes home from being out with friends, I visually assess them for signs of substance use (e.g., bloodshot eyes, pupil dilation, coherence of speech, physical coordination, odor)... (select *one*)
- |                                    |   |
|------------------------------------|---|
| <input type="checkbox"/> Never     | <input type="checkbox"/> Most of the time |
| <input type="checkbox"/> Rarely    | <input type="checkbox"/> All of the time  |
| <input type="checkbox"/> Sometimes |   |
49. When my child comes home from being out with friends, I engage them in a conversation to learn about their activities... (select *one*)
- |                                    |   |
|------------------------------------|---|
| <input type="checkbox"/> Never     | <input type="checkbox"/> Most of the time |
| <input type="checkbox"/> Rarely    | <input type="checkbox"/> All of the time  |
| <input type="checkbox"/> Sometimes |   |

### End of Survey

Thank you for your participation. If you have any questions about this survey, please contact:

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