



**SUMMARY REPORT**

**ABCHY-CAFY PARENT SURVEY**

**November 1, 2011**

**- conducted by -**

**Acton Boxborough Community Alliance for Youth (CAFY)  
&**

**Acton Boxborough Coalition for Healthy Youth (ABCHY)**

## **CONTENT**

**SUMMARY OVERVIEW.....p. 3**

**ATTACHMENT 1: Graphic Display of Total Parent Survey Responses.....p. 14**

**ATTACHMENT 2: Responses by Grade Level.....p. 32**

## SUMMARY

The ABCHY-CAFY Parent Survey was completed by 338 parents including: fifty 6<sup>th</sup> grade parents; seventy-seven 7<sup>th</sup>-8<sup>th</sup> grade parents; one-hundred-and-twenty-four 9<sup>th</sup>-10<sup>th</sup> grade parents; and eighty-seven 11<sup>th</sup>-12<sup>th</sup> grade parents.

This summary includes a brief overview of the statistical responses to the survey questions and an overview of the themes that are referenced in the extensive written comments. The Attachments include graphic displays of the survey responses and a detailed presentation of the written responses to the three open-ended questions on the survey.

There is a lot of material in this report; but we encourage you to take the time to read all of it in order to gain a better understanding of: what parents in our community are doing to promote the health and wellness of their teens and reduce risky teen behavior; what parents are most concerned about related to these issues; and what parents believe that they and our community-at-large can do to accomplish these goals.

## STATISTICAL RESULTS

The parents' ratings of the 25 survey questions indicate that the participants have demonstrated very positive behaviors related to promoting the health and wellness of their teens. There is also a common belief among the survey participants that a majority of other parents in the community demonstrate similar behaviors. However, the percentages of very positive ratings of what the survey respondents believe that other parents in the community are doing are commonly over 20 percentage points lower than how the respondents rated their own behavior. A graphic display of the survey data for all participants is provided in Attachment 1 and a table display of the data by grade level is provided in Attachment 2.

The following are the themes that are demonstrated in the survey:

- 92% of the survey respondents indicated that they have conversations with their teens that focus on either healthy or risky behavior at least “once per month”; and 75% indicated that they do it at least “2-3 times per month”. 81% of the respondents believe that other parents do this at least “once per month”; and 50% believe that other parents do it at least “2-3 times per month”.
- 84% of the survey respondents indicated that they have meals together as a whole family at least “3-4 days per week”; and 53% of parents indicated that they do it “almost daily”. 71% of the respondents believe that other parents do this at least “3-4 days per week”; and only 17% believe that other parents do this “almost daily”.
- 81% of the survey respondents indicated that they meet their teen’s friends “most of the time” or “always”. Only 29% of the respondents believe that at least 70% or more of other parents do this “most of the time” or “always”.

- 95% of the survey respondents indicated that they meet the parents of their teen’s friends “most of the time”; and 40% indicated that they do this “most of the time” or “always”. Only 57% of the respondents believe that at least 50% of other parents do this “most of the time” or “always”.
- 97% of the survey respondents indicated that they have communicated clear expectations to their teens that they should not use alcohol or drugs. Only 54% of the respondents believe that at least 70% or more of other parents have done this.
- 75% of the survey respondents believe that their teen has a clear understanding of how they will respond and what the consequences will be, if he/she is caught using drugs or alcohol.
- 55% of the survey respondents indicated that they have taken concrete steps to ensure that alcohol in their home is not accessible to their teen or their teen’s friends.
- 90% of the survey respondents indicated that they have talked with their teen about what to do if s/he is being bullied. Only 58% of respondents believe that at least 50% of other parents have done this.
- 71% of the survey respondents indicated that they periodically talk with their teen about his/her sexual behavior. Only 51% believe of respondents believe that at least 50% of other parents have done this.
- 58% of the survey respondents indicated that their teen goes to parties or gatherings at a friend’s house “at least once a month”. 39% of 11<sup>th</sup> & 12<sup>th</sup> grade parents, 21% of 9<sup>th</sup> & 10<sup>th</sup> grade parents, 17% of 7<sup>th</sup> & 8<sup>th</sup> grade parents, and 2% of 6<sup>th</sup> grade parents indicated that their teen does this “at least three times per month”.
- 77% of the survey respondents indicated that, when their teen goes to a party/gathering at a friend’s house, they contact the parents at least “sometimes”, to confirm that they will be home; and 61% indicated that they do this “most of the time” or “always”. However, 52% of the survey respondents indicated that, when their teen has friends over to their house, they are “rarely” or “never” contacted by their parents; and those numbers increase to 78% for 11<sup>th</sup> & 12<sup>th</sup> grade parents.
- 71% of the survey respondents monitor their teen’s access to the internet; but only 46% believe that at least 50% of other parents do this. The percentage of survey respondents who do this is as high as 84% of 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade parents; and it drops to 46% of 11<sup>th</sup> & 12<sup>th</sup> grade parents.
- 52% of parents monitor their teen’s use of their cell phone; but only 41% believe that at least 50% of other parents do this. The percentage of survey respondents who do this is as high as 70% of 6<sup>th</sup> grade parents; and it drops to 25% of 11<sup>th</sup> & 12<sup>th</sup> grade parents.
- 47% of the survey respondents indicated that their teen appears to be seriously stressed at least “sometimes”. 39% of parents indicated that it is “sometimes”; 7% indicated that it is “most of the time”; and 1% indicated that it is “always”.

## SUMMARY OF THEMES IDENTIFIED BY WRITTEN COMMENTS

The following is an attempt to identify the various themes that are identified by the written responses to each of the open-ended questions. The reference to the “number of comments”, in parentheses, is an indication of the total number of comments that touch upon the particular theme.

### **What are the greatest concerns or challenges you have faced related to your teen’s health and wellness**

- There is a culture in our community that promotes over achievement among us all – parents, community-at-large, and schools – that serves to drive our kids pretty hard in all that they do. (102 comments)
  - The A-B parent community tends to be highly competitive.
  - Teens experience significant stress due to the rigors of the A-B academics and the competitiveness of the extracurricular activities at the school.
  - The stress involved with the pressure of keeping up with friends, grades, athletics, etc. can be great and the anxiety can be challenging.
  - The expectations of teachers related to homework assignments are considered to be too high. Numerous comments indicate that this is a major cause of teen stress.
  - Students and athletes who are good but not great feel marginalized, which can lead to lack of motivation and negative feelings.
  - The kids aren’t getting enough sleep, due to the demands of school and extracurricular activity; and they have too little down time for relaxing.
- Teen culture of drinking and drugs. (77 comments)
  - Our teens live in a culture in which drugs, drinking and casual sex are a part of everyday life in the media and among their peers. It is a constant threat.
  - It is a concern that some parents allow their teens and their friends to drink alcohol in their homes.
  - Alcohol and drugs are available on the school grounds both during school hours and at school events. The school is working hard to address this issue; but it isn’t an easy one to resolve.
  - The pervasive availability and use of marijuana by teens (much more than alcohol) carries far fewer legal consequences than alcohol, now that cannabis has been decriminalized.
  - There are significant fears related to teens combining drinking/drug use and driving.
  - Students who have off campus privileges during the school day can’t be monitored by the school.
- Peer pressure to get involved with risky behavior and the risk of making poor judgment (57 comments)
  - As they get older, friends have progressively greater influence, and parents have progressively less influence.

- The possibility that their peers will expose teens to things like smoking, drugs and being in the wrong company, which could affect their life and their grades.
- Teens’ experience with depression and anxiety, anxiety (34 comments)
  - Depression and anxiety are issues for many of our teens resulting from high stress levels related to getting good grades, poor self confidence, poor body images, eating disorders, etc.
  - Recently my daughter developed an eating disorder. I'm still not clear what the trigger was for her, my guess is the stress at the HS, the stress associated to one of the team sports she plays and the social issues of the groups of girls she has for friends. This has been an emotional rollercoaster ride for our family.
  - There is a need for integrated prevention strategies, such as a student support network, to help reduce the risk of teen suicide.
- The need to help teens take proactive steps to live balanced life – e.g. – healthy eating, exercise, getting enough sleep, academics, family and social time. (25 comments)
  - We need to help our teens live a well balanced life that will carry them through a life time including: balancing school, family, and social time; getting regular exercise; eating well; and getting enough sleep
  - Encourage kids to be involved in some team or group activity that keeps them engaged with peers, busy and provides opportunities in a structured setting to form relationships.
- The amount of time spent on the internet sites, Facebook, cell phones, etc. (16 comments)
  - It is a significant challenge to teach teens the appropriate use of new technologies - e.g. – Facebook, internet sites, XBOX usage, cell phones, smart phones, etc.
  - It’s hard to find an appropriate balance between letting teens have privacy, trusting that they will make good choices, and monitoring their texting, use of Facebook and the internet, etc.
- Sexual activity (22 comments)
  - There is a great deal of pressure on teens to become sexually active, before they are emotionally ready.
  - There are concerns that drinking alcohol and using drugs will lead to sexual activity and other risky behavior
- Teen safety issues (11 comments)
  - Worrying about what will happen with increased independence, when my teen and her friends have their drivers licenses.
  - I am concerned about the physical safety of my daughter, especially in light of what has come out about college campuses in the news recently.
  - I worry about his safety, when he is walking to and from school
  - I am concerned about the number of sexual predators in the community.
  - I'm very concerned about letting him drive, when he gets his license.

- Bullying is considered to be an important issue by some parents. (20 comments)
- Hoping for positive/safe decision making when teens are faced with risky situations. (6 comments)
- The importance of having good quality friends, whom they can call on for emotional support and who provide a good role model for them academically and behaviorally. (7 comments)
- The challenges of being a parent today, with all of the issues that have been mentioned (17 comments)
- So far it is going okay. I/we feel very fortunate! (4 comments)

**What do you think are the most important things that parents can do to provide family environments that promote the health and well being of their teens and help reduce risky teen behavior?**

- Maintain open and regular communication between parents and teens (143 comments).
  - Open communication between parents and child on a regular basis is extremely important.
  - Communicate regularly on a wide range of subjects – i.e. – stress, friends, and risky behavior, but also about politics, ideas, music, etc.
  - Listen to them without interrupting and speak respectfully.
  - Look at both sides of the issues – e.g. - why drugs and alcohol may be appealing, and what the consequences might be of engaging in such risky behaviors.
  - Be honest from the very beginning. You will not get honesty from them, if they believe that you have been less than truthful with them, especially regarding topics that are difficult to discuss.
  - Try to provide an environment within which teens feel they can talk about anything and ask questions about anything.
  - Remain calm when things come up, no matter how mad or scared you are regarding a particular incident.
  - Help your teen understand that it is ultimately their future, and they have to make the right choices.
- Spend quality time together as a family (56 comments)
  - Spend time with your teen discussing family values and expectations.
  - Make sure your teen knows that there are caring people around him/her, if or when he/she needs to talk.
  - Have regular meals together and use it as an opportunity for communicating.
  - Schedule family time together – e.g. - family vacations, day trips, going out to eat, movies, games, etc.
- Set clear expectations with regards to social behavior (42 comments)
  - Help them to be clear about how to be a good friend, and how to make appropriate decisions.

- Have clear rules, guidelines and expectations concerning issues like underage drinking, drug use and sexual conduct. Make adjustments as they get older.
- Hold them accountable and follow through on consequences, if rules and guidelines are broken.
- Allow room for failures; and help them to learn from their mistakes.
- Be a role model for the behaviors that you would like to see in your children. (35 comments)
  - Be an example for your teen and promote loving communication.
  - Live the life that you are promoting for your teen – i.e. – no drugs, no smoking, no heavy drinking, making positive commitments, eating well, etc.
  - Set a good example regarding how to deal with stress and other strong feelings.
  - Show kindness and respect for others.
- Meet your teen’s friends and get to know them personally. Also get to know the parents of your teen’s friends (35 comments)
  - Know as much as possible about who your teen’s friends are and what they are like.
  - Encourage your teen to invite their friends over to your house and get to know them.
  - Create expectations that your teen should not associate with kids or groups that use drugs and alcohol or engage in other seriously risky behaviors.
  - Parents need to talk to their teen's friends' parents to make sure they have a mutual understanding of how they are raising their children and what expectations/boundaries they are establishing.
  - Being friends with my kids friends parents can raise the appreciation for the mantra “it takes a village” because, if I'm missing the boat on something, they might have caught it and brought me on board, as it were, and vice versa.
- Be present in your teen’s life and ensure that there is supervision. (30 comments)
  - Know where they are, who they are with, and what they are doing.
  - Provide a safe home for kids to hangout in that doesn’t include drugs or alcohol and be present and aware of what they are doing.
- Let them know that you love them. (29 comments)
  - Let them know that you care about them and love them, and that you are ultimately interested in their health and well being, as well as that of their friends.
  - Love your teens for who they are, not for who you want them to be.
  - Build trusting relationships. Let them know that they can come to you with problems. Encourage them to talk with a trusted adult, if they are having difficulties.
  - Allow your teen to mess up sometimes, without being overly judgmental.

**What would you like to see ABCHY & CAFY, the schools, or our community-at-large do to help promote the health and wellness of our teens and reduce risky teen behavior?**

- Address the competitive culture and over achievement culture within our community. (31 Comments)
  - We need to work together as a community to adopt a gentler message that sets high expectations; but, at the same time, teaches our teens that always trying their best does not necessarily mean they have to BE THE BEST.
  - Ratchet down the school curriculum – e.g. - cut back on the amount of information covered over the course of a school year in the honors level classes. There is too much homework at the Jr high and at the high school. Consider instituting homework guidelines [e.g. max of 30 minutes per-night per subject]?
  - Our kids do not have enough "down time" (time to reflect, time to read for pleasure, time to exercise, time to spend with friends and family) which is a serious detriment to their health and well-being.
  - Educate the community (including students, parents and teachers) about the importance of sleep for teen development.
- Expand school resources in order to provide increased support for the students (7 comments)
  - Reduce class sizes, so that teachers can get to know kids better and know when something isn't right.
  - Expand the counseling resources in order to reduce the caseloads of counselors, so that they can spend more time with their advisees and get to know them better. Also encourage more counselor contact with parents of at risk teens.
- Expand the education programs for teens that focus on what they need to do to accomplish healthy lives and reduce risky behaviors. (63 comments)
  - The Junior High and-High School should continue to be a resource for promoting health and wellness through programs, surveys, and literature. Add classes to the school curriculum that will teach the kids life-long necessary skills. Some examples may be healthy eating - nutrition (reading labels), drug and alcohol abuse, benefits of daily exercise, balancing a checkbook, using money wisely.
  - Project Wellness was great and had a great impact on our child and his dad (who went to it). I'd like to see mini-courses like those offered throughout the school year, especially to reinforce what the kids have learned.
  - Continue educating the kids in school, regarding how to reduce the prevalence of risky behavior including: bullying, inappropriate internet/cell phone use, sexual activity, substance abuse.
  - Let incoming kids know that there will be zero tolerance in the schools for bullying, alcohol, or drugs.

- Create peer "topics" groups at the high school (and perhaps jr. high): casual, drop-in groups focused on health issues, with incentives to participate (990 hours; gift cards/movie tickets/iTunes cards, etc.)
- Sponsor talks about self-value and self-esteem and standing up for oneself. Also, offer training on how teens can help their friends get help without getting implicated/involved.
- Provide smoking cessation services for teens. Many teens are seen smoking before school on the street corners.
- Programs like DARE and The Yellow Dress are excellent tools to communicate messages regarding healthy behavior to our teens.
- Sponsor date rape awareness programs and self-defense workshop for teens.
- The Acton/Boxborough schools have a good policy in place related bullying
- It would be helpful to see more emphasis put on the way teachers interact with students as far as having more conversations with students about some of the subjects identified in this survey.
- Provide speakers with real life experiences that can get through to the kids about how dangerous it can be to get involved in risky behavior. A workshop where you have other kids get up and give talks on their experiences and how they handled certain situations would be more helpful than having an adult preach to these kids. They may listen more if it comes from one of their peers.
- Continue to provide education programs for parents to help strengthen their parenting skills, provide support for their teens, and reduce risky teen behavior (57 comments)

*Expand Outreach To Parents*

- Provide parents with more information about incidences of underage drinking and statistics related to other risky behavior in Acton/Boxborough. Hopefully this will cause them to be willing to monitor their teen's behavior.
- There isn't much we can do as a community, other than provide education programs for parents. It's up to the parents to instill values, confidence and trust in their children.
- So much depends on individual parent philosophies and willingness to be open to suggestions and acknowledge that you really don't have all the answers.
- The Project Wellness program at R.J.Grey was helpful. But it was one day out of 12 years. More of those types of programs would help.
- Start talking to parents of kids in elementary school and pre-school about how to start the dialogue and how to be honest with their kids. If the message doesn't get through to them by the age of 10 then you won't get through at 13 and 16.
- Distribute more education information to parents using school/CAFY/ABCHY websites, email, local papers, etc.
- Facilitate communication between parents, related to risky behaviors, by sponsoring an internet tool that could be used by parents in the community to share opinions and seek advice, etc.

- Have follow-up discussions after public presentations are sponsored.
- Continue to conduct parent forums, and involve teens themselves more in the forums.
- Provide greater outreach to parents who aren't likely to attend public events.
- Advertise everywhere around town - grocery stores, restaurants, gas stations, etc. - about the importance of talking to each other about risky behavior as frequently as possible.

Suggested Topics for Parent Programs

- Provide a “Parenting 101” course that all parents are encouraged to take that focuses on how to reduce and address risky teen behavior. Let parents know what methods are effective as well as what things are detrimental. Offer it as a workshop that they can either attend in-person, on a conference call with internet access to slide presentations, or as an on-line presentation.
- Educate the community (students, school, parents, and police) about the health risks of cannabis use, including: the neurological effects on brain function, including decreased motivation; the habit forming effects; and the social impairment that results from ongoing use.
- Provide information regarding what constitutes alcohol abuse, since many adults over use alcohol, which sets a bad example for the kids.
- Increase parent awareness of their legal liabilities, if they hold parties in their homes and the kids who attend drink alcohol or use drugs.
- On-going workshops on the new technologies and how to communicate with teens about them regarding the risks involved - e.g. - cell phone, internet, XBOX, on-line gambling.
- Increase parents awareness of how addictive online gaming, such as XBOX live, can be.
- Parents, the schools, and the community-at-large should increase accountability and apply appropriate consequences for illegal teen behavior.

Community-at-Large (32 Comments)

- Establish a shared goal between parents, school and community not to tolerate teen drinking and drugging. These practices are ruining many children’s lives. Many of them are learning these behaviors from their parents.
- If all the parents are on the same page with ZERO tolerance for allowing drugs and alcohol at their homes, we can diminish the opportunities for our children to experiment.
- There should be more significant consequences for parents who provide teens with alcohol in their homes.
- Work with police to prosecute drug users and sellers - get control of the drugs in the town. Follow through with the consequences and do not cave in to parent pressure to reduce punishments..
- The schools are doing enough. It is really a family issue not community issue. Parents leave alcohol out. Parents give kids money that is used to buy pot. Parents aren't checking where kids are at night..

- When parents become aware of risky or downright dangerous behavior by other kids, they are reluctant to say anything to the parents of these kids, for fear of repercussions for their own child. It would be helpful to have a safe third-party adult through whom parents could anonymously communicate the info to the parents of the kid(s) who are at-risk.
- Just focusing on threats and punishments isn't going to work. We need to find a way to get kids who commit offenses to take responsibility for their actions..

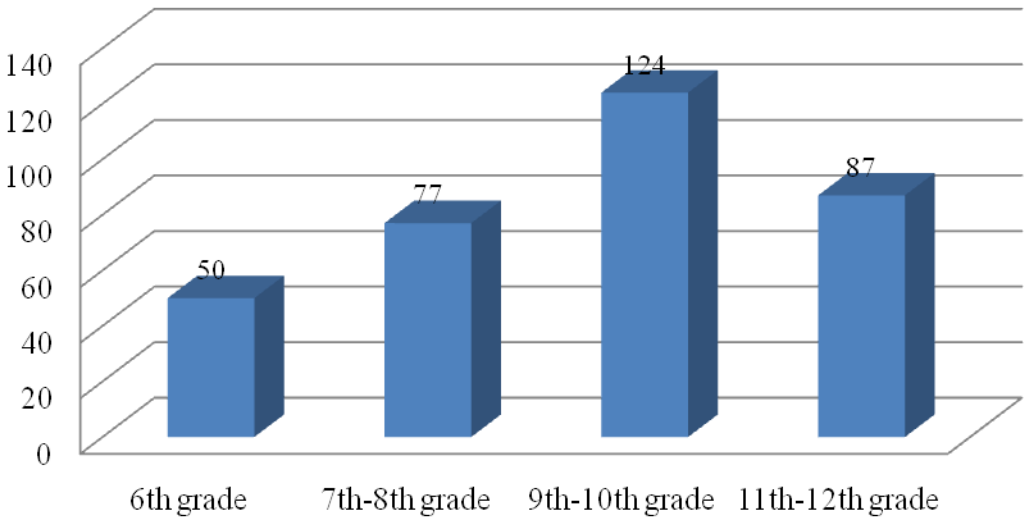
*The High School Should Increase The Accountability For Illegal Behavior (25 comments)*

- Many teens have told their parents that alcohol in water bottles and drugs are present at ABRHS. The high school is working to address this issue; but it is a challenging one to resolve.
- The school needs to increase hall monitoring, monitoring the wooded areas, checking water bottles, providing random drug tests and breathalyzers, checking lockers, use cameras, even bringing in drug sniffing dogs. There have to be consistent school-based and town-based consequences for such risky behavior.
- The schools should develop more consistent and clearly written consequences for bullying, drinking, drugs, cheating and other infractions. Some kids seem to get off easy for infractions, while others do not.
- For the kids who have been found to be the bullies, it might be helpful to have them attend a mandatory workshop, along with their parents, to find out why they feel they need to resort to bullying.
- Provide more avenues for anonymous reporting of situations when kids are hanging out and partaking in drugs/alcohol.
- It is hard to prevent students, who are allowed to leave the high school campus, from drinking alcohol or using drugs.
- Provide more opportunities for kids to socialize and have fun including (34 comments)
  - Provide more guided 'after-school' options. The sports teams are very competitive and exclusive. There is a need for more non-competitive athletic and non-athletic options.
  - Sponsor intramural sports at the schools. Exercise is great for kids and it gives them something to do after school and on the weekends, instead of engaging in risky behavior.
  - Sponsor more fun events for the kids on weekend nights that are drug and alcohol free. Things like game or casino nights, dances, concerts. Somehow we have to think of safe and healthy activities for them that are attractive enough to cause a larger number of students to want to attend.
  - Vote to build a recreation center to give teens more opportunities for healthy activities
  - Enable kids to get out of school, either through community service projects, arts/culture trips during school, where they get credit for out-of-school activities, including out of US activities;
  - Promote collaborative efforts with churches, mosques and synagogues related to sponsoring healthy youth activities.

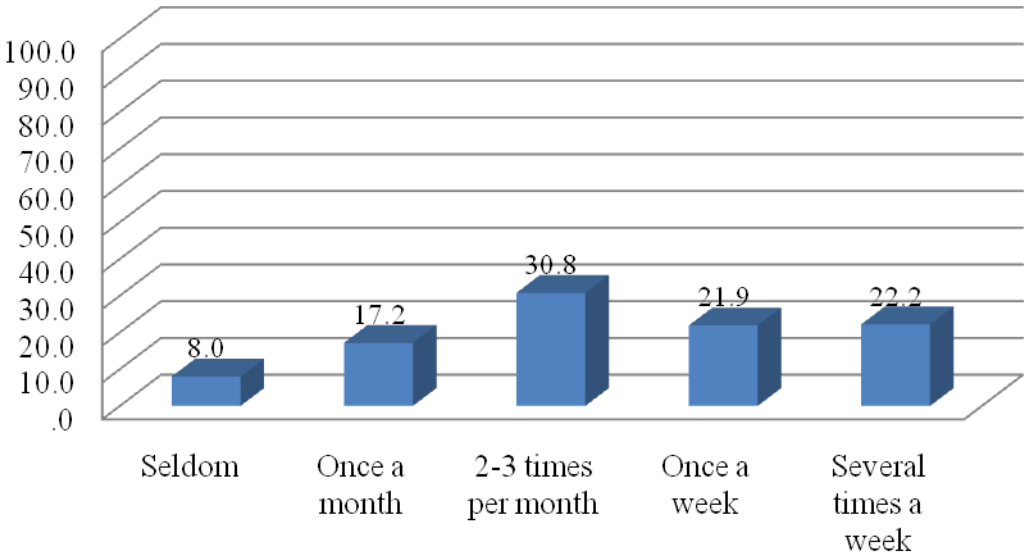
- Promote the “we are a village concept” by: helping parents to get to know one another; and build stronger relationships between parents, teachers, counselors, police, etc. (41 comments)
  - It is not the job of the school system to reduce risky teen behavior. This is one of those things for which “it takes a village”. If we want to promote healthy behavior by our kids, every parent in town has to step up and take some responsibility.
  - Become a “village”. Parents should be more actively communicating with each other about specific teen concerns, as well as sharing information that they have been given by their children.
  - Parents need to be more open about their teen's risky behaviors/problems. Most people don't want to talk about this. If we would open up more as a community, we could help each other prevent some of these risky behaviors.
  - Encourage/provide more open dialogue and sharing between teachers, counselors and school administrators and parents.
  - Acton and Boxborough have become very culturally diverse communities; and it does not feel like the various cultures are working together to promote the wellness of our teens. There needs to be some sort of unification of the cultures, that starts at the adult level.
  - Hold more parent gatherings, like the fall ABRHS fundraising gathering in Maynard. It is great to get out and see other parents!
- The school system is doing a lot with regards to making kids aware of what a healthy life style is and how risky behaviors can affect their lives. Our school district and organizations like ABCHY and CAFY are already doing a great job educating parents and raising awareness. Keep it up! (18 comments)

**ATTACHMENT 1: GRAPHIC DISPLAY OF TOTAL SURVEY RESPONSES**

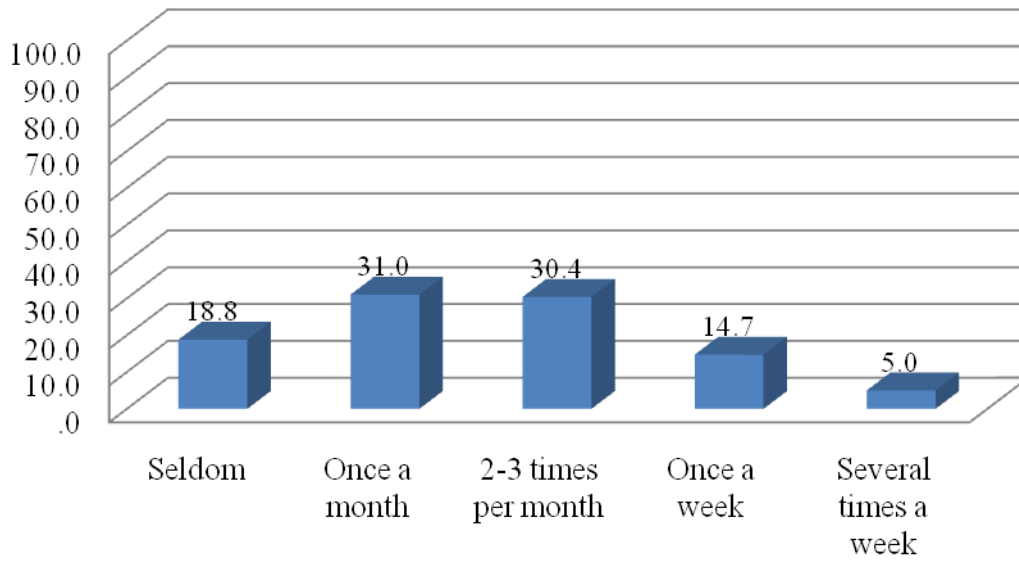
**Number of Parents Completing Survey**



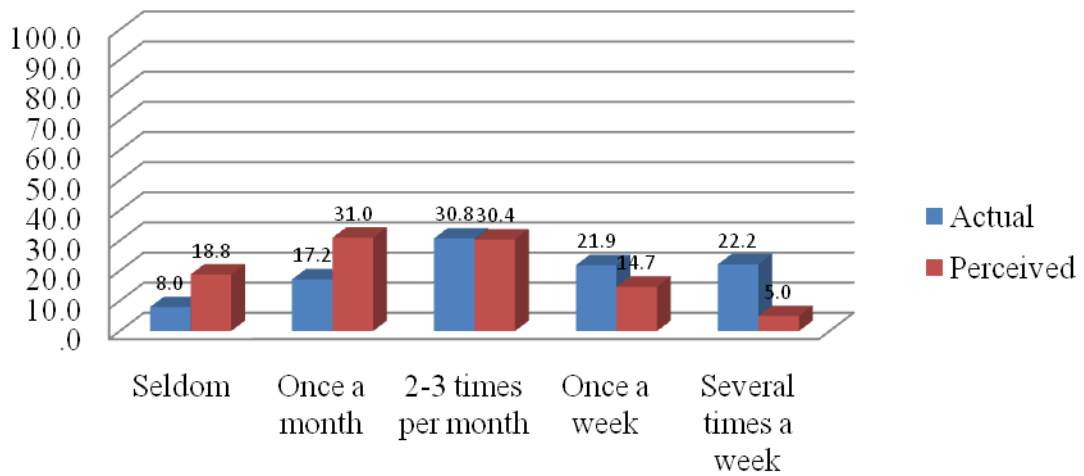
**How often do you have conversations with your teen that focus on either healthy or risky teen behavior?**



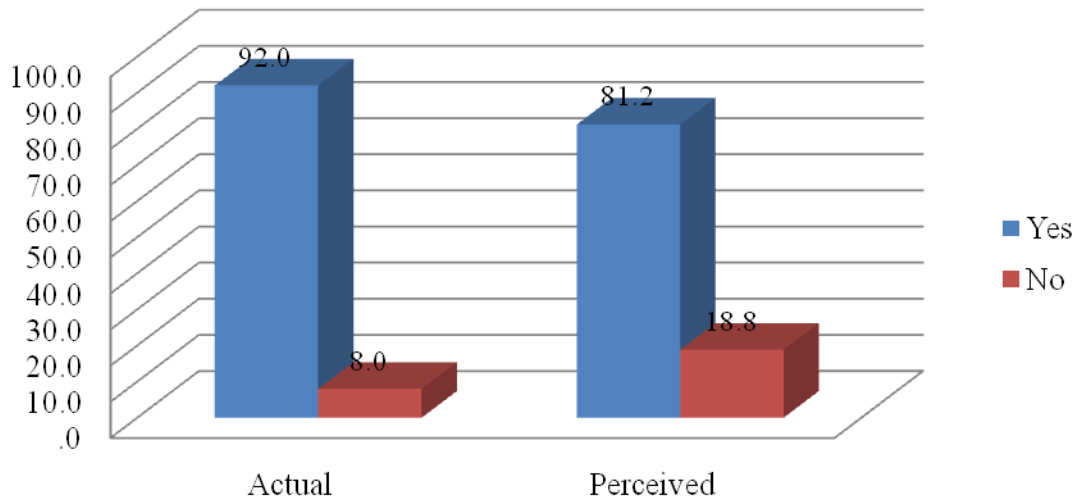
**How often do you think other AB parents have conversations with their teen that focus on either healthy or risky teen behavior?**



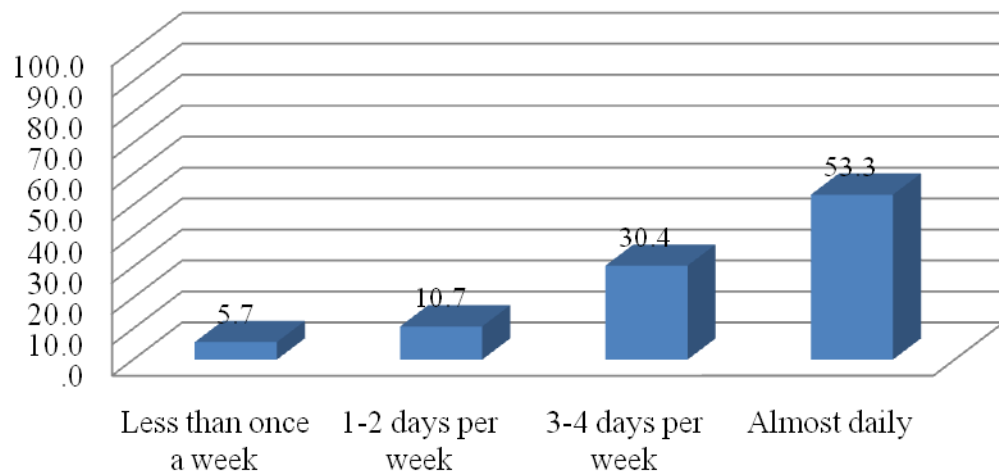
**How often do you have conversations with your teen that focus on either healthy or risky teen behavior?**



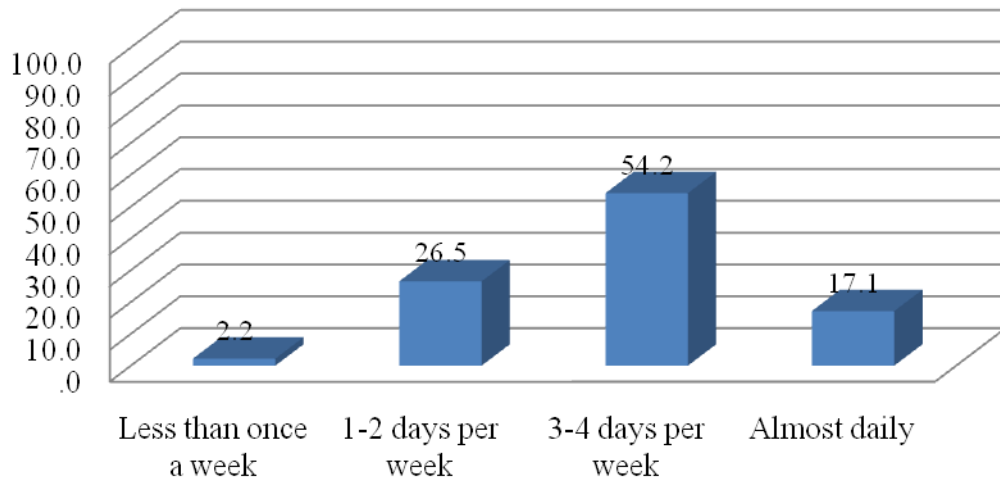
**Has conversations with their teen at least once a month about healthy or risky behavior**



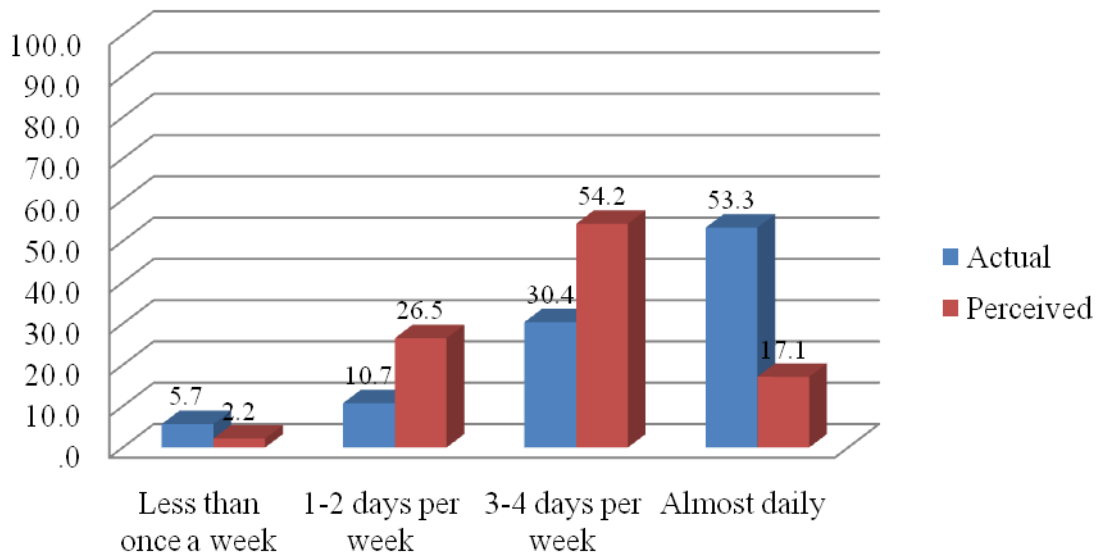
**How often do you have meals together as a family?**

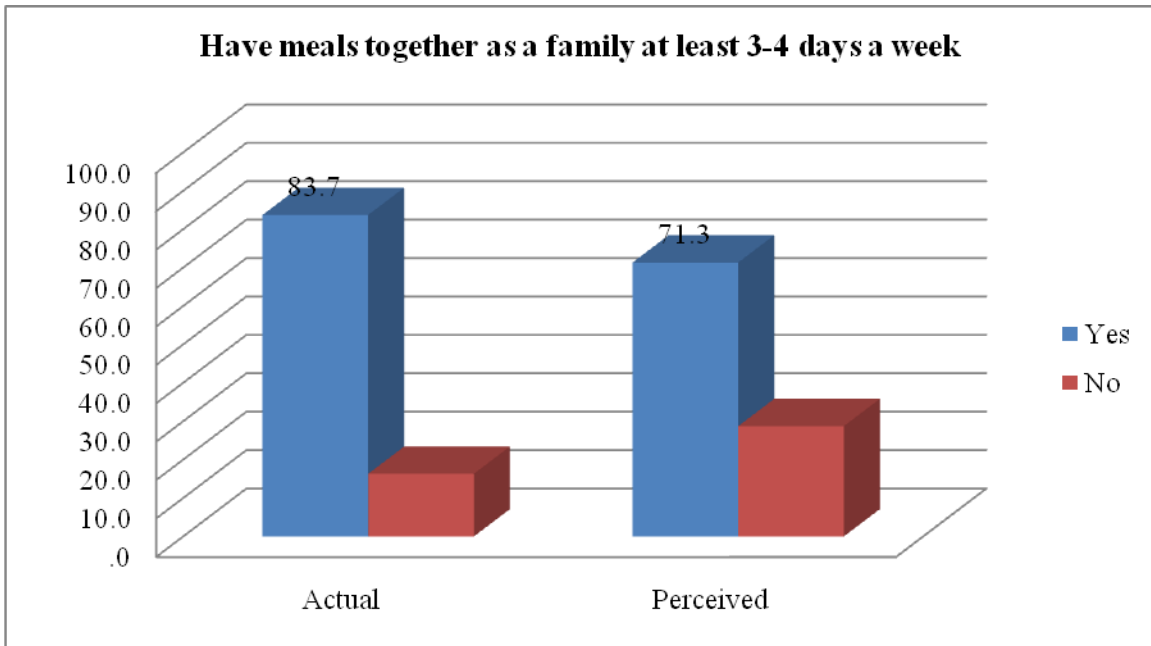
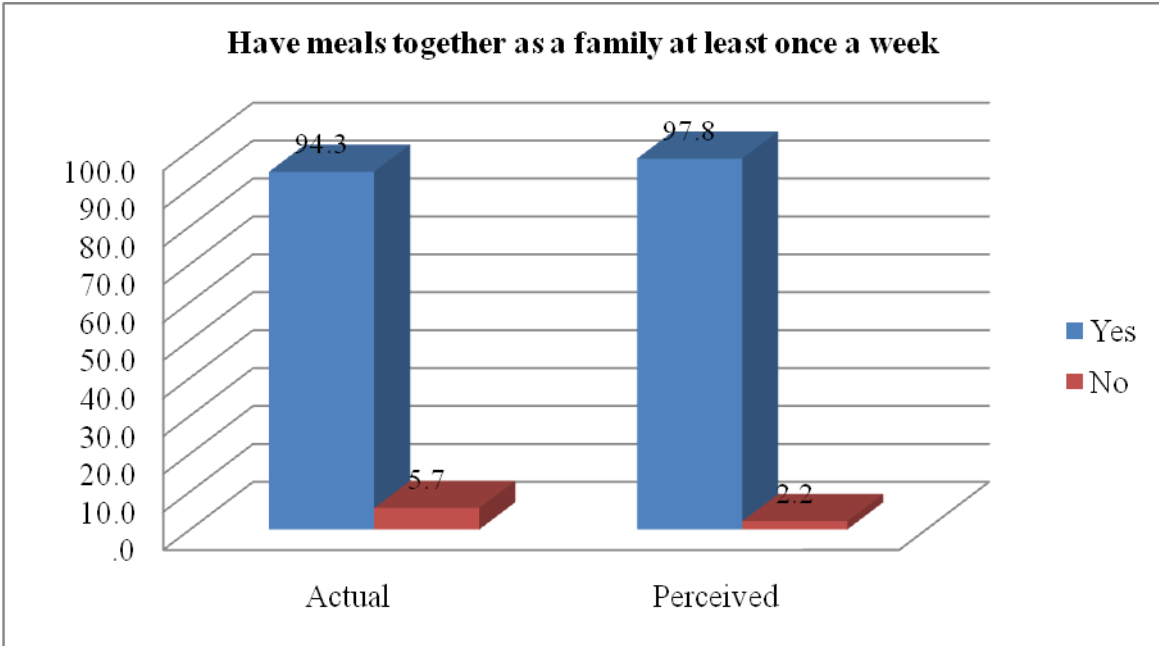


**How often do you think other AB parents have meals together as a family?**

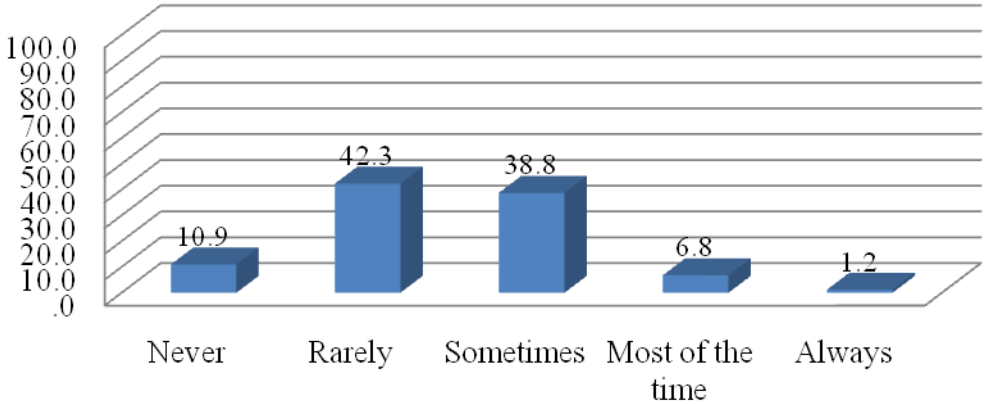


**How often do you have meals together as a family?**

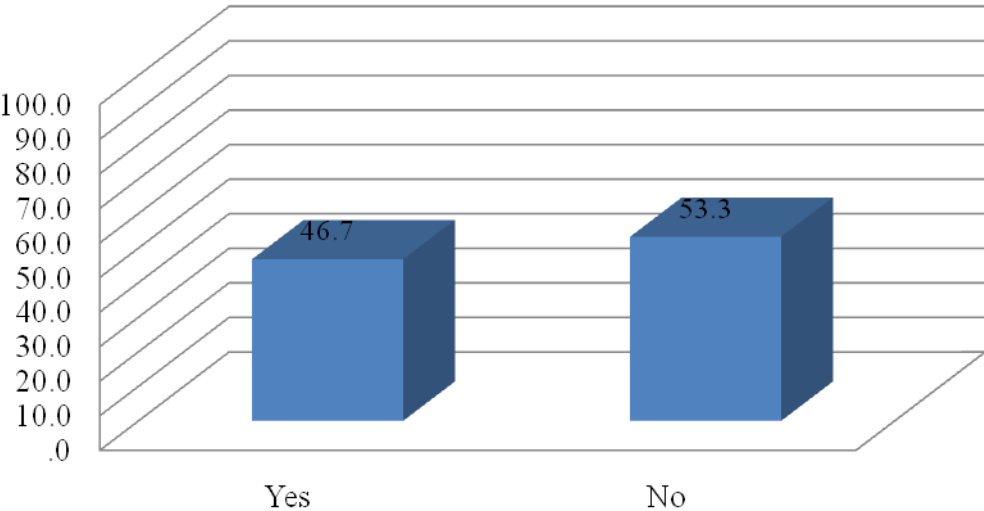




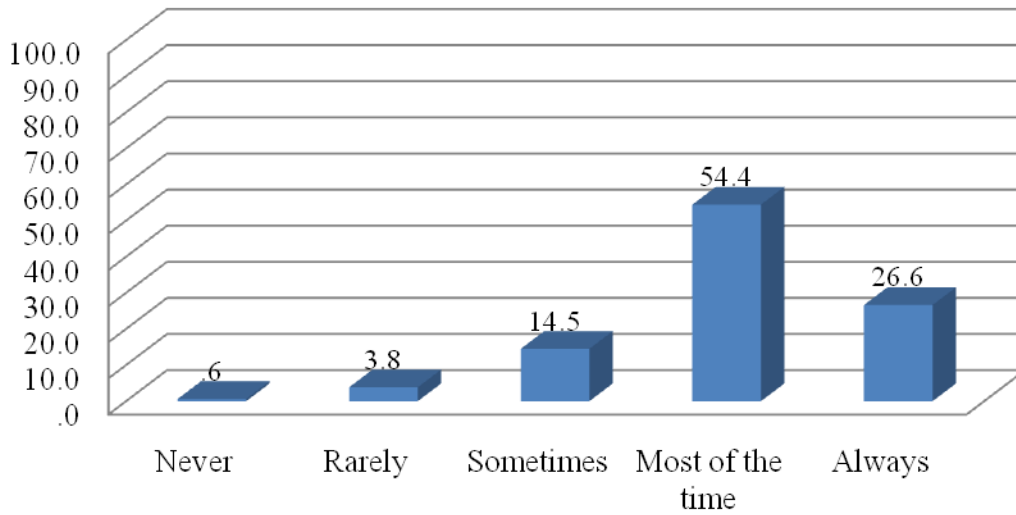
**How often does your teen appear to be seriously stressed (for example, crying, can't focus on school work, irregular sleep habits, etc.)?**



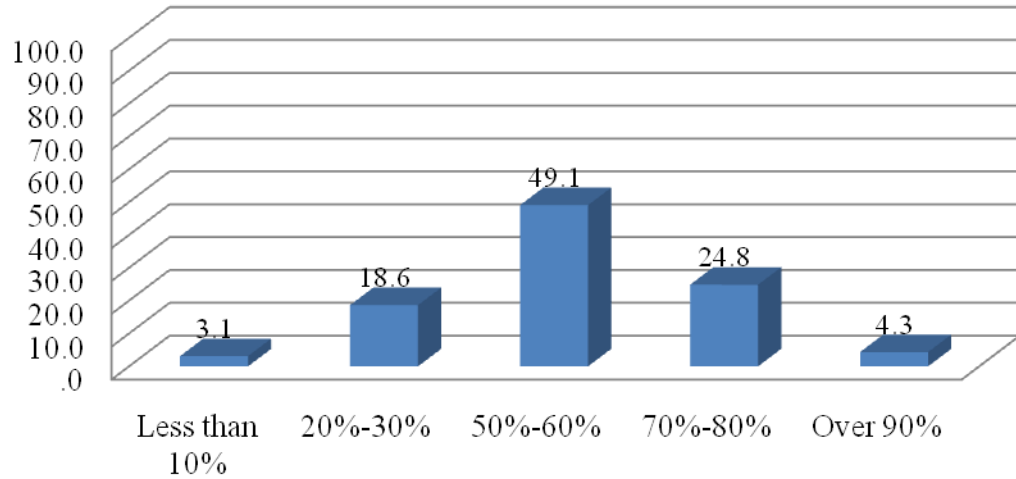
**Stressed sometimes, most of the time, or always**



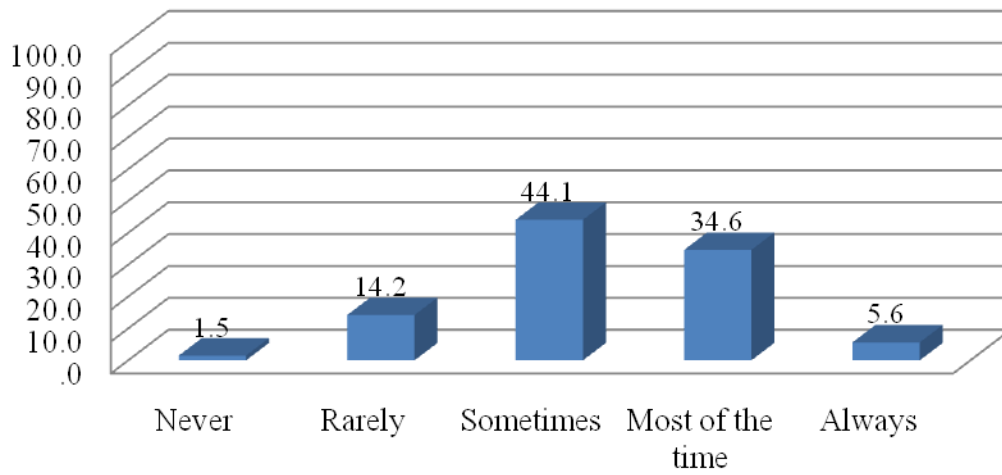
**How often do you make sure that you meet your teen's friends?**



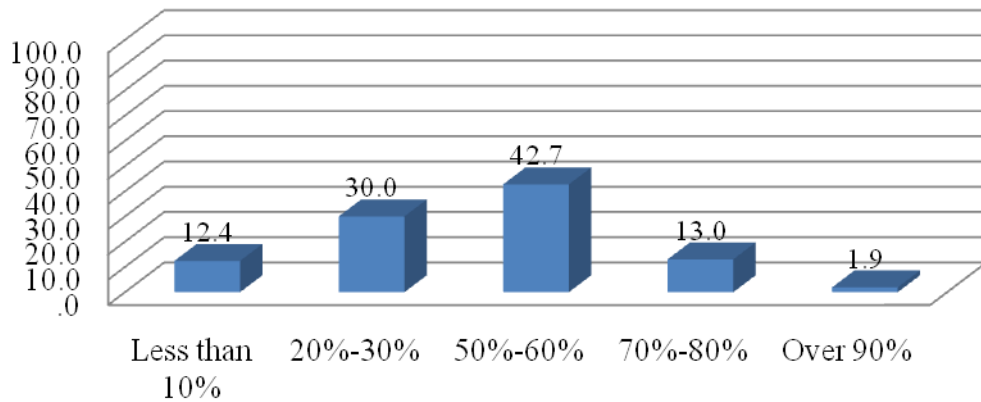
**What percentage of other AB parents do you believe make sure that, most of the time, they meet their teen's friends?**



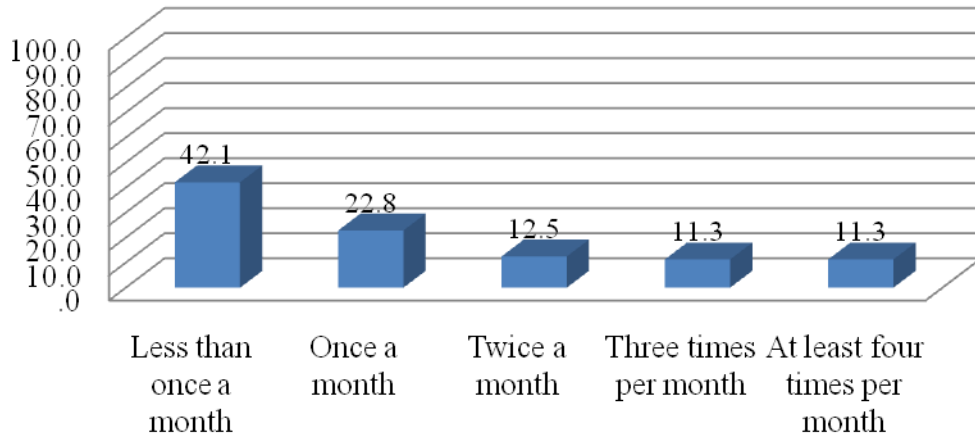
**How often do you meet the parents of your teen's friends?**



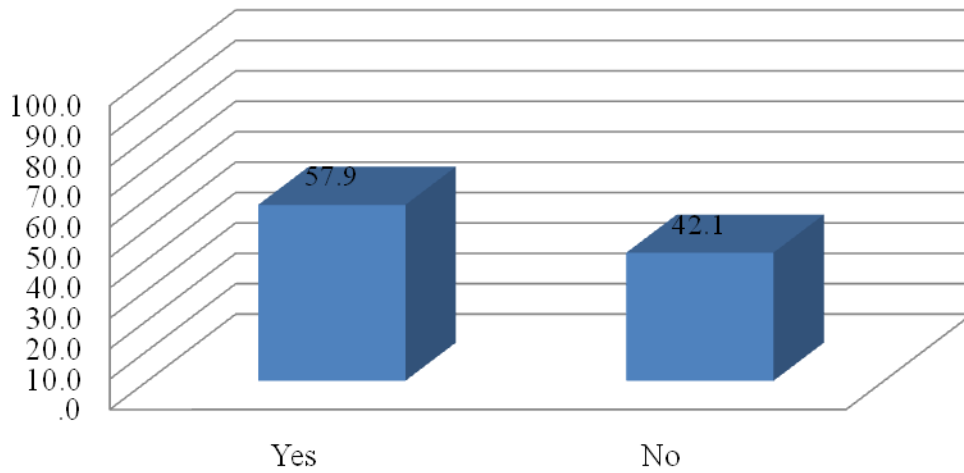
**What percentage of other AB parents do you believe make sure that, most of the time, they meet the parents of their teen's friends?**



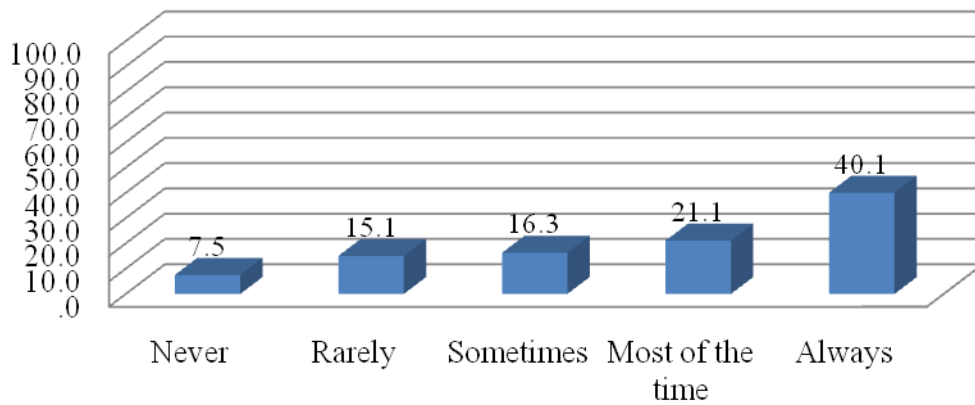
**How often does your teen go to parties or other gatherings at a friend's house?**



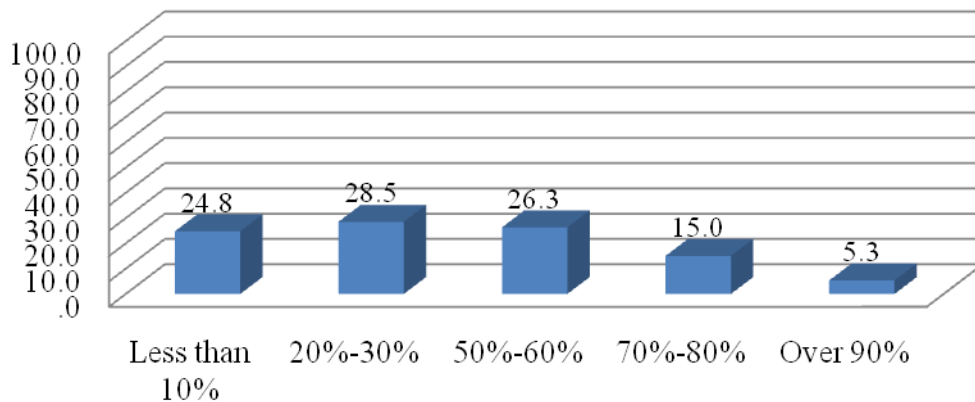
**Teen goes to parties or gatherings at friend's house at least once a month**



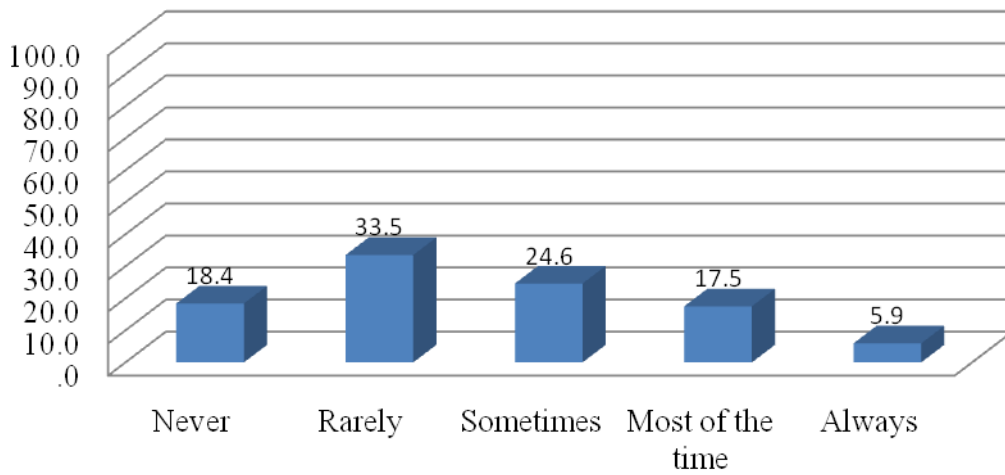
**When your teen is going to a party/gathering at a friend's house, how often do you contact the parents to confirm that they will be home?**



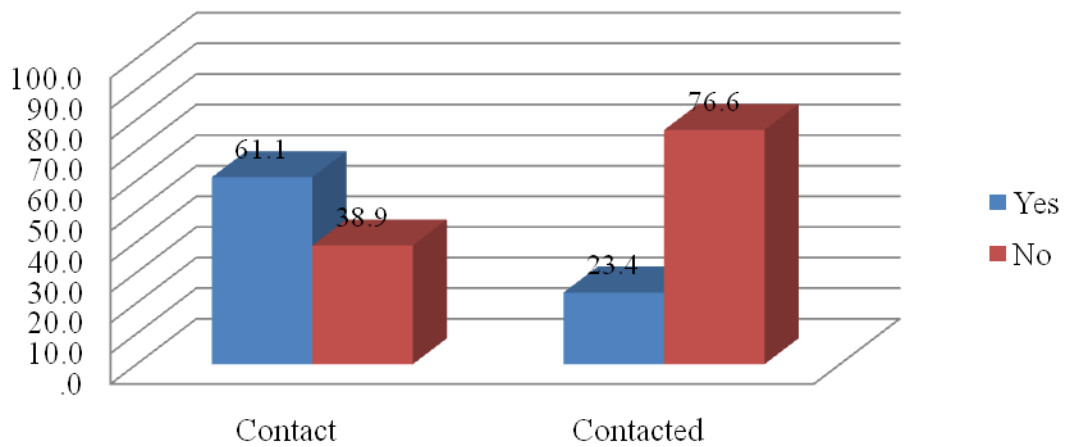
**When other teens in our community go to a party/gathering at a friend's house, what percentage of their parents do you believe, most of the time, contact the hosting parents?**

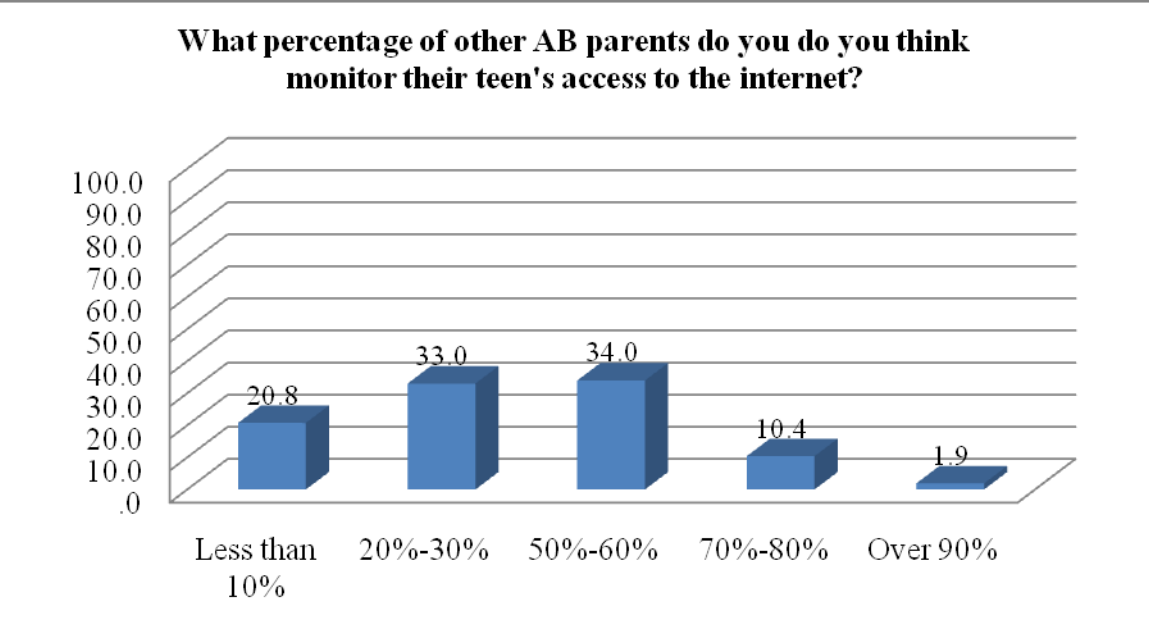
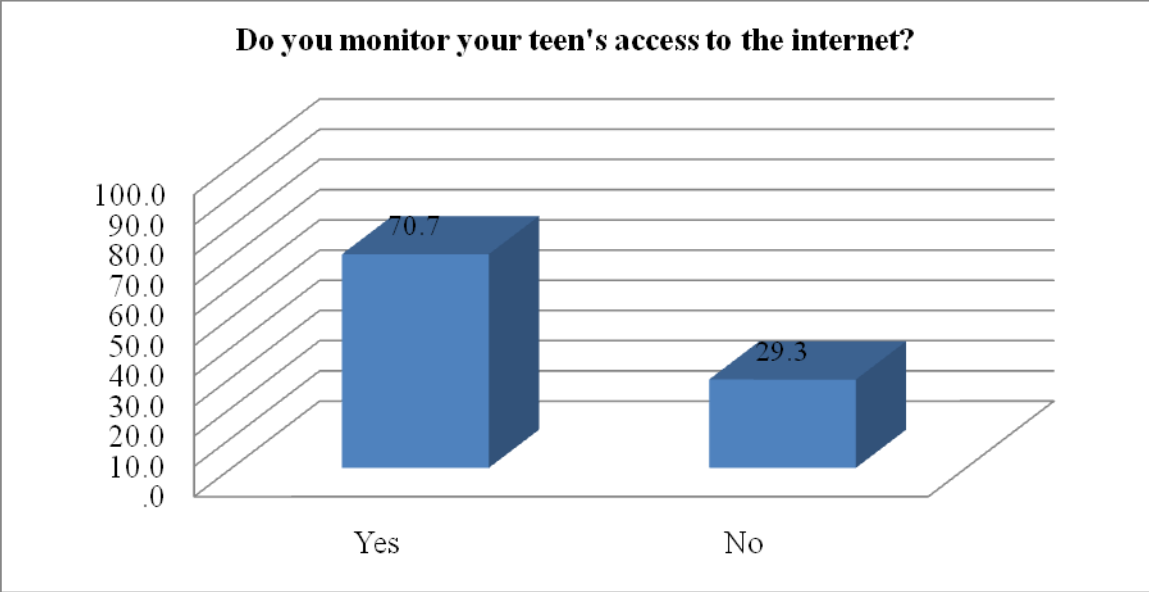


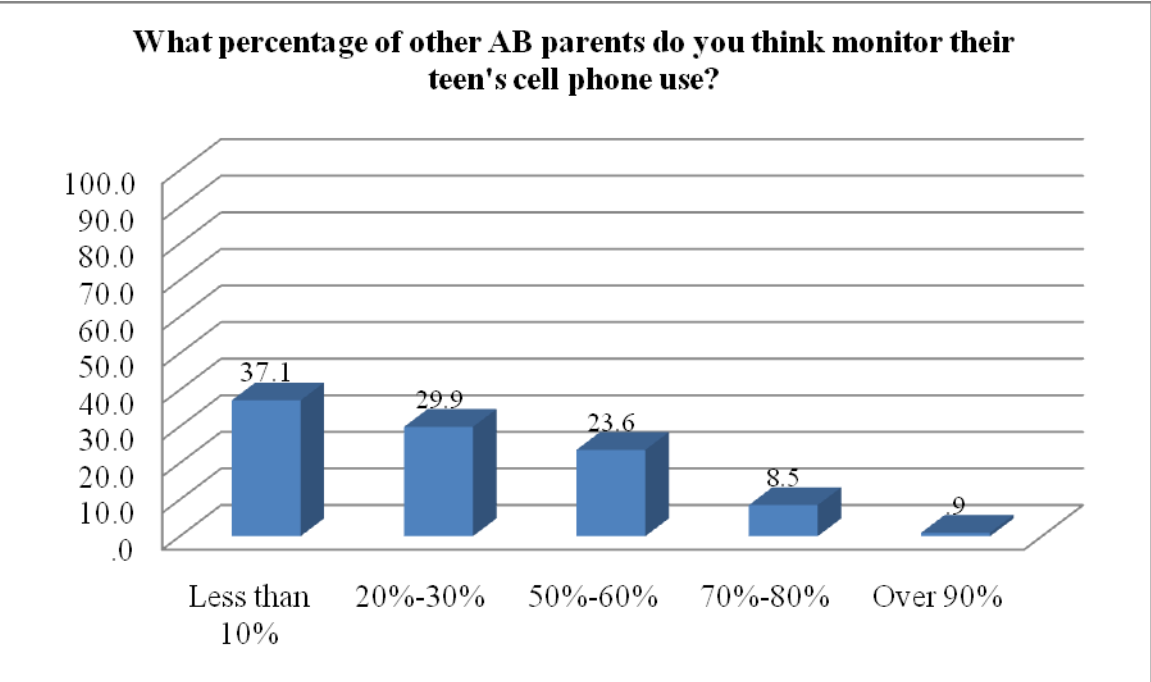
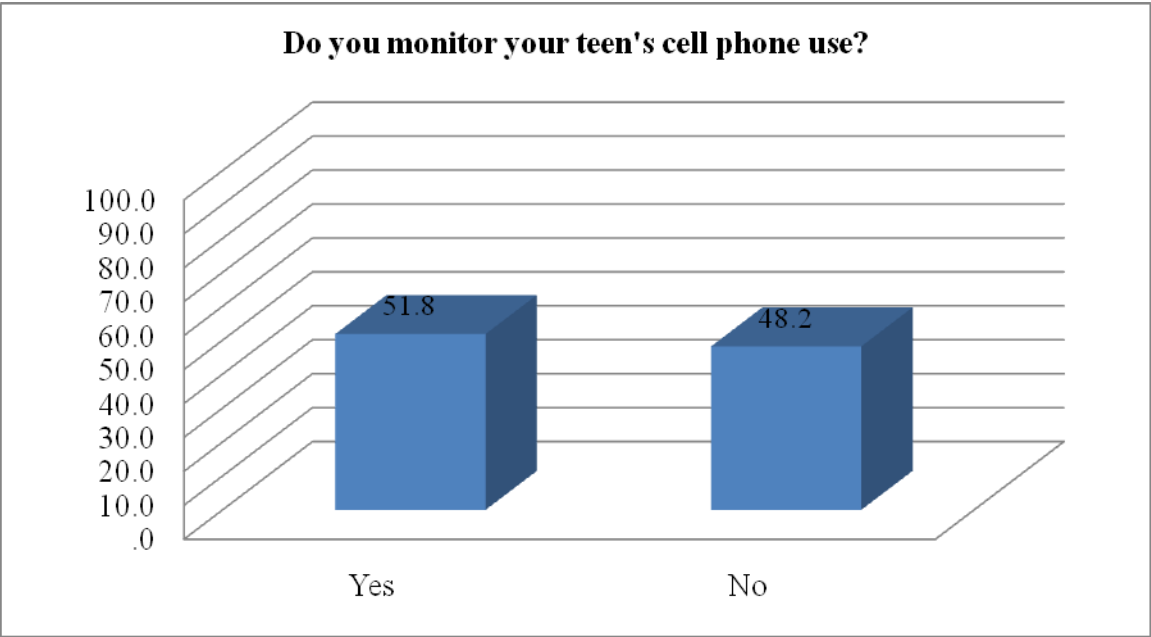
**When your teen has friends over, how often are you contacted by the other teens' parents?**



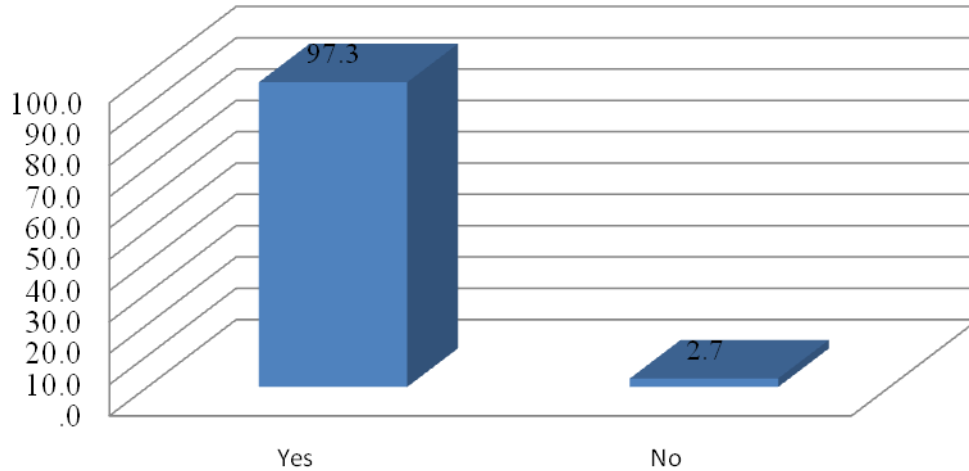
**Contact parents to confirm when teen goes to parties or gatherings at friend's house most of the time or always**



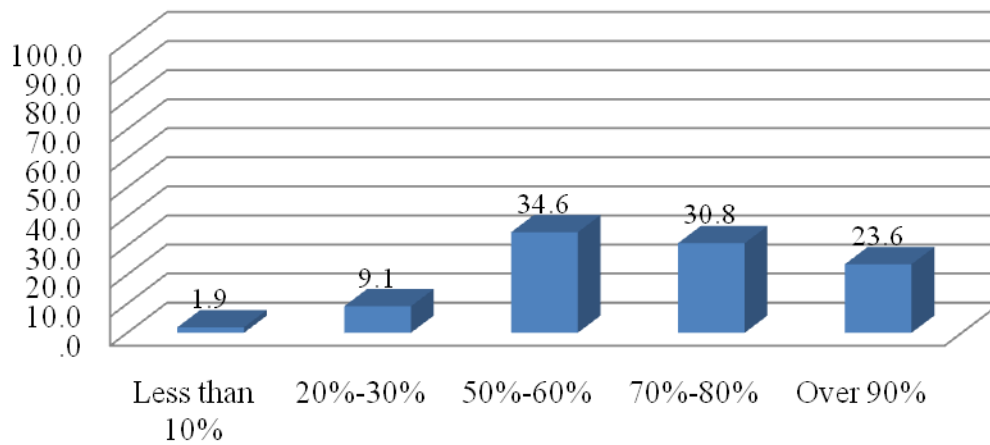




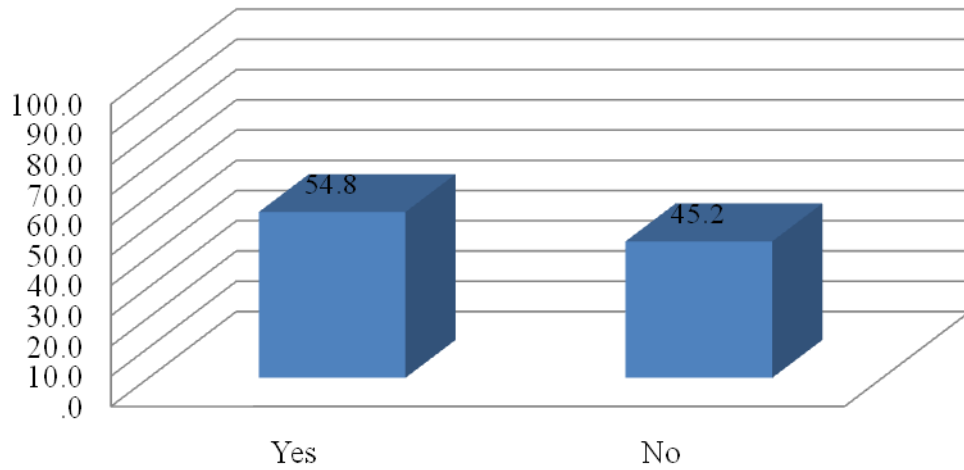
**Have you communicated clear expectations to your teen that she or he should not use alcohol or drugs?**



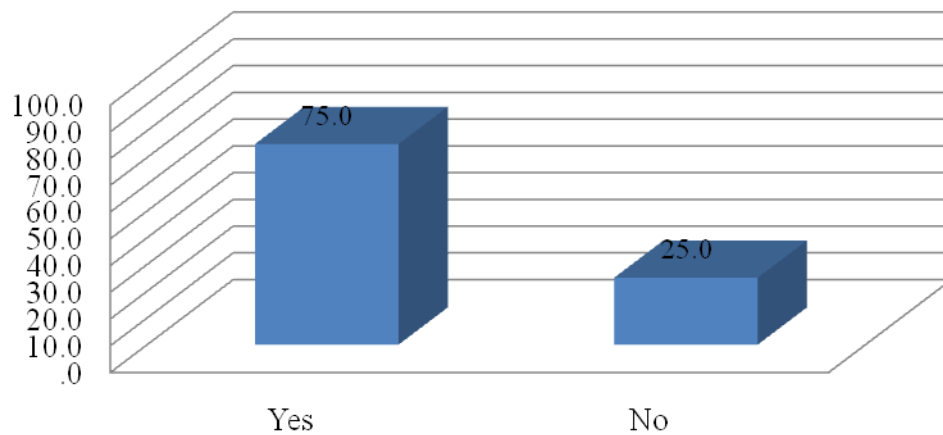
**What percentage of other AB parents do you think have communicated clear expectations to their teens that they should not use alcohol or drugs?**



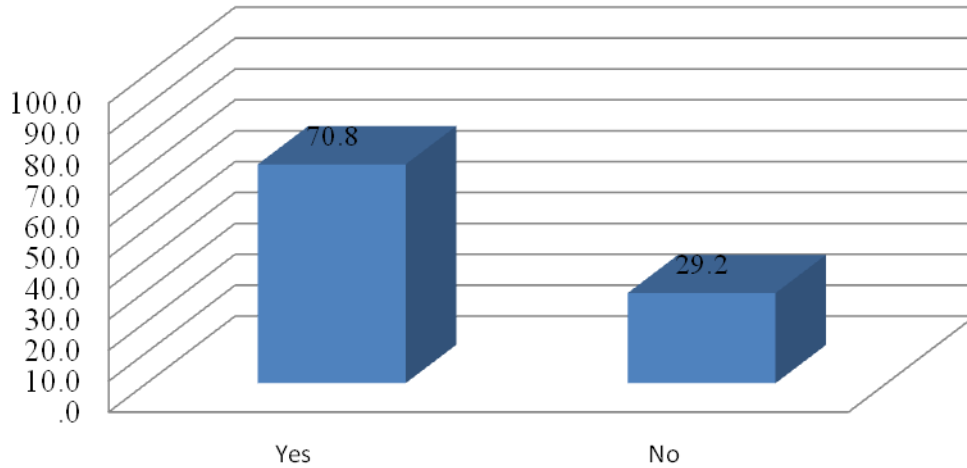
**Have you taken concrete steps to ensure that the alcohol in your home is not accessible to your teen or their friends?**



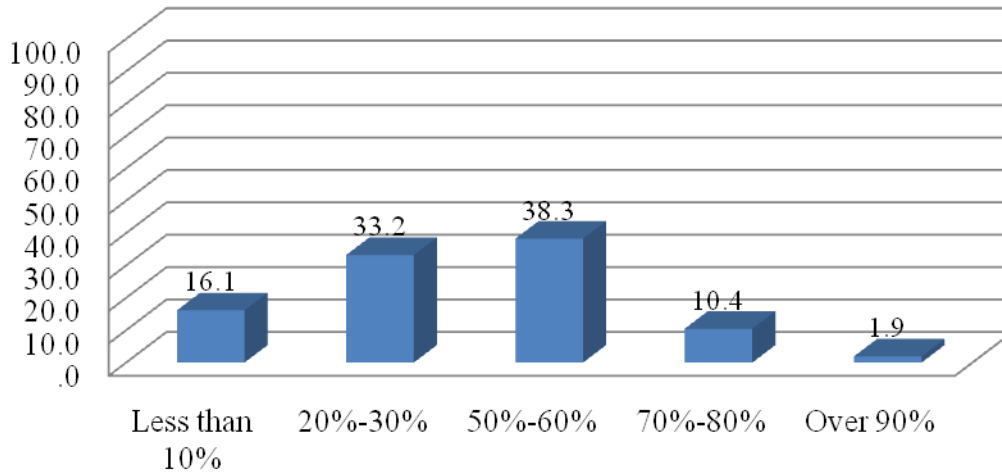
**Does your teen have a clear understanding of how you will respond and what the consequences are if they are caught using drugs or alcohol?**



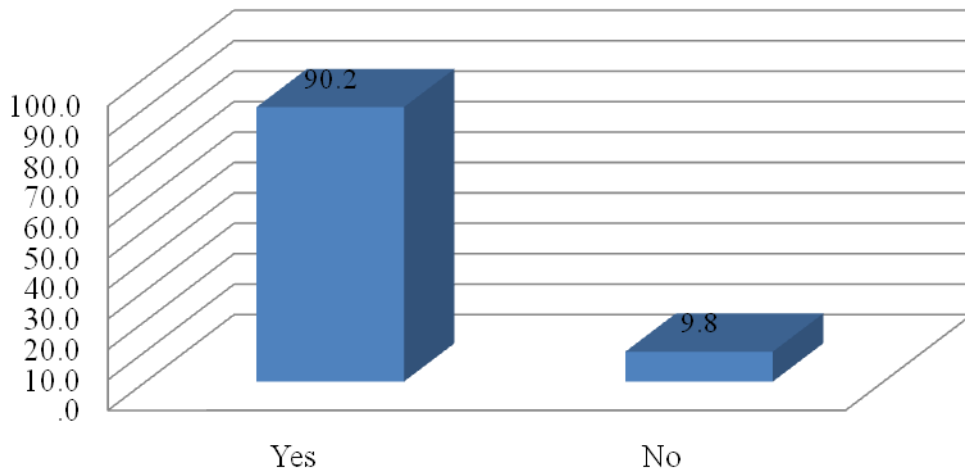
**Do you periodically talk with your teen about his or her sexual behavior?**



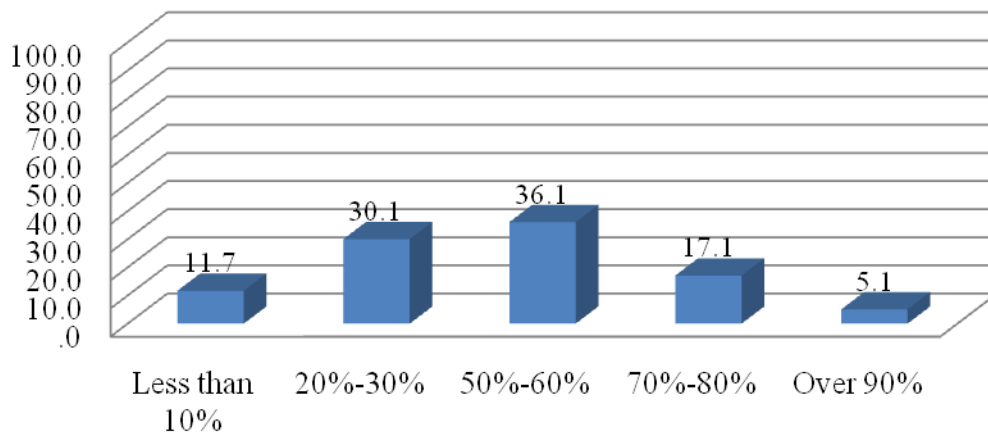
**What percentage of other AB parents do you think periodically talk to their teens about their sexual behavior?**



**Have you ever talked to your teen about what to do if he or she is being bullied or sees other kids being bullied?**



**What percentage of other AB parents do you think have talked to their teens about what to do if they are bullied or they see other kids being bullied?**



**ATTACHMENT 2: RESPONSES BY GRADE LEVEL**

## SURVEY RESULTS BY GRADE LEVEL

What grade level is the child that you will be thinking of as you answer this survey?	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
	50	78	125	87

**How often do you have conversations with your teen that focus on either healthy or risky teen behavior?**

	All Respondents	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Seldom	7.9%	16.0%	3.9%	6.5%	9.2%
Once a month	17.1%	16.0%	13.0%	21.8%	14.9%
2-3 times per month	30.6%	34.0%	41.6%	27.4%	24.1%
Once a week	21.8%	14.0%	19.5%	27.4%	20.7%
Several times a week	22.6%	20.0%	22.1%	16.9%	31.0%

**Have conversations with their teen at least once a month about healthy or risky behavior**

	All Respondents	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Yes	91.5%	84.0%	96.1%	93.5%	90.8%
No	8.5%	16.0%	3.9%	6.5%	9.2%

**How often do you believe that other AB parents have conversations with their teen that focus on either healthy or risky teen behavior?**

	All Respondents	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Seldom	17.6%	22.0%	14.3%	20.2%	14.9%
Once a month	29.1%	42.0%	29.9%	31.5%	18.4%
2-3 times per month	28.5%	18.0%	32.5%	26.6	34.5%
Once a week	13.8%	12.0%	16.9%	12.1%	14.9%
Several times a week	4.7%	4.0%	2.6%	5.6%	5.7%
No response	6.2%	2.0%	3.9%	4.0%	11.5%

**Believe that other parents have conversations with their teen at least once a month about healthy or risky behavior**

	All Respondents	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Yes	76.2%	76.0%	81.8%	75.8%	73.6%
No	17.6%	22.0%	14.3%	20.2%	14.9%
No response	6.2%	2.0%	4.0%	4.0%	11.5%

**How often do you have meals together as a family?**

	All Respondents	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Less than once a week	5.6%	6.0%	3.9%	4.8%	8.0%
1-2 days per week	10.6%	4.0%	9.1%	8.1%	19.5%
3-4 days per week	30.0%	34.0%	29.9%	29.0%	29.9%
Almost daily	52.6%	56.0%	57.1%	57.3%	41.4%
No response	1.2%	0%	0.8%	0.8%	1.1%

**Have meals together as a family at least once a week**

	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Yes	93.2%	94.0%	96.1%	94.4%	90.8%
No	5.6%	6.0%	3.9%	4.8%	8.0%
No response	1.2%	0%	0%	0.8%	1.1%

**How often do you believe that other AB parents have meals together as a family?**

	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Less than once a week	2.1%	2.0%	2.6%	2.4%	1.1%
1-2 days per week	25.0%	26.0%	24.7%	22.6%	28.7%
3-4 days per week	51.2%	50.0%	48.1%	54.8%	50.6%
Almost daily	16.2%	20.0%	19.5%	16.9%	10.3%
No response	5.6%	2.0%	5.2%	3.2%	9.2%

**Believe that other families have meals together as a family at 3-4 days per week**

	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Yes	67.4%	70.0%	67.6%	71.6%	60.9%
No	27.0%	28.0%	27.2%	25.0%	29.9%
No response	5.6%	2.0%	5.2%	3.2%	9.2%

**How often does your teen appear to be seriously stressed (for example, crying, can't focus on school work, irregular sleep habits, etc.)?**

	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Never	10.0%	6.0%	15.6%	10.5%	10.3%
Rarely	42.1%	52.0%	39.0%	40.3%	42.5%
Sometimes	38.5%	40.0%	37.7%	42.7%	32.2%
Most of the time	6.8%	2.0%	7.8%	4.8%	11.5%
Always	1.2%	0%	0%	1.6%	2.3%
No response	.6%	0%	0%	0%	1.1%

**Teen appears to be stressed sometimes, most of the time, or always.**

	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Yes	46.5%	42.0%	45.5%	49.2%	46.0%
No	52.9%	58.0%	54.5%	50.8%	52.9%
No response	.6%	0%	0%	0%	1.1%

**How often do you make sure that you meet your teen's friends?**

	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Never	.6%	0%	0%	0.8%	1.1%
Rarely	3.8%	0%	5.2%	5.6%	2.3%
Sometimes	14.4%	12.0%	10.4%	14.5%	19.5%
Most of the time	54.1%	50.0%	46.8%	62.9%	51.7%
Always	26.5%	38.0%	37.7%	16.1%	25.3%
No Response	.6%	0%	0%	0%	0%

**Meet teen's friends most of the time or always**

	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Yes	80.6%	88.0%	84.4%	72.6%	77.0%
No	18.8%	12.0%	15.6%	24.2%	23.0%
No response	.6%	0%	0%	3.2%	0%

**What percentage of other AB parents do you believe make sure that, most of the time, they meet their teen's friends?**

	All Respondent	6 <sup>th</sup> Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Less than 10%	2.9%	4.0%	3.9%	0.8%	4.6%
20%-30%	17.6%	10.0%	16.9%	16.9%	24.1%
50%-60%	46.5%	44.0%	36.4%	54.8%	46.0%
70%-80%	23.5%	34.0%	32.5%	20.2%	14.9%
Over 90%	4.1%	6.0%	6.5%	4.0%	1.1%
No response	5.3%	2.0%	3.9%	3.2%	9.2%

**How often do you meet the parents of your teen's friends?**

	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Never	1.5%	0.0%	2.6%	0.8%	2.3%
Rarely	14.1%	4.0%	3.9%	19.4%	21.8%
Sometimes	43.8%	36.0%	32.5%	45.2%	56.3%
Most of the time	34.4%	50.0%	46.8%	33.9%	16.1%
Always	5.6%	10.0%	14.3%	0.8%	2.3%
No response	.6%	0%	0%	0%	1.1%

**Meet parents of teen's friends most of the time or always**

	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Yes	40.0%	60.0%	61.0%	34.7%	18.4%
No	59.4%	40.0%	39.0%	65.3%	80.5%
No response	.6%	0%	0%	0%	1.1%

**What percentage of other AB parents do you believe make sure that, most of the time, they meet the parents of their teen's friends?**

	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Less than 10%	11.8%	6.0%	11.7%	10.5%	17.2%
20%-30%	28.5%	12.0%	19.5%	37.9%	33.3%
50%-60%	40.5%	56.0%	42.9%	39.5%	32.2%
70%-80%	12.4%	18.0%	18.2%	9.7%	8.0%
Over 90%	1.8%	6.0%	3.9%	0%	0%
No response	5.0%	2.0%	3.9%	2.4%	9.2%

<b>How often does your teen go to parties or other gatherings at a friend's house?</b>					
	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Less than once a month	41.8%	48.0%	49.4%	45.2%	27.6%
Once a month	22.6%	26.0%	28.6%	18.5%	21.8%
Twice a month	12.4%	22.0%	5.2%	13.7%	11.5%
Three times per month	11.2%	0%	10.4%	14.5%	13.8%
At least four times per month	11.2%	2.0%	6.5%	8.1%	25.3%
No response	.9%	2.0%	0%	0%	0%

<b>Their teen goes to parties or gatherings at a friend's house at least once a month</b>					
	All Respondent	6 <sup>th</sup> Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Yes	57.4%	50.0%	50.6%	54.80%	72.40%
No	41.8%	48.0%	49.4%	45.20%	27.60%
No response	.9%	2.0%	0%	0%	0%

<b>When your teen is going to a party/gathering at a friend's house, how often do you contact the parents to confirm that they will be home?</b>					
	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Never	7.4%	0%	2.6%	4.8%	19.5%
Rarely	14.7%	8.0%	11.7%	12.1%	25.3%
Sometimes	15.9%	6.0%	5.2%	21.0%	24.1%
Most of the time	20.6%	12.0%	19.5%	25.0%	20.7%
Always	39.1%	72.0%	58.4%	35.5%	9.2%
No response	2.4%	2.0%	2.6%	1.6%	1.1%

<b>Contact parents most of the time or always to confirm that they will be home when teen goes to parties or gatherings at friend's house</b>					
	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Yes	59.7%	84.0%	77.9%	60.5%	29.9%
No	37.9%	14.0%	19.5%	37.9%	69.0%
No response	2.4%	2.0%	2.6%	1.6%	1.1%

<b>When other teens in our community go to a party/gathering at a friend's house, what percentage of their parents do you believe, most of the time, contact the hosting parents?</b>					
	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Less than 10%	23.2%	6.0%	13.0%	25.0%	40.2%
20%-30%	26.8%	12.0%	14.3%	35.5%	34.5%
50%-60%	24.7%	34.0%	32.5%	26.6%	10.3%
70%-80%	14.1%	28.0%	26.0%	9.7%	2.3%
Over 90%	5.0%	16.0%	9.1%	1.6%	0%
No response	6.2%	4.0%	5.2%	1.6%	12.6%

<b>When your teen has friends over, how often are you contacted by the other teens' parents?</b>					
	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Never	18.2%	0%	7.8%	20.2%	35.6%
Rarely	33.2%	20.0%	24.7%	37.9%	42.5%
Sometimes	24.4%	22.0%	23.4%	29.8%	19.5%
Most of the time	17.4%	36.0%	35.1%	9.7%	2.3%
Always	5.9%	22.0%	7.8%	2.4%	0%
No response	.9%	0%	1.3%	0%	0%

**Contacted by other teens' parents most of the time or always**

	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Yes	23.2%	58.0%	42.9%	12.1%	2.3%
No	75.9%	42.0%	55.8%	87.9%	97.7%
No response	0.9%		1.3%		

**Do you monitor your teen's access to the internet?**

	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Yes	69.7%	84.0%	84.4%	72.6%	46.0%
No	28.8%	16.0%	13.0%	26.6%	54.0%
No response	1.5%	2.6%	2.6%	0.8%	

**What percentage of other AB parents do you do you think monitor their teen's access to the internet?**

	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Less than 10%	19.4%	4.0%	3.9%	20.2%	41.4%
20%-30%	30.9%	28.0%	37.7%	33.9%	23.0%
50%-60%	31.8%	38.0%	33.8%	35.5%	21.8%
70%-80%	9.7%	20.0%	18.2%	6.5%	1.1%
Over 90%	1.8%	8.0%	1.3%	0.8%	0.0%
No response	6.5%	2.0%	5.2%	3.2%	12.6%

**Do you monitor your teen's cell phone use?**

	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Yes	50.0%	70.0%	67.5%	48.4%	25.3%
No	46.5%	20.0%	28.6%	50.8%	72.4%
No response	3.5%	10.0%	3.9%	0.8%	2.3%

<b>What percentage of other AB parents do you think monitor their teen's cell phone use?</b>					
	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Less than 10%	34.7%	18.0%	20.8%	37.9%	52.9%
20%-30%	27.9%	34.0%	24.7%	33.1%	20.7%
50%-60%	22.1%	30.0%	31.2%	21.8%	10.3%
70%-80%	7.9%	12.0%	15.6%	4.8%	3.4%
Over 90%	.9%	4.0%	1.3%	0%	0%
No response	6.5%	2.0%	6.5%	2.4%	12.6%

<b>Have you communicated clear expectations to your teen that she or he should not use alcohol or drugs?</b>					
	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Yes	95.6%	90.0%	97.4%	96.8%	97.7%
No	2.6%	10.0%	1.3%	1.6%	1.1%
No response	1.8%		1.3%	1.6%	1.1%

<b>What percentage of other AB parents do you think have communicated clear expectations to their teens that they should not use alcohol or drugs?</b>					
	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Less than 10%	1.8%	2.0%	1.3%	0.8%	3.4%
20%-30%	8.5%	2.0%	5.2%	10.5%	12.6%
50%-60%	32.4%	34.0%	27.3%	31.5%	37.9%
70%-80%	28.8%	28.0%	39.0%	29.8%	19.5%
Over 90%	22.1%	32.0%	20.8%	24.2%	14.9%
No response	6.5%	2.0%	6.5%	3.2%	11.5%

<b>Have you taken concrete steps to ensure that the alcohol in your home is not accessible to your teen or their friends?</b>					
	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Yes	53.2%	48.0%	42.9%	56.5%	62.1%
No	43.8%	50.0%	54.5%	41.1%	35.6%
No response	2.9%	2.0%	2.6%	2.4%	2.3%

<b>Does your teen have a clear understanding of how you will respond and what the consequences are if they are caught using drugs or alcohol?</b>					
	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Yes	73.2%	82.0%	67.5%	67.7%	81.6%
No	24.4%	18.0%	28.6%	30.6%	16.1%
No response	2.4%		3.9%	1.6%	2.3%

<b>Do you periodically talk with your teen about his or her sexual behavior?</b>					
	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Yes	70.0%	60.0%	63.6%	75.8%	73.6%
No	28.8%	36.0%	35.1%	24.2%	26.4%
No response	1.2%	4.0%	1.3%		

**What percentage of other AB parents do you think periodically talk to their teens about their sexual behavior?**

	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Less than 10%	15.0%	10.0%	11.7%	16.1%	19.5%
20%-30%	30.9%	32.0%	31.2%	32.3%	27.6%
50%-60%	35.6%	38.0%	39.0%	36.3%	31.0%
70%-80%	9.7%	12.0%	11.7%	10.5%	5.7%
Over 90%	1.8%	4.0%	0	0.8%	3.4%
No response	7.1%	4.0%	6.5%	4.0%	12.6%

**Have you ever talked to your teen about what to do if he or she is being bullied or sees other kids being bullied?**

	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Yes	89.1%	96.0%	96.1%	88.7%	81.6%
No	9.7%	4.0%	2.6%	10.5%	18.4%
No response	1.2%		1.3	0.8	

**What percentage of other AB parents do you think have talked to their teens about what to do if they are bullied or they see other kids being bullied?**

	All Respondent	6th Grade	7th-8th Grade	9th-10th Grade	11th-12th Grade
Less than 10%	10.9%	6.0%	7.8%	10.5%	17.2%
20%-30%	27.9%	28.0%	23.4%	30.6%	28.7%
50%-60%	33.5%	34.0%	32.5%	35.5%	32.2%
70%-80%	15.9%	22.0%	27.3%	12.9%	6.9%
Over 90%	4.7%	6.0%	2.6%	6.5%	3.4%
No response	7.1%	4.0%	6.5%	4.0%	11.5%