

2024

Rhode Island Student Survey

BARRINGTON BLOCK ISLAND BRISTOL-WARREN BURRILLVILLE **COVENTRY CRANSTON CUMBERLAND EAST GREENWICH** EAST PROVIDENCE EXETER-WEST GREENWICH FOSTER-GLOCESTER JOHNSTON LINCOLN LITTLE COMPTON MIDDLETOWN **NEWPORT NORTH KINGSTOWN** NORTH PROVIDENCE NORTH SMITHFIELD PAWTUCKET PORTSMOUTH **PROVIDENCE** SCITUATE SMITHFIELD SOUTH KINGSTOWN TIVERTON WARWICK WEST WARWICK WOONSOCKET

Background

The Rhode Island Student Survey (RISS) is a collaboration among the Rhode Island Department of Behavioral Healthcare, Developmental Disabilities and Hospitals (RI BHDDH), the Rhode Island Department of Health (RIDOH), and the Rhode Island Department of Education (RIDE). The RISS is administered every other year and examines risk and prevalence of substance use, bullying, depression, suicide, and violence among Rhode Island youth in middle and high schools. Questions surrounding gambling and cell phone use were added in 2024. It is important to note that RI legalized the recreational use of marijuana for adults aged 21 and older in May 2022. Additionally, the federal Tobacco 21 law, which raised the minimum age of sale on tobacco products to 21, passed in 2021.

Purpose

The intention and purpose of the RISS is to identify areas where there are strengths that can be built upon and to put additional resources to those areas that need improvement. There are other surveys administered in schools, but most do NOT allow for the ability to analyze data at the school district or community level. This data is crucial for planning and evaluating prevention services especially when resources are so scarce. It is imperative to have community level data in order to apply for and receive federal funds.

RISS Data Collection

The RISS was administered from 2/29/2024 to 6/17/2024. In total, the RISS was completed by 23,227 students in 29 school districts, including the Providence school district which previously had not participated. The RISS currently has eighty-one (81) questions. There is no personally identifiable information associated with the RISS. Local parent permission procedures were followed before administration, including informing parents that their child's participation was voluntary. The questions are arranged in a particular way and explore specific topic areas. The questions are also asked across several domains such as the individual, peers, family, school, and community. The RISS is offered in Spanish and English. It is an online survey that takes approximately 30 minutes or less to complete. Each student who participates in the RISS receives an informational brochure with supportive resource information.

Results of the survey are reviewed in aggregate tables, not at the individual level. The data is not meant to identify individuals. To be included in the final reports, each grade at a school needs to have at least 60% of their students complete the survey. This participation requirement further protects students from potentially being identified by the way in which they respond to the questions. It also ensures that the results are an accurate representation of the student population. RISS 2022 and 2024 survey data were compared using logistic regression, controlling for potential differences in grade number and town participation. Results were considered statistically significantly different if p-value < 0.05. Statistical comparisons between survey administration years do not control for potential differences in participating schools.

Executive Summary

Results from the 2024 RISS show the following trends compared to 2022:

Substance Use

- Significant increase in past 30-day marijuana use (smoke or vape) among middle school students
- Significant decreases in past 30-day use of electronic nicotine delivery systems (ENDS) and alcohol among middle school students
- Significant decreases in past 30-day use of marijuana (smoke or vape), alcohol, ENDS, cigarettes, and prescription sedatives/tranquilizers among high school students
- Significant decreases in ever use of alcohol, marijuana (smoke or vape), and ENDS among high school students
- Significant decreases in ease of access of ENDS, marijuana (smoke or vape), alcohol, cigarettes, and prescription drugs among high school students
- Significant decreases in percent of high school students who have ever driven or been a passenger in a vehicle driven by someone under the influence of marijuana
- Significant increase in perceived parent disapproval of marijuana (smoke or vape) among high school students

Executive Summary cont.

Substance Use (cont.)

- Significant increases in perceived peer disapproval of use of prescription drugs, tobacco, alcohol, ENDS, and marijuana (smoke or vape) among high school students
- Significant increases in perception of risk or harm with use of ENDS, alcohol, and marijuana (smoke or vape) among high school students

Bullying

- Significant increases in perpetrating bullying and cyberbullying among middle school students
- Significant increases in experiencing bullying among all students

Mental Health

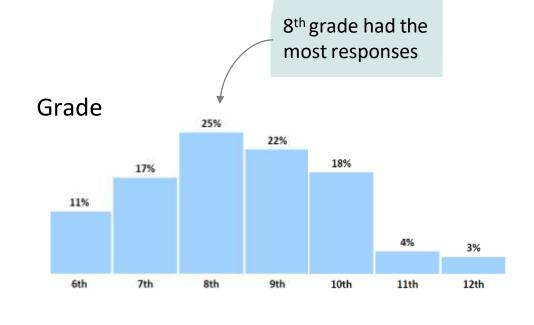
- Significant decreases in feelings of sadness or hopelessness among all students
- Significant decrease in number of all students who have seriously considered attempting suicide
- Significant decrease in number of high school students who have ever attempted suicide

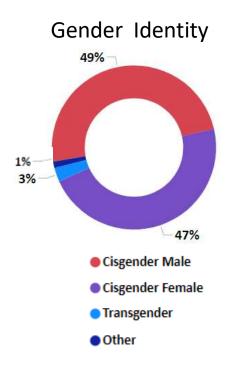
Demographics

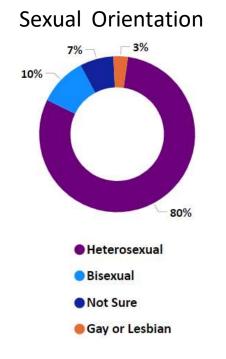


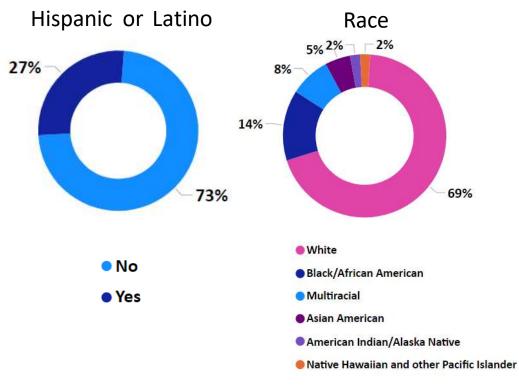
23,227

students participated in the survey



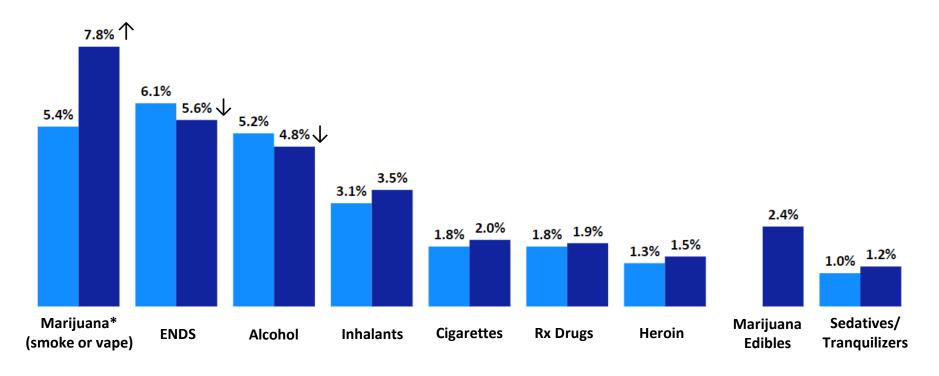








Past 30-Day Use – Middle School

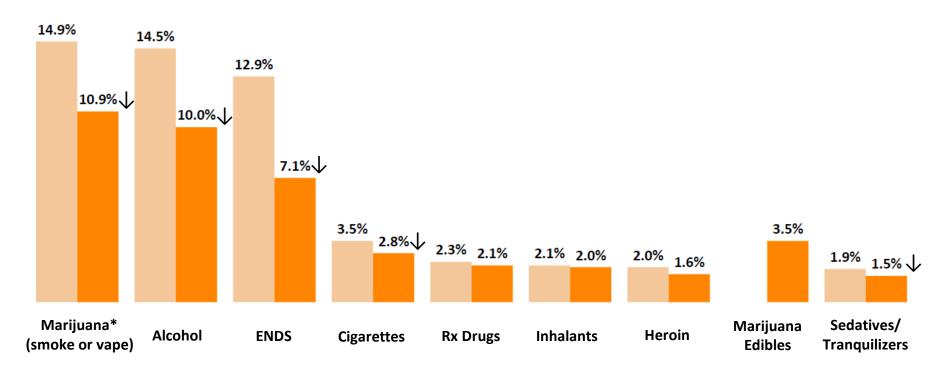


2022 • 2024

*2024 survey separated marijuana edibles from smoking/vaping marijuana

Among middle school students, there was a statistically significant increase in smoking/vaping marijuana, and a decrease in use of alcohol and Electronic Nicotine Delivery Systems (ENDS), also known as e-cigarettes or vape pens or devices.

Past 30-Day Use – High School

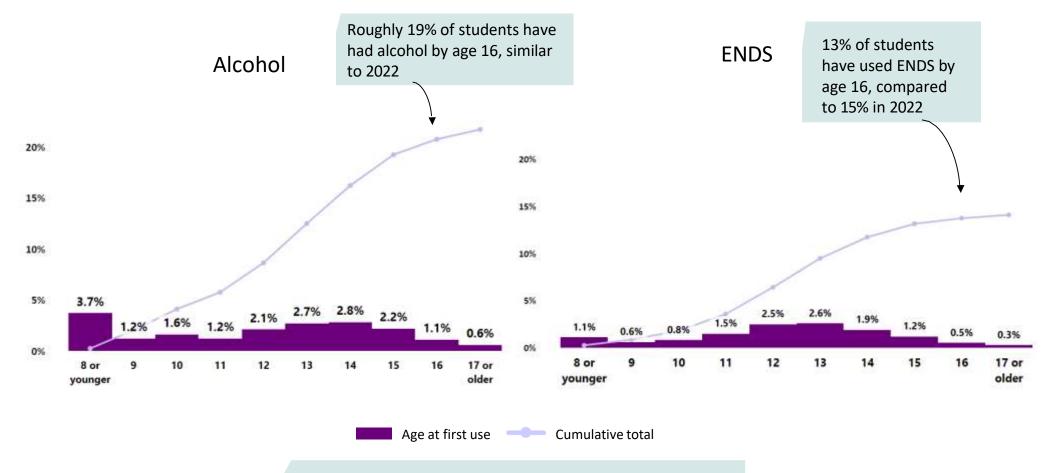


2022 • 2024

*2024 survey separated marijuana edibles from smoking/vaping marijuana

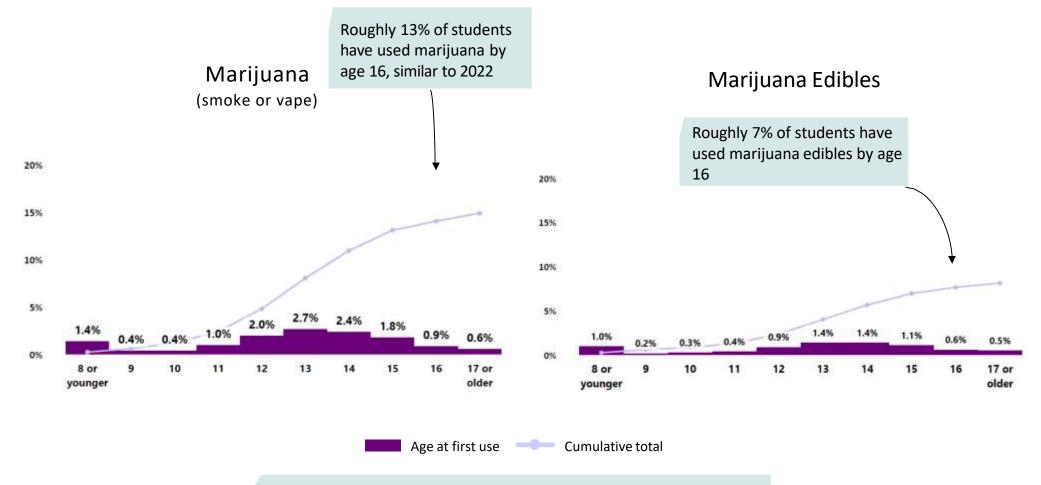
Among high school students, there was a statistically significant decrease in smoking/vaping marijuana, and use of alcohol, ENDS, cigarettes, and sedatives/tranquilizers.

Age at First Use



On average, students reported using alcohol and ENDS for the first time between ages 12 and 15.

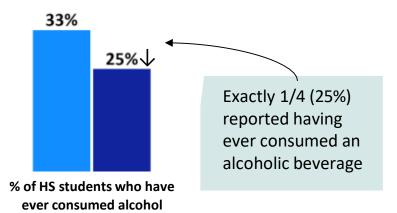
Age at First Use

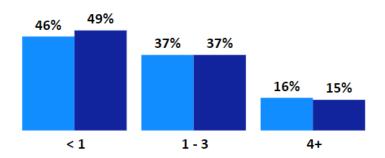


On average, students reported smoking marijuana and using marijuana edibles for the first time between ages 13 and 15.

Alcohol

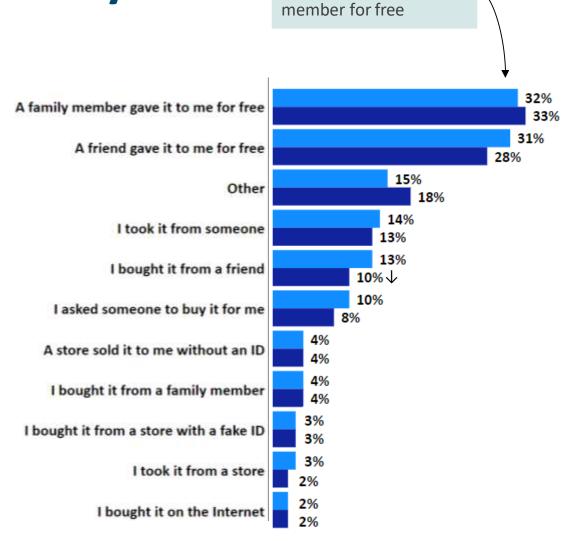
Among high school students...





Average number of drinks consumed in a sitting

High school students are consuming less drinks on average compared to previous years.







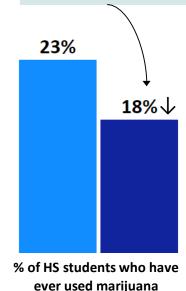
Most reported obtaining

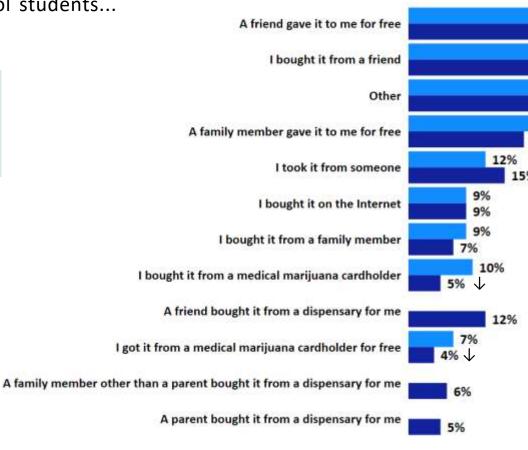
alcohol from a family

Marijuana (smoke or vape)

Among high school students...

Just under 1/5 reported having ever smoked or vaped marijuana





Most students reported obtaining marijuana from a friend for free

19%

18%

21%

Additionally, most middle school students reported obtaining marijuana from a friend for free (43%), 13% bought it on the internet, and 22% took it from someone.

38%

31%

54%

49%

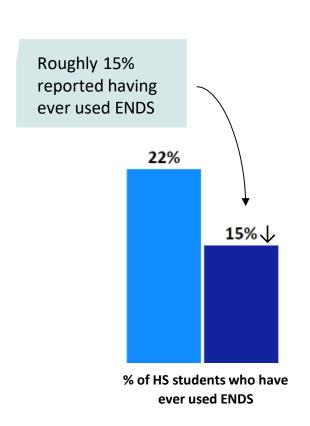


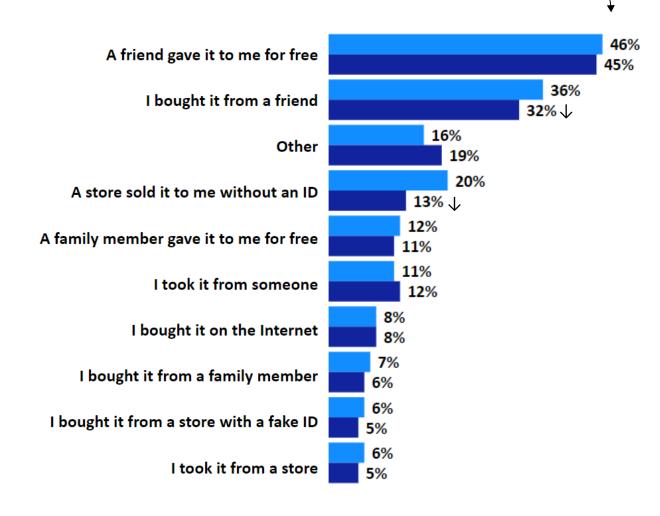


Most students reported obtaining ENDS from a friend for free

ENDS

Among high school students...





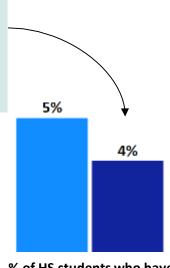




Prescription Drugs

Among high school students...

4% reported having ever used prescription drugs not prescribed to them

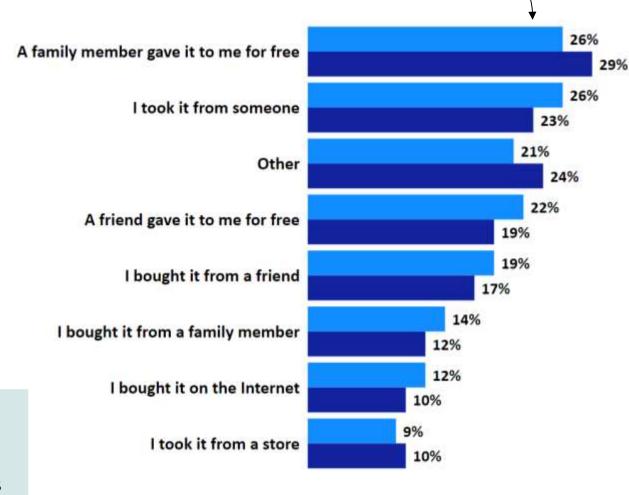


% of HS students who have ever used prescription drugs not prescribed to them



Students reporting use of prescription drugs not prescribed to them listed pain relief pills, ADHD medications, and sedatives

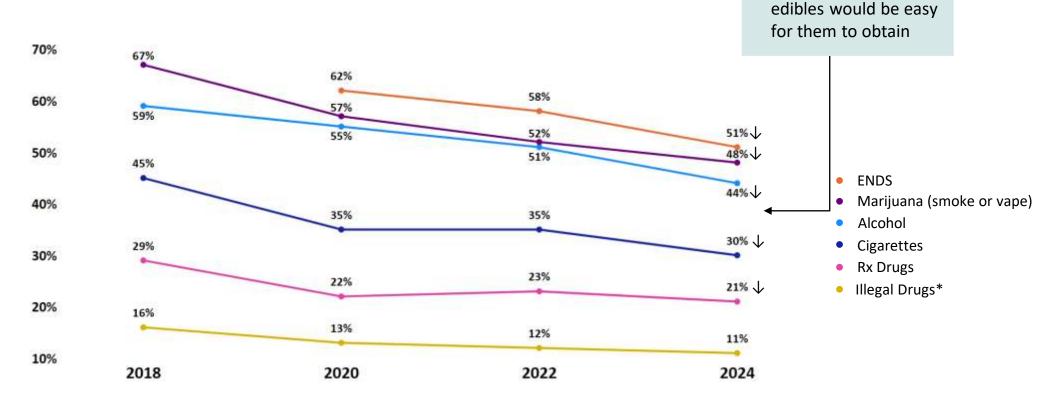
Most students reported obtaining prescription drugs for free from a family member







Percentage of high school students who believe it would be easy for them to obtain:



^{*}Cocaine, LSD (acid), methamphetamine (meth), or club drugs (ecstasy, roofies), etc.

41% of students

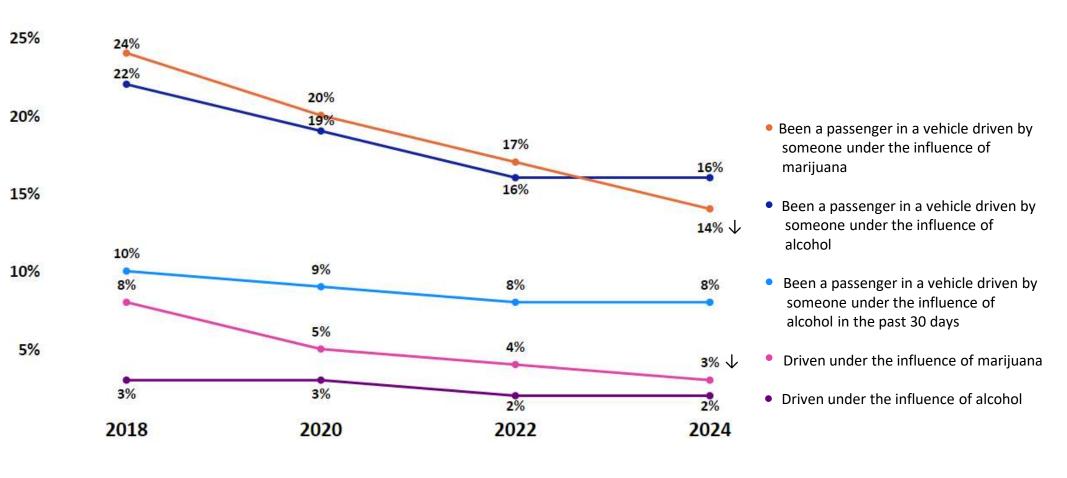
believe marijuana

The percentage of students reporting ease of obtaining substances has decreased over time, particularly for ENDS, marijuana, alcohol, and cigarettes.



Under the Influence

Percentage of high school students who have ever:



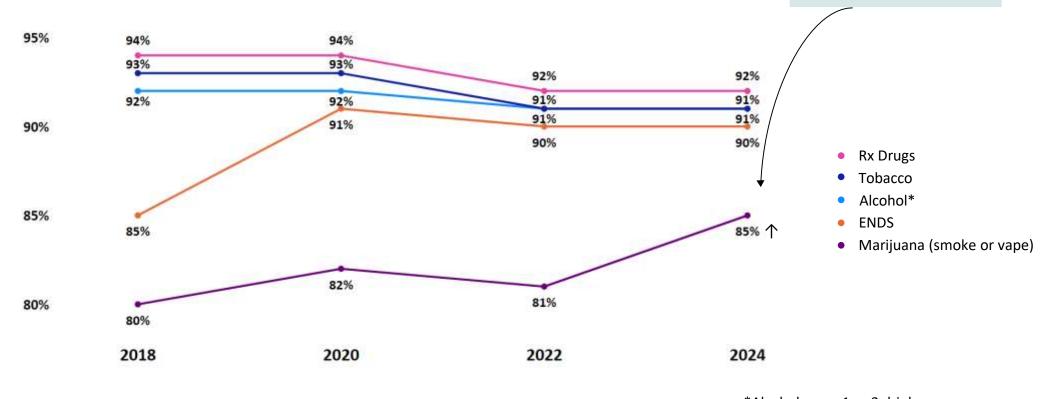
The percentages of students who report being a passenger or driving under the influence continues to decrease, with rates remaining below 20%.



Parent Disapproval

Percentage of high school students who believe parents would disapprove of using the following:

86% of students believe their parents would disapprove of using marijuana edibles



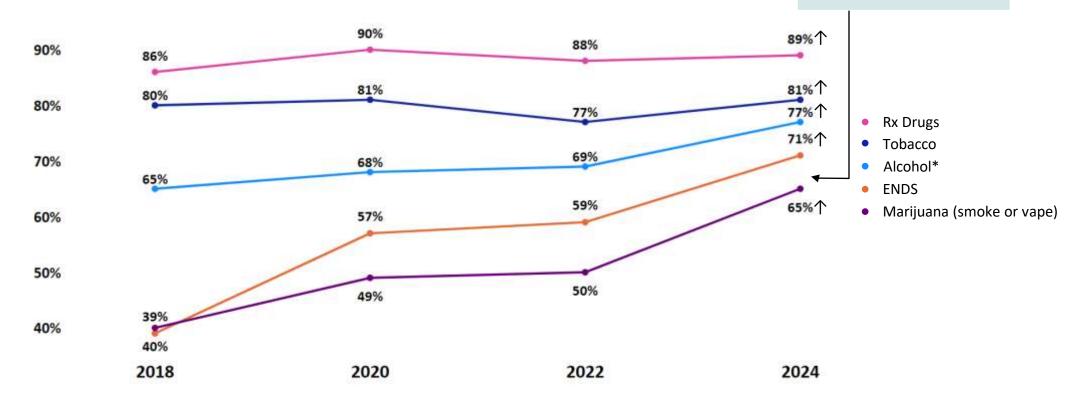
*Alcohol use = 1 or 2 drinks nearly every day

Perceived parental disapproval continues to remain high, with at least 85% of students believing their parents would disapprove of any substance use.

Peer Disapproval

Percentage of high school students who believe peers would disapprove of using the following:

66% of students believe their peers would disapprove of using marijuana edibles



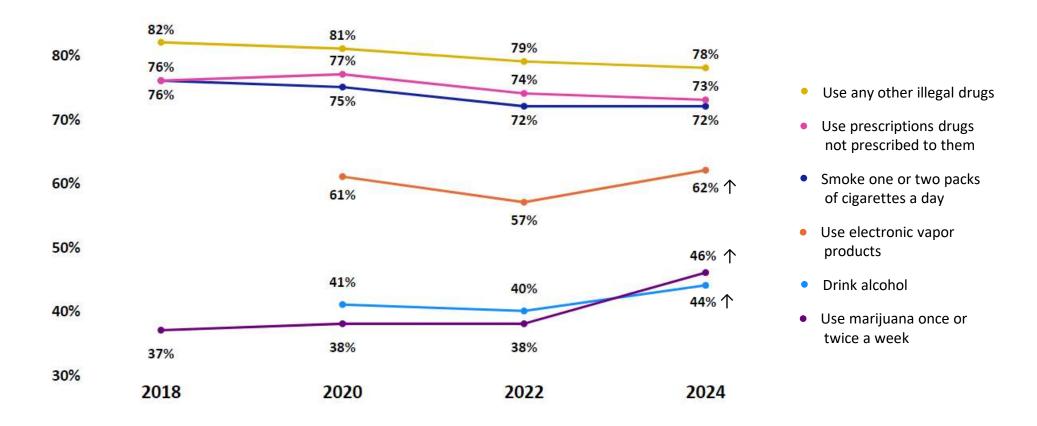
*Alcohol use = 1 or 2 drinks nearly every day

Perceived peer disapproval has significantly increased for all substances compared to 2022.



Perception of Risk

Percentage of high school students who agree that people risk harming themselves (physically or in other ways) if they:



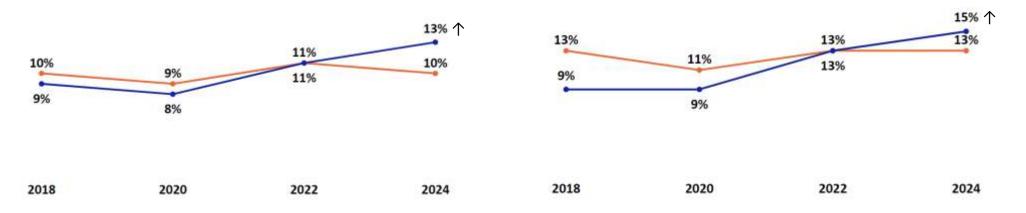
Compared to other substances, students report a low risk of harm with using marijuana and drinking alcohol, while risk for illegal drugs, prescription drugs, and cigarettes remains above 70%.

Perpetrating Bullying

In the last 3 months I...

Used the internet to post pictures/texts that might embarrass or hurt another student.

Used a cell phone to send texts/pictures that might embarrass or hurt another student.



• Middle School • High School

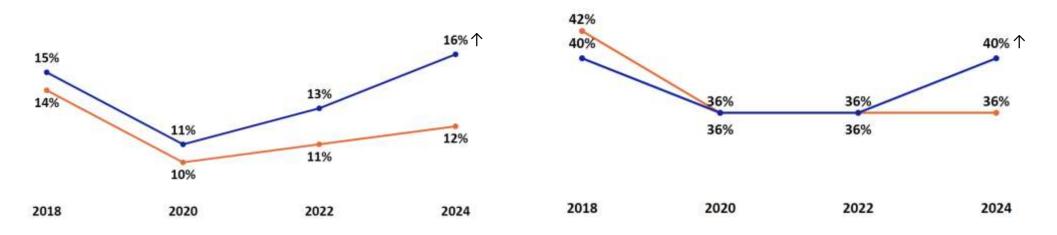
Rates of cyberbullying among middle school students are continuing to rise while rates among high school students have remained relatively steady.

Perpetrating Bullying cont.

In the last 3 months I...

Spread mean rumors or lies about other kids at school.

Made fun of other people.



Middle School
 High School

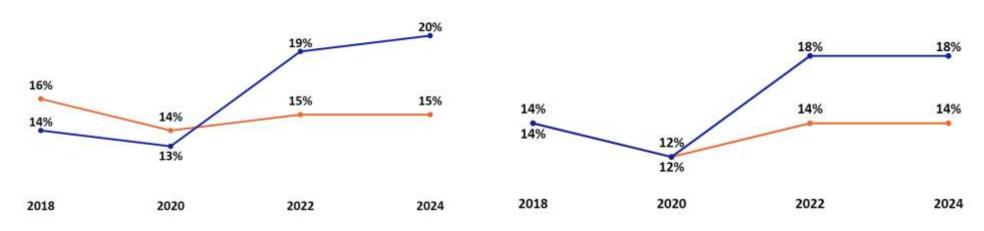
Rates of bullying are beginning to rise back up to pre-pandemic levels, especially among middle school students.

Experience Bullying

In the last 3 months I...

Had pictures/texts that embarrassed or hurt me sent by cell phone.

Had pictures/texts that embarrassed or hurt me posted through the internet.

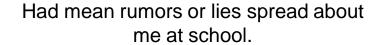


Middle School
 High School

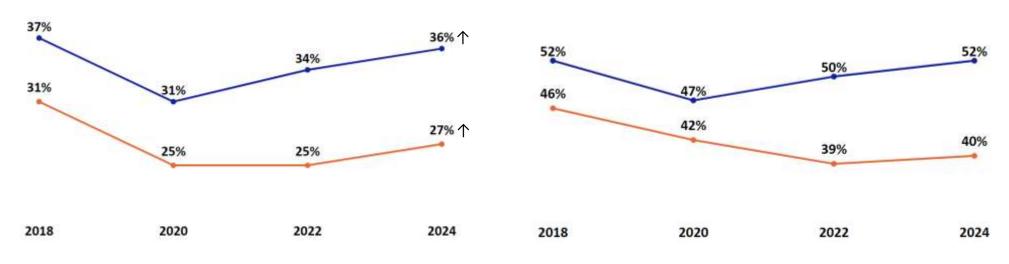
The percentage of students experiencing cyberbullying has exceeded prepandemic rates but remains steady compared to 2022.

Experience Bullying cont.

In the last 3 months I...



Been made fun of.



• Middle School • High School

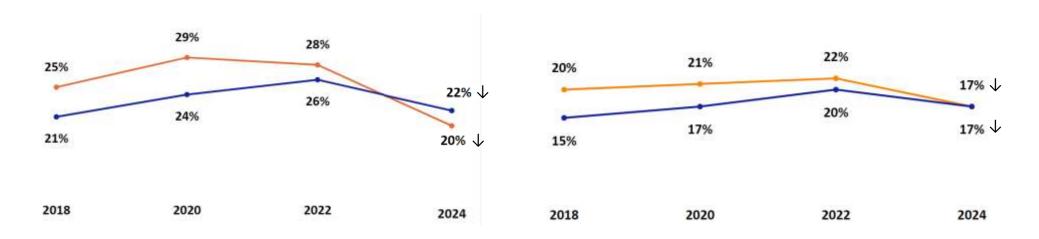
The percentage of students experiencing bullying continues to rise back up to pre-pandemic levels.

Mental Health

In the last 30 days...

Were you very sad?

Did you feel hopeless about the future?



• Middle School • High School

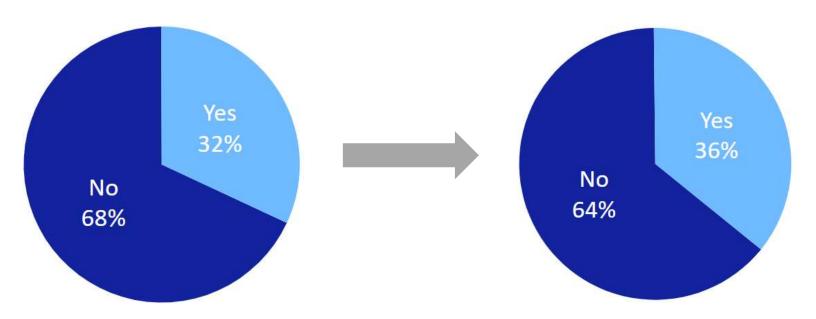
Compared to 2022, there was a statistically significant decrease in negative feelings surrounding mental health among all students.

Mental Health

Percentage of middle school students who...

Struggled with mental health issues over the past year.

Talked with a school counselor either in-person or on zoom.



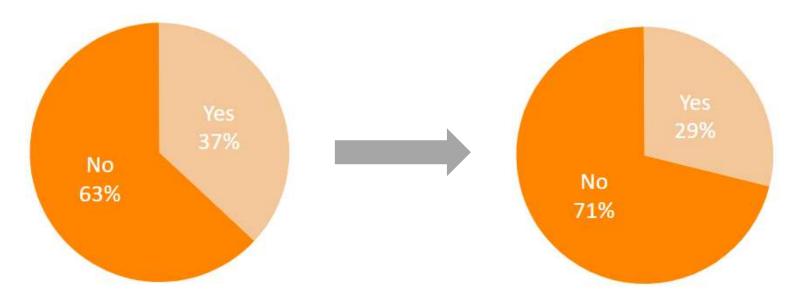
Of the 32% of middle school students who reported struggling with mental health over the past year, roughly 1/3 spoke with a school counselor.

Mental Health

Percentage of high school students who...

Struggled with mental health issues over the past year.

Talked with a school counselor either in-person or on zoom.

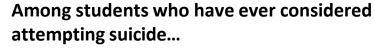


Of the 37% of high school students who reported struggling with mental health over the past year, roughly 29% spoke with a school counselor.

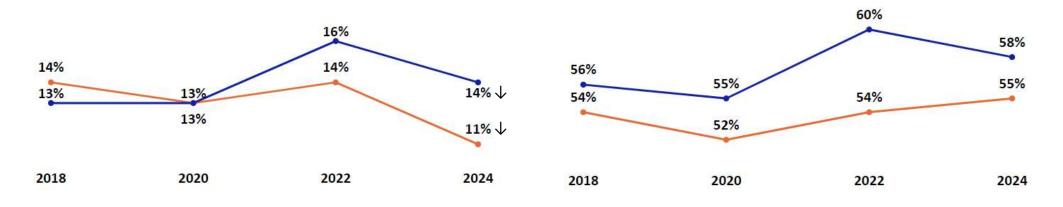
Suicide

Among all students...

Number of students who have ever considered attempting suicide



Number of students who have ever made a plan about how they would attempt suicide



Middle School High School

The percentage of all students who have seriously considered suicide has significantly decreased compared to 2022 and has gone back down to pre-pandemic levels.

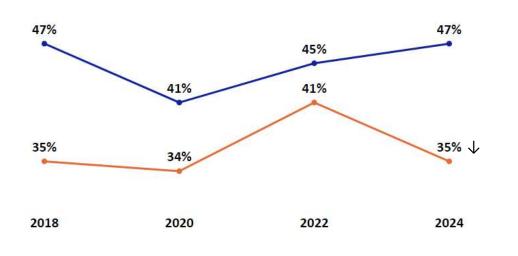
Suicide cont.

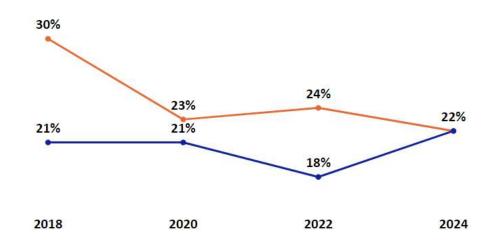
Among students who have ever considered attempting suicide...

Number of students who have ever attempted suicide

Among students who have ever attempted suicide...

Number of students who have ever attempted suicide which resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse





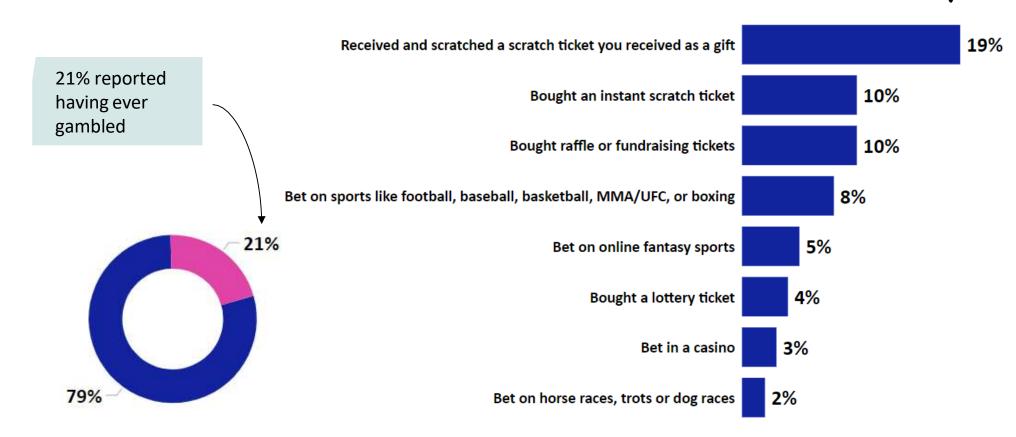
Middle School High School

Suicide attempt rates among high school students have significantly decreased compared to 2022 and have gone back down to prepandemic levels.

Gambling*

Among high school students...

In the last year, most students reported gambling through a scratch ticket received as a gift



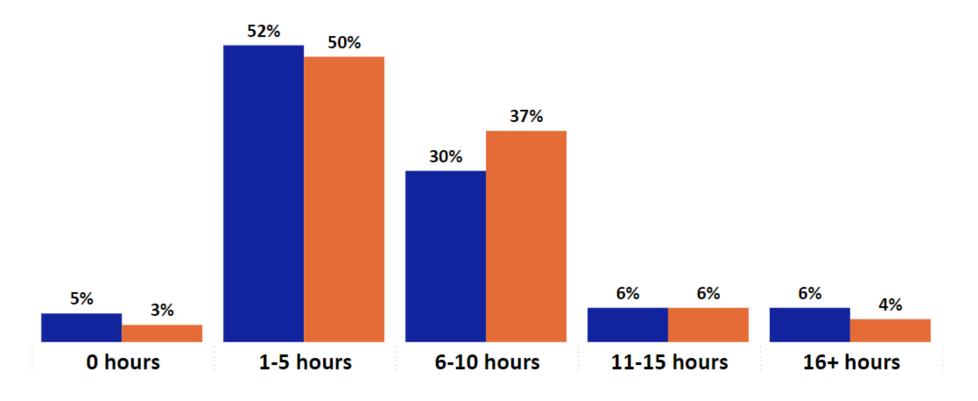


^{*}Questions were added new in 2024

[↑] Statistically significant increase compared to RISS 2022

Cell Phone Use*

On average, how much time do you think you spend on your phone each day?



Middle School
 High School

Most students report spending between 1 and 5 hours on their phone each day.



^{*}Questions were added new in 2024

[↑] Statistically significant increase compared to RISS 2022

Cell Phone Use* cont.

Percentage of students who agree that...

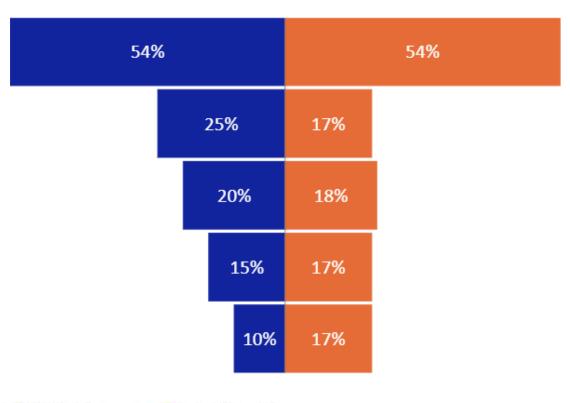
There are times when I use my phone for longer periods of time than I plan to.

People around me tell me I use my phone too much.

I think about my phone when I am not on it.

I have missed work or school because I am on my phone.

I have a hard time concentrating in class, while doing assignments, or while working because I am on my phone.



Middle School
 High School

Over half of students agree that they use their phone for longer periods of time than planned. Many students report that their cell-phone use interferes with daily functioning.



^{*}Questions were added new in 2024

[↑] Statistically significant increase compared to RISS 2022

What you can do

A Behavioral Health Crises



• 988 Suicide and Crisis Lifeline provides 24/7, free and confidential support for people in distress of all ages, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. Call, text, or chat 988 to be connected.

 BH Link aims to ensure all Rhode Islanders 18+ experiencing mental health and substance use crises receive the appropriate services they need in an environment that supports their recovery.



 Kids' Link RI™ is a hotline for children in emotional crisis offered by Gateway Healthcare, Lifespan, Hasbro Children's Hospital and Bradley Hospital.



If someone you love is going through a mental health or substance use crisis, you can access 24/7 help through Kids' Link RI™. Call 1-855-543-5465.



Mental Health, Suicidal Ideation, and Safe Storage

- School Districts should train faculty and school staff to recognize the signs of suicidal ideation/mental health distress using an evidence-based curriculum.
 - Rhode Island Student Assistance Services (RISAS)
 provides evidence-based programs in schools and
 communities to prevent substance use and promote
 mental health.
 - The Rhode Island Department of Health (RIDOH) recommends Mental Health First Aid training.
- Visit <u>RIDOH's Suicide page</u> for more information about suicide prevention and current initiatives.
- Schools should perform a walk-through of their suicide prevention protocol/policy annually as part of their district's mandatory School Safety Plan. Click here to access a model School Safety Plan for districts from RIDE and the RI Emergency Management Agency.
- The Rhode Island Department of Education (RIDE)
 provides information and resources to help you ensure
 your school meets the state requirements for health
 education, specifically by addressing the required topics
 of mental health and suicide prevention within the
 curriculum, and ensuring that students know which school
 staff to speak to if they or their friends are experiencing
 suicidal thoughts.
 - You can access a free mental health curriculum guide for high school students here.

- Help your community prioritize mental health and emotional well-being with support from Give an Hour, an organization that provides no-cost counseling through their volunteer provider network and empowers communities and individuals to take control of their mental health through customized programs and resources.
- Help prevent the misuse of medications by ordering FREE medication lock bags through the <u>Over-the-</u> Counter Doesn't Mean On-the-Counter campaign.
 - Locking up your medications can help save lives, so <u>click here to order a FREE medication lock</u>
 bag sent directly to you.
- You can order a free <u>safety kit from Project ChildSafe</u>, which includes gun safety locks.
- For an introduction to understanding, recognizing, and addressing mental health in your community, visit the <u>Learning for Quality learning module</u>.



What you can do: By Sector

m Business, Medical/Health, Moovernment

- Attend RI Regional Prevention Coalition events and/or become an active Coalition member. The Regional Coalitions bring experts in the fields of adolescent development, addiction and prevention to inform and mobilize the community to focus on the dangers kids face and how we, as a community, can reduce those risks they face every day.
 - If you would like to become an active member of the coalition at the regional or community level, <u>contact</u> <u>your local coalition</u> to learn more.
 - For more information about the RI Regional Prevention Task Forces, and to learn about current initiatives, visit the <u>BHDDH Community Based</u> <u>Prevention page</u>.

- <u>Donate</u> to your local Prevention Coalition program or sponsor an event.
- Use <u>best practices</u> and <u>policies</u> for selling tobacco or alcohol to avoid selling to minors.
 - If you are a tobacco retailer, complete the mandatory online retailer training.
- Learn more about how to become a recovery-friendly workplace through <u>Rhode Island's Recovery Friendly</u> <u>Workplace Initiative</u>.



Education

- Learn more about mental health and substance use prevention through the <u>RI Regional Prevention</u> Coalitions website.
- Enforce state laws that ban all tobacco product use and possession on all school properties at all times, including use of e-cigarette devices and smokeless tobacco.
 - To print enforcement signs, visit <u>health.ri.gov/tobacco</u> and select "publications".
- Learn more about how to support Tobacco Free Youth Initiatives in your school through <u>Tobacco Free Rhode</u> Island (TFRI).
- Support teachers/staff in learning about current trends in tobacco product use, how flavored tobacco products target youth, and evidence-based prevention strategies.
- For free technical assistance from the <u>RI Tobacco Control</u> <u>Program</u>, call the RI Department of Health at 401-222-5960.
- Learn more about how to increase visibility and awareness in your community about the dangers of alcohol, other drugs, and impaired driving, especially during prom and graduation season, through this <u>pre-</u> <u>prom and graduation planning kit</u> created by <u>Communities for alcohol and Drug-Free Youth</u>.

- You can access support from peer-leadership programs to hold athletes and participants in school organizations to a no-use policy, even when not in school. <u>Athletes</u> <u>Against Substance Abuse (VAASA)</u> is a peer-leadership program in which high school athletes pledge to remain alcohol and drug free and are trained to address younger students as positive role models.
 - To learn more about establishing a no-use policy or to collaborate with your school Student Assistance Counselor, call RISAS at 401-732-8680.
- RIDE offers <u>resources</u> to support schools in developing policies on anti-bullying to help ensure safe and supportive learning environments for all RI Youth.
 - Learn more about how schools can support transgender and gender nonconforming students through this guide from RIDE.
- Focus on youth engagement and work with your school district to prevent use of substances at all school-related functions.
- Develop strategies for routine monitoring of bathrooms and parking lots for youth substance use.
- Learn more about how to enforce a <u>Smoke-Free School</u> <u>Policy</u> from TFRI.

Education Continued

- Utilize the following resources to educate students and adults:
 - o RIPRC
 - o Binge Drinking on Teen Brain Development
 - o Marijuana and the Adolescent Brain
 - O What's Up with E-Cigarettes?
 - **O RI Regional Prevention Coalitions**
- Additional Resources:
 - Social & Emotional Learning (SEL)
 - o School Mental Wellness Resources
 - o Rhode Island Student Assistance Services (RISAS)



- Enforce state laws that ban all alcohol, marijuana and tobacco product use, possession, and driving under the influence at all times, including use of all e-cigarette devices and smokeless tobacco.
 - To print enforcement signs, visit health.ri.gov/tobacco and select "publications".
- Perform regular compliance checks and check with your local prevention coalition for assistance and to share data.
- Consider implementing other enforcement activities which include:
 - Crackdowns on false identification;
 - Programs to deter older youth or adults from providing alcohol, tobacco, marijuana, or e-cigarette products to minors;
 - o Party patrols to prevent drinking at large gatherings;
 - "Cops in shops" to keep minors from purchasing alcohol;
 - Youth-focused campaigns to enforce impaired driving laws;
 - Investigations to determine the source of alcohol and hold the responsible party accountable for their role in alcohol related incidents.

- The Rhode Island Cannabis Act was signed into law in May 2022, legalizing the personal use and licensed retail sale of marijuana to those age 21 or older. You can learn more about this legislation here, and stay informed about the risks and impacts of marijuana here.
- Learn more about how the <u>Youth Driven traffic safety and leadership program</u> led by RISAS and supported by the RI Department of Transportation Office On Highway Safety can help RI students better understand traffic safety with a focus on substance use prevention strategies and safe decision making skills.
- Learn how to recognize an overdose and respond using naloxone (or Narcan®), a medicine that can reverse an opioid overdose.
 - You can learn more about how to access naloxone and naloxone training at <u>Prevent Overdose RI</u> and the <u>Preventing Overdose and Naloxone</u> <u>Intervention (PONI)</u> program.
- Locate a permanent prescription drug disposal site near you using the BHDDH Drug Disposal Site list.

Community/Family Supports

- Evidence-based prevention programs show that we can create an environment that protects kids from alcohol and substance abuse by boosting protective factors like:
 - Effective parenting;
 - o Eating meals together;
 - Building self-esteem;
 - o Extracurricular school programs;
 - Faith-based youth programs and communitysponsored youth programs.
- Talk early and often to kids about alcohol and drugs. According to DrugFree.org, a majority (62%) of teens who reported alcohol use said they had their first full alcoholic drink by age 15, and one in four (25%) said they drank a full alcoholic drink for the first time by age 12 or younger, so start these conversations early. In addition, try to encourage your child to talk about their feelings, thoughts and fears, and maintain strong bonds with your teens while setting clear limits through things like having family meal time, asking about homework and school projects, learning what websites/apps your teen is using, and getting to know your teen's friends.
 - Parents and caregivers can use SAMHSA's
 <u>Screen4Success tool</u>, offered through their *Talk*.

 They Hear You. Campaign, to better understand the health, wellness, and wellbeing of their children and find resources to address their needs.

- When adults respond quickly and consistently to bullying behavior, they send the message that it is unacceptable.
 Visit <u>stopbullying.gov</u> to learn more about how you can help stop bullying behavior.
- Explore the <u>CDC's Dating Matters</u> Toolkit to find resources around how you can encourage strategies to promote healthy teen relationships.
- Consider participating in parent skill building courses like <u>Strengthening Families</u>.
- You can learn more about skills for families living with someone experiencing substance use disorder through resources such as REST.

Thank you!

The Rhode Island Department of Behavioral Healthcare, Developmental Disabilities and Hospitals would like to acknowledge the cooperation and effort of all the schools and students who participate in the Rhode Island Student Survey each administration year.



Dan McKee Governor



Richard Charest Secretary



Richard LeclercDirector



Dr. Jerome M. Larkin
Director



Angelica Infante-Green
Commissioner







Resource List

Behavioral Health Crises/Depression/Suicidal Ideation

- https://988lifeline.org/chat/
- https://www.bhlink.org/
- https://www.lifespan.org/centers-services/kids-link-ri
- https://risas.org/
- https://www.mentalhealthfirstaid.org/
- https://health.ri.gov/violence/about/suicide/
- https://www.ride.ri.gov/StudentsFamilies/HealthSafety/Emer
 gencyPreparedness.aspx
- https://www.ride.ri.gov/
- http://bit.ly/2LhcuUx
- https://giveanhour.org/
- https://riprevention.org/campaigns/
- https://docs.google.com/forms/d/e/1FAlpQLSfywK0KYI9wcTIH
 kciK5tl5Qp5hOHgRiclSnjuJGwRGgqjVaQ/viewform
- https://projectchildsafe.org/get-a-safety-kit/
- https://learningforquality.org/login/
- https://recoveryfriendly.ri.gov

Business, Medical/Health, and Government

- https://riprevention.org/
- https://riprevention.org/contact/
- https://bhddh.ri.gov/substance-useaddiction/individual-and-family-information/help-opioid-dependence/community-based
- https://rrforum.org/
- https://tobaccofree-ri.org/policy-briefs.htm



Resource List

Education

- https://health.ri.gov/tobacco
- https://tobaccofree-ri.org/
- https://tobaccofree-ri.org/tobacco-free-school-policy.htm
- https://health.ri.gov/programs/detail.php?pgm_id=33
- https://cadyinc.org/resources/get-the-facts/keeping-yourchild-safe-around-prom-and-graduation-time/
- https://cadyinc.org/
- https://risas.org/our-programs/other-programs/
- https://risas.org/contact-us/
- https://www.ride.ri.gov/StudentsFamilies/HealthSafety/Bullyin gSchoolViolence.aspx
- https://www.glad.org/wp-content/uploads/2017/02/ride-transgender-students-guidance-6-7-16.pdf
- https://www.riprc.org/
- https://alcohol.org/teens/binge-drinking/%0A/
- https://www.riprc.org/elearning/marijuana_adolescent_brain/#/
- https://www.riprc.org/elearning/e-cigarettes/#/?_k=m4kq44
- https://www.ride.ri.gov/studentsfamilies/healthsafety/socialemotionallearning.aspx
- https://ride.ri.gov/students-families/health-safety/school-mental-wellness-resources

Safety

- https://health.ri.gov/tobacco
- https://riprevention.org/
- https://www.rilegislature.gov/pressrelease/PressReleaseFiles/Ma
 rijuana%20Legalization%20in%20RI%20FINAL%20030122.pdf
- https://riprevention.org/marijuana/
- https://www.youthdriven.org/
- https://preventoverdoseri.org/get-naloxone/
- https://poniri.org/
- https://bhddh.ri.gov/prevention/prescription-drug-disposal-sites

Community/Family Supports

- https://DrugFree.org
- https://www.samhsa.gov/talk-they-hear-you/screen4success
- https://www.stopbullying.gov/
- https://vetoviolence.cdc.gov/apps/datingmatters-toolkit/?deliveryName=USCDC 1104-DM9553&/
- https://strengtheningfamiliesri.blogspot.com/
- https://www.resthelps.org/