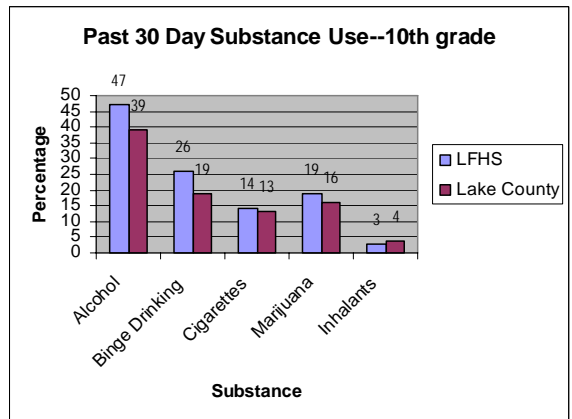
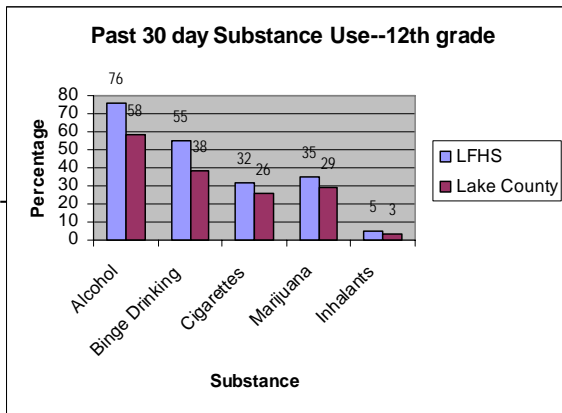


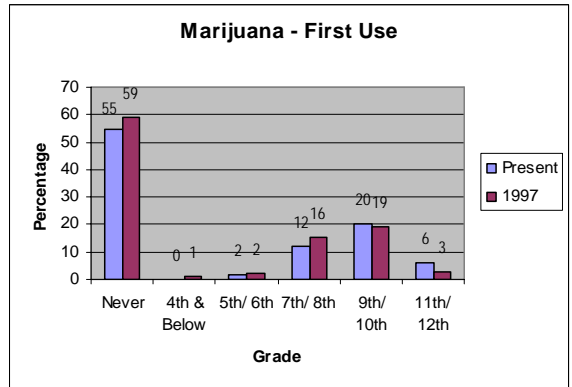
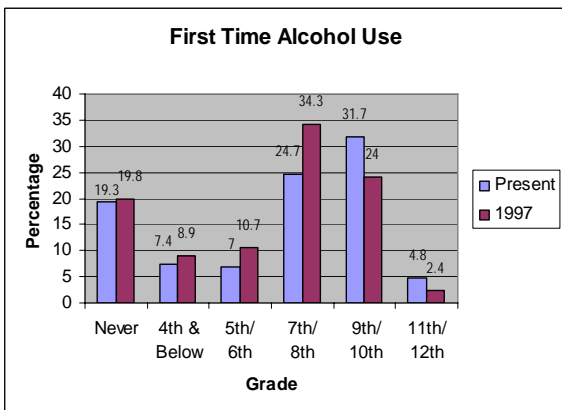
## LFHS Illinois Youth Survey Overview

In February 2006, the Illinois Youth Survey was administered to 218 tenth grade students and 260 twelfth graders. In addition to substance use and demographic questions, the survey covered some risk and protective factors for youth drug use. In other words, there are specific kinds of information about a youth’s community, peers, school, and family that are statistically associated with the degree of drug use among groups of youth. The surveys were administered to students during Wellness classes or Athletic Study Halls, and the sample of participants is considered to be representative of the population of sophomores and seniors during the 2005-2006 school year.

These graphs illustrate the percentage of youth who admitted to using the following substances in the past thirty days. For the purpose of this survey, “binge drinking” was defined as having 5 or more alcoholic drinks in a row. The LFHS percentages are compared to the averaged responses of other Lake County high schools who participated in the survey.



Research shows that the age of first use is an important indicator in determining the extent and conditions of drug use. This data is also important in continuing our prevention efforts. First time use of alcohol and marijuana suggests that attention to the issues should occur in middle school as well as high school, and that speaking to students about the risks of use must occur as early as possible. Our data suggested that half of the students who ultimately use alcohol or marijuana before leaving high school, begin using in middle school.



Another finding of importance was the perception that students have in regard to their peers' substance use. Research has shown that perceptions of use are a factor in underage drinking. Students consistently perceive their peers are using at higher levels than the peers actually reported. The highest category of misperception is of those who don't use at all—most students feel their peers are using, when in fact, they report that they do not. The data showed that students perceived only 3.1 percent of their peers had never used alcohol, when in fact 36 percent of students reported never using alcohol. The frequency of use is also overstated. Other risk factors that were identified were parent approval of alcohol use (particularly in 12<sup>th</sup> grade), lack of parental monitoring, and youth access to alcohol (most often at home).

**Lake Forest High School currently has a number of prevention activities and programs that take place throughout the year. These include Red Ribbon Week, Students Against Destructive Decisions, Health Fair, Stress Management Group, Peer Training classes, Alternative to Suspension Program, and various community service opportunities. Additionally, an Emotional Wellness initiative has been introduced, with plans to be fully integrated into freshmen curriculum by the 2008-2009 school year. There are currently four social workers and two school psychologists on staff. LFHS is currently in the process of forming a committee to examine best practices and research in regard to a Student Assistance Program, with hopes to include both middle schools in forming a comprehensive plan to best meet the needs of all students. The Illinois Youth Survey will be administered to tenth and twelfth grade students again this winter.**

**In response to these survey results, LFHS has joined with LEAD, the Lake Forest and Lake Bluff Police Departments, District 67 and District 65, along with many community members, parents, and students to form the Lake Forest/Lake Bluff/Knollwood Underage Drinking Task Force. For more information on becoming a member, please contact Stacy Vermylen at LEAD.**