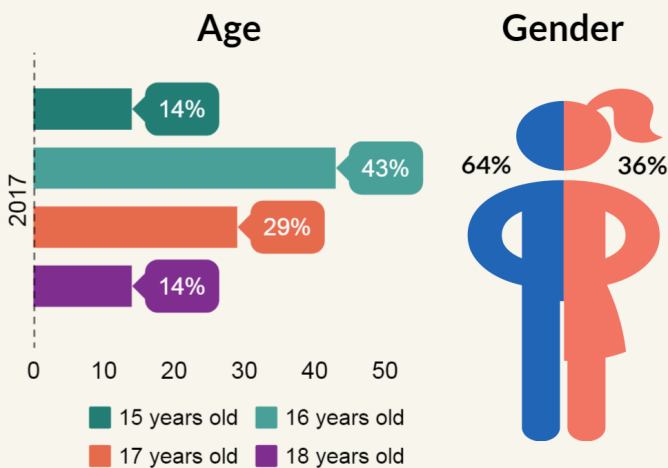


# Charlestown Coalition/ Gavin Foundation High School Program Survey Results

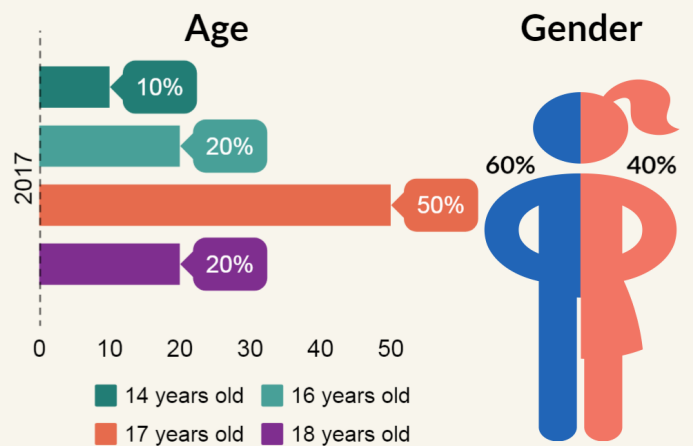
The following data come from a self-reported survey from youth participants who participated in an after-school group at Charlestown High School in the hopes of reducing marijuana dependence. 14 youth took the pre survey, while 10 youth completed the post survey.

## Demographics

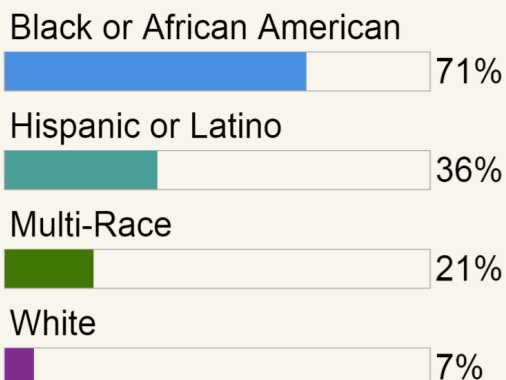
Pre



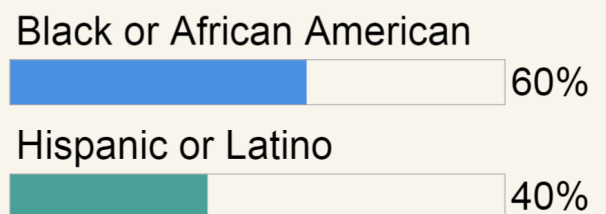
Post



## Race/Ethnicity



## Race/Ethnicity



\*Respondents checked more than one category; thus percentages do not add up to 100%

## Stress Management



Smoking marijuana to relieve stress decreased from 71% to 50% post program



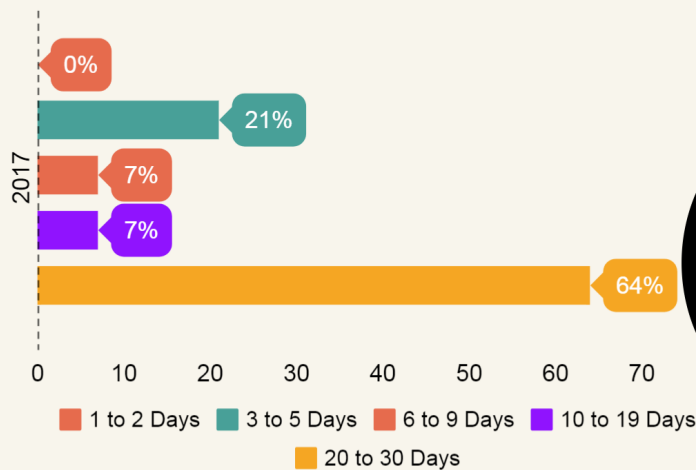
Both talking to a friend and engaging in sports and exercise as a form of stress relief increased from 29% pre program to 60% post program



More students reported relieving stress by talking to Sarah and/or Nicole, using stress cream, and listening to music after the program ended

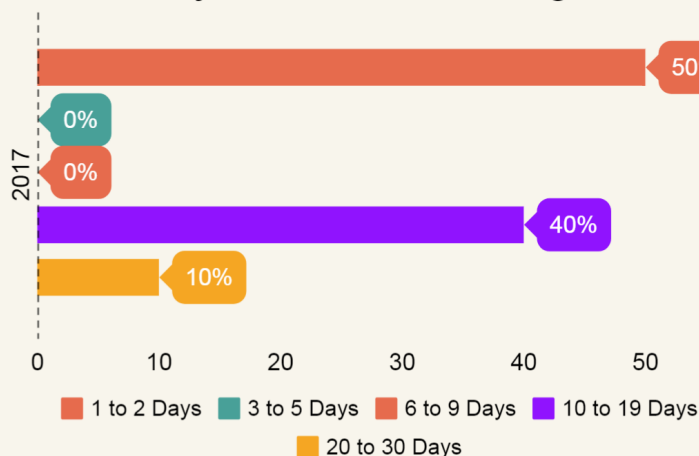
## Past 30 Day Marijuana Use

### Marijuana Use-Pre Program



20 to 30 Day Marijuana Use decreased from 64% pre program to 10% post program; more youth reported using marijuana 1 to 2 days in the past month at the end of the program

### Marijuana Use-Post Program



## Top Reasons for Smoking Marijuana



	Pre	Post
Relieves stress	71%	80%
Being high feels good	50%	30%
Relieves anxiety/Takes the edge off	43%	60%
Helps youth get to sleep	43%	30%
Gives youth something to do when bored	29%	0%

## Motivation to Quit Using Marijuana



29% reported they were very unmotivated to quit smoking at the beginning of the program; at the end of the program this number dropped to 0%



35% of youth reported being neither motivated nor unmotivated at the start of the program; this number increased by 5% to 40% in the post survey

There was a 36% increase in being fairly motivated to quit smoking marijuana from pre program to post program (from 14% to 50%)



There was a 7% decrease in being extremely motivated to quit smoking marijuana from pre to post (from 7% to 0%)

## Attitudes Towards Marijuana



Youth were more neutral in their responses to statements such as liking themselves more when high, enjoying marijuana use and not wanting to quit, believing marijuana is not harmful, using marijuana socially without problems, and being at their best when high. Youth reported strongly disagreeing with the statement "I'm not strong enough to stop using marijuana" more so than in the pre survey; at the start of the program, 57% strongly disagreed with this statement, while 80% strongly disagreed once the program ended.

## Returns to SAP Program



29% reported being sent back to the SAP Program at the start of the program. At the end of the program, this number decreased to 0%, as 100% reported not being sent back to the SAP Program in the post survey

## Qualitative Responses



At the start of the program, students reported wanting to learn more about stress, obtaining more support to stop smoking, and learning how to smoke less to save money/have the least amount of damage to the body



At the end of the program, youth reported learning how music affects mood, how marijuana affects the brain, the benefits of regulating marijuana use and focusing on priorities, and having people to talk to for support