
New Brunswick Student Drug Use Survey 2002 Highlights Report

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We would like to gratefully acknowledge the help and dedication of Martine Robichaud in implementing this survey in New Brunswick. We would also like to thank the social workers in Addiction Services, the English and French School Districts, and the principals and teachers across New Brunswick for their effort and co-operation. Most importantly, we thank the students for participating and ensuring the success of this project.

New Brunswick
November, 2002

Overview

The 2002 New Brunswick (NB) Student Drug Use Survey is part of a co-ordinated Atlantic Canada initiative, which provides information about alcohol, tobacco, other drug use, problem gambling and other risky behaviours among adolescent students across the region. This is the third wave of surveys in the Maritime Provinces since 1996 (Nfld. did not participate in this survey).

The results in this Highlights Report are from 3,854 randomly sampled NB students in grades 7, 9, 10 and 12 who completed the survey and who met the design requirements. Similar to previous surveys, the drugs most commonly used by adolescent students in NB are still alcohol, tobacco and cannabis.

Compared to previous surveys, however, the 2002 survey revealed a marked increase in the prevalence of cannabis and psilocybin/mescaline use, and a significant decrease in the prevalence of cigarette smoking and LSD use. The use of alcohol and other drugs remained relatively stable, whereas the non-medical use of stimulants, which includes amphetamines and Ritalin, had increased.

In the course of a year, about 1 out of 10 students, on at least one occasion, had driven a motor vehicle within an hour of consuming two or more drinks of alcohol. More than half (55%) of high school students engaged in unplanned sex because they were under the influence of alcohol or other drugs. One out of five students who did not use a condom while engaged in sexual intercourse was either under the influence of alcohol, or other drugs, or their partner was.

About 2 out of 5 students who reported using alcohol or other drugs had at least one alcohol related or drug related problem. Approximately 2 out of 5 students did not consume drugs in the 12 months before the survey.

Among students who reported smoking, more than half of them (55%) tried to quit during the six months before the survey. Among the frequent cigarette users, about 9 out of 10 were daily smokers, and nearly 1 in 3 smoked their first whole cigarette before the age of 10.

Regarding gambling, nearly 2 out of 3 adolescent students participated in at least one gambling activity in the course of a year, and about 1 in 4 students did so at least once per month.

The majority of students did not feel they needed help, while a small proportion of students (8%) felt they needed help for cigarette smoking, alcohol drinking, other drug use or

gambling; approximately 1 in 3 students who needed help actually received it.

Although the majority of students were aware of school rules regarding alcohol and tobacco on school property, more junior high than senior high students recalled having classes on alcohol, tobacco and other drugs. Some students felt a need for more sex and drug education and for different approaches to drug education.

« Basically, I grew up and was raised in a good strongly [sic] happy environment. And I grew up knowing as long as I feel good about myself, NOTHING can get me down. And that is the truth. I have to [sic] much going on in my life to ruin it with drugs or alcohol. »

Male, Grade 9

« My friends and I smoke pot because we like it, it doesn't affect our lives. I wish people would stop being so weird when it comes to smoking pot. It's not a big deal. »

Male, Grade 9

« I used to do lots and lots of drugs, but I stopped and I'm glad I did. Getting caught was great. »

Female, Grade 10

« I smoke cannabis everyday to avoid being depressed. »

Female, Grade 12

« In grade 6 I had a D.A.R.E. program which stands for « Drug Abuse Resistance Education » and that helped me a lot. I learned and (they) told us why drugs were bad and what they would do to you. »

Female, Grade 7

Survey Procedure

The New Brunswick Student Drug Use Survey 2002 was a province-wide survey of students in the public school system in grades 7, 9, 10, and 12 (11 to 19 years of age). Not included in the sampling frame were students attending private school, street youth, dropouts and adolescents absent from school on the day of the survey.

The survey used a standardized scannable questionnaire, administered in NB, NS and PEI in the spring of 2002. The approximate 10,000 students in these three provinces were anonymous participants. The survey required random probability sampling methods based on classes of students. In NB, 180 classes were selected in rural and urban settings from English and French School Districts, which provided 4,078 students in the public school system in grades 7, 9, 10 and 12 for surveying. After excluding those students who either were not from grades 7, 9, 10 and 12 (152), or who completed less than 10% of the questions (5), or who had a positive answer to a fictitious drug question (67), a total of 3,854 students remained.

Any drug use was defined as use in any location at least once in the 12 months before the survey. Tobacco use referred to the use of cigarettes, cigars and/or chewing tobacco. Smoking referred to smoking more than one cigarette within the 12 months before the survey; frequent cigarette smoking referred to smoking more than 10 cigarettes per day. For alcohol, use referred to any alcohol use within the 12 months prior to the survey ranging from less often than once per month to daily alcohol use. Frequent use of alcohol was defined as consuming alcohol more than once per month.

As a result of a request from the Department of Education, two versions of the questionnaire were administered to students in NB. The grade 7 version did not have the questions on sexual-risk behaviours, which were contained in the questionnaire for grades 9, 10 and 12.

« This survey was thorough, and it will give a lot of statistics! »

Female, Grade 9

« This generation is fine. Although we surely appreciate your relentless efforts... we're fine without them. »

Male, Grade 11

« There [sic] all very good questions and (they) make you think about your life and the way you live it. »

Female, Grade 10

« It seems to me that people that do not use drugs/smoke are kinda... « uncool » in today's [sic] society. Just because we don't slowly kill ourselves doesn't mean we aren't fun!!... »

Male, Grade 9

« Cannabis may be illegal, but if used right, I believe it is better than alcohol. Alcohol makes you sick. And feel drunk all night. Cannabis wears off after an hour or two. You are more capable of doing things. Each drug however, being alcohol or cannabis, does have their downfall [sic]. I don't see why one is illegal and the other one isn't. »

Female, Grade 12

« I am an occasional user of ecstasy, cannabis, and amphetamines. I have never been addicted to any of these substances as I know my limits, honestly I do question the relevance of your comment on asking about raves, because most raves now enforce strict anti-drug policies [sic]. »

Male, Grade 12

« I only wanted to say that contrarily [sic] to popular belief, it's not because we use drugs/alcohol occasionally [sic] that we will become dependant. We can use it for pleasure [sic] – it doesn't mean that it's bad for us or that we are « junkies ». We only need good judgment [sic]. Thank you. »

Female, Grade 10

Findings in NB

Alcohol, tobacco and cannabis were the drugs most commonly used by adolescent students in NB.

Alcohol, tobacco and other drug use (%) among students in 1996*, 1998* & 2002, NB SDUS 2002

Substances	Percentage Use					
	1996*		1998*		2002	
	(n=3315)		(n=3298)		(n=3854)	
	%	95% C.I.	%	95% C.I.	%	95% C.I.
Alcohol	52.3	49.6 - 55.0	55.6	53.0 - 58.2	53.2	51.1 - 55.3
Cigarette	32.7	31.0 - 34.5	32.2	30.1 - 34.4	20.7	18.9 - 22.5
Cannabis	28.9	26.8 - 31.1	30.6	28.5 - 32.7	34.9	32.9 - 37.0
LSD	15.1	13.4 - 16.8	10.9	9.8 - 12.0	5.2	4.3 - 6.1
Solvents or Inhalants	5.8	4.8 - 6.8	5.5	4.7 - 6.4	5.3	4.5 - 6.1
Psilocybin/Mescaline	8.4	7.3 - 9.5	9.3	8.3 - 10.4	11.6	10.4 - 12.8
Tranquilizers, Non-Medical Use	4.5	3.7 - 5.3	3.8	3.0 - 4.5	5.0	4.3 - 5.7
Cocaine/Crack	4.7	4.0 - 5.4	4.0	3.2 - 4.8	3.6	2.9 - 4.3
Steroids	2.8	2.2 - 3.3	2.2	1.7 - 2.7	2.8	2.2 - 3.4
PCP	3.9	3.1 - 4.6	3.5	2.8 - 4.2	3.9	3.2 - 4.6
Heroin	2.4	1.9 - 2.9	1.7	1.2 - 2.2	1.9	1.5 - 2.3
Stimulants, Non-Medical Use**	9.3	8.0 - 10.5	8.4	7.3 - 9.5	13.4	12.1 - 14.7
Amphetamines, Non-Medical Use	N/A		N/A		10.9	9.8 - 12.0
Ritalin, Non-Medical Use	N/A		N/A		5.8	4.9 - 6.7
Ecstasy	N/A		N/A		4.0	3.3 - 4.7

* previous Student Drug Use Surveys

** In 1996 & 1998, stimulants represented any use of Benzedrine, Dexedrine, Ritalin, Cylert, diet pills, etc. In 2002, stimulants represented any use of Amphetamines and/or Ritalin.

 « You'd be surprised as to how many people smoke weed. The preps and geeks do it all the time. This whole entire school consists of pot heads. Even some of the teachers have bought weed off of people I associate with. Weed is NOT a drug!!! LEGALIZE IT!!! »

Female, Grade 12

« When I smoke « pot », I really feel better. It seems like everything is going well when I'm high... Something else is that it increases my sexual desire. It's maybe because of those reasons that I use drugs. When I smoke, I don't feel as lonely. »

Female, Grade 9

 « Marijuana SHOULD NOT be legalized (I am a pot smoker) because drug dealers will start selling worst [sic] drugs other than grass! Take it from me. »

Male, Grade 9

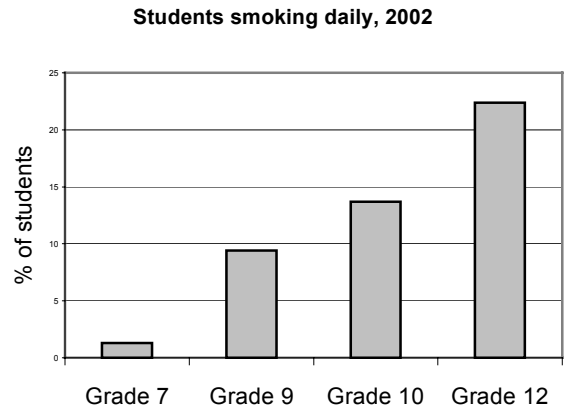
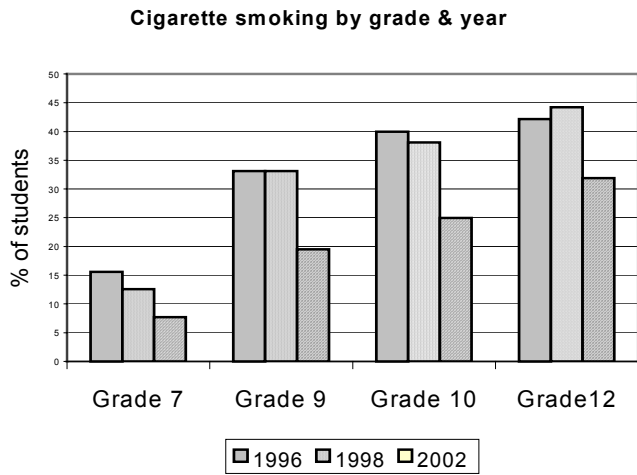
« It seems to me as if weed is becoming sickeningly common and I wish kids could see just how terrible it is. In middle school, they did a good job convincing people that cigarettes are bad but for some reason marijuana doesn't scare them. Also, I don't think barely ANY high school students understand why drinking is bad. It's INCREDIBLY frustrating. Kids really need to know just HOW BAD it all really is or they won't stop. »

Female, Grade 10

TOBACCO

	Cigarette Use in 2002 Survey	Comparison with Previous Surveys
In General	<ul style="list-style-type: none"> - Overall, 21% of students surveyed reported smoking cigarettes more than once during the 12 months before the survey. - 4% of students surveyed reported smoking 10 or more cigarettes per day 	<ul style="list-style-type: none"> - The overall smoking rate had decreased in 2002 compared to 1996 (33%) and 1998 (32%).
Gender	<ul style="list-style-type: none"> - More females (23%) reported smoking than males (18%). 	<ul style="list-style-type: none"> - The gap between females and males was similar to previous surveys.
Grade	<ul style="list-style-type: none"> - Rates of smoking increased with grade level: Grade 7: 8% Grade 9: 20% Grade 10: 25% Grade 12: 32% 	<ul style="list-style-type: none"> - Compared to previous surveys, a marked decrease in the smoking rate in each grade was observed in 2002.

Cigarette smoking was increasingly common as students got older.



Frequent Cigarette Users:

- 89% of frequent cigarette users were daily smokers.
- 30% of frequent smokers smoked their first whole cigarette before age 10.

Influence of Friends:

- Students were more likely to smoke if their friends smoked.
- 41% of students smoked more than 100 cigarettes in their lifetime to date, if half or more of their friends smoked.
- If none of their friends smoked, less than 1% of students smoked more than 100 cigarettes in their lifetime to date.

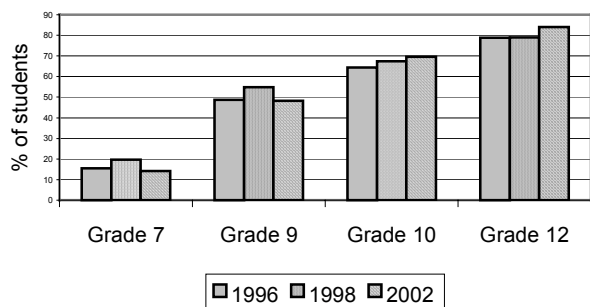
ALCOHOL

	Alcohol Use in 2002 Survey	Comparison with Previous Surveys
In General	- Overall, 53% of students surveyed reported drinking alcohol at least once within the 12 months prior to the survey. - 30% of students were frequent users of alcohol.	- The overall use of alcohol remained at a level similar to what was observed in 1996 (52%) and 1998 (56%).
Gender	- More females (55%) than males (51%) reported drinking alcohol at least once in the past year.	- The rates of alcohol use were the same for females, but the rates for males had significantly decreased compared to 1998.
Grade	-Drinking increased with grade level: Grade 7: 14% Grade 9: 48% Grade 10: 70% Grade 12: 84%	- Rates of drinking had decreased in grades 7 and 9 but increased in grades 10 and 12 compared to 1998.

Alcohol consumption was increasingly common as students got older.

Frequent Alcohol Users:

Any use of alcohol by grade & year



Any use of alcohol by gender & year



- 47% had their first drink in grade 7 or earlier.
- 48% consumed alcohol one or more times per week in the past year.
- 52% went to a bar, tavern, beverage room or lounge at least once in the past year.
- 94% had 5 or more drinks on the same occasion in the past month.
- 69% were intoxicated at least once in the past month.

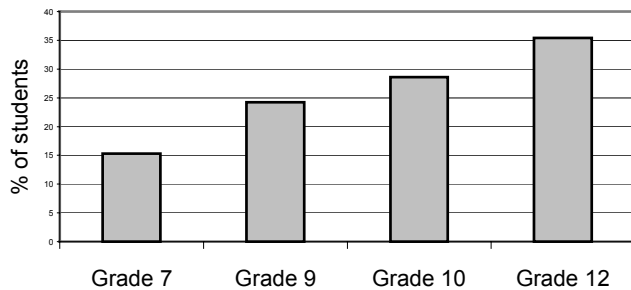
Influence of Friends:

- Alcohol use was most common if friends also used alcohol.
- 81% of students drank alcohol, if half or more of their friends also drank alcohol.
- Only 3% of students drank alcohol, if none of their friends drank alcohol.

Alcohol and Driving:

- Overall, 9% had driven a motor vehicle within an hour of drinking two or more drinks of alcohol at least once in the past year; more males (11%) than females (6%) reported driving under these conditions.
- 26% reported being a passenger with an impaired driver in the past year; being a passenger with an impaired driver was more common as students got older.
- Among frequent users, 2% reported having been a driver in a motor vehicle accident after having drunk two hours prior to the accident.

Passenger with impaired driver, 2002



« For alcohol use, I only had a couple of sips resently [sic] because I felt like it I was not pressured or anything I just wanted to have something to drink not to get drunk. I have never been drunk before, though I have had a couple of drinks at a party. I have not been to a party since then that was serving alcohol for underaged people ! »

Female, Grade 9

« The legal drinking age is too high. It should be 18 instead of 19 years old. Everybody does it before anyway (before 19). »

Male, Grade 12

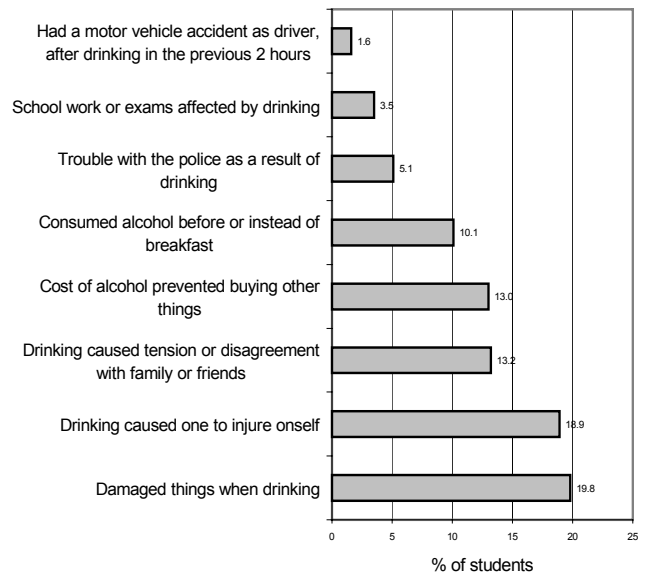
« Most if not all my friends drink. I don't think we are addicted or anything. It's just what we do and enjoy. »

Male, Grade 12

Alcohol Related Problems:

- Overall, 42% of students, who reported using alcohol in the 12 months before the survey, had at least one or more alcohol related problems.
- The most common alcohol related problems were damaging things when drinking and injuring oneself.

Students with Problems Related to Alcohol Use, 2002



« A lot of my friends drink, sometimes if I don't drink I feel like I am ruining their fun. My boyfriend drinks every weekend. Would it be okay to tell him to stop? I think schools need more education on alcohol. »

Female, Grade 9

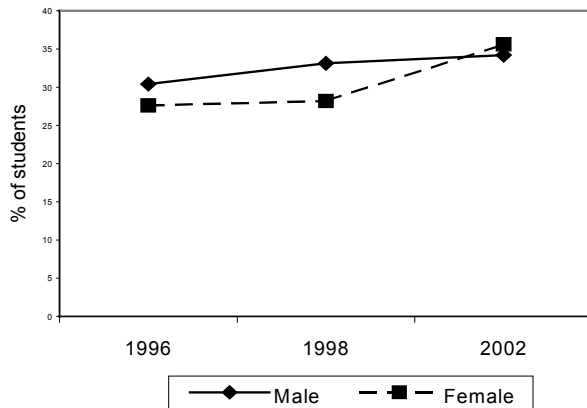
« In our city, teens drink for one reason : there is nothing else to do. It's like it's their only way to have some fun. Every city should take care of their young people as much as possible by offering them more activities. »

Male, Grade 12

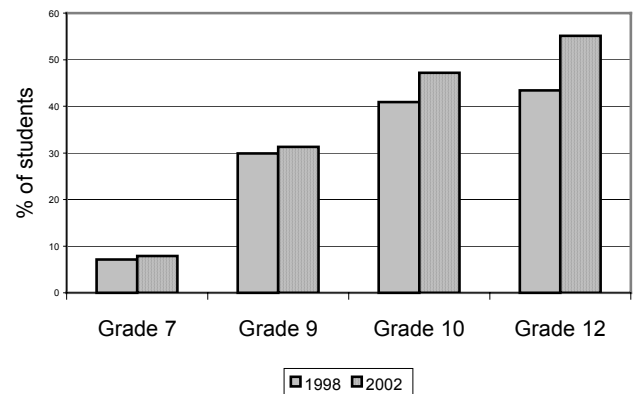
CANNABIS

	Cannabis Use in 2002 Survey	Comparison with Previous Surveys
In General	<ul style="list-style-type: none"> - Overall, 35% reported any use of cannabis in the 12 months prior to the survey. - 17% were frequent users of cannabis 	<ul style="list-style-type: none"> - Cannabis use increased significantly compared to previous surveys. - The positive linear trend was also noted in other Maritime Provinces.
Gender	<ul style="list-style-type: none"> - Any use of cannabis was similar for males (34%) and females (36%). - More males (18%) than females (15%) were frequent users of cannabis. 	<ul style="list-style-type: none"> - The gap between male and female cannabis use has decreased more in 2002 than in previous surveys. - Female cannabis use increased significantly in 2002 compared to previous surveys
Grade	<ul style="list-style-type: none"> - Cannabis use increased with grade level: Grade 7: 8% Grade 9: 31% Grade 10: 47% Grade 12: 55% 	<ul style="list-style-type: none"> - Compared to 1998, the increase of cannabis use most likely occurred among students in higher grade levels.

Cannabis use by gender & year



Cannabis use by grade, 1998 vs 2002



Influence of Friends:

- Similar to alcohol, cannabis use was common if friends also used cannabis.
- 77% of students used cannabis, if half or more of their friends also used cannabis.
- Only 2% of students used cannabis, if none of their friends were users.

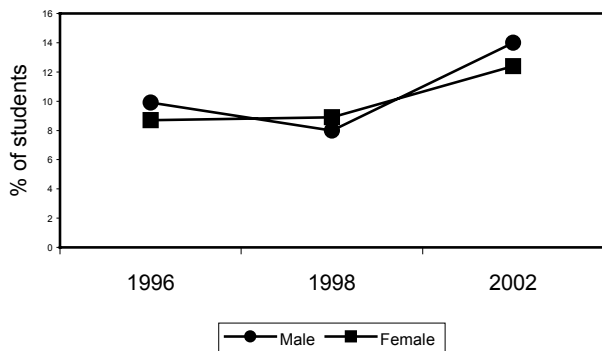
OTHER DRUGS

***Stimulants (amphetamines and/or Ritalin non-medical use)**

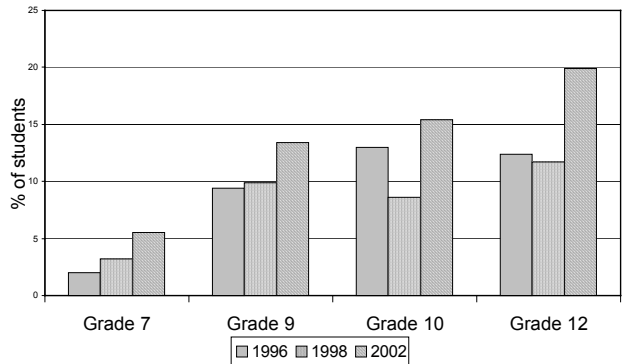
	Stimulants Use (non-medical) in 2002 Survey	Comparison with Previous Surveys
In General	<ul style="list-style-type: none"> - 11% reported amphetamines use (non-medical) at least once in the 12 months prior to the survey. - 6% reported Ritalin use (non-medical) at least once in the 12 months prior to the survey. - Overall, 13% reported using either amphetamines and/or Ritalin (non-medical) at least once in the 12 months before the survey. 	- The non-medical use of stimulants showed a marked increase from previous surveys.
Gender	- Non-medical use of stimulants was similar in males (14%) and females (12%).	- Compared to 1998, the increased use of stimulants (non-medical) in males was much higher than in females.
Grade	Stimulant use (non-medical) was related to grade level: Grade 7: 6% Grade 9: 13% Grade 10: 15% Grade 12: 20%	- The use of stimulants (non-medical) decreased from 1996 to 1998 among students in higher grades, but it increased again in 2002.

* In 1996 & 1998, stimulants represented any use of Benzedrine, Dexedrine, Ritalin, Cylert, diet pills etc. In 2002, stimulants represented any use of amphetamines and/or Ritalin.

Stimulants use by sex & year



Stimulants use by grade & year



« I feel that using any drug is not a very smart thing to do, when I see people doing this I think that (they) don't have much self-confidence. »
Female, Grade 7

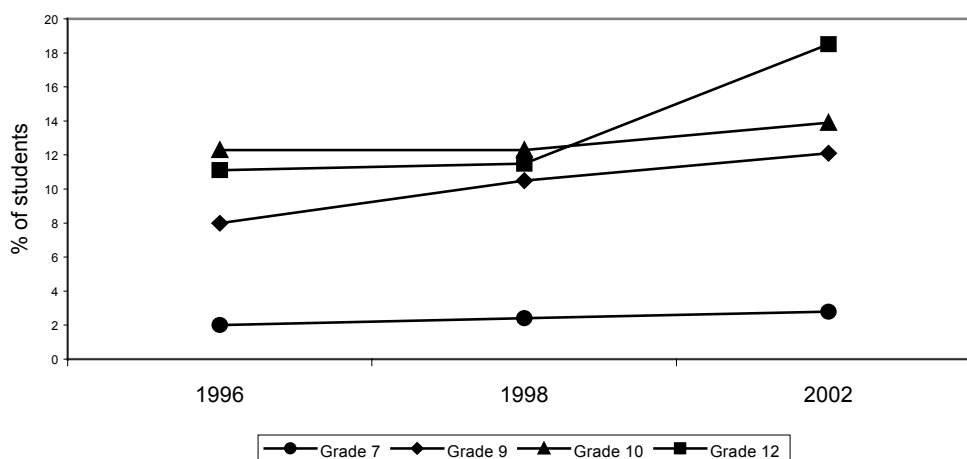
« I believe that drug use is not a problem, nor should it be anywhere. I feel using marijuana and other drugs helps with my creative side. »
Male, Grade 11

***Psilocybin/mescaline**

	Psilocybin/mescaline Use in 2002 Survey	Comparison with Previous Surveys
In General	- Overall, 12% reported using psilocybin/mescaline at least once in the 12 months prior to the survey	- The rates of psilocybin/mescaline use increased compared to previous surveys. - The trend was also noted in other Maritime Provinces.
Gender	- More males (13%) than females (10%) used these drugs.	- The gap between male and female psilocybin/mescaline use was similar to previous surveys.
Grade	- The use of psilocybin/mescaline was related to grade level: Grade 7: 3% Grade 9: 12% Grade10: 14% Grade12: 19%	- A notable increase in the use of psilocybin/mescaline was observed in grade 12 students.

In the 12 months before the survey:

Use of psilocybin/mescaline by grade & year



- Overall, 5% of students reported using LSD, solvents or inhalants, and tranquillizers (non-medical use).
- Less than 5% of students reported using cocaine/crack, steroids, PCP, heroin and Ecstasy.
- Less than 1% of students reported injection drug use.

Multiple Drug Use:

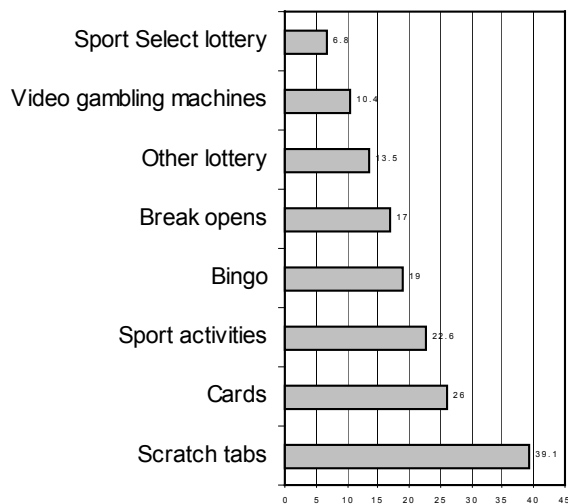
- 36% of students reported no drug use whatsoever.
- 3% of students reported using drugs other than alcohol, tobacco and cannabis.
- Alcohol, tobacco and cannabis were the most common drugs used in multiples.

GAMBLING

In the 12 months before the survey:

- Overall, 58% of students reported some gambling in the 12 months before the survey.
- 24% of students had gambled at least once a month.
- The most common forms of gambling were scratch tabs (39%), playing cards for money (26%) and betting on sports activities (23%).

Gambling among students, 2002



« In the gambling section, my grand-parents [sic] and parents buy them for me for fun (Break-opens, scratch tickets)... I do not have a gambling problem. It is just for fun. »

Female, Grade 7

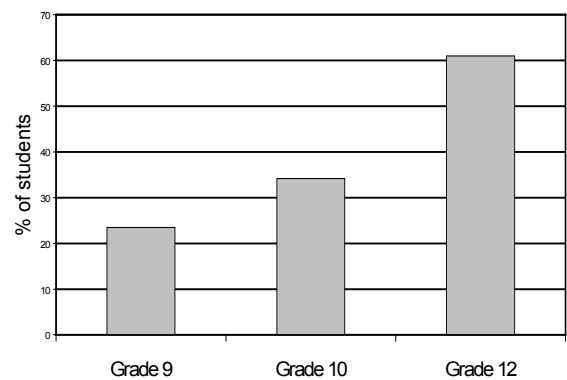
« This is a good idea. I think condoms should be easier to get a hold of and we should be taught how to put them on in school. Most times people get pregnant because condoms aren't properly put on or used. Thanks. »

Female, Grade 9

In the 12 months before the survey:

- Overall, 38% of students in grades 9, 10, and 12 reported having sexual intercourse in the 12 months before the survey.
- Sexual activity increased with grade level.
- More than half of the sexually active students (51%) engaged in unplanned sex; among that group, 55% were under the influence of alcohol or another drug.
- 38% did not use a condom the last time that they engaged in sexual intercourse; among that group, 20% were either under the

Sexually active students, 2002



influence of alcohol, or other drugs, or their sexual partner was.

Had sex without planning and under the influence of alcohol/drugs in the 12 months prior to the survey (%) among students in grades 9, 10 & 12, NB SDUS 2002

	Grade 9	Grade 10	Grade 12
	%	%	%
Never	51.2	44.1	41.8
Once	30.8	31.7	27.5
Twice	8.7	12.1	14.0
Three or more time	9.4	12.2	16.8

SCI

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alcohol, drugs and decision-making they had during the school year. Some of the results were as follows:

ALCOHOL, DRUGS AND SEXUAL BEHAVIOUR

A greater proportion of students in grades 7 or 9 (72%) than those in grades 10 or 12 (56%) reported having received tobacco, alcohol and drug education during the school year. A greater proportion of students in grades 7 or 9 (74%) than those in grades 10 or 12 (52%) reported having received education on decision making during the school year.

Students were also asked whether their school had rules against alcohol use on school property. In 2002, 84% of students in grades 7, 9, 10 and 12 indicated that their school had a policy against alcohol use, 4% reported

that their school did not, and 12% did not know.

Regarding smoking on school property, 53% of students in grades 7, 9, 10 and 12 indicated that their school had a policy against smoking, 36% reported that their school did not, and 12% did not know.

« I would really like it if the government would stop students from smoking on school grounds. It promotes smoking. If you can't buy cigarettes at 16 years old, then why let them smoke at 16?... »

Female, Grade 12

« I feel we should have more classes on decision-making, peer pressure, assertiveness and refusal skills. If teachers would teach their students more about these problems, maybe we could prevent some of these things. »

Female, Grade 10

« I think that there should be someone come in and talk to us about drugs and maybe bring in the different types of drugs. So for the people that don't know about it could learn and see what it looks like. I think we should be taught on [sic] how to put on a condom. »

Female, Grade 10

« If kids knew more about STDs they would probly [sic] think twice before having unsafe sex. Mabey [sic] even sex all together. I think it is the governments job to make sure we know about safe-sex, we have a right to know and be safe. »

Female, Grade 9

DRUG USE IN THE MARITIME PROVINCES

Overall, the scope of alcohol and other drug use among adolescent students in NB was very similar to NS. In most situations the use of alcohol and other drugs was less common among adolescent students in PEI than in NB and NS.

As in previous surveys, the majority of students in grades 7, 9, 10 and 12 in these three provinces reported having consumed alcohol. The proportion of adolescent students reporting alcohol consumption was similar in the three provinces and was relatively stable compared to previous surveys; however, the proportion of adolescent students reporting cigarette smoking had notably decreased. The results among the three provinces were comparable.

Proportions of grades 7, 9, 10 & 12 students reporting drug use (%) in the Atlantic Provinces, NB SDUS 2002

Substances	Percentage Use					
	NB		NS		PEI	
	%	95 CI	%	95 CI	%	95 CI
Alcohol	53.2	51.1 - 55.3	51.7	49.8 - 53.6	48.2	45.2 - 52.2
Cigarette	20.7	18.9 - 22.5	23.2	21.4 - 25.0	18.2	16.3 - 20.1
Cannabis	34.9	32.9 - 37.0	36.5	34.7 - 38.3	23.7	21.4 - 26.0
LSD	5.2	4.3 - 6.0	5.5	4.7 - 6.3	3.5	2.7 - 4.3
Solvents or Inhalants	5.3	4.6 - 6.1	4.9	4.1 - 5.7	5.8	4.8 - 6.8
Psilocybin/Mescaline	11.7	10.4 - 12.9	12.2	11.0 - 13.4	6.3	5.1 - 7.5
Tranquilizers, Non-Medical use	5.0	4.3 - 5.7	4.7	4.1 - 5.3	3.7	2.8 - 4.6
Cocaine/Crack	3.6	2.9 - 4.3	3.9	3.2 - 4.6	2.4	1.8 - 3.0
Steroids	2.8	2.2 - 3.4	2.7	2.2 - 3.2	2.8	2.1 - 3.5
PCP	3.9	3.2 - 4.6	3.2	2.6 - 3.8	1.5	1.0 - 2.0
Heroin	1.9	1.5 - 2.3	1.6	1.2 - 2.0	1.7	1.1 - 2.3
Ecstasy	4.0	3.4 - 4.7	4.4	3.7 - 5.1	3.2	2.4 - 4.0
Amphetamines, Non-Medical Use	11.0	9.8 - 12.1	9.3	8.2 - 10.4	6.2	5.0 - 7.4
Ritalin, Non-Medical Use	5.8	4.9 - 6.7	7.5	6.5 - 8.5	6.3	5.1 - 7.5

Regarding cannabis use, the proportion of adolescent students reporting cannabis use increased in NB from 31% in 1998 to 35% in 2002, while the proportion of cannabis use increased to a lesser extent between surveys in NS (38% vs. 37%) and in PEI (22% vs. 24%).

The differences among the three provinces, regarding other drug use, were not significant, except that more students in NB and NS reported LSD, psilocybin/mescaline, PCP, and amphetamines use (non-medical) than in PEI. Compared to the 1998 survey, all three provinces had a marked decrease in the reporting of LSD use, especially in NB and NS. In both NB and NS, the reported LSD use dropped to less than 6% from above 10% in the last survey.

The underlying causes of similarities and differences in the prevalence of alcohol, tobacco and other drug use among adolescents in the three provinces are not known. However, this information may be useful as a baseline against which comparison can be made after the implementation of drug prevention and education initiatives.

RECOMMENDATIONS

The 2002 Student Drug Use Survey represents the third application of a standardized approach to gathering information on alcohol, tobacco and other drug use among adolescent students across this region. It is a unique opportunity for the Maritime Provinces, its provinces and their regions to maintain surveillance of student drug use issues. On the basis of shared information, partnerships can be formed to address identified common problems.

RECOMMENDATION 1

Schools, parents/guardians, communities, and government should continue to support students to make healthy, less harmful decisions, about substance use and gambling.

Not all students are involved in substance use and/or gambling. About 40% of students in New Brunswick reported no substance use, including alcohol and tobacco, in the past year. However, many students are harmfully involved in substance use and/or gambling. Students who are harmfully involved present a challenge to those responsible for assisting them to make healthy, less harmful decisions, about substance use and gambling. A full continuum of services based on the needs and assets of students is required.

RECOMMENDATION 2

Initiatives in schools and communities should continue to be enhanced to improve the reach to those students who have already made unhealthy decisions about alcohol, tobacco and other drugs.

Complex issues such as the use of alcohol, drugs, and problem gambling require thoughtful and planned responses to assist students to make and maintain healthy decisions. Present and future initiatives must be sufficiently evaluated so as to increase our understanding of how to address these issues and implement solutions.

« Drugs these days are very different. Stuff gets put in them more and more often. It happened to me. It's the same with alcohol. Pills are slipped in drinks. »

Male, Grade 9

« I think that in my school there are people using cannabis that a lot of people would never suspect. Although I am sure the teachers are keeping their eyes open, they only watch certain people, not everyone. Also, drinking is quite big, and there is a lot of peer pressure focused on that issue. Many people « want to see you drunk » and sometimes the conditions are very dangerous. It scares me a little. »

Female, Grade 9

« I hope no other kids turn out like me. I've wasted my life, but there's still hope for them. »

Male, Grade 9

« I think that awareness of Alcohol poisoning should be higher. I am a high honour student, with a part time job, I am smart. I got so drunk last month that I passed out in town, almost died and got taken by

RECOMMENDATION 3

Clear outcomes and measures should be developed as an essential first step to the evaluation of initiatives addressing alcohol, tobacco and other drug use, as well as problem gambling among adolescents.

The standardized Student Drug Use survey provides relevant monitoring data to evaluate the successes within the field of addiction including goals, objectives, and campaigns related to adolescent substance use and gambling. Collaboration with the other Maritime Provinces will enhance the ability to advance the field of addictions-related health as it pertains to adolescents.

RECOMMENDATION 4

In the spirit of interprovincial collaboration, the standardized Student Drug Use Survey should be repeated in the Maritime Provinces in a three to four year cycle.

Additional copies

More detailed information is available in the *New Brunswick Student Drug Use 2002: Technical Report*. To obtain a copy of the Technical Report or for additional copies of the Highlights Report, contact:

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