

# **Texas School Survey Of Drug And Alcohol Use Plano ISD – Secondary Executive Summary**

## **Introduction**

The Texas School Survey is an annual collection of self-reported tobacco, alcohol, inhalant, and substance use data from among elementary and/or secondary students in individual districts throughout the state of Texas. The survey, conducted by the Public Policy Research Institute (PPRI) in conjunction with the Texas Commission on Alcohol and Drug Abuse (TCADA), is also administered every other year to a representative sample of Texas students in grades 4 through 6 and grades 7 through 12.

Data from the statewide sampling, administered in the Spring of 2004, are incorporated into an over-time database maintained by TCADA to track trends in substance use so that policymakers at the state level have up-to-date information upon which to base decisions and plot prevention strategies. These data also serve as an overall standard of comparison for use by those at the district level to interpret, and act upon, local survey findings in a similar way.

The executive summary begins with a section containing a general demographic overview of those who took the survey in the participating district. This is followed by sections dealing with the various substances covered by the survey---tobacco, alcohol, inhalants, and illicit drugs. The summary concludes with a section that explores selected characteristics associated with substance use in the district and a final one dealing with where students come by what they know about drugs and alcohol and to whom they might turn if they thought they were having a problem.

For context, each section dealing with substance use will begin with a brief, over-time glimpse of the statewide trends in the 1990's with regard to that substance. Use data are then sandwiched in between subsections dealing with environment and, where the data are applicable, with behavior specifically associated with substance use.

Items that are generally recognized as contributing to the environment in which substance use is most likely to occur include availability, peer use, and parental attitudes. Included in the behavior category are such things as "binge drinking" (the consuming of five or more alcoholic beverages at one time), attending class drunk or stoned, use of alcohol or illicit drugs at parties, or operating a motor vehicle while under the influence of alcohol or drugs.

As for the actual, self-reported use of each substance, it is important to note the frequency of such use. Is it experimental, a once-in-a-lifetime thing? Is it casual use, a once-in-a-while behavior? Or is it regular use, a monthly, weekly, or---in the case of tobacco products in particular---a daily habit? Further, use data are used to differentiate between those who smoke cigarettes from those who use a smokeless tobacco product, those who drink beer from those who drink wine coolers, those who sniff correction fluid from those who sniff glue, and those who smoke marijuana from those who snort powdered cocaine.

Two final points should be noted about the data. First, due to the differences in rounding procedures, there may be slight discrepancies between the percentages referred to in the tables and those reflected in the executive summary and in the corresponding figures. **Second, some data in this report are marked with an asterisk. Data so marked are estimated to be statistically significant at the .01 level from the comparable data for the state as a whole. This means that in only one of a hundred samples would a difference this large have occurred when there was no difference between the district and state data. Differences in very small districts will seldom be statistically significant due to the small number of cases. Differences that are not marked may be important, but should be treated with more caution than those that are statistically significant.**

The percentages referred to in the executive summary that follows were taken from the tables found in "Part I: District Survey Results." Figures referenced throughout this report are included in "Part III: Executive Summary."

## **Demographic Overview**

In the Spring of 2004, the Texas School Survey was administered to students in grades 7 through 12 in the Plano Independent School District (PISD). Texas School Survey protocols, formulated to ensure that the data used in this analysis has an acceptable probability of error, called for the district to administer the survey to a predetermined, class-specific sampling of secondary students. The accuracy of the data requires that school staff administering the survey followed the protocols.

A total of 5013 students completed the questionnaire. Of that number, 189 surveys were excluded from analysis because students did not indicate their grade or age, or because they were identified as exaggerators (i.e., claimed to have used a non-existent drug or reported overly excessive drug use). The final number of surveys included in the overall district analysis was 4824, consisting of:

- Eighteen percent who are 7th graders, 17 percent who are 8th graders, 18 percent who are 9th graders, 17 percent who are 10th graders, 15 percent who are 11th graders, and 15 percent who are 12th graders;
- An even split of male (50 percent) and female (50 percent) students;
- An ethnic breakdown that is 61 percent white, 15 percent Asian-American, 7 percent African-American, 7 percent Mexican-American, 1 percent Native American, and 9 percent other;
- Seventy three percent who say they live in a two-parent home, and 79 percent who report they have lived in the district for three or more years; and
- Seventy nine percent who say their parent(s) are college graduates, and 9 percent who indicate they qualify for free/reduced lunches at school.

## **Tobacco**

General tobacco use includes both cigarettes and smokeless tobacco products.

**Statewide Overview.** Well over half of secondary students statewide reported experimental use of tobacco products throughout the 1990's. In 2000, however, the number of these students who reported such use dipped slightly (51 percent). This downward trend continued through the 2002 (45 percent) and 2004 (39 percent) statewide assessments. The prevalence of those secondary students reporting past-month general tobacco use, which had been inching upward through 1996, leveled off in 1998, and began to decline appreciably in the 2000 (22 percent) and 2002 (18 percent) statewide surveys. In 2004, past-month general tobacco use declined further---albeit slightly (17 percent). This downward movement in tobacco use appears to be more prevalent with regard to cigarettes than it does with regard to the smokeless variety.

**District Overview.** Overall, the general use of tobacco products among Plano ISD students 2004 was significantly lower than that reported by their counterparts statewide. These lower rates were prevalent at each grade level and with regard to the use of both cigarettes and smokeless tobacco products.

**Environment.** Fifty-eight percent reported that cigarettes are somewhat or very easy to get (60 percent statewide), while 8\* percent said most or all of their close friends smoke cigarettes (12 percent statewide).

Well over a third (38 percent) of district students indicated that smokeless tobacco products are somewhat or very easy to get (40 percent statewide), and 1\* percent said most or all of their close friends use smokeless tobacco (4 percent statewide).

Students were asked about parental attitudes toward the use of cigarettes by "kids your age." Eighty nine\* percent of PISD students said their parents strongly or mildly disapprove of kids smoking (82 percent statewide), while 5\* percent said their parents neither approve nor disapprove (9 percent statewide), and 4 percent said they "don't know" how their parents feel about kids their age smoking cigarettes (7 percent statewide).

Fifty-three percent of Plano students believe that tobacco use is "very dangerous" (50 percent statewide) (Fig. 15).

**Use.** Twenty-six\* percent of Plano students reported general tobacco use at least once during their lifetimes (39 percent statewide) (Fig. 1). The rates of experimental use of tobacco products were significantly lower than those reported by their counterparts statewide and each grade level and ranged from a low among district 7th graders (8\* percent/23 percent statewide) to a high among PISD 11th graders (43\* percent/51 percent statewide) (Fig. 3).

Eleven\* percent of Plano ISD students said they had used a tobacco product during the past month (17 percent statewide) (Fig. 2). The rates of past-month general tobacco use were, significantly lower than those reported by their peers statewide at each grade level, with the exception of grade 11 students, and ranged from a low among PISD 7th grade students (2\* percent/7 percent statewide) to a high among district 12th grade students (23\* percent/28 percent statewide) (Fig. 4).

Twenty-six\* percent of Plano students reported smoking cigarettes at least once during their lifetimes (38 percent statewide), while 11\* percent said they had smoked cigarettes during the past month (16 percent statewide), and 3\* percent reported smoking cigarettes on a daily basis (4 percent statewide). Daily cigarette use, an obvious indicator of habit-forming behavior, was significantly lower than that indicated by their counterparts statewide among Plano ISD 10th graders (3\* percent/6 percent statewide), while none of the PISD students in grades 7 and 8 reported daily cigarette use.

Experimental use of smokeless tobacco products was reported by 5\* percent of PISD students (10 percent statewide), 2\* percent said they had used a smokeless tobacco product during the past month (4 percent statewide), and none reported using a smokeless tobacco product on a daily basis (1 percent statewide).

## **Alcohol**

Alcohol is the most widely used substance among students statewide and in the Plano ISD.

**Statewide Overview.** As the 1990's began, 81 percent of secondary students statewide reported experimental alcohol use. Over the decade that followed, the number of these students reporting such use inched downward in each successive statewide assessment. This downward trend in lifetime alcohol use leveled off at 71 percent in the 2000 and 2002 statewide assessments, but has begun to decrease again according to the 2004 data (68 percent). On the other hand, past-month alcohol use among secondary students statewide has been more of a roller-coaster-ride through the same period, beginning with 43 percent of these students in 1990, dropping to 37 percent in 1992, inching back upward to 39 percent in 1994, leveling off in 1996 and 1998 at 38 percent, and dipping down to 36 percent in 2000 and 35 percent in 2002. The number of secondary students statewide indicating recent alcohol use in the 2004 statewide assessment declined further to 33 percent.

**District Overview.** Overall, Plano ISD students were drinking alcohol in 2004 at rates lower than/similar to] those reported by their peers statewide, including statistically significant differences with regard to close friends who drink alcohol, obtaining alcohol at parties, from friends or at the store, experimental and past-month alcohol uses, beer or wine coolers as the beverage of choice, weekly or monthly consumption of beer or wine coolers, the binge-drinking of beer or wine coolers, attending class at least one time while intoxicated, and attending parties where alcohol was routinely present. These lower rates were particularly prevalent among those PISD students in grades 7 and 10.

**Environment.** Twenty-three\* percent of district students reported most or all of their close friends drink alcohol (31 percent statewide), and 70 percent said alcohol (beer, wine coolers, wine, and liquor) was somewhat easy or very easy to obtain (68 percent statewide).

Students who said they consume alcohol were asked where they obtained it most of the time or always. Twenty-three\* percent of district students said they obtain alcohol "at parties" (33 percent statewide), while 22\* percent responded that they get it "from friends" (29 percent statewide), and 6\* percent reported they get alcohol "from the store" (9 percent statewide).

Parental attitudes can be a major factor in whether or not a student uses alcohol. When asked how their parents feel about kids their age drinking beer, 84\* percent of Plano students said their parents strongly or mildly disapprove (78 percent statewide), while 9 percent said their parents neither approve nor disapprove of such behavior (10 percent statewide), and 4\* percent said they "don't know" how their parents feel about kids their age drinking beer (8 percent statewide) (Fig. 16).

Less than half of PISD students (45 percent) feel that it is "very dangerous" to use alcohol (46 percent statewide) (Fig. 15).

**Use.** Fifty-nine\* percent of Plano students reported consuming alcohol at least once during their lifetimes (68 percent statewide) (Fig. 1). The rates of lifetime alcohol use were significantly lower than those reported by their counterparts statewide at each grade level, with the exception of grade 11 students, and ranged from a low among PISD 7th graders (37\* percent/51 percent statewide) to a high among district 12th graders (74\* percent/81 percent statewide) (Fig. 5).

Twenty-five\* percent of Plano ISD students said they had consumed alcohol during the past month (33 percent statewide) (Fig. 2). The rates of past-month alcohol use were significantly lower than those reported by their counterparts statewide at each grade level, with the exception of grade 11 students, and ranged from a low among PISD 7th graders (8\* percent/17 percent statewide) to a high among district 12th graders (42\* percent/47 percent statewide) (Fig. 6).

The alcoholic beverages most often consumed by Plano students are beer (41\* percent/48 percent statewide) and wine coolers (34\* percent/46 percent statewide). Just over a fifth of PISD students said they drink beer (23\* percent/28 percent statewide) and less than a fifth indicated they drink or wine coolers (15\* percent/23 percent statewide) on a weekly or monthly basis.

**Behavior Associated With Use.** "Binge drinking" is the consumption of five or more beers, wine coolers, servings of wine, or drinks with liquor at one time. Twenty four\* percent of Plano ISD students reported "binge drinking" beer at least once during their lifetimes (32 percent statewide), while 9\* percent said they usually drink five or more beers at a time on average when they drink (15 percent statewide). One-time "binge drinking" of wine coolers was reported by 19\* percent of PISD students (31 percent statewide), while 5\* percent said they usually drink five or more wine coolers at a time on average when they drink (11 percent statewide).

Seven\* percent of Plano students reported attending at least one class during the past school year while "drunk" (10 percent statewide). The rates of attending class while intoxicated were significantly lower than those reported by their peers statewide among PISD 7th graders (2\* percent/6 percent statewide) and 10th graders (7\* percent/11 percent statewide) (Figs. 11a and 11b).

Eleven percent of PISD 9th through 12th grade students said that they had driven a car after having "a good bit to drink" at least once during the past year (14 percent statewide). The highest rate of driving while intoxicated was reported by Plano 12th graders (20 percent/24 percent statewide). Driving while intoxicated four or more times during the past year was reported by 3 percent of district 9th through 12th graders (4 percent statewide) (Fig. 13).

Twenty-six\* percent of Plano students said alcohol was used at most or all of the parties they attended in the past school year (32 percent statewide). The rates of alcohol use at most or all parties were significantly lower than those indicated by their counterparts statewide PISD 7th graders (3\* percent/7 percent statewide), 8th graders (7\* percent/15 percent statewide), 9th graders (18\* percent/30 percent statewide), and 10th graders (33\* percent/42 percent statewide) (Figs. 14a and 14b).

One percent of PISD students said they had gotten into trouble with their teacher because of alcohol use at least once during the past school year (1 percent statewide), while 3 percent reported they had gotten in trouble with the police because of their alcohol use during the past year (4 percent statewide), and 7 percent said they had "difficulties of any kind" with friends because of one's own drinking (7 percent statewide).

## **Illicit Drugs**

Illicit drugs are defined as controlled substances and include marijuana, cocaine (powdered form and crack), uppers (stimulants), downers (narcotics), Rohypnol, hallucinogens, ecstasy, and heroin.

**Statewide Overview.** A two-year, general downward trend in the use of illicit substances bottomed out in 1992 with just under a quarter of secondary students statewide (22 percent) reporting experimental use of an illegal drug at some point in their lives and 10 percent who said they had used an illegal substance during the previous month. The use of marijuana by this student population closely paralleled this overall trend, although there was less fluctuation among those students who said they had only smoked marijuana and had not used any other illicit drug.

These prevalence rates began to climb---the experimental use rate by 6 percent (28 percent) and the doubling of the past-month use rate (14 percent)---beginning with the 1994 statewide assessment. By 1998, experimental use of illicit substances had climbed to 36 percent; however, hopeful signs began to appear as those secondary students statewide reporting past-month use of an illicit substance actually edged downward to 17 percent from the 18 percent these students had reported in the 1996 assessment. This was followed two years later by declines in illicit drug use both in the lifetime (34 percent) and past-month (15 percent) categories. There was no change in 2002, but the most recent statewide assessment (2004) suggests a further downward dip by two percent in both the experimental and past-month uses.

As noted above, marijuana use by those who also report using other illicit drugs appears to have mirrored the trends for illicit drug use in general over the last decade. Such use also dipped in the 2004 statewide assessment to 30 percent for those who said they had done so at least one time and 13 percent who reported having done so in the past month. However, and also as noted above, those secondary students who have reported smoking marijuana exclusive to other illicit drugs has remained relatively steady---including the data collected in 2004---at just over 16 percent for experimental use and just over 5 percent for those who say they have done so in the previous month.

The 2004 statewide survey of secondary students suggests a decline in the use of the most "popular" illicit drugs---cocaine, crack, uppers, downers, ecstasy, and Rohypnol---as the underlying cause of the decline in the general use categories. Of these substances, ecstasy is arguably the most notable as the steady rise in its reported use had been the most troubling trend apparent over the last several statewide assessments---especially so in 2002. Between 1996 and 2000, experimental ecstasy use had remained steady at about 5 percent, whereas past-month ecstasy use had been inching up from just under 1 percent to 2 percent during that same period. In 2002, 9 percent of secondary students statewide indicated experimental ecstasy use and 3 percent said they used ecstasy during the previous month. The most recent statewide assessment, however, suggests a sharp 3 percent drop in experimental ecstasy use (6 percent) and a corresponding one percent drop in the past-month use (2 percent).

Finally, it should be noted that a subtle change in the wording in the hallucinogen category, the addition of "mushrooms" as an example, may explain why the prevalence rates for this substance appears to be immune from the general trends noted above. A further assessment with the new wording is needed before any conclusions, even tentative ones, can be reached.

**District Overview.** Overall, the use of illicit drugs, and of marijuana in particular, among Plano ISD secondary students in 2004 was lower than that reported by their counterparts statewide, including statistically significant differences with regard to easy availability of marijuana and powdered cocaine, close friends who smoke marijuana, experimental use of any illicit drug, experimental and past-month uses of marijuana, and attending at least one class stoned. These lower rates of illicit drug use were particularly prevalent among those PISD students in grades 7, 8, 9 and 10.

**Environment.** Students were asked how available they believed certain substances were to obtain. Well over a third of PISD students (39\* percent) said marijuana was somewhat or very easy to obtain (44 percent statewide), while about a fifth indicated that ecstasy (21 percent/21 percent statewide), powdered cocaine (18\* percent/23 percent statewide), uppers (17 percent/17 percent statewide), or downers (17 percent/17 percent statewide) were easily accessible to them. Thirteen percent of district students said they believed heroin was somewhat or very easy to obtain (13 percent statewide).

With regard to the question of the effects of peer influence on substance use, 12\* percent of PISD students reported most or all of their close friends smoke marijuana (17 percent statewide). And when asked about parental attitudes toward marijuana use, Plano students reported a disapproval rate of 91\* percent (86 percent statewide). Four\* percent of district students said they "don't know" how their parents feel about kids their age using marijuana (8 percent statewide), while 3 percent said their parents neither approve nor disapprove (4 percent statewide) (Fig. 16).

Sixty-three percent of Plano students believe that marijuana use is "very dangerous" (61 percent statewide). As for how PISD students viewed the risks associated with the use of certain other illicit substances, 86 percent feel that use of ecstasy is "very dangerous" (83 percent statewide), 88\* percent believe that powdered cocaine use is "very dangerous" (84 percent statewide), 89 percent feel that the use of crack is "very dangerous" (86 percent statewide), and 92\* percent believe that heroin is "very dangerous" (87 percent statewide) (Fig. 15).

**Use.** In the Plano ISD, 22\* percent of students reported experimental use of an illicit drug (31 percent statewide), and 20\* percent of PISD students reported smoking marijuana at least once in their lifetimes (30 percent statewide) (Fig. 1). The rates of lifetime marijuana use were significantly lower than those reported by their peers statewide at each grade level and ranged from a low among Plano 7th graders (3\* percent/12 percent statewide) to a high among district 12th graders (37\* percent/44 percent statewide) (Fig. 9).

Past-month marijuana use was reported by 9\* percent of Plano ISD students (13 percent statewide) (Fig. 2). The rates of past-month marijuana use were significantly lower than those indicated by their counterparts statewide at each grade level, grades 11 and 12 excluded, and ranged from 1\* percent among district 7th graders (4 percent statewide) to 11\* percent among PISD 10th graders (17 percent statewide) (Fig. 10).

Other illicit substances are used by a smaller number of Plano ISD students. Five percent of PISD students said they had used powdered cocaine (6 percent statewide), 5 percent reported using uppers (6 percent statewide), 5 percent said they had used downers (6 percent statewide), 5 percent said they had used hallucinogens (5 percent statewide), 5 percent reported using ecstasy (4 percent statewide), 1 percent indicated they had used Rohypnol (3 percent statewide), 1 percent indicated they had used crack (2 percent statewide), 1 percent reported using heroin (2 percent statewide), and 1\* percent said they had used steroids (2 percent statewide) at least once during their lifetimes (Fig. 1).

**Behavior Associated with Use.** Seven\* percent of PISD students reported attending at least one class in the past year while "stoned" on marijuana (11 percent statewide). The rates of class attendance while stoned were significantly lower than those indicated by their counterparts statewide at each grade level, grades 11 and 12 excluded, and ranged from 1\* percent among Plano 7th graders (5 percent statewide) to 7\* percent among district 10th graders (14 percent statewide) (Figs. 12a and 12b).

Driving under the influence of drugs at least once during the past year was reported by 9 percent of Plano ISD 9th through 12th grade students (11 percent statewide). Driving under the influence of drugs was highest among PISD 12th graders (18 percent/18 percent statewide). Driving while stoned four or more times during the past year was reported by 2 percent of district 9th through 12th graders (4 percent statewide).

Sixteen percent of the Plano ISD students said that marijuana and/or other drugs were used at most or all of the parties they attended during the school year (19 percent statewide). The use of marijuana and/or other drugs at most or all parties was significantly lower than that indicated by their peers statewide among district 7th graders (1\* percent/5 percent statewide), 8th graders (4\* percent/9 percent statewide), and 12th graders (12\* percent/18 percent statewide).

One percent of PISD students said they had gotten into trouble with their teacher because of illicit drug use at least once during the past school year (2 percent statewide), while 2 percent reported they had gotten in trouble with the police because of their use of illegal drugs during the past year

(3 percent statewide), and 5 percent said they had gotten into "difficulties of any kind" with their friends during the past year because of their own drug use (6 percent statewide).

## **Inhalants**

In general, inhalants are common, licit substances (paints, thinners, correction fluid, glue, etc.) which, when sniffed, huffed, or inhaled, produce an intoxicating effect. Lifetime and past-month inhalant use percentages have been adjusted to reflect reported use of both specific inhalants and inhalant use generally. This adjustment was made because some students responded positive to specific use without responding positive to generic use, while some students responded positive to generic use but not specific inhalants.

**Statewide Overview.** Nearly a quarter of secondary students statewide indicated they had experimented with an inhalant substance in the 1992 assessment. The number of these students reporting such use had dropped to 19 percent two years later, but began to creep back upward in 1996 (19 percent) and 1998 (22 percent). Experimental inhalant use has been inching downward in the three assessments conducted in the new century---19 percent in 2000, 18 percent in 2002, and 17 percent in the most recent survey (2004). Past-month inhalant use among the secondary student population statewide held steady at 5 percent through 1996, ticked up to 8 percent two years later, and dropped a percentage point in 2000 (7 percent). The number of these students reporting past-month inhalant use has stayed flat at 7 percent through the 2002 and 2004 surveys.

**District Overview.** Overall, Plano ISD students were using inhalants in 2004 at rates somewhat similar to those reported by their counterparts statewide.

**Environment.** Two percent of PISD students reported most or all of their close friends use inhalants (2 percent statewide), and 75 percent believe that inhalant use is "very dangerous" (75 percent statewide) (Fig. 15).

**Use.** Fourteen percent of Plano students reported using inhalants at least once during their lifetimes (17 percent statewide) (Fig. 1). Lifetime inhalant use was lowest among district 12th grade students (10 percent/13 percent statewide) and highest among PISD 7th grade students (16 percent/19 percent statewide), 8th grade students (16 percent /20 percent statewide), and 9th grade students (16 percent/18 percent statewide) (Fig. 7).

Five percent of Plano ISD students said they had used inhalants during the past month (7 percent statewide) (Fig. 2). Past-month inhalant use ranged from 2 percent among district 12th grade students (4 percent statewide) to 7 percent among PISD 7th and 8th grade students (9 percent statewide) (Fig. 8).

Seven percent of PISD students said they had used two or more different kinds of inhalant substances during their lifetimes (8 percent statewide). The inhalant substances most frequently used by Plano students were correction fluid/whiteout (7 percent/7 percent statewide), those in the "other inhalants" category (6 percent/8 percent statewide), and liquid/spray paint (5 percent/7 percent statewide).

Four percent said they had inhaled glue (4 percent statewide), 3 percent of district students indicated they had inhaled nitrous oxide/laughing gas (5 percent statewide), 3 percent reported inhaling gasoline (4 percent statewide), 3 percent reported inhaling paint thinner (4 percent statewide), and 3 percent indicated they had inhaled substances in the "other sprays" category (4 percent statewide) at least once during their lifetimes.

### **Characteristics Associated With Drug Use**

In the statewide survey, and with the notable exception of uppers, female students were somewhat less likely to have used an illicit drug than were male students. In the Plano ISD, there were no significant differences by gender among PISD students with regard to the use of tobacco products, alcohol, marijuana, or other illicit substances.

### **Drug and Alcohol Information**

The influence of drug education programs may be reflected in students' attitudes toward the use of specific substances reported above. Sixty four\* percent of Plano ISD students said they had gotten information about drugs and alcohol from a school source since classes began in the Fall (60 percent statewide). "An assembly program" was reported by 43 percent of district students as a source for information about drugs and alcohol (48 percent statewide), while 50 percent said the source for this information was a "health class" (51 percent statewide), and 29\* percent reported getting information about drugs and alcohol from an "invited school guest" (36 percent statewide).

When asked where they would go for help with a drug or alcohol problem, the largest percentage of Plano students said they would seek help from their friends (77 percent/74 percent statewide). Fifty-eight percent of PISD students said they would seek help from an adult friend or relative for help with a drug or alcohol problem (60 percent statewide), and 61 percent said they would turn to their parents for such help (58 percent statewide). District students are least likely to seek help for a drug or alcohol problem from a counselor or program in school (30 percent/32 percent statewide), or another adult in school, such as a teacher or nurse (30 percent/31 percent statewide) (Fig. 17).

Since school began in the Fall, 5\* percent of Plano students reported seeking help for any problems connected with alcohol or drug use from someone other than family or friends (8 percent statewide).