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# 2019 Minnesota Student Survey District Tables

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**Minnesota Student Survey Interagency Team:**

Minnesota Department of Education

Minnesota Department of Health

Minnesota Department of Human Services

Minnesota Department of Public Safety

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## In Appreciation

The Minnesota Student Survey (MSS) Interagency Team is indebted to the students, parents, teachers, district assessment coordinators, school and district administrators, principals, and superintendents across the state that agreed to participate in and supported the MSS when it was administered in the first half of 2019. These data are made available as a result of their interest and time, and we are grateful for their efforts.

The planning and implementation of the 2019 Minnesota Student Survey administration resulted from an important collaborative effort among members of the MSS Interagency team, Minnesota Youth Council members, local educators and health professionals, researchers, and community members throughout the state of Minnesota – all of whom encouraged and supported school participation in the MSS.

Members of the MSS Interagency Team include: Lisa Burton, Megan Harms, and Maira Rosas-Lee at the Department of Education; Sharrilyn Helgertz and Ann Kinney at the Department of Health; Phyllis Bengtson, Emma Boley, and Eunkyung Park at the Department of Human Services; and Valerie Clark and Kristine Coulter at the Department of Public Safety.

# 2019 Minnesota Student Survey

## Survey Participation

The 2019 Minnesota Student Survey (MSS) was administered in the first half of 2019 to students in grades 5, 8, 9, and 11 statewide. The survey was voluntary at all levels; districts, schools, parents, and students could all choose to opt out. Most public school districts (81%) chose to participate. Across the state, approximately 66% of fifth graders, 68% of eighth graders, 66% of ninth graders, and 54% of eleventh graders participated in the 2019 Minnesota Student Survey. Overall participation across the four grades was approximately 64% of total enrollment.

Results from regular public school, charter schools, and online schools are included in these tables. Results from nonpublic schools, alternative learning centers, and juvenile correctional facilities are released separately.

All schools and districts that participated in the survey followed federal laws regarding parental notification as required by the Protection of Pupil Rights Amendment (PPRA). PPRA requires that schools that participate in the survey notify parents of the survey administration, provide parents the opportunity to review the survey instrument, and allow parents to opt their child out of participating (Juvenile Correctional Facilities are exempt from this requirement).

## Mode of Administration

In 2019, all levels of the MSS were administered online. Only Juvenile Correctional Facilities could choose to administer the MSS on paper.

## Items on the Tables

The tables in this report include the responses for all survey items. Items are ordered within the tables by an overarching subject area; the order that items appear on the tables is not necessarily in the order that they appeared on the survey.

The table of contents is provided on pages v-vi. The grade 5 survey version was shorter than the grade 8 survey version, which in turn was shorter than the grade 9 and 11 version. The grade 5 and grade 8 versions did not include items appropriate only for older students. Items found on some versions of the survey but not on others are identified on the tables.

## New Questions and Year-to-Year Comparisons

While most MSS survey questions stayed the same between 2016 and 2019, other questions were updated with changes to the question or response options. Some entirely new questions were added, and some questions were dropped. New questions are noted on each table. **Caution must be used when making comparisons over time for any questions in which the wording has changed.**

Please note that although these surveys are given repeatedly over time, the student populations change between administrations of the survey.

## Validity of Responses

Caution was taken to identify invalid responses and remove them from the survey results. Surveys were removed when responses were highly inconsistent, when there was a pattern of likely exaggeration, when the survey was completed outside of school hours (this did not apply to online students), or when the survey was clearly a test of the online system. In addition, surveys were removed when only the background section of the survey was answered. In total, approximately 4% of cases were removed from the 2019 survey data.

## Online Access to MSS Data

Data from the 2019 Minnesota Student Survey (MSS) are available on the Minnesota Department of Education's [Data Reports and Analytics page](#).

(<http://w20.education.state.mn.us/MDEAnalytics/DataTopic.jsp?TOPICID=242>) This web report provides access to all state, county and district-level data and provides options for filtering the data in multiple ways.

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TABLE 1A  
DEMOGRAPHIC DESCRIPTION

EAST CENTRAL

		Grade							
		5th		8th		9th		11th	
		N	%	N	%	N	%	N	%
<b>Total number of surveys</b>		58	100%	51	100%	38	100%	30	100%
<b>What is your biological sex?*</b>	<b>Male</b>	23	40%	32	63%	19	50%	13	43%
	<b>Female</b>	35	60%	19	37%	18	47%	17	57%
	<b>No answer</b>	0	0%	0	0%	1	3%	0	0%
<b>Age</b>	<b>10 or younger</b>	29	50%	0	0%	0	0%	0	0%
	<b>11</b>	29	50%	0	0%	0	0%	0	0%
	<b>12</b>	0	0%	0	0%	0	0%	0	0%
	<b>13</b>	0	0%	23	45%	0	0%	0	0%
	<b>14</b>	0	0%	26	51%	12	32%	0	0%
	<b>15</b>	0	0%	2	4%	25	66%	0	0%
	<b>16</b>	0	0%	0	0%	0	0%	13	43%
	<b>17</b>	0	0%	0	0%	0	0%	17	57%
	<b>18</b>	0	0%	0	0%	0	0%	0	0%
<b>19-20</b>	0	0%	0	0%	0	0%	0	0%	
<b>How do you describe yourself? (Mark ALL that apply)</b>	<b>American Indian or Alaskan Native only</b>	4	7%	2	4%	3	8%	2	7%
	<b>Asian or Asian American only</b>	0	0%	1	2%	0	0%	0	0%
	<b>Black, African or African American only</b>	0	0%	2	4%	0	0%	1	3%
	<b>Hispanic or Latino/a only</b>	1	2%	0	0%	0	0%	0	0%
	<b>Native Hawaiian or Other Pacific Islander only</b>	1	2%	0	0%	1	3%	0	0%
	<b>White only</b>	42	72%	39	76%	28	74%	24	80%
	<b>Multiple races (checked more than one)</b>	6	10%	7	14%	6	16%	3	10%
	<b>No answer</b>	4	7%	0	0%	0	0%	0	0%

\* 5th grade surveys asked "Are you male or female?"

2019 Minnesota Student Survey

TABLE 1B  
DEMOGRAPHIC DESCRIPTION^

**EAST CENTRAL**

		Grade							
		5th		8th		9th		11th	
		N	%	N	%	N	%	N	%
If you are American Indian or Alaskan Native, which group best describes you? (If more than one describes you, mark ALL that apply)	Anishinaabe/Ojibwe	2	3%	4	8%	3	8%	1	3%
	Dakota/Lakota	1	2%	0	0%	1	3%	0	0%
	Other tribal affiliation	5	9%	4	8%	2	5%	1	3%
If you are Asian or Asian American, which group best describes you? (If more than one describes you, mark ALL that apply)	Asian Indian	0	0%	0	0%	0	0%	0	0%
	Burmese	0	0%	0	0%	0	0%	0	0%
	Chinese	0	0%	0	0%	0	0%	0	0%
	Filipino	0	0%	0	0%	0	0%	0	0%
	Hmong	0	0%	0	0%	0	0%	0	0%
	Karen	0	0%	0	0%	0	0%	0	0%
	Korean	0	0%	1	2%	0	0%	0	0%
	Lao	0	0%	0	0%	0	0%	0	0%
	Vietnamese	0	0%	0	0%	0	0%	0	0%
	Other Asian	0	0%	0	0%	0	0%	0	0%
If you are Black, African or African American, which group best describes you? (If more than one describes you, mark ALL that apply)	African American	1	2%	2	4%	0	0%	1	3%
	Ethiopian – Oromo	0	0%	0	0%	0	0%	0	0%
	Ethiopian – other	0	0%	0	0%	0	0%	0	0%
	Liberian	0	0%	0	0%	0	0%	0	0%
	Nigerian	0	0%	0	0%	0	0%	0	0%
	Somali	0	0%	0	0%	0	0%	0	0%
	Other Black, African or African American	0	0%	1	2%	0	0%	0	0%
If you are Hispanic or Latino/Latina, which group best describes you? (If more than one describes you, mark ALL that apply)	Colombian	0	0%	0	0%	0	0%	0	0%
	Ecuadoran	0	0%	0	0%	0	0%	0	0%
	Guatemalan	0	0%	0	0%	0	0%	0	0%
	Mexican	1	2%	3	6%	2	5%	1	3%
	Puerto Rican	0	0%	0	0%	0	0%	1	3%
	Salvadoran	0	0%	0	0%	0	0%	0	0%
	Spanish/Spanish-American	0	0%	2	4%	1	3%	0	0%
	Other Hispanic or Latino/Latina	1	2%	0	0%	1	3%	0	0%

^ All questions on this table were new in 2019.

2019 Minnesota Student Survey

**TABLE 2  
SEXUAL ORIENTATION; GENDER IDENTITY; GENDER  
EXPRESSION\***

**EAST CENTRAL**

		Grade		
		8th	9th	11th
		%	%	%
<b>A person's appearance, style, dress, or the way they walk or talk may affect how people describe them. How do you think other people at school would describe you?*</b>	<b>Very or mostly feminine</b>		12%	24%
	<b>Somewhat feminine</b>		29%	14%
	<b>Equally feminine and masculine</b>		15%	21%
	<b>Somewhat masculine</b>		32%	24%
	<b>Very or mostly masculine</b>		12%	17%
<b>How do you describe yourself?***^</b>	<b>Heterosexual (straight)</b>		73%	83%
	<b>Bisexual</b>		3%	3%
	<b>Gay or lesbian</b>		3%	0%
	<b>Questioning/not sure</b>		0%	7%
	<b>Pansexual</b>		3%	0%
	<b>Queer</b>		3%	3%
	<b>I don't describe myself in any of these ways</b>		16%	3%
	<b>I am not sure what this question means</b>		0%	0%
<b>Are you transgender, genderqueer, or genderfluid?^</b>	<b>Yes</b>	0%	3%	3%
	<b>No</b>	92%	84%	97%
	<b>I am not sure about my gender identity</b>	2%	0%	0%
	<b>I am not sure what this question means</b>	6%	14%	0%
<b>IF TRANSGENDER, GENDERQUEER OR GENDERFLUID: How do you describe yourself?^^</b>	<b>Male, trans male, trans man, or trans masculine</b>	0%	0%	0%
	<b>Female, trans female, trans woman, or trans feminine</b>	0%	0%	0%
	<b>Non-binary, genderqueer, or genderfluid</b>	0%	100%	100%

\* 5th grade survey did not ask these questions.  
 \*\* 8th grade survey did not ask these questions.  
 ^ Change in question wording from 2016.  
 ^^ New question in 2019.

2019 Minnesota Student Survey

**TABLE 3**  
**SCHOOL PLANS; ACADEMIC ADVISING; IEP; ACADEMIC PERFORMANCE**  
**EAST CENTRAL**

		Grade			
		5th	8th	9th	11th
		%	%	%	%
<b>What is the MAIN thing you plan to do right AFTER high school?*</b>	<b>I don't plan to graduate from high school</b>		2%	0%	0%
	<b>Get my GED</b>		0%	5%	0%
	<b>Go to a two-year community or technical college</b>		14%	14%	20%
	<b>Go to a four-year college or university</b>		39%	38%	40%
	<b>Get a license or certificate in a career field</b>		6%	8%	0%
	<b>Attend an apprenticeship program</b>		0%	0%	10%
	<b>Join the military</b>		6%	11%	13%
	<b>Work at a job</b>		16%	22%	7%
	<b>Other</b>		18%	3%	10%
<b>Has an adult in your school helped you think about education options for after high school (college or other training program)?**</b>	<b>Yes</b>			59%	73%
	<b>No</b>			41%	27%
<b>Has an adult in your school helped you find career-focused field experiences (job shadowing, work-based learning, service learning, career camps, apprenticeships)?**</b>	<b>Yes</b>			19%	50%
	<b>No</b>			81%	50%
<b>Do you receive special education services as part of an individual education plan or IEP?</b>	<b>Yes</b>	7%	16%	30%	3%
	<b>No</b>	78%	80%	65%	90%
	<b>Not sure</b>	16%	4%	5%	7%
<b>How would you describe your grades this school year?</b>	<b>Mostly A's</b>	60%	27%	16%	17%
	<b>Mostly B's</b>	28%	29%	32%	33%
	<b>Mostly C's</b>	11%	18%	27%	33%
	<b>Mostly D's</b>	0%	16%	14%	13%
	<b>Mostly F's</b>	2%	10%	5%	3%
	<b>Mostly Incompletes</b>	0%	0%	5%	0%
	<b>None of these letter grades</b>	0%	0%	0%	0%

\* 5th grade survey did not ask this question.

\*\*5th and 8th grade surveys did not ask these questions.

2019 Minnesota Student Survey

**TABLE 4  
SCHOOL ATTENDANCE^**

**EAST CENTRAL**

		Grade			
		5th %	8th %	9th %	11th %
During the last 30 days, how many times did you miss a full day of school? (Do not include school-sponsored activities like field trips, sports, academic or music events)	None	39%	35%	32%	30%
	Once or twice	43%	41%	38%	43%
	3 to 5 times	9%	14%	22%	23%
	6 to 9 times	2%	10%	5%	0%
	10 or more times	7%	0%	3%	3%
During the last 30 days, how many times did you miss part of a day of school such as coming late, leaving early or missing class time during the day? (Do not include school-sponsored activities like field trips, sports, academic or music events)	None	44%	25%	42%	40%
	Once or twice	42%	55%	36%	30%
	3 to 5 times	14%	14%	17%	20%
	6 to 9 times	0%	2%	0%	7%
	10 or more times	0%	4%	6%	3%
<b>AMONG THOSE WHO MISSED PART OF OR A FULL DAY OF SCHOOL: What are the reasons you missed a full or part of a day of school in the last 30 days? (Mark ALL that apply)</b>	Illness (feeling physically sick), including problems with breathing or your teeth	43%	65%	63%	65%
	Medical, dental or other health-related appointment	25%	58%	63%	43%
	Vacation or trip	8%	7%	3%	13%
	Felt very sad, hopeless, anxious, stressed or angry	8%	5%	17%	9%
	Didn't get enough sleep	20%	7%	17%	22%
	Didn't feel safe at school	3%	2%	7%	4%
	Missed your ride or didn't have a way to get to school	13%	19%	20%	17%
	Had to work	0%	2%	3%	0%
	Had to take care of or help a family member or friend	3%	2%	7%	13%
	Had no place to shower or wash clothes	0%	0%	0%	0%
	Wanted to use alcohol or drugs	0%	0%	0%	0%
	Behind in schoolwork or not prepared for a test or class assignment	0%	0%	0%	17%
	Bored with or not interested in school	3%	0%	20%	22%
	Suspended from school	0%	2%	3%	0%
	Other reason	25%	21%	17%	26%

^ All questions on this table were new in 2019.

**2019 Minnesota Student Survey**

**TABLE 5  
DISCIPLINE; FEELINGS ABOUT SCHOOL**

***EAST CENTRAL***

		Grade			
		5th	8th	9th	11th
		%	%	%	%
<b>During the last 30 days, how many times did you get sent out of the classroom for discipline?^</b>	<b>None</b>	88%	63%	81%	93%
	<b>Once or twice</b>	9%	24%	8%	7%
	<b>3 to 5 times</b>	0%	10%	0%	0%
	<b>6 to 9 times</b>	2%	4%	3%	0%
	<b>10 or more times</b>	2%	0%	8%	0%
<b>How often do you care about doing well in school?</b>	<b>All of the time</b>	53%	39%	41%	20%
	<b>Most of the time</b>	36%	41%	30%	60%
	<b>Some of the time</b>	10%	20%	22%	13%
	<b>None of the time</b>	0%	0%	8%	7%
<b>How often do you go to class unprepared?</b>	<b>All of the time</b>	9%	4%	5%	3%
	<b>Most of the time</b>	18%	10%	11%	3%
	<b>Some of the time</b>	22%	48%	54%	47%
	<b>None of the time</b>	51%	38%	30%	47%
<b>How often do you pay attention in class?</b>	<b>All of the time</b>	28%	16%	11%	7%
	<b>Most of the time</b>	59%	65%	59%	67%
	<b>Some of the time</b>	14%	20%	27%	27%
	<b>None of the time</b>	0%	0%	3%	0%

^ New question in 2019.

2019 Minnesota Student Survey

**TABLE 6  
FEELINGS ABOUT SCHOOL**

**EAST CENTRAL**

<i>How much do you agree or disagree with each of the following statements?</i>		Grade			
		5th %	8th %	9th %	11th %
If something interests me, I try to learn more about it.	Strongly agree	43%	58%	47%	70%
	Agree	55%	40%	47%	30%
	Disagree	2%	0%	6%	0%
	Strongly disagree	0%	2%	0%	0%
I think things I learn at school are useful.	Strongly agree	51%	17%	9%	10%
	Agree	44%	48%	49%	37%
	Disagree	5%	27%	29%	33%
	Strongly disagree	0%	8%	14%	20%
Being a student is one of the most important parts of who I am.	Strongly agree	30%	8%	3%	13%
	Agree	51%	48%	44%	13%
	Disagree	18%	32%	25%	50%
	Strongly disagree	2%	12%	28%	23%
Overall, adults at my school treat students fairly.	Strongly agree	49%	12%	14%	7%
	Agree	39%	58%	50%	40%
	Disagree	11%	22%	17%	37%
	Strongly disagree	2%	8%	19%	17%
Adults at my school listen to the students.	Strongly agree	40%	14%	8%	10%
	Agree	49%	60%	42%	40%
	Disagree	9%	24%	39%	37%
	Strongly disagree	2%	2%	11%	13%
The school rules are fair.	Strongly agree	46%	14%	3%	10%
	Agree	47%	62%	50%	43%
	Disagree	5%	20%	31%	27%
	Strongly disagree	2%	4%	17%	20%
At my school, teachers care about students.	Strongly agree	65%	22%	11%	10%
	Agree	32%	62%	57%	73%
	Disagree	4%	12%	20%	13%
	Strongly disagree	0%	4%	11%	3%
Most teachers at my school are interested in me as a person.	Strongly agree	30%	12%	11%	10%
	Agree	46%	55%	43%	48%
	Disagree	22%	24%	26%	28%
	Strongly disagree	2%	8%	20%	14%

## 2019 Minnesota Student Survey

**TABLE 7A  
PRESENCE OF A SCHOOL RESOURCE/POLICE  
OFFICER\***

### ***EAST CENTRAL***

		Grade		
		8th	9th	11th
		%	%	%
<b>Is there a police officer or School Resource Officer (SRO) at your school?</b>	<b>Yes</b>	88%	97%	100%
	<b>No</b>	4%	0%	0%
	<b>I don't know</b>	8%	3%	0%

\* 5th grade survey did not ask this question.



## 2019 Minnesota Student Survey

**TABLE 7B  
INTERACTIONS WITH A SCHOOL RESOURCE/POLICE  
OFFICER\***

### ***EAST CENTRAL***

<b><i>INCLUDES ONLY THOSE WHO HAVE A SCHOOL RESOURCE (SRO) OR POLICE OFFICER AT THEIR SCHOOL</i></b>		<b>Grade</b>		
		<b>8th</b>	<b>9th</b>	<b>11th</b>
		<b>%</b>	<b>%</b>	<b>%</b>
<b>If I knew about something unsafe or illegal at my school, I would tell the SRO or police officer.</b>	<b>Strongly agree</b>	33%	23%	23%
	<b>Agree</b>	47%	37%	33%
	<b>Disagree</b>	9%	23%	33%
	<b>Strongly disagree</b>	11%	17%	10%
<b>I would feel comfortable going to my school's SRO or police officer if I was having problems or needed help.</b>	<b>Strongly agree</b>	22%	12%	27%
	<b>Agree</b>	24%	44%	40%
	<b>Disagree</b>	47%	29%	30%
	<b>Strongly disagree</b>	7%	15%	3%
<b>I think it is a good idea to have an SRO or police officer at our school.</b>	<b>Strongly agree</b>	56%	37%	43%
	<b>Agree</b>	40%	46%	50%
	<b>Disagree</b>	2%	9%	7%
	<b>Strongly disagree</b>	2%	9%	0%

\* 5th grade survey did not ask these questions.

## 2019 Minnesota Student Survey

### TABLE 8 PERCEPTIONS OF SAFETY

#### ***EAST CENTRAL***

<b><i>How much do you agree or disagree with each of the following statements?</i></b>		<b>Grade</b>			
		<b>5th</b>	<b>8th</b>	<b>9th</b>	<b>11th</b>
		<b>%</b>	<b>%</b>	<b>%</b>	<b>%</b>
<b>I feel safe going to and from school.</b>	<b>Strongly agree</b>	58%	46%	33%	48%
	<b>Agree</b>	33%	46%	56%	45%
	<b>Disagree</b>	7%	6%	3%	3%
	<b>Strongly disagree</b>	2%	2%	8%	3%
<b>I feel safe at school.</b>	<b>Strongly agree</b>	63%	34%	31%	34%
	<b>Agree</b>	32%	52%	44%	59%
	<b>Disagree</b>	5%	10%	19%	3%
	<b>Strongly disagree</b>	0%	4%	6%	3%
<b>I feel safe in my neighborhood.</b>	<b>Strongly agree</b>	55%	47%	46%	45%
	<b>Agree</b>	33%	47%	37%	38%
	<b>Disagree</b>	9%	4%	11%	17%
	<b>Strongly disagree</b>	4%	2%	6%	0%
<b>I feel safe at home.</b>	<b>Strongly agree</b>	86%	62%	54%	55%
	<b>Agree</b>	14%	26%	31%	34%
	<b>Disagree</b>	0%	8%	9%	7%
	<b>Strongly disagree</b>	0%	4%	6%	3%

2019 Minnesota Student Survey

TABLE 9A  
AFTER SCHOOL SUPERVISION

EAST CENTRAL

<i>During a typical week, how often do you go to the following places after school?</i>		Grade			
		5th	8th	9th	11th
		%	%	%	%
<b>I stay at my school or go to another school</b>	<b>0 days</b>	80%	72%	51%	47%
	<b>1 day</b>	7%	10%	17%	10%
	<b>2 days</b>	6%	2%	6%	7%
	<b>3 to 4 days</b>	2%	2%	6%	0%
	<b>5 days</b>	6%	14%	20%	37%
<b>My home or another home such as a friend's, relative's or neighbor's</b>	<b>0 days</b>	45%	18%	14%	7%
	<b>1 day</b>	21%	10%	22%	10%
	<b>2 days</b>	7%	10%	11%	10%
	<b>3 to 4 days</b>	7%	12%	11%	17%
	<b>5 days</b>	20%	50%	42%	57%
<b>A rec, community or other youth center</b>	<b>0 days</b>	95%	96%	83%	77%
	<b>1 day</b>	2%	0%	9%	17%
	<b>2 days</b>	2%	2%	3%	0%
	<b>3 to 4 days</b>	2%	0%	3%	3%
	<b>5 days</b>	0%	2%	3%	3%
<b>A park or other outdoor space</b>	<b>0 days</b>	70%	74%	74%	63%
	<b>1 day</b>	20%	16%	15%	20%
	<b>2 days</b>	7%	4%	3%	10%
	<b>3 to 4 days</b>	2%	4%	3%	7%
	<b>5 days</b>	0%	2%	6%	0%
<b>A library</b>	<b>0 days</b>	91%	94%	89%	87%
	<b>1 day</b>	7%	4%	8%	7%
	<b>2 days</b>	2%	0%	0%	3%
	<b>3 to 4 days</b>	0%	2%	0%	0%
	<b>5 days</b>	0%	0%	3%	3%
<b>A church, synagogue, mosque, or other spiritual/religious place</b>	<b>0 days</b>	85%	84%	81%	87%
	<b>1 day</b>	11%	12%	6%	3%
	<b>2 days</b>	2%	2%	6%	10%
	<b>3 to 4 days</b>	0%	0%	6%	0%
	<b>5 days</b>	2%	2%	3%	0%
<b>A job*</b>	<b>0 days</b>			69%	37%
	<b>1 day</b>			6%	7%
	<b>2 days</b>			11%	17%
	<b>3 to 4 days</b>			8%	30%
	<b>5 days</b>			6%	10%

\* 5th and 8th grade surveys did not ask this question.

**2019 Minnesota Student Survey**

**TABLE 9B  
AFTER SCHOOL SUPERVISION\***

***EAST CENTRAL***

		Grade
		5th
		%
<b>During a typical week, how often are you home alone or somewhere unsupervised after school?</b>	<b>0 days</b>	59%
	<b>1 day</b>	21%
	<b>2 days</b>	10%
	<b>3 days</b>	5%
	<b>4 days</b>	0%
	<b>5 days</b>	5%

\* Only 5th grade survey asked this question.

## 2019 Minnesota Student Survey

### TABLE 10A BEING BULLIED FOR SPECIFIC REASONS

#### ***EAST CENTRAL***

<b><i>During the last 30 days, how often have other students harassed or bullied you for any of the following reasons?</i></b>		<b>Grade</b>			
		<b>5th</b>	<b>8th</b>	<b>9th</b>	<b>11th</b>
		<b>%</b>	<b>%</b>	<b>%</b>	<b>%</b>
<b>Your race, ethnicity or national origin</b>	<b>Never</b>	89%	82%	91%	83%
	<b>Once or twice</b>	7%	14%	6%	13%
	<b>About once a week</b>	0%	0%	0%	3%
	<b>Several times a week</b>	2%	4%	0%	0%
	<b>Every day</b>	2%	0%	3%	0%
<b>Your religion</b>	<b>Never</b>	95%	90%	94%	90%
	<b>Once or twice</b>	4%	8%	6%	7%
	<b>About once a week</b>	0%	0%	0%	0%
	<b>Several times a week</b>	2%	2%	0%	0%
	<b>Every day</b>	0%	0%	0%	3%
<b>Your gender (being male or female)</b>	<b>Never</b>	93%	92%	100%	93%
	<b>Once or twice</b>	4%	4%	0%	3%
	<b>About once a week</b>	0%	2%	0%	3%
	<b>Several times a week</b>	2%	2%	0%	0%
	<b>Every day</b>	2%	0%	0%	0%
<b>Your gender expression (your style, dress, or the way you walk or talk)*</b>	<b>Never</b>			77%	83%
	<b>Once or twice</b>			11%	13%
	<b>About once a week</b>			3%	3%
	<b>Several times a week</b>			6%	0%
	<b>Every day</b>			3%	0%

\* 5th and 8th grade surveys did not ask this question.

## 2019 Minnesota Student Survey

### TABLE 10B BEING BULLIED FOR SPECIFIC REASONS

#### **EAST CENTRAL**

<i>During the last 30 days, how often have other students harassed or bullied you for any of the following reasons?</i>		Grade			
		5th	8th	9th	11th
		%	%	%	%
<b>Because you are gay, lesbian, or bisexual or because someone thought you were*</b>	<b>Never</b>			89%	90%
	<b>Once or twice</b>			11%	7%
	<b>About once a week</b>			0%	3%
	<b>Several times a week</b>			0%	0%
	<b>Every day</b>			0%	0%
<b>A physical or mental disability</b>	<b>Never</b>	91%	86%	86%	90%
	<b>Once or twice</b>	5%	6%	3%	7%
	<b>About once a week</b>	0%	2%	6%	0%
	<b>Several times a week</b>	2%	4%	3%	3%
	<b>Every day</b>	2%	2%	3%	0%
<b>Your size or weight</b>	<b>Never</b>	75%	64%	54%	80%
	<b>Once or twice</b>	16%	22%	14%	10%
	<b>About once a week</b>	4%	10%	11%	3%
	<b>Several times a week</b>	4%	2%	9%	7%
	<b>Every day</b>	2%	2%	11%	0%
<b>Your physical appearance</b>	<b>Never</b>	82%	50%	54%	63%
	<b>Once or twice</b>	11%	26%	17%	13%
	<b>About once a week</b>	5%	8%	14%	7%
	<b>Several times a week</b>	2%	12%	3%	10%
	<b>Every day</b>	0%	4%	11%	7%

\* 5th and 8th grade surveys did not ask this question.

**2019 Minnesota Student Survey**

**TABLE 11A  
BEING CYBERBULLIED**

***EAST CENTRAL***

		Grade			
		5th	8th	9th	11th
		%	%	%	%
<b>During the last 30 days, how often have you been cyberbullied? (Count being bullied through texting, Instagram, Snapchat or other social media)^</b>	<b>Never</b>	84%	82%	78%	80%
	<b>Once or twice</b>	9%	10%	22%	17%
	<b>About once a week</b>	0%	2%	0%	3%
	<b>Several times a week</b>	2%	6%	0%	0%
	<b>Every day</b>	5%	0%	0%	0%

^ Change in question wording from 2016.

2019 Minnesota Student Survey

TABLE 11B  
BEING BULLIED OR HARASSED AT SCHOOL

**EAST CENTRAL**

During the last 30 days, on how many days have other students at school...		Grade			
		5th %	8th %	9th %	11th %
...pushed, shoved, slapped, hit or kicked you when they weren't kidding around?	Never	53%	80%	83%	90%
	Once or twice	33%	14%	11%	10%
	About once a week	2%	0%	3%	0%
	Several times a week	2%	6%	0%	0%
	Every day	11%	0%	3%	0%
...threatened to beat you up?	Never	79%	82%	72%	77%
	Once or twice	14%	14%	22%	17%
	About once a week	4%	2%	3%	3%
	Several times a week	0%	2%	3%	3%
	Every day	4%	0%	0%	0%
...spread mean rumors or lies about you?	Never	60%	58%	54%	63%
	Once or twice	30%	24%	29%	27%
	About once a week	5%	10%	11%	0%
	Several times a week	2%	4%	3%	7%
	Every day	4%	4%	3%	3%
...made sexual jokes, comments or gestures towards you?*	Never		66%	58%	80%
	Once or twice		12%	17%	17%
	About once a week		10%	6%	0%
	Several times a week		6%	8%	3%
	Every day		6%	11%	0%
...excluded you from friends, other students or activities?	Never	70%	54%	64%	90%
	Once or twice	23%	28%	25%	3%
	About once a week	2%	8%	8%	0%
	Several times a week	2%	4%	0%	3%
	Every day	4%	6%	3%	3%
Bullied once or more in the last 30 days <sup>^</sup>	No	34%	20%	37%	50%
	Yes	66%	80%	63%	50%
Bullied weekly or more in the last 30 days <sup>^</sup>	No	77%	66%	60%	83%
	Yes	23%	34%	40%	17%
Bullied daily in the last 30 days <sup>^</sup>	No	84%	86%	86%	93%
	Yes	16%	14%	14%	7%

\* 5th grade survey did not ask this question.

<sup>^</sup> These are computed variables based on combinations of responses to the first five questions on this table.



2019 Minnesota Student Survey

**TABLE 12**  
**BULLYING OR HARASSING OTHER STUDENTS AT SCHOOL**  
**EAST CENTRAL**

<i>During the last 30 days, how many times at school have YOU...</i>	Grade				
	5th %	8th %	9th %	11th %	
...pushed, shoved, slapped, hit or kicked someone when you weren't kidding around?	Never	90%	84%	83%	93%
	Once or twice	9%	14%	14%	7%
	About once a week	0%	0%	3%	0%
	Several times a week	0%	0%	0%	0%
	Every day	2%	2%	0%	0%
...threatened to beat someone up?	Never	89%	84%	64%	83%
	Once or twice	11%	14%	22%	17%
	About once a week	0%	0%	11%	0%
	Several times a week	0%	2%	3%	0%
	Every day	0%	0%	0%	0%
...spread mean rumors or lies about someone else?	Never	93%	94%	86%	87%
	Once or twice	7%	4%	11%	13%
	About once a week	0%	2%	3%	0%
	Several times a week	0%	0%	0%	0%
	Every day	0%	0%	0%	0%
...made sexual jokes, comments or gestures towards someone else?*	Never		88%	71%	93%
	Once or twice		10%	20%	7%
	About once a week		2%	0%	0%
	Several times a week		0%	3%	0%
	Every day		0%	6%	0%
...excluded someone from friends, other students or activities?	Never	82%	88%	74%	93%
	Once or twice	18%	12%	20%	7%
	About once a week	0%	0%	0%	0%
	Several times a week	0%	0%	3%	0%
	Every day	0%	0%	3%	0%

\* 5th grade survey did not ask this question.

**2019 Minnesota Student Survey**

**TABLE 13A  
AVAILABILITY OF COMMUNITY PROGRAMS**

***EAST CENTRAL***

		Grade			
		5th	8th	9th	11th
		%	%	%	%
<b>Does your school or community offer a variety of programs for people your age to participate in outside of the regular school day?</b>	<b>Yes</b>	70%	62%	67%	60%
	<b>No</b>	6%	6%	8%	13%
	<b>I don't know what programs are available in my community</b>	24%	32%	25%	27%

2019 Minnesota Student Survey

**TABLE 13B  
ENRICHMENT ACTIVITIES**

**EAST CENTRAL**

<i>During a typical week, how often do you participate in the following activities outside of the regular school day?</i>		Grade			
		5th	8th	9th	11th
		%	%	%	%
<b>Sports teams, such as park and rec teams, school teams, in-house teams or traveling teams</b>	<b>0 days</b>	53%	56%	50%	57%
	<b>1 day</b>	19%	12%	6%	7%
	<b>2 days</b>	12%	8%	6%	7%
	<b>3 to 4 days</b>	4%	2%	0%	7%
	<b>5 or more days</b>	12%	22%	39%	23%
<b>School sponsored activities or clubs that are not sports, such as drama, music, chess or science club</b>	<b>0 days</b>	84%	86%	78%	72%
	<b>1 day</b>	5%	4%	6%	3%
	<b>2 days</b>	7%	4%	6%	7%
	<b>3 to 4 days</b>	0%	2%	0%	3%
	<b>5 or more days</b>	4%	4%	11%	14%
<b>Tutoring, homework help or academic programs</b>	<b>0 days</b>	87%	88%	86%	77%
	<b>1 day</b>	11%	8%	6%	20%
	<b>2 days</b>	0%	2%	6%	3%
	<b>3 to 4 days</b>	0%	2%	0%	0%
	<b>5 or more days</b>	2%	0%	3%	0%
<b>Leadership activities such as student government, youth councils or committees</b>	<b>0 days</b>	93%	94%	86%	83%
	<b>1 day</b>	5%	6%	3%	10%
	<b>2 days</b>	0%	0%	0%	3%
	<b>3 to 4 days</b>	0%	0%	8%	3%
	<b>5 or more days</b>	2%	0%	3%	0%

2019 Minnesota Student Survey

**TABLE 13C  
ENRICHMENT ACTIVITIES**

**EAST CENTRAL**

<i>During a typical week, how often do you participate in the following activities outside of the regular school day?</i>		Grade			
		5th	8th	9th	11th
		%	%	%	%
<b>Artistic lessons, such as music or dance</b>	<b>0 days</b>	81%	90%	72%	90%
	<b>1 day</b>	7%	10%	11%	3%
	<b>2 days</b>	7%	0%	6%	3%
	<b>3 to 4 days</b>	4%	0%	0%	0%
	<b>5 or more days</b>	2%	0%	11%	3%
<b>Physical activity lessons, such as tennis or karate</b>	<b>0 days</b>	87%	94%	86%	90%
	<b>1 day</b>	7%	0%	6%	0%
	<b>2 days</b>	4%	2%	3%	3%
	<b>3 to 4 days</b>	2%	4%	6%	0%
	<b>5 or more days</b>	0%	0%	0%	7%
<b>Other community clubs and programs such as 4-H, Scouts, Y-clubs or Community Ed</b>	<b>0 days</b>	84%	90%	89%	93%
	<b>1 day</b>	11%	8%	6%	3%
	<b>2 days</b>	5%	2%	6%	0%
	<b>3 to 4 days</b>	0%	0%	0%	3%
	<b>5 or more days</b>	0%	0%	0%	0%
<b>Religious activities such as religious services, education or youth group</b>	<b>0 days</b>	85%	84%	67%	83%
	<b>1 day</b>	13%	8%	17%	7%
	<b>2 days</b>	0%	6%	8%	10%
	<b>3 to 4 days</b>	2%	0%	6%	0%
	<b>5 or more days</b>	0%	2%	3%	0%

2019 Minnesota Student Survey

**TABLE 14  
QUALITY OF YOUTH ACTIVITIES<sup>^</sup>**

**EAST CENTRAL**

<i>When you spend time doing activities outside of the regular school day, how often do you...</i>		Grade			
		5th %	8th %	9th %	11th %
...feel safe?	Rarely or never	4%	4%	6%	0%
	Sometimes	18%	8%	8%	7%
	Often	26%	34%	39%	43%
	Very often	53%	54%	47%	50%
...learn skills like teamwork or leadership?	Rarely or never	16%	16%	14%	18%
	Sometimes	29%	45%	49%	25%
	Often	22%	18%	23%	32%
	Very often	33%	20%	14%	25%
...develop trusting relationships with peers your age?	Rarely or never	17%	16%	17%	17%
	Sometimes	30%	28%	39%	34%
	Often	28%	34%	33%	24%
	Very often	26%	22%	11%	24%
...develop trusting relationships with adults?	Rarely or never	15%	24%	19%	21%
	Sometimes	30%	39%	31%	31%
	Often	28%	22%	31%	28%
	Very often	28%	14%	19%	21%
...help make decisions?	Rarely or never	11%	16%	19%	14%
	Sometimes	41%	44%	25%	38%
	Often	21%	22%	42%	24%
	Very often	27%	18%	14%	24%
...do something that gives you joy and energy?	Rarely or never	4%	10%	8%	17%
	Sometimes	14%	24%	33%	31%
	Often	23%	29%	36%	28%
	Very often	59%	37%	22%	24%
...learn skills that you can use in a future job?	Rarely or never	21%	18%	36%	17%
	Sometimes	32%	38%	19%	24%
	Often	25%	24%	36%	24%
	Very often	21%	20%	8%	34%

<sup>^</sup> These items are a subscale of the Constructive Use of Time Scale from the Developmental Assets Profile (DAP) (Search Institute, Minneapolis, MN).

2019 Minnesota Student Survey

**TABLE 15  
LIVING SITUATIONS**

**EAST CENTRAL**

		Grade			
		5th	8th	9th	11th
		%	%	%	%
Have you ever been in foster care? (Mark ALL that apply)^	No	91%	88%	86%	97%
	Yes, during the last year	0%	0%	6%	3%
	Yes, more than a year ago	9%	12%	11%	0%
During the past 12 months, have you stayed in a shelter, somewhere not intended as a place to live, or someone else's home because you had no other place to stay? (Mark ALL that apply)*	No		90%	94%	97%
	Yes, I was with my parents or adult family member		10%	3%	0%
	Yes, I was on my own without any adult family members		0%	3%	3%
Have any of your parents or guardians ever been in jail or prison? (Mark ALL that apply)*	None of my parents or guardians has ever been in jail or prison		63%	61%	83%
	Yes, I have a parent or guardian in jail or prison right now		4%	8%	3%
	Yes, I have had a parent or guardian in jail or prison in the past		33%	36%	14%
IF YOU HAVE OR HAVE HAD A PARENT OR GUARDIAN IN JAIL OR PRISON: Did you live with a parent or guardian at the time they went to jail or prison?^*	Yes		61%	64%	100%
	No		39%	36%	0%

^ New question in 2019.

\* 5th grade survey did not ask this question.

2019 Minnesota Student Survey

**TABLE 16  
COMMUNICATION WITH ADULTS**

**EAST CENTRAL**

		Grade			
		5th	8th	9th	11th
		%	%	%	%
<b>Which of these adults can you talk to about problems you are having? (Mark ALL that apply)^</b>	<b>Parent or guardian</b>	86%	80%	77%	52%
	<b>Adult at school</b>	39%	24%	26%	11%
	<b>Some other adult</b>	9%	16%	9%	30%
	<b>I don't have any adults that I can talk to about problems I am having</b>	9%	16%	17%	37%

^ New question in 2019.

2019 Minnesota Student Survey

**TABLE 17  
PERCEPTIONS OF FAMILY AND OTHERS CARING**

**EAST CENTRAL**

<i>How much do you feel ...</i>		Grade			
		5th	8th	9th	11th
		%	%	%	%
...your parents care about you?	Not at all	2%	4%	8%	3%
	A little	5%	6%	3%	7%
	Some	4%	10%	5%	17%
	Quite a bit	7%	24%	27%	24%
	Very much	82%	56%	57%	48%
...other adult relatives care about you?	Not at all	2%	8%	11%	3%
	A little	4%	0%	5%	14%
	Some	11%	18%	16%	14%
	Quite a bit	21%	34%	32%	38%
	Very much	63%	40%	35%	31%
...friends care about you?	Not at all	2%	2%	3%	7%
	A little	9%	10%	11%	10%
	Some	16%	16%	14%	10%
	Quite a bit	30%	44%	46%	41%
	Very much	43%	28%	27%	31%
...teachers/other adults at school care about you?	Not at all	4%	12%	17%	14%
	A little	14%	26%	22%	24%
	Some	14%	26%	25%	28%
	Quite a bit	35%	24%	28%	21%
	Very much	33%	12%	8%	14%
...adults in your community care about you?	Not at all	11%	24%	19%	17%
	A little	18%	20%	19%	24%
	Some	12%	20%	27%	17%
	Quite a bit	32%	28%	24%	24%
	Very much	28%	8%	11%	17%



2019 Minnesota Student Survey

**TABLE 18  
ADVERSE CHILDHOOD EXPERIENCES\***

**EAST CENTRAL**

		Grade		
		8th %	9th %	11th %
Do you live with anyone who drinks too much alcohol?	Yes	16%	22%	25%
	No	84%	78%	75%
Do you live with anyone who uses illegal drugs or abuses prescription drugs?	Yes	14%	19%	14%
	No	86%	81%	86%
Do you live with anyone who is depressed or has any other mental health issues?^	Yes	29%	36%	43%
	No	71%	64%	57%
Does a parent or other adult in your home regularly swear at you, insult you or put you down?	Yes	19%	28%	25%
	No	81%	72%	75%
Has a parent or other adult in your home ever hit, beat, kicked or physically hurt you in any way?	Yes	22%	19%	11%
	No	78%	81%	89%
Have your parents or other adults in your home ever slapped, hit, kicked, punched or beat each other up?	Yes	10%	16%	11%
	No	90%	84%	89%
Has anyone who was not a relative/family member ever pressured, tricked, or forced you to do something sexual or done something sexual to you against your wishes?^^	Yes	6%	11%	4%
	No	94%	89%	96%
Has any relative/family member ever pressured, tricked, or forced you to do something sexual or done something sexual to you?^^	Yes	10%	11%	0%
	No	90%	89%	100%
Have you ever traded sex or sexual activity to receive money, food, drugs, alcohol, a place to stay, or anything else?^	Yes		16%	0%
	No		84%	100%
ACEs Score-short^^^	None	35%	38%	39%
	One	26%	21%	18%
	Two	9%	3%	14%
	Three	11%	12%	21%
	Four or more	20%	26%	7%

\* 5th grade survey did not ask these questions.

^ New question in 2019.

^^ Change in question wording from 2016.

^^^ An adverse childhood experience (ACE) describes a traumatic experience in a person's life occurring before age 18. The ACEs Score-short is a measure of cumulative exposure to adverse childhood conditions, and combines the responses to all but the last question in this table plus the responses to the first question about parental incarceration (See Table 15).

## 2019 Minnesota Student Survey

### TABLE 19 RELATIONSHIP VIOLENCE\*^

#### **EAST CENTRAL**

		Grade		
		8th	9th	11th
		%	%	%
Have you been in a casual or serious relationship where your partner ever physically hurt you on purpose?	Yes	2%	19%	7%
	No	98%	81%	93%
Have you been in a casual or serious relationship where your partner ever verbally hurt or controlled you?	Yes	8%	25%	28%
	No	92%	75%	72%
Have you been in a casual or serious relationship where your partner ever pressured, tricked, or forced you to do something sexual, or did something sexual to you against your wishes?***	Yes		14%	21%
	No		86%	79%
Have YOU ever pressured, tricked, or forced someone to do something sexual, or have YOU done something sexual to someone against their wishes?***	Yes		3%	0%
	No		89%	100%
	Not sure		8%	0%

\* 5th grade survey did not ask these questions.

\*\* 8th grade survey did not ask this question.

^ All questions on this table were new in 2019.

2019 Minnesota Student Survey

**TABLE 20  
GENERAL HEALTH AND HEALTH CONDITIONS**

**EAST CENTRAL**

		Grade			
		5th %	8th %	9th %	11th %
How would you describe your health in general?	Excellent	33%	10%	14%	30%
	Very good	35%	43%	19%	40%
	Good	25%	37%	49%	20%
	Fair	7%	8%	16%	3%
	Poor	0%	2%	3%	7%
Do you have any physical disabilities, or long-term health problems (such as asthma, cancer, diabetes, epilepsy or something else)? Long-term means lasting 6 months or more.	Yes	18%	16%	24%	17%
	No	82%	84%	76%	83%
Has a doctor or nurse ever told you that you have diabetes?^	Yes	0%	0%	9%	3%
	No	100%	100%	91%	97%
Has a doctor or nurse ever told you that you have pre-diabetes?^	Yes	0%	0%	3%	3%
	No	100%	100%	97%	97%
Has a doctor or nurse ever told you that you have asthma?	Yes	16%	16%	14%	27%
	No	84%	84%	86%	73%
Has a doctor or nurse ever told you that you have an allergy that requires you to carry an epi-pen?	Yes	2%	4%	3%	10%
	No	98%	96%	97%	90%
Do you have any long-term mental health, behavioral or emotional problems? Long-term means lasting 6 months or more.*	Yes		25%	30%	17%
	No		75%	70%	83%
Weight status* according to Body Mass Index (BMI)**	Normal or underweight		73%	52%	54%
	Overweight		11%	18%	23%
	Obese		16%	30%	23%

^ New question in 2019.

\* 5th grade survey did not ask this question.

\*\* Body Mass Index (BMI) is a number calculated from a child's self-reported weight and height. BMI is calculated using a standard formula. BMI-for-age percentiles are used to interpret BMI numbers for children and teens. CDC BMI-for-age growth charts were used to determine weight status according to BMI for participants in the Minnesota Student Survey.

Not overweight: Less than the 85th percentile  
Overweight: 85th to less than the 95th percentile  
Obese: Equal to or greater than the 95th percentile

2019 Minnesota Student Survey

TABLE 21  
RECEIPT OF TREATMENT; ORAL HEALTH

EAST CENTRAL

		Grade			
		5th %	8th %	9th %	11th %
Have you ever been treated for a mental health, emotional or behavioral problem? (Mark ALL that apply)*	No		78%	75%	70%
	Yes, during the last year		16%	17%	23%
	Yes, more than a year ago		8%	17%	13%
Have you ever been treated for an alcohol or drug problem? (Mark ALL that apply)*	No		100%	94%	97%
	Yes, during the last year		0%	3%	0%
	Yes, more than a year ago		0%	3%	3%
When was the last time you saw a dentist for a check-up, exam or teeth cleaning or other dental work?^	During the last year	67%	71%	76%	73%
	Between 1 and 2 years ago	16%	18%	16%	7%
	More than 2 years ago	12%	8%	8%	17%
	Never	5%	2%	0%	3%
Have you any of the following dental problems during the past 12 months? (Mark ALL that apply)^^	Toothaches or pain	16%	29%	39%	25%
	Decayed teeth or cavities	13%	16%	17%	11%
	Swollen, painful or bleeding gums	9%	6%	14%	4%
	Could not eat certain foods because of a dental problem	5%	8%	17%	7%
	Missed one or more school days because of a dental problem	4%	12%	11%	0%
	I have not had any of these dental health problems	71%	55%	50%	68%
IF ONE OR MORE DENTAL PROBLEMS: Have you had this dental problem treated by a dentist?^^	Yes	50%	59%	61%	67%
	No, but I will see a dentist	50%	27%	28%	33%
	No, I am not able to get dental treatment	0%	14%	11%	0%

\* 5th grade survey did not ask this question.

^ Change in question wording from 2016.

^^ New question in 2019.

2019 Minnesota Student Survey

**TABLE 22**  
**PHYSICAL ACTIVITY; SLEEP; USE OF INDOOR TANNING DEVICE**  
**EAST CENTRAL**

		Grade			
		5th	8th	9th	11th
		%	%	%	%
During the last 7 days, on how many days were you physically active for a total of AT LEAST 60 MINUTES PER DAY?	0 days	14%	10%	0%	10%
	1 day	0%	2%	5%	7%
	2 days	18%	2%	19%	10%
	3 days	18%	27%	16%	13%
	4 days	11%	22%	11%	10%
	5 days	12%	14%	27%	20%
	6 days	5%	10%	5%	17%
	7 days	23%	14%	16%	13%
During a typical school night, how many hours of sleep do you get?	4 hours or less	4%	2%	8%	10%
	5 hours	7%	12%	16%	33%
	6 hours	12%	12%	19%	27%
	7 hours	12%	29%	32%	23%
	8 hours	23%	33%	16%	7%
	9 hours	12%	10%	8%	0%
	10 or more hours	30%	2%	0%	0%
During the last 12 months, how many times did you use an indoor tanning device such as a sunlamp, sunbed or tanning booth?*	0 times		98%	92%	97%
	1 or 2 times		0%	5%	3%
	3 to 9 times		0%	3%	0%
	10 to 19 times		0%	0%	0%
	20 to 39 times		0%	0%	0%
	40 or more times		2%	0%	0%

\* 5th grade survey did not ask this question.

2019 Minnesota Student Survey

**TABLE 23  
EATING MEALS**

**EAST CENTRAL**

		Grade			
		5th	8th	9th	11th
		%	%	%	%
During the last 30 days, have you had to skip meals because your family did not have enough money to buy food?	Yes	7%	14%	14%	10%
	No	93%	86%	86%	90%
During a typical school week, where do you usually get your lunch? (Mark ALL that apply)	I usually don't eat lunch.	0%	18%	24%	10%
	Regular school lunch from the cafeteria	77%	63%	59%	73%
	The a la carte line (buy individual items)	2%	41%	32%	37%
	School store or vending machine	2%	2%	3%	10%
	Fast food restaurant, gas station or somewhere else outside of school	4%	4%	3%	0%
	I bring lunch from home.	32%	18%	16%	23%
Do you currently get free or reduced-price lunch at school?^	Yes	18%	27%	38%	30%
	No	25%	35%	38%	63%
	Not sure	58%	37%	24%	7%

^ Change in question wording from 2016.

2019 Minnesota Student Survey

TABLE 24A  
NUTRITION

EAST CENTRAL

		Grade			
		5th	8th	9th	11th
		%	%	%	%
During the last 7 days, how many times did you drink 100% fruit juices such as orange, apple or grape juice? (Do not count punch, Kool-Aid, sports drinks or other fruit-flavored drinks)^	I did NOT eat or drink this	18%	12%	28%	33%
	1 to 3 times in the last 7 days	39%	46%	36%	33%
	4 to 6 times in the last 7 days	11%	22%	6%	7%
	1 time per day	13%	16%	19%	7%
	2 times per day	9%	2%	6%	13%
	3 times per day	2%	2%	0%	3%
	4 or more times per day	9%	0%	6%	3%
During the last 7 days, how many times did you eat fruit? (Do not count fruit juice)^	I did NOT eat or drink this	9%	6%	26%	3%
	1 to 3 times in the last 7 days	27%	32%	31%	30%
	4 to 6 times in the last 7 days	23%	26%	3%	27%
	1 time per day	16%	22%	17%	13%
	2 times per day	11%	10%	11%	17%
	3 times per day	7%	4%	3%	3%
	4 or more times per day	7%	0%	9%	7%
During the last 7 days, how many times did you eat green salad, potatoes, carrots or other vegetables? (Do not count French fries, fried potatoes, or potato chips)	I did NOT eat or drink this	19%	10%	14%	3%
	1 to 3 times in the last 7 days	30%	24%	25%	20%
	4 to 6 times in the last 7 days	15%	26%	25%	27%
	1 time per day	17%	26%	25%	23%
	2 times per day	9%	8%	0%	13%
	3 times per day	4%	4%	6%	7%
	4 or more times per day	7%	2%	6%	7%
During the last 7 days, how many times did you eat from a fast food restaurant, including carry-out or delivery?	I did NOT eat or drink this	43%	30%	21%	13%
	1 to 3 times in the last 7 days	43%	62%	65%	73%
	4 to 6 times in the last 7 days	4%	6%	6%	7%
	1 time per day	7%	2%	3%	3%
	2 times per day	4%	0%	0%	0%
	3 times per day	0%	0%	0%	0%
	4 or more times per day	0%	0%	6%	3%
Servings of fruits, fruit juice and vegetables per day during the last 7 days^^	Less than five	81%	96%	83%	87%
	Five or more	19%	4%	17%	13%

^ Change in question wording from 2016.

^^ This is a computed variable based on combinations of responses to the first three questions on this table.

2019 Minnesota Student Survey

TABLE 24B  
NUTRITION^

EAST CENTRAL

During the last 7 days, how many times did you drink...		Grade			
		5th %	8th %	9th %	11th %
... a glass of milk?	I did NOT eat or drink this	14%	8%	25%	23%
	1 to 3 times in the last 7 days	16%	21%	19%	33%
	4 to 6 times in the last 7 days	18%	13%	11%	20%
	1 time per day	16%	23%	14%	7%
	2 times per day	14%	25%	11%	10%
	3 times per day	9%	0%	8%	7%
	4 or more times per day	13%	10%	11%	0%
... a can, bottle or glass of pop or soda, such as Coke, Pepsi or Sprite?	I did NOT eat or drink this	36%	29%	30%	27%
	1 to 3 times in the last 7 days	44%	39%	30%	50%
	4 to 6 times in the last 7 days	5%	14%	22%	13%
	1 time per day	9%	6%	8%	0%
	2 times per day	0%	6%	5%	0%
	3 times per day	0%	2%	3%	10%
	4 or more times per day	5%	4%	3%	0%
... a can, bottle or glass of a sports drink, such as Gatorade or Powerade?	I did NOT eat or drink this	63%	49%	35%	57%
	1 to 3 times in the last 7 days	17%	29%	27%	20%
	4 to 6 times in the last 7 days	7%	8%	19%	7%
	1 time per day	9%	6%	11%	10%
	2 times per day	0%	6%	3%	0%
	3 times per day	2%	0%	3%	7%
	4 or more times per day	2%	2%	3%	0%
... a can, bottle or glass of an energy drink, such as Rockstar, Red Bull, Monster or Full Throttle?	I did NOT eat or drink this	92%	82%	62%	67%
	1 to 3 times in the last 7 days	0%	12%	22%	27%
	4 to 6 times in the last 7 days	4%	2%	5%	0%
	1 time per day	4%	2%	8%	3%
	2 times per day	0%	0%	0%	0%
	3 times per day	0%	0%	0%	3%
	4 or more times per day	0%	2%	3%	0%
... a can, bottle or glass of coffee or tea that had sugar, syrups, or honey added to it?	I did NOT eat or drink this	57%	61%	41%	50%
	1 to 3 times in the last 7 days	24%	27%	35%	13%
	4 to 6 times in the last 7 days	6%	8%	14%	13%
	1 time per day	4%	2%	8%	13%
	2 times per day	2%	0%	3%	3%
	3 times per day	0%	0%	0%	7%
	4 or more times per day	7%	2%	0%	0%
... a can, bottle or glass of sweetened fruit drinks, such as Kool-Aid, Capri Sun and lemonade?	I did NOT eat or drink this	33%	63%	49%	67%
	1 to 3 times in the last 7 days	30%	22%	30%	20%
	4 to 6 times in the last 7 days	7%	6%	11%	7%
	1 time per day	15%	6%	3%	0%
	2 times per day	4%	2%	3%	3%
	3 times per day	2%	0%	5%	3%
	4 or more times per day	9%	0%	0%	0%
... a bottle or glass of water?	I did NOT eat or drink this	2%	4%	9%	3%
	1 to 3 times in the last 7 days	13%	8%	0%	7%
	4 to 6 times in the last 7 days	8%	10%	17%	0%
	1 time per day	8%	10%	9%	7%
	2 times per day	9%	6%	26%	13%
	3 times per day	21%	8%	6%	23%
	4 or more times per day	40%	53%	34%	47%

^ All questions on this table were new in 2019.



2019 Minnesota Student Survey

TABLE 25  
VEHICLE SAFETY<sup>^</sup>

**EAST CENTRAL**

		Grade			
		5th	8th	9th	11th
		%	%	%	%
<b>When driving a car, truck or SUV, how often do you send or read text messages or emails?*</b>	<b>I don't drive a car, truck or SUV</b>			58%	17%
	<b>I never do this</b>			33%	37%
	<b>Rarely</b>			6%	13%
	<b>Sometimes</b>			3%	23%
	<b>Often</b>			0%	7%
	<b>Always</b>			0%	3%
<b>When driving a car, truck or SUV, how often do you make or answer a phone call?*</b>	<b>I don't drive a car, truck or SUV</b>			58%	17%
	<b>I never do this</b>			22%	23%
	<b>Rarely</b>			8%	23%
	<b>Sometimes</b>			6%	20%
	<b>Often</b>			6%	10%
	<b>Always</b>			0%	7%
<b>How often do you wear a seat belt when you are driving or riding in a car, truck or SUV?***</b>	<b>I don't ride in a car, truck or SUV</b>	4%	0%	22%	13%
	<b>I never do this</b>	4%	0%	3%	3%
	<b>Rarely</b>	2%	2%	3%	0%
	<b>Sometimes</b>	5%	10%	3%	3%
	<b>Often</b>	14%	18%	14%	3%
	<b>Always</b>	71%	70%	56%	77%

\* 5th and 8th grade surveys did not ask this question.

\*\* On the 5th and 8th grade surveys, this question was worded "How often do you wear a seat belt when you are riding in a car, truck or SUV?".

<sup>^</sup> All questions on this table had wording changes from 2016.

2019 Minnesota Student Survey

TABLE 26A  
SELF DESCRIPTION<sup>^</sup>

**EAST CENTRAL**

<i>In general, how does each of the following statements describe you?</i>		Grade			
		5th	8th	9th	11th
		%	%	%	%
<b>I feel in control of my life and future.*</b>	<b>Not at all or rarely</b>	17%	6%	11%	10%
	<b>Somewhat or sometimes</b>	44%	27%	23%	28%
	<b>Very or often</b>	27%	45%	40%	41%
	<b>Extremely or almost always</b>	12%	22%	26%	21%
<b>I feel good about myself.</b>	<b>Not at all or rarely</b>	4%	8%	29%	17%
	<b>Somewhat or sometimes</b>	25%	37%	23%	38%
	<b>Very or often</b>	27%	37%	37%	31%
	<b>Extremely or almost always</b>	44%	18%	11%	14%
<b>I feel good about my future.</b>	<b>Not at all or rarely</b>	13%	4%	14%	14%
	<b>Somewhat or sometimes</b>	20%	35%	26%	31%
	<b>Very or often</b>	27%	33%	31%	34%
	<b>Extremely or almost always</b>	41%	29%	29%	21%
<b>I deal with disappointment without getting too upset.</b>	<b>Not at all or rarely</b>	21%	10%	40%	14%
	<b>Somewhat or sometimes</b>	34%	25%	17%	41%
	<b>Very or often</b>	21%	48%	29%	34%
	<b>Extremely or almost always</b>	23%	17%	14%	10%
<b>I find good ways to deal with things that are hard in my life.</b>	<b>Not at all or rarely</b>	9%	10%	29%	17%
	<b>Somewhat or sometimes</b>	31%	27%	31%	38%
	<b>Very or often</b>	31%	51%	26%	34%
	<b>Extremely or almost always</b>	29%	12%	14%	10%
<b>I am thinking about what my purpose is in life.**</b>	<b>Not at all or rarely</b>	6%	20%	11%	7%
	<b>Somewhat or sometimes</b>	30%	27%	23%	17%
	<b>Very or often</b>	43%	35%	31%	45%
	<b>Extremely or almost always</b>	22%	18%	34%	31%

\* On the 5th grade survey, this item was worded "I can shape and influence what happens in my life and future."

\*\* On the 5th grade survey, this item was worded "I think about what I want to do in my life when I grow up."

<sup>^</sup> These items are adapted from the Developmental Assets Profile (DAP) under a license agreement with Search Institute, Minneapolis, MN.

2019 Minnesota Student Survey

TABLE 26B  
SELF DESCRIPTION<sup>^</sup>

**EAST CENTRAL**

<i>In general, how does each of the following statements describe you?</i>		Grade			
		5th %	8th %	9th %	11th %
<b>I say no to things that are dangerous or unhealthy.</b>	<b>Not at all or rarely</b>	9%	10%	20%	10%
	<b>Somewhat or sometimes</b>	18%	20%	29%	31%
	<b>Very or often</b>	20%	22%	31%	24%
	<b>Extremely or almost always</b>	53%	47%	20%	34%
<b>I build friendships with other people.</b>	<b>Not at all or rarely</b>	7%	4%	17%	10%
	<b>Somewhat or sometimes</b>	24%	27%	23%	31%
	<b>Very or often</b>	36%	42%	37%	34%
	<b>Extremely or almost always</b>	33%	27%	23%	24%
<b>I express my feelings in proper ways.</b>	<b>Not at all or rarely</b>	15%	17%	17%	17%
	<b>Somewhat or sometimes</b>	31%	35%	34%	28%
	<b>Very or often</b>	28%	31%	29%	41%
	<b>Extremely or almost always</b>	26%	17%	20%	14%
<b>I plan ahead and make good choices.</b>	<b>Not at all or rarely</b>	9%	8%	20%	14%
	<b>Somewhat or sometimes</b>	28%	29%	31%	38%
	<b>Very or often</b>	31%	45%	34%	34%
	<b>Extremely or almost always</b>	31%	18%	14%	14%
<b>I stay away from bad influences.</b>	<b>Not at all or rarely</b>	6%	12%	31%	7%
	<b>Somewhat or sometimes</b>	17%	12%	34%	48%
	<b>Very or often</b>	20%	37%	17%	34%
	<b>Extremely or almost always</b>	57%	39%	17%	10%
<b>I resolve conflicts without anyone getting hurt.</b>	<b>Not at all or rarely</b>	2%	6%	20%	14%
	<b>Somewhat or sometimes</b>	19%	33%	23%	41%
	<b>Very or often</b>	40%	41%	40%	28%
	<b>Extremely or almost always</b>	40%	20%	17%	17%

<sup>^</sup> These items are adapted from the Developmental Assets Profile (DAP) under a license agreement with Search Institute, Minneapolis, MN.

2019 Minnesota Student Survey

TABLE 26C  
SELF DESCRIPTION<sup>^</sup>

**EAST CENTRAL**

<i>In general, how does each of the following statements describe you?</i>		Grade			
		5th %	8th %	9th %	11th %
<b>I accept people who are different from me.</b>	<b>Not at all or rarely</b>	2%	4%	9%	3%
	<b>Somewhat or sometimes</b>	7%	14%	14%	14%
	<b>Very or often</b>	22%	29%	34%	48%
	<b>Extremely or almost always</b>	69%	53%	43%	34%
<b>I am sensitive to the needs and feelings of others.</b>	<b>Not at all or rarely</b>	11%	16%	11%	3%
	<b>Somewhat or sometimes</b>	25%	31%	26%	38%
	<b>Very or often</b>	29%	29%	46%	31%
	<b>Extremely or almost always</b>	35%	24%	17%	28%
<b>I feel valued and appreciated by others.</b>	<b>Not at all or rarely</b>	11%	10%	23%	21%
	<b>Somewhat or sometimes</b>	25%	35%	26%	41%
	<b>Very or often</b>	38%	31%	34%	21%
	<b>Extremely or almost always</b>	26%	23%	17%	17%
<b>I am included in family tasks and decisions.</b>	<b>Not at all or rarely</b>	5%	8%	20%	14%
	<b>Somewhat or sometimes</b>	15%	21%	23%	34%
	<b>Very or often</b>	31%	48%	31%	31%
	<b>Extremely or almost always</b>	49%	23%	26%	21%
<b>I am given useful roles and responsibilities.</b>	<b>Not at all or rarely</b>	7%	8%	9%	10%
	<b>Somewhat or sometimes</b>	20%	33%	23%	31%
	<b>Very or often</b>	31%	33%	40%	34%
	<b>Extremely or almost always</b>	42%	27%	29%	24%

<sup>^</sup> These items are adapted from the Developmental Assets Profile (DAP) under a license agreement with Search Institute, Minneapolis, MN.

## 2019 Minnesota Student Survey

### TABLE 27A EMOTIONAL WELL-BEING AND DISTRESS\*

#### **EAST CENTRAL**

<i>Over the last two weeks, how often have you been bothered by...?</i>		<b>Grade</b>		
		<b>8th</b>	<b>9th</b>	<b>11th</b>
		%	%	%
<b>...little interest or pleasure in doing things?</b>	<b>Not at all</b>	54%	46%	48%
	<b>Several days</b>	27%	23%	28%
	<b>More than half the days</b>	10%	20%	17%
	<b>Nearly every day</b>	8%	11%	7%
<b>...feeling down, depressed or hopeless?</b>	<b>Not at all</b>	56%	40%	41%
	<b>Several days</b>	29%	23%	48%
	<b>More than half the days</b>	10%	11%	3%
	<b>Nearly every day</b>	4%	26%	7%
<b>...feeling nervous, anxious or on edge?<sup>^</sup></b>	<b>Not at all</b>	37%	37%	45%
	<b>Several days</b>	31%	23%	38%
	<b>More than half the days</b>	22%	20%	10%
	<b>Nearly every day</b>	10%	20%	7%
<b>...not being able to stop or control worrying?<sup>^</sup></b>	<b>Not at all</b>	47%	40%	48%
	<b>Several days</b>	35%	31%	31%
	<b>More than half the days</b>	10%	17%	10%
	<b>Nearly every day</b>	8%	11%	10%

\* 5th grade survey did not ask these questions.

<sup>^</sup> New question in 2019.

**2019 Minnesota Student Survey**

**TABLE 27B  
EMOTIONAL WELL-BEING AND DISTRESS\***

**EAST CENTRAL**

<i>Thinking back the last 30 days, how much do you agree or disagree with the following statements?</i>		<b>Grade</b>
		<b>5th</b>
		<b>%</b>
<b>I worry a lot.</b>	<b>Strongly agree</b>	7%
	<b>Agree</b>	22%
	<b>Neither agree nor disagree</b>	20%
	<b>Disagree</b>	28%
	<b>Strongly disagree</b>	22%
<b>I sometimes feel sad without knowing why.^</b>	<b>Strongly agree</b>	20%
	<b>Agree</b>	34%
	<b>Neither agree nor disagree</b>	18%
	<b>Disagree</b>	11%
	<b>Strongly disagree</b>	18%

\* Only 5th grade survey asked these questions.

^ Change in question wording from 2016

## 2019 Minnesota Student Survey

**TABLE 28  
SELF-INFLICTED INJURY; SUICIDAL THOUGHTS AND  
SUICIDAL BEHAVIOR\***

### ***EAST CENTRAL***

		Grade		
		8th	9th	11th
		%	%	%
<b>During the last 12 months, how many times did you do something to purposely hurt or injure yourself without wanting to die, such as cutting, burning, or bruising yourself on purpose?</b>	<b>0 times</b>	80%	72%	79%
	<b>1 or 2 times</b>	14%	6%	11%
	<b>3 to 5 times</b>	2%	11%	11%
	<b>6 to 9 times</b>	2%	3%	0%
	<b>10 to 19 times</b>	0%	3%	0%
	<b>20 or more times</b>	2%	6%	0%
<b>Have you ever seriously considered attempting suicide? (Mark ALL that apply)</b>	<b>No</b>	88%	60%	64%
	<b>Yes, during the last year</b>	6%	31%	18%
	<b>Yes, more than a year ago</b>	10%	17%	25%
<b>Have you ever actually attempted suicide? (Mark ALL that apply)</b>	<b>No</b>	92%	81%	86%
	<b>Yes, during the last year</b>	8%	3%	7%
	<b>Yes, more than a year ago</b>	4%	17%	7%

\* 5th grade survey did not ask these questions.

## 2019 Minnesota Student Survey

### TABLE 29 PROBLEMATIC AND ANTISOCIAL BEHAVIOR

#### ***EAST CENTRAL***

<i>During the last 12 months, how often have you...</i>		<b>Grade</b>			
		<b>5th</b>	<b>8th</b>	<b>9th</b>	<b>11th</b>
		<b>%</b>	<b>%</b>	<b>%</b>	<b>%</b>
<b>...run away from home?</b>	<b>Never</b>	93%	92%	80%	89%
	<b>Once or twice</b>	5%	6%	11%	7%
	<b>3 to 5 times</b>	2%	2%	6%	4%
	<b>6 to 9 times</b>	0%	0%	0%	0%
	<b>10 or more times</b>	0%	0%	3%	0%
<b>...damaged or destroyed property?</b>	<b>Never</b>	95%	80%	72%	93%
	<b>Once or twice</b>	5%	18%	19%	4%
	<b>3 to 5 times</b>	0%	2%	6%	4%
	<b>6 to 9 times</b>	0%	0%	0%	0%
	<b>10 or more times</b>	0%	0%	3%	0%
<b>...hit or beat up another person?</b>	<b>Never</b>	89%	84%	66%	89%
	<b>Once or twice</b>	7%	14%	17%	4%
	<b>3 to 5 times</b>	4%	2%	11%	7%
	<b>6 to 9 times</b>	0%	0%	3%	0%
	<b>10 or more times</b>	0%	0%	3%	0%
<b>...taken something from a store without paying for it?</b>	<b>Never</b>	89%	88%	86%	86%
	<b>Once or twice</b>	11%	12%	6%	7%
	<b>3 to 5 times</b>	0%	0%	6%	0%
	<b>6 to 9 times</b>	0%	0%	0%	0%
	<b>10 or more times</b>	0%	0%	3%	7%



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**TABLE 30A  
GAMBLING BEHAVIOR\***

**EAST CENTRAL**

		Grade		
		8th	9th	11th
<i>During the last 12 months, how often have you done the following gambling/betting activities?</i>		%	%	%
<b>Played cards, bet on sports teams or games of personal skill like video gaming, pool, golf or bowling</b>	<b>Not at all</b>	73%	80%	86%
	<b>Less than once a month</b>	14%	11%	7%
	<b>About once a month</b>	8%	3%	4%
	<b>About once a week</b>	4%	3%	4%
	<b>2 to 6 times a week</b>	0%	0%	0%
	<b>Daily</b>	0%	3%	0%
<b>Bought lottery tickets or scratch offs</b>	<b>Not at all</b>	86%	83%	100%
	<b>Less than once a month</b>	6%	8%	0%
	<b>About once a month</b>	8%	6%	0%
	<b>About once a week</b>	0%	0%	0%
	<b>2 to 6 times a week</b>	0%	3%	0%
	<b>Daily</b>	0%	0%	0%
<b>Gambled in a casino</b>	<b>Not at all</b>	98%	97%	100%
	<b>Less than once a month</b>	0%	0%	0%
	<b>About once a month</b>	2%	3%	0%
	<b>About once a week</b>	0%	0%	0%
	<b>2 to 6 times a week</b>	0%	0%	0%
	<b>Daily</b>	0%	0%	0%
<b>Gambled for money online</b>	<b>Not at all</b>	98%	97%	100%
	<b>Less than once a month</b>	0%	0%	0%
	<b>About once a month</b>	2%	3%	0%
	<b>About once a week</b>	0%	0%	0%
	<b>2 to 6 times a week</b>	0%	0%	0%
	<b>Daily</b>	0%	0%	0%

\* 5th grade survey did not ask these questions.

## 2019 Minnesota Student Survey

### TABLE 30B GAMBLING BEHAVIOR\*

#### ***EAST CENTRAL***

<b><i>INCLUDES ONLY THOSE WHO HAVE PARTICIPATED IN ANY GAMBLING ACTIVITIES DURING THE LAST 12 MONTHS</i></b>		<b>Grade</b>		
		<b>8th</b>	<b>9th</b>	<b>11th</b>
		<b>%</b>	<b>%</b>	<b>%</b>
<b>...hidden your gambling/betting from your parents, other family members or teachers?</b>	<b>Never</b>	100%	92%	100%
	<b>Sometimes</b>	0%	8%	0%
	<b>Many times</b>	0%	0%	0%
	<b>All of the time</b>	0%	0%	0%
<b>...felt that you might have a problem with gambling/betting?</b>	<b>Never</b>	100%	91%	100%
	<b>Sometimes</b>	0%	9%	0%
	<b>Many times</b>	0%	0%	0%
	<b>All of the time</b>	0%	0%	0%
<b>...skipped hanging out with friends who do not gamble/bet to hang out with friends who do gamble/bet?</b>	<b>Never</b>	100%	92%	100%
	<b>Sometimes</b>	0%	8%	0%
	<b>Many times</b>	0%	0%	0%
	<b>All of the time</b>	0%	0%	0%

\* 5th grade survey did not ask these questions.

2019 Minnesota Student Survey

TABLE 31  
SUMMARY OF SUBSTANCE USE\*\*

**EAST CENTRAL**

		Grade		
		8th	9th	11th
		%	%	%
Use of conventional tobacco products (cigarettes, cigars, smokeless tobacco) during the past 30 days	No	94%	71%	86%
	Yes	6%	29%	14%
Use of any tobacco products, including e-cigarettes and hookah, during the past 30 days	No	84%	60%	57%
	Yes	16%	40%	43%
Frequent binge drinking in the past year (typically drank 5 or more drinks at a time and drank on 10 or more occasions during the past year)	No	100%	92%	97%
	Yes	0%	8%	3%
Any alcohol and/or other drug use during the past year (excluding tobacco)	No alcohol or marijuana or other drug use in the past year	81%	44%	48%
	Used only alcohol in the past year	6%	8%	7%
	Used alcohol and marijuana in past year, but not other drugs	4%	11%	14%
	Used marijuana or other drugs but not alcohol in the past year	4%	6%	10%
	Used alcohol and marijuana or other drugs in the past year	4%	31%	21%

\*\* These are all computed variables based on combinations of responses to two or more survey items.

**2019 Minnesota Student Survey**

**TABLE 32  
SUBSTANCE ABUSE\***

***EAST CENTRAL***

		<b>Grade</b>
		<b>5th</b>
		<b>%</b>
<b>During the last 30 days, have you smoked any cigarettes?</b>	<b>Yes</b>	0%
	<b>No</b>	100%
<b>During the last 12 months, have you had alcoholic beverages to drink such as beer, wine, wine coolers, and liquor?</b>	<b>Yes</b>	2%
	<b>No</b>	98%
<b>During the last 12 months, have you used marijuana (pot, weed) or hashish (hash, hash oil)?</b>	<b>Yes</b>	2%
	<b>No</b>	98%
<b>During the last 12 months, have you sniffed glue or huffed or inhaled the contents of aerosol spray cans or other gases to get high?</b>	<b>Yes</b>	2%
	<b>No</b>	98%
<b>During the last 12 months, have you used prescription drugs without a doctor's prescription or differently than how a doctor told you to use it?^</b>	<b>Yes</b>	2%
	<b>No</b>	98%

\* Only the 5th grade survey asked these questions.

^ Change in question wording from 2016.

2019 Minnesota Student Survey

TABLE 33  
TOBACCO USE\*

EAST CENTRAL

		Grade		
		8th	9th	11th
<i>During the last 30 days, on how many days did you ...</i>		%	%	%
...smoke a cigarette?	0 days	94%	80%	93%
	1 to 2 days	4%	14%	7%
	3 to 9 days	2%	0%	0%
	10 to 19 days	0%	3%	0%
	20 to 29 days	0%	0%	0%
	All 30 days	0%	3%	0%
	...smoke cigars, cigarillos or little cigars?	0 days	98%	89%
1 to 2 days		0%	9%	7%
3 to 9 days		2%	0%	0%
10 to 19 days		0%	0%	0%
20 to 29 days		0%	3%	0%
All 30 days		0%	0%	0%
...use chewing tobacco, snuff or dip?		0 days	100%	80%
	1 to 2 days	0%	11%	4%
	3 to 9 days	0%	6%	0%
	10 to 19 days	0%	0%	7%
	20 to 29 days	0%	0%	0%
	All 30 days	0%	3%	0%
	...vape or use an e-cigarette like JUUL, suorin, blu, VUSE, or logic?^	0 days	88%	60%
1 to 2 days		8%	6%	21%
3 to 9 days		0%	17%	7%
10 to 19 days		0%	9%	7%
20 to 29 days		2%	0%	0%
All 30 days		2%	9%	7%
...use a hookah or a waterpipe to smoke tobacco?		0 days	98%	91%
	1 to 2 days	2%	6%	0%
	3 to 9 days	0%	0%	4%
	10 to 19 days	0%	0%	0%
	20 to 29 days	0%	0%	0%
	All 30 days	0%	3%	0%
	During the last 30 days, on how many days did you smoke cigarettes or use other tobacco products that were flavored to taste like mint or menthol?	0 days or no tobacco use	98%	80%
1 to 2 days		0%	14%	4%
3 to 9 days		2%	3%	7%
10 to 19 days		0%	0%	0%
20 to 29 days		0%	0%	0%
All 30 days		0%	3%	0%
During the last 30 days, on how many days did you use any tobacco product that was some other flavor, like candy, fruit, chocolate, clove, spice or alcoholic drinks?		0 days or no tobacco use	96%	74%
	1 to 2 days	2%	6%	4%
	3 to 9 days	0%	11%	0%
	10 to 19 days	2%	3%	4%
	20 to 29 days	0%	3%	0%
	All 30 days	0%	3%	0%

\* 5th grade survey did not ask these questions.

^ Change in question wording from 2016.

2019 Minnesota Student Survey

**TABLE 33A  
ACCESS TO E-CIGARETTES\*^**

**EAST CENTRAL**

<b>INCLUDES ONLY THOSE WHO VAPED OR USED E-CIGARETTES IN THE LAST 30 DAYS</b>		<b>Grade</b>		
		<b>8th</b>	<b>9th</b>	<b>11th</b>
		<b>%</b>	<b>%</b>	<b>%</b>
<b>When you vaped or used an e-cigarette during the last 30 days, how did you get it? (Mark ALL that apply)</b>	<b>I bought it at gas stations or convenience stores</b>	20%	0%	0%
	<b>I bought it at grocery, discount or drug stores</b>	20%	0%	0%
	<b>I bought it on the internet</b>	0%	23%	0%
	<b>I bought it at vape shops or other stores that sell only e-cigarettes</b>	0%	8%	17%
	<b>I got it from friends</b>	80%	85%	75%
	<b>I got it from my parents</b>	0%	8%	0%
	<b>I got it from other family members</b>	20%	8%	8%
	<b>I got it from someone I didn't know</b>	0%	23%	8%
	<b>I got it by getting someone else to buy it for me</b>	0%	31%	8%
	<b>I took it from my home</b>	0%	8%	0%
	<b>I took it from a friend's home</b>	0%	0%	8%
	<b>I took it from stores</b>	0%	0%	0%
	<b>I got it some other way</b>	0%	15%	8%

\* 5th grade survey did not ask these questions.

^ All questions on this table were new in 2019.

2019 Minnesota Student Survey

**TABLE 34  
EXPOSURE TO SECONDHAND SMOKE\***

***EAST CENTRAL***

		Grade
		5th
		%
<b>During the last 7 days, on how many days were you in the same room as someone who was smoking cigarettes?</b>	<b>0 days</b>	64%
	<b>1 or 2 days</b>	16%
	<b>3 or 4 days</b>	11%
	<b>5 or 6 days</b>	4%
	<b>All 7 days</b>	5%
<b>During the last 7 days, on how many days did you ride in a car with someone who was smoking cigarettes?</b>	<b>0 days</b>	68%
	<b>1 or 2 days</b>	18%
	<b>3 or 4 days</b>	5%
	<b>5 or 6 days</b>	4%
	<b>All 7 days</b>	5%

\* Only 5th grade survey asked these questions.

2019 Minnesota Student Survey

**TABLE 35  
ALCOHOL USE FREQUENCY AND QUANTITY\***

**EAST CENTRAL**

		Grade		
		8th	9th	11th
		%	%	%
During the last 30 days, on how many days did you drink one or more drinks of an alcoholic beverage?	0 days	98%	62%	75%
	1 to 2 days	2%	19%	18%
	3 to 5 days	0%	8%	4%
	6 to 9 days	0%	5%	0%
	10 to 19 days	0%	3%	4%
	20 to 29 days	0%	0%	0%
	All 30 days	0%	3%	0%
During the last 12 months, on how many occasions (if any) have you had alcoholic beverages to drink?	0	86%	59%	59%
	1 to 2	10%	11%	10%
	3 to 5	4%	3%	10%
	6 to 9	0%	11%	7%
	10 to 19	0%	3%	7%
	20 to 39	0%	5%	3%
	40 or more	0%	8%	3%
If you drink beer/wine/wine coolers/liquor, generally how much do you drink at one time?	No alcohol use	91%	61%	59%
	1 glass/can/drink	9%	6%	24%
	2 glasses/cans/drinks	0%	0%	0%
	3 glasses/cans/drinks	0%	14%	3%
	4 glasses/cans/drinks	0%	6%	7%
	5 or more glasses/cans/drinks	0%	14%	7%
Binge drinking (4 or more drinks in a row (females) or 5 or more drinks in a row (males) within a couple of hours)^	0 days	100%	81%	93%
	1 day	0%	8%	0%
	2 days	0%	0%	0%
	3 to 5 days	0%	11%	7%
	6 to 9 days	0%	0%	0%
	10 to 19 days	0%	0%	0%
	20 or more days	0%	0%	0%

\* 5th grade survey did not ask these questions.

^ Change in question wording from 2016



2019 Minnesota Student Survey

**TABLE 36  
ACCESS TO ALCOHOL\*^**

**EAST CENTRAL**

<b>INCLUDES ONLY THOSE WHO USED ALCOHOL IN THE LAST 30 DAYS</b>		<b>Grade</b>		
		<b>8th</b>	<b>9th</b>	<b>11th</b>
		<b>%</b>	<b>%</b>	<b>%</b>
<b>When you used alcohol during the last 30 days, how did you get it? (Mark ALL that apply)</b>	<b>I bought alcohol at gas stations or convenience stores</b>	0%	7%	0%
	<b>I bought alcohol at bars or restaurants</b>	0%	7%	0%
	<b>I bought alcohol at stores</b>	0%	0%	0%
	<b>I bought alcohol on the Internet</b>	0%	0%	0%
	<b>I got alcohol from friends</b>	0%	43%	57%
	<b>I got alcohol from my parents</b>	100%	36%	0%
	<b>I got alcohol from other family members</b>	0%	21%	29%
	<b>I got alcohol by getting someone else to buy for me</b>	0%	7%	14%
	<b>I got alcohol at parties</b>	0%	29%	43%
	<b>I took alcohol from my home</b>	0%	21%	43%
	<b>I took alcohol from a friend's home</b>	0%	0%	0%
	<b>I took alcohol from stores</b>	0%	0%	0%
	<b>I got alcohol some other way</b>	0%	21%	14%

\* 5th grade survey did not ask these questions.

^ All questions on this table were new in 2019.

**2019 Minnesota Student Survey**

**TABLE 37  
USE OF MARIJUANA AND PRESCRIPTION DRUGS\***

**EAST CENTRAL**

		Grade		
		8th	9th	11th
		%	%	%
<b>During the last 30 days, on how many days did you use marijuana or hashish? (Do NOT count medical marijuana prescribed for you by a doctor)</b>	<b>0 days</b>	92%	73%	72%
	<b>1 to 2 days</b>	4%	19%	10%
	<b>3 to 5 days</b>	0%	5%	7%
	<b>6 to 9 days</b>	0%	0%	3%
	<b>10 to 19 days</b>	0%	3%	0%
	<b>20 to 29 days</b>	0%	0%	7%
	<b>All 30 days</b>	4%	0%	0%
<b>During the last 12 months, on how many occasions (if any) have you used marijuana or hashish? (Do NOT count medical marijuana prescribed for you by a doctor)</b>	<b>0</b>	92%	58%	69%
	<b>1 to 2</b>	0%	11%	3%
	<b>3 to 5</b>	0%	3%	7%
	<b>6 to 9</b>	4%	14%	7%
	<b>10 to 19</b>	0%	3%	3%
	<b>20 to 39</b>	0%	6%	3%
	<b>40 or more</b>	4%	6%	7%
<b>During the last 30 days, on how many days did you use prescription drugs without a doctor's prescription or differently than how a doctor told you to use it?^</b>	<b>0 days</b>	98%	83%	90%
	<b>1 to 2 days</b>	2%	9%	0%
	<b>3 to 5 days</b>	0%	3%	10%
	<b>6 to 9 days</b>	0%	0%	0%
	<b>10 to 19 days</b>	0%	6%	0%
	<b>20 to 29 days</b>	0%	0%	0%
	<b>All 30 days</b>	0%	0%	0%

\* 5th grade survey did not ask these questions.

^ Change in question wording from 2016.

2019 Minnesota Student Survey

**TABLE 38  
PRESCRIPTION DRUG USE\***

**EAST CENTRAL**

<i>During the last 12 months, on how many occasions (if any) have you used any of the following prescription drugs without a doctor's prescription or differently than how a doctor told you to use it?</i>		Grade		
		8th	9th	11th
		%	%	%
<b>Stimulants such as Amphetamines (bennies, speed, uppers) or diet pills</b>	<b>0</b>	100%	94%	100%
	<b>1 to 2</b>	0%	6%	0%
	<b>3 to 5</b>	0%	0%	0%
	<b>6 to 9</b>	0%	0%	0%
	<b>10 to 19</b>	0%	0%	0%
	<b>20 or more</b>	0%	0%	0%
<b>ADHD or ADD drugs (Ritalin, Adderall, hyper pills)</b>	<b>0</b>	98%	88%	96%
	<b>1 to 2</b>	2%	12%	4%
	<b>3 to 5</b>	0%	0%	0%
	<b>6 to 9</b>	0%	0%	0%
	<b>10 to 19</b>	0%	0%	0%
	<b>20 or more</b>	0%	0%	0%
<b>Pain relievers such as OxyContin, Percocet, Vicodin or others</b>	<b>0</b>	98%	86%	89%
	<b>1 to 2</b>	2%	9%	11%
	<b>3 to 5</b>	0%	6%	0%
	<b>6 to 9</b>	0%	0%	0%
	<b>10 to 19</b>	0%	0%	0%
	<b>20 or more</b>	0%	0%	0%
<b>Tranquilizers such as Valium, Xanax, Klonopin, Ativan, anxiety pills, sedatives or benzos (downers)</b>	<b>0</b>	100%	91%	100%
	<b>1 to 2</b>	0%	9%	0%
	<b>3 to 5</b>	0%	0%	0%
	<b>6 to 9</b>	0%	0%	0%
	<b>10 to 19</b>	0%	0%	0%
	<b>20 or more</b>	0%	0%	0%

\* 5th grade survey did not ask these questions.

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**TABLE 39**  
**HALLUCINOGEN, ECSTASY, COCAINE AND HEROIN USE\***  
**EAST CENTRAL**

<i>During the last 12 months, on how many occasions (if any) have you used...</i>		<b>Grade</b>		
		<b>8th</b>	<b>9th</b>	<b>11th</b>
		<b>%</b>	<b>%</b>	<b>%</b>
<b>...used LSD (acid), PCP (wet sticks or dipped joints), or other psychedelics (mushrooms, angel dust)?</b>	<b>0</b>	100%	97%	90%
	<b>1 to 2</b>	0%	3%	10%
	<b>3 to 5</b>	0%	0%	0%
	<b>6 to 9</b>	0%	0%	0%
	<b>10 to 19</b>	0%	0%	0%
<b>...used MDMA (E, X, ecstasy, Molly), GHB (G, Liquid E, Liquid X, roofies) or Ketamine (Special K)?</b>	<b>0</b>	100%	100%	97%
	<b>1 to 2</b>	0%	0%	0%
	<b>3 to 5</b>	0%	0%	3%
	<b>6 to 9</b>	0%	0%	0%
	<b>20 or more</b>	0%	0%	0%
<b>...used crack, coke or cocaine in any form?</b>	<b>0</b>	98%	100%	97%
	<b>1 to 2</b>	2%	0%	3%
	<b>3 to 5</b>	0%	0%	0%
	<b>6 to 9</b>	0%	0%	0%
	<b>10 to 19</b>	0%	0%	0%
	<b>20 or more</b>	0%	0%	0%
<b>...used heroin (smack, junk, China White)?</b>	<b>0</b>	100%	97%	97%
	<b>1 to 2</b>	0%	0%	0%
	<b>3 to 5</b>	0%	0%	3%
	<b>6 to 9</b>	0%	3%	0%
	<b>10 to 19</b>	0%	0%	0%
	<b>20 or more</b>	0%	0%	0%

\* 5th grade survey did not ask these questions.

2019 Minnesota Student Survey

**TABLE 40  
METHAMPHETAMINE, OVER-THE-COUNTER DRUG,  
SYNTHETIC DRUG AND INHALANT USE\***

**EAST CENTRAL**

		Grade		
		8th %	9th %	11th %
<b>During the last 12 months, on how many occasions (if any) have you ...</b>				
...used methamphetamine (meth, glass, crank, crystal meth, ice)?	0	100%	97%	97%
	1 to 2	0%	0%	0%
	3 to 5	0%	0%	0%
	6 to 9	0%	3%	3%
	20 or more	0%	0%	0%
...used over-the-counter drugs such as cough syrup, cold medicine or diet pills that you took only to get high?	0	98%	88%	93%
	1 to 2	0%	6%	0%
	3 to 5	0%	6%	7%
	6 to 9	2%	0%	0%
	10 to 19	0%	0%	0%
	20 or more	0%	0%	0%
...used synthetic marijuana (K2, Gold) that you took only to get high?^	0	100%	88%	90%
	1 to 2	0%	3%	7%
	3 to 5	0%	3%	0%
	6 to 9	0%	0%	0%
	10 to 19	0%	0%	0%
	20 or more	0%	6%	3%
...used any other synthetic drugs such as bath salts (Ivory Wave, White Lightning) that you took only to get high?^	0	100%	100%	100%
	1 to 2	0%	0%	0%
	3 to 5	0%	0%	0%
	6 to 9	0%	0%	0%
	10 to 19	0%	0%	0%
	20 or more	0%	0%	0%
...sniffed glue or huffed or inhaled the contents of aerosol spray cans or other gases to get high?	0	98%	100%	97%
	1 to 2	2%	0%	3%
	3 to 5	0%	0%	0%
	6 to 9	0%	0%	0%
	10 to 19	0%	0%	0%
	20 or more	0%	0%	0%

\* 5th grade survey did not ask these questions.

^ Change from 2016 from one question to two.

2019 Minnesota Student Survey

**TABLE 41  
PERCEIVED RISK OF HARM FROM SUBSTANCE USE\***

**EAST CENTRAL**

<i>How much do you think people risk harming themselves physically or in other ways if they...</i>		Grade		
		8th	9th	11th
		%	%	%
...smoke one or more packs of cigarettes per day?	No risk	13%	22%	17%
	Slight risk	9%	8%	3%
	Moderate risk	19%	31%	21%
	Great risk	60%	39%	59%
...have five or more drinks of an alcoholic beverage once or twice per week?	No risk	15%	26%	17%
	Slight risk	21%	20%	17%
	Moderate risk	26%	34%	28%
	Great risk	38%	20%	38%
...use marijuana once or twice per week?	No risk	26%	40%	45%
	Slight risk	20%	23%	24%
	Moderate risk	24%	26%	17%
	Great risk	30%	11%	14%
...use prescription drugs not prescribed for them?	No risk	17%	17%	14%
	Slight risk	6%	17%	4%
	Moderate risk	23%	37%	25%
	Great risk	53%	29%	57%
...vape or use e-cigarettes?^	No risk	17%	34%	31%
	Slight risk	21%	20%	24%
	Moderate risk	35%	20%	24%
	Great risk	27%	26%	21%

\* 5th grade survey did not ask these questions.

^ New question in 2019.

2019 Minnesota Student Survey

**TABLE 42A  
PERCEPTIONS OF PARENTS' DISAPPROVAL OF SUBSTANCE  
USE\***

**EAST CENTRAL**

		Grade		
		8th	9th	11th
		%	%	%
How wrong do your parents feel it would be for you to smoke cigarettes?	Not at all wrong	6%	9%	7%
	A little bit wrong	2%	6%	3%
	Wrong	15%	14%	17%
	Very wrong	77%	71%	72%
How wrong do your parents feel it would be for you to have one or more drinks of alcoholic beverage nearly every day?	Not at all wrong	6%	11%	7%
	A little bit wrong	2%	9%	3%
	Wrong	17%	14%	14%
	Very wrong	75%	66%	76%
How wrong do your parents feel it would be for you to use marijuana?	Not at all wrong	10%	11%	14%
	A little bit wrong	6%	9%	21%
	Wrong	8%	14%	7%
	Very wrong	75%	66%	59%
How wrong do your parents feel it would be for you to use prescription drugs not prescribed for you?	Not at all wrong	4%	9%	7%
	A little bit wrong	2%	3%	0%
	Wrong	6%	6%	7%
	Very wrong	88%	83%	86%
How wrong do your parents feel it would be for you to vape or use e-cigarettes? <sup>^</sup>	Not at all wrong	6%	11%	14%
	A little bit wrong	10%	17%	14%
	Wrong	18%	6%	10%
	Very wrong	65%	66%	62%

\* 5th grade survey did not ask these questions.

<sup>^</sup> New question in 2019.

2019 Minnesota Student Survey

**TABLE 42B**  
**PERCEPTIONS OF FRIENDS' DISAPPROVAL OF SUBSTANCE USE\***  
**EAST CENTRAL**

		Grade		
		8th	9th	11th
		%	%	%
How wrong do your friends feel it would be for you to smoke cigarettes?	Not at all wrong	8%	14%	17%
	A little bit wrong	8%	29%	17%
	Wrong	17%	23%	45%
	Very wrong	67%	34%	21%
How wrong do your friends feel it would be for you to have one or more drinks of alcoholic beverage nearly every day?	Not at all wrong	10%	20%	21%
	A little bit wrong	8%	29%	24%
	Wrong	17%	17%	38%
	Very wrong	65%	34%	17%
How wrong do your friends feel it would be for you to use marijuana?	Not at all wrong	19%	31%	34%
	A little bit wrong	6%	14%	24%
	Wrong	8%	26%	28%
	Very wrong	67%	29%	14%
How wrong do your friends feel it would be for you to use prescription drugs not prescribed for you?	Not at all wrong	8%	11%	11%
	A little bit wrong	4%	23%	7%
	Wrong	17%	20%	43%
	Very wrong	71%	46%	39%
How wrong do your friends feel it would be for you to vape or use e-cigarettes? <sup>^</sup>	Not at all wrong	17%	37%	48%
	A little bit wrong	19%	23%	21%
	Wrong	19%	14%	17%
	Very wrong	46%	26%	14%

\* 5th grade survey did not ask these questions.

<sup>^</sup> New question in 2019.



**2019 Minnesota Student Survey**

**TABLE 43  
PERCEPTIONS ABOUT ALCOHOL USE\***

**EAST CENTRAL**

		Grade		
		8th	9th	11th
		%	%	%
How do you feel about the following statement? Parents and other adults should clearly communicate with their children about the importance of not using alcohol.	Strongly agree	63%	48%	38%
	Agree	27%	21%	41%
	Neither agree nor disagree	4%	21%	21%
	Disagree	2%	0%	0%
	Strongly disagree	4%	9%	0%
How do you feel about the following statement? Drinking alcohol is never a good thing for anyone my age to do.	Strongly agree	59%	42%	38%
	Agree	24%	21%	24%
	Neither agree nor disagree	10%	24%	31%
	Disagree	0%	3%	3%
	Strongly disagree	6%	9%	3%
In your opinion, how do you think MOST STUDENTS in your school feel about the following statement? Parents and other adults should clearly communicate with their children about the importance of not using alcohol.	Strongly agree	33%	24%	21%
	Agree	35%	32%	17%
	Neither agree nor disagree	23%	26%	38%
	Disagree	4%	6%	17%
	Strongly disagree	4%	12%	7%
In your opinion, how do you think MOST STUDENTS in your school feel about the following statement? Drinking alcohol is never a good thing for anyone my age to do.	Strongly agree	29%	24%	21%
	Agree	35%	21%	10%
	Neither agree nor disagree	21%	27%	45%
	Disagree	10%	12%	17%
	Strongly disagree	4%	15%	7%

\* 5th grade survey did not ask these questions.

2019 Minnesota Student Survey

**TABLE 44  
USE OF TOBACCO, ALCOHOL, MARIJUANA AND  
E-CIGARETTES\***

**EAST CENTRAL**

		Grade		
		8th	9th	11th
<i>How often do you use each of the following?</i>		%	%	%
Tobacco (cigarettes, chew)	Never	92%	66%	83%
	Tried once or twice	4%	16%	7%
	Once or twice a year	0%	6%	3%
	Once a month	2%	6%	7%
	Twice a month	2%	3%	0%
	Once a week	0%	3%	0%
	Daily	0%	0%	0%
Alcohol (beer, wine, liquor)	Never	84%	47%	59%
	Tried once or twice	12%	13%	10%
	Once or twice a year	4%	6%	14%
	Once a month	0%	16%	3%
	Twice a month	0%	13%	7%
	Once a week	0%	6%	7%
	Daily	0%	0%	0%
Marijuana (pot, hash, hash oil)	Never	92%	66%	62%
	Tried once or twice	2%	6%	14%
	Once or twice a year	0%	19%	10%
	Once a month	2%	0%	3%
	Twice a month	0%	3%	0%
	Once a week	0%	6%	0%
	Daily	4%	0%	10%
Vaping device or e-cigarette <sup>^</sup>	Never	82%	50%	52%
	Tried once or twice	10%	13%	21%
	Once or twice a year	2%	9%	0%
	Once a month	2%	9%	14%
	Twice a month	0%	9%	3%
	Once a week	4%	6%	0%
	Daily	0%	3%	10%

\* 5th grade survey did not ask these questions.

<sup>^</sup> New question in 2019.

2019 Minnesota Student Survey

**TABLE 45  
PERCEPTIONS OF OTHERS' USE OF TOBACCO, ALCOHOL,  
MARIJUANA AND E-CIGARETTES\***

**EAST CENTRAL**

<i>In your opinion, how often do you think MOST STUDENTS in your school use each of the following?</i>		Grade		
		8th %	9th %	11th %
Tobacco (cigarettes, chew)	Never	43%	19%	17%
	Tried once or twice	20%	25%	10%
	Once or twice a year	8%	6%	7%
	Once a month	8%	9%	0%
	Twice a month	8%	9%	14%
	Once a week	6%	13%	24%
	Daily	6%	19%	28%
Alcohol (beer, wine, liquor)	Never	31%	22%	14%
	Tried once or twice	18%	19%	7%
	Once or twice a year	10%	3%	7%
	Once a month	8%	6%	3%
	Twice a month	16%	9%	28%
	Once a week	6%	28%	21%
	Daily	10%	13%	21%
Marijuana (pot, hash, hash oil)	Never	39%	22%	21%
	Tried once or twice	16%	19%	3%
	Once or twice a year	8%	0%	7%
	Once a month	6%	6%	3%
	Twice a month	8%	9%	7%
	Once a week	8%	22%	21%
	Daily	14%	22%	38%
Vaping device or e-cigarette <sup>^</sup>	Never	27%	19%	10%
	Tried once or twice	14%	16%	3%
	Once or twice a year	8%	0%	3%
	Once a month	10%	6%	0%
	Twice a month	4%	0%	7%
	Once a week	10%	16%	3%
	Daily	27%	44%	72%

\* 5th grade survey did not ask these questions.

<sup>^</sup> New question in 2019.

2019 Minnesota Student Survey

TABLE 46A  
CONSEQUENCES OF SUBSTANCE USE\*

EAST CENTRAL

		Grade		
		8th	9th	11th
<i>During the last 12 months ...</i>		%	%	%
...have you found that you had to use a lot more alcohol or drugs than before to get the same effect?	Did not use past 12 months	82%	47%	48%
	Yes	4%	8%	14%
	No	14%	44%	38%
...have you tried to cut down on your use of alcohol or drugs but couldn't?	Did not use past 12 months	82%	49%	50%
	Yes	0%	17%	7%
	No	18%	34%	43%
...have you continued to use alcohol or drugs even though you knew it was hurting your relationships with friends or family?	Did not use past 12 months	82%	49%	50%
	Yes	0%	9%	7%
	No	18%	43%	43%
...were there any times when you felt such a strong desire or urge to drink alcohol or to use a drug that you couldn't resist or could not think of anything else?	Did not use past 12 months	82%	47%	48%
	Yes	2%	19%	7%
	No	16%	33%	45%
...how many times have you spent all or most of the day using alcohol or drugs, or getting over their effects?	Did not use past 12 months	82%	49%	48%
	0 times	16%	37%	45%
	1 time	2%	11%	0%
	2 times	0%	0%	7%
	3 or more times	0%	3%	0%
...how many times have you given up important social or recreational activities like sports or being with friends or relatives to use alcohol or drugs or to get over their effects?	Did not use past 12 months	82%	49%	50%
	0 times	18%	46%	46%
	1 time	0%	6%	4%
	2 times	0%	0%	0%
	3 or more times	0%	0%	0%
...how many times have you missed work or school, or neglected other major responsibilities because of alcohol or drug use?	Did not use past 12 months	82%	50%	50%
	0 times	18%	50%	46%
	1 time	0%	0%	4%
	2 times	0%	0%	0%
	3 or more times	0%	0%	0%

\* 5th grade survey did not ask these questions.

2019 Minnesota Student Survey

TABLE 46B  
CONSEQUENCES OF SUBSTANCE USE\*

EAST CENTRAL

		Grade		
		8th	9th	11th
<i>During the last 12 months, how many times...</i>		%	%	%
...how many times have you driven a motor vehicle after using alcohol or drugs? **	Did not use past 12 months		50%	50%
	0 times		47%	43%
	1 time		3%	0%
	2 times		0%	0%
	3 or more times		0%	7%
...how many times have you hit someone or become violent while using alcohol or drugs?	Did not use past 12 months	84%	50%	50%
	0 times	16%	47%	50%
	1 time	0%	3%	0%
	2 times	0%	0%	0%
	3 or more times	0%	0%	0%
...how many times have you used so much alcohol or drugs that the next day you could not remember what you had said or done?	Did not use past 12 months	82%	49%	50%
	0 times	14%	34%	43%
	1 time	4%	11%	4%
	2 times	0%	0%	4%
	3 or more times	0%	6%	0%
...how many times have you used more alcohol or drugs than you intended to?	Did not use past 12 months	82%	50%	50%
	0 times	16%	44%	43%
	1 time	2%	6%	0%
	2 times	0%	0%	0%
	3 or more times	0%	0%	7%
...how many times has alcohol or drug use left you feeling depressed, agitated, paranoid, or unable to concentrate?	Did not use past 12 months	82%	47%	48%
	0 times	14%	28%	38%
	1 time	2%	6%	0%
	2 times	2%	11%	7%
	3 or more times	0%	8%	7%

\* 5th grade survey did not ask these questions.

\*\* 8th grade survey did not ask this question.

## 2019 Minnesota Student Survey

### TABLE 47A SEXUAL BEHAVIOR\*

#### ***EAST CENTRAL***

		<b>Grade</b>	
		<b>9th</b>	<b>11th</b>
		<b>%</b>	<b>%</b>
<b>Have you ever had sexual intercourse ('had sex')?</b>	<b>Yes</b>	41%	41%
	<b>No</b>	59%	59%
<b>During the last 12 months, with how many different people have you had sexual intercourse?^</b>	<b>None</b>	67%	66%
	<b>1 person</b>	14%	21%
	<b>2 persons</b>	3%	10%
	<b>3 persons</b>	3%	0%
	<b>4 persons</b>	8%	0%
	<b>5 persons</b>	0%	0%
	<b>6 or more persons</b>	6%	3%

\* 5th and 8th grade surveys did not ask these questions.

^ New question in 2019.

2019 Minnesota Student Survey

**TABLE 47B  
SEXUAL BEHAVIOR\***

**EAST CENTRAL**

<b>INCLUDES ONLY THOSE WHO HAVE EVER HAD SEXUAL INTERCOURSE</b>		<b>Grade</b>	
		<b>9th</b>	<b>11th</b>
		<b>%</b>	<b>%</b>
<b>Have you talked with your partner(s) about protecting yourselves from getting sexually transmitted infections/HIV/AIDS?</b>	<b>Never</b>	21%	27%
	<b>Not with every partner</b>	14%	18%
	<b>At least once with every partner</b>	64%	55%
<b>Have you talked with your partner(s) about preventing pregnancy?</b>	<b>Never</b>	14%	9%
	<b>Not with every partner</b>	21%	9%
	<b>At least once with every partner</b>	64%	82%
<b>The LAST time you had sexual intercourse, what method or methods did you or your partner use to prevent pregnancy? (Mark ALL that apply)^</b>	<b>No method was used to prevent pregnancy</b>	14%	0%
	<b>Birth control pills</b>	29%	36%
	<b>Condoms</b>	57%	64%
	<b>Depo-Provera shot (or any birth control shot), Nuva Ring (or any birth control ring), Implanon (or any implant) or any IUD</b>	7%	18%
	<b>Withdrawal (pull-out)</b>	21%	64%
	<b>Some other method</b>	0%	0%
	<b>Not sure</b>	29%	0%
<b>The LAST time you had sexual intercourse, did you or your partner use a condom?</b>	<b>Yes</b>	64%	73%
	<b>No</b>	36%	27%
<b>Did you drink alcohol or use drugs before you had sexual intercourse the LAST time?</b>	<b>Yes</b>	7%	8%
	<b>No</b>	93%	92%

\* 5th and 8th grade surveys did not ask these questions.

^ Change in question from 2016 from "Mark only one" to "Mark ALL that apply".