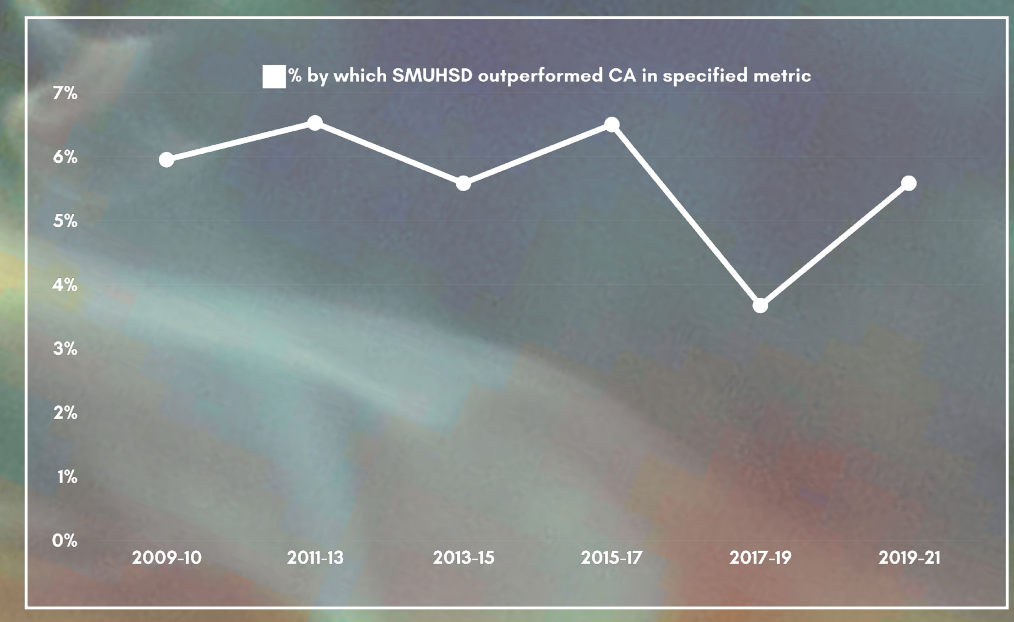


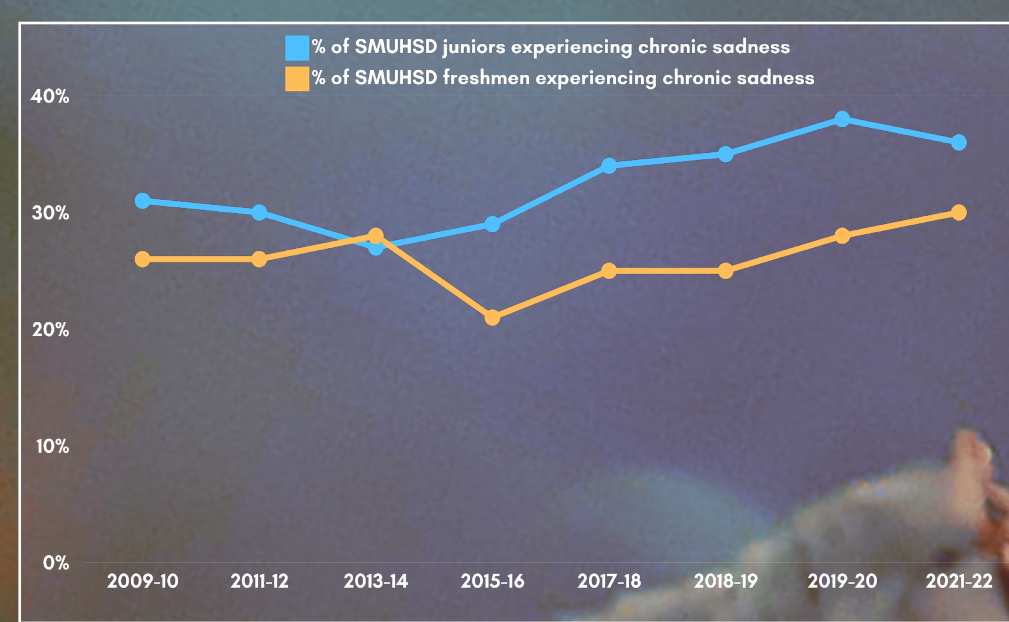
SMUHSD VS. CALIFORNIA

We weighed the San Mateo Union High School District's results from the California Healthy Kids Survey against the California's biennial statewide report, which compiles similar data from districts across the state. Looking again at the three indicative markers of chronic sadness, alcohol usage and marijuana usage, we observed that on average, SMUHSD has recorded drug and alcohol usage rates around 5% below statewide averages over the past 15 years.



THE CALIFORNIA HEALTHY KIDS SURVEY

The California Healthy Kids Survey is a biennial survey administered to students in Californian schools in fifth, seventh, ninth and eleventh grades. It is an anonymous and voluntary survey, and its results constitute some of the most closely-watched indicators of student safety, behavior and success at school and in life. We picked three metrics: chronic sadness, alcohol usage and marijuana usage, to help illustrate common trends across the board, but they are not holistic.

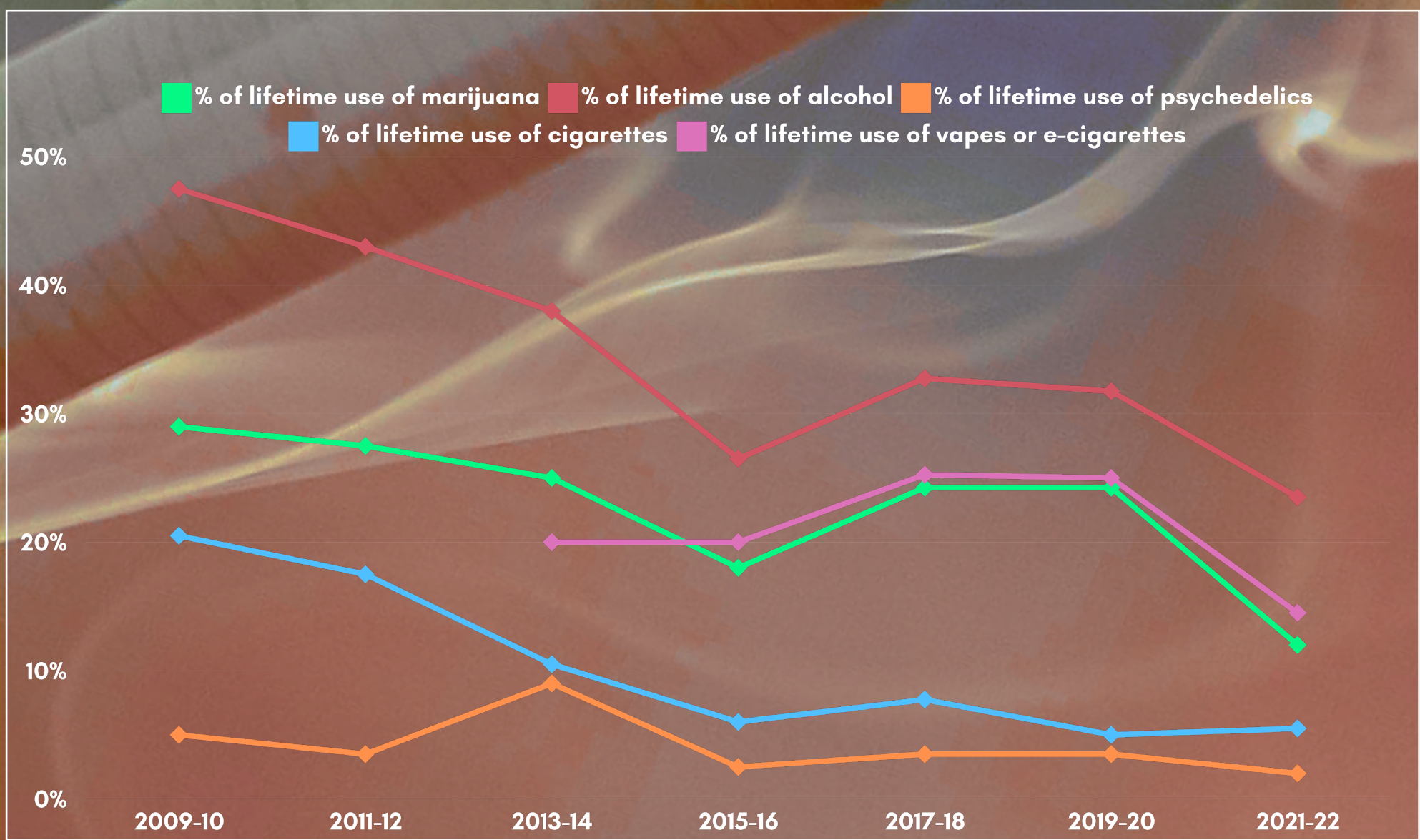


35% of 1,933 SMUHSD juniors have used illicit alcohol and drugs to get high

HOOKED: BY THE NUMBERS

of SMUHSD juniors say they currently use illicit alcohol and drugs **18%**

SMUHSD LIFETIME USAGE RATES FOR VARIOUS SUBSTANCES



PREVENTION AND RECOVERY

In line with the Editorial on pg.3 of this issue, numerous studies across the nation and the world have shown the benefit of approaching adolescent drug use with involved restorative and construction approaches. We looked at a wide array of programs that sought to test implementation of these values on students, groups of students and schools around the world. Project "No Towards Drug Abuse" involved randomized trials across multiple schools, while the Reasoning and Rehabilitation program was tested on smaller groups of high school students. Meanwhile, the LifeSkills training program has been implemented in numerous settings across the nation. The results of all these studies and more point towards a larger trend elevating the importance of recognizing the root causes behind adolescent substance abuse. Further sources can be found online.



COPY: FELIX MA, ANDREW DONG, LIPIKA GOEL, GRADE TAO, AGASTYA RAGHAVAN
LAYOUT: FELIX MA

ALL SAN MATED UNION HIGH SCHOOL DISTRICT DATA COLLECTED FROM PAST SMUHSD CALIFORNIA HEALTHY KIDS SURVEY REPORTS
STATE DATA COLLECTED FROM PAST CALIFORNIA STATEWIDE HEALTHY KIDS SURVEY REPORTS