



Friends of the Children – Portland

Annual Evaluation

July 2008 – June 2009

Milestones Report



Submitted to:

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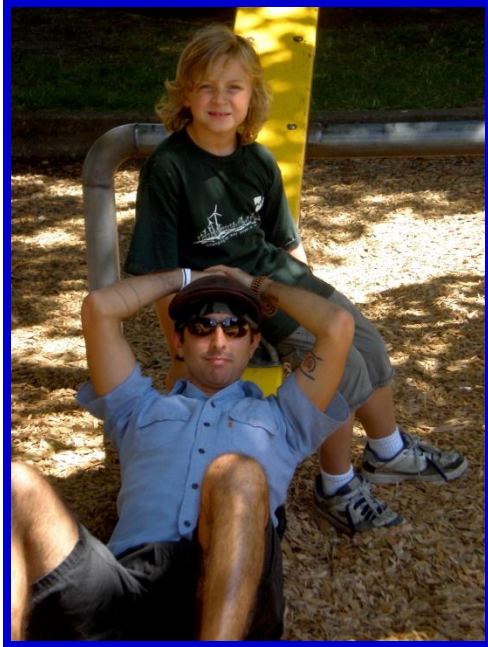
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This report is the first of a series of five reports focusing on the 2008-09 program year:

- 1. Milestones and Long-Term Program Outcomes**
2. Service Delivery
3. Historical Attributes of the *FOTC*-Portland Youth Population
4. *FOTC* Adolescents
5. Education

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OVERVIEW OF *MILESTONE CATEGORIES* & PROGRAM OUTCOMES

Milestone Categories are the “short-term” outcomes of the *FOTC* – Portland program. The program theory of change is that the more time *Friends* spend with youth creating high quality relationships, the more likely youth are going to do well in each of the *Milestone Categories* (see Section A of the Technical Appendix for a comprehensive listing of activities *Friends* incorporate into their time with youth to develop these areas). In turn, youth who do well in each of the *Milestone Categories* are more likely to achieve the “long-term” program outcomes—graduate from high school, avoid teen parenting, and avoid being convicted of a crime.

FOTC – Portland Theory of Change Model



<i>Milestone Category</i>	Description
Social and Emotional Development	strong relationships with adults, peers and community; improved emotional skills and mental/emotional health
Making Good Choices	reduced aggression and problem behaviors; avoidance of substance abuse and other risky behaviors
School Success	academic performance and progress, including attendance, appropriate classroom behavior, and promotion
Improved Health Care	improved access to health care services, including physical, mental and reproductive when appropriate
Positive Plan and Skills for the Future	individual, positive plan for the future post high school, and skills needed to achieve the plan

DESCRIPTION OF PROGRAM YOUTH

There were 302 active *Friends of the Children* youth during the 2008-09 school year.

Gender

- ✓ 49% boys (149)
- ✓ 51% girls (153)

Race/ethnicity

- ✓ 51% African American (154)
- ✓ 30% Caucasian (90)
- ✓ 9% Multiracial (27)
- ✓ 8% Hispanic (24)
- ✓ 1% Native American (3)
- ✓ 1% Other (4)

Age

- ✓ Ranged from 7 to 19 years old
- ✓ Average age = 11.5 years old

Grade

- ✓ 60% 1st – 5th graders (183)
- ✓ 19% 6th – 8th graders (56)
- ✓ 21% 9th grade and older (64)



There has not been a significant change in the demographic profile of *FOTC* youth over the past 5 program years.

Please see Section B in the Technical Appendix for a complete description of the evaluation activities and survey response rates for the 2008-09 evaluation.

Response Rates

An 80% response rate is a common threshold suggesting that the sample is representative of the overall population. The table below presents the response rates for all of the surveys administered. In 2008-09, it is reasonable to assume that *Friends'* reports of children and adolescents provide a good estimate of the overall *FOTC* youth population. However, response rates for adolescents, parents/guardians, and teachers represent approximately two-thirds of *FOTC* youth and therefore may not be representative of entire *FOTC* youth population. If the responding adolescents, parents/guardians, and teachers were more engaged or involved in the program (as is typical of those who respond versus those who

do not), outcomes from these reporters may be more positive than if all *FOTC* youth had been represented.

2008-09 Response Rates

Data source	Total # of youth	Total # of valid completed surveys (%)
1. <i>Friends' Assessment of Younger Children</i>	182	169 (92%)
2. <i>Friends' Assessment of Adolescents</i>	120	104 (86%)
3. Adolescent Self-Report Questionnaire	120	76 (63%)
4. Parent/Guardian Survey	302	201 (67%)
5. Teacher Observation of Child Adaptation –Revised (TOCA-R; 1 – 8 th graders only)	238	142 (60%)

LONG-TERM OUTCOMES

The *Friends of the Children* – Portland program hopes to ultimately influence three long-term outcomes in youth:

1. **Graduate from high school**
2. **Avoid teen pregnancy and parenting**
3. **Avoid the juvenile justice system**

This section contains a series of tables summarizing youth progress on these long-term outcomes, as well as differences in these outcomes according to:

- grade (1st – 5th, 6th – 8th, 9th and older)

- gender
- race/ethnicity (African American, Caucasian, Other)
- compared to the last 5 program years
- compared to a non-high risk sample of Multnomah County youth participating in the 2005-06 Oregon Healthy Teens (OHT) Survey

For a description of the analysis plan for this report and how group comparisons were determined, see Section C of the Technical Appendix.

Indicator	Reporter	Sample Size	Finding	Group differences	Change over time	Compared to Multnomah County youth
Graduated from High School	FOTC Program	12	83% (10) of program graduates received a high school diploma, GED, or were on track to graduate in the next 6 months	Not assessed due to small sample	No	N/a
Avoided Teen Pregnancy & Parenting	Adolescent	170	99% (168) of youth ages 10 and older avoided teen parenting	Not assessed due to small sample	No	N/a

Indicator	Reporter	Sample Size	Finding	Group differences	Change over time	Compared to Multnomah County youth
Avoided Ever Being Found Guilty of a Crime/ Convicted	Friend	270	95% (256) of youth have never been found guilty	<ul style="list-style-type: none"> All 1st-5th graders avoided ever being found guilty 9th-12th graders more likely to have ever been found guilty 	No*	N/a
	Adolescent	75	97% (73) of adolescents have never been found guilty	No	No*	N/a
Avoided Being Found Guilty of a Crime/ Convicted in Past Year	Friend	270	97% (263) of youth were not found guilty in the past year	<ul style="list-style-type: none"> All 1st-8th graders avoided being found guilty in the past year 9th-12th graders more likely to have been found guilty in the past year 	No*	N/a
	Adolescent	75	99% (74) of adolescents were not found guilty in the past year	No	No*	N/a
Avoided Ever Being Arrested for Misdemeanor or Felony	Friend	270	94% (253) of youth have avoided arrest in their lifetimes	<ul style="list-style-type: none"> All 1st-5th graders avoided ever being arrested 9th-12th graders more likely to have ever been arrested 	No*	N/a

Indicator	Reporter	Sample Size	Finding	Group differences	Change over time	Compared to Multnomah County youth
	Adolescent	76	88% (67) of adolescents have avoided arrest <i>in their lifetimes</i>	No	No*	N/a
Avoided Being Arrested for Misdemeanor or Felony in Past Year	Friend	269	96% (259) of youth have avoided arrest <i>in the past year</i>	<ul style="list-style-type: none"> All 1st-5th graders avoided being arrested <i>in the past year</i> 9th-12th graders more likely to have been arrested <i>in the past year</i> 	No*	N/a
	Adolescent	75	89% (67) of adolescents have avoided arrest <i>in the past year</i>	No	No*	Similar

Note. "N/a" in the "Compared to Multnomah County youth" column means that the indicator was not included on the Oregon Health Teens Survey in 2005-06.

* Item included in 2007-08 and 2008-09 only.

Gender Differences in Long-Term Outcomes

No gender differences were found for lifetime and past year arrests and convictions. Gender differences were not assessed for teen parenting and high school graduation due to small sample sizes.

Racial/Ethnic Differences in Long-Term Outcomes

No racial/ethnic differences were found for lifetime and past year arrests and convictions. Racial/ethnic differences were not assessed for teen parenting and high school graduation due to small sample sizes.

Grade Differences in Long-Term Outcomes

Indicator	Reporter	All Youth	1 st – 5 th	6 th – 8 th	9 th – 12 th	Finding
Avoided Ever Being Found Guilty of a Crime/ Convicted	<i>Friend</i>	95% (269)	100% (167)	100% (48)	75% (55)	<ul style="list-style-type: none"> All 1st-8th graders avoided <i>ever</i> being found guilty of a crime 9th-12th graders most likely to have <i>ever</i> been found guilty of a crime
Avoided Being Found Guilty of a Crime/ Convicted in Past Year	<i>Friend</i>	97% (270)	100% (167)	100% (48)	87% (55)	<ul style="list-style-type: none"> All 1st-8th graders avoided being found guilty of a crime <i>in the past year</i> 9th-12th graders most likely to have been found guilty of a crime <i>in the past year</i>
Avoided Ever Being Arrested for Misdemeanor or Felony	<i>Friend</i>	94% (270)	100% (167)	94% (48)	75% (55)	<ul style="list-style-type: none"> All 1st-5th graders avoided <i>ever</i> being arrested 9th-12th graders most likely to have <i>ever</i> been arrested
Avoided Being Arrested for Misdemeanor or Felony in Past Year	<i>Friend</i>	96% (270)	100% (167)	98% (48)	83% (54)	<ul style="list-style-type: none"> All 1st-5th graders avoided being arrested <i>in the past year</i> 9th-12th graders most likely to have been arrested <i>in the past year</i>

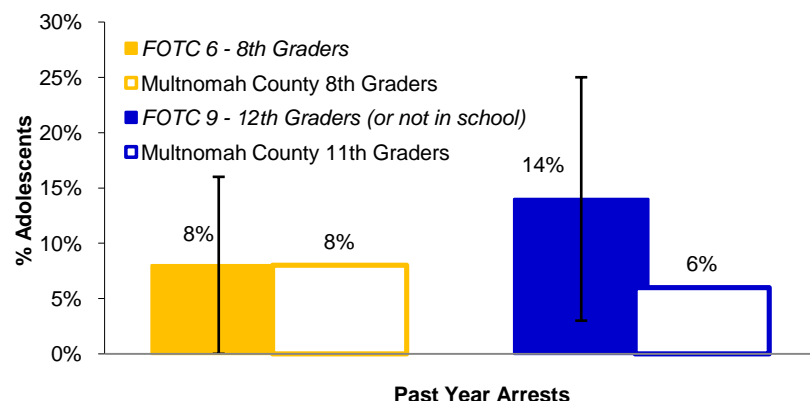
Note. The table presents percentages and the number of youth in each group (*n*). Grade differences were not assessed for high school graduation because all youth were in the 9th – 12th grade group; teen parenting and high school graduation was not assessed for grade differences due to small sample sizes. Bold numbers indicate significantly higher proportions. All of the statistically significant differences reported in this table were determined using chi-squared analysis ($p < .05$).

Changes in Long-Term Outcomes Over the Past 2 Years

No statistically significant changes in the long-term program outcomes were observed between 2007-08 and 2008-09. Items about arrest and conviction were changed in 2007-08 and are therefore only comparable for the past 2 years.

Friends Youth Compared to Multnomah County Youth: Long-Term Outcomes

Figure 1. FOTC Adolescents & Non-High Risk Multnomah County Youth: Past Year Arrests



Note. Percentages are based on 75 FOTC adolescents, 4,324 Multnomah County 8th graders, and 3,076 Multnomah County 11th graders. The differences shown between FOTC adolescents and Multnomah County youth were not statistically significant.

Summary of Comparisons to Multnomah County Youth on Long-Term Outcomes

FOTC youth were similar to non-high risk Multnomah County youth on self-reported past year arrests.

Summary of Long-Term Outcomes

The vast majority of FOTC youth are achieving the long-term program goals of graduating from high school, avoiding teen pregnancy and parenting, and avoiding being arrested and/or convicted of a crime. High school graduation figures were not available at this time but will be included in the Education Report in January 2010. In general, 9th – 12th graders were more likely to have been arrested and/or convicted of a crime, and there were no differences according to gender or race/ethnicity. FOTC adolescents looked similar to non-high risk Multnomah County youth on past year arrests.



PROGRESS IN MILESTONE CATEGORIES

The next section contains a series of tables containing information about *FOTC* youth's progress in five *Milestone Categories* (see Section A of the Technical Appendix for a detailed description of each *Milestone Category* and examples of *FOTC* activities that promote each one):

1. Social and emotional development
2. Making good choices
3. School success
4. Improved health care
5. Plans and skills for the future

This section contains a series of tables summarizing youth progress in each of the *Milestone Categories*, as well as differences in these outcomes according to:

- grade (1st – 5th, 6th – 8th, 9th and older)

- gender
- race/ethnicity (African American, Caucasian, Other)
- compared to the last 5 program years
- compared to a non-high risk sample of Multnomah County youth participating in the 2005-06 Oregon Healthy Teens (OHT) Survey

For a description of the analysis plan for this report and how group comparisons were determined, see Section C of the Technical Appendix. Section D of the Technical Appendix contains information about how the measurement scales were calculated for each *Milestone Category*. For more detailed findings, Section E of the Technical Appendix shows response frequencies for each item on each survey (*Friend* Report of Younger Children, *Friend* Report of Adolescents, Adolescent Self-Report, Teacher Report, and Parent/Guardian Report).

Social & Emotional Development

Indicator	Reporter	Sample size	Finding	Group differences	Change over time	Compared to Multnomah County youth
Social Skills	Friend	267	87% (231) of youth were socially skilled (yes or YES!) [†]	Youth of other ethnicities were more socially skilled	No	N/a

Indicator	Reporter	Sample size	Finding	Group differences	Change over time	Compared to Multnomah County youth
Self-esteem/ Self-confidence	Friend	268	81% (216) of youth had self-esteem/self-confidence (yes or YES!) [†]	African American & youth of other ethnicities had higher self-esteem/confidence	Trend showing increase in self-esteem/self-confidence since 2004-05	N/a
Depression	Adolescent	76	20% (15) of adolescents <i>very often</i> or <i>always</i> felt depressed in past school year	Girls were depressed more often than boys	No	N/a
			36% (27) of adolescents felt sad or hopeless almost every day for 2 weeks or more in a row	No	Trend showing increase in feeling sad or hopeless since 2007-08	Larger proportion of FOTC 9 th – 12 th graders felt sad or hopeless
			48% (36) of adolescents had no symptoms of serious depression*	No	Trend showing decrease in proportion of adolescents with no symptoms of serious depression since 2007-08	N/a

Indicator	Reporter	Sample size	Finding	Group differences	Change over time	Compared to Multnomah County youth
	<i>Friend</i>	270	34% (92) of youth were unhappy, sad, or depressed (<i>yes</i> or <i>YES!</i>)	Caucasian youth had higher depression than African American & youth of other ethnicities	Decrease in unhappy or depressed youth between 2004-05 and 2007-08	N/a
Suicidal Ideation & Attempts	Adolescent	75	<ul style="list-style-type: none"> 9% (7) of adolescents seriously considered attempting suicide 3% (2) of adolescents attempted suicide 	No	No	Similar

Notes. Change over time on items taken from the Adolescent Self-Report Survey should be interpreted with caution because 6th graders were included in the adolescent self-report sample for the first time in 2007-08. “N/a” in the “Compared to Multnomah County youth” column means that the indicator was not included on the Oregon Health Teens Survey in 2005-06.

*Symptoms of serious depression include 1) depressed *fairly often*, *very often* or *almost always*; 2) seriously considered suicide in the past year; and 3) were sad or hopeless for at least two weeks in a row. These responses were counted for each youth to create a composite score ranging from 0 (no symptoms) to 3 (all 3 symptoms).

† Indicates a measurement scale (responses to multiple items were averaged to create a score for each youth). See Section D of the Technical Appendix for a list of the items included in each scale and Section E for answers (% , *n*) in each response category. Scores on the measurement scale were rounded and dichotomized to create two groups, agree (scale score ≥ 2.5 , *yes* or *YES!*) and disagree (scale score < 2.5 , *no* or *NO!*).

GENDER DIFFERENCES IN SOCIAL & EMOTIONAL DEVELOPMENT

Indicator	Reporter	All Youth	Boys	Girls	Finding
Depression	Adolescent	3.1 (76)	2.7 (30)	3.4 (46)	Girls felt depressed more often than boys

Note. The table presents average scores (measured on a scale from 1 to 6) and the number of youth in each group (*n*). Bold numbers indicate the statistically significantly higher average score. The statistically significant difference reported in this table was determined using a *t*-test ($p < .05$).

GRADE DIFFERENCES IN SOCIAL & EMOTIONAL DEVELOPMENT

There were no statistically significant differences in social and emotional development according to grade.

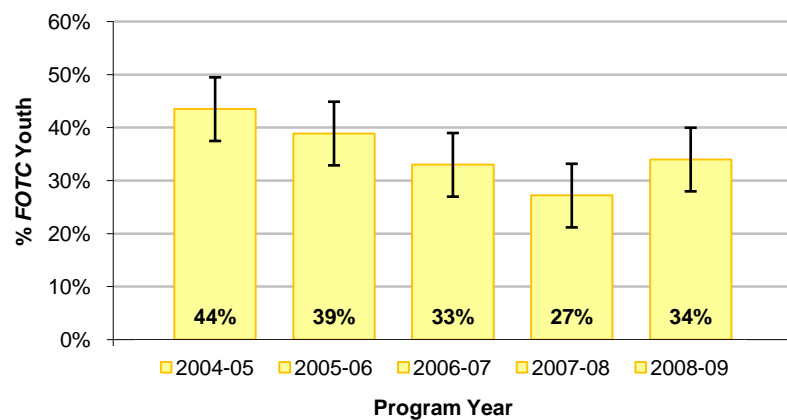
RACIAL/ETHNIC DIFFERENCES IN SOCIAL & EMOTIONAL DEVELOPMENT

Indicator	Reporter	All Youth	African American	Caucasian	Other	Finding
Social Skills	Friend	3.0 (267)	3.0 (134)	2.9 (79)	3.2 (54)	Youth of other ethnicities had greater social skill than African American & Caucasian youth
Self-esteem/ Self-confidence	Friend	2.9 (268)	3.0 (136)	2.7 (78)	2.9 (54)	African American & youth of other ethnicities had higher self-esteem/confidence than Caucasian youth
Depression	Friend	2.2 (270)	2.0 (137)	2.5 (79)	2.1 (54)	Caucasian youth were more depressed than African American & youth of other ethnicities

Note. The table presents average scores (measured on a scale from 1 to 4) and the number of youth in each group (*n*). Bold numbers indicate statistically significantly higher average scores. All statistically significant scale score differences reported in this table were determined using Analysis of Variance (ANOVA) and Bonferroni post hoc comparisons ($p < .05$).

CHANGES IN SOCIAL & EMOTIONAL DEVELOPMENT OVER THE PAST 5 YEARS

**Figure 2. Changes in Depression Over the Past 5 Program Years –
Friend Report**



Note. Percentages are based on 239 youth from 2004-05, 239 from 2005-06, 233 from 2006-07, 250 from 2007-08, and 270 from 2008-09. The only significant difference shown occurred between program years 2004-05 and 2007-08. The same youth are not represented in each program year.



In addition to the significant change in depression between 2004-05 and 2007-08, three trends (not statistically significant) were found:

1. Youth with self-esteem/self-confidence (rated *yes* or *YES!* by *Friends*) increased from 71% in 2004-05 to 82% in 2006-07 and has remained at that level.
2. Youth that felt sad or hopeless for at least 2 weeks in a row increased from 20% in 2007-08 to 36% in 2008-09.
3. Proportion of youth with no serious symptoms of depression decreased from 69% in 2007-08 to 48% in 2008-09.

Summary of Changes in Social & Emotional Development

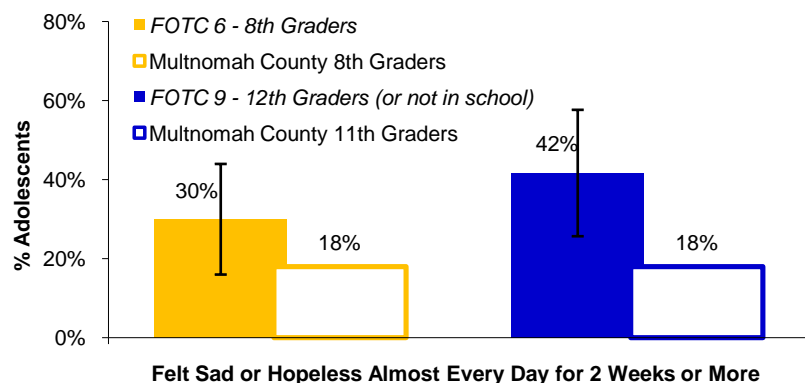
Friend-reported depression among *FOTC* youth declined between 2004-05 and 2007-08, but increased again in 2008-09.

There were also trends suggesting that:

- A relatively high level of self-esteem/self-confidence has persisted since 2006-07.
- Adolescents experienced more symptoms of depression since 2007-08.

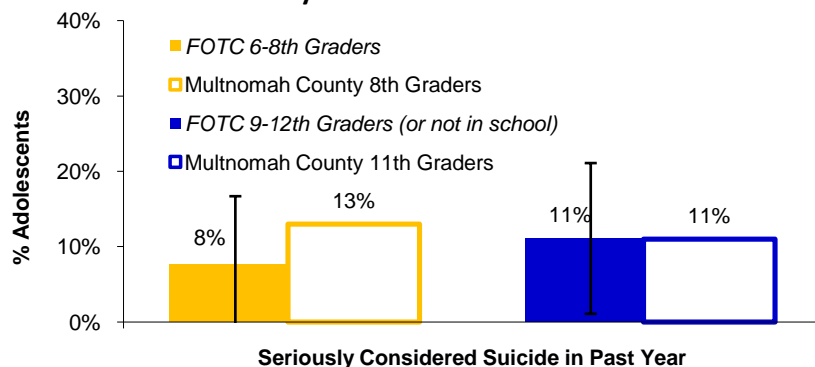
FRIENDS YOUTH COMPARED TO MULTNOMAH COUNTY YOUTH: SOCIAL & EMOTIONAL DEVELOPMENT

Figure 3. FOTC Adolescents & Non-High Risk Multnomah County Youth: Felt Sad or Hopeless in Past Year



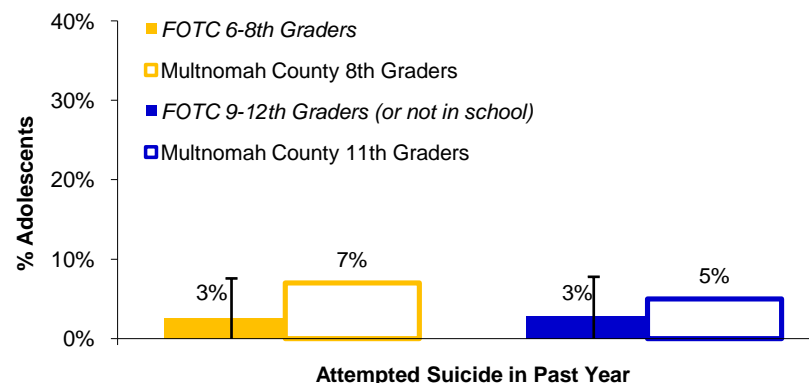
Note. Percentages are based on 75 FOTC adolescents, 4,560 Multnomah County 8th graders, and 3,143 Multnomah County 11th graders. Multnomah County youth represent a non-high risk sample of youth. A significantly larger proportion of FOTC 9th – 12th graders felt sad or hopeless, but 6th – 8th graders were not statistically different.

Figure 4. FOTC Adolescents & Non-High Risk Multnomah County Youth: Seriously Considered Suicide in Past Year



Note. Percentages based on 75 FOTC adolescents, 4,470 Multnomah County 8th graders, and 3,115 Multnomah County 11th graders. Multnomah County youth represent a non-high risk sample of youth. None of the differences shown were statistically significant.

Figure 5. FOTC Adolescents & Non-High Risk Multnomah County Youth: Attempted Suicide in Past Year



Note. Percentages based on 75 FOTC adolescents, 4,470 Multnomah County 8th graders, and 3,115 Multnomah County 11th graders. Multnomah County youth represent a non-high risk sample of youth. The differences shown were not statistically significant.

Summary of Comparisons to Multnomah County Youth on Social & Emotional Development

- A significantly larger proportion of FOTC 9th – 12th graders reported feeling sad or depressed for at least 2 weeks in a row over the past school year compared to Multnomah County youth.
- FOTC youth looked similar to a non-high risk sample of Multnomah County youth on suicidal ideation and attempts.

SUMMARY OF SOCIAL & EMOTIONAL DEVELOPMENT

According to *Friends*, at least 4 out of 5 *FOTC* youth were socially skilled and have good self-esteem/self-confidence. It is notable that the average score on both of these scales was 3.0 (or a *yes* on the response scale), indicating that many youth still have room for improvement in these areas. Youth of other ethnicities were rated higher in both areas, and African American youth were rated higher in self-



esteem/self-confidence, compared to Caucasian youth. Furthermore, the proportion of youth with good self-esteem/self-confidence has increased steadily (albeit not statistically significantly) since 2004-05.

Depression continues to be a concern for *FOTC* youth.

- According to their own reports, one-fifth of *FOTC* adolescents very often or almost always felt depressed, with girls more often feeling depressed than boys.
- One-third of the adolescents felt sad or hopeless for at least two weeks in a row, and a significantly larger proportion of *FOTC* 9th – 12th graders felt this way compared to a non-high risk sample of Multnomah County youth participating in the OHT Survey in 2005-06.
- Half of the *FOTC* adolescents reported at least one serious symptom of depression in the past year, which is an increase from 2007-08 (not statistically significant).
- *Friends* reported that one-third of *FOTC* youth were sad or depressed in the past year, and even more so for Caucasian youth. Although *Friend*-reported depression decreased significantly between 2004-05 and 2007-08, it increased somewhat in 2008-09.
- Despite the higher level of depressive symptoms, a similar proportion of *FOTC* adolescents reported suicidal ideation and/or attempts as a non-high risk sample of Multnomah County youth.

Making Good Choices

Indicator	Reporter	Sample Size	Finding	Group differences	Change over time	Compared to Multnomah County youth
Physical Fighting	Adolescent	76	61% (46) of adolescents were involved in physical fighting	Boys more involved in fighting than girls	Trend showing steady increase in physical fighting since 2004-05	Physical fighting more prevalent among <i>FOTC</i> youth
Violent Behavior	<i>Friend</i>	221	27% (59) of youth were involved in 1 or more violent behaviors*	Boys more involved in violent behaviors	No	N/a
	Adolescent	76	67% (51) of adolescents reported 1 or more violent behaviors*	No	Involvement in 1 or more violent behaviors higher in 2007-08 and 2008-09 than in 2006-07	N/a
Violence as a Way to Solve Problems	Adolescent	76	42% (32) of adolescents thought violence can be a way to solve problems (yes or YES!)	No	No [†]	N/a

Indicator	Reporter	Sample Size	Finding	Group differences	Change over time	Compared to Multnomah County youth
Authority Acceptance in the Classroom	Teacher (1 st – 8 th), Friend (9 th – 12 th)	220	96% (154) of youth <i>often, very often or almost always</i> follow classroom rules ^{††}	<ul style="list-style-type: none"> Girls followed classroom rules more often than boys Caucasian & youth of other ethnicities followed classroom rules more often than African American youth 	No	N/a
Lifetime Cigarette Use	Adolescent	76	17% (13) of adolescents have smoked a whole cigarette	No	No [†]	Similar
Lifetime Chew Tobacco Use	Adolescent	75	3% (2) of adolescents have chewed tobacco	No	No [†]	N/a
Age of First Cigarette Use	Adolescent	13	<ul style="list-style-type: none"> Average: 12 yrs old Of those who had smoked a whole cigarette, 31% (4) first did so before age 11 	No	No [†]	By age 15, <i>FOTC</i> youth less likely to have smoked a whole cigarette

Indicator	Reporter	Sample Size	Finding	Group differences	Change over time	Compared to Multnomah County youth
Current Tobacco Use	Adolescent	74	<ul style="list-style-type: none"> 11% (8) of adolescents used tobacco in the last 30 days Of those who ever used tobacco, 62% (8 out of 13) used in the last 30 days 	No	No	Similar
Lifetime Alcohol Use	Adolescent	74	51% (38) of adolescents have had more than a sip or two of alcohol	Youth of other ethnicities more likely, and African American youth less likely, to have used alcohol	No ⁺	<i>FOTC</i> 6 th – 8 th graders were similar, but <i>FOTC</i> 9 th – 12 th graders less likely to have had more than a sip or two of alcohol
Age of First Alcohol Use	Adolescent	38	<ul style="list-style-type: none"> Average: 12 yrs old Of those who had more than a sip or two of alcohol, 34% (13) first did so before age 11 	No	No ⁺	By age 15, <i>FOTC</i> youth less likely to have drank alcohol

Indicator	Reporter	Sample Size	Finding	Group differences	Change over time	Compared to Multnomah County youth
Current Alcohol Use	Adolescent	74	<ul style="list-style-type: none"> 20% (15) of adolescents drank alcohol in the last 30 days Of those who ever drank, 39% (15 out of 38) did so in the last 30 days 	Youth of other ethnicities more likely to have drank alcohol in the last 30 days	Trend showing increase in proportion of youth who drank alcohol in last 30 days	<i>FOTC</i> 6 th – 8 th graders were similar, but <i>FOTC</i> 9 th – 12 th graders less likely to have used alcohol in the last 30 days
Lifetime Marijuana Use	Adolescent	75	33% (25) of adolescents have used marijuana	No	Trend showing increase in likelihood of lifetime marijuana use	Similar
Age of First Marijuana Use	Adolescent	25	<ul style="list-style-type: none"> Average: 13 yrs old Of those who had ever used marijuana, 12% (3) first did so before age 11 	No	No	By age 15, <i>FOTC</i> youth less likely to have used marijuana

Indicator	Reporter	Sample Size	Finding	Group differences	Change over time	Compared to Multnomah County youth
Current Marijuana Use	Adolescent	73	<ul style="list-style-type: none"> 14% (10) of adolescents used marijuana in the last 30 days Of those who ever used marijuana, 43% (10 out of 23) did so in the last 30 days 	No	No	N/a
Lifetime Inhalant Use	Adolescent	76	8% (6) of adolescents used inhalants	No	Trend showing increase in likelihood of adolescent lifetime inhalant use	N/a
Age of First Inhalant Use	Adolescent	6	<ul style="list-style-type: none"> Average age: 10 yrs Of those who had used inhalants, 50% (3) first did so before age 11 	Not assessed due to small sample	Not assessed due to small sample size	N/a

Indicator	Reporter	Sample Size	Finding	Group differences	Change over time	Compared to Multnomah County youth
Current Inhalant Use	Adolescent	76	<ul style="list-style-type: none"> 1% (1) of adolescents used inhalants in the last 30 days Of those who ever used inhalants, 17% (1 out of 6) did so in the last 30 days 	No	Not assessed due to small sample size	N/a
Lifetime Other Drug Use	Adolescent	76	8% (6) of adolescents have used other drugs	Youth of other ethnicities more likely to have used other drugs	Trend showing increase in proportion of adolescents that had ever used other drugs	N/a
Age of First Other Drug Use	Adolescent	6	<ul style="list-style-type: none"> Average age: 13 yrs Of those who had used other drugs, 17% (1) first did so before age 11 	No	Not assessed due to small sample size	N/a
Current Other Drug Use	Adolescent	76	0% (0) of adolescents have used other drugs in the last 30 days	Not assessed due to small sample	Not assessed due to small sample size	N/a
Lifetime Sexual Intercourse	Adolescent	76	36% (27) of adolescents have had sexual intercourse	9 th -12 th graders more likely to have had sex than 6 th -8 th graders	No	Similar

Indicator	Reporter	Sample Size	Finding	Group differences	Change over time	Compared to Multnomah County youth
Age of First Sexual Intercourse	Adolescent	26	<ul style="list-style-type: none"> Average age: 13 yrs old Of those who had sexual intercourse, 31% (8) first did so before age 13 	<ul style="list-style-type: none"> Boys initiated sex earlier Youth of other ethnicities initiated sex earlier than African Americans 	No	A larger proportion of <i>FOTC</i> youth had sexual intercourse, but by age 16 the trend reverses
Condom Use	Adolescent	26	50% (13) of adolescents who had sexual intercourse used a condom the last time	No	Trend showing a steady decline in condom use at last intercourse	Similar

Note. Change over time on items taken from the Adolescent Self-Report Survey should be interpreted with caution because 6th graders were included in the adolescent self-report sample for the first time in 2007-08. Grade differences not assessed for behavior initiation indicators (e.g., age of first alcohol use). “N/a” in the “Compared to Multnomah County youth” column means that the indicator was not included on the Oregon Health Teens Survey in 2005-06.

* Violent behaviors included physical fighting, attacked someone out of anger, carrying a weapon, threatened someone with a weapon, and gang involvement.

† Item included in 2007-08 and 2008-09 only.

†† Indicates a measurement scale (responses to multiple items were averaged to create a score). See Section D of the Technical Appendix for a list of the items included in each scale and Section E for answers (% , *n*) in each response category. Scores on the measurement scale were rounded and dichotomized to create two groups, *often, very often, or almost always* (scale score ≥ 3.5) and *sometimes, rarely, or almost never* (scale score < 3.5).

GENDER DIFFERENCES IN MAKING GOOD CHOICES

Indicator	Reporter	All Youth	Girls	Boys	Finding
Physical Fighting	Adolescent	61% (76)	50% (46)	77% (30)	Boys more likely to have been involved with physical fighting
Violent Behavior	<i>Friend</i>	27% (221)	17% (18)	37% (41)	Boys more likely to have been involved 1 or more violent behaviors
Authority Acceptance in the Classroom	Teacher (1 st – 8 th) <i>Friend</i> (9 th – 12 th)	4.9 (220)	5.1 (115)	4.7 (105)	Girls followed classroom rules more often
Age of First Sexual Intercourse	Adolescent	13 years old (26)	14 years old (14)	12 years old (12)	Girls initiated sexual intercourse later

Notes. The table presents either average scores/age or percentages and the number of youth in each group (*n*). Bold numbers indicate statistically significantly higher average scores or percentages. The statistically significant differences reported in this table is based on group averages were determined using a *t*-test ($p < .05$); the differences reported based on proportions (%) were determined using chi-squared analysis ($p < .05$). Authority acceptance was measured on a scale from 1 to 6. Gender differences not assessed for age of first inhalant use (sample < 10). Violent behaviors included physical fighting, attacked someone out of anger, carrying a weapon, threatened someone with a weapon, and gang involvement.

GRADE DIFFERENCES IN MAKING GOOD CHOICES

Indicator	Reporter	All Youth	1 st – 5 th	6 th – 8 th	9 th – 12 th	Finding
Lifetime Sexual Intercourse	Adolescent	36% (76)	N/a	25% (40)	47% (36)	9 th -12 th graders were more likely to have had sex than 6 th -8 th graders

Notes. The table includes percentage of youth and (*n*). Bold numbers indicate s statistically significantly higher percentage. The statistically significant difference reported in this table was determined using chi-squared analysis ($p < .05$). Grade differences were not assessed for behavior initiation indicators (e.g., age of first alcohol use).

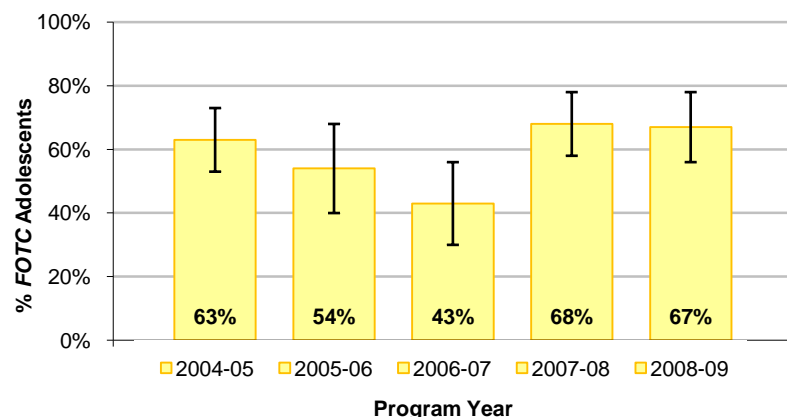
RACIAL/ETHNIC DIFFERENCES IN MAKING GOOD CHOICES

Indicator	Reporter	All Youth	African American	Caucasian	Other	Finding
Authority Acceptance in the Classroom	Teacher (1 st – 8 th) Friend (9 th – 12 th)	4.9 (220)	4.8 (112)	5.0 (67)	5.1 (41)	Caucasian and youth of other ethnicities followed classroom rules more often than African American youth
Lifetime Alcohol Use	Adolescent	51% (74)	41% (42)	57% (21)	82% (11)	Youth of other ethnicities more likely, and African American youth less likely, to have ever used alcohol
Current Alcohol Use	Adolescent	20% (15)	19% (8)	14% (3)	40% (4)	Youth of other ethnicities more likely to have used alcohol in the last 30 days
Lifetime Other Drug Use	Adolescent	8% (76)	5% (43)	5% (22)	27% (11)	Youth of other ethnicities more likely to have used other drugs
Age of First Sexual Intercourse	Adolescent	13 years old (26)	14 years old (14)	13 years old (6)	12 years old (6)	Youth of other ethnicities had sex earlier than African American youth

Note. The table presents either average scores (on a scale from 1 to 6) or percentages and the number of youth in each group (*n*). Bold numbers indicate statistically significantly higher average scores or percentages. The statistically significant differences reported in this table based on group averages were determined using Analysis of Variance (ANOVA) and Bonferroni post hoc comparisons ($p < .05$); the differences reported based on group proportions (%) were determined using chi-squared analysis ($p < .05$). Race/ethnicity differences not assessed for age of first inhalant use (sample < 10).

CHANGES IN MAKING GOOD CHOICES OVER THE PAST 5 YEARS

Figure 6. Changes in Involvement in Violent Behavior Over the Past 5 Program Years – Adolescent Report



Note. We recalculated the violent behavior count for 2004-05 and 2005-06 to include only those 5 behaviors measured in 2006-07 and after. Percentages are based on 84 youth from 2004-05, 46 from 2005-06, 56 from 2006-07, 84 from 2007-08, and 76 from 2008-09. The only significant difference shown occurred between program years 2006-07 and 2007-08/2008-09. Sixth graders were included for the first time in the 2007-08 Adolescent Self-Report Survey sample in 2007-08, whereas previous years included youth in grades 7 through 12 (or not in school); however, results were similar when 6th graders were excluded from the analysis. Furthermore, the same youth are not represented in each program year.

Summary of Changes in Making Good Choices

Significant increase in involvement in adolescent self-reported violent behavior since 2006-07.

Trends suggesting that in 2008-09, *FOTC* adolescents struggled with making good choices about:

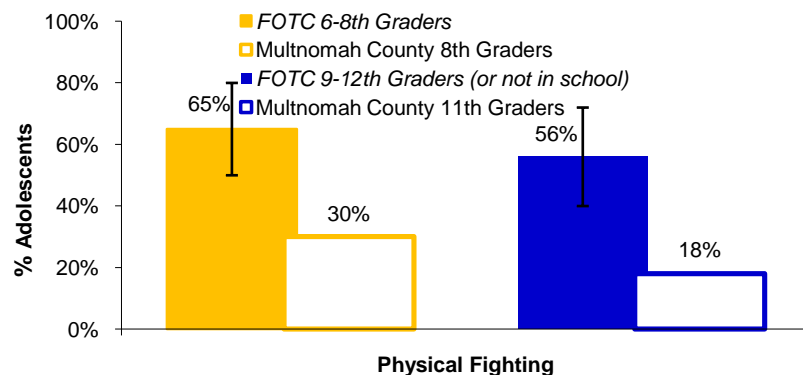
- Physical fighting
- Last 30 day alcohol use
- Ever using marijuana, inhalants, and/or other drugs
- Condom use

The proportion of *FOTC* adolescents who reported being involved in one or more violent behaviors was significantly higher in 2007-08 and 2008-09 than it was in 2006-07. In addition, there were also six trends found (not statistically significant):

1. Steady increase in the proportion of *FOTC* youth that had engaged in physical fighting in the past year, with 43% in 2004-05 and rising to 61% in 2008-09.
2. Decline in the proportion of *FOTC* adolescents that abstained from alcohol in the last 30 days from 92% in 2006-07 and 2007-08 to 80% in 2008-09.
3. Increase in proportion of *FOTC* adolescents that had ever used marijuana from 24% in 2007-08 to 33% in 2008-09, which is a return to levels seen in 2004-05 through 2006-07.
4. Small increase in proportion of *FOTC* adolescents that reported ever having used inhalants from 2% in 2004-05 and 2005-06 to 8% in 2008-09.
5. Small increase in proportion of *FOTC* adolescents that reported ever having used other drugs from 2% in 2004-05 and 2005-06 to 8% in 2008-09.
6. Steady decline in condom use during last sexual intercourse encounter from 100% in 2004-05 to 50% in 2008-09.

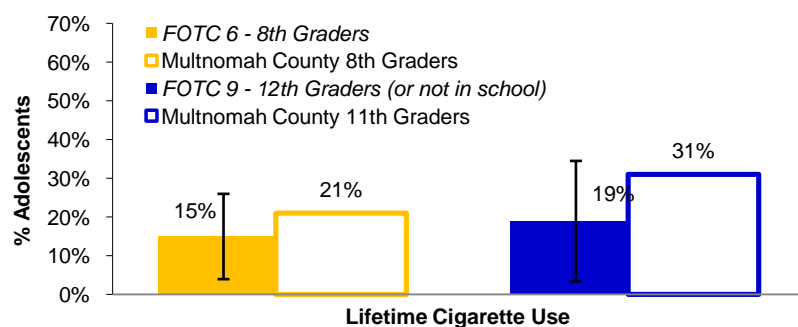
FRIENDS YOUTH COMPARED TO MULTNOMAH COUNTY YOUTH: MAKING GOOD CHOICES

Figure 7. *FOTC* Adolescents & Non-High Risk Multnomah County Youth: Physical Fighting



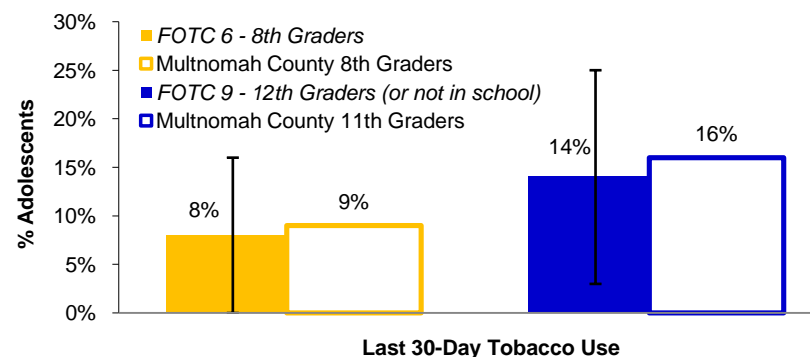
Note. Percentages for physical fighting are based on 76 *FOTC* adolescents, 4,273 Multnomah County 8th graders, and 3,064 Multnomah County 11th graders. A significantly larger proportion of *FOTC* adolescents were involved in physical fighting as compared to a non-high risk sample of Multnomah County youth.

Figure 8. *FOTC* Adolescents & Non-High Risk Multnomah County Youth: Ever Smoked a Whole Cigarette



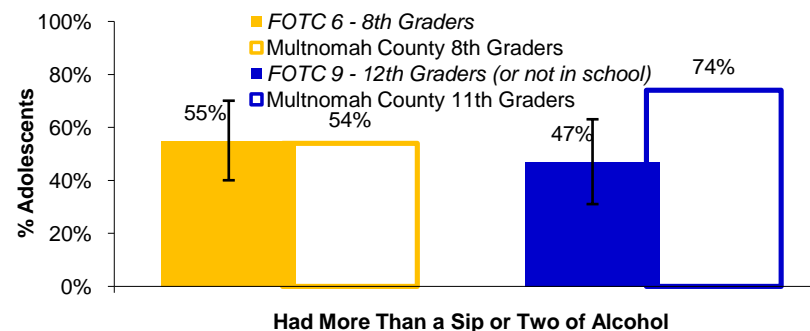
Note. Percentages are based on 76 *FOTC* adolescents, 4,377 Multnomah County 8th graders, and 3,108 Multnomah County 11th graders. There were no significant differences between *FOTC* adolescents and the non-high risk sample of Multnomah County youth.

Figure 9. *FOTC* Adolescents & Non-High Risk Multnomah County Youth: Last 30-Day Tobacco Use



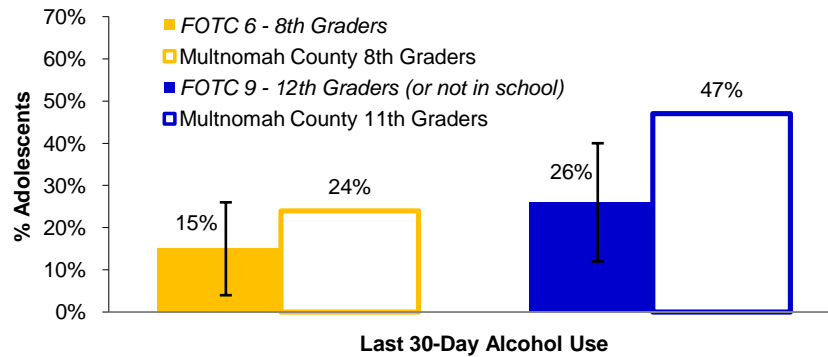
Note. Percentages are based on 74 *FOTC* adolescents, 4,360 Multnomah County 8th graders, and 3,108 Multnomah County 11th graders. *FOTC* adolescents were not statistically different than a non-high risk sample of Multnomah County youth. Multnomah County youth reported on cigarette use and *FOTC* youth reported on tobacco use (cigarettes, chew, etc.).

Figure 10. *FOTC* Adolescents & Non-High Risk Multnomah County Youth: Ever Had More Than a Sip or Two of Alcohol



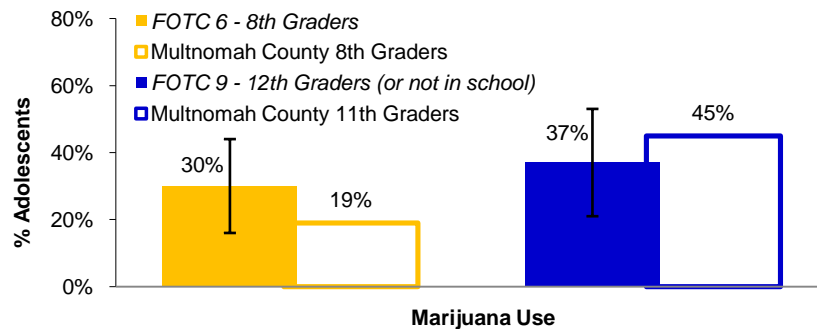
Note. Percentages are based on 74 *FOTC* adolescents, 4,176 Multnomah County 8th graders, and 3,063 Multnomah County 11th graders. A significantly smaller proportion of *FOTC* 9th – 12th graders have used alcohol than the non-high risk Multnomah County 11th graders.

Figure 11. FOTC Adolescents & Non-High Risk Multnomah County Youth: Last 30-Day Alcohol Use



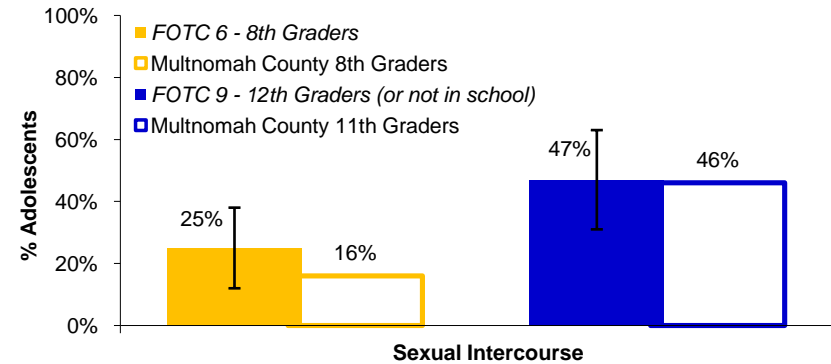
Note. Percentages are based on 74 FOTC adolescents, 2,185 Multnomah County 8th graders, and 1,484 Multnomah County 11th graders. A significantly smaller proportion of FOTC 9th – 12th graders used alcohol in the last 30 days compared to a non-high risk sample of Multnomah County 11th graders.

Figure 12. FOTC Adolescents & Non-High Risk Multnomah County Youth: Ever Used Marijuana



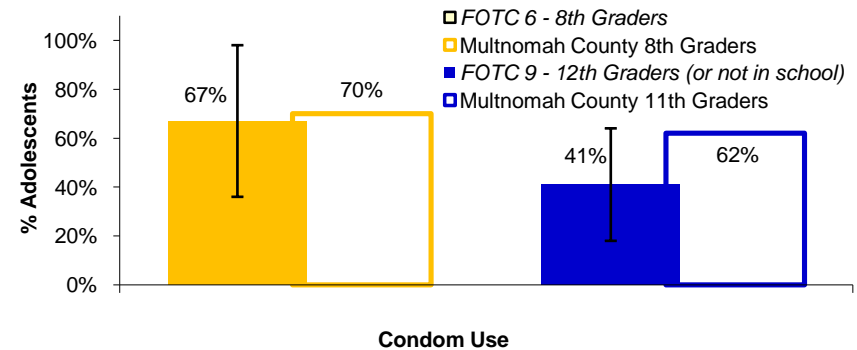
Note. Percentages are based on 75 FOTC adolescents, 4,049 Multnomah County 8th graders, and 3,035 Multnomah County 11th graders. The differences between FOTC adolescents and the non-high risk sample of Multnomah County adolescents were not statistically significant.

Figure 13. FOTC Adolescents & Non-High Risk Multnomah County Youth: Lifetime Sexual Intercourse



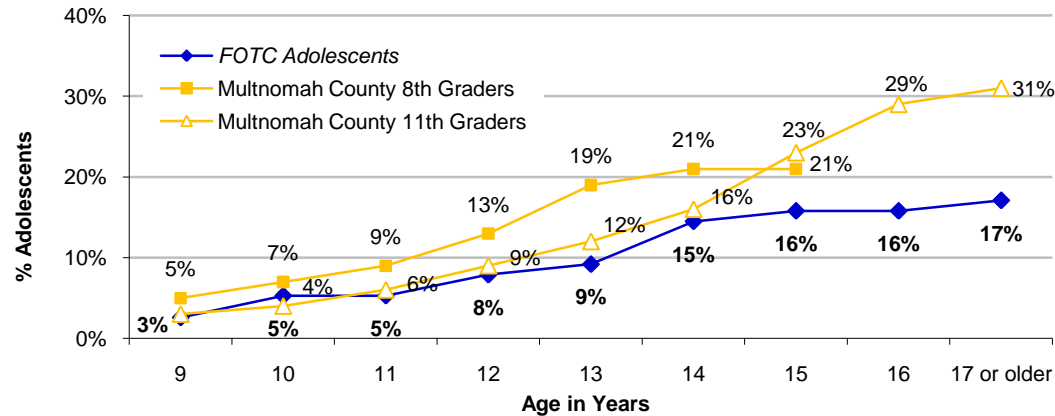
Note. Percentages are based on 76 FOTC adolescents, 4,530 Multnomah County 8th graders, and 3,129 Multnomah County 11th graders. The differences between FOTC youth and the non-high risk sample of Multnomah County youth were not statistically significant.

Figure 14. FOTC Adolescents & Non-High Risk Multnomah County Youth: Condom Use



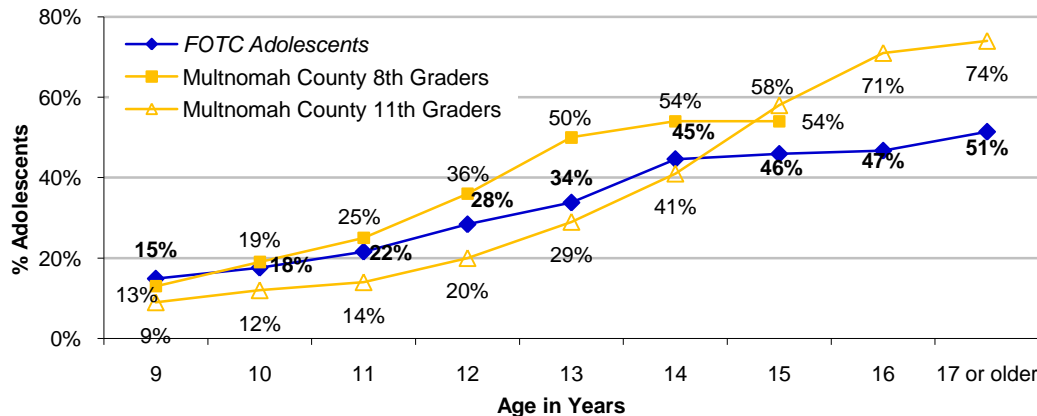
Note. Percentages are based on 26 FOTC adolescents, 4,425 Multnomah County 8th graders, and 3,088 Multnomah County 11th graders. The differences shown were not statistically significant. The Multnomah County youth were not a high risk sample.

Figure 15. *FOTC* Adolescents & Non-High Risk Multnomah County Youth: Cumulative Proportion of Youth Who Smoked a Whole Cigarette by Age



Note. Percentages are based on 76 *FOTC* adolescents, 4,377 Multnomah County 8th graders, and 3,108 Multnomah County 11th graders. The Multnomah County youth were not a high risk sample. The differences shown were not tested for statistical significance.

Figure 16. *FOTC* Adolescents & Non-High Risk Multnomah County Youth: Cumulative Proportion of Youth Who Had Used Alcohol by Age



Note. Percentages are based on 74 *FOTC* adolescents, 4,176 Multnomah County 8th graders, and 3,063 Multnomah County 11th graders. The Multnomah County youth were not a high risk sample. The differences shown were not tested for statistical significance.

Summary of Comparisons to Multnomah County Youth on Making Good Choices

FOTC and a non-high risk sample of Multnomah County youth were similar on:

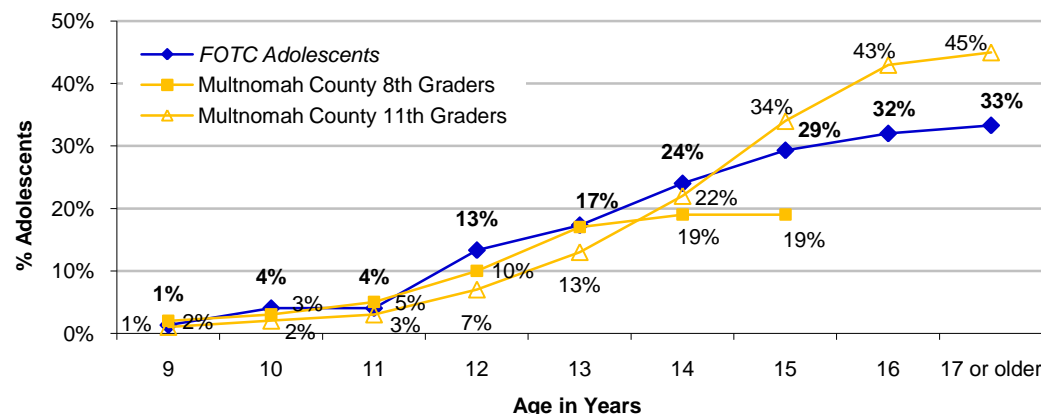
- Lifetime cigarette use
- Last 30-day tobacco use
- Lifetime alcohol use (6th – 8th graders only)
- Last 30-day alcohol use (6th – 8th graders only)
- Lifetime marijuana use
- Lifetime sexual intercourse
- Condom use

A significantly higher proportion of *FOTC* youth were involved in physical fighting.

A significantly lower proportion of *FOTC* youth:

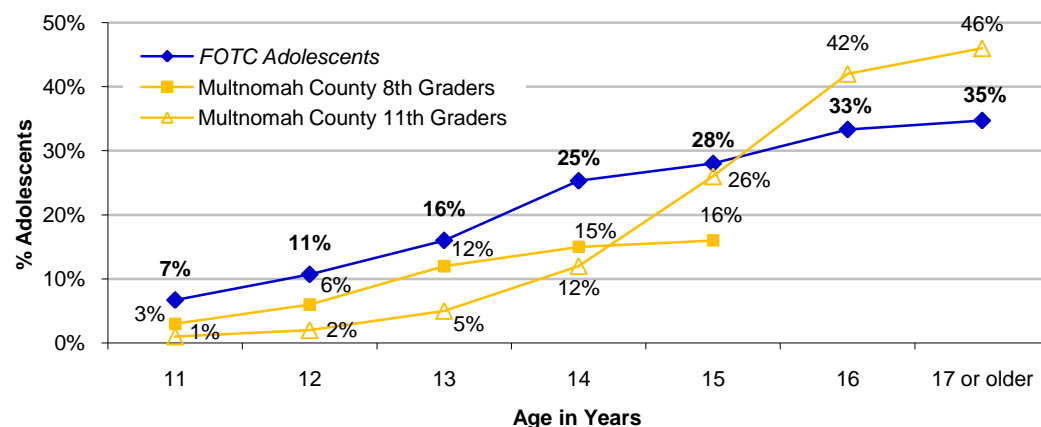
- Have used alcohol in their lifetimes (9th – 12th graders only)
- Drank alcohol in the last 30 days (9th – 12th graders only)

Figure 17. *FOTC* Adolescents & Non-High Risk Multnomah County Youth: Cumulative Proportion of Youth Who Used Marijuana by Age



Note. Percentages are based on 75 *FOTC* adolescents, 4,049 Multnomah County 8th graders, and 3,035 Multnomah County 11th graders. The Multnomah County youth were not a high risk sample. The differences shown were not tested for statistical significance.

Figure 18. *FOTC* Adolescents & Non-High Risk Multnomah County Youth: Cumulative Proportion of Youth Who Had Sexual Intercourse by Age



Note. Percentages are based on 75 *FOTC* adolescents, 4,510 Multnomah County 8th graders, and 3,120 Multnomah County 11th graders. The differences shown were not tested for statistical significance. The Multnomah County youth sample is not high risk.

Summary of Comparisons to Multnomah County Youth on Making Good Choices

FOTC adolescents initiated the use of cigarettes, alcohol, and marijuana at approximately the same rate as a non-high risk sample of Multnomah County youth. However, by age 15, a smaller proportion of *FOTC* youth had used these substances compared to Multnomah County youth.

FOTC adolescents initiated sexual intercourse somewhat earlier than a non-high risk sample of Multnomah County youth. However, by age 16, a smaller proportion of *FOTC* youth had engaged in sexual intercourse.

SUMMARY OF MAKING GOOD CHOICES

Following classroom rules. Almost all *FOTC* youth often, very often, or almost always followed classroom rules, according to their teachers and *Friends*. The average scale score was 5.0 (*very often* on the response scale), indicating that many youth (in particular, boys and African American youth) have room for improvement in this area.

Violent behavior. Violent behavior, primarily physical fighting, was difficult to avoid for about 3 out of 4 *FOTC* adolescents (especially boys). There has been a significant increase in adolescent self-reported violent behavior involvement since 2006-07, and in physical fighting (not statistically significant), over the past 5 years. A significantly larger proportion of *FOTC* youth were involved in physical fighting than a non-high risk sample of Multnomah County youth. In contrast, *Friends* reported that 3 in 4 youth avoided violent behavior (especially girls), and this trend has remained stable over the past 5 years.

Substance use. The majority of *FOTC* adolescents avoided substance use. Alcohol was the most commonly used substance – half of *FOTC* adolescents have had more than a sip or two of alcohol in their lifetimes (more prevalent for youth of other ethnicities and less prevalent for African American youth). One-third of *FOTC* adolescents had used marijuana, and less than one-fifth had smoked a whole cigarette. Ten to 20 percent of *FOTC* adolescents had used cigarettes, alcohol, and/or marijuana in the last 30 days. Last 30 day alcohol use, which was more likely for youth of other ethnicities, has increased somewhat (not statistically significant) since 2006-07. *FOTC* youth looked very similar to a non-high risk sample of Multnomah County youth on

lifetime and last 30 day substance use with the exception that a significantly *smaller* percentage of *FOTC* 9th – 12th graders have 1) had more than a sip or two of alcohol in their lifetimes, and 2) had used alcohol in the last 30 days.

The average age of initiation for cigarettes and alcohol was 12 years old and for marijuana was 13 years old. One in 3 of substance-using youth had used cigarettes and/or alcohol, and 1 in 8 had used marijuana, by age 10. *FOTC* adolescents initiated tobacco, alcohol, and marijuana use at approximately the same rate as a non-high risk sample of Multnomah County youth, but by age 15, a *smaller* proportion of *FOTC* youth were using these substances. Few *FOTC* adolescents reported inhalant or other drug use, but youth of other ethnicities were more likely to have used other drugs. The proportion of adolescents who reported using these substances has increased slightly (not statistically significant) over the past 5 years.

Sexual behavior. One-third of *FOTC* adolescents (especially 9th – 12th graders) have had sexual intercourse, and only half used a condom at their last sexual intercourse. These proportions were similar for a non-high risk sample of Multnomah County youth. However, there has been a decline in the proportion of *FOTC* adolescents who used a condom during their last sexual intercourse over the past 5 years. Of those youth who have had sexual intercourse, the average age of initiation was 13 years old (earlier for boys and youth of other ethnicities). *FOTC* adolescents initiated sexual intercourse earlier than Multnomah County youth, but by age 16, a *smaller* proportion of *FOTC* youth had initiated sexual intercourse.

School Success

Indicator	Reporter	Sample Size	Finding	Group differences	Change over time
School Engagement	<i>Friend</i>	267	73% (196) of youth were engaged in school (yes or YES!) ⁺	Girls were more engaged in school	No
Concentration in the Classroom	Teacher (1 st – 8 th), <i>Friend</i> (9 – 12 th)	220	59% (130) of youth were <i>often</i> , <i>very often</i> or <i>almost always</i> engaged in classroom activities ⁺⁺	Girls more often paid attention in the classroom	No
Disciplinary Actions – Removed from Class	<i>Friend</i>	249	31% (76) of youth were removed from class for disciplinary reasons in the past year	<ul style="list-style-type: none"> 6th-8th graders were more likely to have been removed from class Boys were more likely to have been removed from class 	No
Disciplinary Actions – Suspended	<i>Friend</i>	257	22% (57) of youth were suspended from school in the past year	<ul style="list-style-type: none"> 6th-8th graders more likely, and 1st – 5th graders less likely, to have been suspended Boys were more likely to have been suspended 	No
Disciplinary Actions – Expelled	<i>Friend</i>	262	3% (9) of youth were expelled from school in the past year	9 th -12 th graders more likely, and 1 st -5 th graders less likely, to have been expelled	No

Indicator	Reporter	Sample Size	Finding	Group differences	Change over time
Overall Progress as a Student	Teacher	142	54% (77) of youth had <i>good</i> or <i>excellent</i> overall progress as a student	<ul style="list-style-type: none"> Girls made better progress in school Youth of other ethnicities made better progress in school 	Trend suggesting improvement in progress as a student since 2004-05
Academic Service – Tutoring	Friend	257	29% (74) of youth <i>received</i> tutoring in the past year	No	No
		262	51% (134) of youth <i>needed</i> tutoring in the past year	<ul style="list-style-type: none"> 9th-12th graders more likely to need tutoring Girls were more likely to need tutoring 	Trend suggesting decline in need for tutoring since 2004-05
Academic Service – Learning Problems	Friend	256	17% (44) of youth <i>received</i> a program for learning problems in the past year	Boys more likely to receive a special program for learning problems	No
		254	24% (60) of youth <i>needed</i> a program for learning problems in the past year	Youth of other ethnicities <i>less</i> likely to need services for learning problems	Decline in need for services for learning problems in 2008-09 compared to 2004-05
Academic Service – Attendance/ Behavior Problems	Friend	260	15% (39) of youth <i>received</i> services for attendance or behavior problems in the past year	1 st -5 th grade students <i>less</i> likely to receive services for attendance or behavior problems	No

Indicator	Reporter	Sample Size	Finding	Group differences	Change over time
		263	28% (74) of youth needed services for attendance or behavior problems in the past year	9 th -12 th graders more likely, and 1 st – 5 th graders less likely, to need services for attendance or behavior problems	No
Academic Service – Testing and Evaluation for Special Education	Friend	252	12% (30) of youth received testing and evaluation for special education services in the past year	No	No
		259	16% (41) of youth needed testing and evaluation for special education services in the past year	No	Decline in need for testing & evaluation for special education in 2008-09 compared to 2004-05
Academic Service – Gifted and Talented	Friend	256	4% (10) of youth received gifted and talented services in the past year	<ul style="list-style-type: none"> Boys more likely to receive gifted and talented services African Americans less likely to receive gifted and talented services 	No

Indicator	Reporter	Sample Size	Finding	Group differences	Change over time
		248	12% (30) of youth needed gifted and talented classes in the past year	<ul style="list-style-type: none"> Boys more likely to need gifted and talented services Youth of other ethnicities more likely, and African Americans less likely, to need gifted and talented services 	No
Academic Service – Individual Education Plan (IEP)	<i>Friend</i>	253	18% (45) of youth received an IEP in the past year	No	N/a – new in 2008-09
		257	25% (64) of youth needed an IEP in the past year	No	

[†] Responses to multiple items were averaged to create this score. See Section D of the Technical Appendix for a list of the items included in each scale and Section E for answers (% , *n*) in each response category. Scores on the measurement scale were rounded and dichotomized to create two groups, *agree* (scale score ≥ 2.5 , *yes* and *YES!*) and *disagree* (scale score < 2.5 , *no* and *NO!*).

^{††} Responses to multiple items were averaged to create this score. See Section D of the Technical Appendix for a list of the items included in each scale and Section E for answers (% , *n*) in each response category. Scores on the measurement scale were rounded and dichotomized to create two groups, *often, very often, or almost always* (scale score ≥ 3.5) and *sometimes, rarely, or almost never* (scale score < 3.5).

GENDER DIFFERENCES IN SCHOOL SUCCESS

Indicator	Reporter	All Youth	Boys	Girls	Finding
School Engagement	<i>Friend</i>	2.9 (267)	2.8 (126)	3.0 (141)	Girls more engaged in school

Indicator	Reporter	All Youth	Boys	Girls	Finding
Concentration in the Classroom	Teacher (1 st – 8 th), Friend (9 – 12 th)	3.7 (220)	3.4 (105)	4.0 (115)	Girls more often paid attention in class
Disciplinary – Removed from Class	Friend	31% (249)	45% (124)	16% (125)	Boys more likely to have been removed from the classroom
Disciplinary – Suspended	Friend	22% (257)	32% (127)	12% (130)	Boys more likely to have been suspended
Overall Progress as a Student	Teacher	4.4 (144)	4.1 (75)	4.6 (69)	Girls made better progress in school
Academic Service – Tutoring (Needed)	Friend	51% (262)	43% (125)	58% (137)	Girls more likely to have needed tutoring services
Academic Service – Learning Problems (Received)	Friend	17% (256)	23% (124)	12% (132)	Boys more likely to have received services for learning problems
Academic Service – Gifted and Talented (Received)	Friend	4% (256)	7% (126)	1% (130)	Boys more likely to have received gifted and talented classes
Academic Service – Gifted and Talented (Needed)	Friend	12% (248)	17% (122)	7% (126)	Boys more likely to have needed gifted and talented classes

Notes. The table presents either average scores or percentages and the number of youth in each group (*n*). Bold numbers indicate statistically significantly higher average scores or percentages. The statistically significant differences reported in this table is based on group averages were determined using a *t*-test ($p < .05$); the differences reported based on group proportions (%) were determined using chi-squared analysis ($p < .05$). School engagement was measured on a scale from 1 to 4; cognitive concentration and overall progress as a student were measured on a scale from 1 to 6.

GRADE DIFFERENCES IN SCHOOL SUCCESS

Indicator	Reporter	All Youth	1 st – 5 th	6 th – 8 th	9 th – 12 th	Finding
Disciplinary – Removed from Class	Friend	31% (249)	28% (156)	48% (46)	21% (47)	6 th -8 th graders more likely to have been removed from class
Disciplinary – Suspended	Friend	22% (257)	17% (161)	41% (46)	22% (50)	1 st -5 th graders <i>less</i> likely, and 6 th -8 th graders <i>more</i> likely, to have been suspended
Disciplinary – Expelled	Friend	3% (262)	0% (164)	7% (45)	11% (53)	9 th -12 th graders more likely to have been expelled
Academic Service – Tutoring (Needed)	Friend	51% (262)	47% (161)	46% (48)	70% (53)	9 th -12 th graders more likely to have needed tutoring services
Academic Service – Attendance/ Behavior Problems (Received)	Friend	15% (260)	10% (163)	22% (46)	24% (51)	1 st -5 th graders less likely to have received services for attendance or behavior problems
Academic Service – Attendance/ Behavior Problems (Needed)	Friend	28% (263)	22% (162)	35% (48)	40% (56)	9 th -12 th graders <i>more</i> likely, and 1 st – 5 th graders <i>less</i> likely, to have needed services for attendance or behavior problems

Notes. The table includes percentage of youth and (n). Bold numbers indicate statistically significantly higher percentages. The statistically significant differences reported in this table were determined using chi-squared analysis ($p < .05$).

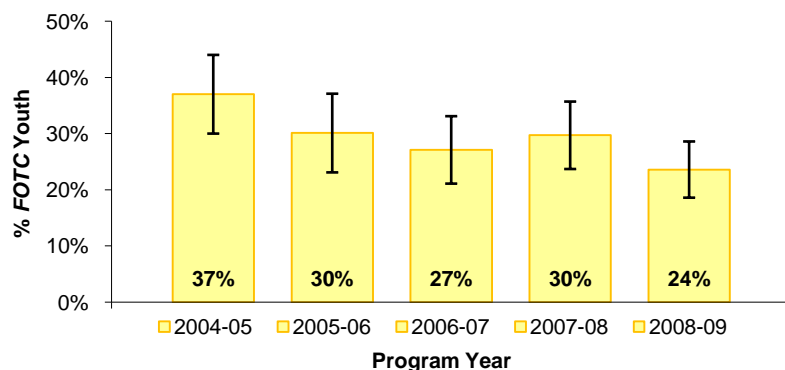
RACIAL/ETHNIC DIFFERENCES IN SCHOOL SUCCESS

Indicator	Reporter	All Youth	African American	Caucasian	Other	Finding
Overall Progress as a Student	Teacher	4.4 (142)	4.1 (65)	4.6 (47)	4.7 (30)	Youth of other ethnicities made better progress in school than Caucasian and African American youth
Academic Service – Learning Problems (Needed)	Friend	24% (254)	28% (129)	26% (74)	10% (51)	Youth of other ethnicities less likely to have needed services for learning problems
Academic Service – Gifted and Talented (Received)	Friend	4% (256)	1% (130)	7% (76)	8% (50)	African Americans less likely to have received gifted and talented classes
Academic Service – Gifted and Talented (Needed)	Friend	12% (248)	7% (124)	12% (75)	27% (49)	African Americans <i>less</i> likely, and youth of other ethnicities <i>more</i> likely, to have needed gifted and talented classes

Note. The table presents either average ratings (on a scale from 1 to 6) or percentages and the number of youth in each group (*n*). Bold numbers indicate statistically significantly higher average ratings or percentages. The statistically significant differences reported in this table based on group averages were determined using Analysis of Variance (ANOVA) and Bonferroni post hoc comparisons ($p < .05$); the differences reported based on group proportions (%) were determined using chi-squared analysis ($p < .05$).

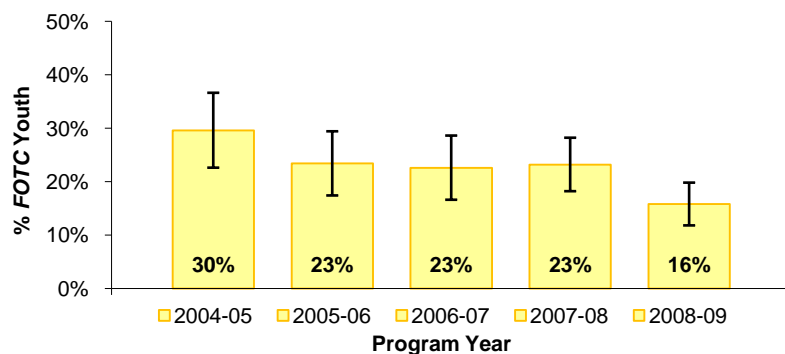
CHANGES IN SCHOOL SUCCESS OVER THE PAST 5 YEARS

Figure 19. Changes in Need for Academic Services for Learning Problems Over the Past 5 Program Years – *Friend* Report



Note. Percentages are based on 200 youth from 2004-05, 173 from 2005-06, 207 from 2006-07, 222 from 2007-08, and 254 from 2008-09. The only significant difference shown occurred between program years 2004-05 and 2008-09. The same youth are not represented in each program year.

Figure 20. Changes in Need for Special Education Testing Over the Past 5 Program Years – *Friend* Report



Note. Percentages are based on 189 youth from 2004-05, 171 from 2005-06, 208 from 2006-07, 224 from 2007-08, and 259 from 2008-09. The only significant difference shown occurred between program years 2004-05 and 2008-09. The same youth are not represented in each program year.

The need for academic services for learning problems and for special education testing, according to *Friends*, decreased significantly since 2004-05. In addition, there were two interesting trends (not statistically significant):

1. There has been a steady increase in the proportion of *FOTC* youth who made good or excellent progress in school from 42% in 2004-05 to 54% in 2008-09.
2. *Friends* reported a steady decline in the need for (but not receipt of) tutoring from 63% in 2004-05 to 51% in 2008-09.

Summary of Changes in School Success

- *Friends* reported that a significantly smaller proportion of youth needed services for learning problems and special education testing in 2008-09 compared to 2004-05.
- Similarly, trend suggesting a decline in the need for tutoring since 2004-05.
- Trend suggesting that a larger proportion of *FOTC* 1st – 8th graders made good or excellent progress in school over the past 5 years.

SUMMARY OF SCHOOL SUCCESS

School and classroom engagement. Three out of 4 *FOTC* youth were engaged in school, especially girls. The average score on the school engagement scale was 3.0 (*yes* on the response scale), suggesting that many youth have room to improve in this area. Just over half of *FOTC* youth often, very often, or almost always paid attention and concentrated in class, and this was more common for girls. The average score on the cognitive concentration scale was 3.7 (or *often* on the response scale), suggesting that many youth could more often pay attention in class.

Progress in school. Half of the 1st – 8th graders, according to their teachers, made good or excellent progress in school (more likely for girls and youth of other ethnicities). There was also a trend suggesting that the proportion of youth making good or excellent progress in school has increased since 2004-05.

Disciplinary actions. According to *Friends*, 1 out of 3 youth had been removed from their classrooms for disciplinary reasons, and 1 out of 5 youth had been suspended. Most likely to have received these disciplinary actions were boys and 6th – 8th graders. A very small number of youth had been expelled, and these youth tended to be in 9th – 12th grade.

Academic service need and receipt. The most common academic service needed, according to *Friends*, was tutoring, especially for girls and 9th – 12th graders. The

perceived need for tutoring, however, has declined somewhat since 2004-05. Although half of the youth needed tutoring, only 1 out of 3 actually received tutoring services.

Friends reported that 1 out of 4 youth needed an Individual Education Plan (IEP) and/or services for learning or behavior or attendance problems. Especially in need of services for attendance or behavioral problems were 6th – 12th graders, and for learning problems were African American and Caucasian youth. Interestingly, the perceived need for academic services for learning problems has declined significantly since 2004-05. Less likely to receive services for learning problems were girls, and for attendance or behavioral problems were 1st – 5th graders.

One out of 6 *FOTC* youth needed testing and evaluation for special education services and most of these youth received this service. The perceived need for special education testing has declined significantly since 2004-05.

One out of 8 *FOTC* youth needed gifted and talented services but very few youth received this service. Boys were more likely to need and receive gifted and talented services. Youth of other ethnicities were most likely to need gifted and talented services, and youth of other ethnicities and Caucasian youth were more likely to receive them.



Improved Health Care

Indicator	Reporter	Sample Size	Finding	Group differences	Change over time	Compared to Multnomah County youth
General Physical Health	<i>Friend</i>	270	83% (223) of youth were in <i>good, very good, or excellent</i> health	No	N/a – new in 2008-09	N/a
	Adolescent	75	81% (61) of adolescents were in <i>good, very good, or excellent</i> health	No	N/a – new in 2008-09	N/a
Untreated Physical Health Problems	<i>Friend</i>	264	3% (9) of youth had untreated physical health problems in the past year	Caucasian youth more likely to have had untreated physical health problems	No	N/a
Untreated Mental Health Problems	<i>Friend</i>	264	8% (20) of youth had untreated mental health problems in the past year	1 st -5 th graders less likely, and 6 th -8 th graders more likely, to have had untreated mental health problems	No	N/a
Preventive Health Care - Doctor	<i>Friend</i>	199	91% (181) of youth visited a doctor for a checkup in the past year	No	Trend showing decline in preventive doctor visits in 2006-07 and rebound in 2007-08	N/a

Indicator	Reporter	Sample Size	Finding	Group differences	Change over time	Compared to Multnomah County youth
	Adolescent	75	77% (58) of adolescents visited a doctor for a checkup in the past year	No	No	FOTC 9 th – 12 th graders more likely to have visited a doctor
Preventive Health Care - Dentist	Friend	152	83% (126) of youth visited a dentist in the past year	No	Trend suggesting that preventive dental visits increased since 2005-06 but fell again in 2008-09	N/a
	Adolescent	75	64% (48) of adolescents visited a dentist in the past year	No	No	FOTC adolescents less likely to have visited the dentist
Eating Habits – Junk Food	Friend	260	29% (75) of youth ate junk food more than twice a day	No	No	N/a
	Adolescent	74	22% (16) of adolescents ate junk food more than twice a day	No	No	N/a

Indicator	Reporter	Sample Size	Finding	Group differences	Change over time	Compared to Multnomah County youth
Eating Habits – Fruit & Vegetables	Friend	244	44% (107) of youth ate fruits or vegetables at least once a day	No	Increase in daily fruit and vegetables consumption from 2006-07 to 2008-09 (<i>Friend</i> report)	N/a
	Adolescent	76	46% (35) of adolescents ate fruits or vegetables at least once a day	No	Trend suggesting a decline in daily fruit and vegetable consumption since 2005-06 (adolescent report)	FOTC adolescents less likely to eat fruit & vegetables daily
Exercise Habits	Friend	255	43% (110) of youth exercised for at least 20-30 minutes each day	No	No	N/a
	Adolescent	74	50% (37) of adolescents exercised for at least 20-30 minutes each day	No	No	FOTC adolescents more likely to exercise at least 2 days per week

Notes. Change over time on items taken from the Adolescent Self-Report Survey should be interpreted with caution because 6th graders were included in the adolescent self-report sample for the first time in 2007-08. See Section E of the Technical Appendix for answers (% , *n*) in each response category. “N/a” in the “Compared to Multnomah County youth” column means that the indicator was not included on the Oregon Health Teens Survey in 2005-06.

GENDER DIFFERENCES IN HEALTH CARE

There were no statistically significant differences in the indicators of health care according to gender.

GRADE DIFFERENCES IN HEALTH CARE

Indicator	Reporter	All Youth	1 st – 5 th	6 th – 8 th	9 th – 12 th	Finding
Untreated Mental Health Problems	Friend	8% (264)	5% (163)	17% (48)	8% (53)	1 st -5 th graders <i>less</i> likely, and 6 th -8 th graders <i>more</i> likely, to have had untreated mental health problems

Notes. The table includes percentage of youth and (*n*). Bold numbers indicate a statistically significantly higher percentage. The statistically significant difference reported in this table was determined using chi-squared analysis ($p < .05$).

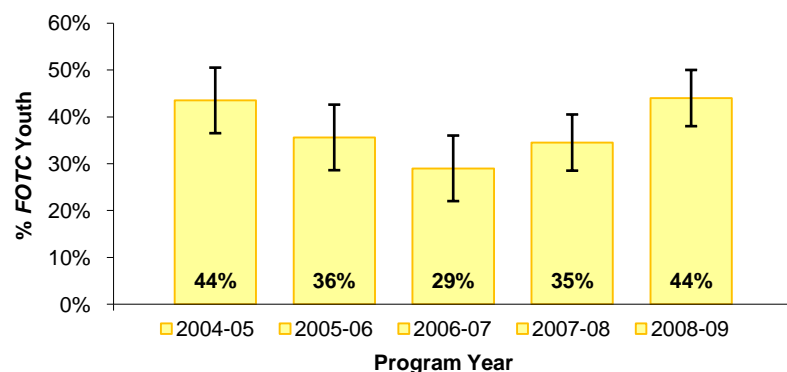
RACIAL/ETHNIC DIFFERENCES IN HEALTH CARE

Indicator	Reporter	All Youth	African American	Caucasian	Other	Finding
Untreated Physical Health Problems	Friend	3% (264)	2% (133)	8% (78)	2% (53)	Caucasian youth more likely to have had untreated physical health problems

Notes. The table presents percentages and the number of youth in each group (*n*). Bold numbers indicate a statistically significantly higher percentage. The statistically significant difference reported was determined using chi-squared analysis ($p < .05$).

CHANGES IN HEALTH CARE OVER THE PAST 5 YEARS

Figure 21. Changes in Daily Fruit & Vegetable Consumption Over the Past 5 Program Years – *Friend* Report



Note. Percentages are based on 186 youth from 2004-05, 191 from 2005-06, 183 from 2006-07, 226 from 2007-08, and 244 from 2008-09. The only significant difference shown occurred between program years 2006-07 and 2008-09. The same youth are not represented in each program year.

In addition to the statistically significant increase in daily fruit and vegetable consumption, according to *Friends*, there were also three trends (not statistically significant):

1. According to adolescents, there was a *decline* (not statistically significant) in adolescent-reported daily fruit and vegetable consumption from 61% in 2005-06 to 46% in 2008-09.
2. According to *Friends*, the proportion of *FOTC* youth that had a preventive doctor visit in the past year has fluctuated from a low of 67% in 2006-07 to a high of 82% in 2007-08, with an average of about 76%.

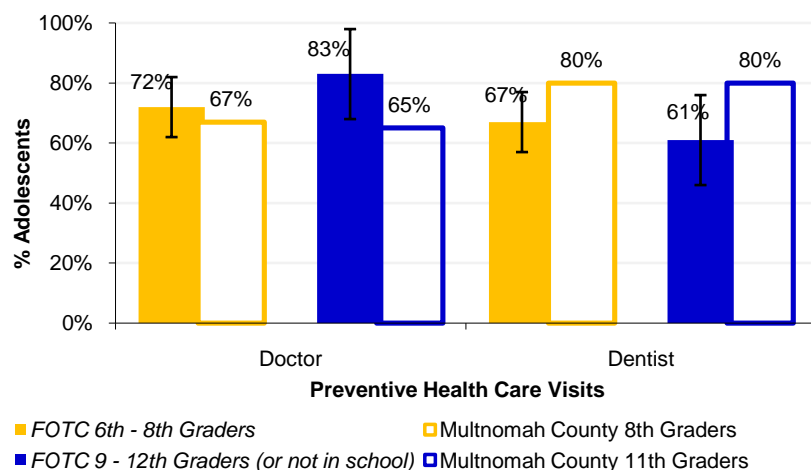
Summary of Changes in Health Care

- A significantly larger proportion of *FOTC* youth ate fruit and vegetables daily than in 2006-07, according to *Friends*.
- Trend suggesting that a smaller proportion of *FOTC* adolescents ate fruit and vegetables daily, according to their own reports.
- The proportion of *FOTC* youth that had preventive doctor and dentist visits has fluctuated (not statistically significant) over the past several years.

3. According to *Friends*, the proportion of *FOTC* youth that had a preventive dentist visit in the past year has fluctuated from a low of 54% in 2005-06 to a high of 74% in 2007-08, with an average of about 64%.

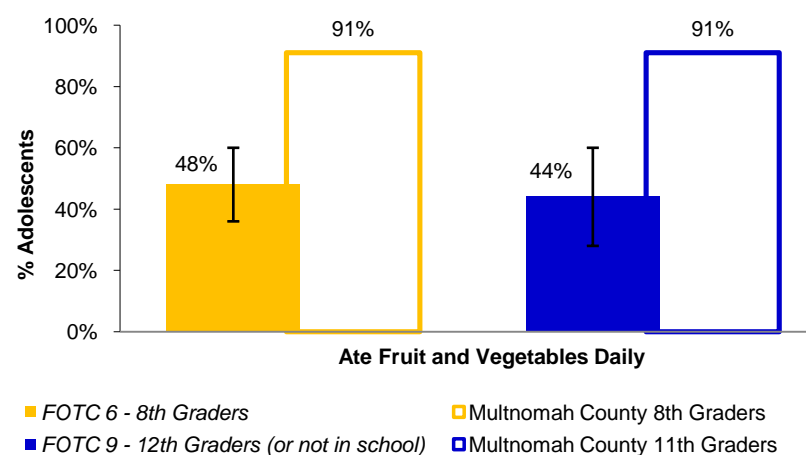
FRIENDS YOUTH COMPARED TO MULTNOMAH COUNTY YOUTH: HEALTH CARE

Figure 22. FOTC Adolescents & Non-High Risk Multnomah County Youth: Preventive Health Care Visits



Note. Doctor visit percentages are based on 75 FOTC adolescents' self-reports, 3,574 8th grade Multnomah County youth, and 2,836 11th grade Multnomah County youth. Dentist visit percentages are based on 75 FOTC adolescents' self-reports, 4,006 8th grade Multnomah County youth, and 3,025 11th grade Multnomah County youth. A significantly larger proportion of FOTC 9th - 12th graders reported having a doctor visit and all FOTC adolescents were significantly less likely to have had a dentist visit in the past year.

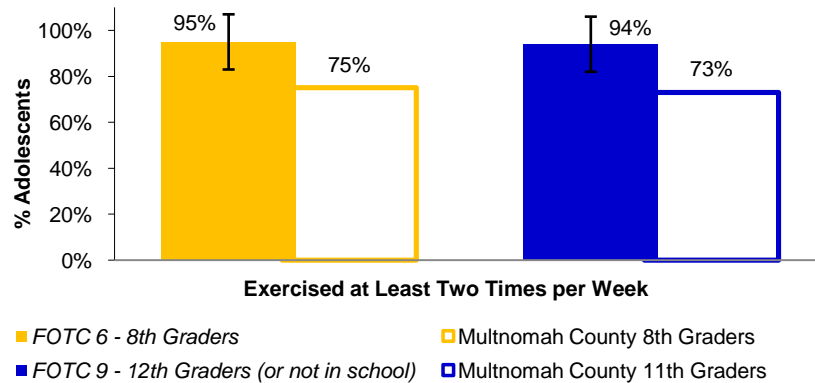
Figure 23. FOTC Adolescents & Non-High Risk Multnomah County Youth: Daily Fruit and Vegetable Consumption



Note. The non-high risk sample of Multnomah County youth was asked to report on the 7 days prior, whereas FOTC youth were asked to report what they usually eat. Percentages are based on 76 adolescent reports, 4,561 Multnomah County 8th graders, and 3,148 Multnomah County 11th graders. FOTC youth were significantly less likely to eat fruit and vegetables each day than Multnomah County youth.



Figure 24. FOTC Adolescents & Non-High Risk Multnomah County Youth: Weekly Exercise



Note. The non-high risk sample of Multnomah County youth was asked to report how many days of the 7 days prior they participated in moderate physical activity for at least 30 minutes. FOTC youth were asked to report of how often they exercised for at least 20 minutes. Percentages are based on 74 adolescent reports, 4,575 Multnomah County 8th graders, and 3,147 Multnomah County 11th graders. FOTC youth were significantly more likely to exercise at least twice a week than Multnomah County 8th and 11th graders.

SUMMARY OF IMPROVED HEALTH CARE

Eight out of 10 FOTC youth were in good to excellent physical health. A small proportion of youth had untreated physical health problems, and they tended to be Caucasian. Approximately 1 out of 10 FOTC youth had untreated mental health problems, and most of these youth were 6th – 8th graders.

According to *Friends*, the vast majority of youth had both preventive doctor and dentist visits in the past year. Estimates were somewhat lower based on adolescent reports. A significantly *larger* proportion of FOTC 9th – 12th graders reported having seen a doctor in the past year compared to a non-high risk sample of Multnomah County

Summary of Comparisons to Multnomah County Youth on Health Care

FOTC 6th – 8th graders were similar to Multnomah County 8th graders on doctor visits.

FOTC 9th – 12th graders were more likely to have had a doctor visit in the past year.

FOTC adolescents were:

- less likely to have had a dentist visit in the past year.
- less likely to have eaten fruit and vegetables daily.
- more likely to have exercised at least twice a week.

youth, but FOTC 6th – 8th graders were similar. A significantly *smaller* proportion of FOTC youth reported having seen a dentist in the past year compared to Multnomah County youth.

Daily fruit and vegetable consumption has increased since 2006-07, but a significantly smaller percentage of FOTC youth ate fruit and vegetables daily compared to Multnomah County youth. Approximately 2 to 3 out of 10 FOTC youth ate junk food twice or more often each day. Half of FOTC adolescents exercised each day, and almost all exercised at least twice a week, which is significantly more often than Multnomah County youth.

Positive Plan & Skills for Future

Indicator	Reporter	Sample Size	Finding	Group differences	Change over time
Hope for the Future (1st – 5th)	<i>Friend</i>	166	61% (140) of children have high hopes for the future (yes or YES!)	No	No
Realistic Plans for the Future (6th grade and older)	<i>Friend</i>	104	55% (57) of youth have realistic plans for future (yes or YES!)	Girls had more realistic plans for the future	No
Life Skills – Dangerous Situations	<i>Friend</i>	104	86% (89) of youth know how to keep themselves safe in a dangerous situation (yes or YES!)	No	No
	Adolescent	75	93% (70) of adolescents know how to keep themselves safe in dangerous situations (yes or YES!)	No	No
Life Skills – Talk to Strangers (1st – 5th graders)	<i>Friend</i>	167	91% (152) of children know not to talk to strangers (yes or YES!)	No	No
Life Skills – Public Transportation	Adolescent	76	97% (74) of adolescents know how to use public transportation (yes or YES!)	Caucasian youth were less likely to know how to use public transportation	No
Finish High School	Adolescent	76	97% (74) of adolescents believe it is important or very important to finish high school	No	No
College Education	Adolescent	74	95% (70) of adolescents believe it is important or very important to have a college education	No	No

Indicator	Reporter	Sample Size	Finding	Group differences	Change over time
Post-Secondary Plans	Adolescent	76	84% (64) of adolescents have plans for continued education after high school	No	No
Participation in Extracurricular Activities	Friend	270	58% (156) of youth participated in extracurricular activities (yes or YES!)	1 st – 5 th graders were more likely to have participated in extracurricular activities than 9 th – 12 th graders	No
	Adolescent	75	60% (45) of adolescents participated in extracurricular activities (yes or YES!)	<ul style="list-style-type: none"> 9th – 12th graders were more likely to have participated in extracurricular activities Youth of other ethnicities were less likely to have participated in extracurricular activities 	No

Note. Change over time on items taken from the Adolescent Self-Report Survey should be interpreted with caution because 6th graders were included in the adolescent self-report sample for the first time in 2007-08. Grade differences were not assessed for Hope for Future and Life Skills – Talk to Stranger because it was asked of 1st – 5th graders only. See Section E of the Technical Appendix for answers to each item (% , *n*) in each response category.

GENDER DIFFERENCES IN PLANS & SKILLS FOR THE FUTURE

Indicator	Reporter	All Youth	Boys	Girls	Finding
Realistic Plans for the Future (6 th grade and older)	Friend	2.6 (104)	2.4 (43)	2.7 (61)	Girls were more likely to have had realistic plans for the future

Note. The table presents average ratings (on a scale from 1 to 4) and the number of youth in each group (*n*). Bold numbers indicate the statistically significantly higher average rating. The statistically significant difference reported in this table was determined using a *t*-test (*p* < .05).

GRADE DIFFERENCES IN PLANS & SKILLS FOR THE FUTURE

Indicator	Reporter	All Youth	1 st – 5 th	6 th – 8 th	9 th – 12 th	Finding
Participation in Extracurricular Activities	Friend	2.6 (270)	2.8 (167)	2.5 (48)	2.3 (55)	1 st – 5 th graders were more likely than 9 th – 12 th graders to have participated in extracurricular activities
	Adolescent	2.8 (75)	N/a	2.5 (39)	3.1 (36)	9 th – 12 th graders were more likely than 6 th – 8 th graders to have participated in extracurricular activities

Note. The table presents average ratings (on a scale from 1 to 4) and the number of youth in each group (*n*). Bold numbers indicate the statistically significantly higher average rating. The statistically significant differences reported in this table were determined using a *t*-test (*p* < .05).

RACIAL/ETHNIC DIFFERENCES IN PLANS & SKILLS FOR THE FUTURE

Indicator	Reporter	All Youth	African American	Caucasian	Other	Finding
Life Skills – Public Transportation	Adolescent	3.7 (76)	3.8 (43)	3.5 (22)	3.8 (11)	Caucasian youth were less likely to know how to take public transportation
Participation in Extracurricular Activities	Adolescent	2.8 (75)	2.9 (43)	2.9 (21)	2.0 (11)	Youth of other ethnicities were less likely to have participated in extracurricular activities

Note. The table presents average ratings (on a scale from 1 to 4) and the number of youth in each group (*n*). Bold numbers indicate the statistically significantly higher average rating. The statistically significant differences reported in this table were determined using a *t*-test (*p* < .05).

CHANGES IN PLANS & SKILLS FOR THE FUTURE OVER THE PAST 5 YEARS

No statistically significant changes in the indicators of plans and skills for the future were observed in 2008-09.

SUMMARY OF PLANS & SKILLS FOR THE FUTURE

According to *Friends*, the majority of *FOTC* younger children had hope for the future and about half of the adolescents had realistic plans for the future (especially girls). Almost all adolescents agreed that it was important to graduate from high school and that getting a college education is important. Eight out of 10 adolescents reported having plans for continued education after high school.

At least 9 out of 10 *FOTC* youth exhibited life skills such as knowing how to keep themselves safe in a dangerous situation, not to talk to strangers, and how to take public transportation (Caucasian youth less likely to have this skill).

Approximately 3 out of 5 *FOTC* youth participated in extracurricular activities. *Friends* more strongly agreed that 1st – 5th graders participated in extracurricular activities compared to 9th – 12th graders, and 9th – 12th graders more strongly agreed that they participated in extracurricular activities compared to 6th – 8th graders. According to adolescent self-reports, youth of other ethnicities participated in extracurricular activities less than African American and Caucasian youth.



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