

The Health and Wellbeing of Secondary School Students attending Teen Parent Units in New Zealand

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Teen Parent Units in New Zealand

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**THE UNIVERSITY
OF AUCKLAND**
**FACULTY OF MEDICAL
AND HEALTH SCIENCES**

FOREWORD

Teen mothers and fathers get a bad press. They are accused of being irresponsible and bludgers, they are described in health statistics as a bad health outcome. On the other hand, some prominent New Zealanders have been the product of teen pregnancies and clearly there is no a priori reason why teens cannot be great parents, if they are adequately supported.

International statistics have described a number of poor outcomes, educational, economic, maternal and child health that are more common with teen parents, particularly teen mothers. But there is some evidence that the poor associated outcomes are not inevitable and relate at least in part to the degree of support and acceptance that teen parents get from their families and society. And as well as being parents they are young people with all the opportunities and temptations that youth involves.

Teen Parent Units are an initiative by the Ministry of Education to mitigate the educational risks of teen parenthood. They have been accessed by some teen parents in New Zealand. Whether this is useful overall or not remains to be seen, but initial indications are that some young people derive benefit.

Yet there is little information about who they are or how they function. This study was done, not to confirm or refute popular ideas about teen parenthood, but to allow teen parents to describe themselves. It is a part of a larger study of the youth of New Zealand, and will allow some comparisons. But of more interest is the description of this often vilified group of young people who are the parents of our next generation and are going about their development into adults while already having much of the responsibility of adulthood.

What they describe is very recognizable to those who know young people. This may be an opportunity to see them as a group of our young people with a future and not as a problem for society.

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We would like to thank:

All the students who participated in the survey. Without your patience and help this study would not have been possible.

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TPU report advisory group members including: Bridget Farrant, Doone Winnard and Misty King. We also would also like to thank Ross Galbreath for his help with earlier drafts of this report.

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The AHRG members as of the time of this report were: Shanthi Ameratunga, Terryann Clark, Sue Crengle, Simon Denny, Robyn Dixon, Terry Fleming, Ruth Herd, Sally Merry, Taciano Milfont, Elizabeth Robinson, David Schaaf, Jennifer Utter, Peter Watson.

The **Youth'07** Project team includes: Sue Grant, Tania Milne, Ruth Herd, Taciano Milfont and Simon Denny.

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EXECUTIVE SUMMARY

This report outlines the health and wellbeing of secondary school students attending Teen Parent Units in New Zealand. Teen Parent Units (TPUs) are education facilities for young mothers under the age of 20 years who want to continue their secondary school education.

An anonymous computerized survey of 220 students from 19 Teen Parent Units from throughout New Zealand was conducted in 2006 using a pilot questionnaire from The University of Auckland Adolescent Health Research Group's **Youth'07** project.

The results of this survey show that the majority of the TPU students are well connected to their families and felt safe and supported within the Teen Parent Units. Most TPU students reported making healthy choices during their pregnancies and having future goals.

The survey has, however, highlighted areas of significant concern including mental health, nutrition and physical activity, and sexual health. Over a quarter of the TPU students had significant levels of depressive symptoms, suicidal thoughts or self-harm behaviours. TPU students frequently reported skipping breakfast, regularly eating fast food, and rarely participating in exercise. Less than half of TPU students reported using a condom the last time they had sex and nearly 20% reported never using any form of contraception including condoms.

The issues identified in this report are likely to have important impacts on the health and wellbeing of both teen mothers and their children. The survey results presented here provide important information for policy makers, funders, planners, providers and schools in improving the lives and wellbeing of teen mothers attending Teen Parent Units throughout New Zealand.



INTRODUCTION AND BACKGROUND

Introduction

This report outlines the results of a survey of the health and wellbeing of secondary school students attending Teen Parent Units in New Zealand.

This survey was conducted in 2006 under the umbrella of the Adolescent Health Research Group at The University of Auckland, as part of the wider **Youth'07** project. **Youth'07** is a National Survey of the Health and Wellbeing of New Zealand Secondary School Students being conducted in 2007.

The aim of **Youth'07** is to collect comprehensive information on the health and wellbeing of New Zealand secondary school students, covering issues ranging from physical and mental health through to areas of current concern such as obesity and physical activity.

The Teen Parent Unit Survey used the pilot **Youth'07** Student Health and Wellbeing Questionnaire with additional questions developed specifically for students attending Teen Parent Units in New Zealand.

Young Parents in New Zealand

New Zealand has one of the highest rates of teenage pregnancy among OECD countries. This is of concern because teenage parents and their children are known to be at risk of medical, psychological, developmental and social problems.

Medical complications for teenage mothers during pregnancy include anaemia, hypertension, premature delivery and having low birth weight babies (Carter et al. 1994). They often receive little antenatal care or only very late in pregnancy. Other known health risks for teenage mothers include drug and alcohol abuse, exposure to family violence and domestic abuse, sexual abuse, mental health problems and repeat teenage pregnancy (American Academy of Pediatrics 1989).

Children of teen parents have been shown to be at increased risk of developmental disabilities, behavioural problems and infant mortality (Brooks-Gunn & Furstenberg 1986). Long term follow up has also shown

a higher risk of poor educational outcomes, depression, incarceration and continuation of an intergenerational cycle of teen parenting (American Academy of Pediatrics 1989, Horwitz et al. 1991).

Much of this information is from overseas literature. However, the limited New Zealand data available also indicates higher rates of educational underachievement, conduct problems, sexual risk taking and family adversity amongst teen mothers (Woodward, Horwood & Fergusson 2001). The aim of this report is to provide more information and to help define the risks and problems for a particular group of teen mothers in New Zealand – those who attend Teen Parent Units. We hope it will provide Teen Parent Units, teachers, health workers and policy makers with information to help meet the needs of their students and move towards a more positive future for young parents attending Teen Pregnancy Units and for their children.



Teen Parent Units

Teen Parent Units have been developed to enable teen mothers to continue with their education. They are funded by the Ministry of Education which decides where Teen Parent Units should be sited, based upon need, and organises the interface with the local secondary school. The local school is responsible for the facilities, the development of an early childhood centre (usually on site) and for operational aspects such as staffing. Local District Health Boards are involved in defining what clinical services are able to be provided. There is a wide range of variation in level of health service provision, ranging from full-time onsite nurses, to weekly visits from health professionals, to supporting links with available health services within the community.



THE SURVEY

Teen Parent Units in New Zealand were invited to participate in the **Youth'07** student health and wellbeing survey using the same procedures and processes that will be used in the national survey in 2007. The pilot **Youth'07** Student Health and Wellbeing Questionnaire was used with some additional questions developed for students attending Teen Parents Units in New Zealand. These questions were developed in consultation with the Adolescent Health Research Group, teachers and staff from Teen Parent Units and clinicians working in Youth Health. The survey was carried out in August-December 2006 alongside the pilot testing of the **Youth'07** survey planned for 2007.

Methodology

All 21 of the Teen Parent Units identified in New Zealand were invited to participate in the survey. Most Teen Parent Units were visited once to conduct the survey but those in the Auckland region were visited on a second occasion to maximize response rate. The survey was carried out in August-December 2006

All students attending the Teen Parent Unit on the day(s) of the survey were invited to participate. However, the rate of daily attendance at TPUs is highly variable, reflecting the increased time demands of being a teen parent, and the response rates – the numbers of TPU students who completed the survey – were therefore also highly variable. Thus, although the results are generally representative of the young women attending TPUs in New Zealand, at times the numbers answering individual questions is quite small and margins of errors for these questions are large. For this reason results are given as the percentages with the margin of error (95% confidence intervals) in the data tables.

The survey used a variety of methods designed to enhance accuracy of reporting by adolescents. This included anonymous and confidential procedures and computer-assisted self report technology to administer a multimedia audio-visual questionnaire. However, there are a number of sources of bias in the results including students who did not participate and over- or under-reporting by individual students.



Using Internet Tablets in Health Surveys

The survey was carried out using internet tablets – essentially hand-held computers. These enabled the questionnaire to be presented in audio-visual form: the survey questions were displayed on the internet tablet's screen and also read out over headphones. The design of the multimedia questionnaire interface was based on Youth2000, using a cartoon Kiwi on an island as the theme for the survey (Adolescent Health Research Group 2003). As students used the internet tablet to move through the sections of the survey on the different aspects of their life, they travelled around the island, ending up at the top of a mountain at the end of the survey.

No keyboard data entry was required: questions were answered by 'point and click' responses only, by touching the screen with a stylus. The TPU students were able to choose not to answer any question or section of the survey at any point. Before sensitive sections of the questionnaire, reminders were given that involvement in the survey was voluntary and that answers would remain confidential and anonymous. For questions thought to be potentially upsetting for the TPU students, 'Safety' messages were added providing advice and contact details of people to talk to (including the people administering the questionnaire).

Questionnaire responses were automatically transmitted by a wifi webserver to a laptop database. Files were then directly imported into statistical software and collated for analysis.

Ethical Procedures

All participating students gave their consent to being surveyed. Students and their families were informed as to the purposes of the project, were able to ask questions about the survey and understood that their participation was voluntary. All information collected from participating students was anonymous and confidential.

Ethical consent for this study was obtained from The University of Auckland Human Subject Ethics Committee. Written consent was obtained from the school principal responsible for each Teen Parent Unit. Information on the survey was sent home to parents a few weeks before the day of the survey. A student participant information brochure was given to each TPU student a week prior to the survey. All TPU students attending on the day of the survey were invited to participate in the survey. They were divided into groups of up to 15 to administer the survey in separate sessions.

On the day of the survey, each group was brought in to the classroom where the survey was being administered and the TPU students each given a random anonymous code number to log-in to an internet tablet for the survey. The consent process was then outlined to the participating students and the students were able to ask questions about the survey. At the beginning of the survey students were able to accept or decline to participate in the survey. Students were also able to withdraw from the survey at any time.



RESULTS

Response Rate

Nineteen of the 21 Teen Parent Units agreed to be involved in the survey. In total 220 students took part in the survey, which represents an overall response rate of 49%. The response rate at each TPU largely reflected the attendance rate on the day of survey, which was highly variable. Some of the surveys were carried out during the NCEA exam period which will have impacted on attendance rates. Maternal or child ill health, driving exams and pregnancy related reasons were other known causes for absence on the day of the survey. Of the TPU students actually attending the units on the day of the survey, only 6 chose not to participate in the survey.

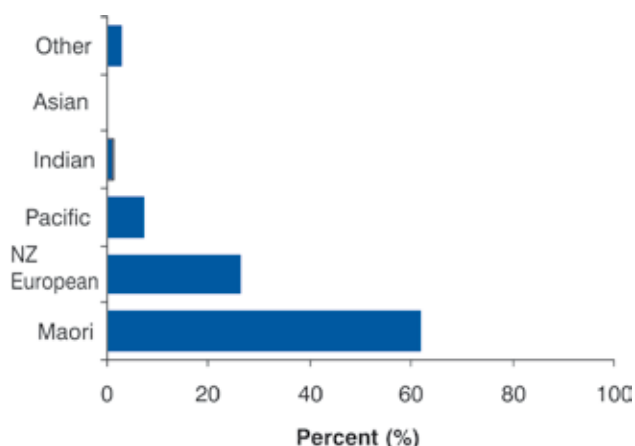
Demographics and Ethnicity

The age distribution of the TPU students participating in the survey is shown in Table 1. TPU students ranged in age from 13 to 19, with most (79%) 17 or over.

Age (years)	Frequency (n)	Percent (%)
13 and under	2	0.9
14	5	2.3
15	14	6.4
16	24	11
17	37	17
18	55	25.2
19	81	37.2

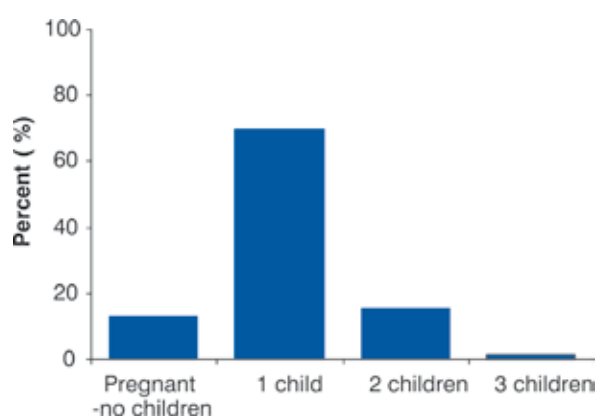
In the question on ethnicity, the TPU students were able to report themselves as of more than one ethnicity. When a student did so the 1996 New Zealand Census prioritisation method was used to classify her to a single ethnic group. With this adjustment taken into account, over half the TPU students (62%) were of Maori ethnicity.

Ethnicity of students attending Teen Parent Units



The majority of TPU students were either currently pregnant (13%) or had one child (70%). Almost all (98%) of those who had a child or children were their main caregivers. Only 2 reported that they did not have their children currently living with them.

Number of children of students attending Teen Parent Units

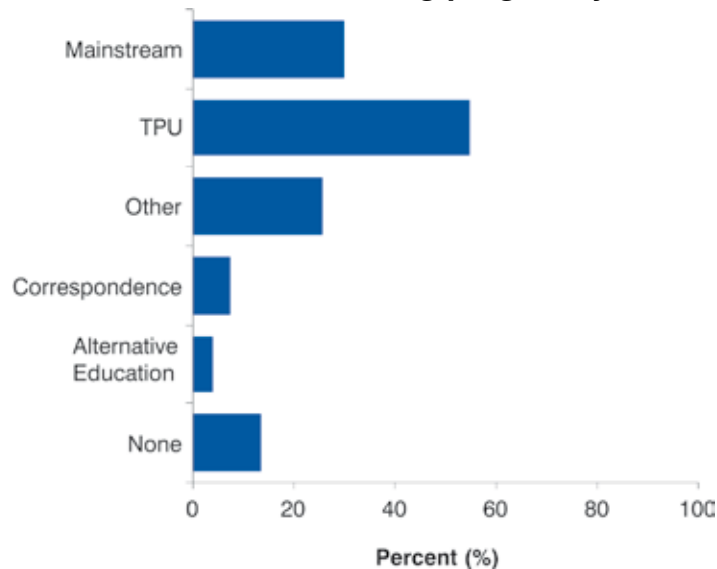


Teen Parent Units

Many teen mothers are known to be disengaged from school prior to becoming pregnant. In this survey no questions were asked specifically on this, but few of the TPU students (30%) reported that they had attended mainstream school during their pregnancy.

Young women are permitted to begin attending a Teen Parent Unit while they are pregnant, and more than a third of TPU students (36%) reported that they had done so. More, however, (48%) began attending after their child was 3 months old.

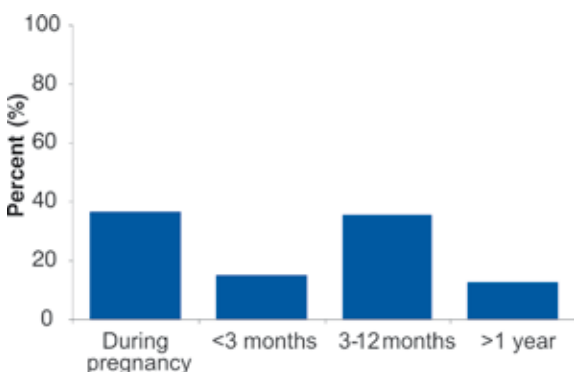
Schools attended during pregnancy.



Some studies indicate that if teen mothers are not re-engaged in education soon after having a child they are unlikely to return to education (Dixon 1996). Obviously, Teen Parent Units have an important role here. In this study, 81% of TPU students aged less than 17 years had started attending a TPU before their child was 3 months old, compared to 47% of students aged 17 and over.

The majority of TPU students reported that they enjoyed attending the Teen Parent Unit. Only 4% disliked having to attend. Ninety-two percent of the TPU students felt part of their Teen Parent Unit. The majority also reported that it was important to their own parent or caregiver that they attended the TPU each day.

Age of child when TPU student first began attending Teen Parent Unit



Although bullying is an increasing area of concern in many educational settings, it does not appear to be a problem in Teen Parent Units. Only 1% of TPU students reported bullying within their Teen Parent Unit. Ninety eight percent of TPU students felt safe in their Teen Parent Unit all or most of the time.

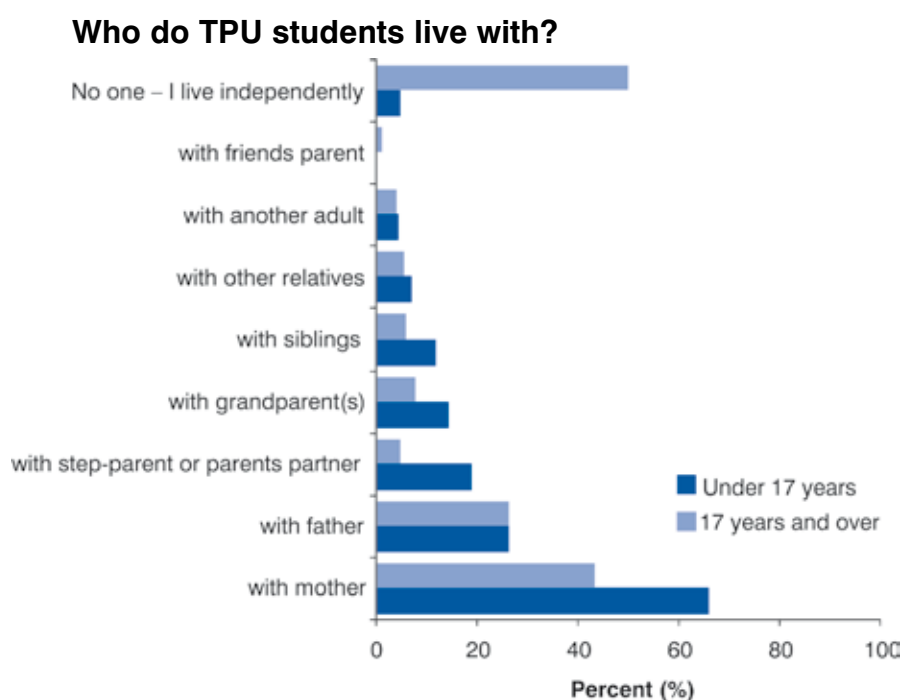
Most TPU students reported that they planned either to get more education or training (64%), or to seek employment (30%) after leaving the Teen Parent Unit. It was also encouraging to see that almost all the TPU students (90%) reported that their expectations for the future had become more positive since having their baby.



Home and Family

A young person's physical and emotional health is strongly influenced by the relationships they have with their family members (for review, see McLaren 2002). Families are fundamental in the positive health and development of young people. This starts in childhood and continues throughout the teenage years. For Maori it is acknowledged that whanau provide the major source of strength, support and identity.

TPU students reported a range of living situations. The majority were living with their parent(s), usually their mother (48%) and/or their father (26%). However, there was a sharp difference between those under and over 17: only 5% of those under 17 were living independently, but 50% of those 17 and over were living independently. For those under 17, 29% were living in two or more homes.



Almost all the TPU students (92%) reported that their parents or the person who acted as their parent cared about them a lot. Most TPU students (64%) felt they got to spend enough time with their parents. Eighty-eight percent of TPU students reported that one or both of their parents were working. However, again there was a clear distinction between the younger and older TPU students: those who were under 17 were more likely to have neither parent working – this was reported by 11% of students aged under 17 years, compared with only 4% of those 17 and over.

Community

Sixty-six percent of TPU students reported that they felt safe in their neighbourhood most of the time, which is a lower level than that reported by the general population of students attending secondary schools in 2001 (Adolescent Health Research Group, 2003). Only 31% of TPU students had an adult in their neighbourhood they felt they could confide in if they had a personal problem, although nearly all (96%) had friends they felt they could talk to about anything.

Seventeen percent of TPU students reported that their spiritual beliefs were very important to them.

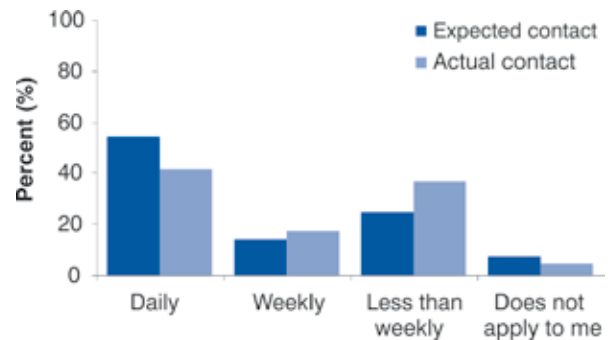


Fathers and Teen Mothers

Only 30 - 50% of teenage mothers have ongoing contact with the father of their child, and how much involvement he has varies greatly depending on his age (Roye & Balk 1996). In this survey, just under half of the TPU students (47%) reported they were still in a relationship with the child's father and 31% reported they were living with him. This survey did not ask the age of the child's father.

Most of the TPU students reported that when they were pregnant they had expected their child would see the father more frequently than actually happened once their child was born.

Frequency of contact with father of children

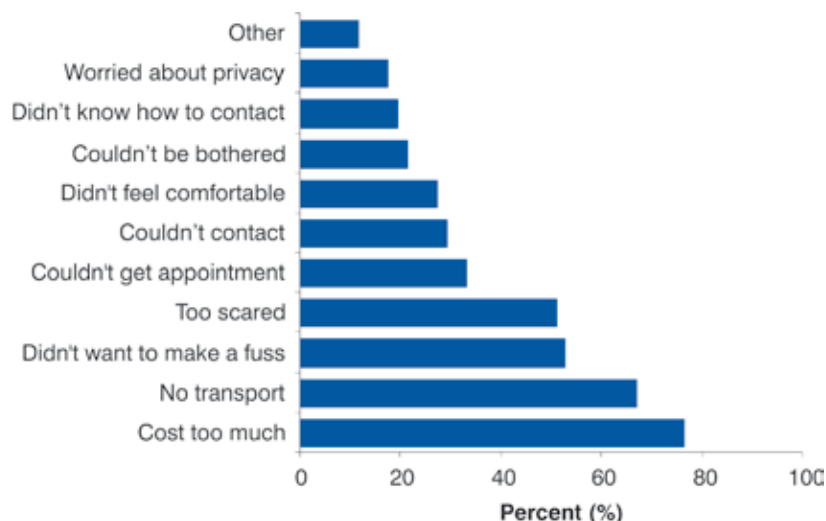


Health Care

A quarter of TPU students (24%) reported that during their pregnancy they had not accessed health care when needed. The most common reasons reported for this were being worried about the cost, being unable to find transport and/or not wanting to make a fuss.

The majority of TPU students reported having their first antenatal visit during the first trimester of their pregnancy although 14% did not have their first visit until the third trimester.

Reasons for students not seeing a health practitioner during pregnancy despite needing to.



Child Health and Wellbeing

Twenty-eight percent of TPU students reported that their child had a long term health problem or disability.

Eighty eight percent of students reported that their child or children had been fully immunised.

Most TPU students (70%) reported they had breast fed for 6 weeks or longer, and a third had breast fed for longer than 6 months. Only 12 % had not breast fed at all.

The majority of TPU students reported that they could talk to their family or a friend for advice on their baby's health or ask them for help when they were stressed out with their children. They also reported the staff at the Teen Parent Unit to be supportive in these situations.

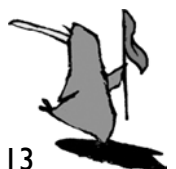
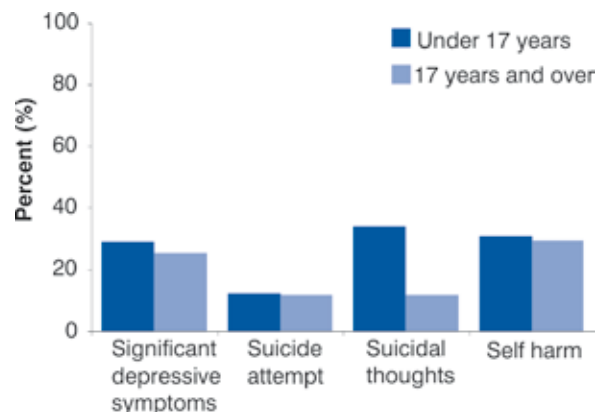


Emotional Health and Wellbeing

Research has shown that teen mothers are at higher risk of mental illness, including depression and anxiety disorders (Quinlivan et al. 2004). In this survey, less than a quarter (23%) of the TPU students reported that they were happy or satisfied with their lives and only half (51%) reported good wellbeing as measured by the WHO-5 (Henkel et al. 2003). Twenty six percent of TPU students reported significant levels of depressive symptoms. This rate is notably high: in the 2001 national youth health survey (Youth2000) the rate of significant depressive symptoms in the wider secondary school female student population was 18% (Adolescent Health Research Group 2003). The level of depressive symptoms reported by TPU students was thus about 50% higher than their peers without children in mainstream schools.

Deliberate self harm was reported by almost a third (30%) of TPU students. Suicidal thoughts and behaviours were also notably common amongst the young women attending Teen Parent Units. Thirty-five percent of the TPU students reported serious thoughts of suicide within the previous twelve months. Twelve percent had made a suicide attempt in that time. This is three times the rate reported by the general population of female students aged 17 or over attending secondary schools in 2001 (Adolescent Health Research Group 2003).

Emotional wellbeing of students

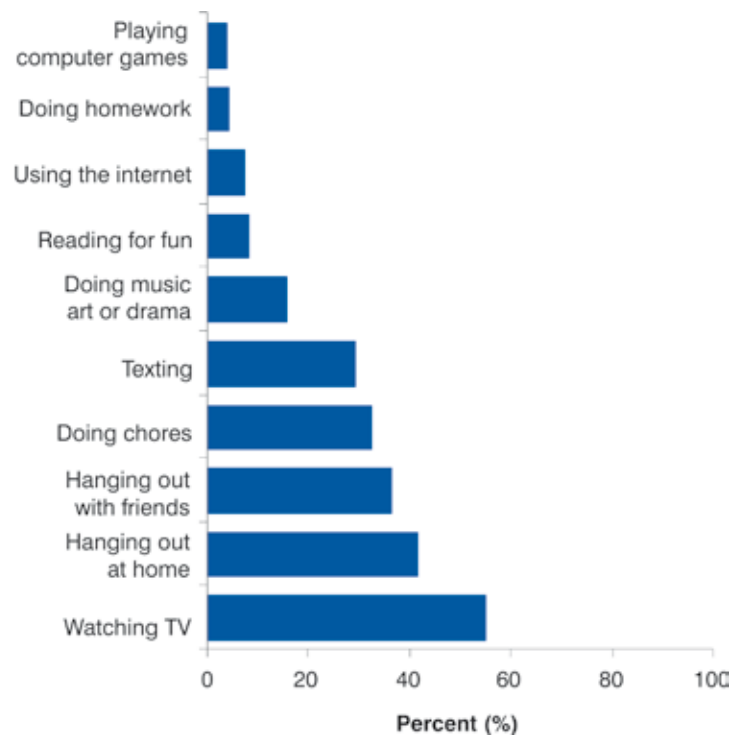


Nutrition, Exercise and Activities

Overall the exercise and nutritional lifestyles reported by students attending Teen Parent Units were poor. Only 28% of TPU students reported having breakfast daily and almost all (87%) regularly ate fast-food. Few TPU students (9%) reported undertaking regular physical exercise (defined as at least three times in the last week). This is despite the majority (56%) of the TPU students reporting that they were trying to lose weight and that their TPU encouraged them to be physically active and to eat healthy food.

Watching TV, hanging out with friends, or hanging out at home were reported as the most common activities outside of school time. Over half of the TPU students (55%) spent more than three hours a day watching television. Thirty three percent spent more than 3 hours a day using their phone for texting. Twelve percent of TPU students were in regular part time paid employment.

Percentage of students who spend more than three hours per day...



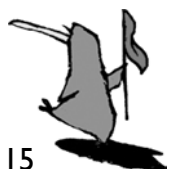
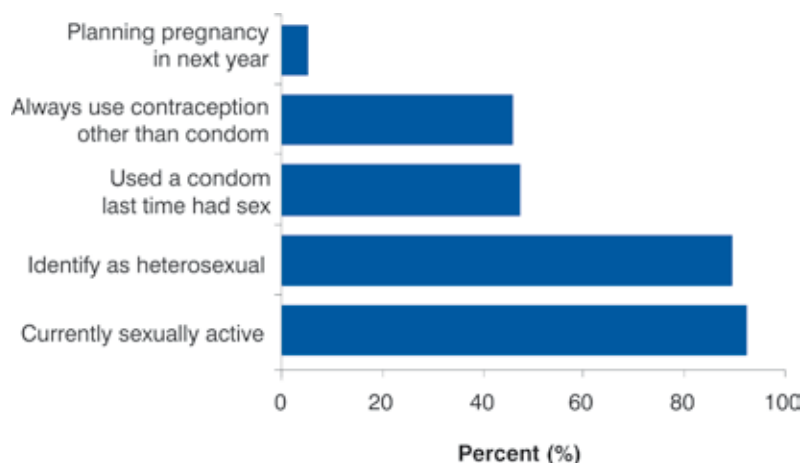
Sexual Health

Almost all the TPU students (92%) reported that they were currently sexually active. However, few followed the current guidelines which suggest that to prevent both pregnancy and sexually transmitted infections both condoms and an alternative method of contraception (e.g. oral contraceptive or depot progesterone) should be used. Only 9% of TPU students reported using both a condom and other form of contraception consistently (always or most of the time). Forty-six percent of TPU students reported using a condom the last time they had sex and 46% reported always using contraception other than a condom when they had sex. A concerning number of TPU students (19%) reported never using a condom or any other form of contraception when they had sex.

Most TPU students (75%) reported having been tested for an STI. Nearly 90% identified as heterosexual.

A number of the TPU students had plans for having further children: 5% were actively planning to have children in the next year, and 21% were planning on waiting at least 5 years before having more children.

TPU Students' Sexual Health Behaviours



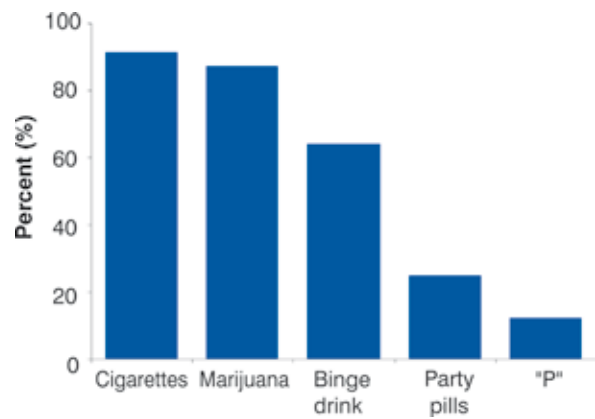
Substance Use

The majority of TPU students reported having used cigarettes, alcohol and marijuana. Over a quarter had tried herbal highs or legal party pills, and 12% had tried "P" or methamphetamine.

Half of the TPU students were current smokers: 50% smoked weekly and 49% daily. Although 77% reported that they had smoked at some time during their pregnancy, nearly all of these (94%) had tried to quit. The majority had succeeded in quitting (58%) or had cut down their smoking (29%) during their pregnancy. However, most (73%) had restarted smoking following the birth of their child.

Almost all TPU students (94%) reported they had tried alcohol and 18% of TPU students reported weekly or more frequent alcohol use. But when the TPU students did use alcohol, almost half reported binge drinking - drinking 5 or more alcoholic drinks in one session. Of the 89% of TPU students who drank alcohol regularly prior to their pregnancy, almost 90% reported that they had cut out alcohol completely during their pregnancy.

Percentage of students who had used...



Gambling

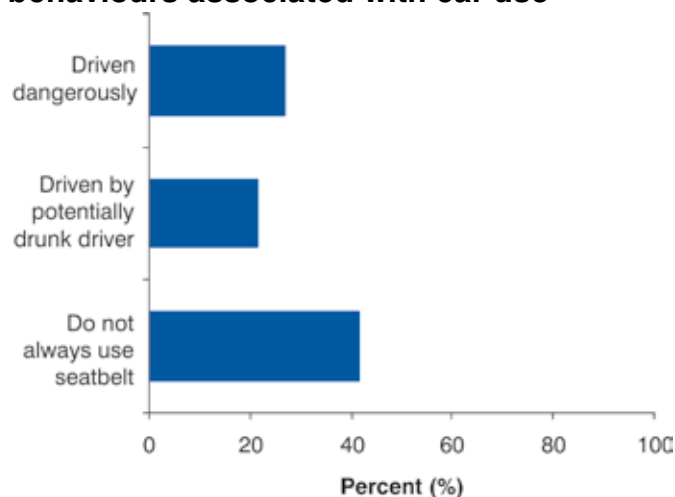
Forty one percent of TPU students had gambled or bet money at some time, but few (2%) did so on a regular basis.

Injuries and Violence

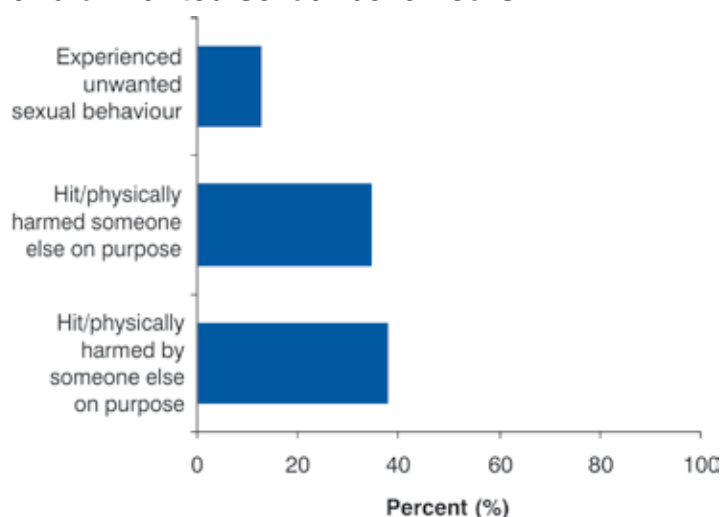
Motor vehicle crashes remain the leading cause of death among people aged 12 - 19 years in New Zealand (Ministry of Health 2002). In this regard, the rates of high risk behaviours related to car use reported by TPU students are of concern. For example, 42% did not always wear a seat belt when riding in a car, 22% had recently been in a car driven by someone who was potentially drunk, and 27% had driven dangerously themselves.

A high number of TPU students reported having recently suffered physical violence themselves (38%) and/or physically harming someone else (35%). Almost 13% of TPU students reported an experience of unwanted sexual behaviour from another person within the last 12 months. This may well be an under-estimate of the actual rate as a significant number of the students (17%) chose not to answer this question.

Percentage of TPU students reporting risk behaviours associated with car use



TPU students' experience of physical violence and unwanted sexual behaviours



RECOMMENDATIONS

For young people and their families

Teen parents should be encouraged and supported by families to attend Teen Parent Units.

This report shows that Teen Parent Units provide safe environments. The majority of students in Teen Parent Units enjoy school and are well connected to staff.

Teen Parent Units promote healthy lifestyles for their students around exercise and nutrition. They also support the healthy development of children of the mothers attending TPU which is reflected in the high rates of breast feeding and immunisations.

For Teen Parent Units

Schools and Teen Parent Units should support teen parents in attending Teen Parent Units.

Teen Parent Units should continue to provide supportive and caring environments to teen parents attending them

Teen Parent Units need to be aware of the high rates of mental health, sexual health and substance use issues of students attending them, and should promote education and access to services and support for these students. Specific areas to consider are supporting smoking cessation and access to mental and sexual health services, especially among younger students.

Teen Parent Units should continue to encourage and support activities promoting child health, such as breast feeding and child immunisation.

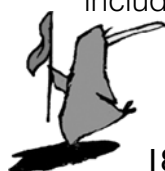
Teen Parent Units should continue to promote healthy lifestyles and behaviours including healthy eating and exercise.

For health and social services sectors.

Health services that support teen mothers should be comprehensive and able to address the complexity of issues, including mental health, sexual health, substance use and family issues, in a coordinated and integrated way.

Health services for teen mothers (including antenatal and child health) should be easily accessible, youth-friendly, family focused, developmentally appropriate and low cost. Ideally health services should provide health care within Teen Parent Units.

Teen mothers try to make healthy choices for their child during their pregnancy, such as smoking and alcohol cessation, and these efforts need to be supported and maintained following the birth of their child.



For funders and policy makers

As this report highlights, teen mothers attending Teen Parent Units have significant and complex health needs, and face multiple barriers to accessing health care.

Funders and policy makers should recognize the positive role Teen Parent Units can and do play in the health and wellbeing of teenage mothers and their children.

Currently the number of Teen Parent Units in New Zealand is not sufficient to meet the need for teen mothers to continue their education and support their own health and the health of their children.

Students attending Teen Parent Units are from culturally diverse backgrounds, with high numbers of Maori students in particular. These students need culturally appropriate and sensitive services, recognizing the special place of whanau in supporting teen mothers.

Funders and policy makers should recognize that interventions in the health and education provision for teen mothers and their children will have wider intergenerational consequences. With this in mind it should be recognized that maternal and child health and wellbeing outcomes are as important as educational outcomes. Teen Parent Units are thus an important setting for health as well as education services. They provide an ideal opportunity for coordination and integration of services to improve the health and wellbeing of teen mothers. Funders and policy makers should support the intersectoral service provision and coordination of education, social and health services within the TPU environment.



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APPENDIX:

TABLES OF SURVEY RESULTS

Bold numbers refer to percentages of students, with 95% confidence interval below

Demographics and Ethnicity

Age (year) n=218	Frequency (n)	Percent (%)
13 and under	2	0.9
14	5	2.3
15	14	6.4
16	24	11.0
17	37	17.0
18	55	25.2
19	81	37.2

Age groups n=218	Frequency (n)	Percent (%)
Under 17(%)	45	20.6
17 and over(%)	173	80.0

Percentages of students by ethnicity* n=217	
Maori	62.0
NZ European	26.3
Asian	0.5
Indian	1.4
Pacific	7.4
Other	2.8

*When students selected more than one ethnicity, census prioritization was used to classify students to one main ethnic group

Number of Children n=212	Under 17(%)	17 and over(%)	Total (%)
Pregnant, no children	38.1 23 - 53	7.1 3 - 11	13.2 8 - 17
1	59.6 45 - 75	72.4 66 - 79	69.8 64 - 76
2	2.4 0 - 7	18.8 13 - 25	15.6 11 - 21
3	0	1.8 0 - 4	1.4 0 - 3

How many of your children do you have living with you? n=184	Under 17(%)	17 and over(%)	Total(%)
None	-	1.3 0 - 3	1.1 0 - 3
1	96.2 89 - 100	78.5 72 - 85	81.0 75 - 87
2	3.8 0 - 11	19.0 13 - 25	16.9 11 - 22
3 or more	-	1.3 0 - 3	1.1 0 - 3

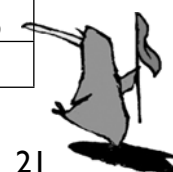
	Under 17(%)	17 and over(%)	Total(%)
Are you the main caregiver for your child? n=184	100 100 - 100	97.5 95 - 100	97.8 96 - 100

Teen Parent Unit

What schools did you attend during your pregnancy? n=210	Under 17(%)	17 and over(%)	Total(%)
Mainstream	40.4 26 - 55	27.4 21 - 34	30.0 24 - 36
TPU	76.2 63 - 89	49.4 42 - 57	55.0 48 - 62
Alternative Education	7.0 0 - 15	3.6 1 - 6	4.0 2 - 7
None	14.3 4 - 25	13.1 8 - 18	13.3 9 - 18
Correspondence	4.8 0 - 11	8.3 4 - 13	7.6 4 - 11
Other	7.1 0 - 15	30.4 23 - 37	25.7 20 - 32

How old was your child when you began attending the Teen Parent Unit? n=184	Under 17(%)	17 and over(%)	Total(%)
During pregnancy	57.7 40 - 77	32.9 26 - 40	36.4 29 - 43
<3 months	23.1 7 - 40	13.9 8 - 19	15.2 9 - 20
3-12 months	19.2 4 - 34	38.6 31 - 46	35.8 29 - 43
>1 year	-	14.6 9 - 20	12.5 8 - 17

Do you feel safe at your TPU? n=210	Under 17(%)	17 and over(%)	Total(%)
Yes all of the time	76.2 63 - 89	73.8 67 - 81	74.3 68 - 80
Most of the time	23.8 11 - 37	23.2 17 - 30	23.3 18 - 29
Less than half the time	-	3.0 0 - 6	2.4 0 - 5



Bold numbers refer to percentages of students, with 95% confidence interval below

	Under 17(%)	17 and over(%)	Total(%)
Have you been bullied at the TPU? n=213	2.3 0 - 7	1.8 0 - 3	1.4 0 - 3

What do you plan to do when you leave the TPU? n=209	Under 17(%)	17 and over(%)	Total(%)
Get more training or education	52.4 37 - 68	67.1 50 - 74	64.1 58 - 71
Start work or look for a job	38.1 23 - 53	28.1 21 - 35	30.1 24 - 36
I don't know I have no plans	9.5 1 - 18	4.8 2 - 8	5.7 3 - 9

Has having a child changed your expectations for the future? n=183	Under 17(%)	17 and over(%)	Total(%)
Much more positive	69.2 51 - 87	67.5 60 - 75	67.8 61 - 75
A bit more positive	26.9 10 - 44	21.0 15 - 27	21.9 16 - 28
Same	3.8 0 - 11	7.0 3 - 11	6.6 3 - 10
More negative		4.5 1 - 8	3.8 1 - 8

How important is it to your care givers that you attend the TPU? n=210	Under 17(%)	17 and over(%)	Total(%)
V important	66.7 52 - 81	37.5 30 - 45	43.3 37 - 50
Important	28.6 15 - 42	49.4 42 - 57	45.2 38 - 52
Not v important	4.8 0 - 11	13.1 8 - 18	11.4 7 - 16

	Under 17(%)	17 and over(%)	Total(%)
Do you feel part of the TPU? (yes) n=210	88.1 78 - 98	93.5 90 - 98	92.3 89 - 96

Do you like attending the TPU? n=210	Under 17(%)	17 and over(%)	Total(%)
A lot	38.1 24 - 53	51.8 44 - 59	49.0 42 - 56
Like a bit	33.3 19 - 48	21.4 15 - 28	23.8 18 - 30
Ok	19.0 7 - 31	24.4 18 - 31	23.3 18 - 30
Dislike	7.1 0 - 15	0.6 0 - 2	1.9 0 - 4
Dislike a lot	2.4 0 - 8	1.8 0 - 4	1.9 0 - 4

Home and Family

Who do you live with? n=210	Under 17(%)	17 and over(%)	Total(%)
Mother	65.8 51 - 81	43.5 36 - 52	48.2 41 - 55
Father	26.2 13 - 40	26.2 19 - 33	26.2 20 - 32
step-parent or parents partner	19.0 7 - 31	4.8 2 - 8	7.6 4 - 11
grandparent(s)	14.3 4 - 25	7.7 4 - 12	9.0 5 - 13
siblings	11.9 2 - 22	6.0 2 - 10	7.1 4 - 11
other relatives	7.1 0 - 15	5.4 2 - 9	5.7 3 - 9
friends parent	0	1.2 0 - 2.8	1.0 0 - 2
another adult	4.8 0 - 11	4.2 1 - 7	4.3 2 - 7
No one - live independently	4.8 0 - 11	50.0 42 - 58	41.0 34 - 48
other	23.8 11 - 37	6.0 2 - 10	9.5 6 - 14

	Under 17(%)	17 and over(%)	Total(%)
Percentage of students living in 2 or more homes n=209	29.3 15 - 43	10.7 6 - 15	14.4 10 - 19

Student's relationships with parents	Under 17(%)	17 and over(%)	Total(%)
I feel that my parents care about me a lot n=208	92.5 84 - 100	92.3 88 - 96	92.3 87 - 96
I get enough time to spend with my parents (most of the time) n=196	77.8 64 - 91	61.3 54 - 69	64.3 5 - 71
Employment status of parents n=209	Under 17(%)	17 and over(%)	Total(%)
both parents work	28.9 14 - 43	43.8 36 - 52	41.0 34 - 48
one parent works	52.3 39 - 71	45.1 37 - 53	47.0 40 - 54
one parent works sometimes	5.3 0 - 12	6.8 3 - 11	6.5 3 - 10
neither parent works	10.5 1 - 20	4.3 3 - 11	5.5 2 - 9



Bold numbers refer to percentages of students, with 95% confidence interval below

Fathers and Teen Mothers

What is your involvement with your child's father?	Under 17(%)	17 and over(%)	Total(%)
I am in a relationship with my child's father n=211	61.0 46 - 76	44.1 37 - 52	47.4 41 - 54
I am living with my child's father n=211	39.0 24 - 54	28.8 22 - 36	30.8 25 - 37

While you were pregnant how much contact did you expect your child's father would have with your child? n=210	Under 17(%)	17 and over(%)	Total(%)
Daily	62.5 47 - 78	52.3 45 - 60	54.3 47 - 61
Weekly	10.0 1 - 19	14.7 9 - 20	13.9 9 - 19
Less than weekly	17.5 6 - 29	25.9 19 - 32	24.3 18 - 30
Does not apply to me	10.0 1 - 19	7.1 3 - 11	7.6 4 - 11

How much contact does the father actually have with your child? n=183	Under 17(%)	17 and over(%)	Total(%)
Daily	40.0 21 - 59	41.8 34 - 50	41.5 34 - 39
Weekly	16.0 1 - 31	17.7 12 - 24	17.5 12 - 23
Less than weekly	36.0 17 - 55	36.7 29 - 44	36.7 30 - 44
Does not apply to me	8.0 0 - 19	3.8 1 - 7	4.4 1 - 8

Community

	Under 17(%)	17 and over(%)	Total(%)
Do you feel safe in your neighbourhood all or most of the time? n=202	62.5 47 - 78	66.7 59 - 74	65.8 59 - 72
Is there an adult in your neighbourhood that you could talk to if you had a personal problem (e.g. neighbour or family friend)? n=181	25.8 10 - 41	32.0 24 - 49	30.9 24 - 38
Do you have friends you can talk to about anything (all the time - most of the time or some of the time)? n=203	100 100	94.5 91 - 98	95.6 93 - 98
Are your spiritual beliefs very important to you? n=198	25.6 12 - 39	15.1 9 - 21	17.2 12 - 22

Health Care

	Under 17(%)	17 and over(%)	Total(%)
While you were pregnant did you ever need to see a health practitioner but were unable to do so? n=210	16.7 5 - 28	26.2 19 - 33	24.3 18 - 30

Why were you unable to see a health practitioner? n=51	Under 17(%)	17 and over(%)	Total(%)
Didn't know how to contact	42.8 5 - 81	15.9 5 - 27	19.6 8 - 31
Couldn't contact	42.8 5 - 81	27.3 14 - 41	29.4 16 - 42
Couldn't get appointment	42.8 5 - 81	31.9 18 - 46	33.3 20 - 47
Didn't want to make a fuss	85.7 59 - 100	47.7 32 - 63	52.9 39 - 67
Couldn't be bothered	28.6 0 - 63	20.5 8 - 33	21.6 10 - 33
No transport	85.7 59 - 100	63.6 49 - 78	67.0 53 - 80
Cost too much	71.4 37 - 100	77.3 64 - 90	76.5 61 - 89
Didn't feel comfortable	28.6 0 - 63	27.3 14 - 41	27.5 15 - 40
Too scared	71.4 37 - 100	47.7 32 - 63	51.0 37 - 65
Worried about privacy	28.6 0 - 63	15.9 5 - 27	17.6 7 - 28
Other	28.6 0 - 63	9.0 0 - 18	11.8 3 - 21

How far pregnant were you when you had your first antenatal visit? n=210	Under 17(%)	17 and over(%)	Total(%)
<12 weeks	50.0 35 - 65	57.1 50 - 65	55.7 49 - 62
12-20 weeks	31.0 17 - 45	30.4 23 - 37	30.5 24 - 37
20-28 weeks	19.0 7 - 31	13.5 7 - 17	13.3 9 - 18
>28 weeks	0	0.6 0 - 2	0.5 0 - 1.4



Bold numbers refer to percentages of students, with 95% confidence interval below

Child Health and Wellbeing

Has your child been fully immunised? n=183	Under 17(%)	17 and over(%)	Total(%)
Yes	88.5 76 - 100	87.9 83 - 93	88.0 83 - 93
No	7.7 0 - 18	10.2 5 - 15	9.8 5 - 14
Don't know	3.8 0 - 11	1.9 0 - 4	2.1 0 - 4

How long did you breast feed for? n=182	Under 17(%)	17 and over(%)	Total(%)
Did not breastfeed	8.0 0 - 19	12.1 7 - 17	11.5 7 - 16
<6 weeks	12.0 0 - 25	19.7 13 - 26	18.7 13 - 24
6-12 weeks	16.0 1 - 31	16.5 11 - 22	16.5 11 - 22
3-6 months	28.0 10 - 46	18.5 12 - 25	19.8 14 - 26
>6 months	36.0 17 - 55	33.0 26 - 40	33.5 27 - 40

	Under 17(%)	17 and over(%)	Total(%)
Does your child have any long term health problem or disability? n=183	15.4 1 - 29	30.6 23 - 38	28.4 21 - 35

Who do you ask or can ask for help when stressed out with your child? n=206	Under 17(%)	17 and over(%)	Total(%)
Family / whanau	89.7 80 - 99	91.0 87 - 95	90.8 87 - 95
Friend	76.9 64 - 90	71.9 65 - 79	72.8 67 - 80
Teacher or TPU staff	28.2 14 - 42	35.3 28 - 43	34.0 27 - 41
Father of child	60.0 43 - 75	52.0 44 - 60	53.4 47 - 60
Boyfriend	15.4 4 - 27	20.4 14 - 27	19.4 14 - 25
GP or family doctor	28.2 14 - 42	22.8 16 - 29	23.8 18 - 30
School nurse	10.3 0 - 20	9.0 5 - 13	9.2 5 - 13
Other health professional	17.9 6 - 30	12.6 8 - 18	13.6 9 - 18
No one	2.6 0 - 7	4.1 1 - 8	3.9 1 - 7
Other	28.2 14 - 42	10.8 6 - 16	14.0 9 - 19

Who do you ask for advice about your child's health and what to expect of them?	Under 17(%)	17 and over(%)	Total(%)
Family / whanau	89.7 80 - 99	86.8 82 - 92	87.4 83 - 92
Friend	48.7 33 - 65	55.7 48 - 63	54.4 48 - 61
Teacher or TPU staff	43.6 28 - 59	36.5 29 - 44	37.9 31 - 45
Father of child	25.6 12 - 39	24.6 18 - 31	24.8 19 - 31
Boyfriend	12.8 2 - 23	6.6 3 - 10	7.8 4 - 11
GP or family doctor	79.5 67 - 92	82.0 76 - 88	81.0 76 - 87
School nurse	23.1 10 - 36	21.0 15 - 27	21.4 16 - 21
Other health professional	53.8 38 - 70	44.9 37 - 53	46.6 40 - 53
No one	-	-	-
Other	28.2 14 - 42	13.8 9 - 19	16.5 11 - 22

Emotional Health and Wellbeing

	Under 17(%)	17 and over(%)	Total(%)
Percentages of students who were happy or satisfied with their lives n=214	34.9 21 - 49	19.9 14 - 26	22.9 17 - 29
Percentages of students with good wellbeing (by theWHO-5 criteria) n=216	51.2 36 - 56	51.4 44 - 59	51.4 44 - 58

	Under 17(%)	17 and over(%)	Total(%)
Percentages of students with significant depressive symptoms n=210	29.3 15 - 43	25.4 19 - 32	26.2 20 - 32
Percentages of students who had tried to kill themselves (attempted suicide) during the last 12 months n=211	12.2 2 - 23	11.8 7 - 17	11.8 7 - 16
Percentages of students who had seriously thought about killing themselves (attempting suicide) during the last 12 months n=211	34.1 20 - 42	35.9 29 - 43	35.5 29 - 42
Percentages of students who had deliberately hurt themselves or done something they knew might harm (but not kill) themselves in the last 12 months n=216	31.0 17 - 45	29.4 23 - 36	29.7 24 - 36



Bold numbers refer to percentages of students, with 95% confidence interval below

Nutrition and Exercise

	Under 17(%)	17 and over(%)	Total(%)
Students who were currently trying to lose weight n=210	55 39 - 71	55.9 48 - 63	55.7 49 - 62
Students who had breakfast every day during the last week n=207	34.1 19 - 49	25.9 19 - 33	27.5 21 - 34
Students who had eaten at a fast food outlet or takeaway three or more times in the past 7 days n=212	85.7 75 - 96	87.6 83 - 93	87.3 83 - 92

	Under 17(%)	17 and over(%)	Total(%)
Students who had done vigorous physical activities during the last week (at least three times, for more than 30 minutes each time) n=194	2.9 0 - 8	10.7 6 - 16	9.3 5 - 13
Students who thought the TPU encouraged them to be physically active n=209	52.5 37 - 68	51.5 44 - 59	51.7 45 - 59
Students who thought the TPU encouraged them to eat healthy food n=209	52.5 37 - 68	53.3 46 - 61	53.1 46 - 60

Activities

How much time do you spend doing these activities each day? (not including any time at the TPU) n=208		Under 17(%)	17 and over(%)	Total(%)
doing homework	none	47.5 32 - 63	49.4 42 - 57	49.0 42 - 56
	less than 1 hour to 2 hours	45.0 29 - 61	47.0 39 - 55	46.6 38 - 53
	3 or more hours	7.5 0 - 16	3.6 1 - 6	4.3 1 - 7
reading for fun (not for school or work)	none	52.5 37 - 68	44.0 36 - 52	45.7 39 - 52
	less than 1 hour to 2 hours	42.5 27 - 58	47.0 39 - 55	46.2 39 - 53
	3 or more hours	8.2 0 - 12	8.9 5 - 13	8.2 4 - 12
doing music - arts - dance or drama	none	47.5 32 - 63	55.4 48 - 63	53.8 47 - 61
	less than 1 hour to 2 hours	35.0 20 - 50	29.2 22 - 36	30.3 24 - 37
	3 or more hours	17.5 6 - 29	15.5 10 - 21	15.9 11 - 21
watching TV	none	7.5 0 - 16	2.4 0 - 4	3.4 0 - 6
	less than 1 hour to 2 hours	32.5 18 - 47	43.5 36 - 51	41.3 35 - 48
	3 or more hours	60.0 45 - 75	54.2 47 - 62	55.3 48 - 62
doing chores	none	2.5 0 - 7	4.8 2 - 8	4.3 2 - 7
	less than 1 hour to 2 hours	72.5 59 - 86	61.1 54 - 69	63.3 57 - 70
	3 or more hours	25 11 - 39	34.1 27 - 41	32.4 26 - 39
txtng (sending messages by cell phone)	none	10.0 1 - 19	13.8 9 - 19	13.0 8 - 18
	less than 1 hour to 2 hours	52.5 51 - 68	58.7 51 - 66	57.5 51 - 64
	3 or more hours	37.5 22 - 53	27.5 12 - 34	29.5 23 - 36
hanging out at home not doing much	none	7.5 0 - 16	7.2 3 - 11	7.2 4 - 11
	less than 1 hour to 2 hours	37.5 22 - 53	54.5 47 - 62	51.2 44 - 58
	3 or more hours	55.0 39 - 71	38.3 31 - 46	41.5 35 - 48

Student's employment

	Under 17(%)	17 and over(%)	Total(%)
Worked more than 5 hours in the last week (not including household chores) n=140	8.0 0 - 19	13.0 7 - 19	12.1 7 - 18
Had paid employment in last year n=207	43.6 28 - 59	43.5 36 - 51	43.5 37 - 50



Bold numbers refer to percentages of students, with 95% confidence interval below

Sexual Health

	Under 17(%)	17 and over(%)	Total(%)
Students who had had sex in the last 3 months n=186	91.9 83 - 100	92.6 88 - 97	92.4 89 - 96
Students who identified as heterosexual n=189	94.4 87 - 100	88.2 83 - 93	89.4 85 - 94
Students who used (or their partner used) a condom last time they had sex n=74	38.5 11 - 65	47.5 34 - 60	45.8 34 - 58
Students who always used (or their partner used) contraception other than a condom n=173	31.3 15 - 47	48.9 41 - 57	45.7 38 - 53
Students who always or most of the time use a condom and other form of contraception as well n=170	3.0 0 - 9	10.2 5 - 15	8.8 5 - 13
Students who never use a condom or other form of contraception n=176	32.4 17 - 48	16.2 10 - 22	19.3 13 - 25

Students who had been tested for a sexually transmitted infection n=211	Under 17(%)	17 and over(%)	Total(%)
yes	76.2 63 - 89	74.6 68 - 81	74.9 69 - 81
no	21.4 9 - 34	24.3 18 - 31	23.7 18 - 29.5
Don't know	2.4 0 - 7	1.2 0 - 3	1.4 0 - 3

Whether students had plans for having further children n=184	Under 17(%)	17 and over(%)	Total(%)
no	19.2 4 - 35	19.6 13 - 26	19.6 14 - 25
Not sure/ - don't know	34.6 16 - 53	15.8 10 - 22	18.5 13 - 24
Yes within next year	0	6.3 2 - 10	5.4 2 - 9
Yes within next 1-5 years	23.1 7 - 39	38.0 30 - 46	35.9 29 - 43
Yes after 5 years	23.1 7 - 39	20.3 14 - 27	20.7 15 - 27

Substance Use

Cigarette use

	Under 17(%)	17 and over(%)	Total(%)
Students who had ever smoked a whole cigarette n=196	97.4 92 - 100	89.9 85 - 95	91.3 87 - 95
Students who smoked cigarettes daily n=195	48.6 32 - 65	48.7 41 - 57	48.7 42 - 56
Students who smoked cigarettes weekly n=195	51.4 35 - 68	50.0 42 - 58	50.3 43 - 57

Smoking and pregnancy

	Under 17(%)	17 and over(%)	Total(%)
Smoked during pregnancy n=210	78.6 66 - 91	76.8 70 - 83	77.1 71 - 83
Tried to quit during pregnancy n=164	94 86 - 100	94.6 91 - 99	94.4 91 - 98

Whether students had succeeded in quitting smoking during their pregnancy n=161	Under 17(%)	17 and over(%)	Total(%)
Yes	50.0 32 - 68	60.5 52 - 69	58.4 51 - 66
Reduced	43.8 26 - 61	26.4 19 - 34	29.8 23 - 37
No	6.3 0 - 15	13.2 7 - 19	11.8 7 - 17

Whether students had resumed smoking after pregnancy n=157	Under 17(%)	17 and over(%)	Total(%)
	65.5 48 - 83	74.2 67 - 82	72.6 66 - 80



Bold numbers refer to percentages of students, with 95% confidence interval below

Alcohol use

	Under 17(%)	17 and over(%)	Total(%)
Students who had ever drunk alcohol n=192	94.6 87 - 100	98.1 96 - 100	97.4 95 - 100
Students who drank weekly n=192	5.4 0 - 13	20.6 14 - 27	17.7 12 - 23
Students who usually binge drink (have 5 or more alcohol drinks within 4 hours) n=192	43.2 27 - 59	49.0 41 - 57	47.9 41 - 55

Students' alcohol use during pregnancy	Under 17(%)	17 and over(%)	Total(%)
Drank alcohol prior to pregnancy n=210	81 69 - 93	90.5 86 - 95	88.6 84 - 93
Continued to drink alcohol during pregnancy n=186	0	2.6 0 - 5	2.2 0 - 4
Cut down during pregnancy n=186	5.9 0 - 14	9.2 5 - 14	8.6 5 - 13
Stopped altogether during pregnancy n=186	94.2 86 - 100	88.2 83 - 93	89.2 83 - 93

Other drugs

	Under 17(%)	17 and over(%)	Total(%)
Students who had ever smoked marijuana n=188	88.9 79 - 99	86.8 81 - 92	87.2 82 - 92
Students who smoked marijuana weekly n=188	8.3 0 - 17	15.1 9 - 21	13.8 9 - 19
Students who had ever tried legal party pills or herbal highs n=185	11.1 1 - 21	28.2 21 - 36	24.9 19 - 31
Students who had ever tried 'P' or pure methamphetamine n=185	2.8 0 - 8	14.8 9 - 21	12.4 8 - 17

Gambling

	Under 17(%)	17 and over(%)	Total(%)
Students who had ever gambled or bet money n=200	21.8 8 - 34	45.7 38 - 53	41.0 34 - 48
Students who gambled or bet money weekly n=200	0	2.5 0 - 5	2.0 0 - 4

Injuries and Violence

Student's behaviour associated with car use

	Under 17(%)	17 and over(%)	Total(%)
Always wears seatbelt n=211	62.8 48 - 72	57.1 50 - 65	58.3 52 - 65
Has ridden in car driven by someone who had drunk > 2 glasses of alcohol in last 2 hours before driving n=211	25.6 12 - 39	20.8 15 - 27	21.8 16 - 27
Has driven dangerously in the last month n=210	25.6 12 - 39	27.5 21 - 34	27.1 21 - 33

Violence and abuse

	Under 17(%)	17 and over(%)	Total(%)
Students who had been hit or physically harmed by anyone on purpose in the last 12 months n=212	37.2 30 - 45	37.9 30 - 45	37.7 31 - 44
Students who had hit or physically harmed someone else on purpose n=213	37.2 23 - 52	34.1 27 - 41	34.7 28 - 41
Percentages of students who had been touched in a sexual way or made to do sexual things they didn't want to do in the last 12 months n=180	11.4 1 - 22	13.1 8 - 19	12.8 8 - 18



