

**Kodiak Island Borough School District  
722 Mill Bay Road  
Kodiak, Alaska 99615**

**To:** Dr. Larry LeDoux, Superintendent  
**CC:** Janel Keplinger, Asst. Superintendent  
**From:** Damon Hargraves, Director of Federal Programs  
**Date:** February 27, 2019  
**Subject:** Statistics Related to Our Students At Risk

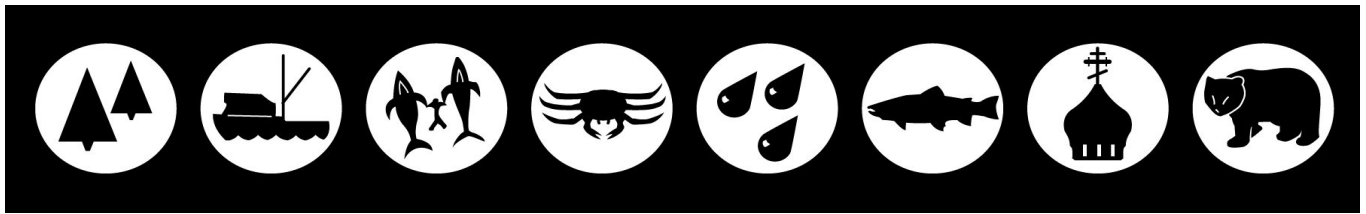
Part of my job in Federal Programs is to read research and stay up to date on the latest information regarding both instructional practice and demographic data. I can then incorporate this research into grant goals and objectives that I am writing for KIBSD. Our district has begun to notice disturbing trends of increased depression, more antisocial behavior, increased apathy, and instances of self-harm both increasing and creeping into the lower grades. It is no consolation, but possibly helpful, to know that all of these behaviors are increasing across the United States. It is also helpful to know that we are not seeing the same issues in the same magnitudes that have faced previous generations. It seems like an epidemic because it is an epidemic.

There is a lot of research out there on this subject. One of the books that does a great job of condensing all of the information is iGen by Jean M. Twenge, PhD. Attached are some graphs photocopied from her book that help to illustrate the bigger picture around this issue. You will see these disturbing trends.

- Depressive symptoms are affecting females more than males and are growing for both
- Teens are getting less sleep than ever
- Teens are socializing in person with their friends less than ever
- There is a link between device/internet usage and suicidal factors
- Students report feeling less useful than ever
- Student report that they “can’t do anything right” more than ever

This book is called iGen because the author makes a link between all of these negative trends and the iPhone/smartphones. 2011 marked the year that over 50% of the US population had smartphones, and this is the same year that we start to see the negative trends begin. These are devices that are always on, always connected, they are individualized, and they are always with us. There is a lot of additional research out there in regards to the negative effects of screens on our ability to sleep, the negative effects of notifications on attention spans, and the addictive aspects of social media.

The important thing is for us to realize that these issues within our student population are real, and they are being experienced all across the country. We are in a brave new world, and we are only now starting to understand what is actually going on.



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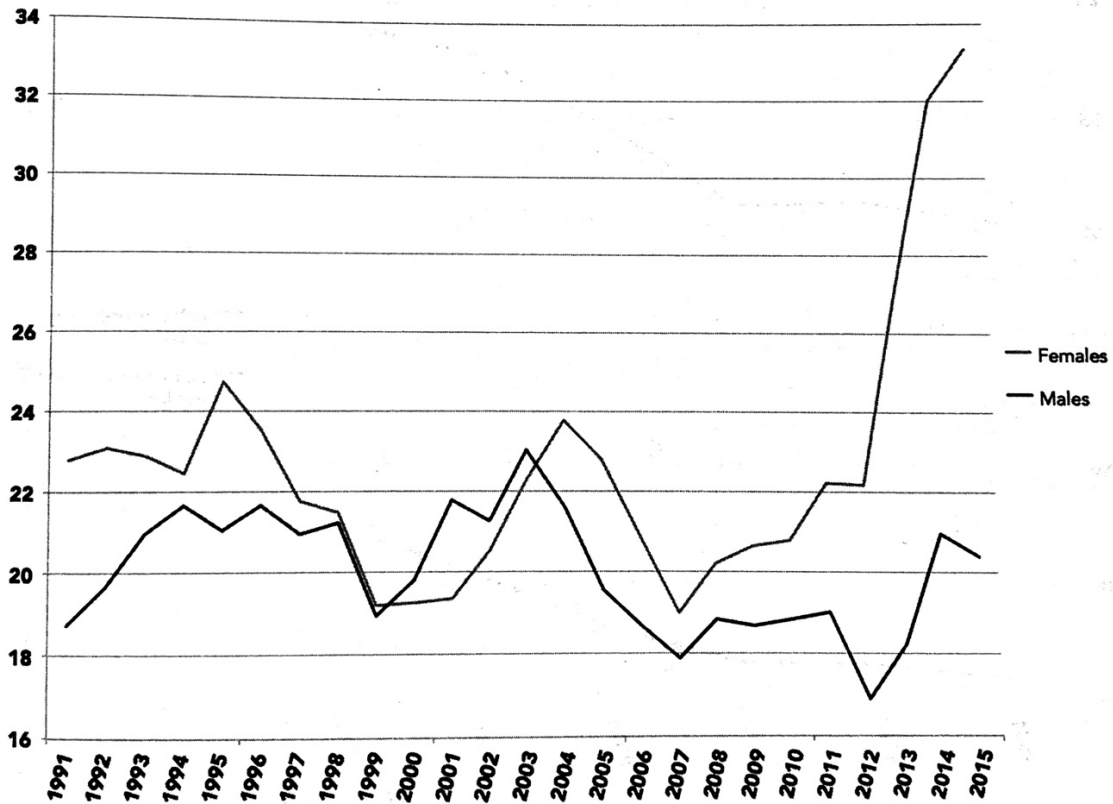
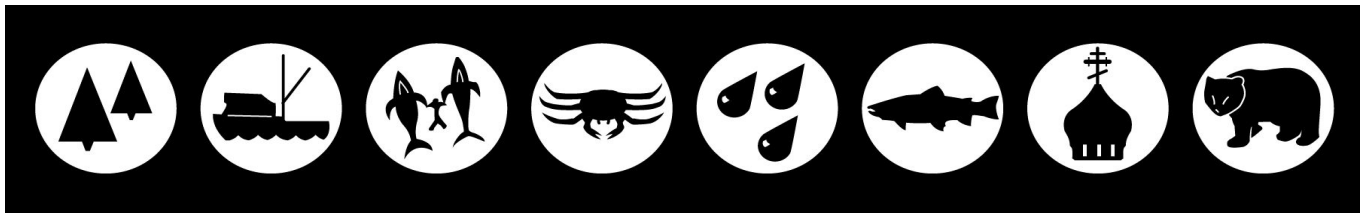


Figure 4.6. Depressive symptoms by sex, 8th, 10th, and 12th graders. Monitoring the Future, 1991–2015.



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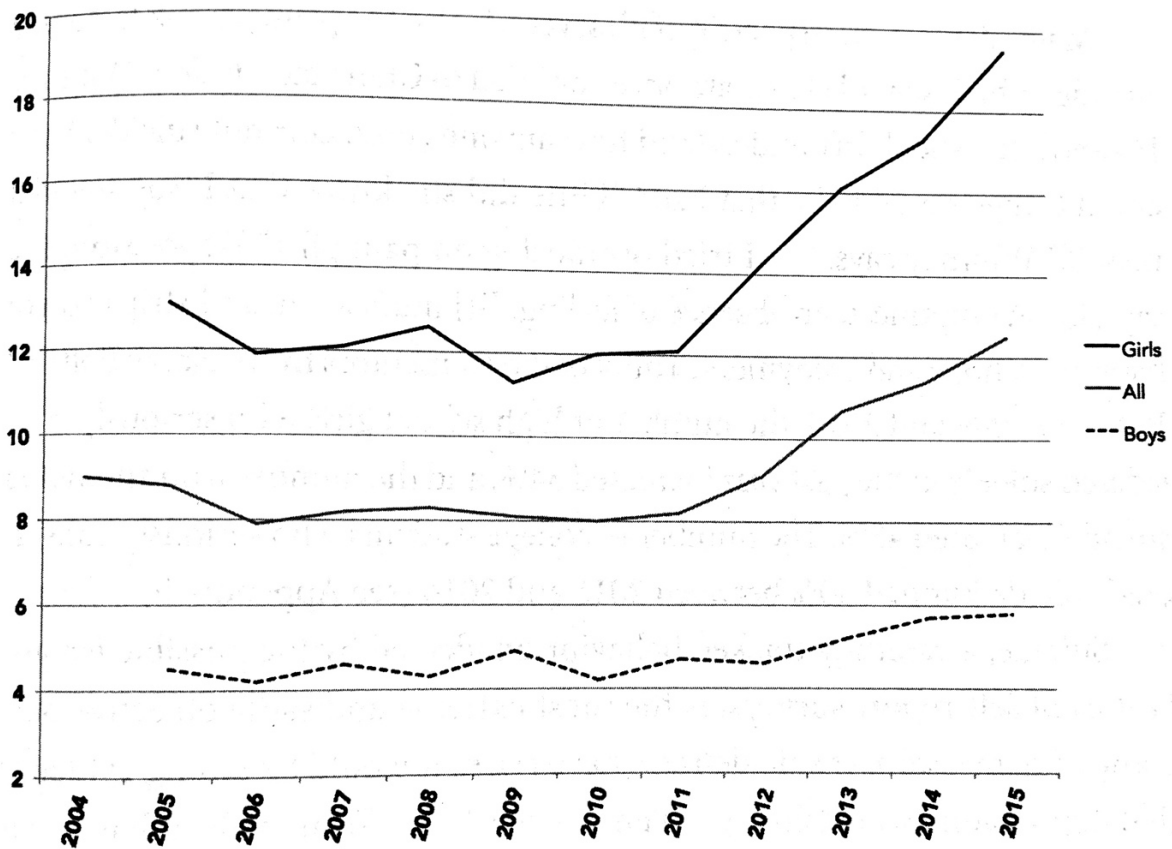
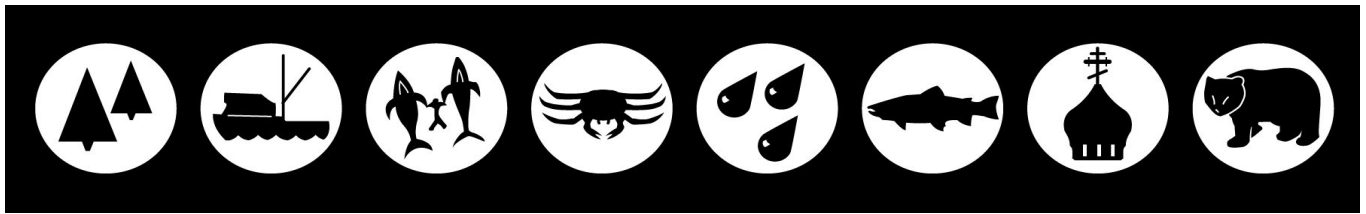


Figure 4.10. Percentage of 12- to 17-year-olds experiencing a major depressive episode in the last 12 months, overall and by sex. National Survey on Drug Use and Health, US Department of Health and Human Services, 2004–2015.



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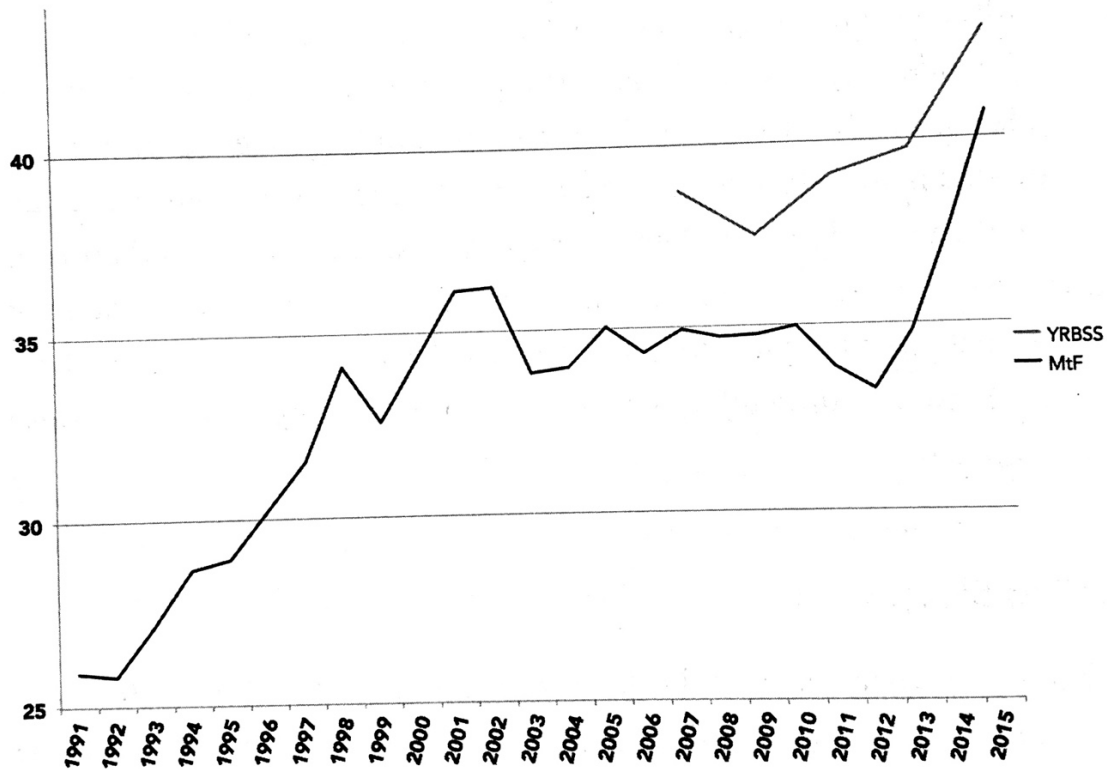
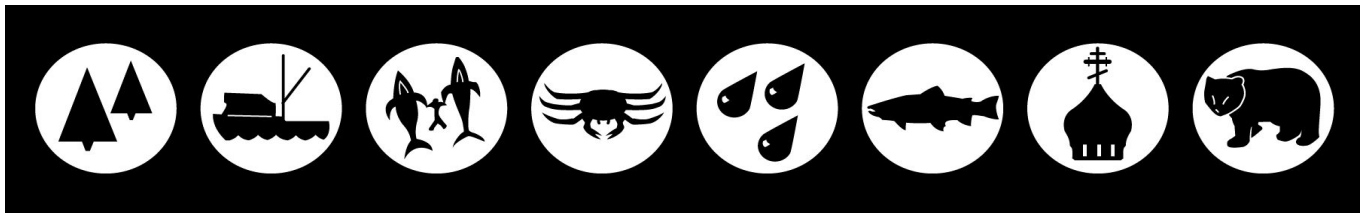


Figure 4.12. Percentage of teens who get less than seven hours of sleep on most nights, 8th, 10th, and 12th graders (Monitoring the Future) and 9th to 12th graders (Youth Risk Behavior Surveillance System), 1991–2015.



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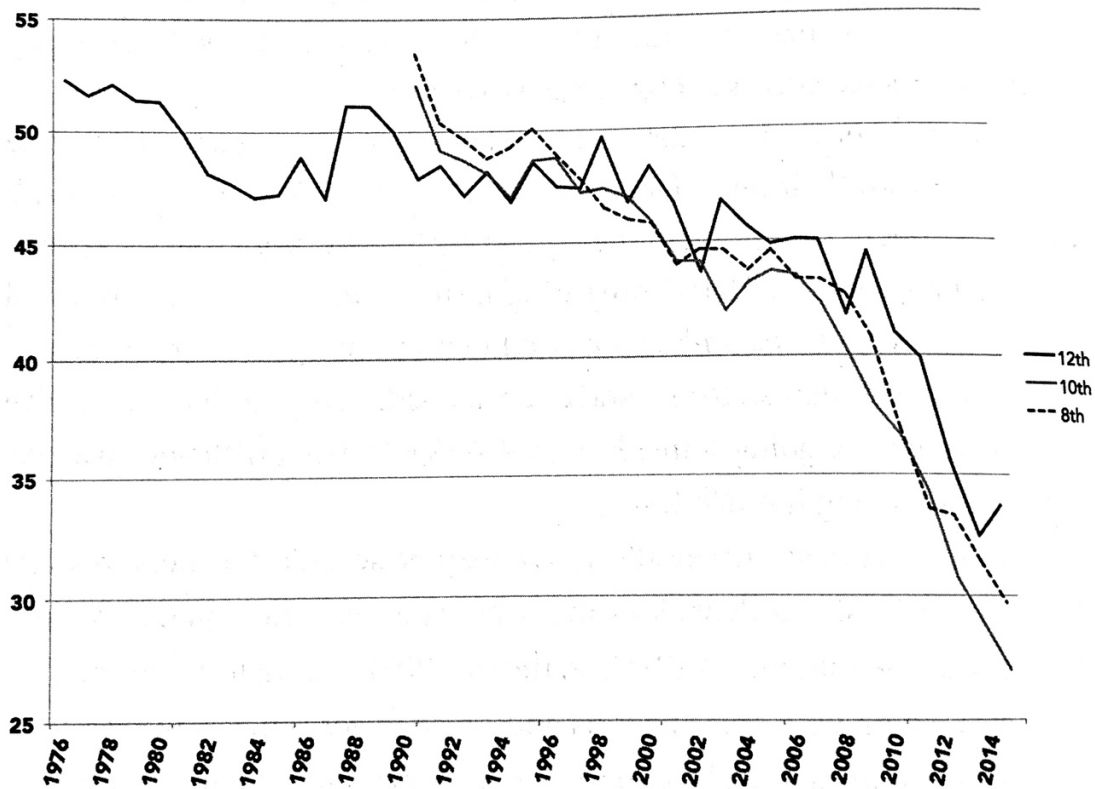
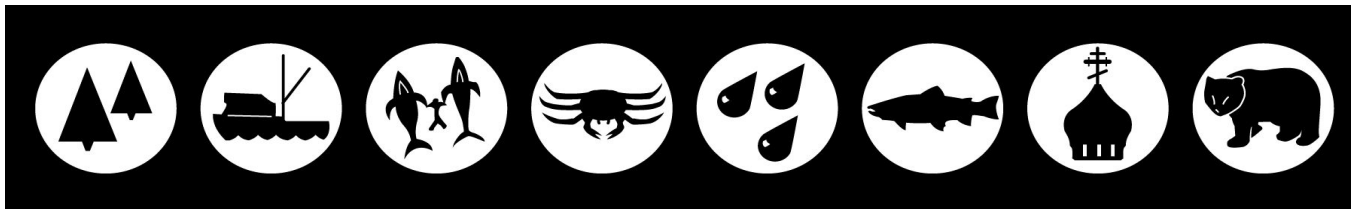


Figure 3.2. Percentage of 8th, 10th, and 12th graders who get together with friends every day or nearly every day. Monitoring the Future, 1976–2015.



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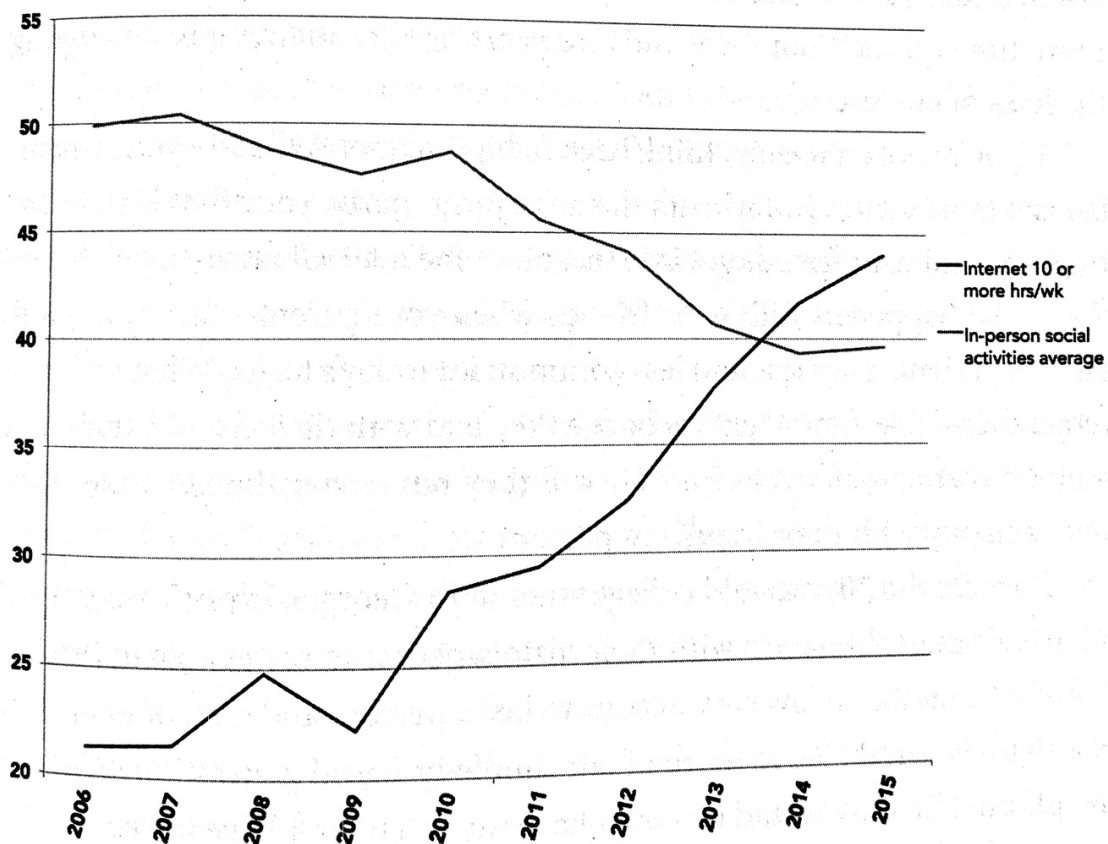
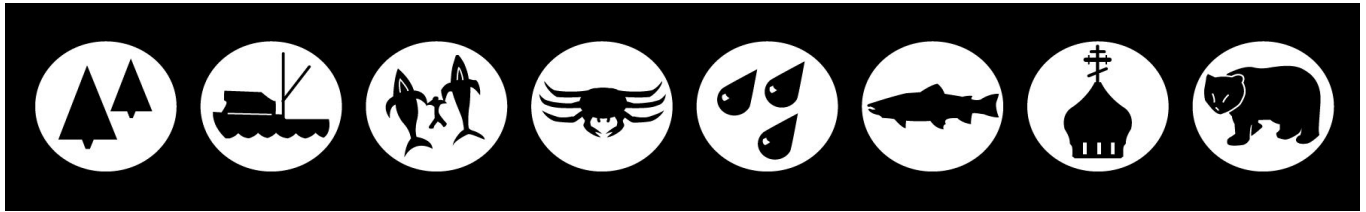
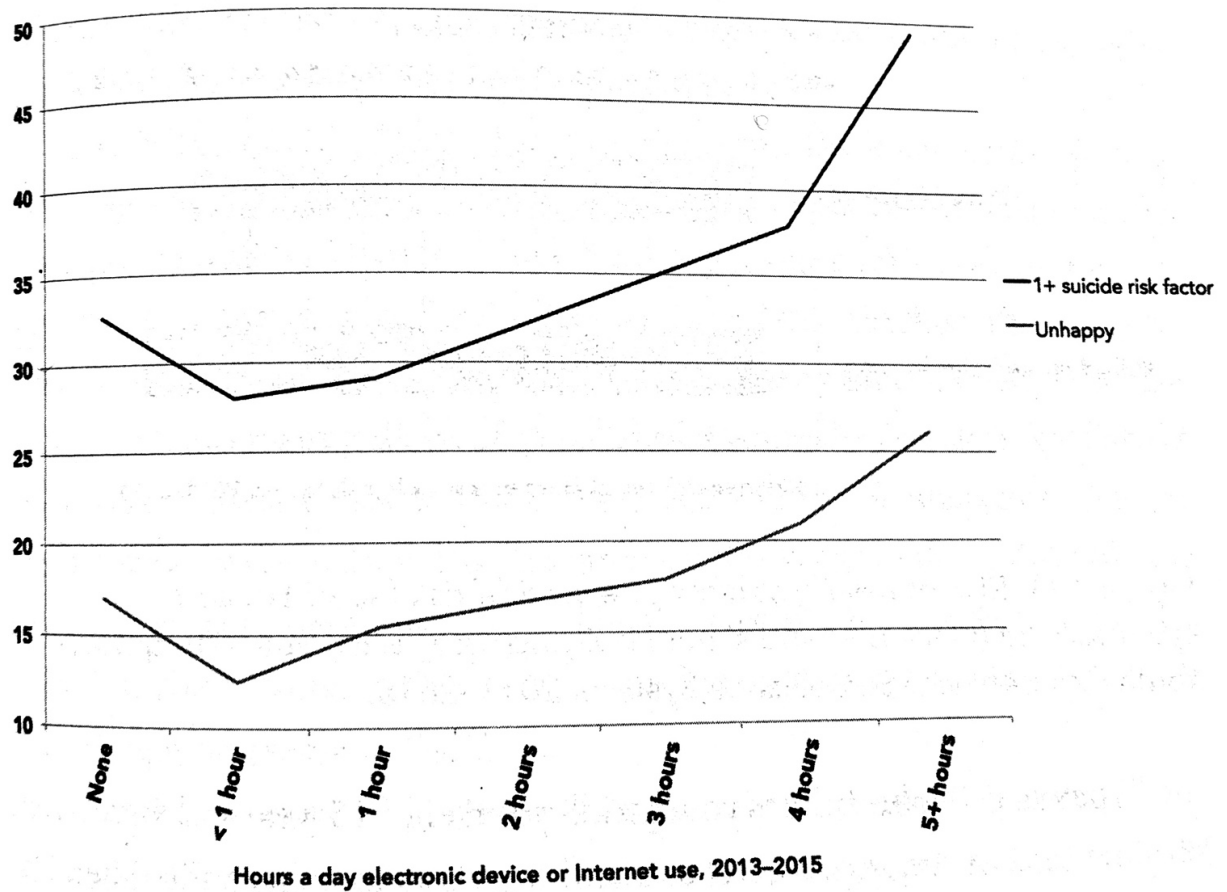
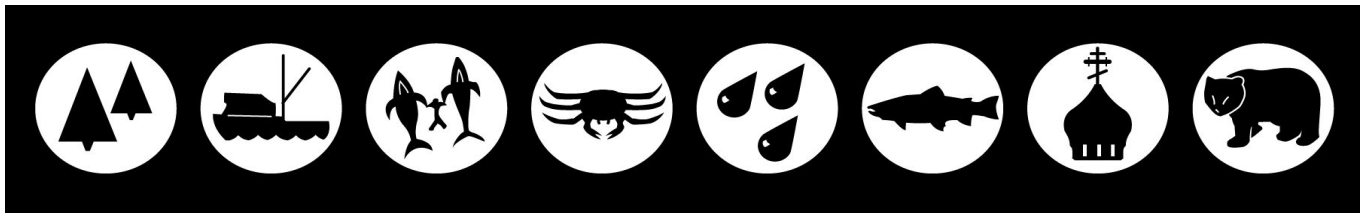


Figure 3.4. Percentage of 12th graders who spend ten or more hours a week online and the percentage average of four in-person social activities. Monitoring the Future, 2006–2015.



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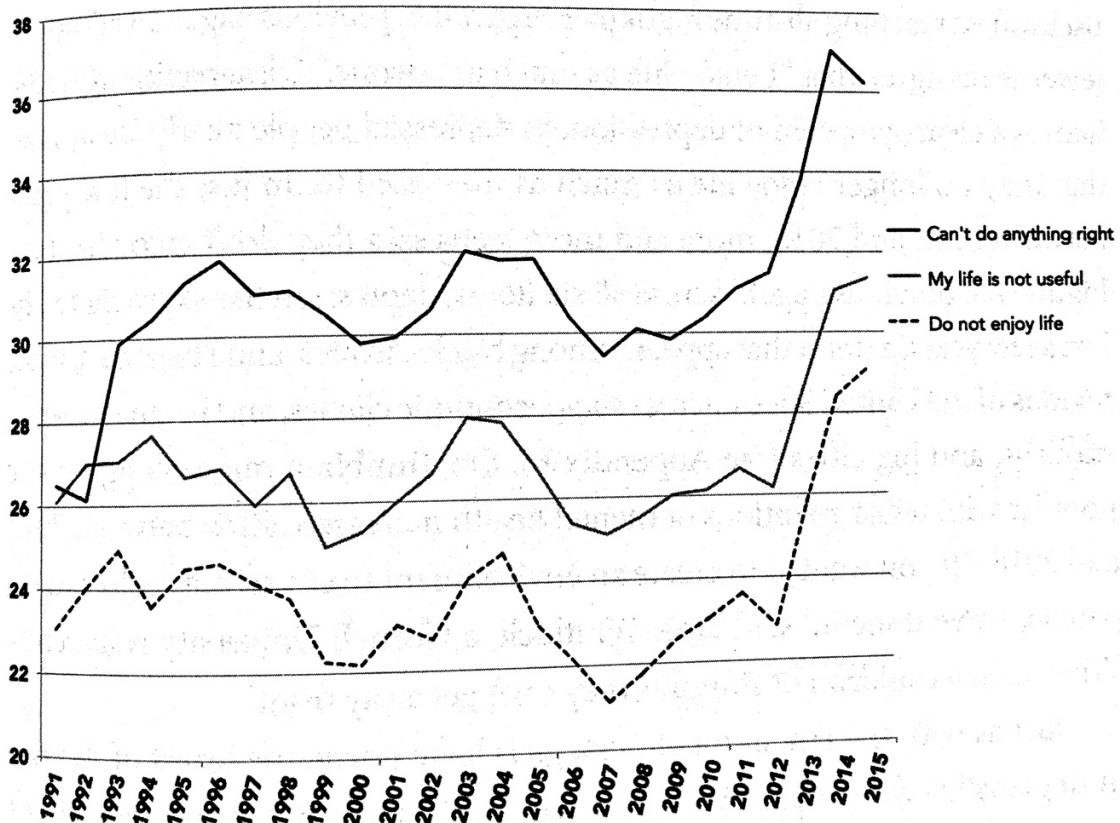


Figure 4.5. Percentage of 8th, 10th, and 12th graders who are neutral, mostly agree, or agree that "I feel like I can't do anything right," or "My life is not useful," or "I do not enjoy life." Monitoring the Future, 1989-2015.