

Frequency data for items from the High School Start Time Parent Survey

Administered in Spring 2016

*Totals with an asterisk indicate items where parents/guardians could select more than 1 answer. For these items, totals indicate the total number of respondents who saw the item on the survey, not a sum of the individual responses. These items will not sum to 100% because parents/guardians could and did select multiple responses.

How familiar are you with the teenage health and wellness issues associated with insufficient sleep?		
Response	N	Valid Percent
I have not heard of the issues.	231	4%
I am somewhat familiar with the issues.	1719	30%
I am familiar with the issues.	2261	40%
I am very familiar with the issues.	1469	26%
Total	5680	100%
Missing	6	--

How familiar are you with the current discussions about changing high school start time?		
Response	N	Valid Percent
I have not heard of the discussions.	499	9%
I am somewhat familiar with the discussions.	2467	43%
I am familiar with the discussions.	1982	35%
I am very familiar with the discussions.	735	13%
Total	5683	100%
Missing	3	--

In your family, do the parent(s)/guardian(s) have any flexibility to change work schedules in response to changing school or activity times for children?		
Response	N	Valid Percent
Yes, with no difficulty	1338	24%
Yes, with minimal difficulty	1905	34%
Yes, with some difficulty	1309	23%
Yes, but with a lot of difficulty	409	7%
No, there is no flexibility	541	10%
Not applicable	105	2%
Other (please specify)	74	1%
Total	5681	100%
Missing	5	--

In the next two items, *routines* refers to your family's before school and after school activities in general.

How much flexibility is there in your family's MORNING routines if school start times shifted? Assume that school-based before school activities would also shift.		
Response	N	Valid Percent
No flexibility: our morning routines are extremely difficult to change	422	7%
Some flexibility: our morning routines can be shifted, but it may be difficult	1265	22%
Moderate flexibility: our morning routines can be shifted with minimal difficulty	1895	33%
Full flexibility: our morning routines can be shifted without problems	2000	35%
Other (please specify)	94	2%
Total	5676	100%
Missing	10	--

How much flexibility is there in your family's AFTERNOON/EVENING routines if school end times shifted? Assume that school-based after school activities would also shift.		
Response	N	Valid Percent
No flexibility: our afternoon/evening routines are extremely difficult to change	356	6%
Some flexibility: our afternoon/evening routines can be shifted, but it may be difficult	1348	24%
Moderate flexibility: our afternoon/evening routines can be shifted with minimal difficulty	2008	35%
Full flexibility: our afternoon/evening routines can be shifted without problems	1885	33%
Other (please specify)	77	1%
Total	5674	100%
Missing	12	--

Please select the grade level(s) of your child/children. (Note that this item was used for skip logic purposes only)		
Response	N	Valid Percent
Elementary school only (grades K-5)	1717	30%
Secondary school only (grades 6-12)	2706	48%
Both Elementary and Secondary school (grades K-12)	1243	22%
Total	5666	100%
Missing	20	--

Note: parents/guardians who selected only elementary school students did not see the items about high school start and end times below, and those who selected only secondary school students did not see the items related to elementary school below. Refer to the parent survey for specific skip logic details. These frequencies show data based on which items parents/guardians responded to on the survey; in the actual analysis, parent/guardian responses are linked to the grade level(s) of their children, so frequencies in reported data may differ from that listed below.

If HIGH SCHOOL started later by the times listed below, how significant would the impact be on your family's MORNING routines?						
	10 minutes later in AM		30 minutes later in AM		60 minutes later in AM	
Response	N	Valid Percent	N	Valid Percent	N	Valid Percent
Large positive impact	440	12%	1011	26%	1260	33%
Some positive impact	700	19%	1040	27%	501	13%
No impact at all	2348	63%	1050	27%	756	20%
Some negative impact	219	6%	465	12%	712	19%
Large negative impact	48	1%	263	7%	616	16%
Total	3755	100%	3829	100%	3845	100%
Missing	194	--	1857	--	1841	--

If HIGH SCHOOL ended later by the times listed below, how significant would the impact be on your family's AFTERNOON/EVENING routines?						
	10 minutes later in PM		30 minutes later in PM		60 minutes later in PM	
Response	N	Valid Percent	N	Valid Percent	N	Valid Percent
Large positive impact	246	7%	461	12%	657	17%
Some positive impact	321	9%	686	18%	451	12%
No impact at all	2984	79%	2078	54%	1586	41%
Some negative impact	161	4%	426	11%	709	18%
Large negative impact	50	1%	174	5%	442	11%
Total	3762	100%	3825	100%	3845	100%
Missing	187	--	1861	--	1841	--

What high school start time do you think would be best for your high school-aged child or children?		
Response	N	Valid Percent
The current start time works well	561	14%
10 minutes later	225	6%
30 minutes later	1318	33%
60 minutes later	1583	40%
No Opinion	124	3%
Other (please specify)	156	4%
Total	3967	100%

If ELEMENTARY SCHOOL started earlier by the times listed below, how significant would the impact be on your family's MORNING routines?						
	10 minutes earlier in AM		30 minutes earlier in AM		60 minutes earlier in AM	
Response	N	Valid Percent	N	Valid Percent	N	Valid Percent
Large positive impact	270	9%	375	13%	233	8%
Some positive impact	517	18%	407	14%	198	7%
No impact at all	1511	52%	570	19%	296	10%
Some negative impact	461	16%	950	32%	685	24%
Large negative impact	145	5%	623	21%	1482	51%
Total	2904	100%	2925	100%	2894	100%
Missing	56	--	2761	--	2792	--

If ELEMENTARY SCHOOL ended earlier by the times listed below, how significant would the impact be on your family's AFTERNOON/EVENING routines?						
	10 minutes earlier in PM		30 minutes earlier in PM		60 minutes earlier in PM	
Response	N	Valid Percent	N	Valid Percent	N	Valid Percent
Large positive impact	71	2%	113	4%	125	4%
Some positive impact	154	5%	221	8%	139	5%
No impact at all	2034	70%	1226	42%	901	31%
Some negative impact	483	17%	852	29%	762	26%
Large negative impact	170	6%	504	17%	968	33%
Total	2912	100%	2916	100%	2895	100%
Missing	48	--	2770	--	2791	--

Does your family currently participate in BEFORE SCHOOL fee-based care for your elementary school child/children?		
Response	N	Valid Percent
Yes	198	7%
No	2762	93%
Total	2960	100%

Does your family currently participate in AFTER SCHOOL fee-based care for your elementary school child/children?		
Response	N	Valid Percent
Yes	1494	50%
No	1466	50%
Total	2960	100%

If ELEMENTARY SCHOOL started earlier by the times listed below, would your family need to pay for before school care?						
	10 minutes earlier in AM		30 minutes earlier in AM		60 minutes earlier in AM	
Response	N	Valid Percent	N	Valid Percent	N	Valid Percent
Yes	231	8%	302	10%	361	13%
No	2660	92%	2587	90%	2517	87%
Total	2891	100%	2889	100%	2878	100%
Missing	69	--	71	--	82	--

If ELEMENTARY SCHOOL ended earlier by the times listed below, would your family need to pay for after school care?						
	10 minutes earlier in PM		30 minutes earlier in PM		60 minutes earlier in PM	
Response	N	Valid Percent	N	Valid Percent	N	Valid Percent
Yes	1063	37%	1447	50%	1695	59%
No	1819	63%	1434	50%	1179	41%
Total	2882	100%	2881	100%	2874	100%
Missing	78	--	79	--	86	--

What elementary school start time do you think would be best for your elementary-aged child or children?		
Response	N	Valid Percent
The current start time works well	1711	59%
An earlier start time	730	25%
A later start time	271	9%
No Opinion	208	7%
Total	2920	100%
Missing	40	--

What do you think is the <i>best way</i> to give high school students the opportunity for more sleep?		
Response	N	Valid Percent
Minimize electronic device use after 10 PM	1039	19%
Parent/guardian supervision	595	11%
Reduce the amount of homework	1006	18%
Reduce non-school extracurricular activities during the week	106	2%
Shorten athletics practice times	94	2%
Shorten performance arts rehearsal times	29	1%
Start high school later	2542	45%
Other (please specify)	199	4%
Total	5610	100%
Missing	76	--

Other than your first choice from the previous question, what do you think are *other good ways* to give high school students the opportunity for more sleep? Select all that apply.

Response	N	Valid Percent
Minimize electronic device use after 10 PM	2943	52%
Parent/guardian supervision	2119	37%
Reduce the amount of homework	1711	30%
Reduce non-school extracurricular activities during the week	930	16%
Shorten athletics practice times	915	16%
Shorten performance arts rehearsal times	665	12%
Start high school later	1732	30%
Other (please specify)	298	5%
Total*	5686	--

**Please select the response that best reflects your current opinion.
I think that high school should start later than it does now.**

Response	N	Valid Percent
Strongly Disagree	409	7%
Disagree	379	7%
Agree	1588	28%
Strongly Agree	2552	45%
I'm not sure	537	10%
No Opinion	165	3%
Total	5630	100%
Missing	56	--

Regardless of your opinion on start time, which of the following potential positive impacts of starting later make the most sense to you? Choose all that apply.

Response	N	Valid Percent
Starting later would allow students to sleep later	4047	71%
Starting later would reduce the number of tardies students get	1615	28%
Starting later would reduce stress for students	3187	56%
Starting later would give students more time in the morning	2650	47%
Starting later would help students focus more during the school day	3404	60%
Do you have other reasons?	641	11%
Total*	5686	--

Regardless of your opinion on start time, which of the following potential negative impacts of starting later make the most sense to you? Choose all that apply.		
Response	N	Valid Percent
Students would have to start homework later	1964	35%
Students would have less free time in the afternoons	2353	41%
Students would have less time for after school jobs	1612	28%
Students would have to start after school commitments later (including sports)	3044	54%
Students would have to stay up later to get everything done	2111	37%
Students might have to miss classes at the end of the day because of sports	1179	21%
Do you have other reasons?	452	8%
Total*	5686	--

In your family, do high school students help take care of younger children in the afternoons?		
Response	N	Valid Percent
Yes	667	12%
No	4830	88%
Total	5497	100%
Missing	189	--

For your family, are there good options for transportation to school other than driving? Please choose all that apply, if applicable.		
Response	N	Valid Percent
No, driving is the best option	1645	29%
Yes, walking or bike riding are good options	2523	44%
Yes, taking a school bus or MBTA bus are good option	2179	38%
Total*	5686	--

Why is driving the best option? Please choose all the reasons that apply.		
Response	N	Valid Percent
We are not eligible for the school bus (we live less than 1 mile away)	393	24%
A close bus stop is not available	319	19%
My child/children would have to be at the bus stop too early	407	25%
The bus ride is too long	255	16%
My child/children would arrive at school too early	88	5%
My child/children is allowed to arrive late at school some days (i.e., first period frees)	83	5%
It's my personal preference to drive my child/children, or have them drive themselves	541	33%
Safety issues	328	20%
Cost	217	13%
Other (please specify)	342	21%
Total*	1645	--