



2018

MetroWest Adolescent Health Survey

Presentation of Findings

Lincoln-Sudbury Regional High School

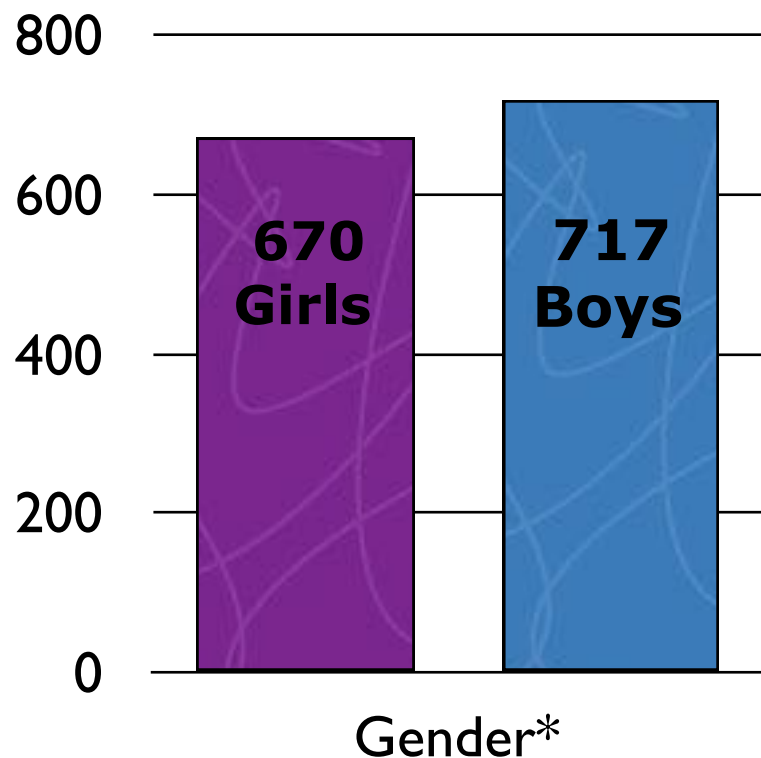
MetroWest Adolescent Health Survey

What is the MWAHS?

- A survey that is comprised of 148 core and an additional 13 optional questions regarding students' involvement in healthy and potentially risky behaviors.
- Questions focus on:
 - Substance Use
 - Mental Health
 - Sexual Behavior
 - Bullying
 - Violence
 - Online Behaviors
 - Protective Factors
- Questions are asked about behaviors that occurred in the:
 - Past month
 - Past year
 - At any point in lifetime

The MWAHS LS Survey Basics

- MWAHS was administered in November of 2018
 - This effort and the previous 5 survey administrations in 2006, 2008, 2010, 2012, 2014, 2016 were funded by the MetroWest Health Foundation.
 - 25 MetroWest Districts participated for a total of 24,746 surveyed.
- 1,405 LS students participated (92.3% of population)



GRADE LEVEL*	NUMBER OF STUDENTS
12 th Grade	316
11 th Grade	325
10 th Grade	371
9 th Grade	368

*18 unknown gender and 25 unknown grade

MWAHS Validity and Reliability

How do we know that student responses are truthful?

- **Survey Design**

- Based on the Youth Risk Behavior Surveillance System (YRBSS) generated by the Center for Disease Control and Prevention (CDC) and the Massachusetts version of the YRBS

- **Survey Environment**

- Research shows students need to perceive survey as...
 - important, voluntary, and anonymous
- ✓ **We followed these guidelines**

- **Consistency Checks**

- **All** surveys are reviewed for implausible and/or inconsistent responses

- **Census of Students at the School Level**

- This survey has an advantage over surveys that use random samples. It can be considered representative of the student body as a whole.

- **Coherent Behavioral Pattern**

- The MWAHS data shows gender and grade patterns which make logical sense in the context of what we know from the literature about adolescent risk-taking behaviors.

MWAHS Trends

ENCOURAGING

- ✓ **Decrease in Alcohol use**
 - Lifetime - 68% in 2006 to 56% in 2018
- ✓ **Decrease in Cocaine Use**
 - Lifetime - 5% in 2006 to 1% in 2018
- ✓ **Decrease in Prescription Drug Misuse**
 - Lifetime - 8% in 2006 to 4% in 2018
- ✓ **Decrease in Coming to School “Drunk or High”**
 - Lifetime - 19% in 2006 to 11% in 2018
- ✓ **Decrease in High School Drivers Driving after Drinking**
 - Past Month - 22% in 2006 to 5% in 2018
- ✓ **Decrease in School Bullying Victimization**
 - Past Year - 25% in 2006 to to 21% in 2018
- ✓ **Decrease in Cyberbullying since a high in 2014**
 - Past Year - 13% in 2006, 25% in 2014, 20% in 2018
- ✓ **Increase in Students Reporting Moderate Exercise**
 - Past Week - 33% in 2006 to 51% in 2018

MWAHS Trends

CONCERNING

➔ Increase in Electronic Vaping Products (EVPs) Use

- Lifetime - Increase from 21% in 2016 to 42% in 2018

➔ Increase in Marijuana Use

- Lifetime - 26% in 2014 to 33% in 2018

➔ No change in High School Drivers Driving after using Marijuana

- Past Month - 15% in 2012 to 14% in 2018

➔ Increase in Someone Else sending or posting a “Sext” of the student

- Past Year - 5% in 2010 to 14% in 2018

➔ Steady Increase in reporting Life as Being “Very Stressful”

- Past Month - 29% in 2006 to 41% in 2018 (41% in 2016)
- Greatest increase in Females - 34% in 2006 to 52% in 2018

➔ Slight Increase in Seriously Considered Suicide

- Past Year - 10% in 2006 to 13% in 2018
- Greatest increase in Females - 12% in 2006 to 16% in 2018

➔ Increase in Spending 3 or more Hrs Online

- Average School Night - 28% in 2010 to 60% in 2018

➔ Decrease in reporting “Happy to be at this School”

- Answered either “Agree” or “Strongly Agree” - 84% in 2006 to 65% in 2018
- Largest drop from 2016 to 2018 (7%)

The **MWAHS** 2018 Indicator Findings

Stress Levels - *Students who report higher levels of stress are at greater risk for bullying and mental health challenges*

Perceptions - *How students perceive their parents' perceptions as well as their peers' perceptions are correlated with risky substance use behaviors*

Sexual Orientation - *LGBQ students are at greater risk for mental health challenges (No indicator findings for students who are transgender)*

Cyberbullying - *Students who are cyberbullied are at greater risk for substance use and mental health challenges*

School Attachment - *Students with low school attachment are at greater risk for mental health challenges*

Social Media - *Students who spend more time on social media are at greater risk for alcohol & marijuana use, bullying at school, cyberbullying, depressive symptoms, and sexual intercourse*

Sleep - *Student who get less than 8 hrs sleep at greater risk for alcohol & marijuana use and mental health challenges*

The **MWAHS** 2018 Findings

Our students report . . .

- ◆ 83% (1,166) have an adult at school to talk to about personal problem
- ◆ 62% (871) think that it would be “fairly easy” or “easy” to obtain marijuana
- ◆ 48% (674) heard other students being called names, teased, made fun of, or embarrassed because of their sex, race/ethnicity, sexual orientation, gender identity, disability, or how they look in the past month (down from 58% in 2016)
- ◆ 43% (604) spent 3+ hours on HW/studying outside of school on average school day (down from 50% in 2014)
- ◆ 41% (576) say life was “very stressful” in the past month
- ◆ 31% (436) used an electronic vapor product in the past month
- ◆ 25% (351) get 8+ hours of sleep on an average school night
- ◆ 23% (323) used marijuana in the past month
- ◆ 20% (281) feel lonely (“*most of the time*” or “*all of the time*”) (up from 12% in 2012)
- ◆ 12% (169) hurt themselves on purpose in the past year
- ◆ 11% (155) smoked a cigarette in their lifetime (first increase since 2006 - 31% to 9% in 2016)
- ◆ 3% (43) attempted suicide in the past year
- ◆ 2% (21) are transgender

The **MWAHS** Findings

We ALL as a community have a role to play in fostering healthy behaviors for our students

A.C.T.

Acknowledge - Care - Talk

- ✓ Need to **Acknowledge** - strengths, challenges and trends
 - **Understand norms and consider difference between**
 - 33% (1/3) students used marijuana last month
 - VS
 - **67% (2/3) of students chose NOT to use marijuana last month**
- ✓ Need to **Care** - by being present & being supportive of others
- ✓ Need to **Talk** and Take Action
 - Through conversations as well as providing opportunities & resources to make healthy decisions

World Café Based Discussion

- Tables Organized By Topic
- Agenda for Table
 - ✓ Students present survey data (5 min)
 - ✓ Discussion & questions among participants & students regarding data (5 min)
 - ✓ Discussion based upon guiding question (5 min)
 - ★ **What role can I and the community play in reinforcing the healthy choices our students are making?**
- Move Tables and Repeat Process
 - ✓ Three Times
- Brief Google Survey
 - ✓ Sent via email after meeting to gather responses

World Café Table Topics

- ❖ Substance Use (Alcohol & Marijuana)
- ❖ Cigarettes & Electronic Vaping Products
- ❖ Sexual Behaviors & Dating Violence
- ❖ Sexual Orientation & Gender Identity
- ❖ Bullying & Cyberbullying
- ❖ Social Media
- ❖ Stress
- ❖ Mental Health
- ❖ Belonging & Influential Factors

Additional Resources

- LSRHS Counseling Website

 - ★ www.lsrhs.net/academics/counseling/mental_health_resources

- William James INTERFACE Referral Service

 - ★ <http://interface.williamjames.edu/>

- Lincoln Town Social Worker Website

 - ★ www.lincolntown.org/1088/Town-Social-Worker

Natalia Dedkov

- Sudbury Town Social Worker Website

 - ★ www.sudbury.ma.us/socialworker

Bethany Hadvab

If you have any additional questions about the data from the MWAHS, please contact Emily Phillips at emily_phillips@lsrhs.net

Substance Use

Lifetime Substance Use Comparison

Overall, LS is comparable to MetroWest for *percentage* of students reporting lifetime use of these substances.

DRUG	LS %	MetroWest %
Cigarettes	11	12
Electronic Vapor Products	42	41
Alcohol	56	50
Marijuana	33	31
Prescription Drugs Misuse	4	5
Stimulant Misuse	5	4
Ecstasy	1	2
Cocaine	1	2
Heroin	1	1
Methamphetamine	1	1

Lifetime Substance Use: The Actual LS Numbers

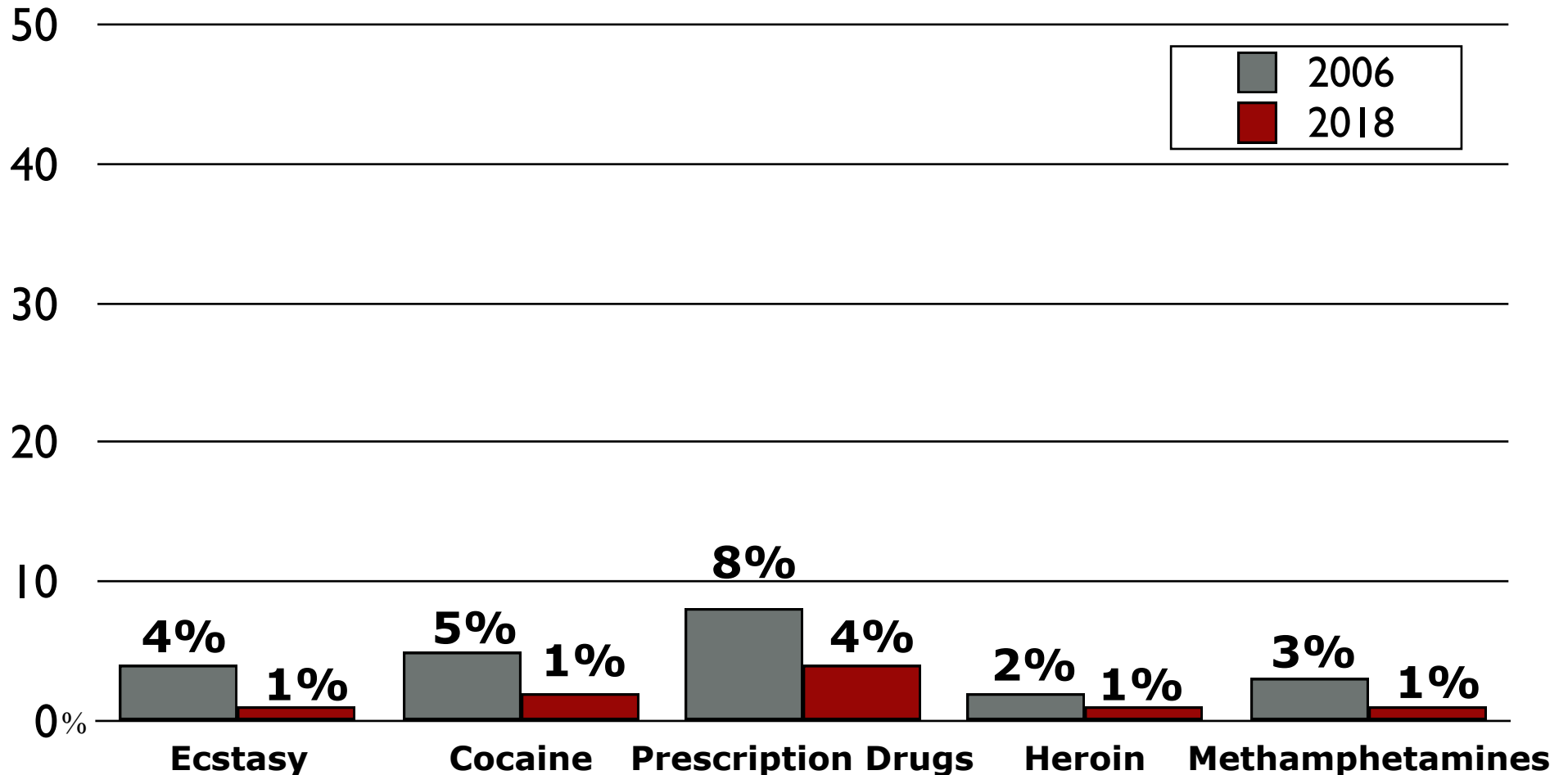
While some of the percentages may be low, the actual number of students* who report using these drugs is still worth noting (*of the 1405 surveyed).

DRUG	LS %	Actual Number
Cigarettes	11	158
Electronic Vapor Products	42	585
Alcohol	56	774
Marijuana	33	453
Prescription Drugs Misuse	4	59
Stimulant Misuse	5	62
Ecstasy	1	14
Cocaine	1	15
Heroin	1	9
Methamphetamine	1	11

Lifetime Substance Use 12 Year Trend

LS students have reported at least small decreases in lifetime use of these substances since 2006. MetroWest students have also reported similar decreases these substances.

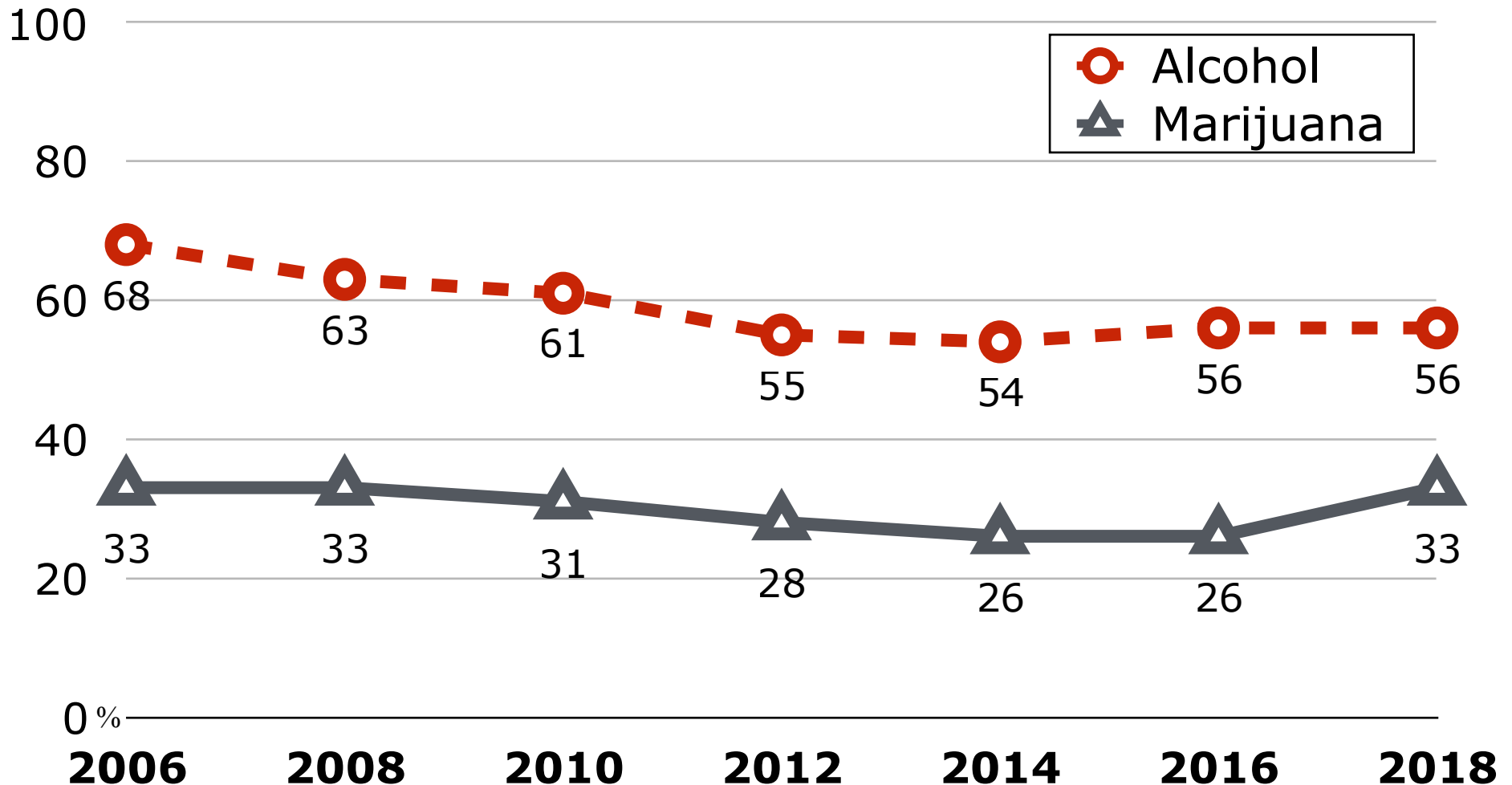
% Students who have . . . in lifetime



Lifetime Alcohol & Marijuana Use 12 Year Trend

LS students have reported a decrease in lifetime alcohol use since 2006. Despite a decrease in marijuana use over the previous 10 years, levels have returned to the same as in 2006.

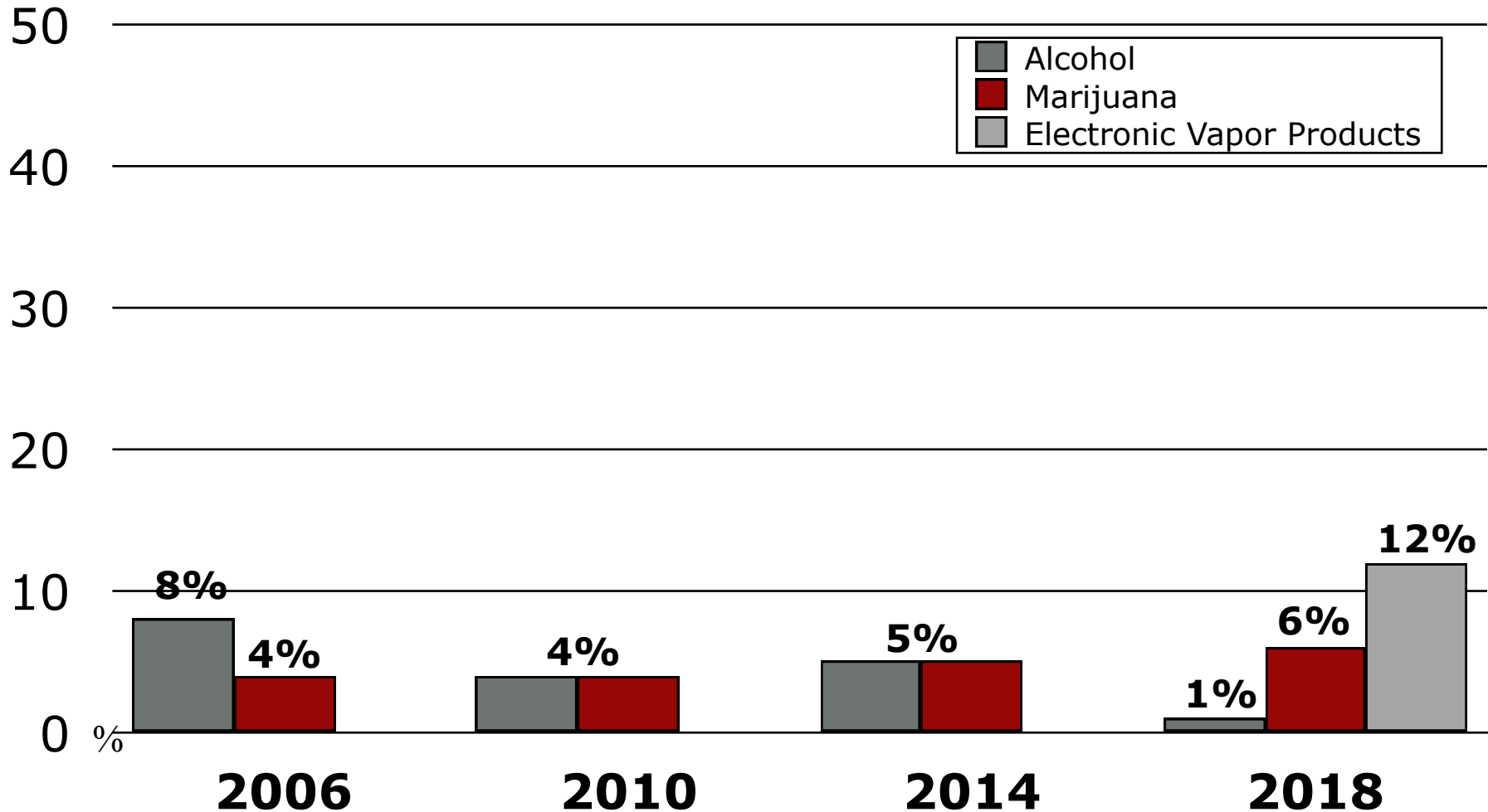
% Students who have . . . in lifetime



Past Month Substance Use on School Property 12 Year Trend

LS is comparable with MetroWest regarding substance use on school property. Both LS and MetroWest have seen a recent increase in marijuana use. There is no historical data for electronic vapor product use on school property.

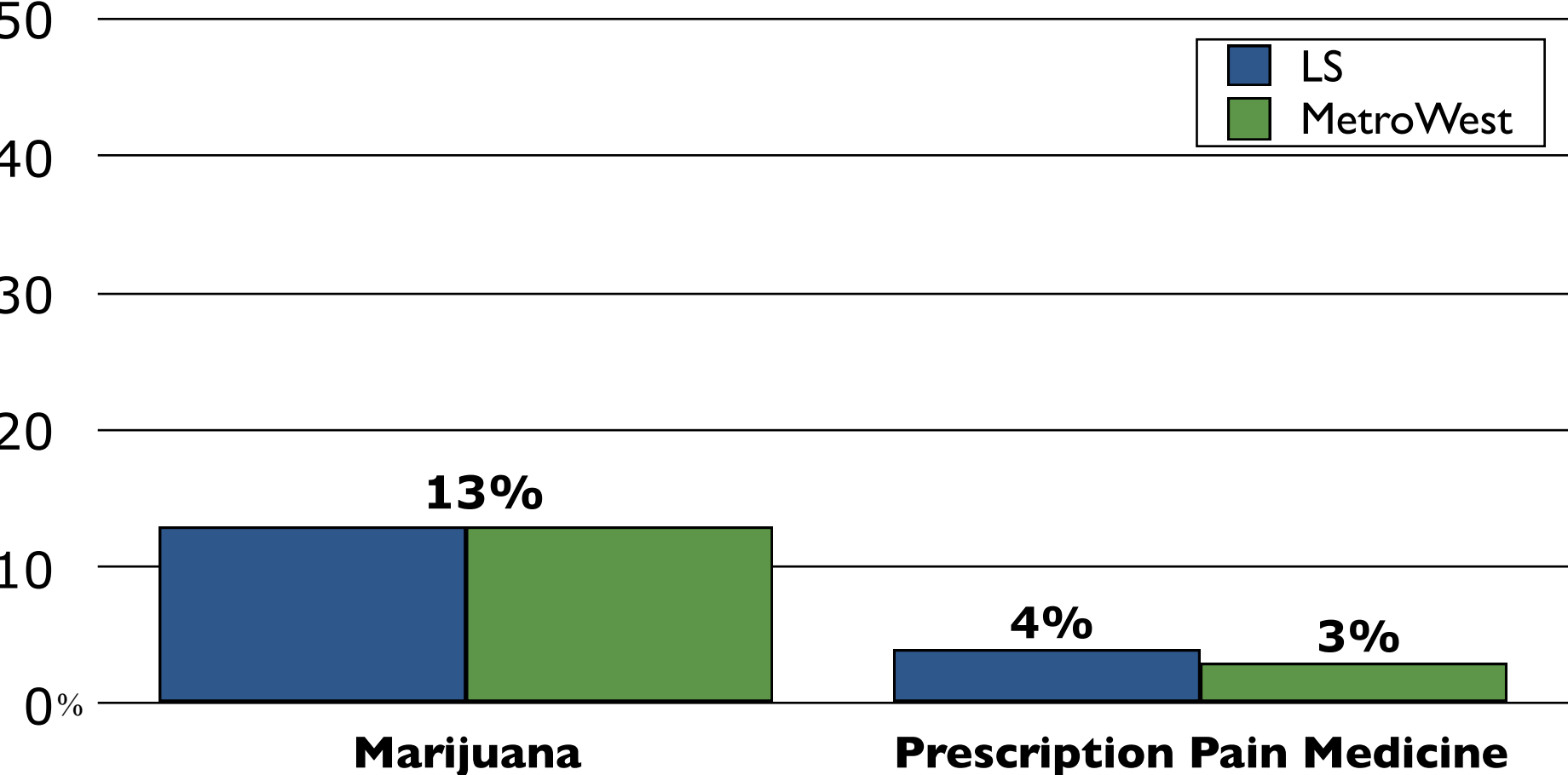
% of LS Students who used on School Property in Past Month



Past Year Substance Availability on School Property Comparison

LS and MetroWest are reporting similar rates of incidences of substance availability. LS Girls report being offered prescription pain medicine more often than LS Boys (6% vs 2%) whereas there isn't as much of a difference for marijuana availability (LS Girls - 12% vs LS Boys - 14%).

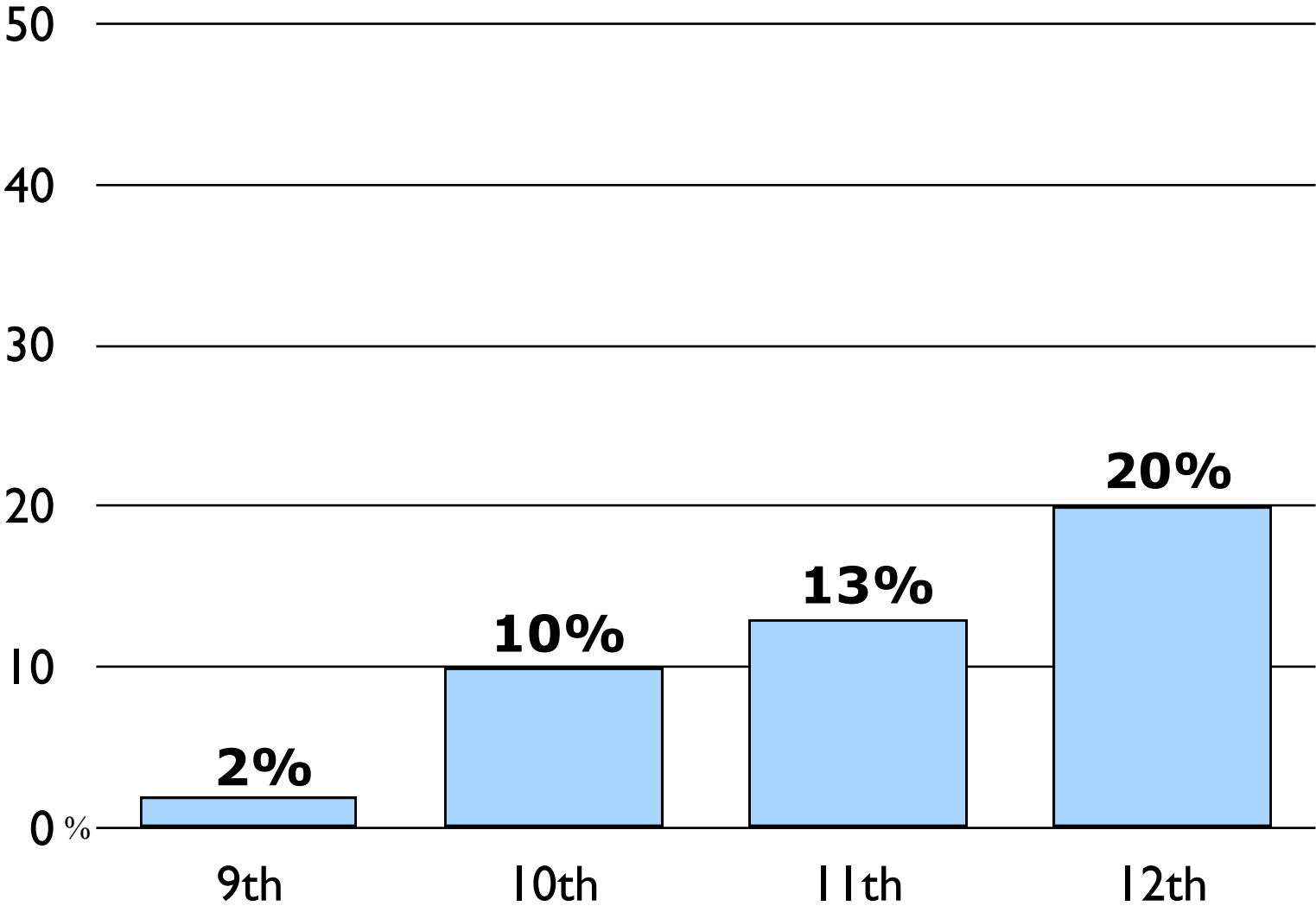
% of Students OFFERED, SOLD, or GIVEN on School Property in Past Year



Lifetime Coming to School "Drunk" or "High" By Grade

For a number of students, substance use has presented in the school setting and tends to increase with age. There is no available comparison data with MetroWest.

% of LS Students who have come to School "Drunk" or "High" in Lifetime



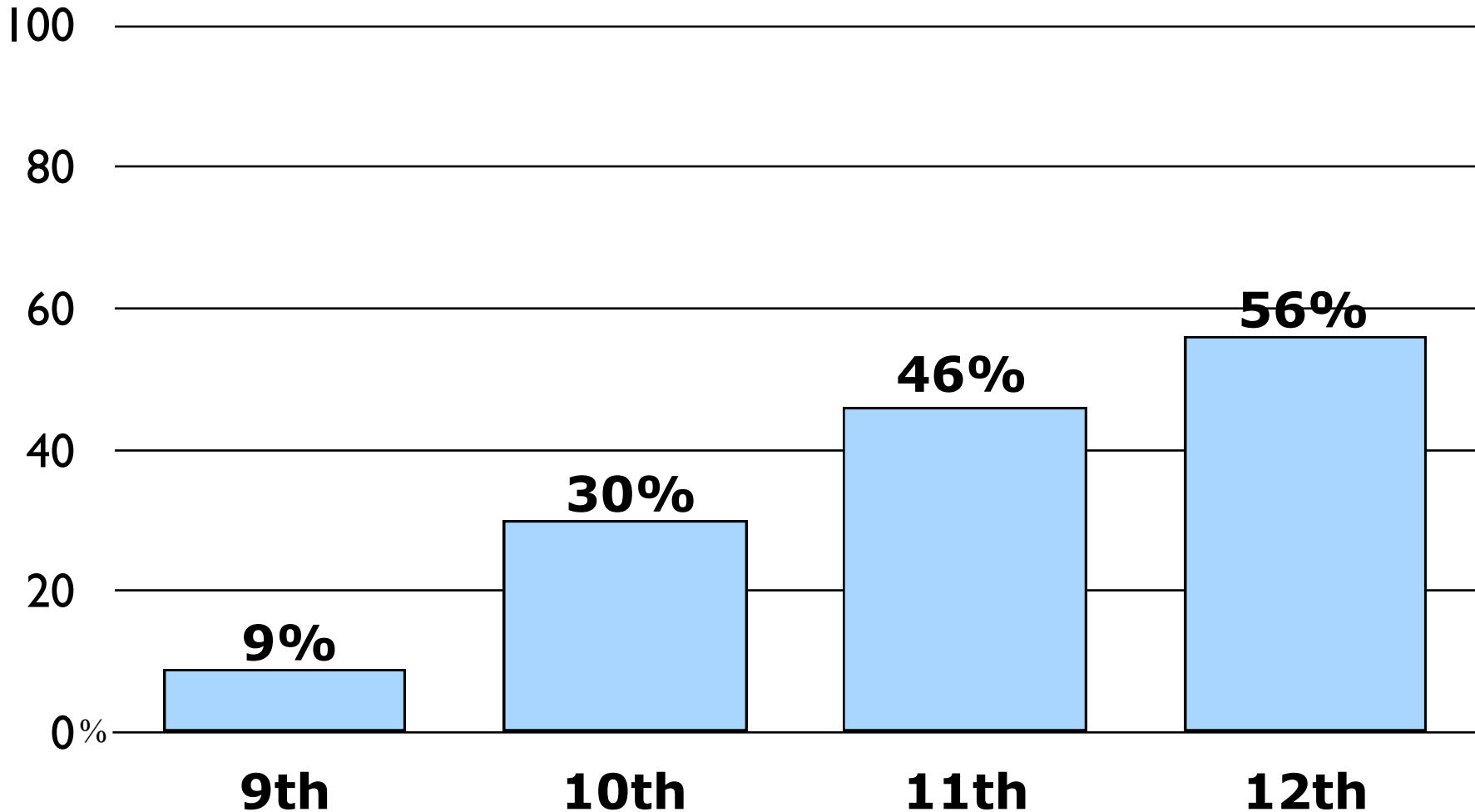
There has been a decrease in students reporting this behavior since 2006 (19% vs 11%)

Alcohol

Past Month Alcohol Use By Grade

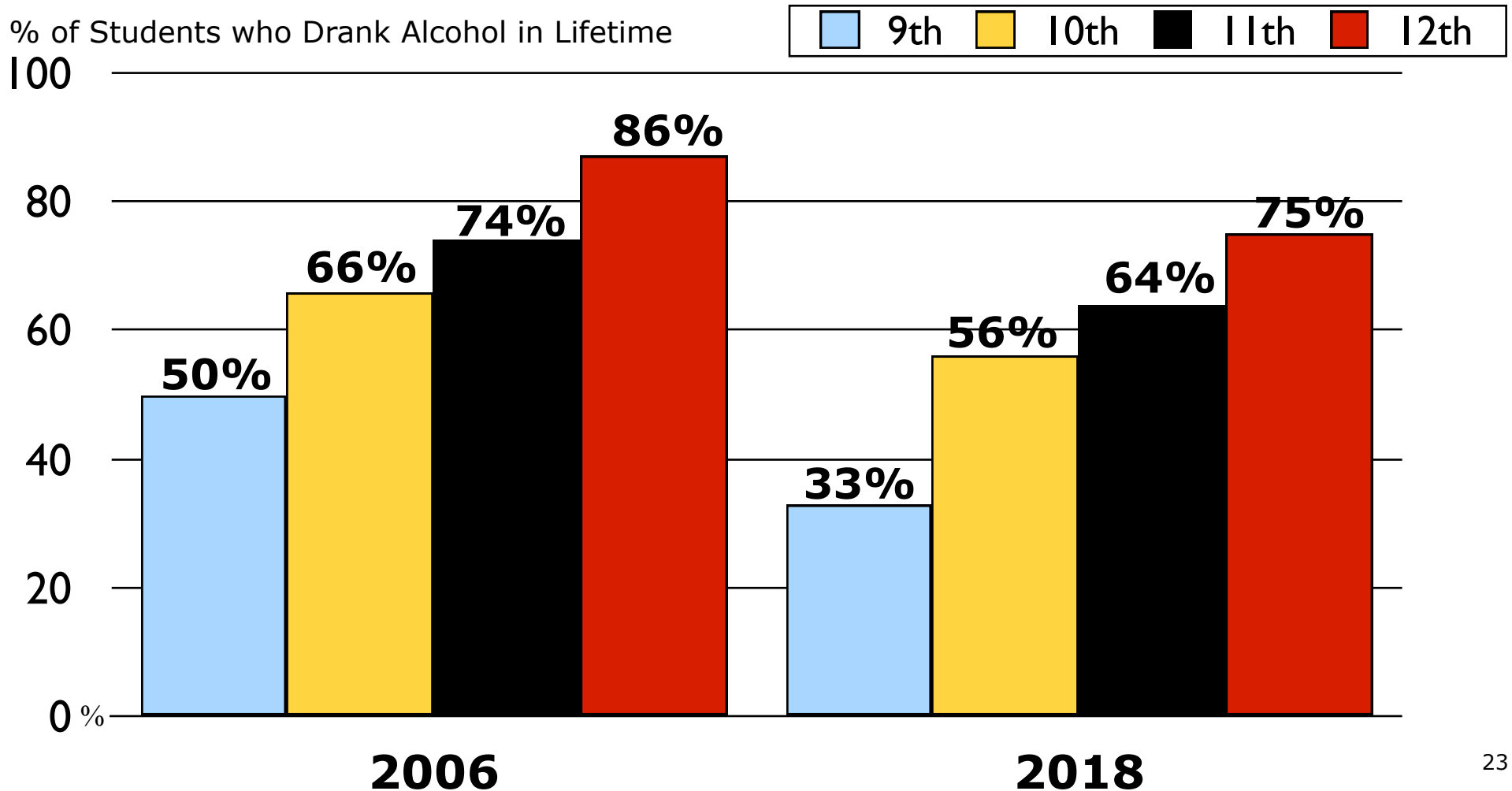
As students get older, their alcohol use in the past month increases. However, since 2006 there has been a decrease in past month alcohol use by both LS students (43% in 2006 to 34% in 2018) and MetroWest students (42% to 28%).

% of LS Students who Drank Alcohol in Past Month



Lifetime Alcohol Use by Grade 12 Year Trend

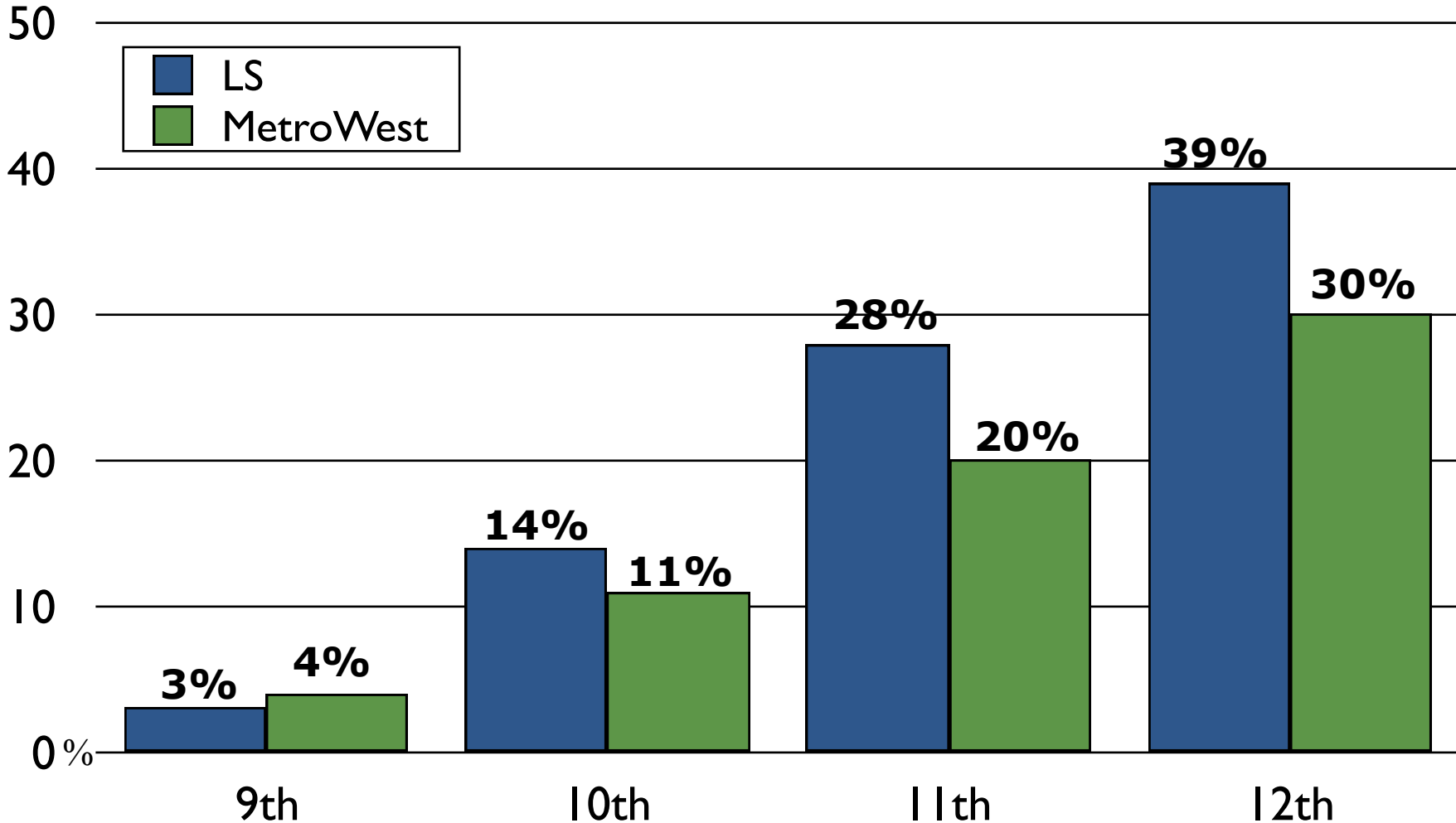
*There has been a large drop in lifetime alcohol use by 9th graders since 2006. There has been a smaller drop for the other grades since 2006. **Delaying the onset of substance use is important.** This trend is also shown in fewer students reporting that they had their first drink of alcohol before age 13 (14% in 2006 to 8% in 2018).*



Past Month Binge Alcohol Use Comparison

The frequency and extent of binge drinking increases with age as does having greater numbers than comparably aged MetroWest students. Binge drinking was defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

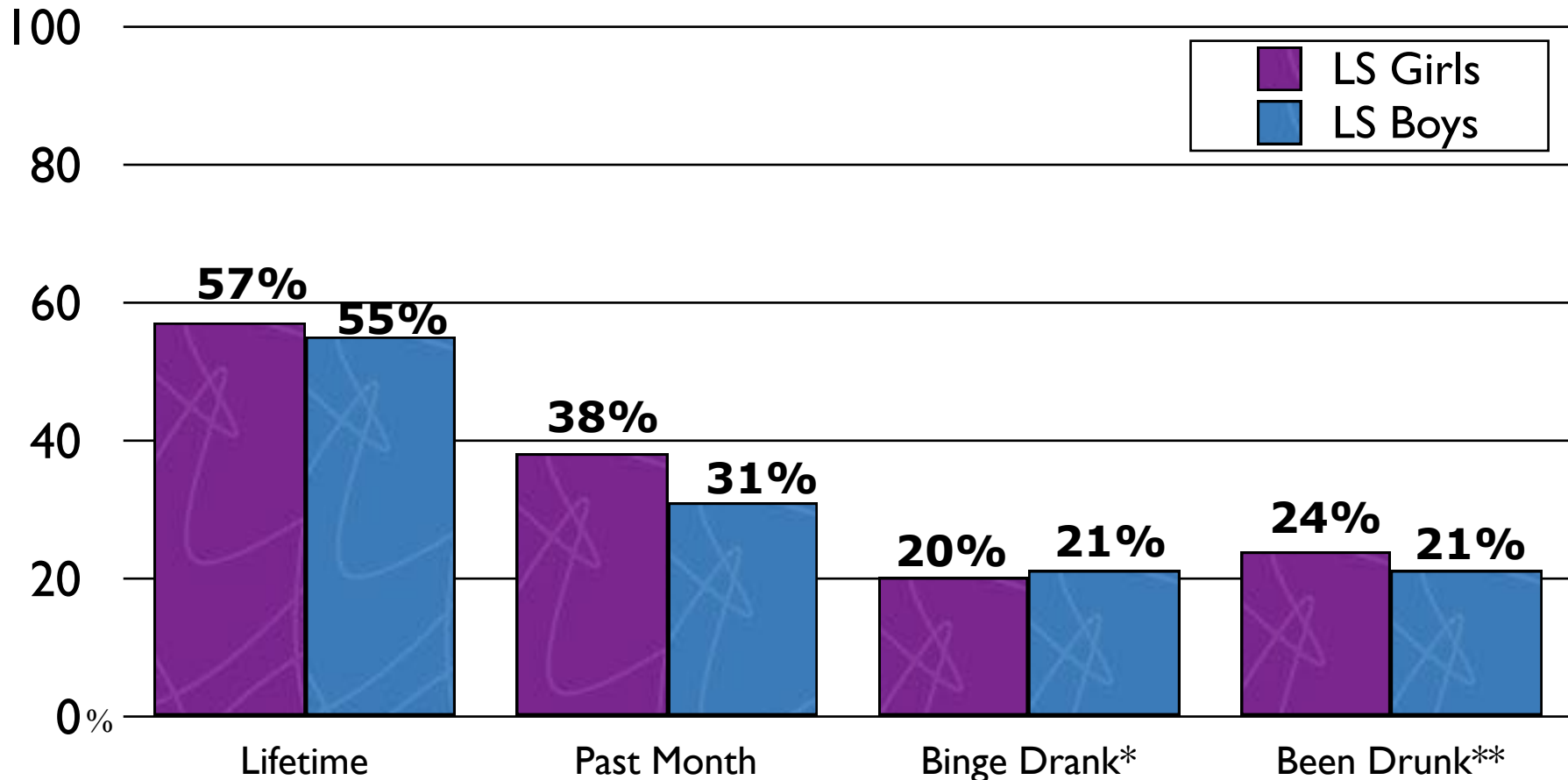
% of Students who drank. . . in a row in Past Month



Alcohol Use By Gender

LS Girls are slightly more likely to consume alcohol than LS Boys. The discrepancy is not as prevalent when comparing MetroWest Girls and Boys. Binge drinking was defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

% of Students who used alcohol in their



*Past Month

**Past Month and consumed 4+ drinks in a row for females/5+ drinks in a row for males

Past Month Alcohol Use Correlation

PERCEPTIONS MATTER

LS students who understand the harm that alcohol use poses (via binge drinking) are significantly less likely to binge drink.

(16% vs 36%)

36% of LS students who perceive binge drinking as “no/slight risk” have binge drank in past month, compared to 16% of LS students who perceive binge drinking as a “moderate/great risk”.

Past Month Driving Safety Behaviors Comparison: Among 11th & 12th grade drivers

There has been a significant decrease in reported driving after drinking. There has also been a decrease in riding behavior (no data prior to 2012). There is no significant difference between LS Boys and LS Girls reporting driving after drinking. LS 12th graders are more likely to drive after drinking than LS 11th graders (7% vs 3%).

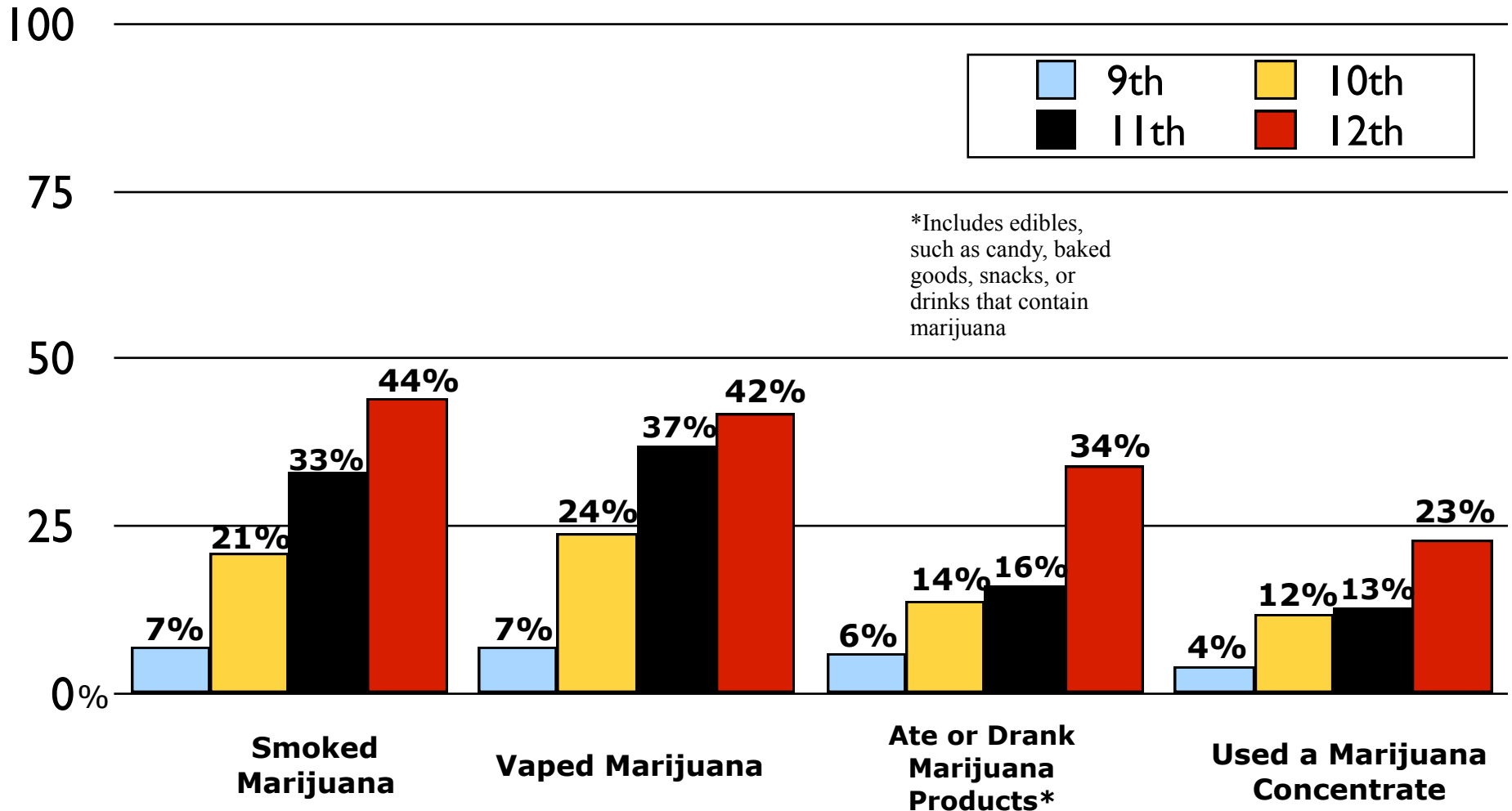
ACTIVITY	LS	MetroWest
Rode with High School Driver after Drinking Alcohol	5% (8% in 2012)	5%
Drove after Drinking Alcohol	5% (22% in 2006)	4%

Marijuana

Lifetime Types of Marijuana Use

LS is comparable to MetroWest in the reported types of lifetime marijuana use. LS Boys are more likely to use a concentrate than LS Girls (16% vs 9%). There is less of a gender difference with other types marijuana.

% of Students who in their lifetime



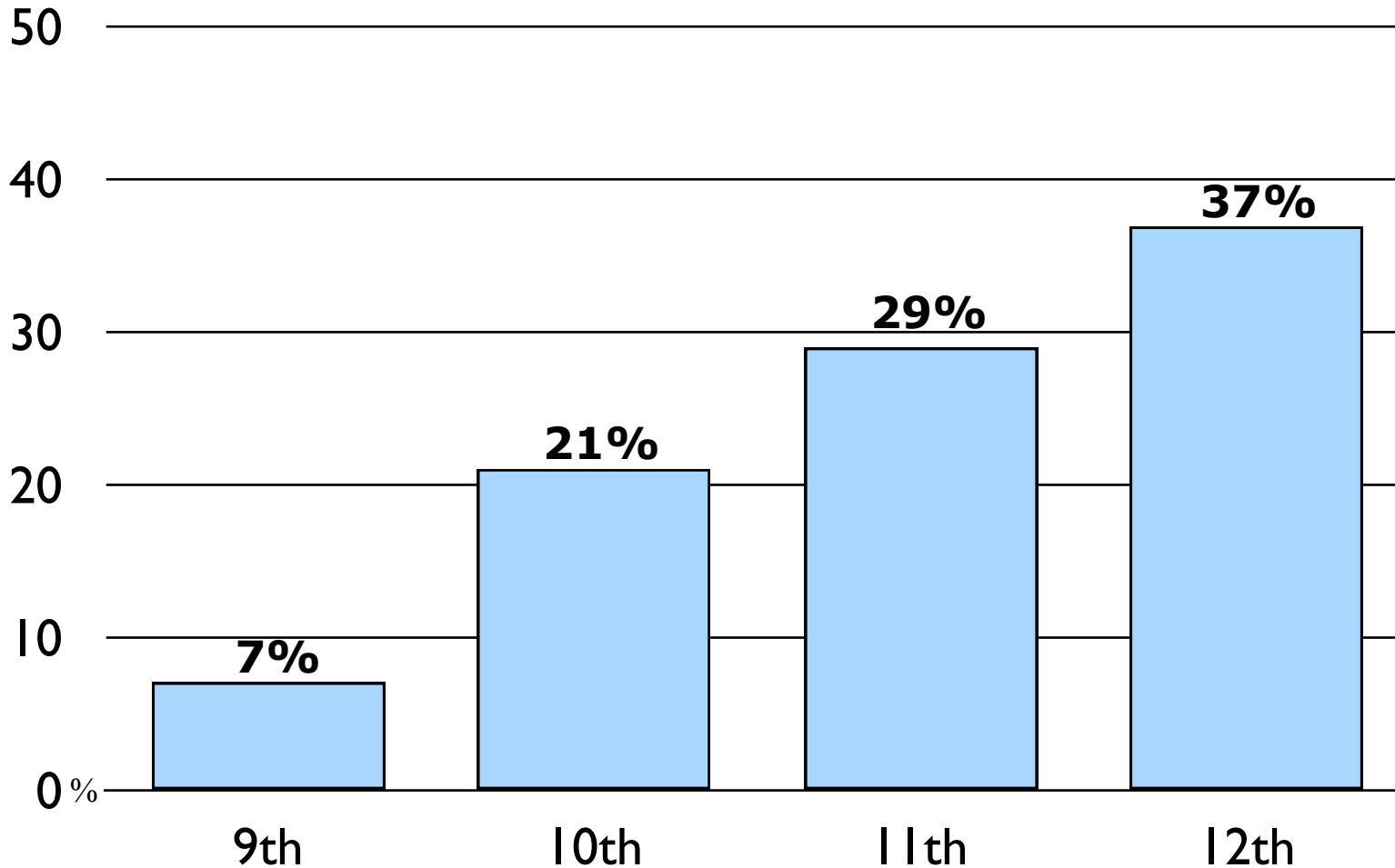
Lifetime Use of Marijuana By Form

Activity	LS	Actual
Marijuana Use	33%	453
<u>Smoked</u> Marijuana	25%	343
<u>Vaped</u> Marijuana	27%	366
<u>Ate/Drank</u> Marijuana Products	17%	230
Used a Marijuana <u>concentrate</u> or other high potency product	13%	173

Past Month Marijuana Use By Grade

As students get older, their marijuana use in the past month increases. Since 2016 there was also an increase in past month marijuana use by LS students (19% in 2016 to 23% in 2018) and MetroWest students also saw a slight increase (19% to 21%).

% of LS Students who have used Marijuana in Past Month



LS Boys report using marijuana in the past month more than LS Girls (25% to 21%). This gender difference is smaller than in previous years.

Past Month Marijuana Use Correlation

PERCEPTIONS MATTER

***LS Students who understand the harm
that marijuana use poses
are significantly less likely to use marijuana.***

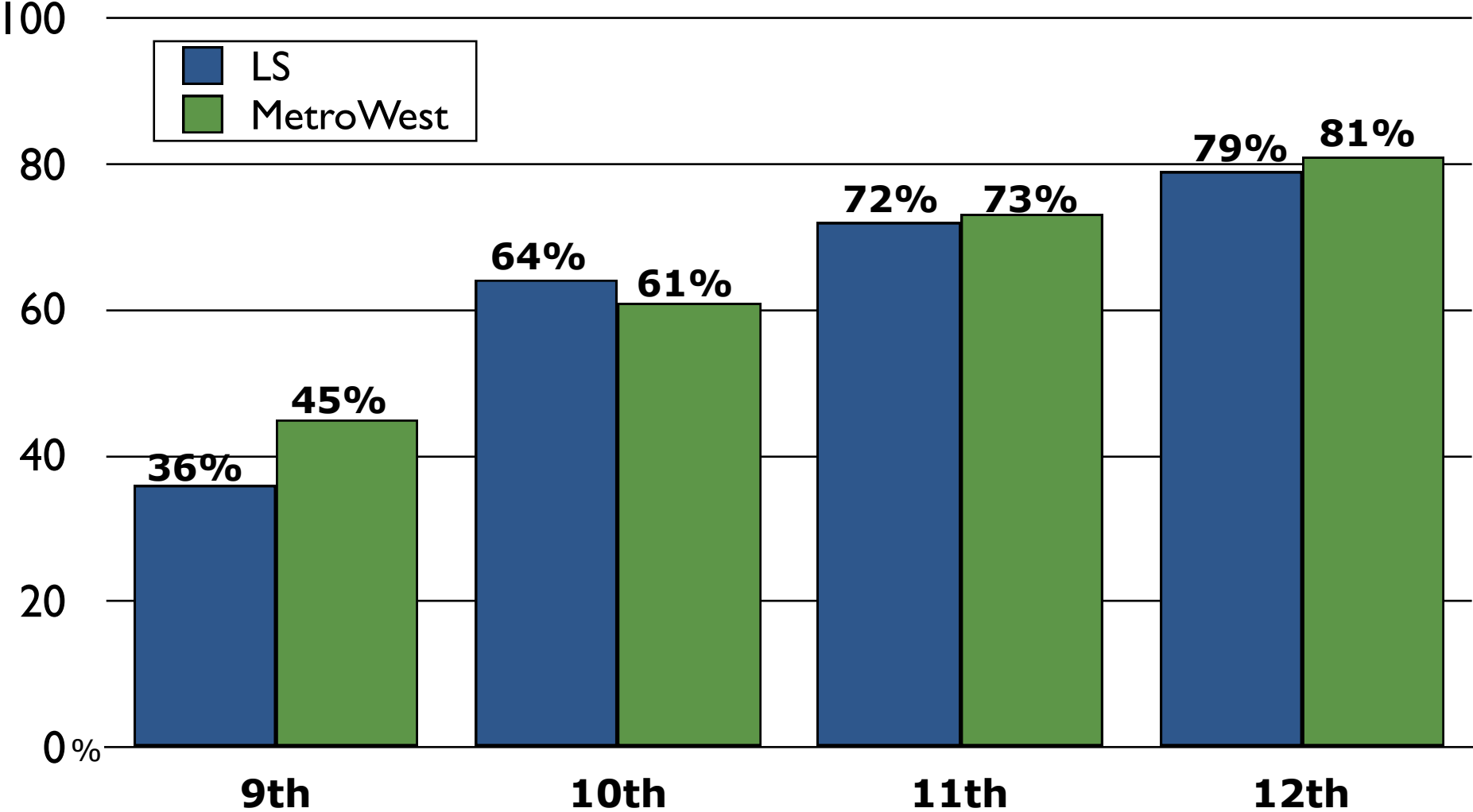
(41% vs 12%)

41% of LS students who perceive marijuana as having “no/slight risk” have used in past month, compared to 12% of LS students who perceive marijuana use as a “moderate/great risk”.

Beliefs about Access to Marijuana By Grade Comparison

As age increases LS students report similar levels of probable access to marijuana as MetroWest students. LS Girls perceive greater risk of harm from using marijuana than LS Boys (67% vs 55%).

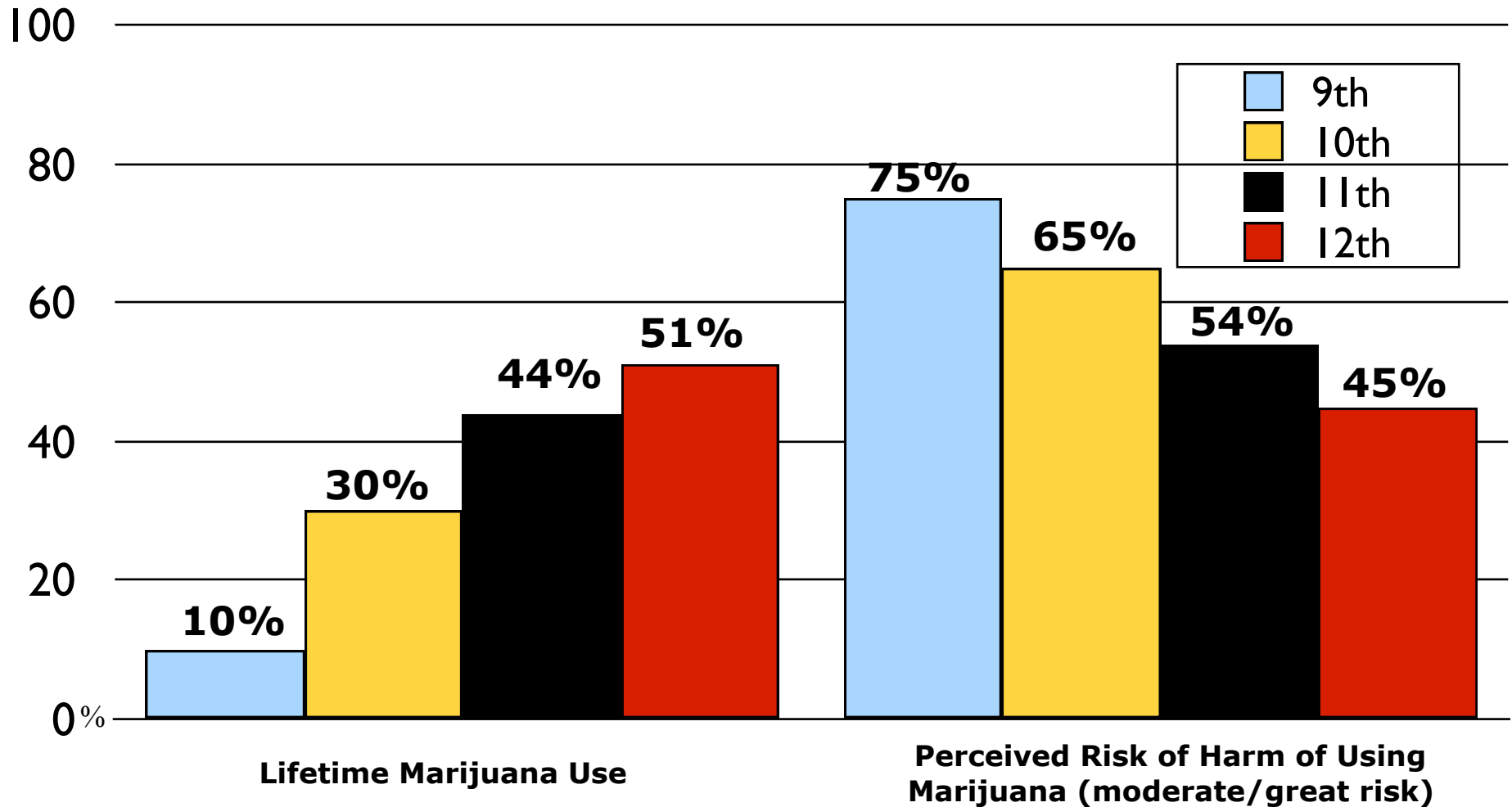
% of Students who report it would be "fairly easy" or "very easy" to obtain marijuana



Lifetime Marijuana Use and Perceived Risk By Grade

LS students reports of lifetime marijuana use are similar with their MetroWest counterparts (33% vs 31%). However, overall LS student perceive greater risk with marijuana use (61% vs 56%).

% of Students who



Past Month Driving Safety Behaviors Comparison: Among 11th & 12th Grade Drivers

LS Boys are twice as likely to report driving after using marijuana than LS Girls (18% to 9%). LS 12th graders are more likely to drive after using marijuana than 11th graders (18% vs 10%).

Activity	LS	MetroWest
<u>Rode</u> with High School Driver who had been Smoking Marijuana	15% (15% in 2012)	14%
<u>Drove</u> after Smoking Marijuana	14% (15% in 2012)	14%

Marijuana and Driving: Beliefs and Reports

59% of LS students (**58%** of MetroWest students) think riding in a car driven by a high school student who had been using marijuana is very dangerous

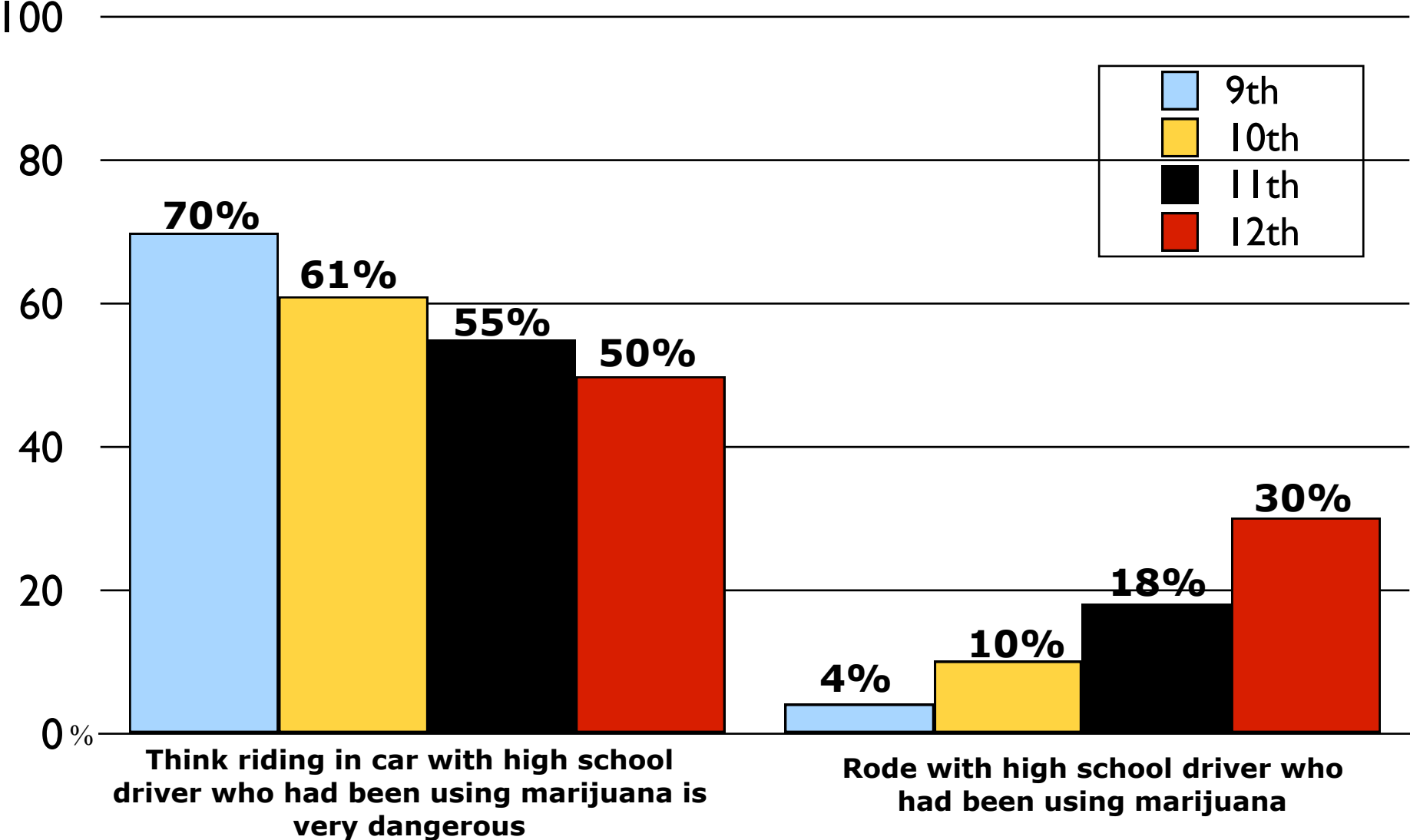
15% of LS students (**14%** of MetroWest students) report riding in a car in the past month driven by a high school student who had been using marijuana

6% of LS students who thought driving after using marijuana was very dangerous actually rode with a driver who had used marijuana versus **39%** of LS students who thought driving after using marijuana was not dangerous

Perceptions of Risk & Passenger Behavior By Grade

LS students perceptions of risk and passenger behavior are similar to their MetroWest counterparts.

% of Students who say.....

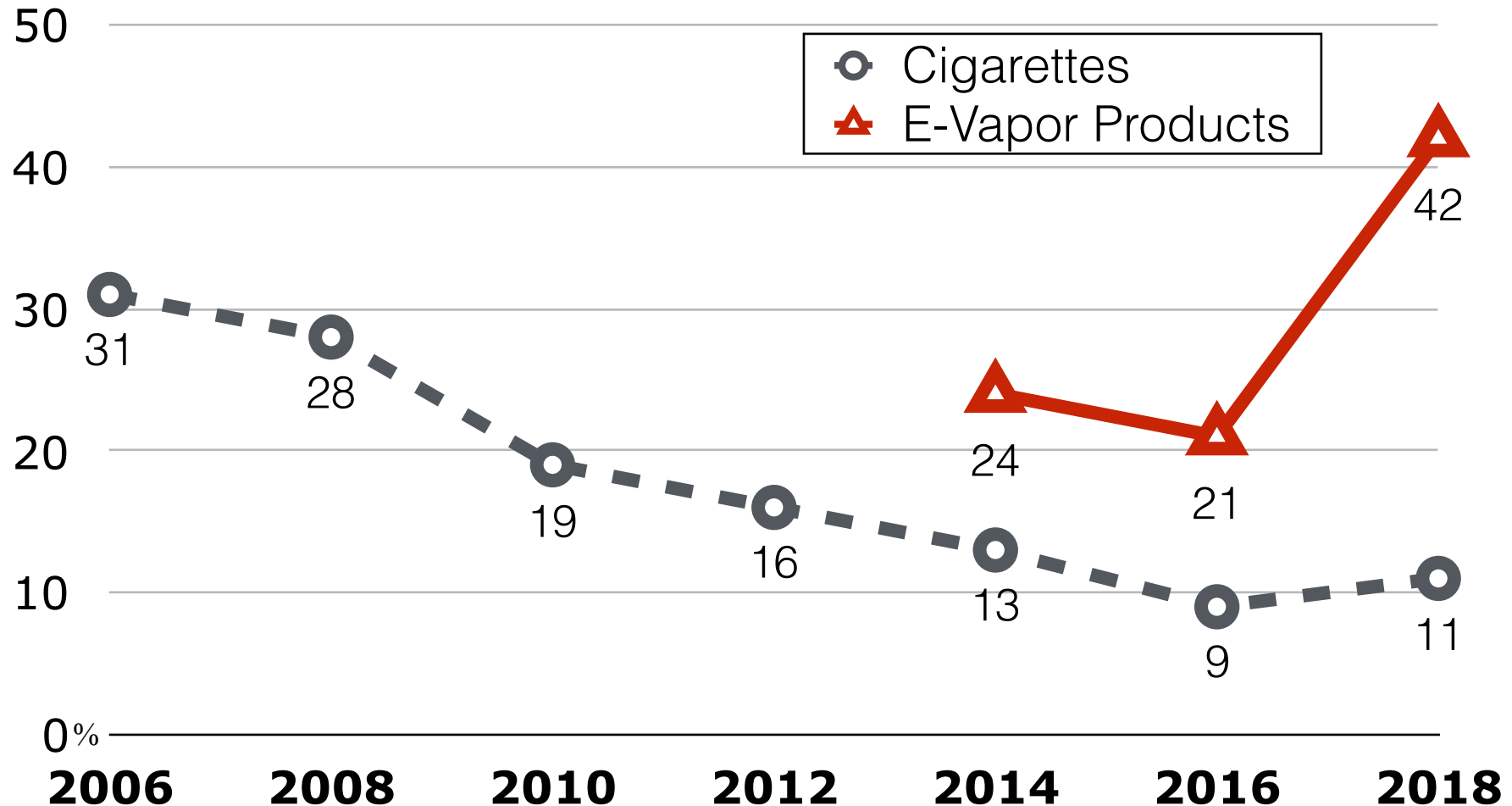


Cigarettes and Electronic Vaping Products (EVPs)

Lifetime Cigarette Use 12 Year Trend

There had been a steady decline in cigarette smoking at LS from 2006 to 2016. The introduction of electronic vapor products has not only doubled since 2016, it also coincides with the first increase in cigarette smoking.

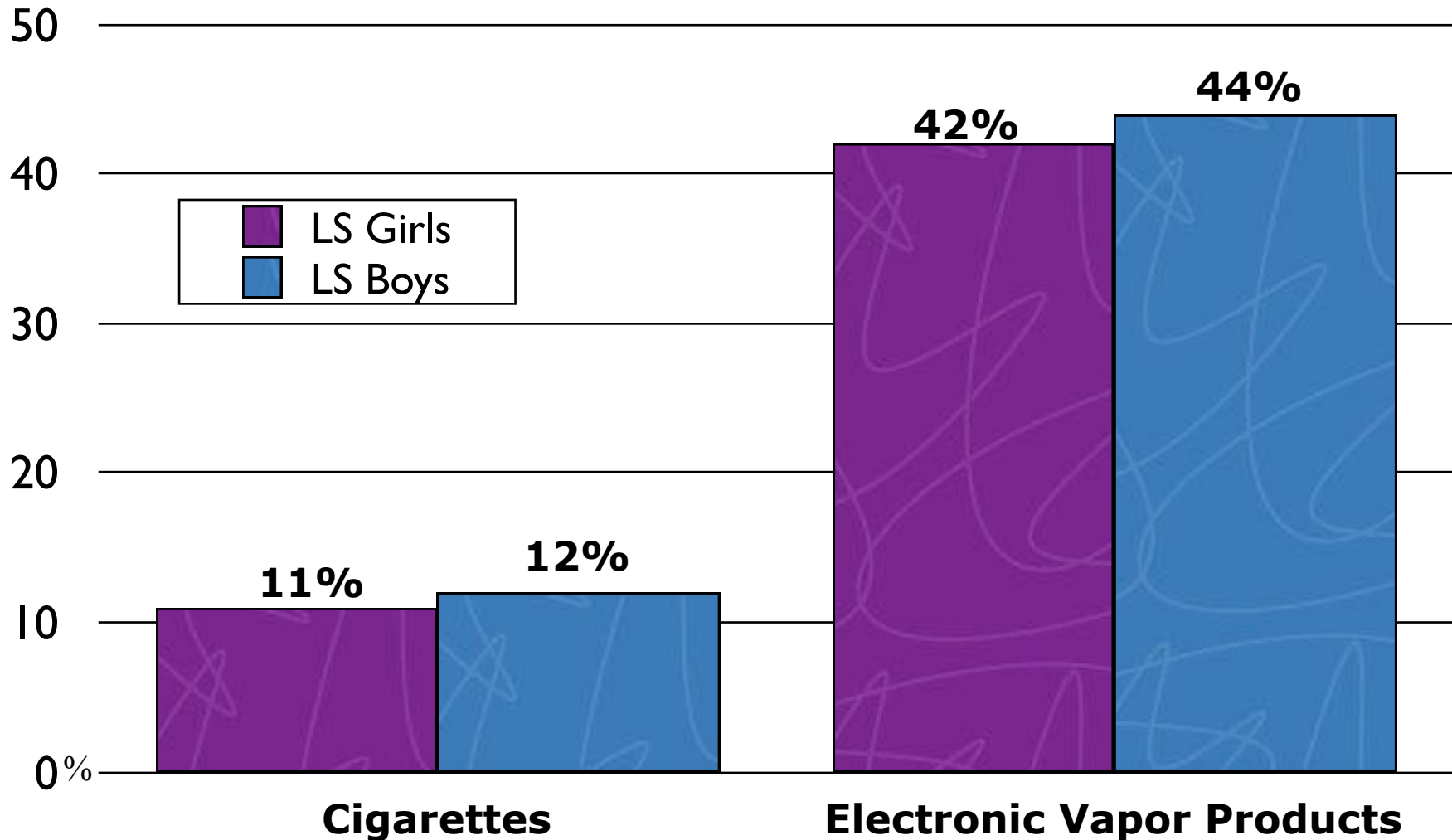
% Students who have smoked cigarettes in lifetime



Lifetime Electronic Vapor Products By Gender

Both LS Girls and LS Boys are reporting similar levels of electronic vapor product use. MetroWest Boys and MetroWest Girls also report similar levels.

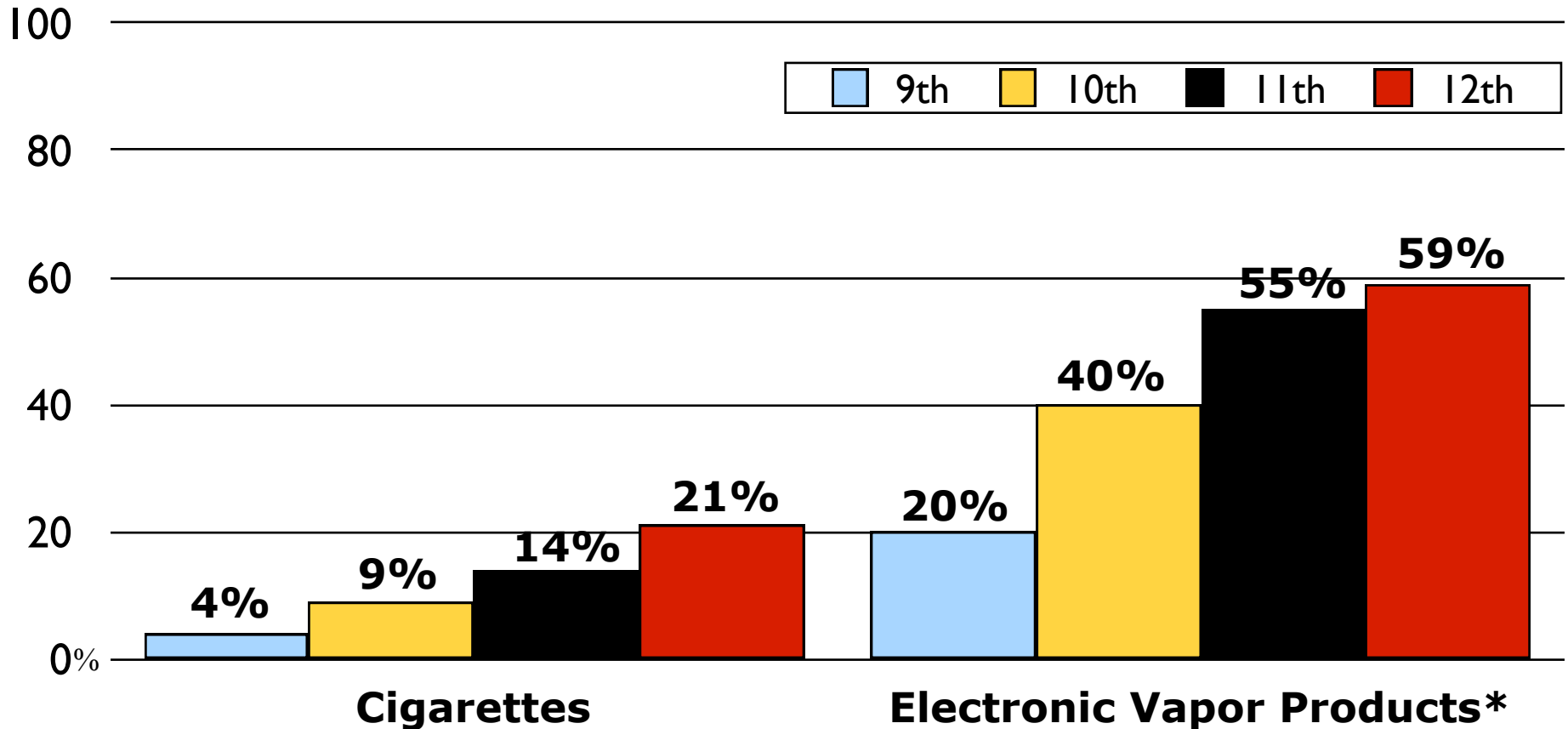
% Students who have . . . in lifetime



Lifetime Substance Use By Grade

Both LS and MetroWest students report greater use of these products with age. For MetroWest students the increases are consistent for each grade where as for LS students the greatest increase in EVP use is between 9th and 10th grade.

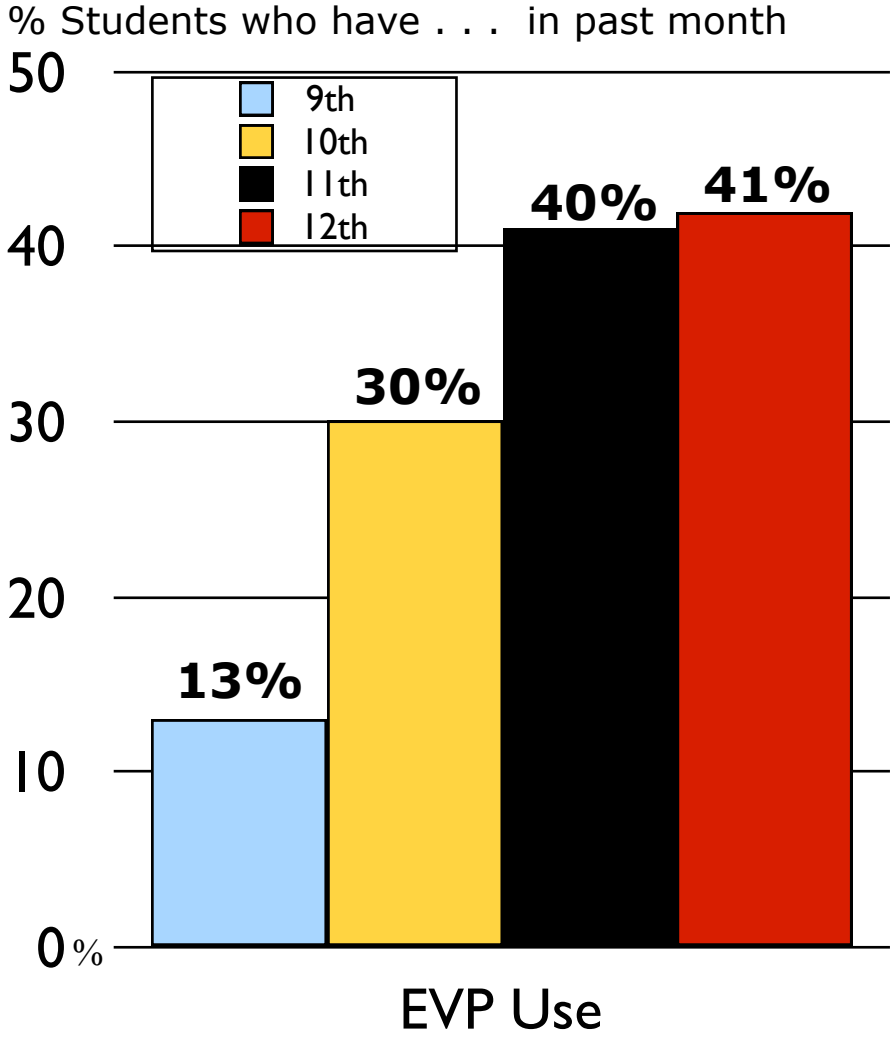
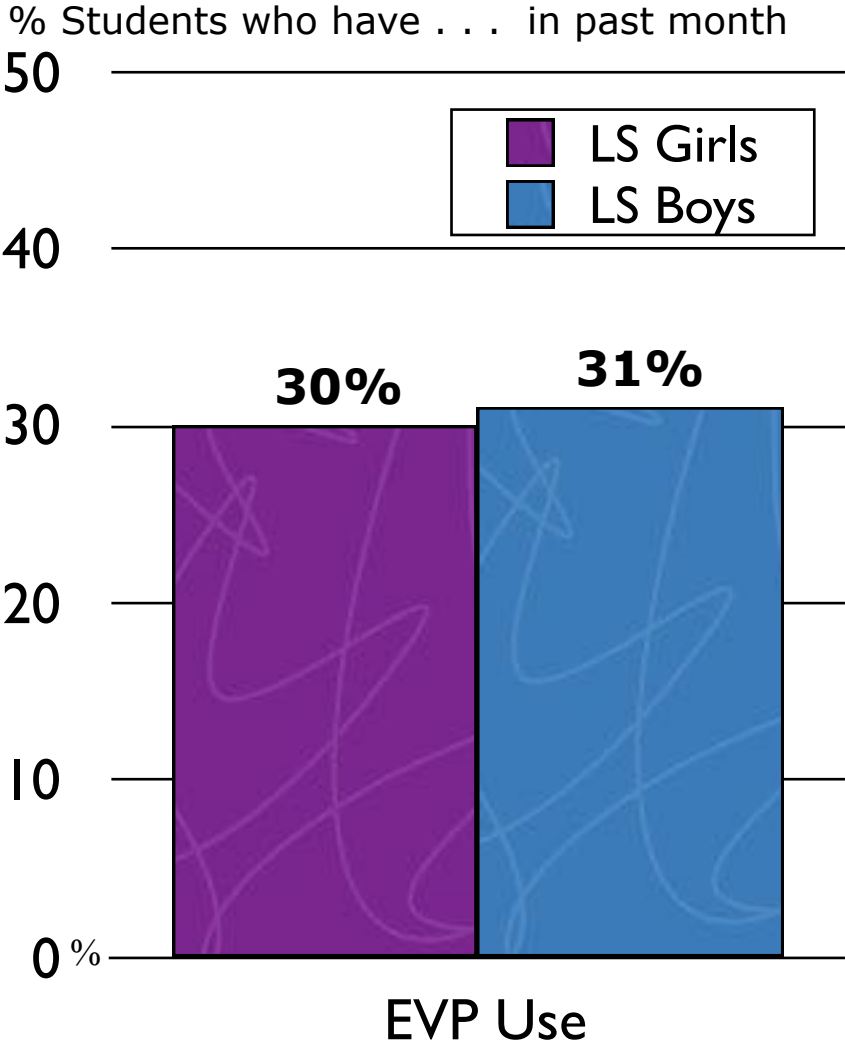
% Students who have . . . in lifetime



**includes electronic cigarettes like JUUL, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods*

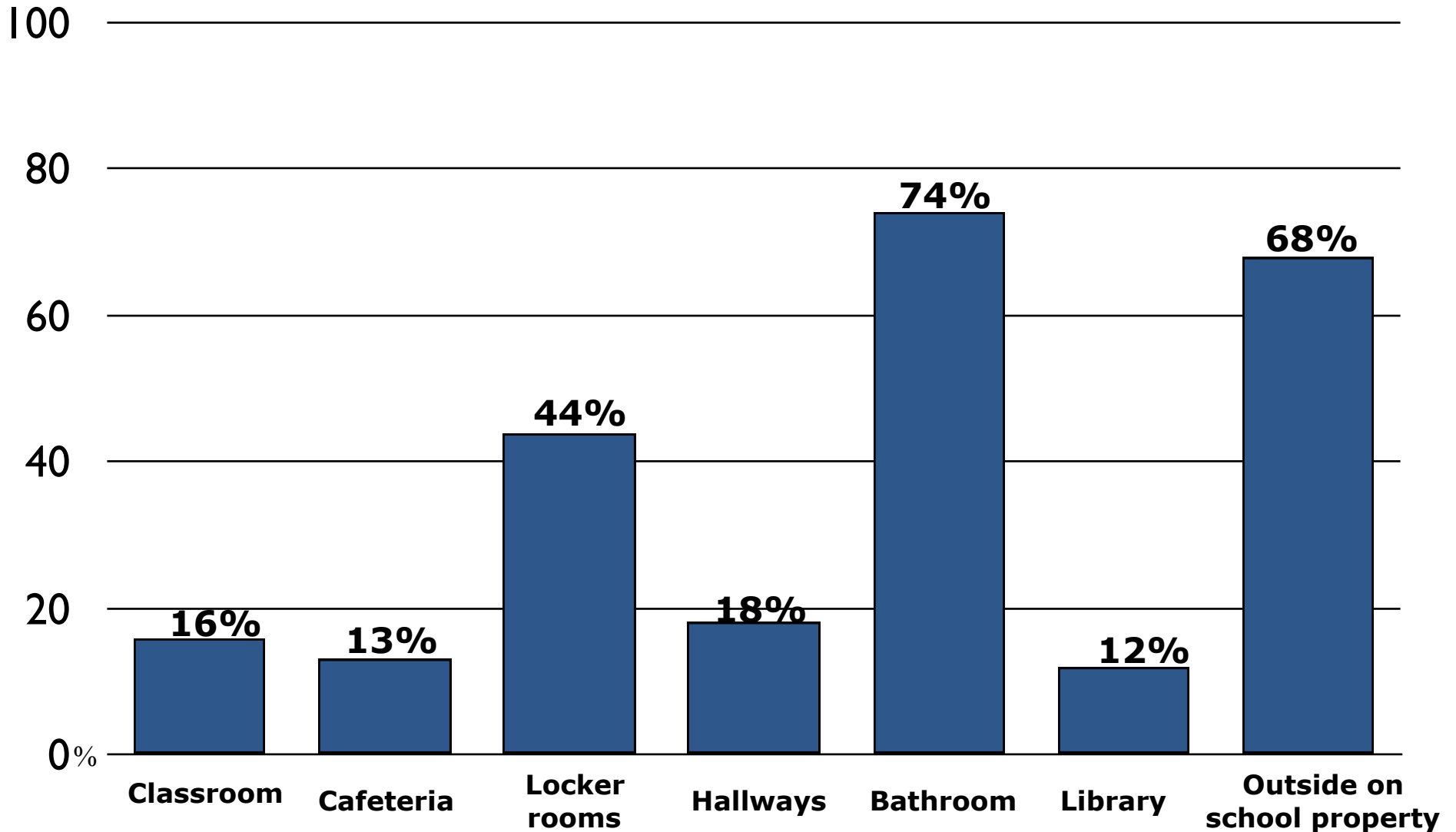
Past Month Electronic Vaping Product Use By Gender & Grade

LS students report greater use of these products with age and a significant number are reporting use within the past month (Overall 42% report use in lifetime and 31% report use in past month).



Locations of Electronic Vapor Product Use on School Property

% Students* who have used electronic vaping product in the . . .



* among the 12% of LS students who used electronic vapor products in past month on school property ₄₃

Past Month Electronic Vaping Product Use Correlation

PERCEPTIONS MATTER

LS students who understand the harm that Electronic Vaping Product Use poses are significantly less likely to use EVPs.

(21% vs 50%)

50% of LS students who perceive EVP use as “no/slight risk” have used EVPs in past month, compared to 21% of LS students who perceive EVP use as a “moderate/great risk”.

PEER PERCEPTIONS MATTER

Students who report having friends who convey a message that using electronic vaping products is

WRONG:

3% of those students have used EVPs in the past month

Students who report having friends who convey a message that using electronic vaping products is

NOT WRONG:

57% of those students have used EVPs in the past month

Electronic Vaping Products Correlations

89% of LS students who have smoked cigarettes in their lifetime reported also using an electronic vaping product in their lifetime versus **36%** who had not smoked cigarettes but had used an **EVP** in their lifetime

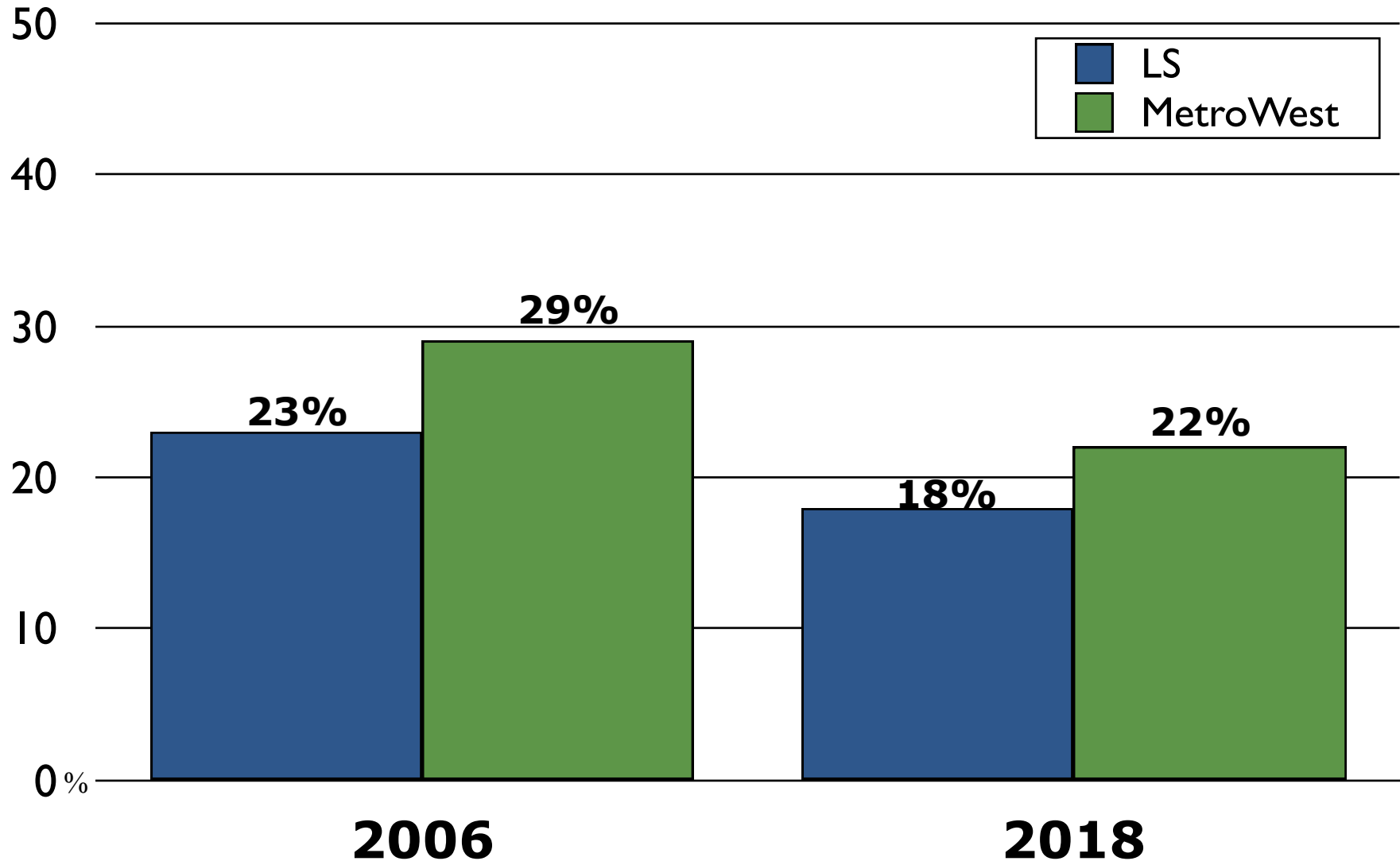
71% of LS students who have used electronic vaping products in their lifetime reported also using marijuana in their lifetime versus **5%** who had not used electronic vaping products but had used marijuana in their lifetime

Sexual Behavior

Lifetime Sexual Intercourse Comparison 12 Year Trend

Overall, reports of lifetime sexual intercourse have decreased since 2006 for both LS and MetroWest.

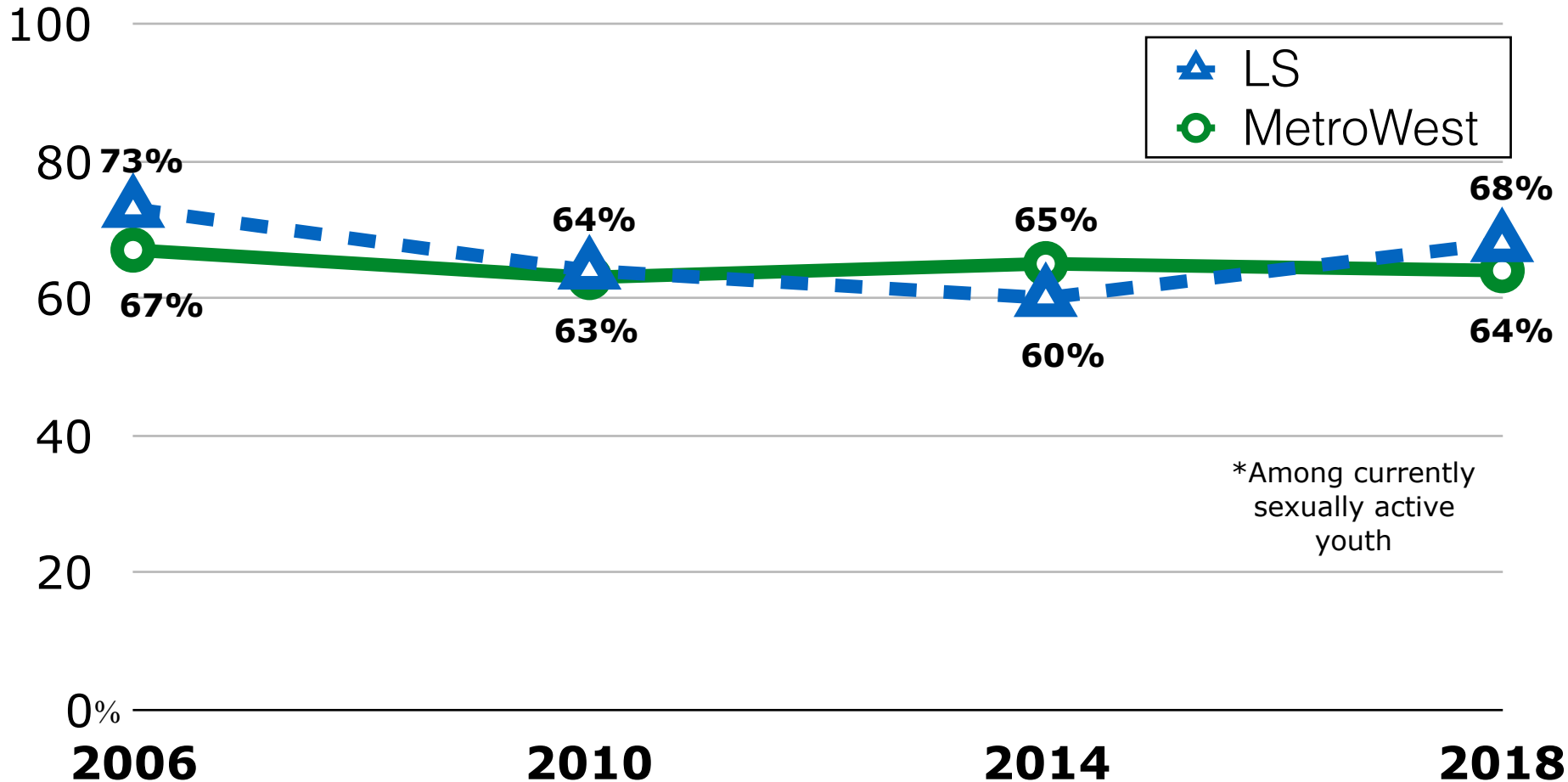
% of Students who have had Sexual Intercourse in Lifetime



Last Sexual Intercourse & Condom Use Comparison 12 Year Trend

Condom use has decreased slightly at LS and MetroWest since 2006. This behavior also decreases with age. 53% of LS 12th graders, who are sexually active, used a condom last time they had sexual intercourse versus 71% of the LS 9th graders who are sexually active. This is the inverse finding from 2014.

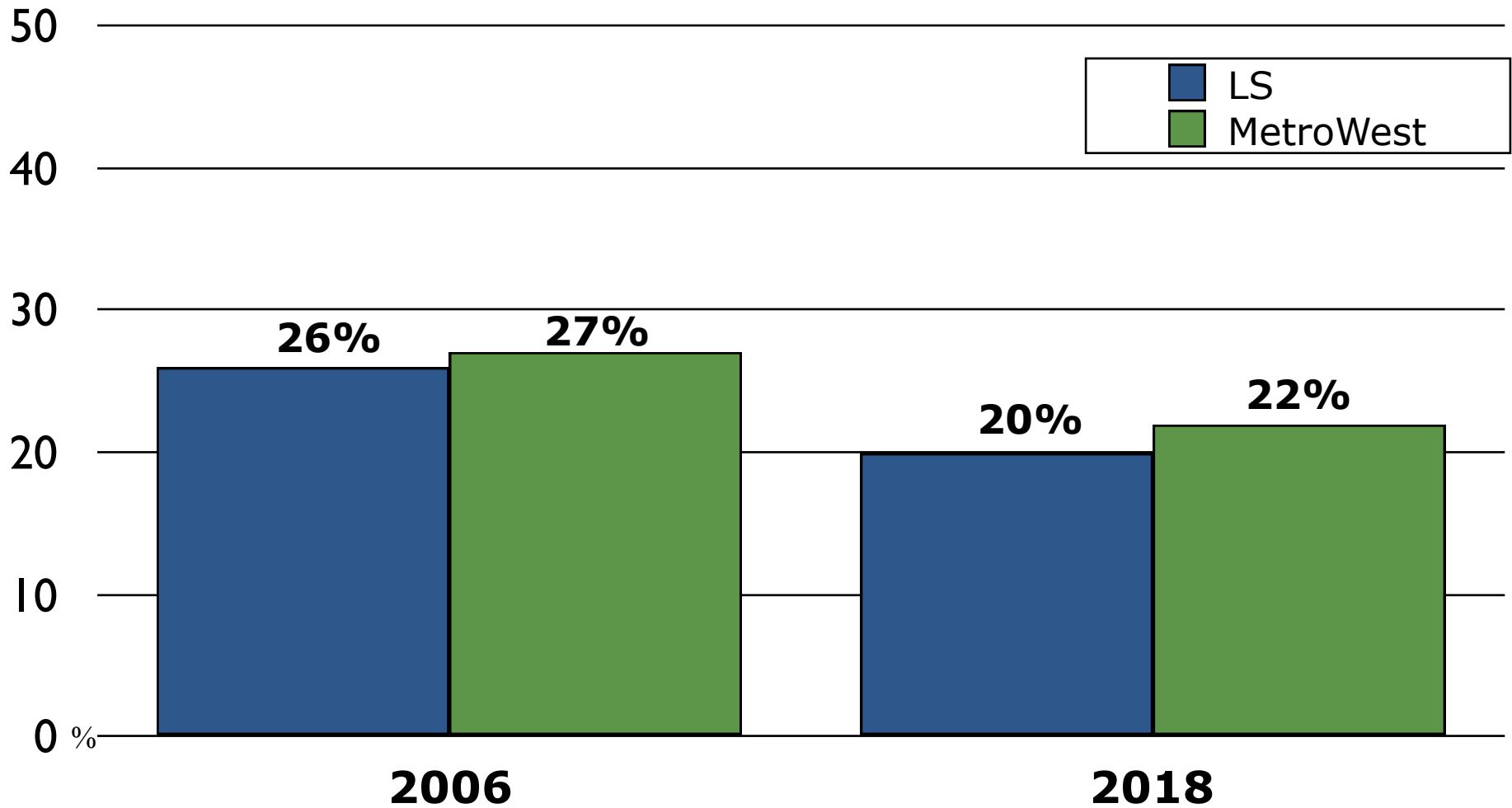
% of Students who used a Condom During LAST Sexual Intercourse*



Last Sexual Intercourse & Substance Use Comparison 12 Year Trend

LS students are now reporting lower levels of substance use (alcohol or other drug) prior to sexual intercourse to that in the past and in comparison with MetroWest.

% of Students who used Substances Before LAST Sexual Intercourse*

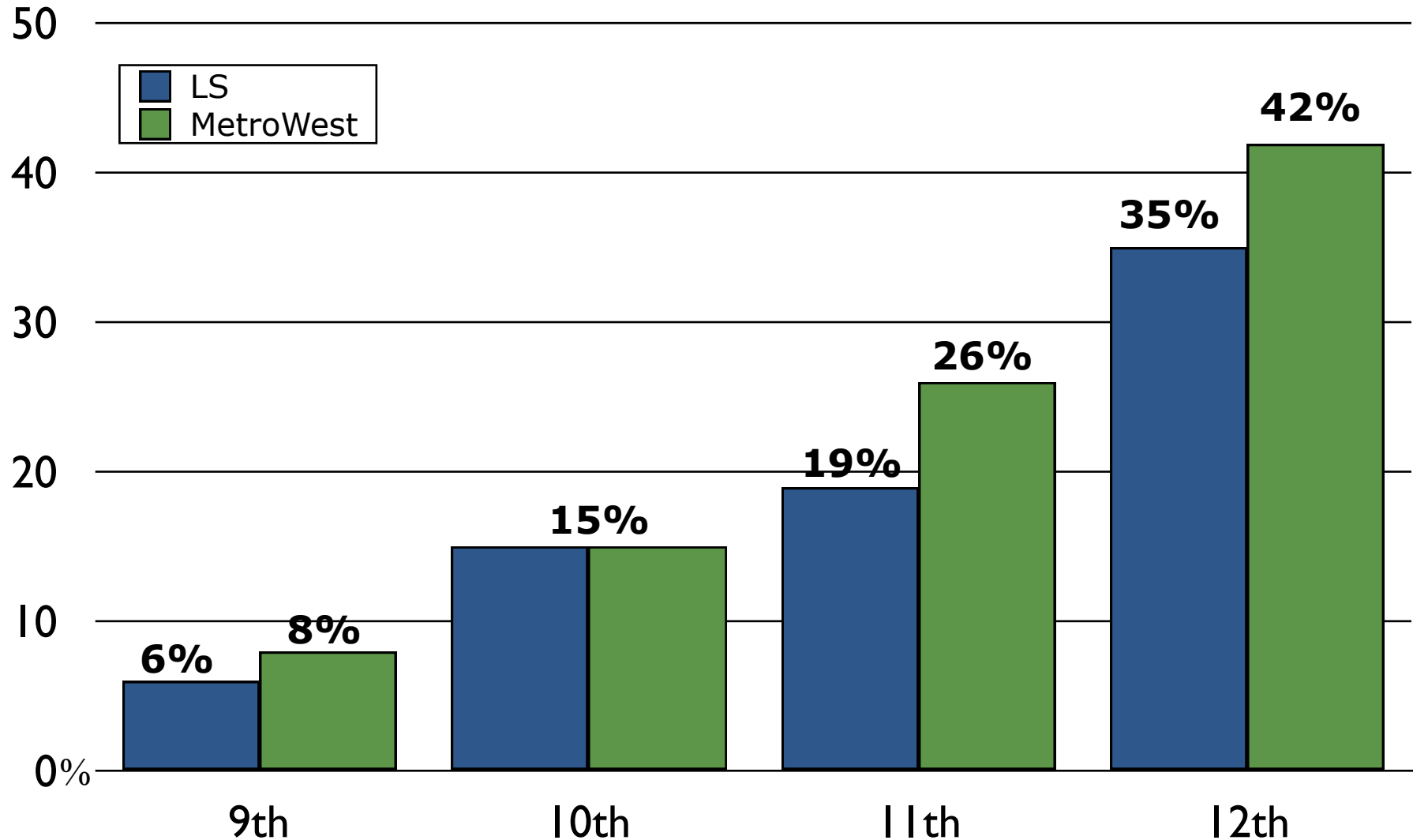


*Among currently sexually active youth 50

Lifetime Sexual Intercourse Comparison By Grade

There are more LS Boys (21%) reporting lifetime sexual intercourse than LS Girls (16%).

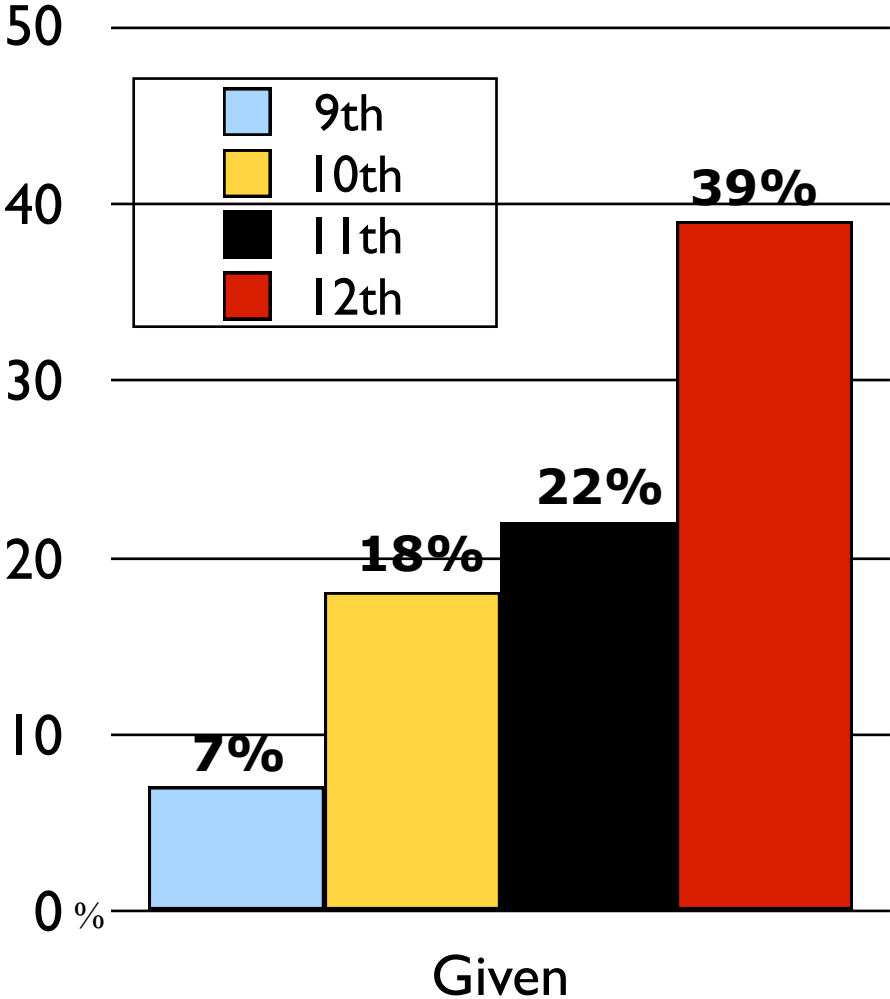
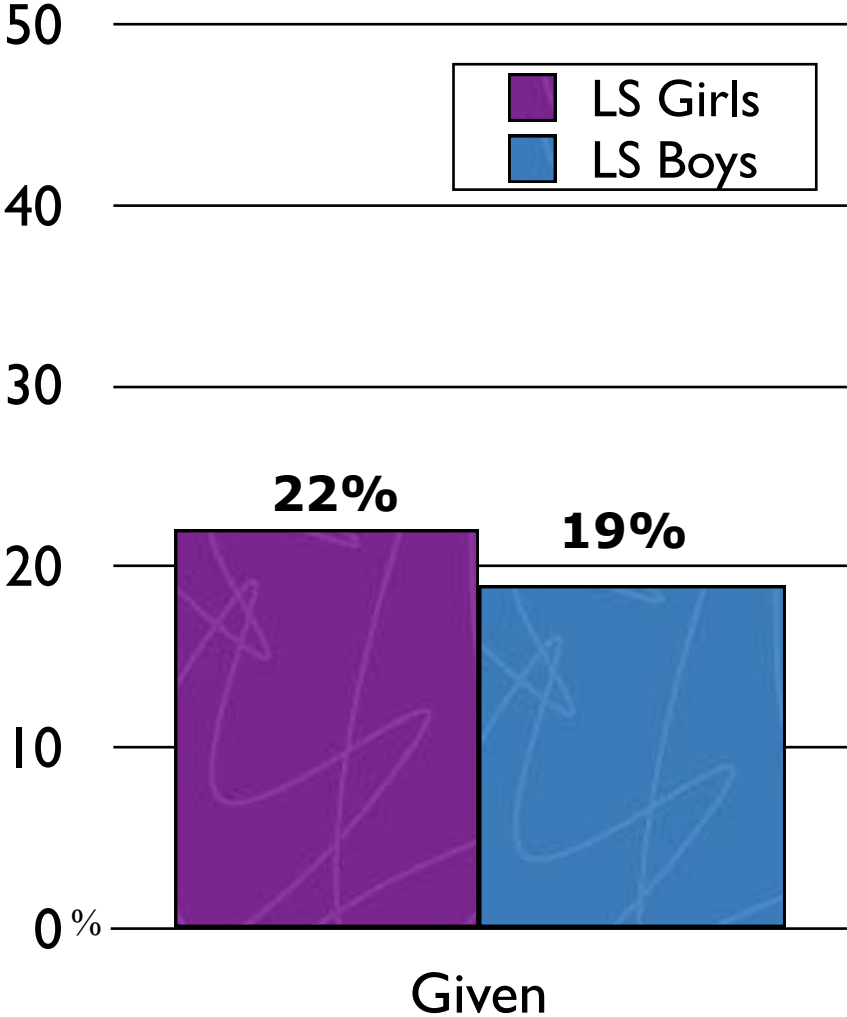
% of Students who have had Sexual Intercourse in Lifetime



Lifetime Oral Sex By Gender and By Grade

Reports of lifetime oral sex have decreased since 2006. There is no comparison data available with MetroWest.

% of Students who have had Oral Sex in their Lifetime

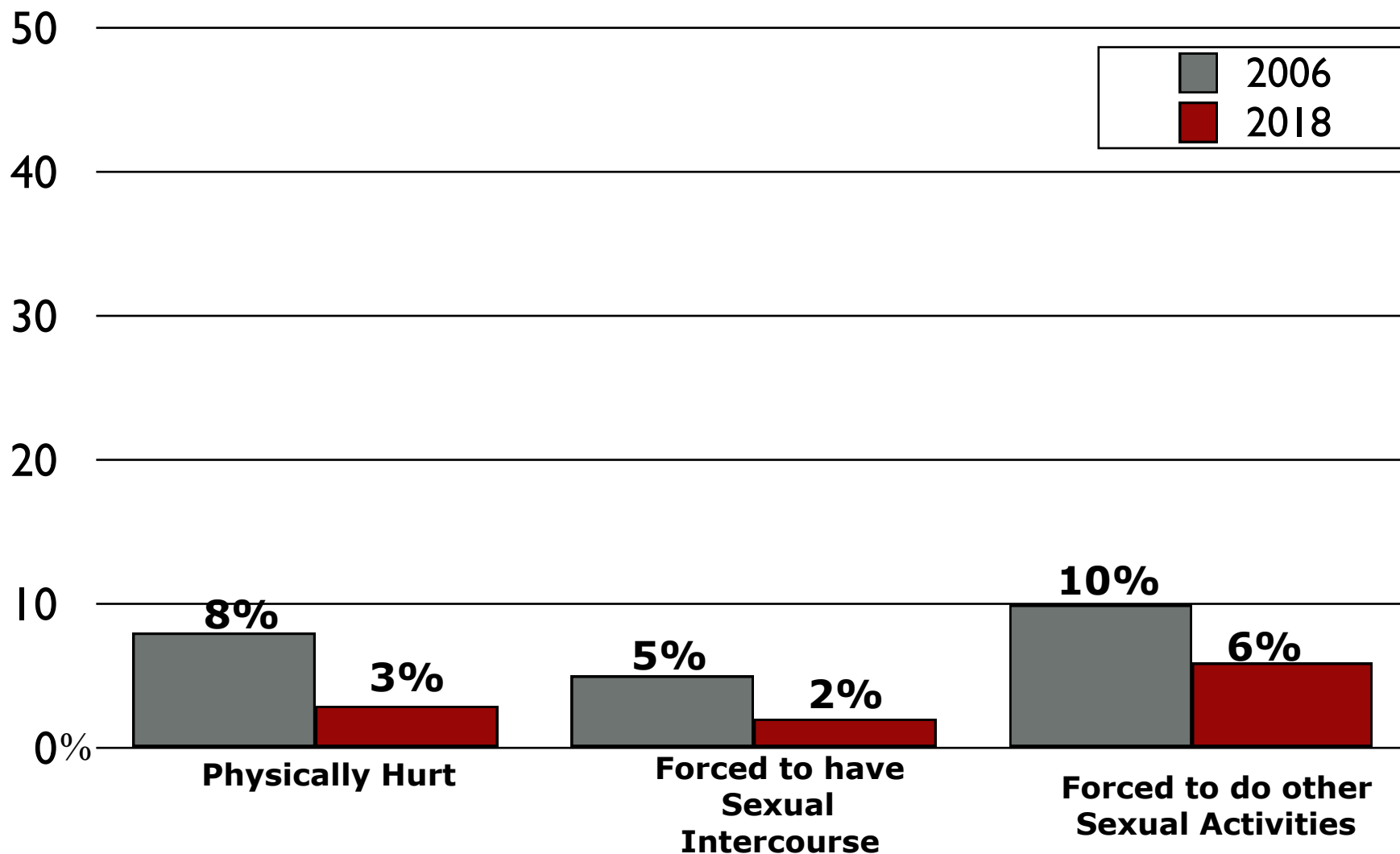


Dating Violence

Lifetime Dating Violence 12 Year Trend

MetroWest students have also reported comparable slight decreases in the past 12 years regarding these behaviors.

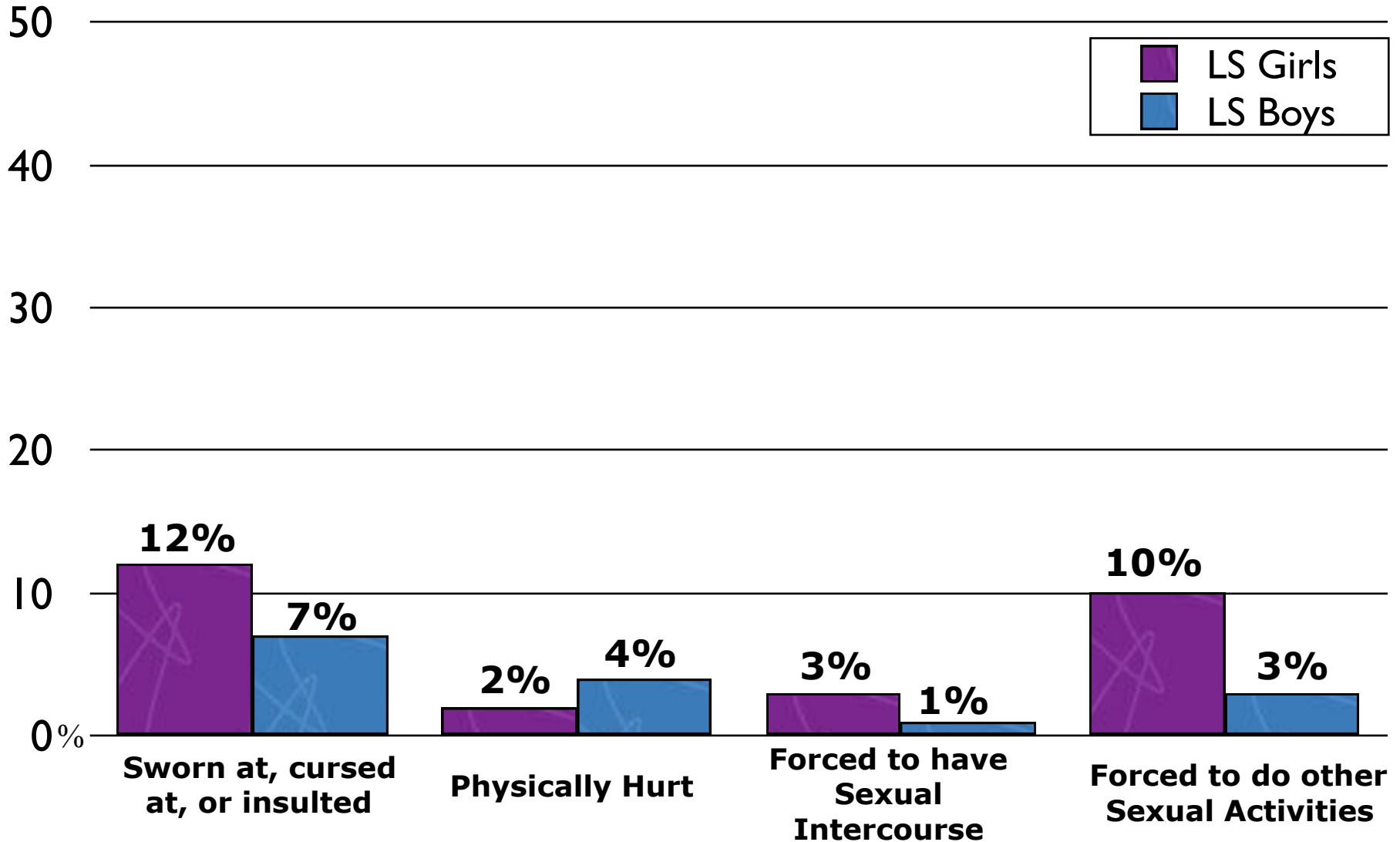
% of Students who report a partner whoin their Lifetime



Lifetime Dating Violence By Gender

MetroWest students have also reported comparable differences between genders.

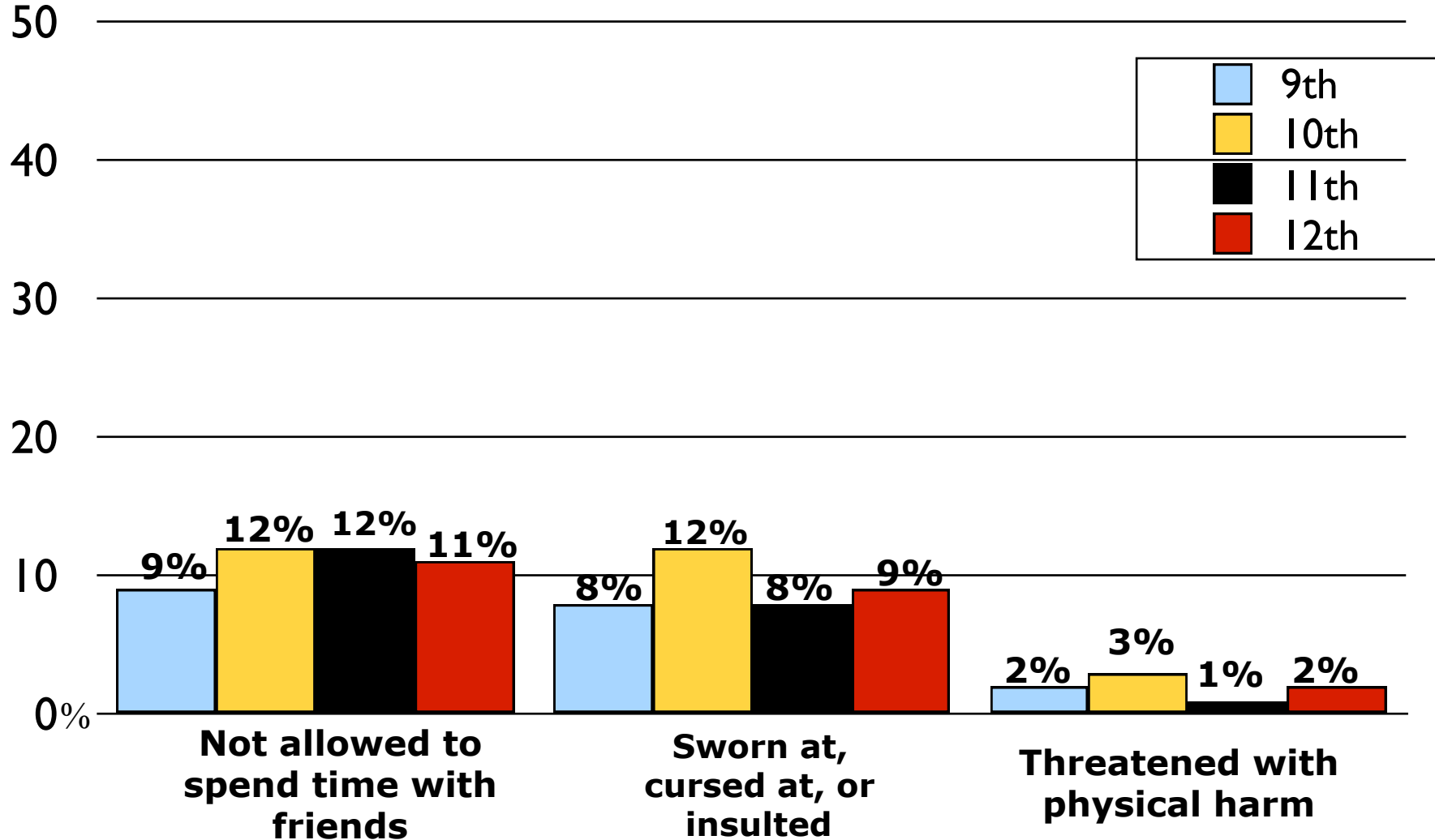
% of Students who report a partner whoin their Lifetime



Lifetime Dating Violence Warning Signs By Grade

LS students have also been reporting behaviors that could be warning signs for dating violence. There is not data available prior to 2012.

% of Students who report a partner whoin their Lifetime



Dating Violence Correlations

27% of LS students who reported being a cyberbullying victim in the past year reported experiencing physical dating violence* in their lifetime compared with **5%** of students who did not report being a cyberbullying victim

24% of LS students who reported having depressive symptoms in the past year also reported experiencing physical dating violence* compared with **7%** of students who did not report having depressive symptoms

22% of LS students who reported having self-harmed in the past year also reported experiencing physical dating violence* compared with **9%** of students who did not report having self-harmed

There was not a correlation with alcohol or marijuana use.

*defined as a date forced you to do other sexual things that you did not want to do

**Gender Identity
&
Sexual Orientation**

Gender Identity

**2% of LS Girls
1% of LS Boys
report being transgender**

MetroWest students report similar percentages.

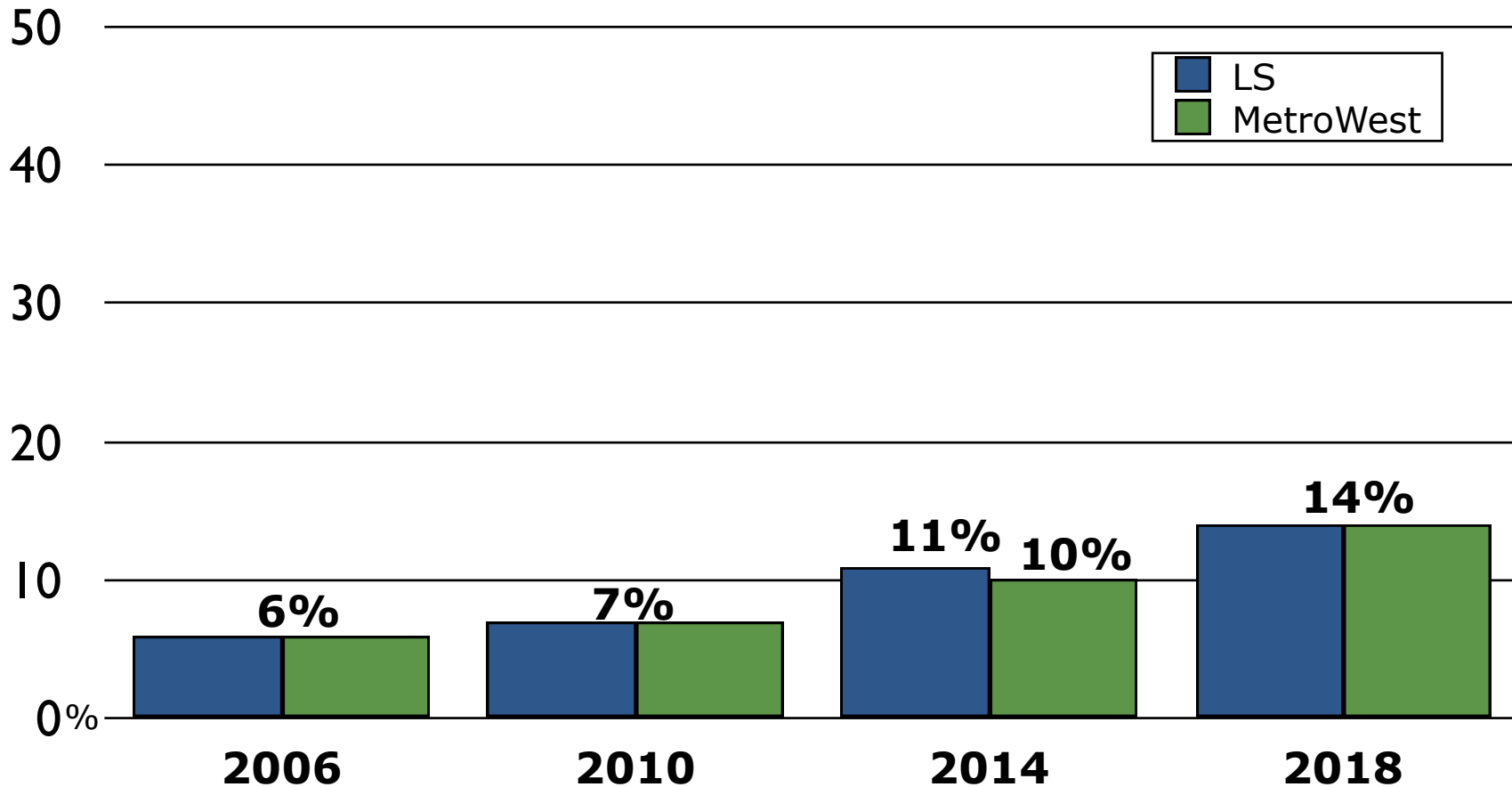
The first time the survey asked this question was in 2016. In 2016, 1% of LS Girls and 1% of LS Boys reported being transgender.

In the 2018 survey, when students were asked "What is your sex?" the question was clarified by saying "this question is asking about your sex assigned at birth, that is, what the doctor put on your birth certificate."

Sexual Orientation Comparison 12 Year Trend

Overall, LS students and MetroWest students reports similar percentages. There has been an increase in the past 10 years. 10% of LS students report that "no one knows" in their family about their sexual orientation.

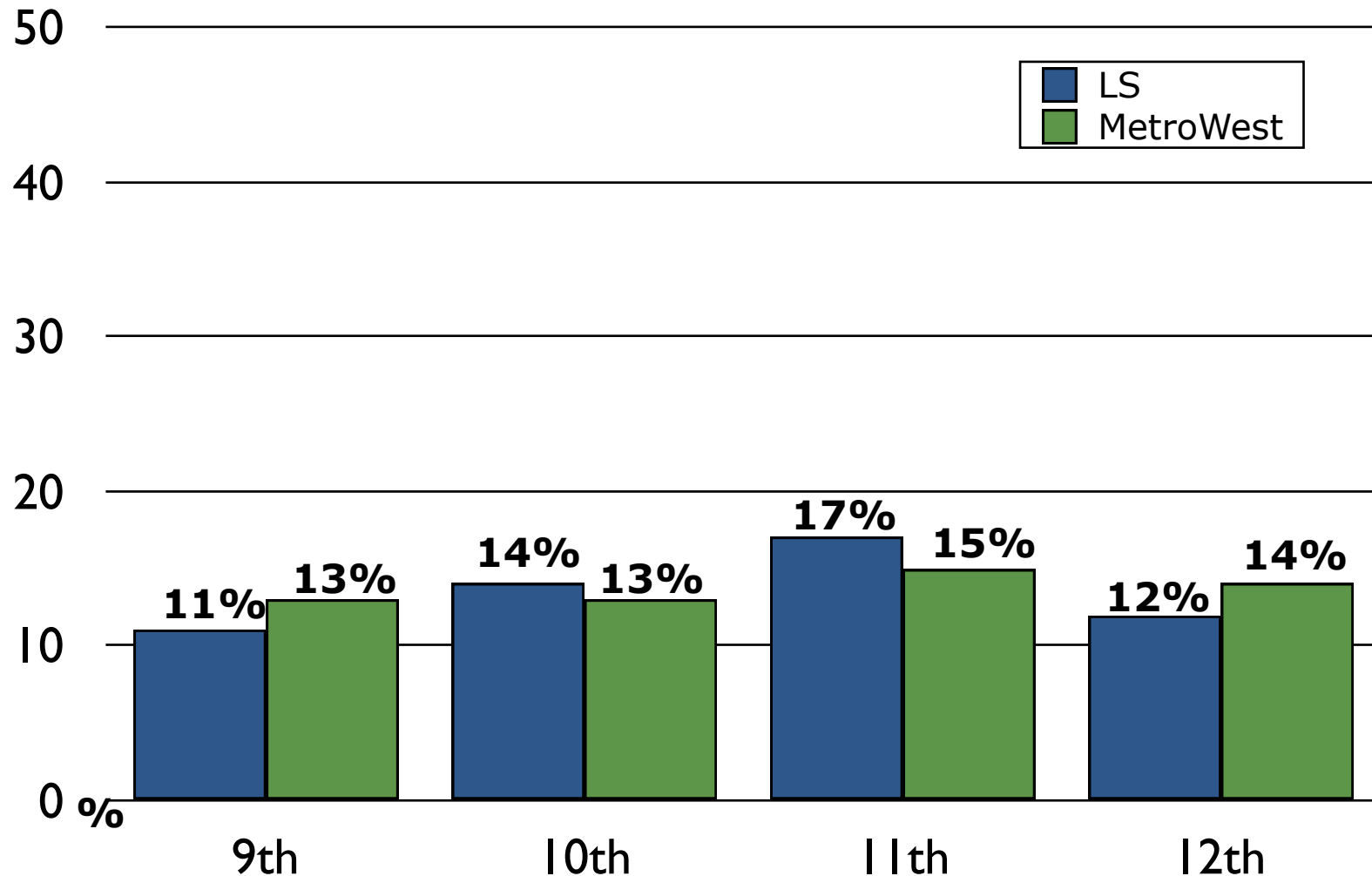
% of Students who report being gay/lesbian, bisexual, or "not sure"



Sexual Orientation Comparison By Grade

LGBQ was defined as identifying as gay/lesbian, bisexual, or not sure. Overall, 19% of LS Girls report being LGBQ and 8% of LS Boys report being LGBQ. MetroWest reports similar percentages.

% of Students who report being gay/lesbian, bisexual, or "not sure"



6% of LS students report being verbally harassed because of their sexual orientation or gender identity (same % as in 2016 no prior data available)

Sexual Orientation Correlations

57% of LGBQ* students reported life being "very" stressful in the past month versus **38%** of heterosexual students reported life being "very" stressful in the past month

35% of LGBQ* students reported experiencing depressive symptoms versus **14%** of heterosexual students reported experiencing depressive symptoms

28% of LGBQ* students reported seriously considering attempting suicide in the past year versus **10%** of heterosexual students reported seriously considering attempting suicide

8% of LGBQ* students reported attempting suicide in the past year versus **2%** of heterosexual students reported attempting suicide

* includes students who identify as gay/lesbian, bisexual, or not sure

Sexual Orientation Correlations

54% of LGBTQ* students reported feeling like "I am part of this school" versus **72%** of heterosexual students reported feeling like "I am part of this school"

37% of LGBTQ* students reported feeling lonely versus **17%** of heterosexual students reported feeling lonely

23% of LGBTQ* students reported feeling left out and excluded by others versus **11%** of heterosexual students reported feeling left out and excluded by others

10% of LGBTQ* students reported being stressed about safety versus **3%** of heterosexual students reported being stressed about safety

* includes students who identify as gay/lesbian, bisexual, or not sure

Sexual Orientation Correlations

There is **NO** significant difference for students who report having an adult at school to talk to about a personal problem

There is **NO** significant difference for students reporting being bullied on or off school property or being cyberbullied (there were significant differences in 2016)

There is **NO** significant difference in lifetime use of cigarettes, alcohol, marijuana or prescription drugs.

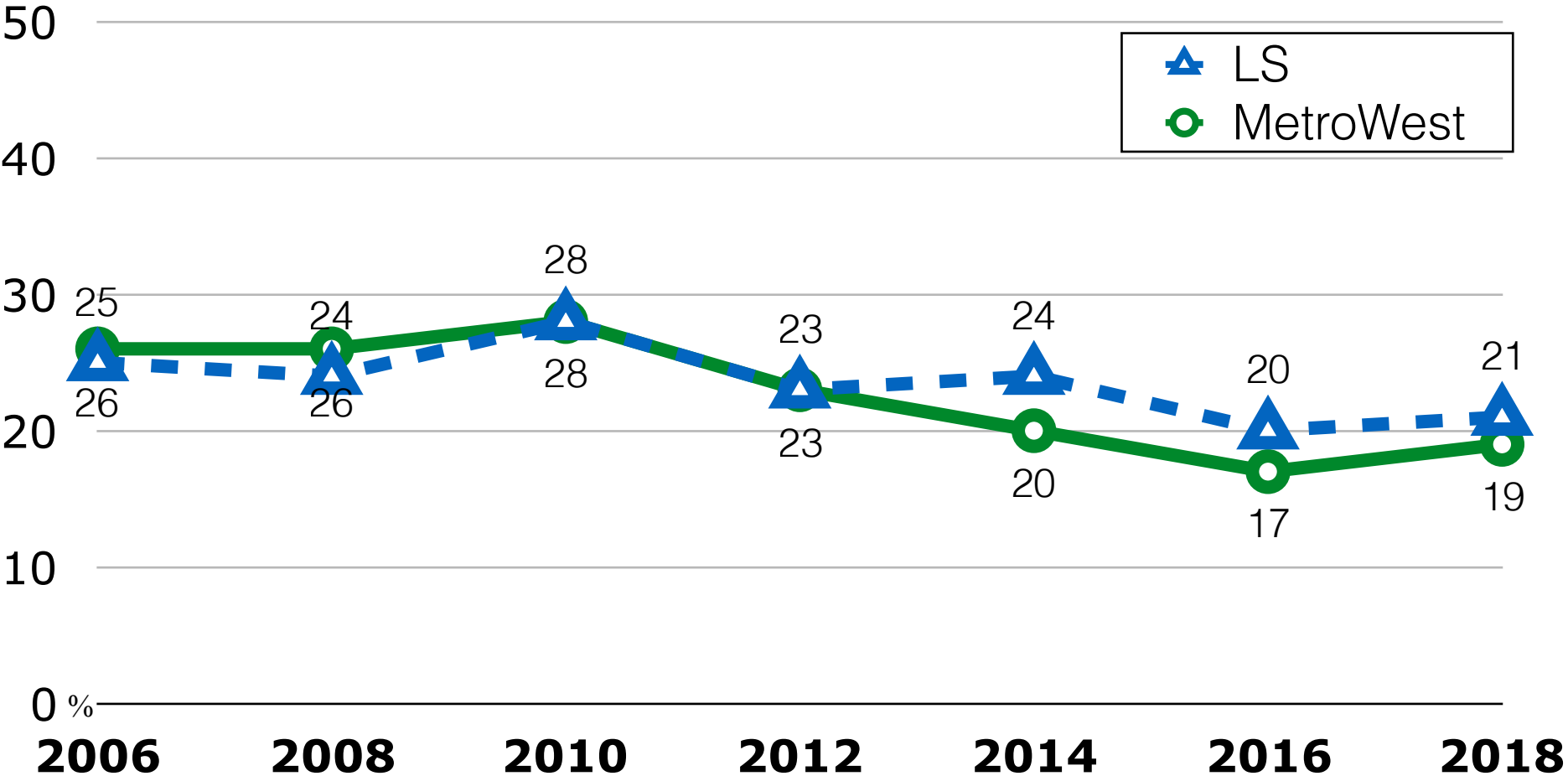
* includes students who identify as gay/lesbian, bisexual, or not sure

Bullying

Past Year Bullying On School Property Comparison 12 Year Trend

Slightly more LS Girls reported being a victim of bullying on school property versus LS Boys (22% vs 19%). Being bullied was defined as being repeatedly teased, threatened, hit, kicked, or excluded by another student or group of students.

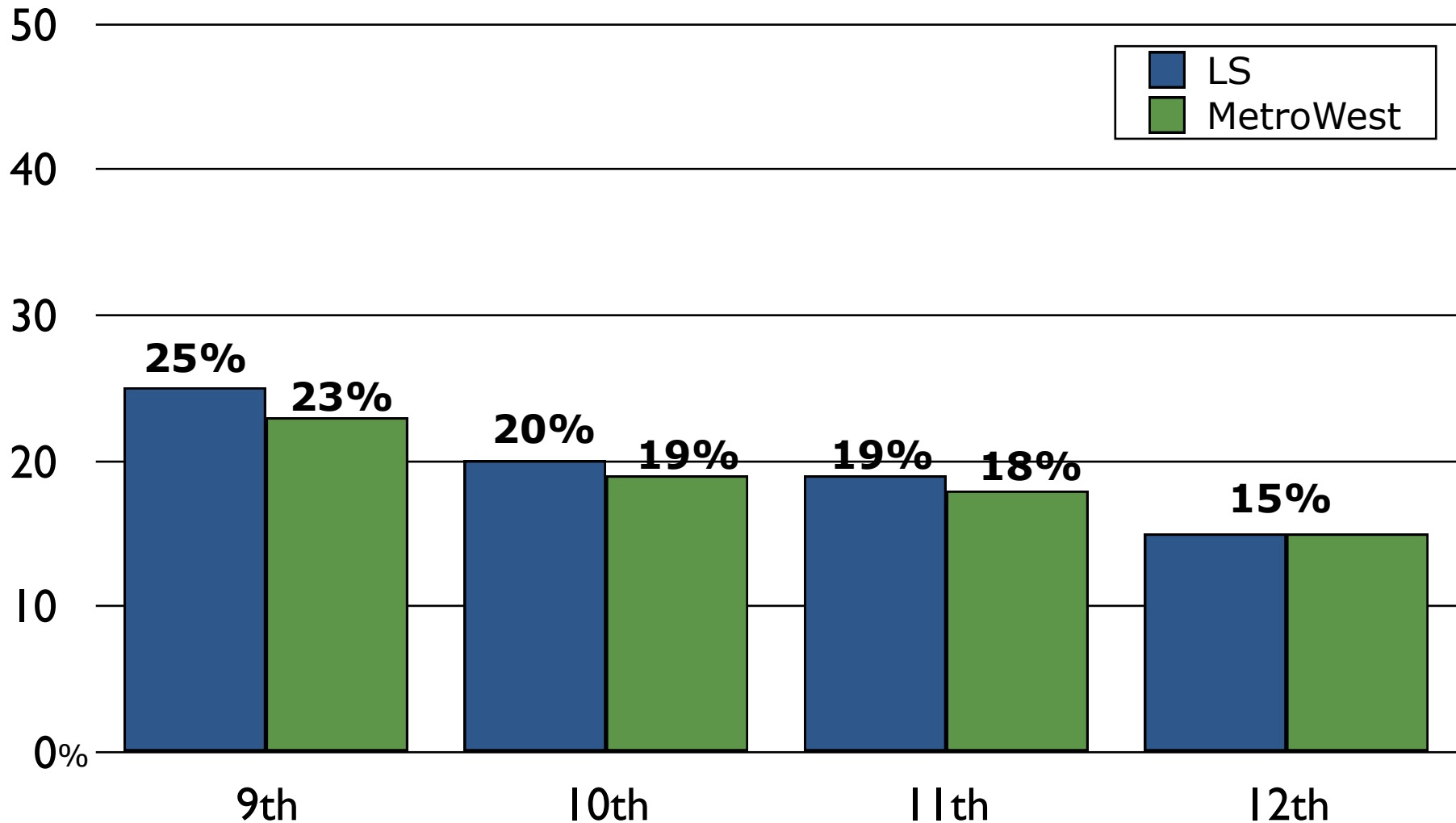
% of Students who were Bullied on School Property in Past Year



Past Year Bullying on School Property By Grade Comparison

The highest level of reported bullying on school property is by 9th graders (25%). Grades 10th, 11th and 12th all reported similar levels (20%, 19%, 18% respectively).

% of Students who were Bullied on School Property in Past Year



Bullying Correlations

32% of LS students who were bullied on school property in the past year reported having depressive symptoms in the past year versus **13%** who were not bullied on school property

53% of LS students who were bullied on school property in the past year reported using electronic vaping products in the lifetime versus **40%** who were not bullied on school property

24% of LS students who were bullied on school property last year considered suicide versus **10%** who were not bullied on school property

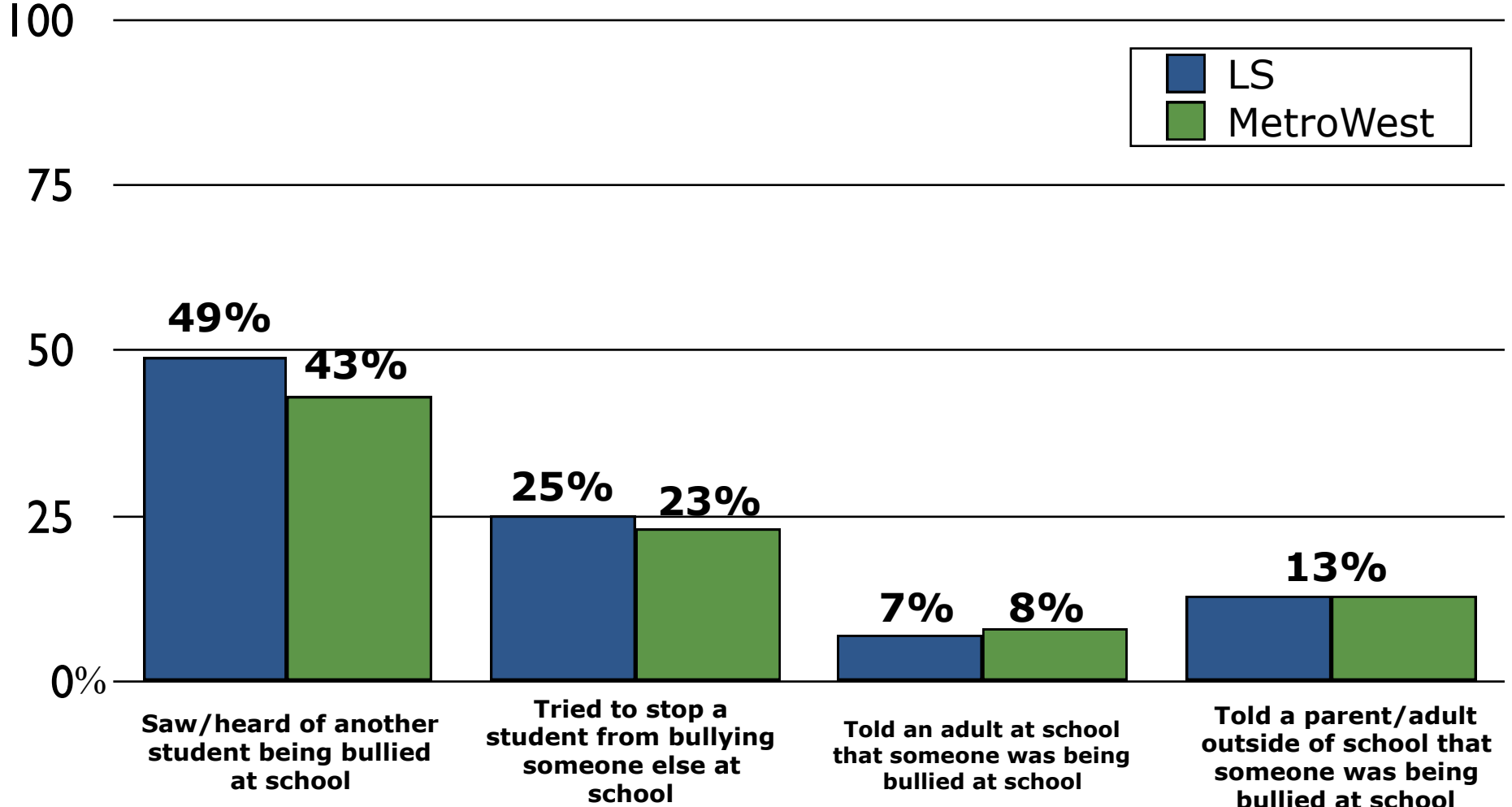
11% of LS students who were bullied on school property last year carried a weapon in the past month versus **4%** who were not bullied on school property

There was **NO** significant correlation with cigarette, alcohol, marijuana, or prescription drug use.

Past Year Bullying Bystander Behaviors Comparison

Bystander witnessing of bullying has gone down since 2012 for LS students (63% to 49%) and intervening in a situation has decreased (31% to 25%). This pattern is similar with MetroWest students. This information is not available prior to 2012.

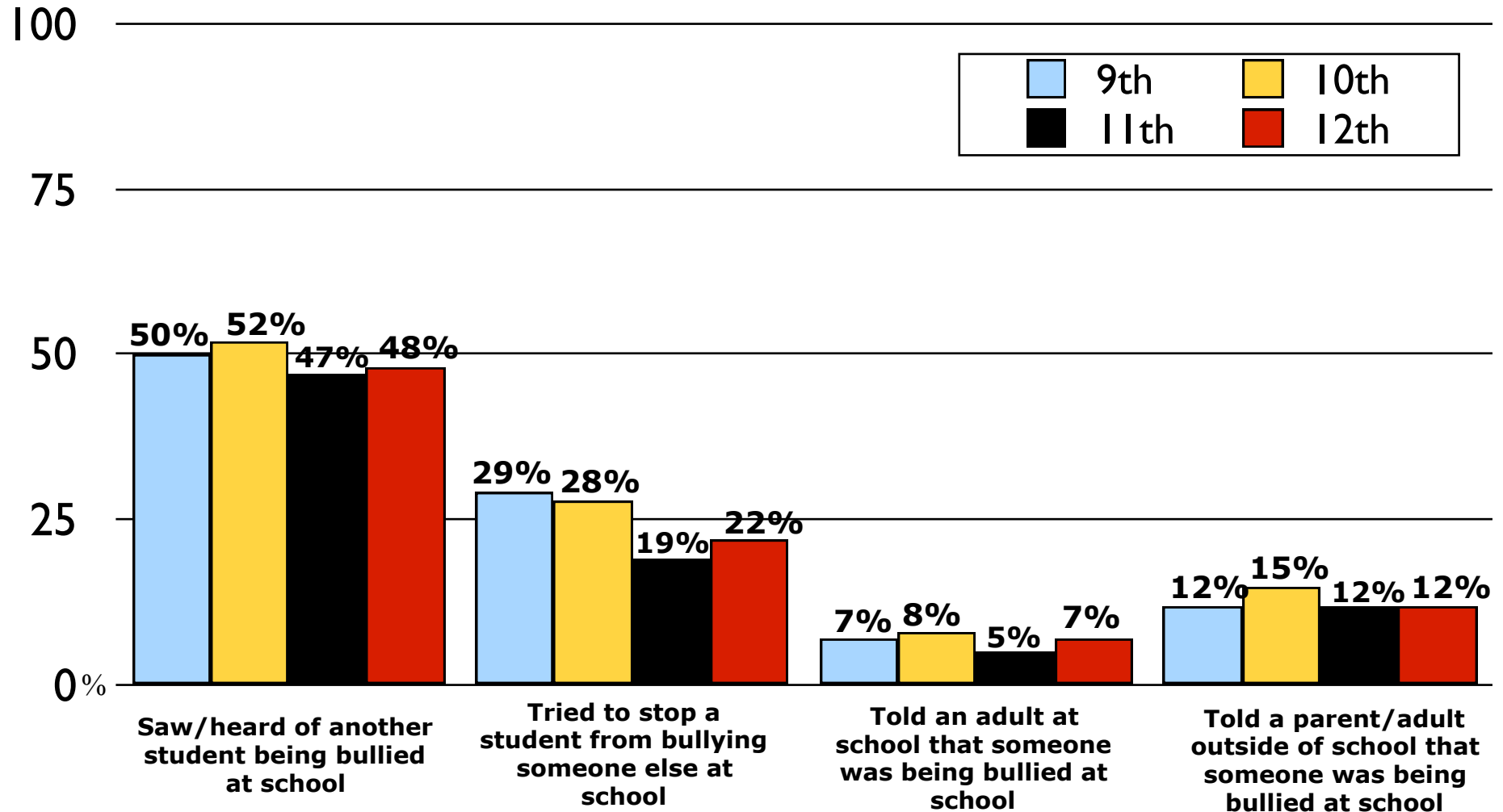
% of Students who . . . in the Past Year



Past Year School Bullying Bystander By Grade

LS Girls were more likely than LS Boys to see/hear of another student being bullied at school (54% vs 45%) as well as to tell a parent/adult outside of school (18% vs 8%) and inside of school (9% vs 5%). However, there was no gender difference in intervening (25%).

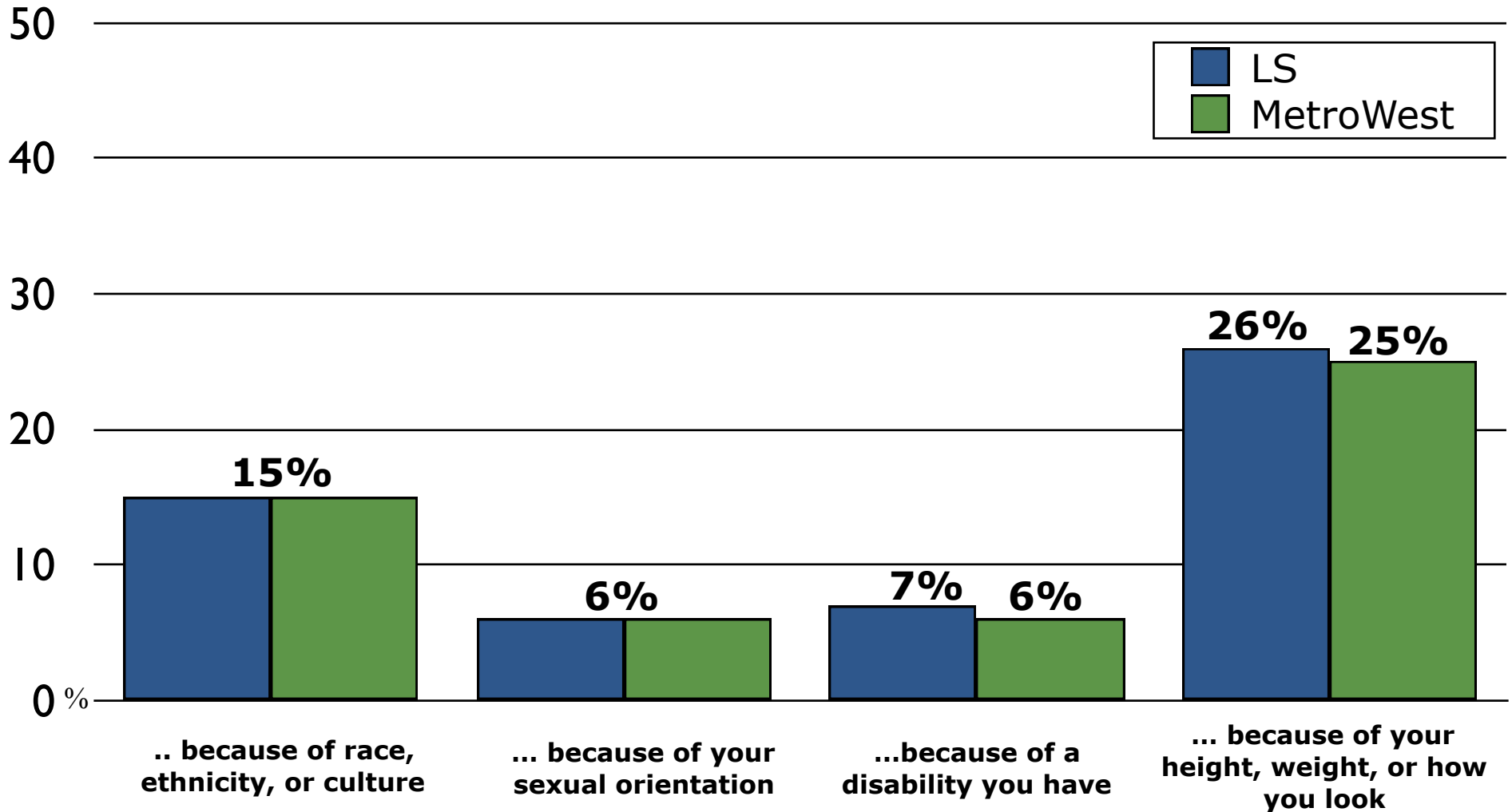
% of Students who . . . in the Past Year



Past Year Verbal Harassment Comparison

LS students and MetroWest students are reporting similar rates of verbal harassment. In addition, there were not significant differences reported between genders of LS students.

% of Students who . . . in the Past Year

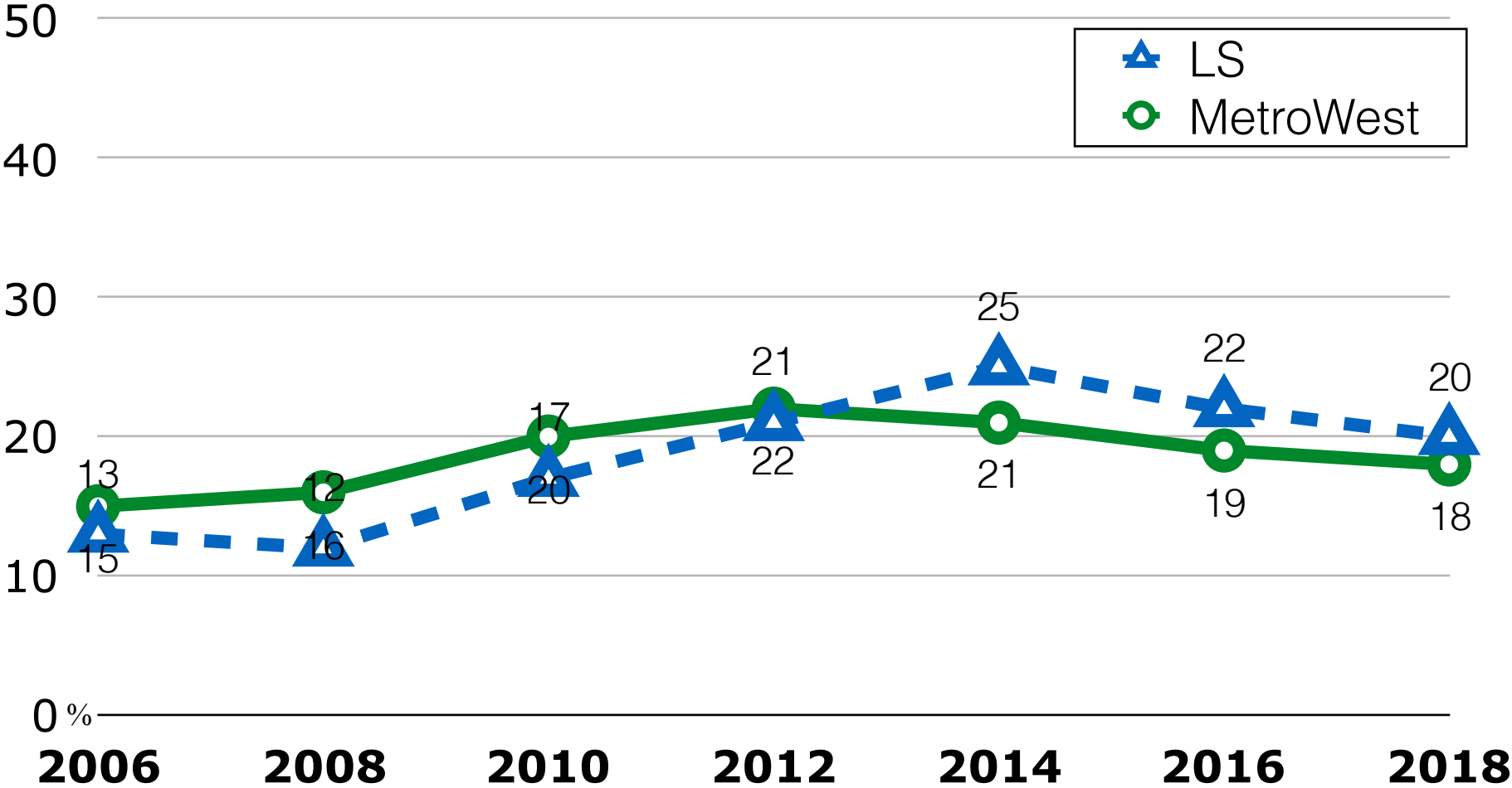


Cyberbullying

Past Year Cyberbullying Comparison 12 Year Trend

Reports of cyberbullying have decreased for LS students and for MetroWest students since the highest rates reported in 2014. Being cyberbullied is defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone.

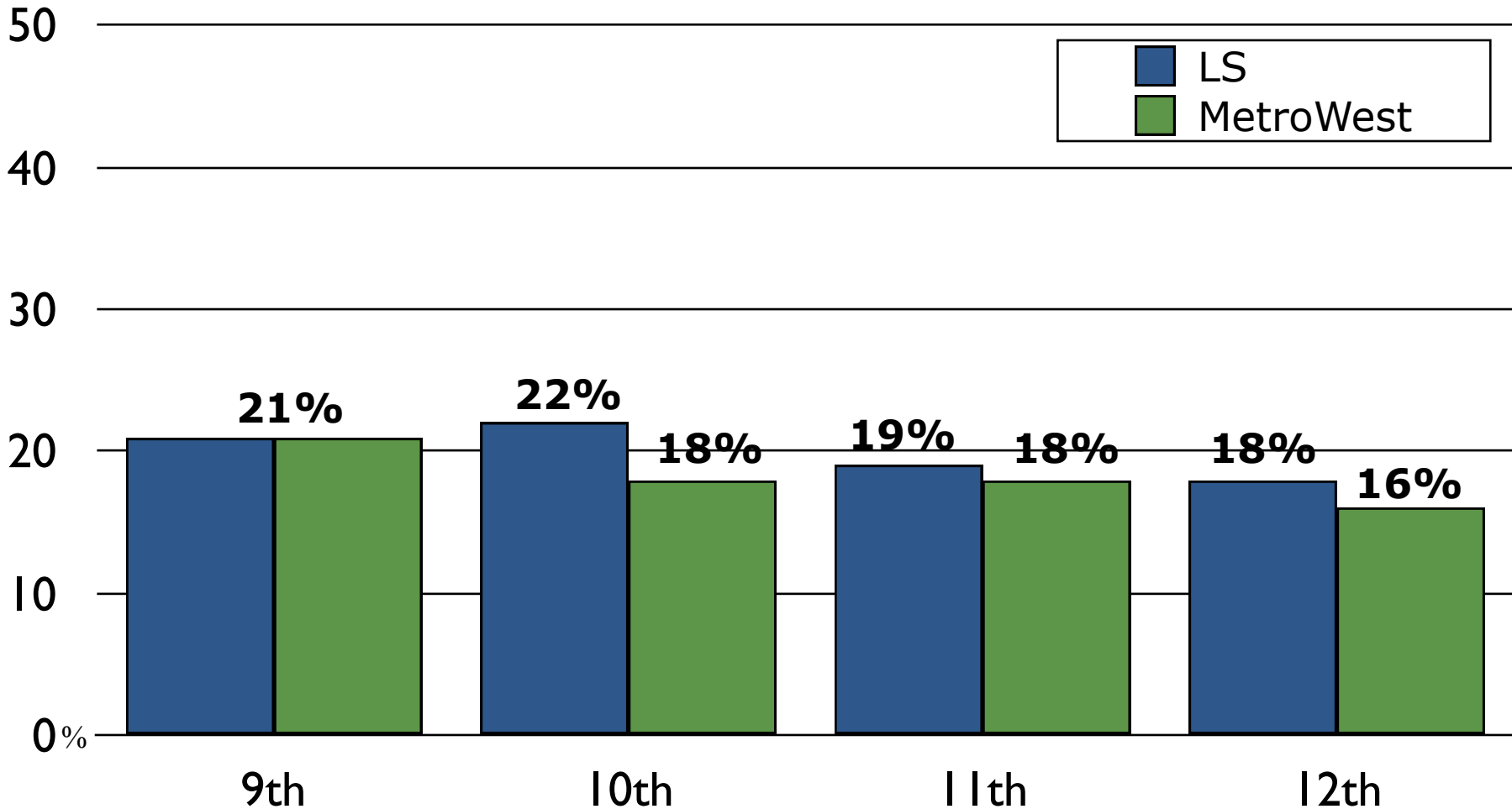
% of Students who were a Victim of Cyberbullying in Past Year



Past Year Cyberbullying By Grade Comparison

Unlike in 2016, reported rates of cyberbullying do not appear to vary significantly by grade. As with MetroWest students, there appears to be a gender discrepancy with 23% of LS Girls students reporting being a victim versus 17% of LS Boys .

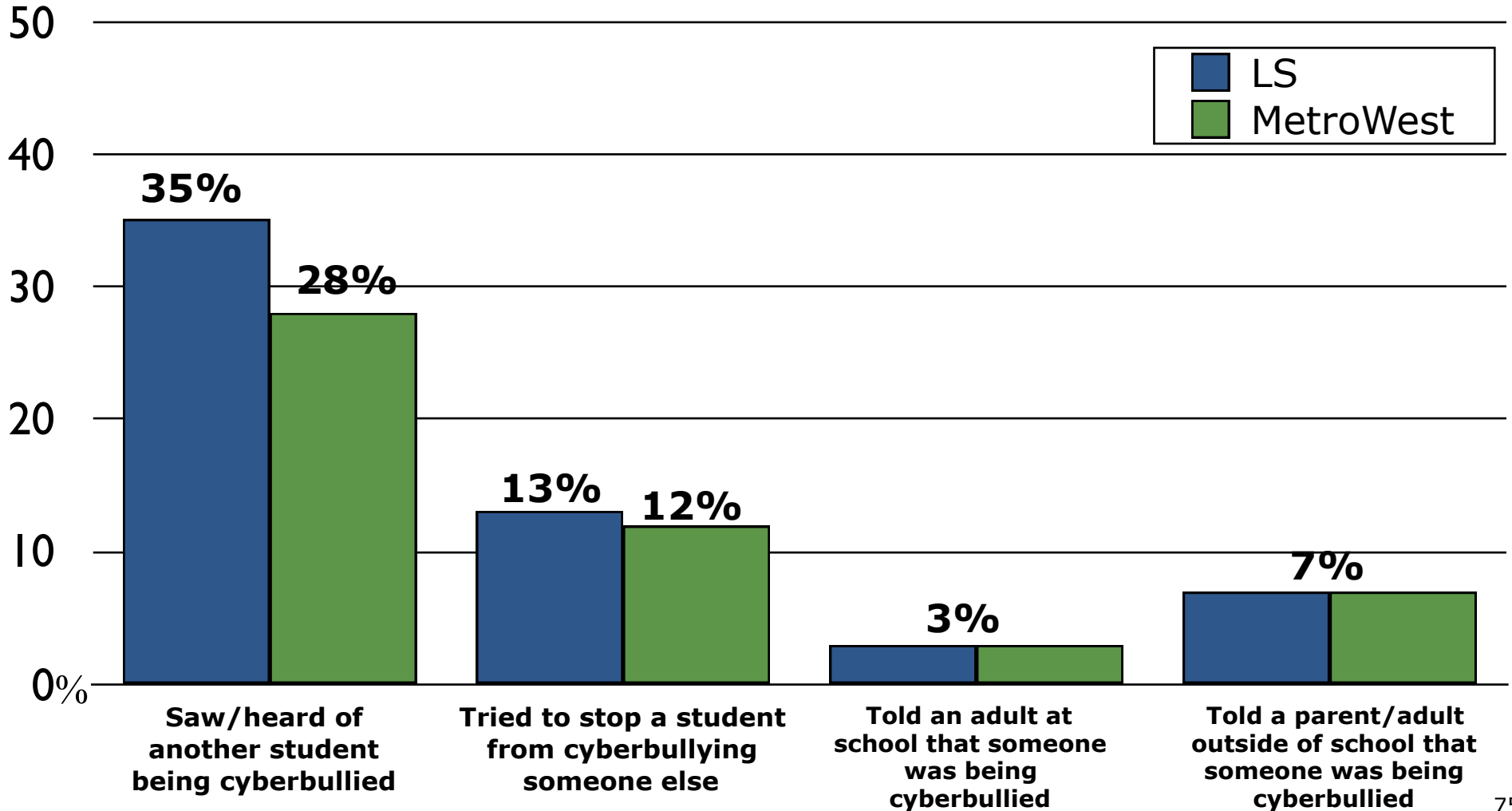
% of Students who were a Victim of Cyberbullying in Past Year



Past Year CyberBullying Bystander Behaviors Comparison

Bystander witnessing of cyberbullying has dropped since 2012 for LS students (48% to 35%); however, intervening in a situation has also decreased (20% to 13%) since 2014. This information is not available prior to 2012.

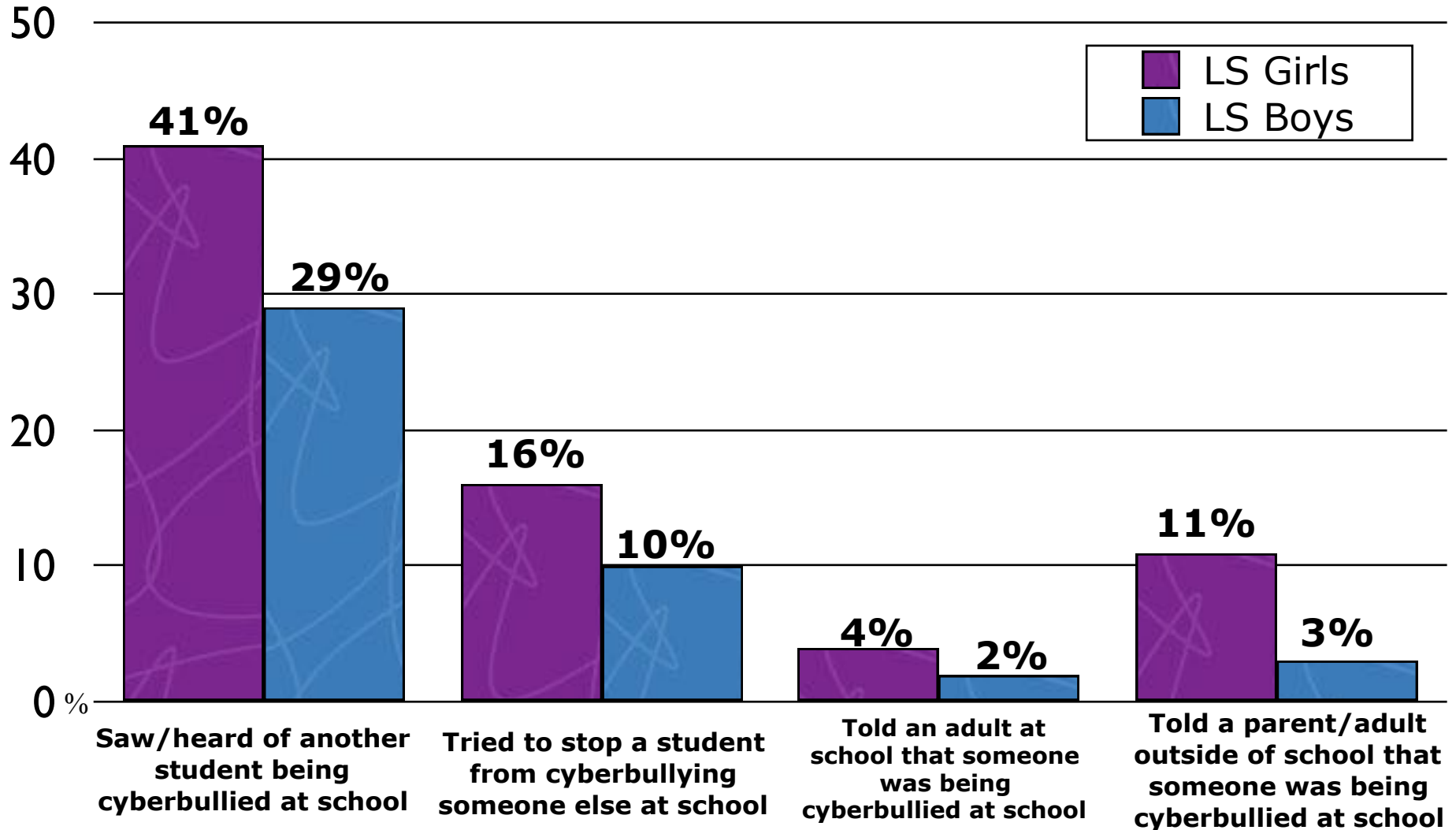
% of Students who . . . in Past Year



Past Year CyberBullying Bystander Behaviors Gender Comparison

LS Girls are more likely to witness, intervene, and talk than LS Boys in regards to cyberbullying. MetroWest shows similar gender differences.

% of Students who . . . in the Past Year



CyberBullying Correlations

53% of LS students who were cyberbullied in the past year report life being very stressful compared with **37%** who were not cyberbullied

27% of LS students who were cyberbullied last year considered suicide compared with **9%** who were not cyberbullied

48% of LS students who were cyberbullied last year reported drinking alcohol in the past month compared with **31%** who were not cyberbullied

35% of of LS students who were cyberbullied last year reported using marijuana in the past month compared with **20%** who were not cyberbullied

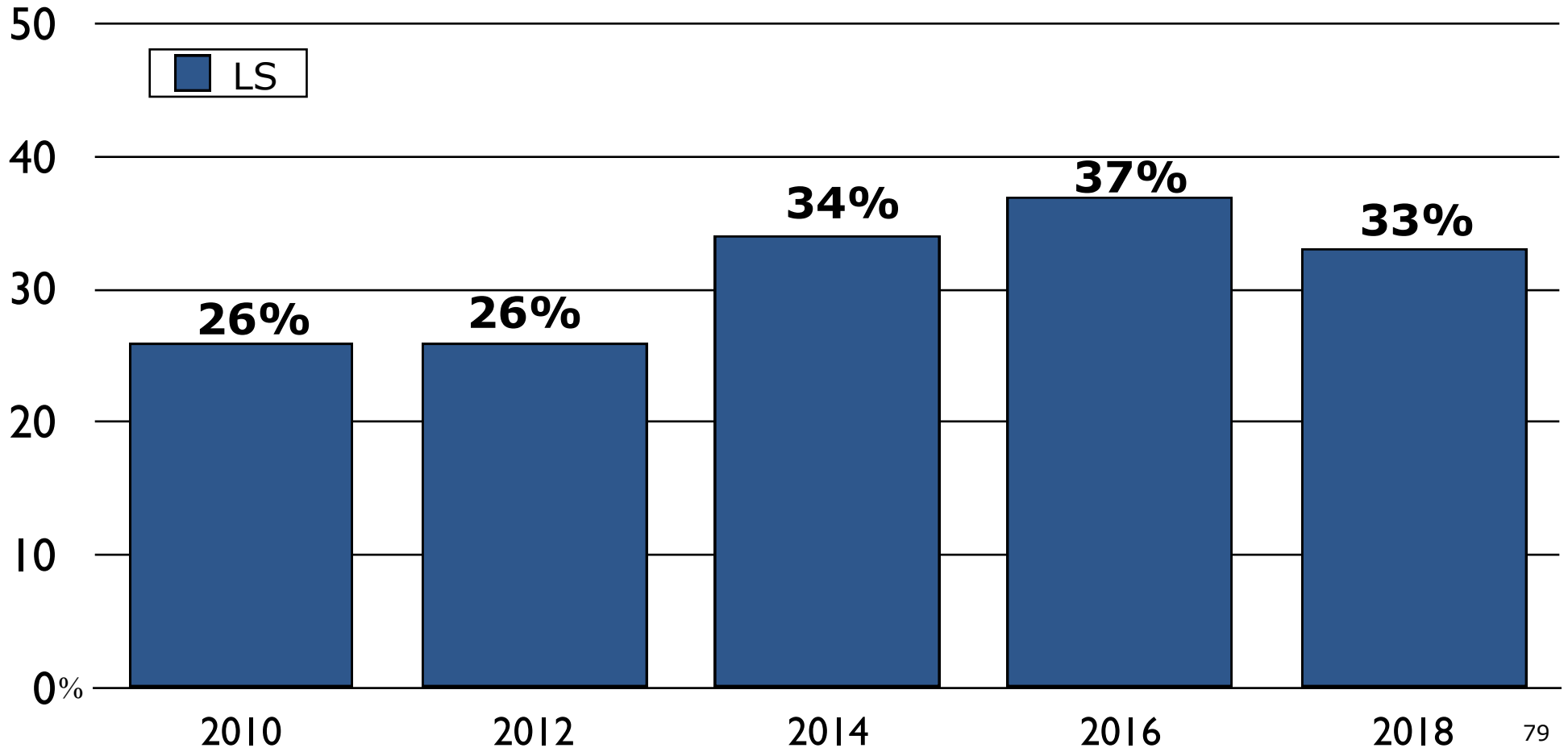
There ARE also significant correlations with EVP and prescription drug misuse.

Social Media

Past Year Received a "Sext" 8 Year Trend

LS and MetroWest have had comparable rates of students receiving "sexts" (2010-2016). Receiving "sexts" also appears to increase after 9th grade (9th-23%, 10th-38%, 11th-35%, 12th-34%). Sexting is defined as sending or forwarding nude, sexually suggestive or explicit photos or videos using the internet, cell phones, or other electronic devices.

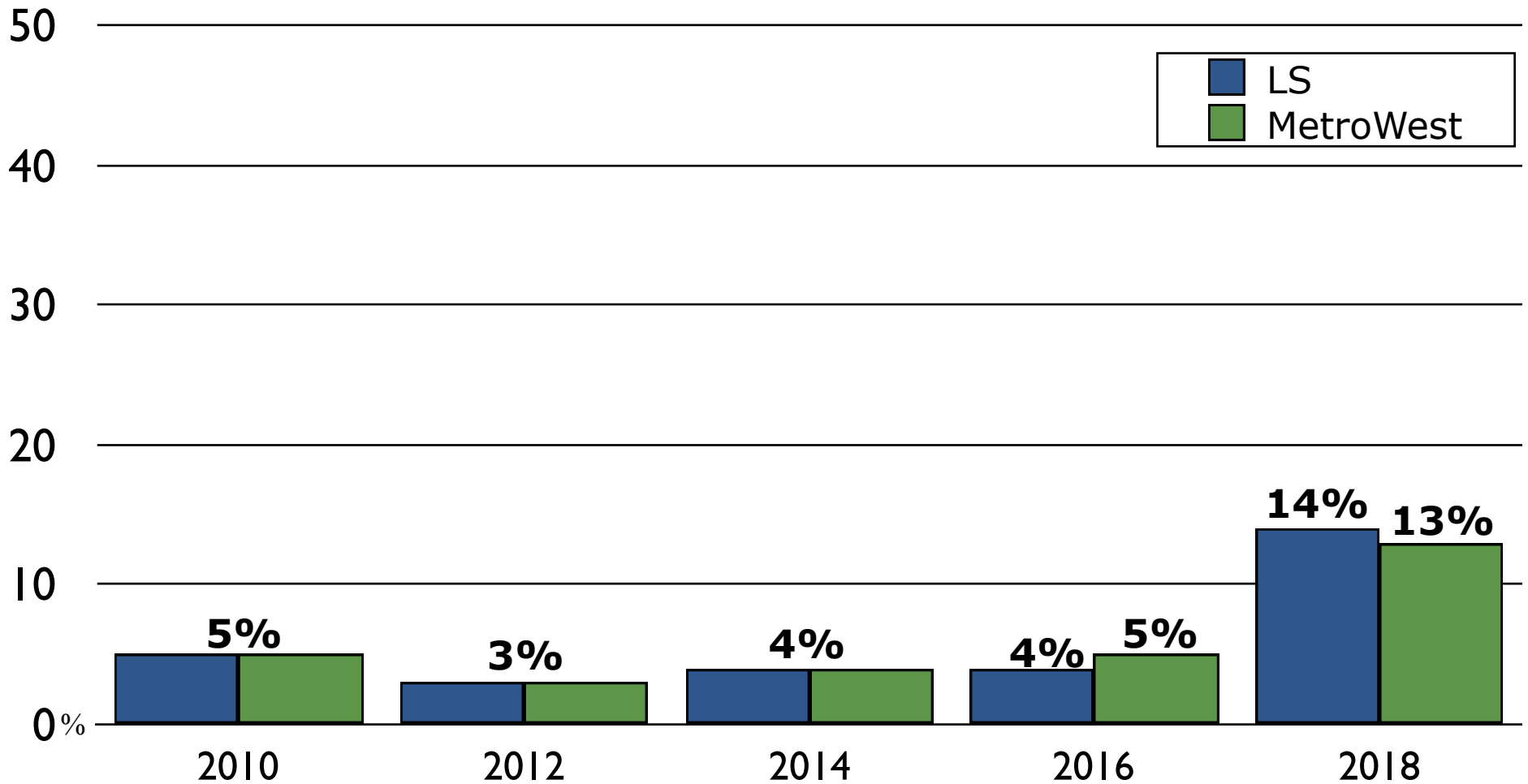
% of Students who received a "sext" of someone they know in the past year



Past Year Someone Else Posted a "Sext" of Student Comparison 8 Year Trend

There is not a gender difference regarding students reporting that a "sext" of themselves was being forwarded by someone else (LS Boys 14% vs LS Girls 13%).

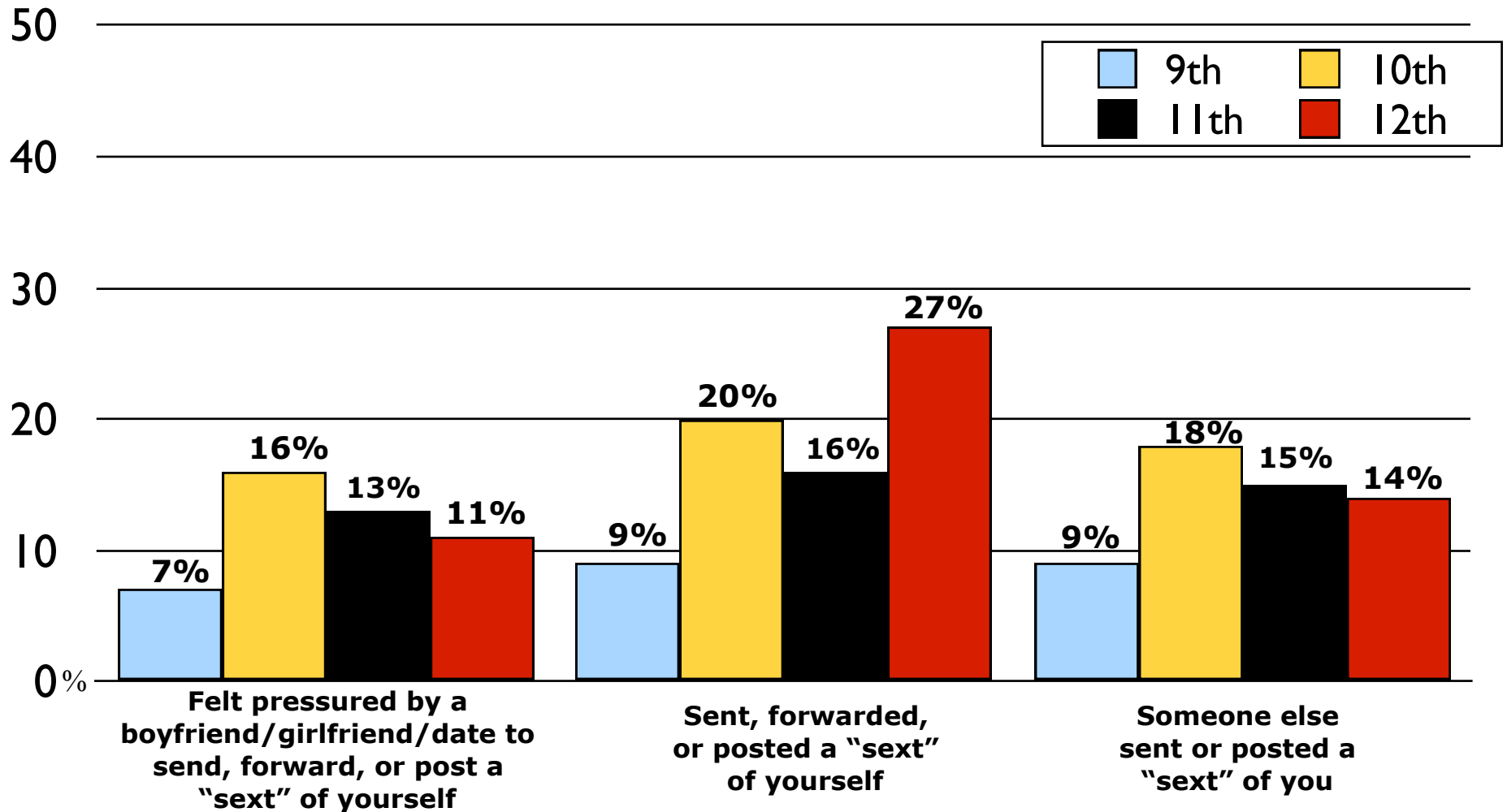
% of Students who had someone else sent or posted a "sext" of them in past year



Past Year "Sexting" by Grade

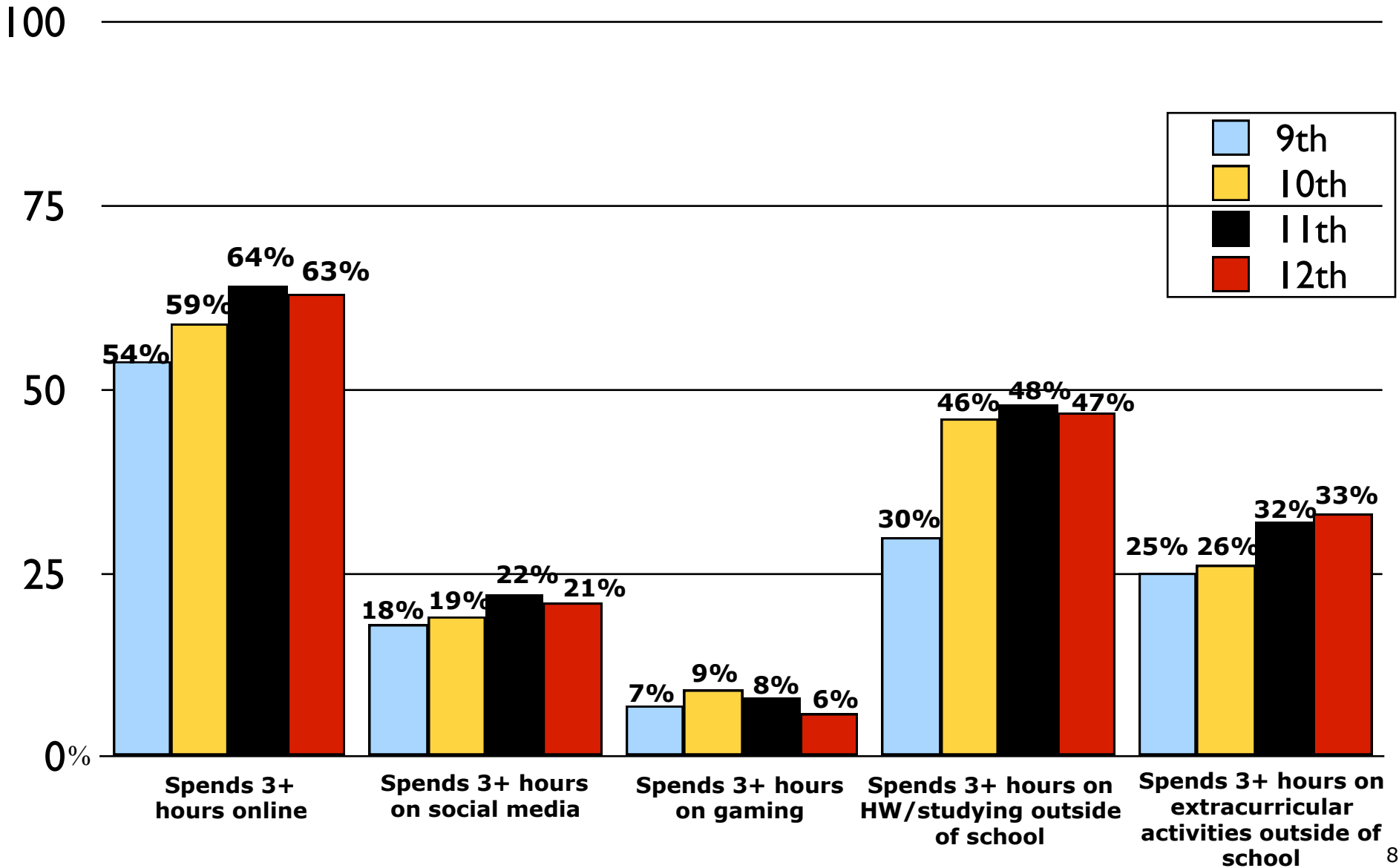
There is not a significant gender difference regarding students reporting that they sent a "sex" of themselves (LS Boys 16% vs LS Girls 19%). 33% of LS students report receiving a sext of someone they know.

% of Students who in past year



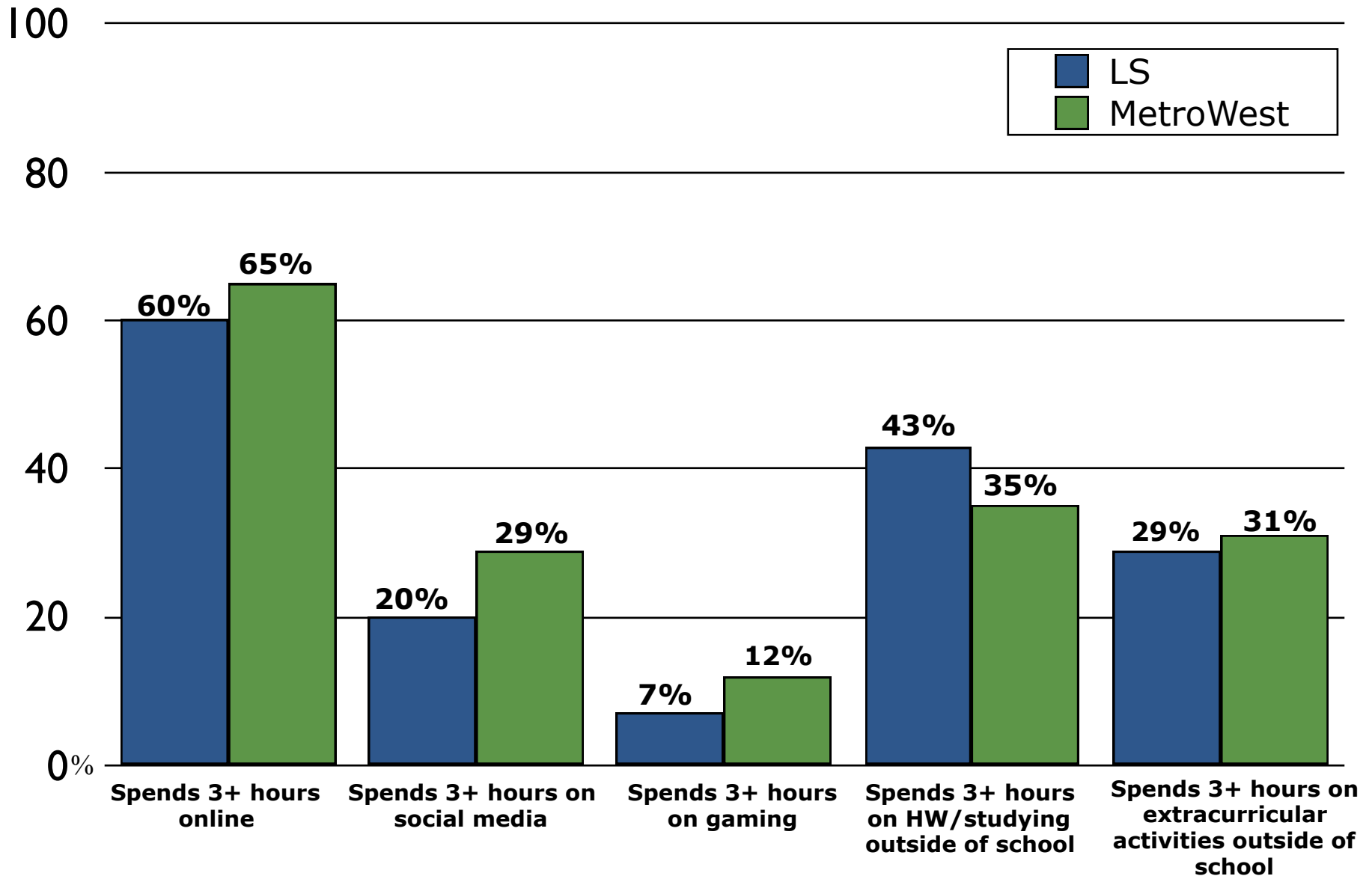
Reported Allocation of Student Time By Grade

% of Students who..... on the average school day



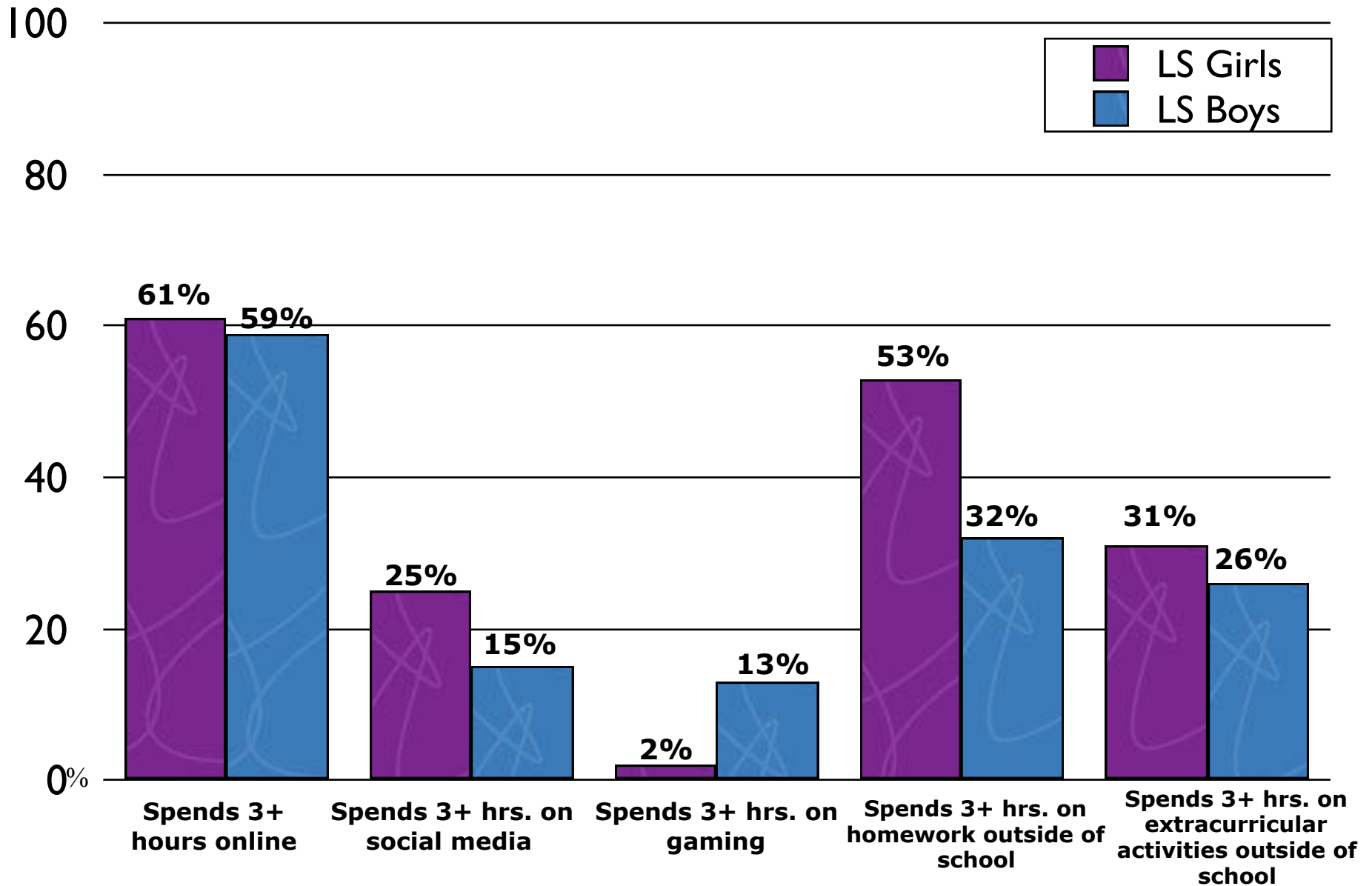
Reported Allocation of Student Time Comparison

% of Students who..... on the average school day



Reported Allocation of Student Time By Gender

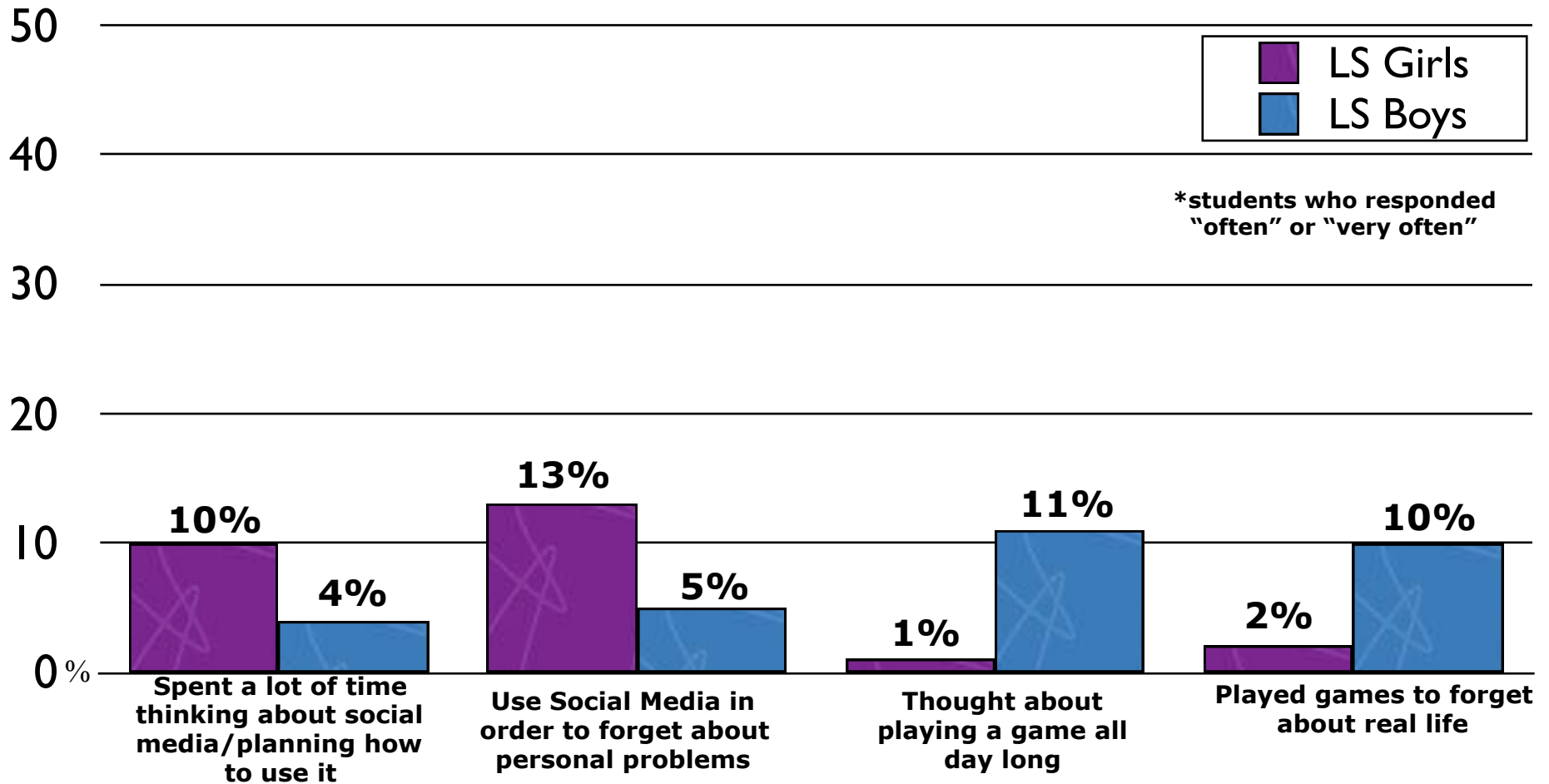
% of Students who..... on the average school day



Online Behavior by Gender

LS and MetroWest students report similar levels of these online behaviors. In addition, MetroWest students report the same gender discrepancy in reports of these behaviors.

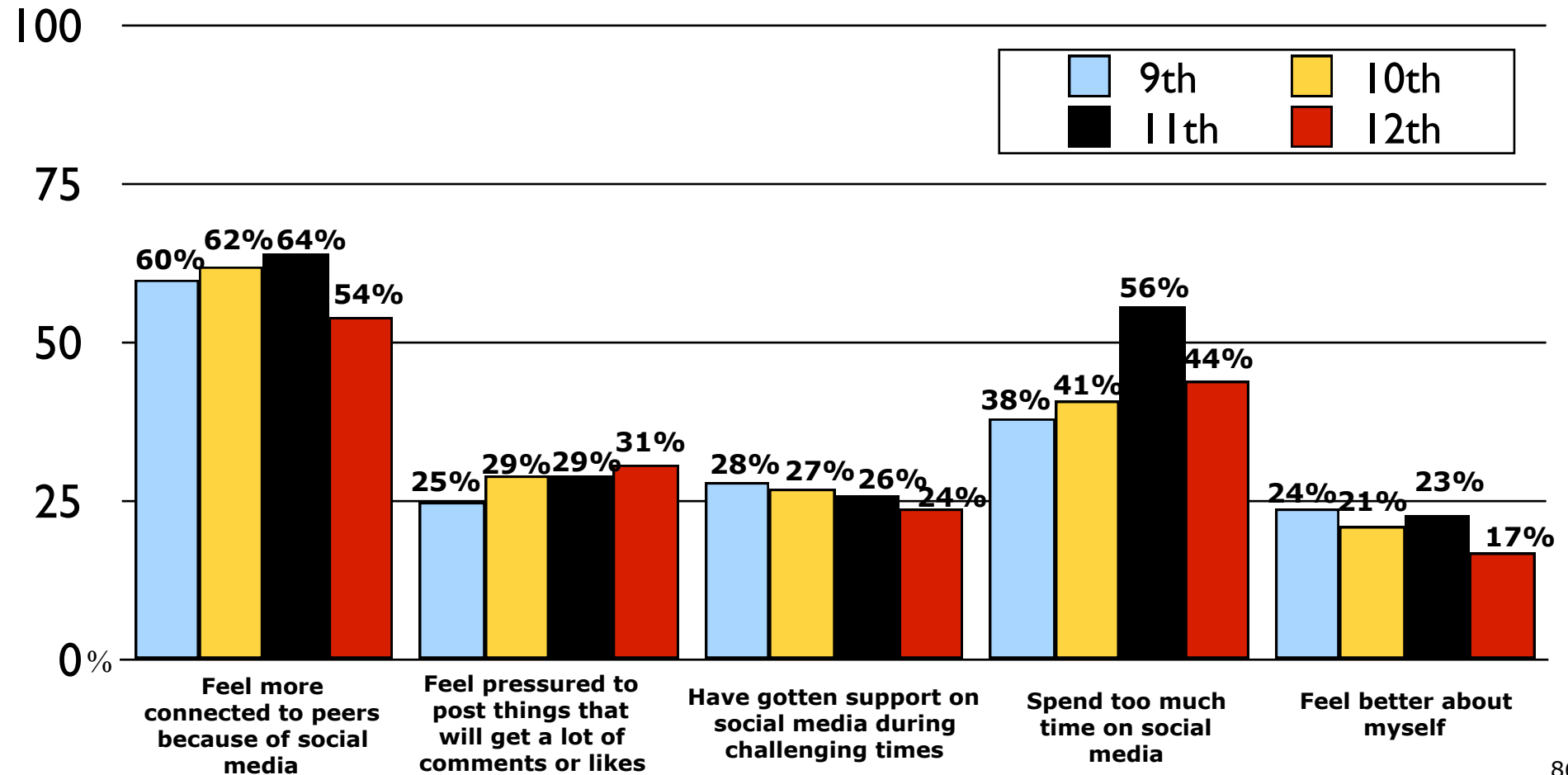
% of Students who report*



Attitudes and Experiences Related to Social Media By Grade

When looking at LS students, these attitudes & experiences all decreased or stayed the same since 2016 (no data prior). LS students and MetroWest students reported similar experiences with the exception that more MetroWest students report getting support on social media during challenging times than LS students (31% vs 26%).

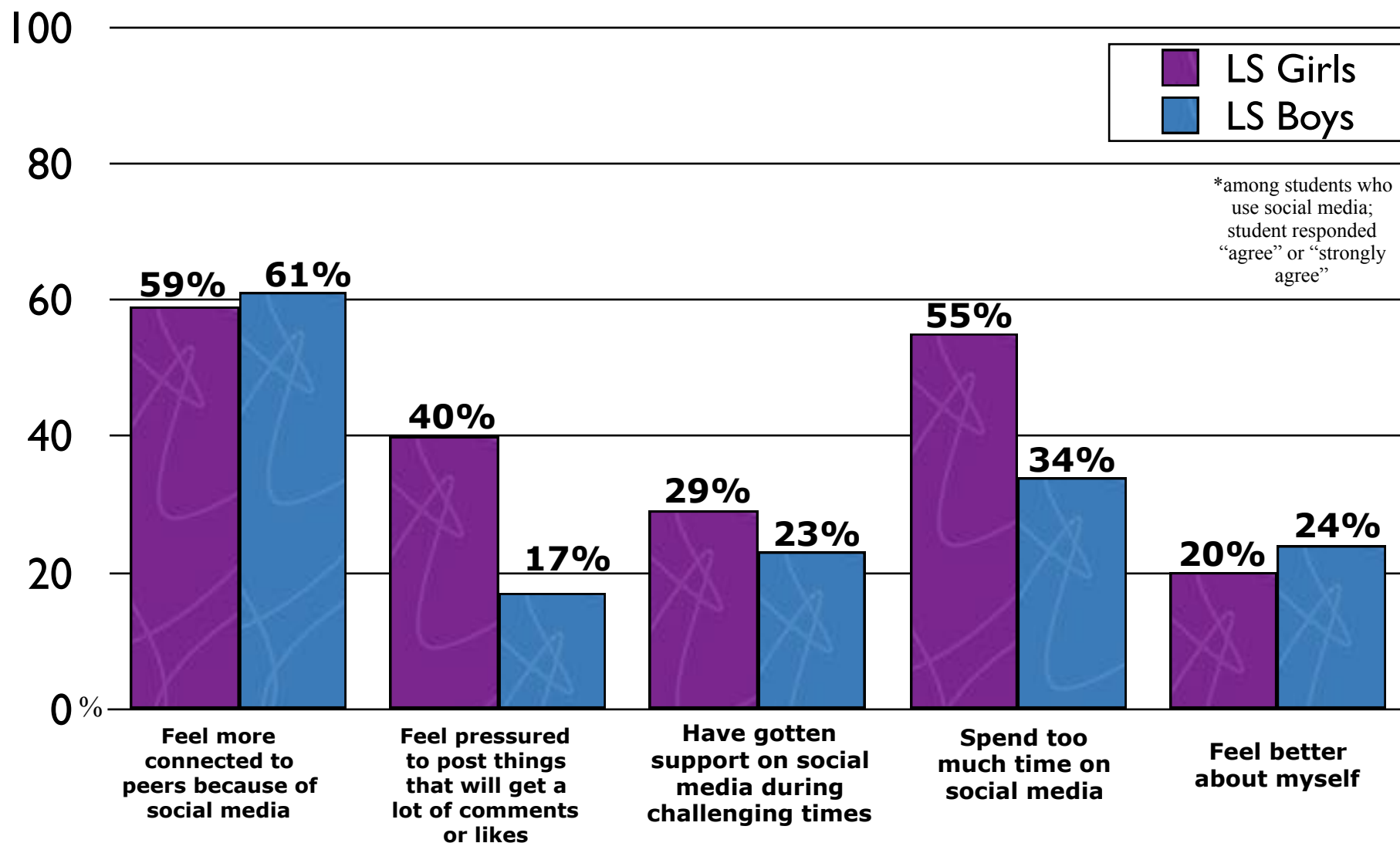
% of Students who report



Attitudes and Experiences Related to Social Media By Gender

MetroWest students reported similar gender discrepancies as LS students reported.

% of Students who report*



3 or More Hours on Social Media Correlations

44% of LS students who spend 3 or more hours on social media on an average school day reported drinking alcohol in the past month versus **31%** those who spend less than 3 hours on social media

35% of LS students who spend 3 or more hours on social media on an average school day reported using marijuana in the past month versus **19%** those who spend less than 3 hours on social media

29% of LS students who spend 3 or more hours on social media on an average school day reported being bullied on school property in the year versus **18%** those who spend less than 3 hours on social media

25% of students who spend 3 or more hours on social media on an average school day reported depressive symptoms in the past year versus **15%** those who spend less than 3 hours on social media

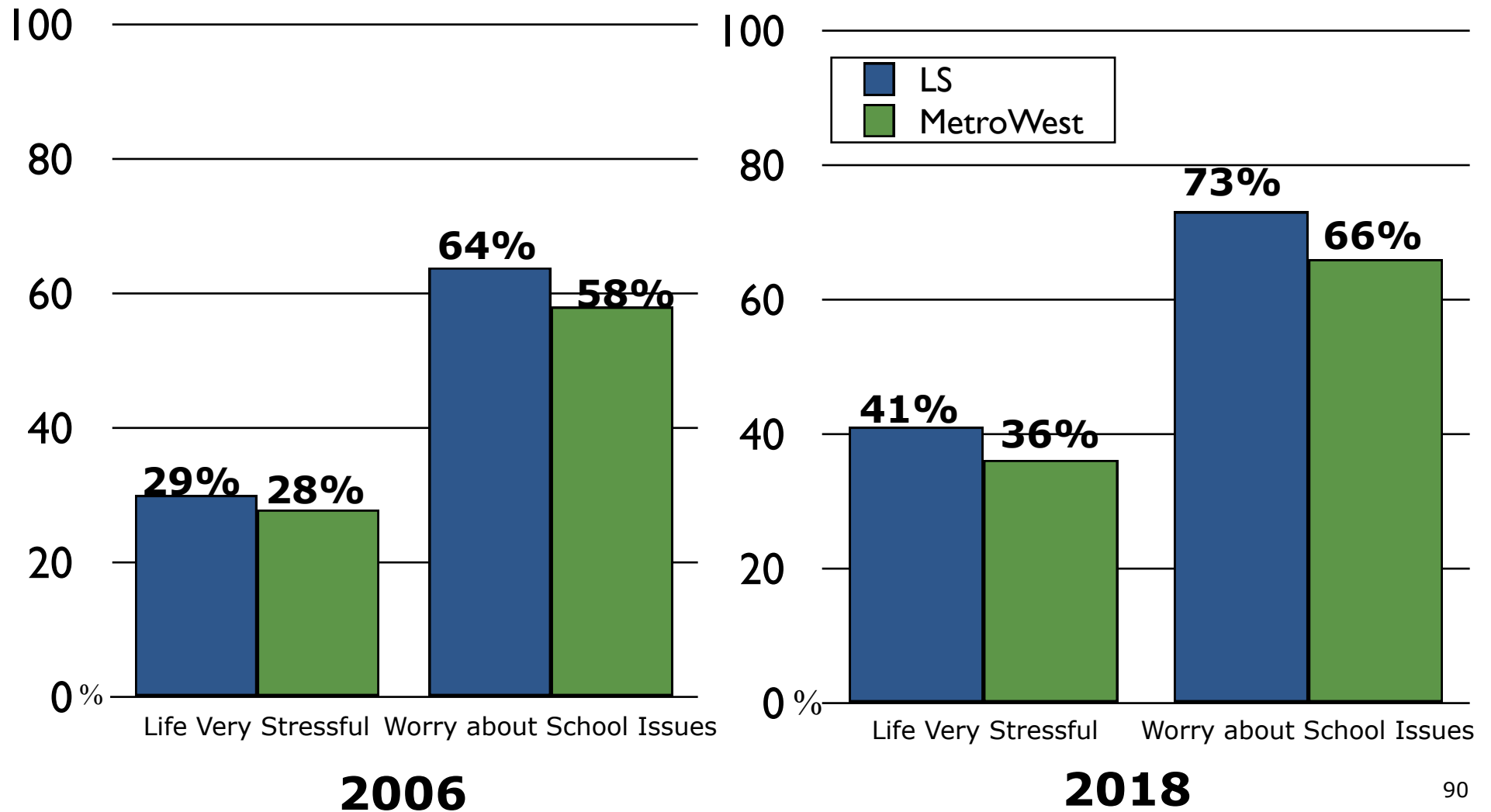
MetroWest Adolescent Health Survey Findings

Stress

Past Month Stress Levels Comparison 12 Year Trend

LS students report higher stress levels in the past month and greater amounts of worrying about school issues than MetroWest students. These levels have increased for both LS and MetroWest since 2006.

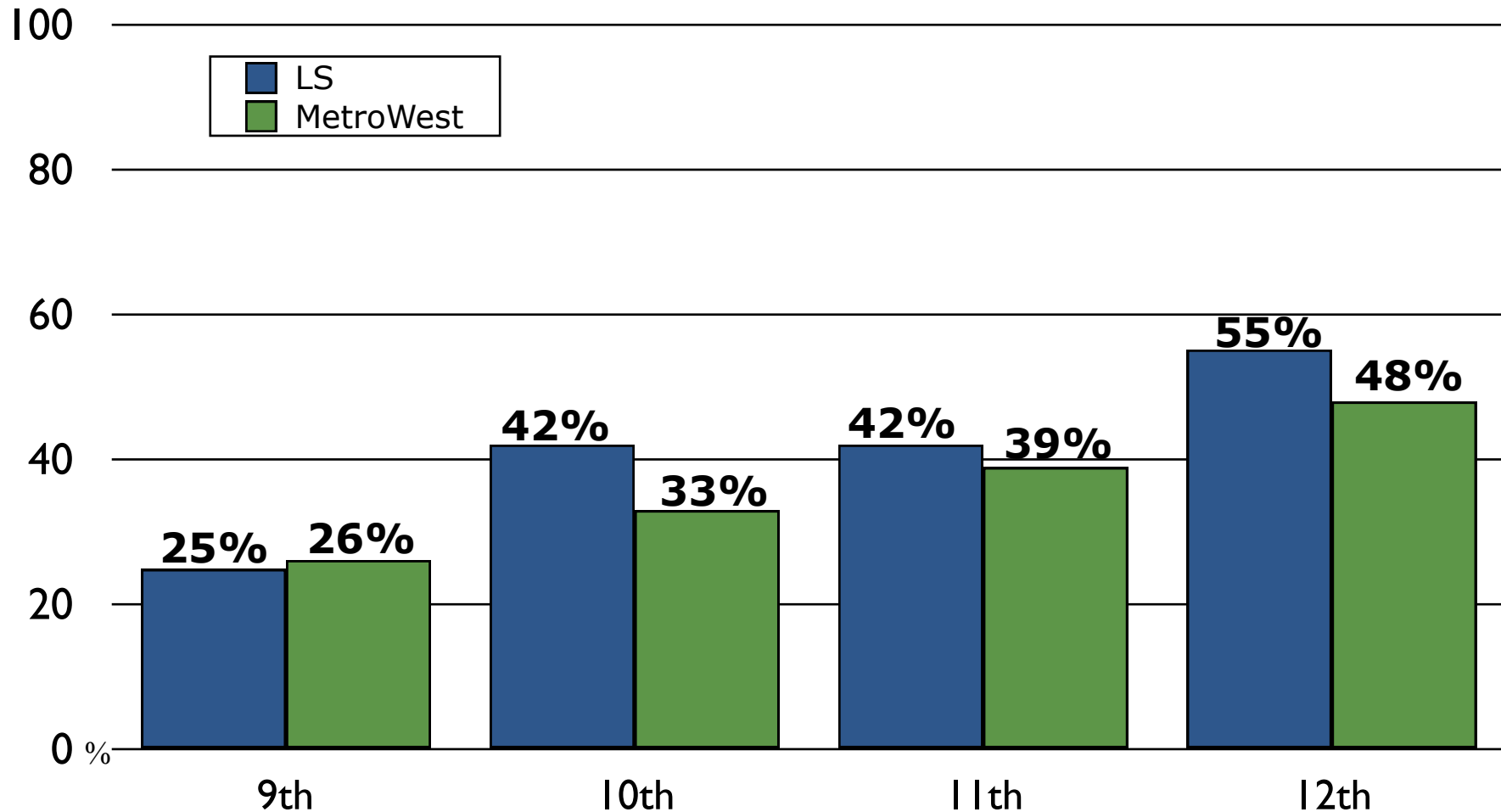
% of Students who reported . . . in Past Month



Past Month Stress Level By Grade Comparison

The differences in stress levels when compared with MetroWest are greater during 11th and 12th grade. *Significantly more LS Girls report life being very stressful than LS Boys (52% vs 29%).* This gender difference is also seen with MetroWest students.

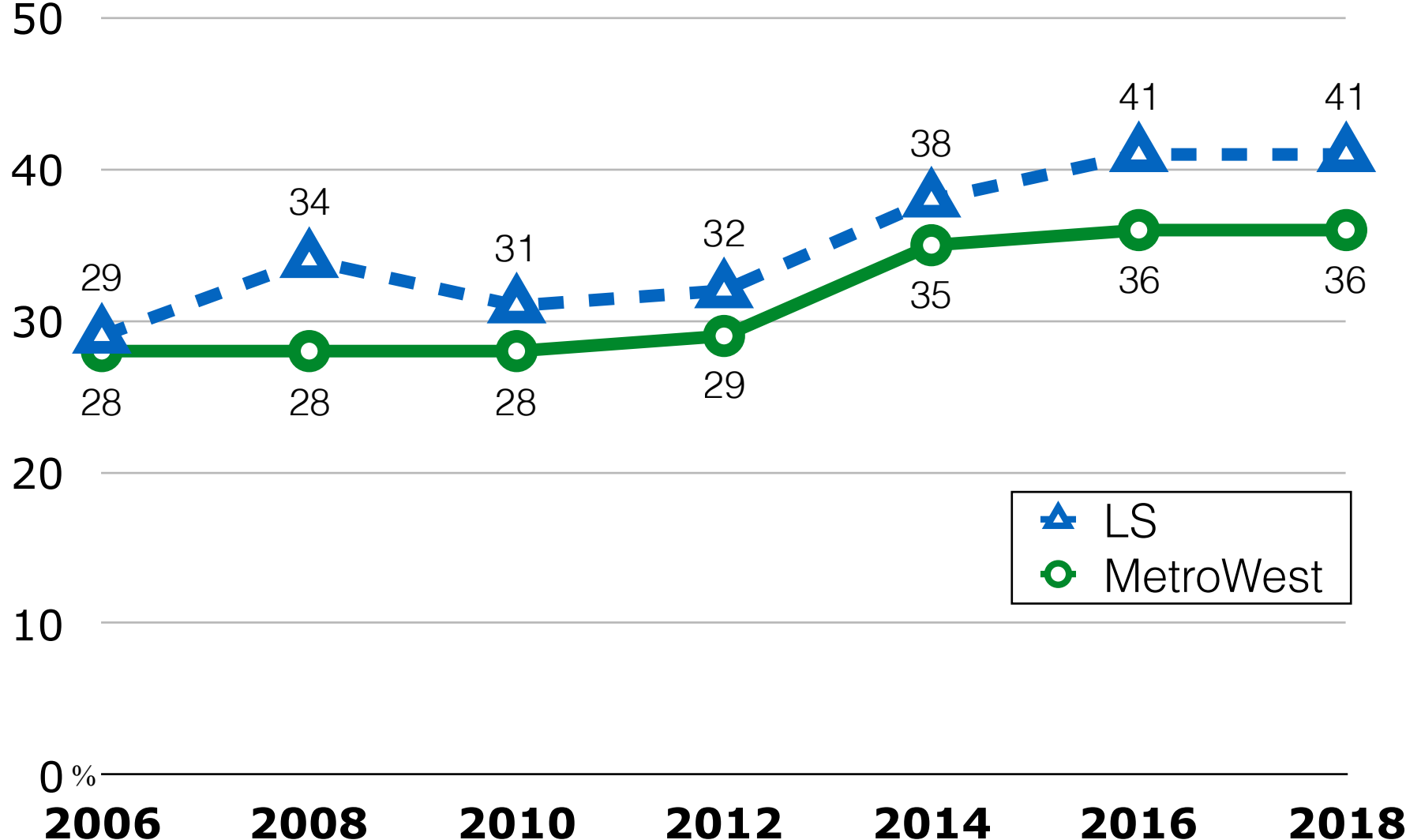
% of Students who say life was "very stressful" in past month



Past Month Life Very Stressful Comparison 12 Year Trend

LS has consistently reported higher levels of stress since 2006 when compared with MetroWest.

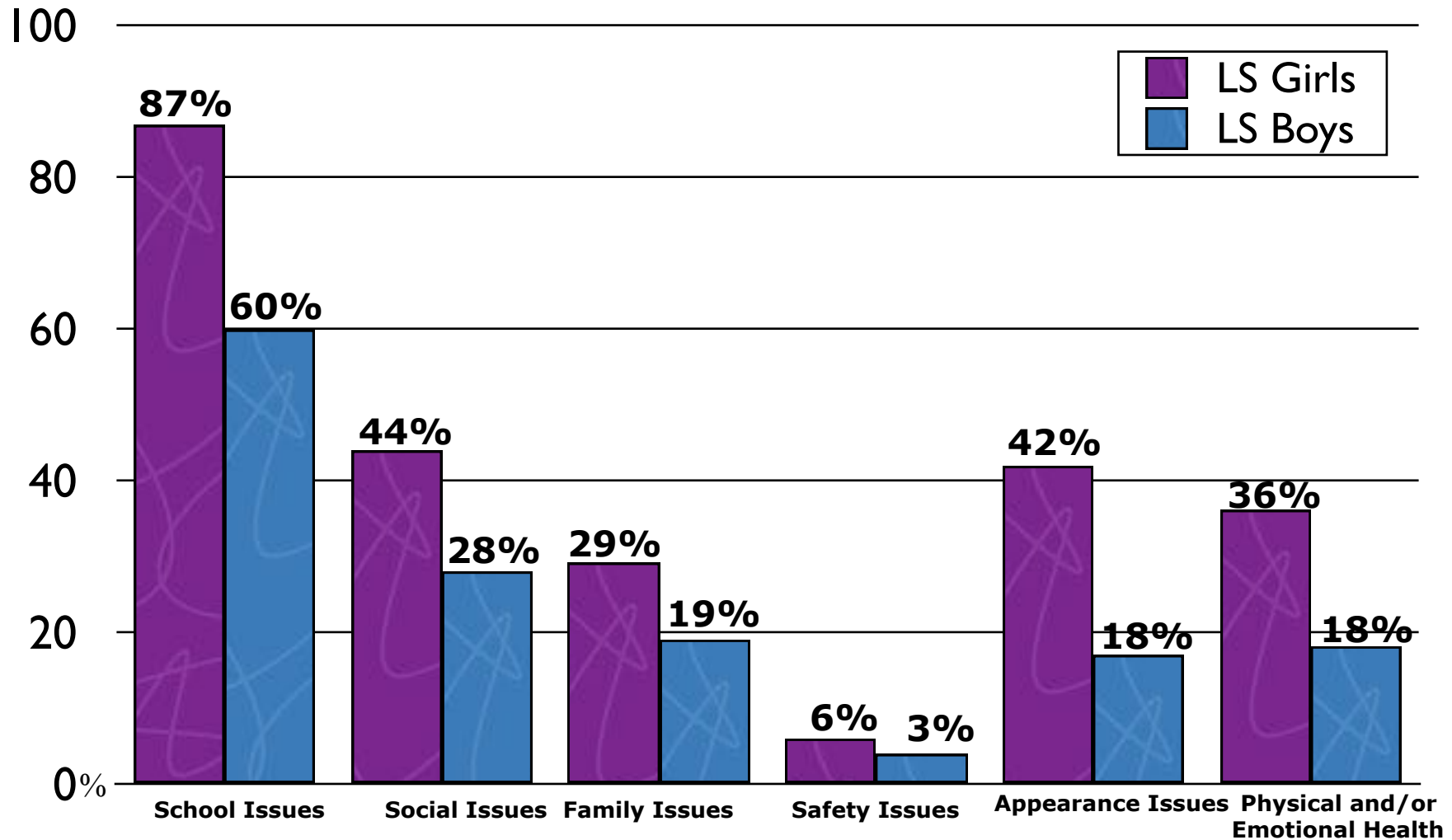
% of Students who say life was "very stressful" in past month



Stress Level By Gender

LS Girls report higher stress levels than LS Boys. This discrepancy is also seen with MetroWest students. Significantly more LS Girls report life being very stressful than LS boys (52% vs 29%).

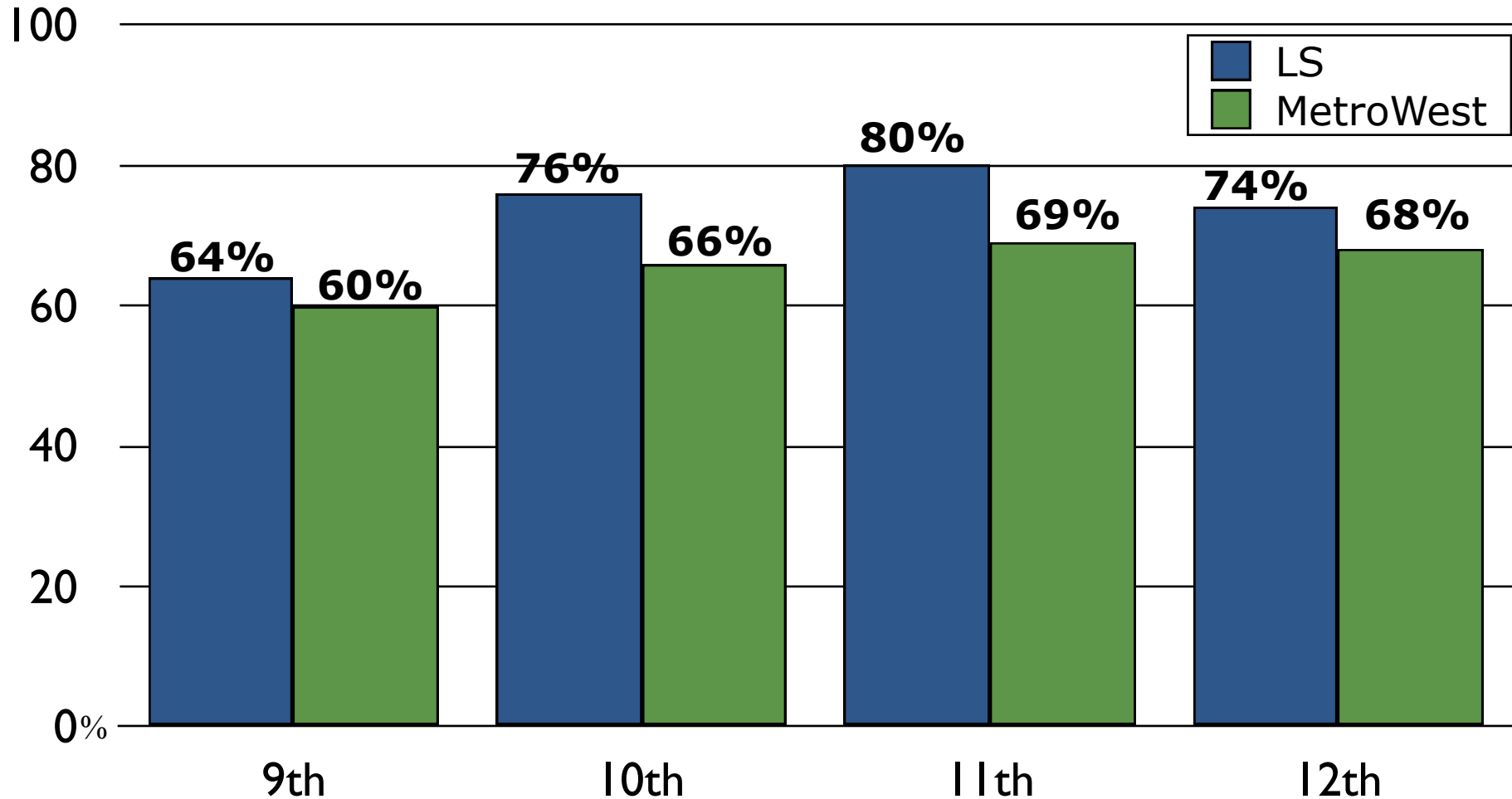
% of LS Students who report as a source of stress



Worry/Stress about School Issues Comparison By Grade

Since 2006, LS has consistently reported higher levels of worry/stress about school issues when compared with MetroWest. Both have increased from 2006 to 2018 MetroWest (58%-66%) versus LS (64%-73%).

% of Students who say they worry/feel stress about school issues "often or very often"



Being Stressed about School Correlations

20% of LS students who reported being very stressed about school also reported having depressive symptoms in the past year versus **10%** who reported they were not stressed about school

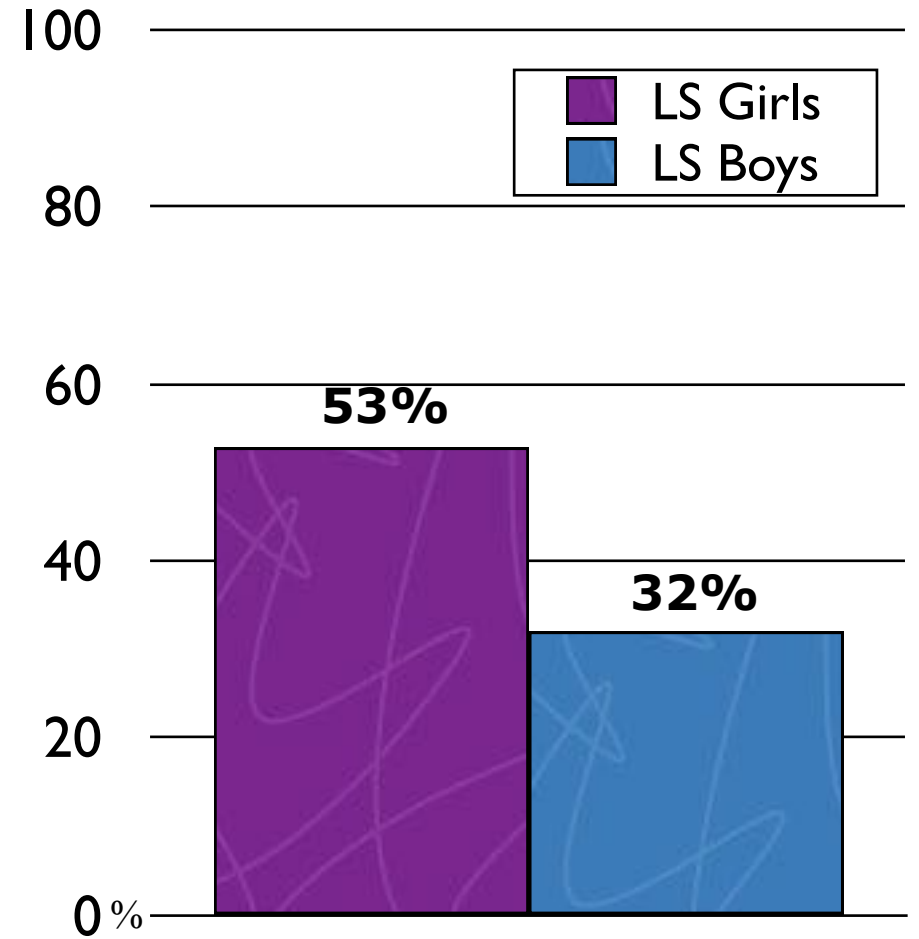
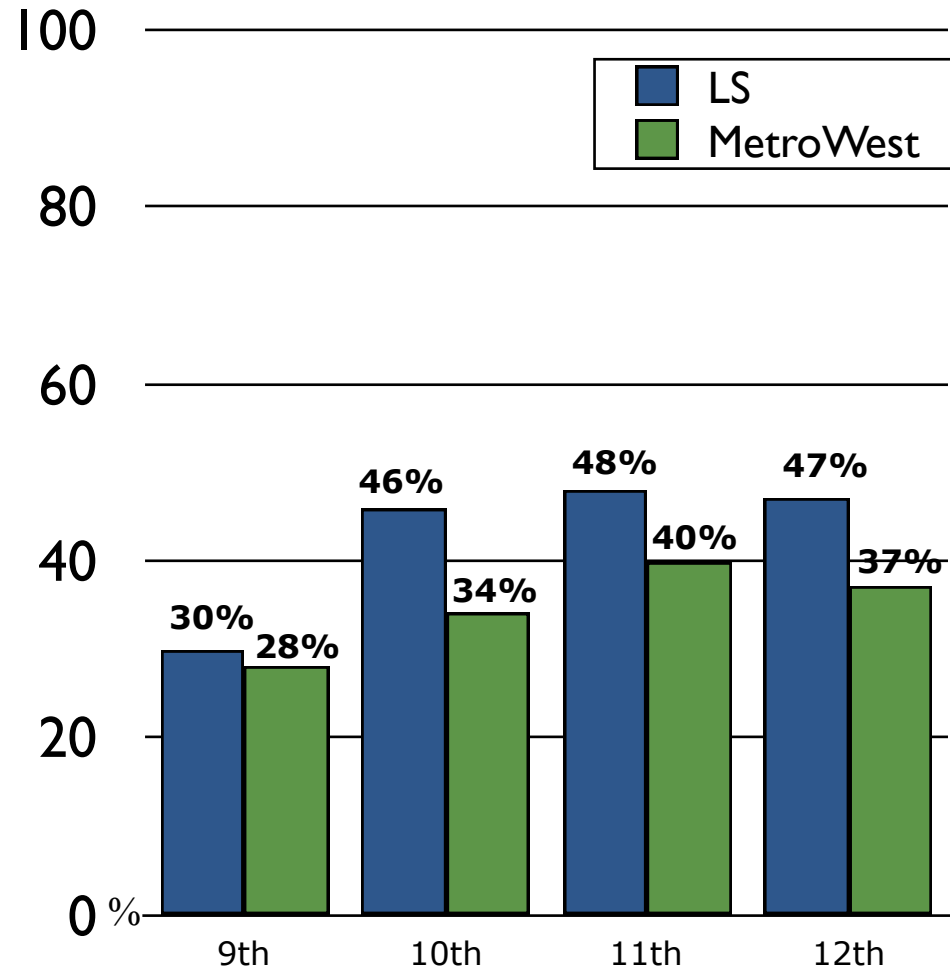
15% of LS students who reported being very stressed about school also reported seriously considering suicide versus **5%** who reported they were not stressed about school

There was **NO** significant correlation with substance use (e.g. cigarette, EVP, alcohol, marijuana)

Spent 3+ Hours on HW/Studying Outside of School on **Average School Day**

LS Students are consistently reporting spending more time on HW/ Studying outside of school than their MetroWest counterparts. MetroWest Girls also say they spend more time than MetroWest Boys (45% vs 23%).

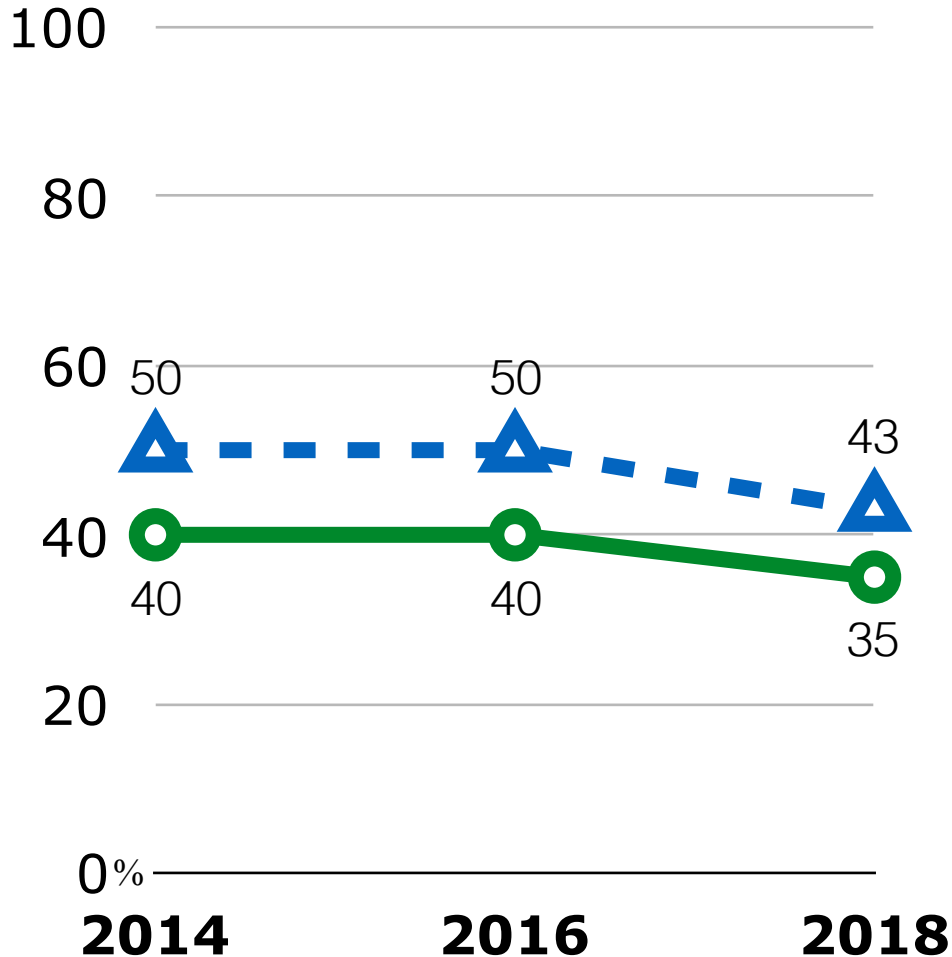
% of Students who say they spend 3+ hrs on HW/Studying Outside of School



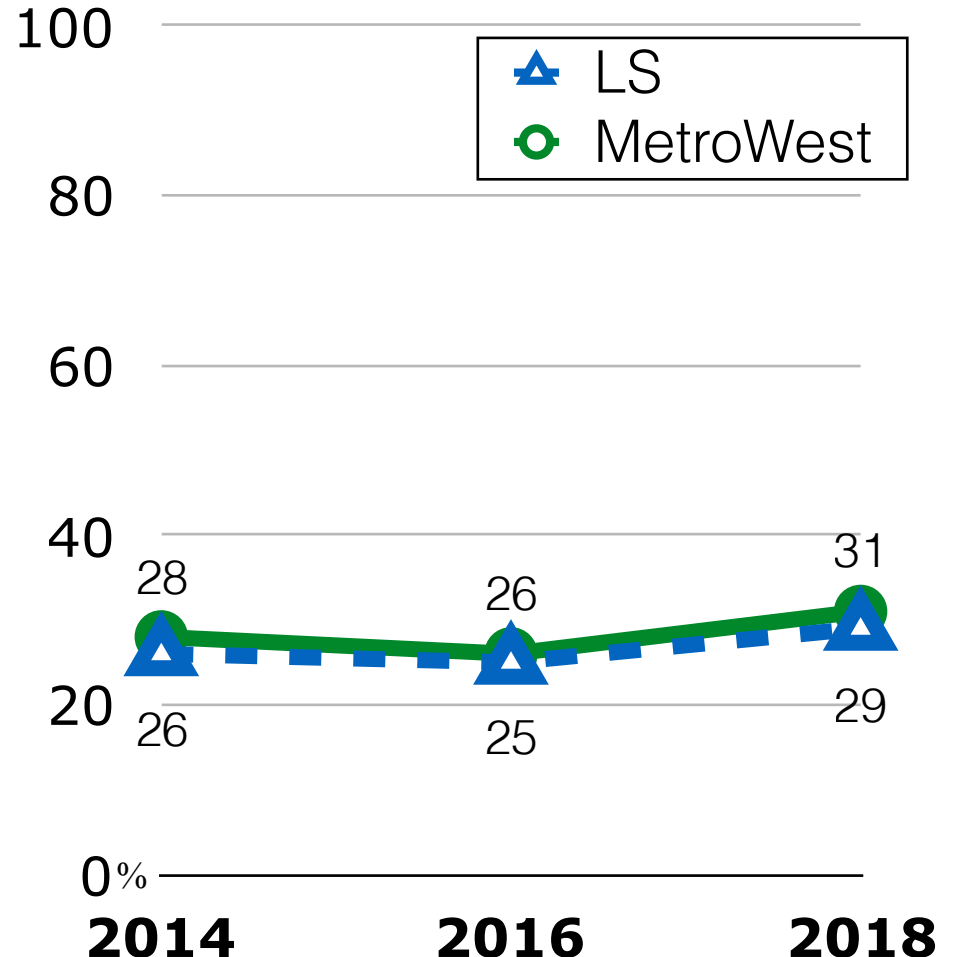
Spent 3+ Hourson Comparison

LS students report spending less time on HW than in 2014. There has been a very slight increase in time reported spent on extracurricular activities since 2014. There is no data prior to 2014.

% of Students who say they spend 3+ hrs on HW/Studying Outside of School



% of Students who say they spend 3+ hrs on Extracurricular Activities outside of school

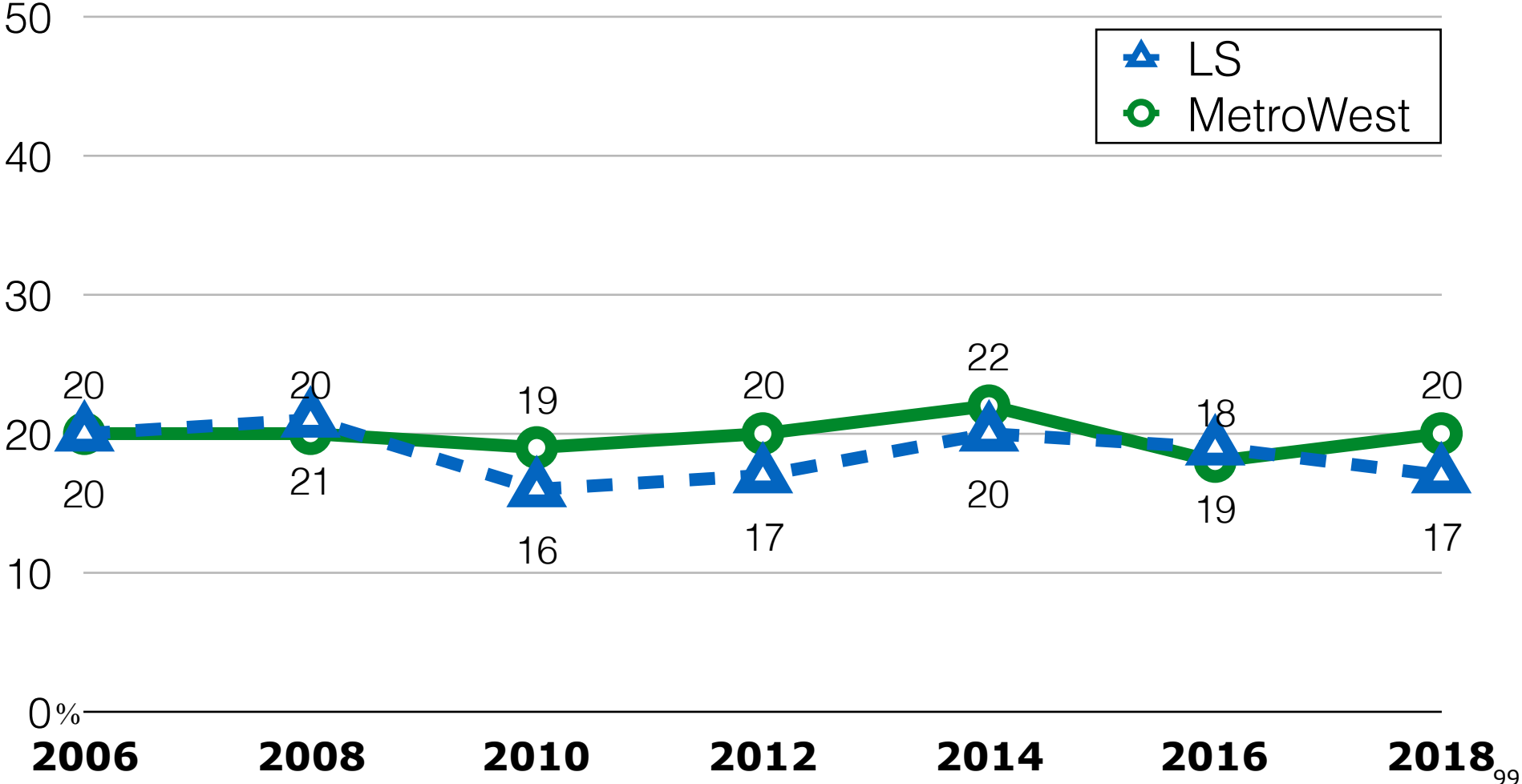


Mental Health

Past Year Depressive Symptoms Comparison 12 Year Trend

Similar to MetroWest students, reporting of depressive symptoms by LS students has not changed since 2006. Depressive symptoms were defined as feeling sad or hopeless almost every day for two or more weeks.

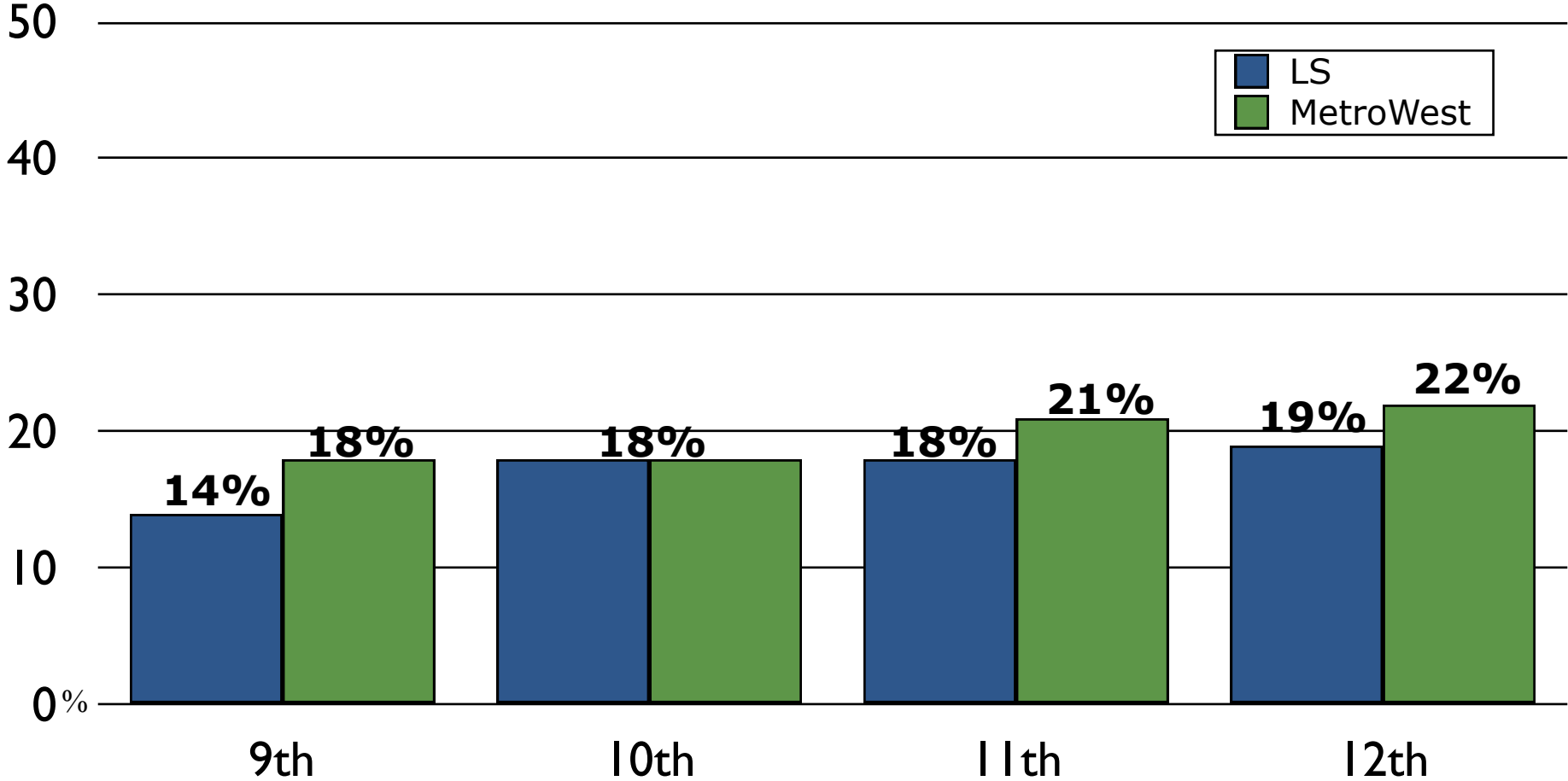
% Students who had Depressive Symptoms in Past Year



Past Year Depressive Symptoms By Grade Comparison

*In 2016 older LS students reported more depressive symptoms than older MetroWest students. In 2018, that distinction was no longer present. **More LS Girls reported experiencing depressive symptoms than LS Boys (22% vs 12%).** MetroWest students reported a similar gender difference.*

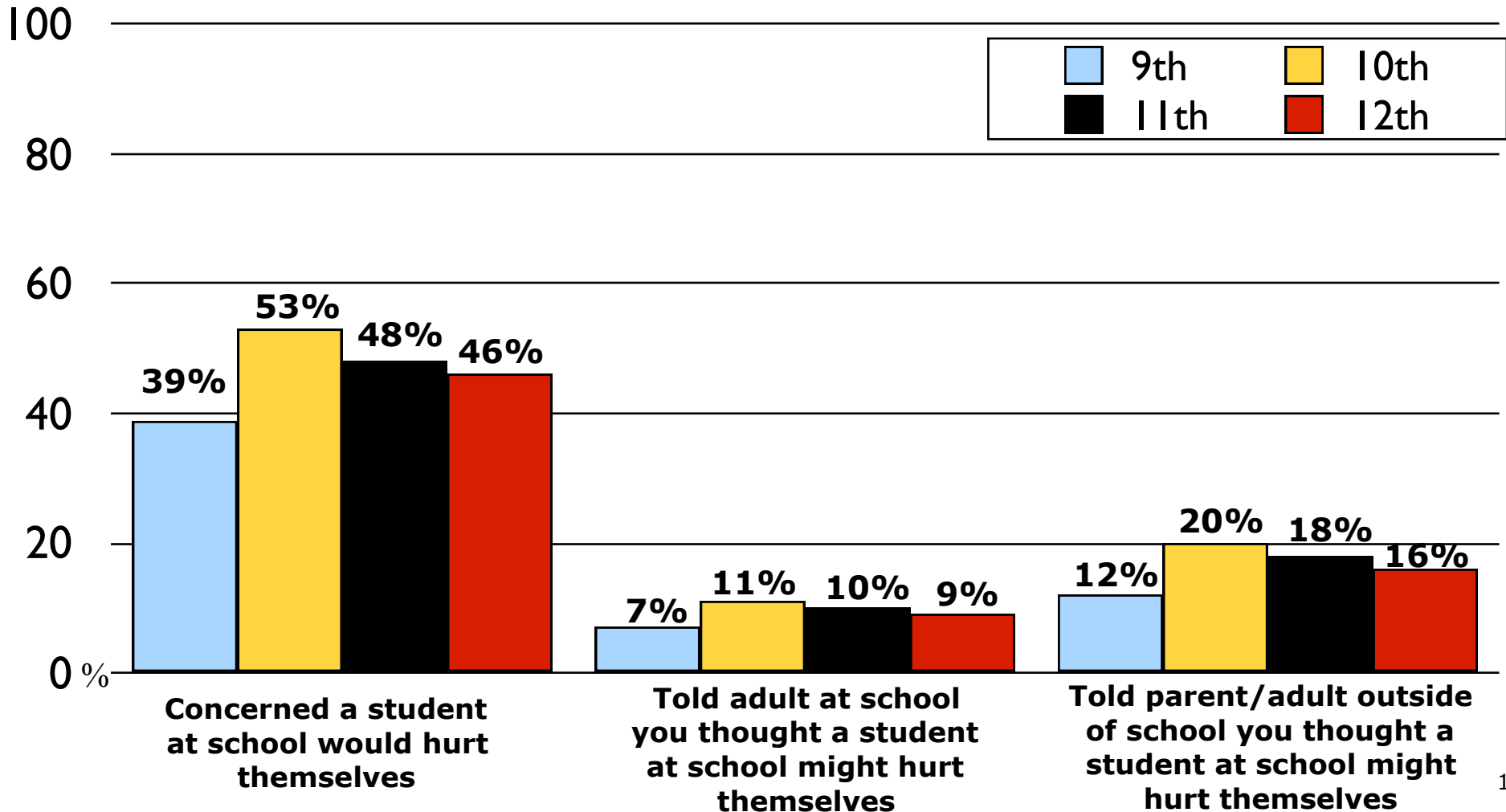
% of Students who had Depressive Symptoms in Past Year



Past Year Peer Mental Health By Grade

Overall, LS students are recognizing when fellow students are struggling in similar amounts as MetroWest students (47% vs 43%). LS Girls are more likely to report these behaviors than LS Boys. Data is not available prior to 2014.

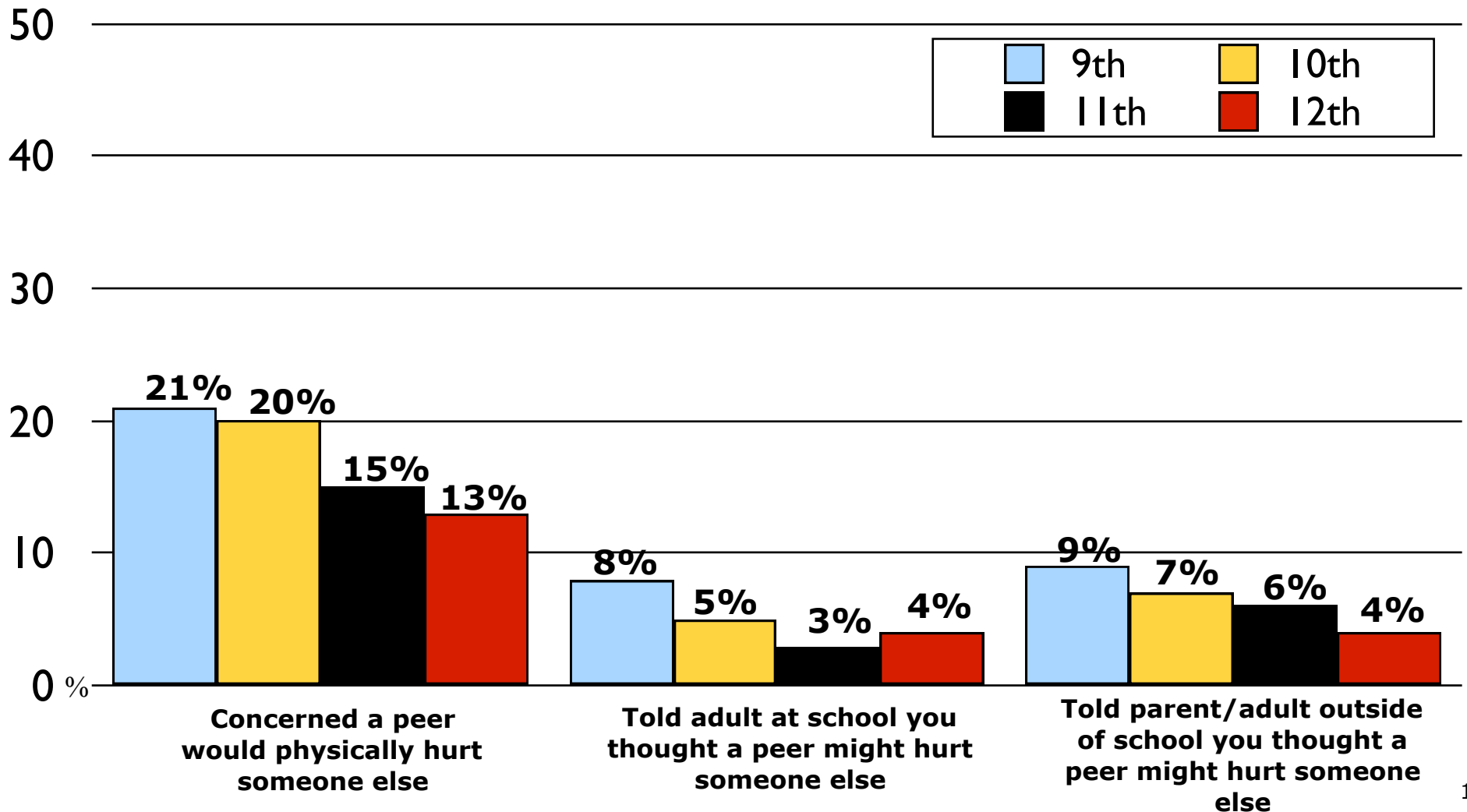
% Students who in past year



Past Year Peer Mental Health By Grade

Overall, LS students report similar levels of these behaviors as MetroWest students. There are not any reported gender differences in these behaviors among LS students. Data is not available prior to 2014.

% Students whoin past year



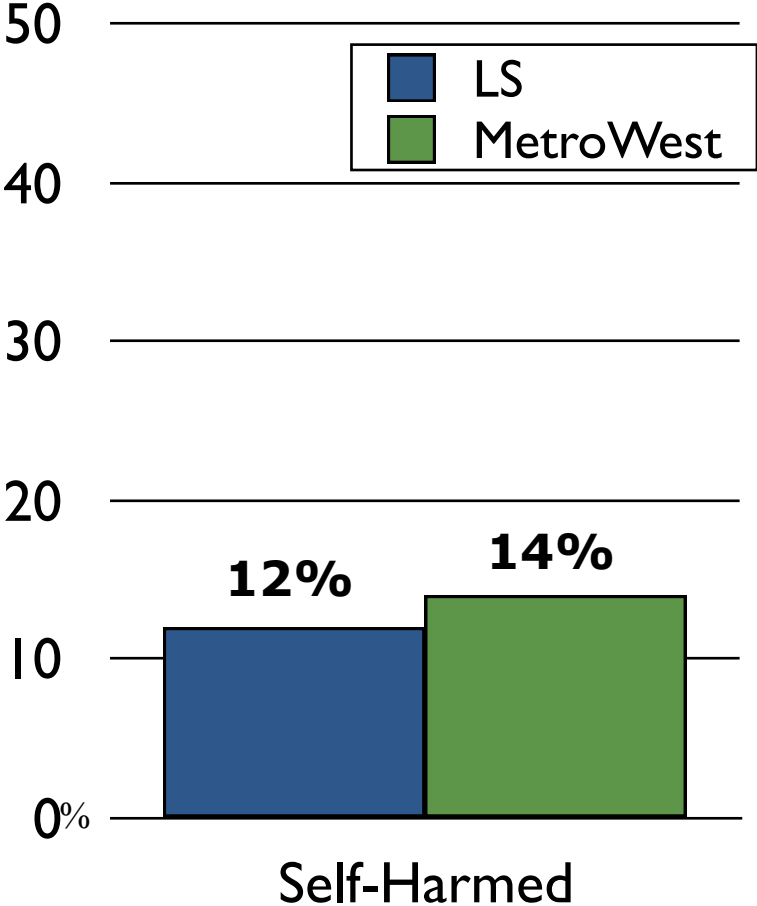
Online Posts about Peer Mental Health Comparison

ACTIVITY	LS	MetroWest
Saw posts online that a student at school might try to hurt themselves	18%	20%
Saw posts online that a student or someone else wanted to physically hurt someone at school	11%	11%
ACTIVITY	LS Girls vs Boys	MetroWest Girls vs Boys
Saw posts online that a student at school might try to hurt themselves	25% vs 12%	25% vs 15%
Saw posts online that a student or someone else wanted to physically hurt someone at school	11% vs 10%	12% vs 10%

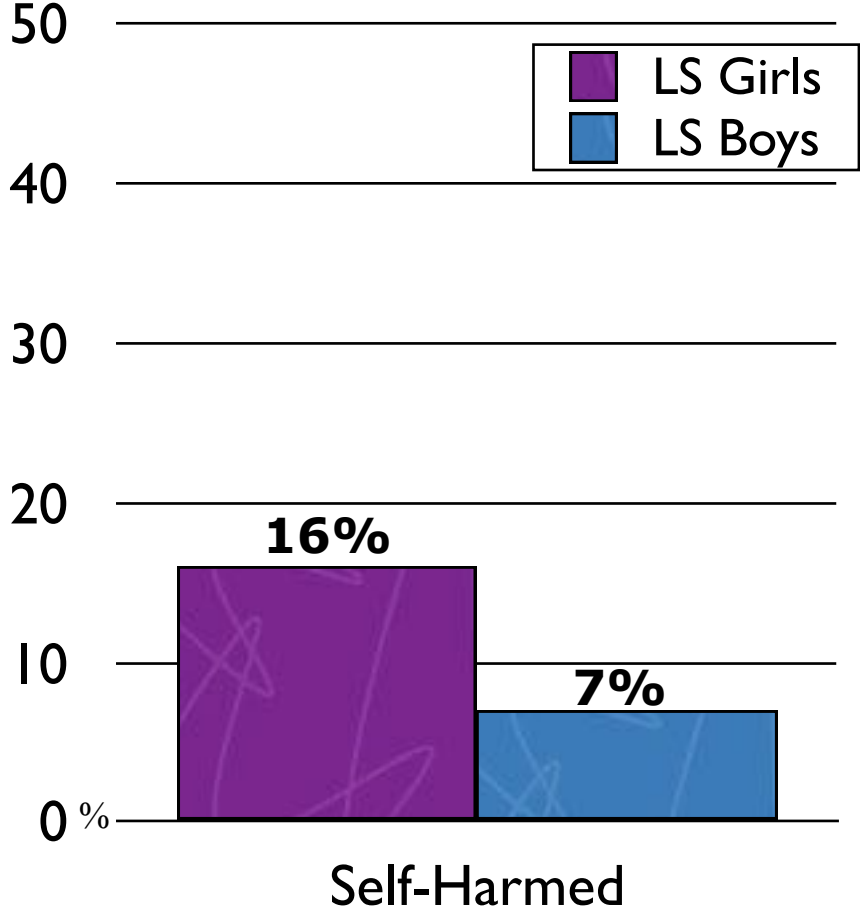
Past Year Self-Harm Comparison and By Gender

LS and MetroWest currently have the same levels of self-harming behavior. These levels have slightly decreased since 2006 (15% to 12%). There appears to be a gender discrepancy for this behavior. Self-Harm was defined as cutting, burning, or bruising yourself on purpose.

% of Students who in the Past Year

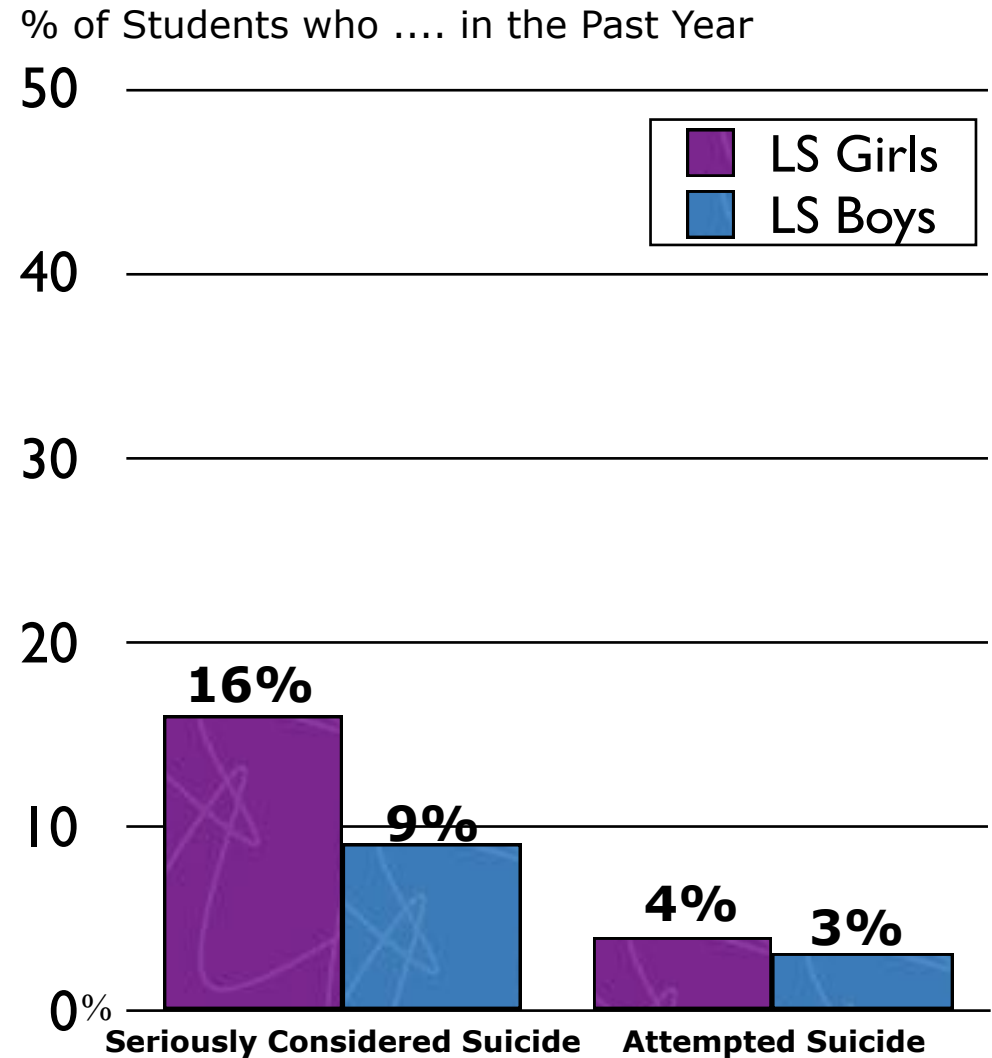
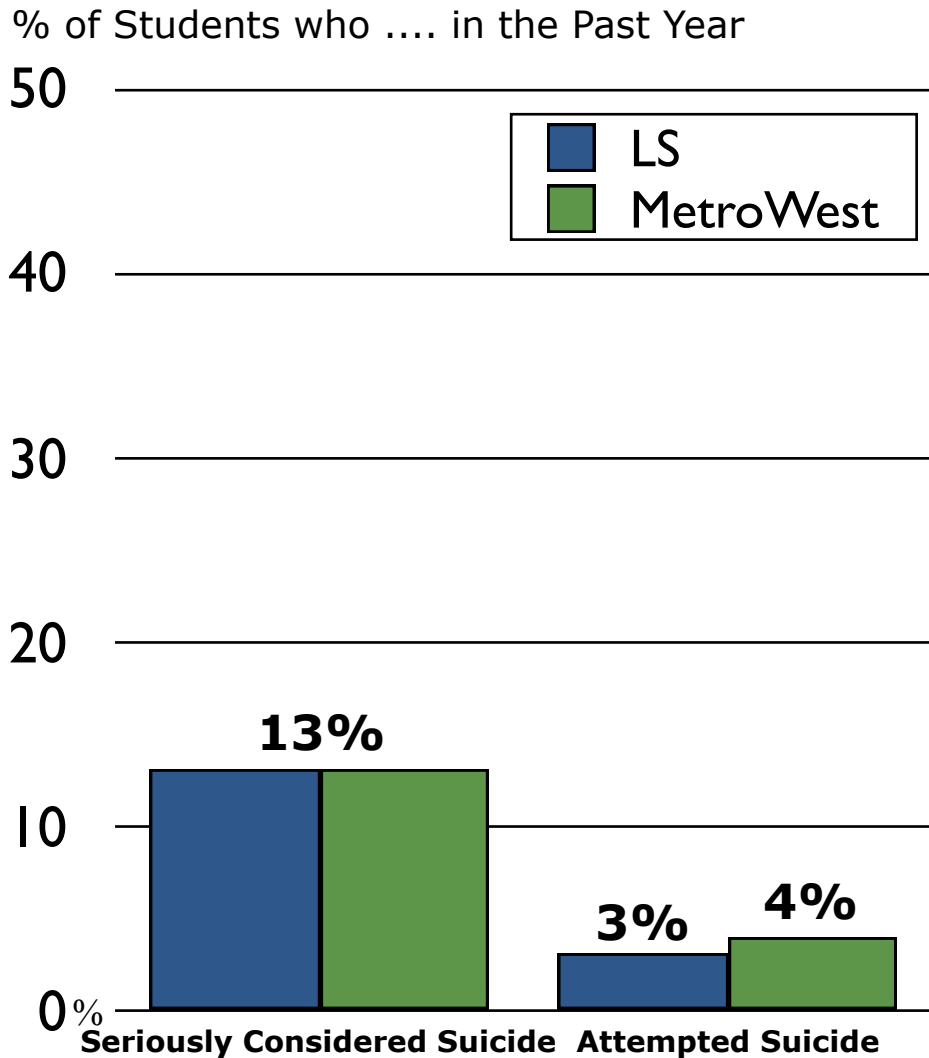


% of Students who in the Past Year



Past Year Suicidal Behavior Comparison and By Gender

LS and MetroWest currently have comparable levels. There appears to be a gender discrepancy in reports of these behaviors.



Past Year Mental Health Comparison 12 Year Trend

Reported occurring during the past year	LS in 2006	LS in 2018	MetroWest in 2006	MetroWest in 2018
Felt sad or hopeless almost every day for two or more weeks	20%	17%	20%	20%
Hurt or injured yourself on purpose	15%	12%	13%	14%
Seriously considered attempting suicide	10%	13%	10%	13%
Made a plan about attempting suicide	8%	8%	8%	10%
Attempted suicide	4%	3%	4%	4%

Desire to Access Help vs Accessed Help Comparison

23% of LS students reported that they wanted to talk to a school counselor, school therapist, or school psychologist about emotional challenges or problems

22% of LS students reported that they talked with a school counselor, school therapist, or school psychologist about emotional challenges or problems

19% of MetroWest students reported that they wanted to talk to a school counselor, school therapist, or school psychologist about emotional challenges or problems

17% of MetroWest students reported that they talked with a school counselor, school therapist, or school psychologist about emotional challenges or problems

Mental Health Correlations

LS students who report mental health challenges are also reporting that they are accessing support at school

30% of LS students who reported that they talked to a school nurse about emotional challenges in the past year reported that they had self-harmed versus ***11%*** who did not speak with a school nurse about emotional challenges

40% of LS students who reported that they talked to an adult at school about emotional challenges also reported that they had depressive symptoms versus ***13%*** who did not speak with an adult at school about emotional challenges

25% of LS students who reported that they talked to a school counselor, therapist, or psychologist reported that they had seriously considered suicide versus ***9%*** who did not speak with a school counselor, therapist or psychologist

Past Year Sources of Support for Help With Emotional Challenges or Problems Comparison

Students reported talking with individual/group one or more times	LS	MetroWest
school counselor, school therapist, or school psychologist	22%	17%
school nurse	5%	5%
another adult at school, like a teacher or other school staff	14%	13%
therapist, psychologist , or other mental health professional outside of school	20%	18%
parent, relative, or other adult outside of school	48%	44%
friend around the same age	54%	53%
coach or club advisor	9%	7%
religious or faith leader, including a religious youth group leader or mentor	4%	4%
crisis hotline/text line	3%	3%
person or group on social media (e.g. instagram, facebook, snapchat)	14%	15%

Barriers to Seeking Help at School for Emotional Challenges or Problems

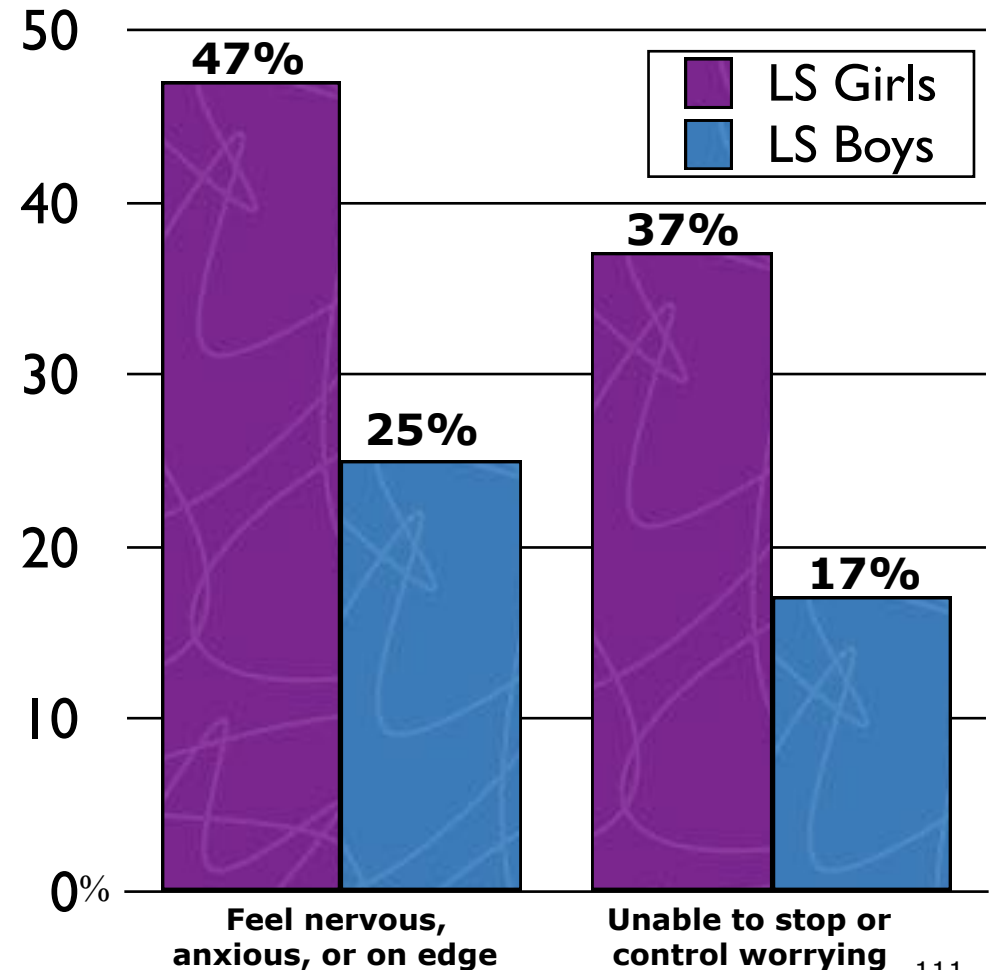
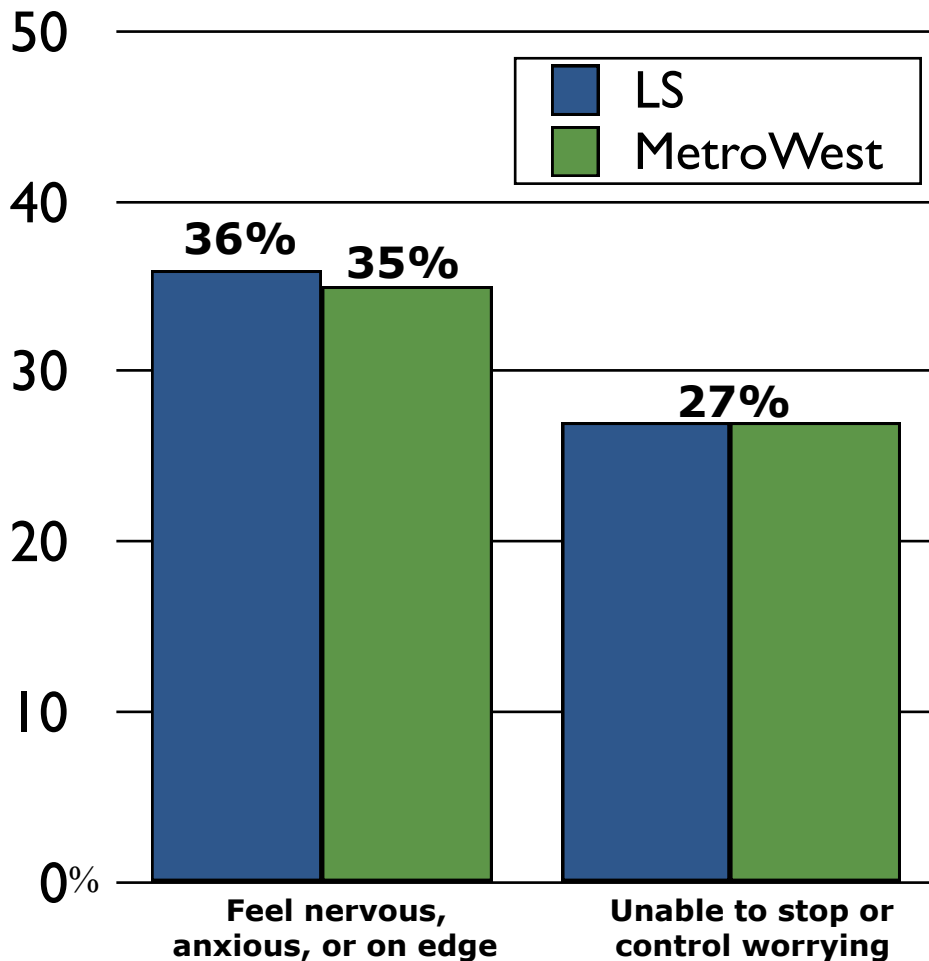
Students responded agree or strongly agree	LS	MetroWest
I don't know who to go to for help	10%	16%
I don't think counseling at school would help	24%	33%
I wouldn't have time or wouldn't want to miss class to get help	46%	46%
I should handle problems on my own	34%	38%
I would be too embarrassed or scared to talk about it	33%	34%
A school counselor/therapist might not understand me or the challenges I was having	28%	35%
I wouldn't want other students to know I was meeting with a school counselor/therapist	44%	42%
I wouldn't want my parent(s)/guardian(s) to know I was meeting with a school counselor/therapist	27%	25%
Teachers or other school staff might treat me differently or give me fewer opportunities at school	20%	23%
My parents wouldn't want me to get help at school because they would be worried I might be treated differently or given fewer opportunities at school	9%	11%

Past Two Weeks Generalized Anxiety Comparison & By Gender

Overall, reports of these symptoms are comparable to MetroWest students. Reports of these symptoms were the lowest in 9th grade and stayed elevated from 10th through 12th grade.

% of Students who in the Past Two Weeks*

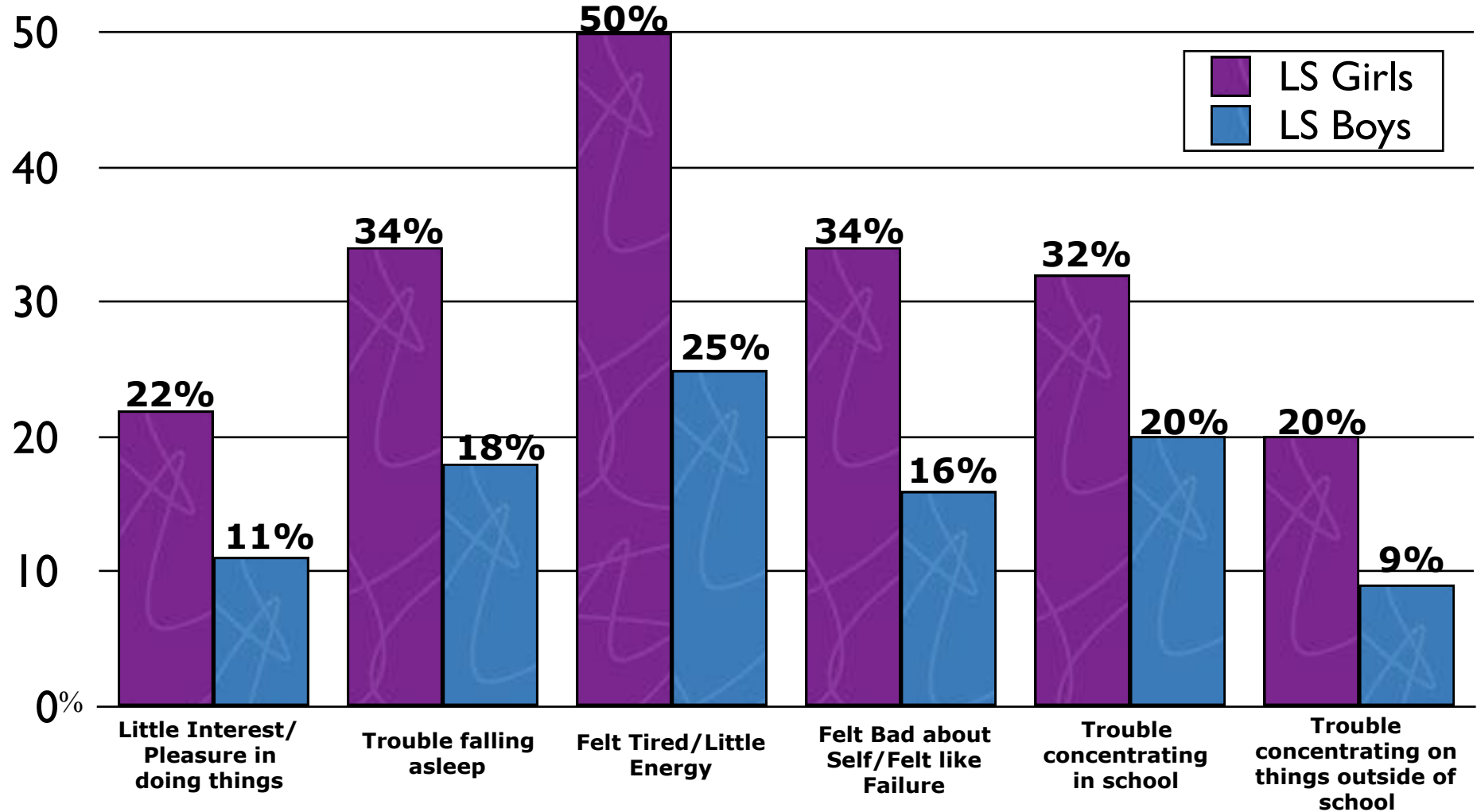
** Students responded "more than half the days" or "nearly every day"*



Past 2 Weeks Symptoms of Being Stressed, Anxious, or Worried in By Gender

Overall, reports of these symptoms are comparable to MetroWest students. Reports of these symptoms were the highest in the 10th grade and stayed elevated from 9th grade levels in 11th and 12th grade. The biggest differences can be seen when comparing LS Girls and Boys.

% of Students who in the Past Two Weeks



Mental Health and Connection with Adults Correlations

Of the LS students that have a non-school adult to talk to, 10% reported that they have self-injured versus 30% of students that they do not have a non-school adult to talk reported that they have self-injured in the past year

Of the LS students that have a non-school adult to talk to, 10% reported that they have seriously considered suicide versus 39% of students that they do not have a non-school adult to talk reported that they have considered suicide

Of the LS students that have a non-school adult to talk to, 38% reported that they have depressive symptoms versus 67% of students that they do not have a non-school adult to talk reported that they have attempted suicide

Mental Health: The Actual Numbers

12% of LS students reported self-harming in the past year, which means approximately **169** students self-harmed in the past year

12% of LS students reported seriously considering suicide in the past year, which means approximately **169** students seriously considered suicide in the past year

3% of LS students reported attempting suicide in the past year, which means there were **43** suicide attempts

Belonging

LS School Attachment and Adult Support

83% of LS students say that they have a supportive adult at school (69% in 2006)

69% of LS students say that they feel a part of the school (highest was in 2006 at 77%)

93% of LS students say that they have a supportive adult outside of school (88% in 2006)

65% of LS students say that they are happy to be at this school (84% in 2006)

School Attachment Correlations

29% of LS students with high attachment reported life "very" stressful in the past month versus **60%** with low attachment

8% of LS students with high attachment reported depressive symptoms in the past year versus **33%** with low attachment

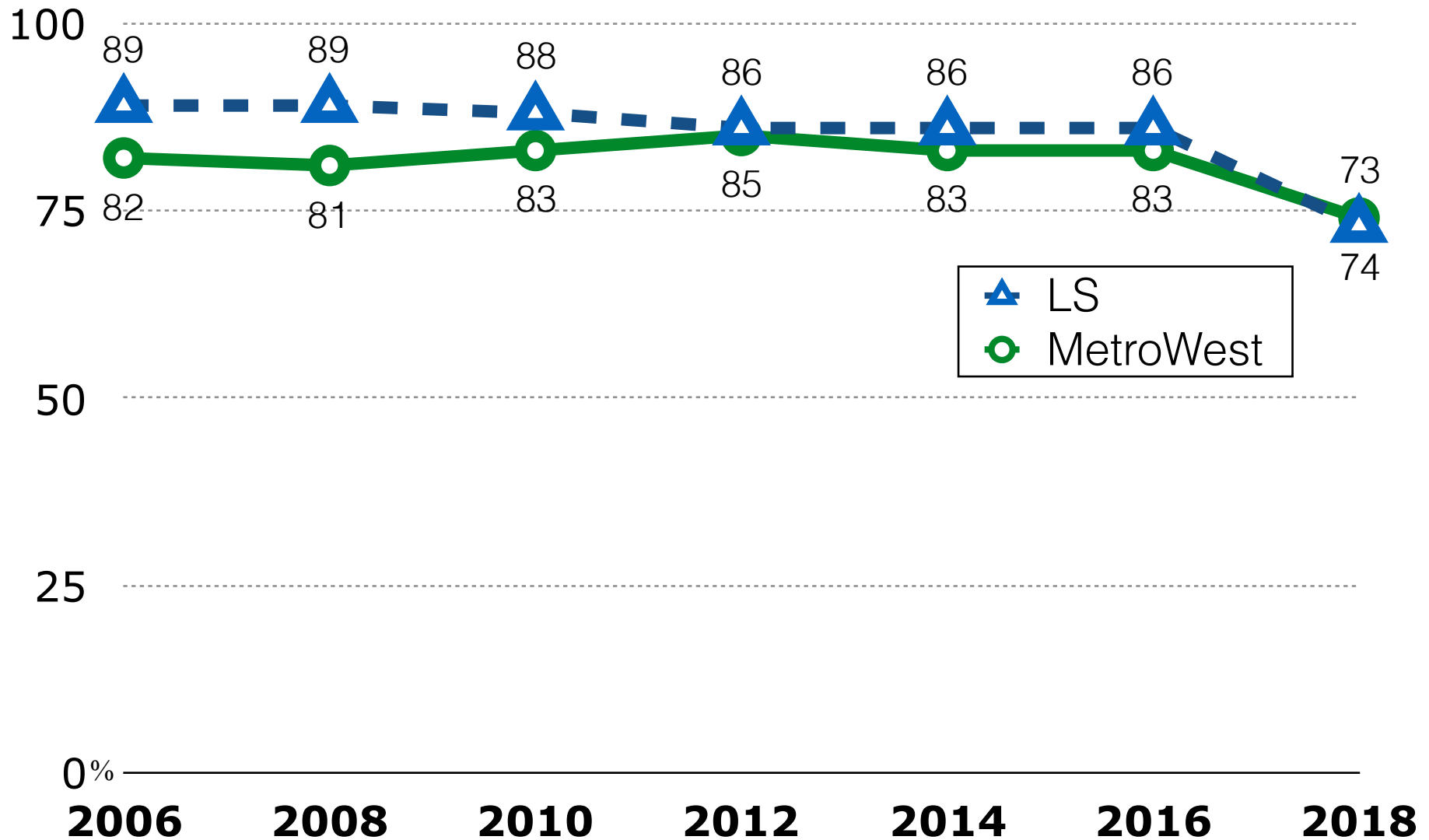
6% of LS students with high attachment reported seriously considering suicide in the past year versus **24%** with low attachment

Unlike in 2016, there was NO significant difference in substance use (cigarettes, vaping products, alcohol use, marijuana use, and prescription drug use) and school attachment

Feeling Safe at School Comparison 12 Year Trend

Reports of feeling safe at school have stayed relatively consistent since 2006 and then there was a significant drop since 2016.

% of Students who feel safe at school



LS Connectedness & Adult Support 12 Year Trend

CONNECTEDNESS	2006	2016	2018
I feel close to people at school	75%	77%	76%
I feel like I am part of this school	77%	71%	69%
I am happy to be at this school	84%	72%	65%
I feel safe in my school	89%	85%	73%
Teachers at this school treat students fairly	74%	67%	59%
ADULT SUPPORT			
Have at least one teacher/adult at school to talk to if there is a problem	69%	80%	83%
Have at least one adult outside of school to talk to about important things	88%	92%	93%

Influential Factors

Average School Night Sleep

The percentage of LS students report getting 8+ hours of sleep a night decreases with age (36% in 9th grade to 18% in 12th grade)

Fewer LS Girls report getting 8+ hours than LS Boys (21% vs 28%)

Since 2014, there has been a slight decline in LS students reporting getting 8+ hours of sleep (31% in 2014 vs 24% in 2018)

MetroWest students reported similar results

This data is not available prior to 2014.

Average School Night 8 Hours of Sleep Correlations

37% of LS students who report getting less than 8 hours of sleep drank alcohol in the past month versus **23%** who report getting more than 8 hours of sleep

25% of LS students who report getting less than 8 hours of sleep used marijuana in the past month versus **16%** who report getting more than 8 hours of sleep

46% of LS students who report getting less than 8 hours of sleep reported life being "very" stressful in the past month versus **24%** who report getting more than 8 hours of sleep

14% of LS students who report getting less than 8 hours of sleep seriously considered suicide in the past month versus **6%** who report getting more than 8 hours of sleep

Past Week Physical Activity Correlations

36% of LS students who exercise regularly* reported life to be "very stressful" in the past month versus **46%** who did not exercise regularly

12% of LS students who exercise regularly reported depressive symptoms **21%** who did not exercise regularly

There were **NO** significant correlations between exercising regularly and substance use (cigarette, alcohol, marijuana, or prescription drugs) .

*Exercise regularly was defined as being physically active 60 min. for 5+ days or more of the past 7 days

Past Year Grades Correlations

26% of LS students with A's reported using a vaping product in in the past month versus **42%** with C's or below

18% of LS students with A's reported using marijuana in the past month versus **39%** with C's or below

There was **NOT** a signification correlation in reporting alcohol use (current, lifetime, or binge drinking)

There was **NOT** a significant correlation in reporting life as being "very" stressful.

9% of LS students with A's reported self-harming in the past year versus **28%** with C's or below

9% of LS students with A's reported seriously considering suicide in the past year versus **27%** with C's or below

Past Year Being on a Sports Team Correlations

72% of LS students report playing on one or more sports teams in the past year. This has only slightly increased since 2006 when 69% of LS students reported playing on one or more sports teams in the past year.

Being on a sports team did **NOT correlate with lower or higher rates of marijuana, cigarette, or prescription drug use.**

59% of LS students who were on a sports team report having drank alcohol in the their lives versus 48% who were not on a team

Being on a sports team did **NOT correlate with lower or higher rates of bullying and cyberbullying in the past year.**

37% of LS students who were on a sports team report life being "very stressful" in the past month versus 50% who were not on a team

14% of LS students who were on a sports team report depressive symptoms in the past year versus 25% who were not on a team

9% of LS students who were on a sports team report self-harming in the past year versus 17% who were not on a team

10% of LS students who were on a sports team report seriously considering suicide in the past year versus 19% who were not on a team

Messages from Home Matter

Parents who send clear messages to their students about substance use may make a difference in their student's use.

Parents who convey a message that using marijuana is "VERY WRONG": 12% of their students report having used marijuana in the past month

Parents who convey a message that using marijuana is a "LITTLE BIT WRONG": 55% of their students have used marijuana in the past month

Parents who convey a message that using EVPs is "VERY WRONG": 20% of their students report having used EVPs in the past month

Parents who convey a message that using EVPs is a "LITTLE BIT WRONG": 55% of their students have used EVPs in the past month

Past Week Behavior at Home Correlations

Eating dinner at home with a parent or guardian regularly (5+ days) is correlated with lower rates of risky behaviors

31% of LS students who ate regularly with parents report drinking alcohol in the past month versus **44%** who did not eat regularly with parents

27% of LS students who ate regularly with parents report using electronic vaping products in the past month versus **40%** who did not eat regularly with parents

19% of LS students who ate regularly with parents report using marijuana in the past month versus **32%** who did not eat regularly with parents

13% of LS students who ate regularly with parents reported depressive symptoms versus **28%** who did not eat regularly with parents

9% of LS students who ate regularly with parents reported seriously considering suicide versus **20%** who did not eat regularly with parents

Peer Perceptions Correlations

Peer Perceptions are correlated with students' risky substance use behaviors

***Students who have friends who convey a message that using marijuana is "VERY WRONG":
1% of those students have used marijuana in the past month***

***Students who have friends who convey a message that using marijuana is "NOT WRONG AT ALL":
51% of those students have used marijuana in the past month***

***Students who have friends who convey a message that using electronic vaping products is "VERY WRONG":
3% of those students have used EVPs in the past month***

***Students who have friends who convey a message that using electronic vaping products is "NOT WRONG AT ALL":
57% of those students have used EVPs in the past month***