

**Masconomet High School  
2016 Youth Risk Behavior Survey  
Results**

**Prepared for:  
Tri-Town Council**

**Prepared by:  
Nancy Mihevc, Ph.D.  
The Research Group**

**March 2017**

## Table of Contents

<b>Table of Charts</b>	.....
<b>Sample and Methodology</b>	.....
<b>Executive Summary</b>	.....
<b>Substance Use</b>	
<b>Tobacco</b>	.....
<b>Alcohol</b>	.....
<b>Marijuana</b>	.....
<b>Prescription Drug Abuse and Other Substances</b>	.....
<b>Perceived Risk of Harm</b>	.....
<b>Parental and Peer Substance Use Disapproval</b>	.....
<b>Social Norming</b>	.....
<b>Sexuality and Sexual Behavior</b>	.....
<b>Behaviors that Contribute to Unintentional Injuries</b>	.....
<b>Behaviors that Contribute to Violence</b>	.....
<b>Bullying</b>	.....
<b>Stress, Depression, and Self-Harm</b>	.....
<b>Protective Factors</b>	.....
<b>Weight, Weight Management, and Exercise</b>	.....

## Table of Charts

**Chart 1: MASCO High School Lifetime Substance Use 2016 Compared to MASCO, Massachusetts & United States (2015) . . . . .**

**Chart 2: MASCO High School Current (Past 30 days) Substance Use 2016 Compared to MASCO, Massachusetts & United States (2015). . . . .**

**Chart 3: Use or Participation Rates by Age. . . . .**

**Chart 4: Use or Participation Rates by Grade . . . . .**

**Chart 5: Substance Use, Risk of Harm, and Peer and Parental Disapproval of Use of Four Substances. . . . .**

**Chart 6: Use, Risk of Harm, Parental and Peer Disapproval of Tobacco Use By Age . . . . .**

**Chart 7: Use, Risk of Harm, Parental and Peer Disapproval of Rx Drugs Use By Age . . . . .**

**Chart 8: Use, Parental and Peer Disapproval of Alcohol Use By Age. . . . .**

**Chart 9: Use, Risk of Harm, Parental and Peer Disapproval of Marijuana Use By Age. . . . .**

**Chart 10: Use, Risk of Harm, Parental and Peer Disapproval of E-products Use By Age. . . . .**

**Chart 11: Actual 30 day use vs perceived use - high school youth. . . . .**

## Sample and Methodology

### Survey

The 2016 Masconomet Youth Survey was based on MA YRBS by the CDC; MOST OF US Teen Norms Survey; National Social Norms Resource Center – Assessment of Norms, Behaviors, and Attitudes; Survey of Student Norms – Hobart and William Smith Colleges – Alcohol Education Project. Questions in the survey measured student demographics, substance use, protective factors, depression, personal safety, and sexual health. Social norms questions were added to assess perceptions among Masconomet High School youth on areas of substance use. Survey questions were reviewed and developed using the lens of Search Institute’s 40 Developmental Assets Model.

### Sample

The survey was administered on November 21, 2016. The final number and demographic profile of youth surveyed are discussed below.

### Data cleaning and validity

Several steps were taken to ensure that the gathered data accurately reflects the behaviors of Masconomet High School youth, a process known as “data cleaning.” The completeness and logical consistency criteria used by the CDC were applied to the surveys. If a student answered fewer than 20 questions, his/her survey was dropped (completeness). If a student’s responses were “inconsistent” (e.g. they indicated they were 15 years old but said they had their first drink at age 17, or they responded in one question that they never have been sexually active and in a following question that they have had 3 sexual partners) responses to both questions (except for age) were set to missing.

Following the data cleaning procedure, the final sample size for the Masconomet High School Youth Risk Behavior Survey in 2016 is 1088 youth. Youth might have chosen not to answer certain questions so that the total number of responses to questions varies.

### Comparison Data

Since the survey administered at Masconomet High School was based on an existing instrument, comparison data for many question items is publicly available. Comparisons are useful for providing context to survey results and can aid in identifying both strengths and priority areas.

Where available, comparison data is provided in this report. National comparison numbers are from the 2015 Youth Risk Behavior Survey data set issued by the Centers for Disease Control. State comparison numbers used are from the 2015 Massachusetts Youth Risk Behavior Survey data set reported by The Massachusetts Department of Elementary and Secondary Education and Public Health. This is the most current comparison data available.

## Sample

### Masconomet High School Survey Population

Total number of youth enrolled	1180
Number of youth absent on day of survey	52
Number of opt-outs	11
Surveys removed or unaccounted for (e.g. youth did not complete)	29
Final sample included in analysis for this report	1088
Representation rate (% of youth included in analysis out of total available to take the survey)	97%

## Demographic Profile

	Number of Respondents	Percentage of Respondents
<b>Total Valid Surveys</b>	1088	100%
<b>Sex</b>		
Female	545	50.1%
Male	537	49.4%
Missing total	6	0.6%
<b>Grade</b>		
9th grade	265	24.4%
10th grade	252	23.2%
11th grade	269	24.7%
12th grade	293	26.9%
Ungraded or other grade	2	0.2%
Missing total	7	0.7%
<b>Age</b>	Number	Percentage
13 years old	1	0.1%
14 years old	192	17.6%
15 years old	239	22.0%
16 years old	275	25.3%
17 years old	293	26.9%
18 years old or older	87	8%

Missing total	1	0.1%
Race/Ethnicity (youth were allowed to select more than one response)		
White	971	89.7%
Black or African American	26	2.4%
American Indian or Alaska Native	19	1.8%
Southeast Asian American	15	1.4%
Hispanic or Latino	43	4.0%
Asian American	49	4.5%
Native Hawaiian or Other Pacific Islander	9	.8%
Other	65	6.0%
Sexual Orientation		
Heterosexual	1082	91.0%
Gay or lesbian	13	1.2%
Bisexual	44	4.1%
Not sure	40	3.7%

## Executive Summary

### Substance Use

- The most noticeable change in use levels between 2014 and 2016 was for using prescription drugs without a prescription where both lifetime and past 30 day use declined significantly (10% to 2% and 5% to 3%, respectively.)
- Use of ecstasy, heroin, and meth also showed a significant decline from 2014, but numeric changes were small (around 2%).
- Alcohol (32% used in past 30 days), electronic vapor products (28%) and marijuana (20%) were the “drugs of choice” among Masconomet high school youth, while tobacco cigarettes (7%) and prescription drugs without a prescription (3%) were used by a much lower percentage.
- As in 2014, there were significant differences between girls and boys on many questions re: substance use. We note below some of the findings
  - Unlike 2014, girls were **NOT** more likely than boys to have drunk alcohol during the past 30 days.
  - Boys are more likely than girls to have smoked tobacco, used marijuana at least 10 times during the past 30 days, and used prescription drugs.
- As in 2014, there are significant differences across both age groups and grades on many questions. Especially notable was the increased use of alcohol, E-products, and marijuana with age. Again, differences are noted in the text.
- The age of onset of substance use has increased since 2014. We attribute this partially to 9<sup>th</sup> and 10<sup>th</sup> graders this year looking somewhat different from 9<sup>th</sup> and 10<sup>th</sup> graders in 2014. We had hypothesized in the Middle School report that the 7/8 cohort in 2014 may have been an anomaly since scores for 2016, 2012, and 2010 are fairly similar to each other and different from 2014. Examination of this cohort as it moves to 9/10 this year provides some substantiation of that theory.
- Slightly more than ½ of those who reported current use of alcohol also reported high risk drinking at least one time in the past month. There was no difference from 2014.
- When asked how great a risk of harm was associated with substance use, a large number of youth felt that use of tobacco cigarettes and prescription drugs without a prescription posed “moderate” or “great” risk of harm to the user. Use of both tobacco cigarettes and Rx drugs was quite low. Again, no change from 2014.
- In 2016 compared with 2014, significantly fewer youth perceived high risk drinking and marijuana as “great” risks, but significantly more perceived use of prescription drugs without a prescription to carry with it great risk.
- An increase in perceived riskiness of prescription drugs was associated with a decrease in use. Decreases in perceived riskiness of high risk drinking and marijuana use, however, were not associated with increased use.
- Youth perceptions of parental and peer disapproval generally mirrored their ratings of risk – quite high for cigarettes and Rx drugs and substantially lower for alcohol, E-products, and marijuana – although strong parental disapproval of marijuana is still somewhat higher.
- Parental and peer disapproval of misuse of prescription drugs increased from 2014 to 2016.
- Youth’s perceptions of peer usage of substances are significantly higher than reported use – and girls’ ratings of peer usage are significantly higher than boys’ ratings. There were no differences across time.

## **Sexuality and Sexual Behavior**

- As in 2014, about 1/3 of the youth reported being sexually active at some time during their lives.
- About 25% of those who are sexually active reported that they had used alcohol or drugs prior to the last time they were active and 4.9% reported being forced to have sexual contact against their will.
- Nearly 2/3 of those who are sexually active said they had used a condom the last time they were active
- About 1 in 20 indicated that they did not protect themselves against pregnancy with any method the last time they had intercourse – a significant decrease since 2014.
- Fewer than 1 in 50 reported they have been told they have HIV or an STD.

## **Behaviors that Contribute to Unintentional Injuries**

- Between 10% and 20% of the youth report that they ride in vehicles with others that have been drinking or smoking marijuana.
- About 3 in 10 of those who drive report that they text or talk on the phone while they drive.
- There were no differences across time in any behaviors in this section.



## **Behaviors that Contribute to Violence**

- Responses generally were not different from 2012 – slightly less than 10% carried a weapon; about 1 in 7 had been in a fight. The one difference that did emerge was in gang membership at 5.1% - a significant decline from 2014 at 9.2%.
- There were few differences across age but many differences across gender with boys were more likely than girls to engage in these behaviors.

## **Bullying**

- Less than 20% of youth report having been bullied at school (15.8% - significantly fewer than the 20% in 2014). Slightly more than 10% were bullied on the internet with girls more likely than boys to report this.
- Social media is the most commonly reported location for bullying and girls are more than twice as likely as boys to report experiencing or having seen bullying on social media (31% vs 15%).
- From 2014 to 2016 there was a significant decrease in the percent of youth reporting that teachers always attempt to stop bullying when they witness it (36% to 30%).

## **Stress, Depression, and Self-Harm**

- About 20% of the youth reported always experiencing stress and about the same number reported almost never or never experiencing stress – about the same as in 2014.
- School work, self-expectations, getting into college, and parental expectations were the most common sources of stress.
- About 1 in 11 youth managed stress with drugs or alcohol and about 1 in 9 had no method for managing stress. The number of youth who reported talking with friends, talking with parents, and using exercise or yoga to manage stress were all higher than in 2014.
- About 1 in 6 indicated that they were clinically depressed at some point during the past year; 9.3% seriously considered suicide; and 1.8% attempted suicide.
- About 1 in 10 engaged in self-harm – significantly lower than in 2014 (9.2% vs 13.4%).

## **Protective Factors**

- About  $\frac{3}{4}$  of the youth reported having at least one adult at school they could talk with.
- Only about 1 in 25 reported that they had no one outside of school to confide in.
- About  $\frac{3}{4}$  did community service work – a significant increase from 2014 (77.2% vs 67.3%).

## **Weight, Weight Management, Exercise and Nutrition**

- About  $\frac{1}{4}$  of the youth reported that they saw themselves as overweight but about 4 in 10 reported that they were trying to lose weight.
- Only about 7% reported using unhealthy methods to lose weight and close to 9 in 10 engaged in aerobic exercise in the past 7 days.

## Substance Use

### Tobacco/Nicotine

Tobacco is clearly **not** the “drug of choice” among Masco high school youth. Slightly more than 1 in 10 reported ever tried smoking (13.1%) with 14.9 years as the average age of onset of smokers. In 2014 the age of onset was 13.6 years. Just under 2% started smoking before age 13 (1.8%).

As with most substances examined in this survey, use in the past 30 days (current use) was significantly lower than lifetime use with about 1 in 14 youth reporting smoking during the past 30 days (7.3%). This year 5% of the youth reported smoking between 1 and 5 days in the past 30 and only 1.7% reported smoking 20 or more days. Upperclassmen, boys, and older youth were significantly more likely to have smoked in the past 30 days than were lowerclassmen, girls, and younger youth.

It appears that electronic vapor products hold substantially more appeal than do regular cigarettes with more than a quarter of youth reporting that they used an electronic version in the past 30 days (27.7%). About 1 in 8 reported infrequent use (1 or 2 days) while 8.2% report current frequent use (20 days or more). The same demographic differences seen for cigarettes also applied to electronic vapor products. The most common other tobacco products tried were using a water pipe (8.8%) followed by cigar products (7.3%).

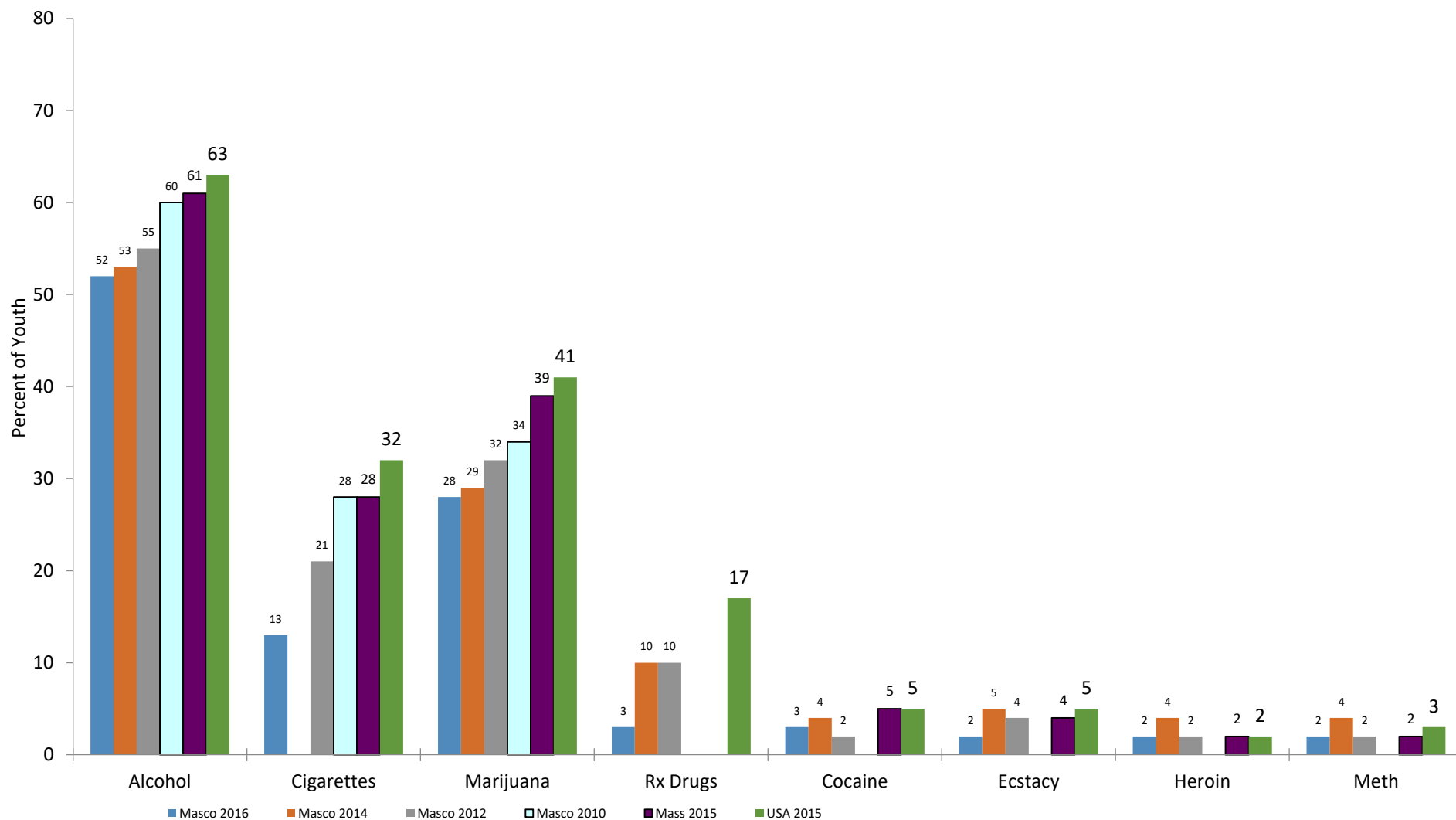
Charts 1 and 2 on the following pages demonstrate lifetime and current (past 30 day) use of various substances for MASCO in 2016, 2014 and 2012, and Massachusetts and the US in 2015. There is no data for lifetime use of cigarettes for MASCO in 2014.

There were no differences in lifetime use of alcohol, tobacco cigarettes, marijuana between 2016 and 2014 (Chart 1). However, lifetime use of prescription drugs without a prescription, ecstasy, heroin, and meth all decreased significantly from 2014 to 2016. Decreases for ecstasy, heroin, and meth were all numerically small, but the decrease for prescription drugs was fairly substantial as well as statistically significant (10% to 2%).

Current use (past 30 days) of prescription drugs also declined from 2014 to 2016 (5% to 3%) while there was no significant change for other substances over time.

The two charts also reveal that current use is substantially lower than lifetime use for all substances.

**Chart 1**  
**MASCO High School Lifetime Substance Use 2016**  
**Compared to MASCO 2014, 2012, 2010, Mass & USA (2015)**



**Chart 2**  
**MASCO High School Current (Past 30 days) Substance Use 2016**  
**Compared to MASCO 2014, 2012, 2010, Massachusetts & United States (2015)**

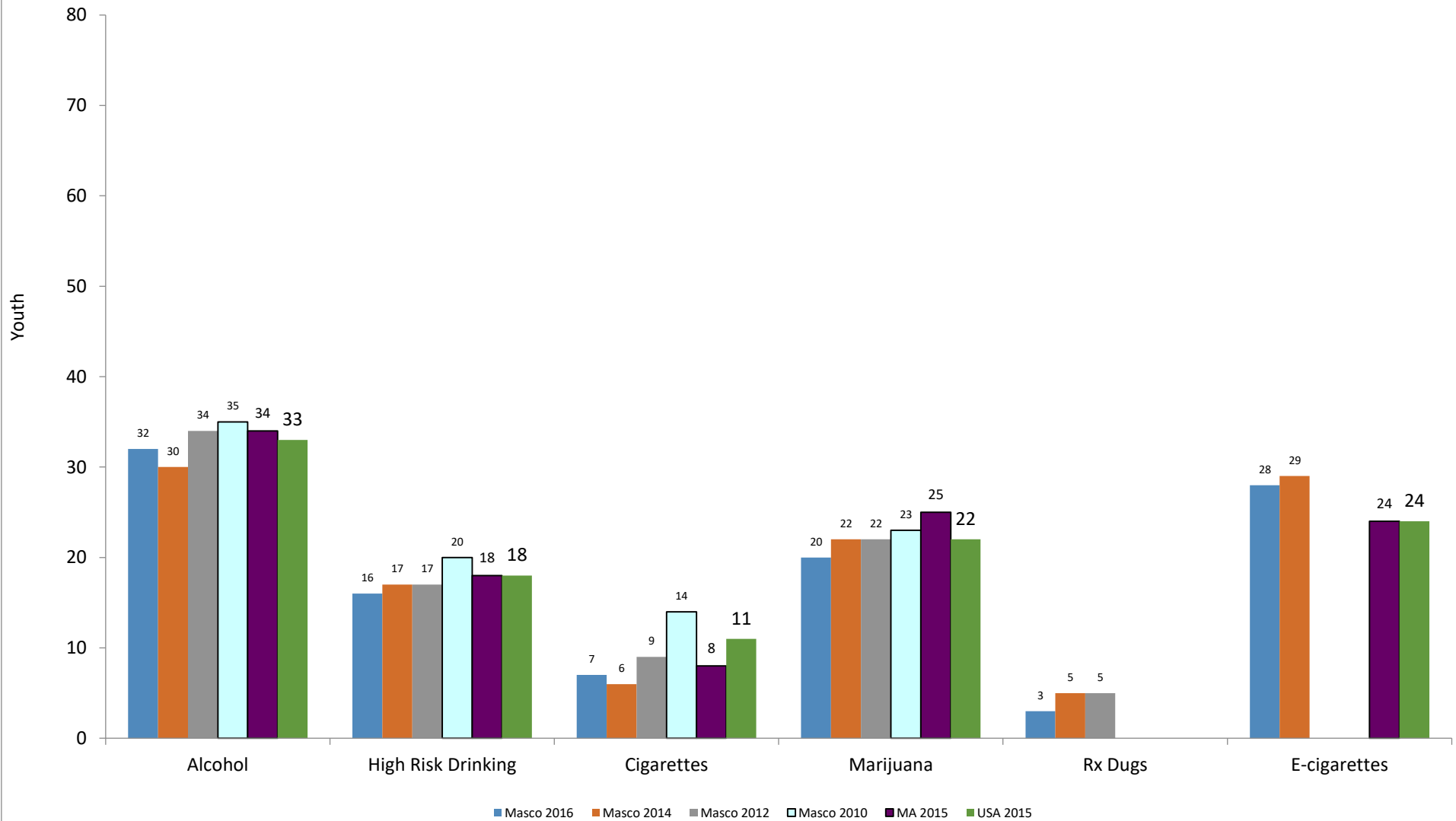


Chart 3 shows a relatively weak relationship between age and cigarette use, and age and use of prescription drugs without a prescription. While there is some increase in use with increased age, that rise is not dramatic.

In contrast, alcohol and being sexually active show the strongest relationships being age and use or participation. Marijuana and electronic vapor products show a less strong relationship with about a 30 point spread between 14 and 18 year olds.

These results might suggest that teenagers may be less likely to “push the envelope” via tobacco use than they were in the past, and rather, are doing so via sex and alcohol use.

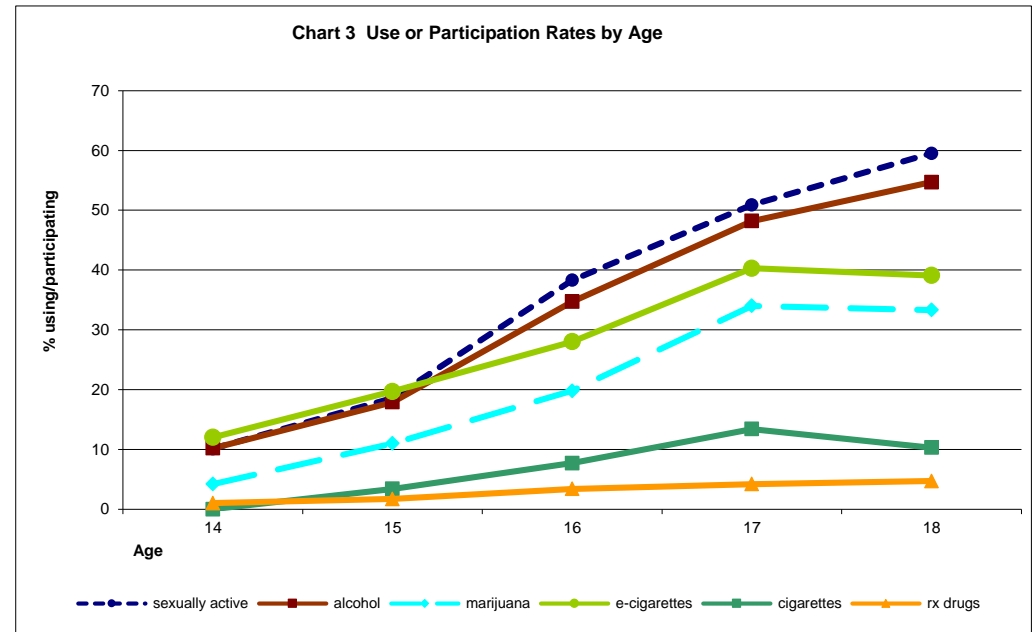
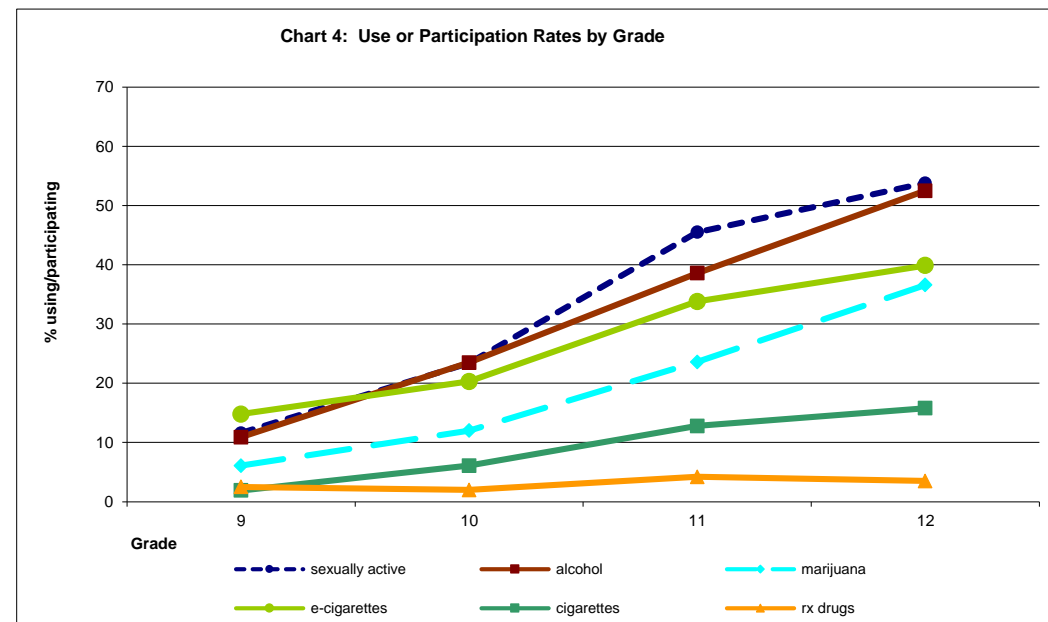


Chart 4 shows that similar patterns exist when use or participation are examined by grade. A comparison of the charts suggests that use of grade tends to somewhat obscure the alcohol use and sexual activity patterns for the oldest youth. That is, for these two areas 18 year olds tend to be relatively different from 17 year olds, yet many 17 year olds would have been in 12<sup>th</sup> grade when this survey was administered, so the differences would be hidden if only grade is examined. For the remaining 4 areas (tobacco, pot, prescription drugs, and E-products) 17 and 18 year old are fairly similar.



## Alcohol

Alcohol is the most common “substance” consumed by Masco high school youth with more than half reporting having drunk alcohol at some point in their lives (52.4%) – not significantly different from the proportion in 2014 (53.4%). The age of onset was 13.4 – very slightly younger than in 2014 (13.7) and 8.4% had their first drink before age 13. Older youth were more likely than younger youth to have had an alcoholic drink sometime during their lives.

About 3 in 10 youth reported drinking in the past 30 days – not significantly different from 2014 (31.9% vs 30.1%). As with lifetime use, likelihood of consumption in the past 30 days increases with age. Unlike 2014, there was no difference in current use of alcohol across gender (in 2014 girls were more likely than boys to have consumed alcohol in the past 30 days). About 3/4 of all those who reported drinking during last 30 days said they were infrequent users (1 or 2 times – 24.74%) while only 1.1% said they were current frequent drinkers (20+ days per month).

High risk drinking was reported by 15.8% of the youth (not different from the 16.5% in 2014) and is related to age in terms of both occurrence and frequency. About 5% report having engaged in binge drinking once or twice in the past 30 days and less than 1% reported it occurred on 20 days or more.

Nearly 6 in 10 youth reported that it is fairly or very easy to obtain alcohol (57.7%). Older youth were more likely than younger youth to say it would be “very easy” to obtain alcohol. Three methods for obtaining alcohol that account for the majority of responses – friends (23.6%), parties (19.8%), and home (14.1%) and they mirror responses to the question of where youth drank alcohol in the past year – weekend parties (23.3%), friend’s house (25.9%), and at home (12.7%).

The most common methods for resisting peer pressure to drink were telling people they did not want to drink (48.9%), drinking non-alcoholic beverages instead (37.8%), and hanging out with people who do not drink (30.5%).

## Marijuana

The percent of youth reporting lifetime use of marijuana was 28.2% -- **not** significantly lower than in 2014 (29.3%). Again, upperclassmen, boys and older youth were more likely than underclassmen, girls, and younger youth to have smoked pot. For age and grade there were again significant differences in terms of both lifetime use and frequency of use. Age of onset – 14.8 years – was a full year greater than in 2014 (13.8).

The percent of youth reporting use of marijuana in the past 30 days (20.1%) was not different from current use in 2014 (22%). More than 1 in 10 reported being infrequent users (1 or 2 times) (11.9%), while 3.8% reported smoking 40 or more times. Past 30 day marijuana use increases with age and grade in terms of both occurrence and frequency (number of times used). Similarly, boys were more likely than girls to smoke more frequently (40 or more times – boys 6.1% vs girls 1.7%).



### **Prescription Drugs and Other Substances:**

About 1 in 50 youth said they abused prescription drugs at some point in their lives – significantly lower than in 2014 (2.6% vs 10.0%). All of those indicated they had done so one or two times. Underclassmen were more likely than upperclassmen to say they never used prescription drugs without a prescription

About 1 in 50 youth reporting abusing prescription drugs in the past 30 days with girls less likely than boys to have done so at least once. More of those who abused were infrequent abusers (1 or 2 times) or frequent abusers (20+ times) (1.5% and .2%).

In terms of other substances, lifetime use ranged from 1.6% to 4.2%. Heroin, ecstasy, and meth all showed significant decreases in lifetime use over time although the numeric differences were small.

Use of inhalants during the past 30 days was significantly less than past 30 day use reported in 2014 (1.8% vs 3.4).

### **Access to Drugs on School Property:**

Slightly more than 1 in 10 youth said they were offered illegal drugs on school property (10.5%) with boys significantly more likely than girls to report such an offer (14.3% vs 6.8%). Interestingly, there were no significant differences across age groups on this question.

## **Perceived Risk of Harm from Regular Substance Use:**

Youth were asked how much people risk harming themselves if they use various substances on a regularly (and in some cases, excessively).

**Smoking 1 to 2 packs of cigarettes per day** – More than 2/3 of the youth indicated that this level of cigarette use posed a great deal of risk (68.3%). There were no significant differences across gender, age groups or time.

**Using electronic vapor products** – About 1 in 7 youth indicated that electronic vapor products posed a great deal of risk (14.0%). Girls and younger youth were more likely than boy and older youth to see higher levels of risk.

**Having one or two drinks nearly every day** – More than 1 in 3 youth indicated that daily drinking posed a great deal of risk (37.0%). Boys were more likely than girls to see lower levels of risk. This risk factor was not measured in 2014, so no comparative data is available.

**High risk drinking once or twice a week** – About 6 in 10 youth felt that this was very risky behavior with girls significantly more likely than boys to describe it as great risk (64.0% vs 57.1%). There was a significant decrease in perceived risk compared with 2014 (39.1% vs 50%).

**Smoking marijuana once or twice a week** – Slightly over 1 in 5 youth reported that they thought this level of marijuana use posed a great risk (20.1%). The perception of “great risk” declined with age. In addition, boys were more likely than girls to say there was no risk (29.1% vs 14.6%). The perception of great risk declined significantly compared with 2014 (20.1% vs 26.8%) – the second significant decline in 4 years.

**Using prescription drugs not prescribed to them** – Abuse of prescription drugs was seen as the most risky behavior of the substances examined with fully 77.8% saying use these drugs posed a great risk. Boys were more likely than girls to say there was slight or no risk. There was a significant increase in perceived risk compared with 2014 (77.8% vs 72%)

It is very interesting to note that for cigarettes and prescription drugs, perceptions of risk mirrored actual past 30 day usage. Smoking and prescription drug use had the lowest past 30 day use (7.3% and 2.9%) and they were perceived as the most risky (68.3% and 77.8% - great risk). Also, these two substances showed relatively small increases in use as youth aged – and there was little difference in perception of risk as youth aged.

Using E-products was perceived as the least risky of the five (14.0% great risk) and had the 2<sup>nd</sup> highest rate of past 30 day use (27.7%). In addition, perception of risk decreases with age as 30 day use increases.

Interestingly, perceptions of high risk declined over time for marijuana and high risk drinking, but 30 day use remained the same. In contrast, more youth thought the risk of abusing prescription drugs was greater in 2016 than in 2014 and both lifetime and 30 day use declined. Thus, it appears that there is not a consistent relationship between perception of risk and use across substances.

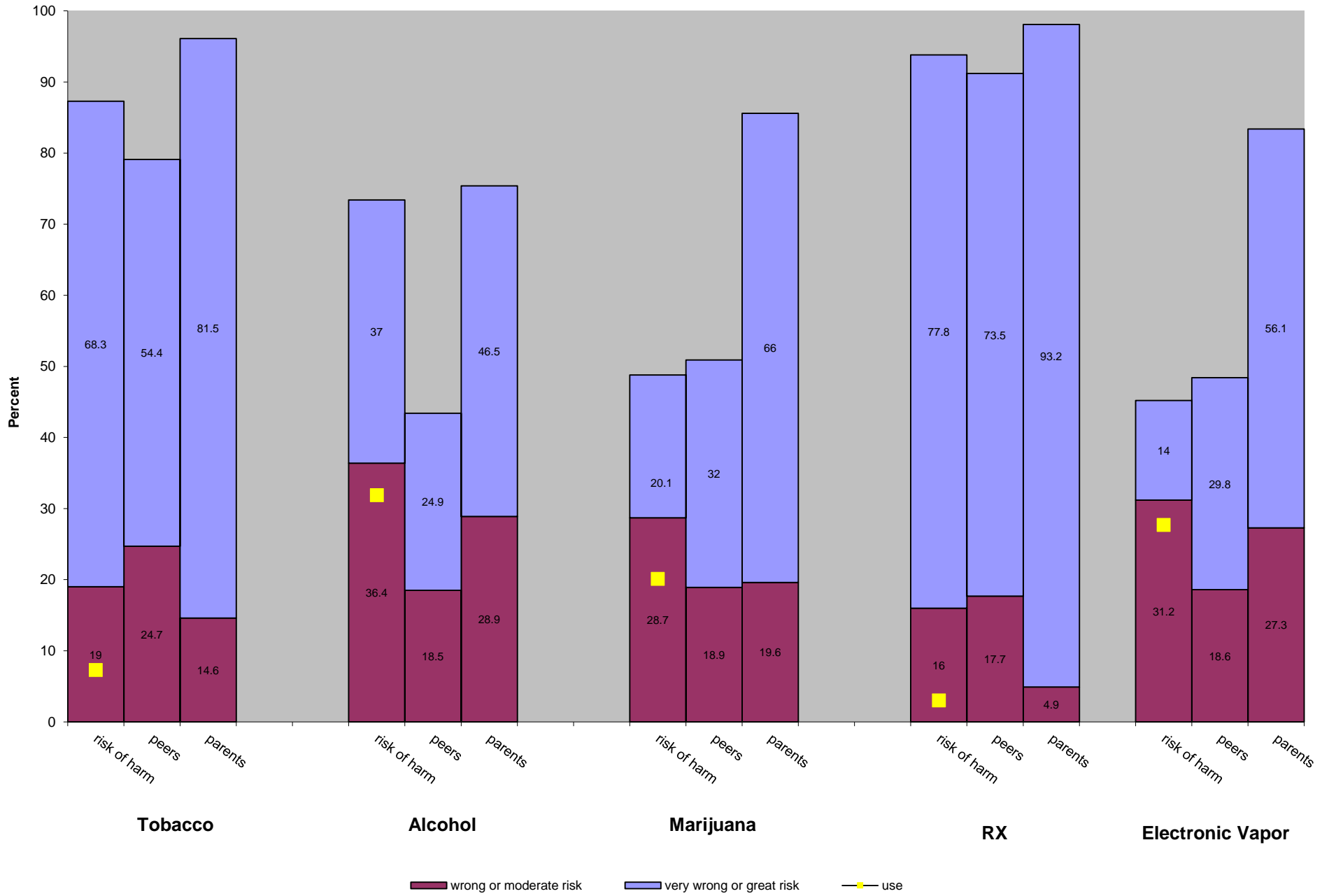
## **Peer and Parental Disapproval**

Youth were asked how wrong their parents and their friends feel it would be to engage in five behaviors. For both tobacco and misuse of prescription drugs, perception of risk, and parental and friend evaluations of use as “very wrong” are quite high (54% to 93%) and actual past 30 day use is quite low (2% to 7%). For alcohol, marijuana and E-products, parental and friend evaluations of use as “very wrong” are lower (especially for alcohol), and 30 day use is significantly higher.

Generally, parental and friend evaluations of “very wrong” differed across gender and age groups just as use differed across these groups. Girls were more likely than boys to feel that parents would respond “very wrong” to use of all substances, and friends would respond “very wrong” to use of tobacco, marijuana, and prescription drugs. Younger youth were more likely than older youth to see parents and friends describing use of all five substances as “very wrong”. This is consistent with our hypothesis that the 9<sup>th</sup> and 10<sup>th</sup> grade cohort has been somewhat of an anomaly since the 2014 MS survey.

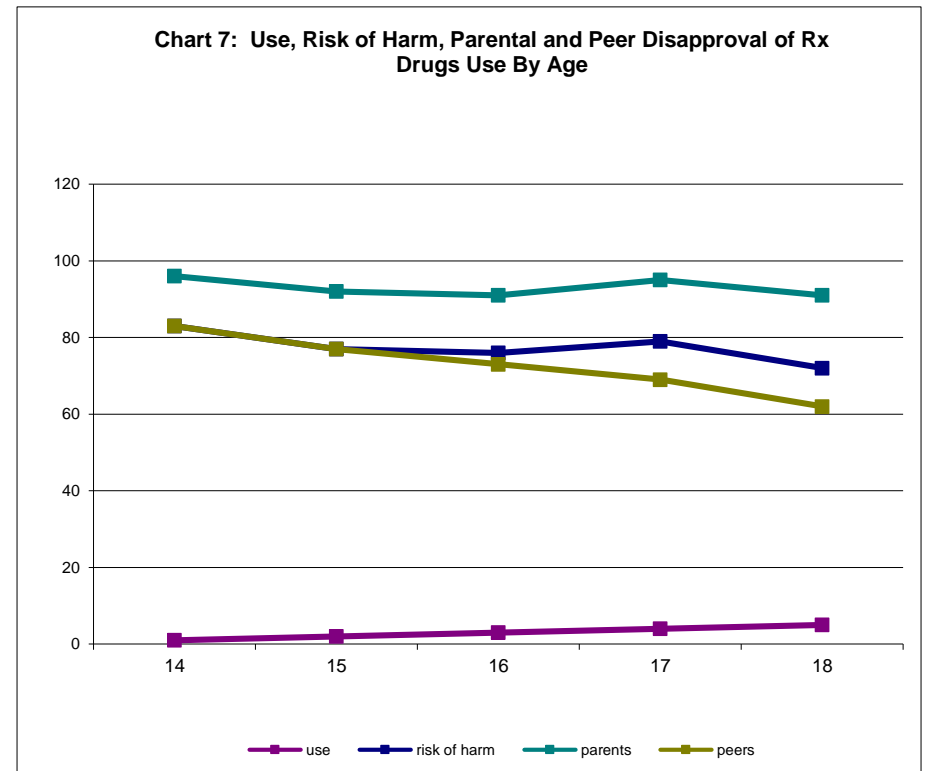
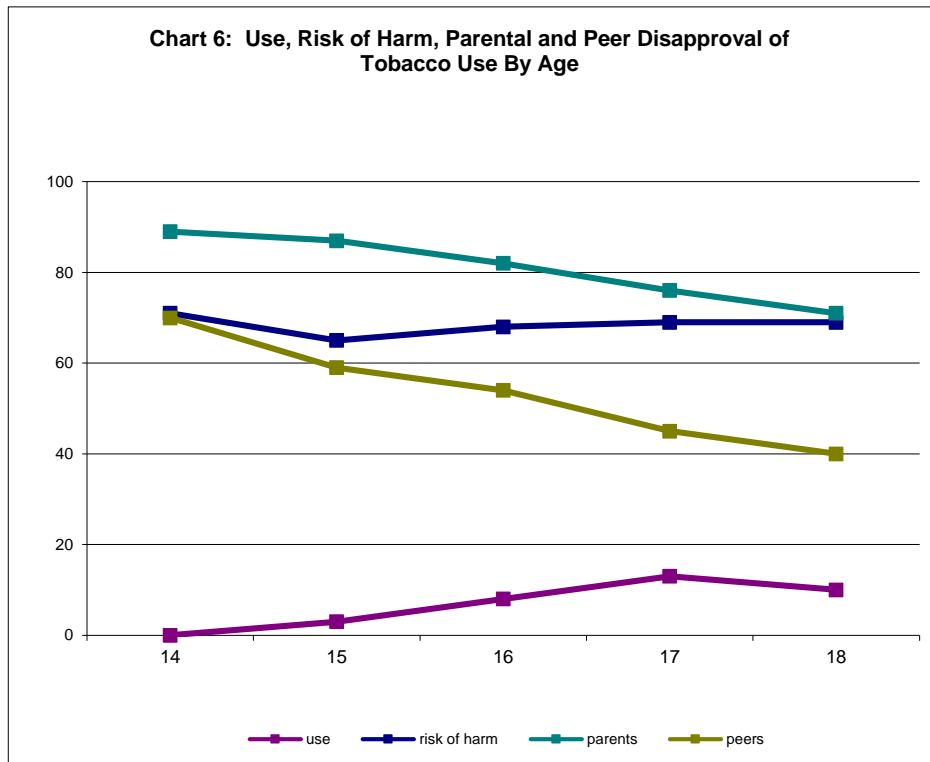
The most notable difference across time was the increase in parental and peer disapproval for use of prescription drugs without a prescription.

Chart 5: Substance Use, Risk of Harm, and Peer and Parental Disapproval of Use of Five Substances

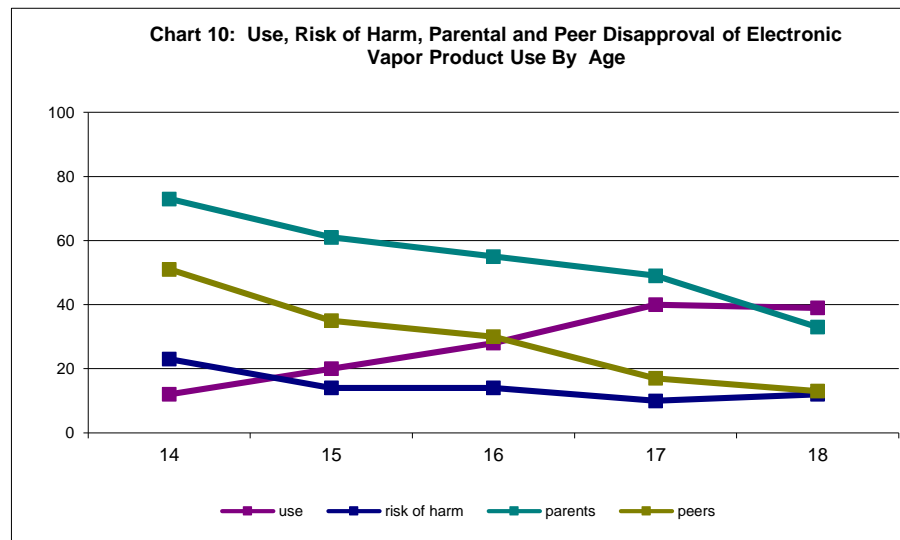
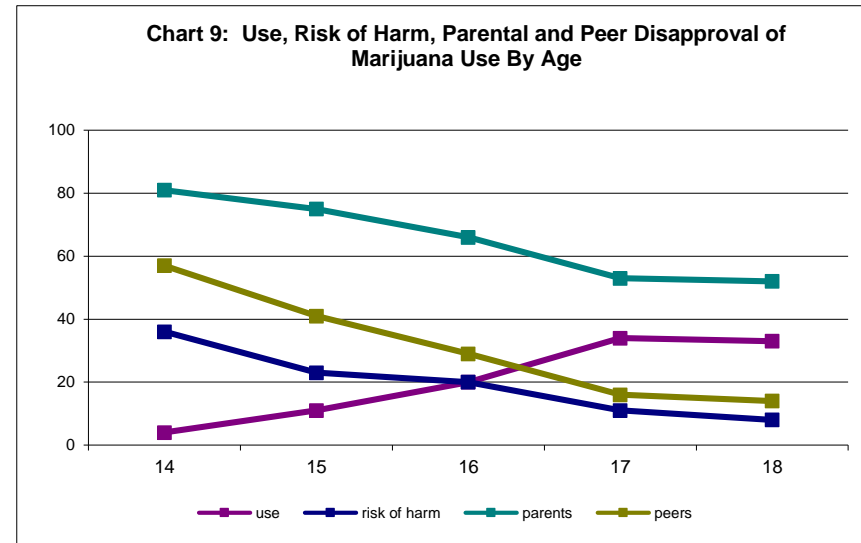
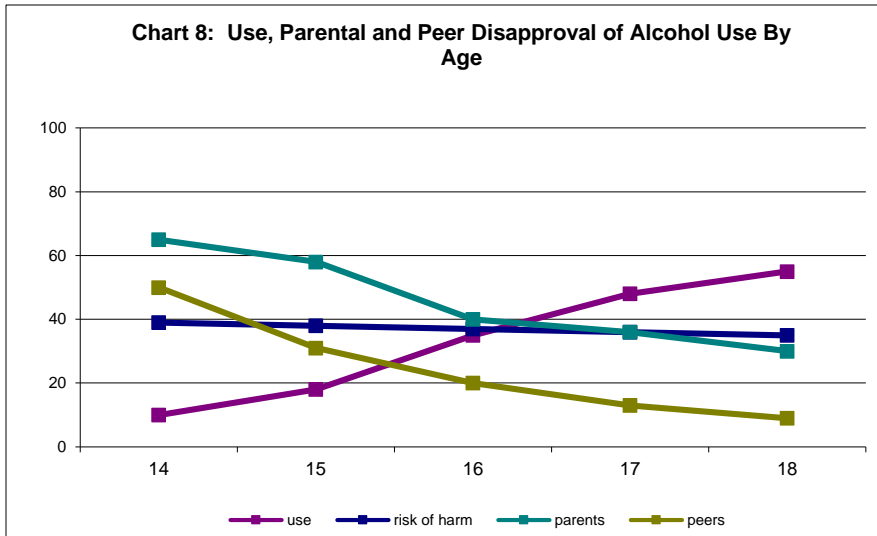


Charts 6 through 11 illustrate the relationships between age and perceived risk of harm and perceived disapproval for five substances. In these charts peer and parental disapproval reflect the most extreme responses “Very Wrong” and risk of harm is also the most extreme responses “Great risk”. Use of most extreme response is more enlightening in this analysis than is the summation of the top two responses.

Tobacco and Rx Use without prescription show substantially different patterns than alcohol, marijuana, and E-products. First, use for both smoking tobacco and prescriptions without a prescription is quite low for all groups – never reaching 20%. Second, risk of harm and perceived parental disapproval are high for both across all age groups. For tobacco and prescription drugs, risk of harm remains almost constant across age – a somewhat unexpected finding. For prescription drug use, perceptions of parental and peer disapproval also remain relatively stable across age groups. For tobacco, perceptions of peer and parental disapproval decrease as age increases.



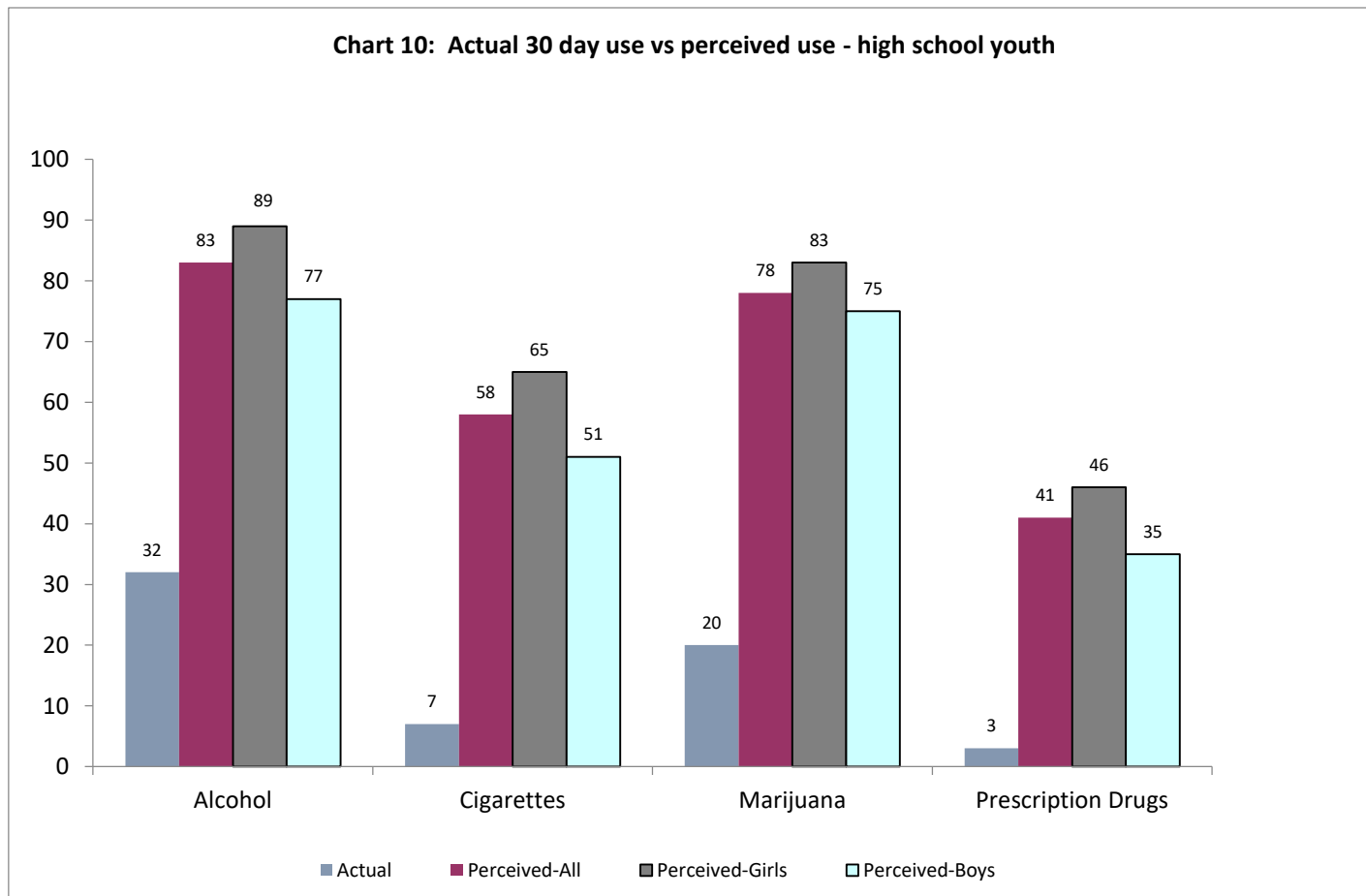
Alcohol, E-products and marijuana show clear – and somewhat predictable – patterns – risk of harm and disapproval decrease significantly with age while use increases significantly with age. For alcohol, peer extreme disapproval is perceived to be at or below 20% and use jumps to 60% at age 18. The disapproval levels started at 50% or higher for 14 year olds. Parental disapproval follows the same pattern, but the rates are higher. The pattern for marijuana and E-products is somewhat different. Perceived harm and extreme peer disapproval is very low – less than 20% while extreme parental disapproval is between 40% and 50% for 18 year olds. Interestingly, neither the rise in use nor the decline in perceived disapproval across age was as steep in 2016 as it was in 2014



**Social Norming:**

Perceptions – and misperceptions – of 30 day use of all substances except prescription drugs in 2016 were very similar to those levels in 2014. Three of the four substances reached the 50% threshold of difference between actual and perceived that is needed to be termed a “misperception” and the fourth (prescription drug abuse) was close to the 40% level.

Very interestingly, there were significant differences between girls and boys in perceptions of use for all four substances. In all four cases, girls had a significantly higher rate than boys. Older youth were more likely than younger to assume higher levels of alcohol and marijuana use.



## Sexuality, Gender Identity and Sexual Behaviors

### **Sexual identity**

Slightly more than 9 in 10 youth described themselves a heterosexual. The remainder of the youth responded lesbian or gay (1.2%), bisexual (4.1%) or questioning (3.7%). In terms of gender identity, .6% said they thought of themselves as transgender males, .5% identified as transgender females, .7% as transgender other, .7% were uncertain how they thought of themselves, 1.0% did not understand the question, and the remainder indicated they did not think of themselves as transgender.

### **Sexual Activity**

Slightly more than 1/3 of the respondents reporting having been sexually active at some time during their lives with boys more likely than girls to respond “yes” (38.1% vs 30.1%) and older youth more likely than younger youth to indicate they had been sexually active. There was no difference across time. Age of onset was 15.2 (slightly higher than 2014) and 3.0% reported being sexually active before age 13.

Most youth who reported being sexually active ever, or in the past 3 months indicated that they had had only one sexual partner (14.1% and 19.3%, respectively). In terms of age, those 16 years and older were more likely than those under 16 to report having been sexually active with at least 1 partner both at some point during their lives and during the past 3 months.

About 25% of those who were sexually active reported that they had used drugs or alcohol prior to their last sexual encounter with 16-18 year olds more likely than those under 16 to report this behavior and 4.9% reported that someone had sexual contact with them against their will.

### **Safety, Protection, Pregnancy, and STDs**

Condom use: About 2/3 of the youth who are sexually active report that they or their partner used a condom the last time they were sexually active. Youth sixteen and over were more likely than younger youth to report using a condom.

Pregnancy and pregnancy prevention: About 1 in 20 youth who reported having sexual intercourse did not protect against pregnancy – a significant decrease since 2014 (10% vs 5.3%). More than ½ (53%) used a condom, 32% used birth control pills, and about 10% used some other method. About 2% reported having been pregnant or gotten someone pregnant (2.7%) There were no changes over time on these questions.

HIV and STDs: Eight percent of youth reported having been tested with older youth more likely than younger youth to report this. Slightly less than 2% said they been told they had HIV or an STD (1.4%).



### Behaviors that Contribute to Unintentional Injuries

Youth were asked a series of questions about choices they make while operating a vehicle (from rollerblade to car) or being a passenger in a vehicle. The table below illustrates how frequently they engage in behaviors that might contribute to injury. For each behavior, we present the percentage who make a “poor choice” regarding safety at least once. For example, in terms of wearing a helmet while rollerblading, biking, etc., we show the percent who did not respond “Always”. For questions that deal with driving, the number is the percentage of those who do drive that engage in the behavior.

Rollerblading/skiing/etc	74.3%
Seat belt when riding with others	24.3%
Drive with other who drank	13.2%
Drive after drinking	4.3%
Drive with other who use pot	20.2%
Drive after smoking pot	13.0%
Text while driving	29.1%
Use cell while driving	36.0%

There were no changes across time.

The most consistent differences across demographic groups was the boys were more likely than girls to ignore safety precautions in all areas.

## Behaviors that Contribute to Violence

Youth were asked a series of questions regarding carrying weapons, fighting, and being threatened or injured. There were few differences across time or across age groups on these questions, but there are significant differences across gender on all questions. Differences are noted below.

- In past 30 days did you . . .
  - Carry a weapon – 9.3% (Boys more likely than girls 17.8% vs 1.7%)
  - Carry a gun – 2.2% (Boys more likely than girls 4.2% vs 0%)
  - Carry a weapon on school property – .6%
  - Not go to school because you felt unsafe – 3.7%
- In the past 12 months . . .
  - Were you threatened or injured on school property with a weapon – 2.8% (Boys more likely than girls 3.8% vs 1.7%)
  - Were you in a physical fight – 15.0% (Boys more likely than girls 23.6% vs 6.4%)
  - Were you in a physical fight in which you needed to be treated by a doctor or nurse – 1.8% (Boys more likely than girls 3.4% vs .2%)
  - Were you in a physical fight on school property – 4.3% (Boys more likely than girls 7.2% vs 1.3%)
  - Have you been a member of a gang – 5.1% (significant decrease from 2014) (Boys more likely than girls 8.3% vs 1.9%)
- Have you ever been hurt **physically or sexually** by a date – Yes 4.4% (Girls more likely to be **sexually** hurt than boys 2.6% vs .8%).

## Bullying

Youth were asked if they had been the victim or perpetrator of bullying in the past couple of months and to provide some details regarding types of bullying, reactions to bullying, and locations. Given the discrepancy between number of victims and number of perpetrators, it would appear that 1) youth are hesitant to admit they bully others, 2) youth don't define their actions as bullying, or 3) most bullying is done by a relatively small group of youth.

All differences across gender, age, grade, and time are noted below.

- **Student as victim of bullying**

- Occurrence

- In the past few months have been bullied at least once **at school** – 15.8% significantly lower than in 2014 (20.3%). (Girls more likely than boys to have been bullied once or twice in past couple of months 12.1% vs 6.9% - but boys more likely than girls to report being bullied several times a week in past couple of months 3.6% vs .7% Also 12<sup>th</sup> graders least likely to report being bullied.)
- In the past few months have been bullied at least once **on cellphone or over internet** – 12.6% (Girls more likely than boys 14.9% vs 10.0%)

- Most common types of bullying at school

- Been called mean names, made fun of – 9.0% - significantly lower than in 2014 12.5%.
- Excluded – 6.9% (Girls more like than boys 8.5% vs 4.8%)
- Others spread lies/rumors – 6.7% (Girls more likely than boys 9.6% vs 3.8%)

- **Student as perpetrator of bullying**

- Occurrence

- In the past few months bullied another student at least once at school – 5.0%
- In the past few months bullied another student at least once **on cellphone or over internet** – 4.7%

- Most common types of bullying at school

- Called others mean names, made fun of – 2.7% - significantly lower than in 2014 4.5%. (Boys more likely than girls 3.8% vs 1.7)
- Excluded – 1.5%
- Others spread lies/rumors – .8%

- **Location of bullying**
  - Most youth indicate they have not experienced or seen bullying in the past few months (59.4%) – significantly lower than 2014 53.6% -- with boys much more likely than girls to say they haven't experienced/seen it (63.5% vs 43.7%)
  - Most common locations
    - Social media – 23.0% (Girls more likely than boys 31.2% vs 14.5%)
    - Hallways – 14.1%
    - In the cafeteria – 12.0% - significantly higher than in 2014 8.3%
    - On the bus – 10.8%
  
- **Reactions and Responses to bullying**
  - **Victim's** most typical reactions to bullying
    - Walk away/ignore – 15.7% (Girls more likely than boys 19.3% vs 12.1%)
    - Respond with words or actions – 8.5%
    - Tell the person bullying to stop – 6.4%
    - Tell parents – 5.5% (Girls more likely than boys 7.6% vs 3.2%)
  
  - **Observer's** most typical reactions to bullying
    - Never noticed any – 41%
    - Try to help the bullied student – 38.3% (Girls more likely than boys 44.9% vs 32.1%)
    - Do nothing but think I should help – 11.8%
    - Tell my parents – 8.8% - significantly higher than in 2014 - 4.4% and girls more likely than boys 12.1% vs 5.5%.
  
  - **Frequency with which teachers try to put a stop to bullying**
    - Almost always – 30.3% (down from 36% in 2014 : Boys more likely than girls to report this frequency (37.2% vs 23.7%)
    - Almost never – 11.9% (up from 9.2% in 2014)

## Stress, Depression, and Self-Harm

### Stress:

When asked how much of a problem stress was nearly equal numbers of youth replied “Not a problem at all/Almost never a problem” (18.3%) and “Always a problem” (20.4%) with the remaining split about evenly between “Sometimes” and “Often”. Girls were more likely than boys to respond “Always” (31.0% vs 9.7%), while boys were more likely to respond “Not at all” or “Almost Never” (29.3% vs 7.7%). Sixteen and seventeen year olds were more likely than fourteen and fifteen year olds to respond that stress is always a problem.

The most frequently mentioned sources of stress were

- School work (87.8%)
- My expectations of myself (57.2%) – higher than in 2014 - 51.8%
- Getting into college (41.9%)
- Parents’ expectations of me (41.8%)

The remaining responses (friendships, family, extra-curricular) all were chosen by 30% to 40% of the youth. Girls were more likely than boys to report feeling stressed about all topics. The same pattern was true last year.

Most youth employed some type of positive stress management technique with the most common being:

- Talking to friends (51.0%) – higher than in 2014 - 44.7%.
- Journal/draw/listen to music/spend time alone (37.7%)
- Talk to parent or family member (32.8%) – higher than in 2014 - 27.2%.
- Exercise/yoga (31.0%) – higher than in 2014 - 26.7%.

About 1 in 11 each said they used drugs or alcohol to manage stress (8.7%) or they had no way to manage stress (11.4%).

### Depression and Self-harm (including suicide):

When asked if they exhibited signs of clinical depression (feeling sad or hopeless almost every day for two weeks or more in a row) 16.3% responded “Yes” with girls more likely than boys to respond in this manner (24.8% vs 11.7%). More than 1 in 8 reported having hurt or injured themselves on purpose at least once (9.2% - significantly lower than in 2014 - 13.4%) with girls more likely than boys to have inflicted self-harm (11.4% vs 5.6%). The percentage of girls responding “yes” dropped significantly since 2014 (11.4% vs 19.1%). The percentages of 9<sup>th</sup> and 10<sup>th</sup> graders responding “yes” dropped significantly since 2014 – possibly accounting for some of the large decline among girls reporting self-injury.

During the past twelve months, 9.3% said they seriously considered suicide and 4.7% said they made a plan about how they would attempt suicide. Unlike 2014 there were no differences across gender on this question. During the past 12 months 1.8% said they actually attempted suicide (down significantly from 2014 – 3.1% with girls less likely than boys to report having attempted suicide) and 1.6% indicated they were treated by a doctor or nurse.

## Protective Factors

Protective factors are associated with the prevention of risky behaviors and substance use. Perception of risk of harm from substance use and parental and peer disapproval of substance use were discussed earlier and were shown to relate to substance use. In this section we address presence of supportive adults, feeling valued, and participation in sports and extra-curricular activities.

### **Supportive Adults:**

More than  $\frac{3}{4}$  of the youth reported having at least one teacher or other school adult they could talk with about important things (79.5% - significantly higher than 2014 - 75.9%). Boys, however, were more likely than girls to say they did not have such an adult (12.0% vs 7.9%). Outside of school only 4.2% said they did not have an adult to turn to about things important to them, while more than half mentioned parent or other adult family member (52.7% - significantly higher than 2014 - 47.1%) and 38.1% mentioned both family and non-family adults. Boys were more likely to mention only family members (56.0% vs 49.9%), while girls were more likely to have both family and non-family adults to talk to (43.5% vs 32.5%). These percentages were not different from those found in 2014.

When asked if they had spoken with an adult family member about various topics, about  $\frac{1}{4}$  said they had not, while 57.6% had discussed alcohol; 51.9%, marijuana (an increase from 2014); riding with someone who was under the influence (40.3%), electronic vapor products (33.5%) and 30.8% sexual activity. The remaining topics were named by under 21%.

### **Feeling Valued:**

About  $\frac{2}{3}$  of the youth strongly agreed or agreed with each of these statements:

- I feel my teachers care about me and give me encouragement and support. (63.4%)

Slightly more than  $\frac{1}{2}$  agreed or strongly agreed with the statement:

- I feel my peers at this school care about me as a person. (58.7%)
- I feel that adults in the Tri-Town community care about me as a young person. (50.3%)

### **Participation in sports and extra-curriculars:**

More than  $\frac{3}{4}$  said they were involved in an organized after-school activity (77.2% - significantly up from 2014 - 67.3%); and  $\frac{2}{3}$  said they spent at least 1 hour on volunteer work or community service (62.2%). Girls were more likely than boys to be involved with organized after-school activities (81.4% vs 73.2% - but both increased over 2014) and community service (68.4% vs 56.1%).

## Weight, Weight Management, Exercise and Nutrition

### **Weight and Weight Management:**

The relationship between body image (perception of weight) and weight management was fundamentally the same as in 2014. The proportion seeing themselves as underweight is very close to the proportion who are trying to gain weight (16.4% and 16.6%, respectively). However, the proportion seeing themselves as overweight (23.2%) is significantly lower than the proportion who are trying to lose weight (40.5% with girls more likely than boys to report they were trying to lose weight 53.8% vs 27.2%).

Somewhat over ½ of the youth described their weight as “about right” (60.5% -- with girls more likely than boys to say they are about the right weight (64.8% vs 56.1%) and yet some of those girls must be trying to lose weight in order to reach the 53.8% of girls who report they are trying to lose. It appears that even if a girl perceives her weight to be “about right”, she feels pressure to become thinner.

Only 7.6% of the youth mentioned unhealthy weight management methods (e.g. fasting, diet pills, vomiting, laxatives) with girls more likely than boys to use those methods (9.2% vs 5.8%). Preferred methods of weight management were exercise (66.2%) and eating fewer calories (34.4%). There were no changes over time.

### **Physical Activity:**

Close to 9 in 10 youth reported engaging in 60 minutes of physical activity that made them sweat and breathe hard at least one day in the last seven (86.4%) with boys doing so more frequently than girls.

### **“Electronic” Activity:**

Only 1.8% said they did not use an electronic device for non-homework activities and 3.5% said they used one for less than an hour a day. In contrast 61.0% said they used a computer or smartphone 3 or more hours per day – a significant increase from 2014 – 51.9%.

**Nutrition and sleep:**

Most youth reported consuming health foods at least some time in the past seven days.

	Not in past 7 days	1 to 3 times in past 7 days	4 to 6 times in past 7 days	At least once a day
Vegetables/fruits	3.5%	13.6%	21.5%	52.5%

Breakfast: Nearly ½ reported eating breakfast every day (46.4%) and 9.1% reported never eating breakfast with boys more likely than girls (50.0% vs 42.8%).

Caffeine: About equal numbers of youth reported not having a caffeinated beverage in the past 7 days (26.0%) and reporting having caffeine at least once a day (20.5%). The percentage reporting daily use of caffeine dropped significantly since 2014 (24.8% vs 20.5%).

Energy Drinks: About 1 in 8 of the youth indicated they had an energy drink in the past 30 days (15.4%). Boys were more likely than girls to say they did so (21.9% vs 8.2%). There was no difference across time.

Sleep: Less than half of the youth reported getting 8 or more hours of sleep on school nights (40.3%) and 31.3% said they usually slept 7 hours. Nearly 1 in 5 reported sleeping 5 hours or less (17.6%). Eleventh and 12<sup>th</sup> graders were more likely than 9 graders to report getting 5 and 6 hours and 9<sup>th</sup> graders were more likely than 11<sup>th</sup> and 12<sup>th</sup> graders to get 8 or more hours of sleep. Girls were more likely than boys to say they slept 5 or 6 hours.