

Youth Risk Behavior Survey

October 2018

Key YRBS Topics

- Personal safety, violence related behavior and bullying
- Depression and suicide
- Substance use: tobacco, alcohol, marijuana, and other drugs
- Sexual behavior
- Healthy lifestyle

Grade Distribution of Responses

Grade 9	Grade 10	Grade 11	Grade 12
111	98	82	79

Gender Distribution of Responses

Male	Female
158	208

Analyzing Data

Two cautions in interpreting data:

- Due to student enrollment and response numbers, a one percentage point equates with 3-4 students.
- State data reflects 2017, last published survey results for Massachusetts.

Alcohol Use in Last 30 Days

- Consumed at least one drink of alcohol – 42.8%
- Consumed 5 or more drinks in a row within a two hour period – 23.9%
- Consumed 10 or more drinks in a row – 2.8 %
 - Decrease from 8% in 2016
- 53% (of the students that reported drinking alcohol) of students usually obtained alcohol by someone giving it to them

Marijuana Use

Lifetime use:

- Smoked marijuana one or more times – 42%
 - Only 2% reported using marijuana before age 13
 - As might be expected the rates of lifetime use and past 30 day use went up from 9% - 12% grade with particularly big jumps from grades 9 to 10

In past 30 days:

- Smoked marijuana one or more times – 26.5%

Other Illegal Drug Use

Lifetime Use:

- Cocaine – 1.5%
- Inhalants – 2.8%
- Heroin – .5%
- Methamphetamine – .8%
- Ecstasy – 1%
- Steroids – 1.3%
- Prescription pain medicine – 5%
- 19.6% of students reported they were offered, sold or given an illegal drug on school property

Smoking and Tobacco Use Past 30 Days

- Smoked cigarettes on one or more days – 7.5%
- Used chewing tobacco, snuff, or dip – 4%
- Smoked cigars or cigarillos on one or more days – 5.8%
- Used an electronic vapor product – 40%

Mental Health

Within the last 12 months....

- Sad or hopeless almost daily for more than 2 weeks – 22.6%
 - 16.5% were male
 - 27.4 were female

9 th	10 th	11 th	12 th
13.5%	30.6%	28.0%	19.0%

Suicide Attempts Reported

Within the last 12 months...

- Seriously considered a suicide attempt - 11.3%
- Made a plan to commit suicide – 8.8%
- Made one or more suicide attempts -10.3%
 - Increase from 7% in 2016

Risk Related Behavior

In last 12 months...

- Threatened or injured with a weapon on school property – 3%
- Fighting on school property – 5.3%
- Physically harmed in a dating relationship – 2.7%
- Forced to engage in sexual activity in a dating relationship - 8.6%

Bullying

Within the last 12 months...

- Bullied on school property – 12%
 - Increase by 2% from 2016
 - Below state average of 14.6
 - The highest percentage reported in grade 10
- Experienced cyber bullying – 9.8%
 - Decrease from 2016 data - 11%

Motor Vehicle Safety Concerns

In the 30 days prior to survey:

- 45% of all student drivers texted or emailed while driving
- 21% of all students rode in a vehicle driven by someone who had been drinking
- 7.6% of all students drove a car after drinking alcohol

Sleep Habits/Concussions

On an average school night....

- 70% of students sleep 7 hours or less

Concussions

- 15.9% of students report they had a concussion in the last 12 months

(To date this school year, 12 concussions – ten in soccer)

Areas of Concern

- Suicidality/Depression
- Marijuana use
- Use of vape products
- Alcohol consumption and binge drinking
- Dating violence
- Bullying

Supports and Interventions

- Share survey results with community
- Parent workshops and trainings
 - Drug and alcohol use
 - Bullying
 - Vaping
- Health education curriculum & staffing

- Continue SBIRT
- Signs of suicide program
- Streamline counseling referral procedures
- Academic/Behavioral Dean of Students
- Involvement in SAPC