

**Table 2-1A. Lifetime and Current Substance Use by Gender and Grade, 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>	
	(12,191)	Female (5,951)	Male (6,143)	7 <sup>th</sup> (6,137)	8 <sup>th</sup> (6,054)
<b>LIFETIME USE*</b>					
Cigarettes	4.1	3.4	4.7	2.5	5.7
Alcohol <sup>†</sup>	11.0	9.4	12.5	6.9	15.1
Marijuana	3.1	2.2	4.0	1.3	4.9
Inhalants <sup>‡</sup>	3.0	2.9	3.1	2.0	4.0
Steroids (without a doctor's prescription)	0.7	0.6	0.7	0.4	1.0
Prescription drugs (without a doctor's prescription)	1.0	0.9	1.0	0.4	1.5
<b>CURRENT USE (past 30 days)<sup>§</sup></b>					
Cigarettes	1.4	1.1	1.6	0.5	2.3
Alcohol <sup>†</sup>	4.0	3.6	4.3	2.0	6.0
Marijuana	1.8	1.2	2.4	0.6	3.0
<b>CURRENT USE ON SCHOOL PROPERTY (past 30 days)<sup>§</sup></b>					
Cigarettes	0.6	0.5	0.7	0.4	0.8
Alcohol <sup>†</sup>	0.5	0.3	0.6	0.2	0.7

\* Used one or more times in lifetime

† Does not include drinking a few sips of wine for religious purposes

‡ Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

§ Used one or more times in the past 30 days

**Table 2-1B. Lifetime and Current Substance Use, 2006 - 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	MetroWest Region (%)				
	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)	2014 (12,191)
<b>LIFETIME USE*</b>					
Cigarettes	9.6	8.4	5.7	6.2	4.1
Alcohol <sup>†</sup>	21.9	20.2	13.2	12.4	11.0
Marijuana	4.8	5.2	4.1	4.1	3.1
Inhalants <sup>‡</sup>	8.3	7.1	5.2	4.2	3.0
Steroids (without a doctor's prescription)	1.4	1.2	0.9	0.9	0.7
Prescription drugs (without a doctor's prescription)	1.6	1.7	1.3	1.2	1.0
<b>CURRENT USE (past 30 days)<sup>§</sup></b>					
Cigarettes	3.9	3.7	2.4	2.1	1.4
Alcohol <sup>†</sup>	9.0	8.6	4.9	5.0	4.0
Marijuana	3.0	3.3	2.2	2.4	1.8
<b>CURRENT USE ON SCHOOL PROPERTY (past 30 days)<sup>§</sup></b>					
Cigarettes	1.1	1.1	0.6	0.6	0.6
Alcohol <sup>†</sup>	1.2	0.9	0.6	0.7	0.5

\* Used one or more times in lifetime

† Does not include drinking a few sips of wine for religious purposes

‡ Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

§ Used one or more times in the past 30 days

**Table 2-2A. Tobacco and Electronic Cigarette Use by Gender and Grade, 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	Total (%)	Gender (%)		Grade (%)	
		Female	Male	7 <sup>th</sup>	8 <sup>th</sup>
	(12,191)	(5,951)	(6,143)	(6,137)	(6,054)
<b>CIGARETTE SMOKING</b>					
Lifetime cigarette smoking*	4.1	3.4	4.7	2.5	5.7
Smoked a whole cigarette before age 11 years	0.9	0.5	1.2	0.5	1.3
Current cigarette use (past 30 days)	1.4	1.1	1.6	0.5	2.3
Current frequent cigarette use (on 20 or more of the past 30 days)	0.6	0.2	0.9	0.2	1.0
Current cigarette use on school property (past 30 days)	0.6	0.5	0.7	0.4	0.8
Ever smoked cigarettes daily (every day for 30 days)	0.7	0.5	0.9	0.5	1.0
Smoked more than 10 cigarettes/day (past 30 days, among current smokers)	34.5	21.9	43.0	37.1	33.8
<b>ELECTRONIC CIGARETTE USE<sup>†</sup></b>					
Lifetime electronic cigarette use	6.4	5.2	7.6	4.1	8.8
Current electronic cigarette use (past 30 days)	3.5	2.7	4.3	1.9	5.2
Perceived risk of harm of using electronic cigarettes (moderate/great risk)	64.1	69.8	58.7	66.9	61.3

\* Ever tried cigarette smoking, even one or two puffs

† Includes electronic cigarettes, or e-cigarettes, and other electronic vapor products. E-cigarettes create a mist or vapor that you breathe in like smoke.

**Table 2-2B. Tobacco and Electronic Cigarette Use, 2006 - 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	MetroWest Region (%)				
	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)	2014 (12,191)
<b>CIGARETTE SMOKING</b>					
Lifetime cigarette smoking*	9.6	8.4	5.7	6.2	4.1
Smoked a whole cigarette before age 11 years	2.1	1.8	1.2	1.0	0.9
Current cigarette use (past 30 days)	3.9	3.7	2.4	2.1	1.4
Current frequent cigarette use (on 20 or more of the past 30 days)	0.9	1.0	0.6	0.6	0.6
Current cigarette use on school property (past 30 days)	1.1	1.1	0.6	0.6	0.6
Ever smoked cigarettes daily (every day for 30 days)	1.8	1.7	1.1	1.0	0.7
Smoked more than 10 cigarettes/day (past 30 days, among current smokers)	14.3	15.7	14.5	21.8	34.5
<b>ELECTRONIC CIGARETTE USE †</b>					
Lifetime electronic cigarette use	–	–	–	–	6.4
Current electronic cigarette use (past 30 days)	–	–	–	–	3.5
Perceived risk of harm of using electronic cigarettes (moderate/great risk)	–	–	–	–	64.1

\* Ever tried cigarette smoking, even one or two puffs

† Includes electronic cigarettes, or e-cigarettes, and other electronic vapor products. E-cigarettes create a mist or vapor that you breathe in like smoke.

**Table 2-3A. Alcohol Use and Drinking and Driving by Gender and Grade, 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	Total (%)	Gender (%)		Grade (%)	
	(12,191)	Female (5,951)	Male (6,143)	7 <sup>th</sup> (6,137)	8 <sup>th</sup> (6,054)
<b>ALCOHOL USE*</b>					
Lifetime alcohol use	11.0	9.4	12.5	6.9	15.1
Had first drink of alcohol before age 11 years	4.5	3.2	5.7	4.1	4.8
Current alcohol use (past 30 days)	4.0	3.6	4.3	2.0	6.0
Current alcohol use on school property (past 30 days)	0.5	0.3	0.6	0.2	0.7
Binge drinking (past 30 days) <sup>†</sup>	1.0	0.8	1.2	0.4	1.6
Was “drunk” from consuming alcohol (past 30 days)	1.3	1.1	1.5	0.6	2.1
Went to a party/hung out where alcohol was available (past 30 days)	7.2	6.9	7.4	5.4	9.0
Offered, sold, or given alcohol on school property (past 12 months)	1.2	1.0	1.4	0.9	1.5
<b>DRINKING AND DRIVING (lifetime)</b>					
Rode in car driven by someone who had been drinking	15.3	16.3	14.5	11.9	18.8
Rode in car driven by a <b>high school student</b> who had been drinking	1.8	1.3	2.2	1.1	2.5

\* Does not include drinking a few sips of wine for religious purposes

† Had 5 or more drinks in a row (within a couple of hours)

**Table 2-3B. Alcohol Use and Drinking and Driving, 2006 - 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	MetroWest Region (%)				
	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)	2014 (12,191)
<b>ALCOHOL USE*</b>					
Lifetime alcohol use	21.9	20.2	13.2	12.4	11.0
Had first drink of alcohol before age 11 years	8.2	6.8	4.6	4.6	4.5
Current alcohol use (past 30 days)	9.0	8.6	4.9	5.0	4.0
Current alcohol use on school property (past 30 days)	1.2	0.9	0.6	0.7	0.5
Binge drinking (past 30 days) <sup>†</sup>	2.5	2.5	1.5	1.4	1.0
Was "drunk" from consuming alcohol (past 30 days)	–	3.3	1.8	1.8	1.3
Went to a party/hung out where alcohol was available (past 30 days)	–	–	8.1	9.2	7.2
Offered, sold, or given alcohol on school property (past 12 months)	–	–	–	1.8	1.2
<b>DRINKING AND DRIVING (lifetime)</b>					
Rode in car driven by someone who had been drinking	18.7	20.5	15.2	14.3	15.3
Rode in car driven by a <b>high school student</b> who had been drinking	–	–	–	2.2	1.8

\* Does not include drinking a few sips of wine for religious purposes

† Had 5 or more drinks in a row (within a couple of hours)

**Table 2-4A. Marijuana and Other Substance Use by Gender and Grade, 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>	
	(12,191)	Female (5,951)	Male (6,143)	7 <sup>th</sup> (6,137)	8 <sup>th</sup> (6,054)
<b>MARIJUANA USE</b>					
Lifetime marijuana use	3.1	2.2	4.0	1.3	4.9
Tried marijuana before age 11 years	0.8	0.4	1.2	0.4	1.3
Current marijuana use (past 30 days)	1.8	1.2	2.4	0.6	3.0
Went to a party/hung out where marijuana was available (past 30 days)	3.5	3.0	3.9	1.5	5.5
Offered, sold, or given marijuana on school property (past 12 months)	2.0	1.7	2.3	1.0	3.0
<b>INHALANTS*</b>					
Lifetime inhalant use	3.0	2.9	3.1	2.0	4.0
<b>MISUSE OF PRESCRIPTION DRUGS</b>					
Lifetime steroid misuse (without a doctor's prescription)	0.7	0.6	0.7	0.4	1.0
Lifetime prescription drug misuse (without a doctor's prescription)	1.0	0.9	1.0	0.4	1.5

\* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

**Table 2-4B. Marijuana and Other Substance Use, 2006 - 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	MetroWest Region (%)				
	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)	2014 (12,191)
<b>MARIJUANA USE</b>					
Lifetime marijuana use	4.8	5.2	4.1	4.1	3.1
Tried marijuana before age 11 years	1.1	1.0	0.8	0.8	0.8
Current marijuana use (past 30 days)	3.0	3.3	2.2	2.4	1.8
Went to a party/hung out where marijuana was available (past 30 days)	–	–	–	4.9	3.5
Offered, sold, or given marijuana on school property (past 12 months)	–	–	–	2.9	2.0
<b>INHALANTS*</b>					
Lifetime inhalant use	8.3	7.1	5.2	4.2	3.0
<b>MISUSE OF PRESCRIPTION DRUGS</b>					
Lifetime steroid misuse (without a doctor's prescription)	1.4	1.2	0.9	0.9	0.7
Lifetime prescription drug misuse (without a doctor's prescription)	1.6	1.7	1.3	1.2	1.0

\* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

**Table 3-1A. Violence, Safety-Related Behaviors, and Dating Violence by Gender and Grade, 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>	
	(12,191)	Female (5,951)	Male (6,143)	7 <sup>th</sup> (6,137)	8 <sup>th</sup> (6,054)
<b>SAFETY</b>					
Didn't go to school because of safety concerns (past 30 days)*	2.1	2.8	1.5	1.7	2.6
Had personal property stolen/damaged at school (past 12 months)	13.9	11.4	16.4	12.6	15.3
Concerned a student might physically hurt someone else (past 12 months)	23.0	23.0	23.0	21.2	24.8
Told adult <b>at school</b> that you were concerned a student might physically hurt someone else (past 12 months)	4.2	4.0	4.3	4.0	4.3
Told adult <b>outside of school</b> you were concerned a student might physically hurt someone else (past 12 months)	6.4	6.8	6.0	6.1	6.7
<b>WEAPONS †</b>					
Carried a weapon (lifetime)	15.2	6.6	23.3	13.5	16.8
Carried a weapon on school property (lifetime)	1.1	0.6	1.6	0.6	1.5
Carried a weapon (past 30 days)	6.7	2.3	10.9	6.1	7.3
<b>PHYSICAL FIGHTING</b>					
In a physical fight (lifetime)	33.4	18.8	47.5	32.1	34.8
In a physical fight (past 12 months)	16.0	8.0	23.6	15.6	16.4
In a physical fight on school property (lifetime)	9.4	3.7	14.9	8.6	10.3
In a physical fight on school property (past 12 months)	3.2	1.0	5.2	2.7	3.6
Injured in a physical fight and received medical treatment (lifetime)	3.2	1.9	4.4	3.1	3.3
<b>DATING VIOLENCE ‡</b>					
Sworn at, cursed at, or insulted (lifetime)	6.4	6.9	5.8	4.8	7.9
Physically hurt on purpose (lifetime)	1.5	1.0	1.9	0.8	2.2

\* Because you felt you would be unsafe at school or on the way to or from school

† For example, a gun, knife, or club

‡ By a boyfriend, girlfriend, date, or someone you were going out with

**Table 3-1B. Violence, Safety-Related Behaviors, and Dating Violence, 2006 - 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	MetroWest Region (%)				
	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)	2014 (12,191)
<b>SAFETY</b>					
Didn't go to school because of safety concerns (past 30 days)*	3.0	3.3	2.1	2.3	2.1
Had personal property stolen/damaged at school (past 12 months)	19.1	23.2	16.2	15.0	13.9
Concerned a student might physically hurt someone else (past 12 months)	–	–	–	–	23.0
Told adult <b>at school</b> that you were concerned a student might physically hurt someone else (past 12 months)	–	–	–	–	4.2
Told adult <b>outside of school</b> you were concerned a student might physically hurt someone else (past 12 months)	–	–	–	–	6.4
<b>WEAPONS †</b>					
Carried a weapon (lifetime)	17.6	16.3	13.7	15.1	15.2
Carried a weapon on school property (lifetime)	3.3	2.5	1.4	1.4	1.1
Carried a weapon (past 30 days)	–	7.8	5.5	6.8	6.7
<b>PHYSICAL FIGHTING</b>					
In a physical fight (lifetime)	44.5	45.3	39.3	35.0	33.4
In a physical fight (past 12 months)	–	25.9	20.8	17.3	16.0
In a physical fight on school property (lifetime)	18.9	16.8	12.4	9.8	9.4
In a physical fight on school property (past 12 months)	–	6.9	4.5	3.3	3.2
Injured in a physical fight and received medical treatment (lifetime)	5.8	5.6	4.0	3.2	3.2
<b>DATING VIOLENCE ‡</b>					
Sworn at, cursed at, or insulted (lifetime)	–	–	–	–	6.4
Physically hurt on purpose (lifetime)	–	–	–	–	1.5

\* Because you felt you would be unsafe at school or on the way to or from school

† For example, a gun, knife, or club

‡ By a boyfriend, girlfriend, date, or someone you were going out with

**Table 3-2A. Bullying and Cyberbullying by Gender and Grade, 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>	
	(12,191)	Female (5,951)	Male (6,143)	7 <sup>th</sup> (6,137)	8 <sup>th</sup> (6,054)
<b><i>BULLYING (past 12 months)*</i></b>					
Been a victim of bullying	28.8	33.3	24.4	28.2	29.4
Been a victim of bullying on school property	23.5	26.5	20.5	23.1	23.9
Bullied someone else	7.9	7.6	8.2	6.7	9.1
Bullied someone else on school property	4.8	4.4	5.2	4.0	5.6
Talked to a teacher/adult <b>at school</b> about being bullied	11.8	13.5	10.0	12.5	11.0
Talked to a parent/adult <b>outside of school</b> about being bullied	18.8	22.8	14.8	20.7	16.9
Saw or heard about another student being bullied at school	49.7	53.6	45.9	48.0	51.4
Tried to stop another student from bullying someone else at school	34.7	35.5	33.9	35.3	34.1
Told an adult <b>at school</b> that someone was being bullied at school	16.5	18.3	14.7	17.9	15.0
Told a parent/adult <b>outside of school</b> that someone was being bullied at school	20.6	25.0	16.3	21.3	19.8
<b><i>CYBERBULLYING (past 12 months) †</i></b>					
Been a victim of cyberbullying	18.6	24.2	13.1	16.8	20.4
Cyberbullied someone else	5.7	6.3	5.1	4.6	6.7
Talked to a teacher/adult <b>at school</b> about being cyberbullied	4.1	5.8	2.4	4.2	3.9
Talked to a parent/adult <b>outside of school</b> about being cyberbullied	7.1	10.3	3.9	7.0	7.1
Saw or heard about another student being cyberbullied	30.2	38.0	22.5	29.1	31.3
Tried to stop a student from cyberbullying someone else	15.0	19.5	10.5	14.7	15.3
Told an adult <b>at school</b> that someone was being cyberbullied	5.5	7.0	4.0	5.7	5.3
Told a parent/adult <b>outside of school</b> that someone was being cyberbullied	9.3	12.7	5.9	9.8	8.7

\* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

† Defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone. (Include being bullied through e-mail, chat rooms, instant messaging, websites, or texting)

**Table 3-2B. Bullying and Cyberbullying, 2006 - 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	MetroWest Region (%)				
	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)	2014 (12,191)
<b>BULLYING (past 12 months)*</b>					
Been a victim of bullying	43.9	48.9	37.7	32.4	28.8
Been a victim of bullying on school property	38.8	42.7	31.7	26.7	23.5
Bullied someone else	–	34.5	21.3	12.5	7.9
Bullied someone else on school property	–	–	–	7.8	4.8
Talked to a teacher/adult <b>at school</b> about being bullied	–	–	12.2	12.8	11.8
Talked to a parent/adult <b>outside of school</b> about being bullied	–	–	20.1	20.3	18.8
Saw or heard about another student being bullied at school	–	–	–	56.2	49.7
Tried to stop another student from bullying someone else at school	–	–	–	38.7	34.7
Told an adult <b>at school</b> that someone was being bullied at school	–	–	–	15.9	16.5
Told a parent/adult <b>outside of school</b> that someone was being bullied at school	–	–	–	22.3	20.6
<b>CYBERBULLYING (past 12 months) †</b>					
Been a victim of cyberbullying	15.6	15.9	17.2	16.6	18.6
Cyberbullied someone else	10.9	9.4	8.1	6.0	5.7
Talked to a teacher/adult <b>at school</b> about being cyberbullied	–	–	3.5	3.7	4.1
Talked to a parent/adult <b>outside of school</b> about being cyberbullied	–	–	5.7	6.6	7.1
Saw or heard about another student being cyberbullied	–	–	–	27.3	30.2
Tried to stop a student from cyberbullying someone else	–	–	–	12.9	15.0
Told an adult <b>at school</b> that someone was being cyberbullied	–	–	–	3.7	5.5
Told a parent/adult <b>outside of school</b> that someone was being cyberbullied	–	–	–	7.7	9.3

\* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

† Defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone. (Include being bullied through e-mail, chat rooms, instant messaging, websites, or texting)

**Table 3-3A. School Climate Related to Bullying and Violence by Gender and Grade, 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	Total (%)	Gender (%)		Grade (%)	
		Female	Male	7 <sup>th</sup>	8 <sup>th</sup>
	(12,191)	(5,951)	(6,143)	(6,137)	(6,054)
<b>SCHOOL CLIMATE RELATED TO BULLYING</b>					
Absent/missed school because you were bullied or cyberbullied (past 30 days)	2.2	2.7	1.6	1.7	2.6
My school has rules that protect students from being bullied on school property.*	80.7	79.1	82.5	83.3	78.2
My school has rules that protect students from being cyberbullied.*	61.5	59.4	63.6	65.7	57.2
When teachers see bullying, they don't do anything about it.†	70.7	69.7	71.9	74.3	67.0
Most of the time, students tell teachers if they know someone is being bullied.*	31.1	27.9	34.3	36.8	25.4
Telling a teacher about bullying can make it worse.†	39.1	39.1	39.1	43.3	34.8
Most of the time, students here try to stop bullying when they see it happening.*	40.6	38.8	42.3	44.7	36.4
There's not much schools can do to prevent cyberbullying.†	30.4	31.1	29.6	34.0	26.7
<b>CONCERNS ABOUT PEER PHYSICAL VIOLENCE (past 12 months)</b>					
Concerned a student might physically hurt someone else	23.0	23.0	23.0	21.2	24.8
Told adult <b>at school</b> you were concerned a student might harm someone else	4.2	4.0	4.3	4.0	4.3
Told adult <b>outside of school</b> you were concerned a student might harm someone else	6.4	6.8	6.0	6.1	6.7

\* Answered either "agree" or "strongly agree"

† Answered either "disagree" or "strongly disagree"

**Table 3-3B. School Climate Related to Bullying and Violence, 2006 - 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	MetroWest Region (%)				
	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)	2014 (12,191)
<b>SCHOOL CLIMATE RELATED TO BULLYING</b>					
Absent/missed school because you were bullied or cyberbullied (past 30 days)	–	–	–	–	2.2
My school has rules that protect students from being bullied on school property.*	–	–	–	–	80.7
My school has rules that protect students from being cyberbullied.*	–	–	–	–	61.5
When teachers see bullying, they don't do anything about it.†	–	–	–	–	70.7
Most of the time, students tell teachers if they know someone is being bullied.*	–	–	–	–	31.1
Telling a teacher about bullying can make it worse.†	–	–	–	–	39.1
Most of the time, students here try to stop bullying when they see it happening.*	–	–	–	–	40.6
There's not much schools can do to prevent cyberbullying.†	–	–	–	–	30.4
<b>CONCERNS ABOUT PEER PHYSICAL VIOLENCE (past 12 months)</b>					
Concerned a student might physically hurt someone else	–	–	–	–	23.0
Told adult <b>at school</b> you were concerned a student might harm someone else	–	–	–	–	4.2
Told adult <b>outside of school</b> you were concerned a student might harm someone else	–	–	–	–	6.4

\* Answered either "agree" or "strongly agree"

† Answered either "disagree" or "strongly disagree"

**Table 4-1A. Behaviors Related to Unintentional Injury by Gender and Grade, 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>	
	(12,191)	Female (5,951)	Male (6,143)	7 <sup>th</sup> (6,137)	8 <sup>th</sup> (6,054)
<b><i>SAFETY-RELATED BEHAVIORS</i></b>					
Never/rarely wore a helmet when riding a bicycle (past 12 months, among students who rode a bicycle)*	26.8	22.8	30.4	21.5	32.4
Never/rarely wear a helmet when rollerblading or skateboarding (among students who rollerblade and/or skateboard)	44.5	41.6	47.6	37.6	52.7
Never/rarely wear a seatbelt when passenger in a car	2.3	1.7	2.9	1.6	3.1
<b><i>DRINKING AND DRIVING (lifetime)</i></b>					
Rode in car with a driver who had been drinking	15.3	16.3	14.5	11.9	18.8
Rode in car with a <b>high school student</b> who had been drinking	1.8	1.3	2.2	1.1	2.5

**Table 4-1B. Behaviors Related to Unintentional Injury, 2006 - 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	MetroWest Region (%)				
	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)	2014 (12,191)
<b><i>SAFETY-RELATED BEHAVIORS</i></b>					
Never/rarely wore a helmet when riding a bicycle (past 12 months, among students who rode a bicycle)	38.0	37.2	31.4	30.0	26.8
Never/rarely wear a helmet when rollerblading or skateboarding (among students who rollerblade and/or skateboard)	48.1	51.4	47.0	46.6	44.5
Never/rarely wear a seatbelt when passenger in a car	5.5	4.2	2.9	3.3	2.3
<b><i>DRINKING AND DRIVING (lifetime)</i></b>					
Rode in car with a driver who had been drinking	18.7	20.5	15.2	14.3	15.3
Rode in car with a <b>high school student</b> who had been drinking	–	–	–	2.2	1.8

**Table 5-1A. Stress, Mental Health, and Suicidality by Gender and Grade, 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>	
	(12,191)	Female (5,951)	Male (6,143)	7 <sup>th</sup> (6,137)	8 <sup>th</sup> (6,054)
<b>STRESS</b>					
Life "very" stressful (past 30 days)	14.1	19.2	9.0	11.0	17.1
<b>MENTAL HEALTH AND SUICIDALITY</b>					
Felt sad or hopeless almost every day for two or more weeks (past 12 months)	15.0	20.0	10.0	12.9	17.2
Absent/missed school because you felt sad or hopeless, or had thoughts about hurting yourself (past 30 days)	4.1	6.1	2.2	2.9	5.4
Hurt or injured yourself on purpose (past 12 months)*	9.0	13.4	4.7	7.3	10.6
Seriously considered attempting suicide (lifetime)	11.2	14.6	7.9	8.9	13.5
Made a plan about attempting suicide (lifetime)	7.8	9.8	5.7	6.0	9.6
Attempted suicide (lifetime)	3.2	4.5	1.8	2.3	4.0
Talked to a teacher/adult <b>at school</b> about feeling sad or hopeless, or having thoughts about hurting yourself (past 12 months)	5.1	6.4	3.7	4.5	5.7
Talked to a parent/adult <b>outside of school</b> about feeling sad or hopeless, or having thoughts about hurting yourself (past 12 months)	15.2	17.9	12.4	15.1	15.2
Talked to a <b>doctor, nurse, or other health care provider</b> about feeling sad or hopeless, or having thoughts about hurting yourself (past 12 months)	4.4	5.8	2.9	3.7	5.1
<b>CONCERNS ABOUT PEER MENTAL HEALTH</b>					
Concerned a student was depressed or might hurt themselves	38.9	50.0	28.2	34.6	43.3
Told adult <b>at school</b> a student was depressed/might harm themselves	7.7	10.5	5.0	6.9	8.4
Told adult <b>outside of school</b> a student was depressed/might harm themselves	13.1	19.1	7.2	12.0	14.1

\* For example, by cutting, burning, or bruising yourself on purpose

**Table 5-1B. Stress, Mental Health, and Suicidality, 2006 - 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	MetroWest Region (%)				
	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)	2014 (12,191)
<b>STRESS</b>					
Life "very" stressful (past 30 days)	13.3	13.6	12.1	12.5	14.1
<b>MENTAL HEALTH AND SUICIDALITY</b>					
Felt sad or hopeless almost every day for two or more weeks (past 12 months)	15.6	15.2	12.8	12.8	15.0
Absent/missed school because you felt sad or hopeless, or had thoughts about hurting yourself (past 30 days)	–	–	–	–	4.1
Hurt or injured yourself on purpose (past 12 months)*	7.7	8.5	6.7	7.8	9.0
Seriously considered attempting suicide (lifetime)	9.9	10.9	9.4	10.5	11.2
Made a plan about attempting suicide (lifetime)	5.9	6.5	5.7	7.2	7.8
Attempted suicide (lifetime)	3.0	3.0	2.6	3.0	3.2
Talked to a teacher/adult <b>at school</b> about feeling sad or hopeless, or having thoughts about hurting yourself (past 12 months)	–	–	4.2	4.5	5.1
Talked to a parent/adult <b>outside of school</b> about feeling sad or hopeless, or having thoughts about hurting yourself (past 12 months)	–	–	9.5	9.5	15.2
Talked to a <b>doctor, nurse, or other health care provider</b> about feeling sad or hopeless, or having thoughts about hurting yourself (past 12 months)	–	–	–	2.9	4.4
<b>CONCERNS ABOUT PEER MENTAL HEALTH</b>					
Concerned a student was depressed or might hurt themselves	–	–	–	–	38.9
Told adult <b>at school</b> a student was depressed/might harm themselves	–	–	–	–	7.7
Told adult <b>outside of school</b> a student was depressed/might harm themselves	–	–	–	–	13.1

\* For example, by cutting, burning, or bruising yourself on purpose

**Table 6-1A. Weight Perception, Weight Control, and Body Mass Index by Gender and Grade, 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	Total (%)	Gender (%)		Grade (%)	
		Female	Male	7 <sup>th</sup>	8 <sup>th</sup>
	(12,191)	(5,951)	(6,143)	(6,137)	(6,054)
<b>WEIGHT PERCEPTION</b>					
Describe self as slightly or very overweight	24.1	27.1	21.1	22.7	25.5
Trying to lose weight	33.3	41.0	25.8	32.0	34.7
<b>WEIGHT CONTROL (lifetime)*</b>					
Exercised	59.0	63.3	54.7	57.4	60.6
Dieted <sup>†</sup>	33.7	41.0	26.5	30.9	36.5
Fasted for more than 24 hours	7.7	11.0	4.4	6.0	9.5
Took diet pills, powders, or liquids <sup>‡</sup>	1.6	1.9	1.3	1.1	2.1
Vomited/took laxatives	2.2	3.5	1.0	1.6	2.9
<b>BODY MASS INDEX</b>					
Overweight <sup>§</sup>	12.1	11.5	12.6	11.5	12.6
Obese**	7.1	5.1	9.0	6.7	7.5

\* To lose weight or keep from gaining weight

† Ate less food, fewer calories, or foods low in fat or carbohydrates

‡ Without a doctor's advice

§ Students who were ≥85th percentile but <95th percentile for body mass index by age and gender, based on reference data

\*\* Students who were ≥95th percentile for body mass index by age and gender, based on reference data

**Table 6-1B. Weight Perception, Weight Control, and Body Mass Index, 2006 - 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	MetroWest Region (%)				
	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)	2014 (12,191)
<b>WEIGHT PERCEPTION</b>					
Describe self as slightly or very overweight	22.8	23.8	23.3	23.0	24.1
Trying to lose weight	34.1	34.1	33.1	32.4	33.3
<b>WEIGHT CONTROL (lifetime)*</b>					
Exercised	61.4	61.0	59.1	58.0	59.0
Dieted <sup>†</sup>	38.1	36.2	34.1	34.0	33.7
Fasted for more than 24 hours	9.4	8.4	7.0	7.5	7.7
Took diet pills, powders, or liquids <sup>‡</sup>	2.2	2.0	1.5	1.6	1.6
Vomited/took laxatives	2.7	2.8	2.0	2.1	2.2
<b>BODY MASS INDEX</b>					
Overweight <sup>§</sup>	13.4	13.0	13.1	12.6	12.1
Obese <sup>**</sup>	7.0	6.8	6.4	6.4	7.1

\* To lose weight or keep from gaining weight

† Ate less food, fewer calories, or foods low in fat or carbohydrates

‡ Without a doctor's advice

§ Students who were ≥85th percentile but <95th percentile for body mass index by age and gender, based on reference data

\*\* Students who were ≥95th percentile for body mass index by age and gender, based on reference data

**Table 6-2A. Nutrition and Physical Activity by Gender and Grade, 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>	
	(12,191)	Female (5,951)	Male (6,143)	7 <sup>th</sup> (6,137)	8 <sup>th</sup> (6,054)
<b>NUTRITION AND EATING PATTERNS</b>					
Consumed 1 or more servings of fruit or 100% fruit juice*	77.8	77.7	78.0	79.1	76.6
Consumed 1 or more servings of vegetables or green salad*	80.2	82.5	77.9	81.2	79.2
Drank 3 or more glasses of milk*	25.9	18.6	33.0	26.5	25.2
Consumed 1 or more servings of other milk/dairy products*	83.4	82.4	84.4	83.4	83.3
Consumed fried food one or more times*	53.9	51.2	56.6	53.5	54.3
Consumed 1 or more servings of fast food*	13.6	11.2	15.9	12.7	14.6
Drank 1 or more servings of soda/soft drinks*	33.3	27.6	38.8	31.2	35.3
Ate breakfast on all 7 days (past 7 days)	58.2	51.8	64.5	61.3	55.0
Ate dinner at home with parents/guardians on 5 or more days (past 7 days)	86.2	84.2	88.2	88.7	83.6
<b>PHYSICAL ACTIVITY</b>					
Participated in vigorous physical activity (on 3 or more of the past 7 days) <sup>†</sup>	80.8	77.1	84.5	81.3	80.3
Met currently recommended level of physical activity (physically active for at least 60 minutes per day on 5 or more of the past 7 days) <sup>‡</sup>	61.6	54.2	68.9	63.9	59.4
Played on one or more sports teams (past 12 months)	77.8	76.2	79.3	78.7	76.8
Attend physical education class (1 or more days a week)	89.1	88.7	89.5	90.1	88.1
Spend 3 or more hours of non-homework-related "screen time" on average school day <sup>§</sup>	33.5	33.7	33.3	29.0	38.0

\* On the day before the survey

† Exercised for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities

‡ Includes any physical activity that increases your heart rate and makes you breathe hard some of the time

§ Includes watching TV, going on the Internet, playing video games, or using a computer, tablet, or smartphone

**Table 6-2B. Nutrition and Physical Activity, 2006 - 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	MetroWest Region (%)				
	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)	2014 (12,191)
<b>NUTRITION AND EATING PATTERNS</b>					
Consumed 1 or more servings of fruit or 100% fruit juice*	81.2	81.8	84.0	80.6	77.8
Consumed 1 or more servings of vegetables or green salad*	80.9	80.4	82.2	80.5	80.2
Drank 3 or more glasses of milk*	36.7	36.0	35.4	31.3	25.9
Consumed 1 or more servings of other milk/dairy products*	83.2	84.3	85.4	84.5	83.4
Consumed fried food one or more times*	–	–	–	53.3	53.9
Consumed 1 or more servings of fast food*	–	–	–	14.4	13.6
Drank 1 or more servings of soda/soft drinks*	50.6	46.7	38.3	37.0	33.3
Ate breakfast on all 7 days (past 7 days)	–	–	–	–	58.2
Ate dinner at home with parents/guardians on 5 or more days (past 7 days)	–	–	–	83.4	86.2
<b>PHYSICAL ACTIVITY</b>					
Participated in vigorous physical activity (on 3 or more of the past 7 days) <sup>†</sup>	78.7	79.0	76.9	80.3	80.8
Met currently recommended level of physical activity (physically active for at least 60 minutes per day on 5 or more of the past 7 days) <sup>‡</sup>	–	–	52.2	58.8	61.6
Played on one or more sports teams (past 12 months)	73.2	73.0	75.8	79.1	77.8
Attend physical education class (1 or more days a week)	93.5	94.4	92.7	90.1	89.1
Spend 3 or more hours of non-homework-related "screen time" on average school day <sup>§</sup>	–	–	–	32.8	33.5

\* On the day before the survey

† Exercised for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities

‡ Includes any physical activity that increases your heart rate and makes you breathe hard some of the time

§ Includes watching TV, going on the Internet, playing video games, or using a computer, tablet, or smartphone

**Table 7-1A. School Attachment, Adult Support, and Peer Support by Gender and Grade, 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>	
	(12,191)	Female (5,951)	Male (6,143)	7 <sup>th</sup> (6,137)	8 <sup>th</sup> (6,054)
<b>SCHOOL ATTACHMENT</b>					
I feel close to people at school.*	75.7	74.9	76.5	76.5	74.8
I feel like I am part of this school.*	76.2	74.6	77.7	78.6	73.7
I am happy to be at this school.*	73.2	71.5	75.0	77.4	69.0
The teachers at this school treat students fairly.*	71.8	72.9	71.0	74.7	68.9
I feel safe in my school.*	83.7	83.4	84.2	85.9	81.6
<b>ADULT SUPPORT AT SCHOOL</b>					
Have at least one teacher/adult at school to talk to if you have a problem	68.9	69.9	68.2	70.7	67.2
Talked to a teacher/adult at school about a personal problem <sup>†</sup>	25.1	28.5	21.7	25.2	24.9
Talked to a teacher/adult at school about being bullied <sup>†</sup>	11.8	13.5	10.0	12.5	11.0
Talked to a teacher/adult at school about being cyberbullied <sup>†</sup>	4.1	5.8	2.4	4.2	3.9
Talked to a teacher/adult at school about feeling sad or hopeless or having thoughts about hurting yourself <sup>†</sup>	5.1	6.4	3.7	4.5	5.7
<b>ADULT SUPPORT OUTSIDE OF SCHOOL</b>					
Ate dinner at home with parents/guardians on 5 or more days (past 7 days)	86.2	84.2	88.2	88.7	83.6
Have at least one parent/adult outside of school to talk to about things that are important to you	92.2	92.3	92.3	93.9	90.5
Talked to a parent/adult outside of school about being bullied <sup>†</sup>	18.8	22.8	14.8	20.7	16.9
Talked to a parent/adult outside of school about being cyberbullied <sup>†</sup>	7.1	10.3	3.9	7.0	7.1
Talked to a parent/adult outside of school about feeling sad or hopeless or having thoughts about hurting yourself <sup>†</sup>	15.2	17.9	12.4	15.1	15.2
<b>PEER SUPPORT</b>					
Feel you have a friend you can talk to about a personal problem <sup>‡</sup>	65.6	74.5	57.0	64.1	67.1
Feel you are part of a group of friends <sup>‡</sup>	79.0	76.6	81.6	80.1	77.9
Feel lonely <sup>‡</sup>	9.9	13.1	6.7	8.2	11.6

\* Student responded "agree" or "strongly agree"

† During the past 12 months

‡ Student responded "most of the time" or "all of the time"

**Table 7-1B. School Attachment, Adult Support, and Peer Support, 2006 - 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	MetroWest Region (%)				
	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)	2014 (12,191)
<b>SCHOOL ATTACHMENT</b>					
I feel close to people at school.*	74.7	76.6	77.9	79.9	75.7
I feel like I am part of this school.*	75.3	76.3	80.2	79.7	76.2
I am happy to be at this school.*	69.3	71.1	75.0	74.0	73.2
The teachers at this school treat students fairly.*	64.9	66.8	69.1	70.3	71.8
I feel safe in my school.*	79.6	79.6	84.6	84.4	83.7
<b>ADULT SUPPORT AT SCHOOL</b>					
Have at least one teacher/adult at school to talk to if you have a problem	63.4	61.2	66.0	68.0	68.9
Talked to a teacher/adult at school about a personal problem <sup>†</sup>	–	–	25.9	26.5	25.1
Talked to a teacher/adult at school about being bullied <sup>†</sup>	–	–	12.2	12.8	11.8
Talked to a teacher/adult at school about being cyberbullied <sup>†</sup>	–	–	3.5	3.7	4.1
Talked to a teacher/adult at school about feeling sad or hopeless or having thoughts about hurting yourself <sup>†</sup>	–	–	4.2	4.5	5.1
<b>ADULT SUPPORT OUTSIDE OF SCHOOL</b>					
Ate dinner at home with parents/guardians on 5 or more days (past 7 days)	–	–	–	83.4	86.2
Have at least one parent/adult outside of school to talk to about things that are important to you	89.4	88.5	90.3	91.6	92.2
Talked to a parent/adult outside of school about being bullied <sup>†</sup>	–	–	20.1	20.3	18.8
Talked to a parent/adult outside of school about being cyberbullied <sup>†</sup>	–	–	5.7	6.6	7.1
Talked to a parent/adult outside of school about feeling sad or hopeless or having thoughts about hurting yourself <sup>†</sup>	–	–	9.5	9.5	15.2
<b>PEER SUPPORT</b>					
Feel you have a friend you can talk to about a personal problem <sup>‡</sup>	–	–	–	64.6	65.6
Feel you are part of a group of friends <sup>‡</sup>	–	–	–	79.9	79.0
Feel lonely <sup>‡</sup>	–	–	–	7.6	9.9

\* Student responded "agree" or "strongly agree"

† During the past 12 months

‡ Student responded "most of the time" or "all of the time"

**Table 8-1A. Risk Behaviors on School Property by Gender and Grade, 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	Total (%)	Gender (%)		Grade (%)	
	(12,191)	Female (5,951)	Male (6,143)	7 <sup>th</sup> (6,137)	8 <sup>th</sup> (6,054)
<b>CURRENT SUBSTANCE USE (past 30 days)</b>					
Current <b>cigarette</b> use on school property	0.6	0.5	0.7	0.4	0.8
Current <b>alcohol</b> use on school property	0.5	0.3	0.6	0.2	0.7
<b>DRUG AVAILABILITY ON SCHOOL PROPERTY (past 12 months)</b>					
Offered, sold, or given <b>alcohol</b> on school property	1.2	1.0	1.4	0.9	1.5
Offered, sold, or given <b>marijuana</b> on school property	2.0	1.7	2.3	1.0	3.0
<b>SAFETY, WEAPONS, AND VIOLENCE</b>					
Didn't go to school because of safety concerns (past 30 days)*	2.1	2.8	1.5	1.7	2.6
Had personal property stolen/deliberately damaged at school (past 12 months)	13.9	11.4	16.4	12.6	15.3
Carried a weapon on school property (lifetime) <sup>†</sup>	1.1	0.6	1.6	0.6	1.5
In a physical fight on school property (lifetime)	9.4	3.7	14.9	8.6	10.3
In a physical fight on school property (past 12 months)	3.2	1.0	5.2	2.7	3.6
Been bullied on school property (past 12 months) <sup>‡</sup>	23.5	26.5	20.5	23.1	23.9
Bullied someone else on school property (past 12 months) <sup>‡</sup>	4.8	4.4	5.2	4.0	5.6
<b>CONCERNS ABOUT PEERS (past 12 months)</b>					
Concerned a student might physically hurt someone else	23.0	23.0	23.0	21.2	24.8
Told an adult <b>at school</b> a student might harm someone else	4.2	4.0	4.3	4.0	4.3
Told an adult <b>outside of school</b> a student might harm someone else	6.4	6.8	6.0	6.1	6.7
Concerned a student was depressed or might hurt themselves	38.9	50.0	28.2	34.6	43.3
Told an adult <b>at school</b> a student was depressed/might harm themselves	7.7	10.5	5.0	6.9	8.4
Told an adult <b>outside of school</b> a student was depressed/might harm themselves	13.1	19.1	7.2	12.0	14.1

\* Because you felt you would be unsafe at school or on the way to or from school

† For example, a gun, knife, or club

‡ Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

**Table 8-1B. Risk Behaviors on School Property, 2006 - 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	MetroWest Region (%)				
	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)	2014 (12,191)
<b>CURRENT SUBSTANCE USE (past 30 days)</b>					
Current <b>cigarette</b> use on school property	1.1	1.1	0.6	0.6	0.6
Current <b>alcohol</b> use on school property	1.2	0.9	0.6	0.7	0.5
<b>DRUG AVAILABILITY ON SCHOOL PROPERTY (past 12 months)</b>					
Offered, sold, or given <b>alcohol</b> on school property	–	–	–	1.8	1.2
Offered, sold, or given <b>marijuana</b> on school property	–	–	–	2.9	2.0
<b>SAFETY, WEAPONS, AND VIOLENCE</b>					
Didn't go to school because of safety concerns (past 30 days)*	3.0	3.3	2.1	2.3	2.1
Had personal property stolen/deliberately damaged at school (past 12 months)	19.1	23.2	16.2	15.0	13.9
Carried a weapon on school property (lifetime) <sup>†</sup>	3.3	2.5	1.4	1.4	1.1
In a physical fight on school property (lifetime)	18.9	16.8	12.4	9.8	9.4
In a physical fight on school property (past 12 months)	–	6.9	4.5	3.3	3.2
Been bullied on school property (past 12 months) <sup>‡</sup>	38.8	42.7	31.7	26.7	23.5
Bullied someone else on school property (past 12 months) <sup>‡</sup>	–	–	–	7.8	4.8
<b>CONCERNS ABOUT PEERS (past 12 months)</b>					
Concerned a student might physically hurt someone else	–	–	–	–	23.0
Told an adult <b>at school</b> a student might harm someone else	–	–	–	–	4.2
Told an adult <b>outside of school</b> a student might harm someone else	–	–	–	–	6.4
Concerned a student was depressed or might hurt themselves	–	–	–	–	38.9
Told an adult <b>at school</b> a student was depressed/might harm themselves	–	–	–	–	7.7
Told an adult <b>outside of school</b> a student was depressed/might harm themselves	–	–	–	–	13.1

\* Because you felt you would be unsafe at school or on the way to or from school

† For example, a gun, knife, or club

‡ Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

**Table 8-2A. School Absences and School Climate by Gender and Grade, 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>	
	(12,191)	Female (5,951)	Male (6,143)	7 <sup>th</sup> (6,137)	8 <sup>th</sup> (6,054)
<b>SCHOOL ABSENCES (past 30 days)</b>					
Absent from school on 3 or more days	9.2	9.2	9.1	8.7	9.7
Absent/missed school because you were sick/had a physical health problem*	38.8	41.1	36.6	37.8	39.9
Absent/missed school because you were feeling sad or hopeless, or having thoughts about hurting yourself*	4.1	6.1	2.2	2.9	5.4
Absent/missed school because you were behind on school work*	10.4	10.1	10.6	9.6	11.2
Absent/missed school because you were being bullied or cyberbullied*	2.2	2.7	1.6	1.7	2.6
Absent/missed school because you didn't feel physically safe at school*	2.2	2.3	2.0	1.9	2.6
Absent/missed school because you had to take care of a family member*	6.3	6.4	6.2	5.5	7.2
Absent/missed school because you were too tired*	11.8	13.3	10.4	9.9	13.8
Absent/missed school because you were on vacation*	10.9	11.2	10.6	11.0	10.8
<b>SCHOOL CLIMATE RELATED TO BULLYING</b>					
My school has rules that protect students from being bullied on school property. <sup>†</sup>	80.7	79.1	82.5	83.3	78.2
My school has rules that protect students from being cyberbullied. <sup>†</sup>	61.5	59.4	63.6	65.7	57.2
When teachers see bullying, they don't do anything about it. <sup>‡</sup>	70.7	69.7	71.9	74.3	67.0
Most of the time, students tell teachers if they know someone is being bullied. <sup>†</sup>	31.1	27.9	34.3	36.8	25.4
Telling a teacher about bullying can make it worse. <sup>‡</sup>	39.1	39.1	39.1	43.3	34.8
Most of the time, students here try to stop bullying when they see it happening. <sup>†</sup>	40.6	38.8	42.3	44.7	36.4
There's not much schools can do to prevent cyberbullying. <sup>‡</sup>	30.4	31.1	29.6	34.0	26.7

\* On one or more of the past 30 days

† Answered either "agree" or "strongly agree"

‡ Answered either "disagree" or "strongly disagree"

**Table 8-2B. School Absences and School Climate, 2006 - 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	MetroWest Region (%)				
	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)	2014 (12,191)
<b>SCHOOL ABSENCES (past 30 days)</b>					
Absent from school on 3 or more days	–	–	–	–	9.2
Absent/missed school because you were sick/had a physical health problem*	–	–	–	–	38.8
Absent/missed school because you were feeling sad or hopeless, or having thoughts about hurting yourself*	–	–	–	–	4.1
Absent/missed school because you were behind on school work*	–	–	–	–	10.4
Absent/missed school because you were being bullied or cyberbullied*	–	–	–	–	2.2
Absent/missed school because you didn't feel physically safe at school*	–	–	–	–	2.2
Absent/missed school because you had to take care of a family member*	–	–	–	–	6.3
Absent/missed school because you were too tired*	–	–	–	–	11.8
Absent/missed school because you were on vacation*	–	–	–	–	10.9
<b>SCHOOL CLIMATE RELATED TO BULLYING</b>					
My school has rules that protect students from being bullied on school property. <sup>†</sup>	–	–	–	–	80.7
My school has rules that protect students from being cyberbullied. <sup>†</sup>	–	–	–	–	61.5
When teachers see bullying, they don't do anything about it. <sup>‡</sup>	–	–	–	–	70.7
Most of the time, students tell teachers if they know someone is being bullied. <sup>†</sup>	–	–	–	–	31.1
Telling a teacher about bullying can make it worse. <sup>‡</sup>	–	–	–	–	39.1
Most of the time, students here try to stop bullying when they see it happening. <sup>†</sup>	–	–	–	–	40.6
There's not much schools can do to prevent cyberbullying. <sup>‡</sup>	–	–	–	–	30.4

\* On one or more of the past 30 days

† Answered either "agree" or "strongly agree"

‡ Answered either "disagree" or "strongly disagree"

**Table 9-1A. Additional Topics by Gender and Grade, 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>	
		Female	Male	7 <sup>th</sup>	8 <sup>th</sup>
	<i>(12,191)</i>	<i>(5,951)</i>	<i>(6,143)</i>	<i>(6,137)</i>	<i>(6,054)</i>
<b>GENERAL HEALTH &amp; SLEEP</b>					
Describes general health as very good/excellent	76.4	76.6	76.3	76.5	76.3
Absent/missed school because you were sick/had a physical health problem (past 30 days)	38.8	41.1	36.6	37.8	39.9
Absent/missed school because you were feeling sad or hopeless, or having thoughts about hurting yourself (past 30 days)	4.1	6.1	2.2	2.9	5.4
Absent/missed school because you were too tired (past 30 days)	11.8	13.3	10.4	9.9	13.8
Sleeps 8 or more hours on an average school night	63.9	59.8	67.9	70.7	57.1
<b>ELECTRONICS USAGE AND ACTIVITIES OUTSIDE OF SCHOOL</b>					
Sends more than 50 messages on a mobile phone on an average school day	19.0	23.6	14.7	14.4	23.7
Spends 3 or more hours online on an average school day	35.7	40.7	30.8	29.1	42.4
Spends 3 or more hours on homework/studying outside of school on an average school day	22.1	29.1	15.2	18.1	26.0
Spends 3 or more hours on extracurricular activities outside of school on an average school day	21.8	23.7	19.9	21.2	22.4
Spends 3 or more hours on "screen time" that is not for school work/homework on an average school day	33.5	33.7	33.3	29.0	38.0
<b>SOCIO-DEMOGRAPHICS</b>					
Students who report having physical disabilities or long-term* health problems	10.4	12.0	8.8	9.1	11.6
Students who report having long-term* learning disabilities	7.0	6.7	7.3	6.1	8.0
Students who report having an Individualized Education Program (IEP)	16.2	15.2	17.0	14.3	18.0
Students who report being eligible to get a free or reduced-price lunch at school	16.5	16.5	16.3	15.6	17.3

\* Long-term means 6 months or more

**Table 9-1B. Additional Topics, 2006 - 2014**  
**MetroWest Region Middle School Students (Grades 7-8)**  
*MetroWest Adolescent Health Survey, 2014*

	MetroWest Region (%)				
	2006 (6,875)	2008 (10,650)	2010 (11,597)	2012 (12,224)	2014 (12,191)
<b>GENERAL HEALTH &amp; SLEEP</b>					
Describes general health as very good/excellent	76.1	74.2	74.2	76.2	76.4
Absent/missed school because you were sick/had a physical health problem (past 30 days)	–	–	–	–	38.8
Absent/missed school because you were feeling sad or hopeless, or having thoughts about hurting yourself (past 30 days)	–	–	–	–	4.1
Absent/missed school because you were too tired (past 30 days)	–	–	–	–	11.8
Sleeps 8 or more hours on an average school night	–	–	–	–	63.9
<b>ELECTRONICS USAGE AND ACTIVITIES OUTSIDE OF SCHOOL</b>					
Sends more than 50 messages on a mobile phone on an average school day	–	–	28.9	24.5	19.0
Spends 3 or more hours online on an average school day	–	–	17.4	22.7	35.7
Spends 3 or more hours on homework/studying outside of school on an average school day	–	–	–	–	22.1
Spends 3 or more hours on extracurricular activities outside of school on an average school day	–	–	–	–	21.8
Spends 3 or more hours on "screen time" that is not for school work/homework on an average school day	–	–	–	32.8	33.5
<b>SOCIO-DEMOGRAPHICS</b>					
Students who report having physical disabilities or long-term* health problems	–	–	–	8.0	10.4
Students who report having long-term* learning disabilities	–	–	–	6.4	7.0
Students who report having an Individualized Education Program (IEP)	–	–	–	–	16.2
Students who report being eligible to get a free or reduced-price lunch at school	–	–	–	–	16.5

\* Long-term means 6 months or more