Figure 2-1A. Lifetime Substance Use by Gender, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

Percent of students

<table>
<thead>
<tr>
<th>Substance</th>
<th>Female (n=400)</th>
<th>Male (n=403)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cigarettes</td>
<td>2%</td>
<td>6%</td>
</tr>
<tr>
<td>Alcohol</td>
<td>6%</td>
<td>11%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>1%</td>
<td>2%</td>
</tr>
<tr>
<td>Inhalants*</td>
<td>2%</td>
<td>1%</td>
</tr>
<tr>
<td>Prescription drugs</td>
<td>1%</td>
<td>1%</td>
</tr>
</tbody>
</table>

* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high
* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high
Figure 2-1C. Trends in Lifetime Substance Use, 2006-2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high
Figure 2-1D. Lifetime Substance Use at the District and Regional Levels, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high
Figure 2-2A. Current Substance Use* by Gender, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* Used one or more times in the past 30 days
Figure 2-2B. Current Substance Use* by Grade, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* Used one or more times in the past 30 days
Figure 2-2C. Trends in Current Substance Use,* 2006-2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* Used one or more times in the past 30 days
Figure 2-2D. Current Substance Use* at the District and Regional Levels, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* Used one or more times in the past 30 days
Figure 2-3A. Cigarette and Electronic Cigarette Smoking by Gender, 2014 Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

* Includes electronic cigarettes, or e-cigarettes, and other electronic vapor products. E-cigarettes create a mist or vapor that you breathe in like smoke.
Figure 2-3B. Cigarette and Electronic Cigarette Smoking by Grade, 2014
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

* Includes electronic cigarettes, or e-cigarettes, and other electronic vapor products. E-cigarettes create a mist or vapor that you breathe in like smoke.
Figure 2-3C. Trends in Cigarette and Electronic Cigarette Smoking, 2006-2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* Includes electronic cigarettes, or e-cigarettes, and other electronic vapor products. E-cigarettes create a mist or vapor that you breathe in like smoke.
Figure 2-3D. Cigarette and Electronic Cigarette Smoking at the District and Regional Levels, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* Includes electronic cigarettes, or e-cigarettes, and other electronic vapor products. E-cigarettes create a mist or vapor that you breathe in like smoke.
Figure 2-5A. Alcohol Use* by Gender, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

- Lifetime drinking
- First drink before age 11
- Current drinking (past 30 days)
- Binge drinking† (past 30 days)
- Been drunk (past 30 days)
- Attended party where alcohol was available (past 30 days)

* 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)
Figure 2-5B. Alcohol Use* by Grade, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* 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)
Figure 2-5C. Trends in Alcohol Use,* 2006-2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* 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)
Figure 2-5D. Alcohol Use* at the District and Regional Levels, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* 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)
Figure 2-6A. Access to Alcohol Among Lifetime Drinkers,* 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

Percent of students among students that drank in their lifetime
† Does not include at a party
**Figure 2-6B. Access to Alcohol Among Lifetime Drinkers* at the District and Regional Levels, 2014**

Pollard Middle School, Needham (Grades 7-8)

*MetroWest Adolescent Health Survey*

Among students that drank in their lifetime

† Does not include at a party
**Figure 2-7A. Marijuana Use by Gender, 2014**
Pollard Middle School, Needham (Grades 7-8)
*MetroWest Adolescent Health Survey*

- **Lifetime marijuana use**
  - Female (n=400): 1%
  - Male (n=403): 0%

- **First used marijuana before age 11**
  - Female (n=400): 1%
  - Male (n=403): 0%

- **Current marijuana use**
  - Female (n=400): 0%
  - Male (n=403): 1%

- **Attended party where marijuana was available**
  - Female (n=400): 1%
  - Male (n=403): 2%

*In the past 30 days*
Figure 2-7B. Marijuana Use by Grade, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

Lifetime marijuana use: 1% (7th grade) vs. 2% (8th grade)
First used marijuana before age 11: 1% (7th grade) vs. 0% (8th grade)
Current marijuana use*: 1% (7th grade) vs. 1% (8th grade)
Attended party where marijuana was available*: 1% (7th grade) vs. 2% (8th grade)

* In the past 30 days

(n=373) (n=431)
Figure 2-7C. Trends in Marijuana Use, 2006-2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

Percent of students

- Lifetime marijuana use
- First used marijuana before age 11
- Current marijuana use*
- Attended party where marijuana was available*

* In the past 30 days
Figure 2-7D. Marijuana Use at the District and Regional Levels, 2014
Pollard Middle School, Needham (Grades 7-8)
*MetroWest Adolescent Health Survey*

<table>
<thead>
<tr>
<th>Category</th>
<th>Needham (n=804)</th>
<th>MetroWest (n=12,191)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lifetime marijuana use</td>
<td>2%</td>
<td>0%</td>
</tr>
<tr>
<td>First used marijuana before age 11</td>
<td>3%</td>
<td>1%</td>
</tr>
<tr>
<td>Current marijuana use*</td>
<td>1%</td>
<td>2%</td>
</tr>
<tr>
<td>Attended party where marijuana was available*</td>
<td>1%</td>
<td>3%</td>
</tr>
</tbody>
</table>

*In the past 30 days
Figure 3-1A. Fighting and Weapon Carrying by Gender, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

Percent of students

Physical fight (lifetime) 47%
Physical fight (past 12 mos.) 21%
Carried weapon (lifetime) 15%
Carried weapon (past 30 days) 4%
Figure 3-1B. Fighting and Weapon Carrying by Grade, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

Percent of students

Physical fight (lifetime) 28% 35%
Physical fight (past 12 mos.) 12% 16%
Carried weapon (lifetime) 9% 10%
Carried weapon (past 30 days) 3% 3%

7th (n=373)
8th (n=431)
Figure 3-1C. Trends in Fighting and Weapon Carrying, 2006-2014
Pollard Middle School, Needham (Grades 7-8)
*MetroWest Adolescent Health Survey*

<table>
<thead>
<tr>
<th>Year</th>
<th>Physical Fight (Lifetime)</th>
<th>Physical Fight (Past 12 mos.)</th>
<th>Carried Weapon (Lifetime)</th>
<th>Carried Weapon (Past 30 days)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>45%</td>
<td>24%</td>
<td>13%</td>
<td>6%</td>
</tr>
<tr>
<td>2008</td>
<td>42%</td>
<td>n/a</td>
<td>17%</td>
<td>4%</td>
</tr>
<tr>
<td>2010</td>
<td>37%</td>
<td>20%</td>
<td>11%</td>
<td>5%</td>
</tr>
<tr>
<td>2012</td>
<td>39%</td>
<td>n/a</td>
<td>14%</td>
<td>3%</td>
</tr>
<tr>
<td>2014</td>
<td>45%</td>
<td>n/a</td>
<td>11%</td>
<td>3%</td>
</tr>
</tbody>
</table>

(n=654, n=653, n=772, n=787, n=804)
Figure 3-1D. Fighting and Weapon Carrying at the District and Regional Levels, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

Percent of students

<table>
<thead>
<tr>
<th>Category</th>
<th>Needham (n=804)</th>
<th>MetroWest (n=12,191)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical fight (lifetime)</td>
<td>32%</td>
<td>33%</td>
</tr>
<tr>
<td>Physical fight (past 12 mos.)</td>
<td>14%</td>
<td>16%</td>
</tr>
<tr>
<td>Carried weapon (lifetime)</td>
<td>10%</td>
<td>15%</td>
</tr>
<tr>
<td>Carried weapon (past 30 days)</td>
<td>3%</td>
<td>7%</td>
</tr>
</tbody>
</table>
Figure 3-2A. Bullying and Cyberbullying by Gender, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* 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

<table>
<thead>
<tr>
<th>Category</th>
<th>Female (n=400)</th>
<th>Male (n=403)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bullying victim*</td>
<td>21%</td>
<td>17%</td>
</tr>
<tr>
<td>Bullying victim on school property*</td>
<td>14%</td>
<td>11%</td>
</tr>
<tr>
<td>Cyberbullying victim†</td>
<td>19%</td>
<td>10%</td>
</tr>
<tr>
<td>Bullying perpetrator*</td>
<td>4%</td>
<td>5%</td>
</tr>
<tr>
<td>Bullying perpetrator on school property*</td>
<td>1%</td>
<td>3%</td>
</tr>
<tr>
<td>Cyberbullying perpetrator†</td>
<td>7%</td>
<td>4%</td>
</tr>
</tbody>
</table>
Figure 3-2B. Bullying and Cyberbullying by Grade, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* 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
Figure 3-2C. Trends in Bullying and Cyberbullying, 2006-2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* 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
Figure 3-2D. Bullying and Cyberbullying at the District and Regional Levels, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* 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
Figure 3-3A. School Bullying Bystander Behaviors* by Gender, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

*Saw/heard of another student being bullied at school
Tried to stop a student from bullying someone else at school
Told an adult at school that someone was being bullied at school
Told a parent/adult outside of school that someone was being bullied at school

* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again.
Figure 3-3B. School Bullying Bystander Behaviors* by Grade, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again
Figure 3-3C. Trends in School Bullying Bystander Behaviors,* 2012-2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again.
Figure 3-3D. School Bullying Bystander Behaviors* at the District and Regional Levels, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

*In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again.
Figure 3-4A. Cyberbullying Bystander Behaviors* by Gender, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone.

- **Saw/heard of another student being cyberbullied**
  - Female: 38%
  - Male: 21%

- **Tried to stop a student from cyberbullying someone else**
  - Female: 14%
  - Male: 8%

- **Told an adult at school that someone was being cyberbullied**
  - Female: 2%
  - Male: 3%

- **Told a parent/adult outside of school that someone was being cyberbullied**
  - Female: 8%
  - Male: 4%
Figure 3-4B. Cyberbullying Bystander Behaviors* by Grade, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone.
Figure 3-4C. Trends in Cyberbullying Bystander Behaviors,* 2012-2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone.
Figure 3-4D. Cyberbullying Bystander Behaviors* at the District and Regional Levels, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone.
School rules protect students from bullying.*
School rules protect students from cyberbullying.*
When teachers see bullying, they don't do anything about it.†
Students tell teachers if they know someone is being bullied.*
Telling a teacher about bullying can make it worse.†
Students try to stop bullying when they see it.*
There is not much schools can do to prevent cyberbullying.†

* Answered either "agree" or "strongly agree"
† Answered either "disagree" or "strongly disagree"
Figure 3-5B. School Climate Related to Bullying by Grade, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

School rules protect students from bullying.*
School rules protect students from cyberbullying.*
When teachers see bullying, they don't do anything about it.†
Students tell teachers if they know someone is being bullied.*
Telling a teacher about bullying can make it worse.†
Students try to stop bullying when they see it.*
There is not much schools can do to prevent cyberbullying.†

* Answered either "agree" or "strongly agree"
† Answered either "disagree" or "strongly disagree"
School rules protect students from bullying.*
School rules protect students from cyberbullying.*
When teachers see bullying, they don't do anything about it.†
Students tell teachers if they know someone is being bullied.*
Telling a teacher about bullying can make it worse.†
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There is not much schools can do to prevent cyberbullying.†

* Answered either "agree" or "strongly agree"
† Answered either "disagree" or "strongly disagree"
School rules protect students from bullying.*
School rules protect students from cyberbullying.*
When teachers see bullying, they don’t do anything about it.†
Students tell teachers if they know someone is being bullied.*
Telling a teacher about bullying can make it worse.†
Students try to stop bullying when they see it.*
There is not much schools can do to prevent cyberbullying.†

* Answered either "agree" or "strongly agree"
† Answered either "disagree" or "strongly disagree"
Figure 4-1A. Behaviors Related to Unintentional Injury by Gender, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

Percent of students

- Never/rarely wear helmet on bicycle:
  - Female: 21%
  - Male: 27%

- Never/rarely wear helmet when rollerblading or skateboarding:
  - Female: 42%
  - Male: 50%

- Never/rarely wear seatbelt when riding in car:
  - Female: 1%
  - Male: 1%

- Rode in car with driver who had been drinking (lifetime):
  - Female: 15%
  - Male: 16%

- Rode in car with a high school driver who had been drinking (lifetime):
  - Female: 2%
  - Male: 4%

* Among the youth who ride a bicycle
† Among the youth who rollerblade and/or skateboard
Figure 4-1B. Behaviors Related to Unintentional Injury by Grade, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

- Never/rarely wear helmet on bicycle:
  - 7th grade: 20%
  - 8th grade: 28%
- Never/rarely wear helmet when rollerblading or skateboarding:
  - 7th grade: 39%
  - 8th grade: 53%
- Never/rarely wear seatbelt when riding in car:
  - 7th grade: 2%
  - 8th grade: 0%
- Rode in car with driver who had been drinking (lifetime):
  - 7th grade: 11%
  - 8th grade: 19%
- Rode in car with a high school driver who had been drinking (lifetime):
  - 7th grade: 4%
  - 8th grade: 2%

* Among the youth who ride a bicycle
† Among the youth who rollerblade and/or skateboard
Figure 4-1C. Trends in Behaviors Related to Unintentional Injury, 2006-2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

Percent of students

- 2006 (n=654)
- 2008 (n=653)
- 2010 (n=772)
- 2012 (n=787)
- 2014 (n=804)

- Never/rarely wear helmet on bicycle*
- Never/rarely wear helmet when rollerblading or skateboarding†
- Never/rarely wear seatbelt when riding in car
- Rode in car with driver who had been drinking (lifetime)
- Rode in car with a high school driver who had been drinking (lifetime)

* Among the youth who ride a bicycle
† Among the youth who rollerblade and/or skateboard
Figure 4-1D. Behaviors Related to Unintentional Injury at the District and Regional Levels, 2014
Pollard Middle School, Needham (Grades 7-8)
*MetroWest Adolescent Health Survey*

- **Never/rarely wear helmet on bicycle***
  - Needham (n=804) 24%
  - MetroWest (n=12,191) 46%

- **Never/rarely wear helmet when rollerblading or skateboarding†**
  - Needham (n=804) 46%
  - MetroWest (n=12,191) 45%

- **Never/rarely wear seatbelt when riding in car**
  - Needham (n=804) 1%
  - MetroWest (n=12,191) 2%

- **Rode in car with driver who had been drinking (lifetime)**
  - Needham (n=804) 15%
  - MetroWest (n=12,191) 15%

- **Rode in car with a high school driver who had been drinking (lifetime)**
  - Needham (n=804) 3%
  - MetroWest (n=12,191) 2%

---

*Among the youth who ride a bicycle
† Among the youth who rollerblade and/or skateboard
Figure 5-1A. Mental Health and Suicidality by Gender, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th>Condition</th>
<th>Female (n=400)</th>
<th>Male (n=403)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life very stressful (past 30 days)</td>
<td>11%</td>
<td>6%</td>
</tr>
<tr>
<td>Depressive symptoms (past 12 mos.)</td>
<td>12%</td>
<td>7%</td>
</tr>
<tr>
<td>Self-injury* (past 12 mos.)</td>
<td>7%</td>
<td>3%</td>
</tr>
<tr>
<td>Seriously considered suicide (lifetime)</td>
<td>10%</td>
<td>6%</td>
</tr>
<tr>
<td>Attempted suicide (lifetime)</td>
<td>2%</td>
<td>1%</td>
</tr>
</tbody>
</table>

* For example, by cutting, burning, or bruising yourself on purpose
Figure 5-1B. Mental Health and Suicidality by Grade, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* For example, by cutting, burning, or bruising yourself on purpose
Figure 5-1C. Trends in Mental Health and Suicidality, 2006-2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

- Life very stressful (past 30 days)
  - 2006 (n=654): 12%
  - 2008 (n=653): 10%
  - 2010 (n=772): 9%
  - 2012 (n=787): 9%
  - 2014 (n=804): 5%

- Depressive symptoms (past 12 mos.)
  - 2006 (n=654): 11%
  - 2008 (n=653): 8%
  - 2010 (n=772): 9%
  - 2012 (n=787): 9%
  - 2014 (n=804): 8%

- Self-injury* (past 12 mos.)
  - 2006 (n=654): 4%
  - 2008 (n=653): 6%
  - 2010 (n=772): 4%
  - 2012 (n=787): 5%
  - 2014 (n=804): 5%

- Seriously considered suicide (lifetime)
  - 2006 (n=654): .8%
  - 2008 (n=653): .8%
  - 2010 (n=772): .8%
  - 2012 (n=787): .8%
  - 2014 (n=804): .8%

- Attempted suicide (lifetime)
  - 2006 (n=654): 2%
  - 2008 (n=653): 2%
  - 2010 (n=772): 2%
  - 2012 (n=787): 1%
  - 2014 (n=804): 2%

* For example, by cutting, burning, or bruising yourself on purpose
Figure 5-1D. Mental Health and Suicidality at the District and Regional Levels, 2014
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

- Life very stressful (past 30 days)
- Depressive symptoms (past 12 mos.)
- Self-injury* (past 12 mos.)
- Seriously considered suicide (lifetime)
- Attempted suicide (lifetime)

* For example, by cutting, burning, or bruising yourself on purpose
Figure 5-2A. Peer Mental Health* by Gender, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* In the past 12 months
Concerned a peer would hurt themselves

Told adult at school you thought a peer might hurt themselves

Told parent/adult outside of school you thought a peer might hurt themselves

Concerned a peer would hurt someone else

Told adult at school you thought a peer might hurt someone else

Told parent/adult outside of school you thought a peer might hurt someone else

* In the past 12 months

MetroWest Adolescent Health Survey
Concerned a peer would hurt themselves
Told adult at school you thought a peer might hurt themselves
Told parent/adult outside of school you thought a peer might hurt themselves
Concerned a peer would hurt someone else
Told adult at school you thought a peer might hurt someone else
Told parent/adult outside of school you thought a peer might hurt someone else

MetroWest Adolescent Health Survey

* In the past 12 months
Concerned a peer would hurt themselves
Told adult at school you thought a peer might hurt themselves
Told parent/adult outside of school you thought a peer might hurt themselves
Concerned a peer would hurt someone else
Told adult at school you thought a peer might hurt someone else
Told parent/adult outside of school you thought a peer might hurt someone else

Needham (n=804)
MetroWest (n=12,191)

* In the past 12 months
Figure 6-1A. Weight Perception and Body Weight by Gender, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

- Describe self as slightly/very overweight:
  - Female (n=400): 23%
  - Male (n=403): 20%
- Trying to lose weight:
  - Female (n=400): 31%
  - Male (n=403): 20%
- Overweight*: 
  - Female (n=400): 7%
  - Male (n=403): 9%
- Obese†: 
  - Female (n=400): 3%
  - Male (n=403): 7%

* 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
Figure 6-1B. Weight Perception and Body Weight by Grade, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

Percent of students

Describe self as slightly/very overweight

Trying to lose weight

Overweight*

Obese†

* 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
Figure 6-1C. Trends in Weight Perception and Body Weight, 2006-2014
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

- Describe self as slightly/very overweight
- Trying to lose weight
- Overweight*
- Obese†

* 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
Figure 6-1D. Weight Perception and Body Weight at the District and Regional Levels, 2014
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

* 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
Figure 6-2A. Nutrition* by Gender, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* On the day preceding the survey
Figure 6-2B. Nutrition* by Grade, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

Percent of students

- Ate fruit or drank 100% fruit juice: 79% (7th), 83% (8th)
- Ate vegetables or green salad: 83% (7th), 85% (8th)
- Drank 3 or more glasses of milk: 26% (7th), 24% (8th)
- Ate fried food: 54% (7th), 54% (8th)
- Ate fast food: 9% (7th), 8% (8th)
- Drank non-diet soda/soft drinks: 20% (7th), 22% (8th)

* On the day preceding the survey

7th (n=373)
8th (n=431)
Figure 6-2C. Trends in Nutrition,* 2006-2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* On the day preceding the survey

- 2006 (n=654)
- 2008 (n=653)
- 2010 (n=772)
- 2012 (n=787)
- 2014 (n=804)
Figure 6-2D. Nutrition* at the District and Regional Levels, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

- Ate fruit or drank 100% fruit juice: 81% Needham, 78% MetroWest
- Ate vegetables or green salad: 84% Needham, 80% MetroWest
- Drank 3 or more glasses of milk: 25% Needham, 26% MetroWest
- Ate fried food: 54% Needham, 54% MetroWest
- Ate fast food: 8% Needham, 14% MetroWest
- Drank non-diet soda/soft drinks: 21% Needham, 33% MetroWest

* On the day preceding the survey
Figure 6-3A. Physical Activity by Gender, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

- Participated in vigorous physical activity*
- Met currently recommended level of physical activity†
- Played on one or more sports teams (past 12 mos.)
- Attend physical education class (1+ times/week)
- Spend 3+ hours of "screen time" on average school day (not for school work)‡

* Exercised for at least 20 minutes that made you sweat and breathe hard on three or more days per week
† Physically active for ≥ 60 minutes/day on ≥ 5 of the past 7 days; includes 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
Figure 6-3B. Physical Activity by Grade, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

- Participated in vigorous physical activity*
- Met currently recommended level of physical activity†
- Played on one or more sports teams (past 12 mos.)
- Attend physical education class (1+ times/week)
- Spend 3+ hours of "screen time" on average school day (not for school work)‡

* Exercised for at least 20 minutes that made you sweat and breathe hard on three or more days per week
† Physically active for ≥ 60 minutes/day on ≥ 5 of the past 7 days; includes 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
Figure 6-3C. Trends in Physical Activity, 2006-2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

- Participated in vigorous physical activity*:
  - 2006: 81% (n=654)
  - 2008: 83% (n=653)
  - 2010: 84% (n=772)
  - 2012: 82% (n=787)
  - 2014: 84% (n=804)

- Met currently recommended level of physical activity†:
  - 2006: 81% (n=654)
  - 2008: 82% (n=653)
  - 2010: 84% (n=772)
  - 2012: 99% (n=787)
  - 2014: 99% (n=804)

- Played on one or more sports teams (past 12 mos.):
  - 2006: 82% (n=654)
  - 2008: 54% (n=653)
  - 2010: 77% (n=772)
  - 2012: 77% (n=787)
  - 2014: 82% (n=804)

- Attend physical education class (1+ times/week):
  - 2006: 77% (n=654)
  - 2008: 76% (n=653)
  - 2010: 75% (n=772)
  - 2012: 99% (n=787)
  - 2014: 82% (n=804)

- Spend 3+ hours of "screen time" on average school day (not for school work)‡:
  - 2006: 20% (n=654)
  - 2008: 26% (n=653)
  - 2010: 75% (n=772)
  - 2012: 25% (n=787)
  - 2014: 25% (n=804)

* Exercised for at least 20 minutes that made you sweat and breathe hard on three or more days per week
† Physically active for ≥ 60 minutes/day on ≥ 5 of the past 7 days; includes 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
Figure 6-3D. Physical Activity at the District and Regional Levels, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th>Activity</th>
<th>Needham (n=804)</th>
<th>MetroWest (n=12,191)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participated in vigorous physical activity*</td>
<td>89%</td>
<td>81%</td>
</tr>
<tr>
<td>Met currently recommended level of physical activity†</td>
<td>68%</td>
<td>62%</td>
</tr>
<tr>
<td>Played on one or more sports teams (past 12 mos.)</td>
<td>82%</td>
<td>78%</td>
</tr>
<tr>
<td>Attend physical education class (1+ times/week)</td>
<td>82%</td>
<td>89%</td>
</tr>
<tr>
<td>Spend 3+ hours of &quot;screen time&quot; on average school day (not for school work)‡</td>
<td>25%</td>
<td>33%</td>
</tr>
</tbody>
</table>

* Exercised for at least 20 minutes that made you sweat and breathe hard on three or more days per week
† Physically active for ≥ 60 minutes/day on ≥ 5 of the past 7 days; includes 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
Figure 7-1A. School Attachment by Gender, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

- Feel close to people at school*: 77% female, 79% male
- Feel like I am part of this school*: 75% female, 81% male
- Happy to be at this school*: 70% female, 75% male
- Teachers at this school treat students fairly*: 74% female, 77% male
- Feel safe at my school*: 89% female, 89% male

* Student responded "agree" or "strongly agree"
Figure 7-1B. School Attachment by Grade, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

Percent of students

<table>
<thead>
<tr>
<th>Feeling</th>
<th>7th (n=373)</th>
<th>8th (n=431)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feel close to people at school*</td>
<td>82%</td>
<td>89%</td>
</tr>
<tr>
<td>Feel like I am part of this school*</td>
<td>81%</td>
<td>90%</td>
</tr>
<tr>
<td>Happy to be at this school*</td>
<td>76%</td>
<td>76%</td>
</tr>
<tr>
<td>Teachers at this school treat students fairly*</td>
<td>68%</td>
<td>75%</td>
</tr>
<tr>
<td>Feel safe at my school*</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Student responded "agree" or "strongly agree"
Figure 7-1C. Trends in School Attachment, 2006-2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

Percent of students

Feel close to people at school*
Feel like I am part of this school*
Happy to be at this school*
Teachers at this school treat students fairly*
Feel safe at my school*

* Student responded "agree" or "strongly agree"
Figure 7-1D. School Attachment at the District and Regional Levels, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

Percent of students

Feel close to people at school*
Feel like I am part of this school*
Happy to be at this school*
Teachers at this school treat students fairly*
Feel safe at my school*

* Student responded "agree" or "strongly agree"
Figure 7-2A. Adult Support by Gender, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

Percent of students

- Have adult at school to talk to about a personal problem:
  - Female: 71%
  - Male: 71%

- Talked to adult at school about a personal problem (past 12 mos.):
  - Female: 30%
  - Male: 24%

- Have non-school adult to talk to about important things:
  - Female: 96%
  - Male: 96%
Figure 7-2B. Adult Support by Grade, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

- Have adult at school to talk to about a personal problem:
  - 71%
  - 71%

- Talked to adult at school about a personal problem (past 12 mos.):
  - 26%
  - 28%

- Have non-school adult to talk to about important things:
  - 96% (7th, n=373)
  - 96% (8th, n=431)
Have adult at school to talk to about a personal problem

Talked to adult at school about a personal problem (past 12 mos.)

Have non-school adult to talk to about important things

MetroWest Adolescent Health Survey

Figure 7-2C. Trends in Adult Support, 2006-2014
Pollard Middle School, Needham (Grades 7-8)
Figure 7-2D. Adult Support at the District and Regional Levels, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

- 71% of students in Needham (n=804) have an adult at school to talk to about a personal problem.
- 69% of students in MetroWest (n=12,191) have an adult at school to talk to about a personal problem.
- 27% of students in Needham (n=804) have talked to an adult at school about a personal problem in the past 12 months.
- 25% of students in MetroWest (n=12,191) have talked to an adult at school about a personal problem in the past 12 months.
- 96% of students in Needham (n=804) have a non-school adult to talk to about important things.
- 92% of students in MetroWest (n=12,191) have a non-school adult to talk to about important things.
Figure 7-3A. Peer Support by Gender, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th></th>
<th>Female (n=400)</th>
<th>Male (n=403)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have a friend you can talk to about a personal problem*</td>
<td>77%</td>
<td>57%</td>
</tr>
<tr>
<td>Feel you are part of a group of friends*</td>
<td>81%</td>
<td>85%</td>
</tr>
<tr>
<td>Feel lonely*</td>
<td>4%</td>
<td>7%</td>
</tr>
</tbody>
</table>

* Student responded "most of the time" or "all of the time"
Figure 7-3B. Peer Support by Grade, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th></th>
<th>7th (n=373)</th>
<th>8th (n=431)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have a friend you can talk to about a personal problem*</td>
<td>67%</td>
<td>68%</td>
</tr>
<tr>
<td>Feel you are part of a group of friends*</td>
<td>85%</td>
<td>82%</td>
</tr>
<tr>
<td>Feel lonely*</td>
<td>4%</td>
<td>6%</td>
</tr>
</tbody>
</table>

* Student responded "most of the time" or "all of the time"
Figure 7-3C. Trends in Peer Support, 2012-2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th></th>
<th>2012 (n=787)</th>
<th>2014 (n=804)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have a friend you can talk to about a personal problem*</td>
<td>63%</td>
<td>67%</td>
</tr>
<tr>
<td>Feel you are part of a group of friends*</td>
<td>82%</td>
<td>83%</td>
</tr>
<tr>
<td>Feel lonely*</td>
<td>5%</td>
<td>5%</td>
</tr>
</tbody>
</table>

* Student responded "most of the time" or "all of the time"
Figure 7-3D. Peer Support at the District and Regional Levels, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* Student responded "most of the time" or "all of the time"
Figure 7-4A. Bullying and Adult Support* by Gender, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

In the past 12 months; Bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again.
Figure 7-4B. Bullying and Adult Support* by Grade, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* In the past 12 months; Bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again.
Figure 7-4C. Trends in Bullying and Adult Support, * 2006-2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* In the past 12 months; Bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again
* In the past 12 months; Bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again.
Cyberbullying victim

Talked to adult at school about being cyberbullied

Talked to parent/non-school adult about being cyberbullied

* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone.
Figure 7-5B. Cyberbullying and Adult Support* by Grade, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone.
Figure 7-5C. Trends in Cyberbullying and Adult Support,* 2006-2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

*In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone.
Figure 7-5D. Cyberbullying and Adult Support* at the District and Regional Levels, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone.
Figure 7-6A. Mental Health and Adult Support by Gender, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

- Depressive symptoms*: 12% (Female) 7% (Male)
- Self-injury*: 7% (Female) 3% (Male)
- Seriously considered suicide*: 10% (Female) 6% (Male)
- Talked to school adult about mental health*: 5% (Female) 5% (Male)
- Talked to parent/non-school adult about mental health*: 18% (Female) 15% (Male)
- Talked to health care provider about mental health*: 5% (Female) 3% (Male)

* In the past 12 months
† For example, by cutting, burning, or bruising yourself on purpose
‡ One or more times in lifetime
§ About feeling sad or hopeless, or having thoughts about hurting yourself

Pollard Middle School, Needham (Grades 7-8)
Figure 7-6B. Mental Health and Adult Support by Grade, 2014
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

- Depressive symptoms*
- Self-injury*†
- Seriously considered suicide‡
- Talked to school adult about mental health*§
- Talked to parent/non-school adult about mental health*§
- Talked to health care provider about mental health*§

* In the past 12 months
† For example, by cutting, burning, or bruising yourself on purpose
‡ One or more times in lifetime
§ About feeling sad or hopeless, or having thoughts about hurting yourself
Figure 7-6C. Mental Health and Adult Support, 2006-2014
Pollard Middle School, Needham (Grades 7-8)

* In the past 12 months
† For example, by cutting, burning, or bruising yourself on purpose
‡ One or more times in lifetime
§ About feeling sad or hopeless, or having thoughts about hurting yourself
Figure 7-6D. Mental Health and Adult Support at the District and Regional Levels, 2014
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

* In the past 12 months
† For example, by cutting, burning, or bruising yourself on purpose
‡ One or more times in lifetime
§ About feeling sad or hopeless, or having thoughts about hurting yourself
Figure 8-1A. Substance Use on School Property by Gender, 2014
Pollard Middle School, Needham (Grades 7-8)
*MetroWest Adolescent Health Survey*

<table>
<thead>
<tr>
<th>Substance</th>
<th>Female (n=400)</th>
<th>Male (n=403)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Used cigarettes (past 30 days)</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Used alcohol (past 30 days)</td>
<td>0%</td>
<td>1%</td>
</tr>
<tr>
<td>Offered, sold, or given alcohol (past 12 mos.)</td>
<td>1%</td>
<td>0%</td>
</tr>
<tr>
<td>Offered, sold, or given marijuana (past 12 mos.)</td>
<td>0%</td>
<td>2%</td>
</tr>
</tbody>
</table>
Figure 8-1B. Substance Use on School Property by Grade, 2014
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th>Substance</th>
<th>7th grade (n=373)</th>
<th>8th grade (n=431)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Used cigarettes (past 30 days)</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Used alcohol (past 30 days)</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Offered, sold, or given alcohol (past 12 mos.)</td>
<td>1%</td>
<td>0%</td>
</tr>
<tr>
<td>Offered, sold, or given marijuana (past 12 mos.)</td>
<td>0%</td>
<td>1%</td>
</tr>
</tbody>
</table>
Figure 8-1C. Trends in Substance Use on School Property, 2006-2014
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

- 2006 (n=654)
- 2008 (n=653)
- 2010 (n=772)
- 2012 (n=787)
- 2014 (n=804)
Figure 8-1D. Substance Use on School Property at the District and Regional Levels, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th>Substance</th>
<th>Needham (n=804)</th>
<th>MetroWest (n=12,191)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Used cigarettes (past 30 days)</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Used alcohol (past 30 days)</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>Offered, sold, or given alcohol (past 12 mos.)</td>
<td>0%</td>
<td>1%</td>
</tr>
<tr>
<td>Offered, sold, or given marijuana (past 12 mos.)</td>
<td>1%</td>
<td>2%</td>
</tr>
</tbody>
</table>
Figure 8-2A. Violence and Bullying* on School Property by Gender, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

Didn't go to school due to safety concerns (past 30 days)
Carried weapon (lifetime)
Physical fight (lifetime)
Physical fight (past 12 mos.)
Been bullied* (past 12 mos.)

Female (n=400)
Male (n=403)

* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again
Figure 8-2B. Violence and Bullying* on School Property by Grade, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again.
Figure 8-2C. Trends in Violence and Bullying* on School Property, 2006-2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again
Figure 8-2D. Violence and Bullying* on School Property at the District and Regional Levels, 2014
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again
Figure 8-3A. Locations of Bullying* on School Property by Gender, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* Among students who were bullied on school property in the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again.
Figure 8-3B. Locations of Bullying* on School Property by Grade, 2014
Pollard Middle School, Needham (Grades 7-8)

* MetroWest Adolescent Health Survey

Percent of students

<table>
<thead>
<tr>
<th>Location</th>
<th>7th (n=373)</th>
<th>8th (n=431)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classroom</td>
<td>34%</td>
<td>32%</td>
</tr>
<tr>
<td>Cafeteria/lunch room</td>
<td>38%</td>
<td>38%</td>
</tr>
<tr>
<td>Locker room</td>
<td>6%</td>
<td>19%</td>
</tr>
<tr>
<td>Hallway</td>
<td>47%</td>
<td>49%</td>
</tr>
<tr>
<td>Bathroom</td>
<td>4%</td>
<td>9%</td>
</tr>
<tr>
<td>Outside, on school property</td>
<td>35%</td>
<td>42%</td>
</tr>
<tr>
<td>On the school bus</td>
<td>15%</td>
<td>13%</td>
</tr>
<tr>
<td>Somewhere else on school property</td>
<td>23%</td>
<td>16%</td>
</tr>
</tbody>
</table>

* Among students who were bullied on school property in the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again.
Figure 8-3C. Locations of Bullying* on School Property, 2012-2014
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

Percent of students

<table>
<thead>
<tr>
<th>Location</th>
<th>2012 (n=787)</th>
<th>2014 (n=804)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classroom</td>
<td>52%</td>
<td>34%</td>
</tr>
<tr>
<td>Cafeteria/lunch room</td>
<td>55%</td>
<td>35%</td>
</tr>
<tr>
<td>Locker room</td>
<td>85%</td>
<td>13%</td>
</tr>
<tr>
<td>Hallway</td>
<td>48%</td>
<td>35%</td>
</tr>
<tr>
<td>Bathroom</td>
<td>91%</td>
<td>6%</td>
</tr>
<tr>
<td>Outside, on school property</td>
<td>56%</td>
<td>38%</td>
</tr>
<tr>
<td>On the school bus</td>
<td>76%</td>
<td>14%</td>
</tr>
<tr>
<td>Somewhere else on school property</td>
<td>68%</td>
<td>19%</td>
</tr>
</tbody>
</table>

* Among students who were bullied on school property in the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again.
Figure 8-3D. Locations of Bullying* on School Property at the District and Regional Levels, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

Percent of students

- Classroom: Needham 34% (n=804), MetroWest 35% (n=12,191)
- Cafeteria/lunch room: Needham 38%, MetroWest 43%
- Locker room: Needham 13%, MetroWest 13%
- Hallway: Needham 48%, MetroWest 48%
- Bathroom: Needham 9%, MetroWest 6%
- Outside, on school property: Needham 38%, MetroWest 38%
- On the school bus: Needham 19%, MetroWest 25%
- Somewhere else on school property: Needham 29%

* Among students who were bullied on school property in the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again.
Figure 8-4A. Reasons for School Absences* by Gender, 2014
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

*Absent or missed part of the school day on one or more of the past 30 days
Figure 8-4B. Reasons for School Absences* by Grade, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

* Absent or missed part of the school day on one or more of the past 30 days

Percent of students

<table>
<thead>
<tr>
<th>Reason</th>
<th>7th (n=373)</th>
<th>8th (n=431)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sick/physical health problem</td>
<td>30%</td>
<td>26%</td>
</tr>
<tr>
<td>Felt sad/hopeless; had thoughts about hurting yourself</td>
<td>1%</td>
<td>3%</td>
</tr>
<tr>
<td>Behind on school work</td>
<td>5%</td>
<td>7%</td>
</tr>
<tr>
<td>Bullied or cyberbullied</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Didn't feel physically safe</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Had to take care of a family member</td>
<td>2%</td>
<td>4%</td>
</tr>
<tr>
<td>Too tired</td>
<td>7%</td>
<td>11%</td>
</tr>
</tbody>
</table>
Figure 8-4C. Reasons for School Absences,* 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

*Absent or missed part of the school day on one or more of the past 30 days
Figure 8-4D. Reasons for School Absences* at the District and Regional Levels, 2014
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

- Sick/physical health problem: 28%
- Felt sad/hopeless; had thoughts about hurting yourself: 2%
- Behind on school work: 6%
- Bullied or cyberbullied: 10%
- Didn't feel physically safe: 1%
- Too tired: 9%
- Had to take care of a family member: 3%

*Absent or missed part of the school day on one or more of the past 30 days
Figure 9-1A. Sleep and Other Activities by Gender, 2014 Pollard Middle School, Needham (Grades 7-8) MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th>Activity</th>
<th>Female (n=400)</th>
<th>Male (n=403)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sleeps 8+ hours*</td>
<td>71%</td>
<td>62%</td>
</tr>
<tr>
<td>Spends 3+ hours online†</td>
<td>34%</td>
<td>24%</td>
</tr>
<tr>
<td>Spends 3+ hours on homework/studying outside of school†</td>
<td>23%</td>
<td>12%</td>
</tr>
<tr>
<td>Spends 3+ hours on extracurricular activities outside of school†</td>
<td>28%</td>
<td>18%</td>
</tr>
<tr>
<td>Spends 3+ hours on &quot;screen time&quot; that is not for school/homework†</td>
<td>25%</td>
<td>24%</td>
</tr>
</tbody>
</table>

* On an average school night
† On an average school day
Figure 9-1B. Sleep and Other Activities by Grade, 2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

Percent of students
- Sleeps 8+ hours* 77%
- Spends 3+ hours online† 58%
- Spends 3+ hours on homework/studying outside of school† 32%
- Spends 3+ hours on extracurricular activities outside of school† 26%
- Spends 3+ hours on "screen time" that is not for school/homework† 23%

* On an average school night
† On an average school day
Figure 9-1C. Sleep and Other Activities, 2010-2014
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

Percent of students
* On an average school night
† On an average school day

- Sleeps 8+ hours: 66% (2010), n/a (2012), 26% (2014)
- Spends 3+ hours online: 19% (2010), 19% (2012), n/a (2014)
- Spends 3+ hours on homework/studying outside of school: 29% (2010), n/a (2012), 23% (2014)
- Spends 3+ hours on extracurricular activities outside of school: 17% (2010), n/a (2012), n/a (2014)
- Spends 3+ hours on "screen time" that is not for school/homework: 26% (2010), 25% (2012), n/a (2014)
Figure 9-1D. Sleep and Other Activities at the District and Regional Levels, 2014
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

- Sleeps 8+ hours*: 66% in Needham, 64% in MetroWest
- Spends 3+ hours online†: 29% in Needham, 36% in MetroWest
- Spends 3+ hours on homework/studying outside of school†: 17% in Needham, 22% in MetroWest
- Spends 3+ hours on extracurricular activities outside of school†: 23% in Needham, 22% in MetroWest
- Spends 3+ hours on "screen time" that is not for school/homework†: 25% in Needham, 33% in MetroWest

* On an average school night
† On an average school day