Figure 2-1A. Lifetime Substance Use by Gender, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

Percent of students

Cigarettes
Alcohol
Marijuana

Female (n=12,331)
Male (n=11,757)
Figure 2-1B. Lifetime Substance Use by Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

Percent of students

Cigarettes
- 9th (n=6,466) 10%
- 10th (n=6,124) 14%
- 11th (n=6,127) 20%
- 12th (n=5,426) 27%

Alcohol
- 9th (n=6,466) 33%
- 10th (n=6,124) 49%
- 11th (n=6,127) 64%
- 12th (n=5,426) 72%

Marijuana
- 9th (n=6,466) 12%
- 10th (n=6,124) 24%
- 11th (n=6,127) 39%
- 12th (n=5,426) 48%
Figure 2-1C. Trends in Lifetime Substance Use, 2006-2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

Percent of students

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cigarettes</td>
<td>35%</td>
<td>33%</td>
<td>26%</td>
<td>22%</td>
<td>17%</td>
</tr>
<tr>
<td>Alcohol</td>
<td>67%</td>
<td>63%</td>
<td>58%</td>
<td>56%</td>
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<tr>
<td>Marijuana</td>
<td>33%</td>
<td>33%</td>
<td>35%</td>
<td>32%</td>
<td>30%</td>
</tr>
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MetroWest Region High School Students (Grades 9-12)
Figure 2-1D. Lifetime Substance Use at the Regional, State, and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey
Figure 2-2A. Lifetime Other Substance Use by Gender, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

Inhalants*  Ecstasy  Cocaine†  Prescription drugs‡  Heroin  Methamphetamines

- Female (n=12,331)
- Male (n=11,757)

* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high
† Includes using powder, crack or freebase
‡ Without a doctor’s prescription
Figure 2-2B. Lifetime Other Substance Use by Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th>Substance</th>
<th>9th (n=6,466)</th>
<th>10th (n=6,124)</th>
<th>11th (n=6,127)</th>
<th>12th (n=5,426)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inhalants*</td>
<td>6%</td>
<td>2%</td>
<td>2%</td>
<td>1%</td>
</tr>
<tr>
<td></td>
<td>5%</td>
<td>3%</td>
<td>3%</td>
<td>1%</td>
</tr>
<tr>
<td></td>
<td>5%</td>
<td>5%</td>
<td>5%</td>
<td>2%</td>
</tr>
<tr>
<td>Ecstasy</td>
<td>2%</td>
<td>2%</td>
<td>2%</td>
<td>1%</td>
</tr>
<tr>
<td>Cocaine†</td>
<td>2%</td>
<td>3%</td>
<td>3%</td>
<td>1%</td>
</tr>
<tr>
<td></td>
<td>3%</td>
<td>4%</td>
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<td></td>
<td>5%</td>
<td>5%</td>
<td>5%</td>
<td>2%</td>
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<tr>
<td>Prescription drugs‡</td>
<td>3%</td>
<td>3%</td>
<td>5%</td>
<td>10%</td>
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<tr>
<td></td>
<td>5%</td>
<td>10%</td>
<td>12%</td>
<td>2%</td>
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<tr>
<td></td>
<td>5%</td>
<td>12%</td>
<td>10%</td>
<td>2%</td>
</tr>
<tr>
<td>Heroin</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
<td>2%</td>
</tr>
<tr>
<td>Methamphetamines</td>
<td>1%</td>
<td>2%</td>
<td>2%</td>
<td>3%</td>
</tr>
</tbody>
</table>

* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high
† Includes using powder, crack or freebase
‡ Without a doctor’s prescription
Figure 2-2C. Trends in Lifetime Other Substance Use, 2006-2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

- 9%
- 5%
- 6%
- 11%
- 2%
- 4%
- 8%
- 5%
- 5%
- 10%
- 3%
- 3%
- 7%
- 6%
- 4%
- 10%
- 2%
- 3%
- 6%
- 5%
- 4%
- 9%
- 2%
- 3%
- 5%
- 4%
- 3%
- 7%
- 2%
- 2%
- 2%
- 2%
- 4%
- 3%
- 3%
- 3%
- 2%

- 2006 (n=16,680)
- 2008 (n=20,406)
- 2010 (n=23,187)
- 2012 (n=24,459)
- 2014 (n=24,355)

* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high
† Includes using powder, crack or freebase
‡ Without a doctor’s prescription
Figure 2-2D. Lifetime Other Substance Use at the Regional, State, and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high
† Includes using powder, crack or freebase
‡ Without a doctor’s prescription
Figure 2-3A. Current Substance Use* by Gender, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

* Used one or more times in the past 30 days
Figure 2-3B. Current Substance Use* by Grade, 2014
MetroWest Region High School Students (Grades 9-12)

* Used one or more times in the past 30 days

MetroWest Adolescent Health Survey

Percent of students

Cigarettes

Alcohol

Marijuana

9th (n=6,466)
10th (n=6,124)
11th (n=6,127)
12th (n=5,426)
Figure 2-3C. Trends in Current Substance Use, * 2006-2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

Percent of students

<table>
<thead>
<tr>
<th>Year</th>
<th>Cigarettes</th>
<th>Alcohol</th>
<th>Marijuana</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>15%</td>
<td>42%</td>
<td>20%</td>
</tr>
<tr>
<td>2008</td>
<td>14%</td>
<td>39%</td>
<td>23%</td>
</tr>
<tr>
<td>2010</td>
<td>12%</td>
<td>35%</td>
<td>23%</td>
</tr>
<tr>
<td>2012</td>
<td>6%</td>
<td>33%</td>
<td>22%</td>
</tr>
<tr>
<td>2014</td>
<td>9%</td>
<td>20%</td>
<td>20%</td>
</tr>
</tbody>
</table>

* Used one or more times in the past 30 days
Figure 2-3D. Current Substance Use* at the Regional, State, and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

MetroWest (n=24,355)
Massachusetts (n=2,718)
United States (n=13,583)

- Cigarettes: 6% (MetroWest), 11% (Massachusetts), 16% (United States)
- Alcohol: 33% (MetroWest), 36% (Massachusetts), 35% (United States)
- Marijuana: 20% (MetroWest), 25% (Massachusetts), 23% (United States)

* Used one or more times in the past 30 days
Figure 2-4A. Cigarette and Electronic Cigarette Smoking by Gender, 2014 MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

- **Lifetime smoking**
  - Female: 16%
  - Male: 5%

- **Current smoking (past 30 days)**
  - Female: 5%
  - Male: 7%

- **Ever smoked daily**
  - Female: 5%
  - Male: 6%

- **Lifetime electronic cigarette use†**
  - Female: 28%
  - Male: 33%

- **Current electronic cigarette use† (past 30 days)**
  - Female: 15%
  - Male: 20%

*Every day for 30 days
†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 2-4B. Cigarette and Electronic Cigarette Smoking by Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

* Every day for 30 days
† 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 2-4C. Trends in Cigarette and Electronic Cigarette Smoking, 2006-2014**

**MetroWest Region High School Students (Grades 9-12)**

*MetroWest Adolescent Health Survey*

<table>
<thead>
<tr>
<th>Year</th>
<th>Lifetime Smoking</th>
<th>Current Smoking (past 30 days)</th>
<th>Ever Smoked Daily*</th>
<th>Lifetime Electronic Cigarette Use†</th>
<th>Current Electronic Cigarette Use†</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>35%</td>
<td>15%</td>
<td>9%</td>
<td>n/a n/a n/a n/a n/a</td>
<td>n/a n/a</td>
</tr>
<tr>
<td>2008</td>
<td>26%</td>
<td>12%</td>
<td>8%</td>
<td>n/a n/a</td>
<td>n/a n/a</td>
</tr>
<tr>
<td>2010</td>
<td>22%</td>
<td>9%</td>
<td>7%</td>
<td>n/a n/a</td>
<td>n/a n/a</td>
</tr>
<tr>
<td>2012</td>
<td>17%</td>
<td>6%</td>
<td>5%</td>
<td>n/a n/a</td>
<td>n/a n/a</td>
</tr>
<tr>
<td>2014</td>
<td>17%</td>
<td>6%</td>
<td>5%</td>
<td>n/a n/a</td>
<td>n/a n/a</td>
</tr>
</tbody>
</table>

*  Every day for 30 days
†  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 2-4D. Cigarette and Electronic Cigarette Smoking at the Regional, State, and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

MetroWest Region
(n=24,355)

Massachusetts
(n=2,718)

United States
(n=13,583)

Percent of students

Lifetime smoking
32%
17%
30%
6%
5%
17%
32%
11%
n/a n/a n/a
41%
16%
9%
n/a ... electronic vapor products. E-cigarettes create a mist or vapor that you breathe in like smoke.

* Every day for 30 days
† 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 2-5. Access to Cigarettes,* 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

Among students who smoked in the past 30 days

- Bought them in a store myself (24%)
- Gave someone else money to buy them for me (18%)
- Borrowed (bummed) them from someone else (14%)
- Person 18 years old or older gave them to me (11%)
- Took them from store or family member (27%)
- Other (6%)

* Among students who smoked in the past 30 days
Figure 2-6A. Alcohol Use* by Gender, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

* Does not include drinking a few sips of wine for religious purposes
† In the past 30 days
‡ Had 5 or more drinks in a row (within a couple of hours)
Figure 2-6B. Alcohol Use* by Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

* Does not include drinking a few sips of wine for religious purposes
† In the past 30 days
‡ Had 5 or more drinks in a row (within a couple of hours)
Figure 2-6C. Trends in Alcohol Use, * 2006-2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

* Does not include drinking a few sips of wine for religious purposes
† In the past 30 days
‡ Had 5 or more drinks in a row (within a couple of hours)
Figure 2-6D. Alcohol Use* at the Regional, State, and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

MetroWest (n=24,355)
Massachusetts (n=2,718)
United States (n=13,583)

- Lifetime drinking:
  - MetroWest: 66%
  - Massachusetts: 63%
  - United States: 66%

- Current drinking†:
  - MetroWest: 36%
  - Massachusetts: 35%
  - United States: 54%

- Binge drinking†‡:
  - MetroWest: 21%

- Been drunk†:
  - MetroWest: 63%
  - Massachusetts: 35%
  - United States: 21%

- Attended party where alcohol was available†:
  - MetroWest: 39%
  - Massachusetts: n/a
  - United States: n/a

* Does not include drinking a few sips of wine for religious purposes
† In the past 30 days
‡ Had 5 or more drinks in a row (within a couple of hours)
Figure 2-7A. Access to Alcohol Among Current Drinkers* by Gender, 2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

* Among students who drank in the past 30 days
† At a store, tavern, bar, or public event (like a concert or sporting event)
At a party  From a friend (not at a party) From home, with parent/guardian knowledge From home, without parent/guardian knowledge I bought it with a fake ID.† I bought it without fake ID.† Someone I know 21+ gave it to me/purchased it for me Asked a stranger to buy it for me My friends or I bought it online.

* Among students who drank in the past 30 days
† At a store, tavern, bar, or public event (like a concert or sporting event)
Figure 2-7C. Trends in Access to Alcohol Among Current Drinkers, * 2012-2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

* Among students who drank in the past 30 days
† At a store, tavern, bar, or public event (like a concert or sporting event)
Figure 2-7D. Access to Alcohol Among Current Drinkers* at the Regional Level, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

* Among students who drank in the past 30 days
† At a store, tavern, bar, or public event (like a concert or sporting event)
Figure 2-8A. Marijuana Use by Gender, 2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

Percent of students

* In the past 30 days
Figure 2-8B. Marijuana Use by Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

* In the past 30 days
Figure 2-8C. Trends in Marijuana Use, 2006-2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

Percent of students in the past 30 days

- Lifetime marijuana use
- Current marijuana use
- Marijuana use on school property
- Attended party where marijuana was available

Legend:
- 2006 (n=16,680)
- 2008 (n=20,406)
- 2010 (n=23,187)
- 2012 (n=24,459)
- 2014 (n=24,355)

* In the past 30 days
Figure 2-8D. Marijuana Use at the Regional, State, and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th>Category</th>
<th>MetroWest (n=24,355)</th>
<th>Massachusetts (n=2,718)</th>
<th>United States (n=13,583)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lifetime marijuana use</td>
<td>30%</td>
<td>41%</td>
<td>41%</td>
</tr>
<tr>
<td>Current marijuana use*</td>
<td>20%</td>
<td>25%</td>
<td>23%</td>
</tr>
<tr>
<td>Marijuana use on school property*</td>
<td>4%</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>Attended party where marijuana was available*</td>
<td>31%</td>
<td>n/a</td>
<td>n/a</td>
</tr>
</tbody>
</table>

* In the past 30 days
Among students who misused prescription drugs in their lifetime

Figure 2-9. Access to Prescription Drugs, * 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

* Among students who misused prescription drugs in their lifetime
Figure 3-1A. Fighting and Weapon Carrying by Gender, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

Percent of students

- Physical fight (past 12 mos.):
  - Female: 8%
  - Male: 20%

- Carried weapon (past 30 days):
  - Female: 3%
  - Male: 11%

- Threatened/injured with weapon (past 12 mos.):
  - Female: 4%
  - Male: 7%

(n=12,331) (n=11,757)
Figure 3-1B. Fighting and Weapon Carrying by Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

Percent of students

- Physical fight (past 12 mos.): 16%, 14%, 13%, 12%
- Carried weapon (past 30 days): 6%, 7%, 6%, 7%
- Threatened/injured with weapon (past 12 mos.): 6%, 6%, 5%, 5%
Figure 3-1C. Trends in Fighting and Weapon Carrying, 2006-2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

Percent of students

<table>
<thead>
<tr>
<th>Year</th>
<th>Physical fight (past 12 mos.)</th>
<th>Carried weapon (past 30 days)</th>
<th>Threatened/injured with weapon (past 12 mos.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>26%</td>
<td>8%</td>
<td>9%</td>
</tr>
<tr>
<td>2008</td>
<td>24%</td>
<td>7%</td>
<td>7%</td>
</tr>
<tr>
<td>2010</td>
<td>22%</td>
<td>7%</td>
<td>8%</td>
</tr>
<tr>
<td>2012</td>
<td>17%</td>
<td>7%</td>
<td>8%</td>
</tr>
<tr>
<td>2014</td>
<td>14%</td>
<td>7%</td>
<td>7%</td>
</tr>
</tbody>
</table>
Figure 3-1D. Fighting and Weapon Carrying at the Regional, State, and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

MetroWest (n=24,355)
Massachusetts (n=2,718)
United States (n=13,583)

Percent of students

Physical fight (past 12 mos.)
Carried weapon (past 30 days)
Threatened/injured with weapon (past 12 mos.)

14% 20% 25%
7% 12% 18%
6% n/a n/a
Figure 3-2A. Lifetime Dating Violence* by Gender, 2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

* By a boyfriend/girlfriend, date, or someone you were going out with
Figure 3-2B. Lifetime Dating Violence* by Grade, 2014
MetroWest Region High School Students (Grades 9-12)

* By a boyfriend/girlfriend, date, or someone you were going out with
Figure 3-2C. Trends in Lifetime Dating Violence, * 2006-2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

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

<table>
<thead>
<tr>
<th>Year</th>
<th>Percent of Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>14% n/a 13% n/a</td>
</tr>
<tr>
<td>2008</td>
<td>15% n/a 12% n/a</td>
</tr>
<tr>
<td>2010</td>
<td>9% n/a 9% n/a 9% n/a</td>
</tr>
<tr>
<td>2012</td>
<td>6% n/a 6% n/a 4% n/a</td>
</tr>
<tr>
<td>2014</td>
<td>8% n/a 9% n/a 7% n/a</td>
</tr>
</tbody>
</table>

**Actions Taken by Abusers:**
- Not allowed to spend time with friends
- Sworn at, cursed at, or insulted
- Threatened with physical harm
- Physically hurt on purpose
- Forced to have sexual intercourse
- Forced to do other sexual things

*Note: The survey data is based on responses from high school students in the MetroWest region from 2006 to 2014.*
Figure 3-2D. Lifetime Dating Violence* at the Regional, State, and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
* By a boyfriend/girlfriend, date, or someone you were going out with

MetroWest Adolescent Health Survey

Percent of students

Not allowed to spend time with friends
Sworn at, cursed at, or insulted
Threatened with physical harm
Physically hurt on purpose
Forced to have sexual intercourse
Forced to do other sexual things

MetroWest (n=24,355)
Massachusetts (n=2,718)
United States (n=13,583)
Figure 3-3A. Bullying and Cyberbullying by Gender, 2014
MetroWest Region High School Students (Grades 9-12)
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; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone
Figure 3-3B. Bullying and Cyberbullying by Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percent of Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>9th</td>
<td>28%</td>
</tr>
<tr>
<td>10th</td>
<td>23%</td>
</tr>
<tr>
<td>11th</td>
<td>23%</td>
</tr>
<tr>
<td>12th</td>
<td>11%</td>
</tr>
</tbody>
</table>

* 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; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone.
Figure 3-3C. Trends in Bullying and Cyberbullying, 2006-2014
MetroWest Region High School Students (Grades 9-12)
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; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone
Figure 3-3D. Bullying and Cyberbullying at the Regional, State, and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

**MetroWest** (n=24,355)

**Massachusetts** (n=2,718)

**United States** (n=13,583)

*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; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone*
Figure 3-4A. School Bullying Bystander Behaviors* by Gender, 2014
MetroWest Region High School Students (Grades 9-12)
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 3-4B. School Bullying Bystander Behaviors* by Grade, 2014
MetroWest Region High School Students (Grades 9-12)
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 3-4C. Trends in School Bullying Bystander Behaviors, * 2012-2014
MetroWest Region High School Students (Grades 9-12)

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 3-4D. School Bullying Bystander Behaviors* at the Regional Level, 2014
MetroWest Region High School Students (Grades 9-12)
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

- Saw/heard of another student being bullied at school: 49%
- Tried to stop a student from bullying someone else at school: 29%
- Told an adult at school that someone was being bullied at school: 10%
- Told a parent/adult outside of school that someone was being bullied at school: 14%

MetroWest (n=24,355)
Figure 3-5A. Cyberbullying Bystander Behaviors* by Gender, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

- **Saw/heard of another student being cyberbullied**: 49% (Female) 31% (Male)
- **Tried to stop a student from cyberbullying someone else**: 20% (Female) 11% (Male)
- **Told an adult at school that someone was being cyberbullied**: 6% (Female) 3% (Male)
- **Told a parent/adult outside of school that someone was being cyberbullied**: 12% (Female) 5% (Male)

*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 3-5B. Cyberbullying Bystander Behaviors* by Grade, 2014
MetroWest Region High School Students (Grades 9-12)
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 3-5C. Cyberbullying Bystander Behaviors, * 2012-2014
MetroWest Region High School Students (Grades 9-12)
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 3-5D. Cyberbullying Bystander Behaviors* at the Regional Level, 2014
MetroWest Region High School Students (Grades 9-12)
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.*

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.†

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.†

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. Distracted Driving* by Gender, 2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

* Among the 11th and 12th grade youth who drove in the past 30 days

Drove with 2+ high school passengers in daytime

Female (n=12,331) 52% 52%
Male (n=11,757) 47% 49%

Drove with 2+ high school passengers in nighttime

Female (n=12,331) 47% 49%
Male (n=11,757) 47% 49%

Drove when you or passenger wasn't wearing a seatbelt

Female (n=12,331) 21% 24%
Male (n=11,757) 24% 27%

Drove while talking on a hands-free phone

Female (n=12,331) 19% 18%
Male (n=11,757) 21% 20%

Drove while talking on phone, not hands-free device

Female (n=12,331) 31% 33%
Male (n=11,757) 33% 35%

Drove while texting/emailing

Female (n=12,331) 37% 38%
Male (n=11,757) 38% 40%
Figure 4-1B. Distracted Driving* by Grade, 2014
MetroWest Region High School Students (Grades 9-12)

* Among the 11th and 12th grade youth who drove in the past 30 days

MetroWest Adolescent Health Survey

Percent of students

- Drove with 2+ high school passengers in daytime: 70% (11th), 34% (12th)
- Drove with 2+ high school passengers in nighttime: 67% (11th), 30% (12th)
- Drove when you or passenger wasn't wearing a seatbelt: 28% (11th), 17% (12th)
- Drove while talking on a hands-free phone: 24% (11th), 13% (12th)
- Drove while talking on phone, not hands-free device: 19% (11th), 19% (12th)
- Drove while texting/emailing: 51% (12th), 25% (11th)
Figure 4-1C. Trends in Distracted Driving,* 2010-2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

* Among the 11th and 12th grade youth who drove in the past 30 days
Figure 4-1D. Distracted Driving* at the Regional Levels, 2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

* Among the 11th and 12th grade youth who drove in the past 30 days
Think riding in car with high school driver who had been drinking alcohol is very dangerous
Rode with high school driver who had been drinking alcohol (past 30 days)
Think riding in car with high school driver who had been using marijuana is very dangerous
Rode with high school driver who had been using marijuana (past 30 days)

MetroWest Adolescent Health Survey

Figure 4-2A. Perceptions of Risk and Passenger Behaviors Related to Impaired Driving by Gender, 2014
MetroWest Region High School Students (Grades 9-12)
Figure 4-2B. Perceptions of Risk and Passenger Behaviors Related to Impaired Driving by Grade, 2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

Percent of students who:

- Think riding in car with high school driver who had been drinking alcohol is very dangerous
- Rode with high school driver who had been drinking alcohol (past 30 days)
- Think riding in car with high school driver who had been using marijuana is very dangerous
- Rode with high school driver who had been using marijuana (past 30 days)

9th (n=6,466)
10th (n=6,124)
11th (n=6,127)
12th (n=5,426)
Figure 4-2C. Trends in Perceptions of Risk and Passenger Behaviors Related to Impaired Driving, 2012-2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

Percent of students

- Think riding in car with high school driver who had been drinking alcohol is very dangerous:
  - 2012: 77%
  - 2014: 82%

- Rode with high school driver who had been drinking alcohol (past 30 days):
  - 2012: 10%
  - 2014: 8%

- Think riding in car with high school driver who had been using marijuana is very dangerous:
  - 2012: 52%
  - 2014: 55%

- Rode with high school driver who had been using marijuana (past 30 days):
  - 2012: 18%
  - 2014: 16%

(n=24,459)  (n=24,355)
Figure 4-2D. Perceptions of Risk and Passenger Behaviors Related to Impaired Driving at the Regional Level, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

- Think riding in car with high school driver who had been drinking alcohol is very dangerous: 82%
- Rode with high school driver who had been drinking alcohol (past 30 days): 8%
- Think riding in car with high school driver who had been using marijuana is very dangerous: 55%
- Rode with high school driver who had been using marijuana (past 30 days): 16%

(n=24,355)
Rode in car with high school driver who had been drinking (all students)

Drove after drinking (11th / 12th grade drivers)

Rode in car with high school driver who had been using marijuana (all students)

Drove after using marijuana (11th / 12th grade drivers)

* In the past 30 days
Figure 4-3C. Impaired Driving and Related Passenger Behaviors,* 2006-2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

* In the past 30 days
Figure 4-3D. Impaired Driving and Related Passenger Behaviors* at the Regional Level, 2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

* In the past 30 days
Figure 5-1A. Mental Health and Suicidality by Gender, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th>Health Issue</th>
<th>Percent of Female Students (n=12,331)</th>
<th>Percent of Male Students (n=11,757)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life very stressful (past 30 days)</td>
<td>47%</td>
<td>30%</td>
</tr>
<tr>
<td>Depressive symptoms (past 12 mos.)</td>
<td>22%</td>
<td>14%</td>
</tr>
<tr>
<td>Self-injury* (past 12 mos.)</td>
<td>23%</td>
<td>7%</td>
</tr>
<tr>
<td>Seriously considered suicide (past 12 mos.)</td>
<td>17%</td>
<td>9%</td>
</tr>
<tr>
<td>Attempted suicide (past 12 mos.)</td>
<td>6%</td>
<td>3%</td>
</tr>
</tbody>
</table>

* For example, by cutting, burning, or bruising yourself on purpose
Figure 5-1B. Mental Health and Suicidality by Grade, 2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

- Life very stressful (past 30 days):
  - 9th grade: 24%
  - 10th grade: 21%
  - 11th grade: 15%
  - 12th grade: 19%

- Depressive symptoms (past 12 mos.):
  - 9th grade: 40%
  - 10th grade: 46%
  - 11th grade: 25%
  - 12th grade: 24%

- Self-injury* (past 12 mos.):
  - 9th grade: 15%
  - 10th grade: 21%
  - 11th grade: 15%
  - 12th grade: 24%

- Seriously considered suicide (past 12 mos.):
  - 9th grade: 12%
  - 10th grade: 13%
  - 11th grade: 17%
  - 12th grade: 13%

- Attempted suicide (past 12 mos.):
  - 9th grade: 5%
  - 10th grade: 4%
  - 11th grade: 14%
  - 12th grade: 13%

* For example, by cutting, burning, or bruising yourself on purpose
Figure 5-1C. Trends in Mental Health and Suicidality, 2006-2014
MetroWest Region High School Students (Grades 9-12)
*For example, by cutting, burning, or bruising yourself on purpose.*
Figure 5-1D. Mental Health and Suicidality at the Regional, State, and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

- Life very stressful (past 30 days): 35% (MetroWest), 22% (Massachusetts), 15% (United States)
- Depressive symptoms (past 12 mos.): 30% (MetroWest), 22% (Massachusetts), n/a (United States)
- Self-injury*: 15% (MetroWest), n/a (Massachusetts), n/a (United States)
- Seriously considered suicide (past 12 mos.): 13% (MetroWest), 12% (Massachusetts), 17% (United States)
- Attempted suicide (past 12 mos.): 4% (MetroWest), 6% (Massachusetts), .8% (United States)

* For example, by cutting, burning, or bruising yourself on purpose
Figure 5-2A. Peer Mental Health* by Gender, 2014
MetroWest Region High School Students (Grades 9-12)

* In the past 12 months

MetroWest Adolescent Health Survey

- Concerned a peer would hurt themselves
  - Female: 58%
  - Male: 36%
- Told adult at school you thought a peer might hurt themselves
  - Female: 14%
  - Male: 7%
- Told parent/adult outside of school you thought a peer might hurt themselves
  - Female: 25%
  - Male: 9%
- Concerned a peer would hurt someone else
  - Female: 22%
  - Male: 21%
- Told adult at school you thought a peer might hurt someone else
  - Female: 5%
  - Male: 3%
- Told parent/adult outside of school you thought a peer might hurt someone else
  - Female: 7%
  - Male: 4%

Female (n=12,331)
Male (n=11,757)
Figure 5-2B. Peer Mental Health* by Grade, 2014
MetroWest Region High School Students (Grades 9-12)

*MetroWest Adolescent Health Survey

Percent of students

- 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
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

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

Figure 5-2C. Peer Mental Health,* 2014
MetroWest Region High School Students (Grades 9-12)

*In the past 12 months

(n=24,355)
Figure 6-1A. Sexual Behaviors by Gender, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

Percent of students

Ever had sexual intercourse

Currently sexually active (had intercourse in the past 3 mos.)

Used alcohol/drugs before intercourse the last time*

Used condom during intercourse the last time*

* Among currently sexually active youth
Figure 6-1B. Sexual Behaviors by Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

* Among currently sexually active youth
Figure 6-1C. Trends in Sexual Behaviors, 2006-2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

Percent of students

- Ever had sexual intercourse
- Currently sexually active (had intercourse in the past 3 mos.)
- Used alcohol/drugs before intercourse the last time*
- Used condom during intercourse the last time*

* Among currently sexually active youth
Figure 6-1D. Sexual Behaviors at the Regional, State, and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

Ever had sexual intercourse: 24% (MetroWest), 38% (Massachusetts), 24% (United States)
Currently sexually active (had intercourse in the past 3 mos.): 19% (MetroWest), 28% (Massachusetts), 28% (United States)
Used alcohol/drugs before intercourse the last time*: 28% (MetroWest), 24% (Massachusetts), 22% (United States)
Used condom during intercourse the last time*: 65% (MetroWest), 58% (Massachusetts), 59% (United States)

* Among currently sexually active youth
Figure 6-2A. Sexting* by Gender, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

* Defined as sending/forwarding nude, sexually suggestive/explicit photos or videos using the Internet, cell phones, or other electronic devices in the past 12 months
† By a boyfriend, girlfriend, date, or someone you were going out with
Figure 6-2B. Sexting* by Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

* Defined as sending/forwarding nude, sexually suggestive/explicit photos or videos using the Internet, cell phones, or other electronic devices in the past 12 months
† By a boyfriend, girlfriend, date, or someone you were going out with
Figure 6-2C. Trends in Sexting,* 2010-2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

2010 (n=23,187)
2012 (n=24,459)
2014 (n=24,355)

Percent of students

- Received a "sext" of someone you know
- Sent a "sext" of someone you know
- Someone else sent a "sext" of you
- Felt pressured† to send a "sext" of yourself
- Sent a "sext" of yourself

* Defined as sending/forwarding nude, sexually suggestive/explicit photos or videos using the Internet, cell phones, or other electronic devices in the past 12 months
† By a boyfriend, girlfriend, date, or someone you were going out with
Figure 6-2D. Sexting* at the Regional Level, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

Received a "sext" of someone you know
Sent a "sext" of someone you know
Someone else sent a "sext" of you
Felt pressured† to send a "sext" of yourself
Sent a "sext" of yourself

MetroWest (n=24,355)

* Defined as sending/forwarding nude, sexually suggestive/explicit photos or videos using the Internet, cell phones, or other electronic devices in the past 12 months
† By a boyfriend, girlfriend, date, or someone you were going out with
Figure 7-1A. Weight Perception and Body Weight by Gender, 2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th>Describe self as slightly/very overweight</th>
<th>Trying to lose weight</th>
<th>Overweight*</th>
<th>Obese†</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female (n=12,331)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31%</td>
<td>55%</td>
<td>12%</td>
<td>5%</td>
</tr>
<tr>
<td>Male (n=11,757)</td>
<td></td>
<td>25%</td>
<td>13%</td>
</tr>
<tr>
<td>22%</td>
<td></td>
<td>13%</td>
<td>11%</td>
</tr>
<tr>
<td>0%</td>
<td></td>
<td>5%</td>
<td>11%</td>
</tr>
</tbody>
</table>

* 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 7-1B. Weight Perception and Body Weight by Grade, 2014
MetroWest Region High School Students (Grades 9-12)
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 7-1C. Trends in Weight Perception and Body Weight, 2006-2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

- **Describe self as slightly/very overweight**
  - 2006: 25%
  - 2008: 24%
  - 2010: 24%
  - 2012: 26%
  - 2014: 27%

- **Trying to lose weight**
  - 2006: 40%
  - 2008: 40%
  - 2010: 40%
  - 2012: 40%
  - 2014: 40%

- **Overweight***
  - 2006: 12%
  - 2008: 12%
  - 2010: 12%
  - 2012: 12%
  - 2014: 12%

- **Obese**†
  - 2006: 0%
  - 2008: 10%
  - 2010: 20%
  - 2012: 30%
  - 2014: 40%

* 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 7-1D. Weight Perception and Body Weight at the Regional, State, and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

- **Describe self as slightly/very overweight**: 27%, 29%, 31%
- **Trying to lose weight**: 40%, 45%, 48%
- **Overweight***: 12%, 13%, 17%
- **Obese†**: 8%, 10%, 14%

* 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 7-2A. Nutrition by Gender, 2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

- Ate fruit or drank 100% fruit juice*
  - Female: 37%
  - Male: 37%

- Ate vegetables or green salad*
  - Female: 53%
  - Male: 45%

- Drank 3 or more glasses of milk†
  - Female: 11%
  - Male: 23%

- Ate fried food*
  - Female: 16%
  - Male: 21%

- Ate fast food*
  - Female: 3%
  - Male: 6%

- Drank non-diet soda/soft drinks*
  - Female: 8%
  - Male: 15%

---

* Consumed one or more times per day in the past 7 days
† Everyday in the past 7 days
Figure 7-2B. Nutrition by Grade, 2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

Ate fruit or drank 100% fruit juice* 36% 38% 37% 38%
Ate vegetables or green salad* 48% 50% 48% 50%
Drank 3 or more glasses of milk† 20% 20% 17% 15% 14%
Ate fried food* 20% 18% 17% 17%
Ate fast food* 4% 4% 4% 4% 5%
Drank non-diet soda/soft drinks* 11% 11% 11% 12%

* Consumed one or more times per day in the past 7 days
† Everyday in the past 7 days
Figure 7-2C. Trends in Nutrition, 2006-2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

Percent of students

- Ate fruit or drank 100% fruit juice*
  - 2006: 44%
  - 2008: 46%
  - 2010: 42%
  - 2012: 37%
  - 2014: 37%

- Ate vegetables or green salad*
  - 2006: 51%
  - 2008: 53%
  - 2010: 52%
  - 2012: 49%
  - 2014: 49%

- Drank 3 or more glasses of milk†
  - 2006: n/a
  - 2008: n/a
  - 2010: n/a
  - 2012: n/a
  - 2014: n/a

- Ate fried food*
  - 2006: 22%
  - 2008: 21%
  - 2010: 23%
  - 2012: 20%
  - 2014: 20%

- Ate fast food*
  - 2006: 18%
  - 2008: 18%
  - 2010: 20%
  - 2012: 17%
  - 2014: 17%

- Drank non-diet soda/soft drinks*
  - 2006: 5%
  - 2008: 14%
  - 2010: 11%
  - 2012: 14%
  - 2014: 11%

* Consumed one or more times per day in the past 7 days
† Everyday in the past 7 days

MetroWest Region High School Students (Grades 9-12)

- 2006 (n=16,680)
- 2008 (n=20,406)
- 2010 (n=23,187)
- 2012 (n=24,459)
- 2014 (n=24,355)
Figure 7-2D. Nutrition at the Regional, State, and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

Percent of students

<table>
<thead>
<tr>
<th>Activity</th>
<th>MetroWest (n=24,355)</th>
<th>Massachusetts (n=2,718)</th>
<th>United States (n=13,583)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ate fruit or drank 100% fruit juice*</td>
<td>37%</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>Ate vegetables or green salad*</td>
<td>49%</td>
<td>63%</td>
<td>62%</td>
</tr>
<tr>
<td>Drank 3 or more glasses of milk†</td>
<td>17%</td>
<td>12%</td>
<td>13%</td>
</tr>
<tr>
<td>Ate fried food*</td>
<td>18%</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>Ate fast food*</td>
<td>4%</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>Drank non-diet soda/soft drinks*</td>
<td>11%</td>
<td>14%</td>
<td>27%</td>
</tr>
</tbody>
</table>

* Consumed one or more times per day in the past 7 days
† Everyday in the past 7 days
Figure 7-3A. Physical Activity by Gender, 2014
MetroWest Region High School Students (Grades 9-12)
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)‡

Female (n=12,331)
Male (n=11,757)

* 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 7-3B. Physical Activity by Grade, 2014
MetroWest Region High School Students (Grades 9-12)
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
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)‡

2006 (n=16,680)
2008 (n=20,406)
2010 (n=23,187)
2012 (n=24,459)
2014 (n=24,355)

* 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 7-3D. Physical Activity at the Regional, State, and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

- **Participated in vigorous physical activity**: 67% (n=24,355)
- **Met currently recommended level of physical activity**: 60% (n=2,718)
- **Played on one or more sports teams (past 12 mos.)**: 60% (n=2,718)
- **Attend physical education class (1+ times/week)**: 52% (n=2,718)
- **Spend 3+ hours of "screen time" on average school day (not for school work)**: 37% (n=2,718)

*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 8-1A. School Attachment by Gender, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

- 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*

* Answered either "agree" or "strongly agree"

Percent of students

- Female (n=12,331)
- Male (n=11,757)
Figure 8-1B. School Attachment by Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

Percent of students
* Answered either "agree" or "strongly agree"
Figure 8-1C. Trends in School Attachment, 2006-2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

- 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*

* Answered either "agree" or "strongly agree"
Figure 8-1D. School Attachment at the Regional Level, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

- Feel close to people at school*: 72%
- Feel like I am part of this school*: 69%
- Happy to be at this school*: 68%
- Teachers at this school treat students fairly*: 63%
- Feel safe at my school*: 83%

* Answered either "agree" or "strongly agree"
Figure 8-2A. Adult Support by Gender, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

- **Have adult at school to talk to about personal problem**
  - Female: 72% (n=12,331)
  - Male: 70% (n=11,757)

- **Talked to adult at school about personal problem (past 12 mos.)**
  - Female: 34%
  - Male: 23%

- **Have parent/non-school adult to talk to about important things**
  - Female: 90% (n=12,331)
  - Male: 89% (n=11,757)
Figure 8-2B. Adult Support by Grade, 2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

- **Have adult at school to talk to about personal problem**
  - 9th (n=6,466)
  - 10th (n=6,124)
  - 11th (n=6,127)
  - 12th (n=5,426)

- **Talked to adult at school about personal problem (past 12 mos.)**
  - 9th (n=6,466)
  - 10th (n=6,124)
  - 11th (n=6,127)
  - 12th (n=5,426)

- **Have parent/non-school adult to talk to about important things**
  - 90% 90% 90% 90%
Figure 8-2C. Trends in Adult Support, 2006-2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

- Have adult at school to talk about personal problem
- Talked to adult at school about personal problem (past 12 mos.)
- Have parent/non-school adult to talk to about important things

2006 (n=16,680)
2008 (n=20,406)
2010 (n=23,187)
2012 (n=24,459)
2014 (n=24,355)
Figure 8-2D. Adult Support at the Regional Level, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

- **Have adult at school to talk to about personal problem:** 71%
- **Talked to adult at school about personal problem (past 12 mos.):** 29%
- **Have parent/non-school adult to talk to about important things:** 90%

MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

(n=24,355)
Figure 8-3A. Peer Support by Gender, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

Have a friend you can talk to about a personal problem:
- Female (n=12,331): 75%
- Male (n=11,757): 67%

Feel you are part of a group of friends:
- Female (n=12,331): 70%
- Male (n=11,757): 78%

Feel lonely:
- Female (n=12,331): 19%
- Male (n=11,757): 11%

* Student responded "most of the time" or "all of the time"
Figure 8-3B. Peer Support by Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

Have a friend you can talk to about a personal problem*
Feel you are part of a group of friends*
Feel lonely*

* Student responded "most of the time" or "all of the time"
Figure 8-3C. Trends in Peer Support, 2012-2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

Percent of students

<table>
<thead>
<tr>
<th>Year</th>
<th>Have a friend you can talk to about a personal problem</th>
<th>Feel you are part of a group of friends</th>
<th>Feel lonely*</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>72%</td>
<td>77%</td>
<td>12%</td>
</tr>
<tr>
<td>2014</td>
<td>71%</td>
<td>74%</td>
<td>15%</td>
</tr>
</tbody>
</table>

* Student responded "most of the time" or "all of the time"
Figure 8-3D. Peer Support at the Regional Level, 2014
MetroWest Region High School Students (Grades 9-12)
* Student responded "most of the time" or "all of the time"

<table>
<thead>
<tr>
<th>Question</th>
<th>Percent of Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have a friend you can talk to about a personal problem*</td>
<td>71%</td>
</tr>
<tr>
<td>Feel you are part of a group of friends*</td>
<td>74%</td>
</tr>
<tr>
<td>Feel lonely*</td>
<td>15%</td>
</tr>
</tbody>
</table>
Figure 8-4A. Bullying and Adult Support* by Gender, 2014
MetroWest Region High School Students (Grades 9-12)

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

- Bullying victim†: 29% female, 18% male
- Bullying victim on school property*: 23% female, 17% male
- Talked to adult at school about being bullied: 8% female, 5% male
- Talked to parent/non-school adult about being bullied: 16% female, 8% male
Figure 8-4B. Bullying and Adult Support* by Grade, 2014
MetroWest Region High School Students (Grades 9-12)
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 8-4C. Trends in Bullying and Adult Support, * 2006-2014
MetroWest Region High School Students (Grades 9-12)

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

Percent of students

Bullying victim†

- 2006: 29% (n=16,680)
- 2008: 26% (n=20,406)
- 2010: 29% (n=23,187)
- 2012: 28% (n=24,459)
- 2014: 26% (n=24,355)

Bullying victim on school property*

- 2006: 27% (n=16,680)
- 2008: 26% (n=20,406)
- 2010: 28% (n=23,187)
- 2012: 23% (n=24,459)
- 2014: 20% (n=24,355)

Talked to adult at school about being bullied

- 2010: 9% (n=23,187)
- 2012: 8% (n=24,459)
- 2014: 7% (n=24,355)

Talked to parent/non-school adult about being bullied

- 2012: 14% (n=24,459)
- 2014: 13% (n=24,355)
Figure 8-4D. Bullying and Adult Support* at the Regional, State, and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

MetroWest (n=24,355)
Massachusetts (n=2,718)
United States (n=13,583)

Bullying victim†
Bullying victim on school property*
Talked to adult at school about being bullied
Talked to parent/non-school adult about being bullied

* 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

Percent of students

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

MetroWest
Massachusetts
United States

24%
20%
17%
20%
12%
n/a
n/a
n/a
n/a
n/a

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Bullying victim†
Bullying victim on school property*
Talked to adult at school about being bullied
Talked to parent/non-school adult about being bullied

* 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 8-5A. Cyberbullying and Adult Support* by Gender, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

* During 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

Cyberbullying victim†
- Female: 27%
- Male: 15%

Cyberbullying perpetrator†
- Female: 10%
- Male: 8%

Talked to adult at school about being cyberbullied
- Female: 5%
- Male: 2%

Talked to parent/non-school adult about being cyberbullied
- Female: 10%
- Male: 3%
Figure 8-5B. Cyberbullying and Adult Support* by Grade, 2014
MetroWest Region High School Students (Grades 9-12)

*MetroWest Adolescent Health Survey

Cyberbullying victim†
Cyberbullying perpetrator†
Talked to adult at school about being cyberbullied
Talked to parent/non-school adult about being cyberbullied

* During 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 8-5C. Trends in Cyberbullying and Adult Support,* 2006-2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

* During 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

<table>
<thead>
<tr>
<th>Year</th>
<th>Cyberbullying Victim†</th>
<th>Cyberbullying Perpetrator†</th>
<th>Talked to Adult at School about Being Cyberbullied</th>
<th>Talked to Parent/Non-School Adult about Being Cyberbullied</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>15%</td>
<td>16%</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>2008</td>
<td>11%</td>
<td>12%</td>
<td>4%</td>
<td>4%</td>
</tr>
<tr>
<td>2010</td>
<td>11%</td>
<td>12%</td>
<td>4%</td>
<td>4%</td>
</tr>
<tr>
<td>2012</td>
<td>10%</td>
<td>9%</td>
<td>4%</td>
<td>5%</td>
</tr>
<tr>
<td>2014</td>
<td>9%</td>
<td>7%</td>
<td>7%</td>
<td>7%</td>
</tr>
</tbody>
</table>

2006 (n=16,680)
2008 (n=20,406)
2010 (n=23,187)
2012 (n=24,459)
2014 (n=24,355)
**MetroWest Region High School Students (Grades 9-12)**

*MetroWest Adolescent Health Survey*

Figure 8-5D. Cyberbullying and Adult Support* at the Regional, State, and National Levels, 2014

MetroWest Region High School Students (Grades 9-12)

- **MetroWest** (n=24,355)
- **Massachusetts** (n=2,718)
- **United States** (n=13,583)

<table>
<thead>
<tr>
<th>Cyberbullying victim†</th>
<th>Cyberbullying perpetrator†</th>
<th>Talked to adult at school about being cyberbullied</th>
<th>Talked to parent/non-school adult about being cyberbullied</th>
</tr>
</thead>
<tbody>
<tr>
<td>21%</td>
<td>9%</td>
<td>4%</td>
<td>7%</td>
</tr>
<tr>
<td>14%</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>15%</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
</tbody>
</table>

* During 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 8-6A. Mental Health and Adult Support* by Gender, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

* In the past 12 months
† For example, by cutting, burning, or bruising yourself on purpose
‡ About feeling sad or hopeless, or having thoughts about hurting yourself
Figure 8-6B. Mental Health and Adult Support* by Grade, 2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

- In the past 12 months
- For example, by cutting, burning, or bruising yourself on purpose
- About feeling sad or hopeless, or having thoughts about hurting yourself
Figure 8-6C. Trends in Mental Health and Adult Support, * 2006-2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

- **Depressive symptoms**
  - 2006: 20%
  - 2008: 19%
  - 2010: 13%
  - 2012: 13%
  - 2014: 19%

- **Self-injury†**
  - 2006: 22%
  - 2008: 16%
  - 2010: 14%
  - 2012: 12%
  - 2014: 16%

- **Seriously considered suicide**
  - 2006: 20%
  - 2008: 18%
  - 2010: 15%
  - 2012: 13%
  - 2014: 13%

- **Talked to school adult about mental health‡**
  - 2006: n/a
  - 2008: 7%
  - 2010: 7%
  - 2012: 7%
  - 2014: 7%

- **Talked to parent/non-school adult about mental health‡**
  - 2006: n/a
  - 2008: 13%
  - 2010: 13%
  - 2012: 13%
  - 2014: 16%

- **Talked to health care provider about mental health‡**
  - 2006: n/a
  - 2008: 7%
  - 2010: 8%
  - 2012: 7%
  - 2014: 8%

---

* In the past 12 months
† For example, by cutting, burning, or bruising yourself on purpose
‡ About feeling sad or hopeless, or having thoughts about hurting yourself
### Figure 8-6D. Mental Health and Adult Support* at the Regional, State, and National Levels, 2014

**MetroWest Region High School Students (Grades 9-12)**

*MetroWest Adolescent Health Survey*

<table>
<thead>
<tr>
<th>Category</th>
<th>Percent of Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depressive symptoms</td>
<td>22%</td>
</tr>
<tr>
<td>Self-injury†</td>
<td>15%</td>
</tr>
<tr>
<td>Seriously considered suicide</td>
<td>13% 12%</td>
</tr>
<tr>
<td>Talked to school adult about mental health‡</td>
<td>7%</td>
</tr>
<tr>
<td>Talked to parent/non-school adult about mental health‡</td>
<td>16%</td>
</tr>
<tr>
<td>Talked to health care provider about mental health‡</td>
<td>8%</td>
</tr>
</tbody>
</table>

**MetroWest (n=24,355)**

**Massachusetts (n=2,718)**

**United States (n=13,583)**

---

*In the past 12 months

† For example, by cutting, burning, or bruising yourself on purpose

‡ About feeling sad or hopeless, or having thoughts about hurting yourself
Figure 9-1A. Substance Use on School Property by Gender, 2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

Percent of students

Used cigarettes (past 30 days) 1% 3%
Used alcohol (past 30 days) 2% 3%
Used marijuana (past 30 days) 3% 6%
Offered, sold, or given alcohol (past 12 mos.) 6% 7%
Offered, sold, or given marijuana (past 12 mos.) 13% 17%
Offered, sold, or given prescription drugs (past 12 mos.) 4% 6%

Female (n=12,331)
Male (n=11,757)
Figure 9-1B. Substance Use on School Property by Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

Percent of students

- Used cigarettes (past 30 days)
- Used alcohol (past 30 days)
- Used marijuana (past 30 days)
- Offered, sold, or given alcohol (past 12 mos.)
- Offered, sold, or given marijuana (past 12 mos.)
- Offered, sold, or given prescription drugs (past 12 mos.)
Figure 9-1C. Trends in Substance Use on School Property, 2006-2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

* Consumed one or more times per day in the past 7 days

Percent of students

- Used cigarettes (past 30 days)
  - 2006: 5% (n=16,680)
  - 2008: 5% (n=20,406)
  - 2010: 4% (n=23,187)
  - 2012: 3% (n=24,459)
  - 2014: 2% (n=24,355)

- Used alcohol (past 30 days)
  - 2006: 5% (n=16,680)
  - 2008: 5% (n=20,406)
  - 2010: 4% (n=23,187)
  - 2012: 3% (n=24,459)
  - 2014: 2% (n=24,355)

- Used marijuana (past 30 days)
  - 2006: 4% (n=16,680)
  - 2008: 5% (n=20,406)
  - 2010: 6% (n=23,187)
  - 2012: 5% (n=24,459)
  - 2014: 4% (n=24,355)

- Offered, sold, or given alcohol (past 12 mos.)
  - 2006: 8% (n=16,680)
  - 2008: 6% (n=20,406)
  - 2010: n/a
  - 2012: n/a
  - 2014: n/a

- Offered, sold, or given marijuana (past 12 mos.)
  - 2006: n/a
  - 2008: n/a
  - 2010: 17% (n=23,187)
  - 2012: 15% (n=24,459)
  - 2014: 7% (n=24,355)

- Offered, sold, or given prescription drugs (past 12 mos.)
  - 2006: n/a
  - 2008: n/a
  - 2010: n/a
  - 2012: n/a
  - 2014: 5% (n=24,355)
Figure 9-1D. Substance Use on School Property at the Regional, State, and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

Percent of students

- Used cigarettes (past 30 days)
- Used alcohol (past 30 days)
- Used marijuana (past 30 days)
- Offered, sold, or given alcohol (past 12 mos.)
- Offered, sold, or given marijuana (past 12 mos.)
- Offered, sold, or given prescription drugs (past 12 mos.)

MetroWest (n=24,355)
Massachusetts (n=2,718)
United States (n=13,583)
Didn't go to school due to safety concerns (past 30 days)

Threatened/injured with weapon (past 12 mos.)

Carried weapon (past 30 days)

Physical fight (past 12 mos.)

 Been bullied*

* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again
Figure 9-2B. Violence and Bullying on School Property by Grade, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

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

* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again
Figure 9-2C. Trends in Violence and Bullying on School Property, 2006-2014
MetroWest Region High School Students (Grades 9-12)
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 9-2D. Violence and Bullying on School Property at the Regional, State, and National Levels, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

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

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

Percent of students

- MetroWest (n=24,355)
- Massachusetts (n=2,718)
- United States (n=13,583)
* 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 9-3B. Locations of Bullying* on School Property by Grade, 2014
MetroWest Region High School Students (Grades 9-12)
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 9-3C. Trends in Locations of Bullying* on School Property, 2012-2014
MetroWest Region High School Students (Grades 9-12)

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 9-3D. Locations of Bullying* on School Property at the Regional Levels, 2014
MetroWest Region High School Students (Grades 9-12)

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 9-4A. Reasons for School Absences* by Gender, 2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

Percent of students

* Absent or missed part of the school day on one or more of the past 30 days
Figure 9-4B. Reasons for School Absences* by Grade, 2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

Sick/physical health problem
Felt sad/ hopless; had thoughts about hurting yourself
Behind on school work
Bullied or cyberbullied
Didn't feel physically safe
Had to take care of a family member
Too tired

* Absent or missed part of the school day on one or more of the past 30 days
Figure 9-4C. Reasons for School Absences,* 2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percent of Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sick/physical health problem</td>
<td>41%</td>
</tr>
<tr>
<td>Felt sad/hopless; had thoughts about hurting yourself</td>
<td>8%</td>
</tr>
<tr>
<td>Behind on school work</td>
<td>20%</td>
</tr>
<tr>
<td>Bullied or cyberbullied</td>
<td>2%</td>
</tr>
<tr>
<td>Didn't feel physically safe</td>
<td>2%</td>
</tr>
<tr>
<td>Had to take care of a family member</td>
<td>6%</td>
</tr>
<tr>
<td>Too tired</td>
<td>23%</td>
</tr>
</tbody>
</table>

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

(n=24,355)
Figure 10-1A. Sleep and Other Activities by Gender, 2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th>Activity</th>
<th>Female (n=12,331)</th>
<th>Male (n=11,757)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sleeps 8+ hours*</td>
<td>25%</td>
<td>34%</td>
</tr>
<tr>
<td>Spends 3+ hours online†</td>
<td>52%</td>
<td>45%</td>
</tr>
<tr>
<td>Spends 3+ hours on homework/studying outside of school†</td>
<td>52%</td>
<td>28%</td>
</tr>
<tr>
<td>Spends 3+ hours on extracurricular activities outside of school†</td>
<td>28%</td>
<td>29%</td>
</tr>
<tr>
<td>Spends 3+ hours on &quot;screen time&quot; that is not for school/homework†</td>
<td>34%</td>
<td>40%</td>
</tr>
</tbody>
</table>

* On an average school night
† On an average school day
Figure 10-1B. Sleep and Other Activities by Grade, 2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

- Sleeps 8+ hours* 40%
- Spends 3+ hours online† 48%
- Spends 3+ hours on homework/studying outside of school† 49%
- Spends 3+ hours on extracurricular activities outside of school† 45%
- Spends 3+ hours on "screen time" that is not for school/homework† 40%

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

9th (n=6,466)
10th (n=6,124)
11th (n=6,127)
12th (n=5,426)
Figure 10-1C. Sleep and Other Activities, 2010-2014
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th>Activity</th>
<th>2010</th>
<th>2012</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sleeps 8+ hours*</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>Spends 3+ hours online†</td>
<td>29%</td>
<td>29%</td>
<td>36%</td>
</tr>
<tr>
<td>Spends 3+ hours on homework/studying outside of school†</td>
<td>n/a</td>
<td>n/a</td>
<td>40%</td>
</tr>
<tr>
<td>Spends 3+ hours on extracurricular activities outside of school†</td>
<td>n/a</td>
<td>n/a</td>
<td>28%</td>
</tr>
<tr>
<td>Spends 3+ hours on &quot;screen time&quot; that is not for school/homework†</td>
<td>39%</td>
<td>37%</td>
<td>39%</td>
</tr>
</tbody>
</table>

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

(n=23,187)  
(n=24,459)  
(n=24,355)
Figure 10-1D. Sleep and Other Activities at the Regional Level, 2014
MetroWest Region High School Students (Grades 9-12)

MetroWest Adolescent Health Survey

MetroWest
(n=24,355)

<table>
<thead>
<tr>
<th>Activity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sleeps 8+ hours*</td>
<td>29%</td>
</tr>
<tr>
<td>Spends 3+ hours online†</td>
<td>49%</td>
</tr>
<tr>
<td>Spends 3+ hours on homework/studying outside of school†</td>
<td>40%</td>
</tr>
<tr>
<td>Spends 3+ hours on extracurricular activities outside of school†</td>
<td>28%</td>
</tr>
<tr>
<td>Spends 3+ hours on &quot;screen time&quot; that is not for school/homework†</td>
<td>37%</td>
</tr>
</tbody>
</table>

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