Figure 2-1A. Lifetime Substance Use by Gender, 2014
MetroWest Region Middle School Students (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 2-1B. Lifetime Substance Use by Grade, 2014
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

Percent of students

Cigarettes: 3% 6%
Alcohol: 7% 15%
Marijuana: 1% 5%
Inhalants*: 2% 4%
Prescription drugs: 0% 2%

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

7th (n=6,137)
8th (n=6,054)
Figure 2-1C. Trends in Lifetime Substance Use, 2006-2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

Percent of students

<table>
<thead>
<tr>
<th>Year</th>
<th>Cigarettes</th>
<th>Alcohol</th>
<th>Marijuana</th>
<th>Inhalants*</th>
<th>Prescription drugs</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>10%</td>
<td>22%</td>
<td>5%</td>
<td>8%</td>
<td>2%</td>
</tr>
<tr>
<td>2008</td>
<td>8%</td>
<td>20%</td>
<td>13%</td>
<td>12%</td>
<td>11%</td>
</tr>
<tr>
<td>2010</td>
<td>5%</td>
<td>5%</td>
<td>4%</td>
<td>4%</td>
<td>3%</td>
</tr>
<tr>
<td>2012</td>
<td>8%</td>
<td>7%</td>
<td>5%</td>
<td>4%</td>
<td>3%</td>
</tr>
<tr>
<td>2014</td>
<td>2%</td>
<td>2%</td>
<td>1%</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
Figure 2-2A. Current Substance Use* by Gender, 2014
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

* Used one or more times in the past 30 days

Female (n=5,951)
Male (n=6,143)
Figure 2-2B. Current Substance Use* by Grade, 2014
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

- Cigarettes
- Alcohol
- Marijuana

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

MetroWest Adolescent Health Survey

Percent of students

Cigarettes

Alcohol

Marijuana

* Used one or more times in the past 30 days
Figure 2-3A. Cigarette and Electronic Cigarette Smoking by Gender, 2014
MetroWest Region Middle School Students (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
MetroWest Region Middle School Students (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
MetroWest Region Middle School Students (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 2-4. Access to Cigarettes,* 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

* Among students who smoked in the past 30 days
Figure 2-5A. Alcohol Use* by Gender, 2014
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

Percent of students

<table>
<thead>
<tr>
<th>Category</th>
<th>Female (n=5,951)</th>
<th>Male (n=6,143)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lifetime drinking</td>
<td>9%</td>
<td>3%</td>
</tr>
<tr>
<td>First drink before age 11</td>
<td>3%</td>
<td>13%</td>
</tr>
<tr>
<td>Current drinking (past 30 days)</td>
<td>4%</td>
<td>6%</td>
</tr>
<tr>
<td>Binge drinking† (past 30 days)</td>
<td>1%</td>
<td>4%</td>
</tr>
<tr>
<td>Been drunk (past 30 days)</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Attended party where alcohol was available (past 30 days)</td>
<td>7%</td>
<td>7%</td>
</tr>
</tbody>
</table>

* 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
MetroWest Region Middle School Students (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 2-5C. Trends in Alcohol Use,* 2006-2014
MetroWest Region Middle School Students (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 2-6A. Access to Alcohol Among Lifetime Drinkers,* 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

Percent of students

* Among students that drank in their lifetime
† Does not include at a party
Figure 2-7A. Marijuana Use by Gender, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

- **Lifetime marijuana use**
  - Female (n=5,951): 2%
  - Male (n=6,143): 4%

- **First used marijuana before age 11**
  - Female (n=5,951): 0%
  - Male (n=6,143): 1%

- **Current marijuana use**
  - Female (n=5,951): 1%
  - Male (n=6,143): 2%

- **Attended party where marijuana was available**
  - Female (n=5,951): 3%
  - Male (n=6,143): 4%

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

<table>
<thead>
<tr>
<th></th>
<th>7th (n=6,137)</th>
<th>8th (n=6,054)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lifetime marijuana use</td>
<td>1%</td>
<td>5%</td>
</tr>
<tr>
<td>First used marijuana before age 11</td>
<td>0%</td>
<td>1%</td>
</tr>
<tr>
<td>Current marijuana use*</td>
<td>1%</td>
<td>3%</td>
</tr>
<tr>
<td>Attended party where marijuana was available*</td>
<td>1%</td>
<td>6%</td>
</tr>
</tbody>
</table>

* In the past 30 days
Figure 2-7C. Trends in Marijuana Use, 2006-2014
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th>Year</th>
<th>Lifetime Marijuana Use</th>
<th>First Used Marijuana Before Age 11</th>
<th>Current Marijuana Use*</th>
<th>Attended Party Where Marijuana Was Available*</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>n/a</td>
<td>1%</td>
<td>3%</td>
<td>n/a</td>
</tr>
<tr>
<td>2008</td>
<td>5%</td>
<td>1%</td>
<td>2%</td>
<td>n/a</td>
</tr>
<tr>
<td>2010</td>
<td>5%</td>
<td>1%</td>
<td>2%</td>
<td>n/a</td>
</tr>
<tr>
<td>2012</td>
<td>5%</td>
<td>1%</td>
<td>2%</td>
<td>n/a</td>
</tr>
<tr>
<td>2014</td>
<td>5%</td>
<td>1%</td>
<td>2%</td>
<td>n/a</td>
</tr>
</tbody>
</table>

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

MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th>Activity</th>
<th>Female (n=5,951)</th>
<th>Male (n=6,143)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical fight (lifetime)</td>
<td>19%</td>
<td>8%</td>
</tr>
<tr>
<td>Physical fight (past 12 mos.)</td>
<td>8%</td>
<td>24%</td>
</tr>
<tr>
<td>Carried weapon (lifetime)</td>
<td>7%</td>
<td>23%</td>
</tr>
<tr>
<td>Carried weapon (past 30 days)</td>
<td>2%</td>
<td>11%</td>
</tr>
</tbody>
</table>
Figure 3-1B. Fighting and Weapon Carrying by Grade, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

Percent of students

- Physical fight (lifetime)
  - 7th grade: 32%
  - 8th grade: 35%

- Physical fight (past 12 mos.)
  - 7th grade: 16%
  - 8th grade: 16%

- Carried weapon (lifetime)
  - 7th grade: 14%
  - 8th grade: 17%

- Carried weapon (past 30 days)
  - 7th grade: 6%
  - 8th grade: 7%

Sample sizes:
- 7th grade (n=6,137)
- 8th grade (n=6,054)
Figure 3-1C. Trends in Fighting and Weapon Carrying, 2006-2014
MetroWest Region Middle School Students (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>26%</td>
<td>18%</td>
<td>n/a</td>
</tr>
<tr>
<td>(n=6,875)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2008</td>
<td>39%</td>
<td>21%</td>
<td>17%</td>
<td>n/a</td>
</tr>
<tr>
<td>(n=10,650)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2010</td>
<td>35%</td>
<td>17%</td>
<td>16%</td>
<td>n/a</td>
</tr>
<tr>
<td>(n=11,597)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2012</td>
<td>33%</td>
<td>16%</td>
<td>16%</td>
<td>14%</td>
</tr>
<tr>
<td>(n=12,224)</td>
<td></td>
<td></td>
<td></td>
<td>n/a</td>
</tr>
<tr>
<td>2014</td>
<td>15%</td>
<td>8%</td>
<td>7%</td>
<td>n/a</td>
</tr>
<tr>
<td>(n=12,191)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Figure 3-2A. Bullying and Cyberbullying by Gender, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

Percent of students

<table>
<thead>
<tr>
<th>Category</th>
<th>Female (n=5,951)</th>
<th>Male (n=6,143)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bullying victim*</td>
<td>33%</td>
<td>24%</td>
</tr>
<tr>
<td>Bullying victim on school property*</td>
<td>26%</td>
<td>20%</td>
</tr>
<tr>
<td>Cyberbullying victim†</td>
<td>24%</td>
<td>13%</td>
</tr>
<tr>
<td>Bullying perpetrator*</td>
<td>8%</td>
<td>8%</td>
</tr>
<tr>
<td>Bullying perpetrator on school property*</td>
<td>4%</td>
<td>5%</td>
</tr>
<tr>
<td>Cyberbullying perpetrator†</td>
<td>6%</td>
<td>5%</td>
</tr>
</tbody>
</table>

* 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 3-2B. Bullying and Cyberbullying by Grade, 2014
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

- **Bullying victim**: Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again.
- **Cyberbullying victim**: Defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Bullying victim</th>
<th>Bullying victim on school property</th>
<th>Cyberbullying victim</th>
<th>Bullying perpetrator</th>
<th>Bullying perpetrator on school property</th>
<th>Cyberbullying perpetrator</th>
</tr>
</thead>
<tbody>
<tr>
<td>7th</td>
<td>28%</td>
<td>23%</td>
<td>17%</td>
<td>7%</td>
<td>4%</td>
<td>29%</td>
</tr>
<tr>
<td>8th</td>
<td>29%</td>
<td>24%</td>
<td>20%</td>
<td>9%</td>
<td>6%</td>
<td>24%</td>
</tr>
</tbody>
</table>

- 7th (n=6,137)
- 8th (n=6,054)
**Figure 3-2C. Trends in Bullying and Cyberbullying, 2006-2014**

**MetroWest Region Middle School Students (Grades 7-8)**

*MetroWest Adolescent Health Survey*

- **Bullying victim**: Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again.
- **Bullying victim on school property**: Defined as when bullying occurs on school property.
- **Cyberbullying victim**: Defined as using the internet, cell phones, or other electronic devices to bully, tease, threaten, or spread rumors about.
- **Bullying perpetrator**: Defined as when a student bullies, threatens, or spreads rumors about another student.
- **Bullying perpetrator on school property**: Defined as when bullying occurs on school property.
- **Cyberbullying perpetrator**: Defined as using the internet, cell phones, or other electronic devices to bully, tease, threaten, or spread rumors about.

<table>
<thead>
<tr>
<th>Year</th>
<th>Students</th>
<th>Percent of Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>(n=6,875)</td>
<td>44% 38% 32% 29% 27% 23%</td>
</tr>
<tr>
<td>2008</td>
<td>(n=10,650)</td>
<td>49% 39% 32% 32% 16% 17% 19%</td>
</tr>
<tr>
<td>2010</td>
<td>(n=11,597)</td>
<td>35% 21% 12% 8% n/a n/a n/a</td>
</tr>
<tr>
<td>2012</td>
<td>(n=12,224)</td>
<td>8% 5% 11% 9% 8% 6% 6%</td>
</tr>
<tr>
<td>2014</td>
<td>(n=12,191)</td>
<td>8% 6% 6% 6% 6% 6% 6%</td>
</tr>
</tbody>
</table>

* 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
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Female (n=5,951)</th>
<th>Male (n=6,143)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saw/heard of another student being bullied at school</td>
<td>54%</td>
<td>46%</td>
</tr>
<tr>
<td>Tried to stop a student from bullying someone else at school</td>
<td>36%</td>
<td>34%</td>
</tr>
<tr>
<td>Told an adult at school that someone was being bullied at school</td>
<td>18%</td>
<td>15%</td>
</tr>
<tr>
<td>Told a parent/adult outside of school that someone was being bullied at school</td>
<td>25%</td>
<td>16%</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.
Figure 3-3B. School Bullying Bystander Behaviors* by Grade, 2014
MetroWest Region Middle School Students (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
MetroWest Region Middle School Students (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
MetroWest Region Middle School Students (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 (n=5,951): 38%
  - Male (n=6,143): 22%

- Tried to stop a student from cyberbullying someone else
  - Female (n=5,951): 20%
  - Male (n=6,143): 11%

- Told an adult at school that someone was being cyberbullied
  - Female (n=5,951): 7%
  - Male (n=6,143): 4%

- Told a parent/adult outside of school that someone was being cyberbullied
  - Female (n=5,951): 13%
  - Male (n=6,143): 6%
Figure 3-4B. Cyberbullying Bystander Behaviors* by Grade, 2014
MetroWest Region Middle School Students (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
MetroWest Region Middle School Students (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"
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. Behaviors Related to Unintentional Injury by Gender, 2014
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

Percent of students who never/rarely wear a helmet on a bicycle:
- Female (n=5,951): 23%
- Male (n=6,143): 30%

Percent of students who never/rarely wear a helmet when rollerblading or skateboarding:
- Female (n=5,951): 42%
- Male (n=6,143): 48%

Percent of students who never/rarely wear a seatbelt when riding in a car:
- Female (n=5,951): 2%
- Male (n=6,143): 3%

Percent of students who rode in a car with a driver who had been drinking (lifetime):
- Female (n=5,951): 16%
- Male (n=6,143): 15%

Percent of students who rode in a car with a high school driver who had been drinking (lifetime):
- Female (n=5,951): 1%
- Male (n=6,143): 2%

* 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
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

Percent of students

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

- 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

2006 (n=6,875)
2008 (n=10,650)
2010 (n=11,597)
2012 (n=12,224)
2014 (n=12,191)
Figure 5-1A. Mental Health and Suicidality by Gender, 2014
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

Percent of students

Life very stressful (past 30 days) 19% 9%
Depressive symptoms (past 12 mos.) 20% 10%
Self-injury* (past 12 mos.) 13% 5%
Seriously considered suicide (lifetime) 15% 8%
Attempted suicide (lifetime) 4% 2%

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

Female (n=5,951)
Male (n=6,143)
Figure 5-1B. Mental Health and Suicidality by Grade, 2014
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

Life very stressful (past 30 days) 11% 13%
Depressive symptoms (past 12 mos.) 13% 17%
Self-injury* (past 12 mos.) 7% 11%
Seriously considered suicide (lifetime) 9% 14%
Attempted suicide (lifetime) 2% 4%

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

MetroWest Adolescent Health Survey

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

MetroWest Adolescent Health Survey

* In the past 12 months

Percent of students

- Concerned a peer would hurt themselves: 50% Female (n=5,951), 28% Male (n=6,143)
- Told adult at school you thought a peer might hurt themselves: 10% Female, 5% Male
- Told parent/adult outside of school you thought a peer might hurt themselves: 19% Female, 7% Male
- Concerned a peer would hurt someone else: 23% Female, 23% Male
- Told adult at school you thought a peer might hurt someone else: 4% Female, 4% Male
- Told parent/adult outside of school you thought a peer might hurt someone else: 7% Female, 6% Male
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

Figure 5-2C. Peer Mental Health,* 2014
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

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

Percent of students

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

Female (n=5,951)
Male (n=6,143)

* 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
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

- Describe self as slightly/very overweight: 23%, 26%
- Trying to lose weight: 32%, 35%
- Overweight*: 11%, 13%
- Obese†: 7%, 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 6-1C. Trends in Weight Perception and Body Weight, 2006-2014
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

- Describe self as slightly/very overweight
- Trying to lose weight
- Overweight* (Students who were ≥85th percentile but <95th percentile for body mass index by age and gender, based on reference data)
- Obese† (Students who were ≥95th percentile for body mass index by age and gender, based on reference data)

<table>
<thead>
<tr>
<th>Year</th>
<th>n</th>
<th>Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>6,875</td>
<td></td>
</tr>
<tr>
<td>2008</td>
<td>10,650</td>
<td></td>
</tr>
<tr>
<td>2010</td>
<td>11,597</td>
<td></td>
</tr>
<tr>
<td>2012</td>
<td>12,224</td>
<td></td>
</tr>
<tr>
<td>2014</td>
<td>12,191</td>
<td></td>
</tr>
</tbody>
</table>
Figure 6-2A. Nutrition* by Gender, 2014
MetroWest Region Middle School Students (Grades 7-8)

* On the day preceding the survey
Figure 6-2B. Nutrition* by Grade, 2014
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

* On the day preceding the survey
Figure 6-2C. Trends in Nutrition,* 2006-2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

* On the day preceeding the survey
**Figure 6-3A. Physical Activity by Gender, 2014**
MetroWest Region Middle School Students (Grades 7-8)

*MetroWest Adolescent Health Survey*

- **Participated in vigorous physical activity**
  - Female: 77%
  - Male: 54%

- **Met currently recommended level of physical activity†**
  - Female: 84%
  - Male: 69%

- **Played on one or more sports teams (past 12 mos.)**
  - Female: 76%
  - Male: 79%

- **Attend physical education class (1+ times/week)**
  - Female: 89%
  - Male: 90%

- **Spend 3+ hours of "screen time" on average school day (not for school work)‡**
  - Female: 34%
  - Male: 33%

---

* 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
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

Percent of students

- Participated in vigorous physical activity*
  - 81% (n=6,137)
  - 80% (n=6,054)

- Met currently recommended level of physical activity†
  - 64% (n=6,137)
  - 59% (n=6,054)

- Played on one or more sports teams (past 12 mos.)
  - 79% (n=6,137)
  - 77% (n=6,054)

- Attend physical education class (1+ times/week)
  - 90% (n=6,137)
  - 88% (n=6,054)

- Spend 3+ hours of "screen time" on average school day (not for school work)‡
  - 29% (n=6,137)
  - 38% (n=6,054)

---

* 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)‡

* 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
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

Percent of students

Feel close to people at school*  75%  77%
Feel like I am part of this school*  75%  78%
Happy to be at this school*  71%  75%
Teachers at this school treat students fairly*  73%  71%
Feel safe at my school*  83%  84%

* Student responded "agree" or "strongly agree"
**Figure 7-1B. School Attachment by Grade, 2014**

**MetroWest Region Middle School Students (Grades 7-8)**

*MetroWest Adolescent Health Survey*

<table>
<thead>
<tr>
<th>Category</th>
<th>7th Grade</th>
<th>8th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feel close to people at school*</td>
<td>77%</td>
<td>75%</td>
</tr>
<tr>
<td>Feel like I am part of this school*</td>
<td>79%</td>
<td>74%</td>
</tr>
<tr>
<td>Happy to be at this school*</td>
<td>77%</td>
<td>69%</td>
</tr>
<tr>
<td>Teachers at this school treat students fairly*</td>
<td>75%</td>
<td>69%</td>
</tr>
<tr>
<td>Feel safe at my school*</td>
<td>86%</td>
<td>82%</td>
</tr>
</tbody>
</table>

* Student responded "agree" or "strongly agree"
Figure 7-1C. Trends in School Attachment, 2006-2014
MetroWest Region Middle School Students (Grades 7-8)

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***

* Student responded "agree" or "strongly agree"
Have adult at school to talk to about a personal problem

- Female: 70%
- Male: 68%

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

- Female: 28%
- Male: 22%

Have non-school adult to talk to about important things

- Female: 92%
- Male: 92%
Figure 7-2B. Adult Support by Grade, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th>Have adult at school to talk to about a personal problem</th>
<th>Talked to adult at school about a personal problem (past 12 mos.)</th>
<th>Have non-school adult to talk to about important things</th>
</tr>
</thead>
<tbody>
<tr>
<td>71%</td>
<td>25%</td>
<td>94%</td>
</tr>
<tr>
<td>67%</td>
<td></td>
<td>91%</td>
</tr>
<tr>
<td>(n=6,137)</td>
<td></td>
<td>(n=6,054)</td>
</tr>
</tbody>
</table>

Percent of students
Figure 7-2C. Trends in Adult Support, 2006-2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

- 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

<table>
<thead>
<tr>
<th>Year</th>
<th>Have Adult at School</th>
<th>Talked to Adult at School</th>
<th>Have Non-School Adult</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>63%</td>
<td>n/a</td>
<td>63%</td>
</tr>
<tr>
<td>2008</td>
<td>66%</td>
<td>26%</td>
<td>89%</td>
</tr>
<tr>
<td>2010</td>
<td>68%</td>
<td>27%</td>
<td>90%</td>
</tr>
<tr>
<td>2012</td>
<td>69%</td>
<td>n/a</td>
<td>92%</td>
</tr>
<tr>
<td>2014</td>
<td>69%</td>
<td>25%</td>
<td>92%</td>
</tr>
</tbody>
</table>
Figure 7-3A. Peer Support by Gender, 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

Have a friend you can talk to about a personal problem*
- Female (n=5,951): 74%
- Male (n=6,143): 57%

Feel you are part of a group of friends*
- Female (n=5,951): 77%
- Male (n=6,143): 82%

Feel lonely*
- Female (n=5,951): 13%
- Male (n=6,143): 7%

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

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 7-3C. Trends in Peer Support, 2012-2014
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

- Have a friend you can talk to about a personal problem:
  - 2012: 65% (n=12,224)
  - 2014: 66% (n=12,191)

- Feel you are part of a group of friends:
  - 2012: 80% (n=12,224)
  - 2014: 79% (n=12,191)

- Feel lonely:
  - 2012: 8% (n=12,224)
  - 2014: 10% (n=12,191)

* Student responded "most of the time" or "all of the time"
Figure 7-4A. Bullying and Adult Support* by Gender, 2014
MetroWest Region Middle School Students (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
MetroWest Region Middle School Students (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

Percent of students

- Bullying victim: 28% 29%
- Bullying victim on school property: 23% 24%
- Talked to adult at school about being bullied: 13% 11%
- Talked to parent/non-school adult about being bullied: 21% 17%

- 7th (n=6,137)
- 8th (n=6,054)
Figure 7-4C. Trends in Bullying and Adult Support, * 2006-2014
MetroWest Region Middle School Students (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 7-5A. Cyberbullying and Adult Support* by Gender, 2014
MetroWest Region Middle School Students (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.
* 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
MetroWest Region Middle School Students (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
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

- Depressive symptoms*: 20% Female, 10% Male
- Self-injury*: 13% Female, 5% Male
- Seriously considered suicide**: 15% Female, 8% Male
- Talked to school adult about mental health*: 6% Female, 4% Male
- Talked to parent/non-school adult about mental health*: 18% Female, 12% Male
- Talked to health care provider about mental health*: 6% 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
Figure 7-6B. Mental Health and Adult Support by Grade, 2014
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

- **Depressive symptoms***
  - 7th grade: 13%
  - 8th grade: 17%

- **Self-injury***†
  - 7th grade: 7%
  - 8th grade: 11%

- **Seriously considered suicide‡
  - 7th grade: 9%
  - 8th grade: 14%

- **Talked to school adult about mental health***§
  - 7th grade: 5%
  - 8th grade: 6%

- **Talked to parent/non-school adult about mental health***§
  - 7th grade: 15%
  - 8th grade: 15%

- **Talked to health care provider about mental health***§
  - 7th grade: 4%
  - 8th grade: 5%

---

* 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
MetroWest Region Middle School Students (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
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

Percent of students

<table>
<thead>
<tr>
<th>Substance</th>
<th>Female (n=5,951)</th>
<th>Male (n=6,143)</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>1%</td>
</tr>
<tr>
<td>Offered, sold, or given marijuana (past 12 mos.)</td>
<td>2%</td>
<td>2%</td>
</tr>
</tbody>
</table>
Figure 8-1B. Substance Use on School Property by Grade, 2014
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th>Substance</th>
<th>7th Grade (n=6,137)</th>
<th>8th Grade (n=6,054)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Used cigarettes (past 30 days)</td>
<td>0%</td>
<td>1%</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>2%</td>
</tr>
<tr>
<td>Offered, sold, or given marijuana (past 12 mos.)</td>
<td>1%</td>
<td>3%</td>
</tr>
</tbody>
</table>
Figure 8-1C. Trends in Substance Use on School Property, 2006-2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

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

Year | Percentage
--- | ---
2006 | 1%
2008 | 1%
2010 | 1%
2012 | 2%
2014 | 3%

Sample Size:
- 2006: n=6,875
- 2008: n=10,650
- 2010: n=11,597
- 2012: n=12,224
- 2014: n=12,191
Figure 8-2A. Violence and Bullying* on School Property by Gender, 2014 MetroWest Region Middle School Students (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 8-2B. Violence and Bullying* on School Property by Grade, 2014
MetroWest Region Middle School Students (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**

**MetroWest Region Middle School Students (Grades 7-8)**

* MetroWest Adolescent Health Survey

- **Didn’t go to school due to safety concerns (past 30 days)**
  - 2006: 3%
  - 2008: 2%
  - 2010: 1%
  - 2012: 1%
  - 2014: 2%

- **Carried weapon (lifetime)**
  - 2006: 2%
  - 2008: 1%
  - 2010: 1%
  - 2012: 2%
  - 2014: 4%

- **Physical fight (lifetime)**
  - 2006: 17%
  - 2008: 10%
  - 2010: 9%
  - 2012: 4%
  - 2014: 3%

- **Physical fight (past 12 mos.)**
  - 2012: 4%
  - 2014: 3%

- **Been bullied* (past 12 mos.)**
  - 2006: 39%
  - 2008: 27%
  - 2010: 27%
  - 2012: 23%
  - 2014: 23%

* 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 MetroWest Region Middle School Students (Grades 7-8) *MetroWest Adolescent Health Survey

Percent of students

<table>
<thead>
<tr>
<th>Location</th>
<th>Female (n=5,951)</th>
<th>Male (n=6,143)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classroom</td>
<td>39%</td>
<td>36%</td>
</tr>
<tr>
<td>Cafeteria/lunch room</td>
<td>43%</td>
<td>42%</td>
</tr>
<tr>
<td>Locker room</td>
<td>9%</td>
<td>17%</td>
</tr>
<tr>
<td>Hallway</td>
<td>50%</td>
<td>46%</td>
</tr>
<tr>
<td>Bathroom</td>
<td>7%</td>
<td>11%</td>
</tr>
<tr>
<td>Outside on school property</td>
<td>38%</td>
<td>38%</td>
</tr>
<tr>
<td>On the school bus</td>
<td>25%</td>
<td>26%</td>
</tr>
<tr>
<td>Somewhere else on school property</td>
<td>29%</td>
<td>28%</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 8-3B. Locations of Bullying* on School Property by Grade, 2014
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

Percent of students

- Classroom
- Cafeteria/ lunch room
- Locker room
- Hallway
- Bathroom
- Outside, on school property
- On the school bus
- Somewhere else on school property

7th
(n=6,137)

8th
(n=6,054)

37%
40%
12%
47%
8%
36%
28%

*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
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th>Location</th>
<th>2012 (n=12,224)</th>
<th>2014 (n=12,191)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classroom</td>
<td>44%</td>
<td>49%</td>
</tr>
<tr>
<td>Cafeteria/lunch room</td>
<td>43%</td>
<td>48%</td>
</tr>
<tr>
<td>Locker room</td>
<td>14%</td>
<td>13%</td>
</tr>
<tr>
<td>Hallway</td>
<td>56%</td>
<td>48%</td>
</tr>
<tr>
<td>Bathroom</td>
<td>10%</td>
<td>9%</td>
</tr>
<tr>
<td>Outside, on school property</td>
<td>44%</td>
<td>38%</td>
</tr>
<tr>
<td>On the school bus</td>
<td>33%</td>
<td>25%</td>
</tr>
<tr>
<td>Somewhere else on school property</td>
<td>34%</td>
<td>29%</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 8-4A. Reasons for School Absences* by Gender, 2014
MetroWest Region Middle School Students (Grades 7-8)

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 8-4B. Reasons for School Absences* by Grade, 2014
MetroWest Region Middle School Students (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 8-4C. Reasons for School Absences,* 2014
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey

Percent of students

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sick/physical health problem</td>
<td>39%</td>
</tr>
<tr>
<td>Felt sad/hopeless; had thoughts about hurting yourself</td>
<td>4%</td>
</tr>
<tr>
<td>Behind on school work</td>
<td>10%</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>12%</td>
</tr>
</tbody>
</table>

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

(n=12,191)
Sleeps 8+ hours*  68%
Sends 3+ hours online†  41%
Sends 3+ hours on homework/studying outside of school†  29%
Sends 3+ hours on extracurricular activities outside of school†  24%
Sends 3+ hours on "screen time" that is not for school/home work†  34%

Female (n=5,951)
Male (n=6,143)

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

MetroWest Adolescent Health Survey

- Sleeps 8+ hours* (71%)
- Spends 3+ hours online† (57%)
- Spends 3+ hours on homework/studying outside of school† (42%)
- Spends 3+ hours on extracurricular activities outside of school† (26%)
- Spends 3+ hours on "screen time" that is not for school/homework† (29%)

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

7th (n=6,137)
8th (n=6,054)
Figure 9-1C. Sleep and Other Activities, 2010-2014
MetroWest Region Middle School Students (Grades 7-8)

MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th>Activity</th>
<th>2010 (n=11,597)</th>
<th>2012 (n=12,224)</th>
<th>2014 (n=12,191)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sleeps 8+ hours*</td>
<td>64%</td>
<td>23%</td>
<td>33%</td>
</tr>
<tr>
<td>Spends 3+ hours online†</td>
<td>17%</td>
<td>36%</td>
<td>n/a</td>
</tr>
<tr>
<td>Spends 3+ hours on homework/studying outside of school†</td>
<td>22%</td>
<td>22%</td>
<td>22%</td>
</tr>
<tr>
<td>Spends 3+ hours on extracurricular activities outside of school†</td>
<td>22%</td>
<td>22%</td>
<td>n/a</td>
</tr>
<tr>
<td>Spends 3+ hours on &quot;screen time&quot; that is not for school/homework†</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
</tbody>
</table>

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