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

Percent of students

Cigarettes
- Female: 17%
- Male: 21%

Alcohol
- Female: 55%
- Male: 53%

Marijuana
- Female: 29%
- Male: 35%
Figure 2-1B. Lifetime Substance Use by Grade, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

Percent of students

Cigarettes

<table>
<thead>
<tr>
<th>Grade</th>
<th>9th</th>
<th>10th</th>
<th>11th</th>
<th>12th</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>9%</td>
<td>17%</td>
<td>22%</td>
<td>30%</td>
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</tbody>
</table>

Alcohol

<table>
<thead>
<tr>
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<th>12th</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>35%</td>
<td>49%</td>
<td>62%</td>
<td>72%</td>
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</tbody>
</table>

Marijuana

<table>
<thead>
<tr>
<th>Grade</th>
<th>9th</th>
<th>10th</th>
<th>11th</th>
<th>12th</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>8%</td>
<td>28%</td>
<td>40%</td>
<td>54%</td>
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</tbody>
</table>
Figure 2-1C. Trends in Lifetime Substance Use, 2006-2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

Cigarettes
- 2006: 29% (n=1,281)
- 2008: 66% (n=1,285)
- 2010: 63% (n=1,326)
- 2012: 56% (n=1,403)
- 2014: 55% (n=1,490)

Alcohol
- 2006: 18% (n=1,281)
- 2008: 63% (n=1,285)
- 2010: 55% (n=1,326)
- 2012: 33% (n=1,403)
- 2014: 32% (n=1,490)

Marijuana
- 2006: 17% (n=1,281)
- 2008: 56% (n=1,285)
- 2010: 54% (n=1,326)
- 2012: 32% (n=1,403)
- 2014: 32% (n=1,490)
Figure 2-1D. Lifetime Substance Use at the District, Regional, State, and National Levels, 2014

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

- **Cigarettes**
  - Needham (n=1,490): 19%
  - MetroWest (n=24,355): 54%
  - Massachusetts (n=2,718): 63%
  - United States (n=13,583): 66%

- **Alcohol**
  - Needham (n=1,490): 17%
  - MetroWest (n=24,355): 54%
  - Massachusetts (n=2,718): 63%
  - United States (n=13,583): 66%

- **Marijuana**
  - Needham (n=1,490): 32%
  - MetroWest (n=24,355): 30%
  - Massachusetts (n=2,718): 41%
  - United States (n=13,583): 41%
Figure 2-2A. Lifetime Other Substance Use by Gender, 2014
Needham High School (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 2-2B. Lifetime Other Substance Use by Grade, 2014

Needham High School (Grades 9-12)

* 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
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

Needham High School (Grades 9-12)

2006 (n=1,281)
2008 (n=1,285)
2010 (n=1,326)
2012 (n=1,403)
2014 (n=1,490)

Percent of students

Inhalants*
Ecstasy
Cocaine†
Prescription drugs‡
Heroin
Methamphetamines

* 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 District, Regional, State, and National Levels, 2014

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th>Substance</th>
<th>Needham (n=1,490)</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>Inhalants*</td>
<td>5% 5% 9%</td>
<td>5% 4% 5% 7%</td>
<td>5% 3% 4% 6%</td>
<td>7% 7% 18% 2%</td>
</tr>
<tr>
<td>Ecstasy</td>
<td>n/a</td>
<td>3% 2% 1% 2%</td>
<td>3% 2% 2% 3%</td>
<td></td>
</tr>
<tr>
<td>Cocaine†</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prescription drugs‡</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heroin</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Methamphetamines</td>
<td></td>
<td></td>
<td></td>
<td></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 2-3A. Current Substance Use* by Gender, 2014
Needham High School (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
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

* Used one or more times in the past 30 days
Figure 2-3C. Trends in Current Substance Use, * 2006-2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

* Used one or more times in the past 30 days
Figure 2-3D. Current Substance Use* at the District, Regional, State, and National Levels, 2014

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

* Used one or more times in the past 30 days

Percent of students

Cigarettes

Alcohol

Marijuana

Needham (n=1,490)

MetroWest (n=24,355)

Massachusetts (n=2,718)

United States (n=13,583)
Figure 2-4A. Cigarette and Electronic Cigarette Smoking by Gender, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

- Lifetime smoking
- Current smoking (past 30 days)
- Ever smoked daily*
- Lifetime electronic cigarette use
- Current electronic cigarette use (past 30 days)

* Every day for 30 days

Female (n=769)
Male (n=706)
Figure 2-4B. Cigarette and Electronic Cigarette Smoking by Grade, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th></th>
<th>9th (n=382)</th>
<th>10th (n=385)</th>
<th>11th (n=365)</th>
<th>12th (n=344)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lifetime smoking</td>
<td>9%</td>
<td>17%</td>
<td>22%</td>
<td>30%</td>
</tr>
<tr>
<td>Current smoking (past 30 days)</td>
<td>2%</td>
<td>4%</td>
<td>11%</td>
<td>13%</td>
</tr>
<tr>
<td>Ever smoked daily*</td>
<td>3%</td>
<td>5%</td>
<td>9%</td>
<td>8%</td>
</tr>
<tr>
<td>Lifetime electronic cigarette use</td>
<td>15%</td>
<td>30%</td>
<td>32%</td>
<td>41%</td>
</tr>
<tr>
<td>Current electronic cigarette use (past 30 days)</td>
<td>8%</td>
<td>17%</td>
<td>21%</td>
<td>23%</td>
</tr>
</tbody>
</table>

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

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

Needham High School (Grades 9-12)
* Every day for 30 days

Percent of students

<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 (past 30 days)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>29% 28%</td>
<td>18% 17%</td>
<td>13% 10%</td>
<td>n/a n/a n/a n/a n/a</td>
<td>n/a n/a n/a n/a n/a</td>
</tr>
<tr>
<td>2008</td>
<td>28% 10%</td>
<td>7% 5%</td>
<td>9% 6%</td>
<td>n/a n/a</td>
<td>n/a n/a</td>
</tr>
<tr>
<td>2010</td>
<td>28% 10%</td>
<td>7% 5%</td>
<td>9% 6%</td>
<td>n/a n/a</td>
<td>n/a n/a</td>
</tr>
<tr>
<td>2012</td>
<td>29% 17%</td>
<td>13% 10%</td>
<td>9% 6%</td>
<td>n/a n/a</td>
<td>n/a n/a</td>
</tr>
<tr>
<td>2014</td>
<td>29% 17%</td>
<td>13% 10%</td>
<td>9% 6%</td>
<td>n/a n/a</td>
<td>n/a n/a</td>
</tr>
</tbody>
</table>

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

Lifetime smoking
Current smoking (past 30 days)
Ever smoked daily*
Lifetime electronic cigarette use
Current electronic cigarette use (past 30 days)

Percent of students

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

Among students who smoked in the past 30 days

- 25% Bought them in a store myself
- 20% Gave someone else money to buy them for me
- 17% Borrowed (bummed) them from someone else
- 11% Person 18 years old or older gave them to me
- 24% Took them from store or family member
- 3% Other

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

Percent of students

Lifetime drinking: 9th (n=382) 49%, 10th (n=385) 40%, 11th (n=365) 32%, 12th (n=344) 39%
Current drinking†: 9th 62%, 10th 40%, 11th 25%, 12th 23%
Binge drinking†‡: 9th 72%, 10th 53%, 11th 32%, 12th 31%
Been drunk†: 9th (n=382) 45%, 10th (n=385) 39%, 11th (n=365) 39%, 12th (n=344) 37%
Attended party where alcohol was available†: 9th (n=382) 56%, 10th (n=385) 45%, 11th (n=365) 45%, 12th (n=344) 56%

* 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
Needham High School (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)

Percent of students

<table>
<thead>
<tr>
<th>2006 (n=1,281)</th>
<th>2008 (n=1,285)</th>
<th>2010 (n=1,326)</th>
<th>2012 (n=1,403)</th>
<th>2014 (n=1,490)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lifetime drinking</td>
<td>66%</td>
<td>63%</td>
<td>56%</td>
<td>55%</td>
</tr>
<tr>
<td>Current drinking†</td>
<td>45%</td>
<td>43%</td>
<td>36%</td>
<td>35%</td>
</tr>
<tr>
<td>Binge drinking†‡</td>
<td>28%</td>
<td>25%</td>
<td>23%</td>
<td>21%</td>
</tr>
<tr>
<td>Been drunk†</td>
<td>32%</td>
<td>28%</td>
<td>26%</td>
<td>25%</td>
</tr>
<tr>
<td>Attended party where alcohol was available†</td>
<td>50%</td>
<td>41%</td>
<td>39%</td>
<td></td>
</tr>
</tbody>
</table>


Needham High School (Grades 9-12)
Figure 2-6D. Alcohol Use* at the District, Regional, State, and National Levels, 2014
Needham High School (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 2-7A. Access to Alcohol Among Current Drinkers* by Gender, 2014**
*MetroWest Adolescent Health Survey*

Needham High School (Grades 9-12)

Percent of students

* 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
Needham High School (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 District and Regional Levels, 2014
Needham High School (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
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

Percent of students
* In the past 30 days

<table>
<thead>
<tr>
<th>Category</th>
<th>Female (n=769)</th>
<th>Male (n=706)</th>
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</thead>
<tbody>
<tr>
<td>Lifetime marijuana use</td>
<td>29%</td>
<td>35%</td>
</tr>
<tr>
<td>Current marijuana use*</td>
<td>17%</td>
<td>27%</td>
</tr>
<tr>
<td>Marijuana use on school property*</td>
<td>3%</td>
<td>4%</td>
</tr>
<tr>
<td>Attended party where marijuana was available*</td>
<td>32%</td>
<td>30%</td>
</tr>
</tbody>
</table>
Figure 2-8B. Marijuana Use by Grade, 2014
Needham High School (Grades 9-12)
* In the past 30 days

MetroWest Adolescent Health Survey
Figure 2-8C. Trends in Marijuana Use, 2006-2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

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

- Lifetime marijuana use: 32% (Needham), 30% (MetroWest), 41% (Massachusetts), 31% (United States)
- Current marijuana use*: 22% (Needham), 20% (MetroWest), 25% (Massachusetts), 23% (United States)
- Marijuana use on school property*: 4% (Needham), 4% (MetroWest), n/a (Massachusetts), n/a (United States)
- Attended party where marijuana was available*: 31% (Needham), 31% (MetroWest), n/a (Massachusetts), n/a (United States)

* In the past 30 days
Figure 2-9. Access to Prescription Drugs,* 2014
Needham High School (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
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

Percent of students

<table>
<thead>
<tr>
<th>Activity</th>
<th>Female (n=769)</th>
<th>Male (n=706)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical fight (past 12 mos.)</td>
<td>9%</td>
<td>20%</td>
</tr>
<tr>
<td>Carried weapon (past 30 days)</td>
<td>3%</td>
<td>9%</td>
</tr>
<tr>
<td>Threatened/injured with weapon</td>
<td>4%</td>
<td>8%</td>
</tr>
</tbody>
</table>
Figure 3-1B. Fighting and Weapon Carrying by Grade, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

Percent of students

- Physical fight (past 12 mos.): 18% 16% 11%
- Carried weapon (past 30 days): 4% 5% 7% 6%
- Threatened/injured with weapon (past 12 mos.): 6% 6% 7% 4%

9th (n=382)
10th (n=385)
11th (n=365)
12th (n=344)
Figure 3-1C. Trends in Fighting and Weapon Carrying, 2006-2014
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

<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>20% (n=1,281)</td>
<td>5% (n=1,285)</td>
<td>7% (n=1,326)</td>
</tr>
<tr>
<td>2008</td>
<td>21% (n=1,285)</td>
<td>5% (n=1,326)</td>
<td>6% (n=1,403)</td>
</tr>
<tr>
<td>2010</td>
<td>17% (n=1,326)</td>
<td>4% (n=1,326)</td>
<td>5% (n=1,490)</td>
</tr>
<tr>
<td>2012</td>
<td>13% (n=1,326)</td>
<td>5% (n=1,326)</td>
<td>5% (n=1,490)</td>
</tr>
<tr>
<td>2014</td>
<td>14% (n=1,490)</td>
<td>6% (n=1,490)</td>
<td>6% (n=1,490)</td>
</tr>
</tbody>
</table>
Figure 3-1D. Fighting and Weapon Carrying at the District, Regional, State, and National Levels, 2014

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

Needham (n=1,490)
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.)
Figure 3-2A. Lifetime Dating Violence* by Gender, 2014
Needham High School (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
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

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

* By a boyfriend/girlfriend, date, or someone you were going out with
Figure 3-2D. Lifetime Dating Violence* at the District, Regional, State, and National Levels, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

* By a boyfriend/girlfriend, date, or someone you were going out with
Figure 3-3A. Bullying and Cyberbullying by Gender, 2014
Needham High School (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
Needham High School (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 3-3C. Trends in Bullying and Cyberbullying, 2006-2014
Needham High School (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 District, Regional, State, and National Levels, 2014

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

- Bullying victim*
- Bullying victim on school property*
- Cyberbullying victim†
- Bullying perpetrator*
- Bullying perpetrator on school property*
- Cyberbullying perpetrator†

Needham (n=1,490)
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 Needham High School (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
Needham High School (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

Needham High School (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 District and Regional Levels, 2014
Needham High School (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 3-5A. Cyberbullying Bystander Behaviors* by Gender, 2014
Needham High School (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 3-5B. Cyberbullying Bystander Behaviors* by Grade, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

*Saw/heard of another student being cyberbullied
Try to stop a student from cyberbullying someone else
Told an adult at school that someone was being cyberbullied
Told a parent/adult outside of school that someone was being cyberbullied

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percent of Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>9th (n=382)</td>
<td>46%</td>
</tr>
<tr>
<td>10th (n=385)</td>
<td>35%</td>
</tr>
<tr>
<td>11th (n=365)</td>
<td>32%</td>
</tr>
<tr>
<td>12th (n=344)</td>
<td>32%</td>
</tr>
</tbody>
</table>

*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
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th>Behaviour</th>
<th>2012</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saw/heard of another student being cyberbullied</td>
<td>35%</td>
<td>36%</td>
</tr>
<tr>
<td>Tried to stop a student from cyberbullying someone else</td>
<td>10%</td>
<td>15%</td>
</tr>
<tr>
<td>Told an adult at school that someone was being cyberbullied</td>
<td>3%</td>
<td>5%</td>
</tr>
<tr>
<td>Told a parent/adult outside of school that someone was being cyberbullied</td>
<td>8%</td>
<td>8%</td>
</tr>
</tbody>
</table>

* 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 District and Regional Levels, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

- Saw/heard of another student being cyberbullied: 36% in Needham and 41% in MetroWest
- Tried to stop a student from cyberbullying someone else: 15% in Needham, 16% in MetroWest
- Told an adult at school that someone was being cyberbullied: 5% in Needham, 5% in MetroWest
- Told a parent/adult outside of school that someone was being cyberbullied: 8% in Needham, 8% in MetroWest

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

School rules protect students from cyberbullying.*

When teachers see bullying, they don't do anything about it.†

Students tell teachers if they know someone is being bullied.*

Telling a teacher about bullying can make it worse.†

Students try to stop bullying when they see it.*

There is not much schools can do to prevent cyberbullying.†

---

* Answered either "agree" or "strongly agree"  
† Answered either "disagree" or "strongly disagree"
Figure 3-6B. School Climate Related to Bullying by Grade, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

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

* Answered either "agree" or "strongly agree"
† Answered either "disagree" or "strongly disagree"
School rules protect students from bullying.*

School rules protect students from cyberbullying.*

When teachers see bullying, they don't do anything about it.†

Students tell teachers if they know someone is being bullied.*

Telling a teacher about bullying can make it worse.†

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.*

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
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

- Drove with 2+ high school passengers in daytime
- Drove with 2+ high school passengers in nighttime
- Drove when you or passenger wasn’t wearing a seatbelt
- Drove while talking on a hands-free phone
- Drove while talking on phone, not hands-free device
- Drove while texting/emailing

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

Female (n=769)
Male (n=706)
Figure 4-1B. Distracted Driving* by Grade, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

* Among the 11th and 12th grade youth who drove in the past 30 days
Figure 4-1C. Trends in Distracted Driving,* 2010-2014
Needham High School (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 District and Regional Levels, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

* Among the 11th and 12th grade youth who drove in the past 30 days
Figure 4-2A. Perceptions of Risk and Passenger Behaviors Related to Impaired Driving by Gender, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

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)

Female (n=769)
Male (n=706)
Figure 4-2B. Perceptions of Risk and Passenger Behaviors Related to Impaired Driving by Grade, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

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)

Percent of students

<table>
<thead>
<tr>
<th>Grade</th>
<th>9th (n=382)</th>
<th>10th (n=385)</th>
<th>11th (n=365)</th>
<th>12th (n=344)</th>
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</thead>
<tbody>
<tr>
<td>0%</td>
<td>2%</td>
<td>2%</td>
<td>3%</td>
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<tr>
<td>10%</td>
<td>8%</td>
<td>8%</td>
<td>13%</td>
<td>13%</td>
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<tr>
<td>20%</td>
<td>16%</td>
<td>12%</td>
<td>38%</td>
<td>23%</td>
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<td>30%</td>
<td>12%</td>
<td>50%</td>
<td>57%</td>
<td>33%</td>
</tr>
<tr>
<td>40%</td>
<td>80%</td>
<td>80%</td>
<td>68%</td>
<td>38%</td>
</tr>
<tr>
<td>50%</td>
<td>86%</td>
<td>78%</td>
<td>50%</td>
<td>33%</td>
</tr>
<tr>
<td>60%</td>
<td>80%</td>
<td>80%</td>
<td>50%</td>
<td>33%</td>
</tr>
<tr>
<td>70%</td>
<td>68%</td>
<td>57%</td>
<td>38%</td>
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<td>80%</td>
<td>78%</td>
<td>78%</td>
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<tr>
<td>90%</td>
<td>80%</td>
<td>80%</td>
<td>38%</td>
<td>23%</td>
</tr>
<tr>
<td>100%</td>
<td>86%</td>
<td>78%</td>
<td>38%</td>
<td>23%</td>
</tr>
</tbody>
</table>
Figure 4-2C. Trends in Perceptions of Risk and Passenger Behaviors Related to Impaired Driving, 2012-2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

Think riding in car with high school driver who had been drinking alcohol is very dangerous: 2012 (n=1,403) 79%, 2014 (n=1,490) 81%
Rode with high school driver who had been drinking alcohol (past 30 days): 2012 8%, 2014 10%
Think riding in car with high school driver who had been using marijuana is very dangerous: 2012 55%, 2014 53%
Rode with high school driver who had been using marijuana (past 30 days): 2012 16%, 2014 18%
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)
Figure 4-3A. Impaired Driving and Related Passenger Behaviors* by Gender, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

* In the past 30 days
Figure 4-3B. Impaired Driving and Related Passenger Behaviors* by Grade, 2014
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

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

<table>
<thead>
<tr>
<th>Year</th>
<th>(n)</th>
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<tr>
<td>2006</td>
<td>1,281</td>
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<tr>
<td>2008</td>
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<tr>
<td>2010</td>
<td>1,326</td>
</tr>
<tr>
<td>2012</td>
<td>1,403</td>
</tr>
<tr>
<td>2014</td>
<td>1,490</td>
</tr>
</tbody>
</table>

* In the past 30 days
Figure 4-3D. Impaired Driving and Related Passenger Behaviors* at the District and Regional Levels, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

- Rode in car with high school driver who had been drinking (all students): 10% (Needham) vs. 8% (MetroWest)
- Drove after drinking (11th / 12th grade drivers): 7% (Needham) vs. 8% (MetroWest)
- Rode in car with high school driver who had been using marijuana (all students): 18% (Needham) vs. 16% (MetroWest)
- Drove after using marijuana (11th / 12th grade drivers): 15% (Needham) vs. 16% (MetroWest)

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

- Life very stressful (past 30 days): 45% Female (n=769), 26% Male (n=706)
- Depressive symptoms (past 12 mos.): 18% Female, 11% Male
- Self-injury* (past 12 mos.): 18% Female, 6% Male
- Seriously considered suicide (past 12 mos.): 13% Female, 8% Male
- Attempted suicide (past 12 mos.): 4% Female, 3% Male

* For example, by cutting, burning, or bruising yourself on purpose
Figure 5-1B. Mental Health and Suicidality by Grade, 2014

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

- Life very stressful (past 30 days):
  - 9th (n=382): 30% 19% 13% 9% 3%
  - 10th (n=385): 35% 19% 13% 13% 4%
  - 11th (n=365): 43% 19% 13% 19% 4%
  - 12th (n=344): 22% 19% 13% 11% 3%

- Depressive symptoms (past 12 mos.):
  - 9th (n=382): 13% 19% 13% 19% 10%
  - 10th (n=385): 18% 13% 13% 13% 11%
  - 11th (n=365): 13% 13% 13% 13% 11%
  - 12th (n=344): 9% 11% 11% 13% 4%

- Self-injury* (past 12 mos.):
  - 9th (n=382): 3% 3% 4% 3%
  - 10th (n=385): 3% 3% 4% 3%
  - 11th (n=365): 3% 3% 4% 3%
  - 12th (n=344): 3% 3% 4% 3%

- Seriously considered suicide (past 12 mos.):
  - 9th (n=382): 3% 3% 4% 3%
  - 10th (n=385): 3% 3% 4% 3%
  - 11th (n=365): 3% 3% 4% 3%
  - 12th (n=344): 3% 3% 4% 3%

- Attempted suicide (past 12 mos.):
  - 9th (n=382): 3% 3% 4% 3%
  - 10th (n=385): 3% 3% 4% 3%
  - 11th (n=365): 3% 3% 4% 3%
  - 12th (n=344): 3% 3% 4% 3%

* For example, by cutting, burning, or bruising yourself on purpose
Figure 5-1C. Trends in Mental Health and Suicidality, 2006-2014
Needham High School (Grades 9-12)
* MetroWest Adolescent Health Survey

Percent of students

<table>
<thead>
<tr>
<th>Year</th>
<th>Life very stressful (past 30 days)</th>
<th>Depressive symptoms (past 12 mos.)</th>
<th>Self-injury* (past 12 mos.)</th>
<th>Seriously considered suicide (past 12 mos.)</th>
<th>Attempted suicide (past 12 mos.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>32%</td>
<td>19%</td>
<td>11%</td>
<td>11%</td>
<td>3%</td>
</tr>
<tr>
<td>2008</td>
<td>25%</td>
<td>18%</td>
<td>9%</td>
<td>10%</td>
<td>2%</td>
</tr>
<tr>
<td>2010</td>
<td>27%</td>
<td>17%</td>
<td>12%</td>
<td>10%</td>
<td>3%</td>
</tr>
<tr>
<td>2012</td>
<td>32%</td>
<td>19%</td>
<td>13%</td>
<td>11%</td>
<td>3%</td>
</tr>
<tr>
<td>2014</td>
<td>32%</td>
<td>19%</td>
<td>12%</td>
<td>11%</td>
<td>3%</td>
</tr>
</tbody>
</table>

* For example, by cutting, burning, or bruising yourself on purpose
Life very stressful (past 30 days): Needham 32%, MetroWest 22%, Massachusetts 15%, United States 13%
Depressive symptoms (past 12 mos.): Needham 35%, MetroWest 22%, Massachusetts 12%, United States 6%
Self-injury* (past 12 mos.): Needham 30%, MetroWest 22%, Massachusetts n/a, United States 8%
Seriously considered suicide (past 12 mos.): Needham 12%, MetroWest 11%, Massachusetts 13%, United States 13%
Attempted suicide (past 12 mos.): Needham 3%, MetroWest 4%, Massachusetts 6%, United States 8%

* For example, by cutting, burning, or bruising yourself on purpose
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
Figure 5-2B. Peer Mental Health* by Grade, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

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

In the past 12 months

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

Needham (n=1,490)
MetroWest (n=24,355)

* In the past 12 months
Figure 6-1A. Sexual Behaviors by Gender, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

**Percent of students**

- Ever had sexual intercourse: 21% Female (n=769), 23% Male (n=706)
- Currently sexually active (had intercourse in the past 3 mos.): 17% Female, 19% Male
- Used alcohol/drugs before intercourse the last time*: 25% Female, 37% Male
- Used condom during intercourse the last time*: 67% Female, 71% Male

*Among currently sexually active youth
Ever had sexual intercourse | 9th (n=382) | 10th (n=385) | 11th (n=365) | 12th (n=344)
--- | --- | --- | --- | ---
6% | 12% | 30% | 43% 
Currently sexually active (had intercourse in the past 3 mos.) | 3% | 9% | 23% | 39%
Used alcohol/drugs before intercourse the last time* | 15% | 39% | 37% | 26%
Used condom during intercourse the last time* | 69% | 71% | 66% | 72%

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

Percent of students who:
- 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 District, Regional, State, and National Levels, 2014

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

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*

Percent of students

- Needham (n=1,490)
- MetroWest (n=24,355)
- Massachusetts (n=2,718)
- United States (n=13,583)

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

- Received a "sext" of someone you know: 24% (Female) 33% (Male)
- Sent a "sext" of someone you know: 6% (Female) 9% (Male)
- Someone else sent a "sext" of you: 5% (Female) 6% (Male)
- Felt pressured† to send a "sext" of yourself: 13% (Female) 6% (Male)
- Sent a "sext" of yourself: 13% (Female) 10% (Male)

* 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

Percent of students

Female (n=769)
Male (n=706)
Figure 6-2B. Sexting* by Grade, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

- Received a "sext" of someone you know
  - 9th: 26%
  - 10th: 30%
  - 11th: 31%
  - 12th: 31%

- Sent a "sext" of someone you know
  - 9th: 6%
  - 10th: 6%
  - 11th: 8%
  - 12th: 9%

- Someone else sent a "sext" of you
  - 9th: 3%
  - 10th: 4%
  - 11th: 6%
  - 12th: 5%

- Felt pressured† to send a "sext" of yourself
  - 9th: 9%
  - 10th: 10%
  - 11th: 11%
  - 12th: 8%

- Sent a "sext" of yourself
  - 9th: 8%
  - 10th: 9%
  - 11th: 15%
  - 12th: 16%

* 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
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th>Event</th>
<th>2010 (n=1,326)</th>
<th>2012 (n=1,403)</th>
<th>2014 (n=1,490)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Received a &quot;sext&quot; of someone you know</td>
<td>30%</td>
<td>15%</td>
<td>29%</td>
</tr>
<tr>
<td>Sent a &quot;sext&quot; of someone you know</td>
<td>10%</td>
<td>4%</td>
<td>8%</td>
</tr>
<tr>
<td>Someone else sent a &quot;sext&quot; of you</td>
<td>4%</td>
<td>3%</td>
<td>5%</td>
</tr>
<tr>
<td>Felt pressured† to send a &quot;sext&quot; of yourself</td>
<td>n/a</td>
<td>6%</td>
<td>10%</td>
</tr>
<tr>
<td>Sent a &quot;sext&quot; of yourself</td>
<td>n/a</td>
<td>7%</td>
<td>12%</td>
</tr>
</tbody>
</table>

* 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 District and Regional Levels, 2014
Needham High School (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 7-1A. Weight Perception and Body Weight by Gender, 2014
Needham High School (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 7-1B. Weight Perception and Body Weight by Grade, 2014
Needham High School (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
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

Percent of students

<table>
<thead>
<tr>
<th>Year</th>
<th>Description</th>
<th>2006 (n=1,281)</th>
<th>2008 (n=1,285)</th>
<th>2010 (n=1,326)</th>
<th>2012 (n=1,403)</th>
<th>2014 (n=1,490)</th>
</tr>
</thead>
<tbody>
<tr>
<td>23%</td>
<td>Describe self as slightly/very overweight</td>
<td>23%</td>
<td>22%</td>
<td>22%</td>
<td>25%</td>
<td>23%</td>
</tr>
<tr>
<td>36%</td>
<td>Trying to lose weight</td>
<td>37%</td>
<td>36%</td>
<td>37%</td>
<td>38%</td>
<td>38%</td>
</tr>
<tr>
<td>12%</td>
<td>Overweight*</td>
<td>11%</td>
<td>10%</td>
<td>11%</td>
<td>12%</td>
<td>12%</td>
</tr>
<tr>
<td>5%</td>
<td>Obese†</td>
<td>6%</td>
<td>5%</td>
<td>5%</td>
<td>5%</td>
<td>5%</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 7-1D. Weight Perception and Body Weight at the District, Regional, State, and National Levels, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

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

* Students who were $\geq 85$th percentile but $< 95$th percentile for body mass index by age and gender, based on reference data
† Students who were $\geq 95$th percentile for body mass index by age and gender, based on reference data
Figure 7-2A. Nutrition by Gender, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

Ate fruit or drank 100% fruit juice*
- Female: 40%
- Male: 38%

Ate vegetables or green salad*
- Female: 60%
- Male: 53%

Drank 3 or more glasses of milk†
- Female: 10%
- Male: 22%

Ate fried food*
- Female: 14%
- Male: 22%

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

Drank non-diet soda/soft drinks*
- Female: 7%
- Male: 14%

* 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
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

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

Percent of students
Figure 7-2C. Trends in Nutrition, 2006-2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

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

<table>
<thead>
<tr>
<th>Habit</th>
<th>2006 (n=1,281)</th>
<th>2008 (n=1,285)</th>
<th>2010 (n=1,326)</th>
<th>2012 (n=1,403)</th>
<th>2014 (n=1,490)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ate fruit or drank 100% fruit juice*</td>
<td>46%</td>
<td>46%</td>
<td>48%</td>
<td>39%</td>
<td>20%</td>
</tr>
<tr>
<td>Ate vegetables or green salad*</td>
<td>56%</td>
<td>60%</td>
<td>62%</td>
<td>57%</td>
<td>44%</td>
</tr>
<tr>
<td>Drank 3 or more glasses of milk†</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>Ate fried food*</td>
<td>21%</td>
<td>22%</td>
<td>23%</td>
<td>22%</td>
<td>22%</td>
</tr>
<tr>
<td>Ate fast food*</td>
<td>16%</td>
<td>19%</td>
<td>18%</td>
<td>16%</td>
<td>15%</td>
</tr>
<tr>
<td>Drank non-diet soda/soft drinks*</td>
<td>4%</td>
<td>4%</td>
<td>4%</td>
<td>4%</td>
<td>15%</td>
</tr>
</tbody>
</table>

*Consumed one or more times per day in the past 7 days
† Everyday in the past 7 days
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

Figure 7-2D. Nutrition at the District, Regional, State, and National Levels, 2014

- Ate fruit or drank 100% fruit juice*:
  - Needham: 39%
  - MetroWest: 63%
  - Massachusetts: n/a
  - United States: 37%

- Ate vegetables or green salad*:
  - Needham: 37%
  - MetroWest: 49%
  - Massachusetts: n/a
  - United States: 49%

- Drank 3 or more glasses of milk†:
  - Needham: n/a
  - MetroWest: n/a
  - Massachusetts: 62%
  - United States: 63%

- Ate fried food*:
  - Needham: n/a
  - MetroWest: 12%
  - Massachusetts: 13%
  - United States: n/a

- Ate fast food*:
  - Needham: 10%
  - MetroWest: 14%
  - Massachusetts: n/a
  - United States: 10%

- Drank non-diet soda/soft drinks*:
  - Needham: n/a
  - MetroWest: 16%
  - Massachusetts: n/a
  - United States: 27%

* 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
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

- **Participated in vigorous physical activity**: 72% Female, 76% Male
- **Met currently recommended level of physical activity**: 54% Female, 60% Male
- **Played on one or more sports teams (past 12 mos.)**: 70% Female, 73% Male
- **Attend physical education class (1+ times/week)**: 59% Female, 56% Male
- **Spend 3+ hours of "screen time" on average school day (not for school work)**: 24% Female, 31% Male

*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**

**Needham High School (Grades 9-12)**

*MetroWest Adolescent Health Survey*

- **Participated in vigorous physical activity**:
  - 9th (n=382): 80%
  - 10th (n=385): 73%
  - 11th (n=365): 70%
  - 12th (n=344): 71%

- **Met currently recommended level of physical activity†**
  - 9th (n=382): 66%
  - 10th (n=385): 60%
  - 11th (n=365): 53%
  - 12th (n=344): 47%

- **Played on one or more sports teams (past 12 mos.)**
  - 9th (n=382): 77%
  - 10th (n=385): 77%
  - 11th (n=365): 66%
  - 12th (n=344): 65%

- **Attend physical education class (1+ times/week)**
  - 9th (n=382): 95%
  - 10th (n=385): 96%
  - 11th (n=365): 30%
  - 12th (n=344): 14%

- **Spend 3+ hours of "screen time" on average school day (not for school work)‡**
  - 9th (n=382): 28%
  - 10th (n=385): 30%
  - 11th (n=365): 24%
  - 12th (n=344): 28%

---

*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 7-3C. Trends in Physical Activity, 2006-2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

<table>
<thead>
<tr>
<th>Year</th>
<th>Participated in vigorous physical activity*</th>
<th>Met currently recommended level of physical activity†</th>
<th>Played on one or more sports teams (past 12 mos.)</th>
<th>Attend physical education class (1+ times/week)</th>
<th>Spend 3+ hours of &quot;screen time&quot; on average school day (not for school work)‡</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>n/a</td>
<td>71%</td>
<td>75%</td>
<td>71%</td>
<td>74%</td>
</tr>
<tr>
<td>2008</td>
<td>70%</td>
<td>70%</td>
<td>74%</td>
<td>58%</td>
<td>58%</td>
</tr>
<tr>
<td>2010</td>
<td>71%</td>
<td>45%</td>
<td>71%</td>
<td>60%</td>
<td>58%</td>
</tr>
<tr>
<td>2012</td>
<td>74%</td>
<td>72%</td>
<td>71%</td>
<td>59%</td>
<td>57%</td>
</tr>
<tr>
<td>2014</td>
<td>71%</td>
<td>36%</td>
<td>72%</td>
<td>58%</td>
<td>27%</td>
</tr>
</tbody>
</table>

* Exercised for at least 20 minutes that made you sweat and breathe hard on three or more days per week
† Physically active for ≥ 60 minutes/day on ≥ 5 of the past 7 days; includes physical activity that increases your heart rate and makes you breathe hard some of the time
‡ Includes watching TV, going on the Internet, playing video games, or using a computer, tablet, or smartphone
Figure 7-3D. Physical Activity at the District, Regional, State, and National Levels, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

- Participated in vigorous physical activity* (74% Needham, 67% MetroWest)
- Met currently recommended level of physical activity† (56% Needham, 47% MetroWest)
- Played on one or more sports teams (past 12 mos.) (71% Needham, 60% MetroWest)
- Attend physical education class (1+ times/week) (57% Needham, 52% MetroWest)
- Spend 3+ hours of "screen time" on average school day (not for school work)‡ (48% Needham, 48% MetroWest)

* 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
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

Percent of students

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

Female (n=769)
Male (n=706)

* Answered either “agree” or “strongly agree”
Figure 8-1B. School Attachment by Grade, 2014
Needham High School (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*

9th (n=382)
10th (n=385)
11th (n=365)
12th (n=344)

* Answered either “agree” or “strongly agree”
Figure 8-1C. Trends in School Attachment, 2006-2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

Percent of students

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

- * Answered either “agree” or “strongly agree”
Figure 8-1D. School Attachment at the District and Regional Levels, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

Percent of students

Feel close to people at school* 73% 72%
Feel like I am part of this school* 68% 69%
Happy to be at this school* 67% 68%
Teachers at this school treat students fairly* 62% 63%
Feel safe at my school* 85% 83%

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

Percent of students

- Have adult at school to talk to about personal problem:
  - Female: 67%
  - Male: 68%

- Talked to adult at school about personal problem (past 12 mos.):
  - Female: 31%
  - Male: 23%

- Have parent/non-school adult to talk to about important things:
  - Female: 90%
  - Male: 92%

(Results based on surveys with 769 and 706 participants respectively.)
Figure 8-2B. Adult Support by Grade, 2014

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

Have adult at school to talk to 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

<table>
<thead>
<tr>
<th>Year</th>
<th>9th (n=382)</th>
<th>10th (n=385)</th>
<th>11th (n=365)</th>
<th>12th (n=344)</th>
</tr>
</thead>
<tbody>
<tr>
<td>62%</td>
<td>63%</td>
<td>70%</td>
<td>78%</td>
<td></td>
</tr>
<tr>
<td>28%</td>
<td>28%</td>
<td>25%</td>
<td>29%</td>
<td></td>
</tr>
<tr>
<td>93%</td>
<td>91%</td>
<td>89%</td>
<td>92%</td>
<td></td>
</tr>
</tbody>
</table>
Figure 8-2C. Trends in Adult Support, 2006-2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

- Have adult at school to talk to 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

<table>
<thead>
<tr>
<th>Year</th>
<th>2006 (n=1,281)</th>
<th>2008 (n=1,285)</th>
<th>2010 (n=1,326)</th>
<th>2012 (n=1,403)</th>
<th>2014 (n=1,490)</th>
</tr>
</thead>
<tbody>
<tr>
<td>60%</td>
<td>60%</td>
<td>60%</td>
<td>64%</td>
<td>68%</td>
<td>91%</td>
</tr>
<tr>
<td>27%</td>
<td>26%</td>
<td>27%</td>
<td>27%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>n/a</td>
<td>n/a</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Figure 8-2D. Adult Support at the District and Regional Levels, 2014

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

- 68% of students in Needham have an adult at school to talk to about personal problems.
- 71% of students in Needham have talked to an adult at school about personal problems in the past 12 months.
- 91% of students in Needham have a parent or non-school adult to talk to about important things.

- 90% of students in MetroWest have a parent or non-school adult to talk to about important things.

Legend:
- Needham (n=1,490)
- MetroWest (n=24,355)
Figure 8-3A. Peer Support by Gender, 2014
Needham High School (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*

Female (n=769)  
Male (n=706)

* Student responded "most of the time" or "all of the time"
Figure 8-3B. Peer Support by Grade, 2014
Needham High School (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**

**Needham High School (Grades 9-12)**

*MetroWest Adolescent Health Survey*

- **Have a friend you can talk to about a personal problem***
  - 2012: 73%
  - 2014: 72%

- **Feel you are part of a group of friends***
  - 2012: 78%
  - 2014: 74%

- **Feel lonely***
  - 2012: 9%
  - 2014: 14%

* Student responded "most of the time" or "all of the time"
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 8-4A. Bullying and Adult Support* by Gender, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

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

Female (n=769)
Male (n=706)

* 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 8-4B. Bullying and Adult Support* by Grade, 2014
Needham High School (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
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

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

2006 (n=1,281)
2008 (n=1,285)
2010 (n=1,326)
2012 (n=1,403)
2014 (n=1,490)
Figure 8-4D. Bullying and Adult Support* at the District, Regional, State, and National Levels, 2014
Needham High School (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

- Needham (n=1,490)
- MetroWest (n=24,355)
- Massachusetts (n=2,718)
- United States (n=13,583)
Figure 8-5A. Cyberbullying and Adult Support* by Gender, 2014 Needham High School (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>Category</th>
<th>Female (n=769)</th>
<th>Male (n=706)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cyberbullying victim†</td>
<td>21%</td>
<td>14%</td>
</tr>
<tr>
<td>Cyberbullying perpetrator†</td>
<td>9%</td>
<td>8%</td>
</tr>
<tr>
<td>Talked to adult at school about being cyberbullied</td>
<td>4%</td>
<td>3%</td>
</tr>
<tr>
<td>Talked to parent/non-school adult about being cyberbullied</td>
<td>8%</td>
<td>4%</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 8-5B. Cyberbullying and Adult Support* by Grade, 2014
Needham High School (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
Figure 8-5C. Trends in Cyberbullying and Adult Support, * 2006-2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

<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 (n=1,281)</td>
<td>15%</td>
<td>9%</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>2008 (n=1,285)</td>
<td>18%</td>
<td>11%</td>
<td>3%</td>
<td>5%</td>
</tr>
<tr>
<td>2010 (n=1,326)</td>
<td>18%</td>
<td>11%</td>
<td>4%</td>
<td>6%</td>
</tr>
<tr>
<td>2012 (n=1,403)</td>
<td>18%</td>
<td>16%</td>
<td>3%</td>
<td>4%</td>
</tr>
<tr>
<td>2014 (n=1,490)</td>
<td>18%</td>
<td>7%</td>
<td>3%</td>
<td>6%</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 8-5D. Cyberbullying and Adult Support* at the District, Regional, State, and National Levels, 2014
Needham High School (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
Figure 8-6A. Mental Health and Adult Support* by Gender, 2014
Needham High School (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

- **Depressive symptoms**: 26% (Female) vs. 18% (Male)
- **Self-injury†**: 13% (Female) vs. 6% (Male)
- **Seriously considered suicide**: 7% (Female) vs. 5% (Male)
- **Talked to school adult about mental health‡**: 19% (Female) vs. 10% (Male)
- **Talked to parent/non-school adult about mental health‡**: 8% (Female) vs. 5% (Male)
- **Talked to health care provider about mental health‡**: 11% (Female) vs. 6% (Male)

Female (n=769) vs. Male (n=706)
Figure 8-6B. Mental Health and Adult Support* by Grade, 2014
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

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

Percent of students

* 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

9th (n=382)
10th (n=385)
11th (n=365)
12th (n=344)
Figure 8-6C. Trends in Mental Health and Adult Support,* 2006-2014
Needham High School (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

- Depressive symptoms
- Self-injury†
- Seriously considered suicide
- Talked to school adult about mental health‡
- Talked to parent/non-school adult about mental health‡
- Talked to health care provider about mental health‡
Figure 8-6D. Mental Health and Adult Support* at the District, Regional, State, and National Levels, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

Needham (n=1,490)
MetroWest (n=24,355)
Massachusetts (n=2,718)
United States (n=13,583)

Percent of students

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

* In the past 12 months
† For example, by cutting, burning, or bruising yourself on purpose
‡ About feeling sad or hopeless, or having thoughts about hurting yourself
Figure 9-1A. Substance Use on School Property by Gender, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

- Used cigarettes (past 30 days): 2% (Female, n=769); 1% (Male, n=706)
- Used alcohol (past 30 days): 3% (Female); 3% (Male)
- Used marijuana (past 30 days): 4% (Female); 3% (Male)
- Offered, sold, or given alcohol (past 12 mos.): 6% (Female); 8% (Male)
- Offered, sold, or given marijuana (past 12 mos.): 14% (Female); 18% (Male)
- Offered, sold, or given prescription drugs (past 12 mos.): 4% (Female); 7% (Male)
Figure 9-1B. Substance Use on School Property by Grade, 2014
Needham High School (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.)

- 9th (n=382)
- 10th (n=385)
- 11th (n=365)
- 12th (n=344)
Figure 9-1C. Trends in Substance Use on School Property, 2006-2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

Percent of students who consumed one or more times per day in the past 7 days:
- Used cigarettes (past 30 days):
  - 2006: 6%
  - 2008: 5%
  - 2010: 6%
  - 2012: 3%
  - 2014: 2%

- Used alcohol (past 30 days):
  - 2006: 5%
  - 2008: 4%
  - 2010: 5%
  - 2012: 5%
  - 2014: 4%

- Used marijuana (past 30 days):
  - 2006: 6%
  - 2008: 5%
  - 2010: 5%
  - 2012: 4%

- Offered, sold, or given alcohol (past 12 mos.):
  - 2006: n/a
  - 2008: n/a
  - 2010: 7%
  - 2012: 7%
  - 2014: 7%

- Offered, sold, or given marijuana (past 12 mos.):
  - 2006: n/a
  - 2008: n/a
  - 2010: n/a
  - 2012: 17%
  - 2014: 16%

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

- Used cigarettes (past 30 days): Needham 2%, MetroWest 2%, Massachusetts 2%, United States 2%
- Used alcohol (past 30 days): Needham 3%, MetroWest 3%, Massachusetts 3%, United States 3%
- Used marijuana (past 30 days): Needham 4%, MetroWest 4%, Massachusetts 4%, United States 4%
- Offered, sold, or given alcohol (past 12 mos.): Needham 6%, MetroWest 6%, Massachusetts 6%, United States 6%
- Offered, sold, or given marijuana (past 12 mos.): Needham n/a, MetroWest n/a, Massachusetts n/a, United States 16%
- Offered, sold, or given prescription drugs (past 12 mos.): Needham 15%, MetroWest n/a, Massachusetts n/a, United States 15%
Figure 9-2A. Violence and Bullying on School Property by Gender, 2014
Needham High School (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 9-2B. Violence and Bullying on School Property by Grade, 2014
Needham High School (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 9-2C. Trends in Violence and Bullying on School Property, 2006-2014
Needham High School (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 District, Regional, State, and National Levels, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

Increased level of violence at school, 2014

- 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

- Needham (n=1,490)
- MetroWest (n=24,355)
- Massachusetts (n=2,718)
- United States (n=13,583)
Figure 9-3A. Locations of Bullying* on School Property by Gender, 2014
Needham High School (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 9-3B. Locations of Bullying* on School Property by Grade, 2014
Needham High School (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
Needham High School (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 District and Regional Levels, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

Needham (n=1,490)
MetroWest (n=24,355)

Percent of students

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

Classroom 54% 48%
Cafeteria/lunch room 44% 46%
Locker room 24% 17%
Hallway 49% 48%
Bathroom 20% 11%
Outside, on school property 53% 39%
On the school bus 18% 14%
Somewhere else on school property 41% 32%

* 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
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

Percent of students

- Sick/physical health problem: 42% Female (n=769), 33% Male (n=706)
- Felt sad/hopeless; had thoughts about hurting yourself: 8% Female, 4% Male
- Behind on school work: 20% Female, 11% Male
- Bullied or cyberbullied: 2% Female, 1% Male
- Didn't feel physically safe: 2% Female, 1% Male
- Had to take care of a family member: 5% Female, 3% Male
- Too tired: 22% Female, 11% Male

* On one or more of the past 30 days
Figure 9-4B. Reasons for School Absences* by Grade, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

* On one or more of the past 30 days

- Sick/physical health problem: 43% (9th), 40% (10th), 43% (11th), 22% (12th)
- Felt sad/hopeless; had thoughts about hurting yourself: 4% (9th), 6% (10th), 7% (11th), 8% (12th)
- Behind on school work: 12% (9th), 21% (10th), 21% (11th), 11% (12th)
- Bullied or cyberbullied: 1% (9th), 2% (10th), 2% (11th), 3% (12th)
- Didn't feel physically safe: 1% (9th), 1% (10th), 3% (11th), 2% (12th)
- Had to take care of a family member: 2% (9th), 3% (10th), 5% (11th), 6% (12th)
- Too tired: 15% (9th), 20% (10th), 22% (11th), 11% (12th)
Figure 9-4C. Reasons for School Absences,* 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

* On one or more of the past 30 days

- 38% Sick/physical health problem
- 6% Felt sad/hopless; had thoughts about hurting yourself
- 16% Behind on school work
- 2% Bullied or cyberbullied
- 2% Didn't feel physically safe
- 4% Had to take care of a family member
- 17% Too tired

2014 (n=1,490)
Figure 9-4D. Reasons for School Absences* at the District and Regional Levels, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

* On one or more of the past 30 days
Figure 10-1A. Sleep and Other Activities by Gender, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

Percent of students

- Sleeps 8+ hours* 25%
- Spends 3+ hours online† 36%
- Spends 3+ hours on homework/studying outside of school† 39%
- Spends 3+ hours on extracurricular activities outside of school† 40%
- Spends 3+ hours on "screen time" that is not for school/homework† 24%

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

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

Slept 8+ hours*
Slept 3+ hours online†
Slept 3+ hours on homework/studying outside of school†
Slept 3+ hours on extracurricular activities outside of school†
Slept 3+ hours on "screen time" that is not for school/homework†

9th (n=382)
10th (n=385)
11th (n=365)
12th (n=344)
Figure 10-1C. Sleep and Other Activities, 2010-2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

- **Sleeps 8+ hours**: 31% (n=1,326), 35% (n=1,403), 31% (n=1,490)
- **Spends 3+ hours online†**: 35% 35% n/a
- **Spends 3+ hours on homework/studying outside of school†**: 43% n/a n/a
- **Spends 3+ hours on extracurricular activities outside of school†**: 52% n/a n/a
- **Spends 3+ hours on "screen time" that is not for school/homework†**: 37% n/a n/a

* On an average school night
† On an average school day
Figure 10-1D. Sleep and Other Activities at the District and Regional Levels, 2014
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

- Sleeps 8+ hours*: 31% in Needham, 43% in MetroWest
- Spends 3+ hours online†: 29% in Needham, 49% in MetroWest
- Spends 3+ hours on homework/studying outside of school†: 52% in Needham, 40% in MetroWest
- Spends 3+ hours on extracurricular activities outside of school†: 37% in Needham, 28% in MetroWest
- Spends 3+ hours on "screen time" that is not for school/homework†: 27% in Needham, 37% in MetroWest

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