

MetroWest Adolescent Health Survey Report

Informing data-driven school and community health policies and practices

2016 | Needham High School

GRADES 9-12



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2016 MetroWest Adolescent Health Survey

High School Report

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Section 1:
Background and Methods

Background and Methodology

2016 MetroWest Adolescent Health Survey

Needham High School

Background

The MetroWest Adolescent Health Survey (MWAHS) is a biennial survey that monitors trends in health and risk behaviors in the region served by the MetroWest Health Foundation (MHF). Since 2006, the MWAHS has been collecting data from middle and high school youth to support communities in determining adolescent health priorities, improving education and prevention efforts, and enhancing health-related policies and practices.

The 2016 survey marks the 6th administration of the MWAHS and over a decade of local data collection in the region. For the third time, 100% of the eligible school districts in communities served by the MHF have participated. This represents a total of 56 middle and high schools surveyed across 26 school districts in the region. Within each district, we surveyed a census of students. This large amount of student data enables each school district to examine differences in behavioral reports by gender and grade, providing important information for local planning. In total, 16,387 middle school students (93% participation rate) and 24,385 high school students (89% participation rate) took the 2016 MWAHS. These high levels of student participation mean that the data are highly representative of the student populations in each district as well as youth across the region.

Survey Instrument

Content and Development

The MWAHS is largely based on the *Youth Risk Behavior Surveillance System* (YRBSS) of the Centers for Disease Control and Prevention (CDC)¹ and the Massachusetts version of the YRBSS², administered collaboratively by the Massachusetts Department of Elementary and Secondary Education and the Department of Public Health. Additional questions on the survey have been added to address emerging behaviors as well as issues of particular salience to the MetroWest community based on input from school and community stakeholders.

Each school district's survey includes a core set of questions used by all participating districts. Most questions on the core survey have remained the same from 2006 to 2016 to allow comparisons over time. The core survey covers the following topics:

- » **Substance use** (tobacco, alcohol, marijuana, other substance use, prescription drug misuse, and electronic cigarette use)
- » **Violence** (weapon-carrying, physical fighting, bullying and cyberbullying, and dating violence)

- » **Behaviors related to unintentional injuries** (seatbelt use, helmet use, impaired driving, and distracted driving)
- » **Sexual behaviors** related to unintended pregnancy and sexually transmitted infections (these questions are optional at the middle school level)
- » **Mental health** (stress, depressive symptoms, and suicidality)
- » **Dietary behaviors** and **physical activity**
- » **Protective** factors (school attachment and adult support)

In response to community requests, additional questions were added to the 2016 core survey to gather more comprehensive data on emerging youth behaviors and health issues. New questions added to both the middle and high school core surveys cover the following topics: anxiety; social media use and related attitudes; verbal harassment; ease of access to marijuana; and time spent on community service. In addition, questions were added to the high school survey on school-related stress, opioid use, and gender identity. Even with the addition of these new questions, almost all students were able to complete surveys within the designated class periods.

In addition to the core survey, districts can customize their high school surveys by selecting up to 20 questions from a set of optional items that includes a multitude of adolescent health topics. In 2016, 21 out of 26 high schools and 18 out of 24 middle school districts chose to customize their surveys. In this way, communities are able to collect data on issues of local concern or on populations of special interest.

Format

The MWAHS is a self-administered (paper-and-pencil) scannable survey booklet, with no identifying marks or codes. The core high school survey consists of 160 questions and the core middle school survey consists of 107 questions. The survey is designed to be administered during a 50-60 minute class period.

Validity and Reliability

Given the sensitive nature of the survey, a question often asked is: *Do students respond truthfully?* Research on the validity and reliability of self-report surveys among school-based populations suggest that surveys are reliable methods of collecting data from young people. In fact, research on the national YRBSS indicates that adolescents are just as credible as adults when answering this kind of survey. These studies show that young people respond truthfully when: participation is voluntary; students perceive the survey is important; and students feel that measures have been taken to preserve their privacy and ensure anonymity.³

The MWAHS meets these conditions by following procedures to assure students that participation is voluntary and anonymous. The anonymous nature of the MWAHS is highlighted in the instructions, which ask students *not* to write their name on the survey and explain that their answers will be kept private. The MWAHS instructions also call attention to why it is important to hear directly from students, stating that findings will be used to improve health education and services for young people.

Two other steps are taken to improve validity. First, all surveys are reviewed for implausible or frivolous responses. If it appears that a survey was answered frivolously, it is omitted from all analyses. Second, analyses are conducted to test for the reasonableness of responses and for the consistency of responses across related items. As with the prior survey administrations, these two procedures revealed very few problems.

The validity of the survey is further bolstered by using a questionnaire based largely upon the CDC *Youth Risk Behavior Surveillance System*. The YRBSS is a standardized instrument developed by the CDC in collaboration with other national and local health education agencies. A number of published articles address the validity and test-retest reliability of the instrument.^{4,5}

Translations

Copies of the district-specific surveys (including core and optional items) are made available to schools in Spanish and Portuguese, as requested. For the MetroWest region as a whole in 2016, out of a total of 40,772 middle and high school surveys, 249 surveys were completed in Spanish (0.6%) and 267 surveys were completed in Portuguese (0.7%).

Survey Procedures

Survey Administration

The 2016 MWAHS survey administration took place from October 24 to November 22. Students in grades 9 through 12 at Needham High School took the survey on October 27, 2016 from 9:10 to 10:10 AM. All schools followed local procedures for informing parents, which included sending information to parents/guardians in advance through the school's normal means of parent communication to inform them of the survey and provide them with the option of opting out their child(ren) if desired.

A designated MWAHS coordinator in each district was trained on the survey administration methods. All teachers read a standardized set of instructions to students which included informing them of the voluntary and anonymous nature of the survey. In addition to being opted out by parents/guardians, students were given the opportunity to decide on their own whether or not to participate. Teachers and other school staff were instructed to follow specific procedures to assure that students' answers remained private and that no students felt pressured to participate.

Data Entry and Visual Review

All data was captured with a two-step scanning and verification process. Questions that indicated multiple responses or light or incomplete marks below standard thresholds were verified by a human operator. Prior to and during the scanning process, surveys were reviewed for patterns of responses that would indicate that a student didn't answer truthfully. Individual surveys were removed from the dataset if a student's responses were implausible (e.g., a student reported engaging in many or most behaviors the maximum number of times) or if a student wrote in comments or defaced the survey in such a way that indicated they did not take the survey seriously. In addition, surveys in which a student did not fill in the bubbles completely (i.e., used checkmarks or slashes or very light marks) were set aside for special handling during the scanning process to ensure that all data was captured accurately. The number of surveys removed for any of these reasons was very small (less than 1%), consistent with prior years.

Respondents and Participation Rate

The number of participating students at Needham High School, along with information on the number of students *not* participating and reasons for nonparticipation, are provided in Table 1 below. For the MetroWest region, the overall participation rate for the high school survey was 89%, representing 24,385 completed surveys in 26 high school districts. For Needham High School, the participation rate was 89.6%, representing 1,487 completed surveys.

Table 1. Number of Participating Students and Participation Rate Needham High School (Grades 9-12) MetroWest Adolescent Health Survey, 2016	
Enrollment at time of survey administration	1,660
Students not receiving parent permission to participate	1
Students choosing not to participate	32
Students absent on the day of the survey administration	80
Surveys excluded/missing*	60
Total number of surveys	1,487
Participation rate	89.6%

*Incomplete/missing information on classroom participation forms or excluded due to implausible response patterns

Table 2 below shows the demographic breakdown of student participants from Needham High School by gender and grade. Reflecting the high participation, the demographic characteristics of the survey participants closely match those of the student body at the time of the survey administration.

Table 2. Participants by Gender and Grade Needham High School (Grades 9-12) MetroWest Adolescent Health Survey, 2016								
Grade	Female		Male		Unknown		TOTAL	
	n	%	n	%	n	%	n	%
9th grade	201	13.5%	198	13.3%	3	0.2%	402	27.0%
10th grade	206	13.9%	218	14.7%	1	0.1%	425	28.6%
11th grade	180	12.1%	187	12.6%	3	0.2%	370	24.9%
12th grade	154	10.4%	123	8.3%	2	0.1%	279	18.8%
Unknown	2	0.1%	2	0.1%	7	0.5%	11	0.7%
TOTAL	743	50.0%	728	49.0%	16	1.1%	1,487	100.0%

Generalizability

The MWHAS is a census of the student population at each participating school. Due to the high participation rate, the student data is considered highly representative of the student population as a whole. It is unknown whether students absent from school on the day of the survey and youth who do not attend school may differ from the survey participants in terms of their health and risk behaviors.

Analysis

Missing Data and Data Cleaning

Analyses were performed to identify patterns of responses that were inconsistent or indicative of inappropriate (“joking”) responses. These indicated that the vast majority of students paid attention, answered most or all questions, and completed the survey. For example, only a small fraction (0.6%) of high school students in the regional dataset checked boxes indicating they had engaged in all forms of lifetime and 30-day substance use. There were also very few logical inconsistencies (e.g., students reporting that they had never smoked, but subsequently saying they had smoked in the past 30 days).

Patterns of missing data were also examined for each of the topic areas. Item-specific missing data was very low, with less than 3-4% missing data for the majority of items. As expected, there was a slight increase in missing data on items at the end of the survey, indicating that a small proportion of students were not able to complete the survey in the time allotted. In general, however, district guidance about the appropriate length of the survey has assured the vast majority of students complete all questions. Overall, these validity and missing data checks provided evidence that students took the survey seriously and that the length was appropriate.

Trends

Comparisons over time are presented for MetroWest regional data and for districts that participated in multiple survey waves. For the regional comparisons, we include all districts that participated in the survey at each time point, even though the number of participating districts increased from 2006 to 2010. Analyses show that restricting the regional data to districts that participated in all six survey administrations makes little difference, and does not influence the direction or magnitude of the overall findings. From 2012 to 2016, all eligible middle and high schools in the MetroWest region participated in the survey.

References

1. Centers for Disease Control and Prevention (2016). Youth Risk Behavior Survey. Available at: <http://www.cdc.gov/healthyyouth/yrbs/factsheets/index.htm>. Accessed April 4, 2017.
2. Massachusetts Department of Elementary and Secondary Education and Massachusetts Department of Public Health (2016). Health and Risk Behaviors of Massachusetts Youth, 2015. Available at: <http://www.mass.gov/eohhs/docs/dph/behavioral-risk/youth-health-risk-report-2015.pdf>. Accessed April 4, 2017.
3. Centers for Disease Control and Prevention. YRBSS frequently asked questions. Available at: <https://www.cdc.gov/healthyyouth/data/yrbs/faq.htm>. Accessed April 4, 2017.
4. Brener ND, Billy JOG, Grady WR. Assessment of factors affecting the validity of self-reported health-risk behavior among adolescents: evidence from the scientific literature. *Journal of Adolescent Health* 2003; 33:436-457.
5. Brener ND, Kann L, McManus TL, Kinchen S, Sundberg EC, Ross JG. Reliability of the 1999 Youth Risk Behavior Survey Questionnaire. *Journal of Adolescent Health* 2002; 31:336–34.

Section 2: **Substance Use**

Figure 2-1A. Lifetime Substance Use by Gender, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

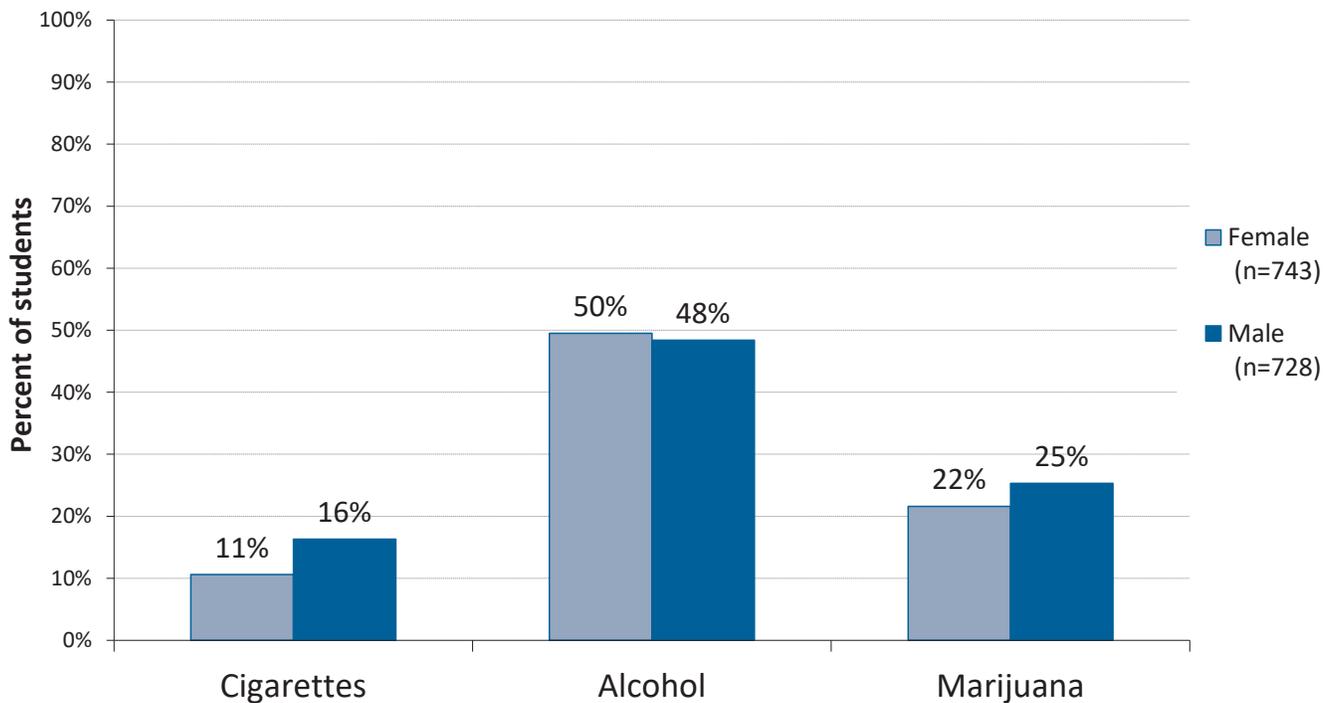
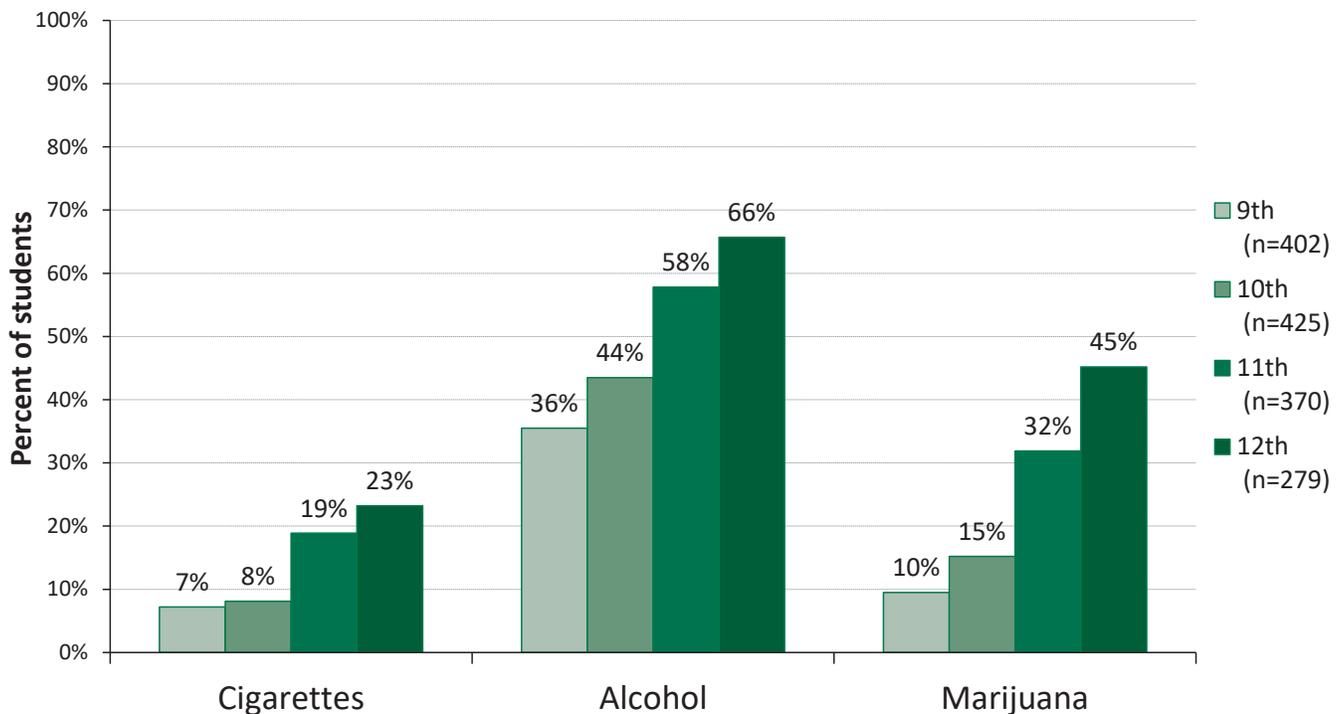
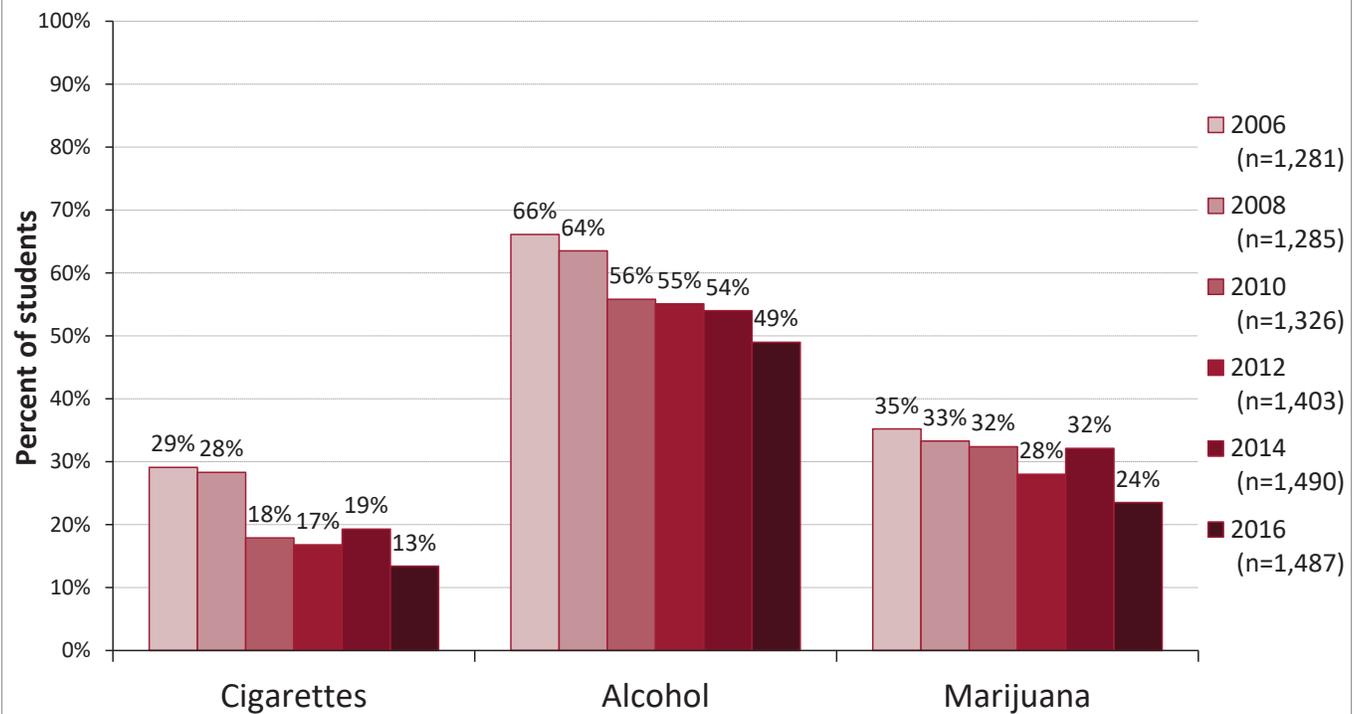


Figure 2-1B. Lifetime Substance Use by Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



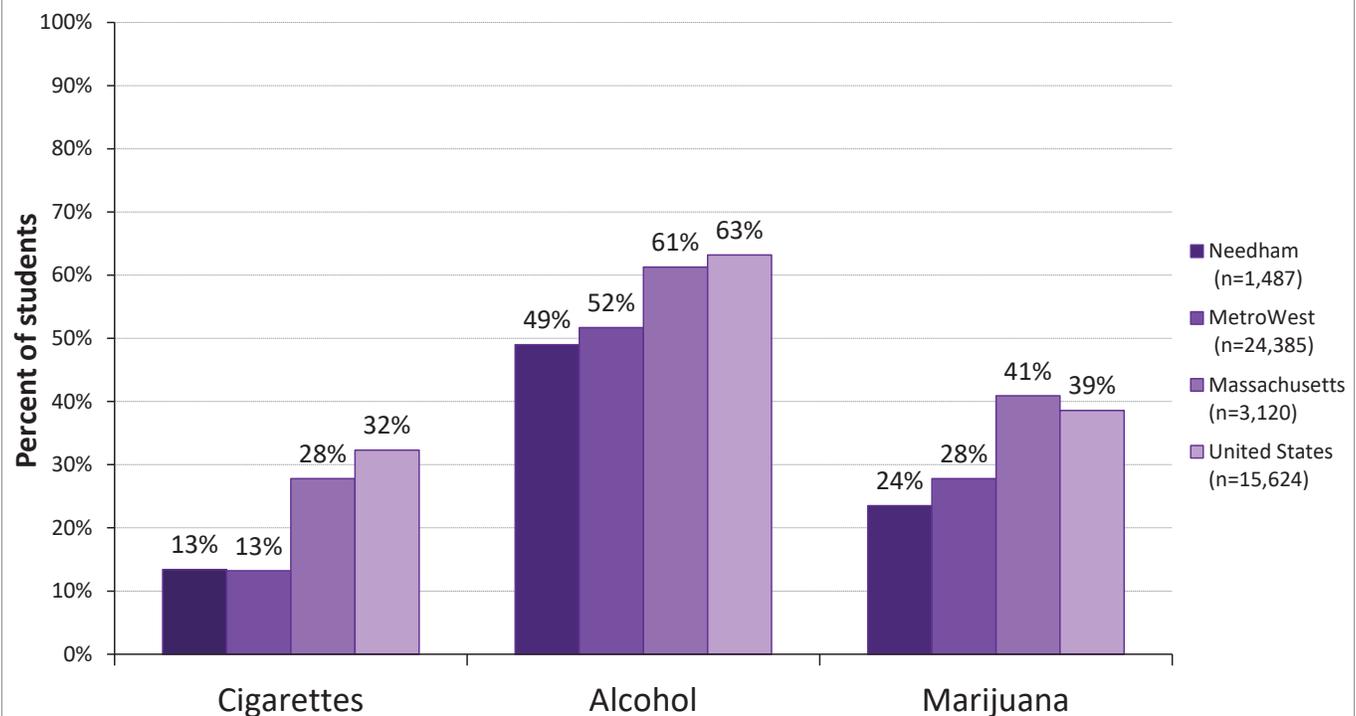
**Figure 2-1C. Trends in Lifetime Substance Use, 2006-2016
Needham High School (Grades 9-12)**

MetroWest Adolescent Health Survey



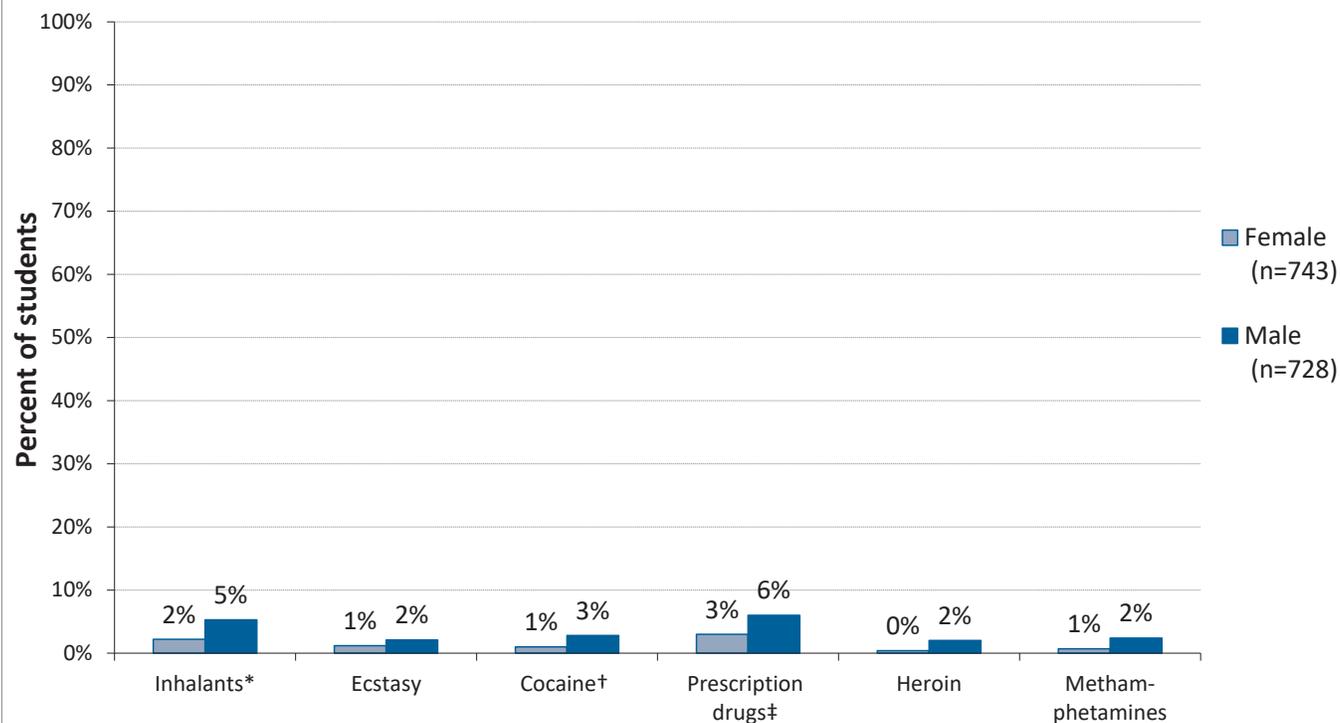
**Figure 2-1D. Lifetime Substance Use at the District, Regional, State, and National Levels, 2016
Needham High School (Grades 9-12)**

MetroWest Adolescent Health Survey



**Figure 2-2A. Lifetime Other Substance Use by Gender, 2016
Needham High School (Grades 9-12)**

MetroWest Adolescent Health Survey



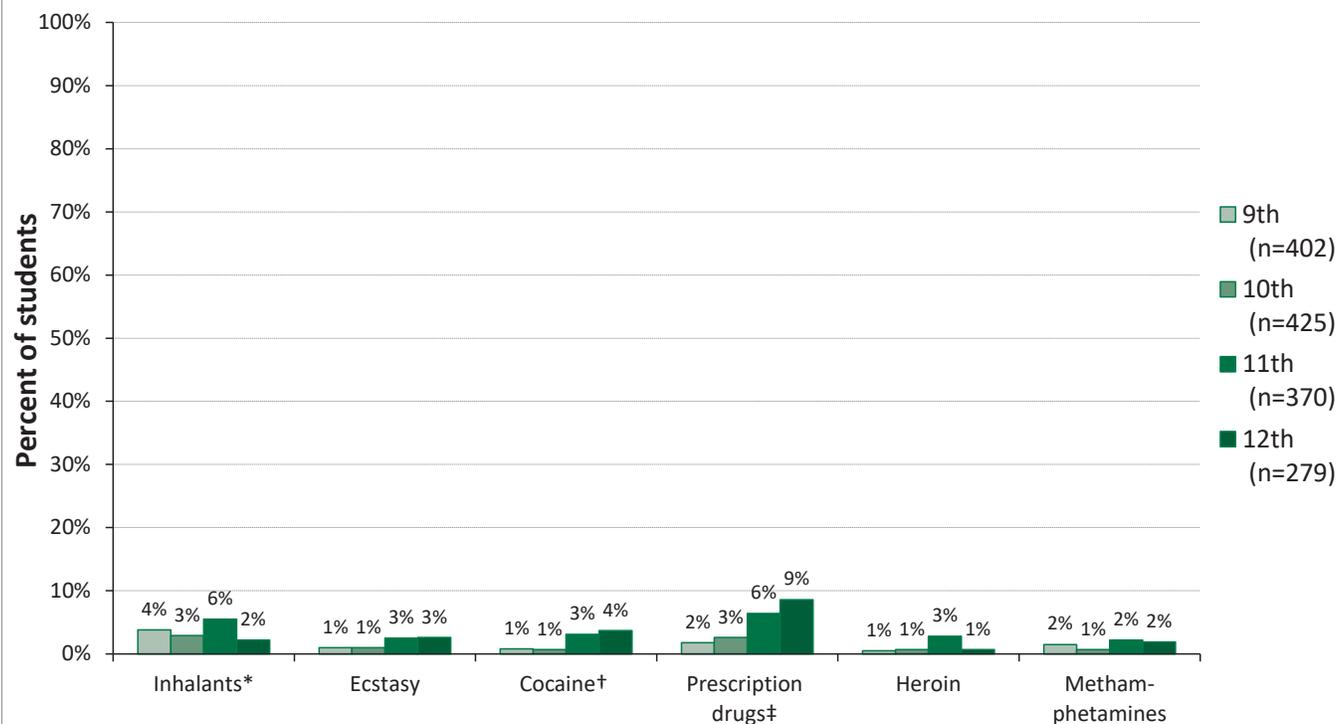
* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

† Includes using powder, crack or freebase

‡ Without a doctor's prescription

**Figure 2-2B. Lifetime Other Substance Use by Grade, 2016
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

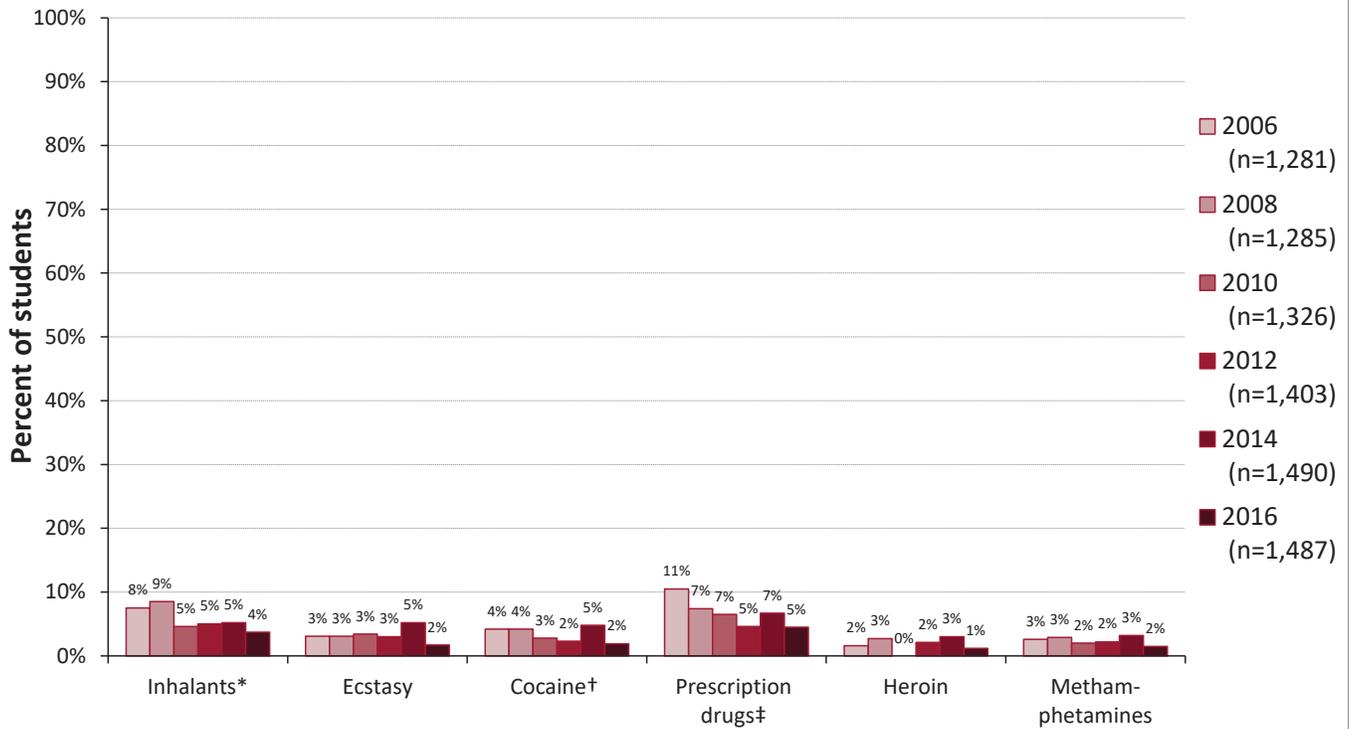
† Includes using powder, crack or freebase

‡ Without a doctor's prescription

Figure 2-2C. Trends in Lifetime Other Substance Use, 2006-2016

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

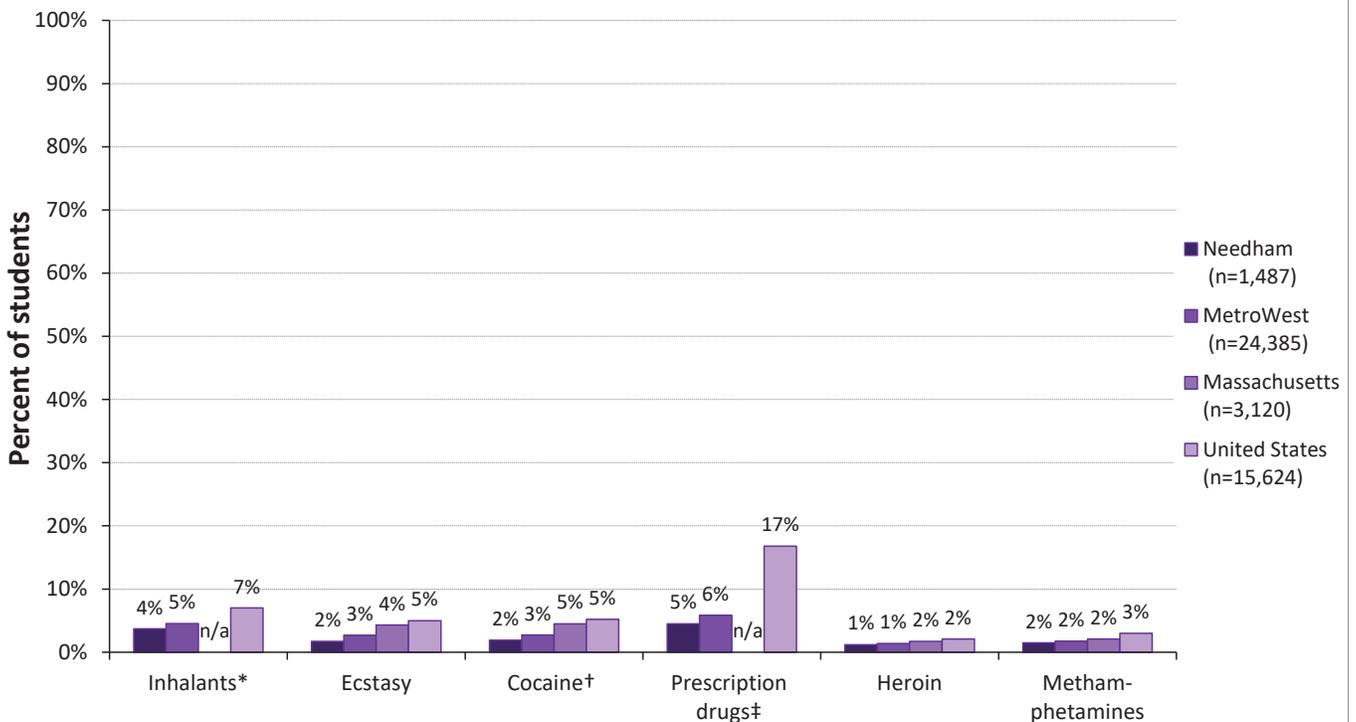
† Includes using powder, crack or freebase

‡ Without a doctor's prescription

Figure 2-2D. Lifetime Other Substance Use at the District, Regional, State, and National Levels, 2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey



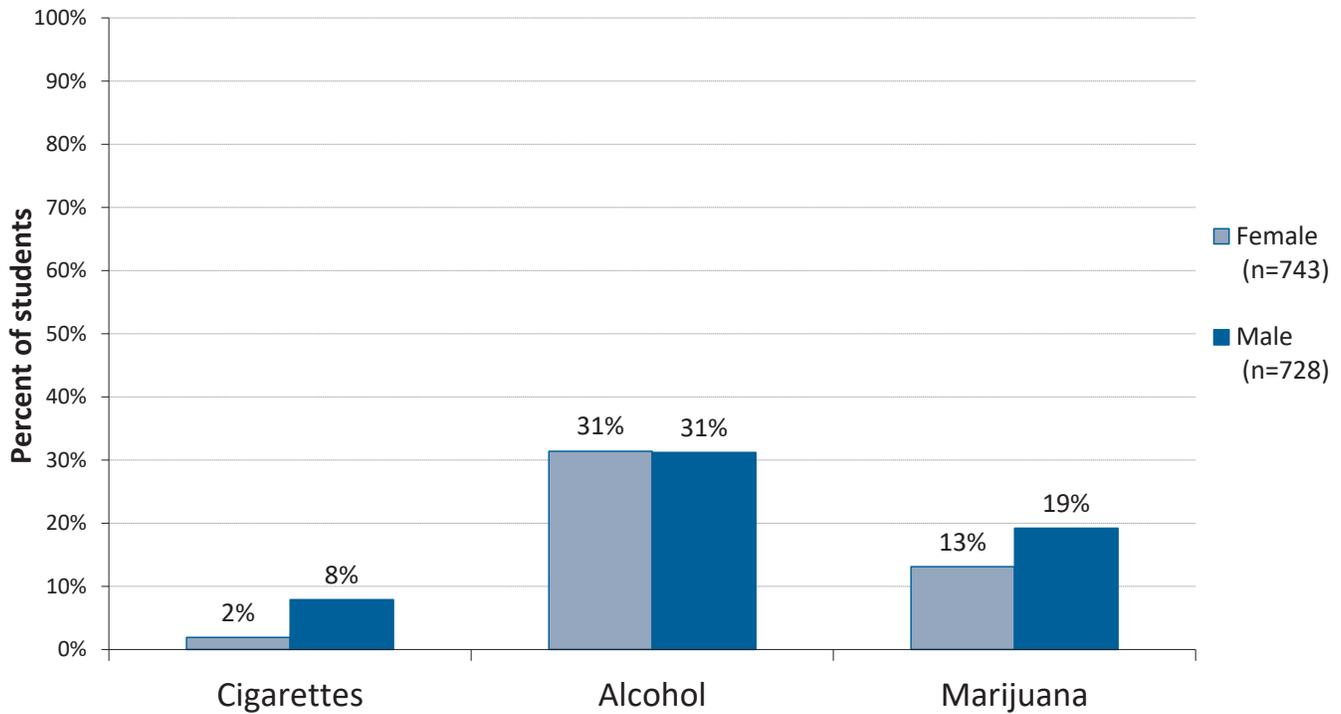
* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

† Includes using powder, crack or freebase

‡ Without a doctor's prescription

Figure 2-3A. Current Substance Use* by Gender, 2016
Needham High School (Grades 9-12)

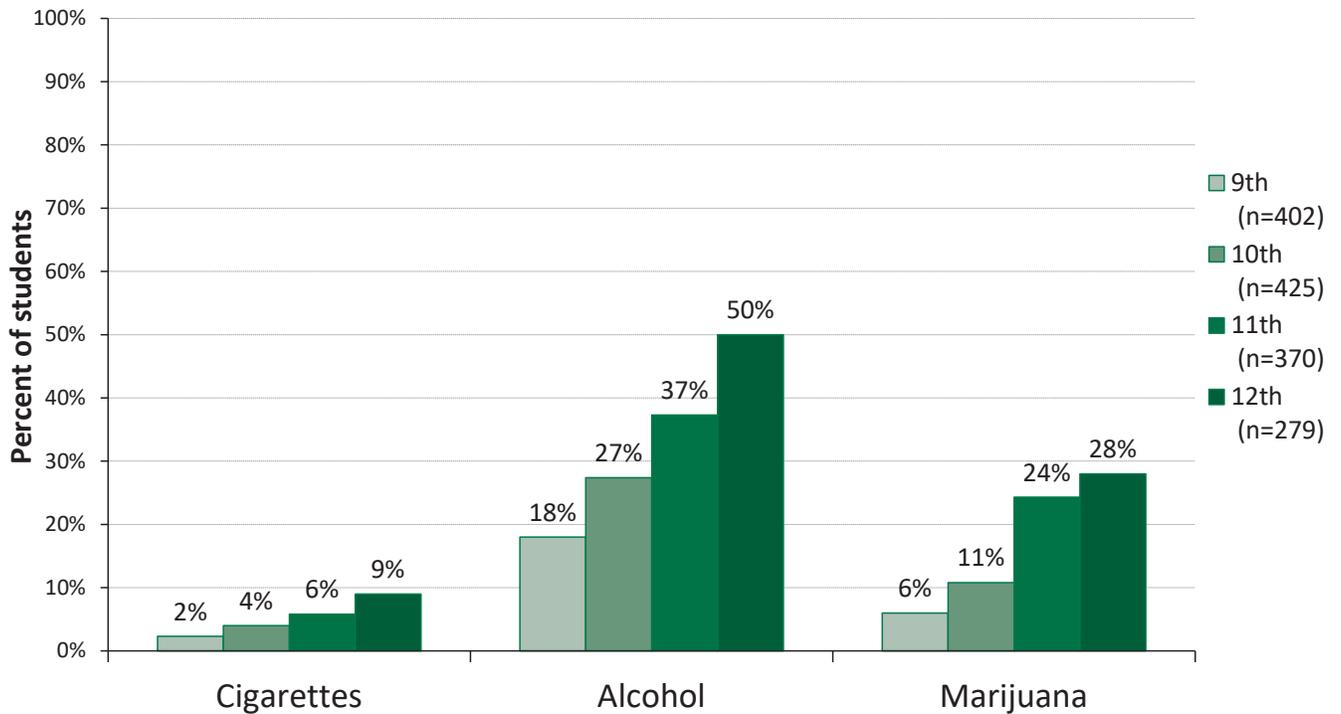
MetroWest Adolescent Health Survey



* Used one or more times in the past 30 days

Figure 2-3B. Current Substance Use* by Grade, 2016
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

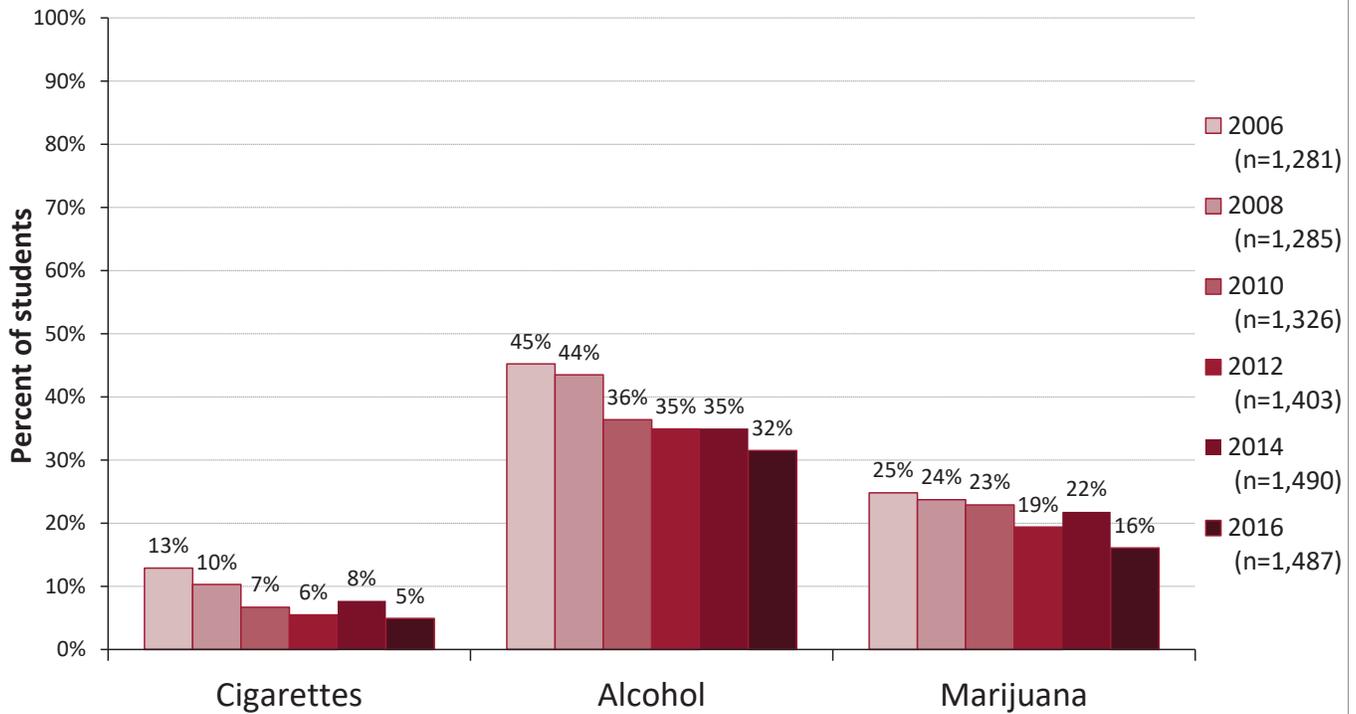


* Used one or more times in the past 30 days

Figure 2-3C. Trends in Current Substance Use,* 2006-2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

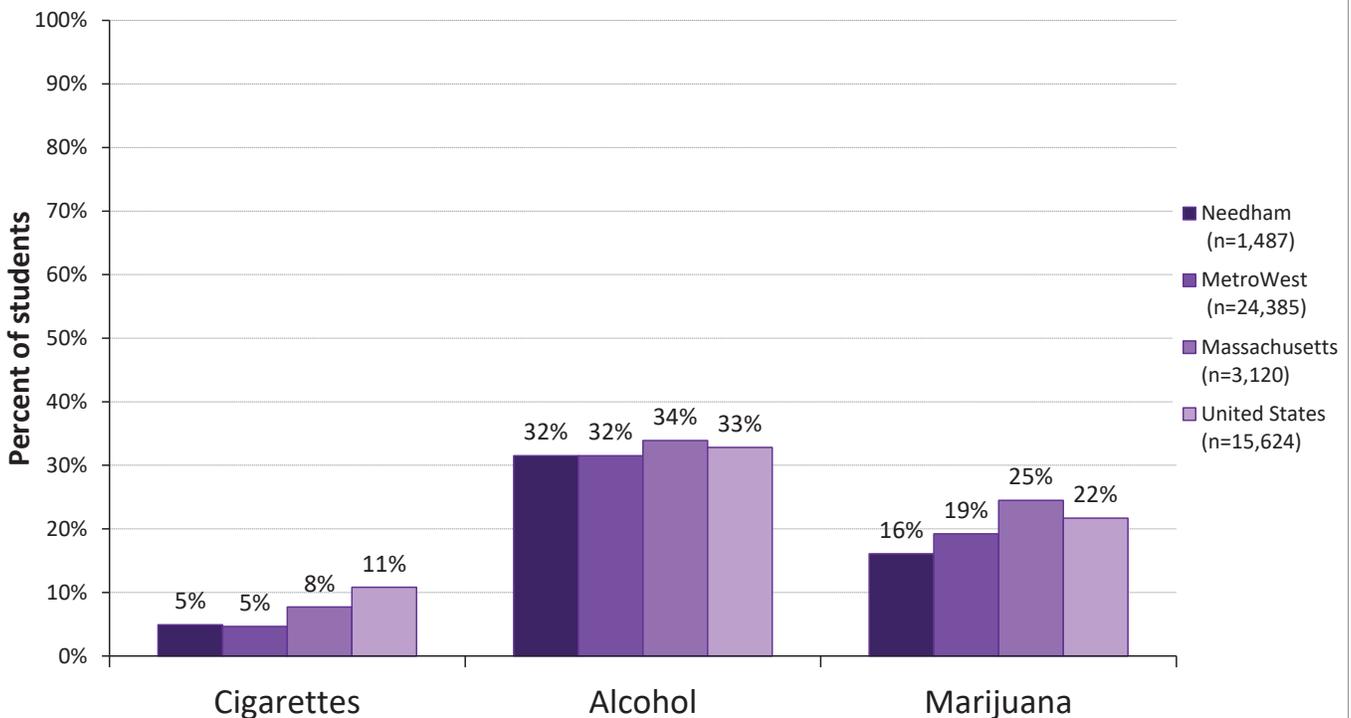


* Used one or more times in the past 30 days

Figure 2-3D. Current Substance Use* at the District, Regional, State, and National Levels, 2016

Needham High School (Grades 9-12)

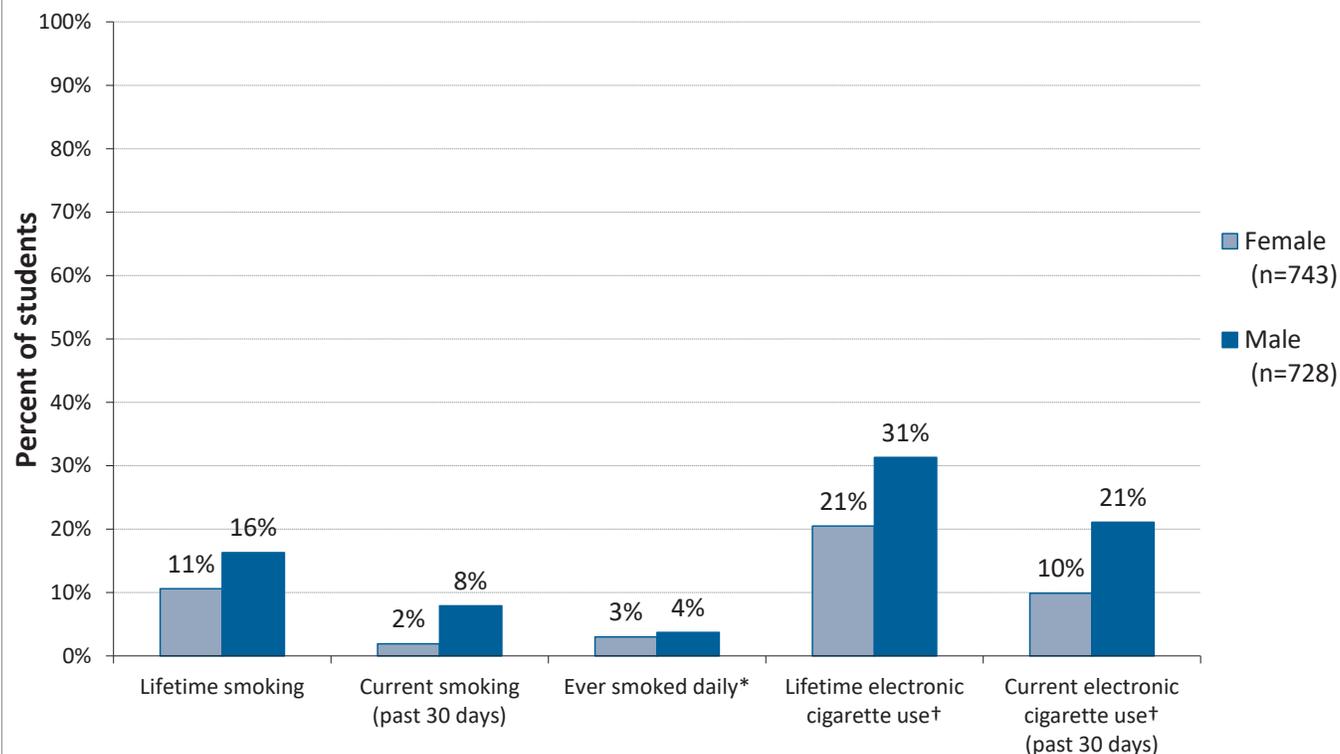
MetroWest Adolescent Health Survey



* Used one or more times in the past 30 days

**Figure 2-4A. Cigarette and Electronic Cigarette Use by Gender, 2016
Needham High School (Grades 9-12)**

MetroWest Adolescent Health Survey

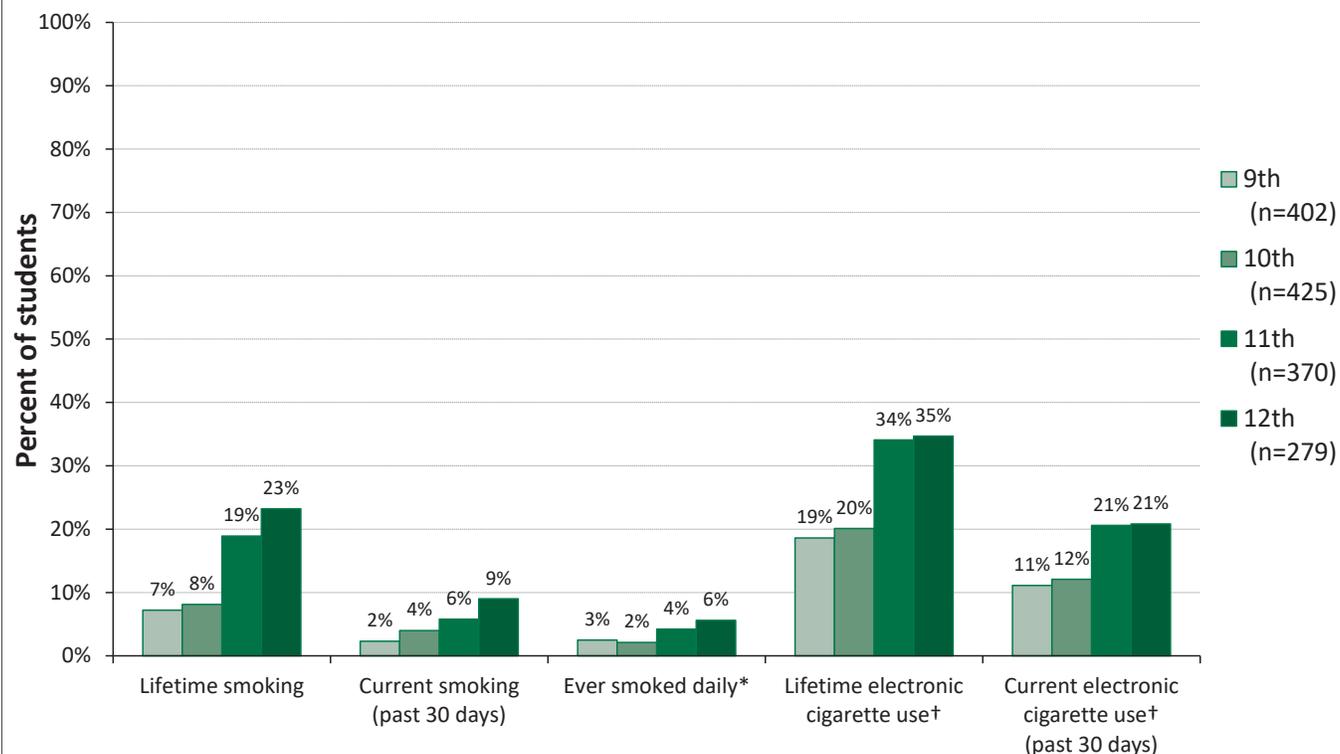


* Every day for 30 days

† Includes electronic cigarettes, or e-cigarettes, and other electronic vapor products

**Figure 2-4B. Cigarette and Electronic Cigarette Use by Grade, 2016
Needham High School (Grades 9-12)**

MetroWest Adolescent Health Survey



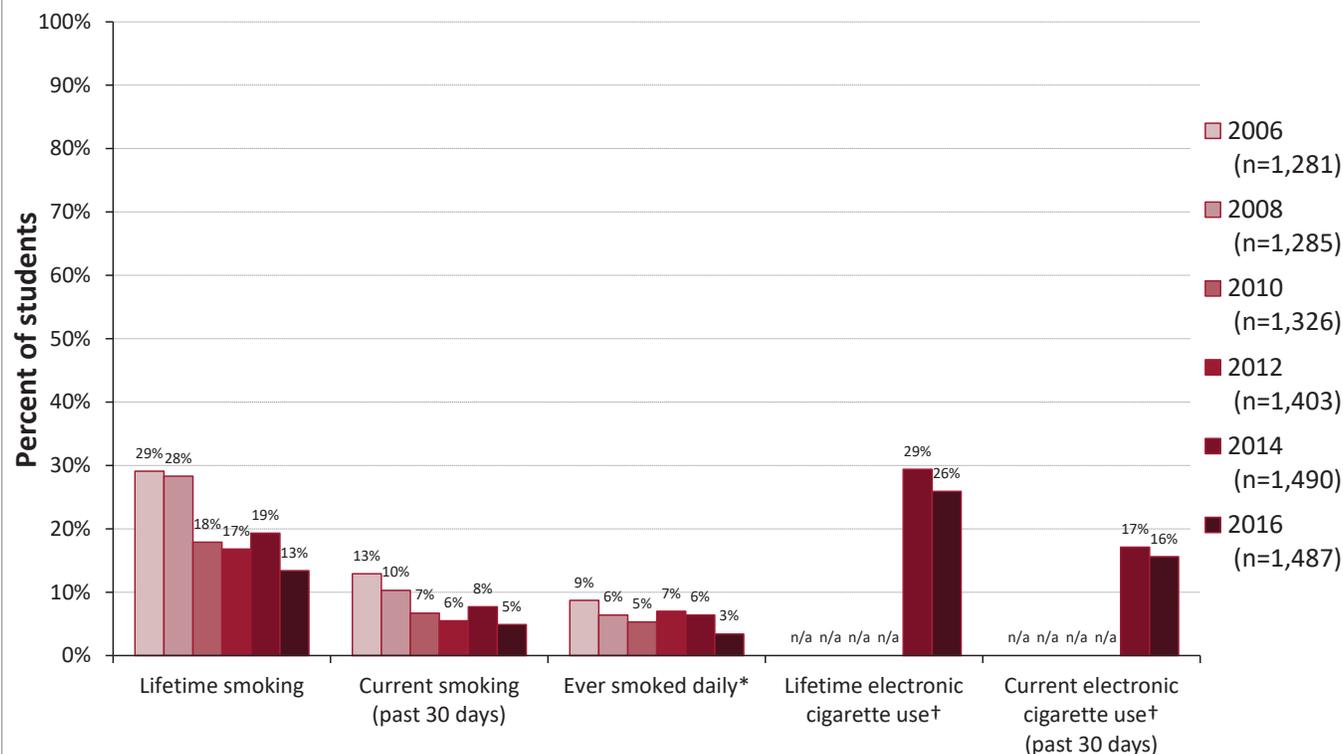
* Every day for 30 days

† Includes electronic cigarettes, or e-cigarettes, and other electronic vapor products

Figure 2-4C. Trends in Cigarette and Electronic Cigarette Use, 2006-2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey



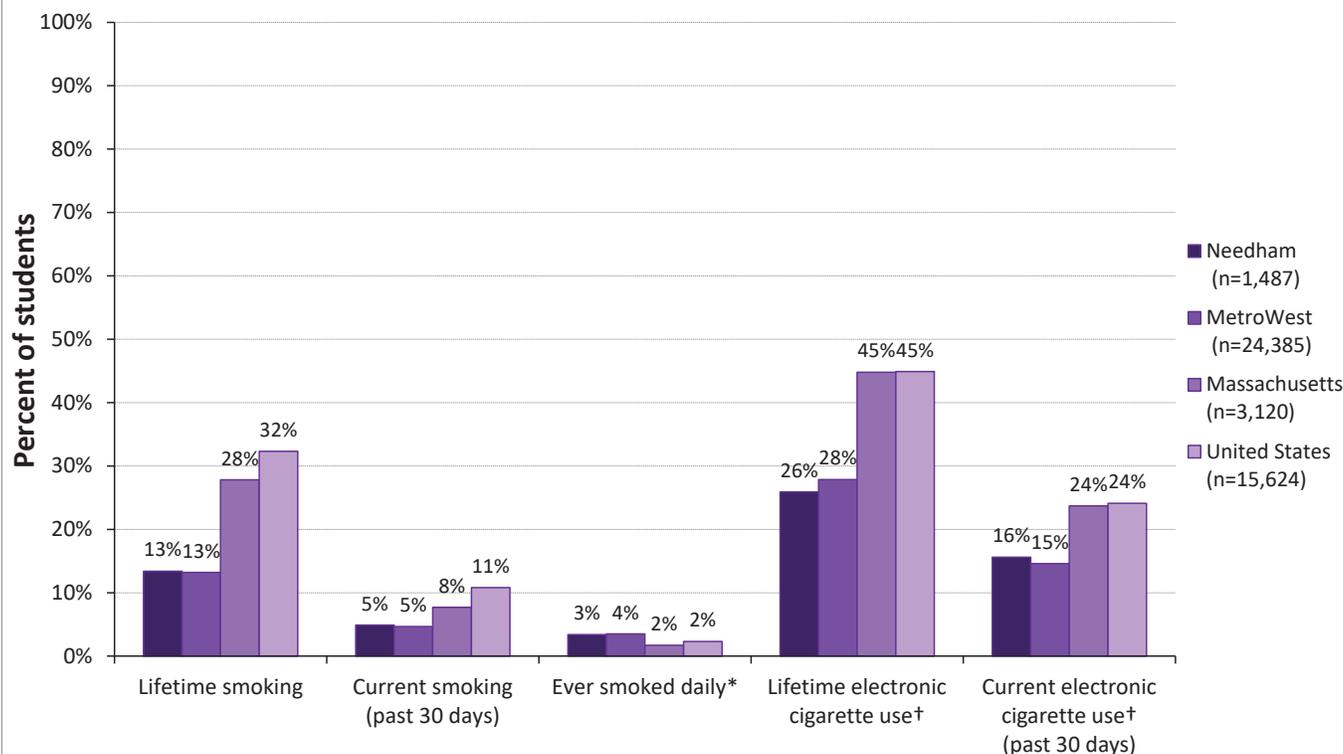
* Every day for 30 days

† Includes electronic cigarettes, or e-cigarettes, and other electronic vapor products

Figure 2-4D. Cigarette and Electronic Cigarette Use at the District, Regional, State, and National Levels, 2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey



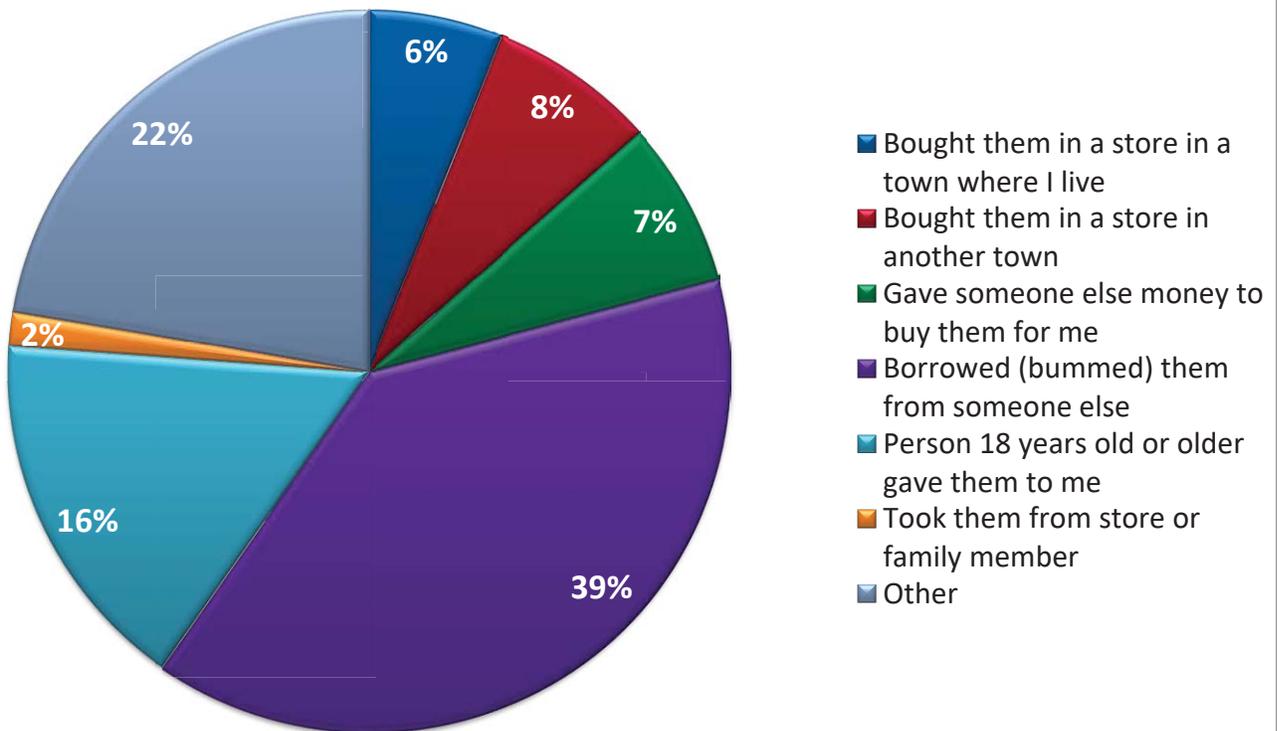
* Every day for 30 days

† Includes electronic cigarettes, or e-cigarettes, and other electronic vapor products

Figure 2-5. Access to Cigarettes*, 2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

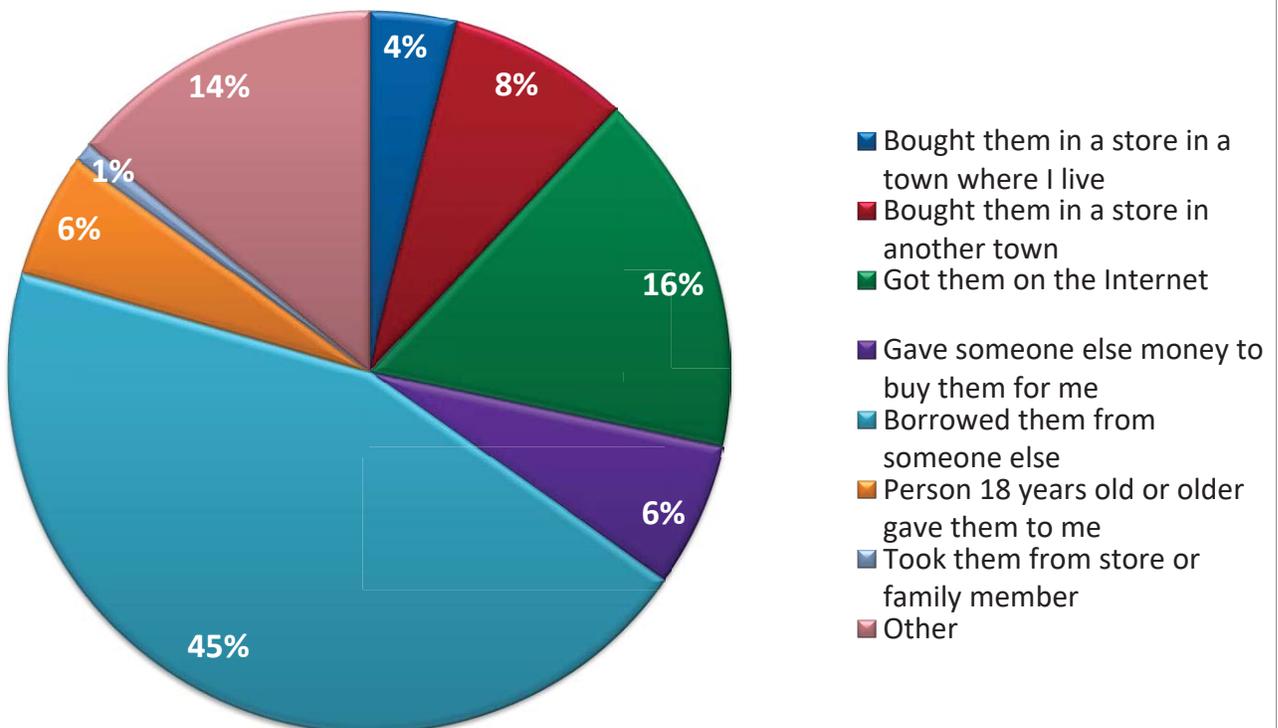


* Among students who smoked in the past 30 days

Figure 2-6. Access to Electronic Cigarettes*, 2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

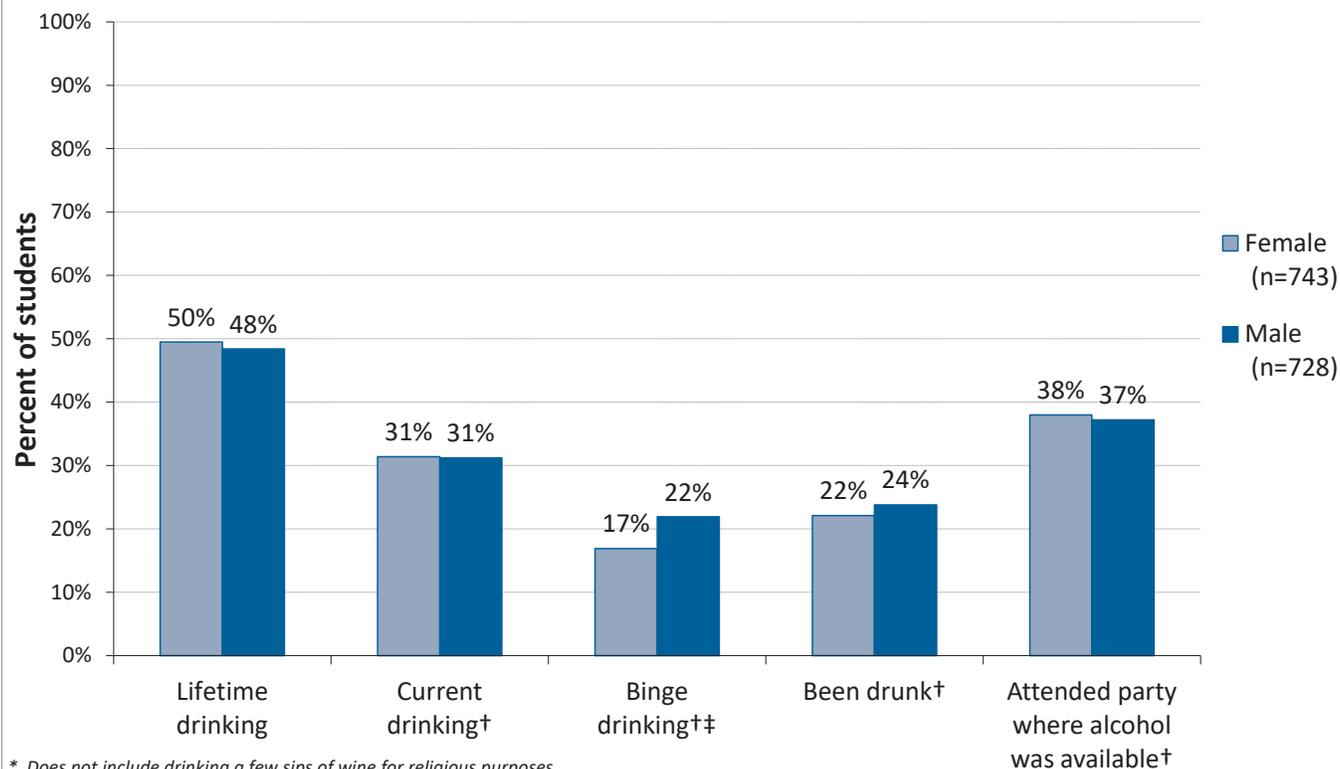


* Among students who used electronic cigarettes in the past 30 days

Figure 2-7A. Alcohol Use* by Gender, 2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey



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

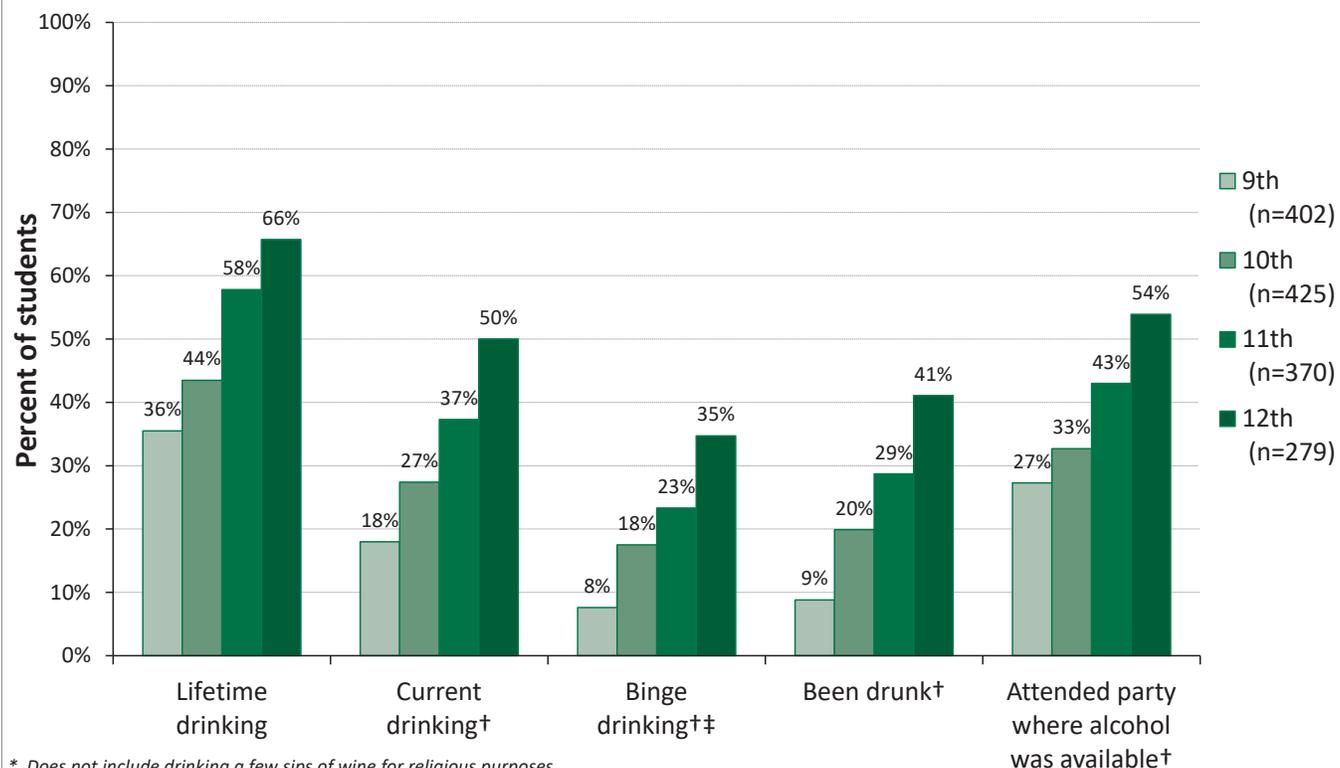
† In the past 30 days

‡ Consumed 4+ drinks in a row for females, or 5+ drinks in a row for males

Figure 2-7B. Alcohol Use* by Grade, 2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey



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

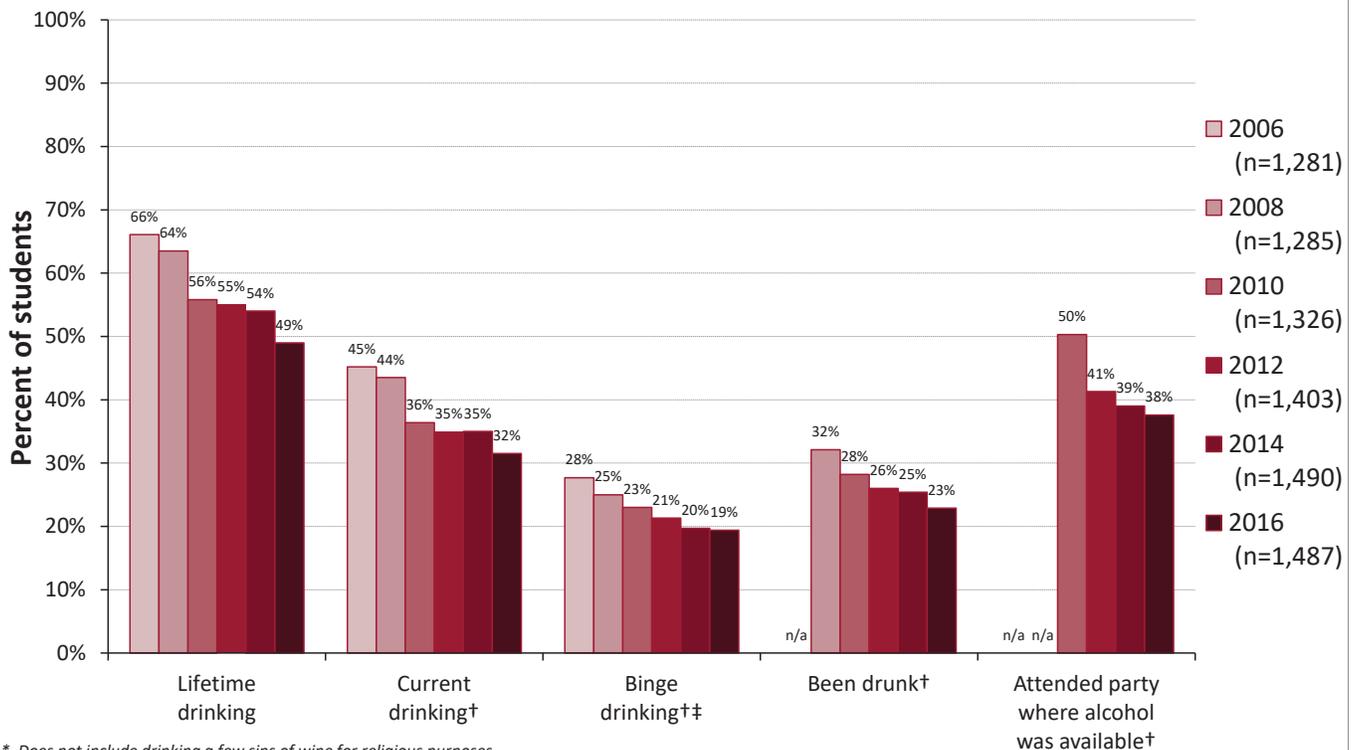
† In the past 30 days

‡ Consumed 4+ drinks in a row for females, or 5+ drinks in a row for males

Figure 2-7C. Trends in Alcohol Use,* 2006-2016

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

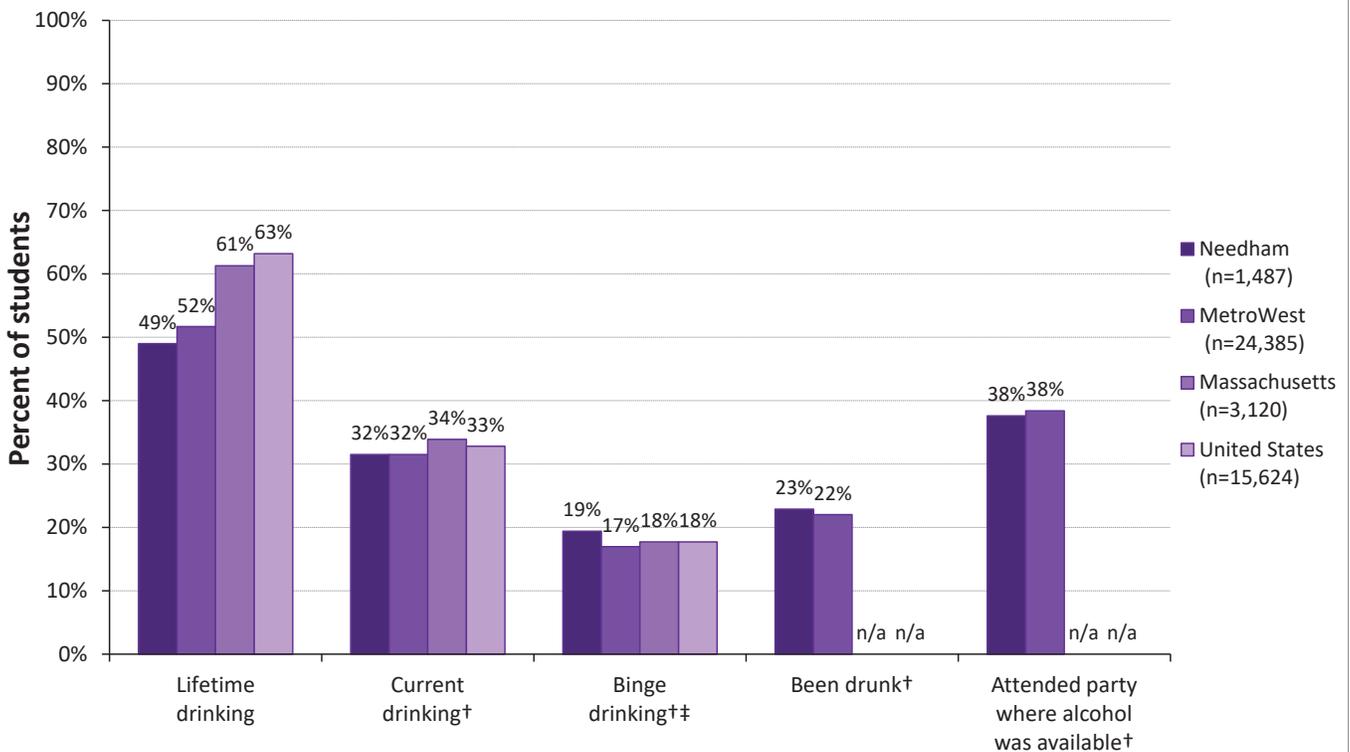
‡ From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasions for all students.

In 2016, binge drinking was defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

Figure 2-7D. Alcohol Use* at the District, Regional, State, and National Levels, 2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey



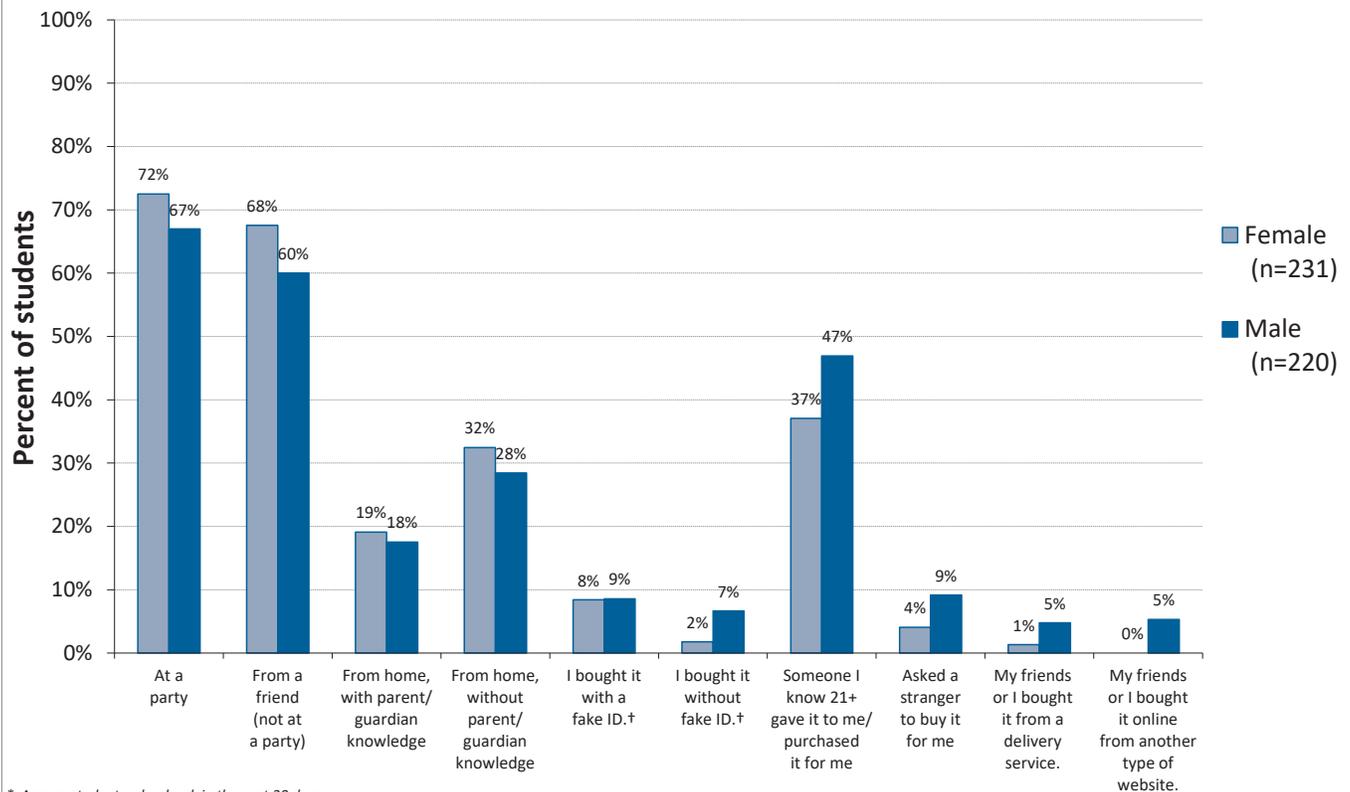
* Does not include drinking a few sips of wine for religious purposes

† In the past 30 days

‡ Consumed 4+ drinks in a row for females, or 5+ drinks in a row for males

**Figure 2-8A. Access to Alcohol Among Current Drinkers* by Gender, 2016
Needham High School (Grades 9-12)**

MetroWest Adolescent Health Survey

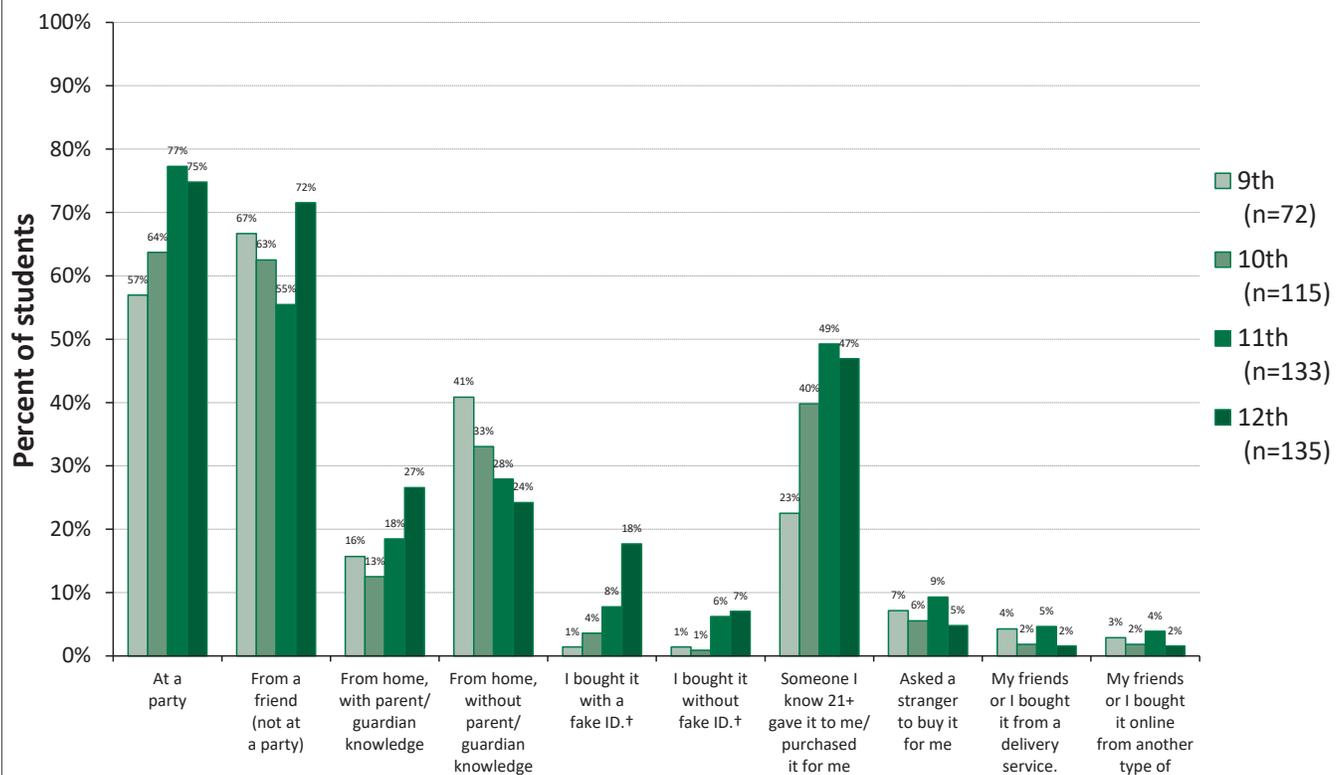


* Among students who drank in the past 30 days

† At a store, tavern, bar, or public event (like a concert or sporting event)

**Figure 2-8B. Access to Alcohol Among Current Drinkers* by Grade, 2016
Needham High School (Grades 9-12)**

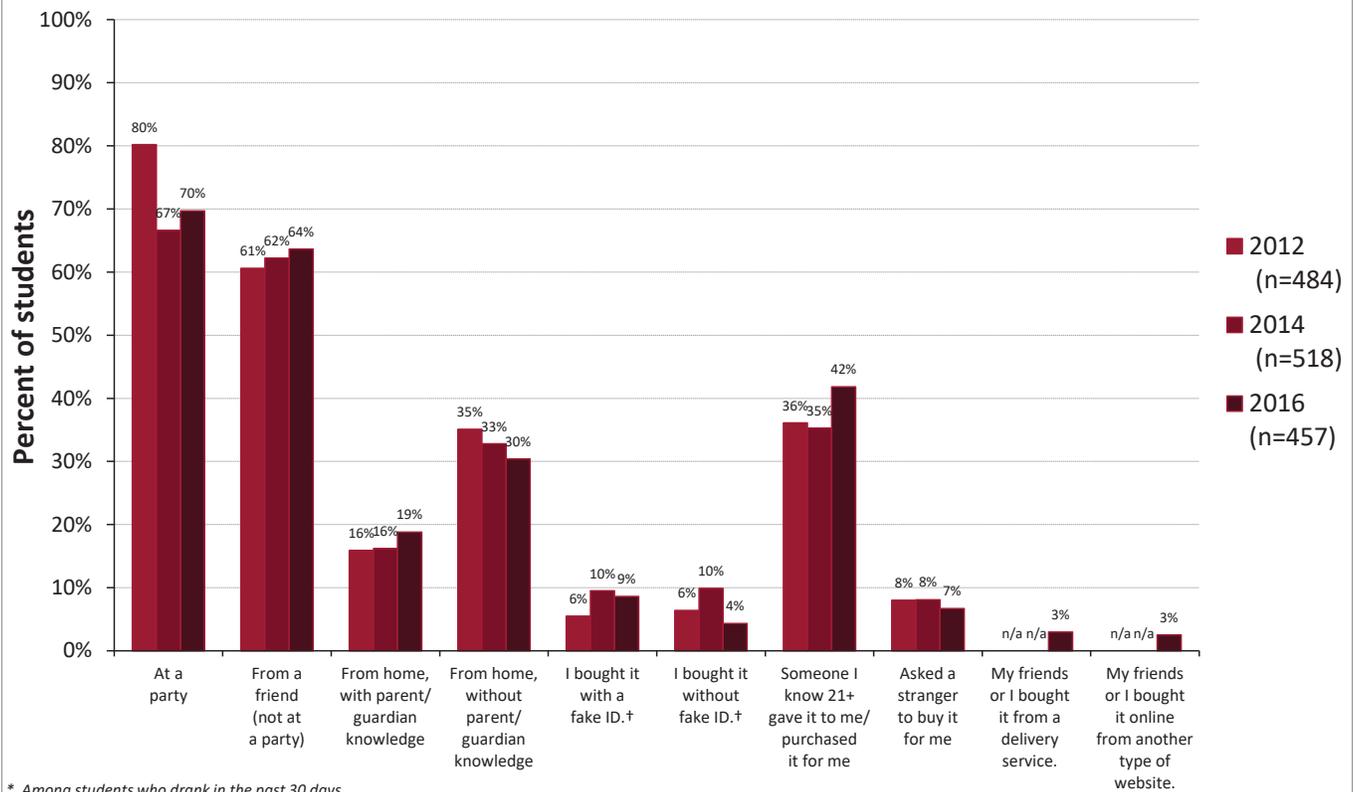
MetroWest Adolescent Health Survey



* Among students who drank in the past 30 days

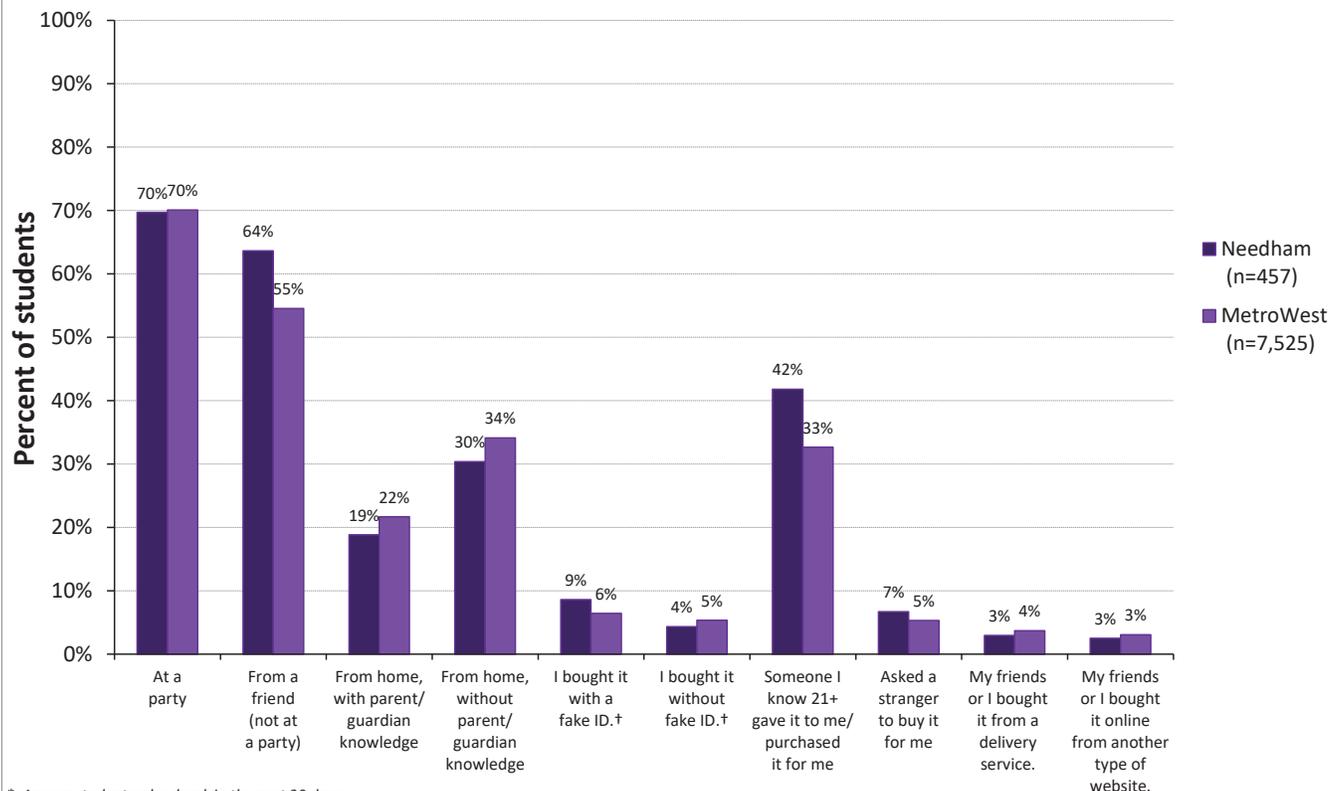
† At a store, tavern, bar, or public event (like a concert or sporting event)

Figure 2-8C. Trends in Access to Alcohol Among Current Drinkers,* 2012-2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



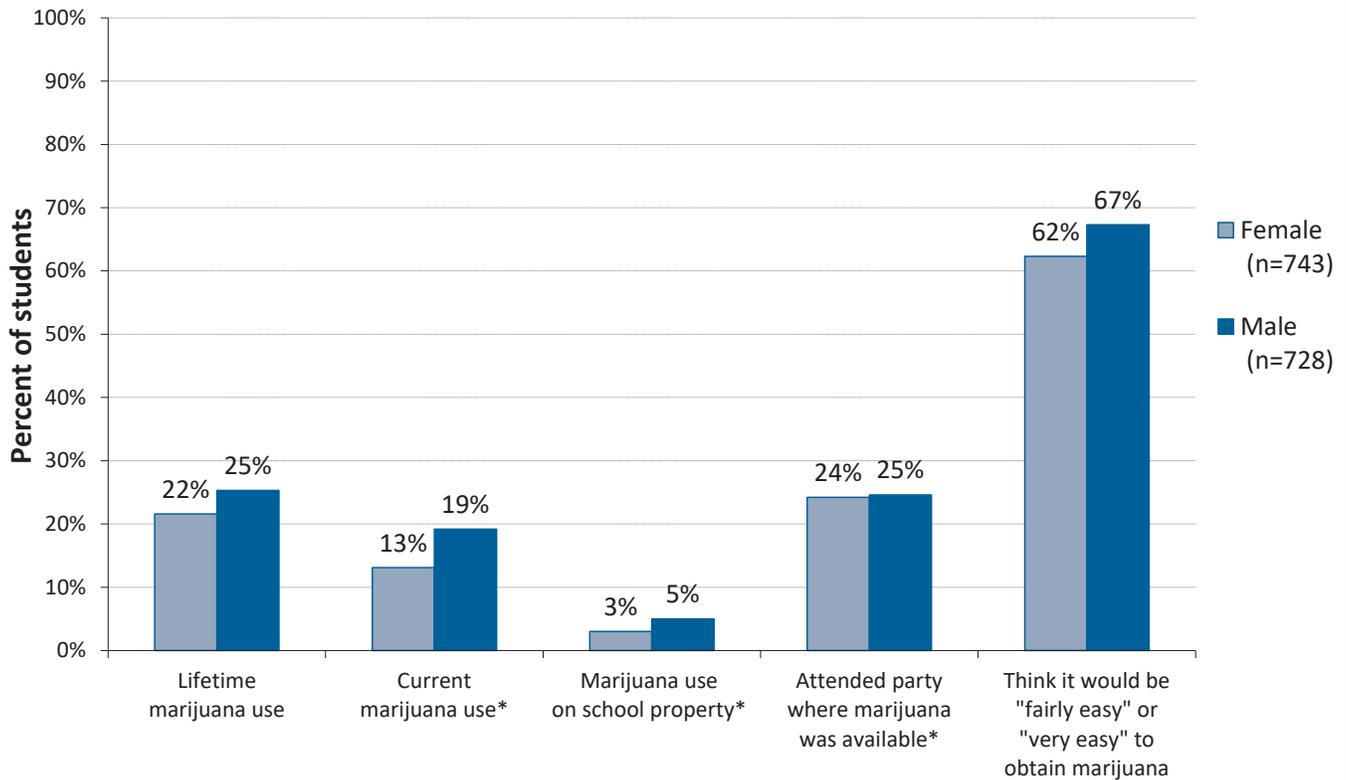
* Among students who drank in the past 30 days
 † At a store, tavern, bar, or public event (like a concert or sporting event)

Figure 2-8D. Access to Alcohol Among Current Drinkers* at the District and Regional Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



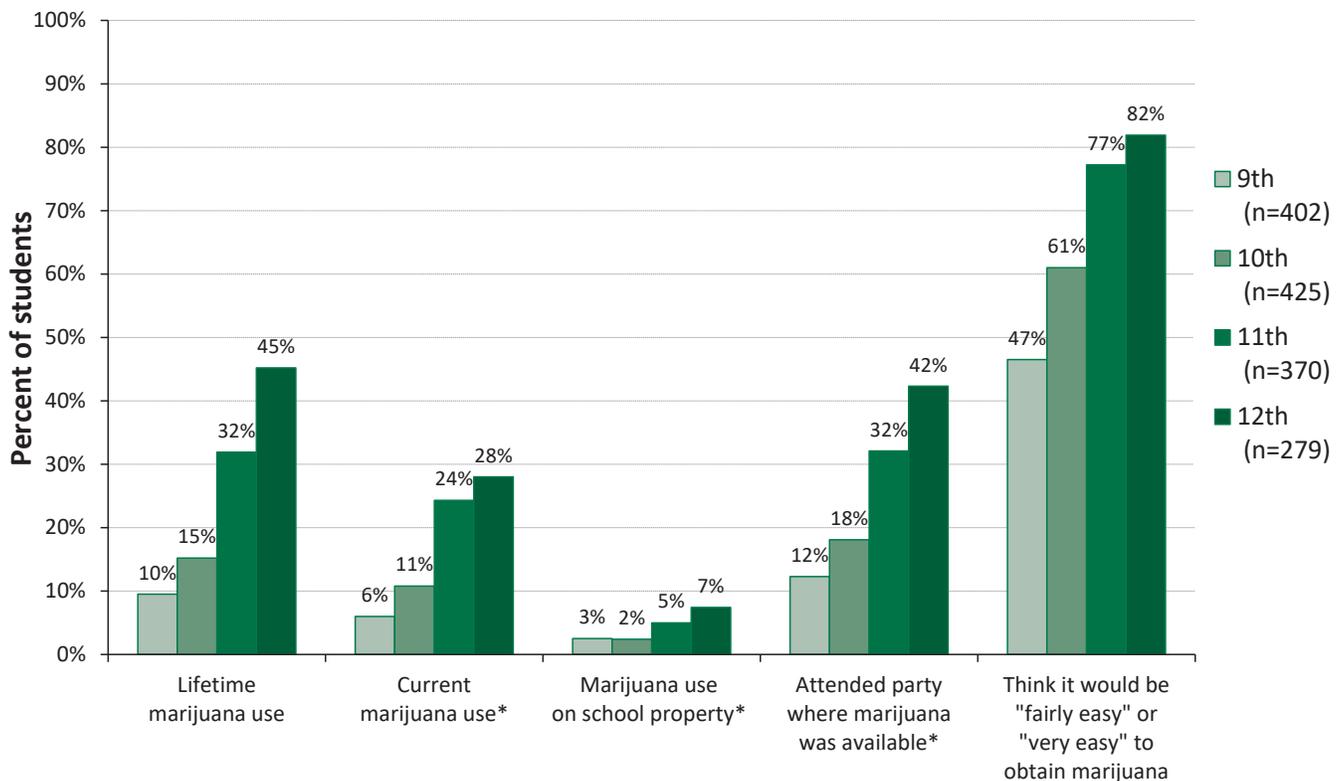
* Among students who drank in the past 30 days
 † At a store, tavern, bar, or public event (like a concert or sporting event)

Figure 2-9A. Marijuana Use by Gender, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



* In the past 30 days

Figure 2-9B. Marijuana Use by Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

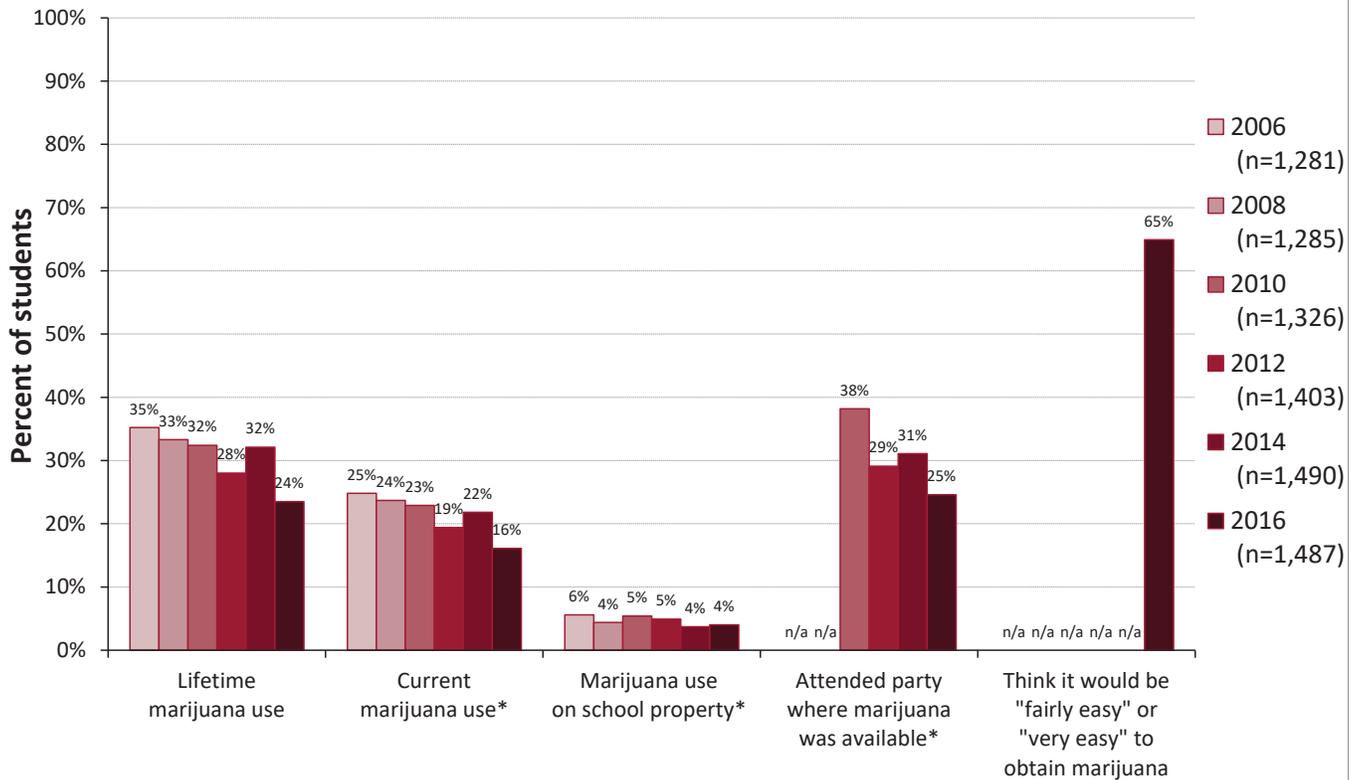


* In the past 30 days

Figure 2-9C. Trends in Marijuana Use, 2006-2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

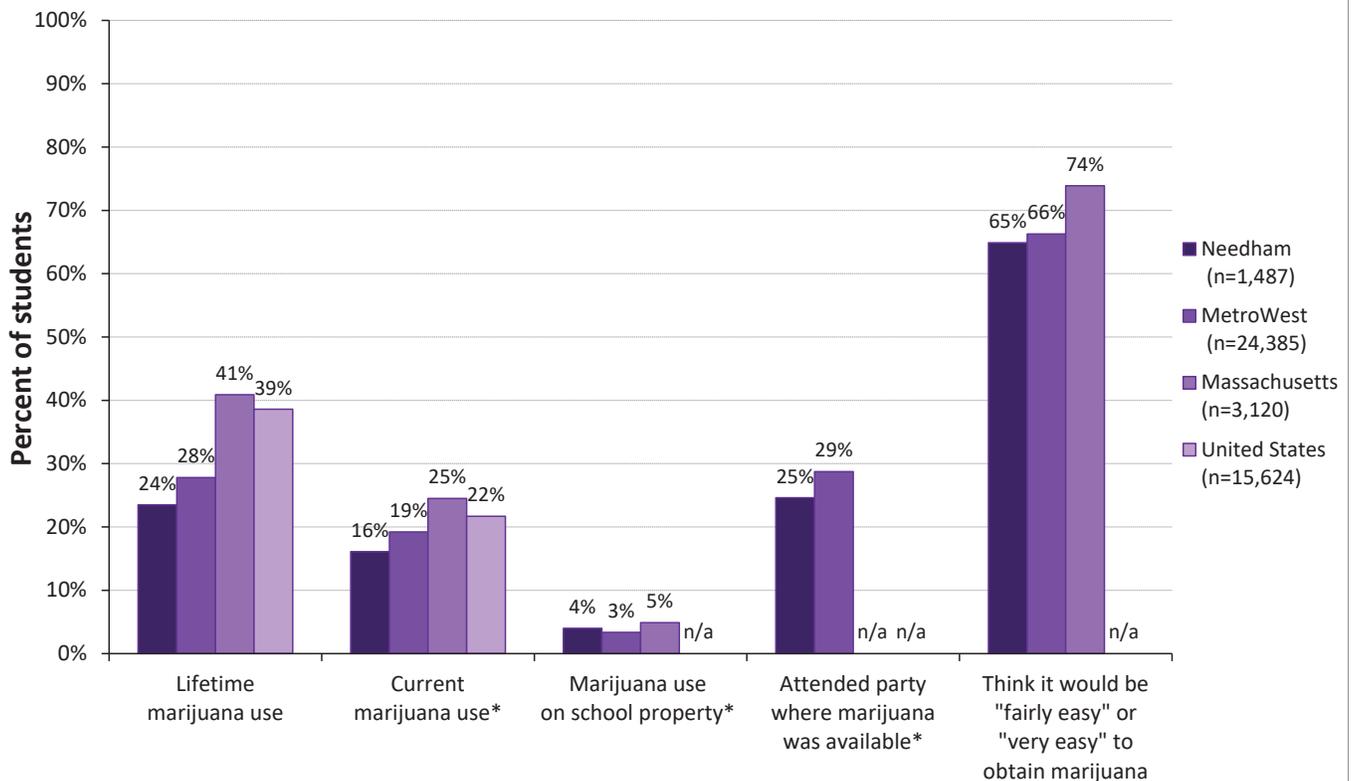


* In the past 30 days

Figure 2-9D. Marijuana Use at the District, Regional, State, and National Levels, 2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey



* In the past 30 days

Figure 2-10A. Prescription Drug Misuse and Other Substance Use by Gender, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

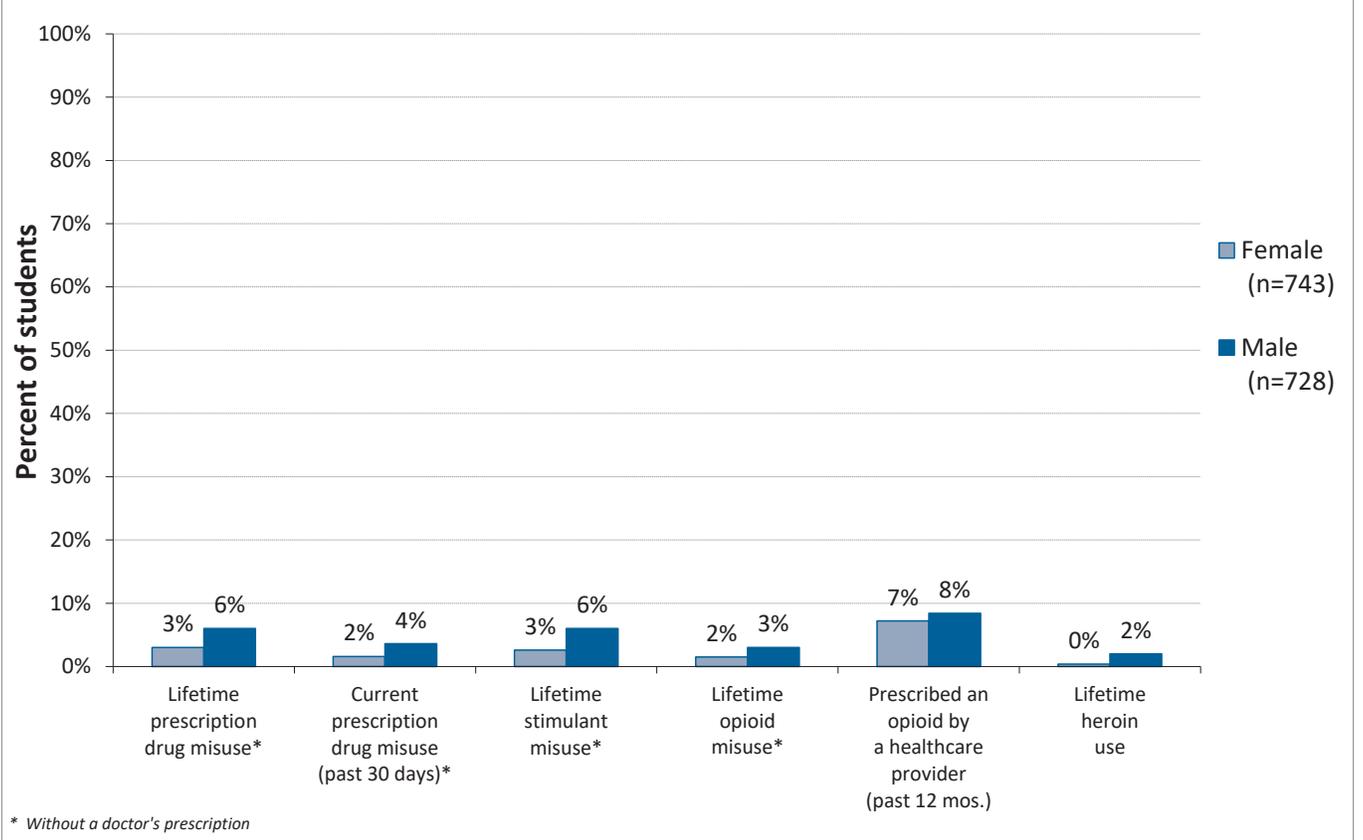


Figure 2-10B. Prescription Drug Misuse and Other Substance Use by Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

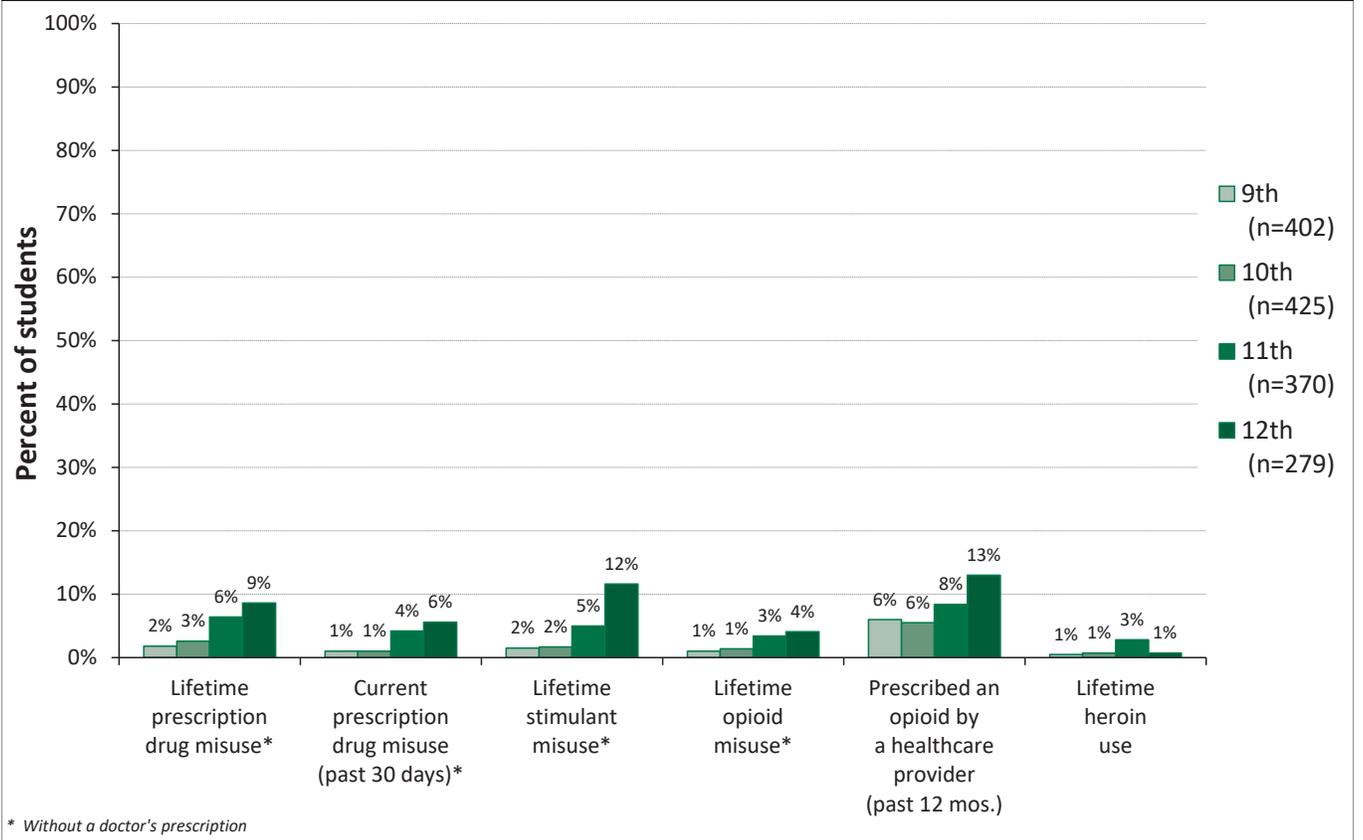


Figure 2-10C. Trends in Prescription Drug Misuse and Other Substance Use, 2006-2016
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

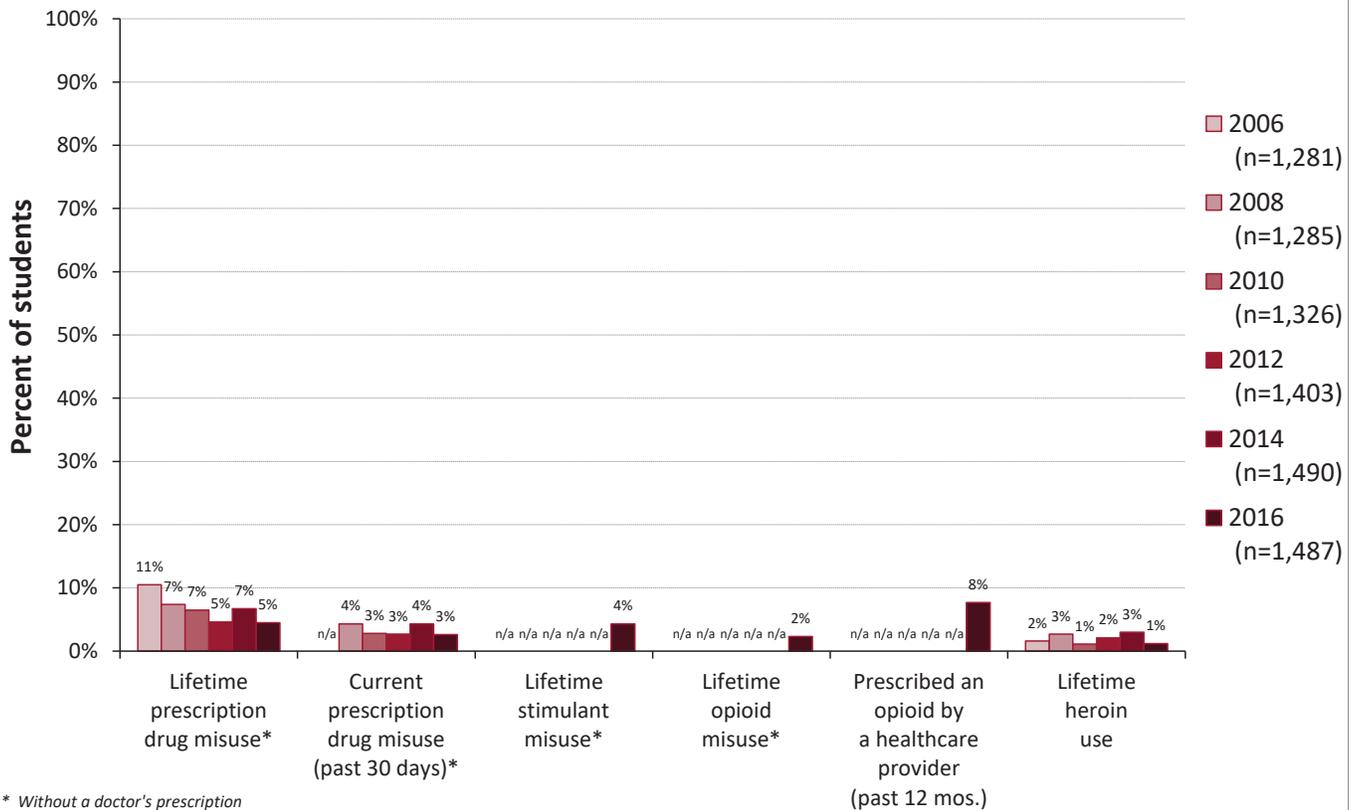


Figure 2-10D. Prescription Drug Misuse and Other Substance Use at the District, Regional, State, and National Levels, 2016
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

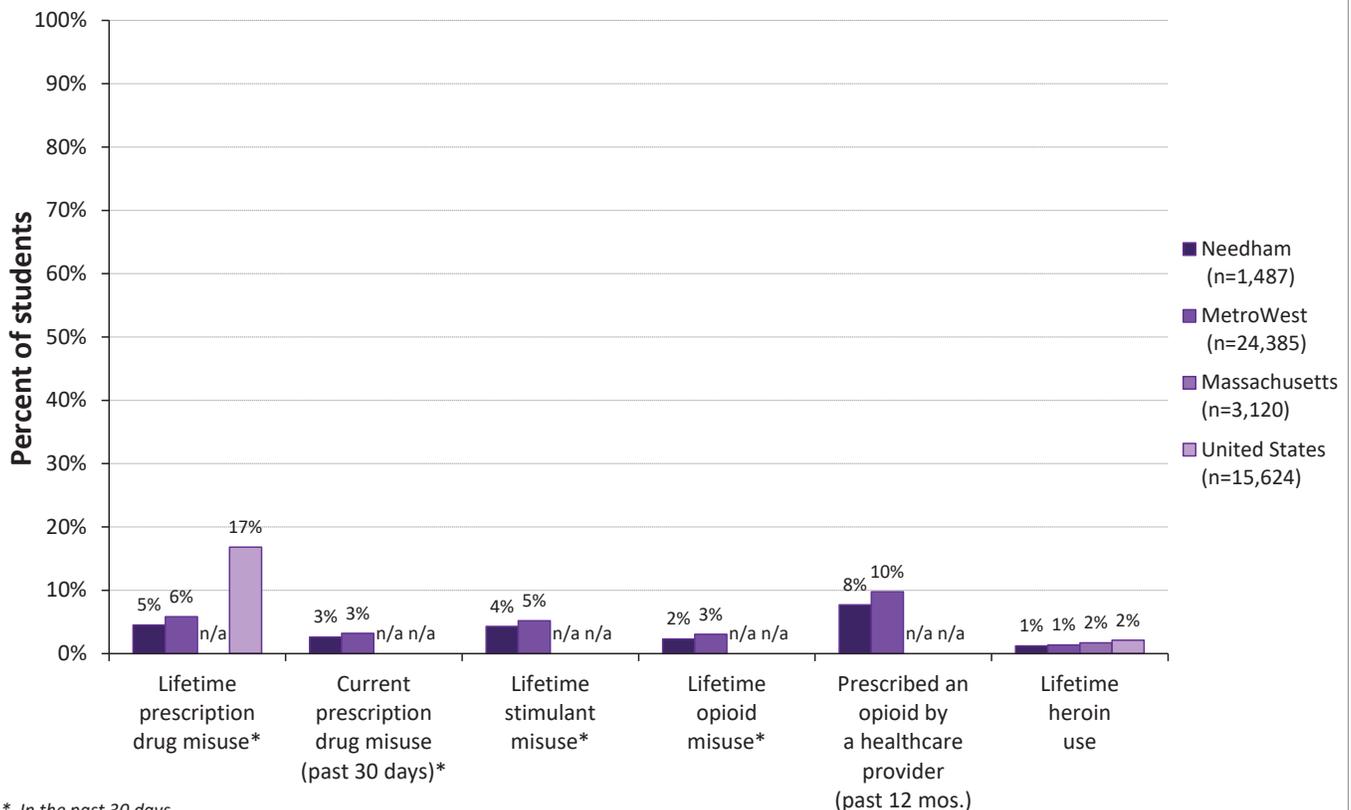
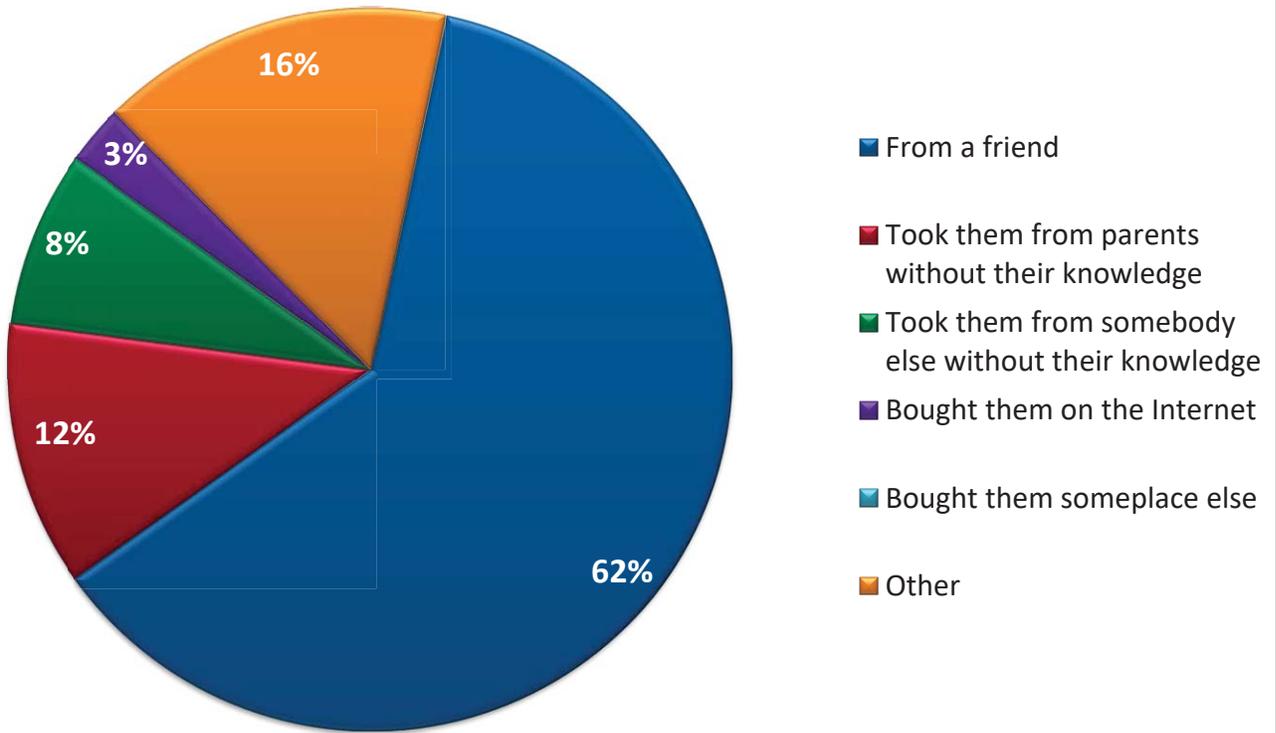


Figure 2-11. Access to Prescription Drugs,* 2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey



* Among students who misused prescription drugs in their lifetime

Table 2-1A. Lifetime and Current Substance Use by Gender and Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
	(1,487)	Female (743)	Male (728)	9 th (402)	10 th (425)	11 th (370)	12 th (279)
LIFETIME USE*							
Cigarettes	13.4	10.6	16.3	7.2	8.1	18.9	23.2
Electronic cigarettes [†]	25.9	20.5	31.3	18.6	20.1	34.1	34.7
Alcohol [‡]	49.0	49.5	48.4	35.5	43.5	57.8	65.7
Marijuana	23.5	21.6	25.3	9.5	15.2	31.9	45.2
Inhalants [§]	3.7	2.2	5.3	3.8	2.9	5.5	2.2
Methamphetamines	1.5	0.7	2.4	1.5	0.7	2.2	1.9
Ecstasy	1.7	1.2	2.1	1.0	1.0	2.5	2.6
Cocaine**	1.9	1.0	2.8	0.8	0.7	3.1	3.7
Heroin	1.2	0.4	2.0	0.5	0.7	2.8	0.7
Steroids ^{††}	1.5	0.7	2.4	0.8	1.0	3.1	1.5
Prescription drugs ^{††}	4.5	3.0	6.0	1.8	2.6	6.4	8.6
Prescription stimulants ^{††}	4.3	2.6	6.0	1.5	1.7	5.0	11.6
Prescription opioids ^{††}	2.3	1.5	3.0	1.0	1.4	3.4	4.1
CURRENT USE (past 30 days)^{‡‡}							
Cigarettes	4.9	1.9	7.9	2.3	4.0	5.8	9.0
Electronic cigarettes [†]	15.6	9.9	21.1	11.1	12.1	20.6	20.8
Alcohol [‡]	31.5	31.4	31.2	18.0	27.4	37.3	50.0
Marijuana	16.1	13.1	19.2	6.0	10.8	24.3	28.0
Prescription drugs ^{††}	2.6	1.6	3.6	1.0	1.0	4.2	5.6
CURRENT USE ON SCHOOL PROPERTY (past 30 days)^{‡‡}							
Cigarettes	1.4	0.4	2.5	0.7	1.4	2.2	1.5
Alcohol [‡]	2.8	1.1	4.4	3.8	2.6	2.5	1.8
Marijuana	4.0	3.0	5.0	2.5	2.4	5.0	7.4

* Used one or more times in lifetime

† Includes electronic cigarettes (e-cigarettes), and other electronic vapor products, like e-cigars, e-pipes, vape pens, vaping pens, e-hookah, and hookah pens

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

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

** Includes using powder, crack, or freebase

†† Without a doctor's prescription

‡‡ Used one or more times in the past 30 days

Table 2-1B. Lifetime and Current Substance Use, 2006 - 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham (%)						MetroWest Region (%)					
	2006	2008	2010	2012	2014	2016	2006	2008	2010	2012	2014	2016
	<i>(1,281)</i>	<i>(1,285)</i>	<i>(1,326)</i>	<i>(1,403)</i>	<i>(1,490)</i>	<i>(1,487)</i>	<i>(16,680)</i>	<i>(20,406)</i>	<i>(23,187)</i>	<i>(24,459)</i>	<i>(24,355)</i>	<i>(24,385)</i>
LIFETIME USE*												
Cigarettes	29.1	28.3	17.9	16.8	19.3	13.4	35.3	33.3	25.9	22.0	17.3	13.2
Electronic cigarettes [†]	–	–	–	–	29.4	25.9	–	–	–	–	30.5	27.9
Alcohol [‡]	66.1	63.5	55.8	55.1	54.0	49.0	66.5	62.8	58.0	55.6	53.8	51.7
Marijuana	35.2	33.3	32.4	28.0	32.1	23.5	33.2	33.4	34.6	32.3	30.4	27.8
Inhalants [§]	7.5	8.5	4.6	5.0	5.2	3.7	9.1	8.5	7.3	6.1	5.0	4.5
Methamphetamines	2.6	2.9	2.0	2.2	3.2	1.5	3.8	3.2	3.3	2.9	2.0	1.7
Ecstasy	3.1	3.1	3.4	3.0	5.2	1.7	5.1	5.4	5.7	4.9	3.9	2.7
Cocaine**	4.2	4.2	2.8	2.3	4.8	1.9	6.0	5.3	4.4	3.8	3.2	2.7
Heroin	1.6	2.7	1.1	2.1	3.0	1.2	2.4	2.6	2.2	2.3	1.7	1.4
Steroids ^{††}	2.4	3.1	1.4	2.0	2.5	1.5	3.0	2.9	2.7	2.7	1.9	1.8
Prescription drugs ^{††}	10.5	7.4	6.5	4.6	6.7	4.5	11.0	10.1	10.1	8.8	7.3	5.8
Prescription stimulants ^{††}	–	–	–	–	–	4.3	–	–	–	–	–	5.2
Prescription opioids ^{††}	–	–	–	–	–	2.3	–	–	–	–	–	3.1
CURRENT USE (past 30 days)^{‡‡}												
Cigarettes	12.9	10.3	6.7	5.5	7.7	4.9	14.7	13.9	12.1	9.1	6.2	4.7
Electronic cigarettes [†]	–	–	–	–	17.1	15.6	–	–	–	–	17.5	14.6
Alcohol [‡]	45.2	43.5	36.4	34.9	35.0	31.5	42.2	39.1	34.7	33.4	32.9	31.5
Marijuana	24.8	23.7	22.9	19.4	21.8	16.1	20.2	22.8	23.5	21.5	20.3	19.2
Prescription drugs ^{††}	–	4.3	2.8	2.7	4.3	2.6	–	5.7	5.7	5.0	4.1	3.2
CURRENT USE ON SCHOOL PROPERTY (past 30 days)^{‡‡}												
Cigarettes	5.9	3.4	2.8	2.8	2.4	1.4	5.3	5.1	4.4	3.2	1.9	1.3
Alcohol [‡]	5.1	3.6	1.7	2.3	2.0	2.8	4.8	4.0	3.3	3.6	2.8	2.7
Marijuana	5.6	4.4	5.4	4.9	3.7	4.0	4.4	5.2	6.0	5.0	4.3	3.4

* Used one or more times in lifetime

† Includes electronic cigarettes (e-cigarettes), and other electronic vapor products, like e-cigars, e-pipes, vape pens, vaping pens, e-hookah, and hookah pens

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

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

** Includes using powder, crack, or freebase

†† Without a doctor's prescription

‡‡ Used one or more times in the past 30 days

Table 2-1C. Lifetime and Current Substance Use at the District, Regional, State, and National Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham 2016 MWAHS	MetroWest Region 2016 MWAHS	Massachusetts 2015 YRBS	United States 2015 YRBS
	<i>(1,487)</i>	<i>(24,385)</i>	<i>(3,120)</i>	<i>(15,624)</i>
LIFETIME USE*				
Cigarettes	13.4	13.2	27.8	32.3
Electronic cigarettes [†]	25.9	27.9	44.8	44.9
Alcohol [‡]	49.0	51.7	61.3	63.2
Marijuana	23.5	27.8	40.9	38.6
Inhalants [§]	3.7	4.5	–	7.0
Methamphetamines	1.5	1.7	2.1	3.0
Ecstasy	1.7	2.7	4.3	5.0
Cocaine**	1.9	2.7	4.5	5.2
Heroin	1.2	1.4	1.7	2.1
Steroids ^{††}	1.5	1.8	–	3.5
Prescription drugs ^{††}	4.5	5.8	–	16.8
Prescription stimulants ^{††}	4.3	5.2	–	–
Prescription opioids ^{††}	2.3	3.1	–	–
CURRENT USE (past 30 days)^{‡‡}				
Cigarettes	4.9	4.7	7.7	10.8
Electronic cigarettes [†]	15.6	14.6	23.7	24.1
Alcohol [‡]	31.5	31.5	33.9	32.8
Marijuana	16.1	19.2	24.5	21.7
Prescription drugs ^{††}	2.6	3.2	–	–
CURRENT USE ON SCHOOL PROPERTY (past 30 days)^{‡‡}				
Cigarettes	1.4	1.3	–	–
Alcohol [‡]	2.8	2.7	3.4	–
Marijuana	4.0	3.4	4.9	–

* Used one or more times in lifetime

† Includes electronic cigarettes (e-cigarettes), and other electronic vapor products, like e-cigars, e-pipes, vape pens, vaping pens, e-hookah, and hookah pens

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

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

** Includes using powder, crack, or freebase

†† Without a doctor's prescription

‡‡ Used one or more times in the past 30 days

Table 2-2A. Tobacco and Electronic Cigarette Use by Gender and Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(1,487)	(743)	(728)	(402)	(425)	(370)	(279)
CIGARETTE SMOKING							
Lifetime cigarette smoking*	13.4	10.6	16.3	7.2	8.1	18.9	23.2
Smoked a whole cigarette before age 13 years	2.2	1.2	3.2	2.5	1.0	3.0	2.6
Current cigarette use (past 30 days)	4.9	1.9	7.9	2.3	4.0	5.8	9.0
Current frequent cigarette use (on 20 or more of the past 30 days)	1.2	0.5	1.8	1.0	0.9	1.4	1.5
Current cigarette use on school property (past 30 days)	1.4	0.4	2.5	0.7	1.4	2.2	1.5
Ever smoked cigarettes daily (every day for 30 days)	3.4	3.0	3.7	2.5	2.1	4.2	5.6
Smoked more than 10 cigarettes per day (past 30 days) [†]	20.3	26.7	19.0	30.0	23.5	22.7	12.0
Tried to quit smoking (past 12 months) [†]	19.7	25.5	16.5	26.1	16.7	21.4	16.7
USE OF OTHER TOBACCO PRODUCTS							
Current smokeless tobacco use (past 30 days) [‡]	4.3	0.3	8.3	1.8	5.5	4.7	5.9
Current cigar use (past 30 days) [§]	6.1	1.6	10.6	3.8	4.8	8.3	8.9
OVERALL TOBACCO USE							
Smoked cigarettes, cigars, and/or used smokeless tobacco (past 30 days)**	8.6	2.8	14.5	4.5	7.6	11.4	12.9
ELECTRONIC CIGARETTE USE^{††}							
Lifetime electronic cigarette use	25.9	20.5	31.3	18.6	20.1	34.1	34.7
Current electronic cigarette use (past 30 days)	15.6	9.9	21.1	11.1	12.1	20.6	20.8
Perceived risk of harm of using electronic cigarettes (moderate/great risk)	51.6	58.0	44.8	60.1	52.8	46.3	44.3

* Ever tried cigarette smoking, even one or two puffs

† Among youth who smoked in the past 30 days

‡ Used chewing tobacco, snuff, or dip

§ Smoked cigars, cigarillos, or little cigars

** Does not include electronic vapor products

†† Includes electronic cigarettes (e-cigarettes), and other electronic vapor products, like e-cigars, e-pipes, vape pens, vaping pens, e-hookah, and hookah pens

Table 2-2B. Tobacco and Electronic Cigarette Use, 2006 - 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham (%)						MetroWest Region (%)					
	2006 (1,281)	2008 (1,285)	2010 (1,326)	2012 (1,403)	2014 (1,490)	2016 (1,487)	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)	2016 (24,385)
CIGARETTE SMOKING												
Lifetime cigarette smoking*	29.1	28.3	17.9	16.8	19.3	13.4	35.3	33.3	25.9	22.0	17.3	13.2
Smoked a whole cigarette before age 13 years	3.8	4.6	3.3	3.2	3.1	2.2	6.7	5.6	5.1	3.9	3.0	2.2
Current cigarette use (past 30 days)	12.9	10.3	6.7	5.5	7.7	4.9	14.7	13.9	12.1	9.1	6.2	4.7
Current frequent cigarette use (on 20 or more of the past 30 days)	5.0	2.7	1.9	1.4	1.8	1.2	5.6	4.6	4.0	2.9	1.7	1.2
Current cigarette use on school property (past 30 days)	5.9	3.4	2.8	2.8	2.4	1.4	5.3	5.1	4.4	3.2	1.9	1.3
Ever smoked cigarettes daily (every day for 30 days)	8.7	6.4	5.3	7.0	6.4	3.4	9.3	8.2	7.6	7.4	5.5	3.5
Smoked more than 10 cigarettes per day (past 30 days) [†]	11.5	9.8	14.4	14.8	16.9	20.3	13.8	10.4	10.4	13.3	13.1	14.5
Tried to quit smoking (past 12 months) [†]	35.4	28.3	30.6	29.7	24.0	19.7	37.4	33.8	37.3	40.9	35.4	29.1
USE OF OTHER TOBACCO PRODUCTS												
Current smokeless tobacco use (past 30 days) [‡]	5.5	7.8	5.8	5.4	7.4	4.3	5.1	6.3	6.3	5.4	4.4	3.8
Current cigar use (past 30 days) [§]	10.8	13.6	7.6	8.1	11.4	6.1	13.4	14.5	13.1	10.6	8.1	5.7
OVERALL TOBACCO USE												
Smoked cigarettes, cigars, and/or used smokeless tobacco (past 30 days)**	19.8	20.0	13.2	11.7	15.8	8.6	21.8	22.4	19.8	16.0	12.4	8.9
ELECTRONIC CIGARETTE USE^{††}												
Lifetime electronic cigarette use	–	–	–	–	29.4	25.9	–	–	–	–	30.5	27.9
Current electronic cigarette use (past 30 days)	–	–	–	–	17.1	15.6	–	–	–	–	17.5	14.6
Perceived risk of harm of using electronic cigarettes (moderate/great risk)	–	–	–	–	41.6	51.6	–	–	–	–	42.2	47.9

* Ever tried cigarette smoking, even one or two puffs

† Among youth who smoked in the past 30 days

‡ Used chewing tobacco, snuff, or dip

§ Smoked cigars, cigarillos, or little cigars

** Does not include electronic vapor products

†† Includes electronic cigarettes (e-cigarettes), and other electronic vapor products, like e-cigars, e-pipes, vape pens, vaping pens, e-hookah, and hookah pens

Table 2-2C. Tobacco and Electronic Cigarette Use at the District, Regional, State, and National Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham 2016 MWAHS	MetroWest Region 2016 MWAHS	Massachusetts 2015 YRBS	United States 2015 YRBS
	<i>(1,487)</i>	<i>(24,385)</i>	<i>(3,120)</i>	<i>(15,624)</i>
CIGARETTE SMOKING				
Lifetime cigarette smoking*	13.4	13.2	27.8	32.3
Smoked a whole cigarette before age 13 years	2.2	2.2	4.3	6.6
Current cigarette use (past 30 days)	4.9	4.7	7.7	10.8
Current frequent cigarette use (on 20 or more of the past 30 days)	1.2	1.2	2.3	3.4
Current cigarette use on school property (past 30 days)	1.4	1.3	–	–
Ever smoked cigarettes daily (every day for 30 days)	3.4	3.5	1.7	2.3
Smoked more than 10 cigarettes per day (past 30 days) [†]	20.3	14.5	–	7.9
Tried to quit smoking (past 12 months) [†]	19.7	29.1	–	45.4
USE OF OTHER TOBACCO PRODUCTS				
Current smokeless tobacco use (past 30 days) [‡]	4.3	3.8	5.5	7.3
Current cigar use (past 30 days) [§]	6.1	5.7	10.4	10.3
OVERALL TOBACCO USE				
Smoked cigarettes, cigars, and/or used smokeless tobacco (past 30 days)**	8.6	8.9	15.9	18.5
ELECTRONIC CIGARETTE USE^{††}				
Lifetime electronic cigarette use	25.9	27.9	44.8	44.9
Current electronic cigarette use (past 30 days)	15.6	14.6	23.7	24.1
Perceived risk of harm of using electronic cigarettes (moderate/great risk)	51.6	47.9	–	–

* Ever tried cigarette smoking, even one or two puffs

† Among youth who smoked in the past 30 days

‡ Used chewing tobacco, snuff, or dip

§ Smoked cigars, cigarillos, or little cigars

** Does not include electronic vapor products

†† Includes electronic cigarettes (e-cigarettes), and other electronic vapor products, like e-cigars, e-pipes, vape pens, vaping pens, e-hookah, and hookah pens

Table 2-3A. Alcohol Use and Drinking and Driving by Gender and Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
	(1,487)	Female (743)	Male (728)	9 th (402)	10 th (425)	11 th (370)	12 th (279)
ALCOHOL USE*							
Lifetime alcohol use	49.0	49.5	48.4	35.5	43.5	57.8	65.7
Had first drink of alcohol before age 13 years	8.6	6.6	10.7	12.6	6.4	8.1	7.1
Current alcohol use (past 30 days)	31.5	31.4	31.2	18.0	27.4	37.3	50.0
Current alcohol use on school property (past 30 days)	2.8	1.1	4.4	3.8	2.6	2.5	1.8
Binge drinking (past 30 days) [†]	19.4	16.9	21.9	7.6	17.5	23.3	34.7
Was "drunk" from consuming alcohol (past 30 days)	22.9	22.1	23.8	8.8	19.9	28.7	41.1
Drank alcohol by yourself (past 30 days)	5.2	3.8	6.4	3.8	4.1	5.1	8.9
Drinking interfered with responsibilities (past 12 months)	4.1	3.7	4.6	2.5	1.7	6.8	6.7
Went to a party/hung out where alcohol was available (past 30 days)	37.6	38.0	37.2	27.3	32.7	43.0	53.9
Used alcohol just before a school function (past 12 months)	7.5	5.5	9.3	3.6	6.4	8.7	13.0
Used alcohol during a school function (past 12 months)	2.8	1.8	3.9	2.5	1.4	3.7	4.1
Offered, sold, or given alcohol on school property (past 12 months)	6.0	3.8	8.2	5.6	6.7	6.2	5.6
Used marijuana and alcohol during the same time period (past 30 days) [‡]	11.0	8.9	13.0	4.0	6.5	15.6	21.9
DRINKING AND DRIVING (past 30 days)							
Think riding in a car driven by a high school student who had one or two drinks of alcohol is "very dangerous"	59.2	67.9	50.1	51.6	55.6	67.4	64.4
Think riding in a car driven by a high school student who had four or more drinks of alcohol in a row is "very dangerous" [‡]	90.9	94.6	87.0	90.8	90.1	92.4	90.2
Rode in a car driven by someone who had been drinking	13.7	13.6	13.6	10.8	11.1	15.8	19.1
Rode in a car driven by a high school student who had been drinking	6.5	6.1	6.7	1.8	2.6	10.0	14.6
Drove a car when you had been drinking (11 th /12 th grade drivers only)	6.1	3.8	9.0	–	–	4.9	7.7

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

† Consumed 4+ drinks in a row for females, or 5+ drinks in a row for males

‡ Within a couple of hours

Table 2-3B. Alcohol Use and Drinking and Driving, 2006 - 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham (%)						MetroWest Region (%)					
	2006 <i>(1,281)</i>	2008 <i>(1,285)</i>	2010 <i>(1,326)</i>	2012 <i>(1,403)</i>	2014 <i>(1,490)</i>	2016 <i>(1,487)</i>	2006 <i>(16,680)</i>	2008 <i>(20,406)</i>	2010 <i>(23,187)</i>	2012 <i>(24,459)</i>	2014 <i>(24,355)</i>	2016 <i>(24,385)</i>
ALCOHOL USE*												
Lifetime alcohol use	66.1	63.5	55.8	55.1	54.0	49.0	66.5	62.8	58.0	55.6	53.8	51.7
Had first drink of alcohol before age 13 years	11.9	10.3	9.3	8.7	9.7	8.6	15.5	13.5	12.1	10.2	9.0	8.9
Current alcohol use (past 30 days)	45.2	43.5	36.4	34.9	35.0	31.5	42.2	39.1	34.7	33.4	32.9	31.5
Current alcohol use on school property (past 30 days)	5.1	3.6	1.7	2.3	2.0	2.8	4.8	4.0	3.3	3.6	2.8	2.7
Binge drinking (past 30 days) [†]	27.7	25.0	23.0	21.3	19.7	19.4	25.1	23.2	20.8	18.7	17.5	16.9
Was "drunk" from consuming alcohol (past 30 days)	–	32.1	28.2	26.0	25.4	22.9	–	27.7	24.8	23.9	22.8	22.0
Drank alcohol by yourself (past 30 days)	–	–	5.1	5.9	5.8	5.2	–	–	6.6	7.1	6.7	6.9
Drinking interfered with responsibilities (past 12 months)	5.9	6.5	4.9	3.1	4.1	4.1	7.3	6.2	5.5	4.5	3.5	3.7
Went to a party/hung out where alcohol was available (past 30 days)	–	–	50.3	41.3	39.0	37.6	–	–	45.6	40.1	38.6	38.4
Used alcohol just before a school function (past 12 months)	–	–	–	8.1	6.1	7.5	–	–	–	11.2	10.1	9.7
Used alcohol during a school function (past 12 months)	–	–	–	5.0	3.5	2.8	–	–	–	6.0	5.6	4.8
Offered, sold, or given alcohol on school property (past 12 months)	–	–	–	7.2	6.7	6.0	–	–	–	8.1	6.2	5.5
Used marijuana and alcohol during the same time period (past 30 days) [‡]	–	–	–	11.7	13.2	11.0	–	–	–	13.4	12.5	11.4
DRINKING AND DRIVING (past 30 days)												
Think riding in a car driven by a high school student who had one or two drinks of alcohol is "very dangerous"	–	–	–	–	–	59.2	–	–	–	–	–	61.5
Think riding in a car driven by a high school student who had four or more drinks of alcohol in a row is "very dangerous" [‡]	–	–	–	–	–	90.9	–	–	–	–	–	90.2
Rode in a car driven by someone who had been drinking	23.5	21.1	17.7	15.1	16.3	13.7	25.2	25.8	22.5	19.5	16.7	14.1
Rode in a car driven by a high school student who had been drinking	–	–	–	7.9	9.7	6.5	–	–	–	10.3	8.4	6.5
Drove a car when you had been drinking (11 th /12 th grade drivers only)	19.2	13.2	8.5	6.1	6.9	6.1	18.6	16.1	13.1	9.1	7.5	5.7

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

† From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasion for all students. In 2016, binge drinking was defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

‡ Within a couple of hours

Table 2-3C. Alcohol Use and Drinking and Driving at the District, Regional, State, and National Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham 2016 MWAHS	MetroWest Region 2016 MWAHS	Massachusetts 2015 YRBS	United States 2015 YRBS
	<i>(1,487)</i>	<i>(24,385)</i>	<i>(3,120)</i>	<i>(15,624)</i>
ALCOHOL USE*				
Lifetime alcohol use	49.0	51.7	61.3	63.2
Had first drink of alcohol before age 13 years	8.6	8.9	12.9	17.2
Current alcohol use (past 30 days)	31.5	31.5	33.9	32.8
Current alcohol use on school property (past 30 days)	2.8	2.7	3.4	–
Binge drinking (past 30 days) [†]	19.4	16.9	17.7	17.7
Was “drunk” from consuming alcohol (past 30 days)	22.9	22.0	–	–
Drank alcohol by yourself (past 30 days)	5.2	6.9	–	–
Drinking interfered with responsibilities (past 12 months)	4.1	3.7	–	–
Went to a party/hung out where alcohol was available (past 30 days)	37.6	38.4	–	–
Used alcohol just before a school function (past 12 months)	7.5	9.7	–	–
Used alcohol during a school function (past 12 months)	2.8	4.8	–	–
Offered, sold, or given alcohol on school property (past 12 months)	6.0	5.5	–	–
Used marijuana and alcohol during the same time period (past 30 days) [‡]	11.0	11.4	–	–
DRINKING AND DRIVING (past 30 days)				
Think riding in a car driven by a high school student who had one or two drinks of alcohol is "very dangerous"	59.2	61.5	–	–
Think riding in a car driven by a high school student who had four or more drinks of alcohol in a row is "very dangerous" [‡]	90.9	90.2	–	–
Rode in a car driven by someone who had been drinking	13.7	14.1	18.2	20.0
Rode in a car driven by a high school student who had been drinking	6.5	6.5	–	–
Drove a car when you had been drinking (11 th /12 th grade drivers only)	6.1	5.7	–	–

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

† In the state and national surveys, binge drinking in 2015 was defined as 5 or more drinks in a row for all students.

In the 2016 MWAHS, binge drinking was defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

‡ Within a couple of hours

Table 2-4A. Marijuana Use by Gender and Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(1,487)	(743)	(728)	(402)	(425)	(370)	(279)
MARIJUANA USE							
Lifetime marijuana use	23.5	21.6	25.3	9.5	15.2	31.9	45.2
Tried marijuana before age 13 years	2.3	1.6	3.0	1.8	2.1	2.0	3.7
Current marijuana use (past 30 days)	16.1	13.1	19.2	6.0	10.8	24.3	28.0
Current marijuana use on school property (past 30 days)	4.0	3.0	5.0	2.5	2.4	5.0	7.4
Went to a party/hung out where marijuana was available (past 30 days)	24.6	24.2	24.6	12.3	18.1	32.1	42.3
Offered/sold/given marijuana on school property (past 12 months)	10.3	7.9	12.9	9.4	9.6	12.8	9.8
Used marijuana and alcohol during the same time period (past 30 days)*	11.0	8.9	13.0	4.0	6.5	15.6	21.9
Think it would be "fairly easy" or "very easy" to obtain marijuana	64.9	62.3	67.3	46.5	61.0	77.2	81.9
MARIJUANA USE AND DRIVING (past 30 days)							
Think riding in a car driven by a high school student who had been using marijuana is "very dangerous"	63.1	70.6	55.5	73.0	66.8	59.4	48.4
Rode in a car driven by a high school student who had been using marijuana	12.1	10.3	13.9	2.8	6.0	19.6	25.3
Drove a car when you had been using marijuana (11 th /12 th grade drivers only)	12.6	8.0	18.4	–	–	10.8	15.0

* Within a couple of hours

Table 2-4B. Marijuana Use, 2006 - 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham (%)						MetroWest Region (%)					
	2006 <i>(1,281)</i>	2008 <i>(1,285)</i>	2010 <i>(1,326)</i>	2012 <i>(1,403)</i>	2014 <i>(1,490)</i>	2016 <i>(1,487)</i>	2006 <i>(16,680)</i>	2008 <i>(20,406)</i>	2010 <i>(23,187)</i>	2012 <i>(24,459)</i>	2014 <i>(24,355)</i>	2016 <i>(24,385)</i>
MARIJUANA USE												
Lifetime marijuana use	35.2	33.3	32.4	28.0	32.1	23.5	33.2	33.4	34.6	32.3	30.4	27.8
Tried marijuana before age 13 years	3.5	4.2	3.4	3.5	3.9	2.3	5.9	5.2	4.8	4.5	3.6	2.8
Current marijuana use (past 30 days)	24.8	23.7	22.9	19.4	21.8	16.1	20.2	22.8	23.5	21.5	20.3	19.2
Current marijuana use on school property (past 30 days)	5.6	4.4	5.4	4.9	3.7	4.0	4.4	5.2	6.0	5.0	4.3	3.4
Went to a party/hung out where marijuana was available (past 30 days)	–	–	38.2	29.1	31.1	24.6	–	–	36.5	31.6	31.1	28.7
Offered/sold/given marijuana on school property (past 12 months)	–	–	–	17.0	15.8	10.3	–	–	–	17.4	14.8	11.0
Used marijuana and alcohol during the same time period (past 30 days)*	–	–	–	11.7	13.2	11.0	–	–	–	13.4	12.5	11.4
Think it would be "fairly easy" or "very easy" to obtain marijuana	–	–	–	–	–	64.9	–	–	–	–	–	66.3
MARIJUANA USE AND DRIVING (past 30 days)												
Think riding in a car driven by a high school student who had been using marijuana is "very dangerous"	–	–	–	55.5	53.5	63.1	–	–	–	52.0	55.2	57.7
Rode in a car driven by a high school student who had been using marijuana	–	–	–	15.9	17.6	12.1	–	–	–	18.0	16.2	14.6
Drove a car when you had been using marijuana (11 th /12 th grade drivers only)	–	–	–	12.6	14.9	12.6	–	–	–	16.8	16.5	14.1

* Within a couple of hours

Table 2-4C. Marijuana Use at the District, Regional, State, and National Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham 2016 MWAHS	MetroWest Region 2016 MWAHS	Massachusetts 2015 YRBS	United States 2015 YRBS
	<i>(1,487)</i>	<i>(24,385)</i>	<i>(3,120)</i>	<i>(15,624)</i>
MARIJUANA USE				
Lifetime marijuana use	23.5	27.8	40.9	38.6
Tried marijuana before age 13 years	2.3	2.8	6.3	7.5
Current marijuana use (past 30 days)	16.1	19.2	24.5	21.7
Current marijuana use on school property (past 30 days)	4.0	3.4	4.9	–
Went to a party/hung out where marijuana was available (past 30 days)	24.6	28.7	–	–
Offered/sold/given marijuana on school property (past 12 months)	10.3	11.0	–	–
Used marijuana and alcohol during the same time period (past 30 days)*	11.0	11.4	–	–
Think it would be "fairly easy" or "very easy" to obtain marijuana	64.9	66.3	73.9	–
MARIJUANA USE AND DRIVING (past 30 days)				
Think riding in a car driven by a high school student who had been using marijuana is "very dangerous"	63.1	57.7	–	–
Rode in a car driven by a high school student who had been using marijuana	12.1	14.6	–	–
Drove a car when you had been using marijuana (11 th /12 th grade drivers only)	12.6	14.1	–	–

* Within a couple of hours

Table 2-5A. Prescription Drug Misuse and Other Substance Use by Gender and Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
	(1,487)	Female (743)	Male (728)	9 th (402)	10 th (425)	11 th (370)	12 th (279)
PRESCRIPTION DRUGS							
Lifetime prescription drug misuse*	4.5	3.0	6.0	1.8	2.6	6.4	8.6
Current prescription drug misuse (past 30 days)*	2.6	1.6	3.6	1.0	1.0	4.2	5.6
Lifetime stimulant misuse*	4.3	2.6	6.0	1.5	1.7	5.0	11.6
Lifetime prescription opioid misuse*	2.3	1.5	3.0	1.0	1.4	3.4	4.1
Prescribed an opioid by a healthcare provider (past 12 months)	7.7	7.2	8.4	6.0	5.5	8.4	13.0
Offered/sold/given prescription drugs on school property (past 12 months)	4.8	4.1	5.6	3.5	3.6	5.4	7.8
OTHER SUBSTANCES							
Lifetime inhalant use [†]	3.7	2.2	5.3	3.8	2.9	5.5	2.2
Lifetime methamphetamine use	1.5	0.7	2.4	1.5	0.7	2.2	1.9
Lifetime ecstasy use	1.7	1.2	2.1	1.0	1.0	2.5	2.6
Lifetime cocaine use [‡]	1.9	1.0	2.8	0.8	0.7	3.1	3.7
Lifetime heroin use	1.2	0.4	2.0	0.5	0.7	2.8	0.7
Lifetime steroid misuse*	1.5	0.7	2.4	0.8	1.0	3.1	1.5

* Without a doctor's prescription

† 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

Table 2-5B. Prescription Drug Misuse and Other Substance Use, 2006 - 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham (%)						MetroWest Region (%)					
	2006 <i>(1,281)</i>	2008 <i>(1,285)</i>	2010 <i>(1,326)</i>	2012 <i>(1,403)</i>	2014 <i>(1,490)</i>	2016 <i>(1,487)</i>	2006 <i>(16,680)</i>	2008 <i>(20,406)</i>	2010 <i>(23,187)</i>	2012 <i>(24,459)</i>	2014 <i>(24,355)</i>	2016 <i>(24,385)</i>
PRESCRIPTION DRUGS												
Lifetime prescription drug misuse*	10.5	7.4	6.5	4.6	6.7	4.5	11.0	10.1	10.1	8.8	7.3	5.8
Current prescription drug misuse (past 30 days)*	–	4.3	2.8	2.7	4.3	2.6	–	5.7	5.7	5.0	4.1	3.2
Lifetime stimulant misuse*	–	–	–	–	–	4.3	–	–	–	–	–	5.2
Lifetime prescription opioid misuse*	–	–	–	–	–	2.3	–	–	–	–	–	3.1
Prescribed an opioid by a healthcare provider (past 12 months)	–	–	–	–	–	7.7	–	–	–	–	–	9.7
Offered/sold/given prescription drugs on school property (past 12 months)	–	–	–	4.6	5.6	4.8	–	–	–	6.8	5.3	5.1
OTHER SUBSTANCES												
Lifetime inhalant use [†]	7.5	8.5	4.6	5.0	5.2	3.7	9.1	8.5	7.3	6.1	5.0	4.5
Lifetime methamphetamine use	2.6	2.9	2.0	2.2	3.2	1.5	3.8	3.2	3.3	2.9	2.0	1.7
Lifetime ecstasy use	3.1	3.1	3.4	3.0	5.2	1.7	5.1	5.4	5.7	4.9	3.9	2.7
Lifetime cocaine use [†]	4.2	4.2	2.8	2.3	4.8	1.9	6.0	5.3	4.4	3.8	3.2	2.7
Lifetime heroin use	1.6	2.7	1.1	2.1	3.0	1.2	2.4	2.6	2.2	2.3	1.7	1.4
Lifetime steroid misuse*	2.4	3.1	1.4	2.0	2.5	1.5	3.0	2.9	2.7	2.7	1.9	1.8

* Without a doctor's prescription

† 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

Table 2-5C. Prescription Drug Misuse and Other Substance Use at the District, Regional, State, and National Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham 2016 MWAHS	MetroWest Region 2016 MWAHS	Massachusetts 2015 YRBS	United States 2015 YRBS
	<i>(1,487)</i>	<i>(24,385)</i>	<i>(3,120)</i>	<i>(15,624)</i>
PRESCRIPTION DRUGS				
Lifetime prescription drug misuse*	4.5	5.8	–	16.8
Current prescription drug misuse (past 30 days)*	2.6	3.2	–	–
Lifetime stimulant misuse*	4.3	5.2	–	–
Lifetime prescription opioid misuse*	2.3	3.1	–	–
Prescribed an opioid by a healthcare provider (past 12 months)	7.7	9.7	–	–
Offered/sold/given prescription drugs on school property (past 12 months)	4.8	5.1	–	–
OTHER SUBSTANCES				
Lifetime inhalant use [†]	3.7	4.5	–	7.0
Lifetime methamphetamine use	1.5	1.7	2.1	3.0
Lifetime ecstasy use	1.7	2.7	4.3	5.0
Lifetime cocaine use [‡]	1.9	2.7	4.5	5.2
Lifetime heroin use	1.2	1.4	1.7	2.1
Lifetime steroid misuse*	1.5	1.8	–	3.5

* Without a doctor's prescription

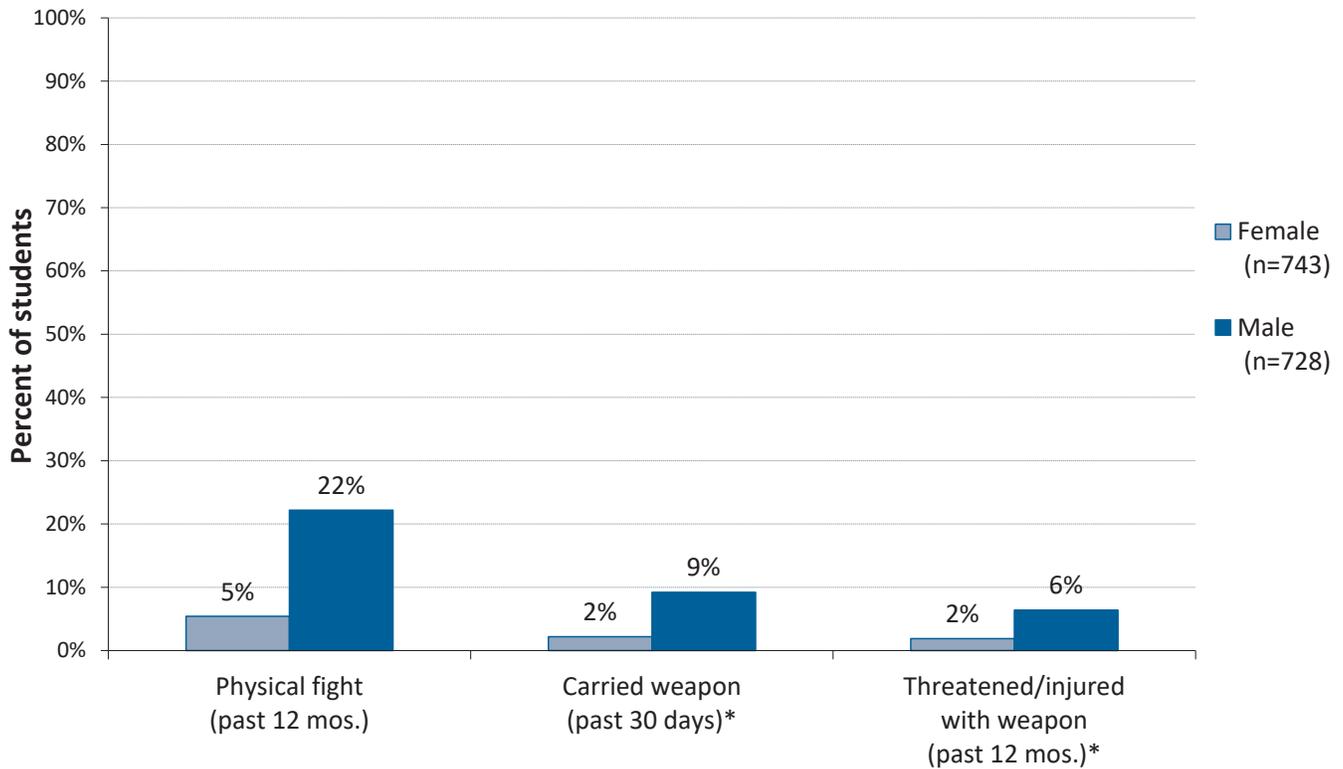
† Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

‡ Includes using powder, crack or freebase

Section 3: **Violence and Bullying**

**Figure 3-1A. Fighting and Weapon Carrying by Gender, 2016
Needham High School (Grades 9-12)**

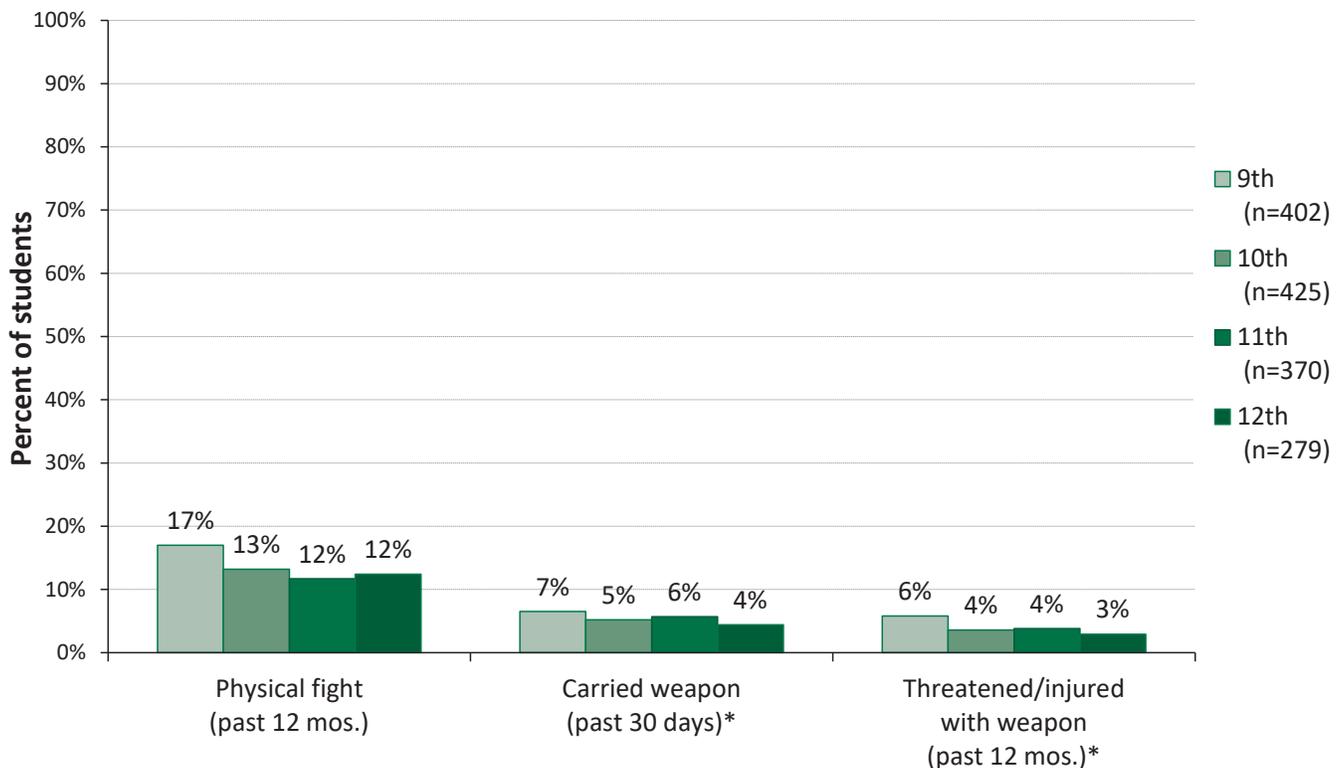
MetroWest Adolescent Health Survey



* For example, a gun, knife, or club

**Figure 3-1B. Fighting and Weapon Carrying by Grade, 2016
Needham High School (Grades 9-12)**

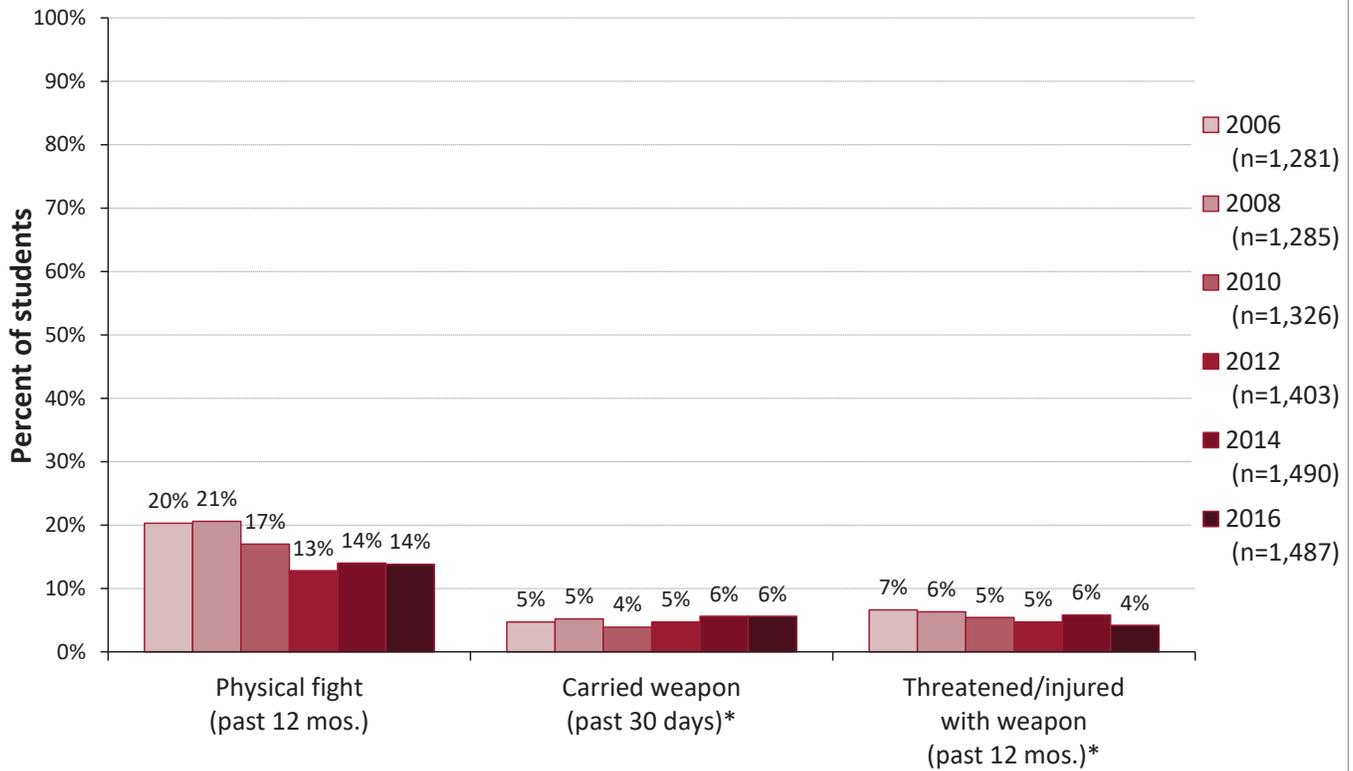
MetroWest Adolescent Health Survey



* For example, a gun, knife, or club

**Figure 3-1C. Trends in Fighting and Weapon Carrying, 2006-2016
Needham High School (Grades 9-12)**

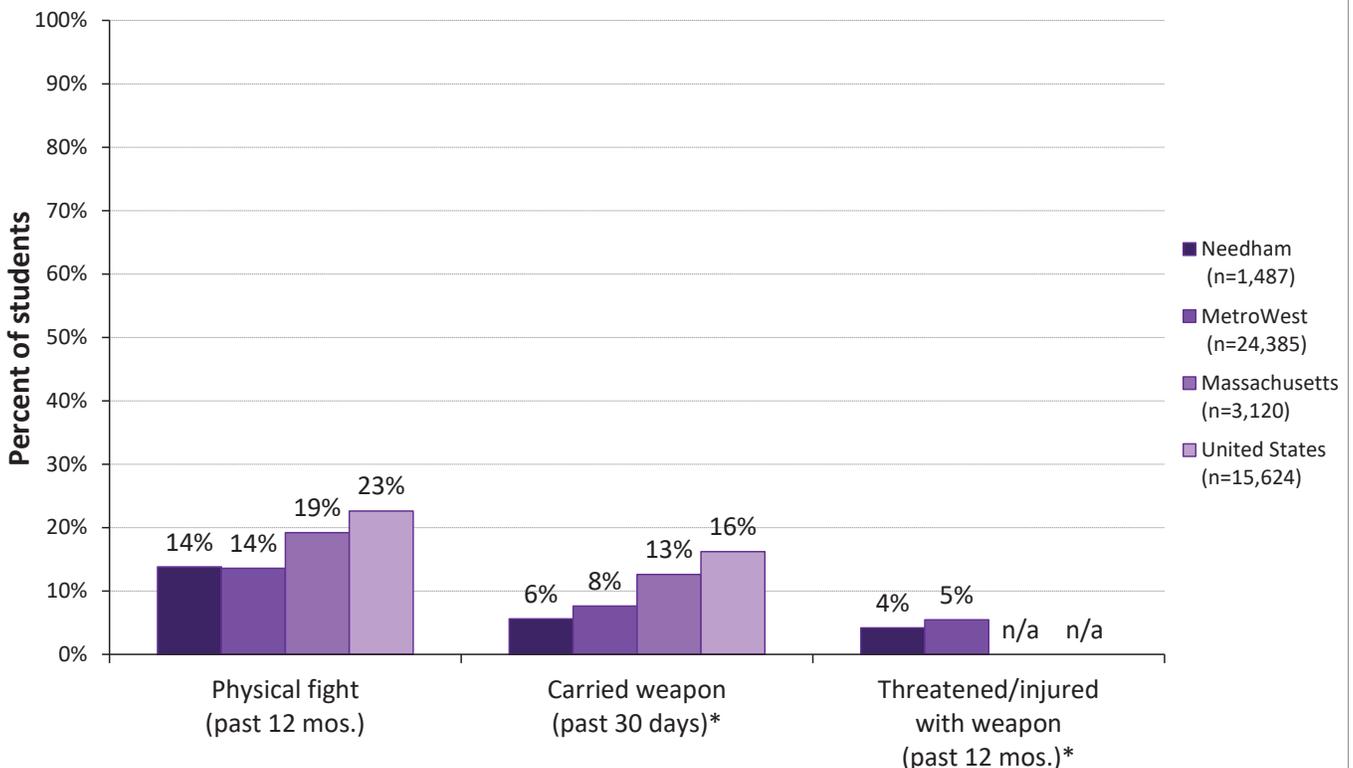
MetroWest Adolescent Health Survey



* For example, a gun, knife, or club

**Figure 3-1D. Fighting and Weapon Carrying at the District, Regional, State, and National Levels, 2016
Needham High School (Grades 9-12)**

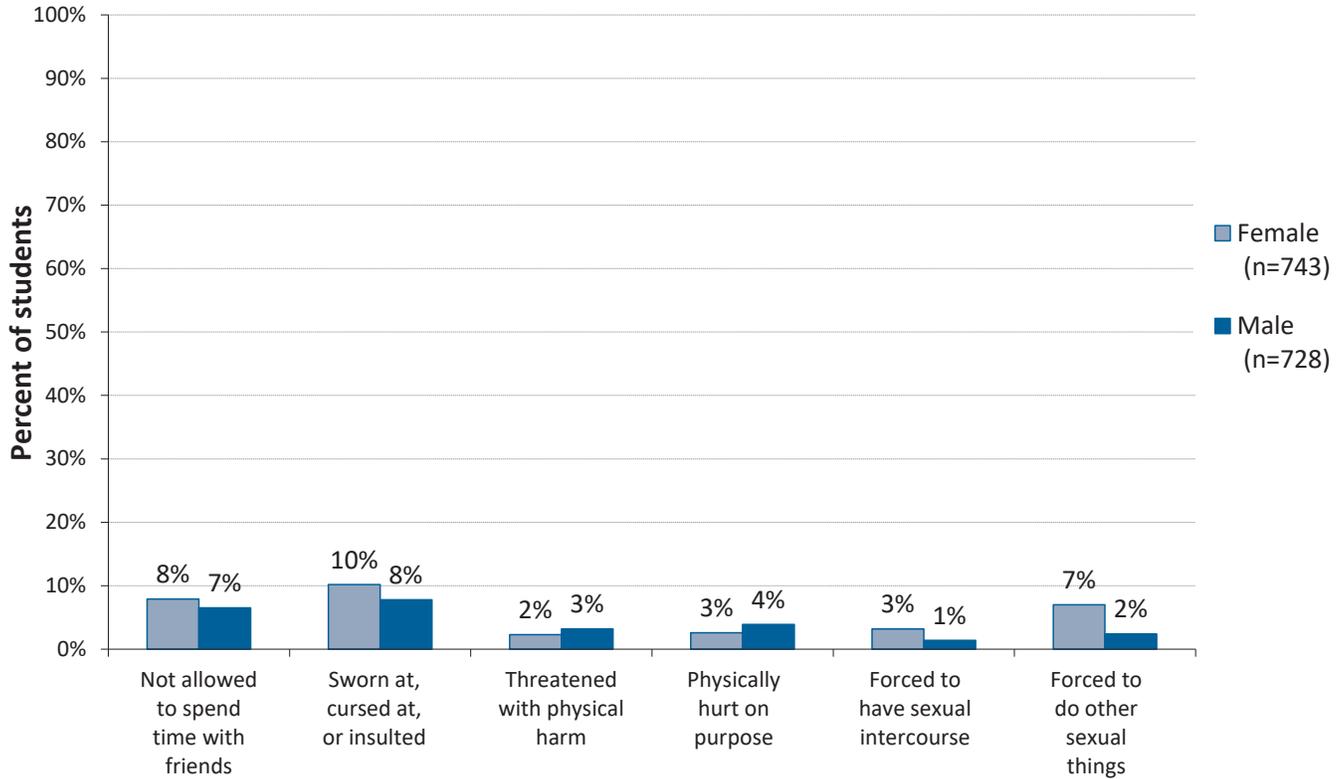
MetroWest Adolescent Health Survey



* For example, a gun, knife, or club

**Figure 3-2A. Lifetime Dating Violence* by Gender, 2016
Needham High School (Grades 9-12)**

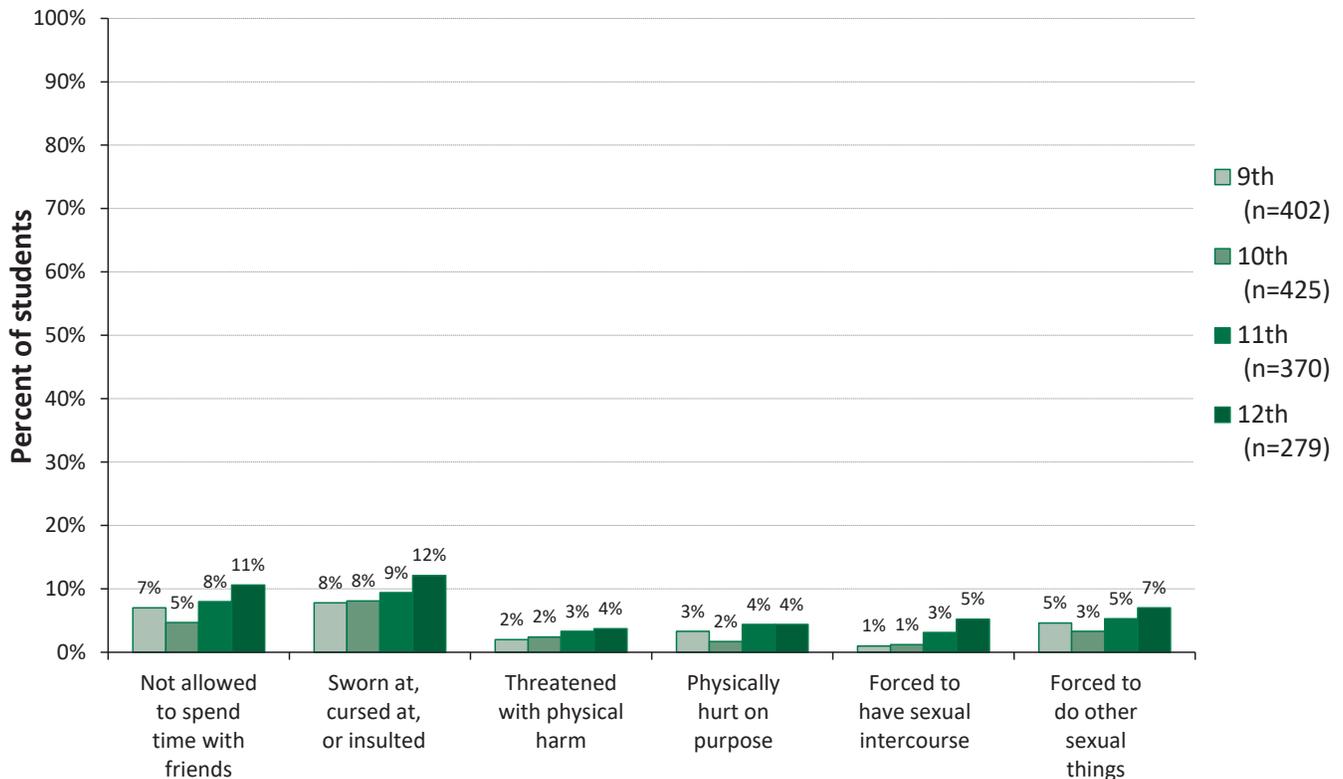
MetroWest Adolescent Health Survey



* By someone you were dating or going out with

**Figure 3-2B. Lifetime Dating Violence* by Grade, 2016
Needham High School (Grades 9-12)**

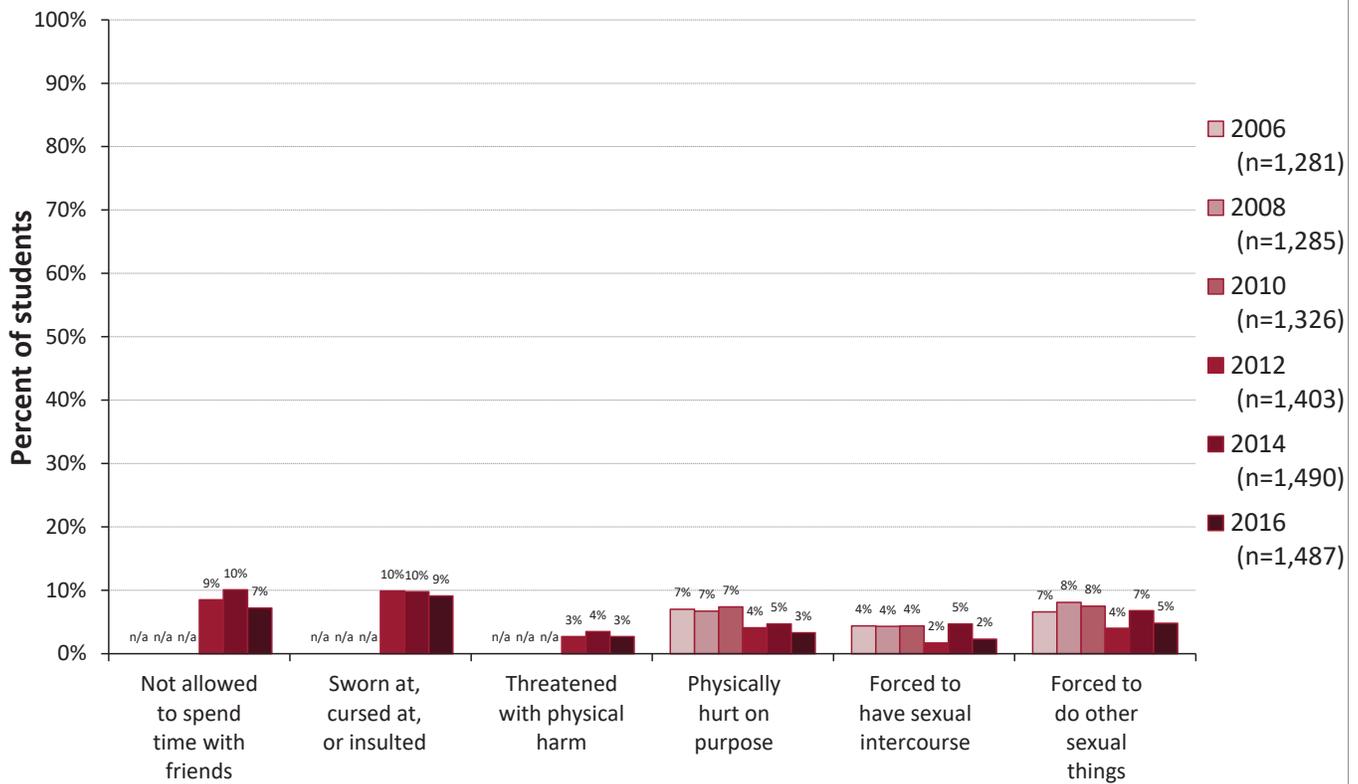
MetroWest Adolescent Health Survey



* By someone you were dating or going out with

**Figure 3-2C. Trends in Lifetime Dating Violence,* 2006-2016
Needham High School (Grades 9-12)**

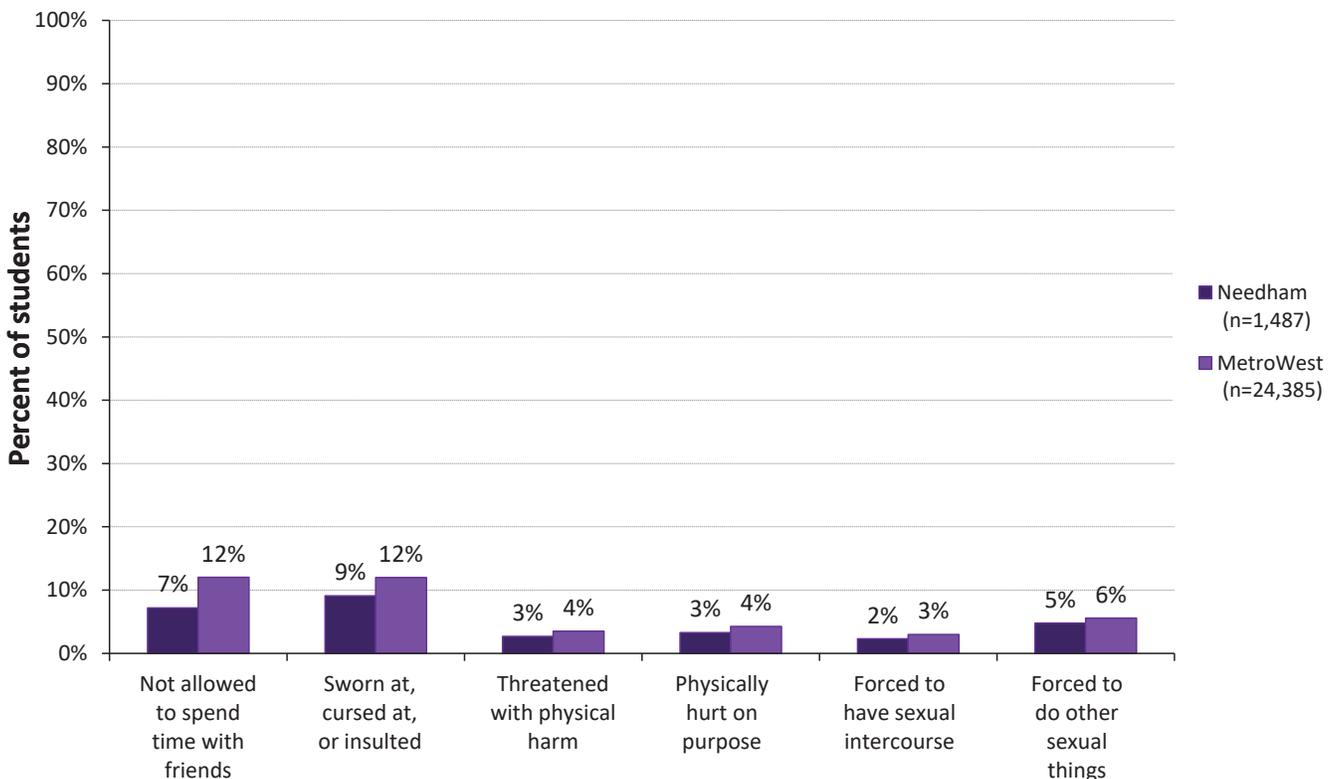
MetroWest Adolescent Health Survey



* By someone you were dating or going out with

**Figure 3-2D. Lifetime Dating Violence* at the District and Regional Levels, 2016
Needham High School (Grades 9-12)**

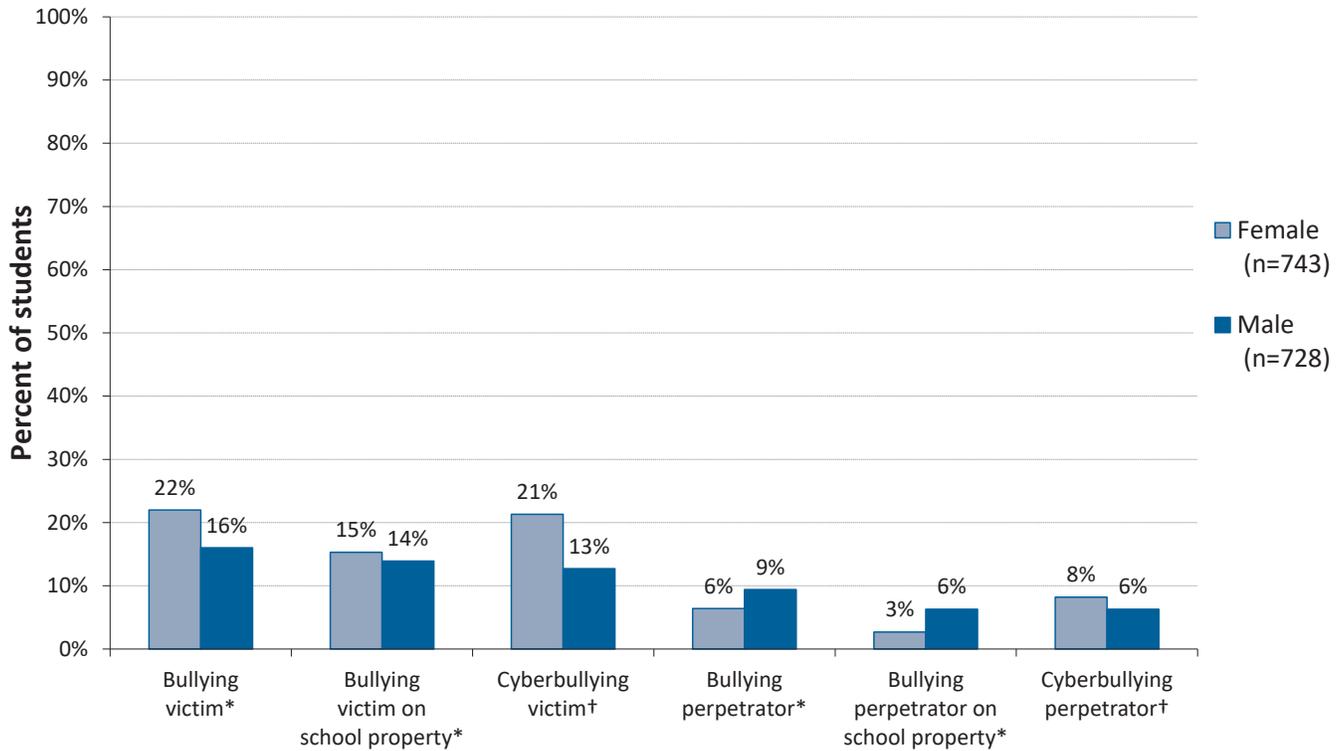
MetroWest Adolescent Health Survey



* By someone you were dating or going out with

Figure 3-3A. Bullying and Cyberbullying by Gender, 2016
Needham High School (Grades 9-12)

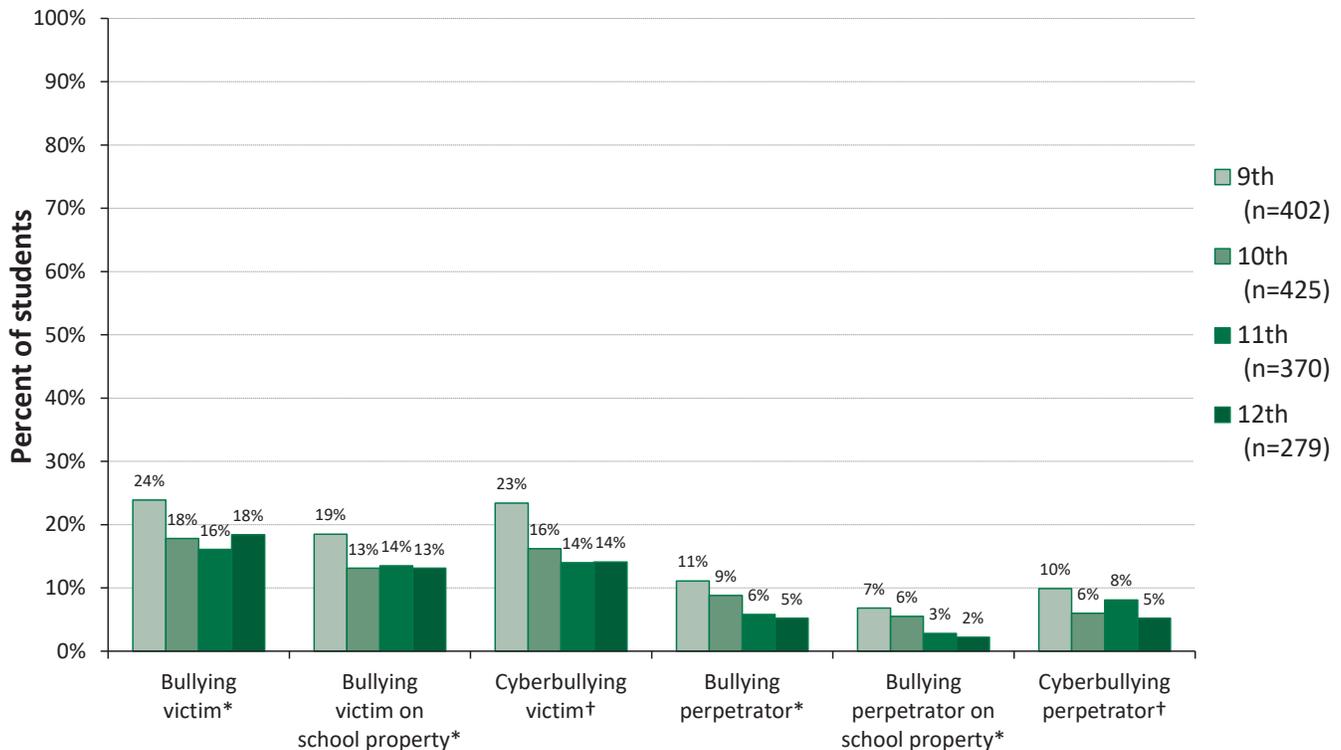
MetroWest Adolescent Health Survey



* 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

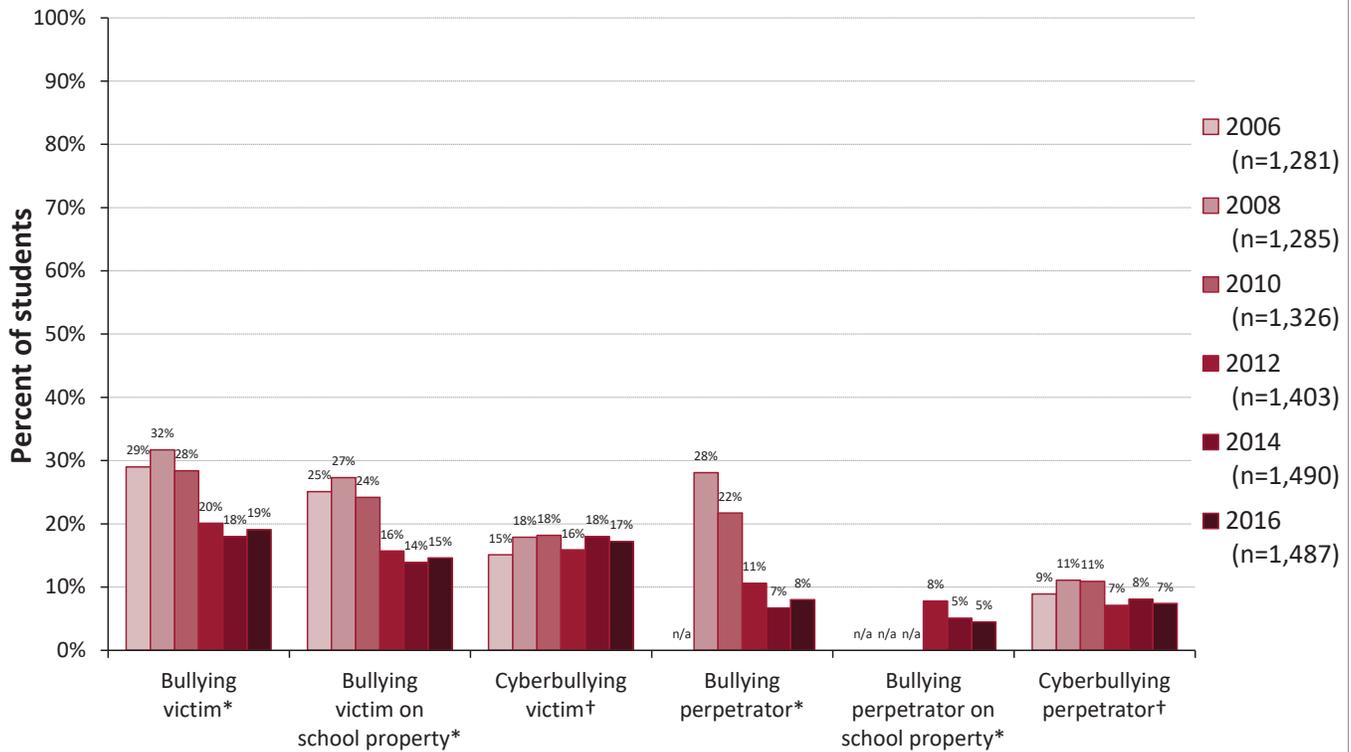
Figure 3-3B. Bullying and Cyberbullying by Grade, 2016
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey



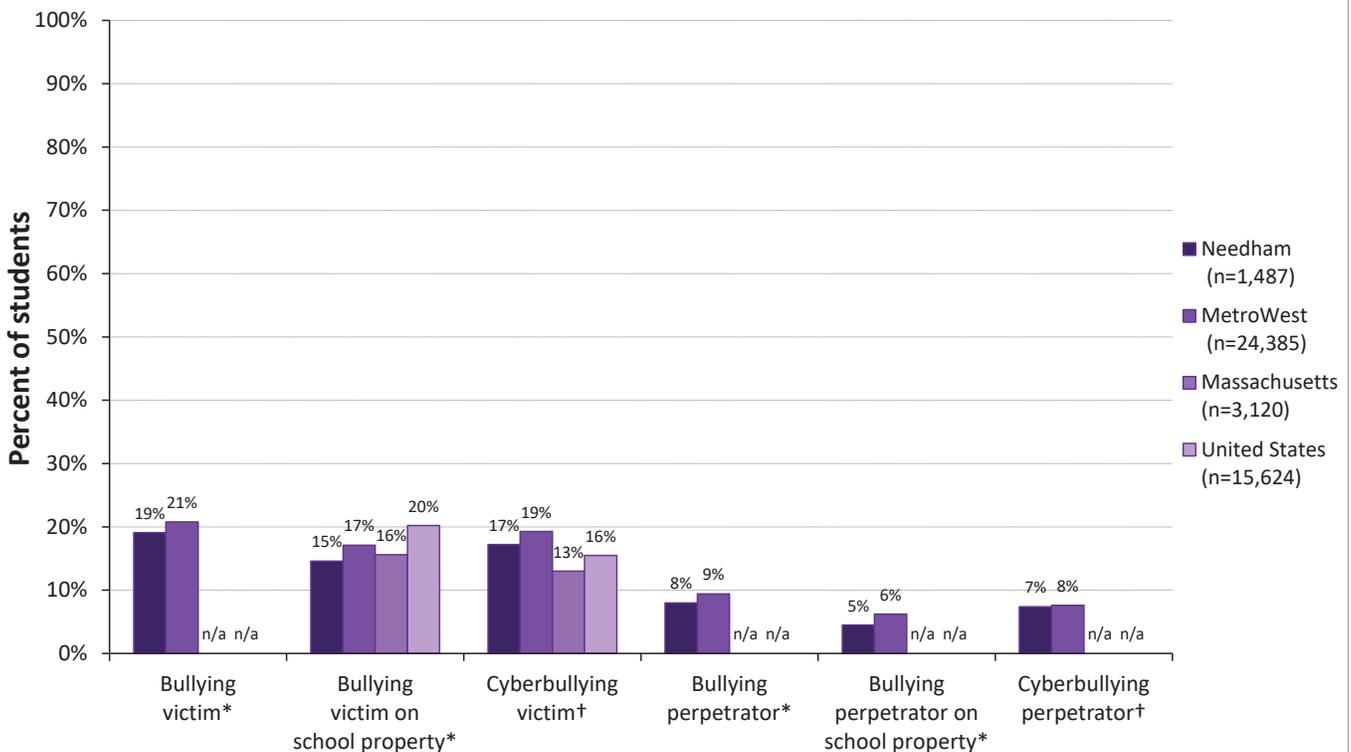
* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again
 † In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 3-3C. Trends in Bullying and Cyberbullying, 2006-2016
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

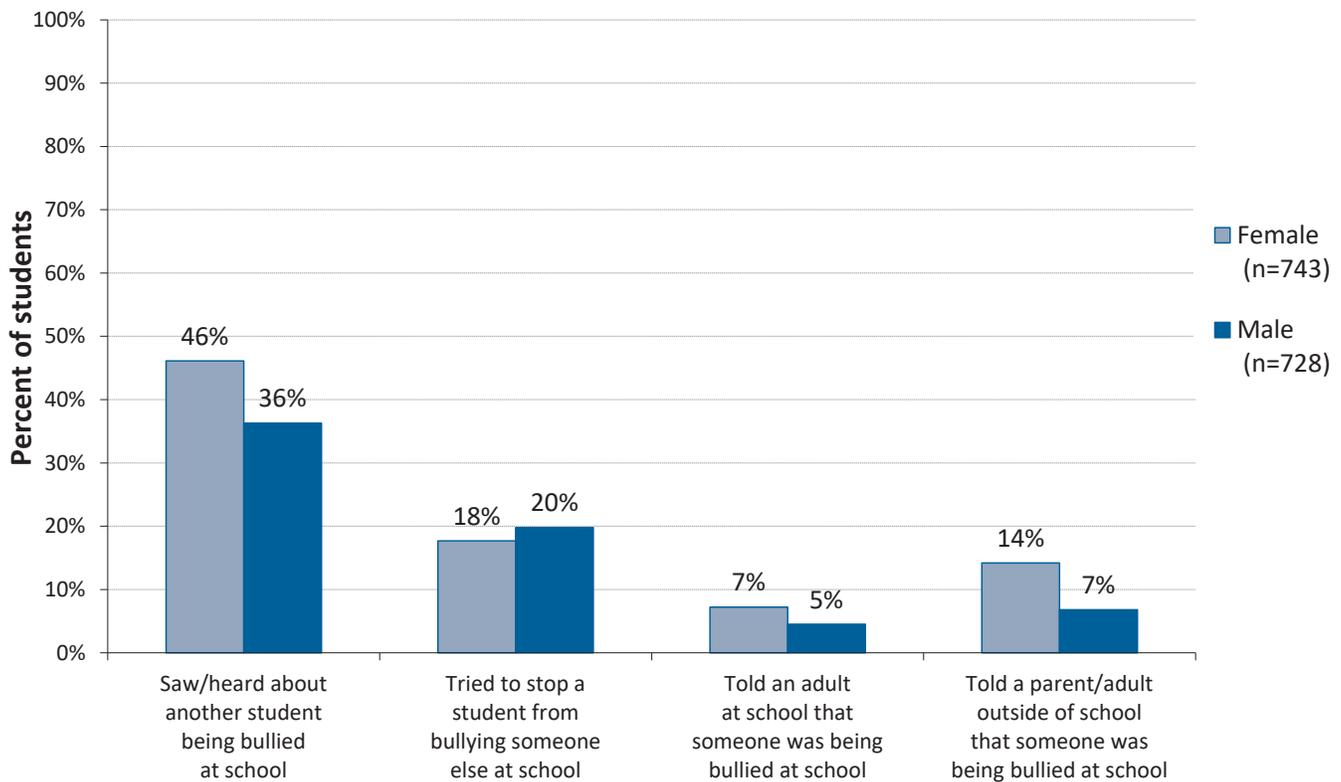
Figure 3-3D. Bullying and Cyberbullying at the District, Regional, State, and National Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



* 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 3-4A. School Bullying Bystander Behaviors* by Gender, 2016
Needham High School (Grades 9-12)**

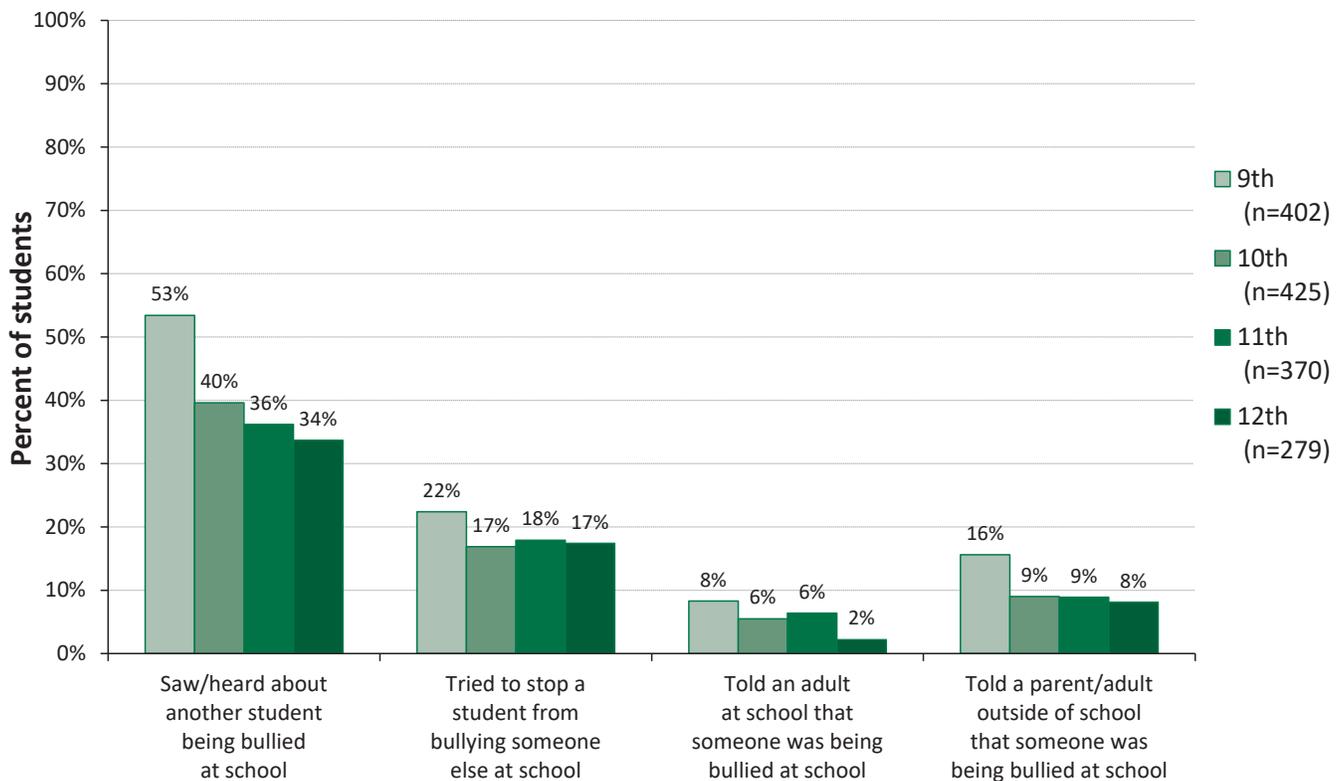
MetroWest Adolescent Health Survey



* 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, 2016
Needham High School (Grades 9-12)**

MetroWest Adolescent Health Survey

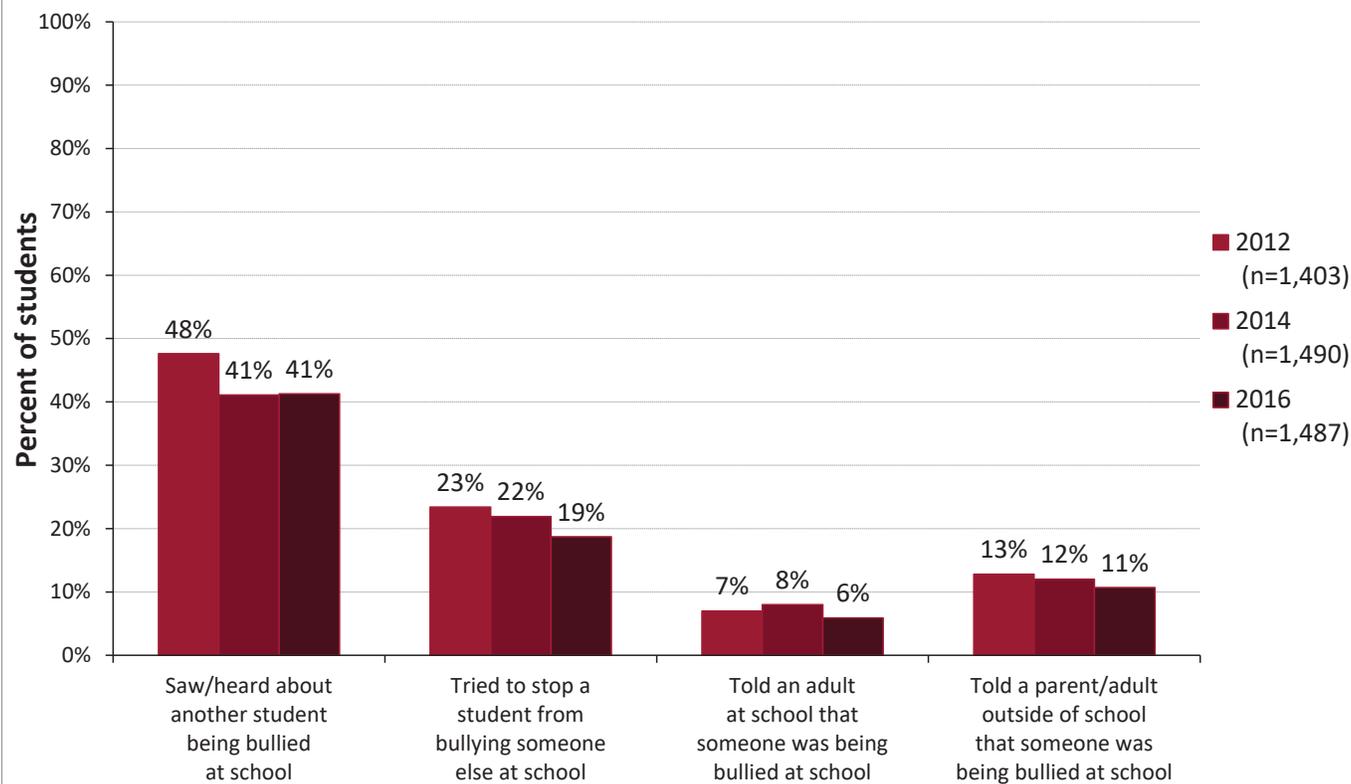


* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 3-4C. Trends in School Bullying Bystander Behaviors,* 2012-2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

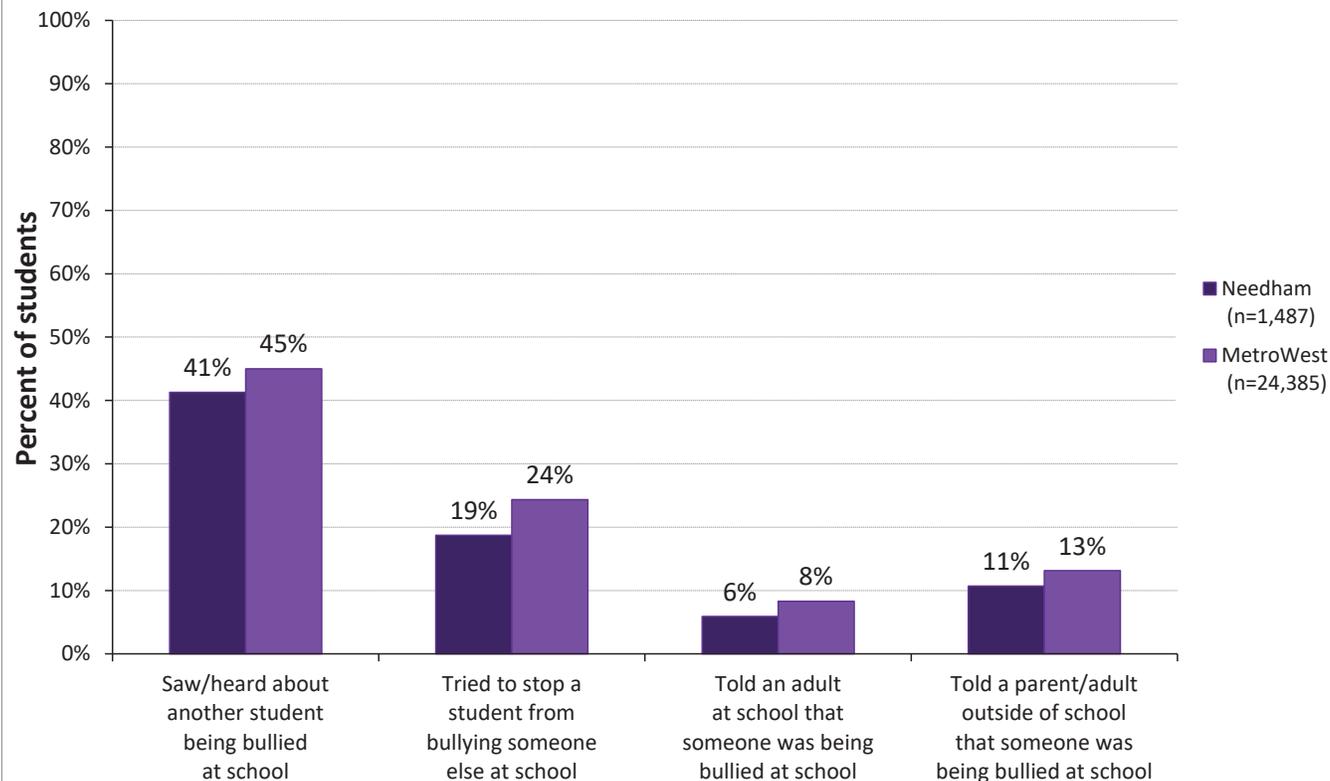


* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 3-4D. School Bullying Bystander Behaviors* at the District and Regional Levels, 2016

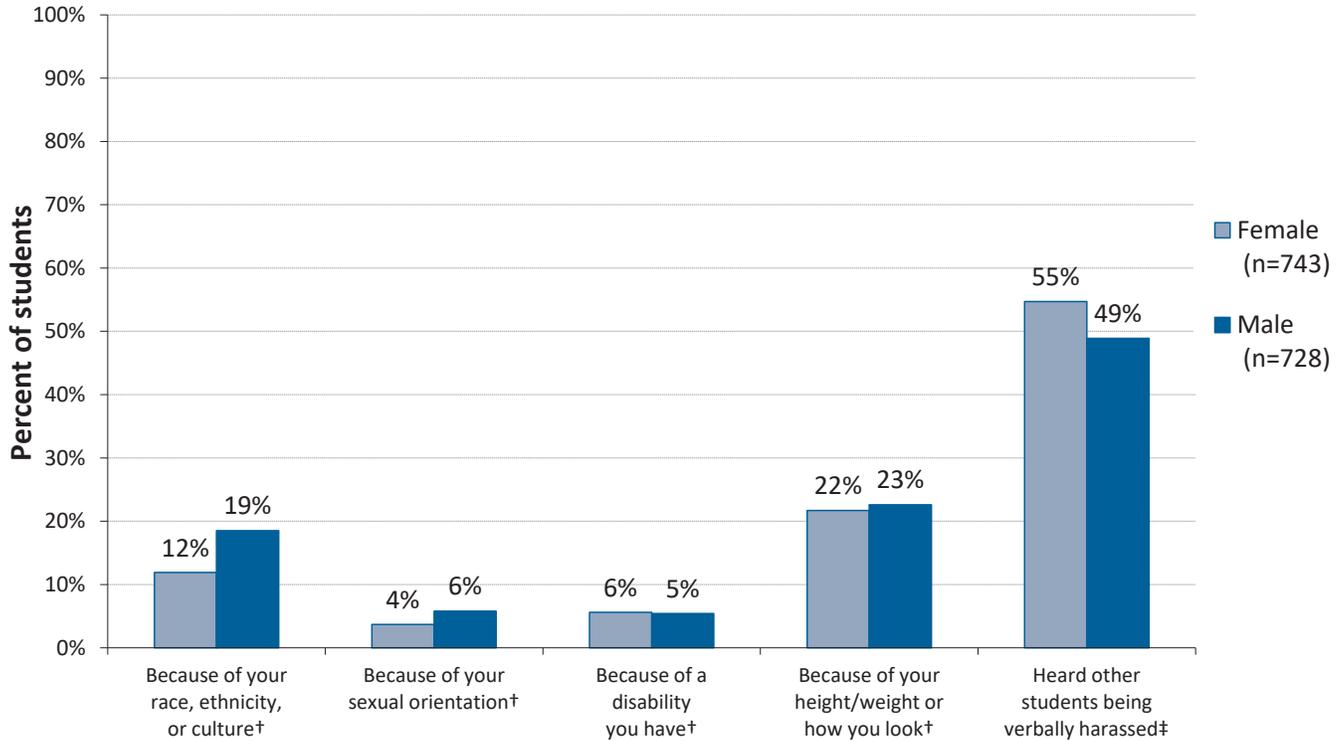
Needham High School (Grades 9-12)

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. Verbal Harassment* by Gender, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

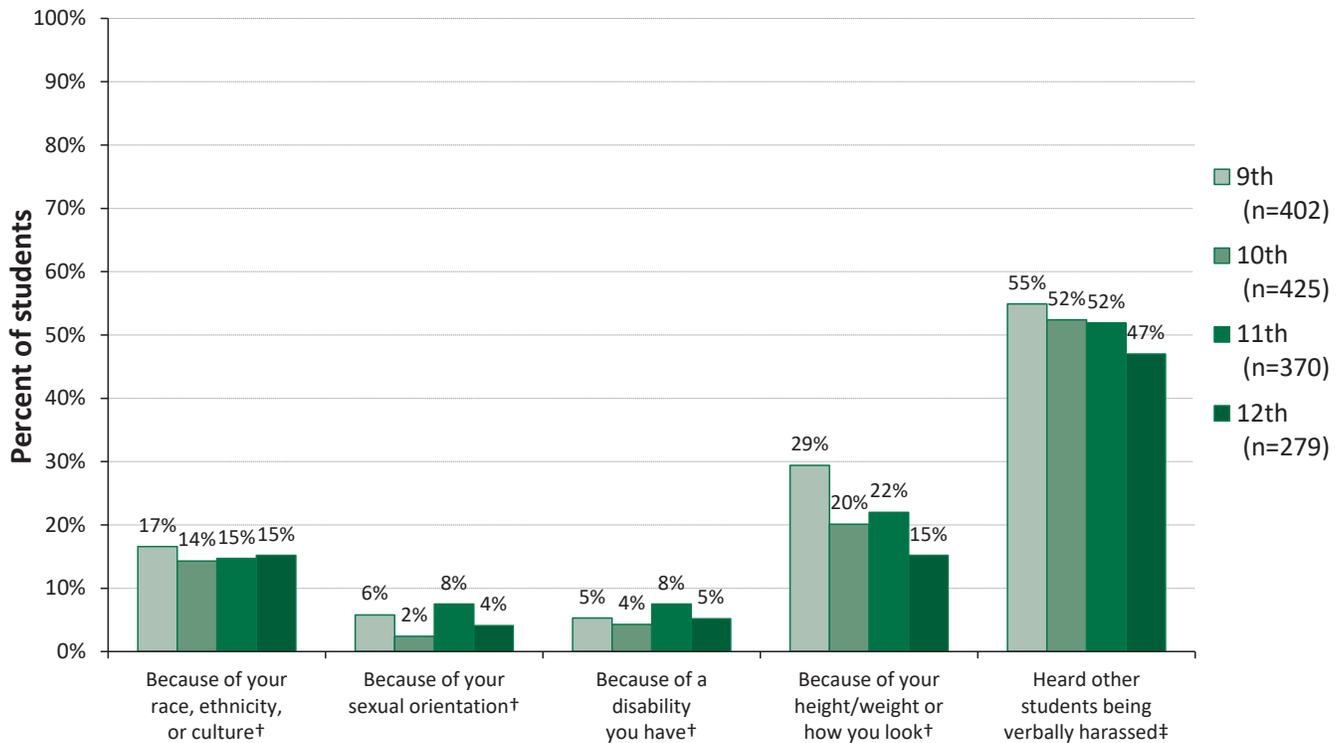


* Defined as being called names, teased, made fun of, embarrassed, or threatened one or more times by others at your school

† Past 12 months

‡ Because of their race/ethnicity, sexual orientation, disability, or how they look; past 30 days

Figure 3-5B. Verbal Harassment* by Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

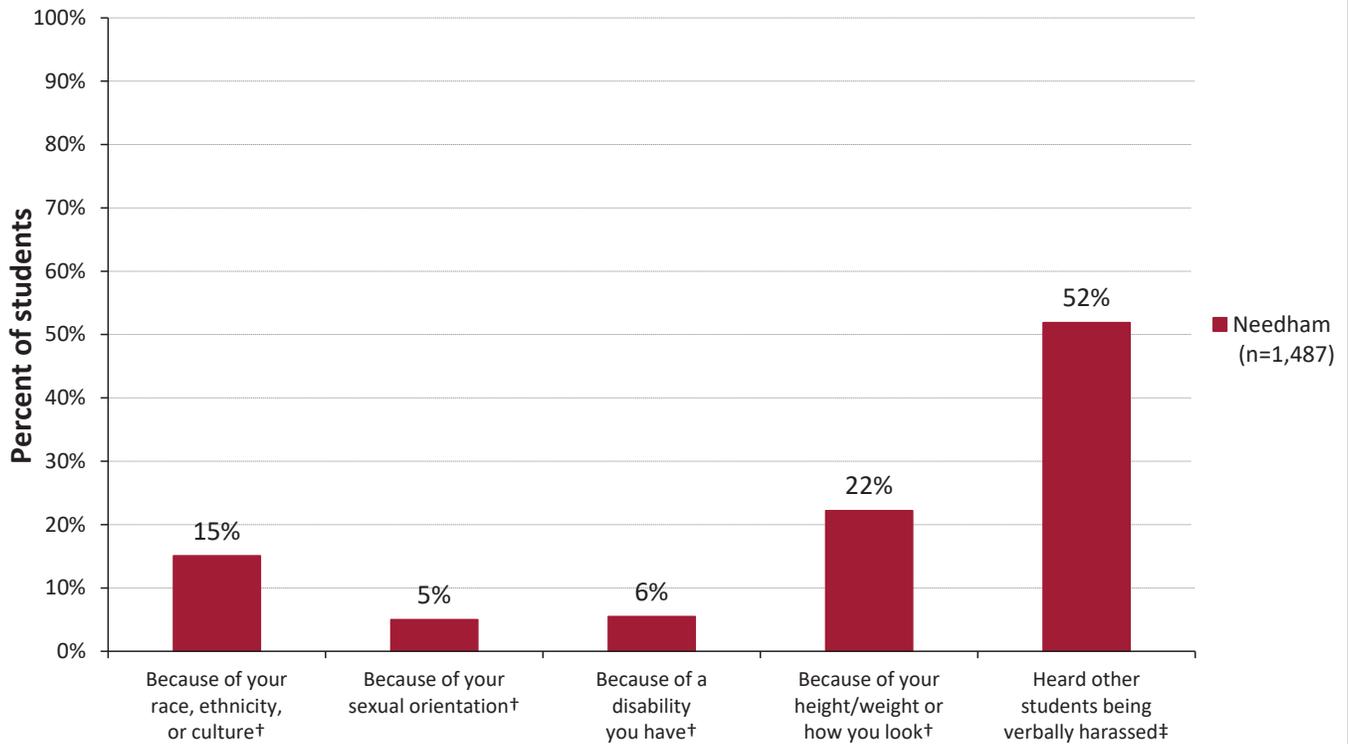


* Defined as being called names, teased, made fun of, embarrassed, or threatened one or more times by others at your school

† Past 12 months

‡ Because of their race/ethnicity, sexual orientation, disability, or how they look; past 30 days

Figure 3-5C. Verbal Harassment,* 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

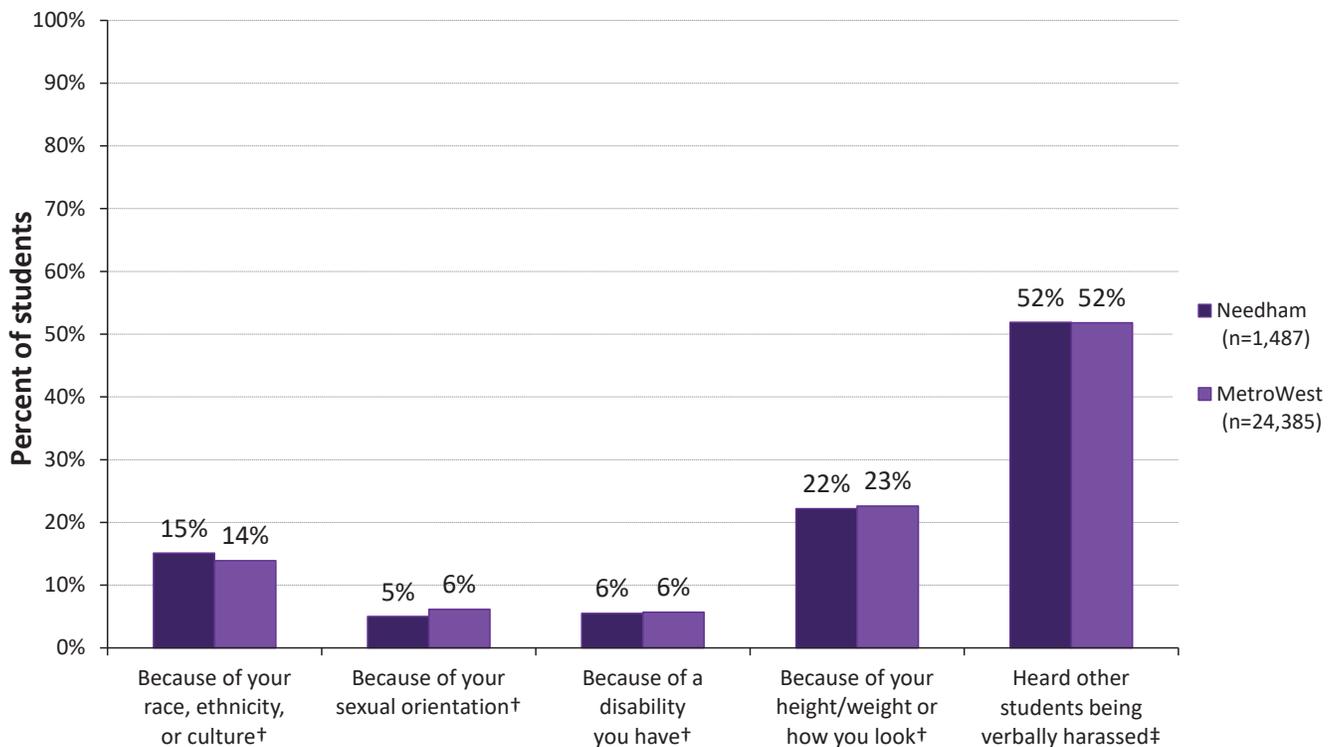


* Defined as being called names, teased, made fun of, embarrassed, or threatened one or more times by others at your school

[†] Past 12 months

[‡] Because of their race/ethnicity, sexual orientation, disability, or how they look; past 30 days

Figure 3-5D. Verbal Harassment* at the District and Regional Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



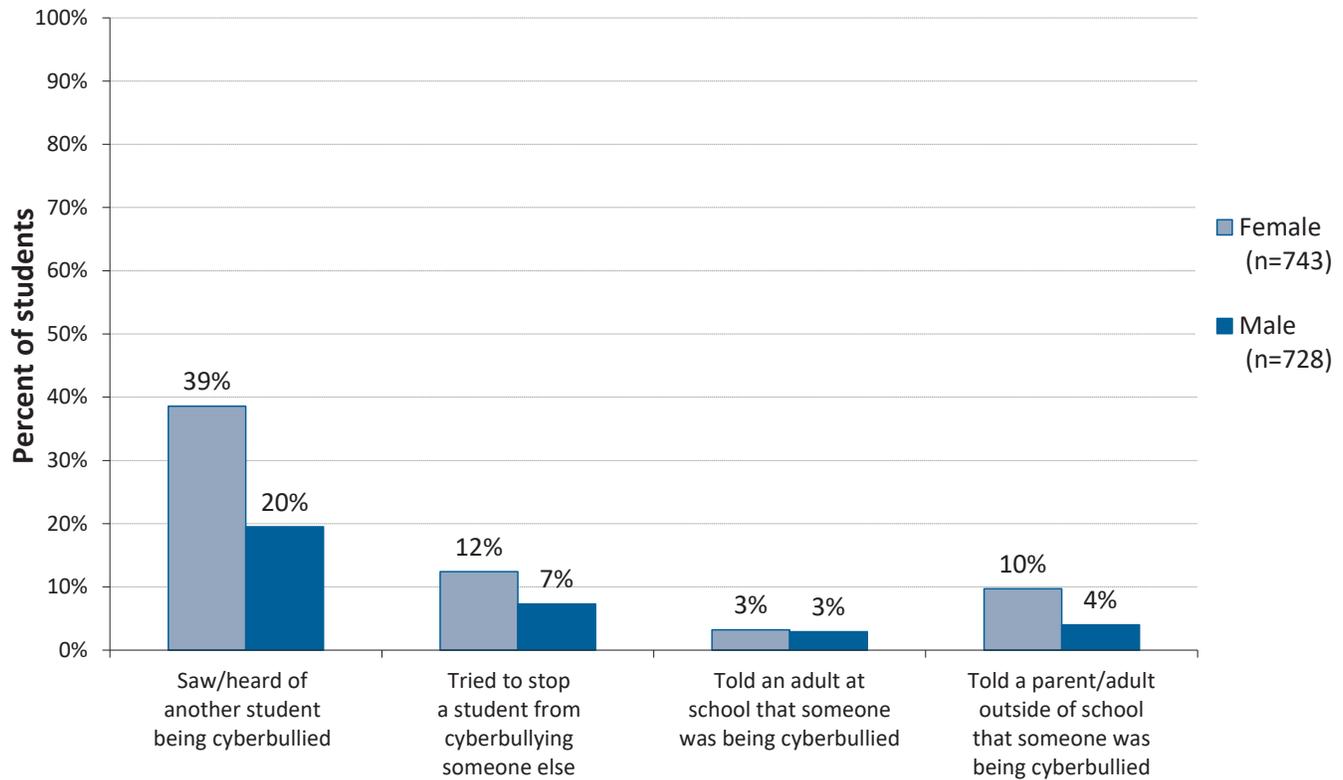
* Defined as being called names, teased, made fun of, embarrassed, or threatened one or more times by others at your school

[†] Past 12 months

[‡] Because of their race/ethnicity, sexual orientation, disability, or how they look; past 30 days

Figure 3-6A. Cyberbullying Bystander Behaviors* by Gender, 2016
Needham High School (Grades 9-12)

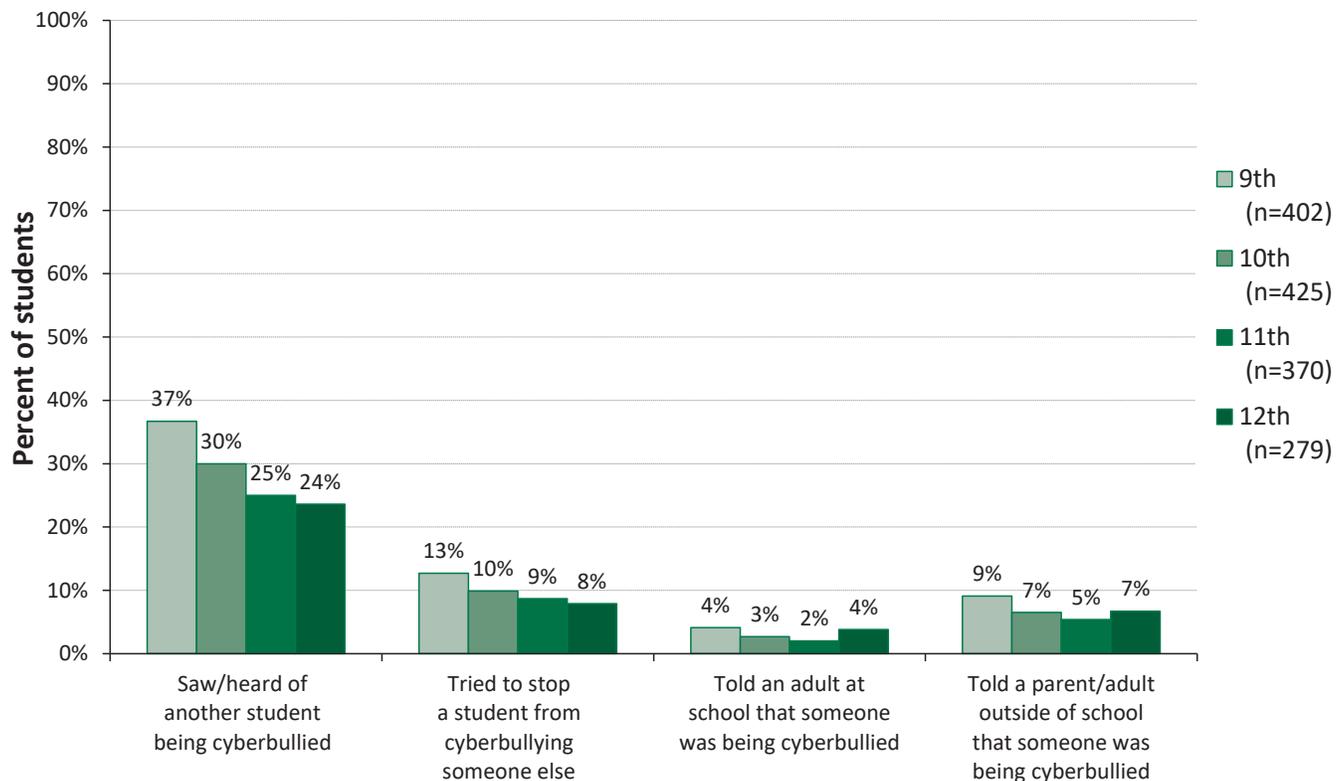
MetroWest Adolescent Health Survey



* 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 3-6B. Cyberbullying Bystander Behaviors* by Grade, 2016
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

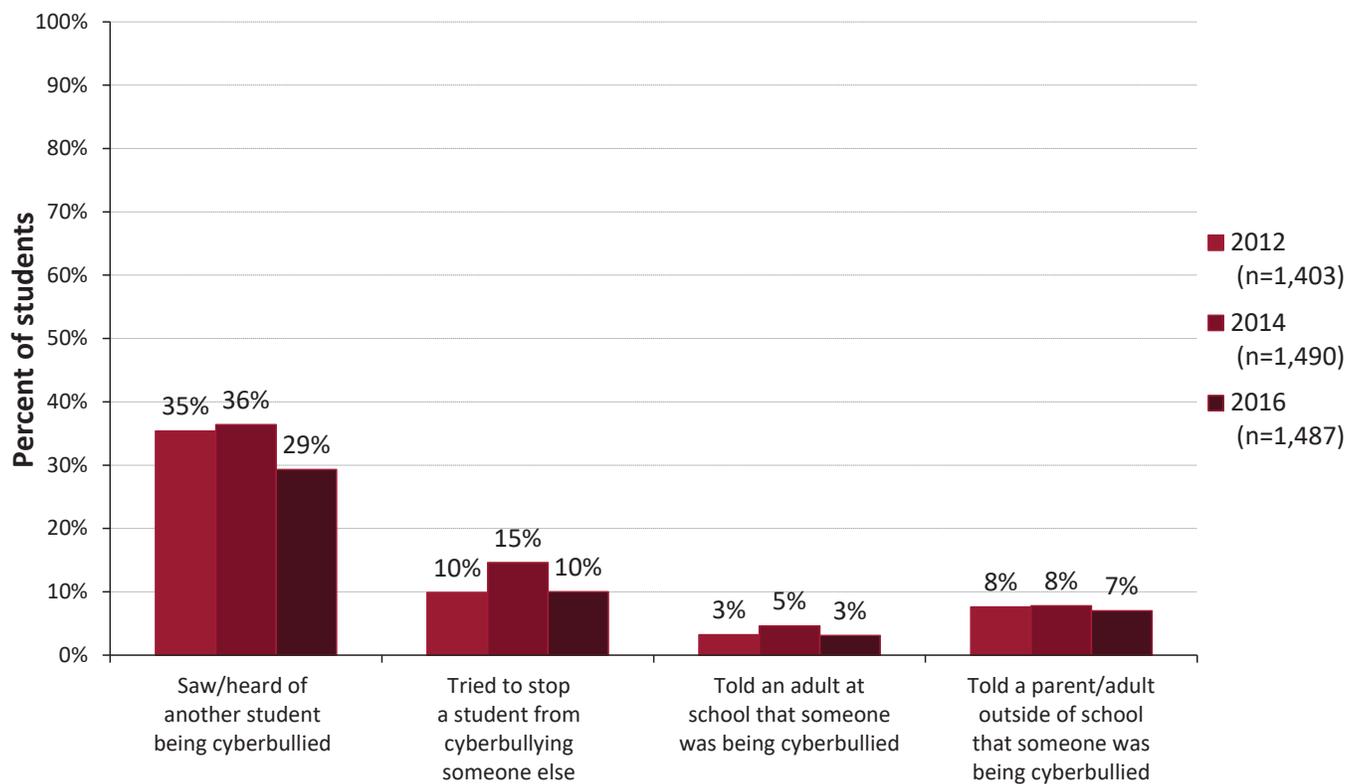


* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 3-6C. Trends in Cyberbullying Bystander Behaviors,* 2012-2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

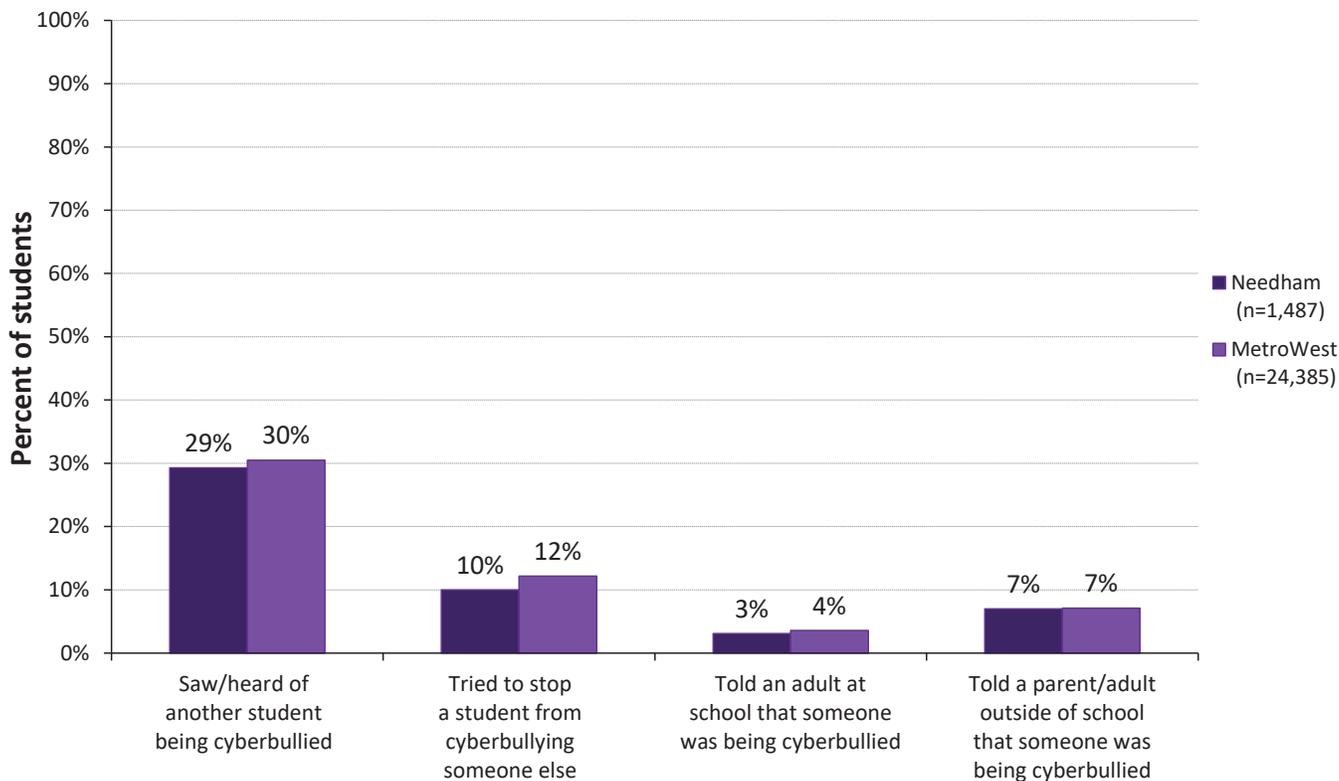


* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 3-6D. Cyberbullying Bystander Behaviors* at the District and Regional Levels, 2016

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

Table 3-1A. Violence, Safety-Related Behaviors, and Dating Violence by Gender and Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)			
	(1,487)	Female (743)	Male (728)	9 th (402)	10 th (425)	11 th (370)	12 th (279)
SAFETY							
Didn't go to school because of safety concerns (past 30 days)*	2.2	1.2	3.1	2.5	1.2	2.7	2.5
Had personal property stolen/damaged at school (past 12 months)	12.3	9.7	15.0	11.8	11.8	12.3	13.8
Concerned a student might physically hurt someone else (past 12 months)	16.2	16.1	16.2	19.6	17.5	15.7	9.5
Told an adult at school that you were concerned a student might physically hurt someone else (past 12 months)	3.1	2.6	3.7	3.6	3.9	2.6	1.9
Told an adult outside of school you were concerned a student might physically hurt someone else (past 12 months)	4.9	5.1	4.8	6.1	6.1	4.0	2.7
WEAPONS							
Threatened or injured with a weapon (past 12 months) [†]	4.2	1.9	6.4	5.8	3.6	3.8	2.9
Threatened or injured with a weapon on school property (past 12 months) [†]	2.8	0.9	4.6	2.7	3.3	2.7	1.8
Carried a weapon (past 30 days) [†]	5.6	2.2	9.2	6.5	5.2	5.7	4.4
Carried a weapon on school property (past 30 days) [†]	2.2	0.7	3.6	0.7	2.4	3.0	2.6
Carried a gun (past 12 months) [‡]	1.6	0.5	2.6	1.0	1.4	2.5	1.5
PHYSICAL FIGHTING (past 12 months)							
In a physical fight	13.8	5.4	22.2	17.0	13.2	11.7	12.4
In a physical fight on school property	3.3	0.4	6.0	3.7	3.3	3.0	2.6
Injured in a physical fight and received medical treatment	2.2	0.5	3.6	1.7	1.9	2.2	2.5
DATING VIOLENCE (lifetime)[§]							
Not allowed to spend time with friends	7.2	7.9	6.5	7.0	4.7	8.0	10.6
Sworn at, cursed at, or insulted	9.1	10.2	7.8	7.8	8.1	9.4	12.1
Threatened with physical harm	2.7	2.3	3.2	2.0	2.4	3.3	3.7
Physically hurt on purpose	3.3	2.6	3.9	3.3	1.7	4.4	4.4
Forced to have sexual intercourse	2.3	3.2	1.4	1.0	1.2	3.1	5.2
Forced to do other sexual things	4.8	7.0	2.4	4.6	3.3	5.3	7.0

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

† For example, a gun, knife, or club

‡ Does not include carrying a gun only for hunting or for a sport, such as target shooting

§ By someone you were dating or going out with

Table 3-1B. Violence, Safety-Related Behaviors, and Dating Violence, 2006 - 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham (%)						MetroWest Region (%)					
	2006 <i>(1,281)</i>	2008 <i>(1,285)</i>	2010 <i>(1,326)</i>	2012 <i>(1,403)</i>	2014 <i>(1,490)</i>	2016 <i>(1,487)</i>	2006 <i>(16,680)</i>	2008 <i>(20,406)</i>	2010 <i>(23,187)</i>	2012 <i>(24,459)</i>	2014 <i>(24,355)</i>	2016 <i>(24,385)</i>
SAFETY												
Didn't go to school because of safety concerns (past 30 days)*	2.7	3.6	3.9	3.8	3.4	2.2	3.6	3.7	4.0	4.0	3.5	3.5
Had personal property stolen/damaged at school (past 12 months)	15.8	16.7	14.6	12.5	15.6	12.3	21.2	20.8	19.0	15.2	13.6	12.5
Concerned a student might physically hurt someone else (past 12 months)	–	–	–	–	17.3	16.2	–	–	–	–	21.4	18.3
Told adult at school that you were concerned a student might physically hurt someone else (past 12 months)	–	–	–	–	2.8	3.1	–	–	–	–	4.0	3.5
Told adult outside of school you were concerned a student might physically hurt someone else (past 12 months)	–	–	–	–	4.2	4.9	–	–	–	–	5.6	5.1
WEAPONS												
Threatened or injured with a weapon (past 12 months) [†]	6.6	6.3	5.4	4.7	5.8	4.2	9.4	8.3	8.3	6.5	5.6	5.5
Threatened or injured with a weapon on school property (past 12 months) [†]	3.9	3.9	2.8	3.1	3.7	2.8	5.1	4.6	4.6	3.5	3.1	2.8
Carried a weapon (past 30 days) [†]	4.7	5.2	3.9	4.7	5.6	5.6	8.2	7.3	7.3	6.8	6.6	7.6
Carried a weapon on school property (past 30 days) [†]	2.4	2.9	2.3	2.5	2.7	2.2	3.3	3.1	3.0	2.5	2.0	1.9
Carried a gun (past 12 months) [‡]	–	–	–	–	–	1.6	–	–	–	–	–	1.5
PHYSICAL FIGHTING (past 12 months)												
In a physical fight	20.3	20.6	17.0	12.8	14.0	13.8	26.0	23.9	21.7	16.8	14.1	13.6
In a physical fight on school property	6.9	6.3	5.0	4.1	4.2	3.3	8.7	8.3	7.4	5.5	4.2	3.9
Injured in a physical fight and received medical treatment	2.4	3.3	3.0	2.4	2.6	2.2	3.4	3.7	3.4	2.7	2.1	1.9
DATING VIOLENCE (lifetime)[§]												
Not allowed to spend time with friends	–	–	–	8.5	10.1	7.2	–	–	–	13.9	13.0	12.0
Sworn at, cursed at, or insulted	–	–	–	9.9	9.8	9.1	–	–	–	14.9	12.3	12.0
Threatened with physical harm	–	–	–	2.7	3.5	2.7	–	–	–	4.1	3.8	3.5
Physically hurt on purpose	7.0	6.7	7.4	4.1	4.7	3.3	9.4	9.5	9.3	5.8	5.2	4.3
Forced to have sexual intercourse	4.4	4.3	4.4	1.7	4.7	2.3	5.6	5.6	5.9	3.7	3.8	3.0
Forced to do other sexual things	6.6	8.1	7.5	4.0	6.8	4.8	8.3	9.0	9.2	6.7	6.1	5.6

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

† For example, a gun, knife, or club

‡ Does not include carrying a gun only for hunting or for a sport, such as target shooting

§ By someone you were dating or going out with

Table 3-1C. Violence, Safety-Related Behaviors, and Dating Violence at the District, Regional, State, and National Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham 2016 MWAHS	MetroWest Region 2016 MWAHS	Massachusetts 2015 YRBS	United States 2015 YRBS
	<i>(1,487)</i>	<i>(24,385)</i>	<i>(3,120)</i>	<i>(15,624)</i>
SAFETY				
Didn't go to school because of safety concerns (past 30 days)*	2.2	3.5	4.8	5.6
Had personal property stolen/damaged at school (past 12 months)	12.3	12.5	–	–
Concerned a student might physically hurt someone else (past 12 months)	16.2	18.3	–	–
Told adult at school that you were concerned a student might physically hurt someone else (past 12 months)	3.1	3.5	–	–
Told adult outside of school you were concerned a student might physically hurt someone else (past 12 months)	4.9	5.1	–	–
WEAPONS				
Threatened or injured with a weapon (past 12 months) [†]	4.2	5.5	–	–
Threatened or injured with a weapon on school property (past 12 months) [†]	2.8	2.8	4.1	6.0
Carried a weapon (past 30 days) [†]	5.6	7.6	12.6	16.2
Carried a weapon on school property (past 30 days) [†]	2.2	1.9	3.2	4.1
Carried a gun (past 12 months) [‡]	1.6	1.5	2.7	5.3
PHYSICAL FIGHTING (past 12 months)				
In a physical fight	13.8	13.6	19.2	22.6
In a physical fight on school property	3.3	3.9	5.6	7.8
Injured in a physical fight and received medical treatment	2.2	1.9	2.0	2.9
DATING VIOLENCE (lifetime)[§]				
Not allowed to spend time with friends	7.2	12.0	–	–
Sworn at, cursed at, or insulted	9.1	12.0	–	–
Threatened with physical harm	2.7	3.5	–	–
Physically hurt on purpose	3.3	4.3	–	–
Forced to have sexual intercourse	2.3	3.0	–	–
Forced to do other sexual things	4.8	5.6	–	–

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

† For example, a gun, knife, or club

‡ Does not include carrying a gun only for hunting or for a sport, such as target shooting

§ By someone you were dating or going out with

Table 3-2A. Bullying, Cyberbullying, and Harassment by Gender and Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
	(1,487)	Female (743)	Male (728)	9 th (402)	10 th (425)	11 th (370)	12 th (279)
<i>BULLYING (past 12 months)*</i>							
Been a victim of bullying	19.1	22.0	16.0	23.9	17.8	16.1	18.4
Been a victim of bullying on school property	14.6	15.3	13.9	18.5	13.1	13.5	13.1
Bullied someone else	8.0	6.4	9.4	11.1	8.8	5.8	5.2
Bullied someone else on school property	4.5	2.7	6.3	6.8	5.5	2.8	2.2
Talked to a teacher/adult at school about being bullied	6.9	7.7	6.1	8.5	5.7	6.8	6.3
Talked to a parent/adult outside of school about being bullied	11.3	13.4	9.0	15.1	9.3	9.9	10.7
Saw or heard about another student being bullied at school	41.3	46.1	36.3	53.4	39.6	36.2	33.7
Tried to stop another student from bullying someone else at school	18.7	17.7	19.8	22.4	16.9	17.9	17.4
Told an adult at school that someone was being bullied at school	5.9	7.2	4.5	8.3	5.5	6.4	2.2
Told a parent/adult outside of school that someone was being bullied at school	10.7	14.2	6.8	15.6	9.0	8.9	8.1
<i>CYBERBULLYING (past 12 months) †</i>							
Been a victim of cyberbullying	17.2	21.3	12.7	23.4	16.2	14.0	14.1
Cyberbullied someone else	7.4	8.2	6.3	9.9	6.0	8.1	5.2
Talked to a teacher/adult at school about being cyberbullied	3.4	3.5	3.3	4.3	3.8	3.3	1.9
Talked to a parent/adult outside of school about being cyberbullied	6.0	7.8	4.2	9.2	5.3	5.3	3.7
Saw or heard about another student being cyberbullied	29.3	38.6	19.5	36.7	30.0	25.0	23.6
Tried to stop a student from cyberbullying someone else	10.0	12.4	7.3	12.7	9.9	8.7	7.9
Told an adult at school that someone was being cyberbullied	3.1	3.2	2.9	4.1	2.7	2.0	3.8
Told a parent/adult outside of school that someone was being cyberbullied	7.0	9.7	4.0	9.1	6.5	5.4	6.7
<i>VERBAL HARASSMENT ‡</i>							
Verbally harassed because of your race, ethnicity, or culture (past 12 months)	15.1	11.9	18.5	16.6	14.3	14.7	15.2
Verbally harassed because of your sexual orientation (past 12 months)	5.0	3.7	5.8	5.8	2.4	7.5	4.1
Verbally harassed because of a disability you have (past 12 months)	5.5	5.6	5.4	5.3	4.3	7.5	5.2
Verbally harassed because of your height or weight or how you look (past 12 months)	22.2	21.7	22.6	29.4	20.1	22.0	15.2
Heard other students being verbally harassed (past 30 days) §	51.9	54.7	48.9	54.9	52.4	51.9	47.0

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

† Defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten, or spread rumors about someone. Includes being bullied through texting, email, and social media

‡ Defined as being called names, teased, made fun of, embarrassed, or threatened one or more times by others at your school

§ Because of their race/ethnicity, sexual orientation, disability, or how they look

Table 3-2B. Bullying, Cyberbullying, and Harassment, 2006 - 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham (%)						MetroWest Region (%)					
	2006 (1,281)	2008 (1,285)	2010 (1,326)	2012 (1,403)	2014 (1,490)	2016 (1,487)	2006 -	2008 -	2010 -	2012 -	2014 -	2016 -
BULLYING (past 12 months)*												
Been a victim of bullying	29.0	31.7	28.4	20.1	18.0	19.1	28.6	29.3	31.8	27.0	23.7	20.8
Been a victim of bullying on school property	25.1	27.3	24.2	15.7	13.9	14.6	25.5	25.9	28.2	22.9	20.0	17.1
Bullied someone else	-	28.1	21.7	10.6	6.7	8.0	-	26.7	24.9	15.9	10.7	9.4
Bullied someone else on school property	-	-	-	7.8	5.1	4.5	-	-	-	11.4	7.3	6.2
Talked to a teacher/adult at school about being bullied	-	-	7.3	6.6	5.5	6.9	-	-	9.0	8.4	6.8	6.6
Talked to a parent/adult outside of school about being bullied	-	-	13.2	10.9	9.2	11.3	-	-	13.7	13.4	11.7	10.6
Saw or heard about another student being bullied at school	-	-	-	47.6	41.1	41.3	-	-	-	57.5	49.0	45.0
Tried to stop another student from bullying someone else at school	-	-	-	23.4	21.9	18.7	-	-	-	34.1	28.8	24.3
Told an adult at school that someone was being bullied at school	-	-	-	7.0	8.0	5.9	-	-	-	10.1	10.0	8.3
Told a parent/adult outside of school that someone was being bullied at school	-	-	-	12.8	12.0	10.7	-	-	-	15.8	14.4	13.1
CYBERBULLYING (past 12 months) †												
Been a victim of cyberbullying	15.1	17.9	18.2	15.9	18.0	17.2	14.6	15.8	20.0	21.5	21.2	19.3
Cyberbullied someone else	8.9	11.1	10.9	7.1	8.1	7.4	10.6	10.7	12.1	10.0	8.7	7.6
Talked to a teacher/adult at school about being cyberbullied	-	-	2.8	2.9	3.7	3.4	-	-	3.6	4.2	3.9	3.6
Talked to a parent/adult outside of school about being cyberbullied	-	-	4.7	5.8	5.8	6.0	-	-	5.5	6.9	6.7	6.2
Saw or heard about another student being cyberbullied	-	-	-	35.4	36.4	29.3	-	-	-	41.7	40.6	30.5
Tried to stop a student from cyberbullying someone else	-	-	-	9.9	14.6	10.0	-	-	-	15.2	15.8	12.2
Told an adult at school that someone was being cyberbullied	-	-	-	3.2	4.6	3.1	-	-	-	4.4	4.8	3.6
Told a parent/adult outside of school that someone was being cyberbullied	-	-	-	7.6	7.8	7.0	-	-	-	8.0	8.5	7.1
VERBAL HARASSMENT ‡												
Verbally harassed because of your race, ethnicity, or culture (past 12 months)	-	-	-	-	-	15.1	-	-	-	-	-	13.9
Verbally harassed because of your sexual orientation (past 12 months)	-	-	-	-	-	5.0	-	-	-	-	-	6.2
Verbally harassed because of a disability you have (past 12 months)	-	-	-	-	-	5.5	-	-	-	-	-	5.7
Verbally harassed because of your height or weight or how you look (past 12 months)	-	-	-	-	-	22.2	-	-	-	-	-	22.6
Heard other students being verbally harassed (past 30 days) §	-	-	-	-	-	51.9	-	-	-	-	-	51.8

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

† Defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten, or spread rumors about someone. Includes being bullied through texting, email, and social media

‡ Defined as being called names, teased, made fun of, embarrassed, or threatened one or more times by others at your school

§ Because of their race/ethnicity, sexual orientation, disability, or how they look

Table 3-2C. Bullying, Cyberbullying, and Harassment at the District, Regional, State, and National Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham 2016 MWAHS	MetroWest Region 2016 MWAHS	Massachusetts 2015 YRBS	United States 2015 YRBS
	<i>(1,487)</i>	<i>(24,385)</i>	<i>(3,120)</i>	<i>(15,624)</i>
BULLYING (past 12 months)*				
Been a victim of bullying	19.1	20.8	–	–
Been a victim of bullying on school property	14.6	17.1	15.6	20.2
Bullied someone else	8.0	9.4	–	–
Bullied someone else on school property	4.5	6.2	–	–
Talked to a teacher/adult at school about being bullied	6.9	6.6	–	–
Talked to a parent/adult outside of school about being bullied	11.3	10.6	–	–
Saw or heard about another student being bullied at school	41.3	45.0	–	–
Tried to stop another student from bullying someone else at school	18.7	24.3	–	–
Told an adult at school that someone was being bullied at school	5.9	8.3	–	–
Told a parent/adult outside of school that someone was being bullied at school	10.7	13.1	–	–
CYBERBULLYING (past 12 months) †				
Been a victim of cyberbullying	17.2	19.3	13.0	15.5
Cyberbullied someone else	7.4	7.6	–	–
Talked to a teacher/adult at school about being cyberbullied	3.4	3.6	–	–
Talked to a parent/adult outside of school about being cyberbullied	6.0	6.2	–	–
Saw or heard about another student being cyberbullied	29.3	30.5	–	–
Tried to stop a student from cyberbullying someone else	10.0	12.2	–	–
Told an adult at school that someone was being cyberbullied	3.1	3.6	–	–
Told a parent/adult outside of school that someone was being cyberbullied	7.0	7.1	–	–
VERBAL HARASSMENT ‡				
Verbally harassed because of your race, ethnicity, or culture (past 12 months)	15.1	13.9	–	–
Verbally harassed because of your sexual orientation (past 12 months)	5.0	6.2	–	–
Verbally harassed because of a disability you have (past 12 months)	5.5	5.7	–	–
Verbally harassed because of your height or weight or how you look (past 12 months)	22.2	22.6	–	–
Heard other students being verbally harassed (past 30 days) §	51.9	51.8	–	–

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

† Defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten, or spread rumors about someone. Includes being bullied through texting, email, and social media

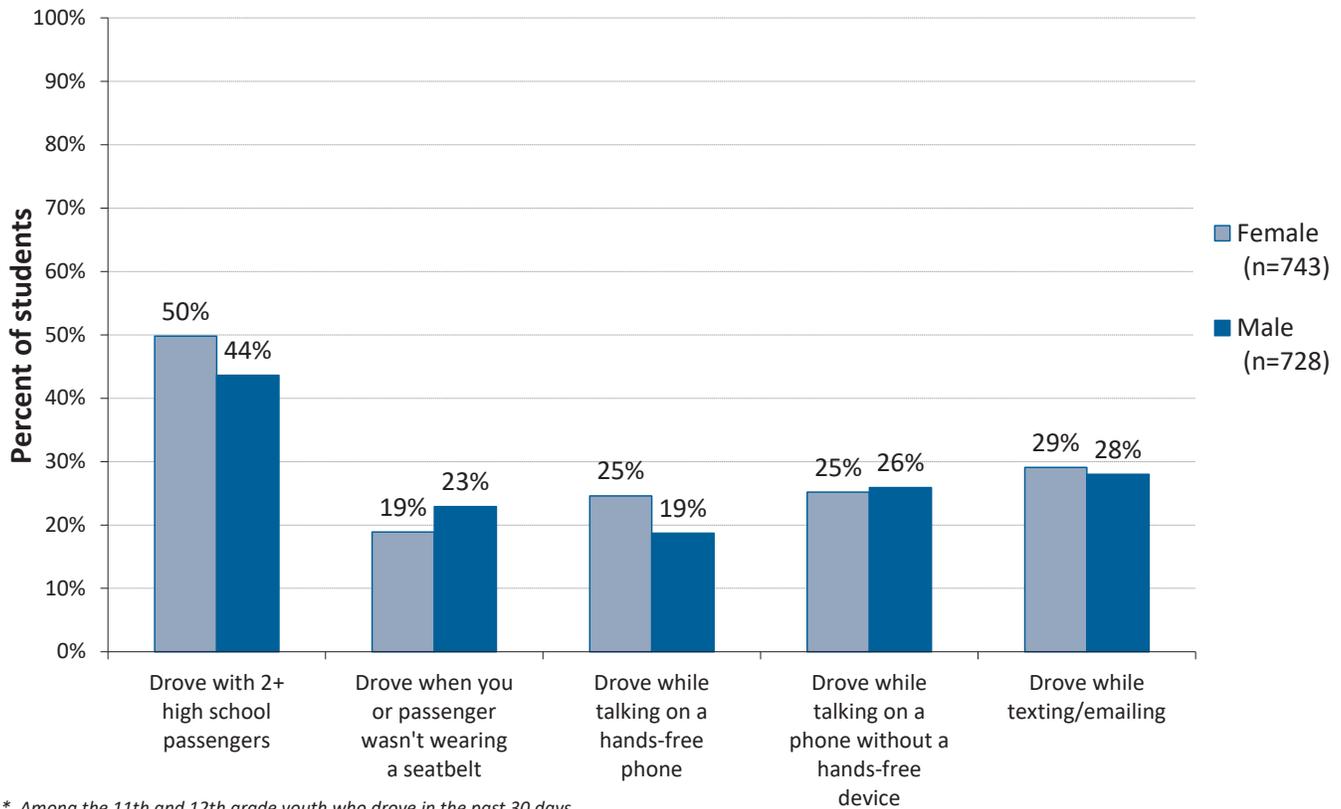
‡ Defined as being called names, teased, made fun of, embarrassed, or threatened one or more times by others at your school

§ Because of their race/ethnicity, sexual orientation, disability, or how they look

Section 4: **Unintentional Injury**

Figure 4-1A. Distracted Driving* by Gender, 2016 Needham High School (Grades 9-12)

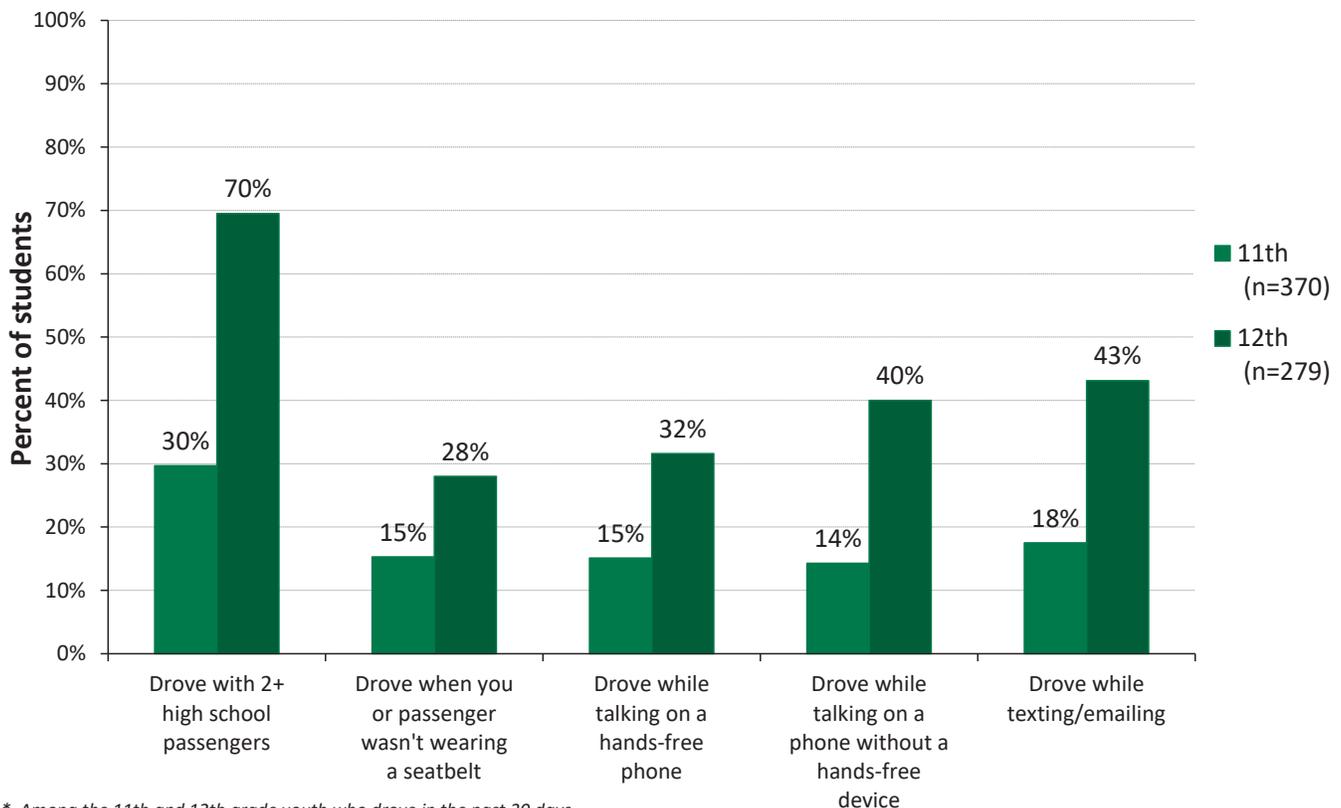
MetroWest Adolescent Health Survey



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

Figure 4-1B. Distracted Driving* by Grade, 2016 Needham High School (Grades 9-12)

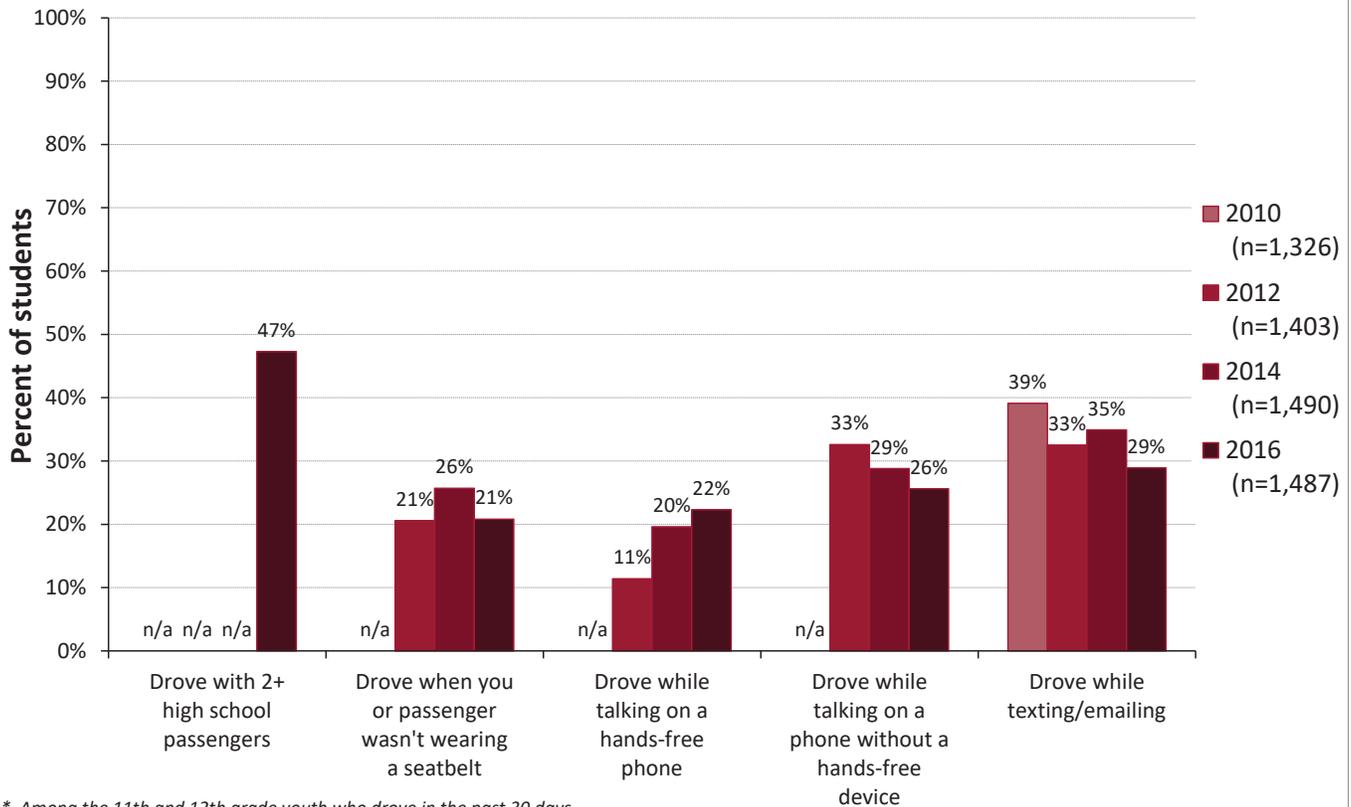
MetroWest Adolescent Health Survey



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

Figure 4-1C. Trends in Distracted Driving,* 2010-2016
Needham High School (Grades 9-12)

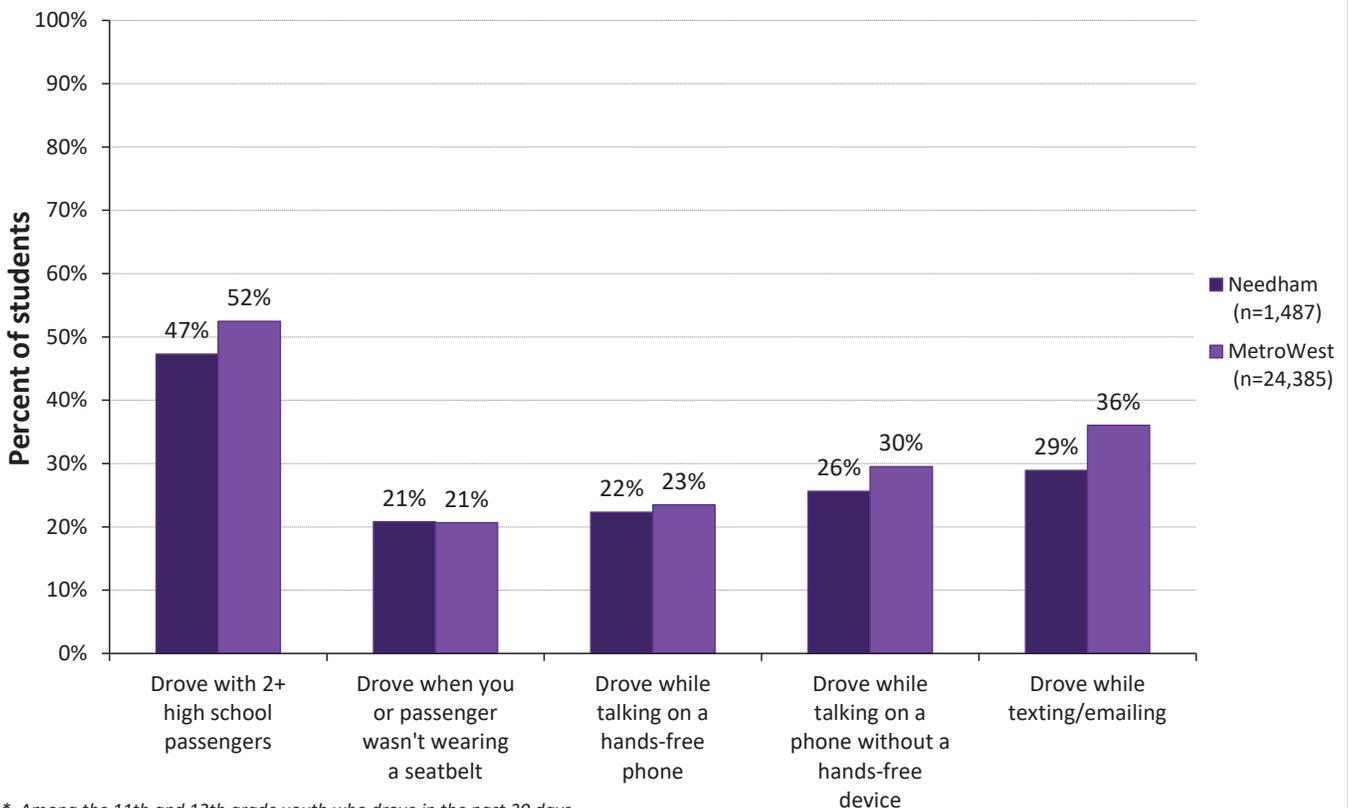
MetroWest Adolescent Health Survey



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

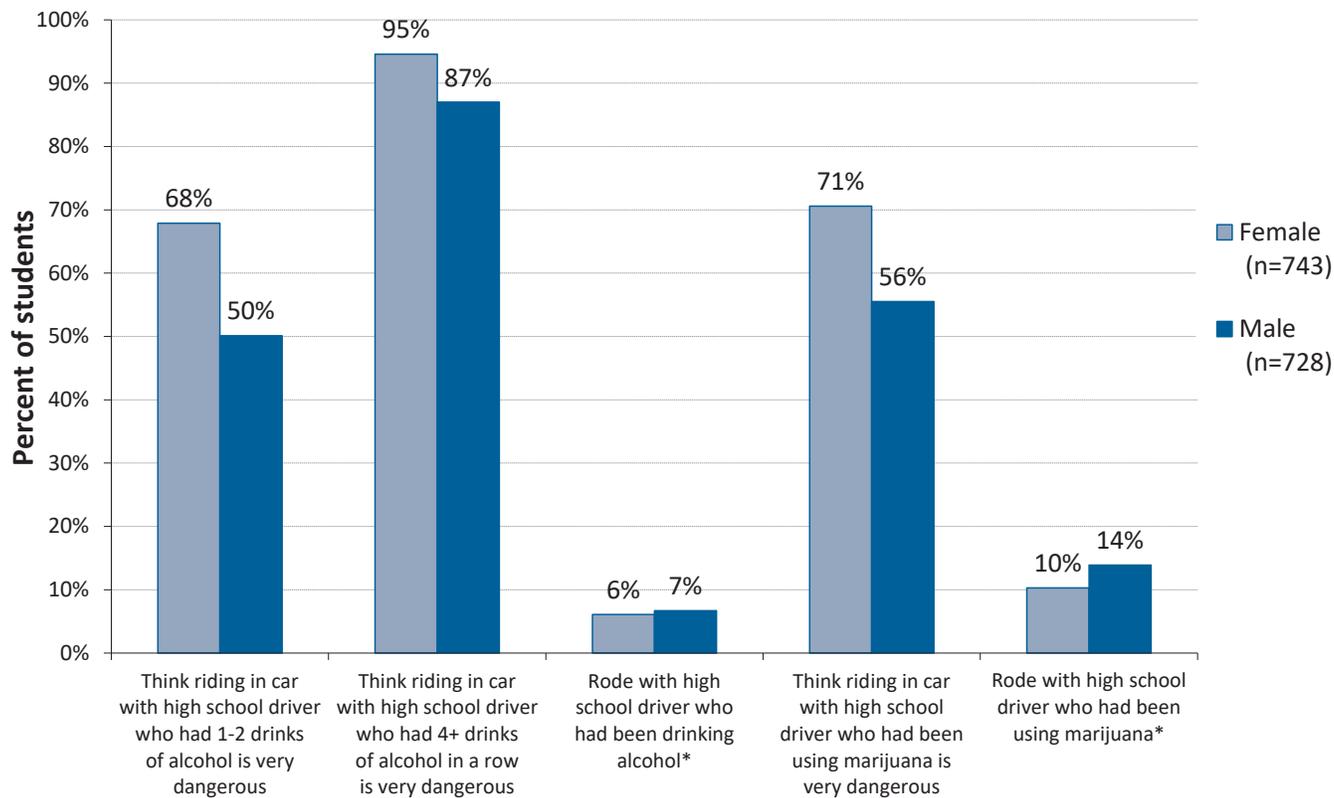
Figure 4-1D. Distracted Driving* at the District and Regional Levels, 2016
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey



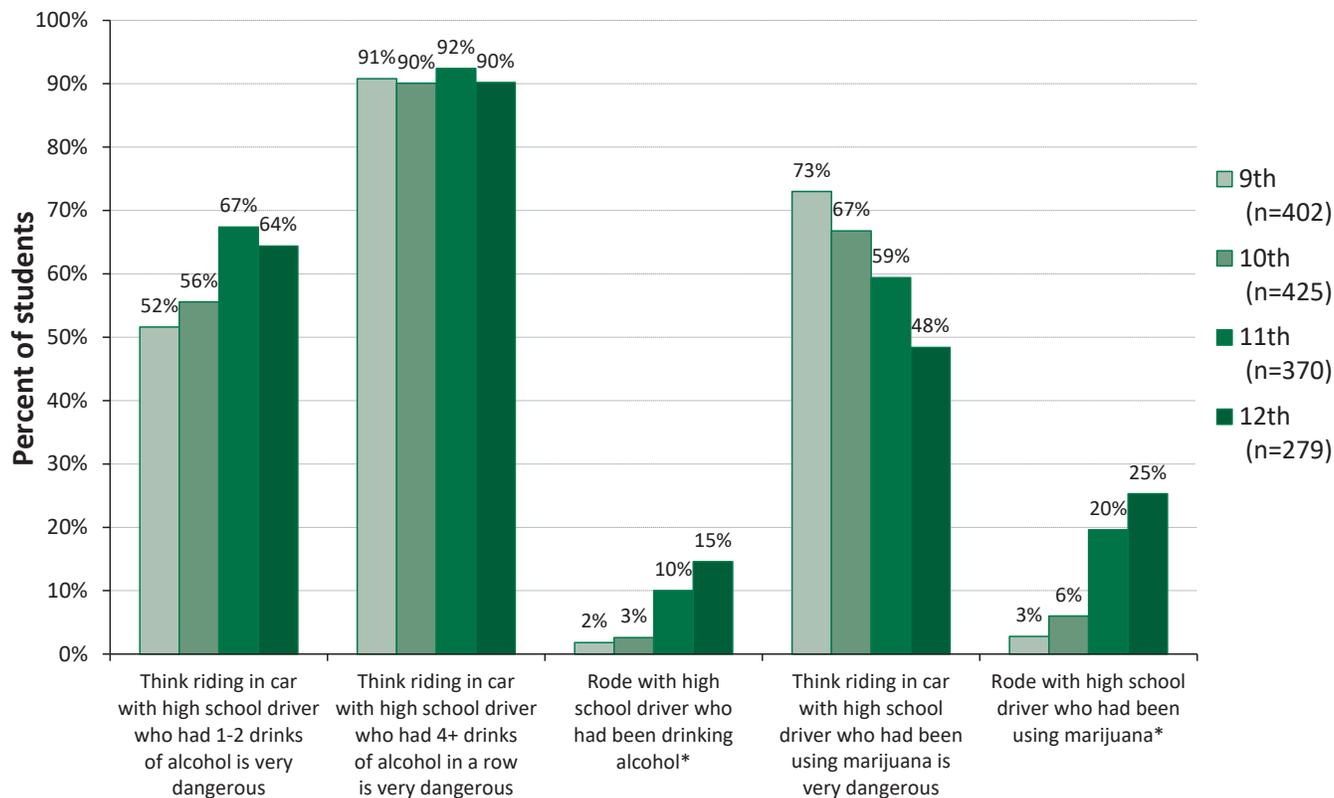
* Among the 11th and 12th grade youth who drove in the past 30 days

Figure 4-2A. Perceptions of Risk and Passenger Behaviors Related to Impaired Driving by Gender, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



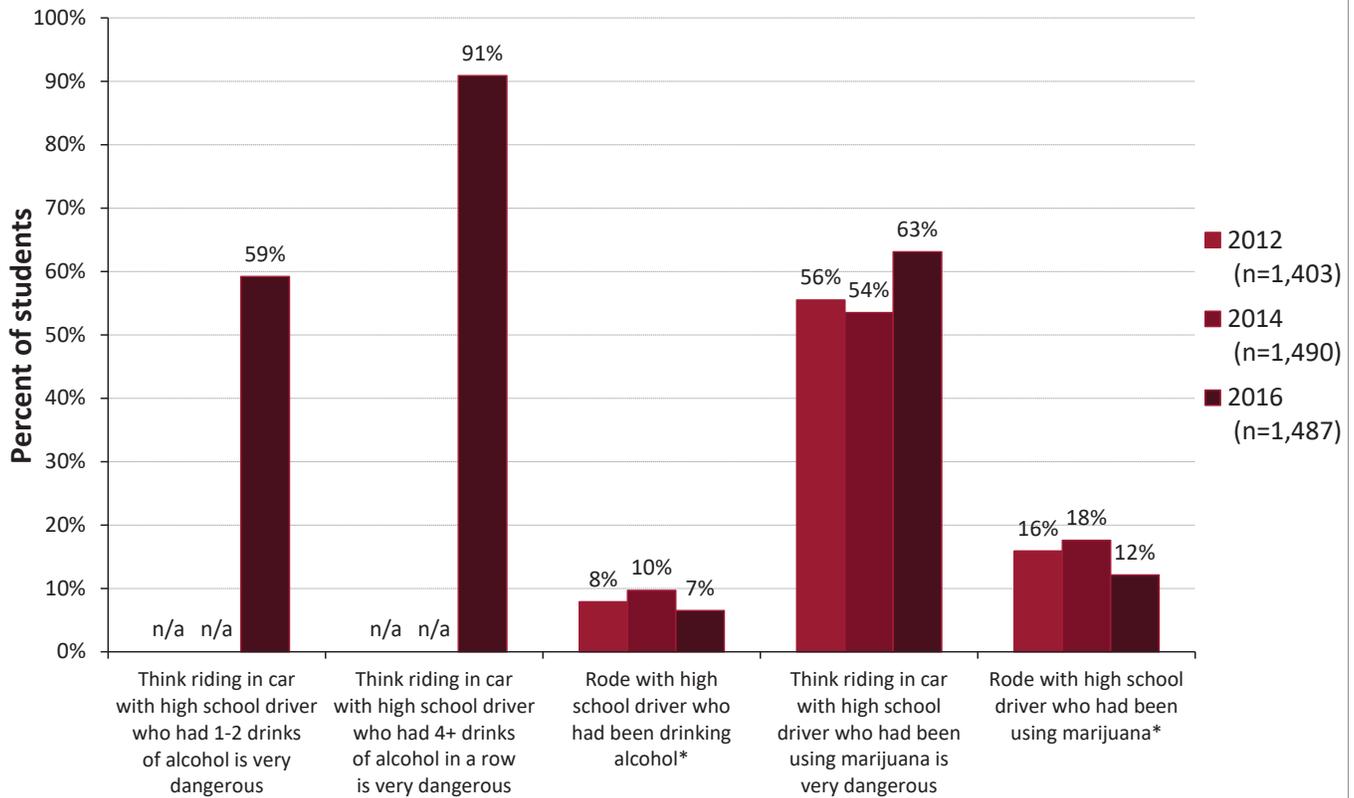
* Past 30 days

Figure 4-2B. Perceptions of Risk and Passenger Behaviors Related to Impaired Driving by Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



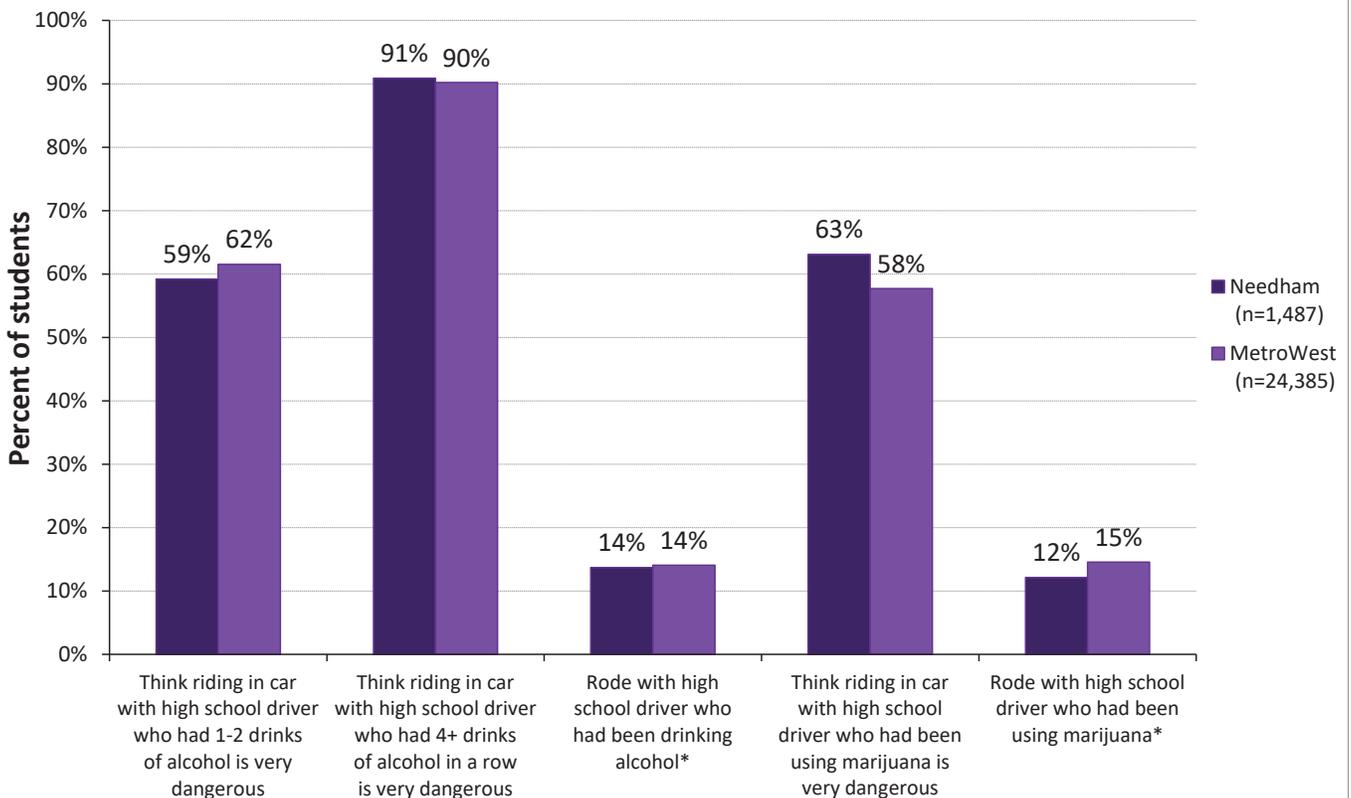
* Past 30 days

Figure 4-2C. Trends in Perceptions of Risk and Passenger Behaviors Related to Impaired Driving, 2012-2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Past 30 days

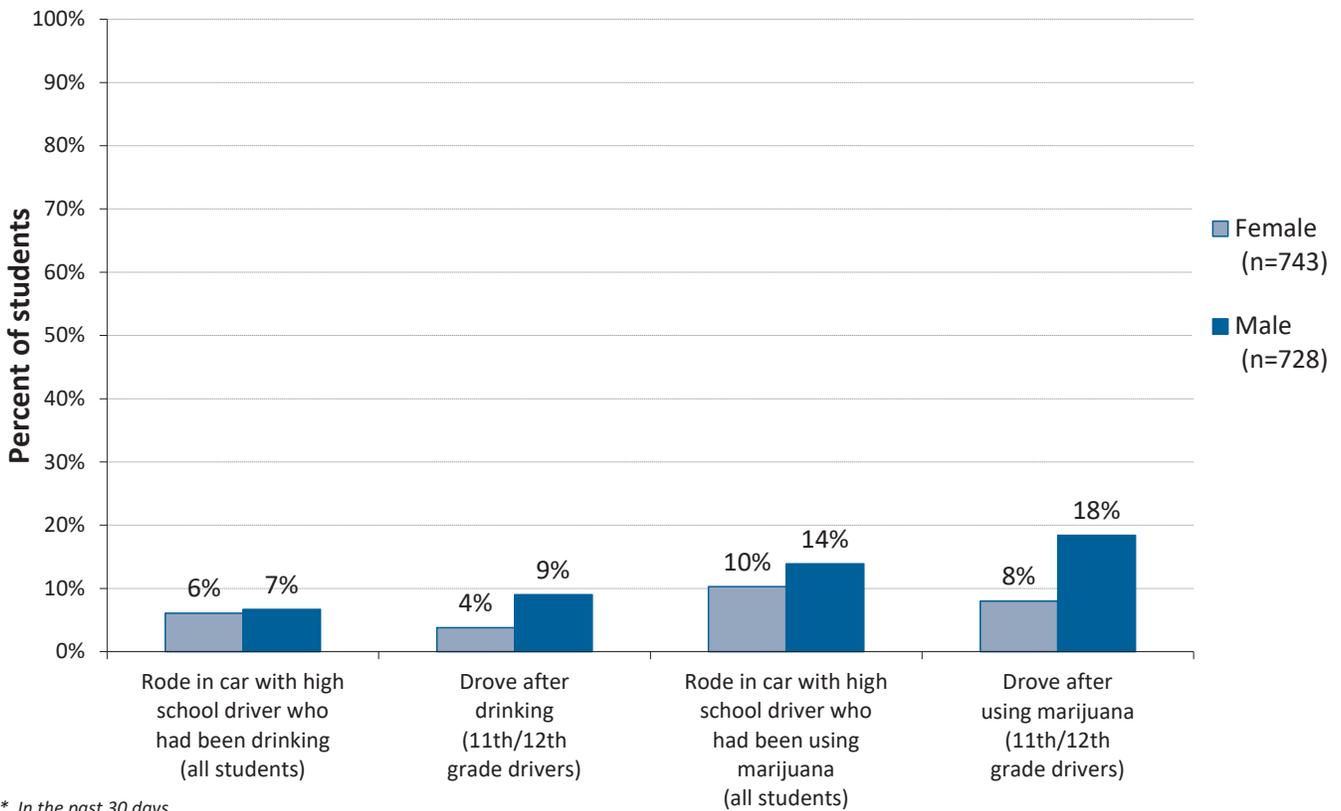
Figure 4-2D. Perceptions of Risk and Passenger Behaviors Related to Impaired Driving at the District and Regional Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Past 30 days

**Figure 4-3A. Impaired Driving and Related Passenger Behaviors* by Gender, 2016
Needham High School (Grades 9-12)**

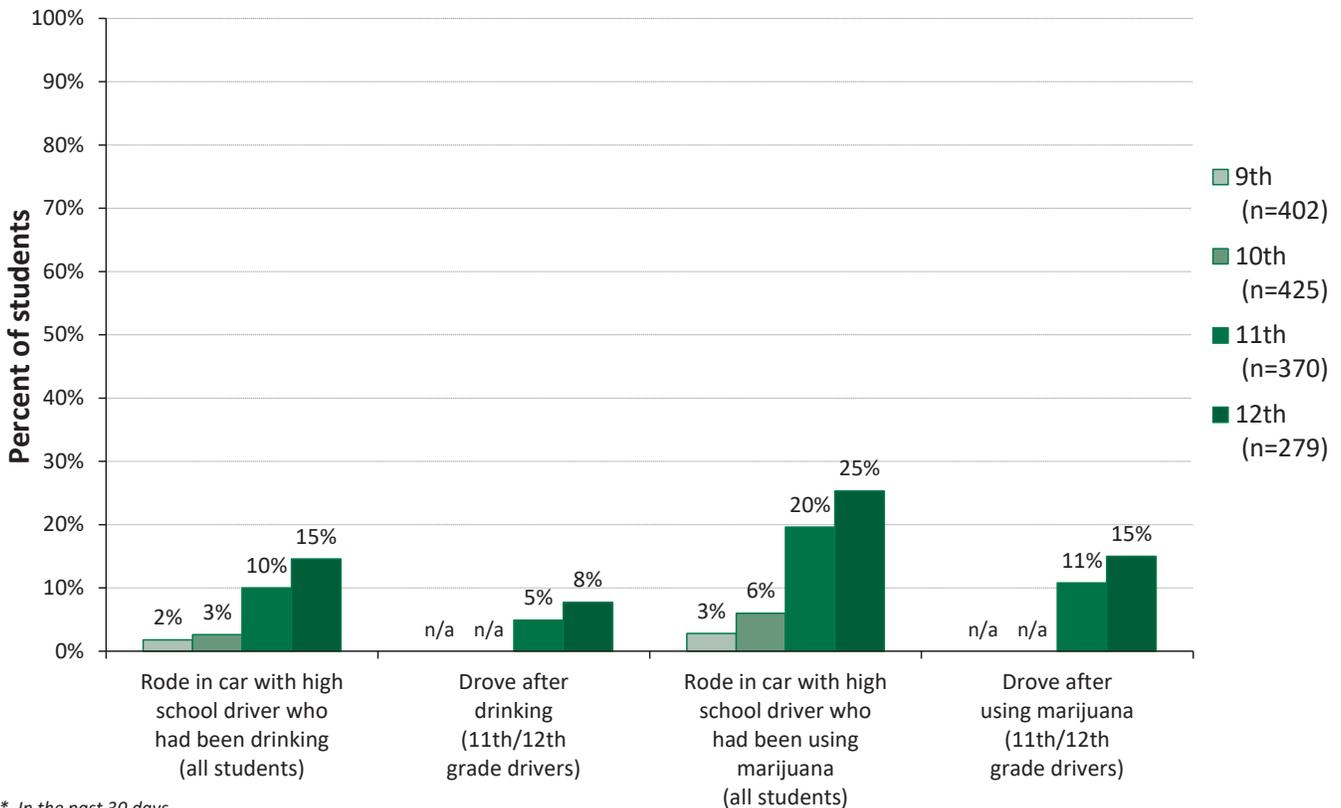
MetroWest Adolescent Health Survey



* In the past 30 days

**Figure 4-3B. Impaired Driving and Related Passenger Behaviors* by Grade, 2016
Needham High School (Grades 9-12)**

MetroWest Adolescent Health Survey



* In the past 30 days

Figure 4-3C. Impaired Driving and Related Passenger Behaviors,* 2006-2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

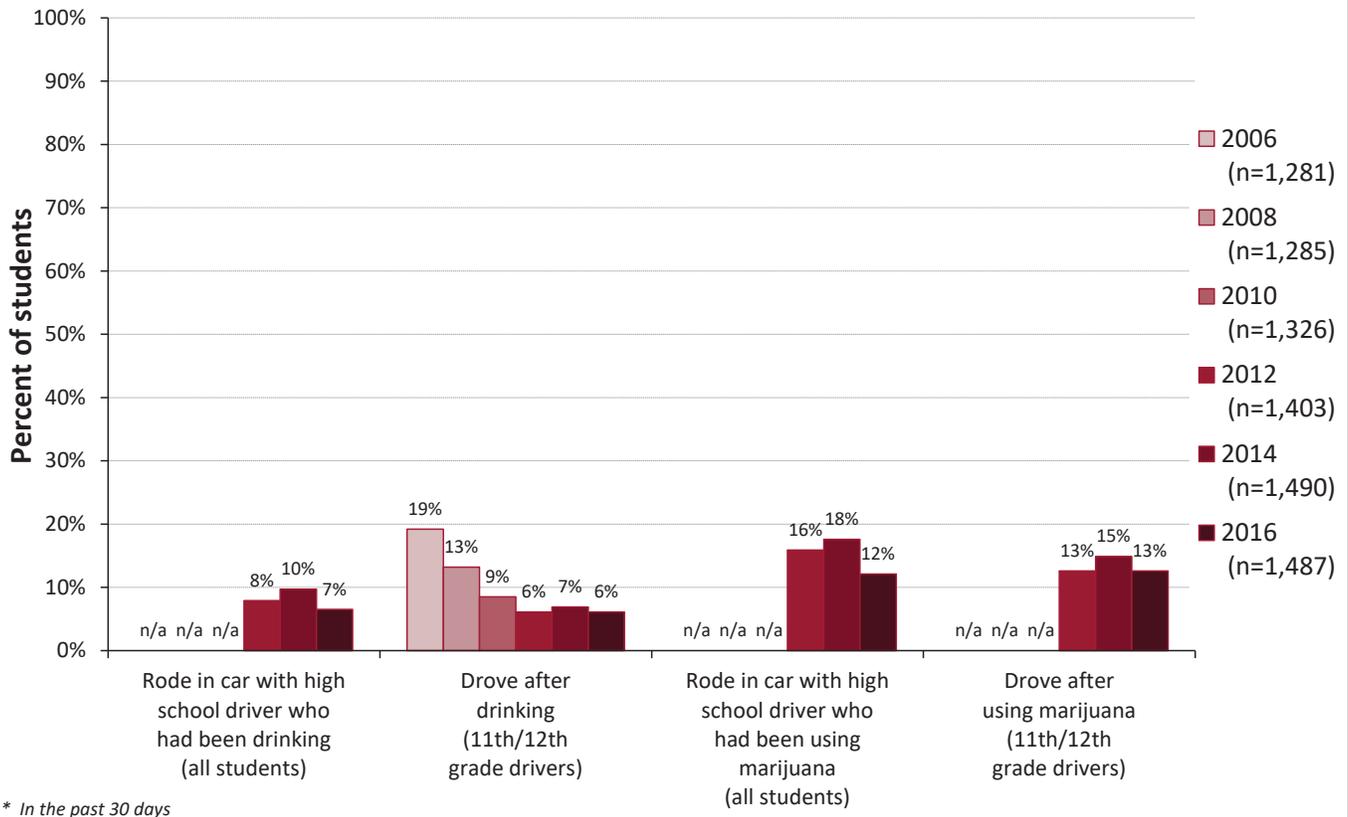


Figure 4-3D. Impaired Driving and Related Passenger Behaviors* at the District and Regional Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

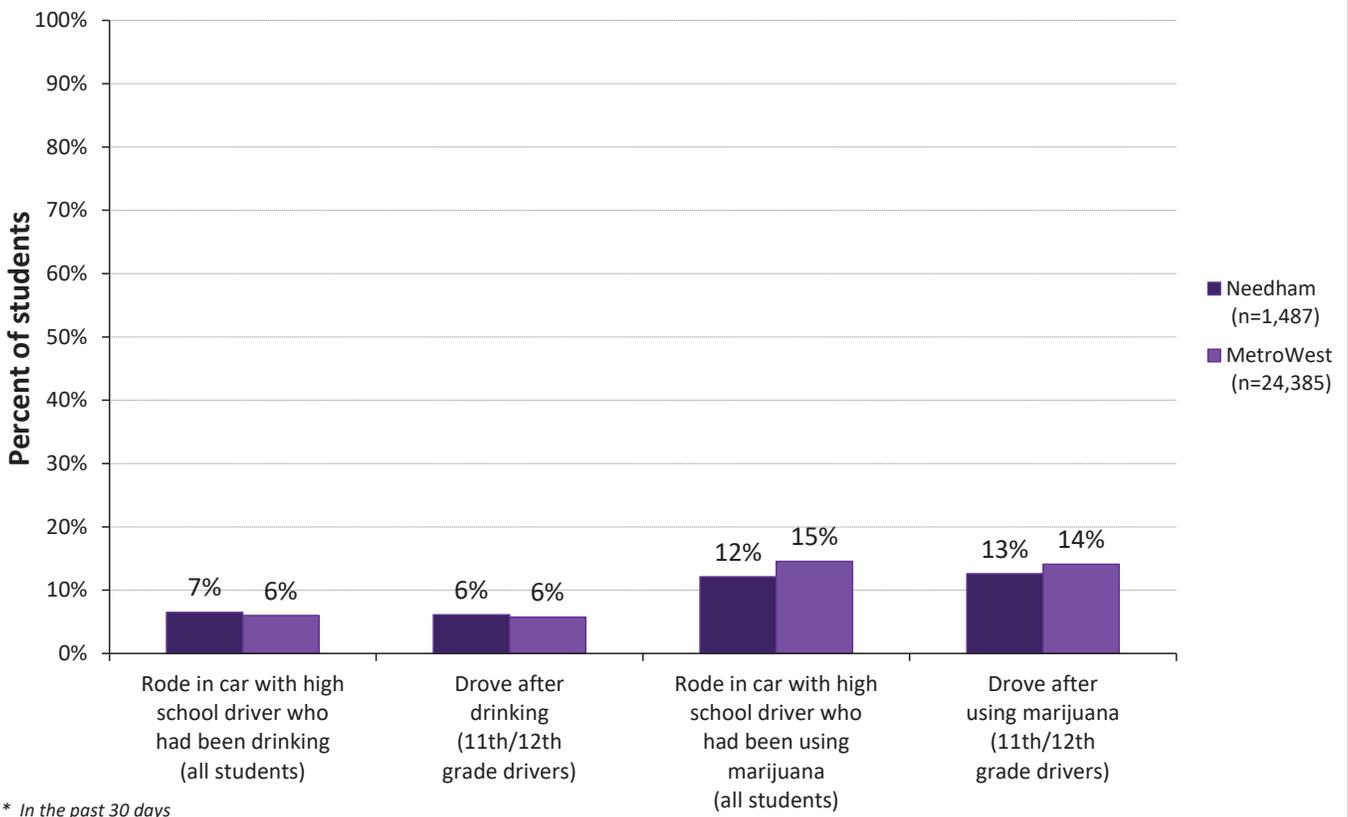


Table 4-1A. Behaviors Related to Unintentional Injury by Gender and Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
	(1,487)	Female (743)	Male (728)	9 th (402)	10 th (425)	11 th (370)	12 th (279)
SAFETY-RELATED BEHAVIORS							
Never/rarely wore a helmet when riding a bicycle (past 12 months, among students who rode a bicycle)	50.7	45.0	55.6	45.8	47.1	58.1	56.7
Never/rarely wear a seatbelt when passenger in a car	3.1	1.9	4.3	3.8	1.9	3.0	4.0
DRIVING UNDER THE INFLUENCE (past 30 days)							
Think riding in a car driven by a high school student who had one or two drinks of alcohol is "very dangerous"	59.2	67.9	50.1	51.6	55.6	67.4	64.4
Think riding in a car driven by a high school student who had four or more drinks of alcohol in a row is "very dangerous"	90.9	94.6	87.0	90.8	90.1	92.4	90.2
Think riding in a car driven by a high school student who had been using marijuana is "very dangerous"	63.1	70.6	55.5	73.0	66.8	59.4	48.4
Rode in a car with a driver who had been drinking	13.7	13.6	13.6	10.8	11.1	15.8	19.1
Rode in a car driven by a high school student who had been drinking	6.5	6.1	6.7	1.8	2.6	10.0	14.6
Rode in a car driven by a high school student who had been using marijuana	12.1	10.3	13.9	2.8	6.0	19.6	25.3
Drove a car when you had been drinking*	6.1	3.8	9.0	–	–	4.9	7.7
Drove a car when you had been using marijuana*	12.6	8.0	18.4	–	–	10.8	15.0
DISTRACTED DRIVING BY HIGH SCHOOL STUDENTS (past 30 days)							
Rode in a car driven by a high school student who was talking on a hands-free phone while driving	23.6	26.9	20.1	15.3	19.7	25.3	39.4
Rode in a car driven by a high school student who was talking on a phone without a hands-free device while driving	22.9	24.3	21.1	12.8	16.9	23.7	45.3
Rode in a car driven by a high school student who was texting or e-mailing while driving	28.0	29.6	26.2	14.3	21.2	34.1	50.2
Drove a car with 2 or more high school students riding with you*	47.3	49.8	43.6	–	–	29.7	69.5
Drove a car when you or someone else wasn't wearing a seatbelt*	20.8	18.9	22.9	–	–	15.3	28.0
Drove a car while you were talking on a hands-free phone*	22.3	24.6	18.7	–	–	15.1	31.6
Drove a car while you were talking on a phone without a hands-free device*	25.6	25.2	25.9	–	–	14.3	40.0
Drove a car while you were texting/e-mailing*	28.9	29.1	28.0	–	–	17.5	43.1

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

Table 4-1B. Behaviors Related to Unintentional Injury, 2006 - 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham (%)						MetroWest Region (%)					
	2006 <i>(1,281)</i>	2008 <i>(1,285)</i>	2010 <i>(1,326)</i>	2012 <i>(1,403)</i>	2014 <i>(1,490)</i>	2016 <i>(1,487)</i>	2006 <i>(16,680)</i>	2008 <i>(20,406)</i>	2010 <i>(23,187)</i>	2012 <i>(24,459)</i>	2014 <i>(24,355)</i>	2016 <i>(24,385)</i>
SAFETY-RELATED BEHAVIORS												
Never/rarely wore a helmet when riding a bicycle (past 12 months, among students who rode a bicycle)	46.0	50.3	46.4	46.6	53.4	50.7	60.8	61.4	58.1	54.4	51.0	49.9
Never/rarely wear a seatbelt when passenger in a car	3.3	5.0	2.8	4.7	5.4	3.1	7.1	6.8	6.0	5.5	4.5	3.7
DRIVING UNDER THE INFLUENCE (past 30 days)												
Think riding in a car driven by a high school student who had one or two drinks of alcohol is "very dangerous"	-	-	-	-	-	59.2	-	-	-	-	-	61.5
Think riding in a car driven by a high school student who had four or more drinks of alcohol in a row is "very dangerous"	-	-	-	-	-	90.9	-	-	-	-	-	90.2
Think riding in a car driven by a high school student who had been using marijuana is "very dangerous"	-	-	-	55.5	53.5	63.1	-	-	-	52.0	55.2	57.7
Rode in a car with a driver who had been drinking	23.5	21.1	17.7	15.1	16.3	13.7	25.2	25.8	22.5	19.5	16.7	14.1
Rode in a car driven by a high school student who had been drinking	-	-	-	7.9	9.7	6.5	-	-	-	10.3	8.4	6.5
Rode in a car driven by a high school student who had been using marijuana	-	-	-	15.9	17.6	12.1	-	-	-	18.0	16.2	14.6
Drove a car when you had been drinking*	19.2	13.2	8.5	6.1	6.9	6.1	18.6	16.1	13.1	9.1	7.5	5.7
Drove a car when you had been using marijuana*	-	-	-	12.6	14.9	12.6	-	-	-	16.8	16.5	14.1
DISTRACTED DRIVING BY HIGH SCHOOL STUDENTS (past 30 days)												
Rode in a car driven by a high school student who was talking on a hands-free phone while driving	-	-	-	-	-	23.6	-	-	-	-	-	22.8
Rode in a car driven by a high school student who was talking on a phone without a hands-free device while driving	-	-	29.8	30.3	29.4	22.9	-	-	30.0	32.1	26.7	23.8
Rode in a car driven by a high school student who was texting or e-mailing while driving	-	-	22.6	28.9	30.6	28.0	-	-	28.5	33.1	30.0	29.2
Drove a car with 2 or more high school students riding with you*	-	-	-	-	-	47.3	-	-	-	-	-	52.5
Drove a car when you or someone else wasn't wearing a seatbelt*	-	-	-	20.6	25.7	20.8	-	-	-	25.4	22.6	20.7
Drove a car while you were talking on a hands-free phone*	-	-	-	11.4	19.6	22.3	-	-	-	15.1	18.7	23.5
Drove a car while you were talking on a phone without a hands-free device*	-	-	-	32.6	28.8	25.6	-	-	-	37.0	31.8	29.5
Drove a car while you were texting/e-mailing*	-	-	39.1	32.5	34.9	28.9	-	-	43.9	40.9	37.8	36.0

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

Table 4-1C. Behaviors Related to Unintentional Injury at the District, Regional, State, and National Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham 2016 MWAHS	MetroWest Region 2016 MWAHS	Massachusetts 2015 YRBS	United States 2015 YRBS
	<i>(1,487)</i>	<i>(24,385)</i>	<i>(3,120)</i>	<i>(15,624)</i>
SAFETY-RELATED BEHAVIORS				
Never/rarely wore a helmet when riding a bicycle (past 12 months, among students who rode a bicycle)	50.7	49.9	–	81.4
Never/rarely wear a seatbelt when passenger in a car	3.1	3.7	–	6.1
DRIVING UNDER THE INFLUENCE (past 30 days)				
Think riding in a car driven by a high school student who had one or two drinks of alcohol is "very dangerous"	59.2	61.5	–	–
Think riding in a car driven by a high school student who had four or more drinks of alcohol in a row is "very dangerous"	90.9	90.2	–	–
Think riding in a car driven by a high school student who had been using marijuana is "very dangerous"	63.1	57.7	–	–
Rode in a car with a driver who had been drinking	13.7	14.1	18.2	20.0
Rode in a car driven by a high school student who had been drinking	6.5	6.5	–	–
Rode in a car driven by a high school student who had been using marijuana	12.1	14.6	–	–
Drove a car when you had been drinking*	6.1	5.7	–	–
Drove a car when you had been using marijuana*	12.6	14.1	–	–
DISTRACTED DRIVING BY HIGH SCHOOL STUDENTS (past 30 days)				
Rode in a car driven by a high school student who was talking on a hands-free phone while driving	23.6	22.8	–	–
Rode in a car driven by a high school student who was talking on a phone without a hands-free device while driving	22.9	23.8	–	–
Rode in a car driven by a high school student who was texting or e-mailing while driving	28.0	29.2	–	–
Drove a car with 2 or more high school students riding with you*	47.3	52.5	–	–
Drove a car when you or someone else wasn't wearing a seatbelt*	20.8	20.7	–	–
Drove a car while you were talking on a hands-free phone*	22.3	23.5	–	–
Drove a car while you were talking on a phone without a hands-free device*	25.6	29.5	–	–
Drove a car while you were texting/e-mailing*	28.9	36.0	–	–

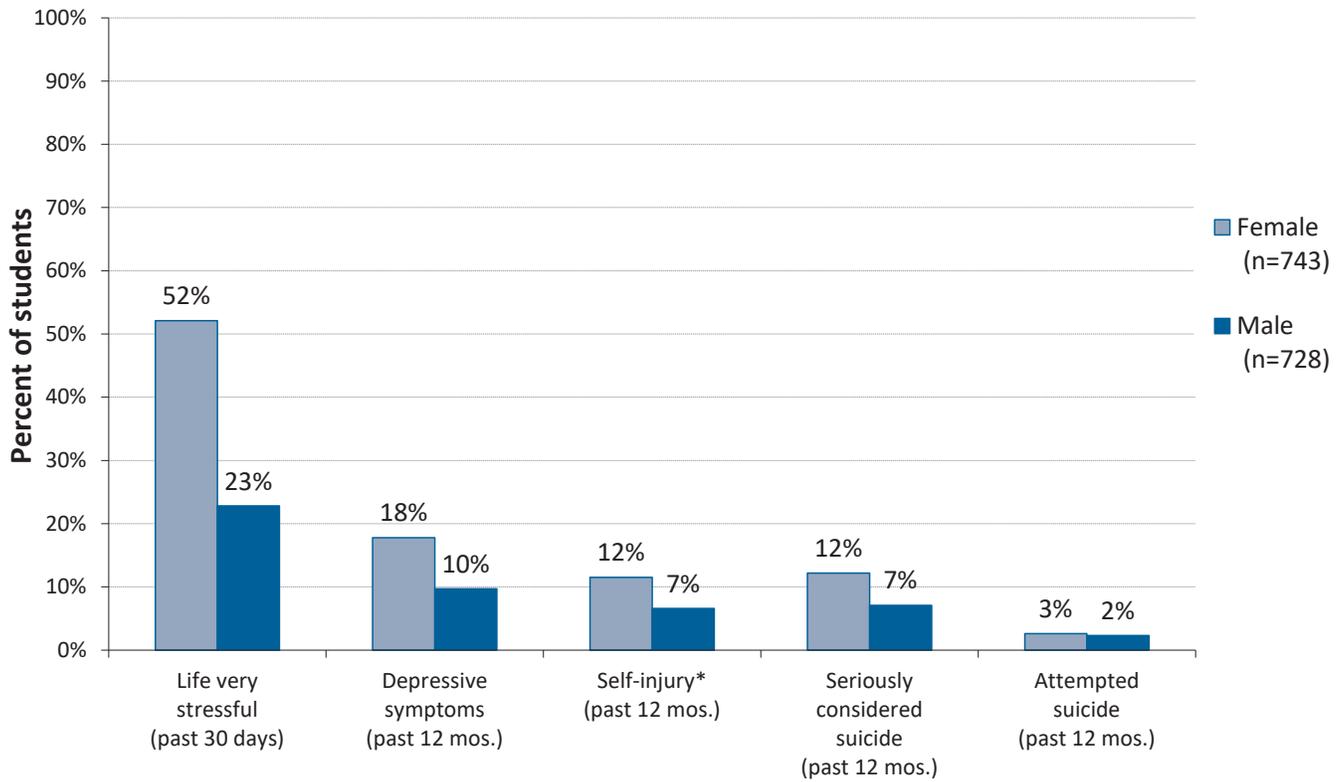
* Among the 11th and 12th grade youth who drove in the past 30 days

Section 5:
Mental Health

Figure 5-1A. Mental Health and Suicidality by Gender, 2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

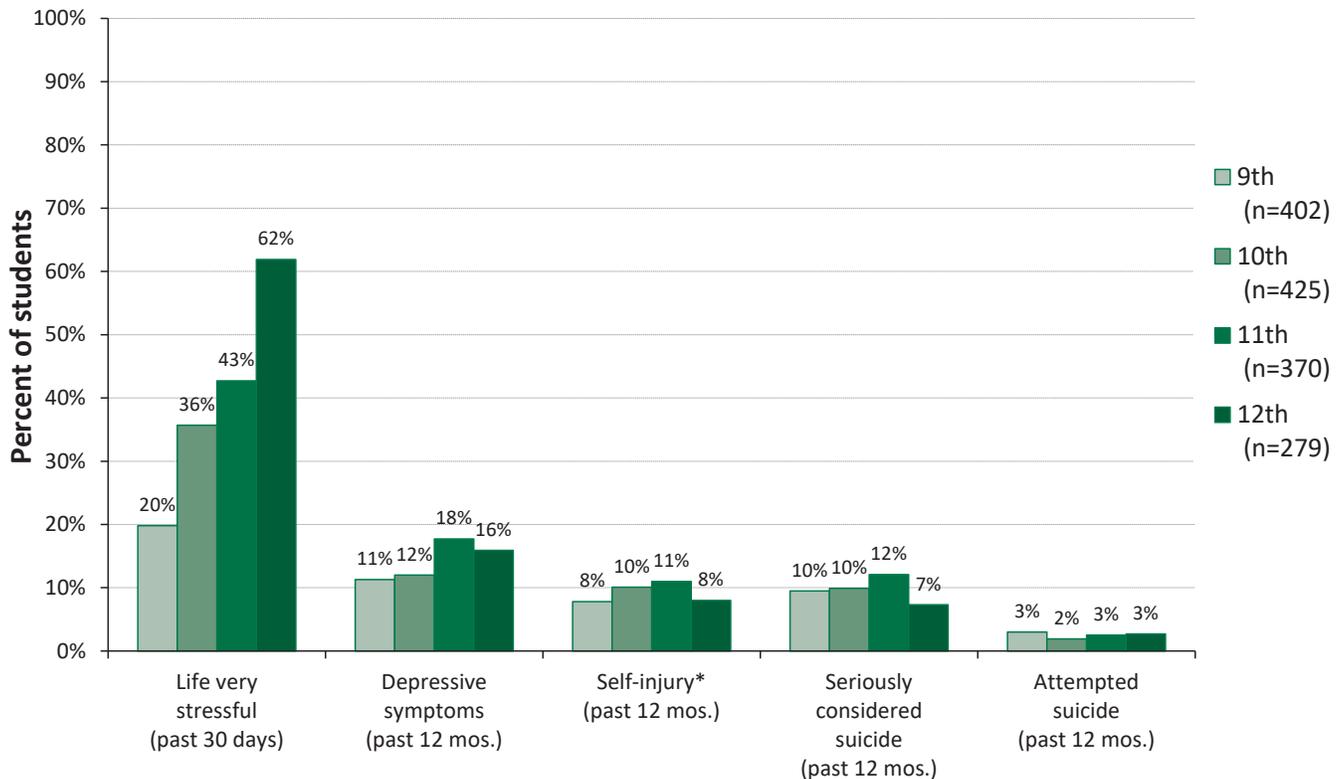


* For example, by cutting, burning, or bruising yourself on purpose

Figure 5-1B. Mental Health and Suicidality by Grade, 2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

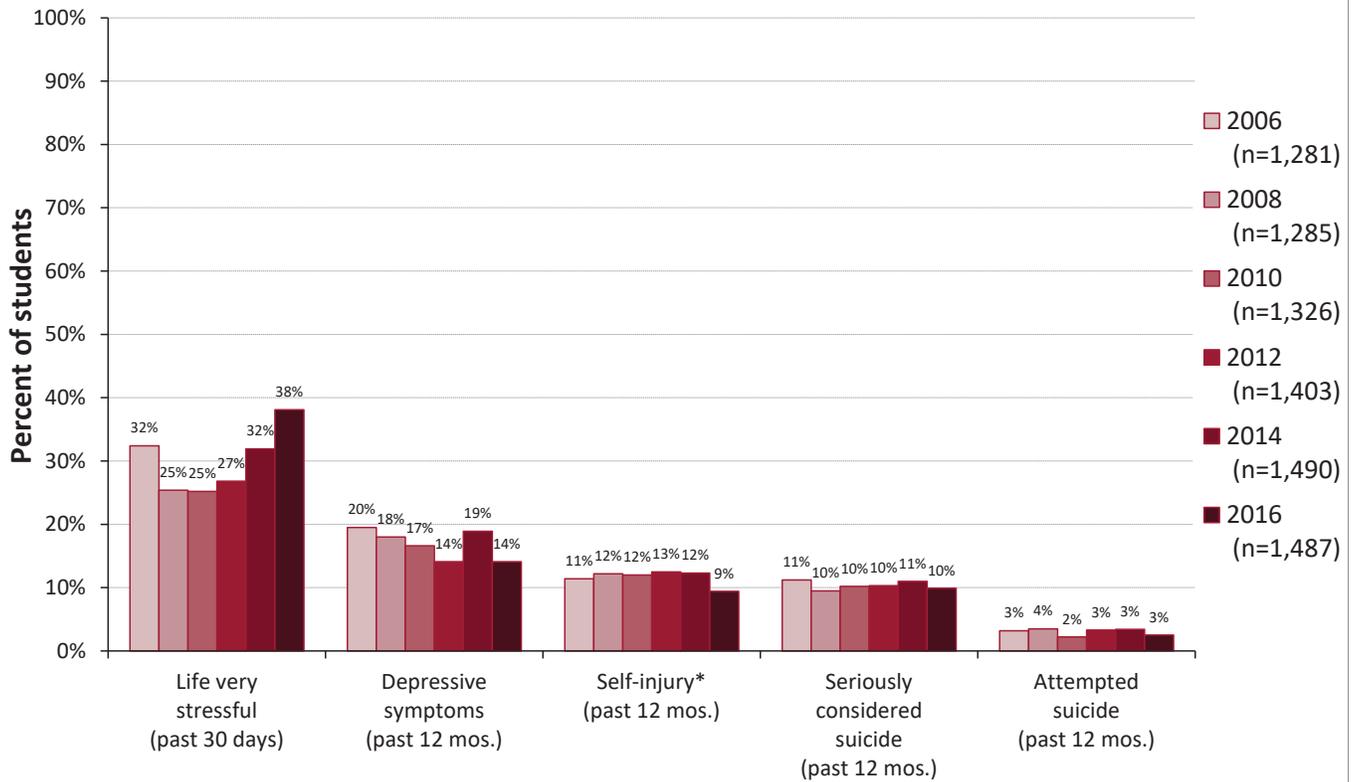


* For example, by cutting, burning, or bruising yourself on purpose

Figure 5-1C. Trends in Mental Health and Suicidality, 2006-2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

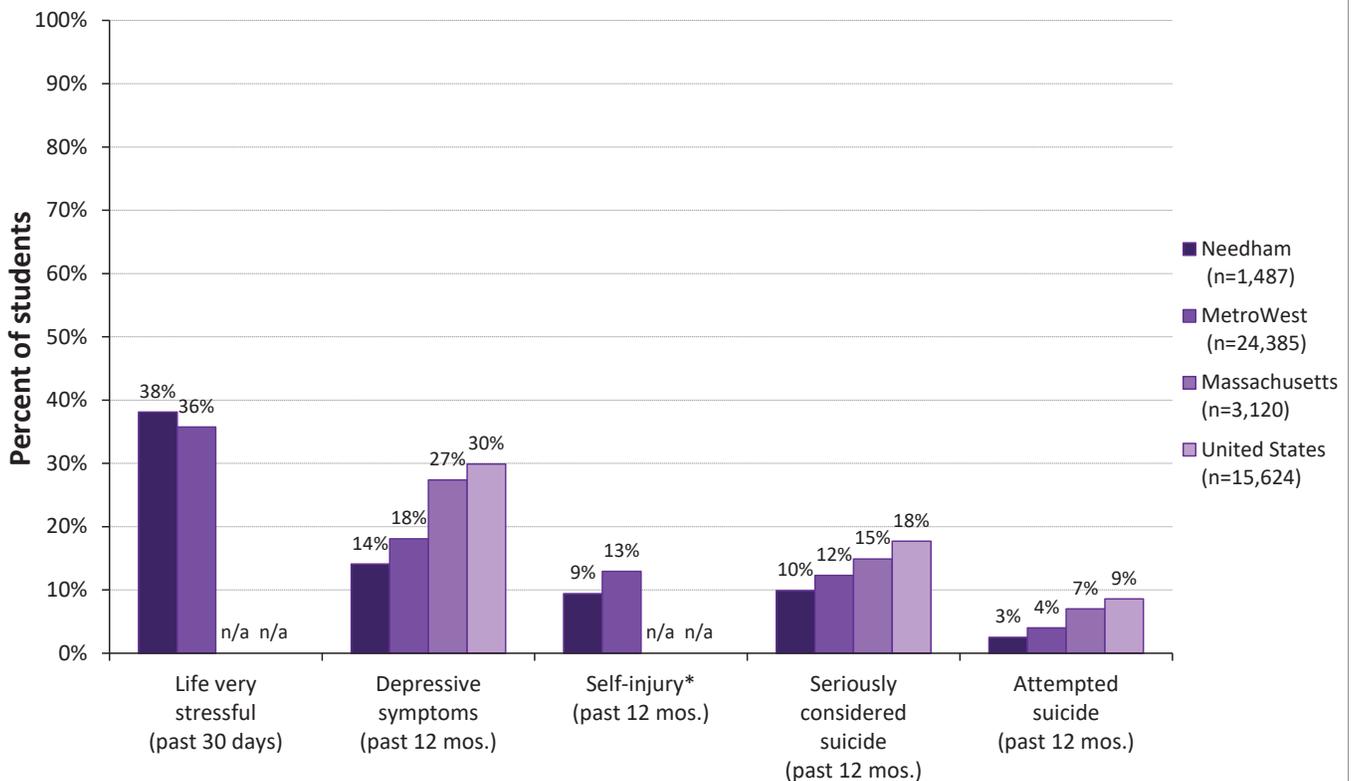


* For example, by cutting, burning, or bruising yourself on purpose

Figure 5-1D. Mental Health and Suicidality at the District, Regional, State, and National Levels, 2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

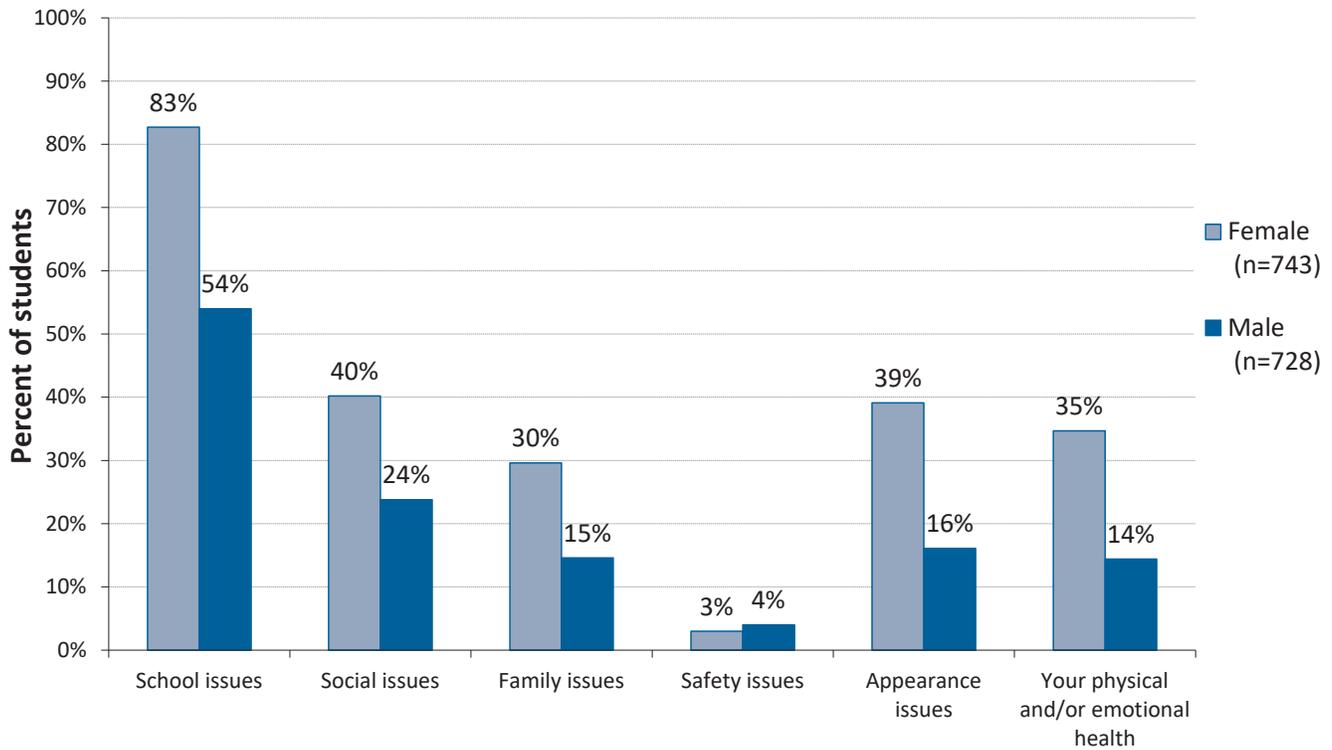


* For example, by cutting, burning, or bruising yourself on purpose

Figure 5-2A. Sources of Stress* by Gender, 2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

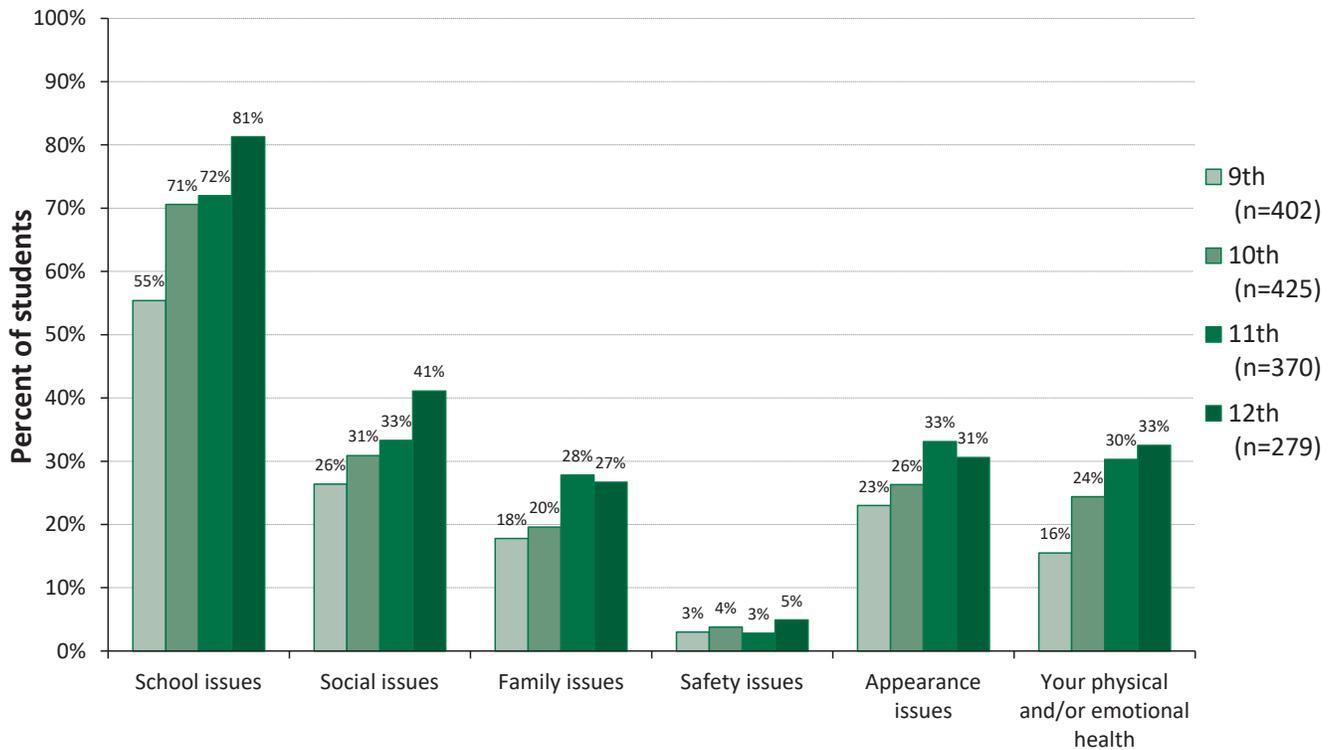


* Student responded that they worried/stressed about item "often" or "very often"

Figure 5-2B. Sources of Stress* by Grade, 2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

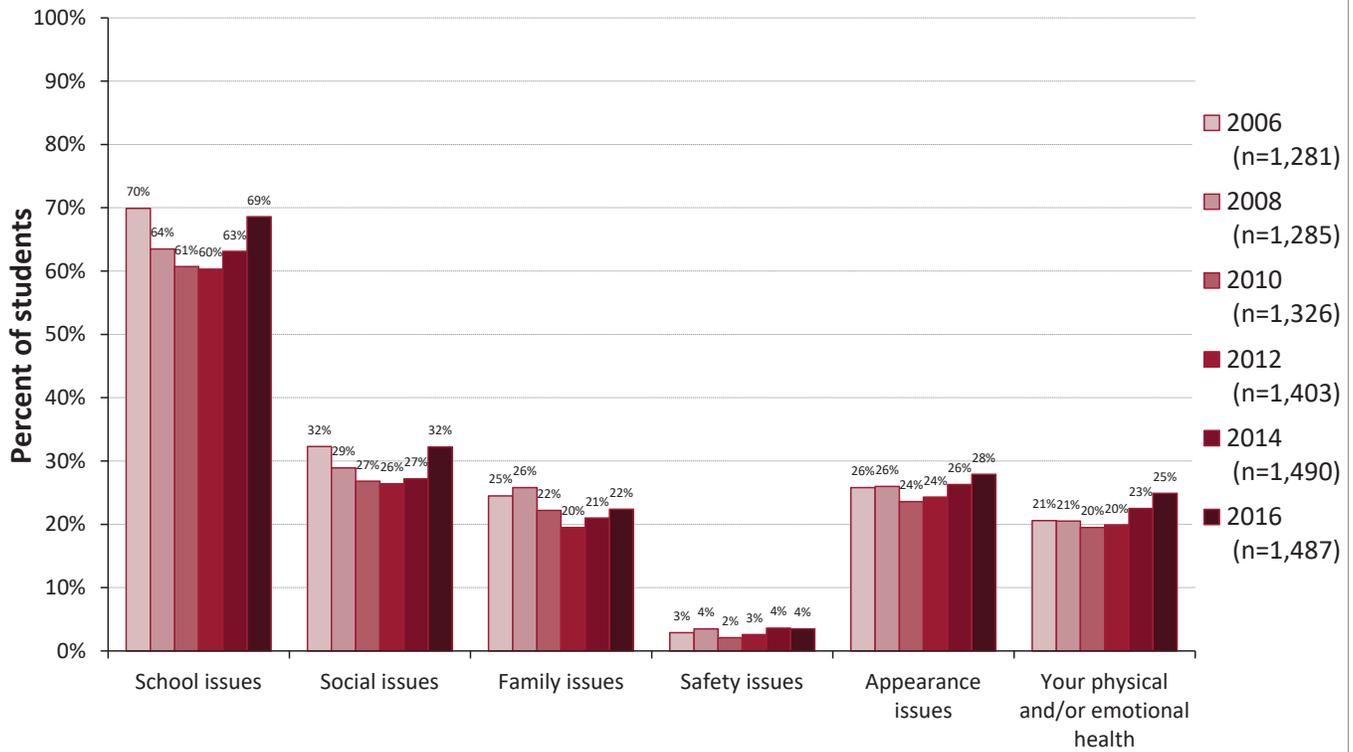


* Student responded that they worried/stressed about item "often" or "very often"

Figure 5-2C. Trends in Sources of Stress,* 2006-2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

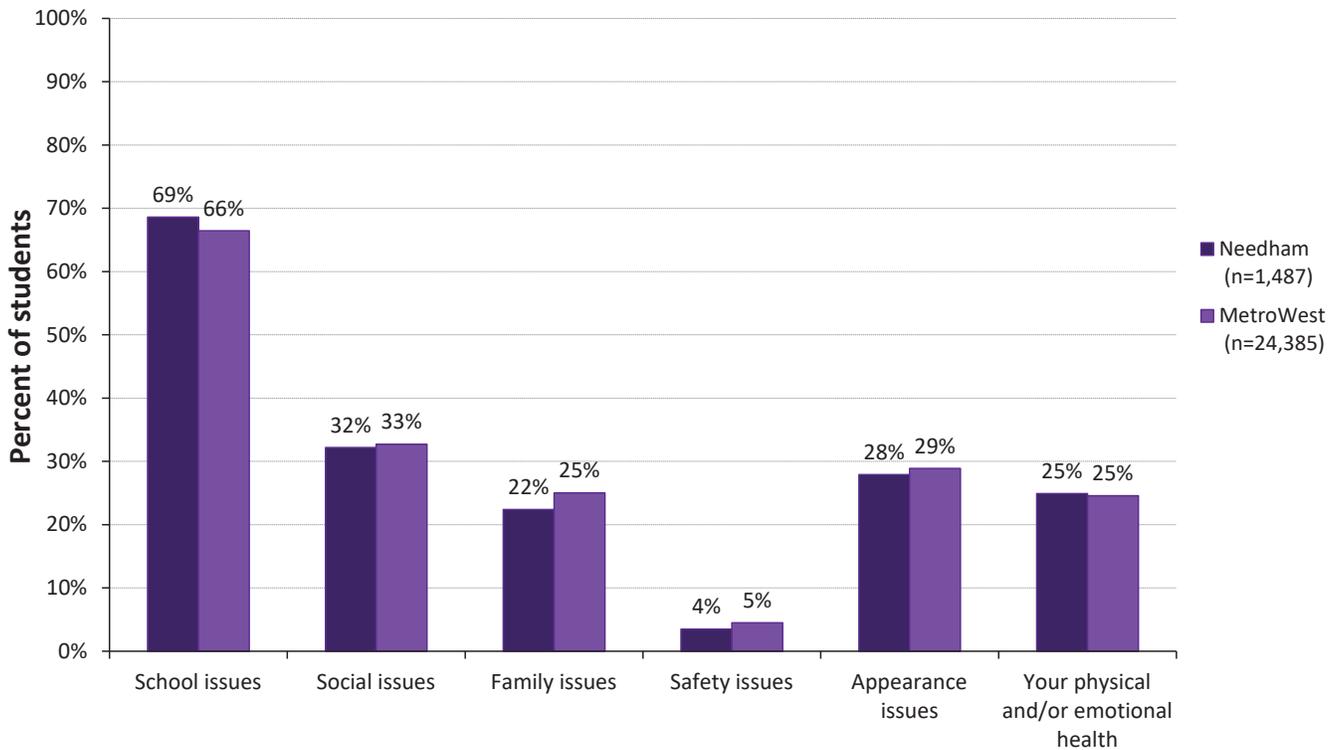


* Student responded that they worried/stressed about item "often" or "very often"

Figure 5-2D. Sources of Stress* at the District and Regional Levels, 2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

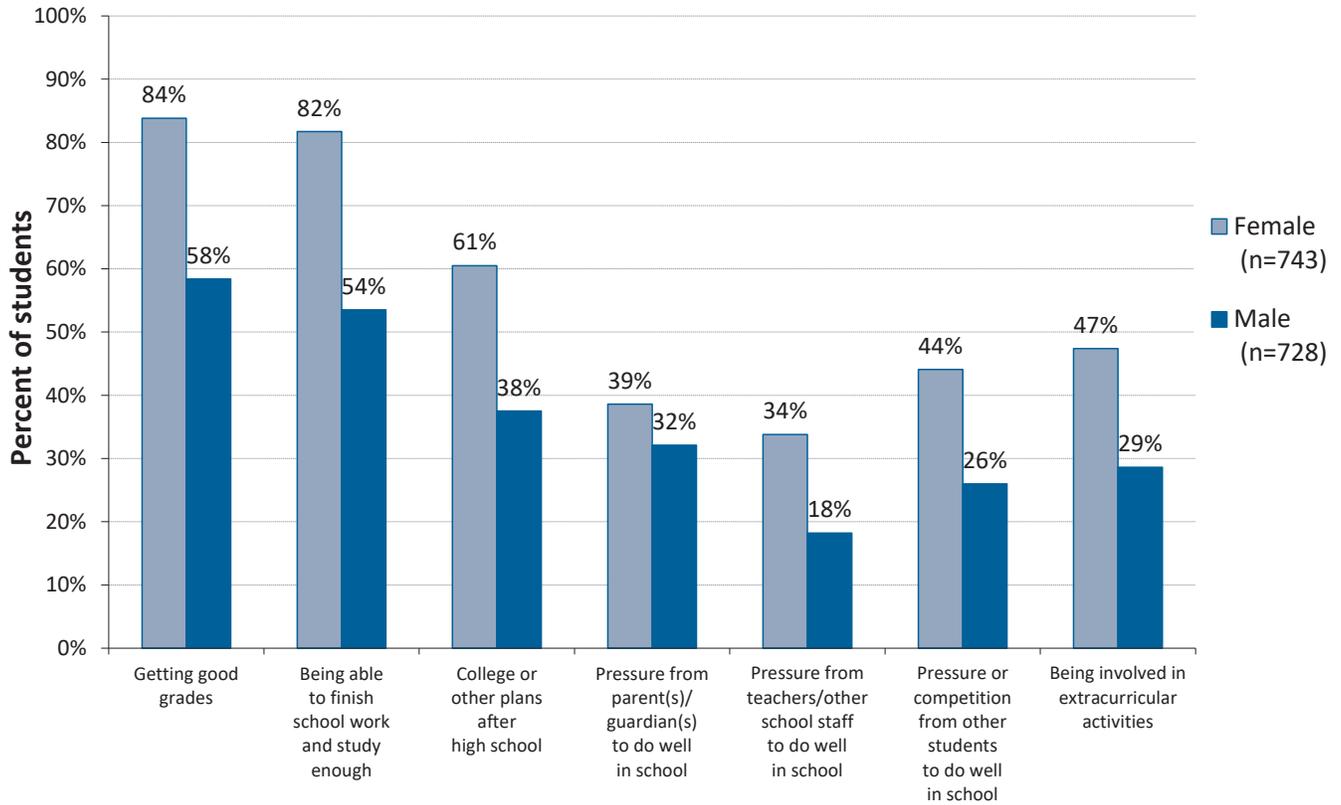


* Student responded that they worried/stressed about item "often" or "very often"

Figure 5-3A. School-Related Stress* by Gender, 2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

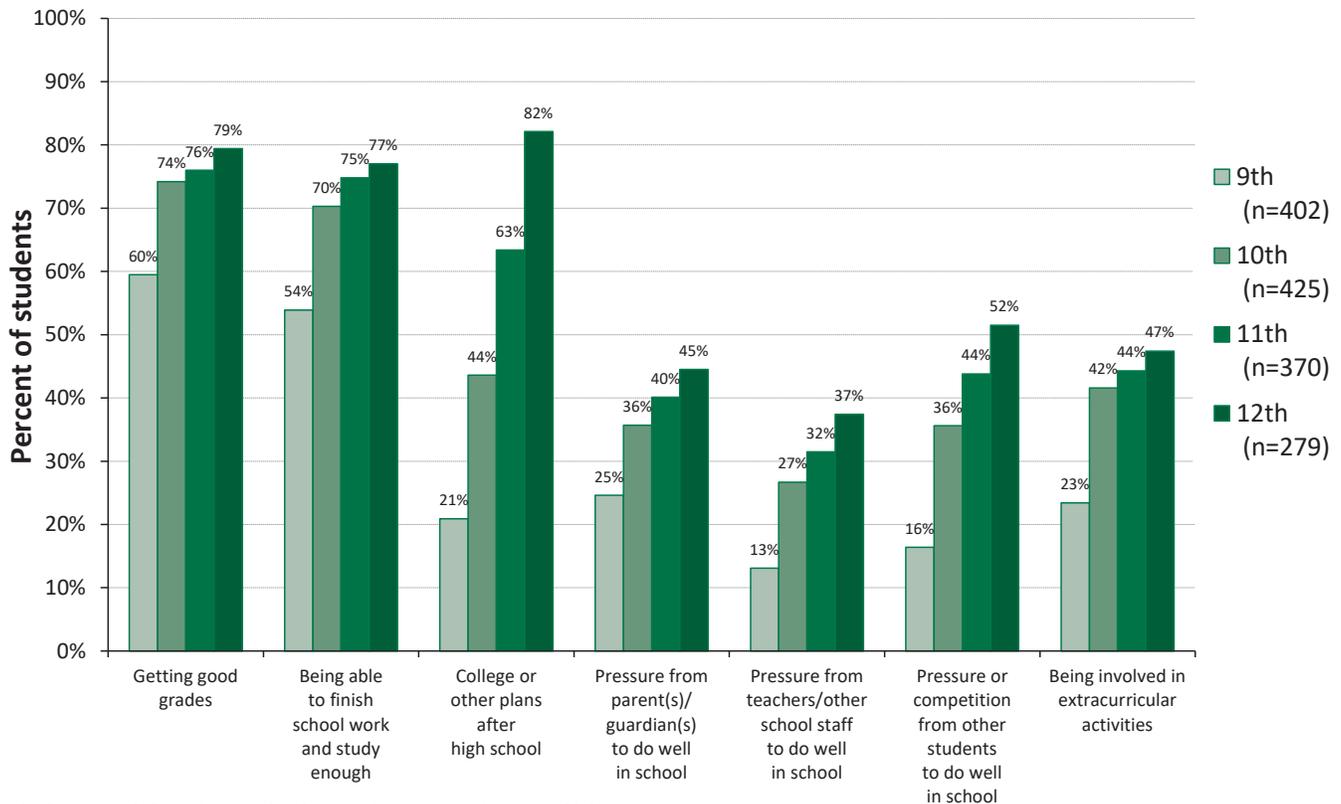


* Student responded experiencing related stress "often" or "very often"; past 30 days

Figure 5-3B. School-Related Stress* by Grade, 2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey



* Student responded experiencing related stress "often" or "very often"; past 30 days

Figure 5-3C. School-Related Stress,* 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

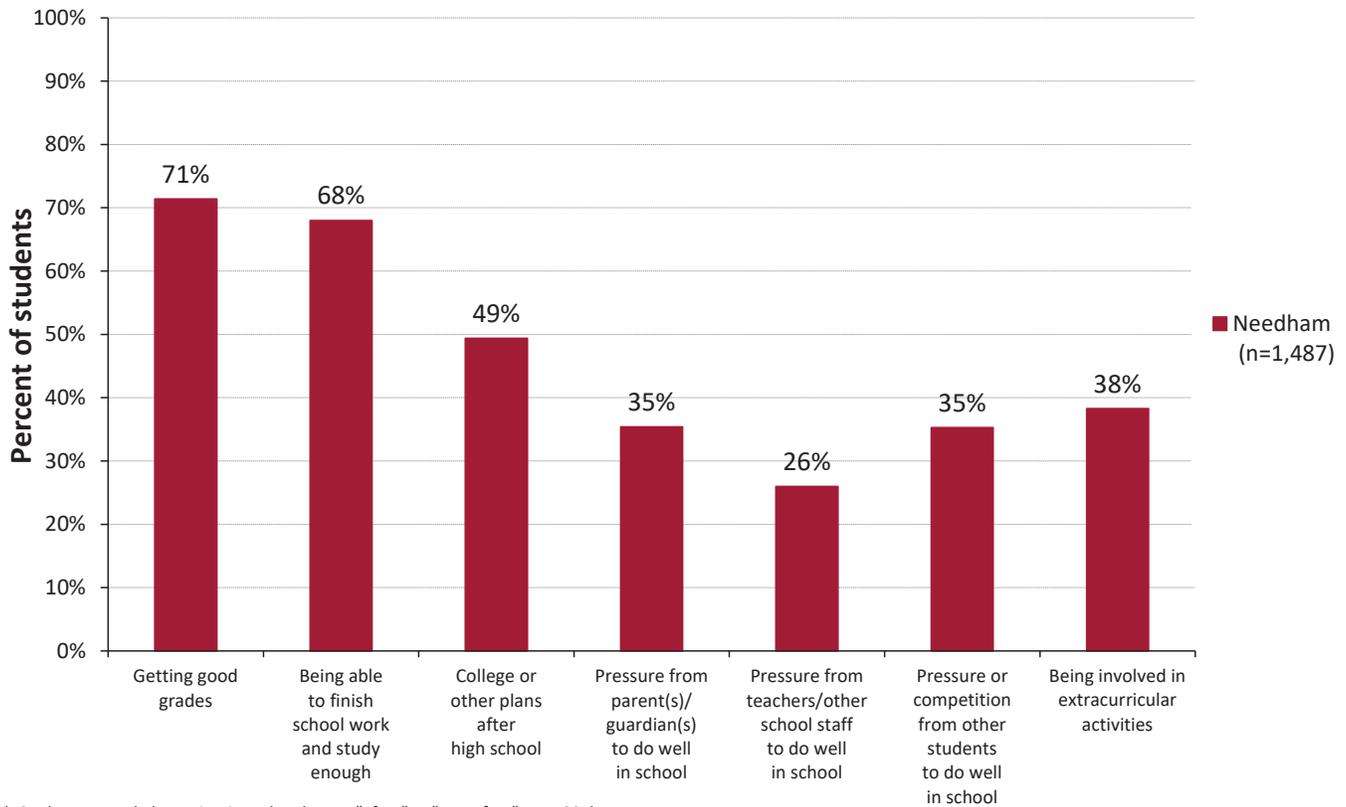


Figure 5-3D. School-Related Stress at the District and Regional Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

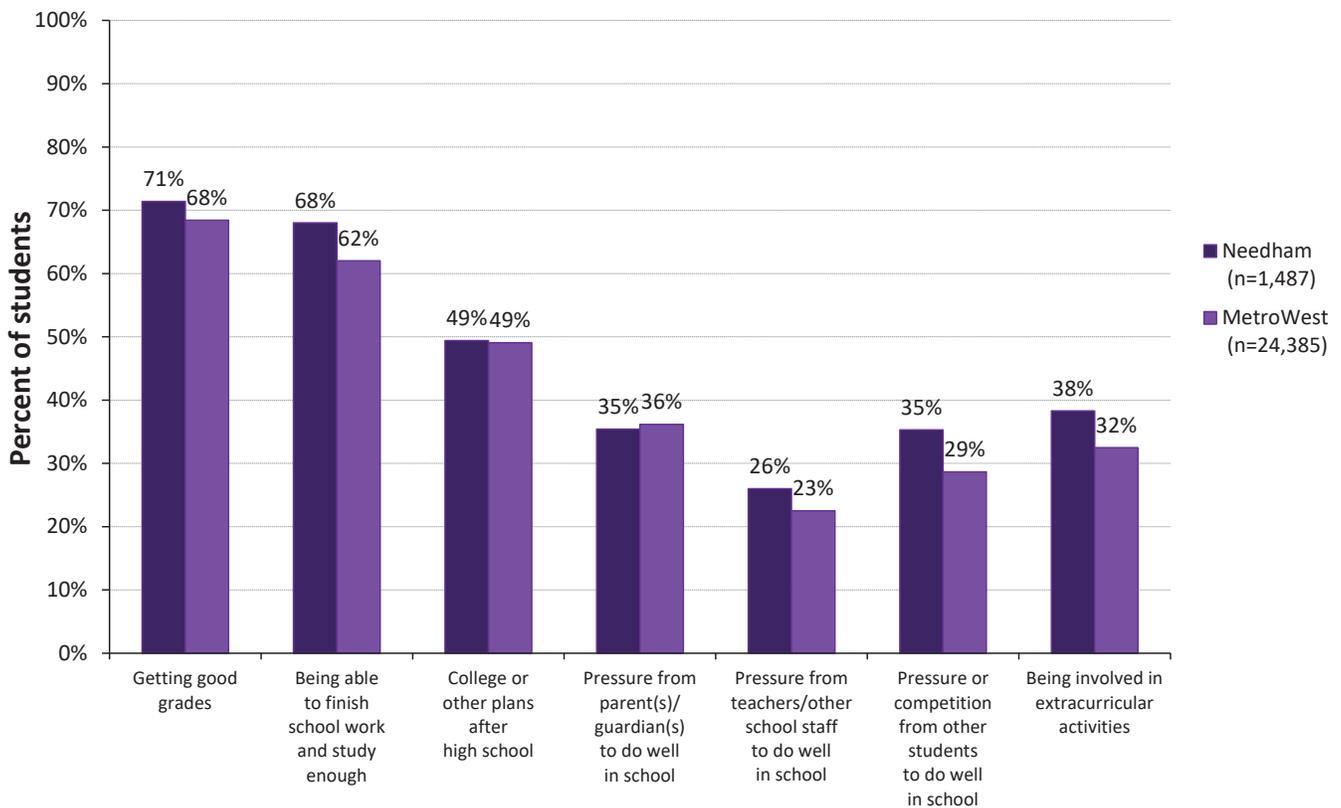
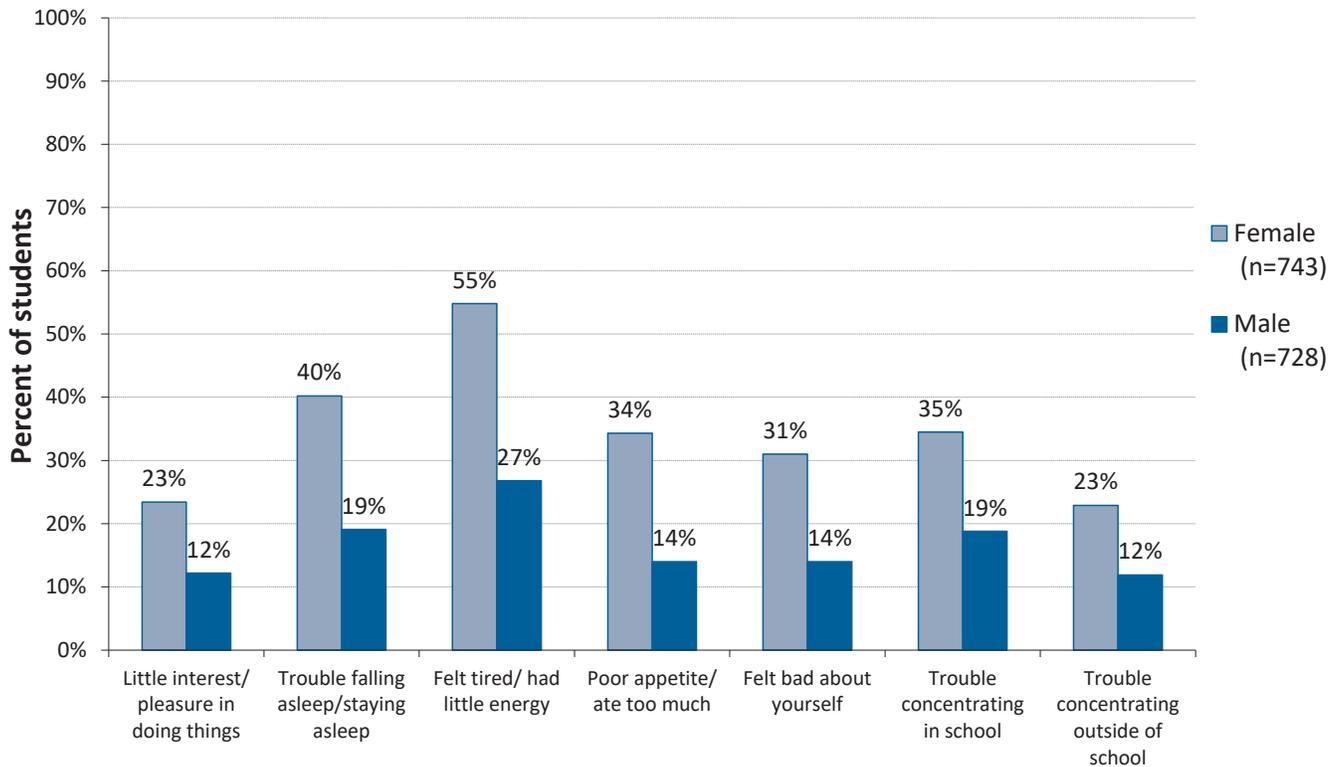
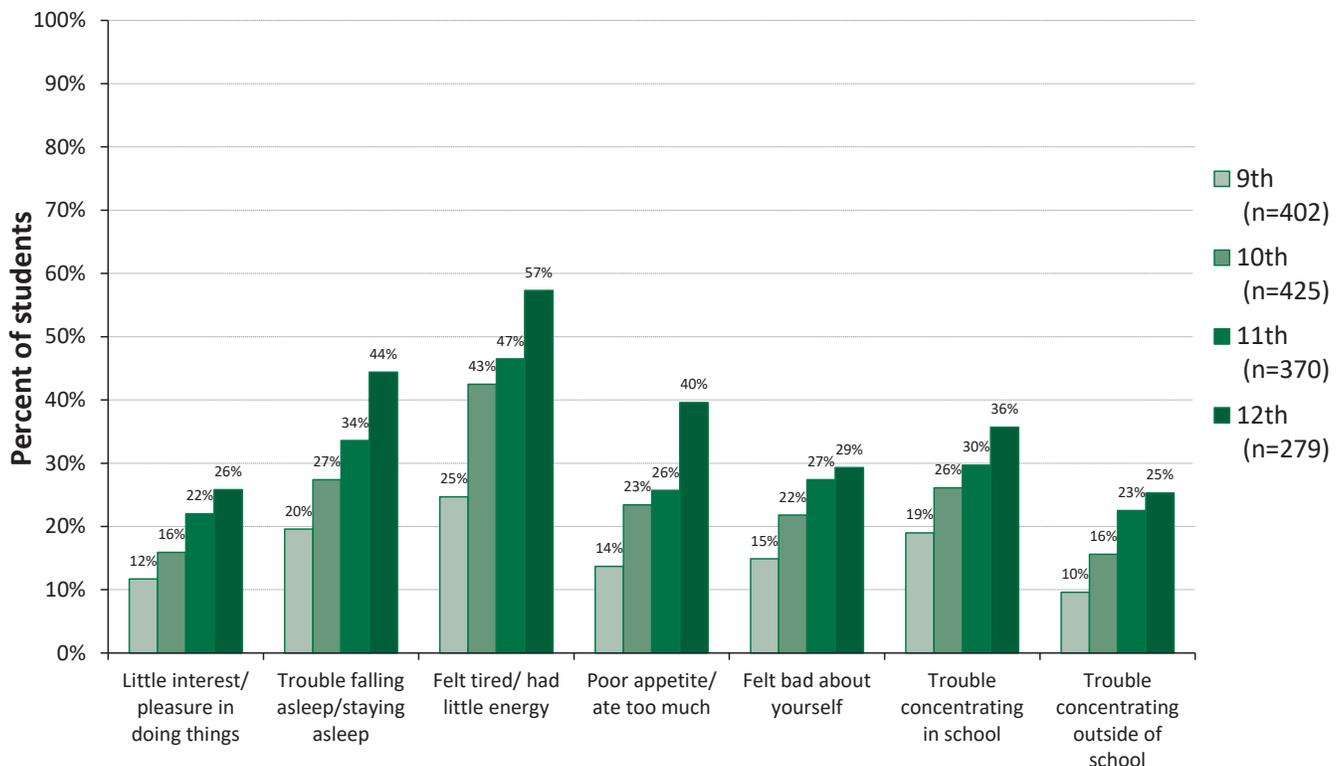


Figure 5-4A. Symptoms of Being Stressed, Anxious, or Worried* by Gender, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Student responded "often" or "very often"; past 2 weeks

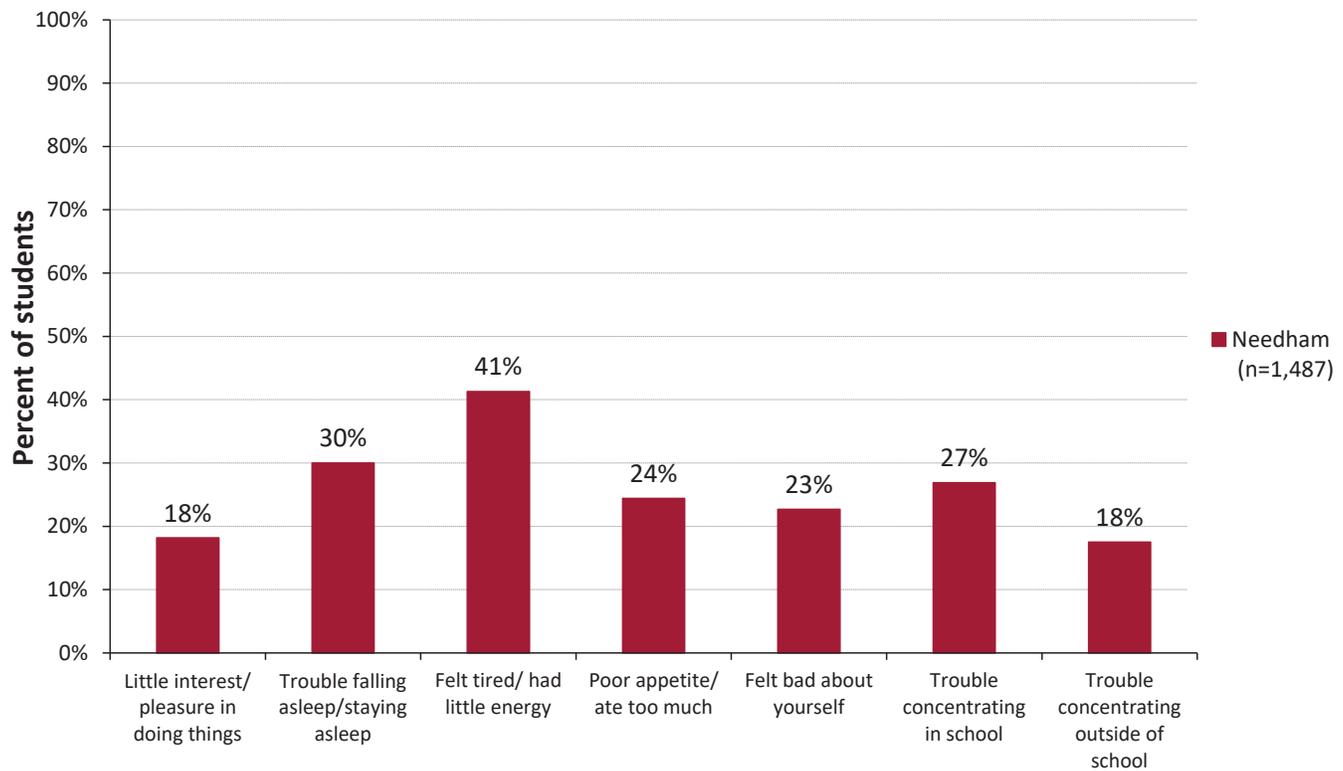
Figure 5-4B. Symptoms of Being Stressed, Anxious, or Worried* by Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Student responded "often" or "very often"; past 2 weeks

**Figure 5-4C. Symptoms of Being Stressed, Anxious, or Worried,* 2016
Needham High School (Grades 9-12)**

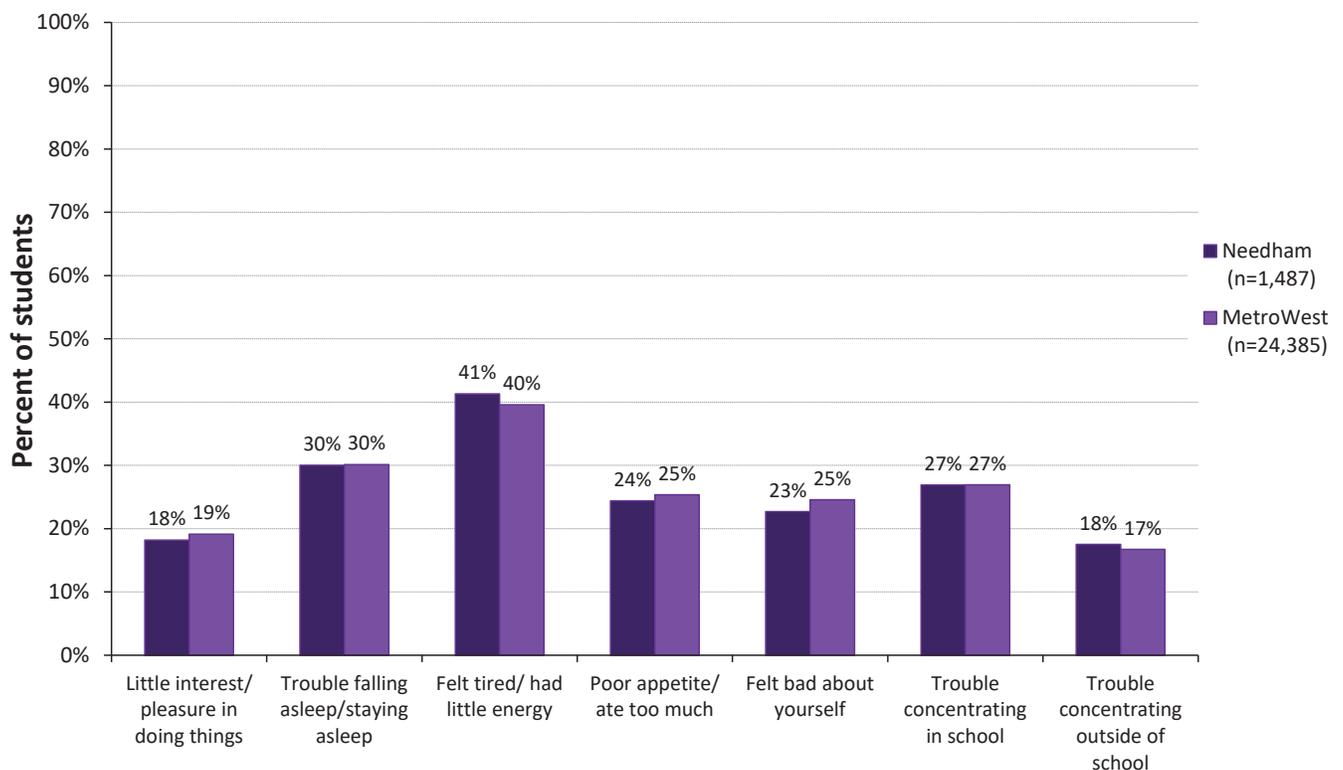
MetroWest Adolescent Health Survey



* Student responded "often" or "very often"; past 2 weeks

**Figure 5-4D. Symptoms of Being Stressed, Anxious, or Worried* at the District and Regional Levels, 2016
Needham High School (Grades 9-12)**

MetroWest Adolescent Health Survey

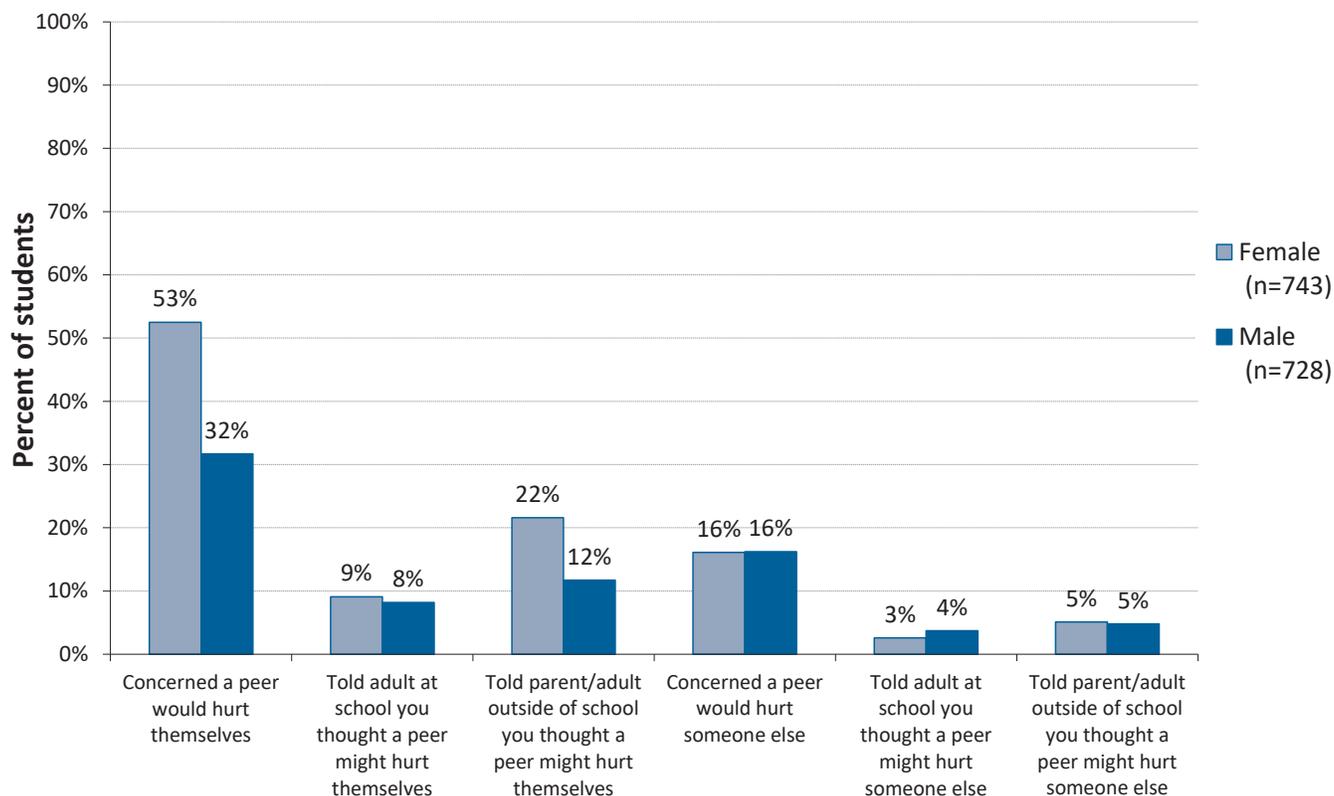


* Student responded "often" or "very often"; past 2 weeks

Figure 5-5A. Peer Mental Health* by Gender, 2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

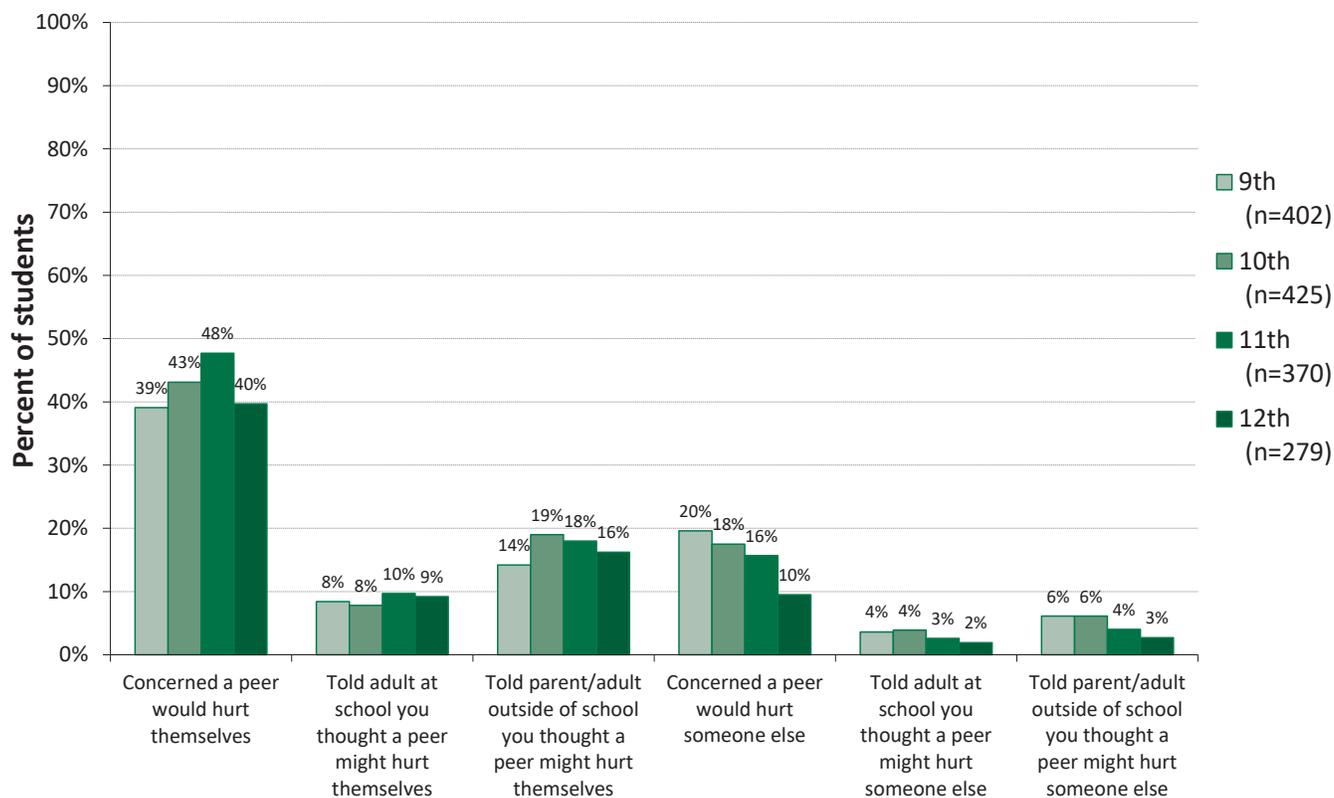


* In the past 12 months

Figure 5-5B. Peer Mental Health* by Grade, 2016

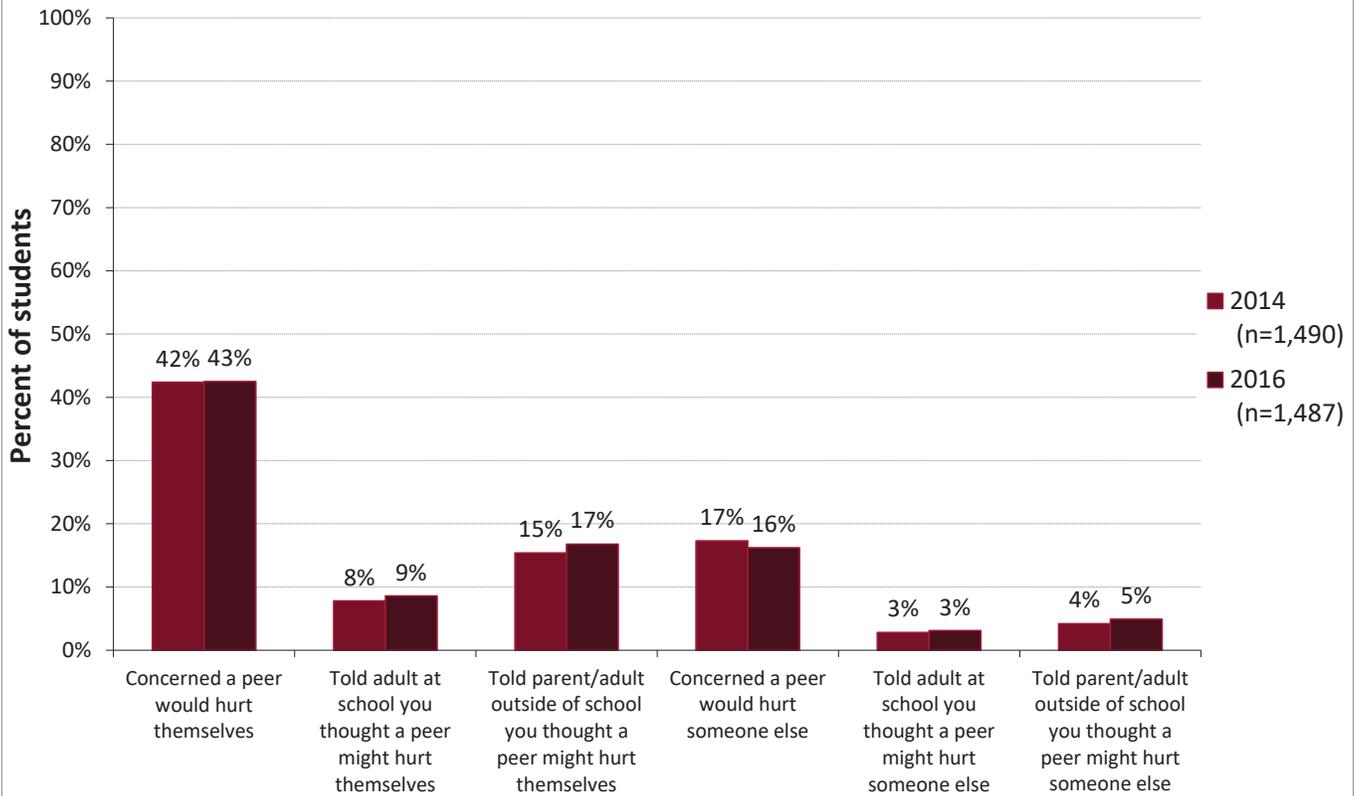
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey



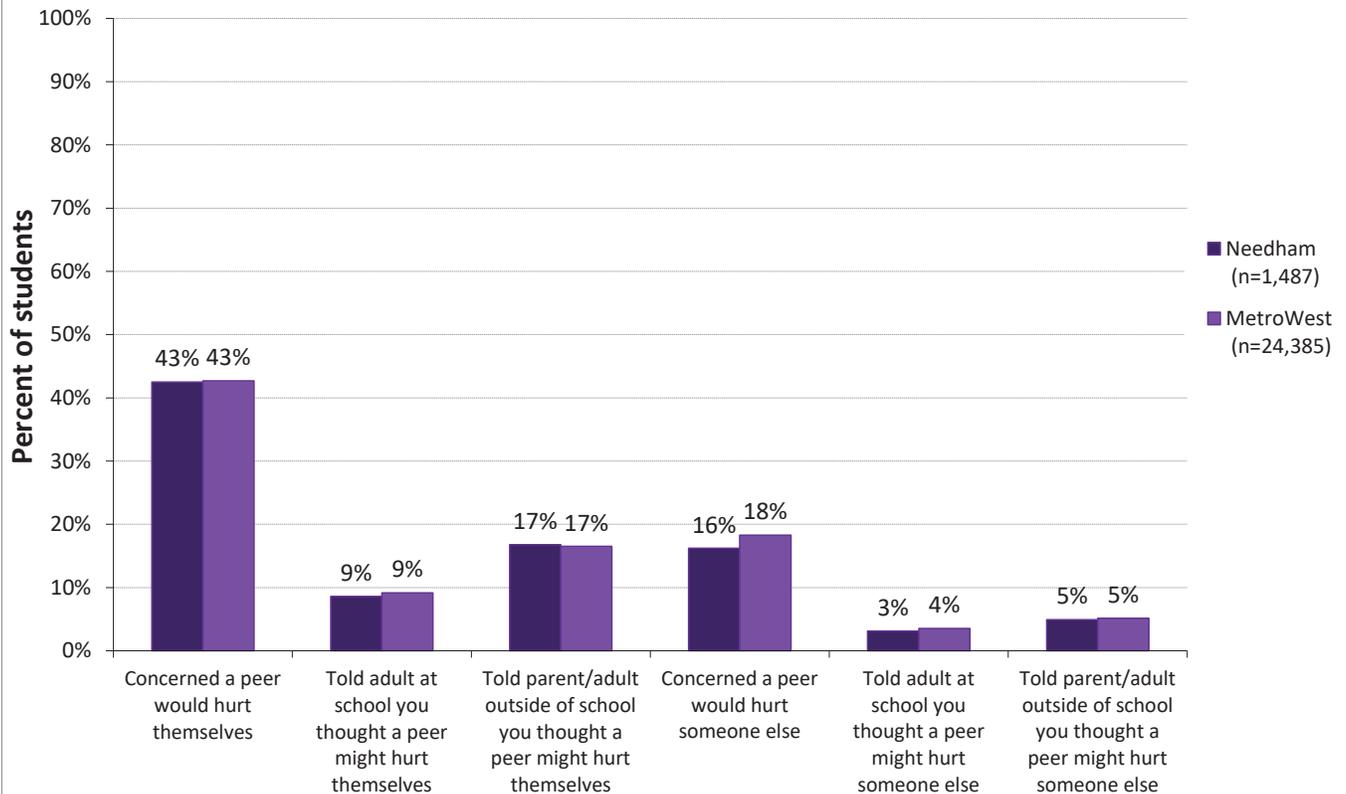
* In the past 12 months

Figure 5-5C. Trends in Peer Mental Health,* 2014-2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



* In the past 12 months

Figure 5-5D. Peer Mental Health* at the District and Regional Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



* In the past 12 months

Table 5-1A. Stress and Anxiety by Gender and Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
	(1,487)	Female (743)	Male (728)	9 th (402)	10 th (425)	11 th (370)	12 th (279)
STRESS							
Life "very" stressful (past 30 days)	38.1	52.1	22.8	19.8	35.7	42.7	61.9
Worry/feel stressed about school issues*	68.6	82.7	54.0	55.4	70.6	72.0	81.3
Worry/feel stressed about social issues*	32.2	40.2	23.8	26.4	30.9	33.3	41.1
Worry/feel stressed about family issues*	22.4	29.6	14.6	17.8	19.6	27.8	26.7
Worry/feel stressed about safety issues*	3.5	3.0	4.0	3.0	3.8	2.8	4.9
Worry/feel stressed about appearance issues*	27.9	39.1	16.1	23.0	26.3	33.1	30.6
Worry/feel stressed about your physical and/or emotional health *	24.9	34.7	14.4	15.5	24.4	30.3	32.5
SCHOOL-RELATED STRESS (past 30 days)*							
Worry/feel stressed about getting good grades	71.4	83.8	58.4	59.5	74.2	76.0	79.4
Worry/feel stressed about being able to finish school work and studying enough	68.0	81.7	53.5	53.9	70.3	74.8	77.0
Worry/feel stressed about college or other plans after high school	49.4	60.5	37.5	20.9	43.6	63.4	82.1
Worry/feel stressed about pressure from parent(s) or guardian(s) to do well in school	35.4	38.6	32.1	24.6	35.7	40.1	44.5
Worry/feel stressed about pressure from teachers or other school staff to do well in school	26.0	33.8	18.2	13.1	26.7	31.5	37.4
Worry/feel stressed about pressure or competition from other students to do well in school	35.3	44.1	26.0	16.4	35.6	43.8	51.5
Worry/feel stressed about being involved in extracurricular activities	38.3	47.4	28.6	23.4	41.6	44.3	47.4
SYMPTOMS OF BEING STRESSED, ANXIOUS, OR WORRIED (past 2 weeks)*							
Had little interest or pleasure in doing things	18.2	23.4	12.2	11.7	15.9	22.0	25.8
Had trouble falling asleep or staying asleep or slept too much	30.0	40.2	19.1	19.6	27.4	33.6	44.4
Felt tired or had little energy	41.3	54.8	26.8	24.7	42.5	46.5	57.3
Had a poor appetite or ate too much	24.4	34.3	14.0	13.7	23.4	25.7	39.6
Felt bad about yourself or that you were a failure	22.7	31.0	14.0	14.9	21.8	27.4	29.3
Had trouble concentrating in school	26.9	34.5	18.8	19.0	26.1	29.7	35.7
Had trouble concentrating on things outside of school	17.5	22.9	11.9	9.6	15.6	22.5	25.3

* Student responded "often" or "very often"

Table 5-1B. Stress and Anxiety, 2006 - 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham (%)						MetroWest Region (%)					
	2006 (1,281)	2008 (1,285)	2010 (1,326)	2012 (1,403)	2014 (1,490)	2016 (1,487)	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)	2016 (24,385)
STRESS												
Life "very" stressful (past 30 days)	32.4	25.4	25.2	26.8	31.9	38.1	27.9	27.9	28.3	28.9	34.9	35.8
Worry/feel stressed about school issues*	69.9	63.5	60.7	60.3	63.1	68.6	58.0	58.5	57.0	59.8	65.8	66.4
Worry/feel stressed about social issues*	32.3	28.9	26.8	26.4	27.2	32.2	28.9	30.1	30.3	29.9	31.9	32.7
Worry/feel stressed about family issues*	24.5	25.8	22.2	19.5	21.0	22.4	26.9	29.3	28.9	27.2	27.7	25.0
Worry/feel stressed about safety issues*	2.9	3.5	2.1	2.6	3.6	3.5	3.7	3.7	3.8	3.7	4.3	4.5
Worry/feel stressed about appearance issues*	25.8	26.0	23.6	24.3	26.3	27.9	27.3	27.8	27.4	28.7	30.1	28.9
Worry/feel stressed about your physical and/or emotional health *	20.6	20.5	19.5	19.9	22.5	24.9	19.8	20.1	20.6	21.6	25.1	24.6
SCHOOL-RELATED STRESS (past 30 days)*												
Worry/feel stressed about getting good grades	-	-	-	-	-	71.4	-	-	-	-	-	68.4
Worry/feel stressed about being able to finish school work and studying enough	-	-	-	-	-	68.0	-	-	-	-	-	62.0
Worry/feel stressed about college or other plans after high school	-	-	-	-	-	49.4	-	-	-	-	-	49.1
Worry/feel stressed about pressure from parent(s) or guardian(s) to do well in school	-	-	-	-	-	35.4	-	-	-	-	-	36.2
Worry/feel stressed about pressure from teachers or other school staff to do well in school	-	-	-	-	-	26.0	-	-	-	-	-	22.5
Worry/feel stressed about pressure or competition from other students to do well in school	-	-	-	-	-	35.3	-	-	-	-	-	28.6
Worry/feel stressed about being involved in extracurricular activities	-	-	-	-	-	38.3	-	-	-	-	-	32.5
SYMPTOMS OF BEING STRESSED, ANXIOUS, OR WORRIED (past 2 weeks)*												
Had little interest or pleasure in doing things	-	-	-	-	-	18.2	-	-	-	-	-	19.1
Had trouble falling asleep or staying asleep or slept too much	-	-	-	-	-	30.0	-	-	-	-	-	30.1
Felt tired or had little energy	-	-	-	-	-	41.3	-	-	-	-	-	39.6
Had a poor appetite or ate too much	-	-	-	-	-	24.4	-	-	-	-	-	25.4
Felt bad about yourself or that you were a failure	-	-	-	-	-	22.7	-	-	-	-	-	24.6
Had trouble concentrating in school	-	-	-	-	-	26.9	-	-	-	-	-	26.9
Had trouble concentrating on things outside of school	-	-	-	-	-	17.5	-	-	-	-	-	16.7

* Student responded "often" or "very often"

Table 5-1C. Stress and Anxiety at the District, Regional, State, and National Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham 2016 MWAHS	MetroWest Region 2016 MWAHS	Massachusetts 2015 YRBS	United States 2015 YRBS
	<i>(1,487)</i>	<i>(24,385)</i>	<i>(3,120)</i>	<i>(15,624)</i>
STRESS				
Life "very" stressful (past 30 days)	38.1	35.8	–	–
Worry/feel stressed about school issues*	68.6	66.4	–	–
Worry/feel stressed about social issues*	32.2	32.7	–	–
Worry/feel stressed about family issues*	22.4	25.0	–	–
Worry/feel stressed about safety issues*	3.5	4.5	–	–
Worry/feel stressed about appearance issues*	27.9	28.9	–	–
Worry/feel stressed about your physical and/or emotional health *	24.9	24.6	–	–
SCHOOL-RELATED STRESS (past 30 days)*				
Worry/feel stressed about getting good grades	71.4	68.4	–	–
Worry/feel stressed about being able to finish school work and studying enough	68.0	62.0	–	–
Worry/feel stressed about college or other plans after high school	49.4	49.1	–	–
Worry/feel stressed about pressure from parent(s) or guardian(s) to do well in school	35.4	36.2	–	–
Worry/feel stressed about pressure from teachers or other school staff to do well in school	26.0	22.5	–	–
Worry/feel stressed about pressure or competition from other students to do well in school	35.3	28.6	–	–
Worry/feel stressed about being involved in extracurricular activities	38.3	32.5	–	–
SYMPTOMS OF BEING STRESSED, ANXIOUS, OR WORRIED (past 2 weeks)*				
Had little interest or pleasure in doing things	18.2	19.1	–	–
Had trouble falling asleep or staying asleep or slept too much	30.0	30.1	–	–
Felt tired or had little energy	41.3	39.6	–	–
Had a poor appetite or ate too much	24.4	25.4	–	–
Felt bad about yourself or that you were a failure	22.7	24.6	–	–
Had trouble concentrating in school	26.9	26.9	–	–
Had trouble concentrating on things outside of school	17.5	16.7	–	–

* Student responded "often" or "very often"

Table 5-2A. Mental Health and Suicidality by Gender and Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
	(1,487)	Female (743)	Male (728)	9 th (402)	10 th (425)	11 th (370)	12 th (279)
<i>MENTAL HEALTH AND SUICIDALITY (past 12 months)</i>							
Felt sad or hopeless almost every day for two or more weeks	14.1	17.8	9.7	11.3	12.0	17.7	15.9
Absent/missed school because you felt sad or hopeless, or had thoughts about hurting yourself (past 30 days)	5.8	7.8	3.4	3.3	4.6	7.4	8.8
Hurt or injured yourself on purpose*	9.4	11.5	6.6	7.8	10.1	11.0	8.0
Seriously considered attempting suicide	9.9	12.2	7.1	9.5	9.9	12.1	7.3
Made a plan about attempting suicide	6.9	9.0	4.5	6.8	7.3	6.8	6.5
Attempted suicide	2.5	2.6	2.3	3.0	1.9	2.5	2.7
Made a suicide attempt requiring medical treatment [†]	0.7	0.7	0.7	0.5	0.7	0.9	0.8
Talked to a teacher/adult at school about feeling sad or hopeless, or having thoughts about hurting yourself	6.7	7.2	6.0	5.9	5.4	7.7	8.8
Talked to a parent/adult outside of school about feeling sad or hopeless, or having thoughts about hurting yourself	18.3	23.5	12.5	14.6	18.2	19.8	22.0
Talked to a doctor, nurse, or other healthcare provider about feeling sad or hopeless, or having thoughts about hurting yourself	10.5	13.4	7.1	8.9	9.8	12.7	11.2
<i>CONCERNS ABOUT PEER MENTAL HEALTH (past 12 months)</i>							
Concerned a student was depressed or might physically hurt themselves	42.5	52.5	31.7	39.1	43.1	47.7	39.7
Told an adult at school a student was depressed/might harm themselves	8.6	9.1	8.2	8.4	7.8	9.7	9.2
Told an adult outside of school a student was depressed/might harm themselves	16.8	21.6	11.7	14.2	19.0	18.0	16.2
Concerned a student was depressed or might physically hurt someone else	16.2	16.1	16.2	19.6	17.5	15.7	9.5
Told an adult at school a student was depressed/might harm someone else	3.1	2.6	3.7	3.6	3.9	2.6	1.9
Told an adult outside of school a student was depressed/might harm someone else	4.9	5.1	4.8	6.1	6.1	4.0	2.7

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

† Resulting in an injury, poisoning, or overdose that had to be treated by a doctor or nurse

Table 5-2B. Mental Health and Suicidality, 2006 - 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham (%)						MetroWest Region (%)					
	2006 (1,281)	2008 (1,285)	2010 (1,326)	2012 (1,403)	2014 (1,490)	2016 (1,487)	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)	2016 (24,385)
MENTAL HEALTH AND SUICIDALITY (past 12 months)												
Felt sad or hopeless almost every day for two or more weeks	19.5	18.0	16.6	14.1	18.9	14.1	20.1	20.3	19.1	19.7	22.0	18.1
Absent/missed school because you felt sad or hopeless, or had thoughts about hurting yourself (past 30 days)	–	–	–	–	6.0	5.8	–	–	–	–	7.5	7.0
Hurt or injured yourself on purpose*	11.4	12.2	12.0	12.5	12.3	9.4	13.2	13.2	14.0	15.6	15.2	12.9
Seriously considered attempting suicide	11.2	9.5	10.2	10.3	11.0	9.9	10.0	10.5	11.6	13.0	12.9	12.3
Made a plan about attempting suicide	7.5	7.9	7.2	7.6	7.8	6.9	7.5	7.8	8.6	9.8	10.0	8.9
Attempted suicide	3.2	3.5	2.2	3.3	3.4	2.5	4.1	4.1	4.0	4.7	4.5	4.0
Made a suicide attempt requiring medical treatment [†]	1.3	0.9	1.0	0.9	1.1	0.7	1.6	1.5	1.4	1.5	1.3	1.2
Talked to a teacher/adult at school about feeling sad or hopeless, or having thoughts about hurting yourself	–	–	6.0	6.1	6.0	6.7	–	–	6.8	7.1	7.5	7.1
Talked to a parent/adult outside of school about feeling sad or hopeless, or having thoughts about hurting yourself	–	–	13.8	13.4	14.7	18.3	–	–	12.6	13.0	16.3	16.6
Talked to a doctor, nurse, or other healthcare provider about feeling sad or hopeless, or having thoughts about hurting yourself	–	–	–	7.6	6.6	10.5	–	–	–	7.0	8.0	8.8
CONCERNS ABOUT PEER MENTAL HEALTH (past 12 months)												
Concerned a student was depressed or might physically hurt themselves	–	–	–	–	42.4	42.5	–	–	–	–	47.2	42.7
Told an adult at school a student was depressed/might harm themselves	–	–	–	–	7.8	8.6	–	–	–	–	10.2	9.1
Told an adult outside of school a student was depressed/might harm themselves	–	–	–	–	15.4	16.8	–	–	–	–	17.3	16.5
Concerned a student was depressed or might physically hurt someone else	–	–	–	–	17.3	16.2	–	–	–	–	21.4	18.3
Told an adult at school a student was depressed/might harm someone else	–	–	–	–	2.8	3.1	–	–	–	–	4.0	3.5
Told an adult outside of school a student was depressed/might harm someone else	–	–	–	–	4.2	4.9	–	–	–	–	5.6	5.1

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

† Resulting in an injury, poisoning, or overdose that had to be treated by a doctor or nurse

Table 5-2C. Mental Health and Suicidality at the District, Regional, State, and National Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham 2016 MWAHS	MetroWest Region 2016 MWAHS	Massachusetts 2015 YRBS	United States 2015 YRBS
	<i>(1,487)</i>	<i>(24,385)</i>	<i>(3,120)</i>	<i>(15,624)</i>
MENTAL HEALTH AND SUICIDALITY (past 12 months)				
Felt sad or hopeless almost every day for two or more weeks	14.1	18.1	27.4	29.9
Absent/missed school because you felt sad or hopeless, or had thoughts about hurting yourself (past 30 days)	5.8	7.0	–	–
Hurt or injured yourself on purpose*	9.4	12.9	–	–
Seriously considered attempting suicide	9.9	12.3	14.9	17.7
Made a plan about attempting suicide	6.9	8.9	11.9	14.6
Attempted suicide	2.5	4.0	7.0	8.6
Made a suicide attempt requiring medical treatment [†]	0.7	1.2	2.8	2.8
Talked to a teacher/adult at school about feeling sad or hopeless, or having thoughts about hurting yourself	6.7	7.1	–	–
Talked to a parent/adult outside of school about feeling sad or hopeless, or having thoughts about hurting yourself	18.3	16.6	–	–
Talked to a doctor, nurse, or other healthcare provider about feeling sad or hopeless, or having thoughts about hurting yourself	10.5	8.8	–	–
CONCERNS ABOUT PEER MENTAL HEALTH (past 12 months)				
Concerned a student was depressed or might physically hurt themselves	42.5	42.7	–	–
Told an adult at school a student was depressed/might harm themselves	8.6	9.1	–	–
Told an adult outside of school a student was depressed/might harm themselves	16.8	16.5	–	–
Concerned a student was depressed or might physically hurt someone else	16.2	18.3	–	–
Told an adult at school a student was depressed/might harm someone else	3.1	3.5	–	–
Told an adult outside of school a student was depressed/might harm someone else	4.9	5.1	–	–

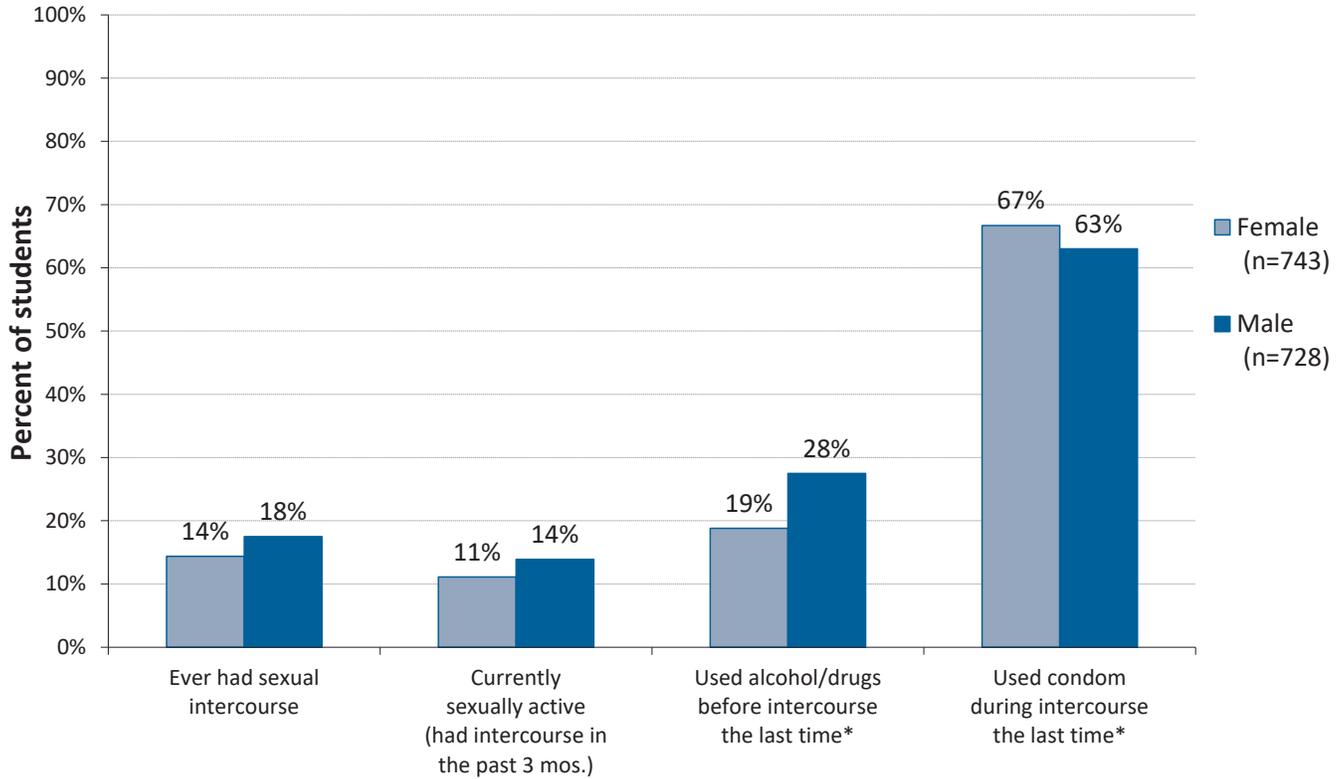
* For example, by cutting, burning, or bruising yourself

† Resulting in an injury, poisoning, or overdose that had to be treated by a doctor or nurse

Section 6:
Sexual Behaviors

Figure 6-1A. Sexual Behaviors by Gender, 2016
Needham High School (Grades 9-12)

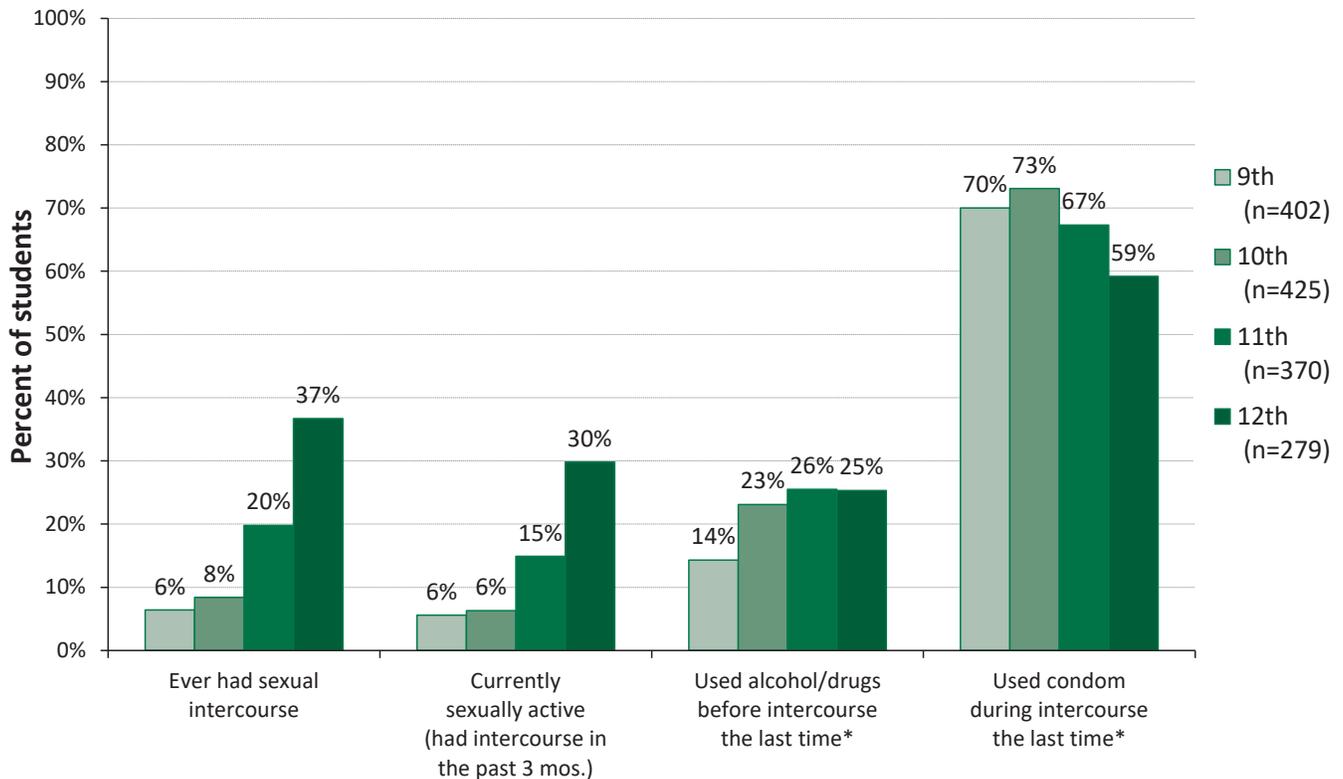
MetroWest Adolescent Health Survey



* Among currently sexually active youth

Figure 6-1B. Sexual Behaviors by Grade, 2016
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

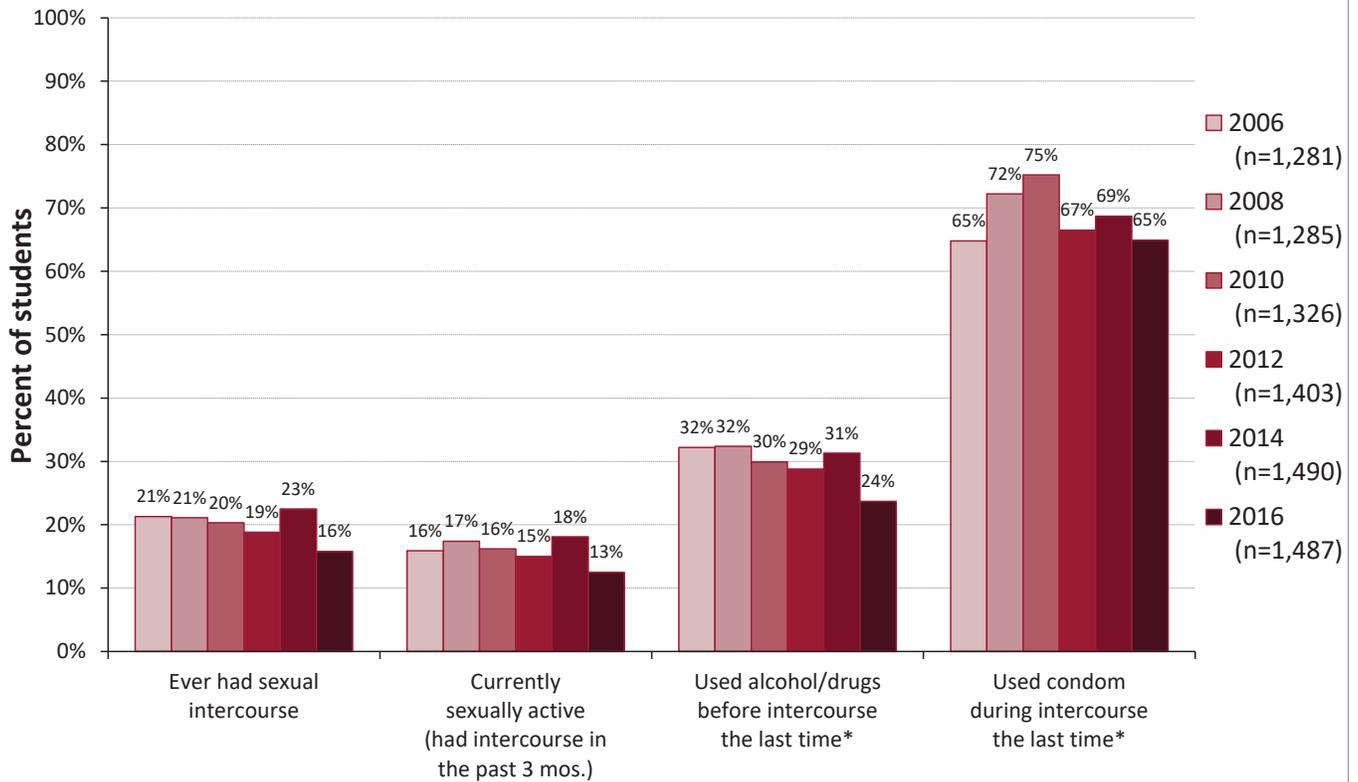


* Among currently sexually active youth

Figure 6-1C. Trends in Sexual Behaviors, 2006-2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

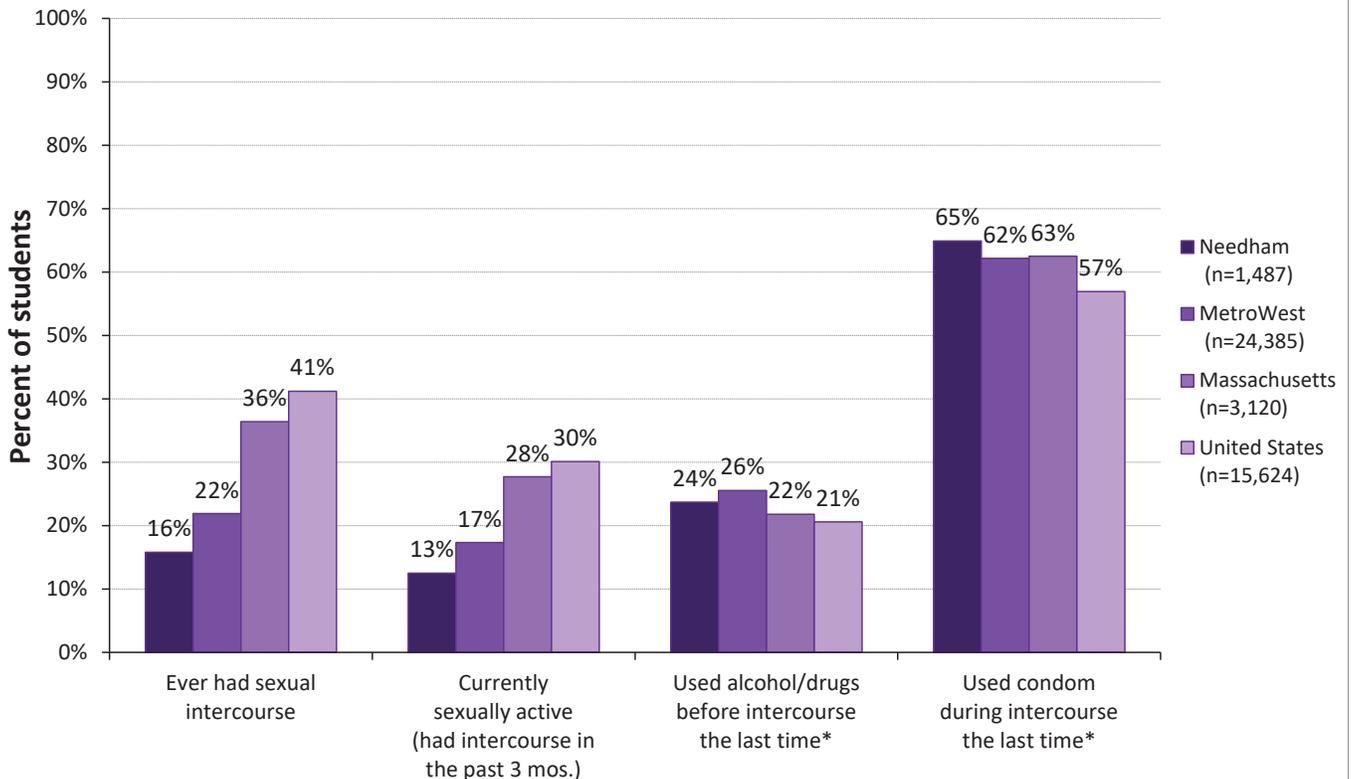


* Among currently sexually active youth

Figure 6-1D. Sexual Behaviors at the District, Regional, State, and National Levels, 2016

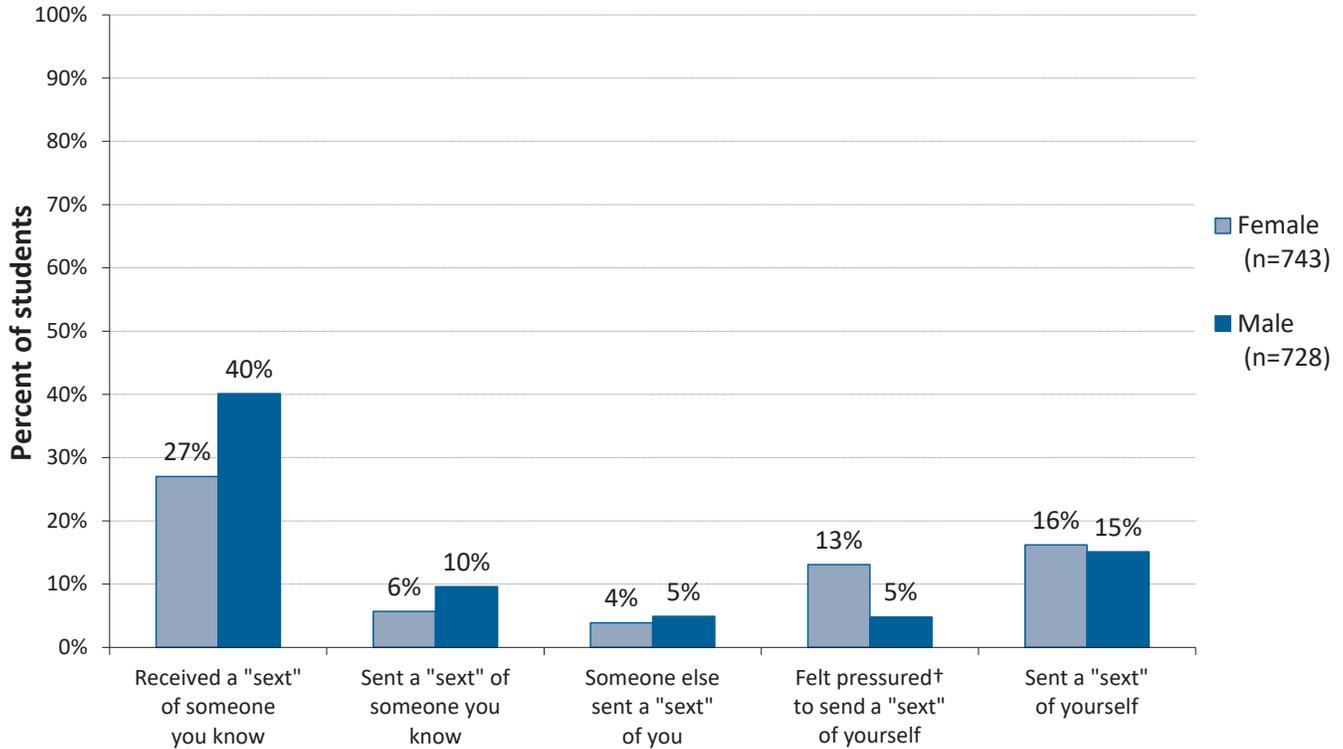
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey



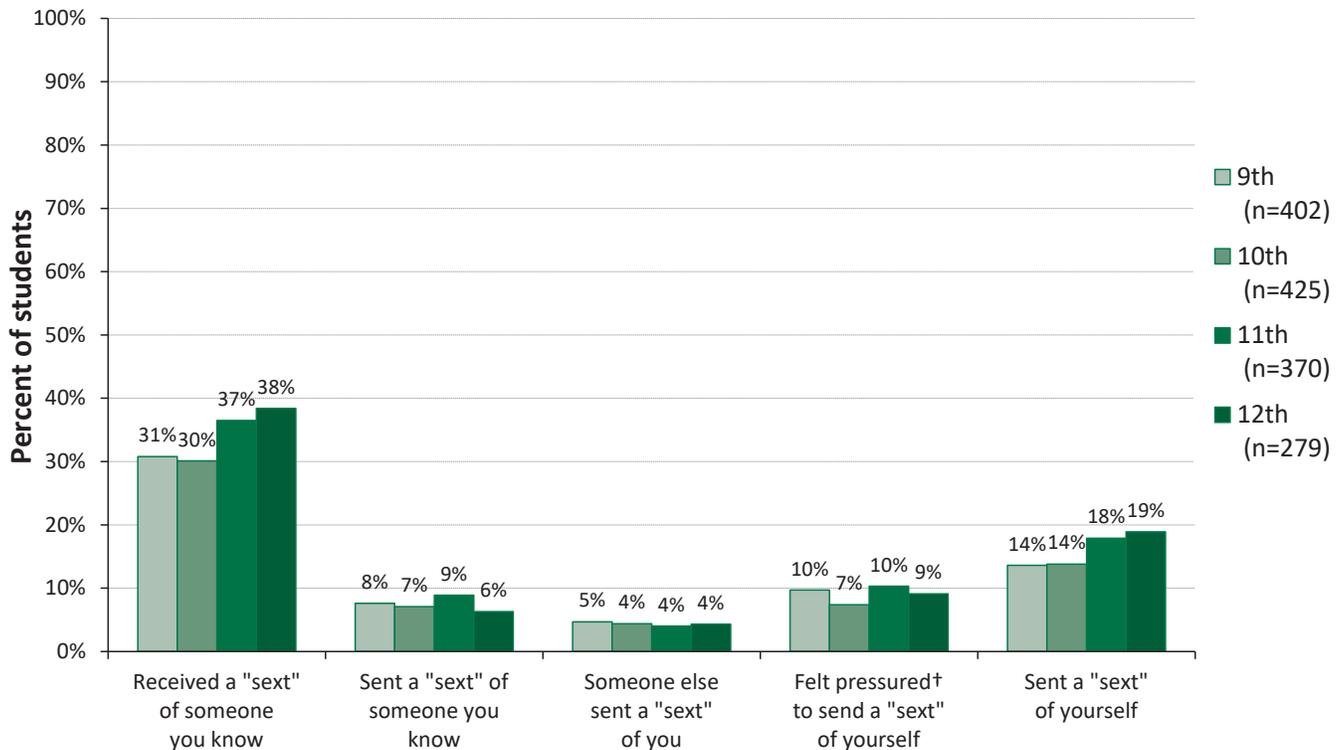
* Among currently sexually active youth

Figure 6-2A. Sexting* by Gender, 2016
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 6-2B. Sexting* by Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

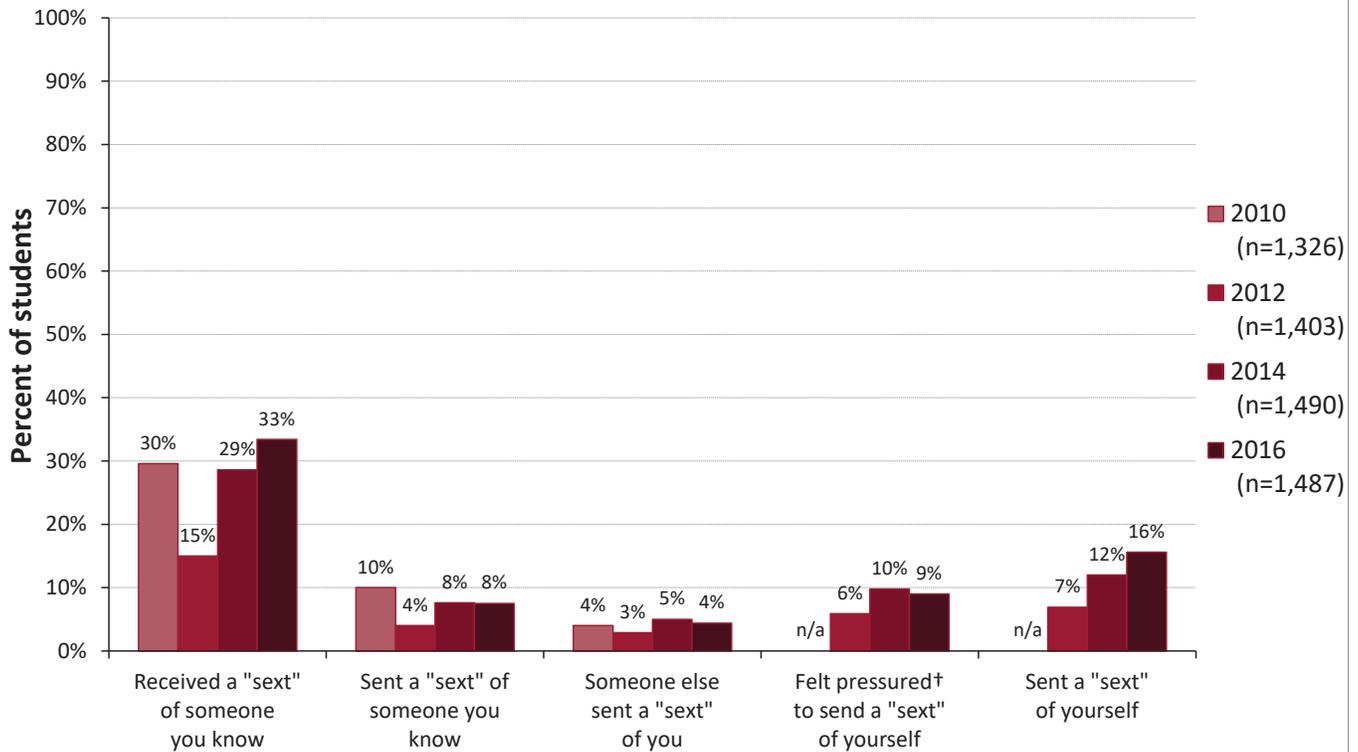


* Defined as sending/forwarding nude, sexually suggestive/explicit photos or videos using the Internet, cell phones, or other electronic devices in the past 12 months
 † By a boyfriend, girlfriend, date, or someone you were going out with

Figure 6-2C. Trends in Sexting,* 2010-2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

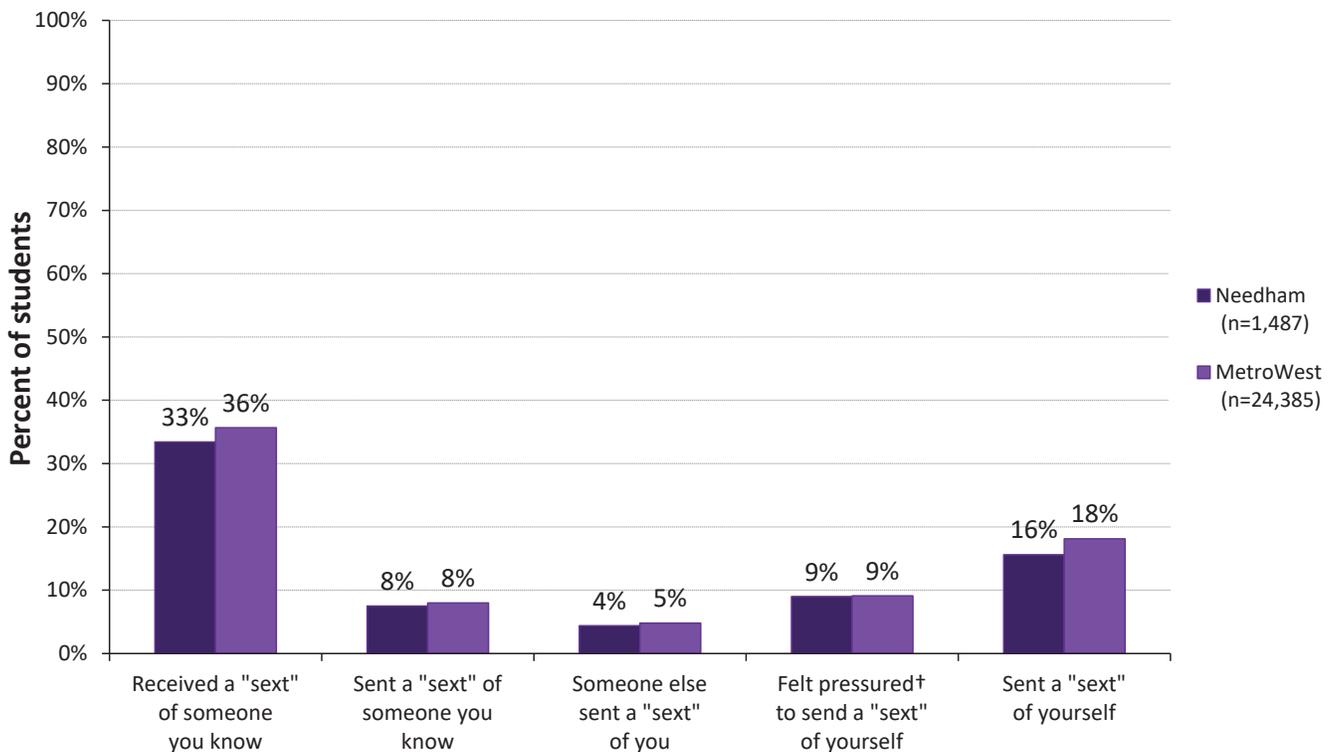


* Defined as sending/forwarding nude, sexually suggestive/explicit photos or videos using the Internet, cell phones, or other electronic devices in the past 12 months
 † By a boyfriend, girlfriend, date, or someone you were going out with

Figure 6-2D. Sexting* at the District and Regional Levels, 2016

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

Table 6-1A. Sexual Behaviors and Sexting by Gender and Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
	(1,487)	Female (743)	Male (728)	9 th (402)	10 th (425)	11 th (370)	12 th (279)
SEXUAL BEHAVIORS							
Ever had sexual intercourse	15.8	14.4	17.5	6.4	8.4	19.8	36.7
Had first sexual intercourse before age 13 years	1.9	0.5	3.4	2.3	1.5	2.0	1.9
Had sexual intercourse with 4 or more people (lifetime)	3.2	2.1	4.1	2.8	1.5	2.9	7.0
Had sexual contact with someone of the same sex (lifetime)	2.8	2.5	3.1	2.1	2.2	2.9	4.7
Currently sexually active (had intercourse in the past 3 months)	12.5	11.1	13.9	5.6	6.3	14.9	29.8
Used alcohol or drugs before sexual intercourse the last time*	23.7	18.8	27.5	14.3	23.1	25.5	25.3
Used a condom during sexual intercourse the last time*	64.9	66.7	63.0	70.0	73.1	67.3	59.2
Used birth control pills during sexual intercourse the last time*	34.8	38.2	32.6	20.0	16.7	28.0	50.0
Been pregnant/gotten someone pregnant (lifetime)	1.4	0.4	2.5	1.5	0.7	2.3	1.2
Been told by a health care provider that you had a sexually transmitted disease (lifetime)	0.9	0.3	1.6	0.8	0.5	1.1	1.5
Had sexual contact against your will (lifetime)	6.4	9.3	3.4	3.3	3.4	9.2	12.4
Been physically forced to have sexual intercourse when you did not want to (lifetime)	2.8	3.4	1.9	1.5	1.0	4.3	5.4
"SEXTING" (past 12 months) †							
Received a "sext" of someone you know	33.4	27.0	40.1	30.8	30.1	36.5	38.4
Sent, forwarded, or posted a "sext" of someone you know	7.5	5.7	9.6	7.6	7.1	8.9	6.3
Someone else sent or posted a "sext" of you	4.4	3.9	4.9	4.7	4.4	4.0	4.3
Felt pressured by a boyfriend/girlfriend/date to send, forward, or post a "sext" of yourself	9.0	13.1	4.8	9.7	7.4	10.3	9.1
Sent, forwarded, or posted a "sext" of yourself	15.6	16.2	15.1	13.6	13.8	17.9	18.9

* Among youth who are currently sexually active (had intercourse in the past 3 months)

† Defined as sending or forwarding nude, sexually suggestive or explicit photos or videos using the Internet, cell phones, or other electronic devices

Table 6-1B. Sexual Behaviors and Sexting, 2006 - 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham (%)						MetroWest Region (%)					
	2006 <i>(1,281)</i>	2008 <i>(1,285)</i>	2010 <i>(1,326)</i>	2012 <i>(1,403)</i>	2014 <i>(1,490)</i>	2016 <i>(1,487)</i>	2006 <i>(16,680)</i>	2008 <i>(20,406)</i>	2010 <i>(23,187)</i>	2012 <i>(24,459)</i>	2014 <i>(24,355)</i>	2016 <i>(24,385)</i>
SEXUAL BEHAVIORS												
Ever had sexual intercourse	21.3	21.1	20.3	18.8	22.5	15.8	28.9	29.4	28.3	26.6	24.3	21.9
Had first sexual intercourse before age 13 years	2.6	2.9	2.1	2.7	2.7	1.9	3.8	3.7	3.3	3.0	2.1	1.8
Had sexual intercourse with 4 or more people (lifetime)	4.9	6.6	5.2	5.5	5.7	3.2	8.0	8.0	7.6	6.9	5.4	4.8
Had sexual contact with someone of the same sex (lifetime)	–	–	–	2.3	3.9	2.8	–	–	–	3.3	4.4	3.9
Currently sexually active (had intercourse in the past 3 months)	15.9	17.4	16.2	15.0	18.1	12.5	22.3	22.9	21.8	20.7	19.1	17.3
Used alcohol or drugs before sexual intercourse the last time*	32.2	32.4	29.9	28.8	31.3	23.7	26.5	27.8	27.0	29.2	27.7	25.5
Used a condom during sexual intercourse the last time*	64.8	72.2	75.2	66.5	68.7	64.9	66.6	65.0	63.2	66.3	65.1	62.2
Used birth control pills during sexual intercourse the last time*	43.7	38.1	29.2	24.5	24.5	34.8	39.1	41.0	24.4	25.0	28.8	30.3
Been pregnant/gotten someone pregnant (lifetime)	2.4	2.2	2.1	2.2	1.9	1.4	2.9	2.9	2.8	2.5	1.7	1.5
Been told by a health care provider that you had a sexually transmitted disease (lifetime)	1.0	1.3	1.2	1.8	1.9	0.9	1.6	1.7	1.6	1.5	1.1	1.1
Had sexual contact against your will (lifetime)	–	–	–	–	–	6.4	–	–	–	–	–	7.5
Been physically forced to have sexual intercourse when you did not want to (lifetime)	4.0	4.5	3.5	3.6	4.9	2.8	5.7	5.7	5.5	4.8	4.6	3.4
"SEXTING" (past 12 months) †												
Received a "sext" of someone you know	–	–	29.6	15.0	28.6	33.4	–	–	25.1	22.6	32.5	35.7
Sent, forwarded, or posted a "sext" of someone you know	–	–	10.0	4.0	7.6	7.5	–	–	10.4	5.2	7.3	8.0
Someone else sent or posted a "sext" of you	–	–	4.0	2.9	5.0	4.4	–	–	5.0	3.0	4.1	4.8
Felt pressured by a boyfriend/girlfriend/date to send, forward, or post a "sext" of yourself	–	–	–	5.9	9.8	9.0	–	–	–	8.1	9.3	9.1
Sent, forwarded, or posted a "sext" of yourself	–	–	–	6.9	12.0	15.6	–	–	–	10.7	15.4	18.1

* Among youth who are currently sexually active (had intercourse in the past 3 months)

† Defined as sending or forwarding nude, sexually suggestive or explicit photos or videos using the Internet, cell phones, or other electronic devices

Table 6-1C. Sexual Behaviors and Sexting at the District, Regional, State, and National Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham 2016 MWAHS	MetroWest Region 2016 MWAHS	Massachusetts 2015 YRBS	United States 2015 YRBS
	<i>(1,487)</i>	<i>(24,385)</i>	<i>(3,120)</i>	<i>(15,624)</i>
SEXUAL BEHAVIORS				
Ever had sexual intercourse	15.8	21.9	36.4	41.2
Had first sexual intercourse before age 13 years	1.9	1.8	2.9	3.9
Had sexual intercourse with 4 or more people (lifetime)	3.2	4.8	7.9	11.5
Had sexual contact with someone of the same sex (lifetime)	2.8	3.9	–	–
Currently sexually active (had intercourse in the past 3 months)	12.5	17.3	27.7	30.1
Used alcohol or drugs before sexual intercourse the last time*	23.7	25.5	21.8	20.6
Used a condom during sexual intercourse the last time*	64.9	62.2	62.5	56.9
Used birth control pills during sexual intercourse the last time*	34.8	30.3	28.4	18.2
Been pregnant/gotten someone pregnant (lifetime)	1.4	1.5	–	–
Been told by a health care provider that you had a sexually transmitted disease (lifetime)	0.9	1.1	–	–
Had sexual contact against your will (lifetime)	6.4	7.5	–	–
Been physically forced to have sexual intercourse when you did not want to (lifetime)	2.8	3.4	5.5	6.7
"SEXTING" (past 12 months)†				
Received a "sext" of someone you know	33.4	35.7	–	–
Sent, forwarded, or posted a "sext" of someone you know	7.5	8.0	–	–
Someone else sent or posted a "sext" of you	4.4	4.8	–	–
Felt pressured by a boyfriend/girlfriend/date to send, forward, or post a "sext" of yourself	9.0	9.1	–	–
Sent, forwarded, or posted a "sext" of yourself	15.6	18.1	–	–

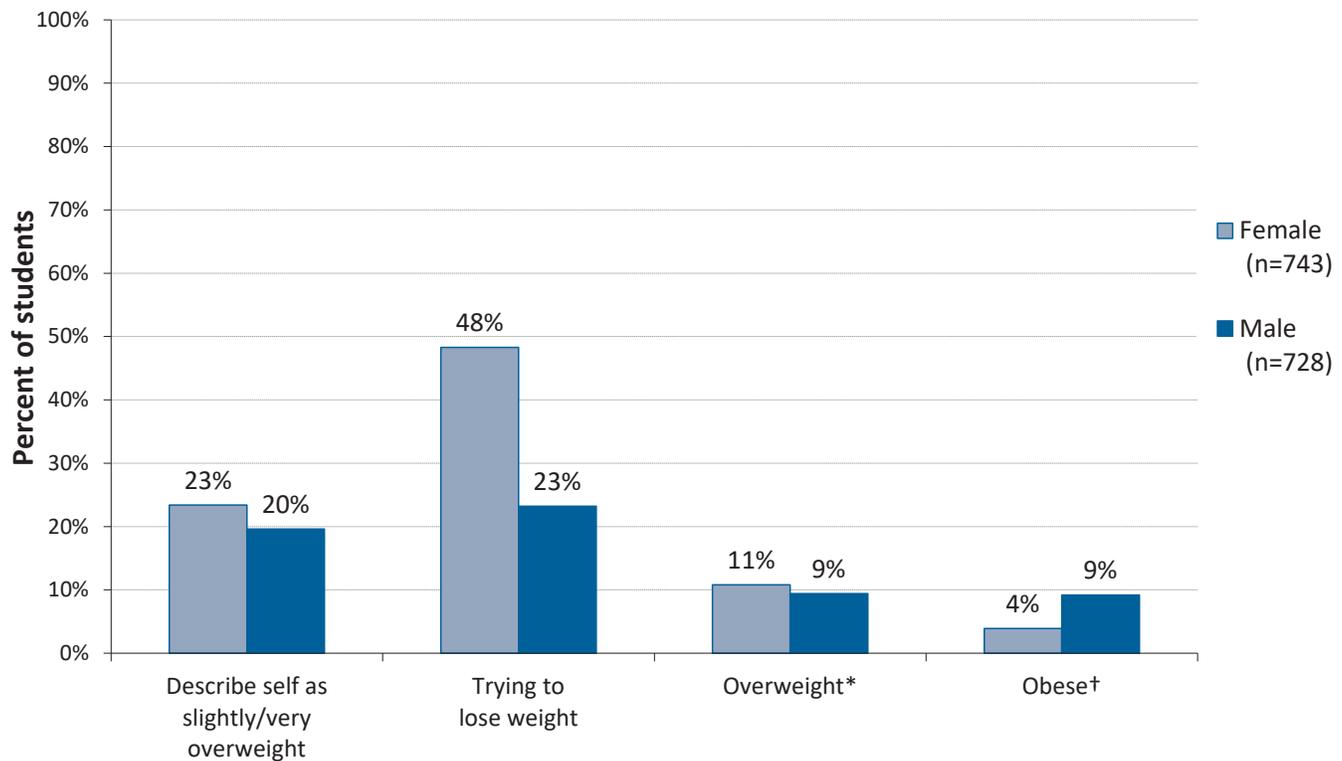
* Among youth who are currently sexually active (had intercourse in the past 3 months)

† Defined as sending or forwarding nude, sexually suggestive or explicit photos or videos using the Internet, cell phones, or other electronic devices

**Section 7:
Physical Activity, Nutrition, and Weight**

**Figure 7-1A. Weight Perception and Body Weight by Gender, 2016
Needham High School (Grades 9-12)**

MetroWest Adolescent Health Survey

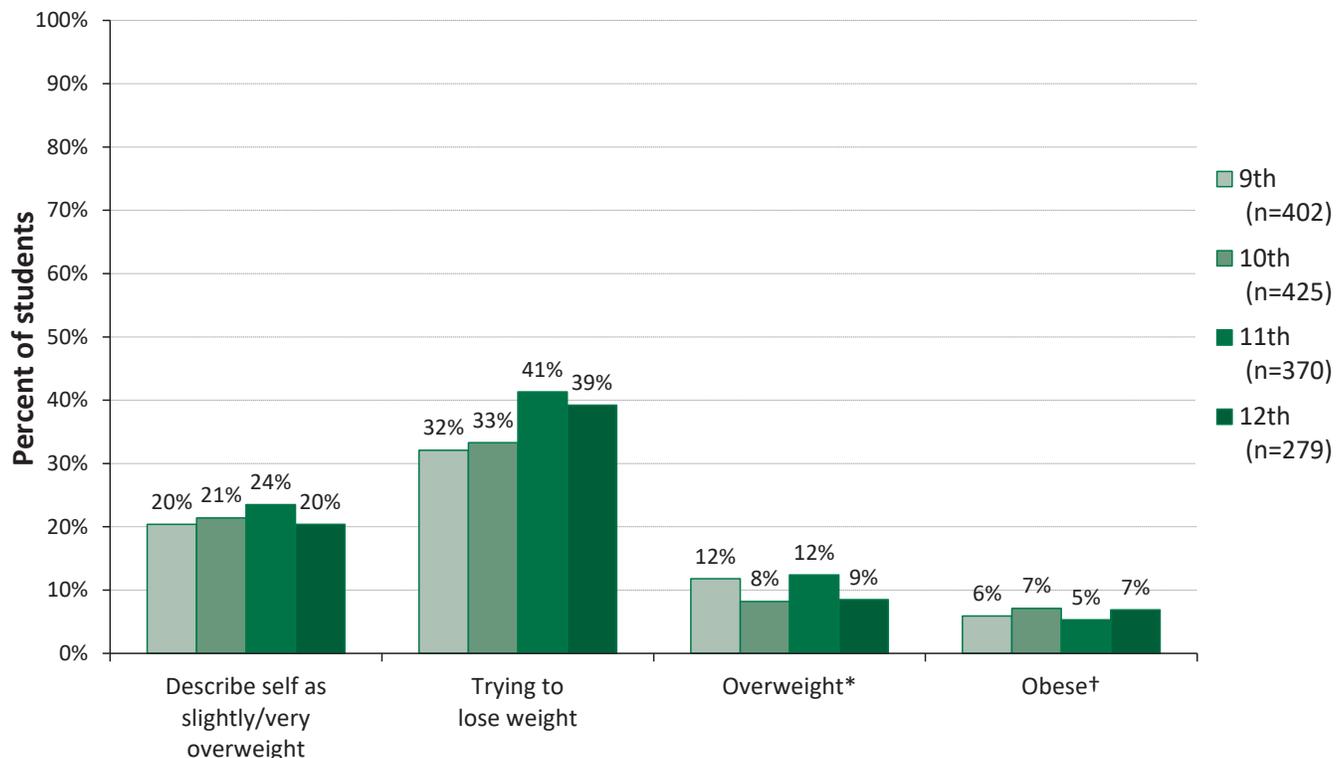


* Students who were ≥85th percentile but <95th percentile for body mass index by age and gender, based on reference data

† 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, 2016
Needham High School (Grades 9-12)**

MetroWest Adolescent Health Survey

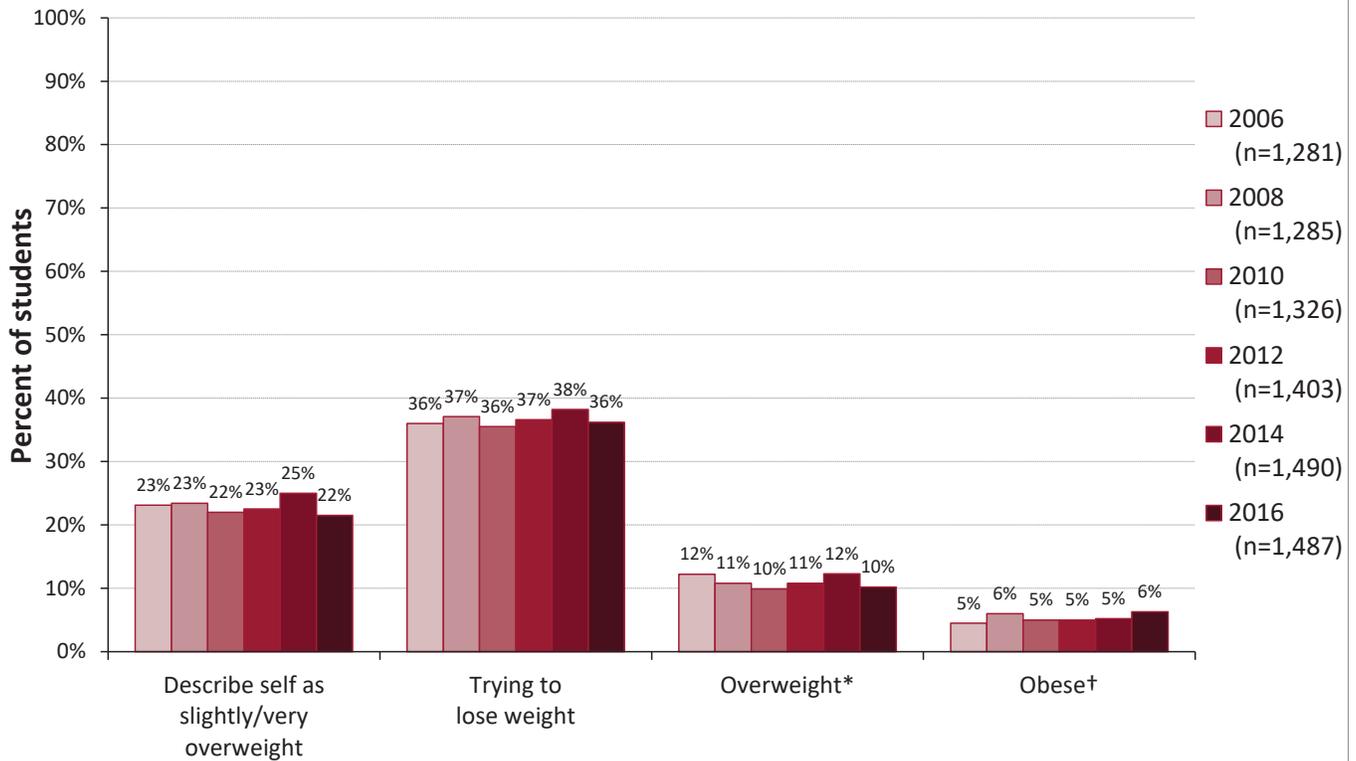


* Students who were ≥85th percentile but <95th percentile for body mass index by age and gender, based on reference data

† 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, 2006-2016
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

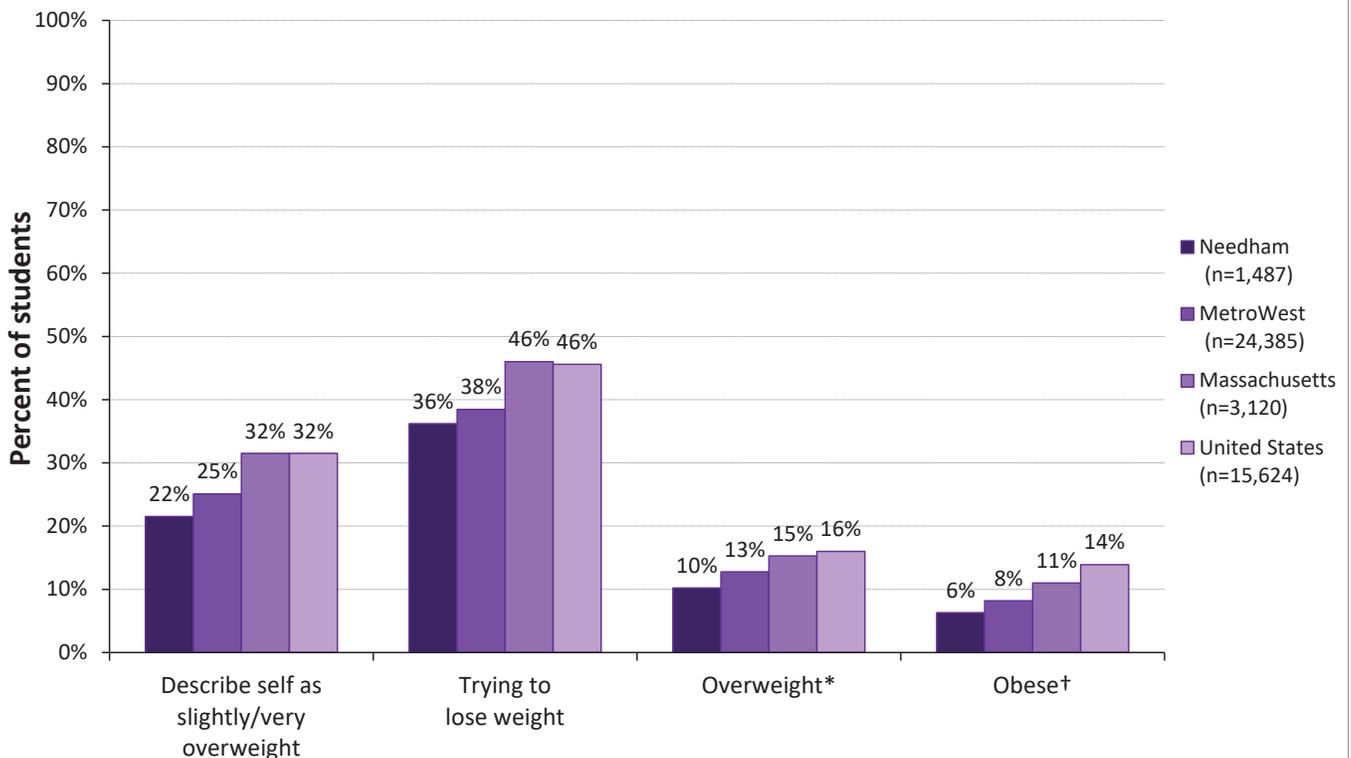


* Students who were ≥85th percentile but <95th percentile for body mass index by age and gender, based on reference data

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

Figure 7-1D. Weight Perception and Body Weight at the District, Regional, State, and National Levels, 2016
Needham High School (Grades 9-12)

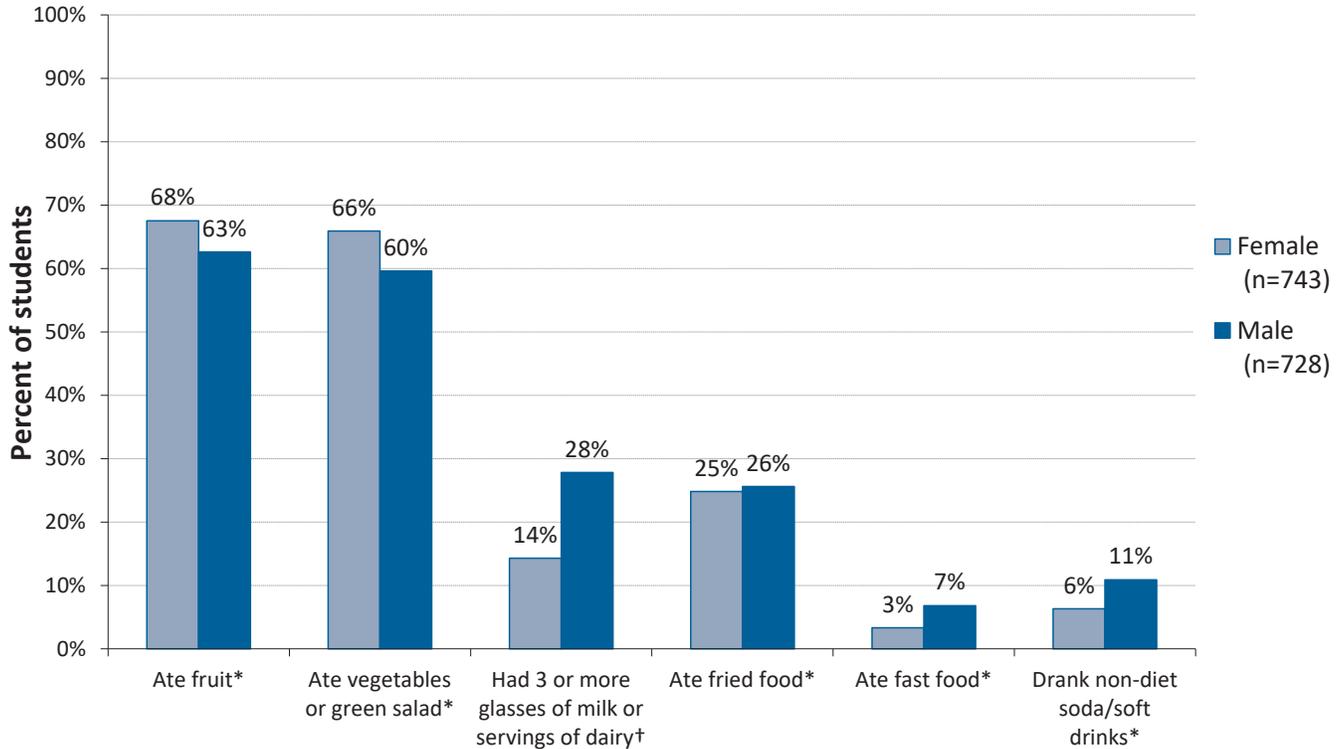
MetroWest Adolescent Health Survey



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

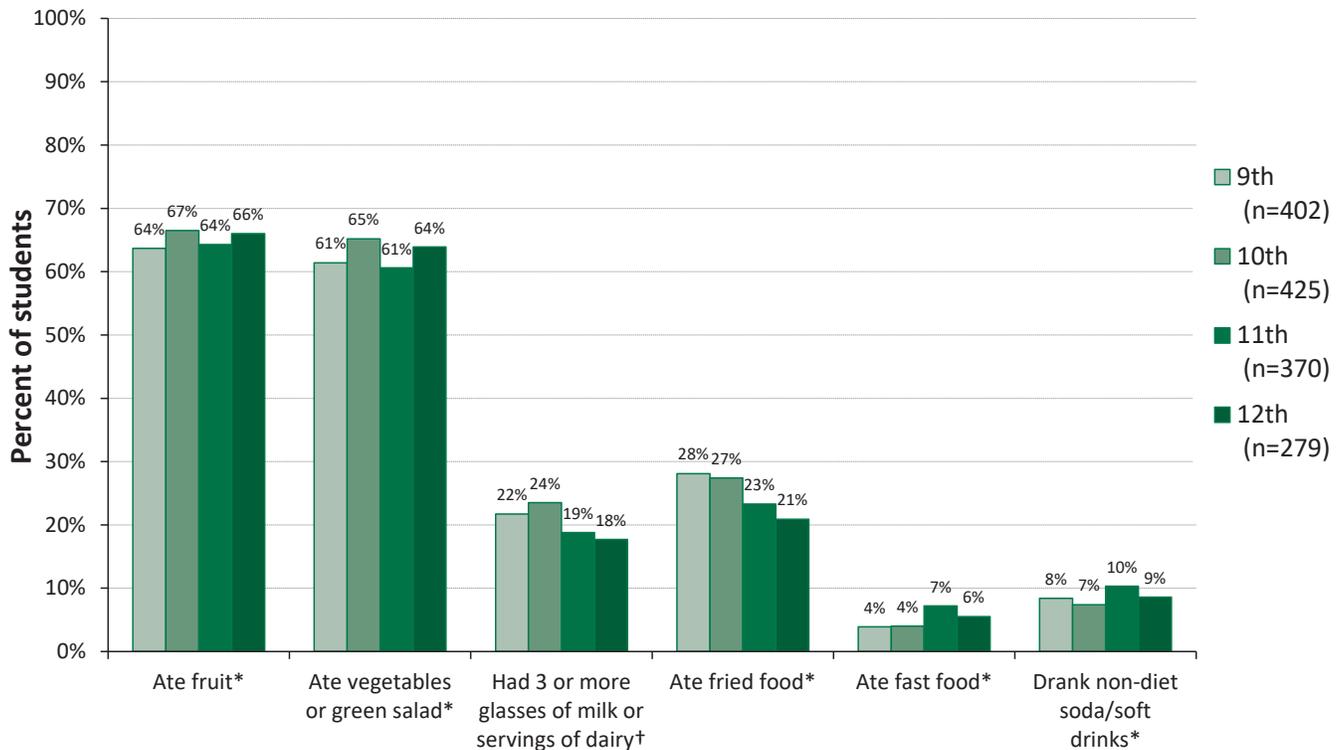
† Students who were ≥95th percentile for body mass index by age and gender, based on reference data

Figure 7-2A. Nutrition by Gender, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



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

Figure 7-2B. Nutrition by Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

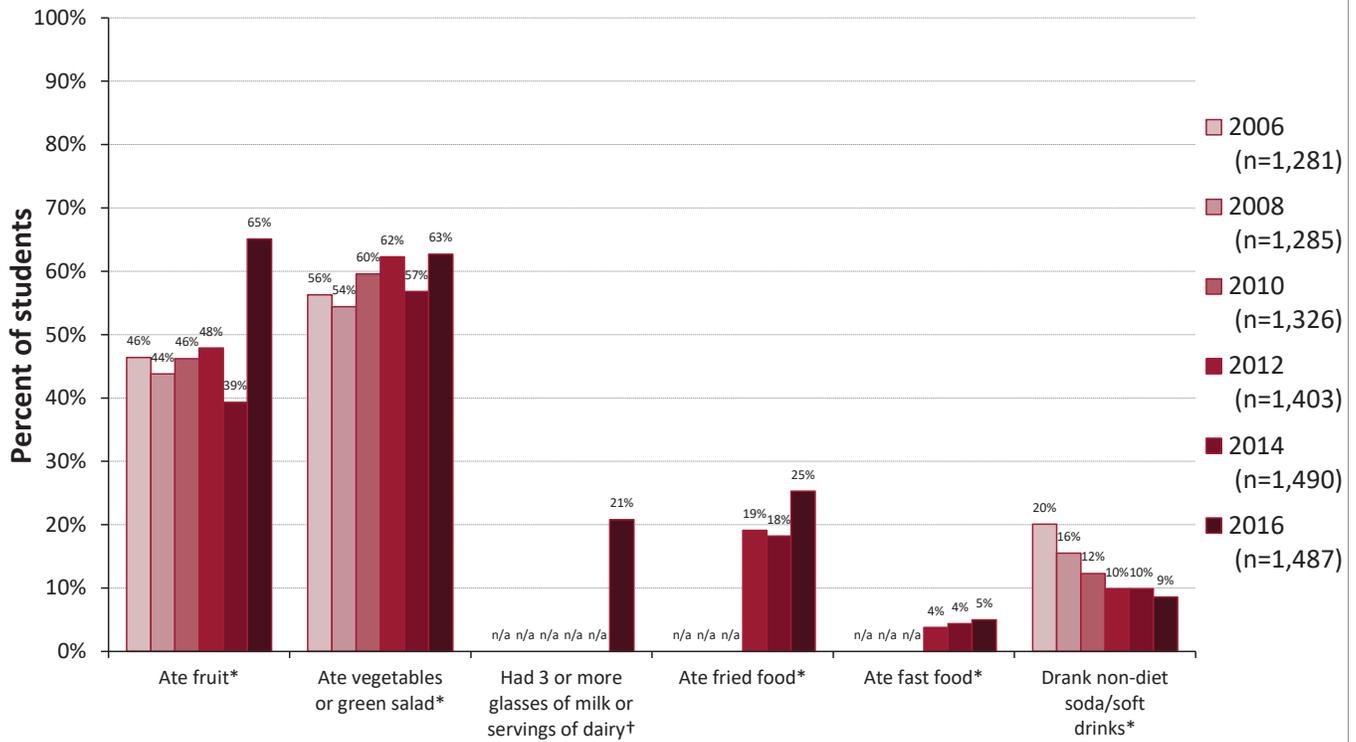


* Consumed one or more times per day in the past 7 days
 † Every day in the past 7 days

Figure 7-2C. Trends in Nutrition, 2006-2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey



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

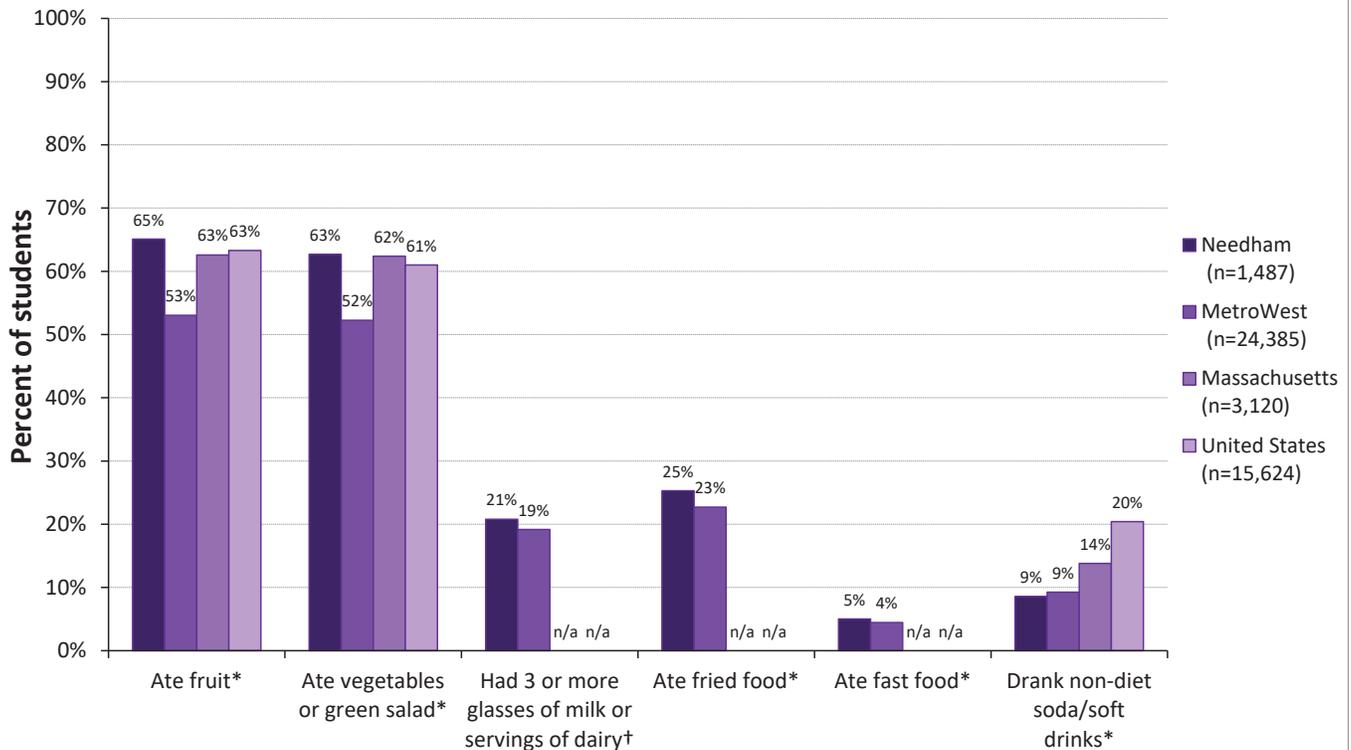
† Every day in the past 7 days

‡ From 2006-2014, data included fruit and 100% fruit juice consumption. In 2016, data only included fruit consumption.

Figure 7-2D. Nutrition at the District, Regional, State, and National Levels, 2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

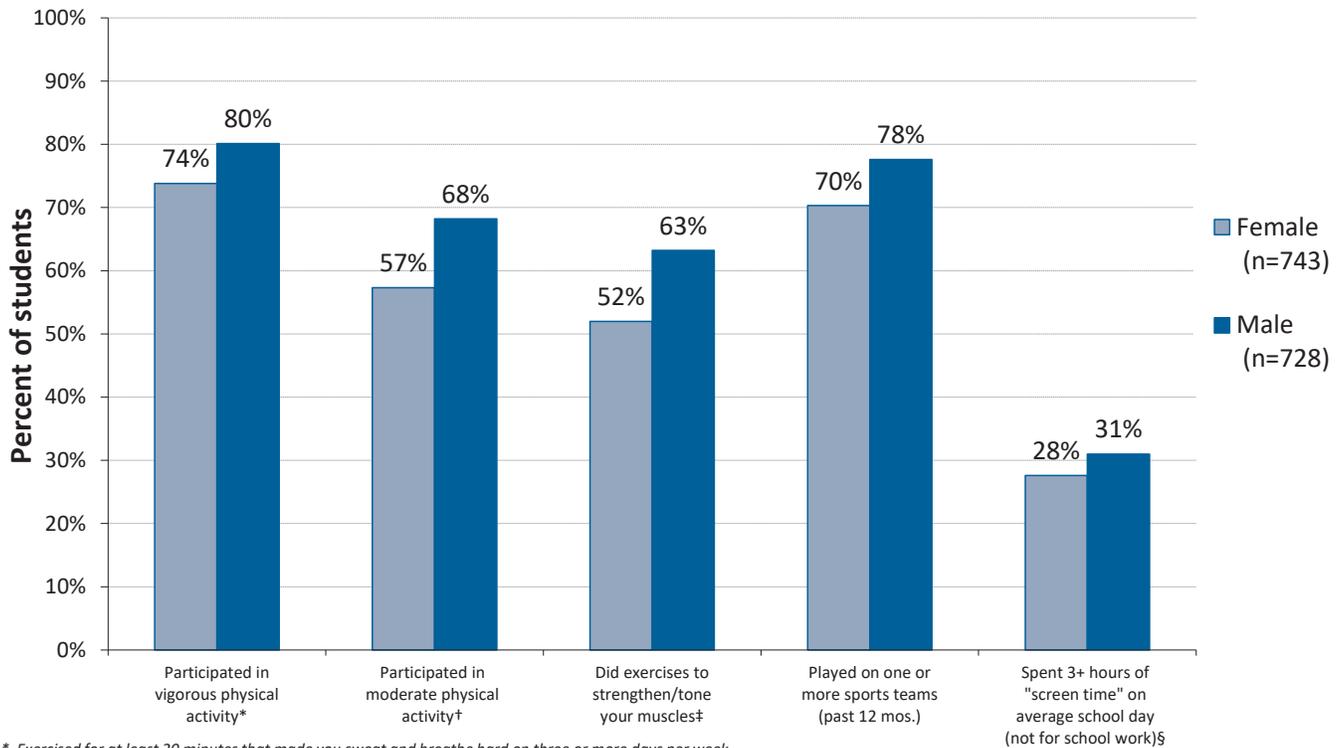


* Consumed one or more times per day in the past 7 days

† Every day in the past 7 days

Figure 7-3A. Physical Activity by Gender, 2016
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey



* Exercised for at least 20 minutes that made you sweat and breathe hard on three or more days per week

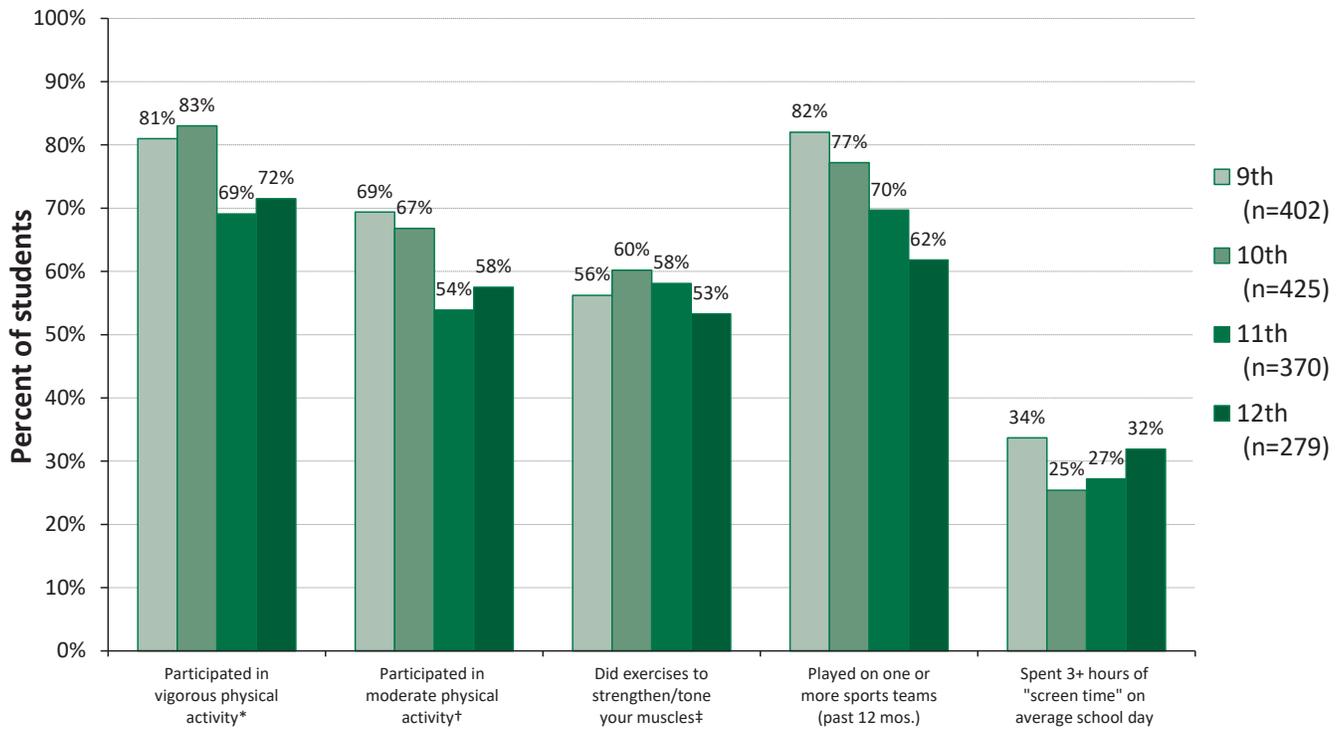
† Physically active for ≥ 60 minutes/day on ≥ 5 of the past 7 days; includes physical activity that increases your heart rate and makes you breathe hard some of the time

‡ On ≥ 3 of the past 7 days

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

Figure 7-3B. Physical Activity by Grade, 2016
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey



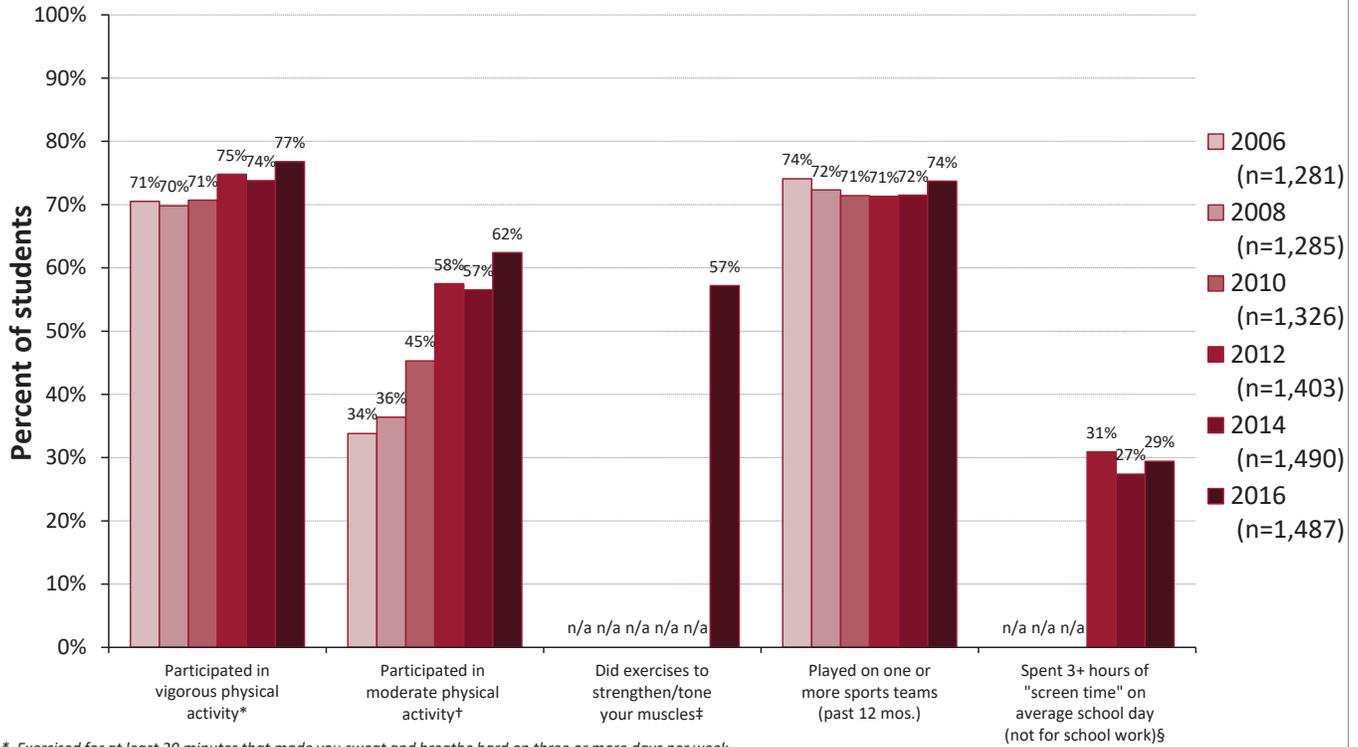
* Exercised for at least 20 minutes that made you sweat and breathe hard on three or more days per week

† 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

‡ On ≥ 3 of the past 7 days

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

Figure 7-3C. Trends in Physical Activity, 2006-2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



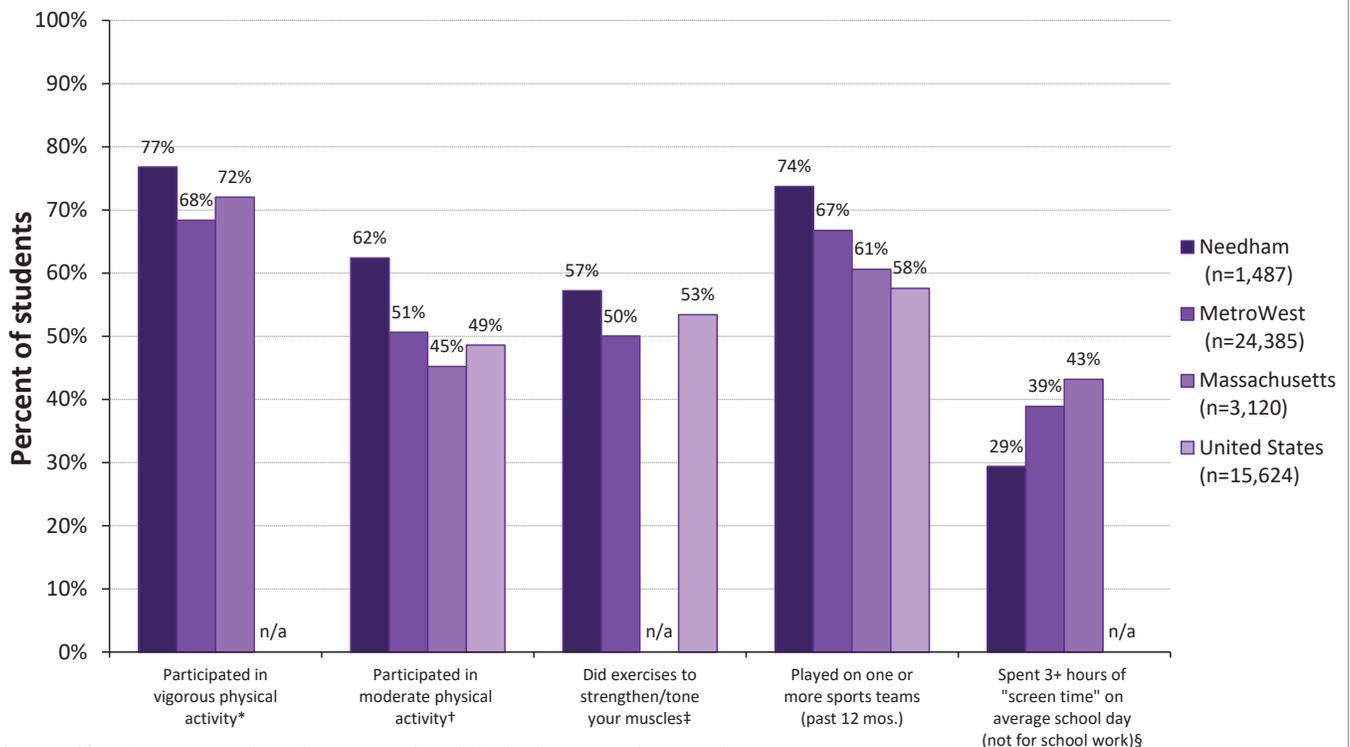
* Exercised for at least 20 minutes that made you sweat and breathe hard on three or more days per week

† 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

‡ On ≥ 3 of the past 7 days

§ 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, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



* 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

‡ On ≥ 3 of the past 7 days

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

Table 7-1A. Weight, Nutrition, and Physical Activity by Gender and Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
	(1,487)	Female (743)	Male (728)	9 th (402)	10 th (425)	11 th (370)	12 th (279)
WEIGHT PERCEPTION							
Describe self as slightly or very overweight	21.5	23.4	19.6	20.4	21.4	23.5	20.4
Trying to lose weight	36.2	48.3	23.2	32.1	33.3	41.3	39.2
BODY MASS INDEX							
Overweight*	10.2	10.8	9.4	11.8	8.2	12.4	8.5
Obese [†]	6.3	3.9	9.2	5.9	7.1	5.3	6.9
NUTRITION AND EATING PATTERNS (past 7 days)							
Consumed 1 or more servings of fruit per day	65.1	67.5	62.6	63.7	66.5	64.3	66.0
Consumed 1 or more servings of vegetables or green salad per day	62.7	65.9	59.6	61.4	65.2	60.6	63.9
Consumed 5 or more servings of fruits and vegetables per day	21.4	24.0	18.9	18.6	22.7	22.6	21.6
Consumed 3 or more glasses of milk or servings of dairy per day	20.8	14.3	27.8	21.7	23.5	18.8	17.7
Consumed 1 or more servings of fried food per day	25.3	24.8	25.6	28.1	27.4	23.3	20.9
Consumed 1 or more servings of fast food per day	5.0	3.3	6.8	3.9	4.0	7.2	5.5
Drank 1 or more servings of non-diet soda/soft drinks per day	8.6	6.3	10.9	8.4	7.4	10.3	8.6
Ate breakfast on all 7 days	50.6	49.2	52.3	53.1	55.7	44.3	47.1
Ate dinner at home with parent(s)/guardian(s) on 5 or more days	72.9	68.7	77.4	76.1	77.3	70.1	64.5
PHYSICAL ACTIVITY							
Participated in vigorous physical activity (on 3 or more of the past 7 days) [‡]	76.8	73.8	80.1	81.0	83.0	69.1	71.5
Participated in moderate physical activity (physically active for at least 60 minutes per day on 5 or more of the past 7 days) [§]	62.4	57.3	68.2	69.4	66.8	53.9	57.5
Did exercises to strengthen or tone your muscles (on 3 or more of the past 7 days)**	57.2	52.0	63.2	56.2	60.2	58.1	53.3
Played on one or more sports teams (past 12 months)	73.7	70.3	77.6	82.0	77.2	69.7	61.8
Spend 3 or more hours of non-homework-related "screen time" on average school day ^{††}	29.4	27.6	31.0	33.7	25.4	27.2	31.9

* 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

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

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

** Such as push-ups, sit-ups, or weightlifting

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

Table 7-1B. Weight, Nutrition, and Physical Activity, 2006 - 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham (%)						MetroWest Region (%)					
	2006	2008	2010	2012	2014	2016	2006	2008	2010	2012	2014	2016
	(1,281)	(1,285)	(1,326)	(1,403)	(1,490)	(1,487)	(16,680)	(20,406)	(23,187)	(24,459)	(24,355)	(24,385)
WEIGHT PERCEPTION												
Describe self as slightly or very overweight	23.1	23.4	22.0	22.5	25.0	21.5	25.1	24.5	24.2	26.0	27.1	25.1
Trying to lose weight	36.0	37.1	35.5	36.6	38.2	36.2	39.3	40.5	39.3	40.4	40.4	38.5
BODY MASS INDEX												
Overweight*	12.2	10.8	9.9	10.8	12.3	10.2	12.2	12.1	12.1	11.9	12.4	12.8
Obese [†]	4.5	6.0	5.0	5.0	5.2	6.3	7.7	7.2	7.2	7.2	7.9	8.2
NUTRITION AND EATING PATTERNS (past 7 days)												
Consumed 1 or more servings of fruit per day [‡]	46.4	43.8	46.2	47.9	39.3	65.1	43.7	42.5	45.8	42.5	37.1	53.0
Consumed 1 or more servings of vegetables or green salad per day	56.3	54.4	59.6	62.3	56.8	62.7	50.6	49.4	53.2	51.8	49.2	52.2
Consumed 5 or more servings of fruits and vegetables per day [‡]	9.8	11.0	13.2	14.2	12.4	21.4	9.7	10.2	12.8	11.8	10.1	15.9
Consumed 3 or more glasses of milk or servings of dairy per day	–	–	–	–	–	20.8	–	–	–	–	–	19.2
Consumed 1 or more servings of fried food per day	–	–	–	19.1	18.2	25.3	–	–	–	20.0	18.2	22.7
Consumed 1 or more servings of fast food per day	–	–	–	3.8	4.4	5.0	–	–	–	4.7	4.2	4.4
Drank 1 or more servings of non-diet soda/soft drinks per day	20.1	15.5	12.3	9.9	9.9	8.6	24.4	19.4	17.8	14.0	11.4	9.3
Ate breakfast on all 7 days	–	–	–	–	52.3	50.6	–	–	–	–	47.9	45.8
Ate dinner at home with parent(s)/guardian(s) on 5 or more days	–	–	–	72.0	72.2	72.9	–	–	–	66.6	70.0	68.7
PHYSICAL ACTIVITY												
Participated in vigorous physical activity (on 3 or more of the past 7 days) [§]	70.5	69.8	70.7	74.8	73.8	76.8	65.1	65.2	67.6	68.5	66.8	68.4
Participated in moderate physical activity (physically active for at least 60 minutes per day on 5 or more of the past 7 days)**	33.8	36.4	45.3	57.5	56.5	62.4	33.7	33.2	45.3	48.8	47.3	50.6
Did exercises to strengthen or tone your muscles (on 3 or more of the past 7 days) ^{††}	–	–	–	–	–	57.2	–	–	–	–	–	50.0
Played on one or more sports teams (past 12 months)	74.1	72.3	71.4	71.3	71.5	73.7	67.8	67.6	67.7	68.4	67.0	66.7
Spent 3 or more hours of non-homework-related "screen time" on average school day ^{††}	–	–	–	30.9	27.4	29.4	–	–	–	38.7	37.0	38.9

* 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

‡ From 2006 to 2014, data included fruit and 100% fruit juice consumption. In 2016, data only included fruit consumption

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

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

** Such as push-ups, sit-ups, or weightlifting

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

Table 7-1C. Weight, Nutrition, and Physical Activity at the District, Regional, State, and National Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham 2016 MWAHS	MetroWest Region 2016 MWAHS	Massachusetts 2015 YRBS	United States 2015 YRBS
	<i>(1,487)</i>	<i>(24,385)</i>	<i>(3,120)</i>	<i>(15,624)</i>
WEIGHT PERCEPTION				
Describe self as slightly or very overweight	21.5	25.1	31.5	31.5
Trying to lose weight	36.2	38.5	46.0	45.6
BODY MASS INDEX				
Overweight*	10.2	12.8	15.3	16.0
Obese [†]	6.3	8.2	11.0	13.9
NUTRITION AND EATING PATTERNS (past 7 days)				
Consumed 1 or more servings of fruit per day	65.1	53.0	62.6	63.3
Consumed 1 or more servings of vegetables or green salad per day	62.7	52.2	62.4	61.0
Consumed 5 or more servings of fruits and vegetables per day	21.4	15.9	–	–
Consumed 3 or more glasses of milk or servings of dairy per day	20.8	19.2	–	–
Consumed 1 or more servings of fried food per day	25.3	22.7	–	–
Consumed 1 or more servings of fast food per day	5.0	4.4	–	–
Drank 1 or more servings of non-diet soda/soft drinks per day	8.6	9.3	13.8	20.4
Ate breakfast on all 7 days	50.6	45.8	34.9	36.3
Ate dinner at home with parent(s)/guardian(s) on 5 or more days	72.9	68.7	–	–
PHYSICAL ACTIVITY				
Participated in vigorous physical activity (on 3 or more of the past 7 days) [‡]	76.8	68.4	72.0	–
Participated in moderate physical activity (physically active for at least 60 minutes per day on 5 or more of the past 7 days) [§]	62.4	50.6	45.2	48.6
Did exercises to strengthen or tone your muscles (on 3 or more of the past 7 days)**	57.2	50.0	–	53.4
Played on one or more sports teams (past 12 months)	73.7	66.7	60.6	57.6
Spend 3 or more hours of non-homework-related "screen time" on average school day ^{††}	29.4	38.9	43.2	–

* 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

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

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

** Such as push-ups, sit-ups, or weightlifting

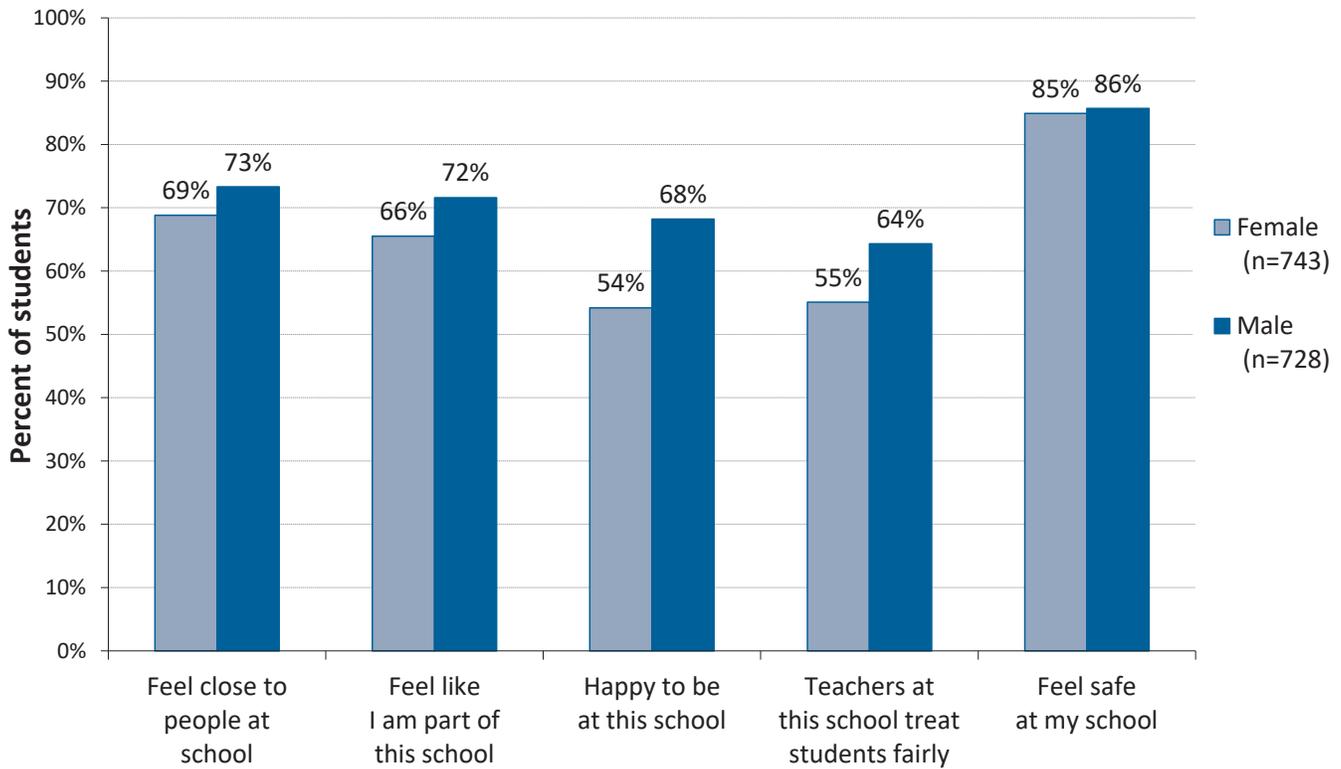
†† Includes watching TV, going on the Internet, playing video games, or using a computer, tablet, or smartphone

Section 8:
Protective Factors

Figure 8-1A. School Attachment* by Gender, 2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

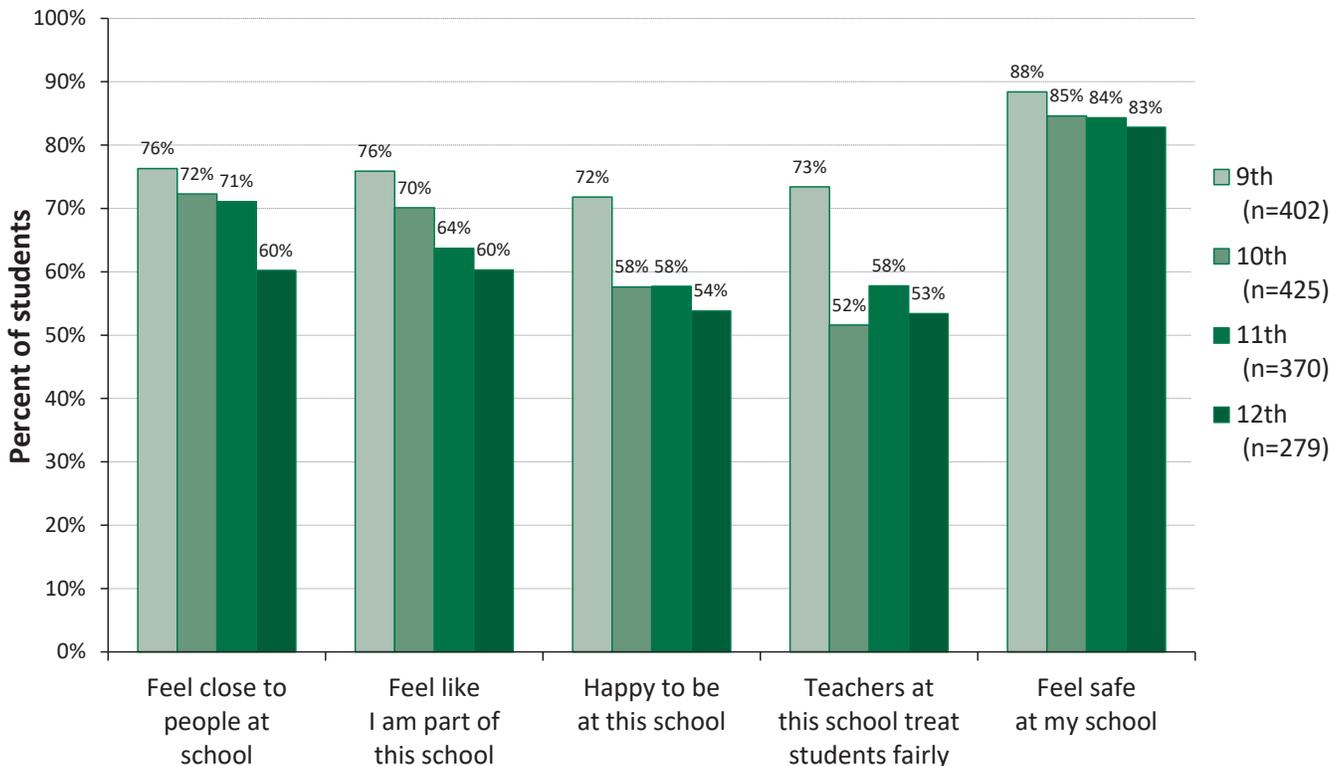


* Answered either "agree" or "strongly agree"

Figure 8-1B. School Attachment* by Grade, 2016

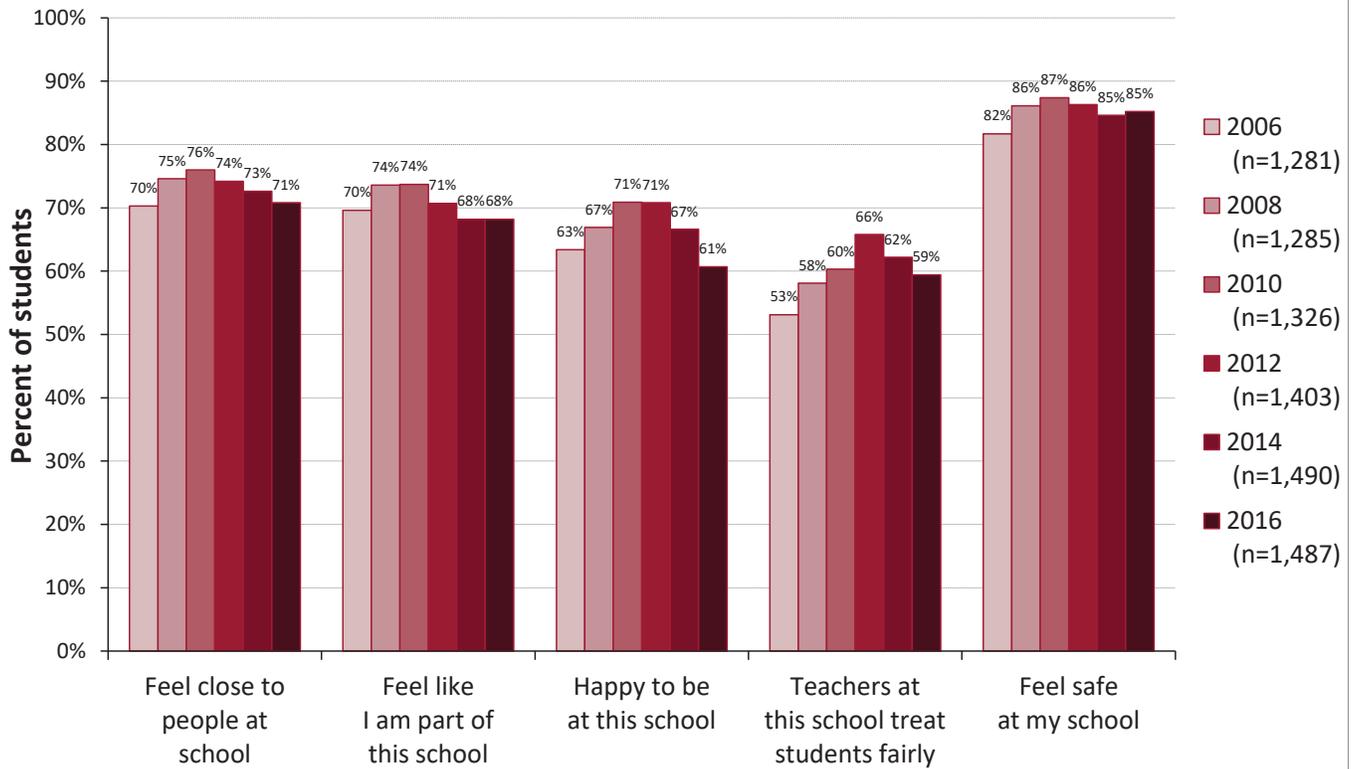
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey



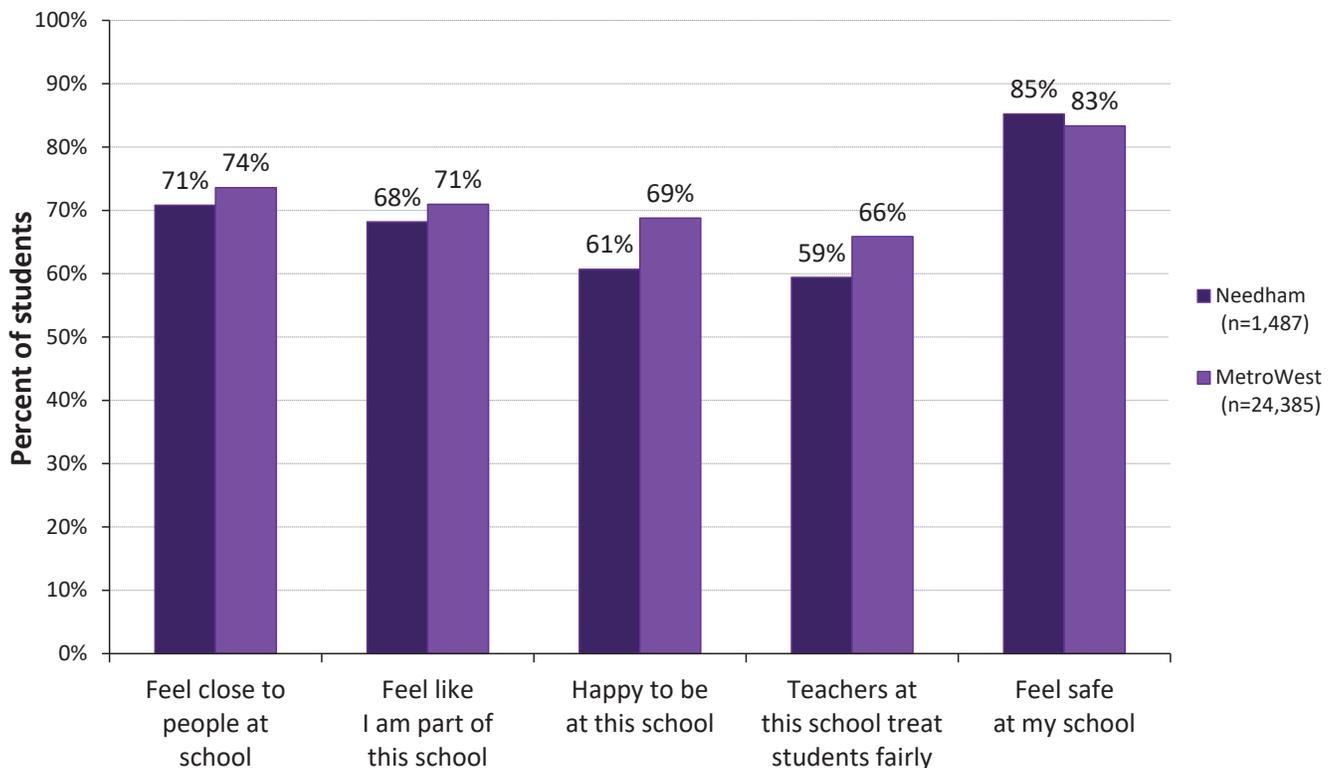
* Answered either "agree" or "strongly agree"

Figure 8-1C. Trends in School Attachment,* 2006-2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Answered either "agree" or "strongly agree"

Figure 8-1D. School Attachment* at the District and Regional Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Answered either "agree" or "strongly agree"

Figure 8-2A. Adult Support by Gender, 2016
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

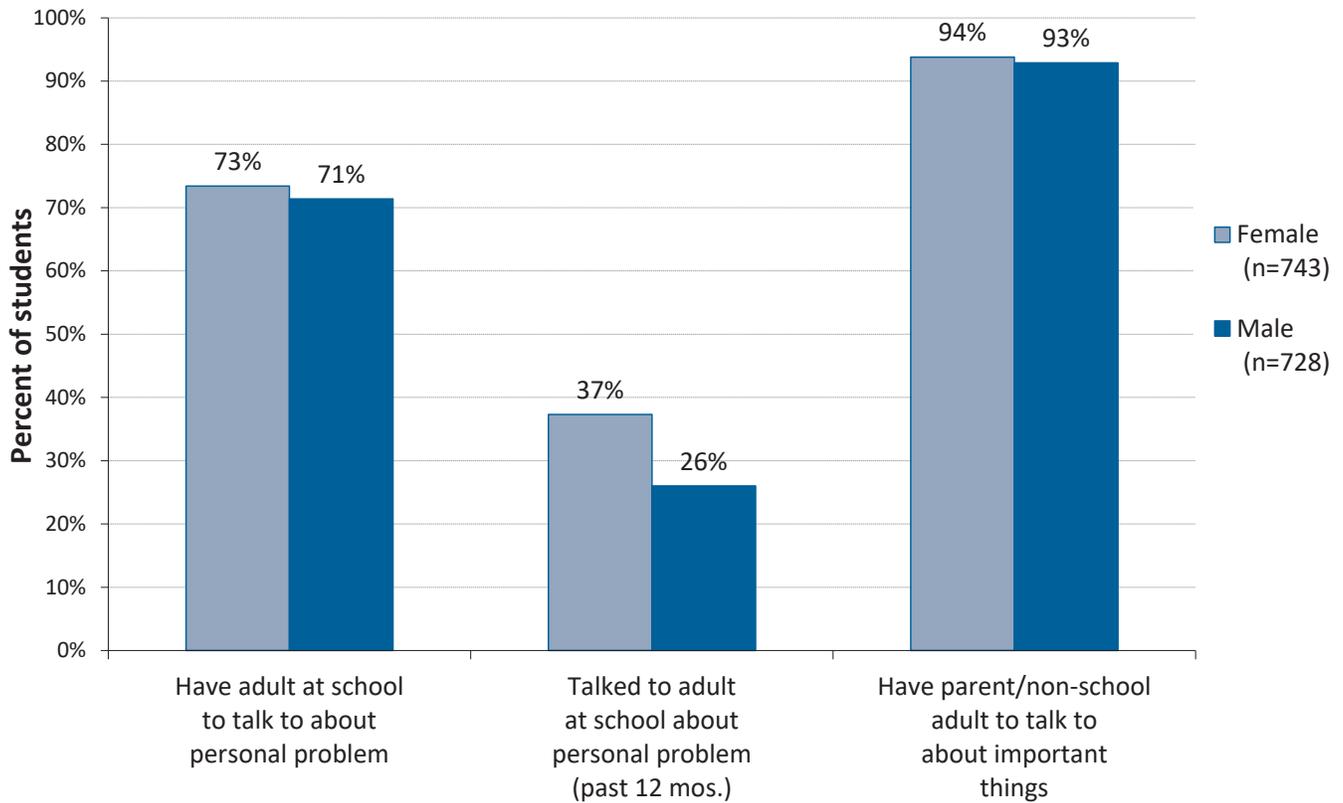


Figure 8-2B. Adult Support by Grade, 2016
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

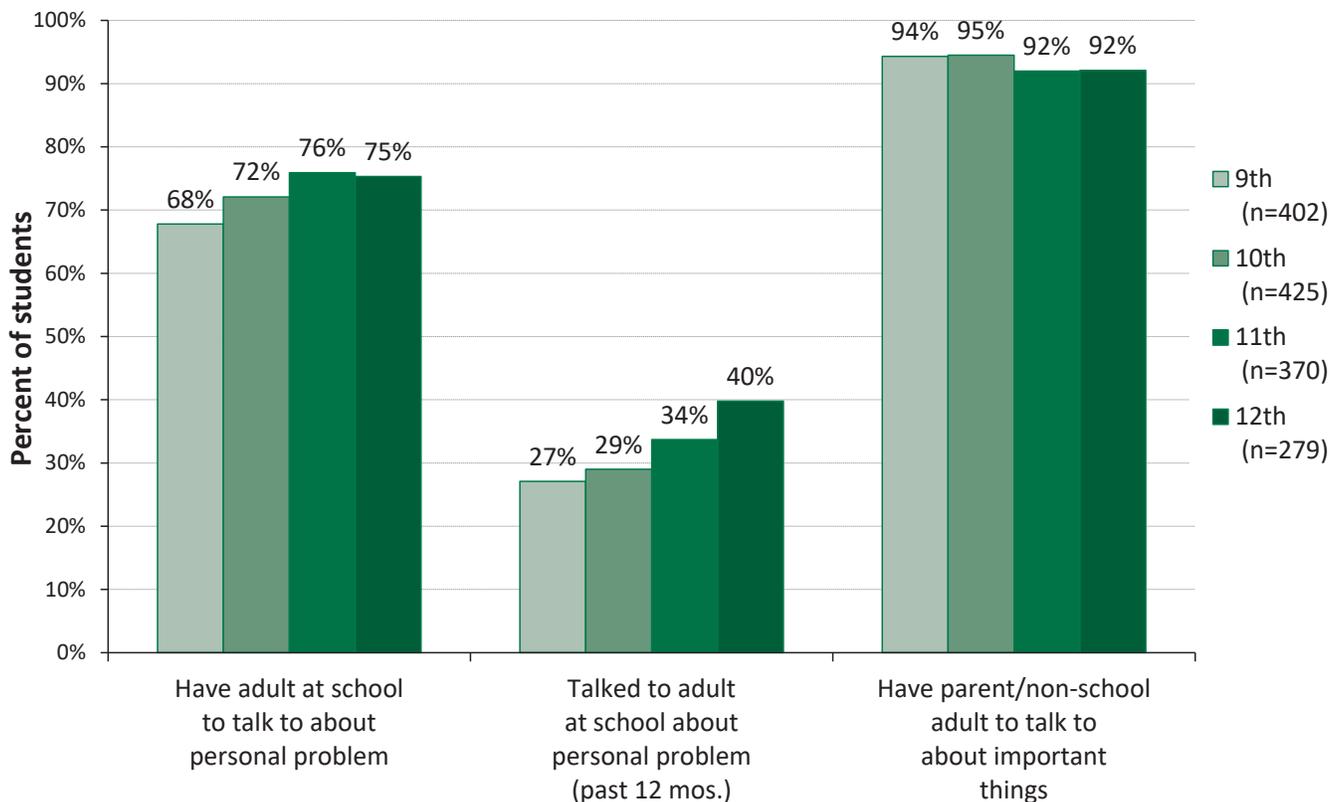


Figure 8-2C. Trends in Adult Support, 2006-2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

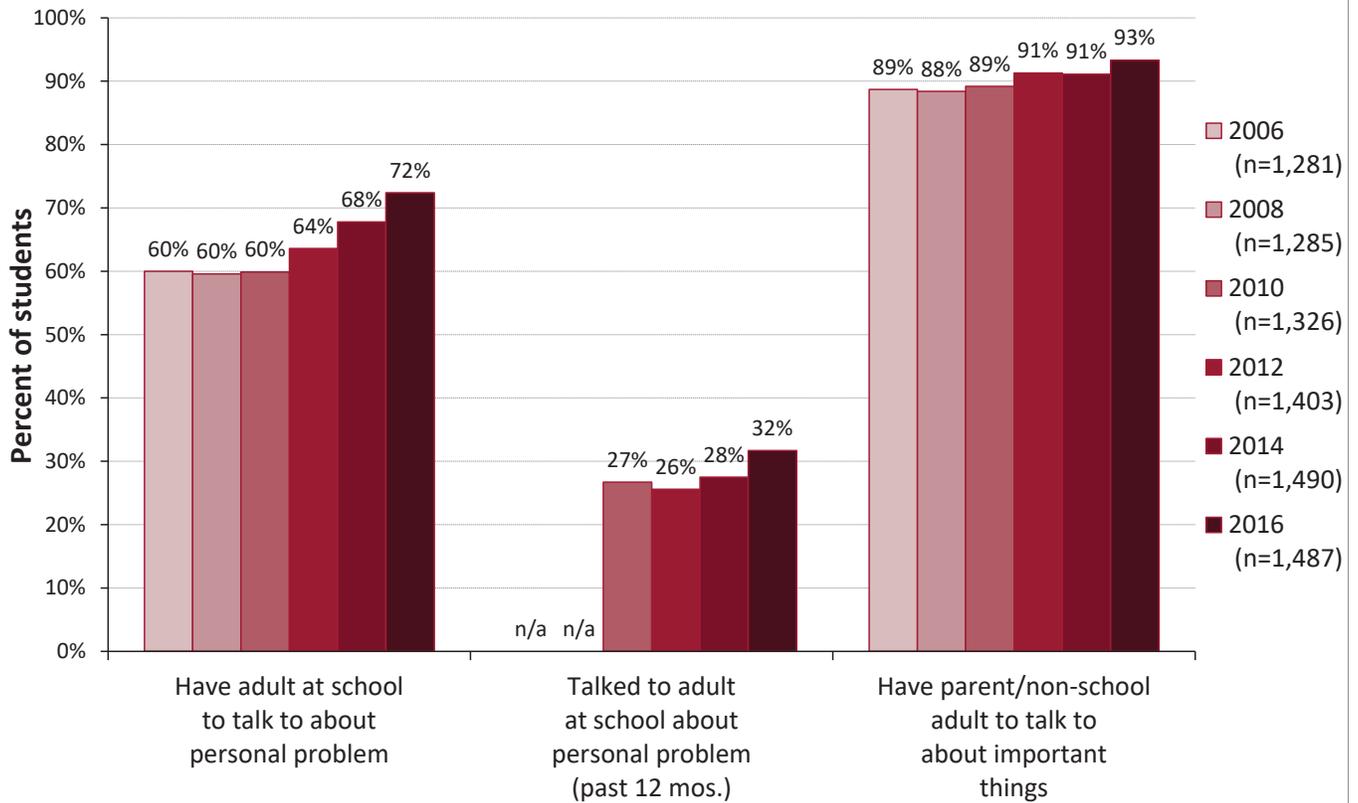


Figure 8-2D. Adult Support at the District, Regional, and State Levels, 2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

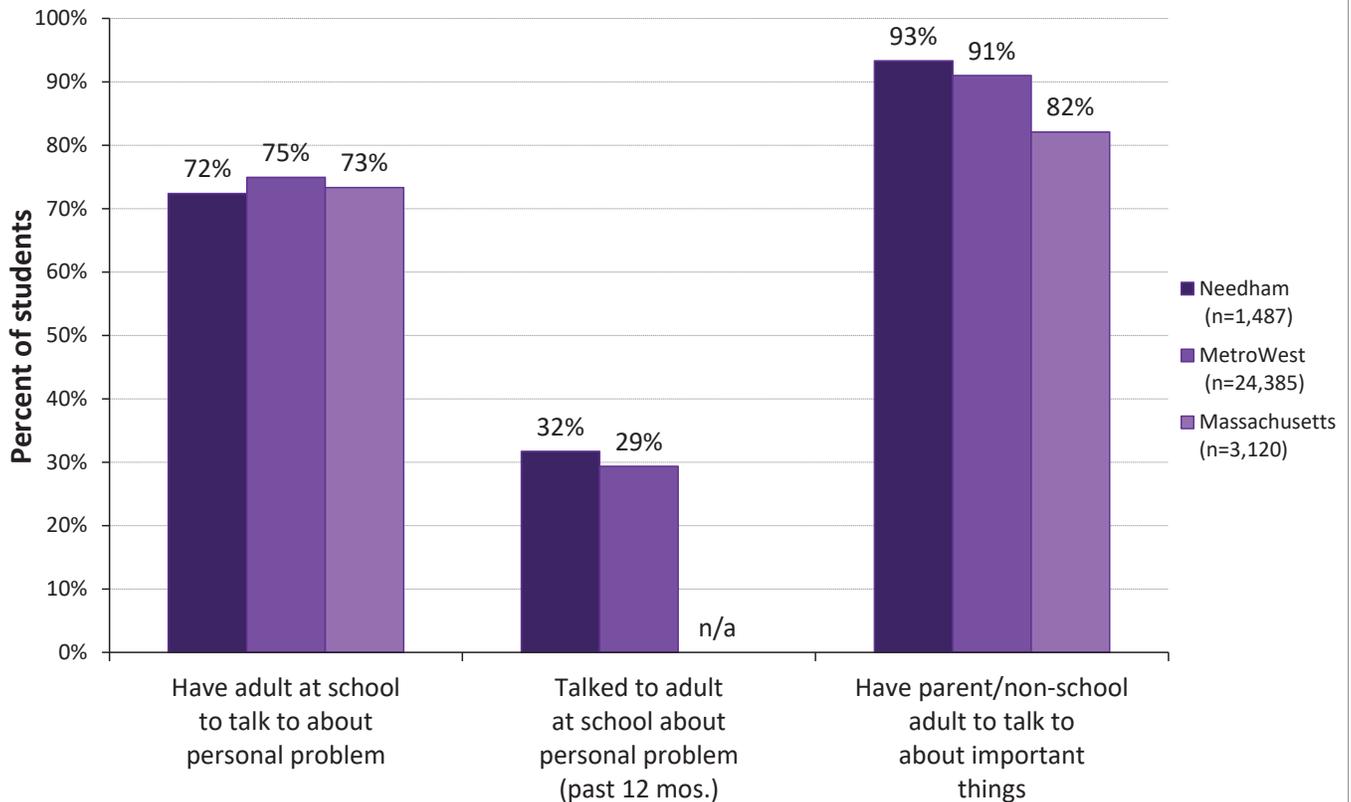
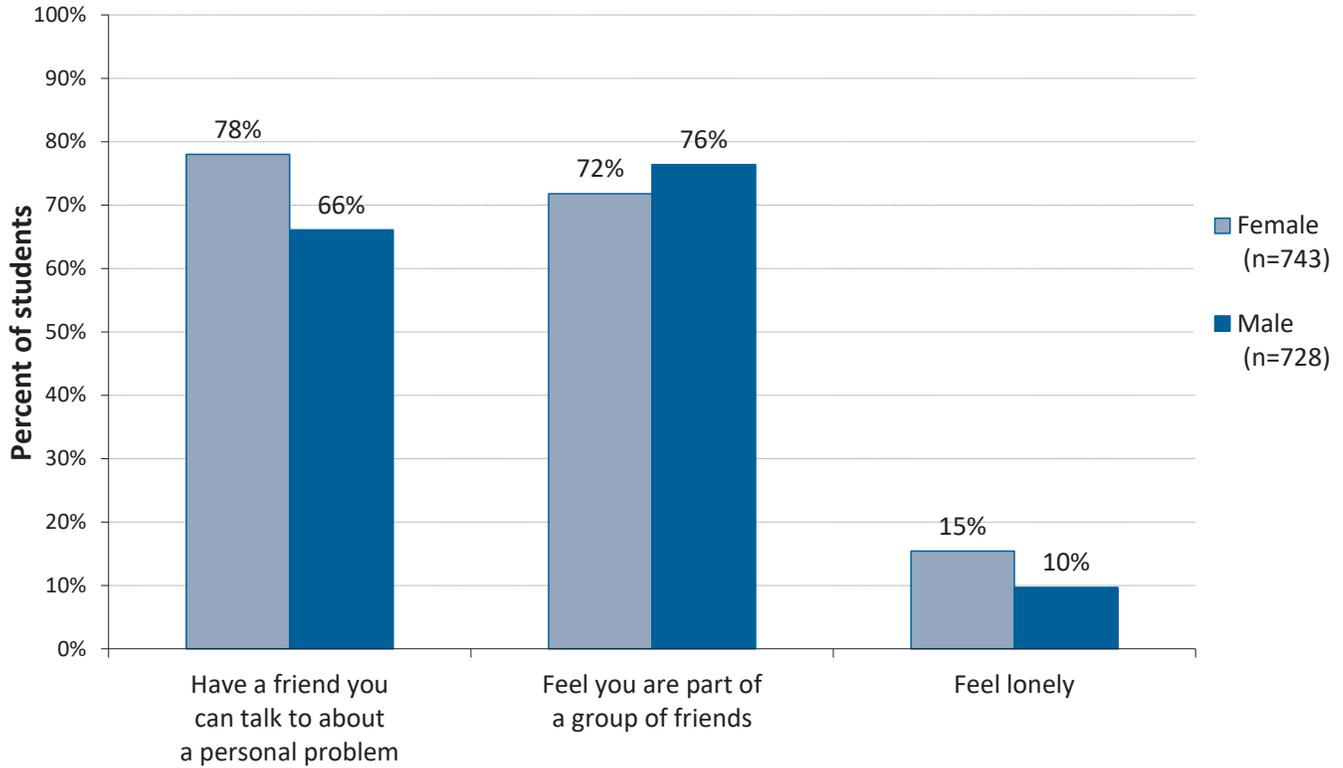


Figure 8-3A. Peer Support* by Gender, 2016
Needham High School (Grades 9-12)

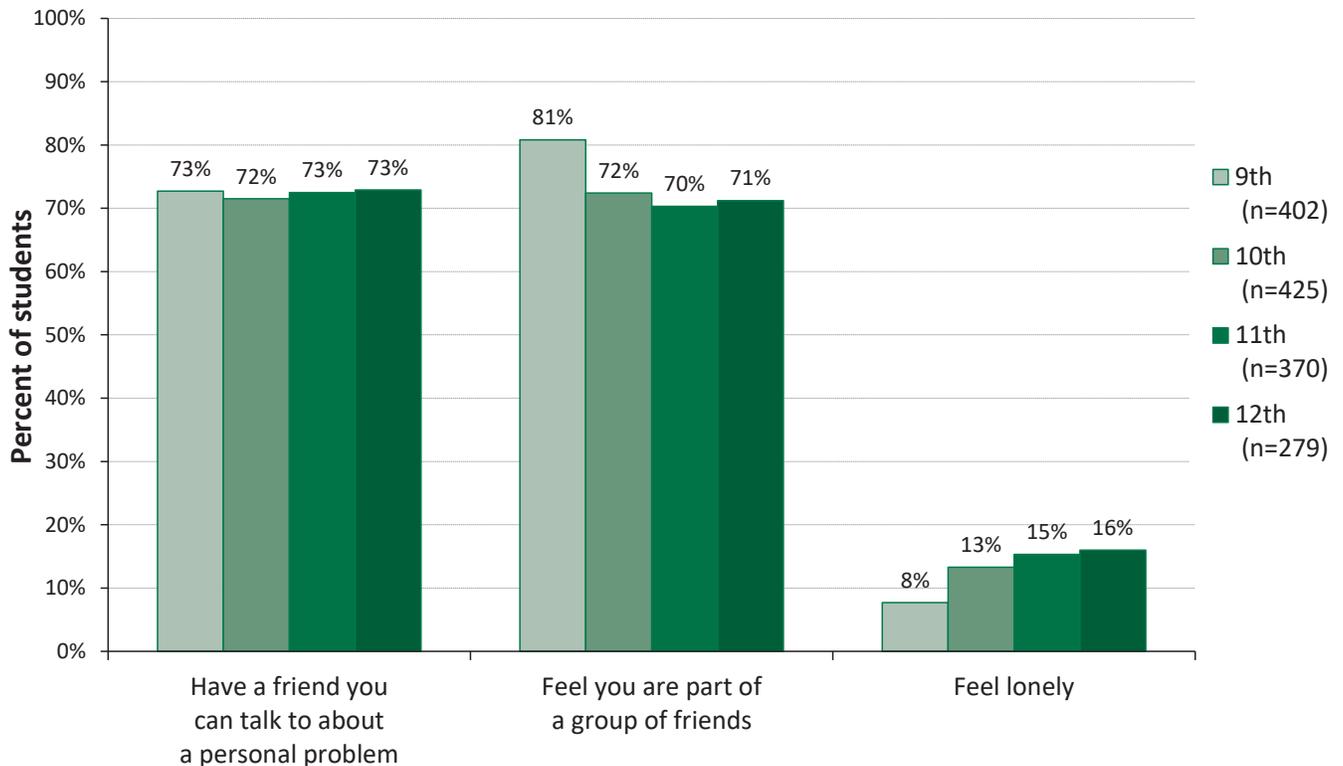
MetroWest Adolescent Health Survey



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

Figure 8-3B. Peer Support* by Grade, 2016
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

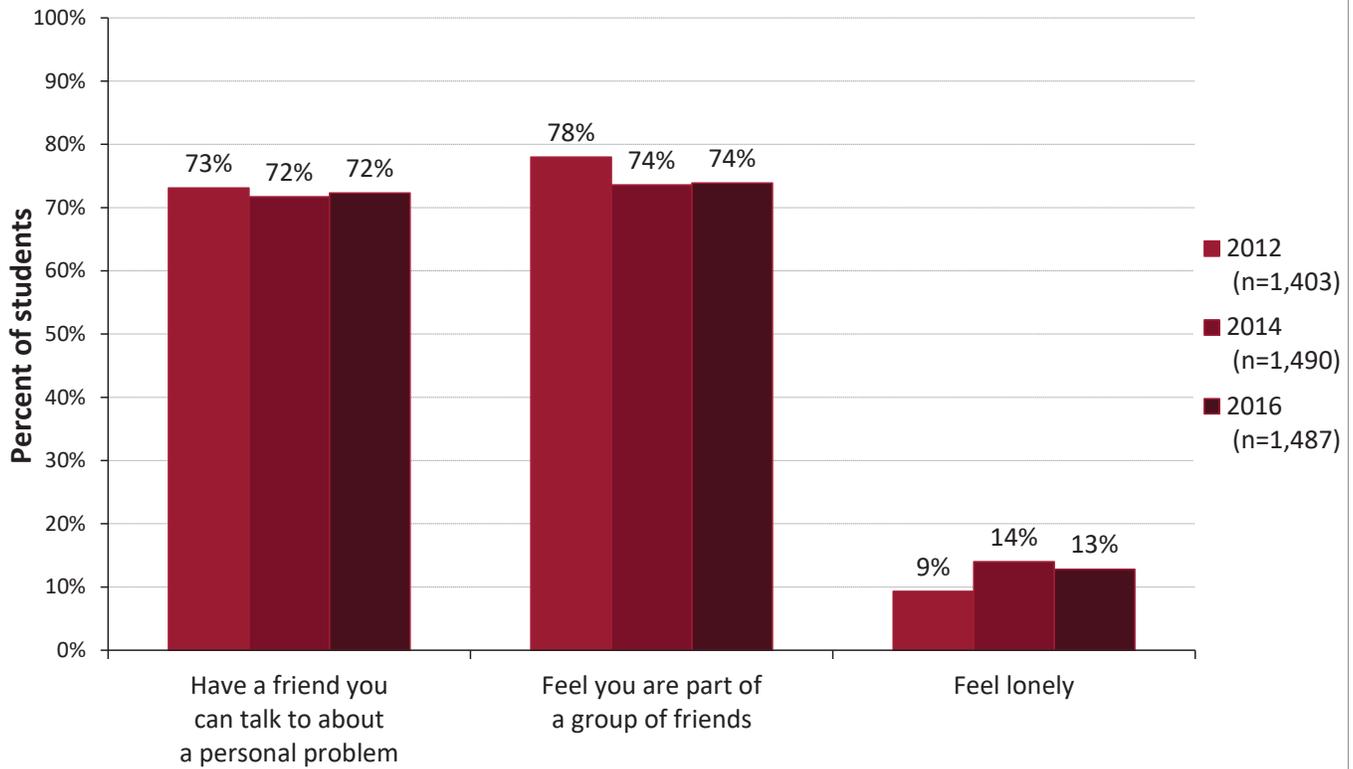


* Student responded "most of the time" or "all of the time"

Figure 8-3C. Trends in Peer Support,* 2012-2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

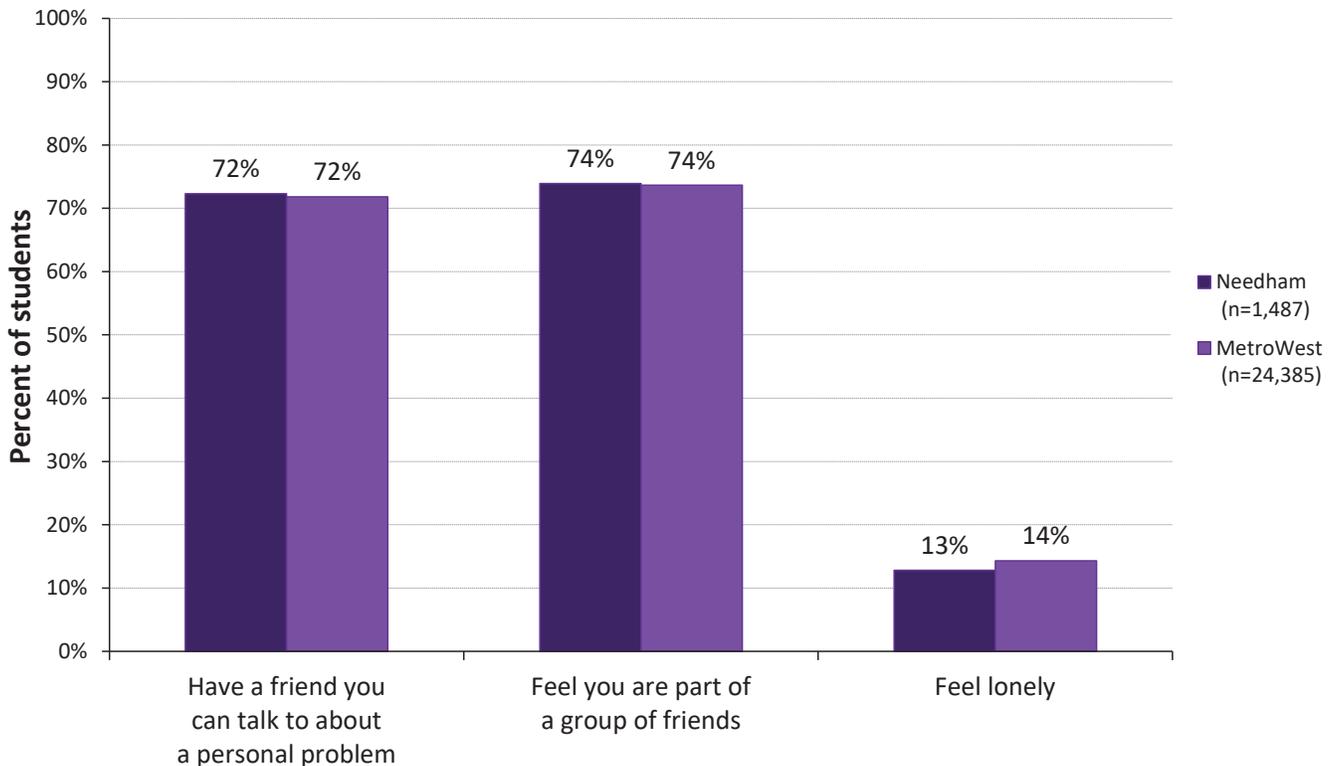


* Student responded "most of the time" or "all of the time"

Figure 8-3D. Peer Support* at the District and Regional Levels, 2016

Needham High School (Grades 9-12)

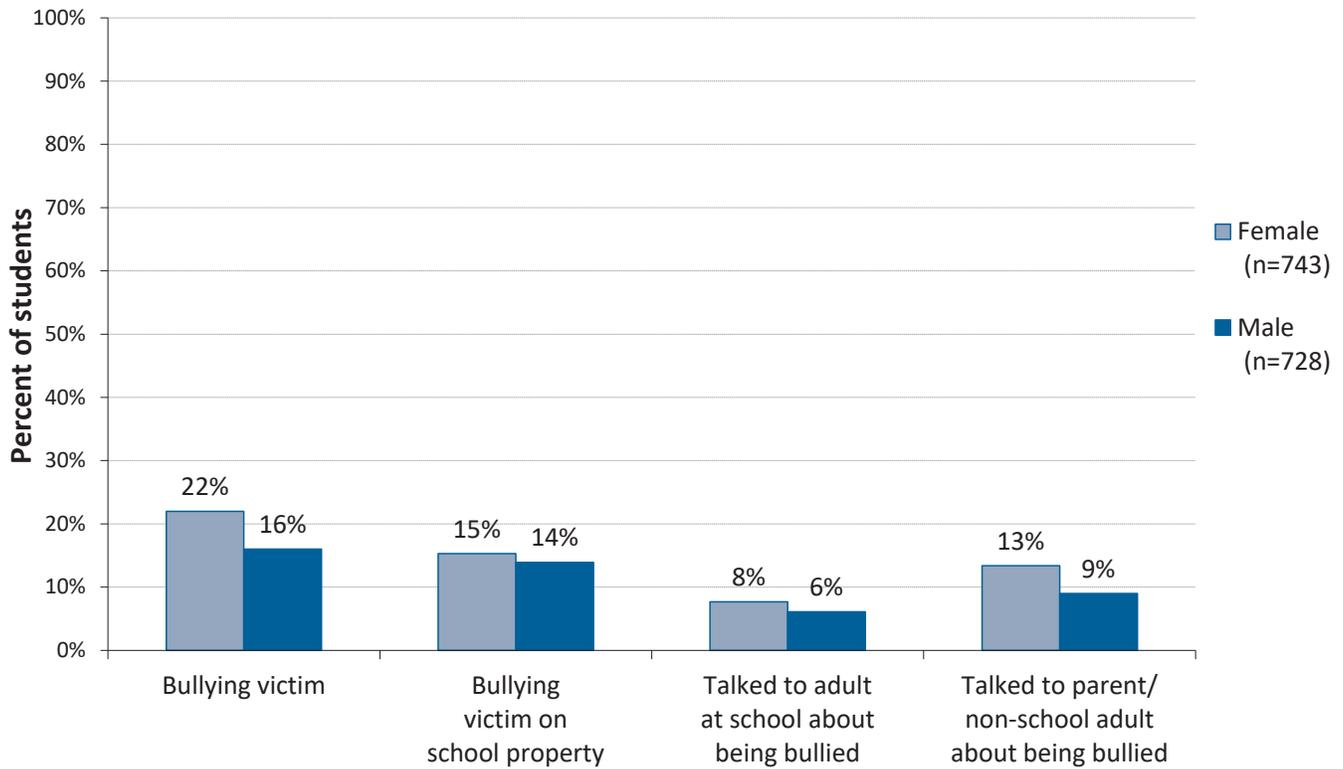
MetroWest Adolescent Health Survey



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

Figure 8-4A. Bullying and Adult Support* by Gender, 2016
Needham High School (Grades 9-12)

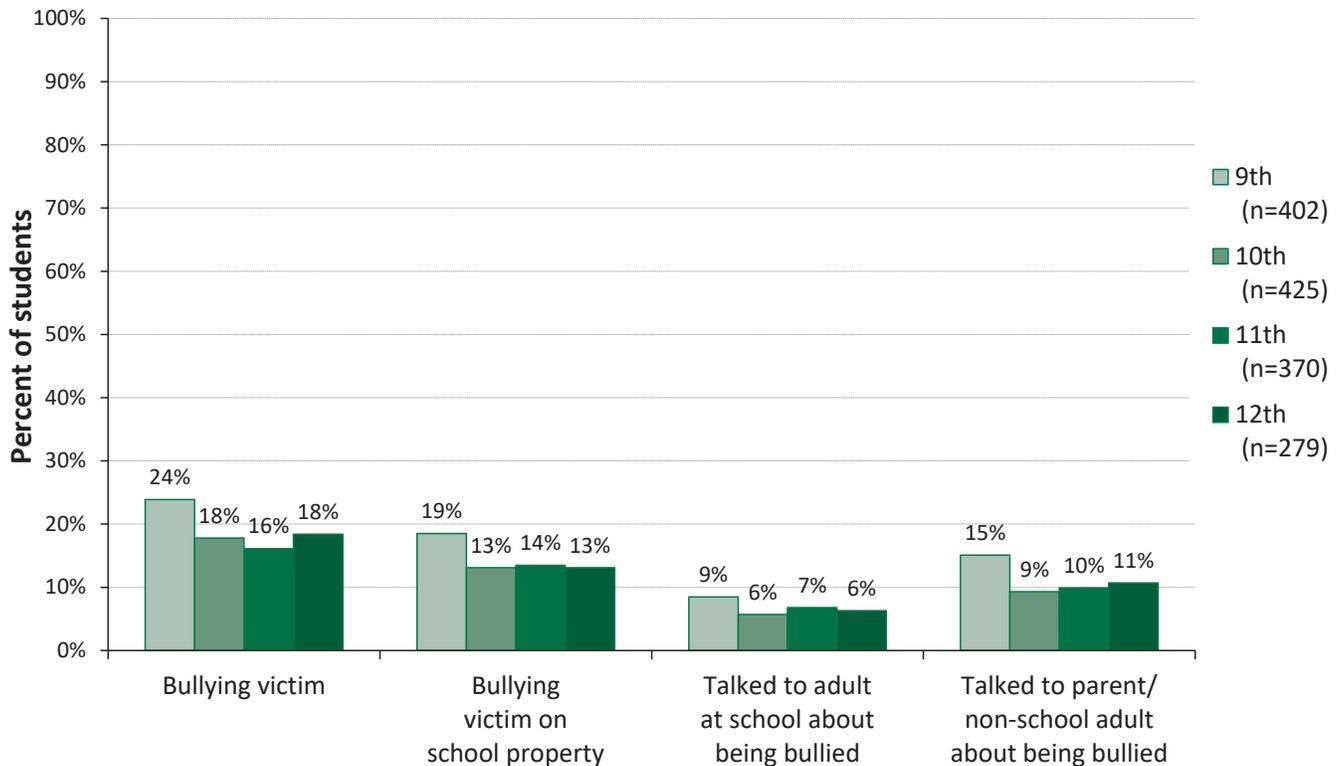
MetroWest Adolescent Health Survey



* 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 8-4B. Bullying and Adult Support* by Grade, 2016
Needham High School (Grades 9-12)

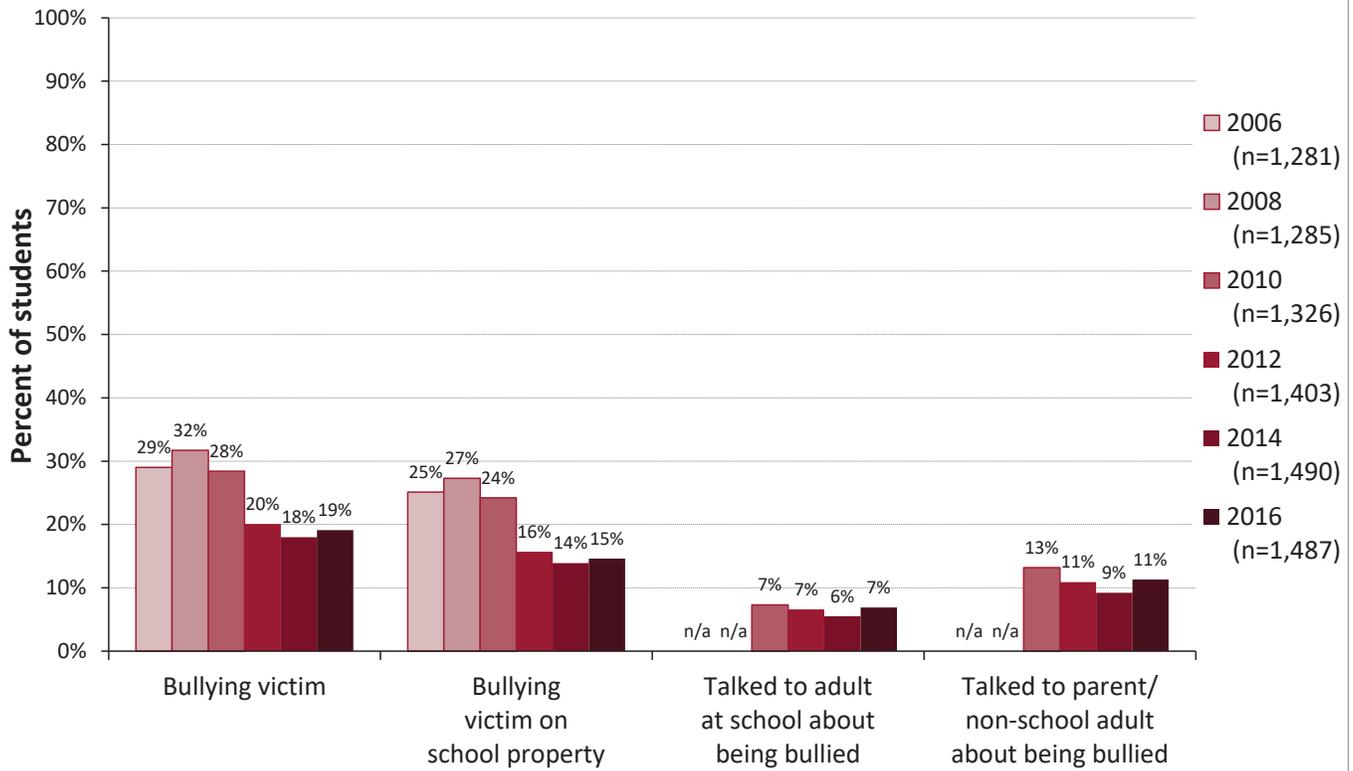
MetroWest Adolescent Health Survey



* 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,* 2006-2016
Needham High School (Grades 9-12)**

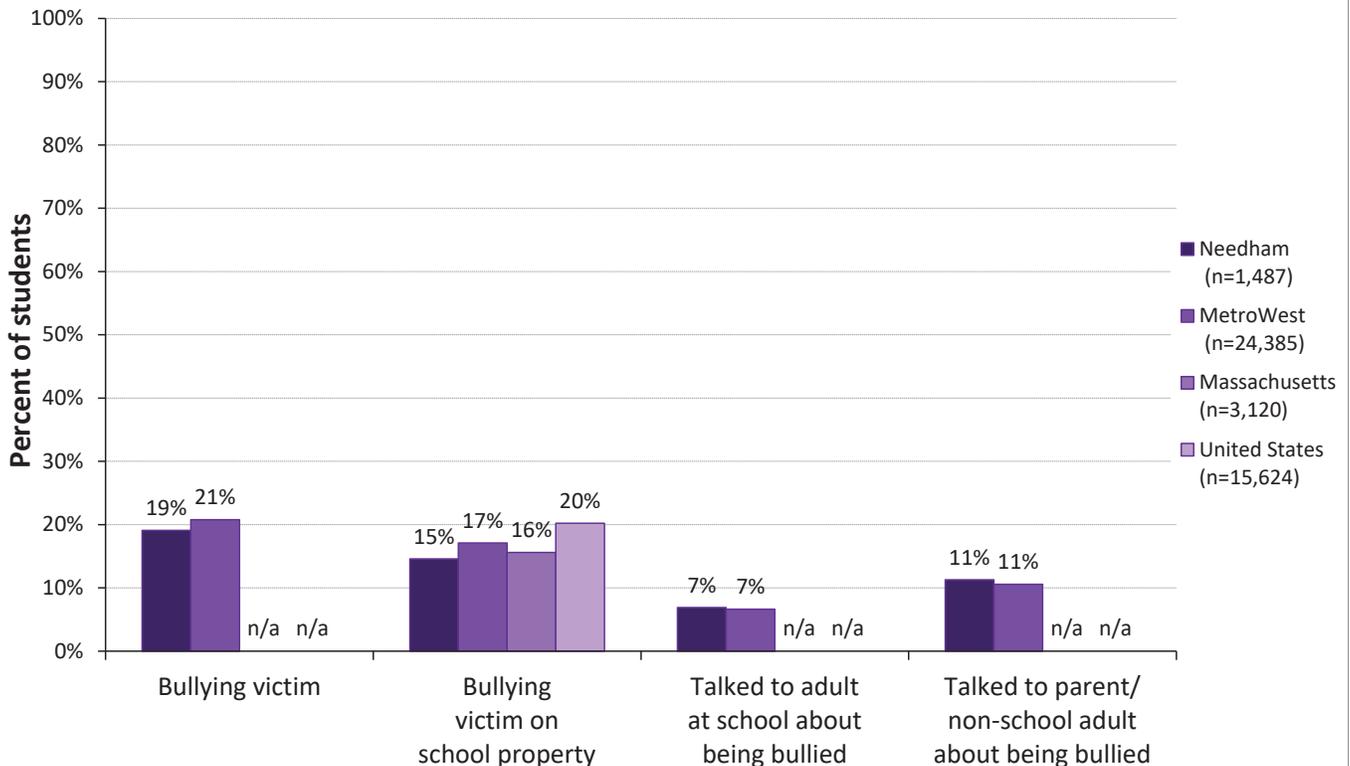
MetroWest Adolescent Health Survey



* 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 8-4D. Bullying and Adult Support* at the District, Regional, State, and National Levels, 2016
Needham High School (Grades 9-12)**

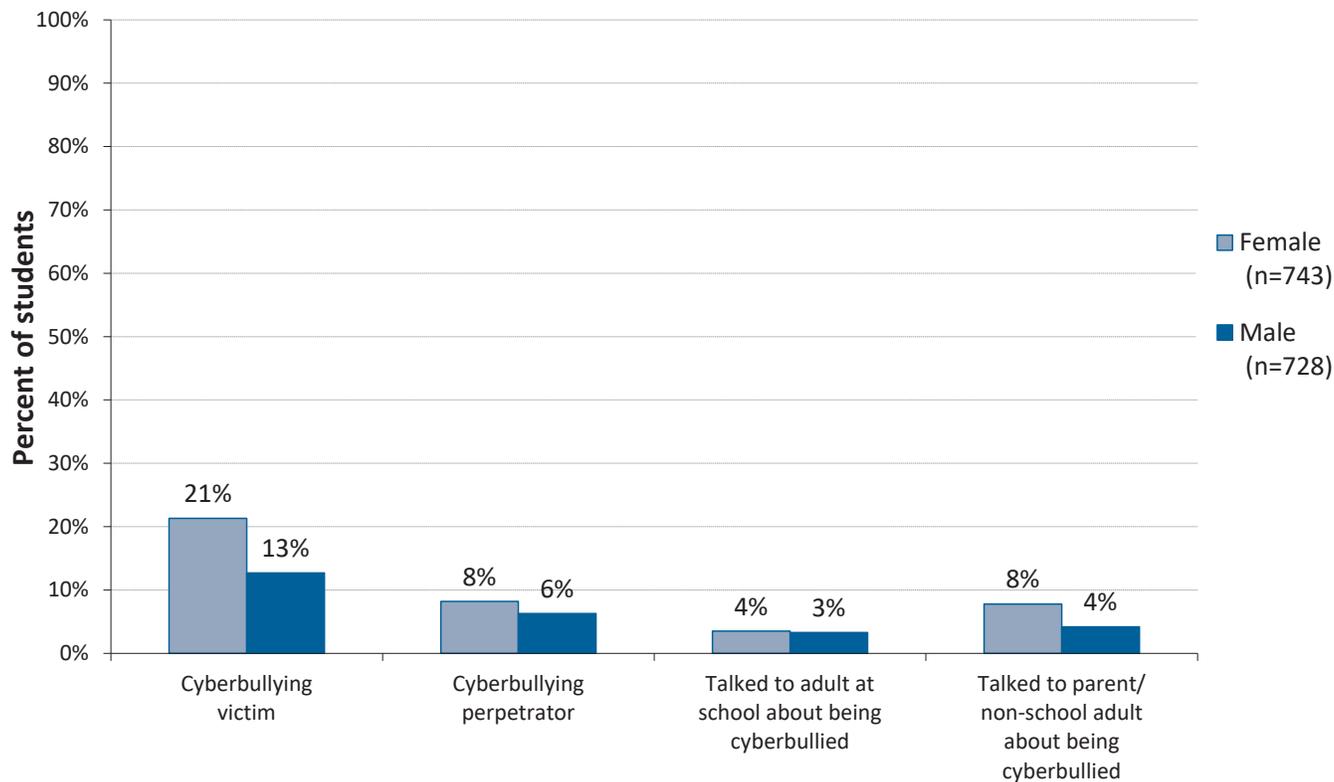
MetroWest Adolescent Health Survey



* 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 8-5A. Cyberbullying and Adult Support* by Gender, 2016
Needham High School (Grades 9-12)**

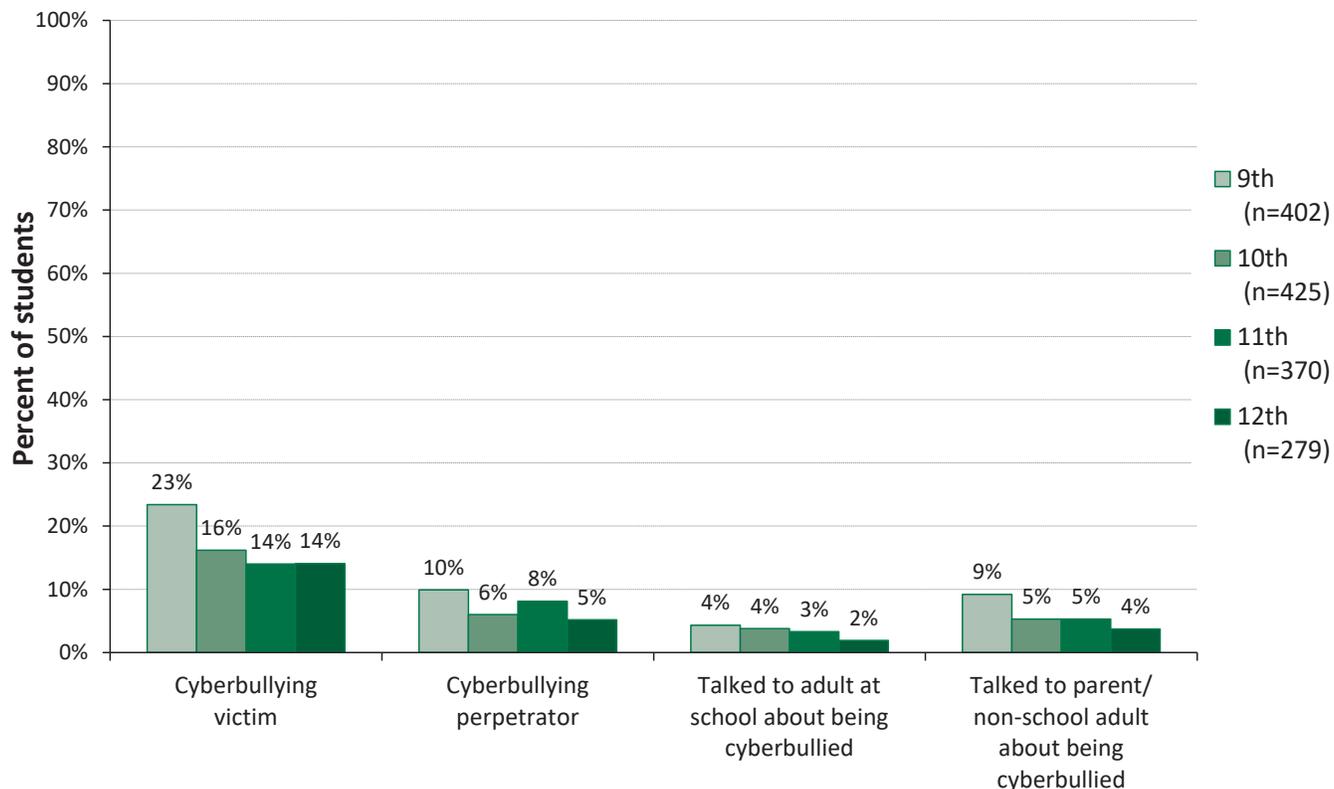
MetroWest Adolescent Health Survey



* 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

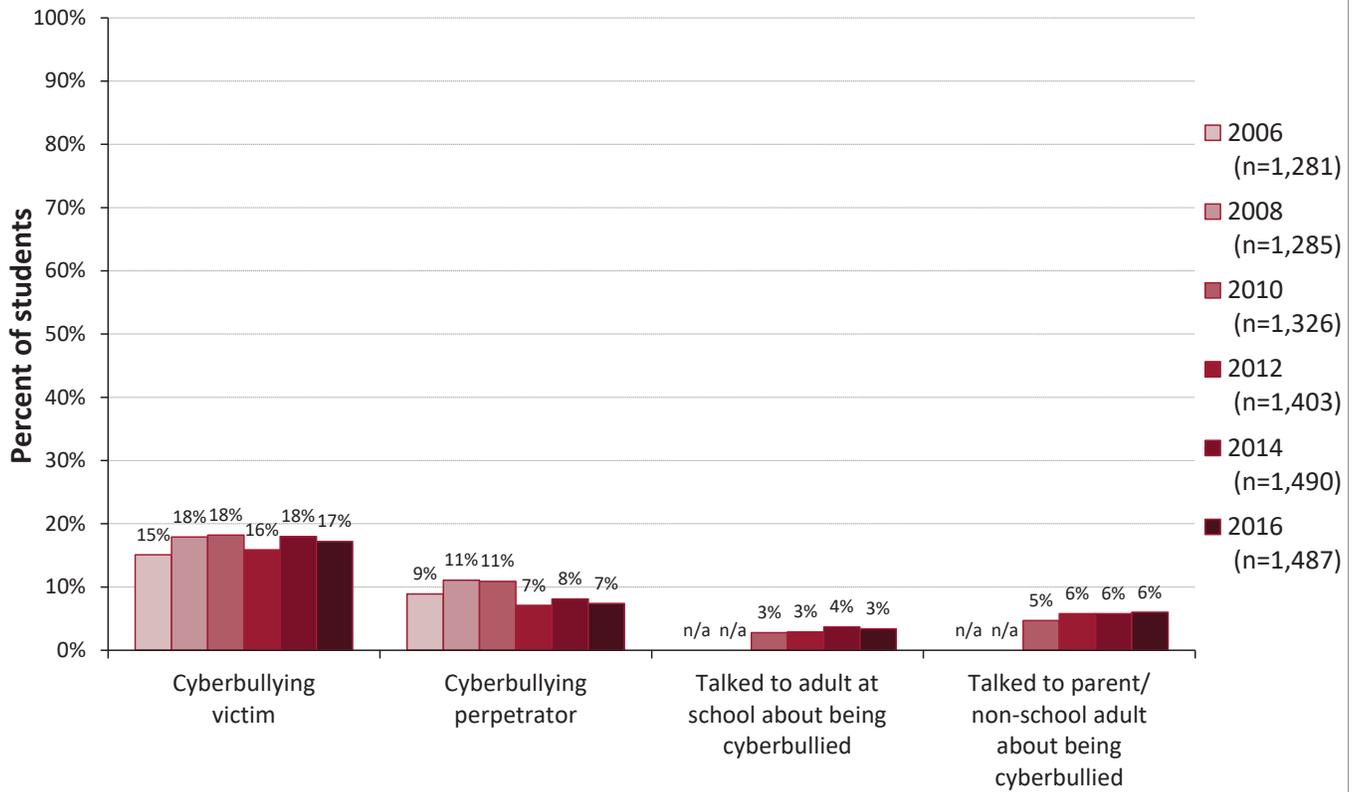
**Figure 8-5B. Cyberbullying and Adult Support* by Grade, 2016
Needham High School (Grades 9-12)**

MetroWest Adolescent Health Survey



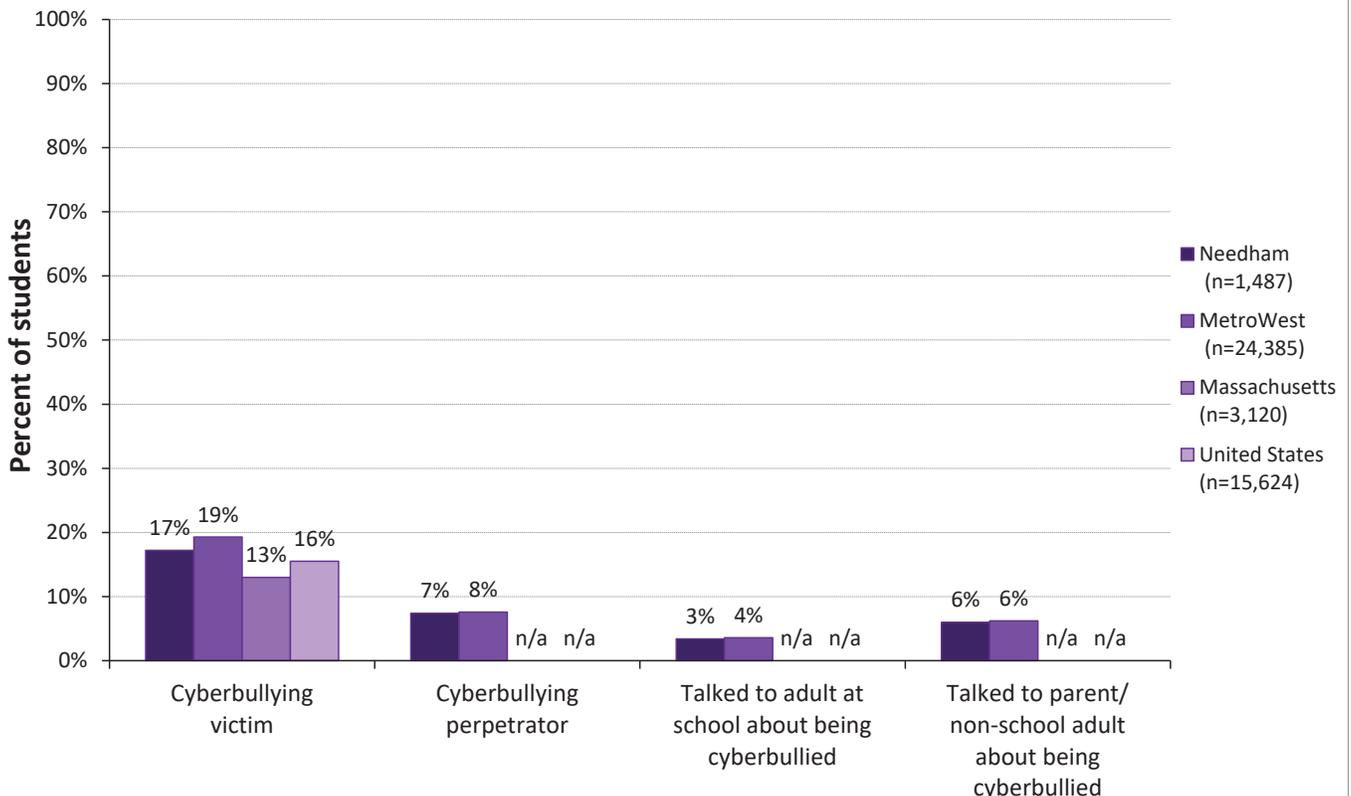
* During the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 8-5C. Trends in Cyberbullying and Adult Support,* 2006-2016
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 8-5D. Cyberbullying and Adult Support* at the District, Regional, State, and National Levels, 2016
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, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

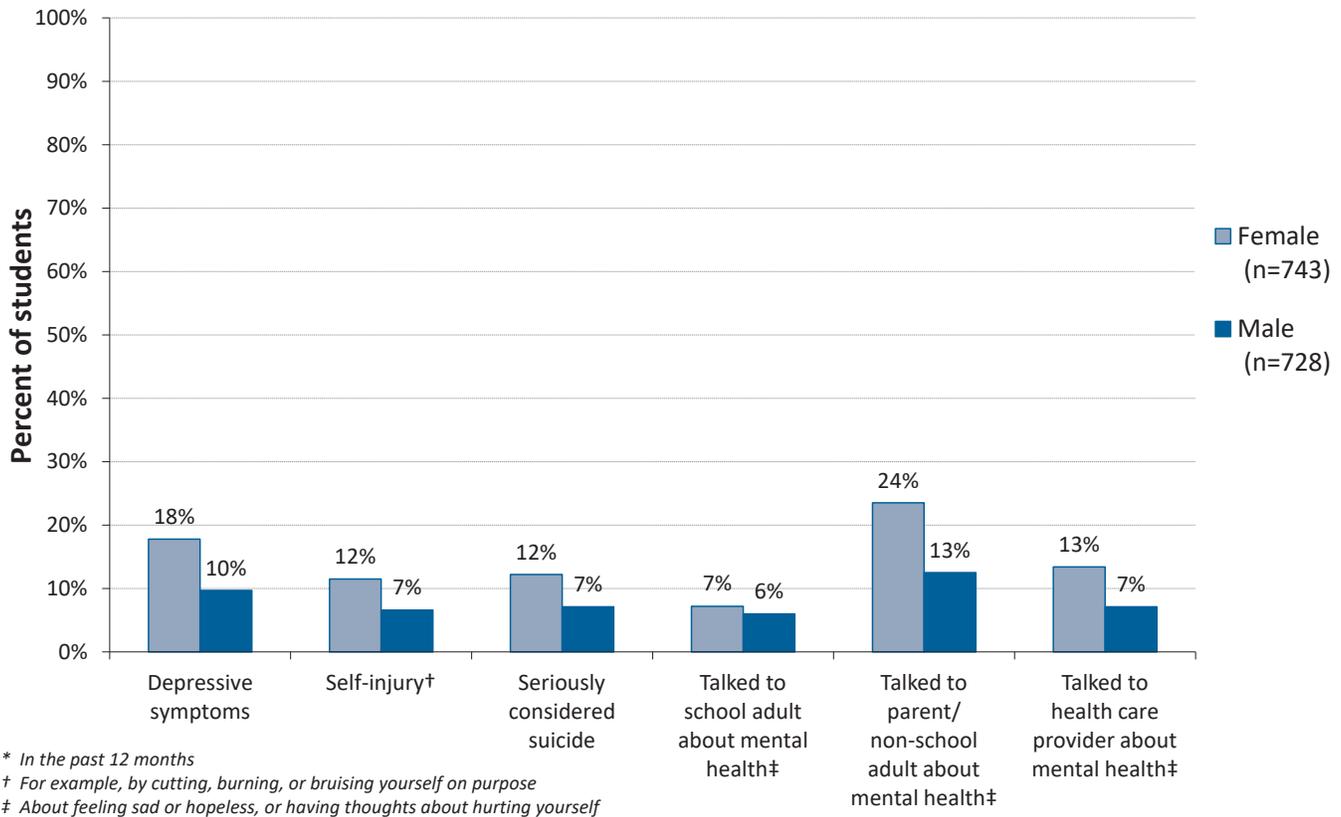
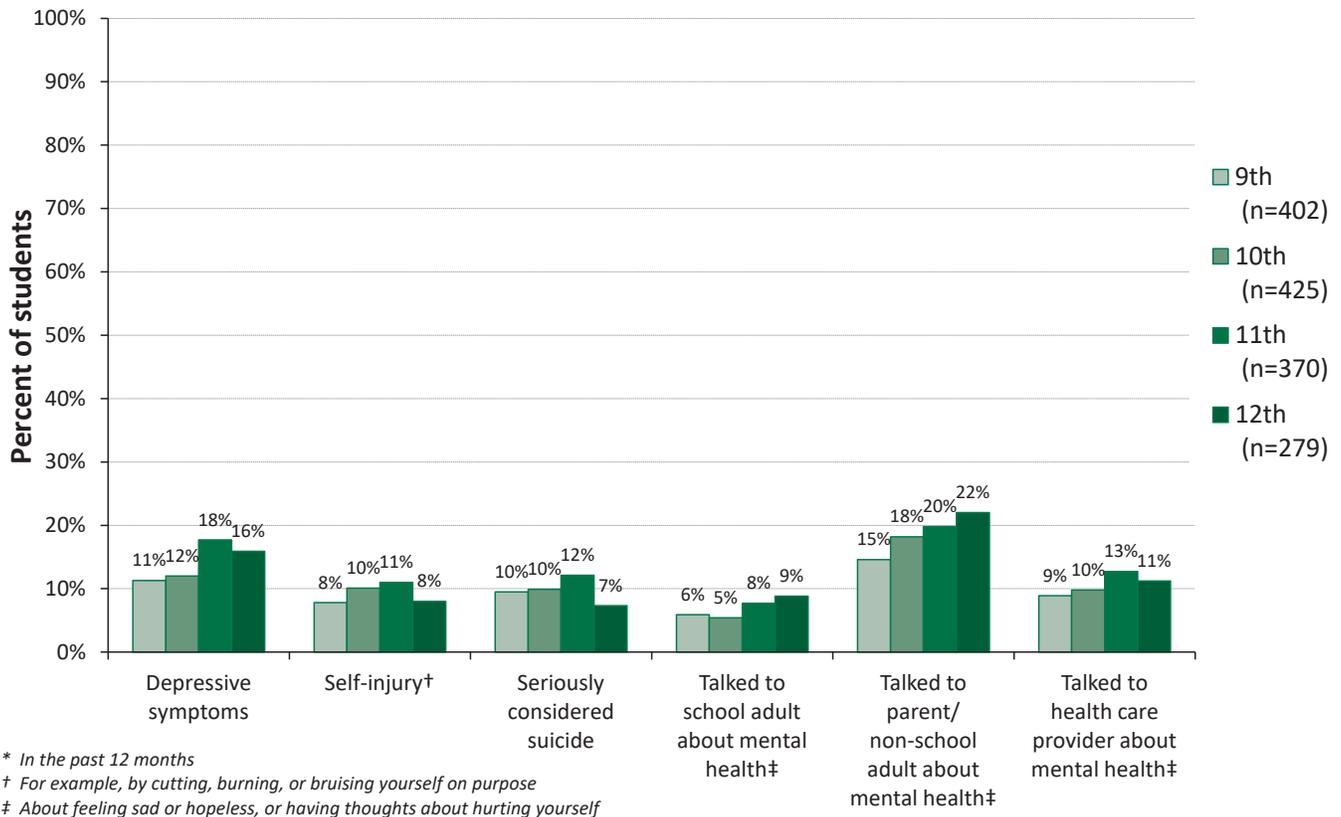
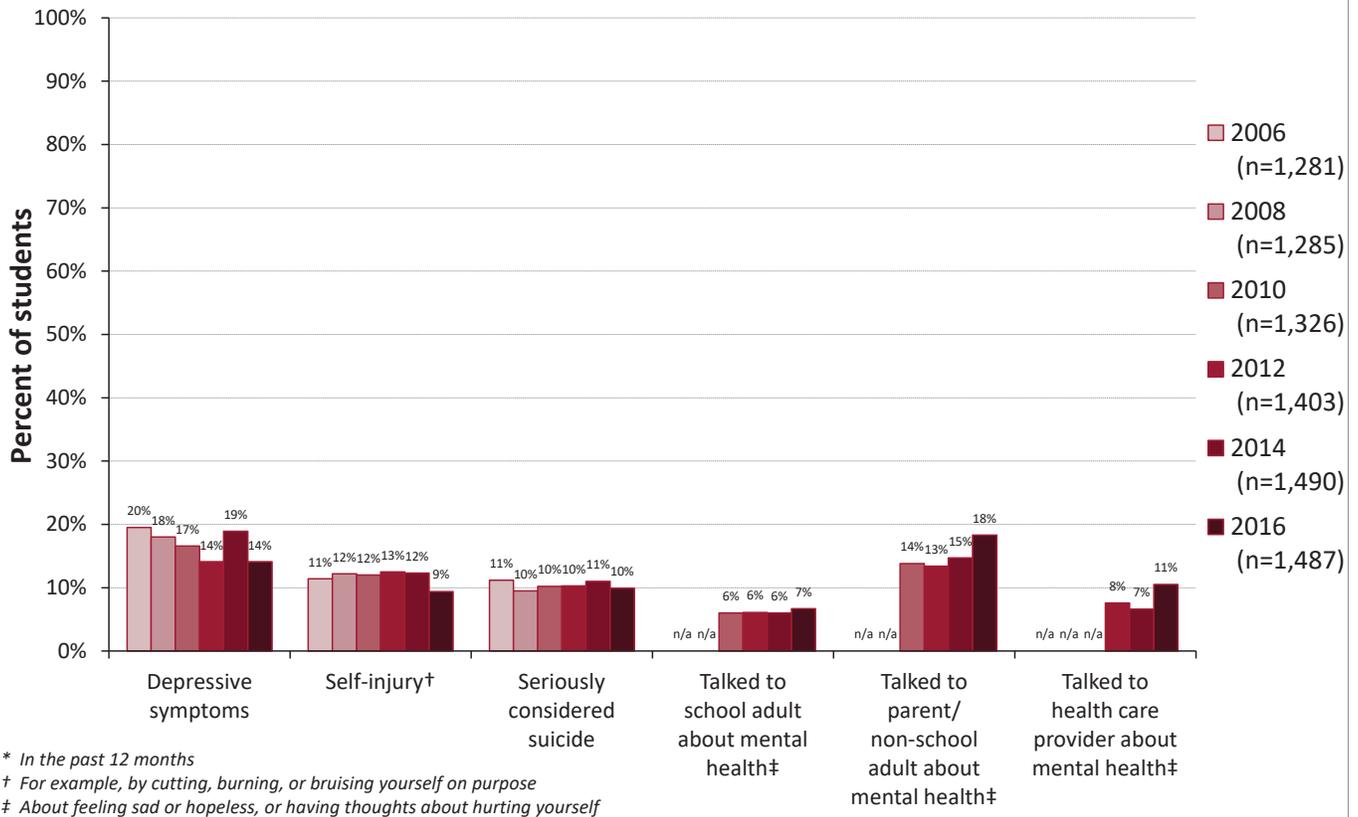


Figure 8-6B. Mental Health and Adult Support* by Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



**Figure 8-6C. Trends in Mental Health and Adult Support,* 2006-2016
Needham High School (Grades 9-12)**

MetroWest Adolescent Health Survey



**Figure 8-6D. Mental Health and Adult Support* at the District, Regional, State, and National Levels, 2016
Needham High School (Grades 9-12)**

MetroWest Adolescent Health Survey

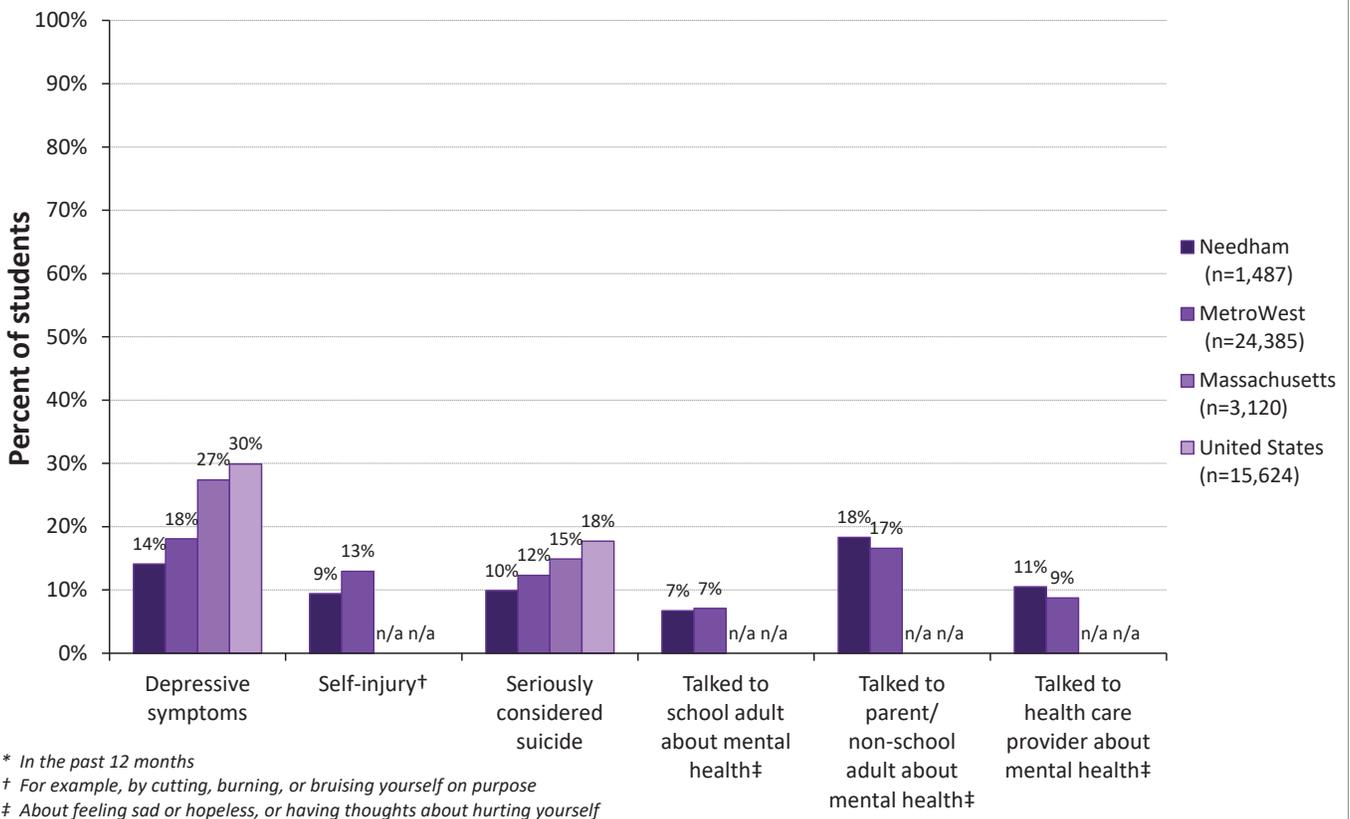


Table 8-1A. School Attachment, Adult Support, and Peer Support by Gender and Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
	(1,487)	Female (743)	Male (728)	9 th (402)	10 th (425)	11 th (370)	12 th (279)
SCHOOL ATTACHMENT*							
I feel close to people at school.	70.8	68.8	73.3	76.3	72.3	71.1	60.2
I feel like I am part of this school.	68.2	65.5	71.6	75.9	70.1	63.7	60.3
I am happy to be at this school.	60.7	54.2	68.2	71.8	57.6	57.7	53.8
The teachers at this school treat students fairly.	59.4	55.1	64.3	73.4	51.6	57.8	53.4
I feel safe in my school.	85.2	84.9	85.7	88.4	84.6	84.3	82.8
ADULT SUPPORT AT SCHOOL							
Have at least one teacher/adult at school to talk to if you have a problem	72.4	73.4	71.4	67.8	72.1	75.9	75.3
Talked to a teacher/adult at school about a personal problem [†]	31.7	37.3	26.0	27.1	29.0	33.7	39.8
Talked to a teacher/adult at school about being bullied [†]	6.9	7.7	6.1	8.5	5.7	6.8	6.3
Talked to a teacher/adult at school about being cyberbullied [†]	3.4	3.5	3.3	4.3	3.8	3.3	1.9
Talked to a teacher/adult at school about feeling sad or hopeless or having thoughts about hurting yourself [†]	6.7	7.2	6.0	5.9	5.4	7.7	8.8
ADULT SUPPORT OUTSIDE OF SCHOOL							
Ate dinner at home with parent(s)/guardian(s) 5 or more days (past 7 days)	72.9	68.7	77.4	76.1	77.3	70.1	64.5
Have at least one parent/adult outside of school to talk to about things that are important	93.3	93.8	92.9	94.3	94.5	92.0	92.1
Talked to a parent/adult outside of school about being bullied [†]	11.3	13.4	9.0	15.1	9.3	9.9	10.7
Talked to a parent/adult outside of school about being cyberbullied [†]	6.0	7.8	4.2	9.2	5.3	5.3	3.7
Talked to a parent/adult outside of school about feeling sad or hopeless or having thoughts about hurting yourself [†]	18.3	23.5	12.5	14.6	18.2	19.8	22.0
PEER SUPPORT							
Feel you have a friend you can talk to about a personal problem [‡]	72.3	78.0	66.1	72.7	71.5	72.5	72.9
Feel you are part of a group of friends [‡]	73.9	71.8	76.4	80.8	72.4	70.3	71.2
Feel lonely [‡]	12.8	15.4	9.7	7.7	13.3	15.3	16.0

* Answered either "agree" or "strongly agree"

† During the past 12 months

‡ Answered either "most of the time" or "all of the time"

Table 8-1B. School Attachment, Adult Support, and Peer Support, 2006 - 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham (%)						MetroWest Region (%)					
	2006 (1,281)	2008 (1,285)	2010 (1,326)	2012 (1,403)	2014 (1,490)	2016 (1,487)	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)	2016 (24,385)
SCHOOL ATTACHMENT*												
I feel close to people at school.	70.3	74.6	76.0	74.2	72.6	70.8	70.3	74.9	73.2	70.8	71.9	73.6
I feel like I am part of this school.	69.6	73.6	73.7	70.7	68.2	68.2	70.9	72.3	71.7	70.6	69.4	71.0
I am happy to be at this school.	63.4	66.9	70.9	70.8	66.6	60.7	70.5	70.5	70.2	69.5	68.2	68.8
The teachers at this school treat students fairly.	53.1	58.1	60.3	65.8	62.2	59.4	61.1	61.3	61.8	64.4	62.6	65.9
I feel safe in my school.	81.7	86.1	87.4	86.3	84.6	85.2	82.2	81.0	82.8	84.5	82.8	83.3
ADULT SUPPORT AT SCHOOL												
Have at least one teacher/adult at school to talk to if you have a problem	60.0	59.6	59.9	63.6	67.8	72.4	66.3	67.1	67.0	69.4	71.0	74.9
Talked to a teacher/adult at school about a personal problem [†]	–	–	26.7	25.6	27.5	31.7	–	–	30.1	29.4	28.6	29.3
Talked to a teacher/adult at school about being bullied [†]	–	–	7.3	6.6	5.5	6.9	–	–	9.0	8.4	6.8	6.6
Talked to a teacher/adult at school about being cyberbullied [†]	–	–	2.8	2.9	3.7	3.4	–	–	3.6	4.2	3.9	3.6
Talked to a teacher/adult at school about feeling sad or hopeless or having thoughts about hurting yourself [†]	–	–	6.0	6.1	6.0	6.7	–	–	6.8	7.1	7.5	7.1
ADULT SUPPORT OUTSIDE OF SCHOOL												
Ate dinner at home with parent(s)/guardian(s) 5 or more days (past 7 days)	–	–	–	72.0	72.2	72.9	–	–	–	66.6	70.0	68.7
Have at least one parent/adult outside of school to talk to about things that are important	88.7	88.4	89.2	91.3	91.1	93.3	88.1	88.2	87.9	89.0	89.7	91.0
Talked to a parent/adult outside of school about being bullied [†]	–	–	13.2	10.9	9.2	11.3	–	–	13.7	13.4	11.7	10.6
Talked to a parent/adult outside of school about being cyberbullied [†]	–	–	4.7	5.8	5.8	6.0	–	–	5.5	6.9	6.7	6.2
Talked to a parent/adult outside of school about feeling sad or hopeless or having thoughts about hurting yourself [†]	–	–	13.8	13.4	14.7	18.3	–	–	12.6	13.0	16.3	16.6
PEER SUPPORT												
Feel you have a friend you can talk to about a personal problem [‡]	–	–	–	73.1	71.7	72.3	–	–	–	71.9	71.2	71.8
Feel you are part of a group of friends [‡]	–	–	–	78.0	73.6	73.9	–	–	–	77.0	73.5	73.7
Feel lonely [‡]	–	–	–	9.3	14.0	12.8	–	–	–	12.3	15.3	14.3

* Answered either "agree" or "strongly agree"

† During the past 12 months

‡ Answered either "most of the time" or "all of the time"

Table 8-1C. School Attachment, Adult Support, and Peer Support at the District, Regional, State, and National Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham 2016 MWAHS	MetroWest Region 2016 MWAHS	Massachusetts 2015 YRBS	United States 2015 YRBS
	<i>(1,487)</i>	<i>(24,385)</i>	<i>(3,120)</i>	<i>(15,624)</i>
SCHOOL ATTACHMENT*				
I feel close to people at school.	70.8	73.6	–	–
I feel like I am part of this school.	68.2	71.0	–	–
I am happy to be at this school.	60.7	68.8	–	–
The teachers at this school treat students fairly.	59.4	65.9	–	–
I feel safe in my school.	85.2	83.3	–	–
ADULT SUPPORT AT SCHOOL				
Have at least one teacher/adult at school to talk to if you have a problem	72.4	74.9	73.3	–
Talked to a teacher/adult at school about a personal problem [†]	31.7	29.3	–	–
Talked to a teacher/adult at school about being bullied [†]	6.9	6.6	–	–
Talked to a teacher/adult at school about being cyberbullied [†]	3.4	3.6	–	–
Talked to a teacher/adult at school about feeling sad or hopeless or having thoughts about hurting yourself [†]	6.7	7.1	–	–
ADULT SUPPORT OUTSIDE OF SCHOOL				
Ate dinner at home with parent(s)/guardian(s) 5 or more days (past 7 days)	72.9	68.7	–	–
Have at least one parent/adult outside of school to talk to about things that are important	93.3	91.0	82.1	–
Talked to a parent/adult outside of school about being bullied [†]	11.3	10.6	–	–
Talked to a parent/adult outside of school about being cyberbullied [†]	6.0	6.2	–	–
Talked to a parent/adult outside of school about feeling sad or hopeless or having thoughts about hurting yourself [†]	18.3	16.6	–	–
PEER SUPPORT				
Feel you have a friend you can talk to about a personal problem [‡]	72.3	71.8	–	–
Feel you are part of a group of friends [‡]	73.9	73.7	–	–
Feel lonely [‡]	12.8	14.3	–	–

* Answered either "agree" or "strongly agree"

† During the past 12 months

‡ Answered either "most of the time" or "all of the time"

Section 9:
Risk Behaviors on School Property

Figure 9-1A. Substance Use on School Property by Gender, 2016
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

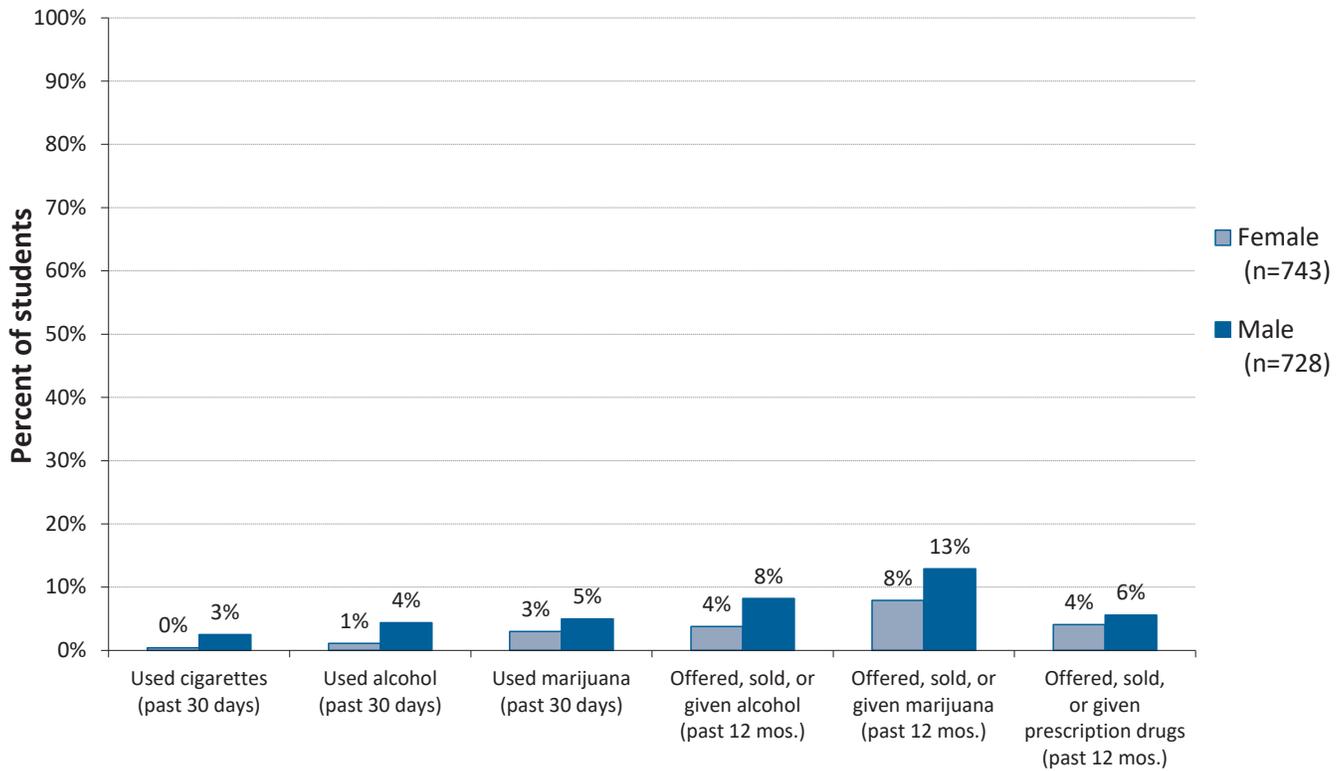


Figure 9-1B. Substance Use on School Property by Grade, 2016
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

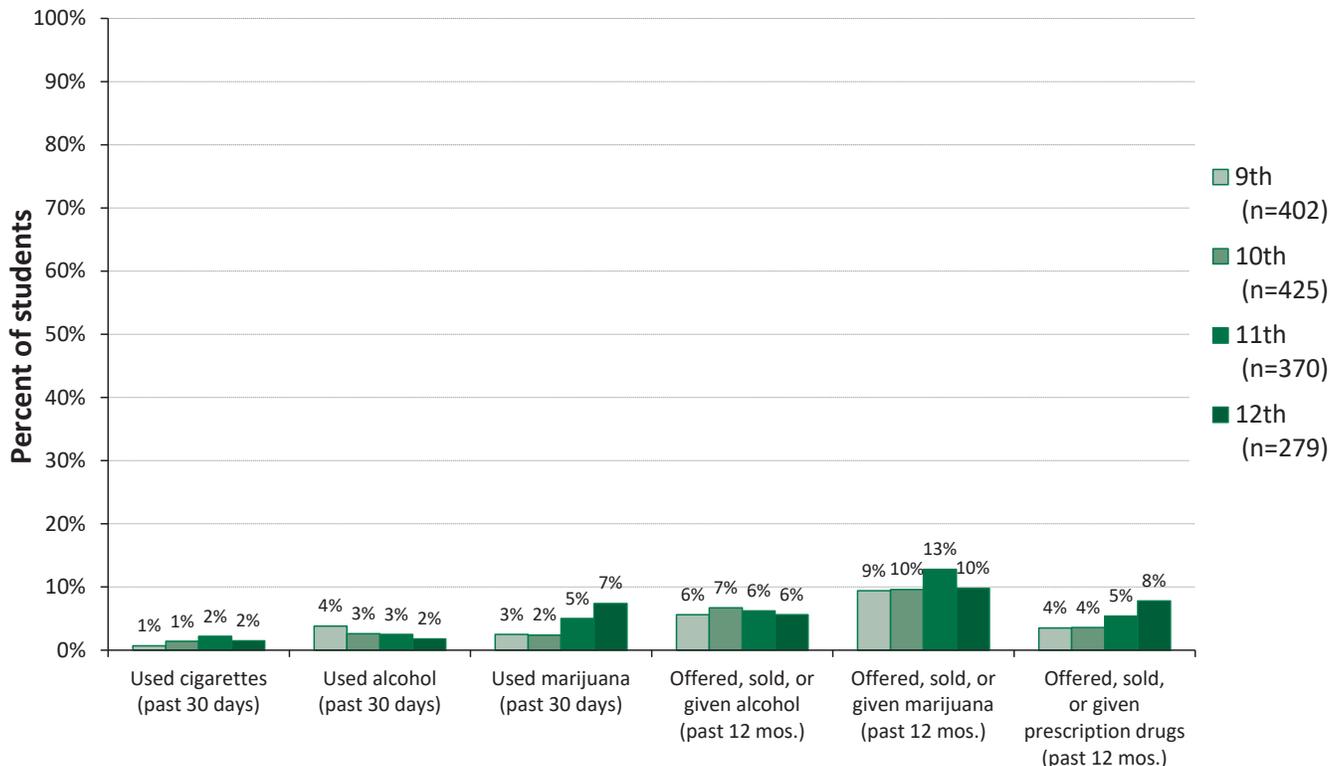


Figure 9-1C. Trends in Substance Use on School Property, 2006-2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

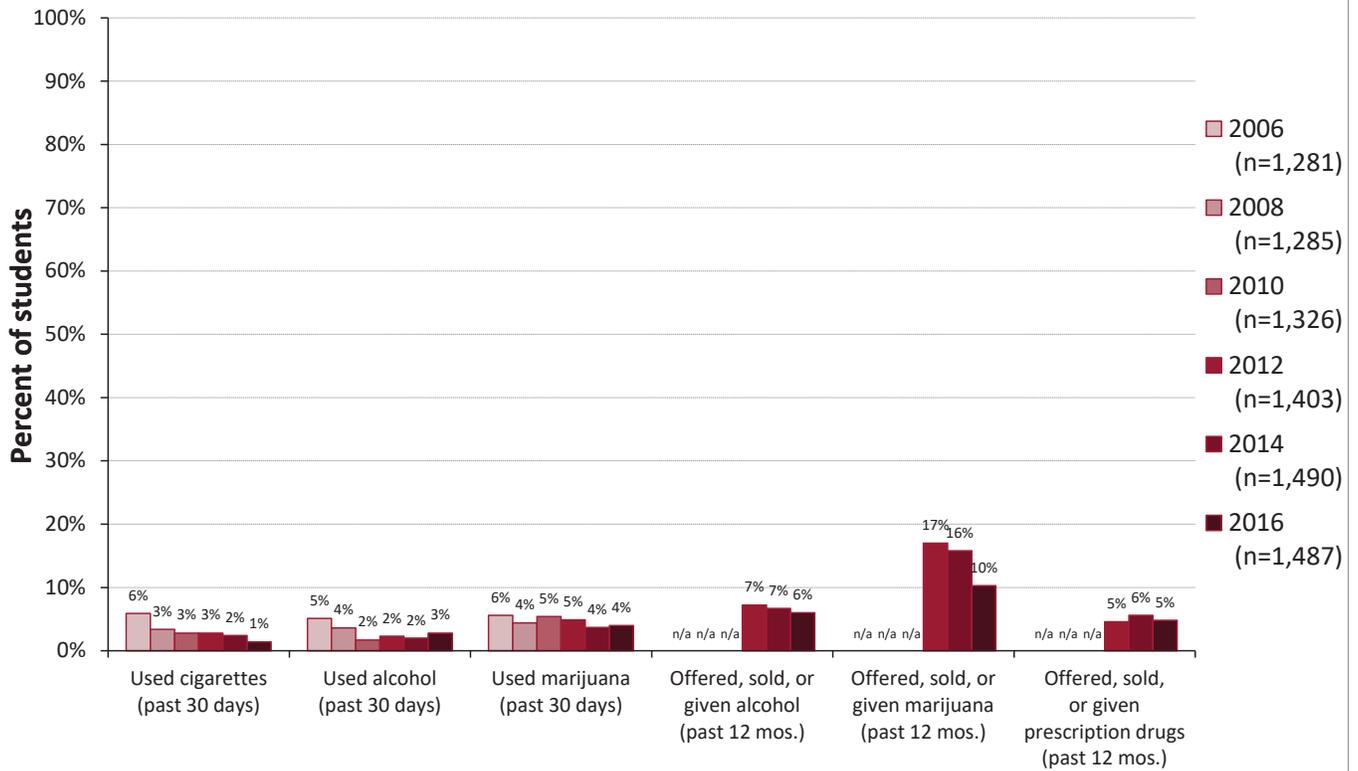


Figure 9-1D. Substance Use on School Property at the District and Regional Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey

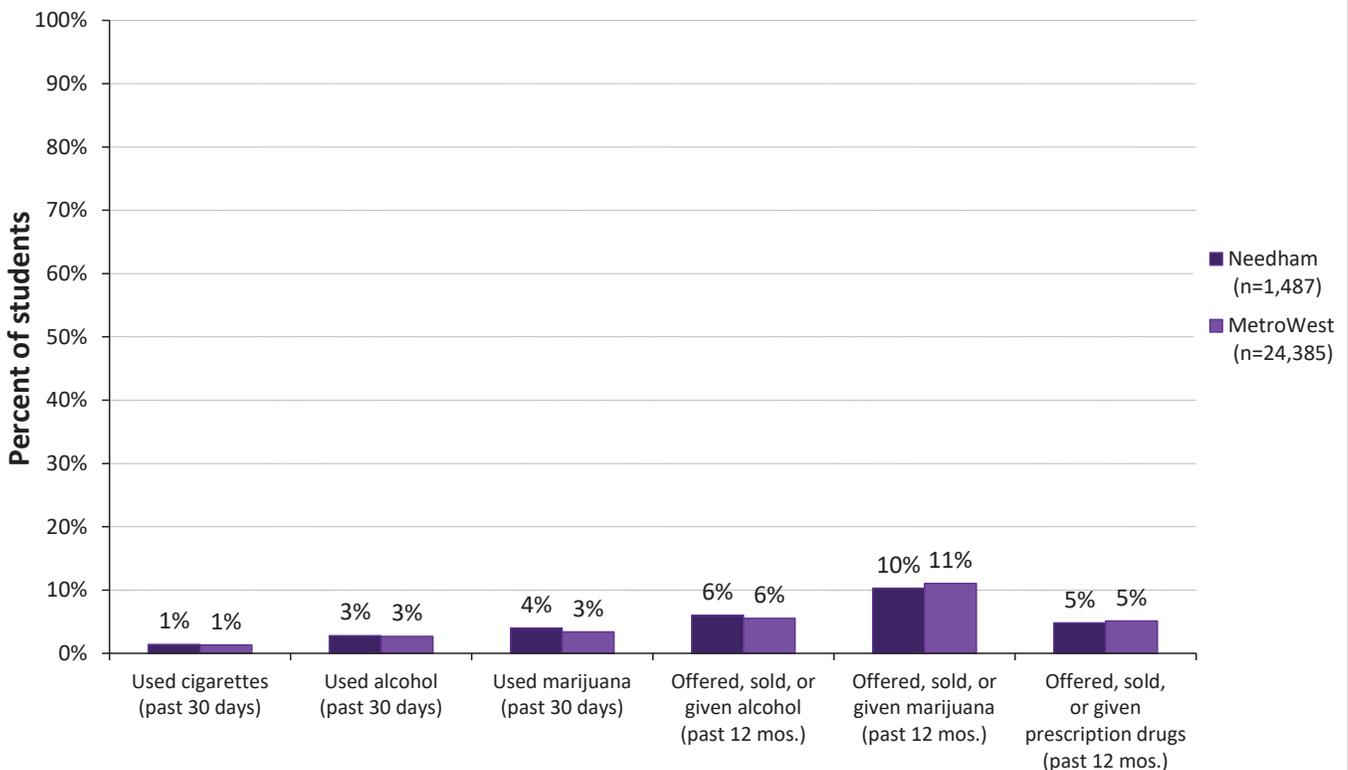
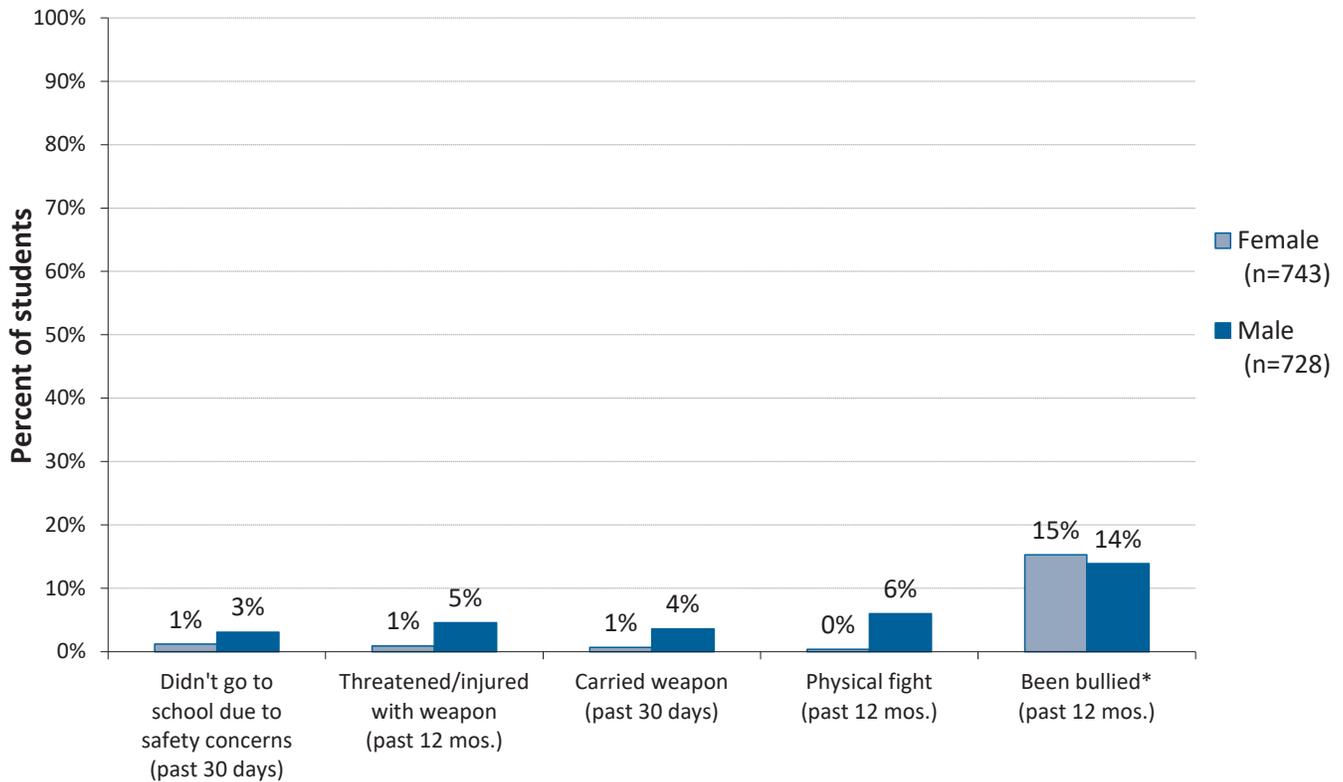


Figure 9-2A. Violence and Bullying on School Property by Gender, 2016
Needham High School (Grades 9-12)

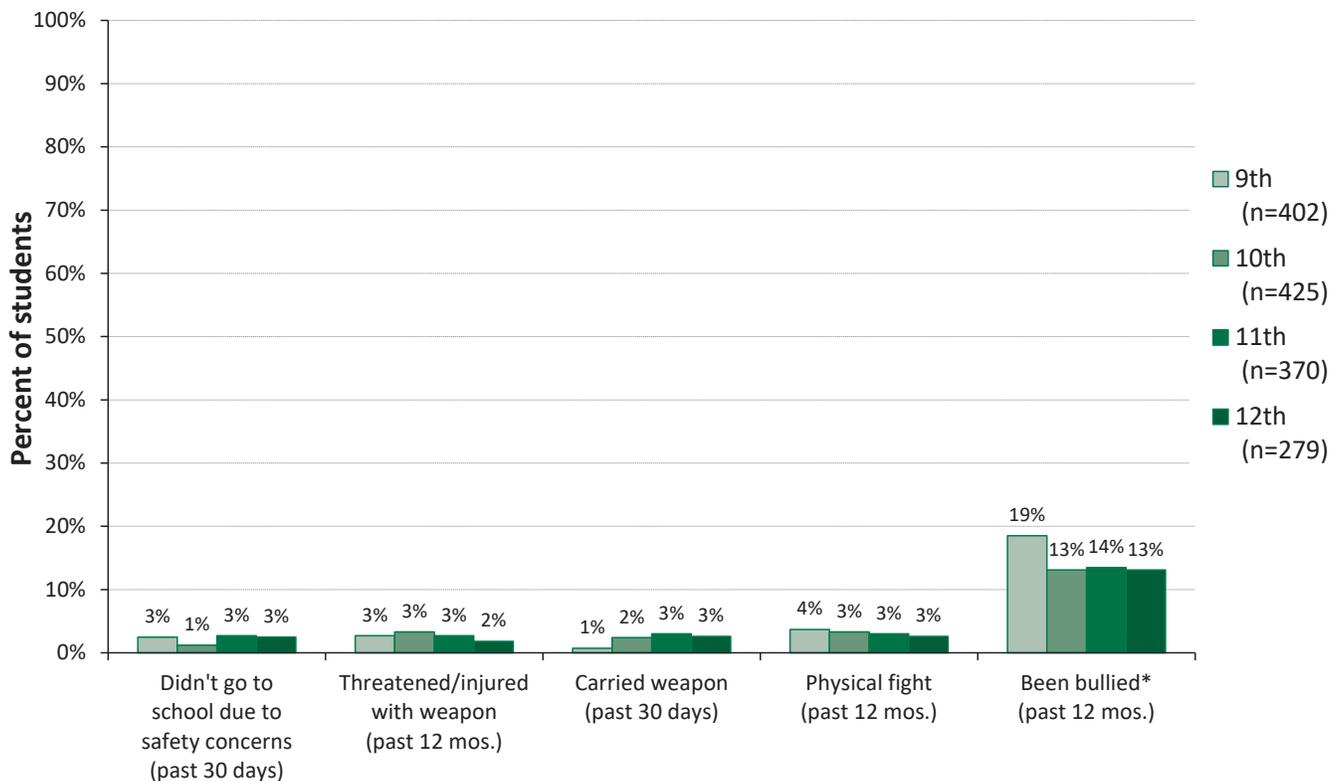
MetroWest Adolescent Health Survey



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

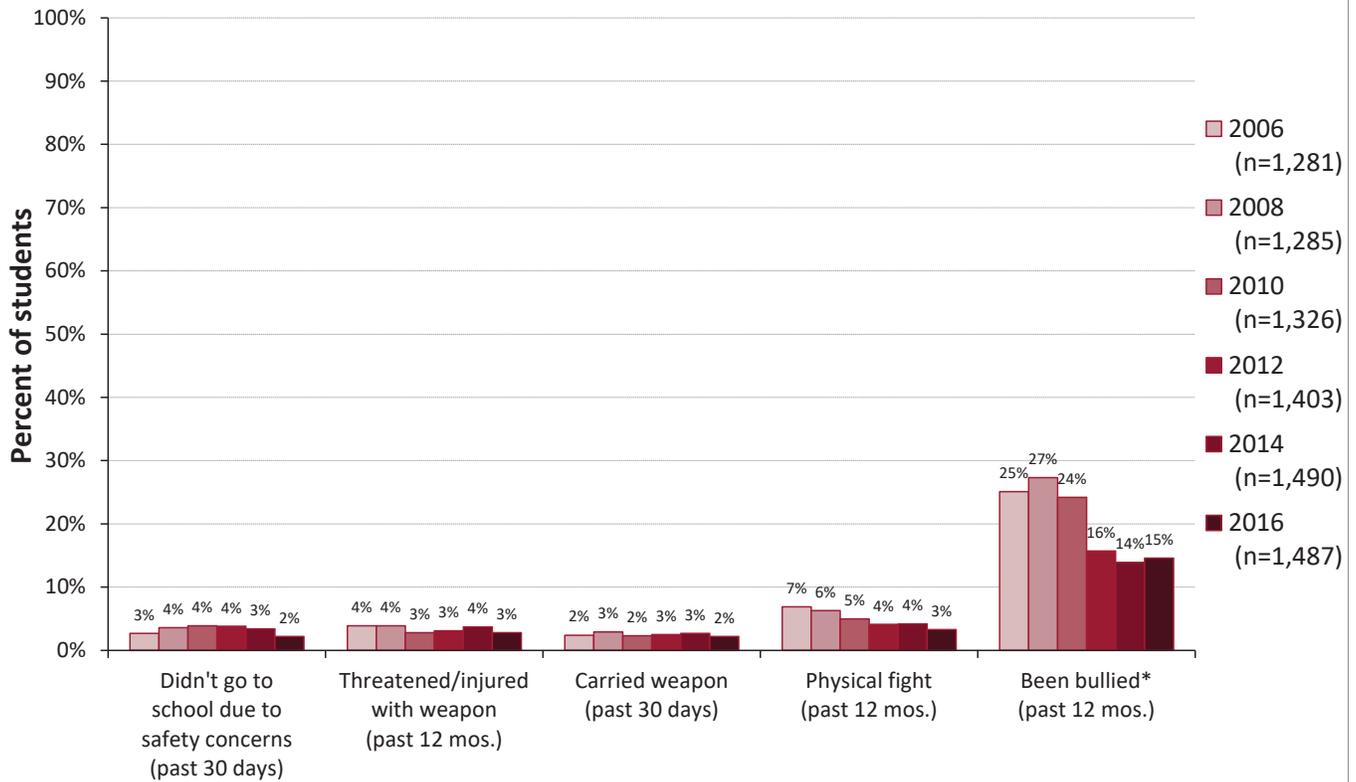
Figure 9-2B. Violence and Bullying on School Property by Grade, 2016
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey



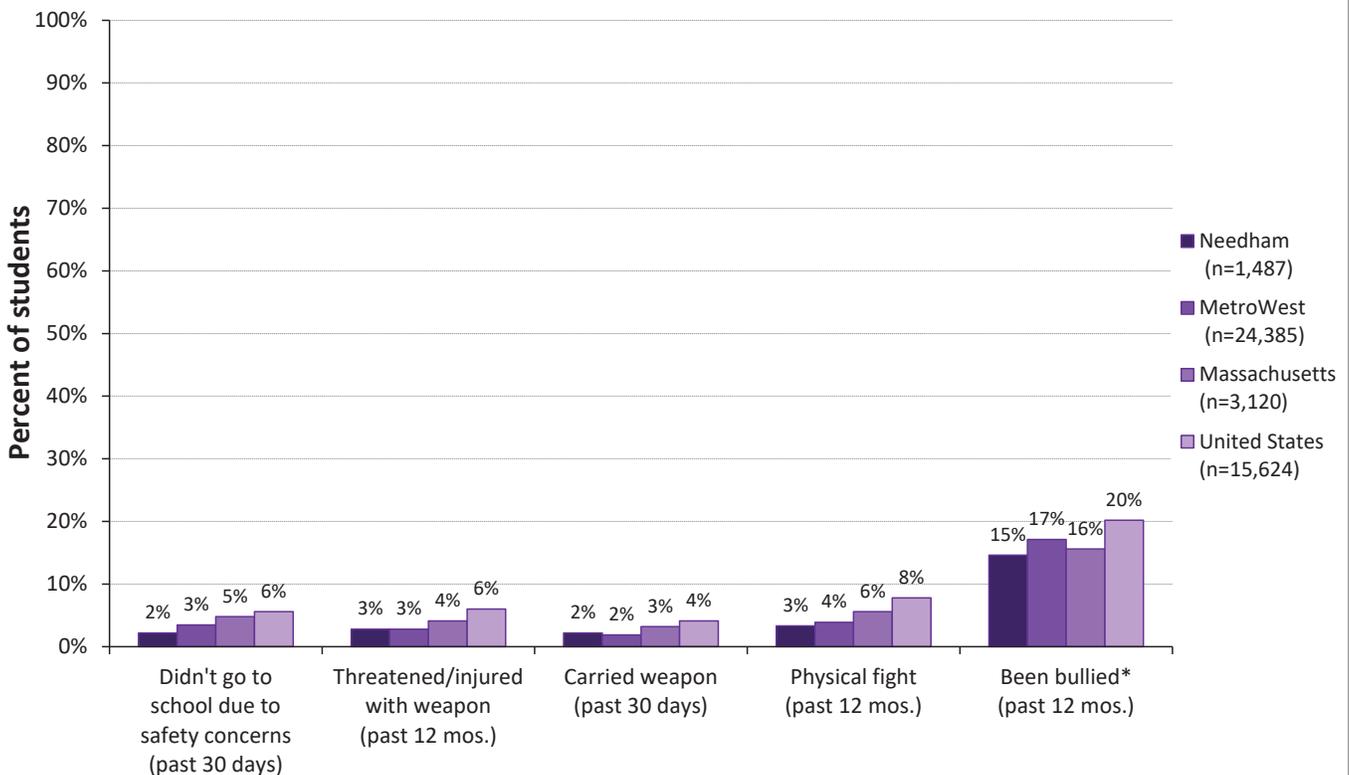
* Bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 9-2C. Trends in Violence and Bullying on School Property, 2006-2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



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

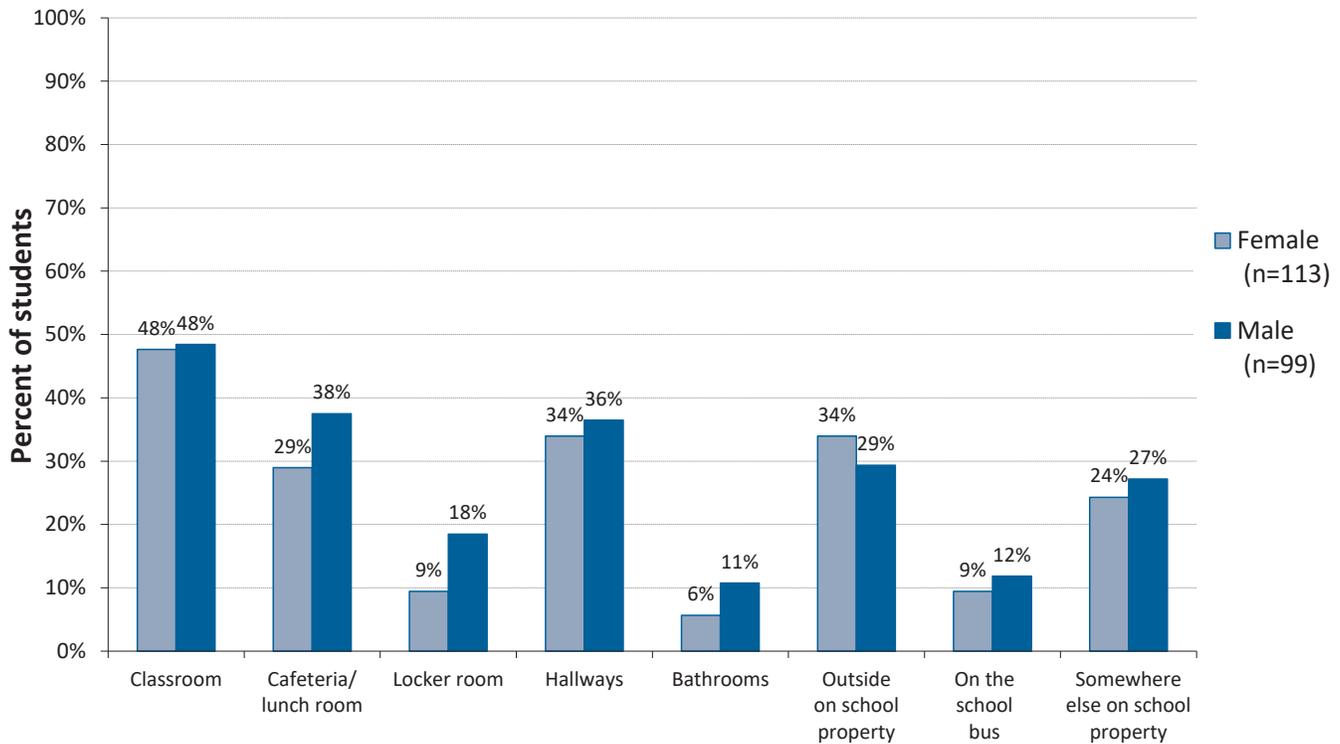
Figure 9-2D. Violence and Bullying on School Property at the District, Regional, State, and National Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



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

Figure 9-3A. Locations of Bullying* on School Property by Gender, 2016
Needham High School (Grades 9-12)

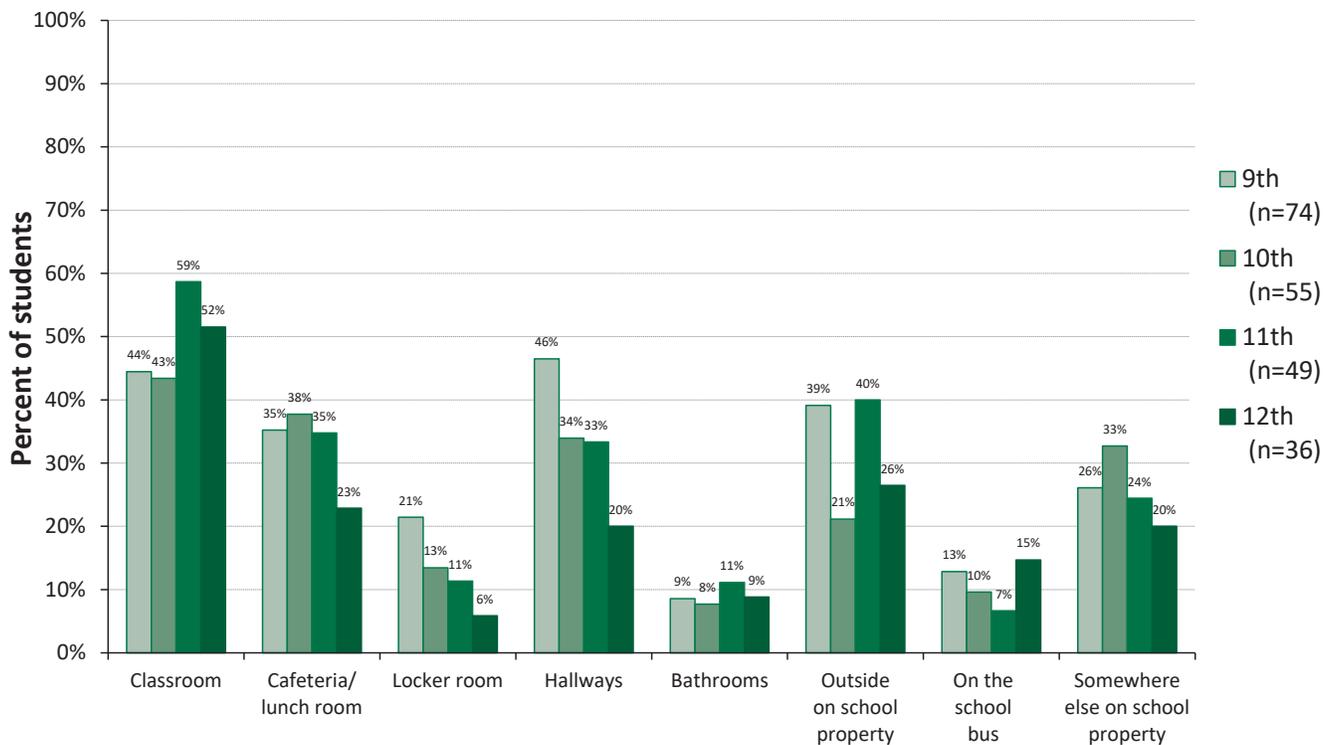
MetroWest Adolescent Health Survey



* 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

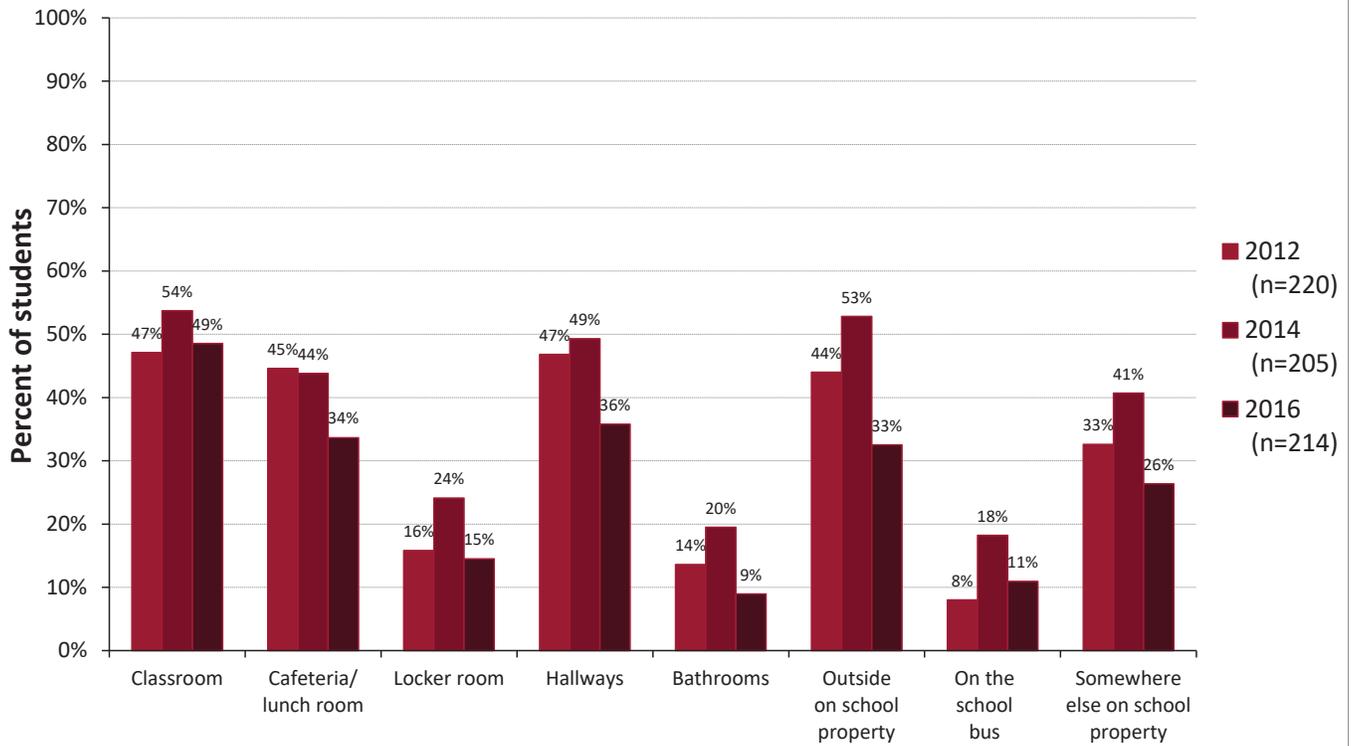
Figure 9-3B. Locations of Bullying* on School Property by Grade, 2016
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey



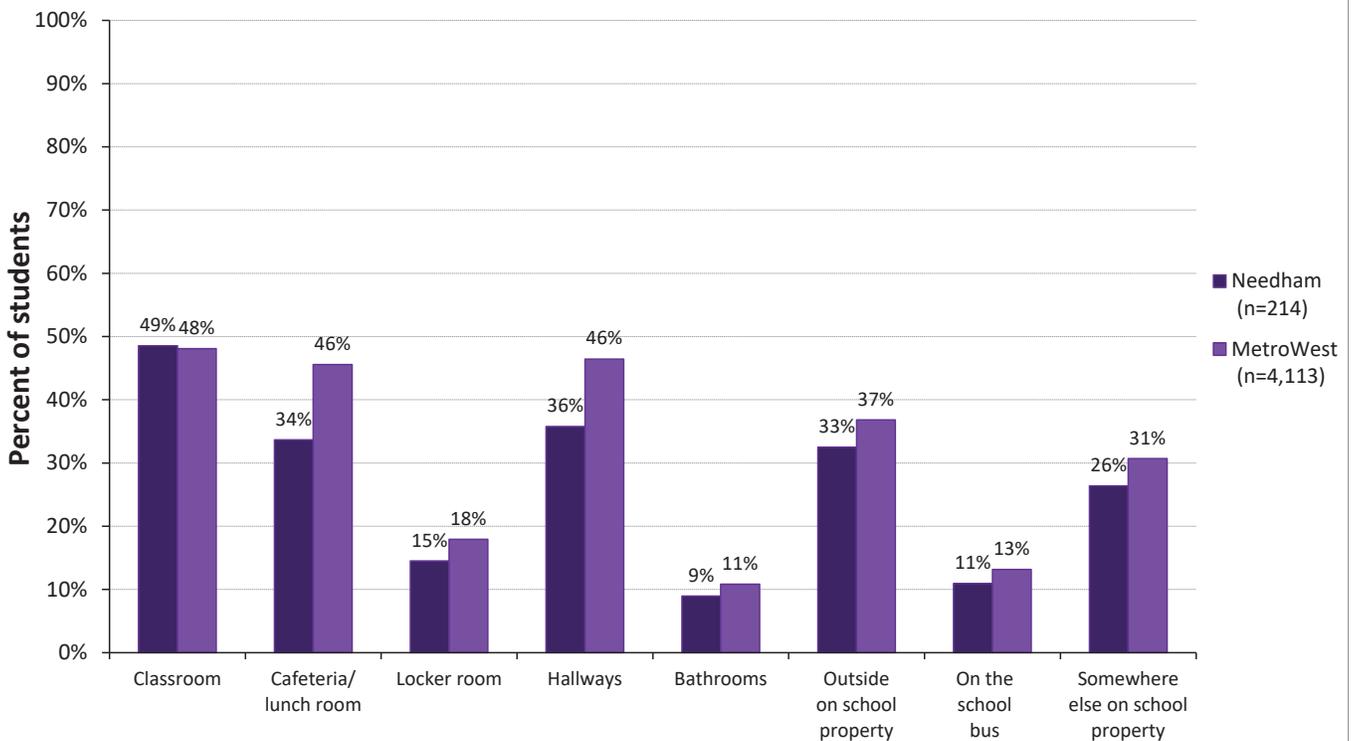
* Among students who were bullied on school property in the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 9-3C. Trends in Locations of Bullying* on School Property, 2012-2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



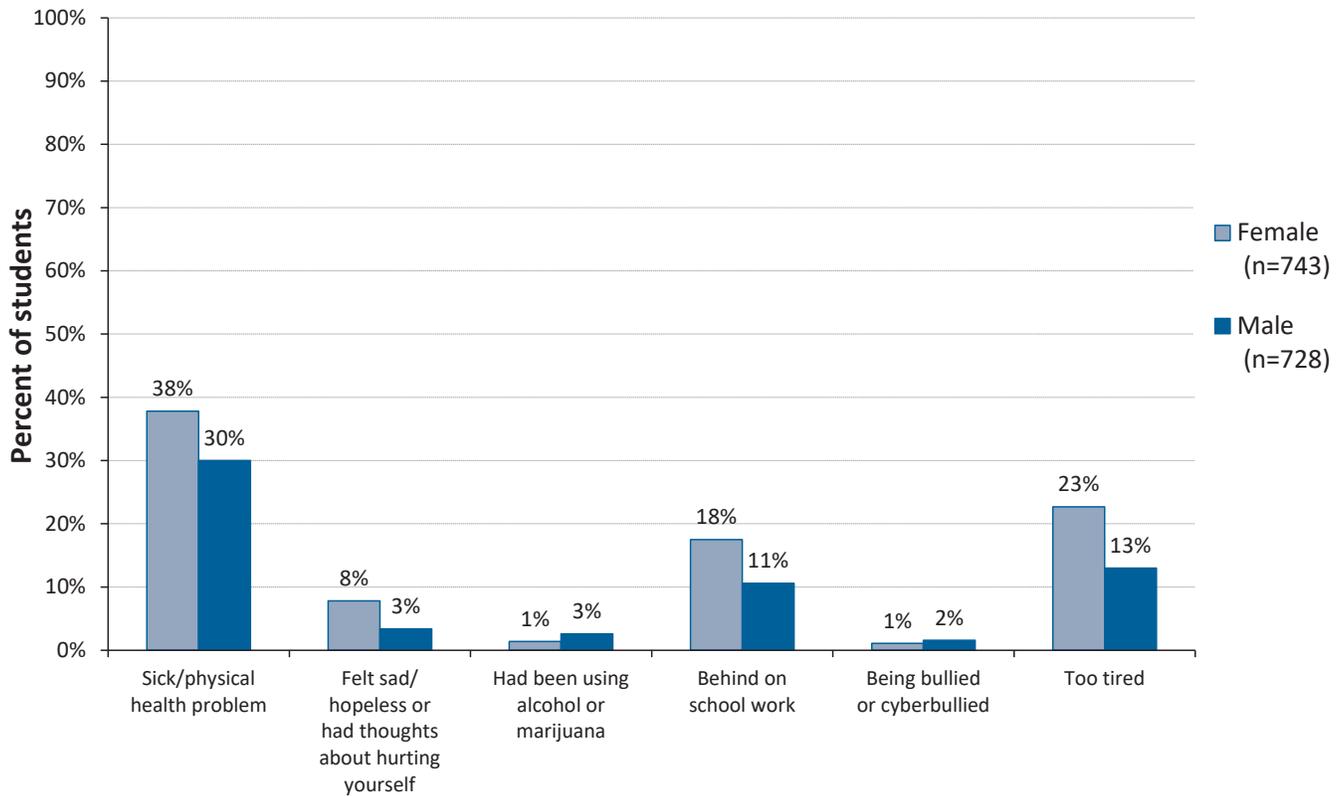
* Among students who were bullied on school property in the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 9-3D. Locations of Bullying* on School Property at the District and Regional Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



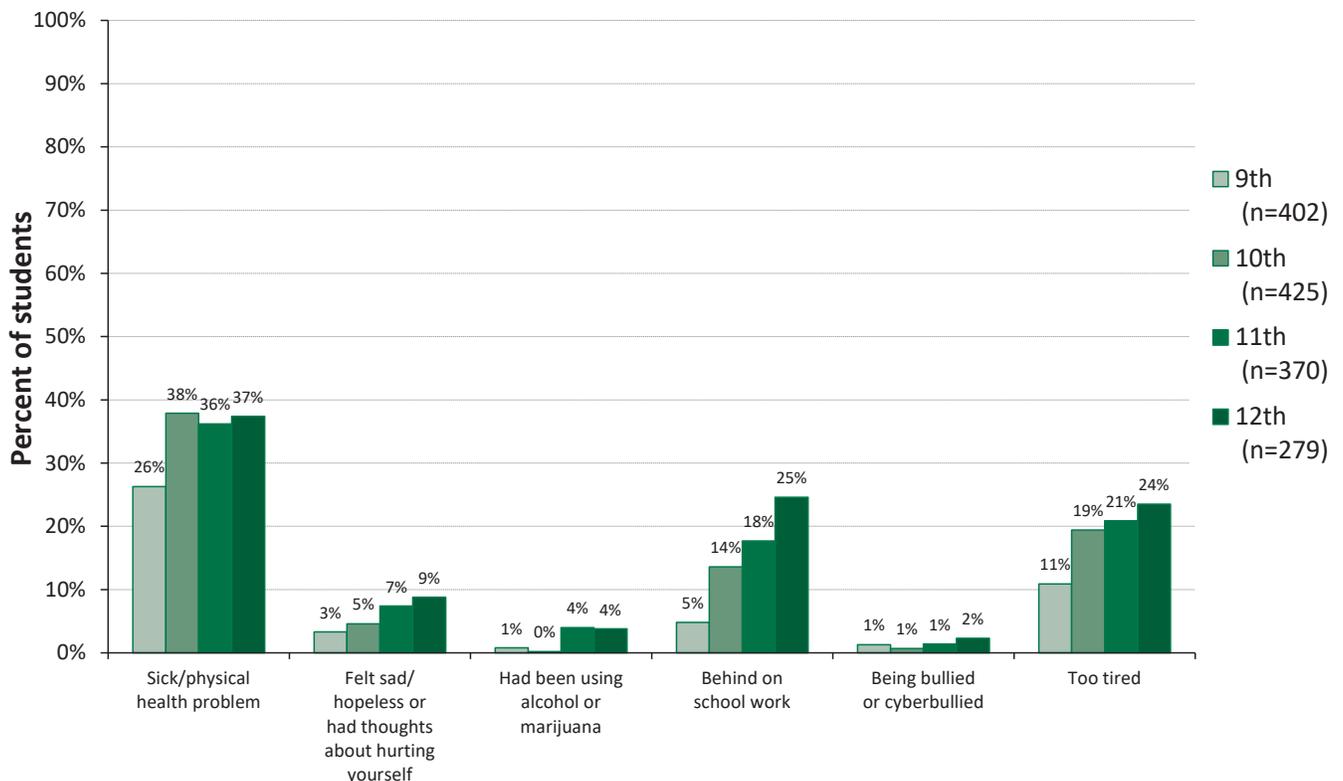
* Among students who were bullied on school property in the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 9-4A. Reasons for School Absences* by Gender, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



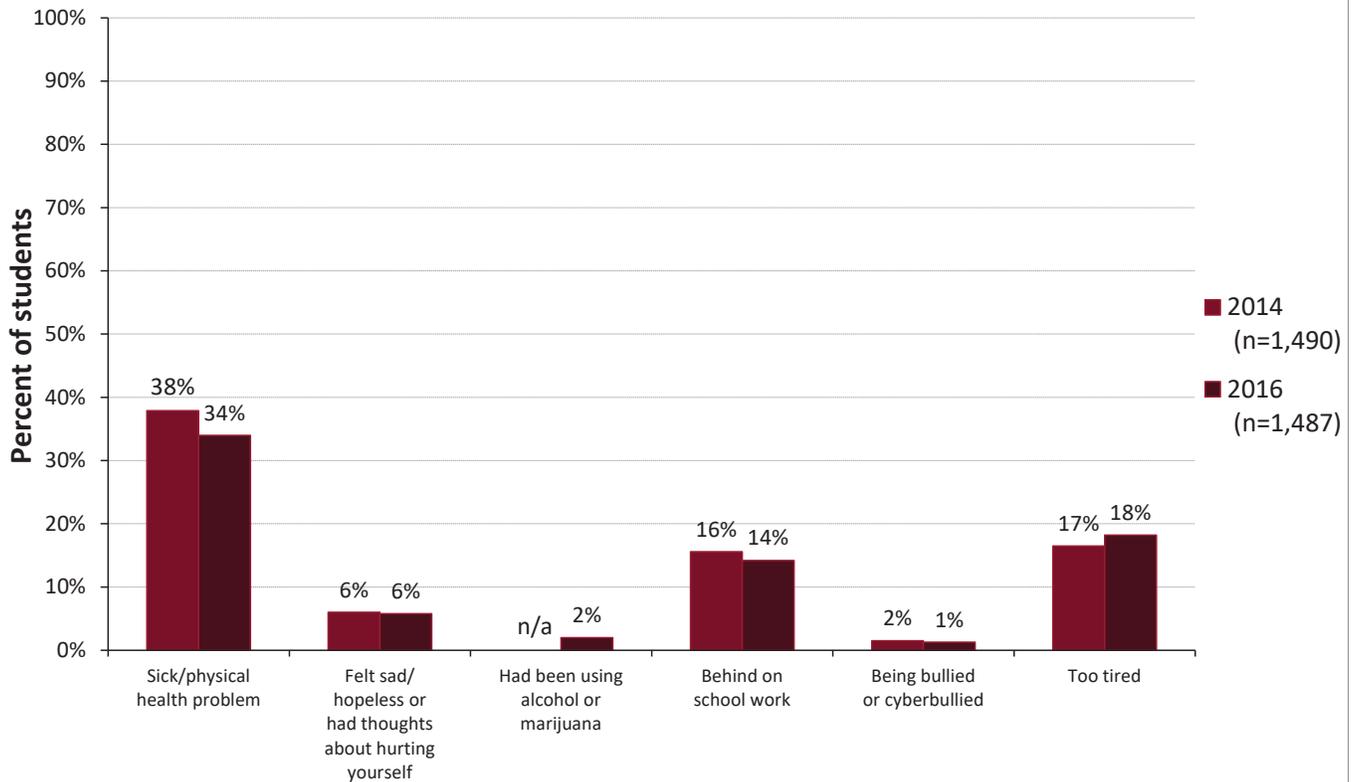
* Absent or missed part of the school day on one or more of the past 30 days

Figure 9-4B. Reasons for School Absences* by Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



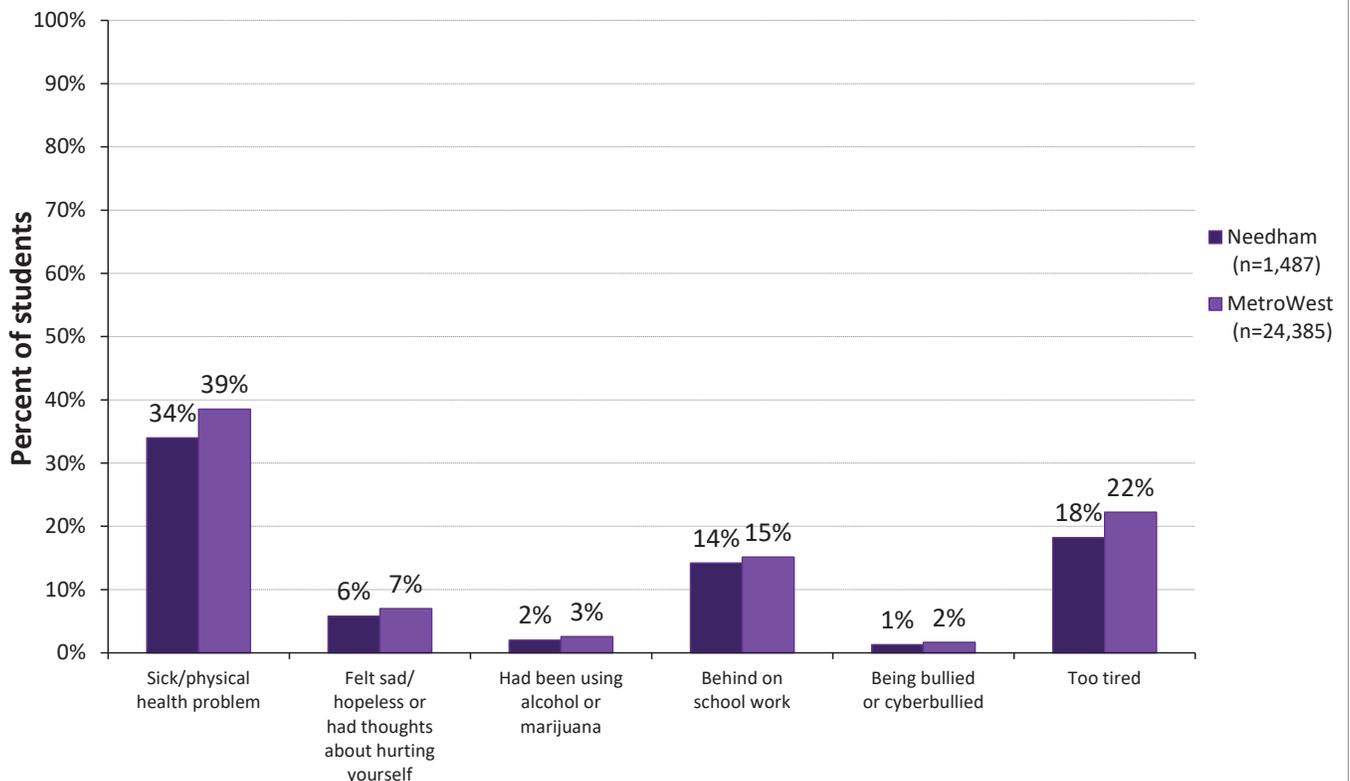
* Absent or missed part of the school day on one or more of the past 30 days

Figure 9-4C. Trends in Reasons for School Absences,* 2014-2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



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

Figure 9-4D. Reasons for School Absences* at the District and Regional Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



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

Table 9-1A. Risk Behaviors on School Property and School Absences by Gender and Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Total (%) (1,487)	Gender (%)		Grade (%)			
		Female (743)	Male (728)	9 th (402)	10 th (425)	11 th (370)	12 th (279)
SUBSTANCE USE							
Current cigarette use on school property (past 30 days)	1.4	0.4	2.5	0.7	1.4	2.2	1.5
Current alcohol use on school property (past 30 days)	2.8	1.1	4.4	3.8	2.6	2.5	1.8
Current marijuana use on school property (past 30 days)	4.0	3.0	5.0	2.5	2.4	5.0	7.4
Used alcohol just before a school function (past 12 months)	7.5	5.5	9.3	3.6	6.4	8.7	13.0
Used alcohol during a school function (past 12 months)	2.8	1.8	3.9	2.5	1.4	3.7	4.1
DRUG AVAILABILITY ON SCHOOL PROPERTY (past 12 months)							
Offered, sold, or given alcohol on school property	6.0	3.8	8.2	5.6	6.7	6.2	5.6
Offered, sold, or given marijuana on school property	10.3	7.9	12.9	9.4	9.6	12.8	9.8
Offered, sold, or given prescription drugs on school property	4.8	4.1	5.6	3.5	3.6	5.4	7.8
SAFETY, WEAPONS, AND VIOLENCE							
Didn't go to school because of safety concerns (past 30 days)*	2.2	1.2	3.1	2.5	1.2	2.7	2.5
Had property stolen/deliberately damaged at school (past 12 months)	12.3	9.7	15.0	11.8	11.8	12.3	13.8
Threatened or injured with a weapon on school property (past 12 months) [†]	2.8	0.9	4.6	2.7	3.3	2.7	1.8
Carried a weapon on school property (past 30 days) [†]	2.2	0.7	3.6	0.7	2.4	3.0	2.6
In a physical fight on school property (past 12 months)	3.3	0.4	6.0	3.7	3.3	3.0	2.6
Been bullied on school property (past 12 months) [‡]	14.6	15.3	13.9	18.5	13.1	13.5	13.1
Bullied someone else on school property (past 12 months) [‡]	4.5	2.7	6.3	6.8	5.5	2.8	2.2
SCHOOL ABSENCES (past 30 days)							
Absent from school on 3 or more days	8.5	9.0	8.2	3.8	5.9	10.6	16.5
Absent/missed school because you were sick/had a physical health problem [§]	34.0	37.8	30.0	26.3	37.9	36.2	37.4
Absent/missed school because you were feeling sad or hopeless, or having thoughts about hurting yourself [§]	5.8	7.8	3.4	3.3	4.6	7.4	8.8
Absent/missed school because you had been using alcohol or marijuana [§]	2.0	1.4	2.6	0.8	0.2	4.0	3.8
Absent/missed school because you were behind on school work [§]	14.2	17.5	10.6	4.8	13.6	17.7	24.6
Absent/missed school because you were being bullied or cyberbullied [§]	1.3	1.1	1.6	1.3	0.7	1.4	2.3
Absent/missed school because you were too tired [§]	18.2	22.7	13.0	10.9	19.4	20.9	23.5

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

† For example, a gun, knife, or club

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

§ On one or more of the past 30 days

Table 9-1B. Risk Behaviors on School Property and School Absences, 2006 - 2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey, 2016

	Needham (%)						MetroWest Region (%)					
	2006	2008	2010	2012	2014	2016	2006	2008	2010	2012	2014	2016
	(1,281)	(1,285)	(1,326)	(1,403)	(1,490)	(1,487)	(16,680)	(20,406)	(23,187)	(24,459)	(24,355)	(24,385)
SUBSTANCE USE												
Current cigarette use on school property (past 30 days)	5.9	3.4	2.8	2.8	2.4	1.4	5.3	5.1	4.4	3.2	1.9	1.3
Current alcohol use on school property (past 30 days)	5.1	3.6	1.7	2.3	2.0	2.8	4.8	4.0	3.3	3.6	2.8	2.7
Current marijuana use on school property (past 30 days)	5.6	4.4	5.4	4.9	3.7	4.0	4.4	5.2	6.0	5.0	4.3	3.4
Used alcohol just before a school function (past 12 months)	–	–	–	8.1	6.1	7.5	–	–	–	11.2	10.1	9.7
Used alcohol during a school function (past 12 months)	–	–	–	5.0	3.5	2.8	–	–	–	6.0	5.6	4.8
DRUG AVAILABILITY ON SCHOOL PROPERTY (past 12 months)												
Offered, sold, or given alcohol on school property	–	–	–	7.2	6.7	6.0	–	–	–	8.1	6.2	5.5
Offered, sold, or given marijuana on school property	–	–	–	17.0	15.8	10.3	–	–	–	17.4	14.8	11.0
Offered, sold, or given prescription drugs on school property	–	–	–	4.6	5.6	4.8	–	–	–	6.8	5.3	5.1
SAFETY, WEAPONS, AND VIOLENCE												
Didn't go to school because of safety concerns (past 30 days)*	2.7	3.6	3.9	3.8	3.4	2.2	3.6	3.7	4.0	4.0	3.5	3.5
Had property stolen/deliberately damaged at school (past 12 months)	15.8	16.7	14.6	12.5	15.6	12.3	21.2	20.8	19.0	15.2	13.6	12.5
Threatened or injured with a weapon on school property (past 12 months) [†]	3.9	3.9	2.8	3.1	3.7	2.8	5.1	4.6	4.6	3.5	3.1	2.8
Carried a weapon on school property (past 30 days) [†]	2.4	2.9	2.3	2.5	2.7	2.2	3.3	3.1	3.0	2.5	2.0	1.9
In a physical fight on school property (past 12 months)	6.9	6.3	5.0	4.1	4.2	3.3	8.7	8.3	7.4	5.5	4.2	3.9
Been bullied on school property (past 12 months) [‡]	25.1	27.3	24.2	15.7	13.9	14.6	25.5	25.9	28.2	22.9	20.0	17.1
Bullied someone else on school property (past 12 months) [‡]	–	–	–	7.8	5.1	4.5	–	–	–	11.4	7.3	6.2
SCHOOL ABSENCES (past 30 days)												
Absent from school on 3 or more days	–	–	–	–	9.5	8.5	–	–	–	–	11.9	11.0
Absent/missed school because you were sick/had a physical health problem [§]	–	–	–	–	37.9	34.0	–	–	–	–	41.3	38.5
Absent/missed school because you were feeling sad or hopeless, or having thoughts about hurting yourself [§]	–	–	–	–	6.0	5.8	–	–	–	–	7.5	7.0
Absent/missed school because you had been using alcohol or marijuana [§]	–	–	–	–	–	2.0	–	–	–	–	–	2.5
Absent/missed school because you were behind on school work [§]	–	–	–	–	15.6	14.2	–	–	–	–	19.5	15.1
Absent/missed school because you were being bullied or cyberbullied [§]	–	–	–	–	1.5	1.3	–	–	–	–	1.8	1.6
Absent/missed school because you were too tired [§]	–	–	–	–	16.5	18.2	–	–	–	–	22.7	22.2

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

† For example, a gun, knife, or club

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

§ On one or more of the past 30 days

Table 9-1C. Risk Behaviors on School Property and School Absences at the District, Regional, State, and National Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham 2016 MWAHS	MetroWest Region 2016 MWAHS	Massachusetts 2015 YRBS	United States 2015 YRBS
	<i>(1,487)</i>	<i>(24,385)</i>	<i>(3,120)</i>	<i>(15,624)</i>
<i>SUBSTANCE USE</i>				
Current cigarette use on school property (past 30 days)	1.4	1.3	–	–
Current alcohol use on school property (past 30 days)	2.8	2.7	–	–
Current marijuana use on school property (past 30 days)	4.0	3.4	–	–
Used alcohol just before a school function (past 12 months)	7.5	9.7	–	–
Used alcohol during a school function (past 12 months)	2.8	4.8	–	–
<i>DRUG AVAILABILITY ON SCHOOL PROPERTY (past 12 months)</i>				
Offered, sold, or given alcohol on school property	6.0	5.5	–	–
Offered, sold, or given marijuana on school property	10.3	11.0	–	–
Offered, sold, or given prescription drugs on school property	4.8	5.1	–	–
<i>SAFETY, WEAPONS, AND VIOLENCE</i>				
Didn't go to school because of safety concerns (past 30 days)*	2.2	3.5	4.8	5.6
Had property stolen/deliberately damaged at school (past 12 months)	12.3	12.5	–	–
Threatened or injured with a weapon on school property (past 12 months)†	2.8	2.8	4.1	6.0
Carried a weapon on school property (past 30 days)†	2.2	1.9	3.2	4.1
In a physical fight on school property (past 12 months)	3.3	3.9	5.6	7.8
Been bullied on school property (past 12 months)‡	14.6	17.1	15.6	20.2
Bullied someone else on school property (past 12 months)‡	4.5	6.2	–	–
<i>SCHOOL ABSENCES (past 30 days)</i>				
Absent from school on 3 or more days	8.5	11.0	–	–
Absent/missed school because you were sick/had a physical health problem§	34.0	38.5	–	–
Absent/missed school because you were feeling sad or hopeless, or having thoughts about hurting yourself§	5.8	7.0	–	–
Absent/missed school because you had been using alcohol or marijuana§	2.0	2.5	–	–
Absent/missed school because you were behind on school work§	14.2	15.1	–	–
Absent/missed school because you were being bullied or cyberbullied§	1.3	1.6	–	–
Absent/missed school because you were too tired§	18.2	22.2	–	–

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

† For example, a gun, knife, or club

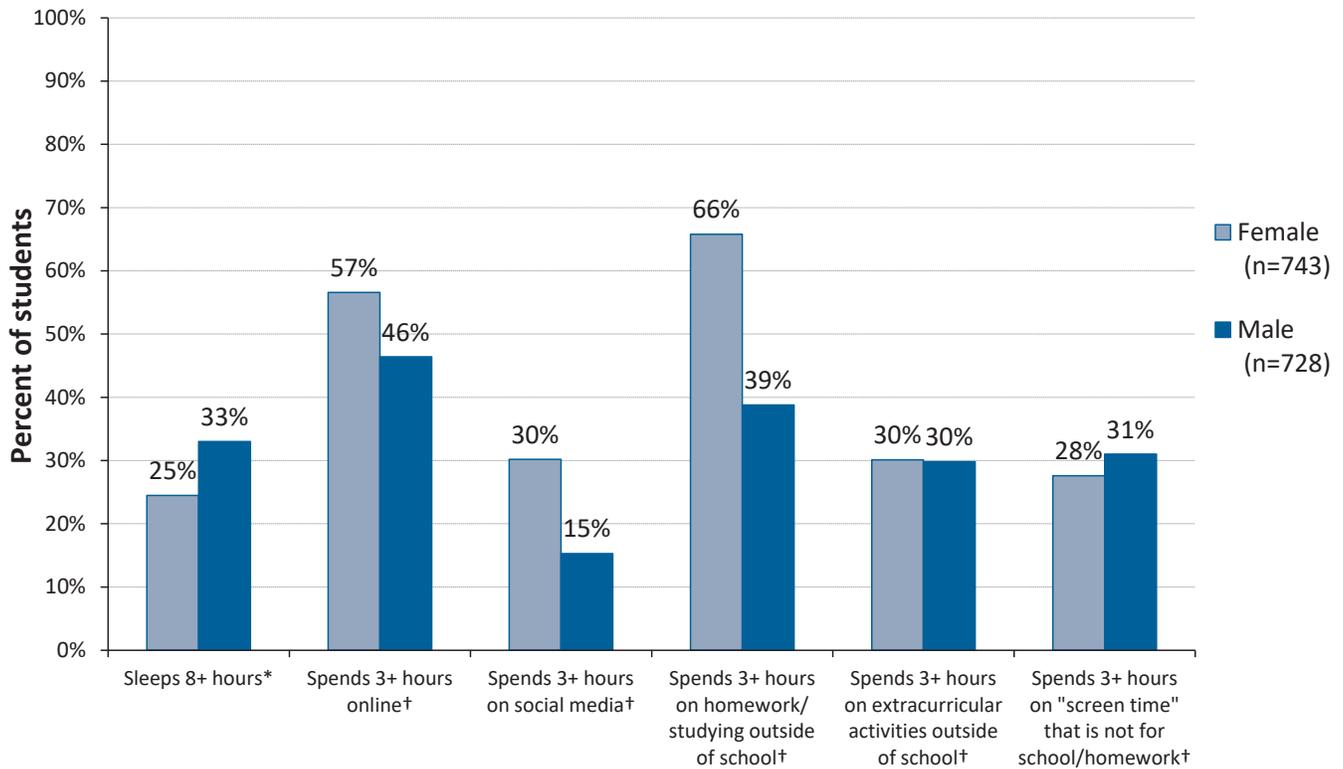
‡ Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

§ On one or more of the past 30 days

**Section 10:
Additional Topics**

Figure 10-1A. Student Time Utilization by Gender, 2016
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

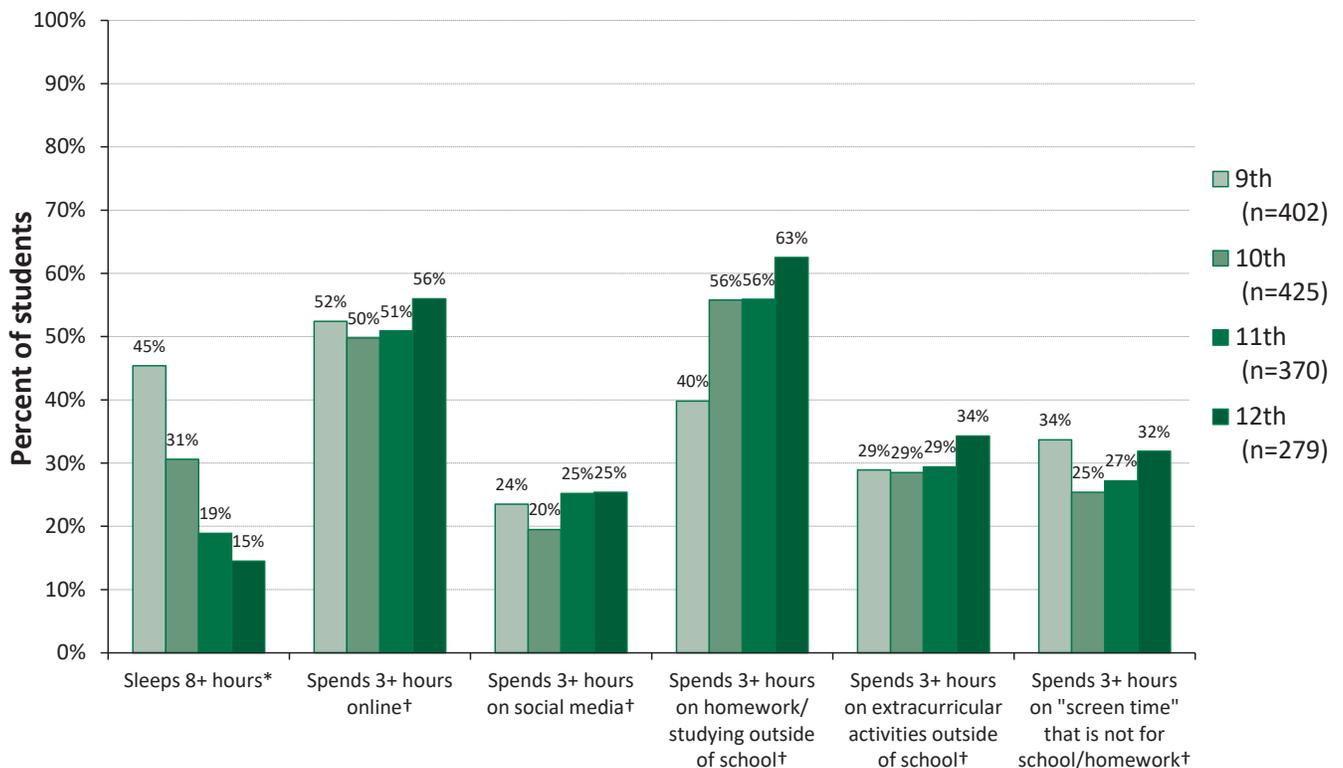


* On an average school night

† On an average school day

Figure 10-1B. Student Time Utilization by Grade, 2016
Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey



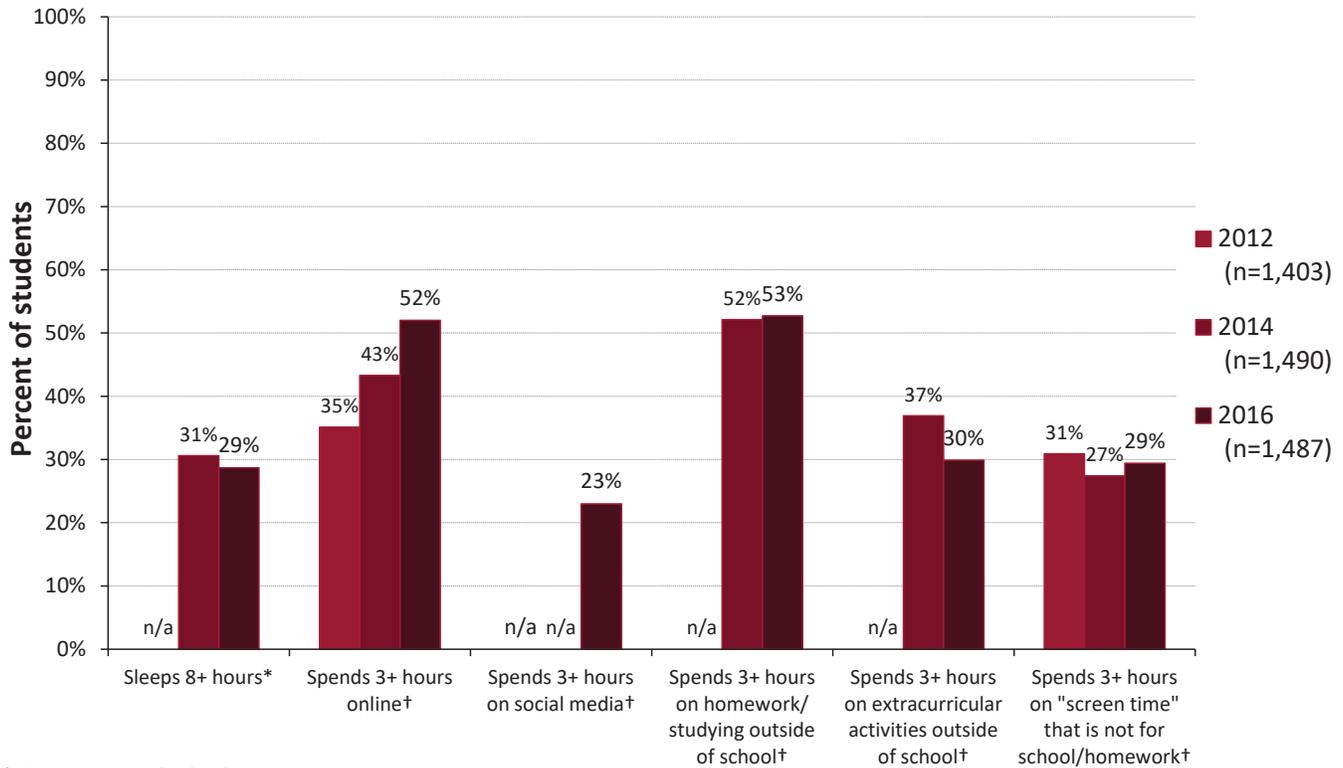
* On an average school night

† On an average school day

Figure 10-1C. Trends in Student Time Utilization, 2012-2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey



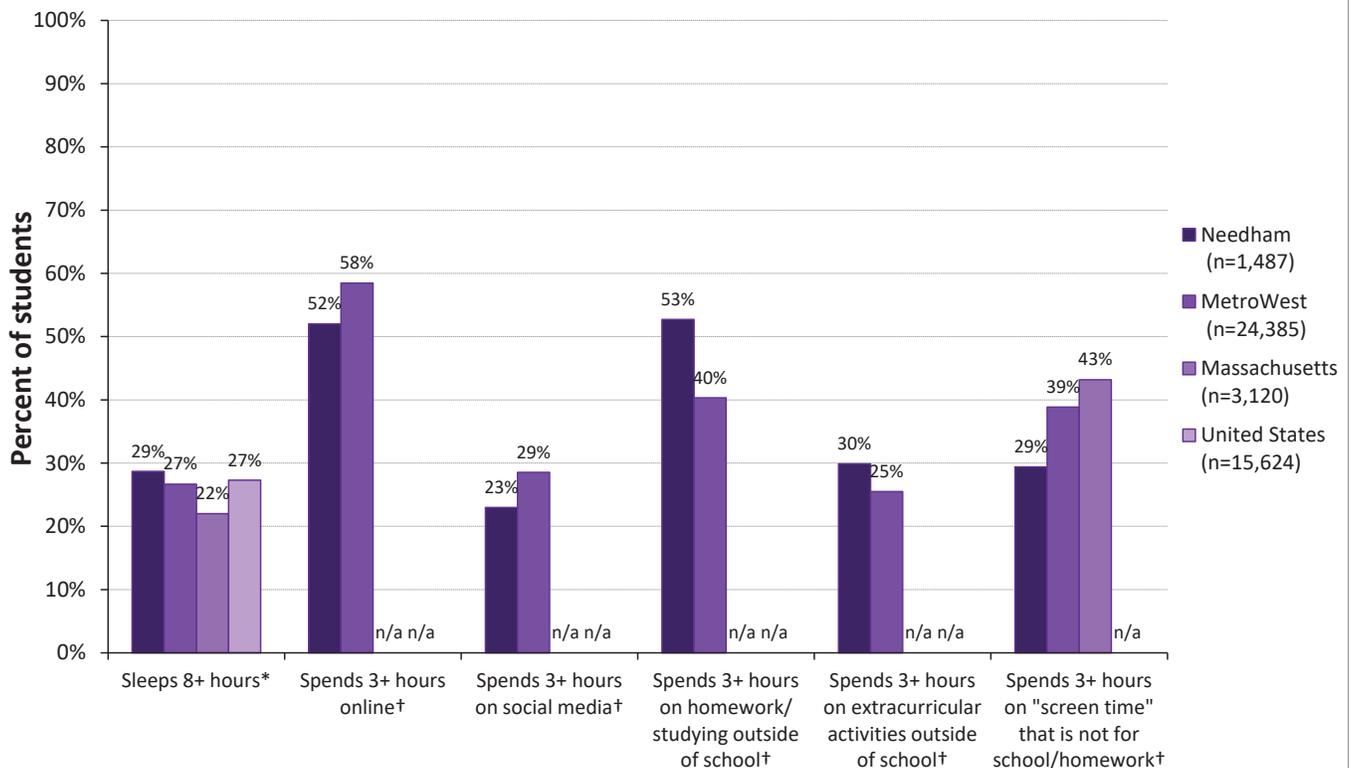
* On an average school night

† On an average school day

Figure 10-1D. Student Time Utilization at the District, Regional, State, and National Levels, 2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey

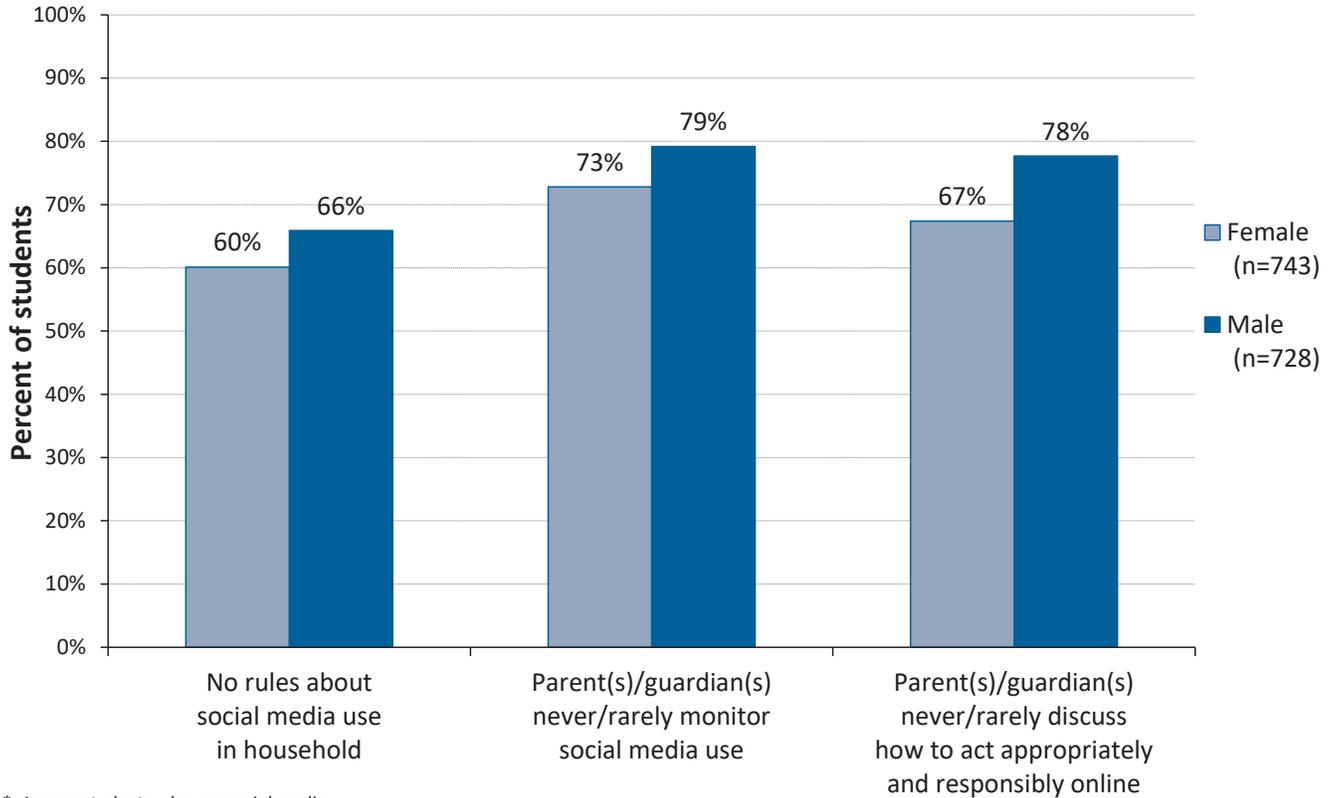


* On an average school night

† On an average school day

**Figure 10-2A. Household Rules, Monitoring, and Communication Regarding Online Behavior* by Gender, 2016
Needham High School (Grades 9-12)**

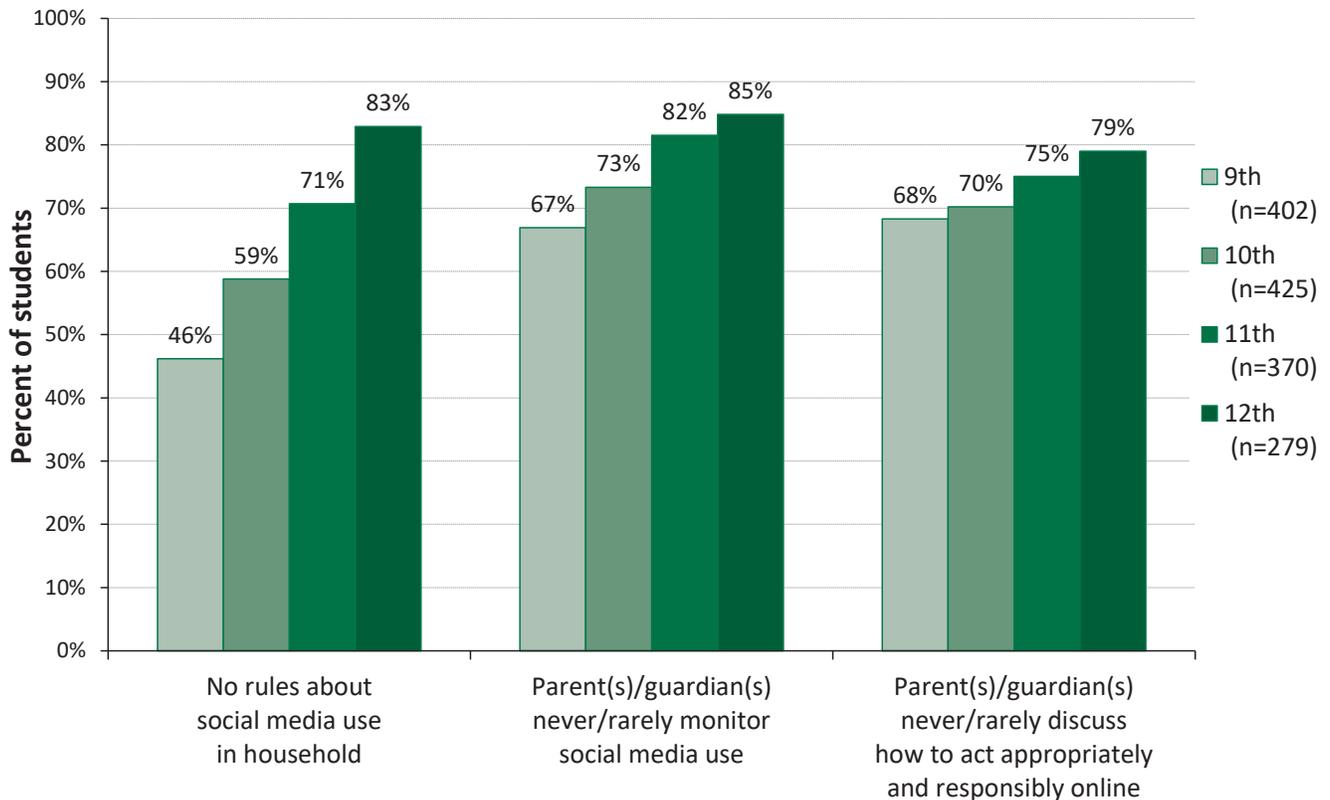
MetroWest Adolescent Health Survey



* Among students who use social media

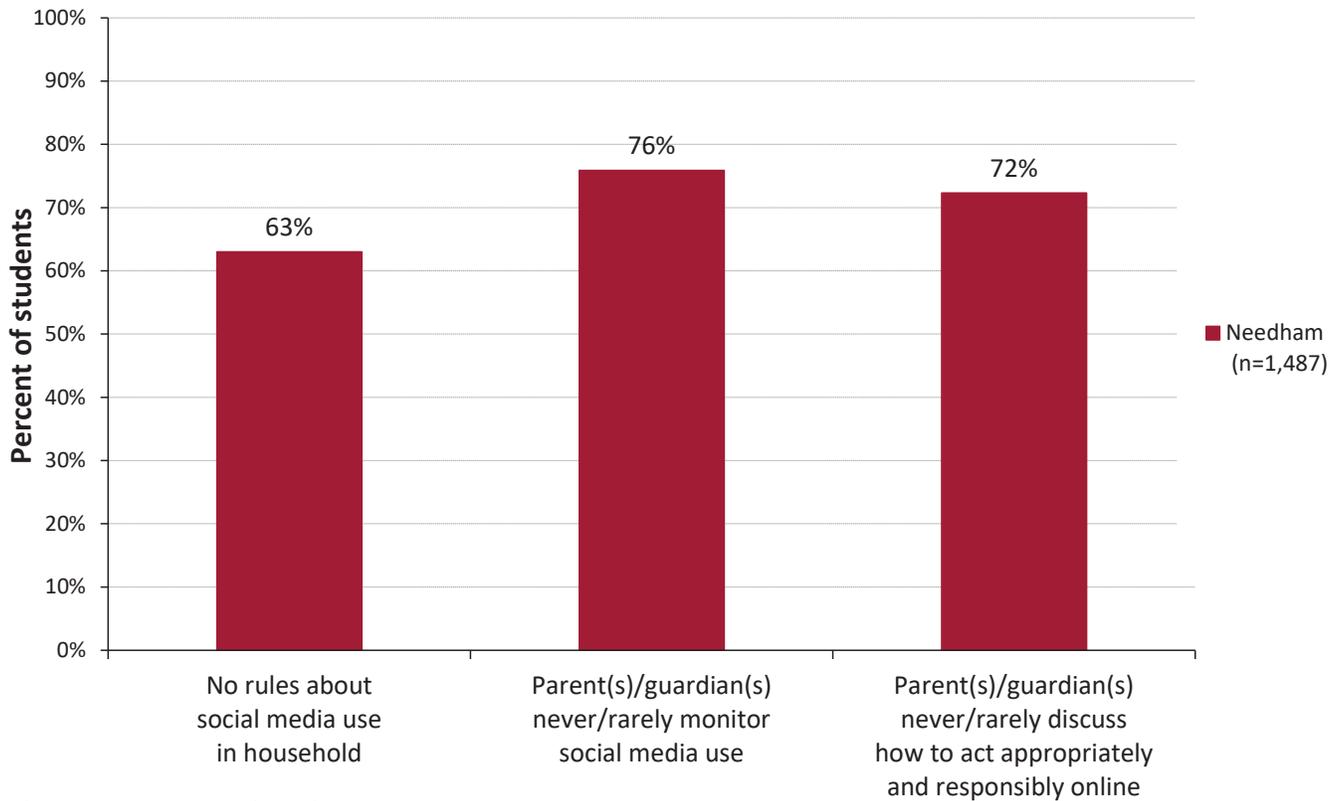
**Figure 10-2B. Household Rules, Monitoring, and Communication Regarding Online Behavior* by Grade, 2016
Needham High School (Grades 9-12)**

MetroWest Adolescent Health Survey



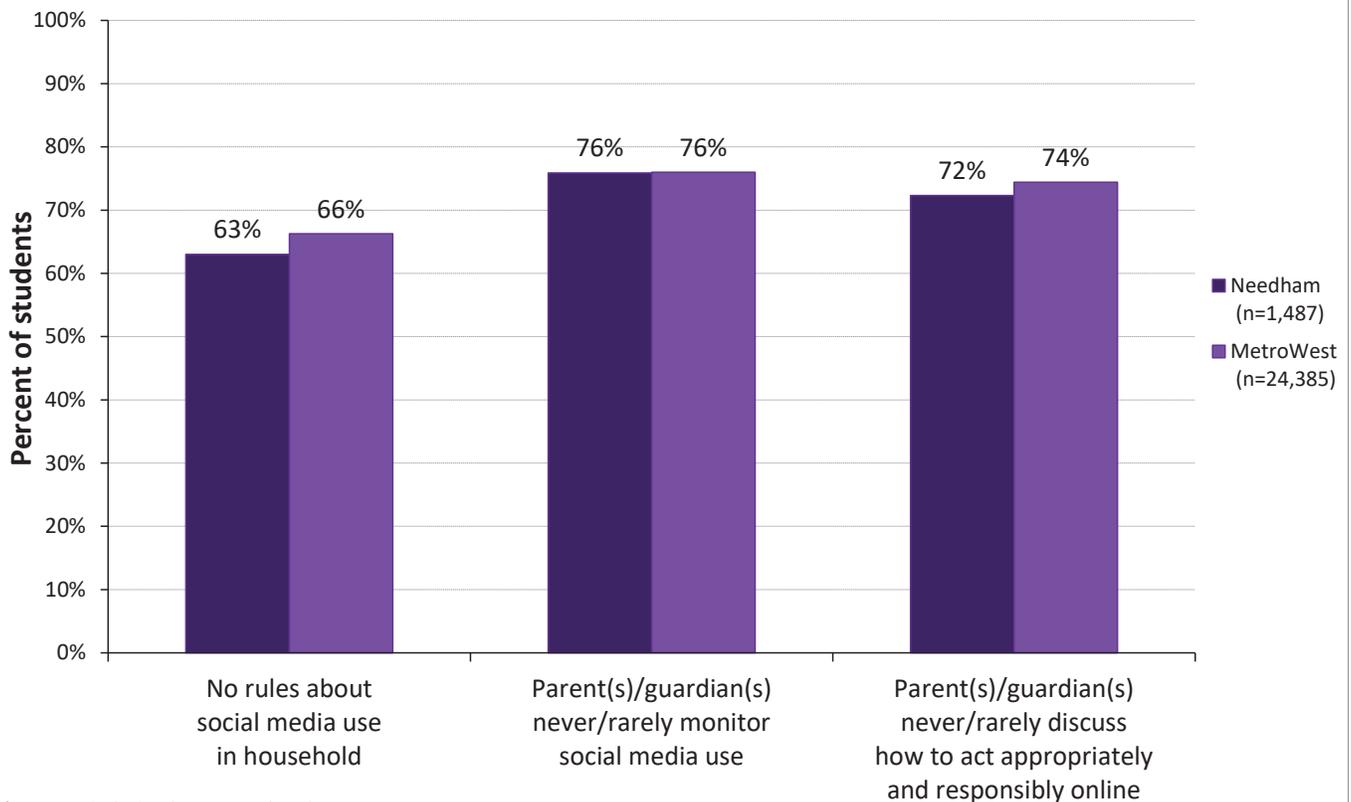
* Among students who use social media

Figure 10-2C. Household Rules, Monitoring, and Communication Regarding Online Behavior,* 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



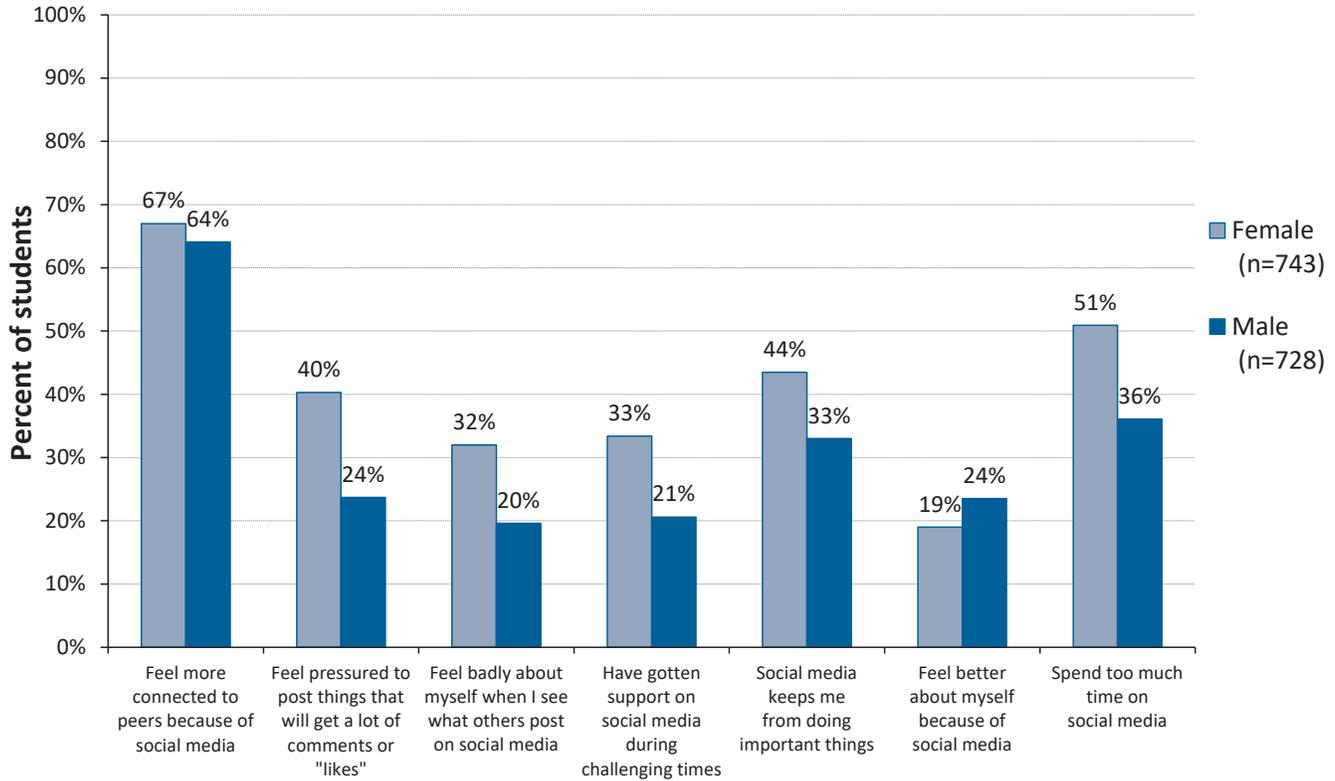
* Among students who use social media

Figure 10-2D. Household Rules, Monitoring, and Communication Regarding Online Behavior* at the District and Regional Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



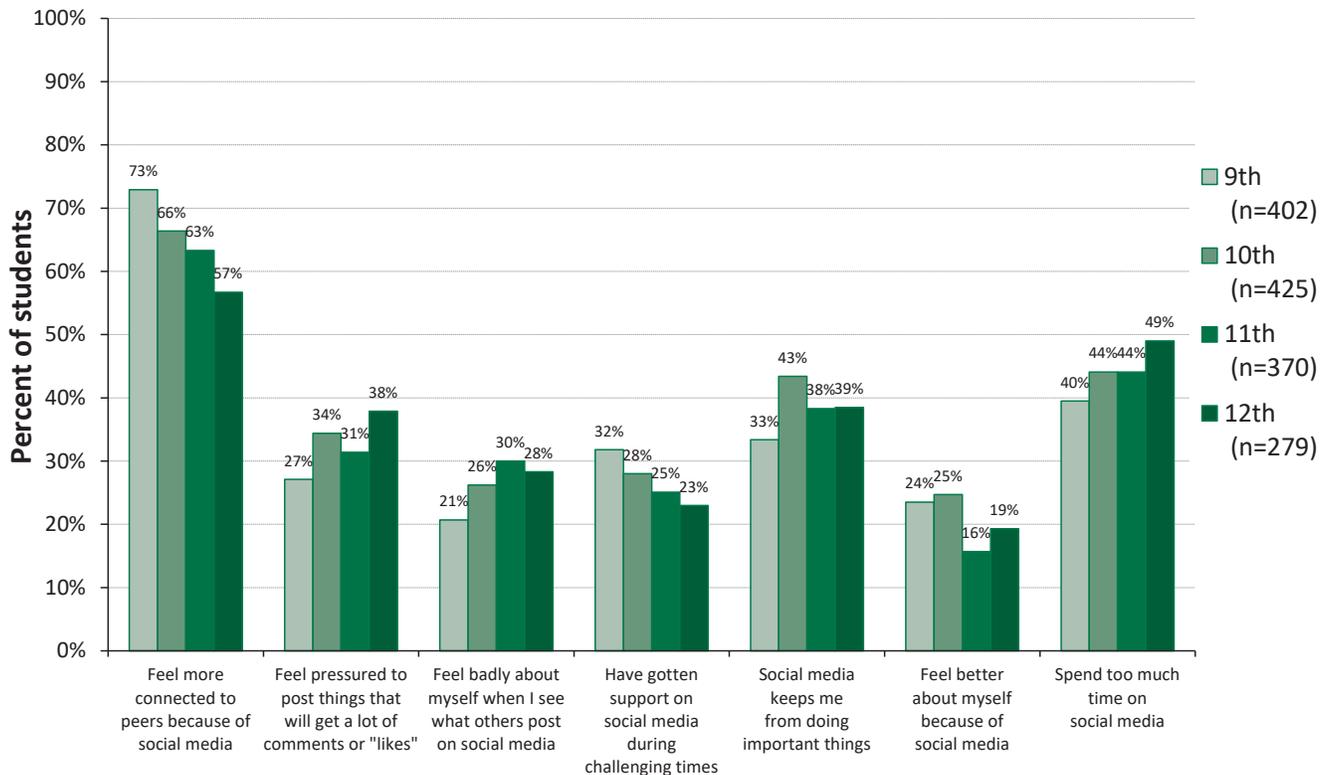
* Among students who use social media

Figure 10-3A. Attitudes and Experiences Related to Social Media* by Gender, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



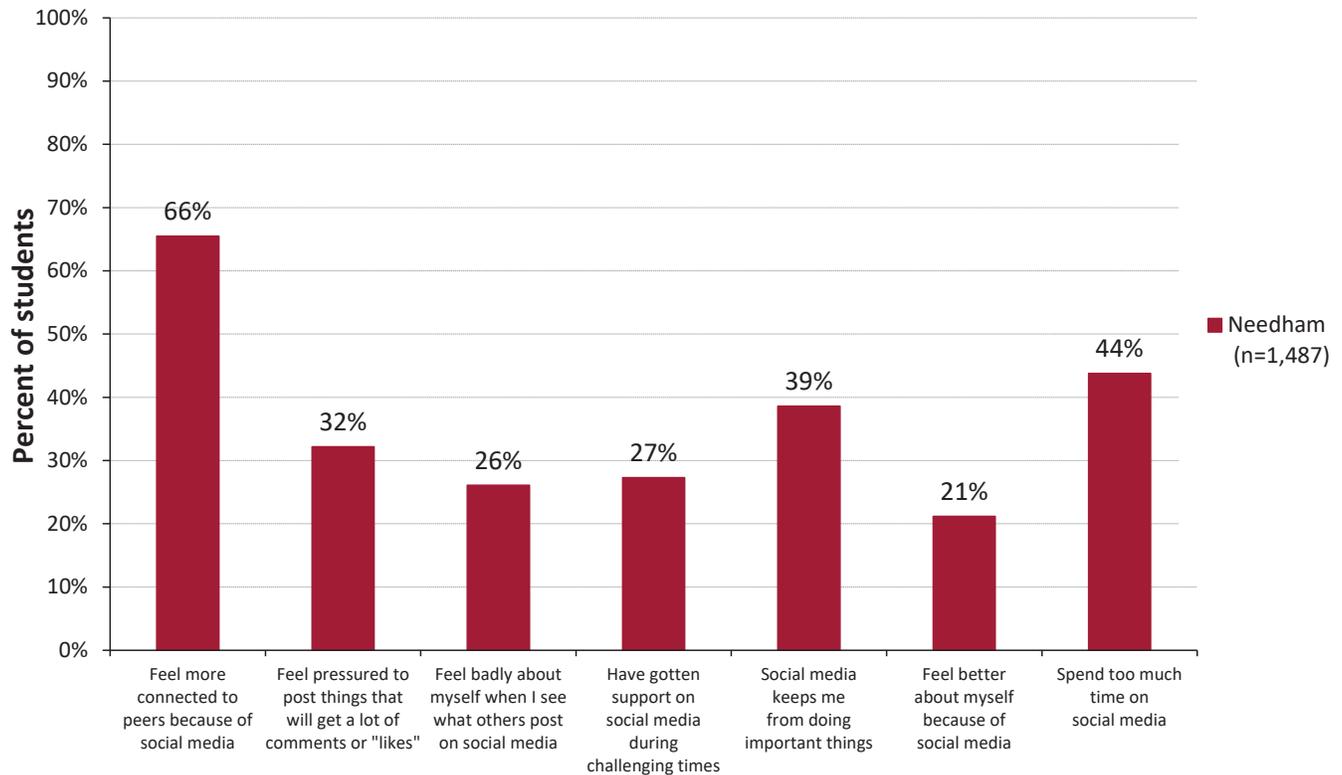
* Among students who use social media; student responded "agree" or "strongly agree"

Figure 10-3B. Attitudes and Experiences Related to Social Media* by Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



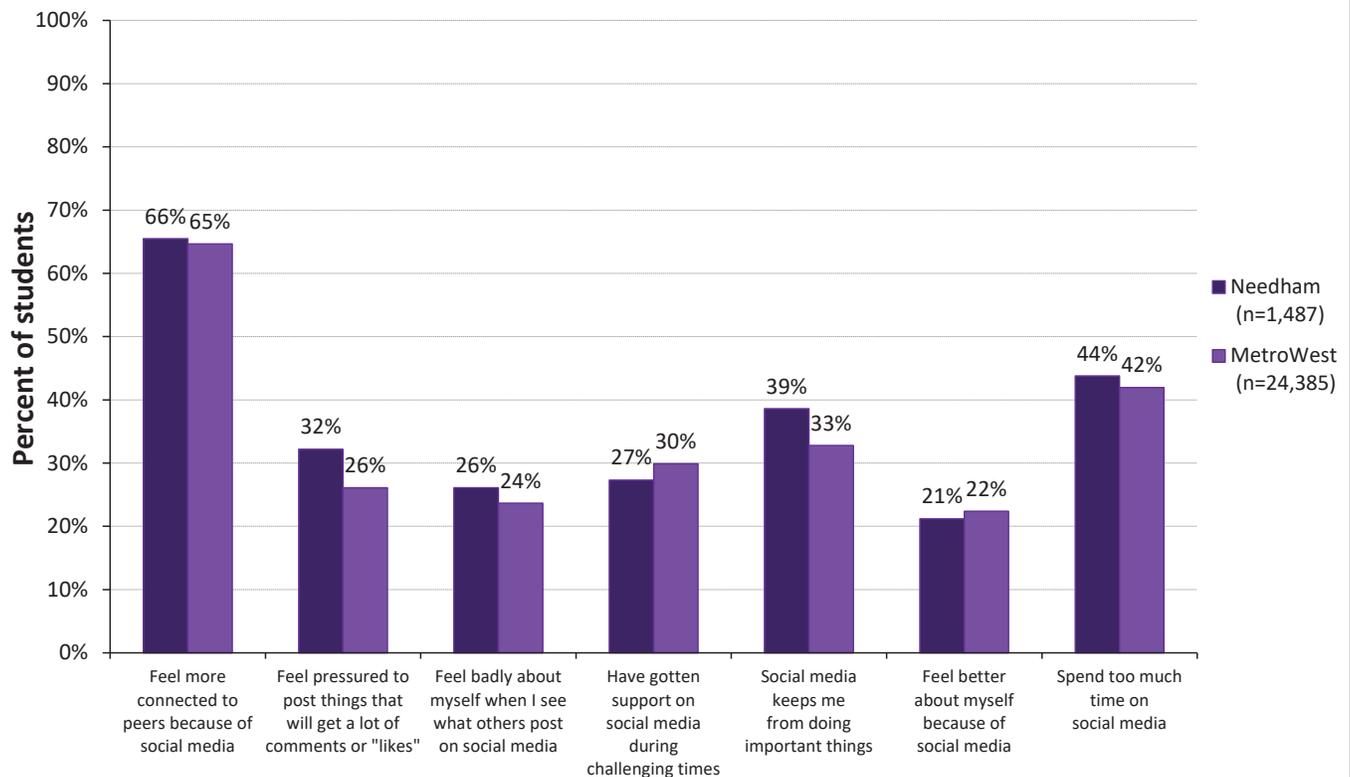
* Among students who use social media; student responded "agree" or "strongly agree"

Figure 10-3C. Attitudes and Experiences Related to Social Media,* 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Among students who use social media; student responded "agree" or "strongly agree"

Figure 10-3D. Attitudes and Experiences Related to Social Media* at the District and Regional Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey



* Among students who use social media; student responded "agree" or "strongly agree"

Table 10-1A. Sociodemographics, General Health, and Student Use of Time by Gender and Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(1,487)	(743)	(728)	(402)	(425)	(370)	(279)
SOCIODEMOGRAPHICS							
Students who report being gay/lesbian, bisexual, or "not sure"	12.1	13.5	10.4	11.0	12.9	12.5	11.5
Students who report being transgender	1.6	1.2	1.5	2.1	0.7	2.0	1.5
Students who report having physical disabilities or long-term* health problems	11.3	13.7	8.6	9.8	10.7	11.4	14.3
Students who report having long-term* learning disabilities	11.7	12.1	11.2	8.7	11.9	12.7	14.2
Students who report having an Individualized Education Program (IEP)	17.2	14.8	19.6	19.3	19.0	15.7	13.8
Students who report being eligible to receive a free or reduced-price lunch at school	9.9	8.3	11.6	14.0	10.1	6.9	7.9
GENERAL HEALTH & SLEEP							
Describes general health as very good/excellent	77.5	74.7	80.6	82.8	76.2	75.1	75.3
Absent/missed school because you were sick/had a physical health problem (past 30 days)	34.0	37.8	30.0	26.3	37.9	36.2	37.4
Absent/missed school because you were feeling sad or hopeless, or having thoughts about hurting yourself (past 30 days)	5.8	7.8	3.4	3.3	4.6	7.4	8.8
Absent/missed school because you were too tired (past 30 days)	18.2	22.7	13.0	10.9	19.4	20.9	23.5
Sleeps 8 or more hours on an average school night	28.7	24.5	33.0	45.4	30.6	18.9	14.5
STUDENT ACTIVITIES AND USE OF TIME							
Spends 3 or more hours online (average school day)	52.0	56.6	46.4	52.4	49.8	50.9	56.0
Spends 3 or more hours on social media sites (average school day)	23.0	30.2	15.3	23.5	19.5	25.2	25.4
Spends 3 or more hours on homework/studying outside of school (average school day)	52.7	65.8	38.8	39.8	55.8	55.9	62.5
Spends 3 or more hours on extracurricular activities outside of school (average school day)	29.9	30.1	29.8	28.9	28.5	29.4	34.3
Spends 3 or more hours on "screen time" that is not for school work/homework (average school day)	29.4	27.6	31.0	33.7	25.4	27.2	31.9
Participated in volunteer or community service activities on 3 or more days (past 12 months)	71.3	74.5	67.6	68.8	71.0	75.1	69.6

* Long-term means 6 months or more

Table 10-1B. Sociodemographics, General Health, and Student Use of Time, 2006 - 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham (%)						MetroWest Region (%)					
	2006 (1,281)	2008 (1,285)	2010 (1,326)	2012 (1,403)	2014 (1,490)	2016 (1,487)	2006 (16,680)	2008 (20,406)	2010 (23,187)	2012 (24,459)	2014 (24,355)	2016 (24,385)
SOCIODEMOGRAPHICS												
Students who report being gay/lesbian, bisexual, or "not sure"*	6.6	7.5	6.5	8.3	9.6	12.1	6.1	6.3	7.4	8.3	10.3	13.0
Students who report being transgender	–	–	–	–	–	1.6	–	–	–	–	–	1.5
Students who report having physical disabilities or long-term [†] health problems	–	–	–	9.0	11.1	11.3	–	–	–	10.2	11.2	11.2
Students who report having long-term [†] learning disabilities	–	–	–	8.5	10.7	11.7	–	–	–	8.6	9.8	10.4
Students who report having an Individualized Education Program (IEP)	–	–	–	–	14.5	17.2	–	–	–	–	15.4	16.7
Students who report being eligible to receive a free or reduced-price lunch at school	–	–	–	–	9.1	9.9	–	–	–	–	16.1	16.8
GENERAL HEALTH & SLEEP												
Describes general health as very good/excellent	78.6	75.1	77.7	81.6	76.8	77.5	72.6	72.3	71.7	73.1	72.4	71.5
Absent/missed school because you were sick/had a physical health problem (past 30 days)	–	–	–	–	37.9	34.0	–	–	–	–	41.3	38.5
Absent/missed school because you were feeling sad or hopeless, or having thoughts about hurting yourself (past 30 days)	–	–	–	–	6.0	5.8	–	–	–	–	7.5	7.0
Absent/missed school because you were too tired (past 30 days)	–	–	–	–	16.5	18.2	–	–	–	–	22.7	22.2
Sleeps 8 or more hours on an average school night	–	–	–	–	30.6	28.7	–	–	–	–	29.2	26.7
STUDENT ACTIVITIES AND USE OF TIME												
Spends 3 or more hours online (average school day)	–	–	35.4	35.1	43.3	52.0	–	–	28.8	35.9	48.7	58.5
Spends 3 or more hours on social media sites (average school day)	–	–	–	–	–	23.0	–	–	–	–	–	28.5
Spends 3 or more hours on homework/studying outside of school (average school day)	–	–	–	–	52.1	52.7	–	–	–	–	40.4	40.3
Spends 3 or more hours on extracurricular activities outside of school (average school day)	–	–	–	–	36.9	29.9	–	–	–	–	28.2	25.5
Spends 3 or more hours on "screen time" that is not for school work/homework (average school day)	–	–	–	30.9	27.4	29.4	–	–	–	38.7	37.0	38.9
Participated in volunteer or community service activities on 3 or more days (past 12 months)	–	–	–	–	–	71.3	–	–	–	–	–	67.3

* Data for 2006-2010 also included an "other" category. Fewer than 1% of students responded "other" for 2006-2010 at the regional level.

† Long-term means 6 months or more

Table 10-1C. Sociodemographics, General Health, and Student Use of Time at the District, Regional, State, and National Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham 2016 MWAHS	MetroWest Region 2016 MWAHS	Massachusetts 2015 YRBS	United States 2015 YRBS
	<i>(1,487)</i>	<i>(24,385)</i>	<i>(3,120)</i>	<i>(15,624)</i>
SOCIODEMOGRAPHICS				
Students who report being gay/lesbian, bisexual, or "not sure"	12.1	13.0	–	–
Students who report being transgender	1.6	1.5	–	–
Students who report having physical disabilities or long-term* health problems	11.3	11.2	–	–
Students who report having long-term* learning disabilities	11.7	10.4	–	–
Students who report having an Individualized Education Program (IEP)	17.2	16.7	–	–
Students who report being eligible to receive a free or reduced-price lunch at school	9.9	16.8	–	–
GENERAL HEALTH & SLEEP				
Describes general health as very good/excellent	77.5	71.5	–	–
Absent/missed school because you were sick/had a physical health problem (past 30 days)	34.0	38.5	–	–
Absent/missed school because you were feeling sad or hopeless, or having thoughts about hurting yourself (past 30 days)	5.8	7.0	–	–
Absent/missed school because you were too tired (past 30 days)	18.2	22.2	–	–
Sleeps 8 or more hours on an average school night	28.7	26.7	22.0	27.3
STUDENT ACTIVITIES AND USE OF TIME				
Spends 3 or more hours online (average school day)	52.0	58.5	–	–
Spends 3 or more hours on social media sites (average school day)	23.0	28.5	–	–
Spends 3 or more hours on homework/studying outside of school (average school day)	52.7	40.3	–	–
Spends 3 or more hours on extracurricular activities outside of school (average school day)	29.9	25.5	–	–
Spends 3 or more hours on "screen time" that is not for school work/homework (average school day)	29.4	38.9	43.2	–
Participated in volunteer or community service activities on 3 or more days (past 12 months)	71.3	67.3	–	–

* Long-term means 6 months or more

Table 10-2A. Online Behaviors and Use of Social Media by Gender and Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
	(1,487)	Female (743)	Male (728)	9 th (402)	10 th (425)	11 th (370)	12 th (279)
ONLINE BEHAVIORS							
Spend 3 or more hours online (average school day)	52.0	56.6	46.4	52.4	49.8	50.9	56.0
Send more than 50 texts, instant messages, or emails on a cell phone (average school day)	30.0	33.7	26.2	26.8	27.7	33.0	34.9
Spend 3 or more hours on social media sites (average school day)	23.0	30.2	15.3	23.5	19.5	25.2	25.4
Posted 3 or more messages or photos/videos on your social media profile (past 7 days)	21.5	25.9	16.8	19.6	23.8	20.2	22.8
HOUSEHOLD RULES, MONITORING, AND COMMUNICATION REGARDING ONLINE BEHAVIOR*							
There are no rules about social media use in your household [†]	63.0	60.1	65.9	46.2	58.8	70.7	82.9
Parent(s)/guardian(s) "never" or "rarely" monitor your social media use in your household	75.9	72.8	79.2	66.9	73.3	81.5	84.8
Parent(s)/guardian(s) "never" or "rarely" discuss how to act appropriately and responsibly online	72.3	67.4	77.7	68.3	70.2	75.0	79.0
ATTITUDES AND EXPERIENCES RELATED TO SOCIAL MEDIA[‡]							
I feel more connected to peers because of social media.	65.5	67.0	64.1	72.9	66.4	63.3	56.7
I feel pressure to post things that will be popular and get a lot of comments or "likes."	32.2	40.3	23.7	27.1	34.4	31.4	37.9
I feel badly about myself, excluded, or left out when I see what others post on social media.	26.1	32.0	19.6	20.7	26.2	30.0	28.3
I have gotten support on social media when I've been going through a tough or challenging time.	27.3	33.4	20.6	31.8	28.0	25.1	23.0
Social media keeps me from doing other things that are important, like homework or family responsibilities.	38.6	43.5	33.0	33.4	43.4	38.3	38.5
Being on social media helps me feel better about myself.	21.2	19.0	23.5	23.5	24.7	15.7	19.3
I spend too much time on social media.	43.8	50.9	36.1	39.5	44.1	44.1	49.0

* Among students who use social media

† Such as which sites you can use, how much time you can spend, and where/when you can use social media

‡ Among students who use social media; student responded "agree" or "strongly agree"

Table 10-2B. Online Behaviors and Use of Social Media, 2006 - 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham (%)						MetroWest Region (%)					
	2006	2008	2010	2012	2014	2016	2006	2008	2010	2012	2014	2016
	(1,281)	(1,285)	(1,326)	(1,403)	(1,490)	(1,487)	(16,680)	(20,406)	(23,187)	(24,459)	(24,355)	(24,385)
ONLINE BEHAVIORS												
Spend 3 or more hours online (average school day)	–	–	35.4	35.1	43.3	52.0	–	–	28.8	35.9	48.7	58.5
Send more than 50 texts, instant messages, or emails on a cell phone (average school day)	–	–	24.2	27.8	32.7	30.0	–	–	36.3	36.3	35.7	32.5
Spend 3 or more hours on social media sites (average school day)	–	–	–	–	–	23.0	–	–	–	–	–	28.5
Posted 3 or more messages or photos/videos on your social media profile (past 7 days)	–	–	–	–	–	21.5	–	–	–	–	–	24.8
HOUSEHOLD RULES, MONITORING, AND COMMUNICATION REGARDING ONLINE BEHAVIOR*												
There are no rules about social media use in your household [†]	–	–	–	–	–	63.0	–	–	–	–	–	66.3
Parent(s)/guardian(s) "never" or "rarely" monitor your social media use in your household	–	–	–	–	–	75.9	–	–	–	–	–	76.0
Parent(s)/guardian(s) "never" or "rarely" discuss how to act appropriately and responsibly online	–	–	–	–	–	72.3	–	–	–	–	–	74.4
ATTITUDES AND EXPERIENCES RELATED TO SOCIAL MEDIA[‡]												
I feel more connected to peers because of social media.	–	–	–	–	–	65.5	–	–	–	–	–	64.7
I feel pressure to post things that will be popular and get a lot of comments or "likes."	–	–	–	–	–	32.2	–	–	–	–	–	26.1
I feel badly about myself, excluded, or left out when I see what others post on social media.	–	–	–	–	–	26.1	–	–	–	–	–	23.7
I have gotten support on social media when I've been going through a tough or challenging time.	–	–	–	–	–	27.3	–	–	–	–	–	29.9
Social media keeps me from doing other things that are important, like homework or family responsibilities.	–	–	–	–	–	38.6	–	–	–	–	–	32.8
Being on social media helps me feel better about myself.	–	–	–	–	–	21.2	–	–	–	–	–	22.4
I spend too much time on social media.	–	–	–	–	–	43.8	–	–	–	–	–	42.0

* Among students who use social media

† Such as which sites you can use, how much time you can spend, and where/when you can use social media

‡ Among students who use social media; student responded "agree" or "strongly agree"

Table 10-2C. Online Behaviors and Use of Social Media at the District, Regional, State, and National Levels, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Needham 2016 MWAHS	MetroWest Region 2016 MWAHS	Massachusetts 2015 YRBS	United States 2015 YRBS
	<i>(1,487)</i>	<i>(24,385)</i>	<i>(3,120)</i>	<i>(15,624)</i>
ONLINE BEHAVIORS				
Spend 3 or more hours online (average school day)	52.0	58.5	–	–
Send more than 50 texts, instant messages, or emails on a cell phone (average school day)	30.0	32.5	–	–
Spend 3 or more hours on social media sites (average school day)	23.0	28.5	–	–
Posted 3 or more messages or photos/videos on your social media profile (past 7 days)	21.5	24.8	–	–
HOUSEHOLD RULES, MONITORING, AND COMMUNICATION REGARDING ONLINE BEHAVIOR*				
There are no rules about social media use in your household [†]	63.0	66.3	–	–
Parent(s)/guardian(s) "never" or "rarely" monitor your social media use in your household	75.9	76.0	–	–
Parent(s)/guardian(s) "never" or "rarely" discuss how to act appropriately and responsibly online	72.3	74.4	–	–
ATTITUDES AND EXPERIENCES RELATED TO SOCIAL MEDIA[‡]				
I feel more connected to peers because of social media.	65.5	64.7	–	–
I feel pressure to post things that will be popular and get a lot of comments or "likes."	32.2	26.1	–	–
I feel badly about myself, excluded, or left out when I see what others post on social media.	26.1	23.7	–	–
I have gotten support on social media when I've been going through a tough or challenging time.	27.3	29.9	–	–
Social media keeps me from doing other things that are important, like homework or family responsibilities.	38.6	32.8	–	–
Being on social media helps me feel better about myself.	21.2	22.4	–	–
I spend too much time on social media.	43.8	42.0	–	–

* Among students who use social media

† Such as which sites you can use, how much time you can spend, and where/when you can use social media

‡ Among students who use social media; student responded "agree" or "strongly agree"

Appendix 1:
Participating Districts

2016 MetroWest Adolescent Health Survey

Participating Districts

Middle School Survey

Ashland	Hudson	Needham
Bellingham	King Philip	Northborough
Dedham*	Marlborough	Southborough
Dover-Sherborn	Medfield	Sudbury
Framingham	Medway	Wayland
Franklin	Mendon-Upton	Wellesley
Holliston	Milford	Westborough
Hopedale	Millis	
Hopkinton	Natick	

High School Survey

Algonquin Regional	Hopedale	Milford
Ashland	Hopkinton	Millis
Assabet Valley	Hudson	Natick
Bellingham	Keefe Tech	Needham
Blackstone Valley	King Philip	Wayland
Dedham*	Lincoln-Sudbury	Wellesley
Dover-Sherborn	Marlborough	Westborough
Framingham	Medfield	
Franklin	Medway	
Holliston	Mendon-Upton	

**Dedham participated in the middle and high school surveys but is not included in aggregate regional data.*

Appendix 2:
Survey Instrument

2016

MetroWest Adolescent Health Survey

High School Form

NEEDHAM

This survey is about health behavior. The information you provide will be used to improve health education programs and services for young people like yourself.

DO NOT write your name on this form. We will collect your survey and combine your answers with those from other students. Your answers will be private. This means that no one will know how you answered questions. There are no right or wrong answers. Please answer the questions based on what you really do.

Completing this survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

Questions about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name.

Make sure to carefully read every question. Mark your answers clearly.

When you are finished, please follow the instructions of the person giving you the survey.

INSTRUCTIONS:

- Use a pencil, a blue pen, or a black pen only.
- Fill in the circle next to your answer for each question.
- To change your answer, erase completely or clearly cross out unintended response. See sample below:



- Choose only one answer for each question unless the instructions say otherwise.

Thank you very much for your help.

These questions ask about your background.

1. How old are you?

- 13 years old or younger
- 14 years old
- 15 years old
- 16 years old
- 17 years old
- 18 years old or older

2. What is your sex?

- Female
- Male

3. In what grade are you?

- 9th grade
- 10th grade
- 11th grade
- 12th grade
- Ungraded or other grade

4. How do you describe yourself? (Mark all that apply.)

- American Indian or Alaska Native
- Asian
- Black or African American
- Hispanic or Latino
- Native Hawaiian or Other Pacific Islander
- White
- Other

5. How do you describe your health in general?

- Excellent
- Very good
- Good
- Fair
- Poor

6. During the past 12 months, how would you describe your grades in school?

- Mostly A's
- Mostly B's
- Mostly C's
- Mostly D's
- Mostly F's
- None of these grades
- Not sure

7. During the past 30 days, on how many days were you absent from school?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 or more days

8. Is there at least one teacher or other adult in this school that you can talk to if you have a problem?

- Yes
- No
- Not sure

9. During the past 12 months, did you talk to a teacher or other adult in your school about a personal problem you had?

- Yes
- No

10. Outside of school, is there an adult (or adults) you can talk to about things that are important to you?

- Yes, parent or other adult family member
- Yes, non-family adult (such as religious leader, club advisor, neighbor, etc.)
- Yes, both family and non-family adults
- No
- Not sure

These questions ask about personal safety.

11. When you rode a bicycle during the past 12 months, how often did you wear a helmet?

- I did not ride a bicycle in the past 12 months.
- Never wore a helmet
- Rarely wore a helmet
- Sometimes wore a helmet
- Most of the time wore a helmet
- Always wore a helmet

12. How often do you wear a seat belt when riding in a car driven by someone else?

- Never
- Rarely
- Sometimes
- Most of the time
- Always

13. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?

- 0 times
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 or more times

14. <u>During the past 30 days</u> , how many times did you <u>ride in a car or other vehicle driven by another high school student</u> :	<i>Didn't ride with a high school driver</i>	0 times	1 time	2 or 3 times	4 or 5 times	6 or more times
a. Who was texting or emailing?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Who was talking on a <u>hands-free</u> phone (e.g., Bluetooth or speakerphone)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Who was talking on a phone <u>without</u> a hands-free device?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Who had been drinking alcohol?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Who had been using marijuana?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

These questions ask about violence-related behaviors.

15. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

- 0 days
- 1 day
- 2 or 3 days
- 4 or 5 days
- 6 or more days

16. During the past 12 months, how many times has someone stolen or deliberately damaged your property such as your car, clothing, or books on school property?

- 0 times
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 or 7 times
- 8 or 9 times
- 10 or 11 times
- 12 or more times

17. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club?

- 0 times
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 or 7 times
- 8 or 9 times
- 10 or 11 times
- 12 or more times

18. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?

- 0 times
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 or 7 times
- 8 or 9 times
- 10 or 11 times
- 12 or more times

19. During the past 12 months, how many times were you in a physical fight?

- 0 times
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 or 7 times
- 8 or 9 times
- 10 or 11 times
- 12 or more times

20. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?

- 0 times
- 1 times
- 2 or 3 times
- 4 or 5 times
- 6 or more times

21. **During the past 12 months, how many times were you in a physical fight on school property?**

- 0 times
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 or 7 times
- 8 or 9 times
- 10 or 11 times
- 12 or more times

22. **During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?**

- 0 days
- 1 day
- 2 or 3 days
- 4 or 5 days
- 6 or more days

23. **During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?**

- 0 days
- 1 day
- 2 or 3 days
- 4 or 5 days
- 6 or more days

24. **During the past 12 months, on how many days did you carry a gun? (Do not count the days when you carried a gun only for hunting or for a sport, such as target shooting.)**

- 0 days
- 1 day
- 2 or 3 days
- 4 or 5 days
- 6 or more days

These questions are about some negative things that can happen with boyfriends/girlfriends, dates, or people you've gone out with.

25. During your life, did someone you were dating or going out with ever:	<i>I have never dated or gone out with someone.</i>	Yes, once	Yes, more than once	No
a. Refuse to let you spend time with other friends when you wanted to?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Swear or curse at you, or call you names like fat, ugly, stupid, or some other insult?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Threaten to hurt you physically?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Hit, slap, or physically hurt you on purpose?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Force you to have sexual intercourse when you did not want to?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Force you to do other sexual things you did not want to do?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

26. **During the past 12 months, did a male you were dating or going out with ever physically hurt you on purpose, force you to have sexual intercourse, or force you to do other sexual things you did not want to?**

- I didn't date or go out with a male in the past 12 months.
- Yes, once
- Yes, more than once
- No

27. **During the past 12 months, did a female you were dating or going out with ever physically hurt you on purpose, force you to have sexual intercourse, or force you to do other sexual things you did not want to?**

- I didn't date or go out with a female in the past 12 months.
- Yes, once
- Yes, more than once
- No

28. What is the age of the most recent boyfriend/girlfriend, date, or person you went out with?

- I have never had a boyfriend/girlfriend or date.
- Two or more years younger than me
- About the same age as me
- Two or more years older than me

The next questions ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again.

29. During the past 12 months, how many times have you been bullied?

- 0 times
- 6 or 7 times
- 1 time
- 8 or 9 times
- 2 or 3 times
- 10 or 11 times
- 4 or 5 times
- 12 or more times

30. During the past 12 months, how many times have you been bullied on school property?

- 0 times
- 6 or 7 times
- 1 time
- 8 or 9 times
- 2 or 3 times
- 10 or 11 times
- 4 or 5 times
- 12 or more times

31. During the past 12 months, have you been bullied in any of the following places at school?

	Yes	No
a. In the classroom	<input type="radio"/>	<input type="radio"/>
b. In the cafeteria/lunch room	<input type="radio"/>	<input type="radio"/>
c. In the locker rooms	<input type="radio"/>	<input type="radio"/>
d. In the hallways	<input type="radio"/>	<input type="radio"/>
e. In the bathroom	<input type="radio"/>	<input type="radio"/>
f. Outside on school property	<input type="radio"/>	<input type="radio"/>
g. On the school bus	<input type="radio"/>	<input type="radio"/>
h. Somewhere else on school property	<input type="radio"/>	<input type="radio"/>

32. During the past 12 months, how many times did you talk to an adult at school about being bullied?

- Never
- Once
- 2 or more times

33. During the past 12 months, how many times did you talk to a parent or other adult outside of school about being bullied?

- Never
- Once
- 2 or more times

34. During the past 12 months, how many times have you bullied someone else?

- 0 times
- 6 or 7 times
- 1 time
- 8 or 9 times
- 2 or 3 times
- 10 or 11 times
- 4 or 5 times
- 12 or more times

35. During the past 12 months, how many times have you bullied someone else on school property?

- 0 times
- 6 or 7 times
- 1 time
- 8 or 9 times
- 2 or 3 times
- 10 or 11 times
- 4 or 5 times
- 12 or more times

36. During the past 12 months, how many times did you:

	Never	Once	2 or more times
a. See or hear about another student being bullied <u>on school property</u> ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Try to stop a student from bullying someone else <u>on school property</u> ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Tell an <u>adult at school</u> that someone was being bullied <u>on school property</u> ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Tell a <u>parent or other adult outside of school</u> that someone was being bullied <u>on school property</u> ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

37. During the past 12 months, how many times have you been <u>called names, teased, made fun of, embarrassed, or threatened</u> by other students at your school for the following reasons:	Never	Once	2 or more times
a. Because of your race, ethnicity, or culture?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Because of your sexual orientation (such as being gay, lesbian, or bisexual) or what other people think your sexual orientation is?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Because of a disability you have or others think you have?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Because of your height or weight, or how you look?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

38. **During the past 30 days, how many times have you heard other students at your school being called names, teased, made fun of, or embarrassed because of their race/ethnicity, sexual orientation, disability, or how they look?**

- 0 times
- 1 or 2 times
- 3 to 5 times
- 6 to 9 times
- 10 to 19 times
- 20 or more times

These questions ask about electronic bullying, also called "cyberbullying." This is using the Internet, cell phones, or other electronic devices to bully, tease, threaten, or spread rumors about someone. Include being bullied through texting, email, and social media, like Instagram, Facebook, Snapchat, and Twitter.

39. **During the past 12 months, how many times has someone used the Internet, social media, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about you?**

- 0 times
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 or 7 times
- 8 or 9 times
- 10 or 11 times
- 12 or more times

40. **During the past 12 months, how many times did you talk to an adult at school about being cyberbullied?**

- Never
- Once
- 2 or more times

41. **During the past 12 months, how many times did you talk to a parent or other adult outside of school about being cyberbullied?**

- Never
- Once
- 2 or more times

42. During the past 12 months, how many times did you:	Never	Once	2 or more times
a. See or hear about another student being cyberbullied?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Try to stop a student from cyberbullying someone else?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Tell an <u>adult at school</u> that someone was being cyberbullied?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Tell a <u>parent or other adult outside of school</u> that someone was being cyberbullied?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

43. **During the past 12 months, how many times have you used the Internet, social media, cell phones, or other electronic devices to bully, tease, threaten, or spread rumors about someone else?**

- 0 times
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 or 7 times
- 8 or 9 times
- 10 or 11 times
- 12 or more times

These questions ask about tobacco use.

44. Have you ever tried cigarette smoking, even one or two puffs?

- Yes
- No

45. How old were you when you smoked a whole cigarette for the first time?

- I have never smoked a whole cigarette.
- 8 years old or younger
- 9 or 10 years old
- 11 or 12 years old
- 13 or 14 years old
- 15 or 16 years old
- 17 years old or older

46. During the past 30 days, on how many days did you smoke cigarettes?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

47. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

- I did not smoke cigarettes during the past 30 days.
- Less than 1 cigarette per day
- 1 cigarette per day
- 2 to 5 cigarettes per day
- 6 to 10 cigarettes per day
- 11 to 20 cigarettes per day
- More than 20 cigarettes per day

48. During the past 30 days, how did you usually get your own cigarettes? (Select only one response.)

- I did not try to get cigarettes during the past 30 days.
- I bought them in a store (such as a convenience store, supermarket, discount store, or gas station) in the town where I live.
- I bought them in a store in another town.
- I gave someone else money to buy them for me.
- I borrowed (or bummed) them from someone else.
- A person 18 years old or older gave them to me.
- I took them from a store or family member.
- I got them some other way.

49. During the past 30 days, on how many days did you smoke cigarettes on school property?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

50. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?

- Yes
- No

51. During the past 12 months, did you ever try to quit smoking cigarettes?

- I did not smoke during the past 12 months.
- Yes
- No

52. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

53. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

These questions ask about electronic cigarettes (e-cigarettes), and other electronic vapor products, like e-cigars, e-pipes, vape pipes, vaping pens, e-hookah, and hookah pens.

54. Have you ever used an e-cigarette or other electronic vapor product?

- Yes
- No

55. During the past 30 days, on how many days did you use an e-cigarette or other electronic vapor product?

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

56. **During the past 30 days, how did you usually get your own electronic vapor products? (Select only one response.)**

- I did not use any electronic vapor products during the past 30 days.
- I bought them in a store (such as a convenience store, supermarket, discount store, gas station, or vape store) in the town where I live.
- I bought them in a store in another town.
- I got them on the Internet.
- I gave someone else money to buy them for me.
- I borrowed them from someone else.
- A person 18 years old or older gave them to me.
- I took them from a store or another person.
- I got them some other way.

57. **How much do you think people risk harming themselves (physically or in other ways) if they use e-cigarettes or other electronic vapor products?**

- No risk
- Slight risk
- Moderate risk
- Great risk

These questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

58. **During your life, on how many days have you had at least one drink of alcohol?**

- 0 days
- 1 or 2 days
- 3 to 9 days
- 10 to 19 days
- 20 to 39 days
- 40 to 99 days
- 100 or more days

59. **How old were you when you had your first drink of alcohol other than a few sips?**

- I have never had a drink of alcohol other than a few sips.
- 8 years old or younger
- 9 or 10 years old
- 11 or 12 years old
- 13 or 14 years old
- 15 or 16 years old
- 17 years old or older

60. **During the past 30 days, on how many days did you have at least one drink of alcohol?**

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

61. **During the past 30 days, on how many days did you have at least one drink of alcohol on school property?**

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

62. **During the past 30 days, how many times have you been drunk from drinking alcoholic beverages?**

- 0 times
- 1 or 2 times
- 3 to 5 times
- 6 to 9 times
- 10 to 19 times
- 20 or more times

63. **During the past 30 days, how many times did you drink alcohol by yourself?**

- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 or more times

64. **During the past 30 days, how many times did you go to a party or hang out with friends where alcohol was available?**

- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 or more times

65. During the past 30 days, did you get alcohol in any of the following ways?	Yes	No
a. I got it at a party.	<input type="radio"/>	<input type="radio"/>
b. A friend gave it to me (not at a party).	<input type="radio"/>	<input type="radio"/>
c. I got it from home, <u>with</u> my parent's/guardian's knowledge.	<input type="radio"/>	<input type="radio"/>
d. I got it from home, <u>without</u> my parent's/guardian's knowledge.	<input type="radio"/>	<input type="radio"/>
e. I bought it at a store, tavern, bar or public event (like a concert or sporting event) <u>with</u> a fake ID.	<input type="radio"/>	<input type="radio"/>
f. I bought it at a store, tavern, bar or public event <u>without</u> a fake ID.	<input type="radio"/>	<input type="radio"/>
g. A friend or someone I know who is <u>over 21</u> gave it to me/purchased it for me.	<input type="radio"/>	<input type="radio"/>
h. I asked a stranger to buy it for me.	<input type="radio"/>	<input type="radio"/>
i. My friends or I bought it from an <u>alcohol delivery service</u> (by using an app or ordering online).	<input type="radio"/>	<input type="radio"/>
j. My friends or I bought it online through another type of website.	<input type="radio"/>	<input type="radio"/>

66. **During the past 12 months, has anyone offered, sold, or given you alcohol on school property?**

- Yes
- No

67. **During the past 12 months, how many times did you drink alcohol just before a school function (such as a sports game, dance, or other school event)?**

- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 or more times

68. **During the past 12 months, how many times did you drink alcohol during a school function (such as a sports game, dance, or other school event)?**

- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 or more times

69. **During the past 12 months, how many times did drinking alcohol interfere with school, work, or other responsibilities (like being late or missing school or work, making it hard to concentrate, etc.)?**

- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 or more times

The next two questions ask about how many drinks of alcohol you have had in a row, that is, within a couple of hours.

70. **During the past 30 days, on how many days did you have 4 or more drinks of alcohol in a row (if you are female) or 5 or more drinks of alcohol in a row (if you are male)?**

- 0 days
- 1 day
- 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 or more days

71. **During the past 30 days, what is the largest number of alcoholic drinks you had in a row?**

- I did not drink alcohol during the past 30 days.
- 1 or 2 drinks
- 3 drinks
- 4 drinks
- 5 drinks
- 6 or 7 drinks
- 8 or 9 drinks
- 10 or more drinks

These questions are about marijuana use. Marijuana also is called grass or pot. Whether or not you have ever used marijuana, there is an answer for you.

72. **During your life, how many times have you used marijuana?**

- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 to 99 times
- 100 or more times

73. How old were you when you tried marijuana for the first time?

- I have never tried marijuana.
- 8 years old or younger
- 9 or 10 years old
- 11 or 12 years old
- 13 or 14 years old
- 15 or 16 years old
- 17 years old or older

74. During the past 30 days, how many times did you use marijuana?

- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 or more times

75. During the past 30 days, how many times did you use marijuana on school property?

- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 or more times

76. During the past 30 days, how many times did you use marijuana and alcohol during the same time period (within a couple of hours)?

- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 or more times

77. During the past 30 days, how many times did you go to a party or hang out with friends where marijuana was available?

- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 or more times

78. During the past 12 months, has anyone offered, sold, or given you marijuana on school property?

- Yes
- No

79. How easy or difficult would it be for you to obtain marijuana if you wanted to?

- Very easy
- Fairly easy
- Fairly difficult
- Very difficult

These questions ask about other drugs. Again, whether or not you have used these drugs, there is an answer for you.

80. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 or more times

81. During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?

- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 or more times

82. During your life, how many times have you used ecstasy (also called MDMA, Molly, "E", or "X")?

- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 or more times

83. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?

- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 or more times

84. **During your life**, how many times have you used **heroin** (also called smack, junk, or China White)?

- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 or more times

85. **During your life**, how many times have you taken **steroid pills or shots** without a doctor's prescription? *This includes using someone else's prescription or obtaining them illegally.*

- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 or more times

86. **During your life**, how many times have you used a **prescription drug** (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) **without a doctor's prescription**? *This includes using someone else's prescription or obtaining them illegally.*

- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 or more times

87. **During the past 30 days**, how many times have you used a **prescription drug** (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) **without a doctor's prescription**? *This includes using someone else's prescription or obtaining them illegally.*

- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 or more times

88. **During your life**, how many times have you used a **stimulant** (like Ritalin, Adderall, or Concerta) **without a doctor's prescription**?

- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 or more times

89. **During your life**, how many times have you used a **prescription opioid** (like Vicodin, OxyContin, Percocet, morphine, or codeine) **without a doctor's prescription**?

- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 or more times

90. **During the past 12 months**, were you **prescribed an opioid** (like Vicodin, OxyContin, Percocet, morphine, or codeine) by a doctor to relieve pain due to an injury, surgery, or dental procedure?

- No
- Yes, once
- Yes, more than once
- Not sure

91. **During the past 12 months**, has anyone offered, sold, or given you prescription drugs that you did not have a prescription for **on school property**?

- Yes
- No

92. **If you have ever used prescription drugs without a doctor's prescription**, how did you **usually get them**? (Select only **one** response.)

- I have never used prescription drugs without a doctor's prescription.
- I got them from a friend.
- I took them from my parents, without them knowing.
- I took them from somebody else, without them knowing.
- I bought them on the Internet.
- I bought them someplace else.
- I got them some other way.

These questions ask about worrying and stress.

93. **During the past 30 days**, how stressful has your life been?

- Not at all stressful
- A little stressful
- Somewhat stressful
- Very stressful

94. How often do you worry or feel stressed about:	Never or hardly ever	Rarely	Sometimes	Often	Very often
a. School issues (like grades, homework, tests)?	<input type="radio"/>				
b. Social issues (like friendships, dating, teasing)?	<input type="radio"/>				
c. Family issues (like your relationship with your parent(s), your family's financial situation, family health concerns)?	<input type="radio"/>				
d. Safety issues (like violence or fear for your safety at home, school, or in your neighborhood)?	<input type="radio"/>				
e. Appearance issues (like your weight, how you look)?	<input type="radio"/>				
f. Your physical and/or emotional health?	<input type="radio"/>				

95. During the past 30 days, how often did you worry or feel stressed about:	Never or hardly ever	Rarely	Sometimes	Often	Very often
a. Getting good grades?	<input type="radio"/>				
b. Being able to finish all of your work and study enough for tests?	<input type="radio"/>				
c. Making plans for college or what you will do after high school?	<input type="radio"/>				
d. Pressure from your parent(s)/guardian(s) to do well in school?	<input type="radio"/>				
e. Pressure from your teachers or other school staff to do well in school?	<input type="radio"/>				
f. Pressure or competition from other students to do well in school?	<input type="radio"/>				
g. Being involved in afterschool/extracurricular activities, like sports and clubs?	<input type="radio"/>				

96. During the past two weeks, how often have you felt so stressed, anxious, or worried that you:	Never or hardly ever	Rarely	Sometimes	Often	Very often
a. Had little interest or pleasure in doing things?	<input type="radio"/>				
b. Had trouble falling asleep or staying asleep, or slept too much?	<input type="radio"/>				
c. Felt tired or had little energy?	<input type="radio"/>				
d. Had a poor appetite or ate too much?	<input type="radio"/>				
e. Felt bad about yourself or that you were a failure or had let yourself or your family down?	<input type="radio"/>				
f. Had trouble concentrating <u>in school</u> ?	<input type="radio"/>				
g. Had trouble concentrating on things <u>outside of school</u> , such as watching videos or shows or reading for pleasure?	<input type="radio"/>				

These questions ask about sad feelings, deliberately hurting yourself, and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.

97. **During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?**

- Yes
- No

98. **During the past 12 months, how many times did you hurt or injure yourself on purpose? (For example, by cutting, burning, or bruising yourself on purpose.)**

- 0 times
- 1 or 2 times
- 3 to 5 times
- 6 to 9 times
- 10 to 19 times
- 20 or more times

99. **During the past 12 months, did you ever seriously consider attempting suicide?**

- Yes
- No

100. **During the past 12 months, did you make a plan about how you would attempt suicide?**

- Yes
- No

101. **During the past 12 months, how many times did you actually attempt suicide?**

- 0 times
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 or more times

102. **If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?**

- I did not attempt suicide during the past 12 months.*
- Yes
- No

103. During the past 12 months, did you talk to any of the following people about feeling sad or hopeless, or having thoughts about hurting yourself:	Yes, once	Yes, more than once	No
a. An adult at school?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. A parent or other adult outside of school?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. A doctor, nurse, or other health care provider?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The questions below are about students at your school.

104. During the past 12 months:	Yes, once	Yes, more than once	No
a. Have you been concerned that a <u>student at your school</u> was depressed or having thoughts about hurting themselves?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Did you tell an <u>adult at school</u> that you were concerned a <u>student</u> was depressed or might harm themselves?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Did you tell a <u>parent or other adult outside of school</u> that you were concerned a <u>student</u> was depressed or might harm themselves?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

105. During the past 12 months:	Yes, once	Yes, more than once	No
a. Have you been concerned that a <u>student at your school</u> might physically hurt someone else?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Did you tell an <u>adult at school</u> that you were concerned a <u>student</u> might physically hurt someone else?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Did you tell a <u>parent or other adult outside of school</u> that you were concerned a <u>student</u> might physically hurt someone else?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

These questions ask about sexual behavior. Whether or not you have ever had sexual intercourse, there is always an answer for you.

106. Have you ever had sexual intercourse (gone all the way)?

- Yes
- No

107. How old were you when you had sexual intercourse for the first time?

- I have never had sexual intercourse.
- 11 years old or younger
- 12 years old
- 13 years old
- 14 years old
- 15 years old
- 16 years old
- 17 years old or older

108. During your life, with how many people have you had sexual intercourse?

- I have never had sexual intercourse.
- 1 person
- 2 people
- 3 people
- 4 people
- 5 people
- 6 or more people

109. During the past 3 months, with how many people did you have sexual intercourse?

- I have never had sexual intercourse.
- I have had sexual intercourse, but not during the past 3 months.
- 1 person
- 2 people
- 3 people
- 4 people
- 5 people
- 6 or more people

110. Did you drink alcohol or use drugs before you had sexual intercourse the last time?

- I have never had sexual intercourse.
- Yes
- No

111. The last time you had sexual intercourse, did you or your partner use a condom?

- I have never had sexual intercourse.
- Yes
- No

112. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? (Select only one response.)

- I have never had sexual intercourse.
- No method was used to prevent pregnancy.
- Birth control pills
- Condoms
- An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)
- A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)
- Withdrawal or some other method
- Not sure

113. How many times have you been pregnant or gotten someone pregnant?

- I have never been pregnant or gotten someone pregnant.
- 1 time
- 2 or more times
- Not sure

114. During your life, has anyone ever had sexual contact with you against your will?

- Yes, once
- Yes, more than once
- No

115. During your life, have you ever been physically forced to have sexual intercourse when you did not want to?

- Yes, once
- Yes, more than once
- No

116. Have you ever been told by a doctor or other health care provider that you had a sexually transmitted disease (STD), including HIV infection?

- No
- Yes, and I have received medical treatment.
- Yes, but I have not received medical treatment.

117. During your life, with whom have you had sexual contact?

- I have never had sexual contact.
- Females
- Males
- Females and males

118. Which of the following best describes you?

- Heterosexual (straight)
- Gay or lesbian
- Bisexual
- Not sure

119. A transgender person is someone whose biological sex at birth does not match the way they think or feel about themselves. Are you transgender?

- No, I am not transgender.
- Yes, I am transgender and I think of myself as really a boy or man.
- Yes, I am transgender and I think of myself as really a girl or woman.
- Yes, I am transgender and I think of myself in some other way.
- I do not know if I am transgender.
- I do not know what this question is asking.

These questions are about your feelings about school.

120. Do you agree or disagree with these statements about school?	Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
a. I feel close to people at this school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. I feel like I am part of this school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. I am happy to be at this school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. The teachers at this school treat students fairly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. I feel safe in my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

121. <u>During the past 30 days</u>, on how many days did you miss any school for the following reasons? (Include days you were absent, cut a class, left school early, or came to school late.)	0 days	1 or 2 days	3 or more days
a. You were sick or had a physical health problem (like a cold or the flu, a health condition like asthma, or a physical injury)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. You were feeling sad or hopeless, or having thoughts about hurting yourself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. You had been using alcohol or marijuana	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. You were behind on your school work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. You were being bullied or cyberbullied	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. You were too tired	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

122. Do you have any physical disabilities or long-term health problems? (Long-term means 6 months or more.)

- Yes
- No
- Not sure

123. Do you have any long-term learning disabilities? (Long-term means 6 months or more.)

- Yes
- No
- Not sure

124. Do you have an IEP (Individualized Education Program) at school?

- Yes
- No
- Not sure

125. How old are most of the friends you spend time with after school and on weekends?

- About the same age as me
- Older than me
- Younger than me
- All different ages

126. How often do you feel like you have a friend you could talk to about a personal problem?

- None of the time
- Some of the time
- Most of the time
- All of the time

127. How often do you feel you are part of a group of friends?

- None of the time
- Some of the time
- Most of the time
- All of the time

128. How often do you feel lonely?

- None of the time
- Some of the time
- Most of the time
- All of the time

These questions ask about time you spend using cell phones, computers, and other electronic devices to talk, send messages, or go online. Include time you spend on social media, like Instagram, Facebook, Snapchat, and Twitter.

129. On an average school day, how many hours do you spend online?

- None
- Less than 1 hour per day
- 1 hour per day
- 2 hours per day
- 3 hours per day
- 4 hours per day
- 5 or more hours per day

130. On an average school day, how many messages (texts, IMs, emails, etc.) do you usually send on a cell phone?

- I don't use a cell phone.
- None
- 1-10 messages per day
- 11-50 messages per day
- 51-100 messages per day
- More than 100 messages per day

131. On an average school day, how many hours do you spend on social media sites? Include all of the time you spend on sites like Instagram, Facebook, Snapchat, Twitter, and other social media sites where you can share messages, photos/videos, or other information online.

- None
- Less than 1 hour per day
- 1 hour per day
- 2 hours per day
- 3 hours per day
- 4 hours per day
- 5 or more hours per day

132. During the past 7 days, how many times did you post messages or photos/videos on your own profile on social media?

- I don't have any social media accounts or profiles.
- 0 times
- 1 or 2 times
- 3 to 5 times
- 6 to 9 times
- 10 to 19 times
- 20 or more times

133. Are there rules in your household about how you can use social media (such as rules about which sites you can use, how much time you can spend on social media, and where/when you can use social media)?

- I don't have any social media accounts or profiles because I choose not to.
- I don't have any social media accounts because my parent(s)/guardian(s) don't allow it.
- No, there are no rules.
- Yes, there are rules, but they are not enforced.
- Yes, there are rules and they are enforced.

134. How often do your parent(s)/guardian(s) monitor how you use social media (such as by knowing your usernames and passwords, and looking at your accounts)?

- I don't have any social media accounts or profiles.
- Never
- Rarely
- Sometimes
- Often
- Very often
- Not sure

135. How often do you talk with your parent(s)/guardian(s) about how to act appropriately and responsibly when you are online, including when you use social media?

- I don't go online or use social media.
- Never
- Rarely
- Sometimes
- Often
- Very often

136. Do you agree or disagree with these statements about social media?	<i>I don't have any social media accounts or profiles.</i>	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
a. I feel more connected with my peers because of social media.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. I feel pressure to post things that will be popular and get a lot of comments or "likes."	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. I feel badly about myself, excluded or left out when I see what others post on social media.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. I have gotten support on social media when I've been going through a tough or challenging time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Social media keeps me from doing other things that are important, like homework or family responsibilities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Being on social media helps me feel better about myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. I spend too much time on social media.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

137. How often do you text or message your parent(s)/guardian(s) when you're feeling nervous, anxious, sad, or having a personal problem?

- I don't ever communicate with my parent(s)/guardian(s) by texting or messaging.
- Never
- Rarely
- Sometimes
- Often
- Very often

The next questions are about "sexting." That means sending or forwarding nude, semi-nude, or sexually suggestive photos or videos using the Internet, cell phones, or other electronic devices.

138. During the past 12 months, how many times:	0 times	1 time	2 times	3 or more times
a. Did you <u>receive</u> a nude, semi-nude, or sexually suggestive photo/video of <u>someone you know</u> ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Did you <u>send, forward, or post</u> a nude, semi-nude, or sexually suggestive photo/video of <u>someone you know</u> ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Did you <u>feel pressured by a boyfriend/girlfriend, date or someone you were going out with</u> to send, forward, or post a nude, semi-nude, or sexually suggestive photo/video of <u>yourself</u> ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Did you <u>send, forward, or post</u> a nude, semi-nude, or sexually suggestive photo/video of <u>yourself</u> ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Did <u>someone else send or post</u> a nude, semi-nude, or sexually suggestive photo/video of <u>you</u> ?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

These questions ask what you usually eat and body weight.

139. During the past 7 days, how many times did you:	Never	1 to 3 times during the past 7 days	4 to 6 times during the past 7 days	1 time per day	2 times per day	3 times per day	4 or more times per day
a. Eat fruit?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Eat vegetables or green salad? (Do <u>not</u> include potatoes.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Drink a glass of milk or eat other milk/dairy products (like yogurt, cheese, cottage cheese)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Eat fried foods (like french fries, potato chips)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Eat fast food from a restaurant (like McDonalds or Burger King)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Drink soda or soft drinks? (Do <u>not</u> include diet soft drinks.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

140. How do you describe your weight?

- Very underweight
- Slightly underweight
- About the right weight
- Slightly overweight
- Very overweight

141. Which of the following are you trying to do about your weight?

- I am not trying to do anything about my weight.
- Lose weight
- Gain weight
- Stay the same weight

142. During the past 7 days, on how many days did you eat breakfast?

- | | |
|------------------------------|------------------------------|
| <input type="radio"/> 0 days | <input type="radio"/> 4 days |
| <input type="radio"/> 1 day | <input type="radio"/> 5 days |
| <input type="radio"/> 2 days | <input type="radio"/> 6 days |
| <input type="radio"/> 3 days | <input type="radio"/> 7 days |

143. During the past 7 days, on how many days did you eat dinner at home with at least one of your parents or guardians?

- | | |
|------------------------------|------------------------------|
| <input type="radio"/> 0 days | <input type="radio"/> 4 days |
| <input type="radio"/> 1 day | <input type="radio"/> 5 days |
| <input type="radio"/> 2 days | <input type="radio"/> 6 days |
| <input type="radio"/> 3 days | <input type="radio"/> 7 days |

144. Are you eligible to get a free or reduced-price lunch at school?

- Yes
- No
- Not sure

These questions are about physical activity.

145. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)

- | | |
|------------------------------|------------------------------|
| <input type="radio"/> 0 days | <input type="radio"/> 4 days |
| <input type="radio"/> 1 day | <input type="radio"/> 5 days |
| <input type="radio"/> 2 days | <input type="radio"/> 6 days |
| <input type="radio"/> 3 days | <input type="radio"/> 7 days |

146. During the past 7 days, on how many days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?

- | | |
|------------------------------|------------------------------|
| <input type="radio"/> 0 days | <input type="radio"/> 4 days |
| <input type="radio"/> 1 day | <input type="radio"/> 5 days |
| <input type="radio"/> 2 days | <input type="radio"/> 6 days |
| <input type="radio"/> 3 days | <input type="radio"/> 7 days |

147. During the past 7 days, on how many days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?

- | | |
|------------------------------|------------------------------|
| <input type="radio"/> 0 days | <input type="radio"/> 4 days |
| <input type="radio"/> 1 day | <input type="radio"/> 5 days |
| <input type="radio"/> 2 days | <input type="radio"/> 6 days |
| <input type="radio"/> 3 days | <input type="radio"/> 7 days |

148. During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

- 0 teams
- 1 team
- 2 teams
- 3 or more teams

149. On an average school day, how many hours do you spend on homework or studying outside of school?

- None
- Less than 1 hour per day
- 1 hour per day
- 2 hours per day
- 3 hours per day
- 4 hours per day
- 5 or more hours per day

150. How many honors and advanced placement (AP) classes are you taking this semester?

- None
- One honors/AP class
- Two honors/AP classes
- Three honors/AP classes
- Four honors/AP classes
- Five or more honors/AP classes

151. **On an average school day, how many hours do you spend on extracurricular activities outside of school, like sports, clubs, music lessons, or other nonacademic activities?**

- None
- Less than 1 hour per day
- 1 hour per day
- 2 hours per day
- 3 hours per day
- 4 hours per day
- 5 or more hours per day

152. **On an average school day, how many hours do you spend on “screen time” that is not for school work or homework? This includes watching TV, going on the Internet, playing video games, or using a computer, tablet, or smartphone.**

- None
- Less than 1 hour per day
- 1 hour per day
- 2 hours per day
- 3 hours per day
- 4 hours per day
- 5 or more hours per day

153. **On an average school night, how many hours of sleep do you get?**

- 4 or less hours
- 5 hours
- 6 hours
- 7 hours
- 8 hours
- 9 hours
- 10 or more hours

154. **During the past 12 months, on how many days did you participate in any volunteer activities or community service activities outside of your home? (Do not include activities for which you were paid.)**

- 0 days
- 1 or 2 days
- 3 to 9 days
- 10 to 19 days
- 20 to 39 days
- 40 or more days

155. **How tall are you without your shoes on? Write your height in the blank boxes.**

Example:

Height	
Feet	Inches
5	07

Fill in your height here:

Height	
Feet	Inches
□	□ □

156. **How much do you weigh without your shoes on? Write your weight in the blank boxes.**

Example:

Weight
Pounds
152

Fill in your weight here:

Weight
Pounds
□ □ □

These questions are about driving behaviors.

157. How dangerous do you think it is to <u>ride</u> in a car driven by a <u>high school student</u> who:	Not at all dangerous	A little dangerous	Somewhat dangerous	Very dangerous
a. Was texting or emailing while driving?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Had <u>one or two drinks</u> of alcohol?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Had <u>four or more drinks</u> of alcohol in a row (within a couple of hours)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Who had been using marijuana?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Was talking on a hands-free phone while driving (e.g., Bluetooth or speakerphone)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Was talking on a phone <u>without</u> a hands-free device?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**THE QUESTIONS ON THIS PAGE ARE FOR
STUDENTS IN 11th AND 12th GRADES ONLY.**

If you are in 9th or 10th grade: ⇨ Skip to QUESTION 161 on the next page.

158. What is your current driver's license status?

- I have not begun the process of getting a license.
- I am taking drivers' education but do not have a learner's permit.
- I have a learner's permit.
- I have a junior operator's license (JOL), and I have had it for less than 6 months.
- I have a junior operator's license (JOL), and I have had it for more than 6 months.
- I have a full license.

159. In a typical week, on how many days do you drive a car?

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

160. During the past 30 days, how many times did you <u>drive</u> a car or other vehicle when:	<i>Didn't drive in the past 30 days</i>	0 times	1 time	2 or 3 times	4 or 5 times	6 or more times
a. You had been drinking alcohol?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. You had been using marijuana?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. You were texting or emailing?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. There were two or more high school students riding with you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. You or someone else wasn't wearing a seatbelt?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. You were talking on a hands-free phone (e.g., Bluetooth or speakerphone)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. You were talking on a phone <u>without</u> a hands-free device?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Now, here is a final set of questions for
ALL STUDENTS IN GRADES 9 THROUGH 12.**

These questions will help us learn more about the health and behaviors of students.

161. How much do you think people risk harming themselves (physically or in other ways) if they:	No risk	Slight risk	Moderate risk	Great risk
a. Smoke one or more packs of cigarettes per day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Take one or two drinks of an alcoholic beverage nearly every day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Have five or more drinks of an alcohol beverage once or twice a week?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Smoke marijuana once or twice a week?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Use prescription drugs that are not prescribed to them?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

162. How wrong do your <u>parents</u> feel it would be for you to:	Not at all wrong	A little bit wrong	Wrong	Very wrong
a. Smoke tobacco?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Have one or two drinks of an alcoholic beverage nearly every day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Smoke marijuana?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Use prescription drugs not prescribed to you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

163. How wrong do your <u>friends</u> feel it would be for you to:	Not at all wrong	A little bit wrong	Wrong	Very wrong
a. Smoke tobacco?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Have one or two drinks of an alcoholic beverage nearly every day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Smoke marijuana?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Use prescription drugs not prescribed to you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

164. **During the past 30 days**, how many times have you used heroin (also called smack, junk, or China White)?

- 0 times 10 to 19 times
 1 or 2 times 20 or more times
 3 to 9 times

165. **During the past 30 days**, did you purchase alcohol from a store?

- No, I did not purchase alcohol from a store in the past 30 days.
 Yes, I purchased alcohol from a store in Needham only.
 Yes, I purchased alcohol from a store outside of Needham only.
 Yes, I purchased alcohol at stores both in Needham and outside of Needham.

166. **The last time you tried to purchase cigarettes or other tobacco products in Needham**, which of the following occurred?

- I have never tried to purchase cigarettes or other tobacco products in Needham.
 I tried but someone refused to sell them to me because of my age.
 I tried and was able to purchase of them.

167. **The last time you tried to purchase electronic cigarettes (e-cigarettes) or other electronic vapor products in Needham**, which of the following occurred?

- I have never tried to purchase electronic cigarettes or other electronic vapor products in Needham.
 I tried but someone refused to sell them to me because of my age.
 I tried and was able to purchase of them.

168. **During your lifetime**, have you used an **edible form of marijuana**? This includes food products such as brownies, cookies, candy, snacks, or drinks that contain marijuana or oils, such as hash oil, dabs, wax, or shatter.

- Yes
 No

169. **During the past 30 days**, have you used an **edible form of marijuana**? This includes food products such as brownies, cookies, candy, snacks, or drinks that contain marijuana or oils, such as hash oil, dabs, wax, or shatter.

- Yes
 No

170. **During your lifetime**, how many times have you used a synthetic form of marijuana (such as K2 or Spice)?

- 0 times 10 to 19 times
 1 or 2 times 20 or more times
 3 to 9 times

171. **During the past 30 days**, how many times have you used a synthetic form of marijuana (such as K2 or Spice)?

- 0 times 10 to 19 times
 1 or 2 times 20 or more times
 3 to 9 times

172. During the past 30 days , did you get marijuana (smoked, edible, or oils) in any of the following ways?	Yes	No
a. I got it at a party.	<input type="radio"/>	<input type="radio"/>
b. A friend gave it to me (not at a party).	<input type="radio"/>	<input type="radio"/>
c. I bought it from a friend or someone else.	<input type="radio"/>	<input type="radio"/>
d. I got it from home, <u>with</u> my parent's/guardian's knowledge.	<input type="radio"/>	<input type="radio"/>
e. I got it from home, <u>without</u> my parent's/guardian's knowledge.	<input type="radio"/>	<input type="radio"/>
f. I bought it at a medical marijuana dispensary with my medical marijuana identification card.	<input type="radio"/>	<input type="radio"/>
g. I bought it from a medical marijuana delivery service.	<input type="radio"/>	<input type="radio"/>
h. I got it from someone else who has a medical marijuana identification card.	<input type="radio"/>	<input type="radio"/>
i. I got it some other way.	<input type="radio"/>	<input type="radio"/>

This is the end of the survey. Please follow the instructions of the person giving you the survey. Thank you very much.

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Appendix 3:
MetroWest Region Tables

Table 2-1A. Lifetime and Current Substance Use by Gender and Grade, 2016
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(24,385)	(12,154)	(11,958)	(6,491)	(6,198)	(6,145)	(5,352)
LIFETIME USE*							
Cigarettes	13.2	10.8	15.5	7.0	9.8	16.0	21.0
Electronic cigarettes [†]	27.9	24.4	31.3	17.3	23.8	33.9	38.1
Alcohol [‡]	51.7	53.3	50.0	32.8	47.5	60.5	69.3
Marijuana	27.8	26.2	29.2	10.6	21.6	36.2	45.9
Inhalants [§]	4.5	3.8	5.1	5.2	4.3	4.5	3.7
Methamphetamines	1.7	0.8	2.6	1.2	1.2	2.0	2.4
Ecstasy	2.7	1.6	3.6	1.5	2.0	3.0	4.1
Cocaine**	2.7	1.6	3.7	1.4	1.8	3.1	4.7
Heroin	1.4	0.5	2.1	0.9	0.9	1.7	1.7
Steroids ^{††}	1.8	1.1	2.4	1.3	1.4	2.3	2.1
Prescription drugs ^{††}	5.8	4.9	6.6	2.7	3.9	7.6	9.6
Prescription stimulants ^{††}	5.2	3.8	6.4	1.8	3.1	6.7	9.6
Prescription opioids ^{††}	3.1	2.1	3.9	1.4	2.3	3.8	4.8
CURRENT USE (past 30 days)^{‡‡}							
Cigarettes	4.7	3.1	6.1	2.1	3.5	5.8	7.5
Electronic cigarettes [†]	14.6	11.3	17.8	9.1	12.9	18.1	18.9
Alcohol [‡]	31.5	33.2	29.6	14.3	28.4	38.2	48.0
Marijuana	19.2	17.1	21.2	6.7	15.2	26.0	30.9
Prescription drugs ^{††}	3.2	2.2	4.1	1.7	2.1	4.2	5.0
CURRENT USE ON SCHOOL PROPERTY (past 30 days)^{‡‡}							
Cigarettes	1.3	0.7	1.8	0.8	1.1	1.4	1.9
Alcohol [‡]	2.7	2.1	3.2	1.7	2.0	2.9	4.2
Marijuana	3.4	2.2	4.5	1.4	2.6	4.4	5.1

* Used one or more times in lifetime

† Includes electronic cigarettes (e-cigarettes), and other electronic vapor products, like e-cigars, e-pipes, vape pens, vaping pens, e-hookah, and hookah pens

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

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

** Includes using powder, crack, or freebase

†† Without a doctor's prescription

‡‡ Used one or more times in the past 30 days

Table 2-2A. Tobacco and Electronic Cigarette Use by Gender and Grade, 2016
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(24,385)	(12,154)	(11,958)	(6,491)	(6,198)	(6,145)	(5,352)
CIGARETTE SMOKING							
Lifetime cigarette smoking*	13.2	10.8	15.5	7.0	9.8	16.0	21.0
Smoked a whole cigarette before age 13 years	2.2	1.3	3.0	1.8	1.7	2.2	2.9
Current cigarette use (past 30 days)	4.7	3.1	6.1	2.1	3.5	5.8	7.5
Current frequent cigarette use (on 20 or more of the past 30 days)	1.2	0.6	1.6	0.7	0.7	1.2	1.9
Current cigarette use on school property (past 30 days)	1.3	0.7	1.8	0.8	1.1	1.4	1.9
Ever smoked cigarettes daily (every day for 30 days)	3.5	2.8	4.1	2.6	2.8	3.7	4.9
Smoked more than 10 cigarettes per day (past 30 days, current smokers) [†]	14.5	7.9	16.6	20.7	15.5	11.4	12.3
Tried to quit smoking (past 12 months, current smokers) [†]	29.1	30.9	28.2	26.7	26.5	32.5	28.5
USE OF OTHER TOBACCO PRODUCTS							
Current smokeless tobacco use (past 30 days) [‡]	3.8	0.9	6.6	1.7	3.2	4.6	5.7
Current cigar use (past 30 days) [§]	5.7	2.1	9.2	2.0	4.0	7.1	10.0
OVERALL TOBACCO USE							
Smoked cigarettes, cigars, and/or used smokeless tobacco (past 30 days)**	8.9	4.4	13.3	3.6	6.7	11.0	14.8
ELECTRONIC CIGARETTE USE^{††}							
Lifetime electronic cigarette use	27.9	24.4	31.3	17.3	23.8	33.9	38.1
Current electronic cigarette use (past 30 days)	14.6	11.3	17.8	9.1	12.9	18.1	18.9
Perceived risk of harm of using electronic cigarettes (moderate/great risk)	47.9	54.4	41.4	58.0	49.2	41.9	41.3

* Ever tried cigarette smoking, even one or two puffs

† Among youth who smoked in the past 30 days

‡ Used chewing tobacco, snuff, or dip

§ Smoked cigars, cigarillos, or little cigars

** Does not include electronic vapor products

†† Includes electronic cigarettes (e-cigarettes), and other electronic vapor products, like e-cigars, e-pipes, vape pens, vaping pens, e-hookah, and hookah pens

Table 2-3A. Alcohol Use and Drinking and Driving by Gender and Grade, 2016
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(24,385)	(12,154)	(11,958)	(6,491)	(6,198)	(6,145)	(5,352)
ALCOHOL USE*							
Lifetime alcohol use	51.7	53.3	50.0	32.8	47.5	60.5	69.3
Had first drink of alcohol before age 13 years	8.9	7.3	10.5	10.3	8.9	8.3	7.6
Current alcohol use (past 30 days)	31.5	33.2	29.6	14.3	28.4	38.2	48.0
Current alcohol use on school property (past 30 days)	2.7	2.1	3.2	1.7	2.0	2.9	4.2
Binge drinking (past 30 days) [†]	16.9	17.0	16.7	5.1	13.9	21.6	29.2
Was "drunk" from consuming alcohol (past 30 days)	22.0	23.1	20.8	7.4	18.2	27.6	37.5
Drank alcohol by yourself (past 30 days)	6.9	6.4	7.2	4.5	6.3	7.7	9.2
Drinking interfered with responsibilities (past 12 months)	3.7	3.8	3.4	1.8	2.9	4.6	5.7
Went to a party/hung out where alcohol was available (past 30 days)	38.4	41.3	35.3	21.6	36.5	44.8	53.4
Used alcohol just before a school function (past 12 months)	9.7	10.4	8.9	3.0	7.4	12.5	17.0
Used alcohol during a school function (past 12 months)	4.8	4.8	4.7	2.0	3.5	5.7	8.3
Offered, sold, or given alcohol on school property (past 12 months)	5.5	4.9	6.1	3.7	5.2	6.8	6.4
Used marijuana and alcohol during the same time period (past 30 days) [‡]	11.4	10.0	12.6	3.3	8.0	15.9	19.5
DRINKING AND DRIVING (past 30 days)							
Think riding in a car driven by a high school student who had one or two drinks of alcohol is "very dangerous"	61.5	69.3	53.2	58.2	58.7	66.5	63.2
Think riding in a car driven by a high school student who had four or more drinks of alcohol in a row is "very dangerous" [‡]	90.2	94.5	85.7	90.0	89.7	91.1	90.4
Rode in a car driven by someone who had been drinking	14.1	14.1	13.9	12.5	13.6	14.8	15.4
Rode in a car driven by a high school student who had been drinking	6.5	5.6	7.2	2.2	4.6	8.6	10.9
Drove a car when you had been drinking (11 th /12 th grade drivers only)	5.7	4.0	7.7	–	–	4.2	7.4

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

† Consumed 4+ drinks in a row for females, or 5+ drinks in a row for males

‡ Within a couple of hours

Table 2-4A. Marijuana Use by Gender and Grade, 2016
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(24,385)	(12,154)	(11,958)	(6,491)	(6,198)	(6,145)	(5,352)
MARIJUANA USE							
Lifetime marijuana use	27.8	26.2	29.2	10.6	21.6	36.2	45.9
Tried marijuana before age 13 years	2.8	1.9	3.7	2.5	2.1	3.1	3.5
Current marijuana use (past 30 days)	19.2	17.1	21.2	6.7	15.2	26.0	30.9
Current marijuana use on school property (past 30 days)	3.4	2.2	4.5	1.4	2.6	4.4	5.1
Went to a party/hung out where marijuana was available (past 30 days)	28.7	29.7	27.6	13.5	24.3	37.0	42.6
Offered/sold/given marijuana on school property (past 12 months)	11.0	9.3	12.7	7.6	11.1	13.2	12.4
Used marijuana and alcohol during the same time period (past 30 days)*	11.4	10.0	12.6	3.3	8.0	15.9	19.5
Think it would be "fairly easy" or "very easy" to obtain marijuana	66.3	64.3	68.2	46.5	63.1	75.5	82.7
MARIJUANA USE AND DRIVING (past 30 days)							
Think riding in a car driven by a high school student who had been using marijuana is "very dangerous"	57.7	64.2	50.9	69.3	60.4	54.7	44.5
Rode in a car driven by a high school student who had been using marijuana	14.6	13.2	15.8	3.9	9.5	19.8	26.9
Drove a car when you had been using marijuana (11 th /12 th grade drivers only)	14.1	10.2	18.6	–	–	10.6	17.8

* Within a couple of hours

Table 2-5A. Prescription Drug Misuse and Other Substance Use by Gender and Grade, 2016
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(24,385)	(12,154)	(11,958)	(6,491)	(6,198)	(6,145)	(5,352)
PRESCRIPTION DRUGS							
Lifetime prescription drug misuse*	5.8	4.9	6.6	2.7	3.9	7.6	9.6
Current prescription drug misuse (past 30 days)*	3.2	2.2	4.1	1.7	2.1	4.2	5.0
Lifetime stimulant misuse*	5.2	3.8	6.4	1.8	3.1	6.7	9.6
Lifetime prescription opioid misuse*	3.1	2.1	3.9	1.4	2.3	3.8	4.8
Prescribed an opioid by a healthcare provider (past 12 months)	9.7	10.2	9.3	7.8	8.5	10.1	13.1
Offered/sold/given prescription drugs on school property (past 12 months)	5.1	4.1	6.0	3.6	4.4	5.9	6.7
OTHER SUBSTANCES							
Lifetime inhalant use [†]	4.5	3.8	5.1	5.2	4.3	4.5	3.7
Lifetime methamphetamine use	1.7	0.8	2.6	1.2	1.2	2.0	2.4
Lifetime ecstasy use	2.7	1.6	3.6	1.5	2.0	3.0	4.1
Lifetime cocaine use [‡]	2.7	1.6	3.7	1.4	1.8	3.1	4.7
Lifetime heroin use	1.4	0.5	2.1	0.9	0.9	1.7	1.7
Lifetime steroid misuse*	1.8	1.1	2.4	1.3	1.4	2.3	2.1

* Without a doctor's prescription

† 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

Table 3-1A. Violence, Safety-Related Behaviors, and Dating Violence by Gender and Grade, 2016
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)			
	(24,385)	Female (12,154)	Male (11,958)	9 th (6,491)	10 th (6,198)	11 th (6,145)	12 th (5,352)
SAFETY							
Didn't go to school because of safety concerns (past 30 days)*	3.5	3.8	3.0	2.8	3.5	3.6	4.0
Had personal property stolen/damaged at school (past 12 months)	12.5	9.8	15.2	14.0	13.1	11.0	11.5
Concerned a student might physically hurt someone else (past 12 months)	18.3	18.6	17.8	19.4	19.3	18.1	15.6
Told an adult at school that you were concerned a student might physically hurt someone else (past 12 months)	3.5	3.5	3.4	3.6	3.1	3.5	3.7
Told an adult outside of school you were concerned a student might physically hurt someone else (past 12 months)	5.1	6.1	4.0	5.5	4.8	5.0	5.0
WEAPONS							
Threatened or injured with a weapon (past 12 months) [†]	5.5	3.7	7.1	5.6	5.3	5.3	5.3
Threatened or injured with a weapon on school property (past 12 months) [†]	2.8	1.6	3.8	2.6	2.6	2.8	2.9
Carried a weapon (past 30 days) [†]	7.6	3.2	11.8	6.9	7.7	7.6	7.8
Carried a weapon on school property (past 30 days) [†]	1.9	0.9	2.8	1.0	1.7	2.4	2.5
Carried a gun (past 12 months) [‡]	1.5	0.6	2.3	1.3	1.4	1.4	1.7
PHYSICAL FIGHTING (past 12 months)							
In a physical fight	13.6	7.1	20.0	16.2	14.2	12.0	11.2
In a physical fight on school property	3.9	1.6	6.1	4.7	3.8	3.3	3.4
Injured in a physical fight and received medical treatment	1.9	1.1	2.5	1.7	1.6	1.9	2.0
DATING VIOLENCE (lifetime)[§]							
Not allowed to spend time with friends	12.0	12.2	11.8	10.2	10.6	12.9	14.5
Sworn at, cursed at, or insulted	12.0	14.5	9.2	9.4	10.5	13.1	15.2
Threatened with physical harm	3.5	3.6	3.2	2.2	2.9	3.8	5.1
Physically hurt on purpose	4.3	3.7	4.7	2.7	3.2	5.0	6.2
Forced to have sexual intercourse	3.0	3.8	2.0	1.4	2.1	3.5	4.9
Forced to do other sexual things	5.6	8.3	2.6	3.6	4.7	6.4	7.7

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

† For example, a gun, knife, or club

‡ Does not include carrying a gun only for hunting or for a sport, such as target shooting

§ By someone you were dating or going out with

Table 3-2A. Bullying, Cyberbullying, and Harassment by Gender and Grade, 2016
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(24,385)	(12,154)	(11,958)	(6,491)	(6,198)	(6,145)	(5,352)
BULLYING (past 12 months)*							
Been a victim of bullying	20.8	24.7	16.6	24.5	21.0	19.6	17.1
Been a victim of bullying on school property	17.1	19.3	14.6	20.7	17.6	15.6	13.7
Bullied someone else	9.4	8.0	10.6	10.0	10.2	9.0	7.9
Bullied someone else on school property	6.2	4.6	7.7	6.2	6.9	6.0	5.3
Talked to a teacher/adult at school about being bullied	6.6	8.2	4.9	8.5	6.5	5.8	5.3
Talked to a parent/adult outside of school about being bullied	10.6	14.3	6.7	14.0	10.7	9.4	7.7
Saw or heard about another student being bullied at school	45.0	49.0	40.8	48.9	45.4	43.4	41.6
Tried to stop another student from bullying someone else at school	24.3	25.4	23.2	27.1	24.3	23.2	22.1
Told an adult at school that someone was being bullied at school	8.3	10.1	6.3	10.4	7.5	7.4	7.6
Told a parent/adult outside of school that someone was being bullied at school	13.1	18.0	8.0	16.2	12.8	12.1	10.7
CYBERBULLYING (past 12 months) †							
Been a victim of cyberbullying	19.3	24.0	14.3	22.8	19.6	18.0	15.8
Cyberbullied someone else	7.6	7.6	7.4	8.8	7.8	7.1	6.1
Talked to a teacher/adult at school about being cyberbullied	3.6	4.9	2.1	4.1	3.6	3.5	2.9
Talked to a parent/adult outside of school about being cyberbullied	6.2	9.3	3.0	7.9	6.3	5.6	4.8
Saw or heard about another student being cyberbullied	30.5	38.1	22.6	32.8	30.3	30.0	28.7
Tried to stop a student from cyberbullying someone else	12.2	15.7	8.5	14.4	12.1	11.7	10.0
Told an adult at school that someone was being cyberbullied	3.6	4.5	2.5	4.2	3.2	3.2	3.5
Told a parent/adult outside of school that someone was being cyberbullied	7.1	10.5	3.6	8.4	6.6	6.8	6.4
VERBAL HARASSMENT ‡							
Verbally harassed because of your race, ethnicity, or culture (past 12 months)	13.9	13.1	14.6	15.4	14.3	13.2	12.3
Verbally harassed because of your sexual orientation (past 12 months)	6.2	5.9	6.1	7.2	5.9	6.1	5.0
Verbally harassed because of a disability you have (past 12 months)	5.7	5.6	5.6	6.0	5.8	5.8	4.9
Verbally harassed because of your height or weight or how you look (past 12 months)	22.6	25.2	19.8	28.1	24.1	20.2	16.9
Heard other students being verbally harassed (past 30 days) §	51.8	56.2	47.2	54.4	53.9	50.9	47.4

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

† Defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten, or spread rumors about someone. Includes being bullied through texting, email, and social media

‡ Defined as being called names, teased, made fun of, embarrassed, or threatened one or more times by others at your school

§ Because of their race/ethnicity, sexual orientation, disability, or how they look

Table 4-1A. Behaviors Related to Unintentional Injury by Gender and Grade, 2016
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Total (%) (24,385)	Gender (%)		Grade (%)			
		Female (12,154)	Male (11,958)	9 th (6,491)	10 th (6,198)	11 th (6,145)	12 th (5,352)
SAFETY-RELATED BEHAVIORS							
Never/rarely wore a helmet when riding a bicycle (past 12 months, among students who rode a bicycle)	49.9	43.6	54.8	43.1	49.2	55.8	54.0
Never/rarely wear a seatbelt when passenger in a car	3.7	2.8	4.4	3.2	3.3	3.8	4.1
DRIVING UNDER THE INFLUENCE (past 30 days)							
Think riding in a car driven by a high school student who had one or two drinks of alcohol is "very dangerous"	61.5	69.3	53.2	58.2	58.7	66.5	63.2
Think riding in a car driven by a high school student who had four or more drinks of alcohol in a row is "very dangerous"	90.2	94.5	85.7	90.0	89.7	91.1	90.4
Think riding in a car driven by a high school student who had been using marijuana is "very dangerous"	57.7	64.2	50.9	69.3	60.4	54.7	44.5
Rode in a car with a driver who had been drinking	14.1	14.1	13.9	12.5	13.6	14.8	15.4
Rode in a car driven by a high school student who had been drinking	6.5	5.6	7.2	2.2	4.6	8.6	10.9
Rode in a car driven by a high school student who had been using marijuana	14.6	13.2	15.8	3.9	9.5	19.8	26.9
Drove a car when you had been drinking*	5.7	4.0	7.7	–	–	4.2	7.4
Drove a car when you had been using marijuana*	14.1	10.2	18.6	–	–	10.6	17.8
DISTRACTED DRIVING BY HIGH SCHOOL STUDENTS (past 30 days)							
Rode in a car driven by a high school student who was talking on a hands-free phone while driving	22.8	25.1	20.4	15.0	20.6	24.7	32.4
Rode in a car driven by a high school student who was talking on a phone without a hands-free device while driving	23.8	24.8	22.8	11.7	19.4	27.2	39.5
Rode in a car driven by a high school student who was texting or e-mailing while driving	29.2	30.5	27.8	14.5	23.7	34.2	47.4
Drove a car with 2 or more high school students riding with you*	52.5	52.8	52.1	–	–	35.1	70.6
Drove a car when you or someone else wasn't wearing a seatbelt*	20.7	19.1	22.4	–	–	15.6	26.0
Drove a car while you were talking on a hands-free phone*	23.5	25.3	21.3	–	–	16.8	30.5
Drove a car while you were talking on a phone without a hands-free device*	29.5	29.0	30.2	–	–	18.9	40.6
Drove a car while you were texting/e-mailing*	36.0	36.6	35.3	–	–	23.2	49.5

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

Table 5-1A. Stress and Anxiety by Gender and Grade, 2016
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(24,385)	(12,154)	(11,958)	(6,491)	(6,198)	(6,145)	(5,352)
STRESS							
Life "very" stressful (past 30 days)	35.8	49.4	21.6	25.0	32.6	39.7	47.9
Worry/feel stressed about school issues*	66.4	80.9	51.5	58.9	66.3	70.9	70.7
Worry/feel stressed about social issues*	32.7	42.3	22.6	27.8	32.2	35.9	35.7
Worry/feel stressed about family issues*	25.0	33.3	16.1	21.7	23.6	26.7	28.7
Worry/feel stressed about safety issues*	4.5	5.3	3.5	4.6	4.5	4.5	4.4
Worry/feel stressed about appearance issues*	28.9	42.4	14.8	25.9	29.0	30.6	30.4
Worry/feel stressed about your physical and/or emotional health *	24.6	34.8	13.7	19.1	23.4	27.6	29.2
SCHOOL-RELATED STRESS (past 30 days)*							
Worry/feel stressed about getting good grades	68.4	81.1	55.4	63.6	68.0	73.0	70.0
Worry/feel stressed about being able to finish school work and studying enough	62.0	76.8	46.7	57.1	62.0	65.9	63.8
Worry/feel stressed about college or other plans after high school	49.1	60.3	37.3	27.5	39.3	59.4	74.9
Worry/feel stressed about pressure from parent(s) or guardian(s) to do well in school	36.2	40.1	32.0	30.7	34.7	40.7	39.4
Worry/feel stressed about pressure from teachers or other school staff to do well in school	22.5	28.0	16.7	16.8	21.2	27.1	25.6
Worry/feel stressed about pressure or competition from other students to do well in school	28.6	36.6	20.3	20.1	26.2	34.6	35.0
Worry/feel stressed about being involved in extracurricular activities	32.5	40.8	23.7	26.8	32.9	36.7	34.2
SYMPTOMS OF BEING STRESSED, ANXIOUS, OR WORRIED (past 2 weeks)*							
Had little interest or pleasure in doing things	19.1	25.5	12.3	15.3	17.7	21.9	22.3
Had trouble falling asleep or staying asleep or slept too much	30.1	41.0	18.6	24.9	29.5	32.5	34.6
Felt tired or had little energy	39.6	53.5	25.0	31.1	38.0	44.5	46.0
Had a poor appetite or ate too much	25.4	36.2	13.9	20.0	24.0	27.6	30.8
Felt bad about yourself or that you were a failure	24.6	33.7	15.0	20.4	23.6	27.8	27.3
Had trouble concentrating in school	26.9	34.6	18.7	23.1	25.9	29.8	29.5
Had trouble concentrating on things outside of school	16.7	22.3	10.7	13.4	15.2	19.1	19.9

* Student responded "often" or "very often"

Table 5-2A. Mental Health and Suicidality by Gender and Grade, 2016
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(24,385)	(12,154)	(11,958)	(6,491)	(6,198)	(6,145)	(5,352)
<i>MENTAL HEALTH AND SUICIDALITY (past 12 months)</i>							
Felt sad or hopeless almost every day for two or more weeks	18.1	24.1	11.5	15.8	18.2	19.4	19.2
Absent/missed school because you felt sad or hopeless, or had thoughts about hurting yourself (past 30 days)	7.0	9.7	4.1	4.4	6.3	8.2	9.6
Hurt or injured yourself on purpose*	12.9	18.3	7.1	13.0	13.6	12.2	12.7
Seriously considered attempting suicide	12.3	15.1	9.0	11.5	12.6	12.5	12.5
Made a plan about attempting suicide	8.9	11.0	6.5	8.4	9.4	8.8	8.9
Attempted suicide	4.0	4.7	3.1	4.2	4.1	3.7	3.8
Made a suicide attempt requiring medical treatment [†]	1.2	1.4	0.9	0.9	1.4	1.1	1.2
Talked to a teacher/adult at school about feeling sad or hopeless, or having thoughts about hurting yourself	7.1	8.8	5.1	5.0	6.3	7.8	9.6
Talked to a parent/adult outside of school about feeling sad or hopeless, or having thoughts about hurting yourself	16.6	22.2	10.7	14.4	16.4	17.4	18.4
Talked to a doctor, nurse, or other healthcare provider about feeling sad or hopeless, or having thoughts about hurting yourself	8.8	11.9	5.4	6.9	8.3	9.4	10.8
<i>CONCERNS ABOUT PEER MENTAL HEALTH (past 12 months)</i>							
Concerned a student was depressed or might physically hurt themselves	42.7	53.1	31.7	41.6	42.3	42.7	44.4
Told an adult at school a student was depressed/might harm themselves	9.1	11.7	6.4	8.2	8.0	9.1	11.5
Told an adult outside of school a student was depressed/might harm themselves	16.5	23.1	9.5	15.8	15.8	16.7	17.9
Concerned a student was depressed or might physically hurt someone else	18.3	18.6	17.8	19.4	19.3	18.1	15.6
Told an adult at school a student was depressed/might harm someone else	3.5	3.5	3.4	3.6	3.1	3.5	3.7
Told an adult outside of school a student was depressed/might harm someone else	5.1	6.1	4.0	5.5	4.8	5.0	5.0

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

† Resulting in an injury, poisoning, or overdose that had to be treated by a doctor or nurse

Table 6-1A. Sexual Behaviors and Sexting by Gender and Grade, 2016
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(24,385)	(12,154)	(11,958)	(6,491)	(6,198)	(6,145)	(5,352)
SEXUAL BEHAVIORS							
Ever had sexual intercourse	21.9	20.4	23.2	7.6	14.0	27.6	41.5
Had first sexual intercourse before age 13 years	1.8	0.6	2.8	1.7	1.6	1.7	1.8
Had sexual intercourse with 4 or more people (lifetime)	4.8	3.3	6.3	2.0	3.1	5.5	9.1
Had sexual contact with someone of the same sex (lifetime)	3.9	4.8	2.9	2.5	3.3	4.6	5.4
Currently sexually active (had intercourse in the past 3 months)	17.3	16.5	17.9	5.6	10.8	22.5	32.8
Used alcohol or drugs before sexual intercourse the last time*	25.5	20.2	30.6	25.7	27.8	25.3	24.3
Used a condom during sexual intercourse the last time*	62.2	60.4	64.4	65.3	63.6	64.3	59.5
Used birth control pills during sexual intercourse the last time*	30.3	37.1	23.8	11.1	21.1	29.6	38.5
Been pregnant/gotten someone pregnant (lifetime)	1.5	0.8	2.0	1.1	1.2	1.6	1.8
Been told by a health care provider that you had a sexually transmitted disease (lifetime)	1.1	0.7	1.4	0.9	0.8	1.1	1.4
Had sexual contact against your will (lifetime)	7.5	10.5	4.0	4.6	6.3	8.5	10.7
Been physically forced to have sexual intercourse when you did not want to (lifetime)	3.4	4.2	2.4	1.8	2.4	4.0	5.5
"SEXTING" (past 12 months) †							
Received a "sext" of someone you know	35.7	32.6	38.9	30.3	34.1	38.5	40.6
Sent, forwarded, or posted a "sext" of someone you know	8.0	6.7	9.3	5.9	7.3	9.2	9.6
Someone else sent or posted a "sext" of you	4.8	4.5	5.1	3.9	4.7	5.4	5.0
Felt pressured by a boyfriend/girlfriend/date to send, forward, or post a "sext" of yourself	9.1	13.3	4.6	7.3	9.0	9.9	10.4
Sent, forwarded, or posted a "sext" of yourself	18.1	21.0	15.0	10.8	16.3	21.4	25.1

* Among youth who are currently sexually active (had intercourse in the past 3 months)

† Defined as sending or forwarding nude, sexually suggestive or explicit photos or videos using the Internet, cell phones, or other electronic devices

Table 7-1A. Weight, Nutrition, and Physical Activity by Gender and Grade, 2016
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(24,385)	(12,154)	(11,958)	(6,491)	(6,198)	(6,145)	(5,352)
WEIGHT PERCEPTION							
Describe self as slightly or very overweight	25.1	28.0	21.9	24.2	24.9	24.8	26.6
Trying to lose weight	38.5	52.0	24.1	35.9	38.5	38.9	41.1
BODY MASS INDEX							
Overweight*	12.8	12.3	13.3	13.2	12.4	12.7	12.9
Obese [†]	8.2	5.7	11.0	7.6	9.2	7.5	8.6
NUTRITION AND EATING PATTERNS (past 7 days)							
Consumed 1 or more servings of fruit per day	53.0	55.7	50.3	54.1	54.1	52.2	51.5
Consumed 1 or more servings of vegetables or green salad per day	52.2	55.3	49.1	52.5	52.6	52.3	51.6
Consumed 5 or more servings of fruits and vegetables per day	15.9	17.6	14.1	17.1	16.8	14.5	14.8
Consumed 3 or more glasses of milk or servings of dairy per day	19.2	14.1	24.5	21.8	19.8	18.4	15.9
Consumed 1 or more servings of fried food per day	22.7	21.0	24.5	24.3	23.6	21.6	20.8
Consumed 1 or more servings of fast food per day	4.4	3.2	5.6	4.2	3.8	4.9	4.7
Drank 1 or more servings of non-diet soda/soft drinks per day	9.3	6.6	12.0	8.8	8.9	9.2	9.8
Ate breakfast on all 7 days	45.8	42.0	50.0	49.1	47.9	44.5	40.9
Ate dinner at home with parent(s)/guardian(s) on 5 or more days	68.7	64.9	73.0	77.2	73.0	65.5	57.3
PHYSICAL ACTIVITY							
Participated in vigorous physical activity (on 3 or more of the past 7 days) [‡]	68.4	63.3	74.0	74.7	71.1	65.1	61.6
Participated in moderate physical activity (physically active for at least 60 minutes per day on 5 or more of the past 7 days) [§]	50.6	42.6	59.2	57.2	53.1	47.4	43.7
Did exercises to strengthen or tone your muscles (on 3 or more of the past 7 days)**	50.0	42.9	57.7	54.5	51.8	47.8	45.2
Played on one or more sports teams (past 12 months)	66.7	63.8	70.1	72.4	70.1	65.5	57.5
Spend 3 or more hours of non-homework-related "screen time" on average school day ^{††}	38.9	36.9	40.8	40.5	39.6	37.2	37.9

* 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

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

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

** Such as push-ups, sit-ups, or weightlifting

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

Table 8-1A. School Attachment, Adult Support, and Peer Support by Gender and Grade, 2016
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(24,385)	(12,154)	(11,958)	(6,491)	(6,198)	(6,145)	(5,352)
SCHOOL ATTACHMENT*							
I feel close to people at school.	73.6	71.7	75.7	76.3	74.3	72.6	70.7
I feel like I am part of this school.	71.0	68.9	73.5	74.3	72.1	68.7	68.4
I am happy to be at this school.	68.8	64.4	73.7	75.3	67.7	65.5	66.0
The teachers at this school treat students fairly.	65.9	62.2	69.9	72.5	63.8	61.2	65.8
I feel safe in my school.	83.3	82.7	84.4	84.6	82.5	82.4	84.3
ADULT SUPPORT AT SCHOOL							
Have at least one teacher/adult at school to talk to if you have a problem	74.9	76.4	73.6	68.6	73.7	77.4	81.7
Talked to a teacher/adult at school about a personal problem [†]	29.3	36.3	22.1	23.6	26.5	31.0	37.6
Talked to a teacher/adult at school about being bullied [†]	6.6	8.2	4.9	8.5	6.5	5.8	5.3
Talked to a teacher/adult at school about being cyberbullied [†]	3.6	4.9	2.1	4.1	3.6	3.5	2.9
Talked to a teacher/adult at school about feeling sad or hopeless or having thoughts about hurting yourself [†]	7.1	8.8	5.1	5.0	6.3	7.8	9.6
ADULT SUPPORT OUTSIDE OF SCHOOL							
Ate dinner at home with parent(s)/guardian(s) 5 or more days (past 7 days)	68.7	64.9	73.0	77.2	73.0	65.5	57.3
Have at least one parent/adult outside of school to talk to about things that are important	91.0	91.6	90.6	91.6	90.9	90.8	90.9
Talked to a parent/adult outside of school about being bullied [†]	10.6	14.3	6.7	14.0	10.7	9.4	7.7
Talked to a parent/adult outside of school about being cyberbullied [†]	6.2	9.3	3.0	7.9	6.3	5.6	4.8
Talked to a parent/adult outside of school about feeling sad or hopeless or having thoughts about hurting yourself [†]	16.6	22.2	10.7	14.4	16.4	17.4	18.4
PEER SUPPORT							
Feel you have a friend you can talk to about a personal problem [‡]	71.8	76.5	67.1	69.5	71.2	72.7	74.6
Feel you are part of a group of friends [‡]	73.7	71.0	76.6	76.7	73.8	72.3	71.5
Feel lonely [‡]	14.3	17.7	10.6	11.6	14.1	16.0	15.8

* Answered either "agree" or "strongly agree"

† During the past 12 months

‡ Answered either "most of the time" or "all of the time"

Table 9-1A. Risk Behaviors on School Property and School Absences by Gender and Grade, 2016
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(24,385)	(12,154)	(11,958)	(6,491)	(6,198)	(6,145)	(5,352)
SUBSTANCE USE							
Current cigarette use on school property (past 30 days)	1.3	0.7	1.8	0.8	1.1	1.4	1.9
Current alcohol use on school property (past 30 days)	2.7	2.1	3.2	1.7	2.0	2.9	4.2
Current marijuana use on school property (past 30 days)	3.4	2.2	4.5	1.4	2.6	4.4	5.1
Used alcohol just before a school function (past 12 months)	9.7	10.4	8.9	3.0	7.4	12.5	17.0
Used alcohol during a school function (past 12 months)	4.8	4.8	4.7	2.0	3.5	5.7	8.3
DRUG AVAILABILITY ON SCHOOL PROPERTY (past 12 months)							
Offered, sold, or given alcohol on school property	5.5	4.9	6.1	3.7	5.2	6.8	6.4
Offered, sold, or given marijuana on school property	11.0	9.3	12.7	7.6	11.1	13.2	12.4
Offered, sold, or given prescription drugs on school property	5.1	4.1	6.0	3.6	4.4	5.9	6.7
SAFETY, WEAPONS, AND VIOLENCE							
Didn't go to school because of safety concerns (past 30 days)*	3.5	3.8	3.0	2.8	3.5	3.6	4.0
Had property stolen/deliberately damaged at school (past 12 months)	12.5	9.8	15.2	14.0	13.1	11.0	11.5
Threatened or injured with a weapon on school property (past 12 months) [†]	2.8	1.6	3.8	2.6	2.6	2.8	2.9
Carried a weapon on school property (past 30 days) [†]	1.9	0.9	2.8	1.0	1.7	2.4	2.5
In a physical fight on school property (past 12 months)	3.9	1.6	6.1	4.7	3.8	3.3	3.4
Been bullied on school property (past 12 months) [‡]	17.1	19.3	14.6	20.7	17.6	15.6	13.7
Bullied someone else on school property (past 12 months) [‡]	6.2	4.6	7.7	6.2	6.9	6.0	5.3
SCHOOL ABSENCES (past 30 days)							
Absent from school on 3 or more days	11.0	12.1	9.7	7.4	9.2	11.2	16.7
Absent/missed school because you were sick/had a physical health problem [§]	38.5	42.6	34.2	33.7	38.5	39.8	42.9
Absent/missed school because you were feeling sad or hopeless, or having thoughts about hurting yourself [§]	7.0	9.7	4.1	4.4	6.3	8.2	9.6
Absent/missed school because you had been using alcohol or marijuana [§]	2.5	1.9	3.1	1.4	1.9	3.2	3.6
Absent/missed school because you were behind on school work [§]	15.1	18.8	11.3	8.1	12.8	17.3	23.8
Absent/missed school because you were being bullied or cyberbullied [§]	1.6	1.9	1.4	1.3	1.7	1.6	1.8
Absent/missed school because you were too tired [§]	22.2	27.4	16.7	14.2	20.3	25.0	30.7

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

† For example, a gun, knife, or club

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

§ On one or more of the past 30 days

Table 10-1A. Sociodemographics, General Health, and Student Use of Time by Gender and Grade, 2016
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
		Female	Male	9 th	10 th	11 th	12 th
	(24,385)	(12,154)	(11,958)	(6,491)	(6,198)	(6,145)	(5,352)
SOCIODEMOGRAPHICS							
Students who report being gay/lesbian, bisexual, or "not sure"	13.0	16.7	8.8	13.4	13.1	12.3	13.0
Students who report being transgender	1.5	1.2	1.4	1.3	1.4	1.4	1.6
Students who report having physical disabilities or long-term* health problems	11.2	13.5	8.7	11.1	10.6	11.7	11.4
Students who report having long-term* learning disabilities	10.4	9.5	11.2	9.2	9.9	10.7	12.0
Students who report having an Individualized Education Program (IEP)	16.7	14.9	18.5	16.5	17.8	16.3	16.0
Students who report being eligible to receive a free or reduced-price lunch at school	16.8	16.5	16.9	17.7	17.5	15.6	16.1
GENERAL HEALTH & SLEEP							
Describes general health as very good/excellent	71.5	68.1	75.1	73.5	71.4	70.3	70.6
Absent/missed school because you were sick/had a physical health problem (past 30 days)	38.5	42.6	34.2	33.7	38.5	39.8	42.9
Absent/missed school because you were feeling sad or hopeless, or having thoughts about hurting yourself (past 30 days)	7.0	9.7	4.1	4.4	6.3	8.2	9.6
Absent/missed school because you were too tired (past 30 days)	22.2	27.4	16.7	14.2	20.3	25.0	30.7
Sleeps 8 or more hours on an average school night	26.7	22.4	31.2	37.8	28.1	21.3	17.7
STUDENT ACTIVITIES AND USE OF TIME							
Spends 3 or more hours online (average school day)	58.5	62.7	54.0	57.5	58.7	58.8	58.8
Spends 3 or more hours on social media sites (average school day)	28.5	36.7	19.9	27.5	28.2	29.6	29.0
Spends 3 or more hours on homework/studying outside of school (average school day)	40.3	52.4	27.8	34.2	40.8	44.5	42.7
Spends 3 or more hours on extracurricular activities outside of school (average school day)	25.5	26.3	24.7	21.6	25.4	26.5	29.0
Spends 3 or more hours on "screen time" that is not for school work/homework (average school day)	38.9	36.9	40.8	40.5	39.6	37.2	37.9
Participated in volunteer or community service activities on 3 or more days (past 12 months)	67.3	72.4	61.7	62.2	67.1	68.8	71.8

* Long-term means 6 months or more

Table 10-2A. Online Behaviors and Use of Social Media by Gender and Grade, 2016
MetroWest Region High School Students (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>			
	(24,385)	Female (12,154)	Male (11,958)	9 th (6,491)	10 th (6,198)	11 th (6,145)	12 th (5,352)
ONLINE BEHAVIORS							
Spend 3 or more hours online (average school day)	58.5	62.7	54.0	57.5	58.7	58.8	58.8
Send more than 50 texts, instant messages, or emails on a cell phone (average school day)	32.5	36.0	28.6	27.1	30.4	35.2	38.1
Spend 3 or more hours on social media sites (average school day)	28.5	36.7	19.9	27.5	28.2	29.6	29.0
Posted 3 or more messages or photos/videos on your social media profile (past 7 days)	24.8	30.3	18.9	25.4	24.0	24.3	25.1
HOUSEHOLD RULES, MONITORING, AND COMMUNICATION REGARDING ONLINE BEHAVIOR*							
There are no rules about social media use in your household [†]	66.3	61.5	71.7	51.1	62.5	73.5	80.4
Parent(s)/guardian(s) "never" or "rarely" monitor your social media use in your household	76.0	72.3	80.2	65.8	73.8	81.1	85.0
Parent(s)/guardian(s) "never" or "rarely" discuss how to act appropriately and responsibly online	74.4	68.6	80.9	67.5	73.3	77.2	81.2
ATTITUDES AND EXPERIENCES RELATED TO SOCIAL MEDIA ‡							
I feel more connected to peers because of social media.	64.7	65.9	63.5	68.8	65.0	64.1	60.1
I feel pressure to post things that will be popular and get a lot of comments or "likes."	26.1	33.8	17.7	23.5	26.0	27.1	28.2
I feel badly about myself, excluded, or left out when I see what others post on social media.	23.7	30.0	16.7	21.9	22.7	24.8	25.6
I have gotten support on social media when I've been going through a tough or challenging time.	29.9	35.3	23.8	32.5	30.8	28.4	27.4
Social media keeps me from doing other things that are important, like homework or family responsibilities.	32.8	37.9	27.1	28.1	31.6	35.9	36.1
Being on social media helps me feel better about myself.	22.4	22.4	22.3	25.4	23.3	21.2	19.0
I spend too much time on social media.	42.0	51.5	31.4	39.4	41.3	43.3	44.3

* Among students who use social media

† Such as which sites you can use, how much time you can spend, and where/when you can use social media

‡ Among students who use social media; student responded "agree" or "strongly agree"

Appendix 4:
Optional Questions

High School Optional Questions by Gender and Grade, 2016

Needham High School (Grades 9-12)

MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(1,487)	(743)	(728)	(402)	(425)	(370)	(279)
<i>161a. How much do you think people risk harming themselves (physically or in other ways) if they smoke one or more packs of cigarettes per day?</i>							
No risk	3.4	2.2	4.8	3.6	2.0	3.7	4.8
Slight risk	4.9	4.6	5.1	4.5	5.4	4.0	5.6
Moderate risk	15.5	14.2	17.0	20.4	15.8	14.0	10.8
Great risk	76.2	79.1	73.1	71.5	76.8	78.4	78.8
<i>161b. How much do you think people risk harming themselves (physically or in other ways) if take one or two drinks of an alcoholic beverage nearly every day?</i>							
No risk	3.2	1.5	5.0	3.9	2.0	3.0	4.4
Slight risk	12.7	8.0	18.0	13.2	12.3	13.7	11.6
Moderate risk	31.7	29.1	34.7	34.5	32.6	26.4	34.1
Great risk	52.4	61.4	42.4	48.3	53.1	56.8	49.8
<i>161c. How much do you think people risk harming themselves (physically or in other ways) if they have five or more drinks of an alcohol beverage once or twice a week?</i>							
No risk	4.2	1.9	6.6	3.9	4.0	4.0	5.2
Slight risk	9.7	7.7	11.9	7.2	8.6	10.4	14.1
Moderate risk	26.5	23.7	29.8	31.3	25.7	20.4	29.4
Great risk	59.5	66.7	51.7	57.5	61.7	65.2	51.2
<i>161d. How much do you think people risk harming themselves (physically or in other ways) if they smoke marijuana once or twice a week?</i>							
No risk	12.8	8.2	17.5	8.1	9.8	14.6	21.0
Slight risk	25.4	24.3	26.3	16.0	26.1	30.1	30.2
Moderate risk	29.1	30.9	27.4	35.8	30.2	23.4	26.6
Great risk	32.7	36.6	28.8	40.1	33.9	31.9	22.2
<i>161e. How much do you think people risk harming themselves (physically or in other ways) if they use prescription drugs that are not prescribed to them?</i>							
No risk	2.5	1.4	3.6	2.7	1.7	2.1	3.6
Slight risk	4.8	4.0	5.5	4.2	4.0	5.5	5.6
Moderate risk	19.4	15.6	23.5	21.0	17.5	17.8	22.6
Great risk	73.3	79.0	67.3	72.1	76.7	74.5	68.1

High School Optional Questions by Gender and Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(1,487)	(743)	(728)	(402)	(425)	(370)	(279)
<i>162a. How wrong do your parents feel it would be for you to smoke tobacco?</i>							
Not at all wrong	1.7	0.8	2.6	0.9	1.4	3.0	1.2
A little bit wrong	2.5	1.7	3.3	1.8	3.4	0.9	4.0
Wrong	18.2	15.6	20.8	14.8	16.6	20.7	21.8
Very wrong	77.7	81.9	73.3	82.5	78.6	75.4	73.0
<i>162b. How wrong do your parents feel it would be for you to have one or two drinks of an alcoholic beverage nearly every day?</i>							
Not at all wrong	1.9	1.1	2.8	1.2	1.2	3.6	1.6
A little bit wrong	3.4	1.8	5.1	2.7	3.7	3.9	3.2
Wrong	16.4	12.9	20.0	14.4	15.3	15.7	22.2
Very wrong	78.3	84.2	72.1	81.7	79.8	76.7	73.0
<i>162c. How wrong do your parents feel it would be for you to smoke marijuana?</i>							
Not at all wrong	3.4	2.0	4.9	1.8	3.4	4.3	4.4
A little bit wrong	7.6	6.8	8.4	3.0	6.5	8.8	13.7
Wrong	17.5	15.6	19.3	9.3	15.6	23.1	23.8
Very wrong	71.5	75.6	67.4	85.9	74.4	63.8	58.1
<i>162d. How wrong do your parents feel it would be for you to use prescription drugs not prescribed to you?</i>							
Not at all wrong	1.5	0.6	2.5	0.9	1.4	2.7	0.8
A little bit wrong	1.5	1.2	1.8	1.2	1.1	1.2	2.8
Wrong	9.1	7.4	10.9	8.1	7.4	8.8	13.3
Very wrong	87.9	90.8	84.8	89.8	90.0	87.3	83.1

High School Optional Questions by Gender and Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(1,487)	(743)	(728)	(402)	(425)	(370)	(279)
163a. How wrong do your friends feel it would be for you to smoke tobacco?							
Not at all wrong	8.3	5.1	11.9	4.2	7.9	11.2	11.0
A little bit wrong	14.3	11.4	16.9	11.6	11.9	17.6	16.7
Wrong	32.3	31.0	33.9	31.0	31.6	33.9	32.5
Very wrong	45.1	52.5	37.3	53.1	48.6	37.3	39.8
163b. How wrong do your friends feel it would be for you to have one or two drinks of an alcoholic beverage nearly every day?							
Not at all wrong	7.9	5.2	10.7	7.5	7.6	8.8	7.7
A little bit wrong	15.2	11.7	19.0	13.5	15.8	15.2	17.1
Wrong	33.4	32.0	34.3	29.4	31.4	34.8	39.0
Very wrong	43.5	51.0	36.0	49.5	45.2	41.2	36.2
163c. How wrong do your friends feel it would be for you to smoke marijuana?							
Not at all wrong	24.9	22.2	27.5	8.1	19.8	34.3	42.3
A little bit wrong	22.8	21.9	23.7	16.8	23.2	27.1	24.4
Wrong	20.6	20.0	21.4	26.6	22.0	18.1	14.2
Very wrong	31.7	35.9	27.5	48.5	35.0	20.5	19.1
163d. How wrong do your friends feel it would be for you to use prescription drugs not prescribed to you?							
Not at all wrong	3.6	1.9	5.4	1.5	3.7	4.9	4.5
A little bit wrong	10.0	7.6	12.5	8.4	6.6	12.5	13.8
Wrong	26.3	23.9	29.0	24.8	25.6	25.9	30.1
Very wrong	60.2	66.7	53.0	65.4	64.1	56.7	51.6
164. During the past 30 days, how many times have you used heroin?							
0 times	98.5	99.2	97.7	98.2	98.9	97.9	99.2
1 or 2 times	0.5	0.2	0.8	0.6	0.9	0.3	0.0
3 to 9 times	0.2	0.2	0.3	0.3	0.0	0.3	0.4
10 to 19 times	0.2	0.3	0.0	0.0	0.0	0.6	0.0
20 or more times	0.6	0.2	1.2	0.9	0.3	0.9	0.4

High School Optional Questions by Gender and Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(1,487)	(743)	(728)	(402)	(425)	(370)	(279)
165. During the past 30 days, did you purchase alcohol from a store?							
No, I did not purchase alcohol from a store in the past 30 days.	97.1	98.1	95.9	99.4	98.3	97.0	92.2
Yes, I purchased alcohol from a store in Needham only.	0.5	0.0	1.0	0.3	0.6	0.6	0.4
Yes, I purchased alcohol from a store outside of Needham only.	1.4	1.4	1.5	0.0	0.9	0.9	4.9
Yes, I purchased alcohol at stores both in Needham and outside of Needham.	1.0	0.5	1.7	0.3	0.3	1.5	2.5
166. The last time you tried to purchase cigarettes or other tobacco products in Needham, which of the following occurred?							
I have never tried to purchase cigarettes or other tobacco products in Needham.	97.5	99.5	95.4	98.8	97.2	98.2	95.5
I tried but someone refused to sell them to me because of my age.	1.3	0.2	2.5	0.6	1.4	0.6	2.9
I tried and was able to purchase of them.	1.2	0.3	2.2	0.6	1.4	1.2	1.7
167. The last time you tried to purchase electronic cigarettes (e-cigarettes) or other electronic vapor products in Needham, which of the following occurred?							
I have never tried to purchase electronic cigarettes or other electronic vapor products in Needham.	96.8	99.2	94.2	97.3	97.7	95.8	95.9
I tried but someone refused to sell them to me because of my age.	0.8	0.0	1.5	1.5	0.6	0.6	0.4
I tried and was able to purchase of them.	2.5	0.8	4.3	1.2	1.7	3.6	3.7
168. During your lifetime, have you used an edible form of marijuana?							
Yes	16.4	13.9	19.2	5.2	10.0	24.0	30.6
No	83.6	86.1	80.8	94.8	90.0	76.0	69.4
169. During the past 30 days, have you used an edible form of marijuana?							
Yes	9.2	6.5	12.2	3.9	6.5	13.5	14.8
No	90.8	93.5	87.8	96.1	93.5	86.5	85.2
170. During your life, how many times have you used a synthetic form of marijuana (such as K2 or Spice)?							
0 times	97.0	97.8	96.0	97.6	98.0	96.4	95.5
1 or 2 times	2.1	1.9	2.5	1.8	1.1	2.1	4.1
3 to 9 times	0.5	0.2	0.8	0.0	0.6	0.9	0.4
10 to 19 times	0.0	0.0	0.0	0.0	0.0	0.0	0.0
20 or more times	0.4	0.2	0.7	0.6	0.3	0.6	0.0
171. During the past 30 days, how many times have you used a synthetic form of marijuana (such as K2 or Spice)?							
0 times	98.3	98.4	98.2	99.1	98.6	97.3	98.3
1 or 2 times	0.9	1.1	0.7	0.6	0.6	1.5	0.8
3 to 9 times	0.2	0.2	0.3	0.0	0.3	0.3	0.4
10 to 19 times	0.2	0.0	0.3	0.0	0.0	0.3	0.4
20 or more times	0.4	0.3	0.5	0.3	0.6	0.6	0.0

High School Optional Questions by Gender and Grade, 2016
Needham High School (Grades 9-12)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)			
		Female	Male	9 th	10 th	11 th	12 th
	(1,487)	(743)	(728)	(402)	(425)	(370)	(279)
172a. During the past 30 days, did you get marijuana at a party?							
Yes	10.4	10.8	9.6	3.0	6.8	12.8	22.3
No	89.6	89.2	90.4	97.0	93.2	87.2	77.7
172b. During the past 30 days, did you get marijuana from a friend (not at a party)?							
Yes	14.0	12.6	15.0	5.1	9.7	18.4	26.2
No	86.0	87.4	85.0	94.9	90.3	81.6	73.8
172c. During the past 30 days, did you buy marijuana from a friend or someone else?							
Yes	11.4	9.2	13.4	3.9	8.5	15.3	20.7
No	88.6	90.8	86.6	96.1	91.5	84.7	79.3
172d. During the past 30 days, did you get marijuana from home, <u>with</u> your parent's/guardian's knowledge?							
Yes	1.5	0.6	2.3	0.6	1.1	2.5	2.1
No	98.5	99.4	97.7	99.4	98.9	97.5	97.9
172e. During the past 30 days, did you get marijuana from home, <u>without</u> your parent's/guardian's knowledge?							
Yes	2.4	1.7	3.0	1.8	1.7	2.8	3.7
No	97.6	98.3	97.0	98.2	98.3	97.2	96.3
172f. During the past 30 days, did you buy marijuana at a medical marijuana dispensary with your medical marijuana identification card?							
Yes	1.8	0.5	3.0	1.2	1.4	2.5	2.1
No	98.2	99.5	97.0	98.8	98.6	97.5	97.9
172g. During the past 30 days, did you buy marijuana from a medical marijuana delivery service?							
Yes	1.4	0.6	2.2	1.2	1.1	1.8	1.7
No	98.6	99.4	97.8	98.8	98.9	98.2	98.3
172h. During the past 30 days, did you get marijuana from someone else who has a medical marijuana identification card?							
Yes	3.0	1.2	4.3	2.1	1.4	5.2	3.3
No	97.0	98.8	95.7	97.9	98.6	94.8	96.7
172i. During the past 30 days, did you get marijuana some other way?							
Yes	5.7	3.6	7.5	4.5	3.2	7.0	9.2
No	94.3	96.4	92.5	95.5	96.8	93.0	90.8