

Summary of Results from the 2004-2005 Newton Youth Risk Behavior Survey Grades 7-12

Submitted to:

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BACKGROUND

REPORT FORMAT

In November of 2004, the Newton Public Schools administered the 2004-2005 Newton Youth Risk Behavior Survey to students in grades 6 through 12. The survey was developed and implemented jointly by the Newton Public Schools, the Newton Department of Human Services, and the Newton Health Department. Largely based on the Centers for Disease Control and Prevention's *Youth Risk Behavior Survey*, the questionnaire was designed to gather information on some of the important issues facing youth in Newton, such as substance use, violence and safety, and mental health. A similar survey was conducted during the 1998-1999, 2000-2001, and 2002-2003 school years.

This report summarizes results from the survey for students in grades 7 through 12 (differences in the 6th grade instrument preclude the inclusion of those data in this summary format). The report is designed to provide an overview of key survey data, focusing on four main themes: (1) What do the data from this survey tell us about the challenges facing youth in our community?; (2) Are there any important sub-population differences among respondents (such as by gender or grade)?; (3) How have the data changed since the last administration of the survey?; and (4) How do results in Newton compare to those in Massachusetts as a whole? The summary presents an overview of findings grouped according to the following themes: Alcohol, Tobacco, and Other Drug Use; Violence and Safety; Mental Health; Sexual Behavior; and, Weight Perception and Control. The main results in each section are illustrated using charts that are complemented by supplementary data or information. An appendix containing selected data follows the main results.

WHO CONDUCTED THE SURVEY?

The survey was conducted by the Newton Public Schools, the Newton Department of Human Services, and the Newton Health Department in collaboration with Social Science Research and Evaluation, Inc. (SSRE), a non-profit social science research firm located in Burlington, Massachusetts.

HOW AND WHEN WAS THE SURVEY CONDUCTED?

The survey was administered as a questionnaire in November of 2004 to all students in the Newton public middle and high schools. A stratified, random sample of 3,000 completed surveys representing grades 6 through 12 were selected for analyses. The number of respondents in each grade is as follows:

6 th	7 th	8 th	MS Unknown	9 th	10 th	11 th	12 th	HS Unknown	TOTAL
400	419	425	5	439	434	452	416	10	3,000
Middle School = 1,249				High School = 1,751					

School administrators set aside approximately one period of classroom time for students to complete the survey. The attending classroom teacher was responsible for passing out the questionnaires and maintaining order in the classroom.

The high school version of the survey (grades 9-12) was adapted for use at the middle school level. While many questions remained unchanged, some questions were either omitted or modified to facilitate completion by younger students. A number of additional questions were also omitted or modified in the 6th grade survey instrument.

WHAT DID THE SURVEY ASK ABOUT?

The survey is largely based on the Centers for Disease Control and Prevention's *Youth Risk Behavior Survey*. Questions range from demographic and background items (e.g., gender, age, grade, participation in activities), to student substance use (e.g., alcohol, tobacco, other drugs), to other issues related to student health such as stress, suicide, violence and safety, sexual behavior, dietary behavior, and physical activity.

VALIDITY

There is a good deal of research about the ways in which students respond to surveys and whether they tell the truth. This work indicates that student survey results are reasonably accurate provided that student participation is voluntary and that the respondents cannot be identified. The Newton Youth Risk Behavior Survey met these conditions. The voluntary nature of the survey was explained to both students and their parents. Prior to the survey, parents were given the opportunity to opt their child(ren) out of the survey. In addition, students could choose not to participate or to skip any items. The confidential nature of the survey was highlighted in the questionnaire instructions that asked students *not* to put their name on the questionnaire and explained that their answers would not be viewed by anyone who knows them.

Two other steps were taken to increase validity. First, each questionnaire was reviewed to identify any on which students obviously provided frivolous answers. Such questionnaires were omitted from all analyses. Second, analyses were conducted to test for the reasonableness of responses and for the consistency of responses across related items. When inconsistent responses were identified, the entire case or the suspect items for that case were treated as missing data in all subsequent analyses. These two procedures identified few problems.

The validity of the survey is also bolstered by using a questionnaire based largely upon the CDC *Youth Risk Behavior Survey*. The YRBS is a standardized instrument developed by the CDC in collaboration with other national and local health and education agencies (see Brener, N., Kann, L., McManus, T., Kinchen, S.A., Sundberg E.C., and Ross, J.G. [2002]. "Reliability of the 1999 Youth Risk Behavior Survey Questionnaire." *Journal of Adolescent Health*, 31, 336-342).

NON-RESPONDENTS

It is important to keep in mind that the survey results can be generalized only to students who were present when the survey was administered. The results may not reflect responses that might have been obtained from students who were absent or truant on the day that the survey was administered, nor from students who have dropped out of school.

TRENDS

Trend comparisons can provide extremely useful information on whether certain behaviors have improved, worsened, or stayed the same over time. In fact, it is best to repeat a survey such as this at regular intervals in order to track changes over time. Because this is the fourth administration of the Newton Youth Risk Behavior Survey (similar surveys were administered in 1998, 2000, and 2002), it is possible to look at trends among Newton youth.

COMPARATIVE DATA

A limitation of such data is that it is difficult to compare results from Newton to results from other communities. Making comparisons to other communities is quite complicated – surveys are not exactly alike, the populations used may differ in unknown ways, the timing of the surveys may vary, and so on. Although it is natural to want to compare to other communities, a great deal can be learned simply by looking at Newton data. The most useful comparisons are made by looking at Newton over time.

In addition to trend data for Newton, limited *high school* comparisons can be made to Massachusetts as a whole since the Massachusetts Department of Education administers the *Youth Risk Behavior Survey* to a sample of Massachusetts students every two years. The most recent available state data are from the administration of this survey that occurred in the Spring of 2003. Comparable Massachusetts *middle school* data are not available since Massachusetts does not administer a statewide middle school survey.

WHO HAS THE PROBLEM?

Although this survey was administered to middle and high school students, this does not mean that the problems addressed are confined solely to youth. In fact, national studies of substance use show that rates of use are higher among young adults than adolescents. It is also important to keep in mind that this survey is designed primarily to assess risky behaviors and does not address the many positive aspects of adolescent life.

WHO IS RESPONSIBLE?

Data on drug use among youth is typically collected in public schools because it is comparatively simple to collect data from what is essentially a "captive" audience. The fact that data on youth are collected in schools, however, does not mean that the schools bear the sole or even the largest responsibility for the risky behaviors revealed in these surveys. Issues such as substance use are not school problems; they are community problems that require the attention of all community members and organizations.

Alcohol, Tobacco, and Other Drug Use

What substances are used most often by Newton youth?

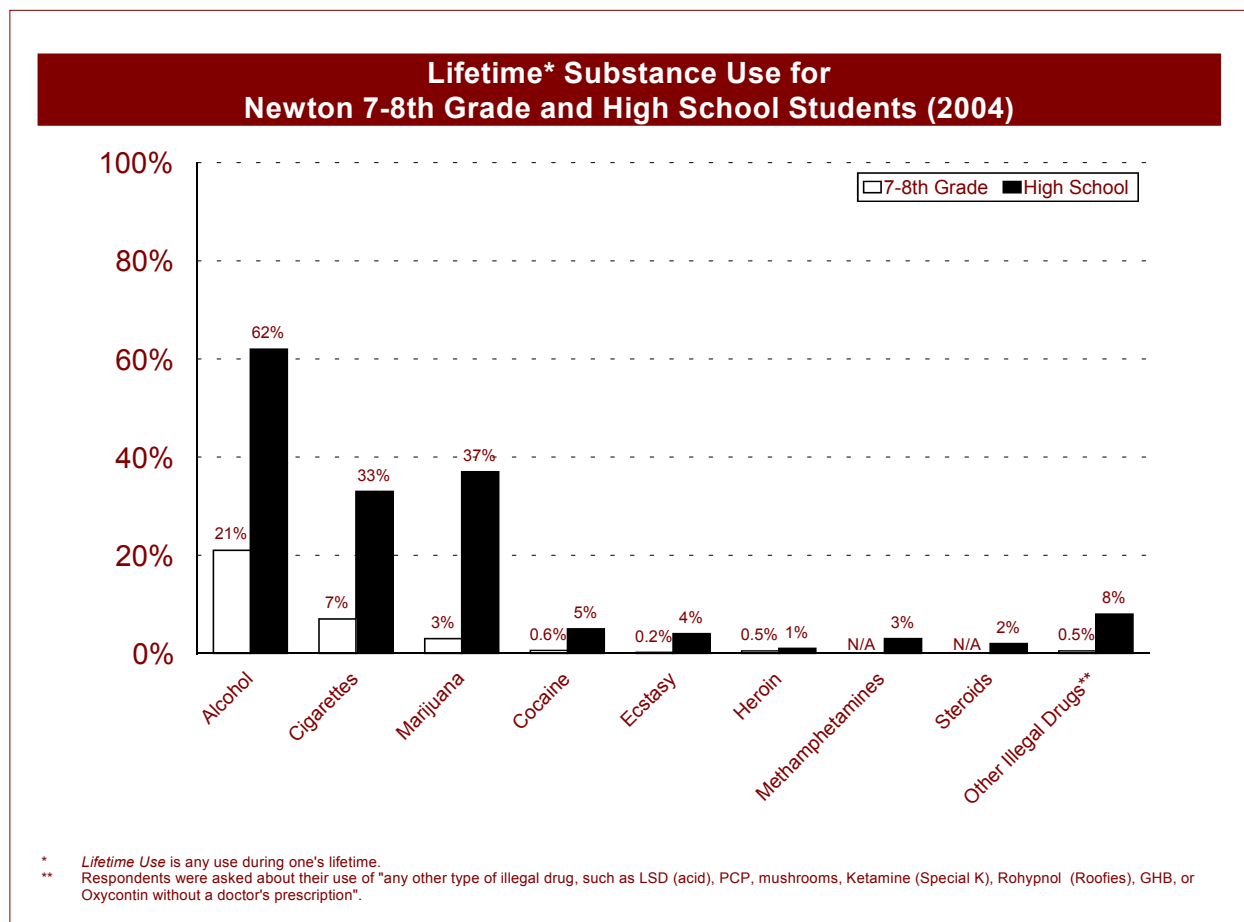
How does use change as youth age?

Are boys or girls more likely to use substances?

How has use changed in Newton over time?

Are rates of substance use higher or lower in Newton than in other places?

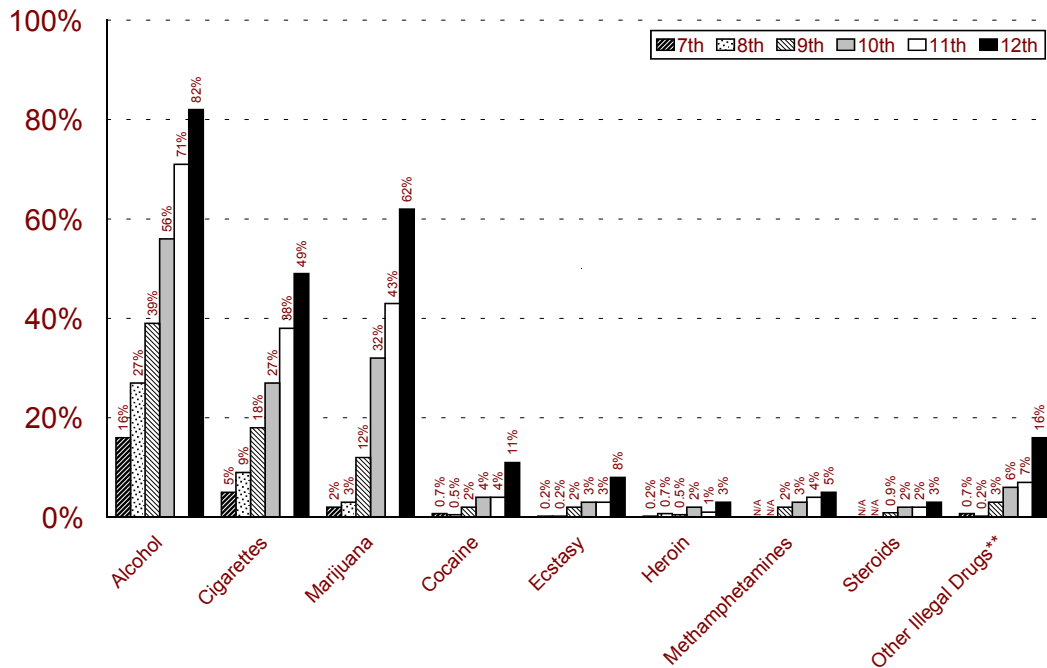
What are some of the consequences of use?



SELECTED POINTS

- Lifetime substance use is any use in one's lifetime.
- The questions about alcohol were preceded by the following instruction, "The next questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, vodka, or whiskey. For these questions, drinking alcohol does NOT include drinking a few sips of wine for religious purposes."
- Alcohol is the substance of choice, with 21% of Newton 7th and 8th graders and 62% of high school students reporting that they had consumed alcohol in their lifetime. Approximately one-third of high school students reported ever smoking marijuana (37%) or cigarettes (33%). Use of illegal drugs is much lower.
- Note that while lifetime cigarette use was higher than marijuana use among Newton 7th and 8th grade students (7% cigarettes, 3% marijuana), the reverse was true among high school students (33% cigarettes, 37% marijuana).

Lifetime* Substance Use for Newton 7-8th Grade and High School Students, by Grade (2004)



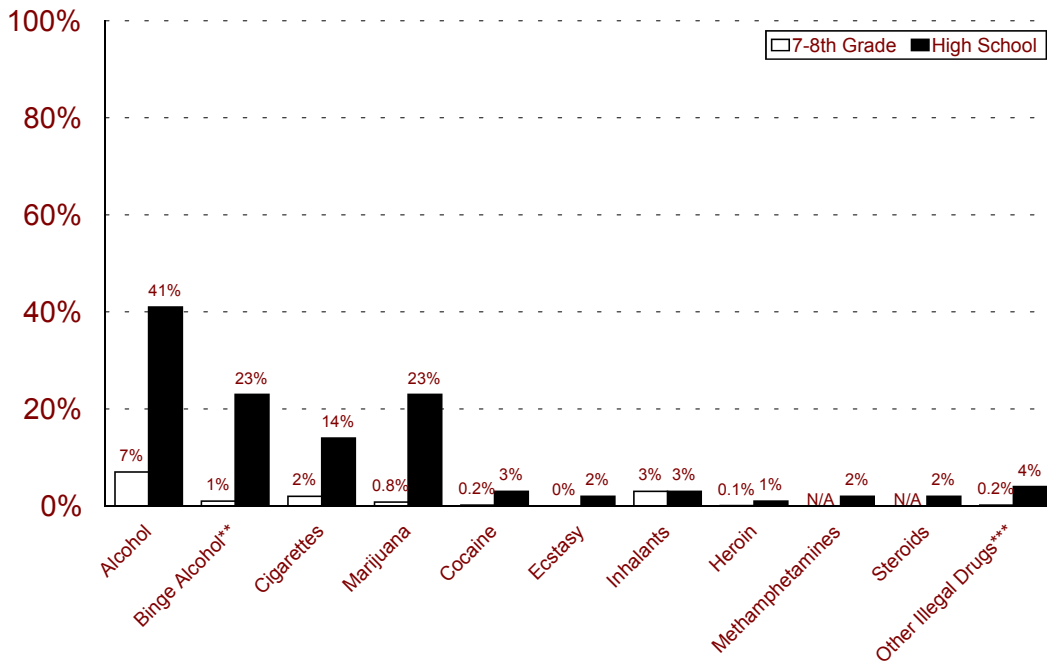
* Lifetime Use is any use during one's lifetime.

** Respondents were asked about their use of "any other type of illegal drug, such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Rofies), GHB, or Oxycontin without a doctor's prescription".

SELECTED POINTS

- Overall, the percentage of students who reported ever using each of these substances increased with age/grade. For example, 16% of Newton 7th graders reported using alcohol at least once in their lifetime, compared to 82% of 12th graders.
- By late Fall of their senior year, over three-quarters of Newton youth have tried alcohol (82%), well over half have tried marijuana (62%), half have tried cigarettes (49%), and approximately one in ten have tried cocaine (11%), ecstasy (8%), or other illegal drugs (16%).
- Note the 12th grade spike in substance use, particularly in use of marijuana, cocaine, ecstasy, and other illegal drugs.

Current* Substance Use for Newton 7-8th Grade and High School Students (2004)



* Current Use is any use in the 30 days prior to the survey.

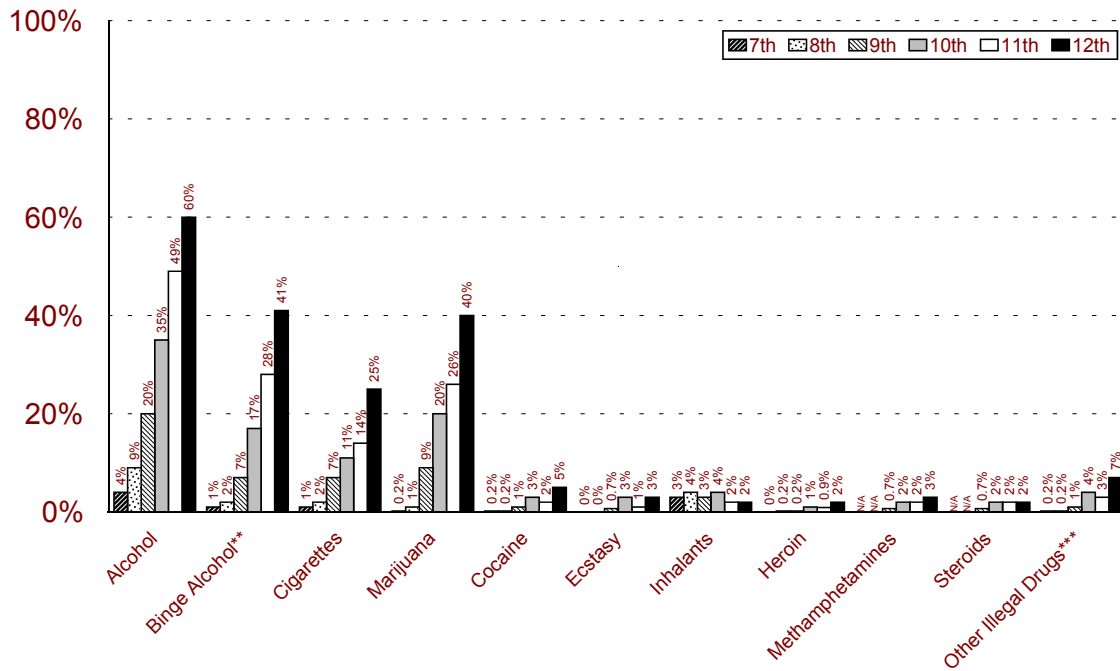
** Binge alcohol use is defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."

*** Respondents were asked about their use of "any other type of illegal drug, such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), GHB, or Oxycontin without a doctor's prescription".

SELECTED POINTS

- Current substance use is any use in the 30 days prior to the survey.
- Alcohol is the substance of choice, with 7% of Newton 7th and 8th graders and 41% of high school students reporting that they had consumed alcohol in the 30 days prior to the survey.
- Twenty-three percent (23%) of high school students reported binge drinking in the same time period. This means that over half of those who drank in the past 30 days engaged in binge drinking.
- Note that the high school rate of current marijuana use (23%) is higher than the rate of current cigarette use (14%).

Current* Substance Use for Newton 7-8th Grade and High School Students, by Grade (2004)



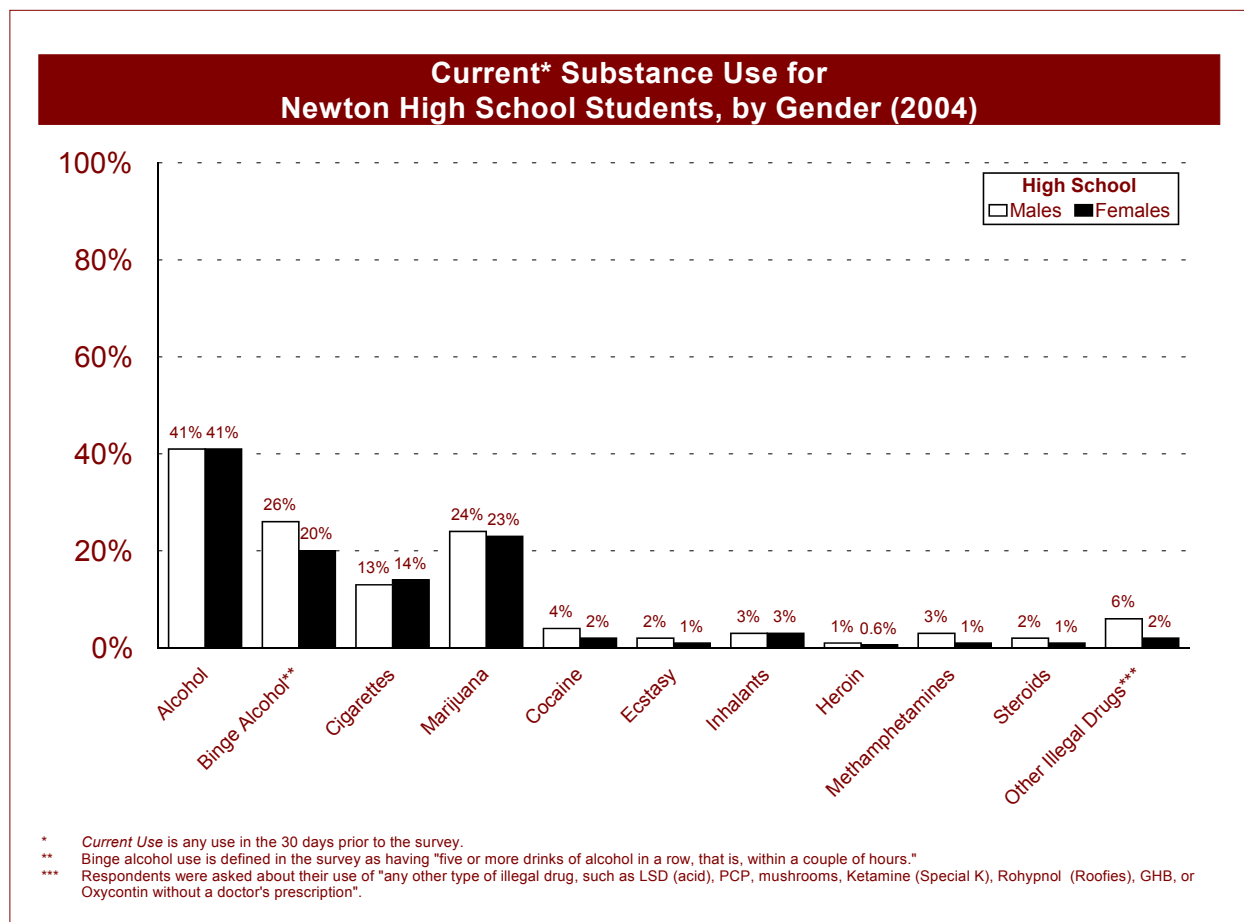
* Current Use is any use in the 30 days prior to the survey.

** Binge alcohol use is defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."

*** Respondents were asked about their use of "any other type of illegal drug, such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), GHB, or Oxycontin without a doctor's prescription".

SELECTED POINTS

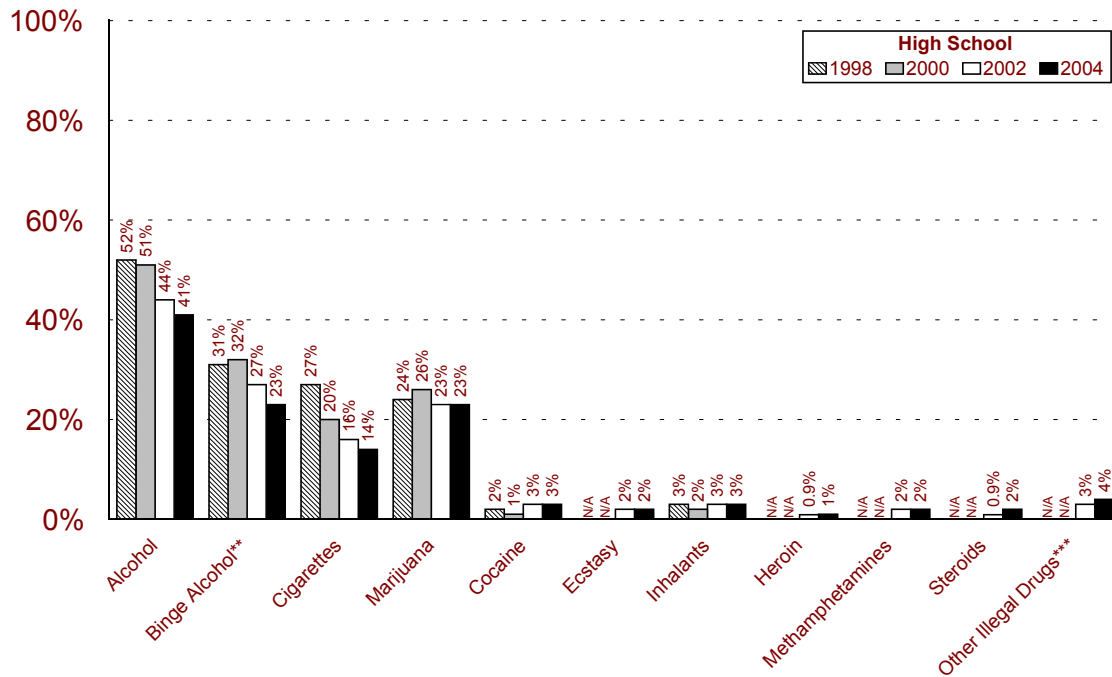
- Overall, the percentage of Newton youth who reported current substance use increased with age/grade. For example, the percentage of students who reported current marijuana use increased from 0.2% in 7th grade to 40% in 12th grade.



SELECTED POINTS

- Overall, Newton high school males and females reported similar rates of current substance use, particularly use of more popular substances like alcohol, cigarettes, and marijuana.
- Males were, however, more likely to report current binge alcohol use and the use of cocaine, ecstasy, methamphetamines, steroids, and other illegal drugs.
- Patterns among Newton 7th and 8th grade students are as follows:
 - Alcohol - 8% males, 5% females
 - Binge Alcohol - 1% males, 1% females
 - Cigarettes - 2% males, 1% females
 - Marijuana - 1% males, 1% females
 - Cocaine - 0.5% males, 0% females
 - Ecstasy - 0% males, 0% females
 - Inhalants - 4% males, 3% females
 - Heroin - 0.2% males, 0% females
 - Methamphetamines - not asked
 - Steroids - not asked
 - Other Illegal Drugs - 0.2% males, 0.3% females

Trends in Current* Substance Use for Newton High School Students (1998, 2000, 2002, 2004)



* Current Use is any use in the 30 days prior to the survey.

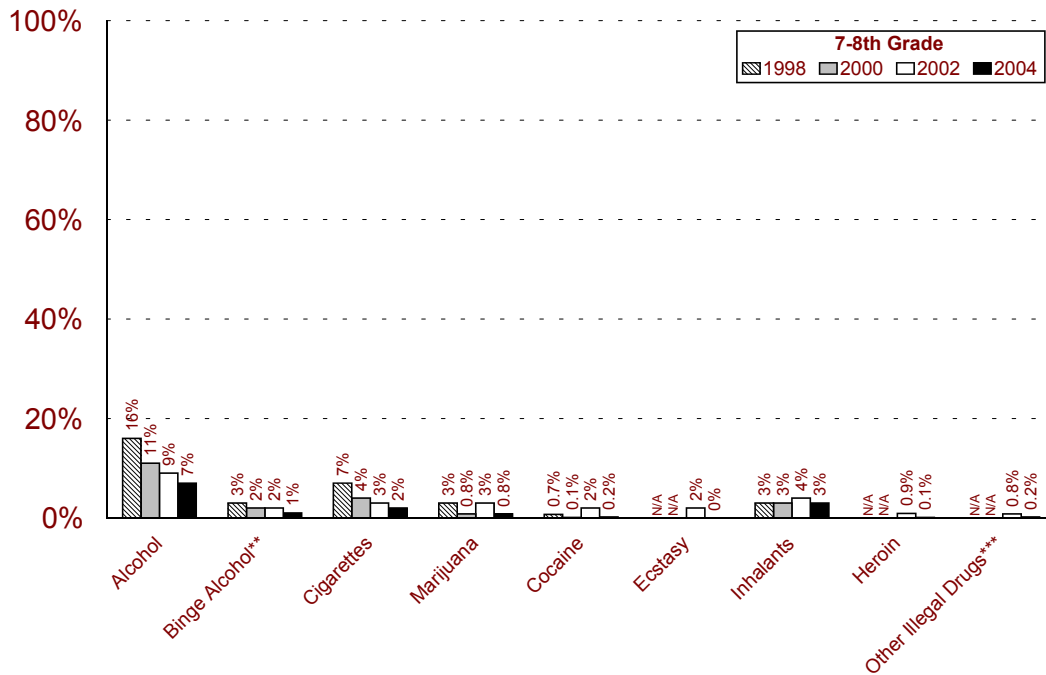
** Binge alcohol use is defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."

*** Respondents were asked about their use of "any other type of illegal drug, such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), GHB, or Oxycontin without a doctor's prescription".

SELECTED POINTS

- **2002 to 2004:** Rates of current alcohol (44% to 41%), binge alcohol (27% to 23%), and cigarette use (16% to 14%) among Newton high school students decreased between 2002 and 2004. Use of other substances showed little change.
- **1998 to 2004:** Overall, rates of current alcohol, binge alcohol, and cigarette use have decreased since 1998. Available data show little change in the rates of current marijuana and other illegal drug use.

Trends in Current* Substance Use for Newton 7-8th Grade Students (1998, 2000, 2002, 2004)



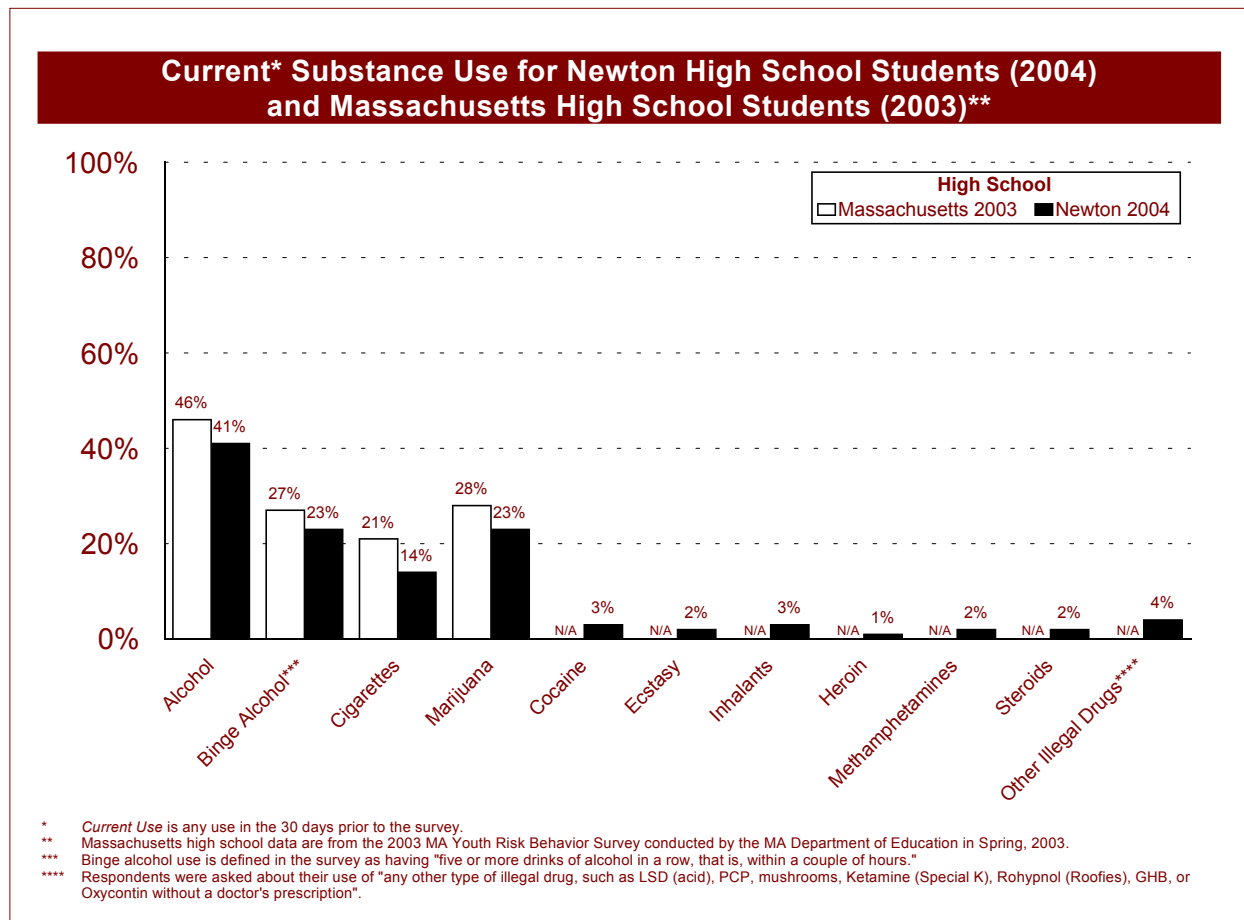
* Current Use is any use in the 30 days prior to the survey.

** Binge alcohol use is defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."

*** Respondents were asked about their use of "any other type of illegal drug, such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), GHB, or Oxycontin without a doctor's prescription".

SELECTED POINTS

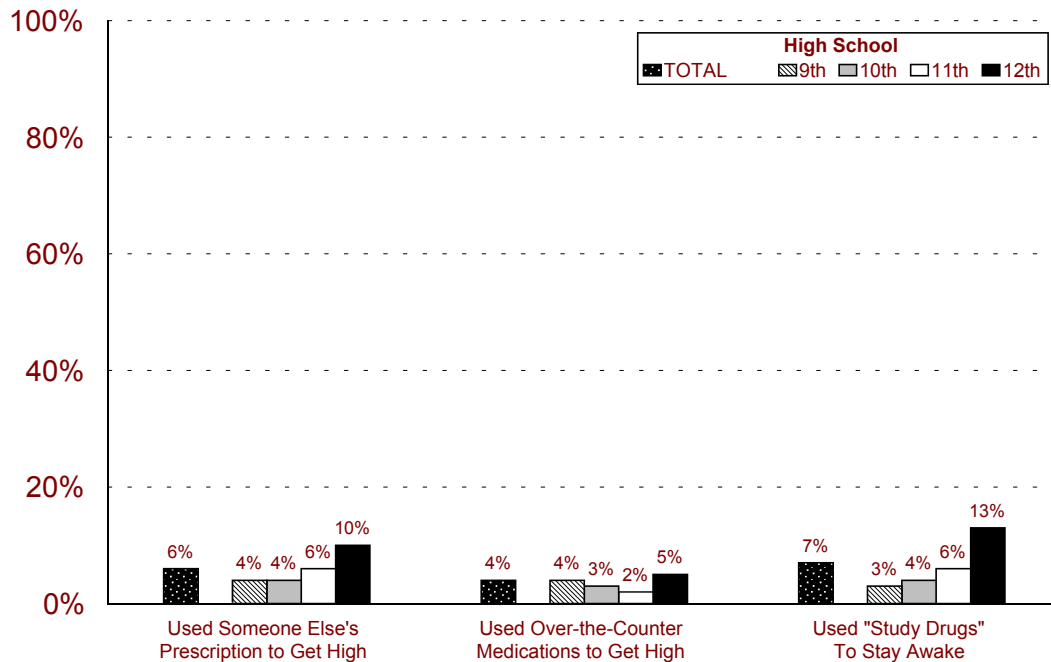
- **2002 to 2004:** Rates of current use by Newton 7th and 8th graders of all substances decreased slightly between 2002 and 2004.
- **1998 to 2004:** Overall, rates of current alcohol, binge alcohol, and cigarette use have decreased since 1998. There is no consistent pattern in rates of current marijuana, cocaine, and inhalant use over time. Data for other substances is limited to 2002 and 2004.



SELECTED POINTS

- Massachusetts data displayed here and elsewhere in this summary are from the 2003 *Massachusetts Youth Risk Behavior Survey*, which was administered during the Spring of the 2003 school year. Note that the Newton survey was administered during the late Fall of the school year, meaning that students were comparatively younger within their grade than Massachusetts survey respondents.
- Current use rates for comparable substances are lower in Newton than in Massachusetts as a whole (comparative data for other substances are not available because the questions were not included in the Massachusetts survey):
 - Alcohol - 41% Newton, 46% MA
 - Binge Alcohol - 23% Newton, 27% MA
 - Cigarettes - 14% Newton, 21% MA
 - Marijuana - 23% Newton, 28% MA

Annual* Use of Someone Else's Prescription, Over-the-Counter Medications, or Study Drugs by Newton High School Students, Total and by Grade (2004)

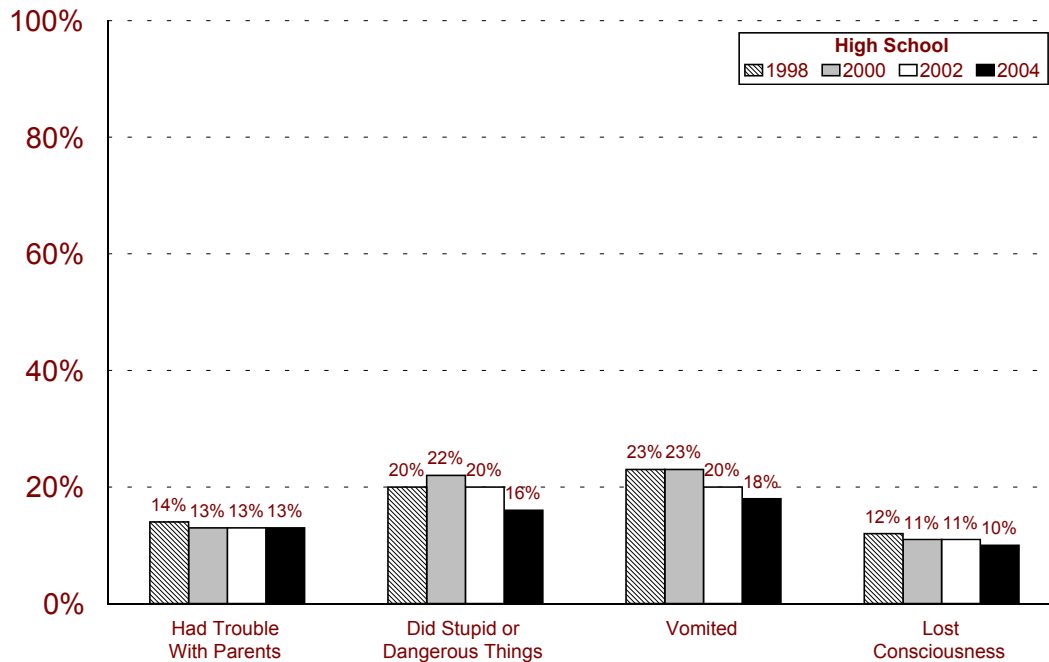


* Annual use is any use in the 12 months prior to the survey.

SELECTED POINTS

- Note that these questions use a 12 month timeframe.
- Six percent (6%) of Newton high school students reported using someone else's prescription medication *to get high* in the 12 months prior to the survey, 4% used over-the-counter medications *to get high*, and 7% used "study drugs" to stay awake. The prevalence of using someone else's prescription and using "study drugs" was remarkably high among 12th graders.
- **Trends:** Trend data reveal no change between 2002 and 2004 in the percent of Newton high school students who reported using over-the-counter medications to get high (4%, 4%). Trend data are not available for other items or for other years.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** There was little difference by gender in reported use of these substances: used someone else's prescription medication *to get high* (5% males, 6% females), used over-the-counter medications *to get high* (3% males, 4% females), used "study drugs" to stay awake (6% males, 7% females).
- **Grade:** Use of these substances was most common among 12th grade students, with 10% reporting using someone else's prescription *to get high*, 5% using over-the-counter medications *to get high*, and 13% using "study drugs" to stay awake.
- **Middle School:** The percentage of 2004 Newton 7th and 8th grade students who used someone else's prescription medication *to get high* in the 12 months prior to the survey was 1%. Data are not available for other items or for other years.

Trends in the Percent of Newton High School Students Who Reported Problems Related to Alcohol or Drugs in the Past 12 Months (1998, 2000, 2002, 2004)

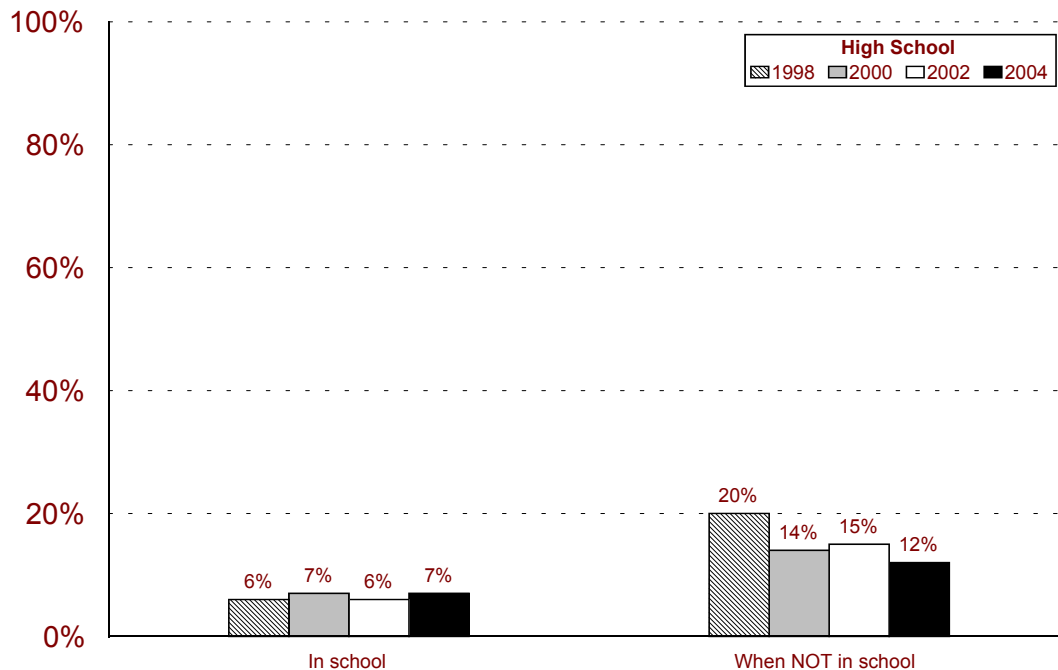


SELECTED POINTS

- Thirteen percent (13%) of 2004 Newton high school students reported that their use of alcohol or other drugs contributed to them getting into trouble with their parents in the 12 months prior to the survey, 16% reported that they did stupid or dangerous things that they wouldn't have otherwise done, 18% vomited, and 10% lost consciousness.
- **Trends:** With some slight decreases between 2002 and 2004, trend data reveal an overall decrease between 1998 and 2004 in the percent of Newton high school students who reported each of these substance use-related issues.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Male students in 2004 were slightly more likely to report these issues: had trouble with parents (15% males, 10% females), did stupid or dangerous things (16%, 16%), vomited (19%, 17%), lost consciousness (12%, 9%).
- **Grade:** The percentage of 2004 Newton high school students who reported each of these problems increased substantially with age/grade: had trouble with parents (4%, 14%, 15%, 18%), did stupid or dangerous things (7%, 15%, 19%, 23%), vomited (6%, 13%, 20%, 33%), lost consciousness (4%, 8%, 12%, 17%).
- **Middle School:** 1998 to 2004 trends for Newton 7th and 8th grade students are as follows: had trouble with parents (2%, 1%, 2%, 1%), did stupid or dangerous things (3%, 3%, 3%, 2%), vomited (3%, 3%, 3%, 2%), lost consciousness (2%, 1%, 2%, 1%).

Violence and Safety

Trends in the Percent of Newton High School Students Who Worry* About Their Safety (1998, 2000, 2002, 2004)

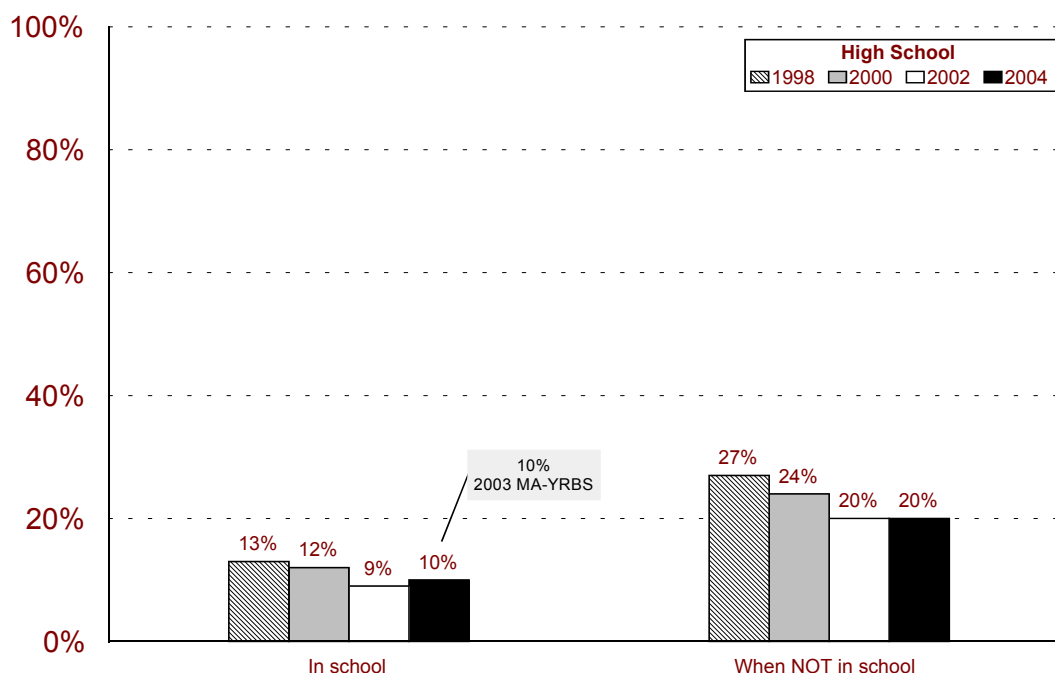


* Represents a combination of "somewhat worried" and "very worried" responses.

SELECTED POINTS

- Respondents reported that they worry about their safety more when they are *out of school* than when they are *in school*. Seven percent (7%) of 2004 Newton high school students reported that they worry about their safety when they are *in school*, compared to 12% who worry about their safety *when they are not in school*.
- **Trends:** There has been little change since 1998 in the percentage of Newton high school students who worry about their safety when they are *in school*. There was a slight decrease between 2002 and 2004 in reported worrying about safety *when not in school*, highlighting in an overall decrease since 1998.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** There was no difference by gender in 2004 in reported worrying about safety *in school* (7% males, 7% females). Females (16%), however, were far more likely than males (8%) to report worrying about their safety *when not in school*.
- **Grade:** The highest percentage of 2004 Newton high school students who reported worrying about their safety both *in school* and *when not in school* were in 9th grade: *in school* (8%, 6%, 6%, 6%), *when not in school* (15%, 10%, 10%, 12%).
- **Middle School:** 1998 to 2004 trends for Newton 7th and 8th grade students are as follows: worried about safety *in school* (9%, 9%, 7%, 8%), worried about safety *when not in school* (23%, 19%, 22%, 17%).

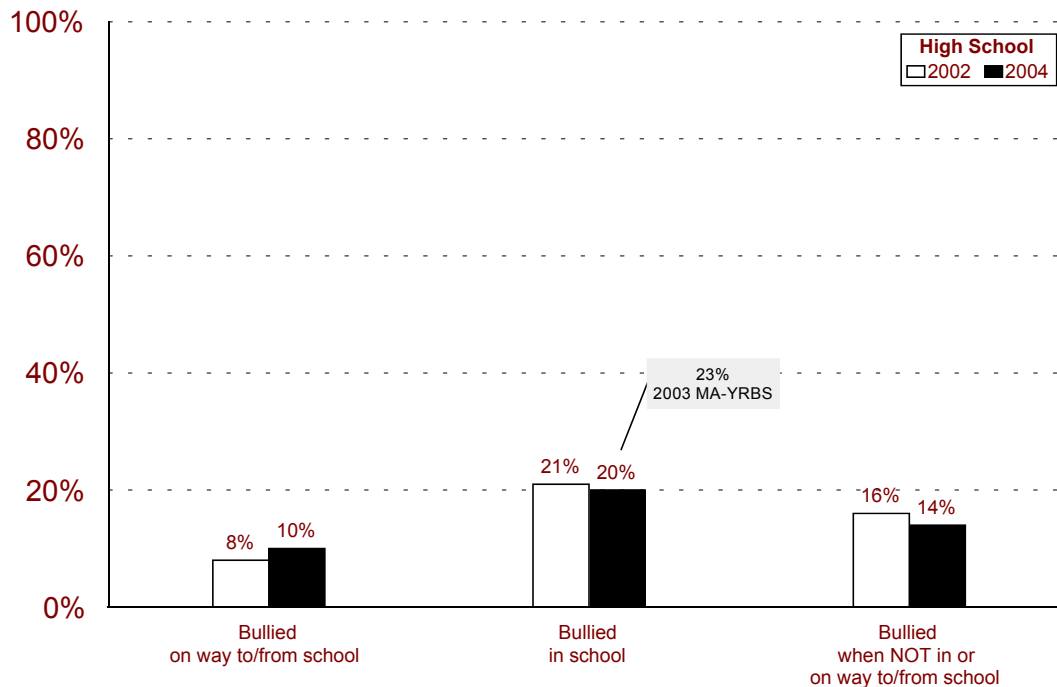
Trends in the Percent of Newton High School Students Who Were in a Physical Fight in the Past 12 Months (1998, 2000, 2002, 2004)



SELECTED POINTS

- Similar to results for concern over safety, respondents were twice as likely to report being in a physical fight when they were *out of school* than when they were *in school*. Ten percent (10%) of 2004 Newton high school students reported that they were in a physical fight *in school* in the 12 months prior to the survey, compared to 20% who were in a fight *when they were not in school*.
- **Trends:** While there was little change between 2002 and 2004 in levels of physical fighting among Newton high school students, there has been an overall decrease since 1998.
- **Comparisons:** The same percentage (10%) of 2004 Newton and 2003 Massachusetts high school students reported being in a physical fight *in school* during the 12 months prior to the survey. The MA survey did not ask about fighting *when not in school*. MA data from the 2003 MA Youth Risk Behavior Survey
- **Gender:** Male students in 2004 were much more likely than females to report physical fighting either *in school* (15% males, 4% females) or *when not in school* (29%, 12%).
- **Grade:** The highest percentage of 2004 Newton high school students who reported fighting both *in school* and *when not in school* were in 9th grade, and fighting in all locations decreased throughout the high school grades: *in school* (14%, 11%, 8%, 6%), *when not in school* (25%, 21%, 20%, 17%).
- **Middle School:** Physical fighting was more common among middle school students; and while there was little change between 2002 and 2004, there has been an overall decline in middle school fighting since 1998. 1998 to 2004 trends for Newton 7th and 8th grade students are as follows: *in school* (17%, 12%, 13%, 12%), *when not in school* (33%, 31%, 28%, 28%).

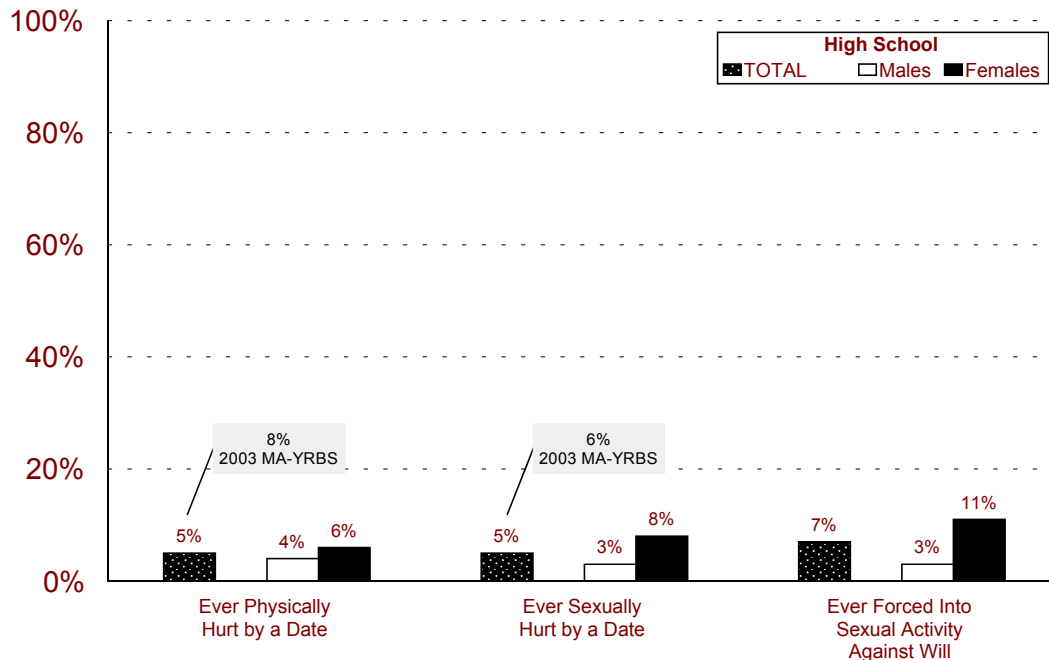
Trends in the Percent of Newton High School Students Who Reported Being Bullied in the Past 30 Days (2002, 2004)



SELECTED POINTS

- In contrast to results related to safety concerns and fighting, respondents were more likely to report being bullied when they were *in school* than when they were *not in school*. Twenty percent (20%) of Newton high school students reported that they had been bullied *in school* in the 30 days prior to the survey, compared to 10% who were bullied *on their way to or from school* and 14% who were bullied when they were *neither in nor on their way to/from school*.
- Trends:** There were only slight changes in reported bullying between 2002 and 2004: *on way to/from school* (8%, 10%), *in school* (21%, 20%), *not in or on way to/from school* (16%, 14%). Data from 1998 and 2000 are not available.
- Comparisons:** A slightly smaller percentage of 2004 Newton (20%) than 2003 MA (23%) high school students reported being bullied *in school* in the 30 days prior to the survey. The MA survey did not ask about bullying in other locations. *MA data from the 2003 MA Youth Risk Behavior Survey*
- Gender:** While male students in 2004 were slightly more likely than females to report being bullied either *on their way to/from in school* (11% males, 9% females) or *in school* (20%, 19%), females (15%) were more likely than males (12%) to report being bullied when they were *neither in school nor on their way to/from school*.
- Grade:** In 2004, Newton 9th graders were most likely to report being bullied in all locations and bullying decreased throughout the high school grades: *on way to/from school* (12%, 10%, 9%, 8%), *in school* (27%, 20%, 19%, 13%), *neither in school nor on way to/from school* (16%, 16%, 13%, 10%).
- Middle School:** Being bullied was far more common among middle school students, particularly among 8th graders. For example, 39% of 2004 Newton 7th graders and 43% of 8th graders reported that they were bullied *in school*. 2002 to 2004 trend data for Newton 7th and 8th graders reveal slight increases: *on way to/from school* (17%, 19%), *in school* (36%, 41%), *not in or on way to/from school* (24%, 25%). Data for 1998 and 2000 are not available.

Percent of Newton High School Students Who Reported Ever Being Hurt by a Date or Forced Into Sexual Activity, Total and by Gender (2004)

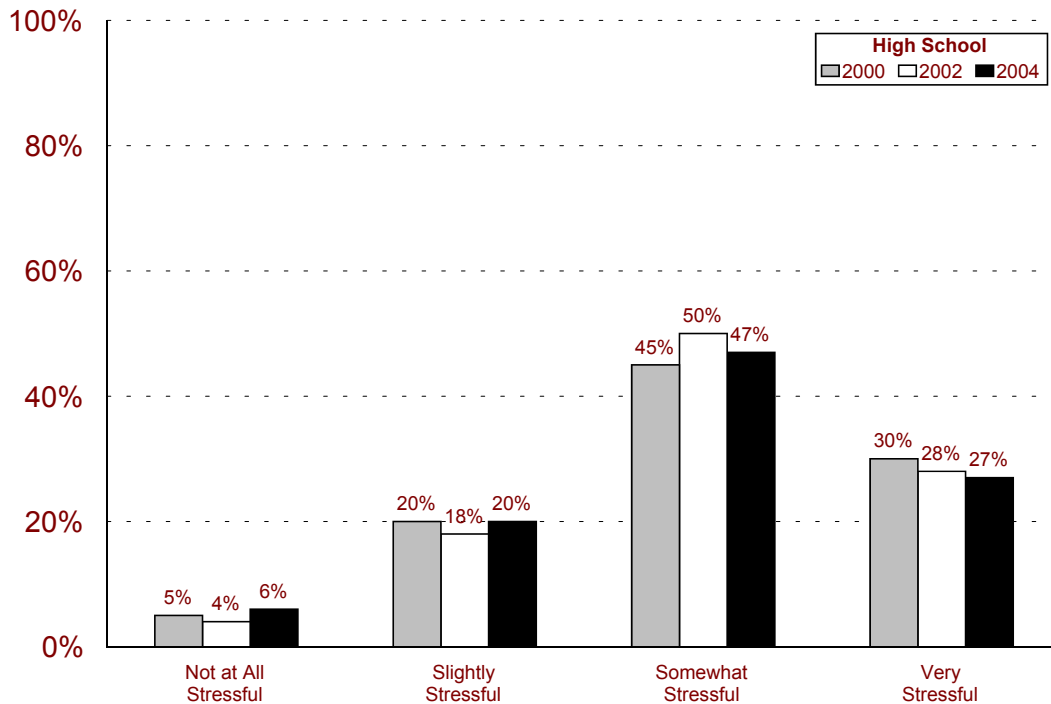


SELECTED POINTS

- Five percent (5%) of Newton high school students reported ever being physically hurt by a date or someone they were going out with and 5% were hurt sexually. Seven percent (7%) reported ever being forced into sexual activity against their will.
- **Trends:** Trend data reveal no change between 2000 and 2004 in the percent of Newton high school students who reported either being hurt physically (5%, 5%, 5%) or sexually (4%, 5%, 5%) by a date or someone they were going out with. Trend data are not available for the item about being forced into sexual activity or for 1998.
- **Comparisons:** Newton high school students were slightly less likely than Massachusetts students to report experiencing dating violence: ever physically hurt by a date (5% Newton, 8% MA), ever sexually hurt by a date (5% Newton, 6% MA). *MA data from the 2003 MA Youth Risk Behavior Survey*
- **Gender:** Female students were more likely to report each of these experiences, particularly sexual violence: ever physically hurt by a date (4% males, 6% females), ever sexually hurt by a date (3%, 8%), ever forced into sexual activity against will (3%, 11%).
- **Grade:** With the exception of decreases among 11th graders, reports of these experiences generally increased with age/grade among Newton high school students: ever physically hurt by a date (4%, 5%, 4%, 6%), ever sexually hurt by a date (4%, 5%, 4%, 8%), ever forced into sexual activity against will (4%, 8%, 5%, 10%).
- **Middle School:** Four percent (4%) of Newton 7th and 8th graders reported ever being forced into sexual activity against their will -- 3% of 7th graders and 4% of 8th graders. Data are not available for other items or for other years.

Mental Health

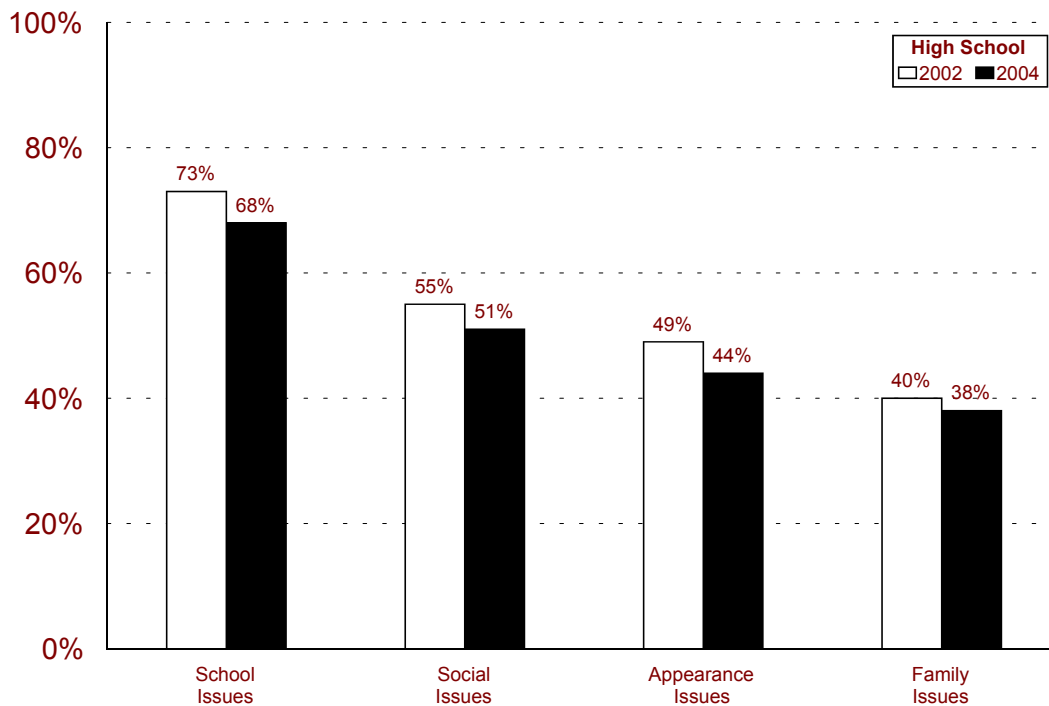
Trends in the Perceived Life Stress by Newton High School Students (2000, 2002, 2004)



SELECTED POINTS

- In 2004, 6% of Newton high school students described their lives as *not at all stressful*, 20% as *slightly stressful*, 47% as *somewhat stressful*, and 27% as *very stressful*.
- **Trends:** While the percentage of students who described their lives as either *somewhat* or *very stressful* showed little change between 2000 (75%) and 2004 (74%), there was a decrease between 2002 (78%) and 2004 (74%). Data for 1998 are not available.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female students in 2004 (83%) were much more likely than males (65%) to describe their lives as either *somewhat* or *very stressful*.
- **Grade:** The percentage of 2004 Newton high school students who described their lives as *somewhat* or *very stressful* increased with age/grade (65%, 74%, 78%, 81%).
- **Middle School:** Perceived stress was lower among middle school students, with 41% of 2004 Newton 7th graders and 55% of 8th graders describing their lives as *somewhat* or *very stressful*. In 2002, 51% of Newton 7th and 8th graders described their lives this way compared to 48% in 2004. Data for 1998 and 2000 are not available.

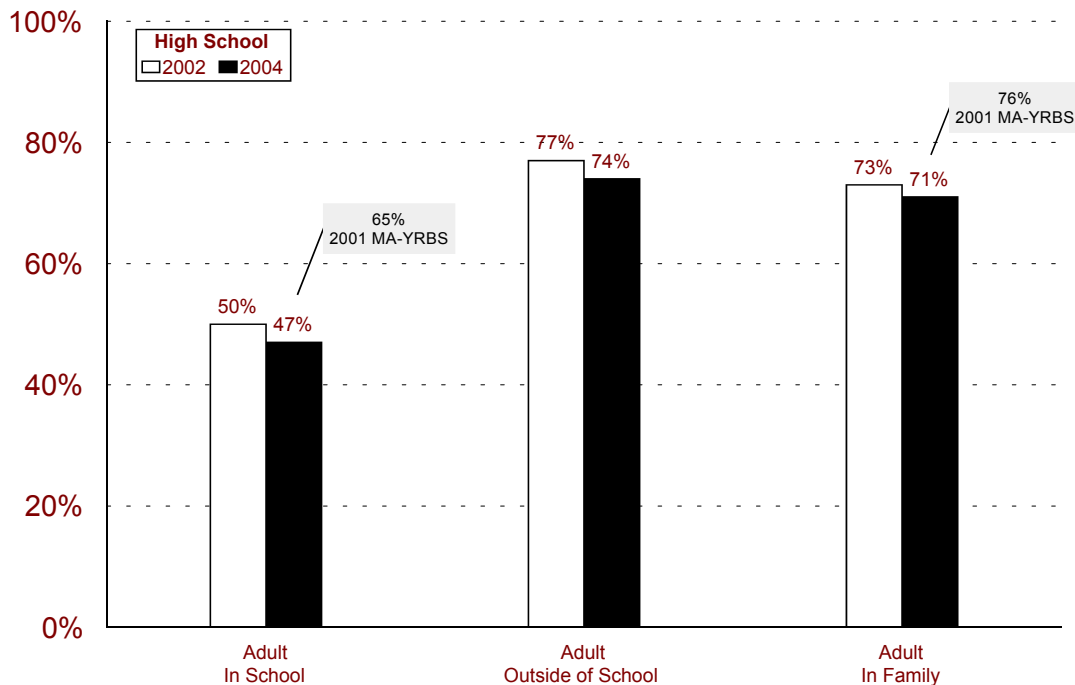
Trends in the Percent of Newton High School Students Who Worry Often or Almost Every Day About Various Issues (2002, 2004)



SELECTED POINTS

- In 2004, Newton high school students reported worrying most about *school* issues (68%), followed by *social* issues (51%), *appearance* issues (44%), and *family* issues (38%).
- **Trends:** The percentage of Newton high school students who reported worrying *often* or *almost every day* decreased between 2002 and 2004: *school* issues (73%, 68%), *social* issues (55%, 51%), *appearance* issues (49%, 44%), *family* issues (40%, 38%). Data for 1998 and 2000 are not available.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female students in 2004 were more likely than males to report frequent worrying about each of these issues: *school* issues (58% males, 78% females), *social* issues (43%, 58%), *appearance* issues (29%, 59%), *family* issues (32%, 44%).
- **Grade:** The percentage of 2004 Newton high school students who reported worrying frequently about these issues varied by item with age/grade: *school* issues (64%, 66%, 75%, 66%), *social* issues (53%, 50%, 52%, 48%), *appearance* issues (43%, 43%, 45%, 44%), *family* issues (33%, 41%, 38%, 40%).
- **Middle School:** Concern about these issues was comparatively lower among 2004 Newton 7th and 8th graders: *school* issues (7th - 45%, 8th - 53%), *social* issues (29%, 40%), *appearance* issues (26%, 35%), *family* issues (23%, 28%). Trend data reveal decreases between 2002 and 2004 among 7th and 8th graders: *school* issues (2002 - 51%, 49%), *social* issues (39%, 35%), *appearance* issues (36%, 30%), *family* issues (27%, 26%). Data for 1998 and 2000 are not available.

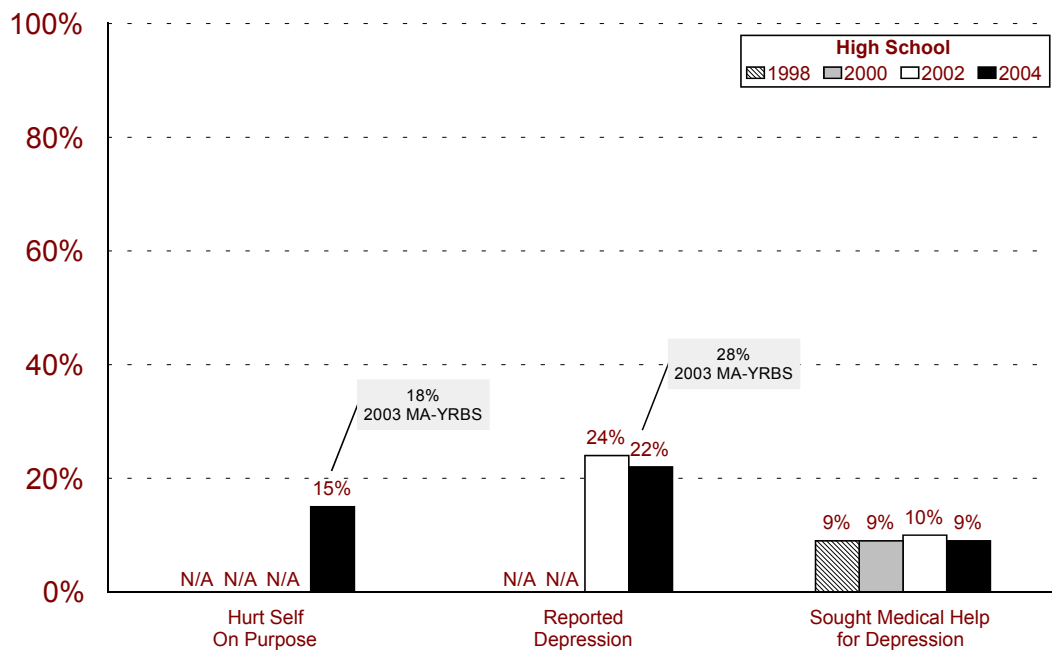
Trends in the Percent of Newton High School Students Who Report Having Adults to Talk with If They Have a Problem (2002, 2004)



SELECTED POINTS

- In 2004, just under half (47%) of Newton high school reported that there was a trusted *school* adult that they could go to with a personal problem. Larger percentages reported having an adult *outside of school* (74%) or a *family* adult (71%) to talk to.
- **Trends:** The percentage of Newton high school students who reported having each type of adult support decreased between 2002 and 2004: adult *in school* (50%, 47%), adult *outside of school* (77%, 74%), *family* adult (73%, 71%). Data for 1998 and 2000 are not available.
- **Comparisons:** Comparative data from the *2001 Massachusetts Youth Risk Behavior Survey* (2003 data are not available) show that Newton high school students are less likely to report having either a *school* (47% Newton, 65% MA) or *family* (71%, 76%) adult that they can talk to about a problem. The MA survey does not ask about an adult *outside of school* in the same manner as Newton.
- **Gender:** There was little difference by gender in 2004 in reported adult support: *school* adult (47% males, 47% females), adult *outside of school* (73%, 75%), *family* adult (72%, 70%).
- **Grade:** Perceived adult support among 2004 Newton high school students varied with age/grade: *school* adult (39%, 43%, 48%, 59%), adult *outside of school* (77%, 72%, 71%, 77%), *family* adult (74%, 68%, 68%, 74%).
- **Middle School:** 2002 and 2004 trends in perceived support for Newton 7th and 8th graders are as follows: *school* adult (53%, 50%), adult *outside of school* (79%, 79%), *family* adult (80%, 77%). Data for 1998 and 2000 are not available.

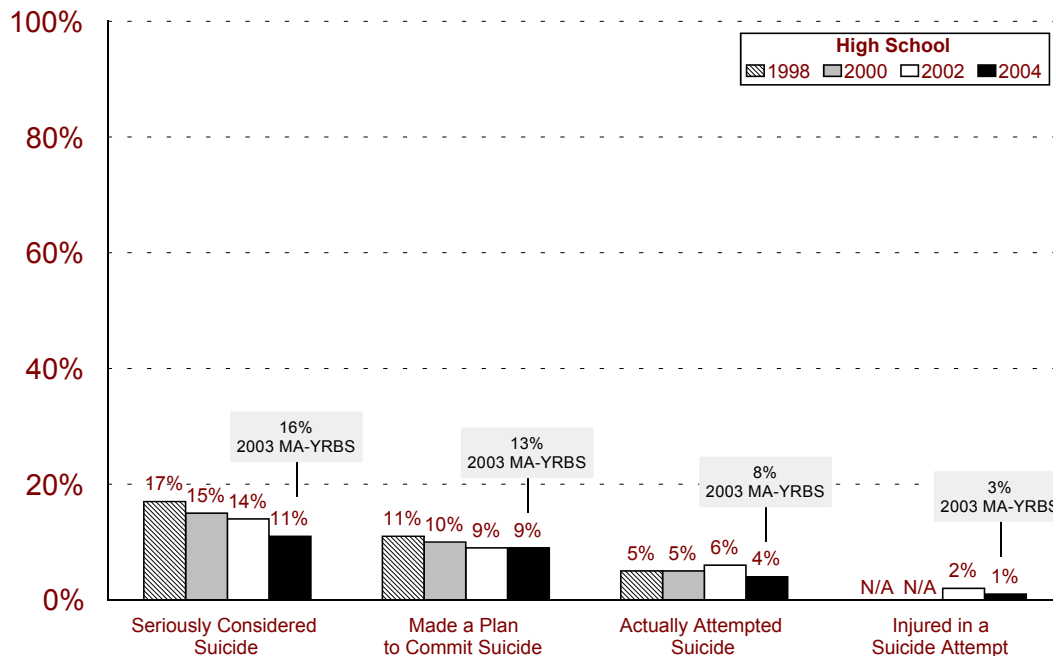
Trends in the Percent of Newton High School Students Who Reported Hurting Themselves on Purpose, Being Depressed, and Seeking Medical Help for Depression in the Past 12 Months (1998, 2000, 2002, 2004)



SELECTED POINTS

- Fifteen percent (15%) of 2004 Newton high school students reported that they hurt themselves on purpose (e.g., cutting, burning) in the 12 months prior to the survey, while 22% reported experiencing depression and 9% sought medical help for depression.
- **Trends:** There was virtually no change between 1998 and 2004 in the percent of Newton high school students who reported being treated medically for depression, and there was little change between 2002 and 2004 in the percent who reported experiencing depression. Trend data for self-harm and for other years are not available.
- **Comparisons:** A smaller percentage of 2004 Newton than 2003 Massachusetts high school students reported hurting themselves on purpose (15% Newton, 18% MA) and experiencing depression (22%, 28%) in the 12 months prior to the survey. The MA survey did not ask about seeking medical help for depression. *MA data from the 2003 MA Youth Risk Behavior Survey*
- **Gender:** In 2004, Newton females were twice as likely as males to have reported any of these issues: hurt self on purpose (10% males, 20% females), reported depression (15%, 29%), sought medical help for depression (7%, 12%).
- **Grade:** The percentage of 2004 Newton high school students who reported hurting themselves on purpose showed little change with age/grade (16%, 15%, 14%, 15%). The percentage who reported experiencing depression (18%, 22%, 26%, 22%) or seeking medical help for depression (7%, 9%, 10%, 12%) tended to increase with age/grade.
- **Middle School:** While these mental health issues were less common among 7th and 8th grade students, they did increase with age/grade: self-harm (7th - 8%, 8th - 13%), reported depression (12%, 16%). Between 2002 and 2004, the percentage of Newton 7th and 8th graders who reported experiencing depression changed only slightly (16%, 14%). Data for 1998 and 2000, and for other items, are not available.

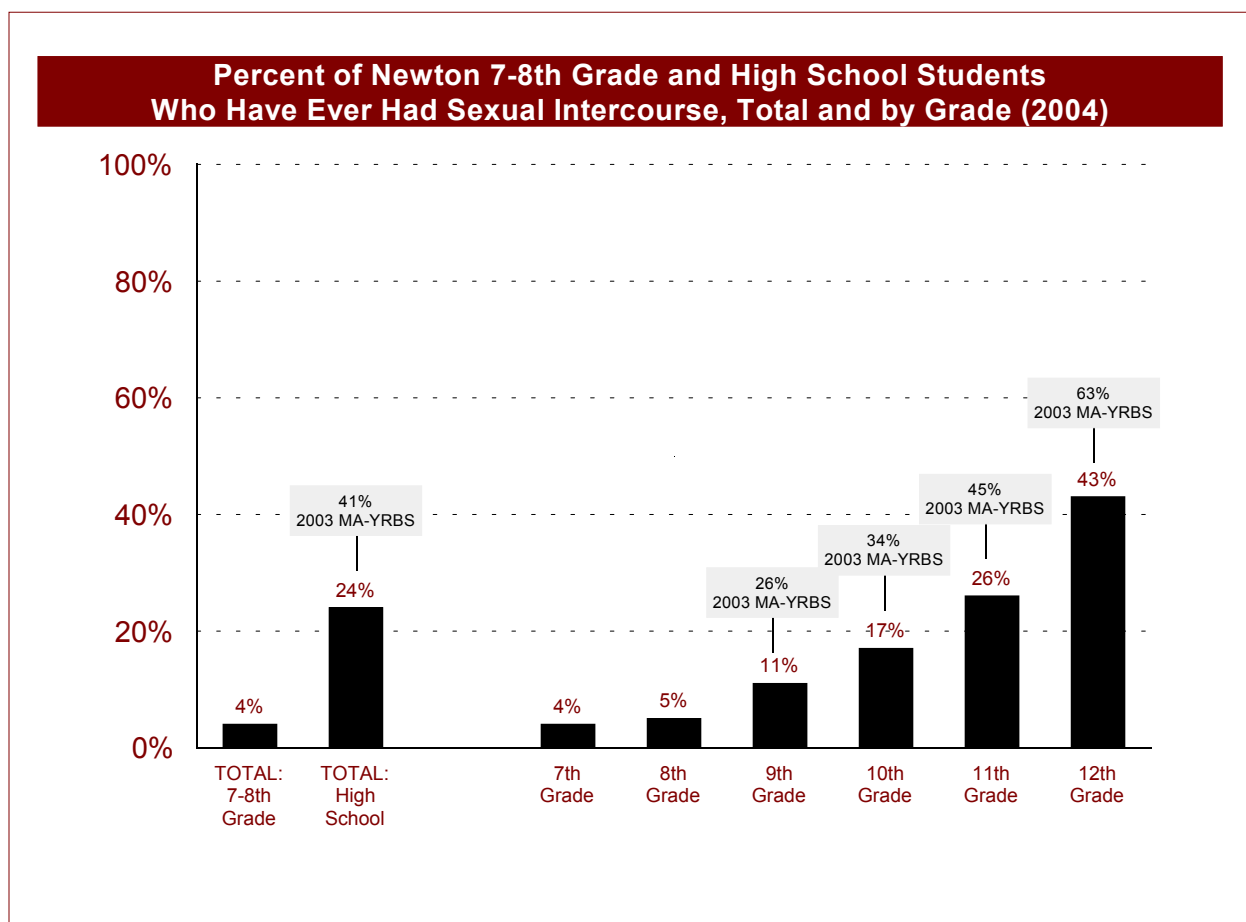
Trends in the Percent of Newton High School Students Who Reported Considering, Planning, Attempting, & Being Injured in a Suicide Attempt in the Past 12 Months (1998, 2000, 2002, 2004)



SELECTED POINTS

- Eleven percent (11%) of 2004 Newton high school students reported that *seriously considered* suicide in the 12 months prior to the survey, 9% *made a plan* to commit suicide, 4% *actually attempted* suicide, and 1% were *injured in a suicide attempt* and had to receive medical treatment.
- **Trends:** Overall, there has been a decrease since 1998 in the percent of Newton high school students who have *considered* or *planned* suicide. The percentage who *actually attempted* suicide has remained rather constant, with a slight decrease from 2002 to 2004.
- **Comparisons:** A smaller percentage of 2004 Newton than 2003 Massachusetts high school students reported *considering* (11% Newton, 16% MA), *planning* (9%, 13%), and *attempting* suicide (4%, 8%), or being *injured in a suicide attempt* (1%, 3%). MA data from the 2003 MA Youth Risk Behavior Survey
- **Gender:** In 2004, female high school students were more likely than males to have *considered* (7% males, 14% females), *planned* (6%, 11%), and *attempted* suicide (3%, 5%); however, there was little difference in the percentage who were *injured in a suicide attempt* (2%, 1%).
- **Grade:** The percentage of 2004 Newton high school students who reported each of these suicidal ideations and behaviors showed little change with age/grade: *considered* (10%, 10%, 11%, 11%), *planned* (8%, 9%, 9%, 8%), *attempted* (4%, 5%, 3%, 3%), *injured in a suicide attempt* (2%, 1%, 2%, 1%).
- **Middle School:** These mental health issues were less common among Newton 7th and 8th grade students, but did increase with age/grade: *considered* (7th - 8%, 8th - 12%), *planned* (6%, 10%), and *attempted* suicide (2%, 2%). Between 1998 and 2004, the percentage of Newton 7th and 8th graders who reported these issues varied only slightly: *considered* (13%, 13%, 12%, 10%), *planned* (8%, 8%, 6%, 8%), and *attempted* suicide (3%, 4%, 3%, 2%). The middle school survey did not ask about being injured in a suicide attempt.

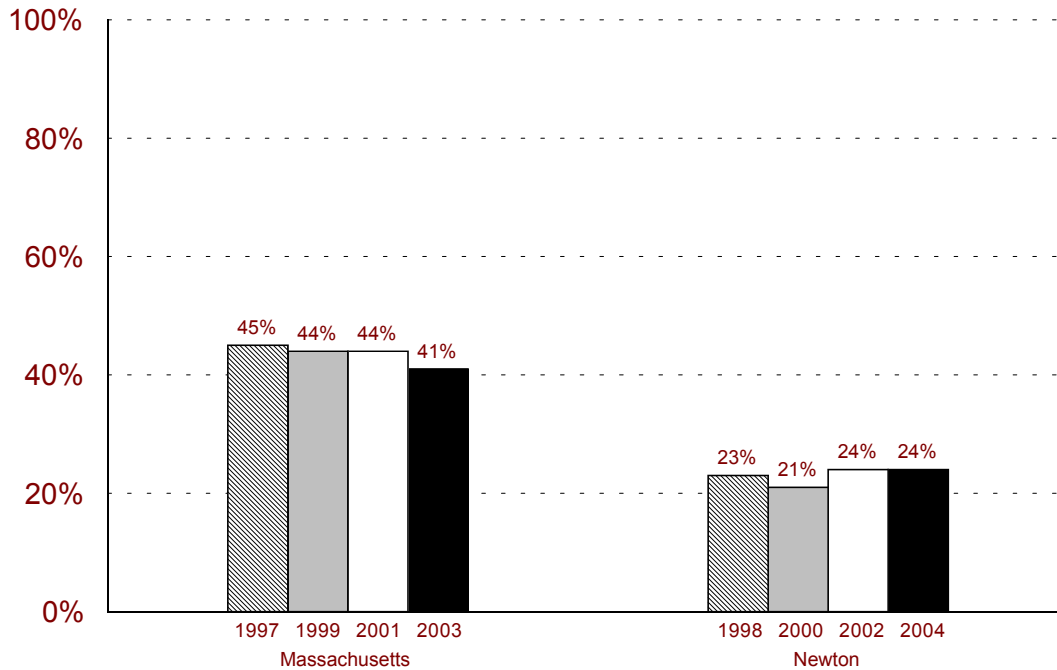
Sexual Behavior



SELECTED POINTS

- In 2004, 4% of Newton 7th and 8th graders and 24% of high school students reported ever having sexual intercourse.
- **Trends:** There has been little change between 1998 and 2004 in the percent of Newton high school students who have ever had sexual intercourse (23%, 21%, 24%, 24%).
- **Comparisons:** A much smaller percentage of Newton (24%) than Massachusetts (41%) high school students reported ever having sexual intercourse. This difference is consistent across all grades (9th - 11% Newton, 26% MA; 10th - 17% Newton, 34% MA; 11th - 26% Newton, 45% MA; 12th - 43% Newton, 63% MA). *MA data from the 2003 MA Youth Risk Behavior Survey*
- **Gender:** A larger percentage of Newton high school males (27%) than females (21%) reported ever having sexual intercourse.
- **Grade:** As displayed in the chart, the percent of students who reported ever having sexual intercourse increased with age/grade between 7th and 12th grade (4%, 5%, 11%, 17%, 26%, 43%).
- **Middle School:** Between 1998 and 2004, the percent of Newton 7th and 8th grade students who reported ever having sexual intercourse decreased (7%, 5%, 5%, 4%).

Trends in the Percent of Newton and Massachusetts* High School Students** Who Have Ever Had Sexual Intercourse

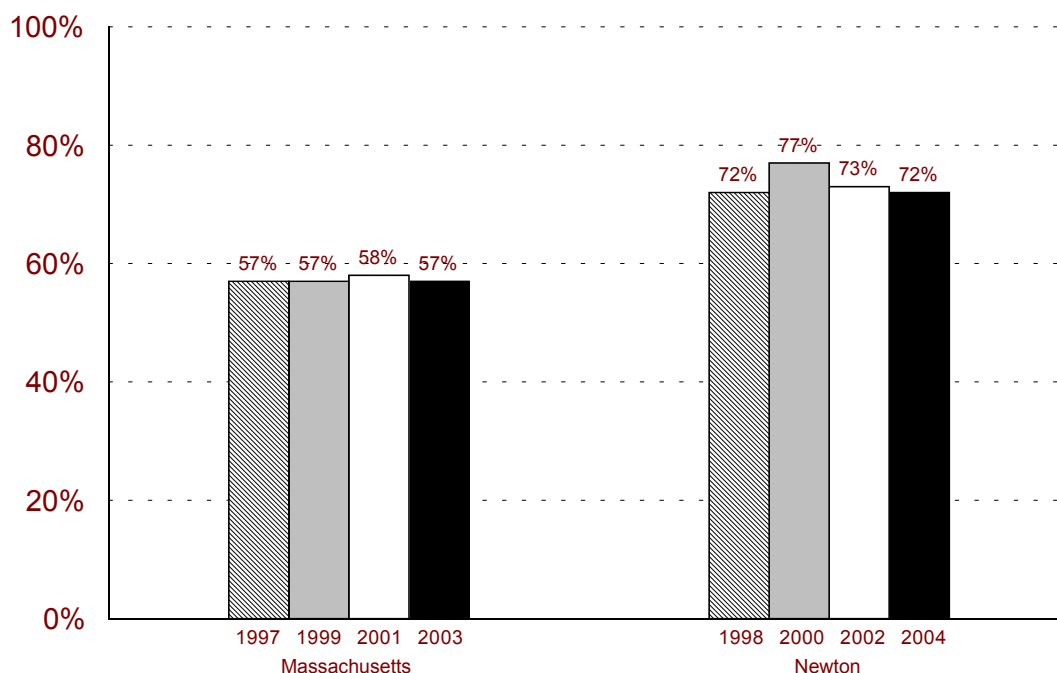


* Massachusetts high school data are from the MA Youth Risk Behavior Survey conducted by the MA Department of Education in Spring of 1997, 1999, 2001, and 2003.
 ** Trend data for Newton 7-8th grade students are as follows: 7% in 1998, 5% in 2000, 5% in 2002, 4% in 2004.

SELECTED POINTS

- The reported level of lifetime sexual intercourse among Newton high school students has remained well below the statewide level in comparative years:
 - 23% Newton 1998 vs. 45% MA 1997
 - 21% Newton 2000 vs. 44% MA 1999
 - 24% Newton 2002 vs. 44% MA 2001
 - 24% Newton 2004 vs. 41% MA 2003

Trends in the Percent of Sexually Active Newton and Massachusetts* High School Students Who Used a Condom the Last Time They Had Sexual Intercourse



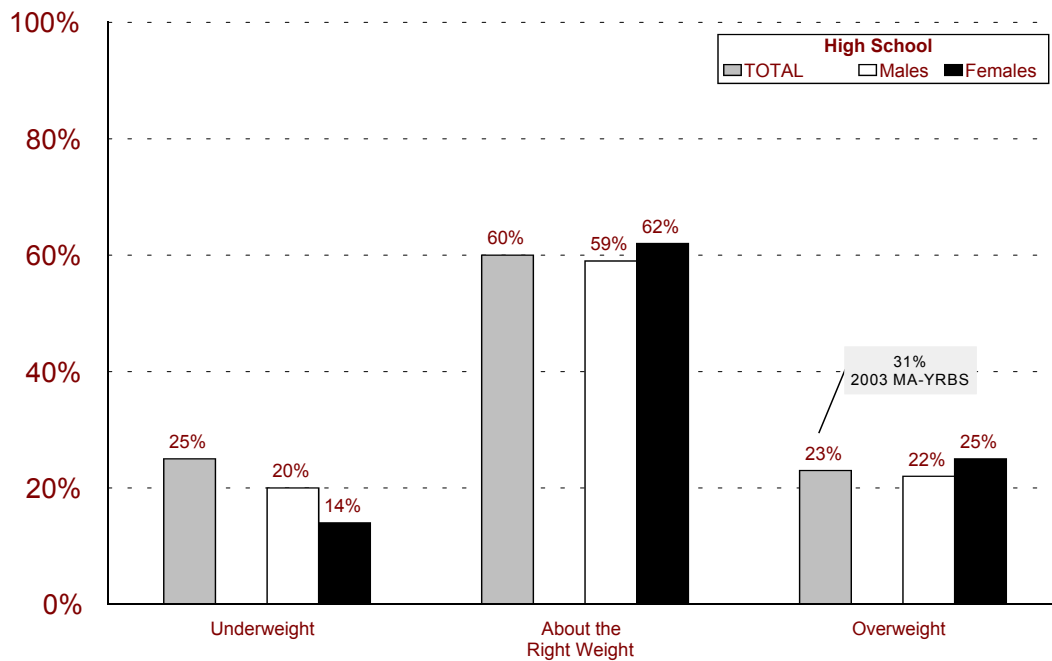
* Massachusetts high school data are from the MA Youth Risk Behavior Survey conducted by the MA Department of Education in Spring of 1997, 1999, 2001, and 2003.

SELECTED POINTS

- In 2004, 72% of sexually active Newton high school students indicated that they or their partner used a condom the last time they had sexual intercourse.
- **Trends:** With the exception of a jump in 2000, there has been little overall change between 1998 and 2004 in the percent of sexually active Newton high school students who reported using a condom at last intercourse (72%, 77%, 73%, 72%).
- **Comparisons:** The reported use of condoms at last intercourse by sexually active Newton youth has consistently remained well above the statewide high school average: 72% Newton 1998 vs. 57% MA 1997, 77% Newton 2000 vs. 57% MA 1999, 73% Newton 2002 vs. 58% MA 2001, 72% Newton 2004 vs. 57% MA 2003. *MA data from the MA Youth Risk Behavior Survey*
- **Gender:** In 2004, a larger percentage of sexually active Newton high school males (74%) than females (71%) reported that they or their partner used a condom the last time they had sexual intercourse.
- **Grade:** In 2004, the percent of sexually active Newton high school students who reported using a condom during their last intercourse increased from 68% in 9th grade to 74% in 10th grade and 78% in 11th grade, and then dropped to 70% in 12th grade.

Weight Perception and Control

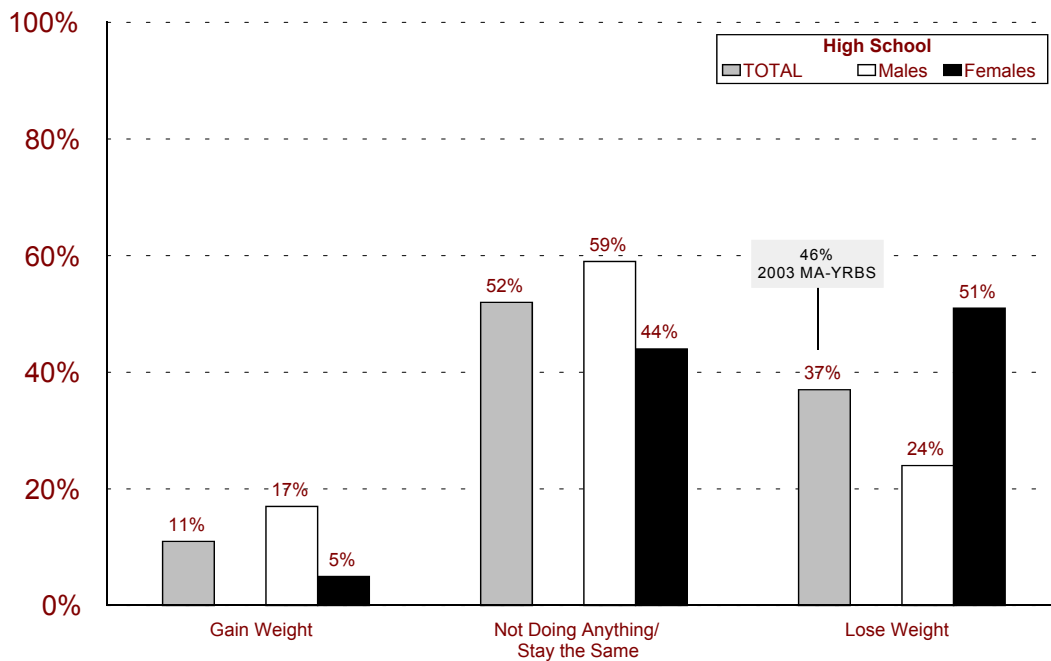
Perception of Body Weight by Newton High School Students, Total and by Gender (2004)



SELECTED POINTS

- Twenty-five percent (25%) of Newton high school students described themselves as *underweight*, 60% as *about the right weight*, and 23% as *overweight*.
- Fourteen percent (14%) of Newton high school females described themselves as *underweight* compared to 20% of males, 62% as *about the right weight* compared to 59% of males, and 25% as *overweight* compared to 22% of males.
- **Trends:** Overall, there were no substantive differences between 1998 and 2004 in the percent of Newton high school students who described themselves as *overweight* (25%, 23%, 24%, 23%).
- **Comparisons:** A smaller percentage of Newton (23%) than Massachusetts (31%) high school students described themselves as *overweight*. MA data from the 2003 MA Youth Risk Behavior Survey
- **Gender:** Female high school students were somewhat more likely to describe themselves as *overweight* (22% males, 25% females), while males were more likely to describe themselves as *underweight* (20%, 14%).
- **Grade:** Differences in described weight by age/grade among Newton high school students were inconsistent: *underweight* (28%, 13%, 16%, 19%), *about the right weight* (60%, 61%, 60%, 60%), *overweight* (21%, 26%, 24%, 21%).
- **Middle School:** 2002 and 2004 trends in perceived weight for Newton 7th and 8th graders are as follows: *underweight* (22%, 21%), *about the right weight* (53%, 55%), *overweight* (25%, 24%). Data for 1998 and 2000 are not available.

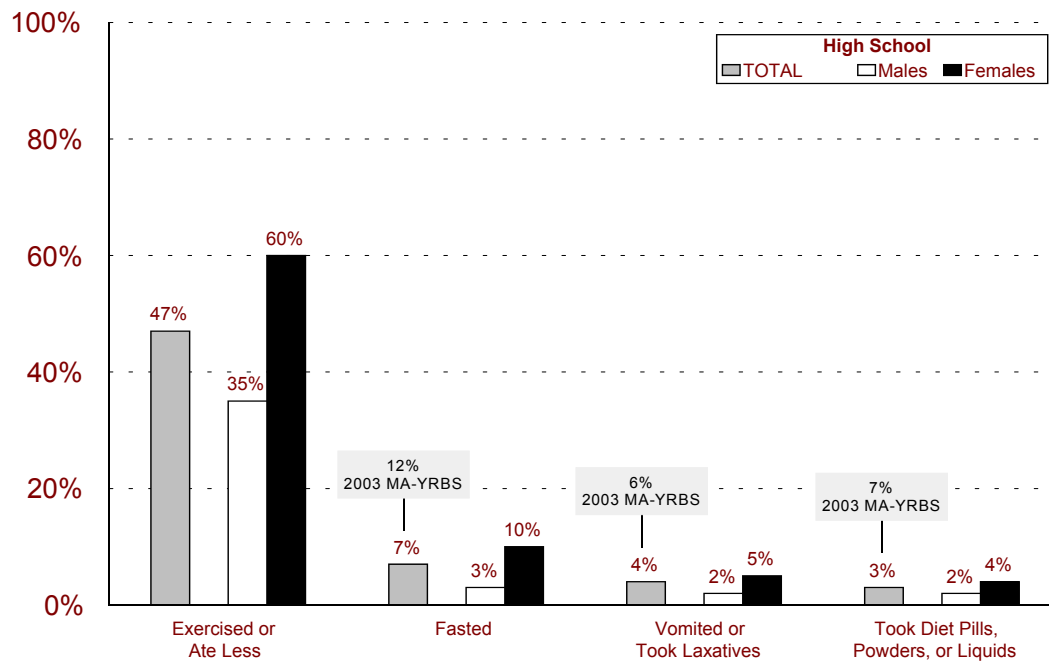
Percent of Newton High School Students Reporting Attempts to Change Their Weight, Total and by Gender (2004)



SELECTED POINTS

- Eleven percent (11%) of Newton high school students reported that they were currently trying to *gain weight*, 52% *not doing anything about their weight*, and 37% trying to *lose weight*.
- Five percent (5%) of Newton high school females reported that they were trying to *gain weight* compared to 17% of males, 44% that they were *not doing anything about their weight* compared to 59% of males, and 51% that they were trying to *lose weight* compared to 24% of males.
- **Trends:** There was little overall change between 1998 and 2004 in the percent of Newton high school students who reported that they were trying to *lose weight* (36%, 39%, 39%, 37%).
- **Comparisons:** A smaller percentage of Newton (37%) than Massachusetts (46%) high school students reported that they were currently trying to *lose weight*. MA data from the 2003 MA Youth Risk Behavior Survey
- **Gender:** Female high school students were much more likely to report trying to *lose weight* (24% males, 51% females), while males were more likely to report trying to *gain weight* (17%, 5%).
- **Grade:** Differences in described weight by age/grade among Newton high school students were inconsistent: *gain weight* (10%, 10%, 13%, 12%), *not doing anything* (55%, 50%, 52%, 49%), *lose weight* (35%, 40%, 35%, 40%).
- **Middle School:** 1998 to 2004 trends in current weight control methods among Newton 7th and 8th graders are as follows: trying to *gain weight* (8%, 8%, 8%, 8%), *not doing anything about weight* (61%, 62%, 58%, 60%), trying to *lose weight* (31%, 31%, 34%, 32%).

Percent of Newton High School Students Who Used Various Methods* to Lose or Maintain Their Weight in the Past 30 Days, Total and by Gender (2004)



* Respondents could check all that apply.

SELECTED POINTS

- Forty-seven percent (47%) of Newton high school students reported that they had *exercised or eaten less* in the 30 days prior to the survey in order to lose or maintain their weight. Seven percent (7%) had *fasted*, 4% *vomited or took laxatives*, and 3% *took diet pills, powders, or liquids*.
- Sixty percent (60%) of Newton high school females reported that they had *exercised or eaten less* to lose or maintain their weight compared to 35% of males, 10% had *fasted* compared to 3% of males, 5% *vomited or took laxatives* compared to 2% of males, and 4% *took diet pills, powders, or liquids* compared to 2% of males.
- Trends:** There has been little change between 1998 and 2004 in the use of these weight loss/control methods by Newton high school students: *exercised or ate less* (N/A, N/A, 51%, 47%), *fasted* (N/A, N/A, 7%, 7%), *vomited or took laxatives* (3%, 4%, 4%, 4%), *took diet pills, powders, or liquids* (3%, 4%, 3%, 3%).
- Comparisons:** Smaller percentages of Newton than Massachusetts high school students reported *fasting* (7% Newton, 12% MA), *vomiting or taking laxatives* (4%, 6%), and *taking diet pills, powders, or liquids* (3%, 7%). Comparable MA data about *exercising or eating less* are not available due to reporting differences. MA data from the 2003 MA Youth Risk Behavior Survey
- Gender:** Female high school students were much more likely than males to report using each of these weight loss/maintenance methods.
- Grade:** Differences in method use by age/grade among Newton high school students were inconsistent: *exercised or ate less* (46%, 49%, 47%, 48%), *fasted* (6%, 7%, 8%, 6%), *vomited or took laxatives* (3%, 4%, 4%, 3%), *took diet pills, powders, or liquids* (2%, 3%, 2%, 5%).
- Middle School:** 1998 to 2004 trends in current weight control methods among Newton 7th and 8th graders are as follows: *exercised or ate less* (N/A, N/A, 39%, 43%), *fasted* (N/A, N/A, 7%, 5%), *vomited or took laxatives* (2%, 2%, 2%, 2%), *took diet pills, powders, or liquids* (1%, 1%, 1%, 0.4%).

Appendix A:

Selected Middle School Data Tables

2004-2005 NEWTON YOUTH RISK BEHAVIOR SURVEY

Alcohol, Tobacco, and Other Drug Use – Middle School (N≈1,249)

	TOTAL 2004 (1249)	GENDER Males (655) Females (591)		GRADE 6 th (400) 7 th (419) 8 th (425)		
LIFETIME (any use in lifetime)						
Cigarettes	5.5%	6.2%	4.8%	2.0%	5.3%	8.8%
Alcohol	18.2%	22.8%	13.1%	11.3%	15.5%	26.5%
Marijuana (<i>7 & 8th grade ONLY</i>)	2.6%	3.7%	1.5%	N/A	2.2%	3.1%
Cocaine (<i>7 & 8th grade ONLY</i>)	0.6%	1.1%	0.0%	N/A	0.7%	0.5%
Ecstasy (<i>7 & 8th grade ONLY</i>)	0.2%	0.2%	0.3%	N/A	0.2%	0.2%
Inhalants (<i>7 & 8th grade ONLY</i>)	12.6%	15.0%	10.1%	N/A	12.2%	13.0%
Heroin (<i>7 & 8th grade ONLY</i>)	0.5%	0.9%	0.0%	N/A	0.2%	0.7%
Methamphetamines	N/A	N/A	N/A	N/A	N/A	N/A
Steroids (no prescription)	N/A	N/A	N/A	N/A	N/A	N/A
Other Illegal Drugs ¹ (<i>7 & 8th grade ONLY</i>)	0.5%	0.7%	0.3%	N/A	0.7%	0.2%
CURRENT (any use in past 30 days)						
Cigarettes	1.4%	1.8%	1.0%	1.0%	1.2%	2.1%
Alcohol	5.6%	7.8%	3.3%	3.6%	4.4%	8.7%
Marijuana (<i>7 & 8th grade ONLY</i>)	0.8%	0.9%	0.8%	N/A	0.2%	1.4%
Cocaine (<i>7 & 8th grade ONLY</i>)	0.2%	0.5%	0.0%	N/A	0.2%	0.2%
Ecstasy (<i>7 & 8th grade ONLY</i>)	0.0%	0.0%	0.0%	N/A	0.0%	0.0%
Inhalants (<i>7 & 8th grade ONLY</i>)	3.4%	3.6%	3.3%	N/A	2.9%	4.0%
Heroin (<i>7 & 8th grade ONLY</i>)	0.1%	0.2%	0.0%	N/A	0.0%	0.2%
Methamphetamines	N/A	N/A	N/A	N/A	N/A	N/A
Steroids (no prescription)	N/A	N/A	N/A	N/A	N/A	N/A
Other Illegal Drugs ¹ (<i>7 & 8th grade ONLY</i>)	0.2%	0.2%	0.3%	N/A	0.2%	0.2%
ANNUAL (any use in the past 12 months)						
Used someone else's prescription medication to get high (<i>7 & 8th grade ONLY</i>)	1.4%	1.4%	1.5%	N/A	1.0%	1.9%
Used over-the-counter medication to get high	N/A	N/A	N/A	N/A	N/A	N/A
Used "study drugs" to stay awake	N/A	N/A	N/A	N/A	N/A	N/A

¹ This item asked about "any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), GHB, or Oxycontin without a doctor's prescription".

2004-2005 NEWTON YOUTH RISK BEHAVIOR SURVEY

Violence and Safety – Middle School (N≈1,249)

	TOTAL 2004 (1249)	GENDER Males (655) Females (591)		GRADE 6 th (400) 7 th (419) 8 th (425)		
CARRIED A WEAPON¹ (30 days)						
When in school (<i>7 & 8th grade ONLY</i>)	2.0%	3.4%	0.5%	N/A	1.4%	2.6%
When NOT in school (<i>7 & 8th grade ONLY</i>)	12.4%	18.0%	6.3%	N/A	11.8%	13.0%
IN A PHYSICAL FIGHT (12 months)						
When in school	11.5%	17.9%	4.4%	9.9%	10.4%	14.2%
When NOT in school	25.8%	36.3%	14.2%	21.2%	27.6%	28.1%
BULLYING (30 days)						
Bullied/harassed on way to/from school	15.8%	17.8%	14.1%	8.7%	19.4%	18.8%
Bullied/harassed in school	33.4%	36.9%	29.9%	17.1%	38.7%	43.4%
Bullied/harassed when NOT in school and NOT on way to/from school	19.8%	20.7%	18.9%	9.7%	22.2%	26.9%
WORRIED ABOUT SAFETY						
Worried when in school (somewhat/very)	7.8%	9.3%	6.1%	8.3%	8.0%	7.2%
Worried when NOT in school (somewhat/very)	16.2%	14.4%	18.2%	15.7%	16.5%	16.7%
Stayed home from school out of fear for safety (30 days)	1.8%	1.7%	1.9%	1.3%	2.4%	1.6%
DATING VIOLENCE						
Physically hurt <i>only</i> by date (ever)	N/A	N/A	N/A	N/A	N/A	N/A
Sexually hurt <i>only</i> by a date (ever)	N/A	N/A	N/A	N/A	N/A	N/A
<i>Both</i> physically & sexually hurt by a date (ever)	N/A	N/A	N/A	N/A	N/A	N/A

¹ Respondents were asked about "a weapon such as a knife, gun, or club".

2004-2005 NEWTON YOUTH RISK BEHAVIOR SURVEY

Stress, Support, Depression, and Suicide – Middle School (N≈ 1,249)

	TOTAL 2004 (1249)	GENDER Males (655) Females (591)		GRADE 6 th (400) 7 th (419) 8 th (425)		
STRESS						
Life somewhat/very stressful	44.8%	43.6%	46.4%	37.8%	41.0%	55.1%
Worry about <i>school</i> issues - Often/Almost Every Day	43.7%	39.1%	49.3%	33.3%	45.2%	52.6%
Worry about <i>social</i> issues - Often/Almost Every Day	29.6%	27.5%	31.9%	18.9%	29.2%	40.2%
Worry about <i>family</i> issues - Often/Almost Every Day	21.4%	19.5%	23.6%	12.8%	23.0%	28.2%
Worry about <i>appearance</i> issues - Often/Almost Every Day	26.3%	21.5%	31.8%	17.5%	25.6%	35.2%
ADULT HELP						
At least one teacher or other adult in this school to talk to about a problem	52.3%	52.2%	52.7%	57.5%	48.9%	50.7%
At least one adult outside of school to talk to about a problem	80.3%	80.4%	80.2%	83.9%	79.0%	78.3%
At least one family adult to talk to about a problem	81.3%	82.8%	79.8%	89.9%	80.3%	74.5%
DEPRESSION AND SUICIDE						
Hurt self on purpose (12 months) (<i>7 & 8th grade ONLY</i>)	10.3%	11.0%	9.6%	N/A	7.7%	13.0%
Depressed (12 months) (<i>7 & 8th grade ONLY</i>)	13.9%	13.3%	14.8%	N/A	12.4%	15.6%
Sought medical help or took prescription medication for depression (12 months)	N/A	N/A	N/A	N/A	N/A	N/A
Seriously considered suicide (12 months) (<i>7 & 8th grade ONLY</i>)	10.0%	9.5%	10.6%	N/A	7.9%	12.1%
Made a plan to commit suicide (12 months) (<i>7 & 8th grade ONLY</i>)	7.5%	6.5%	8.6%	N/A	5.5%	9.5%
Attempted suicide (12 months) (<i>7 & 8th grade ONLY</i>)	2.3%	1.8%	2.8%	N/A	2.2%	2.4%
Injured in suicide attempt (12 months)	N/A	N/A	N/A	N/A	N/A	N/A

2004-2005 NEWTON YOUTH RISK BEHAVIOR SURVEY

Miscellaneous – Middle School (N≈1,249)

	TOTAL 2004 (1249)	GENDER Males (655) Females (591)		GRADE 6 th (400) 7 th (419) 8 th (425)		
ALCOHOL-RELATED DRIVING/RIDING						
Rode with drinking driver (30 days) - All students (<i>7 & 8th grade ONLY</i>)	7.1%	7.3%	6.9%	N/A	5.1%	9.1%
Drove after drinking (30 days) - All students	N/A	N/A	N/A	N/A	N/A	N/A
Drove after drinking (30 days) - Of drivers	N/A	N/A	N/A	N/A	N/A	N/A
MARIJUANA-RELATED DRIVING/RIDING						
Rode with driver using marijuana (30 days) - All students (<i>7 & 8th grade ONLY</i>)	1.9%	2.0%	1.8%	N/A	1.2%	2.6%
Drove after using marijuana (30 days) - All students	N/A	N/A	N/A	N/A	N/A	N/A
Drove after using marijuana (30 days) - Of drivers	N/A	N/A	N/A	N/A	N/A	N/A
SEXUAL BEHAVIOR (Grades 7 & 8 Only)						
Ever had sexual intercourse (<i>7 & 8th grade ONLY</i>)	4.4%	5.7%	3.0%	N/A	3.9%	5.0%
Intercourse in past 3 months (<i>7 & 8th grade ONLY</i>)	N/A	N/A	N/A	N/A	N/A	N/A
Ever been/gotten someone pregnant (<i>7 & 8th grade ONLY</i>)	N/A	N/A	N/A	N/A	N/A	N/A
Condom use at last intercourse ¹ (<i>7 & 8th grade ONLY</i>)	74.3%	70.8%	81.8%	N/A	64.3%	81.0%
Alcohol/drugs at last intercourse ¹ (<i>7 & 8th grade ONLY</i>)	N/A	N/A	N/A	N/A	N/A	N/A

¹ Of those who had sexual intercourse.

2004-2005 NEWTON YOUTH RISK BEHAVIOR SURVEY

1998, 2000, 2002, and 2004 Middle School Trends – *Grades 7 & 8 ONLY*

Alcohol, Tobacco, and Other Drug Use

	1998 (907)	2000 (893)	2002 (849)	2004 (844)
LIFETIME (any use in lifetime)				
Cigarettes	21.8%	14.3%	9.8%	7.0%
Alcohol	36.6%	28.6%	24.8%	21.1%
Marijuana	8.2%	4.0%	5.2%	2.7%
Cocaine	1.1%	0.7%	2.8%	0.6%
Ecstasy	N/A	N/A	2.1%	0.2%
Inhalants	12.6%	9.9%	11.1%	12.6%
Heroin	N/A	N/A	1.9%	0.5%
Other Illegal Drugs ¹	N/A	N/A	1.9%	0.5%
CURRENT (any use in past 30 days)				
Cigarettes	6.9%	3.5%	2.8%	1.7%
Alcohol	15.6%	10.8%	8.9%	6.6%
Marijuana	3.2%	0.8%	2.6%	0.8%
Cocaine	0.7%	0.1%	1.8%	0.2%
Ecstasy	N/A	N/A	1.5%	0.0%
Inhalants	2.6%	3.1%	4.4%	3.4%
Heroin	N/A	N/A	0.9%	0.1%
Other Illegal Drugs ¹	N/A	N/A	0.8%	0.2%
ANNUAL (any use in the past 12 months)				
Used someone else's prescription medication to get high	N/A	N/A	N/A	1.4%
Used over-the-counter medication to get high	N/A	N/A	N/A	N/A
Used "study drugs" to stay awake	N/A	N/A	N/A	N/A

¹ This item asked about "any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), GHB, or Oxycontin without a doctor's prescription".

2004-2005 NEWTON YOUTH RISK BEHAVIOR SURVEY

1998, 2000, 2002, and 2004 Middle School Trends – *Grades 7 & 8 ONLY* Violence and Safety

	1998 (907)	2000 (893)	2002 (849)	2004 (844)
CARRIED A WEAPON¹ (30 days)				
When in school	2.8%	2.6%	2.7%	2.0%
When NOT in school	15.3%	12.8%	10.2%	12.4%
IN A PHYSICAL FIGHT (12 months)				
When in school	16.8%	12.3%	13.3%	12.3%
When NOT in school	33.3%	31.0%	27.6%	27.9%
BULLYING (30 days)				
Bullied/harassed on way to/from school	N/A	N/A	17.3%	19.1%
Bullied/harassed in school	N/A	N/A	35.7%	41.1%
Bullied/harassed when NOT in or on way to/from school	N/A	N/A	24.1%	24.6%
WORRIED ABOUT SAFETY				
Worried when in school (somewhat/very)	8.6%	9.1%	6.5%	7.6%
Worried when NOT in school (somewhat/very)	22.8%	19.4%	22.3%	16.6%
Stayed home from school out of fear for safety (30 days)	1.2%	2.2%	2.1%	2.0%

¹ Respondents were asked about "a weapon such as a knife, gun, or club".

2004-2005 NEWTON YOUTH RISK BEHAVIOR SURVEY

1998, 2000, 2002, and 2004 Middle School Trends – *Grades 7 & 8 ONLY*

Miscellaneous

	1998 (907)	2000 (893)	2002 (849)	2004 (844)
STRESS				
Life somewhat/very stressful	N/A	N/A	50.7%	48.1%
Worry about <i>school</i> issues - Often/Almost Every Day	N/A	N/A	50.9%	49.0%
Worry about <i>social</i> issues - Often/Almost Every Day	N/A	N/A	38.9%	34.8%
Worry about <i>family</i> issues - Often/Almost Every Day	N/A	N/A	26.8%	25.7%
Worry about <i>appearance</i> issues - Often/Almost Every Day	N/A	N/A	36.2%	30.4%
ADULT HELP				
At least one teacher or other school adult to talk to about a problem	N/A	N/A	52.7%	49.8%
At least one adult outside of school to talk to about a problem	N/A	N/A	78.9%	78.6%
At least one family adult to talk to about a problem	N/A	N/A	80.2%	77.4%
DEPRESSION AND SUICIDE				
Hurt self on purpose (12 months)	N/A	N/A	N/A	10.4%
Depressed (12 months)	N/A	N/A	16.1%	14.0%
Seriously considered suicide (12 months)	12.9%	13.3%	12.0%	10.0%
Made a plan to commit suicide (12 months)	7.9%	7.7%	6.3%	7.5%
Attempted suicide (12 months)	2.6%	3.6%	3.1%	2.3%
RIDING WITH IMPAIRED DRIVERS				
Rode with drinking driver (30 days) - All students	9.4%	10.2%	10.7%	7.1%
Rode with driver using marijuana (30 days) - All students	2.3%	2.9%	3.1%	1.9%
SEXUAL BEHAVIOR				
Ever had sexual intercourse	7.0%	5.4%	4.5%	4.4%
Condom use at last intercourse ¹	77.2%	75.0%	65.7%	74.3%

¹ Of those who had sexual intercourse.

Appendix B:

Selected High School Data Tables

2004-2005 NEWTON YOUTH RISK BEHAVIOR SURVEY

Alcohol, Tobacco, and Other Drug Use – High School (N≈1,751)

	TOTAL- NEWTON				2003	GENDER		GRADE			
	1998	2000	2002	2004	MA	Males	Females	9 th	10 th	11 th	12 th
LIFETIME (any use in lifetime)	(1640)	(1658)	(1707)	(1751)	YRBS	(862)	(877)	(439)	(434)	(452)	(416)
Cigarettes	52.0%	48.9%	38.5%	32.7%	53%	34.1%	31.1%	17.8%	27.0%	37.9%	48.8%
Alcohol	73.1%	70.8%	66.0%	61.9%	75%	63.0%	60.8%	39.3%	56.0%	71.4%	81.7%
Marijuana	41.3%	40.5%	39.4%	37.2%	47%	38.2%	36.0%	12.4%	32.1%	43.3%	62.0%
Cocaine	3.7%	3.9%	4.2%	5.2%	8%	5.8%	4.6%	2.1%	3.9%	4.0%	11.3%
Ecstasy	N/A	N/A	5.7%	3.7%	9%	4.0%	3.4%	1.8%	2.5%	2.9%	7.7%
Inhalants	9.7%	8.3%	8.0%	9.1%	N/A	9.6%	8.6%	12.0%	10.9%	7.1%	6.5%
Heroin	N/A	N/A	1.5%	1.4%	3%	1.8%	1.1%	0.5%	1.6%	1.1%	2.7%
Methamphetamines	N/A	N/A	4.1%	3.3%	6%	3.6%	3.0%	1.8%	3.0%	3.6%	4.9%
Steroids (no prescription)	N/A	N/A	1.4%	1.9%	5%	2.2%	1.6%	0.9%	1.9%	2.2%	2.7%
Other Illegal Drugs ¹	N/A	N/A	7.5%	7.6%	N/A	9.6%	5.7%	2.5%	6.0%	6.7%	15.7%
CURRENT (any use in past 30 days)											
Cigarettes	26.8%	20.2%	15.7%	13.8%	21%	13.2%	14.3%	6.6%	10.6%	13.7%	24.8%
Alcohol	51.5%	50.6%	44.0%	40.9%	46%	41.0%	40.8%	20.1%	35.0%	49.2%	59.9%
Marijuana	23.7%	26.3%	22.9%	23.3%	28%	23.9%	22.8%	8.5%	19.6%	25.7%	40.3%
Cocaine	1.7%	1.4%	2.5%	2.9%	N/A	3.9%	1.8%	1.4%	2.8%	2.2%	5.3%
Ecstasy	N/A	N/A	2.3%	1.7%	N/A	2.1%	1.4%	0.7%	2.5%	1.1%	2.7%
Inhalants	3.1%	2.2%	2.6%	2.8%	N/A	2.7%	2.8%	3.4%	3.7%	2.2%	1.7%
Heroin	N/A	N/A	0.9%	1.0%	N/A	1.4%	0.6%	0.2%	1.2%	0.9%	1.7%
Methamphetamines	N/A	N/A	1.8%	2.0%	N/A	2.7%	1.3%	0.7%	1.6%	2.4%	3.1%
Steroids (no prescription)	N/A	N/A	0.9%	1.5%	N/A	1.8%	1.3%	0.7%	1.6%	1.8%	1.9%
Other Illegal Drugs ¹	N/A	N/A	3.3%	3.7%	N/A	5.5%	2.1%	1.4%	3.7%	3.3%	6.7%
ANNUAL (any use in the past 12 months)											
Used someone else's prescription medication to get high	N/A	N/A	N/A	5.9%	N/A	5.2%	6.4%	3.9%	4.4%	5.6%	9.7%
Used over-the-counter medication to get high	N/A	N/A	4.3%	3.6%	N/A	3.4%	3.7%	4.1%	2.5%	2.4%	5.4%
Used "study drugs" to stay awake	N/A	N/A	N/A	6.6%	N/A	6.2%	6.7%	3.2%	4.1%	5.8%	13.1%

¹ This item asked about "any other type of illegal drug such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), GHB or Oxycontin without a doctor's prescription".

2004-2005 NEWTON YOUTH RISK BEHAVIOR SURVEY

Violence and Safety – High School (N≈1,751)

	TOTAL- NEWTON				2003	GENDER		GRADE			
	1998 (1640)	2000 (1658)	2002 (1707)	2004 (1751)	MA YRBS	Males (862)	Females (877)	9 th (439)	10 th (434)	11 th (452)	12 th (416)
CARRIED A WEAPON¹ (30 days)											
When in school	6.2%	5.2%	4.9%	5.2%	5%	7.7%	2.9%	4.1%	6.2%	5.8%	4.8%
When NOT in school	13.9%	12.1%	10.0%	11.2%	N/A	17.2%	5.4%	11.0%	15.2%	10.7%	7.9%
IN A PHYSICAL FIGHT (12 months)											
When in school	13.0%	12.2%	9.1%	9.7%	10%	15.4%	4.1%	14.1%	10.6%	8.2%	5.8%
When NOT in school	26.9%	24.1%	19.6%	20.4%	N/A	28.6%	12.3%	24.5%	20.8%	19.7%	16.6%
BULLYING (30 days)											
Bullied/harassed on way to/from school	N/A	N/A	7.7%	9.8%	N/A	10.7%	9.0%	12.1%	10.4%	9.1%	7.7%
Bullied/harassed in school	N/A	N/A	21.0%	19.7%	23%	20.1%	19.3%	27.0%	19.7%	18.8%	13.3%
Bullied/harassed when NOT in school and NOT on way to/from school	N/A	N/A	15.7%	13.8%	N/A	12.1%	15.3%	16.2%	15.8%	12.9%	10.1%
WORRIED ABOUT SAFETY											
Worried when in school (somewhat/very)	6.1%	7.3%	6.1%	6.6%	N/A	6.6%	6.7%	8.0%	6.2%	5.9%	6.3%
Worried when NOT in school (somewhat/very)	20.2%	13.8%	14.6%	11.6%	N/A	7.8%	15.6%	14.9%	10.2%	10.1%	11.5%
Stayed home from school out of fear for safety (30 days)	2.6%	3.8%	2.3%	3.8%	5%	4.9%	2.9%	3.4%	4.1%	3.8%	4.1%
DATING VIOLENCE											
Physically hurt <i>only</i> by date (ever)	N/A	3.6%	2.8%	3.0%	5%	2.6%	3.4%	2.3%	3.2%	2.4%	3.9%
Sexually hurt <i>only</i> by a date (ever)	N/A	2.5%	2.8%	3.6%	3%	2.0%	5.2%	3.0%	3.5%	2.7%	5.3%
<i>Both</i> physically & sexually hurt by a date (ever)	N/A	1.8%	2.1%	1.7%	3%	0.9%	2.4%	1.4%	1.8%	1.1%	2.4%

¹ Respondents were asked about "a weapon such as a knife, gun, or club".

2004-2005 NEWTON YOUTH RISK BEHAVIOR SURVEY

Stress, Support, Depression, and Suicide – High School (N≈1,751)

	TOTAL- NEWTON				2003	GENDER		GRADE			
	1998 (1640)	2000 (1658)	2002 (1707)	2004 (1751)	MA YRBS	Males (862)	Females (877)	9 th (439)	10 th (434)	11 th (452)	12 th (416)
STRESS											
Life somewhat/very stressful	N/A	75.7%	78.0%	74.2%	N/A	65.1%	83.1%	64.7%	73.6%	77.7%	80.8%
Worry about <i>school</i> issues - Often/Almost Every Day	N/A	N/A	73.3%	67.9%	N/A	58.0%	77.5%	64.3%	65.9%	75.3%	65.6%
Worry about <i>social</i> issues - Often/Almost Every Day	N/A	N/A	54.5%	50.6%	N/A	42.8%	58.2%	52.5%	50.3%	51.6%	47.7%
Worry about <i>family</i> issues - Often/Almost Every Day	N/A	N/A	39.9%	38.0%	N/A	31.5%	44.4%	33.2%	41.1%	37.9%	39.9%
Worry about <i>appearance</i> issues - Often/Almost Every Day	N/A	N/A	48.7%	43.6%	N/A	28.5%	58.8%	43.0%	42.7%	45.1%	44.0%
ADULT HELP											
At least one teacher or other adult in this school to talk to about a problem	N/A	N/A	49.7%	47.1%	65% * 2001	47.2%	47.1%	39.3%	42.7%	48.3%	58.6%
At least one adult outside of school to talk to about a problem	N/A	N/A	76.9%	74.0%	N/A	73.3%	74.7%	76.6%	71.6%	71.2%	76.5%
At least one family adult to talk to about a problem	N/A	N/A	72.7%	70.9%	76% * 2001	72.3%	69.9%	73.5%	68.4%	68.3%	73.8%
DEPRESSION AND SUICIDE											
Hurt self on purpose (12 months)	N/A	N/A	N/A	14.9%	18%	9.8%	20.1%	15.9%	15.4%	13.6%	14.9%
Depressed (12 months)	N/A	N/A	23.9%	22.0%	28%	14.8%	29.1%	17.6%	22.4%	25.9%	21.9%
Sought medical help or took prescription medication for depression (12 months)	9.1%	9.0%	10.2%	9.3%	N/A	6.9%	11.7%	6.6%	8.7%	10.1%	11.7%
Seriously considered suicide (12 months)	16.6%	15.1%	14.3%	10.6%	16%	7.2%	13.9%	9.6%	9.9%	11.2%	11.4%
Made a plan to commit suicide (12 months)	11.3%	10.1%	9.2%	8.5%	13%	5.8%	11.3%	8.3%	8.6%	9.2%	8.2%
Attempted suicide (12 months)	5.1%	4.7%	5.5%	4.0%	8%	3.1%	4.8%	4.1%	5.3%	3.1%	3.4%
Injured in suicide attempt (12 months)	N/A	N/A	1.7%	1.3%	3%	1.5%	1.2%	1.6%	1.2%	1.6%	1.0%

2004-2005 NEWTON YOUTH RISK BEHAVIOR SURVEY

Miscellaneous – High School (N≈1,751)

	TOTAL- NEWTON				2003 MA YRBS	GENDER		GRADE			
	1998 (1640)	2000 (1658)	2002 (1707)	2004 (1751)		Males (862)	Females (877)	9 th (439)	10 th (434)	11 th (452)	12 th (416)
ALCOHOL-RELATED DRIVING/RIDING											
Rode with drinking driver (30 days) - All students	18.6%	21.2%	20.6%	19.0%	28%	18.5%	19.4%	11.8%	15.7%	19.7%	29.3%
Drove after drinking (30 days) - All students	5.0%	6.2%	5.7%	5.9%	12%	6.7%	5.1%	1.0%	1.0%	4.9%	17.3%
Drove after drinking (30 days) - Of drivers	16.7%	22.2%	18.2%	19.3%	N/A	21.0%	17.3%	–	12.1%	11.3%	24.6%
MARIJUANA-RELATED DRIVING/RIDING											
Rode with driver using marijuana (30 days) - All students	19.7%	22.2%	19.2%	21.2%	N/A	22.5%	19.9%	8.5%	16.4%	23.4%	37.1%
Drove after using marijuana (30 days) - All students	5.8%	6.9%	6.7%	7.5%	N/A	8.4%	6.7%	1.4%	1.6%	6.0%	21.5%
Drove after using marijuana (30 days) - Of drivers	19.5%	25.4%	22.8%	24.9%	N/A	27.3%	22.7%	–	18.9%	14.8%	31.0%
SEXUAL BEHAVIOR											
Ever had sexual intercourse	23.4%	21.2%	24.2%	24.1%	41%	26.8%	21.4%	10.9%	17.4%	26.1%	43.1%
Intercourse in past 3 months	16.4%	15.6%	17.3%	18.0%	30%	20.0%	16.1%	7.1%	11.2%	20.6%	34.0%
Ever been/gotten someone pregnant	2.2%	1.3%	2.1%	2.4%	4%	1.9%	2.9%	1.6%	2.1%	2.0%	3.9%
Condom use at last intercourse ¹	72.4%	77.0%	72.6%	72.4%	57%	74.2%	70.7%	68.2%	73.6%	78.0%	69.5%
Alcohol/drugs at last intercourse ¹	23.6%	27.3%	23.9%	26.2%	N/A	29.6%	22.3%	17.4%	26.0%	23.7%	30.3%

¹ Of those who had sexual intercourse.