

Summary of Results from the 2006-2007 Newton Youth Risk Behavior Survey Grades 7-12

Submitted to:

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BACKGROUND

REPORT FORMAT

In November of 2006, the Newton Public Schools administered the 2006-2007 Newton Youth Risk Behavior Survey to students in grades 6 through 12. The survey was developed and implemented jointly by the Newton Public Schools and the Newton Department of Health and Human Services. 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, 2002-2003, and 2004-2005 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. Appendices containing selected data follow the main results.

WHO CONDUCTED THE SURVEY?

The survey was conducted by the Newton Public Schools and the Newton Department of Health and Human Services, 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 2006 to all students in the Newton public middle and high schools. A stratified, random sample of 3,005 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
398	390	401	6	447	460	462	430	11	3,005
Middle School = 1,195				High School = 1,810					

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 fifth administration of the Newton Youth Risk Behavior Survey (similar surveys were administered in 1998, 2000, 2002, and 2004), 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 2005. 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. For example, 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 while the survey focuses on a number of risky behaviors, it may not fully address the many positive aspects of adolescent life.

WHO IS RESPONSIBLE?

Data on health behavior 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 issues revealed in these surveys. Issues such as those addressed in the survey 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?

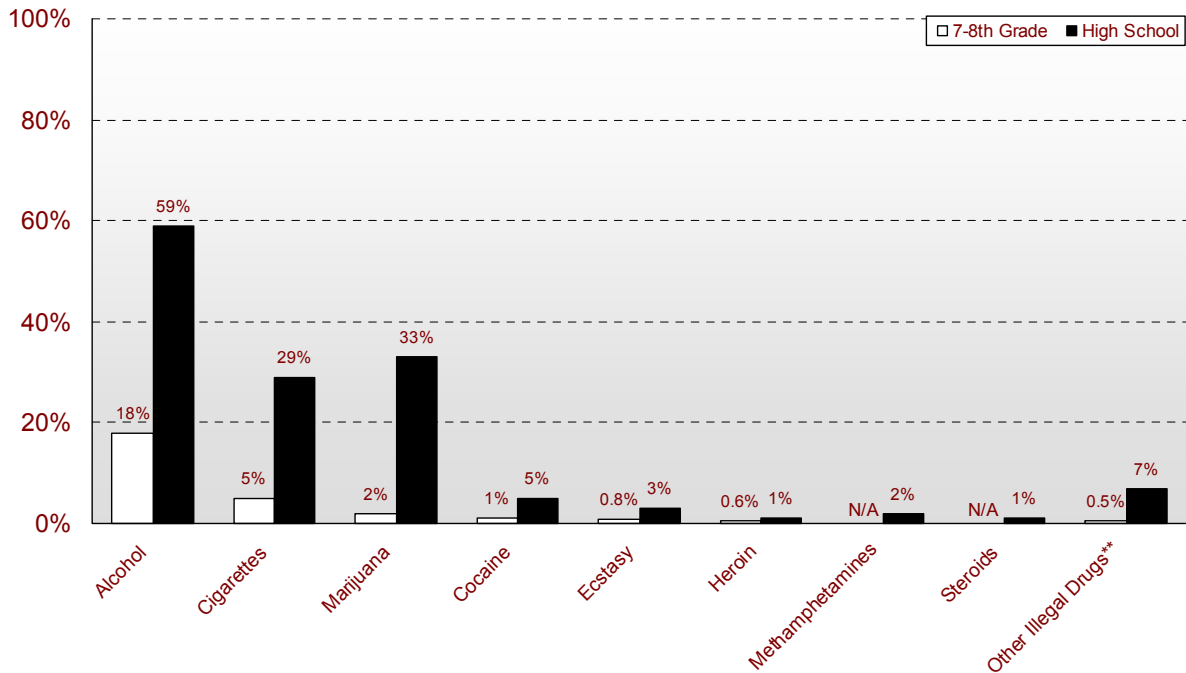
Are boys or girls more likely to use substances?

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?

Lifetime* Substance Use for Newton 7-8th Grade and High School Students (2006)



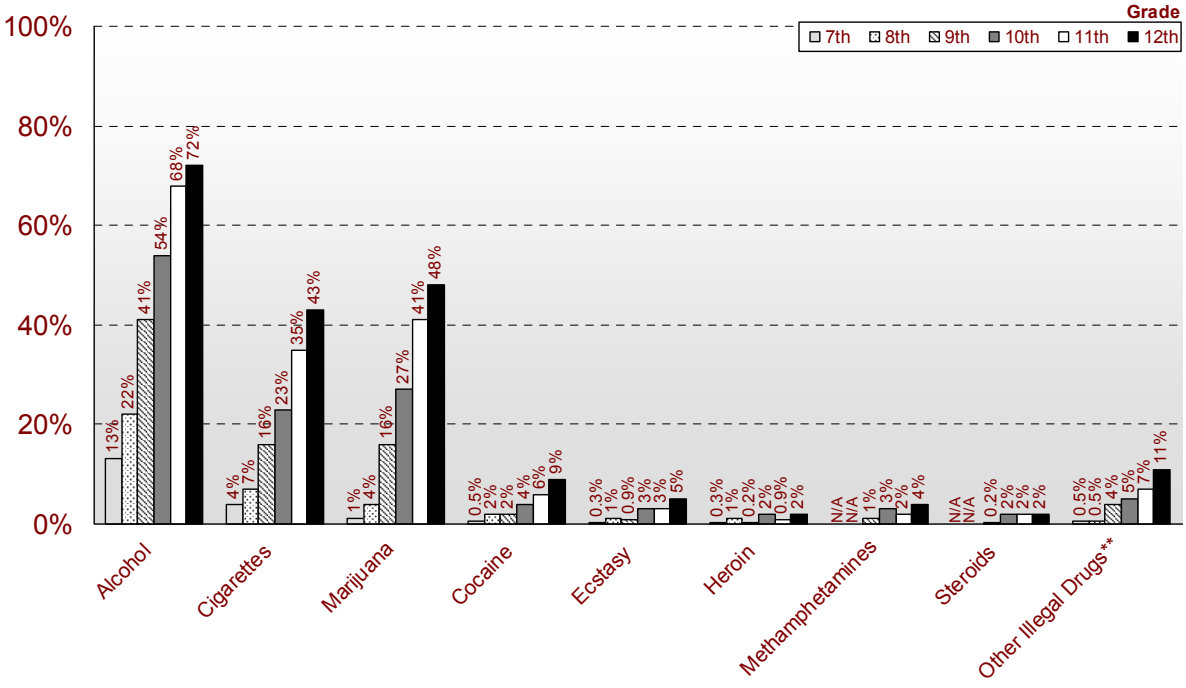
* Lifetime Use is any use during one's lifetime.

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

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 18% of Newton 7th and 8th graders and 59% of high school students reporting that they had consumed alcohol in their lifetime. Close to one-third of high school students reported ever smoking marijuana (33%) or cigarettes (29%). Use of other illegal drugs is much less common.
- Note that while lifetime cigarette use was higher than marijuana use among Newton 7th and 8th grade students (5% cigarettes, 2% marijuana), the reverse was true among high school students (29% cigarettes, 33% marijuana).

Lifetime* Substance Use for Newton 7-8th Grade and High School Students, by Grade (2006)

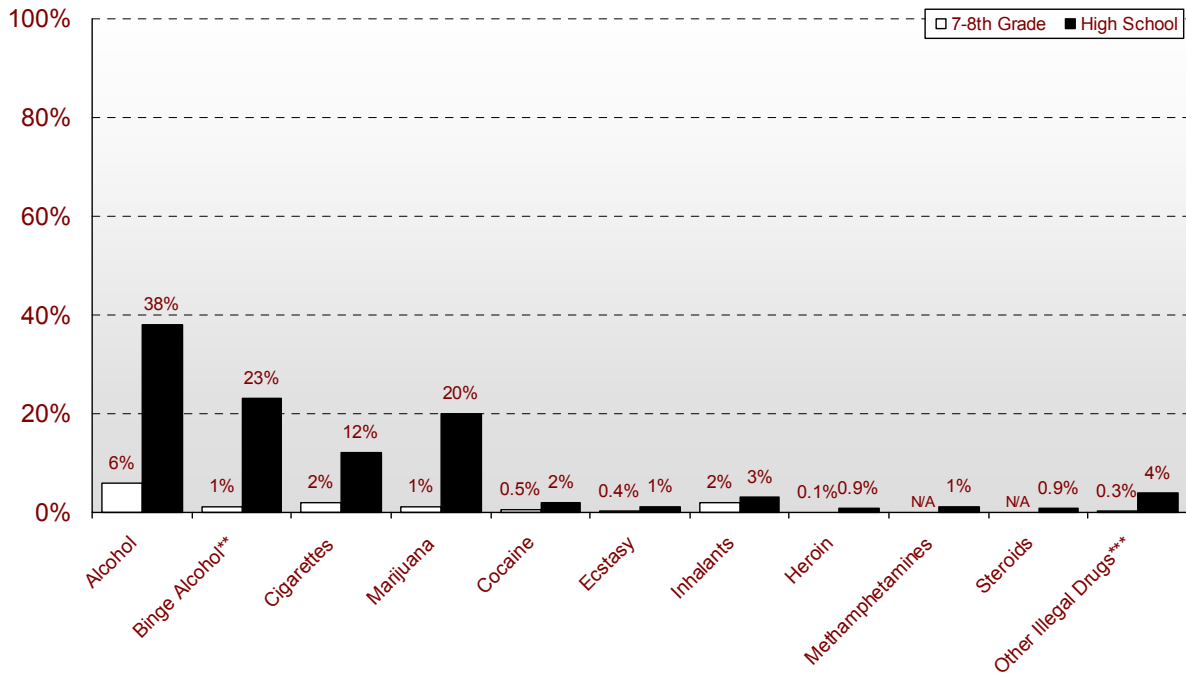


* Lifetime Use is any use during one's lifetime.
 ** Respondents were asked about their use of "any other type of illegal drug, such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), GHB, or Oxycontin without a doctor's prescription."

SELECTED POINTS

- Overall, the percentage of students who reported ever using each of these substances increased with age/grade. For example, 13% of Newton 7th graders reported using alcohol at least once in their lifetime, compared to 72% of 12th graders.
- By late Fall of their senior year, almost three-quarters of Newton youth have tried alcohol (72%), and close to half have tried marijuana (48%) and cigarettes (43%), while less than 10% have tried cocaine (9%), ecstasy (5%), methamphetamines (4%), heroin (2%), or steroids (2%), and 11% have tried other illegal drugs.

Current* Substance Use for Newton 7-8th Grade and High School Students (2006)



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

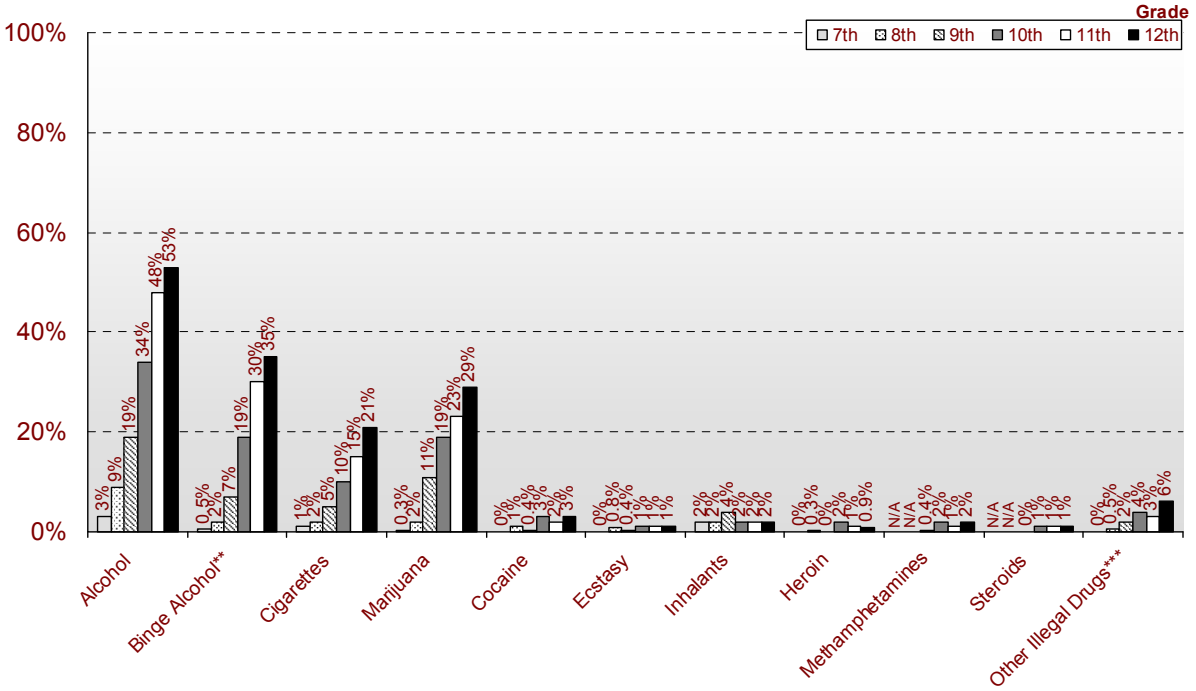
** Binge alcohol use is defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."

*** 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 6% of Newton 7th and 8th graders and 38% 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 (20%) is much higher than the rate of current cigarette use (12%).

Current* Substance Use for Newton 7-8th Grade and High School Students, by Grade (2006)

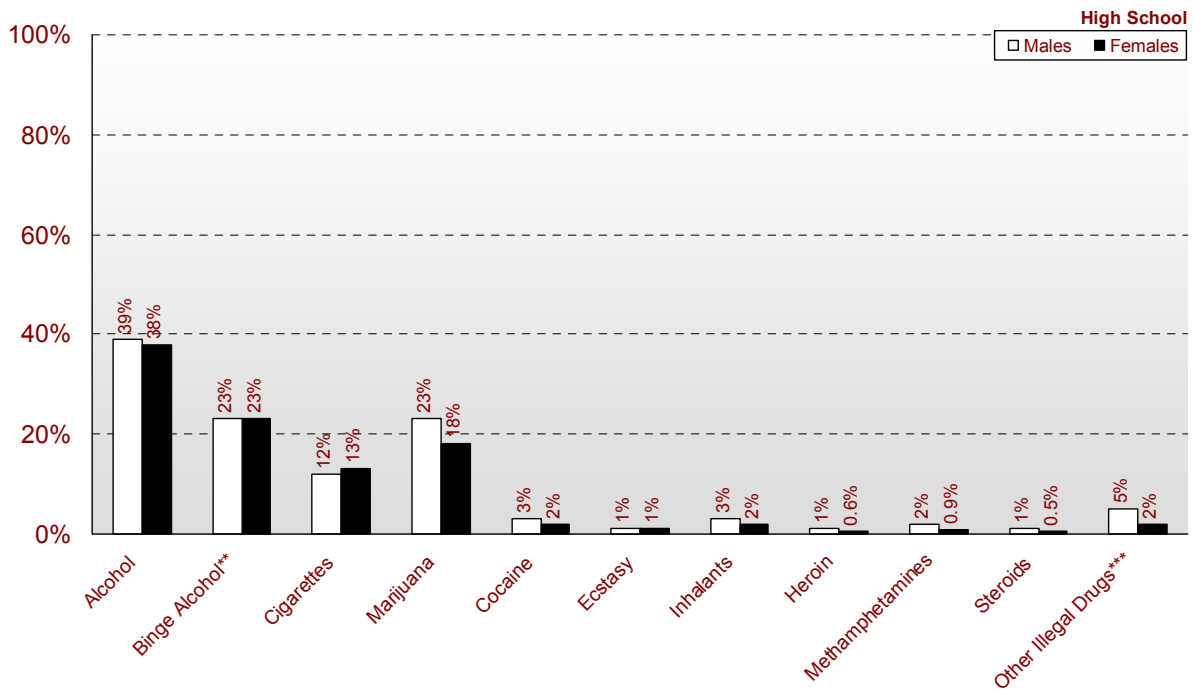


* Current Use is any use in the 30 days prior to the survey.
 ** Binge alcohol use is defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."
 *** Respondents were asked about their use of "any other type of illegal drug, such as LSD (acid), PCP, 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 0.3% in 7th grade to 29% in 12th grade.
- Note the comparatively large increases in current use of alcohol, cigarettes, and marijuana between grades 8 and 9, and between grades 9 and 10.

Current* Substance Use for Newton High School Students, by Gender (2006)



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

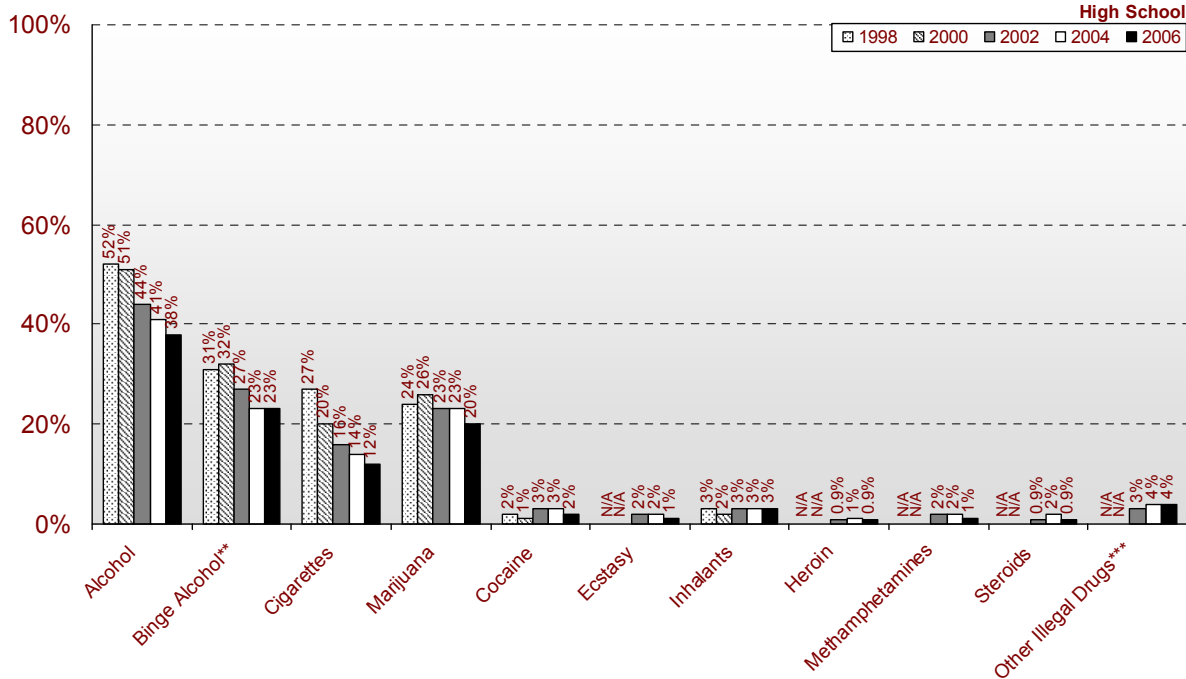
** Binge alcohol use is defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."

*** 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, Newton high school males and females reported similar rates of current substance use.
- Males were slightly more likely to report current use of marijuana and "other illegal drugs".
- Patterns among Newton 7th and 8th grade students are as follows:
 - Alcohol - 9% males, 4% females
 - Binge Alcohol - 2% males, 0.2% females
 - Cigarettes - 2% males, 0.3% females
 - Marijuana - 2% males, 0.5% females
 - Cocaine - 0.8% males, 0.2% females
 - Ecstasy – 0.8% males, 0% females
 - Inhalants - 2% males, 2% females
 - Heroin - 0.3% males, 0% females
 - Methamphetamines - not asked
 - Steroids - not asked
 - Other Illegal Drugs - 0.5% males, 0% females

Trends in Current* Substance Use for Newton High School Students ('98, '00, '02, '04, '06)



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

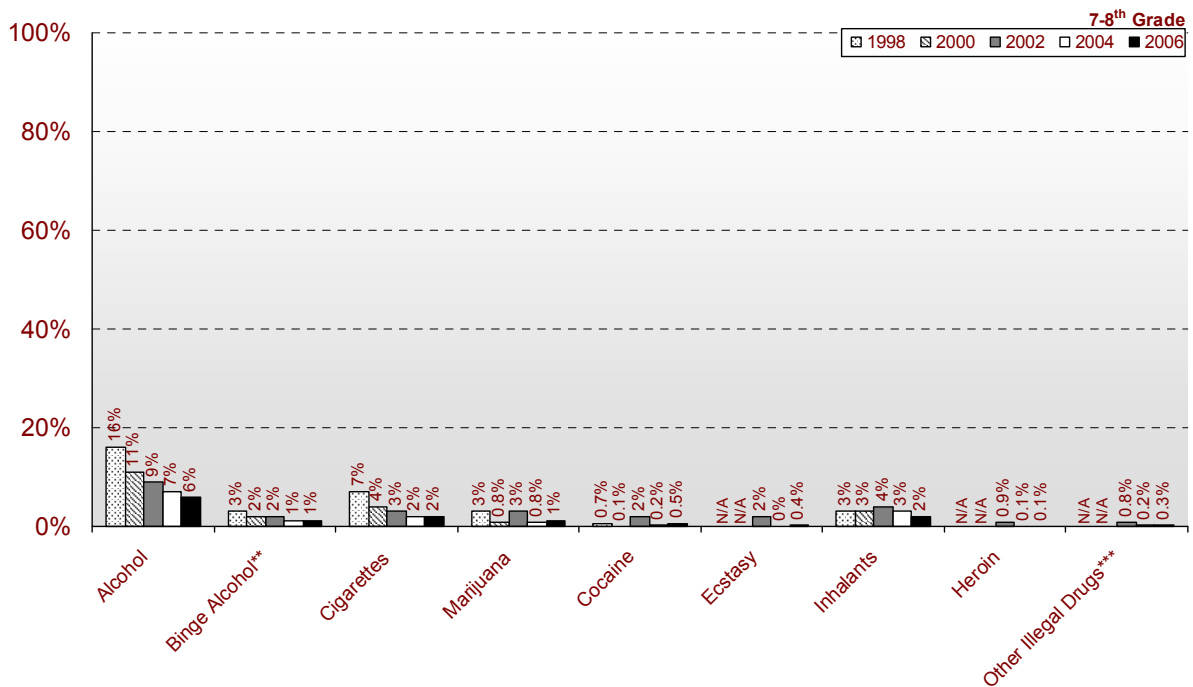
** Binge alcohol use is defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."

*** 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

- **2004 to 2006:** Rates of current substance use among Newton high school students remained at or below 2004 levels in 2006. Current use of the most commonly used substances – alcohol (41% to 38%), cigarettes (14% to 12%), and marijuana (23% to 20%) – all decreased between 2004 and 2006.
- **1998 to 2006:** Overall, rates of current substance use for more commonly used substances (alcohol, cigarettes, and marijuana) have decreased since 1998. Available data show little change in the comparatively low rates of current use of other illegal drugs.

Trends in Current* Substance Use for Newton 7-8th Grade Students ('98, '00, '02, '04, '06)



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

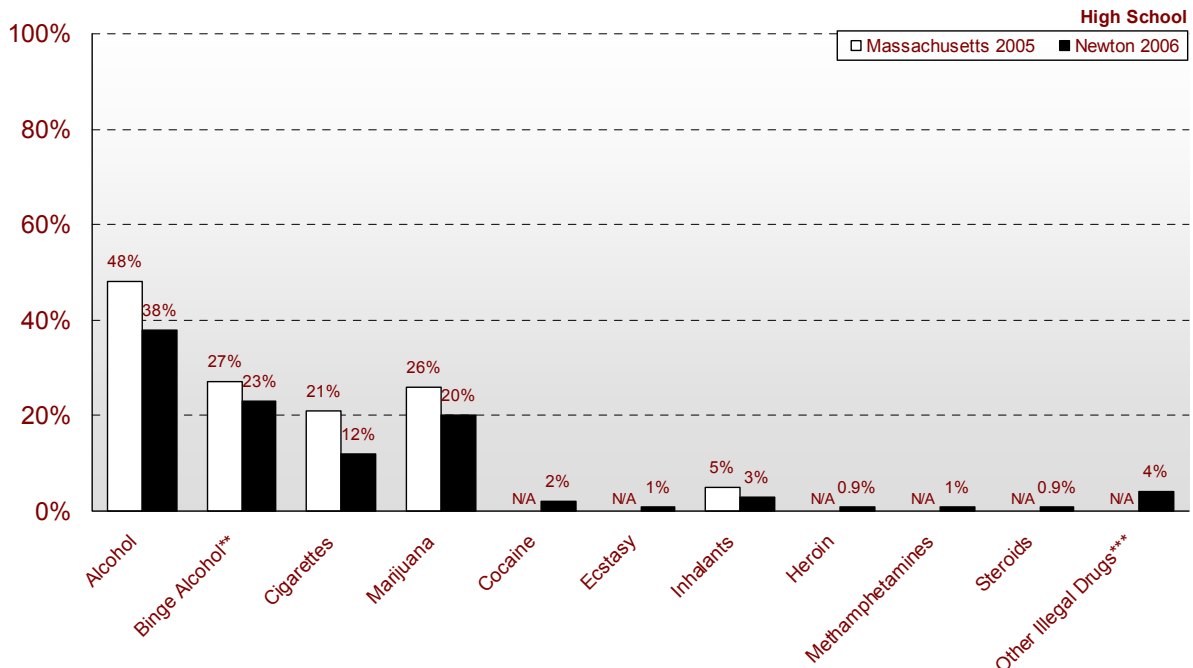
** Binge alcohol use is defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."

*** 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

- **2004 to 2006:** There was little change between 2004 and 2006 in rates of current substance use by Newton 7th and 8th graders.
- **1998 to 2006:** Overall, rates of current alcohol, binge alcohol, and cigarette use have decreased since 1998. There is little change and no consistent pattern in use of other substances.

Current* Substance Use for Newton High School Students (2006) and Massachusetts High School Students (2005)**

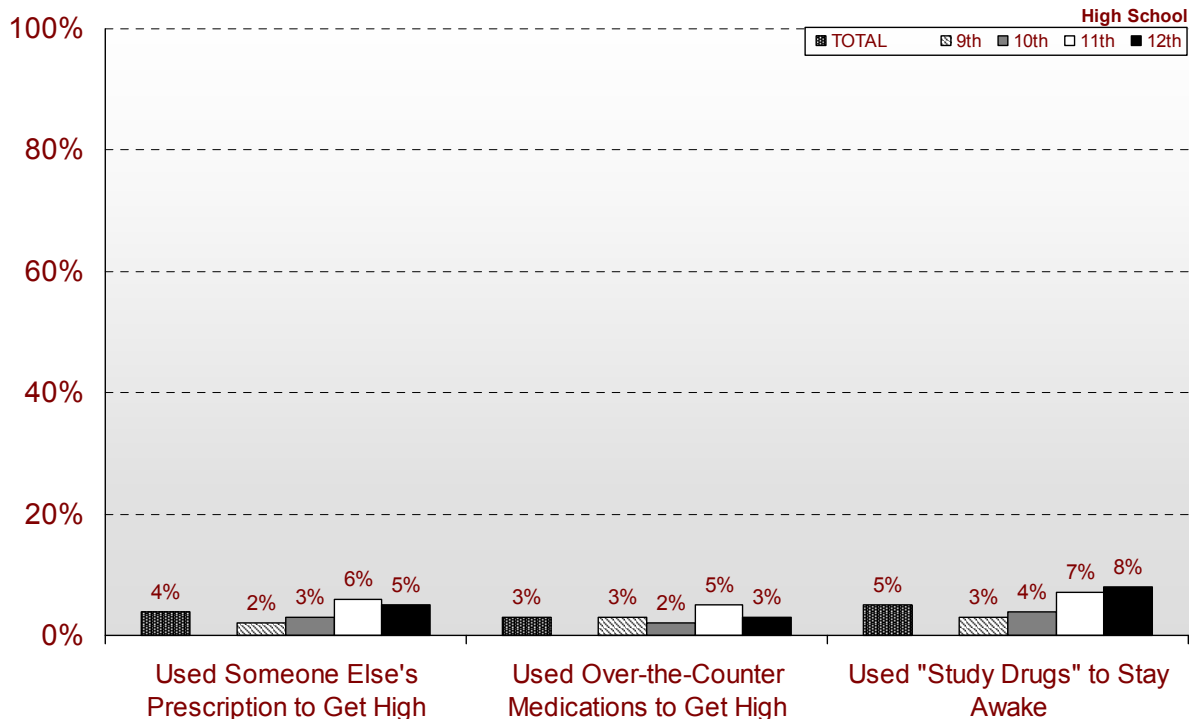


* Current Use is any use in the 30 days prior to the survey.
 ** Massachusetts high school data are from the 2005 MA Youth Risk Behavior Survey conducted by the MA Department of Education in Spring, 2005.
 *** Binge alcohol use is defined in the survey as having "five or more drinks of alcohol in a row, 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

- Massachusetts data displayed here and elsewhere in this summary are from the 2005 Massachusetts Youth Risk Behavior Survey, which was administered during the Spring of the 2005 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 – 38% Newton, 48% MA
 - Binge Alcohol – 23% Newton, 27% MA
 - Cigarettes – 12% Newton, 21% MA
 - Marijuana – 20% Newton, 26% MA
 - Inhalants – 3% Newton, 5% MA

Annual* Use of Someone Else's Prescription, Over-the-Counter Medications, or Study Drugs by Newton High School Students, Total and by Grade (2006)

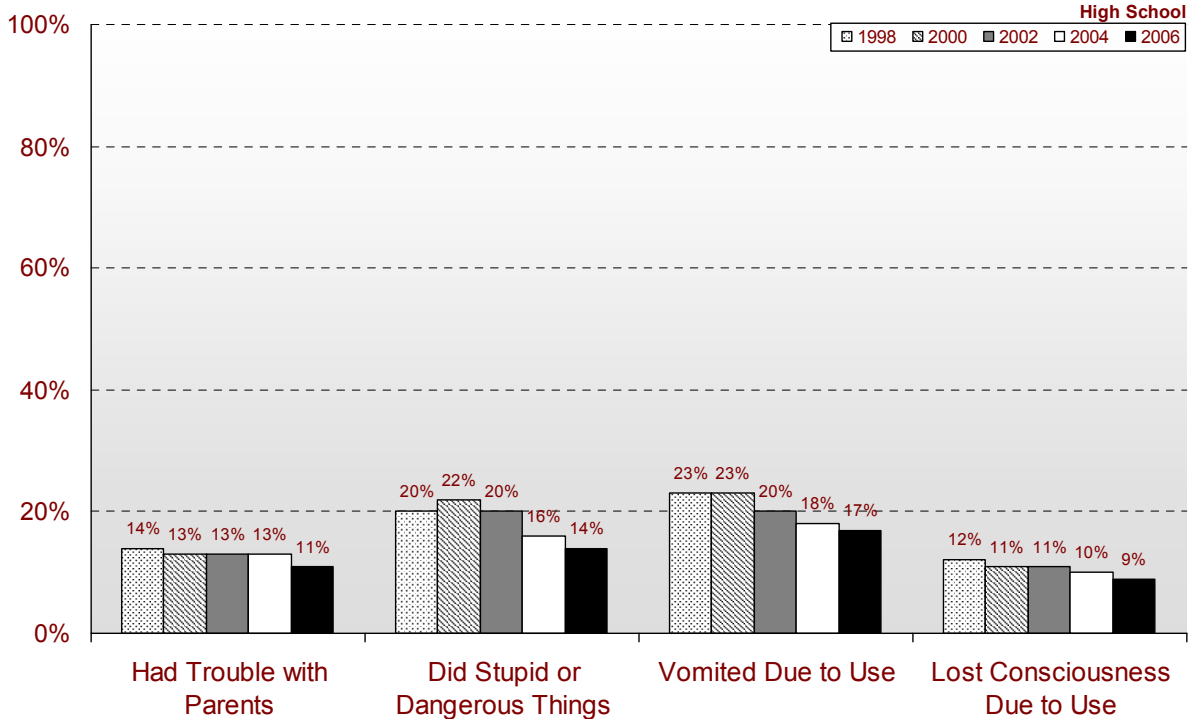


* Annual Use is any use in the 12 months prior to the survey.

SELECTED POINTS

- Note that these questions use a 12 month timeframe.
- Four percent (4%) of Newton high school students reported using someone else's prescription medication to get high in the 12 months prior to the survey, 3% used over-the-counter medications to get high, and 5% used "study drugs" to stay awake.
- **Trends:** Trend data reveal slight decreases in use of these substances among Newton high school students: used someone else's prescription medication to get high (6% in 2004, 4% in 2006); used over-the-counter medications to get high (4% in 2002, 4% in 2004, 3% in 2006); used "study drugs" to stay awake (7% in 2004, 5% in 2006). Trend data are not available for other years.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Males and females reported similar use of these substances: someone else's prescription medication to get high (4% males, 4% females), over-the-counter medications to get high (4% males, 3% females), "study drugs" to stay awake (4% males, 6% females).
- **Grade:** While use of these substances was more common among older students, it is interesting to note that 11th grade levels of use were similar to 12th grade levels: using someone else's prescription to get high (6% 11th grade, 5% 12th grade), using over-the-counter medications to get high (5% 11th grade, 3% 12th grade), and using "study drugs" to stay awake (7% 11th grade, 8% 12th grade).
- **Middle School:** The percentage of 2006 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 0.6%, representing no substantive change from the 2004 rate of 1%. Data are not available for other items or for other years.

Trends in the Percent of Newton High School Students Who Reported Problems in the Past 12 Months Related to Alcohol or Drugs ('98, '00, '02, '04, '06)

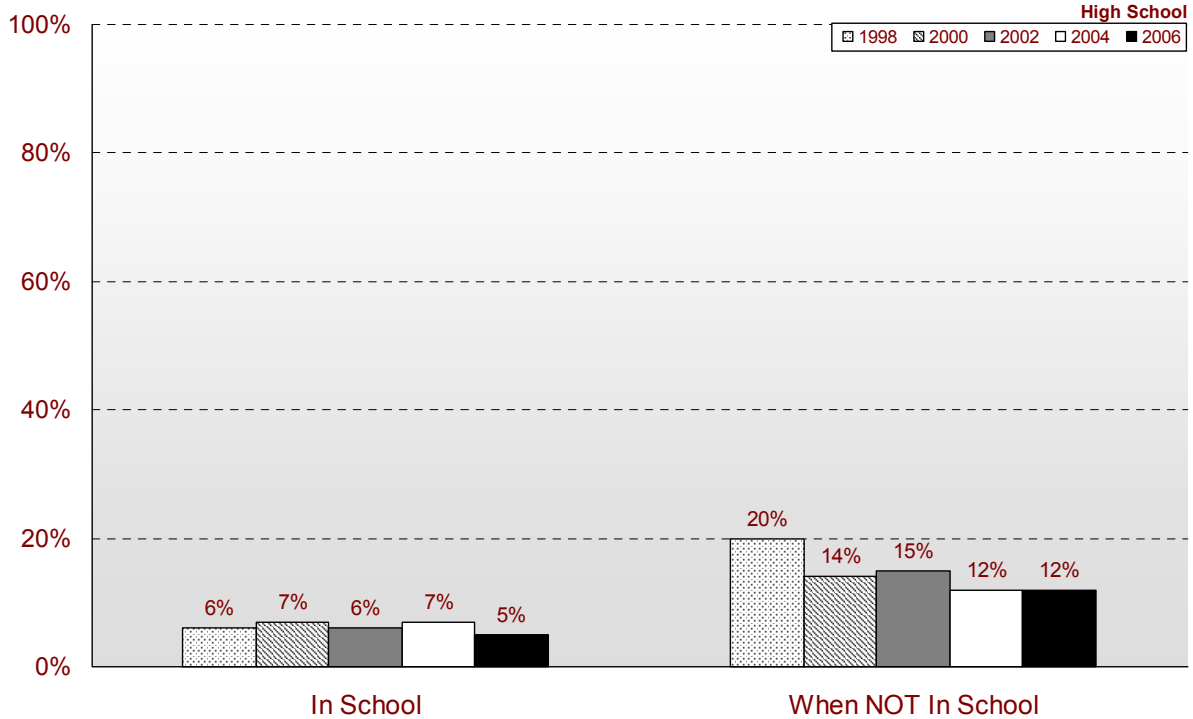


SELECTED POINTS

- Eleven percent (11%) of 2006 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, 14% reported that they did stupid or dangerous things that they wouldn't have otherwise done, 17% vomited from use, and 9% lost consciousness.
- **Trends:** With continuing decreases between 2004 and 2006, trend data reveal an overall decrease between 1998 and 2006 in the percent of Newton high school students who reported each of these substance use-related problems.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female students in 2006 were slightly more likely than males to report these issues: had trouble with parents (11% males, 11% females), did stupid or dangerous things (12%, 15%), vomited (15%, 19%), lost consciousness (8%, 9%).
- **Grade:** The percentage of 2006 Newton high school students who reported each of these problems increased substantially with age/grade: had trouble with parents (5%, 12%, 14%, 15%), did stupid or dangerous things (7%, 12%, 17%, 19%), vomited (7%, 13%, 18%, 30%), lost consciousness (4%, 8%, 11%, 11%). Of particular note is the roughly one-third of 12th graders who reported that they had vomited from substance use in the past 12 months.
- **Middle School:** 1998 to 2006 trends for Newton 7th and 8th grade students are as follows: had trouble with parents (2%, 1%, 2%, 1%, 1%), did stupid or dangerous things (3%, 3%, 3%, 2%, 1%), vomited (3%, 3%, 3%, 2%, 1%), lost consciousness (2%, 1%, 2%, 1%, 1%).

Violence and Safety

Trends in the Percent of Newton High School Students Who Worry* About Their Safety ('98, '00, '02, '04, '06)

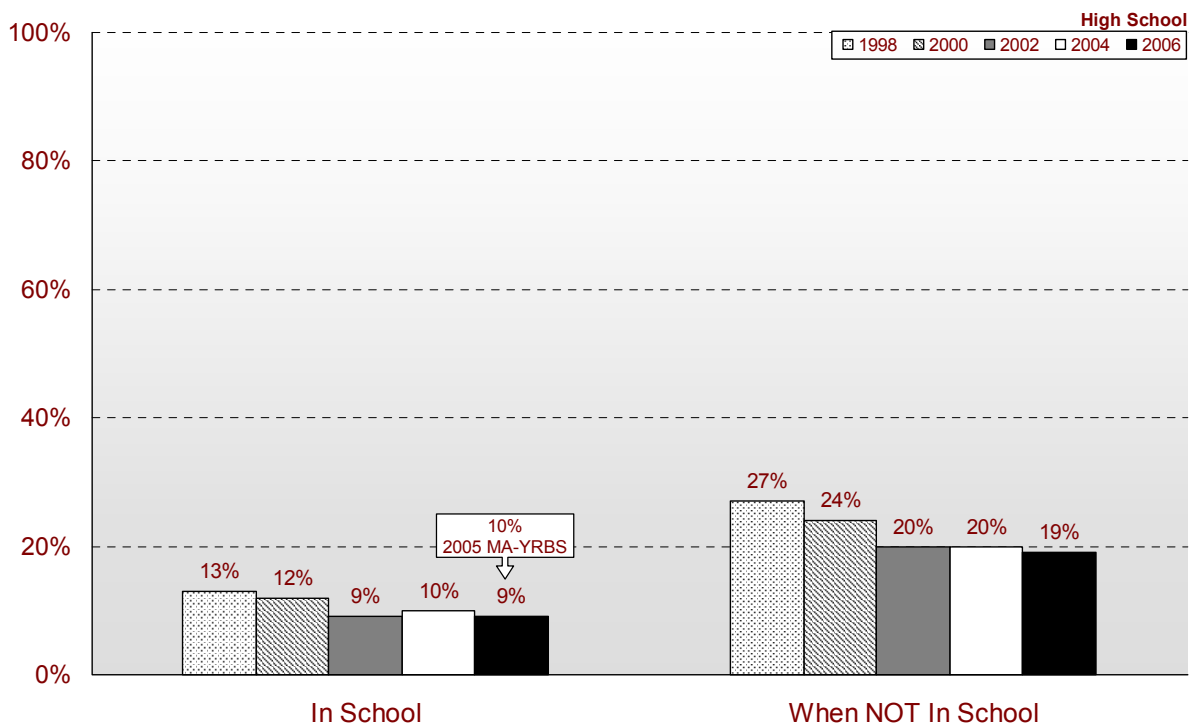


* Represents a combination of "somewhat worried" and "very worried" responses.

SELECTED POINTS

- Respondents reported that they worry about their safety more when they are out of school than when they are in school. Five percent (5%) of 2006 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. While there has been an overall decrease since 1998 in reported worrying about safety when not in school, there was no change between 2004 and 2006.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** While there was little difference by gender among 2006 Newton high school students in worrying about safety in school (6% males, 5% females), females were more likely than males to report worrying about their safety when not in school (10% males, 14% females).
- **Grade:** The highest percentage of 2006 Newton high school students who reported worrying about their safety both in school and when not in school were in 10th grade: in school (5%, 7%, 5%, 5%), when not in school (11%, 15%, 12%, 8%).
- **Middle School:** 1998 to 2006 trends for Newton 7th and 8th grade students are as follows: worried about safety in school (9%, 9%, 7%, 8%, 6%), worried about safety when not in school (23%, 19%, 22%, 17%, 16%).

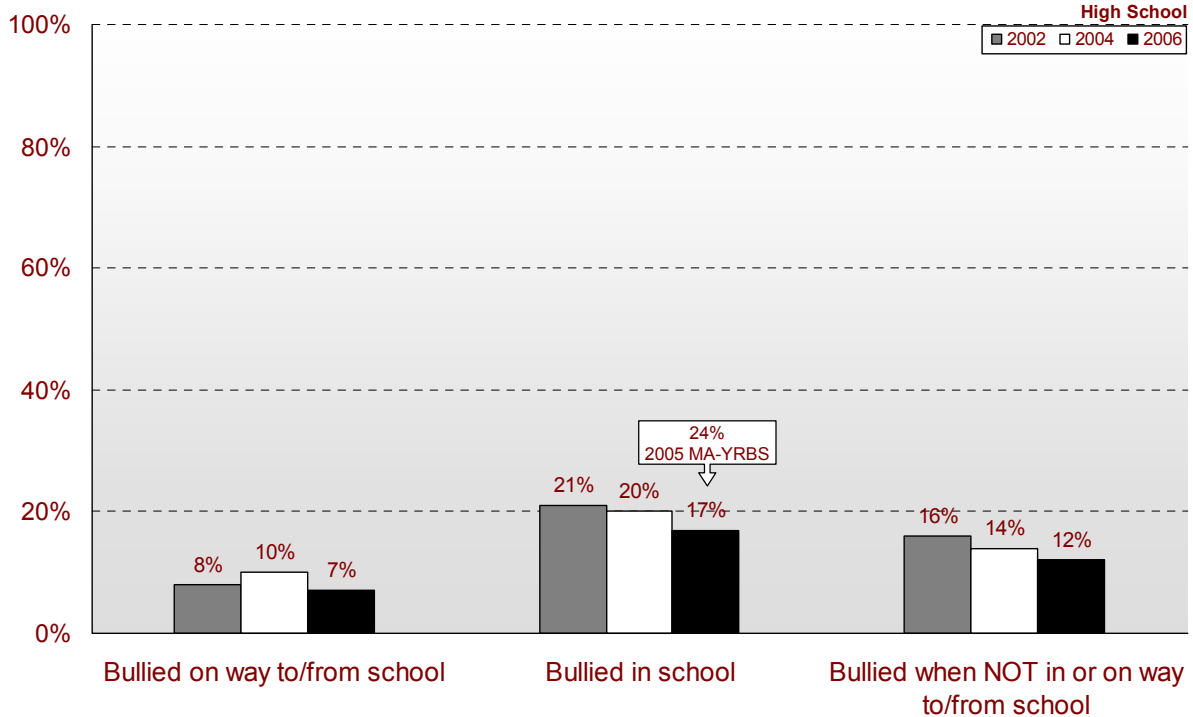
Trends in the Percent of Newton High School Students Who Were in a Physical Fight in the Past 12 Months ('98, '00, '02, '04, '06)



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. Nine percent (9%) of 2006 Newton high school students reported that they were in a physical fight in school in the 12 months prior to the survey, compared to 19% who were in a fight when they were not in school.
- **Trends:** While there was little change between 2004 and 2006 in levels of physical fighting among Newton high school students, there has been an overall decrease since 1998.
- **Comparisons:** Roughly the same percentage of 2006 Newton (9%) and 2005 Massachusetts (10%) 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 2005 MA Youth Risk Behavior Survey*
- **Gender:** Male students in 2006 were much more likely than females to report physical fighting either in school (14% males, 5% females) or when not in school (26%, 12%).
- **Grade:** The highest percentage of 2006 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 (13%, 11%, 9%, 5%), when not in school (24%, 19%, 18%, 16%).
- **Middle School:** Although physical fighting was more common among middle school students, the decrease in 7-8th grade fighting between 2004 and 2006 continues a pattern of overall decline since 1998. 1998 to 2006 trends for Newton 7th and 8th grade students are as follows: in school (17%, 12%, 13%, 12%, 10%), when not in school (33%, 31%, 28%, 28%, 21%).

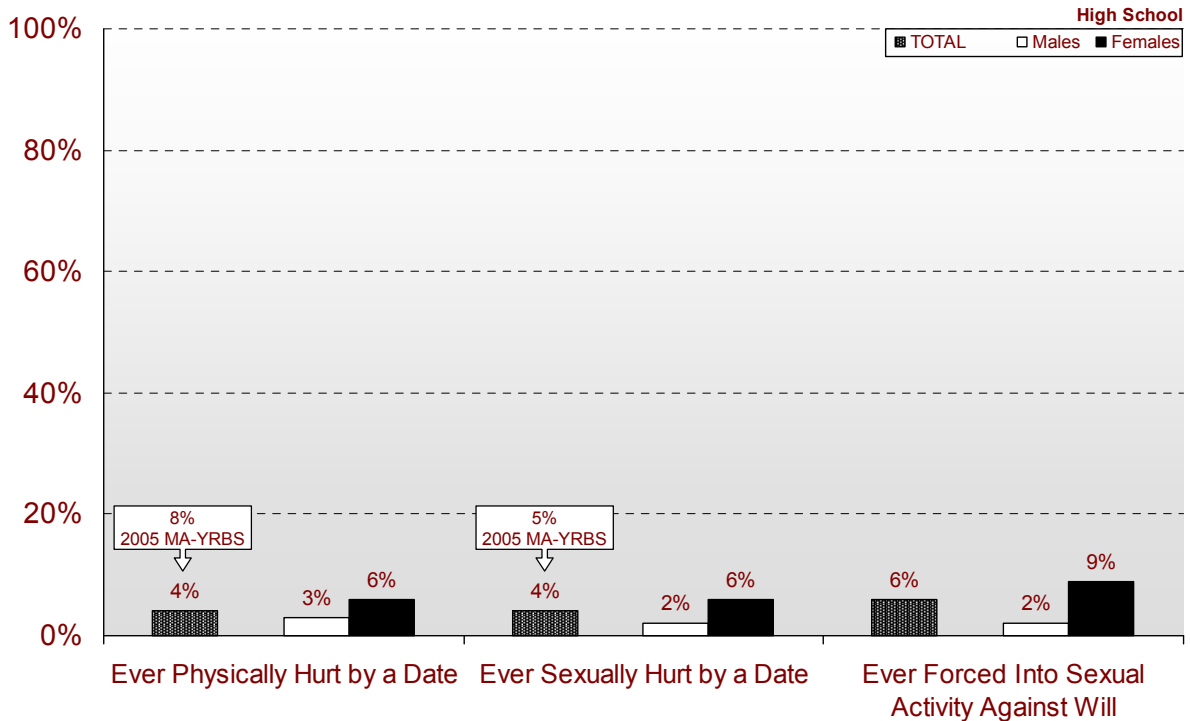
Trends in the Percent of Newton High School Students Who Reported Being Bullied in the Past 30 Days ('02, '04, '06)



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. Seventeen percent (17%) of Newton high school students reported that they had been bullied *in* school in the 30 days prior to the survey, compared to 7% who were bullied on their way *to or from* school and 12% who were bullied when they were *neither in nor on their way to/from* school.
- **Trends:** Rates of reported bullying in all locations decreased slightly between 2004 and 2006 and remained below 2002 levels: on way to/from school (8%, 10%, 7%), in school (21%, 20%, 17%), not in or on way to/from school (16%, 14%, 12%). Data for 1998 and 2000 are not available.
- **Comparisons:** A smaller percentage of 2006 Newton (17%) than 2005 MA (24%) 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 2005 MA Youth Risk Behavior Survey*
- **Gender:** While male students in 2006 were slightly more likely than females to report being bullied in school (18% males, 16% females) and on their way to/from school (8% males, 6% females), females were more likely than males to report being bullied when they were neither in school nor on their way to/from school (11% males, 14% females).
- **Grade:** In 2006, 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 (10%, 6%, 6%, 6%), in school (25%, 18%, 14%, 11%), neither in school nor on way to/from school (14%, 14%, 10%, 10%).
- **Middle School:** Being bullied was far more common among middle school students, particularly among 8th graders. For example, 27% of 2006 Newton 7th graders and 32% of 8th graders reported that they were bullied in school. 2004 to 2006 trend data for Newton 7th and 8th graders reveal decreases, reversing increases observed between 2002 and 2004: on way to/from school (17%, 19%, 14%), in school (36%, 41%, 30%), not in or on way to/from school (24%, 25%, 16%). 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 (2006)

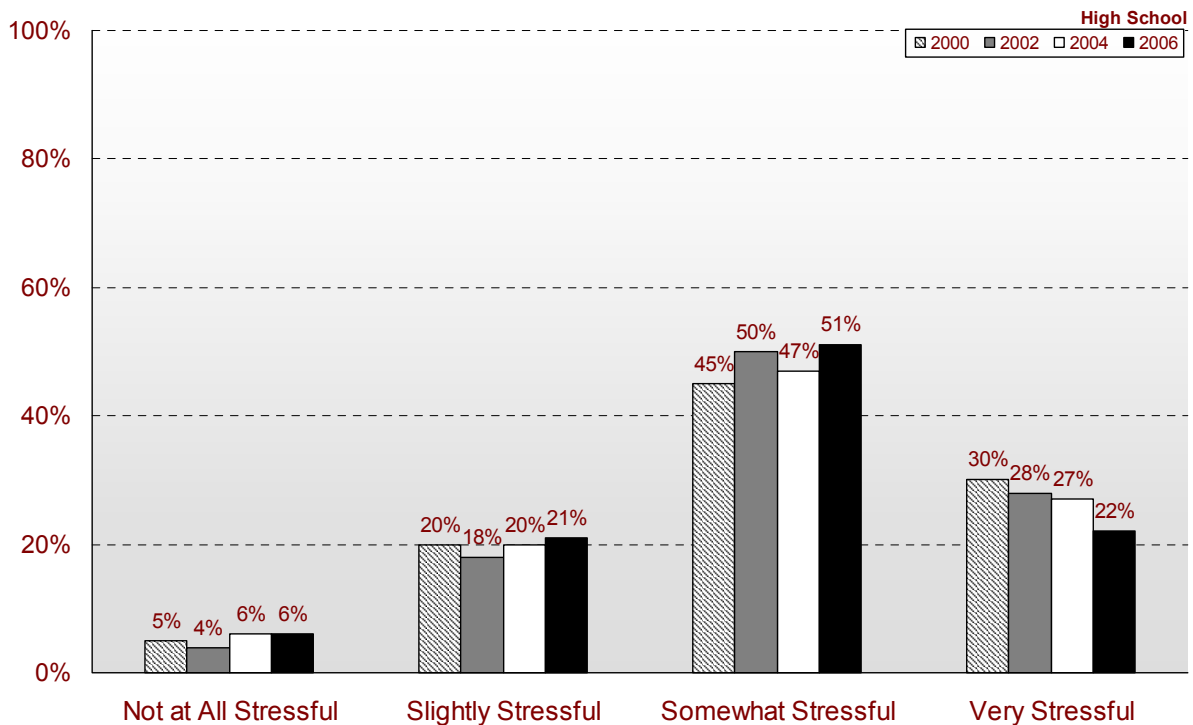


SELECTED POINTS

- Four percent (4%) of 2006 Newton high school students reported ever being physically hurt by a date or someone they were going out with and 4% were hurt sexually. Six percent (6%) reported ever being forced into sexual activity against their will.
- **Trends:** Trend data reveal no substantive change between 2000 and 2006 in the percent of Newton high school students who reported either being hurt physically (5%, 5%, 5%, 4%) or sexually (4%, 5%, 5%, 4%) by a date or someone they were going out with. The percentage who reported ever being forced into sexual activity against their will also showed little change between 2004 and 2006 (7%, 6%). Trend data are not available for other years.
- **Comparisons:** 2006 Newton high school students were less likely than 2005 Massachusetts students to report experiencing dating violence: ever physically hurt by a date (4% Newton, 8% MA), ever sexually hurt by a date (4% Newton, 5% MA). The MA survey does not ask about being forced into sexual activity. *MA data from the 2005 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 (3% males, 6% females), ever sexually hurt by a date (2%, 6%), ever forced into sexual activity against will (2%, 9%).
- **Grade:** With the exception of higher rates among 11th graders, reports of these experiences generally remained consistent across ages/grades among Newton high school students: ever physically hurt by a date (4%, 3%, 7%, 4%), ever sexually hurt by a date (3%, 3%, 6%, 3%), ever forced into sexual activity against will (4%, 4%, 8%, 6%).
- **Middle School:** Three percent (3%) of Newton 7th and 8th graders reported ever being forced into sexual activity against their will – 2% of 7th graders and 3% of 8th graders – representing little change from the 2004 rate of 4%. Data are not available for other items or years.

Mental Health

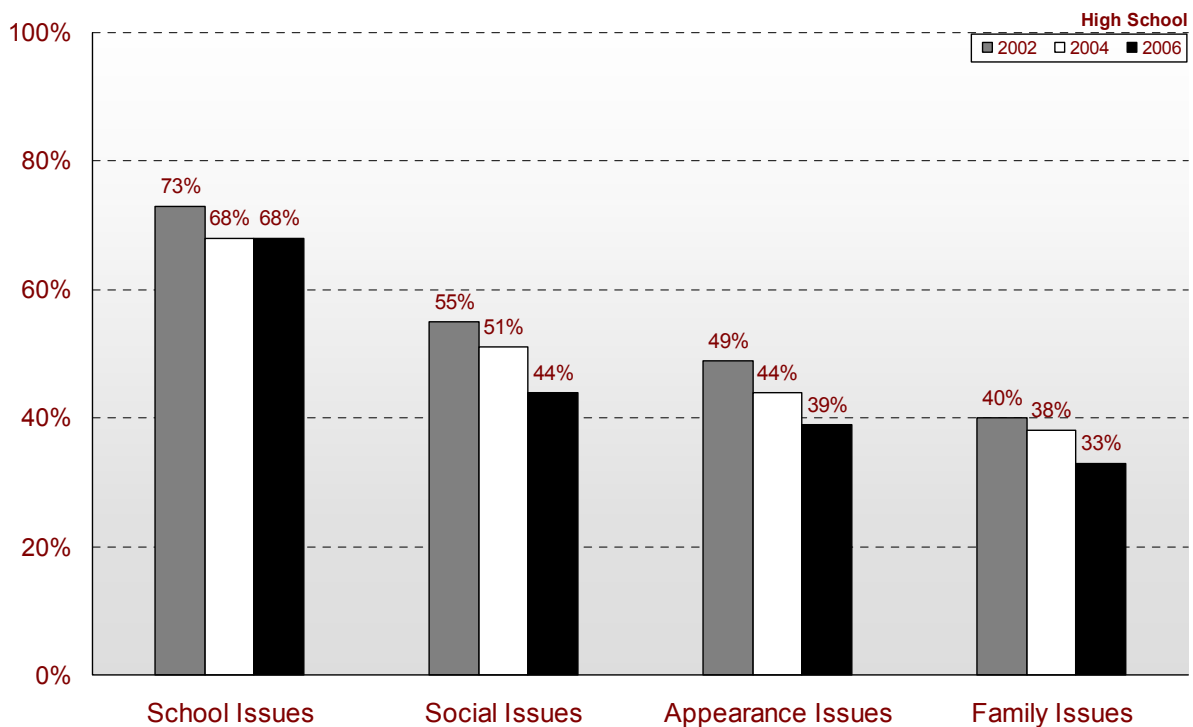
Trends in Perceived Life Stress Among Newton High School Students ('00, '02, '04, '06)



SELECTED POINTS

- In 2006, 6% of Newton high school students described their lives as *not at all stressful*, 21% as *slightly stressful*, 51% as *somewhat stressful*, and 22% as *very stressful*.
- **Trends:** While the percentage of students who described their lives as either *somewhat* or *very stressful* has showed little change between 2000 (75%) and 2006 (73%), there has been a consistent decrease since 2000 in the percentage who describe life as *very stressful*. Data for 1998 are not available.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female students in 2006 (83%) were much more likely than males (64%) to describe their lives as either *somewhat* or *very stressful*.
- **Grade:** The percentage of 2006 Newton high school students who described their lives as *somewhat* or *very stressful* increased with age/grade through grade 11 and then decreased (62%, 71%, 81%, 78%).
- **Middle School:** Perceived stress was lower among middle school students, with 44% of 2006 Newton 7th graders and 50% 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 and 47% in 2006. Data for 1998 and 2000 are not available.

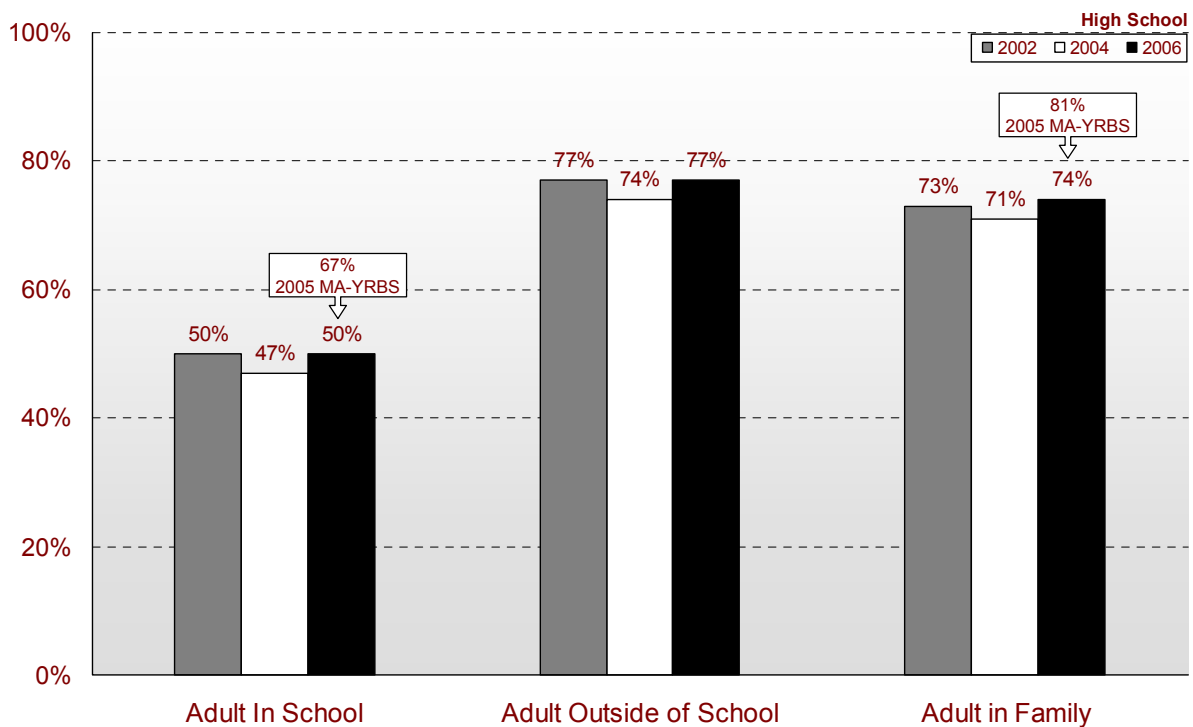
Trends in the Percent of Newton High School Students Who Worry Often or Almost Every Day About Various Issues ('02, '04, '06)



SELECTED POINTS

- In 2006, Newton high school students reported worrying most about school issues (68%), followed by social issues (44%), appearance issues (39%), and family issues (33%).
- **Trends:** The percentage of Newton high school students who reported worrying often or almost every day decreased between 2002 and 2006: school issues (73%, 68%, 68%), social issues (55%, 51%, 44%), appearance issues (49%, 44%, 39%), family issues (40%, 38%, 33%). Note that while worrying about social, appearance, and family issues all decreased substantially between 2004 and 2006, reported worrying about school issues remained unchanged. Data for 1998 and 2000 are not available.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female students in 2006 were more likely than males to report frequent worrying about each of these issues: school issues (59% males, 76% females), social issues (38%, 51%), appearance issues (27%, 52%), family issues (29%, 38%).
- **Grade:** With the exception of family issues, the percentage of 2006 Newton high school students who reported worrying frequently about these issues generally increased from grades 9 through 11 and then decreased in grade 12: school issues (57%, 67%, 76%, 70%), social issues (39%, 43%, 49%, 46%), appearance issues (36%, 36%, 43%, 42%), family issues (29%, 31%, 35%, 38%).
- **Middle School:** Concern about these issues was comparatively lower among 2006 Newton 7th and 8th graders: school issues (7th - 45%, 8th - 52%), social issues (30%, 32%), appearance issues (24%, 31%), family issues (21%, 22%). Trend data reveal decreases between 2002 and 2006 among 7th and 8th graders: school issues (51%, 49%, 49%), social issues (39%, 35%, 31%), appearance issues (36%, 30%, 27%), family issues (27%, 26%, 21%). Data for 1998 and 2000 are not available.

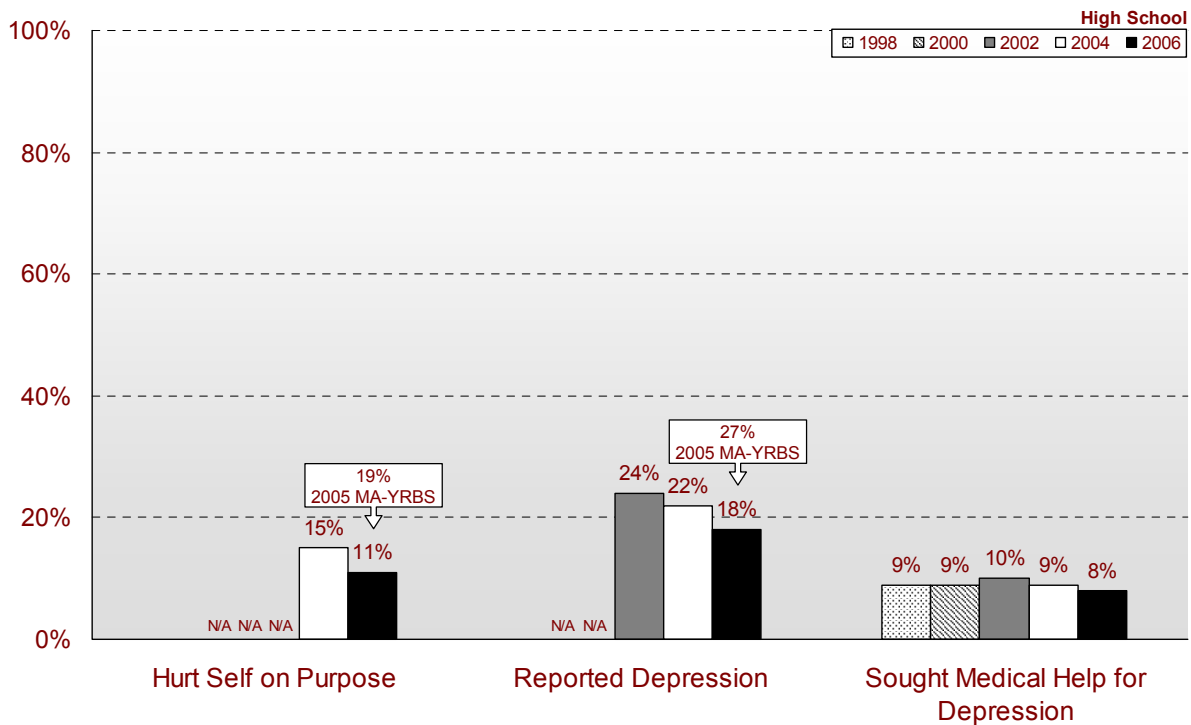
Trends in the Percent of Newton High School Students Who Report Having Adults to Talk with If They Have a Problem ('02, '04, '06)



SELECTED POINTS

- In 2006, half (50%) of Newton high school students 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 (77%) or a family adult (74%) to talk to.
- **Trends:** The percentage of Newton high school students who reported having each type of adult support increased between 2004 and 2006, reversing a downward trend previously observed in 2004: adult in school (50%, 47%, 50%), adult outside of school (77%, 74%, 77%), family adult (73%, 71%, 74%). Data for 1998 and 2000 are not available.
- **Comparisons:** Comparative data from the 2005 Massachusetts Youth Risk Behavior Survey show that 2006 Newton high school students are less likely to report having either a school (50% Newton, 67% MA) or family (74% Newton, 81% MA) 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. *MA data from the 2005 MA Youth Risk Behavior Survey*
- **Gender:** There was little difference by gender in 2006 in reported adult support: school adult (49% males, 51% females), adult outside of school (76%, 78%), family adult (74%, 75%).
- **Grade:** While perceived adult support among 2006 Newton high school students varied with age/grade, the most compelling difference observed was the increase by age/grade in the percent of youth who have a school adult confidant: school adult (43%, 48%, 51%, 59%), adult outside of school (77%, 77%, 78%, 76%), family adult (76%, 75%, 74%, 73%).
- **Middle School:** 2002 to 2006 trends in perceived support for Newton 7th and 8th graders are as follows: school adult (53%, 50%, 49%), adult outside of school (79%, 79%, 82%), family adult (80%, 77%, 82%). Data for 1998 and 2000 are not available.

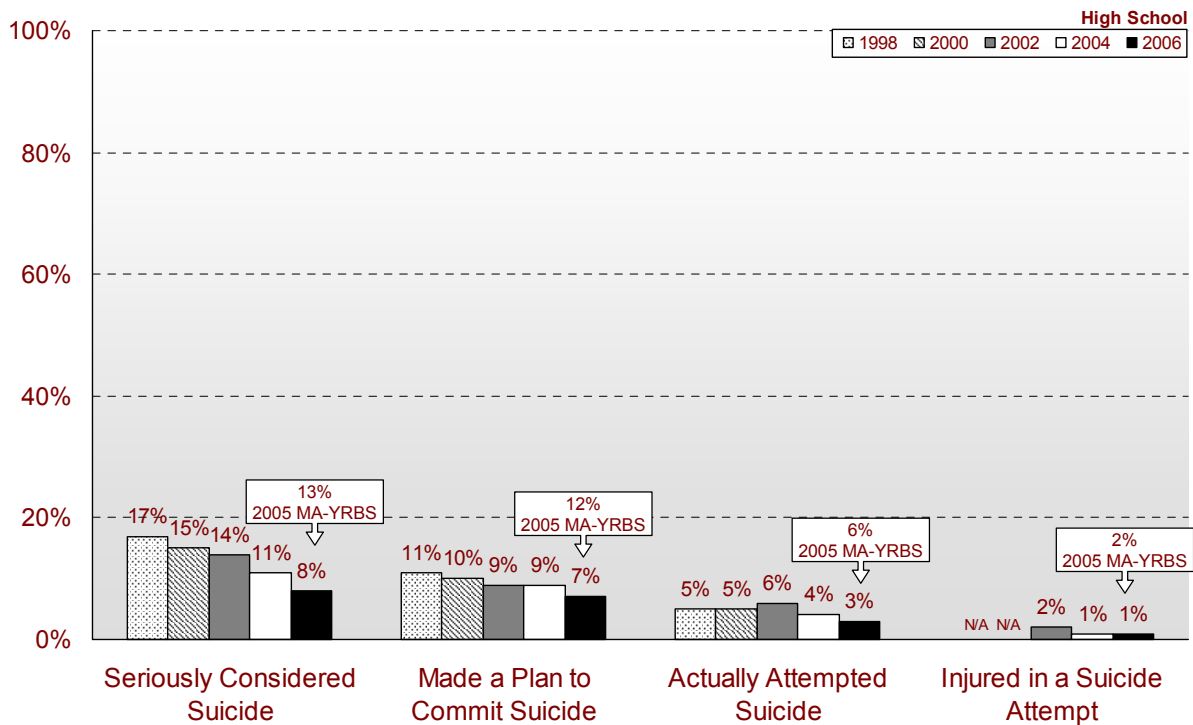
Trends in the Percent of Newton High School Students Who Reported Hurting Themselves on Purpose, Being Depressed, and Seeking Medical Help for Depression in the Past 12 Months ('98, '00, '02, '04, '06)



SELECTED POINTS

- Eleven percent (11%) of 2006 Newton high school students reported that they hurt themselves on purpose (e.g., cutting, burning) in the 12 months prior to the survey, while 18% reported experiencing depression and 8% sought medical help for depression.
- **Trends:** Overall, there have been decreases in the percent of Newton high school students reporting each of these issues. For example, between 2004 and 2006, the rate of reported self-harm decreased from 15% to 11%, the rate of reported depression decreased from 22% to 18%, and the percent of students who reported seeking medical help for depression went from 9% to 8%.
- **Comparisons:** A smaller percentage of 2006 Newton than 2005 Massachusetts high school students reported hurting themselves on purpose (11% Newton, 19% MA) and experiencing depression (18%, 27%) in the 12 months prior to the survey. The MA survey did not ask about seeking medical help for depression. *MA data from the 2005 MA Youth Risk Behavior Survey*
- **Gender:** In 2006, Newton females were more likely than males to have reported any of these issues: hurt self on purpose (10% males, 13% females), reported depression (14%, 21%), sought medical help for depression (7%, 10%).
- **Grade:** The percentage of 2006 Newton high school students who reported hurting themselves on purpose decreased overall with age/grade (14%, 11%, 11%, 10%). On the contrary, the percent who reported experiencing depression (15%, 17%, 19%, 20%) and seeking medical help for depression (7%, 8%, 9%, 11%) increased with age/grade.
- **Middle School:** These mental health issues were less common among 7th and 8th grade students: self-harm (7th - 7%, 8th - 6%), reported depression (10%, 13%). Trend data reveal decreases, with reported self-harm falling from 10% in 2004 to 6% in 2006, and reported depression dropping from 16% in 2002, to 14% in 2004, and 12% in 2006. Data for 1998 and 2000 are not available.

Trends in the Percent of Newton High School Students Who Reported Considering, Planning, and Attempting Suicide, & Being Injured in a Suicide Attempt in the Past 12 Months ('98, '00, '02, '04, '06)

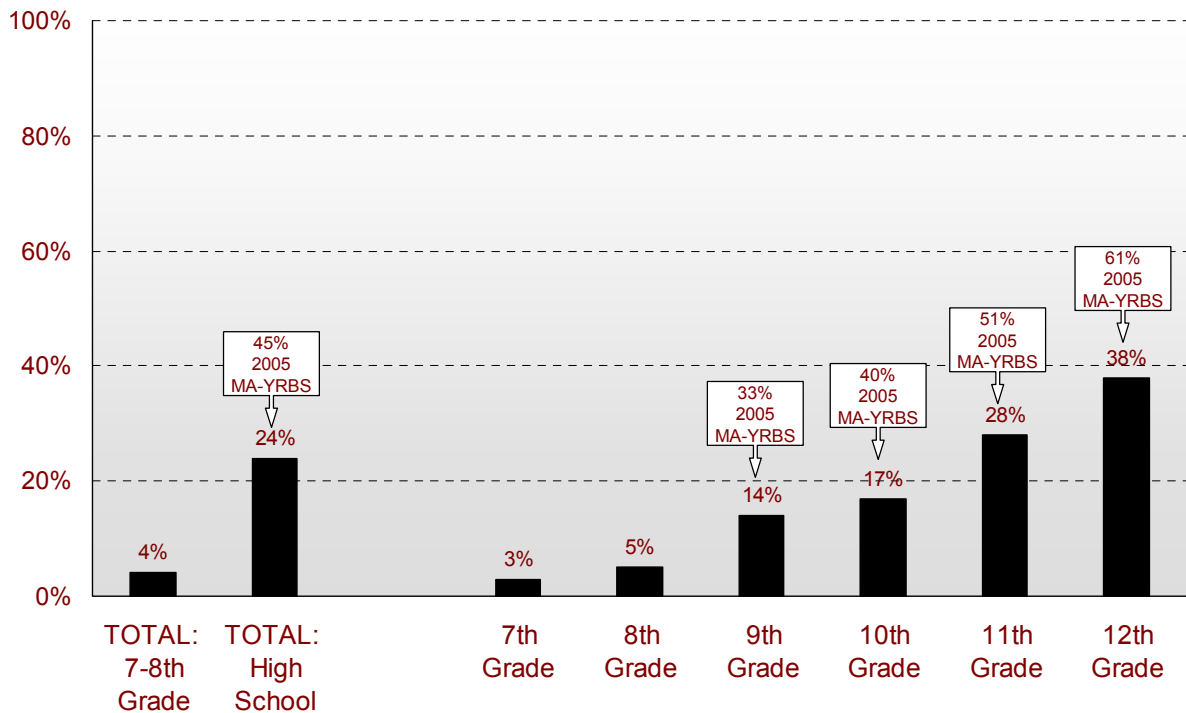


SELECTED POINTS

- Eight percent (8%) of 2006 Newton high school students reported that seriously considered suicide in the 12 months prior to the survey, 7% made a plan to commit suicide, 3% 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 reported suicidal ideation and behavior among Newton high school students.
- **Comparisons:** A smaller percentage of 2006 Newton than 2005 Massachusetts high school students reported considering (8% Newton, 13% MA), planning (7%, 12%), and attempting suicide (3%, 6%), or being injured in a suicide attempt (1%, 2%). *MA data from the 2005 MA Youth Risk Behavior Survey*
- **Gender:** With the exception of a higher rate of considering suicide among females, suicidal ideation and behavior did not differ substantively by gender among 2006 Newton high school students: considered (6% males, 9% females), planned (7%, 7%), attempted (2%, 3%), injured in a suicide attempt (1%, 1%).
- **Grade:** The percentage of 2006 Newton high school students who reported each of these suicidal ideations and behaviors showed little change with age/grade: considered (7%, 8%, 7%, 8%), planned (7%, 7%, 6%, 8%), attempted (3%, 3%, 3%, 3%), injured in a suicide attempt (1%, 1%, 1%, 2%).
- **Middle School:** These mental health issues were less common among Newton 7th and 8th grade students: considered (7th - 7%, 8th - 5%), planned (7%, 3%), and attempted suicide (2%, 1%). Previously fairly constant between 1998 and 2004, the percentage of Newton 7th and 8th graders who reported these issues decreased in 2006: considered (13%, 13%, 12%, 10%, 6%), planned (8%, 8%, 6%, 8%, 5%), and attempted suicide (3%, 4%, 3%, 2%, 1%). The middle school survey did not ask about being injured in a suicide attempt.

Sexual Behavior

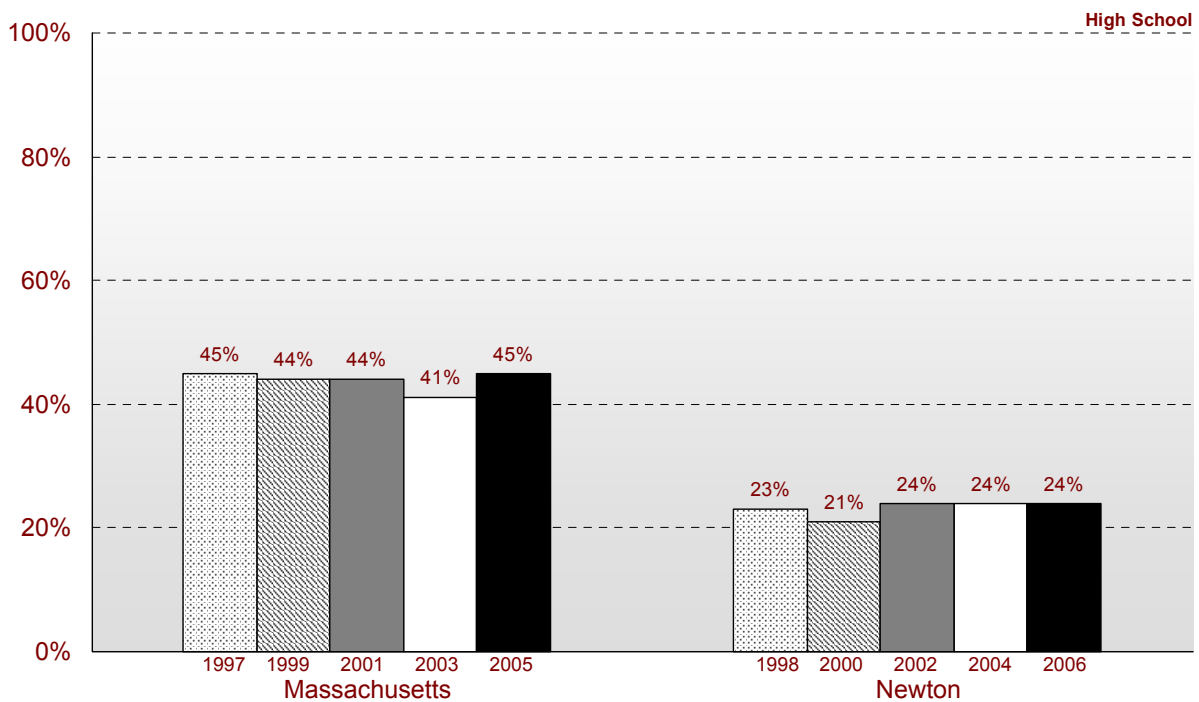
Percent of Newton 7-8th Grade and High School Students Who Have Ever Had Sexual Intercourse, Total and by Grade (2006)



SELECTED POINTS

- In 2006, 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 2006 in the percent of Newton high school students who have ever had sexual intercourse (23%, 21%, 24%, 24%, 24%).
- **Comparisons:** A much smaller percentage of 2006 Newton (24%) than 2005 Massachusetts (45%) high school students reported ever having sexual intercourse. This difference is consistent across all grades (9th - 14% Newton, 33% MA; 10th - 17% Newton, 40% MA; 11th - 28% Newton, 51% MA; 12th - 38% Newton, 61% MA). *MA data from the 2005 MA Youth Risk Behavior Survey*
- **Gender:** A larger percentage of 2006 Newton high school males (26%) than females (22%) 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 (3%, 5%, 14%, 17%, 28%, 38%).
- **Middle School:** Although unchanged between 2004 and 2006, the percent of Newton 7th and 8th grade students who reported ever having sexual intercourse has decreased since 1998 (7%, 5%, 5%, 4%, 4%).

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



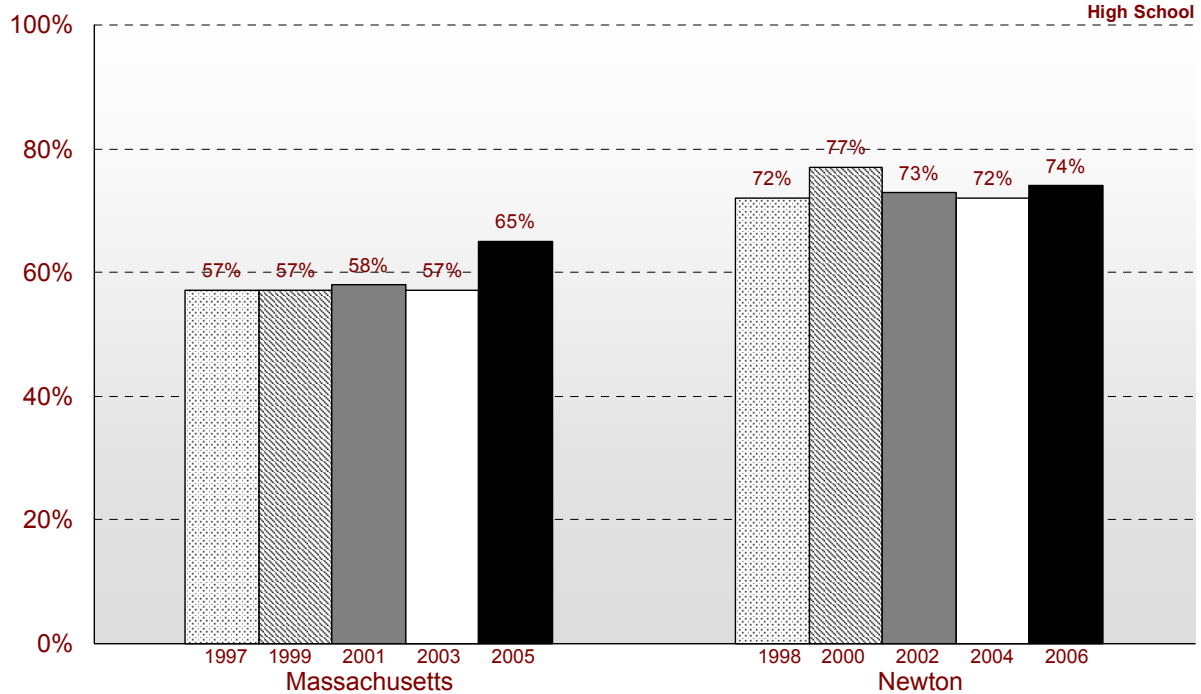
* Massachusetts high school data are from the MA Youth Risk Behavior Survey conducted by the MA Department of Education in Spring of 1997, 1999, 2001, 2003, and 2005.

** Trend data for Newton 7-8th grade students are as follows: 7% in 1998, 5% in 2000, 5% in 2002, 4% in 2004, and 4% in 2006.

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
 - 24% Newton 2006 vs. 45% MA 2005

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



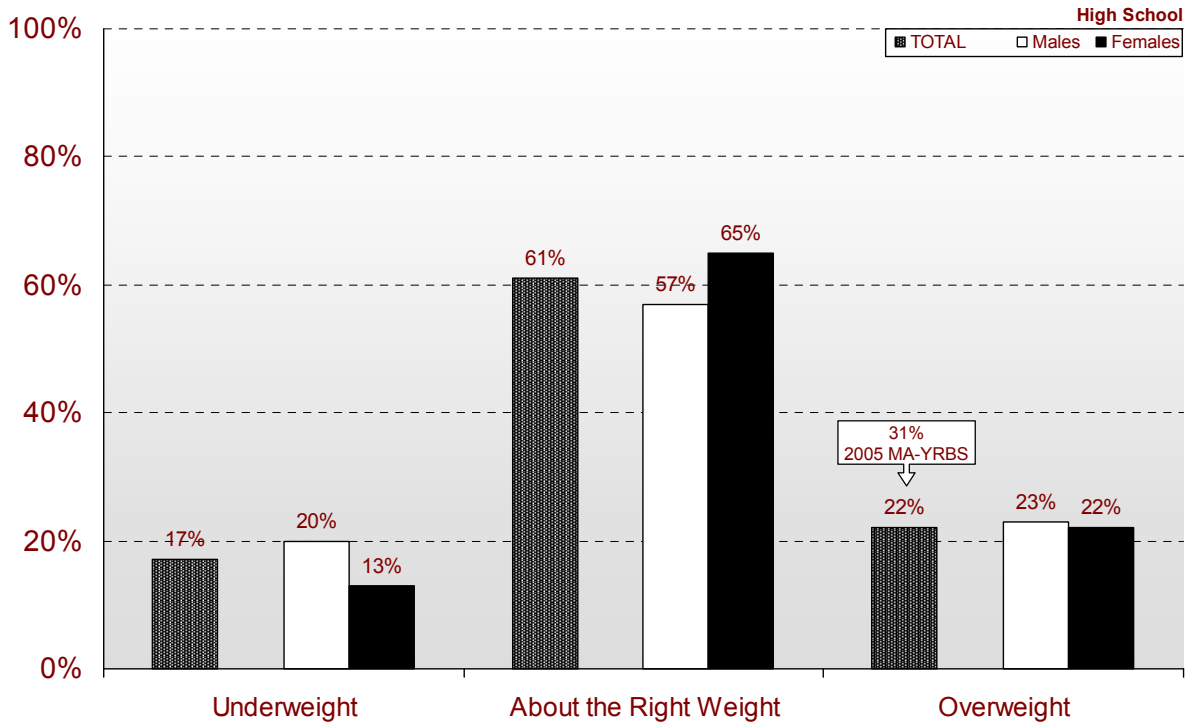
* Massachusetts high school data are from the MA Youth Risk Behavior Survey conducted by the MA Department of Education in Spring of 1997, 1999, 2001, 2003, and 2005.

SELECTED POINTS

- In 2006, 74% 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 2006 in the percent of sexually active Newton high school students who reported using a condom at last intercourse (72%, 77%, 73%, 72%, 74%).
- **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, 74% Newton 2006 vs. 65% MA 2005. *MA data from the MA Youth Risk Behavior Survey*
- **Gender:** In 2006, a larger percentage of sexually active Newton high school males (80%) than females (67%) reported that they or their partner used a condom the last time they had sexual intercourse.
- **Grade:** In 2006, the percent of sexually active Newton high school students who reported using a condom during their last intercourse decreased from 80% in 9th grade, to 78% in both 10th grade and 11th grade, and 68% in 12th grade.

Weight Perception and Control

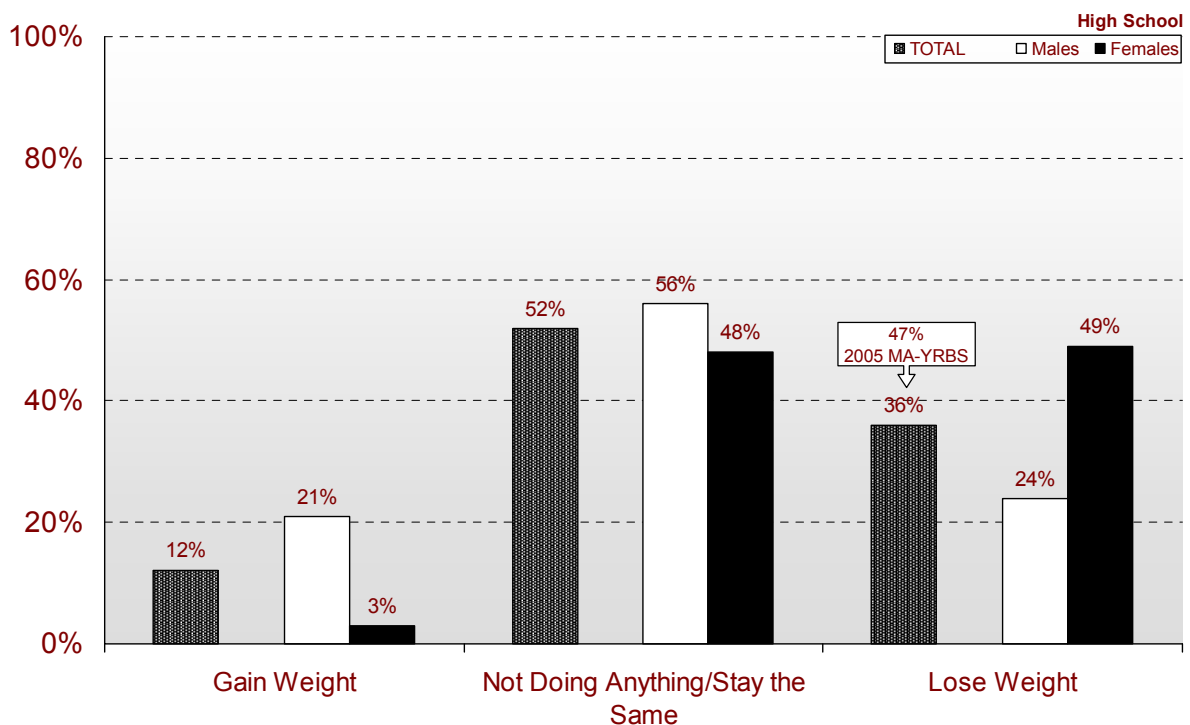
Perception of Body Weight by Newton High School Students, Total and by Gender (2006)



SELECTED POINTS

- Seventeen percent (17%) of 2006 Newton high school students described themselves as *underweight*, 61% as *about the right weight*, and 22% as *overweight*.
- Thirteen percent (13%) of Newton high school females described themselves as *underweight* compared to 20% of males, 65% as *about the right weight* compared to 57% of males, and 22% as *overweight* compared to 23% of males.
- **Trends:** Overall, there were no substantive differences between 1998 and 2006 in the percent of Newton high school students who described themselves as *overweight* (25%, 23%, 24%, 23%, 22%).
- **Comparisons:** A smaller percentage of 2006 Newton (22%) than 2005 Massachusetts (31%) high school students described themselves as *overweight*. MA data from the 2005 MA Youth Risk Behavior Survey
- **Gender:** Female high school students were somewhat more likely than males to describe themselves as *about the right weight* (57% males, 65% females), while males were more likely to describe themselves as *underweight* (20%, 13%).
- **Grade:** Differences in described weight by age/grade among Newton high school students were inconsistent: *underweight* (15%, 19%, 18%, 16%), *about the right weight* (63%, 59%, 60%, 62%), *overweight* (23%, 21%, 22%, 22%).
- **Middle School:** 2002 to 2006 trends in perceived weight for Newton 7th and 8th graders are as follows: *underweight* (22%, 21%, 23%), *about the right weight* (53%, 55%, 57%), *overweight* (25%, 24%, 20%). Data for 1998 and 2000 are not available.

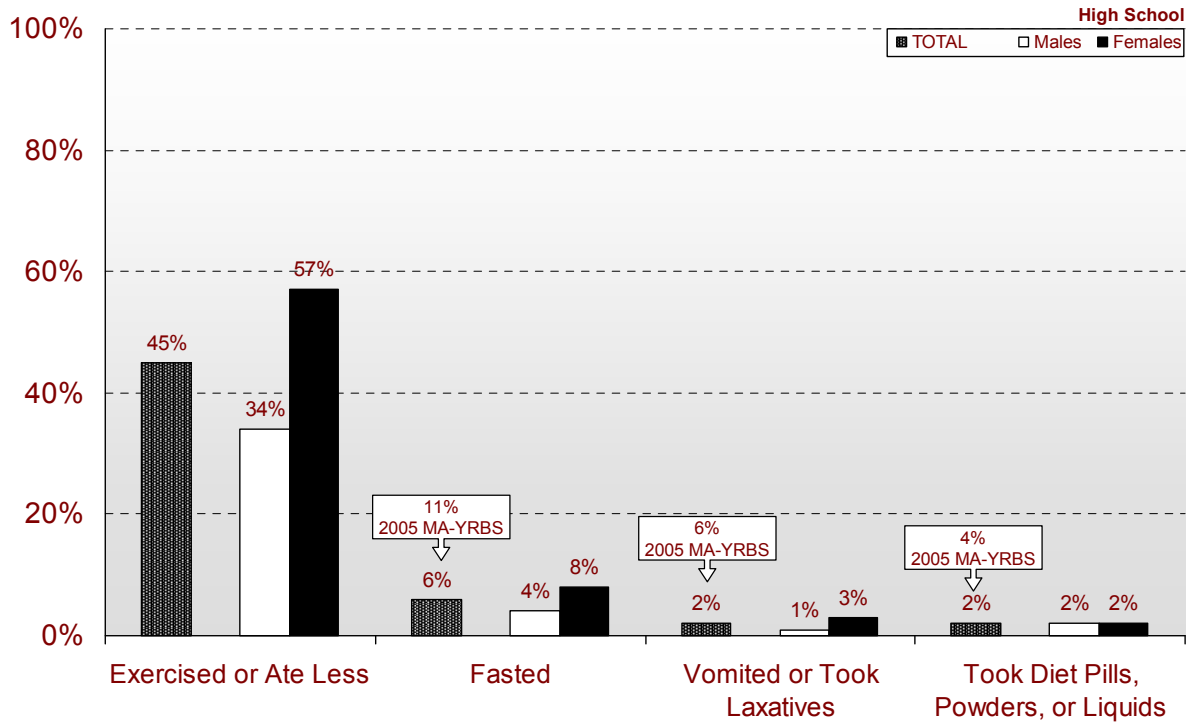
Percent of Newton High School Students Reporting Attempts to Change Their Weight, Total and by Gender (2006)



SELECTED POINTS

- Twelve percent (12%) of 2006 Newton high school students reported that they were currently trying to *gain* weight, 52% *not doing anything about their weight*, and 36% trying to *lose* weight.
- Three percent (3%) of Newton high school females reported that they were trying to *gain* weight compared to 21% of males, 48% that they were *not doing anything* about their weight compared to 56% of males, and 49% that they were trying to *lose* weight compared to 24% of males.
- **Trends:** There was little overall change between 1998 and 2006 in the percent of Newton high school students who reported that they were trying to *lose* weight (36%, 39%, 39%, 37%, 36%).
- **Comparisons:** A smaller percentage of 2006 Newton (36%) than 2005 Massachusetts (47%) high school students reported that they were currently trying to *lose* weight. *MA data from the 2005 MA Youth Risk Behavior Survey*
- **Gender:** Female high school students were much more likely than males to report trying to *lose* weight (24% males, 49% females), while males were more likely than females to report trying to *gain* weight (21%, 3%).
- **Grade:** Differences in weight management efforts by age/grade among Newton high school students were inconsistent: *gain* weight (11%, 11%, 15%, 10%), *not doing anything* (54%, 54%, 48%, 51%), *lose* weight (35%, 35%, 37%, 39%).
- **Middle School:** 1998 to 2006 trends in current weight control methods among Newton 7th and 8th graders are as follows: trying to *gain* weight (8%, 8%, 8%, 8%, 8%), *not doing anything* about weight (61%, 62%, 58%, 60%, 62%), trying to *lose* weight (31%, 31%, 34%, 32%, 29%).

Percent of Newton High School Students Who Used Various Methods* to Lose or Maintain Their Weight, Total and by Gender (2006)



* Respondents could check all that apply.

SELECTED POINTS

- Forty-five percent (45%) of 2006 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. Six percent (6%) had fasted, 2% vomited or took laxatives, and 2% took diet pills, powders, or liquids.
- Fifty-seven percent (57%) of Newton high school females reported that they had exercised or eaten less to lose or maintain their weight compared to 34% of males, 8% had fasted compared to 4% of males, 3% vomited or took laxatives compared to 1% of males, and 2% took diet pills, powders, or liquids compared to 2% of males.
- Trends:** There have been some very slight yet consistent decreases between 1998 and 2006 in the use of weight loss/control methods by Newton high school students: exercised or ate less (N/A, N/A, 51%, 47%, 45%), fasted (N/A, N/A, 7%, 7%, 6%), vomited or took laxatives (3%, 4%, 4%, 4%, 2%), took diet pills, powders, or liquids (3%, 4%, 3%, 3%, 2%).
- Comparisons:** Smaller percentages of 2006 Newton than 2005 Massachusetts high school students reported fasting (6% Newton, 11% MA), vomiting or taking laxatives (2%, 6%), and taking diet pills, powders, or liquids (2%, 4%). Comparable MA data about exercising or eating less are not available due to reporting differences. *MA data from the 2005 MA Youth Risk Behavior Survey*
- Gender:** Female high school students were more likely than males to report using these weight loss/maintenance methods, although the rate for taking pills/powders/liquids was the same for both.
- Grade:** Differences in method use by age/grade among Newton high school students were inconsistent: exercised or ate less (44%, 45%, 44%, 48%), fasted (5%, 5%, 7%, 6%), vomited or took laxatives (1%, 1%, 3%, 2%), took diet pills, powders, or liquids (1%, 2%, 4%, 3%).
- 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

2006-2007 NEWTON YOUTH RISK BEHAVIOR SURVEY

Alcohol, Tobacco, and Other Drug Use – Middle School (N≈ 1,195)

	TOTAL	GENDER		GRADE		
	2006 (1195)	Males (582)	Females (609)	6 th (398)	7 th (390)	8 th (401)
LIFETIME (any use in lifetime)						
Cigarettes	3.8%	6.4%	1.3%	1.3%	3.6%	6.5%
Alcohol	14.6%	20.0%	9.5%	8.0%	13.1%	22.4%
Marijuana (7 & 8th grade ONLY)	2.4%	3.4%	1.4%	N/A	1.0%	3.7%
Cocaine (7 & 8th grade ONLY)	1.1%	1.9%	0.5%	N/A	0.5%	1.7%
Ecstasy (7 & 8th grade ONLY)	0.8%	1.3%	0.2%	N/A	0.3%	1.3%
Inhalants (7 & 8th grade ONLY)	8.2%	9.3%	7.0%	N/A	7.8%	8.5%
Heroin (7 & 8th grade ONLY)	0.6%	0.8%	0.5%	N/A	0.3%	1.0%
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 (7 & 8th grade ONLY)	0.5%	0.8%	0.2%	N/A	0.5%	0.5%
CURRENT (any use in past 30 days)						
Cigarettes	1.2%	2.1%	0.3%	0.3%	1.0%	2.3%
Alcohol	4.1%	6.1%	2.3%	0.8%	3.1%	8.5%
Binge Alcohol (5 or more drinks in a row) (7 & 8th grade ONLY)	1.3%	2.4%	0.2%	N/A	0.5%	2.0%
Marijuana (7 & 8th grade ONLY)	1.3%	2.1%	0.5%	N/A	0.3%	2.2%
Cocaine (7 & 8th grade ONLY)	0.5%	0.8%	0.2%	N/A	0.0%	1.0%
Ecstasy (7 & 8th grade ONLY)	0.4%	0.8%	0.0%	N/A	0.0%	0.8%
Inhalants (7 & 8th grade ONLY)	1.8%	1.6%	1.9%	N/A	2.1%	1.5%
Heroin (7 & 8th grade ONLY)	0.1%	0.3%	0.0%	N/A	0.0%	0.3%
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 (7 & 8th grade ONLY)	0.3%	0.5%	0.0%	N/A	0.0%	0.5%
ANNUAL (any use in the past 12 months)						
Used someone else's prescription medication to get high (7 & 8th grade ONLY)	0.6%	1.3%	0.0%	N/A	0.3%	1.0%
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".

2006-2007 NEWTON YOUTH RISK BEHAVIOR SURVEY
Violence and Safety – Middle School (N≈1,195)

	TOTAL	GENDER		GRADE		
	2006 (1195)	Males (582)	Females (609)	6 th (398)	7 th (390)	8 th (401)
CARRIED A WEAPON¹ (30 days)						
When in school (7 & 8 th grade ONLY)	1.4%	2.7%	0.2%	N/A	0.5%	2.3%
When NOT in school (7 & 8 th grade ONLY)	9.3%	14.8%	4.1%	N/A	7.2%	11.5%
IN A PHYSICAL FIGHT (12 months)						
When in school	8.7%	15.3%	2.5%	7.1%	9.3%	9.8%
When NOT in school	19.6%	29.4%	10.2%	16.3%	20.6%	21.7%
BULLYING (30 days)						
Bullied/harassed on way to/from school	11.0%	13.0%	8.9%	4.6%	14.2%	14.1%
Bullied/harassed in school	25.8%	24.5%	26.9%	17.9%	27.2%	32.2%
Bullied/harassed when NOT in school and NOT on way to/from school	13.8%	14.3%	13.4%	8.9%	17.5%	15.2%
WORRIED ABOUT SAFETY						
Worried when in school (somewhat/very)	6.0%	6.3%	5.8%	6.2%	7.2%	4.9%
Worried when NOT in school (somewhat/very)	15.7%	12.8%	18.5%	14.2%	18.5%	14.2%
Stayed home from school out of fear for safety (30 days)	1.1%	1.0%	1.2%	1.3%	0.5%	1.5%
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
Both 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".

2006-2007 NEWTON YOUTH RISK BEHAVIOR SURVEY

Stress, Support, Depression, and Suicide – Middle School (N ≈ 1,195)

	TOTAL 2006 (1195)	GENDER		GRADE		
		Males (582)	Females (609)	6 th (398)	7 th (390)	8 th (401)
STRESS						
Life somewhat/very stressful	43.7%	39.8%	47.5%	37.7%	43.9%	49.5%
Worry about <i>school</i> issues - Often/Almost Every Day	43.2%	38.4%	47.7%	32.7%	44.6%	52.2%
Worry about <i>social</i> issues - Often/Almost Every Day	26.7%	22.1%	31.1%	18.3%	30.0%	32.2%
Worry about <i>family</i> issues - Often/Almost Every Day	20.1%	19.5%	20.4%	17.7%	20.5%	22.2%
Worry about <i>appearance</i> issues - Often/Almost Every Day	24.8%	17.2%	31.9%	19.3%	24.1%	30.5%
ADULT HELP						
At least one teacher or other adult in this school to talk to about a problem	50.9%	52.5%	49.2%	54.1%	48.0%	50.0%
At least one adult outside of school to talk to about a problem	81.7%	79.9%	83.5%	81.6%	82.3%	81.3%
At least one family adult to talk to about a problem	84.6%	85.5%	83.7%	89.2%	83.0%	81.6%
DEPRESSION AND SUICIDE						
Hurt self on purpose (12 months) (<i>7 & 8th grade ONLY</i>)	5.9%	5.8%	6.0%	N/A	6.5%	5.5%
Depressed (12 months) (<i>7 & 8th grade ONLY</i>)	11.7%	8.8%	14.3%	N/A	10.4%	12.8%
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>)	5.6%	5.1%	6.1%	N/A	6.8%	4.5%
Made a plan to commit suicide (12 months) (<i>7 & 8th grade ONLY</i>)	5.1%	6.5%	3.9%	N/A	7.1%	3.3%
Attempted suicide (12 months) (<i>7 & 8th grade ONLY</i>)	1.1%	1.1%	1.2%	N/A	1.6%	0.7%
Injured in suicide attempt (12 months)	N/A	N/A	N/A	N/A	N/A	N/A

2006-2007 NEWTON YOUTH RISK BEHAVIOR SURVEY

Miscellaneous – Middle School (N≈1,195)

	TOTAL 2006 (1195)	GENDER		GRADE		
		Males (582)	Females (609)	6 th (398)	7 th (390)	8 th (401)
ALCOHOL-RELATED DRIVING/RIDING						
Rode with drinking driver (30 days) - All students (7 & 8th grade ONLY)	7.1%	7.0%	7.3%	N/A	6.0%	8.3%
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 (7 & 8th grade ONLY)	0.8%	1.1%	0.5%	N/A	0.5%	1.0%
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 (7 & 8th grade ONLY)	4.1%	6.9%	1.5%	N/A	3.1%	4.8%
Intercourse in past 3 months	N/A	N/A	N/A	N/A	N/A	N/A
Ever been/gotten someone pregnant	N/A	N/A	N/A	N/A	N/A	N/A
Condom use at last intercourse ¹ (7 & 8th grade ONLY)	67.9%	72.7%	50.0%	N/A	54.5%	75.0%
Alcohol/drugs at last intercourse	N/A	N/A	N/A	N/A	N/A	N/A

¹ Of those who had sexual intercourse.

2006-2007 NEWTON YOUTH RISK BEHAVIOR SURVEY

1998, 2000, 2002, 2004, and 2006 Middle School Trends – *Grades 7 & 8 ONLY*

Alcohol, Tobacco, and Other Drug Use

	1998	2000	2002	2004	2006
LIFETIME (any use in lifetime)	(907)	(893)	(849)	(844)	(791)
Cigarettes	21.8%	14.3%	9.8%	7.0%	5.1%
Alcohol	36.6%	28.6%	24.8%	21.1%	17.8%
Marijuana	8.2%	4.0%	5.2%	2.7%	2.4%
Cocaine	1.1%	0.7%	2.8%	0.6%	1.1%
Ecstasy	N/A	N/A	2.1%	0.2%	0.8%
Inhalants	12.6%	9.9%	11.1%	12.6%	8.2%
Heroin	N/A	N/A	1.9%	0.5%	0.6%
Other Illegal Drugs ¹	N/A	N/A	1.9%	0.5%	0.5%
CURRENT (any use in past 30 days)					
Cigarettes	6.9%	3.5%	2.8%	1.7%	1.6%
Alcohol	15.6%	10.8%	8.9%	6.6%	5.8%
Binge Alcohol (5 or more drinks in a row)	3.0%	1.9%	2.3%	1.4%	1.3%
Marijuana	3.2%	0.8%	2.6%	0.8%	1.3%
Cocaine	0.7%	0.1%	1.8%	0.2%	0.5%
Ecstasy	N/A	N/A	1.5%	0.0%	0.4%
Inhalants	2.6%	3.1%	4.4%	3.4%	1.8%
Heroin	N/A	N/A	0.9%	0.1%	0.1%
Other Illegal Drugs ¹	N/A	N/A	0.8%	0.2%	0.3%
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%	0.6%
Used over-the-counter medication to get high	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

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".

2006-2007 NEWTON YOUTH RISK BEHAVIOR SURVEY

1998, 2000, 2002, 2004, and 2006 Middle School Trends – *Grades 7 & 8 ONLY* Violence and Safety

	1998	2000	2002	2004	2006
CARRIED A WEAPON¹ (30 days)	(907)	(893)	(849)	(844)	(791)
When in school	2.8%	2.6%	2.7%	2.0%	1.4%
When NOT in school	15.3%	12.8%	10.2%	12.4%	9.4%
IN A PHYSICAL FIGHT (12 months)					
When in school	16.8%	12.3%	13.3%	12.3%	9.5%
When NOT in school	33.3%	31.0%	27.6%	27.9%	21.2%
BULLYING (30 days)					
Bullied/harassed on way to/from school	N/A	N/A	17.3%	19.1%	14.2%
Bullied/harassed in school	N/A	N/A	35.7%	41.1%	29.8%
Bullied/harassed when NOT in or on way to/from school	N/A	N/A	24.1%	24.6%	16.3%
WORRIED ABOUT SAFETY					
Worried when in school (somewhat/very)	8.6%	9.1%	6.5%	7.6%	6.0%
Worried when NOT in school (somewhat/very)	22.8%	19.4%	22.3%	16.6%	16.3%
Stayed home from school out of fear for safety (30 days)	1.2%	2.2%	2.1%	2.0%	1.0%

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

2006-2007 NEWTON YOUTH RISK BEHAVIOR SURVEY

1998, 2000, 2002, 2004, and 2006 Middle School Trends – *Grades 7 & 8 ONLY*

Miscellaneous

	1998	2000	2002	2004	2006
STRESS	(907)	(893)	(849)	(844)	(791)
Life somewhat/very stressful	N/A	N/A	50.7%	48.1%	46.7%
Worry about <i>school</i> issues - Often/Almost Every Day	N/A	N/A	50.9%	49.0%	48.5%
Worry about <i>social</i> issues - Often/Almost Every Day	N/A	N/A	38.9%	34.8%	31.1%
Worry about <i>family</i> issues - Often/Almost Every Day	N/A	N/A	26.8%	25.7%	21.3%
Worry about <i>appearance</i> issues - Often/Almost Every Day	N/A	N/A	36.2%	30.4%	27.4%
ADULT HELP					
At least one teacher or other school adult to talk to about a problem	N/A	N/A	52.7%	49.8%	49.0%
At least one adult outside of school to talk to about a problem	N/A	N/A	78.9%	78.6%	81.8%
At least one family adult to talk to about a problem	N/A	N/A	80.2%	77.4%	82.3%
DEPRESSION AND SUICIDE					
Hurt self on purpose (12 months)	N/A	N/A	N/A	10.4%	6.0%
Depressed (12 months)	N/A	N/A	16.1%	14.0%	11.6%
Seriously considered suicide (12 months)	12.9%	13.3%	12.0%	10.0%	5.6%
Made a plan to commit suicide (12 months)	7.9%	7.7%	6.3%	7.5%	5.1%
Attempted suicide (12 months)	2.6%	3.6%	3.1%	2.3%	1.1%
RIDING WITH IMPAIRED DRIVERS					
Rode with drinking driver (30 days) - All students	9.4%	10.2%	10.7%	7.1%	7.2%
Rode with driver who was using marijuana (30 days) - All students	2.3%	2.9%	3.1%	1.9%	0.8%
SEXUAL BEHAVIOR					
Ever had sexual intercourse	7.0%	5.4%	4.5%	4.4%	4.0%
Condom use at last intercourse ¹	77.2%	75.0%	65.7%	74.3%	66.7%

¹ Of those who had sexual intercourse.

Appendix B:

Selected High School Data Tables

2006-2007 NEWTON YOUTH RISK BEHAVIOR SURVEY

Alcohol, Tobacco, and Other Drug Use – High School (N ≈ 1,810)

	TOTAL- NEWTON					2005 MA YRBS	GENDER		GRADE			
	1998 (1640)	2000 (1658)	2002 (1707)	2004 (1751)	2006 (1810)		Males (916)	Females (877)	9 th (447)	10 th (460)	11 th (462)	12 th (430)
LIFETIME (any use in lifetime)												
Cigarettes	52.0%	48.9%	38.5%	32.7%	29.2%	51%	29.7%	28.7%	16.0%	23.4%	35.3%	43.1%
Alcohol	73.1%	70.8%	66.0%	61.9%	58.8%	76%	59.8%	57.9%	41.1%	54.1%	68.1%	72.2%
Marijuana	41.3%	40.5%	39.4%	37.2%	33.0%	45%	34.2%	31.7%	16.4%	26.9%	40.7%	48.4%
Cocaine	3.7%	3.9%	4.2%	5.2%	5.4%	8%	5.6%	5.3%	1.8%	4.4%	6.3%	9.3%
Ecstasy	N/A	N/A	5.7%	3.7%	2.9%	7%	3.7%	2.1%	0.9%	2.6%	3.2%	4.9%
Inhalants	9.7%	8.3%	8.0%	9.1%	8.4%	N/A	8.8%	8.1%	12.2%	7.4%	7.1%	7.0%
Heroin	N/A	N/A	1.5%	1.4%	1.3%	2%	1.8%	0.9%	0.2%	2.2%	0.9%	2.1%
Methamphetamines	N/A	N/A	4.1%	3.3%	2.4%	4%	3.2%	1.7%	1.3%	2.8%	1.9%	3.7%
Steroids (no prescription)	N/A	N/A	1.4%	1.9%	1.4%	4%	1.9%	0.9%	0.2%	2.0%	1.5%	1.9%
Other Illegal Drugs ¹	N/A	N/A	7.5%	7.6%	6.6%	N/A	7.9%	5.4%	3.6%	5.0%	7.4%	10.7%
CURRENT (any use in past 30 days)												
Cigarettes	26.8%	20.2%	15.7%	13.8%	12.4%	21%	12.1%	12.8%	4.9%	9.6%	14.5%	21.1%
Alcohol (any use)	51.5%	50.6%	44.0%	40.9%	38.2%	48%	38.6%	37.7%	18.6%	33.8%	47.6%	53.0%
Binge Alcohol (5 or more drinks)	31.4%	31.5%	27.0%	23.1%	22.7%	27%	22.6%	23.0%	7.2%	19.0%	29.9%	35.4%
Marijuana	23.7%	26.3%	22.9%	23.3%	20.2%	26%	22.5%	18.0%	11.0%	18.5%	23.2%	28.7%
Cocaine	1.7%	1.4%	2.5%	2.9%	2.3%	N/A	2.6%	2.1%	0.4%	3.3%	2.4%	3.3%
Ecstasy	N/A	N/A	2.3%	1.7%	1.1%	N/A	1.2%	1.0%	0.4%	1.3%	1.3%	1.4%
Inhalants	3.1%	2.2%	2.6%	2.8%	2.6%	5%	3.0%	2.2%	4.3%	2.0%	1.9%	2.1%
Heroin	N/A	N/A	0.9%	1.0%	0.9%	N/A	1.3%	0.6%	0.0%	1.7%	1.1%	0.9%
Methamphetamines	N/A	N/A	1.8%	2.0%	1.3%	N/A	1.8%	0.9%	0.4%	2.0%	1.1%	1.9%
Steroids (no prescription)	N/A	N/A	0.9%	1.5%	0.9%	N/A	1.3%	0.5%	0.0%	1.3%	1.1%	1.2%
Other Illegal Drugs ¹	N/A	N/A	3.3%	3.7%	3.5%	N/A	4.7%	2.4%	2.0%	3.5%	3.0%	5.8%
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%	3.8%	N/A	3.7%	4.0%	1.8%	2.6%	5.7%	5.4%
Used over-the-counter medication to get high	N/A	N/A	4.3%	3.6%	3.3%	N/A	3.6%	3.0%	3.2%	2.0%	5.4%	2.6%
Used "study drugs" to stay awake	N/A	N/A	N/A	6.6%	5.1%	N/A	4.4%	6.0%	2.7%	3.7%	6.6%	7.7%

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".

2006-2007 NEWTON YOUTH RISK BEHAVIOR SURVEY

Violence and Safety – High School (N≈1,810)

	TOTAL- NEWTON					2005 MA YRBS	GENDER		GRADE			
	1998 (1640)	2000 (1658)	2002 (1707)	2004 (1751)	2006 (1810)		Males (916)	Females (877)	9 th (447)	10 th (460)	11 th (462)	12 th (430)
CARRIED A WEAPON¹ (30 days)												
When in school	6.2%	5.2%	4.9%	5.2%	5.0%	6%	7.8%	2.2%	4.7%	5.0%	6.1%	4.2%
When NOT in school	13.9%	12.1%	10.0%	11.2%	11.2%	N/A	17.3%	4.8%	11.5%	12.0%	12.6%	8.4%
IN A PHYSICAL FIGHT (12 months)												
When in school	13.0%	12.2%	9.1%	9.7%	9.3%	10%	13.9%	4.7%	12.6%	11.1%	8.5%	5.1%
When NOT in school	26.9%	24.1%	19.6%	20.4%	19.1%	N/A	26.4%	11.6%	23.5%	18.7%	18.0%	16.3%
BULLYING (30 days)												
Bullied/harassed on way to/from school	N/A	N/A	7.7%	9.8%	7.1%	N/A	8.1%	5.8%	10.1%	6.3%	6.3%	5.8%
Bullied/harassed in school	N/A	N/A	21.0%	19.7%	17.2%	24%	18.2%	16.1%	25.2%	18.2%	14.1%	11.2%
Bullied/harassed when NOT in school and NOT on way to/from school	N/A	N/A	15.7%	13.8%	12.2%	N/A	10.8%	13.5%	13.6%	14.3%	10.4%	10.0%
WORRIED ABOUT SAFETY												
Worried when in school (somewhat/very)	6.1%	7.3%	6.1%	6.6%	5.4%	N/A	5.8%	4.7%	5.4%	6.6%	4.8%	4.7%
Worried when NOT in school (somewhat/very)	20.2%	13.8%	14.6%	11.6%	11.7%	N/A	9.8%	13.6%	11.3%	15.3%	12.0%	8.0%
Stayed home from school out of fear for safety (30 days)	2.6%	3.8%	2.3%	3.8%	2.2%	4%	2.5%	1.7%	2.7%	2.2%	1.9%	1.9%
DATING VIOLENCE												
Physically hurt <i>only</i> by date (ever)	N/A	3.6%	2.8%	3.0%	2.7%	5%	2.4%	3.1%	2.3%	2.0%	3.9%	2.8%
Sexually hurt <i>only</i> by a date (ever)	N/A	2.5%	2.8%	3.6%	2.2%	2%	1.0%	3.5%	2.3%	2.0%	3.1%	1.6%
<i>Both</i> physically & sexually hurt by a date (ever)	N/A	1.8%	2.1%	1.7%	1.7%	3%	0.8%	2.6%	1.1%	1.1%	2.8%	1.6%

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

2006-2007 NEWTON YOUTH RISK BEHAVIOR SURVEY

Stress, Support, Depression, and Suicide – High School (N≈1,810)

	TOTAL- NEWTON					2005 MA YRBS	GENDER		GRADE			
	1998 (1640)	2000 (1658)	2002 (1707)	2004 (1751)	2006 (1810)		Males (916)	Females (877)	9 th (447)	10 th (460)	11 th (462)	12 th (430)
STRESS												
Life somewhat/very stressful	N/A	75.7%	78.0%	74.2%	72.9%	N/A	63.7%	82.7%	62.3%	71.3%	80.7%	77.5%
Worry about <i>school</i> issues - Often/Almost Every Day	N/A	N/A	73.3%	67.9%	67.5%	N/A	58.8%	76.3%	56.9%	66.7%	75.7%	70.0%
Worry about <i>social</i> issues - Often/Almost Every Day	N/A	N/A	54.5%	50.6%	44.3%	N/A	38.2%	50.5%	38.5%	43.4%	49.1%	45.9%
Worry about <i>family</i> issues - Often/Almost Every Day	N/A	N/A	39.9%	38.0%	33.0%	N/A	28.5%	37.9%	28.8%	30.9%	34.5%	37.8%
Worry about <i>appearance</i> issues - Often/Almost Every Day	N/A	N/A	48.7%	43.6%	39.4%	N/A	26.7%	52.4%	36.4%	35.9%	42.9%	42.0%
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%	49.9%	67%	49.3%	50.6%	42.9%	47.6%	51.0%	58.8%
At least one adult outside of school to talk to about a problem	N/A	N/A	76.9%	74.0%	77.2%	N/A	76.1%	78.1%	76.8%	77.3%	78.0%	76.2%
At least one family adult to talk to about a problem	N/A	N/A	72.7%	70.9%	74.3%	81%	73.6%	74.8%	75.5%	74.7%	73.8%	72.8%
DEPRESSION AND SUICIDE												
Hurt self on purpose (12 months)	N/A	N/A	N/A	14.9%	11.3%	19%	9.5%	12.8%	14.1%	10.7%	10.6%	9.6%
Depressed (12 months)	N/A	N/A	23.9%	22.0%	17.5%	27%	13.7%	21.3%	14.8%	16.6%	18.7%	20.0%
Sought medical help or took prescription medication for depression (12 months)	9.1%	9.0%	10.2%	9.3%	8.4%	N/A	7.3%	9.5%	6.7%	7.8%	8.8%	10.5%
Seriously considered suicide (12 months)	16.6%	15.1%	14.3%	10.6%	7.6%	13%	6.2%	8.7%	7.0%	7.6%	7.2%	8.4%
Made a plan to commit suicide (12 months)	11.3%	10.1%	9.2%	8.5%	6.9%	12%	6.6%	7.1%	6.8%	7.2%	6.3%	7.5%
Attempted suicide (12 months)	5.1%	4.7%	5.5%	4.0%	2.8%	6%	2.3%	3.3%	2.7%	2.6%	3.0%	2.8%
Injured in suicide attempt (12 months)	N/A	N/A	1.7%	1.3%	1.1%	2%	0.9%	1.3%	0.7%	0.7%	1.3%	1.7%

2006-2007 NEWTON YOUTH RISK BEHAVIOR SURVEY

Miscellaneous – High School (N≈1,810)

	TOTAL- NEWTON					2005 MA YRBS	GENDER		GRADE			
	1998 (1640)	2000 (1658)	2002 (1707)	2004 (1751)	2006 (1810)		Males (916)	Females (877)	9 th (447)	10 th (460)	11 th (462)	12 th (430)
ALCOHOL-RELATED DRIVING/RIDING												
Rode with drinking driver (30 days) - All students	18.6%	21.2%	20.6%	19.0%	15.9%	27%	14.4%	17.3%	10.8%	9.4%	20.1%	23.1%
Drove after drinking (30 days) - All students	5.0%	6.2%	5.7%	5.9%	4.9%	11%	5.0%	4.9%	0.9%	1.3%	4.4%	13.2%
Drove after drinking (30 days) - Of drivers	16.7%	22.2%	18.2%	19.3%	16.5%	N/A	17.5%	15.3%	–	16.7%	10.5%	19.5%
MARIJUANA-RELATED DRIVING/RIDING												
Rode with driver using marijuana (30 days) - All students	19.7%	22.2%	19.2%	21.2%	16.0%	N/A	15.3%	16.9%	4.5%	9.2%	21.5%	29.4%
Drove after using marijuana (30 days) - All students	5.8%	6.9%	6.7%	7.5%	4.9%	N/A	5.6%	4.3%	0.2%	1.4%	3.7%	15.0%
Drove after using marijuana (30 days) - Of drivers	19.5%	25.4%	22.8%	24.9%	18.3%	N/A	21.4%	15.0%	–	16.7%	9.9%	24.0%
SEXUAL BEHAVIOR												
Ever had sexual intercourse	23.4%	21.2%	24.2%	24.1%	24.1%	45%	26.3%	21.8%	13.7%	16.6%	28.4%	38.2%
Intercourse in past 3 months	16.4%	15.6%	17.3%	18.0%	16.7%	34%	16.9%	16.4%	8.2%	10.0%	20.8%	28.0%
Ever been/gotten someone pregnant	2.2%	1.3%	2.1%	2.4%	2.0%	5%	1.9%	2.1%	1.1%	1.5%	3.1%	2.1%
Condom use at last intercourse ¹	72.4%	77.0%	72.6%	72.4%	74.4%	65%	79.6%	67.4%	80.0%	77.6%	78.0%	68.1%
Alcohol/drugs at last intercourse ¹	23.6%	27.3%	23.9%	26.2%	22.1%	23%	20.6%	23.2%	22.8%	18.5%	28.0%	18.4%

¹ Of those who had sexual intercourse.