

Summary of Results from the 2012-2013 Newton Youth Risk Behavior Survey Grades 7-12

Submitted to:

The Newton Public Schools
&
The Newton Department of Health and Human Services
Newton, MA

Submitted by:

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BACKGROUND

REPORT FORMAT

In November of 2012, the Newton Public Schools administered the 2012-2013 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, 2004-2005, 2006-2007, 2008-2009, and 2010-2011 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 and Physical Activity. 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 2012 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	Unknown	9 th	10 th	11 th	12 th	Unknown	TOTAL
428	427	403	9	460	444	422	398	9	3,000
Middle School = 1,267				High School = 1,733					

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 eighth administration of the Newton Youth Risk Behavior Survey (similar surveys were administered in 1998, 2000, 2002, 2004, 2006, 2008, and 2010), it is possible to look at trends among Newton youth. Trend comparisons in reports related to the 2012 survey are made using results from a decade of surveys (2002 to 2012) and, due to the number of differences between the 6th grade version of the survey and that used with 7th and 8th graders, middle school trend comparisons are limited to grades 7 and 8.

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 2011. Comparable Massachusetts *middle school* data are not available since Massachusetts does not administer a statewide middle school *Youth Risk Behavior 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?

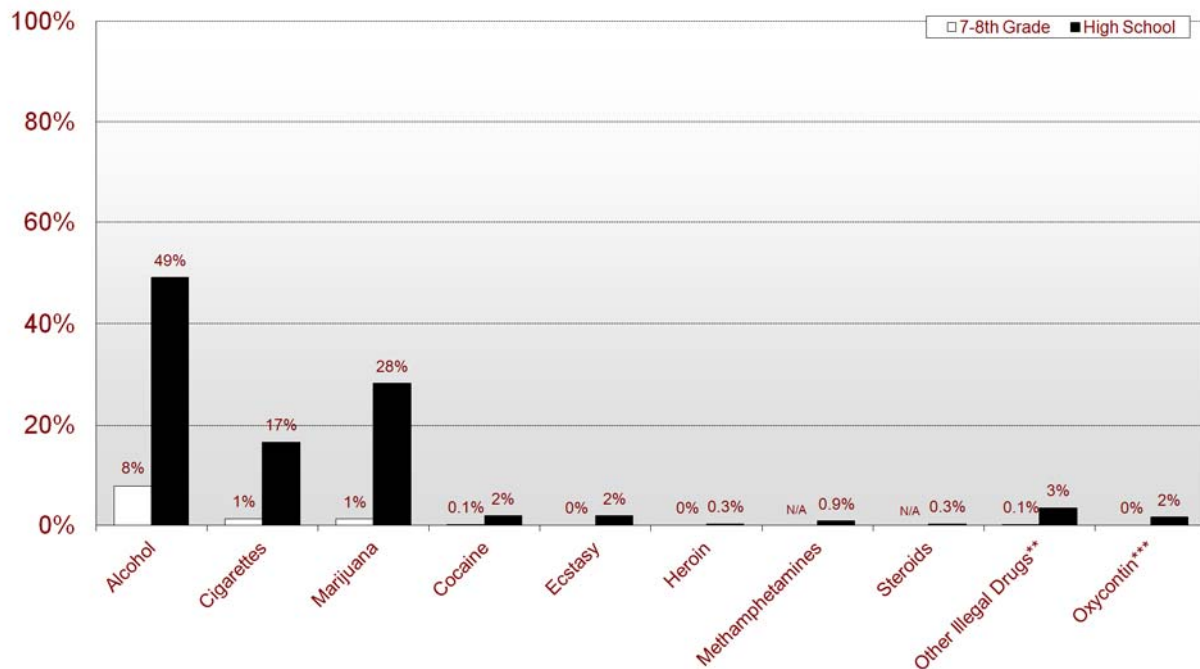
How does use change as youth age?

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?

Lifetime* Substance Use for Newton 7-8th Grade and High School Students (2012)



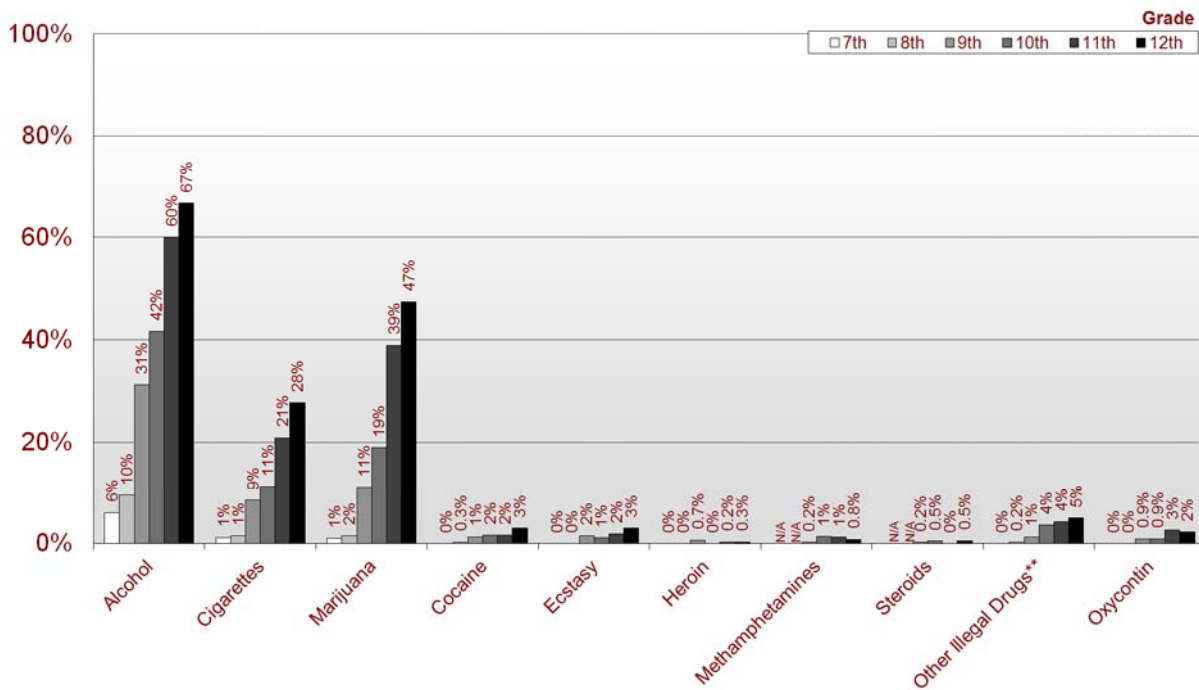
* Lifetime Use is any use during one's lifetime.

** 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.
- Questions concerning Oxycontin use were added to the survey in 2010. They were placed after the question concerning use of "other illegal drugs" so as not to interfere with interpretation of that item which references 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."
- 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 8% of Newton 7th and 8th graders and 49% of high school students reporting that they had consumed alcohol in their lifetime. Twenty-eight percent (28%) of high school students reported ever smoking marijuana and 17% ever smoking cigarettes. Use of illegal drugs other than marijuana was much less common.
- Note that while lifetime cigarette use was similar to lifetime marijuana use among Newton 7th and 8th grade students (1% respectively), high school students were much more likely to report ever having used marijuana (17% cigarettes, 28% marijuana).

Lifetime* Substance Use for Newton 7-8th Grade and High School Students, by Grade (2012)



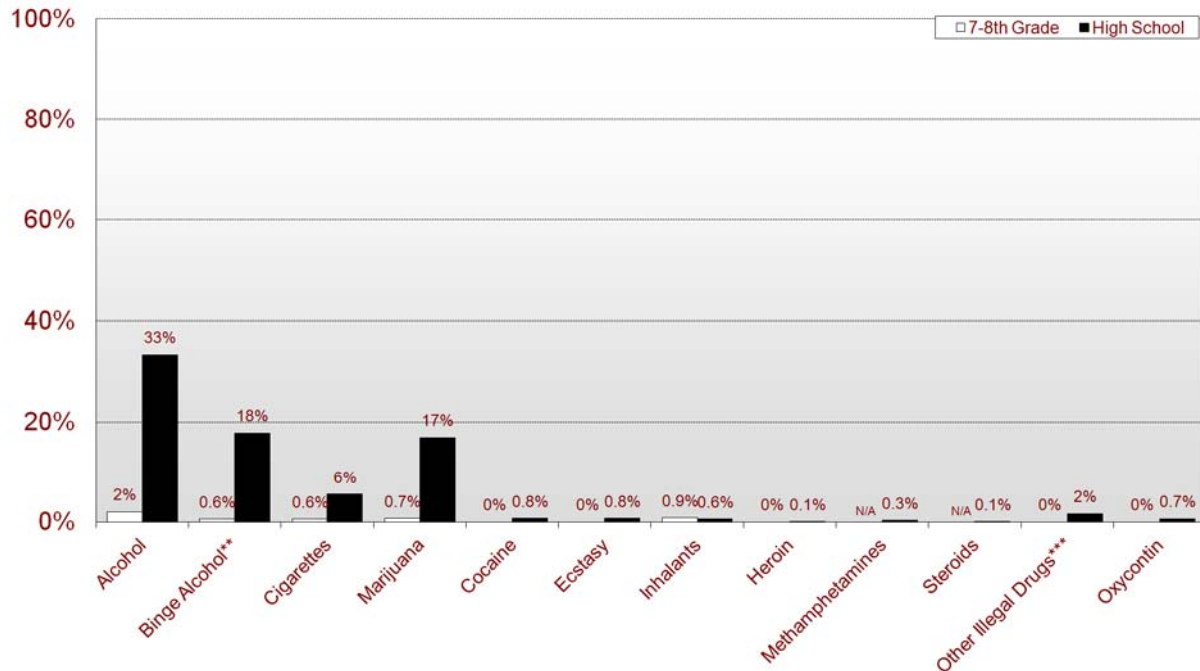
* Lifetime Use is any use during one's lifetime.

** 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, 6% of Newton 7th graders reported using alcohol at least once in their lifetime, compared to 67% of 12th graders.
- By late Fall of their senior year, over two-thirds of Newton youth have tried alcohol (67%), close to half have tried marijuana (47%), and over one-quarter have smoked cigarettes (28%).
- The percentage of Newton 12th graders who reported ever using illegal drugs other than marijuana was as follows – cocaine (3%), ecstasy (3%), heroin (0.3%), methamphetamines (0.8%), steroids (0.5%), other illegal drugs (5%), and Oxycontin (2%).

Current* Substance Use for Newton 7-8th Grade and High School Students (2012)



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

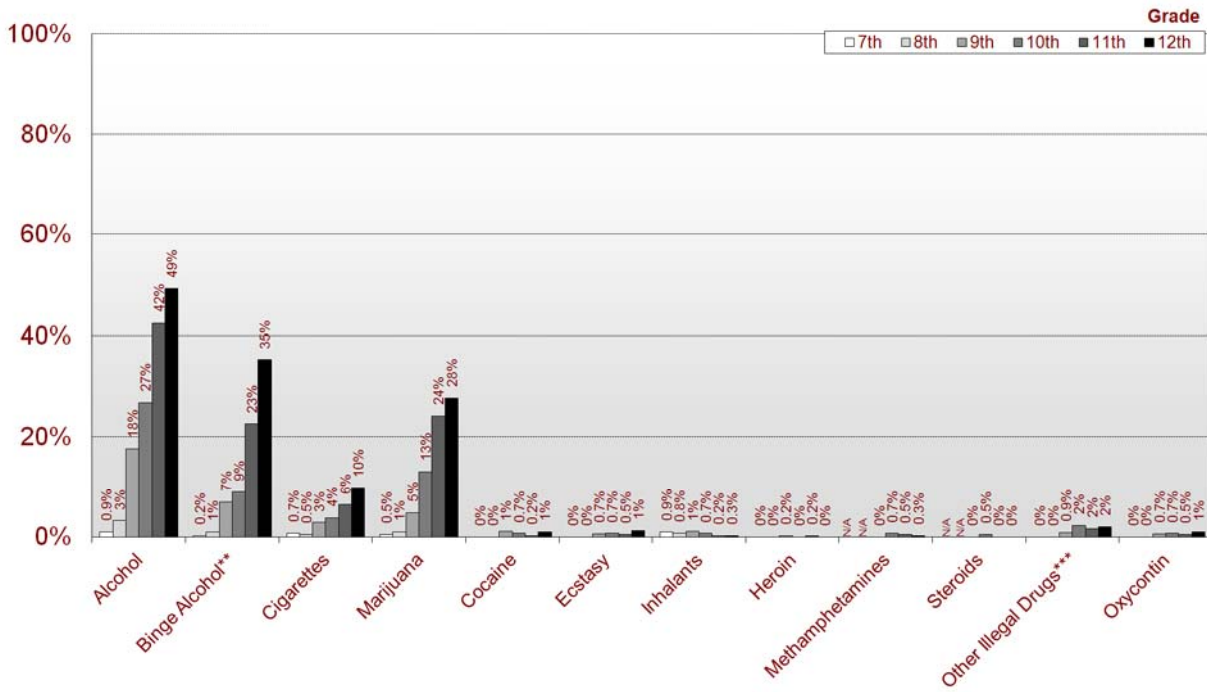
** Binge alcohol use is defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."

*** 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 2% of Newton 7th and 8th graders and 33% of high school students reporting that they had consumed alcohol in the 30 days prior to the survey.
- Eighteen percent (18%) of high school students reported binge drinking in the same time period. This means that over half (55%) of those who drank in the past 30 days engaged in binge drinking.
- Note that the high school rate of current marijuana use (17%) is much higher than the rate of current cigarette use (6%).
- Current use of illegal drugs other than marijuana is comparatively low.

Current* Substance Use for Newton 7-8th Grade and High School Students, by Grade (2012)

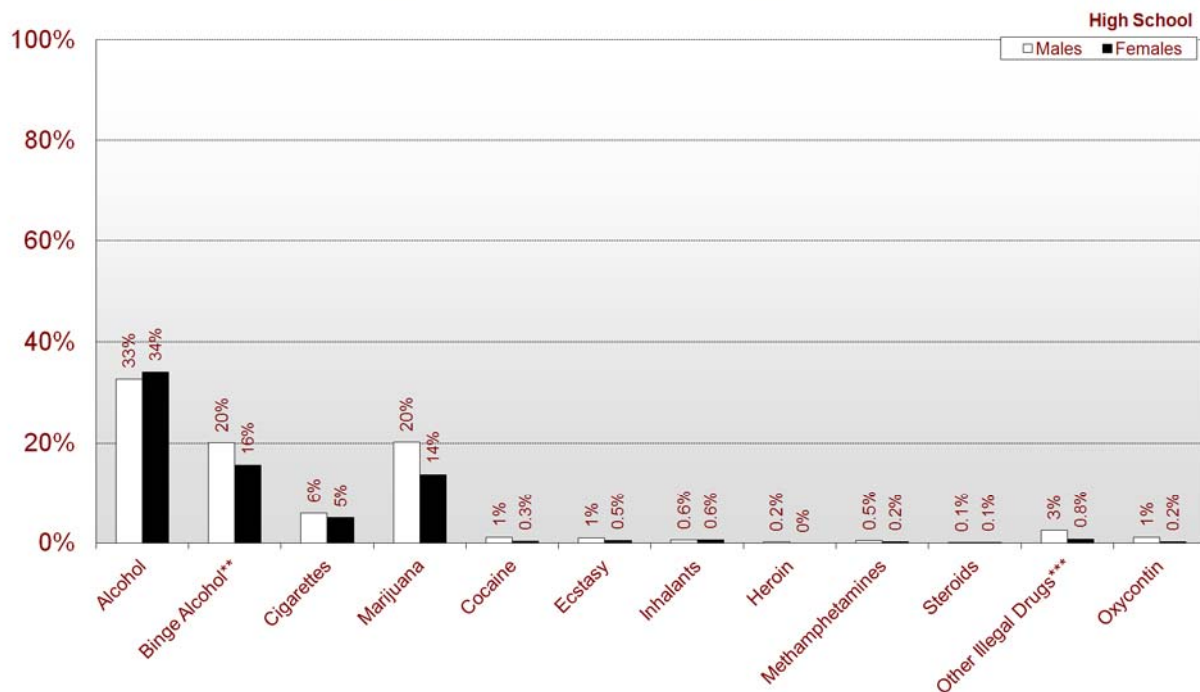


* Current Use is any use in the 30 days prior to the survey.
 ** Binge alcohol use is defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."
 *** Respondents were asked about their use of "any other type of illegal drug, such as LSD (acid), PCP, 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 0.5% in 7th grade to 28% in 12th grade.
- Note the comparatively large increases in current use of alcohol and marijuana between grades 8 and 9.

Current* Substance Use for Newton High School Students, by Gender (2012)



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

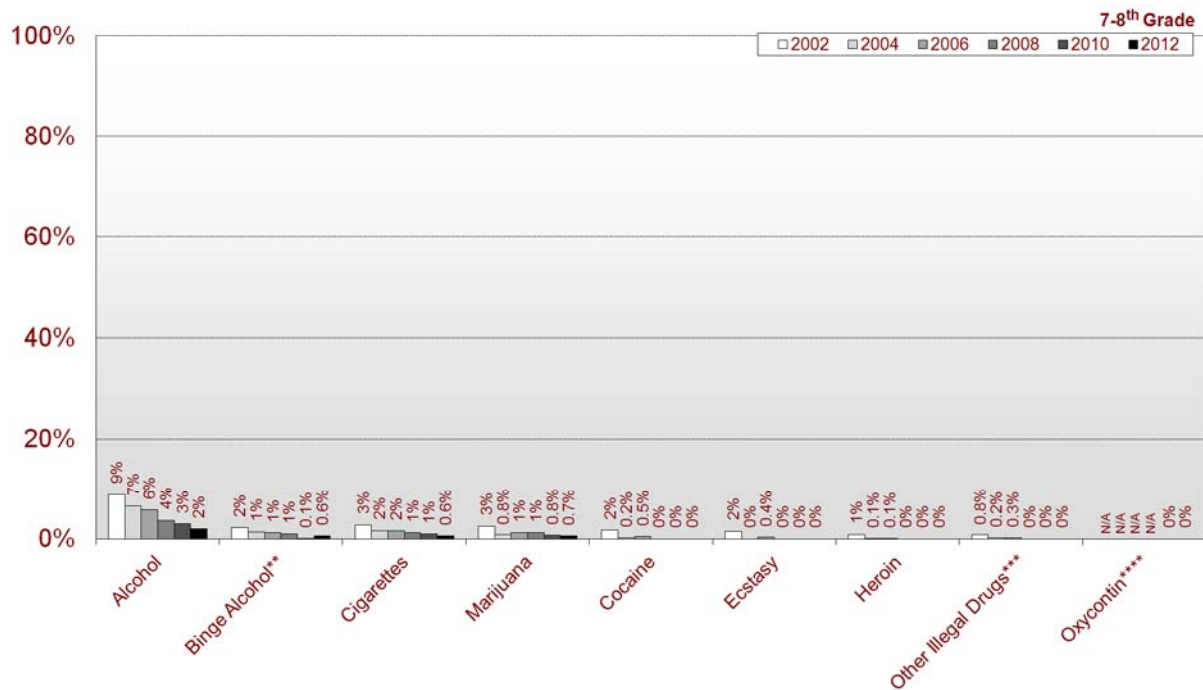
** Binge alcohol use is defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."

*** 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

- Newton high school males and females reported fairly similar rates of current substance use.
- Patterns among Newton 7th and 8th grade students are as follows:
 - Alcohol – 3% males, 2% females
 - Binge Alcohol – 1% males, 0.2% females
 - Cigarettes – 1% males, 0% females
 - Marijuana – 1% males, 0.5% females
 - Cocaine – 0% males, 0% females
 - Ecstasy – 0% males, 0% females
 - Inhalants – 0.5% males, 0.9% females
 - Heroin – 0% males, 0% females
 - Methamphetamines – not asked
 - Steroids – not asked
 - Other Illegal Drugs – 0% males, 0% females
 - Oxycontin – 0% males, 0% females.

Trends in Current* Substance Use for Newton 7-8th Grade Students ('02, '04, '06, '08, '10, '12)



* 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."

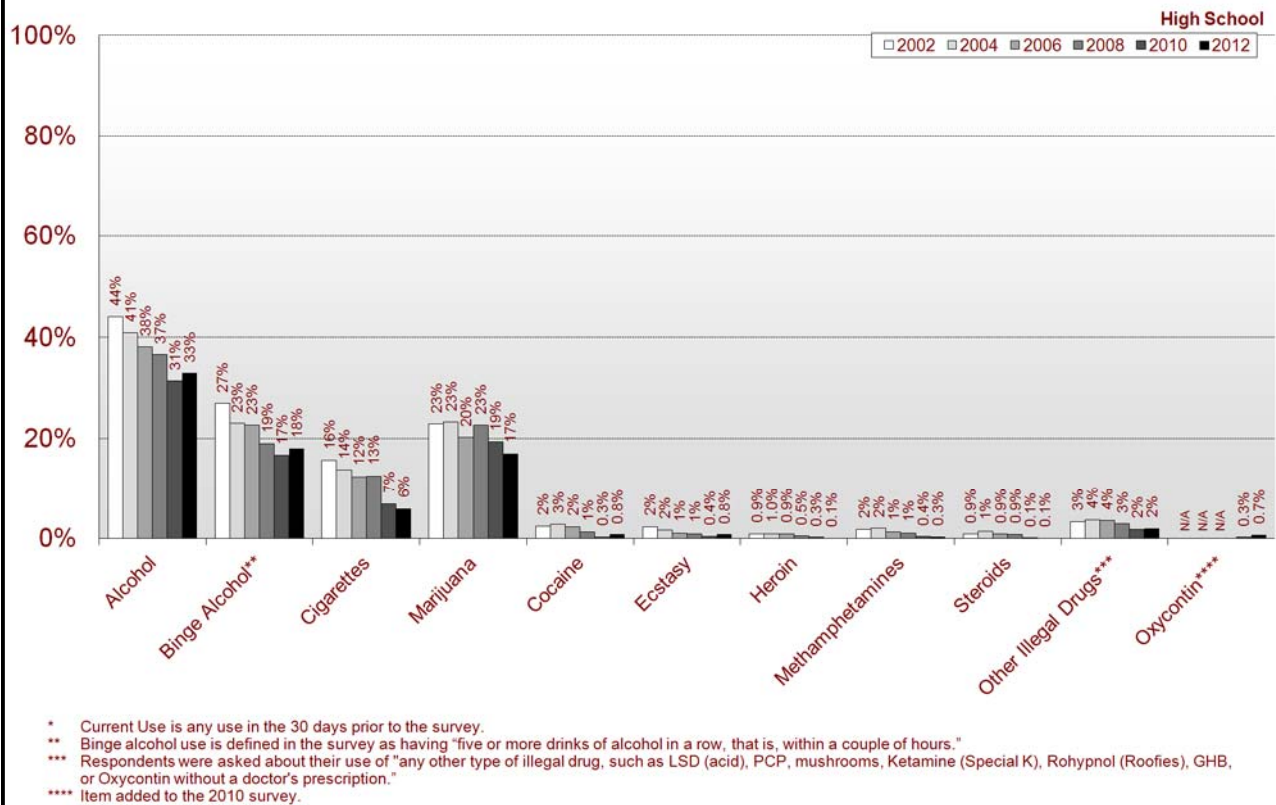
*** Respondents were asked about their use of "any other type of illegal drug, such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), GHB, or Oxycontin without a doctor's prescription."

**** Item added to the 2010 survey.

SELECTED POINTS

- **2010 to 2012:** There was little change in rates of current substance use among Newton 7th and 8th grade students between 2010 and 2012.
- **2002 to 2012:** Overall, rates of current substance use among Newton 7th and 8th grade students have declined since 2002 – alcohol (9% in 2002 to 2% in 2012), binge alcohol (2% to 0.6%), cigarettes (3% to 0.6%), marijuana (3% to 0.7%).

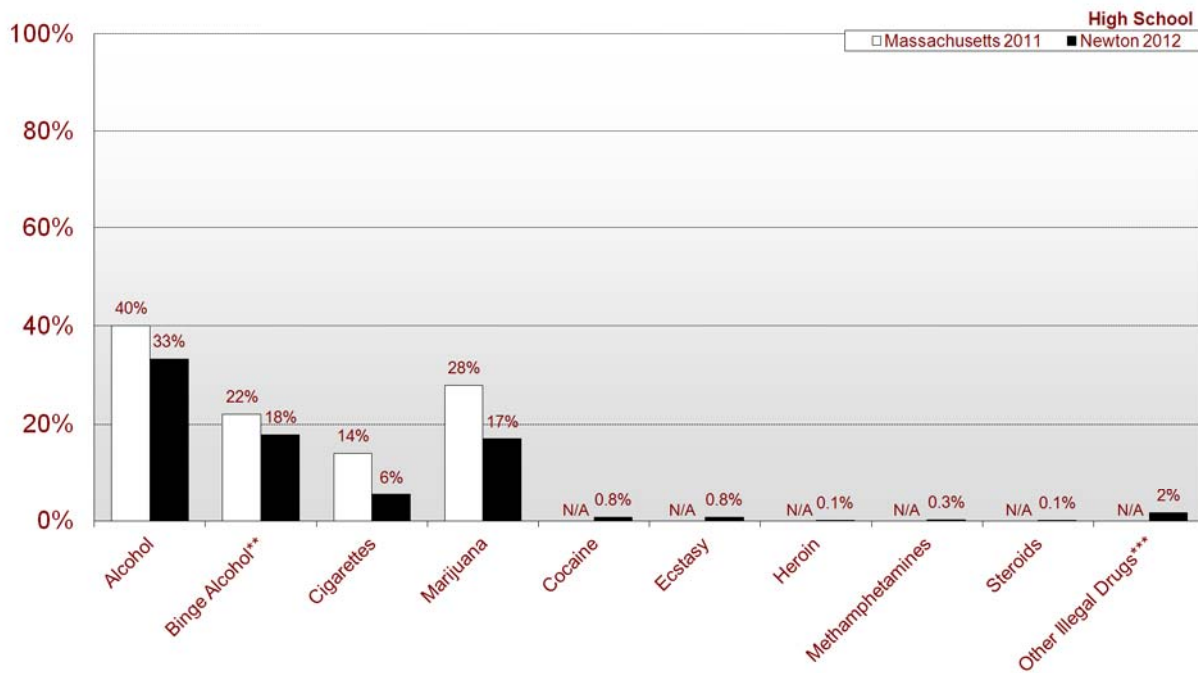
Trends in Current* Substance Use for Newton High School Students ('02, '04, '06, '08, '10, '12)



SELECTED POINTS

- **2010 to 2012:** While current use of cigarettes, marijuana, and illegal drugs other than marijuana among Newton high school students declined between 2010 and 2012, rates of alcohol use increased slightly (any current use 31% to 33%, current binge use 17% to 18%).
- **2002 to 2012:** Rates of current substance use, most notably cigarette use, have decreased considerably since 2002. Current use of illegal drugs other than marijuana has declined while remaining comparatively low.

Current* Substance Use for Newton High School Students (2012) and Massachusetts High School Students (2011)**

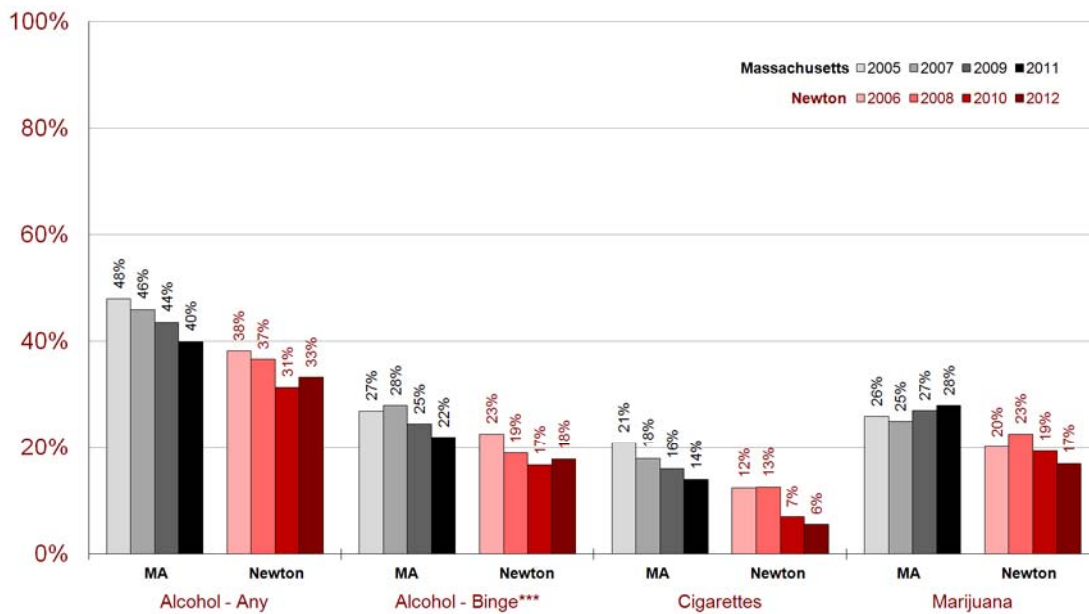


* Current Use is any use in the 30 days prior to the survey.
 ** Massachusetts high school data are from the 2011 MA Youth Risk Behavior Survey conducted by the MA Department of Education in Spring, 2011.
 *** Binge alcohol use is defined in the survey as having "five or more drinks of alcohol in a row, 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 2011 Massachusetts Youth Risk Behavior Survey, which was administered during the Spring of the 2011 school year. Note that the Newton survey was administered during the late Fall of the school year, meaning that Newton respondents 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 – 33% Newton, 40% MA
 - Binge Alcohol – 18% Newton, 22% MA
 - Cigarettes – 6% Newton, 14% MA
 - Marijuana – 17% Newton, 28% MA

Trends in Current* Substance Use for Massachusetts** and Newton High School Students



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

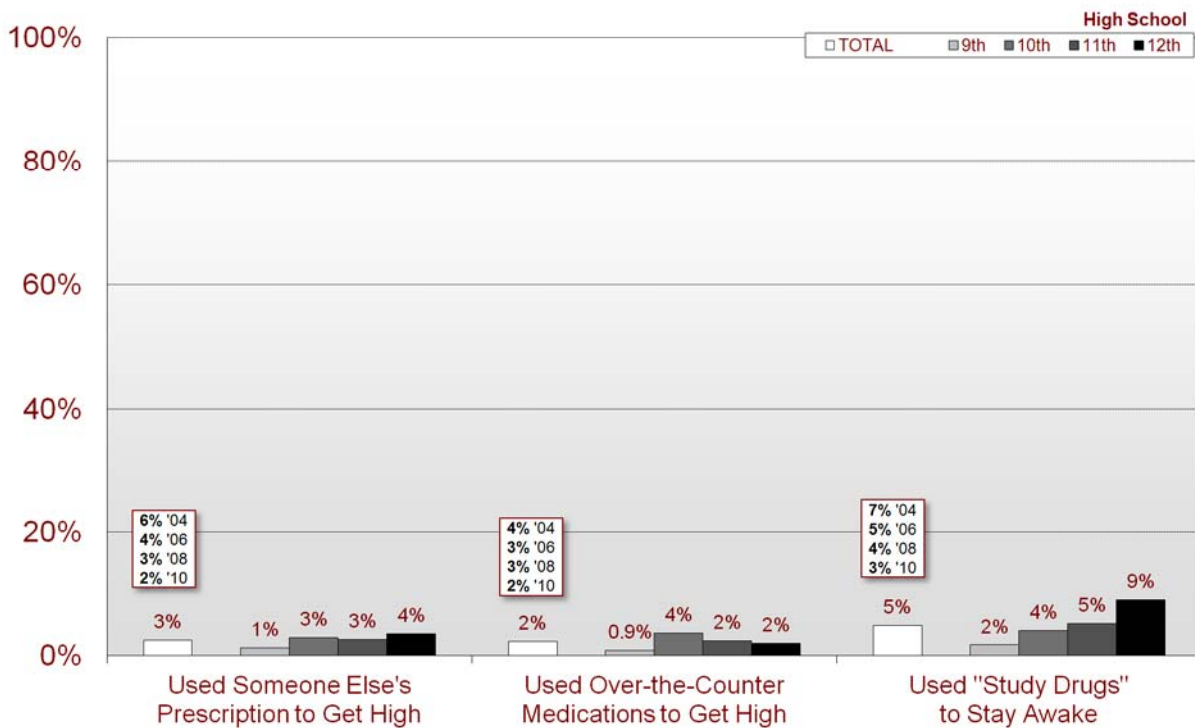
** Massachusetts data from the Massachusetts Youth Risk Behavior Survey conducted by the MA Department of Education (spring).

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

SELECTED POINTS

- Massachusetts data are from the Massachusetts Youth Risk Behavior Survey, which is administered during the Spring of odd-numbered school years. Note that the Newton survey is administered during the late Fall of even-numbered school years, meaning that Newton respondents are comparatively younger within their grade than Massachusetts survey respondents.
- Overall, rates of current alcohol and cigarette use have decreased in both Massachusetts and Newton. While the Massachusetts rate of current marijuana use has remained steady and increased slightly since 2007, the rate in Newton has declined since 2008.

Annual* Use of Someone Else's Prescription, Over-the-Counter Medications, or Study Drugs by Newton High School Students, Total and by Grade (2012)



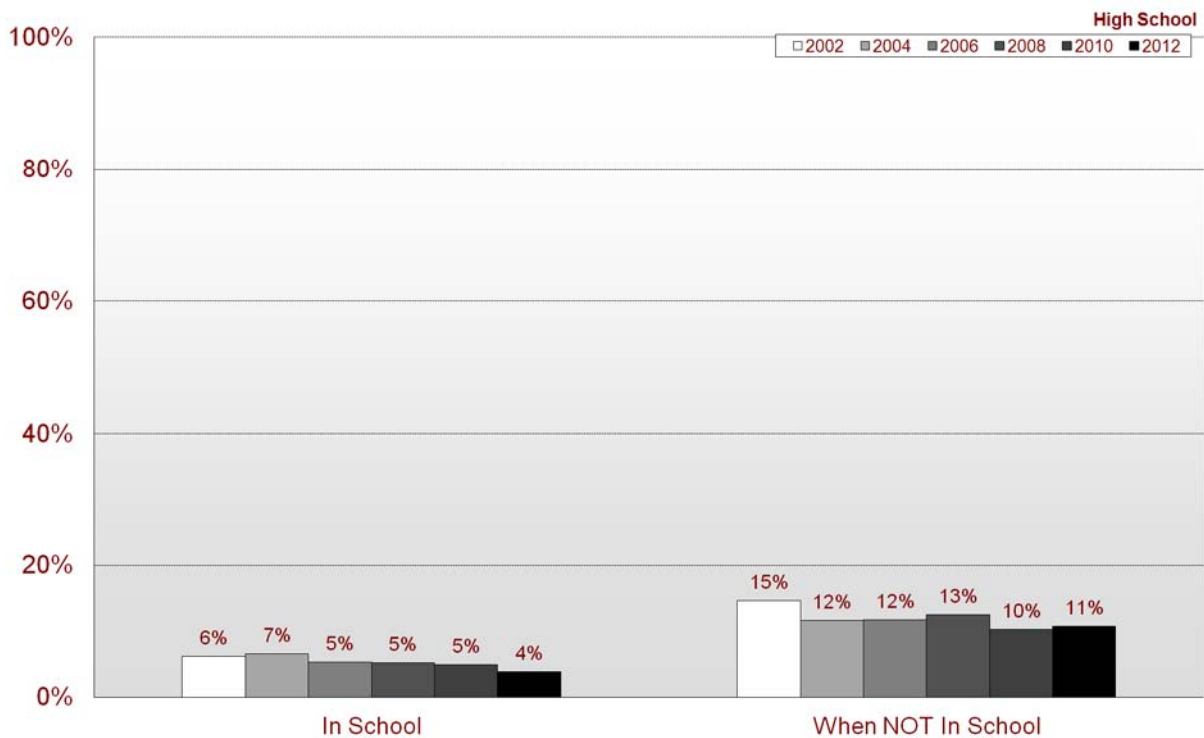
* Annual Use is any use in the 12 months prior to the survey.

SELECTED POINTS

- Note that these questions use a 12 month timeframe.
- Three percent (3%) of Newton high school students reported using someone else's prescription medication to get high in the 12 months prior to the survey, 2% used over-the-counter medications to get high, and 5% used "study drugs" to stay awake.
- **Trends:** Trend data reveal a halt in decreases since 2004 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, 3% in 2008, 2% in 2010, 3% in 2012); used over-the-counter medications to get high (4%, 3%, 3%, 2%, 2%); used "study drugs" to stay awake (7%, 5%, 4%, 3%, 5%).
- **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 (2% males, 3% females), over-the-counter medications to get high (3% males, 2% females), "study drugs" to stay awake (6% males, 4% females).
- **Grade:** Use of these substances was generally more common among older students: using someone else's prescription to get high (1% among 9th graders, 4% among 12th graders), using over-the-counter medications to get high (0.9% among 9th graders, 2% among 12th graders), and using "study drugs" to stay awake (2% among 9th graders, 9% among 12th graders).
- **Middle School:** The percentage of 2012 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 0.2%. Rates have remained at 1% or less since 2004. Data are not available for other items or for prior years.

Violence and Safety

Trends in the Percent of Newton High School Students Who Worry* About Their Safety ('02, '04, '06, '08, '10, '12)

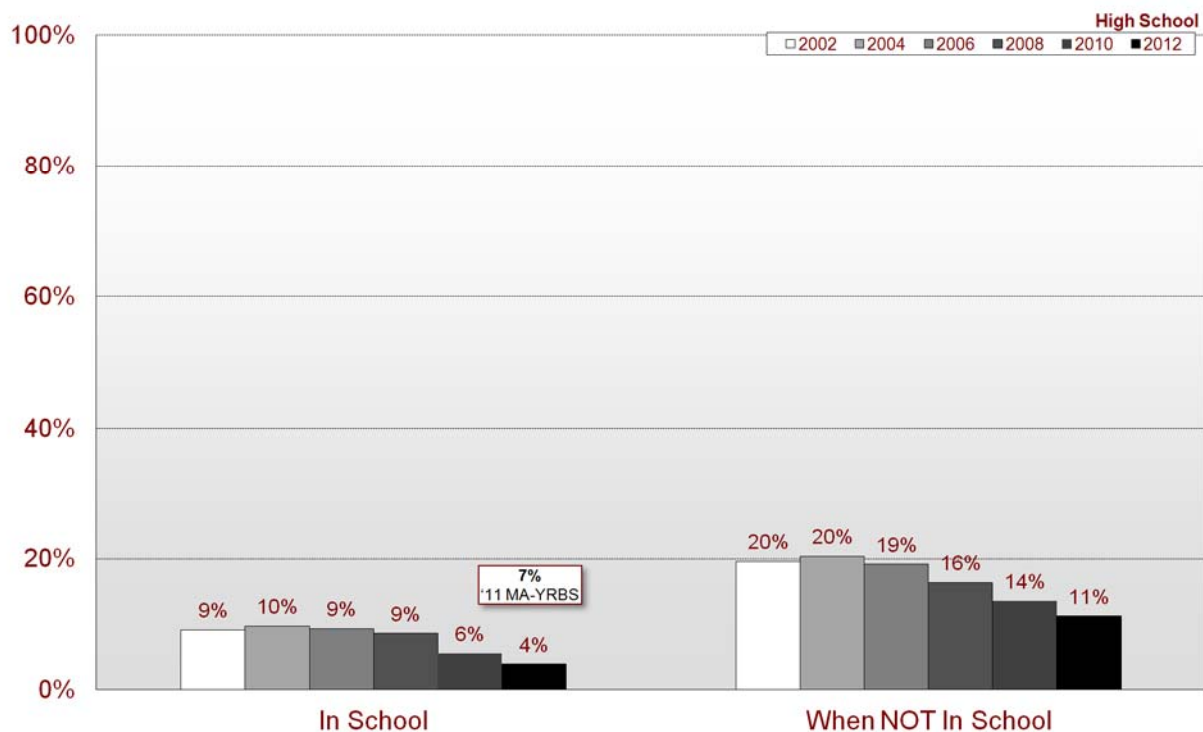


* Represents a combination of "somewhat worried" and "very worried" responses.

SELECTED POINTS

- Respondents reported that they worry about their safety more when they are out of school than when they are in school. Four percent (4%) of 2012 Newton high school students reported that they worry about their safety when they are in school, compared to 11% who worry about their safety when they are *not* in school.
- **Trends:** There has been little substantive change over time in concern for safety among Newton high school students.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** While there was little difference by gender among 2012 Newton high school students in worrying about safety in school (4% males, 3% females), females were more likely than males to report worrying about their safety when *not* in school (9% males, 13% females).
- **Grade:** The highest percentage of 2012 Newton high school students who reported worrying about their safety both in school and when not in school were in 9th grade: in school (5%, 5%, 2%, 3%), when *not* in school (12%, 11%, 10%, 10%).
- **Middle School:** 2002 to 2012 trends for Newton 7th and 8th grade students are as follows: worried about safety in school (7%, 8%, 6%, 6%, 6%, 5%), worried about safety when *not* in school (22%, 17%, 16%, 18%, 14%, 15%).

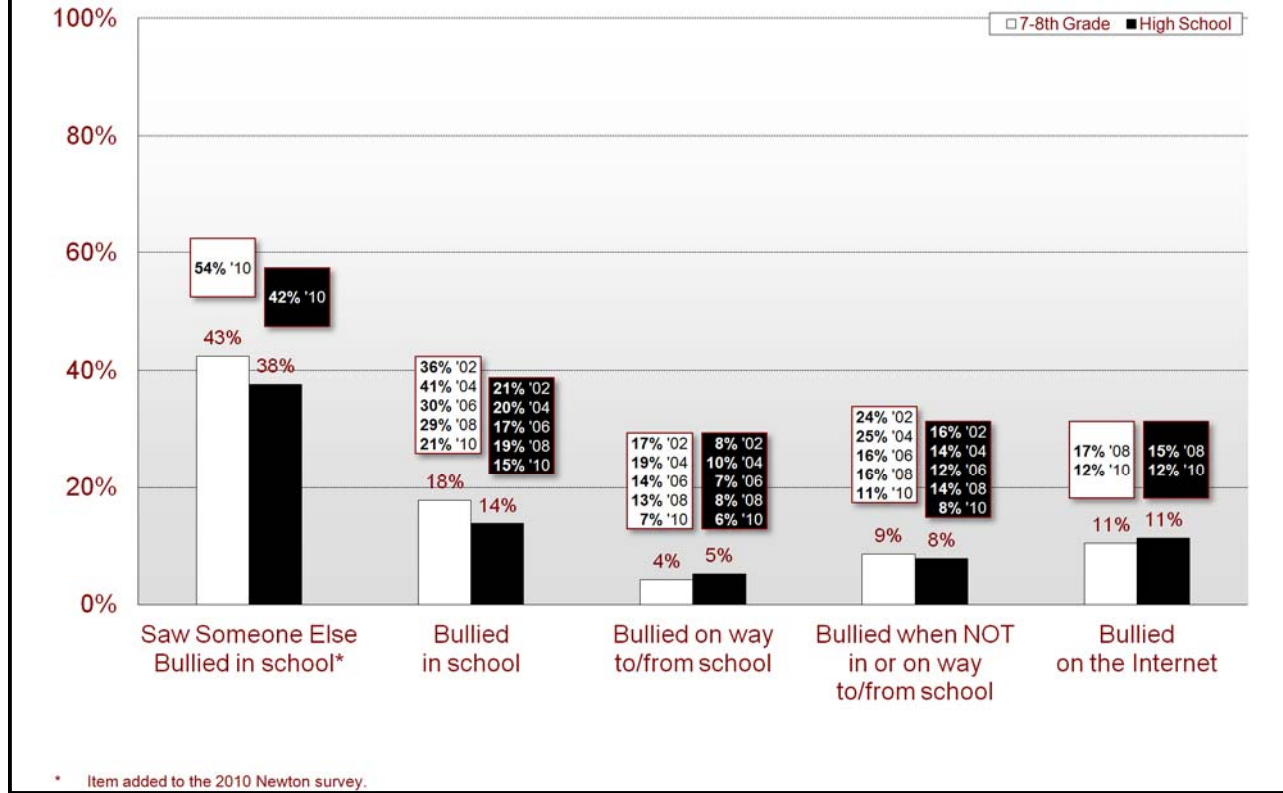
Trends in the Percent of Newton High School Students Who Were in a Physical Fight in the Past 12 Months ('02, '04, '06, '08, '10, '12)



SELECTED POINTS

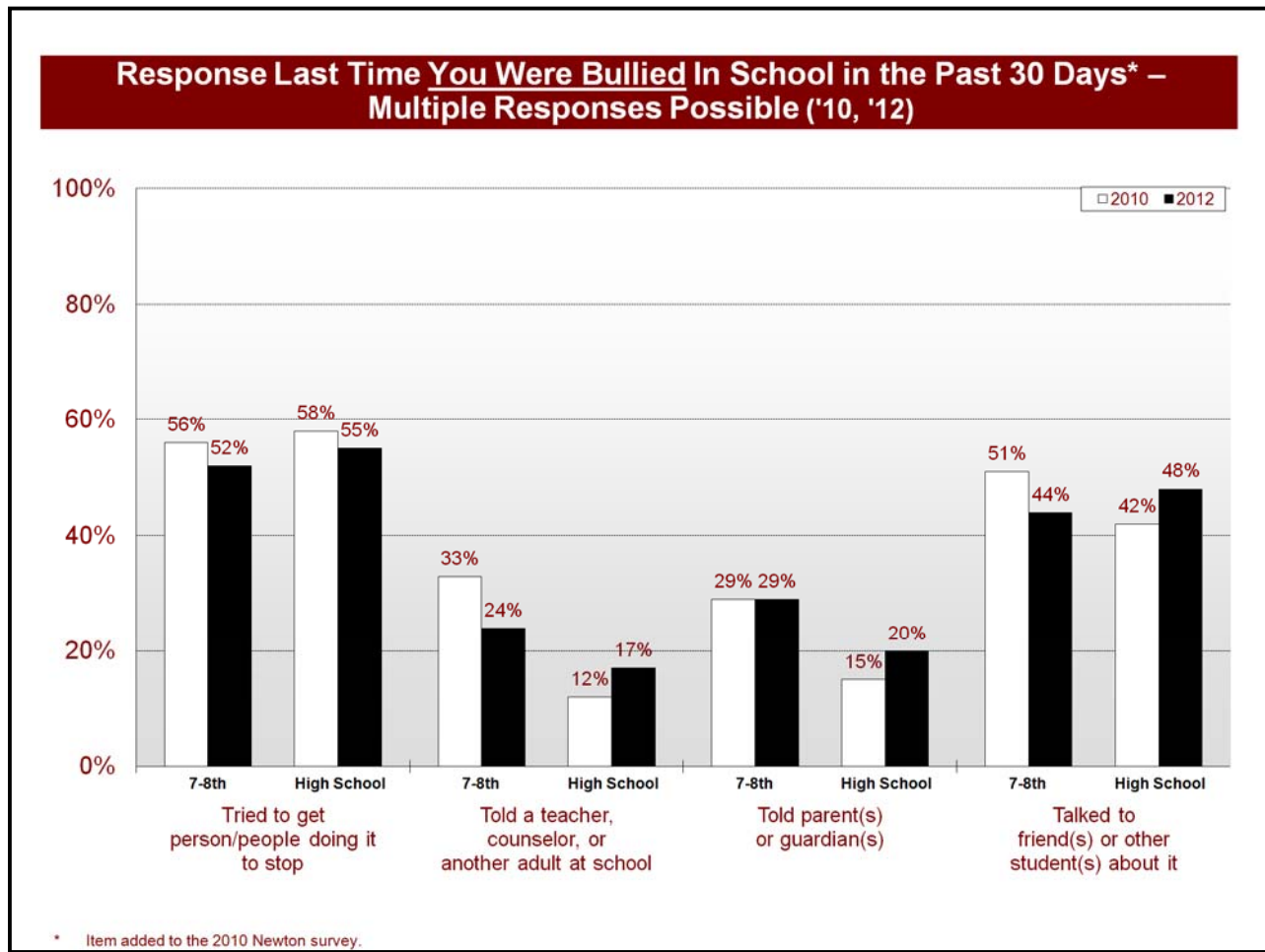
- Similar to results for concern over safety, respondents were over twice as likely to report being in a physical fight when they were out of school than when they were in school. Four percent (4%) of 2012 Newton high school students reported that they were in a physical fight in school in the 12 months prior to the survey, compared to 11% who were in a fight when they were *not* in school.
- **Trends:** There has been an overall decrease since 2004 in levels of physical fighting among Newton high school students, and reported fighting declined between 2010 and 2012 (in school - 6% to 4%, when *not* in school - 14% to 11%).
- **Comparisons:** Newton 2012 high school students (4%) were less likely than 2011 Massachusetts (7%) 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 2011 MA Youth Risk Behavior Survey*
- **Gender:** Male students in 2012 were much more likely than females to report physical fighting either in school (5% males, 3% females) or when *not* in school (16%, 6%).
- **Grade:** The highest percentage of 2012 Newton high school students who reported fighting both in school and when *not* in school were in 9th grade, and fighting in all locations remained largely consistent throughout older grades: in school (5%, 4%, 2%, 4%), when *not* in school (15%, 10%, 9%, 10%).
- **Middle School:** A decrease in 7-8th grade fighting between 2010 and 2012 continues a pattern of overall decline since 2002. 2002 to 2012 trends for Newton 7th and 8th grade students are as follows: in school (13%, 12%, 10%, 7%, 4%, 2%), when *not* in school (28%, 28%, 21%, 19%, 15%, 12%).

Percent of Newton 7-8th Grade and High School Students Who Reported Seeing Someone Else Bullied and Being Bullied Themselves in the Past 30 Days (2012)



SELECTED POINTS

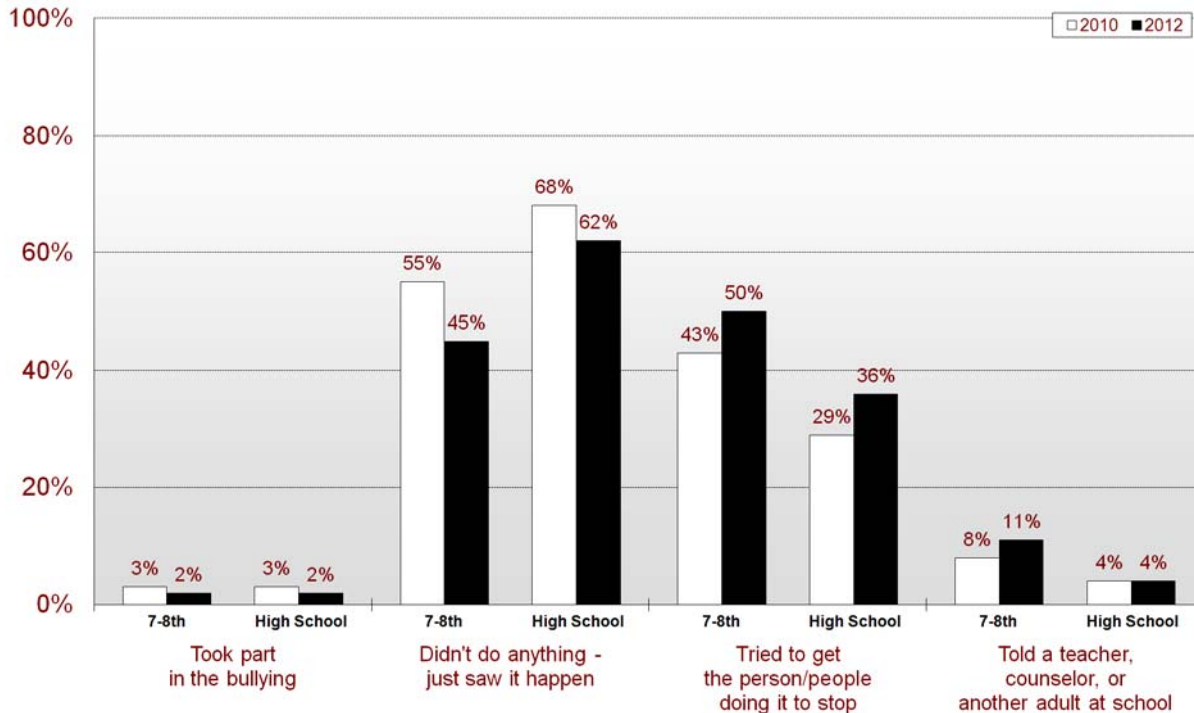
- Forty-three percent (43%) of 2012 7-8th grade students and 38% of high school students reported that they saw someone else bullied in school in the 30 days prior to the survey.
- In contrast to results related to safety concerns and fighting, respondents were more likely to report being bullied when they were *in* school than when they were *not* in school. Eighteen percent (18%) of Newton middle school students and 14% of high school students reported that they had been bullied *in* school in the 30 days prior to the survey, compared to 4% of middle schoolers and 5% of high schoolers who were bullied on their way *to or from* school and 9% and 8% who were bullied when they were *neither in nor on their way to/from* school. An item added to the 2008 survey found that 11% of both middle and high school students reported they had been bullied on the Internet in the 30 days prior to the survey.
- Trends:** Rates of reported bullying in all venues decreased between 2010 and 2012, continuing an overall pattern of decline since 2002: in school (MS – 36%, 41%, 30%, 29%, 21%, 18%; HS – 21%, 20%, 17%, 19%, 15%, 14%), on way to/from school (MS – 17%, 19%, 14%, 13%, 7%, 4%; HS – 8%, 10%, 7%, 8%, 6%, 5%), not in or on way to/from school (MS – 24%, 25%, 16%, 15%, 11%, 9%; HS – 16%, 14%, 12%, 14%, 8%, 8%), on the Internet (MS – 17% in 2008, 12% in 2010, 11% in 2012; HS – 15% in 2008, 12% in 2010, 11% in 2012). There was also a decline from 2010 to 2012 in the percent of students who saw someone else bullied in school (MS – 54% in 2010, 43% in 2012; HS – 42% in 2010, 38% in 2012).
- Comparisons:** Comparative data for Massachusetts are not available.
- Gender:** Females were generally slightly more likely than males to report seeing someone else bullied in school (MS – 40% males, 44% females; HS – 36% males, 39% females), as well as being bullied themselves: in school (MS – 17%, 18%; HS – 13%, 14%), on way to/from school (MS – 5%, 3%; HS – 6%, 4%), neither in nor on way to/from school (MS – 8%, 9%; HS – 7%, 8%), on the Internet (MS – 7%, 13%; HS – 9%, 14%).
- Grade:** Overall, reported bullying decreased slightly throughout the high school grades: saw someone else bullied in school (43% 7th grade, 43% 8th grade, 43% 9th grade, 39% 10th grade, 38% 11th grade, 30% 12th grade), bullied in school (17%, 18%, 17%, 13%, 14%, 11%), bullied on way to/from school (4%, 4%, 4%, 7%, 5%, 5%), bullied neither in school nor on way to/from school (9%, 8%, 9%, 7%, 8%, 7%), bullied on the Internet (10%, 11%, 13%, 11%, 10%, 11%).



SELECTED POINTS

- Respondents who been bullied in school in the 30 days prior to the survey were asked how they responded the last time it happened (multiple responses were possible). Respondents in all grades were generally most likely to report trying to get the person/people doing it to stop, followed by talking to a friend about it, and telling a parent/guardian and/or a school adult.
- **Trends:** Trend data are mixed. There was an overall decline between 2010 and 2012 across grade levels in the percent of students who tried to stop the bullying themselves. 7th and 8th grade students were less likely in 2012 to tell a school adult that they were bullied, while high school students were more likely to tell a school adult and/or a parent or guardian.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Differing responses by gender to being bullied in 2012 are as follows (italics identified higher percentage):
 - Tried to get bully to stop: MS – 73% *males*, 38% *females*, HS – 71% *males*, 42% *females*
 - Told a school adult: MS – 27% *males*, 23% *females*, HS – 11% *males*, 22% *females*
 - Told a parent/guardian: MS – 23% *males*, 33% *females*, HS – 6% *males*, 30% *females*
 - Talked to friends/other students about it: MS – 20% *males*, 60% *females*, HS – 32% *males*, 61% *females*
- **Grade:** As displayed in the chart, the reported response to bullying varied with age/grade, with middle school students generally more likely to report a response to being bullied that involved telling a trusted school adult and/or parent what happened. Differing responses by grade in 2012 to being bullied are as follows:
 - Tried to get bully to stop: 7th = 51%, 8th = 53%, 9th = 52%, 10th = 56%, 11th = 65%, 12th = 44%
 - Told a school adult: 22%, 26%, 22%, 15%, 14%, 16%
 - Told a parent/guardian: 29%, 29%, 24%, 9%, 16%, 32%
 - Talked to friends/other students about it: 44%, 45%, 50%, 44%, 43%, 56%

Response Last Time You Saw Someone Else Bullied In School in the Past 30 Days*, by Grade – Multiple Responses Possible ('10, '12)



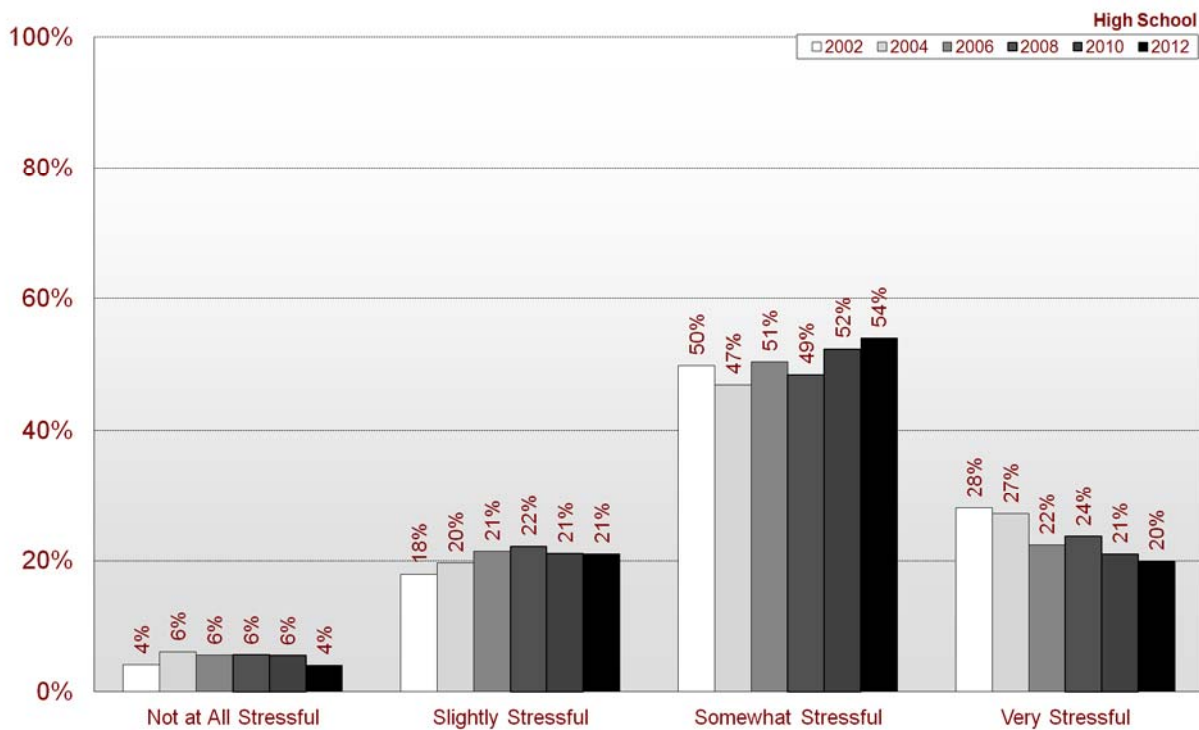
* Item added to the 2010 Newton survey.

SELECTED POINTS

- Respondents who had seen someone else bullied in school in the 30 days prior to the survey were asked how they responded the last time it happened (multiple responses were possible). Respondents were generally most likely to report not doing anything (just seeing it happen), followed by trying to get the person/people doing it to stop, telling a school adult, and taking part in the bullying.
- **Trends:** Trend data are encouraging, with a decrease in the percent of students who took part in the bullying (7-8th 3% to 2%, High School 3% to 2%) or did nothing (7-8th 55% to 45%, High School 68% to 62%), and an increase in the percent who reported trying to stop the bullying that they observed (7-8th 43% to 50%, High School 29% to 36%) and/or reported it to a school adult (7-8th 8% to 11%, High School 4% to 4%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** There was far more similarity than difference by gender in the 2012 response to seeing someone else bullied in school: took part in the bullying (MS – 4% males, 1% females; HS – 3% males, 2% females); did nothing (MS – 43% males, 46% females; HS – 64% males, 61% females); tried to get the person/people doing it to stop (MS – 45% males, 54% females; HS – 36% males, 36% females); told a teacher, counselor, or another adult at school (MS – 10% males, 13% females; HS – 3% males, 5% females).
- **Grade:** As displayed in the chart, 2012 middle school students were more likely than high school students to report active bystander behavior, such as trying to get the bully to stop and telling a school adult:
 - Took part in the bullying: 7th = 2%, 8th = 2%, 9th = 1%, 10th = 1%, 11th = 3%, 12th = 5%
 - Didn't do anything – just saw it happen: 38%, 51%, 68%, 60%, 58%, 62%
 - Tried to get bully to stop: 58%, 43%, 32%, 36%, 41%, 34%
 - Told a school adult: 12%, 11%, 4%, 5%, 1%, 5%

Mental Health

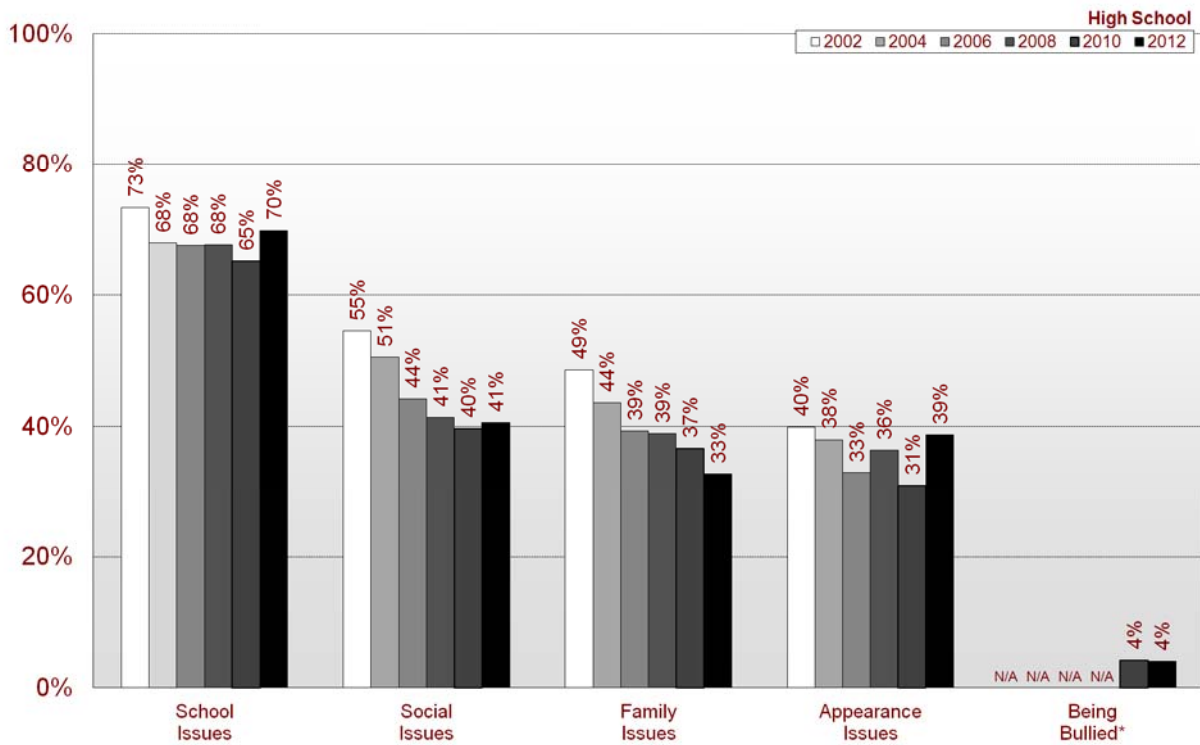
Trends in Perceived Life Stress Among Newton High School Students ('02, '04, '06, '08, '10, '12)



SELECTED POINTS

- In 2012, 4% of Newton high school students described their lives as *not at all stressful*, 21% as *slightly stressful*, 54% as *somewhat stressful*, and 20% as *very stressful*.
- **Trends:** The percentage of students who described their lives as either *somewhat* or *very stressful* has showed little change between 2002 (78%) and 2012 (74%). The percentage who describe life as *very stressful* has shown the greatest change in that time, dropping from 28% in 2002 to 20% in 2012.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female students in 2012 (84%) were much more likely than males (66%) to describe their lives as either *somewhat* or *very stressful*.
- **Grade:** The percentage of 2012 Newton high school students who described their lives as *somewhat* or *very stressful* increased with age/grade (67%, 76%, 76%, 82%).
- **Middle School:** Perceived stress was lower among middle school students, with 43% of 2012 Newton 7th graders and 51% 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, 47% in 2006, 50% in 2008, 47% in 2010, and 47% in 2012.

Trends in the Percent of Newton High School Students Who Worry Often or Almost Every Day About Various Issues ('02, '04, '06, '08, '10, '12)

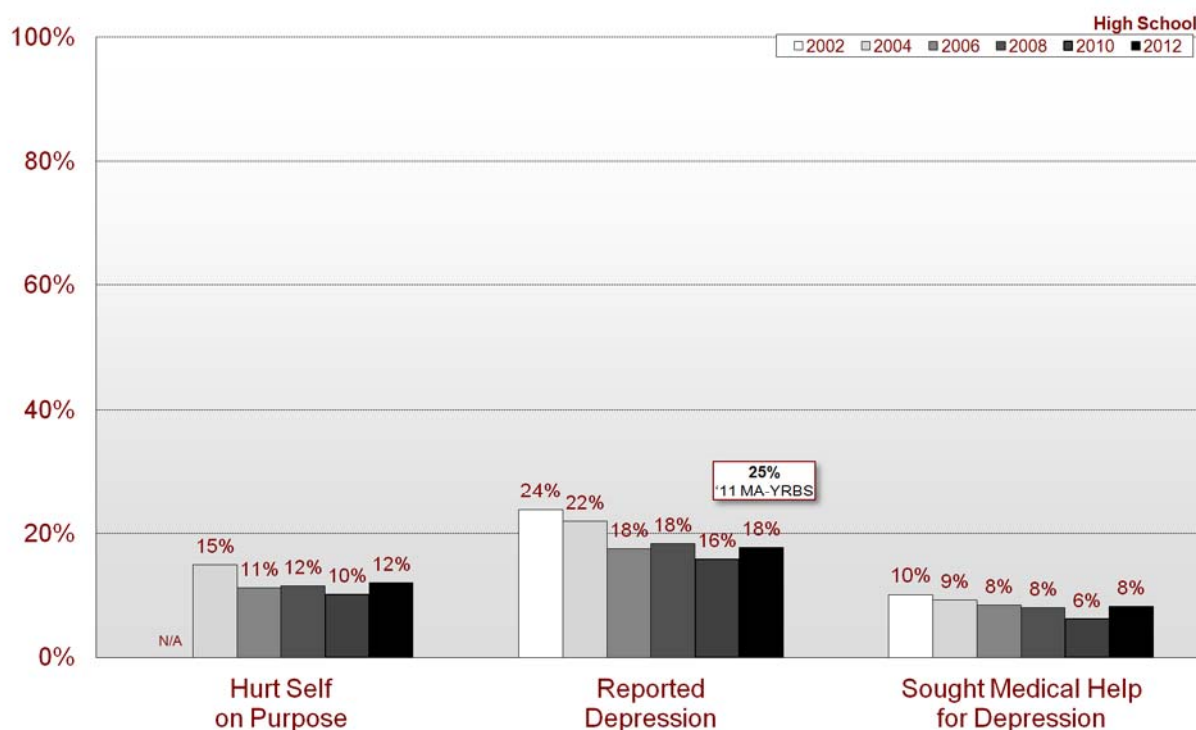


* Item added to the 2010 Newton survey.

SELECTED POINTS

- In 2012, Newton high school students reported worrying most about school issues (70%), followed by social issues (41%), appearance issues (39%), family issues (33%), and being bullied (4%).
- **Trends:** While there has been an overall decrease in the percentage of Newton high school students who reported worrying often or almost every day about these issues since 2002, there were some changes in 2012 (increases for school, social, and appearance issues; decrease for family issues). There was no change in the comparatively low level of concern over being bullied (4% in 2010 and 2012).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female students in 2012 were more likely than males to report frequent worrying about each of these issues: school issues (60% males, 80% females), social issues (32%, 49%), family issues (27%, 39%), appearance issues (25%, 52%), being bullied (4%, 4%).
- **Grade:** The percentage of 2012 Newton high school students who reported worrying frequently about these issues remained fairly consistent throughout the high school years: school issues (65%, 71%, 72%, 72%), social issues (38%, 41%, 40%, 44%), family issues (30%, 31%, 35%, 36%), appearance issues (40%, 37%, 40%, 39%), being bullied (4%, 4%, 3%, 5%).
- **Middle School:** With the exception "being bullied," concern about these issues was comparatively lower among 2012 Newton 7th and 8th graders: school issues (7th - 43%, 8th - 52%), social issues (22%, 24%), family issues (16%, 19%), appearance issues (18%, 25%), being bullied (5%, 3%). Trend data since 2002 are as follows: school issues (51%, 49%, 49%, 44%, 48%, 47%), social issues (39%, 35%, 31%, 32%, 23%, 23%), family issues (27%, 26%, 21%, 22%, 20%, 18%), appearance issues (36%, 31%, 27%, 29%, 22%, 21%), being bullied (4% in 2010, 4% in 2012 – item added in 2010).

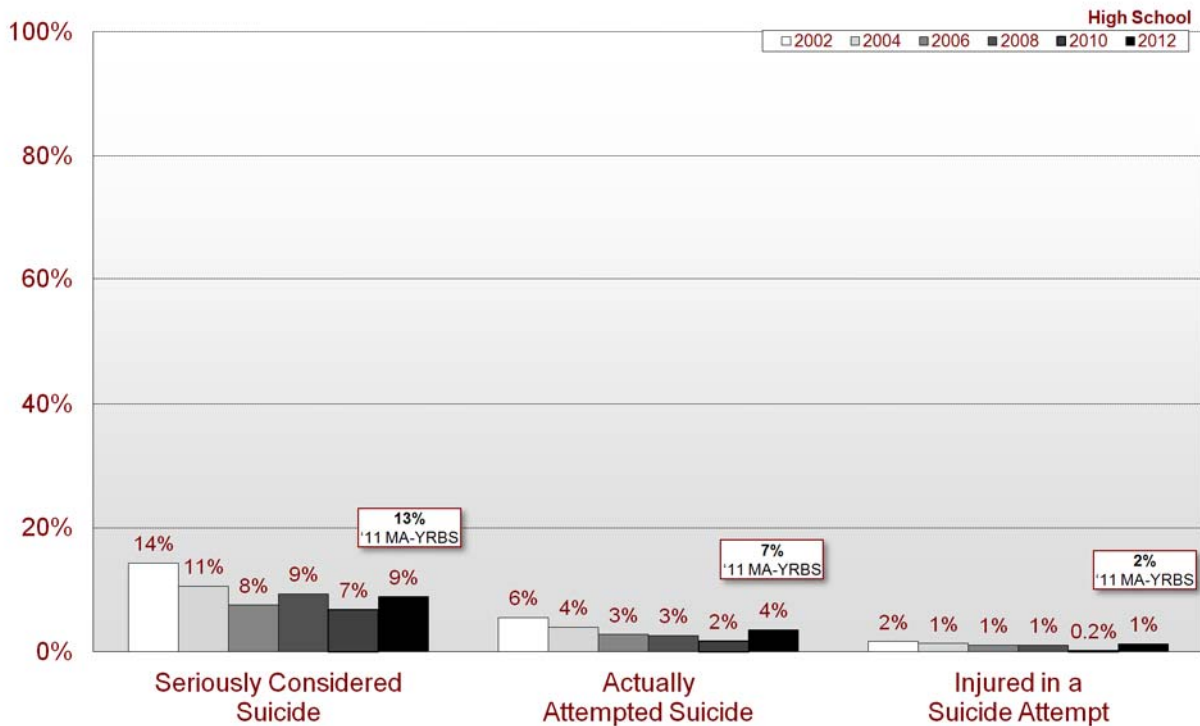
Trends in the Percent of Newton High School Students Who Reported Hurting Themselves on Purpose, Being Depressed, and Seeking Medical Help for Depression in the Past 12 Months ('02, '04, '06, '08, '10, '12)



SELECTED POINTS

- Twelve percent (12%) of 2012 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:** While rates have remained largely consistent since 2006, the percent of Newton high school students reporting each of these issues increased slightly between 2010 and 2012: self-harm (11%, 12%, 10%, 12%), depression (18%, 18%, 16%, 18%), seeking medical help for depression (8%, 8%, 6%, 8%).
- **Comparisons:** A smaller percentage of 2012 Newton than 2011 Massachusetts high school students reported experiencing depression (18% Newton, 25% Massachusetts) in the 12 months prior to the survey. Massachusetts data for self harm and seeking medical help for depression are not available. *MA data from the 2011 MA Youth Risk Behavior Survey*
- **Gender:** In 2012, Newton females were more likely than males to have reported any of these issues: hurt self on purpose (6% males, 18% females), reported depression (12%, 23%), sought medical help for depression (5%, 11%).
- **Grade:** The percentage of 2012 Newton high school students who reported each of these issues varied with age/grade: hurt themselves on purpose (12%, 13%, 11%, 13%), experienced depression (17%, 16%, 20%, 20%), sought medical help for depression (6%, 7%, 9%, 11%).
- **Middle School:** These mental health issues were less common among 7th and 8th grade students: self-harm (7th - 4%, 8th - 6%), reported depression (7%, 8%). Trend data reveal decreases since 2004 in self-harm (10% in 2004, 6% in 2006, 7% in 2008, 5% in 2010, 5% in 2012) and reported depression (16% in 2002, 14% in 2004, 12% in 2006, 9% in 2008, 8% in 2010, 7% in 2012). Middle school students were not asked about seeking medical help for depression.

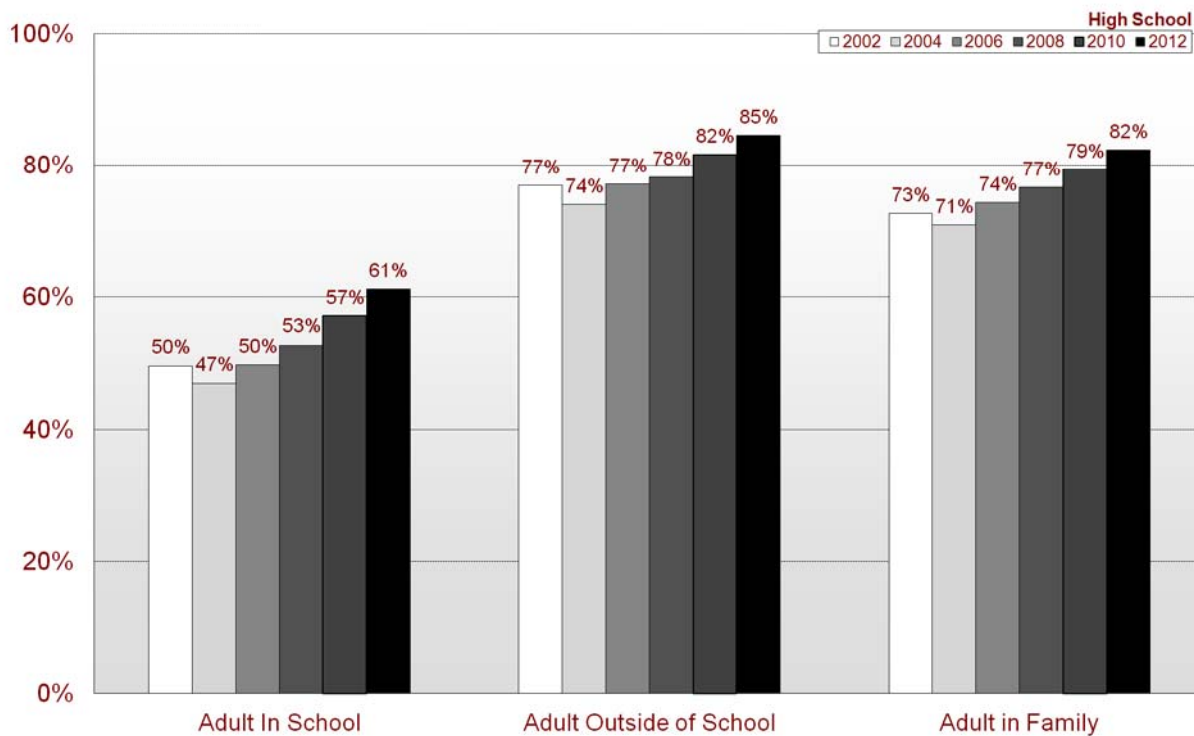
Trends in the Percent of Newton High School Students Who Reported Considering and Attempting Suicide, and Being Injured in a Suicide Attempt in the Past 12 Months ('02, '04, '06, '08, '10, '12)



SELECTED POINTS

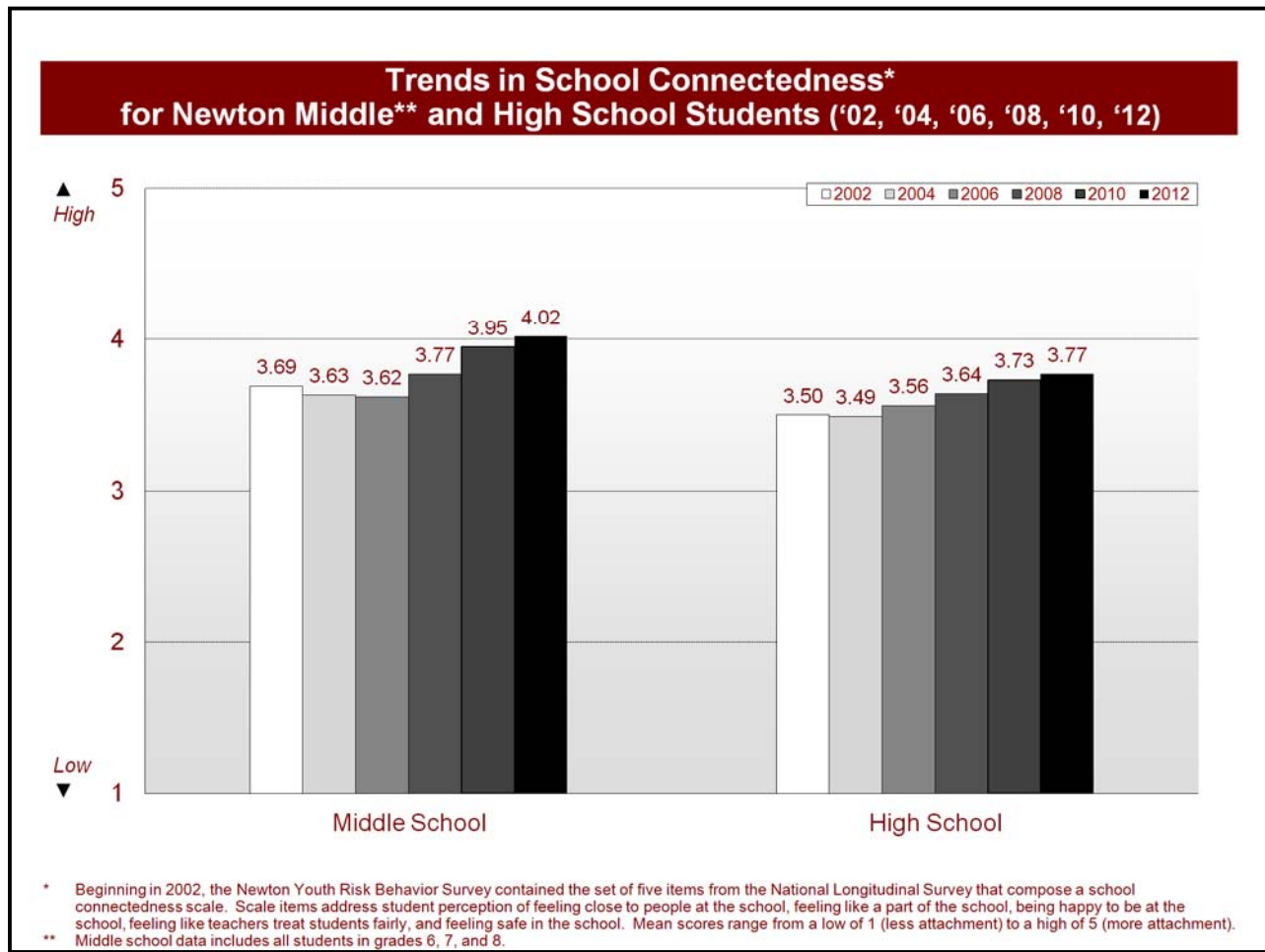
- Nine percent (9%) of 2012 Newton high school students reported that they seriously considered suicide in the 12 months prior to the survey, 4% actually attempted suicide, and 1% were injured in a suicide attempt and had to receive medical treatment.
- **Trends:** Similar to reported rates of self-harm and depression, rates of suicidal ideation and behavior among Newton high school students have been largely consistent since 2006 but increased slightly between 2010 and 2012: seriously considered (8%, 9%, 7%, 9%), attempted (3%, 3%, 2%, 4%), injured in attempt (1%, 1%, 0.2%, 1%).
- **Comparisons:** A smaller percentage of 2012 Newton than 2011 Massachusetts high school students reported considering suicide (9% Newton, 13% MA), attempting suicide (4%, 7%), or being injured in a suicide attempt (1%, 2%). *MA data from the 2011 MA Youth Risk Behavior Survey*
- **Gender:** Newton 2012 high school females were more likely than males to report suicidal ideation and behavior: considered (5% males, 12% females), attempted (2%, 5%), injured in a suicide attempt (0.9%, 2%).
- **Grade:** The percentage of 2012 Newton high school students who reported each of these suicidal ideations and behaviors remained fairly consistent across grades: considered (7th, 9%, 10%, 10%), attempted (3%, 2%, 4%, 4%), injured in a suicide attempt (1%, 0.7%, 2%, 1%).
- **Middle School:** These mental health issues were less common among Newton 7th and 8th grade students: considered (7th - 4%, 8th - 5%) and attempted suicide (1%, 1%). Previously higher in 2002 and 2004, the percentage of Newton 7th and 8th graders who reported these issues remained at or below previous levels in 2012: considered suicide (12%, 10%, 6%, 7%, 5%, 5%), attempted suicide (3%, 2%, 1%, 1%, 0.9%, 1%). The middle school survey did not ask about being injured in a suicide attempt.

Trends in the Percent of Newton High School Students Who Report Having Adults to Talk with If They Have a Problem ('02, '04, '06, '08, '10, '12)



SELECTED POINTS

- In 2012, close to two-thirds (61%) 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 (85%) or a family adult (82%) to talk to.
- **Trends:** The percentage of Newton high school students who reported having each type of adult support increased between 2010 and 2012, sustaining gains observed since 2004: adult in school (50%, 47%, 50%, 53%, 57%, 61%), adult outside of school (77%, 74%, 77%, 78%, 82%, 85%), family adult (73%, 71%, 74%, 77%, 79%, 82%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** There was little difference by gender in 2012 in reported adult support: school adult (62% males, 60% females), adult outside of school (85%, 84%), family adult (82%, 82%).
- **Grade:** Perceived adult support outside of school among 2012 Newton high school students varied little with age/grade, while perceived support of a school adult increased with age/grade: school adult (57%, 60%, 65%, 65%), adult outside of school (85%, 84%, 86%, 84%), family adult (83%, 84%, 82%, 80%).
- **Middle School:** 2002 to 2012 trends in perceived support for Newton 7th and 8th graders are as follows – of particular note is the large increase over time in perceived support of a school adult: school adult (53%, 50%, 49%, 45%, 66%, 66%), adult outside of school (79%, 79%, 82%, 81%, 84%, 87%), family adult (80%, 77%, 82%, 82%, 86%, 87%).

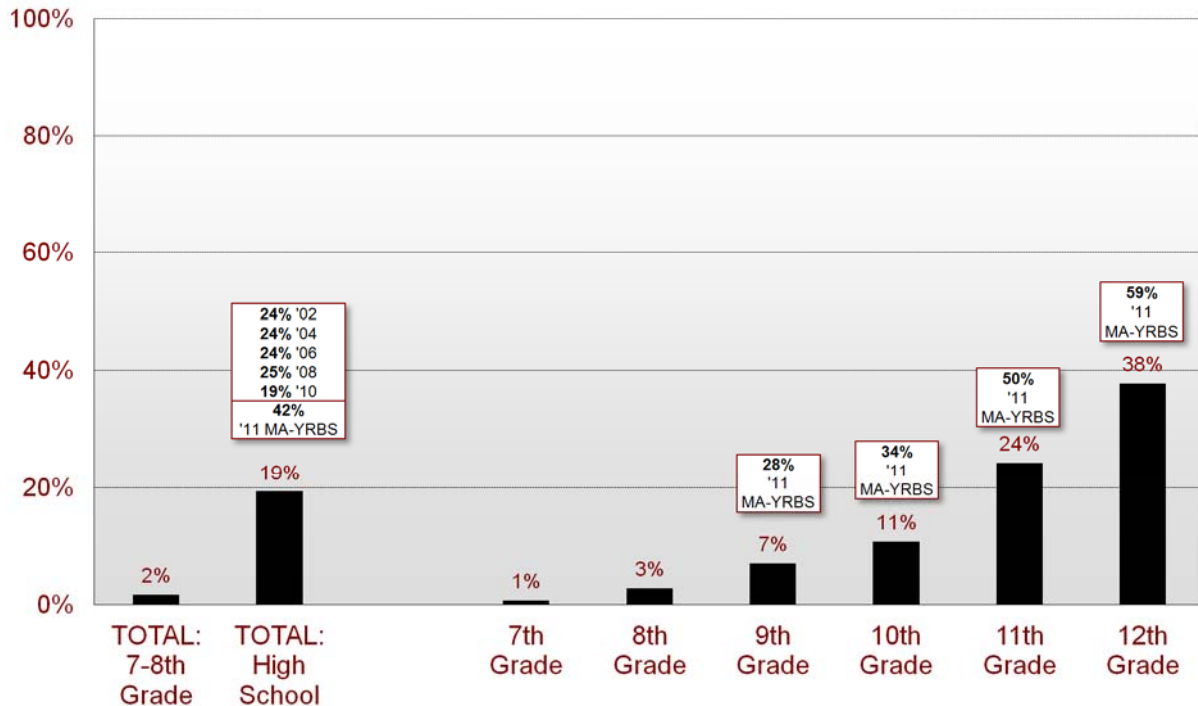


SELECTED POINTS

- Beginning in 2002, the Newton Youth Risk Behavior Survey contained a set of five items from the National Longitudinal Survey that compose a school connectedness scale. Scale items address student perception of feeling close to people at the school, feeling like a part of the school, being happy to be at the school, feeling like teachers treat students fairly, and feeling safe in the school. Mean scores range from a low of 1 (less attachment) to a high of 5 (more attachment). Note that in this chart, middle school data is for all students in grades 6, 7, and 8.
- **Trends:** Average Newton school connectedness at both the middle and high school levels increased between 2010 and 2012, continuing a pattern of improvement since 2004.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Newton 2012 middle school females (4.10) reported a higher average level of school connectedness than males (3.94). The reverse was true at the high school level (3.81 males, 3.74 females).
- **Grade:** The overall level school connectedness among Newton middle school students (4.02) was higher than the level among high school students (3.77), and there was a slight but steady decrease in school connectedness from grade 6 through 11: 6th = 4.07, 7th = 4.03, 8th = 3.97, 9th = 3.82, 10th = 3.78, 11th = 3.75, 12th = 3.71.

Sexual Behavior

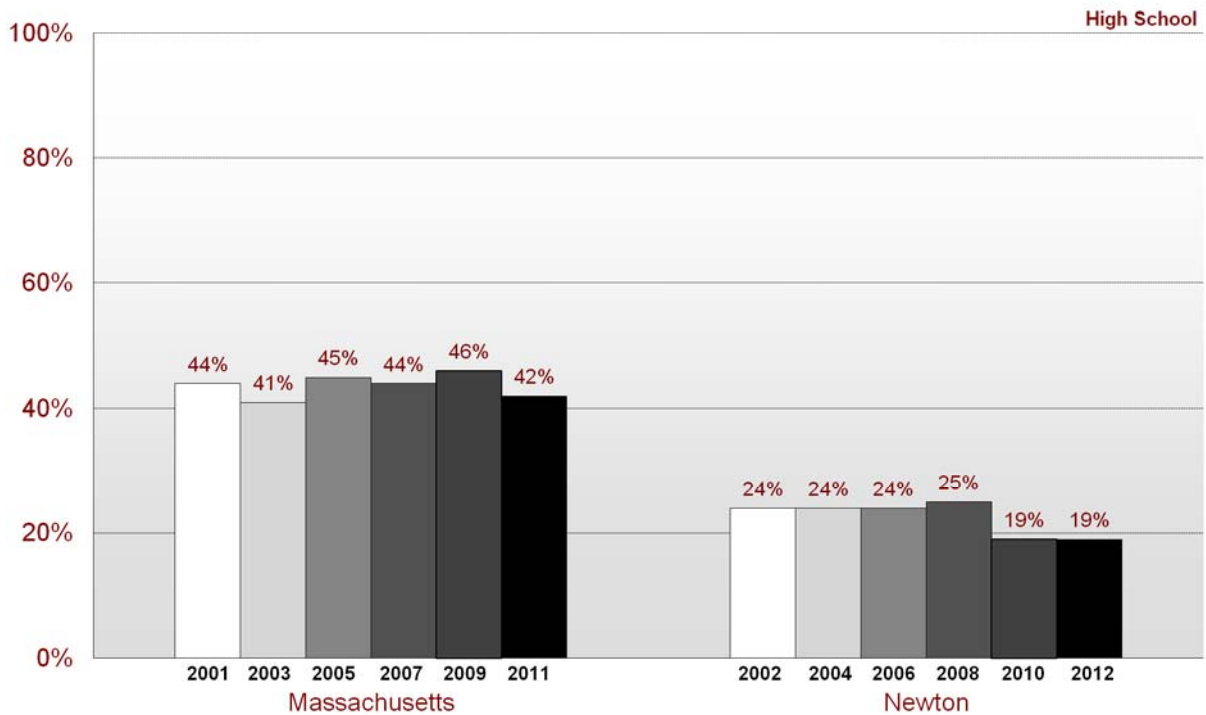
Percent of Newton 7-8th Grade and High School Students Who Have Ever Had Sexual Intercourse, Total and by Grade (2012)



SELECTED POINTS

- In 2012, 2% of Newton 7th and 8th graders and 19% of high school students reported ever having sexual intercourse.
- **Trends:** While there had been little previous change between 2002 and 2008 in the percent of Newton high school students who have ever had sexual intercourse, the unchanged 2012 rate remains comparatively low (24%, 24%, 24%, 25%, 19%, 19%).
- **Comparisons:** A much smaller percentage of 2012 Newton (19%) than 2011 Massachusetts (42%) high school students reported ever having sexual intercourse. This difference is consistent across all grades (9th - 7% Newton, 28% MA; 10th - 11% Newton, 34% MA; 11th - 24% Newton, 50% MA; 12th - 38% Newton, 59% MA). *MA data from the 2011 MA Youth Risk Behavior Survey*
- **Gender:** A larger percentage of 2012 Newton high school males (22%) than females (17%) 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 (1%, 3%, 7%, 11%, 24%, 38%).
- **Middle School:** The percent of Newton 7th and 8th grade students who reported ever having sexual intercourse has decreased since 2002 (5%, 4%, 4%, 3%, 2%, 2%).

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



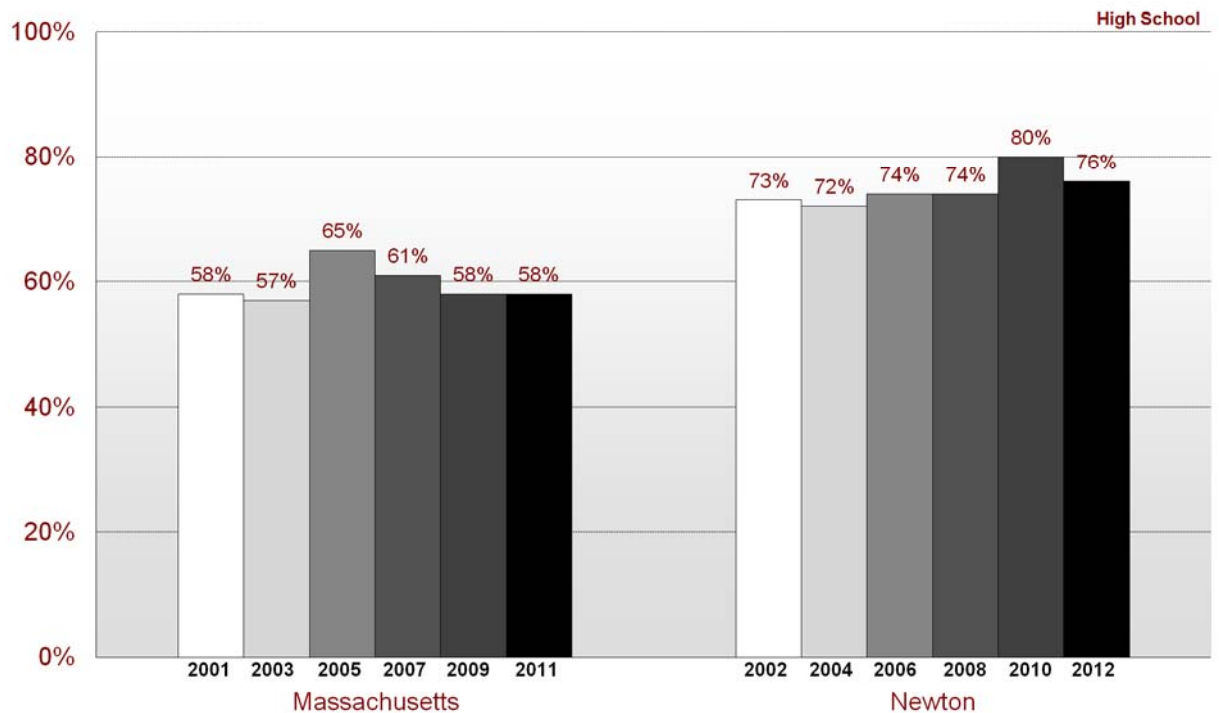
* Massachusetts high school data are from the MA Youth Risk Behavior Survey conducted by the MA Department of Education in Spring of 2001, 2003, 2005, 2007, 2009, and 2011.

** Trend data for Newton 7-8th grade students are as follows: 5% in 2002, 4% in 2004, 4% in 2006, 3% in 2008, 2% in 2010, and 2% in 2012.

SELECTED POINTS

- The reported level of lifetime sexual intercourse among Newton high school students has remained well below the statewide level in comparative years:
 - 24% Newton 2002 vs. 44% MA 2001
 - 24% Newton 2004 vs. 41% MA 2003
 - 24% Newton 2006 vs. 45% MA 2005
 - 25% Newton 2008 vs. 44% MA 2007
 - 19% Newton 2010 vs. 46% MA 2009
 - 19% Newton 2012 vs. 42% MA 2011

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

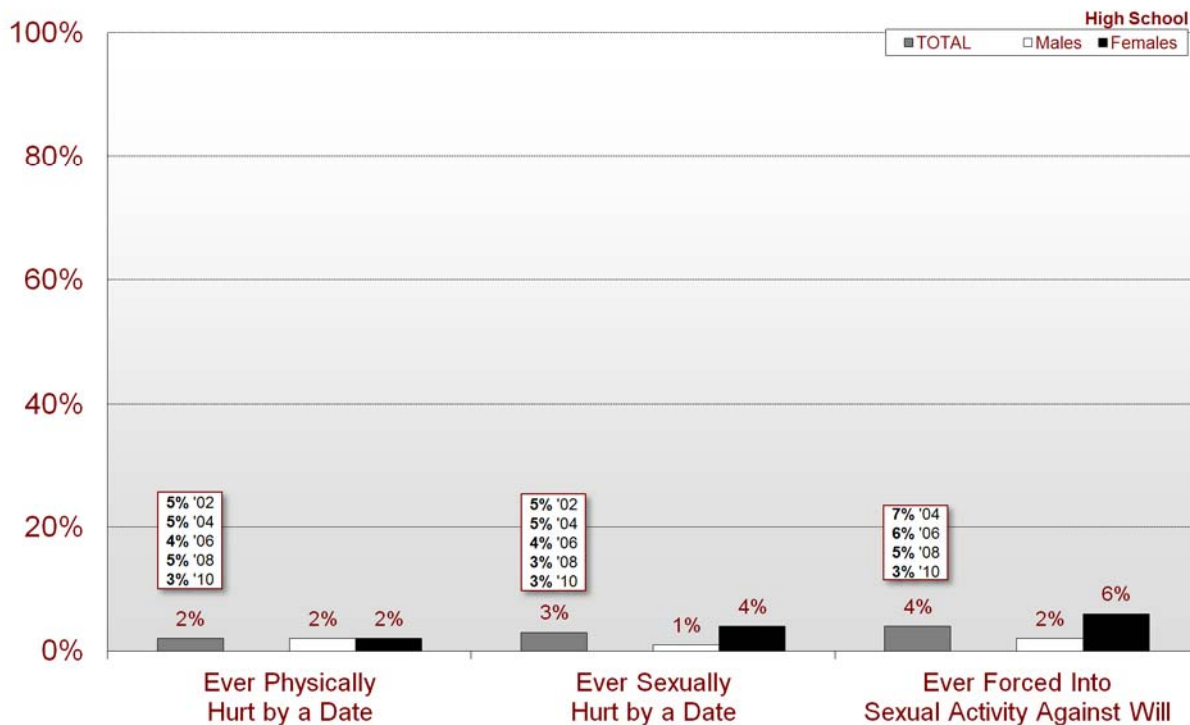


* Massachusetts high school data are from the MA Youth Risk Behavior Survey conducted by the MA Department of Education in Spring of 2001, 2003, 2005, 2007, 2009, and 2011.

SELECTED POINTS

- In 2012, 76% of sexually active Newton high school students indicated that they or their partner used a condom the last time they had sexual intercourse.
- **Trends:** There has been little overall change between 2002 and 2012 in the percent of sexually active Newton high school students who reported using a condom at last intercourse (73%, 72%, 74%, 74%, 80%, 76%).
- **Comparisons:** The reported use of condoms at last intercourse by sexually active Newton youth has consistently remained well above the statewide high school average: 73% Newton 2002 vs. 58% MA 2001, 72% Newton 2004 vs. 57% MA 2003, 74% Newton 2006 vs. 65% MA 2005, 74% Newton 2008 vs. 61% MA 2007, 80% Newton 2010 vs. 58% MA 2009, 76% Newton 2012 vs. 58% MA 2011. *MA data from the MA Youth Risk Behavior Survey*
- **Gender:** In 2012, a higher percentage of sexually active Newton high school males (80%) than females (71%) reported that they or their partner used a condom the last time they had sexual intercourse.
- **Grade:** In 2012, the percent of sexually active Newton high school students who reported using a condom during their last intercourse varied with age/grade: 83% in 9th grade, 70% in 10th grade, 78% in 11th grade, and 75% in 12th grade.

Percent of Newton High School Students Who Reported Ever Being Hurt by a Date or Forced Into Sexual Activity, Total and by Gender (2012)

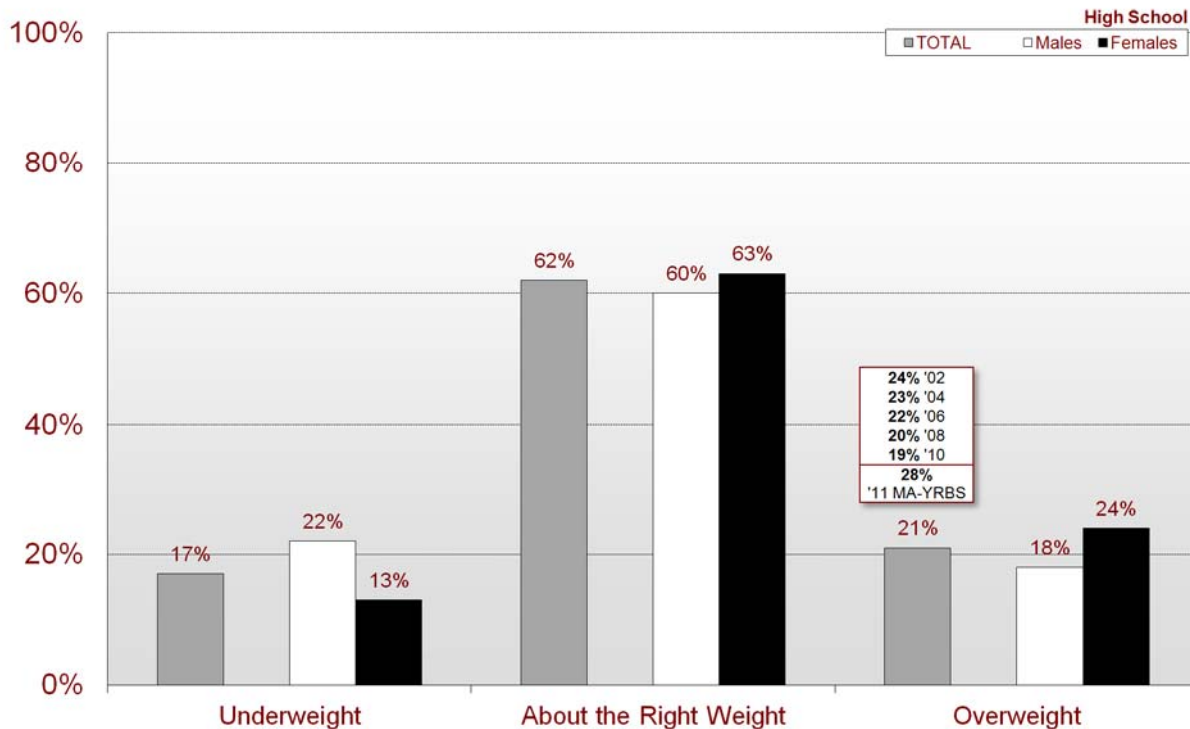


SELECTED POINTS

- Two percent (2%) of 2012 Newton high school students reported ever being physically hurt by a date or someone they were going out with and 3% were hurt sexually. Four percent (4%) reported ever being forced into sexual activity against their will.
- **Trends:** Trend data reveal little substantive change since 2002 in the percent of Newton high school students who reported being hurt physically hurt by a date or someone they were going out with (5%, 5%, 4%, 5%, 3%, 2%), sexually hurt by a date or someone they were going out with (5%, 5%, 4%, 3%, 3%, 3%), and/or forced into sexual activity against their will (7% in 2004, 6% in 2006, 5% in 2008, 3% in 2010, 4% in 2012).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female students were generally more likely to report these experiences, particularly sexual violence: ever physically hurt by a date (2% males, 2% females), ever sexually hurt by a date (1%, 4%), ever forced into sexual activity against will (2%, 6%).
- **Grade:** Reports of these experiences generally increased with age/grade among Newton high school students: ever physically hurt by a date (1%, 2%, 2%, 3%), ever sexually hurt by a date (2%, 2%, 2%, 5%), ever forced into sexual activity against will (2%, 3%, 4%, 8%).
- **Middle School:** Less than one percent (0.7%) of 2012 Newton 7th and 8th graders reported ever being forced into sexual activity against their will – 0.2% of 7th graders and 1% of 8th graders. Trend data are as follows: 4% in 2004, 3% in 2006, 1% in 2008, 2% in 2010, 0.7% in 2012. Data are not available for other items or years.

Weight and Physical Activity

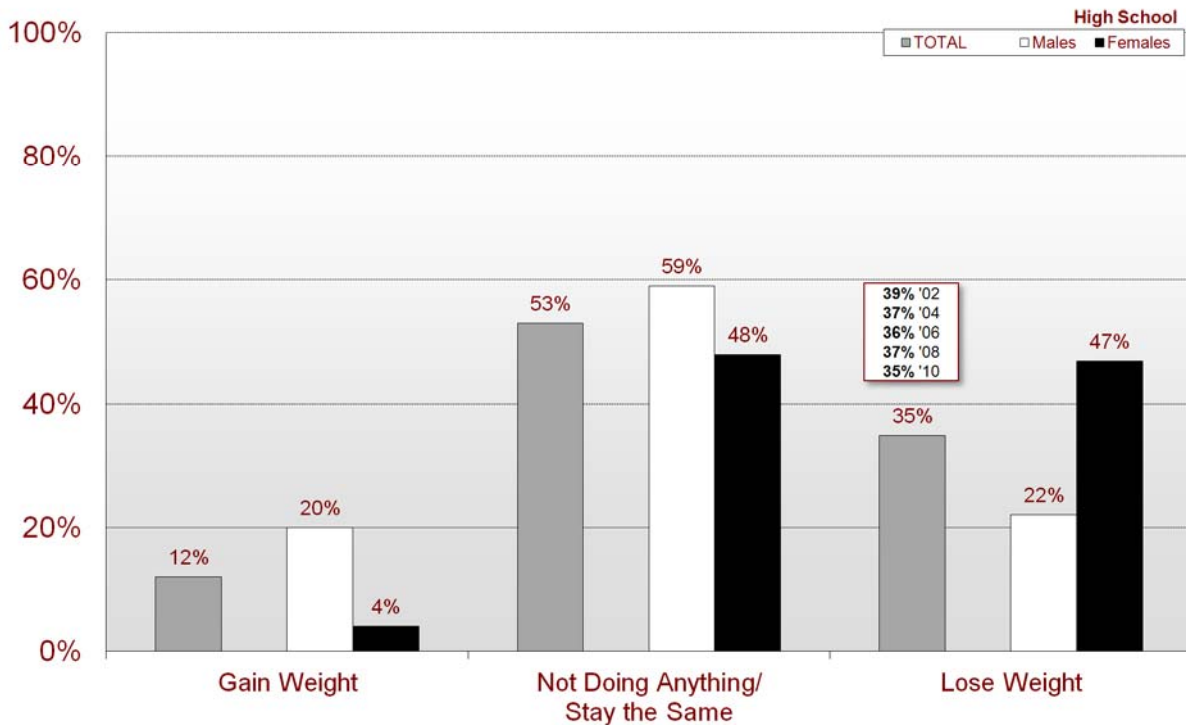
Perception of Body Weight by Newton High School Students, Total and by Gender (2012)



SELECTED POINTS

- Seventeen percent (17%) of 2012 Newton high school students described themselves as *underweight*, 62% as *about the right weight*, and 21% as *overweight*.
- Thirteen percent (13%) of Newton high school females described themselves as *underweight* compared to 22% of males, 63% as *about the right weight* compared to 60% of males, and 24% as *overweight* compared to 18% of males.
- **Trends:** The slight increase in 2012 in the percent of Newton high school students who described themselves as *overweight* reversed prior slight but consistent decreases observed since 2002 (24%, 23%, 22%, 20%, 19%, 21%).
- **Comparisons:** A smaller percentage of 2012 Newton (21%) than 2011 Massachusetts (28%) high school students described themselves as *overweight*. MA data from the 2011 MA Youth Risk Behavior Survey
- **Gender:** Female high school students were somewhat more likely than males to describe themselves as *about the right weight* (60% males, 63% females) or *overweight* (18% males, 24% females), while males were more likely to describe themselves as *underweight* (22%, 13%).
- **Grade:** The percentage of Newton high school students who describe themselves as *overweight* varied with age/grade (24%, 19%, 23%, 18%).
- **Middle School:** 2002 to 2012 trends in the percent of Newton 7th and 8th graders who describe themselves as *overweight* are as follows: 25% in 2002, 24% in 2004, 20% in 2006, 22% in 2008, 18% in 2010, 17% in 2012.

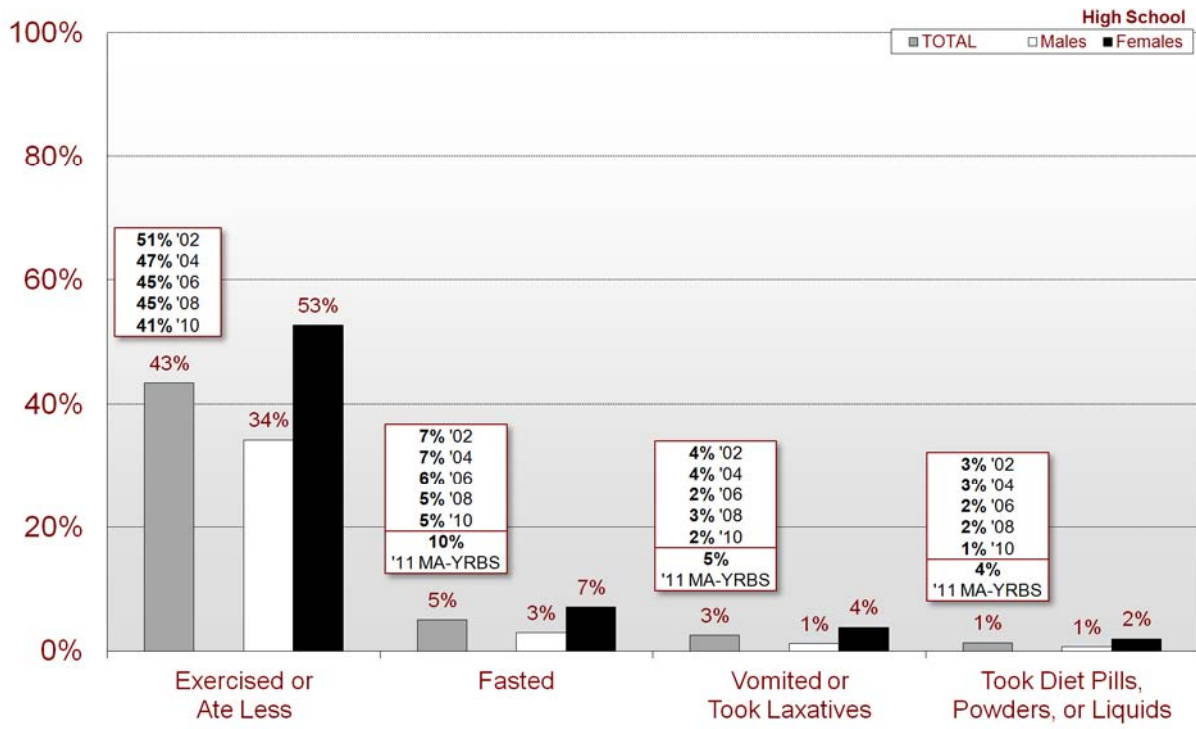
Percent of Newton High School Students Reporting Attempts to Change Their Weight, Total and by Gender (2012)



SELECTED POINTS

- Twelve percent (12%) of 2012 Newton high school students reported that they were currently trying to *gain* weight, 53% *not doing anything about their weight*, and 35% trying to *lose* weight.
- Four percent (4%) of Newton high school females reported that they were trying to *gain* weight compared to 20% of males, 48% that they were *not doing anything* about their weight compared to 59% of males, and 47% that they were trying to *lose* weight compared to 22% of males.
- **Trends:** There has been little overall change since 2002 in the percent of Newton high school students who reported that they were trying to *lose* weight (39%, 37%, 36%, 37%, 35%, 35%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female high school students were much more likely than males to report trying to *lose* weight (22% males, 47% females), while males were more likely than females to report trying to *gain* weight (20%, 4%) or not do anything about their weight (59%, 48%).
- **Grade:** There was little consistent difference by age/grade in the percent of 2012 Newton high school students who reported that they were trying to *lose* weight (37%, 31%, 37%, 34%).
- **Middle School:** 2002 to 2012 trends in the percentage of Newton 7th and 8th graders who are trying to *lose* weight are as follows: 34% in 2002, 32% in 2004, 29% in 2006, 31% in 2008, 24% in 2010, 23% in 2012.

Percent of Newton High School Students Who Used Various Methods* to Lose or Maintain Their Weight, Total and by Gender (2012)

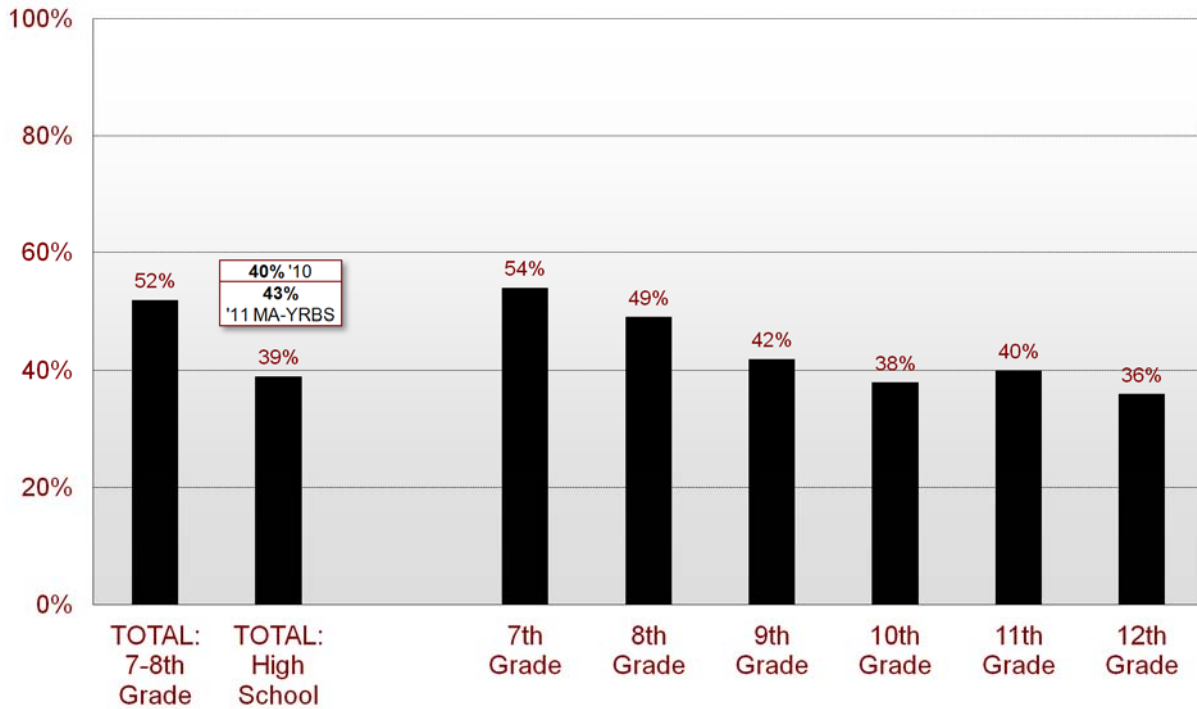


* Respondents could check all that apply.

SELECTED POINTS

- Forty-three percent (43%) of 2012 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. Five percent (5%) had fasted, 3% vomited or took laxatives, and 1% took diet pills, powders, or liquids.
- Fifty-three percent (53%) of Newton high school females reported that they had exercised or eaten less to lose or maintain their weight compared to 34% of males, 7% had fasted compared to 3% of males, 4% vomited or took laxatives compared to 1% of males, and 2% took diet pills, powders, or liquids compared to 1% of males.
- Trends:** While there have been some very slight yet consistent decreases between 2002 and 2012 in the use of weight loss/control methods by Newton high school students, 2012 rates were at or above those observed in 2010: exercised or ate less (51%, 47%, 45%, 45%, 41%, 43%), fasted (7%, 7%, 6%, 5%, 5%, 5%), vomited or took laxatives (4%, 4%, 2%, 3%, 2%, 3%), took diet pills, powders, or liquids (3%, 3%, 2%, 2%, 1%, 1%).
- Comparisons:** Smaller percentages of 2012 Newton than 2011 Massachusetts high school students reported fasting (5% Newton, 10% MA), vomiting or taking laxatives (3%, 5%), and taking diet pills, powders, or liquids (1%, 4%). Comparable MA data about exercising or eating less are not available due to reporting differences. *MA data from the 2011 MA Youth Risk Behavior Survey*
- Gender:** Female high school students were more likely than males to report using 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%, 41%, 42%, 46%), fasted (4%, 5%, 6%, 5%), vomited or took laxatives (2%, 2%, 3%, 3%), took diet pills, powders, or liquids (1%, 0.7%, 1%, 2%).
- Middle School:** 2002 to 2012 trends in current weight control methods among Newton 7th and 8th graders are as follows: exercised or ate less (39%, 43%, 43%, 42%, 34%, 35%), fasted (7%, 5%, 4%, 4%, 2%, 2%), vomited or took laxatives (2%, 2%, 1%, 1%, 0.4%, 0.4%), took diet pills, powders, or liquids (1%, 0.4%, 1%, 0.5%, 0.1%, 0.4%).

Percent of Newton 7-8th Grade and High School Students Who Engaged in 60+ Minutes of Physical Activity on 5+ of Past 7 Days*, Total and by Grade (2012)



* Item added to the 2010 Newton survey.

SELECTED POINTS

- In 2012, 52% of Newton 7th and 8th graders and 39% of high school students reported engaging in 60 or more minutes of physical activity on at least 5 of the past 7 days.
- **Trends:** The percent of Newton high school students who reported engaging in 60 or more minutes of physical activity on at least 5 of the past 7 days remained largely consistent between 2010 (40%) and 2012 (39%).
- **Comparisons:** A lower percentage of 2012 Newton (39%) than 2011 Massachusetts (43%) high school students reported engaging in at least 60 minutes of physical activity on at least 5 of the past 7 days. *MA data from the 2011 MA Youth Risk Behavior Survey*
- **Gender:** A larger percentage of 2012 Newton high school males (46%) than females (32%) reported engaging in this level of physical activity.
- **Grade:** As displayed in the chart, the percent of Newton students who reported engaging in at least 60 minutes of physical activity on at least 5 of the past 7 days decreased with age/grade between 7th and 12th grade (54%, 49%, 42%, 38%, 40%, 36%).

Appendix A:

Selected Middle School Data Tables

2012-2013 NEWTON YOUTH RISK BEHAVIOR SURVEY

Alcohol, Tobacco, and Other Drug Use - Middle School (N=1,267)

	TOTAL	GENDER		GRADE		
	2012 (1267)	Males (608)	Females (649)	6th (428)	7th (427)	8th (403)
LIFETIME (any use in lifetime)						
Cigarettes	1.0%	1.8%	0.3%	0.5%	1.2%	1.5%
Alcohol	7.3%	9.5%	5.0%	6.4%	6.1%	9.5%
Marijuana (7 & 8th grade ONLY)	1.2%	1.8%	0.7%	0.0%	1.0%	1.5%
Cocaine (7 & 8th grade ONLY)	0.1%	0.3%	0.0%	0.0%	0.0%	0.3%
Ecstasy (7 & 8th grade ONLY)	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Heroin (7 & 8th grade ONLY)	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
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)	0.1%	0.0%	0.2%	0.0%	0.0%	0.2%
Oxycontin (no prescription) (7 & 8th grade ONLY)	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
CURRENT (any use in past 30 days)						
Cigarettes	0.5%	1.0%	0.0%	0.2%	0.7%	0.5%
Alcohol	1.6%	2.0%	1.2%	0.7%	0.9%	3.3%
Binge Alcohol (5 or more drinks in a row) (7 & 8th grade ONLY)	0.6%	1.0%	0.2%	0.0%	0.2%	1.0%
Marijuana (7 & 8th grade ONLY)	0.7%	1.0%	0.5%	0.0%	0.5%	1.0%
Cocaine (7 & 8th grade ONLY)	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Ecstasy (7 & 8th grade ONLY)	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Inhalants (7 & 8th grade ONLY)	0.8%	0.5%	0.9%	0.0%	0.9%	0.8%
Heroin (7 & 8th grade ONLY)	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
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)	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Oxycontin (no prescription) (7 & 8th grade ONLY)	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
ANNUAL (any use in past 12 months)						
Used someone else's prescription medication to get high(7 & 8th grade ONLY)	0.2%	0.3%	0.2%	0.0%	0.2%	0.2%
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".

2012-2013 NEWTON YOUTH RISK BEHAVIOR SURVEY

Violence and Safety - Middle School (N=1,267)

	TOTAL 2012 (1267)	GENDER		GRADE		
		Males (608)	Females (649)	6th (428)	7th (427)	8th (403)
CARRIED A WEAPON¹ (30 days)						
When in school (7 & 8th grade ONLY)	0.8%	1.5%	0.2%	N/A	0.9%	0.7%
When NOT in school (7 & 8th grade ONLY)	6.0%	10.9%	1.4%	N/A	6.4%	5.7%
IN A PHYSICAL FIGHT(12 months)						
When in school	2.9%	5.6%	0.3%	5.0%	2.8%	1.0%
When NOT in school	13.0%	22.1%	4.5%	15.7%	14.1%	9.2%
BULLYING (30 days)						
Bullied/harassed on way to/from school	3.9%	4.7%	3.3%	3.4%	4.0%	4.5%
Bullied/harassed in school	14.1%	14.2%	14.0%	7.0%	17.2%	18.5%
Bullied/harassed when NOT in school and NOT on way to/from school	7.6%	7.1%	8.1%	5.7%	9.3%	7.8%
Bullied/harassed on the internet	8.3%	5.9%	10.5%	4.1%	9.8%	11.2%
Saw someone else bullied/harassed in school	34.2%	32.2%	36.0%	18.2%	42.5%	42.5%
WORRIED ABOUT SAFETY						
Worried when in school (somewhat/very)	4.9%	4.2%	5.5%	5.3%	4.9%	4.2%
Worried when NOT in school (somewhat/very)	14.5%	12.9%	16.0%	13.4%	16.6%	13.2%
Stayed home from school out of fear for safety (30 days)	1.0%	1.0%	1.1%	0.5%	0.7%	2.0%
DATING VIOLENCE						
Physically hurt only by date (ever)	N/A	N/A	N/A	N/A	N/A	N/A
Sexually hurt only 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".

2012-2013 NEWTON YOUTH RISK BEHAVIOR SURVEY

Stress, Support, Depression, and Suicide - Middle School (N=1,267)

	TOTAL	GENDER		GRADE		
	2012 (1267)	Males (608)	Females (649)	6th (428)	7th (427)	8th (403)
STRESS						
Life somewhat/very stressful	42.5%	36.2%	48.3%	33.4%	42.8%	51.3%
Worry about <i>school</i> issues - Often/Almost Every Day	40.8%	36.1%	45.2%	28.3%	42.7%	52.1%
Worry about <i>social</i> issues - Often/Almost Every Day	20.1%	15.8%	23.9%	14.4%	21.8%	24.2%
Worry about <i>family</i> issues - Often/Almost Every Day	16.4%	15.0%	17.6%	13.6%	16.2%	19.4%
Worry about <i>appearance</i> issues - Often/Almost Every Day	17.6%	11.2%	23.5%	10.7%	17.6%	24.9%
Worry about <i>being bullied/harassed</i> - Often/Almost Every Day	3.7%	3.2%	4.2%	3.1%	5.1%	3.0%
ADULT HELP						
At least one teacher or other adult in this school to talk to about a problem	67.5%	67.5%	67.5%	70.3%	66.2%	65.6%
At least one adult outside of school to talk to about a problem	87.9%	87.2%	88.7%	89.9%	88.1%	85.7%
At least one family adult to talk to about a problem	91.4%	91.7%	91.2%	95.2%	91.5%	87.5%
DEPRESSION AND SUICIDE						
Hurt self on purpose (12 months) (7 & 8th grade ONLY)	4.6%	2.3%	6.8%	N/A	3.8%	5.5%
Depressed (12 months) (7 & 8th grade ONLY)	7.3%	5.2%	9.4%	N/A	6.7%	8.0%
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) (7 & 8th grade ONLY)	4.6%	3.1%	6.1%	N/A	4.3%	5.0%
Attempted suicide (12 months) (7 & 8th grade ONLY)	1.0%	0.5%	1.4%	N/A	1.0%	1.0%
Injured in suicide attempt (12 months)	N/A	N/A	N/A	N/A	N/A	N/A

2012-2013 NEWTON YOUTH RISK BEHAVIOR SURVEY

Miscellaneous - Middle School (N=1,267)

	TOTAL 2012 (1267)	GENDER		GRADE		
		Males (608)	Females (649)	6th (428)	7th (427)	8th (403)
ALCOHOL-RELATED DRIVING/RIDING						
Rode with drinking driver (30 days) - All students(7 & 8th grade ONLY)	5.3%	5.4%	5.4%	N/A	4.3%	6.3%
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)	1.0%	1.3%	0.7%	N/A	0.2%	1.8%
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						
Ever had sexual intercourse(7 & 8th grade ONLY)	1.7%	2.8%	0.5%	N/A	0.7%	2.8%
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)	69.2%	70.0%	50.0%	N/A	66.7%	70.0%
Alcohol/drugs at last intercourse	N/A	N/A	N/A	N/A	N/A	N/A
WEIGHT						
Consider self slightly/very overweight	16.4%	17.6%	15.0%	15.9%	16.0%	17.2%
Trying to lose weight	22.6%	19.1%	25.8%	22.0%	22.5%	23.2%
Exercised or ate less to lose/maintain weight (30 days)(7 & 8th grade ONLY)	34.6%	30.5%	38.0%	N/A	32.7%	36.5%
Fasted to lose/maintain weight (30 days)(7 & 8th grade ONLY)	2.0%	0.8%	2.6%	N/A	2.5%	1.0%
Vomited or took laxatives to lose/maintain weight (30 days)(7 & 8th grade ONLY)	0.4%	0.5%	0.2%	N/A	0.2%	0.5%
Took diet pills, powders, or liquids to lose/maintain weight (30 days)(7 & 8th grade ONLY)	0.4%	0.5%	0.2%	N/A	0.0%	0.8%

¹ Of those who had sexual intercourse.

2012-2013 NEWTON YOUTH RISK BEHAVIOR SURVEY

1998, 2000, 2002, 2004, 2006, 2008, 2010, and 2012 Middle School Trends - Grades 7 & 8 ONLY

Alcohol, Tobacco, and Other Drug Use

	1998 (907)	2000 (893)	2002 (849)	2004 (844)	2006 (791)	2008 (811)	2010 (789)	2012 (836)
LIFETIME (any use in lifetime)								
Cigarettes	21.8%	14.3%	9.8%	7.0%	5.1%	5.0%	2.4%	1.3%
Alcohol	36.6%	28.6%	24.8%	21.1%	17.8%	16.7%	10.1%	7.8%
Marijuana	8.2%	4.0%	5.2%	2.7%	2.4%	3.0%	1.8%	1.2%
Cocaine	1.1%	0.7%	2.8%	0.6%	1.1%	0.4%	0.0%	0.1%
Ecstasy	N/A	N/A	2.1%	0.2%	0.8%	0.1%	0.0%	0.0%
Heroin	N/A	N/A	1.9%	0.5%	0.6%	0.0%	0.0%	0.0%
Other Illegal Drugs ¹	N/A	N/A	1.9%	0.5%	0.5%	0.2%	0.6%	0.1%
Oxycontin	N/A	N/A	N/A	N/A	N/A	N/A	0.1%	0.0%
CURRENT (any use in past 30 days)								
Cigarettes	6.9%	3.5%	2.8%	1.7%	1.6%	1.2%	1.0%	0.6%
Alcohol	15.6%	10.8%	8.9%	6.6%	5.8%	3.7%	3.0%	2.1%
Binge Alcohol (5 or more drinks in a row)	3.0%	1.9%	2.3%	1.4%	1.3%	1.0%	0.1%	0.6%
Marijuana	3.2%	0.8%	2.6%	0.8%	1.3%	1.2%	0.8%	0.7%
Cocaine	0.7%	0.1%	1.8%	0.2%	0.5%	0.0%	0.0%	0.0%
Ecstasy	N/A	N/A	1.5%	0.0%	0.4%	0.0%	0.0%	0.0%
Inhalants	2.6%	3.1%	4.4%	3.4%	1.8%	1.0%	1.4%	0.9%
Heroin	N/A	N/A	0.9%	0.1%	0.1%	0.0%	0.0%	0.0%
Other Illegal Drugs ¹	N/A	N/A	0.8%	0.2%	0.3%	0.0%	0.0%	0.0%
Oxycontin	N/A	N/A	N/A	N/A	N/A	N/A	0.0%	0.0%
ANNUAL (any use in past 12 months)								
Used someone else's prescription medication to get high	N/A	N/A	N/A	1.4%	0.6%	0.1%	0.5%	0.2%
Used over-the-counter medication to get high	N/A	N/A	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	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".

2012-2013 NEWTON YOUTH RISK BEHAVIOR SURVEY

1998, 2000, 2002, 2004, 2006, 2008, 2010, and 2012 Middle School Trends - Grades 7 & 8 ONLY

Violence and Safety

	1998 (907)	2000 (893)	2002 (849)	2004 (844)	2006 (791)	2008 (811)	2010 (789)	2012 (836)
CARRIED A WEAPON¹ (30 days)								
When in school	2.8%	2.6%	2.7%	2.0%	1.4%	1.1%	0.5%	0.8%
When NOT in school	15.3%	12.8%	10.2%	12.4%	9.4%	8.7%	5.9%	6.1%
IN A PHYSICAL FIGHT(12 months)								
When in school	16.8%	12.3%	13.3%	12.3%	9.5%	7.1%	4.2%	1.9%
When NOT in school	33.3%	31.0%	27.6%	27.9%	21.2%	18.9%	15.2%	11.7%
BULLYING (30 days)								
Bullied/harassed on way to/from school	N/A	N/A	17.3%	19.1%	14.2%	13.3%	7.2%	4.3%
Bullied/harassed in school	N/A	N/A	35.7%	41.1%	29.8%	28.9%	20.7%	17.8%
Bullied/harassed when NOT in school and NOT on way to/from school	N/A	N/A	24.1%	24.6%	16.3%	15.8%	11.5%	8.6%
Bullied/harassed on the internet	N/A	N/A	N/A	N/A	N/A	16.7%	12.0%	10.5%
Saw someone else bullied/harassed in school	N/A	N/A	N/A	N/A	N/A	N/A	53.5%	42.5%
WORRIED ABOUT SAFETY								
Worried when in school (somewhat/very)	8.7%	9.1%	6.5%	7.6%	6.0%	6.1%	6.2%	4.6%
Worried when NOT in school (somewhat/very)	22.6%	19.4%	22.3%	16.6%	16.3%	17.6%	14.0%	15.0%
Stayed home from school out of fear for safety (30 days)	1.2%	2.2%	2.1%	2.0%	1.0%	1.7%	1.3%	1.3%

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

2012-2013 NEWTON YOUTH RISK BEHAVIOR SURVEY

1998, 2000, 2002, 2004, 2006, 2008, 2010, and 2012 Middle School Trends - Grades 7 & 8 ONLY

Miscellaneous

	1998	2000	2002	2004	2006	2008	2010	2012
	(907)	(893)	(849)	(844)	(791)	(811)	(789)	(836)
STRESS								
Life somewhat/very stressful	N/A	N/A	50.7%	48.1%	46.7%	49.6%	46.9%	47.0%
Worry about <i>school</i> issues - Often/Almost Every Day	N/A	N/A	51.0%	49.0%	48.5%	43.9%	47.8%	47.3%
Worry about <i>social</i> issues - Often/Almost Every Day	N/A	N/A	38.8%	34.8%	31.1%	32.0%	23.0%	23.0%
Worry about <i>family</i> issues - Often/Almost Every Day	N/A	N/A	26.9%	25.6%	21.4%	22.3%	20.0%	17.8%
Worry about <i>appearance</i> issues - Often/Almost Every Day	N/A	N/A	36.3%	30.5%	27.4%	29.4%	22.0%	21.1%
Worry about <i>being bullied/harassed</i> - Often/Almost Every Day	N/A	N/A	N/A	N/A	N/A	N/A	3.8%	4.1%
ADULT HELP								
At least one teacher or other adult in this school to talk to about a problem	N/A	N/A	52.7%	49.8%	49.0%	45.0%	65.7%	65.9%
At least one adult outside of school to talk to about a problem	N/A	N/A	78.9%	78.6%	81.8%	81.2%	84.1%	87.0%
At least one family adult to talk to about a problem	N/A	N/A	80.2%	77.4%	82.3%	81.9%	85.6%	89.6%
DEPRESSION AND SUICIDE								
Hurt self on purpose (12 months)	N/A	N/A	N/A	10.4%	6.0%	6.5%	5.2%	4.7%
Depressed (12 months)	N/A	N/A	16.1%	14.0%	11.6%	9.1%	7.8%	7.4%
Seriously considered suicide (12 months)	12.9%	13.3%	12.0%	10.0%	5.6%	6.9%	5.2%	4.6%
Attempted suicide (12 months)	2.6%	3.6%	3.1%	2.3%	1.1%	1.1%	0.9%	1.0%
RIDING WITH IMPAIRED DRIVERS								
Rode with drinking driver (30 days) - All students	9.4%	10.2%	10.7%	7.1%	7.2%	7.0%	7.4%	5.3%
Rode with driver using marijuana (30 days) - All students	2.3%	2.9%	3.1%	1.9%	0.8%	1.4%	0.8%	1.0%
SEXUAL BEHAVIOR								
Ever had sexual intercourse	7.0%	5.4%	4.5%	4.4%	4.0%	2.6%	1.5%	1.7%
Condom use at last intercourse ¹	77.2%	75.0%	65.7%	74.3%	66.7%	71.4%	81.8%	69.2%

¹ Of those who had sexual intercourse.

Appendix B:

Selected High School Data Tables

2012-2013 NEWTON YOUTH RISK BEHAVIOR SURVEY

Alcohol, Tobacco, and Other Drug Use - High School (N=1,733)

	TOTAL								MA 2011 YRBS	GENDER		GRADE			
	1998 (1640)	2000 (1658)	2002 (1707)	2004 (1751)	2006 (1810)	2008 (1760)	2010 (1800)	2012 (1733)		Males (862)	Females (867)	9th (460)	10th (444)	11th (422)	12th (398)
LIFETIME (any use in lifetime)															
Cigarettes	52.0%	48.9%	38.5%	32.7%	29.2%	27.4%	19.4%	16.7%	39%	18.0%	15.3%	8.6%	11.3%	20.9%	27.8%
Alcohol	73.1%	70.8%	66.0%	61.9%	58.8%	56.8%	50.3%	49.1%	68%	47.5%	50.8%	31.3%	41.6%	60.0%	66.7%
Marijuana	41.3%	40.5%	39.4%	37.2%	33.0%	33.2%	30.8%	28.3%	43%	31.3%	25.4%	11.2%	19.0%	39.0%	47.4%
Cocaine	3.7%	3.9%	4.2%	5.2%	5.4%	2.7%	1.1%	1.8%	5%	2.7%	1.0%	1.3%	1.6%	1.7%	3.0%
Ecstasy	N/A	N/A	5.7%	3.7%	2.9%	2.3%	1.1%	1.8%	6%	2.7%	1.0%	1.5%	1.1%	1.9%	3.0%
Heroin	N/A	N/A	1.5%	1.4%	1.3%	0.8%	0.4%	0.3%	2%	0.3%	0.2%	0.7%	0.0%	0.2%	0.3%
Methamphetamines	N/A	N/A	4.1%	3.3%	2.4%	1.3%	0.8%	0.9%	3%	1.3%	0.5%	0.2%	1.4%	1.2%	0.8%
Steroids (no prescription)	N/A	N/A	1.4%	1.9%	1.4%	1.2%	0.2%	0.3%	3%	0.3%	0.2%	0.2%	0.5%	0.0%	0.5%
Other Illegal Drugs ¹	N/A	N/A	7.5%	7.6%	6.6%	5.6%	4.1%	3.5%	N/A	5.2%	1.7%	1.3%	3.6%	4.3%	5.0%
Oxycontin	N/A	N/A	N/A	N/A	N/A	N/A	0.8%	1.6%	N/A	2.2%	1.0%	0.9%	0.9%	2.6%	2.3%
CURRENT (any use in past 30 days)															
Cigarettes	26.8%	20.2%	15.7%	13.8%	12.4%	12.5%	7.0%	5.5%	14%	6.0%	5.1%	2.8%	3.8%	6.4%	9.8%
Alcohol	51.5%	50.6%	44.0%	40.9%	38.2%	36.7%	31.5%	33.3%	40%	32.7%	34.1%	17.7%	26.8%	42.5%	49.2%
Binge Alcohol (5 or more drinks in a row)	31.4%	31.5%	27.0%	23.1%	22.7%	19.0%	16.7%	17.8%	22%	20.1%	15.6%	7.0%	9.0%	22.6%	35.3%
Marijuana	23.7%	26.3%	22.9%	23.3%	20.2%	22.7%	19.3%	17.0%	28%	20.2%	13.8%	4.8%	13.1%	24.2%	27.7%
Cocaine	1.7%	1.4%	2.5%	2.9%	2.3%	1.3%	0.3%	0.8%	N/A	1.2%	0.3%	1.1%	0.7%	0.2%	1.0%
Ecstasy	N/A	N/A	2.3%	1.7%	1.1%	1.0%	0.4%	0.8%	N/A	1.0%	0.5%	0.7%	0.7%	0.5%	1.3%
Inhalants	3.1%	2.2%	2.6%	2.8%	2.6%	1.8%	1.7%	0.6%	N/A	0.6%	0.6%	1.1%	0.7%	0.2%	0.3%
Heroin	N/A	N/A	0.9%	1.0%	0.9%	0.5%	0.3%	0.1%	N/A	0.2%	0.0%	0.2%	0.0%	0.2%	0.0%
Methamphetamines	N/A	N/A	1.8%	2.0%	1.3%	1.1%	0.4%	0.3%	N/A	0.5%	0.2%	0.0%	0.7%	0.5%	0.3%
Steroids (no prescription)	N/A	N/A	0.9%	1.5%	0.9%	0.9%	0.1%	0.1%	N/A	0.1%	0.1%	0.0%	0.5%	0.0%	0.0%
Other Illegal Drugs ¹	N/A	N/A	3.3%	3.7%	3.5%	2.9%	1.8%	1.7%	N/A	2.6%	0.8%	0.9%	2.3%	1.7%	2.0%
Oxycontin	N/A	N/A	N/A	N/A	N/A	N/A	0.3%	0.7%	N/A	1.2%	0.2%	0.7%	0.7%	0.5%	1.0%
ANNUAL (any use in past 12 months)															
Used someone else's prescription medication to get high	N/A	N/A	N/A	5.9%	3.8%	3.1%	1.9%	2.5%	N/A	2.4%	2.7%	1.3%	2.9%	2.6%	3.5%
Used over-the-counter medication to get high	N/A	N/A	4.3%	3.6%	3.3%	2.6%	1.6%	2.3%	N/A	2.7%	1.9%	0.9%	3.6%	2.4%	2.0%
Used "study drugs" to stay awake	N/A	N/A	N/A	6.6%	5.1%	4.0%	3.1%	4.9%	N/A	5.6%	4.2%	1.7%	4.1%	5.3%	9.1%

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".

2012-2013 NEWTON YOUTH RISK BEHAVIOR SURVEY

Violence and Safety - High School (N=1,733)

	TOTAL								MA 2011 YRBS	GENDER		GRADE			
	1998 (1640)	2000 (1658)	2002 (1707)	2004 (1751)	2006 (1810)	2008 (1760)	2010 (1800)	2012 (1733)		Males (862)	Females (867)	9th (460)	10th (444)	11th (422)	12th (398)
CARRIED A WEAPON¹ (30 days)															
When in school	6.2%	5.2%	4.9%	5.2%	5.0%	4.3%	1.8%	2.1%	4%	3.6%	0.7%	1.5%	2.7%	2.4%	2.0%
When NOT in school	13.9%	12.1%	10.0%	11.2%	11.2%	8.9%	6.8%	6.9%	N/A	11.6%	2.2%	6.5%	7.7%	6.2%	7.0%
IN A PHYSICAL FIGHT(12 months)															
When in school	13.0%	12.2%	9.1%	9.7%	9.3%	8.6%	5.6%	3.9%	7%	5.3%	2.5%	5.2%	4.3%	2.4%	3.5%
When NOT in school	26.9%	24.1%	19.6%	20.4%	19.1%	16.4%	13.6%	11.2%	N/A	16.4%	6.1%	15.0%	10.4%	9.3%	9.8%
BULLYING (30 days)															
Bullied/harassed on way to/from school	N/A	N/A	7.7%	9.8%	7.1%	8.3%	6.1%	5.2%	N/A	6.1%	4.4%	4.4%	6.8%	4.5%	5.3%
Bullied/harassed in school	N/A	N/A	21.0%	19.7%	17.2%	19.1%	15.2%	13.8%	N/A	13.3%	14.3%	17.3%	13.3%	13.5%	10.8%
Bullied/harassed when NOT in school and NOT on way to/from school	N/A	N/A	15.7%	13.8%	12.2%	14.4%	7.9%	7.8%	N/A	7.2%	8.3%	9.2%	7.4%	7.8%	6.5%
Bullied/harassed on the internet	N/A	N/A	N/A	N/A	N/A	15.2%	12.1%	11.3%	N/A	8.6%	14.0%	12.8%	11.0%	10.5%	10.8%
Saw someone else bullied/harassed in school	N/A	N/A	N/A	N/A	N/A	N/A	41.6%	37.7%	N/A	36.4%	39.0%	43.2%	39.2%	37.7%	30.4%
WORRIED ABOUT SAFETY															
Worried when in school (somewhat/very)	6.1%	7.3%	6.2%	6.6%	5.4%	5.2%	4.9%	3.9%	N/A	4.3%	3.5%	5.5%	4.7%	1.9%	3.3%
Worried when NOT in school (somewhat/very)	20.1%	13.9%	14.6%	11.7%	11.7%	12.5%	10.3%	10.8%	N/A	8.7%	12.9%	11.8%	11.3%	10.3%	9.6%
Stayed home from school out of fear for safety (30 days)	2.6%	3.8%	2.3%	3.8%	2.2%	3.8%	2.8%	2.5%	5%	2.0%	3.1%	3.1%	2.0%	2.6%	2.5%
DATING VIOLENCE															
Physically hurt only by a date (ever)	N/A	3.6%	2.8%	3.0%	2.7%	3.2%	2.0%	1.0%	N/A	1.3%	0.8%	1.1%	0.7%	1.4%	1.0%
Sexually hurt only by a date (ever)	N/A	2.5%	2.8%	3.6%	2.2%	1.7%	2.0%	2.0%	N/A	0.7%	3.4%	1.5%	1.4%	2.1%	3.3%
Both physically & sexually hurt by a date (ever)	N/A	1.8%	2.1%	1.7%	1.7%	1.5%	1.1%	0.8%	N/A	0.6%	0.9%	0.2%	1.1%	0.2%	1.5%

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

2012-2013 NEWTON YOUTH RISK BEHAVIOR SURVEY

Stress, Support, Depression, and Suicide - High School (N=1,733)

	TOTAL								MA 2011 YRBS	GENDER		GRADE			
	1998 (1640)	2000 (1658)	2002 (1707)	2004 (1751)	2006 (1810)	2008 (1760)	2010 (1800)	2012 (1733)		Males (862)	Females (867)	9th (460)	10th (444)	11th (422)	12th (398)
STRESS															
Life somewhat/very stressful	N/A	75.7%	78.0%	74.2%	73.0%	72.3%	73.4%	74.9%	N/A	65.6%	84.1%	67.4%	75.6%	75.7%	82.0%
Worry about <i>school</i> issues - Often/Almost Every Day	N/A	N/A	73.3%	68.0%	67.5%	67.6%	65.2%	69.8%	N/A	60.0%	79.6%	64.5%	71.1%	72.1%	72.0%
Worry about <i>social</i> issues - Often/Almost Every Day	N/A	N/A	54.6%	50.6%	44.2%	41.4%	39.7%	40.7%	N/A	32.4%	48.9%	37.7%	41.3%	40.3%	44.0%
Worry about <i>family</i> issues - Often/Almost Every Day	N/A	N/A	39.9%	38.0%	33.0%	36.4%	31.0%	32.8%	N/A	26.7%	39.0%	29.9%	30.6%	35.1%	36.4%
Worry about <i>appearance</i> issues - Often/Almost Every Day	N/A	N/A	48.7%	43.6%	39.4%	39.0%	36.7%	38.8%	N/A	25.1%	52.4%	39.9%	36.7%	39.6%	39.4%
Worry about <i>being being bullied/harassed</i> - Often/Almost Every Day	N/A	N/A	N/A	N/A	N/A	N/A	4.2%	4.0%	N/A	4.1%	3.9%	4.4%	3.6%	3.1%	5.1%
ADULT HELP															
At least one teacher/other adult in this school to talk to about a problem	N/A	N/A	49.7%	47.1%	49.9%	52.8%	57.2%	61.3%	N/A	62.4%	60.2%	56.6%	59.8%	64.9%	64.6%
At least one adult outside of school to talk to about a problem	N/A	N/A	76.9%	74.0%	77.2%	78.2%	81.7%	84.6%	N/A	84.9%	84.3%	85.3%	83.9%	85.7%	83.8%
At least one family adult to talk to about a problem	N/A	N/A	72.7%	70.9%	74.3%	76.6%	79.4%	82.3%	N/A	82.5%	82.2%	83.0%	83.9%	81.8%	80.1%
DEPRESSION AND SUICIDE															
Hurt self on purpose (12 months)	N/A	N/A	N/A	14.9%	11.3%	11.6%	10.2%	12.0%	N/A	6.3%	17.8%	11.6%	12.6%	11.1%	12.8%
Depressed (12 months)	N/A	N/A	23.9%	22.0%	17.5%	18.4%	15.9%	17.8%	25%	12.0%	23.5%	16.6%	15.8%	19.5%	19.6%
Sought medical help/medication for depression (12 months)	9.1%	9.0%	10.2%	9.3%	8.4%	8.0%	6.2%	8.2%	N/A	5.2%	11.1%	5.7%	7.3%	9.0%	11.3%
Seriously considered suicide (12 months)	16.6%	15.1%	14.3%	10.6%	7.6%	9.3%	6.8%	8.9%	13%	5.3%	12.4%	6.5%	8.8%	10.5%	9.8%
Attempted suicide (12 months)	5.1%	4.7%	5.5%	4.0%	2.8%	2.6%	1.7%	3.6%	7%	2.3%	4.9%	3.3%	2.5%	4.3%	4.3%
Injured in suicide attempt (12 months)	N/A	N/A	1.7%	1.3%	1.1%	1.1%	0.2%	1.3%	2%	0.9%	1.6%	1.1%	0.7%	2.1%	1.3%

2012-2013 NEWTON YOUTH RISK BEHAVIOR SURVEY

Miscellaneous - High School (N=1,733)

	TOTAL								MA 2011 YRBS	GENDER		GRADE			
	1998 (1640)	2000 (1658)	2002 (1707)	2004 (1751)	2006 (1810)	2008 (1760)	2010 (1800)	2012 (1733)		Males (862)	Females (867)	9th (460)	10th (444)	11th (422)	12th (398)
ALCOHOL-RELATED DRIVING/RIDING															
Rode with drinking driver (30 days) - All students	18.6%	21.2%	20.6%	19.0%	15.9%	15.3%	8.3%	9.3%	23%	10.1%	8.5%	9.2%	7.0%	8.6%	12.6%
Drove after drinking - (30 days) All students	5.0%	6.2%	5.7%	5.9%	4.9%	4.8%	1.4%	1.7%	7%	2.4%	1.0%	0.2%	0.0%	1.4%	5.5%
Drove after drinking - (30 days) Of drivers	16.7%	22.2%	18.2%	19.3%	16.5%	19.3%	6.9%	7.7%	N/A	10.3%	4.9%	12.5%	0.0%	4.3%	10.6%
MARIJUANA-RELATED DRIVING/RIDING															
Rode with driver using marijuana (30 days) - All students	19.7%	22.2%	19.2%	21.2%	16.0%	17.9%	15.5%	15.0%	N/A	16.5%	13.5%	4.1%	9.5%	20.9%	27.4%
Drove after using marijuana - (30 days) All students	5.8%	6.9%	6.7%	7.5%	5.0%	6.3%	4.0%	4.5%	N/A	6.6%	2.4%	0.4%	0.7%	5.2%	12.8%
Drove after using marijuana - (30 days) Of drivers	19.5%	25.4%	22.8%	24.9%	18.3%	25.5%	17.9%	19.2%	N/A	26.5%	11.1%	28.6%	9.4%	15.2%	23.3%
SEXUAL BEHAVIOR															
Ever had sexual intercourse	23.4%	21.2%	24.2%	24.1%	24.1%	24.5%	19.3%	19.3%	42%	21.6%	17.2%	7.0%	10.7%	24.3%	37.8%
Intercourse in past 3 months	16.4%	15.6%	17.3%	18.0%	16.6%	18.1%	14.6%	13.7%	30%	15.1%	12.5%	3.7%	7.7%	17.1%	28.3%
Ever been/gotten someone pregnant	2.2%	1.3%	2.1%	2.4%	2.0%	1.5%	0.8%	0.8%	N/A	0.9%	0.6%	0.2%	1.1%	0.7%	1.0%
Condom use at last intercourse ¹	72.4%	77.0%	72.6%	72.4%	74.4%	73.7%	79.6%	75.9%	58%	80.3%	70.5%	82.8%	69.6%	77.8%	75.0%
Alcohol/drugs at last intercourse ¹	23.6%	27.3%	23.9%	26.2%	22.1%	21.0%	20.3%	23.1%	23%	25.8%	19.7%	20.0%	26.7%	24.0%	21.6%
WEIGHT															
Consider self slightly/very overweight	24.6%	23.4%	23.8%	23.1%	22.2%	20.3%	19.0%	21.1%	28%	18.2%	24.0%	23.9%	18.8%	23.2%	18.1%
Trying to lose weight	36.4%	39.1%	39.2%	37.3%	36.0%	36.7%	35.3%	34.6%	45%	21.8%	47.4%	36.8%	31.1%	36.6%	34.4%
Exercised or ate less to lose/maintain weight (30 days)	N/A	N/A	51.0%	47.3%	44.9%	44.5%	40.9%	43.4%	N/A	34.3%	52.6%	45.5%	41.1%	41.5%	46.2%
Fasted to lose/maintain weight (30 days)	N/A	N/A	7.3%	6.6%	5.7%	5.4%	4.6%	5.0%	10%	2.9%	7.1%	4.4%	5.2%	5.7%	4.8%
Vomited or took laxatives to lose/maintain weight (30 days)	3.0%	3.6%	3.8%	3.5%	1.8%	2.8%	2.3%	2.5%	5%	1.2%	3.8%	2.2%	2.0%	2.6%	3.3%
Took diet pills, powders, or liquids to lose/maintain weight (30 days)	3.0%	3.6%	3.2%	2.8%	2.3%	1.7%	1.2%	1.3%	4%	0.7%	2.0%	1.3%	0.7%	1.2%	2.3%

¹ Of those who had sexual intercourse.