

Summary of Results from the 2014-2015 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 2014, the Newton Public Schools administered the 2014-2015 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, 2010-2011, and 2012-2013 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; and, Physical Health. 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 2014 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
405	423	401	7	478	450	444	392	0	3,000
Middle School = 1,236				High School = 1,764					

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 ninth administration of the Newton Youth Risk Behavior Survey (similar surveys were administered in 1998, 2000, 2002, 2004, 2006, 2008, 2010, and 2012), it is possible to look at trends among Newton youth. Trend comparisons in reports related to the 2014 survey are made using results from a decade of surveys (2004 to 2014) 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 2013. Comparable Massachusetts *middle school* data are not available since Massachusetts does not administer a statewide middle school survey.

WHO HAS THE PROBLEM?

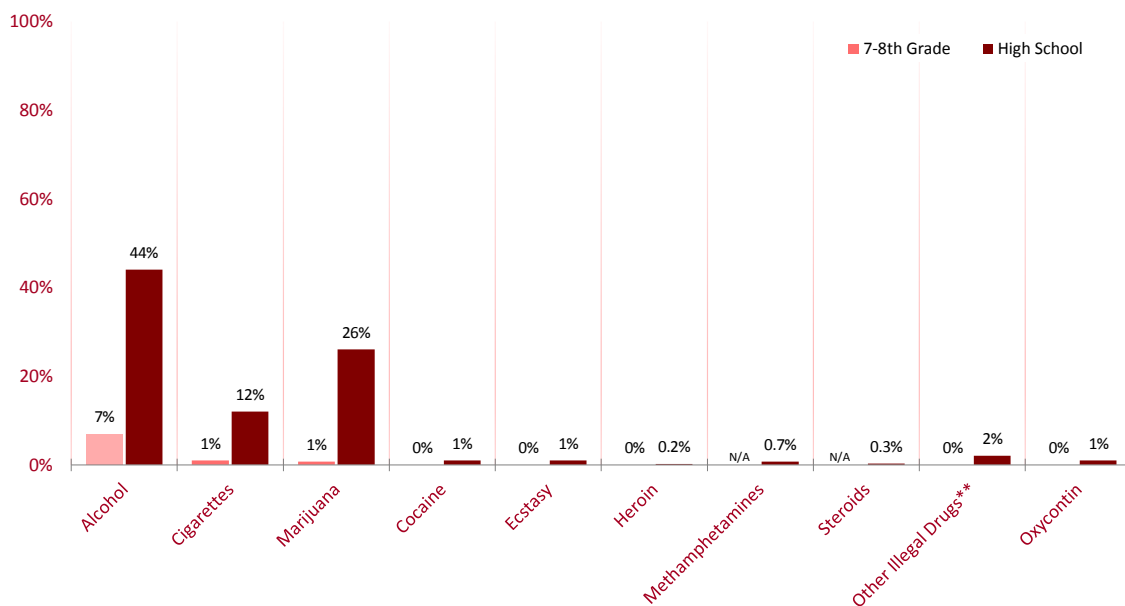
Although this survey was administered to middle and high school students, this does not mean that the problems addressed are confined solely to youth. For example, national studies of substance use show that rates of use are higher among young adults than adolescents. It is also important to keep in 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, & Other Drugs

Lifetime* Substance Use for Newton 7-8th Grade and High School Students (2014)



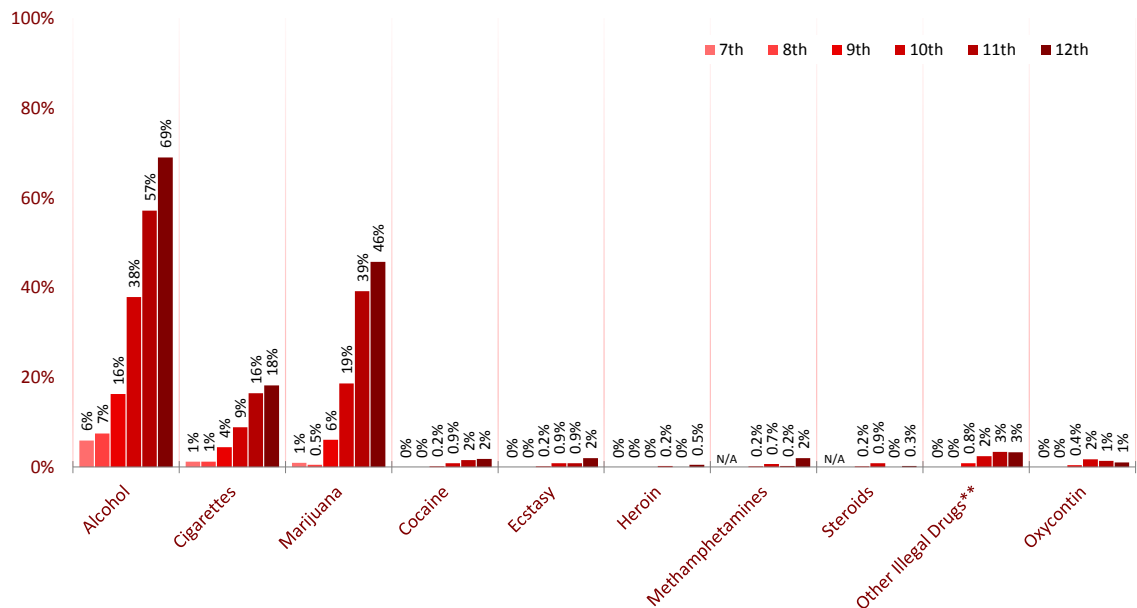
* Lifetime Use is any use during one's lifetime.

** 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 questions concerning use of "other illegal drugs" so as not to interfere with interpretation of those items which reference 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."
- 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 7% of Newton 7th and 8th graders and 44% of high school students reporting that they had consumed alcohol in their lifetime. Twenty-six percent (26%) of high school students reported ever smoking marijuana and 12% 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 (12% cigarettes, 26% marijuana).

Lifetime* Substance Use for Newton 7-8th Grade and High School Students, by Grade (2014)



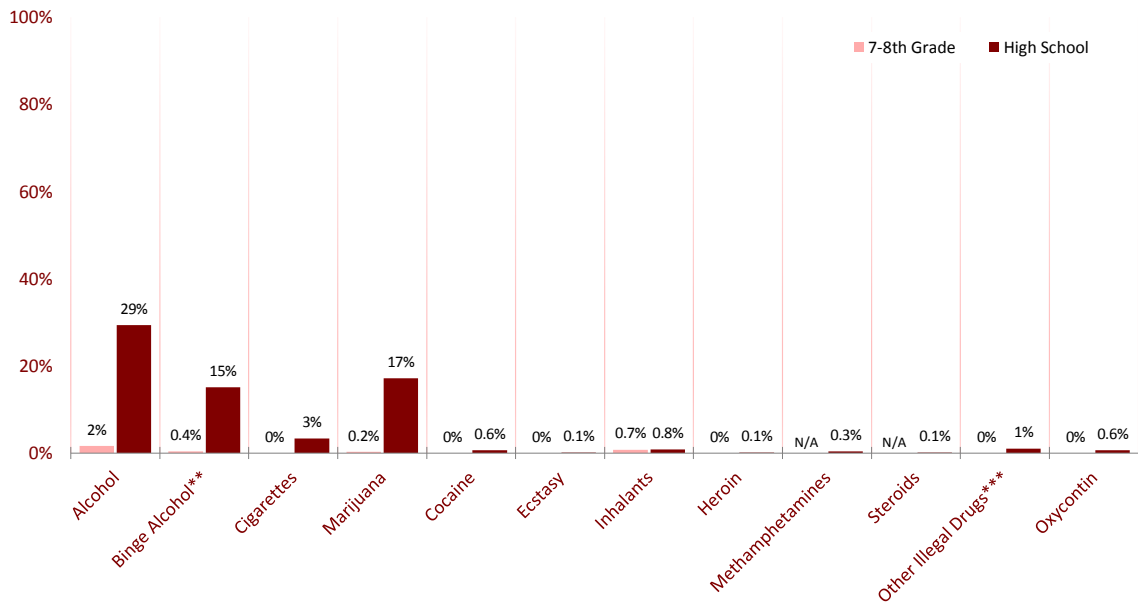
* Lifetime Use is any use during one's lifetime.

** 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 69% of 12th graders.
- By late Fall of their senior year, over two-thirds of Newton youth have tried alcohol (69%), close to half have tried marijuana (46%), and approximately one-fifth have smoked cigarettes (18%).
- The percentage of Newton 12th graders who reported ever using illegal drugs other than marijuana was as follows – cocaine (2%), ecstasy (2%), heroin (0.5%), methamphetamines (2%), steroids (0.3%), other illegal drugs (3%), and Oxycontin (1%).

Current* Substance Use for Newton 7-8th Grade and High School Students (2014)



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

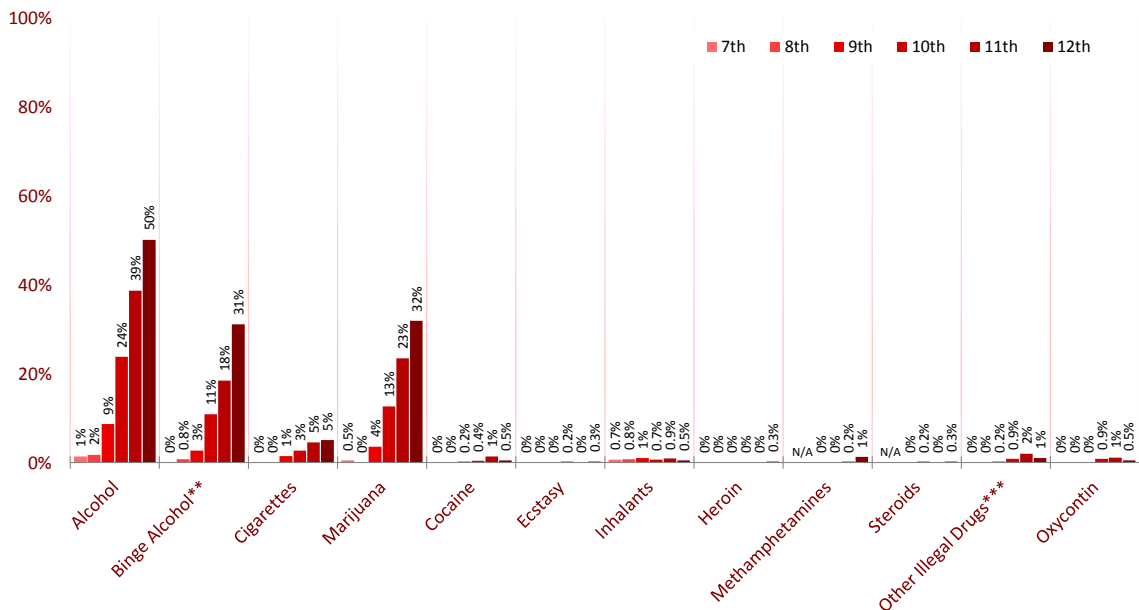
** Binge alcohol use is defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."

*** 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 29% of high school students reporting that they had consumed alcohol in the 30 days prior to the survey.
- Fifteen percent (15%) of high school students reported binge drinking in the same time period. This means that approximately half (52%) 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 (3%).
- 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 (2014)



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

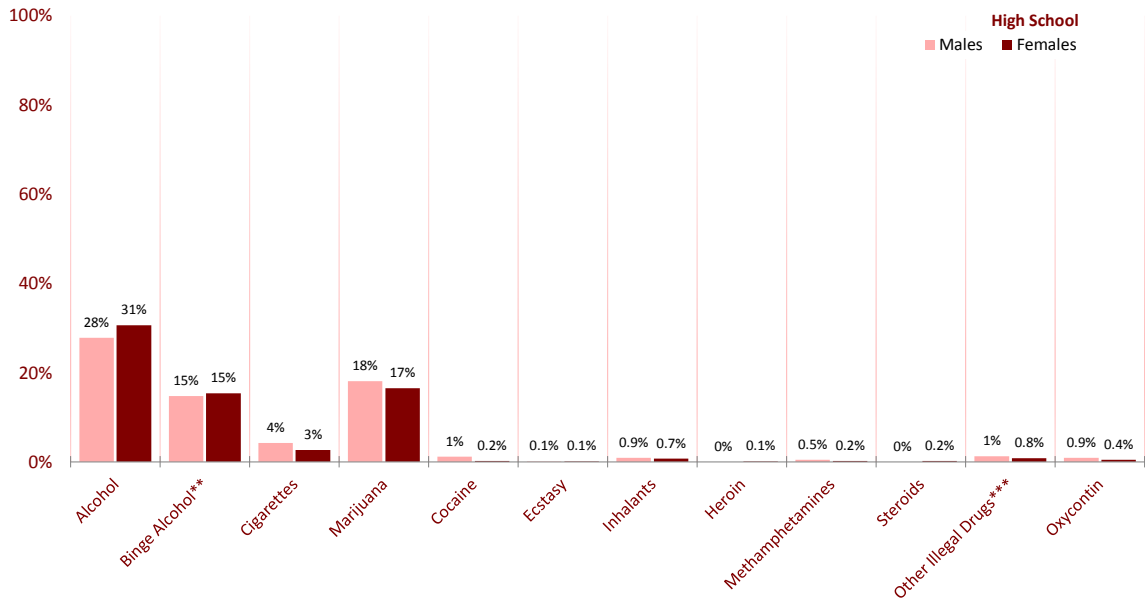
** Binge alcohol use is defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."

*** 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 32% 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 (2014)



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

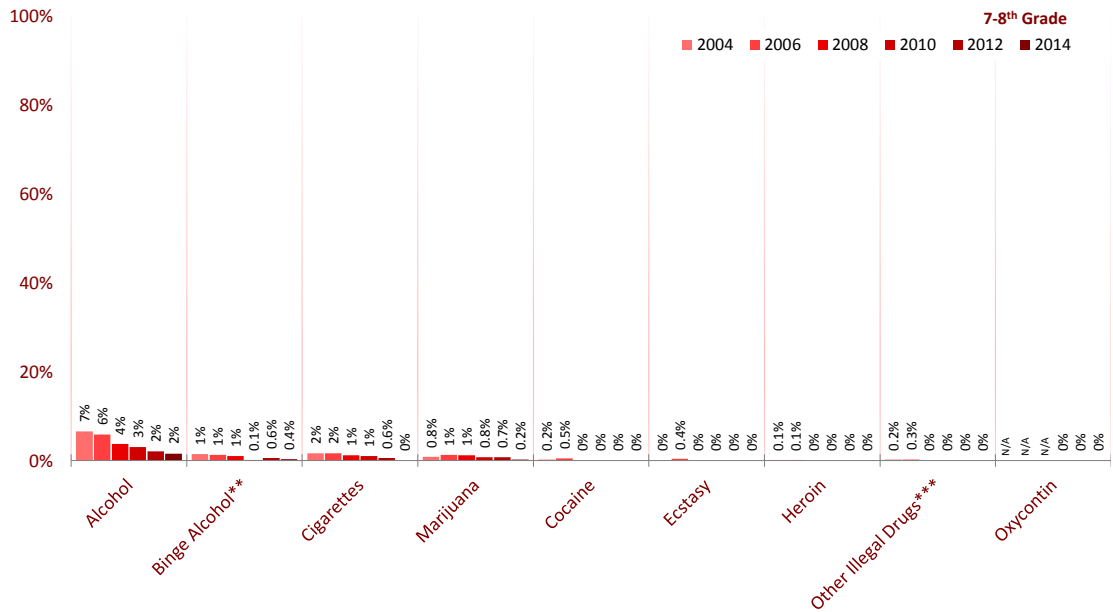
** Binge alcohol use is defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."

*** 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 – 2% males, 1% females
 - Binge Alcohol – 0.2% males, 0.5% females
 - Cigarettes – 0% males, 0% females
 - Marijuana – 0.2% males, 0.2% females
 - Cocaine – 0% males, 0% females
 - Ecstasy – 0% males, 0% females
 - Inhalants – 0.7% males, 1% 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 ('04, '06, '08, '10, '12, '14)



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

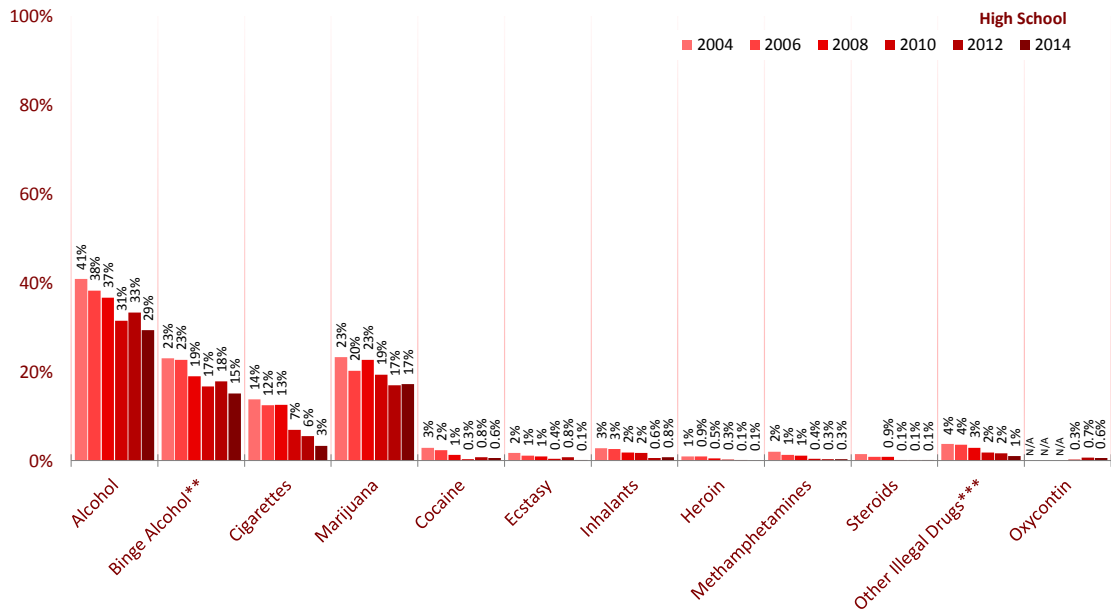
** Binge alcohol use is defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."

*** 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

- 2012 to 2014: There was little change in rates of current substance use among Newton 7th and 8th grade students between 2012 and 2014.
- 2004 to 2014: Overall, rates of current substance use among Newton 7th and 8th grade students have declined and remained low since 2004 – alcohol (7% in 2004 to 2% in 2014), binge alcohol (1% to 0.4%), cigarettes (2% to 0%), marijuana (0.8% to 0.2%).

Trends in Current* Substance Use for Newton High School Students ('04, '06, '08, '10, '12, '14)



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

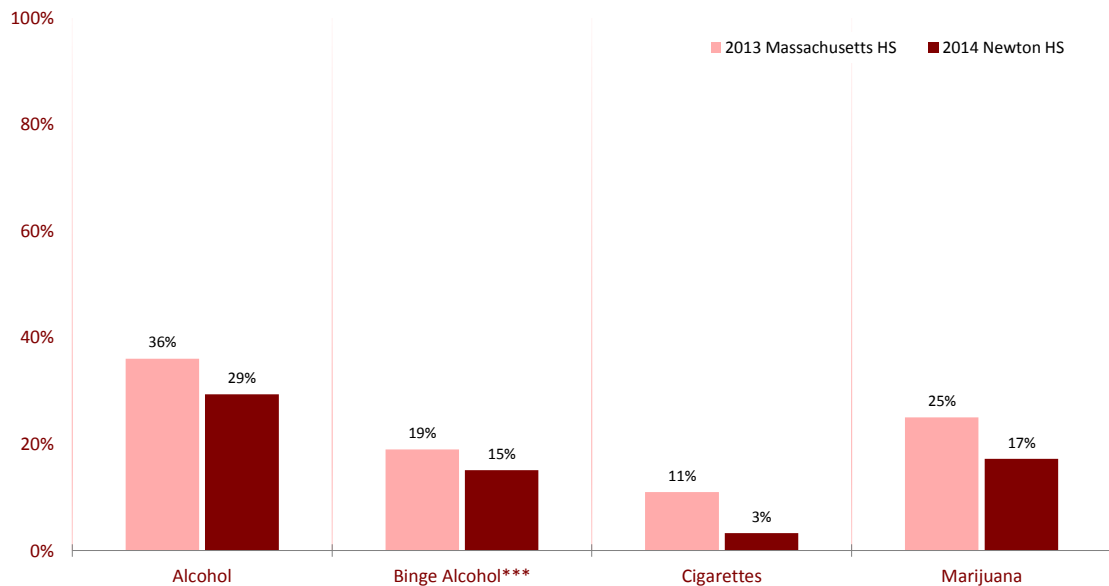
** Binge alcohol use is defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."

*** 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

- 2012 to 2014: Current use of alcohol, cigarettes, and illegal drugs other than marijuana among Newton high school students declined between 2012 and 2014, while the rate of marijuana use remained unchanged.
- 2004 to 2014: Rates of current substance use, most notably cigarette use, have decreased considerably since 2004. Current use of illegal drugs other than marijuana has declined while remaining comparatively low.

Current* Substance Use for Massachusetts** High School Students (2013) and Newton High School Students (2014)



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

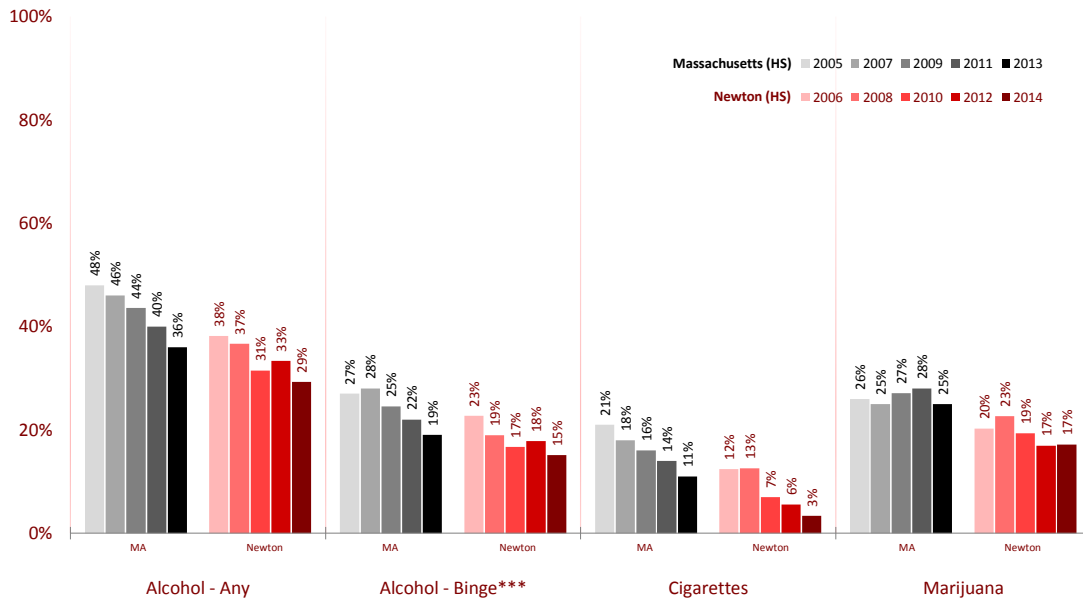
** Massachusetts high school data are from the 2013 MA Youth Risk Behavior Survey conducted by the MA Department of Education in Spring, 2013. The Massachusetts survey does not ask about current use of illegal drugs other than marijuana.

*** 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."

SELECTED POINTS

- Massachusetts data displayed here and elsewhere in this summary are from the 2013 Massachusetts Youth Risk Behavior Survey, which was administered during the Spring of the 2013 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 – 29% Newton, 36% MA
 - Binge Alcohol – 15% Newton, 19% MA
 - Cigarettes – 3% Newton, 11% MA
 - Marijuana – 17% Newton, 25% 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.

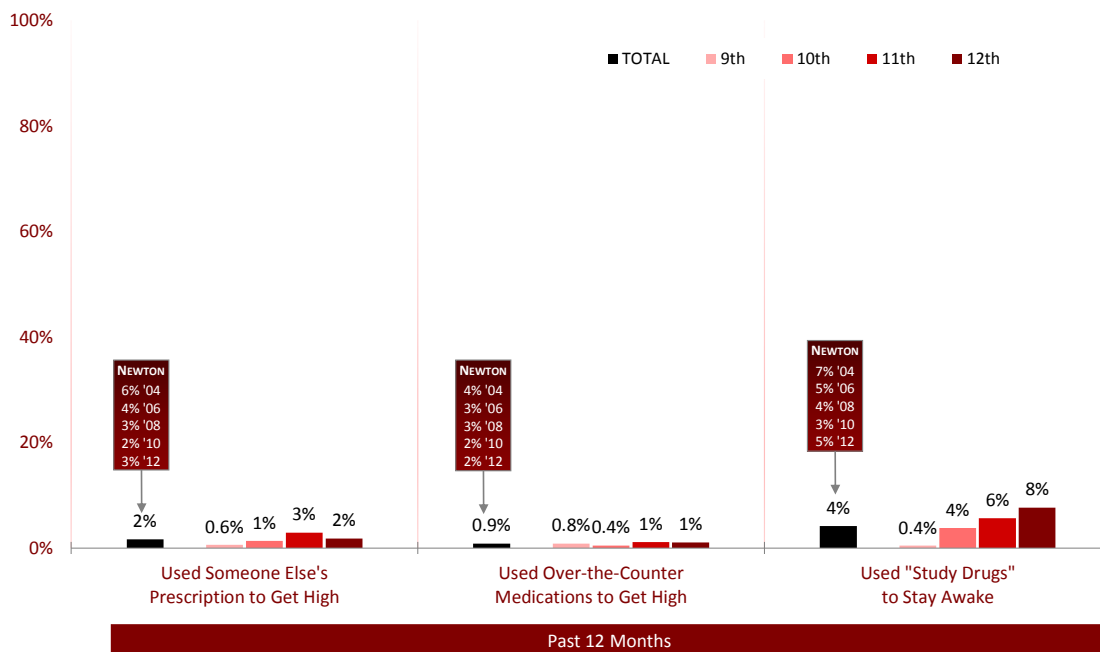
** Massachusetts high school data are from the 2013 MA Youth Risk Behavior Survey conducted by the MA Department of Education in Spring, 2013. The Massachusetts survey does not ask about current use of illegal drugs other than marijuana.

*** 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."

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.

Annual* Use of Someone Else's Prescription, Over-the-Counter Medications, or Study Drugs by Newton High School Students, Total and by Grade (2014)



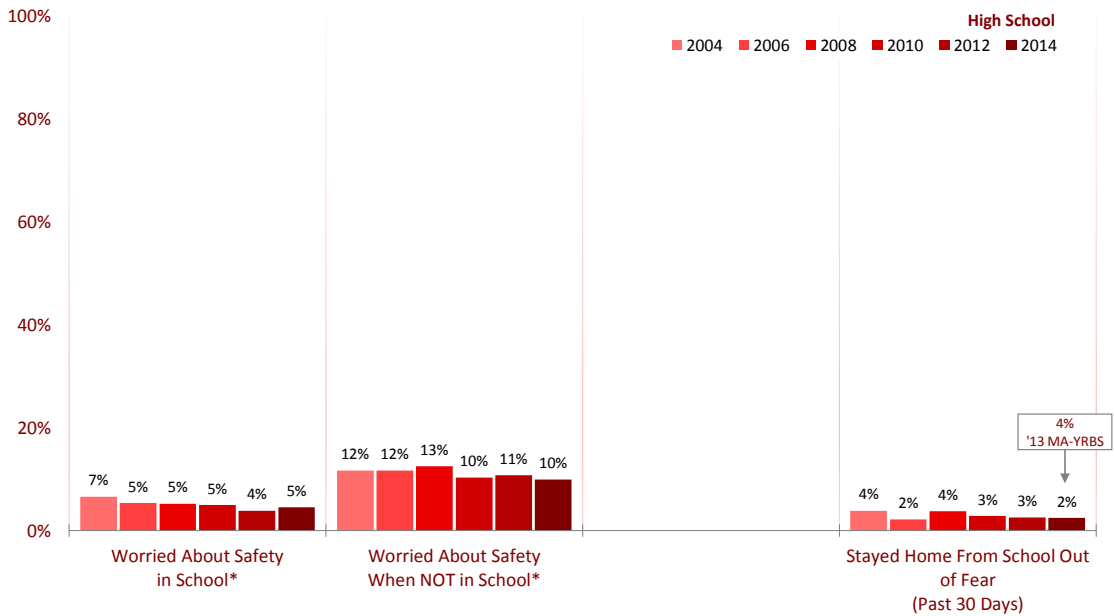
* Annual Use is any use in the 12 months prior to the survey.

SELECTED POINTS

- Note that these questions use a 12 month timeframe.
- Two percent (2%) of Newton high school students reported using someone else's prescription medication to get high in the 12 months prior to the survey, 0.9% used over-the-counter medications to get high, and 4% used "study drugs" to stay awake.
- **Trends:** Trend data reveal 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, 2% in 2014); used over-the-counter medications to get high (4%, 3%, 3%, 2%, 2%, 0.9%); used "study drugs" to stay awake (7%, 5%, 4%, 3%, 5%, 4%).
- **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, 2% females), over-the-counter medications to get high (0.7% males, 0.9% females), "study drugs" to stay awake (4% males, 4% females).
- **Grade:** Use of these substances was generally more common among older students: using someone else's prescription to get high (0.6% among 9th graders, 2% among 12th graders), using over-the-counter medications to get high (0.8% among 9th graders, 1% among 12th graders), and using "study drugs" to stay awake (0.4% among 9th graders, 8% among 12th graders).
- **Middle School:** The percentage of 2014 Newton 7-8th grade students who used someone else's prescription medication to get high in the 12 months prior to the survey was 0.1%. Rates have remained at 1% or less since 2004 (1%, 0.6%, 0.1%, 0.5%, 0.2%, 0.1%). Data are not available for other items.

Violence and Safety

Safety Concerns Among Newton High School Students ('04, '06, '08, '10, '12, '14)

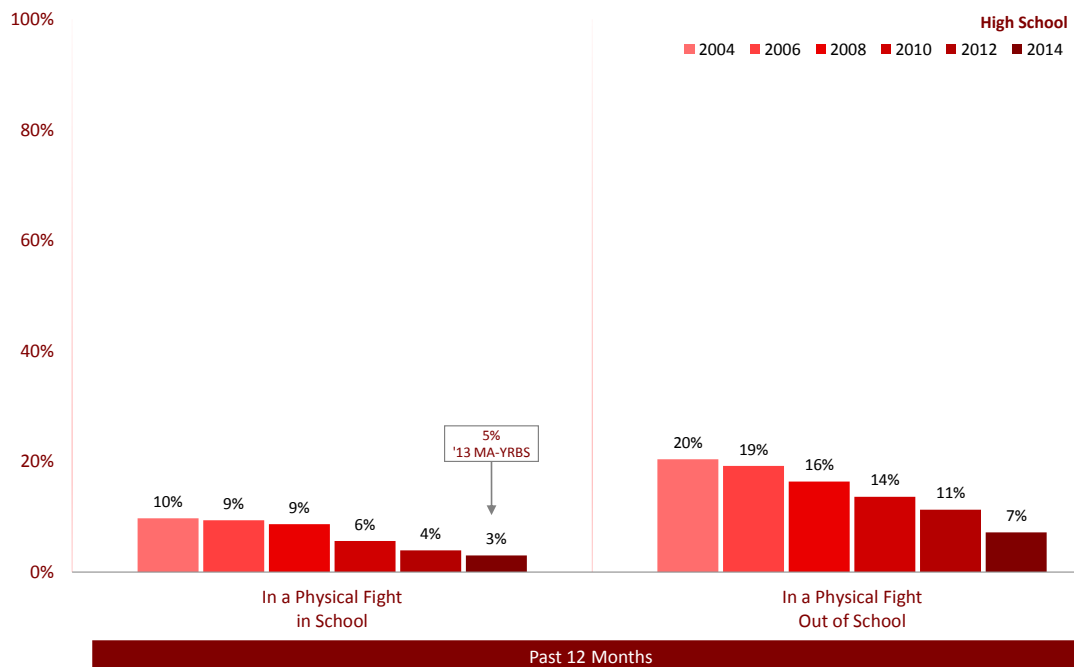


* Represents a combination of "somewhat worried" and "very worried" responses.

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 2014 Newton high school students reported that they worry about their safety when they are in school, compared to 10% who worry about their safety when they are not in school. Two percent (2%) reported staying home from school out of fear for their safety in the 30 days prior to the survey.
- **Trends:** There was little change between 2012 and 2014 in the percentage of Newton high school students who reported worrying about their safety in school (4% to 5%) and worrying about their safety when not in school (11% to 10%), sustaining historical levels. There was also little change in the percentage who stayed home from school out of fear (3% to 2%).
- **Comparisons:** Similar percentages of Newton 2014 and Massachusetts 2013 high school students reported staying home from school in the 30 days prior to the survey out of fear for their safety (2% Newton, 4% MA). Comparative data for Massachusetts are not available for the items about worrying about safety. *MA data from the 2013 MA Youth Risk Behavior Survey*
- **Gender:** Newton males and females were almost equally likely to report worrying about their safety in school (4% males vs. 4% females) and staying home from school out of fear (3% vs. 2%), while females were more likely to report worrying about their safety when not in school (6% vs. 13%).
- **Grade:** While there were no dramatic differences by age/grade in the percentage of Newton high school students who reported safety concerns, levels were generally highest among younger students: worried about safety in school (5%, 8%, 4%, 2%), worried about safety when not in school (11%, 11%, 10%, 8%), stayed home out of fear (2%, 3%, 3%, 1%).
- **Middle School:** 2004 to 2014 trends for Newton 7-8th grade students are as follows: worried about safety in school (8%, 6%, 6%, 6%, 5%, 6%), worried about safety when not in school (17%, 16%, 18%, 14%, 15%, 15%), stayed home out of fear (2%, 1%, 2%, 1%, 1%, 1%).

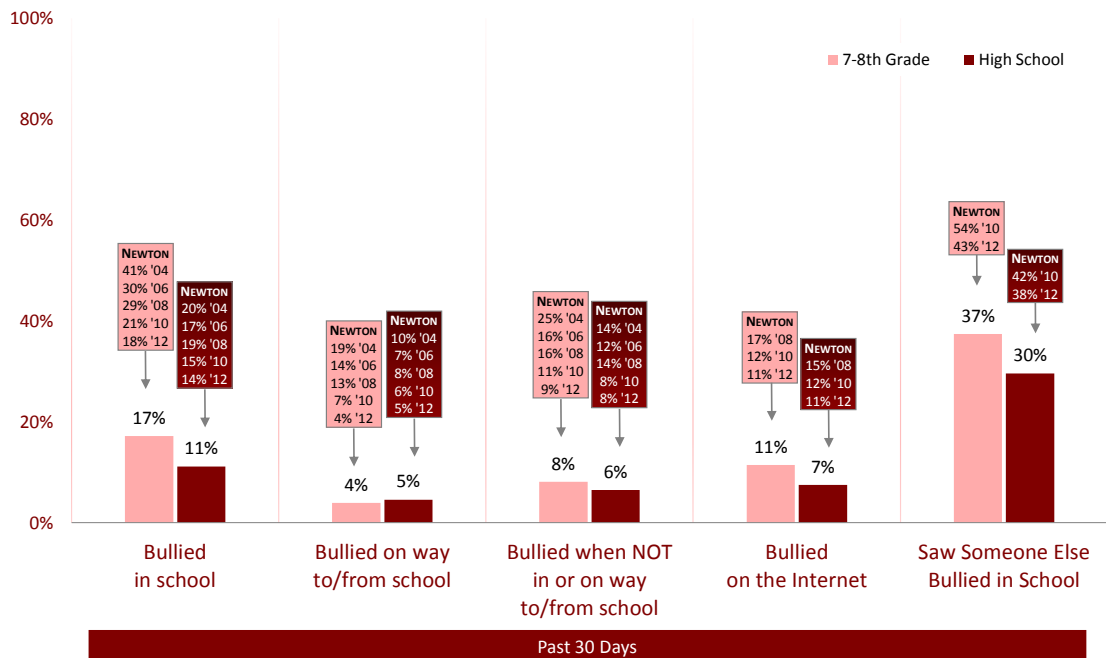
Trends in the Percent of Newton High School Students Who Were in a Physical Fight in the Past 12 Months ('04, '06, '08, '10, '12, '14)



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. Three percent (3%) of 2014 Newton high school students reported that they were in a physical fight in school in the 12 months prior to the survey, compared to 7% 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 2012 and 2014 (in school - 4% to 3%, when not in school - 11% to 7%).
- **Comparisons:** Newton 2014 high school students (3%) were less likely than 2013 Massachusetts (5%) 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 2013 MA Youth Risk Behavior Survey
- **Gender:** Male students in 2014 were much more likely than females to report physical fighting either in school (5% males, 1% females) or when not in school (12%, 3%).
- **Grade:** The highest percentage of 2014 Newton high school students who reported fighting both in school and when not in school were in 9th grade, with rates declining slightly with age/grade: in school (4%, 3%, 3%, 2%), when not in school (9%, 8%, 7%, 5%).
- **Middle School:** Rates of physical fighting among 7-8th grade students have declined since 2004: in school (12%, 10%, 7%, 4%, 2%, 3%), when not in school (28%, 21%, 19%, 15%, 12%, 10%).

Percent of Newton 7-8th Grade and High School Students Who Reported Seeing Someone Else Bullied and Being Bullied (2014)

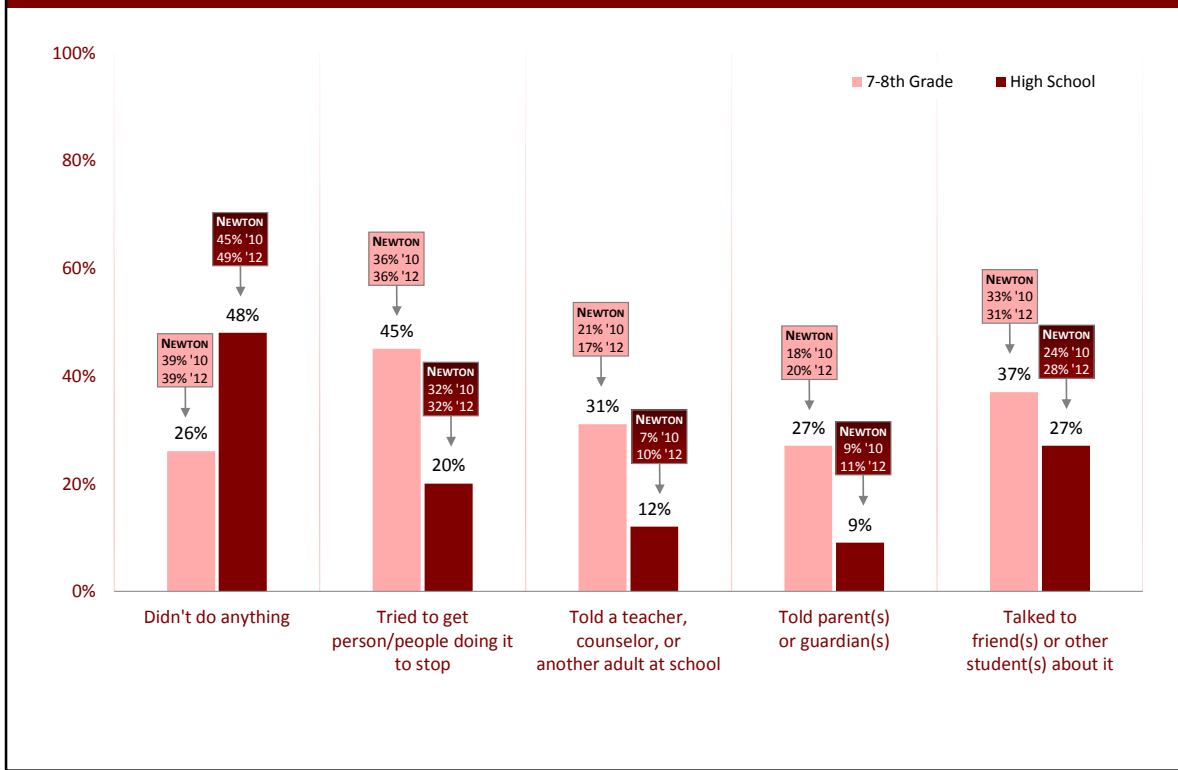


* Respondents were asked if they had been "bullied or harassed on the Internet (such as someone spreading a rumor or something untrue about you online; someone sending you a threatening or aggressive message; someone posting an embarrassing picture of you online without your permission; someone taking a private message you sent them and forwarding it to someone else or posting it where others could see it)."

SELECTED POINTS

- Seventeen percent (17%) of Newton 7-8th grade students and 11% of high school students reported that they were bullied in school in the 30 days prior to the survey, 4% and 5% respectively were bullied on their way to/from school, and 8% and 6% were bullied when not in or on their way to/from school. Eleven percent (11%) of 7-8th graders and 7% of high school students reported that they had been bullied or harassed on the Internet. Thirty-seven percent (37%) of 7-8th graders and 30% of high school students reported that they saw someone else bullied in school in the 30 days prior to the survey.
- **Trends:** Overall, there were some slight decreases between 2012 and 2014, continuing historical declines in reported bullying: bullied in school (7-8th – 18% to 17%, HS – 14% to 11%), bullied on way to/from school (7-8th – 4% to 4%, HS – 5% to 5%), bullied when not in or on way to/from school (7-8th – 9% to 8%, HS – 8% to 6%), bullied on the Internet (7-8th – 11% to 11%, HS – 11% to 7%), saw someone else bullied in school (7-8th – 43% to 37%, HS – 38% to 30%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** While bullying experiences were similar among 2014 Newton high school males and females, female 7-8th graders were more likely to report bullying: bullied in school (7-8th – 18% males, 16% females; HS – 11% males, 11% females), bullied on the way to/from school (7-8th – 4%, 4%; HS – 4%, 5%), bullied when not in or on the way to/from school (7-8th – 6%, 10%; HS – 4%, 8%), bullied on the Internet (7-8th – 9%, 14%; HS – 7%, 8%), saw someone else bullied in school (7-8th – 33%, 42%; HS – 29%, 30%).
- **Grade:** The percent of Newton students who reported being bullied or seeing someone else bullied varied, generally peaking around 8th grade and then declining: bullied in school (16% 7th grade, 19% 8th grade, 13% 9th grade, 13% 10th grade, 9% 11th grade, 9% 12th grade), bullied on the way to/from school (4%, 4%, 6%, 5%, 4%, 3%), bullied when not in or on the way to/from school (8%, 8%, 5%, 7%, 6%, 7%), bullied on the Internet (11%, 12%, 9%, 8%, 7%, 6%), saw someone else bullied in school (37%, 38%, 32%, 33%, 26%, 27%).

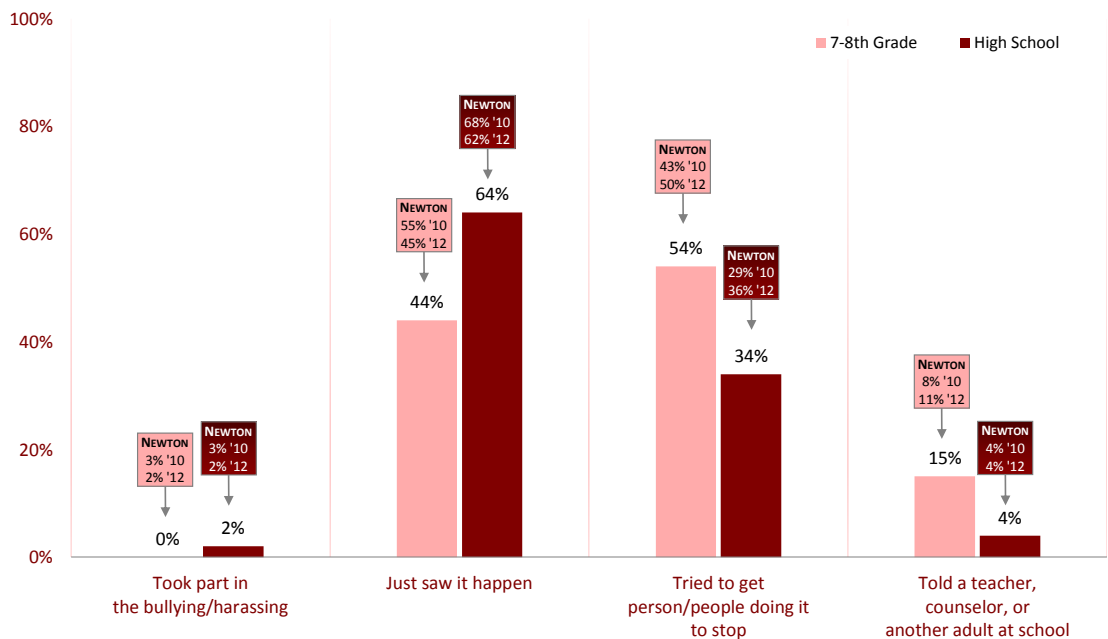
Response Last Time They Were Bullied In School in the Past 30 Days – Multiple Responses Possible (2014)



SELECTED POINTS

- Respondents who reported that they had 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 at both levels were generally more likely to report trying to get the person/people doing it to stop and talking to friend(s) or other student(s) about it than they were to tell a school adult and/or a parent/guardian.
- **Trends:** While trends were mixed, there was a notable decline among 7-8th graders in "doing nothing" and a corresponding increase in the percentage of bullying victims who *actively* tried to stop the bullying and reported the incident: did nothing (7-8th – 39% 2012, 26% 2014; HS – 49%, 48%); tried to get the person/people doing it to stop (7-8th – 36%, 45%; HS – 32%, 20%); told a teacher, counselor or another adult at school (7-8th – 17%, 31%; HS – 10%, 12%); told parent(s)/guardian(s) (7-8th – 20%, 27%; HS – 11%, 9%); talked to friend(s) or other student(s) about it (7-8th – 31%, 37%; HS – 28%, 27%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** While males were more likely than females to try and stop it, females were more likely than males to talk to someone about being bullied: did nothing (7-8th – 30% males, 21% females; HS – 62% males, 37% females); tried to get the person/people doing it to stop (7-8th – 48%, 43%; HS – 22%, 19%); told a teacher, counselor, or another adult at school (7-8th – 30%, 32%; HS – 2%, 19%); told parent(s)/guardian(s) (7-8th – 26%, 28%; HS – 5%, 12%); talked to friend(s) about it (7-8th – 24%, 49%; HS – 13%, 38%).
- **Grade:** As displayed in the chart, middle school students were more likely than high school students to try to get the bully to stop and/or report the incident. Figures for each response varied with age/grade.

Response Last Time They Saw Someone Else Bullied In School in the Past 30 Days – Multiple Responses Possible (2014)

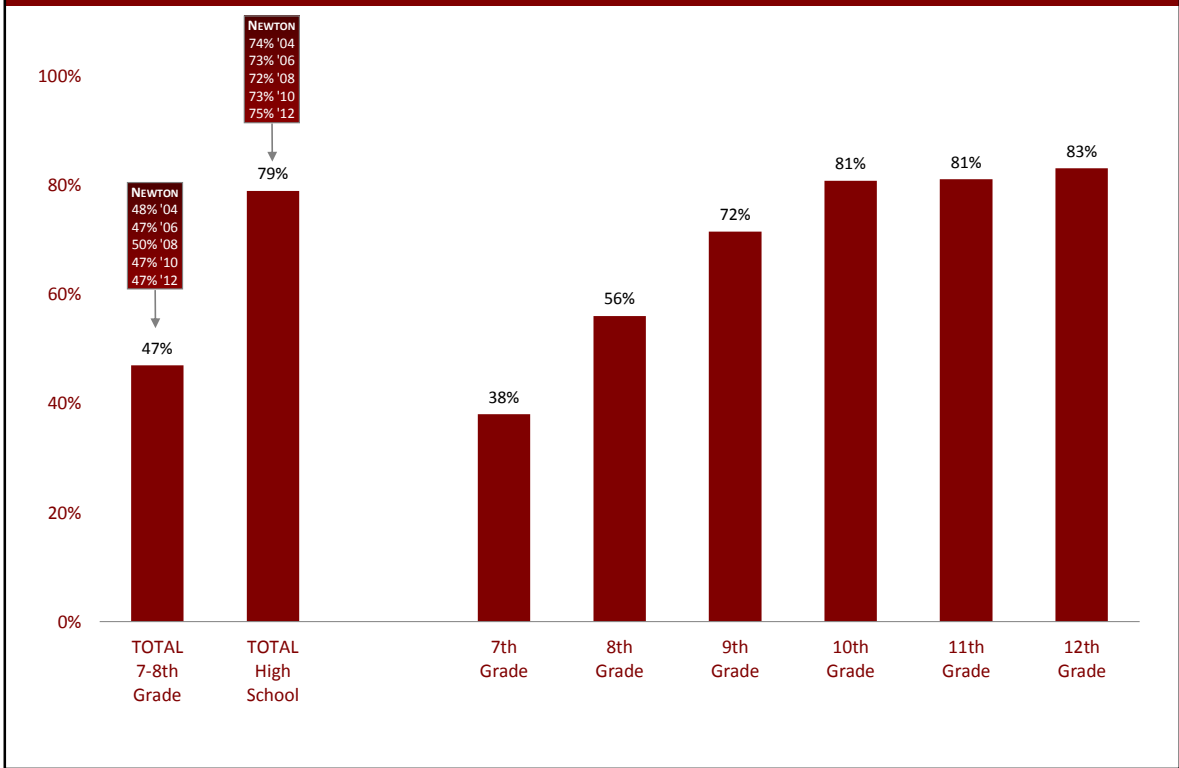


SELECTED POINTS

- 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). 7-8th grade students were more likely to *actively respond* by trying to stop the bullying and telling a school adult.
- **Trends:** While there was little change among high school students, there was an overall increase in positive responses (trying to stop the bullying, telling a trusted school adult) among 7-8th graders between 2012 and 2014: took part in the bullying/harassing (7-8th – 2% 2012, 0% 2014; HS – 2%, 2%); just saw it happen (7-8th – 45%, 44%; HS – 62%, 64%); tried to get the person/people doing it to stop (7-8th – 50%, 54%; HS – 36%, 34%); told a teacher, counselor or another adult at school (7-8th – 11%, 15%; HS – 4%, 4%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Middle school males were more likely than females to intervene to stop bullying that they saw in school, and females at both levels were more likely than males to tell a trusted school adult about the incident: took part in the bullying (7-8th – 0% males, 0% females; HS – 2% males, 1% females); just saw it happen (7-8th – 44%, 45%; HS – 68%, 61%); tried to get the person/people doing it to stop (7-8th – 60%, 48%; HS – 34%, 34%); told a teacher, counselor, or another adult at school (7-8th – 10%, 18%; HS – 0.4%, 7%).
- **Grade:** As displayed in the chart, 2014 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 = 0%, 8th = 0%, 9th = 0%, 10th = 1%, 11th = 3%, 12th = 3%
 - Didn't do anything – just saw it happen: 38%, 50%, 66%, 62%, 72%, 56%
 - Tried to get bully to stop: 61%, 47%, 31%, 35%, 26%, 44%
 - Told a school adult: 17%, 13%, 4%, 5%, 3%, 5%

Mental Health

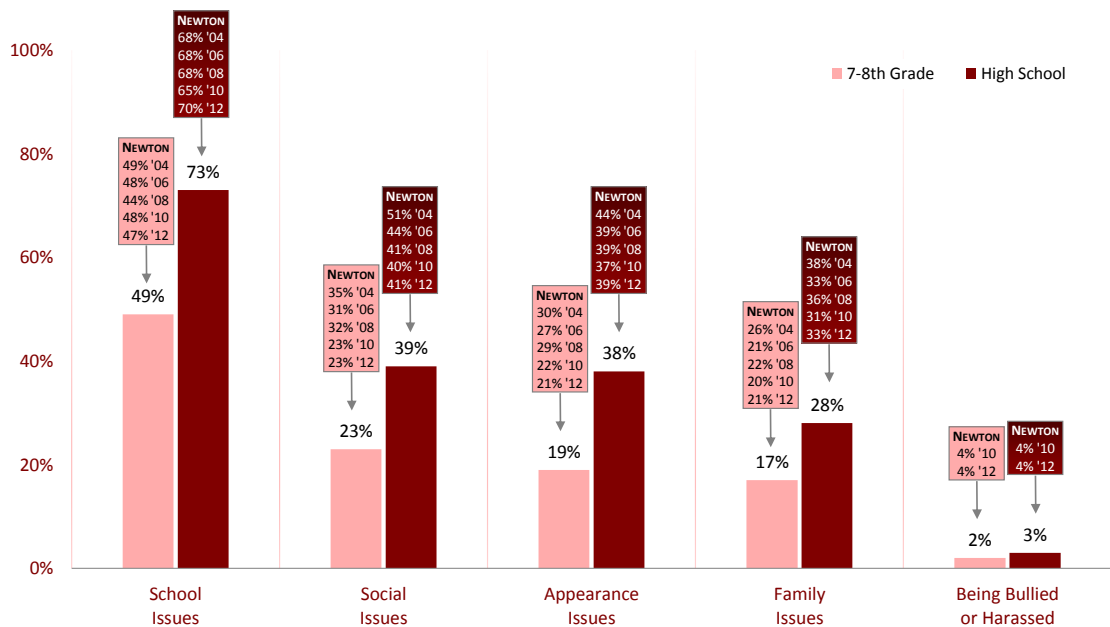
Newton 7-8th Grade and High School Students Who Describe Their Lives as “Somewhat” or “Very” Stressful, Total and by Grade (2014)



SELECTED POINTS

- In 2014, 47% of Newton 7-8th grade students and 79% of high school students reported that they thought their life was “somewhat” or “very” stressful.
- **Trends:** While rates of perceived stress have remained fairly consistent over time among both Newton 7-8th grade and high school students, rates among high school students have increased slightly since 2008 (7-8th – 48%, 47%, 50%, 47%, 47%, 47%; HS – 74%, 73%, 72%, 73%, 75%, 79%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female 2014 Newton students were more likely than males to report that their life was stressful (7-8th – 38% males, 55% females; HS – 69% males, 87% females).
- **Grade:** As displayed in the chart, the percentage of 2014 Newton respondents who reported that their life was stressful increased overall from the 7th to the 9th grades and then remained fairly consistent (38%, 56%, 72%, 81%, 81%, 83%).

Newton 7-8th Grade and High School Students Who "Often" or "Always" Worry About Various Issues* (2014)

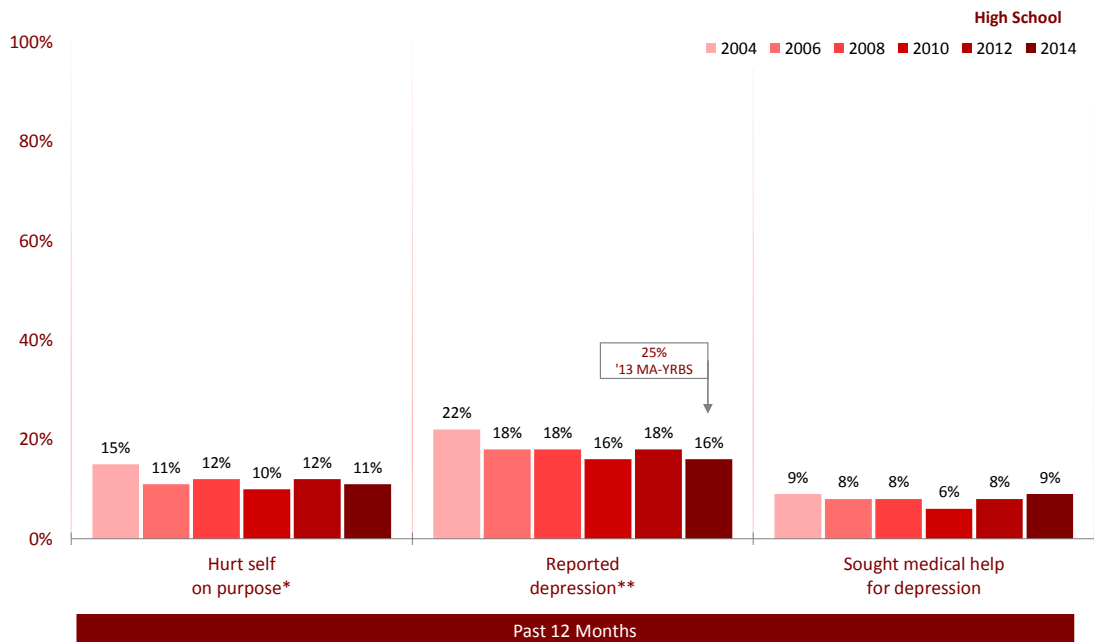


* School issues were described as "grades, homework, tests, etc." Social issues were described as "friendships, dating, teasing, etc." Appearance issues were described as "your weight, how you look, etc." Family issues were described as "your relationship with your parent(s), your family's financial situation, family health concerns, etc." Being bullied or harassed was described as "being bullied or harassed by other students (such as threatened, picked on, made to do something you don't want to do.)"

SELECTED POINTS

- In 2014, Newton students reported worrying most overall about school issues (49% 7-8th, 73% HS), followed by social issues (23% 7-8th, 39% HS), appearance issues (19% 7-8th, 38% HS), family issues (17% 7-8th, 28% HS), and being bullied/harassed (2% 7-8th, 3% HS). High school students were more likely than middle school students to report worrying about each of these issues.
- **Trends:** While there has been more historical consistency than variability in perceived stressors, there were slight increases in concern about school issues at both levels between 2012 and 2014: school issues (7-8th – 47% 2012, 49% 2014; HS – 70%, 73%), social issues (7-8th – 23%, 23%; HS – 41%, 39%), appearance issues (7-8th – 21%, 19%; HS – 39%, 38%), family issues (7-8th – 18%, 17%; HS – 33%, 28%), being bullied/harassed (7-8th – 4%, 2%; HS – 4%, 3%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female students in 2014 were more likely than males to report frequently worrying about each of these issues: school issues (7-8th – 40% males, 57% females; HS – 61%, 84%), social issues (7-8th – 15%, 30%; HS – 32%, 46%), appearance issues (7-8th – 10%, 28%; HS – 23%, 51%), family issues (7-8th – 14%, 21%; HS – 21%, 35%), being bullied/harassed (7-8th – 2%, 2%; HS – 3%, 4%).
- **Grade:** With the exception "being bullied," concern about these issues was comparatively lower among 2014 Newton 7th and 8th graders: school issues (7th - 41%, 8th - 57%), social issues (18%, 27%), appearance issues (16%, 23%), family issues (15%, 20%), being bullied (1%, 3%).

Trends in Self-Harm and Depression in the Past 12 Months Among Newton High School Students ('04, '06, '08, '10, '12, '14)



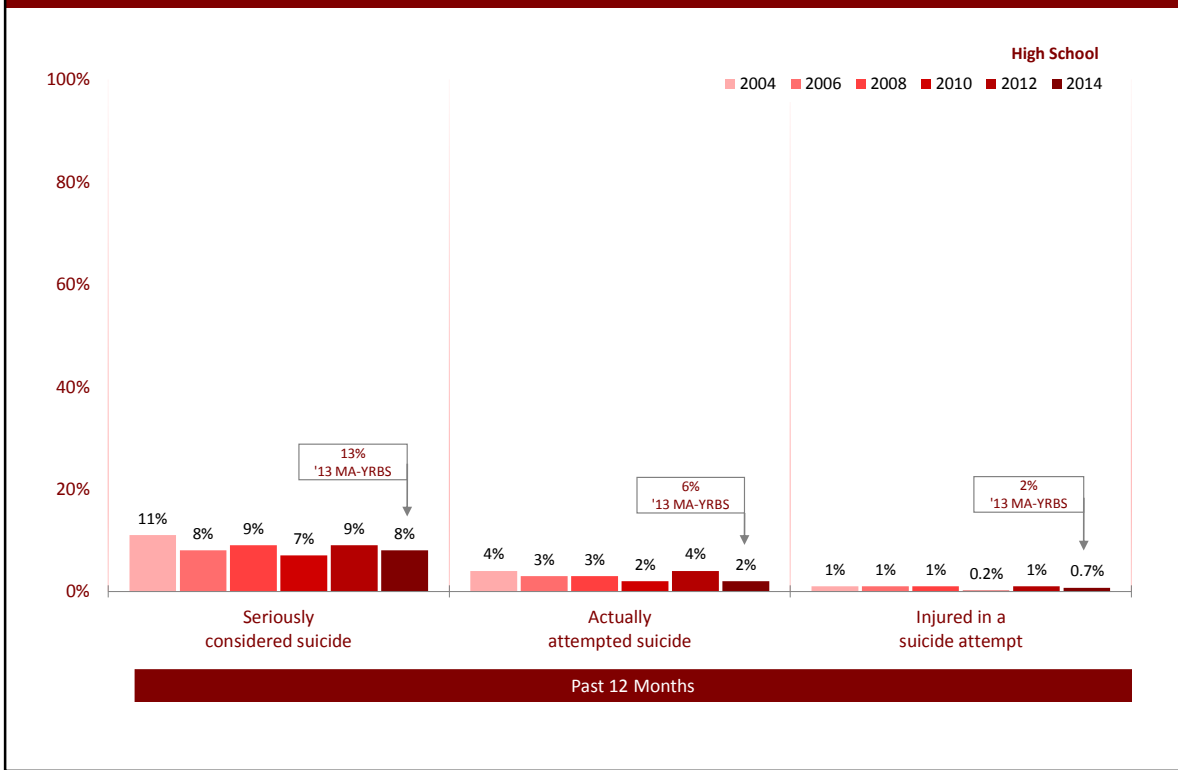
* Respondents were asked, "During the past 12 months, how many times did you hurt or injure yourself ON PURPOSE? (For example, by cutting, burning, or bruising yourself on purpose.)".

** Respondents were asked, "During the past 12 months, did you ever feel so sad or hopeless almost every day for TWO WEEKS OR MORE IN A ROW that you stopped doing some usual activities?"

SELECTED POINTS

- Eleven percent (11%) of 2014 Newton high school students reported *hurting themselves on purpose* in the 12 months prior to the survey. Sixteen percent (16%) reported *experiencing depression* during the same period, while 9% reported *seeking medical help for depression*.
- **Trends:** As displayed in the chart, rates among Newton high school students have remained largely consistent since 2006. See information below on trends for 7-8th graders.
- **Comparisons:** A smaller percentage of 2014 Newton than 2013 Massachusetts students reported experiencing depression (16% Newton, 25% MA) 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 2013 MA Youth Risk Behavior Survey*
- **Gender:** Newton female respondents were more likely than males to report each of these mental health concerns: hurt self on purpose (6% males, 15% females), reported depression (11%, 21%), sought medical help for depression (6%, 11%).
- **Grade:** The percentage of respondents who reported each of these issues varied throughout the high school grades: hurt self on purpose (10%, 15%, 10%, 8%), reported depression (12%, 19%, 19%, 16%), sought medical help for depression (3%, 7%, 12%, 12%).
- **Middle School:** Rates of these mental health concerns were generally lower among Newton 7-8th grade students: self-harm (7th – 5%, 8th – 10%), depression (7th – 5%, 8th – 11%). Rates increased slightly in 2014, after previously declining since 2004: self-harm (10% 2004, 6% 2006, 6% 2008, 5% 2010, 5% 2012, 7% 2014), depression (14%, 12%, 9%, 8%, 7%, 8%). Middle school students were not asked about seeking medical help for depression.

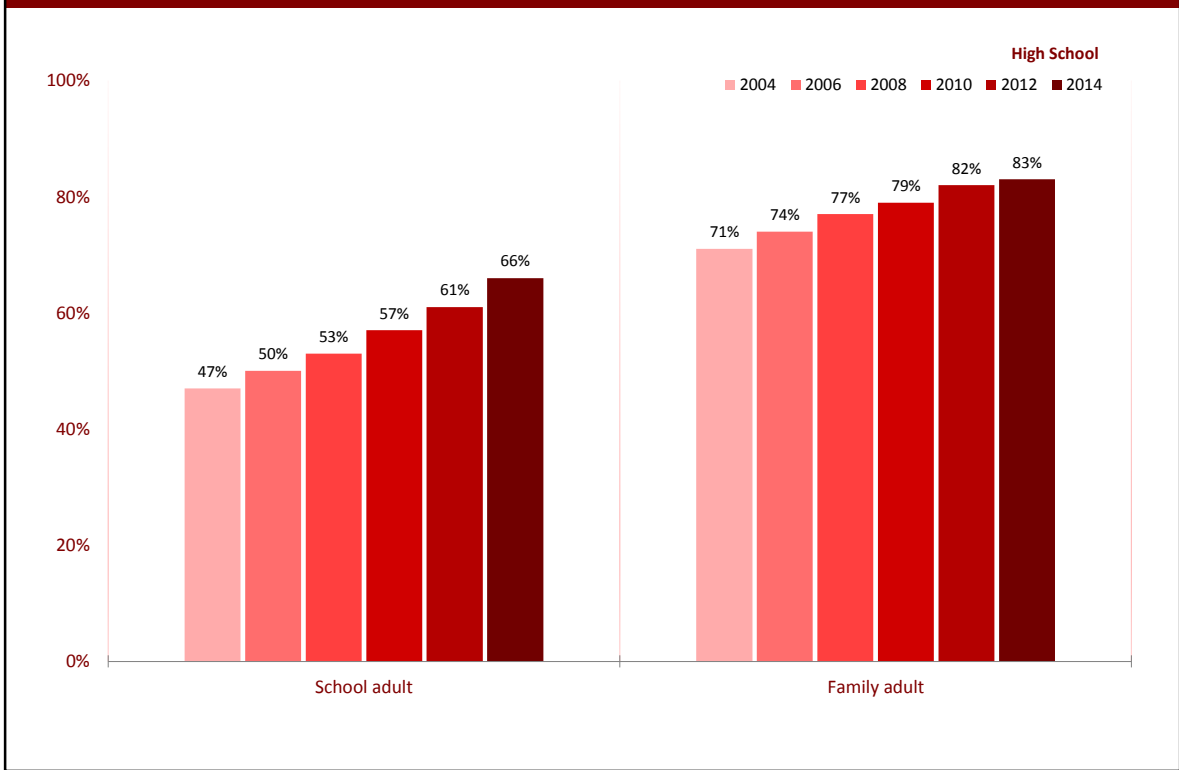
Trends in Suicidal Thoughts and Actions in the Past 12 Months Among Newton High School Students ('04, '06, '08, '10, '12, '14)



SELECTED POINTS

- Eight percent (8%) of 2014 Newton high school students reported that they *seriously considered* suicide in the 12 months prior to the survey, 2% *actually attempted* suicide, and 0.7% 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, with 2014 rates reversing slight increases previously observed between 2010 and 2012. See information below on middle school trends.
- **Comparisons:** These issues were less common among 2014 Newton high school students than 2013 Massachusetts students: seriously considered suicide (8% Newton, 13% MA), attempted suicide (2% Newton, 6% MA), injured in a suicide attempt (0.7% Newton, 2% MA). *MA data from the 2013 MA Youth Risk Behavior Survey*
- **Gender:** Newton female respondents were somewhat more likely than males to report each of these mental health concerns: seriously considered suicide (6% males, 9% females), attempted suicide (2%, 3%), injured in a suicide attempt (0.5%, 1%).
- **Grade:** The percentage of 2014 Newton high school students who reported each of these issues remained fairly consistent across grades: seriously considered suicide (6%, 9%, 9%, 7%), actually attempted suicide (2%, 3%, 3%, 2%), injured in a suicide attempt (0.2%, 1%, 0.9%, 0.8%).
- **Middle School:** These mental health issues were less common among Newton 7th and 8th grade students: considered (7th - 2%, 8th - 8%) and attempted suicide (0%, 1%). The percentage of Newton 7th and 8th graders who reported these issues remained at or below previous levels in 2014: considered suicide (10%, 6%, 7%, 5%, 5%, 5%), attempted suicide (3%, 2%, 1%, 1%, 0.9%, 1%, 0.5%). The middle school survey did not ask about being injured in a suicide attempt.

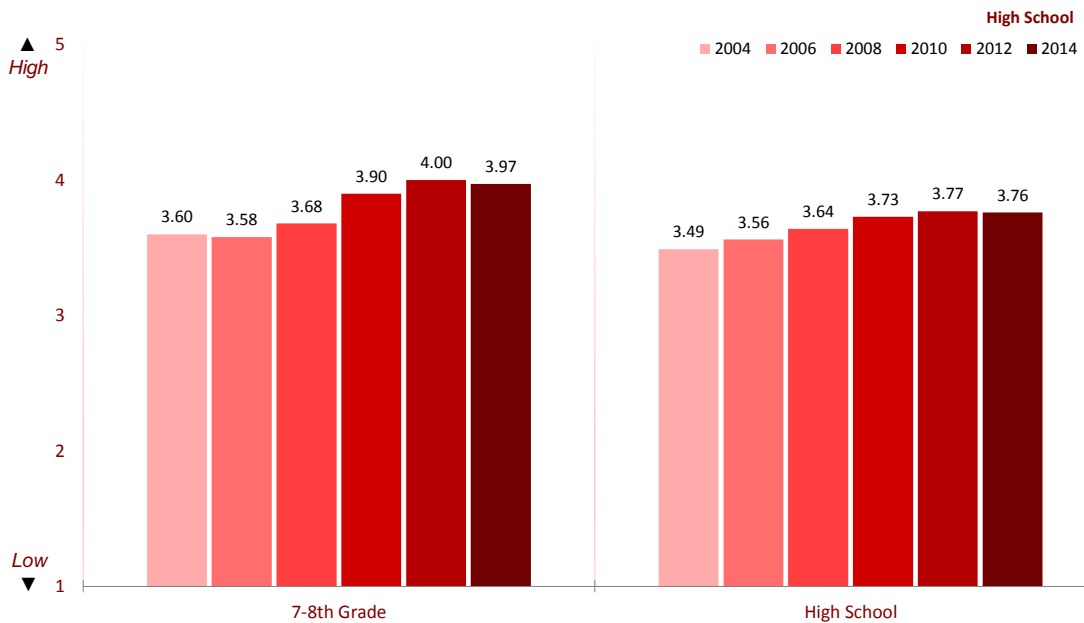
Trends in the Percent of Newton High School Students Who Report Having Adults to Talk with If They Have a Problem ('04, '06, '08, '10, '12, '14)



SELECTED POINTS

- Respondents were asked whether they have people to talk to about problems, specifically trusted school adults and family adults. Newton high school students were most likely to report having a *family* adult to talk to (83%), followed by a *school* adult (66%).
- **Trends:** Trend data largely reveal increases in perceived adult support, with a notable increase between 2012 and 2014 in school adult connections: school adult (47%, 50%, 53%, 57%, 61%, 66%), family adult (71%, 74%, 77%, 79%, 82%, 83%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Males were somewhat more likely than females to report adult support: school adult (69% males, 63% females), family adult (85%, 82%).
- **Grade:** Perceived support of a family adult among 2014 Newton high school students varied little with age/grade, while perceived support of a school adult increased with age/grade: school adult (54%, 65%, 68%, 78%), family adult (85%, 85%, 80%, 84%).
- **Middle School:** 2004 to 2014 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 since 2008: school adult (50%, 49%, 45%, 66%, 66%, 68%), family adult (77%, 82%, 82%, 86%, 87%, 86%).

Trends in School Connectedness* for Newton 7-8th Grade and High School Students ('04, '06, '08, '10, '12, '14)



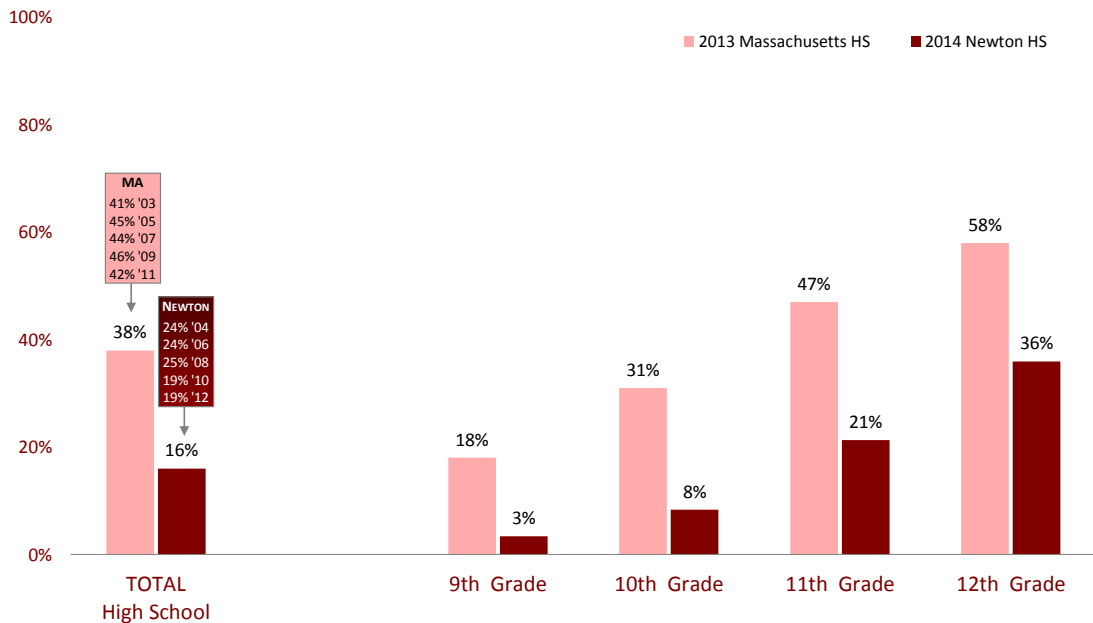
* The Newton Youth Risk Behavior Survey contains a set of five items from the National Longitudinal Survey that compose a school connectedness scale. Scale items address student perception of feeling close to people at the school, feeling like a part of the school, being happy to be at the school, feeling 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).

SELECTED POINTS

- The Newton Youth Risk Behavior Survey contains 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).
- **Trends:** Average Newton school connectedness declined slightly among 7-8th grade students and remained consistent among high school students, halting a pattern of improvement previously observed.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Newton 2014 7-8th grade males (3.97) and females (3.98) reported similar levels of school connectedness. Among high school students, males (3.81) reported a higher connection level than females (3.71).
- **Grade:** The overall level school connectedness among Newton 7-8th grade students (3.97) was higher than the level among high school students (3.76), and there was a slight but steady decrease in school connectedness from grade 7 through 11: 7th = 4.00, 8th = 3.95, 9th = 3.85, 10th = 3.61, 11th = 3.75, 12th = 3.81.

Physical Health

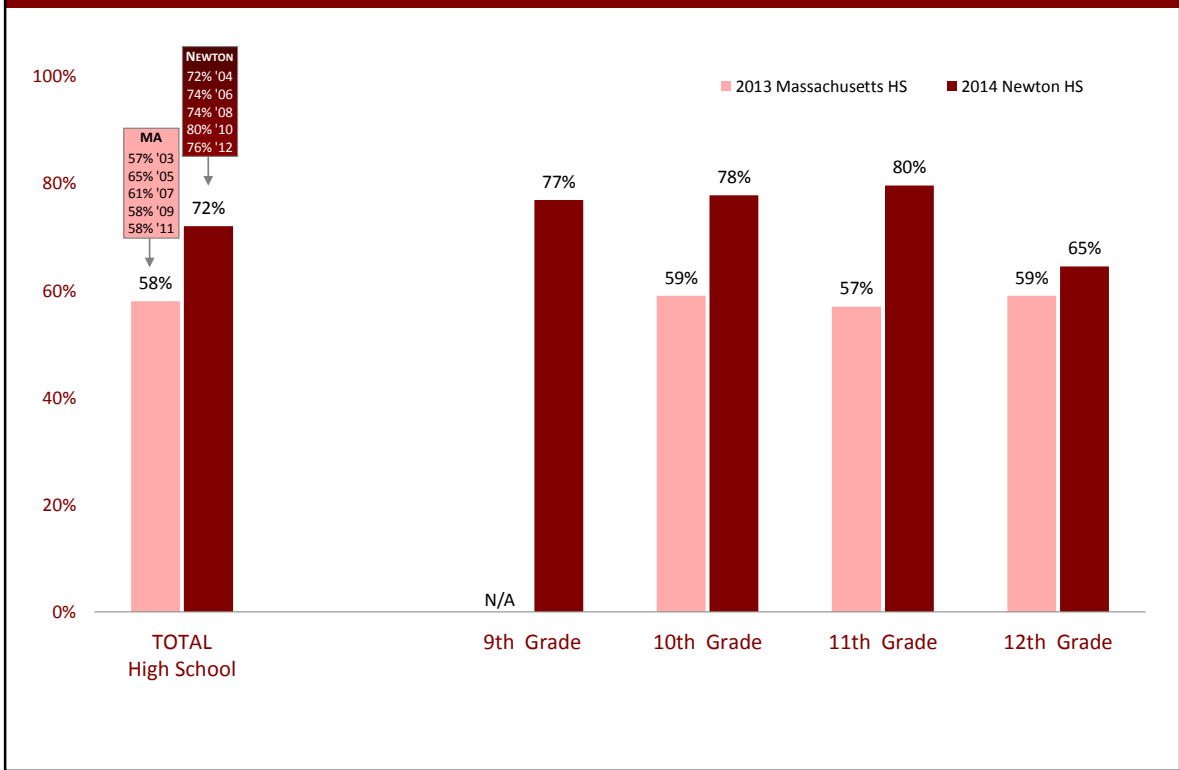
Massachusetts* 2013 and Newton 2014 High School Students Who Have Ever Had Sexual Intercourse, Total and by Grade



SELECTED POINTS

- In 2014, 16% of Newton high school students reported ever having sexual intercourse – 3% of 9th graders, 8% of 10th graders, 21% of 11th graders, and 36% of 12th graders.
- **Trends:** The percentage of Newton high school students who reported every having sexual intercourse declined from 19% in 2012 to 16% in 2014, with the 2014 rate well below the peak level of 25% in 2008.
- **Comparisons:** Comparative data show that 2014 Newton high school students were much less likely than their 2013 Massachusetts peers to report ever having sexual intercourse (16% Newton, 38% MA). This pattern held in every grade: 9th grade (3% Newton, 18% MA), 10th grade (8% Newton, 31% MA), 11th grade (21% Newton, 47% MA), 12th grade (36% Newton, 58% MA). *MA data from the 2013 MA Youth Risk Behavior Survey*
- **Gender:** Newton high school females and males were almost equally likely to report ever having sexual intercourse (17% males, 16% females).
- **Grade:** As displayed in the chart, the percentage of 2014 Newton students who reported ever having sexual intercourse increased from 3% in 9th grade to 36% in 12th grade.
- **Middle School:** The same percentage of both Newton 7th and 8th grade students (1%) reported ever having sexual intercourse, and the overall percentage has decreased since 2004 (4%, 4%, 3%, 2%, 2%, 1%).

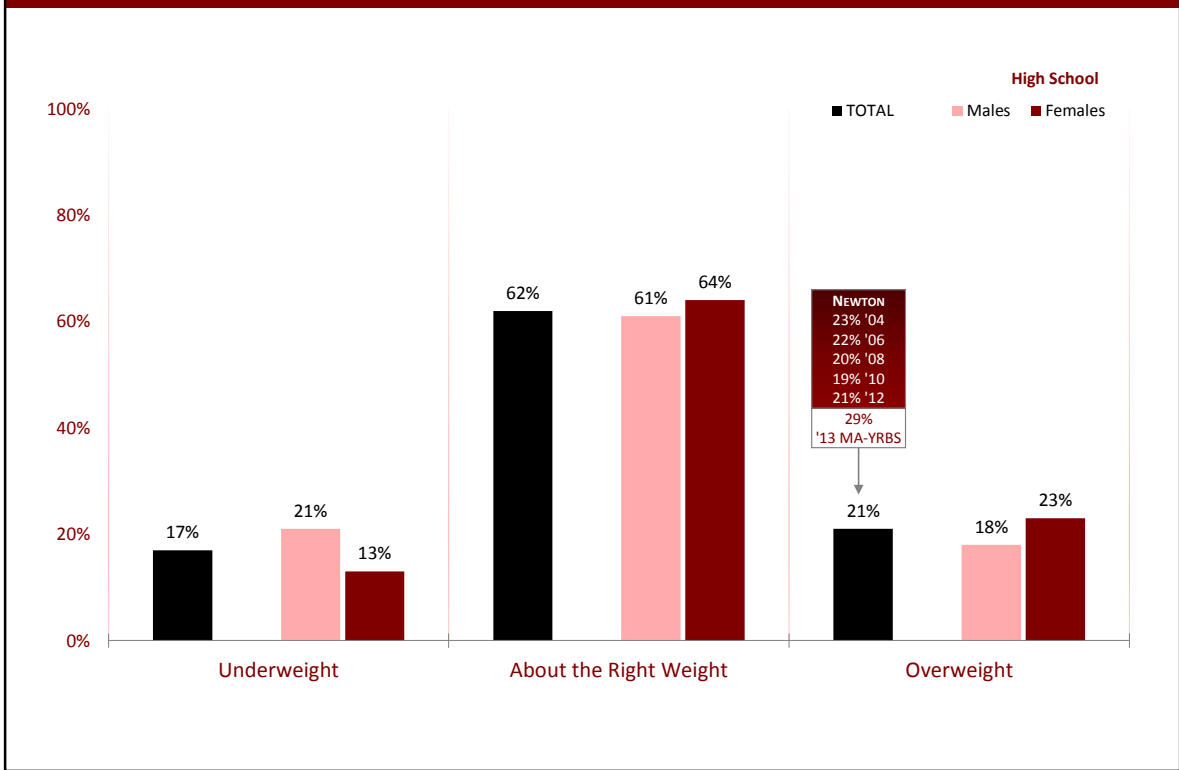
Sexually Active Massachusetts 2013 and Newton 2014 High School Students Who Used a Condom The Last Time They Had Intercourse, Total and by Grade



SELECTED POINTS

- In 2014, 72% of sexually active Newton high school students reported that they or their partner used a condom the last time they had sexual intercourse – 77% of 9th graders, 78% of 10th graders, 80% of 11th graders, and 65% of 12th graders.
- **Trends:** Available high school trend data reveal a decrease between 2012 and 2014 in the percentage of sexually active students who reported that they or their partner used a condom the last time they had sexual intercourse (76% to 72%), continuing a decline observed since 2010.
- **Comparisons:** Comparative data show that 2014 Newton high school students were more likely than their 2013 Massachusetts peers to report using a condom the last time they had sexual intercourse (72% Newton, 58% MA). As displayed in the chart, this comparison held across grades (9th grade Massachusetts data were not reported). *MA data from the 2013 MA Youth Risk Behavior Survey*
- **Gender:** Male high school students were more likely than females to report that they or their partner used a condom they last time they had sexual intercourse (79% males, 66% females).
- **Grade:** Reported condom use among sexually active youth remained fairly consistent across grades 9 through 11, with a lower level among 12th graders.

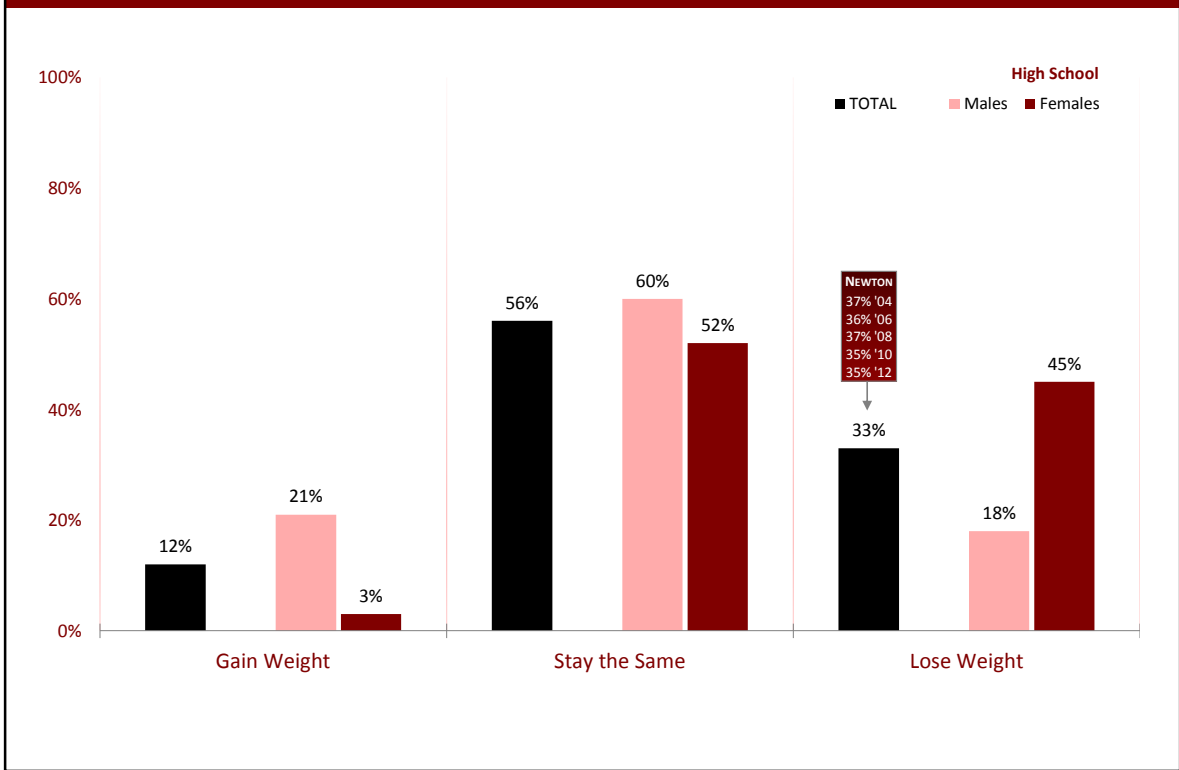
Perception of Body Weight Among Newton High School Students, Total and by Gender (2014)



SELECTED POINTS

- Seventeen percent (17%) of 2014 Newton high school students described themselves as *underweight*, 62% as *about the right weight*, and 21% as *overweight*.
- Twenty-one percent (21%) of males and 13% of females described themselves as *underweight*, 61% of males and 64% of females as *about the right weight*, and 18% of males and 23% of females as *overweight*.
- **Trends:** Available high school trend data reveal historical consistency in the percent of Newton high school students who perceive themselves as *overweight*, with no change between 2012 and 2014 (21%).
- **Comparisons:** Comparative data show that 2014 Newton high school students were less likely than their 2013 Massachusetts peers to describe themselves as *overweight* (21% Newton, 29% MA). MA data from the 2013 MA Youth Risk Behavior Survey
- **Gender:** As displayed in the chart, 2014 female Newton high school students were more likely than males to describe themselves as *overweight* (23% females, 18% males).
- **Grade:** The percentage of Newton high school students who considered themselves *overweight* varied with age/grade (18%, 21%, 24%, 19%).
- **Middle School:** Trends in the percentage of Newton 7-8th grade students who consider themselves *overweight* are as follows: 24% in 2004, 20% in 2006, 22% in 2008, 18% in 2010, 17% in 2012, 18% in 2014.

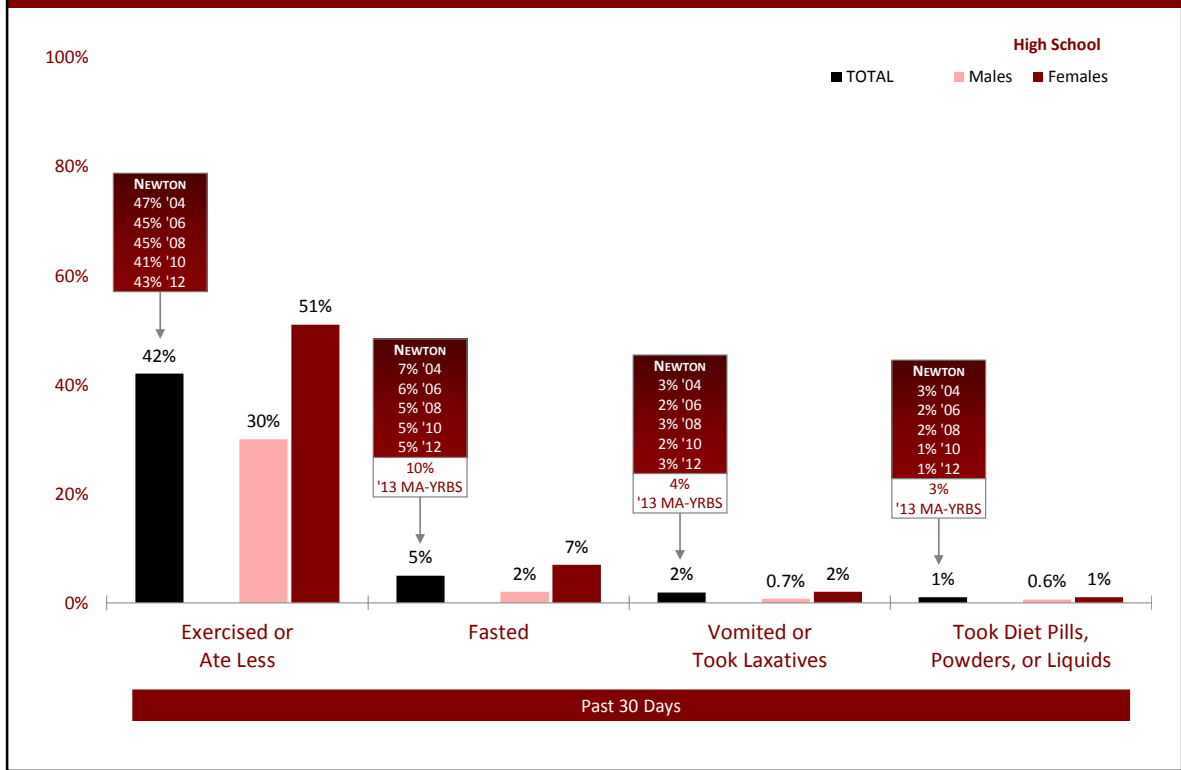
Current Weight Control Goal Among Newton High School Students, Total and by Gender (2014)



SELECTED POINTS

- Twelve percent (12%) of 2014 Newton high school students reported that they were trying to *gain weight*, 56% that they were trying to *stay the same weight*, and 33% that they were trying to *lose weight*.
- **Trends:** Available high school trend data reveal slight decreases over time in the percentage of Newton high school students who reported that they were trying to *lose weight* (37%, 36%, 37%, 35%, 35%, 33%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female students were much more likely to report trying to *lose weight* (18% males, 45% females) while males were much more likely to report trying to *gain weight* (21% males, 3% females) and more likely to report trying to *stay the same weight* (60% males, 52% females).
- **Grade:** The percentage of 2014 Newton high school students who reported that they were currently trying to *lose weight* varied only slightly by age/grade (26%, 35%, 36%, 34%).
- **Middle School:** 2004 to 2014 trends in the percentage of Newton 7th and 8th graders who are trying to lose weight are as follows: 32% in 2004, 29% in 2006, 31% in 2008, 24% in 2010, 23% in 2012, 25% in 2014.

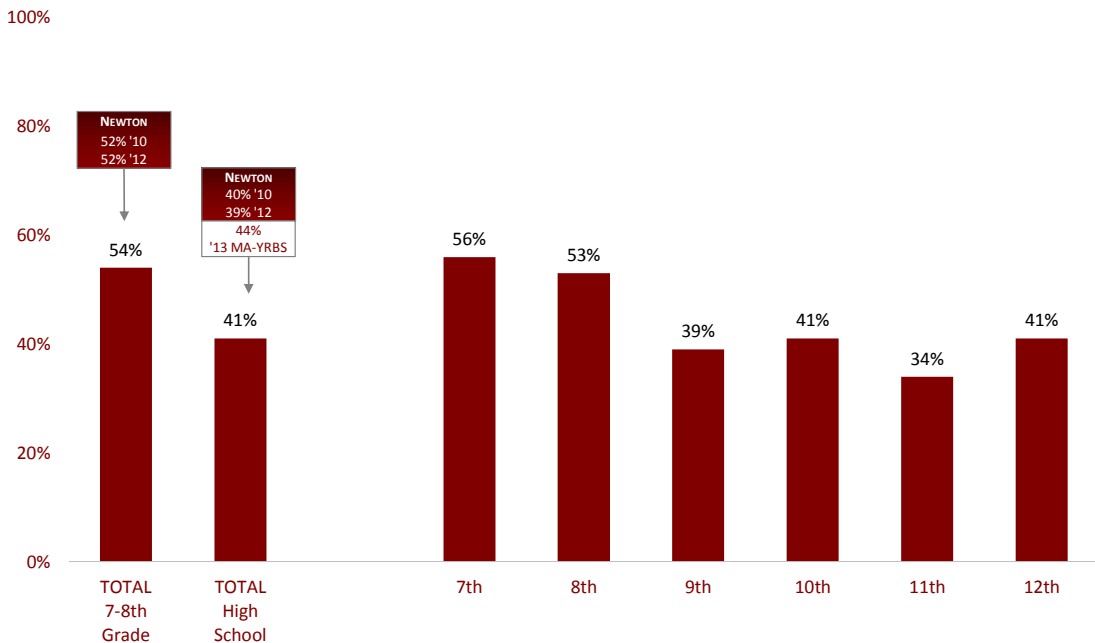
Weight Loss/Maintenance Methods Used by Newton High School Students in the Past 30 Days, Total and by Gender (2014)



SELECTED POINTS

- Forty-two percent (42%) of 2014 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* to do so, 2% had *vomited or taken laxatives*, and 1% had *taken diet pills, powders, or liquids*.
- Trends:** While there have been some very slight yet consistent historical decreases in the use of weight loss/control methods by Newton high school students, 2014 rates were similar to those observed in 2012: *exercised or ate less* (47%, 45%, 45%, 41%, 43%, 42%), *fasted* (7%, 6%, 5%, 5%, 5%, 5%), *vomited or took laxatives* (4%, 2%, 3%, 2%, 3%, 2%), *took diet pills, powders, or liquids* (3%, 2%, 2%, 1%, 1%, 1%).
- Comparisons:** Available comparative data show that 2014 Newton high school students were less likely than their 2013 Massachusetts peers to have engaged in these efforts: *exercised or ate less* (MA data not available), *fasted* (5% Newton, 10% MA), *vomited or took laxatives* (2% Newton, 4% MA), *took diet pills/powders/liquids* (1% Newton, 3% MA). MA data from the 2013 MA Youth Risk Behavior Survey
- Gender:** As displayed in the chart, female 2014 Newton high school students were more likely than males to report using these weight loss/maintenance methods.
- Grade:** There was little consistent variation by age/grade in methods used by 2014 Newton high school students to lose or maintain their weight: *exercised or ate less* (36%, 44%, 43%, 45%), *fasted* (3%, 5%, 6%, 5%), *vomited or took laxatives* (1%, 1%, 3%, 1%), *took diet pills/powders/liquids* (0.6%, 1%, 2%, 0.8%).
- Middle School:** 2004 to 2014 trends in current weight control methods among Newton 7th and 8th graders are as follows: *exercised or ate less* (43%, 43%, 42%, 34%, 35%, 35%), *fasted* (5%, 4%, 4%, 2%, 2%, 3%), *vomited or took laxatives* (2%, 1%, 1%, 0.4%, 0.4%, 0.6%), *took diet pills, powders, or liquids* (0.4%, 1%, 0.5%, 0.1%, 0.4%, 0.5%).

Recommended Level of Physical Activity Among Newton 7-8th Grade and High School Students in the Past 7 Days, Total and by Grade (2014)*



* Massachusetts data from the 2013 *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring 2013).
 ** Defined as participating in at least 60 minutes of physical activity on at least 5 of the prior 7 days.

SELECTED POINTS

- Fifty-four percent (54%) of Newton 7-8th grade students and 41% of high school students reported engaging in 60 or more minutes of physical activity at least 5 of the prior 7 days (recommended level of activity).
- Physical activity was defined in the survey as any activity that increases your heart rate and makes you get out of breath some of the time.
- **Trends:** Trends in the percent of Newton students who reported engaging in the recommended level of physical activity are largely consistent – 7-8th grade (52% 2010, 52% 2012, 54% 2014), high school (40%, 39%, 41%).
- **Comparisons:** The Newton rate of reported physical activity (41%) is below the Massachusetts high school average (44%). *MA data from the 2013 MA Youth Risk Behavior Survey*
- **Gender:** Newton males were more likely than females to report engaging in this level of activity – 7-8th grade (65% males, 44% females), high school (46% males, 38% females).
- **Grade:** The percentage of Newton students who reported engaging in the recommended level of physical activity varied, declining overall from grade 7 (56%) to grade 12 (41%).

Appendix A:

Selected Middle School Data Tables

2014-2015 NEWTON YOUTH RISK BEHAVIOR SURVEY

Alcohol, Tobacco, and Other Drug Use - Middle School (N=1,236)

	TOTAL	GENDER		GRADE		
	2014 (1236)	Males (608)	Females (624)	6th (405)	7th (423)	8th (401)
LIFETIME (any use in lifetime)						
Cigarettes	1.0%	0.7%	1.3%	0.5%	1.2%	1.2%
Alcohol	6.2%	6.4%	6.1%	5.2%	5.9%	7.5%
Marijuana (7 & 8th grade ONLY)	0.7%	0.7%	0.7%	N/A	1.0%	0.5%
Cocaine (7 & 8th grade ONLY)	0.0%	0.0%	0.0%	N/A	0.0%	0.0%
Ecstasy (7 & 8th grade ONLY)	0.1%	0.3%	0.0%	N/A	0.0%	0.0%
Heroin (7 & 8th grade ONLY)	0.0%	0.0%	0.0%	N/A	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%	N/A	0.0%	0.0%
Oxycontin (no prescription) (7 & 8th grade ONLY)	0.0%	0.0%	0.0%	N/A	0.0%	0.0%
CURRENT (any use in past 30 days)						
Cigarettes	0.1%	0.0%	0.2%	0.2%	0.0%	0.0%
Alcohol	1.5%	1.7%	1.5%	1.2%	1.4%	1.8%
Binge Alcohol (5 or more drinks in a row) (7 & 8th grade ONLY)	0.4%	0.2%	0.5%	0.0%	0.0%	0.8%
Marijuana (7 & 8th grade ONLY)	0.2%	0.2%	0.2%	N/A	0.5%	0.0%
Cocaine (7 & 8th grade ONLY)	0.0%	0.0%	0.0%	N/A	0.0%	0.0%
Ecstasy (7 & 8th grade ONLY)	0.0%	0.0%	0.0%	N/A	0.0%	0.0%
Inhalants (7 & 8th grade ONLY)	0.9%	0.7%	1.0%	N/A	0.7%	0.8%
Heroin (7 & 8th grade ONLY)	0.0%	0.0%	0.0%	N/A	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%	N/A	0.0%	0.0%
Oxycontin (no prescription) (7 & 8th grade ONLY)	0.0%	0.0%	0.0%	N/A	0.0%	0.0%
ANNUAL (any use in past 12 months)						
Used someone else's prescription medication to get high (7 & 8th grade ONLY)	0.1%	0.0%	0.2%	N/A	0.0%	0.3%
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".

2014-2015 NEWTON YOUTH RISK BEHAVIOR SURVEY

Violence and Safety - Middle School (N=1,236)

	TOTAL 2014 (1236)	GENDER		GRADE		
		Males (608)	Females (624)	6th (405)	7th (423)	8th (401)
CARRIED A WEAPON¹ (30 days)						
When in school (7 & 8th grade ONLY)	0.2%	0.5%	0.0%	N/A	0.2%	0.3%
When NOT in school (7 & 8th grade ONLY)	6.5%	10.7%	2.4%	N/A	6.5%	6.5%
IN A PHYSICAL FIGHT (12 months)						
When in school	2.5%	4.4%	0.6%	2.1%	2.8%	2.3%
When NOT in school	11.4%	19.0%	3.9%	15.2%	10.0%	9.0%
BULLYING (30 days)						
Bullied/harassed on way to/from school	4.7%	4.8%	4.7%	5.9%	3.6%	4.3%
Bullied/harassed in school	14.6%	15.0%	14.1%	9.0%	15.7%	18.6%
Bullied/harassed when NOT in school and NOT on way to/from school	7.2%	6.0%	8.2%	5.2%	7.9%	8.3%
Bullied/harassed on the internet	9.2%	7.2%	11.0%	4.2%	10.6%	12.3%
Saw someone else bullied/harassed in school	31.8%	28.1%	35.4%	20.4%	37.0%	37.8%
WORRIED ABOUT SAFETY						
Worried when in school (somewhat/very)	6.0%	6.7%	5.1%	6.4%	6.1%	5.2%
Worried when NOT in school (somewhat/very)	14.3%	13.4%	15.1%	13.8%	16.0%	13.3%
Stayed home from school out of fear for safety (30 days)	1.2%	0.8%	1.6%	0.7%	1.0%	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".

2014-2015 NEWTON YOUTH RISK BEHAVIOR SURVEY

Stress, Support, Depression, and Suicide - Middle School (N=1,236)

	TOTAL	GENDER		GRADE		
	2014 (1236)	Males (608)	Females (624)	6th (405)	7th (423)	8th (401)
STRESS						
Life somewhat/very stressful	45.0%	38.5%	51.3%	41.3%	38.4%	55.8%
Worry about <i>school</i> issues - Often/Almost Every Day	43.9%	37.6%	50.0%	34.1%	40.5%	57.1%
Worry about <i>social</i> issues - Often/Almost Every Day	21.4%	14.9%	27.5%	18.8%	18.4%	27.1%
Worry about <i>family</i> issues - Often/Almost Every Day	17.0%	13.9%	19.9%	16.3%	14.6%	20.1%
Worry about <i>appearance</i> issues - Often/Almost Every Day	17.8%	10.4%	24.9%	14.6%	16.1%	22.8%
Worry about <i>being bullied/harassed</i> - Often/Almost Every Day	3.2%	2.3%	3.9%	5.7%	1.2%	2.5%
ADULT HELP						
At least one teacher or other adult in this school to talk to about a problem	69.6%	72.4%	66.9%	72.4%	71.1%	65.2%
At least one adult outside of school to talk to about a problem	86.1%	87.6%	84.8%	87.1%	87.6%	83.7%
At least one family adult to talk to about a problem	90.2%	92.2%	88.3%	93.5%	90.0%	87.2%
DEPRESSION AND SUICIDE						
Hurt self on purpose (12 months) (7 & 8th grade ONLY)	7.3%	4.9%	9.4%	N/A	5.0%	9.5%
Depressed (12 months) (7 & 8th grade ONLY)	8.0%	5.4%	10.3%	N/A	5.5%	10.5%
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)	5.2%	3.4%	6.8%	N/A	2.4%	8.0%
Attempted suicide (12 months) (7 & 8th grade ONLY)	0.5%	0.0%	1.0%	N/A	0.0%	1.0%
Injured in suicide attempt (12 months)	N/A	N/A	N/A	N/A	N/A	N/A

2014-2015 NEWTON YOUTH RISK BEHAVIOR SURVEY

Miscellaneous - Middle School (N=1,236)

	TOTAL	GENDER		GRADE		
	2014 (1236)	Males (608)	Females (624)	6th (405)	7th (423)	8th (401)
ALCOHOL-RELATED DRIVING/RIDING						
Rode with drinking driver (30 days) - All students (7 & 8th grade ONLY)	4.0%	3.2%	4.6%	N/A	4.0%	3.8%
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)	0.7%	0.2%	1.2%	N/A	1.0%	0.5%
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)	1.0%	1.2%	0.7%	N/A	1.0%	1.0%
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)	83.3%	100.0%	50.0%	N/A	66.7%	100.0%
Alcohol/drugs at last intercourse	N/A	N/A	N/A	N/A	N/A	N/A
WEIGHT						
Consider self slightly/very overweight	17.3%	17.6%	17.0%	15.7%	17.2%	18.8%
Trying to lose weight	23.6%	20.7%	26.3%	21.5%	23.5%	25.8%
Exercised or ate less to lose/maintain weight (30 days) (7 & 8th grade ONLY)	34.9%	33.1%	36.4%	N/A	32.6%	37.1%
Fasted to lose/maintain weight (30 days) (7 & 8th grade ONLY)	3.2%	2.0%	4.3%	N/A	2.2%	4.1%
Vomited or took laxatives to lose/maintain weight (30 days) (7 & 8th grade ONLY)	0.6%	0.8%	0.5%	N/A	0.5%	0.5%
Took diet pills, powders, or liquids to lose/maintain weight (30 days) (7 & 8th grade ONLY)	0.5%	0.5%	0.5%	N/A	0.2%	0.8%

¹ Of those who had sexual intercourse.

2014-2015 NEWTON YOUTH RISK BEHAVIOR SURVEY

1998, 2000, 2002, 2004, 2006, 2008, 2010, 2012, and 2014 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)	2014 (824)
LIFETIME (any use in lifetime)									
Cigarettes	21.8%	14.3%	9.8%	7.0%	5.1%	5.0%	2.4%	1.3%	1.2%
Alcohol	36.6%	28.6%	24.8%	21.1%	17.8%	16.7%	10.1%	7.8%	6.7%
Marijuana	8.2%	4.0%	5.2%	2.7%	2.4%	3.0%	1.8%	1.2%	0.7%
Cocaine	1.1%	0.7%	2.8%	0.6%	1.1%	0.4%	0.0%	0.1%	0.0%
Ecstasy	N/A	N/A	2.1%	0.2%	0.8%	0.1%	0.0%	0.0%	0.0%
Heroin	N/A	N/A	1.9%	0.5%	0.6%	0.0%	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%	0.0%
Oxycontin	N/A	N/A	N/A	N/A	N/A	N/A	0.1%	0.0%	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%	0.0%
Alcohol	15.6%	10.8%	8.9%	6.6%	5.8%	3.7%	3.0%	2.1%	1.6%
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%	0.4%
Marijuana	3.2%	0.8%	2.6%	0.8%	1.3%	1.2%	0.8%	0.7%	0.2%
Cocaine	0.7%	0.1%	1.8%	0.2%	0.5%	0.0%	0.0%	0.0%	0.0%
Ecstasy	N/A	N/A	1.5%	0.0%	0.4%	0.0%	0.0%	0.0%	0.0%
Inhalants	2.6%	3.1%	4.4%	3.4%	1.8%	1.0%	1.4%	0.9%	0.7%
Heroin	N/A	N/A	0.9%	0.1%	0.1%	0.0%	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%	0.0%
Oxycontin	N/A	N/A	N/A	N/A	N/A	N/A	0.0%	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%	0.1%
Used over-the-counter medication to get high	N/A	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	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".

2014-2015 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)	2014 (824)
CARRIED A WEAPON¹ (30 days)									
When in school	2.8%	2.6%	2.7%	2.0%	1.4%	1.1%	0.5%	0.8%	0.2%
When NOT in school	15.3%	12.8%	10.2%	12.4%	9.4%	8.7%	5.9%	6.1%	6.5%
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%	2.6%
When NOT in school	33.3%	31.0%	27.6%	27.9%	21.2%	18.9%	15.2%	11.7%	9.5%
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%	3.9%
Bullied/harassed in school	N/A	N/A	35.7%	41.1%	29.8%	28.9%	20.7%	17.8%	17.1%
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%	8.1%
Bullied/harassed on the internet	N/A	N/A	N/A	N/A	N/A	16.7%	12.0%	10.5%	11.4%
Saw someone else bullied/harassed in school	N/A	N/A	N/A	N/A	N/A	N/A	53.5%	42.5%	37.4%
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%	5.7%
Worried when NOT in school (somewhat/very)	22.6%	19.4%	22.3%	16.6%	16.3%	17.6%	14.0%	15.0%	14.6%
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%	1.5%

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

2014-2015 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	2014
	(907)	(893)	(849)	(844)	(791)	(811)	(789)	(836)	(824)
STRESS									
Life somewhat/very stressful	N/A	N/A	50.7%	48.1%	46.7%	49.6%	46.9%	47.0%	46.9%
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%	48.7%
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%	22.7%
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%	17.3%
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%	19.4%
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%	1.8%
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%	68.2%
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%	85.7%
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%	88.6%
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%	7.2%
Depressed (12 months)	N/A	N/A	16.1%	14.0%	11.6%	9.1%	7.8%	7.4%	7.9%
Seriously considered suicide (12 months)	12.9%	13.3%	12.0%	10.0%	5.6%	6.9%	5.2%	4.6%	5.1%
Attempted suicide (12 months)	2.6%	3.6%	3.1%	2.3%	1.1%	1.1%	0.9%	1.0%	0.5%
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%	3.9%
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%	0.7%
SEXUAL BEHAVIOR									
Ever had sexual intercourse	7.0%	5.4%	4.5%	4.4%	4.0%	2.6%	1.5%	1.7%	1.0%
Condom use at last intercourse ¹	77.2%	75.0%	65.7%	74.3%	66.7%	71.4%	81.8%	69.2%	83.3%

¹ Of those who had sexual intercourse.

Appendix B:

Selected High School Data Tables

2014-2015 NEWTON YOUTH RISK BEHAVIOR SURVEY

Alcohol, Tobacco, and Other Drug Use - High School (N=1,764)

	TOTAL									MA 2013 YRBS	GENDER		GRADE			
	1998 (1640)	2000 (1658)	2002 (1707)	2004 (1751)	2006 (1810)	2008 (1760)	2010 (1800)	2012 (1733)	2014 (1764)		Males (807)	Females (950)	9th (478)	10th (450)	11th (444)	12th (392)
LIFETIME (any use in lifetime)																
Cigarettes	52.0%	48.9%	38.5%	32.7%	29.2%	27.4%	19.4%	16.7%	11.6%	32%	12.8%	10.7%	4.4%	8.9%	16.4%	18.2%
Alcohol	73.1%	70.8%	66.0%	61.9%	58.8%	56.8%	50.3%	49.1%	43.8%	63%	43.2%	44.3%	16.2%	37.9%	57.1%	69.0%
Marijuana	41.3%	40.5%	39.4%	37.2%	33.0%	33.2%	30.8%	28.3%	26.4%	41%	27.6%	25.3%	6.1%	18.7%	39.2%	45.7%
Cocaine	3.7%	3.9%	4.2%	5.2%	5.4%	2.7%	1.1%	1.8%	1.1%	4%	1.5%	0.7%	0.2%	0.9%	1.6%	1.8%
Ecstasy	N/A	N/A	5.7%	3.7%	2.9%	2.3%	1.1%	1.8%	1.0%	5%	0.7%	1.2%	0.2%	0.9%	0.9%	2.0%
Heroin	N/A	N/A	1.5%	1.4%	1.3%	0.8%	0.4%	0.3%	0.2%	N/A	0.0%	0.3%	0.0%	0.2%	0.0%	0.5%
Methamphetamines	N/A	N/A	4.1%	3.3%	2.4%	1.3%	0.8%	0.9%	0.7%	2%	0.7%	0.7%	0.2%	0.7%	0.2%	2.0%
Steroids (no prescription)	N/A	N/A	1.4%	1.9%	1.4%	1.2%	0.2%	0.3%	0.3%	2%	0.2%	0.4%	0.2%	0.9%	0.0%	0.3%
Other Illegal Drugs ¹	N/A	N/A	7.5%	7.6%	6.6%	5.6%	4.1%	3.5%	2.4%	N/A	3.2%	1.8%	0.8%	2.4%	3.4%	3.3%
Oxycontin	N/A	N/A	N/A	N/A	N/A	N/A	0.8%	1.6%	1.1%	N/A	1.6%	0.7%	0.4%	1.8%	1.4%	1.0%
CURRENT (any use in past 30 days)																
Cigarettes	26.8%	20.2%	15.7%	13.8%	12.4%	12.5%	7.0%	5.5%	3.3%	11%	4.2%	2.6%	1.5%	2.7%	4.5%	5.1%
Alcohol	51.5%	50.6%	44.0%	40.9%	38.2%	36.7%	31.5%	33.3%	29.3%	36%	27.8%	30.6%	8.6%	23.8%	38.7%	50.1%
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%	15.1%	19%	14.7%	15.4%	2.7%	10.9%	18.5%	31.1%
Marijuana	23.7%	26.3%	22.9%	23.3%	20.2%	22.7%	19.3%	17.0%	17.2%	25%	18.1%	16.5%	3.6%	12.7%	23.4%	31.9%
Cocaine	1.7%	1.4%	2.5%	2.9%	2.3%	1.3%	0.3%	0.8%	0.6%	N/A	1.1%	0.2%	0.2%	0.4%	1.4%	0.5%
Ecstasy	N/A	N/A	2.3%	1.7%	1.1%	1.0%	0.4%	0.8%	0.1%	N/A	0.1%	0.1%	0.0%	0.2%	0.0%	0.3%
Inhalants	3.1%	2.2%	2.6%	2.8%	2.6%	1.8%	1.7%	0.6%	0.8%	N/A	0.9%	0.7%	1.0%	0.7%	0.9%	0.5%
Heroin	N/A	N/A	0.9%	1.0%	0.9%	0.5%	0.3%	0.1%	0.1%	N/A	0.0%	0.1%	0.0%	0.0%	0.0%	0.3%
Methamphetamines	N/A	N/A	1.8%	2.0%	1.3%	1.1%	0.4%	0.3%	0.3%	N/A	0.5%	0.2%	0.0%	0.0%	0.2%	1.3%
Steroids (no prescription)	N/A	N/A	0.9%	1.5%	0.9%	0.9%	0.1%	0.1%	0.1%	N/A	0.0%	0.2%	0.0%	0.2%	0.0%	0.3%
Other Illegal Drugs ¹	N/A	N/A	3.3%	3.7%	3.5%	2.9%	1.8%	1.7%	1.0%	N/A	1.2%	0.8%	0.2%	0.9%	2.0%	1.0%
Oxycontin	N/A	N/A	N/A	N/A	N/A	N/A	0.3%	0.7%	0.6%	N/A	0.9%	0.4%	0.0%	0.9%	1.1%	0.5%
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%	1.6%	N/A	1.6%	1.7%	0.6%	1.3%	2.9%	1.8%
Used over-the-counter medication to get high	N/A	N/A	4.3%	3.6%	3.3%	2.6%	1.6%	2.3%	0.9%	N/A	0.7%	0.9%	0.8%	0.4%	1.1%	1.0%
Used "study drugs" to stay awake	N/A	N/A	N/A	6.6%	5.1%	4.0%	3.1%	4.9%	4.2%	N/A	4.5%	4.0%	0.4%	3.8%	5.6%	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".

2014-2015 NEWTON YOUTH RISK BEHAVIOR SURVEY

Violence and Safety - High School (N=1,764)

	TOTAL										MA 2013 YRBS	GENDER		GRADE			
	1998 (1640)	2000 (1658)	2002 (1707)	2004 (1751)	2006 (1810)	2008 (1760)	2010 (1800)	2012 (1733)	2014 (1764)	2013		Males (807)	Females (950)	9th (478)	10th (450)	11th (444)	12th (392)
CARRIED A WEAPON¹ (30 days)																	
When in school	6.2%	5.2%	4.9%	5.2%	5.0%	4.3%	1.8%	2.1%	1.3%	3%	1.9%	0.7%	0.2%	1.8%	1.6%	1.8%	
When NOT in school	13.9%	12.1%	10.0%	11.2%	11.2%	8.9%	6.8%	6.9%	5.6%	N/A	9.1%	2.6%	3.8%	7.1%	5.6%	5.9%	
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%	3.0%	5%	5.0%	1.1%	3.8%	2.9%	3.2%	1.8%	
When NOT in school	26.9%	24.1%	19.6%	20.4%	19.1%	16.4%	13.6%	11.2%	7.2%	N/A	11.6%	3.4%	8.8%	7.6%	7.2%	4.6%	
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%	4.5%	N/A	4.2%	4.7%	5.7%	5.3%	3.8%	3.1%	
Bullied/harassed in school	N/A	N/A	21.0%	19.7%	17.2%	19.1%	15.2%	13.8%	11.1%	N/A	11.1%	11.1%	13.3%	12.7%	9.3%	8.7%	
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%	6.5%	N/A	4.5%	8.2%	5.5%	7.3%	6.3%	6.9%	
Bullied/harassed on the internet	N/A	N/A	N/A	N/A	N/A	15.2%	12.1%	11.3%	7.4%	N/A	6.6%	8.1%	8.6%	7.8%	7.0%	6.1%	
Saw someone else bullied/harassed in school	N/A	N/A	N/A	N/A	N/A	N/A	41.6%	37.7%	29.6%	N/A	29.4%	29.5%	31.7%	32.8%	26.2%	27.0%	
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%	4.5%	N/A	4.5%	4.3%	4.6%	7.6%	3.6%	2.0%	
Worried when NOT in school (somewhat/very)	20.1%	13.9%	14.6%	11.7%	11.7%	12.5%	10.3%	10.8%	9.9%	N/A	6.5%	12.7%	10.5%	10.7%	10.1%	7.9%	
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%	2.4%	4%	2.9%	2.0%	2.3%	3.3%	2.7%	1.3%	
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%	0.7%	N/A	0.5%	1.0%	0.2%	0.4%	0.5%	2.0%	
Sexually hurt only by a date (ever)	N/A	2.5%	2.8%	3.6%	2.2%	1.7%	2.0%	2.0%	1.5%	N/A	0.4%	2.5%	0.2%	2.2%	2.0%	1.8%	
Both physically & sexually hurt by a date (ever)	N/A	1.8%	2.1%	1.7%	1.7%	1.5%	1.1%	0.8%	0.6%	N/A	0.2%	1.0%	0.0%	0.9%	0.9%	0.8%	

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

2014-2015 NEWTON YOUTH RISK BEHAVIOR SURVEY

Stress, Support, Depression, and Suicide - High School (N=1,764)

	TOTAL									MA 2013 YRBS	GENDER		GRADE			
	1998 (1640)	2000 (1658)	2002 (1707)	2004 (1751)	2006 (1810)	2008 (1760)	2010 (1800)	2012 (1733)	2014 (1764)		Males (807)	Females (950)	9th (478)	10th (450)	11th (444)	12th (392)
STRESS																
Life somewhat/very stressful	N/A	75.7%	78.0%	74.2%	73.0%	72.3%	73.4%	74.9%	78.9%	N/A	69.0%	87.4%	71.5%	80.8%	81.1%	83.1%
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%	73.4%	N/A	60.9%	84.2%	66.9%	76.6%	74.9%	76.0%
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%	39.4%	N/A	32.1%	45.6%	37.8%	39.6%	37.9%	42.8%
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%	28.3%	N/A	20.9%	34.5%	23.3%	27.4%	28.8%	34.6%
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%	38.2%	N/A	22.9%	51.2%	34.5%	38.4%	39.3%	41.0%
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%	3.4%	N/A	2.6%	4.1%	3.6%	4.9%	2.7%	2.3%
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%	65.6%	N/A	68.7%	63.1%	54.0%	64.7%	68.1%	77.9%
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%	84.9%	N/A	86.1%	84.0%	87.2%	84.2%	82.4%	85.6%
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%	83.3%	N/A	84.8%	82.0%	84.7%	84.7%	79.5%	84.3%
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%	11.2%	N/A	6.1%	15.5%	10.5%	15.5%	9.9%	8.5%
Depressed (12 months)	N/A	N/A	23.9%	22.0%	17.5%	18.4%	15.9%	17.8%	16.4%	25%	11.2%	20.7%	12.4%	18.9%	19.0%	15.6%
Sought medical help/medication for depression (12 months)	9.1%	9.0%	10.2%	9.3%	8.4%	8.0%	6.2%	8.2%	8.6%	N/A	6.1%	10.6%	3.2%	7.4%	12.4%	12.1%
Seriously considered suicide (12 months)	16.6%	15.1%	14.3%	10.6%	7.6%	9.3%	6.8%	8.9%	7.5%	13%	5.6%	9.1%	5.7%	9.3%	8.6%	6.6%
Attempted suicide (12 months)	5.1%	4.7%	5.5%	4.0%	2.8%	2.6%	1.7%	3.6%	2.3%	6%	1.6%	2.9%	1.7%	2.9%	2.7%	1.8%
Injured in suicide attempt (12 months)	N/A	N/A	1.7%	1.3%	1.1%	1.1%	0.2%	1.3%	0.7%	2%	0.5%	1.0%	0.2%	1.1%	0.9%	0.8%

2014-2015 NEWTON YOUTH RISK BEHAVIOR SURVEY

Miscellaneous - High School (N=1,764)

	TOTAL									MA	GENDER		GRADE			
	1998 (1640)	2000 (1658)	2002 (1707)	2004 (1751)	2006 (1810)	2008 (1760)	2010 (1800)	2012 (1733)	2014 (1764)	2013 YRBS	Males (807)	Females (950)	9th (478)	10th (450)	11th (444)	12th (392)
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%	7.2%	18%	7.1%	7.3%	6.7%	6.4%	6.5%	9.4%
Drove after drinking - (30 days) All students	5.0%	6.2%	5.7%	5.9%	4.9%	4.8%	1.4%	1.7%	1.7%	7%	1.8%	1.7%	0.4%	0.5%	1.4%	5.1%
Drove after drinking - (30 days) Of drivers	16.7%	22.2%	18.2%	19.3%	16.5%	19.3%	6.9%	7.7%	8.1%	N/A	8.4%	8.0%	40.0%	6.7%	5.2%	9.2%
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%	11.6%	N/A	12.3%	10.9%	2.3%	6.2%	16.0%	24.2%
Drove after using marijuana - (30 days) All students	5.8%	6.9%	6.7%	7.5%	5.0%	6.3%	4.0%	4.5%	4.1%	N/A	4.2%	4.0%	0.2%	0.7%	4.3%	12.5%
Drove after using marijuana - (30 days) Of drivers	19.5%	25.4%	22.8%	24.9%	18.3%	25.5%	17.9%	19.2%	19.8%	N/A	20.0%	19.8%	25.0%	10.0%	15.7%	23.6%
SEXUAL BEHAVIOR																
Ever had sexual intercourse	23.4%	21.2%	24.2%	24.1%	24.1%	24.5%	19.3%	19.3%	16.3%	38%	17.0%	15.7%	3.4%	8.3%	21.3%	35.9%
Intercourse in past 3 months	16.4%	15.6%	17.3%	18.0%	16.6%	18.1%	14.6%	13.7%	12.0%	28%	12.4%	11.7%	1.5%	5.8%	15.3%	28.1%
Ever been/gotten someone pregnant	2.2%	1.3%	2.1%	2.4%	2.0%	1.5%	0.8%	0.8%	0.6%	N/A	0.5%	0.6%	0.0%	0.2%	1.1%	1.0%
Condom use at last intercourse ¹	72.4%	77.0%	72.6%	72.4%	74.4%	73.7%	79.6%	75.9%	71.8%	58%	78.6%	66.0%	76.9%	77.8%	79.6%	64.5%
Alcohol/drugs at last intercourse ¹	23.6%	27.3%	23.9%	26.2%	22.1%	21.0%	20.3%	23.1%	21.4%	24%	19.5%	23.3%	21.4%	2.7%	19.8%	27.3%
WEIGHT																
Consider self slightly/very overweight	24.6%	23.4%	23.8%	23.1%	22.2%	20.3%	19.0%	21.1%	20.5%	29%	17.6%	23.1%	18.2%	21.4%	23.5%	19.0%
Trying to lose weight	36.4%	39.1%	39.2%	37.3%	36.0%	36.7%	35.3%	34.6%	32.6%	45%	18.3%	44.8%	26.3%	34.8%	35.7%	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%	41.8%	N/A	30.1%	51.5%	35.6%	44.0%	43.3%	45.1%
Fasted to lose/maintain weight (30 days)	N/A	N/A	7.3%	6.6%	5.7%	5.4%	4.6%	5.0%	4.5%	10%	1.6%	6.9%	2.7%	5.1%	5.6%	4.9%
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%	1.7%	4%	0.7%	2.4%	1.3%	1.3%	2.9%	1.0%
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%	1.0%	3%	0.6%	1.4%	0.6%	1.1%	1.6%	0.8%

¹ Of those who had sexual intercourse.