

SUMMARY OF RESULTS
FROM THE
2018-2019
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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2019

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BACKGROUND

REPORT FORMAT

In October of 2018, the Newton Public Schools administered the 2018-2019 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 1998-99, 2000-01, 2002-03, 2004-05, 2006-07, 2008-09, 2010-11, 2012-13, 2014-15, and 2016-17 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: Substance 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 October of 2018 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
429	405	411	0	456	451	443	405	0	3,000
Middle School = 1,245				High School = 1,755					

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 Centers for Disease Control and Prevention. Methodology of the Youth Risk Behavior Surveillance System – 2013. MMWR 2013;62 [RR-1].).

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, 2012, 2014, and 2016), it is possible to look at trends among Newton youth. Trend comparisons in reports related to the 2018 survey are made using results from a decade of surveys (2008 to 2018) 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 2017. Comparable Massachusetts *middle school* data are not available since Massachusetts does not administer a statewide middle school survey.

WHO HAS THE PROBLEM?

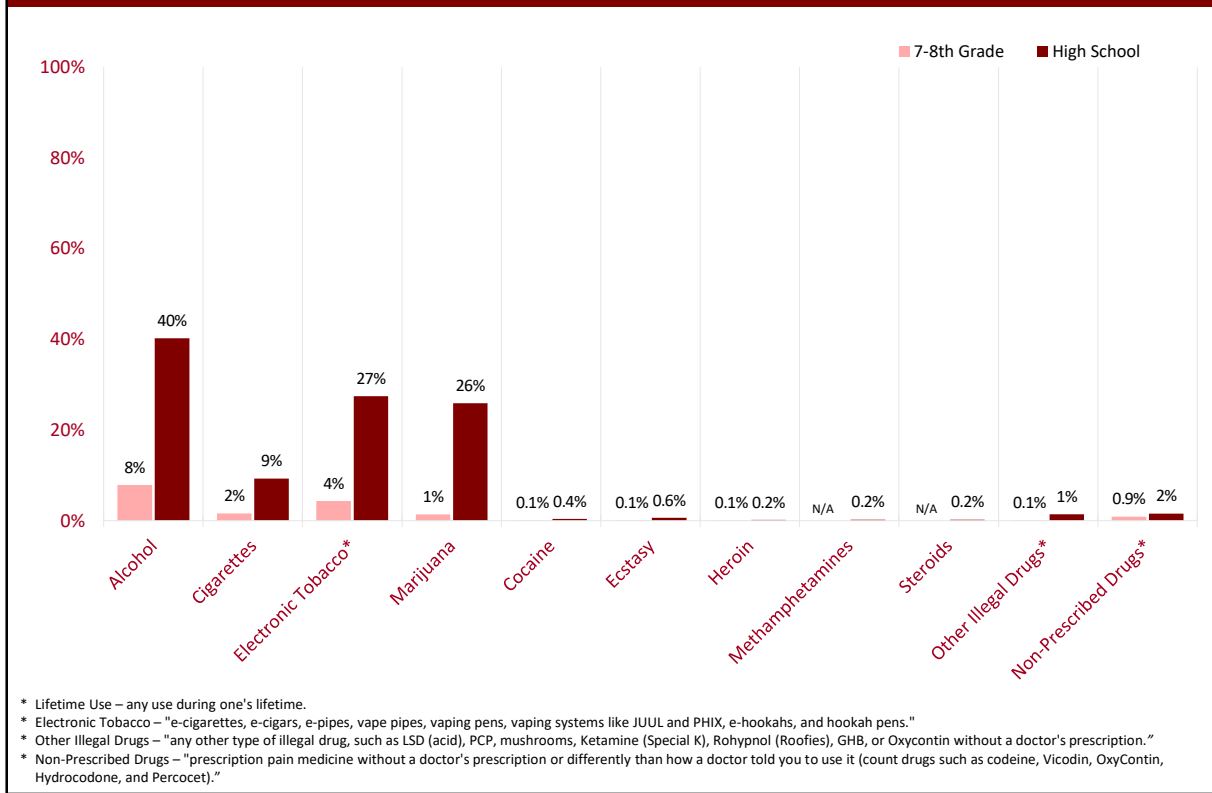
Although this survey was administered to middle and high school students, this does not mean that the problems addressed are confined solely to youth. For example, national studies of substance use show that rates of use are higher among young adults than adolescents. It is also important to keep in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

Substance Use

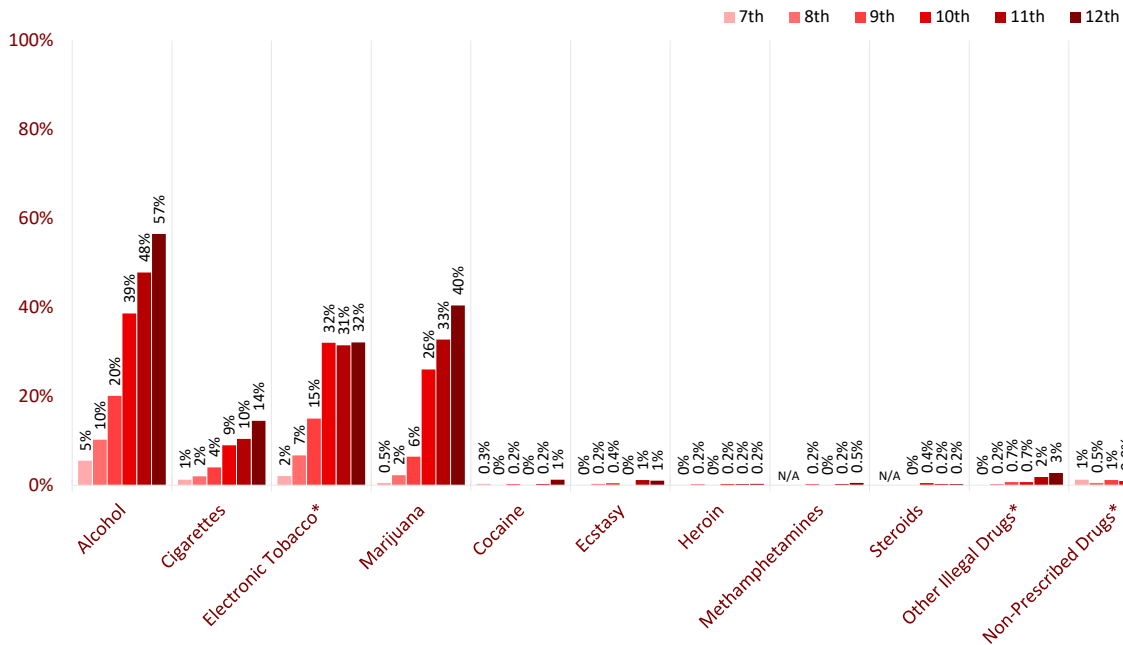
Lifetime* Substance Use for Newton 7-8th Grade and High School Students (2018)



SELECTED POINTS

- Lifetime substance use is any use in one's lifetime.
- Electronic tobacco use is referenced in the survey as the use of "electronic tobacco (e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, vaping systems like JUUL and PHIX, e-hookahs, and hookah pens)." The reference to "vaping systems like JUUL and PHIX" was added in 2018.
- Questions concerning non-medical use of prescription drugs (NMUPD) were added to the survey in 2018. The items reference use of "prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it (count drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet)." 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 8% of Newton 7th and 8th graders and 40% of high school students reporting that they had consumed alcohol in their lifetime. Twenty-seven percent (27%) of high school students reported ever using electronic tobacco, 26% ever using marijuana, and 9% smoking cigarettes. Use of illegal drugs other than marijuana was much less common.

Lifetime* Substance Use for Newton 7-8th Grade and High School Students, by Grade (2018)



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

* Electronic Tobacco – "e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, vaping systems like JUUL and PHIX, e-hookahs, and hookah pens."

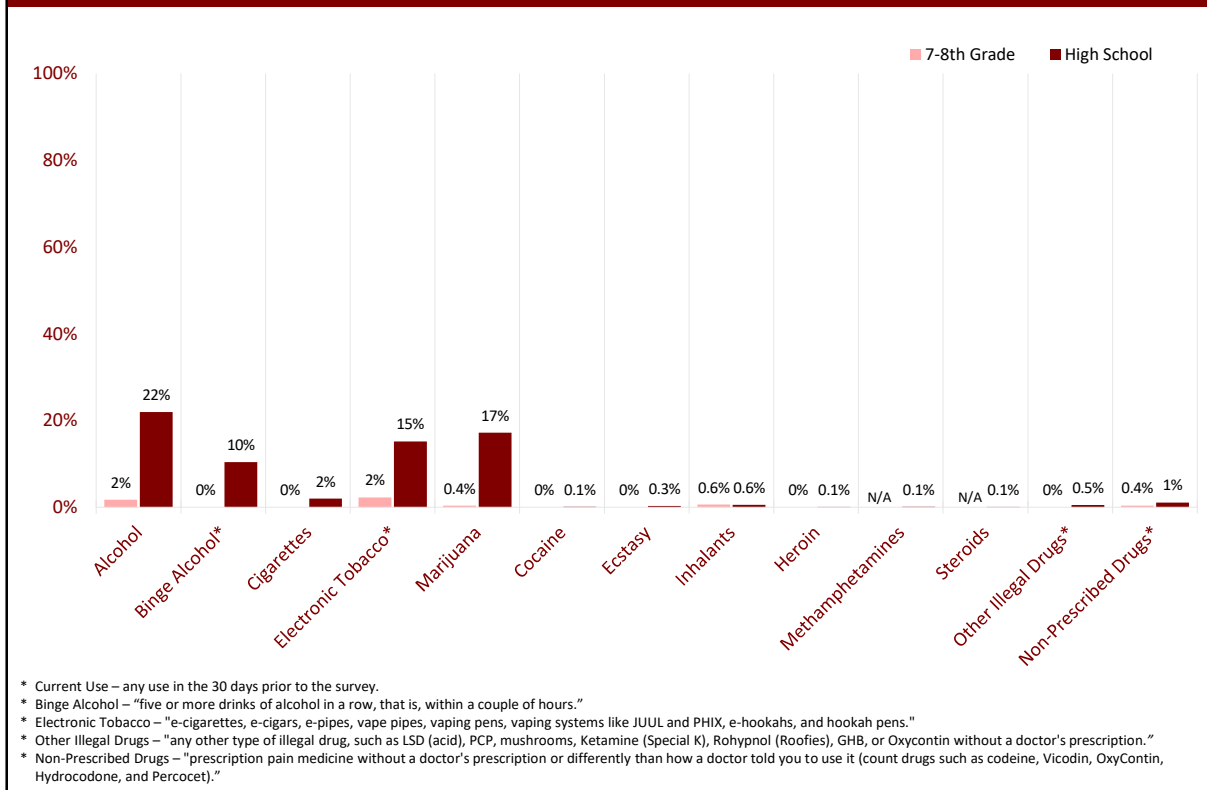
* Other Illegal Drugs – "any other type of illegal drug, such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), GHB, or Oxycontin without a doctor's prescription."

* Non-Prescribed Drugs – "prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it (count drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet)."

SELECTED POINTS

- Overall, the percentage of students who reported ever using each of these substances increased with age/grade. For example, 5% of Newton 7th graders reported using alcohol at least once in their lifetime, compared to 57% of 12th graders.
- By late Fall of their senior year, over half of Newton youth have tried alcohol (57%), 40% have tried marijuana, 32% have used electronic tobacco, and 14% have smoked cigarettes.
- The percentage of Newton 12th graders who reported ever using illegal drugs other than marijuana was as follows – cocaine (1%), ecstasy (1%), heroin (0.2%), methamphetamines (0.5%), steroids (0.2%), other illegal drugs (3%).
- Two percent (2%) of Newton 12th graders reported non-medical use of prescription drugs (NMUPD) in their lifetime.

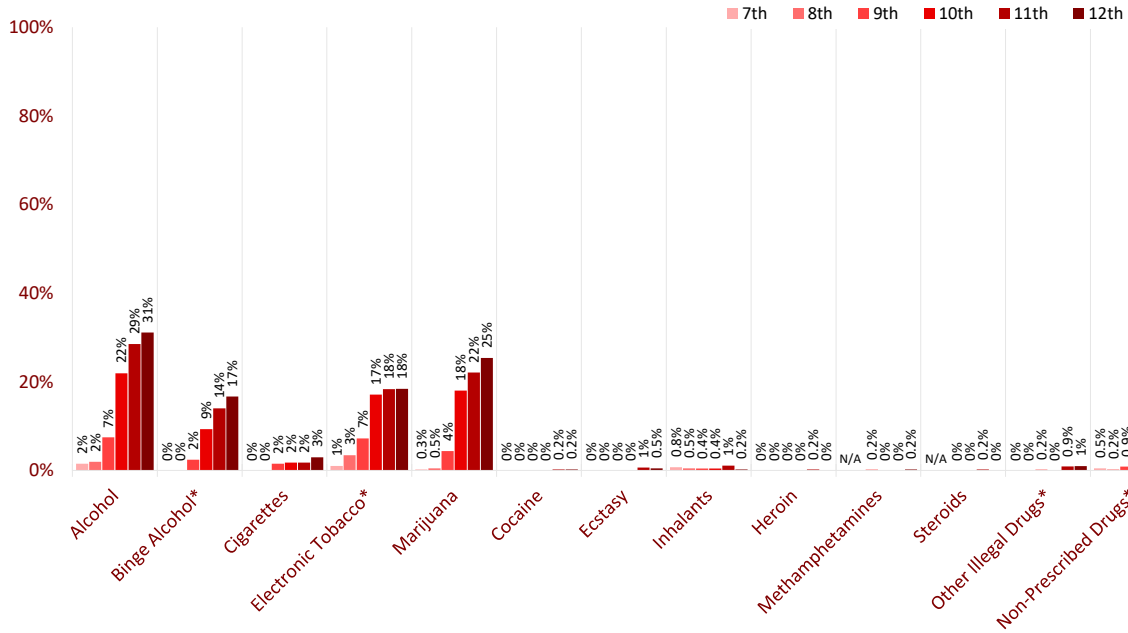
Current* Substance Use for Newton 7-8th Grade and High School Students (2018)



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 22% of high school students reporting that they had consumed alcohol in the 30 days prior to the survey.
- Ten percent (10%) of high school students reported binge drinking in the same time period. This means that close to half (45%) of those who drank in the past 30 days engaged in binge drinking.
- Note that the high school rate of current electronic tobacco use (15%) is much higher than the rate of current cigarette use (2%), as is the rate of current marijuana use (17%).
- 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 (2018)

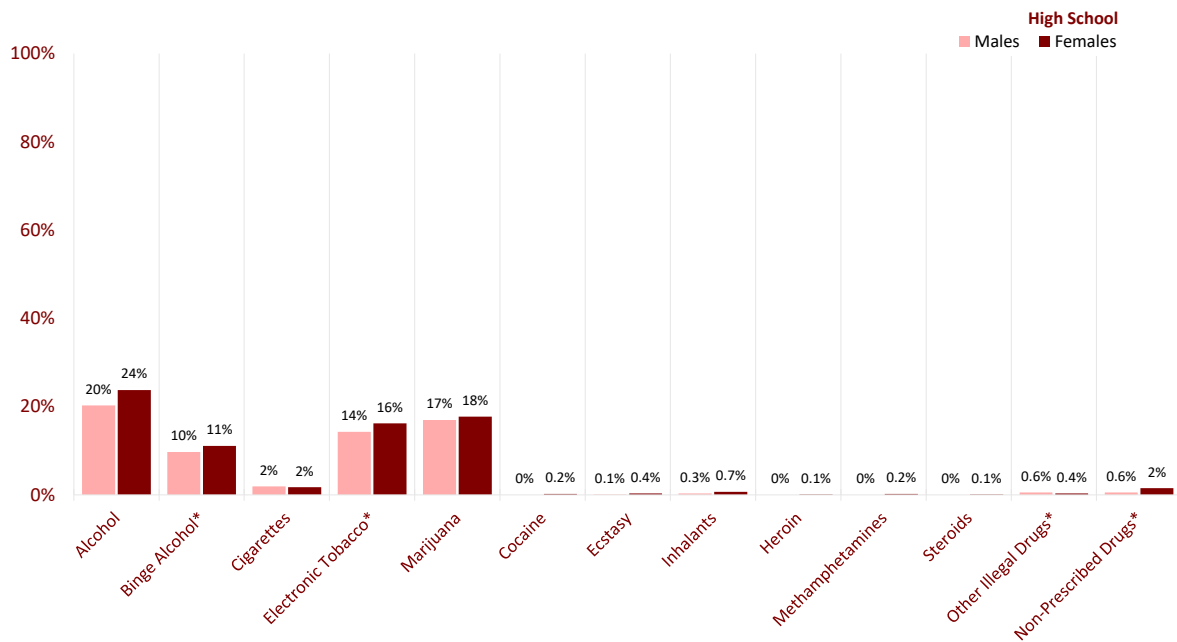


* Current Use – any use in the 30 days prior to the survey.
 * Binge Alcohol – “five or more drinks of alcohol in a row, that is, within a couple of hours.”
 * Electronic Tobacco – “e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, vaping systems like JUUL and PHIX, e-hookahs, and hookah pens.”
 * Other Illegal Drugs – “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.”
 * Non-Prescribed Drugs – “prescription pain medicine without a doctor’s prescription or differently than how a doctor told you to use it (count drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet).”

SELECTED POINTS

- Overall, the percentage of Newton youth who reported current substance use increased with age/grade. For example, the percentage of students who reported current marijuana use increased from 0.3% in 7th grade to 25% in 12th grade.
- Note the comparatively large increases in use of more common substances between grades 8 and 9 (alcohol – 7% to 22%, binge alcohol – 2% to 9%, electronic tobacco – 7% to 17%, marijuana – 4% to 18%).

Current* Substance Use for Newton High School Students, by Gender (2018)



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

* Binge Alcohol – "five or more drinks of alcohol in a row, that is, within a couple of hours."

* Electronic Tobacco – "e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, vaping systems like JUUL and PHIX, e-hookahs, and hookah pens."

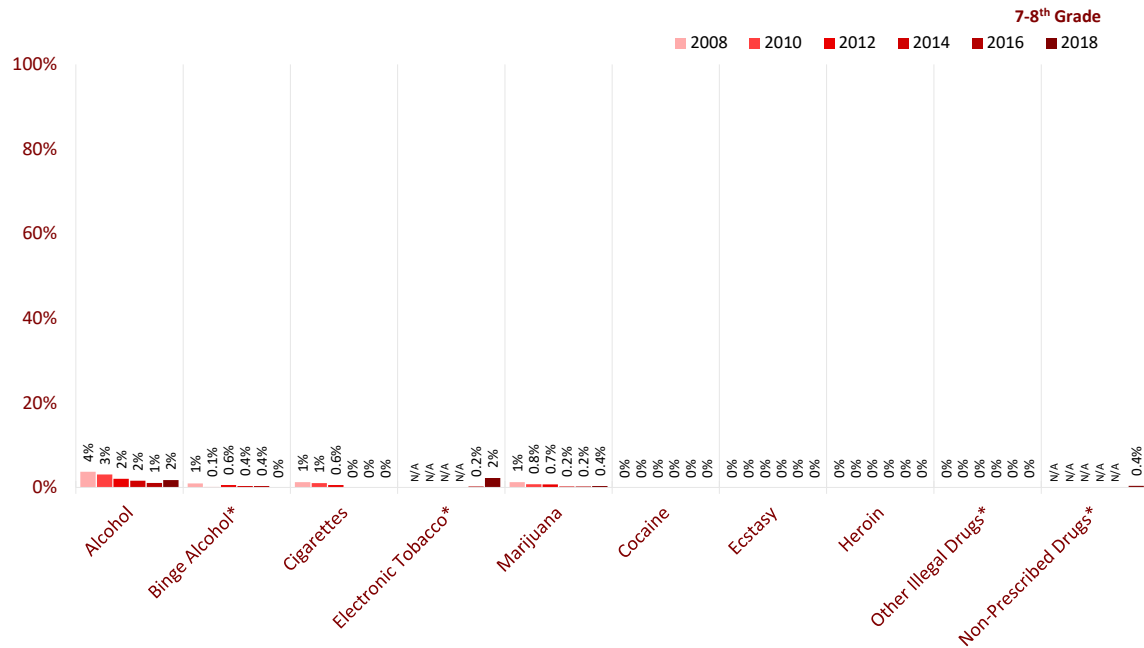
* Other Illegal Drugs – "any other type of illegal drug, such as LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), GHB, or Oxycontin without a doctor's prescription."

* Non-Prescribed Drugs – "prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it (count drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet)."

SELECTED POINTS

- Newton high school males and females reported fairly similar rates of current substance use, with females reporting slightly higher rates overall.
- Patterns among Newton 7th and 8th grade students are as follows:
 - Alcohol – 2% males, 1% females
 - Binge Alcohol – 0% males, 0% females
 - Cigarettes – 0% males, 0% females
 - Electronic Tobacco – 2% males, 3% females
 - Marijuana – 0.7% males, 0% females
 - Cocaine – 0% males, 0% females
 - Ecstasy – 0% males, 0% females
 - Inhalants – 0.2% males, 1% females
 - Heroin – 0% males, 0% females
 - Methamphetamines – not asked
 - Steroids – not asked
 - Other Illegal Drugs – 0% males, 0% females
 - Non-Prescribed Drugs – 0.5% males, 0.3% females.

Trends in Current* Substance Use for Newton 7-8th Grade Students ('08, '10, '12, '14, '16, '18)

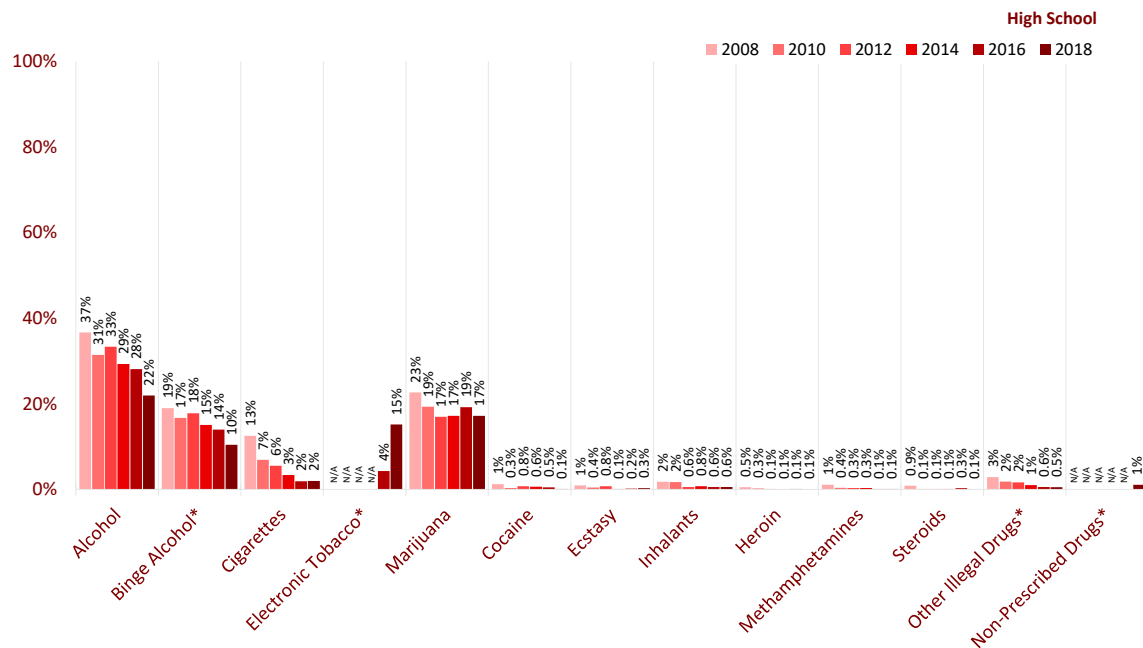


* Current Use – any use in the 30 days prior to the survey.
 * Binge Alcohol – “five or more drinks of alcohol in a row, that is, within a couple of hours.”
 * Electronic Tobacco – “e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, vaping systems like JUUL and PHIX, e-hookahs, and hookah pens.”
 * Other Illegal Drugs – “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.”
 * Non-Prescribed Drugs – “prescription pain medicine without a doctor’s prescription or differently than how a doctor told you to use it (count drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet).”

SELECTED POINTS

- 2016 to 2018: While there was little change in rates of current substance use among Newton 7th and 8th grade students between 2016 and 2018, the rate of current use of electronic tobacco increased from 0.2% to 2%.
- 2008 to 2018: With the exception of increased electronic tobacco use noted above, overall rates of current substance use among Newton 7th and 8th grade students have declined and remained low since 2008 – alcohol (4% in 2008 to 2% in 2018), binge alcohol (1% to 0%), cigarettes (1% to 0%), marijuana (1% to 0.4%).

Trends in Current* Substance Use for Newton High School Students ('08, '10, '12, '14, '16, '18)

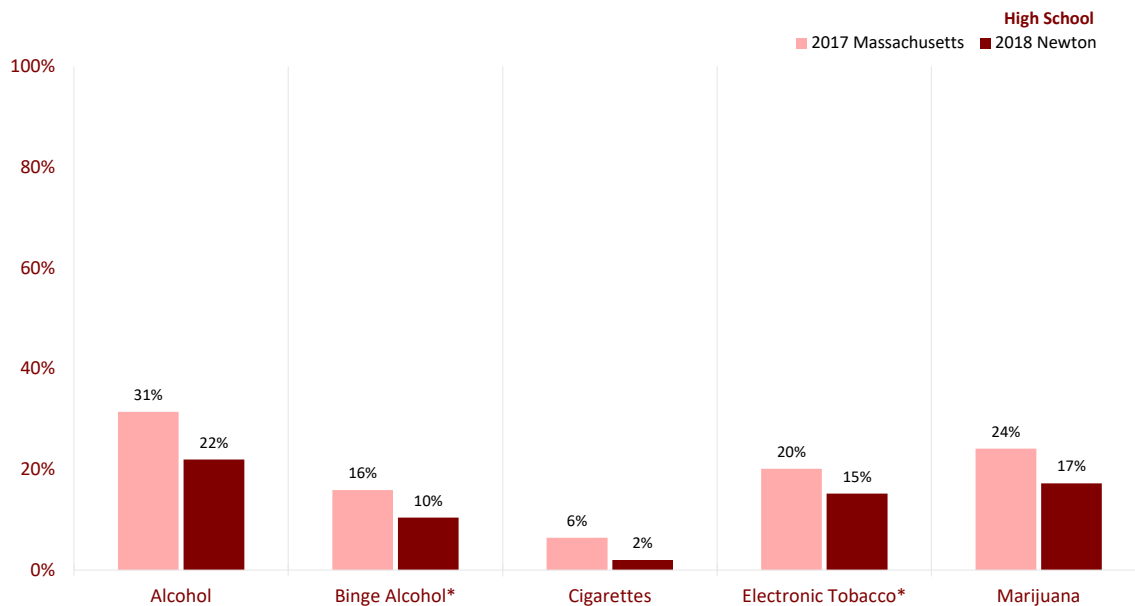


* Current Use – any use in the 30 days prior to the survey.
 * Binge Alcohol – “five or more drinks of alcohol in a row, that is, within a couple of hours.”
 * Electronic Tobacco – “e-cigarettes, e-cigars, e-pipes, vape pipes, vaping pens, vaping systems like JUUL and PHIX, e-hookahs, and hookah pens.”
 * Other Illegal Drugs – “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.”
 * Non-Prescribed Drugs – “prescription pain medicine without a doctor’s prescription or differently than how a doctor told you to use it (count drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet).”

SELECTED POINTS

- 2016 to 2018: Current use of alcohol, marijuana, and illegal drugs other than marijuana among Newton high school students declined between 2016 and 2018. While the rate of cigarette use was unchanged at 2%, the rate of current electronic tobacco use increased substantially from 4% to 15%.
- 2008 to 2018: With the exception of increased electronic tobacco use noted above, rates of most current substance use have decreased since 2008, and current use of illegal drugs other than marijuana has remained comparatively low. An exception is current marijuana use which has remained largely consistent over time, varying between 17% and 19% since 2010.

Current* Substance Use for Massachusetts* High School Students (2017) and Newton High School Students (2018)



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

* Massachusetts high school data are from the 2017 MA Youth Risk Behavior Survey conducted by the MA Department of Education in Spring, 2017. The Massachusetts survey does not ask about current use of illegal drugs other than marijuana.

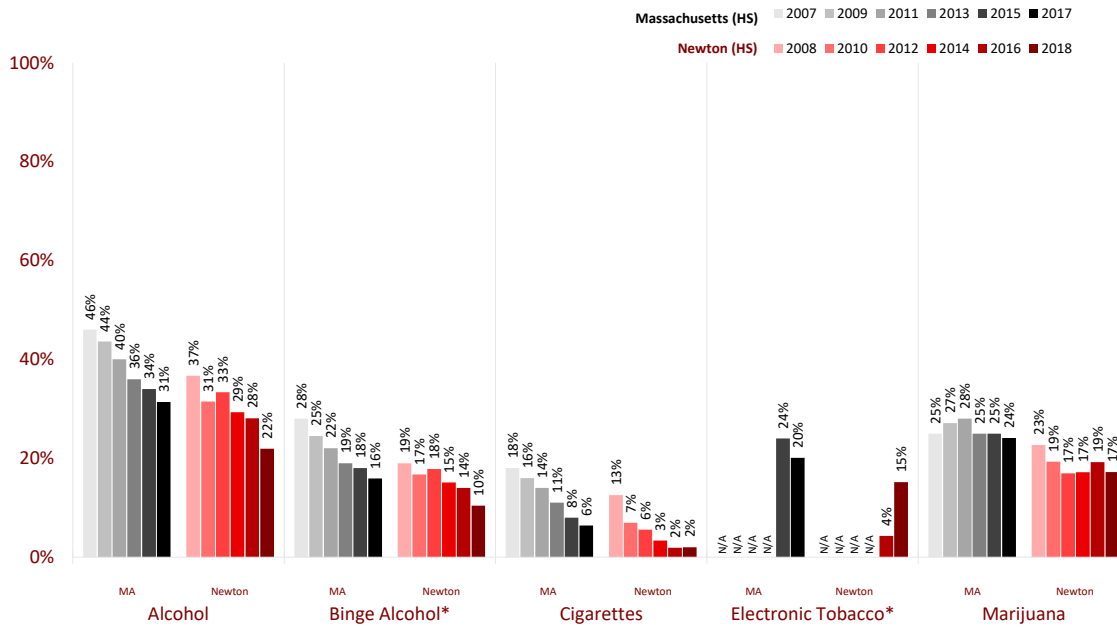
* Binge Alcohol – “five or more drinks of alcohol in a row, that is, within a couple of hours.” The 2017 MA YRBS defined binge alcohol use as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

* Electronic Tobacco – “e-cigarettes, e-cigs, e-pipes, vape pipes, vaping pens, vaping systems like JUUL and PHIX, e-hookahs, and hookah pens.”

SELECTED POINTS

- Massachusetts data displayed here and elsewhere in this summary are from the 2017 Massachusetts Youth Risk Behavior Survey, which was administered during the Spring of the 2017 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 – 22% Newton, 31% MA
 - Binge Alcohol – 10% Newton, 16% MA
 - Cigarettes – 2% Newton, 6% MA
 - Electronic Tobacco – 15% Newton, 20% MA
 - Marijuana – 17% Newton, 24% MA

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

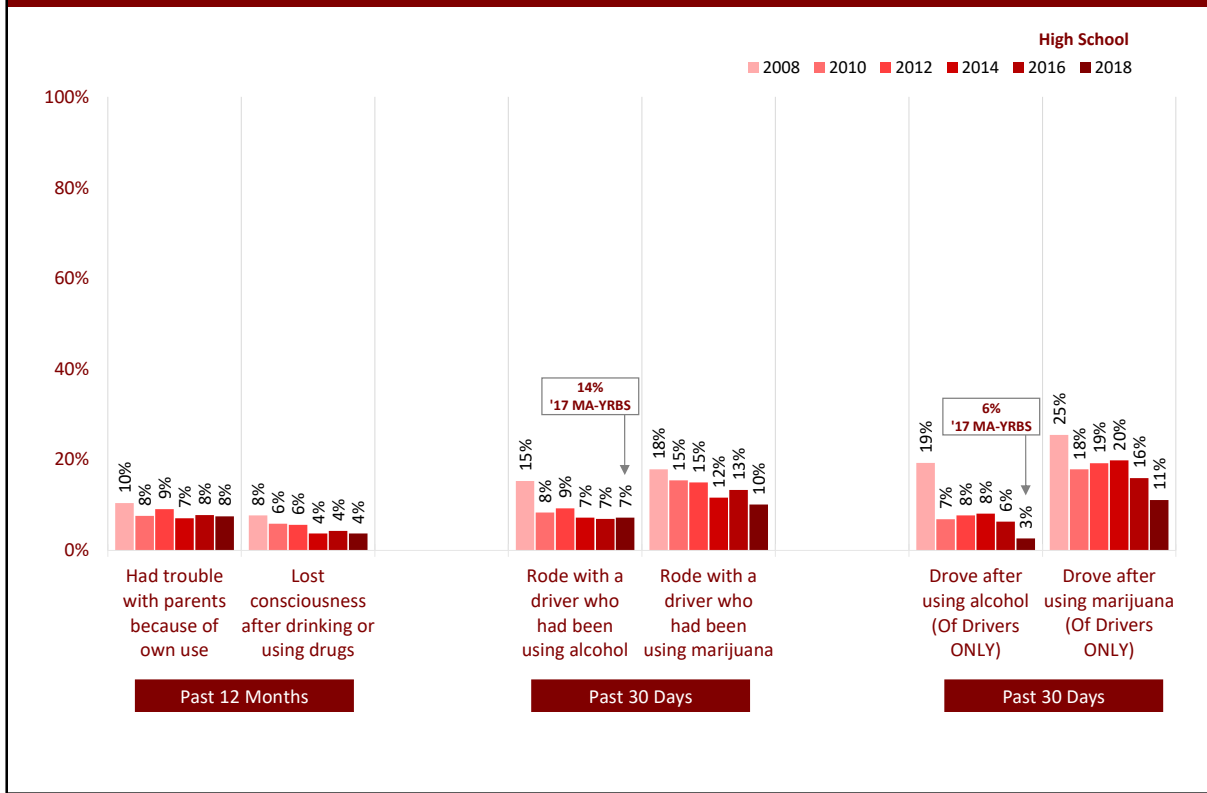


* Current Use – any use in the 30 days prior to the survey.
 * Massachusetts high school data are from the 2017 MA Youth Risk Behavior Survey conducted by the MA Department of Education in Spring, 2017. The Massachusetts survey does not ask about current use of illegal drugs other than marijuana.
 * Binge Alcohol – “five or more drinks of alcohol in a row, that is, within a couple of hours.” The 2017 MA YRBS defined binge alcohol use as 4 or more drinks in a row for females and 5 or more drinks in a row for males.
 * Electronic Tobacco – “e-cigarettes, e-cigs, e-pipes, vape pipes, vaping pens, vaping systems like JUUL and PHIX, e-hookahs, and hookah pens.”

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.
- Rates of current alcohol and cigarette use have decreased in both Massachusetts and Newton, while current use of marijuana has remained relatively consistent.
- While current use of electronic tobacco products decreased among Massachusetts high school students between 2015 and 2017 (24% to 20%), the rate among Newton high school students increased from 2016 to 2018 (4% to 15%).

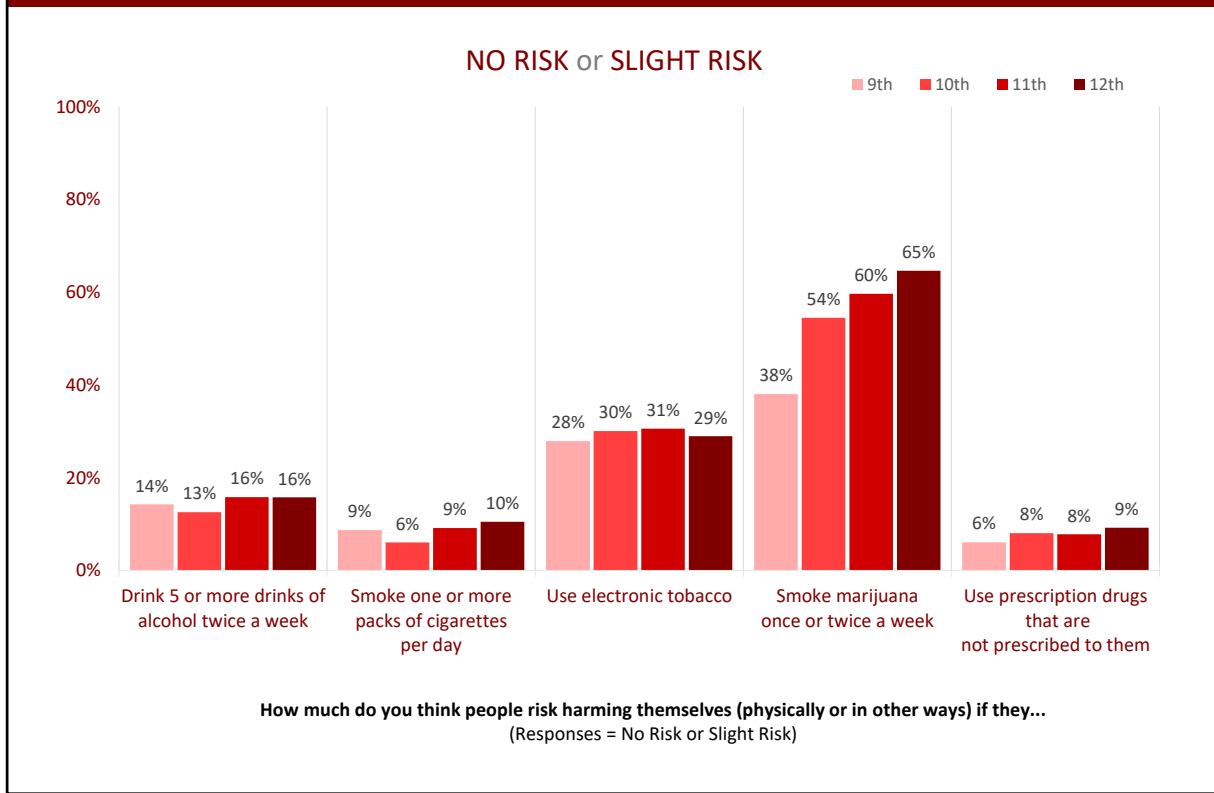
Issues Related to Substance Use Among Newton High School Students ('08, '10, '12, '14, '16, '18)



SELECTED POINTS

- Eight percent (8%) of 2018 Newton high school students reported that their use of alcohol or other drugs resulted in them getting into trouble with their parents in the 12 months prior to the survey and 4% reported that they lost consciousness (passed out) after drinking or using drugs.
- Marijuana-related driving is more common than alcohol-related driving. Seven percent (7%) of 2018 Newton high school students reported riding with a driver who had been drinking alcohol in the 30 days prior to the survey compared to 10% who rode with a driver who had been using marijuana. Three percent (3%) of drivers reported that they drove after drinking alcohol in the 30 days prior to the survey compared to 11% of drivers who drove after using marijuana.
- **Trends:** Rates of these behaviors/consequences remained consistent or decreased in 2018, with all below peak levels previously observed.
- **Comparisons:** Newton 2018 rates of alcohol-related riding and driving were half as high as those among Massachusetts 2017 high school students – rode with a driver who had been drinking alcohol (7% Newton, 14% MA), drivers who drove after drinking alcohol (3% Newton, 6% MA). Comparative data for Massachusetts are not available for other items. *MA data from the 2017 MA Youth Risk Behavior Survey*
- **Gender:** Males were somewhat more likely to report driving under the influence: had trouble with parents (8% males, 7% females), lost consciousness (4%, 4%), rode with a drinking driver (6%, 8%), drivers who drove after drinking (4%, 1%), rode with a marijuana-using driver (10%, 11%), drivers who drove after using marijuana (11%, 10%).
- **Grade:** The percentage of 2018 Newton high school students who reported these issues increased with age/grade: trouble with parents (2%, 6%, 10%, 13%), lost consciousness (1%, 2%, 5%, 7%), rode with drinking driver (7%, 7%, 7%, 8%), drivers who drove after drinking (0%, 0%, 4%, 2%), rode with marijuana-using driver (3%, 8%, 13%, 18%), drivers who drove after using marijuana (0%, 3%, 9%, 14%).

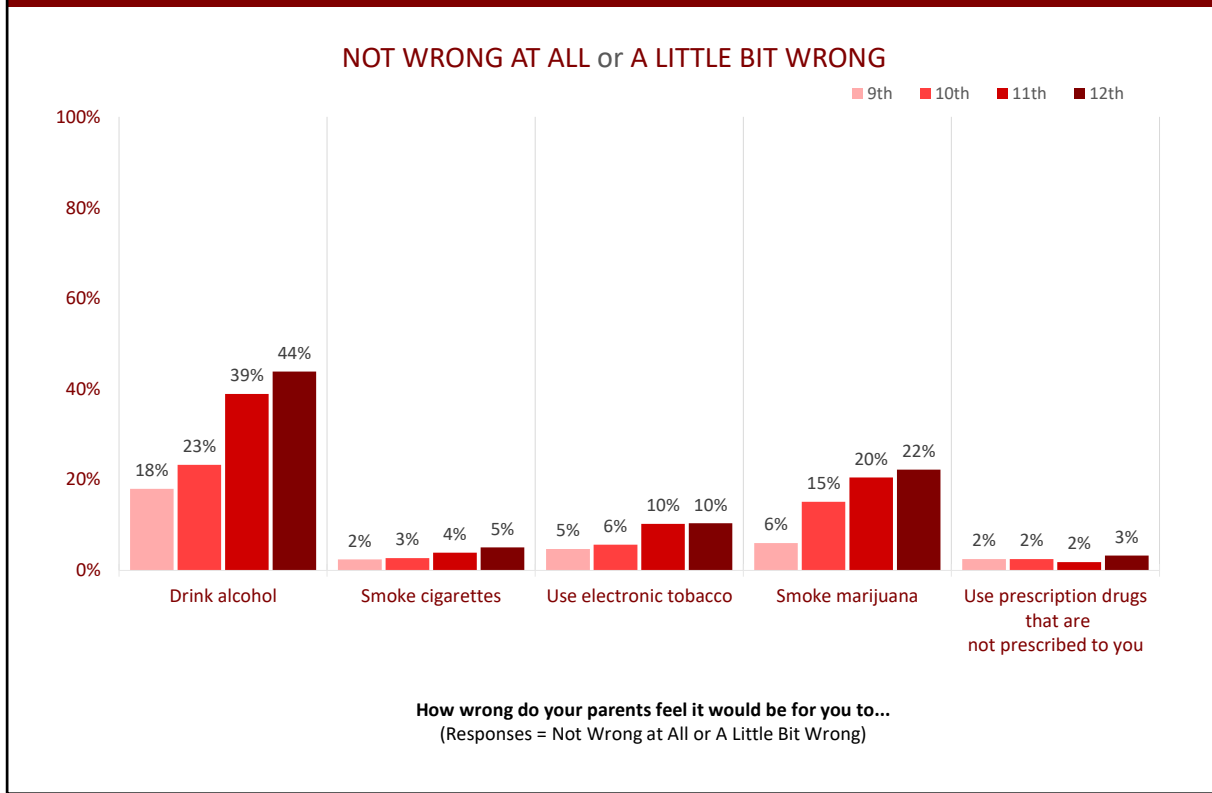
Low Perceived Risk of Substance Use among Newton High School Students, by Grade (2018)



SELECTED POINTS

- Respondents were asked "How much do you think people risk harming themselves (physically or in other ways) if they...". Displayed are the percentage of respondents who answered *no risk* or *slight risk*. Overall, respondents perceive use of non-prescribed prescription drugs to be most risky, followed by cigarettes, binge alcohol, electronic tobacco, and marijuana.
- **Trends:** Low perceived risk of use declined slightly (improved) between 2016 and 2018 – binge alcohol (16% 2016, 15% 2018), cigarettes (10%, 9%), electronic tobacco (N/A, 29%), marijuana (58%, 54%), non-prescribed prescription drugs (9%, 8%). Trend data for other years are not available as items were added to the survey in 2016 and 2018.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Males were more likely than females to perceive low risk of substance use: drink 5 or more drinks of alcohol twice a week (18% males, 11% females), smoke one or more packs of cigarettes per day (10% males, 7% females), use electronic tobacco (35% males, 23% females), smoke marijuana once or twice a week (56% males, 51% females), use prescription drugs not prescribed to them (8% males, 7% females).
- **Grade:** As displayed in the chart, low perceived risk of substance use remained largely consistent across grades, with the notable exception of marijuana use: drink 5 or more drinks of alcohol twice a week (14% among 9th graders, 16% among 12th graders), smoke one or more packs of cigarettes per day (9% 9th, 10% 12th), use electronic tobacco (28% 9th, 29% 12th), smoke marijuana once or twice a week (38% 9th, 65% 12th), use prescription drugs not prescribed to them (6% 9th, 9% 12th).
- **Middle School:** 2016 to 2018 trends for Newton 7-8th graders are as follows: drink 5 or more drinks of alcohol twice a week (13% 2016, 13% 2018), smoke one or more packs of cigarettes per day (10% 2016, 9% 2018), use electronic tobacco (N/A 2016, 18% 2018), smoke marijuana once or twice a week (20% 2016, 21% 2018), use prescription drugs not prescribed to them (6% 2016, 6% 2018).

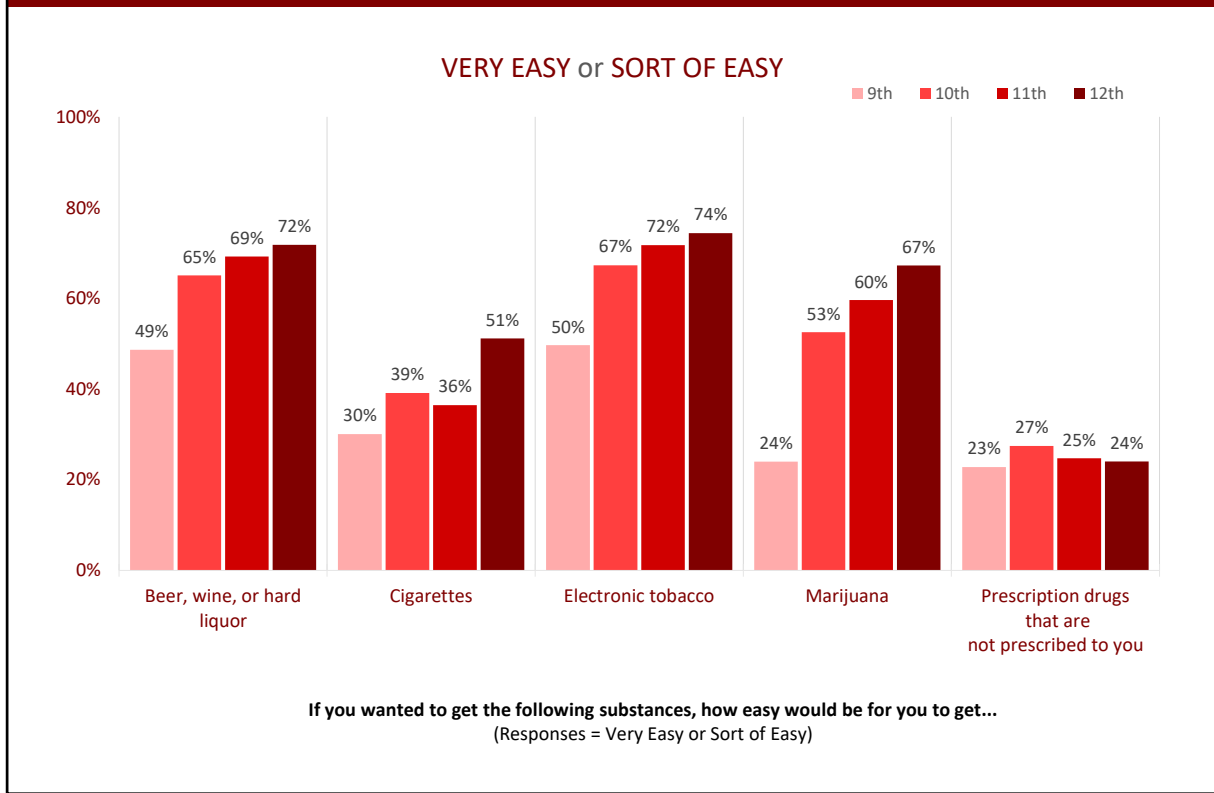
Perceived Parental Approval of Substance Use among Newton High School Students*, by Grade (2018)



SELECTED POINTS

- Respondents were asked "How wrong do your parents feel it would be for you to...". Displayed are the percentage of respondents who answered *not wrong or a little bit wrong*.
- Overall, respondents perceive that their parents would disapprove most if they used non-prescribed prescription drugs, followed by cigarettes, electronic tobacco, marijuana, and alcohol.
- **Trends:** Trend data are not available as these questions were added to the survey in 2018.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** There was little difference by gender in Newton 2018 high school students' perceptions of parental disapproval: drink alcohol (31% males, 30% females), smoke cigarettes (4% males, 3% females), use electronic tobacco (9% males, 6% females), smoke marijuana (16% males, 15% females), use prescription drugs not prescribed to them (2% males, 3% females).
- **Grade:** As displayed in the chart, perceived parental approval of use increased (worsened) with age/grade: drink alcohol (18% among 9th graders, 44% among 12th graders), smoke cigarettes (2% 9th, 5% 12th), use electronic tobacco (5% 9th, 10% 12th), smoke marijuana (6% 9th, 22% 12th), use prescription drugs not prescribed to them (2% 9th, 3% 12th).
- **Middle School:** These items were not part of the Newton 2018 middle school survey.

Perceived Ease of Obtaining Substances among Newton High School Students*, by Grade (2018)

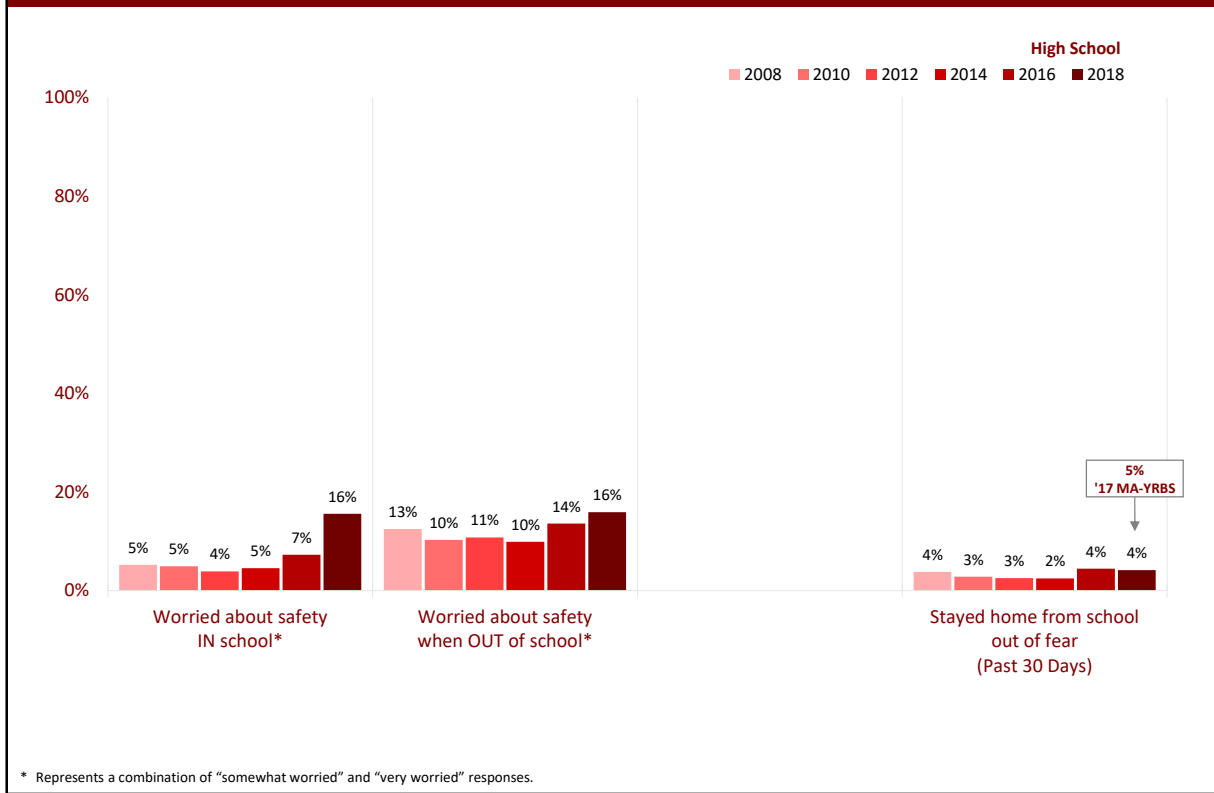


SELECTED POINTS

- Respondents were asked "If you wanted to get the following substances, how easy would it be for you to get...". Displayed are the percentage of respondents who answered *very easy* or *sort of easy*.
- Overall, respondents perceive that it would be easiest for them to obtain electronic tobacco, followed by alcohol, marijuana, cigarettes, and non-prescribed prescription drugs.
- **Trends:** Trend data are not available as these questions were added to the survey in 2018.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** There was little difference by gender in Newton 2018 high school students' perceptions of ease of access: beer, wine, or hard liquor (61% males, 66% females); cigarettes (40% males, 38% females); electronic tobacco (65% males, 67% females); marijuana (50% males, 52% females); prescription drugs not prescribed to them (24% males, 25% females).
- **Grade:** As displayed in the chart, perceived ease of access increased (worsened) with age/grade: beer, wine, or hard liquor (49% among 9th graders, 72% among 12th graders), cigarettes (30% 9th, 51% 12th); electronic tobacco (50% 9th, 74% 12th); marijuana (24% 9th, 67% 12th); prescription drugs not prescribed to them (23% 9th, 24% 12th).
- **Middle School:** These items were not part of the Newton 2018 middle school survey.

Violence and Safety

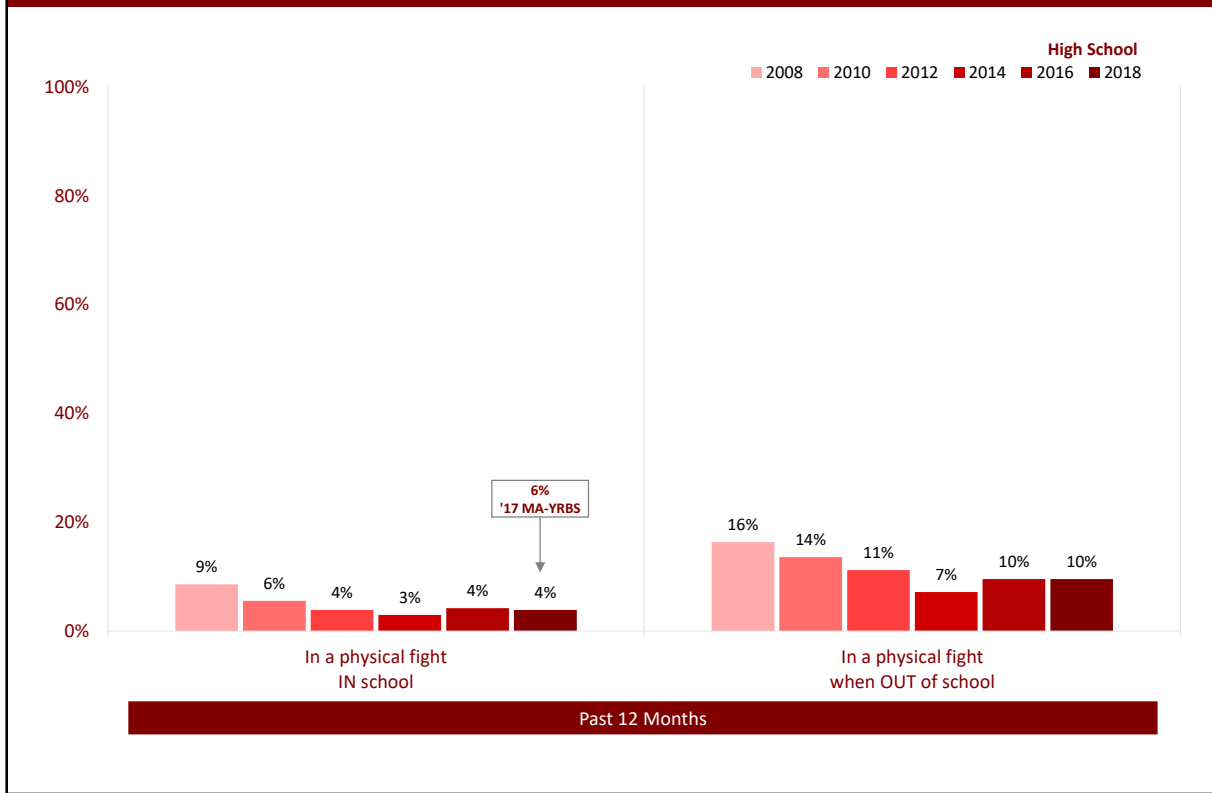
Safety Concerns Among Newton High School Students ('08, '10, '12, '14, '16, '18)



SELECTED POINTS

- In contrast to prior years when respondents worried more about their safety when they were out of school than when they were in school, 2018 Newton high school students were equally likely to worry about their safety in both locations (16%). Four percent (4%) reported staying home from school out of fear for their safety in the 30 days prior to the survey.
- **Trends:** There was a substantive increase between 2016 and 2018 in the percentage of Newton high school students who reported worrying about their safety in school (7% to 16%) and a more moderate increase in worrying about their safety when not in school (14% to 16%), continuing increases previously observed since 2014. There was no change in the percentage who stayed home from school out of fear (4% respectively).
- **Comparisons:** Similar percentages of Newton 2018 and Massachusetts 2017 high school students reported staying home from school in the 30 days prior to the survey out of fear for their safety (4% Newton, 5% MA). Comparative data for Massachusetts are not available for the items about worrying about safety. *MA data from the 2017 MA Youth Risk Behavior Survey*
- **Gender:** Newton females were more likely than males to report each of these safety concerns: worrying about their safety in school (11% males vs. 19% females), worrying about their safety when not in school (9% vs. 23%), staying home from school out of fear (4% vs. 5%).
- **Grade:** There was little difference by age/grade in the percentage of Newton high school students who reported safety concerns: worried about safety in school (14%, 17%, 16%, 16%), worried about safety when not in school (19%, 13%, 14%, 17%), stayed home out of fear (3%, 5%, 4%, 4%).
- **Middle School:** 2008 to 2018 trends for Newton 7-8th grade students are as follows, with a similar increase in concern over safety in school: worried about safety in school (6%, 6%, 5%, 6%, 4%, 11%), worried about safety when not in school (18%, 14%, 15%, 15%, 13%, 13%), stayed home out of fear (2%, 1%, 1%, 1%, 1%, 2%).

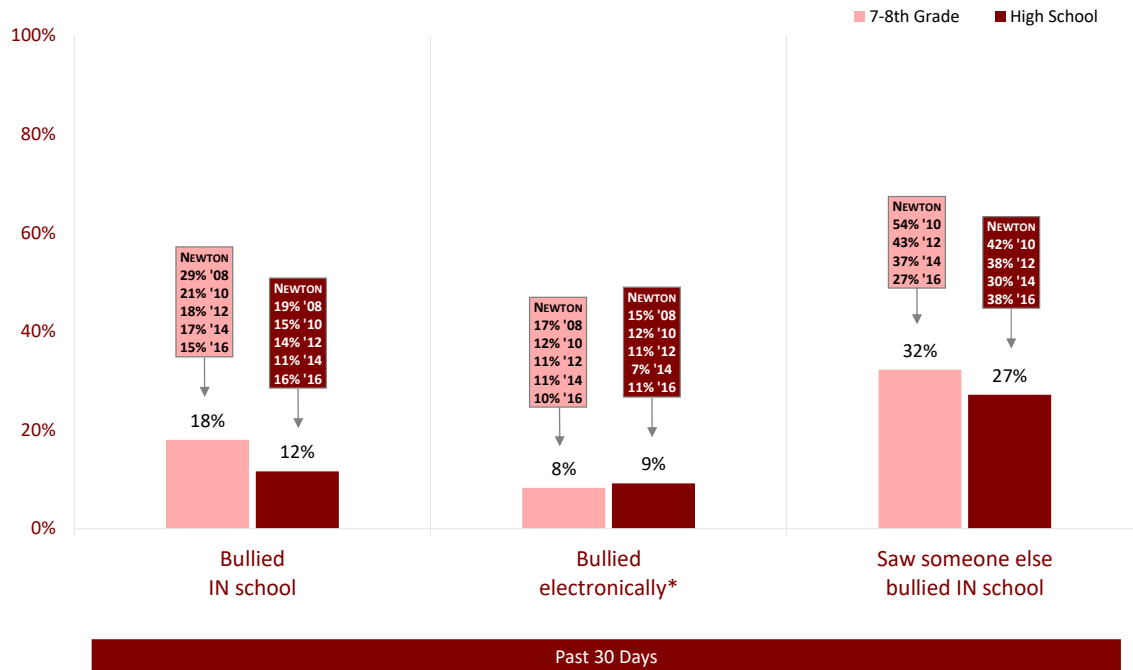
Trends in the Percent of Newton High School Students Who Were in a Physical Fight in the Past 12 Months ('08, '10, '12, '14, '16, '18)



SELECTED POINTS

- 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 2018 Newton high school students reported that they were in a physical fight in school in the 12 months prior to the survey, compared to 10% who were in a fight when they were not in school.
- **Trends:** There was no change in physical fighting among Newton high school students in 2018, reversing increases previously observed in 2016 (in school - 4% in 2016 to 4% in 2018, when not in school - 10% to 10%).
- **Comparisons:** Newton 2018 high school students (4%) were less likely than 2017 Massachusetts (6%) high school students to report 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 2017 MA Youth Risk Behavior Survey*
- **Gender:** Male students in 2018 were much more likely than females to report physical fighting either in school (6% males, 2% females) or when not in school (15%, 4%).
- **Grade:** The highest percentage of 2018 Newton high school students who reported fighting were in 9th grade, with rates declining slightly with age/grade: in school (4%, 4%, 4%, 2%), when not in school (14%, 7%, 9%, 8%).
- **Middle School:** Rates of physical fighting in school among 7-8th grade students increased in 2018, continuing slight but consistent increases previously observed since 2012: in school (7%, 4%, 2%, 3%, 4%, 6%), when not in school (19%, 15%, 12%, 10%, 13%, 13%).

Percent of Newton 7-8th Grade and High School Students Who Reported Being Bullied and Seeing Someone Else Bullied (2018)

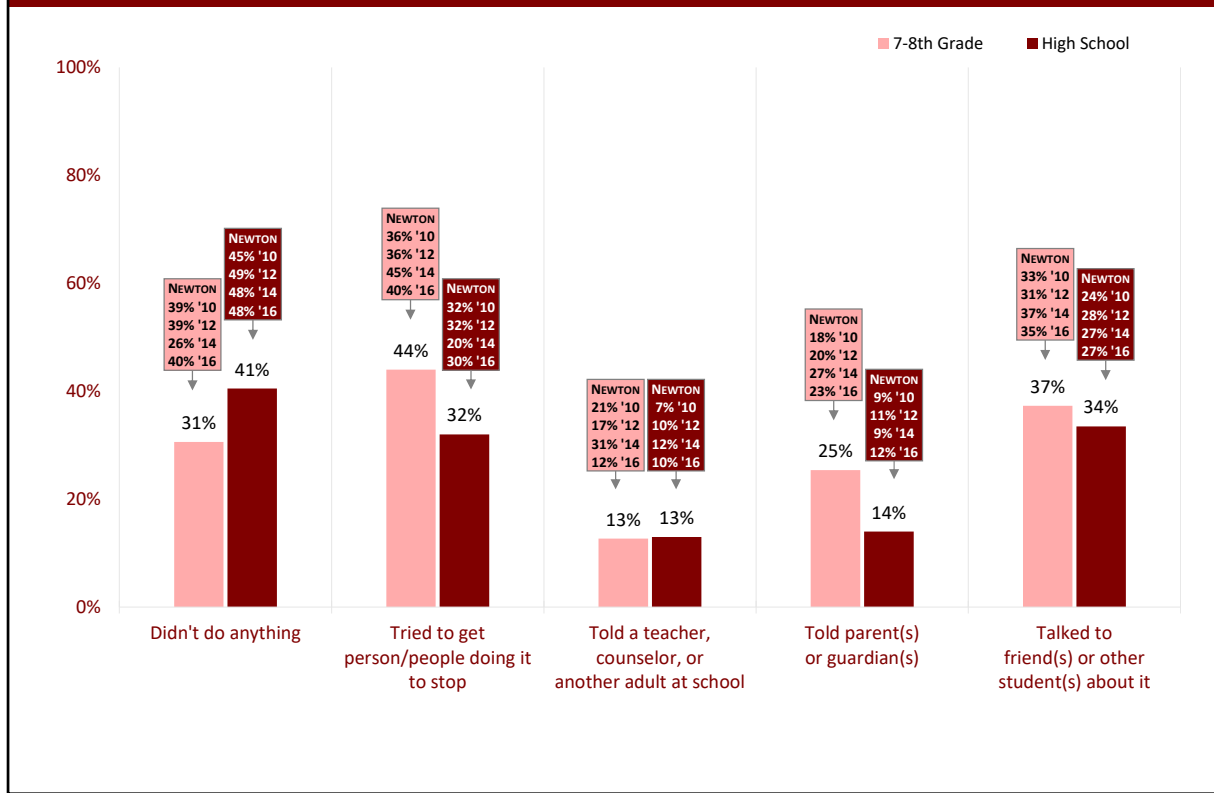


* Bullied electronically – "bullied or harassed electronically (such as someone spreading a rumor or something untrue about you online; someone sending you a threatening or aggressive message; someone posting an embarrassing picture of you online without your permission; someone taking a private message you sent them and forwarding it to someone else or posting it where others could see it)."

SELECTED POINTS

- Eighteen percent (18%) of Newton 7-8th grade students and 12% of high school students reported that they were bullied in school in the 30 days prior to the survey. Eight percent (8%) of 7-8th graders and 9% of high school students reported that they had been bullied or harassed electronically. Thirty-two percent (32%) of 7-8th graders and 27% of high school students reported that they saw someone else bullied in school in the 30 days prior to the survey.
- **Trends:** The percentage of 7-8th grade students who reported school-sited bullying increased between 2016 and 2018, reversing prior historical declines, while electronic bullying decreased: bullied in school (7-8th – 15% to 18%), bullied electronically (7-8th – 10% to 8%), saw someone else bullied in school (7-8th – 27% to 32%). Rates among high school students, however, decreased and reversed a prior increase: bullied in school (HS – 16% to 12%), bullied electronically (HS – 11% to 9%), saw someone else bullied in school (HS – 38% to 27%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Females were slightly more likely than males to report bullying: bullied in school (7-8th – 17% males, 18% females; HS – 11% males, 12% females), bullied electronically (7-8th – 6%, 11%; HS – 9%, 9%), saw someone else bullied in school (7-8th – 30%, 34%; HS – 26%, 28%).
- **Grade:** The percent of Newton students who reported being bullied or seeing someone else bullied tended to peak in grades 8 and 9: bullied in school (18% 7th grade, 18% 8th grade, 15% 9th grade, 13% 10th grade, 10% 11th grade, 8% 12th grade), bullied electronically (7%, 9%, 11%, 9%, 8%, 8%), saw someone else bullied in school (28%, 36%, 31%, 24%, 26%, 28%).

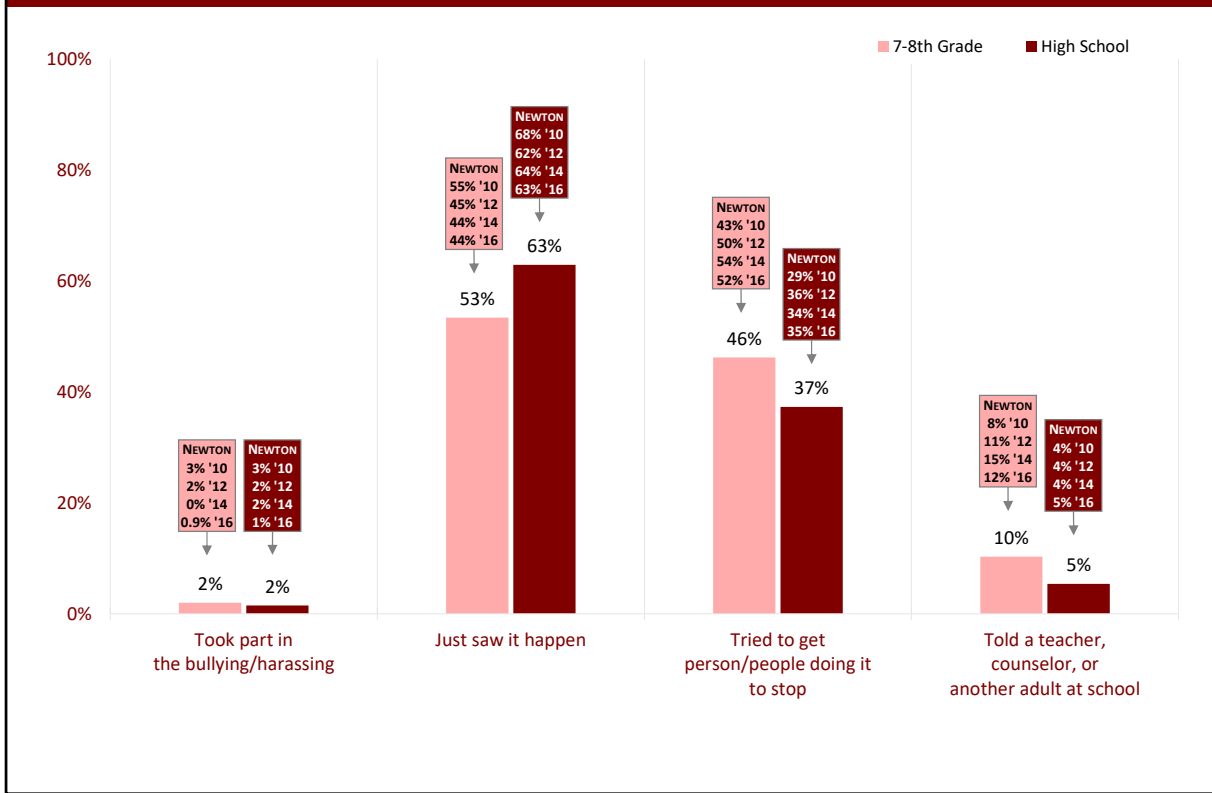
Response by Newton Students the Last Time They Were Bullied In School in the Past 30 Days – Multiple Responses Possible (2018)



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, talking to friend(s) or other student(s) about it, or do nothing than they were to tell a school adult and/or a parent/guardian.
- **Trends:** There was an overall increase between 2016 and 2018 in *active* responses such as trying to stop and reporting the bullying: did nothing (7-8th – 40% 2016, 31% 2018; HS – 48%, 41%); tried to get the person/people doing it to stop (7-8th – 40%, 44%; HS – 30%, 32%); told a teacher, counselor or another adult at school (7-8th – 12%, 13%; HS – 10%, 13%); told parent(s) or guardian(s) (7-8th – 23%, 25%; HS – 12%, 14%); talked to friend(s) or other student(s) about it (7-8th – 35%, 37%; HS – 27%, 34%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** While males were generally more likely than females to do nothing or try and stop it, females were more likely than males to talk to someone about being bullied: did nothing (7-8th – 25% males, 38% females; HS – 45% males, 37% females); tried to get the person/people doing it to stop (7-8th – 56%, 28%; HS – 43%, 20%); told a teacher, counselor, or another adult at school (7-8th – 10%, 16%; HS – 9%, 17%); told parent(s)/guardian(s) (7-8th – 22%, 31%; HS – 7%, 20%); talked to friend(s) about it (7-8th – 26%, 51%; HS – 17%, 50%).
- **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 by Newton Students the Last Time They Saw Someone Else Bullied In School in the Past 30 Days – Multiple Responses Possible (2018)

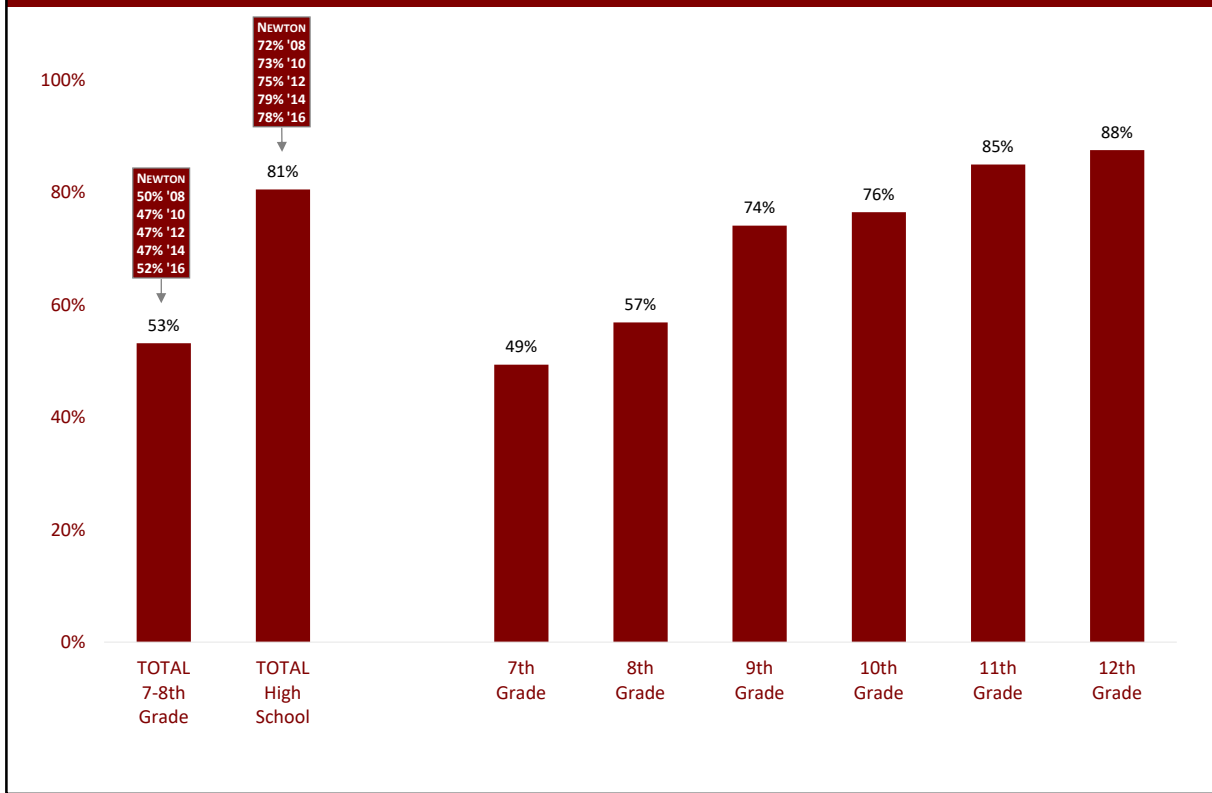


SELECTED POINTS

- 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:** Trends in responses to observed bullying between 2016 and 2018 were mixed but proportionally consistent historically: took part in the bullying/harassing (7-8th – 0.9% 2016, 2% 2018; HS – 1%, 2%); just saw it happen (7-8th – 44%, 53%; HS – 63%, 63%); tried to get the person/people doing it to stop (7-8th – 52%, 46%; HS – 35%, 37%); told a teacher, counselor or another adult at school (7-8th – 12%, 10%; HS – 5%, 5%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Males were more likely than females to play a role in the bullying that they saw in school, either by taking part of intervening to stop it, while females were more likely than males to tell a trusted school adult about the incident: took part in the bullying (7-8th – 3% males, 0.8% females; HS – 3% males, 0% females); just saw it happen (7-8th – 54%, 55%; HS – 60%, 65%); tried to get the person/people doing it to stop (7-8th – 41%, 34%; HS – 36%, 34%); told a teacher, counselor, or another adult at school (7-8th – 5%, 16%; HS – 4%, 7%).
- **Grade:** As displayed in the chart, 2018 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: 4% 7th, 0.7% 8th, 0.8% 9th, 0% 10th, 3% 11th, 3% 12th
 - Didn't do anything – just saw it happen: 46%, 59%, 63%, 62%, 63%, 64%
 - Tried to get bully to stop: 53%, 41%, 38%, 40%, 35%, 35%
 - Told a school adult: 13%, 8%, 7%, 5%, 6%, 4%

Mental Health

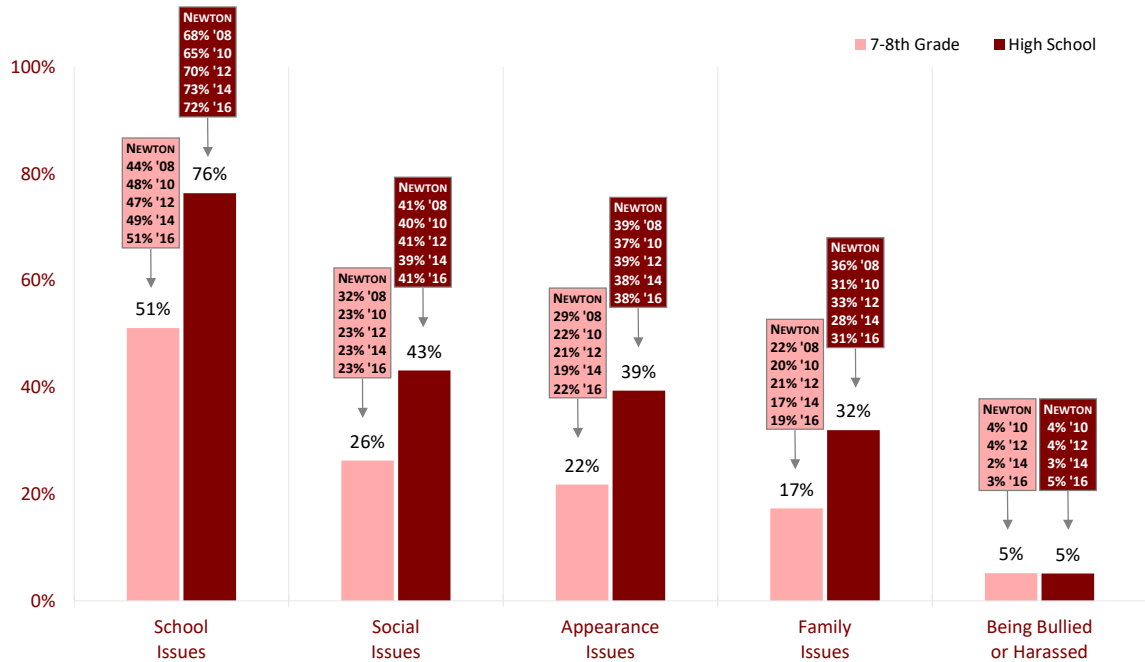
Newton 7-8th Grade and High School Students Who Describe Their Lives as "Somewhat" or "Very" Stressful, Total and by Grade (2018)



SELECTED POINTS

- In 2018, 53% of Newton 7-8th grade students and 81% of high school students reported that they thought their life was “somewhat” or “very” stressful.
- **Trends:** Rates of perceived stress among Newton students reached peak levels in 2018 (7-8th – 50% 2008, 47%, 47%, 47%, 52%, 53% 2018; HS – 72% 2008, 73%, 75%, 79%, 78%, 81% 2018).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female 2018 Newton students were more likely than males to report that their life was stressful (7-8th – 43% males, 64% females; HS – 70% males, 91% females).
- **Grade:** As displayed in the chart, the percentage of 2018 Newton respondents who reported that their life was stressful increased overall from the 7th to the 12th grades (49%, 57%, 74%, 76%, 85%, 88%).

Newton 7-8th Grade and High School Students Who "Often" or "Almost Every Day" Worry About Various Issues* (2018)

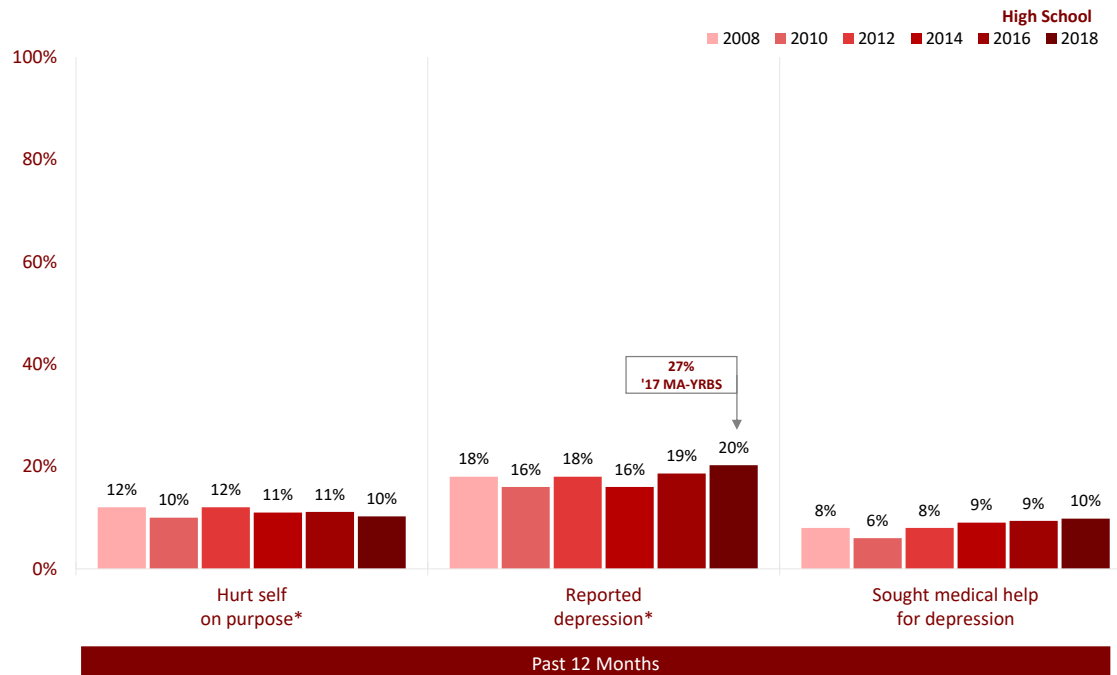


* School Issues – “grades, homework, tests, etc.” Social issues were described as “friendships, dating, teasing, etc.” Appearance Issues – “your weight, how you look, etc.” Family Issues – “your relationship with your parent(s), your family’s financial situation, family health concerns, etc.” Being Bullied or Harassed – “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 2018, Newton students reported worrying most overall about school issues (51% 7-8th, 76% HS), followed by social issues (26% 7-8th, 43% HS), appearance issues (22% 7-8th, 39% HS), family issues (17% 7-8th, 32% HS), and being bullied/harassed (5% 7-8th, 5% HS). High school students were more likely than middle school students to report worrying about these issues.
- **Trends:** While 2016 to 2018 trends in perceived stressors were mixed, the level of perceived academic stress among high school students reached the highest level since 2008: school issues (7-8th – 51% 2016, 51% 2018; HS – 72%, 76%), social issues (7-8th – 23%, 26%; HS – 41%, 43%), appearance issues (7-8th – 22%, 22%; HS – 38%, 39%), family issues (7-8th – 19%, 17%; HS – 31%, 32%), being bullied/harassed (7-8th – 3%, 5%; HS – 5%, 5%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female students in 2018 were more likely than males to report frequently worrying about each of these issues: school issues (7-8th – 42% males, 60% females; HS – 68%, 85%), social issues (7-8th – 17%, 36%; HS – 34%, 52%), appearance issues (7-8th – 13%, 31%; HS – 27%, 51%), family issues (7-8th – 13%, 22%; HS – 27%, 37%), being bullied/harassed (7-8th – 4%, 7%; HS – 4%, 6%).
- **Grade:** Concern about these issues increased with age/grade: school issues (49%, 54%, 67%, 75%, 83%, 81%), social issues (23%, 30%, 37%, 41%, 46%, 49%), appearance issues (20%, 24%, 33%, 39%, 40%, 47%), family issues (15%, 20%, 29%, 28%, 33%, 38%), being bullied (6%, 4%, 7%, 6%, 3%, 5%).

Trends in Self-Harm and Depression in the Past 12 Months Among Newton High School Students ('08, '10, '12, '14, '16, '18)



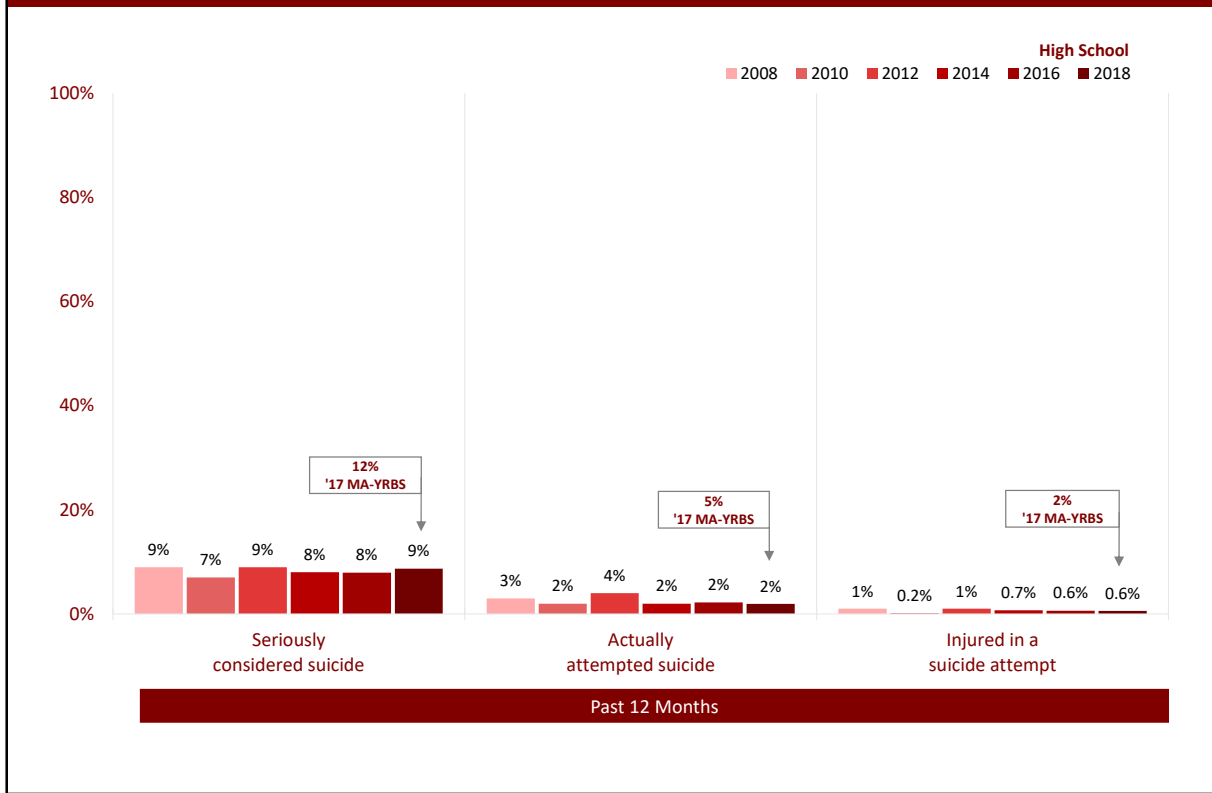
* Hurt self on purpose – “During the past 12 months, how many times did you hurt or injure yourself ON PURPOSE? (For example, by cutting, burning, or bruising yourself on purpose.)”.

* Reported depression – “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

- Ten percent (10%) of 2018 Newton high school students reported *hurting themselves on purpose* in the 12 months prior to the survey. Twenty percent (20%) reported *experiencing depression* during the same period, while 10% reported *seeking medical help for depression*.
- **Trends:** As displayed in the chart, rates among Newton high school students have remained largely consistent since 2008. The rate of reported depression has increased slightly but consistently since 2014 (16%, 19%, 20%). See information below on trends for 7-8th graders.
- **Comparisons:** A smaller percentage of 2018 Newton than 2017 Massachusetts students reported experiencing depression (20% Newton, 27% 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 2017 MA Youth Risk Behavior Survey*
- **Gender:** Newton high school females were more likely than males to report each of these mental health concerns: hurt self on purpose (6% males, 13% females), reported depression (14%, 25%), sought medical help for depression (6%, 13%).
- **Grade:** The percentage of respondents who reported each of these issues varied throughout the high school grades: hurt self on purpose (10%, 13%, 7%, 12%), reported depression (18%, 22%, 18%, 23%), sought medical help for depression (6%, 10%, 8%, 15%).
- **Middle School:** Rates of these mental health concerns were generally lower among Newton 7-8th grade students: self-harm (7th – 4%, 8th – 7%), depression (7th – 10%, 8th – 13%). While rates have remained largely consistent over time, there was a notable increase in depression in 2018: self-harm (6% 2008, 5% 2010, 5% 2012, 7% 2014, 4% 2016, 6% 2018), depression (9%, 8%, 7%, 8%, 8%, 12%). Middle school students were not asked about seeking medical help for depression.

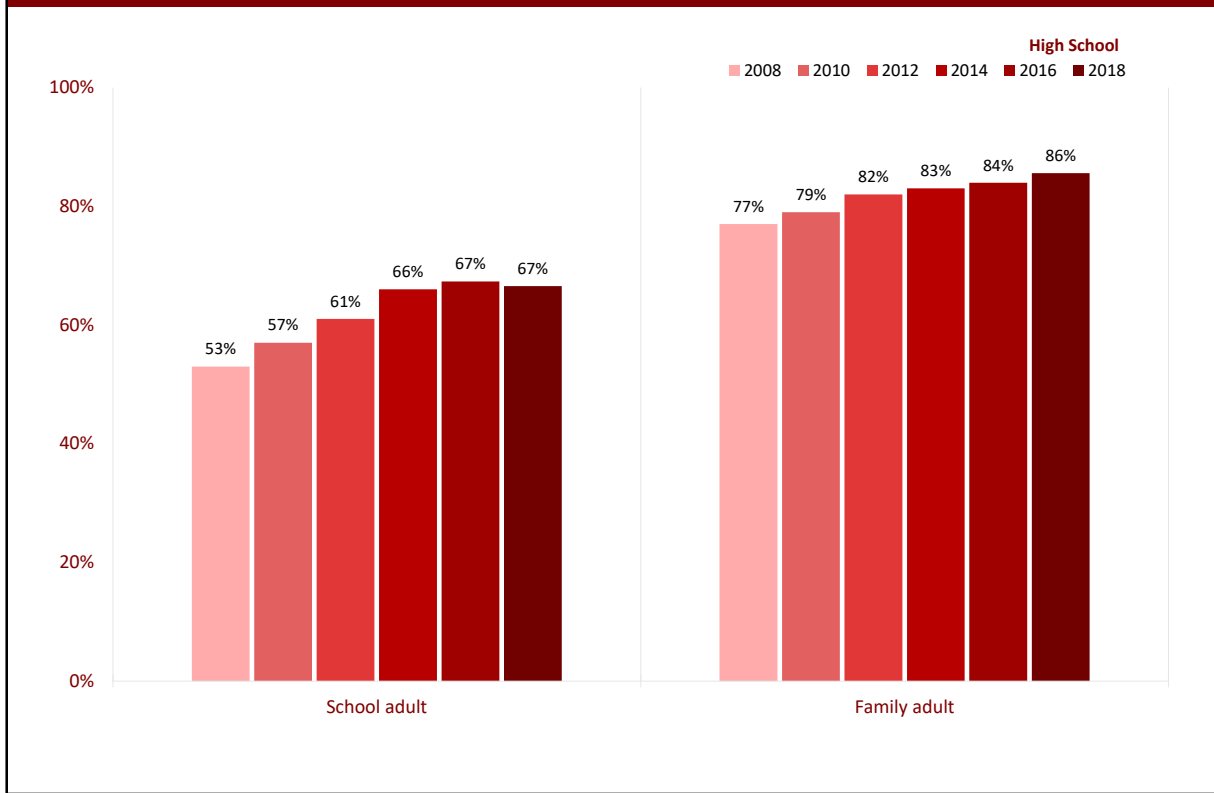
Trends in Suicidal Thoughts and Actions in the Past 12 Months Among Newton High School Students ('08, '10, '12, '14, '16, '18)



SELECTED POINTS

- Nine percent (9%) of 2018 Newton high school students reported that they *seriously considered* suicide in the 12 months prior to the survey, 2% *actually attempted* suicide, and 0.6% 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 2008. See information below on middle school trends.
- **Comparisons:** These issues were less common among 2018 Newton high school students than 2017 Massachusetts students: seriously considered suicide (9% Newton, 12% MA), attempted suicide (2% Newton, 5% MA), injured in a suicide attempt (0.6% Newton, 2% MA). *MA data from the 2017 MA Youth Risk Behavior Survey*
- **Gender:** Newton female respondents were slightly more likely than males to report these mental health concerns: seriously considered suicide (7% males, 10% females), attempted suicide (2%, 2%), injured in a suicide attempt (0.5%, 0.7%).
- **Grade:** The percentage of 2018 Newton high school students who reported each of these issues remained fairly consistent across grades: seriously considered suicide (8%, 9%, 7%, 10%), actually attempted suicide (2%, 2%, 1%, 3%), injured in a suicide attempt (0.9%, 0.5%, 0.7%, 0.3%).
- **Middle School:** These mental health issues were less common among Newton 7th and 8th grade students: considered (7th - 8%, 8th - 9%) and attempted suicide (1%, 1%). The percentage of Newton 7th and 8th graders who reported these issues were slightly higher in 2018: considered suicide (7% 2008, 5%, 5%, 5%, 6%, 8% 2018), attempted suicide (1%, 0.9%, 1%, 0.5%, 0.7%, 1%). The middle school survey did not ask about being injured in a suicide attempt.

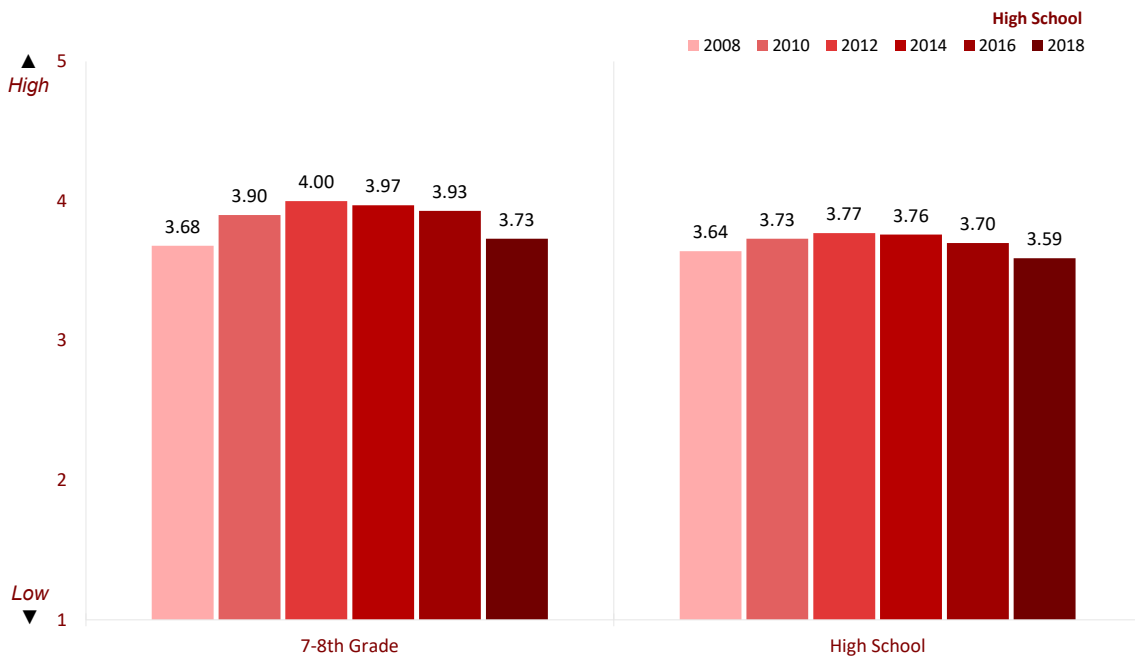
Trends in the Percent of Newton High School Students Who Report Having Adults to Talk with If They Have a Problem ('08, '10, '12, '14, '16, '18)



SELECTED POINTS

- Respondents were asked whether they have people to talk to about problems, specifically school adults and family adults. Newton high school students were most likely to report having a *family* adult to talk to (86%) followed by a *school* adult (67%).
- **Trends:** Trend data reveal increases in perceived adult support since 2008: school adult (53% 2008, 57%, 61%, 66%, 67%, 67% 2018), family adult (77%, 79%, 82%, 83%, 84%, 86%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Males and females were equally likely to report adult support: school adult (68% males, 66% females), family adult (86%, 86%).
- **Grade:** While perceived support of a *family* adult among 2018 Newton high school students varied little with age/grade, perceived support of a *school* adult increased with age/grade: school adult (54%, 65%, 69%, 80%), family adult (86%, 85%, 86%, 85%).
- **Middle School:** 2008 to 2018 trends in perceived support for Newton 7th and 8th graders are as follows: school adult (45% 2008, 66%, 66%, 68%, 63%, 65% 2018), family adult (82%, 86%, 87%, 86%, 89%, 88%).

Trends in School Connectedness* for Newton 7-8th Grade and High School Students ('08, '10, '12, '14, '16, '18)



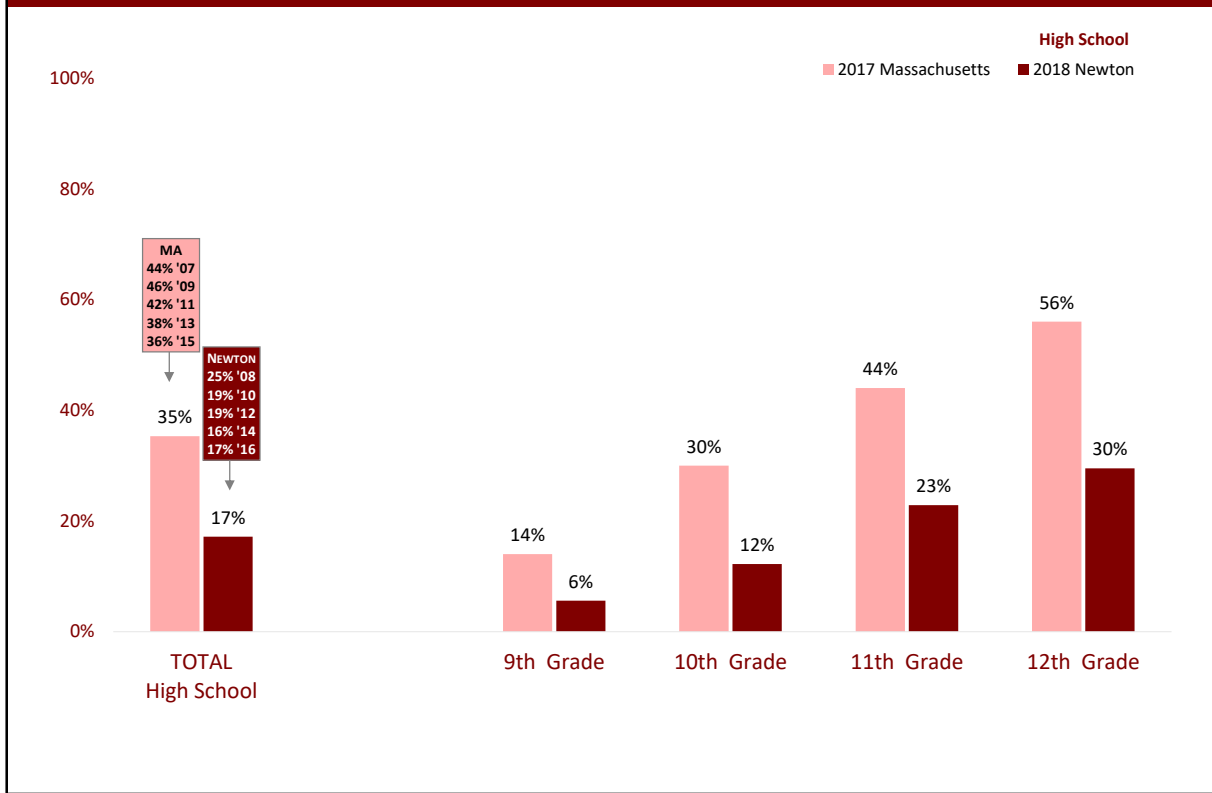
* The Newton Youth Risk Behavior Survey contains a set of five items from the National Longitudinal Survey that compose a school connectedness scale. Scale items address student perception of feeling close to people at the school, feeling like a part of the school, being happy to be at the school, feeling 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 has declined since 2012 among both population groups, with notable declines between 2016 and 2018 (3.93 to 3.73 among 7/8th graders, 3.70 to 3.59 among high schoolers).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** There was little difference by gender in school connectedness among 2018 7-8th grade males (3.75) and females (3.73). Among high school students, males (3.64) reported a higher connection level than females (3.56).
- **Grade:** The overall level school connectedness among Newton 7-8th grade students (3.73) was higher than the level among high school students (3.59), and there was a fairly steady decrease in school connectedness from grade 7 through 12: 7th = 3.77, 8th = 3.69, 9th = 3.66, 10th = 3.60, 11th = 3.56, 12th = 3.53.

Physical Health

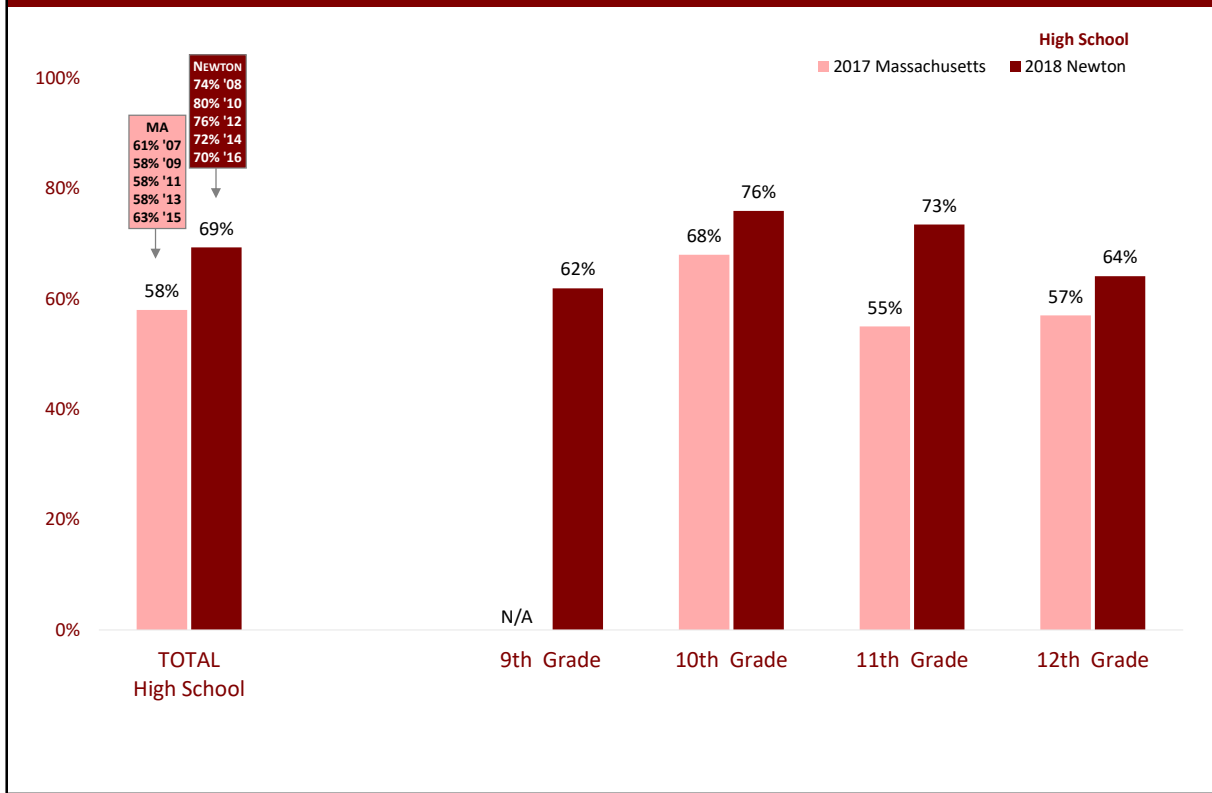
Massachusetts 2017 and Newton 2018 High School Students Who Have Ever Had Sexual Intercourse, Total and by Grade



SELECTED POINTS

- In 2018, 17% of Newton high school students reported ever having sexual intercourse – 6% of 9th graders, 12% of 10th graders, 23% of 11th graders, and 30% of 12th graders.
- **Trends:** The percentage of Newton high school students who reported ever having sexual intercourse remained largely consistent in 2016 (17% in 2016, 17% in 2018) and at a rate well below the peak level of 25% in 2008.
- **Comparisons:** Comparative data show that 2018 Newton high school students were much less likely than their 2017 Massachusetts peers to report ever having sexual intercourse (17% Newton, 35% MA). This pattern held in every grade: 9th grade (6% Newton, 14% MA), 10th grade (12% Newton, 30% MA), 11th grade (23% Newton, 44% MA), 12th grade (30% Newton, 56% MA). *MA data from the 2017 MA Youth Risk Behavior Survey*
- **Gender:** Newton high school males were slightly more likely than females to report ever having sexual intercourse (19% males, 15% females).
- **Grade:** As displayed in the chart, the percentage of 2018 Newton students who reported ever having sexual intercourse increased from 6% in 9th grade to 30% in 12th grade.
- **Middle School:** The overall percentage of Newton 7th and 8th graders who reported ever having sexual intercourse has decreased and remained low since 2008 (3% 2008, 2%, 2%, 1%, 0.8%, 1% 2018).

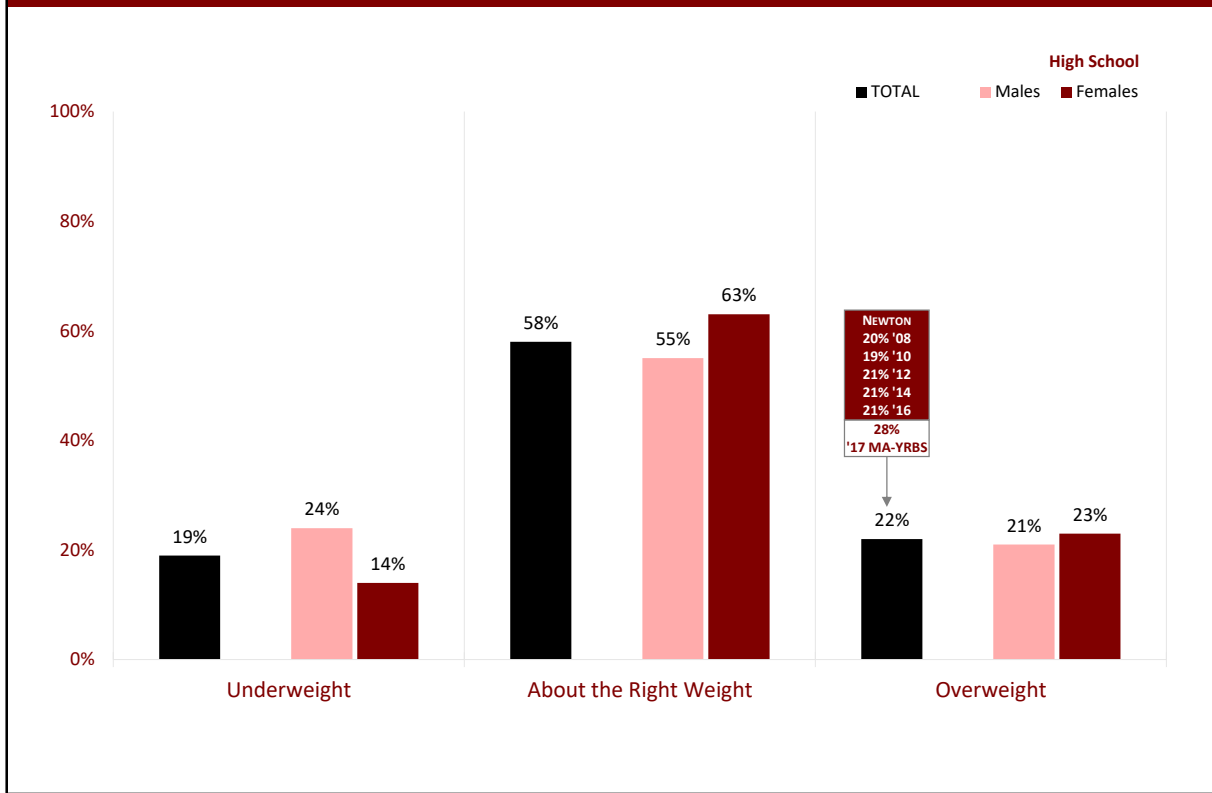
Sexually Active Massachusetts 2017 and Newton 2018 High School Students Who Used a Condom The Last Time They Had Intercourse, Total and by Grade



SELECTED POINTS

- In 2018, 69% of sexually active Newton high school students reported that they or their partner used a condom the last time they had sexual intercourse – 62% of 9th graders, 76% of 10th graders, 73% of 11th graders, and 64% of 12th graders.
- **Trends:** Available high school trend data reveal a slight decrease between 2016 and 2018 in the percentage of sexually active students who reported that they or their partner used a condom the last time they had sexual intercourse (70% to 69%), continuing a decline observed since 2010 when the rate was 80%.
- **Comparisons:** Comparative data show that 2018 Newton high school students were more likely than their 2017 Massachusetts peers to report using a condom the last time they had sexual intercourse (69% Newton, 58% MA). As displayed in the chart, this comparison held across grades (9th grade Massachusetts data were not reported). *MA data from the 2017 MA Youth Risk Behavior Survey*
- **Gender:** Male high school students were slightly more likely than females to report that they or their partner used a condom they last time they had sexual intercourse (75% males, 62% females).
- **Grade:** As displayed in the chart, reported condom use among sexually active youth declined with age/grade.

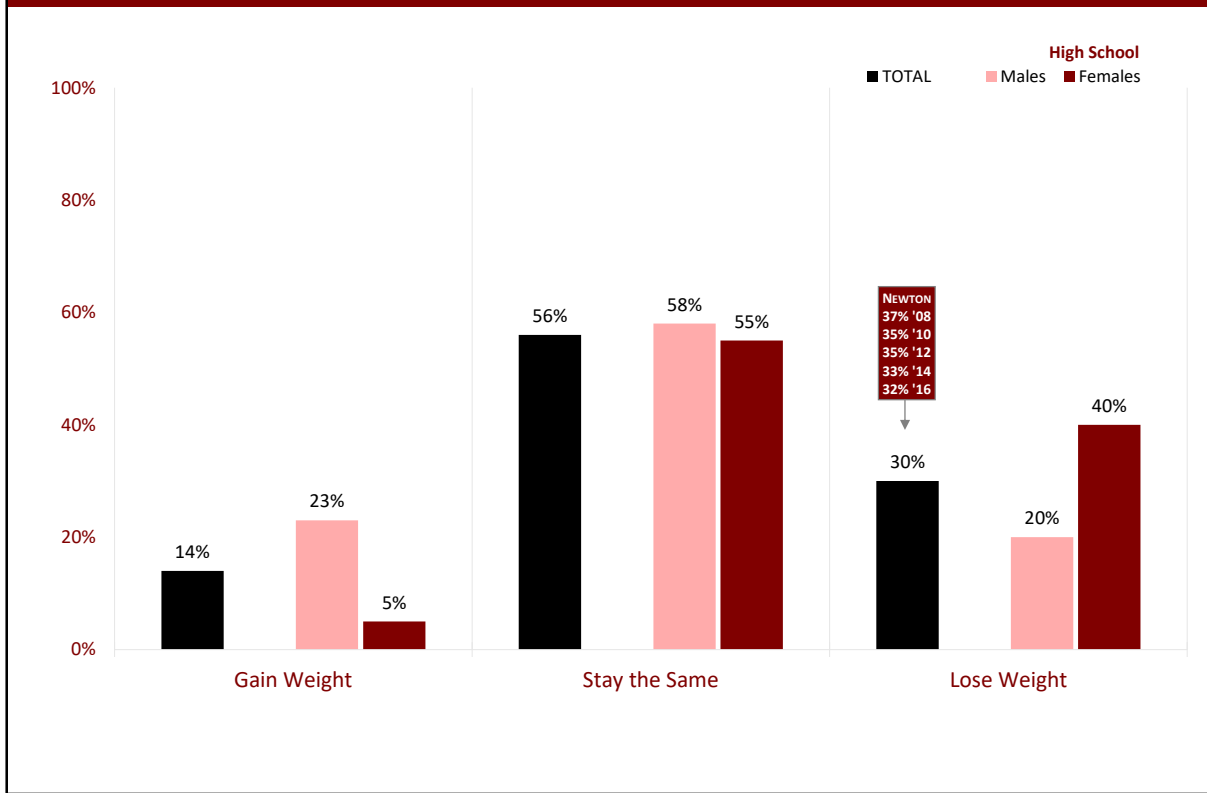
Perception of Body Weight Among Newton High School Students, Total and by Gender (2018)



SELECTED POINTS

- Nineteen percent (19%) of 2018 Newton high school students described themselves as *underweight*, 58% as *about the right weight*, and 22% as *overweight*.
- Twenty-four percent (24%) of males and 14% of females described themselves as *underweight*, 55% of males and 63% of females as *about the right weight*, and 21% 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 little change between 2016 (21%) and 2018 (22%).
- **Comparisons:** Comparative data show that 2018 Newton high school students were less likely than their 2017 Massachusetts peers to describe themselves as *overweight* (22% Newton, 28% MA). MA data from the 2017 MA Youth Risk Behavior Survey
- **Gender:** As displayed in the chart, 2018 female Newton high school students were slightly more likely than males to describe themselves as *overweight* (21% males, 23% females).
- **Grade:** The percentage of Newton high school students who considered themselves *overweight* varied with age/grade (25%, 20%, 19%, 26%).
- **Middle School:** Trends in the percentage of Newton 7-8th grade students who consider themselves *overweight* are as follows: 22% in 2008, 18% in 2010, 17% in 2012, 18% in 2014, 19% in 2016, 19% in 2018.

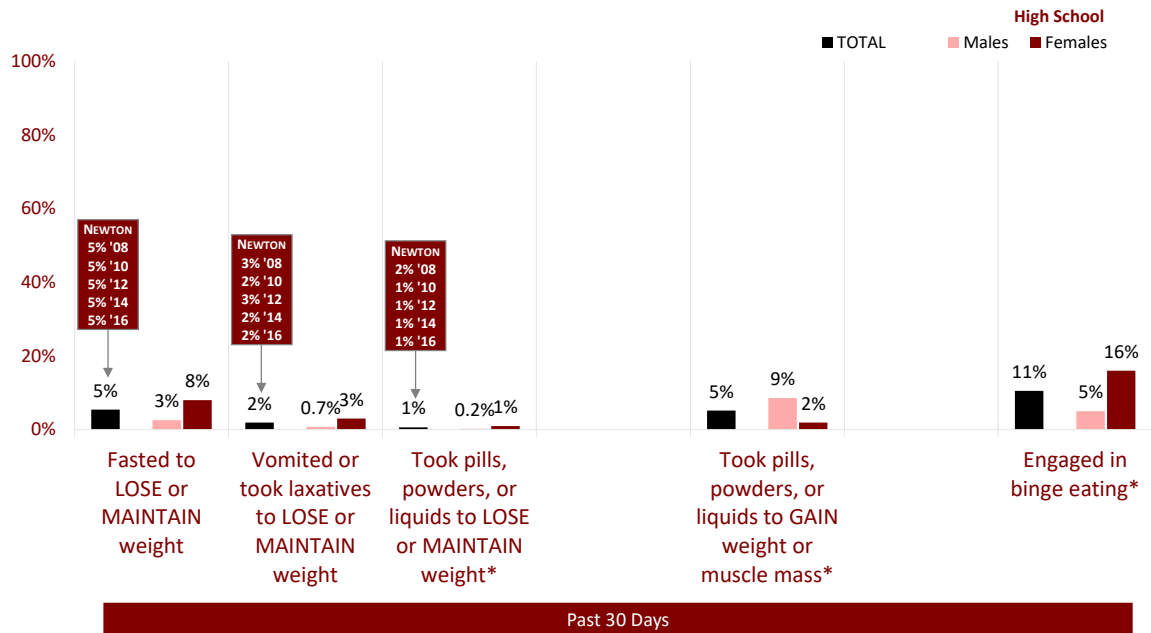
Current Weight Control Goal Among Newton High School Students, Total and by Gender (2018)



SELECTED POINTS

- Fourteen percent (14%) of 2018 Newton high school students reported that they were trying to *gain weight*, 56% that they were trying to *stay the same weight*, and 30% 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% 2008, 35%, 35%, 33%, 32%, 30% 2018).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female students were much more likely to report trying to *lose weight* (20% males, 40% females) while males were much more likely to report trying to *gain weight* (23% males, 5% females) and more likely to report trying to *stay the same weight* (58% males, 55% females).
- **Grade:** The percentage of 2018 Newton high school students who reported that they were currently trying to *lose weight* increased with age/grade (29%, 29%, 30%, 34%).
- **Middle School:** 2008 to 2018 trends in the percentage of Newton 7th and 8th graders who are trying to lose weight are as follows: 31% in 2008, 24% in 2010, 23% in 2012, 25% in 2014, 23% in 2016, 25% in 2018.

Weight Management and Binge Eating among Newton High School Students in the Past 30 Days, Total and by Gender (2018)

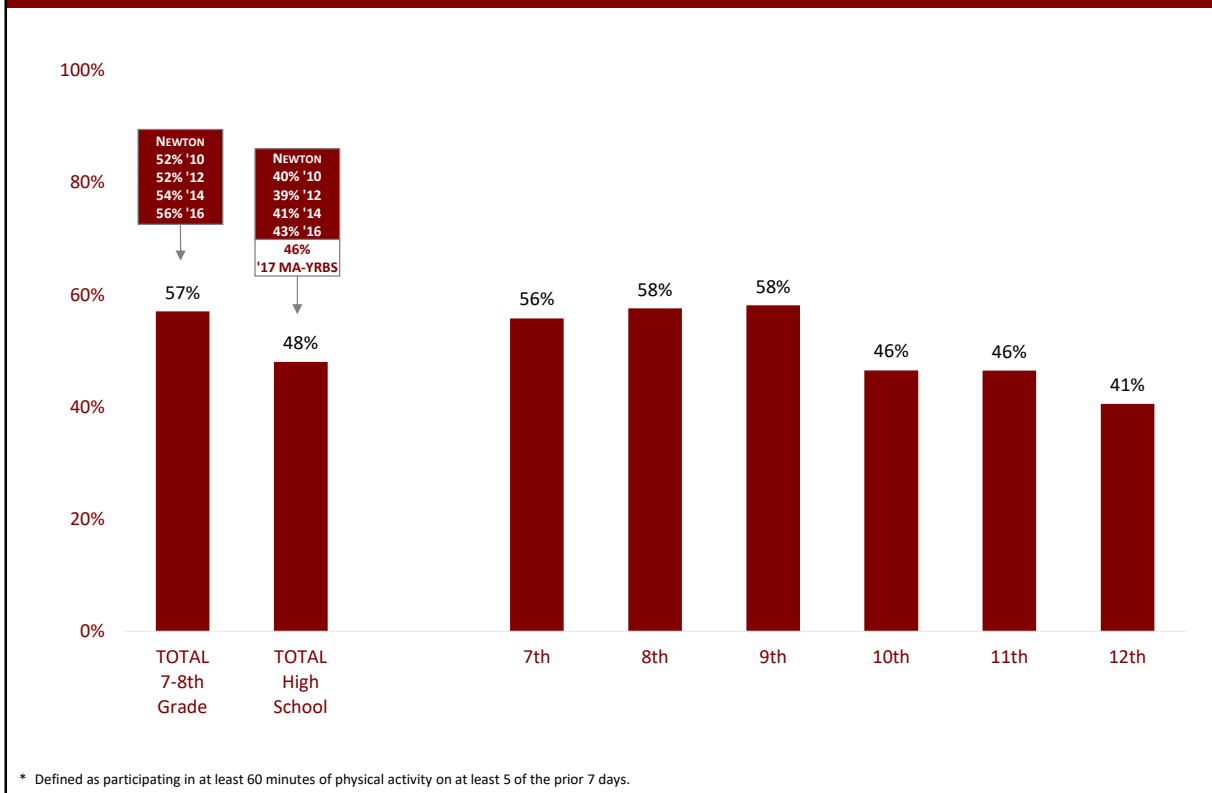


* Took pills, powders, or liquids to *lose* or *maintain* weight – “take any diet pills, powders, or liquids without a doctor’s advice to lose weight or to keep from gaining weight? (Do not include meal replacement products such as Slim Fast).”
 * Took pills, powders, or liquids to *gain* weight or muscle mass – “take any pills, powders, or liquids (such as protein powders, protein shakes, or muscle-enhancing supplements) without a doctor’s advice to gain weight or muscle mass.”
 * Binge eating – “(1) eating an excessively large amount of food in a two-hour period at least once a week, (2) feeling that you couldn’t control your eating when you did, and (3) feeling disgusted, depressed, or very guilty after doing so.”

SELECTED POINTS

- Five percent (5%) of 2018 Newton high school students reported that they *fasted* in the past 30 days to LOSE or MAINTAIN their weight, while 2% *vomited or took laxatives* and 1% *took diet pills, powders, or liquids without a doctor’s advice* to do so. Five percent (5%) of students reported they had *taken pills, powders, or liquids* (such as protein powders, protein shakes, or muscle-enhancing supplements) to GAIN weight or muscle mass. Eleven percent (11%) reported engaging in *binge eating*, meaning they met a clinical definition of “(1) eating an excessively large amount of food in a two-hour period at least once a week, (2) feeling that [they] couldn’t control [their] eating when [they] did, and (3) feeling disgusted, depressed, or very guilty after doing so.”
- **Trends:** There has been little change in efforts to LOSE or MAINTAIN weight by Newton high school students: *fasted* (5% 2008, 5%, 5%, 5%, 5%, 5% 2018), *vomited or took laxatives* (3%, 2%, 3%, 2%, 2%, 2%), *took diet pills, powders, or liquids* (2%, 1%, 1%, 1%, 1%, 1%). Trend data for supplementing to GAIN weight and engaging in binge eating are not available as the items were added to the survey in 2018.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** As displayed in the chart, female 2018 Newton high school students were more likely than males to report using weight LOSS/MAINTENANCE methods and binge eating, while males were more likely to report supplementation to GAIN weight.
- **Grade:** There was little consistent variation by age/grade in these issues among 2018 Newton high school students: *fasted* (5%, 5%, 6%, 5%), *vomited or took laxatives* (3%, 1%, 2%, 2%), *took diet pills/powders/liquids* to LOSE or MAINTAIN weight (0.2%, 0.2%, 0.9%, 1%), *took diet pills/powders/liquids* to GAIN weight (4%, 5%, 7%, 5%), engaged in *binge eating* (10%, 9%, 11%, 12%).

Recommended Level of Physical Activity Among Newton 7-8th Grade and High School Students in the Past 7 Days, Total and by Grade (2018)*



SELECTED POINTS

- Fifty-seven percent (57%) of Newton 7-8th grade students and 48% 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 reveal slight but largely consistent historical increases – 7-8th grade (52% 2010, 52% 2012, 54% 2014, 56% 2016, 57% 2018), high school (40%, 39%, 41%, 43%, 48%).
- **Comparisons:** The Newton rate of reported physical activity (48%) is slightly below the Massachusetts high school average (46%). *MA data from the 2017 MA Youth Risk Behavior Survey*
- **Gender:** Newton males were more likely than females to report engaging in this level of activity – 7-8th grade (59% males, 54% females), high school (51% males, 46% females).
- **Grade:** The percentage of Newton students who reported engaging in the recommended level of physical activity was largely consistent between grades 7 (56%) through 9 (58%) and then declined to a low of 41% among grade 12.

**Appendix A:
Selected Middle School Data Tables**

2018-2019 NEWTON YOUTH RISK BEHAVIOR SURVEY

Substance Use - Middle School (N=1,245)

	TOTAL 2018 (1245)	GENDER		GRADE		
		Males (644)	Females (581)	6th (429)	7th (405)	8th (411)
LIFETIME (any use in lifetime)						
Cigarettes	1.1%	1.7%	0.2%	0.2%	1.2%	2.0%
Electronic Tobacco	2.9%	2.6%	3.0%	0.0%	2.0%	6.7%
Alcohol	7.0%	8.6%	4.9%	5.3%	5.5%	10.2%
Marijuana	0.9%	0.9%	0.9%	0.0%	0.5%	2.2%
Marijuana (7 & 8th grade ONLY)	1.4%	1.4%	1.3%	N/A	0.5%	2.2%
Cocaine (7 & 8th grade ONLY)	0.1%	0.0%	0.3%	N/A	0.3%	0.0%
Ecstasy (7 & 8th grade ONLY)	0.1%	0.0%	0.3%	N/A	0.0%	0.2%
Heroin (7 & 8th grade ONLY)	0.1%	0.0%	0.0%	N/A	0.0%	0.2%
Methamphetamines	N/A	N/A	N/A	N/A	N/A	N/A
Steroids (no prescription)	N/A	N/A	N/A	N/A	N/A	N/A
Other Illegal Drugs ¹ (7 & 8th grade ONLY)	0.1%	0.0%	0.3%	N/A	0.0%	0.2%
Prescription Drugs Not Prescribed to Them (7 & 8th grade ONLY)	0.9%	0.9%	0.8%	N/A	1.2%	0.5%
CURRENT (any use in past 30 days)						
Cigarettes	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Electronic Tobacco	1.5%	1.1%	1.7%	0.0%	1.0%	3.4%
Alcohol	1.3%	1.6%	0.9%	0.5%	1.5%	2.0%
Binge Alcohol (5 or more drinks in a row) (7 & 8th grade ONLY)	0.0%	0.0%	0.0%	N/A	0.0%	0.0%
Marijuana	0.2%	0.5%	0.0%	0.0%	0.3%	0.5%
Marijuana (7 & 8th grade ONLY) ¹	0.4%	0.7%	0.0%	N/A	0.3%	0.5%
Cocaine (7 & 8th grade ONLY)	0.0%	0.0%	0.0%	N/A	0.0%	0.0%
Ecstasy (7 & 8th grade ONLY)	0.0%	0.0%	0.0%	N/A	0.0%	0.0%
Inhalants (7 & 8th grade ONLY)	0.6%	0.2%	1.1%	N/A	0.8%	0.5%
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%
Prescription Drugs Not Prescribed to Them (7 & 8th grade ONLY)	0.4%	0.5%	0.3%	N/A	0.5%	0.2%
ANNUAL (any use in past 12 months)						
Used someone else's prescription medication to get high (7 & 8th grade ONLY)	0.1%	0.0%	0.3%	N/A	0.0%	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".

2018-2019 NEWTON YOUTH RISK BEHAVIOR SURVEY

Issues Related to Substance Use - Middle School (N=1,245)

	TOTAL 2018 (1245)	GENDER		GRADE		
		Males (644)	Females (581)	6th (429)	7th (405)	8th (411)
"NO" or "SLIGHT" PERCEIVED HARM OF USE						
Drink 5 or more drinks of alcohol twice a week	12.6%	16.9%	7.6%	12.4%	13.3%	12.1%
Smoke one or more packs of cigarettes per day	7.4%	9.2%	5.4%	5.0%	10.9%	6.4%
Use electronic tobacco	14.7%	16.7%	12.7%	8.7%	13.3%	22.2%
Smoke marijuana once or twice a week	18.4%	22.3%	13.2%	12.4%	19.1%	23.7%
Use prescription drugs that are not prescribed to them (7 & 8th grade ONLY)	6.4%	7.4%	5.4%	N/A	7.1%	5.7%
PERCEIVE THAT PARENTS WOULD NOT DISAPPROVE OF THEIR SUBSTANCE USE ("Not Wrong at All" or "A Little Bit Wrong")						
Drink alcohol	N/A	N/A	N/A	N/A	N/A	N/A
Smoke cigarettes	N/A	N/A	N/A	N/A	N/A	N/A
Use electronic tobacco	N/A	N/A	N/A	N/A	N/A	N/A
Smoke marijuana	N/A	N/A	N/A	N/A	N/A	N/A
Use prescription drugs that are not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A
PERCEIVE THAT SUBSTANCES ARE EASY TO GET ("Very Easy" or "Sort of Easy")						
Drink alcohol	N/A	N/A	N/A	N/A	N/A	N/A
Smoke cigarettes	N/A	N/A	N/A	N/A	N/A	N/A
Use electronic tobacco	N/A	N/A	N/A	N/A	N/A	N/A
Smoke marijuana	N/A	N/A	N/A	N/A	N/A	N/A
Use prescription drugs that are not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A
ALCOHOL-RELATED DRIVING/RIDING						
Rode with drinking driver (30 days) - All students (7 & 8th grade ONLY)	3.6%	2.4%	4.9%	N/A	4.6%	2.7%
Drove after drinking - (30 days) All students	N/A	N/A	N/A	N/A	N/A	N/A
Drove after drinking - (30 days) Of drivers	N/A	N/A	N/A	N/A	N/A	N/A
MARIJUANA-RELATED DRIVING/RIDING						
Rode with driver using marijuana (30 days) - All students (7 & 8th grade ONLY)	0.8%	0.0%	1.3%	N/A	0.8%	0.7%
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

2018-2019 NEWTON YOUTH RISK BEHAVIOR SURVEY

Violence and Safety - Middle School (N=1,245)

	TOTAL 2018 (1245)	GENDER		GRADE		
		Males (644)	Females (581)	6th (429)	7th (405)	8th (411)
IN A PHYSICAL FIGHT (12 months)						
When in school	5.5%	9.6%	1.1%	5.0%	6.7%	4.7%
When NOT in school	14.2%	21.5%	5.9%	16.4%	14.1%	12.2%
BULLYING (30 days)						
Bullied/harassed in school	13.8%	13.5%	13.8%	5.7%	18.3%	17.7%
Bullied/harassed electronically ¹	6.8%	5.6%	8.1%	4.1%	7.3%	9.3%
Saw someone else bullied/harassed in school	26.5%	25.9%	26.6%	15.6%	28.0%	36.5%
WORRIED ABOUT SAFETY						
Worried when in school (somewhat/very)	9.4%	7.6%	10.6%	6.4%	10.3%	11.8%
Worried when NOT in school (somewhat/very)	13.1%	9.5%	16.8%	13.5%	14.0%	11.7%
Stayed home from school out of fear for safety (30 days)	2.0%	1.4%	2.8%	1.2%	2.5%	2.5%
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 In 2016, the question language changed from asking about being bullied "on the internet" to being bullied "electronically."

2018-2019 NEWTON YOUTH RISK BEHAVIOR SURVEY

Mental and Physical Health - Middle School (N=1,245)

	TOTAL 2018 (1245)	GENDER		GRADE		
		Males (644)	Females (581)	6th (429)	7th (405)	8th (411)
STRESS						
Life somewhat/very stressful	48.3%	39.9%	56.8%	39.0%	49.4%	56.9%
Worry often/almost every day about <i>school</i> issues	44.0%	36.6%	51.5%	30.7%	48.6%	53.6%
Worry often/almost every day about <i>social</i> issues	22.3%	14.7%	30.2%	14.7%	23.0%	29.6%
Worry often/almost every day about <i>family</i> issues	15.7%	12.5%	18.5%	12.6%	15.0%	19.5%
Worry often/almost every day about <i>appearance</i> issues	19.2%	11.8%	26.6%	14.2%	19.6%	23.9%
Worry often/almost every day about <i>being bullied/harassed</i>	5.3%	4.1%	6.5%	5.7%	6.1%	4.2%
ADULT HELP						
At least one teacher or other adult in this school to talk to about a problem	66.2%	68.3%	64.7%	68.1%	63.7%	66.6%
At least one adult outside of school to talk to about a problem	86.7%	88.1%	85.8%	89.6%	85.6%	84.9%
At least one family adult to talk to about a problem	89.8%	92.7%	87.5%	93.7%	88.4%	87.2%
DEPRESSION AND SUICIDE						
Hurt self on purpose (12 months) (7 & 8th grade ONLY)	5.7%	3.6%	6.8%	N/A	4.3%	7.1%
Depressed (12 months) (7 & 8th grade ONLY)	11.6%	8.6%	13.4%	N/A	10.4%	12.8%
Sought medical help or took prescription medication for depression (12 months)	N/A	N/A	N/A	N/A	N/A	N/A
Seriously considered suicide (12 months) (7 & 8th grade ONLY)	8.2%	6.2%	9.5%	N/A	7.6%	8.9%
Attempted suicide (12 months) (7 & 8th grade ONLY)	1.1%	1.0%	0.8%	N/A	1.0%	1.2%
Injured in suicide attempt (12 months)	N/A	N/A	N/A	N/A	N/A	N/A
SEXUAL BEHAVIOR						
Ever had sexual intercourse (7 & 8th grade ONLY)	1.1%	1.9%	0.3%	N/A	0.0%	2.2%
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)	N/A	N/A	N/A	N/A	N/A	N/A
Alcohol/drugs at last intercourse	N/A	N/A	N/A	N/A	N/A	N/A
WEIGHT						
Consider self slightly/very overweight	16.6%	17.6%	15.4%	12.7%	20.5%	16.9%
Trying to lose weight	22.8%	20.7%	24.6%	18.1%	25.3%	25.2%
Fasted to <i>lose/maintain</i> weight (30 days) (7 & 8th grade ONLY)	4.4%	3.6%	4.4%	N/A	4.8%	4.0%
Vomited or took laxatives to <i>lose/maintain</i> weight (30 days) (7 & 8th grade ONLY)	0.5%	0.2%	0.5%	N/A	0.0%	1.0%
Took diet pills, powders, or liquids to <i>lose/maintain</i> weight (30 days) (7 & 8th grade ONLY)	0.0%	0.0%	0.0%	N/A	0.0%	0.0%
Took diet pills, powders, or liquids to <i>gain</i> weight (30 days)	N/A	N/A	N/A	N/A	N/A	N/A
Engaged in binge eating (30 days)	N/A	N/A	N/A	N/A	N/A	N/A

¹ Percentages are not displayed due to the low number of cases.

2018-2019 NEWTON YOUTH RISK BEHAVIOR SURVEY

1998, 2000, 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, and 2018 Middle School Trends - Grades 7 & 8 ONLY

Substance Use

	1998 (907)	2000 (893)	2002 (849)	2004 (844)	2006 (791)	2008 (811)	2010 (789)	2012 (836)	2014 (824)	2016 (836)	2018 (816)
LIFETIME (any use in lifetime)											
Cigarettes	21.8%	14.3%	9.8%	7.0%	5.1%	5.0%	2.4%	1.3%	1.2%	0.6%	1.6%
Electronic Tobacco	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.6%	4.4%
Alcohol	36.6%	28.6%	24.8%	21.1%	17.8%	16.7%	10.1%	7.8%	6.7%	7.6%	7.9%
Marijuana	8.2%	4.0%	5.2%	2.7%	2.4%	3.0%	1.8%	1.2%	0.7%	0.5%	1.4%
Cocaine	1.1%	0.7%	2.8%	0.6%	1.1%	0.4%	0.0%	0.1%	0.0%	0.0%	0.1%
Ecstasy	N/A	N/A	2.1%	0.2%	0.8%	0.1%	0.0%	0.0%	0.0%	0.0%	0.1%
Heroin	N/A	N/A	1.9%	0.5%	0.6%	0.0%	0.0%	0.0%	0.0%	0.0%	0.1%
Methamphetamines	N/A	N/A	N/A	N/A	N/A	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	N/A	N/A	N/A	N/A	N/A
Other Illegal Drugs ¹	N/A	N/A	1.9%	0.5%	0.5%	0.2%	0.6%	0.1%	0.0%	0.2%	0.1%
Prescription Drugs Not Prescribed to Them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.9%
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%	0.0%	0.0%
Electronic Tobacco	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.2%	2.2%
Alcohol	15.6%	10.8%	8.9%	6.6%	5.8%	3.7%	3.0%	2.1%	1.6%	1.1%	1.7%
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%	0.4%	0.0%
Marijuana	3.2%	0.8%	2.6%	0.8%	1.3%	1.2%	0.8%	0.7%	0.2%	0.2%	0.4%
Cocaine	0.7%	0.1%	1.8%	0.2%	0.5%	0.0%	0.0%	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%	0.0%	0.0%
Inhalants	2.6%	3.1%	4.4%	3.4%	1.8%	1.0%	1.4%	0.9%	0.7%	0.8%	0.6%
Heroin	N/A	N/A	0.9%	0.1%	0.1%	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	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	N/A	N/A	N/A	N/A	N/A
Other Illegal Drugs ¹	N/A	N/A	0.8%	0.2%	0.3%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Prescription Drugs Not Prescribed to Them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.4%
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%	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	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	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".

2018-2019 NEWTON YOUTH RISK BEHAVIOR SURVEY

1998, 2000, 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, and 2018 Middle School Trends - Grades 7 & 8 ONLY

Violence and Safety

	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018
	(907)	(893)	(849)	(844)	(791)	(811)	(789)	(836)	(824)	(836)	(816)
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%	4.0%	5.7%
When NOT in school	33.3%	31.0%	27.6%	27.9%	21.2%	18.9%	15.2%	11.7%	9.5%	12.9%	13.2%
BULLYING (30 days)											
Bullied/harassed in school	N/A	N/A	35.7%	41.1%	29.8%	28.9%	20.7%	17.8%	17.1%	15.0%	18.0%
Bullied/harassed electronically ¹	N/A	N/A	N/A	N/A	N/A	16.7%	12.0%	10.5%	11.4%	10.4%	8.3%
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%	26.8%	32.3%
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%	4.5%	11.0%
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%	12.6%	12.8%
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%	1.3%	2.5%
DATING VIOLENCE											
Physically hurt only by date (ever)	N/A	N/A	N/A	N/A	N/A	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	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	N/A	N/A	N/A	N/A	N/A

¹ In 2016, the question language changed from asking about being bullied "on the internet" to being bullied "electronically."

2018-2019 NEWTON YOUTH RISK BEHAVIOR SURVEY

1998, 2000, 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, and 2018 Middle School Trends - Grades 7 & 8 ONLY

Mental and Physical Health

	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018
	(907)	(893)	(849)	(844)	(791)	(811)	(789)	(836)	(824)	(836)	(816)
STRESS											
Life somewhat/very stressful	N/A	N/A	50.7%	48.1%	46.7%	49.6%	46.9%	47.0%	46.9%	52.4%	53.2%
Worry often/almost every day about <i>school</i> issues	N/A	N/A	51.0%	49.0%	48.5%	43.9%	47.8%	47.3%	48.7%	50.8%	51.1%
Worry often/almost every day about <i>social</i> issues	N/A	N/A	38.8%	34.8%	31.1%	32.0%	23.0%	23.0%	22.7%	23.5%	26.3%
Worry often/almost every day about <i>family</i> issues	N/A	N/A	26.9%	25.6%	21.4%	22.3%	20.0%	17.8%	17.3%	19.3%	17.3%
Worry often/almost every day about <i>appearance</i> issues	N/A	N/A	36.3%	30.5%	27.4%	29.4%	22.0%	21.1%	19.4%	22.1%	21.8%
Worry often/almost every day about <i>being bullied/harassed</i>	N/A	N/A	N/A	N/A	N/A	N/A	3.8%	4.1%	1.8%	3.5%	5.2%
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%	62.8%	65.1%
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%	87.1%	85.2%
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%	89.5%	87.8%
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%	4.3%	5.7%
Depressed (12 months)	N/A	N/A	16.1%	14.0%	11.6%	9.1%	7.8%	7.4%	7.9%	8.3%	11.6%
Sought medical help or took prescription medication for depression (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Seriously considered suicide (12 months)	12.9%	13.3%	12.0%	10.0%	5.6%	6.9%	5.2%	4.6%	5.1%	5.7%	8.2%
Attempted suicide (12 months)	2.6%	3.6%	3.1%	2.3%	1.1%	1.1%	0.9%	1.0%	0.5%	0.7%	1.1%
Injured in suicide attempt (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
SEXUAL BEHAVIOR											
Ever had sexual intercourse	7.0%	5.4%	4.5%	4.4%	4.0%	2.6%	1.5%	1.7%	1.0%	0.8%	1.1%
Ever been/gotten someone pregnant	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Condom use at last intercourse ¹	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Alcohol/drugs at last intercourse	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
WEIGHT											
Consider self slightly/very overweight	N/A	N/A	25.1%	23.7%	20.0%	21.9%	17.7%	16.6%	18.0%	18.8%	18.7%
Trying to lose weight	31.1%	30.8%	33.7%	31.9%	29.3%	31.3%	24.0%	22.9%	24.6%	23.1%	25.3%
Fasted to <i>lose/maintain</i> weight (30 days)	N/A	N/A	6.6%	5.3%	4.3%	4.0%	1.9%	1.8%	3.1%	2.2%	4.4%
Vomited or took laxatives to <i>lose/maintain</i> weight (30 days)	2.2%	1.5%	1.6%	1.7%	0.9%	0.8%	0.4%	0.4%	0.5%	0.5%	0.5%
Took diet pills, powders, or liquids to <i>lose/maintain</i> weight (30 days)	1.1%	1.2%	1.3%	0.4%	0.9%	0.5%	0.1%	0.4%	0.5%	0.4%	0.0%
Took diet pills, powders, or liquids to <i>gain</i> weight (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Engaged in binge eating (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

¹ Percentages are not displayed due to the low number of cases.

**Appendix B:
Selected High School Data Tables**

2018-2019 NEWTON YOUTH RISK BEHAVIOR SURVEY

Substance Use - High School (N=1,755)

	1998	2000	2002	2004	2006	TOTAL						MA	GENDER		GRADE			
	(1640)	(1658)	(1707)	(1751)	(1810)	2008	2010	2012	2014	2016	2018	2017	Males	Females	9th	10th	11th	12th
	(1640)	(1658)	(1707)	(1751)	(1810)	(1760)	(1800)	(1733)	(1764)	(1741)	(1755)	YRBS	(874)	(849)	(456)	(451)	(443)	(405)
LIFETIME (any use in lifetime)																		
Cigarettes	52.0%	48.9%	38.5%	32.7%	29.2%	27.4%	19.4%	16.7%	11.6%	9.9%	9.3%	20%	9.3%	8.9%	4.0%	8.9%	10.4%	14.5%
Electronic Tobacco	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.9%	27.5%	41%	24.5%	30.8%	15.0%	32.0%	31.4%	32.1%
Alcohol	73.1%	70.8%	66.0%	61.9%	58.8%	56.8%	50.3%	49.1%	43.8%	44.4%	40.2%	56%	36.6%	43.9%	20.1%	38.6%	47.8%	56.5%
Marijuana	41.3%	40.5%	39.4%	37.2%	33.0%	33.2%	30.8%	28.3%	26.4%	27.7%	25.9%	38%	23.3%	28.8%	6.4%	26.0%	32.7%	40.4%
Cocaine	3.7%	3.9%	4.2%	5.2%	5.4%	2.7%	1.1%	1.8%	1.1%	1.6%	0.4%	4%	0.2%	0.6%	0.2%	0.0%	0.2%	1.2%
Ecstasy	N/A	N/A	5.7%	3.7%	2.9%	2.3%	1.1%	1.8%	1.0%	0.5%	0.6%	3%	0.5%	0.7%	0.4%	0.0%	1.1%	1.0%
Heroin	N/A	N/A	1.5%	1.4%	1.3%	0.8%	0.4%	0.3%	0.2%	0.2%	0.2%	1%	0.1%	0.2%	0.0%	0.2%	0.2%	0.2%
Methamphetamines	N/A	N/A	4.1%	3.3%	2.4%	1.3%	0.8%	0.9%	0.7%	0.3%	0.2%	2%	0.1%	0.2%	0.2%	0.0%	0.2%	0.5%
Steroids (no prescription)	N/A	N/A	1.4%	1.9%	1.4%	1.2%	0.2%	0.3%	0.3%	0.3%	0.2%	N/A	0.3%	0.1%	0.0%	0.4%	0.2%	0.2%
Other Illegal Drugs ¹	N/A	N/A	7.5%	7.6%	6.6%	5.6%	4.1%	3.5%	2.4%	1.5%	1.4%	N/A	1.8%	0.9%	0.7%	0.7%	1.8%	2.7%
Prescription Drugs Not Prescribed to Them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.5%	N/A	1.4%	1.7%	1.1%	0.9%	2.3%	2.0%
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%	1.9%	2.0%	6%	2.0%	1.8%	1.5%	1.8%	1.8%	3.0%
Electronic Tobacco	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.3%	15.2%	20%	14.3%	16.2%	7.3%	17.1%	18.3%	18.4%
Alcohol	51.5%	50.6%	44.0%	40.9%	38.2%	36.7%	31.5%	33.3%	29.3%	28.1%	21.9%	31%	20.3%	23.8%	7.5%	22.0%	28.5%	31.1%
Binge Alcohol (5 or more drinks in a row) ²	31.4%	31.5%	27.0%	23.1%	22.7%	19.0%	16.7%	17.8%	15.1%	14.0%	10.4%	16%	9.8%	11.1%	2.4%	9.3%	14.0%	16.7%
Marijuana	23.7%	26.3%	22.9%	23.3%	20.2%	22.7%	19.3%	17.0%	17.2%	19.2%	17.2%	24%	17.0%	17.7%	4.4%	18.0%	22.1%	25.4%
Cocaine	1.7%	1.4%	2.5%	2.9%	2.3%	1.3%	0.3%	0.8%	0.6%	0.5%	0.1%	N/A	0.0%	0.2%	0.0%	0.0%	0.2%	0.2%
Ecstasy	N/A	N/A	2.3%	1.7%	1.1%	1.0%	0.4%	0.8%	0.1%	0.2%	0.3%	N/A	0.1%	0.4%	0.0%	0.0%	0.7%	0.5%
Inhalants	3.1%	2.2%	2.6%	2.8%	2.6%	1.8%	1.7%	0.6%	0.8%	0.6%	0.6%	N/A	0.3%	0.7%	0.4%	0.4%	1.1%	0.2%
Heroin	N/A	N/A	0.9%	1.0%	0.9%	0.5%	0.3%	0.1%	0.1%	0.1%	0.1%	N/A	0.0%	0.1%	0.0%	0.0%	0.2%	0.0%
Methamphetamines	N/A	N/A	1.8%	2.0%	1.3%	1.1%	0.4%	0.3%	0.3%	0.1%	0.1%	N/A	0.0%	0.2%	0.2%	0.0%	0.0%	0.2%
Steroids (no prescription)	N/A	N/A	0.9%	1.5%	0.9%	0.9%	0.1%	0.1%	0.1%	0.3%	0.1%	N/A	0.0%	0.1%	0.0%	0.0%	0.2%	0.0%
Other Illegal Drugs ¹	N/A	N/A	3.3%	3.7%	3.5%	2.9%	1.8%	1.7%	1.0%	0.6%	0.5%	N/A	0.6%	0.4%	0.2%	0.0%	0.9%	1.0%
Prescription Drugs Not Prescribed to Them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.1%	N/A	0.6%	1.5%	0.9%	0.7%	1.8%	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%	1.6%	1.3%	0.7%	N/A	0.9%	0.6%	0.4%	0.9%	0.7%	1.0%
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%	1.2%	0.8%	N/A	0.8%	0.7%	0.9%	0.9%	0.9%	0.5%
Used "study drugs" to stay awake	N/A	N/A	N/A	6.6%	5.1%	4.0%	3.1%	4.9%	4.2%	3.3%	2.5%	N/A	2.8%	2.2%	1.1%	1.6%	3.2%	4.2%

¹ Other Illegal Drugs - "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".

² The 2017 MA YRBS defined binge alcohol use as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

2018-2019 NEWTON YOUTH RISK BEHAVIOR SURVEY

Issues Related to Substance Use - High School (N=1,755)

	TOTAL											MA 2017 YRBS	GENDER		GRADE				
	1998 (1640)	2000 (1658)	2002 (1707)	2004 (1751)	2006 (1810)	2008 (1760)	2010 (1800)	2012 (1733)	2014 (1764)	2016 (1741)	2018 (1755)		Males (874)	Females (849)	9th (456)	10th (451)	11th (443)	12th (405)	
"NO" or "SLIGHT" PERCEIVED HARM OF USE																			
Drink 5 or more drinks of alcohol twice a week	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.1%	14.5%	N/A	18.0%	11.2%	14.3%	12.6%	15.8%	15.8%
Smoke one or more packs of cigarettes per day	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	10.2%	8.5%	N/A	10.3%	6.9%	8.7%	6.0%	9.1%	10.5%
Use electronic tobacco	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	29.4%	N/A	35.5%	23.4%	27.9%	30.0%	30.6%	28.9%
Smoke marijuana once or twice a week	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	57.9%	53.9%	N/A	56.2%	51.3%	38.0%	54.5%	59.6%	64.7%
Use prescription drugs that are not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.6%	7.7%	N/A	8.5%	7.1%	6.1%	8.0%	7.8%	9.2%
PERCEIVE THAT PARENTS WOULD NOT DISAPPROVE OF THEIR SUBSTANCE USE ("Not Wrong at All" or "A Little Bit Wrong")																			
Drink alcohol	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	30.6%	N/A	30.7%	30.2%	18.0%	23.3%	38.9%	43.8%
Smoke cigarettes	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.5%	N/A	3.5%	3.3%	2.5%	2.7%	3.9%	5.1%
Use electronic tobacco	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.7%	N/A	8.9%	6.5%	4.7%	5.7%	10.3%	10.4%
Smoke marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	15.7%	N/A	16.2%	15.3%	6.0%	15.1%	20.5%	22.2%
Use prescription drugs that are not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.5%	N/A	2.1%	2.9%	2.5%	2.5%	1.8%	3.3%
PERCEIVE THAT SUBSTANCES ARE EASY TO GET ("Very Easy" or "Sort of Easy")																			
Beer, wine, or hard liquor	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	63.5%	N/A	61.2%	65.9%	48.6%	65.1%	69.2%	71.8%
Cigarettes	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	38.9%	N/A	40.4%	37.9%	30.0%	39.1%	36.4%	51.1%
Electronic tobacco	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	65.5%	N/A	64.7%	67.4%	49.7%	67.3%	71.7%	74.4%
Marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	50.4%	N/A	49.6%	51.6%	24.0%	52.5%	59.6%	67.3%
Prescription drugs not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	24.8%	N/A	24.3%	25.2%	22.8%	27.5%	24.7%	24.0%
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%	6.9%	7.2%	14%	6.3%	8.2%	7.5%	6.9%	6.8%	7.7%	
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%	1.3%	0.6%	N/A	0.9%	0.2%	0.0%	0.0%	1.6%	1.0%	
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%	6.4%	2.6%	6%	3.6%	1.0%	0.0%	0.0%	4.3%	1.8%	
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%	13.3%	10.1%	N/A	9.5%	10.9%	2.9%	7.6%	12.6%	18.5%	
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%	3.4%	2.7%	N/A	3.0%	2.4%	0.0%	0.2%	3.2%	7.8%	
Drove after using marijuana - (30 days) Of drivers	19.5%	25.4%	22.8%	24.9%	18.3%	25.5%	17.9%	19.2%	19.8%	15.9%	11.1%	N/A	11.4%	10.4%	0.0%	3.4%	8.8%	14.2%	

2018-2019 NEWTON YOUTH RISK BEHAVIOR SURVEY

Violence and Safety - High School (N=1,755)

	TOTAL											MA 2017 YRBS	GENDER		GRADE			
	1998 (1640)	2000 (1658)	2002 (1707)	2004 (1751)	2006 (1810)	2008 (1760)	2010 (1800)	2012 (1733)	2014 (1764)	2016 (1741)	2018 (1755)		Males (874)	Females (849)	9th (456)	10th (451)	11th (443)	12th (405)
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%	4.2%	3.9%	6%	5.6%	2.1%	4.4%	4.5%	4.1%	2.5%
When NOT in school	26.9%	24.1%	19.6%	20.4%	19.1%	16.4%	13.6%	11.2%	7.2%	9.5%	9.6%	N/A	14.6%	4.4%	14.3%	7.1%	8.6%	7.9%
BULLYING (30 days)																		
Bullied/harassed in school	N/A	N/A	21.0%	19.7%	17.2%	19.1%	15.2%	13.8%	11.1%	15.5%	11.6%	N/A	11.3%	11.9%	15.1%	12.8%	10.2%	8.3%
Bullied/harassed electronically ¹	N/A	N/A	N/A	N/A	N/A	15.2%	12.1%	11.3%	7.4%	11.4%	9.2%	N/A	8.6%	9.5%	11.0%	9.4%	7.9%	8.3%
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%	37.8%	27.2%	N/A	26.5%	27.9%	30.7%	23.9%	26.0%	28.3%
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%	7.3%	15.6%	N/A	11.4%	18.9%	13.6%	16.9%	16.1%	15.7%
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%	13.6%	15.9%	N/A	9.7%	21.3%	19.4%	13.3%	14.3%	16.6%
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%	2.4%	4.4%	4.2%	5%	3.8%	4.6%	3.3%	5.1%	4.3%	4.0%
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%	1.0%	1.0%	N/A	1.0%	1.1%	0.7%	1.1%	1.1%	1.2%
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%	2.2%	1.2%	N/A	0.5%	1.9%	0.0%	1.8%	1.1%	2.0%
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%	0.6%	0.9%	N/A	0.2%	1.4%	0.7%	0.7%	0.5%	2.0%

2018-2019 NEWTON YOUTH RISK BEHAVIOR SURVEY

Mental and Physical Health - High School (N=1,755)

	TOTAL											MA	GENDER		GRADE			
	1998 (1640)	2000 (1658)	2002 (1707)	2004 (1751)	2006 (1810)	2008 (1760)	2010 (1800)	2012 (1733)	2014 (1764)	2016 (1741)	2018 (1755)	2017 YRBS	Males (874)	Females (849)	9th (456)	10th (451)	11th (443)	12th (405)
STRESS																		
Life somewhat/very stressful	N/A	75.7%	78.0%	74.2%	73.0%	72.3%	73.4%	74.9%	78.9%	77.6%	80.6%	N/A	70.4%	90.5%	74.1%	76.5%	85.0%	87.5%
Worry often/almost every day about <i>school</i> issues	N/A	N/A	73.3%	68.0%	67.5%	67.6%	65.2%	69.8%	73.4%	72.3%	76.4%	N/A	67.9%	85.1%	67.4%	75.1%	82.5%	81.2%
Worry often/almost every day about <i>social</i> issues	N/A	N/A	54.6%	50.6%	44.2%	41.4%	39.7%	40.7%	39.4%	40.9%	43.2%	N/A	33.9%	52.2%	37.1%	41.3%	45.6%	49.4%
Worry often/almost every day about <i>family</i> issues	N/A	N/A	39.9%	38.0%	33.0%	36.4%	31.0%	32.8%	28.3%	30.9%	32.0%	N/A	26.6%	37.0%	28.6%	28.3%	33.3%	38.4%
Worry often/almost every day about <i>appearance</i> issues	N/A	N/A	48.7%	43.6%	39.4%	39.0%	36.7%	38.8%	38.2%	38.0%	39.4%	N/A	27.3%	51.0%	32.7%	39.5%	39.6%	46.7%
Worry often/almost every day about <i>being bullied/harassed</i>	N/A	N/A	N/A	N/A	N/A	N/A	4.2%	4.0%	3.4%	5.4%	5.1%	N/A	3.9%	5.9%	6.8%	5.7%	3.3%	4.6%
ADULT HELP																		
At least one teacher/adult in 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%	67.3%	66.5%	N/A	67.8%	66.0%	54.2%	65.0%	68.7%	79.7%
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%	86.7%	86.8%	N/A	87.6%	86.5%	87.7%	86.6%	86.6%	86.4%
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%	84.0%	85.6%	N/A	86.1%	85.9%	85.9%	85.2%	86.0%	85.1%
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%	11.2%	11.1%	10.2%	N/A	6.2%	13.3%	10.4%	12.5%	6.6%	11.6%
Depressed (12 months)	N/A	N/A	23.9%	22.0%	17.5%	18.4%	15.9%	17.8%	16.4%	18.6%	20.2%	27%	14.2%	25.4%	17.9%	21.9%	18.3%	23.1%
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%	9.4%	9.8%	N/A	5.9%	13.0%	6.2%	10.4%	8.2%	14.9%
Seriously considered suicide (12 months)	16.6%	15.1%	14.3%	10.6%	7.6%	9.3%	6.8%	8.9%	7.5%	7.9%	8.7%	12%	7.2%	9.5%	8.1%	9.4%	7.0%	10.4%
Attempted suicide (12 months)	5.1%	4.7%	5.5%	4.0%	2.8%	2.6%	1.7%	3.6%	2.3%	2.2%	2.0%	5%	1.6%	2.4%	2.0%	1.6%	1.4%	3.0%
Injured in suicide attempt (12 months)	N/A	N/A	1.7%	1.3%	1.1%	1.1%	0.2%	1.3%	0.7%	0.6%	0.6%	2%	0.5%	0.7%	0.9%	0.5%	0.7%	0.3%
SEXUAL BEHAVIOR																		
Ever had sexual intercourse	23.4%	21.2%	24.2%	24.1%	24.1%	24.5%	19.3%	19.3%	16.3%	17.2%	17.2%	35%	19.2%	15.1%	5.6%	12.2%	22.9%	29.5%
Ever been/gotten someone pregnant	2.2%	1.3%	2.1%	2.4%	2.0%	1.5%	0.8%	0.8%	0.6%	0.5%	0.4%	N/A	0.5%	0.2%	0.0%	0.2%	0.9%	0.3%
Condom use at last intercourse ¹	72.4%	77.0%	72.6%	72.4%	74.4%	73.7%	79.6%	75.9%	71.8%	70.4%	69.3%	58%	74.5%	62.4%	61.9%	75.9%	73.5%	64.1%
Alcohol/drugs at last intercourse ¹	23.6%	27.3%	23.9%	26.2%	22.1%	21.0%	20.3%	23.1%	21.4%	23.1%	23.1%	18%	22.0%	23.6%	27.3%	9.3%	30.6%	22.4%
WEIGHT																		
Consider self slightly/very overweight	24.6%	23.4%	23.8%	23.1%	22.2%	20.3%	19.0%	21.1%	20.5%	20.9%	22.4%	28%	20.9%	23.3%	24.8%	19.9%	19.5%	25.8%
Trying to lose weight	36.4%	39.1%	39.2%	37.3%	36.0%	36.7%	35.3%	34.6%	32.6%	32.0%	30.3%	44%	19.8%	40.3%	28.9%	29.2%	29.6%	33.8%
Fasted to <i>lose/maintain</i> weight (30 days)	N/A	N/A	7.3%	6.6%	5.7%	5.4%	4.6%	5.0%	4.5%	5.3%	5.4%	N/A	2.6%	8.0%	5.4%	5.3%	5.7%	5.1%
Vomited or took laxatives to <i>lose/maintain</i> weight (30 days)	3.0%	3.6%	3.8%	3.5%	1.8%	2.8%	2.3%	2.5%	1.7%	2.3%	1.9%	N/A	0.7%	3.0%	3.2%	1.1%	1.6%	1.8%
Took diet pills/powders/liquids to <i>lose/maintain</i> weight (30 days)	3.0%	3.6%	3.2%	2.8%	2.3%	1.7%	1.2%	1.3%	1.0%	1.2%	0.6%	N/A	0.2%	1.0%	0.2%	0.2%	0.9%	1.3%
Took diet pills/powders/liquids to <i>gain</i> weight (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.2%	N/A	8.5%	1.9%	3.6%	4.6%	7.4%	5.2%
Engaged in binge eating (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	10.5%	N/A	5.0%	16.0%	10.2%	8.9%	10.9%	12.4%

¹ Of those who had sexual intercourse.