



Date: June 6, 2022  
To: School Committee - Newton Public Schools  
From: Renee McCall, Assistant Superintendent of Teaching and Learning  
Toby Romer, Assistant Superintendent for Secondary Education  
Re: Youth Risk Behavior Survey 2022

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Please find the Summary of Findings and the Full Report of results from the Newton Public Schools Youth Risk Behavior Survey (YRBS) that was administered in February 2022. Because Newton Public Schools has administered this survey since 1998, we have the opportunity to analyze trends over more than 20 years for many items. The state administers a similar version of the survey to a sample of students statewide that informed the enclosed analysis, including a comparison of results for some questions.

On June 6th, members of the Wellness Committee will present a summary of our report at the School Committee meeting. Members include: Renee McCall, Toby Romer, Dana Bennett, K-8 Physical Education, Health and Wellness Coordinator; Beth Swederskas, Newton North Counseling Department Chair; and Dan Rubin, Newton South Counseling Department Chair. We look forward to discussing these findings with you.

# SUMMARY OF FINDINGS

## Results from the 2022 Newton Youth Risk Survey

What type of issues do Newton youth face? How have these issues changed over time? Are they the same as in other similar places? In an attempt to address such questions, the Newton Public Schools and the Newton Department of Health and Human Services conducted the 2022 Newton Youth Risk Behavior Survey in March 2022 with students in grades 6 through 12. Similar surveys have been conducted every other year in Newton since 1998. The results help Newton community leaders and agencies plan and evaluate their policies and programming while developing and enhancing effective ways to support young people. The information also helps parents understand challenges that their children face and encourages all community members to work in planning prevention and response strategies.

Largely based on the Centers for Disease Control and Prevention's *Youth Risk Behavior Survey*, questions focus on issues such as safety, violence, mental health, substance use, and physical health. The HS survey (grades 9-12) was adapted for use with MS students (grade 6-8) by omitting or modifying certain questions to facilitate completion by younger students.

Selected findings, including trend data from 2012 to 2022, are summarized below. Note that survey data was not collected in 2020 due to the Covid-19 pandemic.

- **Stress**

- **HS:** Overall, 71% of HS students described their lives as somewhat or very stressful which is a relative decrease since 2012 (76%, 79%, 78%, 81%, 71%). HS student stressors shifted from 2012 to 2022 with a notable increase of stress around family issues and decrease around appearance issues. Here are the list of stressors and their percentages from 2012 to 2022: School issues (90%, 73%, 72%, 76%, 75%), family issues (33%, 28%, 31%, 32%, 43%), social issues (41%, 39%, 41%, 43%, 42%), appearance issues (39%, 38%, 38%, 39%, 28%), and being bullied (4%, 3%, 5%, 5%, 5%). There is no statewide comparison data.
- **MS:** Overall, 48% of MS students described their life as somewhat or very stressful. This is a slight relative increase since 2012, but a decrease from 2018 to 2022 (47%, 47%, 52%, 53%, 48%). Similar to HS, MS student stressors shifted from 2012 to 2022 with a notable increase of stress around family issues and a decrease around appearance issues. Here are the list of stressors and their percentages from 2012 to 2022: School issues (47%, 49%, 51%, 51%, 53%), family issues (18%, 17%, 19%, 17%, 31%), social issues (23%, 23%, 24%, 26%, 31%), appearance issues (21%, 19%, 22%, 22%, 16%), and being bullied (4%, 2%, 4%, 5%, 7%). There is no statewide comparison data.

- **Depression, Self-Harm, and Suicide (12 months prior to the survey)**

- **Depression:** 28% of HS students and 18% of MS students reported experiencing depression. This is a relative increase from 2012 (HS-18%, 16%, 19%, 20%, 28%, MS-7%, 8%, 8%, 12%, 18%). 16% of HS students and 6% of MS students reported seeking medical help or taking prescription medication for depression. 29% of HS students and 20% of MS students reported receiving counseling from a doctor or other health professional in the 12 months prior to the survey.
- **Self-Harm:** 15% of HS students and 10% of MS students reported engaging in self-harm. This is a relative increase from 2012 (HS-12%, 11%, 11%, 10%, 15%, MS-12%, 11%, 11%, 10%, 15%).
- **Considered attempting suicide:** 13% of HS students and 9% of MS students reported considering attempting suicide. This is a relative increase from 2012 (HS-9%, 8%, 8%, 9%, 13%, MS-5%, 5%, 6%, 8%, 9%).
- **Made a suicide plan (new question):** 8% of HS students and 6% of MS students reported making a suicide plan.
- **Attempted suicide:** 3% of HS students and 2% of MS students reported attempting suicide. The percentages are relatively unchanged from 2012 (HS-4%, 2%, 2%, 2%, 3%, MS-1%, 1%, 1%, 1%, 2%).
- **Statewide comparison data:** Newton 2022 HS students were less likely to report experiencing depression, engaging in self-harm, considering attempting suicide, making a suicide plan, and attempting suicide than Massachusetts 2019 HS students (34%, 16%, 18%, 15%, 7%). Newton 2022 MS students were less likely to report experiencing depression, engaging in self-harm, considering attempting suicide, and attempting suicide than Massachusetts 2019 MS students (24%, 21%, 11%, 5%). There is no statewide comparison data for making a suicide plan.

- **Adult Connectedness**

- Students were asked if they had at least one adult in their school that they can talk to if they have a problem, and 55% of MS students and 55% of HS students reported having such a trusted school adult confidant. HS student connectedness with a school adult had been relatively consistent from 2014 to 2018 (66%, 67%, 67%), but decreased sharply in 2022 (55%). MS student connectedness with a school adult had also been relatively consistent from 2012 to 2018 (66%, 68%, 63%, 65%), and also decreased sharply in 2022 (55%). There is no statewide comparison data.

- **Substance Use - Rates of substance use in the 30 days prior to the survey continued to decrease across all substances since 2012.**

- **Cigarette smoking:** 3% of HS students and 0% of MS students reported current cigarette smoking. Rates of current cigarette smoking have relatively decreased since 2012 (HS-6%, 3%, 2%, 2%, 3%, MS- 1%, 0%, 0%, 0%, 0%).
- **Electronic vapor product use:** 8% of HS students and 1% of MS students reported currently electronic vapor product use. This is a relative decrease from 2018 (HS-15% to 8%, MS-2% to 1%).

- **Alcohol use:** 19% of HS students and 2% of MS students reported current alcohol use. Rates of HS alcohol use have relatively decreased since 2012 and MS rates have remained relatively consistent (HS–33%, 29%, 28%, 22%, 19%, MS–2%, 2%, 1%, 2%, 2%). 7% of HS students and 0% of MS students reported currently binge drinking which is a relative decrease since 2012 (18%, 15%, 14%, 10%, 7%). Students continued to perceive alcohol as the easiest substance to obtain and felt that their parents would be most accepting of its use.
- **Marijuana use:** 10% of HS students and 1% of MS students reported current marijuana use. Rates of HS marijuana use have relatively decreased since 2012 and MS rates have remained relatively consistent (HS–17%, 17%, 19%, 17%, 10%, MS–1%, 0%, 0%, 0% 1%). Marijuana use continued to be perceived as the lowest risk of harm.
- **Non-medical use of prescription drugs (NMUPD):** 1% of HS students and 0% of MS students reporting current NMUPD use. This is consistent with prior years.
- **Statewide comparison data:** Newton 2022 HS and MS students were less likely than Massachusetts 2019 HS and MS students to report currently drinking alcohol, using electronic vapor products, using marijuana, smoking cigarettes, and/or NMUPD.
- **Being Bullied**
  - **HS:** Overall, 10% of HS students were bullied in school and 11% were bullied electronically in the 30 days prior to the survey. The percentage of HS students who were bullied in school relatively decreased since 2012, although it has varied across years (14%, 11%, 16%, 12%, 10%). Newton 2022 HS students were less likely to report being bullied in school than Massachusetts 2019 HS students (10% vs. 16%). The percentage of HS students who were bullied electronically has remained relatively unchanged since 2012, although it has varied across years (11%, 7%, 11%, 9%, 11%). Newton 2022 HS students were less likely to report being bullied electronically compared to Massachusetts 2019 HS students (11% vs. 14%).
  - **MS:** Overall, 36% of MS students have ever been bullied in school and 24% have ever been bullied electronically. After staying relatively consistent from 2012 to 2018 (18%, 17%, 15%, 18%), the percentage of MS students who were ever bullied in school almost doubled from 2018 to 2022 (18% to 26%). Similarly, after staying relatively consistent from 2012 to 2018 (11%, 11%, 10%, 8%), the percentage of MS students who were ever bullied electronically tripled from 2018 to 2022 (8% to 24%). There is no statewide comparison data.
- **Observing and Responding to Bullying**
  - **HS:** Overall, 23% of HS students have seen someone bullied in school in the past 30 days. This percentage has continued to decrease since 2016, and has relatively decreased since 2012 (38%, 30%, 38%, 27%, 23%). Of the HS students who witnessed bullying, they continued to be most likely to not take action (i.e., just saw it happen) (62%, 64%, 63%, 63%, 66%), followed by trying to stop the bullying (36%, 34%, 35%, 37%, 28%), and telling a school adult (4%, 4%, 5%, 5%, 6%). HS students continued to be least likely to join the bullying (2%, 2%, 1%, 2%, 1%). There is no statewide comparison data.
  - **MS:** Overall, 46% of MS have ever seen someone bullied in school. This percentage has relatively increased from 2012 to 2022 (43%, 37%, 37%, 32%, 46%). Of the MS students who witnessed bullying, the percentage that did not take action (i.e., just saw it happen) relatively decreased since 2012 (45%, 44%, 44%, 53%, 35%) and the percentage who tried to stop the bullying also relatively decreased since 2012 (50%, 54%, 52%, 26%, 29%). However, the percentage that told a school adult relatively increased (11%, 15%, 12%, 10%, 15%). MS students continued to be least likely to join the bullying (2%, 0%, 1%, 2%, 1%). There is no statewide comparison data.
- **Motor Vehicle Safety**
  - **HS:** Overall, 7% of HS students rode in a car in the past 30 days with someone who had been drinking alcohol and 8% students rode in a car with someone who had been using marijuana. The percentage of HS students who rode in a car with someone who had been drinking alcohol decreased slightly between 2012 and 2014 (9% to 7%), but has remained the same since then (7%, respectively). The percentage of HS students who rode in a car with someone who had been using marijuana has consistently decreased since 2012 (15%, 12%, 15%, 10%, 8%). Among HS students who have driven in the past 30 days, 3% drove a car when they had been drinking alcohol and 6% drove a car when they had been using marijuana. The percentage of HS students who drove a car after drinking alcohol or using marijuana has decreased by over 60% since 2012 (drinking alcohol – 8%, 8%, 6%, 3%, 3%; using marijuana – 19%, 20%, 16%, 11%, 6%). Newton 2022 HS students were less likely to report driving a car after drinking alcohol or using marijuana than Massachusetts 2019 HS students (3% vs. 5% and 6% vs. 20%). Among HS students who have driven in the past 30 days, 34% drove a car while distracted (i.e., checked their cellphone, talked on their cellphone, texted, or sent an email). Newton 2022 HS students were slightly less likely to report driving a car while distracted than Massachusetts 2019 HS students (34% vs. 38%).
  - **MS:** Overall, 2% of MS students rode in a car in the past 30 days with someone who had been drinking alcohol and 1% rode in a car in the past 30 days with someone who had been using marijuana. The percentage of MS students who rode in a car with someone who had been drinking alcohol has relatively decreased since 2012 (5%, 4%, 5%, 4%, 2%). The percentage of MS students who rode in a car with someone who had been using marijuana has remained relatively unchanged since 2012 (1%, respectively). Newton 2022 MS students were five times less likely to report riding in a car with someone who had been drinking alcohol as Massachusetts 2019 MS students (2% vs. 10%) and six times less likely to report riding in a car with someone who had been using marijuana (1% vs. 6%).

- **General Safety Concerns**
  - **HS:** Overall, 12% of HS students were somewhat or very worried about their safety when they were in school, 8% worried about their safety when they were not in school, and 1% skipped school because they felt unsafe on their way to or from school in the past 30 days. The percentage of HS students who worry about their safety in school has increased substantially from 2012 to 2022, but decreased from 2018 to 2022 (4%, 5%, 7%, 16%, 12%). The percentage of HS students who worry about their safety when not in school increased between 2012 and 2018, but decreased from 2018 to 2022 by 50% (11%, 10%, 14%, 16%, 8%). The percentage of HS students who skipped school because they felt unsafe on their way to or from school relatively increased by more than 100% from 2018 to 2022 (3%, 2%, 4%, 4%, 19%). There is not statewide comparison data.
  - **MS:** Overall, 12% of MS students were somewhat or very worried about their safety when they were in school, 10% were worried about their safety when not in school, and 4% skipped school because they felt unsafe to or from school in the past 30 days. The percentage of MS students who worry about their safety in school relatively increased since 2012 (5%, 6%, 5%, 11%, 12%). The percentage of MS students who worry about their safety when not in school continued to decrease since 2012 (15%, 15%, 13%, 13%, 10%). The percentage of MS students who skip school because they felt unsafe on their way to or from school has relatively increased since 2012 (1%, 2%, 1%, 3%, 4%). There is not statewide comparison data.
- **Discrimination (new question)**
  - **HS:** Among HS students who have ever experienced bad or unfair treatment in school, 21% reported experiencing bad or unfair treatment in school in the 12 months prior to the survey because of their race sometimes, most of the time, or always, 28% because of their gender identity, 28% because of their sexual orientation, and 24% because of their religion. There is no statewide comparison data.
  - **MS:** Among MS students who have ever experienced bad or unfair treatment in school, 20% reported experiencing bad or unfair treatment in school in the 12 months prior to the survey because of their race sometimes, most of the time, or always, 27% because of their gender identity, 34% because of their sexual orientation, and 20% because of their religion. There is not statewide comparison data.
- **Sexual Violence (new question)**
  - Overall, 13% of HS and 5% of MS students have experienced unwanted sexual contact or been forced to do sexual things that they did not want to. There is no statewide comparison data.
- **Sexual Behavior (changed in 2022 to include the word “consensual”)**
  - **HS:** Overall, 15% of HS students have ever had consensual sexual intercourse. Percentages of HS students who have had sexual or consensual intercourse remained relatively consistent since 2012 (19%, 16%, 17%, 17%, 15%). Among the HS students who have had sexual or consensual sexual intercourse, condom use has decreased since 2012 (76%, 72%, 70%, 69%, 66%). Newton 2022 HS students were more than two times less likely to have ever had consensual sexual intercourse as Massachusetts 2019 HS students (15% vs. 37%).
  - **MS:** Overall, 1% of MS students have ever had consensual sexual intercourse. Percentages of MS students who have had sexual or consensual intercourse remained relatively consistent since 2012 (1%, 1%, 1%, 2%, 1%). There is no statewide comparison data.
- **Body Weight**
  - **Perceptions:** Overall, 21% of HS students and 22% of MS students perceived themselves as slightly or very overweight. Male students were most likely to perceive themselves as underweight, female students were most likely to perceive themselves as about the right weight, and gender non-conforming students were most likely to perceive themselves as overweight. Newton 2022 HS students were less likely to perceive themselves as slightly or very overweight than Massachusetts 2019 HS school students (21% vs. 33%). Newton 2022 MS students were less likely to perceive themselves as slightly or very overweight than Massachusetts 2019 MS students (22% vs. 25%).
  - **Modifications:** Gender non-conforming HS students and female MS students were most likely to want to stay the same weight or not do anything about their weight. Female HS students and gender non-conforming MS students were most likely to want to lose weight. Male students were most likely to want to gain weight.
- **Physical Activity**
  - Students were asked on how many of the prior days they had engaged in physical activity for at least 60 minutes. 43% of HS students and 52% of MS students reported engaging in the recommended level of physical activity on at least 5 of the prior 7 days. Rates have decreased slightly from 2018, but remained relatively consistent since 2012 (HS–39%, 41%, 43%, 48%, 43%, MS–52%, 54%, 56%, 57%, 52%). There is a decline with grade in such activity between 6<sup>th</sup> (55%) and 12<sup>th</sup> grade (39%). The same percentage of Newton 2022 HS students and Massachusetts 2019 HS students engaged in 60 minutes of physical activity on at least 5 of the past 7 days (43%, respectively). Newton 2022 MS students were more likely to engage in 60 minutes of physical activity on at least 5 of the past 7 days than Massachusetts 2019 MS students (52% vs. 49%).

# Youth Risk Behavior Survey 2022 Highlights

June 6, 2022



## BACKGROUND

Grade	High School	Middle School
6 <sup>th</sup>	.	743
7 <sup>th</sup>	.	923
8 <sup>th</sup>	.	886
9 <sup>th</sup>	816	.
10 <sup>th</sup>	764	.
11 <sup>th</sup>	718	.
12 <sup>th</sup>	635	.

Gender Identity	High School	Middle School
Female/Woman/Girl	1356	1117
Male/Man/Boy	1382	1238
GNC*	170	169
Chose not to respond	25	28

Race	High School	Middle School
Asian	565	493
Black	131	150
White	1720	1323
Other	337	272
Multi-Racial	159	282
Chose not to respond	21	32

\*GNC – Gender non-conforming (i.e., transgender, non-binary, questioning, other)



# Results

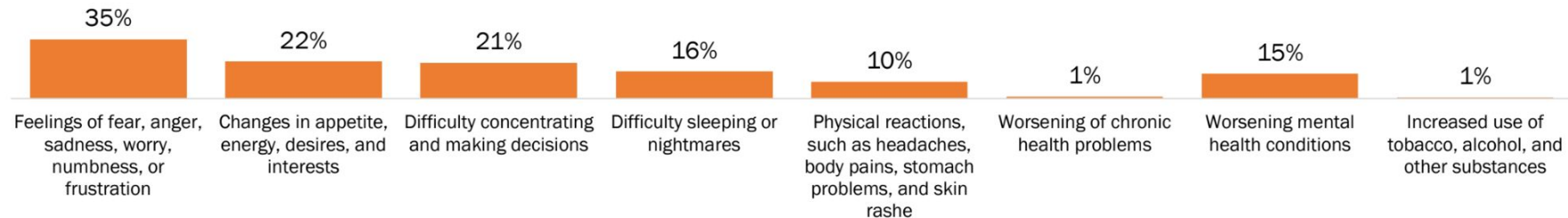
## Mental Health

COVID 19 | Connectedness | Stress | Depression

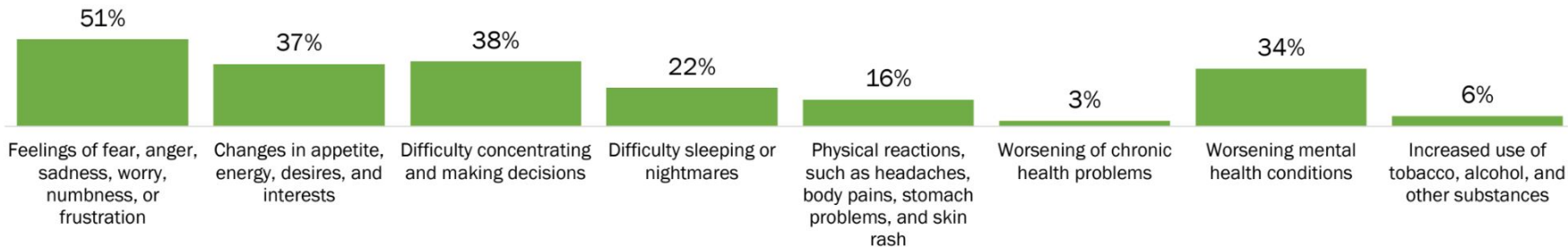


# STUDENT REACTIONS TO THE COVID-19 PANDEMIC, SINCE MARCH 2020

## Middle School



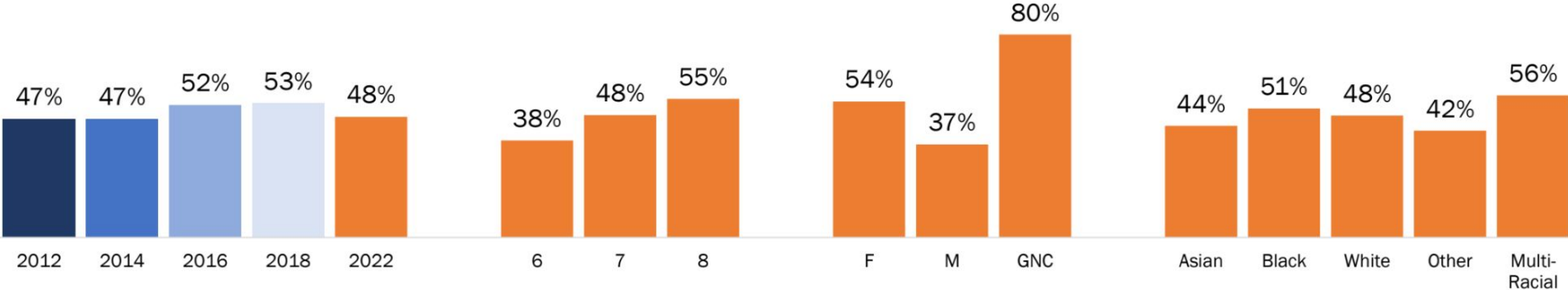
## High School



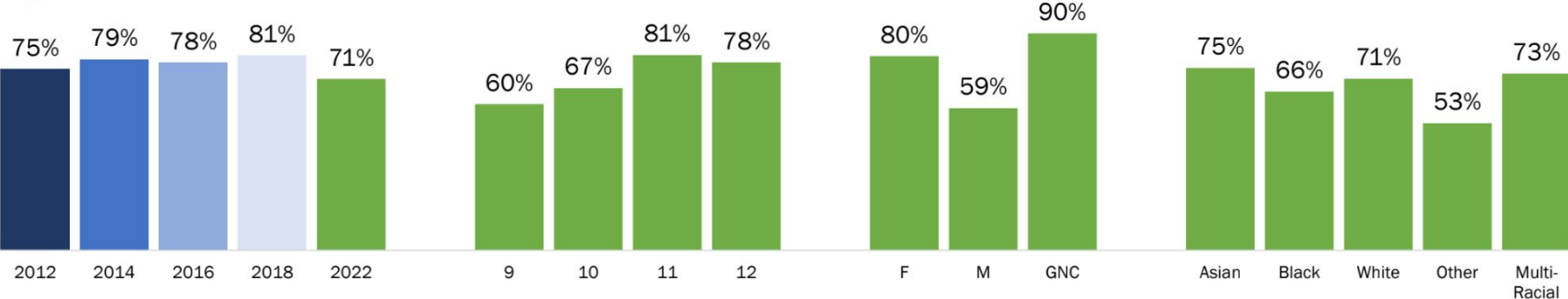


# DESCRIBED THEIR LIFE AS SOMEWHAT OR VERY STRESSFUL

## Middle School

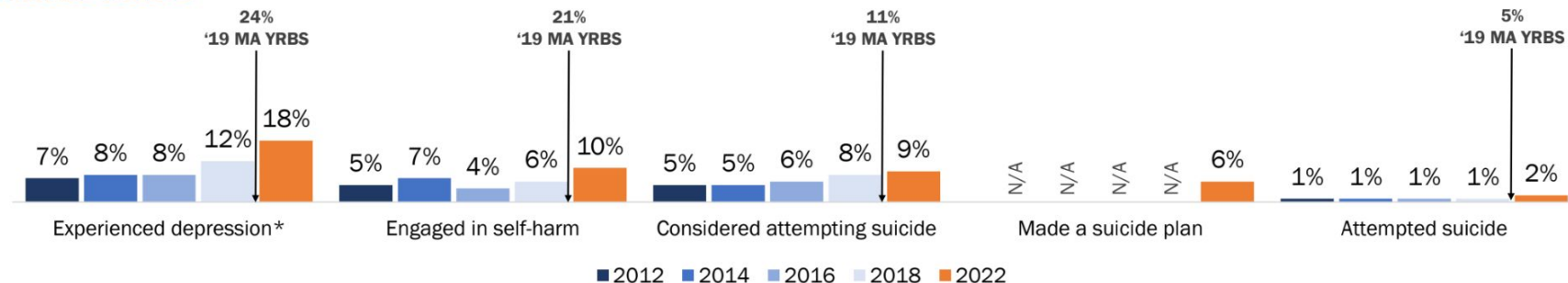


## High School

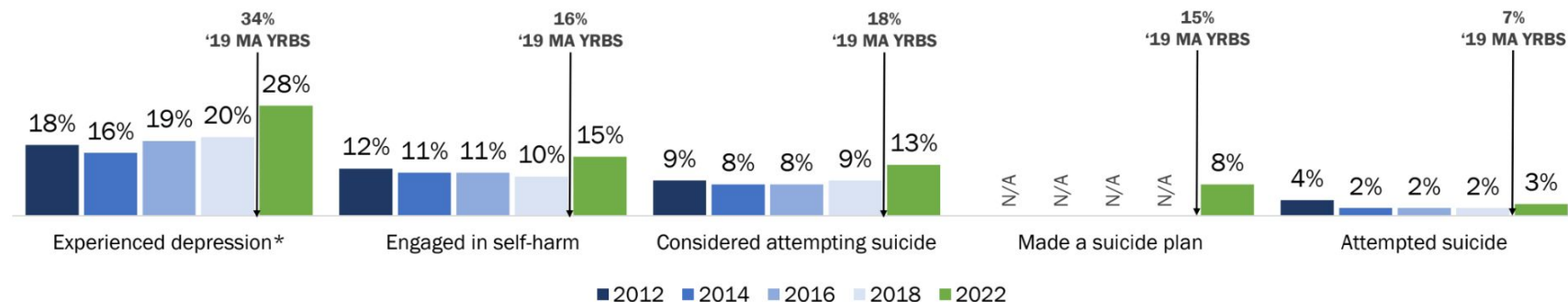


# DEPRESSION, SELF-HARM, AND SUICIDE, PAST 12 MONTHS

## Middle School



## High School

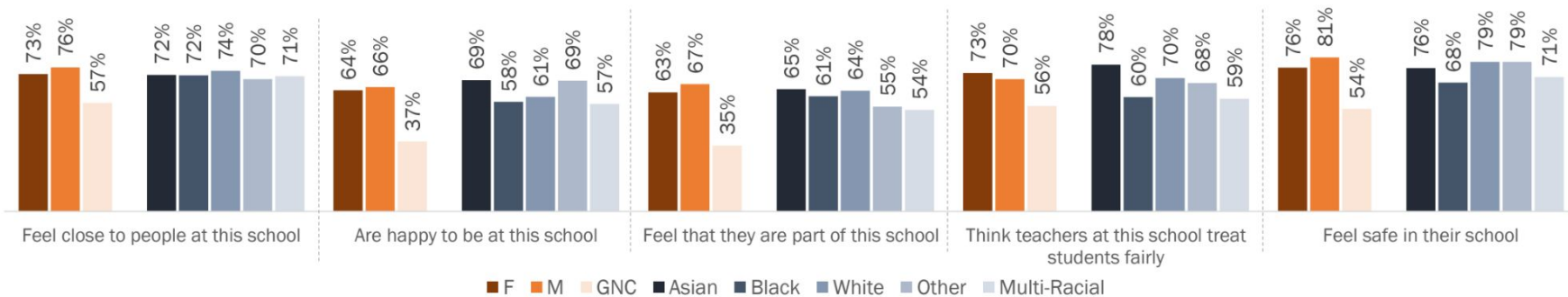


\*The 2022 Newton YRBS defined depression as feeling sad or hopeless almost every day for two or more weeks in a row that they stopped doing some of their usual activities

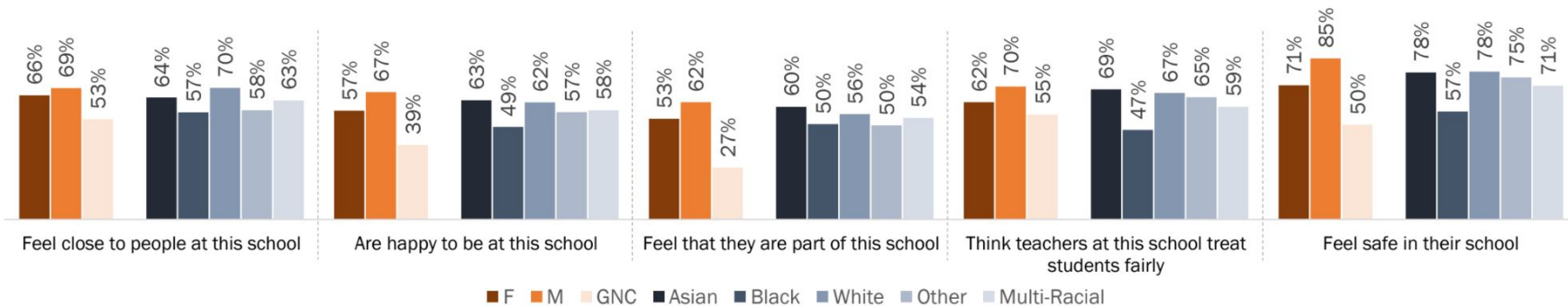
# REPORTED SCHOOL CONNECTEDNESS

(Agree, Strongly Agree)

## Middle School

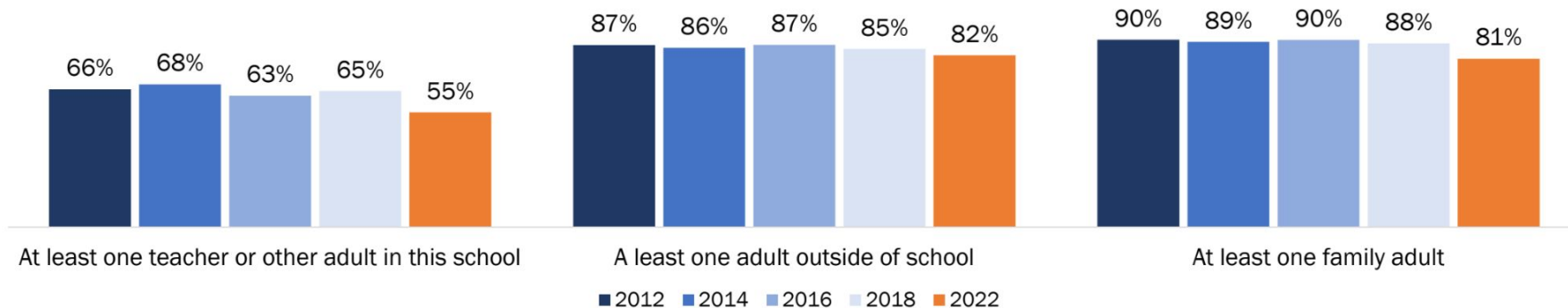


## High School

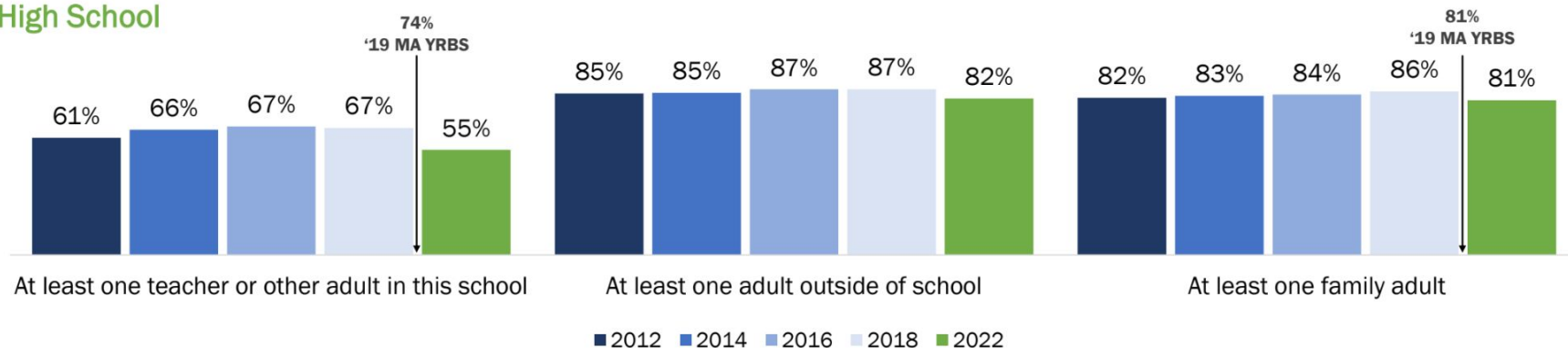


# HAS AN ADULT AVAILABLE TO TALK TO ABOUT A PROBLEM

## Middle School



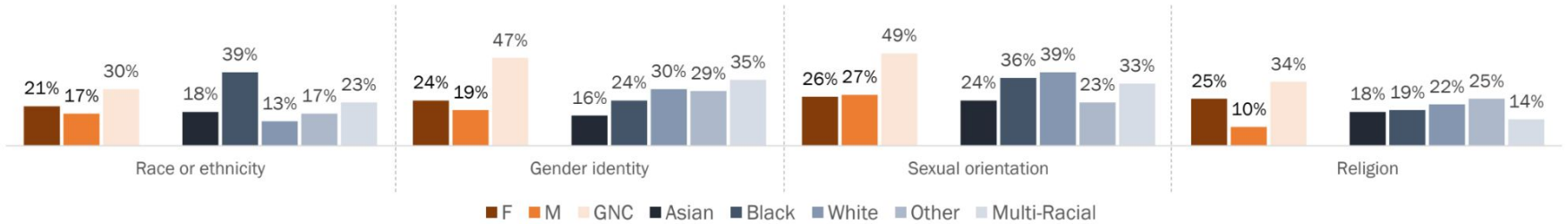
## High School



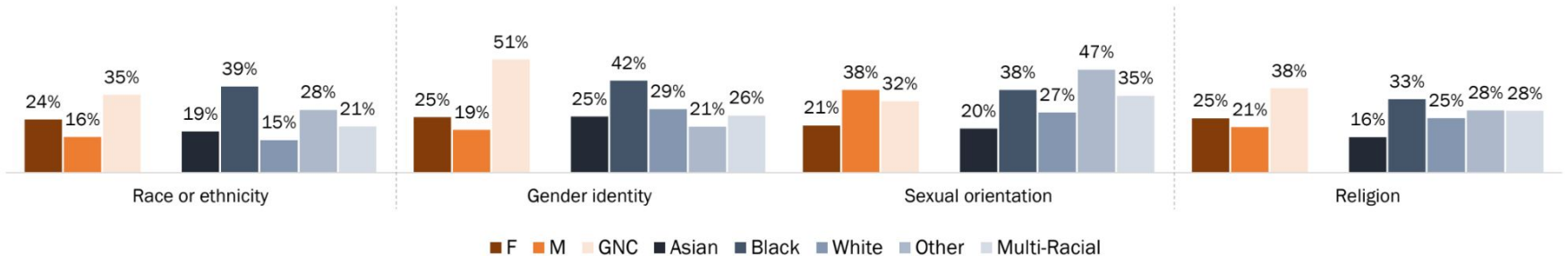
# FEELINGS OF BAD OR UNFAIR TREATMENT IN SCHOOL, PAST 12 MONTHS

(Sometimes, Most of the Time, Always)

## Middle School



## High School



# Results

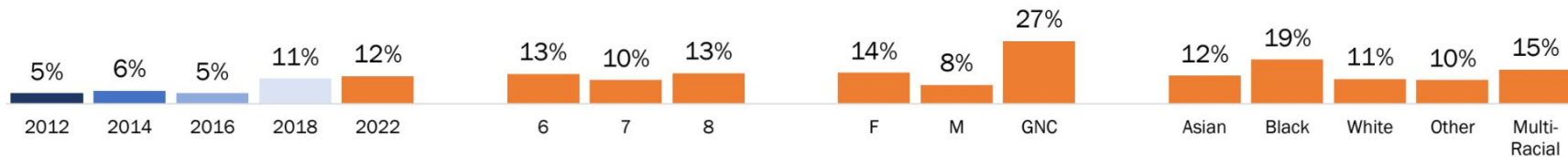
## Safety and Violence

Safety In and Out of School | Bullying | Weapons

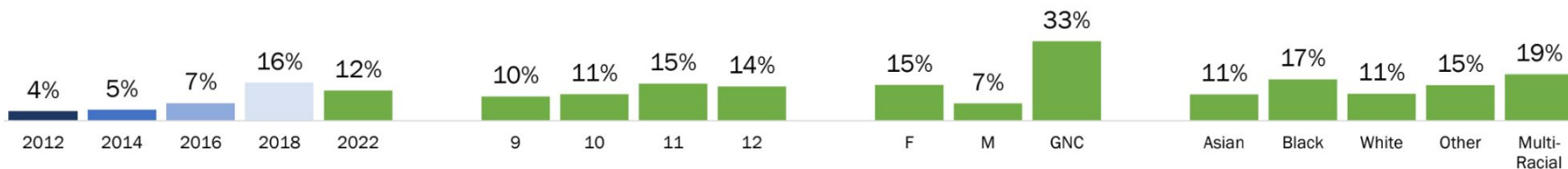
# WORRIED ABOUT THEIR SAFETY WHEN IN SCHOOL

(Somewhat Worried, Very Worried)

## Middle School



## High School

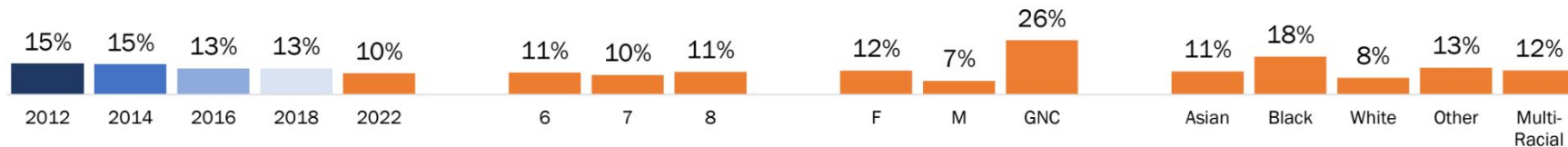




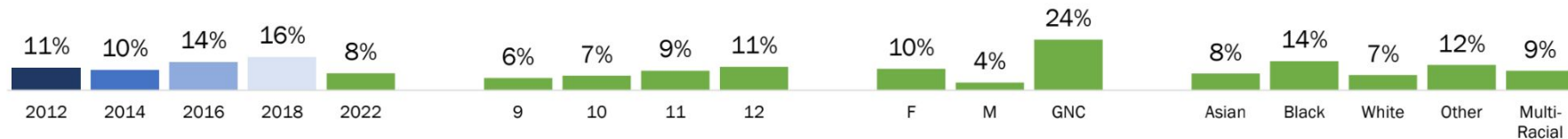
# WORRIED ABOUT THEIR SAFETY WHEN NOT IN SCHOOL

(Somewhat Worried, Very Worried)

## Middle School



## High School

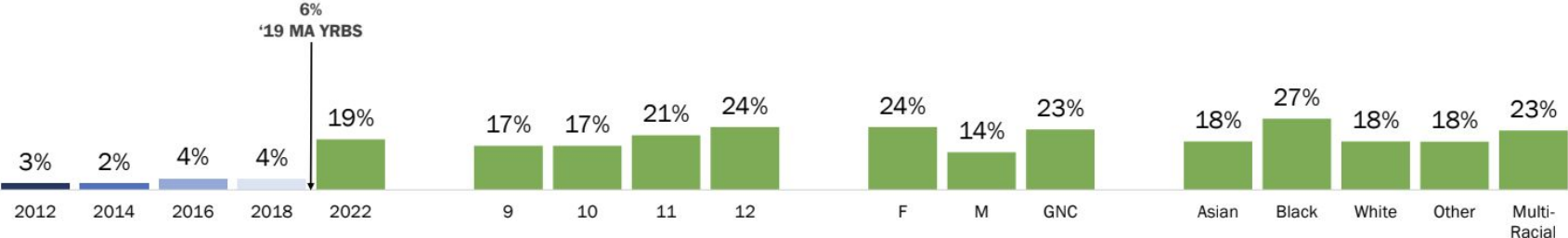


# SKIPPED SCHOOL BECAUSE THEY FELT UNSAFE ON THEIR WAY TO OR FROM SCHOOL, PAST 30 DAYS

## Middle School



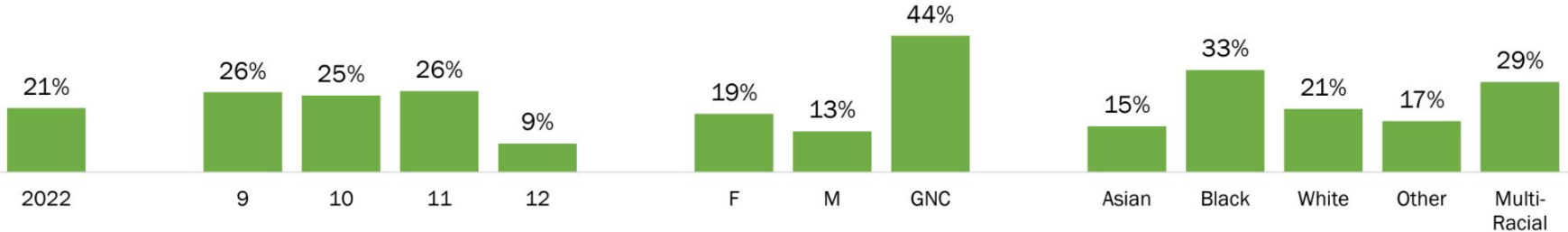
## High School



# CARRIED A WEAPON ON SCHOOL PROPERTY, PAST 30 DAYS

(Among Students Who Have Carried a Weapon in the Past 30 Days)

## High School

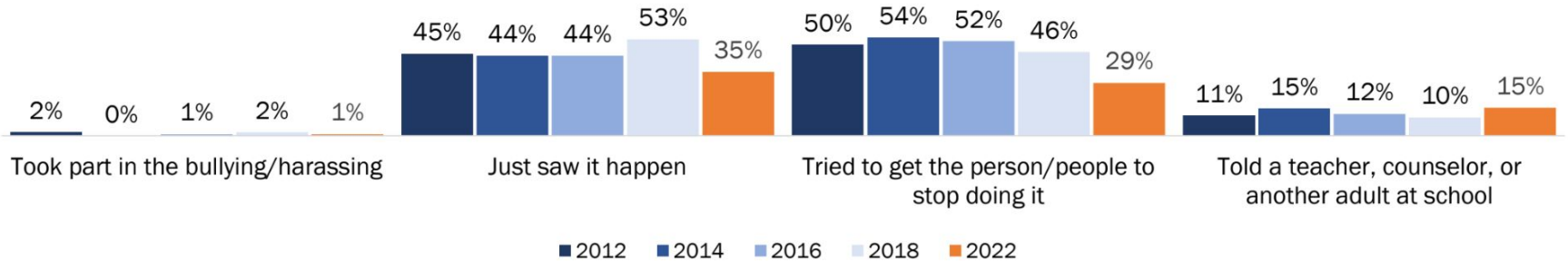


Overall, 3% of high school students were threatened with a gun or knife on school property in the past 30 days.

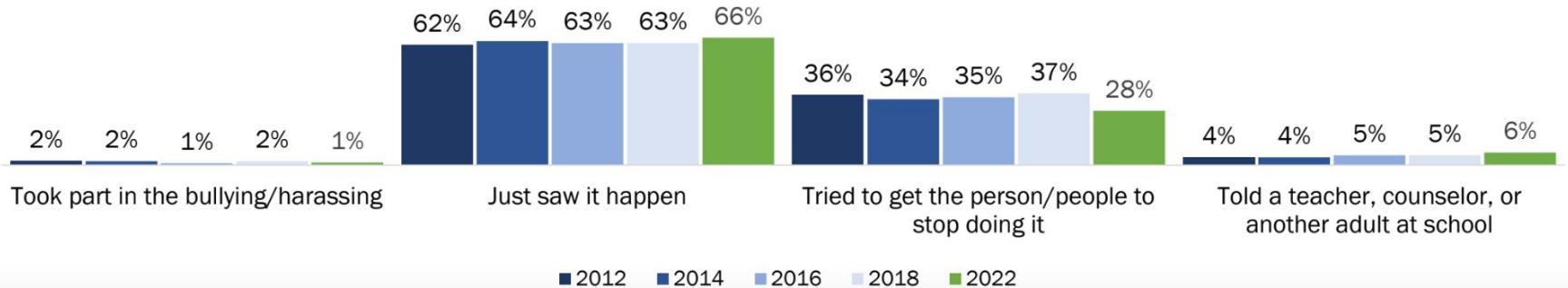
# STUDENT REACTIONS TO WITNESSING SOMEONE ELSE BEING BULLIED IN SCHOOL

(Among Students Who Had Seen Someone Bullied in School in the Past 30 Days)

## Middle School

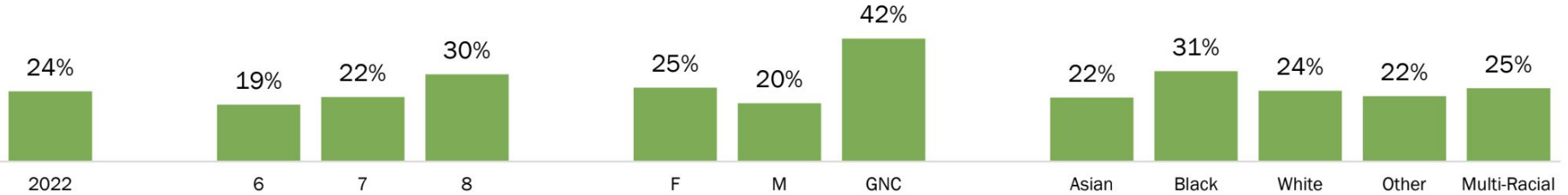


## High School

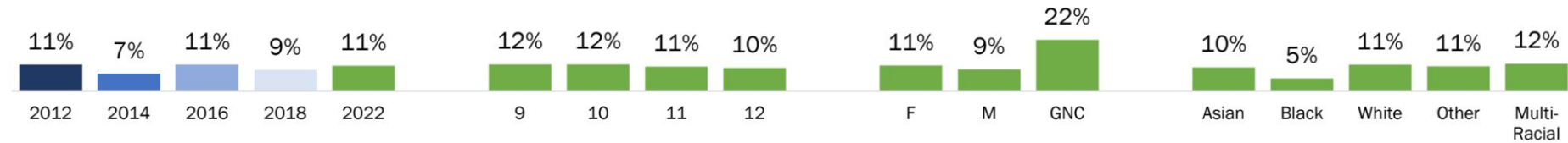


# ELECTRONIC BULLYING

## Middle School - Ever



## High School - Past 30 Days



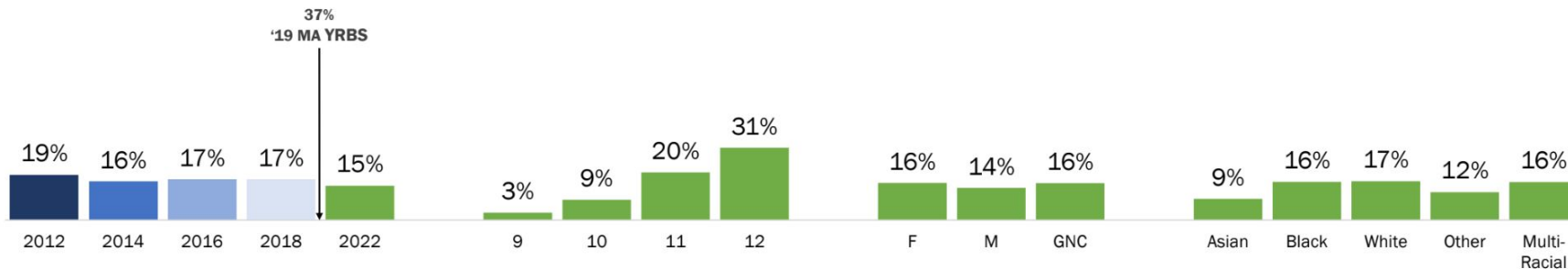
14% of Massachusetts 2019 high school students reported being electronically bullied in the past 30 days.

# EVER HAD CONSENSUAL SEXUAL INTERCOURSE\*

## Middle School



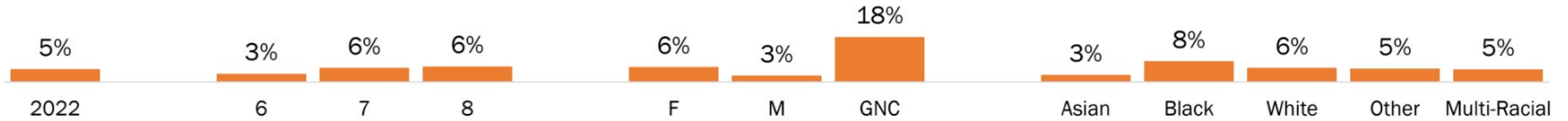
## High School



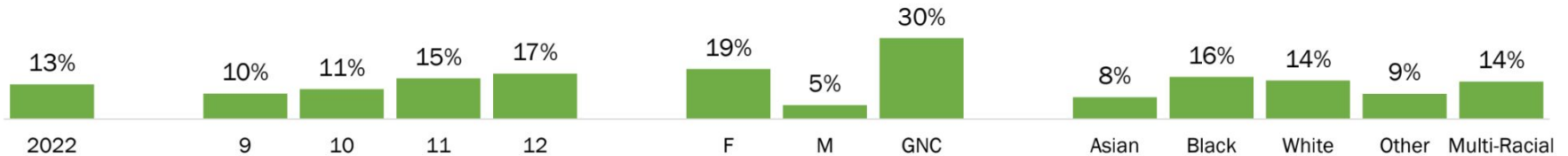
\*This question was changed in 2022 to include the word "consensual"

# EVER EXPERIENCED UNWANTED SEXUAL CONTACT OR FORCED TO DO SEXUAL THINGS THEY DID NOT WANT TO

## Middle School



## High School





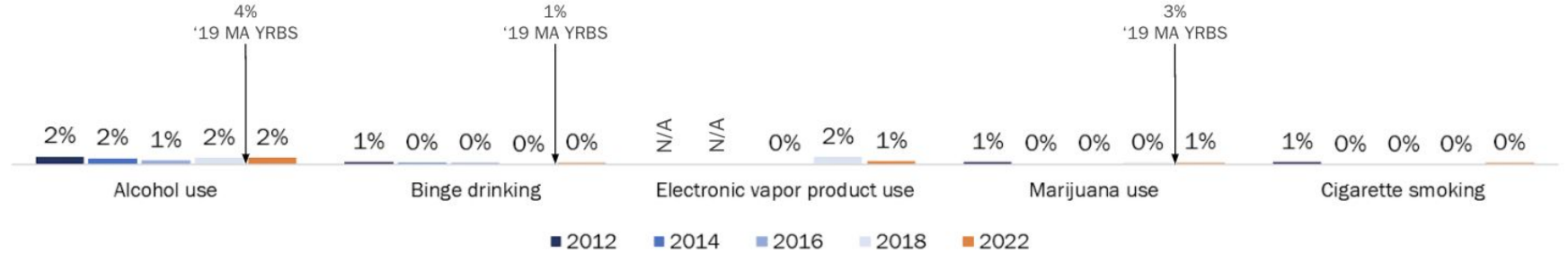
# Results

## Substance Use

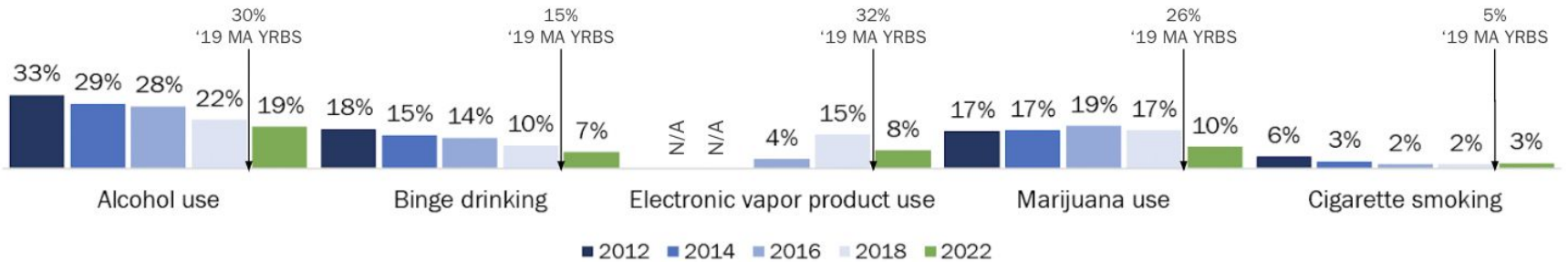
Alcohol | Vaping | Other

# CURRENT SUBSTANCE USE

## Middle School

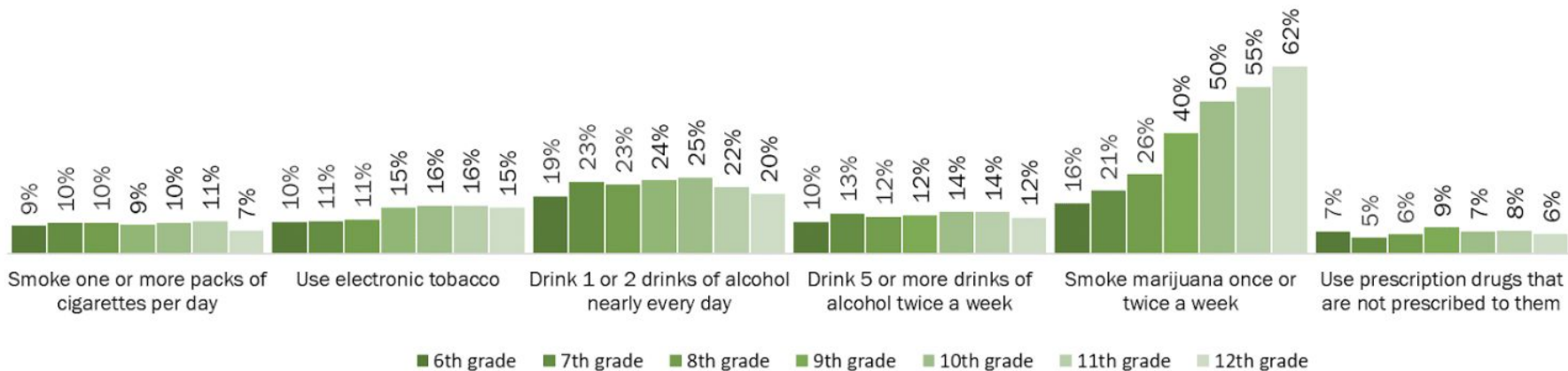


## High School



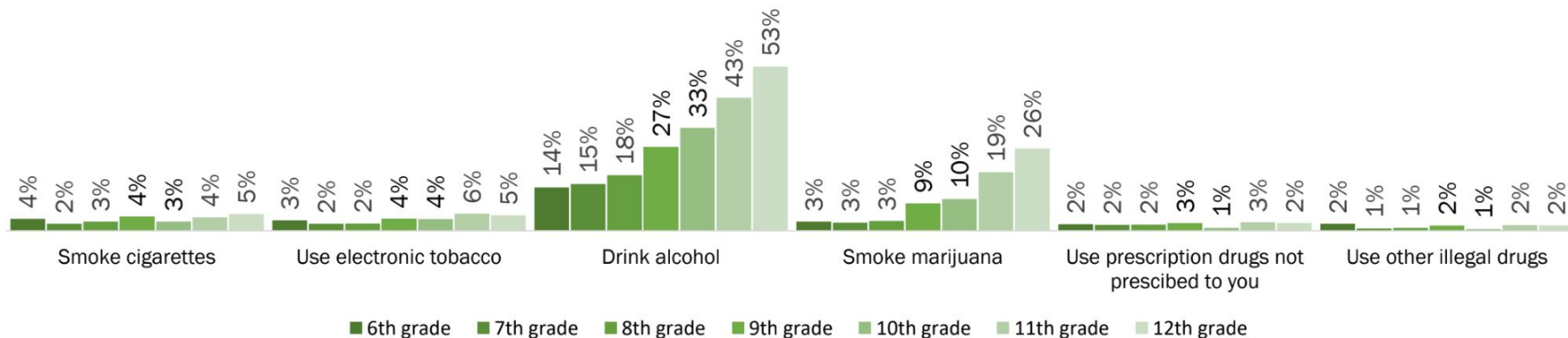
# LOW PERCEIVED RISK OF SUBSTANCE USE, BY GRADE

(No Risk, Slight Risk)



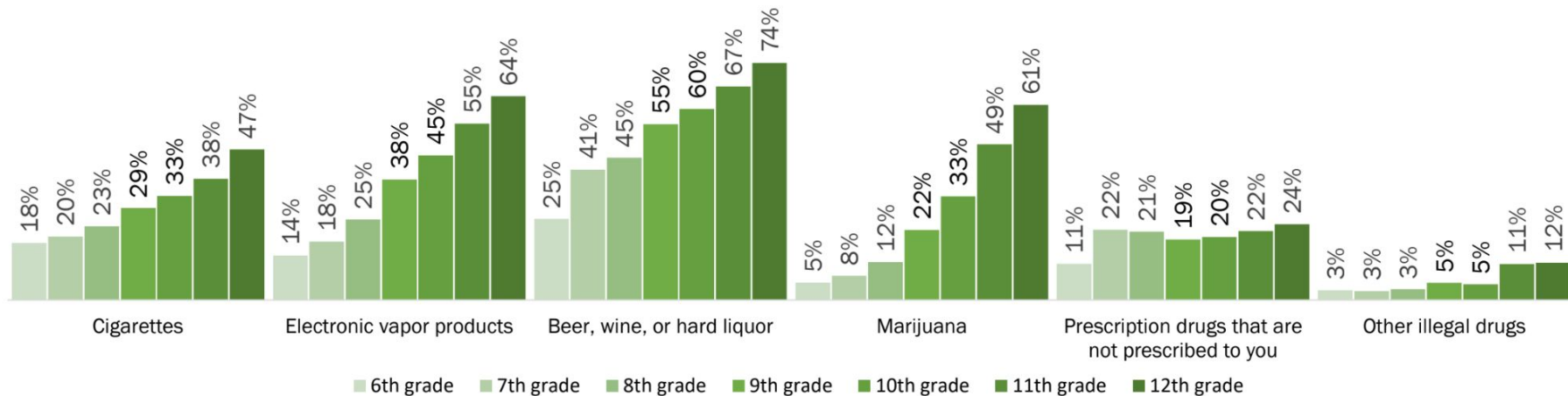
# PERCEIVED PARENTAL APPROVAL OF SUBSTANCE USE, BY GRADE

(Not At All Wrong, A Little Bit Wrong)



# PERCEIVED EASE OF OBTAINING SUBSTANCES, BY GRADE

(Very Easy, Sort of Easy)





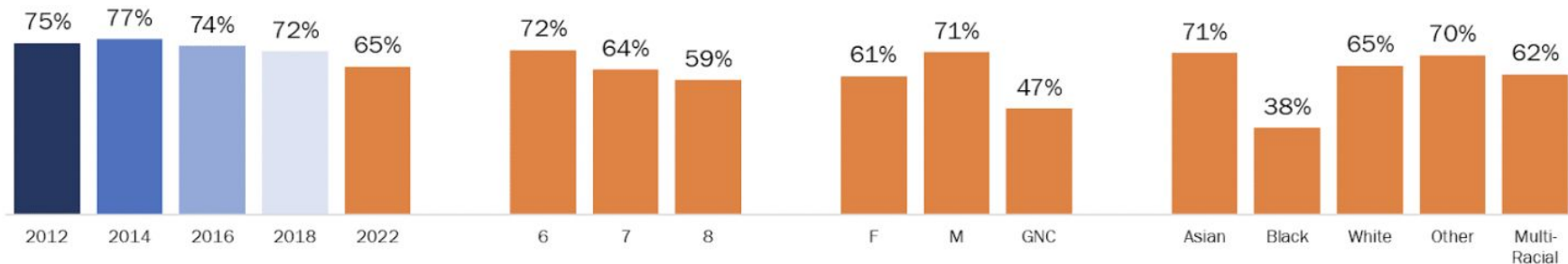
# Results

**Other Items**

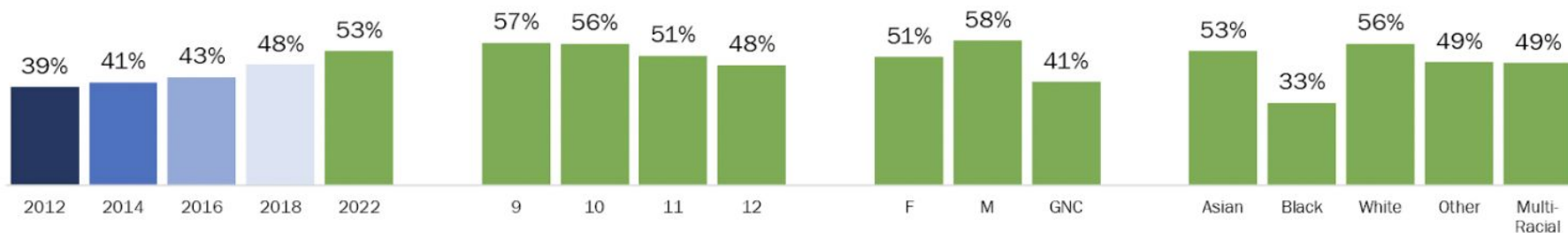
Physical Health and Habits

# ATE BREAKFAST ON 6 OF THE PAST 7 DAYS

## Middle School\*



## High School

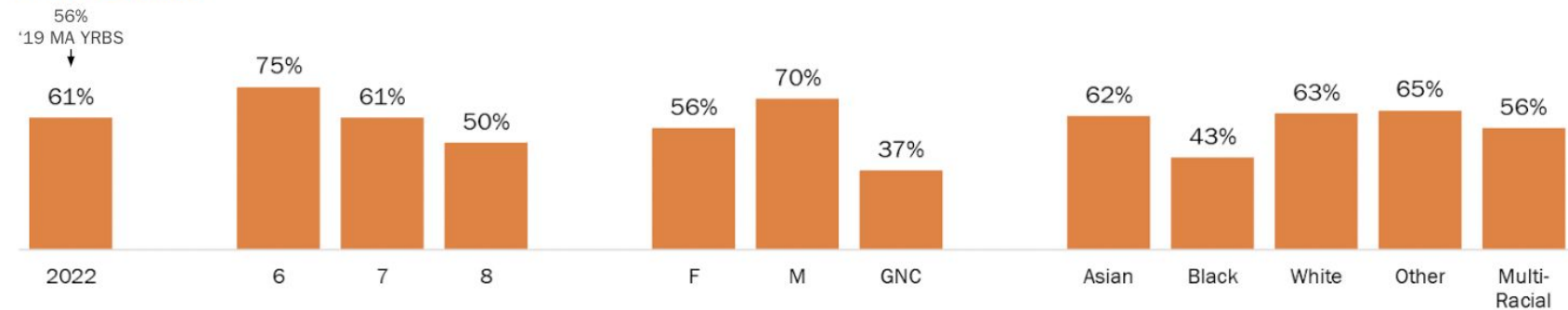


\*2012-2018 data is for 7<sup>th</sup> and 8<sup>th</sup> grade students only, 2022 data includes 6-8<sup>th</sup> grade students.

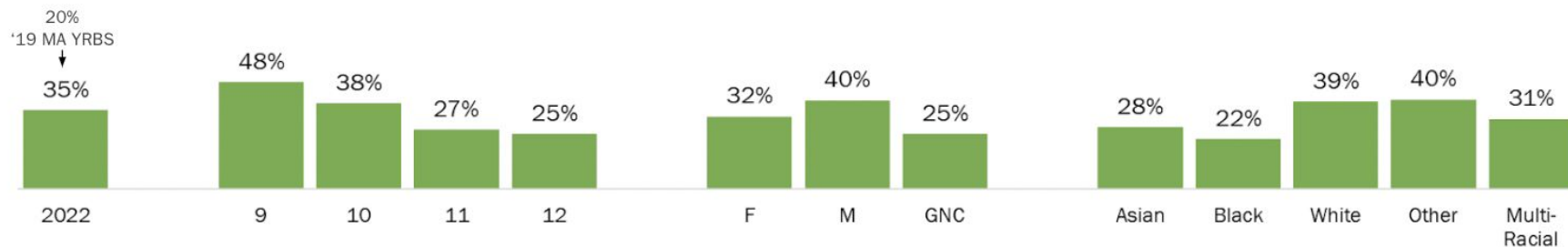


# SLEEPING 8+ HOURS ON AN AVERAGE NIGHT

## Middle School

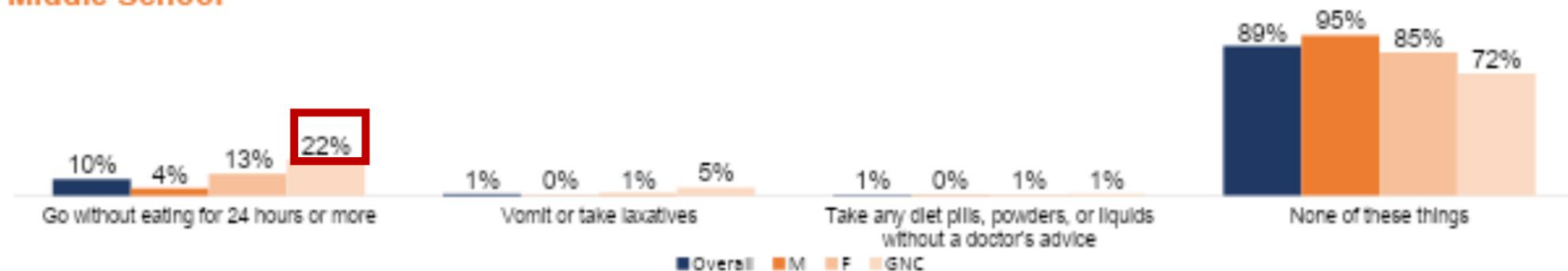


## High School

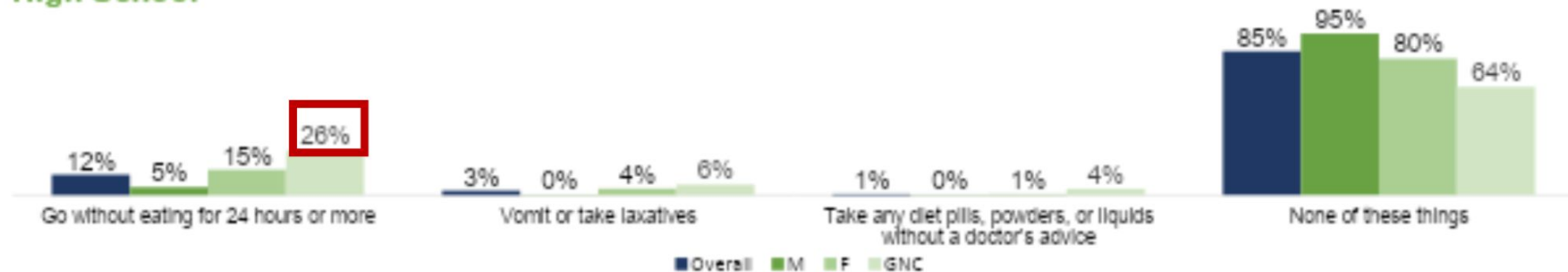


# METHODS USED TO LOSE WEIGHT, BY GENDER

## Middle School

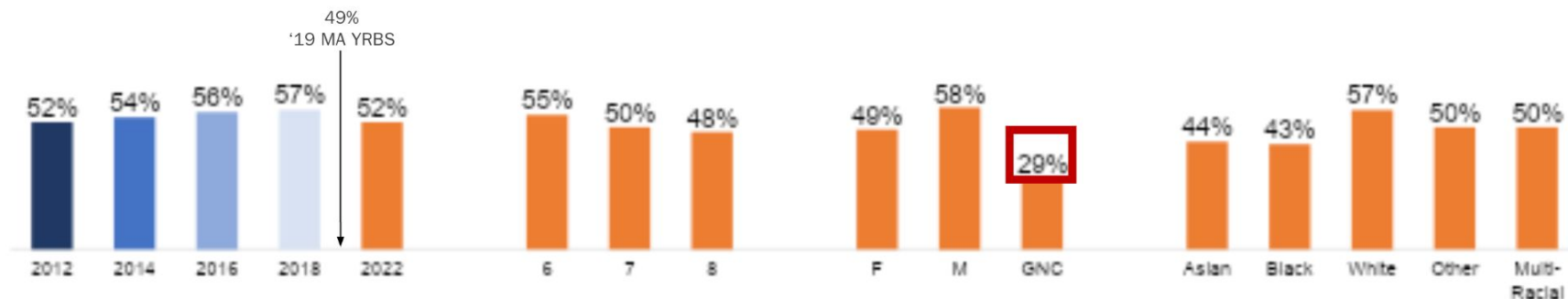


## High School

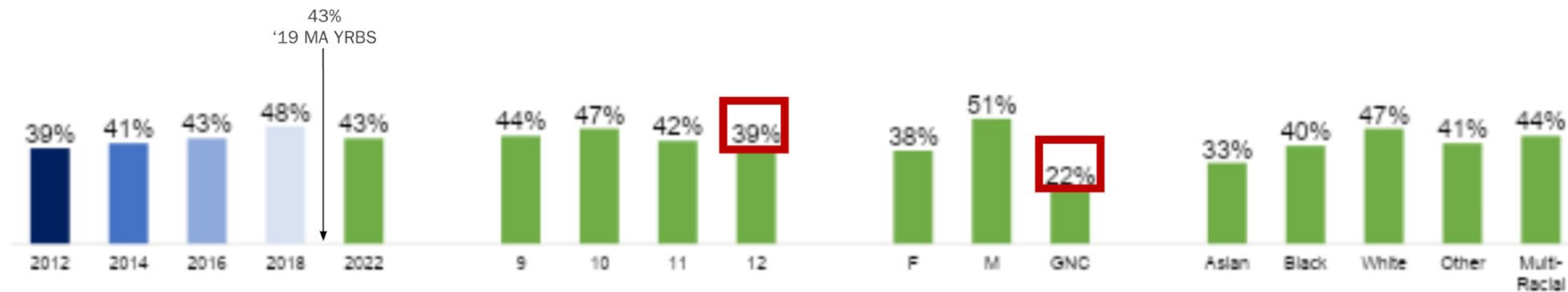


# ENGAGED IN 60 MINUTES OR MORE OF PHYSICAL ACTIVITY ON AT LEAST 5 OF THE PAST 7 DAYS

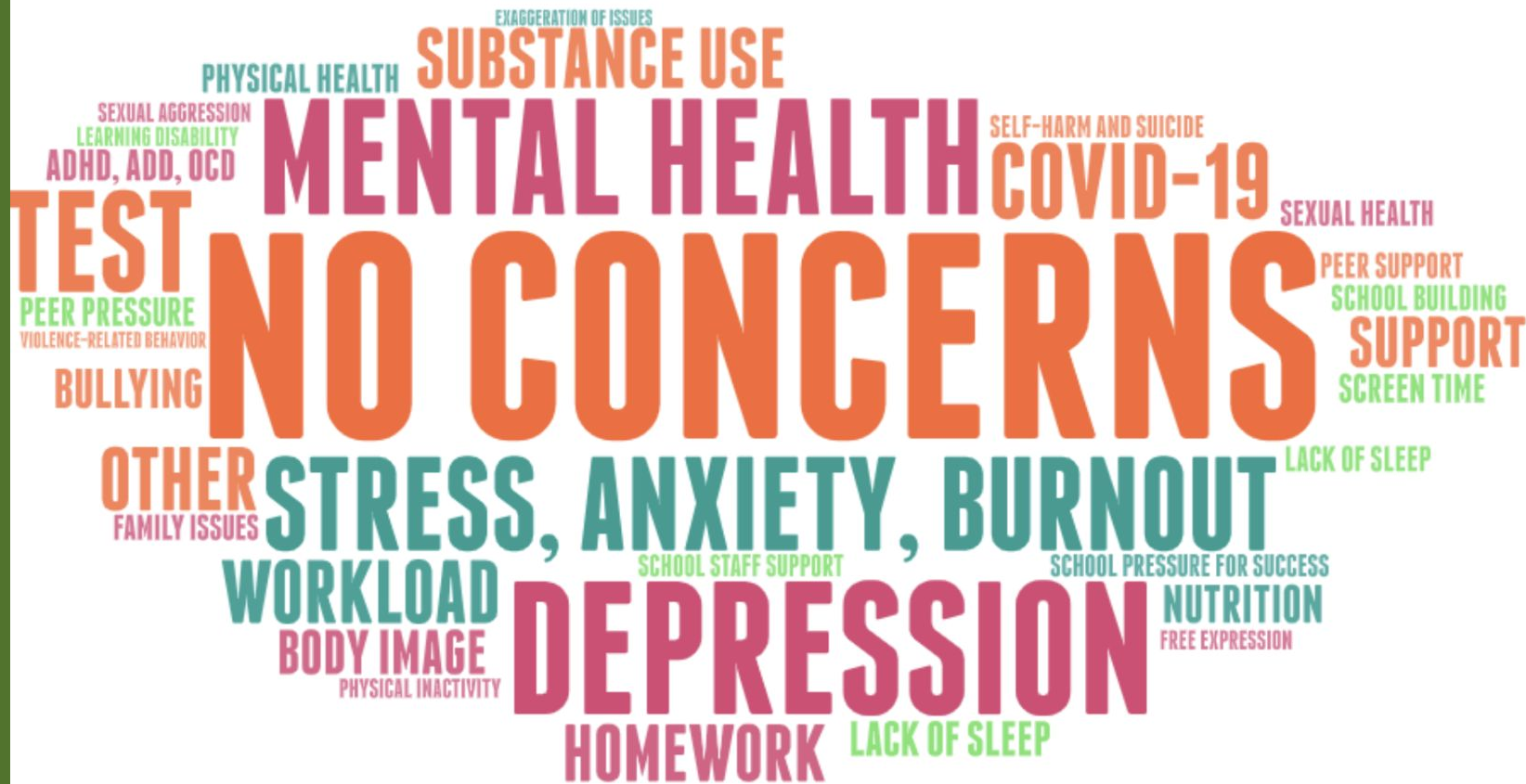
## Middle School



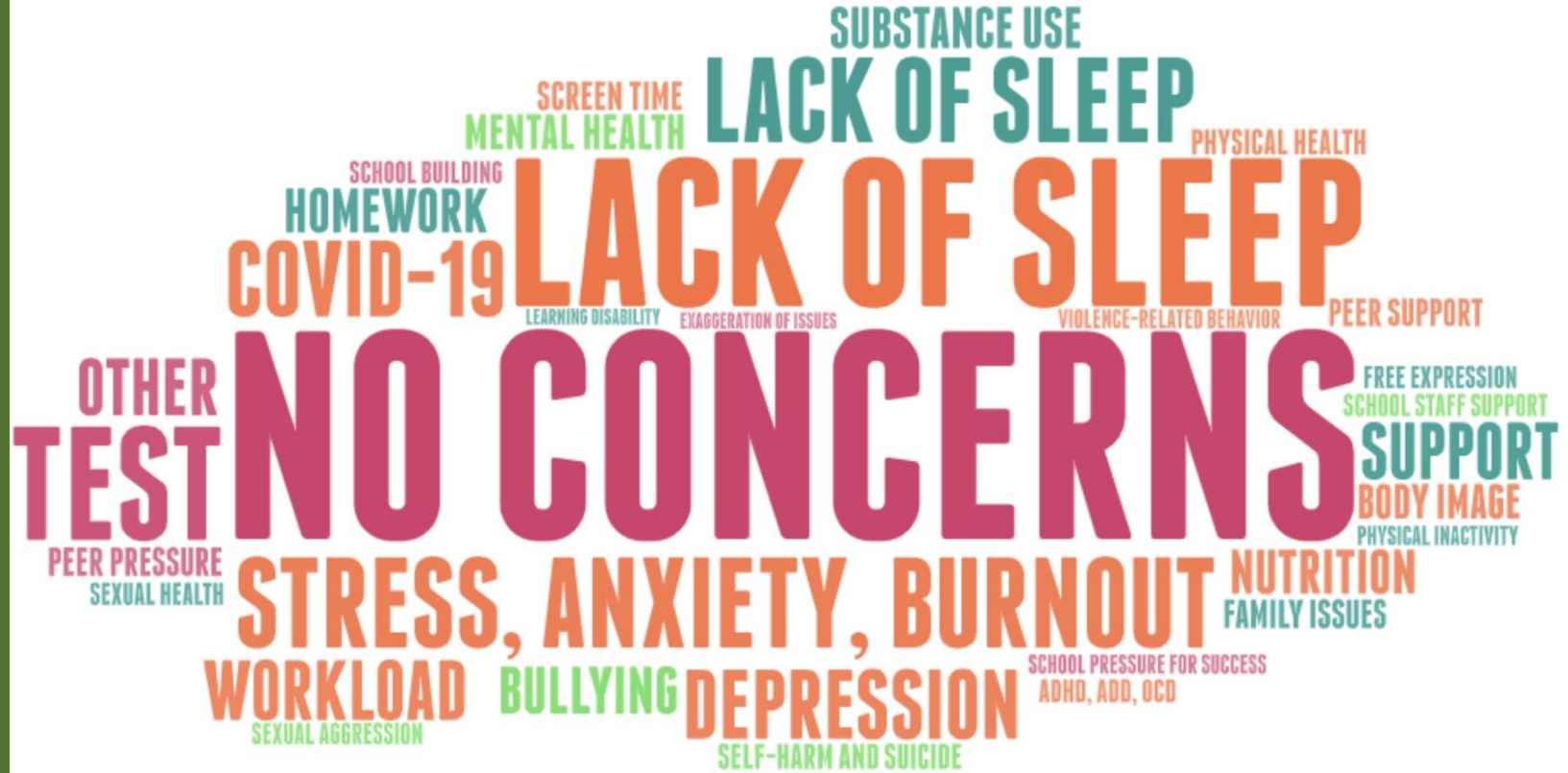
## High School



# HIGH SCHOOL OPEN RESPONSE THEMES



# MIDDLE SCHOOL OPEN RESPONSE THEMES



# Questions

**2022**

**Newton Public Schools**  
**Youth Risk Behavior Survey**  
**Full Report**



In partnership with John Snow, Inc.

May 2022



# Table of Contents

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## HIGH SCHOOL SURVEY

Safety .....	7
Violence-Related Behaviors .....	17
Bullying.....	24
Mental Health .....	30
Substance Use.....	38
Sexual Behavior.....	52
Weight, Physical Activity, & Nutrition.....	59
Coronavirus (Covid-19) Pandemic.....	65
Social Determinants of Health.....	68
Youth Assets & Other Protective Factors .....	71
Open-Ended Responses .....	75

## MIDDLE SCHOOL SURVEY

Safety .....	82
Violence-Related Behaviors .....	88
Bullying.....	93
Mental Health .....	99
Substance Use.....	107
Sexual Behavior.....	120
Weight, Physical Activity, & Nutrition.....	122
Coronavirus (Covid-19) Pandemic.....	128
Social Determinants of Health.....	131
Youth Assets & Other Protective Factors .....	133
Open-Ended Responses.....	137

## APPENDIX A. SELECT MIDDLE SCHOOL DATA TABLES

## APPENDIX B. SELECT HIGH SCHOOL DATA TABLES

# About the YRBS

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The Youth Risk Behavior Surveillance System (YRBSS) monitors health behaviors, conditions, and experiences among middle and high school-aged students throughout the United States. The system includes a national Youth Risk Behavior Survey (YRBS), conducted by CDC, as well as separate state, local school district, territorial, and tribal school-based YRBSSs, which are referred to as site-level surveys. These site level surveys use sampling methodologies that collect information from a relatively small but representative group of youth, which allows for these sites to generalize to the broader population. In turn, many municipalities, like Newton, conduct their own version of the YRBS, often modifying the CDC survey, so that they can gather information on their entire student body, and then segment their analysis by age, race, ethnicity, grade, special education status, and other respondent characteristics.

The YRBSS is designed to gather information related to a series of prioritized, health risk behaviors that are known to contribute to the leading causes of death, poor health, and disability among youth and young adults. These include:

- Behaviors that contribute to unintentional injuries and violence
- Sexual behaviors related to unintended pregnancy and sexually transmitted diseases (STDs), including HIV infection
- Alcohol and other drug use
- Tobacco use
- Unhealthy dietary behaviors
- Inadequate physical activity

The YRBS also measures other high priority health-related behaviors and protective factors. These include:

- Prevalence of obesity
- Attitudes and perceptions related to substance use
- Food and housing insecurity
- Youth assets
- Academic achievement
- Sexual identity and sex of sexual contacts

Newton Public Schools has administered an adapted version of the YRBS every two years since 1998. They conduct two separate surveys: a high school survey of students in grades 9 through 12, and a middle school survey of students in grades 6 through 8. The middle school and high school surveys differ slightly. The shorter middle school survey focuses more on lifetime behaviors while the high school survey includes questions about lifetime behaviors as well as current behaviors.

# Administration of the YRBS

---

Newton Public Schools engaged with John Snow, Inc. (JSI), a public health consulting firm, to support this initiative. Newton Public Schools and JSI worked to develop, administer, and analyze the middle and high school surveys.

## SURVEY DEVELOPMENT

Newton Public Schools and JSI developed the 2022 Newton middle and high school surveys using past Newton youth surveys, the CDC YRBS, and the Massachusetts Department of Public Health's Youth Health Survey (YHS) for guidance. In addition, questions were added this year to gather relevant information to assess the impact of COVID-19 and put its consequences in the appropriate context.

## SURVEY ADMINISTRATION & CONSENT PROCESS

Once the survey content was finalized, JSI designed self-administered, online surveys for the middle and high school using a nationally recognized, specialized survey platform called Alchemer. In addition to English, the survey was translated into Spanish, Portuguese, Chinese Simplified, Japanese, Korean, and Russian. JSI then worked with each school to develop a standard survey administration plan and schedule. Schools were given a period of 2 weeks to administer surveys (between early- to mid-February 2022). Survey administration occurred over 1 to 5 day period, during the students' regular class time.

New in 2022, students completed the YRBS online. This allowed for a more streamlined survey administration and instant access to the data. JSI was wholly responsible for protecting data and ensuring student confidentiality. The surveys were considered anonymous in that students are not asked to provide their names and no identifying information (e.g., Geodata, IP address) was collected.

Prior to administration, Newton was provided additional, tailored assistance with respect to implementing the student opt-out process, confidentiality practices, and other procedures to ensure the quality and integrity of the data collection process. Schools obtained passive parental permission. Parents were mailed a form explaining the purpose of the survey and given the opportunity to have their child "opt out" of taking it. Individual student surveys are never shared, but are combined to create school-specific datasets.

## DATA CLEANING

Online administration of the survey allowed for results to be immediately transferred to JSI's secure computer servers, where the data were aggregated and analyzed using SAS 9.4 (SAS Institute Inc., Cary, NC). The raw data set was reviewed for completeness and the amount of time students took to respond to the questions. Records where a student started but did not complete any of the survey questions, completed less than 50% of the questions, or had a high rate of response but took less than 50% of the average time to complete the survey were marked as incomplete and excluded from the analysis.

# Reporting on the YRBS

---

The purpose of this report is to highlight key middle school and high school findings for the six core domains and the COVID-19 questions. Data is reported and analyzed for all students in Newton, as well as by grade, gender identity, and race when relevant. The information provided below is meant to highlight key themes and provide a perspective on how the district-specific data compares to the prior year and state benchmark data. Newton has been provided detailed data outputs and raw reports that allow them to look more carefully at data from each question on the survey, including information that allows the school districts to analyze their data by specific demographic cohorts.

## KEY TERMS AND ACRONYMS

- MA 2019 – 2019 Massachusetts Youth Health Survey
- 6 – 6<sup>th</sup> grade
- 7 – 7<sup>th</sup> grade
- 8 – 8<sup>th</sup> grade
- 9 – 9<sup>th</sup> grade
- 10 – 10<sup>th</sup> grade
- 11 – 11<sup>th</sup> grade
- 12 – 12<sup>th</sup> grade
- M – Male
- F – Female
- GNC – Gender non-conforming (i.e., transgender, non-binary, questioning, other gender)

**2022**

**Newton Public Schools**  
**Youth Risk Behavior Survey**  
High School Results

## New Questions in 2022

In 2022, survey changes were made to reflect new research recommendations, rising areas of concern, and societal changes. In addition, efforts were made to better align the Newton high school survey with the Massachusetts Department of Public Health YHS and CDC YRBS to allow for comparisons to state and national data. Since changes in a question’s wording can cause a break in the trend line or an inability to compare this year’s data to previous data, Newton Public Schools and JSI made a concerted effort to retain as much comparability as possible.

New Questions- High School Survey		
<ul style="list-style-type: none"> <li>• Housing insecurity</li> <li>• Coronavirus (Covid-19) pandemic experiences and reactions</li> <li>• Seatbelt use</li> <li>• Cellphone use while driving</li> <li>• Witnessed and experienced discrimination by teachers or students</li> <li>• Possession and use of weapons</li> </ul>	<ul style="list-style-type: none"> <li>• Reasons behind experienced harassment</li> <li>• Coping mechanisms</li> <li>• Access to substances other than alcohol</li> <li>• Use of substances in a student’s household</li> <li>• Use of cigars, cigarillos, little cigars, chewing tobacco, snuff, dip, snus, or dissolvable tobacco products</li> </ul>	<ul style="list-style-type: none"> <li>• Consequences of substance use</li> <li>• Sexting</li> <li>• Access to sexual education</li> <li>• Sugar-sweetened beverage consumption</li> <li>• Barriers to participation in afterschool activities</li> <li>• Hours of sleep on an average school night</li> </ul>

Notable changes to the 2022 high school survey include:

- Gender identity and sexual orientation question answer options were expanded.
- Addition of questions related to students’ experiences and reactions to the Coronavirus (Covid-19) pandemic.
- Addition of questions related to witnesses and experiencing discrimination from teachers or students because of one’s race or ethnicity, gender identity, sexual orientation, and religion.
- Addition of questions around weapon possession and use.
- Addition of questions around how students access substances other than alcohol.
- Addition of substance use within a student’s household.
- Questions on cocaine, MDMA, huffing, heroin, methamphetamines, and other types of illegal drug use were combined into one question.
- Addition of question on the consequences of substance use.
- Addition of consensual language in sexual behaviors questions.
- Physical inactivity was updated to reflect the standard CDC YRBS question.
- Addition of question on hours of sleep on an average school night.

## Sample & Demographics

In March 2022, 3501 high school students participated in Newton YRBS. Among the students that participated, 568 were marked as incomplete and excluded from the final data set used in the analysis. The table below shows a distribution of accepted survey respondents by grade, gender identity, and race.

<b>Total</b>		<b>2933</b>
Grade	9th	816
	10th	764
	11th	718
	12th	635
Gender Identity	Female/Woman/Girl	1356
	Male/Man/Boy	1382
	Transgender, Non-binary, Questioning, Other	170
	Chose not to respond	25
Race	Asian	565
	Black	131
	White	1720
	Multi-Racial	337
	Other	159
	Chose not to respond	21

This analysis includes surveys from 75% of the high school student population. The table below shows the distribution of accepted survey respondents and 2021-2022 Newton high school enrollment numbers by grade.

Grade	YRBS Participation	Enrollment	Participation Rate
9 <sup>th</sup>	816	960	85%
10 <sup>th</sup>	764	942	81%
11 <sup>th</sup>	718	971	74%
12 <sup>th</sup>	635	1040	61%



# Safety Concerns



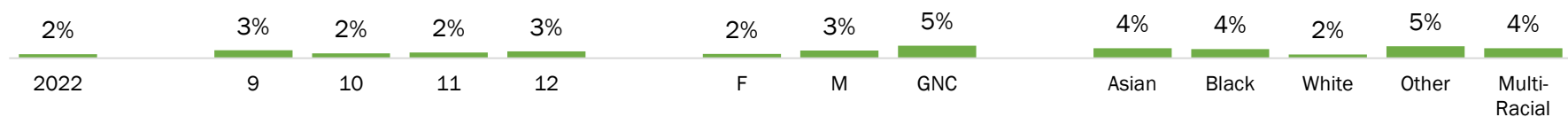
# Motor Vehicle Safety

## SEATBELT USE

Overall, 2% of high school students rarely or never wore a seatbelt when riding in a car.

- **Grade:** Percentages were similar across grades.
- **Gender:** Gender non-confirming students were more likely to rarely or never wear a seatbelt (5%) than male and female students (3% and 2%, respectively).
- **Race:** Students of an Other Race were most likely to rarely or never wear a seatbelt (5%), followed by Multi-Racial students, Asian students, Black students, and White students (4%, 4%, 4%, and 2%, respectively).
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** Newton 2022 high school students were less likely to rarely or never wear a seatbelt while riding in a car than Massachusetts 2019 high school students (2% vs. 8%).

Wore a Seatbelt While a Passenger in a Car  
(Rarely or Never)



8% of Massachusetts 2019 high school students reported rarely or never wearing a seatbelt while a passenger in a car.

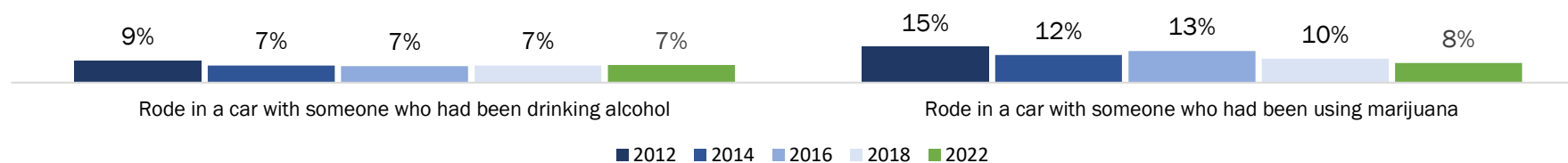
# Motor Vehicle Safety

## RIDING WITH AN IMPAIRED DRIVER

Overall, 7% of high school students rode in a car in the past 30 days with someone who had been drinking alcohol and 8% students rode in a car with someone who had been using marijuana.

- **Grade:** Students in 12<sup>th</sup> grade were most likely to ride in a car with someone who had been using marijuana (17%) (data not shown).
- **Gender:** Gender non-confirming students were most likely to ride in a car with someone who had been drinking alcohol and using marijuana (14% and 12%, respectively) (data not shown).
- **Trends:** The percentage of Newton high school students who rode in a car with someone who had been drinking alcohol decreased slightly between 2012 and 2014, but has remained consistent since then. The percentage of high school students who rode in a car with someone who had been using marijuana has continued to decrease since 2012.
- **Statewide comparison:** There is no statewide comparison data.

Rode in a Car With An Impaired Driver, Past 30 Days



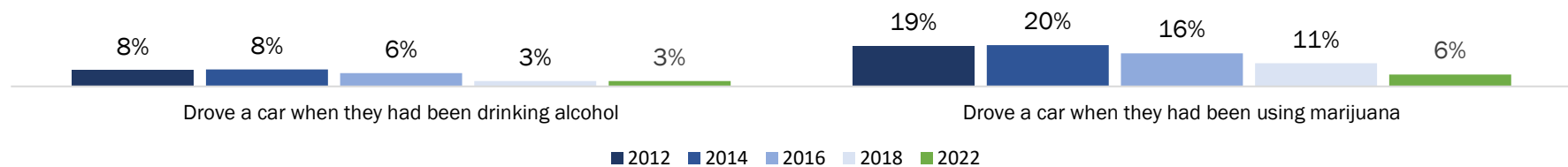
# Motor Vehicle Safety

## DRIVING A CAR WHILE IMPAIRED

Among high school students who have driven a car in the past 30 days, 3% drove a car when they had been drinking alcohol and 6% drove a car when they had been using marijuana.

- **Grade:** Students in 9<sup>th</sup> grade were more likely to drive a car when they had been drinking alcohol and students in 12<sup>th</sup> grade were more likely to drive a car when they had been using marijuana (6%, respectively).
- **Gender:** Gender non-confirming students were most likely to drive a car when they had been drinking alcohol or using marijuana (12% and 18%, respectively).
- **Trends:** The percentage of Newton high school students who drove a car after drinking alcohol or using marijuana has decreased by over 60% since 2012.
- **Statewide comparison:** Newton 2022 high school students were less likely to report driving a car after drinking alcohol or using marijuana than Massachusetts 2019 high school students (3% vs. 5% and 6% vs. 20%).

Drove a Car While Impaired, Past 30 Days  
(Among Students Who Have Driven in the Past 30 Days)



5% of Massachusetts 2019 high school students reported driving a car after drinking alcohol and 20% reported driving after using marijuana in the past 30 days.

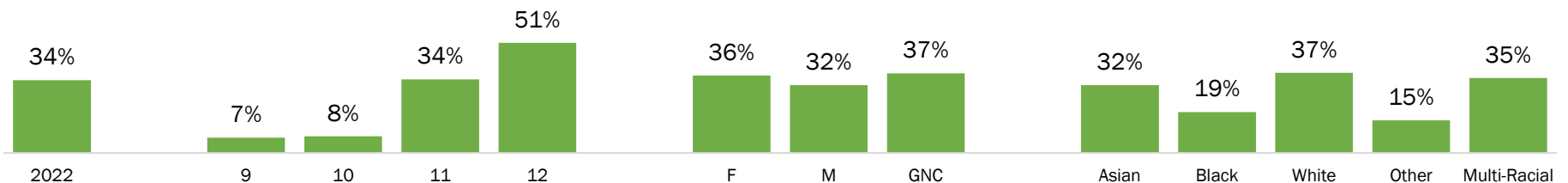
# Motor Vehicle Safety

## DRIVING A CAR WHILE DISTRACTED

Among high school students who have driven a car in the past 30 days, 34% drove a car while distracted (i.e., checked their cellphone, talked on their cellphone, texted, or sent an email).

- **Grade:** Students in 12<sup>th</sup> grade were more likely to drive a car while distracted than students in 11<sup>th</sup>, 10<sup>th</sup>, and 9<sup>th</sup> grade (51%, 34%, 8%, and 7%, respectively).
- **Gender:** Gender non-conforming students were more likely to drive while distracted (37%) than female and male students (36% and 32%, respectively).
- **Race:** Black students and those of an Other Race were less likely to drive while distracted (19% and 15%, respectively) in comparison to Asian, White, and Multi-Racial students (32%, 37%, and 35%, respectively).
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** Newton 2022 high school students were slightly less likely to report driving a car while distracted than Massachusetts 2019 high school students (34% vs. 38%).

Drove a Car While Distracted, Past 30 Days  
(Among Students Who Have Driven in the Past 30 Days)



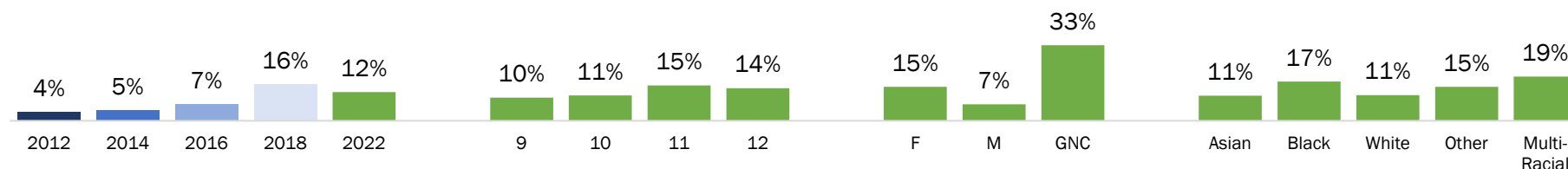
38% of Massachusetts 2019 high school students reported driving texting or emailing while driving in the past 30 days.

# Safety In School

Overall, 12% of high school students were somewhat or very worried about their safety when they were in school.

- **Grade:** Being worried about safety in school increases slightly as grade increases.
- **Gender:** Gender non-conforming students were more than two times as likely to worry about their safety in school as female students (33% vs 15%) and almost five times as likely as male students (33% vs. 7%).
- **Race:** Multi-Racial and Black students were most likely to worry about their safety in school (19% and 17%, respectively) when compared to students of an Other Race, White students, and Asian students (15%, 11%, and 11%, respectively).
- **Trends:** The percentage of Newton high school students who worry about their safety in school has increased substantially since 2012 (4% to 12%); however, it decreased between 2018 and 2022 (16% to 12%).
- **Statewide comparison:** There is no statewide comparison data.

Worried about Their Safety When In School  
(Somewhat Worried, Very Worried)

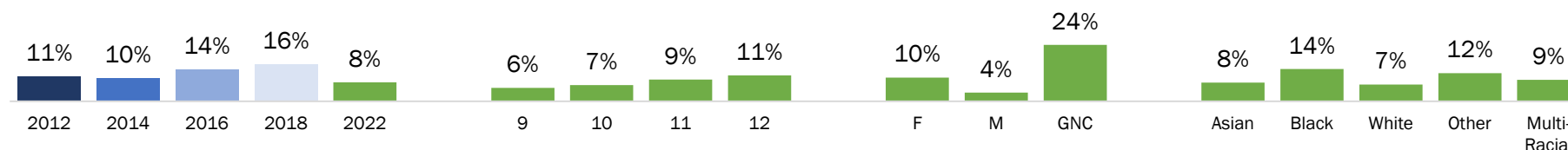


## Safety Outside of School

Overall, 8% of high school students were somewhat or very worried about their safety when they were not in school.

- **Grade:** Being worried about safety outside of school increases with grade.
- **Gender:** Gender non-conforming students were more than two times as likely to worry about their safety when not in school as female (24% vs. 10%) and six times more likely than male students (24% vs. 6%).
- **Race:** Black students and those of an Other Race were more likely to worry about their safety when not in school (14% and 12%, respectively) than Multi-Racial, Asian, and White students (9%, 8%, and 7%, respectively).
- **Trends:** The percentage of Newton high school students who worry about their safety when not in school increased between 2012 and 2018, but has decreased from 2018 to 2022 by 50%.
- **Statewide comparison:** There is no statewide comparison data.

Worried about Their Safety When Not At School  
(Somewhat Worried, Very Worried)

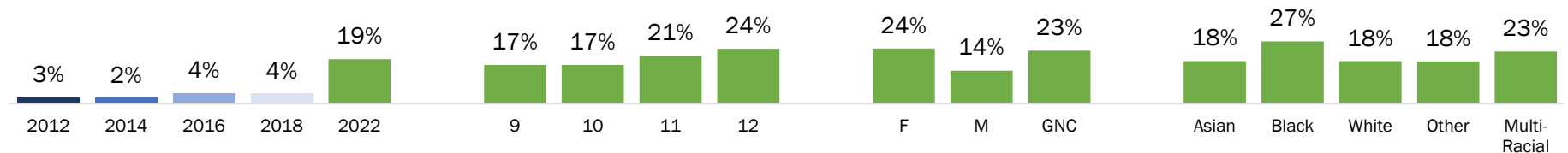


# Safety On Way To or From School

Overall, 19% of high school students skipped school because they felt unsafe on their way to or from school in the past 30 days.

- **Grade:** Students in 12<sup>th</sup> grade were more likely skip school because they felt unsafe on their way to or from school (24%) than students in 11<sup>th</sup>, 10<sup>th</sup>, and 9<sup>th</sup> grade. (21%, 17%, and 17%, respectively).
- **Gender:** Female and gender non-conforming students were more likely to skip school because they felt unsafe on their way to or from school (24% and 23%, respectively) than male students (14%).
- **Race:** Black students were more likely to skip school because they felt unsafe on their way to or from school (27%) than Multi-Racial students, students of an Other Race, White students, and Asian students (23%, 18%, 18%, and 18%, respectively).
- **Trends:** The percentage of Newton high school students who skipped school because they felt unsafe on their way to or from school increased by more than 100% from 2018 to 2022.
- **Statewide comparison:** Newton 2022 high school students were more than three times as likely to report skipping school because they felt unsafe on their way to or from school as Massachusetts 2019 high school students (19% vs. 6%).

Skipped School Because They Felt Unsafe on Their Way To or From School, Past 30 Days



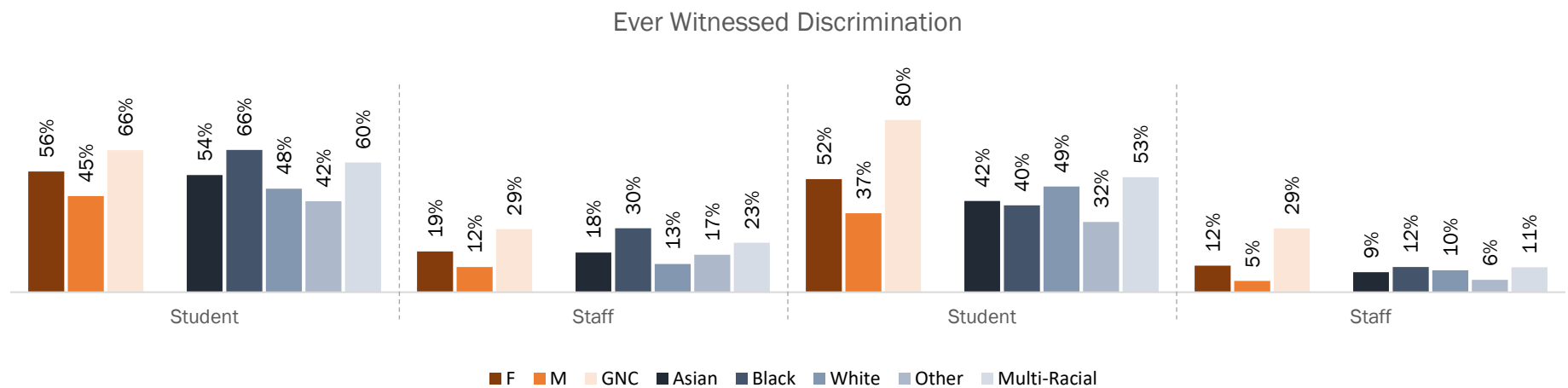
6% of Massachusetts 2019 high school students reported staying home from school out of fear for their safety in the past 30 days.

# Discrimination

## OBSERVED DISCRIMINATION

High school students were asked if they had observed racial and gender-identity discrimination by students and teachers or school staff. Overall, about half of students reported observing racial (51%) or gender identity-based (47%) discrimination from another student. Furthermore, 16% of students reported observing racial discrimination and 10% reported observing gender identity-based discrimination from teachers or school staff (data not shown).

- **Gender:** Gender non-conforming students were most likely to have ever observed racial and gender identity-based discrimination.
- **Race:** Black and Multi-Racial students most often observed racial discrimination. Multi-Racial and White students most often observed gender identity-based discrimination by students, while Multi-Racial, White and Black students were more likely to observe gender identity-based discrimination by school staff.
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.





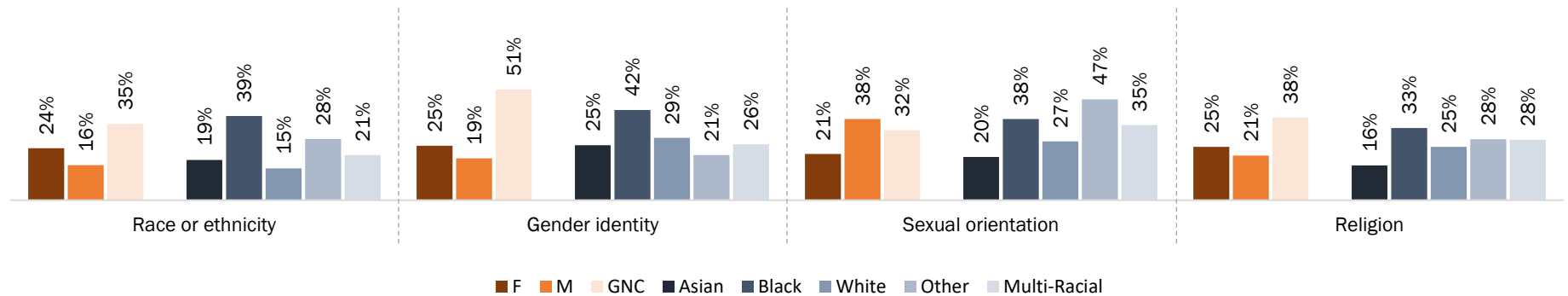
# Discrimination

## EXPERIENCED DISCRIMINATION

Among high school students who have experienced bad or unfair treatment in school, 21% reported experiencing bad or unfair treatment in school in the past 12 months because of their race, 28% because of their gender identity, 28% because of their sexual orientation, and 24% because of their religion (data not shown).

- **Gender:** Gender non-conforming students were most likely to report bad or unfair treatment in school because of their race or ethnicity, gender identity, and religion. Female students were most likely to report bad or unfair treatment in school because of their sexual orientation.
- **Race:** Black students were most likely to report bad or unfair treatment because of their race or ethnicity, gender identity, and religion. Students of an Other Race were more likely to report bad or unfair treatment because of their sexual orientation.
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

Feelings of Bad or Unfair Treatment in School, Past 12 Months  
(Sometimes, Most of the Time, Always)



# **Violence-Related Behaviors**

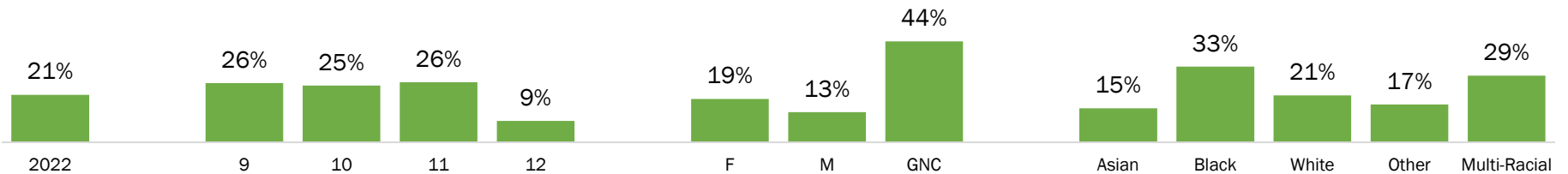
# Carried a Weapon

Among high school students who carried a weapon in the past 30 days, 21% of students carried a weapon on school property during the past 30 days.

Overall, 3% of high school students were threatened with a gun or knife on school property in the past 30 days.

- **Grade:** Students in 12<sup>th</sup> grade were least likely to carry a weapon on school property (9%).
- **Gender:** Gender non-conforming students were more than two times as likely to carry a weapon on school property (44%) as female and male students (19%, and 13%, respectively).
- **Race:** Black and Multi-Racial students were most likely to carry a weapon on school property.
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

Carried a Weapon on School Property, Past 30 Days  
(Among Students Who Have Carried a Weapon in the Past 30 Days)



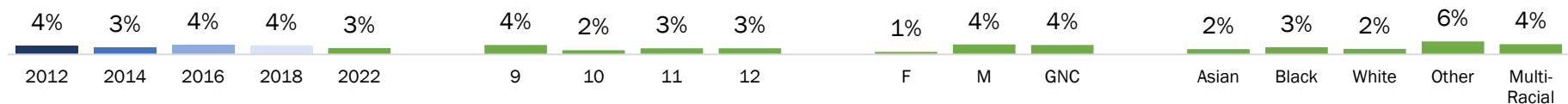
# Physical Fighting

## ON SCHOOL PROPERTY

Overall, 3% of high school students were in a physical fight on school property in the past 12 months.

- **Grade:** Percentages were similar across grades.
- **Gender:** Male and gender-non confirming students were more likely to be in a physical fight on school property than female students (4%, 4%, and 1%, respectively).
- **Race:** Students of an Other Race were more likely to be in a physical fight on school property (6%) than Multi-Racial students, Black students, Asian Students, and White students (4%, 3%, 2%, and 2%, respectively).
- **Trends:** The percentage of Newton high school students who were in a physical fight on school property has remained relatively unchanged since 2012.
- **Statewide comparison:** Newton 2022 high school students were two times less likely to report being in a physical fight on school property as Massachusetts 2019 high school students (3% vs. 6%).

In a Physical Fight on School Property, Past 12 Months



6% of Massachusetts 2019 high school students reported being in a physical fight when in school in the past 12 months.

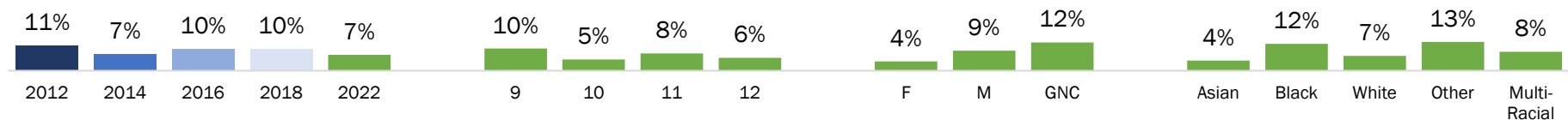
# Physical Fighting

## NOT ON SCHOOL PROPERTY

Overall, 7% of high school students were in a physical fight when they were not in school in the past 12 months.

- **Grade:** Students in 9<sup>th</sup> grade were more likely to be in a physical fight when not on school property (10%) than students in 12<sup>th</sup>, 11<sup>th</sup>, and 10<sup>th</sup> grade (6%, 8%, and 5%, respectively).
- **Gender:** Gender-non confirming students were more likely to be in a physical fight when not on school property than male and female students (12%, 9%, and 4%).
- **Race:** Black students and those of an Other Race were more likely to be in a physical fight when not on school property (12% and 13%, respectively) than Multi-Racial students, White students, and Asian students (8%, 7%, and 4%, respectively).
- **Trends:** The percentage of Newton high school students who were in a physical fight when not on school property has relatively decreased since 2012, although it has varied across years.
- **Statewide comparison:** There is no statewide comparison data.

In a Physical Fight When Not In School, Past 12 Months



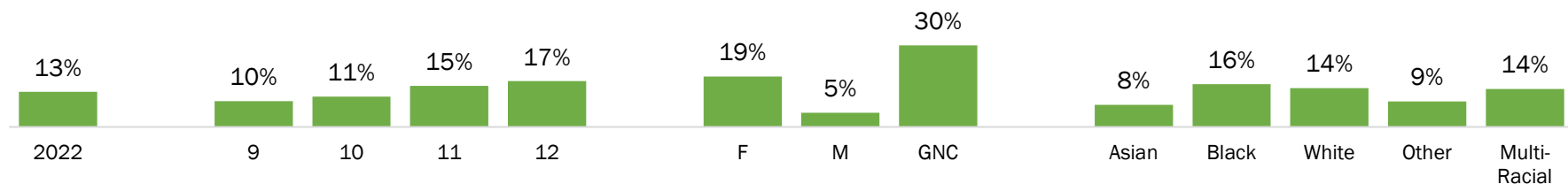
# Sexual & Dating Violence

## SEXUAL VIOLENCE

Overall, 13% of high school students have experienced unwanted sexual contact or been forced to do sexual things that they did not want to.

- **Grade:** Sexual violence increases with grade. Students in 12<sup>th</sup> grade were most likely to have experienced unwanted sexual contact or been forced to do sexual things they did not want to (17%).
- **Gender:** Gender-non confirming students were six times more likely to have experienced sexual violence compared to male students (30% vs. 5%). Female students were more than three times more likely to have experienced sexual violence compared to male students (19% vs. 5%).
- **Race:** Black students were more likely to have experienced sexual violence (16%) than White students, Multi-Racial students, students of an Other Race, and Asian students (14%, 14%, 9%, and 8%, respectively).
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

Ever Experienced Unwanted Sexual Contact or Forced to Do Sexual Things They Did Not Want To



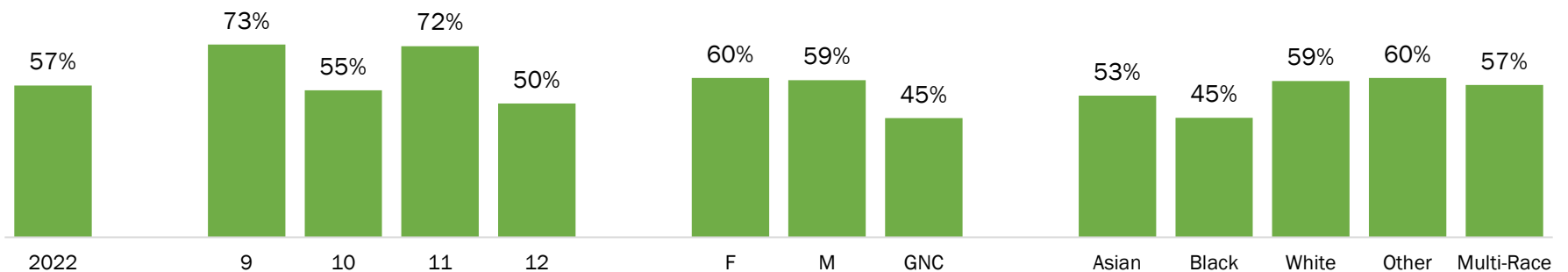
# Sexual & Dating Violence

## SEXUAL VIOLENCE

Among high school students who have ever experienced sexual violence, 57% experienced sexual violence in the past 12 months.

- **Grade:** Students in 9<sup>th</sup> and 11<sup>th</sup> grade were more likely to have experienced sexual violence in the past 12 months (73% and 72%, respectively) than students in 10<sup>th</sup> and 12<sup>th</sup> grade (55%, and 50%, respectively).
- **Gender:** While gender non-conforming students were more likely to have ever experienced sexual violence (30%), female and male students were more likely to have experienced sexual violence in the past 12 months (60% and 59%, respectively vs. 45%).
- **Race:** While Black student were the most likely to have ever experienced sexual violence, they were least likely to have experienced sexual violence in the past 12 months (45%).
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

Experienced Unwanted Sexual Contact or Forced to Do Sexual Things They Did Not Want To, Past 12 Months  
(Among Students Who Ever Experienced Unwanted Sexual Contact or Forced to Do Sexual Things They Did Not Want To)



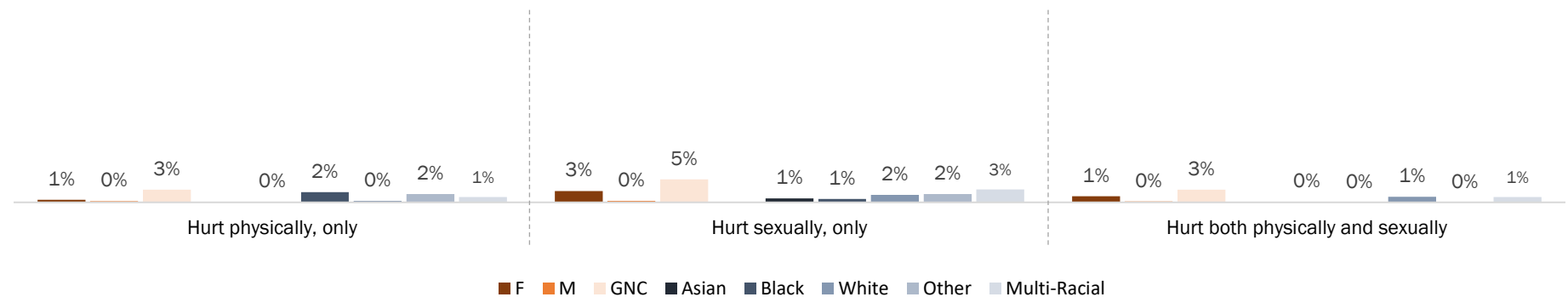
# Sexual & Dating Violence

## DATING VIOLENCE

Overall, 1% of high school students have been hurt physically by someone they were dating or going out with, 2% have been hurt sexually, and 1% have been hurt both physically and sexually (data not shown).

- **Grade:** Percentages were similar across grades (data not shown).
- **Gender:** Gender non-conforming students were more likely to experience dating violence than female and male students.
- **Race:** Percentages were similar across races.
- **Trends:** The percentage of Newton high school students who have experienced physical and/or sexual dating violence has remained relatively unchanged since 2012 (data not shown).
- **Statewide comparison:** There is no statewide comparison data.

Ever Hurt Physically and/or Sexually by Someone They Were Dating or Going Out With







# Bullying

# Bullying

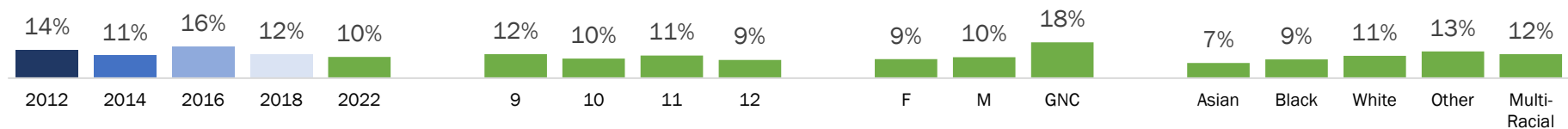
The 2022 Newton YRBS defined bullying as when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way. Electronic bullying is things 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.

## BULLYING IN SCHOOL

Overall, 10% of high school students were bullied in school in the past 30 days.

- **Grade:** Percentages were similar across grades.
- **Gender:** Gender non-conforming students were about two times more likely to have been bullied in school than male and female students (18% vs. 10% and 9%, respectively)
- **Race:** Black and Asian students were least likely to report being bullied in school (9% and 7%, respectively).
- **Trends:** The percentage of Newton high school students who were bullied in school has relatively decreased since 2012 although it has varied across years.
- **Statewide comparison:** Newton 2022 high school students were less likely to report being bullied in school than Massachusetts 2019 high school students (10% vs. 16%).

Bullied in School, Past 30 Days



16% of Massachusetts 2019 high school students reported being bullied in school in the past 30 days.

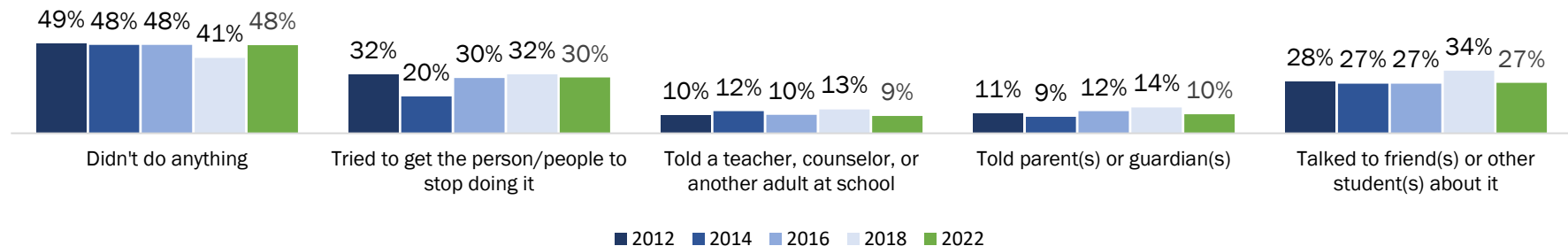
# Bullying

## STUDENT REACTIONS TO BEING BULLIED IN SCHOOL

High school students who were reported being bullied in school in the past 30 days were asked about what they did the last time it happened. Students were most likely to not do anything about it (48%) and least likely to tell an adult (9% told a teacher, counselor, or other adult at school and 10% told a parent or guardian).

- **Trends:** Newton high school students continued to be most likely to not do anything after being bullied in school the last time. Compared to prior years, Newton 2022 high school students were less likely to engage in active responses (e.g. trying to stop and reporting the bullying).
- **Statewide comparison:** There is no statewide comparison data.

Student Reactions to Being Bullied in School, Last Time  
(Among Students Who Had Been Bullied in School in the Past 30 Days)



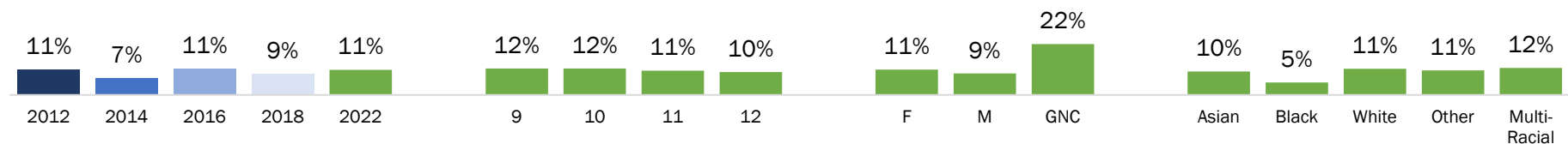
# Bullying

## ELECTRONIC BULLYING

Overall, 11% of high school students reported being electronically bullied in the past 30 days.

- **Grade:** Percentages decrease slightly as grade increases.
- **Gender:** Gender non-conforming students were two times more likely to have report electronic bullying as female students (22% vs. 11%), and more than two times as likely as male students (22% vs. 9%).
- **Race:** Black students were least likely to report electronic bullying in the past 30 days (5%) compared to all other races.
- **Trends:** The percentage of Newton high school students who were electronically bullied has remained unchanged since 2012, although it has varied across years.
- **Statewide comparison:** Newton 2022 high school students were less likely to report being electronically bullied compared to Massachusetts 2019 high school students (11% vs. 14%).

Bullied in Electronically, Past 30 Days



14% of Massachusetts 2019 high school students reported being electronically bullied in the past 30 days.

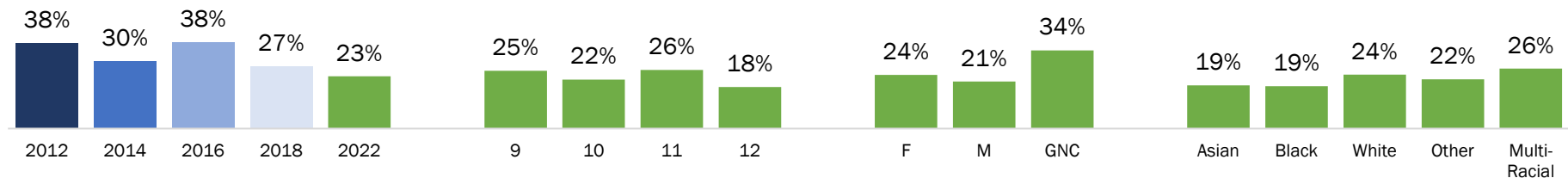
# Bullying

## WITNESSED BULLYING IN SCHOOL

Overall, 23% of high school students have seen someone bullied in school in the past 30 days.

- **Grade:** Students in 9<sup>th</sup> and 11<sup>th</sup> grade were most likely to have seen someone bullied in school (25% and 26%, respectively) compared to students in 10<sup>th</sup>, and 12<sup>th</sup> grade (22% and 18%, respectively).
- **Gender:** Gender non-conforming students were more likely to have seen someone bullied in school (34%) than female and male students (24% and 21%, respectively).
- **Race:** Multi-Racial and White students were more likely to have seen someone bullied in school (26% and 24%, respectively) than students of an Other Race, Asian students, and Black students (22%, 19%, and 19%, respectively).
- **Trends:** The percentage of Newton high school students who have seen someone bullied has continued to decrease since 2016, and has relatively decreased since 2012.
- **Statewide comparison:** There is no statewide comparison data.

Seen Someone Bullied In School, Past 30 Days



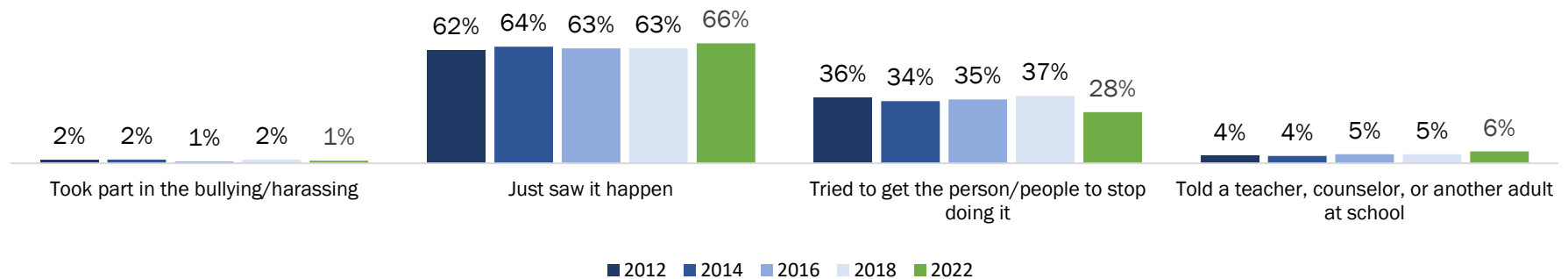
# Bullying

## REACTIONS TO WITNESSING BULLYING IN SCHOOL

High school students who had seen someone bullied in school in the past 30 days were asked about what they did the last time it happened. Students were most likely to not do anything about it (66%) and least likely to take part in the bullying/harassing (1%). A little over a quarter of students (28%) tried to intervene and only 6% told an adult in the school.

- **Trends:** The percentage of Newton high school students who took part in the bullying/harassing remained relatively unchanged since 2012, while the percentage of Newton high school students who just saw it happen (did not do anything) or told a teacher, counselor, or other adult at school have relatively increased since 2012. The percentage of Newton high school students who tried to stop the bullying had relatively decreased since 2012, and had the largest relative change (decrease) since 2016.
- **Statewide comparison:** There is no statewide comparison data.

Student Reactions to Witnessing Someone Else Being Bullied in School, Last Time  
(Among Students Who Had Seen Someone Bullied in School in the Past 30 Days)



# Mental Health

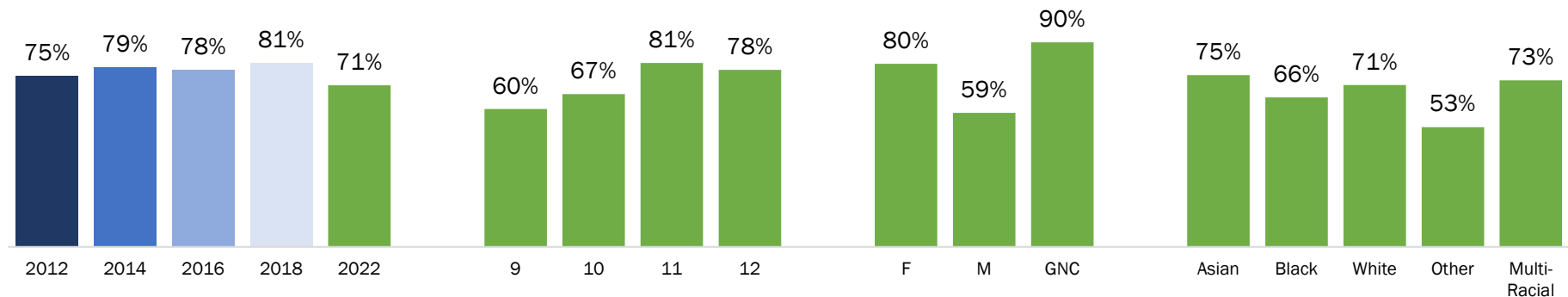
# Stress

Overall, 71% of high school students described their life as somewhat or very stressful.

- **Grade:** Students in 11<sup>th</sup> and 12<sup>th</sup> grade were more likely describe their lives as somewhat or very stressful (81% and 78%, respectively) than students in 10<sup>th</sup> and 9<sup>th</sup> grade (67%, and 60%, respectively).
- **Gender:** Almost all of gender non-conforming students described their lives as somewhat or very stressful (90%), more than female and male students (80%, and 59%, respectively).
- **Race:** Asian, Multi-Racial, and White students were most likely to describe their lives as somewhat or very stressful (75%, 73%, and 71%, respectively) compared to Black students and those of an Other Race (66%, and 53%, respectively).
- **Trends:** The percentage of Newton high school students who describe their lives as somewhat or very stressful was at its relative lowest in the past 10 years in 2022.
- **Statewide comparison:** There is no statewide comparison data.

17% of high school students reported having a healthy activity or behavior (coping mechanism) to relieve stress.

Describe Their Life as Somewhat or Very Stressful



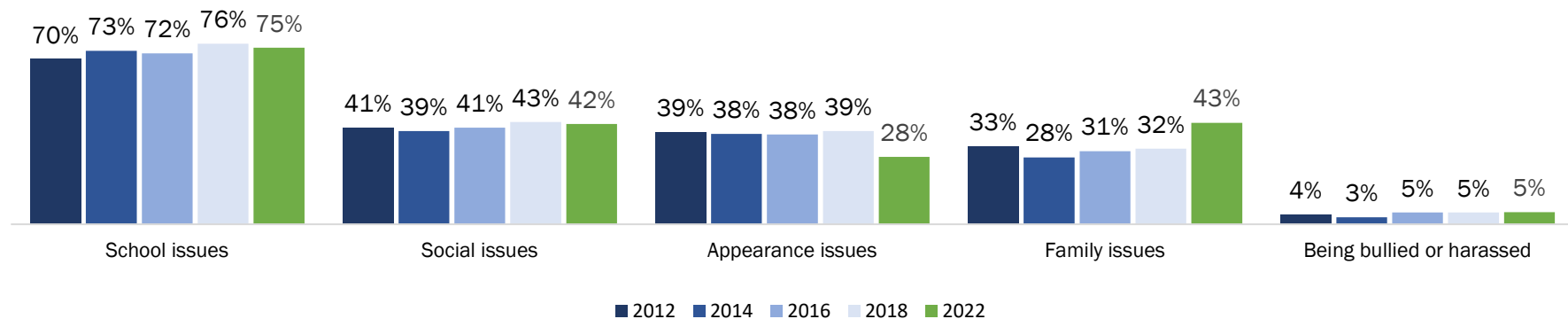


# Stress

Overall, high school students were most likely to worry often or every day about school issues (75%), followed by family issues (43%), social issues (42%), appearance issues (28%), and being bullied or harassed (5%).

- **Trends:** School issues continue to be the issue most worried about by Newton high school students. Social issues and being bullied or harassed have remained relatively unchanged since 2012, while there was a decrease in worry about appearance issues, and an increase in worry about family issues.
- **Statewide comparison:** There is no statewide comparison data.

Issues Worried About Often or Every Day



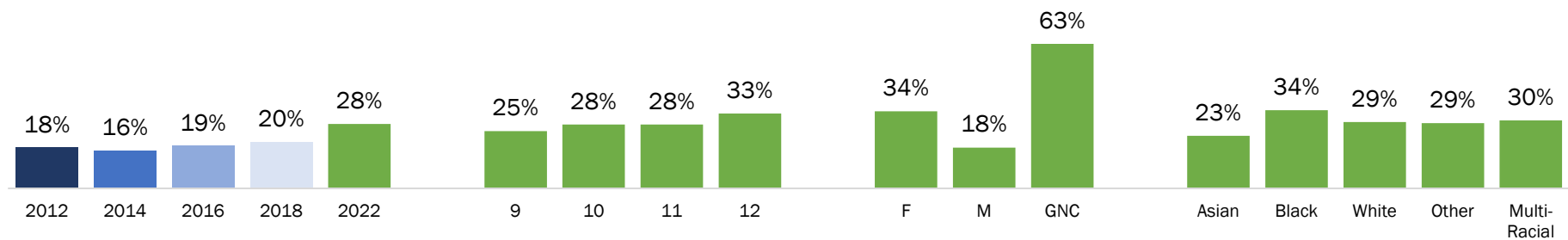
# Feeling Sad or Hopeless

Overall, 28% of high school students felt sad or hopeless almost every day for two or more weeks in a row that they stopped doing some of their usual activities (i.e., experienced depression) in the past 12 months.

- **Grade:** Depression increases as grade increases, with students in 12<sup>th</sup> grade most likely to experience depression (33%).
- **Gender:** Gender non-conforming students were almost two times more likely to have experienced depression than female students (63% vs. 34%), and more than three times more likely than male students (63% vs. 18%).
- **Race:** Black students were more likely to experience depression (34%) than Multi-Racial students, White students, students of an Other Race, and Asian students (30%, 29%, 29%, and 23%, respectively).
- **Trends:** The percentage of Newton high school students who experienced depression has continued to increase since 2012 with the greatest relative increase from 2018 to 2022.
- **Statewide comparison:** Newton 2022 high school students were less likely to report experiencing depression than Massachusetts 2019 high school students (28% vs. 34%).

16% of high school students reported seeking medical help or taking prescription medication for depression and 29% reported receiving counseling from a doctor or other health professional in the past 12 months.

Felt Sad or Hopeless for Two or More Weeks in a Row, Past 12 Months



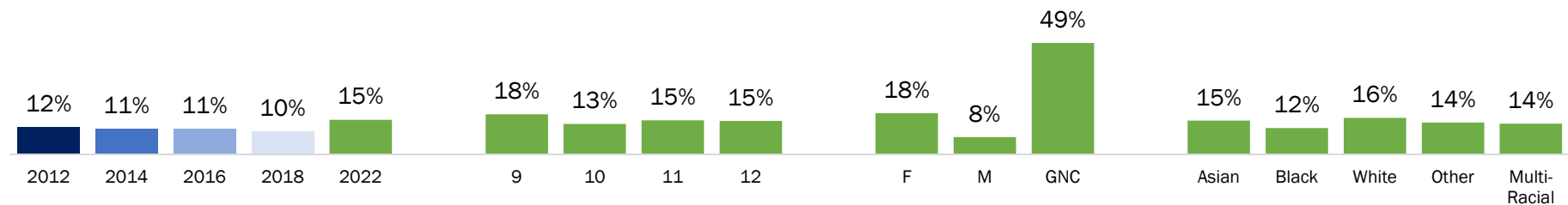
34% of Massachusetts 2019 high school students reported feeling sad or hopeless almost every day for two weeks in a row that they stopped doing some of their usual activities in the past 12 months.

# Self-Harm

Overall, 15% of students hurt or injured themselves on purpose in the past 12 months.

- **Grade:** Students in 9<sup>th</sup> grade (18%) were more likely to engage in self-harm than students in 11<sup>th</sup>, 12<sup>th</sup>, and 10<sup>th</sup> grade (15%, 15%, and 13%, respectively).
- **Gender:** Almost half (49%) of gender non-conforming students have engaged in self-harm compared to 18% of female students and 8% of male students.
- **Race:** Black students were least likely to engage in self-harm (12%), especially in comparison to White and Asian students (16% and 15%, respectively).
- **Trends:** The percentage of Newton high school students who engaged in self-harm had relatively decreased from 2012 to 2018, but increased from 2018 to 2022 to its highest percentage in the past 10 years.
- **Statewide comparison:** Newton 2022 high school students were slightly less likely to report hurting or injuring themselves on purpose than Massachusetts 2019 high school students (15% vs. 16%).

Hurt Themselves on Purpose Without Wanting to Die, Past 12 Months



16% of Massachusetts 2019 high school students reported hurting or injuring themselves on purpose in the past 12 months.

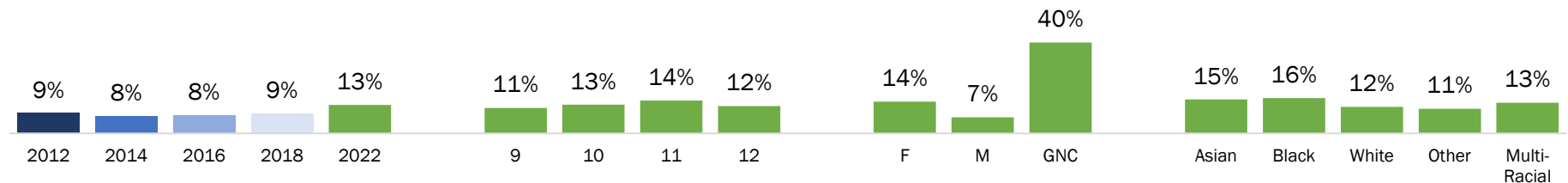
# Suicidal Ideation & Suicide

## CONSIDERED ATTEMPTING SUICIDE

Overall, 13% of students seriously considered attempting suicide during the past 12 months.

- **Grade:** Percentages were similar across grades.
- **Gender:** Gender non-conforming students were more than two times more likely to have seriously considered attempting suicide as female students (40% vs. 14%), and female students were two times more likely to have seriously considered attempting suicide as male students (14% vs. 7%).
- **Race:** Black and Asian students were most likely to have seriously considered attempting suicide (16% and 15%, respectively) than Multi-Racial students, White students, and students of an Other Race (13%, 12%, and 11%, respectively).
- **Trends:** The percentage of Newton high school students who had seriously considered attempting suicide had remained relatively unchanged from 2012 to 2018, but increased in 2022 to its highest percentage in the past 10 years.
- **Statewide comparison:** Newton 2022 high school students were less likely to have seriously considered attempting suicide than Massachusetts 2019 high school students (13% vs. 18%).

Seriously Considered Attempting Suicide, Past 12 Months



18% of Massachusetts 2019 high school students reported seriously considering attempting suicide in past 12 months.

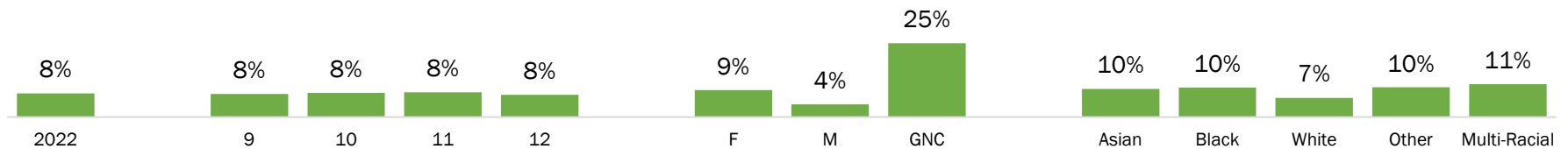
# Suicidal Ideation & Suicide

## MADE A SUICIDE PLAN

Overall, 8% of students made a suicide plan in the past 12 months.

- **Grade:** Percentages were the same across grades.
- **Gender:** Gender non-conforming students were almost three times more likely to have made a suicide plan as female students (25% vs. 9%), and female students were more than two times more likely to have made a suicide plan as male students (9% vs. 4%).
- **Race:** Multi-Racial students were more likely to have made suicide plan (11%) than Asian students, Black students, students of an Other Race, and White students (10%, 10%, 10%, and 7%, respectively).
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** Newton 2022 high school students were less likely to have made a suicide plan than Massachusetts 2019 high school students (8% vs. 15%).

Made a Suicide Plan, Past 12 Months



15% of Massachusetts 2019 high school students reported making a suicide plan in past 12 months.

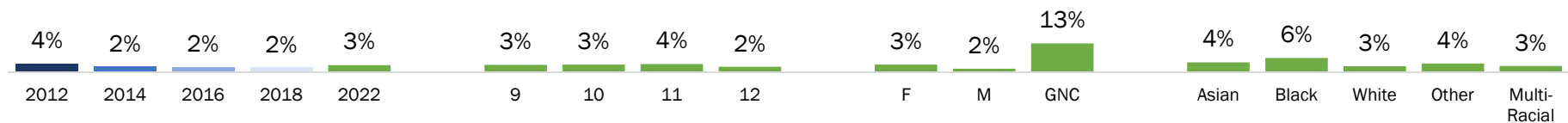
# Suicidal Ideation & Suicide

## ATTEMPTED SUICIDE

Overall, 3% of students have attempted suicide in the past 12 months.

- **Grade:** Percentages were similar across grades.
- **Gender:** Gender non-conforming students were more than four times more likely to have attempted suicide as female students (13% vs. 3%), and six times more likely to have attempted suicide than male students (13% vs. 2%).
- **Race:** Black students were more likely to have attempted suicide (6%) than Asian students, students of an Other Race, White students, and Multi-Racial students (4%, 4%, 3%, and 3%, respectively).
- **Trends:** The percentage of Newton high school students who have attempted suicide has remained relatively unchanged since 2012.
- **Statewide comparison:** Newton 2022 high school students were less likely to have attempted suicide than Massachusetts 2019 high school students (3% vs. 7%).

Attempted Suicide, Past 12 Months



7% of Massachusetts 2019 high school students reported attempting suicide in past 12 months.

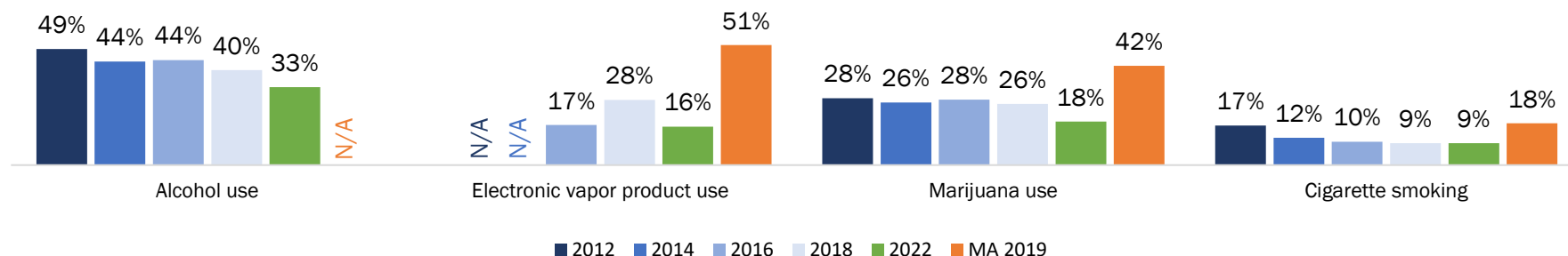
# Substance Use

# Lifetime Substance Use

Newton high school students were asked if they had ever used a variety of substances. Overall, 33% report ever drinking alcohol, 16% report using electronic vapor products, 18% report using marijuana, and 9% report smoking cigarettes.

- **Trends:** The percentage of Newton high school students who had ever used a substance has relatively decreased across all substances since 2012.
- **Statewide comparison:** Newton 2022 high school students were less likely than Massachusetts 2019 high school students to report ever drinking alcohol, using electronic vapor products, using marijuana, and/or smoking cigarettes.

Lifetime Substance Use

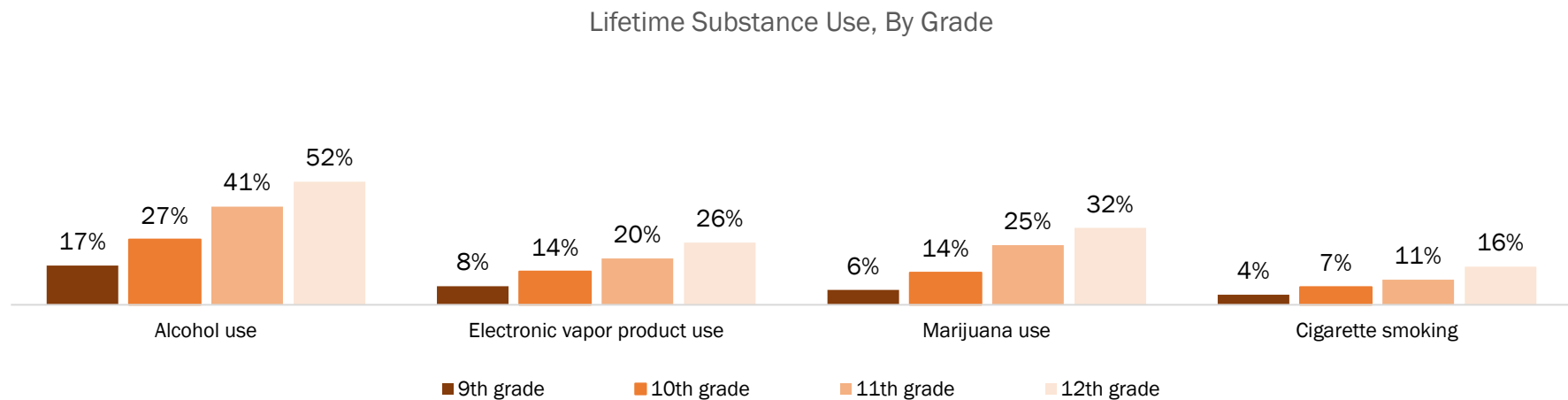




# Lifetime Substance Use

## BY GRADE

The percentage of Newton high school students who have ever used a substance increases as students increase in grade.

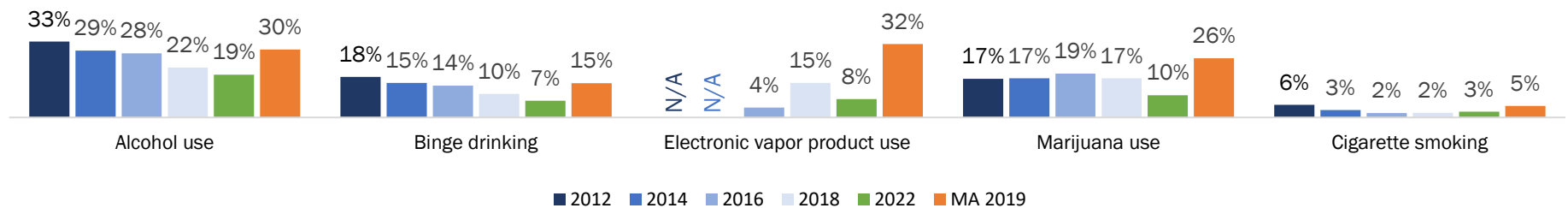


## Current Substance Use

Newton high school students were asked if they had used a variety of substances in the past 30 days (currently). About one fifth of Newton high school students (19%) reporting using alcohol, 7% report binge drinking (5 or more drinks in a row), 10% report marijuana use, and 3% report smoking cigarettes.

- Trends:** The percentage of Newton high school students who reported currently drinking alcohol, binge drinking, and smoking cigarettes has consistently decreased in the past 10 years. The percentage of students who use marijuana was relatively stable until it decreased by about 40% between 2018 and 2022. The percentage of Newton high school students who reported currently using electronic vapor products has increased since 2016, but decreased by almost 50% from 2018 to 2022.
- Statewide comparison:** Newton 2022 high school students were less likely than Massachusetts 2019 high school students to report currently drinking alcohol, using electronic vapor products, using marijuana, and/or smoking cigarettes.

Current Substance Use



# Current Substance Use

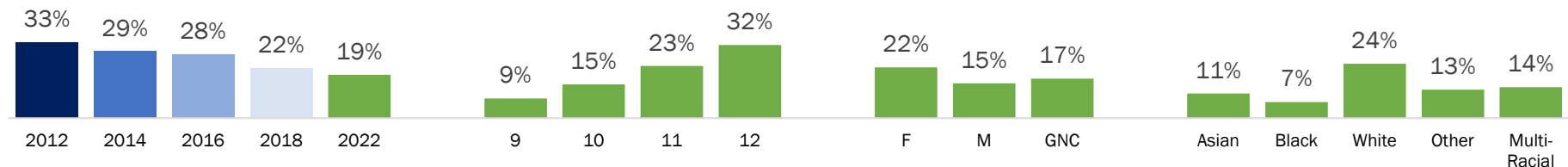
## CURRENT ALCOHOL USE

Overall, 19% of high school students drank alcohol in the past 30 days.

7% of high school students engaged in binge drinking in the past 30 days.

- **Grade:** Current alcohol use increased as students advance in grade. Students in 12<sup>th</sup> grade were more likely to currently drink alcohol (32%) than students in 11<sup>th</sup>, 10<sup>th</sup>, and 9<sup>th</sup> grade (23%, 15%, and 9%, respectively).
- **Gender:** Female students were more likely to currently drink alcohol (22%) than gender non-conforming and male students (15%, respectively).
- **Race:** White students were more likely to currently drink alcohol (24%) than Multi-Racial students, students of an Other Race, Asian students, and Black students (15%, 13%, 11%, and 7%, respectively).
- **Trends:** The percentage of Newton high school students who currently drank alcohol has continued to decrease since 2012.
- **Statewide comparison:** Newton 2022 high school students were less likely to currently drink alcohol than Massachusetts 2019 high school students (19% vs. 30%).

Drank Alcohol, Past 30 Days



30% of Massachusetts 2019 high school students reported drinking alcohol in the past 30 days.

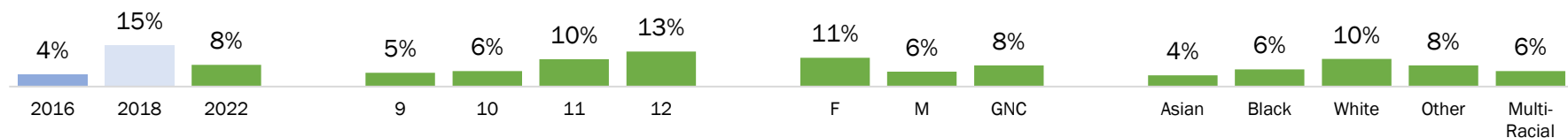
# Current Substance Use

## CURRENT ELECTRONIC VAPOR PRODUCT USE

Overall, 8% of high school students used electronic vapor products in the past 30 days.

- **Grade:** Current electronic vapor product use increased as students advance in grade. Students in 12<sup>th</sup> grade were more likely to currently use electronic vapor products (13%) than students in 11<sup>th</sup>, 10<sup>th</sup>, and 9<sup>th</sup> grade (10%, 6%, and 5%, respectively).
- **Gender:** Female students were more likely to currently use electronic vapor products (11%) than gender non-conforming and male students (8% and 6%, respectively).
- **Race:** White students were more likely to currently use electronic vapor products (10%) than students of an Other Race, Black students, Multi-Racial students, and Asian students (8%, 6%, 6%, and 4%, respectively).
- **Trends:** The percentage of Newton high school students who currently used electronic vapor products has relatively increased since 2016, but decreased by almost 50% from 2018 to 2022.
- **Statewide comparison:** Newton 2022 high school students were four times less likely to currently use electronic vapor products than Massachusetts 2019 high school students (8% vs. 32%).

Used Electronic Vapor Products, Past 30 Days



32% of Massachusetts 2019 high school students reported using electronic vapor product in the past 30 days.

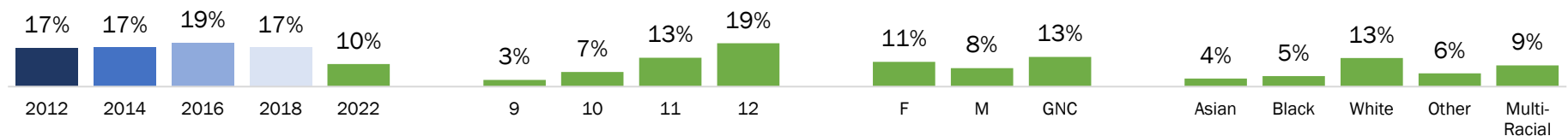
# Current Substance Use

## CURRENT MARIJUANA USE

Overall, 10% of high school students have used marijuana in the past 30 days.

- **Grade:** Current marijuana use increased as students advance in grade. Students in 12<sup>th</sup> grade were more likely to currently use marijuana (19%) than students in 11<sup>th</sup>, 10<sup>th</sup>, and 9<sup>th</sup> grade (13%, 7%, and 3%, respectively).
- **Gender:** Gender non-conforming students were more likely to currently use marijuana (13%) than female and male students (11% and 8%, respectively).
- **Race:** White students were more likely to currently use marijuana than (13%) Multi-Racial students, students of an Other Race, Black students, and Asian students (9%, 6%, 5%, and 4%, respectively).
- **Trends:** The percentage of Newton high school students who currently used marijuana had remained relatively unchanged from 2012 to 2018, but decreased in 2022 to its lowest percentage in the past 10 years.
- **Statewide comparison:** Newton 2022 high school students were more than two times less likely to currently use marijuana than Massachusetts 2019 high school students (10% vs. 26%).

Used Marijuana, Past 30 Days



26% of Massachusetts 2019 high school students reported using marijuana in the past 30 days.

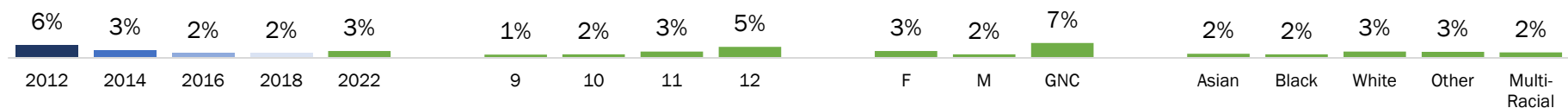
# Current Substance Use

## CURRENT CIGARETTE SMOKING

Overall, 3% of high school students have smoked a cigarette in the past 30 days.

- **Grade:** Current cigarette smoking increased as high students advance in grade. Students in 12<sup>th</sup> grade were more likely to currently smoke cigarettes (5%) than students in 11<sup>th</sup>, 10<sup>th</sup>, and 9<sup>th</sup> grade (3%, 2%, and 1%, respectively).
- **Gender:** Gender non-conforming students were more likely to currently smoke cigarettes (7%) than female and male students (3% and 2%, respectively).
- **Race:** Percentages were similar across race.
- **Trends:** The percentage of Newton high school students who currently smoke cigarettes has decreased from 2012 to 2022, but has remained relatively stable over the past 8 years.
- **Statewide comparison:** Newton 2022 high school students were less likely to currently smoke cigarettes than Massachusetts 2019 high school students (3% vs. 5%).

Smoked a Cigarette, Past 30 Days



5% of Massachusetts 2019 high school students reported using cigarettes in the past 30 days.

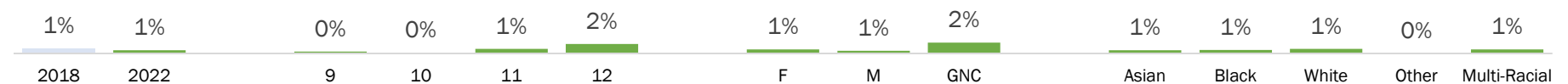
# Current Substance Use

## CURRENT PRESCRIPTION DRUG MISUSE

Overall, 1% of high school students have used prescription pain medication without a doctor’s prescription or differently than how a doctor told them to use it in the past 30 days.

- **Grade:** Percentages were similar across grades.
- **Gender:** Percentages were similar across genders.
- **Race:** Percentages were similar across races.
- **Trends:** The percentage of Newton high school students who currently misused prescription pain medication has remained relatively unchanged since 2018.
- **Statewide comparison:** There is no statewide comparison data.

Misused Prescription Pain Medication, Past 30 Days



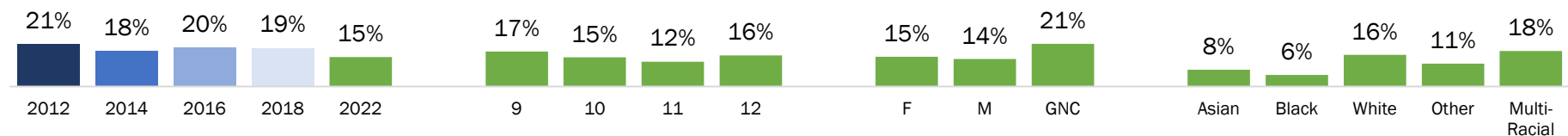
# Consequences of Substance Use

## TROUBLE WITH PARENTS

Overall, 15% of high school students have gotten into trouble with their parents for using substances in the past 12 months.

- **Grade:** Students in 11<sup>th</sup> grade were less likely to get into trouble with their parents for using substances (12%) than students in 9<sup>th</sup>, 12<sup>th</sup>, and 10<sup>th</sup> grade (17%, 16%, and 15%, respectively).
- **Gender:** Gender non-conforming students were more likely get into trouble with their parents for using substances (21%) than male and female students (15% and 14%, respectively).
- **Race:** Multi-Racial and White students were most likely to get into trouble with their parents for using substances (18% and 16%, respectively) compared to students of an Other Race, Asian students, and Black students (11%, 8%, and 6%, respectively).
- **Trends:** The percentage of Newton high school students who have gotten into trouble with their parents for using substances remained relatively similar from 2012 to 2018, but decreased 21% between 2018 and 2022.
- **Statewide comparison:** There is no statewide comparison data.

Got Into Trouble with Their Parents for Using Substances, Past 12 Months  
(Among Students Who Have Ever Used Substances)



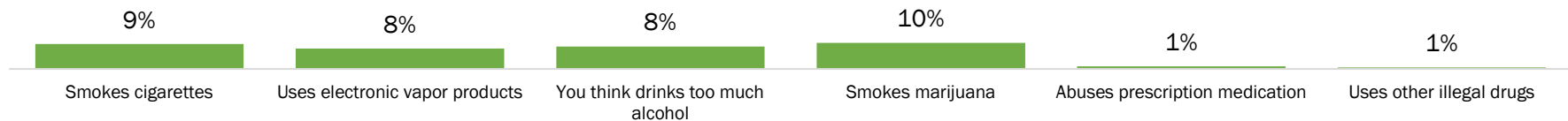


## Exposure to Substance Use

Overall, when asked if there was anyone (other than them) living in their household who used substances, high school students were most likely to report a household member(s) who smokes marijuana (10%), followed by smokes cigarettes (9%), someone who they think drinks too much alcohol (8%), uses electronic vapor products (8%), abuses prescription medication (1%), and uses other illegal drugs (1%).

- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

Has Someone Living in Their Household (Other Than Them) Who Uses Substances



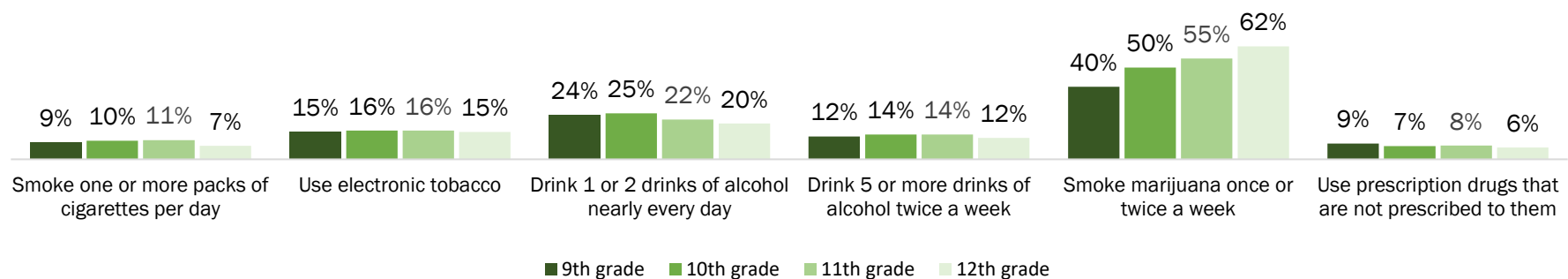
# Attitudes & Perceptions About Substance Use

## PERCEIVED RISK OF HARM

Overall, high school students perceived smoking marijuana once or twice a week to have the least risk of harm (51%) and using prescription drugs that are not prescribed to them to have the most risk of harm (8%) (data not shown). Nine percent of high school students perceived smoking one or more packs of cigarettes per day as having no or slight risk of harm, followed by drinking 5 or more drinks of alcohol twice a week (13%), using electronic tobacco (15%), and drinking 1 to drinks of alcohol every day (23%).

- **Grade:** As high school students advanced in grade, perceived risk of harm of smoking marijuana once or twice a week decreased. Perceived risk of harm was generally similar, but varied by grade for other substance use.
- **Trends:** Similar to 2016 and 2018, 2022 Newton high school students' continued to perceive using marijuana once or twice a week as the least risk of harm (58%, 54%, and 51%, respectively). The perceived risk of harm of drinking 5 or more drinks of alcohol twice a week and smoking one or more packs of cigarettes per day has remained relatively consistent across years (data not shown), while the perceived risk of using electronic tobacco decreased by nearly 50% from 2018 to 2022 (29% to 15%). Perceived risk of harm from drinking 1 or 2 drinks of alcohol nearly every day was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

Low Perceived Risk of Substance Use, by Grade  
(No Risk, Slight Risk)



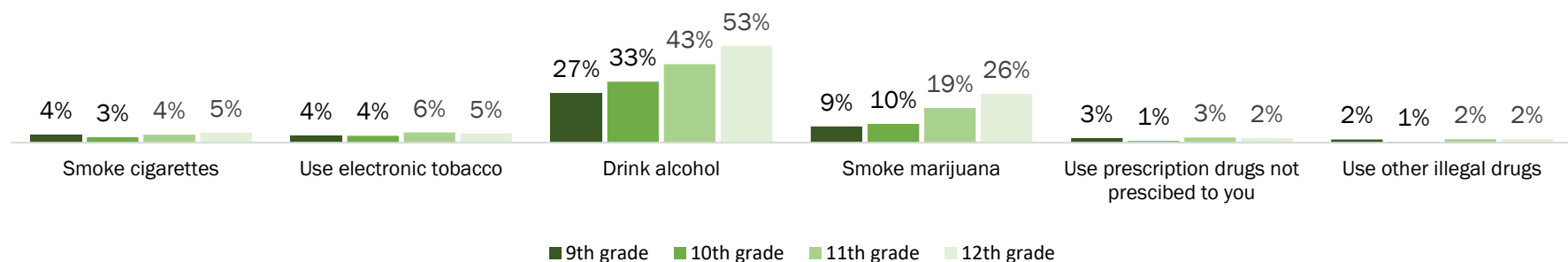
# Attitudes & Perceptions About Substance Use

## PARENTAL DISAPPROVAL

Overall, high school students perceived that their parents would disapprove least if they drank alcohol (38%), followed by if they smoked marijuana (15%), used electronic tobacco (5%), smoked cigarettes (4%), used prescription drugs not prescribed to them (2%), and used other illegal drugs (2%) (data not shown).

- **Grade:** As high school students advanced in grade, perceived parental approval increased for drinking alcohol and smoking marijuana. Perceived parental approval was generally similar, but varied by grade for other substance use.
- **Trends:** This series of questions were first asked in 2018. The percentage of Newton high school students' perceived parental approval of smoking cigarettes, using marijuana, and using prescription drugs remained relatively unchanged since 2018 (data not shown), while perceived parental approval of using electronic tobacco decreased (8% to 5%) and alcohol increased (31% to 38%). Perceived parental approval of using other illegal drugs was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

Perceived Parental Approval of Substance Use, by Grade  
(Not At All Wrong, A Little Bit Wrong)

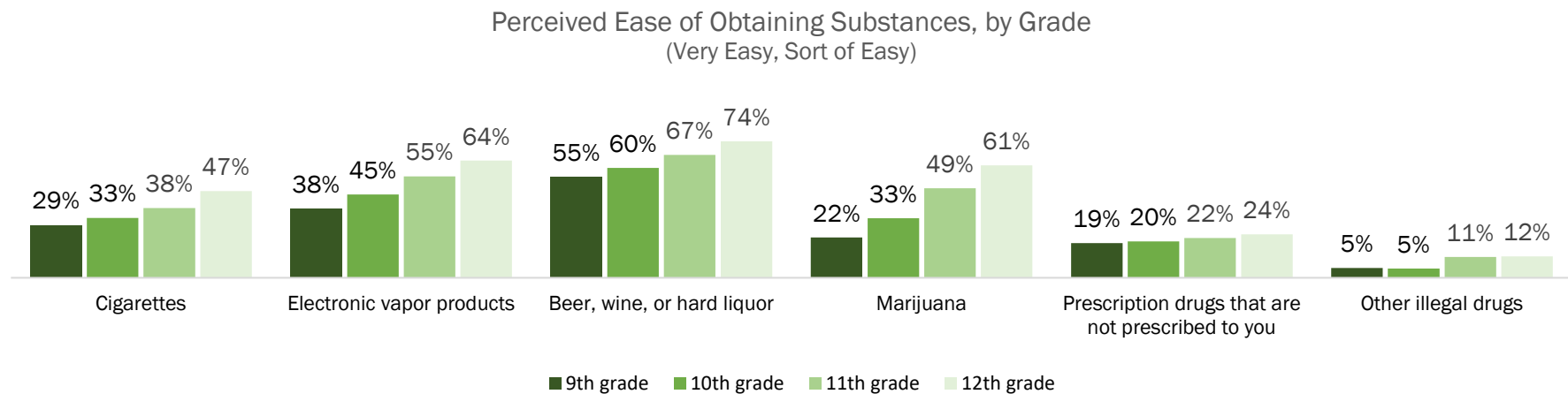


# Attitudes & Perceptions About Substance Use

## PERCEIVED ACCESS

Overall, high school students perceive that it would be easiest for them to obtain alcohol (67%), followed by electronic vapor products (66%), marijuana (40%), cigarettes (36%), prescription drugs that are not prescribed to them (21%), and other illegal drugs (8%) (data not shown).

- **Grade:** As high school students advanced in grade, perceived ease of obtaining substances increased across all substances.
- **Trends:** This series of questions were first asked in 2018. The percentage of Newton high school students' perceived ease of obtaining substances relatively decreased across all substances since 2018 (data not shown). Perceived ease of obtaining other illegal drugs was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.



# Sexual Behavior

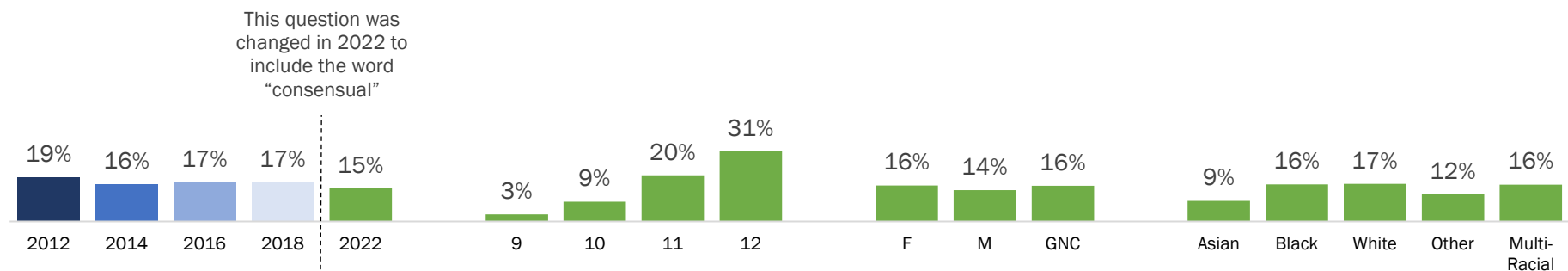
# Sexual Activity

## EVER HAD CONSENSUAL SEXUAL INTERCOURSE

Overall, 15% of high school students have ever had consensual sexual intercourse.

- **Grade:** High school students were more likely to have ever had consensual sexual intercourse as they advanced in grade. Thirty-one percent of students in 12<sup>th</sup> grade have ever had consensual sexual intercourse, followed by students in 11<sup>th</sup>, 10<sup>th</sup>, and 9<sup>th</sup> grade (20%, 9%, and 3%, respectively).
- **Gender:** Gender non-conforming and female students were slightly more likely to have ever had consensual sexual intercourse than male students (16%, 16%, and 14%).
- **Race:** White, Black, and Multi-Racial students were more likely to have ever had consensual sexual intercourse (17%, 16%, and 16%, respectively) than students of an Other Race and Asian students (12% and 9%, respectively).
- **Trends:** The percentage of Newton high school students who have ever had consensual sexual intercourse has relatively decreased from 2012 to 2022.
- **Statewide comparison:** Newton 2022 high school students were more than two times less likely to have ever had consensual sexual intercourse as Massachusetts 2019 high school students (15% vs. 37%).

Ever Had Consensual Sexual Intercourse



37% of Massachusetts 2019 high school students reported ever having had sexual intercourse.

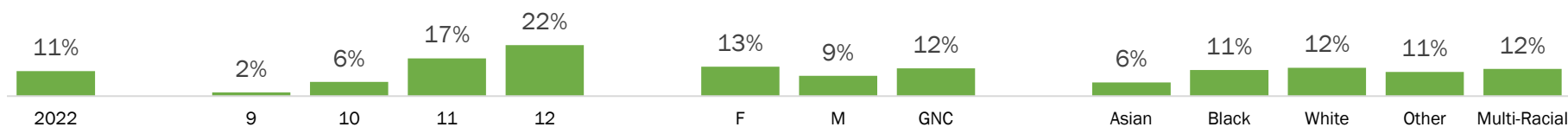
# Sexual Activity

## CURRENT CONSENSUAL SEXUAL INTERCOURSE

Overall, 11% of high school students reported currently having consensual sexual intercourse (past 3 months).

- **Grade:** High school students were more likely to have currently had consensual sexual intercourse as they advanced in grade. Twenty-two percent of students in 12<sup>th</sup> grade have currently had consensual sexual intercourse, followed by students in 11<sup>th</sup>, 10<sup>th</sup>, and 9<sup>th</sup> grade (17%, 6%, and 2%, respectively).
- **Gender:** Female and gender non-conforming students were more likely to have currently had consensual sexual intercourse (13% and 12%, respectively) than male students (9%).
- **Race:** Asian students were almost 50% less likely to have currently had consensual sexual intercourse (6%) as White students, Multi-Racial students, Black students, and students of an Other Race (12%, 12%, 11%, and 11%).
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** Newton 2022 high school students were more than two times less likely to have currently had consensual sexual intercourse as Massachusetts 2019 high school students (11% vs. 27%).

Current Consensual Sexual Intercourse, Past 3 Months



27% of Massachusetts 2019 high school students reported having had sexual intercourse in the past 3 months.

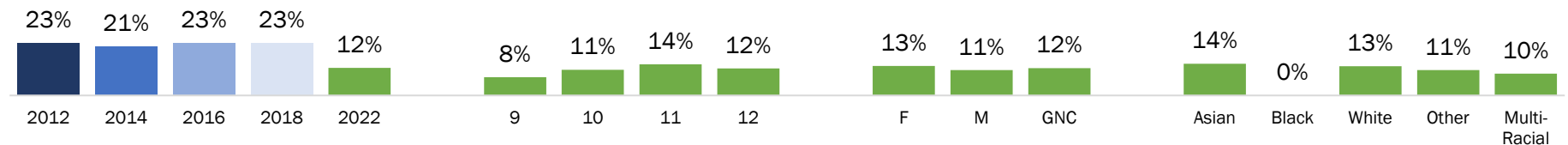
# Sexual Activity

## SUBSTANCE USE BEFORE CONSENSUAL SEXUAL INTERCOURSE

Among high school students who have had consensual sexual intercourse, 12% drank alcohol or used drugs before the last time they had consensual sexual intercourse.

- **Grade:** Students in 11<sup>th</sup> grade were more likely to drink alcohol or use drugs before the last time they had consensual sexual intercourse (14%) than students in 12<sup>th</sup>, 10<sup>th</sup>, and 9<sup>th</sup> grade (12%, 11% and 8%, respectively).
- **Gender:** Percentages were similar across genders.
- **Race:** While Asian students were most likely to drink alcohol or use drugs before the last time they had consensual sexual intercourse (14%). There were no Black students who reported doing so.
- **Trends:** The percentage of Newton high school students who drank alcohol or used drugs before the last time they had consensual sexual intercourse decreased by almost 50% from 2018 to 2022.
- **Statewide comparison:** Newton 2022 high school students were almost two times less likely to drink alcohol or use drugs before the last time they had consensual sexual intercourse as Massachusetts 2019 high school students (12% vs. 23%).

Used Alcohol or Drugs Before They Had Consensual Sexual Intercourse, Last Time  
(Among Students Who Have Had Consensual Sexual Intercourse)



23% of Massachusetts 2019 high school students reported drinking alcohol or using drugs the last time they had sexual intercourse.



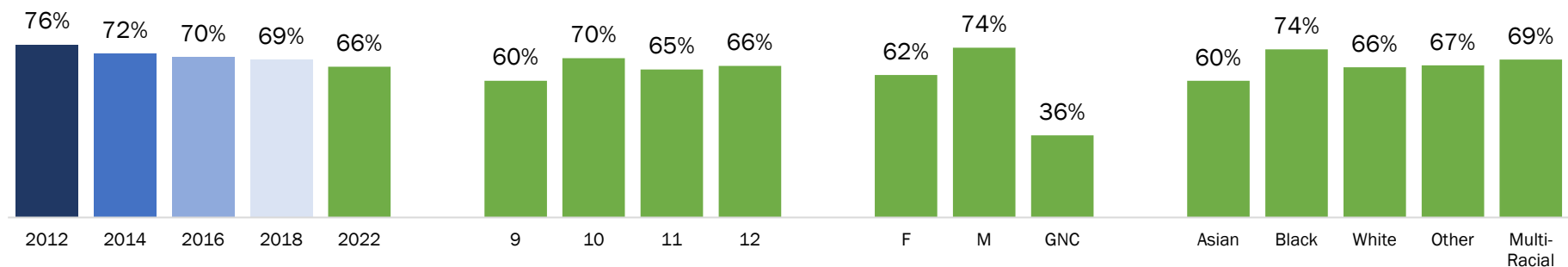
# Sexual Activity

## CONDOM USE

Among high school students who have had consensual sexual intercourse, 34% of students used a condom the last time they had consensual sexual intercourse.

- **Grade:** Students in 10<sup>th</sup> grade were more likely to use a condom the last time they had consensual sexual intercourse (70%) than students in 12<sup>th</sup>, 10<sup>th</sup>, and 9<sup>th</sup> grade (66%, 65%, and 60%, respectively).
- **Gender:** Male students were more than two times as likely to use a condom the last time they had consensual sexual intercourse than gender non-conforming students (74% vs. 36%) and more likely than female students (74% vs. 62%).
- **Race:** Black students were more likely to use a condom the last time they had consensual sexual intercourse (74%) than Multi-Racial students, students of an Other Race, White students, and Asian students (69%, 67%, 66%, and 60%, respectively).
- **Trends:** The percentage of Newton high school students who used a condom the last time they had consensual sexual intercourse has consistently decreased since 2012.
- **Statewide comparison:** Newton 2022 high school students were more likely to use a condom the last time they had consensual sexual intercourse than Massachusetts 2019 high school students (66% vs. 51%).

Used A Condom When They Had Consensual Sexual Intercourse, Last Time  
(Among Students Who Have Had Consensual Sexual Intercourse)



51% of Massachusetts 2019 high school students reported using a condom the last time they had sexual intercourse.

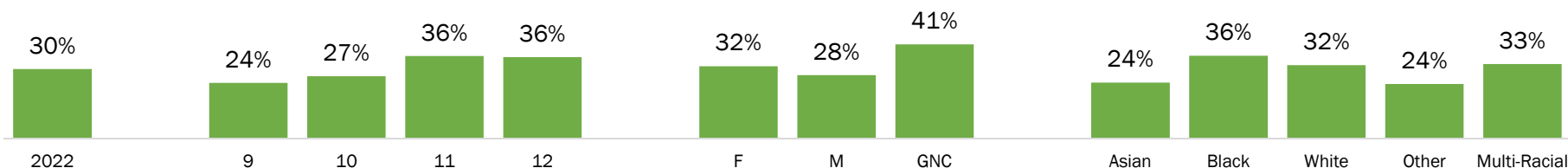
# Sexual Activity

## SEXTING

Overall, 30% of students have ever sent or received sexual messages, pictures, or videos electronically.

- **Grade:** Students in 11<sup>th</sup> and 12<sup>th</sup> grade were more likely to have ever sexted (36%, respectively) than students in 10<sup>th</sup> and 9<sup>th</sup> grade (27% and 24%, respectively).
- **Gender:** Gender non-conforming students were more likely to have ever sexted (41%) than female and male students (32%, respectively).
- **Race:** Black students were most likely to have ever sexted (36%) than Multi-Racial students, White students, Asian students, and students of an Other Race (33%, 32%, 24%, and 24%, respectively).
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

Ever Sent or Received Sexual Messages, Pictures, or Videos Electronically



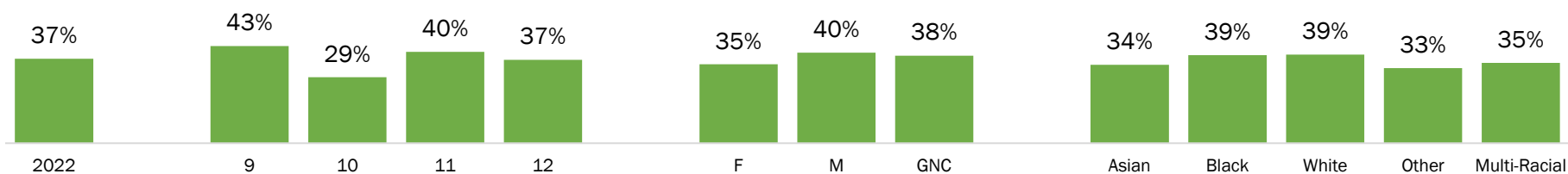
# Access to Support & Services

## SEXUAL HEALTH SUPPORT

Overall, 37% of high school students have an adult at school who can help them find sexual health services.

- **Grade:** Students in 9<sup>th</sup> grade were most likely to have an adult at school who can help them find sexual health services (43%) than students in 11<sup>th</sup>, 12<sup>th</sup>, and 10<sup>th</sup> grade (40%, 37%, and 29%, respectively).
- **Gender:** Male students were most likely to have an adult at school who can help them find sexual health services (40%) than gender non-conforming and female students (38% and 35%, respectively).
- **Race:** White and Black students were more likely to have an adult at school who can help them find sexual health services (39%, respectively) than Multi-Racial students, Asian students, and students of an Other Race (35%, 34%, and 33%, respectively).
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

Have An Adult At School To Help Them Find Sexual Health Services



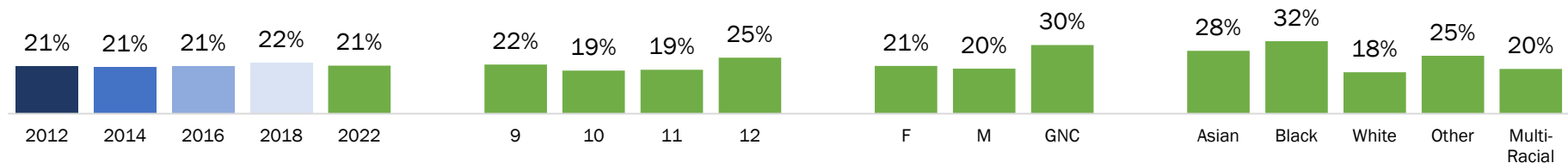
# **Weight, Physical Activity, & Nutrition**

# Perceptions of Weight

Overall, 21% of students perceive themselves as slightly or very overweight.

- **Grade:** Students in 12<sup>th</sup> grade were more likely to perceive themselves as slightly or very overweight (25%) than students in 9<sup>th</sup>, 11<sup>th</sup>, and 10<sup>th</sup> grade (22%, 19%, and 19%, respectively).
- **Gender:** Gender non-conforming students were more likely to perceive themselves as slightly or very overweight (30%) than female and male students (21% and 20%, respectively).
- **Race:** Black students were more likely to perceive themselves as slightly or very overweight (32%) than Asian students, students of an Other Race, Multi-Racial students, and White students (28%, 25%, 20%, and 18%, respectively).
- **Trends:** The percentage of Newton high school students who perceived themselves as slightly or very overweight has remained relatively unchanged since 2012.
- **Statewide comparison:** Newton 2022 high school students were less likely to perceive themselves as slightly or very overweight than Massachusetts 2019 high school students (21% vs. 33%).

Perception of Body Weight  
(Slightly Overweight, Very Overweight)



33% of Massachusetts 2019 high school students reported perceiving themselves as slightly overweight or very overweight.

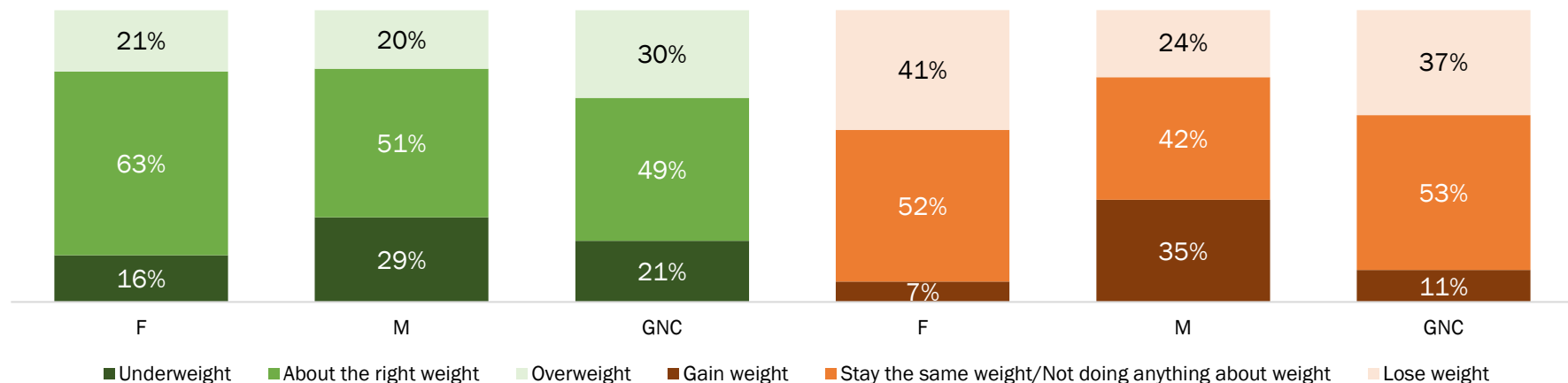
# Perceptions of Weight

## PERCEPTIONS OF WEIGHT & WEIGHT MODIFICATIONS

High school student perception of their weight and what they wanted to do about their weight varied by gender. Overall, 57% of high school students reported that they are about the right weight, and 47% are trying to stay the same weight or not doing anything about their weight (data not shown).

- **Underweight / Gain weight:** Male high school students were more likely to perceive themselves as underweight (29%) than gender non-conforming and female students (21% and 16%, respectively). Male students were more likely to try to gain weight (35%) than gender non-conforming and female students (11% and 7%, respectively).
- **About the right weight / Stay the same weight/Not do anything:** Female students were more likely to perceive themselves as about the right weight (63%) than male and gender non-conforming students (51% and 49%, respectively). Gender non-conforming and female students were more likely to try to stay the same weight or not do anything about their weight (53% and 52%, respectively) than male students (42%).
- **Overweight / Lose weight:** Gender non-conforming students were more likely to perceive themselves as overweight (30%) than female and male students (21% and 20%, respectively). Female students were more likely to try to lose weight (41%) than gender non-confirming and male students (37% and 24%, respectively).

Perception of Weight and Current Weight Control Goal, by Gender

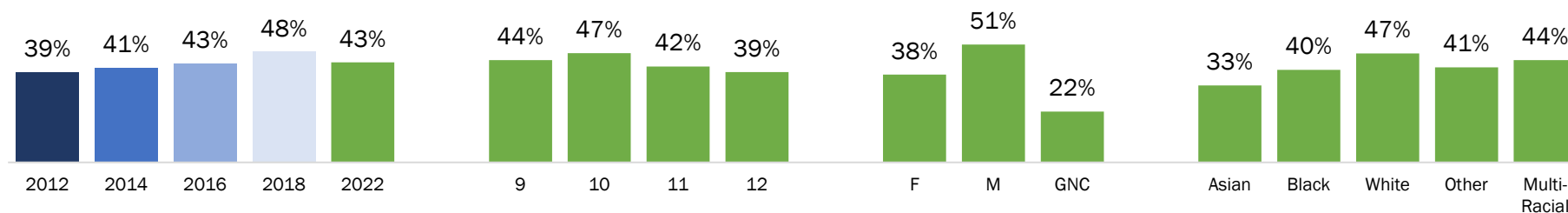


# Physical Activity

Overall, 43% of high school students engaged in 60 minutes of physical activity on at least 5 of the past 7 days.

- **Grade:** Students in 10<sup>th</sup> grade were more likely to engage physical activity (47%) than students in 9<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> grade (44%, 42%, and 39%, respectively).
- **Gender:** Male students were more likely to engage in physical activity than female students (51% vs. 38%) and more than two times as likely to engage in physical activity as gender non-conforming students (51% vs. 22%).
- **Race:** White students were most likely to engage in physical activity (47%) compared to Multi-Racial students, students of an Other Race, Black students, and Asian students (44%, 41%, 40%, and 33%, respectively).
- **Trends:** The percentage of Newton high school students who engaged in physical activity on at least 5 of the last 7 days has increased overall since 2012, but decreased from 2018 to 2022.
- **Statewide comparison:** The same percentage of Newton 2022 high school students and Massachusetts 2019 high school students engaged in 60 minutes of physical activity on at least 5 of the past 7 days (43%, respectively).

Engaged in 60 Minutes of Physical Activity On At Least 5 of the Past 7 Days



43% of Massachusetts 2019 high school students reported engaging in 60 minutes of physical activity on at least 5 of the last 7 days.

# Physical Activity

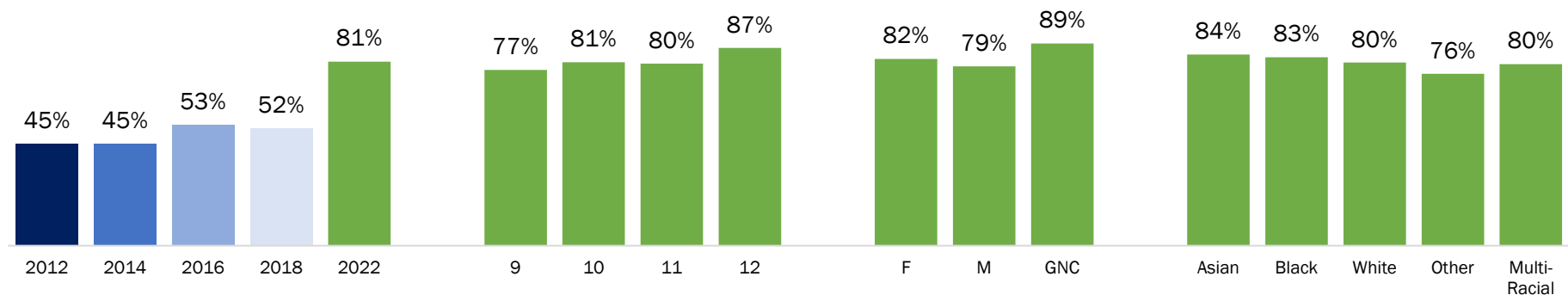
## SCREEN TIME

Screen time includes things such as time spent in front of a TV, computer, smartphone, or other electronic device to watch shows or videos, play games, access the Internet, or use social media.

Overall, 81% of high school students engaged in 3 or more hours of screen time on an average school day.

- **Grade:** Students in 12<sup>th</sup> grade were more likely to engage in 3 hour or more of screen time on an average school day (87%) than students in 10<sup>th</sup>, 11<sup>th</sup>, and 9<sup>th</sup> grade (81%, 80%, and 77%, respectively).
- **Gender:** Gender non-conforming students were more likely to engage in 3 hour or more of screen time on an average school day (89%) than female and male students (82% and 79%, respectively).
- **Race:** Asian and Black students were more likely to engage in 3 hour or more of screen time on an average school day (84% and 83%, respectively) than Multi-Racial students, White students, and students of an Other Race (80%, 80%, and 76%, respectively).
- **Trends:** The percentage of Newton high school students who engage in 3 hour or more of screen time on an average school day has increased since 2012. There was a substantial increase (50%) from 2018 to 2022.
- **Statewide comparison:** There is no statewide comparison data.

Engaged in 3 or More Hours of Screen Time, Average School Day





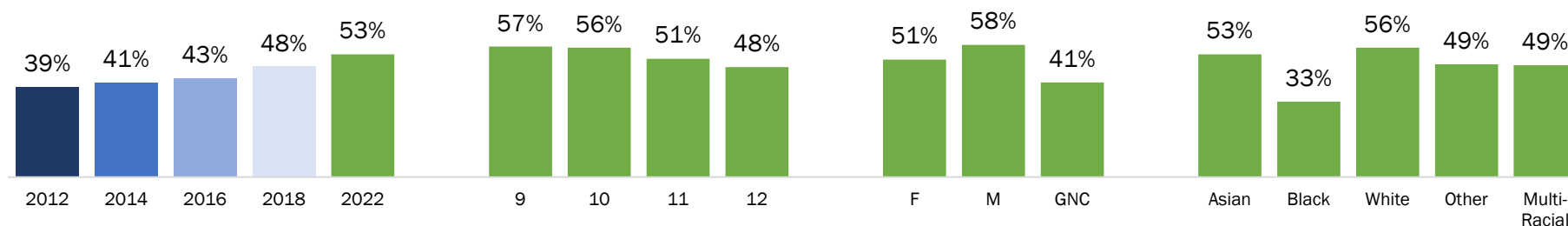
# Nutrition

## EATING BREAKFAST

Overall, 53% of high school students ate breakfast on 6 of the past 7 days.

- **Grade:** High school students were less likely to eat breakfast as they advanced in grade. Fifty-seven percent of students in 9<sup>th</sup> grade ate breakfast, followed by students in 10<sup>th</sup> (56%), 11<sup>th</sup> (51%) and 12<sup>th</sup> (48%) grade.
- **Gender:** Male students were more likely to eat breakfast than female and gender non-conforming students (58%, 51%, and 41%).
- **Race:** About one-third of Black students reported eating breakfast (33%) compared to about half of White students, Asian students, students of an Other Race, and Multi-Racial students (56%, 53%, 49%, and 49%, respectively).
- **Trends:** The percentage of Newton high school students who ate breakfast on 6 of the past 7 days has relatively increased since 2012.
- **Statewide comparison:** There is no statewide comparison data.

Ate Breakfast on 6 of the Past 7 Days



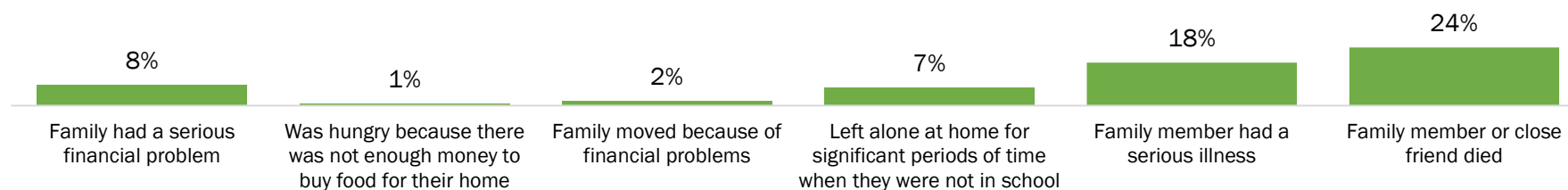
# **Coronavirus (Covid-19) Pandemic**

## Covid-19 Pandemic

High school students were asked about their experiences since the onset of the Covid-19 pandemic. They were most likely to report that a family member or close friend died (24%). Additionally, 18% reported that a family member had a serious illness. Only 1-2% reported that they were hungry because there was not enough money or that they had to move because of financial problems.

- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

Student Experiences, Since March 2020

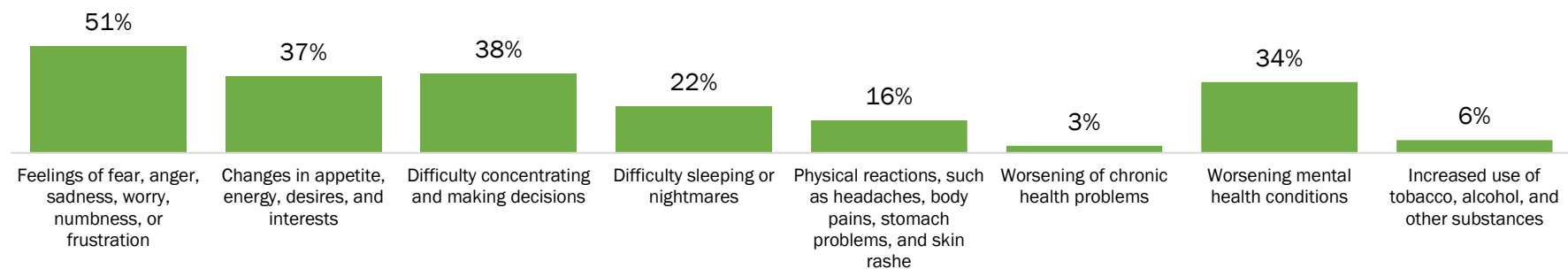


# Covid-19 Pandemic

High school students were asked about their reactions to the Covid-19 pandemic. More than half of high school students reported feelings of fear, anger, sadness, worry, numbness, or frustration (51%). About a third of high school students reported worsening mental health conditions (34%), changes in appetite, energy, desires, and interests (37%), and difficulty concentrating and making decisions (38%).

- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

Student Reactions to the Covid-19 Pandemic, Since March 2020

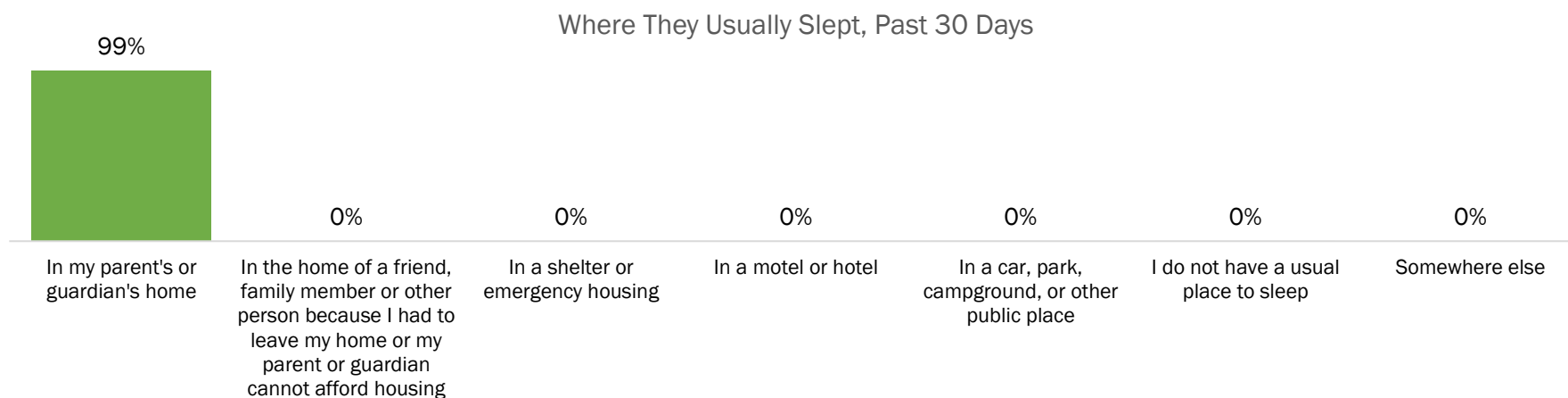


# **Social Determinants of Health**

# Housing Insecurity

Overall, 99% of students usually slept in their parent's or guardian's home in the past 30 days.

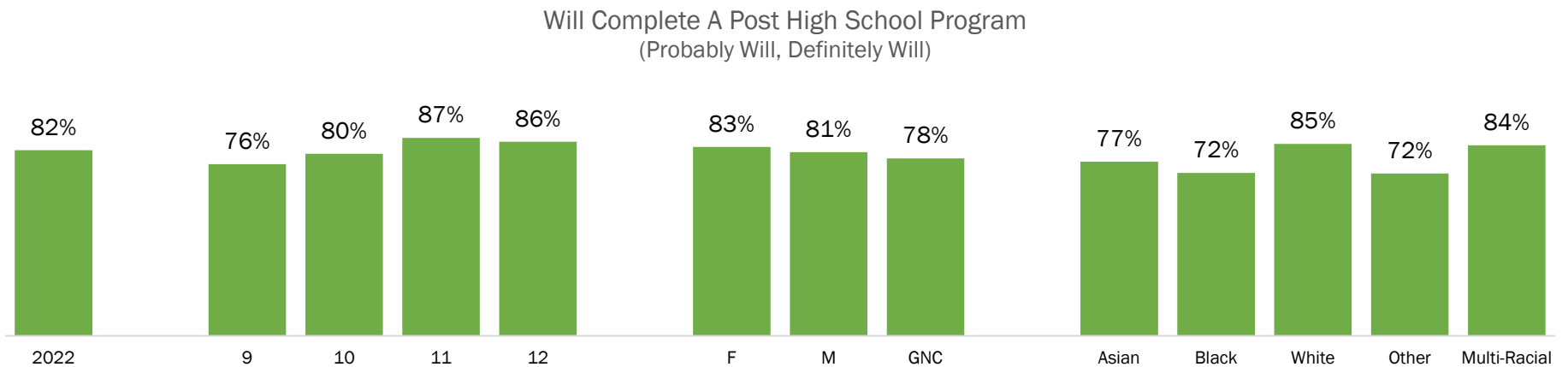
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.



## Post-Graduation Plans

Overall, 82% of high students probably or definitely will complete a post high school program (e.g., vocational training program, military service, community college, or a 4-year college).

- **Grade:** Students were more likely to have plans to complete a post high school program as they advanced in grade.
- **Gender:** Female students were most likely to have plans to complete a post high school program (83%) than male and gender non-conforming students (81% and 78%, respectively).
- **Race:** White and Multi-Racial students were more likely to have plans to complete a post high school program (85% and 84%, respectively) than Asian students, student of an Other Race, and Black students (77%, 72%, and 72%, respectively).
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.



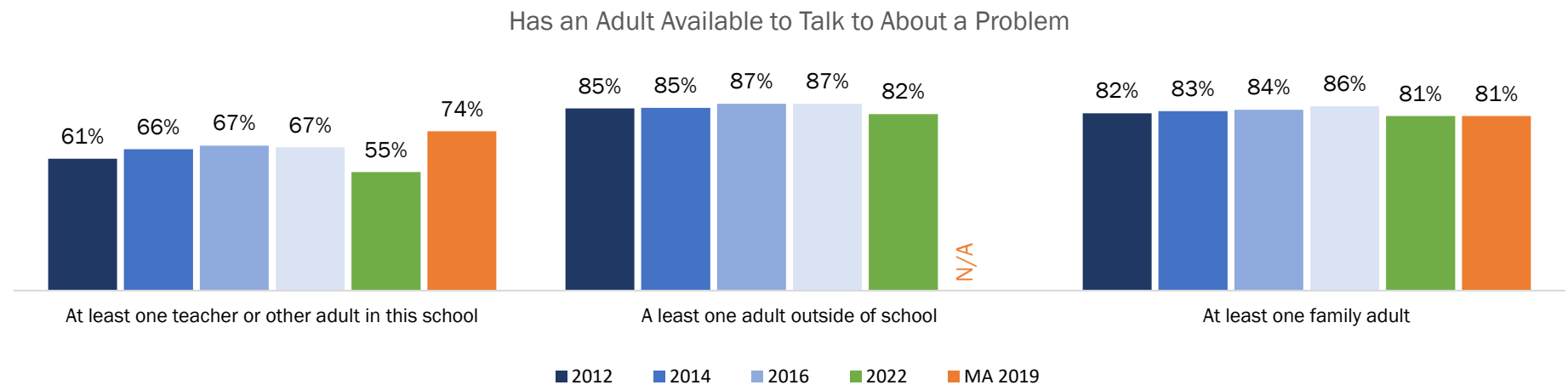
# Youth Assets & Other Protective Factors



## Adult Connectedness

Overall, when asked about adults whom they could talk to about a problem, 55% of high students reported having at least one teacher or other adult in this school, 82% reported having at least one adult outside of school, and 81% reported having at least one family adult (data not shown).

- **Gender:** Male students were most likely to have an adult available to talk to about a problem.
- **Race:** Black students most likely to have at least one teacher or other adult in their school available to talk to about a problem. White students were most likely to have at least one adult outside of school available to talk to about a problem. White students and students of an Other Race were equally most likely to have at least one family adult available to talk to about a problem.
- **Trends:** Available adult support had relatively increased from 2012 to 2018, but decreased in 2022 to its lowest percentage in the past 10 years.
- **Statewide comparison:** Newton 2022 high school students were less likely to have at least one teacher or other adult in school to talk to than Massachusetts 2019 high school students (55% vs. 74%), and equally likely to have at least one family adult to talk to (81%, respectively).

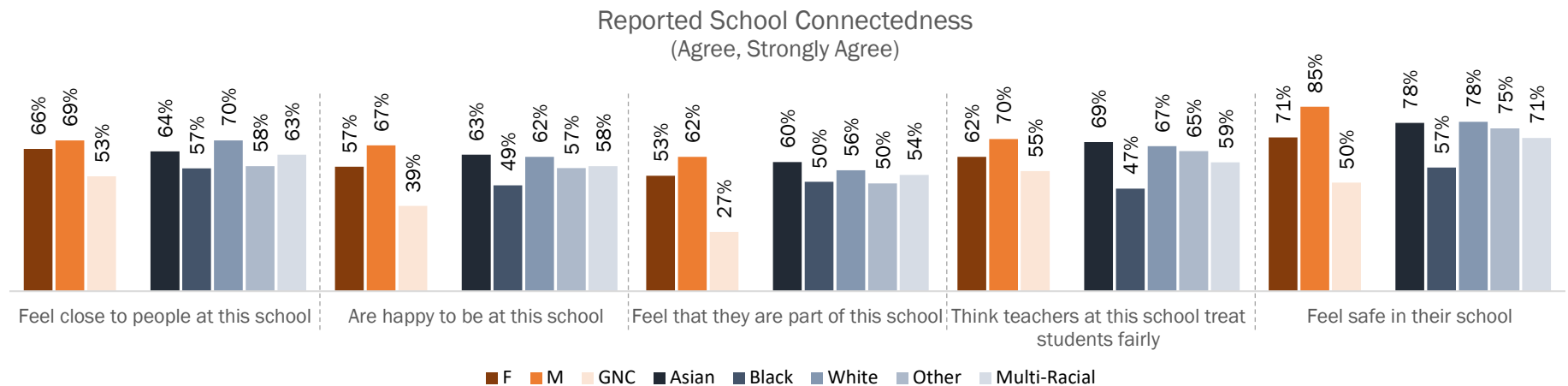


When asked about adults whom they could talk to about a problem, 74% of Massachusetts 2019 high school students reported having at least one teacher or other adult in school to talk to and 81% reported having at least one family adult to talk to.

# School Connectedness

High school students were asked a series of questions about their connectedness to people at school. Sixty-six percent reported that they feel close to people at this school, 61% were happy to be at this school, 56% felt like they are part of this school, 65% felt the teachers at this school treat students fairly, and 76% felt safe in their school.

- **Gender:** Overall, gender non-conforming students were less likely to report feelings of connectedness than male or female students.
- **Race:** Overall, Black students were less likely to report feelings of connectedness than students of other races.
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.



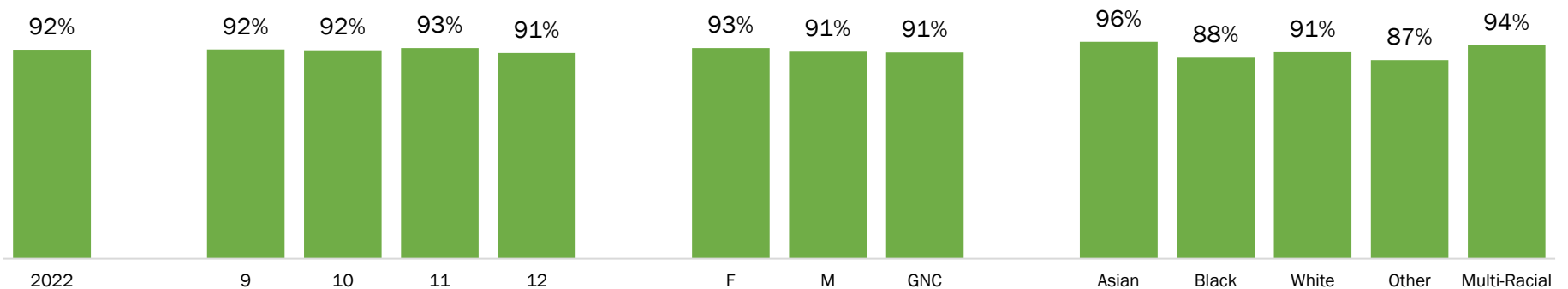
# Participation in Extracurricular Activities

Overall, 92% of high school students reported that they participate in extracurricular activities during the week.

- **Grade:** Percentages were similar across grades.
- **Gender:** Percentages were similar across genders.
- **Race:** Asian and Multi-Racial students were most likely to participate in extracurricular activities (96% and 94%, respectively) when compared to White students, Black students, and students of an Other Race (91%, 88%, and 87%, respectively).
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

The most common reported barriers to participation in extracurricular activities for high school students were too much homework (29%), some other reason (17%), or they did not know about them (14%).

Participation in Extracurricular Activities, Typical Week



# Open-Ended Responses

## Open-Ended Responses

High school students were given the opportunity to identify health issues that they think concern students in their school. Overall, 736 students (25%) provided valid responses. The table below represents the top five areas of respondent concern.

No Concerns (30%)	Stress, Anxiety, Burnout (21%)	Depression (16%)	Mental Health, general (12%)	Coronavirus Pandemic (8%)
<ul style="list-style-type: none"> <li>• I don't think anything really concerns students here.</li> <li>• There are no health issues that concern students in my school.</li> <li>• There are none that I can think of. If there are things, nobody would talk about them to their friends.</li> </ul>	<ul style="list-style-type: none"> <li>• Anxiety is a major mental health issue that I think really affects people in this school. I am constantly having panic attacks, and am constantly seeing others in the hallways or bathrooms having panic attacks. Most of the teachers don't seem to care, they just want the kids to be getting an A, and don't care about anything else.</li> <li>• Stress is a huge problem. Everyone is so concerned about grades and college that it is easy to neglect mental health. I was so stressed in the past week that I had trouble sleeping and anxiety and stress.</li> </ul>	<ul style="list-style-type: none"> <li>• I think depression is a really big problem in this age group and some people don't realize that they need help with it, but need to.</li> <li>• People don't get enough help for depression because they're scared they'll be seen as weak.</li> <li>• A lot of kids in school are depressed and consistently use mind altering substances to cope.</li> <li>• I think depression is a lot more widespread than tends to be understood by the school administration and officials.</li> </ul>	<ul style="list-style-type: none"> <li>• We should do more to support mental health, also people I talk to have said they are feeling more anxious and let down than usual.</li> <li>• The majority of my friends have mental health issues and there is literally no support around it.</li> <li>• I think especially after Covid-19, student mental health is very vulnerable. This is because students are getting a major lack of sleep as well as an influx of social media that their self-esteem and self-image</li> <li>• Mental health issues due from too much homework and a drive for perfection.</li> </ul>	<ul style="list-style-type: none"> <li>• I think in general Covid-19 is a big problem at the moment especially with new variants coming out every now and then.</li> <li>• I think that some students in this school are vulnerable to COVID-19, and others should get better at following COVID safety rules.</li> <li>• I think that Covid-19 is of course a major concern, and has a big impact still on students' learning.</li> <li>• The designated areas where students can eat and the hallways are crowded. There is virtually no social distancing; many students (including me) feel uncomfortable being indoors due to COVID.</li> </ul>

**2022**

**Newton Public Schools**

**Youth Risk Behavior Survey**

**Middle School Results**

## New Questions in 2022

In 2022, survey changes were made to reflect new research recommendations, rising areas of concern, or societal changes. In addition, efforts were made to better align the Newton middle school survey with the Massachusetts Department of Public Health YHS and CDC YRBS to allow for comparisons to state and national data. Since changes in a question's wording can cause a break in the trend line or an inability to compare this year's data to previous data, Newton Public Schools and JSI made a concerted effort to retain as much comparability as possible.

New Questions- Middle School Survey		
<ul style="list-style-type: none"> <li>• Housing insecurity</li> <li>• Coronavirus (Covid-19) pandemic experiences and reactions</li> <li>• Seatbelt use</li> <li>• Witnessed and experienced discrimination by teachers or students</li> <li>• Making a plan to commit suicide</li> </ul>	<ul style="list-style-type: none"> <li>• Coping mechanisms</li> <li>• Consequences of substance use</li> <li>• Parent perceptions of substance use</li> <li>• Perceived access to substances</li> <li>• Use of substances in a student's household</li> <li>• Pregnancy prevention methods</li> </ul>	<ul style="list-style-type: none"> <li>• Access to sexual education</li> <li>• Binge eating</li> <li>• Supplements to gain muscle mass</li> <li>• Barriers to participation in afterschool activities</li> <li>• Sugar-sweetened beverage consumption</li> <li>• Hours of sleep on an average school night</li> </ul>

Notable changes to the 2022 middle school survey include:

- All middle school students were posed the same survey questions (6<sup>th</sup> graders did not receive a modified survey).
- Gender identity and sexual orientation question answer options were expanded to include language that is more inclusive.
- Addition of questions related to students' experiences and reactions to the Coronavirus (Covid-19) pandemic.
- Addition of questions related to witnesses and experiencing discrimination from teachers or students because of one's race or ethnicity, gender identity, sexual orientation, and religion.
- Addition of questions around parental perceptions of substance use and access to substances.
- Addition of substance use within a student's household.
- Questions on cocaine, MDMA, huffing, heroin, methamphetamines, and other types of illegal drug use were combined into one question.
- Addition of question on the consequences of substance use.
- Addition of consensual language in sexual behaviors questions.
- Addition of question on pregnancy prevention methods.
- Physical inactivity was changed to reflect the standard CDC question.
- Addition of question on hours of sleep on an average school night.

## Sample & Demographics

In March 2022, 2566 middle school students participated in Newton YRBS. Among the students that participated, 14 were marked as incomplete and excluded from the final data set used in the analysis. The table below shows a distribution of survey respondents by grade, gender identity, and race.

Total		<b>2552</b>
Grade	6th grade	743
	7th grade	923
	8th grade	886
Gender Identity	Female/Woman/Girl	1117
	Male/Man/Boy	1238
	Transgender, Non-binary, Questioning, Other gender	169
	Chose not to respond	28
Race	Asian	493
	Black	150
	White	1323
	Other race	272
	Multi-Racial	282
	Chose not to respond	32

This analysis includes surveys from 90% of the middle school student population. The table below shows the distribution of accepted survey respondents and 2021-2022 Newton middle school enrollment numbers by grade.

Grade	YRBS Participation	Enrollment	Participation Rate
6 <sup>th</sup>	743	882	84%
7 <sup>th</sup>	923	992	93%
8 <sup>th</sup>	886	952	93%





# Safety Concerns

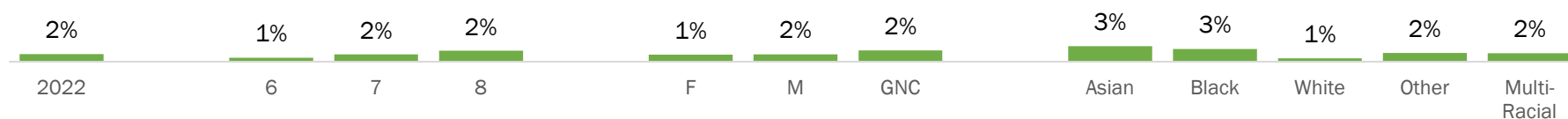
# Motor Vehicle Safety

## SEATBELT USE

Overall, 2% of middle school students rarely or never wore a seatbelt while riding in a car.

- **Grade:** Percentages were similar across grades.
- **Gender:** Percentages were similar across genders.
- **Race:** Percentages were similar across races.
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

Wore a Seatbelt While a Passenger in a Car  
(Rarely or Never)



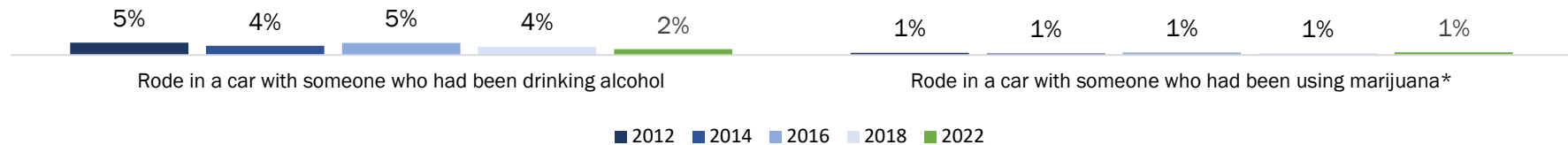
# Motor Vehicle Safety

## RIDING WITH AN IMPAIRED DRIVER

Overall, 2% of middle school students rode in a car in the past 30 days with someone who had been drinking alcohol.

- **Grade:** Percentages are similar across grades.
- **Gender:** Percentages are similar across genders.
- **Trends:** The percentage of Newton middle school students who rode in a car with someone who had been drinking alcohol has relatively decreased since 2012. The percentage of middle school students who rode in a car with someone who had been using marijuana has remained relatively unchanged since 2012.
- **Statewide comparison:** Newton 2022 middle school students were five times less likely to report riding in a car with someone who had been drinking alcohol as Massachusetts 2019 middle school students (2% vs. 10%) and six times less likely to report riding in a car with someone who had been using marijuana (1% vs. 6%).

Rode in a Car With An Impaired Driver, Past 30 Days



\*2012-2018 data is for 7<sup>th</sup> and 8<sup>th</sup> grade students only, 2022 data includes 6-8<sup>th</sup> grade students.

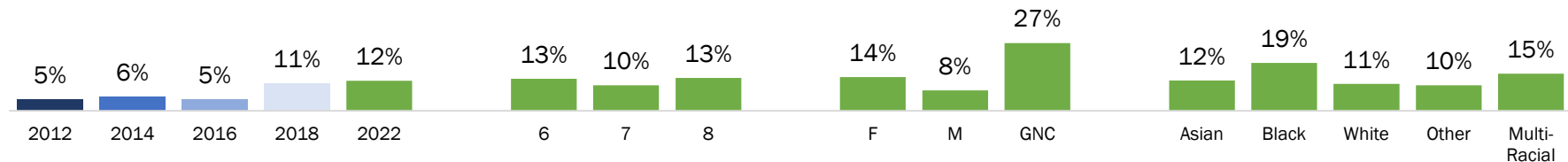
10% of Massachusetts 2019 middle school students reported riding a car in the past 30 days with someone who had been drinking alcohol and 6% reported riding in a car with someone who had been using marijuana.

# Safety In School

Overall, 12% of middle school students were somewhat or very worried about their safety when they were in school.

- **Grade:** Students in 6<sup>th</sup> and 8<sup>th</sup> grade were more likely to worry about their safety (13%, respectively) than students in 7<sup>th</sup> grade (10%).
- **Gender:** Gender non-conforming students were almost twice as likely to worry about their safety in school as female students (27% vs. 14%), and more than three times as likely as male students (27% vs. 8%).
- **Race:** Black students were more likely to worry about their safety in school (19%) than Multi-Racial students, Asian students, White students, and students of an Other Race (15%, 12%, 11%, and 10%, respectively).
- **Trends:** The percentage of Newton middle school students who worry about their safety in school has increased since 2012.
- **Statewide comparison:** There is no statewide comparison data.

Worried about Their Safety When In School  
(Somewhat Worried, Very Worried)

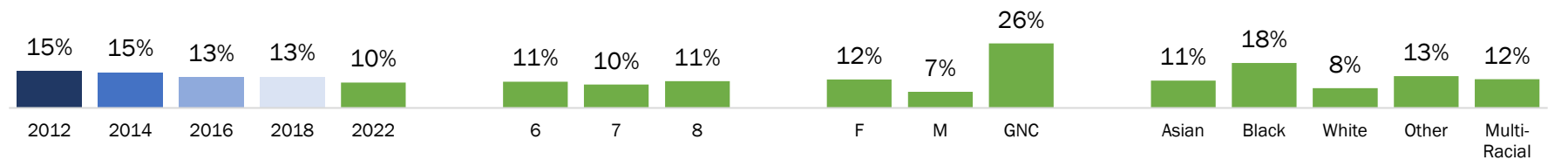


# Safety Outside of School

Overall, 10% of middle school students were somewhat or very worried about their safety when they were not in school.

- **Grade:** Percentages were similar across grades.
- **Gender:** Gender non-conforming students were more than twice as likely to worry about their safety when not in school as female students (26% vs. 12%), and more than three times as likely as male students (26% vs. 7%).
- **Race:** Black students were more likely to worry about their safety when not in school (18%) than students of an Other Race, Multi-Racial students, Asian students, and White students (13%, 12%, 11%, and 8%).
- **Trends:** The percentage of Newton middle school students who worry about their safety when not in school has continued to decrease since 2012.
- **Statewide comparison:** There is no statewide comparison data.

Worried about Their Safety When Not At School  
(Somewhat Worried, Very Worried)

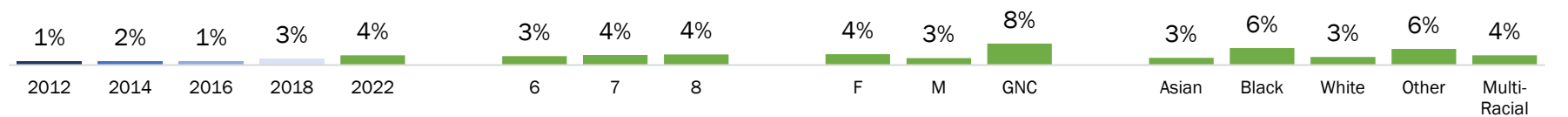


# Safety On Way To or From School

Overall, 4% of middle school students skipped school because they felt unsafe on their way to or from school in the past 30 days.

- **Grade:** Percentages were similar across grades.
- **Gender:** Gender non-conforming students were twice as likely to skip school because they felt unsafe on their way to or from school as female students (8% vs. 4%), and more than twice as likely as male students (8% vs. 3%).
- **Race:** Black students and students of an Other Race were more likely to skip school because they felt unsafe on their way to or from school (6%, respectively) than Multi-Racial students, White students, and Asian students (4%, 3%, and 3%).
- **Trends:** The percentage of Newton middle school students who skip school because they felt unsafe on their way to or from school has increased since 2012.
- **Statewide comparison:** There is no statewide comparison data.

Skipped School Because They Felt Unsafe on Their Way To or From School, Past 30 Days

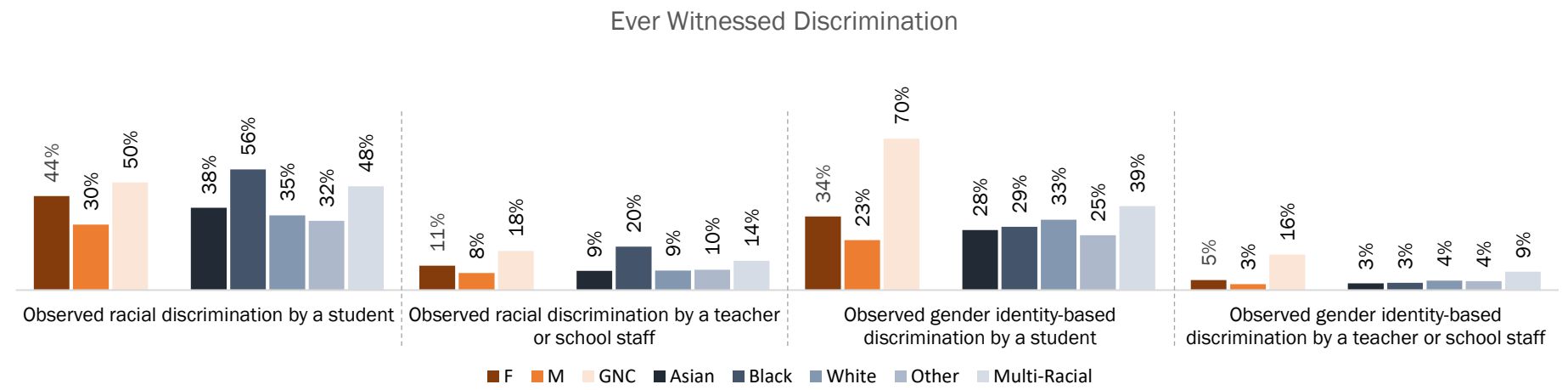


# Discrimination

## OBSERVED DISCRIMINATION

Middle school students were asked if they had observed racial and gender-identity discrimination by students or school staff (teachers). Overall, about a third of students have ever observed racial (38%) or gender identity-based discrimination from another student (31%). Furthermore, 10% of students have ever observed racial discrimination and 4% have ever observed gender identity-based discrimination from teachers or school staff (data not shown).

- **Gender:** Gender non-conforming students were more likely to have ever observed racial and gender identity-based discrimination.
- **Race:** Black students were more likely to observe racial discrimination by students or school staff than students of other races. Multi-Racial students were more likely to observe gender identity-based discrimination by students or school staff than students of other races.
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

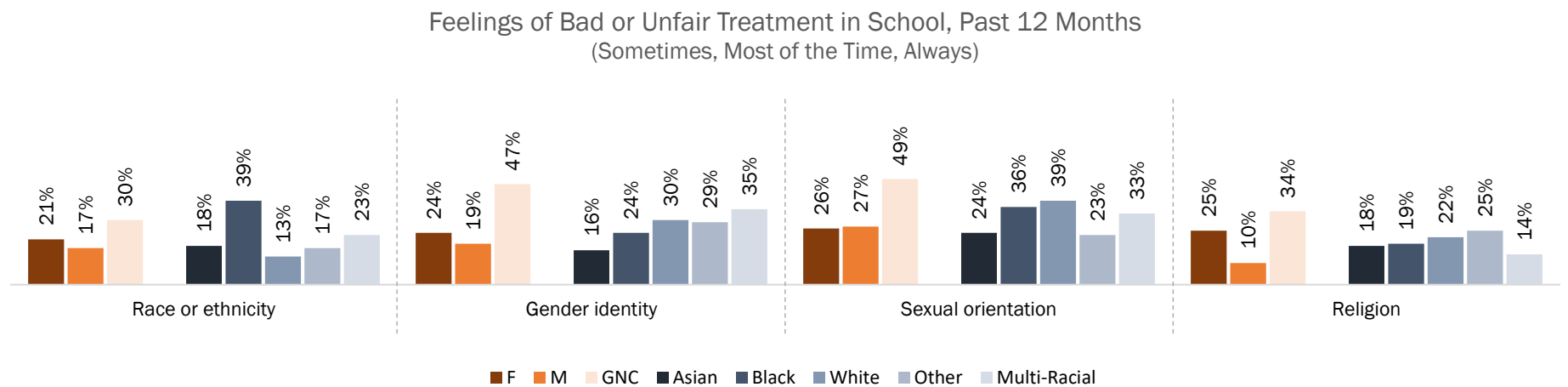


# Discrimination

## EXPERIENCED DISCRIMINATION

Among middle school students who have experienced bad or unfair treatment in school, 20% reported experiencing bad or unfair treatment in school in the past 12 months because of their race sometimes, most of the time, or always, 27% because of their gender identity, 34% because of their sexual orientation, and 20% because of their religion (data not shown).

- **Gender:** Gender non-conforming students were more likely to report bad or unfair treatment in school because of their race or ethnicity, gender identity, sexual orientation, and religion than female and male students.
- **Race:** Black students were most likely to report bad or unfair treatment because of their race or ethnicity. Multi-Racial students were most likely to report bad or unfair treatment because of their gender identity and religion. White students were more likely to report bad or unfair treatment because of their sexual orientation.
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.





# **Violence-Related Behaviors**

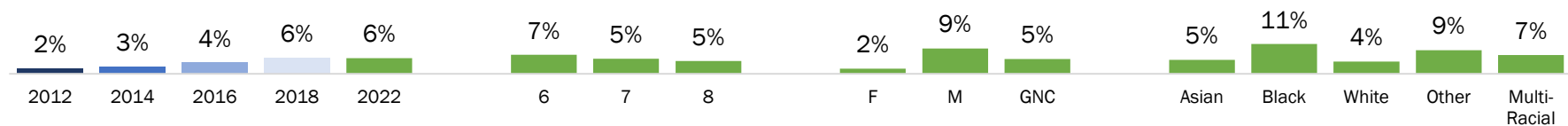
# Physical Fighting

## ON SCHOOL PROPERTY

Overall, 6% of middle school students were in a physical fight on school property in the past 12 months.

- **Grade:** Percentages are similar across grades.
- **Gender:** Male students were almost twice as likely to be in a physical fight on school property as gender non-conforming students (9% vs. 5%), and more than four times as likely as female students (9% vs. 2%).
- **Race:** Black students were more likely to be in a physical fight on school property (11%) than students of an Other Race, Multi-Racial students, Asian students, and White students (9%, 7%, 5%, and 4%, respectively).
- **Trends:** The percentage of Newton middle school students who were in a physical fight on school property has increased since 2012.
- **Statewide comparison:** There is no statewide comparison data.

In a Physical Fight on School Property, Past 12 Months



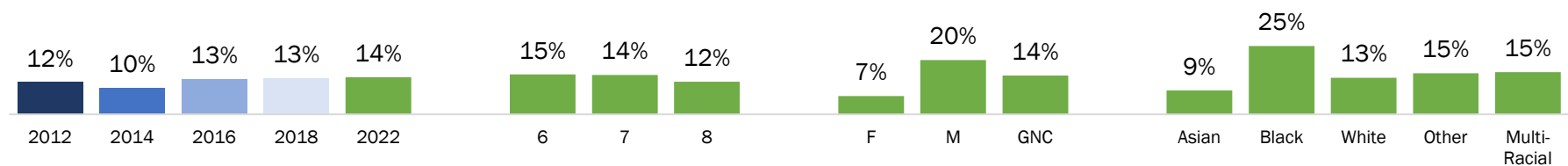
# Physical Fighting

## NOT ON SCHOOL PROPERTY

Overall, 14% of middle school students were in a physical fight when they were not in school in the past 12 months.

- **Grade:** Students in 6<sup>th</sup> grade were more likely to be in a physical fight when not on school property (15%) than students in 7<sup>th</sup> and 8<sup>th</sup> grade (14% and 12%, respectively).
- **Gender:** Male students were more likely to be in a physical fight when not on school property (20%) than gender non-conforming and female students (14% and 7%, respectively).
- **Race:** Black students were more likely to be in a physical fight when not on school property (25%) than students of an Other Race, Multi-Racial students, White students, and Asian students (15%, 15%, 13%, and 9%, respectively).
- **Trends:** The percentage of Newton middle school students who were in a physical fight when not on school property has relatively increased since 2012.
- **Statewide comparison:** There is no statewide comparison data.

In a Physical Fight When Not In School, Past 12 Months



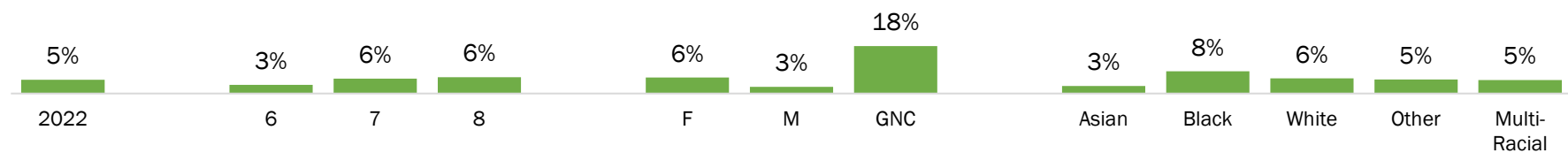
# Sexual & Dating Violence

## SEXUAL VIOLENCE

Overall, 5% of middle school students have ever had someone do sexual things to them or force them to do sexual things that they did not want to.

- **Grade:** Students in 7<sup>th</sup> and 8<sup>th</sup> grade were twice as likely to have ever had someone do sexual things to them or force them to do sexual things that they did not want to (6%, respectively) as students in 6<sup>th</sup> grade (3%).
- **Gender:** Gender non-conforming students were three times more likely to have ever had someone do sexual things to them or force them to do sexual things that they did not want to as female students (18% vs. 6%), and six times more likely as male students (18% vs. 3%).
- **Race:** Black students were more likely to have ever had someone do sexual things to them or force them to do sexual things that they did not want to (8%) than White students, students of an Other Race, Multi-Racial students, and Asian students (6%, 5%, 5%, and 3%, respectively).
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

Ever Experienced Unwanted Sexual Contact or Forced to Do Sexual Things They Did Not Want To



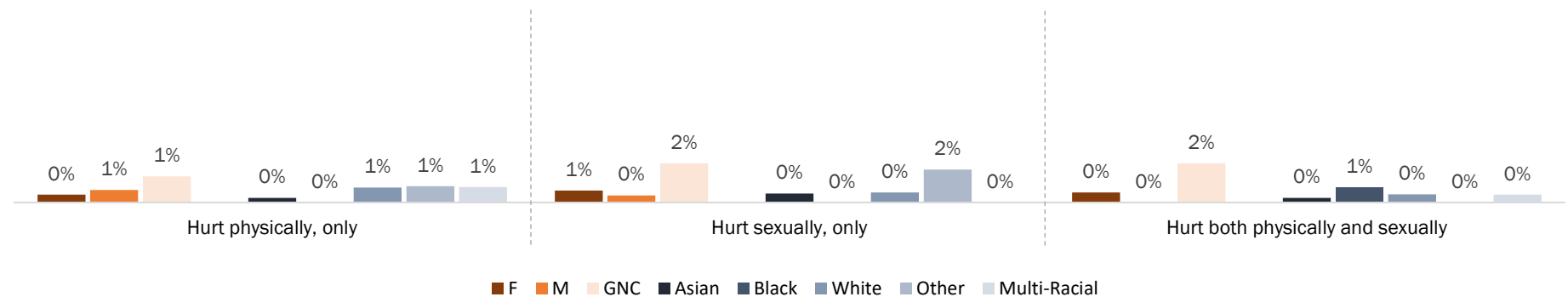
# Sexual & Dating Violence

## DATING VIOLENCE

Overall, 1% of middle school students have been hurt physically by someone they were dating or going out with, 1% have been hurt sexually, and less than 1% have been hurt both physically and sexually.

- **Gender:** Gender non-conforming students were more likely to experience dating violence than female and male students.
- **Race:** Students of an Other Race were most likely to have been hurt sexually by someone they were dating or going out. Percentages of being hurt physically or being hurt both physically and sexually by someone they were going out with or dating was similar across races.
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

Ever Hurt Physically and/or Sexually by Someone They Were Dating or Going Out With





# Bullying

# Bullying

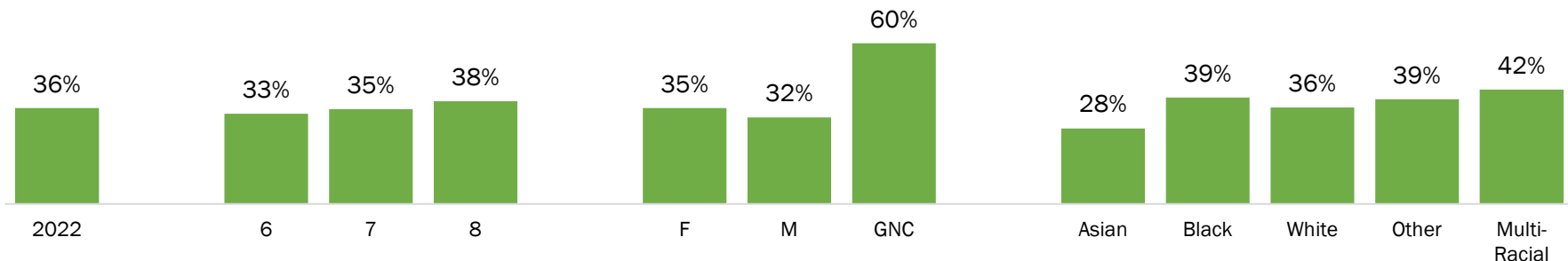
The 2022 Newton YRBS defined bullying as when one or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way. Electronic bullying is things 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.

## BULLYING IN SCHOOL

Overall, 36% of middle school students have ever been bullied in school.

- **Grade:** Being bullied in school consistently increases as grade increases.
- **Gender:** Gender non-conforming students were almost twice as likely to have ever been bullied in school (60%) than female and male students (35% and 32%, respectively).
- **Race:** Multi-Racial students were more likely to have ever been bullied in school (42%) than students of an Other Race, Black students, White students, and Asian students (39%, 39%, 36%, and 28%, respectively).
- **Trends:** This was a new question in 2022, so there is no trend data. Prior year surveys asked if students had been bullied in school in the past 30 days.
- **Statewide comparison:** There is no statewide comparison data.

Ever Bullied in School



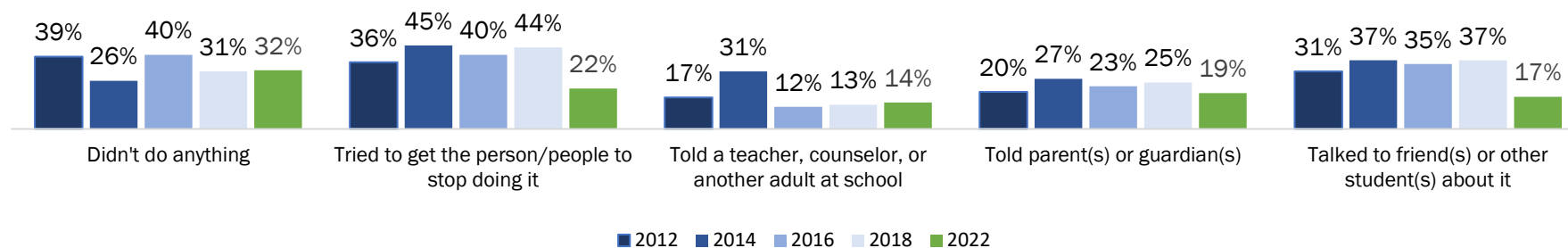
# Bullying

## STUDENT REACTIONS TO BEING BULLIED IN SCHOOL

Middle school students who had been bullied in school in the past 30 days were asked about what they did the last time it happened. Students were most likely to not do anything about it (32%), and least likely to tell a teacher, counselor, or other adult at school (14%) (data not shown).

- **Trends:** Compared to prior years, Newton 2022 middle school students were less likely to engage in active responses (e.g. trying to stop and reporting the bullying).
- **Statewide comparison:** There is no statewide comparison data.

Student Reactions to Being Bullied in School, Last Time  
(Among Students Who Had Been Bullied in School in the Past 30 Days)





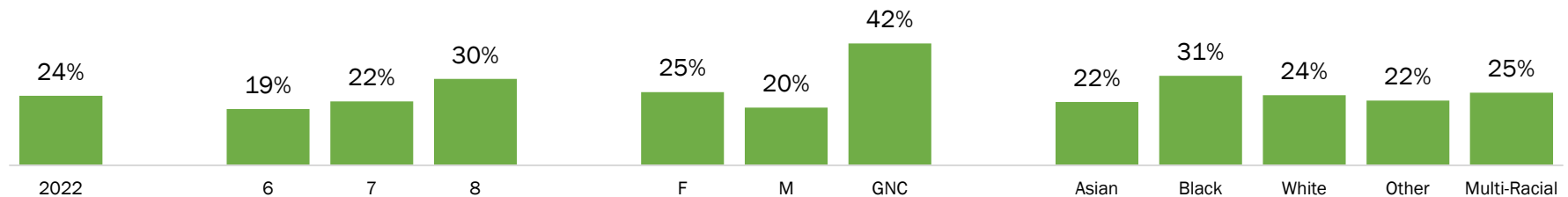
# Bullying

## ELECTRONIC BULLYING

Overall, 24% of middle school students have ever been bullied electronically.

- **Grade:** Students in 8<sup>th</sup> grade were more likely to have ever been bullied electronically (30%) than students in 7<sup>th</sup> and 6<sup>th</sup> grade (22% and 19%, respectively).
- **Gender:** Gender non-conforming students were almost twice as likely to have ever been bullied electronically as female students (42% vs. 25%) and more than two times as likely as male students (42% vs. 20%).
- **Race:** Black students were more likely to have ever been bullied electronically (31%) than Multi-Racial students, White students, students of an Other Race, and Asian students (25%, 24%, 22%, and 22%, respectively).
- **Trends:** This was a new question in 2022, so there is no trend data. Prior year surveys asked if students had been bullied electronically in the past 30 days.
- **Statewide comparison:** There is no statewide comparison data.

Ever Bullied in Electronically



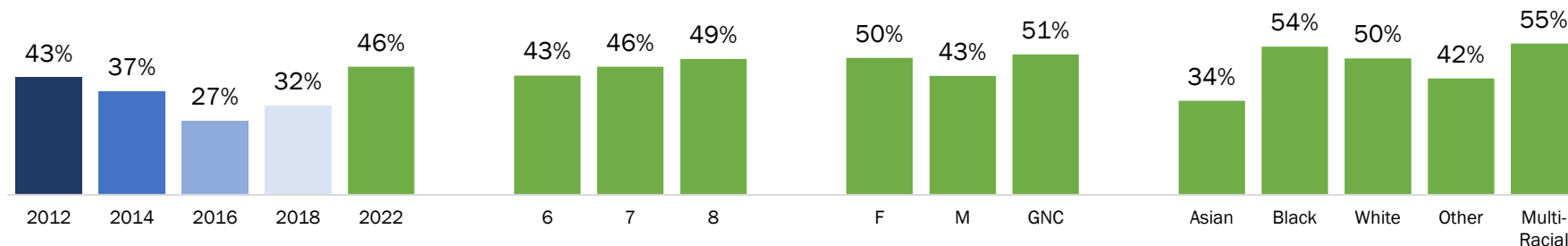
# Bullying

## WITNESSING BULLYING IN SCHOOL

Overall, 46% of middle students have ever seen someone bullied in school.

- **Grade:** Students in 8<sup>th</sup> grade were more likely to have ever seen someone else bullied in school (49%) than students in 7<sup>th</sup> and 6<sup>th</sup> grade (46% and 43%, respectively).
- **Gender:** Male students were less likely to have seen someone else bullied in school (43%) than gender non-conforming and female students (51% and 50%, respectively).
- **Race:** Asian students were less likely to have ever seen someone else bullied in school (34%) than Multi-Racial students, Black students, White students, students of an Other Race, and Asian students (55%, 54%, 50%, and 42%, respectively).
- **Trends:** The percentage of Newton middle school students have ever seen someone else bullied in school has relatively increased from 2012 to 2022.
- **Statewide comparison:** There is no statewide comparison data.

Ever Seen Someone Else Bullied In School



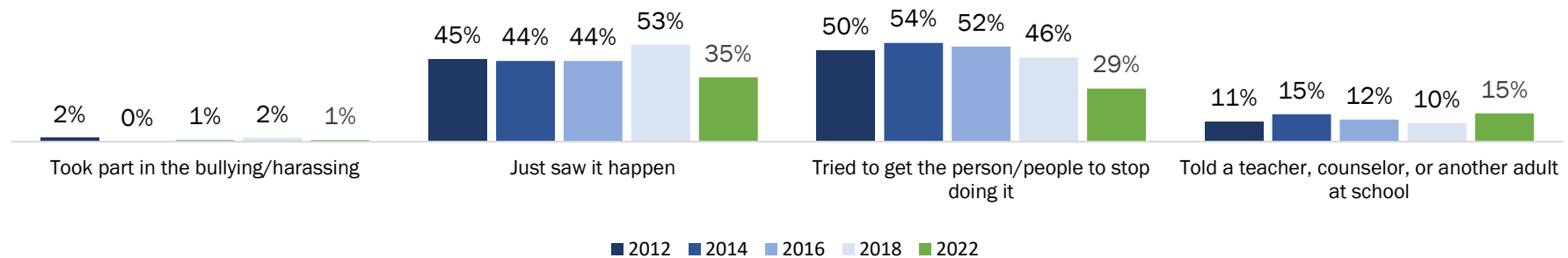
# Bullying

## REACTIONS TO WITNESSING BULLYING IN SCHOOL

Middle school students who had witnessed someone being bullied in school in the past 30 days were asked about what they did the last time it happened. Students were most likely to not do anything about it (35%) and least likely to take part in the bullying/harassing (1%).

- **Trends:** The percentage of Newton middle school students who just saw it happen (did not do anything) and/or tried to stop the bullying/harassing have decreased since 2012, while the percentage of students who told a teacher, counselor, or other adult at school has increased since 2012. The percentage of Newton middle school students who took part in the bullying/harassing have been consistent since 2012.
- **Statewide comparison:** There is no statewide comparison data.

Student Reactions to Witnessing Someone Else Being Bullied in School, Last Time  
(Among Students Who Had Seen Someone Bullied in School in the Past 30 Days)



# Mental Health

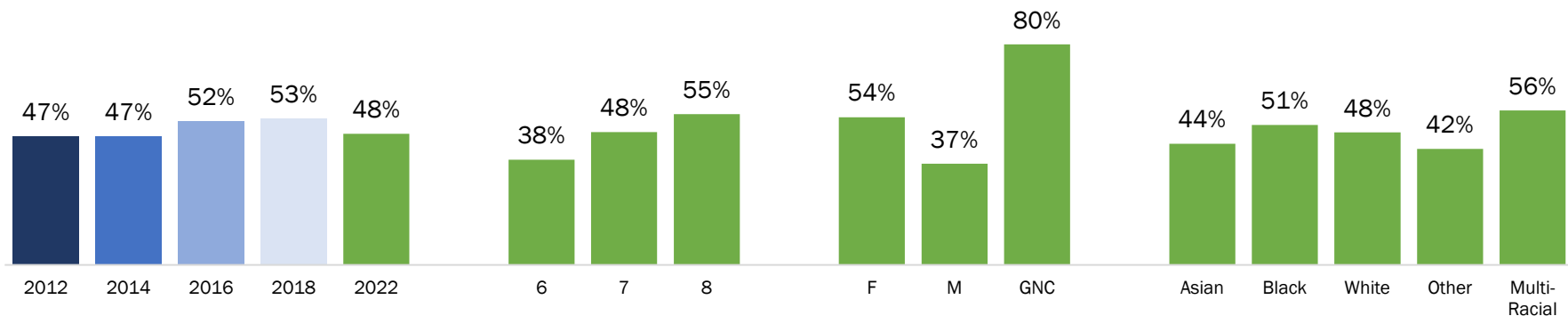
# Stress

Overall, 48% of middle school students described their life as somewhat or very stressful.

- **Grade:** Student stress increases as grade increases with almost 50% more of students in 8<sup>th</sup> grade describing their lives as somewhat or very stressful than students in 6<sup>th</sup> grade.
- **Gender:** Over three-quarters of gender non-conforming students and half of female students describe their lives as somewhat or very stressful, compared to 37% of male students.
- **Race:** Multi-Racial students were more likely to describe their lives as somewhat or very stressful (56%) than Black students, White students, Asian students, and students of an Other Race (51%, 48%, 44%, and 42%, respectively).
- **Trends:** The percentage of Newton middle school students who described their life as somewhat or very stressful has increased since 2012, but decreased from 2018 to 2022.
- **Statewide comparison:** There is no statewide comparison data.

20% of middle school students reported having a healthy activity or behavior (coping mechanism) to relieve stress.

Describe Their Life as Somewhat or Very Stressful

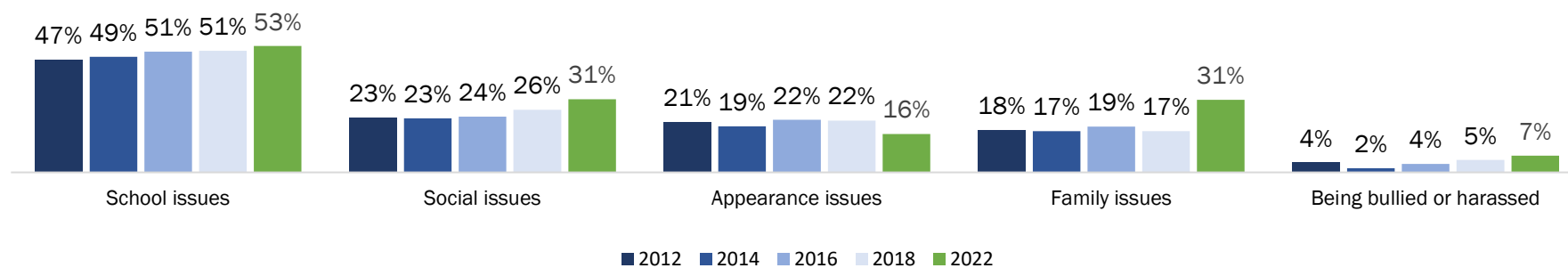


# Stress

Overall, middle school students were most likely to worry often or every day about school issues (53%), followed by social issues (31%), family issues (31%), appearance issues (16%), and being bullied or harassed (7%).

- **Trends:** School issues continue to be the issue most worried about by Newton middle school students. Family issues, social issues, and being bullied or harassed have increased since 2012, while there has been a decrease in worry about appearance issues since 2012.
- **Statewide comparison:** There is no statewide comparison data.

Issues Worried About Often or Every Day



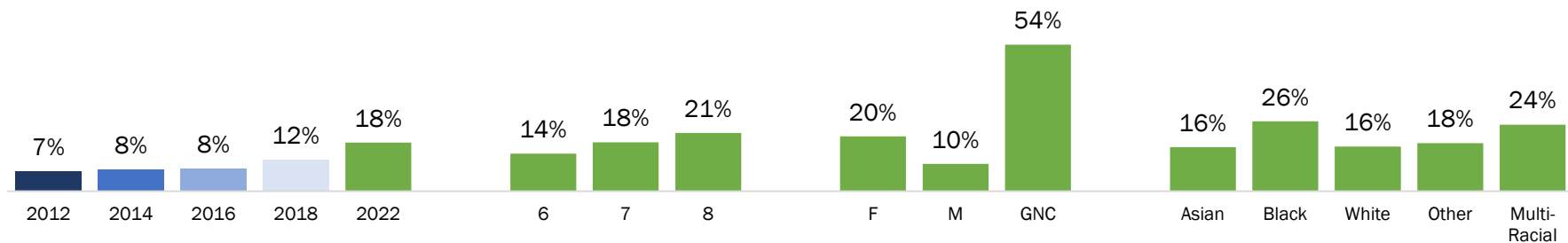
# Feeling Sad or Hopeless

Overall, 18% of middle school students felt sad or hopeless almost every day for two or more weeks in a row that they stopped doing some of their usual activities during the past 12 months.

6% of middle school students reported seeking medical help or taking prescription medication for depression and 20% reported receiving counseling from a doctor or other health professional in the past 12 months.

- **Grade:** Depression increases as grade increases, with students in 8<sup>th</sup> grade most likely to experience depression (21%).
- **Gender:** Gender non-conforming students were more than twice as likely to have experienced depression as female students (54% vs. 20%) and more than five times as likely as male students (54% vs. 10%).
- **Race:** Black students were more likely to have experienced depression (26%) than Multi-Racial students, Students of an Other Race, White students, and Asian students (24%, 18%, 16%, and 16%, respectively).
- **Trends:** The percentage of Newton middle school students have experienced depression has continued to increase since 2012.
- **Statewide comparison:** Newton 2022 middle school students were less likely to report experiencing depression than Massachusetts 2019 middle school students (18% vs. 24%).

Felt Sad or Hopeless for Two or More Weeks in a Row, Past 12 Months



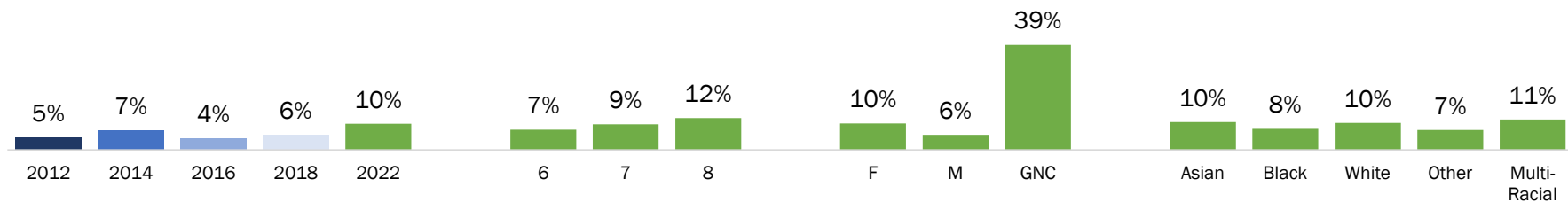
24% of Massachusetts 2019 middle school students reported feeling sad or hopeless almost every day for two weeks in a row that they stopped doing some of their usual activities in the past 12 months.

# Self-Harm

Overall, 10% of middle school students hurt or injured themselves on purpose during the past 12 months.

- **Grade:** Students in 8<sup>th</sup> grade were more likely to engage in self-harm (12%) than students in 7<sup>th</sup> and 6<sup>th</sup> grade (9% and 7%, respectively).
- **Gender:** Gender non-conforming students were almost four times as likely to engage in self-harm as female students (39% vs. 10%) and more than six times as likely as male students (39% vs. 6%).
- **Race:** Multi-Racial students were more likely to engage in self-harm (11%) than Asian students, White students, Black students, and students of an Other Race (10%, 10%, 8%, and 7%, respectively).
- **Trends:** The percentage of Newton middle school students who have engaged in self-harm has relatively increased since 2012, although it has varied across years.
- **Statewide comparison:** Newton 2022 middle school students were more than two times less likely to report engaging in self-harm as Massachusetts 2019 middle school students (10% vs. 21%).

Hurt Themselves on Purpose Without Wanting to Die, Past 12 Months



21% of Massachusetts 2019 middle school students reported hurting or injuring themselves on purpose in the past 12 months.



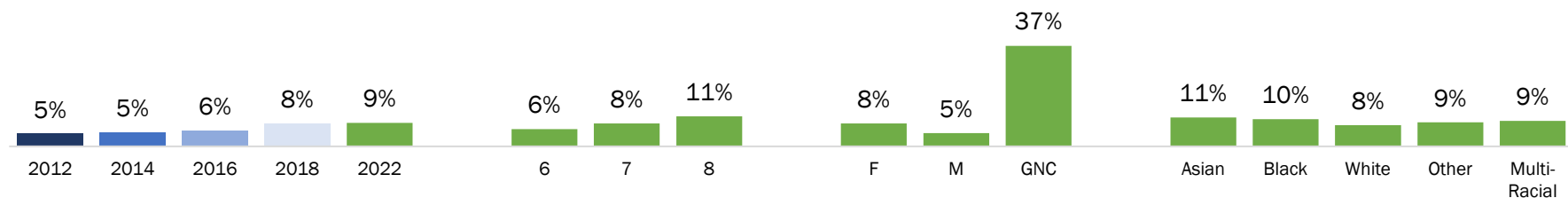
# Suicidal Ideation & Suicide

## CONSIDERED ATTEMPTING SUICIDE

Overall, 9% of middle school students seriously considered attempting suicide during the past 12 months.

- **Grade:** Students in 8<sup>th</sup> grade were more likely to seriously consider attempting suicide (11%) than students in 7<sup>th</sup> and 6<sup>th</sup> grade (8% and 6%, respectively).
- **Gender:** Gender non-conforming students were more than four times as likely to seriously consider attempting suicide as female students (37% vs. 8%) and more than seven times as likely as male students (37% vs. 5%).
- **Race:** Asian students were more likely to seriously consider attempting suicide (11%) than Black students, students of an Other Race, Multi-Racial students, and White students (10%, 9%, 9%, and 8%, respectively).
- **Trends:** The percentage of Newton middle school students who have seriously considered suicide has continued to increase since 2012.
- **Statewide comparison:** Newton 2022 middle school students were less likely to report seriously considering attempting suicide as Massachusetts 2019 middle school students (9% vs. 11%).

Seriously Considered Attempting Suicide, Past 12 Months



11% of Massachusetts 2019 middle school students reported seriously considering attempting suicide in past 12 months.

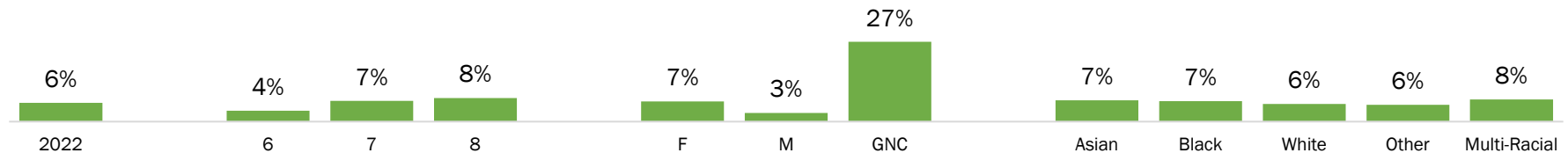
# Suicidal Ideation & Suicide

## MADE A SUICIDE PLAN

Overall, 6% of middle school students made a suicide plan during the past 12 months.

- **Grade:** Students in 8<sup>th</sup> grade were more likely to make a suicide plan (8%) than students in 7<sup>th</sup> and 6<sup>th</sup> grade (7% and 4%).
- **Gender:** Gender non-conforming students were more than three times as likely to make a suicide plan as female students (27% vs. 7%) and nine times more likely as male students (27% vs. 3%).
- **Race:** Percentages were similar across races.
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

Made a Suicide Plan, Past 12 Months



# Suicidal Ideation & Suicide

## ATTEMPTED SUICIDE

Overall, 2% of middle school students attempted suicide during the past 12 months.

- **Grade:** Percentages were similar across grades.
- **Gender:** Gender non-conforming students were eight times more likely to attempt suicide (8%) than female and male students (1%, respectively).
- **Race:** Percentages were similar across races.
- **Trends:** The percentage of Newton middle school students who have attempted suicide has relatively increased since 2012.
- **Statewide comparison:** Newton 2022 middle school students were less likely to report attempting suicide as Massachusetts 2019 middle school students (2% vs. 5%).

Attempted Suicide, Past 12 Months



5% of Massachusetts 2019 middle school students reported attempting suicide in past 12 months.

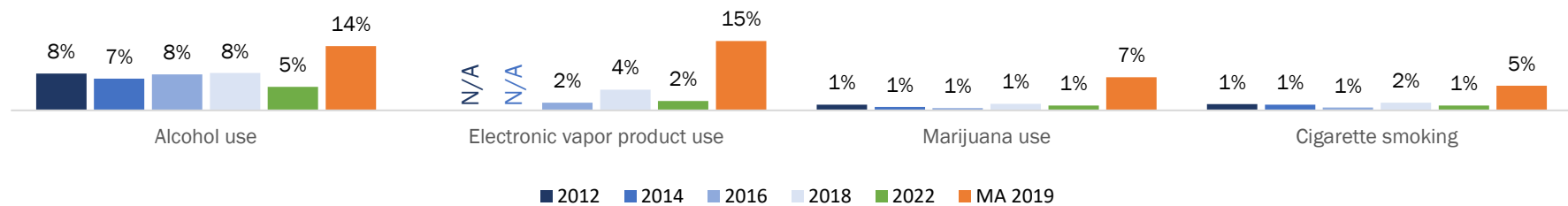
# Substance Use

# Lifetime Substance Use

Newton middle school students were asked if they had ever used a variety of substances.

- **Trends:** The percentage of Newton middle school students who have ever used a substance has relatively decreased across all substances since 2012.
- **Statewide comparison:** Newton 2022 middle school students were less likely than Massachusetts 2019 middle school students to report ever drinking alcohol, using electronic vapor products, using marijuana, and/or smoking cigarettes.

Lifetime Substance Use



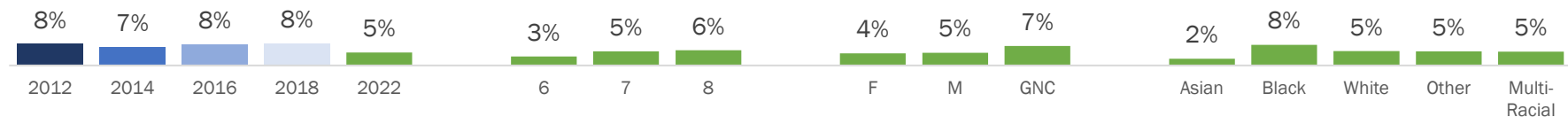
# Lifetime Substance Use

## LIFETIME ALCOHOL USE

Overall, 5% of middle school students have ever drunk alcohol.

- **Grade:** Students in 8<sup>th</sup> grade were more likely to have ever drunk alcohol (6%) than students in 7<sup>th</sup> and 6<sup>th</sup> grade (5% and 3%, respectively).
- **Gender:** Gender non-conforming students were more likely to have ever drunk alcohol (7%) than male and female students (5% and 4%, respectively).
- **Race:** Black students were more likely to have ever drunk alcohol (8%) than students of an Other Race, White students, Multi-Racial students, and Asian students (5%, 5%, 5%, and 2%, respectively).
- **Trends:** The percentage of Newton middle school students who had ever drunk alcohol had remained relatively unchanged from 2012 to 2018, but decreased from 2018 to 2022.
- **Statewide comparison:** Newton 2022 middle school students were almost three times less likely to report ever drinking alcohol as Massachusetts 2019 middle school students (5% vs. 14%).

Ever Drank Alcohol



14% of Massachusetts 2019 middle school students reported ever drinking alcohol.

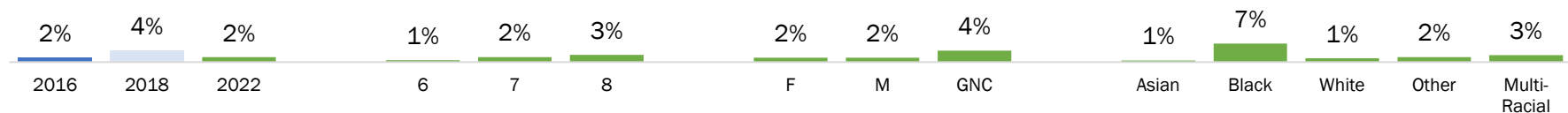
# Lifetime Substance Use

## LIFETIME ELECTRONIC VAPOR PRODUCT USE

Overall, 2% of middle school students have ever used electronic vapor products.

- **Grade:** Percentages were similar across grades.
- **Gender:** Percentages were similar across genders.
- **Race:** Black students were more than two times more likely to have ever used electronic vapor products than Multi-Racial students (7% vs. 3%), and greater than two times more likely as students of an Other Race, White students, and Asian students (7% vs 2%, 1%, and 1%).
- **Trends:** The percentage of Newton middle school students who had ever used an electronic vapor product has remained relatively unchanged since 2016.
- **Statewide comparison:** Newton 2022 middle school students were almost eight times less likely to report ever using an electronic vapor product as Massachusetts 2019 middle school students (2% vs. 15%).

Ever Used Electronic Vapor Products



15% of Massachusetts 2019 middle school students reported ever using electronic vapor products.

# Lifetime Substance Use

## LIFETIME MARIJUANA USE

Overall, 1% of middle school students have ever used marijuana.

- **Grade:** Percentages were similar across grades.
- **Gender:** Percentages were similar across genders.
- **Race:** Black students were more than three times more likely to have ever used marijuana as students of an Other Race, White, and Multi-Racial students (3 vs. 1%, respectively). No Asian students reported ever using marijuana.
- **Trends:** The percentage of Newton middle school students who had ever used marijuana has remained relatively unchanged since 2012.
- **Statewide comparison:** Newton 2022 middle school students were seven times less likely to report ever using marijuana as Massachusetts 2019 middle school students (1% vs. 7%).

Ever Used Marijuana



7% of Massachusetts 2019 middle school students reported ever using marijuana.



# Lifetime Substance Use

## LIFETIME CIGARETTE USE

Overall, 1% of students have ever smoked a cigarette.

- **Grade:** Percentages were similar across grades.
- **Gender:** Percentages were similar across genders.
- **Race:** Students of an Other Race and Black students were more likely to have ever smoked a cigarette (3%, respectively) than Multi-Racial students, and Asian students (2%, 1%, and 0%).
- **Trends:** The percentage of Newton middle school students who had ever smoke a cigarette has remained relatively unchanged since 2012.
- **Statewide comparison:** Newton 2022 middle school students were five times less likely to report ever smoking a cigarette as Massachusetts 2019 middle school students (1% vs. 5%).

Ever Smoked a Cigarette



5% of Massachusetts 2019 middle school students reported ever smoking cigarettes.

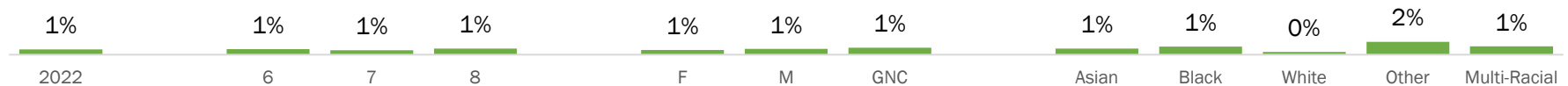
# Lifetime Substance Use

## LIFETIME PRESCRIPTION PAIN MEDICATION

Overall, 1% of students have ever used prescription pain medication without a doctor's prescription or differently than how a doctor told them how to use it.

- **Grade:** Percentages were similar across grades.
- **Gender:** Percentages were similar across genders.
- **Race:** Percentages were similar across races.
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

Ever Misused Prescription Pain Medication

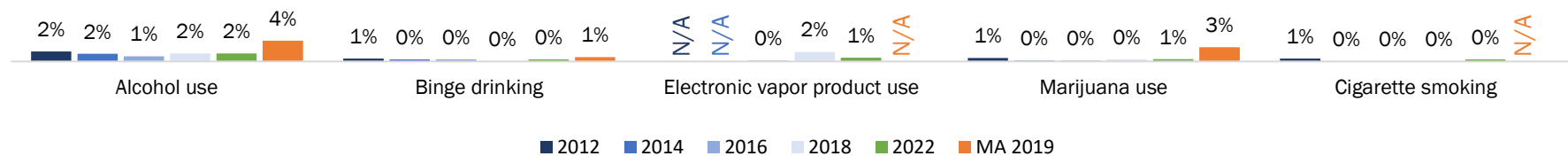


# Current Substance Use

Newton middle school students were asked if they had used a variety of substances in the past 30 days (currently).

- Trends:** The percentage of Newton middle school students who reported currently drinking alcohol, binge drinking, using marijuana, and smoking cigarettes has remained relatively unchanged since 2012. The percentage of Newton middle school students who reported currently using electronic vapor products has relatively increased since 2016, but decreased from 2018 to 2022.
- Statewide comparison:** Newton 2022 middle school students were less likely than Massachusetts 2019 middle school students to report currently drinking alcohol, binge drinking, and marijuana use. Statewide comparison data was not available for electronic vapor product use and cigarette smoking.

Current Substance Use



# Consequences of Substance Use

Overall, less than 1% of middle school students have gotten into trouble with their parents for using substances in the past 12 months.

- **Grade:** Percentages were similar across grades.
- **Gender:** Percentages were similar across genders.
- **Race:** Percentages were similar across genders.
- **Trends\*:** The percentage of Newton middle school students who reported getting into trouble with their parents for using substances has consistently decreased since 2012.
- **Statewide comparison:** There is no statewide comparison data.

Got in Trouble with Their Parents for Using Substances, Past 12 Months  
(Among Students Who Have Ever Used Substances)



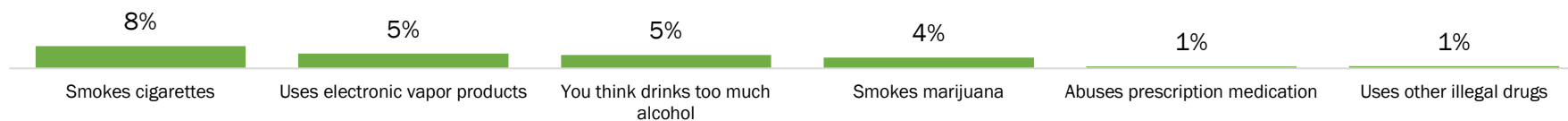
\*2012-2018 data is for 7<sup>th</sup> and 8<sup>th</sup> grade students only, 2022 data includes 6-8<sup>th</sup> grade students.

## Exposure to Substance Use

Overall, when asked if there was anyone (other than them) living in their household who used substances, middle school students were most likely to report a household member(s) who smokes cigarettes (8%), followed by they think drinks too much alcohol (5%), uses electronic vapor products (5%), smokes marijuana (4%), uses other illegal drugs (1%), and abuses prescription medication (1%).

- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

Has Someone Living in Their Household (Other Than Them) Who Uses Substances



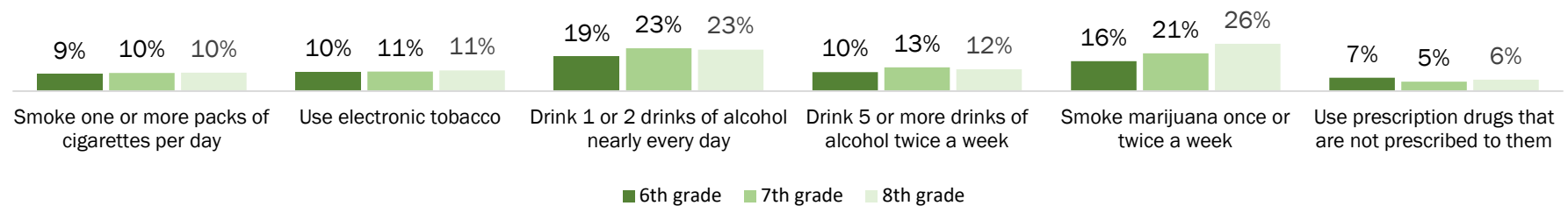
# Attitudes & Perceptions About Substance Use

## PERCEIVED RISK OF HARM

Overall, middle school students perceived smoking marijuana once or twice a week to have the least risk of harm and using prescription drugs that are not prescribed to them to have the most risk of harm (data not shown).

- Grade:** As grade increases, perceived risk of harm of smoking one or more packs of cigarettes per day, using electronic tobacco, drinking 1 or 2 drinks of alcohol nearly every day, and smoking marijuana twice a week decreased. Perceived risk of harm was generally similar, but varied by grade for drinking 5 or more drinks of alcohol twice a week and using prescription drugs that were not prescribed to them.
- Trends\*:** The percentage of Newton high school students' perceived risk of harm from smoking one or more packs of cigarettes per day, drinking 5 or more drinks of alcohol twice a week, smoking marijuana once or twice a week, and using prescription drugs that are not prescribed to them remained relatively unchanged across years (data not shown). The perceived risk of harm from using electronic tobacco relatively increased across years (data not shown). Perceived risk of harm from drinking 1 or 2 drinks of alcohol nearly every day was a new question in 2022, so there is no trend data.
- Statewide comparison:** There is no statewide comparison data.

Low Perceived Risk of Harm of Substance Use, by Grade  
(No Risk, Slight Risk)



\*2012-2018 data is for 7<sup>th</sup> and 8<sup>th</sup> grade students only, 2022 data includes 6-8<sup>th</sup> grade students.

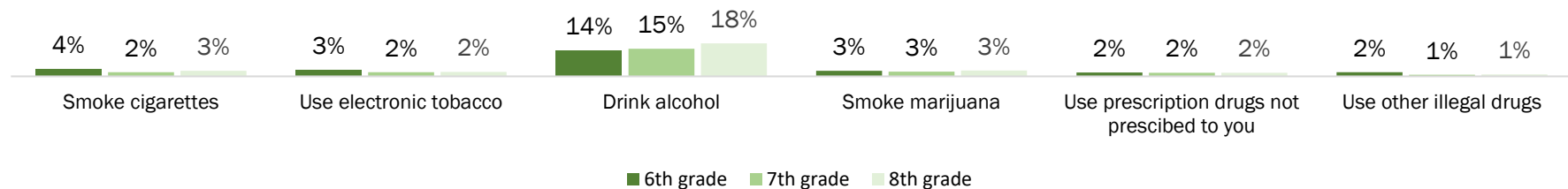
# Attitudes & Perceptions About Substance Use

## PARENTAL DISAPPROVAL

Overall, middle school students perceived that their parents would disapprove least if they drank alcohol and disapprove most if they used other illegal drugs (data not shown).

- **Grade:** Perceived parental approval was similar across grades for using electronic tobacco, smoking marijuana, using prescription drugs not prescribed to them and using other illegal drugs. As middle school students advanced in grade, perceived parental approval of drinking alcohol increased. Perceived parental approval of smoking cigarettes varied across grades.
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

Perceived Parental Approval of Substance Use, by Grade  
(Not At All Wrong, A Little Bit Wrong)



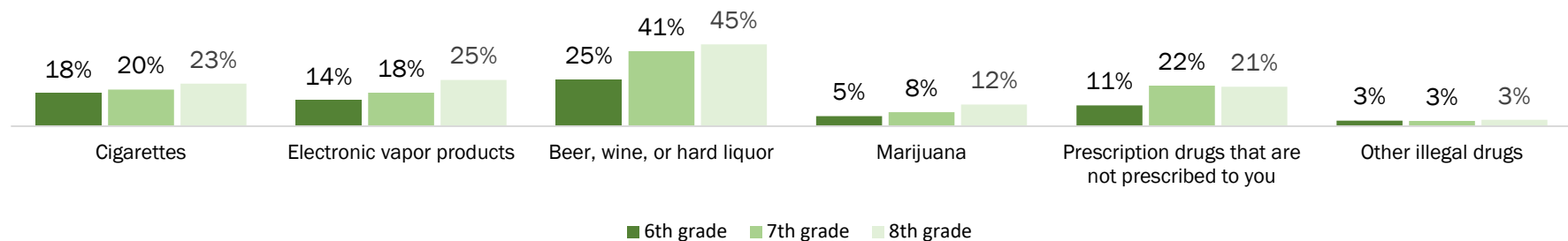
# Attitudes & Perceptions About Substance Use

## PERCEIVED ACCESS

Overall, middle school students perceive that it would be easiest for them to obtain alcohol and hardest to obtain other illegal drugs (data not shown).

- **Grade:** As middle school students advanced in grade, perceived ease of obtaining substances increased for all substances except ease of obtaining prescription drugs not prescribed to them which varied.
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

Perceived Ease of Obtaining Substances, by Grade  
(Very Easy, Sort of Easy)





# Sexual Behavior

# Sexual Activity

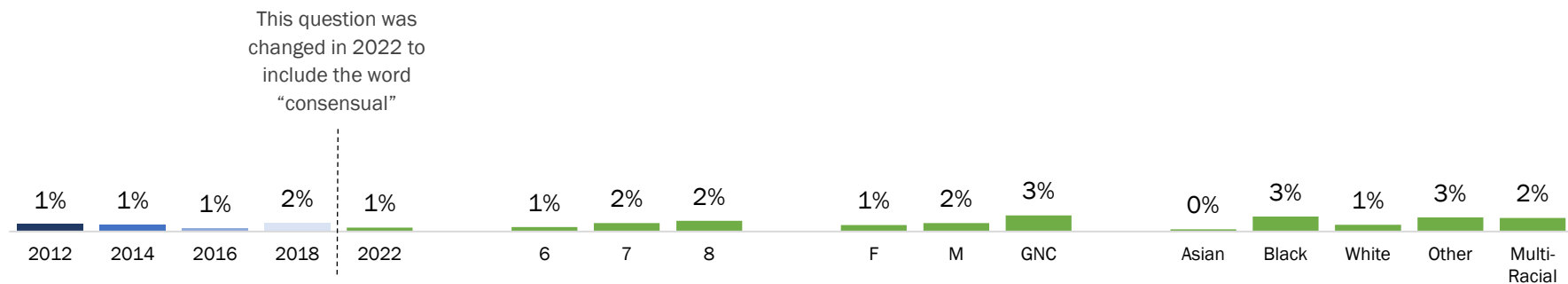
## EVER HAD CONSENSUAL SEXUAL INTERCOURSE

Overall, 1% of middle school students have ever had consensual sexual intercourse.

- **Grade:** Percentages were similar across grades.
- **Gender:** Percentages were similar across genders.
- **Race:** Students of an Other Race and Black students (3%, respectively) were more likely to have ever had consensual sexual intercourse than Multi-Racial students, White students, and Asian students (2%, 1%, and 0%, respectively).
- **Trends:** The percentage of Newton middle school students who has ever had consensual sexual intercourse has remained relatively unchanged since 2012.
- **Statewide comparison:** There is no statewide comparison data.

Among middle school students who have had consensual sexual intercourse, 58% used a condom the last time.

Ever Had Consensual Sexual Intercourse



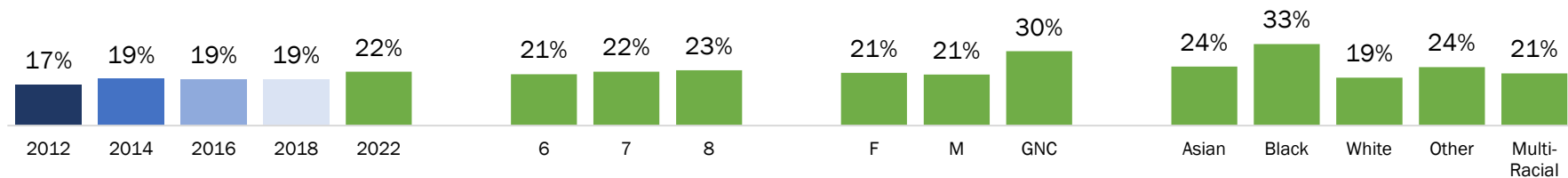
# **Weight, Physical Activity, & Nutrition**

# Perceptions of Weight

Overall, 22% of middle school students perceive themselves as slightly or very overweight.

- **Grade:** Percentages were similar across grades.
- **Gender:** Gender non-conforming students were more likely to perceive themselves as slightly or very overweight (30%) than male and female students (21%, respectively).
- **Race:** Black students were more likely to perceive themselves as slightly or very overweight (33%) than students of an Other Race, Asian students, Multi-Racial students, and White students (24%, 24%, 21%, and 19%, respectively).
- **Trends:** The percentage of Newton middle school students who perceive themselves as slightly or very overweight has continued to increase since 2012.
- **Statewide comparison:** Newton 2022 middle school students were less likely to perceive themselves as slightly or very overweight than Massachusetts 2019 middle school students (22% vs. 25%).

Perception of Body Weight  
(Slightly Overweight, Very Overweight)



25% of Massachusetts 2019 middle school students reported perceiving themselves as slightly overweight or very overweight.

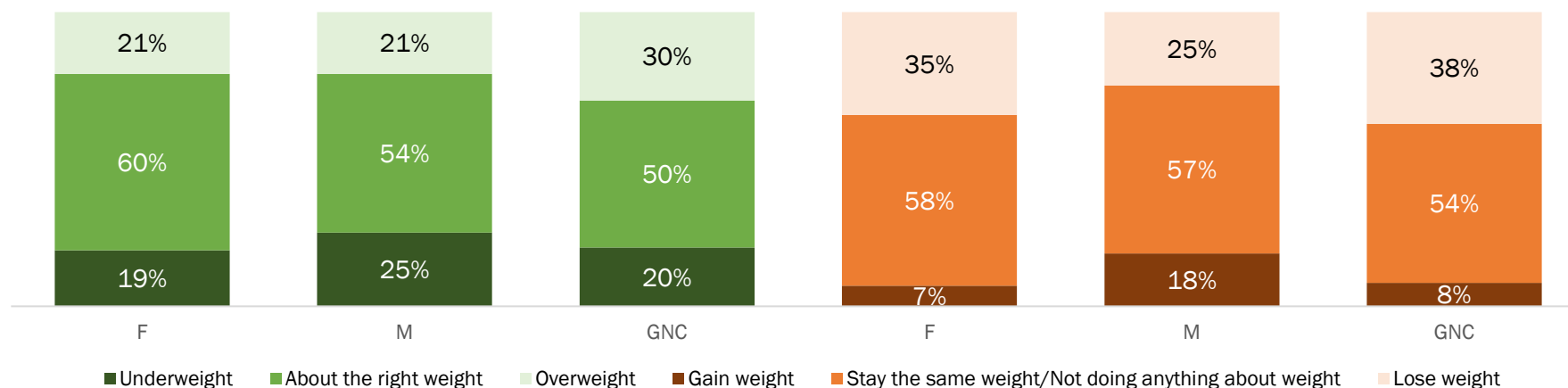
# Perceptions of Weight

## PERCEPTIONS OF WEIGHT & WEIGHT MODIFICATIONS

Overall, 22% of middle school students perceived themselves as about the right weight, and 57% of middle school students are trying to stay the same weight or not do anything about their weight. High school student weight control goals varied by gender.

- **Underweight / Gain weight:** Male students were more likely to perceive themselves as underweight (25%) than gender non-conforming and female students (20%, and 19%, respectively). Male students were more likely to try to gain weight (18%) than gender non-conforming and female students (8% and 7%, respectively).
- **About the right weight / Stay the same weight / Not do anything about weight:** Female students were more likely to perceive themselves as about the right weight (60%) than male and gender non-conforming students (54% and 50%, respectively). Female students were more likely to try to stay the same weight or not do anything about their weight (58%) than male and gender non-conforming students (57% and 54%, respectively).
- **Overweight / Lose weight:** Gender non-conforming students were more likely to perceive themselves as overweight (30%) than female and male students (21%, respectively). Gender non-conforming students were more likely to try to lose weight (38%) than female and male students (35% and 25%, respectively).

Perception of Weight and Current Weight Control Goal, by Gender

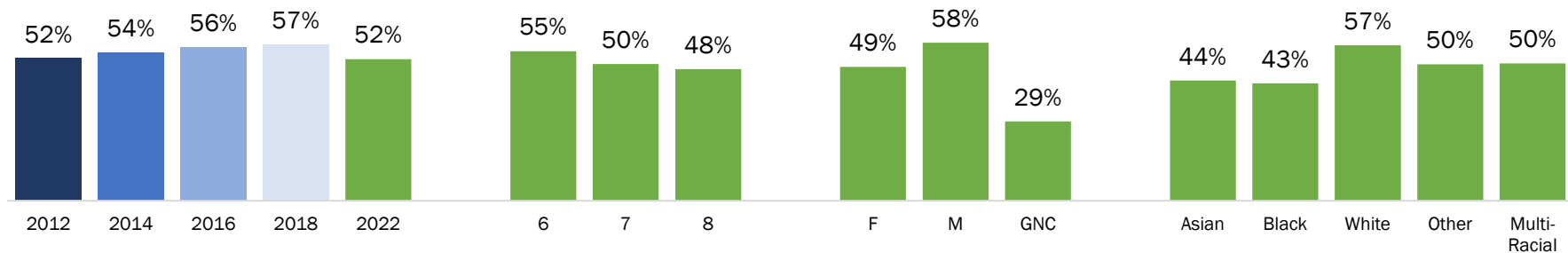


# Physical Activity

Overall, 52% of middle school students engaged in 60 minutes of physical activity on at least 5 of the past 7 days.

- **Grade:** Students in 6<sup>th</sup> grade were more likely to be physically active (55%) than students in 7<sup>th</sup> and 8<sup>th</sup> grade (50% and 48%, respectively).
- **Gender:** Male students were two times more likely to be physically active than gender non-conforming students (58% vs 29%) and more likely than female students (59%, vs. 49%).
- **Race:** White students were more likely to be physically active (57%) than Multi-Racial students, students of an Other Race, Asian students, and Black students (50%, 50%, 44%, and 43%, respectively).
- **Trends:** The percentage of Newton middle school students were physically active for 60 minutes on at least 5 of the past 7 days had increased from 2012 to 2018, but decreased from 2018 to 2022.
- **Statewide comparison:** Newton 2022 middle school students were more likely to engage in 60 minutes of physical activity on at least 5 of the past 7 days than Massachusetts 2019 middle school students (52% vs. 49%).

Engaged in 60 Minutes of Physical Activity On At Least 5 of the Past 7 Days



49% of Massachusetts 2019 middle school students reported engaging in 60 minutes of physical activity on at least 5 of the last 7 days.

# Physical Activity

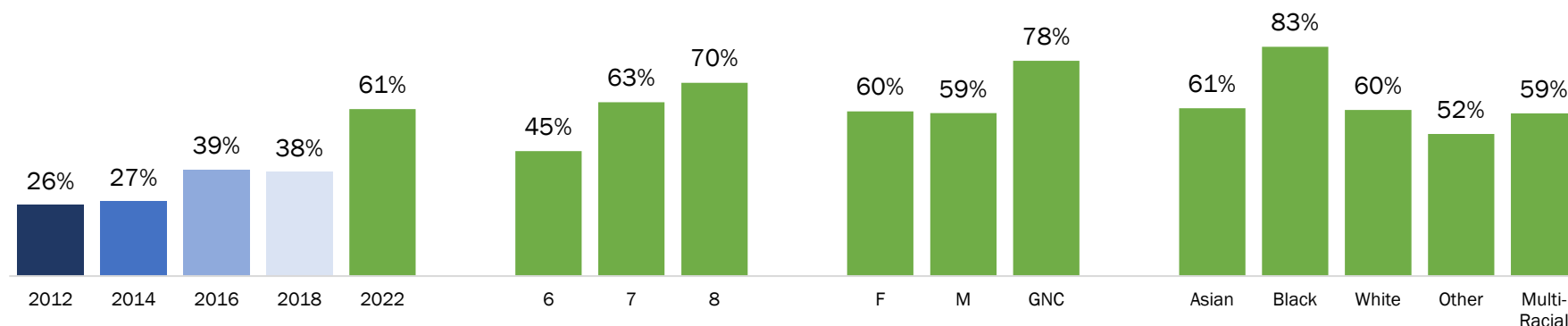
## SCREEN TIME

Screen time includes things such as time spent in front of a TV, computer, smartphone, or other electronic device to watch shows or videos, play games, access the Internet, or use social media.

Overall, 61% of students engaged in 3 or more hours of screen time on an average school day.

- **Grade:** Students in 8<sup>th</sup> grade were more likely to engage in 3 hour or more of screen time on an average school day (70%) than students in 7<sup>th</sup> and 8<sup>th</sup> grade (63% and 45%, respectively).
- **Gender:** Gender non-conforming students were more likely to engage in 3 hour or more of screen time on an average school day than male and female students (78%, 59%, and 60%).
- **Race:** Black students were more likely to engage in 3 hour or more of screen time (83%) on an average school day than Asian students, White students, Multi-Racial students, and students of an Other Race (61%, 60%, 59%, and 52%, respectively).
- **Trends\*:** The percentage of Newton middle school students who engaged in 3 hour or more of screen time on an average school day increased by more than 50% from 2018 to 2022.
- **Statewide comparison:** There is no statewide comparison data.

Engaged in 3 or More Hours of Screen Time, Average School Day



\*2012-2018 data is for 7<sup>th</sup> and 8<sup>th</sup> grade students only, 2022 data includes 6-8<sup>th</sup> grade students.

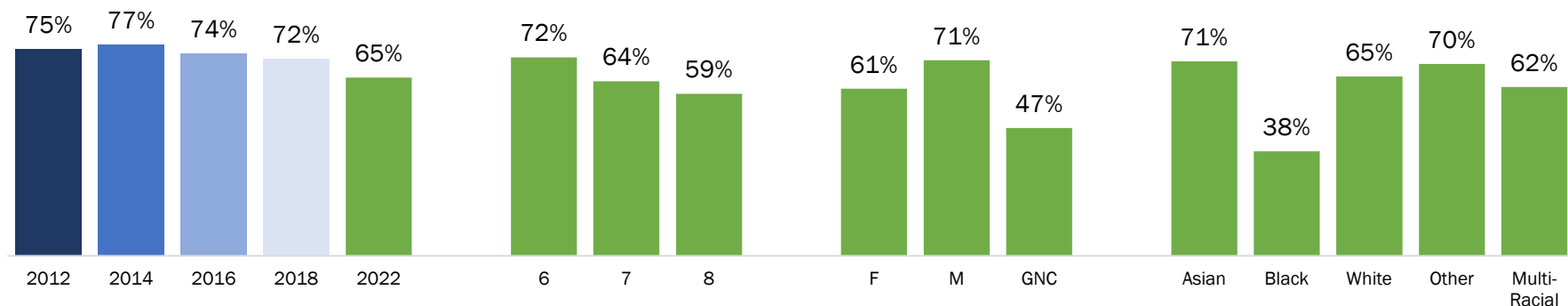
# Nutrition

## EATING BREAKFAST

Overall, 65% of students ate breakfast on at least 6 of the past 7 days.

- **Grade:** Students in 6<sup>th</sup> grade were more likely to eat breakfast (72%) than students in 7<sup>th</sup> and 8<sup>th</sup> grade (64% and 59%, respectively).
- **Gender:** Male students were more likely to eat breakfast (71%) than female and gender non-conforming students (61% and 47%, respectively).
- **Race:** Black students were less likely to eat breakfast (38%) than Asian students, students of an Other Race, White students, Multi-Racial students, and Black students (71%, 70%, 65%, and 62%). Black students were almost two times less likely to eat breakfast as Black students (38% vs. 71%).
- **Trends\*:** The percentage of Newton middle school students who ate breakfast on 6 of the past 7 days has relatively decreased since 2012.
- **Statewide comparison:** There is no statewide comparison data.

Ate Breakfast on 6 of the Past 7 Days



\*2012-2018 data is for 7<sup>th</sup> and 8<sup>th</sup> grade students only, 2022 data includes 6-8<sup>th</sup> grade students.



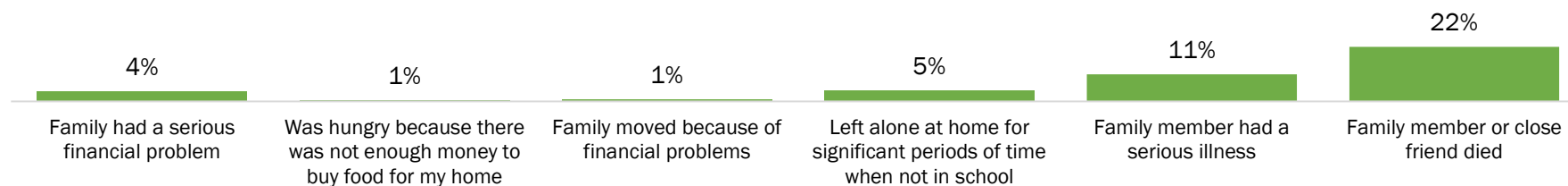
# **Coronavirus (Covid-19) Pandemic**

## Covid-19 Pandemic

Middle school students were asked about their experiences since the onset of the Covid-19 pandemic. They were most likely to report that a family member or close friend died (22%). Additionally, 11% reported that a family member had a serious illness. Only 1-2% reported that they were hungry because there was not enough money or that they had to move because of financial problems.

- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

Student Experiences, Since March 2020

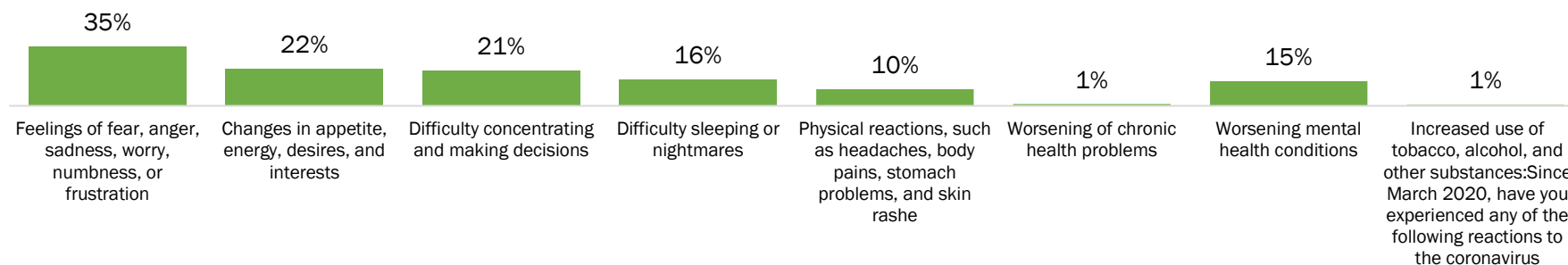


## Covid-19 Pandemic

Middle school students were asked about their reactions to the Covid-19 pandemic. More than one third of middle school students reported feelings of fear, anger, sadness, worry, numbness, or frustration (35%). About a fifth of middle school students reported changes in appetite, energy, desires, and interests (22%), and difficulty concentrating and making decisions (22%).

- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

Student Reactions to the Covid-19 Pandemic, Since March 2020

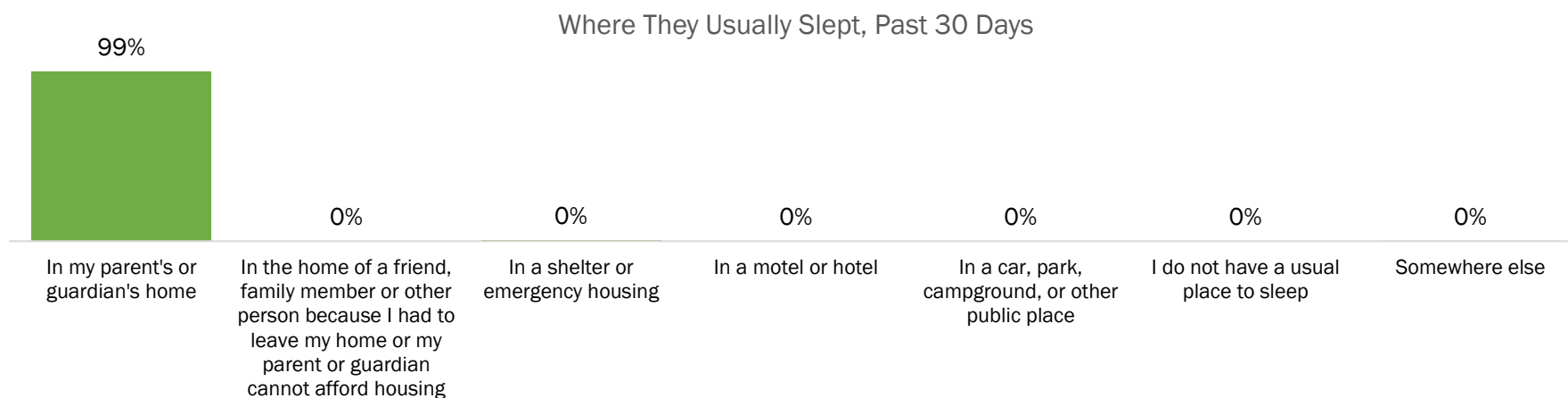


# **Social Determinants of Health**

# Housing Insecurity

Overall, 99% of students usually slept in their parent's or guardian's home in the past 30 days.

- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

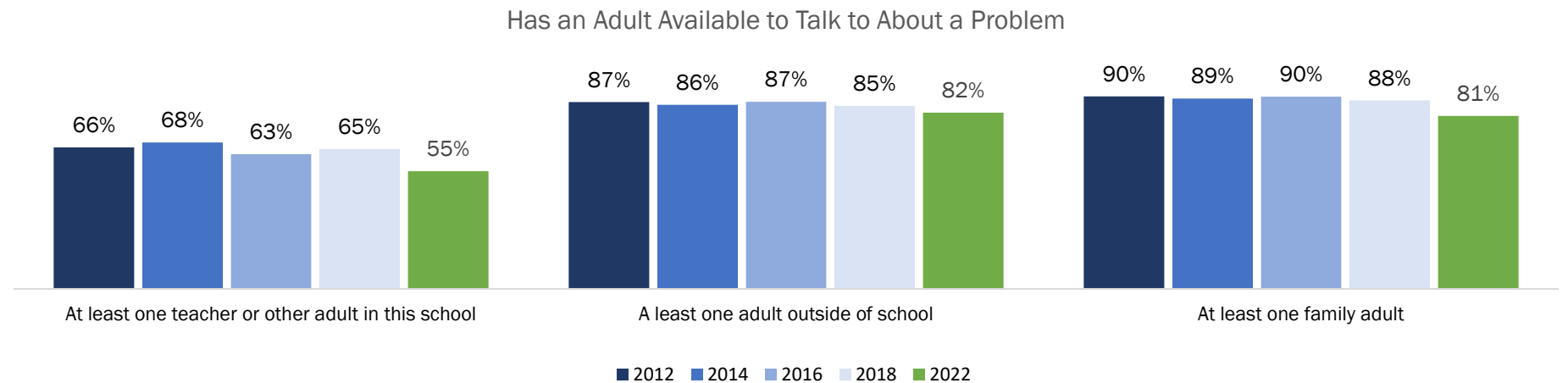


# Youth Assets & Other Protective Factors

# Adult Connectedness

Overall, when asked about adults whom they could talk to about a problem, 54% of middle school students reported having at least one teacher or other adult in this school, 82% reported having at least one adult outside of school, and 85% reported having at least one family adult (data not shown).

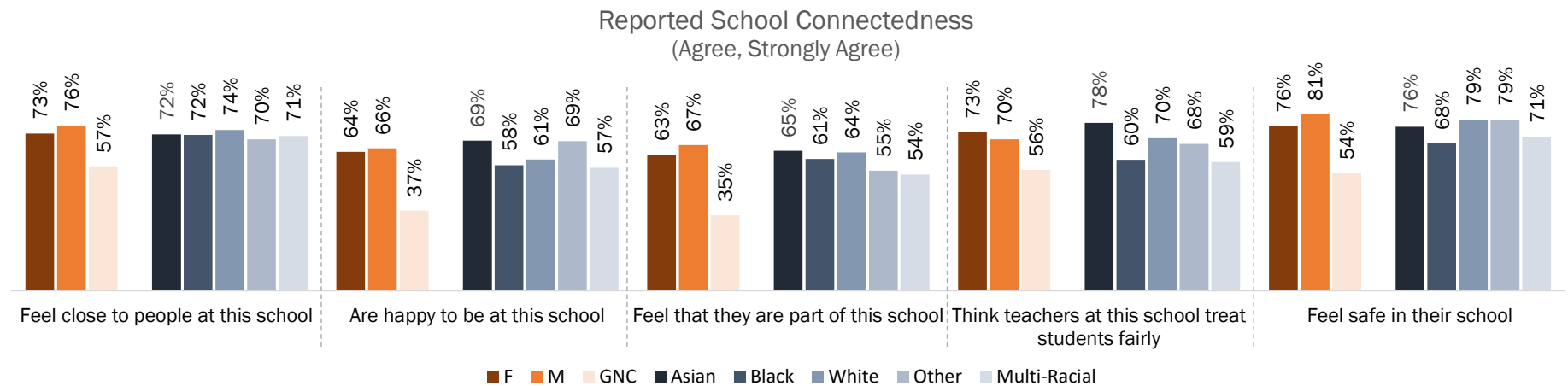
- **Gender:** Male students were most likely to have an adult available to talk to about a problem, followed by female and gender non-conforming students.
- **Race:** Students of an Other Race were most likely to have at least one teacher or other adult in their school available to talk to about a problem. White students were most likely to have at least one adult outside of school and one family adult available to talk to about a problem.
- **Trends:** Overall, available adult support has relatively decreased since 2012. The largest decrease was students having at least one teacher or other adult in this school (66% in 2012 vs. 54% in 2022).
- **Statewide comparison:** There is no statewide comparison data.



# School Connectedness

Overall, 73% students reported that they agree or strongly agree that they feel close to people at this school, 63% were happy to be at this school, 63% felt like they are part of this school, 70% felt the teachers at this school treat students fairly, and 77% felt safe in their school.

- **Gender:** Overall, gender non-conforming students were less likely to report feelings of connectedness than male or female students.
- **Race:** Feelings of social connectedness varied by race.
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.





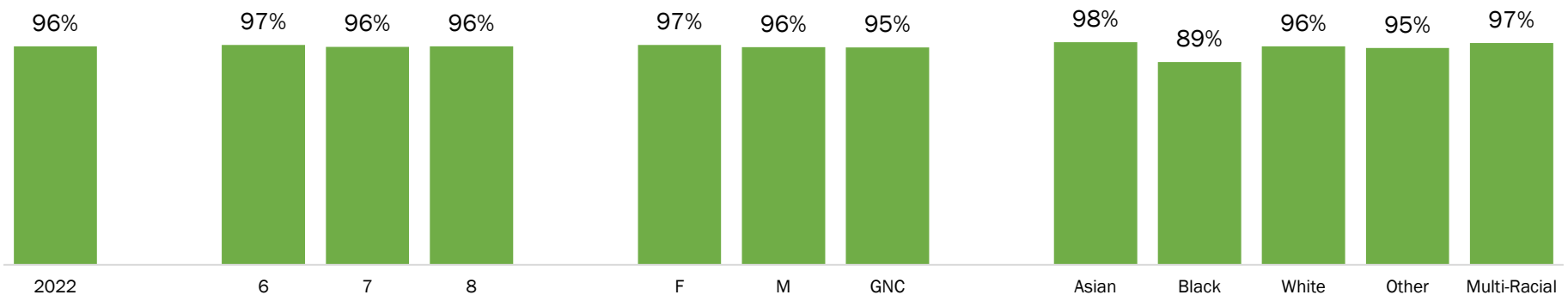
# Participation in Extracurricular Activities

Overall, 96% of middle school students reported that they participated in extracurricular activities during a typical week.

- **Grade:** Percentages were similar across grades.
- **Gender:** Female students were more likely to participate in extracurricular activities (97%) than male and gender non-conforming students (96% and 95%, respectively).
- **Race:** Black students were less likely to participate in extracurricular activities (89%) than Asian students, Multi-Racial students, White students, and students of an Other Race, and Black students (98%, 97%, 96%, and 95%).
- **Trends:** This was a new question in 2022, so there is no trend data.
- **Statewide comparison:** There is no statewide comparison data.

The most common reported barriers to participation in extracurricular activities for middle school students were a reason not listed (17%), they did not know about them (10%), or they had too much homework.

Participation in Extracurricular Activities, Typical Week



# Open-Ended Responses

## Open-Ended Responses

Middle school students were given the opportunity to identify health issues that they think concern students in their school. Overall, 1004 students (39%) provided valid responses. The table below represents the key areas of respondent concern.

No Concerns (45%)	Lack of Sleep (13%)	Stress, Anxiety, Burnout (13%)	Depression (9%)	Coronavirus Pandemic (7%)
<ul style="list-style-type: none"> <li>• I do not believe that my fellow students have any health-related concerns.</li> <li>• I am not concerned about any health issues.</li> <li>• I have not witnessed any serious health issues that could concern students.</li> </ul>	<ul style="list-style-type: none"> <li>• Not enough sleep AT ALL. All the students are tired and sleep deprived at school, so they cannot do their best. And it's all because the schools start so early. I think we should start school later and end school later.</li> <li>• Mainly lack of sleep due to balancing school activities with in school activities, as well as maintaining a social life.</li> <li>• A good sleep schedule is very hard to maintain for students because of the excessive amount of homework students are given.</li> </ul>	<ul style="list-style-type: none"> <li>• I think that there are many students in our school that face great amounts of stress. The amount of homework some teachers assign feels as though they don't understand that we have work from other classes as well as activities outside of school. Although school might be the #1 priority, it isn't the only thing in students' lives that matter.</li> <li>• Teachers misunderstanding how stress affects your school performance.</li> </ul>	<ul style="list-style-type: none"> <li>• I think that there are people struggling with depression and trying to hide it.</li> <li>• I think that a lot of people struggle with stress anxiety and depression. I wish that if teachers would take that into consideration and students could get access to therapists if they can't afford them.</li> <li>• I think some people have depression because of COVID, but the effects that are seen have gone drastically down in the past few months.</li> </ul>	<ul style="list-style-type: none"> <li>• I think that Covid-19 is the main concern as there is a lot of reminding necessary for some students.</li> <li>• One health problem that concerns me and probably a lot of other kids is how other kids don't wear their masks properly.</li> <li>• People not being vaccinated against viruses, mainly Covid-19, and people not wearing masks or not following other procedures to prevent the spread of infectious diseases and or viruses.</li> </ul>

## Appendix A. Select Middle School Data Tables

2022 NEWTON MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY																				
	TREND*												MA 2019 YRBS	GENDER			GRADE			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2022		Female	Male	GNC	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	
<b>SUBSTANCE USE</b>																				
Cigarettes	21.8%	14.3%	9.8%	7.0%	5.1%	5.0%	2.4%	1.3%	1.2%	0.6%	1.6%	1.5%	N/A	1.2%	1.6%	3.0%	0.8%	1.5%	1.9%	
Electronic tobacco	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.6%	4.4%	1.8%	N/A	1.6%	1.6%	4.2%	0.7%	1.9%	2.6%
Alcohol	36.6%	28.6%	24.8%	21.1%	17.8%	16.7%	10.1%	7.8%	6.7%	7.6%	7.9%	4.7%	N/A	4.4%	4.7%	7.1%	3.3%	5.2%	5.5%	
Marijuana	8.2%	4.0%	5.2%	2.7%	2.4%	3.0%	1.8%	1.2%	0.7%	0.5%	1.4%	0.9%	N/A	0.7%	0.8%	3.0%	0.5%	1.1%	1.0%	
Prescription pain medication 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%	0.9%	N/A	0.8%	1.0%	1.2%	1.0%	0.8%	1.0%	
Other illegal drugs**	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.4%	N/A	0.2%	0.4%	1.2%	0.4%	0.2%	0.4%	
<b>Current (any use in the past 30 days)</b>																				
Cigarettes	6.9%	3.5%	2.8%	1.7%	1.6%	1.2%	1.0%	0.6%	0.0%	0.0%	0.0%	0.4%	N/A	0.4%	0.3%	1.8%	0.1%	0.4%	0.6%	
Electronic tobacco	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.2%	2.0%	0.8%	N/A	1.0%	0.5%	1.8%	0.3%	1.0%	1.0%
Alcohol	15.6%	10.8%	8.9%	6.6%	5.8%	3.7%	3.0%	2.1%	1.6%	1.1%	1.7%	1.7%	4.4%	1.7%	1.7%	3.0%	0.8%	2.1%	2.2%	
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%	0.4%	0.9%	0.5%	0.2%	1.2%	0.1%	0.3%	0.7%	
Marijuana	3.2%	0.8%	2.6%	0.8%	1.3%	1.2%	0.8%	0.7%	0.2%	0.2%	0.4%	0.5%	3.0%	0.4%	0.5%	1.8%	0.3%	0.7%	0.6%	
Prescription pain medication 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%	0.9%	3.6%	0.2%	0.6%	1.2%	0.5%	0.4%	0.3%	
<b>"No" or "Slight" Perceived Harm of Use</b>																				
Drink 1 or 2 drinks of alcohol nearly every day	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	22.0%	N/A	18.4%	25.5%	21.6%	18.8%	23.5%	22.8%	
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	12.6%	12.7%	11.9%	N/A	9.0%	14.6%	12.5%	10.4%	13.1%	12.0%
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	9.5%	8.6%	9.8%	N/A	9.7%	10.3%	8.0%	9.2%	10.0%	10.1%
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	17.8%	10.8%	N/A	10.4%	11.7%	9.9%	10.4%	10.7%	11.3%
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	19.8%	21.5%	21.4%	N/A	18.4%	23.7%	25.2%	16.5%	20.7%	25.9%
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	5.7%	6.4%	6.2%	N/A	4.3%	7.8%	7.5%	7.3%	5.1%	6.3%
<b>Perceive that Parents Would Not Disapprove of their Substance Use ("Not Wrong at All" or "A Little Bit Wrong")</b>																				
Drink alcohol	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	15.9%	N/A	13.4%	17.7%	19.0%	14.0%	15.1%	18.0%	
Smoke cigarettes	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.0%	N/A	1.7%	4.2%	3.1%	3.8%	2.3%	3.0%	
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	2.7%	N/A	1.6%	3.7%	2.4%	3.4%	2.3%	2.4%	
Smoke marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.0%	N/A	2.2%	3.6%	4.3%	3.0%	2.6%	3.2%	
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	2.0%	N/A	1.5%	2.6%	1.8%	2.1%	1.9%	2.0%	
Use other illegal drugs	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.3%	N/A	0.7%	1.8%	1.8%	2.3%	0.8%	1.0%	
<b>Perceive that Substances are Easy to Get ("Very Easy" or "Sort of Easy")</b>																				
Alcohol	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	37.8%	N/A	36.9%	36.6%	49.7%	25.5%	40.8%	44.6%	
Cigarettes	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	20.4%	N/A	18.2%	21.6%	25.5%	17.9%	19.9%	23.1%	
Electronic vapor products	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	19.6%	N/A	16.1%	21.3%	28.4%	14.0%	18.3%	25.2%	
Marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.6%	N/A	6.5%	9.5%	15.3%	5.5%	7.6%	11.9%	
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	18.9%	N/A	20.6%	15.3%	31.4%	11.3%	22.0%	21.0%	
Other illegal drugs	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.2%	N/A	2.8%	3.3%	5.1%	3.1%	2.8%	3.4%	
<b>Substance Use in Household</b>																				
Live with a cigarette smoker	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.1%	N/A	7.7%	7.7%	14.3%	8.1%	8.2%	8.1%	
Live with someone who uses electronic vapor products	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.3%	N/A	5.0%	4.4%	14.2%	4.0%	5.1%	6.6%	
Live with someone who drinks too much alcohol	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.9%	N/A	5.3%	3.5%	12.0%	4.0%	5.6%	4.9%	
Live with someone who uses marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.9%	N/A	3.9%	3.4%	7.5%	3.0%	3.9%	4.6%	
Live with someone who abuses prescription medication	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.7%	N/A	0.6%	0.7%	2.5%	0.9%	0.8%	0.6%	
Live with someone who uses other illegal drugs	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.8%	N/A	0.8%	0.7%	2.5%	0.7%	1.1%	0.6%	
<b>Riding With An Impaired Driver</b>																				
Rode with drinking driver (30 days) - All students	9.4%	10.2%	10.7%	7.1%	7.2%	7.0%	7.4%	5.3%	3.9%	5.1%	3.6%	2.5%	N/A	2.5%	2.2%	4.8%	2.4%	2.3%	2.7%	
Rode with driver using marijuana (30 days) - All students	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.2%	N/A	1.6%	0.8%	1.8%	1.1%	1.4%	1.0%	

\*2012-2018 data is for 7th and 8th grade students only, 2022 data includes 6-8th grade students.

\*\*Other includes cocaine, ecstasy, heroin, methamphetamines, inhalants, LSD, PCP, mushrooms, Ketamine, Rohypnol, GHB, or OxyContin.

2022 NEWTON MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY																				
	TREND*												MA 2019 YRBS	GENDER			GRADE			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2022		Female	Male	GNC	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	
<b>VIOLENCE-RELATED EXPERIENCES AND BEHAVIORS</b>																				
<b>In a Physical Fight</b>																				
When in school (12 months)	16.8%	12.3%	13.3%	12.3%	9.5%	7.1%	4.2%	1.9%	2.6%	4.0%	5.7%	5.6%	N/A	1.9%	9.2%	5.3%	6.9%	5.4%	4.7%	
When NOT in school (12 months)	33.3%	31.0%	27.6%	27.9%	21.2%	18.9%	15.2%	11.7%	9.5%	12.9%	13.2%	13.5%	N/A	6.7%	19.8%	14.2%	14.6%	14.4%	11.9%	
<b>Sexual Violence</b>																				
Experienced sexual violence (ever)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.1%	N/A	6.0%	2.5%	17.7%	3.2%	5.6%	6.1%
<b>Dating Violence</b>																				
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	N/A	0.6%	N/A	0.4%	0.6%	1.2%	0.6%	0.3%	0.7%
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	N/A	0.5%	N/A	0.6%	0.3%	1.8%	0.3%	0.7%	0.6%
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	N/A	0.3%	N/A	0.5%	0.0%	1.8%	0.3%	0.2%	0.5%
<b>Bullying</b>																				
Bullied in school (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	35.5%	35.3%	35.5%	32.1%	59.5%	33.4%	35.1%	38.1%
Bullied electronically (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	23.8%	15.2%	25.1%	19.8%	41.7%	19.2%	21.9%	29.6%
Saw someone else bullied in school (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	46.4%	N/A	49.7%	43.1%	50.9%	43.3%	46.5%	49.3%
<b>Experienced Discrimination ("Sometimes", "Most of the Time", or "Always") – Of those who have ever experienced discrimination</b>																				
Treated unfairly because of race or ethnicity past 12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	19.9%	N/A	21.4%	16.6%	30.4%	19.3%	17.2%	23.0%
Felt they were treated unfairly because of gender (past 12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	27.2%	N/A	23.8%	18.8%	46.6%	23.2%	24.7%	32.4%
Felt they were treated unfairly because of sexual orientation (past 12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	34.1%	N/A	25.7%	26.9%	49.5%	28.8%	31.8%	39.0%
Felt they were treated unfairly because of faith or religious beliefs (past 12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	20.1%	N/A	25.0%	10.3%	34.3%	19.6%	18.6%	22.5%
<b>Observed Discrimination</b>																				
Ever observed racial discrimination by a student	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	37.6%	N/A	43.7%	30.4%	50.0%	29.8%	36.0%	45.7%
Ever observed racial discrimination by a teacher or school staff	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	10.1%	N/A	11.4%	8.0%	18.1%	4.8%	10.8%	13.7%
Ever observed gender identity-based discrimination by a student	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	31.5%	N/A	34.2%	23.2%	70.3%	25.1%	31.0%	37.3%
Ever observed gender identity-based discrimination by a teacher or school staff	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.5%	N/A	4.7%	2.8%	16.5%	3.8%	3.6%	5.9%
<b>Worried About Safety</b>																				
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%	12.1%	N/A	13.6%	8.3%	27.4%	13.0%	10.3%	13.3%	
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%	10.3%	N/A	11.6%	5.6%	26.3%	10.7%	9.5%	11.0%	
Stayed home from school out of fear for safety (30 days)	1.2%	2.2%	2.1%	2.0%	1.0%	1.7%	1.3%	1.3%	1.5%	1.3%	2.5%	3.6%	N/A	4.0%	2.5%	7.8%	3.3%	3.6%	3.9%	
<b>MENTAL HEALTH</b>																				
<b>Stress</b>																				
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%	47.7%	N/A	53.8%	36.9%	80.4%	38.3%	48.4%	54.9%	
Worry often/almost every day about school issues	N/A	N/A	51.0%	49.0%	48.5%	43.9%	47.8%	47.3%	48.7%	50.8%	51.1%	53.2%	N/A	60.3%	43.0%	74.4%	43.4%	52.7%	61.7%	
Worry often/almost every day about social issues	N/A	N/A	38.8%	34.8%	31.1%	32.0%	23.0%	23.0%	22.7%	23.5%	26.3%	30.8%	N/A	39.6%	18.2%	59.2%	22.6%	32.2%	36.4%	
Worry often/almost every day about family issues	N/A	N/A	36.3%	30.5%	27.4%	29.4%	22.0%	21.1%	19.4%	22.1%	21.8%	16.2%	N/A	18.0%	11.1%	36.9%	11.9%	14.9%	21.2%	
Worry often/almost every day about appearance issues	N/A	N/A	26.9%	25.6%	21.4%	22.3%	22.0%	17.8%	17.3%	19.3%	17.3%	30.6%	N/A	40.6%	17.2%	58.2%	20.9%	30.9%	38.1%	
Worry often/almost every day about being bullied/harassed	N/A	N/A	N/A	N/A	N/A	N/A	3.8%	4.1%	1.8%	3.5%	5.2%	7.0%	N/A	8.0%	3.9%	22.2%	7.2%	6.6%	7.2%	
<b>Depression and Suicide</b>																				
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%	9.6%	N/A	9.7%	5.6%	38.5%	7.5%	9.5%	11.7%	
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%	17.8%	N/A	20.0%	10.0%	53.6%	13.8%	17.9%	21.3%	
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%	8.6%	N/A	8.3%	4.9%	36.8%	6.3%	8.3%	10.9%	
Made a suicide plan (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	6.4%	N/A	6.9%	3.0%	27.3%	3.7%	7.1%	8.1%
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%	1.7%	N/A	1.5%	1.1%	7.7%	1.4%	1.7%	2.0%	

\*2012-2018 data is for 7th and 8th grade students only, 2022 data includes 6-8th grade students.

2022 NEWTON MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY																				
	TREND*												MA 2019 YRBS	GENDER			GRADE			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2022		Female	Male	GNC	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	
<b>MENTAL HEALTH</b>																				
<b>Mental Health Supports</b>																				
Have a healthy activity or behavior (coping strategy) to help relieve stress	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	79.6%	N/A	82.5%	78.3%	71.4%	78.6%	79.9%	80.3%
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	N/A	6.4%	N/A	7.1%	3.8%	20.4%	4.1%	6.2%	8.3%
Received counseling from a doctor or other health professional (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	20.1%	N/A	20.7%	16.9%	39.4%	16.3%	21.0%	22.4%
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%	54.3%	N/A	N/A	52.1%	59.7%	36.1%	55.6%	54.3%	53.2%
At least one adult outside of school to talk to about a problem	N/A	N/A	78.9%	78.6%	81.8%	81.2%	84.1%	87.0%	85.7%	87.1%	85.2%	82.4%	N/A	N/A	79.6%	88.7%	60.4%	82.8%	83.5%	81.0%
At least one family adult to talk to about a problem	N/A	N/A	80.2%	77.4%	82.3%	81.9%	85.6%	89.6%	88.6%	89.5%	87.8%	85.2%	N/A	N/A	83.4%	91.3%	56.9%	87.0%	85.9%	83.1%
<b>SEXUAL BEHAVIOR**</b>																				
Ever had consensual sexual intercourse	7.0%	5.4%	4.5%	4.4%	4.0%	2.6%	1.5%	1.7%	1.0%	0.8%	1.1%	0.7%	N/A	N/A	0.4%	0.9%	1.8%	0.4%	0.6%	1.2%
Condom use at last intercourse (of those who have had consensual sexual intercourse)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	58.8%	N/A	66.7%	63.6%	33.3%	0%	60%	77.8%
<b>WEIGHT</b>																				
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%	21.8%	32.8%	N/A	21.4%	20.8%	80.2%	20.8%	21.9%	22.5%
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%	30.5%	45.8%	N/A	52.1%	44.6%	52.2%	44.9%	48.4%	51.5%
Fasted to lose/maintain 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%	9.8%	N/A	N/A	13.0%	4.4%	21.7%	7.1%	7.7%	13.7%
Vomited or took laxatives to lose/maintain 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%	1.1%	N/A	N/A	1.5%	0.2%	4.8%	1.0%	0.7%	1.6%
Took diet pills, powders, or liquids to lose/maintain 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%	0.5%	N/A	N/A	0.5%	0.4%	1.2%	0.0%	0.2%	1.2%
Took diet pills, powders, or liquids to gain 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	N/A	5.7%	N/A	2.9%	8.7%	2.5%	3.5%	5.6%	7.7%
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	N/A	12.9%	N/A	18.2%	5.6%	29.6%	7.8%	12.3%	17.5%

\*2012-2018 data is for 7th and 8th grade students only, 2022 data includes 6-8th grade students.

\*\*Question was changed in 2022 to include the word "consensual".

## Appendix B. Select High School Data Tables



2022 NEWTON HIGH SCHOOL YOUTH RISK BEHAVIOR SURVEY																				
	TREND												MA 2019 YRBS	GENDER			GRADE			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2022		Female	Male	GNC	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
<b>SUBSTANCE USE</b>																				
<b>Lifetime (any use in lifetime)</b>																				
Cigarettes	52.0%	48.9%	38.5%	32.7%	29.2%	27.4%	19.4%	16.7%	11.6%	9.9%	9.3%	9.2%	17.7%	10.6%	7.2%	13.6%	4.2%	7.4%	10.6%	16.0%
Electronic tobacco	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.9%	27.5%	16.3%	50.7%	19.4%	12.8%	19.1%	7.8%	14.0%	19.5%	26.2%
Alcohol	73.1%	70.8%	66.0%	61.9%	58.8%	56.8%	50.3%	49.1%	43.8%	44.4%	40.2%	33.0%	N/A	37.1%	29.0%	32.1%	16.5%	27.4%	41.3%	51.7%
Marijuana	41.3%	40.5%	39.4%	37.2%	33.0%	33.2%	30.8%	28.3%	26.4%	27.7%	25.9%	18.4%	41.9%	20.5%	16.1%	20.2%	6.2%	13.6%	25.1%	32.3%
Other illegal drugs*	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.9%	N/A	1.5%	1.8%	5.5%	0.6%	0.7%	2.1%	4.8%
<b>Current (any use in the past 30 days)</b>																				
Cigarettes	26.8%	20.2%	15.7%	13.8%	12.4%	12.5%	7.0%	5.5%	3.3%	1.9%	2.0%	2.5%	5.0%	3.0%	1.6%	6.5%	1.4%	1.6%	2.8%	4.8%
Electronic tobacco	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.3%	15.2%	8.1%	32.2%	10.6%	5.5%	7.7%	5.0%	5.7%	10.0%	12.8%
Alcohol	51.5%	50.6%	44.0%	40.9%	38.2%	36.7%	31.5%	33.3%	29.3%	28.1%	21.9%	18.8%	29.8%	22.3%	15.3%	17.3%	8.6%	14.8%	22.9%	32.1%
Binge alcohol (5 or more drinks in a row)	31.4%	31.5%	27.0%	23.1%	22.7%	19.0%	16.7%	17.8%	15.1%	14.0%	10.4%	7.4%	15.0%	8.5%	6.1%	8.3%	2.7%	3.7%	9.7%	15.1%
Marijuana	23.7%	26.3%	22.9%	23.3%	20.2%	22.7%	19.3%	17.0%	17.2%	19.2%	17.2%	9.8%	26.0%	10.9%	8.2%	13.1%	2.9%	6.5%	12.8%	19.1%
Prescription pain medication not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.0%	0.7%	N/A	0.8%	0.3%	3.0%	0.5%	0.4%	0.9%	1.1%
Other illegal drugs*	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.8%	N/A	0.9%	0.6%	2.4%	0.4%	0.1%	1.0%	2.1%
<b>"No" or "Slight" Perceived Harm of Use</b>																				
Drink 1 or 2 drinks of alcohol nearly every day	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	22.8%	N/A	19.2%	26.3%	23.6%	24.0%	25.1%	21.7%	19.6%
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%	12.9%	N/A	10.7%	12.2%	24.6%	12.5%	13.6%	11.7%
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%	9.4%	N/A	8.3%	10.5%	7.4%	9.4%	10.1%	7.4%
Use electronic tobacco	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	29.4%	15.3%	N/A	13.4%	17.3%	14.7%	15.0%	15.7%	15.7%	15.0%
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%	13.9%	N/A	45.5%	54.7%	60.7%	39.5%	49.9%	61.6%
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%	7.5%	N/A	6.0%	8.7%	10.6%	8.6%	7.3%	7.6%	6.4%
<b>Perceive that Parents Would Not Disapprove of their Substance Use ("Not Wrong at All" or "A Little Bit Wrong")</b>																				
Drink alcohol	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	30.6%	37.9%	N/A	37.8%	37.7%	40.5%	26.8%	33.1%	42.8%	52.7%
Smoke cigarettes	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.5%	4.3%	N/A	3.7%	4.6%	6.8%	4.4%	3.0%	4.4%	5.4%
Use electronic tobacco	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.7%	4.5%	N/A	4.2%	4.5%	6.1%	3.8%	3.8%	5.5%	5.0%
Smoke marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	15.7%	15.4%	N/A	14.9%	14.8%	22.2%	8.8%	10.2%	18.8%	26.4%
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	2.2%	N/A	1.3%	2.4%	7.4%	2.5%	1.0%	2.8%	2.5%
Use other illegal drugs	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.5%	1.5%	N/A	1.0%	1.5%	5.6%	1.8%	0.6%	1.9%	1.8%
<b>Perceive that Substances are Easy to Get ("Very Easy" or "Sort of Easy")</b>																				
Alcohol	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	38.9%	63.4%	N/A	62.9%	63.2%	66.5%	55.1%	59.9%	66.9%	74.3%
Cigarettes	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	63.5%	36.1%	N/A	32.6%	39.9%	32.9%	28.8%	32.7%	38.0%	47.2%
Electronic vapor products	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	65.5%	49.7%	N/A	49.1%	50.8%	44.1%	37.7%	45.3%	55.3%	63.9%
Marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	50.4%	39.8%	N/A	39.2%	40.1%	41.9%	22.0%	32.5%	48.8%	61.2%
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	24.8%	20.8%	N/A	21.2%	19.3%	29.4%	18.9%	19.7%	21.6%	23.7%
Other illegal drugs	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.1%	N/A	6.3%	9.9%	8.7%	5.4%	5.0%	11.3%	11.7%
<b>Substance Use in Household</b>																				
Live with a cigarette smoker	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.2%	N/A	9.2%	8.9%	11.8%	9.5%	8.9%	9.0%	9.5%
Live with someone who uses electronic vapor products	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.5%	N/A	8.6%	6.0%	9.9%	7.3%	6.4%	7.7%	8.8%
Live with someone who drinks too much alcohol	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.3%	N/A	9.8%	5.6%	15.5%	6.4%	7.5%	9.0%	10.5%
Live with someone who uses marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.6%	N/A	11.1%	7.2%	16.2%	6.9%	8.2%	11.4%	12.6%
Live with someone who abuses prescription medication	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.0%	N/A	0.6%	0.8%	4.4%	0.9%	0.4%	1.3%	1.5%
Live with someone who uses other illegal drugs	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.5%	N/A	0.2%	0.5%	3.1%	0.6%	0.1%	0.7%	0.5%
<b>Riding With An Impaired Driver</b>																				
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%	7.4%	15.4%	7.9%	6.2%	14.2%	7.4%	6.7%	8.1%	7.6%
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%	8.3%	N/A	8.0%	7.2%	12.4%	3.6%	3.3%	11.5%	16.7%

\*Other includes cocaine, ecstasy, heroin, methamphetamines, inhalants, LSD, PCP, mushrooms, Ketamine, Rohypnol, GHB, or OxyContin.

2022 NEWTON HIGH SCHOOL YOUTH RISK BEHAVIOR SURVEY																				
	TREND												MA 2019 YRBS	GENDER			GRADE			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2022		Female	Male	GNC	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
<b>SUBSTANCE USE</b>																				
<b>Driving While Impaired</b>																				
Drove after using alcohol (of drivers only)	16.7%	22.2%	18.2%	19.3%	16.5%	19.3%	6.9%	7.7%	8.1%	6.4%	2.6%	5.0%	N/A	2.3%	2.2%	11.8%	6.1%	1.0%	1.6%	3.7%
Drove after using marijuana (of drivers only)	19.5	25.4%	22.8%	24.9%	18.3%	25.5%	17.9%	19.2%	19.8%	15.9%	11.1%	5.8%	N/A	5.3%	5.3%	17.6%	4.1%	1.1%	5.4%	8.6%
<b>VIOLENCE-RELATED EXPERIENCES AND BEHAVIORS</b>																				
<b>In a Physical Fight</b>																				
When in school (12 months)	13.0%	12.2%	9.1%	9.7%	9.3%	8.6%	5.6%	3.9%	3.0%	4.2%	3.9%	2.8%	6.4%	1.1%	4.3%	4.1%	4.1%	1.8%	2.7%	2.7%
When NOT in school (12 months)	26.9%	24.1%	19.6%	20.4%	19.1%	16.4%	13.6%	11.2%	7.2%	9.5%	9.6%	7.0%	N/A	4.1%	8.8%	12.4%	9.7%	4.9%	7.5%	5.7%
<b>Sexual Violence</b>																				
Experienced sexual violence (ever)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	13.0%	N/A	18.8%	5.4%	30.4%	9.6%	11.3%	15.3%	17.0%
Experienced sexual violence (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.4%	N/A	11.1%	3.1%	13.1%	5.8%	6.1%	9.4%	8.6%
<b>Dating Violence</b>																				
Physically hurt only by date (ever)	N/A	3.6%	2.8%	3.0%	2.7%	3.2%	2.0%	1.0%	0.7%	1.0%	1.0%	0.6%	N/A	0.6%	0.3%	3.0%	0.5%	0.4%	0.6%	1.0%
Sexually hurt only by a date (ever)	N/A	2.5%	2.8%	3.6%	2.2%	1.7%	2.0%	2.0%	1.5%	2.2%	1.2%	1.7%	N/A	2.6%	0.4%	5.3%	0.7%	1.3%	2.7%	2.2%
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%	0.9%	N/A	1.4%	0.2%	3.0%	0.4%	0.3	1.5%	1.8%
<b>Bullying</b>																				
Bullied in school (30 days)	N/A	N/A	21.0%	19.7%	17.2%	19.1%	15.2%	13.8%	11.1%	15.5%	11.6%	10.5%	16.3%	9.5%	10.4%	17.7%	11.8%	9.7%	11.2%	9.1%
Bullied electronically (30 days)	N/A	N/A	N/A	N/A	N/A	15.2%	12.1%	11.3%	7.4%	11.4%	9.2%	11.0%	13.9%	11.1%	9.3%	22.3%	11.6%	11.7%	10.6%	10.0%
Saw someone else bullied in school (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	41.6%	37.7%	29.6%	37.8%	27.2%	22.9%	N/A	13.5%	20.7%	34.3%	25.4%	21.5%	25.8%	18.3%
<b>Experienced Discrimination ("Sometimes", "Most of the Time", or "Always") – Of those who have ever experienced discrimination</b>																				
Treated unfairly because of race or ethnicity past 12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	20.8%	N/A	24.1%	16.2%	35.3%	17.3%	19.7%	23.0%	23.4%
Felt they were treated unfairly because of gender (past 12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	28.2%	N/A	25.2%	19.4%	51.2%	20.6%	22.3%	32.8%	37.4%
Felt they were treated unfairly because of sexual orientation (past 12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	28.2%	N/A	21.4%	37.5%	32.4%	34.5%	21.6%	26.2%	30.7%
Felt they were treated unfairly because of faith or religious beliefs (past 12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	24.4%	N/A	24.6%	20.7%	38.2%	24.5%	18.2%	27.6%	27.2%
<b>Observed Discrimination</b>																				
Ever observed racial discrimination by a student	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	51.0%	N/A	55.8%	44.5%	65.7%	42.6%	48.3%	58.9%	56.5%
Ever observed racial discrimination by a teacher or school staff	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.2%	N/A	18.9%	11.7%	29.3%	12.2%	13.5%	22.3%	18.1%
Ever observed gender identity-based discrimination by a student	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	46.7%	N/A	52.3%	36.6%	79.8%	41.3%	44.8%	50.7%	51.2%
Ever observed gender identity-based discrimination by a teacher or school staff	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	10.0%	N/A	12.3%	5.2%	29.5%	8.2%	7.2%	13.1%	12.0%
<b>Worried About Safety</b>																				
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%	12.4%	N/A	14.7%	7.1%	32.6%	10.0%	10.9%	15.2%	14.1%
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%	8.1%	N/A	10.3%	3.7%	24.4%	5.8%	7.0%	9.4%	11.2%
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%	19.3%	6.4%	23.9%	14.4%	23.1%	16.9%	16.8%	20.9%	23.9%
<b>MENTAL HEALTH</b>																				
<b>Stress</b>																				
Life somewhat/very stressful	N/A	N/A	73.3%	68.0%	67.5%	67.6%	65.2%	69.8%	73.4%	72.3%	76.4%	70.9%	N/A	80.3%	58.8%	89.8%	60.5%	67.1%	80.4%	77.7%
Worry often/almost every day about school issues	N/A	N/A	54.6%	50.6%	44.2%	41.4%	39.7%	40.7%	39.4%	40.9%	43.2%	74.7%	N/A	84.5%	64.5%	77.5%	68.9%	75.9%	80.1%	74.6%
Worry often/almost every day about social issues	N/A	N/A	48.7%	43.6%	39.4%	39.0%	36.7%	38.8%	38.2%	38.0%	39.4%	42.4%	N/A	48.6%	33.2%	65.5%	37.0%	43.0%	43.7%	47.2%
Worry often/almost every day about family issues	N/A	N/A	39.9%	38.0%	33.0%	36.4%	31.0%	32.8%	28.3%	30.9%	32.0%	28.5%	N/A	35.3%	18.9%	47.6%	21.0%	26.8%	31.7%	36.6%
Worry often/almost every day about appearance issues	N/A	N/A	N/A	N/A	N/A	N/A	4.0%	4.0%	3.0%	5.0%	5.0%	42.9%	N/A	56.8%	26.0%	66.1%	39.4%	44.0%	42.3%	46.4%
Worry often/almost every day about being bullied/harassed	N/A	N/A	73.3%	68.0%	67.5%	67.6%	65.2%	69.8%	73.4%	72.3%	76.4%	5.1%	N/A	5.6%	2.3%	20.2%	6.2%	4.4%	5.6%	4.0%

2022 NEWTON HIGH SCHOOL YOUTH RISK BEHAVIOR SURVEY																				
	TREND												MA 2019 YRBS	GENDER			GRADE			
	1998	2000	2002	2004	2006	2008	2010	2012	2014	2016	2018	2022		Female	Male	GNC	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
<b>MENTAL HEALTH</b>																				
<b>Depression and Suicide</b>																				
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%	15.3%	16.4%	18.2%	7.7%	49.1%	17.7%	13.5%	14.9%	14.8%
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%	28.3%	33.8%	33.0%	17.9%	63.5%	25.1%	28.1%	28.1%	32.9%
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%	12.5%	17.5%	14.0%	7.1%	40.0%	11.2%	12.7%	14.4%	12.0%
Made a suicide plan (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.1%	14.8%	9.2%	4.4%	25.3%	8.0%	8.3%	8.5%	7.6%
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%	3.2%	7.3%	3.4%	1.6%	12.6%	3.2%	3.3%	3.7%	2.4%
Injured in a suicide attempt (of those who attempted suicide)	N/A	N/A	1.7%	1.3%	1.1%	1.1%	0.2%	1.3%	0.7%	0.6%	0.6%	22.8%	2.6%	26.7%	22.7%	19.1%	23.1%	20.0%	23.1%	26.7%
<b>Mental Health Supports</b>																				
Have a healthy activity or behavior (coping strategy) to help relieve stress	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	17.5%	N/A	85.0%	81.2%	76.5%	81.2%	80.5%	83.8%	85.2%
Sought medical help or took prescription 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%	16.3%	N/A	20.0%	9.0%	43.9%	12.2%	14.0%	18.1%	21.8%
Received counseling from a doctor or other health professional (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	29.2%	N/A	35.5%	18.9%	63.0%	26.4%	25.8%	31.7%	33.9%
At least one teacher or other adult in this school to talk to about a problem	N/A	N/A	49.7%	47.1%	49.9%	52.8%	57.2%	61.3%	65.6%	67.3%	66.5%	54.8%	74.4%	54.9%	55.7%	50.3%	51.0%	46.0%	59.6%	64.4%
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%	82.1%	N/A	80.6%	85.7%	70.1%	82.8%	81.4%	81.1%	83.2%
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%	80.5%	80.8%	79.0%	85.2%	60.6%	83.7%	78.9%	80.9%	78.3%
<b>SEXUAL BEHAVIOR*</b>																				
Ever had consensual sexual intercourse	23.4%	21.2%	24.2%	24.1%	24.1%	24.5%	19.3%	19.3%	16.3%	17.2%	17.2%	14.7%	36.9%	15.8%	13.7%	15.8%	3.2%	8.7%	20.3%	30.9%
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%	2.2%	3.5%	1.0%	1.1%	11.5%	8.0%	1.6%	2.9%	1.1%
Condom use at last intercourse (of those who have had consensual sexual intercourse)	72.4%	77.0%	72.6%	72.4%	74.4%	73.7%	79.6%	75.9%	71.8%	70.4%	69.3%	66.1%	51.4%	62.4%	74.4%	36.0%	60%	69.8%	65.0%	66.5%
Alcohol/drugs at last intercourse (of those who have had consensual sexual intercourse)	23.6%	27.3%	23.9%	26.2%	22.1%	21.0%	20.3%	23.1%	21.4%	23.1%	23.1%	12.2%	23.4%	13.0%	11.2%	12.0%	8.0%	11.3%	13.7%	11.9%
<b>WEIGHT</b>																				
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%	21.1%	32.8%	21.0%	19.9%	30.3%	21.7%	18.9%	19.4%	24.7%
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%	32.8%	45.8%	41.4%	23.9%	36.7%	33.7%	31.8%	31.1%	34.7%
Fasted to lose/maintain weight (30 days)	N/A	N/A	7.3%	6.6%	5.7%	5.4%	4.6%	5.0%	4.5%	5.3%	5.4%	12.1%	N/A	15.0%	4.7%	26.3%	12.7%	10.5%	13.6%	11.5%
Vomited or took laxatives to lose/maintain weight (30 days)	3.0%	3.6%	3.8%	3.5%	1.8%	2.8%	2.3%	2.5%	1.7%	2.3%	1.9%	2.7%	N/A	3.9%	0.2%	6.3%	1.9%	2.3%	3.5%	3.2%
Took diet pills, powders, or liquids to lose/maintain weight (30 days)	3.0%	3.6%	3.2%	2.8%	2.3%	1.7%	1.2%	1.3%	1.0%	1.2%	0.6%	0.7%	N/A	0.7%	0.2%	3.8%	0.5%	0.0%	1.3%	1.0%
Took diet pills, powders, or liquids to gain 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%	11.6%	N/A	4.0%	19.1%	9.3%	7.9%	11.2%	13.3%	14.6%
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%	19.3%	N/A	25.1%	11.0%	37.1%	18.5%	18.1%	20.1%	20.7%

\*Question was changed in 2022 to include the word "consensual".