

2023

Somerville Middle School Youth Health Survey Full Report



In partnership with John Snow, Inc.

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About the Youth Health Survey

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. On the other hand, many municipalities, like Somerville, 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 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, tobacco, and other drug 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

Somerville Public Schools has administered an adapted version of the middle school YRBS every two years since 2003.

Administration of the Youth Health Survey

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

SURVEY DEVELOPMENT

Somerville Public Schools and JSI developed the 2023 Somerville Middle School survey using past Somerville youth surveys, the CDC YRBS, and the Massachusetts Department of Public Health's Youth Health Survey (YHS) for guidance.

SURVEY ADMINISTRATION & CONSENT PROCESS

Once the survey content was finalized, JSI designed self-administered, online surveys for the middle school using a nationally recognized, specialized survey platform called Alchemer. In addition to English, the survey was translated into Spanish, Portuguese, and Haitian Creole. JSI then worked with each school to develop a standard survey administration plan and schedule. Survey administration occurred two week period, during the students' regular class time in February.

Prior to administration, Somerville 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 Youth Health Survey

The purpose of this report is to highlight key middle school findings for five six core domains. Data is reported and analyzed for all students in Somerville, as well as by grade, gender identity, sexual orientation, race, and ethnicity. 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. Confidence intervals were used to test for the significance of the findings within each cohort. If the cohorts had three or more variables (i.e., grade, gender, race), the confidence intervals were compared to the average to determine significance. If cohorts had two variables (i.e., sexual orientation, ethnicity), the confidence intervals were compared to each other to determine significance. Somerville 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 2021 – 2021 Massachusetts Youth Health Survey
- 6 – 6th grade
- 7 – 7th grade
- 8 – 8th grade
- M – Male
- F – Female
- GM – Gender minority (non-binary, gender fluid, genderqueer, transgender, questioning, etc.)
- HS – Heterosexual
- SM – Sexual minority (lesbian, gay, bisexual, other, questioning, etc.)
- AI/AN – American Indian or Alaska Native
- MR – Multi-Racial
- HL – Hispanic or Latino/a
- EVP – Electronic vapor product

2023

**Somerville Public Schools
Youth Health Survey**

Middle School Results

2023 Middle School Sample

In March 2023, 856 middle school students participated in Somerville Youth Health Survey. Among the students that participated, 90 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.

Age	11	15%
	12	34%
	13	33%
	14	17%
	15	0%
Gender Identity	Woman/Girl	38%
	Man/Boy	55%
	Gender minority	5%
	Chose not to respond	2%
Sexual Orientation	Heterosexual	69%
	Sexual minority	15%
	Not sure / Don't understand the question	9%
	Chose not to respond	6%
Race	American Indian or Alaska Native	1%
	Asian	6%
	Black	8%
	White	34%
	Other	34%
	Multi-Racial	13%
Ethnicity	Hispanic/Latino/a	43%

This analysis includes surveys from 77% of the middle school student population.

Safety

Motor Vehicle Safety

RIDING WITH AN IMPAIRED DRIVER

Overall, 6% of middle school students rode in a car in the past 30 days with someone who had been drinking alcohol and 3% students rode in a car with someone who had been using marijuana.

MA '21 Drinking alcohol - 10% Using marijuana - 7%



Below is a breakdown of 2023 data by different demographic groups.

Age				Gender			Sexual Orientation		Race						Ethnicity	
11	12	13	14	F	M	GM	HS	SM	AI/AN	Asian	Black	White	Other	MR	H/L	Not H/L
Ridden in a car with someone who had been drinking alcohol																
5%	7%	8%	4%	6%	8%	8%	6%	6%	10%	2%	7%	6%	8%	7%	8%	5%
Ridden in a car with someone who had been using marijuana																
1%	3%	4%	2%	2%	4%	8%	2%	4%	10%	0%	8%	1%	3%	4%	4%	2%

- Age:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** Asian students were significantly less likely than the average middle school student to have ridden in a car or other vehicle driven by someone who had been using marijuana in the past 30 days.
- Ethnicity:** There were no significant differences.

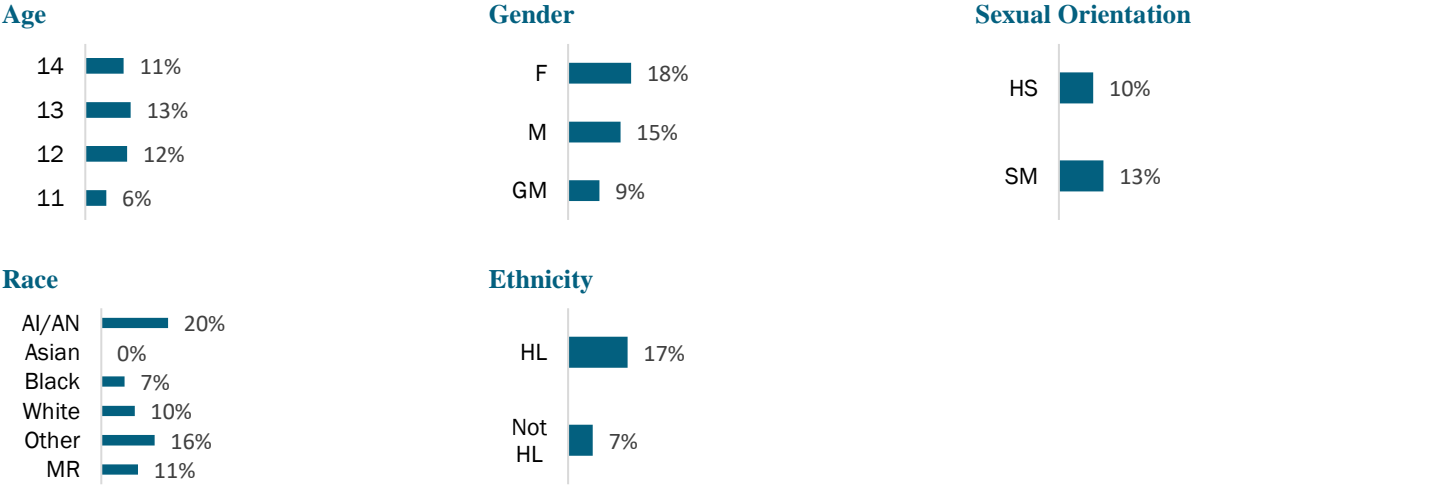
Q: During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol? Q: During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been using marijuana?

Safety On Way To or From School

Overall, 11% of middle school students skipped school because they felt unsafe on their way to or from school in the past 30 days.* *There is no statewide comparison data.*



The graphs below show a breakdown of 2023 data by different demographic groups.



Age: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: Asian students were significantly less likely than the average middle school student to skip school because they felt unsafe at school or on the way to or from school in the past 30 days.

Ethnicity: Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to skip school because they felt unsafe at school or on the way to or from school in the past 30 days.

*This question was not included on the 2021 Pulse Check survey.

Q: During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

Discrimination

Discrimination

EXPERIENCED DISCRIMINATION

Middle school students were asked different ways in which they had experienced bad or unfair treatment in school during this school year (since September) Overall, 9% of middle school students reported that they were sometimes, most of the time, or always treated badly or unfairly in school because of their race or ethnicity, 4% because of their gender identity, 4% because of their sexual orientation, and 3% because of their religion. *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Age				Gender			Sexual Orientation		Race						Ethnicity	
11	12	13	14	F	M	GM	HS	SM	AI/AN	Asian	Black	White	Other	MR	H/L	Not H/L
Race or ethnicity																
10%	7%	12%	9%	12%	8%	12%	10%	8%	10%	12%	26%	3%	12%	11%	13%	7%
Gender identity																
3%	4%	4%	4%	5%	2%	15%	2%	9%	10%	2%	5%	3%	4%	6%	4%	4%
Sexual orientation																
2%	3%	7%	4%	4%	2%	28%	2%	15%	0%	2%	2%	5%	4%	7%	4%	4%
Religion																
4%	4%	4%	3%	5%	2%	0%	2%	9%	0%	9%	2%	1%	6%	2%	7%	6%

Age: There were no significant differences

Gender: Gender minority students were significantly more likely than the average middle school student to experience discrimination because of their sexual orientation, and significantly less likely than the average middle school student to experience discrimination because of their religion.

Sexual Orientation: Sexual minority students were significantly more likely than heterosexual students to have experienced discrimination because of their sexual orientation and religion.

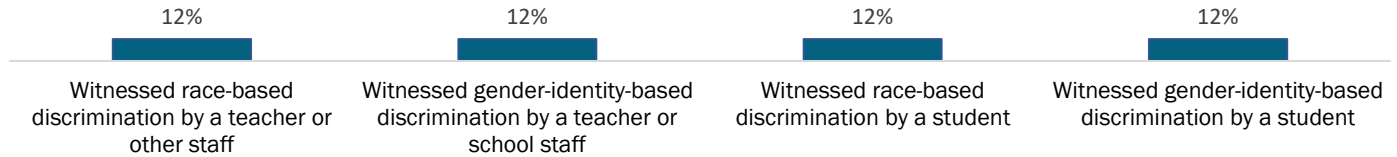
Race: Black students were significantly more likely than the average middle school student to experience discrimination because of their race or ethnicity, and White students were significantly less likely than the average middle school student. American Indian/Alaska Native students were significantly less likely than the average middle school student to have experienced discrimination because of their religion.

Ethnicity: There were no significant differences.

- Q: During this school year (since September), how often have you felt that you were treated badly or unfairly in school because of your race or ethnicity?
- Q: During this school year (since September), how often have you felt that you were treated badly or unfairly in school because of your gender identity?
- Q: During this school year (since September), how often have you felt that you were treated badly or unfairly because of your sexual orientation?
- Q: During this school year (since September), how often have you felt that you were treated badly or unfairly because of your religion?

EXPERIENCED DISCRIMINATION

Middle school students were asked different ways in which they had witnessed or heard discriminatory actions or language from school students, teachers, or staff. Overall, 9% of middle school students reported that they had witnessed discrimination from teachers or school staff based on someone’s race and 5% based on someone’s gender identity. Thirty-five percent of middle school students reported that they had witnessed discrimination from students based on someone’s race and 25% based on someone’s gender identity. *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Age				Gender			Sexual Orientation		Race						Ethnicity	
11	12	13	14	F	M	GM	HS	SM	AI/AN	Asian	Black	White	Other	MR	H/L	Not H/L
Witnessed race-based discrimination by a teacher or other staff																
4%	6%	13%	11%	8%	11%	11%	9%	11%	0%	2%	17%	8%	9%	10%	10%	8%
Witnessed gender-identity-based discrimination by a teacher or school staff																
4%	4%	8%	6%	3%	9%	8%	6%	6%	0%	0%	5%	4%	7%	10%	6%	5%
Witnessed race-based discrimination by a student																
31%	38%	35%	33%	30%	41%	61%	35%	46%	10%	23%	40%	33%	36%	42%	35%	35%
Witnessed gender-identity-based discrimination by a student																
25%	28%	22%	26%	19%	31%	46%	23%	38%	10%	7%	19%	28%	25%	29%	26%	24%

Age: There were no significant differences.

Gender: Gender minority students were significantly more likely than the average middle school student to witness race or gender-identity based discrimination by students.

Sexual Orientation: Sexual minority students were significantly more likely than heterosexual students to witness gender-identity based discrimination by students.

Race: American Indian/Alaska Native students were significantly less likely than the average middle school student to witness racial discrimination by students or school staff. Asian students were significantly less likely than the average middle school student to witness racial discrimination by school staff. American Indian/Alaska Native and Asian students were also significantly less likely than the average middle school student to witness gender-identity based discrimination from students or school staff.

Ethnicity: There were no significant differences.

Q: During this school year, have you personally seen or heard discriminatory actions or language from school students based on someone’s race?
 Q: During this school year, have you personally seen or heard discriminatory actions or language from school teachers or staff based on someone’s race?
 Q: During this school year, have you personally seen or heard discriminatory actions or language from school students based on someone’s gender identity?
 Q: During this school year, have you personally seen or heard discriminatory actions or language from school teachers or staff based on someone’s gender identity?

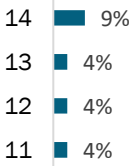
Violence-Related Behaviors and Experiences

Carried a Weapon

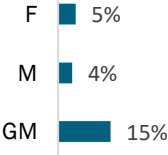
Overall, 5% of middle school students reported carrying a weapon such as a gun or knife during the past 30 days. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.

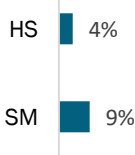
Age



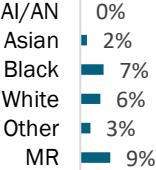
Gender



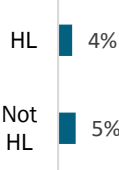
Sexual Orientation



Race



Ethnicity



- Age:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: During the past 30 days, on how many days did you carry a weapon such as a gun or knife?

Physical Fighting

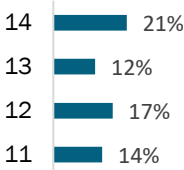
ON SCHOOL PROPERTY

Overall, 16% of middle school students were in a physical fight on school property in the past 12 months. *There is no statewide comparison data.*

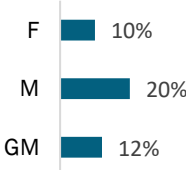


The graphs below show a breakdown of 2023 data by different demographic groups.

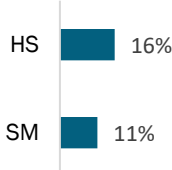
Age



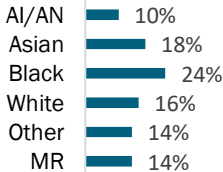
Gender



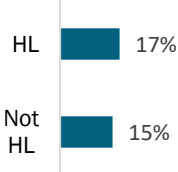
Sexual Orientation



Race



Ethnicity



- Age:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

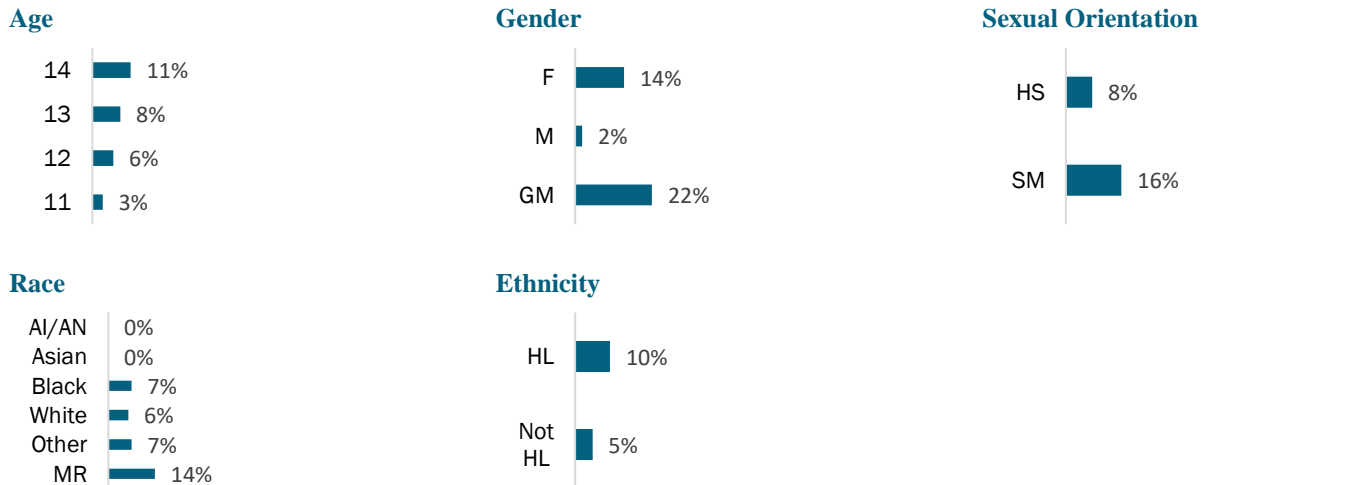
*This question was not included on the 2021 Pulse Check survey.

Q: During the past 12 months, how many times were you in a physical fight on school property?

Sexual Violence

Overall, 7% of middle school students have experienced unwanted sexual contact or been forced to do sexual things that they did not want to. This is the first year that this question was asked so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.



Age: There were no significant differences.

Gender: Male students were significantly less likely than the average middle school student to have experienced sexual violence, and female and gender minority students were significantly more likely than the average middle school student.

Sexual Orientation: Sexual minority students were significantly more likely than heterosexual students to have experienced sexual violence.

Race: American Indian/Alaska Native and Asian students were significantly less likely than the average middle school student to have experienced sexual violence.

Ethnicity: Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to have experienced sexual violence.

Q: Has anyone ever done sexual things to you or forced you to do sexual things that you did not want?

Dating Violence

Overall, 4% of middle school students have experienced sexual dating violence, 2% have experienced physical dating violence, and 6% were monitored or controlled by someone they were dating or going out with in the past 12 months. This is the first year that this question was asked so there is no trend data. *There is no statewide comparison data.*

The chart below shows a breakdown of 2023 data by different demographic groups.

Age				Gender			Sexual Orientation		Race						Ethnicity	
11	12	13	14	F	M	GM	HS	SM	AI/AN	Asian	Black	White	Other	MR	H/L	Not H/L
Experienced sexual dating violence																
0%	2%	2%	2%	3%	0%	7%	1%	4%	0%	0%	4%	1%	1%	6%	3%	0%
Experienced physical dating violence																
0%	1%	1%	5%	2%	1%	2%	1%	3%	0%	0%	3%	1%	1%	2%	3%	1%
Were monitored or controlled by a date																
3%	5%	6%	10%	4%	9%	7%	6%	8%	0%	0%	8%	7%	4%	9%	8%	5%

Age: Eleven-year-old students were significantly less likely than the average middle school student to experience sexual or physical dating violence in the past 12 months.

Gender: Male students were significantly less likely than the average middle school student to experience sexual dating violence in the past 12 months.

Sexual Orientation: There were no significant differences.

Race: American Indian/Alaska Native and Asian students were significantly less likely than the average middle school student to experience sexual dating violence, physical dating violence, or be controlled or emotionally hurt by someone they were dating in the past 12 months.

Ethnicity: There were no significant differences.

Q: During the past 12 months, how many times did someone you were dating or going out with do sexual things to you or force you to do sexual things that you did not want?

Q: During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose?

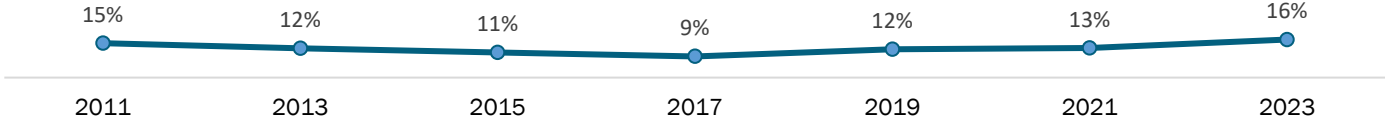
Q: During the past 12 months, how many times did someone you were dating or going out with purposely try to control you or emotionally hurt you?

Bullying

Bullying

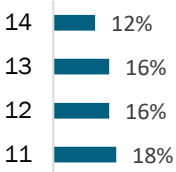
BULLYING IN SCHOOL

Overall, 16% of middle school students were bullied in school in the past 12 months. *There is no statewide comparison data.*

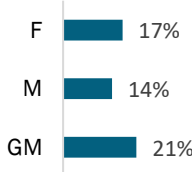


The graphs below show a breakdown of 2023 data by different demographic groups.

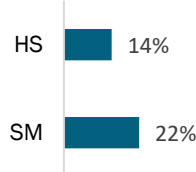
Age



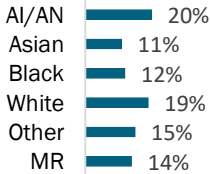
Gender



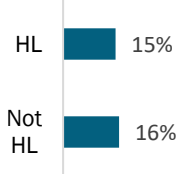
Sexual Orientation



Race



Ethnicity



- Age:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: During the past 12 months, how many times were you bullied at school?

The 2023 Somerville YHS defined bullying as when one or more student’s 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

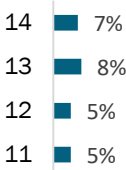
ELECTRONIC BULLYING

Overall, 6% of middle school students reported being electronically bullied in the past 12 months. *There is no statewide comparison data.*

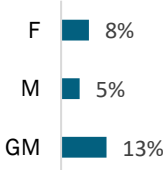


The graphs below show a breakdown of 2023 data by different demographic groups.

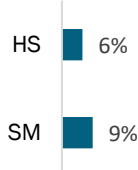
Age



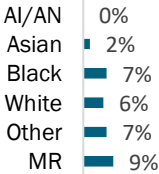
Gender



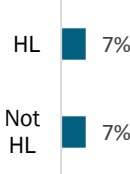
Sexual Orientation



Race



Ethnicity



Age: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: American Indian/Alaska Native students were significantly less likely than the average middle school student to have been bullied electronically during the past 12 months.

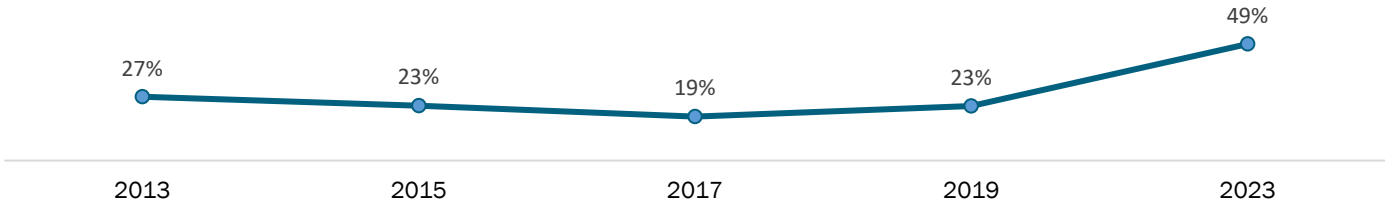
Ethnicity: There were no significant differences.

Q: During the past 12 months, how many times were you bullied electronically?

Bullying

WITNESSED BULLYING IN SCHOOL

Overall, 49% of middle school students have seen someone bullied in school in the past 12 months. *There is no statewide comparison data.*



The graphs below show a breakdown of 2023 data by different demographic groups.

Age



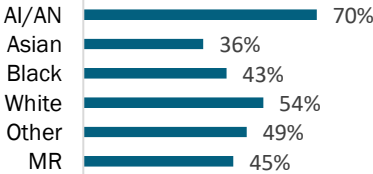
Gender



Sexual Orientation



Race



Ethnicity



- Age:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

*This question was not included on the 2021 Pulse Check survey.

Q: During the past 12 months, how many times did you see someone else bullied in school?

Mental Health

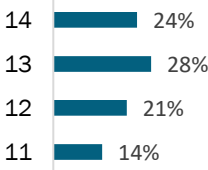
Stress

Overall, 23% of middle school students felt that their stress was overwhelming most of the time or always in the past 12 months. *There is no statewide comparison data.*

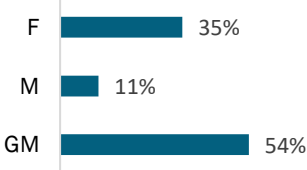


The graphs below show a breakdown of 2023 data by different demographic groups.

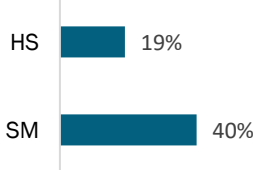
Age



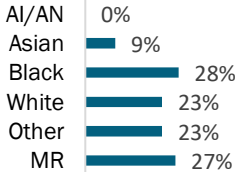
Gender



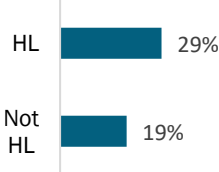
Sexual Orientation



Race



Ethnicity



Age: There were no significant differences.

Gender: Female and gender minority students were significantly more likely than the average middle school student to have felt that their stress was overwhelming in the past 12 months, and male students were significantly less likely than the average middle school student.

Sexual Orientation: Sexual minority students were significantly more likely than heterosexual students to have felt that their stress was overwhelming during the past 12 months.

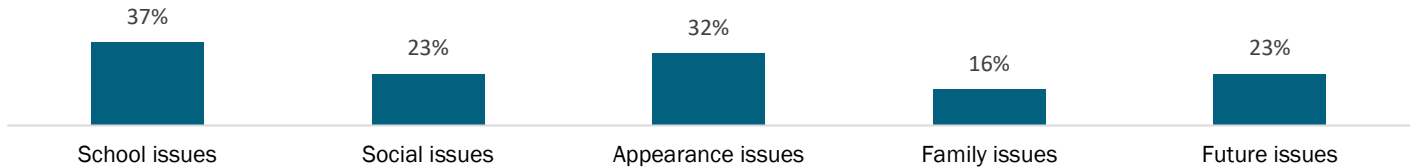
Race: American Indian/Alaska Native and Asian students were significantly less likely than the average middle school student to have felt that their stress was overwhelming in the past 12 months.

Ethnicity: Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to have felt that their stress was overwhelming in the past 12 months.

Q: During the past 12 months, how often did you feel like your stress was overwhelming?

Stress

Overall, middle school students were most likely to worry often or every day about school issues (37%), followed by appearance issues (32%), social issues (23%), future issues (23%), and family issues (16%). *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Age				Gender			Sexual Orientation		Race						Ethnicity	
11	12	13	14	F	M	GM	HS	SM	AI/AN	Asian	Black	White	Other	MR	H/L	Not H/L
School issues																
34%	35%	43%	34%	46%	28%	78%	34%	54%	0%	30%	36%	38%	34%	49%	41%	36%
Social issues																
18%	21%	26%	26%	30%	14%	60%	19%	43%	0%	7%	12%	32%	20%	24%	22%	24%
Appearance issues																
29%	31%	35%	31%	45%	19%	73%	29%	51%	20%	23%	22%	35%	31%	41%	34%	32%
Family issues																
12%	17%	20%	13%	21%	10%	45%	14%	27%	10%	16%	12%	14%	18%	21%	21%	14%
Future issues																
17%	20%	27%	24%	29%	17%	39%	21%	34%	0%	14%	24%	20%	24%	31%	30%	18%

Age: There were no significant differences.

Gender: Male students were significantly less likely than the average middle school student to worry about school issues or social issues or appearance issues or family issues. Gender minority students were significantly more likely than the average middle school student to worry about school issues or social issues or appearance issues or family issues. Female students were significantly more likely than the average middle school student to worry about appearance issues.

Sexual Orientation: Sexual minority students were significantly more likely than heterosexual students to worry about family issues.

Race: American Indian/Alaska Native students were significantly less likely than the average middle school student to worry about school issues. American Indian/Alaska Native, Asian, and Black students were significantly less likely than the average middle school student to worry about social issues.

Ethnicity: Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to worry about future issues.

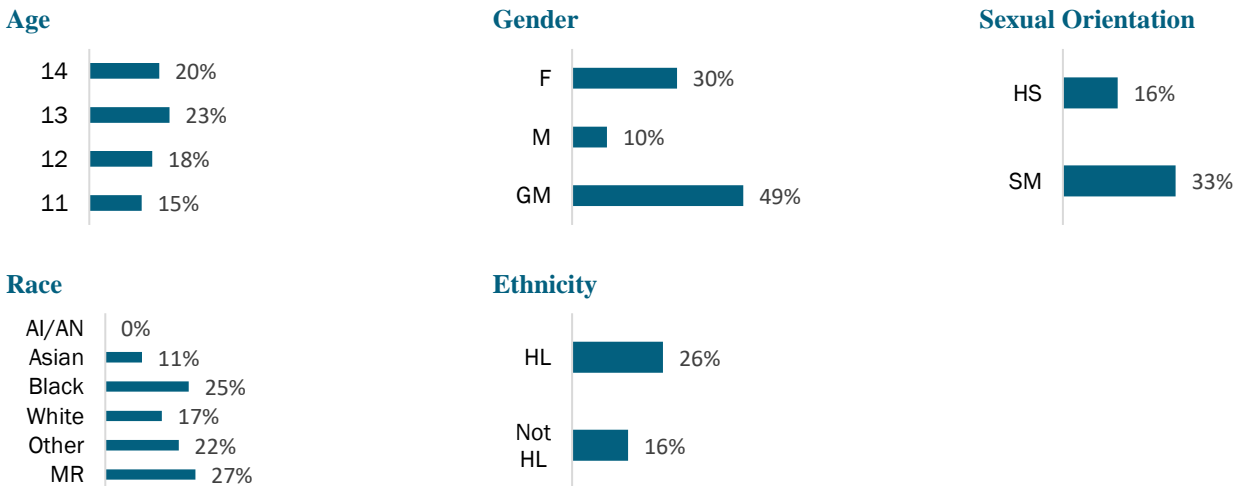
- Q: How often do you worry about school issues.?
- Q: How often do you worry about social issues?
- Q: How often do you worry about appearance issues?
- Q: How often do you worry about family issues?
- Q: How often do you worry about future issues?

Feeling Sad or Hopeless

Overall, 20% 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 (i.e., experienced depression) in the past 12 months.



The graphs below show a breakdown of 2023 data by different demographic groups.



Age: There were no significant differences.

Gender: Male students were significantly less likely than the average middle school student to experience depression in the past 12 months, and female and gender minority students were significantly more likely than the average middle school student.

Sexual Orientation: Sexual minority students were significantly more likely than heterosexual students to experience depression in the past 12 months.

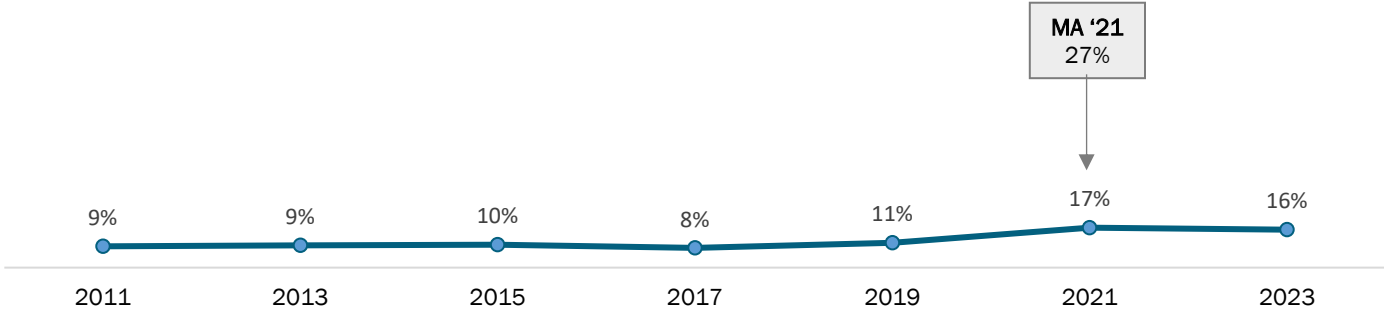
Race: American Indian/Alaska Native students were significantly less likely than the average middle school student to experience depression in the past 12 months.

Ethnicity: Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to experience depression in the past 12 months.

Q: During the past 12 months, did you ever feel so sad or hopeless almost every day for two or more weeks in a row that you stopped doing some usual activities?

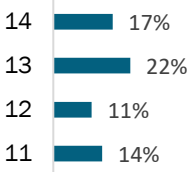
Self-Harm

Overall, 16% of middle school students hurt or injured themselves on purpose in the past 12 months.

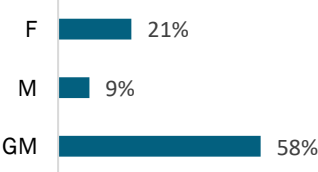


The graphs below show a breakdown of 2023 data by different demographic groups.

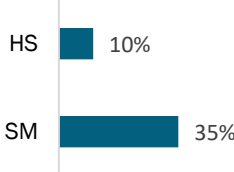
Age



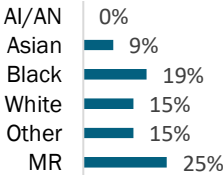
Gender



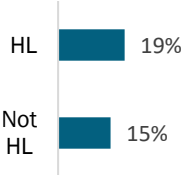
Sexual Orientation



Race



Ethnicity



Age: There were no significant differences.

Gender: Male students were significantly less likely than the average middle school student to engage in self-harm in the past 12 months, and gender minority students were significantly more likely than the average middle school student.

Sexual Orientation: Sexual minority students were significantly more likely than heterosexual students to engage in self-harm in the past 12 months.

Race: American Indian/Alaska Native students were significantly less likely than the average middle school student to engage in self-harm in the past 12 months.

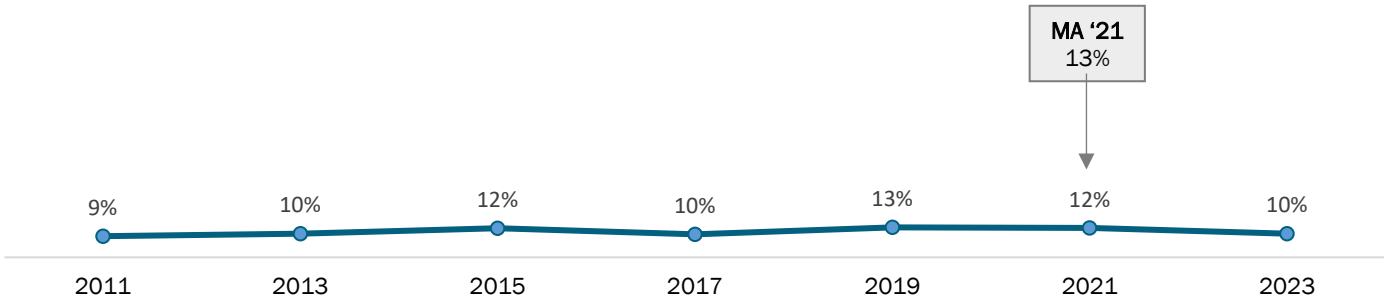
Ethnicity: There were no significant differences.

Q: During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?

Suicidal Ideation & Suicide

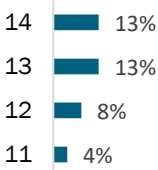
CONSIDERED ATTEMPTING SUICIDE

Overall, 10% of middle school students seriously considered attempting suicide during the past 12 months.

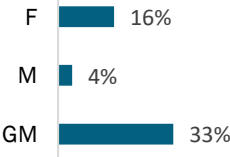


The graphs below show a breakdown of 2023 data by different demographic groups.

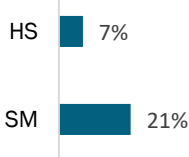
Age



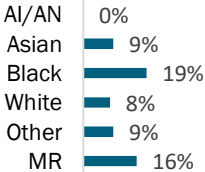
Gender



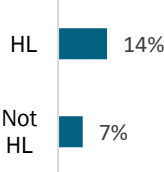
Sexual Orientation



Race



Ethnicity



Age: Eleven-year-old students were significantly less likely than the average middle school student to have seriously considered attempting suicide during the past 12 months.

Gender: Male students were significantly less likely than the average middle school student to seriously consider attempting suicide during the past 12 months, and gender minority students were significantly more likely than the average middle school student.

Sexual Orientation: Sexual minority students were significantly more likely than heterosexual students to have seriously considered attempting suicide in the past 12 months.

Race: American Indian/Alaska Native students were significantly less likely than the average middle school student to have seriously considered attempting suicide during the past 12 months.

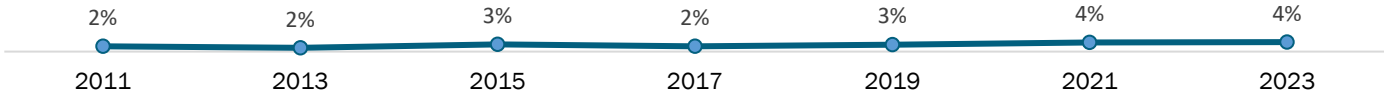
Ethnicity: There were no significant differences.

Q: During the past 12 months, did you seriously consider attempting suicide?

Suicidal Ideation & Suicide

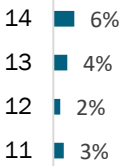
ATTEMPTED SUICIDE

Overall, 4% of middle school students have attempted suicide in the past 12 months. *There is no statewide comparison data.*

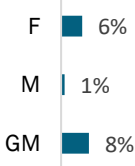


The graphs below show a breakdown of 2023 data by different demographic groups.

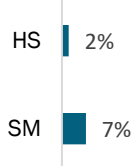
Age



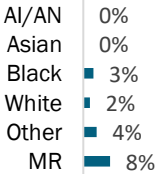
Gender



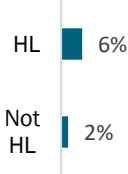
Sexual Orientation



Race



Ethnicity



Age: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: Sexual minority students were significantly more likely than heterosexual students to attempt suicide in the past 12 months.

Race: American Indian/Alaska Native and Asian students were significantly less likely than the average middle school student to attempt suicide during the past 12 months.

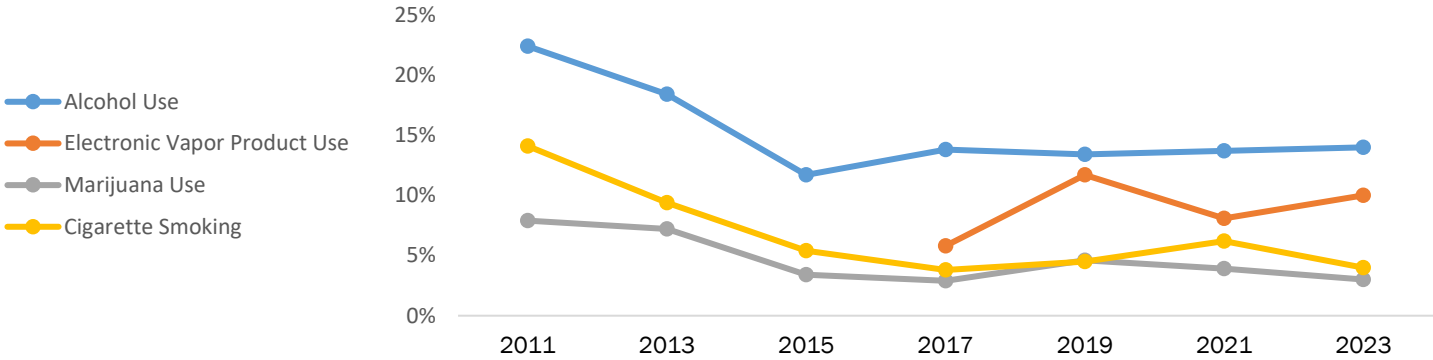
Ethnicity: Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to attempt suicide in the past 12 months.

Q: During the past 12 months, did you attempt suicide?

Substance Use

Lifetime Substance Use

Somerville middle school students were asked if they had ever used a variety of substances. Overall, 14% report ever drinking alcohol, 10% report using electronic vapor products, 3% report using marijuana, and 4% report smoking cigarettes. *There is no statewide comparison data.*



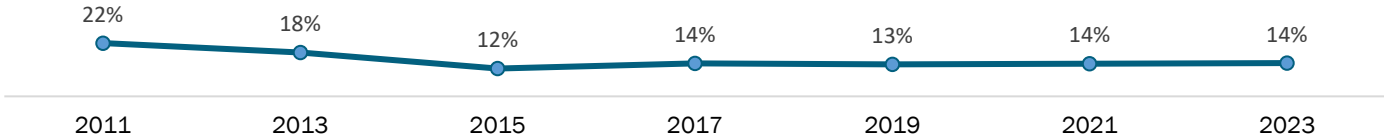
A breakdown of 2023 data by different demographic groups is provided on subsequent pages.

Q: Have you ever had a drink of alcohol other than a few sips?
Q: Have you ever used an electronic vapor product?
Q: Have you ever tried marijuana?
Q: Have you ever tried cigarette smoking, even one or two puffs?

Lifetime Substance Use

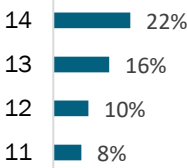
LIFETIME ALCOHOL USE

Overall, 14% of middle school students have ever drunk alcohol. *There is no statewide comparison data.*

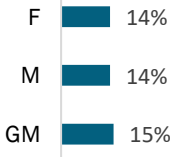


The graphs below show a breakdown of 2023 data by different demographic groups.

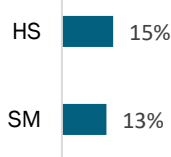
Age



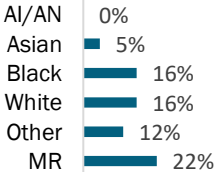
Gender



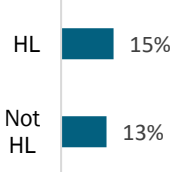
Sexual Orientation



Race



Ethnicity



Age: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: American Indian/Alaska Native were significantly less likely than the average middle school student to have ever had a drink of alcohol.

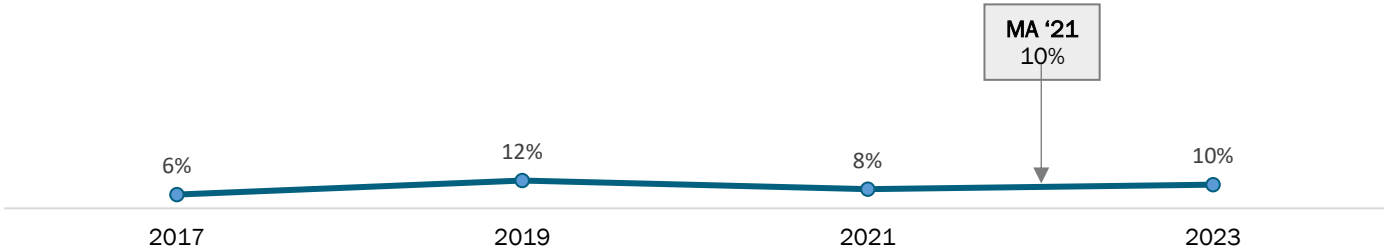
Ethnicity: There were no significant differences.

Q: Have you ever had a drink of alcohol other than a few sips?

Lifetime Substance Use

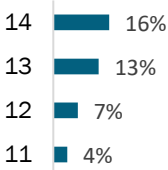
LIFETIME ELECTRONIC VAPOR PRODUCT USE

Overall, 10% of middle school students have ever used an electronic vapor product.

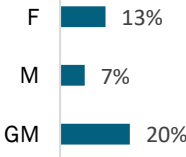


The graphs below show a breakdown of 2023 data by different demographic groups.

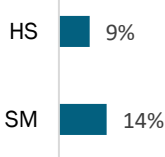
Age



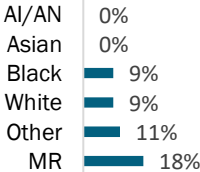
Gender



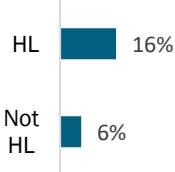
Sexual Orientation



Race



Ethnicity



Age: Eleven-year-old students were significantly less likely than the average middle school student to have ever used an electronic vapor product.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: American Indian/Alaska Native and Asian students were significantly less likely than the average middle school student to have ever used an electronic vapor product.

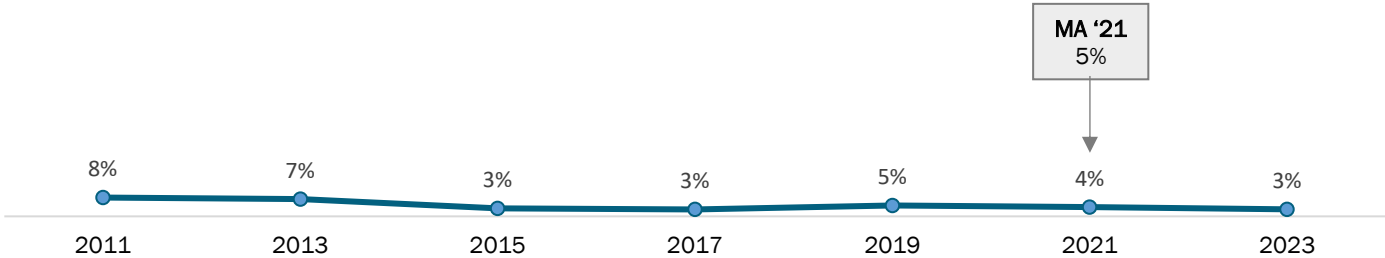
Ethnicity: Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to have ever used an electronic vapor product.

Q: Have you ever used an electronic vapor product?

Lifetime Substance Use

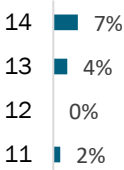
LIFETIME MARIJUANA USE

Overall, 3% of middle school students have ever used marijuana.

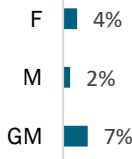


The graphs below show a breakdown of 2023 data by different demographic groups.

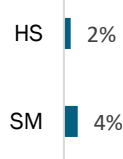
Age



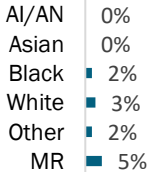
Gender



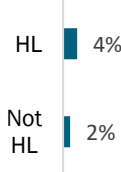
Sexual Orientation



Race



Ethnicity



Age: Twelve-year-old students were significantly less likely than the average middle school student to have ever tried marijuana.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: American Indian/Alaska Native and Asian students were significantly less likely than the average middle school student to have ever tried marijuana.

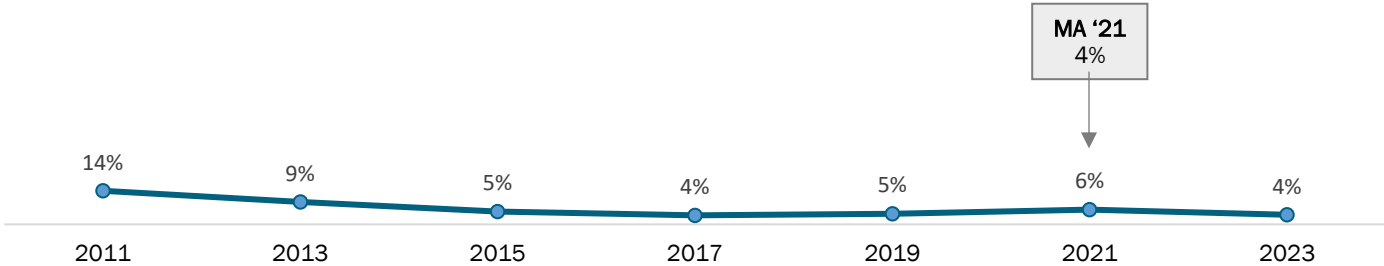
Ethnicity: There were no significant differences.

Q: Have you ever tried marijuana?

Lifetime Substance Use

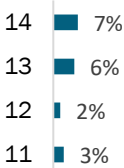
LIFETIME CIGARETTE SMOKING

Overall, 4% of middle school students have ever smoked a cigarette.

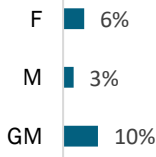


The graphs below show a breakdown of 2023 data by different demographic groups.

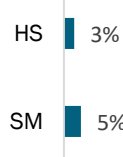
Age



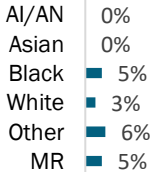
Gender



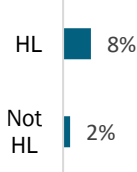
Sexual Orientation



Race



Ethnicity



Age: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

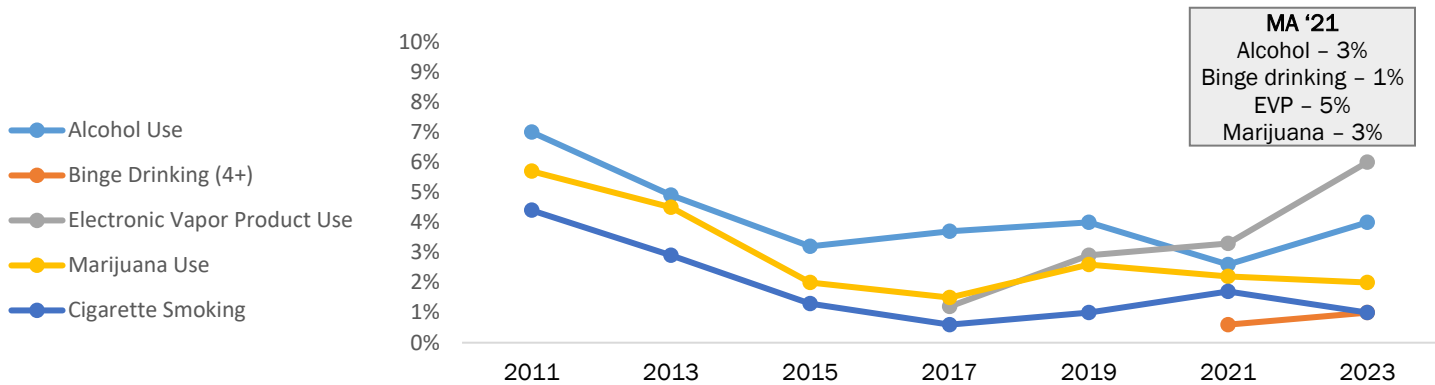
Race: American Indian/Alaska Native and Asian students were significantly less likely than the average middle school student to have ever tried cigarette smoking.

Ethnicity: There were no significant differences.

Q: Have you ever tried cigarette smoking, even one or two puffs?

Current Substance Use

Somerville middle school students were asked if they had used a variety of substances in the past 30 days (currently). Two percent of middle school students reported using alcohol; one percent of students reported all other current substance use.



Below is a breakdown of 2023 data by different demographic groups.

Age				Gender			Sexual Orientation		Race					Ethnicity		
11	12	13	14	F	M	GM	HS	SM	AI/AN	Asian	Black	White	Other	MR	H/L	Not H/L
Alcohol use																
1%	2%	5%	10%	6%	4%	0%	5%	4%	0%	2%	7%	5%	3%	7%	4%	4%
Binge drinking																
0%	0%	2%	2%	1%	1%	0%	1%	1%	0%	0%	0%	1%	1%	0%	1%	0%
EVP use																
2%	4%	9%	11%	9%	4%	18%	6%	8%	0%	0%	4%	7%	6%	13%	10%	4%
Marijuana use																
0%	0%	3%	4%	2%	1%	5%	1%	3%	0%	0%	2%	2%	0%	3%	1%	2%
Cigarette smoking																
1%	1%	2%	3%	3%	1%	2%	1%	1%	0%	0%	2%	1%	2%	1%	2%	1%

Age: Eleven- and 12-year-old students were significantly less likely than the average middle school student to currently use marijuana or binge drink. Eleven-year-old students were significantly less likely than the average middle school student to currently use an electronic vapor product or drink alcohol.

Gender: Gender minority students were significantly less likely than the average middle school student to currently binge drink.

Sexual Orientation: There were no significant differences.

Race: American Indian/Alaska Native students were significantly less likely than the average middle school student to currently drink alcohol. American Indian/Alaska Native, Asian, Black, and Multi-Racial students were significantly less likely than the average middle school student to currently binge drink. American Indian/Alaska Native and Asian students were significantly less likely than the average middle school student to currently use an electronic vapor product or marijuana or smoke cigarettes.

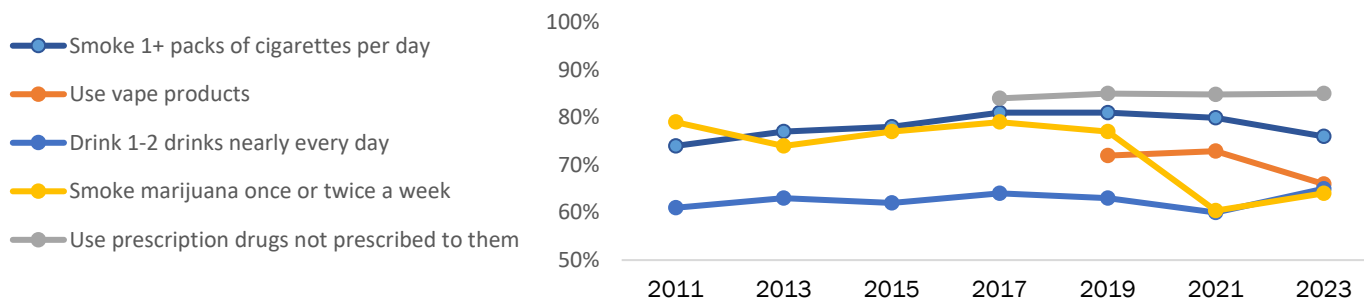
Ethnicity: Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to currently use electronic vapor products.

- Q: During the past 30 days, on how many days did you have at least one drink of alcohol?
- Q: During the past 30 days, on how many days did you have 4 or more drinks of alcohol in a row or within a couple of hours?
- Q: During the past 30 days, on how many days did you use an electronic vapor product?
- Q: During the past 30 days, how many times did you use marijuana?
- Q: During the past 30 days, on how many days did you smoke cigarettes?

Perceptions About Substance Use

PERCEIVED RISK OF HARM

Overall, 85% of middle school students perceived there was moderate to great risk of harm of using prescription drugs not prescribed to them, followed by 76% saying the same about smoking 1+ pack of cigarettes a day, 66% for using vape products, 65% for drinking 1-2 drinks nearly every day, and 64% for smoking marijuana once or twice per week. *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Age				Gender			Sexual Orientation		Race						Ethnicity	
11	12	13	14	F	M	GM	HS	SM	AI/AN	Asian	Black	White	Other	MR	H/L	Not H/L
Smoke 1+ packs of cigarettes per day																
75%	71%	80%	82%	76%	76%	71%	75%	80%	50%	83%	73%	87%	69%	67%	70%	82%
Use vape products																
65%	67%	62%	73%	65%	66%	63%	65%	67%	40%	76%	62%	71%	62%	58%	61%	69%
Drink 1-2 drinks nearly every day																
60%	63%	68%	70%	66%	65%	66%	65%	68%	70%	85%	57%	66%	64%	67%	65%	67%
Smoke marijuana once or twice a week																
70%	70%	57%	62%	68%	63%	43%	64%	61%	67%	83%	54%	61%	68%	62%	64%	64%
Use prescription drugs not prescribed to them																
85%	82%	85%	89%	83%	85%	92%	83%	91%	70%	93%	79%	90%	80%	82%	80%	88%

Age: There were no significant differences.

Gender: Gender minority students were significantly less likely than the average middle school student to think people have a moderate or great risk of harming themselves if they smoke marijuana once or twice a week.

Sexual Orientation: There were no significant differences.

Race: White students were significantly more likely than the average middle school student to perceive smoking 1 or more packs of cigarettes per day as having a moderate or great risk of harm. Asian students were significantly more likely than the average middle school student to think people have a moderate or great risk of harming themselves if they smoke marijuana once or twice a week.

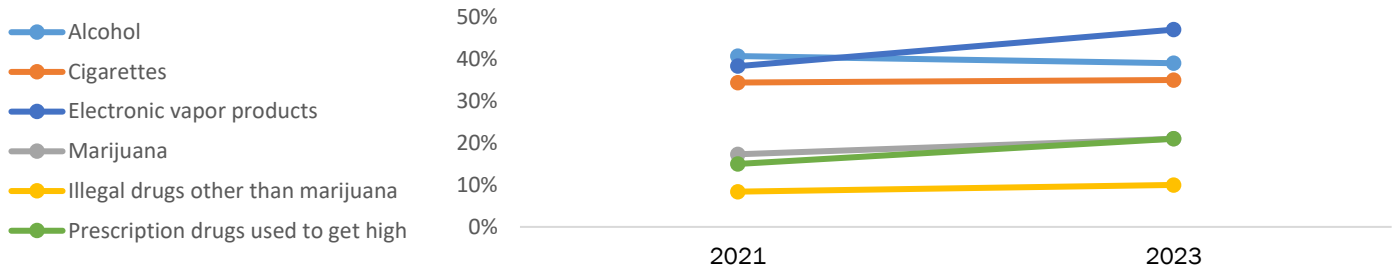
Ethnicity: Hispanic/Latino students were significantly less likely than non-Hispanic/Latino students to perceive smoking 1 or more packs of cigarettes per day or using prescription drugs as having moderate or great risk of harm.

- Q: How much do you think people risk harming themselves if they smoke 1 or more packs of cigarettes per day?
- Q: How much do you think people risk harming themselves if they use vape products?
- Q: How much do you think people risk harming themselves if they drink 1 or 2 drinks of alcohol nearly every day?
- Q: How much do you think people risk harming themselves if they smoke marijuana once or twice a week?
- Q: How much do you think people risk harming themselves if they use prescription drugs that are not prescribed to them?

Perceptions About Substance Use

PERCEIVED ACCESS

Overall, 39% of middle school students said it would be somewhat easy or very easy to get alcohol, 35% said it would be somewhat easy or very easy to get cigarettes, 47% said it would be somewhat easy or very easy to get electronic vapor products, 21% it would be somewhat easy or very easy to get marijuana, 10% said it would be somewhat easy or very easy to get illegal drugs other than marijuana, and 21% said it would be somewhat easy or very easy to get prescription drugs used to get high. *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Age				Gender			Sexual Orientation		Race						Ethnicity	
11	12	13	14	F	M	GM	HS	SM	AI/AN	Asian	Black	White	Other	MR	H/L	Not H/L
Alcohol																
29%	32%	43%	54%	42%	38%	40%	40%	39%	38%	29%	28%	42%	40%	41%	35%	42%
Cigarettes																
34%	31%	38%	42%	36%	34%	46%	34%	39%	50%	21%	35%	35%	38%	39%	33%	37%
EVPs																
35%	38%	54%	63%	49%	45%	50%	48%	45%	38%	32%	51%	51%	45%	51%	45%	49%
Marijuana																
13%	12%	27%	35%	23%	20%	26%	22%	17%	13%	16%	21%	22%	20%	26%	22%	21%
Prescription drugs used to get high																
16%	16%	26%	25%	23%	20%	23%	22%	19%	13%	18%	18%	21%	25%	19%	24%	20%
Illegal drugs other than marijuana																
11%	6%	13%	14%	13%	8%	10%	11%	8%	13%	3%	7%	8%	15%	10%	14%	7%

Age: Fourteen-year-old students were significantly more likely than the average middle school student to think it would be sort of easy or very easy to get electronic vapor products or alcohol or marijuana. Twelve-year-old students were significantly less likely than the average middle school student to think it would be sort of easy or very easy to get marijuana.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: Asian students were significantly less likely than the average middle school student to think it would be sort of easy or very easy to get illegal drugs other than marijuana.

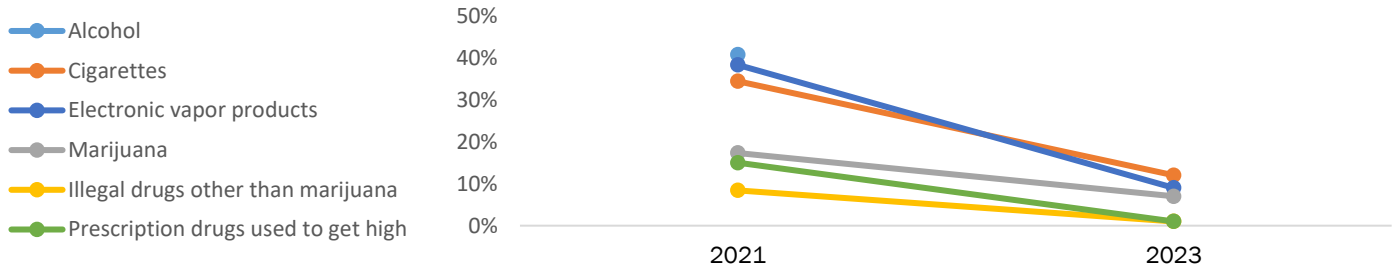
Ethnicity: There were no significant differences.

Q: If you wanted to get the following substances, how easy would it be for you to get beer, wine, or hard liquor?
 Q: If you wanted to get the following substances, how easy would it be for you to get cigarettes?
 Q: If you wanted to get the following substances, how easy would it be for you to get electronic vapor products?
 Q: If you wanted to get the following substances, how easy would it be for you to get marijuana?
 Q: If you wanted to get the following substances, how easy would it be to get illegal drugs other than marijuana?
 Q: If you wanted to get the following substances, how easy would it be for you to get prescription drugs not prescribed to you?

Perceptions About Substance Use

USE IN HOUSEHOLD

Overall, 9% middle school students reported that someone living in their household other than themselves drinks 1 or 2 drinks of alcohol nearly every day, 12% said someone smokes cigarettes, 9% said someone uses vape products, 7% said someone uses marijuana, 1% said someone uses illegal drugs other than marijuana, and 1% said someone abuses prescription medication. *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Age				Gender			Sexual Orientation		Race						Ethnicity	
11	12	13	14	F	M	GM	HS	SM	AI/AN	Asian	Black	White	Other	MR	H/L	Not H/L
Alcohol																
11%	8%	11%	9%	11%	9%	11%	9%	13%	0%	10%	2%	14%	6%	10%	8%	10%
Cigarettes																
10%	8%	14%	19%	14%	10%	21%	11%	17%	10%	3%	12%	13%	11%	19%	14%	12%
EVPs																
8%	5%	11%	12%	10%	9%	5%	9%	9%	0%	0%	5%	9%	9%	16%	12%	7%
Marijuana																
4%	5%	9%	8%	8%	5%	5%	5%	11%	10%	3%	11%	7%	3%	11%	7%	7%
Prescription drugs used to get high																
0%	1%	1%	1%	1%	1%	0%	1%	1%	0%	3%	0%	1%	1%	0%	2%	0%
Illegal drugs other than marijuana																
0%	1%	1%	0%	2%	1%	0%	1%	0%	0%	3%	0%	1%	1%	0%	2%	0%

Age: Eleven- and 14-year-old students were significantly less likely than the average middle school student to live with someone who uses illegal drugs other than marijuana. Eleven-year-old students were significantly less likely than the average middle school student to live with someone who abuses prescription medication.

Gender: Gender minority students were significantly less likely than the average middle school student to live with anyone in their household who use illegal drugs other than marijuana or abuse prescription medication.

Sexual Orientation: There were no significant differences.

Race: Asian students were significantly less likely than the average middle school student to live with someone who smokes cigarettes. American Indian/Alaska Native and Asian students were significantly less likely than the average middle school student to live with someone who uses vapor products. American Indian/Alaska Native and Black students were significantly less likely than the average middle school student to live with someone who drinks 1 or 2 drinks of alcohol nearly every day. American Indian/Alaska Native, Black, and Multi-Racial students were significantly less likely than the average middle school student to live with someone who use illegal drugs other than marijuana or abuse prescription medication.

Ethnicity: There were no significant differences.

- Q: Is there anyone (other than you) living in your household who smokes cigarettes?
- Q: Is there anyone (other than you) living in your household who uses vapor products?
- Q: Is there anyone (other than you) living in your household who drinks 1 or 2 drinks of alcohol nearly every day?
- Q: Is there anyone (other than you) living in your household who smokes marijuana?
- Q: Is there anyone (other than you) living in your household who uses illegal drugs other than marijuana?
- Q: Is there anyone (other than you) living in your household who abuses prescription medication?

Gambling

Gambling

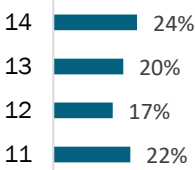
EXPOSURE TO GAMBLING

Overall, 20% of middle school students live with someone who gambles for money.

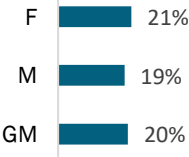


The graphs below show a breakdown of 2023 data by different demographic groups.

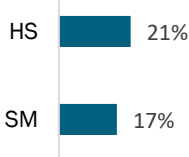
Age



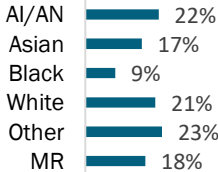
Gender



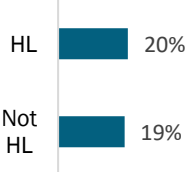
Sexual Orientation



Race



Ethnicity



- Age:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: Is there anyone (other than you) living in your household who gambles for money (lottery, sports events, fantasy sports, bingo, casino games, cards, racing, stock market)?

Gambling

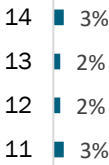
GAMBLES OFTEN

Overall, 2% of middle school students gamble at least one time per month, weekly, or daily.

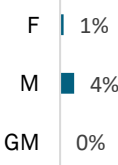


The graphs below show a breakdown of 2023 data by different demographic groups.

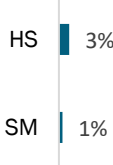
Age



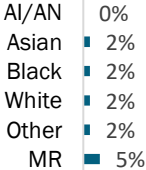
Gender



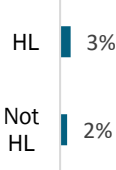
Sexual Orientation



Race



Ethnicity



Age: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: There were no significant differences.

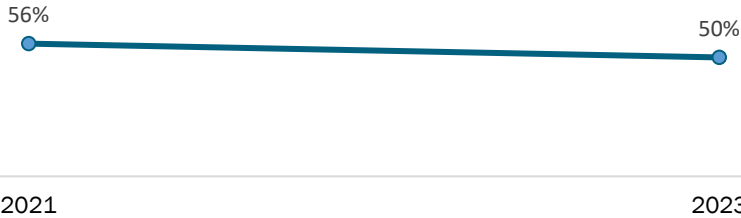
Ethnicity: There were no significant differences.

Q: How often do you gamble for money (lottery, sports events, fantasy sports, bingo, casino games, cards, racing, stock market)?

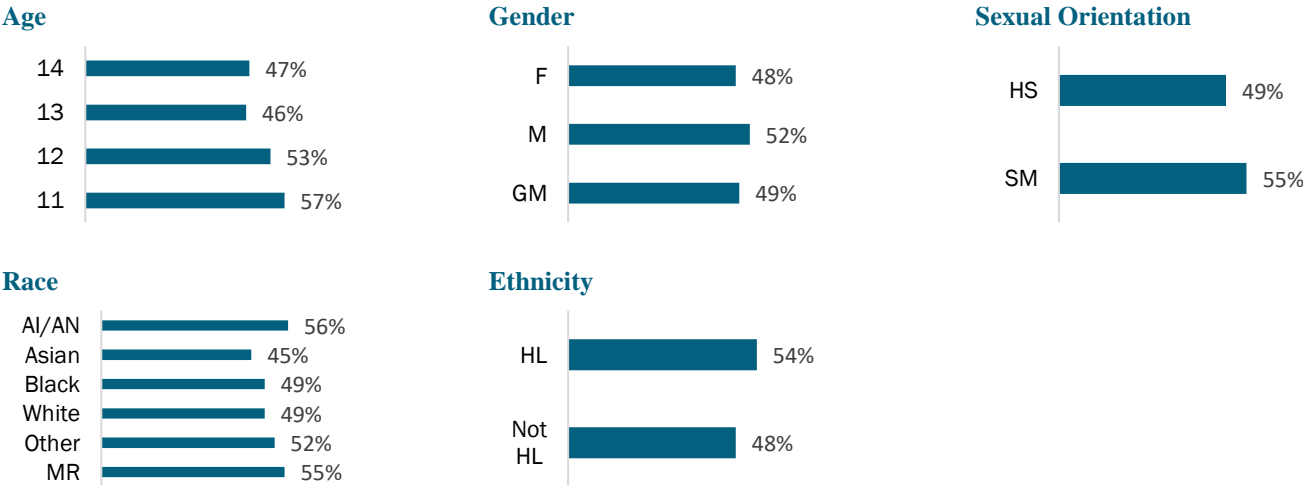
Gambling

PERCEIVED RISK OF GAMBLING

Overall, 50% of middle school students perceive gambling as having moderate or great risk of harm.



The graphs below show a breakdown of 2023 data by different demographic groups.



- Age:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

Q: How much do you think people risk harming themselves (physically or in other ways) if they gamble?

Gambling

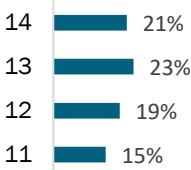
ACCESS TO GAMBLING

Overall, 20% of middle school students perceived that accessing gambling products that require them to be over the age of 18 would be sort of easy or easy.

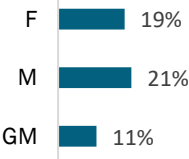


The graphs below show a breakdown of 2023 data by different demographic groups.

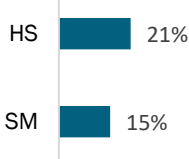
Age



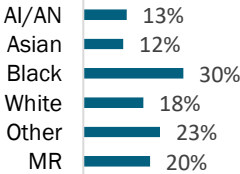
Gender



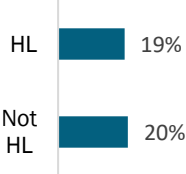
Sexual Orientation



Race



Ethnicity



- Age:** There were no significant differences.
- Gender:** There were no significant differences.
- Sexual Orientation:** There were no significant differences.
- Race:** There were no significant differences.
- Ethnicity:** There were no significant differences.

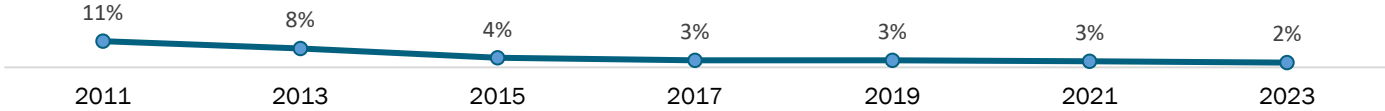
Q: If you wanted to, how easy would it be to obtain gambling products that require you to be over the age of 18 to purchase, participate in, etc.?

Sexual Behaviors

Sexual Behaviors

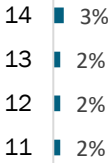
EVER HAD SEXUAL INTERCOURSE

Overall, 2% of middle school students have ever had sexual intercourse. *There is no statewide comparison data.*

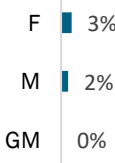


The graphs below show a breakdown of 2023 data by different demographic groups.

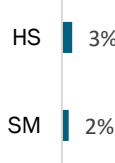
Age



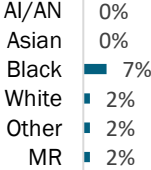
Gender



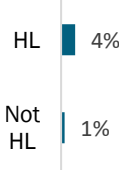
Sexual Orientation



Race



Ethnicity



Age: There were no significant differences.

Gender: Gender minority students were significantly less likely than the average middle school student to have ever had sexual intercourse.

Sexual Orientation: There were no significant differences.

Race: American Indian/Alaska Native students were significantly less likely than the average middle school student to have ever had sexual intercourse.

Ethnicity: There were no significant differences.

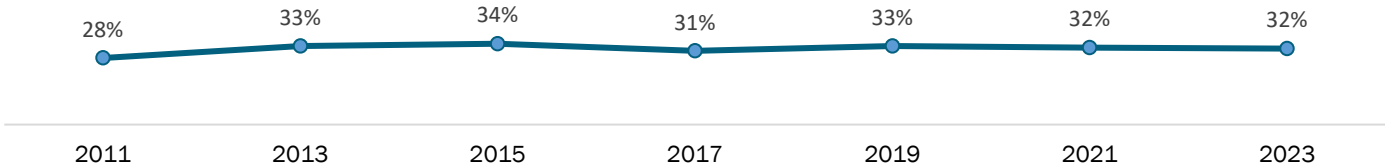
Q: Have you ever had sexual intercourse?

Body Weight, Nutrition and Physical Activity

Body Weight

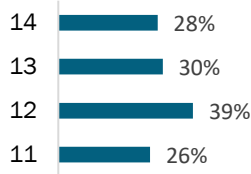
PERCEIVED WEIGHT

Overall, 32% of middle school students described their weight as very underweight/slightly underweight or very overweight/slightly overweight. *There is no statewide comparison data.*

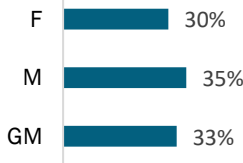


Below is a breakdown of 2023 data by different demographic groups.

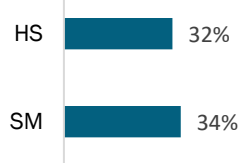
Age



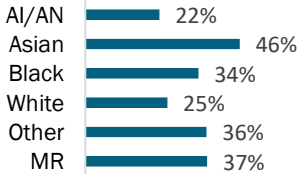
Gender



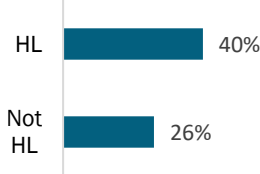
Sexual Orientation



Race



Ethnicity



Age: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: There were no significant differences.

Ethnicity: Hispanic/Latino students were significantly more likely than non-Hispanic/Latino students to perceive themselves as slightly or very overweight.

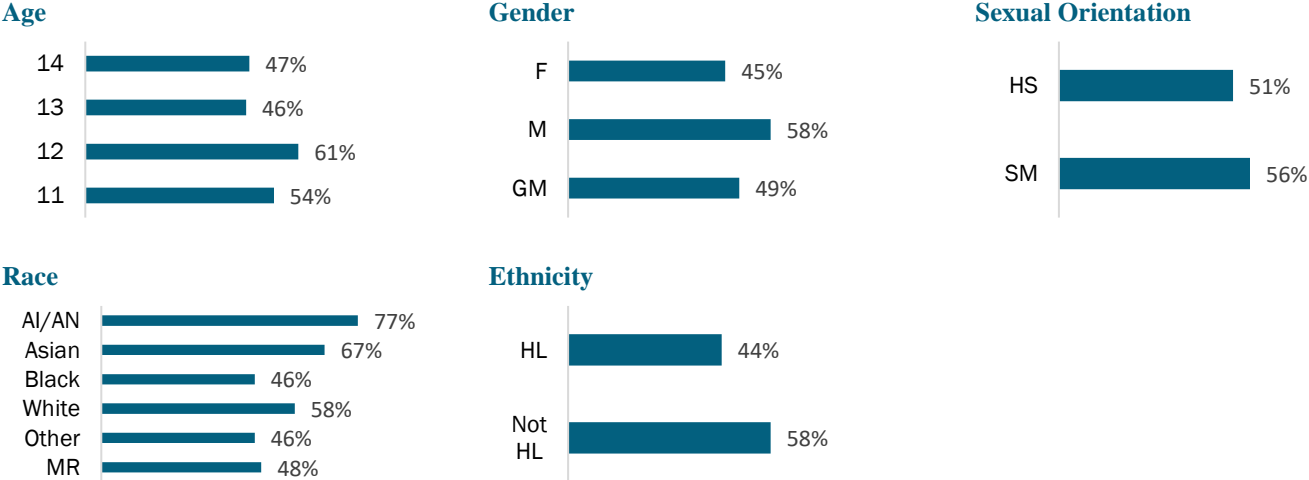
Q: How would you describe your weight?

Nutrition

EATING BREAKFAST

Overall, 53% of middle school students ate breakfast on 6 of the past 7 days. This question was new in 2023, so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2023 data by different demographic groups.



Age: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

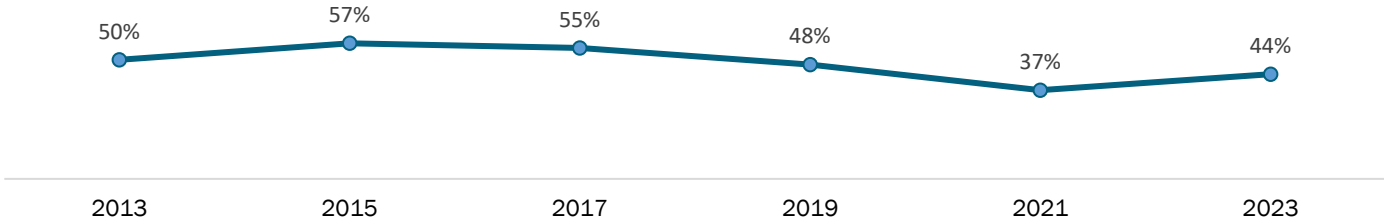
Race: There were no significant differences.

Ethnicity: Hispanic/Latino students were significantly less likely than non-Hispanic/Latino students to eat breakfast on 6 of the past 7 days.

Q: On how many of the past 7 days did you eat breakfast?

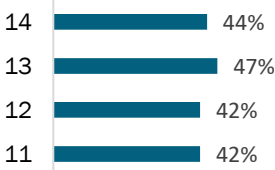
Physical Activity

Overall, 44% of middle school students engaged in 60 minutes of physical activity on at least 5 of the past 7 days. *There is no statewide comparison data.*

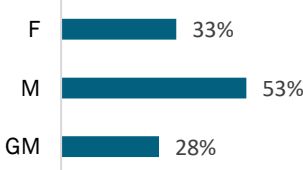


The graphs below show a breakdown of 2023 data by different demographic groups.

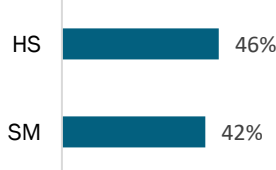
Age



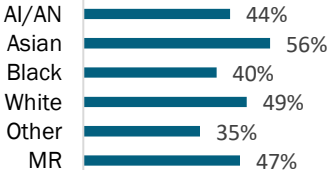
Gender



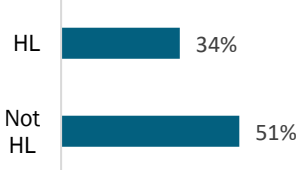
Sexual Orientation



Race



Ethnicity



Age: There were no significant differences.

Gender: Female students were significantly less likely than the average middle school student to be physically active for a total of at least 60 minutes per day on at least 5 of the last 7 days.

Sexual Orientation: There were no significant differences.

Race: There were no significant differences.

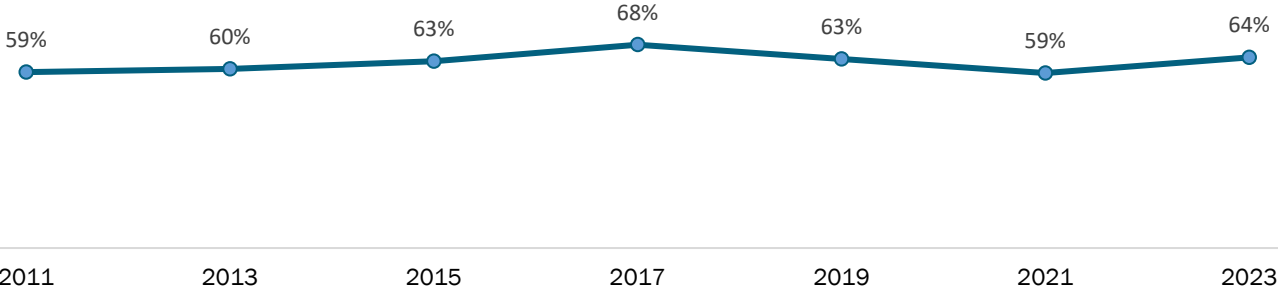
Ethnicity: Hispanic/Latino students were significantly less likely than non-Hispanic/Latino students to be physically active.

Q: During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

Youth Assets & Other Protective Factors

Adult Connectedness

Overall, when asked about adults whom they could talk to about a problem, 64% of middle students reported having at least one teacher or other adult in this school. *There is no statewide comparison data.*



Below is a breakdown of 2023 data by different demographic groups.

Age



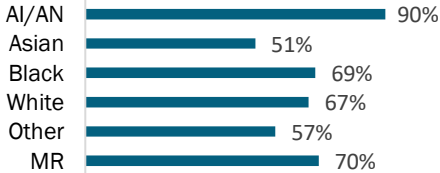
Gender



Sexual Orientation



Race



Ethnicity



Age: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: There were no significant differences.

Race: American Indian/Alaska Native students were significantly more likely than the average middle school student to have at least one teacher or other adult in this school that they could talk to if they had a problem.

Ethnicity: There were no significant differences.

Q: Is there at least one teacher or other adult in this school that you can talk to if you have a problem?

School Connectedness

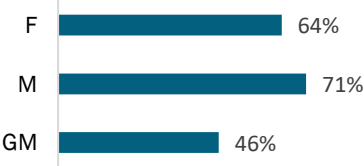
Overall, 67% of middle school students agreed or strongly agreed that they feel close to people at their school. This is the first time this question was asked, so there is no trend data. *There is no statewide comparison data.*

Below is a breakdown of 2023 data by different demographic groups.

Age



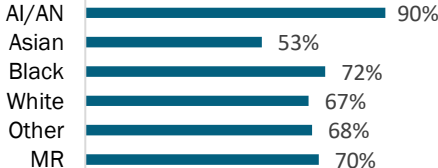
Gender



Sexual Orientation



Race



Ethnicity



Age: There were no significant differences.

Gender: Gender minority students were significantly less likely than the average middle school student to agree or strongly agree that they feel close to people at this school.

Sexual Orientation: Sexual minority students were significantly less likely than heterosexual students to agree or strongly agree that they feel close to people at this school.

Race: American Indian/Alaska Native students were significantly more likely than the average middle school student to agree or strongly agree that they feel close to people at this school.

Ethnicity: There were no significant differences.

Q: How much do you agree or disagree that you feel close to people at this school?

Participation in Extracurricular Activities

Overall, 68% of middle school students reported that they typically participate in out of school time programs 1 or more days per week during the past school year. This is the first time this question was asked so there is no trend data *There is no statewide comparison data.*

Below is a breakdown of 2023 data by different demographic groups.

Age				Gender			Sexual Orientation		Race						Ethnicity	
11	12	13	14	F	M	GM	HS	SM	AI/AN	Asian	Black	White	Other	MR	H/L	Not H/L
Did not typically participate in out of school programs																
33%	26%	35%	33%	33%	30%	25%	33%	21%	11%	26%	37%	22%	45%	22%	42%	25%
Typically participated in 1 or more out of school programs																
67%	74%	65%	67%	67%	70%	75%	67%	79%	89%	74%	63%	78%	55%	78%	58%	75%

Age: There were no significant differences.

Gender: There were no significant differences.

Sexual Orientation: Sexual minority students were significantly more likely than heterosexual students to participate in out of school programs.

Race: Students of another race were significantly less likely than the average middle school student to participate in out of school programs, and White students were significantly more likely than the average middle school student.

Ethnicity: Hispanic/Latino students were significantly less likely than non-Hispanic/Latino students to participate in out of school programs.

Q: During this school year (since September), how many days per week did you typically participate in out of school time programs such as after school program, youth center, club, arts, sports, tutoring, etc.?

Appendix A. Selected Middle School Data Tables

2022 SOMERVILLE MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY											
	SOMERVILLE MIDDLE SCHOOL						MA YHS				
	2013	2015	2017	2019	2021	2023	2013	2015	2017	2019	2021
Exposure at Home – Is there anyone (other than you) living in your household who... (Response = Yes)											
Smokes cigarettes	26.6%	24.1%	17.6%	16.9%	17.4%	12.4%	N/A	N/A	N/A	N/A	N/A
Uses electronic vapor products	N/A	N/A	N/A	7.9%	8.7%	8.8%	N/A	N/A	N/A	N/A	N/A
They think drinks too much alcohol	9.6%	6.4%	8.9%	8.4%	9.9%	N/A	N/A	N/A	N/A	N/A	N/A
Smokes marijuana	5.8%	4.4%	5.3%	6.9%	8.6%	6.5%	N/A	N/A	N/A	N/A	N/A
Uses illegal drugs other than marijuana	1.0%	0.6%	0.7%	0.5%	0.7%	0.9%	N/A	N/A	N/A	N/A	N/A
Uses prescription drugs that are not prescribed to them	N/A	N/A	1.3%	0.9%	0.8%	0.8%	N/A	N/A	N/A	N/A	N/A
Perceived Ease of Access (sort of easy, very easy)											
Cigarettes	N/A	N/A	N/A	N/A	34.4%	35.3%	N/A	38.2%	38.1%	39.6%	N/A
Electronic vapor products	N/A	N/A	N/A	N/A	38.3%	47.0%	N/A	N/A	N/A	N/A	N/A
Alcohol	N/A	N/A	N/A	N/A	40.7%	38.9%	N/A	N/A	N/A	N/A	N/A
Marijuana	N/A	N/A	N/A	N/A	17.3%	21.0%	N/A	18.0%	14.7%	16.0%	N/A
Illegal drugs other than marijuana	N/A	N/A	N/A	N/A	8.4%	10.2%	N/A	N/A	N/A	N/A	N/A
Prescription drugs to use to get high	N/A	N/A	N/A	N/A	15.0%	21.1%	N/A	N/A	N/A	N/A	N/A
Ever Received Instruction in School On..											
The risks involved with smoking and other tobacco use	52.8%	50.1%	67.6%	81.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
The risks involved with drug use	53.3%	52.1%	68.2%	71.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Handling peer pressure, including pressure to use substances	50.7%	48.0%	53.8%	62.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Ever Talked with Parents or Other Family Adults About...											
The risks involved with smoking and other tobacco use	49.5%	52.4%	57.1%	56.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
The risks involved with drug use	52.4%	53.3%	57.6%	55.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
VIOLENCE-RELATED BEHAVIORS AND EXPERIENCES											
Sexual Violence											
Had rude sexual comments directed at them (12 months)	10.5%	8.1%	7.2%	10.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Touched, pinched, grabbed, or patted in a sexual way against will	4.7%	4.9%	3.5%	4.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Forced, tricked, pressured to have sex that they didn't want	0.9%	0.5%	1.2%	0.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Forced or pressured to do sexual things they didn't want (12 months)	N/A	N/A	N/A	N/A	4.2%	4.0%	N/A	N/A	N/A	N/A	N/A
Dating Violence (12 months)											
Forced or pressured to do sexual things they did not want by someone they were dating	N/A	N/A	N/A	N/A	1.7%	1.7%	N/A	N/A	N/A	N/A	N/A
Physically hurt on purpose by someone they were dating	N/A	N/A	N/A	N/A	2.3%	1.6%	N/A	N/A	N/A	N/A	N/A
Had their activity monitored by someone they were dating	N/A	N/A	N/A	N/A	N/A	5.9%	N/A	15.5%	11.0%	11.5%	N/A
Fighting (past 12 months)											
In a physical fight	N/A	N/A	N/A	N/A	17.9%	26.0%	N/A	N/A	N/A	N/A	N/A
In a physical fight on school property	6.1%	5.7%	4.9%	7.8%	N/A	15.8%	N/A	N/A	N/A	N/A	N/A
In a physical fight when not on school property	5.9%	6.4%	5.2%	6.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Other											
Carried a weapon on school property (30 days)	1.2%	1.0%	1.0%	0.9%	4.7%	N/A	N/A	N/A	N/A	N/A	N/A
Carried a weapon when not on school property (30 days)	4.2%	2.7%	3.0%	3.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Stayed home from school out of fear of safety (30 days)	4.2%	5.5%	5.0%	7.0%	N/A	11.4%	N/A	N/A	N/A	6.4%	N/A
Was a member of a gang	1.5%	1.5%	0.4%	1.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Ever received instruction in school on resolving conflicts without fighting	56.0%	58.1%	68.2%	59.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
BULLYING (past 12 months)											
Bullied generally	N/A	N/A	N/A	N/A	12.5%	17.3%	N/A	N/A	N/A	N/A	N/A
Bullied in/on the way to school	12.3%	10.5%	8.9%	11.9%	N/A	15.8%	N/A	N/A	N/A	N/A	N/A
Bullied when not in/on the way to school	6.1%	5.7%	4.7%	4.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Bullied electronically	9.2%	8.2%	8.3%	9.5%	15.3%	6.4%	13.6%	15.2%	14.1%	15.2%	18.1%
Saw someone else bullied in/on the way to school	26.8%	23.1%	18.5%	23.0%	N/A	49.2%	N/A	N/A	N/A	N/A	N/A

2022 SOMERVILLE MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY											
	SOMERVILLE MIDDLE SCHOOL						MA YHS				
	2013	2015	2017	2019	2021	2023	2013	2015	2017	2019	2021
MENTAL HEALTH											
Stressors Experienced (past 12 months)											
Experienced overwhelming stress (most of the time, always)	N/A	N/A	N/A	N/A	20.7%	22.9%	N/A	N/A	N/A	N/A	N/A
Had one or more failing grades on a report card	30.8%	31.7%	28.6%	28.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Had a problem with alcohol or drugs	1.8%	1.8%	1.0%	1.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
A family member had an alcohol or drug problem	9.6%	8.9%	8.4%	11.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
There was a divorce or separation in family	12.6%	14.3%	12.8%	12.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Family had a serious financial problem	N/A	N/A	N/A	N/A	9.6%	6.1%	N/A	N/A	N/A	N/A	N/A
Was hungry because there was not enough money to buy food	N/A	N/A	N/A	N/A	1.1%	1.4%	N/A	N/A	N/A	N/A	N/A
Family moved**	11.8%	14.0%	12.9%	14.8%	1.5%	1.4%	N/A	N/A	N/A	N/A	N/A
Ran away from home	1.4%	2.4%	1.6%	2.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Family member or close friend died	28.3%	31.5%	32.3%	33.6%	20.9%	16.8%	N/A	N/A	N/A	N/A	N/A
Anxiety, Self-harm, and Suicide											
Experienced anxiety (past 30 days)	N/A	N/A	24.6%	26.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Experienced depression (past 12 months)	N/A	N/A	N/A	N/A	25.7%	20.1%	16.1%	18.1%	18.9%	24.3%	29.3%
Engaged in self-harm (past 12 months)	9.3%	9.7%	8.3%	10.5%	6.7%	16.0%	14.3%	15.8%	16.8%	21.0%	26.5%
Seriously considered suicide (past 12 months)	10.0%	12.2%	9.7%	12.6%	12.4%	10.1%	8.4%	8.0%	8.6%	11.3%	12.6%
Attempted suicide (past 12 months)	1.6%	3.0%	2.2%	2.9%	3.8%	8.4%	N/A	4.0%	4.2%	5.0%	6.1%
Social Supports											
Have at least one teacher or another adult at school to talk to about a problem	60.1%	62.7%	68.2%	63.4%	58.7%	63.8%	N/A	N/A	N/A	N/A	N/A
Can talk to parent or adult family member about important things	N/A	N/A	N/A	N/A	75.3%		N/A	N/A	N/A	N/A	N/A
Can talk to non-family adult about important things	N/A	N/A	N/A	N/A	20.3%		N/A	N/A	N/A	N/A	N/A
Have a coping strategy to relieve stress	N/A	N/A	N/A	N/A	79.9%	67.9%	N/A	N/A	N/A	N/A	N/A
Taking prescribed medication for mental health	N/A	N/A	N/A	N/A	11.3%	11.0%	N/A	N/A	N/A	N/A	N/A
Receiving counseling for mental health	N/A	N/A	N/A	N/A	12.6%	12.4%	N/A	N/A	N/A	N/A	N/A
SEXUAL BEHAVIORS											
Engaged in sexual activity (past 12 months)	N/A	N/A	N/A	N/A	5.4%	5.0%	N/A	N/A	N/A	N/A	N/A
Ever had sexual intercourse	7.6%	3.9%	2.8%	3.2%	2.6%	2.4%	N/A	N/A	N/A	N/A	N/A
Used a condom the last time they had sexual intercourse	N/A	N/A	N/A	N/A	72.2%	52.9%	N/A	N/A	N/A	N/A	N/A
Sent or received sexual messages	N/A	N/A	N/A	N/A	16.8%	14.0%	N/A	N/A	N/A	N/A	N/A
Ever taught about AIDS or HIV infection in school	62.6%	67.8%	70.4%	50.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Adult in school to help access resources or support	N/A	N/A	N/A	N/A	23.9%	14.8%	N/A	N/A	N/A	N/A	N/A
Ever talked about AIDS or HIV infection with parents or other family adults	38.5%	34.5%	33.3%	28.1%	38.5%	N/A	N/A	N/A	N/A	N/A	N/A
NUTRITION AND PHYSICAL ACTIVITY											
Ate breakfast on 5 of the past 7 days	N/A	N/A	N/A	N/A	59.0%	52.5%	N/A	N/A	N/A	N/A	N/A
Physically active for at least 60 minutes (5 of past 7 days)	N/A	N/A	N/A	N/A	37.3%			49.2%	50.9%	48.6%	N/A
Had 3+ hours of screen time on average day	N/A	N/A	N/A	N/A	72.6%	N/A	N/A	N/A	N/A	N/A	N/A
BODY WEIGHT											
Describe themselves as about the right weight	N/A	N/A	N/A	N/A	49.2%	48.1%	N/A	N/A	N/A	N/A	N/A
Trying to lose weight	N/A	N/A	N/A	N/A	47.8%	39.7%	N/A	85.0%	84.5%	N/A	N/A
GAMBLING											
Gamble for money (past year)	N/A	N/A	N/A	N/A	2.8%	15.9%	46.3%	40.0%	46.4%	N/A	N/A
Perceived risk of harm of gambling (moderate, great)	N/A	N/A	N/A	N/A	55.8%	50.1%	N/A	N/A	N/A	N/A	N/A
Perceived ease of obtaining 18+ gambling products (sort of easy, very easy)	N/A	N/A	N/A	N/A	16.1%	20.1%	N/A	N/A	N/A	N/A	N/A
Lives with someone who gambles for money	N/A	N/A	N/A	N/A	20.0%	19.6%	N/A	N/A	N/A	N/A	N/A
OTHER TOPICS											
Sleep 8+ hours on average school night	N/A	N/A	N/A	N/A	51.7%		N/A	60.4%	59.0%	55.9%	N/A

*Respondents were asked about their use of "any other type of illegal drug such as LSD (acid), PCP, Ketamine (Special K), Rohypnol (Roofies), GHB, or synthetic drugs (N-Bomb, Spice, K2, etc.).

**Respondents were asked about their use of "cocaine, crack, ecstasy, methamphetamines, or heroin".

Appendix B. 2023 Survey Instrument

Middle School Survey

Select a language.

Take the survey in English

Responda la encuesta en español

Participe da pesquisa em português

Reponn sondaj la nan lang kreyòl ayisyen

Social Determinants of Health

The next questions ask about your background. The answers that you give will **only** be used to describe the types of students completing this survey. The information **will not** be used to find out your name.

1. **In what grade are you?**

- Freshman - 9th grade
- Sophomore - 10th grade
- Junior - 11th grade
- Senior - 12th grade
- Ungraded or other grade

2. **How old are you?**

- 11 years old
- 12 years old
- 13 years old
- 14 years old
- 15 years old
- 16 years old
- 17 years old
- 18 years old or older

3. **Gender identity is how someone feels about their own gender.** There are many ways a person can describe their gender identity and many labels a person can use. **How would you describe your current gender identity in your own words?** _____

4. Thank you for telling us about your gender identity in your own words. Sometimes we have to create categories to make it easier to present our findings and we want to make sure you are represented in the best category. **Which of the following terms best describes your current gender identity?** We understand that there are many different ways you may identify, please pick the one that best describes you.

- Boy or man
- Girl or woman
- Nonbinary, genderfluid, genderqueer
- I'm not sure or questioning
- I don't know what this question means
- I prefer not to answer

5. Sexual orientation is a person's emotional, romantic, and/or sexual attractions to another person. There are many ways a person can describe their sexual orientation and many labels a person can use. **How would you describe your current sexual orientation in your own words?** _____

6. Thank you for telling us about your sexual orientation in your own words. Sometimes we have to create categories to make it easier to understand our findings, and we want to make sure you are represented in the best category. **Which of these options best describes your sexual orientation?** We understand that there are many different ways you may identify, please pick the one that best describes you.
- Straight or heterosexual
 - Lesbian or gay
 - Asexual
 - Bisexual, pansexual, or queer
 - I am not sure
 - I don't know what this question means
 - I prefer not to answer
7. **Are you Hispanic or Latinx?**
- Yes
 - No
8. **What is your race?** (You can choose more than one answer)
- American Indian or Alaska Native
 - Asian
 - Black or African American
 - Native Hawaiian or Other Pacific Islander
 - White or Caucasian
 - Another race
9. **What is the primary language you speak at home?**
- English
 - Spanish
 - Arabic
 - Bengali
 - Chinese
 - Haitian Creole
 - Nepali
 - Portuguese
 - Something else
10. **How long have you lived in the United States?**
- I have always lived in the United States
 - Less than 1 year
 - Between 1-3 years
 - Between 4-6 years
 - More than 6 years, but not my whole life
11. **In the last 12 months, what is the zip code where you lived the majority of the time?** (Choose one answer only)
- 02143
 - 02144
 - 02145
 - Other
 - I don't know

12. Think of where you live most of the time. **Which one of these best describes the people who you live with there who are most responsible for taking care of you?** (Choose only one answer)
- My mother and my father
 - My mother and a step-parent
 - My mother only
 - My father and a step-parent
 - My father only
 - Another relative (like a grandparent, aunt/uncle)
 - Foster parent(s)
 - Someone else not on this list
13. **During the past 30 days, where did you usually sleep?**
- In my parent's or guardian's home
 - In the home of a friend, family member, or other person because I had to leave my home or my parent or guardian cannot afford housing
 - In a shelter or emergency housing
 - In a motel or hotel
 - In a car, park, campground, or other public place
 - I do not have a usual place to sleep
 - Somewhere else not on this list
14. **On most days of the week, how do you get to school?**
- Walk
 - Ride a bike or scooter
 - Get a ride
 - Drive myself
 - Take a bus
 - Some other way
15. **During the past 12 months, have you seen a doctor or nurse (other than a school nurse)?**
- Yes
 - No
16. **During the past 12 months, have you seen a dentist?**
- Yes
 - No
17. **During the past 12 months, did any of these things happen to you?** (You can choose more than one answer)
- My family had a serious financial problem (for example, a parent or adult in your home lost their job even for a short amount of time)
 - I was hungry because there was not enough money to buy food for my home
 - My family moved because of financial problems
 - I was left alone at home for 4 hours or more when I was not in school
 - A family member had a serious illness
 - A family member or close friend died
 - None of these things have happened to me in the past 12 months

Safety

The next questions ask about safety.

18. **During the past 30 days, on how many days have you ridden in a car driven by someone who talked, checked, or texted on their cell phone while driving?**
- I did not ride in a car during the past 30 days
 - 0 days
 - 1 or 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 to 29 days
 - All 30 days
19. **During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?**
- 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or more times
20. **During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been using marijuana?**
- 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or more times
21. **How does having police officers at your school make you feel about your safety at school?**
- Much less safe
 - Somewhat less safe
 - No difference
 - Somewhat more safe
 - Much more safe
22. **How comfortable would you feel asking a police officer for help if you had a problem, felt unsafe, or were the victim of a crime?**
- Very uncomfortable
 - Uncomfortable
 - Comfortable
 - Very comfortable
 - Not sure
23. **How many times have you interacted with a police officer at your school during this school year (since **September**)? For example, talked with them, heard them speak to your class, etc.**
- 0 times
 - 1 or 2 times
 - 3-5 times
 - 6-9 times
 - 10 or more times

Discrimination

The next questions ask about discrimination you have experienced or witnessed by students, teachers, or staff.

24. **During this school year (since September), how many times did you see or hear any discriminatory actions or language from school students, teachers, or staff?**
 - 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or more times
25. **During this school year (since September), have you personally seen or heard discriminatory actions or language from school students based on someone's race?**
 - Yes
 - No
26. **During this school year (since September), have you personally seen or heard discriminatory actions or language from school teachers or staff based on someone's race?**
 - Yes
 - No
27. **During this school year (since September), have you personally seen or heard discriminatory actions or language from school students based on someone's gender identity?**
 - Yes
 - No
28. **During this school year (since September), have you personally seen or heard discriminatory actions or language from school teachers or staff based on someone's gender identity?**
 - Yes
 - No
29. **During your life, how often have you felt that you were treated badly or unfairly in school because of your race or ethnicity?**
 - Never
 - Rarely
 - Sometimes
 - Most of the time
 - Always
30. **During this school year (since September), how often have you felt that you were treated badly or unfairly in school because of your race or ethnicity?**
 - Never
 - Rarely
 - Sometimes
 - Most of the time
 - Always
31. **During your life, how often have you felt that you were treated badly or unfairly in school because of your gender identity?**
 - Never
 - Rarely
 - Sometimes
 - Most of the time
 - Always

32. **During this school year (since September)**, how often have you felt that you were treated badly or unfairly in school because of your **gender identity**?
- Never
 - Rarely
 - Sometimes
 - Most of the time
 - Always
33. **During your life**, how often have you felt that you were treated badly or unfairly because of your **sexual orientation**?
- Never
 - Rarely
 - Sometimes
 - Most of the time
 - Always
34. **During this school year (since September)**, how often have you felt that you were treated badly or unfairly because of your **sexual orientation**?
- Never
 - Rarely
 - Sometimes
 - Most of the time
 - Always
35. **During your life**, how often have you felt that you were treated badly or unfairly because of your **religion**?
- Never
 - Rarely
 - Sometimes
 - Most of the time
 - Always
36. **During this school year (since September)**, how often have you felt that you were treated badly or unfairly because of your **religion**?
- Never
 - Rarely
 - Sometimes
 - Most of the time
 - Always

Violence-Related Behaviors and Experiences

The next questions ask about violence-related behaviors and experiences.

37. **During the past 30 days**, on how many days did you carry a weapon such as a gun or knife?
- 0 days
 - 1 day
 - 2 or 3 days
 - 4 or 5 days
 - 6 or more days

38. **During the past 12 months**, how many times were you in a physical fight?
- 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or 7 times
 - 8 or 9 times
 - 10 or 11 times
 - 12 or more times
39. **During the past 12 months**, how many times were you in a physical fight **on school property**?
- 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or 7 times
 - 8 or 9 times
 - 10 or 11 times
 - 12 or more times
40. **During the past 30 days**, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?
- 0 days
 - 1 day
 - 2 or 3 days
 - 4 or 5 days
 - 6 or more days
41. **Has anyone ever done sexual things to you or forced you to do sexual things that you did not want?** Count such things as kissing, touching, or sexual intercourse.
- Yes
 - No
42. **During the past 12 months**, how many times has **anyone** done sexual things to you or forced you to do sexual things that you did not want? Count such things as kissing, touching, or sexual intercourse.
- 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or more times
43. **During the past 12 months**, how many times did someone you were **dating or going out with** do sexual things to you or force you to do sexual things that you did not want? Count such things as kissing, touching, or sexual intercourse.
- I did not date or go out with anyone in the past 12 months
 - 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or more times

44. **During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose?** Count such things as being hit, slammed into something, or injured with an object or weapon.
- I did not date or go out with anyone in the past 12 months
 - 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or more times
45. **During the past 12 months, how many times did someone you were dating or going out with purposely try to control you or emotionally hurt you?** Count such things as being told who you could and could not spend time with, being humiliated in front of others, or being threatened if you didn't do what they wanted.
- I did not date or go out with anyone in the past 12 months
 - 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or more times
46. **Have you ever told anyone about being forced or pressured to do sexual things that you did not want to or physically hurt by someone you were dating or going out with? If you have told someone, whom did you tell?** (You can choose more than one answer)
- I have never told anyone
 - A parent or guardian
 - Sibling or other relative
 - Teacher, principal, school nurse, coach, guidance counselor, or religious leader
 - Friend, girlfriend, or boyfriend
 - Mental health counselor or therapist
 - Police
 - Some other person

Bullying

The next questions ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again. It is not bullying when 2 students of about the same strength or power argue or fight or tease each other in a friendly way.

47. **During the past 12 months, have you been bullied?**
- Yes
 - No
48. **During the past 12 months, how many times have you been bullied at school?**
- 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or 7 times
 - 8 or 9 times
 - 10 or 11 times
 - 12 or more times
49. **What did you do the last time you were bullied at school?** (You can choose more than one answer)
- I didn't do anything
 - I tried to get the person/people doing it to stop
 - I told a teacher, counselor, or another adult at school
 - I told my parent(s) or guardians(s)
 - I talked to a friend(s) or other student(s) about it

50. **If you saw someone else bullied at school during the past 12 months, what did you do the last time you saw it happen?** (You can choose more than one answer)
- I took part in the bullying
 - I didn't do anything - just saw it happen
 - I tried to get the person/people to stop
 - I offered support to the person being bullied
 - I told a teacher, counselor, or other adult at school
 - I didn't see someone else get bullied at school during the past 12 months
51. **During the past 12 months, have you been electronically bullied?** Count being bullied through texting, TikTok, Instagram, Twitter, Facebook, Twitch, Snapchat, or other social media apps.
- Yes
 - No
52. **How many times has someone posted something about you on social media that made you upset or uncomfortable?** Social media apps include TikTok, Instagram, Twitter, Facebook, Twitch, Snapchat, etc.
- Never
 - Before, but not in the past year
 - A few times in the past year
 - Once or twice a month
 - Once or twice a week
 - Almost every day

Mental Health

The next questions ask about mental health.

53. **During the past 30 days, how often was your mental health not good?** Poor mental health includes stress, anxiety, and depression.
- Never
 - Rarely
 - Sometimes
 - Most of the time
 - Always
54. **During the past 30 days, how often did you worry about school issues?** For example, grades, homework, and tests.
- Never
 - Almost never
 - Sometimes
 - Fairly often
 - Very often
55. **During the past 30 days, how often did you worry about social issues?** For example, friendships, dating, and teasing.
- Never
 - Almost never
 - Sometimes
 - Fairly often
 - Very often

56. **During the past 30 days, how often did you worry about appearance issues?** For example, your weight, the clothes you wear, and your hairstyle.
- Never
 - Almost never
 - Sometimes
 - Fairly often
 - Very often
57. **During the past 30 days, how often did you worry about family issues?** For example, your relationship with your parent(s), your family's financial situation, and family health concerns.
- Never
 - Almost never
 - Sometimes
 - Fairly often
 - Very often
58. **During the past 30 days, how often did you worry about future issues?** For example, college and career choices.
- Never
 - Almost never
 - Sometimes
 - Fairly often
 - Very often
59. **During the past 12 months, how often did you feel like your stress was overwhelming?**
- Not at all
 - Hardly ever
 - Sometimes
 - Most of the time
 - Always
60. **Which of the following do you find causes most negative stress for you?** Choose up to three (3) answers.
- Busy schedule (school, activities, sports, etc.)
 - Parent/family demands/expectations about academics, grades, etc.
 - Difficulty getting enough sleep
 - Extracurricular activity demands or pressures
 - School demands/expectations—such as assignments, homework, etc.
 - Social pressures from friends, peers, etc. (you feel pressure to change your attitude, values, or behaviors to fit in)
 - Other family or personal issues which cause emotional stress for you
 - Worrying about the future such as college, career, etc.
 - Other, please specify: _____
61. **Which of the following do you find the most stressful about school?** Choose up to three (3) answers.
- Having to study things you do not understand
 - Teachers expecting too much from you
 - Keeping up with schoolwork
 - Having to concentrate too long during the school day
 - Having to study things you are not interested in
 - Pressure of study
 - Getting up early in the morning to go to school
 - Going to school
 - Not feeling safe at school
 - Other, please specify: _____

Mental Health

The next questions asks about sad feelings and attempted suicide. Sometimes people feel so hopeless and helpless about the future that they may have thoughts about or take some action to end their own lives.

62. **During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?**
- 0 times
 - 1 time
 - 2 or 3 times
 - 4 or 5 times
 - 6 or more times
63. **During the past 12 months, did you feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?**
- Yes
 - No
64. **During the past 12 months, did you seriously consider attempting suicide?**
- Yes
 - No
65. **During the past 12 months, did you make a plan about how you would attempt suicide?**
- Yes
 - No
66. **During the past 12 months, did you attempt suicide?**
- Yes
 - No
67. **Did you talk with a parent, teacher, counselor, or other trusted adult about your suicide attempt?**
- Yes, I talked with an adult about it
 - No, I did not talk with an adult about it

This survey has asked you questions on a variety of sensitive topics. If you may need any emotional support, please reach out to a school counselor or another trusted adult for assistance. Please see the following additional emotional support resources and hotlines available 24/7:

- 988 Suicide & Crisis Lifeline: Call or text 988
- The Trevor Project (for LGBTQ crisis intervention and suicide prevention): call 1-866-488-7386 or text “Trevor” to 1-202-304-1200

Mental Health

The next questions ask about things you are doing for your mental health and connections.

68. **Do you agree or disagree that you feel close to people at your school?**
- Strongly agree
 - Agree
 - Not sure
 - Disagree
 - Strongly disagree
69. **Is there at least one teacher or other adult in your school that you can talk to if you have a problem?**
- Yes
 - No
 - I'm not sure

70. **Outside of school, is there an adult (or adults) you can talk to about things that are important to you?**
- Yes, parent or other adult family member
 - Yes, non-family adult (religious leader, club advisor, coach, neighbor, etc.)
 - Yes, both family and non-family adults
 - No
 - I'm not sure
71. **Do you have a healthy activity or behavior (coping strategy) that helps you relieve stress?** Examples include listening to music, meditating, and taking care of your body by getting enough sleep, exercising, and eating healthy foods.
- Yes
 - No
 - I'm not sure
72. **Are you taking medicine prescribed by a doctor or other health professional for any type of behavioral health, mental health condition or emotional problem?**
- Yes
 - No
 - I'm not sure
73. **Are you receiving counseling from a doctor or other health professional for any type of behavioral health, mental health condition or emotional problem?**
- Yes
 - No
 - I'm not sure

Tobacco Use

The next questions ask about tobacco use.

74. **How old were you when you first tried cigarette smoking, even one or two puffs?**
- I have never tried cigarette smoking, not even one or two puffs
 - 8 years old or younger
 - 9 or 10 years old
 - 11 or 12 years old
 - 13 or 14 years old
 - 15 or 16 years old
 - 17 years old or older
75. **During the past 30 days, on how many days did you smoke part or all of a cigarette?**
- 0 days
 - 1 or 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 to 29 days
 - All 30 days
76. **During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?**
- 0 days
 - 1 or 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 to 29 days
 - All 30 days

77. **During the past 30 days, on how many days did you use chewing tobacco, snuff, dip, snus, or dissolvable tobacco products?** Examples of these products are as Zyn, Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, Copenhagen, Camel Snus, Marlboro Snus, General Snus, Ariva, Stonewall, or Camel Orbs. **DO NOT** count any electronic vapor products.
- 0 days
 - 1 or 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 to 29 days
 - All 30 days

Electronic Vapor Product Use

The next questions ask about electronic vapor products such as vape pens, vape pipes, e-cigarettes, e-cigars, e-pipes, e-hookahs, and hookah pens. Examples of electronic vapor product brands are JUUL, blu, NJOY, Vuse, MarkTen, Logic, Vapin Plus, eGo, and Halo.

78. **Have you ever used an electronic vapor product (vape)?**
- Yes
 - No
79. **During the past 30 days, on how many days did you use a vape?**
- 0 days
 - 1 or 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 to 29 days
 - All 30 days
80. **During the past 30 days, how did you usually get your own vape products?** Choose only one answer. If you got them from more than one place, choose the one where you got them most often.
- I bought or got them from a friend, family member, or someone else
 - I bought them myself from a vape shop or tobacco shop
 - I bought them myself in a convenience store, supermarket, discount store, or gas station
 - I bought them myself at a mall or shopping center kiosk or stand
 - I bought them myself on the Internet
 - I took them from a store or another person
 - I got them some other way

Alcohol Use

The next questions ask about drinking alcohol. This includes drinking beer, hard seltzers, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

81. **How old were you when you had your first drink of alcohol other than a few sips?**
- I have never had a drink of alcohol other than a few sips
 - 8 years old or younger
 - 9 or 10 years old
 - 11 or 12 years old
 - 13 to 14 years old
 - 15 or 16 years old
 - 17 years old or older

82. **During your life**, on how many days have you had at least one drink of alcohol?
- 1 or 2 days
 - 3 to 9 days
 - 10 to 19 days
 - 20 to 39 days
 - 40 to 99 days
 - 100 or more days
83. **During the past 30 days**, on how many days did you have at least one drink of alcohol?
- 0 days
 - 1 or 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 to 29 days
 - All 30 days
84. **During the past 30 days**, on how many days did you have **4 or more** drinks of alcohol in a row?
- 0 days
 - 1 day
 - 2 days
 - 3 to 5 days
 - 6 to 9 days
 - 10 to 19 days
 - 20 or more days
85. **During the past 30 days**, how did you **usually** get the alcohol you drank? Choose only one answer. If you got it from more than one place, choose the one where you got it most often.
- I got or bought it from a friend, family member, or someone else
 - I bought it myself in a liquor store, convenience store, supermarket, discount store, or gas station
 - I bought it myself at a restaurant, bar, or club
 - I bought it myself at a public event such as a concert or sporting event
 - I gave someone else money to buy it for me
 - I took it from a store or another person
 - I got it some other way
86. **How many of the students in this school do you think drank alcohol in the past 30 days?**
- No students
 - A few students
 - Half of the students
 - More than half of the students
 - Almost all of the students
 - All students

Marijuana Use

The next questions ask about marijuana use. Marijuana also is called grass, pot, or weed. Marijuana can be used in forms such as dried flower, oils, wax, shatter, sprays, creams, tinctures, tablets, infused in edible/drinkable products, etc. For these questions, do not count CBD-only or hemp products, which come from the same plant as marijuana, but do not cause a high when used alone.

87. **How old were you when you tried marijuana for the first time?**

- I have never tried marijuana
- 8 years old or younger
- 9 or 10 years old
- 11 or 12 years old
- 13 or 14 years old
- 15 or 16 years old
- 17 years old or older

88. **During your life, how many times have you used marijuana?**

- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 to 99 times
- 100 or more times

89. **During the past 30 days, how many times did you use marijuana?**

- 0 times
- 1 or 2 times
- 3 to 9 times
- 10 to 19 times
- 20 to 39 times
- 40 or more times

90. **During the past 30 days, how did you most often or usually use marijuana?** Choose only one answer. If you used it in more than one way, choose the way in which you use it most often.

- I smoked it (in a joint, bong, pipe, blunt)
- I ate it (in brownies, cakes, cookies, candy)
- I drank it (tea, cola, alcohol)
- I vaporized it
- I dabbled it
- I used it some other way

91. **During the past 30 days, how did you usually get marijuana that you used?** Choose only one answer. If you got it from more than one place, choose the one where you got it most often.

- I bought it myself from a store
- I bought it myself from someone else
- I got it at home with permission from a parent or family member over the age of 21
- I took it at home without permission from a parent or family member over the age of 21
- I took it at some other place without permission
- I got it from friends
- I got it some other way

92. **How many of the students in this school do you think used marijuana in the past 30 days?**

- No students
- A few students
- Half of the students
- More than half of the students
- Almost all students
- All students

Prescription Drug Use

The next questions ask about prescription drug use. A prescription drug is a drug that requires a prescription from a doctor. This is different from over-the-counter drugs which can be bought without a prescription.

93. **During your life, have you taken any of the following medications without a doctor's prescription or differently than how a doctor told you to use it? (You can choose more than one answer)**

- Pain medication (like OxyContin, Percocet, Vicodin, codeine)
- Anti-anxiety or anti-depressant medication (like Ativan, Valium, Xanax, Klonopin, Ambien)
- Stimulants (like Adderall, Ritalin, or Dexedrine)
- I have not taken any of these medications without a doctor's prescription or differently than how a doctor told me to use it

94. **During the past 30 days, on how many days did you take any prescription drug without a doctor's prescription or differently than how a doctor told you to use it? Count drugs such as codeine, Vicodin, OxyContin, Hydrocodone, Percocet, or Xanax.**

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

95. **During the past 30 days, on how many days did you use Adderall or Ritalin not prescribed to you or differently than how a doctor told you to use it?**

- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days

Other Drugs Use

The next questions ask about other drugs.

96. **During your life, how many times have you used any illegal drugs (such as cocaine, crack, ecstasy, methamphetamines or heroin)?**

- 0 times
- 1 or 2 times
- 3-9 times
- 10-19 times
- 20-39 times
- 40 or more times

Other Drug Use

The next questions ask about outcomes and perceived outcomes of alcohol or drug use.

97. **Have any of the following ever happened to you as a result of using alcohol or drugs?** (You can choose more than one answer)

- I got sick
- I forgot where I was or what I did
- An adult found out and I received a consequence
- I was arrested by the police
- I was suspended from school or received another school-related consequence
- I had sexual intercourse with someone when I didn't want to
- I got into a car with someone who was driving while drunk or high
- I got into a physical fight with someone
- I hurt or injured someone else either physically or emotionally
- I damaged property
- Something else negative happened to me as a result of using alcohol or drugs
- None of these things has ever happened to me

98. **How much do you think people risk harming themselves (physically or in other ways) if they:** (Check one box on each line)

	No risk	Slight risk	Moderate risk	Great risk
smoke one or more packs of cigarettes per day?				
use vape products?				
drink 1 or 2 drinks of alcohol nearly every day?				
drink 4 or more drinks of alcohol twice a week?				
smoke marijuana once or twice a week?				
use prescription drugs that are not prescribed to them?				

99. **If you wanted to get the following substances, how easy would it be to get:** (Check one box on each line)

	Very hard	Sort of hard	Sort of easy	Very easy
cigarettes?				
vape products?				
beer, wine, or hard liquor (like vodka, whiskey, or gin)?				
marijuana?				
illegal drugs other than marijuana?				
prescription drugs to use to get high?				

100. **During the past 12 months, has anyone offered, sold, or given you any illegal drug on school property?**

- Yes
- No
- I'm not sure

101. **Is there anyone (other than you) living in your household who:** (Choose one bubble on each line)

	Yes	No	I'm not sure
smokes cigarettes?			
uses vape products?			
drinks 1 or 2 drinks of alcohol nearly every day?			
drinks 4 or more drinks of alcohol in a row at least twice a week?			
smokes marijuana?			
uses illegal drugs other than marijuana?			
abuses prescription medication (meaning they use it in a way that was NOT prescribed by a doctor or to get high)?			

Gambling

The next questions ask about gambling.

102. **Is there anyone (other than you) living in your household who gambles for money (lottery, sports events, fantasy sports, bingo, casino games, cards, racing, stock market)?**

- Yes
- No
- I'm not sure

103. **How often do you gamble for money (lottery, sports events, fantasy sports, bingo, casino games, cards, racing, stock market)?**

- I have never gambled
- Once or twice per year
- About once every few months
- At least once per month
- Weekly
- Daily

104. **How much do you think people risk harming themselves (physically or in other ways) if they gamble?**

- No risk
- Slight risk
- Moderate risk
- Great risk

105. **If you wanted to, how easy would it be to obtain gambling products that require you to be over the age of 18 to purchase, participate in, etc.?**

- Very hard
- Sort of hard
- Sort of easy
- Very easy

Sexual Behaviors

The next questions ask about sexual behaviors.

106. **During the past 12 months, have you engaged in any sexual activity?**

- Yes
- No

107. **Have you ever had sexual intercourse?**

- Yes
- No

108. **The last time you had sexual intercourse, did you or your partner use a condom?**

- Yes
- No

109. **Have you ever sent or received sexual messages or nude or semi-nude pictures or videos electronically (also called sexting)?**

- Yes
- No

Sex Education & Communication

The next questions ask about communication and education on sexuality, sexual health services, and AIDS prevention.

110. **Have you ever been tested for other sexually transmitted infections (STIs) such as genital herpes, chlamydia, syphilis, or genital warts?**

- Yes
- No
- I'm not sure

111. **Is there an adult in your school who can help you find sexual health services such as HIV, STI, and pregnancy testing, access to birth control, or support around your sexuality?**

- Yes
- No
- I'm not sure

112. **Have you been taught in school about healthy relationships, gender and sexuality, contraception, sexually transmitted infections (STI), etc.?**

- Yes
- No
- I'm not sure

Body Weight

The next questions ask about body weight.

113. **How would you describe your weight?**

- About the right weight
- Very underweight
- Slightly underweight
- Slightly overweight
- Very overweight

114. **Are you doing any of the following about your weight?**

- I am not trying to do anything about my weight
- Lose weight
- Gain weight
- Stay the same weight

Nutrition

The next questions ask about your nutrition.

115. The next questions ask about food you ate or drank yesterday. Think about all the meals and snacks you had yesterday from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.

How many times did you eat/drink the following yesterday? (Check one box on each line)

	0	1	2	3	4	5
Ate fruit						
Ate green salad, raw vegetables, or cooked vegetables (do NOT count potatoes, french fries, or chips)						
Drank sweetened drinks like soda (Coke, Sprite, Pepsi), punch (Kool-Aid, fruit flavored drinks, Slurpee), sports drinks (Gatorade, PowerAde), and flavored coffee						
Drank drinks with caffeine (Red Bull, Monster, coffees, soda)						
Ate food like cookies, doughnuts, cakes, candy, french fries, potato/corn chips						

116. **On how many of the past 7 days did you eat breakfast?**

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

Physical Activity

The next questions ask about your physical activity.

117. **During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?** Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

118. We want to know how many hours do you spend in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, going online, or using social media (also called "screen time").

On an average weekday, other than time spent doing schoolwork, how many hours do you spend in front of a screen?

- I do not spend any time in front of a screen
- Less than 1 hour per day
- 1 hour per day
- 2 hours per day
- 3 hours per day
- 4 hours per day
- 5 or more hours per day

119. **On an average school night, how many hours of sleep do you get?**

- 4 or less hours
- 5 hours
- 6 hours
- 7 hours
- 8 hours
- 9 hours
- 10 or more hours

Other Topics

The next questions ask about other health-related topics.

120. **During the past 12 months, how would you describe your grades in school?**

- Mostly A's
- Mostly B's
- Mostly C's
- Mostly D's
- Mostly F's
- None of these grades
- I don't know

121. **During this school year (since September), how many days per week did you typically participate in out of school time programs such as after school program, youth center, club, arts, sports, tutoring, etc.?** Participation could be in person or virtual.

- 0 days per week
- 1-2 days per week
- 3-4 days per week
- 5 or more days per week

122. **During this school year (since September), which programs, teams, or activities did you participate in?**

Participation could be in person or virtual. (You can choose more than one answer)

- Academic groups, clubs, or student government
- Performing arts, music, dance, choir, theatre
- Visual arts, painting, drawing
- Digital media, graphic design, photography, film
- Community service, in or out of school
- School sports teams (such as junior varsity, varsity, 9th grade, or intramural clubs)
- Team or league organized sports (such as softball, parkour, AAU basketball, travel teams for any sport)
- Faith based activities
- Leadership programs (such as Somerville Positive Forces and Teen Empowerment)
- Other program, team, or activity
- I did not participate in any programs, teams, or activities during this school year

123. **During this school year (since September), which if any of the following barriers kept you from accessing or participating in an afterschool program, team, or activity?** (You can choose more than one answer)
- I didn't have any barriers
 - I didn't know of or about them
 - They were full
 - They were too expensive
 - I didn't have transportation
 - They were hard to sign up for (for example, there were many steps to the sign-up process)
 - I was needed at home
 - My family didn't want me to participate in them
 - My friends didn't participate in them
 - The other students participating were not like me (for example, different gender identity or race)
 - I was afraid to or felt feelings of anxiety around participating
 - I was afraid of being teased or bullied for participating
 - I had too much homework
 - I didn't have time because I had to work
 - I did not participate for a different reason

124. **How likely is it that you will complete a post high school program such as a vocational training program, military service, community college, or 4-year college?**
- Definitely will not
 - Probably will not
 - Probably will
 - Definitely will
 - I don't know

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- 988 Suicide & Crisis Lifeline: Call or text 988
- Samaritans Statewide Helpline: call or text, 1-877-870-4673
- The Trevor Project (for LGBTQ crisis intervention and suicide prevention): call 1-866-488-7386 or text "Trevor" to 1-202-304-1200
- Boston Area Rape Crisis Center Hotline: call 1-800-841-8371

This is the end of the survey. If you do not want to change any of your answers, click "Submit".

Thank you for your time and input today.