

2025

**Somerville Public Schools
Youth Health Survey**

Full Report



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About the Youth Health Survey

The Youth Risk Behavior Surveillance System (YRBSS) is a nationwide initiative that monitors health behaviors, conditions, and experiences among middle and high school students across the United States. Led by the Centers for Disease Control and Prevention (CDC), the system includes the national Youth Risk Behavior Survey (YRBS), as well as additional school-based surveys conducted by states, local school districts, territories, and tribal governments.

Somerville Public Schools (SPS) has administered a local version of the YRBS to middle and high school students every two years since 2003. The survey is adapted from the CDC's Youth Risk Behavior Survey (YRBS), the Massachusetts Department of Public Health's Youth Health Survey (YHS), and other comparable instruments, and are updated biennially to address emerging health issues. Additionally, SPS incorporated tailored questions to address specific local needs.

SURVEY ADMINISTRATION & CONSENT PROCESS

JSI designed self-administered, online surveys using a nationally recognized survey platform called Alchemer. In addition to English, the surveys were translated into Haitian Creole, Spanish, and Portuguese. JSI and SPS developed a survey administration plan and schedule for the middle school and high school. Survey administration occurred during the students' regular class time.

Prior to administration, SPS obtained passive parental permission. An explanation was provided to parents around the purpose of the survey and they were given the opportunity to have their child "opt out" from taking it.

DATA CLEANING

Online administration of the surveys 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.

Reporting on the Youth Health Survey

The purpose of this report is to highlight key middle school and high school findings and provide a perspective on how the data compares to prior year and State benchmark data. Data are reported and analyzed for all students, as well as by grade, gender identity, sexual orientation, race, and ethnicity.* Ninety-five percent non-overlapping confidence intervals were used to test for the significance of the findings within each demographic category by comparing the outcomes of specific student groups to the average across all students. Of note, while statistical differences are highlighted throughout the report, there are areas where *substantive* differences may exist but were underpowered (i.e., small sample size) to detect and note *statistically significant* differences.

KEY TERMS AND ACRONYMS

Term	Description
YHS	Youth Health Survey
6	6 th grade
7	7 th grade
8	8 th grade
9	9 th grade
10	10 th grade
11	11 th grade
12	12 th grade
M	Male
F	Female
TGD	Transgender and Gender Diverse (non-binary, genderqueer, transgender, questioning, etc.)
HS	Heterosexual
LGBTQ+	Lesbian, gay, bisexual, another sexual orientation, questioning, etc.
MR	Multi-Racial
HL	Hispanic or Latino/a
EVP	Electronic vapor product
PPM	Prescription pain medication
PD	Prescription drug

2025

**Somerville Public Schools
Youth Health Survey**

High School Results

2025 High School Sample

In 2025, 1,198 high school students participated in Somerville Youth Health Survey. Among the students that participated, 142 were marked as incomplete and excluded from the final data set used in the analysis. **This resulted in a sample of 1,056 students.** The table below shows a distribution of accepted survey respondents by grade, gender identity, sexual orientation, race, and ethnicity.

Grade	#	%
9 th	313	30%
10 th	272	26%
11 th	251	24%
12 th	205	19%

Gender Identity

Woman or girl	415	39%
Man or boy	457	43%
TGD	71	7%
Did not understand/Chose not to respond	97	9%

Sexual Orientation

Heterosexual	747	71%
LGBQ+	211	20%
Did not understand /Chose not to respond	80	8%

Race/Ethnicity

Hispanic/Latino/a*	313	30%
Asian	44	4%
Black	77	7%
White	331	31%
Another race**	43	4%
Multi-racial***	231	22%

*If a student identified as "Hispanic or Latino/a" and another race, they were categorized as multi-racial.

**Includes students who identified as "Middle Eastern or North African," "Native Hawaiian or Other Pacific Islander," or "Another race."

***Includes any student who identified as more than one race and/or ethnicity.

This analysis includes surveys from 72% of the middle school student population. The table below shows the distribution of accepted survey respondents and 2024-2025 Somerville high school enrollment numbers by grade.

Grade	YHS Participation	Enrollment	Participation Rate
9 th	313	382	82%
10 th	272	362	75%
11 th	251	332	76%
12 th	205	373	55%

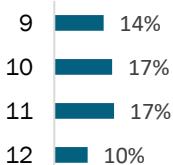
Safety

AT SCHOOL

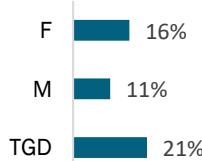
Overall, 14% of high school students skipped school because they felt unsafe at school in the past 30 days. This is the first year this question was asked so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2025 data by different demographic groups.

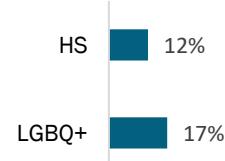
Grade



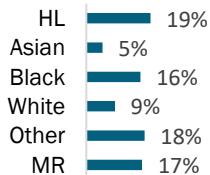
Gender Identity



Sexual Orientation



Race/Ethnicity



Race/Ethnicity: Asian students were significantly less likely than the average high school student to skip school because they felt unsafe at school in the past 30 days.

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?

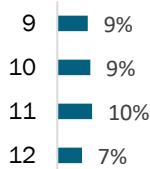
Safety

TRAVELLING TO OR FROM SCHOOL

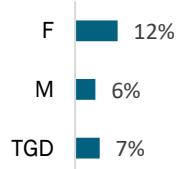
Overall, 9% of high school students skipped school because they felt unsafe on their way to or from school in the past 30 days. This is the first year this question was asked so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2025 data by different demographic groups. There were no statistically significant differences within demographic groups.

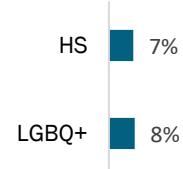
Grade



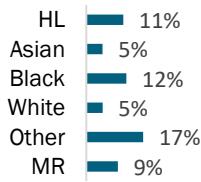
Gender Identity



Sexual Orientation



Race/Ethnicity

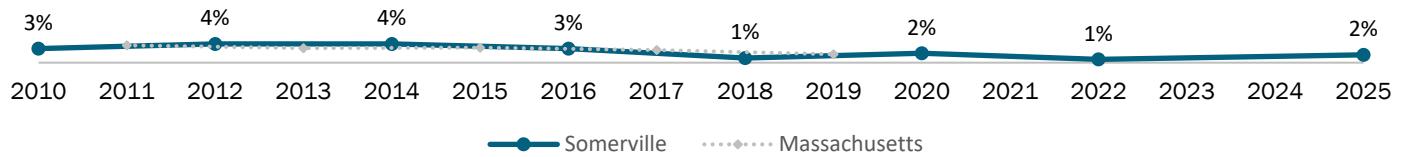


Q: During the past 30 days, on how many days did you not go to school because you felt you would be unsafe on your way to or from school?

Violence

CARRIED A WEAPON ON SCHOOL PROPERTY

Overall, 2% of high school students reported carrying a weapon such as a gun or knife on school property during the past 30 days.



The graphs below show a breakdown of 2025 data by different demographic groups. There were no statistically significant differences within demographic groups.

Grade

9	2%
10	2%
11	1%
12	2%

Gender Identity

F	1%
M	3%
TGD	0%

Sexual Orientation

HS	2%
LGBTQ+	1%

Race/Ethnicity

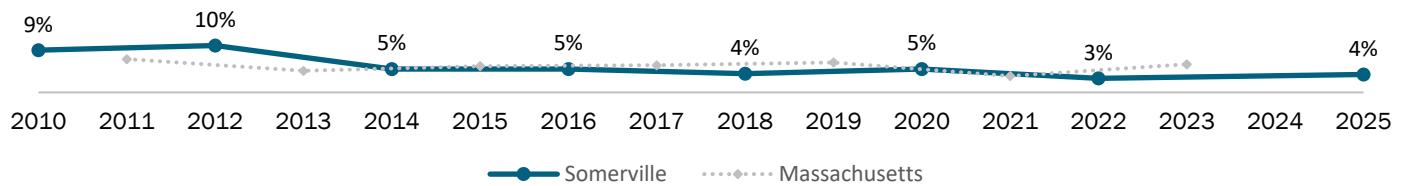
HL	3%
Asian	0%
Black	5%
White	1%
Other	0%
MR	0%

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

Violence

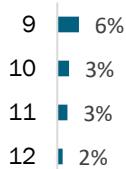
PHYSICAL FIGHTING ON SCHOOL PROPERTY

Overall, 4% of high school students were in a physical fight on school property in the past 12 months.

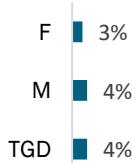


The graphs below show a breakdown of 2025 data by different demographic groups. There were no statistically significant differences within demographic groups.

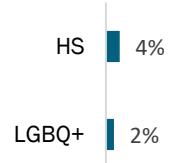
Grade



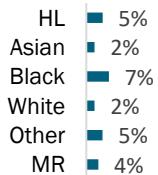
Gender Identity



Sexual Orientation



Race/Ethnicity

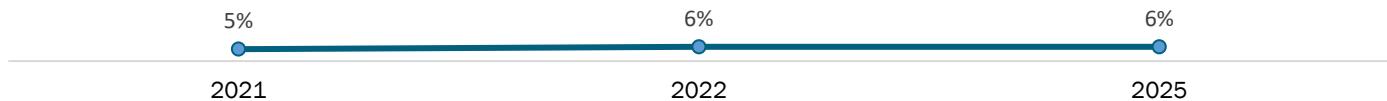


Q: During the past 12 months, how many times were you in a physical fight on school property?

Violence

SEXUAL VIOLENCE

Overall, 6% of high school students have experienced unwanted sexual contact or been forced to do sexual things that they did not want to during the past 12 months.



The graphs below show a breakdown of 2025 data by different demographic groups.

Grade

9	7%
10	5%
11	6%
12	6%

Gender Identity

F	9%
M	3%
TGD	8%

Sexual Orientation

HS	5%
LGBTQ+	10%

Race/Ethnicity

HL	6%
Asian	0%
Black	8%
White	6%
Other	5%
MR	6%

Gender Identity: Male students were significantly less likely than the average high school student to have ever experienced sexual violence in the past 12 months.

Q: During the past 12 months, did anyone do sexual things to you or forced you to do sexual things that you did not want?

Safety

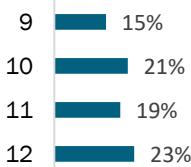
CYBERSAFETY

Overall, 19% of high school students have ever sent or received sexual messages or nude or semi-nude pictures or videos electronically. *There is no statewide comparison data.*

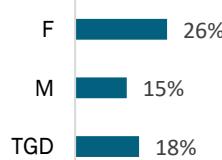


The graphs below show a breakdown of 2025 data by different demographic groups.

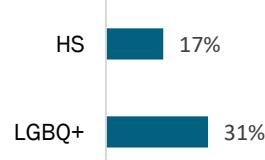
Grade



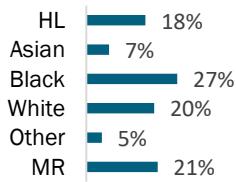
Gender Identity



Sexual Orientation



Race/Ethnicity



Gender Identity: Female students were significantly more likely than the average high school student to ever send or receive sexual messages or nude or semi-nude pictures or videos electronically.

Sexual Orientation: LGBTQ+ students were significantly more likely than the average high school student to ever send or receive sexual messages or nude or semi-nude pictures or videos electronically, and heterosexual students were significantly less likely.

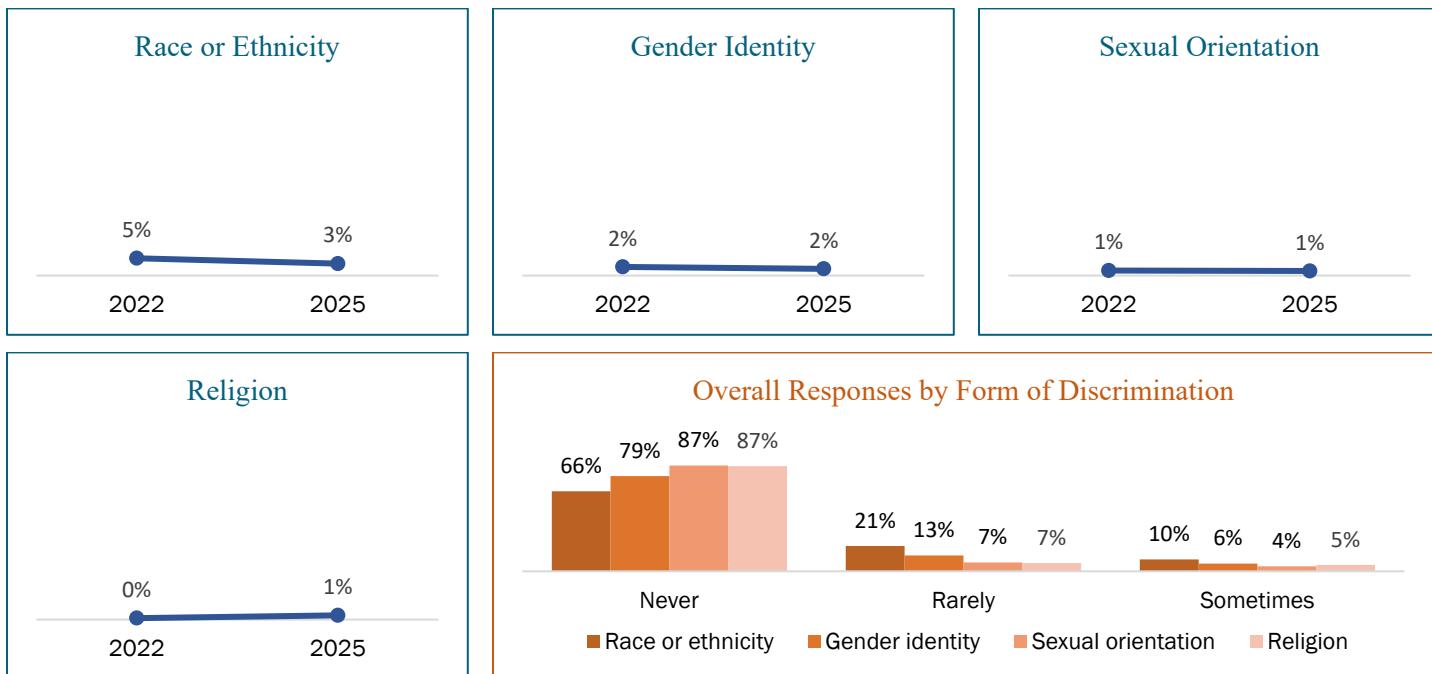
Race/Ethnicity: Asian students and students of another race were significantly less likely than the average high school student to ever send or receive sexual messages or nude or semi-nude pictures or videos electronically.

Q: Have you ever sent or received sexual messages or nude or semi-nude pictures or videos electronically?

Discrimination

EXPERIENCED DISCRIMINATION

High school students were asked different ways in which they had experienced bad or unfair treatment in school this school year. Overall, 3% of high school students reported that they were most of the time or always treated badly or unfairly in school because of their race or ethnicity, 2% because of their gender identity, 1% because of their sexual orientation, and 1% because of their religion. *There is no statewide comparison data.*



Below is a breakdown of 2025 data by different demographic groups.

Overall	Grade				Gender Identity			Sexual Orientation		Race/Ethnicity						
	9	10	11	12	F	M	TGD	HS	LGBTQ+	HL	Asian	Black	White	Other	MR	
Race or ethnicity																
3%	3%	4%	4%	3%	2%	3%	6%	2%	5%	2%	5%	6%	1%	10%	5%	
Gender identity																
2%	1%	4%	2%	1%	1%	1%	11% [^]	1%	6%	2%	0%	1%	2%	3%	3%	
Sexual orientation																
1%	<1%	2%	2%	1%	1%	1%	7%	<1%	4%	1%	0%	0%	2%	2%	<%	
Religion																
1%	<1%	2%	2%	1%	1%	1%	1%	1%	2%	2%	0%	3%	0%	5%	1%	

[^] indicates that students in this demographic group are significantly *more* likely than the average student to experience the form of discrimination.

^V indicates that students in this demographic group are significantly *less* likely than the average student to experience the form of discrimination.

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?

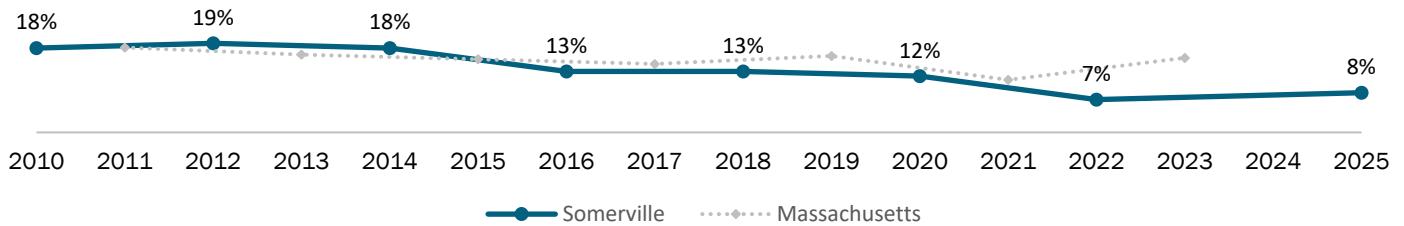
Q: During this school year (since September), how often have you felt that you were treated badly or unfairly in school because of your sexual orientation?

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

Bullying

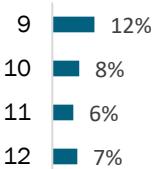
AT SCHOOL

Overall, 8% of high school students were bullied at school in the past 12 months.

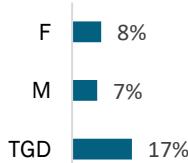


The graphs below show a breakdown of 2025 data by different demographic groups. There were no statistically significant differences within demographic groups.

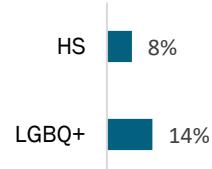
Grade



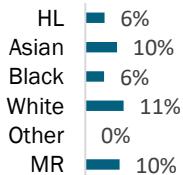
Gender Identity



Sexual Orientation



Race/Ethnicity



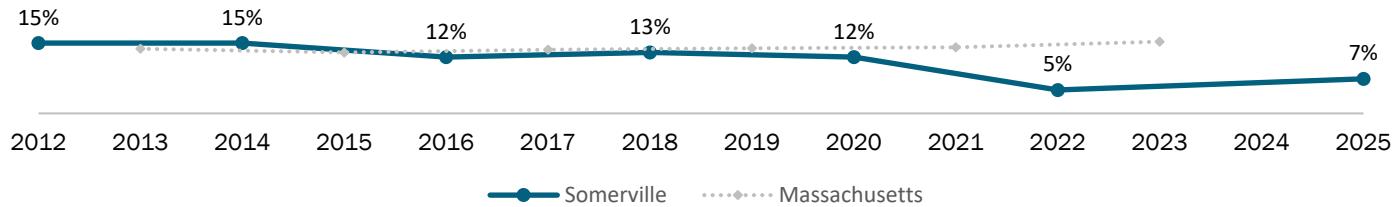
Q: During the past 12 months, how many times were you bullied at school?

The 2025 Somerville YHS defined bullying as repeated teasing, threats, rumors, hitting, shoving, or harm by one or more students. It does not include friendly teasing or conflicts between students of similar strength. Bullying can happen in person or electronically (cyberbullying).

Bullying

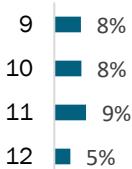
ELECTRONIC

Overall, 7% of high school students reported being electronically bullied in the past 12 months.

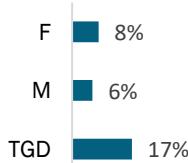


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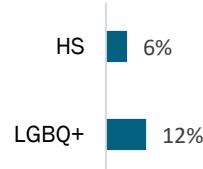
Grade



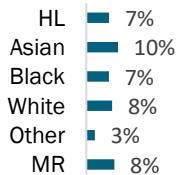
Gender Identity



Sexual Orientation



Race/Ethnicity



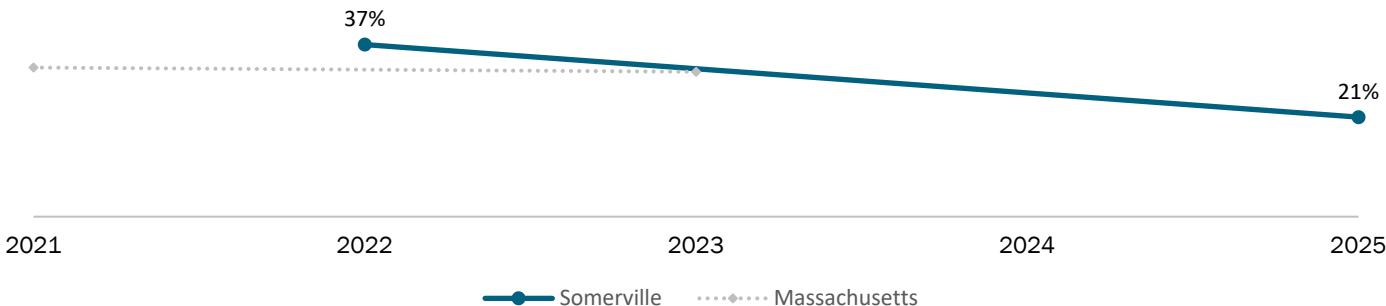
Q: During the past 12 months, how many times were you bullied electronically?

The 2025 Somerville YHS defined electronic bullying as being done over digital devices like cell phones, computers, and tablets. It can be done by text or in online spaces like social media. Examples of social media apps are TikTok, Instagram, X, Discord, Facebook, Twitch, Snapchat, and others.

Mental Health

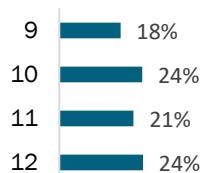
GENERAL

Overall, 21% of high school students reported that their mental health was not good most of the time or always in the past 30 days.

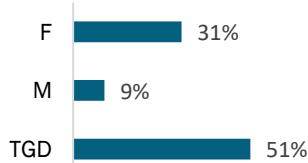


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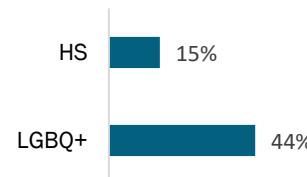
Grade



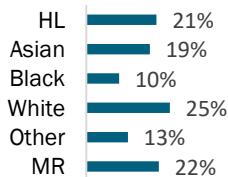
Gender Identity



Sexual Orientation



Race/Ethnicity



Gender Identity: Female and TGD students were significantly more likely than the average high school student to report that their mental health was not good most of the time or always in the past 30 days, and male students were significantly less likely.

Sexual Orientation: LGBTQ+ students were significantly more likely than the average high school student to report that their mental health was not good most of the time or always in the past 30 days, and heterosexual students were significantly less likely.

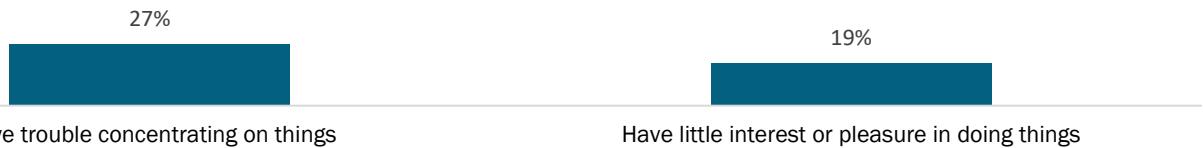
Race/Ethnicity: Black students were significantly less likely than the average high school student to report that their mental health was not good most of the time or always in the past 30 days.

Q: During the past 30 days, how often was your mental health not good? Struggling with your mental health may include things like avoiding your friends and social activities, being overwhelmed by emotions such as anger, worry, or sadness, or having trouble concentrating. It may also include things like experiencing stress, anxiety, or depression.

Mental Health

GENERAL

Overall, 27% high school students had trouble concentrating on things more than half the days or nearly every day in the past two weeks. Nineteen percent had little interest or pleasure in doing things more than half the days or nearly every day in the past two weeks. *There is no statewide comparison data.*



Below is a breakdown of 2025 data by different demographic groups.

Overall	Grade				Gender Identity			Sexual Orientation		Race/Ethnicity						
	9	10	11	12	F	M	TGD	HS	LGBTQ+	HL	Asian	Black	White	Other	MR	
Trouble concentrating on things																
27%	24%	30%	32%	22%	32%	18%	60%	22%	48%	27%	33%	27%	27%	20%	28%	
Little interest or pleasure in doing things																
19%	19%	22%	20%	11%	22%	12%	31%	16%	29%	21%	12%	23%	16%	25%	19%	

^ indicates that students in this demographic group are significantly *more* likely than the average student to experience the issue.

▼ indicates that students in this demographic group are significantly *less* likely than the average student to experience the issue.

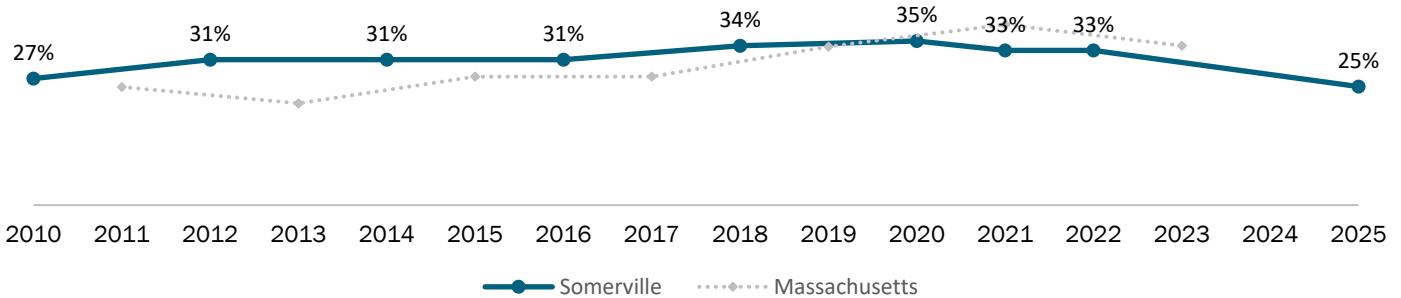
Q: During the past two weeks, how often did you have trouble concentrating on things like school work, reading, or watching TV?

Q: During the past two weeks, how often did you have little interest or pleasure in doing things?

Mental Health

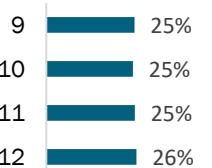
DEPRESSION

Overall, 25% of high school students felt sad or hopeless almost every day for two or more weeks in a row that they stopped doing some of their usual activities (i.e., experienced depression) in the past 12 months.

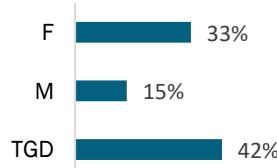


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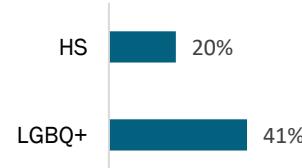
Grade



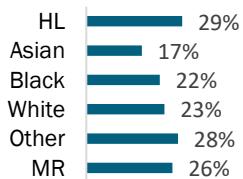
Gender Identity



Sexual Orientation



Race/Ethnicity



Gender Identity: Female and TGD students were significantly more likely than the average high school student to experience depression in the past 12 months, and male students were significantly less likely.

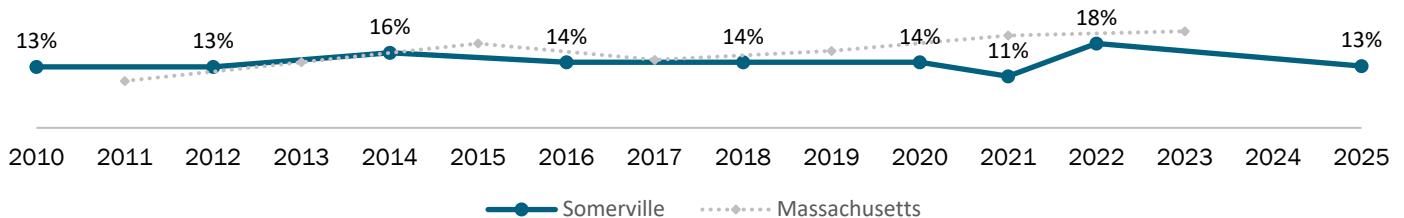
Sexual Orientation: LGBTQ+ students were significantly more likely than the average high school student to experience depression in the past 12 months.

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?

Mental Health

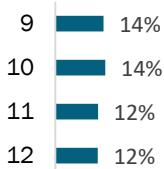
SELF-HARM

Overall, 13% of high school students hurt or injured themselves on purpose in the past 12 months.

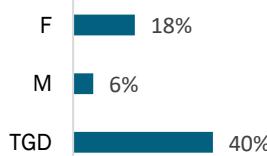


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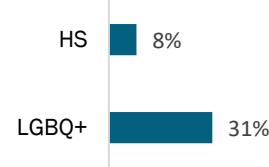
Grade



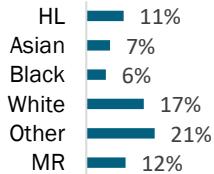
Gender Identity



Sexual Orientation



Race/Ethnicity



Gender Identity: TGD students were significantly more likely than the average high school student to engage in self-harm in the past 12 months, and male students were significantly less likely.

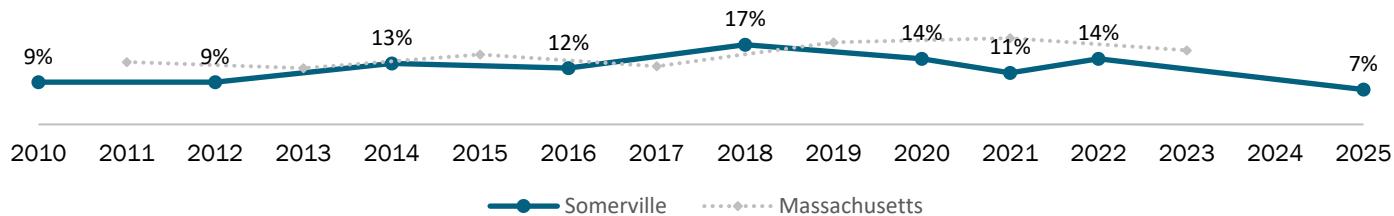
Sexual Orientation: LGBTQ+ students were significantly more likely than the average high school student to engage in self-harm in the past 12 months, and heterosexual students were significantly less likely.

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?

Mental Health

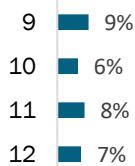
CONSIDERED ATTEMPTING SUICIDE

Overall, 7% of high school students seriously considered attempting suicide during the past 12 months.

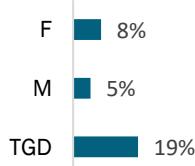


The graphs below show a breakdown of 2025 data by different demographic groups.

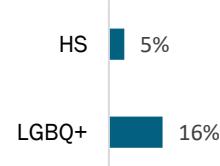
Grade



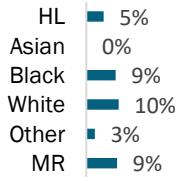
Gender Identity



Sexual Orientation



Race/Ethnicity



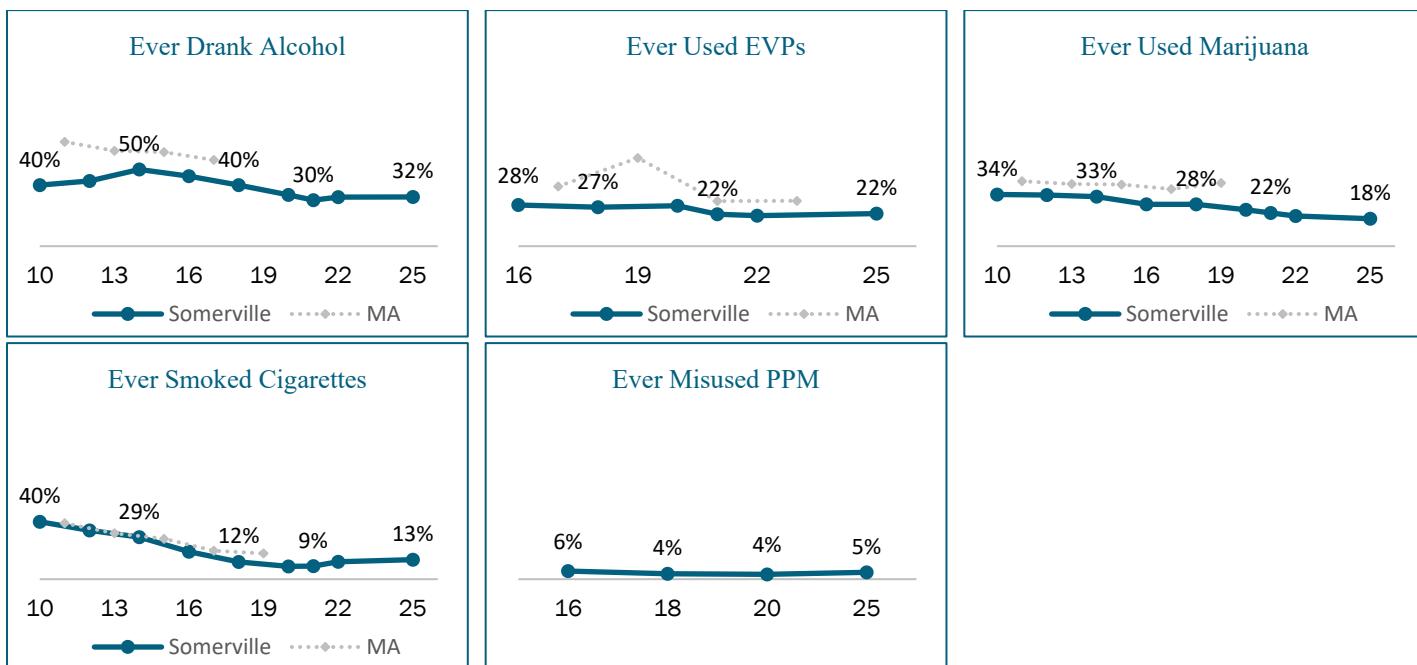
Gender Identity: TGD students were significantly more likely than the average high school student to seriously consider suicide in the past 12 months.

Sexual Orientation: LGBTQ+ students were significantly more likely than the average high school student to seriously consider suicide in the past 12 months.

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

Lifetime Substance Use

Somerville high school students were asked if they had ever used a variety of substances. Overall, 32% reported ever drinking alcohol, 22% reported ever using electronic vapor products, 18% reported ever using marijuana, 13% reported ever smoking cigarettes, and 5% reported ever misusing prescription pain medication. *There is no statewide lifetime prescription drug misuse comparison data.*



Below is a breakdown of 2025 data by different demographic groups.

Overall	Grade				Gender Identity			Sexual Orientation		Race/Ethnicity					
	9	10	11	12	F	M	TGD	HS	LGBTQ+	HL	Asian	Black	White	Other	MR
Ever drank alcohol															
32%	20%	28%	40%	47%	40%	26%	35%	29%	45%	29%	20%	15%	41%	24%	30%
Ever used EVPs															
22%	16%	21%	26%	29%	28%	18%	20%	22%	25%	32%	7%	18%	19%	17%	22%
Ever used marijuana															
18%	10%	18%	23%	26%	23%	15%	21%	17%	26%	18%	7%	16%	22%	9%	17%
Ever smoked cigarettes															
13%	8%	13%	14%	20%	17%	11%	14%	12%	20%	15%	5%	5%	14%	26%	12%
Ever misused prescription pain medication															
5%	4%	4%	8%	5%	5%	5%	2%	5%	4%	9%	5%	3%	3%	14%	3%

[^] indicates that students in this demographic group are significantly **more** likely than the average student to use the substance.

^v indicates that students in this demographic group are significantly **less** likely than the average student to use the substance.

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?

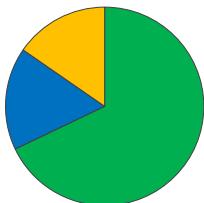
Q: During your life, did you take prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it?

Lifetime Substance Use

AGE OF FIRST USE

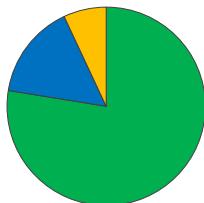
Below are the age high school students first tried select substances.

Alcohol Use



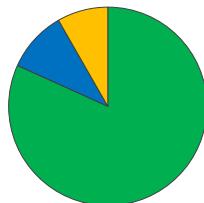
- 68% Never drank alcohol
- 17% Before age 15
- 15% Age 15 and older

EVP Use



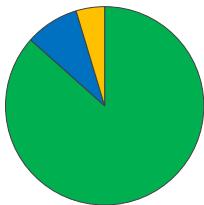
- 78% Never tried EVPs
- 15% Before age 15
- 7% Age 15 and older

Marijuana Use



- 82% Never tried marijuana
- 10% Before age 15
- 8% Age 15 and older

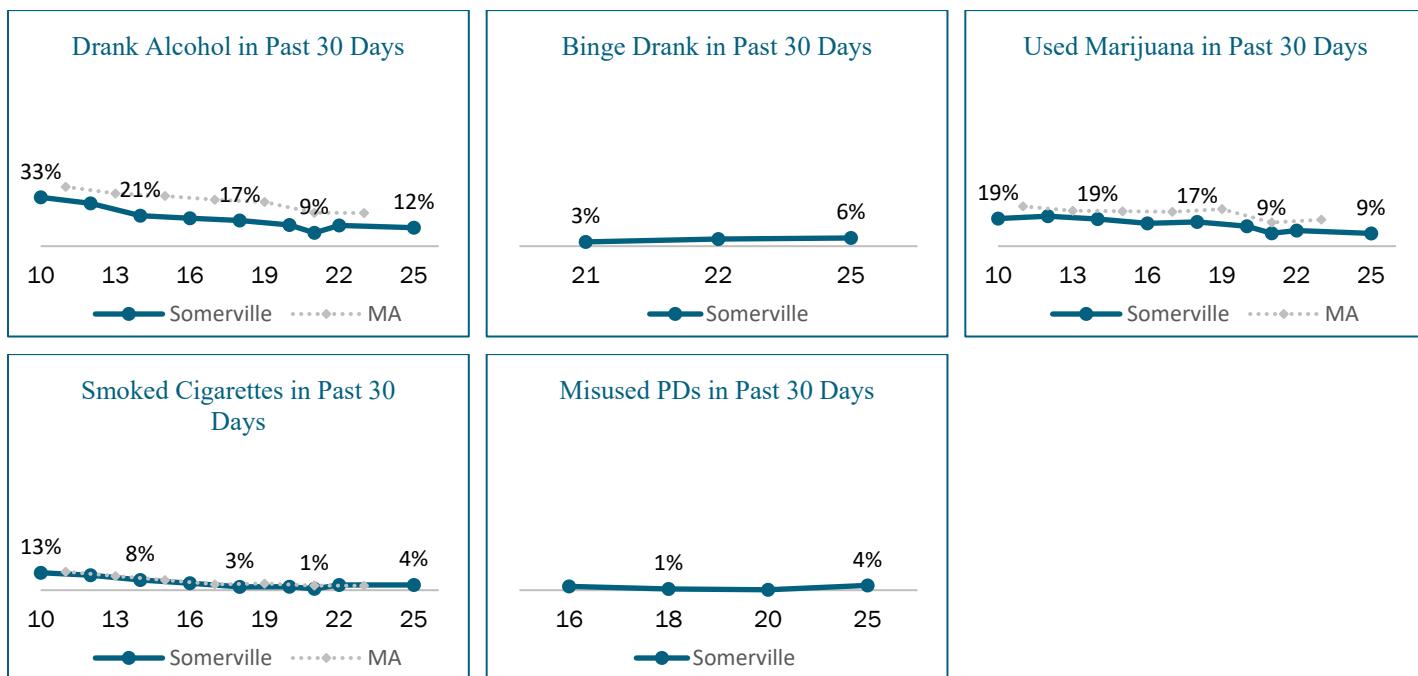
Cigarette Smoking



- 87% Never smoked cigarettes
- 9% Before age 15
- 5% Age 15 and older

Current Substance Use

Somerville high school students were asked if they had used a variety of substances in the past 30 days (currently). Overall, 12% of high school students reported currently using alcohol, 6% reported currently binge drinking, 9% reported currently using marijuana, 4% reported currently smoking cigarette, and 4% reported currently misusing prescription drugs. There is no statewide current binge drinking and prescription drug misuse comparison data.



Below is a breakdown of 2025 data by different demographic groups.

Overall	Grade				Gender Identity			Sexual Orientation		Race/Ethnicity						
	9	10	11	12	F	M	TGD	HS	LGBTQ+	HL	Asian	Black	White	Other	MR	
Drank alcohol in past 30 days																
12%	6%	11%	14%	23%	18%	8%	14%	11%	19%	7%	0%	10%	18%	9%	14%	
Binge drank in past 30 days																
6%	2%	5%	8%	11%	8%	4%	5%	5%	8%	2%	0%	7%	10%	0%	6%	
Used marijuana in past 30 days																
9%	3%	7%	12%	17%	11%	7%	15%	8%	14%	7%	2%	9%	12%	0%	10%	
Smoked cigarettes in past 30 days																
4%	1%	4%	6%	6%	5%	2%	8%	3%	7%	4%	2%	0%	5%	0%	4%	
Misused prescription drugs in past 30 days																
4%	2%	5%	5%	1%	4%	3%	0%	3%	3%	5%	0%	0%	3%	9%	4%	

[^] indicates that students in this demographic group are significantly **more** likely than the average student to currently use the substance.

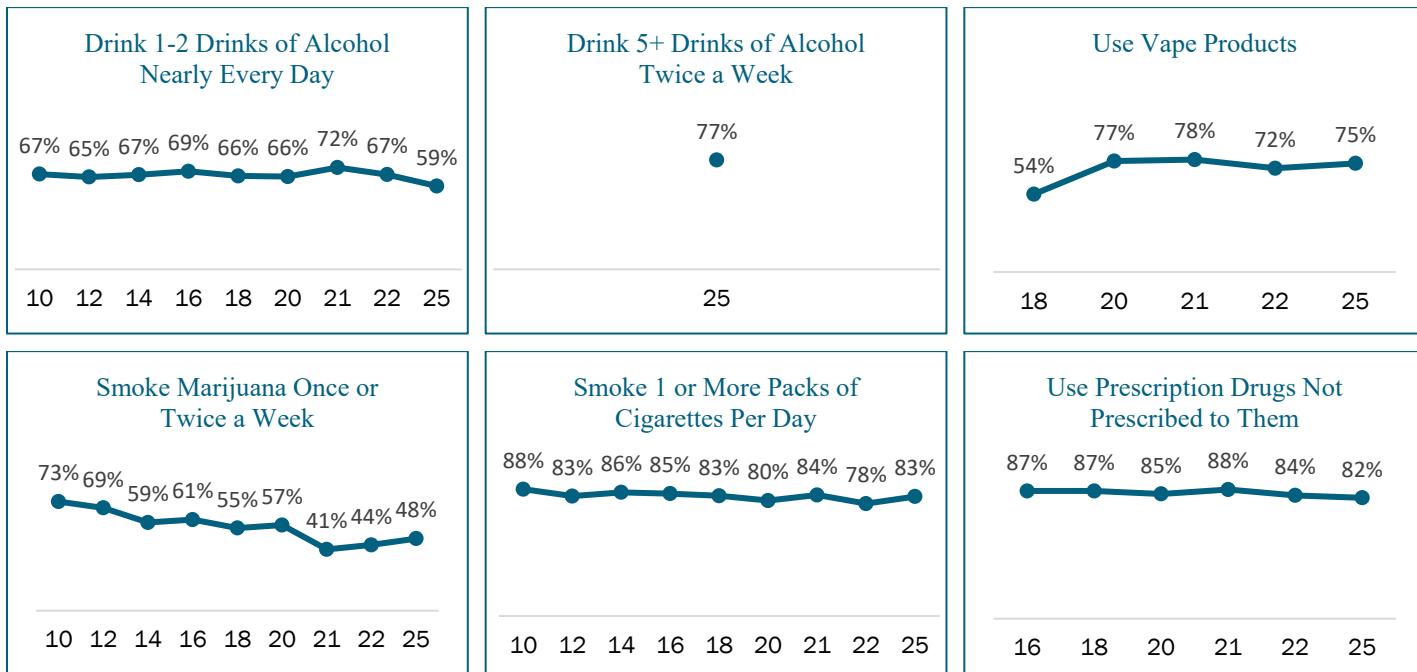
^v indicates that students in this demographic group are significantly **less** likely than the average student to currently use the substance.

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?
 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?
 Q: During the past month, did you take a prescription drug without a doctor's prescription?

Perceptions About Substance Use

PERCEIVED RISK OF HARM

Overall, high school students were most likely to perceive smoking one or more packs of cigarettes per day as having moderate or great risk of harm (83%), and least likely to perceive smoking marijuana once or twice a week as having moderate or great risk of harm (48%). *There is no statewide comparison data.*



Below is a breakdown of 2025 data by different demographic groups.

Overall	Grade					Gender Identity			Sexual Orientation		Race/Ethnicity						
	9	10	11	12		F	M	TGD	HS	LGBTQ+	HL	Asian	Black	White	Other	MR	
Drink 1-2 drinks of alcohol nearly every day																	
59%	57%	59%	63%	58%		62%	58%	63%	57%	69%^	51%	62%	54%	65%	49%	62%	
Drink 5+ drinks of alcohol twice a week																	
77%	76%	77%	74%	84%		80%	77%	79%	77%	84%	72%	82%	70%	83%	57%	81%	
Use vape products every day																	
75%	76%	77%	72%	77%		77%	74%	83%	75%	82%	70%	82%	65%	80%	66%	77%	
Smoke marijuana once or twice a week																	
48%	49%	51%	48%	44%		55%	46%	34%	51%	41%	55%	69%^	56%	40%	51%	45%	
Smoke 1 or more packs of cigarettes per day																	
83%	86%	79%	80%	87%		85%	82%	88%	83%	89%	76%	82%	76%	90%^	65%	86%	
Use prescription drugs not prescribed to them																	
82%	80%	82%	81%	89%		85%	80%	89%	82%	90%^	76%	85%	70%	89%^	57% ^v	87%	

[^] indicates that students in this demographic group are significantly **more** likely than the average middle school student to consider the use of having moderate or great risk of harm.

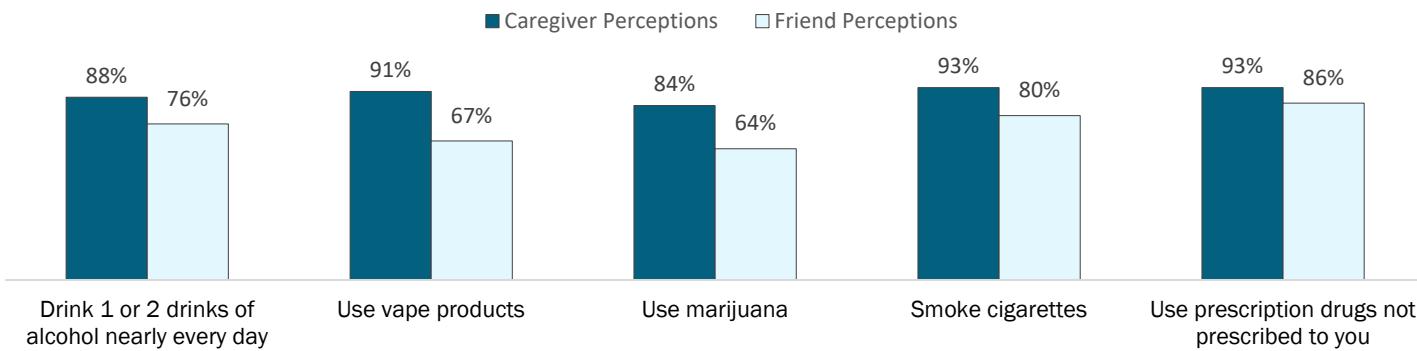
^v indicates that students in this demographic group are significantly **less** likely than the average middle school student to consider the use of having moderate or great risk of harm.

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 drink 5 or more drinks of alcohol at least twice a week?
 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 smoke marijuana once or twice a week?
 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 prescription drugs that are not prescribed to them?

Perceptions About Substance Use

CAREGIVER AND FRIEND PERCEPTIONS

Overall, high school students were most likely to think their caregivers think smoking cigarettes or misusing prescription drugs is wrong or very wrong (93%, respectively), and least likely to think their caregivers think using marijuana is wrong or very wrong (84%). High school students were most likely to think their friends think misusing prescription drugs is wrong or very wrong (86%), and least likely to think their friends think using marijuana is wrong or very wrong (64%).



Q: How wrong do your caregivers/friends feel it would be for you to drink 1-2 drinks nearly every day?

Q: How wrong do your caregivers/friends feel it would be for you to use vape products?

Q: How wrong do your caregivers/friends feel it would be for you to use marijuana?

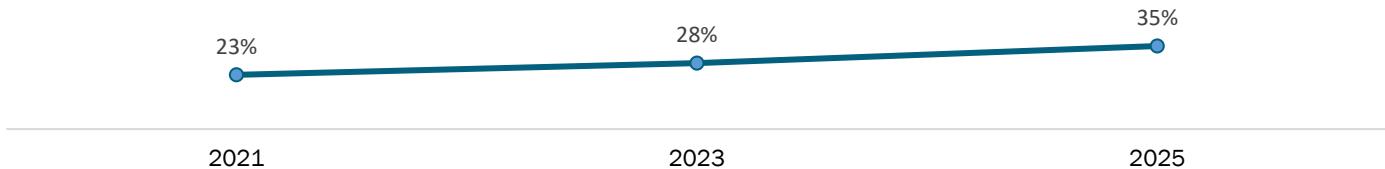
Q: How wrong do your caregivers/friends feel it would be for you to smoke cigarettes?

Q: How wrong do your caregivers/friends feel it would be for you to use prescription medications not prescribed to you?

Gambling

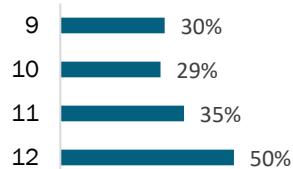
ACCESS TO GAMBLING

Overall, 35% of high school students perceived that accessing gambling products that require them to be over the age of 18 would be sort of easy or easy. *There is no statewide comparison data.*

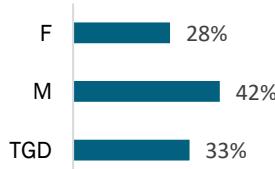


The graphs below show a breakdown of 2025 data by different demographic groups.

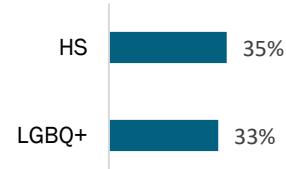
Grade



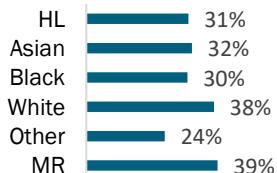
Gender Identity



Sexual Orientation



Race/Ethnicity

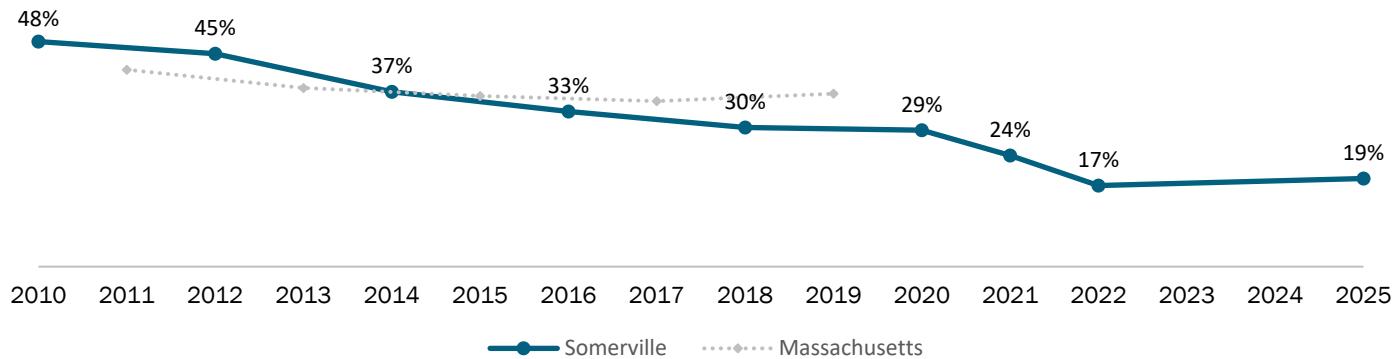


Q: If you wanted to, how easy would it be to obtain gambling products that require you to be over the age of 18 to purchase, participate in, etc.?

Sexual Behaviors

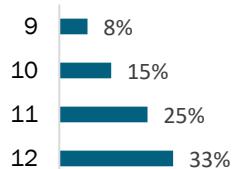
EVER HAD SEXUAL INTERCOURSE

Overall, 19% of high school students have ever had consensual sexual intercourse.* There is no statewide comparison data.

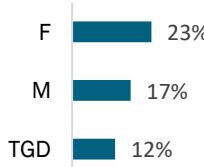


The graphs below show a breakdown of 2025 data by different demographic groups.

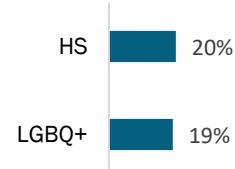
Grade



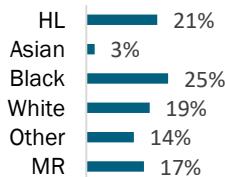
Gender Identity



Sexual Orientation



Race/Ethnicity



Grade: Students in 9th grade were significantly less likely than the average high school student to have ever had consensual sexual intercourse, and students in 12th grade were significantly more likely.

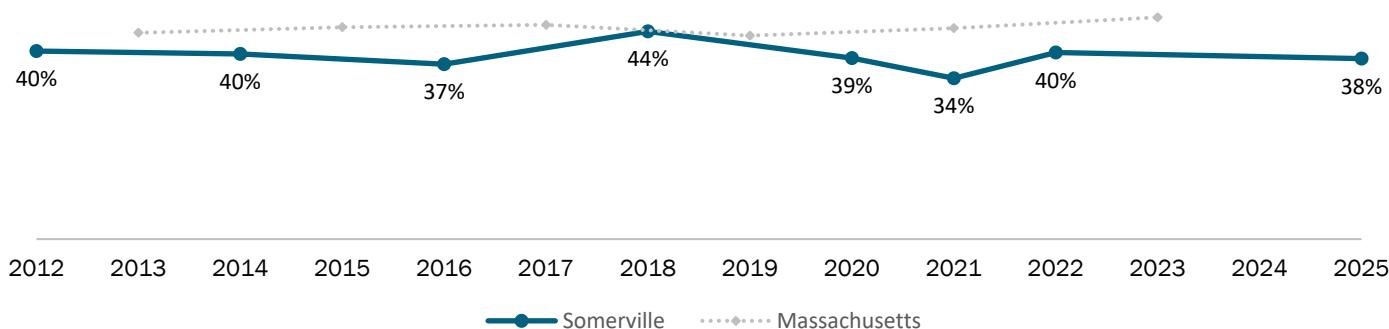
Race/Ethnicity: Asian students were significantly less likely than the average high school student to have ever had consensual sexual intercourse.

*Question was updated in 2022 to include the word “consensual.”

Q: Have you ever had consensual sexual intercourse?

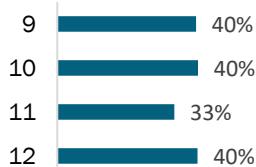
Physical Activity

Overall, 38% of high school students engaged in 60 minutes of physical activity on at least 5 of the past 7 days.

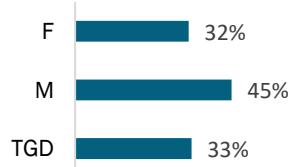


The graphs below show a breakdown of 2025 data by different demographic groups.

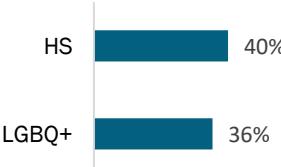
Grade



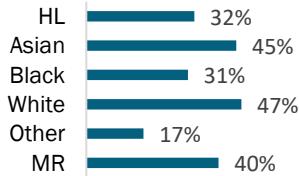
Gender Identity



Sexual Orientation



Race/Ethnicity

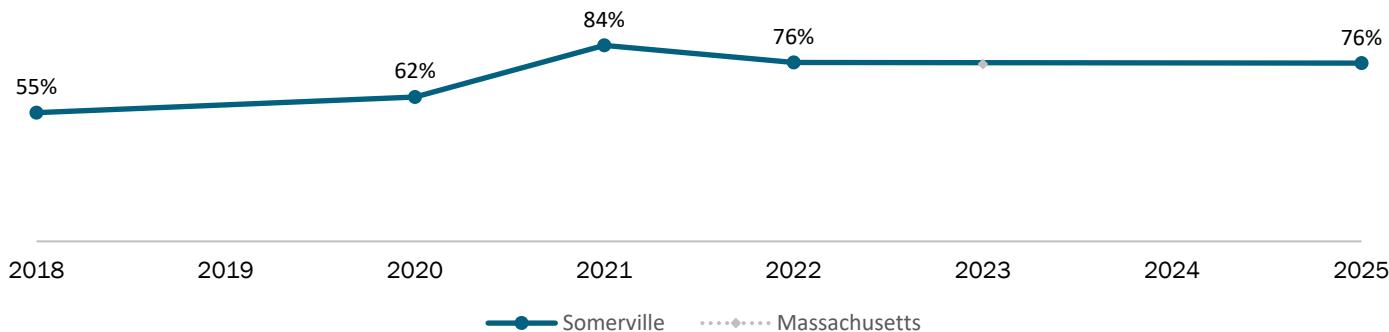


Race/Ethnicity: Students of another race were significantly less likely than the average high school student to engage in 60 minutes of physical activity on at least 5 of the past 7 days.

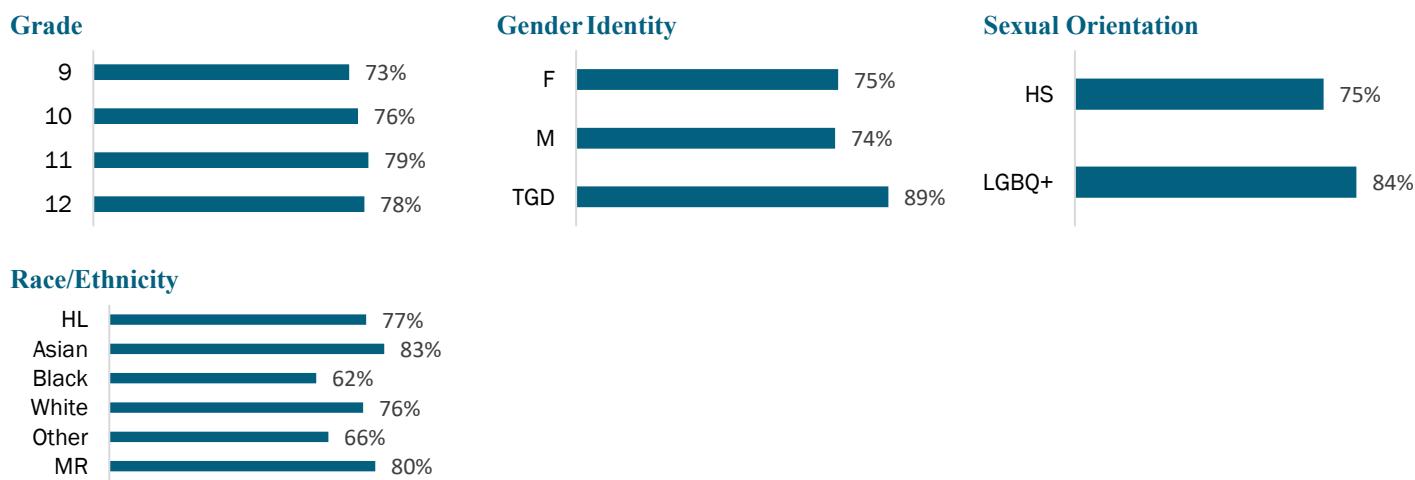
Q: During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

Screen Time

Overall, 76% of high school students had 3 or more hours of screen time for things other than schoolwork on an average weekday. *There is no statewide comparison data.*



The graphs below show a breakdown of 2025 data by different demographic groups.



Gender Identity: TGD students were significantly more likely than the average high school student to spend 3 or more hours of screen time on an average weekday for things other than schoolwork.

Sexual Orientation: TGD students were significantly more likely than the average high school student to spend 3 or more hours of screen time on an average weekday for things other than schoolwork.

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

Social Media

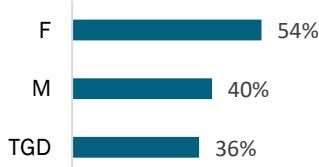
Overall, 46% of high school students use social media for 3 or more hours on an average day. This is the year time this question was asked so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2025 data by different demographic groups. **There were no statistically significant differences within demographic groups.**

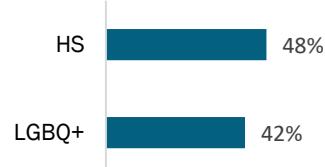
Grade



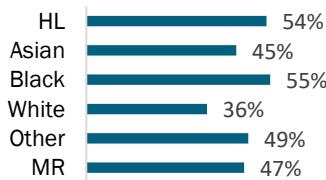
Gender Identity



Sexual Orientation



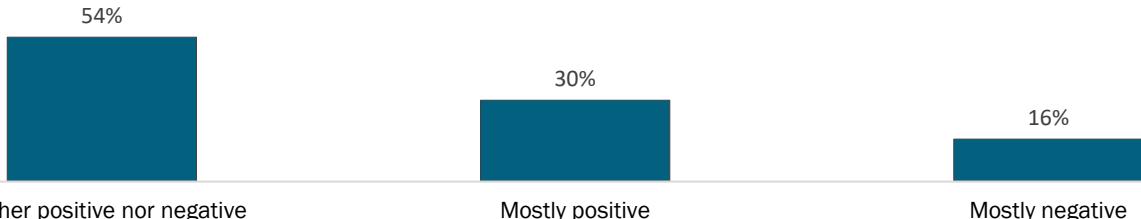
Race/Ethnicity



Q: On an average day, about how many hours do you use social media?

Social Media

When asked about the effect social media has had on them, over half of students responded that it had neither a positive nor negative effect, followed by a mostly positive effect (30%), and mostly negative effect (16%).



Main Positive Effects		Main Negative Effects	
35%	Connections and socializing	29%	Concerns about the amount of time spent on social media
29%	Entertainment and fun	28%	Potential negative effects on mental health
18%	Information and learning	13%	Drama or negativity
5%	Seeing positive things and/or avoiding negative things	10%	Things seen on social media can be fake, unrealistic
5%	Just because it does	20%	Other reason
3%	Benefits to their wellbeing, mental health		
6%	Other reason		

Q: Overall, what effect would you say social media has had on you, personally?

Assets and Protective Factors

CONNECTIONS

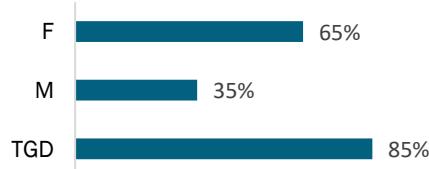
Overall, 51% of high school students felt the need to talk to someone about how they were feeling, how things were going in their lives, or problems they might have had in the past 12 months. This is the year time this question was asked so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2025 data by different demographic groups.

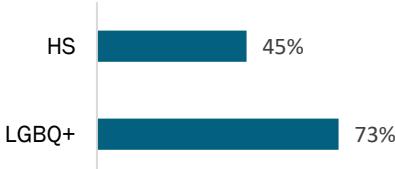
Grade



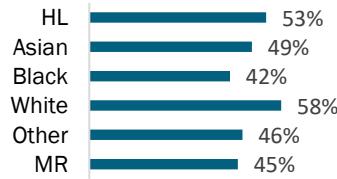
Gender Identity



Sexual Orientation



Race/Ethnicity



Gender Identity: Female and TGD students were significantly more likely than the average high school student to feel the need to talk to someone about how they were feeling, things were going in their life, or problems they may have had in the past 12 months, and male students were significantly less likely.

Sexual Orientation: LGBTQ+ students were significantly more likely than the average high school student to feel the need to talk to someone about how they were feeling, things were going in their life, or problems they may have had in the past 12 months.

Q: During the past year, have you felt you needed to talk to someone about how you were feeling, how things were going in your life, or problems you might have had?

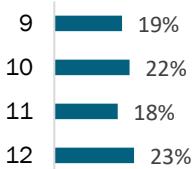
Assets and Protective Factors

ACCESS TO HELP

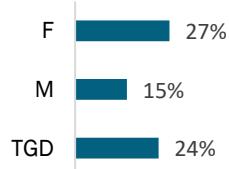
Overall, 20% of high school students were able to get help most of the time or always when they felt sad, empty, hopeless, angry, or anxious in the past 12 months. This is the year time this question was asked so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2025 data by different demographic groups. There were no statistically significant differences within demographic groups.

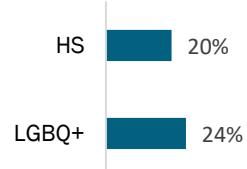
Grade



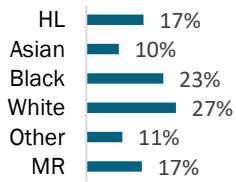
Gender Identity



Sexual Orientation



Race/Ethnicity

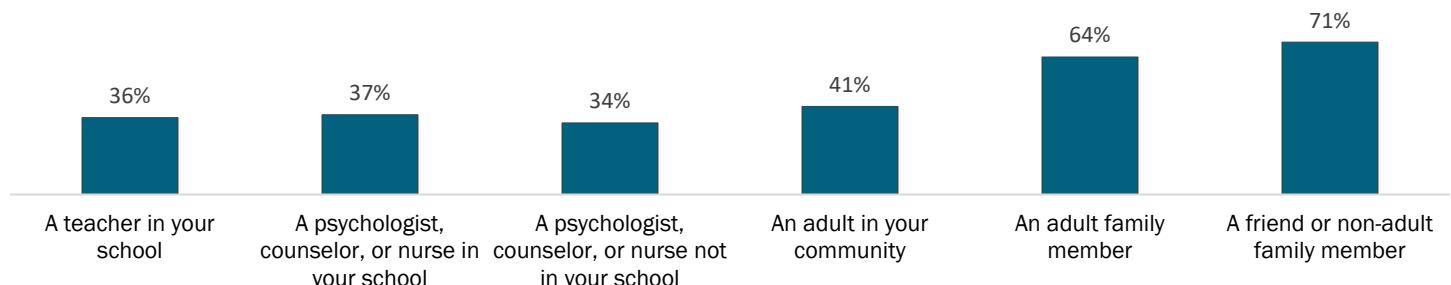


Q: During the past year, when you feel sad, empty, hopeless, angry, or anxious, how often do you get the kind of help you need?

Assets and Protective Factors

ACCESS TO HELP

High school students were asked who could they talk about their feelings, life, or problems. Students were most likely to report that they could talk to a friend or non-adult family member (71%) and least likely to report that they could talk to a psychologist, counselor, or nurse not in their school (34%).

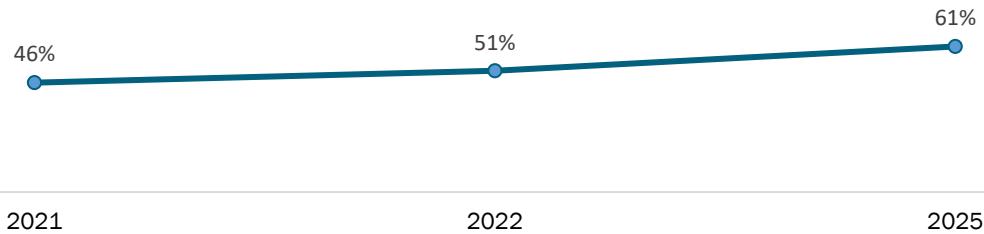


Q: Can you talk to any of the following people about your feelings, life, or problems? - A teacher in your school
Q: Can you talk to any of the following people about your feelings, life, or problems? - An adult in your community
Q: Can you talk to any of the following people about your feelings, life, or problems? - A psychologist, counselor, or nurse in your school
Q: Can you talk to any of the following people about your feelings, life, or problems? - A psychologist, counselor, or nurse not in your school
Q: Can you talk to any of the following people about your feelings, life, or problems? - An adult family member
Q: Can you talk to any of the following people about your feelings, life, or problems? - A friend or non-adult family member
Q: Can you talk to any of the following people about your feelings, life, or problems? - Someone of similar age

Assets and Protective Factors

SCHOOL CONNECTEDNESS

Overall, 61% of high school students agreed or strongly agreed that they feel close to people at their school. *There is no statewide comparison data.*



The graphs below show a breakdown of 2025 data by different demographic groups.

Grade



Gender Identity



Sexual Orientation



Race/Ethnicity



Race/Ethnicity: White students were significantly more likely than the average high school student to agree or strongly agree that they feel close to people at their school.

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

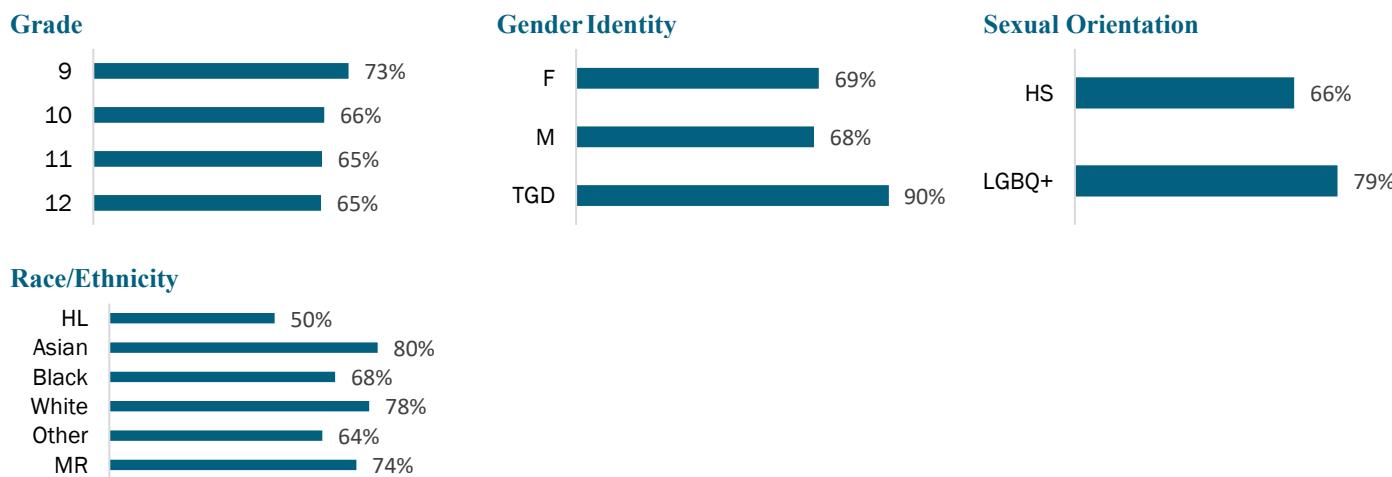
Assets and Protective Factors

PARTICIPATION IN EXTRACURRICULAR ACTIVITIES

Overall, 68% of high school students reported that they typically participate in out of school time programs one or more days per week during the past school year. *There is no statewide comparison data.*



The graphs below show a breakdown of 2025 data by different demographic groups.



Gender Identity: TGD students were significantly more likely than the average high school student to typically participate in out of school time programs one or more days per week.

Sexual Orientation: LGBTQ+ students were significantly more likely than the average high school student to typically participate in out of school time programs one or more days per week.

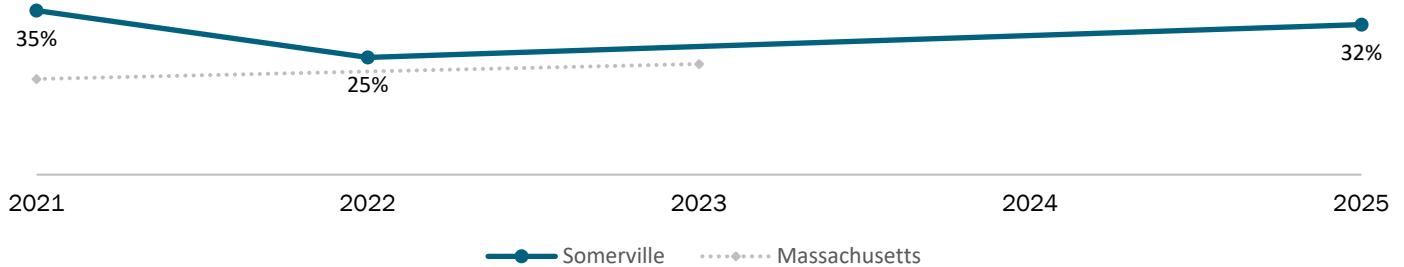
Race/Ethnicity: HL students were significantly less likely than the average high school student to typically participate in out of school time programs one or more days per week, and White students were significantly more likely.

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.?

Assets and Protective Factors

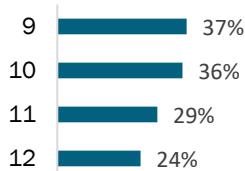
SLEEP

Overall, 32% of high school students reported sleeping 8 or more hours on an average school night. *There is no statewide comparison data.*

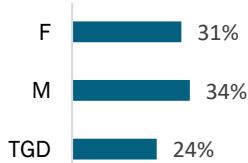


The graphs below show a breakdown of 2025 data by different demographic groups.

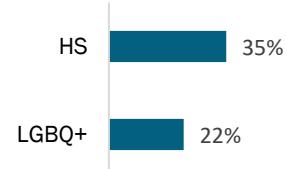
Grade



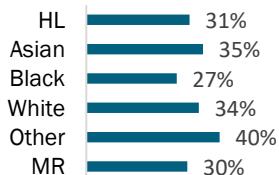
Gender Identity



Sexual Orientation



Race/Ethnicity



Sexual Orientation: LGBTQ+ students were significantly less likely than the average high school student to sleep 8 or more hours on an average school night.

Q: On an average school night, how many hours of sleep do you get?

2025

Somerville Public Schools
Youth Health Survey

Middle School Results

2025 Middle School Sample

In 2025, 940 middle school students participated in Somerville Youth Health Survey. Among the students that participated, 123 were marked as incomplete and excluded from the final data set used in the analysis. **This resulted in a sample of 817 students.** The table below shows a distribution of accepted survey respondents by grade, gender identity, sexual orientation, race, and ethnicity.

Grade	#	%
6 th	286	35%
7 th	265	32%
8 th	252	31%
Gender Identity		
Woman or girl	334	41%
Man or boy	356	44%
TGD	47	6%
Did not understand/Chose not to respond	66	8%
Sexual Orientation		
Heterosexual	592	72%
LGBQ+	124	15%
Did not understand /Chose not to respond	87	11%
Race/Ethnicity		
Hispanic/Latino/a*	219	27%
Asian	39	5%
Black	54	7%
White	293	36%
Another race**	48	6%
Multi-racial***	150	18%

*If a student identified as "Hispanic or Latino/a" and another race, they were categorized as multi-racial.

**Includes students who identified as "Middle Eastern or North African," "Native Hawaiian or Other Pacific Islander," or "Another race."

***Includes any student who identified as more than one race and/or ethnicity.

This analysis includes surveys from 81% of the middle school student population. The table below shows the distribution of accepted survey respondents and 2024-2025 Somerville middle school enrollment numbers by grade.

Grade	YHS Participation	Enrollment	Participation Rate
6 th	286	354	81%
7 th	265	299	89%
8 th	252	335	75%

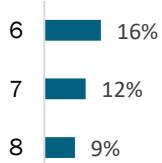
Safety

AT SCHOOL

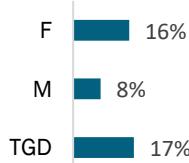
Overall, 12% of middle school students skipped school because they felt unsafe at school in the past 30 days. This is the first year this question was asked so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2025 data by different demographic groups.

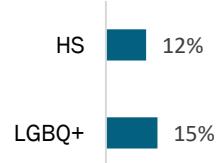
Grade



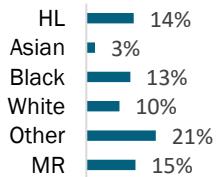
Gender Identity



Sexual Orientation



Race/Ethnicity



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

Q: During the past month, on how many days did you not go to school because you felt you would be unsafe at school?

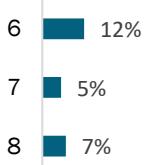
Safety

TRAVELLING TO OR FROM SCHOOL

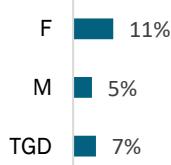
Overall, 8% of middle school students skipped school because they felt unsafe travelling on their way to or from school in the past 30 days. This is the first year this question was asked so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2025 data by different demographic groups. There were no statistically significant differences within demographic groups.

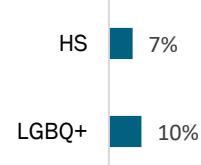
Grade



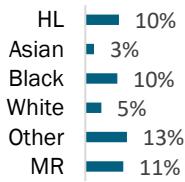
Gender Identity



Sexual Orientation



Race/Ethnicity



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

Violence

CARRIED A WEAPON ON SCHOOL PROPERTY

Overall, 1% of middle school students reported carrying a weapon such as a gun or knife on school property during the past 30 days. *There is no statewide comparison data.*



The graphs below show a breakdown of 2025 data by different demographic groups. There were no statistically significant differences within demographic groups.

Grade

6	1%
7	2%
8	2%

Gender Identity

F	1%
M	1%
TGD	2%

Sexual Orientation

HS	1%
LGBTQ+	3%

Race/Ethnicity

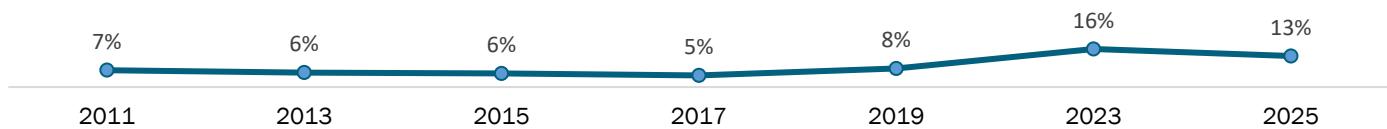
HL	3%
Asian	0%
Black	2%
White	0%
Other	0%
MR	1%

Q: During the past month, did you carry a weapon such as a gun or knife on school property?

Violence

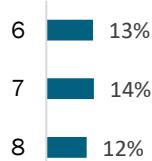
PHYSICAL FIGHTING ON SCHOOL PROPERTY

Overall, 13% of middle school students were in a physical fight on school property in the past 12 months. *There is no statewide comparison data.*

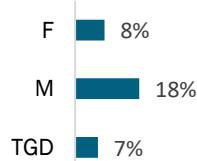


The graphs below show a breakdown of 2025 data by different demographic groups. There were no statistically significant differences within demographic groups.

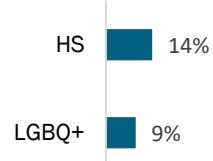
Grade



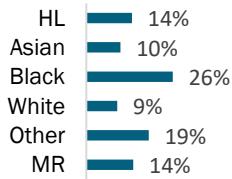
Gender Identity



Sexual Orientation



Race/Ethnicity



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

Violence

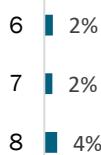
SEXUAL VIOLENCE

Overall, 3% of middle school students have experienced unwanted sexual contact or been forced to do sexual things that they did not want to in the past 12 months. *There is no statewide comparison data.*

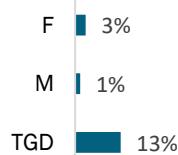


The graphs below show a breakdown of 2025 data by different demographic groups. There were no statistically significant differences within demographic groups.

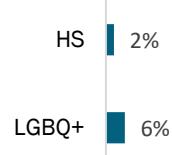
Grade



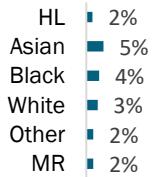
Gender Identity



Sexual Orientation



Race/Ethnicity



Q: During the past 12 months, has anyone done sexual things to you or forced you to do sexual things that you did not want?

Safety

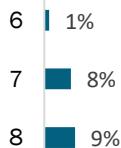
CYBERSAFETY

Overall, 6% of middle school students have you ever sent or received sexual messages or nude or semi-nude pictures or videos electronically. *There is no statewide comparison data.*

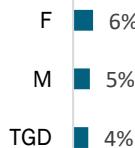


The graphs below show a breakdown of 2025 data by different demographic groups.

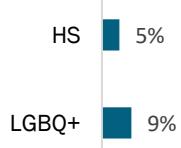
Grade



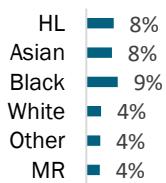
Gender Identity



Sexual Orientation



Race/Ethnicity



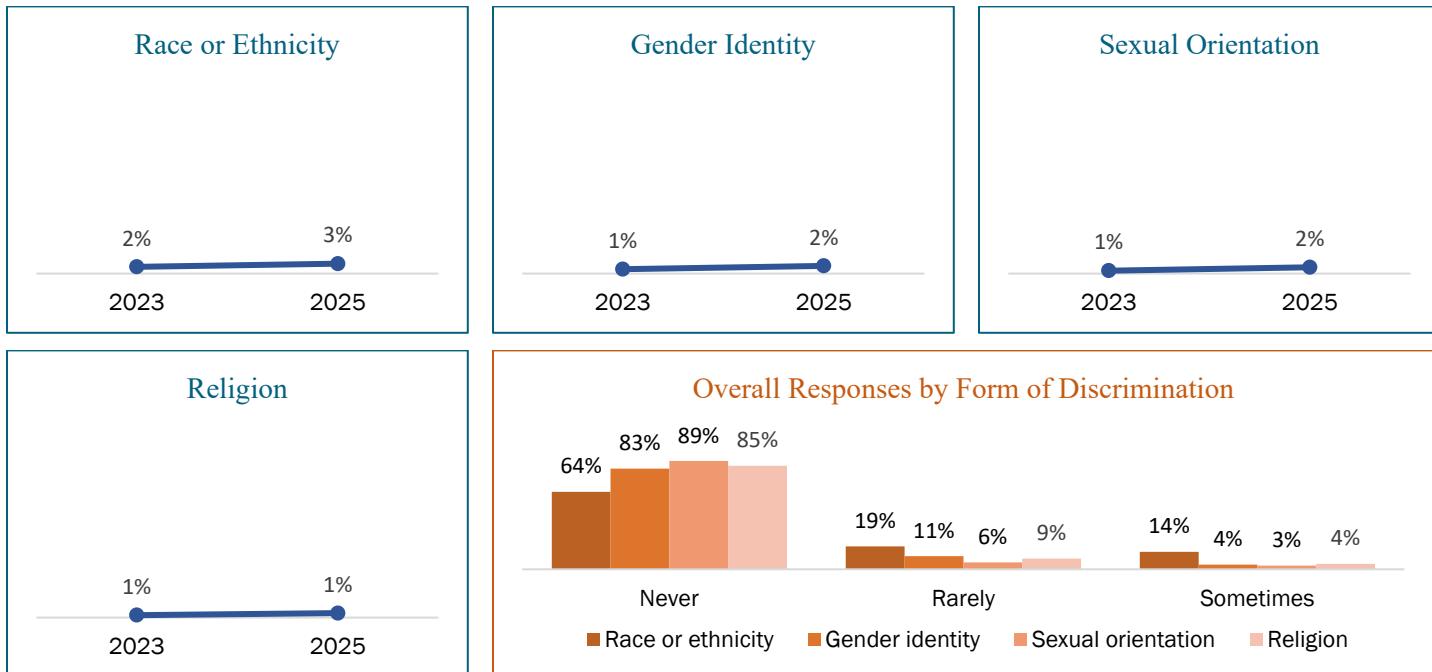
Grade: Students in 6th grade were significantly less likely than the average middle school student to ever send or receive sexual messages or nude or semi-nude pictures or videos electronically.

Q: Have you ever sent or received sexual messages or nude or semi-nude pictures or videos electronically?

Discrimination

EXPERIENCED DISCRIMINATION

Middle school students were asked different ways in which they had experienced bad or unfair treatment in school. Overall, 1% of middle school students reported that they were most of the time or always treated badly or unfairly in school because of their race or ethnicity, 2% because of their gender identity, 2% because of their sexual orientation, and 1% because of their religion. *There is no statewide comparison data.*



Below is a breakdown of 2025 data by different demographic groups.

Overall	Grade			Gender Identity			Sexual Orientation		Race/Ethnicity						
	6	7	8	F	M	TGD	HS	LGBTQ+	HL	Asian	Black	White	Other	MR	
Race or ethnicity															
3%	4%	2%	2%	2%	2%	2%	3%	3%	4%	0%	8%	1%	6%	3%	
Gender identity															
2%	2%	1%	3%	2%	2%	11%	1%	7%	1%	0%	2%	4%	0%	1%	
Sexual orientation															
2%	1%	2%	2%	1%	2%	7%	1%	6%	1%	0%	6%	2%	0%	3%	
Religion															
1%	2%	1%	1%	2%	1%	2%	1%	2%	1%	3%	4%	1%	0%	1%	

^ indicates that students in this demographic group are significantly *more* likely than the average student to experience the form of discrimination.

▼ indicates that students in this demographic group are significantly *less* likely than the average student to experience the form of discrimination.

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?

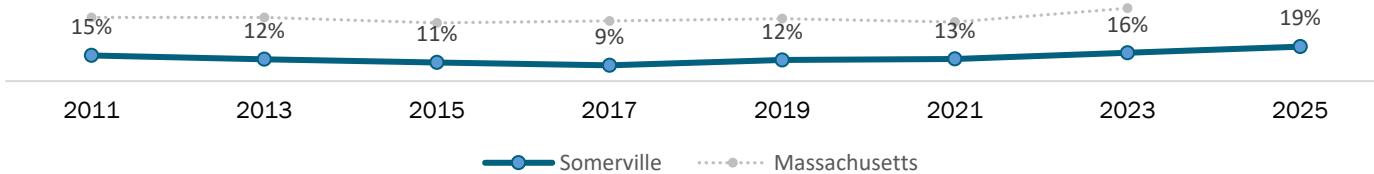
Q: During this school year (since September), how often have you felt that you were treated badly or unfairly because of your sexual orientation?

Q: During this school year (since September), how often have you felt that you were treated badly or unfairly because of your religion?

Bullying

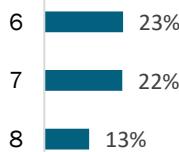
AT SCHOOL

Overall, 19% of middle school students were bullied at school in the past 12 months. There were no statistically significant differences within demographic groups.

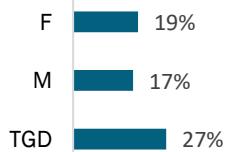


The graphs below show a breakdown of 2025 data by different demographic groups.

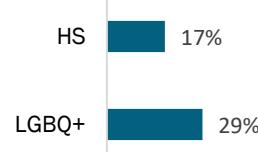
Grade



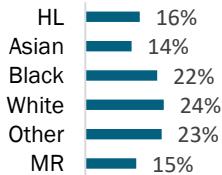
Gender Identity



Sexual Orientation



Race/Ethnicity



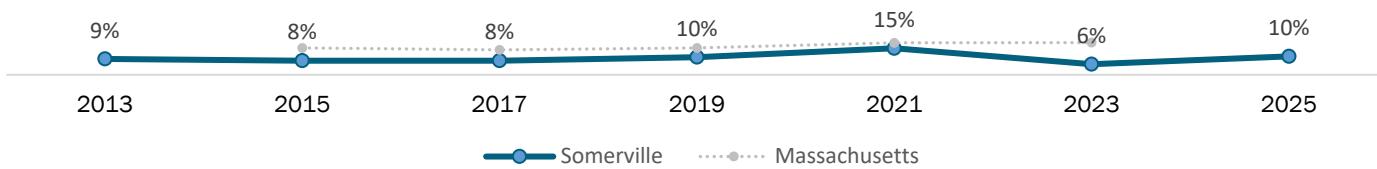
Q: During the past year, how many times were you bullied at school?

The 2025 Somerville YHS defined bullying as repeated teasing, threats, rumors, hitting, shoving, or harm by one or more students. It does not include friendly teasing or conflicts between students of similar strength. Bullying can happen in person or electronically (cyberbullying).

Bullying

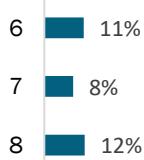
ELECTRONIC

Overall, 10% of middle school students reported being electronically bullied in the past 12 months.

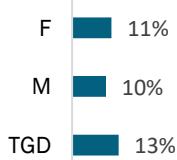


The graphs below show a breakdown of 2025 data by different demographic groups. There were no statistically significant differences within demographic groups.

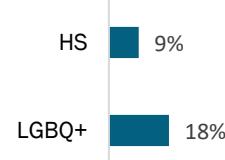
Grade



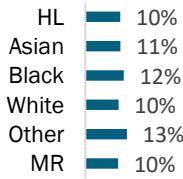
Gender Identity



Sexual Orientation



Race/Ethnicity



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

The 2025 Somerville YHS defined electronic bullying as being done over digital devices like cell phones, computers, and tablets. It can be done by text or in online spaces like social media. Examples of social media apps are TikTok, Instagram, X, Discord, Facebook, Twitch, Snapchat, and others.

Mental Health

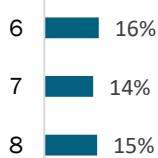
GENERAL

Overall, 15% of middle school students reported that their mental health was not good most of the time or always in the past 30 days. *There is no statewide comparison data.*

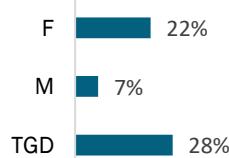


The graphs below show a breakdown of 2025 data by different demographic groups.

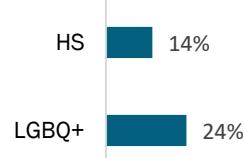
Grade



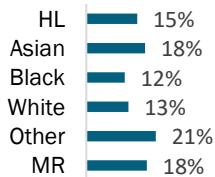
Gender Identity



Sexual Orientation



Race/Ethnicity



Gender Identity: Male students were significantly less likely than the average middle school student to report that their mental health was not good in the past 30 days.

Q: During the past month, how often was your mental health not good? Struggling with your mental health may include things like avoiding your friends and social activities, being overwhelmed by emotions such as anger, worry, or sadness, or having trouble concentrating. It may also include things like experiencing stress, anxiety, or depression.

Mental Health

GENERAL

Overall, 15% middle school students had trouble concentrating on things more than half the days or nearly every day in the past two weeks. Fifteen percent had little interest or pleasure in doing things more than half the days or nearly every day in the past two weeks. *There is no statewide comparison data.*



Below is a breakdown of 2025 data by different demographic groups.

Overall	Grade			Gender Identity			Sexual Orientation		Race/Ethnicity						
	6	7	8	F	M	TGD	HS	LGBTQ+	HL	Asian	Black	White	Other	MR	
Trouble concentrating on things															
15%	12%	14%	20%	18%	10%	21%	13%	28%	14%	3%	23%	14%	15%	18%	
Little interest or pleasure in doing things															
15%	13%	20%	13%	16%	12%	26%	13%	25%	16%	6%	25%	12%	11%	19%	

^ indicates that students in this demographic group are significantly *more* likely than the average student to experience the issue.

▼ indicates that students in this demographic group are significantly *less* likely than the average student to experience the issue.

Q: During the past two weeks, how often did you have trouble concentrating on things like school work, reading, or watching TV?

Q: During the past two weeks, how often did you have little interest or pleasure in doing things?

Mental Health

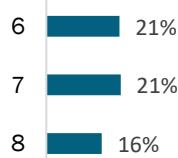
DEPRESSION

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.

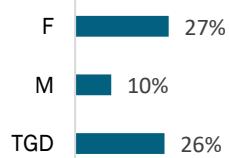


The graphs below show a breakdown of 2025 data by different demographic groups.

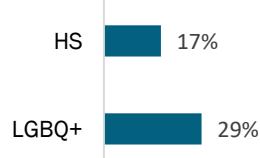
Grade



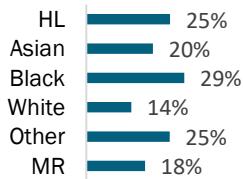
Gender Identity



Sexual Orientation



Race/Ethnicity



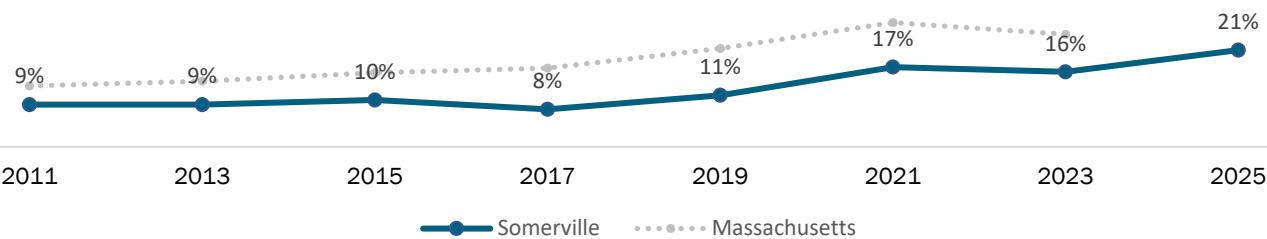
Gender Identity: Male students were significantly less likely than the average middle school student to experience depression in the past 12 months.

Q: During the past year, 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?

Mental Health

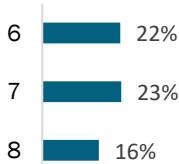
SELF-HARM

Overall, 21% of middle school students hurt or injured themselves on purpose in the past 12 months.

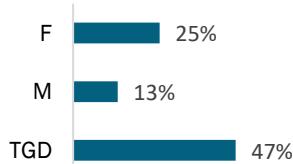


The graphs below show a breakdown of 2025 data by different demographic groups.

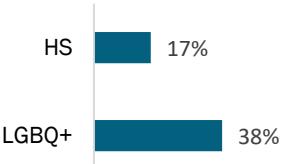
Grade



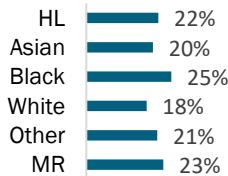
Gender Identity



Sexual Orientation



Race/Ethnicity



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

Sexual Orientation: LGBTQ+ students were significantly more likely than the average middle school student to engage in self-harm in the past 12 months.

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

Mental Health

CONSIDERED ATTEMPTING SUICIDE

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



The graphs below show a breakdown of 2025 data by different demographic groups.

Grade

6	9%
7	10%
8	7%

Gender Identity

F	12%
M	5%
TGD	19%

Sexual Orientation

HS	6%
LGBTQ+	18%

Race/Ethnicity

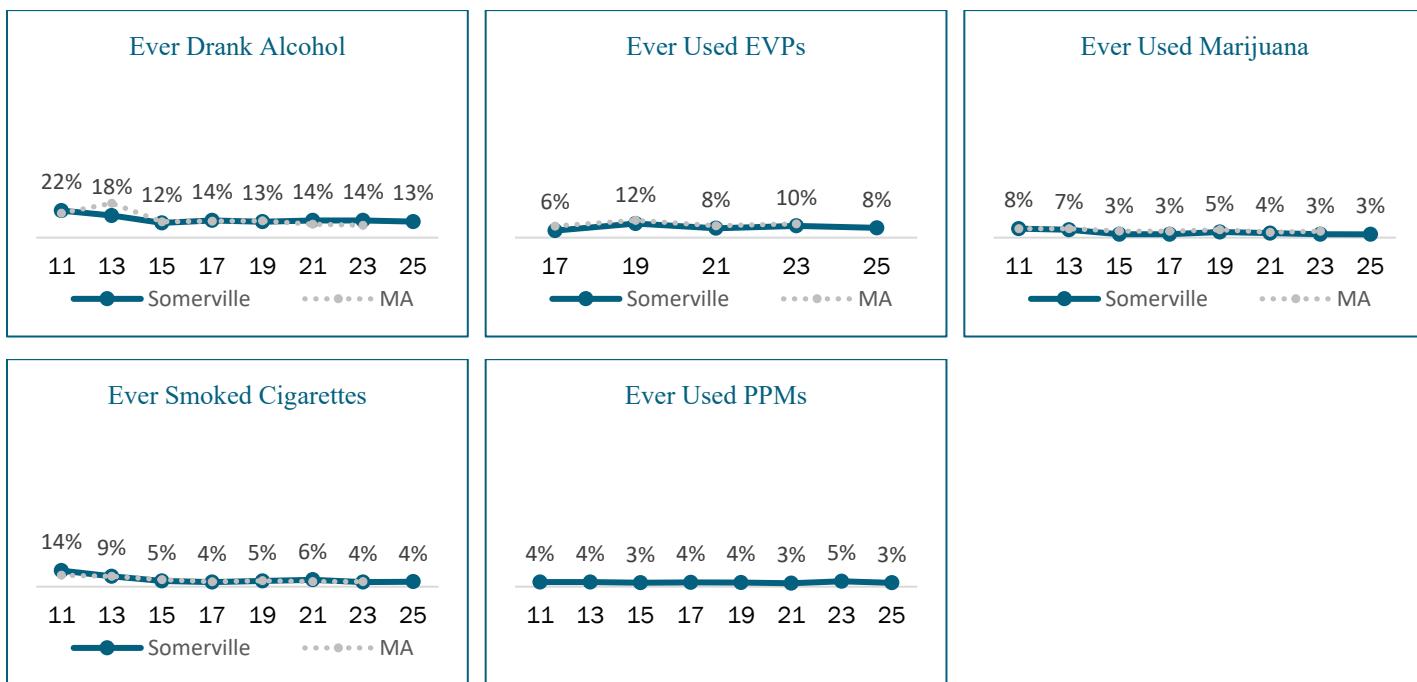
HL	9%
Asian	6%
Black	8%
White	7%
Other	13%
MR	10%

Sexual Orientation: LGBTQ+ students were significantly more likely than the average middle school student to seriously consider attempting suicide in the past 12 months.

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

Lifetime Substance Use

Somerville middle school students were asked if they had ever used a variety of substances. Overall, 13% reported ever drinking alcohol, 8% reported ever using electronic vapor products, 3% reported ever using marijuana, 4% reported ever smoking cigarettes, and 3% reported ever misusing prescription pain medication. *There is no statewide lifetime prescription drug misuse comparison data.*



Below is a breakdown of 2025 data by different demographic groups.

Overall	Grade			Gender Identity			Sexual Orientation		Race/Ethnicity						
	6	7	8	F	M	TGD	HS	LGBTQ+	HL	Asian	Black	White	Other	MR	
Ever drank alcohol															
13%	10%	11%	18%	15%	12%	10%	13%	16%	16%	10%	12%	10%	10%	17%	
Ever used EVPs															
8%	4%	12%	10%	9%	7%	10%	8%	11%	12%	6%	7%	4%	12%	11%	
Ever used marijuana															
3%	1%	4%	3%	3%	3%	7%	2%	6%	3%	3%	2%	3%	5%	4%	
Ever smoked cigarettes															
4%	2%	7%	3%	5%	3%	7%	4%	6%	5%	0%	4%	3%	12%	6%	
Ever misused prescription pain medication															
3%	4%	4%	3%	3%	3%	5%	3%	6%	6%	3%	2%	1%	2%	5%	

^ indicates that students in this demographic group are significantly **more** likely than the average student to ever use the substance.

▼ indicates that students in this demographic group are significantly **less** likely than the average student to ever use the substance.

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?

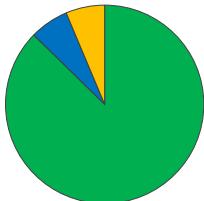
Q: During your life, did you take prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it?

Lifetime Substance Use

AGE OF FIRST USE

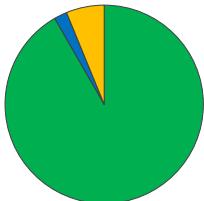
Below are the age middle school students first tried substances.

Alcohol Use



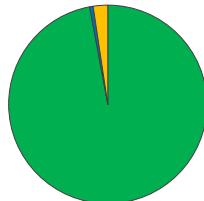
- 87% Never tried alcohol
- 7% Age 10 or younger
- 7% Age 11 or older

EVP Use



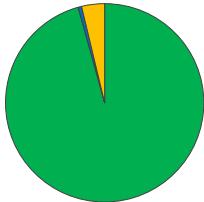
- 92% Never tried EVPs
- 2% Age 10 or younger
- 6% Age 11 or older

Marijuana Use



- 97% Never tried marijuana
- 1% Age 10 or younger
- 2% Age 11 or older

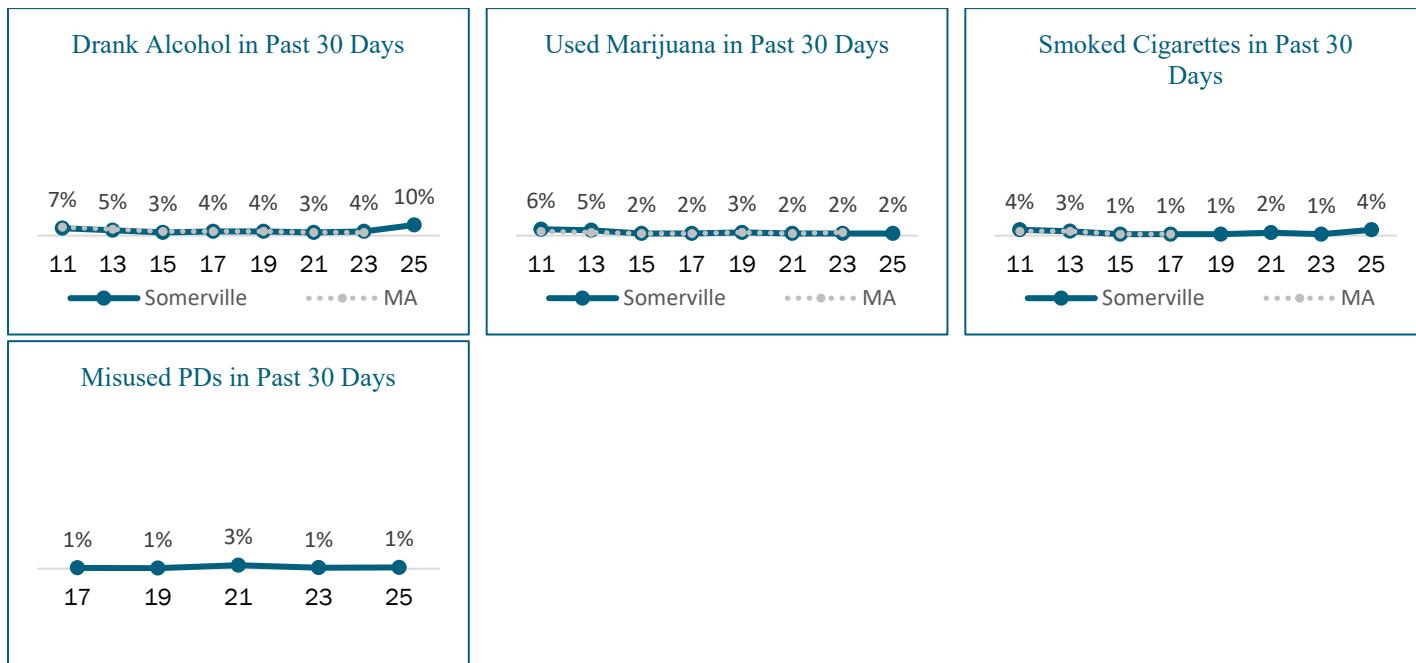
Cigarette Smoking



- 96% Never smoked cigarettes
- 1% Age 10 or younger
- 4% Age 11 or older

Current Substance Use

Somerville middle school students were asked if they had used a variety of substances in the past 30 days (currently). Overall, 10% of middle school students reported currently using alcohol, 2% reported currently using marijuana, 4% reported currently smoking cigarette, and 1% reported currently misusing prescription drugs. *There is no statewide current prescription drug misuse comparison data.*



Below is a breakdown of 2025 data by different demographic groups.

Overall	Grade			Gender Identity			Sexual Orientation		Race/Ethnicity						
	6	7	8	F	M	TGD	HS	LGBTQ+	HL	Asian	Black	White	Other	MR	
Drank alcohol in past 30 days															
10%	9%	9%	13%	11%	11%	5%	10%	12%	13%	3%	7%	8%	10%	15%	
Used marijuana in past 30 days															
2%	3%	4%	1%	2%	2%	5%	1%	5%	2%	3%	2%	2%	2%	2%	2%
Smoked cigarettes in past 30 days															
4%	2%	5%	4%	5%	3%	2%	4%	4%	5%	0%	4%	2%	10%	4%	
Misused prescription drugs in past 30 days															
1%	0%	1%	2%	1%	2%	2%	1%	3%	1%	0%	2%	0%	0%	0%	4%

^ indicates that students in this demographic group are significantly **more** likely than the average student to currently use the substance.

▼ indicates that students in this demographic group are significantly **less** likely than the average student to currently use the substance.

Q: During the past month, on how many days did you have at least one drink of alcohol?

Q: During the past month, how many times did you use marijuana?

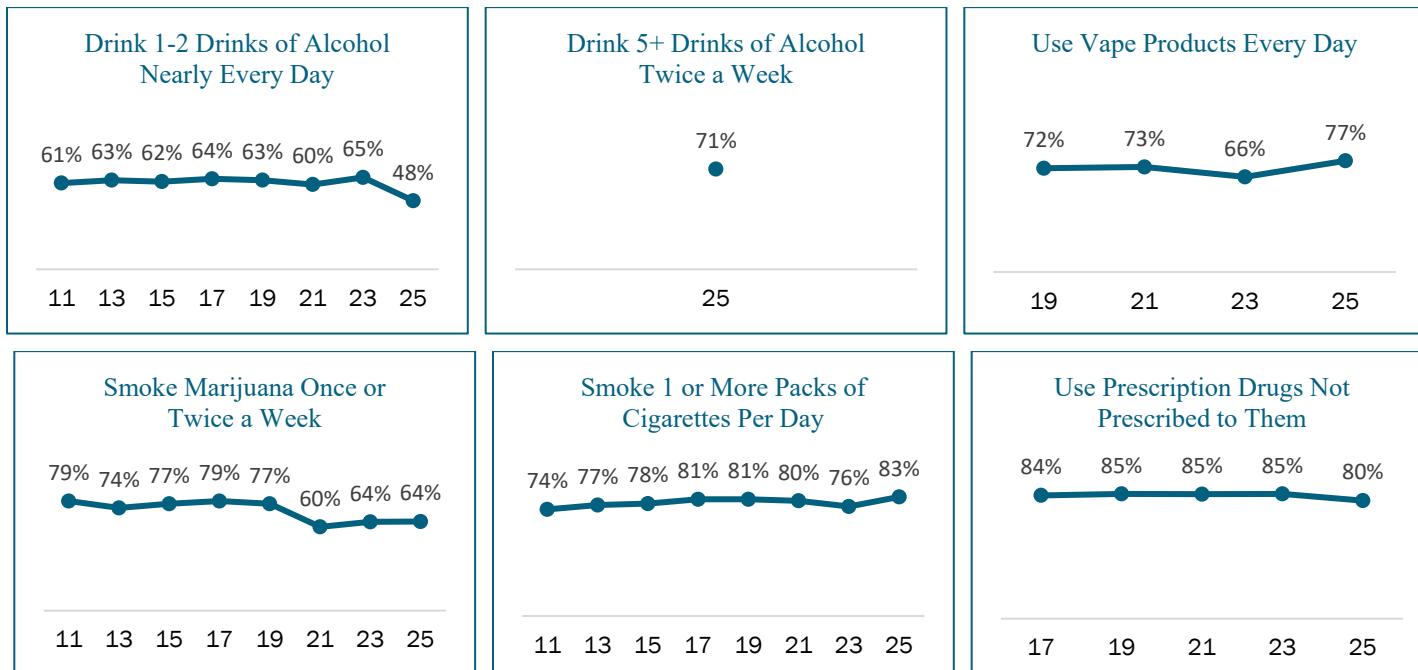
Q: During the past month, on how many days did you smoke cigarettes?

Q: During the past month, did you take a prescription drug without a doctor's prescription?

Perceptions About Substance Use

PERCEIVED RISK OF HARM

Overall, middle school students were most likely to perceive smoking one or more packs of cigarettes per day as having moderate or great risk of harm (83%), and least likely to perceive drinking 1-2 drinks of alcohol nearly every day as having moderate or great risk of harm (48%). *There is no statewide comparison data.*



Below is a breakdown of 2025 data by different demographic groups.

Overall	Grade			Gender Identity			Sexual Orientation		Race/Ethnicity						
	6	7	8	F	M	TGD	HS	LGBTQ+	HL	Asian	Black	White	Other	MR	
Drink 1-2 drinks of alcohol nearly every day															
48%	44%	61%	61%	48%	47%	62%	46%	62%	35% ^v	55%	46%	54%	51%	51%	
Drink 5+ drinks of alcohol at least once or twice a week															
71%	72%	72%	69%	73%	70%	72%	72%	75%	65%	87% [^]	67%	74%	73%	67%	
Use vape products every day															
77%	77%	76%	79%	79%	76%	79%	78%	80%	71%	85%	73%	79%	75%	80%	
Smoke marijuana once or twice a week															
64%	69%	63%	60%	67%	64%	55%	66%	61%	57%	70%	59%	67%	73%	64%	
Smoke 1 or more packs of cigarettes per day															
83%	85%	83%	79%	84%	84%	84%	82%	88%	77%	88%	73%	87%	81%	81%	
Use prescription drugs not prescribed to them															
80%	80%	83%	79%	82%	80%	86%	80%	88%	76%	85%	73%	84%	78%	80%	

[^] indicates that students in this demographic group are significantly **more** likely than the average student to consider the use of having moderate or great risk of harm.

^v indicates that students in this demographic group are significantly **less** likely than the average student to consider the use of having moderate or great risk of harm.

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 use vape products?

Q: How much do you think people risk harming themselves if they smoke marijuana once or twice a week?

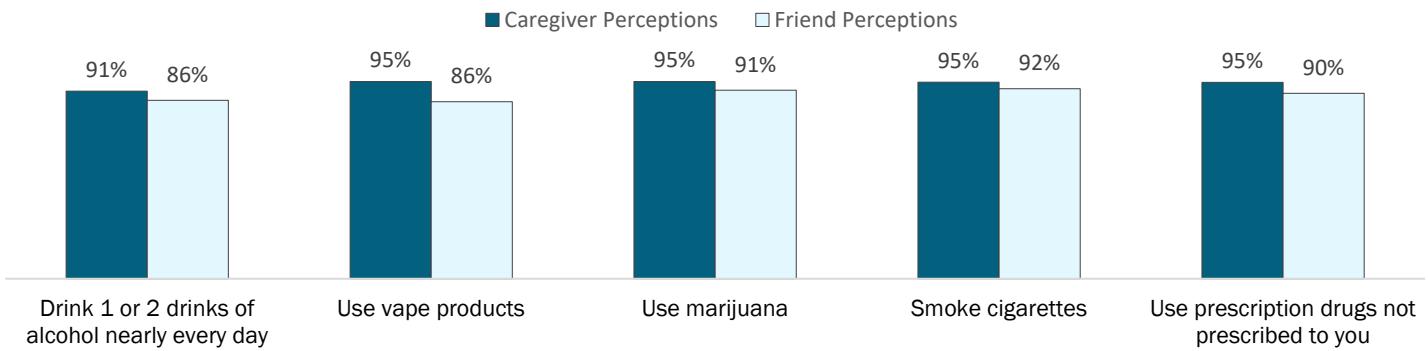
Q: How much do you think people risk harming themselves if they smoke 1 or more packs of cigarettes per day?

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

CAREGIVER AND FRIEND PERCEPTIONS

Overall, middle school students were least likely to think their caregivers think drinking alcohol is wrong or very wrong (91%). Middle school students were most likely to think their friends think smoking cigarettes is wrong or very wrong (92%), and least likely to think their friends think drinking alcohol or using vape products is wrong or very wrong (86%, respectively%).



Q: How wrong do your caregivers/friends feel it would be for you to drink 1-2 drinks nearly every day?

Q: How wrong do your caregivers/friends feel it would be for you to use vape products?

Q: How wrong do your caregivers/friends feel it would be for you to use marijuana?

Q: How wrong do your caregivers/friends feel it would be for you to smoke cigarettes?

Q: How wrong do your caregivers/friends feel it would be for you to use prescription medications not prescribed to you?

Gambling

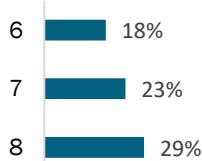
ACCESS TO GAMBLING

Overall, 23% 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.

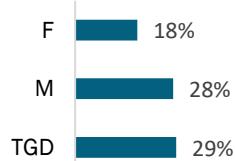


The graphs below show a breakdown of 2025 data by different demographic groups. There were no statistically significant differences within demographic groups.

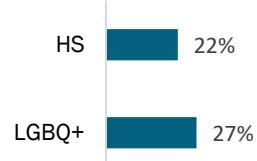
Grade



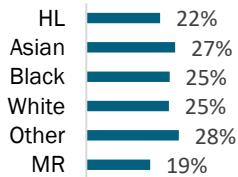
Gender Identity



Sexual Orientation



Race/Ethnicity



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

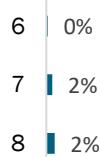
EVER HAD SEXUAL INTERCOURSE

Overall, 1% of middle school students have ever had consensual sexual intercourse.* There is no statewide comparison data.

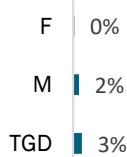


The graphs below show a breakdown of 2025 data by different demographic groups. There were no statistically significant differences within demographic groups.

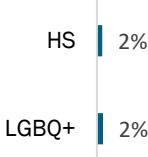
Grade



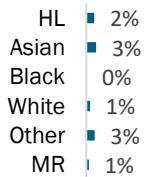
Gender Identity



Sexual Orientation



Race/Ethnicity

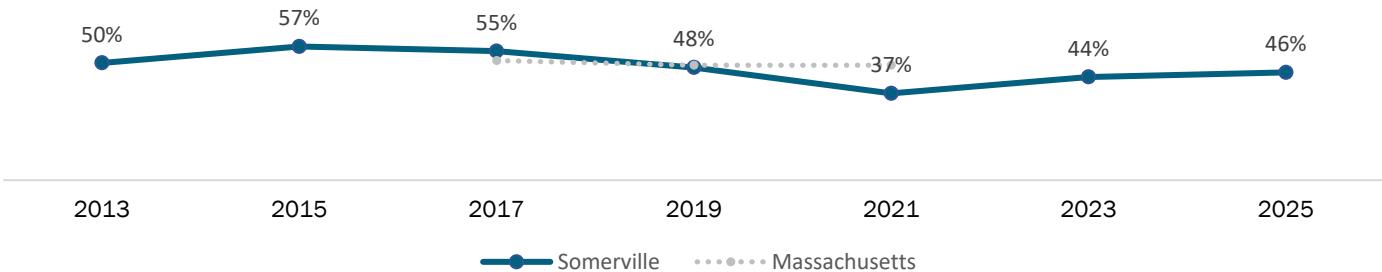


*Question was updated in 2023 to include the word “consensual.”

Q: Have you ever had consensual sexual intercourse?

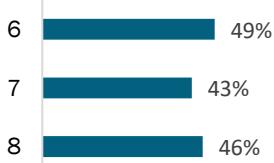
Physical Activity

Overall, 46% of middle school students engaged in 60 minutes of physical activity on at least 5 of the past 7 days.

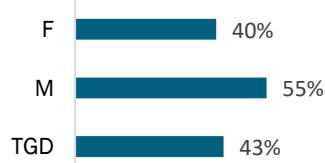


The graphs below show a breakdown of 2025 data by different demographic groups.

Grade



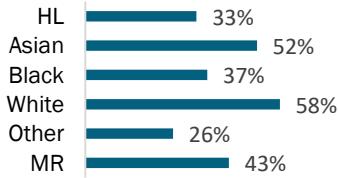
Gender Identity



Sexual Orientation



Race/Ethnicity



Race/Ethnicity: HL students and students of another race were significantly less likely than the average middle school student to engage in 60 minutes of physical activity on at least 5 of the past 7 days, and White students were significantly more likely.

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

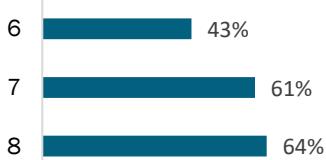
Screen Time

Overall, 57% of middle school students had 3 or more hours of screen time for things other than schoolwork on an average weekday. *There is no statewide comparison data.*



The graphs below show a breakdown of 2025 data by different demographic groups. There were no statistically significant differences within demographic groups.

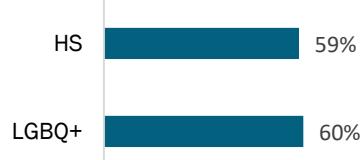
Grade



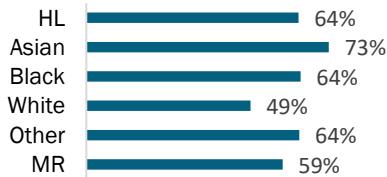
Gender Identity



Sexual Orientation



Race/Ethnicity



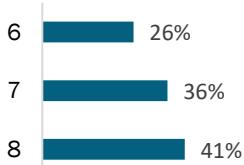
Q: On an average weekday, other than time spent doing schoolwork, how many hours do you spend in front of a screen?

Social Media

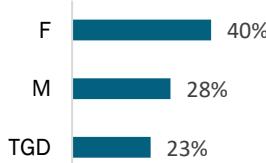
Overall, 34% of middle school students use social media for 3 or more hours on an average day. This is the year time this question was asked so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2025 data by different demographic groups. There were no statistically significant differences within demographic groups.

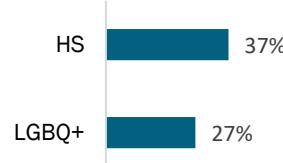
Grade



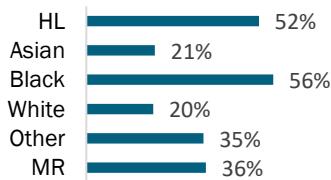
Gender Identity



Sexual Orientation



Race/Ethnicity



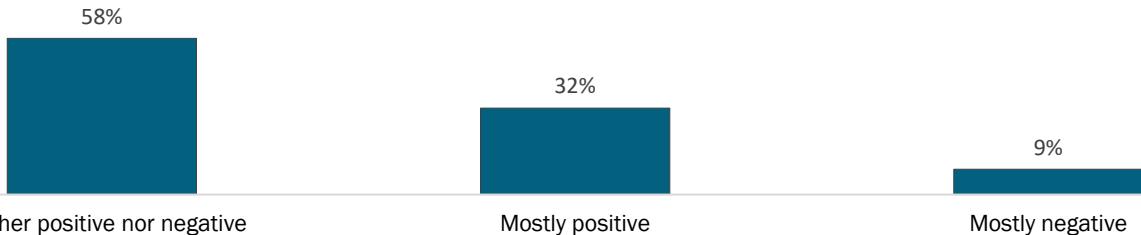
Gender Identity: TGD students were less likely than the average middle school student to use social media for 5 or more hours on an average day.

Race/Ethnicity: HL students were more likely than the average middle school student to use social media for 5 or more hours on an average day, and White students were significantly less likely.

Q: On an average day, about how many hours do you use social media?

Social Media

When asked about the effect social media has had on them, over half of students (58%) responded that it had neither a positive nor negative effect, followed by a mostly positive effect (30%), and mostly negative effect (16%).



Main Positive Effects		Main Negative Effects	
20%	Connections and socializing	15%	Concerns about the amount of time spent on social media
12%	Entertainment and fun	23%	Potential negative effects on mental health
37%	Information and learning	27%	Drama or negativity
7%	Seeing positive things and/or avoiding negative things	12%	Things seen on social media can be fake, unrealistic
2%	Just because it does	23%	Other reason
8%	Benefits to their wellbeing, mental health		
14%	Other reason		

Q: Overall, what effect would you say social media has had on you, personally?

Assets and Protective Factors

CONNECTIONS

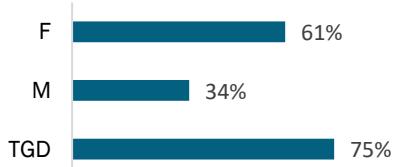
Overall, 49% of middle school students felt the need to talk to someone about how they were feeling, how things were going in their lives, or problems they might have had in the past 12 months. This is the first year this question was asked, so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2025 data by different demographic groups.

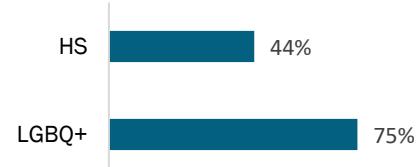
Grade



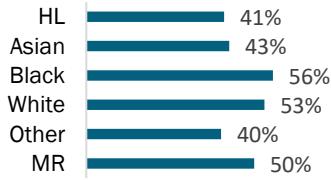
Gender Identity



Sexual Orientation



Race/Ethnicity



Gender Identity: Female and TGD students were significantly more likely than the average student to have felt the need to talk to someone about how they were feeling, how things were going in their life, or problems they may have had in the past 12 months, and male students were significantly less likely.

Sexual Orientation: LGBQ+ students were significantly more likely than the average student to have felt the need to talk to someone about how they were feeling, how things were going in their life, or problems they may have had in the past 12 months.

Q: During the past year, have you felt you needed to talk to someone about how you were feeling, how things were going in your life, or problems you might have had?

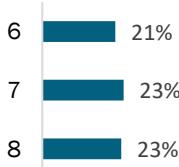
Assets and Protective Factors

ACCESS TO HELP

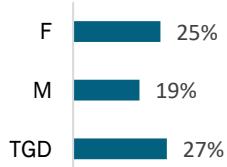
Overall, 22% of middle school students were able to get help most of the time or always when they felt sad, empty, hopeless, angry, or anxious in the past 12 months. This is the first year this question was asked, so there is no trend data. *There is no statewide comparison data.*

The graphs below show a breakdown of 2025 data by different demographic groups.

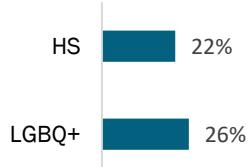
Grade



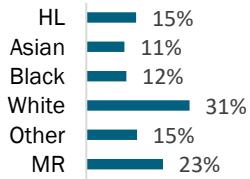
Gender Identity



Sexual Orientation



Race/Ethnicity



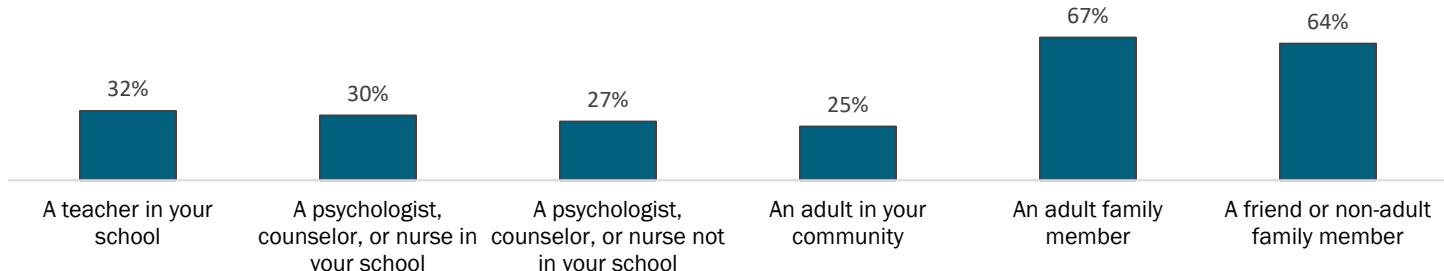
Race/Ethnicity: White students were significantly more likely than the average middle school student find help when they needed it most of the time or always in the past 12 months.

Q: During the past year, when you feel sad, empty, hopeless, angry, or anxious, how often do you get the kind of help you need?

Assets and Protective Factors

ACCESS TO HELP

Middle school students were asked who could they talk about their feelings, life, or problems. Students were most likely to report that they could talk to an adult family member (67%).



Q: Can you talk to any of the following people about your feelings, life, or problems? - A teacher in your school

Q: Can you talk to any of the following people about your feelings, life, or problems? - An adult in your community

Q: Can you talk to any of the following people about your feelings, life, or problems? - A psychologist, counselor, or nurse in your school

Q: Can you talk to any of the following people about your feelings, life, or problems? - A psychologist, counselor, or nurse not in your school

Q: Can you talk to any of the following people about your feelings, life, or problems? - An adult family member

Q: Can you talk to any of the following people about your feelings, life, or problems? - A friend or non-adult family member

Q: Can you talk to any of the following people about your feelings, life, or problems? - Someone of similar age

Assets and Protective Factors

SCHOOL CONNECTEDNESS

Overall, 65% of middle school students agreed or strongly agreed that they feel close to people at their school. *There is no statewide comparison data.*



The graphs below show a breakdown of 2025 data by different demographic groups. There were no statistically significant differences within demographic groups.

Grade



Gender Identity



Sexual Orientation



Race/Ethnicity



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

Assets and Protective Factors

PARTICIPATION IN EXTRACURRICULAR ACTIVITIES

Overall, 73% of middle school students reported that they typically participate in out of school time programs one or more days per week during the past school year. *There is no statewide comparison data.*



The graphs below show a breakdown of 2025 data by different demographic groups.

Grade



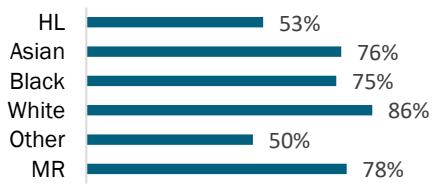
Gender Identity



Sexual Orientation



Race/Ethnicity



Gender Identity: TGD students were significantly more likely than the average middle school student to typically participate in out of school time programs one or more days per week in the past 12 months.

Sexual Orientation: LGBTQ+ students were significantly more likely than the average middle school student to typically participate in out of school time programs one or more days per week in the past 12 months.

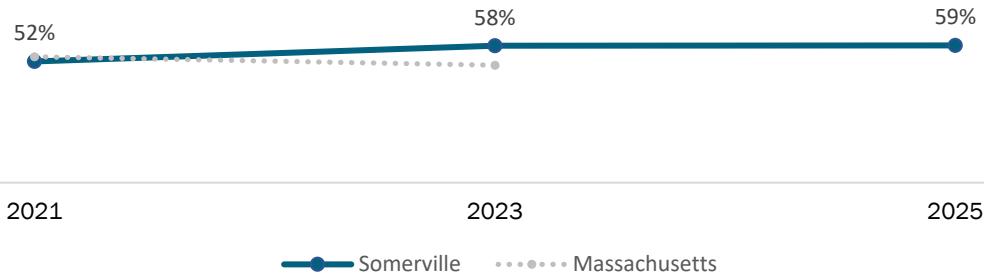
Race/Ethnicity: HL students and students of another race were significantly less likely than the average middle school student to typically participate in out of school time programs one or more days per week in the past 12 months, and White students were significantly more likely.

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.?

Assets and Protective Factors

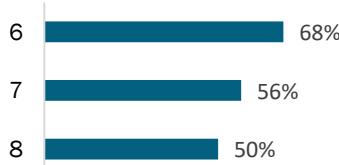
SLEEP

Overall, 59% of middle school students reported sleeping 8 or more hours on an average school night. *There is no statewide comparison data.*



The graphs below show a breakdown of 2025 data by different demographic groups.

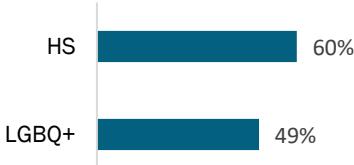
Grade



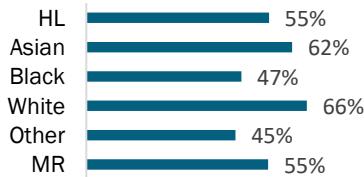
Gender Identity



Sexual Orientation



Race/Ethnicity



Grade: Students in 6th grade were significantly more likely to sleep 8 or more hours on an average school night.

Q: On an average school night, how many hours of sleep do you get?

Appendix A.

High School Data Tables

Somerville High School Youth Risk Behavior Survey																		
	Somerville									Massachusetts YRBS								
	2010	2012	2014	2016	2018	2020	2021	2022	2025	2011	2013	2015	2017	2019	2021	2023		
SUBSTANCE USE																		
Lifetime (any use in lifetime)																		
Alcohol	60.8%	52.5%	50.0%	43.6%	39.8%	33.4%	30.0%	32.0%	32.1%	67.5%	63.2%	61.3%	56.2%	N/A	N/A	N/A		
Cigarettes	39.5%	33.6%	28.9%	18.9%	11.9%	9.8%	8.5%	12.3%	13.4%	38.5%	31.6%	27.8%	19.6%	17.7%	N/A	N/A		
Electronic vapor products	N/A	N/A	N/A	28.3%	26.8%	27.8%	22.2%	20.6%	22.5%	N/A	N/A	44.8%	41.1%	50.7%	31.0%	31.2%		
Marijuana	34.3%	33.9%	32.9%	27.8%	27.8%	24.2%	11.6%	20.3%	18.2%	43.1%	41.3%	40.9%	37.9%	41.9%	N/A	N/A		
Cocaine	3.1%	2.8%	1.5%	1.9%	1.9%	1.1%	N/A	1.5%	N/A	5.0%	3.7%	4.5%	4.1%	3.7%	1.3%	1.6%		
Heroin	0.5%	0.2%	0.4%	0.1%	0.1%	0.2%	N/A	0.7%	N/A	2.1%	N/A	1.7%	1.4%	1.9%	0.6%	1.3%		
Methamphetamines	1.2%	0.5%	0.5%	0.5%	0.5%	0.3%	N/A	1.0%	N/A	2.7%	1.6%	2.1%	1.7%	2.2%	0.8%	1.7%		
Ecstasy	4.9%	2.7%	2.3%	1.6%	1.1%	0.8%	N/A	1.5%	N/A	5.8%	4.7%	4.3%	2.8%	3.4%	2.0%	1.6%		
Steroids without a prescription	1.0%	0.4%	0.6%	0.1%	0.1%	0.2%	N/A	2.5%	N/A	2.8%	1.5%	N/A	N/A	N/A	N/A	N/A		
Prescription drugs without a prescription	N/A	N/A	N/A	5.8%	4.0%	3.6%	N/A	4.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		
Pain medication	N/A	N/A	N/A	3.2%	2.3%	1.3%	3.2%	4.5%	5.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A		
Anti-anxiety or depressant medication	N/A	N/A	N/A	2.2%	1.7%	1.5%	N/A	2.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		
Stimulants	N/A	N/A	N/A	1.8%	1.1%	0.9%	N/A	1.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		
Over-the-counter medication	N/A	N/A	N/A	N/A	N/A	N/A	3.2%	6.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		
Other illegal drugs*	4.1%	3.2%	3.7%	2.3%	2.2%	2.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		
Other illegal drugs (cocaine, crack, ecstasy, methamphetamines or heroin)	N/A	N/A	N/A	N/A	N/A	N/A	1.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		
Other illegal drugs (LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), GHB, or synthetic drugs)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		
Current (any use in the 30 days)																		
Alcohol	33.0%	28.9%	20.6%	18.9%	17.4%	14.3%	9.4%	13.7%	12.5%	40.1%	35.6%	33.9%	31.4%	29.8%	22.5%	22.4%		
Binge alcohol use - 3 or more drinks in a row	N/A	N/A	N/A	12.8%	9.3%	8.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		
Binge alcohol use - 4 or more drinks in a row	N/A	N/A	N/A	N/A	N/A	N/A	2.5%	4.8%	5.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A		
Binge alcohol use - 5 or more drinks in a row	18.6%	15.5%	11.0%	7.9%	5.6%	5.8%	N/A	N/A	N/A	22.2%	18.9%	17.7%	N/A	N/A	N/A	N/A		
Cigarettes	13.2%	11.4%	7.7%	5.3%	2.5%	2.6%	1.2%	4.1%	4.0%	14.0%	10.7%	7.7%	6.4%	5.0%	3.5%	3.4%		
Electronic vapor products	N/A	N/A	N/A	6.9%	12.8%	11.3%	8.4%	10.0%	N/A	N/A	N/A	23.7%	20.1%	32.2%	17.2%	18.3%		
Marijuana	19.4%	20.9%	19.0%	15.8%	16.9%	14.2%	9.3%	11.0%	9.0%	27.9%	24.8%	24.5%	24.1%	26.0%	16.6%	18.6%		
Cocaine	1.6%	1.1%	0.5%	0.5%	0.4%	0.6%	N/A	0.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		
Heroin	0.4%	0.1%	0.2%	0.1%	0.0%	0.0%	N/A	0.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		
Methamphetamines	0.7%	0.3%	0.3%	0.5%	0.3%	0.0%	N/A	0.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		
Ecstasy	2.3%	0.9%	1.2%	0.3%	0.3%	0.2%	N/A	0.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		
Steroids without a prescription	0.5%	0.4%	0.3%	0.1%	0.0%	0.2%	N/A	1.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		
Prescription drugs without a prescription	N/A	N/A	N/A	2.8%	0.9%	0.3%	4.3%	N/A	3.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A		
Pain medication	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		
Anti-anxiety or depressant medication	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		
Stimulants	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.5%	0.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A		
Other Illegal Drugs (LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), GHB, or Oxycontin without a doctor's prescription)	1.8%	1.2%	2.4%	1.2%	1.3%	1.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		
Other illegal drugs (LSD (acid), PCP, mushrooms, Ketamine (Special K), Rohypnol (Roofies), GHB, or synthetic drugs)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A		

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

Somerville High School Youth Risk Behavior Survey																
	Somerville									Massachusetts YRBS						
	2010	2012	2014	2016	2018	2020	2021	2022	2025	2011	2013	2015	2017	2019	2021	2023
Substance Use																
Perceived Harm of Use (moderate risk, great risk)	67.3%	65.3%	66.9%	69.3%	66.0%	65.6%	72.2%	67.4%	58.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Drink one or two drinks of alcohol nearly every day	N/A	N/A	N/A	N/A	N/A	N/A	80.4%	76.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Drink four or more drinks of alcohol twice a week	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	77.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Drink five or more drinks of alcohol twice a week	88.0%	83.2%	85.8%	84.9%	83.4%	80.1%	84.2%	77.9%	83.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Smoke one or more packs of cigarettes per day	N/A	N/A	N/A	N/A	53.9%	77.4%	77.7%	72.0%	75.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Use electronic vapor products	73.0%	68.8%	59.0%	60.9%	55.3%	57.3%	40.9%	44.2%	48.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Smoke marijuana regularly	N/A	N/A	N/A	86.5%	86.8%	84.6%	87.7%	84.4%	82.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Use prescription drugs that are not prescribed to them	92.9%	90.7%	90.7%	89.4%	87.4%	85.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Use illegal drugs other than marijuana	92.9%	90.7%	90.7%	89.4%	87.4%	85.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Perceive Parents Would Disapprove of their Substance Use (wrong, very wrong)																
Drink alcohol	83.0%	82.1%	84.3%	86.5%	85.1%	79.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Drink one or two drinks of alcohol nearly every day	N/A	N/A	N/A	N/A	N/A	N/A	N/A	88.5%	88.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Drink five or more drinks of alcohol twice a week	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	91.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Smoke cigarettes	92.0%	91.0%	92.9%	94.8%	94.3%	89.8%	N/A	92.1%	93.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Use electronic vapor products	N/A	N/A	N/A	N/A	86.8%	89.5%	N/A	89.8%	91.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Smoke marijuana	90.5%	89.4%	86.8%	88.5%	85.2%	81.8%	N/A	79.5%	84.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Use prescription drugs that are not prescribed to them	N/A	N/A	N/A	95.9%	94.3%	91.5%	N/A	94.3%	93.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Use illegal drugs other than marijuana	96.8%	96.3%	96.4%	98.0%	96.3%	92.8%	N/A	95.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Perceive Friends Would Disapprove of their Substance Use (wrong, very wrong)																
Drink one or two drinks of alcohol nearly every day	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	75.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Drink five or more drinks of alcohol twice a week	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	80.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Smoke cigarettes	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	79.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Use electronic vapor products	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	67.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Smoke marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	63.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Use prescription drugs that are not prescribed to them	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	85.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Perceive that Substances are Easy to Get (very easy, sort of easy)																
Alcohol	N/A	N/A	N/A	N/A	61.3%	54.1%	54.3%	56.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Cigarettes	N/A	N/A	N/A	N/A	45.6%	40.7%	39.6%	40.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Electronic vapor products	N/A	N/A	N/A	N/A	56.8%	62.9%	61.5%	60.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Marijuana	N/A	N/A	N/A	N/A	59.9%	50.3%	48.1%	50.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Prescription drugs that are not prescribed to them	N/A	N/A	N/A	N/A	31.9%	28.8%	14.0%	29.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Illegal drugs other than marijuana	N/A	N/A	N/A	N/A	27.2%	23.9%	13.1%	19.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Substance Use in Household																
Live with a cigarette smoker	33.8%	34.1%	28.7%	22.9%	21.4%	17.3%	15.2%	14.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Live with someone who uses electronic vapor products	N/A	N/A	N/A	N/A	9.1%	12.0%	7.8%	11.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Live with someone who drinks too much alcohol	17.3%	17.7%	15.1%	14.8%	14.1%	13.0%	8.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Drink one or two drinks of alcohol nearly every day	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Drink four or more drinks of alcohol twice a week	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Live with someone who uses marijuana	14.1%	15.5%	15.2%	10.8%	13.6%	13.9%	14.7%	16.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Live with someone who abuses prescription medication	N/A	N/A	N/A	2.7%	2.6%	2.3%	0.7%	1.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Live with someone who uses other illegal drugs	3.9%	3.5%	2.8%	1.7%	2.2%	2.4%	1.1%	1.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Other																
Offered, sold, or given illegal drugs on school property (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	16.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Attended class within one hour of drinking alcohol or using drugs (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Received help to stop or reduce alcohol or drug use (ever)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Are "very" or "fairly" familiar with in-school supports around substance use	N/A	N/A	N/A	N/A	N/A	N/A	N/A	35.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

Somerville High School Youth Risk Behavior Survey																
	Somerville									Massachusetts YRBs						
	2010	2012	2014	2016	2018	2020	2021	2022	2025	2011	2013	2015	2017	2019	2021	2023
SAFETY																
Safety Concerns (30 days)																
Stayed home from school out of fear at or on the way to or from school	4.9%	6.4%	5.4%	6.1%	4.9%	9.1%	N/A	16.7%	N/A	4.8%	3.6%	4.8%	4.5%	6.4%	7.8%	6.9%
Stayed home from school because felt unsafe at school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	14.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Stayed home from school because felt unsafe on the way to or from school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Rode with a driver who had been using alcohol	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.8%	N/A	23.0%	18.3%	18.2%	14.0%	15.4%	N/A	11.3%
Rode with a driver who had been using marijuana	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	13.4%
Drove after using alcohol (all students)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.2%	N/A	7.0%	9.1%	9.4%	6.0%	5.1%	3.0%	4.2%
Drove after using marijuana (all students)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.5%	N/A	N/A	N/A	N/A	N/A	N/A	9.8%	11.1%
Violence-Related Experiences and Behaviors																
Weapons																
Carried a weapon such as a gun, knife, or club (30 days)	3.4%	4.1%	3.6%	2.5%	1.1%	1.9%	N/A	5.2%	N/A	3.7%	3.1%	3.2%	2.7%	1.8%	6.4%	8.0%
Carried a weapon such as a gun, knife, or club when on school property (30 days)	7.6%	9.1%	7.6%	6.0%	5.6%	7.0%	N/A	0.7%	1.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Were a member of a gang	3.3%	4.3%	1.9%	1.6%	2.0%	2.0%	N/A	N/A	N/A	6.0%	N/A	N/A	N/A	N/A	N/A	N/A
Violence-Related Experiences																
Witnessed violence in your family	13.5%	11.3%	10.5%	9.5%	7.3%	7.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Received verbal or emotional abuse from someone in your family	20.3%	18.8%	18.1%	15.3%	16.0%	14.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Mistreated by someone who thought you were not masculine/feminine enough	6.3%	6.4%	5.0%	7.8%	7.3%	7.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Fighting (12 months)																
In a fight	N/A	N/A	N/A	N/A	N/A	N/A	6.8%	5.7%	N/A	N/A	N/A	N/A	N/A	N/A	14.0%	15.7%
In a fight when in school	9.2%	10.2%	5.4%	5.4%	4.3%	5.4%	N/A	2.9%	3.8%	7.1%	4.6%	5.6%	5.8%	6.4%	3.5%	6.0%
In a fight when NOT at school	17.4%	15.9%	13.1%	13.1%	8.2%	10.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Sexual & Dating Violence (12 months)																
Sexually harassed in school	7.8%	6.5%	4.3%	5.4%	9.5%	6.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Experienced sexual violence (ever)	8.2%	5.6%	4.6%	9.5%	10.6%	11.5%	N/A	4.7%	N/A	10.0%	N/A	N/A	N/A	N/A	N/A	N/A
Experienced sexual violence (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	4.6%	5.9%	6.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Hurt physically or sexually by a date or someone you were going out with	4.0%	3.2%	2.8%	2.6%	2.7%	2.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Hurt physically by a date or someone you were going out with	N/A	N/A	N/A	N/A	N/A	N/A	2.7%	3.3%	2.3%	N/A	N/A	N/A	N/A	N/A	6.9%	6.8%
Hurt sexually by a date or someone you were going out with	N/A	N/A	N/A	N/A	N/A	N/A	2.7%	2.9%	4.0%	N/A	N/A	N/A	N/A	N/A	6.0%	9.5%
Hurt emotionally by a date or someone you were going out with	N/A	N/A	N/A	N/A	N/A	N/A	7.6%	8.2%	N/A	N/A	N/A	N/A	N/A	N/A	17.3%	18.8%
Bullying (12 months)																
Bullied in school	18.4%	19.0%	17.8%	13.4%	13.4%	11.6%	N/A	6.9%	8.5%	18.1%	16.6%	15.6%	14.6%	16.3%	11.2%	15.9%
Bullied when not at school	12.9%	13.7%	15.3%	11.4%	10.8%	9.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Bullied electronically	N/A	15.1%	15.3%	11.9%	13.1%	11.7%	5.6%	5.0%	7.4%	N/A	13.8%	13.0%	13.6%	13.9%	14.1%	15.3%
Saw someone else bullied in school	N/A	46.4%	38.8%	30.7%	27.4%	29.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Last time they were bullied in school																
Didn't do anything	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	13.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Tried to get the person/people to stop doing it	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Told a teacher, counselor, or another adult at school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	10.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Told parent/guardian	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	9.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Told an adult outside of school who is not a parent/guardian	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Talked to friend(s) or other student(s) about it	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	11.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Last time they saw someone else bullied in school																
Took part in the bullying	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.4%	0.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Just saw it happen	N/A	N/A	N/A	N/A	N/A	N/A	N/A	14.9%	11.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Tried to get the person/people to stop doing it	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.6%	8.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Offered support to the person being bullied	N/A	N/A	N/A	N/A	N/A	N/A	N/A	6.1%	9.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Told a teacher, counselor, or another adult at school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.0%	4.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Told an adult outside of school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

Somerville High School Youth Risk Behavior Survey																		
	Somerville									Massachusetts YRBS								
	2010	2012	2014	2016	2018	2020	2021	2022	2025	2011	2013	2015	2017	2019	2021	2023		
DISCRIMINATION																		
Witnessed discrimination by school staff or students	N/A	N/A	N/A	N/A	N/A	N/A	52.4%	66.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Treated Badly or Unfairly in School (most of the time, always) (school year)																		
Because of race or ethnicity	N/A	N/A	N/A	N/A	N/A	N/A	2.4%	3.3%		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Because of gender identity	N/A	N/A	N/A	N/A	N/A	N/A	2.4%	1.9%		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Because of sexual orientation	N/A	N/A	N/A	N/A	N/A	N/A	1.4%	1.3%		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Because of religion	N/A	N/A	N/A	N/A	N/A	N/A	0.4%	1.2%		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
MENTAL HEALTH																		
General																		
Mental health not good (most of the time, always)	N/A	N/A	N/A	N/A	N/A	N/A	36.7%	21.2%		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Overwhelming stress (most of the time, always)	N/A	N/A	N/A	N/A	N/A	N/A	35.4%	38.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Experienced anxiety (30 days)	N/A	N/A	N/A	36.7%	41.5%	46.3%	N/A	52.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Had trouble concentrating more than half the days or nearly every day (2 weeks)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	27.1%		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Had little interest or pleasure in doing things more than half the days or nearly every day (2 weeks)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	18.8%		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Felt the need to talk to someone about how they were feeling, how things were going in their life, problems they might have had (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	51.4%		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Worried (fairly often, very often) (30 days)																		
School issues	60.7%	64.0%	63.5%	67.1%	64.4%	59.0%	N/A	52.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Social issues	31.0%	30.6%	30.2%	33.1%	32.7%	30.7%	N/A	27.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Appearance issues	34.2%	35.9%	36.3%	35.3%	34.9%	35.4%	N/A	37.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Family issues	32.3%	34.9%	29.8%	29.0%	29.7%	25.8%	N/A	22.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Future issues	N/A	N/A	N/A	N/A	N/A	N/A	N/A	47.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Issues Causing the Most Stress																		
School issues	N/A	N/A	N/A	N/A	N/A	N/A	N/A	72.0%		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Social issues	N/A	N/A	N/A	N/A	N/A	N/A	N/A	35.1%		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Appearance issues	N/A	N/A	N/A	N/A	N/A	N/A	N/A	29.4%		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Family issues	N/A	N/A	N/A	N/A	N/A	N/A	N/A	27.3%		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Future issues	N/A	N/A	N/A	N/A	N/A	N/A	N/A	46.5%		N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Self-Harm & Suicide (12 months)																		
Hurt self on purpose	12.9%	12.6%	15.7%	14.2%	14.3%	13.5%	11.2%	17.6%	13.2%	18.0%	14.0%	18.0%	14.5%	16.4%	19.7%	20.6%		
Reported depression	26.9%	31.2%	31.3%	31.2%	34.5%	35.2%	32.8%	32.7%	25.3%	25.2%	21.7%	27.4%	27.4%	33.8%	38.5%	34.0%		
Seriously considered suicide	9.1%	9.0%	13.4%	12.1%	16.7%	14.2%	11.3%	14.4%	7.4%	13.3%	12.0%	14.9%	12.4%	17.5%	18.4%	15.8%		
Made a plan to attempt suicide	N/A	N/A	N/A	N/A	N/A	N/A	8.2%	9.6%	4.3%	N/A	N/A	N/A	N/A	N/A	14.8	14.0%	21.3%	
Attempted suicide	4.7%	4.5%	5.6%	5.5%	5.0%	5.2%	2.5%	4.3%	2.3%	6.8%	5.5%	7.0%	5.4%	7.3%	7.6%	7.2%		
If attempted suicide spoke with a trusted adult	N/A	N/A	N/A	50.0%	31.4%	36.0%	N/A	50.0%	32.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
General Support																		
When felt sad, empty, hopeless, angry, or anxious, got the help they needed most of the time or always (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	20.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Received counseling from a doctor or other health professional	N/A	N/A	N/A	15.3%	17.6%	19.8%	15.9%	21.5%	20.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Took medication prescribed for you for mental health support	N/A	N/A	N/A	9.1%	8.0%	10.8%	10.6%	14.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

SOMERVILLE HIGH SCHOOL YOUTH RISK BEHAVIOR SURVEY																
	SOMERVILLE									MASSACHUSETTS YRBS						
	2010	2012	2014	2016	2018	2020	2021	2022	2025	2011	2013	2015	2017	2019	2021	2023
MENTAL HEALTH																
School Support																
Met with a school counselor for mental health support	N/A	N/A	N/A	12.4%	19.5%	20.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
A teacher/adult in school (available to talk about feelings, life, or problems)	56.9%	62.5%	63.3%	64.3%	67.6%	68.1%	57.7%	63.5%	N/A	71.0%	71.0%	N/A	N/A	74.4%	64.2%	70.8%
A teacher in school (available to talk about feelings, life, or problems)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	36.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
A psychologist, counselor, or nurse in your school (available to talk about feelings, life, or problems)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	37.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
At least one school adult cares about you and will give support when needed (strongly agree, agree)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	61.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Feel close to people at school (agree, strongly agree)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	51.4	61.2%	N/A	N/A	N/A	N/A	N/A	N/A
Additional Support																
An adult outside of school (available to talk about feelings, life, or problems)	40.3%	35.6%	32.8%	29.1%	31.9%	26.9%	N/A	75.3%	41.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
A family adult (available to talk about feelings, life, or problems)	71.5%	74.2%	72.4%	75.1%	74.7%	76.9%	N/A	70.7%	64.4%	83.0%	83.0%	N/A	N/A	N/A	N/A	N/A
A friend/non-adult family (available to talk about feelings, life, or problems)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	71.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Someone of similar age (available to talk about feelings, life, or problems)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	59.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
A psychologist, counselor, or nurse not in your school (available to talk about feelings, life, or problems)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	33.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
SEXUAL BEHAVIOR*																
Had sexual activity (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	24.7%	21.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Had sexual intercourse (ever)	48.0%	45.4%	37.3%	33.1%	29.7%	29.1%	23.7%	17.3%	18.8%	42.0%	38.1%	36.4%	35.3%	36.9%	N/A	N/A
Been/gotten someone pregnant (ever)	4.5%	3.8%	2.4%	1.2%	1.5%	2.1%	4.8%	4.6%	N/A	5.0%	N/A	N/A	N/A	N/A	N/A	N/A
Used a condom the last time they had sexual intercourse	67.8%	68.1%	71.4%	60.4%	57.1%	56.9%	63.0%	66.2%	56.3%	57.7%	57.6%	62.5%	57.8%	51.4%	58.0%	51.6%
Alcohol/drugs at last intercourse	14.3%	17.5%	14.6%	14.3%	8.1%	15.0%	11.0%	7.7%	N/A	22.7%	23.5%	21.8%	18.2%	23.4%	20.7%	19.1%
Had an STI (ever)	2.1%	1.7%	1.7%	1.1%	1.1%	1.8%	N/A	9.7%	N/A	2.0%	N/A	N/A	N/A	N/A	N/A	N/A
Taught about AIDS/HIV in school (ever)	86.7%	81.3%	84.4%	83.1%	80.6%	77.8%	N/A	N/A	N/A	84.0%	N/A	N/A	N/A	N/A	N/A	N/A
Talked with parents/family adults about AIDS/HIV infection (ever)	47.8%	46.7%	45.7%	40.5%	39.9%	43.7%	40.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Talked with parents/family adults about AIDS/HIV infection (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	42.3%	40.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Adult at school who can help find sexual health services	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	53.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Adult outside of school who can help find sexual health services	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	53.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
BODY WEIGHT																
Describe self as slightly/very overweight	31.6%	32.3%	33.1%	32.6%	33.0%	35.1%	34.1%	34.8%	N/A	27.6%	29.4%	31.5%	28.1%	32.8%	27.7%	28.1%
Want to lose weight	47.8%	47.9%	48.5%	44.0%	49.9%	50.2%	48.9%	39.7%	N/A	45.3%	44.5%	46.0%	43.8%	45.8%	42.8%	42.6%
Fasted to lose or maintain weight	8.7%	8.8%	10.0%	10.2%	12.5%	16.5%	N/A	19.5%	N/A	10.0%	10.0%	N/A	N/A	N/A	N/A	N/A
Vomited or took laxatives to lose or maintain weight	2.8%	3.3%	4.8%	2.5%	3.9%	4.9%	N/A	5.1%	N/A	5.0%	4.0%	N/A	N/A	N/A	N/A	N/A
Took diet pills, powders, or liquids to lose or maintain weight	3.5%	4.8%	4.5%	2.40%	3.9%	3.7%	N/A	2.1%	N/A	4.0%	3.0%	N/A	N/A	N/A	N/A	N/A
Tried a fad/trend diet	3.3%	9.2%	8.1%	6.8%	7.1%	8.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Tried a diet plan	N/A	N/A	N/A	N/A	N/A	N/A	N/A	33.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Feel very or extremely concerned about their body image	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	15.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
GAMBLING																
Lived with someone who gambled for money	N/A	N/A	N/A	N/A	N/A	N/A	13.0%	12.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Gambled for money (ever)	N/A	N/A	N/A	N/A	N/A	N/A	10.3%	14.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Perceived risk of gambling (moderate, great)	N/A	N/A	N/A	N/A	N/A	N/A	55.4%	54.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Ease of obtaining gambling products (sort of easy, very easy)	N/A	N/A	N/A	N/A	N/A	N/A	22.8%	27.7%	34.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A

*Questions were changed in 2022 to include the word "consensual".

Somerville High School Youth Risk Behavior Survey																		
	Somerville									Massachusetts YRBS								
	2010	2012	2014	2016	2018	2020	2021	2022	2025	2011	2013	2015	2017	2019	2021	2023		
Physical Activity & Nutrition																		
Physical Activity																		
Participated in 60 minutes of physical activity on 5 of prior 7 days	N/A	40.1%	39.5%	37.3%	44.3%	38.6%	34.3%	39.8%	38.5%	N/A	44.3%	45.2%	45.7%	43.4%	45.0%	57.3%		
Nutrition (yesterday)																		
Ate fruit	N/A	N/A	N/A	N/A	N/A	N/A	77.9%	77.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Ate green salad, raw/cooked vegetables (NOT potatoes, french fries, or chips)	N/A	N/A	N/A	N/A	N/A	N/A	69.3%	70.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Ate food like cookies, doughnuts, cakes, candy, french fries, potato/corn chips	N/A	N/A	N/A	N/A	N/A	N/A	73.1%	77.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Drank sugar-sweetened drinks	N/A	N/A	N/A	N/A	N/A	N/A	52.7%	52.9%	47.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Drank energy drinks with caffeine	N/A	N/A	N/A	N/A	N/A	N/A	36.8%	41.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Breakfast																		
Ate breakfast on at least 6 of prior 7 days	N/A	N/A	N/A	N/A	N/A	N/A	37.4%	39.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
OUT OF SCHOOL TIME PROGRAMS/ACTIVITIES																		
Participated in afterschool activities (1 or more days per week typically)	N/A	N/A	N/A	N/A	N/A	N/A	52.5%	60.5%	67.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Have things that stop them from taking part in out of school programs/activities	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	30.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Programs or Activities They Want to Do																		
Sports or physical activity	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	63.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Art, theatre, or dance	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	26.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Music	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	21.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
STEM or science	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	15.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Academic support	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	10.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Leadership	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	15.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Other	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	14.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Best Way to Hear About Programs or Activities																		
School email	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	19.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
From a teacher	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	29.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Social media	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	28.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Direct messaging	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	13.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Other	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	10.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
OTHER																		
Usually get 8 or more hours of sleep during a regular school night	N/A	N/A	N/A	N/A	N/A	N/A	34.7%	24.9%	32.0%	N/A	N/A	22.0%	19.8%	19.7%	20.4%	23.6%		
Watched TV or used electronic devices 3 or more hours per day	N/A	N/A	N/A	N/A	54.9%	61.6%	83.6%	76.3%	76.1%	28.4%	25.0%	N/A	N/A	N/A	75.6%	N/A		
Use social media 3 or more hours per day (average day)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	46.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Social media has a positive effect on them personally	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	30.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Social media has a negative effect on them personally	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	15.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

Appendix B.

Middle School Data Tables

SOMERVILLE MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY															
	SOMERVILLE MIDDLE SCHOOL								MA YHS						
	2011	2013	2015	2017	2019	2021	2023	2025	2011	2013	2015	2017	2019	2021	2023
SUBSTANCE USE															
Lifetime (any use in lifetime)															
Alcohol	22.4%	18.4%	11.7%	13.8%	13.4%	13.7%	13.7%	13.1%	18.0%	18.6%	12.9%	13.5%	13.6%	11.0%	10.4%
Cigarettes	14.1%	9.4%	5.4%	3.8%	4.5%	6.2%	4.3%	4.3%	10.0%	8.5%	6.1%	4.3%	5.2%	4.4%	4.5%
Electronic vapor products	N/A	N/A	N/A	5.8%	11.7%	8.1%	9.9%	8.3%	N/A	N/A	N/A	9.9%	14.7%	10.1%	11.7%
Marijuana	7.9%	7.2%	3.4%	2.9%	4.6%	3.9%	3.0%	2.0%	8.0%	7.6%	5.9%	5.8%	7.0%	4.8%	5.8%
Inhalants	5.5%	3.5%	2.0%	3.4%	2.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Cocaine	0.5%	0.2%	0.0%	0.1%	0.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Heroin	0.0%	0.0%	0.0%	0.0%	0.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Ecstasy	0.1%	0.6%	0.0%	0.0%	0.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Other illegal drugs*	1.4%	0.9%	0.2%	0.0%	0.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Other illegal drugs**	N/A	N/A	N/A	N/A	N/A	0.7%	0.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Prescription pain medication without a prescription	N/A	N/A	N/A	2.8%	2.2%	N/A	3.1%	3.4%	N/A	3.9%	3.4%	3.7%	3.6%	N/A	4.7%
Current use (any use in past 30 days)															
Alcohol	7.0%	4.9%	3.2%	3.7%	4.0%	2.6%	4.3%	10.5%	8.0%	5.7%	4.4%	4.2%	4.4%	3.1%	3.1%
Binge alcohol use – 4 or more drinks in a row	N/A	N/A	N/A	N/A	N/A	0.6%	0.8%	10.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Cigarettes	4.4%	2.9%	1.3%	0.6%	1.0%	2.7%	1.5%	3.6%	3.0%	2.7%	1.4%	0.8%	N/A	N/A	N/A
Electronic vapor products	N/A	N/A	N/A	1.2%	2.9%	3.3%	6.4%	N/A	N/A	N/A	N/A	N/A	N/A	4.6%	N/A
Marijuana	5.7%	4.5%	2.0%	1.5%	2.6%	2.2%	1.6%	2.0%	4.0%	3.4%	2.4%	2.3%	3.0%	2.5%	3.0%
Inhalants	3.1%	2.3%	1.2%	0.9%	1.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Steroids (no prescription)	0.0%	0.0%	0.0%	0.0%	0.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Cocaine	0.0%	0.1%	0.0%	0.0%	0.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Heroin	0.0%	0.0%	0.0%	0.0%	0.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Ecstasy	0.0%	0.1%	0.0%	0.0%	0.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Other illegal drugs	0.2%	0.2%	0.1%	0.0%	0.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Prescription drugs without a prescription	N/A	N/A	N/A	0.8%	0.5%	3.3%	0.9%	1.1%	N/A	N/A	1.3%	1.3%	N/A	N/A	1.3%
Substance Use and School															
Attended class within one hour of using substances	3.1%	1.7%	0.6%	1.0%	1.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Perceived Harm (moderate risk, great risk)															
Smoke 1 or more packs of cigarettes per day	74.4%	76.7%	78.1%	80.9%	80.8%	79.9%	76.1%	82.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Use electronic vapor products	N/A	N/A	N/A	N/A	72.4%	72.9%	65.8%	77.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Drink 1 or 2 drinks of alcohol nearly every day	61.1%	63.2%	62.3%	64.1%	62.9%	60.0%	65.5%	48.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Drink 4 or more drinks of alcohol twice a week	N/A	N/A	N/A	N/A	N/A	N/A	N/A	70.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Smoke marijuana regularly	78.6%	74.1%	77.4%	78.5%	76.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Smoke marijuana once or twice a week	N/A	N/A	N/A	N/A	N/A	60.4%	63.7%	64.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Use illegal drugs other than marijuana	85.8%	85.9%	86.5%	89.4%	89.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Use prescription drugs not prescribed to them	N/A	N/A	N/A	83.9%	85.1%	84.8%	84.8%	80.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Perception of Parental Response (wrong, very wrong)															
Smoke cigarettes	96.3%	96.6%	97.5%	97.4%	96.2%	N/A	N/A	95.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Use electronic vapor products	N/A	N/A	N/A	N/A	94.4%	N/A	N/A	95.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Drink 1 or 2 drinks of alcohol nearly every day	N/A	N/A	N/A	N/A	N/A	N/A	N/A	90.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Smoke marijuana	96.3%	96.4%	97.3%	96.2%	95.6%	N/A	N/A	95.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Use illegal drugs other than marijuana	97.1%	97.4%	97.9%	98.4%	97.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Use prescription drugs not prescribed to you	N/A	N/A	N/A	97.1%	97.0%	N/A	N/A	95.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A

SOMERVILLE MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY															
	SOMERVILLE MIDDLE SCHOOL								MA YHS						
	2011	2013	2015	2017	2019	2021	2023	2025	2011	2013	2015	2017	2019	2021	2023
Exposure at Home (anyone (other than you) living in your household who)															
Smokes cigarettes	29.5%	26.6%	24.1%	17.6%	16.9%	17.4%	12.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Uses electronic vapor products	N/A	N/A	N/A	N/A	7.9%	8.7%	8.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
They think drinks too much alcohol	9.9%	9.6%	6.4%	8.9%	8.4%	9.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Smokes marijuana	4.6%	5.8%	4.4%	5.3%	6.9%	8.6%	6.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Uses illegal drugs other than marijuana	1.7%	1.0%	0.6%	0.7%	0.5%	0.7%	0.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Uses prescription drugs that are not prescribed to them	N/A	N/A	N/A	1.3%	0.9%	0.8%	0.8%	N/A	N/A	N/A	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	N/A	34.4%	35.3%	N/A	N/A	N/A	38.2%	38.1%	39.6%	N/A	N/A
Electronic vapor products	N/A	N/A	N/A	N/A	N/A	38.3%	47.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Alcohol	N/A	N/A	N/A	N/A	N/A	40.7%	38.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Marijuana	N/A	N/A	N/A	N/A	N/A	17.3%	21.0%	N/A	N/A	N/A	18.0%	14.7%	16.0%	N/A	N/A
Illegal drugs other than marijuana	N/A	N/A	N/A	N/A	N/A	8.4%	10.2%	N/A	N/A	N/A	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	N/A	15.0%	21.1%	N/A	N/A	N/A	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	64.3%	52.8%	50.1%	67.6%	81.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
The risks involved with drug use	62.7%	53.3%	52.1%	68.2%	71.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Handling peer pressure, including pressure to use substances	53.7%	50.7%	48.0%	53.8%	62.9%	N/A	N/A	N/A	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	53.6%	49.5%	52.4%	57.1%	56.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
The risks involved with drug use	53.7%	52.4%	53.3%	57.6%	55.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
DISCRIMINATION IN SCHOOL (most of the time, always) (school year)															
Treated badly or unfairly in school because of their race/ethnicity	N/A	N/A	N/A	N/A	N/A	N/A	1.9%	2.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Treated badly or unfairly in school because of their gender identity	N/A	N/A	N/A	N/A	N/A	N/A	1.2%	2.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Treated badly or unfairly in school because of their sexual orientation	N/A	N/A	N/A	N/A	N/A	N/A	0.8%	1.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Treated badly or unfairly in school because of their religion	N/A	N/A	N/A	N/A	N/A	N/A	0.7%	1.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
SAFETY															
Adult made them feel uncomfortable by trying to gain their trust	N/A	N/A	N/A	N/A	N/A	N/A	N/A	11.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Ever been asked to send sexual messages/nude/semi-nude pictures or videos	N/A	N/A	N/A	N/A	N/A	N/A	N/A	7.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Ever sent or received sexual messages/nude/semi-nude pictures or videos	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Sent or received sexual messages	N/A	N/A	N/A	N/A	N/A	N/A	16.8%	14.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Talked on the phone with a stranger they met online	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Texted with a stranger they met online	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Messaged on social media/gaming platform a stranger they met online	N/A	N/A	N/A	N/A	N/A	N/A	N/A	17.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Met with in person a stranger they met online	N/A	N/A	N/A	N/A	N/A	N/A	N/A	3.7%	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)	10.7%	10.5%	8.1%	7.2%	10.5%	N/A	N/A	N/A	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	6.2%	4.7%	4.9%	3.5%	4.1%	N/A	N/A	N/A	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	1.6%	0.9%	0.5%	1.2%	0.7%	N/A	N/A	N/A	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	N/A	4.2%	4.0%	2.8%	N/A	N/A	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	N/A	1.7%	1.7%	2.1%	N/A	N/A	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	N/A	2.3%	1.6%	1.1%	N/A	N/A	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	N/A	5.9%	4.9%	N/A	N/A	15.5%	11.0%	11.5%	N/A	13.7%

	SOMERVILLE MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY								MA YHS						
	SOMERVILLE MIDDLE SCHOOL								MA YHS						
	2011	2013	2015	2017	2019	2021	2023	2025	2011	2013	2015	2017	2019	2021	2023
Fighting (past 12 months)															
In a physical fight	N/A	N/A	N/A	N/A	N/A	17.9%	26.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
In a physical fight on school property	7.1%	6.1%	5.7%	4.9%	7.8%	N/A	15.8%	13.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
In a physical fight when not on school property	11.3%	5.9%	6.4%	5.2%	6.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Other															
Carried a weapon on school property (30 days)	3.4%	1.2%	1.0%	1.0%	0.9%	4.9%	N/A	1.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Carried a weapon when not on school property (30 days)	6.9%	4.2%	2.7%	3.0%	3.0%	N/A	N/A	N/A	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)	6.9%	4.2%	5.5%	5.0%	7.0%	N/A	11.4%	N/A	N/A	N/A	N/A	N/A	6.4%	N/A	N/A
Stayed home from school out of fear of safety at school (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Stayed home from school out of fear of safety on way to/from school (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	8.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Was a member of a gang	2.6%	1.5%	1.5%	0.4%	1.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Ever received instruction in school on resolving conflicts without fighting	63.6%	56.0%	58.1%	68.2%	59.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
BULLYING (past 12 months)															
Bullied in/on the way to school	14.5%	12.3%	10.5%	8.9%	11.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Bullied when not in/on the way to school	6.8%	6.1%	5.7%	4.7%	4.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Bullied in school	N/A	N/A	N/A	N/A	N/A	N/A	15.8%	19.5%	36.0%	36.0%	32.9%	34.0%	35.3%	33.4	41.2%
Bullied electronically	N/A	9.2%	8.2%	8.3%	9.5%	15.3%	6.4%	10.5%	N/A	13.6%	15.2%	14.1%	15.2%	18.1%	18.2%
Saw someone else bullied in/on the way to school	N/A	26.8%	23.1%	18.5%	23.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Last time they were bullied in school															
Didn't do anything	N/A	N/A	N/A	N/A	N/A	N/A	N/A	13.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Tried to get the person/people to stop doing it	N/A	N/A	N/A	N/A	N/A	N/A	N/A	13.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Told a teacher, counselor, or another adult at school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	15.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Told parent/guardian	N/A	N/A	N/A	N/A	N/A	N/A	N/A	11.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Told an adult outside of school who is not a parent/guardian	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Talked to friend(s) or other student(s) about it	N/A	N/A	N/A	N/A	N/A	N/A	N/A	14.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Last time they saw someone else bullied in school															
Took part in the bullying	N/A	N/A	N/A	N/A	N/A	N/A	2.2%	1.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Just saw it happen	N/A	N/A	N/A	N/A	N/A	N/A	19.6%	18.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Tried to get the person/people to stop doing it	N/A	N/A	N/A	N/A	N/A	N/A	13.9%	15.8%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Offered support to the person being bullied	N/A	N/A	N/A	N/A	N/A	N/A	13.3%	13.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Told a teacher, counselor, or another adult at school	N/A	N/A	N/A	N/A	N/A	N/A	7.4%	8.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Told an adult outside of school	N/A	N/A	N/A	N/A	N/A	N/A	N/A	5.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
MENTAL HEATLH															
General															
Mental health was not good most of the time or always (30 days)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	15.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Experienced overwhelming stress (most of the time, always)	N/A	N/A	N/A	N/A	N/A	20.7%	22.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Experienced anxiety (past 30 days)	N/A	N/A	N/A	24.6%	26.5%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Had trouble concentrating more than half the days or nearly every day (2 weeks)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	15.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Had little interest or pleasure in doing things more than half the days or nearly every day (2 weeks)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	15.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Felt the need to talk to someone about how they were feeling, how things were going in their life, problems they might have had (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	48.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A

SOMERVILLE MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY																	
	SOMERVILLE MIDDLE SCHOOL							MA YHS									
	2011	2013	2015	2017	2019	2021	2023	2025	2011	2013	2015	2017	2019	2021	2023		
SEXUAL BEHAVIORS																	
Engaged in sexual activity (12 months)	N/A	N/A	N/A	N/A	N/A	5.4%	5.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Ever had sexual intercourse	10.8%	7.6%	3.9%	2.8%	3.2%	2.6%	2.4%	1.5%	N/A	N/A	N/A	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	N/A	72.2%	52.9%	70.0%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Ever taught about AIDS or HIV infection in school	53.1%	62.6%	67.8%	70.4%	50.1%	N/A	N/A	N/A	N/A	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	N/A	23.9%	14.8%	20.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Ever talked about AIDS or HIV infection with parents or other family adults	34.6%	38.5%	34.5%	33.3%	28.1%	38.5%	N/A	N/A	N/A	N/A	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	N/A	59.0%	52.5%	N/A	N/A	N/A	N/A	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	N/A	37.3%	44.0%	45.9%	N/A	52.0%	49.2%	50.9%	48.6%	N/A	51.1%		
BODY WEIGHT																	
Describe themselves as about the right weight	N/A	N/A	N/A	N/A	N/A	49.2%	48.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Trying to lose weight	N/A	N/A	N/A	N/A	N/A	47.8%	39.7%	N/A	N/A	N/A	85.0%	84.5%	N/A	N/A	N/A	N/A	
Feel very or extremely concerned about their body image	N/A	N/A	N/A	N/A	N/A	N/A	N/A	12.2%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
GAMBLING																	
Gamble for money (past year)	N/A	N/A	N/A	N/A	N/A	2.8%	15.9%	N/A	N/A	46.3%	40.0\$	46.4%	N/A	N/A	48.4%		
Perceived risk of harm of gambling (moderate, great)	N/A	N/A	N/A	N/A	N/A	55.8%	50.1%	N/A	N/A	N/A	N/A	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	N/A	16.1%	20.1%	23.3%	N/A	N/A	N/A	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	N/A	20.0%	19.6%	N/A	N/A	N/A	N/A	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	N/A	51.7%	58.5%	58.5%	N/A	N/A	60.4%	59.0%	55.9%	N/A	50.1%		
Had 3+ hours of screen time on average day	N/A	N/A	N/A	N/A	N/A	72.6%	N/A	57.3%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Use social media 3 or more hours per day (average day)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	33.7%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Social media has a positive effect on them personally	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Social media has a negative effect on them personally	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Participated in afterschool activities (1 or more days per week typically)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	72.7%	N/A	N/A	N/A	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".