

# 2023 YRBS Overview Of Concerns

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Stoneham High School



# What is the Youth Risk Behavior Survey (YRBS)?

The Youth Risk Behavior Survey asks young people questions on six categories of health-related behaviors that contribute to the leading causes of death and disability among youth and adults. These include:

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

# Presentation Themes and Titles

## Presentation

- YRBS 101 and District Wide Roll Out
- Acceptance and Bullying
- Mental Health
- School Safety
- Sexual Health and Dating Violence
- Substance Abuse
- Youth Concerns



# YRBS at SPS and Roll Out

What was different this year?

We asked questions that lead to or did not lead to others. Example: If someone has never drank before, they were not asked how frequently they drink.

## Summary

- Emails to parents were sent out
- Opt out forms were made available
- Informational fact sheets were shared
- Raw data was given back to the building personnel within a week from roll out
- Final Middlesex report coming June or July

H = High School, M = Middle School, Black 23', Blue 21', Red 19'

# ACCEPTANCE DATA

12 Months	Never	Rarely	Sometimes	Mostly	Always
<b>Treated badly or unfairly in school because of your race or ethnicity</b>	81.4%/425H 79.2%/358M 78.2%/372H 83.2%/351M	12.1%/63H 13.3%/60M 12.4%/59H 11.6%/49M	5%/26H 5.5%/25M 6.7%/32H 4%/17M	.8%/6H 1.5%/7M 1.1%/5H .5%/2M	.8%/6H .4%/2M 1.7% <sup>H</sup> /8 .7%/3M
<b>Treated badly or unfairly in school because of your gender identity?</b>	84.2%/438H 88.0%/396M	8.7%/45H 6.0%/27M	5%/25H 4.7%/21M	1.2%/6H 1.1%/5M	1%/5H .2%/1M
<b>Treated badly or unfairly in school because of your sexual orientation?</b>	85.8%/448H 90.7%/410M 79.2%/373H 80.3%/334M	7.3%/33H 5.8%/26M 9.8%/46H 9.1%/38M	4.2%/22H 2.4%/11M 8.1%/38H 7.9%/33M	1.7%/9H .9%/4M 1.1%/5H 2.2%/9M	1%/5H .2%/1M 1.9%/9H .5%/2M
<b>Treated badly or unfairly in school because of your religion?</b>	86.9%/456H 91.2%/412M	6.3%/33H 4.9%/22M	5.5%/29H 3.1%/14M	.8%/4H .2%/1M	.6%/3H .7%/3M

# ACCEPTANCE CONCERNS

It is essential for schools to create safe and inclusive environments that promote equity and respect for diversity, so that all students can thrive and reach their full potential. When students feel unfairly treated based on their race, religion, sexuality, or gender identity, several concerns can arise, including:

1. **Mental and emotional health**
2. **Self-esteem and confidence**
3. **Discrimination and harassment**
4. **Reduced sense of belonging**
5. **Social division**



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# BULLYING DATA

	0 Days	1 Day	2-3 Days	4-5 Days	6+ Days
<b>How many days did you not go to school because you felt you would be unsafe? (Last month)</b>	91.5%/475H 93.8%/424M 92.4%/473H	37.1%/19H 4.2%/19M 1.2%/6H	31.1%/16H 1.3%/6M 1.6%H	.2%/1H	1.5%/8H .7%/3M .8%/4H

	YES	YES	YES
<b>12 months, have you been bullied?</b>	15%/77H 24.6%/110M		
<b>If you've been bullied, was it at school?</b>	81.6%/66H 86.2%/94M	10.2%/52H 25.3%/110M	13.8%H 14.5%M
<b>If you've been bullied, have you ever been bullied electronically?</b>	54.5%/42H 38.7%/43M	12.6%/64H 23.3%/101M	12.6%H 28.8%M

# BULLYING CONCERNS

It is essential for schools to take bullying seriously and take proactive measures to prevent it from occurring. This can include implementing anti-bullying policies, educating students and staff about bullying and its effects, and providing resources and support to children who have been bullied.

1. **Physical harm**
2. **Emotional distress**
3. **Absenteeism**
4. **Decreased academic performance**
5. **Long-term effects**





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# MENTAL HEALTH DATA

	Never	Rarely	Sometimes	Mostly	Always
<b>How often was your mental health not good? (30 Days )</b>	21.6%/112H 31.3%/141M 19.1%/97H 24.8%/107M	19.9%/103H 30.2%/136M 18.5%/94H 26.9%/116M	30.9%/160H 25.7%/116M 31.6%/160H 24.8%/107M	17.8%/92H 10.4%/47M 22.7%/115H 15.7%/68M	9.8%/51H 2.4%/11M 8.1%/41H 7.9%/34M
<b>Do you feel that you belong at your school?</b>	7.9%/41	10.1%/52	21.7%/112	30.4%/157	29.8%/154
<b>Did you ever feel tense, nervous, or worried every day for two or more weeks in a row that you stopped doing some usual activities?</b>					Yes 36.4%/189H 18.5%/84M
<b>12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?</b>					Yes 29.3%/149H 31.3%/157H 26.8% <b>H</b>

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# MENTAL HEALTH DATA CONTINUED

	0 Times	1 Time	2-3 Times	4-5 Times	6+ Times
<b>12 months, how many times did you hurt or injure yourself on purpose without wanting to die?</b> <b>(*23'ns = 7.3%/33 yes)</b>	81.4%/421 87.1%/438 H 82.4%/356 M	5.2%/27 4.4%/22H 4.6%/20M	5.8%/30 2.6%/13H 4.9%/21M	2.5%/13 1.8%/9H 2.1%/9M	5.0%/26 4.2%/21 H 6.0%/26 M

<b>During the past 12 months, did you ever seriously consider attempting suicide?</b>	YES 23 15.3%/79H 5.6%/25M	YES 21 13%65H 19.9%/84M	YES 19 9.8%H 16.0%M
<b>12 months, did you make a plan about how you would attempt suicide?</b>	8.7%/45H 4.5%/20M	10.3%/51H 10.3%/44M	7.4%H 8.1%M
<b>During the past 12 months, did you attempt suicide?</b>	5%/26H 1.1%/5M	5.2%/26H 4.9%/21M	2.7%H 4.1%M

# MENTAL HEALTH CONCERNS

It's essential to identify and support depressed students early on to address these academic concerns and promote their overall well-being. This may involve working with out of building therapists, teachers, and school counselors to develop individualized plans and interventions to support the student's academic success and mental health

1. **Poor academic performance**
2. **Absenteeism and truancy**
3. **Lack of motivation**
4. **Social isolation**
5. **Risk of dropping out**



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# SEXUAL ACTIVITY DATA

	11 or >	12	13	14	15	16	17 or <
<b>How old were you when you first had sexual intercourse for the first time?</b>	7.1%/9H 25%/1M 3.1%/15H 1.2%/5M .2M	3.1%/4H 25%/1 .4%/2H .5%/2M 1.3H	4.7%/6H 50%/2M 2.7%/13H .9%/4M	19.7%/25H 2.9%/14H	15.7%/20 H 6.9%/33H	29.1%/37H 6.1%/29H	20.5%/26H 5.6%/27H

<b>The last time you had sexual contact, did you use a barrier method to protect yourself from STIs?</b>	YES 23 44.5%/98H 16.2%/6M	YES 21 19.0%/90H 1.2%/5M	<b>NO 19</b> 31.2%H 30%M
<b>Have you ever sent or received sexual messages?</b>	37%/187H 9.1%/21M	46.6%/222H 19%/80M	
<b>Did you drink alcohol or use drugs before sexual contact the last time?</b>	25.8%/33H 25%/1M	7.3%/35H .5%/2M	

# SEXUAL ACTIVITY CONCERNS

Overall, sexting can have significant negative consequences for teens, and it is important for parents, educators, and teens themselves to be aware of these risks and take steps to prevent them. Drinking before having sex can have serious consequences for teens, and it is important for parents, educators, and teens themselves to be aware of these risks and take steps to prevent them.

- 1. Legal consequences**
- 2. Psychological and emotional impact**
- 3. Social and reputational consequences**
- 4. Consent**
- 5. Health risks**



DATING VIOLENCE DATA	YES	NO	I AM NOT SURE
<b>Has anyone ever done sexual things to you or forced you to do sexual things that you did not want to?</b>	13%/67H 4.4%/20M 6.4%/33H	82.5%/424H 92.5%/419M 95.5%/461H	4.5%/23H 3.1%/14M
<b>During the past 12 months, anyone ever done sexual things to you or forced you to do sexual things?</b>	59.1%/39H 8.4%/33H	34.8%/23 91.6%/469H	6.1%/4

12 Months	N/A	0	1	2-3	4-5	6+
<b>How many times did someone you were dating force you to do sexual things that you did not want to?</b>	34.6%/180H 37%/192H	57.7%/300H 57.5%/295H	2.1%/11H 2.1%/11H	2.5%/13H 1.8%/9H	.4%/2H .4%/2H	2.7%/14H .8%/4H
<b>How many times did someone you were <u>dating</u> or going out with physically hurt you?</b>	35.1% /182 38.1%H/196	59.3%/307 59.3%H/305	2.1%/11 1.6%H/ 8	1.2%/6 .2%H/1	.2%/1 .4%H/2	2.1%/1 1 .4%H/2
<b>how many times did someone you were dating or going out with control you emotionally?</b>	35.4% /184	46.5%/242	5.4%/28	4.4%/23	1.5%/8	6.7%/3 5

# DATING VIOLENCE CONCERNS

It is crucial for adults to be aware of the signs of sexual abuse and to take action to protect children from this form of abuse. It is also important to provide education and prevention programs that teach children and adults about the importance of boundaries, respect, and healthy relationships.

1. **Physical harm**
2. **Psychological trauma**
3. **Disruption of development**
4. **Substance abuse**
5. **Behavioral problems**



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# SUBSTANCE ABUSE DATA - ALCOHOL

	Never	8>	9-10	11-12	13-14	15-16	17+
<b>How old were you when you had your first drink of alcohol?</b> <i>*19' Data is under 13H/11M*</i>	52.1%/269H 91.1%/389M 44.1%/218H 84.5%/354M	3.3%/17 2.6%/8M 2.8%14H 3.1%/13 M	1.6%/8H 2.3%/10M 2.6%/13H 3.3%/15M 5.3%M	5.8%/30H 1.6%/7M 6.1%/30H 4.7%/20M 6.5%H	15.9%/82 H 2.3%/10M 17.8%/88 H 4.3%/18M	18.2%/94 H 23.7%/11 7H	3.1%/16 H 2.8%/14 H

30 Days	0	1-2	3-5	6-9	10-19	20-29	30
<b>How many days did you have at least one drink of alcohol?</b>	32.2%/79	33.9%/83	16.3%/40	9.8%/24	3.3%/8	1.6%/4	2.9%/7
<b>How many days did you have 5 or more drinks of alcohol in a row, within a couple of hours?</b>	40.4%/67	23.5%/39	7.8%/13	12.0%/20	8.4%/14	4.2%/7	3.6%/6



# SUBSTANCE ABUSE DATA - VAPING 1

	YES	YES	YES
<b>Have you ever used an electronic vapor product?</b>	25.6%/124H 2.7%/12M	39.9%/197H 8.1%/35M	43%H 13.1%

	Never	8>	9-10	11-12	13-14	15-16	17+
<b>How old were you when you first used a vape?</b>	74.4%/380H 97.3%/436M	1.2%/6H .2%1M	.2%/1H -	5.1%/26H .9%/4M	9%/46H 1.6%/7M	8.4%/43H	1.8%/9H

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# SUBSTANCE ABUSE DATA - VAPING

30 Days	0	1-2	3-5	6-9	10-19	20-29	30
<b>On how many days did you vape?</b> <b>NO/YES</b>	35.9%/47H 58.7%7M 80.2%397H 96.3%M	10.7%/14H 41.7%/5M 6.7%/33H 1.4%M	5.3%/7H 3.2%/16H .7%M	5.3%/7H 2.2%/11H .2%M	6.9%/9H 2.6%/13H .7%M	11.5%/15H 1.8%/9H .2%M	24.4%/32H 3.2%/16H .5%M
<b>On how many days did you vape on school property?</b> <b>NO/YES</b>	39.3%/ 33H 80%5M 93.8%/468H 98.8%M	11.9%/10H 20%1M 1.4%/7H .5%M	4.8%/ 4H 1.8%/9H .2%M	4.8%/4H .6%/3H -	10.7%/H 9 .8%/4H -	6.0%/5H .2%/1H -	22.6%/19H 1.4%/7H .5%M

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# SUBSTANCE ABUSE DATA - MARIJUANA

	Never	8>	9-10	11-12	13-14	15-16	17+
<b>How old were you when you first used marijuana?</b> <i>*19' Data is under 13H*</i>	72.2%/371H 99.1%/447M 63.6%/311H 97%/414M	1.8%/9H .2%/1M .2%/1H .7/3%	.8%/4H-M .2%/1H	1.6%/8H .2%/1M 1.8%/9H 1.2%/5M 4.6%	8%/41H .4%/2M 14.3%/70H 1.2%/5M	13%/67H 16.4%/80H	2.7% 14H 3.5%/17H

30 Days	0	1-2	3-9	10 - 19	20 - 39	40+
<b>On how many days did you use marijuana?</b>	25.4%/36 79.6%/387H 98.6%/422M	20.4%/29 6.4%/31H .7%/3M	22.5% 32 6.0%/29H .5%/2M	9.2%/13 2.9%/14H	5.6%/8 1.6%/8H	16.9%/24 3.5%/17H .2%/1M

# SUBSTANCE ABUSE DATA - PRESCRIPTION DRUGS

	YES	YES	YES
<b>During your lifetime, have you ever taken prescription drugs that weren't your own?</b>	6.5%/33H 1.1%/5M	5.3%/26H 5.2%/22M	4.2%
<b>During the last 30 days, have you taken prescription drugs that weren't your own?</b>	43.8%/14H 40%/2M	3.5%/17H 3.6%/15M	3.5%

# SUBSTANCE ABUSE CONCERNS

Overall, substance use can have a significant negative impact on a student's life, and it is important for students to be aware of these risks and seek help if they are struggling with substance use.

1. **Academic performance**
2. **Health problems**
3. **Social and interpersonal problems**
4. **Development of Addiction**
5. **Counterfeit Pills**



# STUDENT CONCERNS

Students were asked “Please tell us about any health issues that you think really concern students in your school”. These were the majority of responses:

- Vaping
- Mental Health
- Social Media
- Other substance use (drinking/marijuana)
- Cancer
- Stress
- STIs