## YOUTH RISK BEHAVIOR SURVEY

The Bromfield School


Results of the 2018 Emerson Hospital YRBS

Prepared for: Emerson Hospital and The Bromfield School, Harvard, Massachusetts

## Youth Risk Behavior Survey (YRBS)

Every two years, Emerson Hospital and public school districts within Emerson Hospital's service area collaborate to conduct the Emerson Youth Risk Behavior Survey (YRBS), a comprehensive survey of youth in $6^{\text {th }}$ grade, $8^{\text {th }}$ grade, and high school, regarding risk behaviors in the following general areas:

- Vehicular safety
- Social and emotional wellbeing
- Physical safety
- Sexual behavior
- Tobacco, alcohol, and drug use
- Diet, body image, and physical activity
- Sleep, school work, and screen time
- Social media

This report presents findings for The Bromfield School, with breakdowns by grade and student demographics. For more information, please contact:

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## Emerson YRBS Background

- Emerson YRBS began in 1997 with 4 school districts and students in $6^{\text {th }}$ grade, $8^{\text {th }}$ grade, and $11^{\text {th }}$ grade
- The survey has since expanded to include 9 school districts and students in $6^{\text {th }}$ grade, $8^{\text {th }}$ grade, and $9^{\text {th }}$ through $12^{\text {th }}$ grade
- More than 11,000 youth participated in the 2018 Emerson YRBS
- Questionnaires are age-appropriate and based on YRBS from Centers for Disease Control and Prevention and Massachusetts YRBS
- This is the first year Market Street Research has worked directly with Emerson Hospital and the participating school districts on the Emerson YRBS; previous surveys were overseen by James Byrne of Northeast Health Resources


## 2018 Emerson YRBS - Participating School Districts

- Acton-Boxborough Regional School District
- Ayer-Shirley Regional School District
- Concord-Carlisle High School/Concord Public Schools
- Groton-Dunstable Regional School District
- The Bromfield School (Harvard Public Schools)
- Littleton High School/Littleton Public Schools
- Maynard Public Schools
- Nashoba Regional School District
- Westford Academy/Westford Public Schools


## 2018 Emerson YRBS Methodology Overview and Definition of "Aggregate"

##  RESEARCH

## Methodology Overview

- The Emerson YRBS is a survey of all students in $6^{\text {th }}$ grade, $8^{\text {th }}$ grade, and high school ( $9^{\text {th }}$ through $12^{\text {th }}$ )
- $6^{\text {th }}$ and $8^{\text {th }}$ graders are surveyed using an online platform
- High school youth are surveyed using paper questionnaires
- To the extent possible, districts survey students in each grade all on the same day, although in 2018 there were adverse weather events and problems with connectivity and survey access that made it challenging to do so. In some districts this did not happen as planned
- The surveys are proctored at local schools by teachers and district staff, who are given instructions to read to youth
- The online platform, printing of paper questionnaires, and data entry processes were conducted by MJT Inc., the same vendor used in previous Emerson YRBS surveys
- In this report, the term "aggregate" refers to the results for all youth surveyed in all districts for 2018.


## Census vs. Sample: What is the YRBS?

- A census is a survey that includes everyone in the population being surveyed (e.g., all $6^{\text {th }}$ to $12^{\text {th }}$ grade youth)
- A sample surveys some members of the population, but not everyone
- Emerson YRBS is designed to be as close to a census of $6^{\text {th }}$ grade, $8^{\text {th }}$ grade, and high school youth as possible.
- There are, however, some youth who did not participate in the survey, so technically, the YRBS is a sample
- Because the sample is so large, however, nearly all differences (including small differences) will test as statistically "significant", and thus are important to consider
- In addition to this report, Emerson Hospital and each of the participating districts has received a set of crosstabulations (by grade and other key variables) that show the results for all questions along with statistics such as medians, averages, etc. The crosstabulations are color-coordinated to show which differences between groups are statistically significant, and which are not. Those that are not statistically significant should be interpreted cautiously


## 2018 Emerson YRBS Methodology Details for The Bromfield School

- 549 youth were surveyed at The Bromfield School:
- $6^{\text {th }}$ graders were surveyed on March 18, 2018
- $8^{\text {th }}$ graders were surveyed on March 18, 2018
- High school youth were surveyed on March 18, 2018

Bromfield School YRBS Response Rate:
Total attendance on day of survey: 559
Parent opt-out: 3 (<1\%)
Responded to survey: 549 (98\%)
Did not respond to survey: 10 (2\%)

Youth Participating in 2018 Emerson YRBS The Bromfield School

|  | Total Surveyed | 6th Grade | 8th <br> Grade | High School |
| :---: | :---: | :---: | :---: | :---: |
| AGGREGATE (ALL DISTRICTS) | 11,044 | 1,809 | 1,865 | 7,344 |
| The Bromfield School | 549 | 78 | 89 | 382 |

## 2018 Emerson YRBS Methodology (cont.)

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## Youth Confidentiality

- The Emerson YRBS is conducted in a way that guarantees confidentiality to youth who participate.
- Confidentiality is critical for the YRBS, because many of the behaviors discussed in the survey are illegal for minors (or at best, dangerous), and not guaranteeing confidentiality could discourage youth from responding honestly or completely to the survey questions
- The surveys are proctored by teachers and district staff, but youth are not required to participate. Youth who prefer not to respond are instructed to either: (1) leave the questions they don't want to answer blank; or (2) submit a blank questionnaire
- For the 2018 Emerson YRBS, 352 youth in total (about $3 \%$ of the aggregate) chose not to participate in the survey
- Youth names are never collected, thus there is no way to connect individuals to their specific responses
- We do collect some demographic information from youth (schools attended, age, grades in school, gender, sexual orientation, and race/ethnicity). As a consequence, there is a remote possibility that districts might be able to identify individuals on this basis. For this reason, any time we report on risk behaviors affecting small numbers, if the group examined includes fewer than 30 youth, we report findings only for the aggregate (all districts combined)
- Market Street Research retains the original data in electronic format in an archive for due diligence, but neither Emerson Hospital nor the school districts participating in the 2018 Emerson YRBS will have access to the original data


## Question Numbers

Question numbers are included throughout this report to assist the reader in cross-referencing with the questionnaire if needed; see

Which grades were asked this
question: Wording of question (abbreviated if needed; check questionnaire for full version) example below.

Is there at least one teacher or other adult in this school that you could talk to if you had a problem?

## Comparing 2018 YRBS with Previous Years

## When Possible, This Report Presents Comparisons with Previous Emerson YRBS

- Prior to 2018, the Emerson YRBS was overseen by Jim Byrne of Northeast Health Resources
- Market Street Research is only responsible for the quality and completeness of data from the 2018 YRBS
- When possible, this report and accompanying materials provided to Emerson Hospital and the participating school districts include comparisons with previous years' results
- Readers should note that Market Street Research cannot provide comparisons in cases in which information from prior years' surveys:
- is not available from the previous vendor, or is missing
- is inconsistent with 2018 results due to changes in the questionnaire


## AT-A-GLANCE KEY RISK BEHAVIORS AND RECOMMENDATIONS FOR FUTURE YRBS

## At-A-Glance Selected Risk Behaviors for 2018 The Bromfield School

| Selected Risk Behaviors Covered in 2018 Emerson YRBS: | AGGREGATE 2018 TOTAL | BROMFIELD SCHOOL TOTAL | 6th Grade | 8th Grade | High School |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Q21: Passenger in vehicle, minor driver under influence of drugs/alcohol | 9\% | 9\% | 2\% | 2\% | 13\% |
| Q22: Drove vehicle while under influence of drugs/alcohol | 4\% | 6\% | n/a | n/a | 6\% |
| Q23: Drove vehicle while under influence of marijuana | 7\% | 10\% | n/a | n/a | 10\% |
| Q24: Most of the time or always, drives vehicle while using cell phone | 5\% | 7\% | n/a | n/a | 7\% |
| Q36: Has sexted (sent or received) in past 12 months | 21\% | 23\% | 5\% | 18\% | 30\% |
| Q37: Has social media accounts parents/guardians don't know about | 20\% | 23\% | 5\% | 18\% | 30\% |
| Q46: Number of youth who brought a gun to school in past 30 days | 39 youth | 7 youth | None | None | 7 youth |
| Q57: Bullied in school in past 12 months | 8\% | 9\% | 12\% | 10\% | 8\% |
| Q28: Cyber-bullied (bullied electronically) in past 12 months | 7\% | 10\% | 11\% | 11\% | 9\% |
| Q64: Sexually harassed in school in past 12 months | 11\% | 12\% | n/a | 12\% | 12\% |
| Q89: Self-injury in past 12 months | 14\% | 18\% | n/a | 18\% | 18\% |
| Q90: Depressed in past 12 months | 22\% | 24\% | n/a | 18\% | 26\% |
| Q93: Attempted suicide in past 12 months | 3\% | 5\% | 3\% | 5\% | 6\% |
| Q97: Current cigarette smoker (past 30 days) | 3\% | 4\% | 0\% | 0\% | 7\% |
| Q99: Current electronic cigarette or vaping, juuling, etc. (past 30 days) | 20\% | 22\% | 1\% | 6\% | 33\% |
| Q105: Current alcohol consumption (past 30 days) | 22\% | 22\% | 1\% | 6\% | 32\% |
| Q118: Current marijuana consumption (past 30 days) | 14\% | 13\% | 1\% | 3\% | 20\% |
| Q122: Misuses others' prescription medications (past 12 months) | 5\% | 7\% | n/a | 4\% | 8\% |
| Q139: Misuses own prescription medications (lifetime) | 8\% | 12\% | n/a | 8\% | 13\% |
| Q164: Has had sexual intercourse (lifetime) | 19\% | 19\% | n/a | 3\% | 24\% |

## Recommendations for Future Emerson YRBS



## Continue to monitor key risk behaviors



Continue to monitor groups at greatest risk


If nothing can be done, drop issue from YRBS


## Expand Some Questions to $6^{\text {th }}$ Grade

There are some questions not asked of $6^{\text {th }}$ graders that Emerson Hospital and the participating school districts may want to include for this age group in the future, because at least $8 \%$ or more of $8^{\text {th }}$ graders engage in or experience these behaviors:

- Self-injury
- Feelings of depression
- Using own prescriptions in ways not prescribed (first asked in 2018)
- Sexting and viewing pornography
- Ask $6^{\text {th }}$ and $8^{\text {th }}$ graders about binge drinking


## Is this the right issue?

- Violence can occur at school, at home, or in the community. Alcohol/drugs may or may not influence violence in any of these settings. Which is most important in terms of youth experiences at school?


## Eliminate Some Questions from Earlier Grades

There are some questions asked of $6^{\text {th }}$ and $8^{\text {th }}$ graders that cover: (1) behaviors that are rare for these age groups; or (2) behaviors that have declined dramatically in recent years:

- Recent cigarette smoking (past 30 days)
- Use of chewing tobacco, snuff, pack, or dip
- $6^{\text {th }}$ grade use of marijuana (regular and synthetic), although this might change as it is legalized
- Selling of illegal drugs on school property by $6^{\text {th }}$ graders


## Duplicates (Same Issue, Same Groups?)

- Huffing (lifetime by $6^{\text {th }}$ graders, 30 days by 8 th and high school). Consider asking this question the same way for all grades, using one of the versions (not both)
- Ever pressured into sex vs. ever had sex didn't want; consider combining this question or asking one of the versions (not both)


# Detailed Findings <br> The Bromfield School 

# Characteristics of Students Participating in 2018 Youth Risk Behavior Survey Results for The Bromfield School 

Demographic Profiles: $6^{\text {th }}$ Grade, $8^{\text {th }}$ Grade, and High School
Sleep, Homework, and Screen Time
Participation in Out-Of-School-Time Activities
Breakfast and Caffeine
Regular Physical Exercise

# Demographic Profile $-6^{\text {th }}$ and $8^{\text {th }}$ Grade The Bromfield School YRBS 



| Q1 | GR6 | GR8 | HS | How old are you? |
| :---: | :---: | :--- | :--- | :--- |
| Q2 | GR6 | GR8 | HS | How do you identify yourself [gender]? |
| Q4 | GR6 | GR8 | HS | How do you describe yourself [racial/ethnic identity]? |
| Q12 | $n / a$ | $n / a$ | HS | How do you think of yourself [sexual orientation]? |
| Q13 | GR6 | GR8 | HS | How would you describe your grades in school? |

NOTE: Percentages for race/ethnicity may not add to $100 \%$ because youth may identify with more than one category

# Demographic Profile - High School The Bromfield School YRBS 



| Q1 | GR6 | GR8 | HS | How old are you? |
| :---: | :---: | :---: | :---: | :--- | :--- |
| Q2 | GR6 | GR8 | HS | How do you identify yourself [gender]? |
| Q4 | GR6 | GR8 | HS | How do you describe yourself [racial/ethnic identity]? |
| Q12 | $n / a$ | $n / a$ | HS | How do you think of yourself [sexual orientation]? |
| Q13 | GR6 | GR8 | HS | How would you describe your grades in school? |

NOTE: Percentages for race/ethnicity may not add to 100\% because youth may identify with more than one category

## Grades in School

## The Bromfield School YRBS

The 2018 YRBS results clearly indicate that youth's likelihood of engaging in many risky or unhealthy behaviors goes up as their grades in school go down. This relationship is especially evident for youth whose grades fall in the " C " or below range. Youth whose grades are " $D$ " or below are much more likely than their peers with higher grades to have experienced physical or sexual violence, to have been bullied or bullied others, to have been sexually active, and to have used alcohol, marijuana, or illegal drugs. They also get much less sleep. The link between grades and risk behaviors is discussed in detail throughout this report.

Grades in School in Past 12 Months - Bromfield School Youth (2018)


## Sleep, Homework and Screen Time The Bromfield School YRBS

Median Hours of Sleep on School Nights (2018)


Sleeps an Average of 7 or Fewer Hours Per Night (2002-2018)
Bromfield School Trends:


NOTE: The sleep question was changed in 2016, adding "each school night."

Medians are mid-points; for example, half of the youth surveyed in 2018 sleep more than 6 hours on school nights, and half sleep less than 6 hours.

| AGGREGATE (N=10,761) | $\begin{aligned} & \text { BROMFIELD } \\ & \text { SCHOOL } \\ & (\mathrm{N}=541) \end{aligned}$ | 6th ( $\mathrm{N}=78$ ) | 8th ( $\mathrm{N}=88$ ) | 9th ( $\mathrm{N}=100$ ) | 10th ( $\mathrm{N}=88$ ) | 11th ( $\mathrm{N}=95$ ) | 12th ( $\mathrm{N}=91$ ) | Total High School ( $\mathrm{N}=375$ ) |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |

## Who Gets Most and Least Sleep on School Nights Aggregate Comparison Between Groups

## Most likely to get 8 hours or more sleep on school nights

- $6^{\text {th }}$ graders (63\%) and $8^{\text {th }}$ graders (36\%)
- LGTBQ youth (41\%)
- Males (30\%)
- Does not have social media accounts parents don't know about (30\%)
(Aggregate $=27 \%$ )


## Most likely to get

 4 hours or less sleep on school nights(Aggregate = 5\%)

- Has been hurt physically (28\%) or sexually (37\%)
- Grades "D" or "F" (36\%)
- Bullied others (24\%) or cyber-bullied others (27\%)
- Smokes (22\%), chews (21\%), uses drugs (15\%-37\%)
- Non-gender-conforming youth (23\%)
- Depressed (13\%), suicidal ideation (15\%), or attempt (16\%)
- Has been bullied (12\%) or cyber-bullied (15\%)
- Has missed school because doesn't feel safe (16\%)


# Participation in Out-of-School Time Activities The Bromfield School YRBS 

The majority of Bromfield School youth surveyed in 2018 (88\%) are involved in one or more out-of-school-time activities. The median amount of time they spend on these activities is about 2 hours regardless of grade, although the kinds of activities they engage in often change as they age:

- $\quad \mathbf{6}^{\text {th }}$ graders are most likely to participate in sports (66\%), band, orchestra, or choir (23\%), or clubs, such as drama, art, debate, etc. (19\%)
- $\quad \mathbf{8}^{\text {th }}$ graders are most likely to participate in sports (72\%), clubs (20\%), or band, orchestra, or choir (17\%)
- High school youth are most likely to participate in sports (64\%), clubs (44\%), volunteer work (39\%), or jobs (34\%)

Lack of engagement in out-of-school-time activities is associated with higher risks across a spectrum of behaviors. For the aggregate, compared with an overall participation rate of $88 \%$ for all youth, those who are significantly likely than their peers to engage in out-of-school-time activities include:

- Youth whose grades are in the "C" range (73\%) or "D-F" range (61\%)
- Non-gender-conforming youth (74\%)
- Youth who admit they have bullied others (73\%) or cyberbullied others (73\%)
- Youth who have been hurt sexually (73\%) or physically (80\%) while they or the other persons involved were under the influence of alcohol or drugs
- Youth who haven't come to school on one or more occasions because they don't feel safe (78\%)
- African-American youth (79\%)



## Breakfast and Caffeine The Bromfield School YRBS




Ate Breakfast Fewer than Five Days in Past Week (2002-2018)
Bromfield School Trends


Drank a Caffeinated Beverage One or More Times Per Day In Past Week (2010-2018)


| Q184 | GR6 | GR8 | HS | During the past 7 days, how many times did you drink a caffeinated beverage ... ? |
| :--- | :--- | :--- | :--- | :--- |
| Q185 | GR6 | GR8 | HS | During the past 7 days, on how many days did you eat breakfast? |

## Regular, Vigorous Exercise <br> The Bromfield School YRBS

About two-thirds (68\%) of the Bromfield School youth surveyed in 2018 reported that they participated in vigorous physical activity 3 or more days during the previous week.
The proportion of youth engaging in regular, vigorous exercise has is currently at an all-time low for Bromfield School youth.

## Vigorous Exercise:

"Physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities."


Participated in Vigorous Exercise
3 or more Days in Past Week (2002-2018)
Bromfield School Trends
Participated in Vigorous Exercise
3 or more Days in Past Week (2018)


6th Grade
■ = Aggregate (data for Bromfield School not available)

# Section 1: Helmets and Vehicular Safety 

Wearing Helmets<br>Wearing Seat Belts<br>Impaired Driving (Alcohol, Marijuana, Cell Phones)

## Wearing Helmets The Bromfield School YRBS

The majority—but not all—Bromfield School youth surveyed in 2018 said that they "always" wear helmets when riding a bicycle or when skiing or snowboarding. Fewer than half wear helmets when rollerblading or skateboarding. In general, use of helmets declines as youth age.


## Wearing Seat Belts The Bromfield School YRBS

Most Bromfield School youth wear seat belts while they are passengers in cars. The proportion who rarely or never do so has declined steadily since 2002 when questions about seat belts were first asked of youth in the region. High school youth are slightly less likely than their younger peers to wear seat belts as passengers, but the difference is not large.
High school youth are not always as careful about wearing seatbelts when they are driving. In fact, about 18\% of Bromfield School $12^{\text {th }}$ graders, and $5 \%$ of $11^{\text {th }}$ graders, admitted that do not "always" wear seat belts when they are driving. Note that the lower proportions for $9^{\text {th }}$ and $10^{\text {th }}$ graders are probably due to the fact that many of these youth do not yet drive. This question is new for 2018 so comparisons across time are not available.

How Often $6^{\text {th }}$ and $8^{\text {th }}$ Graders Wear Seat Belts as Passengers (2018)

Proportion of Youth Who Rarely or Never Wear Seat Belts

| YRBS | 6th <br> Grade | 8th <br> Grade | High <br> School |
| :---: | :---: | :---: | :---: |
| 2002 | $2 \%$ | $7 \%$ | $10 \%$ |
| 2004 | $2 \%$ | $8 \%$ | $6 \%$ |
| 2006 | $0 \%$ | $3 \%$ | $6 \%$ |
| 2008 | $2 \%$ | $3 \%$ | $6 \%$ |
| 2010 | $1 \%$ | $6 \%$ | $7 \%$ |
| 2012 | $2 \%$ | $3 \%$ | $2 \%$ |
| 2014 | $4 \%$ | $5 \%$ | $4 \%$ |
| 2016 | $0 \%$ | $3 \%$ | $3 \%$ |
| 2018 | $0 \%$ | $1 \%$ | $2 \%$ |

= Aggregate (data for Bromfield School not available)


## Impaired Driving (Alcohol, Marijuana, Cell Phones) The Bromfield School YRBS

There are a variety of ways in which youth might be exposed to impaired driving. The most common experience of impaired driving is among high school students riding in vehicles while drivers are using cell phones (45\% for Bromfield School), followed by older teens driving and using cell phones (e.g., 36\% of Bromfield School $12^{\text {th }}$ graders have done this in the past 30 days). Many older teens also use marijuana when they drive (e.g., $\mathbf{2 4 \%}$ of Bromfield School $12^{\text {th }}$ graders).


| Q21 | GR6 | GR8 | HS | How many times did you ride in a car driven by a minor who had been drinking alcohol/using drugs? |
| :---: | :---: | :---: | :---: | :--- | :--- |
| Q22 | $n / a$ | $n / a$ | HS | How many times did you drive a car or other vehicle when you had been drinking alcohol? |
| Q23 | $n / a$ | $n / a$ | HS | How many times did you drive a car or other vehicle when you had been using marijuana? |
| Q24 | $n / a$ | $n / a$ | HS | Have you driven a car while using a cell phone to talk, text, or access the internet or social media... ? |
| Q25 | $n / a$ | $n / a$ | HS | Have you been a passenger in a car while the driver was using a cell phone to talk, text, ...? |

## Impaired Driving (cont.) The Bromfield School YRBS

The most frequent response when Bromfield School youth are passengers in vehicles whose drivers are using cell phones unsafely is to do nothing (35\%). Only a very small proportion of youth say they insist on being let out when drivers refuse to stop using cell phones (1\%). Many times, youth say they ask drivers to stop using cell phones and the drivers don't stop (10\%). Only 34\% said that asking drivers to stop using cell phones results in cessation of the behavior.


Proportion of Youth in Vehicles With Drivers Under Age 18 Who Have Been Drinking Alcohol or Using Drugs (2002-2018 YRBS) Bromfield School Trends


6th Grade
8th Grade
High School

| Q21 | GR6 | GR8 | HS | How many times did you ride in a car driven by a minor who had been drinking alcohol/using drugs? |
| :---: | :---: | :---: | :---: | :--- |
| Q26 | $n / a$ | $n / a$ | HS | How assertive have you been as a passenger in a car whose driver was using a cell phone ... ? |

# Section 2: Emotional Wellbeing 

Trusted Adults in School
Major Sources of Stress
Depression and Suicidal Ideation
Body Image and Weight

## Trusted Adults in School The Bromfield School YRBS

More than three-fourths (79\%) of the Bromfield School youth surveyed in 2018 said there is at least one teacher or other adult in their school who they could talk to if they had a problem. This proportion is relatively consistent across grades until high school, when the proportion of youth who have adults they can talk to at school increases for some grades, reaching $\mathbf{9 0 \%}$ by $\mathbf{1 2}{ }^{\text {th }}$ grade.
Not having a trusted adult at school is significantly associated with a number of other risks. Across all of the school districts (aggregate), the following youth are much less likely than their peers to have trusted adults at school:

- Youth who have been hurt physically or sexually while they or the perpetrator(s) were under the influence of alcohol or drugs (45\% and 44\%, respectively)
- Youth who have been bullied (62\%), cyber-bullied (61\%), or who have bullied others (50\%)
- Youth who have social media accounts their parents aren't aware of (64\%)
- Youth who have used any of the following drugs: marijuana (71\%), cocaine (55\%), heroin (43\%); meth (44\%), MMDA (52\%)

Percent of Youth Surveyed in 2018 With Trusted Adults at School


## Major Sources of Stress The Bromfield School YRBS

By far the greatest source of stress reported by youth in 2018 is school; this is true for all grades, although the proportion experiencing high stress as a consequence of school increases substantially with age.



Percent of Youth Experiencing "Somewhat" to "Very High" Stress Due to Academics, by Grade (2012-2018), Aggregate Trends (District Data Not Comparable)


| Q77 | GR6 | GR8 | HS | During the past 6 months, what level of stress have you experienced as a result of your academic workload? |
| :--- | :---: | :---: | :---: | :--- | :--- |
| Q78 | GR6 | GR8 | HS | During the past 6 months, what level of stress have you experienced as a result of events in school? |
| Q79 | GR6 | GR8 | HS | During the past 6 months, what level of stress have you experienced as a result of events or pressure at home? |
| Q80 | GR6 | GR8 | HS | What is the greatest source of stress in your life? |

## Major Sources of Stress (cont.) The Bromfield School YRBS

The top three strategies Bromfield School youth use most often to deal with stress are:

- Exercise (47\%)
- Watching television (47\%)
- Eating (41\%)

Many Bromfield School youth also rely on meditation or relaxation activities (21\%). Some result to negative behaviors, such as drinking, drugs, or smoking (12\%), vaping (11\%), or self-injury (6\%).
Drinking, drugs, smoking, and vaping become more common as youth age, and are most likely to be used as strategies by $12^{\text {th }}$ graders. Self-injury, on the other hand, is used by youth to relieve stress about as often in $6^{\text {th }}$ grade as in high school.


## Depression and Suicide The Bromfield School YRBS

Many Bromfield School youth surveyed in 2018 have struggled with sad feelings and/or have contemplated suicide. In $2018,20 \%$ of $8^{\text {th }}$ graders and $21 \%$ of high school youth reported that they had felt so sad or hopeless almost every day for 2 weeks ore more in a row, that they stopped doing some of their usual activities. About $15 \%$ of Bromfield School youth seriously considered suicide this past year; $9 \%$ made a plan for suicide; and $3 \%$ attempted suicide at least once during the ear. Sixteen Bromfield School youth surveyed in 2018 (about 3\% of the total for the district) said they attempted suicide and 6 said the result was an injury, poisoning, or overdoes that had to be medically treated.


| Q90 | n/a | GR8 | HS | During the past 12 months, did you ever feel so sad or hopeless every day for two weeks or more in a row ... ? |
| :---: | :---: | :---: | :---: | :--- | :--- |
| Q91 | GR6 | GR8 | HS | During the past 12 months, did you ever seriously consider attempting suicide? |
| Q92 | GR6 | GR8 | HS | During the past 12 months, did you make a plan for how you would attempt suicide? |
| Q93 | GR6 | GR8 | HS | During the past 12 months, how many times did you actually attempt suicide? |
| Q94 | n/a | GR8 | HS | If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning ...? |

## Depression and Suicide (cont.) The Bromfield School YRBS

The proportions of high school youth who have seriously considered suicide and/or actually attempted suicide have declined gradually since these questions were first asked in 2002. For $6^{\text {th }}$ and $8^{\text {th }}$ graders, however, levels of suicidal ideation and attempted suicide have fluctuated, and at the Bromfield School, are now at the highest point in recent years. In all grades, youth at greatest risk of suicidal ideation and attempted suicide have the same characteristics as youth at risk of other risks; namely, those who have been bullied, those who have bullied others; those who have experienced physical or sexual violence or have been sexually harassed, those who lack trusted adults they can talk to or who feel unsafe coming to school, and those who use tobacco, alcohol, and drugs.

Suicidal Ideation and Attempted Suicide (2002-2018 YRBS)


| Q90 | $n / a$ | GR8 | HS | During the past 12 months, did you ever feel so sad or hopeless every day for two weeks or more in a row ... ? |
| :---: | :---: | :--- | :--- | :--- |
| Q91 | GR6 | GR8 | HS | During the past 12 months, did you ever seriously consider attempting suicide? |
| Q92 | GR6 | GR8 | HS | During the past 12 months, did you make a plan for how you would attempt suicide? |
| Q93 | GR6 | GR8 | HS | During the past 12 months, how many times did you actually attempt suicide? |
| Q94 | $n / a$ | GR8 | HS | If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning ...? |

## Depression and Suicide (cont.) The Bromfield School YRBS

In 2018, youth were asked whether anyone at school told them in the past 12 months that they were thinking about hurting themselves or attempting suicide, and what they did with this information. About a third (31\%) of Bromfield School youth surveyed this year are worried about their peers in this respect.
In aggregate, concern about peers is highest among:

- $8^{\text {th }}$ graders and high school youth (33\% and 35\% respectively)
- Females ( $40 \%$ ) and non-genderconforming youth (51\%)
- LGBTQ youth (36\%)
- Youth who use tobacco (22\%46\%)
- Youth who use drugs (38\%-52\%)
- Youth who have missed school because they don't feel safe (57\%)
- Youth who are themselves depressed (54\%) or have considered or attempted suicide (54\%-61\%)

Is Worried About Peers Harming Themselves or Attempting Suicide (2018)


> More often than not, youth who worry about their peers harming themselves or attempting suicide are not communicating about it with adults who could help.


## Self-Injury <br> The Bromfield School YRBS

About 17\% of the Bromfield School youth surveyed in 2018 have hurt or injured themselves on purpose, such as by cutting, burning, or bruising themselves. The rate peaks around $9^{\text {th }}$ and $11^{\text {th }}$ grades ( $22 \%$ and $19 \%$, respectively).
In aggregate, youth likely to engage in selfinjury have the same profile as youth who are depressed and/or suicidal; namely, the rate of self-injury is highest among females, non-gender-conforming youth, LGBTQ youth, youth who have missed school because they don't feel safe, youth who have been hurt physically or sexually, and youth who use tobacco, alcohol, or drugs.

Hurt or Injured Self on Purpose (2004-2018 YRBS) Bromfield School Trends


## Body Image and Weight The Bromfield School YRBS

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Bromfield School youth surveyed in 2018 have a variety of different opinions about how much they weigh, and vary in terms of what they are doing about their weight. About onefourth (24\%) think they are overweight, and 38\% are trying to lose weight. About 19\% think they are underweight, and a similar proportion are trying to gain (16\%).
For the aggregate, the following groups are more likely than their peers to think they are overweight:

- Non-gender-conforming youth (41\%)
- Youth whose grades are in the "DF" range (35\%)
- Hispanic youth (31\%)
- Youth who have missed school because they don't feel safe (34\%)
- Depressed (33\%), suicidal (39\%), or has attempted suicide (40\%)
- Has been hurt sexually (39\%)
- Has been bullied (32\%) or has bullied others (32\%)
- Has been cyber-bullied (31\%) or has cyber-bullied others (31\%)
- Has been sexually harassed (35\%)


Is Trying to Lose Weight (2002-2018 YRBS) The Bromfield School Trends

- = Aggregate (data for Bromfield School not available)


| Q177 | GR6 | GR8 | HS | How do you describe your weight? |
| :--- | :--- | :--- | :--- | :--- |
| Q178 | GR6 | GR8 | HS | Which of the following are you trying to do about your weight? |

## Body Image and Weight (cont.) The Bromfield School YRBS

## $\rightarrow$ marketstreet RESEARCH

The two most frequently-used strategies for either losing weight or not gaining weight are, for Bromfield School youth surveyed in 2018, exercising (34\%), and combining exercise with less food, fewer calories, low-fat foods, etc. (19\%). About 6\% have tried fasting, $8 \%$ have gone on "cleansing diets" without a doctor's advice, and small proportions make themselves vomit or take laxatives (3\%) or have taken diet pills, powders, or liquids (3\%).

The rate of fasting among Bromfield School youth increased significantly this year
Fasted (2002-2018 YRBS) for all grades, compared with the 2016 YRBS.


# Section 3: Risk Behaviors and the Internet 

Unmonitored Use of Social Media Risky Sharing of Information Electronically<br>Sexting (Sharing Explicit Material Electronically<br>Viewing Pornography<br>Online Fantasy Sports Gambling

## Unmonitored Use of Social Media The Bromfield School YRBS

About one-fourth (25\%) of Bromfield School youth surveyed in 2018 have social media accounts their parents or guardians don't know about. More than one-half (58\%) said their parents or guardians do not monitor their social media use at all. Bromfield School parents and guardians who do monitor youth use of social media typically do so by:

- Following accounts weekly or more often (14\%)
- Requiring a contract and ground rules for phones, tablets, or computers (11\%)
- Requiring that youth use phones, tablets, or computers only at certain times (8\%)
- Using parental controls on phones, tablets, or computers (6\%)
- Using monitoring, blocking, or filtering software (6\%)
- Requiring that youth use phones, tablets, or computers only in certain places in the home (4\%)


| Q37 | GR6 | GR8 | HS | Do you have any social media accounts that your parents or guardians don't know about? |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Q38 | GR6 | GR8 | HS | How do your parents or guardians monitor your social media accounts or how you use social media? |

## Risky Sharing of Information Electronically The Bromfield School YRBS

About one-fourth ( $28 \%$ ) of the Bromfield School youth surveyed in 2018 have, at some point, found themselves in unwanted or risky situations because of information they shared electronically. This percentage is highest for high school youth (26\%-35\% depending on grade).
For the aggregate, groups most likely to have found themselves in unwanted or risky situations because they shared information electronically include:

- Youth who have been hurt physically (61\%) or sexually $62 \%$ ) while they or the perpetrators were under the influence of alcohol or drugs
- Youth who have been bullied (43\%), have bullied others (43\%), have experienced cyber-bullying (60\%), or have cyber-bullied others (64\%)
- Youth who have missed school because they don't feel safe (48\%)
- Youth who have social media accounts their parents don't know about (40\%)
- Non-gender conforming youth (40\%)
- Youth whose grades average "C" or below (34\%)



## Sexting (Sharing Explicit Material Electronically) The Bromfield School YRBS

"Sexting" involves electronic sending or receiving of sexually explicit messages or photos via social media (such as SnapChat, Instagram, etc.) About one-fourth (24\%) of Bromfield School youth surveyed in 2018 admitted to sexting, with the likelihood of having done so increasing with age. The rate of sexting for high school youth has increased at the Bromfield School every YRBS year since 2014.

For the aggregate in 2018, groups most likely to have sexted in the past 12 months include:

- Youth who have been hurt physically (69\%) or sexually ( $72 \%$ ) while they or the perpetrators were under the influence of alcohol or drugs
- Youth who have experienced cyber-bullying (45\%), have bullied others (51\%), or cyberbullied others (59\%)
- Youth whose grades are in the "D-F" range (47\%)
- Youth who have been sexually harassed at school (48\%)
- Youth who have missed school in the past year because they don't feel safe (40\%)
- Youth who have felt depressed (35\%), have planned suicide (40\%), or have attempted suicide (43\%)


Has Sent or Received Sexually Explicit Messages Or Photos Electronically in Past Year (2010-2018 YRBS) Bromfield School Trends


## Pornography <br> The Bromfield School YRBS

About two-fifths (41\%) of Bromfield School youth surveyed in 2018 said they have looked at pornographic material, either in electronic or any other format, in the past 30 days. Viewing pornography increases with age, with $12^{\text {th }}$ graders admitting the highest rate (57\%).
The following groups are most likely to have viewed pornographic material in the past 30 days (aggregate findings):

- Youth who have been hurt physically (77\%) or sexually (72\%) while they or the perpetrators were under the influence of alcohol or drugs
- Youth who have bullied others (72\%) or cyberbullied others (70\%)
- Males (56\%)
- Youth who have social media accounts their parents don't know about (52\%)
- Youth who have planned suicide ( $46 \%$ ) or attempted suicide (51\%)
- Youth whose grades average "C" or below (48\%)

For the aggregate, youth who do view pornographic material have done so a median of $\mathbf{1 1}$ out of the past $\mathbf{3 0}$ days. This is fairly consistent regardless of grade-the median for $8^{\text {th }}$ graders is 9 out of the past 30 days, vs. a high of 12 days for $11^{\text {th }}$ graders.

Has Looked at Pornographic Material in Past 30 Days (Electronic or Any Other Format, 2018 Results)


High School Youth: Has Looked at Pornographic Material (2016 and 2018 YRBS) 100\% Aggregate Trends (Not Available for District)


## Participation in Online Fantasy Sports Gambling The Bromfield School YRBS

A fantasy sport (also known as rotisserie or roto) is a type of online game where participants assemble imaginary or virtual teams of real players of a professional sport, such as football or basketball. These teams compete based on the statistical performance of the players in the actual games. Many of these games allow wagering. Nationally, about 14\% of the U.S. population participates regularly in some sort of fantasy league.*

- In the past year, $8 \%$ of Bromfield School youth surveyed have participated in an online fantasy sports game (or visited a website) where money is wagered. This is lower than the aggregate rate ( $8 \%$ vs. $12 \%$ for all school districts combined)
- Participating in online fantasy sports varies with age: about 3\% of Bromfield School $6^{\text {th }}$ graders have done so, and the rate is highest in $10^{\text {th }}$ grade (13\%)

For the aggregate, the following groups are most likely to have participated in online fantasy sports in the past year:

- Uses tobacco (25\%-57\%)
- Uses illegal drugs (36\%-64\%)
- Has been hurt physically (43\%) or sexually (46\%)
- Has bullied (30\%) or cyber-bullied others (40\%)
- Males (21\%) and non-gender-conforming (27\%)
- Grades average "D-F" (28\%)
- Has social media account(s) that parents don't know about (17\%)

30\% Has Participated in Online Fantasy Sports Games or Websites

Q161 n/a GR8 HS During the past 12 months, have you participated in any online fantasy sports games ... where money is wagered?

[^0]
# Section 4: Bullying 

Bullying<br>Cyber-Bullying<br>Sexual Harassment

## Bullying <br> The Bromfield School YRBS

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"Bullying" is defined as repeatedly threatening, humiliating, or acting in a hostile manner towards another person. About 8\% of Bromfield School youth surveyed in 2018 said they had been bullied during the year, and $2 \%$ said they had bullied others.
The most common responses to bullying reported by Bromfield School youth include telling the person to stop (5\%), walking away (5\%), telling adults at home (4\%) or at school (3\%), and doing nothing (4\%).

20\% Has Been Bullied (2018)


Has Been Bullied (2012-2018 YRBS), 20\% Bromfield School Trends


## Who is Most Likely to Be Bullied/Bully Others Aggregate Comparisons Between Groups

## Groups Most Likely to Have Been Bullied ( $8 \%=831$ Youth)

## Demographics

- Non-gender conforming (29\%) or LGBTQ (11\%)
- African-American (14\%)


## School Experiences

- Grades in the "D-F" range (26\%)
$\bullet 6^{\text {th }}$ graders (12\%)


## Associated Risk Behaviors

- Has been hurt physically (33\%) or sexually (51\%)
- Has missed school because doesn't feel safe (31\%)
- Smokes cigarettes or chews ( $17 \%-20 \%$ )
- Depressed (16\%), suicidal ideation (21\%), or has attempted suicide (22\%)
- 1 llegal drug use (20\%-39\%)
- Misuse of prescription medications (17\%-19\%)
- Has been sexually harassed (21\%)


## Groups Most Likely to have Bullied Others (2\% = 218 Youth)

## Demographics

- Non-gender conforming (16\%)
- African-American (10\%)


## School Experiences

- Grades in the "D-F" range (25\%)


## Associated Risk Behaviors

- Has been hurt physically (25\%) or sexually (46\%)
- Has missed school because doesn't feel safe (12\%)
- Smokes cigarettes or chews (16\%-21\%)
- Suicidal ideation (6\%), or has attempted suicide (8\%)
- 1 llegal drug use (15\%-39\%)
- Misuse of prescription medications (7\%-13\%)
-Has been sexually harassed (7\%)


## Cyber-Bullying The Bromfield School YRBS

"Cyber-bullying" involves repeatedly threatening, humiliating, or expressing hostility to another person using the internet (electronically). About 7\% of Bromfield School youth surveyed in 2018 said they, personally, had been cyber-bullied, and about 3\% said they had cyber-bullied others.
Many youth who are cyber-bullied do nothing about it, but some do react. The most frequently mentioned responses among Bromfield School youth are:

- Telling a friend or peer at school (5\%)
- Telling a parent or guardian (4\%)
- Telling an adult at school (1\%)
- Reporting to website administrator (1\%)
- Reporting it to the police (1\%)
- Not doing anything about it (6\%)

20\% Has Been Cyber-Bullied (2018)


Has Cyber-Bullied Others (2018)
10\%

Has Been Cyber-Bullied (2012-2018 YRBS), Bromfield School Trends

| Q28 | GR6 | GR8 | HS | During the past 12 months, have you <br> been repeatedly ... [cyber-bullied]? |
| :---: | :---: | :---: | :---: | :--- |
| Q29 | GR6 | GR8 | HS | If you have been [cyber-bullied], what <br> have you done about it? |
| Q35 | GR6 | GR8 | HS | During the past 12 months, have you <br> repeatedly.. [cyber-bullied others]? |

## Who is Most Likely to Be Cyber-Bullied/ Cyber-Bully Others - Aggregate Findings

## Groups Most Likely to Have Been Cyber-Bullied (7\% = 801 Youth)

## Demographics

- Non-gender-conforming (30\%) or LGBTQ (9\%)
- Middle-Eastern (18\%), African-American (16\%), Southeast Asian (16\%), or Hispanic (12\%)


## School Experiences

- High school student in ungraded setting (52\%)
- Grades average "D-F" (30\%)
- Missed school because feels unsafe (33\%)
-Depressed (16\%)
- Planned ( $22 \%$ ) or attempted ( $23 \%$ ) suicide


## Associated Risk Behaviors

- Sexually active (38\%)
- Hurt physically (39\%) or sexually (57\%)
- Has been bullied in other ways (41\%)
- Has been sexually harassed at school (23\%)
-Tobacco use (13\%-30\%)
- lllegal drug use ( $23 \%-51 \%$ ), especially heroin ( $50 \%$ )
- Misuse of prescription medications (20\%-23\%)


## Groups Most Likely to Have Cyber-Bullied Others (2\% = 272 Youth)

## Demographics

- Non-gender-conforming (20\%)
- Middle-Eastern (11\%), African-American (11\%), or Southeast Asian (11\%)


## School Experiences

- High school student in ungraded setting (35\%)
- Grades average "D-F" (29\%)
- Missed school because feels unsafe (13\%)
- Depressed (5\%)
-Planned (7\%) or attempted (9\%) suicide


## Associated Risk Behaviors

- Sexually active (51\%)
- Hurt physically (30\%) or sexually (47\%)
- Has been bullied in other ways (14\%)
- Has been sexually harassed at school (8\%)
-Tobacco use (6\%-23\%)
- 1 llegal drug use ( $16 \%-44 \%$ ), especially heroin (43\%)


## Bullying vs. Cyber-Bullying - Aggregate Findings

Youth who bully others are highly likely to have, themselves, been bullied either physically or electronically:

- $64 \%$ of youth who have bullied others have been bullied
- $61 \%$ of youth who have cyber-bullied others have been cyber-bullied
- Physical bullying and cyber-bullying are often linked (e.g. $41 \%$ of those bullied have also been cyber-bullied)

Youth who experience bullying or cyber-bullying often go on to perpetuate these experiences on others:

- $17 \%$ of youth who have been bullied, have also bullied others
- $21 \%$ of youth who have been cyber-bullied, have also cyber-bullied others

|  | Has <br> Been <br> Bullied | Has <br> Bullied <br> Others | Has <br> Been <br> Cyber- <br> Bullied | Has <br> Cyber- <br> Bullied <br> Others | No <br> Exper- <br> ience of <br> Bullying | Exper- <br> ience of <br> Cyber- <br> Bullying |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
| Has Been Bullied | $100 \%$ | $64 \%$ | $43 \%$ | $44 \%$ | $0 \%$ | $5 \%$ |
| Has Bullied Others | $17 \%$ | $100 \%$ | $13 \%$ | $40 \%$ | $0 \%$ | $1 \%$ |
| Has Been Cyber-Bullied | $41 \%$ | $47 \%$ | $100 \%$ | $61 \%$ | $4 \%$ | $0 \%$ |
| Has Cyber-Bullied Others | $14 \%$ | $49 \%$ | $21 \%$ | $100 \%$ | $1 \%$ | $0 \%$ |

## Sexual Harassment The Bromfield School YRBS

For the 2018 YRBS, "sexual harassment" was defined as unwelcome comments or actions of a sexual nature which made youth uncomfortable. About 14\% of Bromfield School youth surveyed in 2018 said they had experienced sexual harassment in school during the past year. Most often, sexual harassment reported by Bromfield School youth consists of:

- Verbal harassment (9\%)
- Sexually explicit messages or photos sent electronically (7\%)
- Unwanted physical contact (5\%)
- Gestures (4\%)

The most frequent responses to sexual harassment reported by Bromfield School youth are to do nothing about it (9\%) or to tell the person to stop (7\%).
Sexual harassment affects some groups much more than others-these differences are discussed next.


Percent of Youth Who Have Experienced Sexually Harassment (2016-2018 YRBS), Aggregate Trends (Not Available for District) 20\%


| Q64 | $n / a$ | GR8 | HS | During the past 12 months, have you received unwelcome comments or actions ... [sexual harassment]? |
| :---: | :---: | :---: | :---: | :--- | :--- |
| Q65 | $n / a$ | GR8 | HS | During the past 12 months, in which of the following ways have you been sexually harassed? |
| Q71 | $n / a$ | GR8 | HS | During the past 12 months, when you received unwelcome comments or actions ... [what did you do about it]? |

## Sexual Harassment (cont.) <br> Aggregate Comparison Between Groups

Youth experience sexual harassment in different ways. Females, for example, are about 4 times as likely as males to report having experienced sexual harassment in the past 12 months, and the types of sexual harassment they report-and their responses to it-also differ from males' experiences.

Gender is not the only factor associated with the experience of sexual harassment-in fact, the following groups are most likely to report having been sexually harassed in the past year:

- Has been hurt physically (42\%) or sexually (64\%)
- Has been bullied (34\%) or has bullied others (41\%)
- Has been cyber-bullied (37\%) or has cyber-bullied others (37\%)
- Youth whose grades are in the "D-F" range (24\%)
- Youth who use tobacco (18\%-28\%)
- Youth who use illegal drugs ( $35 \%-48 \%$ )
- Youth who have missed school because they don't feel safe (36\%)
- Depressed (24\%), suicidal ideation (28\%), or attempted suicide (29\%)
- Is worried about a suicidal peer (20\%)
- Has social media accounts parents/guardians don't know about (17\%)

| Percent of Group in 2018 <br> Experiencing Sexual <br> Harassment in Past Year | Most Likely Forms of Sexual Harassment Experienced by Group: | Most Likely Response of Group to Sexual Harassment: |
| :---: | :---: | :---: |
| Females (16\%) | - Verbal (11\%) <br> - Sexually explicit messages/photos (10\%) <br> - Gestures (7\%) | - Asking person to stop (8\%) <br> - Doing nothing (7\%) <br> - Walk away (6\%) |
| Males (4\%) | - Verbal (2\%) <br> - Sexually explicit messages/photos (2\%) <br> - Physical contact (2\%) | - Doing nothing (4\%) <br> - Asking person to stop (2\%) |
| Non-genderconforming youth (29\%) | - Verbal (16\%) <br> - Sexually explicit messages/photos (15\%) <br> - Gestures (14\%) | - Doing nothing (15\%) <br> - Asking person to stop (9\%) <br> - Resisting physically (8\%) |

# Section 5: Violence 

Feeling Safe at School<br>Bringing Weapons to School<br>Influence of Alcohol and/or Drugs on Violence<br>Dating Violence<br>Unwanted Sexual Contact (Pressure to Have Sex)

## Feeling Safe at School The Bromfield School YRBS

Most Bromfield School youth surveyed in 2018 haven't missed any school in the past month because they felt they would be unsafe at school or on their way to or from school. About 5\% of the district's youth have missed school for these reasons, however. This proportion is higher than average for $8^{\text {th }}$ graders (13\%).

Not feeling safe at school is associated with a number of risk behaviors, including having been bullied, bullying others, having been hurt physically or sexually, and use of alcohol or drugs. These associations are discussed throughout this report.

A small proportion (2\%) of Bromfield School high school youth surveyed in 2018 said they had been threatened or injured on school property by someone with a weapon, such as a gun, knife, or club.


| Q50 | GR6 | GR8 | HS | During the past 30 days, on how many days did you not go to school because you ... [felt unsafe] |
| :--- | :--- | :--- | :--- | :--- |
| Q51 | $n / a$ | $n / a$ | HS | During the past 12 months, how many times has someone threatened or injured you with a weapon ... [at school]? |

## Bringing Weapons to School The Bromfield School YRBS

Most Bromfield School youth surveyed in 2018 ( $87 \%$ ) have never brought a weapon to school. Although the percentages are comparatively small ( $2 \%$ or less of the youth surveyed depending on the weapon), some youth have brought the following to school in the past 30 days:

- 3 youth reported bringing a gun to school in the past 30 days
- 14 youth reported bringing small knives
- 2 youth reported bringing large knives, such as hunting knives or switchblades
- 4 youth reported bringing some other weapon to school, such as a club

About 10\% of Bromfield School youth haven't brought a weapon to school in the past 30 days, but have done so in the past.

## Aggregate Trends:

In 2016, 2\% of youth said they "carried a weapon on school property in the past 30 days." In 2018, 2\% of youth reported bringing a specific weapon to school in the prior month (e.g., a gun, knife, etc.)

Percent of Youth Surveyed in 2018 Who Have Brought Weapons to School


Being Hurt Physically or Sexually in Context of Alcohol or Other Drugs The Bromfield School YRBS

About 3\% of Bromfield School youth surveyed in 2018 said they had been hurt physically by someone when they or the perpetrator were under the influence of alcohol or drugs. A smaller proportion (1\%) have been hurt sexually under similar circumstances. In previous YRBS surveys, these questions were combined. Given the small percentages, it may be worth considering recombining them in future surveys.

## For the Bromfield School in 2018:

- 12 youth reported experiencing physical violence in situations involving alcohol or drugs
- 7 youth reported experiencing sexual violence in situations involving alcohol or drugs

For the aggregate, being hurt physically or sexually while under the influence of alcohol or drugs is associated with a number of other risk behaviors, such as not feeling safe at school, having been bullied, bullying others, having been hurt physically or sexually, and use of alcohol or drugs. These associations are discussed throughout this report.

10\%
When One or Both Were Under
Influence of Alcohol or Drugs (2018)


10\%
Has Been Hurt Sexually by Someone When One or Both Were Under Influence of Alcohol or Drugs (2018)
5\%

| Q52 | $n / a$ | GR8 | HS | During the past 30 days, have you been hurt physically by someone ... [you/they were under drug/alcohol influence]? |
| :---: | :---: | :---: | :---: | :--- | :--- |
| Q53 | $n / a$ | GR8 | HS | During the past 30 days, have you been hurt sexually by someone ... [you/they were under drug/alcohol influence]? |

## Dating Violence The Bromfield School YRBS

Dating violence (being shoved, slapped, hit, or forced into sexual activity, or perpetuating such acts on a dating partner) is fairly rare among Bromfield School youth surveyed in 2018. About 5\% have experienced dating violence, and 1\% admit perpetrating dating violence.

For Bromfield School in 2018:

- 35 youth reported being hurt while on a date
- 5 youth reported hurting someone while on a date

Has Ever Been Hurt By a Date (2002-2018 YRBS)
Bromfield School Trends


## Unwanted Sexual Contact (Pressure to Have Sex) The Bromfield School YRBS

## About 9\% of Bromfield School high

 school youth surveyed in 2018 have, at some point in their lives, had unwanted sexual contact with someone (i.e., against their will). For the aggregate, this percentage is higher for females than males ( $11 \%$ vs. $3 \%$ ), but is most often reported by:- Non-gender-conforming youth (28\%)
- LGBTQ youth (17\%)
Has Anyone Ever Had Sexual Contact
With Youth Against Their Will (2018)
- Youth with grades in the "D-F" range (32\%)
- Middle Eastern youth (16\%)
- African-American youth (15\%)
- Smokes cigarettes (32\%) or chews (27\%)
- Misuses prescription medications (27\%-28\%)
- Uses illegal drugs (38\%-51\%)


At the Bromfield School in 2018, 35 youth ( $9 \%$ of those surveyed) have had unwanted sexual contact with someone at some point in their lives

# Section 6: Sexual Behavior 

Sexual Intercourse (Onset and Prevalence)
Sexual Intercourse (Use of Contraception)
Oral Sex
Sexually Transmitted Diseases

## Sexual Intercourse (Onset and Prevalence) The Bromfield School YRBS

About 3\% of Bromfield School $8^{\text {th }}$ graders, and 20\% of Bromfield School high school youth surveyed in 2018, said they had ever had sexual intercourse. The rate for $8^{\text {th }}$ graders at the Bromfield School has been gradually declining since 2012. The rate for high school youth went up slightly from 2016 to 2018.

Among High School Youth, Total Number
of Sexual Partners (2018)


Has Ever Had Sexual Intercourse ( 2018 $_{44 \%}$ )


Has Ever Had Sexual Intercourse (2002-2018 YRBS), Bromfield School Trends


| Q164 | $n / a$ | GR8 | HS | Have you ever had sexual intercourse? |
| :--- | :--- | :--- | :--- | :--- |
| Q165 | $n / a$ | GR8 | HS | How old were you when you had sexual intercourse for the first time? |
| Q166 | $n / a$ | $n / a$ | HS | During your life, with how many people have you had sexual intercourse? |
| Q167 | $n / a$ | $n / a$ | HS | During the past 3 months, with how many people have you had sexual intercourse? |

The average age of onset of sexual intercourse is 15 years for Bromfield School youth, vs. 15 years for all districts combined.

Sexual Intercourse (Onset and Prevalence) (cont.) The Bromfield School YRBS

Recent Experiences with Sexual Intercourse and Has Had Sexual Intercourse with 4 or More Partners (2002-2018 YRBS)

Bromfield School Trends


Had sexual intercourse within past 3 months

Has had sexual intercourse with 4 or more partners (lifetime)
= Aggregate (data for Bromfield School not available)

| Q164 | $n / a$ | GR8 | HS | Have you ever had sexual intercourse? |
| :--- | :--- | :--- | :--- | :--- |
| Q165 | $n / a$ | GR8 | HS | How old were you when you had sexual intercourse for the first time? |
| Q166 | $n / a$ | $n / a$ | HS | During your life, with how many people have you had sexual intercourse? |
| Q167 | $n / a$ | $n / a$ | HS | During the past 3 months, with how many people have you had sexual intercourse? |

## Sexual Intercourse (Use of Contraception) The Bromfield School YRBS

Among Bromfield School youth who have had sexual intercourse, less than half "always" use a condom. This is true for both $8^{\text {th }}$ graders and high school youth, although the result for $8^{\text {th }}$ graders should be interpreted cautiously as only 5 answered this question.
The methods Bromfield School high school youth or their partners are most likely to have used the most recent time they had sex, to prevent pregnancy:

- Birth control pills (10\%)
- Condoms (10\%)
- No method to prevent pregnancy (2\%)

About 1\% of Bromfield School high school youth surveyed in 2018 (6 youth) said they have ever been pregnant or gotten someone pregnant. Another 4 youth weren't sure if this had happened.

Among High School Youth Who Have Ever Had Sexual Intercourse, How Often

Condom Was Used (2018)


## AGGREGATE High <br> School ( $\mathrm{N}=1,662$ ) <br> BROMFIELD SCHOOL High School ( $\mathrm{N}=375$ )

> NOTE: For confidentiality, the number of $8^{\text {th }}$ graders who reported having sex is too small for Bromfield School to present results for condom use in this chart $(N=5)$

| Q171 | $n / a$ | GR8 | HS | If you have ever had sexual intercourse, how often was a condom used? |
| :---: | :---: | :---: | :---: | :--- |
| Q172 | $n / a$ | $n / a$ | HS | The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy? |
| Q173 | $n / a$ | $n / a$ | HS | How many times have you been pregnant or gotten someone pregnant? |

## Oral Sex

## The Bromfield School YRBS

About one-fourth (26\%) of Bromfield School youth surveyed in 2018 have had oral sex at some point in their graders since 2014.
lives. The rate has been increasing somewhat for Bromfield School 8 ${ }^{\text {th }}$
Number of Times in Past
12 Months High School Youth
Have Had Oral Sex (2018)


BROMFIELD SCHOOL
High School ( $\mathrm{N}=376$ )


Both given and received
Given or received (but not both)
■ Never had oral sex

Has Ever Had Oral Sex (2006-2018 YRBS), Bromfield School Trends

- = Aggregate (data for

$$
60 \% \quad \text { graders in } 2006
$$ Bromfield School not available)

Has Ever Had Oral Sex (2018)

High School

| Q174 | $n / a$ | GR8 | HS | Have you ever had oral sex, either given or received? |
| :---: | :---: | :---: | :---: | :--- |
| Q175 | $n / a$ | $n / a$ | HS | During the past 12 months, how many times have you had oral sex? |

## Sexually Transmitted Diseases The Bromfield School YRBS

A third (36\%) of Bromfield School youth surveyed in 2018 said they had, at some point, talked with their parents or other adults in their families about sexuality and ways to prevent HIV infection and other sexually transmitted diseases. This percentage is much lower for $6^{\text {th }}$ graders (14\%).
 About AIDS/HIV Infection (2018)


How Often Talked About Sexuality In Past Year - High School Youth (2018)

| 100\% | 2\% | More often <br> than once a <br> month |
| ---: | :---: | :--- |
| $80 \%$ | $34 \%$ | Once every few <br> months |
| $60 \%$ |  | ■nce in past 12 <br> months |
| $40 \%$ | $52 \%$ | Not at all |

Has Ever Talked With Parents/Adults About AIDS/HIV Infection (2002-2018 YRBS) The Bromfield School Trends

Among Bromfield School youth surveyed in 2018, 2 said they have been diagnosed with
HIV and 1 with HIV and other sexually transmitted diseases. In total, these youth represent about 1\% of high school youth surveyed in the district in 2018.

| Q176 | GR6 | GR8 | HS | Have you ever been told by a physician that you tested positive for HIV infection or other ... [STDs\}? |
| :--- | :--- | :--- | :---: | :--- |
| Q162 | $n / a$ | GR8 | HS | Have you ever talked about AIDS or HIV infection with your parents or other adults in your family? |
| Q163 | $n / a$ | $n / a$ | HS | During the past 12 months, how often have you had a conversation with your parents or other adults ... [about sexuality]? |

# Unintended Sex - Alcohol and Drugs The Bromfield School YRBS 

Drank Alcohol or Used Drugs Most Recent
20\% Time Had Sex - High School Youth (2018)


20\% Alcohol or Drugs, Past 12 Months (2018)


About 6\% of Bromfield School high school youth surveyed in 2018 drank alcohol or used drugs the most recent time they had sex. This behavior peaks in $11^{\text {th }}$ grade


Many Bromfield School youth have, at (N=644) some point, felt pressured into sexual encounters that they later regretted. For 2018 the rate among all grades surveyed in the district is $8 \%$, slightly above the aggregate for all districts surveyed (7\%). About 17\% of $11^{\text {th }}$ graders, however, said that this has happened to them.

| Q168 | $n / a$ | $n / a$ | HS | Did you drink alcohol or use drugs before you had sexual intercourse the last time? |
| :---: | :---: | :---: | :---: | :--- |
| Q169 | $n / a$ | $n / a$ | HS | During the past 12 months, have you had any unintended sexual activity after using a/cohol or other drugs? |
| Q170 | $n / a$ | GR8 | HS | Have you ever been pressured into consenting to a sexual encounter that you later regretted? |

# Section 7: Tobacco, Alcohol and Drug Use 

Huffing (Sniffing Glue, Whippets, Aerosol Spray Cans)<br>Cigarette Smoking<br>Chewing Tobacco<br>Vaping (Use of Electronic Cigarettes)<br>Alcohol Consumption (Onset and Prevalence)<br>Alcohol Consumption (Sources)<br>Alcohol Consumption (Beliefs About Peers)<br>Marijuana Consumption (Onset and Prevalence)<br>Marijuana Consumption (Beliefs About Peers)<br>Misuse of Prescription Medications<br>Use of Cocaine<br>Use of Other Illegal Drugs

## Huffing (Sniffing Glue, Whippets, Aerosol Cans) The Bromfield School YRBS

"Huffing" refers to the deliberate inhalation of fumes (such as glue, gasoline, solvents, or the contents of aerosol cans) to produce a euphoric effect. "Whippets" are CO2 or nitrous oxide cannisters used in refillable whipped cream devices, and are also used as an inhalant drug to get high. About 12\% of $6^{\text {th }}$ grade Bromfield School youth surveyed in 2018 have huffed at some point, as have $6 \%$ of $8^{\text {th }}$ graders (past 30 days) and $6 \%$ of high school youth (past 30 days). The Bromfield School's rates for huffing are about double the aggregate rates.


[^1]| Q152 | GR6 | $n / a$ | $n / a$ | During your life, how many times have you sniffed glue, breathed the contents of aerosol cans ... ? |
| :---: | :---: | :---: | :---: | :---: |
| Q153 | $n / a$ | GR8 | HS | During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol cans ... ? |

## Cigarette Smoking The Bromfield School YRBS

Cigarette smoking has declined rapidly since questions about it were first asked in the 2002 YRBS. About 16\% of Bromfield School youth surveyed in 2018 have smoked cigarettes at least once in their lifetimes, but a much smaller proportion (6\%) have done so in the past 30 days. For both lifetime and recent cigarette smoking, however, rates for the Bromfield School are nearly twice the aggregate rates.

Youth who smoke cigarettes typically start around age 12, although some start as early as 8 years of age or younger.

Has Ever Smoked Cigarettes vs. Smoked Cigarettes in Past 30 Days (2018)


Has Ever Smoked Cigarettes (2004-2018 YRBS), Bromfield School Trends


## Chewing Tobacco The Bromfield School YRBS

Only 3\% of Bromfield School youth surveyed in 2018 have used chewing tobacco, snuff, pack, or dip in the past 30 days. This proportion increases slightly through high school, reaching a high of $6 \%$ in $12^{\text {th }}$ grade.
For the aggregate, groups with the highest rates of chewing tobacco use also tend to be the same groups likely to smoke cigarettes; namely:

- Youth whose grades in school are in the "D-F" range ( $29 \%$ have chewed tobacco in the past 30 days)
- Non-gender-conforming youth (26\%)
- Youth identifying as Middle Eastern (12\%)
- Youth who use illegal drugs, especially methamphetamines (69\%), heroin (67\%), cocaine (50\%), or MMDA (50\%), or who use needles (67\%)
- Youth who have been hurt physically ( $33 \%$ ) or sexually ( $53 \%$ )
- Youth who have bullied others (31\%) or cyber-bullied others (24\%)


## 10\%

Used Chewing Tobacco, Snuff, Pack, or Dip In Past 30 Days (2018)

## Aggregate finding:

More than half (58\%) of youth who used chewing tobacco in the past 30 days also smoked cigarettes during that time. Conversely, 42\% of youth who smoked cigarettes in the past 30 days also chewed tobacco.

6\%


## Vaping (Use of Electronic Cigarettes) The Bromfield School YRBS

"Vaping" involves using an electronic cigarette (or similar device) to inhale tobacco, flavored nicotine, marijuana, or any of a number of other mixtures.* Other terms are "juuling" or "vusing."

About one-fourth (25\%) of Bromfield School youth surveyed in 2018 admit having vaped in the past 30 days. Use increases rapidly through high school, and peaks in $12^{\text {th }}$ grade (48\%).

For the aggregate, the following groups are most likely to report having vaped in the past 30 days:

- Youth whose grades in school average "C" or below (43\% vape)
- Non-gender-conforming youth (35\%)
- Heterosexual youth (29\%)
- Youth identifying as Middle Eastern (30\%)

Youth Use of E-Cigarettes (Vaping, Juuling, Vusing)


There is also a strong association between vaping and use of other substances (aggregate finding). Youth who use the following substances are highly likely to vape:

- Cigarettes (88\% also vape)
- Chewing tobacco (92\%)
- Marijuana (81\%)
- Cocaine (84\%)
- Heroin (83\%)
- MMDA (83\%)
- Alcohol (65\%)


## Other than tobacco, the two substances Bromfield School youth surveyed in 2018 are most often "vaping" include: <br> - Flavored nicotine (22\%) <br> - Marijuana products (10\%) <br> - Alcohol (2\%)

| Q99 | GR6 | GR8 | HS | During the past 30 days, on how many days did you use an electronic cigarette ...? |
| :--- | :--- | :--- | :--- | :--- |
| Q100 | GR6 | GR8 | HS | During the past 30 days, did you use an electronic cigarette to smoke or vape any of the following substances ...? |

[^2]
## Alcohol Consumption (Onset and Prevalence) The Bromfield School YRBS

About two-fifths (38\%) of Bromfield School youth surveyed in 2018 reported that they had, at some point in their lives, consumed more than a few sips of alcohol. About one-fourth (25\%) have drunk alcohol in the past 30 days, and among high school youth, 19\% have engaged in "binge drinking" defined as five or more drinks of alcohol in a row, within a couple of hours.
 row, within couple of hours)


## Alcohol Consumption (Sources) The Bromfield School YRBS

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About one-fourth (26\%) of Bromfield School youth surveyed in 2018 said they had attended at least one party in their school district in the previous 12 months at which alcohol use by teens was allowed. Bromfield School youth's top sources of alcohol include:

- Parties (16\%)
- At home, with parent/guardian permission (13\%)
- From minor friends (12\%) or adult friends (7\%) This year, youth were asked how often they come to school or school-related events under the influence of alcohol, or drink at school. About 2\% admitted to having done so, although this percentage increases with age (e.g., $5 \%$ of $12^{\text {th }}$ graders have done it).


| Q107 | $n / a$ | GR8 | HS | During the past 30 days, on how many days did you come to school or a school-related event under the influence ... ? |
| :---: | :---: | :---: | :---: | :--- | :--- |
| Q108 | GR6 | GR8 | HS | During the past 12 months, how did you usually get alcohol for your own use? |
| Q115 | $n / a$ | GR8 | HS | During the past 12 months, have you attended parties held in homes in your school district where alcohol use by teens is allowed? |

## Alcohol Consumption (Beliefs About Peers) The Bromfield School YRBS

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## $8^{\text {th }}$ Graders Regarding $8^{\text {th }}$ Graders at The Bromfield School (2018)



Actual percentage $=10 \%$

High School Youth Regarding High School Youth at The Bromfield School (2018)


Actual percentage $=\mathbf{3 3} \%$

## Marijuana Consumption (Onset and Prevalence) The Bromfield School YRBS

About one-fourth (25\%) of Bromfield School youth surveyed in 2018 have used marijuana at some point in their lives, and $18 \%$ have done so in the past 30 days. About 5\% have used marijuana on school property ( $8^{\text {th }}$ to $12^{\text {th }}$ grade only), and $4 \%$ have used some form of synthetic marijuana in the past 30 days. These rates are somewhat higher than the aggregates.
The median age at which youth first begin using marijuana is, for Bromfield School youth, 15 years old.


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Marijuana Consumption - Lifetime, Past 30 Days, On School Property, and Synthetic Marijuana (2018)
$6^{\text {th }}$ graders not asked about synthetic marijuana and $6^{\text {th }}-8$ th graders not asked about using marijuana on school property



Used marijuana on school property in past 30 days

## Marijuana Consumption (Beliefs About Peers) The Bromfield School YRBS

$8^{\text {th }}$ Graders Regarding $8^{\text {th }}$ Graders at The Bromfield School (2018)


Actual percentage $=\mathbf{2 \%}$

High School Youth Regarding High School Youth
at The Bromfield School (2018)


Actual percentage $=\mathbf{2 5 \%}$

## Use of Cocaine The Bromfield School YRBS

Use of cocaine among youth surveyed for the YRBS has declined steadily over the past 15 years. Among $6^{\text {th }}$ and $8^{\text {th }}$ graders, about 1\% of Bromfield School youth surveyed in 2018 have ever used any form of cocaine. At the high school level, $3 \%$ of Bromfield School youth have ever used any form of cocaine.

For the aggregate, compared with $1 \%$ to $2 \%$ overall cocaine use, the following groups are much more likely than their peers to have used cocaine at some point in their lives:

- High school students who also use heroin (83\%), meth (80\%), or MMDA (87\%)
- Students who smoke cigarettes (32\%) or use chewing tobacco (40\%)
- Students with a lifetime history of huffing (44\%)
- Youth who have used needles to inject illegal drugs (87\%)
- Youth who have stayed home from school because they don't feel safe (17\%)
- Youth who admit having bullied other students (33\%), or cyber-bullied (28\%)


| Q150 | GR6 | GR8 | $n / a$ | Have you ever used any form of cocaine, including powder, crack, or freebase? |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Q151 | $n / a$ | $n / a$ | HS | During your life, how many times have you used any form of cocaine, including powder. crack, or freebase? |

## Use of Other Illegal Drugs and Needles The Bromfield School YRBS

Use of other illegal drugs, such as heroin, methamphetamines, or MDMA, is not widespread in school districts participating in the 2018 Emerson YRBS, but it does happen. Rates for the Bromfield School are about the same as the aggregate for all districts combined:

- About 3\% of Bromfield School youth have used heroin
- About 3\% of Bromfield School youth have used MDMA
- About 3\% of Bromfield School youth have used methamphetamines
- About 2\% have used other illegal drugs, such as LSD, PCP, mushrooms, etc.
- About 2\% have used needles to inject illegal drugs

Has Ever Used Other Illegal Drugs, 2018 (Aggregate)


| Q154 | $n / a$ | $n / a$ | HS | During your life, how many times have you used heroin? |
| :---: | :---: | :---: | :---: | :--- | :--- |
| Q155 | $n / a$ | $n / a$ | HS | During your life, how many times have you used methamphetamines? |
| Q156 | $n / a$ | GR8 | HS | During your life, how many times have you used MMDA? |
| Q157 | $n / a$ | GR8 | HS | During your life, how many times have you used any other type of illegal drug such as LSD, PCP .... [etc.]? |
| Q158 | $n / a$ | GR8 | HS | During your life, how many times have you used a needle to inject any illegal drug into your body? |

## Misuse of Prescription Medications The Bromfield School YRBS

About 12\% of Bromfield School youth surveyed in 2018 have at some point in their lives used someone else's prescription drug, that was not prescribed by a doctor specifically for them.

Youth also misuse their own prescription drugs, such as by taking more than they were told to take. About 11\% of Bromfield School youth have done this at some point.

## Misuse of Prescription Medications (cont.) The Bromfield School YRBS

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Between 1\% and 3\% of Bromfield School youth surveyed in 2018 have misused specific anxiety and/or opiate medications, with the most popular choices being Xanax (3\%), Vicodin (2\%), Oxycontin (3\%), Ativan (2\%), Codeine (2\%), and Percoset (2\%). Bromfield School youth who misuse prescription drugs have a variety of reasons for doing so, most often to reduce stress (31\%), to get high (31\%), or to help them complete their schoolwork (30\%).

Reasons for Misusing Prescription Medications Among Youth Who Do So (2018)


Use of Specific Opiate and Anxiety Medications Past 30 Days - Total All Grades (2018)


| Q124 | $n / a$ | GR8 | HS | During your life, which of the following prescription opiate medications have you used that were not prescribed ... [for you]? |
| :---: | :---: | :---: | :---: | :--- | :--- |
| Q134 | $n / a$ | GR8 | HS | During your life, which of the following prescription anxiety medications have you used that were not prescribed ... [for you]? |
| Q140 | $n / a$ | GR8 | HS | During your life, for which of the following reasons have you used a prescription medication that was not prescribed ... Ifor you]? |

## Selling Illegal Drugs on School Property The Bromfield School YRBS

Ab out 14\% of Bromfield School youth surveyed in 2018 said that at some point during the previous 12 months, someone offered, sold, or gave them illegal drugs on school property. About 4\% said they had tried offering, giving, or selling someone illegal drugs on school property, so at least some of the issue is perpetuated by students themselves.

In aggregate, youth who use illegal drugs are much more likely than their peers to have been offered illegal drugs on school property, or to have tried to sell illegal drugs themselves in the past year. Youth with low grade averages, non-gender-conforming youth, and youth who have experienced physical or sexual violence are also more prone to having been offered (or tried to sell) drugs.

Has Been Offered Illegal Drugs On School Property, Past Year (2002-2018) 80\% 70\% 60\% $60 \%$
$50 \%$ $50 \%$
$40 \%$ 30\% 20\%
10\% 0\%

Bromfield School Trends

Has Anyone Offered, Sold, or Given Youth Illegal Drugs on School Property (Past Year, 2018)
 30\%

Has Youth Offered, Sold, or Given Anyone Illegal Drugs on School Property (Past Year, 2018)

| Q159 | GR6 | GR8 | HS | During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property? |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Q160 | GR6 | GR8 | HS | During the past 12 months, have you offered, sold, or given anyone an illegal drug on school property? |


[^0]:    * Kounang, Nadia. "The Time-Sucking, Dopamine-Boosting Science of Fantasy Baseball." CNN, March 18, 2016 (www.cnn.com).

[^1]:    * A total for all grades is not possible, because these questions were asked two different ways depending on grade level

[^2]:    * Kaplan, Sheila. "Vaping Can Be Addictive and May Lure Teenagers to Smoking, Science Panel Concludes." New York Times, January 23, 2018 (www.nytimes.com).

