## 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:

Bonnie Goldsmith, Senior Director
Public Affairs and Marketing
Emerson Hospital
978-287-3458
bgoldsmith@emersonhosp.org

## 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 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

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

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

## 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 ( $\mathrm{N}=375$ ) |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |

## 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 ... ? |

## 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

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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


## 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


## Bullying <br> The Bromfield School YRBS

"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\%).


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20\% Has Been Bullied (2018)


Has Bullied Others (2018)

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

| Q57 | GR6 | GR8 | HS | During the past 12 months, have you <br> been repeatedly threatened, <br> humiliated, or experienced ... <br> [bullying]? |
| :---: | :---: | :---: | :---: | :--- |
| Q58 | GR6 | GR8 | HS | During the past 12 months, have you <br> repeatedly threatened, humiliated, or <br> harassed (bullied) someone in school? |
| Q59 | GR6 | GR8 | HS | When you were [bullied], what did <br> you do or say about it? |

## 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\%

20\% 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]? |



## 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]? |

## 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


## 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


## 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 ...? |

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## 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)
Binge Drinking (2004-2018 YRBS) High School Trends


| Q104 | GR6 | GR8 | HS | How old were you when you had your first drink of alcohol, other than a few sips? |
| :---: | :---: | :---: | :---: | :--- | :--- |
| Q105 | GR6 | GR8 | HS | During the past 30 days, on how many days did you have at least one drink of alcohol? |
| Q106 | $n / a$ | $n / a$ | HS | During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row ...? |

## 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 $=\mathbf{2 5 \%}$

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

