

MetroWest Adolescent Health Survey Report

*Informing data-driven school and community
health policies and practices*

2016 | Pollard Middle School
Needham

GRADES 7-8



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Funded by:
MetroWest Health Foundation

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Submitted by:
Education Development Center, Inc.

Spring 2017

2016 MetroWest Adolescent Health Survey

Middle School Report

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Section 1: **Background and Methods**

Background and Methodology

2016 MetroWest Adolescent Health Survey

Pollard Middle School, Needham

Background

The MetroWest Adolescent Health Survey (MWAHS) is a biennial survey that monitors trends in health and risk behaviors in the region served by the MetroWest Health Foundation (MHF). Since 2006, the MWAHS has been collecting data from middle and high school youth to support communities in determining adolescent health priorities, improving education and prevention efforts, and enhancing health-related policies and practices.

The 2016 survey marks the 6th administration of the MWAHS and over a decade of local data collection in the region. For the third time, 100% of the eligible school districts in communities served by the MHF have participated. This represents a total of 56 middle and high schools surveyed across 26 school districts in the region. Within each district, we surveyed a census of students. This large amount of student data enables each school district to examine differences in behavioral reports by gender and grade, providing important information for local planning. In total, 16,387 middle school students (93% participation rate) and 24,385 high school students (89% participation rate) took the 2016 MWAHS. These high levels of student participation mean that the data are highly representative of the student populations in each district as well as youth across the region.

Survey Instrument

Content and Development

The MWAHS is largely based on the *Youth Risk Behavior Surveillance System* (YRBSS) of the Centers for Disease Control and Prevention (CDC)¹ and the Massachusetts version of the YRBSS², administered collaboratively by the Massachusetts Department of Elementary and Secondary Education and the Department of Public Health. Additional questions on the survey have been added to address emerging behaviors as well as issues of particular salience to the MetroWest community based on input from school and community stakeholders.

Each school district's survey includes a core set of questions used by all participating districts. Most questions on the core survey have remained the same from 2006 to 2016 to allow comparisons over time. The core survey covers the following topics:

- » **Substance use** (tobacco, alcohol, marijuana, other substance use, prescription drug misuse, and electronic cigarette use)
- » **Violence** (weapon-carrying, physical fighting, bullying and cyberbullying, and dating violence)

- » **Behaviors related to unintentional injuries** (seatbelt use, helmet use, impaired driving, and distracted driving)
- » **Sexual behaviors** related to unintended pregnancy and sexually transmitted infections (these questions are optional at the middle school level)
- » **Mental health** (stress, depressive symptoms, and suicidality)
- » **Dietary behaviors** and **physical activity**
- » **Protective** factors (school attachment and adult support)

In response to community requests, additional questions were added to the 2016 core survey to gather more comprehensive data on emerging youth behaviors and health issues. New questions added to both the middle and high school core surveys cover the following topics: anxiety; social media use and related attitudes; verbal harassment; ease of access to marijuana; and time spent on community service. In addition, questions were added to the high school survey on school-related stress, opioid use, and gender identity. Even with the addition of these new questions, almost all students were able to complete surveys within the designated class periods.

In addition to the core survey, districts can customize their high school surveys by selecting up to 20 questions from a set of optional items that includes a multitude of adolescent health topics. In 2016, 21 out of 26 high schools and 18 out of 24 middle school districts chose to customize their surveys. In this way, communities are able to collect data on issues of local concern or on populations of special interest.

Format

The MWAHS is a self-administered (paper-and-pencil) scannable survey booklet, with no identifying marks or codes. The core high school survey consists of 160 questions and the core middle school survey consists of 107 questions. The survey is designed to be administered during a 50-60 minute class period.

Validity and Reliability

Given the sensitive nature of the survey, a question often asked is: *Do students respond truthfully?* Research on the validity and reliability of self-report surveys among school-based populations suggest that surveys are reliable methods of collecting data from young people. In fact, research on the national YRBSS indicates that adolescents are just as credible as adults when answering this kind of survey. These studies show that young people respond truthfully when: participation is voluntary; students perceive the survey is important; and students feel that measures have been taken to preserve their privacy and ensure anonymity.³

The MWAHS meets these conditions by following procedures to assure students that participation is voluntary and anonymous. The anonymous nature of the MWAHS is highlighted in the instructions, which ask students *not* to write their name on the survey and explain that their answers will be kept private. The MWAHS instructions also call attention to why it is important to hear directly from students, stating that findings will be used to improve health education and services for young people.

Two other steps are taken to improve validity. First, all surveys are reviewed for implausible or frivolous responses. If it appears that a survey was answered frivolously, it is omitted from all analyses. Second, analyses are conducted to test for the reasonableness of responses and for the consistency of responses across related items. As with the prior survey administrations, these two procedures revealed very few problems.

The validity of the survey is further bolstered by using a questionnaire based largely upon the CDC *Youth Risk Behavior Surveillance System*. The YRBSS is a standardized instrument developed by the CDC in collaboration with other national and local health education agencies. A number of published articles address the validity and test-retest reliability of the instrument.^{4,5}

Translations

Copies of the district-specific surveys (including core and optional items) are made available to schools in Spanish and Portuguese, as requested. For the MetroWest region as a whole in 2016, out of a total of 40,772 middle and high school surveys, 249 surveys were completed in Spanish (0.6%) and 267 surveys were completed in Portuguese (0.7%).

Survey Procedures

Survey Administration

The 2016 MWAHS survey administration took place from October 24 to November 22. Students in grades 7 and 8 at Pollard Middle School took the survey on October 27, 2016 from 7:50 to 8:50 AM. All schools followed local procedures for informing parents, which included sending information to parents/guardians in advance through the school's normal means of parent communication to inform them of the survey and provide them with the option of opting out their child(ren) if desired.

A designated MWAHS coordinator in each district was trained on the survey administration methods. All teachers read a standardized set of instructions to students which included informing them of the voluntary and anonymous nature of the survey. In addition to being opted out by parents/guardians, students were given the opportunity to decide on their own whether or not to participate. Teachers and other school staff were instructed to follow specific procedures to assure that students' answers remained private and that no students felt pressured to participate.

Data Entry and Visual Review

All data was captured with a two-step scanning and verification process. Questions that indicated multiple responses or light or incomplete marks below standard thresholds were verified by a human operator. Prior to and during the scanning process, surveys were reviewed for patterns of responses that would indicate that a student didn't answer truthfully. Individual surveys were removed from the dataset if a student's responses were implausible (e.g., a student reported engaging in many or most behaviors the maximum number of times) or if a student wrote in comments or defaced the survey in such a way that indicated they did not take the survey seriously. In addition, surveys in which a student did not fill in the bubbles completely (i.e., used checkmarks or slashes or very light marks) were set aside for special handling during the scanning process to ensure that all data was captured accurately. The number of surveys removed for any of these reasons was very small (less than 1%), consistent with prior years.

Respondents and Participation Rate

The number of participating students at Pollard Middle School, along with information on the number of students *not* participating and reasons for nonparticipation, are provided in Table 1 below. For the MetroWest region, the overall participation rate for the middle school survey was 93%, representing 16,387 completed surveys in 24 middle school districts. For Pollard Middle School, the participation rate was 95.0%, representing 833 completed surveys.

Table 1. Number of Participating Students and Participation Rate Pollard Middle School, Needham (Grades 7-8) <i>MetroWest Adolescent Health Survey, 2016</i>	
Enrollment at time of survey administration	877
Students not receiving parent permission to participate	5
Students choosing not to participate	5
Students absent on the day of the survey administration	13
Surveys excluded/missing*	21
Total number of surveys	833
Participation rate	95.0%

**Incomplete/missing information on classroom participation forms or excluded due to implausible response patterns*

Table 2 below shows the demographic breakdown of student participants from Pollard Middle School by gender and grade. Reflecting the high participation, the demographic characteristics of the survey participants closely match those of the student body at the time of the survey administration.

Table 2. Participants by Gender and Grade Pollard Middle School, Needham (Grades 7-8) <i>MetroWest Adolescent Health Survey, 2016</i>								
Grade	Female		Male		Unknown		TOTAL	
	n	%	n	%	n	%	n	%
7th grade	218	26.2%	200	24.0%	1	0.1%	419	50.3%
8th grade	205	24.6%	207	24.8%	2	0.2%	414	49.7%
TOTAL	423	50.8%	407	48.9%	3	0.4%	833	100.0%

Generalizability

The MWHAS is a census of the student population at each participating school. Due to the high participation rate, the student data is considered highly representative of the student population as a whole. It is unknown whether students absent from school on the day of the survey and youth who do not attend school may differ from the survey participants in terms of their health and risk behaviors.

Analysis

Missing Data and Data Cleaning

Analyses were performed to identify patterns of responses that were inconsistent or indicative of inappropriate (“joking”) responses. These indicated that the vast majority of students paid attention, answered most or all questions, and completed the survey. For example, only a small fraction (0.6%) of high school students in the regional dataset checked boxes indicating they had engaged in all forms of lifetime and 30-day substance use. There were also very few logical inconsistencies (e.g., students reporting that they had never smoked, but subsequently saying they had smoked in the past 30 days).

Patterns of missing data were also examined for each of the topic areas. Item-specific missing data was very low, with less than 3-4% missing data for the majority of items. As expected, there was a slight increase in missing data on items at the end of the survey, indicating that a small proportion of students were not able to complete the survey in the time allotted. In general, however, district guidance about the appropriate length of the survey has assured the vast majority of students complete all questions. Overall, these validity and missing data checks provided evidence that students took the survey seriously and that the length was appropriate.

Trends

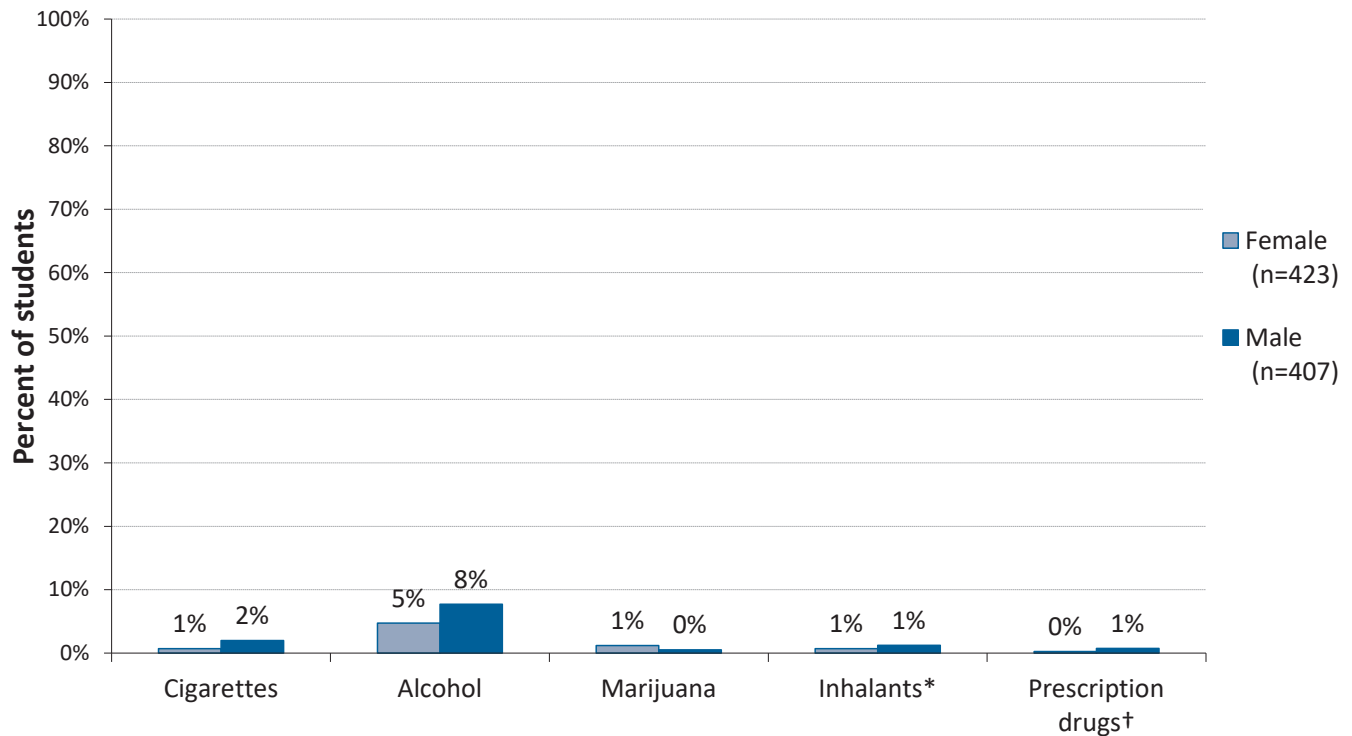
Comparisons over time are presented for MetroWest regional data and for districts that participated in multiple survey waves. For the regional comparisons, we include all districts that participated in the survey at each time point, even though the number of participating districts increased from 2006 to 2010. Analyses show that restricting the regional data to districts that participated in all six survey administrations makes little difference, and does not influence the direction or magnitude of the overall findings. From 2012 to 2016, all eligible middle and high schools in the MetroWest region participated in the survey.

References

1. Centers for Disease Control and Prevention (2016). Youth Risk Behavior Survey. Available at: <http://www.cdc.gov/healthyyouth/yrbs/factsheets/index.htm>. Accessed April 4, 2017.
2. Massachusetts Department of Elementary and Secondary Education and Massachusetts Department of Public Health (2016). Health and Risk Behaviors of Massachusetts Youth, 2015. Available at: <http://www.mass.gov/eohhs/docs/dph/behavioral-risk/youth-health-risk-report-2015.pdf>. Accessed April 4, 2017.
3. Centers for Disease Control and Prevention. YRBSS frequently asked questions. Available at: <https://www.cdc.gov/healthyyouth/data/yrbs/faq.htm>. Accessed April 4, 2017.
4. Brener ND, Billy JOG, Grady WR. Assessment of factors affecting the validity of self-reported health-risk behavior among adolescents: evidence from the scientific literature. *Journal of Adolescent Health* 2003; 33:436-457.
5. Brener ND, Kann L, McManus TL, Kinchen S, Sundberg EC, Ross JG. Reliability of the 1999 Youth Risk Behavior Survey Questionnaire. *Journal of Adolescent Health* 2002; 31:336–34.

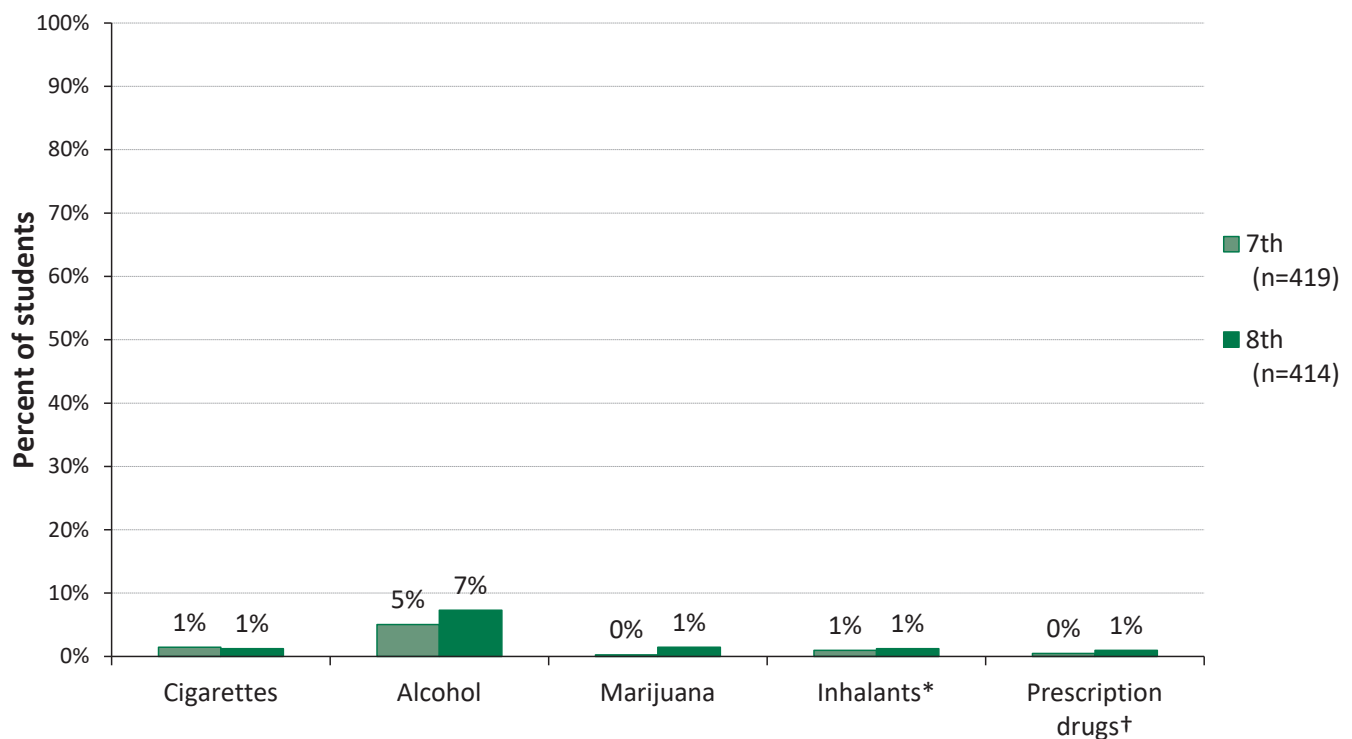
Section 2: **Substance Use**

Figure 2-1A. Lifetime Substance Use by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



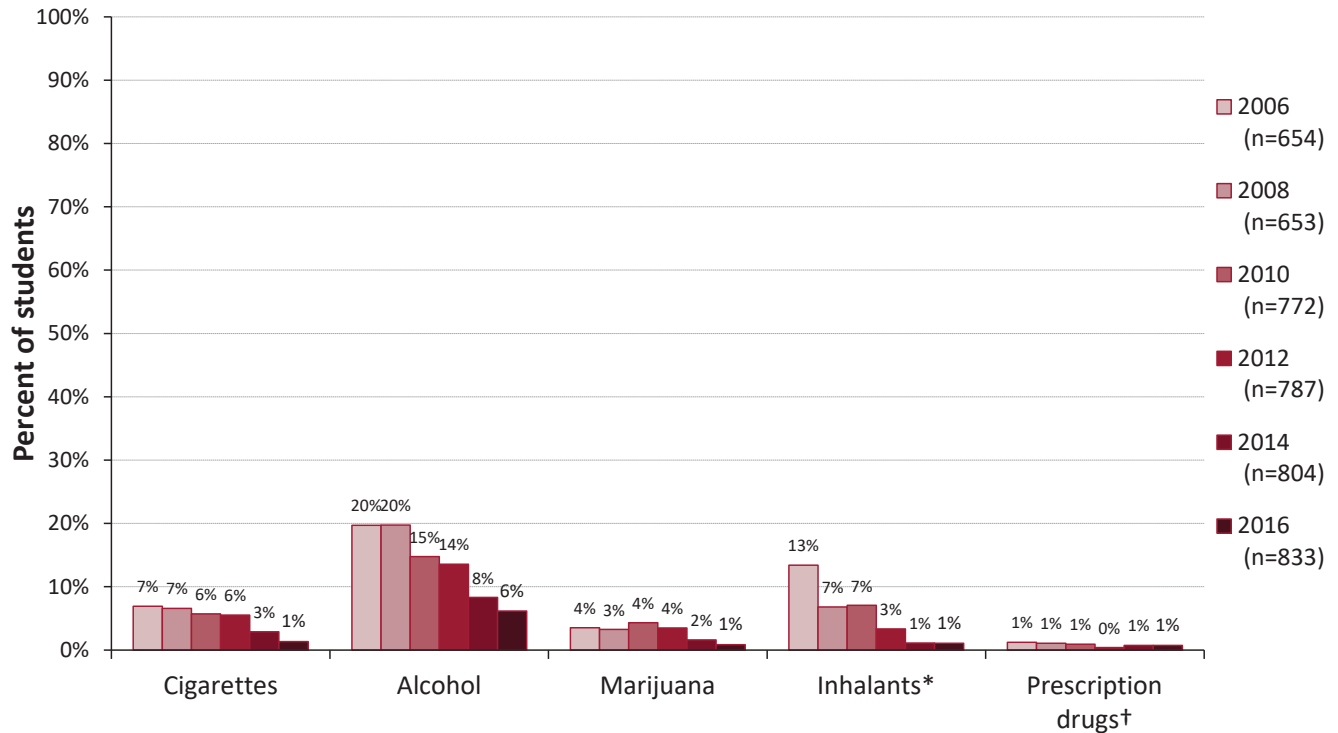
* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high
 † Without a doctor's prescription

Figure 2-1B. Lifetime Substance Use by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



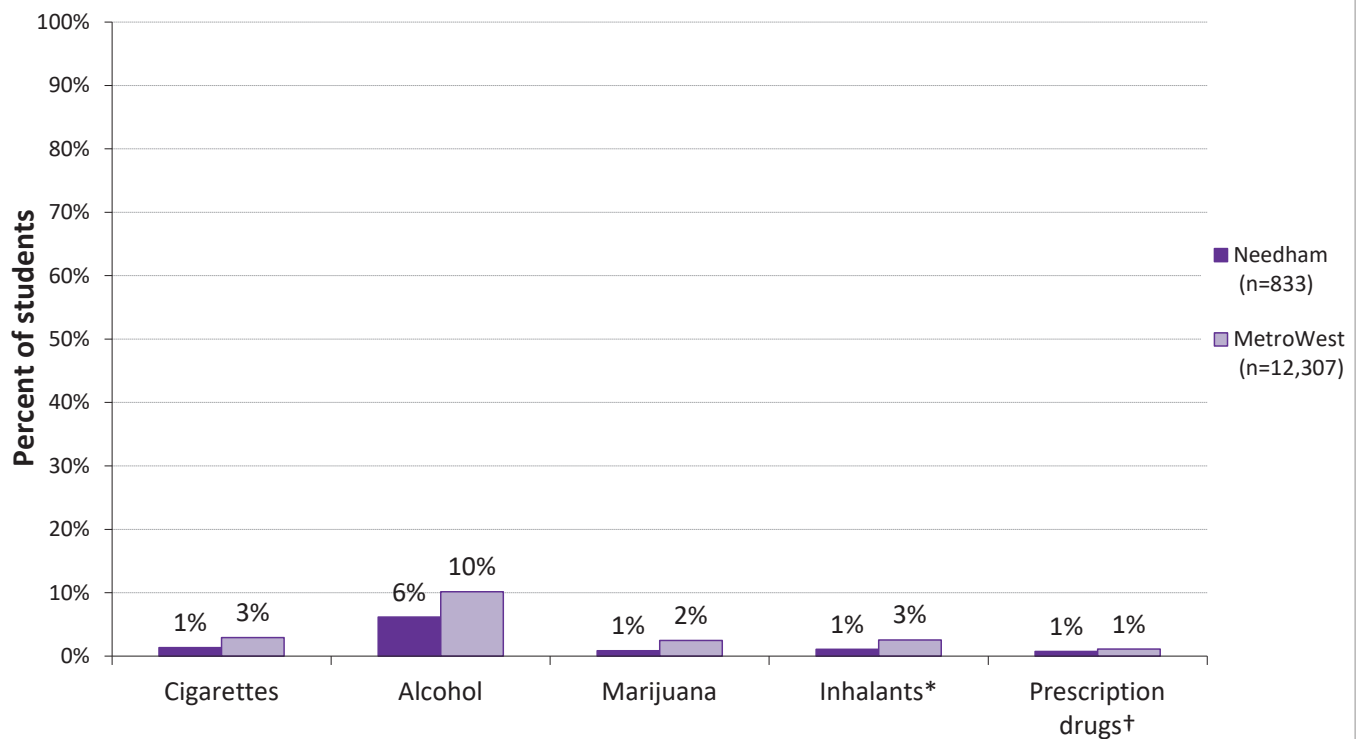
* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high
 † Without a doctor's prescription

Figure 2-1C. Trends in Lifetime Substance Use, 2006-2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high
 † Without a doctor's prescription

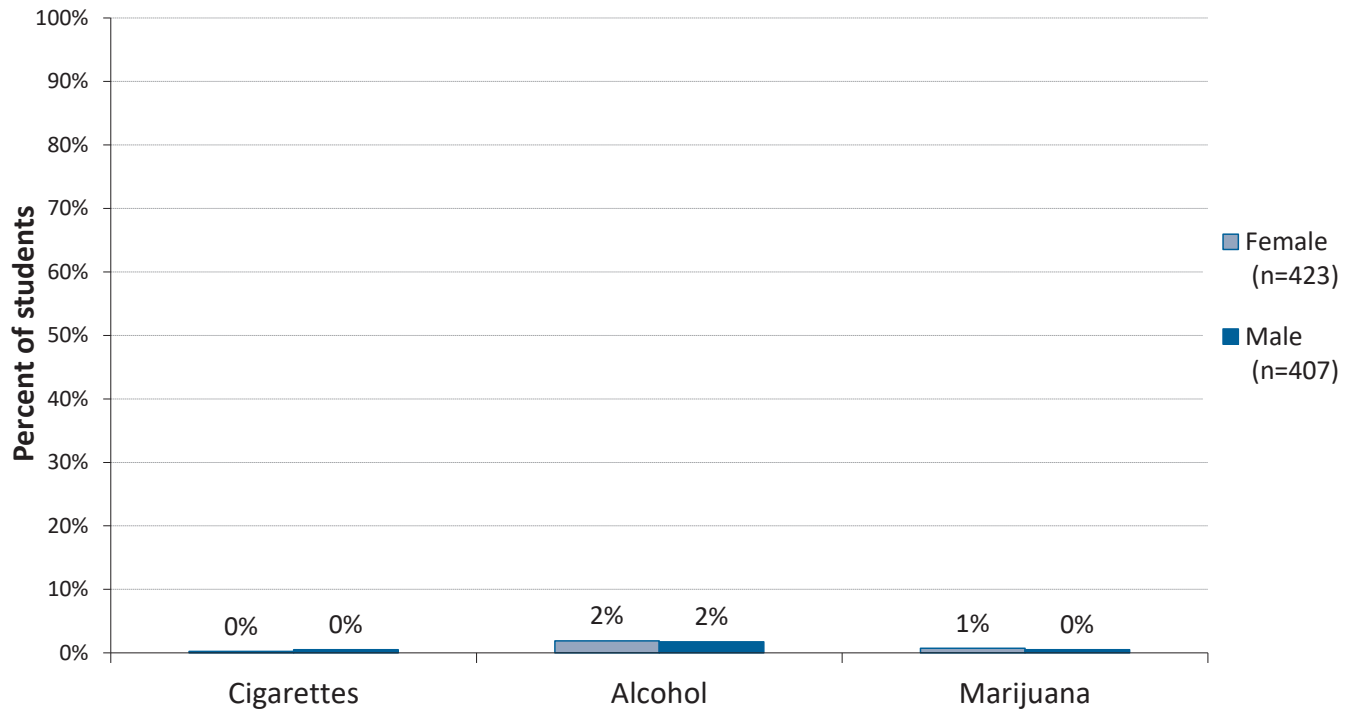
Figure 2-1D. Lifetime Substance Use at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high
 † Without a doctor's prescription

Figure 2-2A. Current Substance Use* by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)

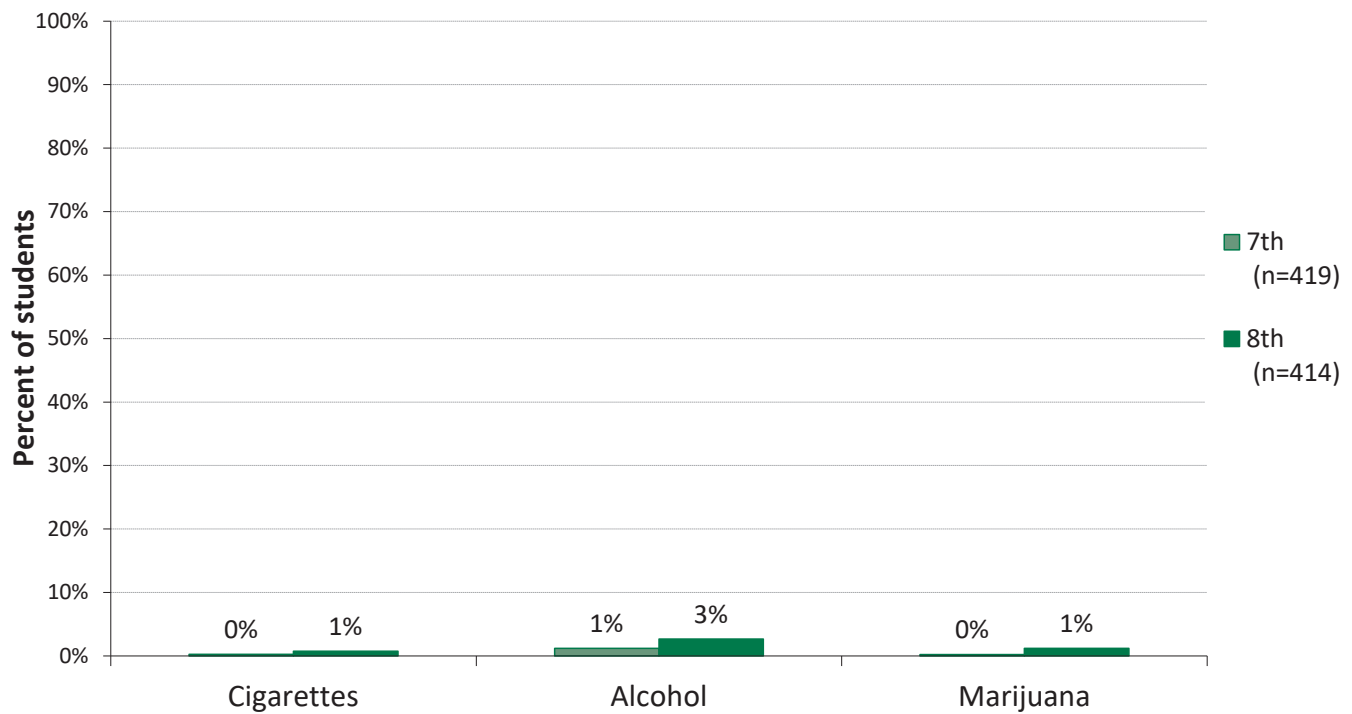
MetroWest Adolescent Health Survey



* Used one or more times in the past 30 days

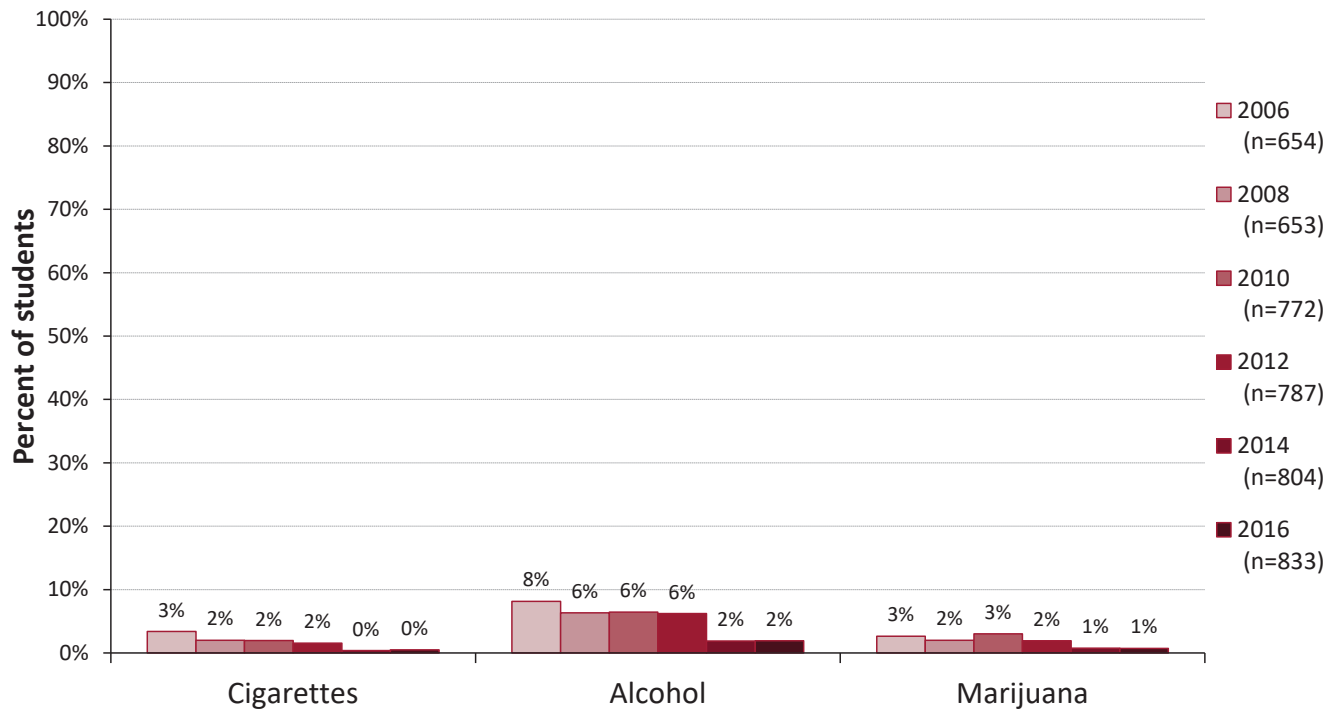
Figure 2-2B. Current Substance Use* by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey



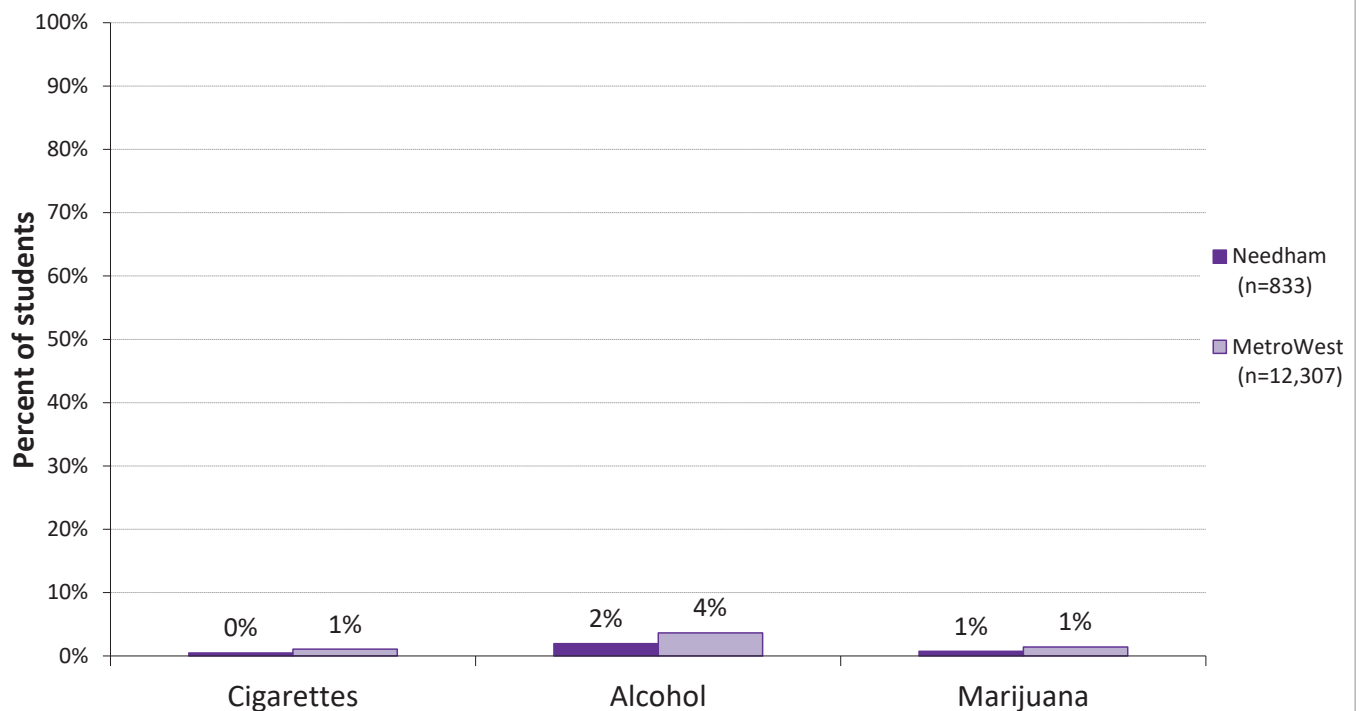
* Used one or more times in the past 30 days

Figure 2-2C. Trends in Current Substance Use,* 2006-2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* Used one or more times in the past 30 days

Figure 2-2D. Current Substance Use* at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* Used one or more times in the past 30 days

Figure 2-3A. Cigarette and Electronic Cigarette Use by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

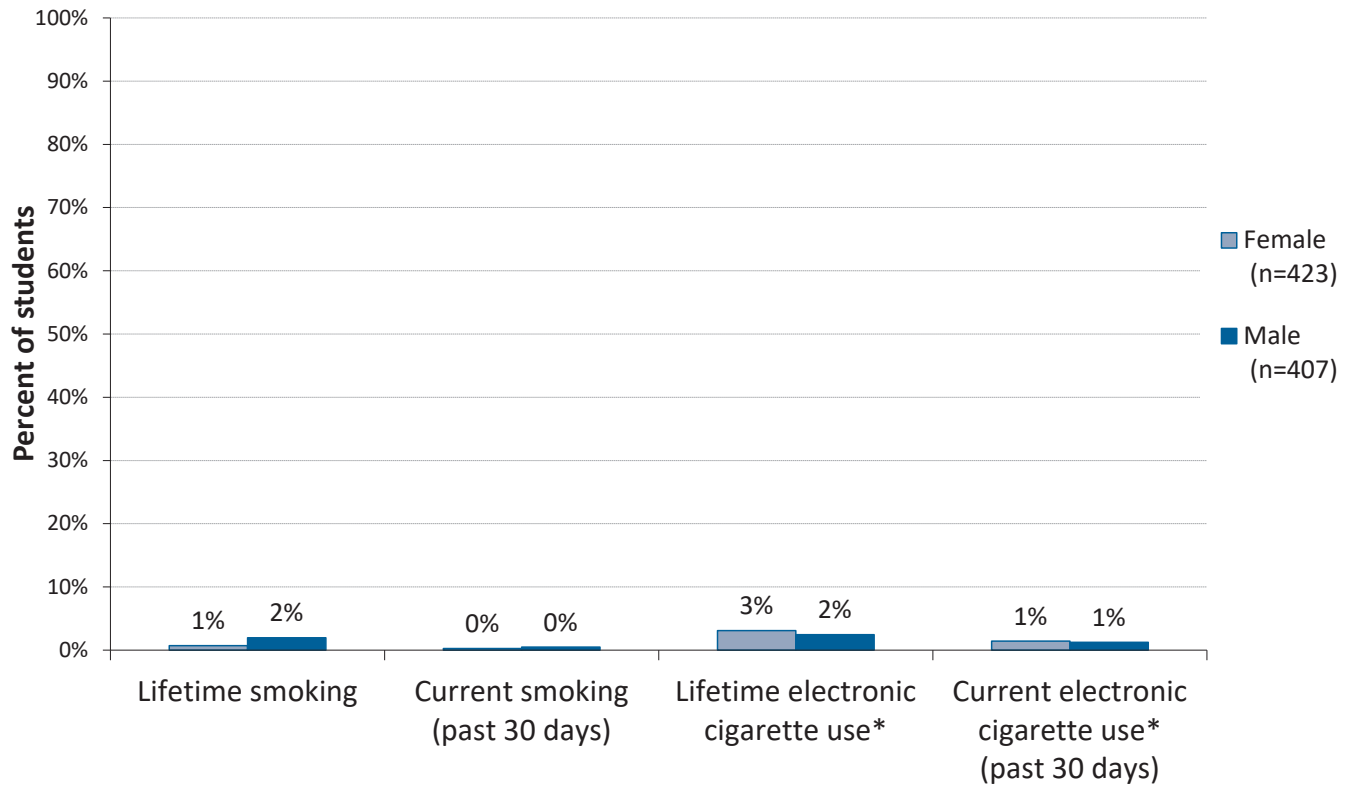


Figure 2-3B. Cigarette and Electronic Cigarette Use by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

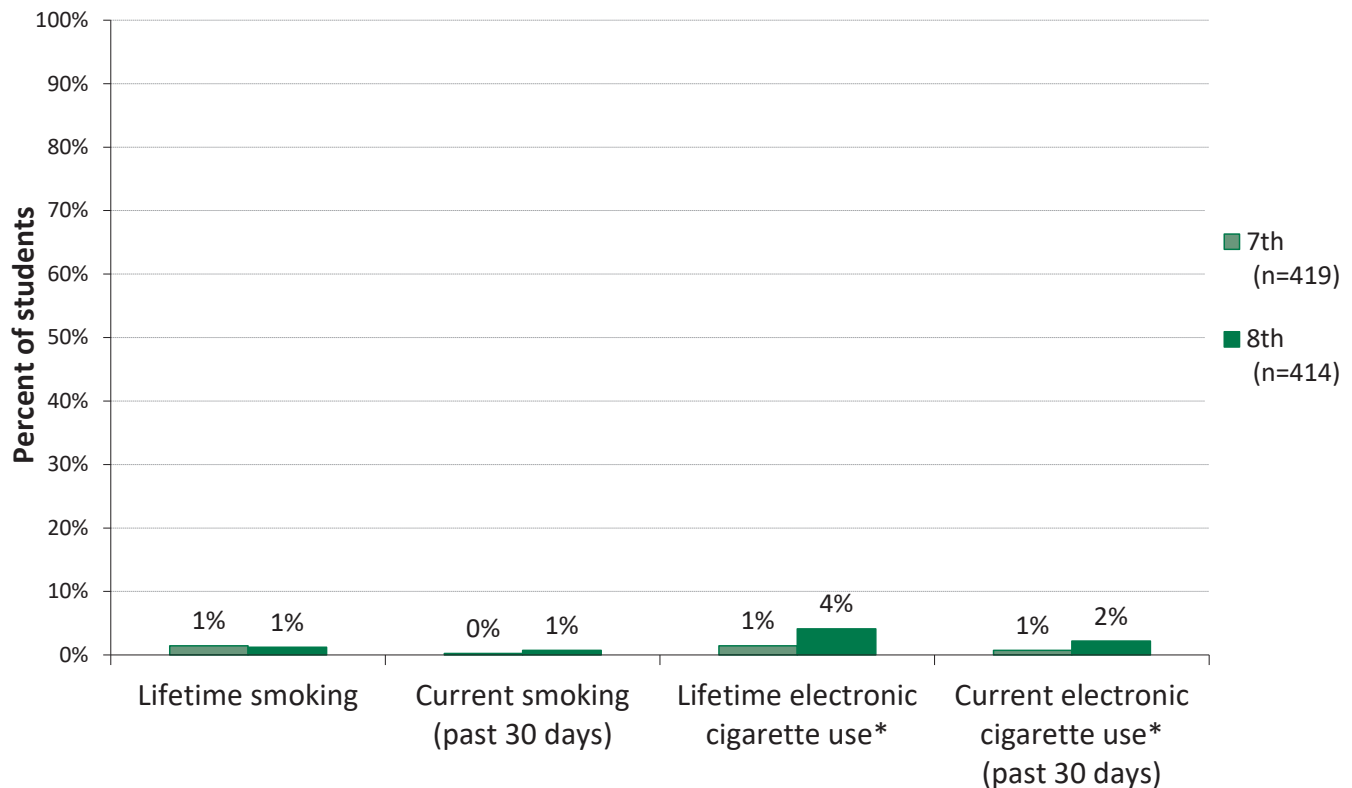
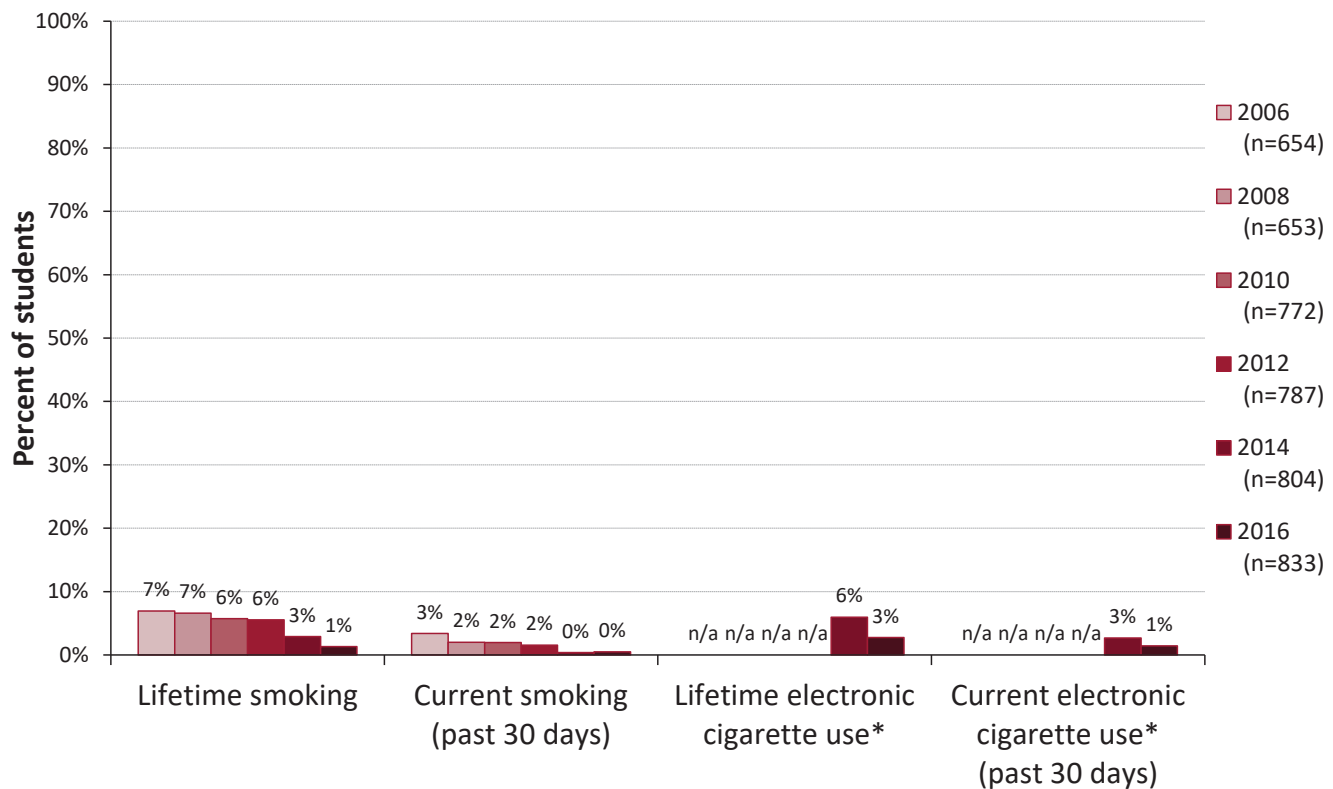


Figure 2-3C. Trends in Cigarette and Electronic Cigarette Use, 2006-2016
Pollard Middle School, Needham (Grades 7-8)

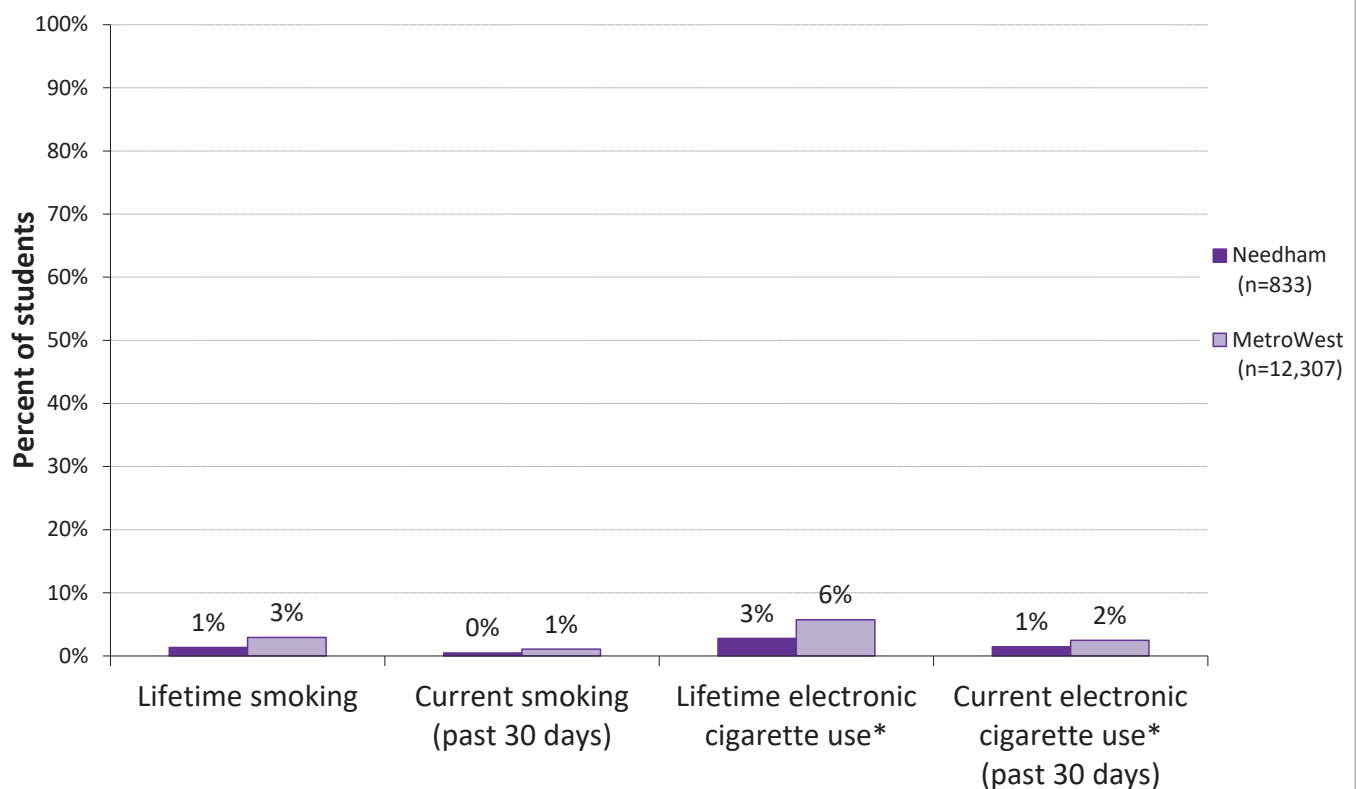
MetroWest Adolescent Health Survey



* Includes electronic cigarettes, or e-cigarettes, and other electronic vapor products

Figure 2-3D. Cigarette and Electronic Cigarette Use at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)

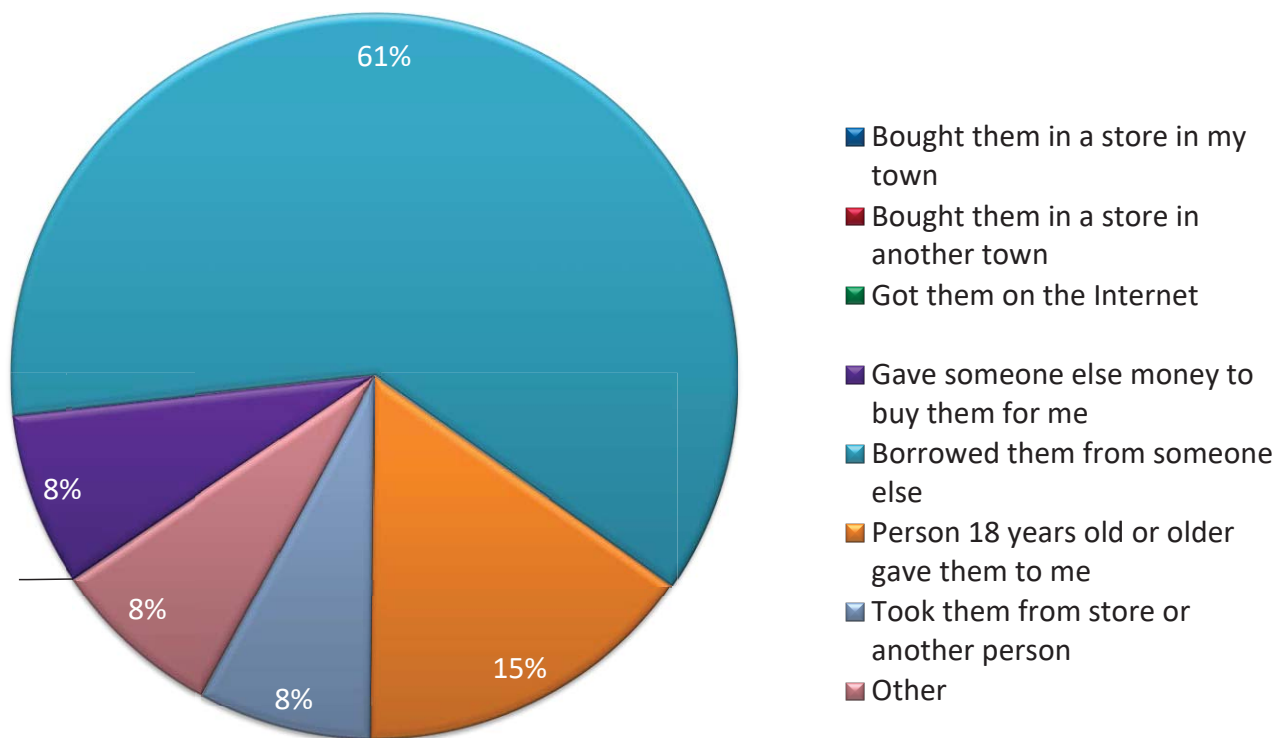
MetroWest Adolescent Health Survey



* Includes electronic cigarettes, or e-cigarettes, and other electronic vapor products

Figure 2-4. Access to Electronic Cigarettes,* 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey



* Among students who smoked electronic cigarettes in the past 30 days

Figure 2-5A. Alcohol Use* by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

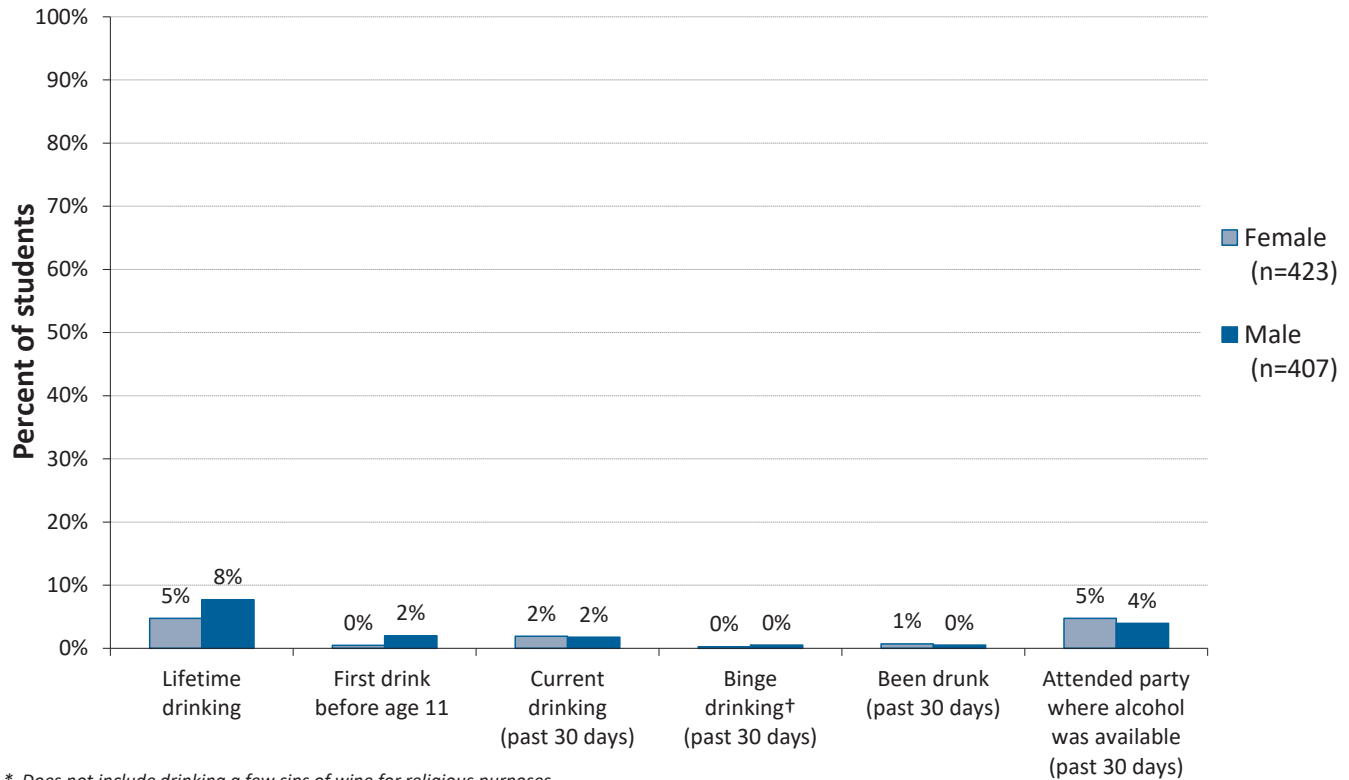


Figure 2-5B. Alcohol Use* by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

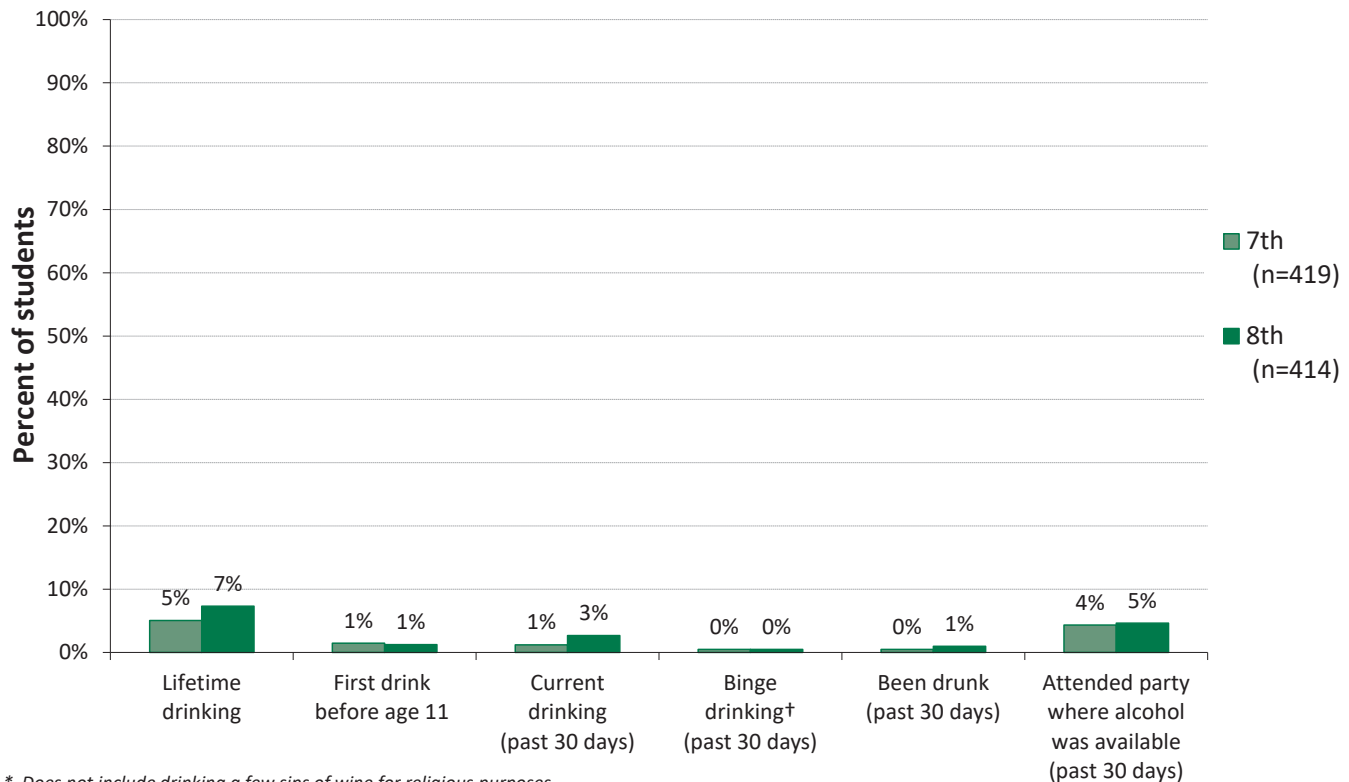
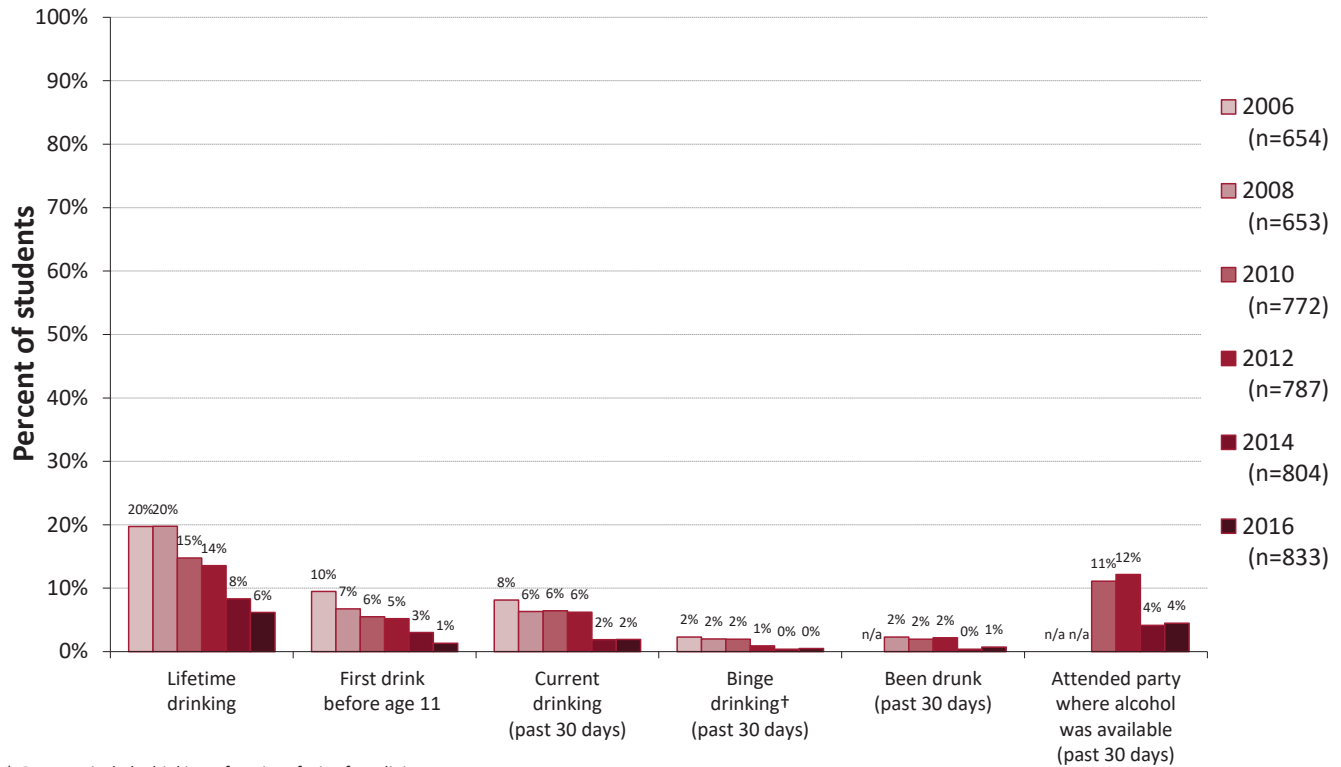


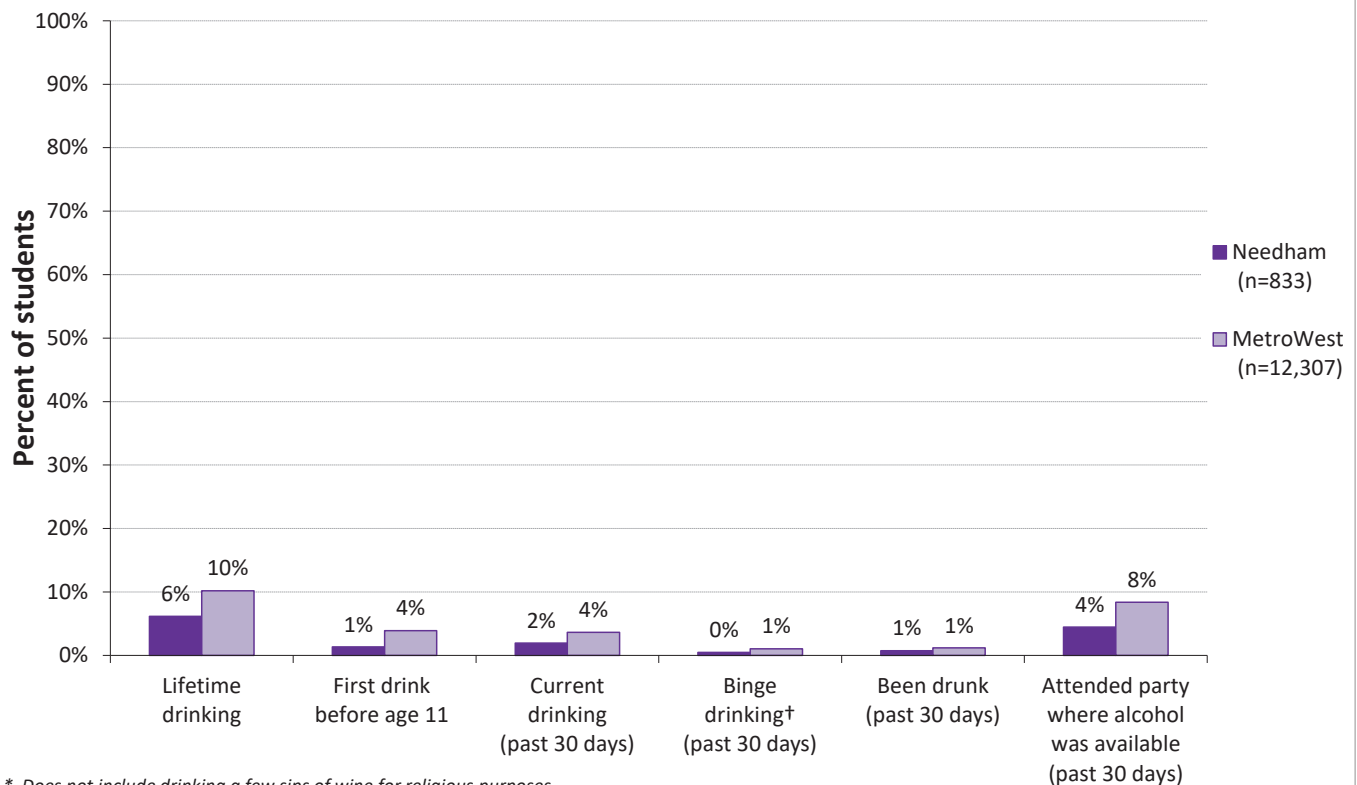
Figure 2-5C. Trends in Alcohol Use,* 2006-2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* Does not include drinking a few sips of wine for religious purposes

† From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasions for all students.
 In 2016, binge drinking was defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

Figure 2-5D. Alcohol Use* at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* Does not include drinking a few sips of wine for religious purposes

† Consumed 4+ drinks in a row for females, or 5+ drinks in a row for males

Figure 2-6A. Trends in Access to Alcohol Among Lifetime Drinkers,* 2014-2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

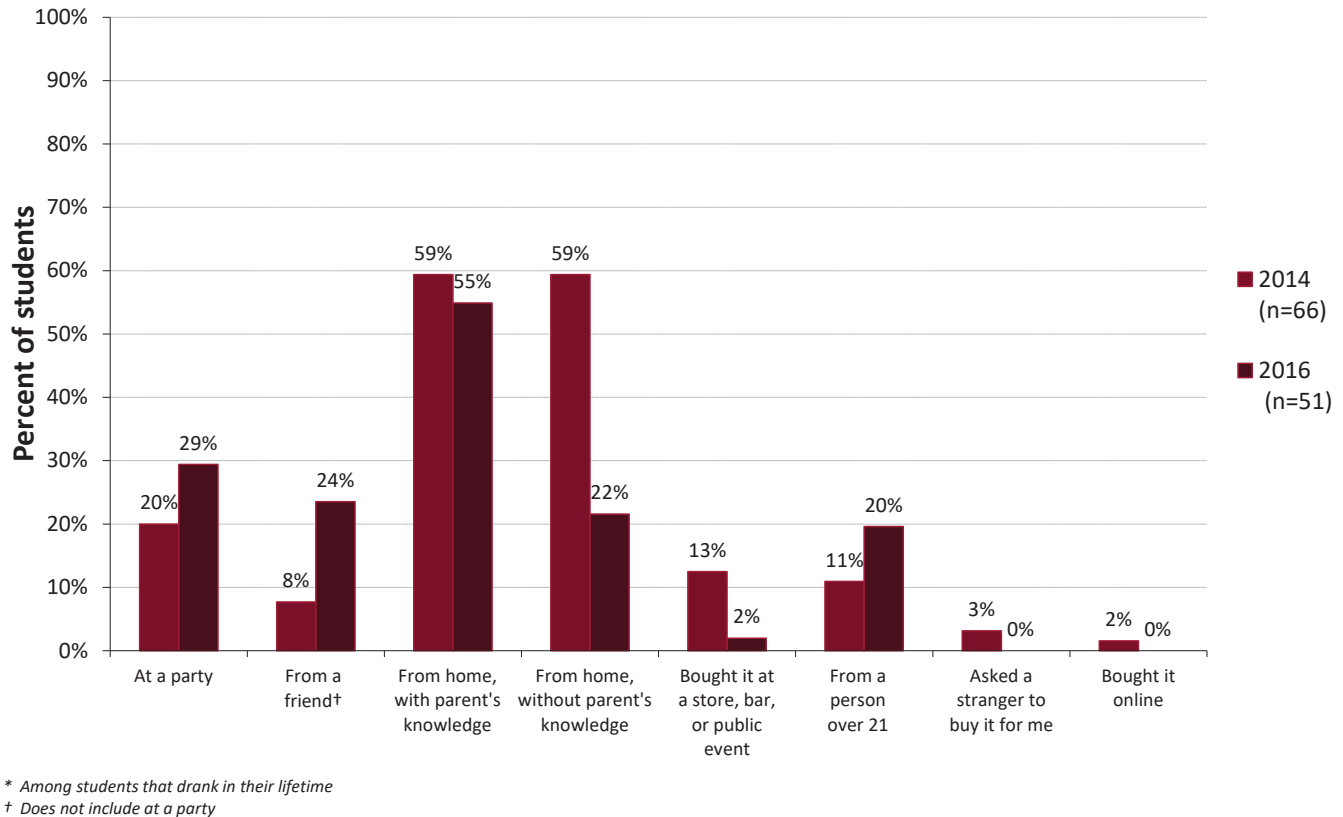


Figure 2-6B. Access to Alcohol Among Lifetime Drinkers* at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

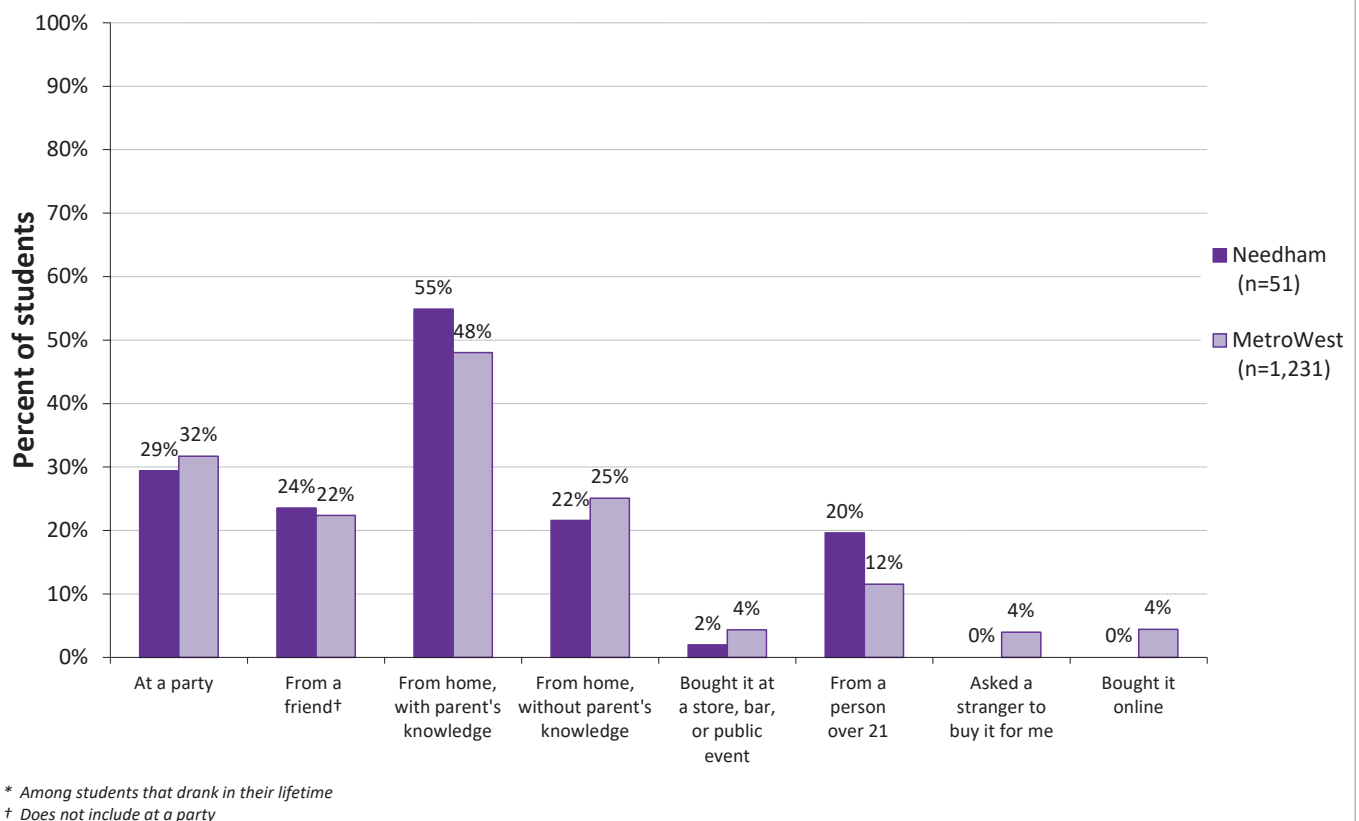
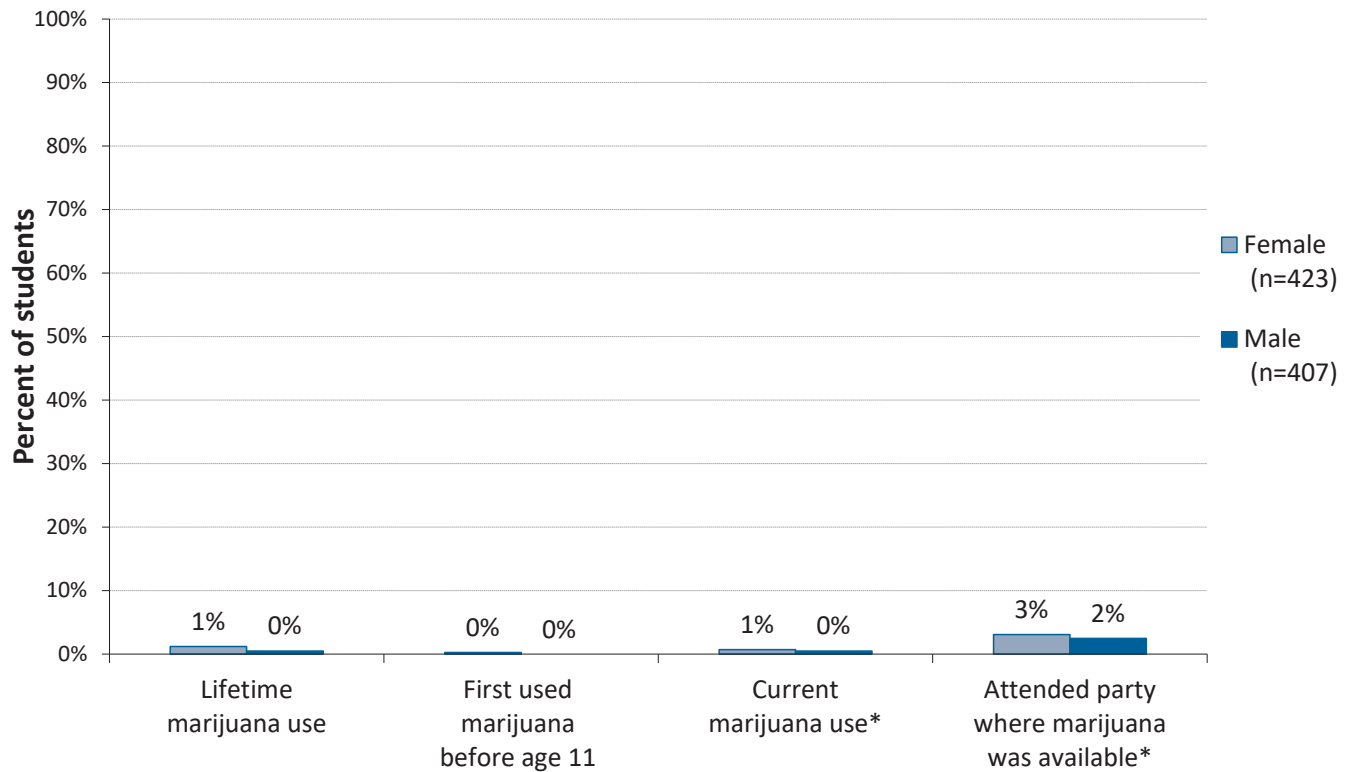


Figure 2-7A. Marijuana Use by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)

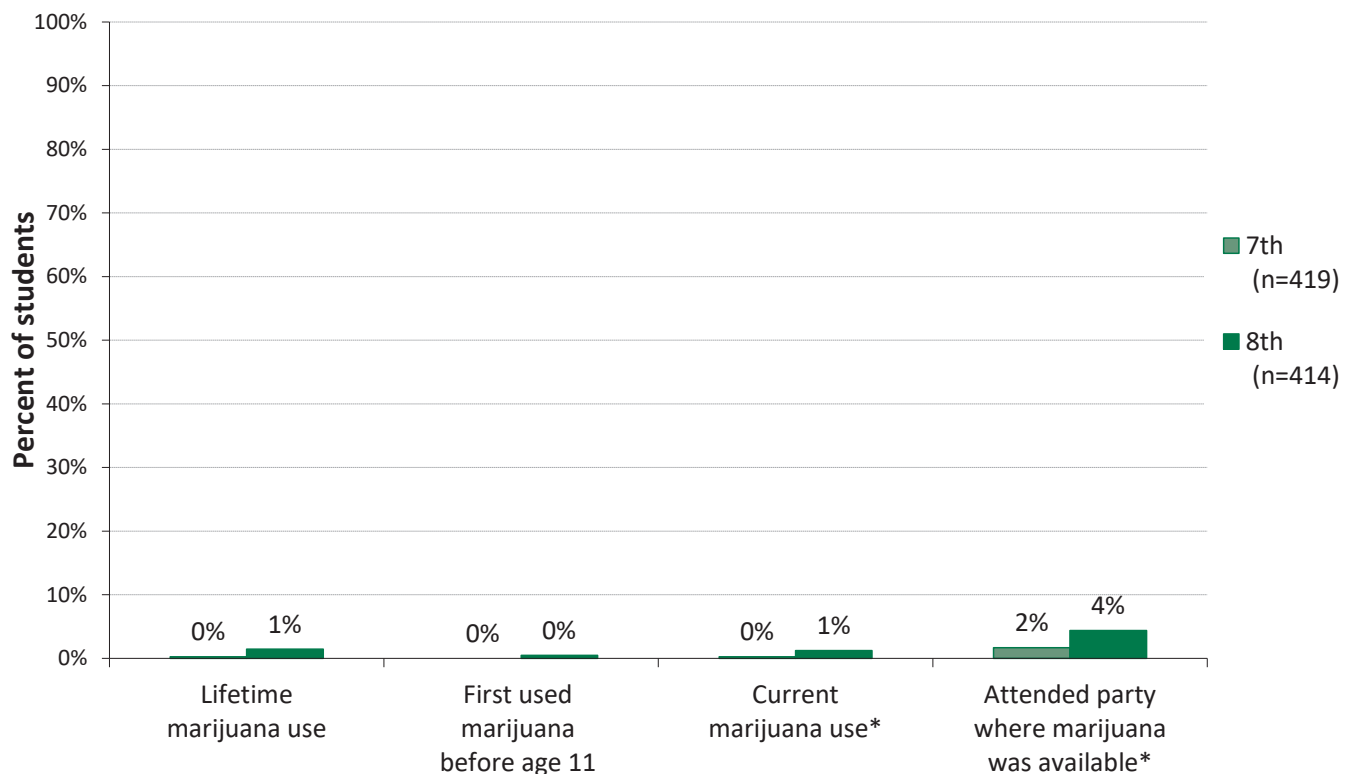
MetroWest Adolescent Health Survey



* In the past 30 days

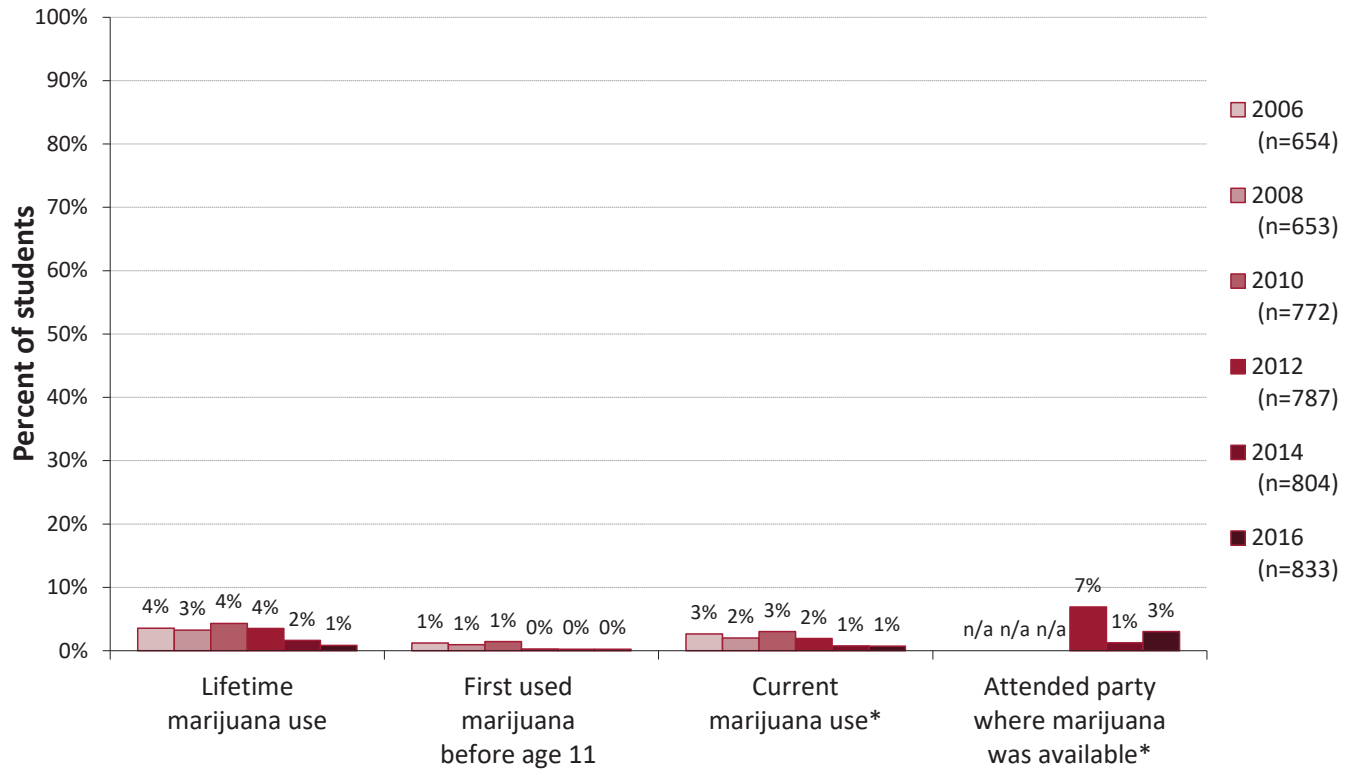
Figure 2-7B. Marijuana Use by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey



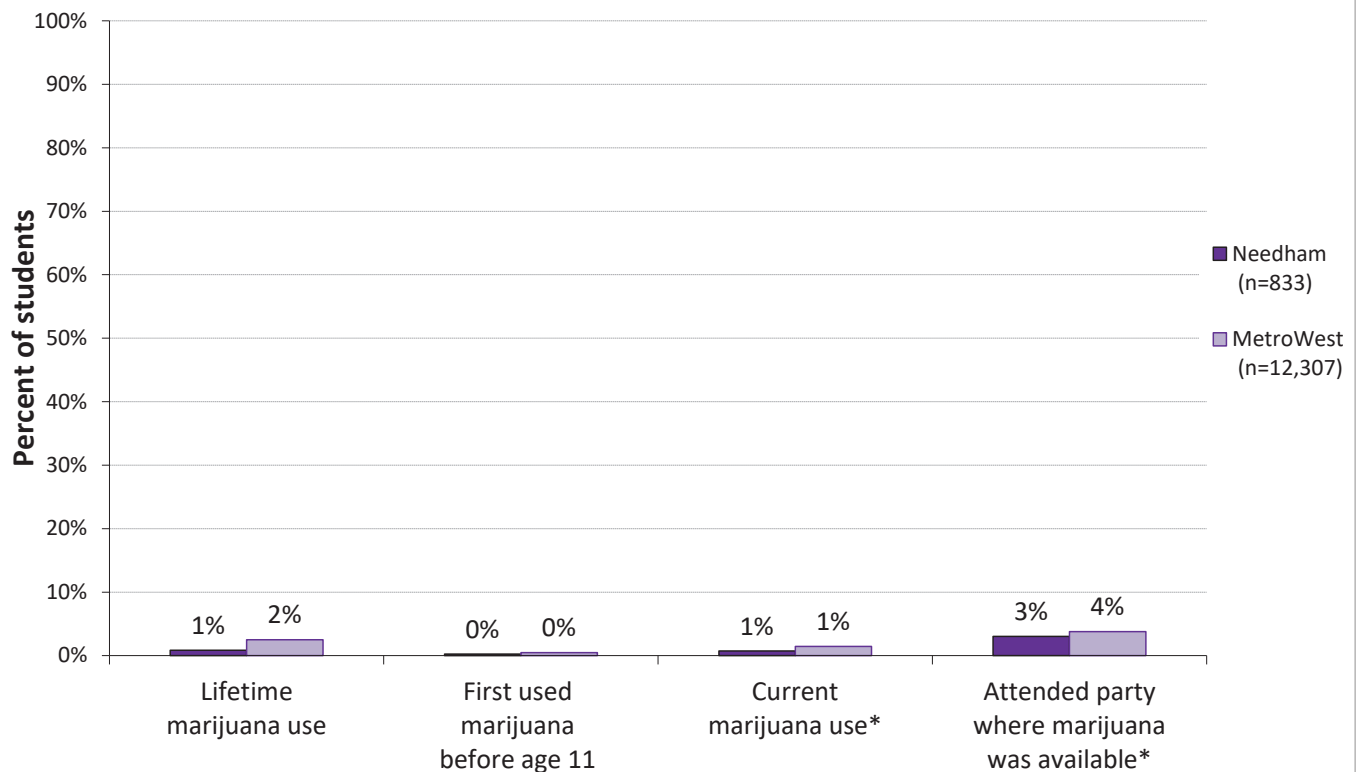
* In the past 30 days

Figure 2-7C. Trends in Marijuana Use, 2006-2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* In the past 30 days

Figure 2-7D. Marijuana Use at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* In the past 30 days

Table 2-1A. Substance Use by Gender and Grade, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)	
		Female	Male	7 th	8 th
	(833)	(423)	(407)	(419)	(414)
CIGARETTE SMOKING					
Lifetime cigarette smoking*	1.3	0.7	2.0	1.4	1.2
Smoked a whole cigarette before age 11 years	0.1	0.0	0.0	0.0	0.2
Current cigarette use (past 30 days)	0.5	0.2	0.5	0.2	0.7
Current frequent cigarette use (on 20 or more of the past 30 days)	0.2	0.0	0.2	0.0	0.5
ELECTRONIC CIGARETTE USE [†]					
Lifetime electronic cigarette use	2.8	3.1	2.5	1.4	4.1
Current electronic cigarette use (past 30 days)	1.4	1.4	1.2	0.7	2.2
Perceived risk of harm of using electronic cigarettes (moderate/great risk)	87.2	91.2	83.2	91.1	83.3
ALCOHOL USE [‡]					
Lifetime alcohol use	6.2	4.7	7.7	5.0	7.3
Had first drink of alcohol before age 11 years	1.3	0.5	2.0	1.4	1.2
Current alcohol use (past 30 days)	1.9	1.9	1.7	1.2	2.7
Binge drinking (past 30 days) [§]	0.5	0.2	0.5	0.5	0.5
Was “drunk” from consuming alcohol (past 30 days)	0.7	0.7	0.5	0.5	1.0
Went to a party/hung out where alcohol was available (past 30 days)	4.5	4.8	4.0	4.3	4.6
Ever rode in car driven by a high school student who had been drinking	1.1	1.0	1.0	0.5	1.7
MARIJUANA AND OTHER SUBSTANCE USE					
Lifetime marijuana use	0.8	1.2	0.5	0.2	1.5
Tried marijuana before age 11 years	0.2	0.2	0.0	0.0	0.5
Current marijuana use (past 30 days)	0.7	0.7	0.5	0.2	1.2
Went to a party/hung out where marijuana was available (past 30 days)	3.0	3.1	2.5	1.7	4.4
Lifetime inhalant use**	1.1	0.7	1.2	1.0	1.2
Lifetime prescription drug misuse (without a doctor's prescription)	0.7	0.2	0.7	0.5	1.0

* Ever tried cigarette smoking, even one or two puffs

† Includes electronic cigarettes, or e-cigarettes, and other electronic vapor products. E-cigarettes create a mist or vapor that you breathe in like smoke.

‡ Does not include drinking a few sips of wine for religious purposes

§ Consumed 4+ drinks in a row for females, or 5+ drinks in a row for males

** Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

Table 2-1B. Substance Use, 2006 - 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Needham (%)						MetroWest Region (%)					
	2006	2008	2010	2012	2014	2016	2006	2008	2010	2012	2014	2016
	(654)	(653)	(772)	(787)	(804)	(833)	(6,875)	(10,650)	(11,597)	(12,224)	(12,191)	(12,307)
CIGARETTE SMOKING												
Lifetime cigarette smoking*	6.9	6.6	5.7	5.5	2.9	1.3	9.6	8.4	5.7	6.2	4.1	2.9
Smoked a whole cigarette before age 11 years	2.2	1.4	1.2	1.0	0.1	0.1	2.1	1.8	1.2	1.0	0.9	0.6
Current cigarette use (past 30 days)	3.4	2.0	2.0	1.6	0.4	0.5	3.9	3.7	2.4	2.1	1.4	1.1
Current frequent cigarette use (on 20 or more of the past 30 days)	0.8	1.1	0.7	0.4	0.0	0.2	0.9	1.0	0.6	0.6	0.6	0.4
ELECTRONIC CIGARETTE USE[†]												
Lifetime electronic cigarette use	–	–	–	–	5.9	2.8	–	–	–	–	6.4	5.7
Current electronic cigarette use (past 30 days)	–	–	–	–	2.7	1.4	–	–	–	–	3.5	2.5
Perceived risk of harm of using electronic cigarettes (moderate/great risk)	–	–	–	–	73.1	87.2	–	–	–	–	64.1	77.2
ALCOHOL USE[‡]												
Lifetime alcohol use	19.7	19.8	14.8	13.6	8.3	6.2	21.9	20.2	13.2	12.4	11.0	10.2
Had first drink of alcohol before age 11 years	9.5	6.7	5.5	5.2	3.0	1.3	8.2	6.8	4.6	4.6	4.5	3.9
Current alcohol use (past 30 days)	8.1	6.3	6.4	6.2	1.9	1.9	9.0	8.6	4.9	5.0	4.0	3.7
Binge drinking (past 30 days) [§]	2.3	2.0	2.0	0.9	0.4	0.5	2.5	2.5	1.5	1.4	1.0	1.0
Was “drunk” from consuming alcohol (past 30 days)	–	2.3	2.0	2.2	0.4	0.7	–	3.3	1.8	1.8	1.3	1.2
Went to a party/hung out where alcohol was available (past 30 days)	–	–	11.1	12.2	4.2	4.5	–	–	8.1	9.2	7.2	8.4
Ever rode in car driven by a high school student who had been drinking	–	–	–	2.3	2.6	1.1	–	–	–	2.2	1.8	1.7
MARIJUANA AND OTHER SUBSTANCE USE												
Lifetime marijuana use	3.5	3.3	4.3	3.5	1.6	0.8	4.8	5.2	4.1	4.1	3.1	2.5
Tried marijuana before age 11 years	1.2	0.9	1.4	0.3	0.3	0.2	1.1	1.0	0.8	0.8	0.8	0.5
Current marijuana use (past 30 days)	2.6	2.0	3.0	1.9	0.8	0.7	3.0	3.3	2.2	2.4	1.8	1.4
Went to a party/hung out where marijuana was available (past 30 days)	–	–	–	6.9	1.3	3.0	–	–	–	4.9	3.5	3.8
Lifetime inhalant use**	13.4	6.8	7.1	3.3	1.1	1.1	8.3	7.1	5.2	4.2	3.0	2.6
Lifetime prescription drug misuse (without a doctor's prescription)	1.2	1.1	0.9	0.4	0.8	0.7	1.6	1.7	1.3	1.2	1.0	1.1

* Ever tried cigarette smoking, even one or two puffs

† Includes electronic cigarettes, or e-cigarettes, and other electronic vapor products. E-cigarettes create a mist or vapor that you breathe in like smoke.

‡ Does not include drinking a few sips of wine for religious purposes

§ From 2006 to 2014, binge drinking was defined as 5 or more drinks in a row on one or more occasions for all students.

In 2016, binge drinking was defined as 4 or more drinks in a row for females and 5 or more drinks in a row for males.

** Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

Section 3: **Violence and Bullying**

Figure 3-1A. Fighting and Weapon Carrying by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

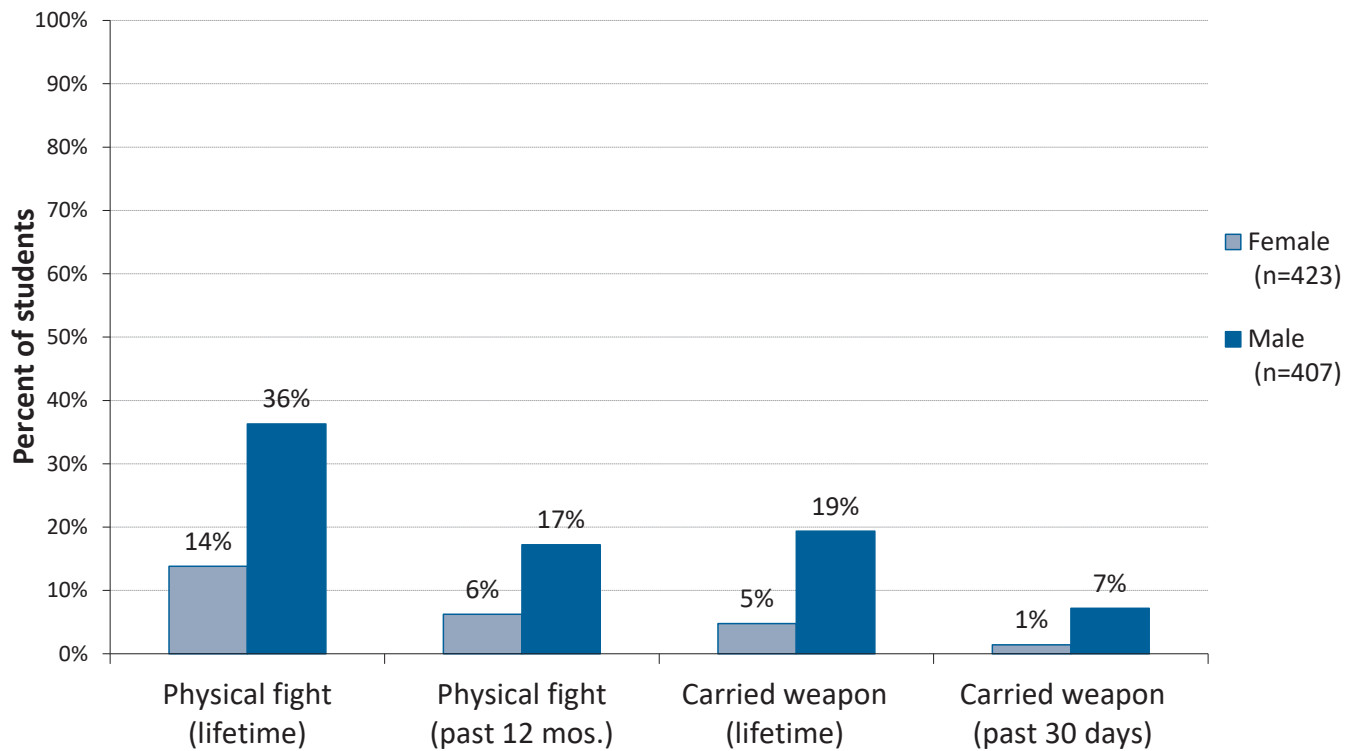


Figure 3-1B. Fighting and Weapon Carrying by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

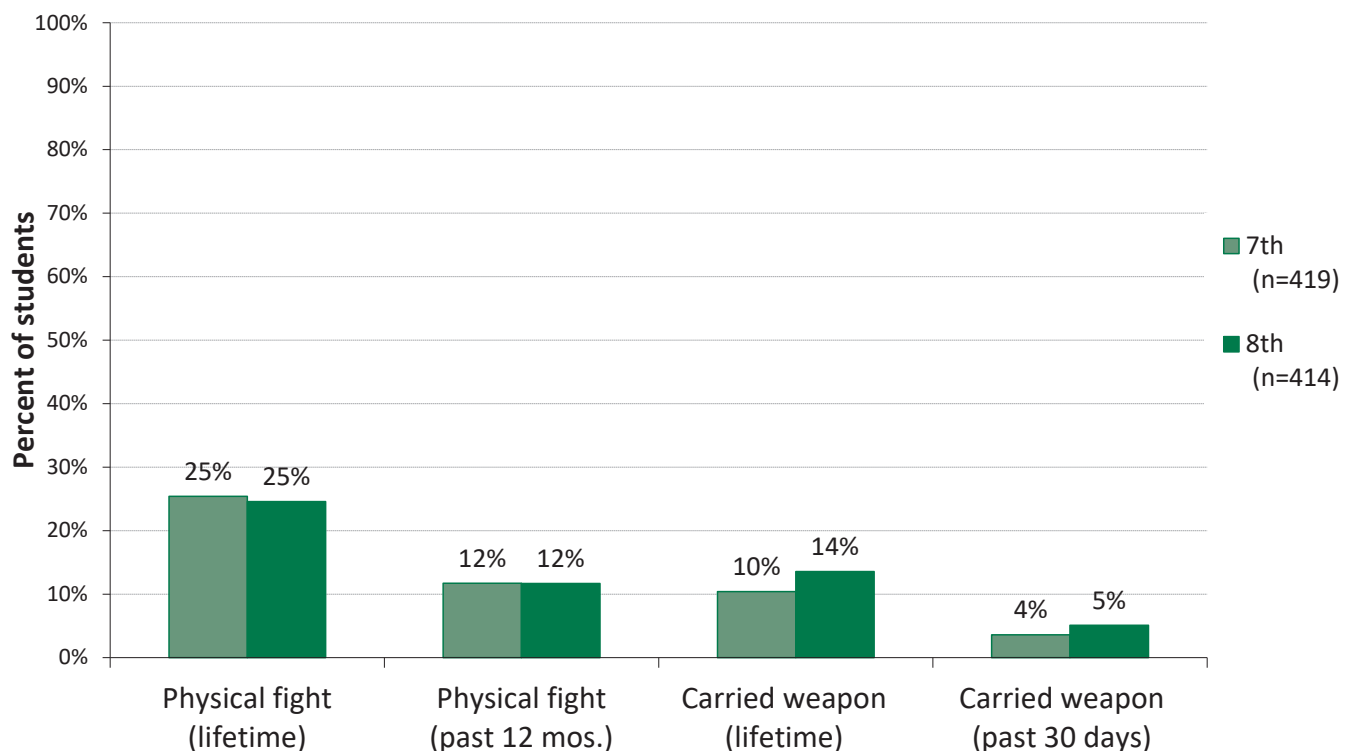


Figure 3-1C. Trends in Fighting and Weapon Carrying, 2006-2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

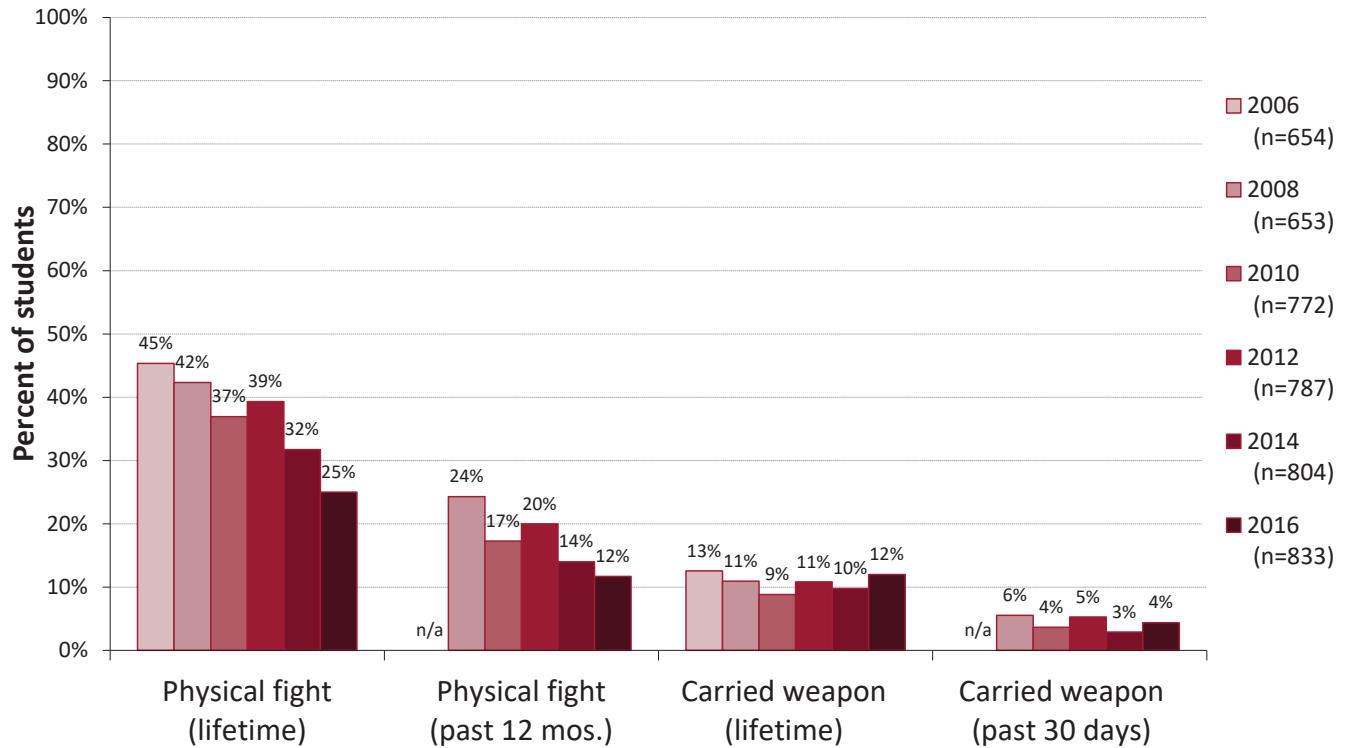


Figure 3-1D. Fighting and Weapon Carrying at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

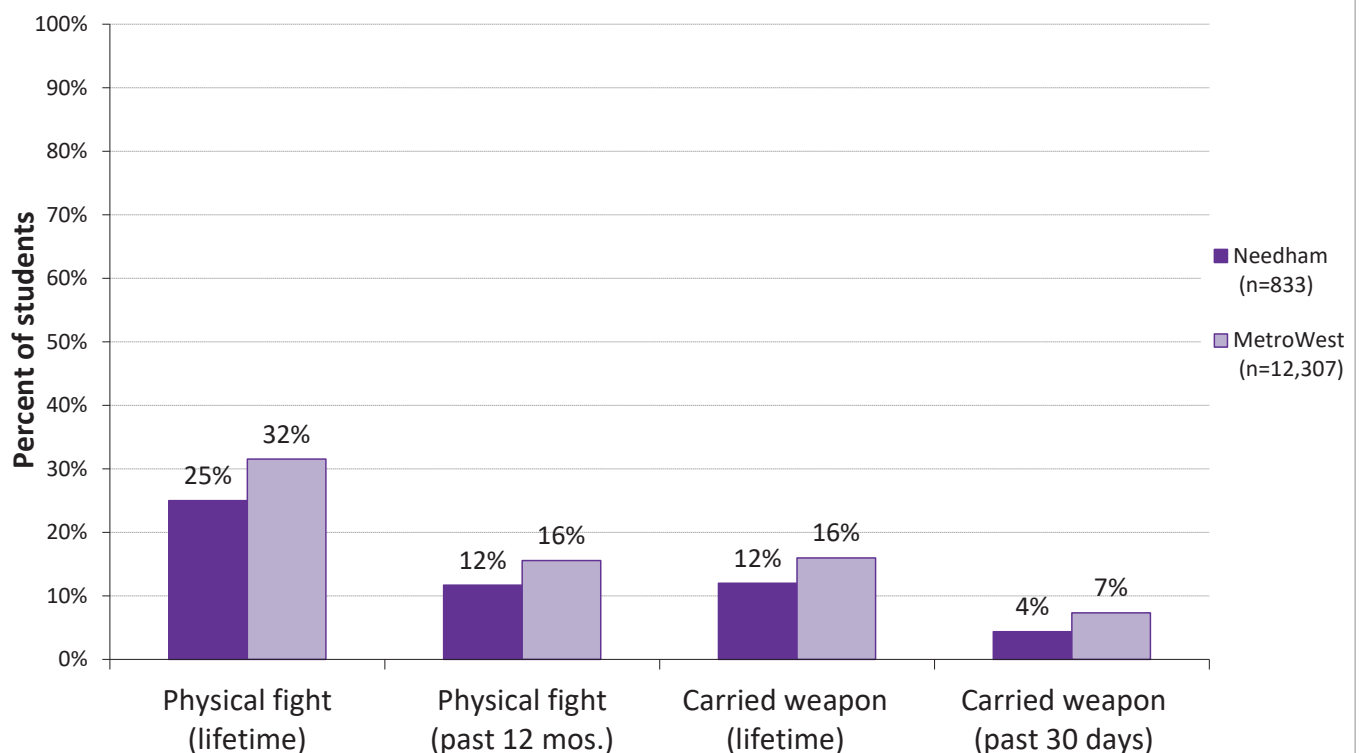
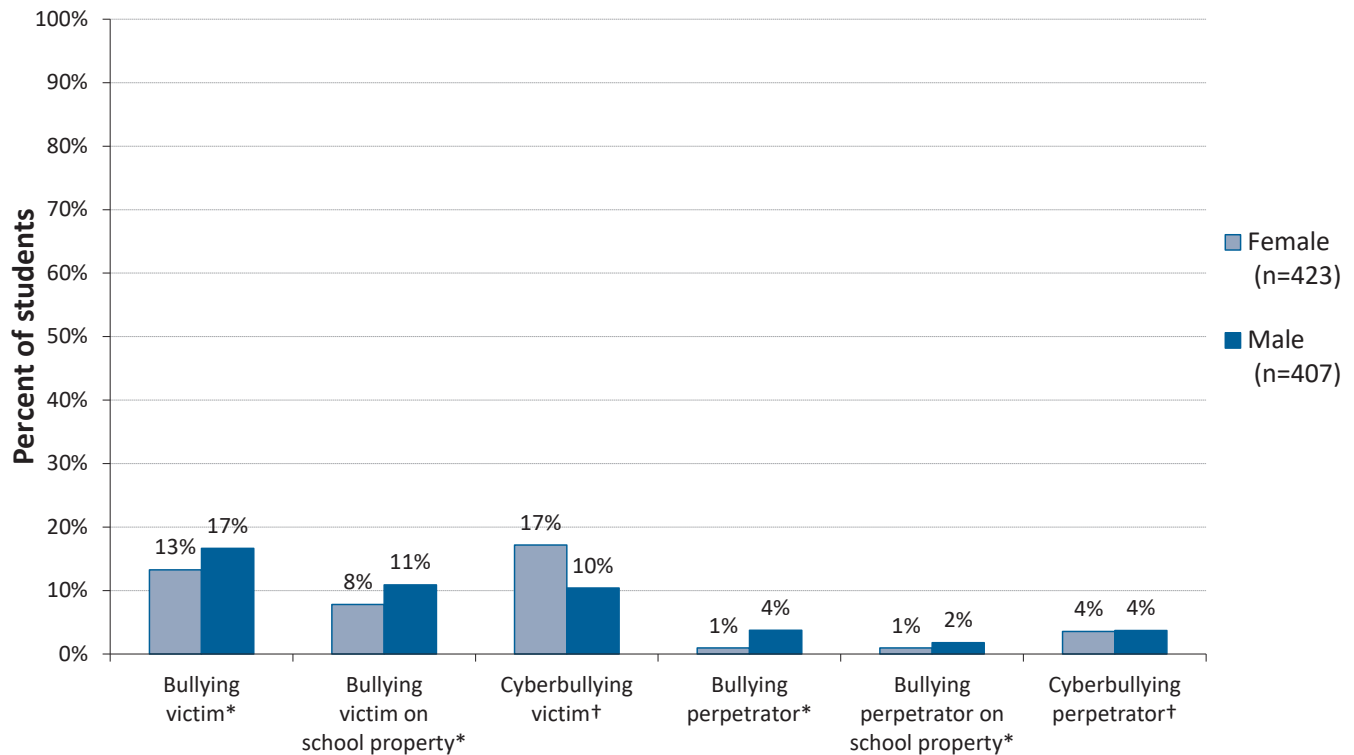


Figure 3-2A. Bullying and Cyberbullying by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)

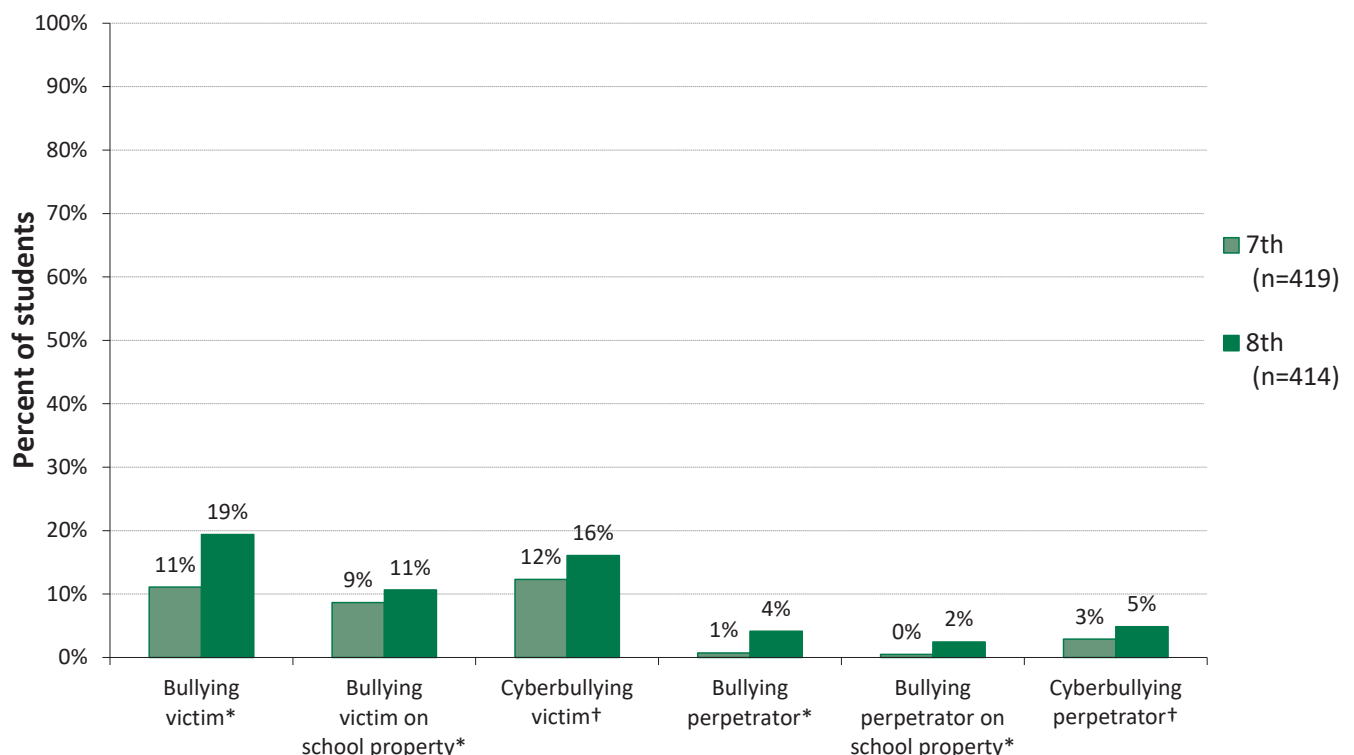
MetroWest Adolescent Health Survey



* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again
† In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

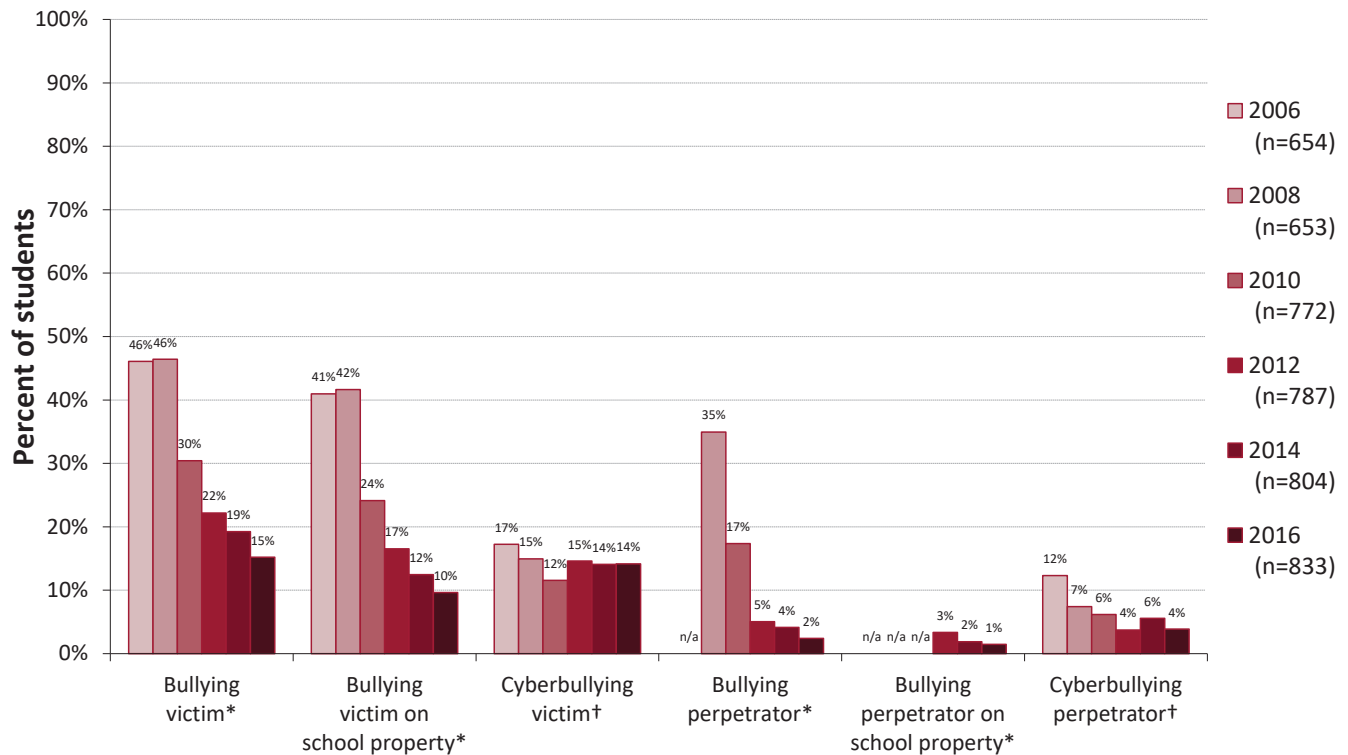
Figure 3-2B. Bullying and Cyberbullying by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey



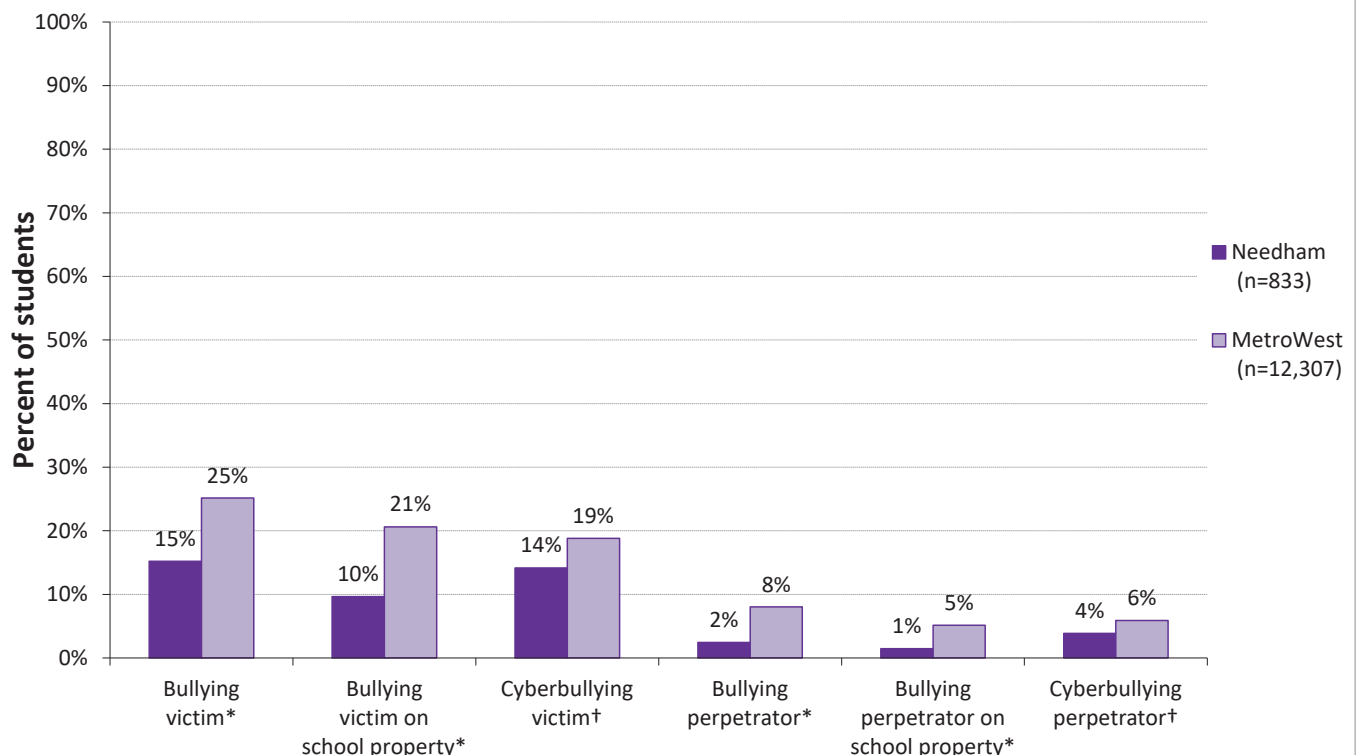
* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again
† In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 3-2C. Trends in Bullying and Cyberbullying, 2006-2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



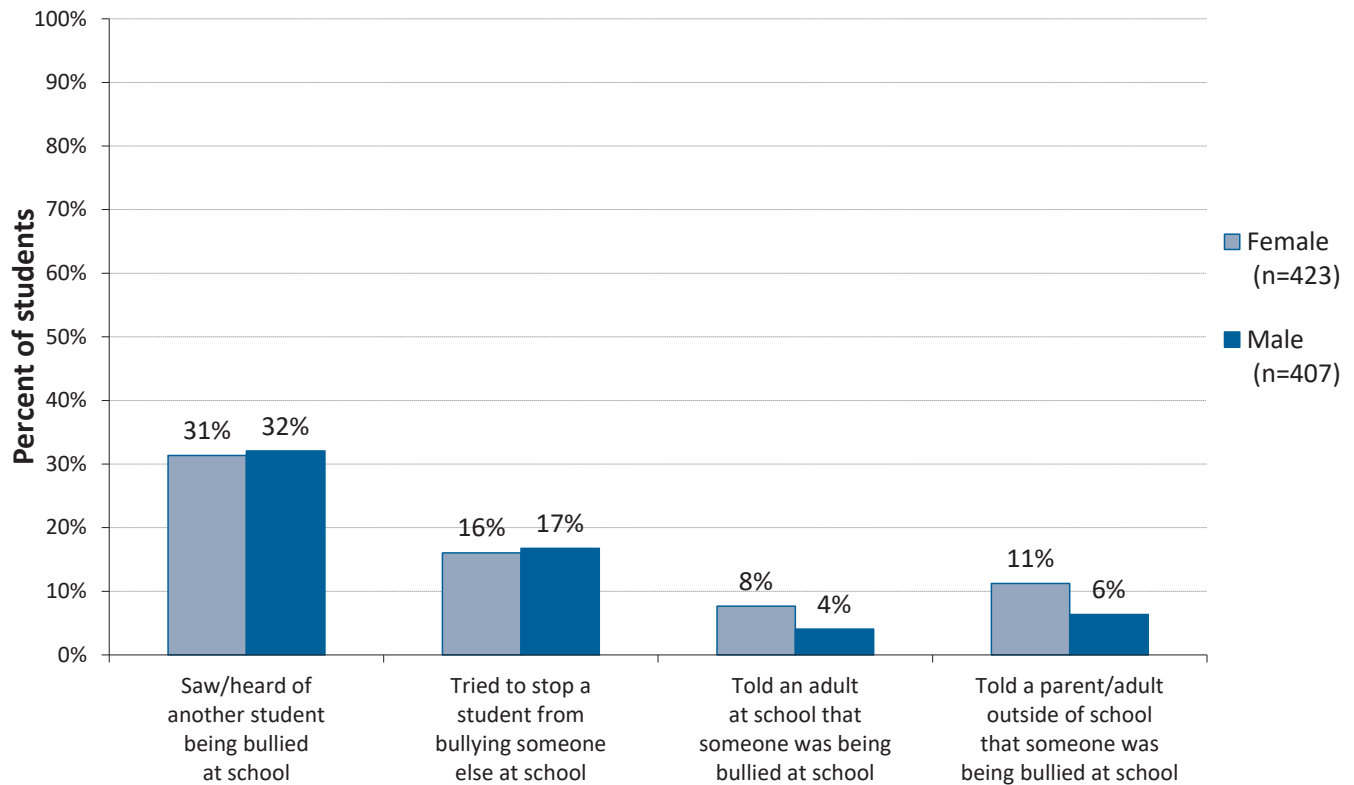
* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again
† In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 3-2D. Bullying and Cyberbullying at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



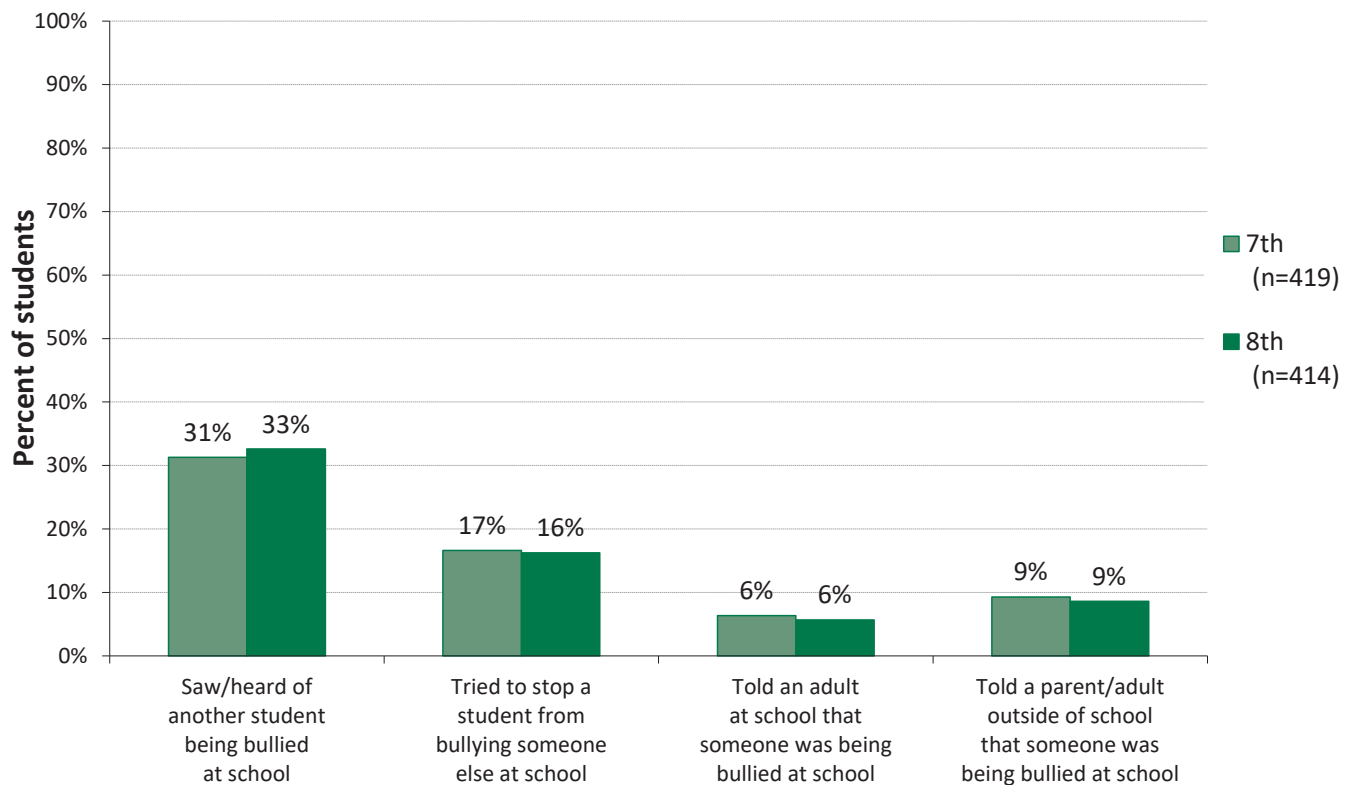
* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again
† In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 3-3A. School Bullying Bystander Behaviors* by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

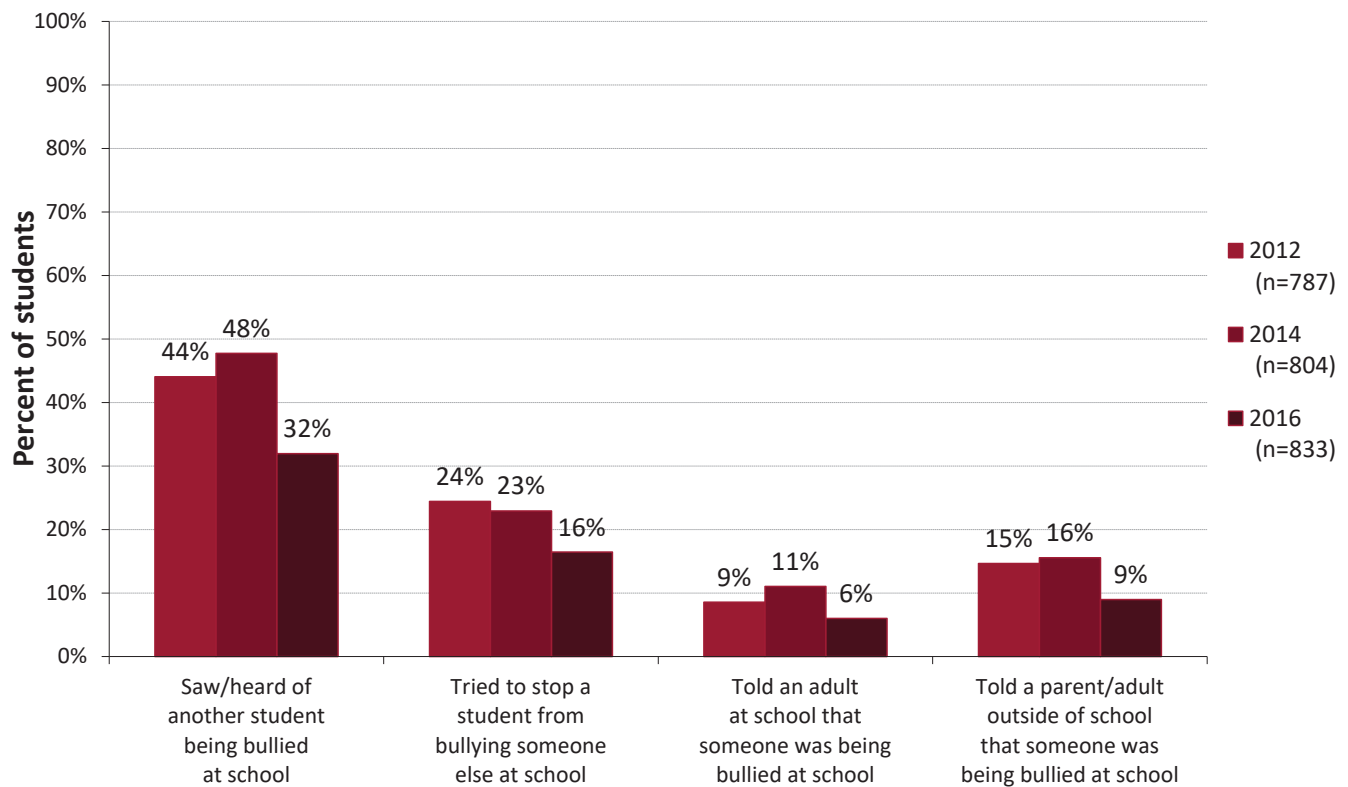
Figure 3-3B. School Bullying Bystander Behaviors* by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 3-3C. Trends in School Bullying Bystander Behaviors,* 2012-2016
Pollard Middle School, Needham (Grades 7-8)

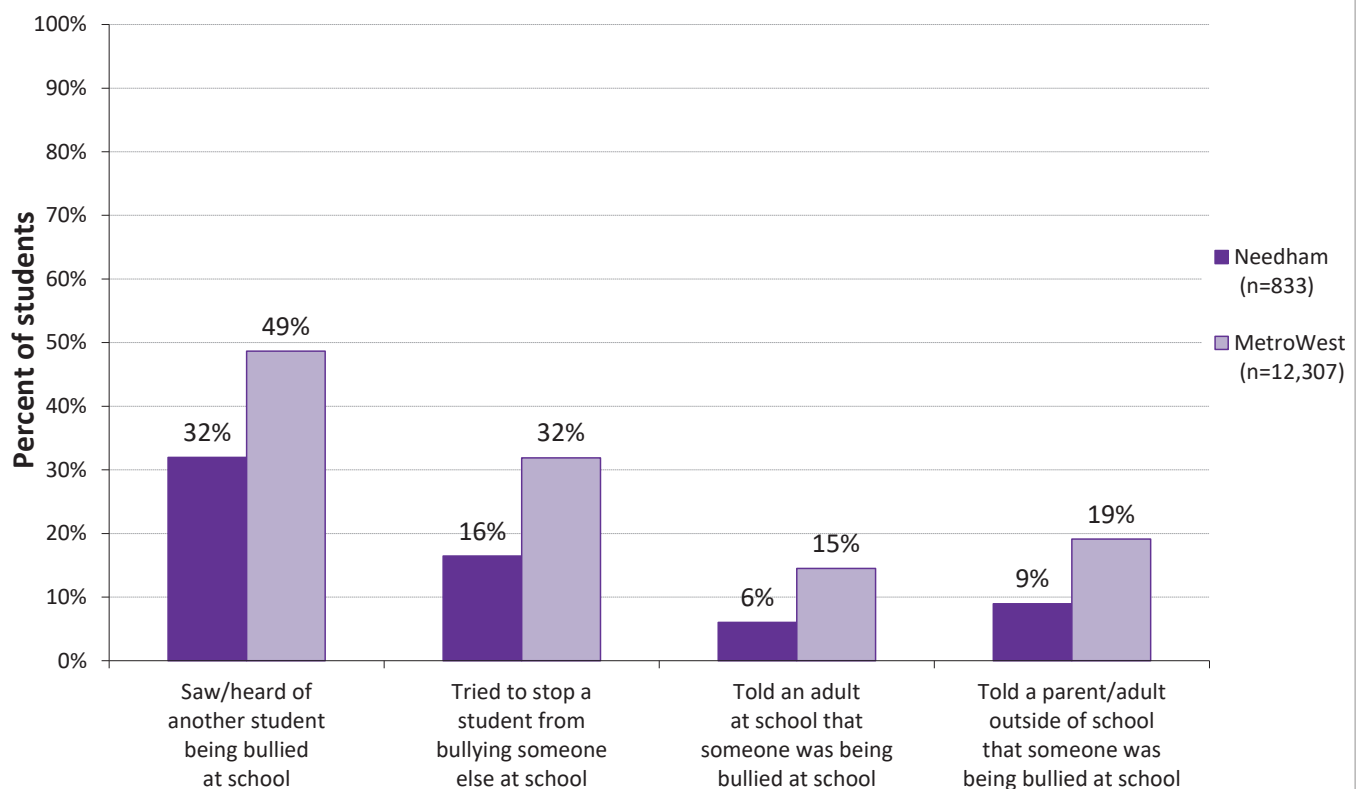
MetroWest Adolescent Health Survey



* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 3-3D. School Bullying Bystander Behaviors* at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)

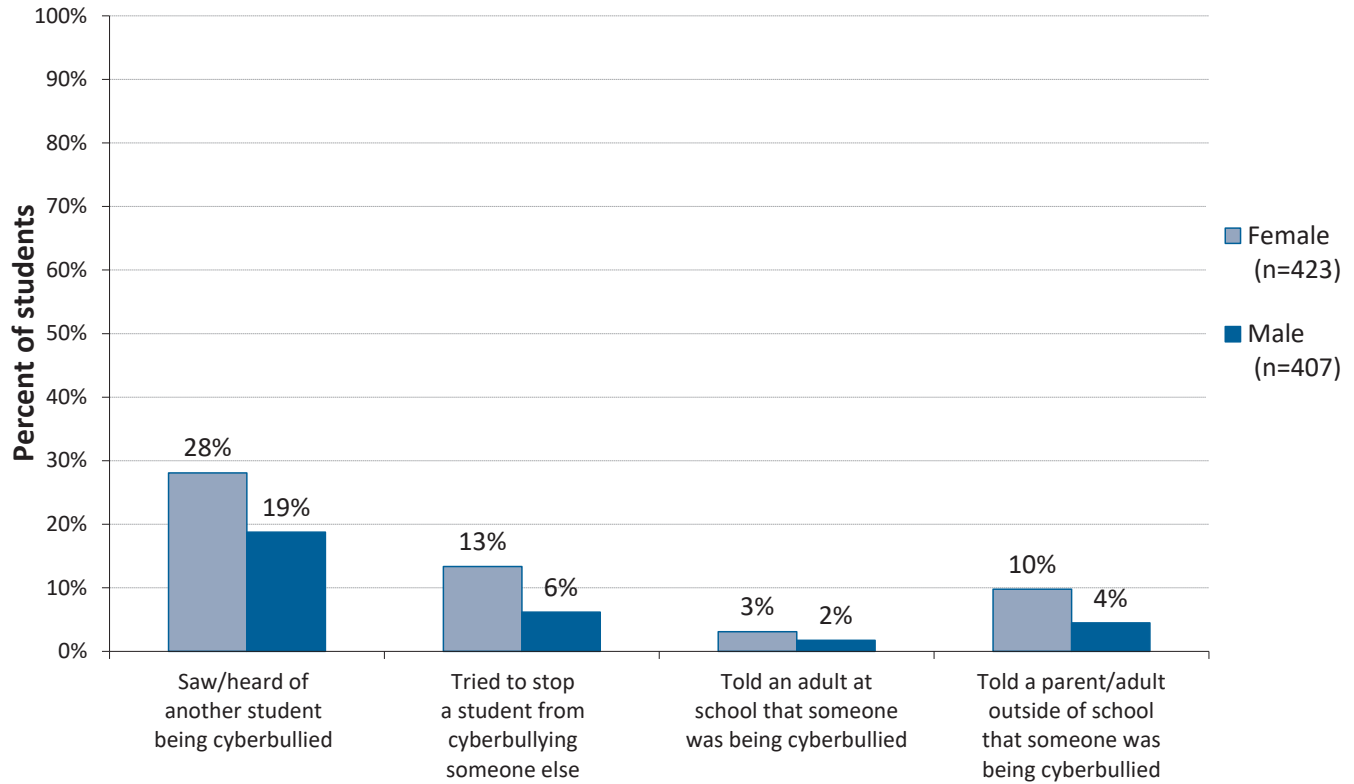
MetroWest Adolescent Health Survey



* In the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 3-4A. Cyberbullying Bystander Behaviors* by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)

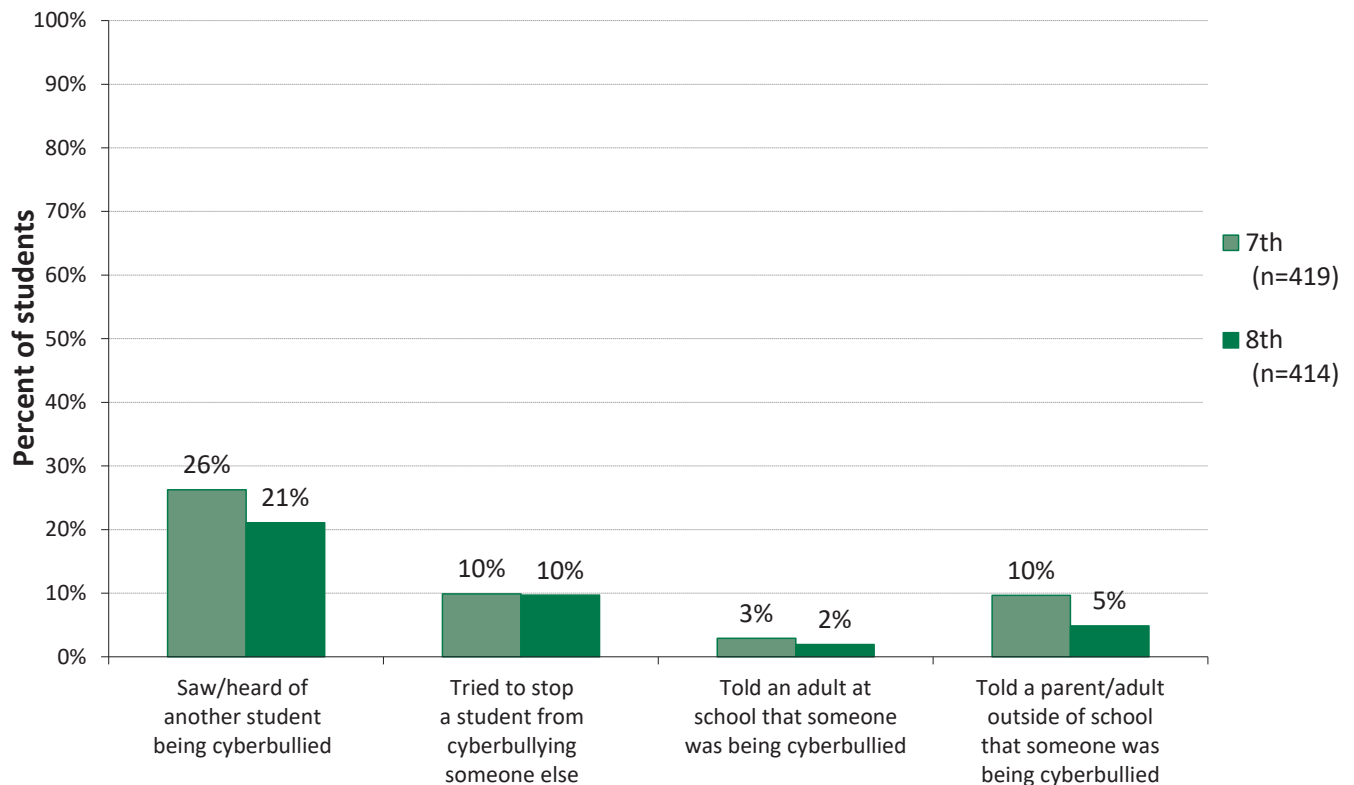
MetroWest Adolescent Health Survey



* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

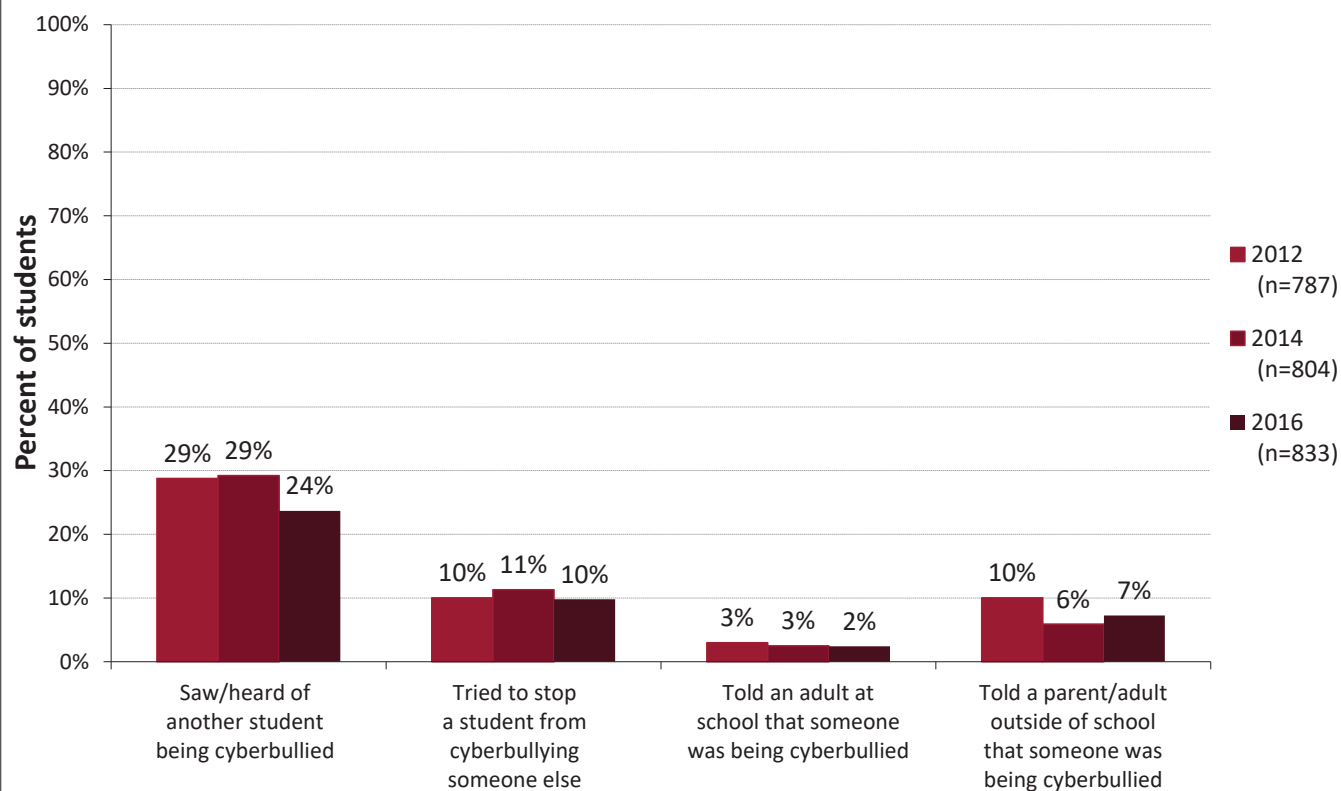
Figure 3-4B. Cyberbullying Bystander Behaviors* by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey



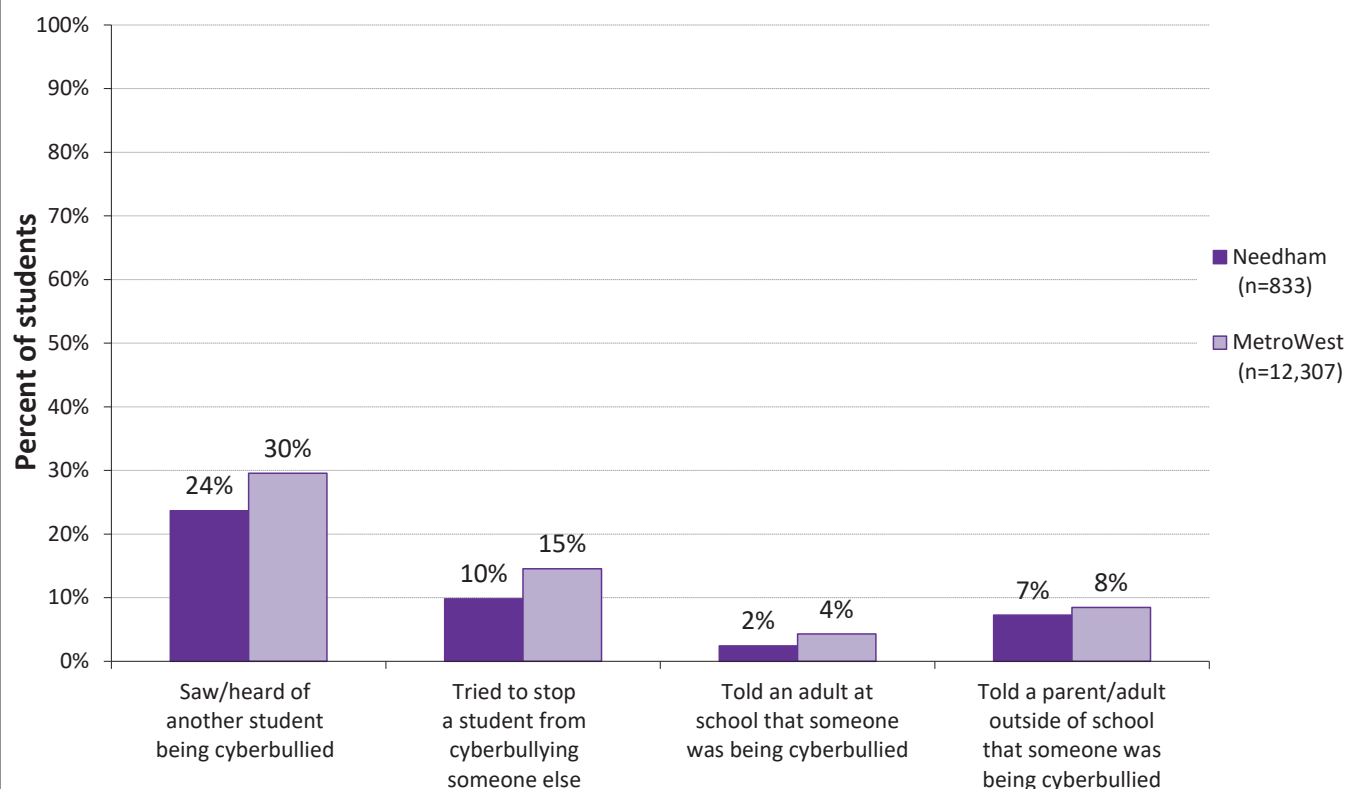
* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 3-4C. Trends in Cyberbullying Bystander Behaviors,* 2012-2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



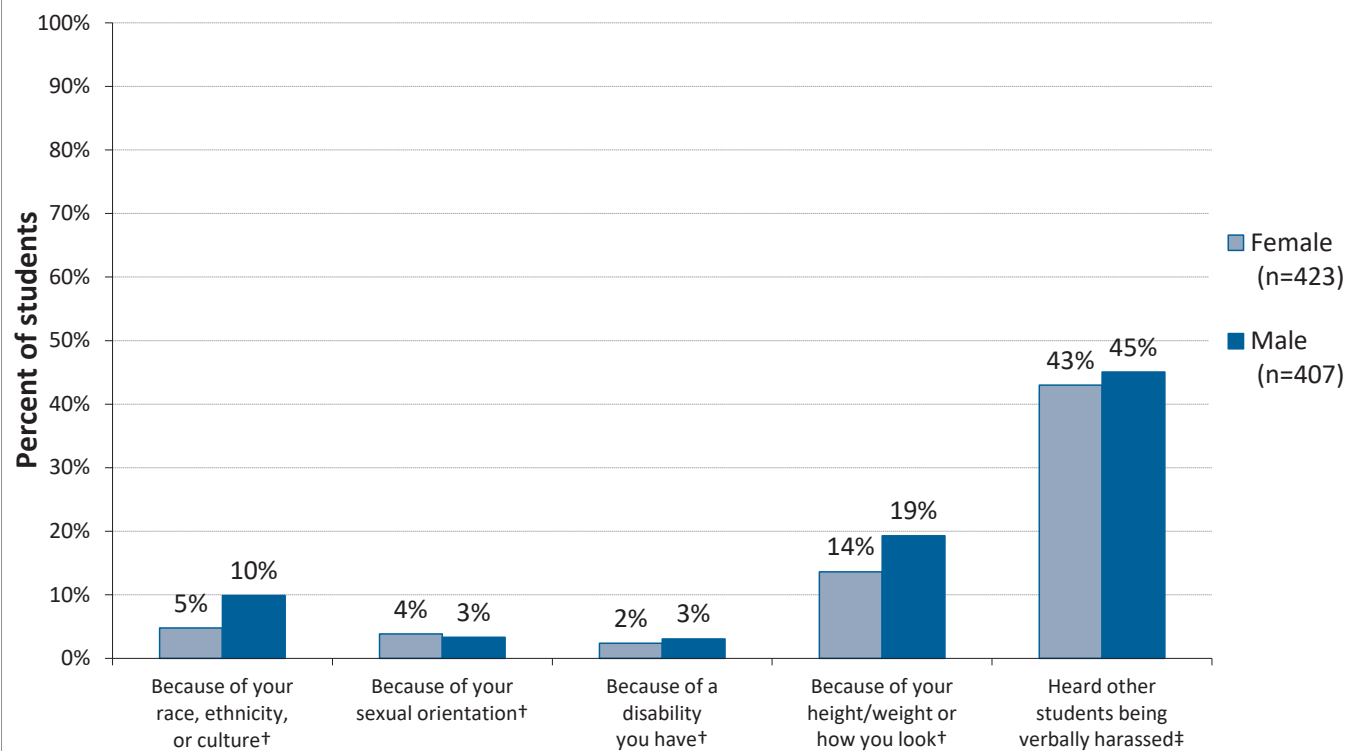
* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 3-4D. Cyberbullying Bystander Behaviors* at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 3-5A. Verbal Harassment* by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

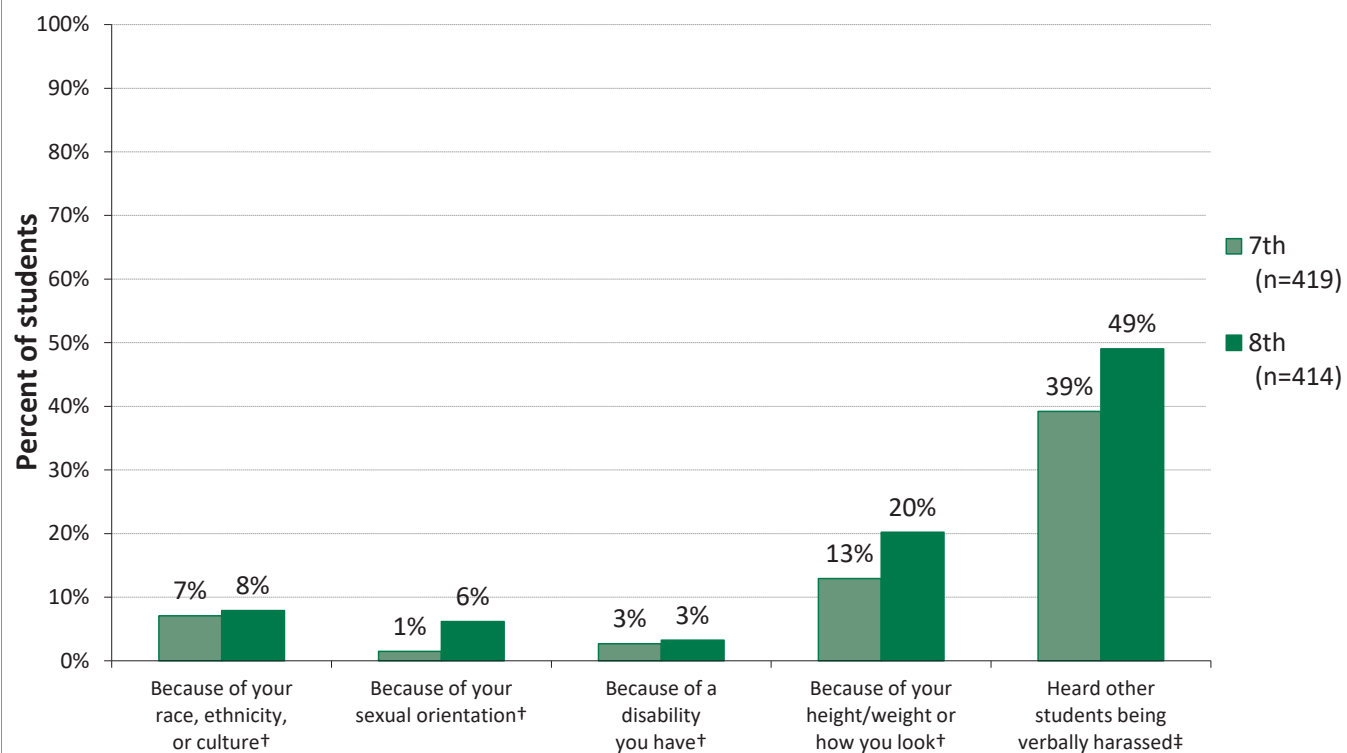


* Defined as being called names, teased, made fun of, embarrassed, or threatened one or more times by others at your school

† Past 12 months

‡ Because of their race/ethnicity, sexual orientation, disability, or how they look; past 30 days

Figure 3-5B. Verbal Harassment* by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

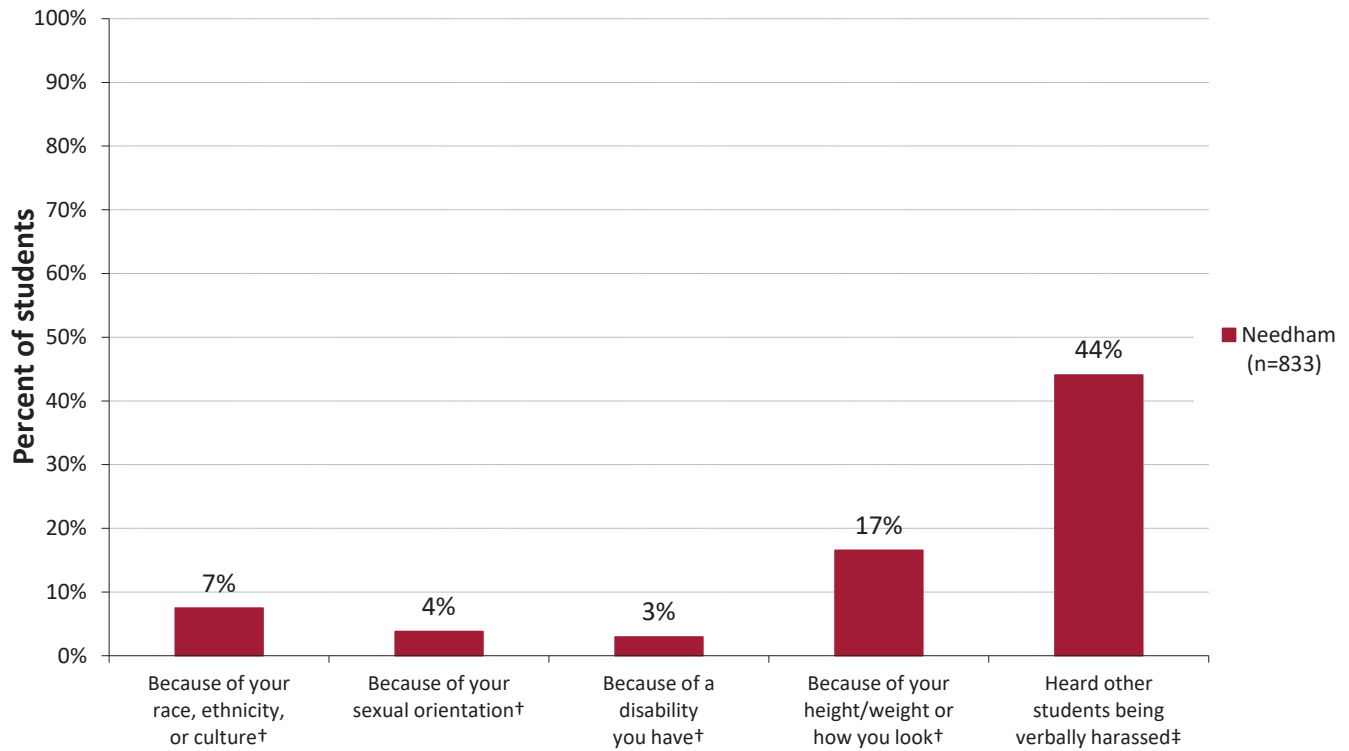


* Defined as being called names, teased, made fun of, embarrassed, or threatened one or more times by others at your school

† Past 12 months

‡ Because of their race/ethnicity, sexual orientation, disability, or how they look; past 30 days

Figure 3-5C. Verbal Harassment,* 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

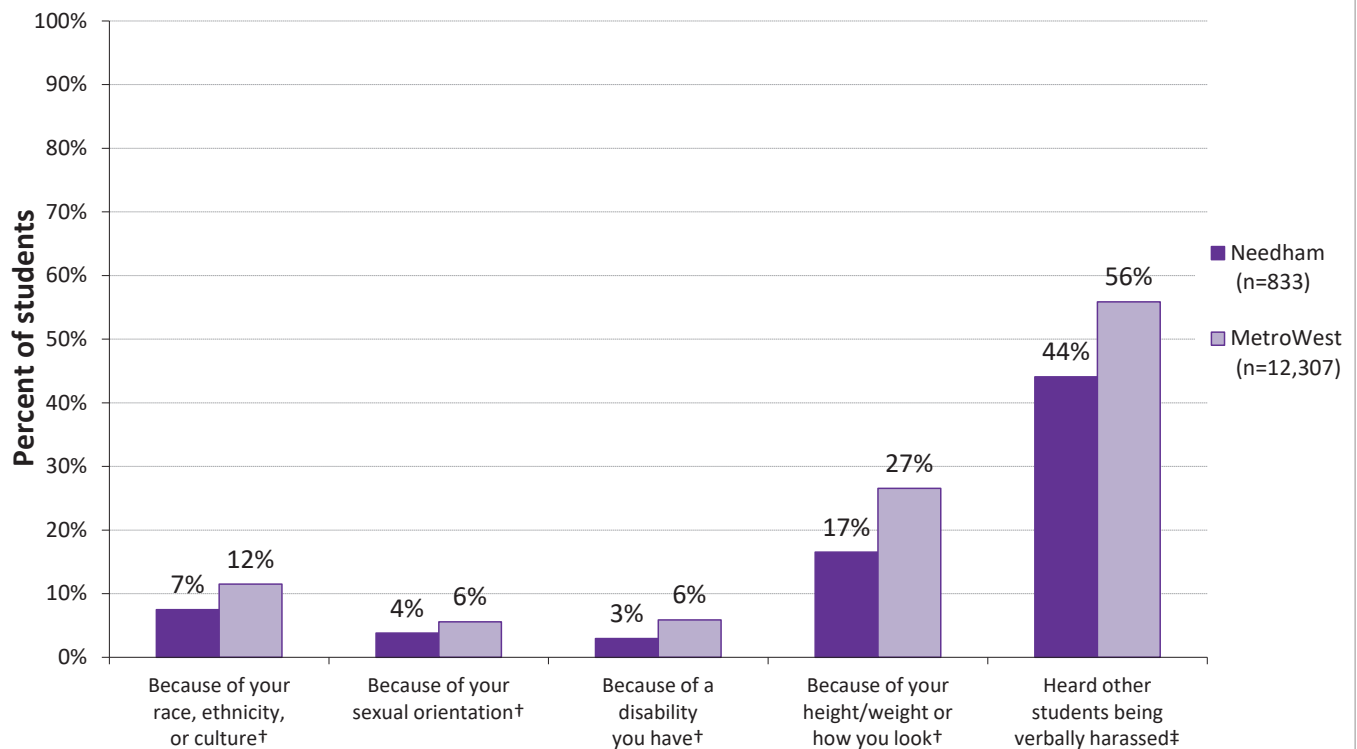


* Defined as being called names, teased, made fun of, embarrassed, or threatened one or more times by others at your school

† Past 12 months

‡ Because of their race/ethnicity, sexual orientation, disability, or how they look; past 30 days

Figure 3-5D. Verbal Harassment* at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* Defined as being called names, teased, made fun of, embarrassed, or threatened one or more times by others at your school

† Past 12 months

‡ Because of their race/ethnicity, sexual orientation, disability, or how they look; past 30 days

Table 3-1A. Violence, Safety-Related Behaviors, and Dating Violence by Gender and Grade, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)	
	(833)	Female (423)	Male (407)	7 th (419)	8 th (414)
SAFETY					
Didn't go to school because of safety concerns (past 30 days)*	1.2	1.4	0.7	0.5	1.9
Had personal property stolen/damaged at school (past 12 months)	9.4	4.3	14.5	7.8	11.0
Concerned a student might physically hurt someone else (past 12 months)	14.2	14.7	13.5	11.5	16.9
Told an adult at school that you were concerned a student might physically hurt someone else (past 12 months)	2.5	1.7	3.5	2.6	2.5
Told an adult outside of school you were concerned a student might physically hurt someone else (past 12 months)	4.4	4.8	4.0	5.0	3.7
WEAPONS[†]					
Carried a weapon (lifetime)	12.0	4.8	19.4	10.4	13.6
Carried a weapon on school property (lifetime)	1.0	0.5	1.2	0.0	1.9
Carried a weapon (past 30 days)	4.3	1.4	7.2	3.6	5.1
PHYSICAL FIGHTING					
In a physical fight (lifetime)	25.0	13.8	36.3	25.4	24.6
In a physical fight (past 12 months)	11.7	6.2	17.2	11.7	11.7
In a physical fight on school property (lifetime)	5.0	1.2	8.7	4.8	5.1
In a physical fight on school property (past 12 months)	1.5	0.5	2.2	1.2	1.7
Injured in a physical fight and received medical treatment (lifetime)	2.0	1.4	2.7	2.4	1.7
DATING VIOLENCE[‡]					
Sworn at, cursed at, or insulted (lifetime)	3.3	2.4	4.0	1.7	4.9
Physically hurt on purpose (lifetime)	0.4	0.5	0.2	0.0	0.7

* Because you felt you would be unsafe at school or on the way to or from school

† For example, a gun, knife, or club

‡ By a boyfriend, girlfriend, date, or someone you were going out with

Table 3-1B. Violence, Safety-Related Behaviors, and Dating Violence, 2006 - 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Needham (%)						MetroWest Region (%)					
	2006	2008	2010	2012	2014	2016	2006	2008	2010	2012	2014	2016
	(654)	(653)	(772)	(787)	(804)	(833)	(6,875)	(10,650)	(11,597)	(12,224)	(12,191)	(12,307)
SAFETY												
Didn't go to school because of safety concerns (past 30 days)*	2.9	2.5	1.7	1.7	1.0	1.2	3.0	3.3	2.1	2.3	2.1	2.4
Had personal property stolen/damaged at school (past 12 months)	22.1	23.5	18.6	20.5	10.6	9.4	19.1	23.2	16.2	15.0	13.9	13.5
Concerned a student might physically hurt someone else (past 12 months)	–	–	–	–	20.6	14.2	–	–	–	–	23.0	21.2
Told adult at school that you were concerned a student might physically hurt someone else (past 12 months)	–	–	–	–	2.3	2.5	–	–	–	–	4.2	3.9
Told adult outside of school you were concerned a student might physically hurt someone else (past 12 months)	–	–	–	–	4.9	4.4	–	–	–	–	6.4	5.5
WEAPONS[†]												
Carried a weapon (lifetime)	12.6	10.9	8.8	10.8	9.8	12.0	17.6	16.3	13.7	15.1	15.2	16.0
Carried a weapon on school property (lifetime)	2.8	2.5	1.2	1.3	0.7	1.0	3.3	2.5	1.4	1.4	1.1	1.0
Carried a weapon (past 30 days)	–	5.5	3.7	5.3	2.9	4.3	–	7.8	5.5	6.8	6.7	7.3
PHYSICAL FIGHTING												
In a physical fight (lifetime)	45.4	42.3	36.9	39.3	31.7	25.0	44.5	45.3	39.3	35.0	33.4	31.5
In a physical fight (past 12 months)	–	24.3	17.3	20.0	14.0	11.7	–	25.9	20.8	17.3	16.0	15.6
In a physical fight on school property (lifetime)	20.3	14.9	12.3	9.5	7.1	5.0	18.9	16.8	12.4	9.8	9.4	9.4
In a physical fight on school property (past 12 months)	–	7.6	4.4	2.7	2.0	1.5	–	6.9	4.5	3.3	3.2	3.4
Injured in a physical fight and received medical treatment (lifetime)	8.1	5.5	4.0	3.5	1.6	2.0	5.8	5.6	4.0	3.2	3.2	3.5
DATING VIOLENCE[‡]												
Sworn at, cursed at, or insulted (lifetime)	–	–	–	–	4.4	3.3	–	–	–	–	6.4	5.2
Physically hurt on purpose (lifetime)	–	–	–	–	0.5	0.4	–	–	–	–	1.5	1.0

* Because you felt you would be unsafe at school or on the way to or from school

† For example, a gun, knife, or club

‡ By a boyfriend, girlfriend, date, or someone you were going out with

Table 3-2A. Bullying, Cyberbullying, and Harassment by Gender and Grade, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)	
	(833)	Female (423)	Male (407)	7 th (419)	8 th (414)
BULLYING (past 12 months)*					
Been a victim of bullying	15.2	13.3	16.6	11.1	19.4
Been a victim of bullying on school property	9.7	7.8	10.9	8.7	10.7
Bullied someone else	2.4	1.0	3.7	0.7	4.1
Bullied someone else on school property	1.5	1.0	1.8	0.5	2.5
Talked to a teacher/adult at school about being bullied	6.4	6.2	6.5	6.5	6.3
Talked to a parent/adult outside of school about being bullied	10.7	10.5	10.7	7.5	13.8
Saw or heard about another student being bullied at school	31.9	31.3	32.1	31.3	32.6
Tried to stop another student from bullying someone else at school	16.4	16.0	16.8	16.6	16.3
Told an adult at school that someone was being bullied at school	6.0	7.7	4.1	6.4	5.7
Told a parent/adult outside of school that someone was being bullied at school	9.0	11.2	6.3	9.3	8.6
CYBERBULLYING (past 12 months) †					
Been a victim of cyberbullying	14.2	17.2	10.4	12.3	16.1
Cyberbullied someone else	3.9	3.6	3.7	2.9	4.9
Talked to a teacher/adult at school about being cyberbullied	3.6	3.8	3.5	3.9	3.4
Talked to a parent/adult outside of school about being cyberbullied	7.9	10.2	5.2	7.7	8.0
Saw or heard about another student being cyberbullied	23.7	28.1	18.8	26.3	21.1
Tried to stop a student from cyberbullying someone else	9.8	13.4	6.2	9.9	9.7
Told an adult at school that someone was being cyberbullied	2.4	3.1	1.7	2.9	1.9
Told a parent/adult outside of school that someone was being cyberbullied	7.3	9.8	4.5	9.7	4.9
VERBAL HARASSMENT ‡					
Verbally harassed because of your race, ethnicity, or culture (past 12 months)	7.5	4.8	9.9	7.1	7.9
Verbally harassed because of your sexual orientation (past 12 months)	3.8	3.8	3.3	1.5	6.2
Verbally harassed because of a disability you have (past 12 months)	3.0	2.4	3.1	2.7	3.2
Verbally harassed because of your height or weight or how you look (past 12 months)	16.5	13.6	19.3	12.9	20.2
Heard other students being verbally harassed (past 30 days) §	44.1	43.0	45.0	39.2	49.0

* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

† Defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone. Includes being bullied through texting, email, and social media

‡ Defined as being called names, teased, made fun of, embarrassed, or threatened one or more times in the past 12 months by others at your school

§ Because of their race/ethnicity, sexual orientation, disability, or how they look

Table 3-2B. Bullying, Cyberbullying, and Harassment, 2006 - 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Needham (%)						MetroWest Region (%)					
	2006	2008	2010	2012	2014	2016	2006	2008	2010	2012	2014	2016
	(654)	(653)	(772)	(787)	(804)	(833)	(6,875)	(10,650)	(11,597)	(12,224)	(12,191)	(12,307)
BULLYING (past 12 months)*												
Been a victim of bullying	46.1	46.4	30.4	22.2	19.2	15.2	43.9	48.9	37.7	32.4	28.8	25.1
Been a victim of bullying on school property	41.0	41.6	24.1	16.5	12.5	9.7	38.8	42.7	31.7	26.7	23.5	20.6
Bullied someone else	—	34.9	17.4	5.0	4.1	2.4	—	34.5	21.3	12.5	7.9	8.0
Bullied someone else on school property	—	—	—	3.4	1.9	1.5	—	—	—	7.8	4.8	5.1
Talked to a teacher/adult at school about being bullied	—	—	11.2	11.7	8.9	6.4	—	—	12.2	12.8	11.8	10.5
Talked to a parent/adult outside of school about being bullied	—	—	15.6	15.9	14.6	10.7	—	—	20.1	20.3	18.8	16.5
Saw or heard about another student being bullied at school	—	—	—	44.0	47.7	31.9	—	—	—	56.2	49.7	48.6
Tried to stop another student from bullying someone else at school	—	—	—	24.4	22.9	16.4	—	—	—	38.7	34.7	31.9
Told an adult at school that someone was being bullied at school	—	—	—	8.6	11.0	6.0	—	—	—	15.9	16.5	14.5
Told a parent/adult outside of school that someone was being bullied at school	—	—	—	14.6	15.6	9.0	—	—	—	22.3	20.6	19.1
CYBERBULLYING (past 12 months) †												
Been a victim of cyberbullying	17.3	14.9	11.5	14.6	14.1	14.2	15.6	15.9	17.2	16.6	18.6	18.8
Cyberbullied someone else	12.3	7.4	6.2	3.7	5.6	3.9	10.9	9.4	8.1	6.0	5.7	5.9
Talked to a teacher/adult at school about being cyberbullied	—	—	2.0	3.6	3.1	3.6	—	—	3.5	3.7	4.1	4.3
Talked to a parent/adult outside of school about being cyberbullied	—	—	3.3	6.7	5.3	7.9	—	—	5.7	6.6	7.1	7.8
Saw or heard about another student being cyberbullied	—	—	—	28.8	29.2	23.7	—	—	—	27.3	30.2	29.5
Tried to stop a student from cyberbullying someone else	—	—	—	10.0	11.3	9.8	—	—	—	12.9	15.0	14.5
Told an adult at school that someone was being cyberbullied	—	—	—	3.0	2.5	2.4	—	—	—	3.7	5.5	4.3
Told a parent/adult outside of school that someone was being cyberbullied	—	—	—	10.0	5.9	7.3	—	—	—	7.7	9.3	8.5
VERBAL HARASSMENT ‡												
Verbally harassed because of your race, ethnicity, or culture (past 12 months)	—	—	—	—	—	7.5	—	—	—	—	—	11.5
Verbally harassed because of your sexual orientation (past 12 months)	—	—	—	—	—	3.8	—	—	—	—	—	5.6
Verbally harassed because of a disability you have (past 12 months)	—	—	—	—	—	3.0	—	—	—	—	—	5.9
Verbally harassed because of your height or weight or how you look (past 12 months)	—	—	—	—	—	16.5	—	—	—	—	—	26.5
Heard other students being verbally harassed (past 30 days) §	—	—	—	—	—	44.1	—	—	—	—	—	55.8

* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

† Defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone. Includes being bullied through texting, email, and social media

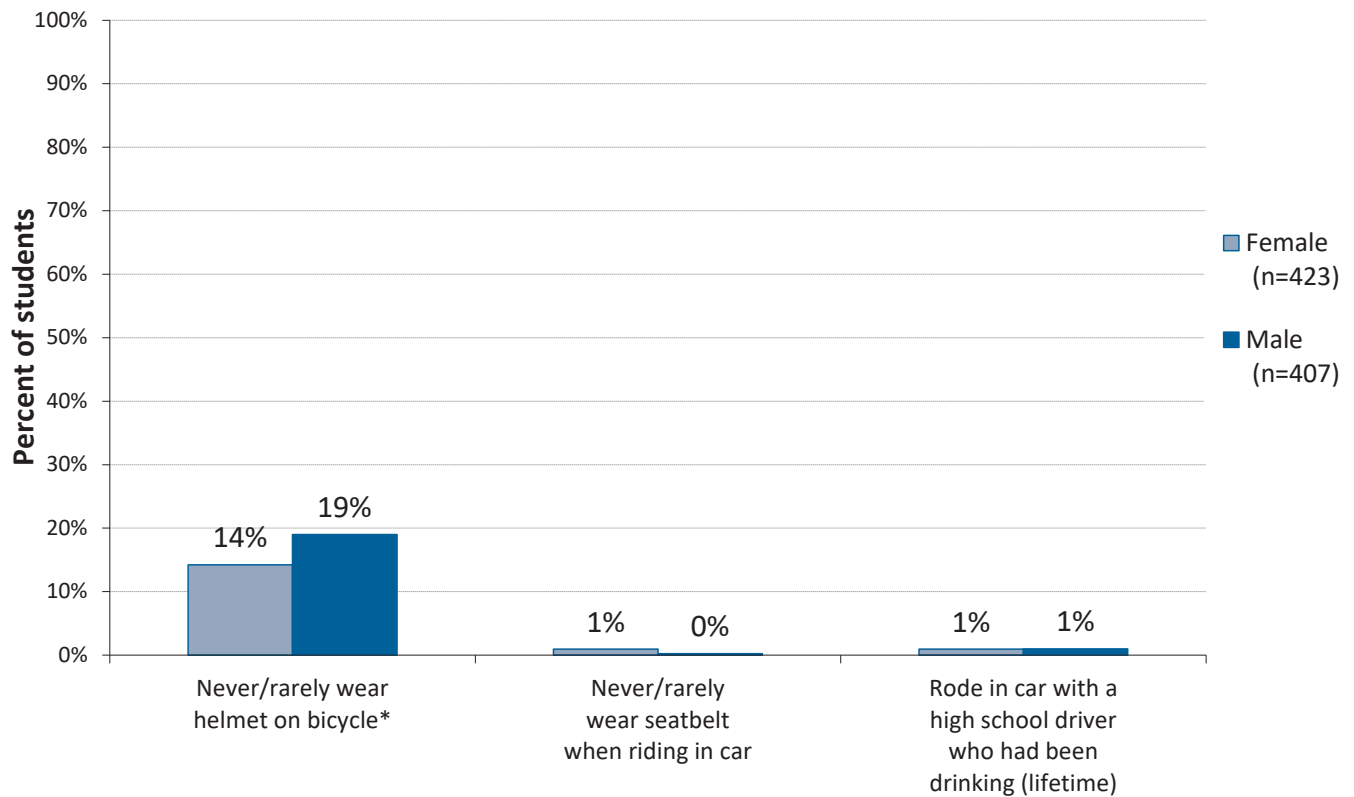
‡ Defined as being called names, teased, made fun of, embarrassed, or threatened one or more times in the past 12 months by others at your school

§ Because of their race/ethnicity, sexual orientation, disability, or how they look

Section 4: **Unintentional Injury**

Figure 4-1A. Behaviors Related to Unintentional Injury by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)

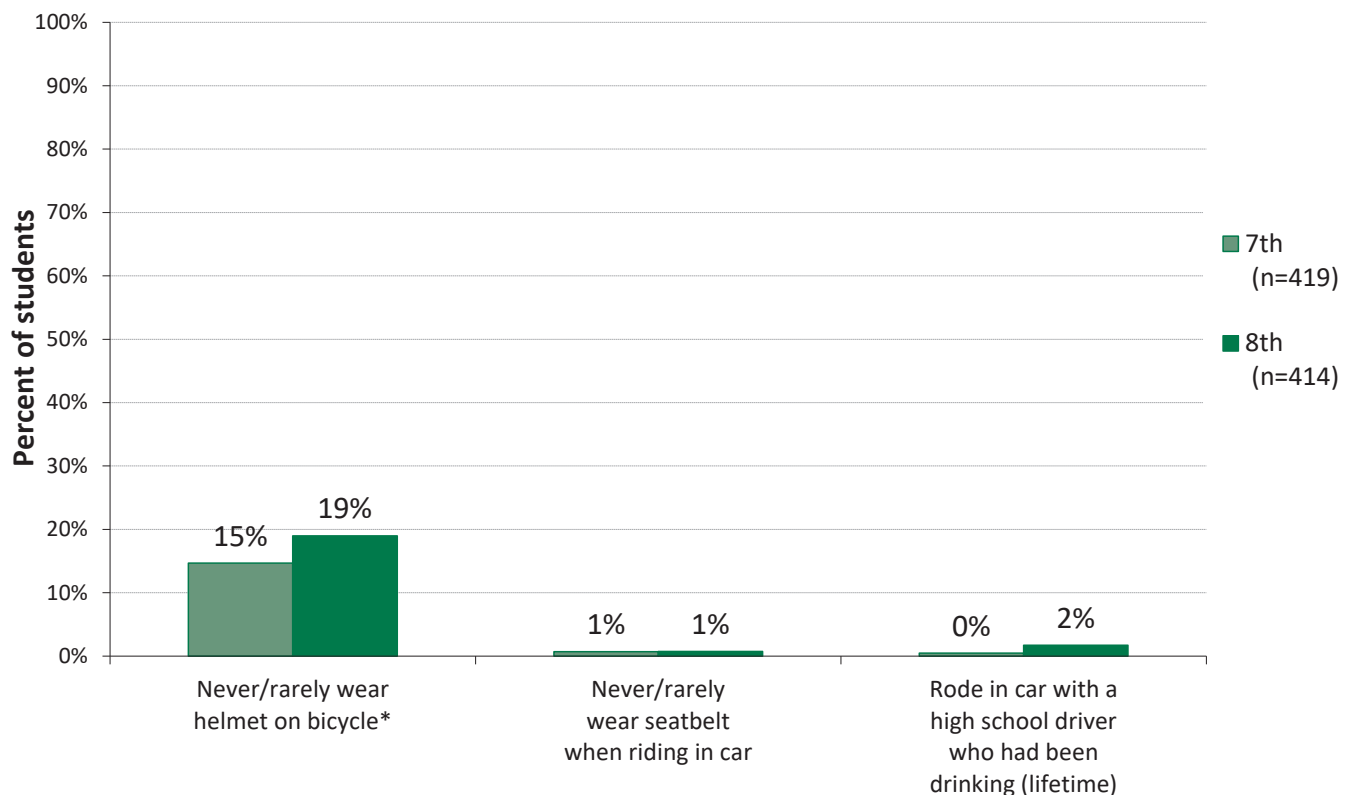
MetroWest Adolescent Health Survey



* Among the youth who ride a bicycle

Figure 4-1B. Behaviors Related to Unintentional Injury by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey



* Among the youth who ride a bicycle

Figure 4-1C. Trends in Behaviors Related to Unintentional Injury, 2006-2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

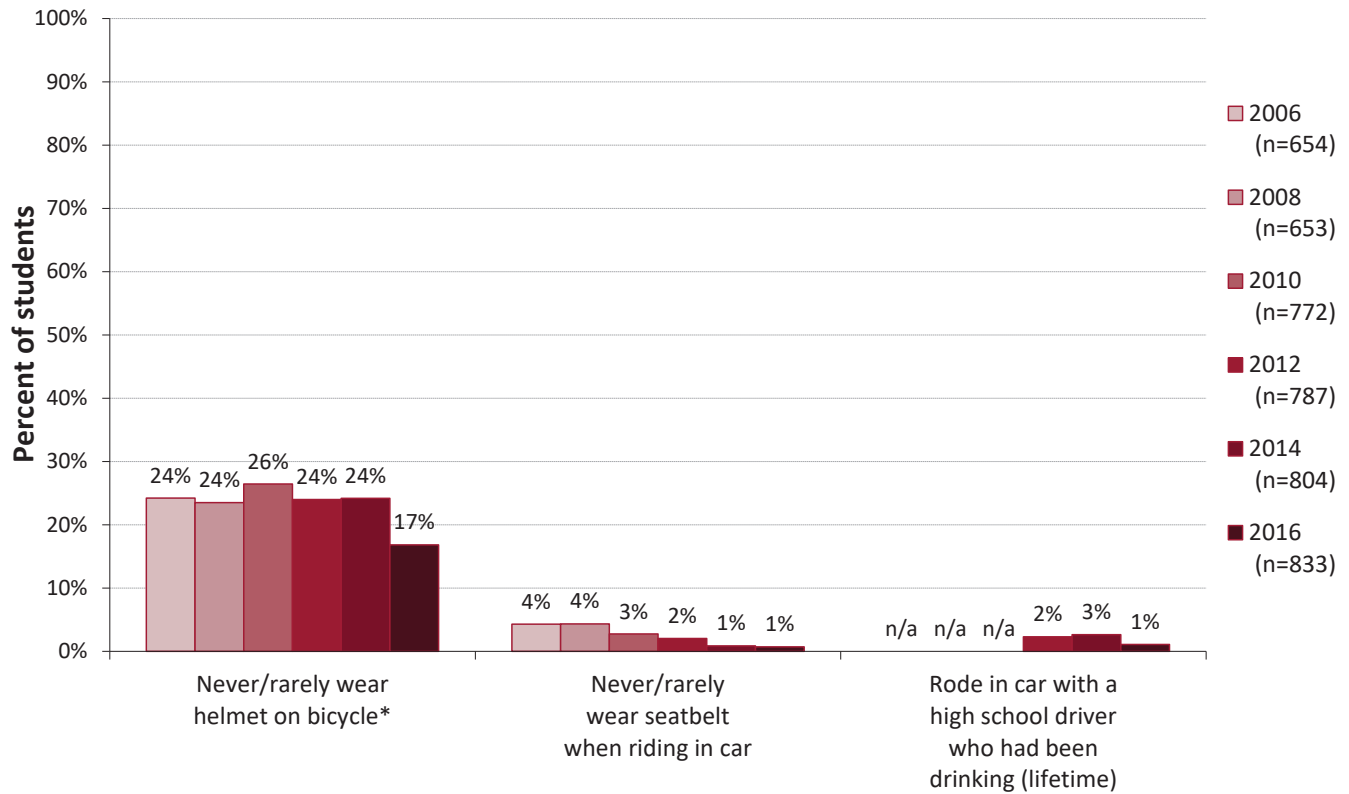


Figure 4-1D. Behaviors Related to Unintentional Injury at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

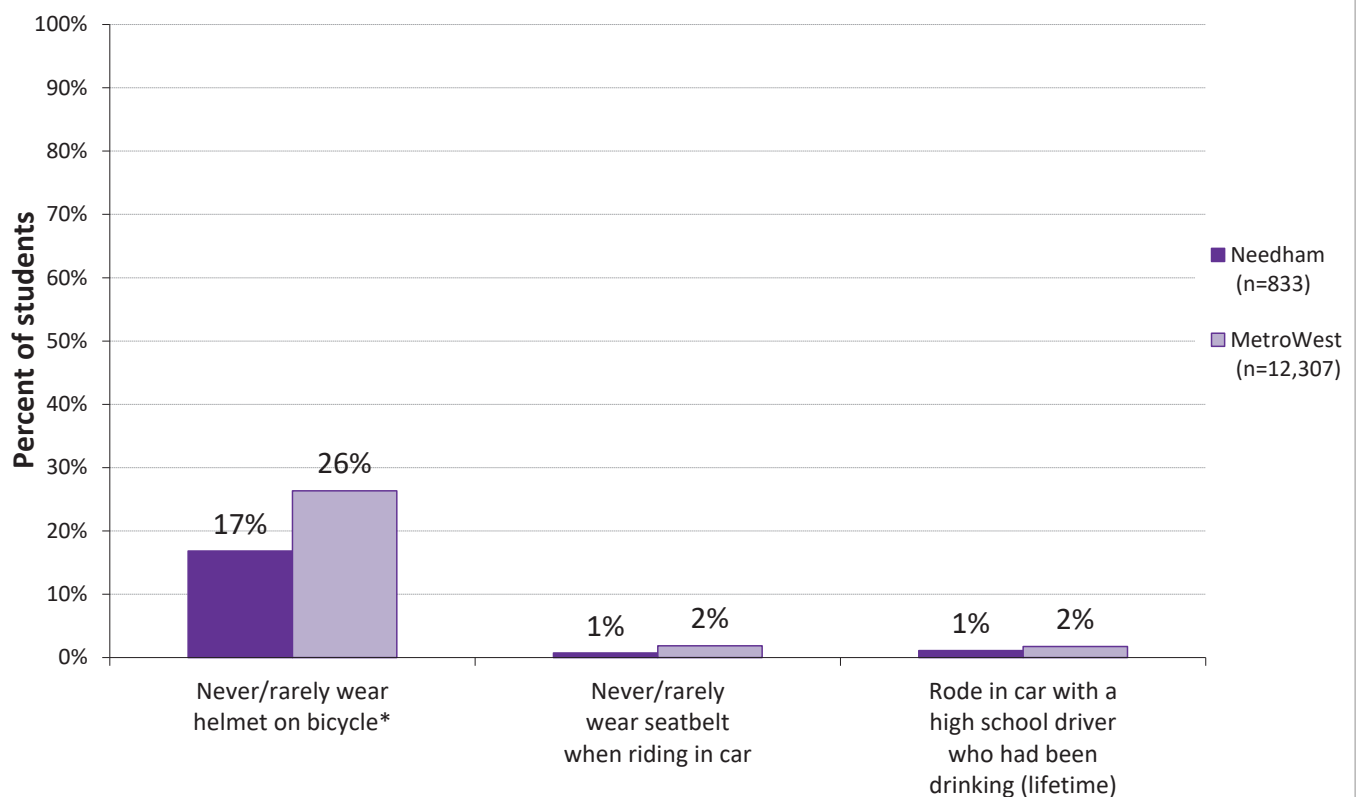


Table 4-1A. Behaviors Related to Unintentional Injury by Gender and Grade, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)	
		Female	Male	7 th	8 th
	(833)	(423)	(407)	(419)	(414)
SAFETY-RELATED BEHAVIORS					
Never/rarely wore a helmet when riding a bicycle (past 12 months, among students who rode a bicycle)*	16.8	14.2	19.0	14.7	19.0
Never/rarely wear a seatbelt when passenger in a car	0.7	0.9	0.2	0.7	0.7
DRINKING AND DRIVING (lifetime)					
Rode in car with a high school student who had been drinking	1.1	1.0	1.0	0.5	1.7

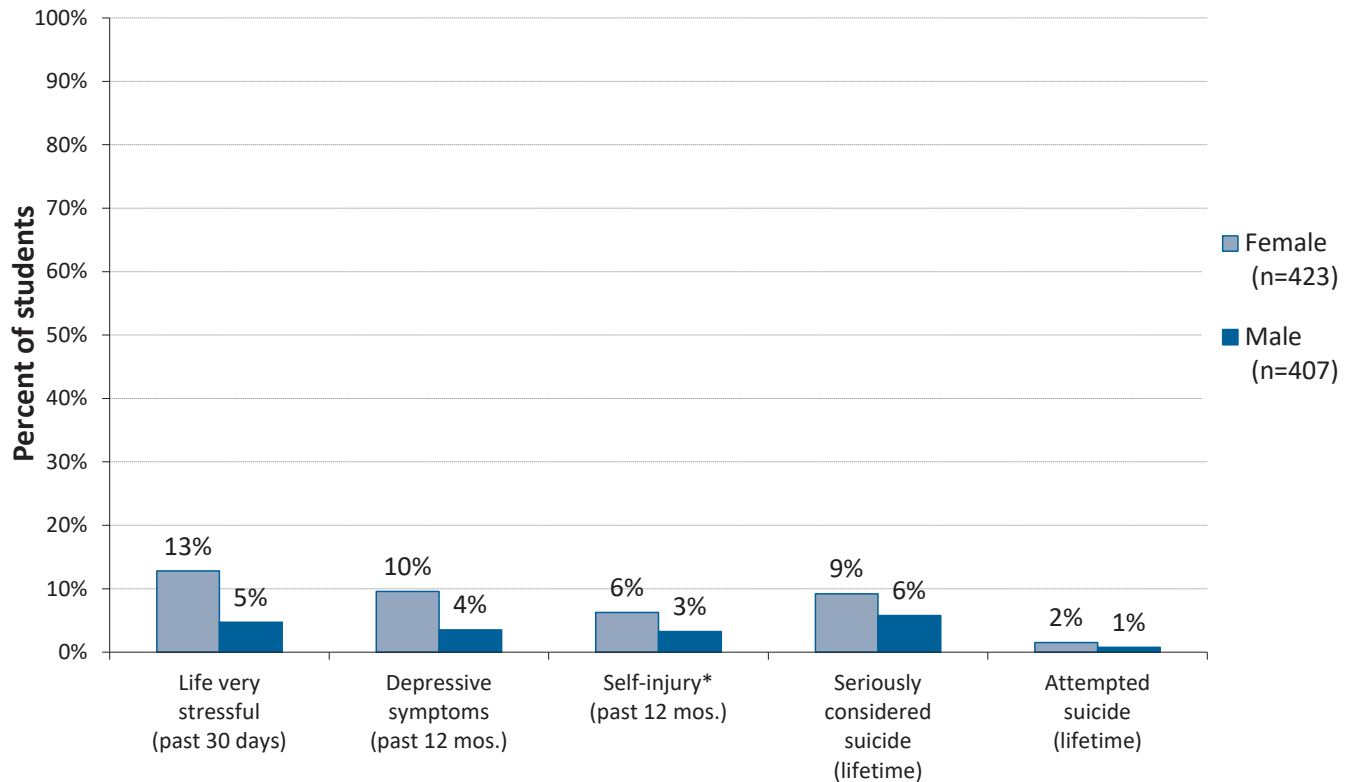
Table 4-1B. Behaviors Related to Unintentional Injury, 2006 - 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Needham (%)						MetroWest Region (%)					
	2006	2008	2010	2012	2014	2016	2006	2008	2010	2012	2014	2016
	(654)	(653)	(772)	(787)	(804)	(833)	(6,875)	(10,650)	(11,597)	(12,224)	(12,191)	(12,307)
SAFETY-RELATED BEHAVIORS												
Never/rarely wore a helmet when riding a bicycle (past 12 months, among students who rode a bicycle)	24.2	23.5	26.4	24.0	24.2	16.8	38.0	37.2	31.4	30.0	26.8	26.3
Never/rarely wear a seatbelt when passenger in a car	4.3	4.3	2.7	2.0	0.9	0.7	5.5	4.2	2.9	3.3	2.3	1.8
DRINKING AND DRIVING (lifetime)												
Rode in car with a high school student who had been drinking	–	–	–	2.3	2.6	1.1	–	–	–	2.2	1.8	1.7

Section 5: **Mental Health**

Figure 5-1A. Mental Health and Suicidality by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)

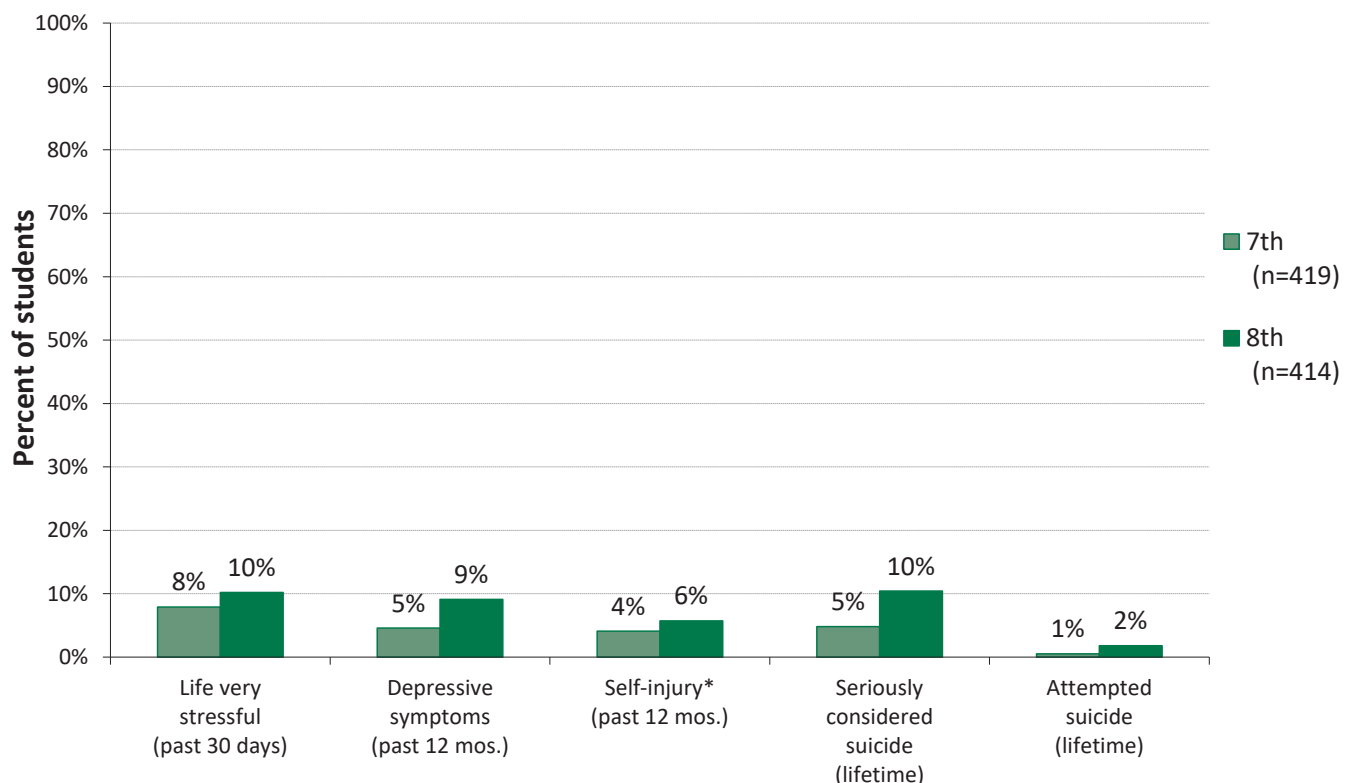
MetroWest Adolescent Health Survey



* For example, by cutting, burning, or bruising yourself on purpose

Figure 5-1B. Mental Health and Suicidality by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

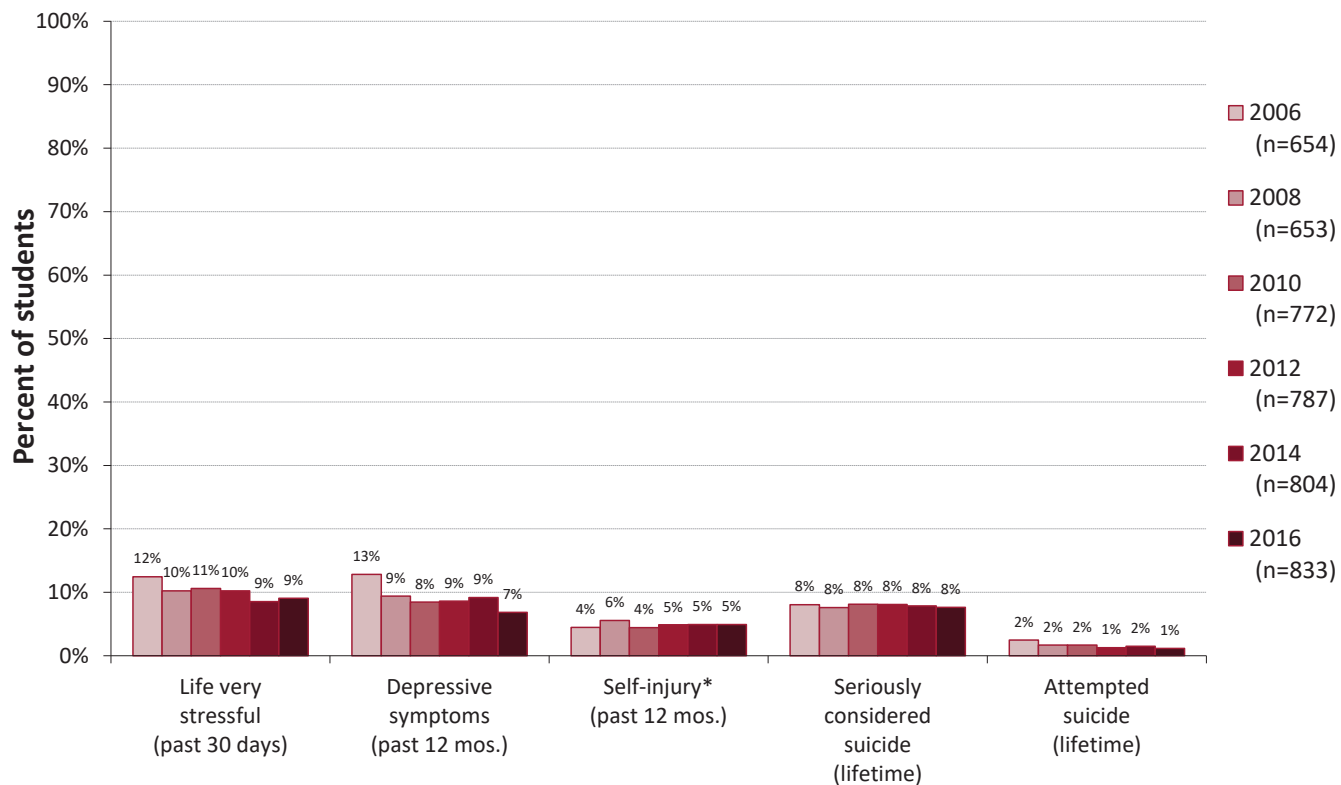


* For example, by cutting, burning, or bruising yourself on purpose

Figure 5-1C. Trends in Mental Health and Suicidality, 2006-2016

Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

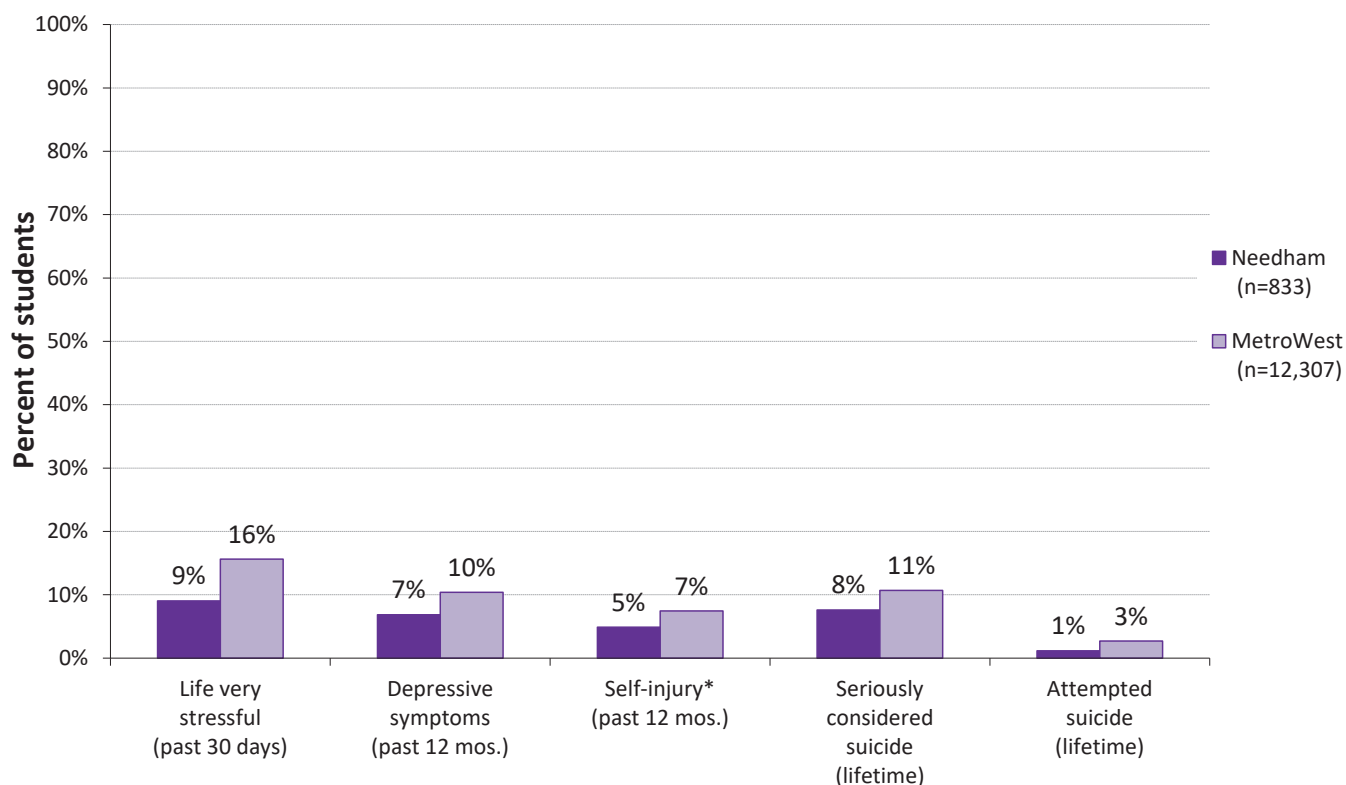


* For example, by cutting, burning, or bruising yourself on purpose

Figure 5-1D. Mental Health and Suicidality at the District and Regional Levels, 2016

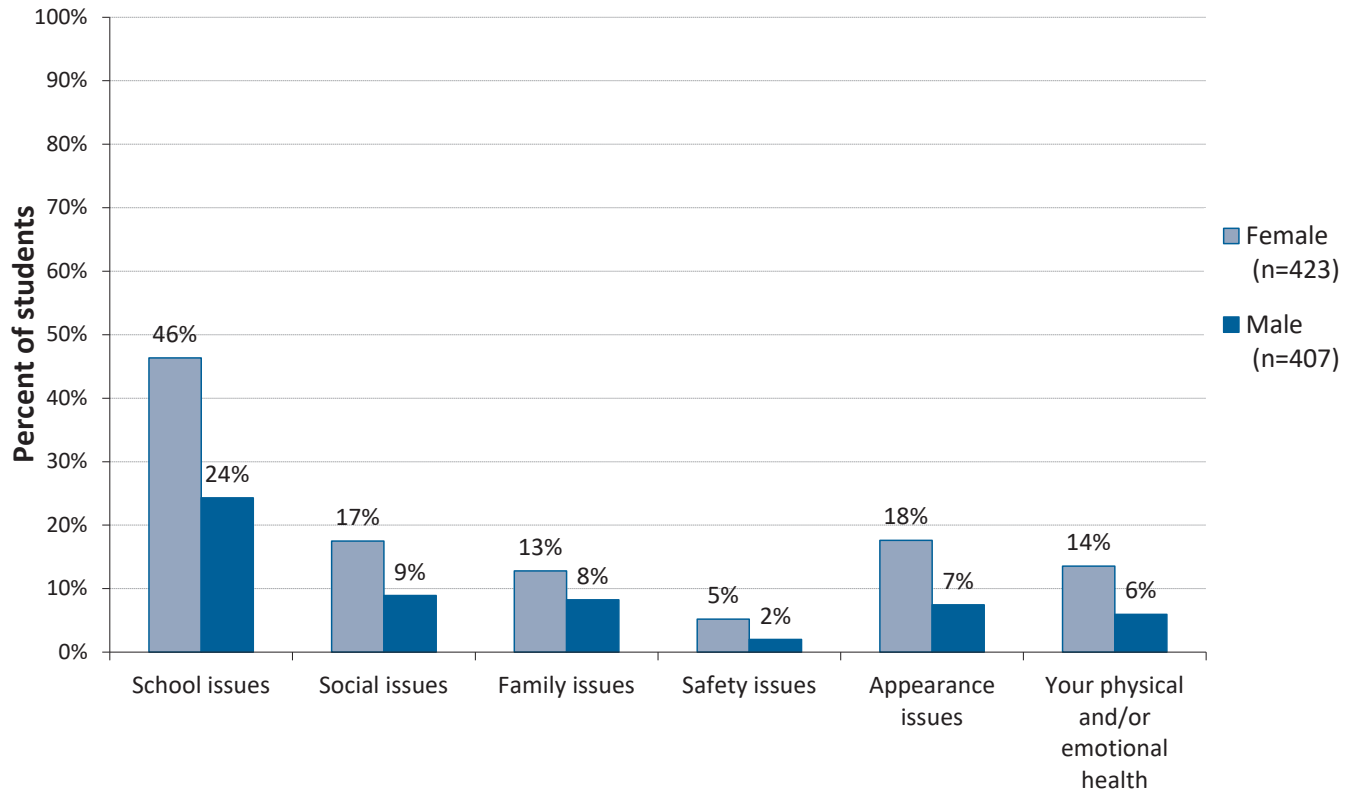
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey



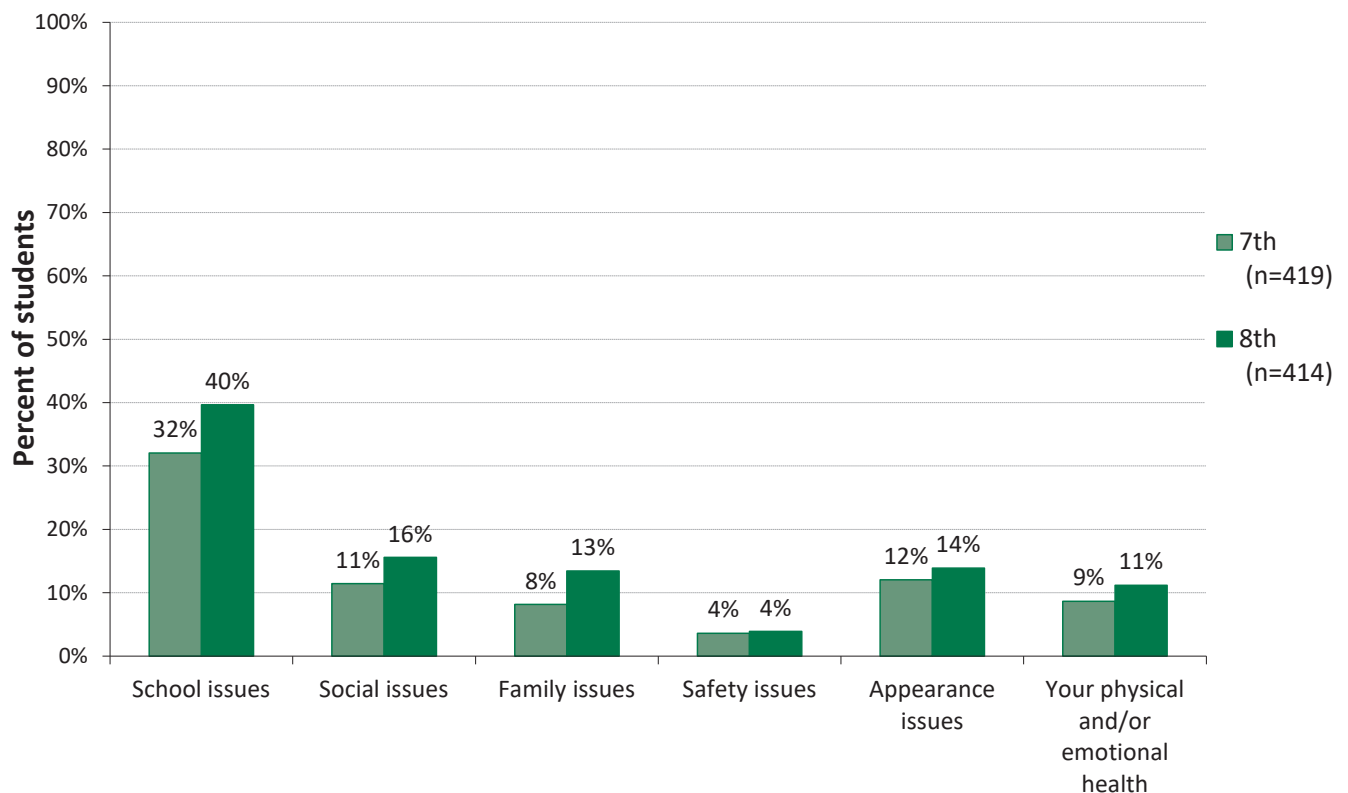
* For example, by cutting, burning, or bruising yourself on purpose

Figure 5-2A. Sources of Stress* by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



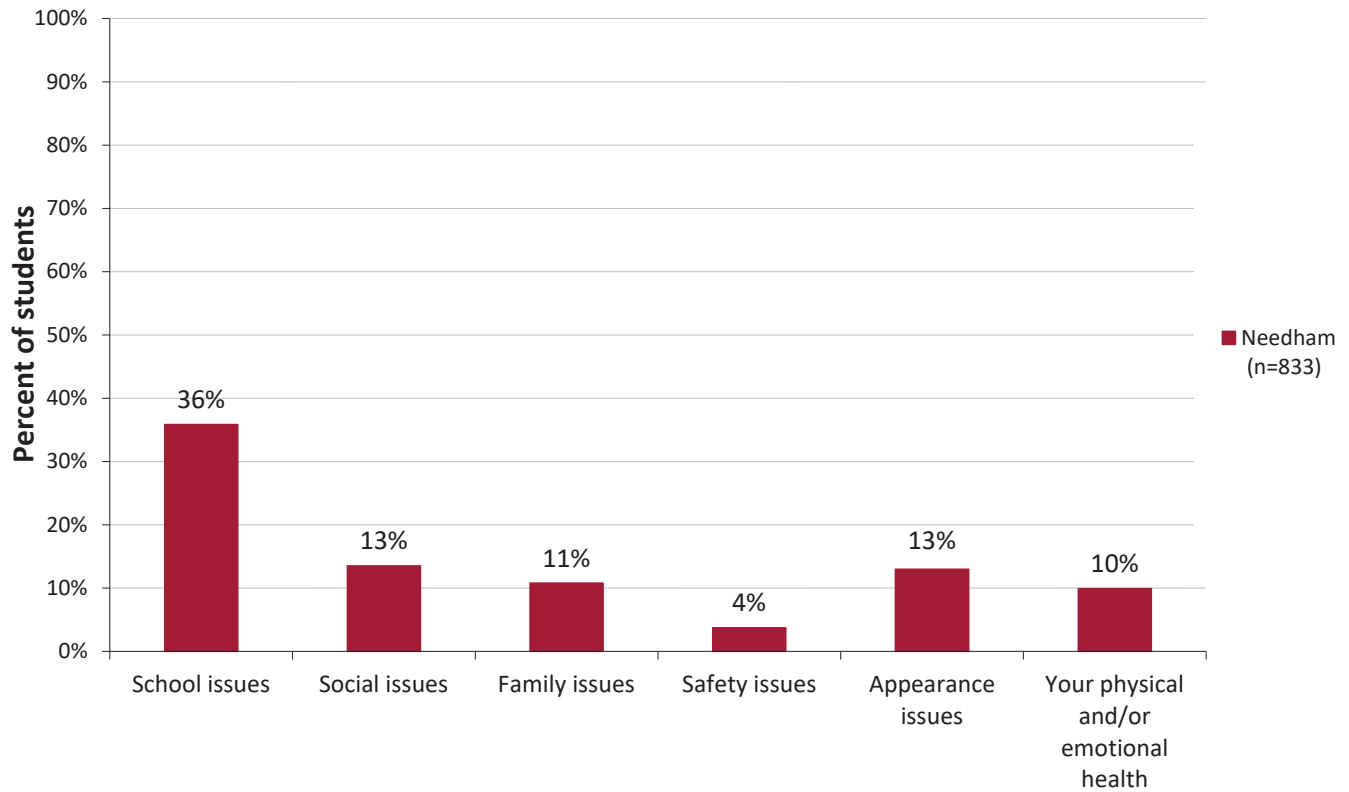
* Student responded that they felt worried/stressed "often" or "very often"

Figure 5-2B. Sources of Stress* by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



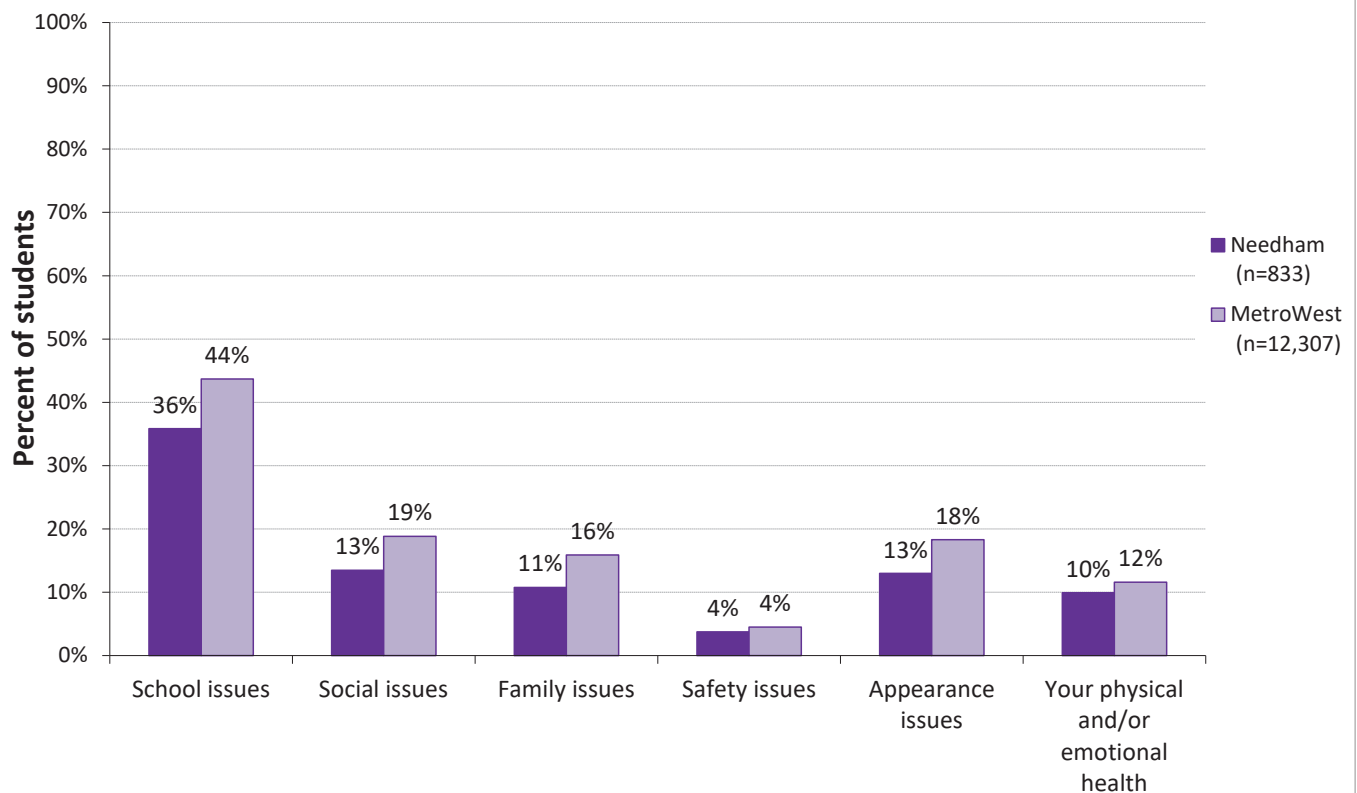
* Student responded that they felt worried/stressed "often" or "very often"

Figure 5-2C. Sources of Stress,* 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* Student responded that they felt worried/stressed "often" or "very often"

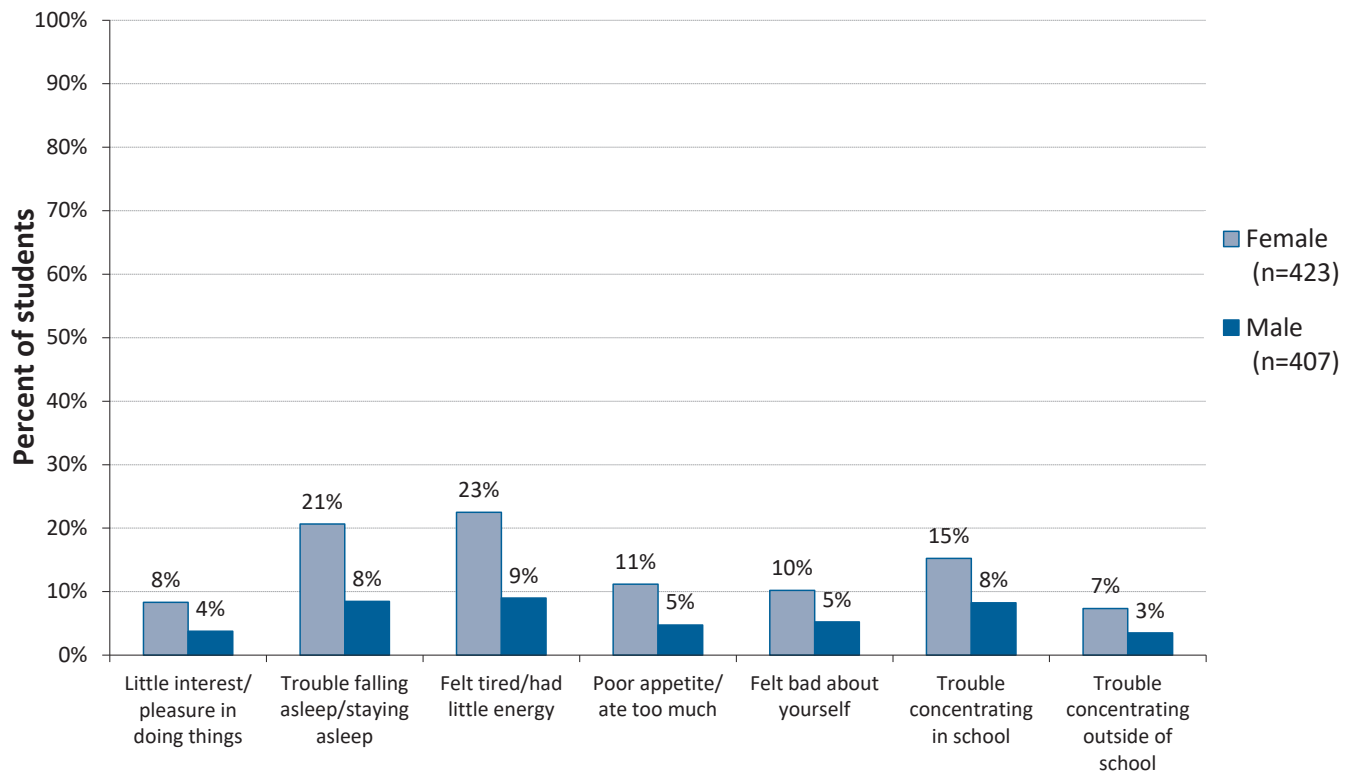
Figure 5-2D. Sources of Stress* at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* Student responded that they felt worried/stressed "often" or "very often"

Figure 5-3A. Symptoms of Being Stressed, Anxious, or Worried* by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)

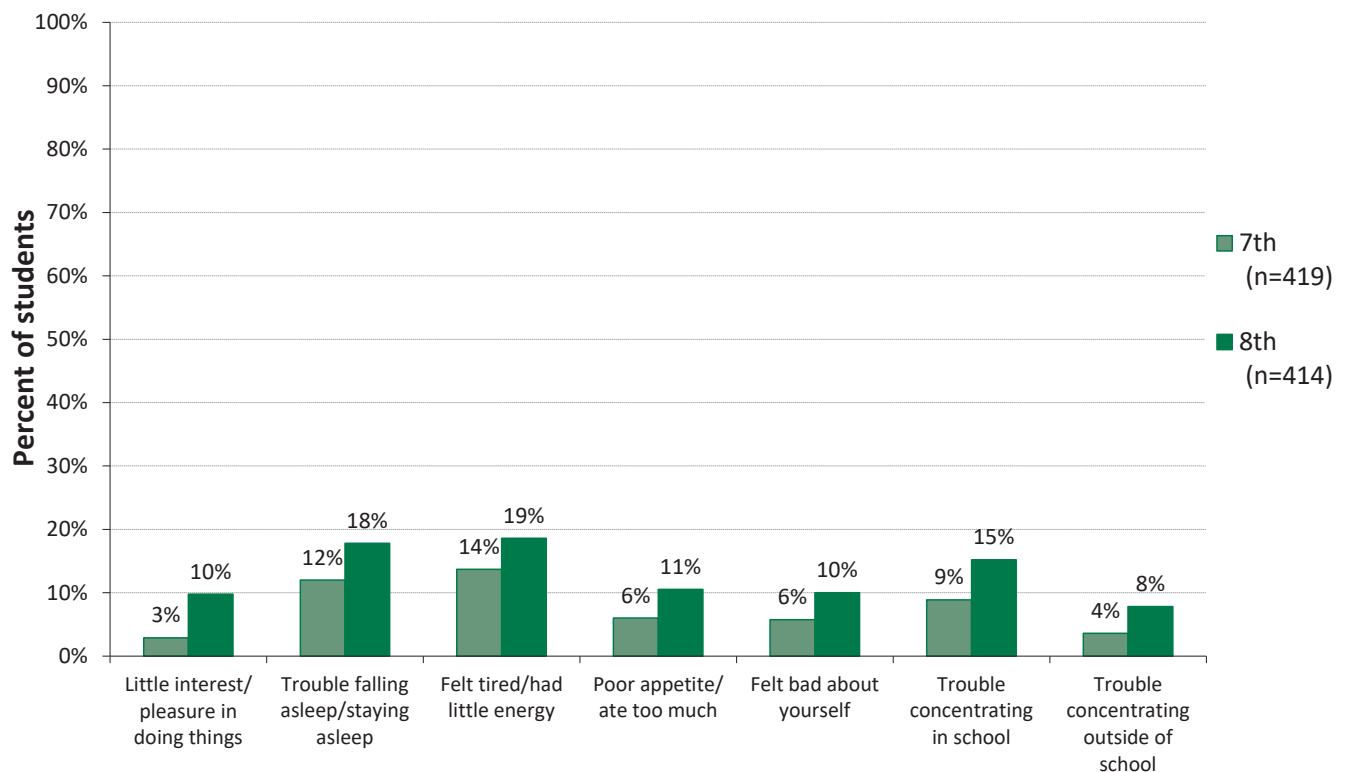
MetroWest Adolescent Health Survey



* Student responded "often" or "very often"; past 2 weeks

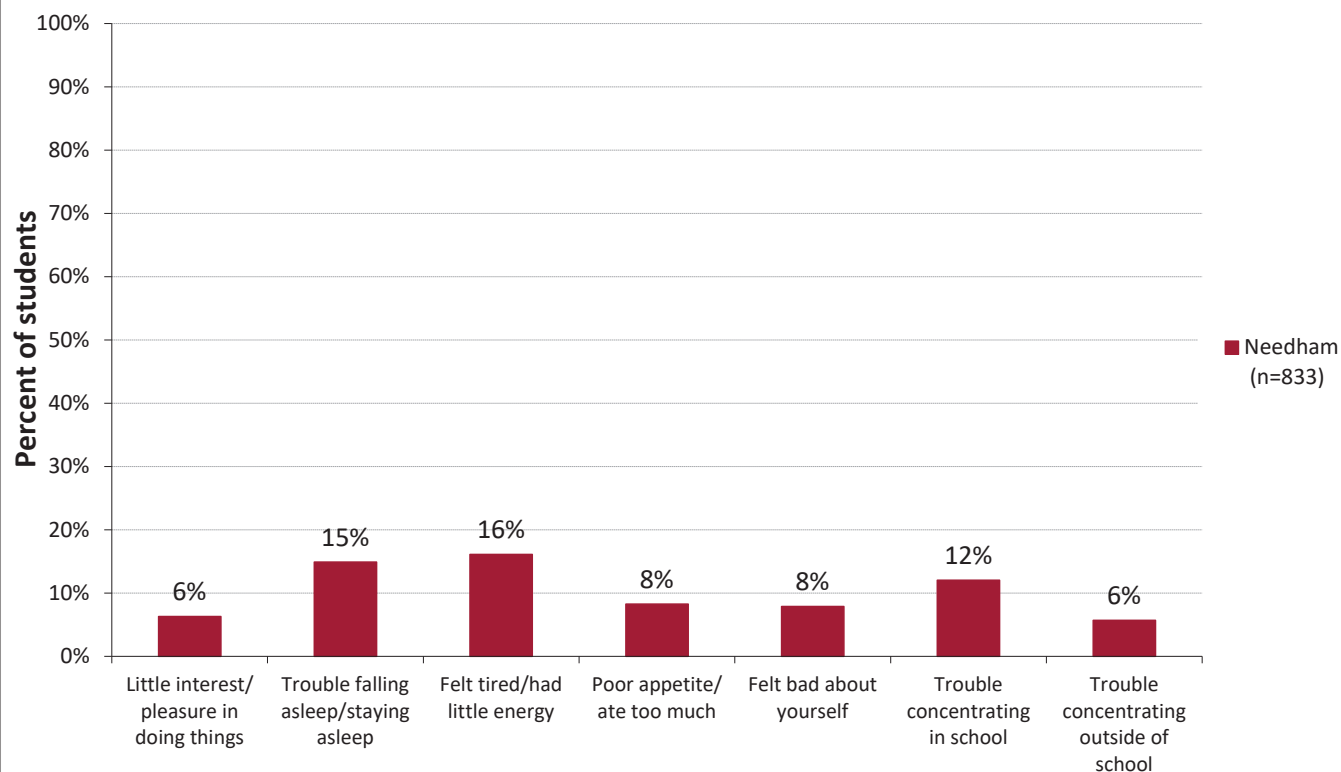
Figure 5-3B. Symptoms of Being Stressed, Anxious, or Worried* by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey



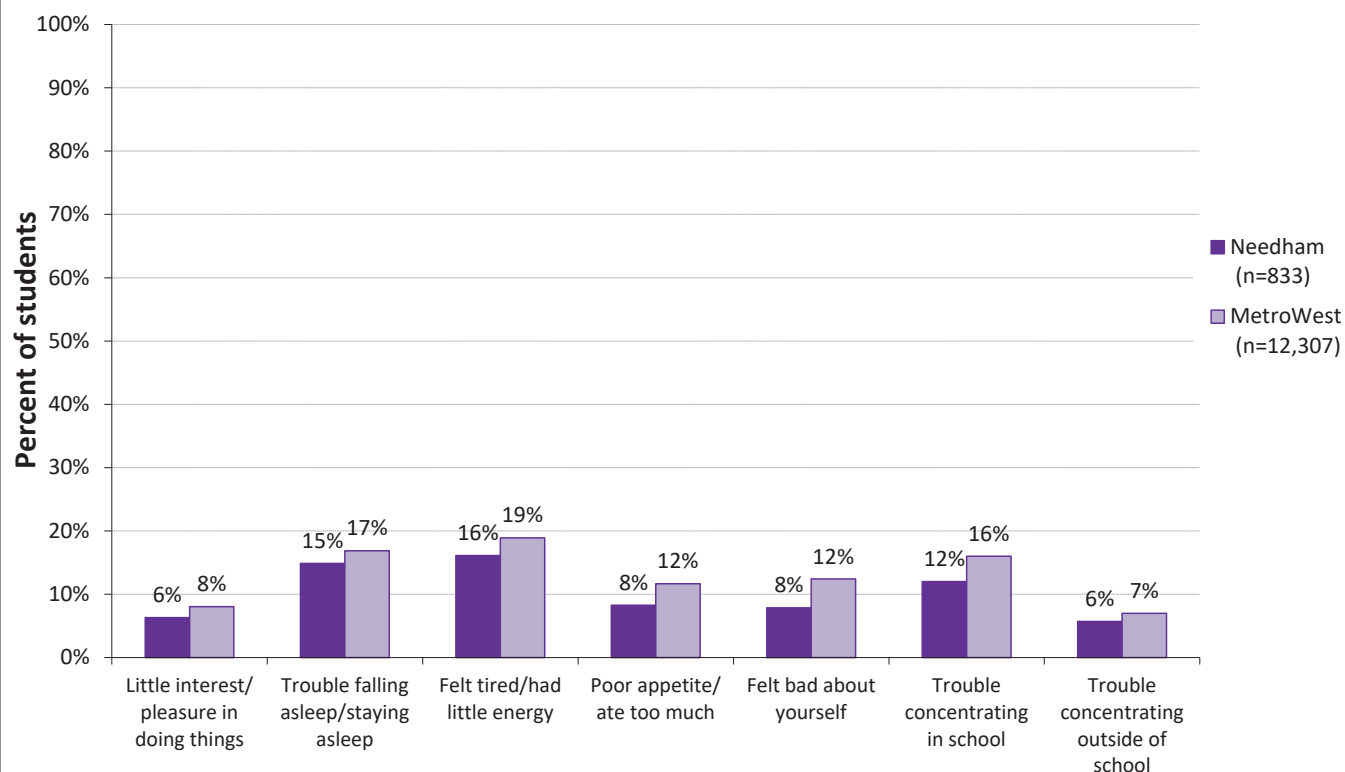
* Student responded "often" or "very often"; past 2 weeks

Figure 5-3C. Symptoms of Being Stressed, Anxious, or Worried,* 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* Student responded "often" or "very often"; past 2 weeks

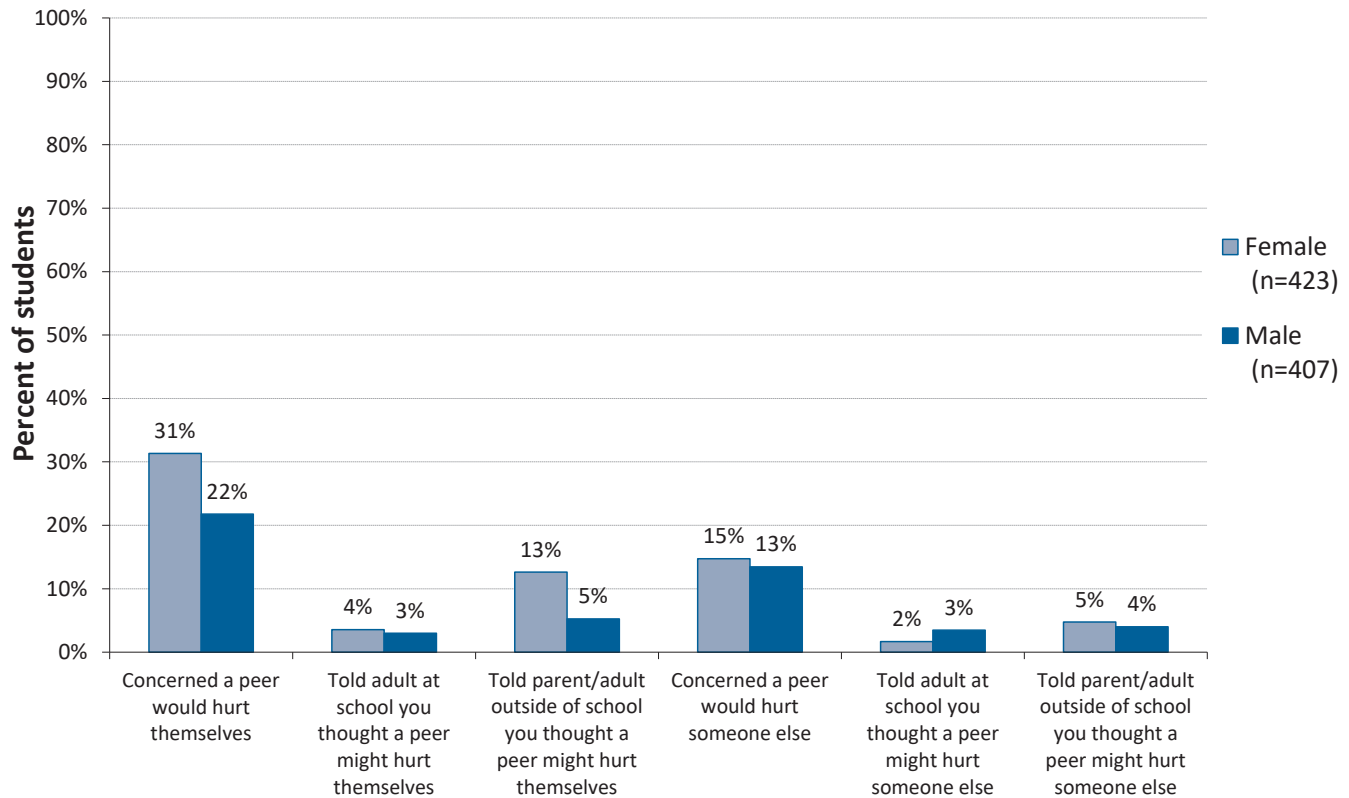
Figure 5-3D. Symptoms of Being Stressed, Anxious, or Worried* at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* Student responded "often" or "very often"; past 2 weeks

Figure 5-4A. Peer Mental Health* by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)

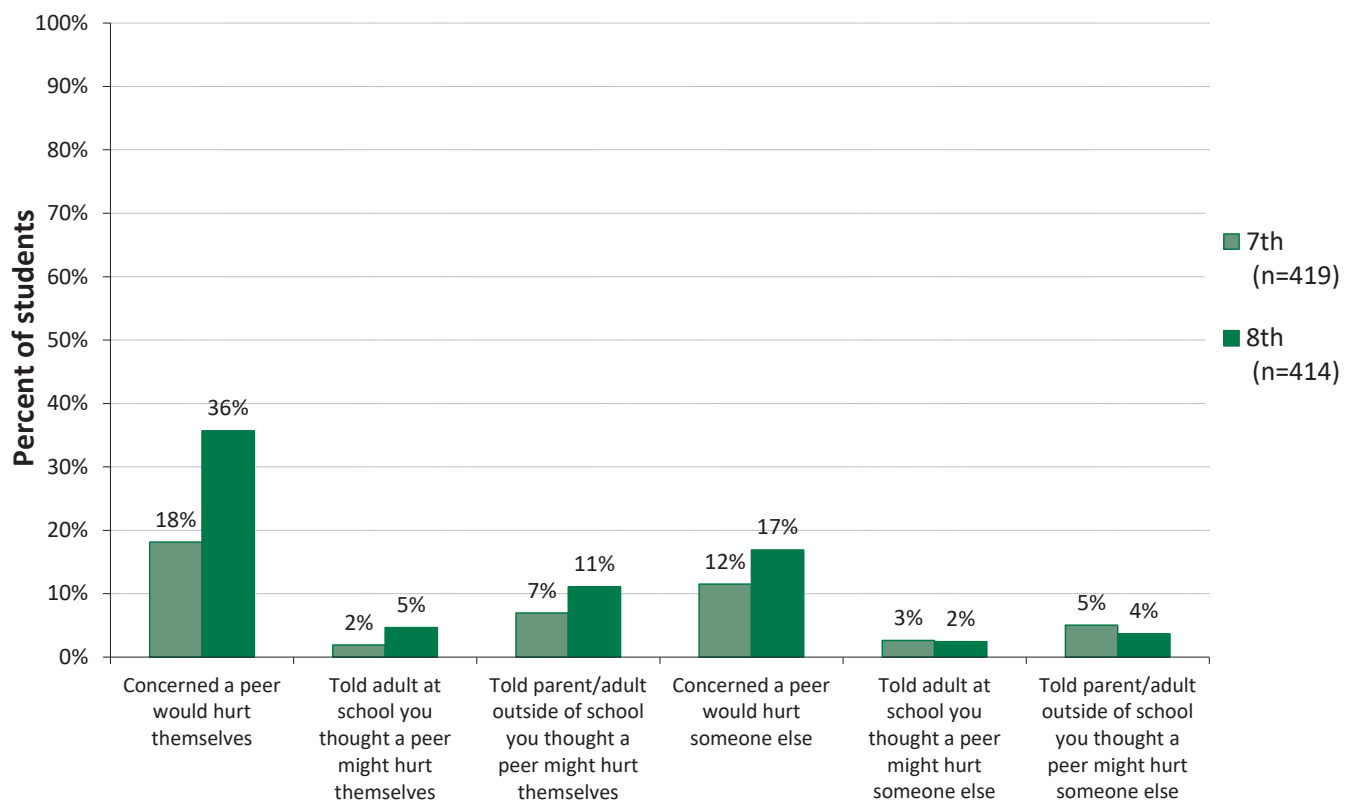
MetroWest Adolescent Health Survey



* In the past 12 months

Figure 5-4B. Peer Mental Health* by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey



* In the past 12 months

Figure 5-4C. Trends in Peer Mental Health,* 2014-2016

Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

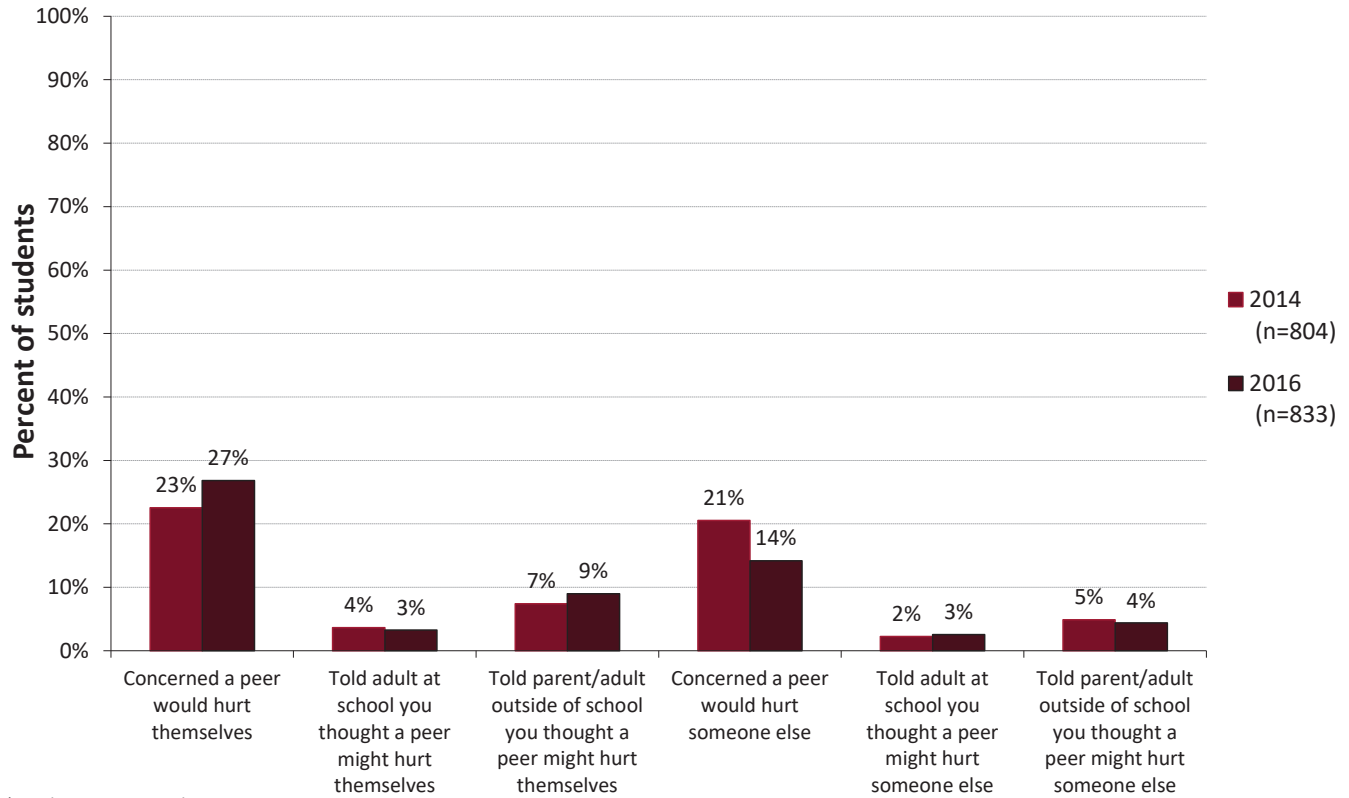


Figure 5-4D. Peer Mental Health* at the District and Regional Levels, 2016

Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

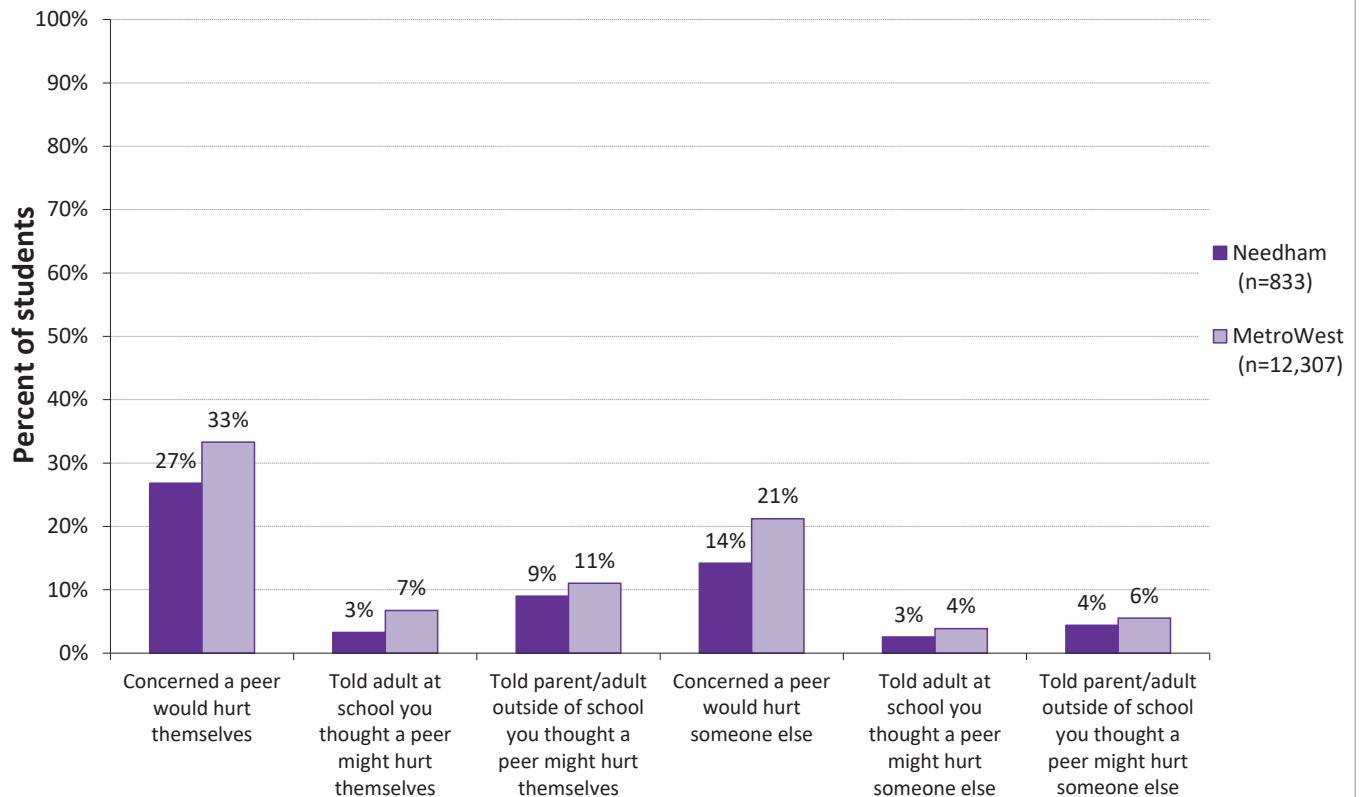


Table 5-1A. Stress and Anxiety by Gender and Grade, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)	
		Female	Male	7 th	8 th
	(833)	(423)	(407)	(419)	(414)
STRESS					
Life "very" stressful (past 30 days)	9.0	12.8	4.7	7.9	10.2
Worry/feel stressed about school issues*	35.8	46.3	24.3	32.1	39.7
Worry/feel stressed about social issues*	13.5	17.5	8.9	11.5	15.6
Worry/feel stressed about family issues*	10.8	12.8	8.2	8.2	13.4
Worry/feel stressed about safety issues*	3.7	5.2	2.0	3.6	3.9
Worry/feel stressed about appearance issues*	13.0	17.6	7.5	12.0	13.9
Worry/feel stressed about your physical and/or emotional health *	9.9	13.5	6.0	8.7	11.2
SYMPTOMS OF BEING STRESSED, ANXIOUS, OR WORRIED (past 2 weeks)*					
Had little interest or pleasure in doing things	6.3	8.3	3.8	2.9	9.8
Had trouble falling asleep or staying asleep or slept too much	14.9	20.7	8.5	12.0	17.8
Felt tired or had little energy	16.1	22.5	9.0	13.7	18.6
Had a poor appetite or ate too much	8.3	11.2	4.8	6.0	10.5
Felt bad about yourself or that you were a failure	7.9	10.2	5.2	5.8	10.0
Had trouble concentrating in school	12.0	15.2	8.2	8.9	15.2
Had trouble concentrating on things outside of school	5.7	7.3	3.5	3.6	7.8

* Student responded "often" or "very often"

Table 5-1B. Stress and Anxiety, 2006 - 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Needham (%)						MetroWest Region (%)					
	2006	2008	2010	2012	2014	2016	2006	2008	2010	2012	2014	2016
	(654)	(653)	(772)	(787)	(804)	(833)	(6,875)	(10,650)	(11,597)	(12,224)	(12,191)	(12,307)
STRESS												
Life "very" stressful (past 30 days)	12.4	10.2	10.6	10.2	8.5	9.0	13.3	13.6	12.1	12.5	14.1	15.6
Worry/feel stressed about school issues*	—	—	—	—	—	35.8	—	—	—	—	—	43.7
Worry/feel stressed about social issues*	—	—	—	—	—	13.5	—	—	—	—	—	18.8
Worry/feel stressed about family issues*	—	—	—	—	—	10.8	—	—	—	—	—	15.9
Worry/feel stressed about safety issues*	—	—	—	—	—	3.7	—	—	—	—	—	4.5
Worry/feel stressed about appearance issues*	—	—	—	—	—	13.0	—	—	—	—	—	18.3
Worry/feel stressed about your physical and/or emotional health *	—	—	—	—	—	9.9	—	—	—	—	—	11.6
SYMPTOMS OF BEING STRESSED, ANXIOUS, OR WORRIED (past 2 weeks)*												
Had little interest or pleasure in doing things	—	—	—	—	—	6.3	—	—	—	—	—	8.0
Had trouble falling asleep or staying asleep or slept too much	—	—	—	—	—	14.9	—	—	—	—	—	16.9
Felt tired or had little energy	—	—	—	—	—	16.1	—	—	—	—	—	18.9
Had a poor appetite or ate too much	—	—	—	—	—	8.3	—	—	—	—	—	11.7
Felt bad about yourself or that you were a failure	—	—	—	—	—	7.9	—	—	—	—	—	12.4
Had trouble concentrating in school	—	—	—	—	—	12.0	—	—	—	—	—	16.0
Had trouble concentrating on things outside of school	—	—	—	—	—	5.7	—	—	—	—	—	7.0

* Student responded "often" or "very often"

Table 5-2A. Mental Health and Suicidality by Gender and Grade, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)	
		Female	Male	7 th	8 th
	(833)	(423)	(407)	(419)	(414)
MENTAL HEALTH AND SUICIDALITY					
Felt sad or hopeless almost every day for two or more weeks (past 12 months)	6.8	9.6	3.5	4.6	9.1
Absent/missed school because you felt sad or hopeless, or had thoughts about hurting yourself (past 30 days)	2.3	3.1	1.3	1.5	3.2
Hurt or injured yourself on purpose (past 12 months) [†]	4.9	6.3	3.3	4.1	5.7
Seriously considered attempting suicide (lifetime)	7.6	9.2	5.8	4.8	10.4
Made a plan about attempting suicide (lifetime)	4.4	5.5	3.4	2.8	6.1
Attempted suicide (lifetime)	1.1	1.5	0.8	0.5	1.8
Talked to a teacher/adult at school about feeling sad or hopeless, or having thoughts about hurting yourself (past 12 months)	3.6	4.0	3.0	3.4	3.9
Talked to a parent/adult outside of school about feeling sad or hopeless, or having thoughts about hurting yourself (past 12 months)	11.3	13.8	8.5	12.0	10.6
Talked to a doctor, nurse, or other healthcare provider about feeling sad or hopeless, or having thoughts about hurting yourself (past 12 months)	4.5	6.2	2.8	4.6	4.4
CONCERNS ABOUT PEER MENTAL HEALTH (past 12 months)					
Concerned a student was depressed or might physically hurt themselves	26.8	31.4	21.8	18.1	35.7
Told an adult at school a student was depressed/might harm themselves	3.3	3.6	3.0	1.9	4.6
Told an adult outside of school a student was depressed/might harm themselves	9.0	12.6	5.3	7.0	11.1
Concerned a student was depressed or might physically hurt someone else	14.2	14.7	13.5	11.5	16.9
Told an adult at school a student was depressed/might harm someone else	2.5	1.7	3.5	2.6	2.5
Told an adult outside of school a student was depressed/might harm someone else	4.4	4.8	4.0	5.0	3.7

* For example, by cutting, burning, or bruising yourself on purpose

Table 5-2B. Mental Health and Suicidality, 2006 - 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

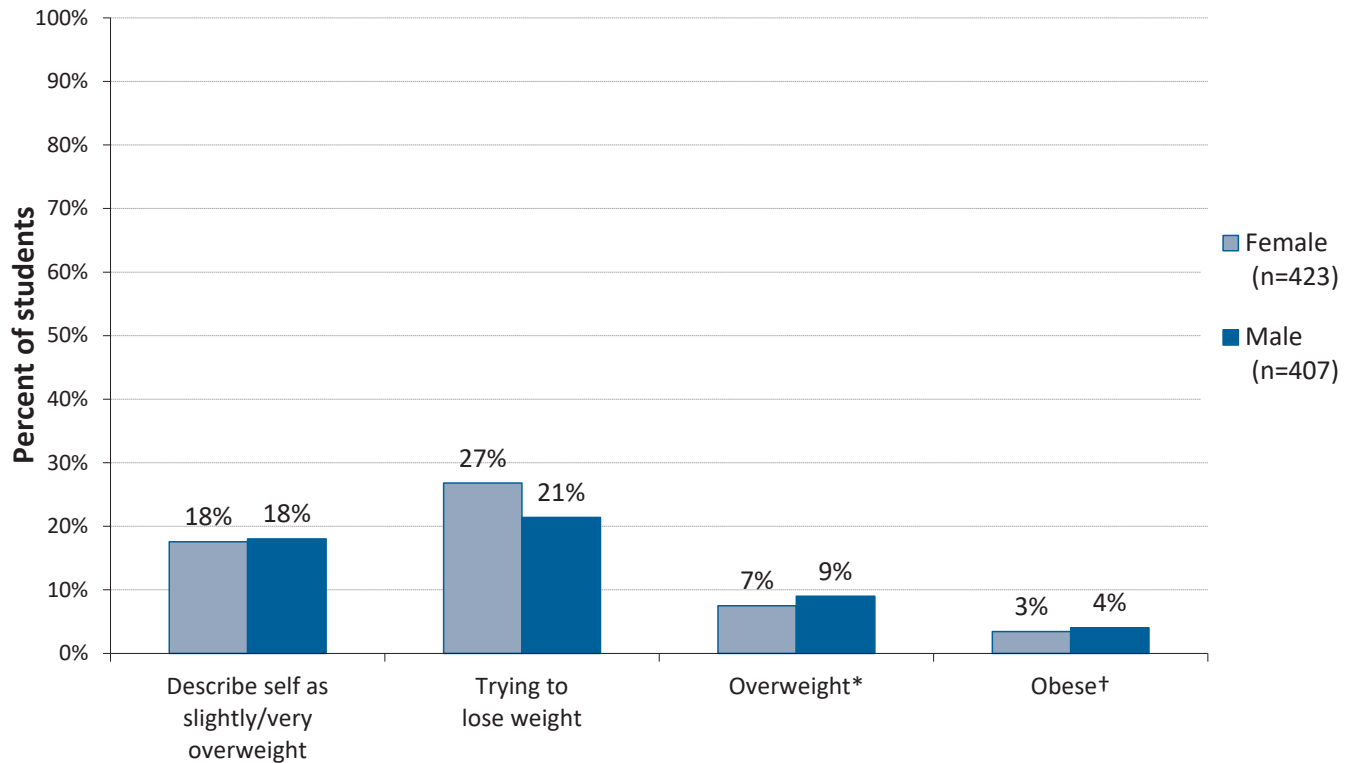
	Needham (%)						MetroWest Region (%)					
	2006	2008	2010	2012	2014	2016	2006	2008	2010	2012	2014	2016
	(654)	(653)	(772)	(787)	(804)	(833)	(6,875)	(10,650)	(11,597)	(12,224)	(12,191)	(12,307)
MENTAL HEALTH AND SUICIDALITY												
Felt sad or hopeless almost every day for two or more weeks (past 12 months)	12.8	9.4	8.5	8.6	9.2	6.8	15.6	15.2	12.8	12.8	15.0	10.4
Absent/missed school because you felt sad or hopeless, or had thoughts about hurting yourself (past 30 days)	–	–	–	–	2.1	2.3	–	–	–	–	4.1	3.2
Hurt or injured yourself on purpose (past 12 months) [†]	4.5	5.6	4.4	4.9	4.9	4.9	7.7	8.5	6.7	7.8	9.0	7.4
Seriously considered attempting suicide (lifetime)	8.0	7.6	8.1	8.1	7.9	7.6	9.9	10.9	9.4	10.5	11.2	10.7
Made a plan about attempting suicide (lifetime)	5.1	5.3	4.7	4.9	4.3	4.4	5.9	6.5	5.7	7.2	7.8	6.8
Attempted suicide (lifetime)	2.5	1.7	1.7	1.3	1.5	1.1	3.0	3.0	2.6	3.0	3.2	2.7
Talked to a teacher/adult at school about feeling sad or hopeless, or having thoughts about hurting yourself (past 12 months)	–	–	3.0	4.2	4.9	3.6	–	–	4.2	4.5	5.1	4.4
Talked to a parent/adult outside of school about feeling sad or hopeless, or having thoughts about hurting yourself (past 12 months)	–	–	6.8	9.1	16.6	11.3	–	–	9.5	9.5	15.2	12.4
Talked to a doctor, nurse, or other healthcare provider about feeling sad/hopeless, or having thoughts about hurting yourself (past 12 mos.)	–	–	–	3.5	4.2	4.5	–	–	–	2.9	4.4	4.3
CONCERNS ABOUT PEER MENTAL HEALTH (past 12 months)												
Concerned a student was depressed or might physically hurt themselves	–	–	–	–	22.5	26.8	–	–	–	–	38.9	33.3
Told an adult at school a student was depressed/might harm themselves	–	–	–	–	3.6	3.3	–	–	–	–	7.7	6.7
Told an adult outside of school a student was depressed/might harm themselves	–	–	–	–	7.4	9.0	–	–	–	–	13.1	11.0
Concerned a student was depressed or might physically hurt someone else	–	–	–	–	20.6	14.2	–	–	–	–	23.0	21.2
Told an adult at school a student was depressed/might harm someone else	–	–	–	–	2.3	2.5	–	–	–	–	4.2	3.9
Told an adult outside of school a student was depressed/might harm someone else	–	–	–	–	4.9	4.4	–	–	–	–	6.4	5.5

* For example, by cutting, burning, or bruising yourself on purpose

Section 6: **Physical Activity, Nutrition, and Weight**

Figure 6-1A. Weight Perception and Body Weight by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

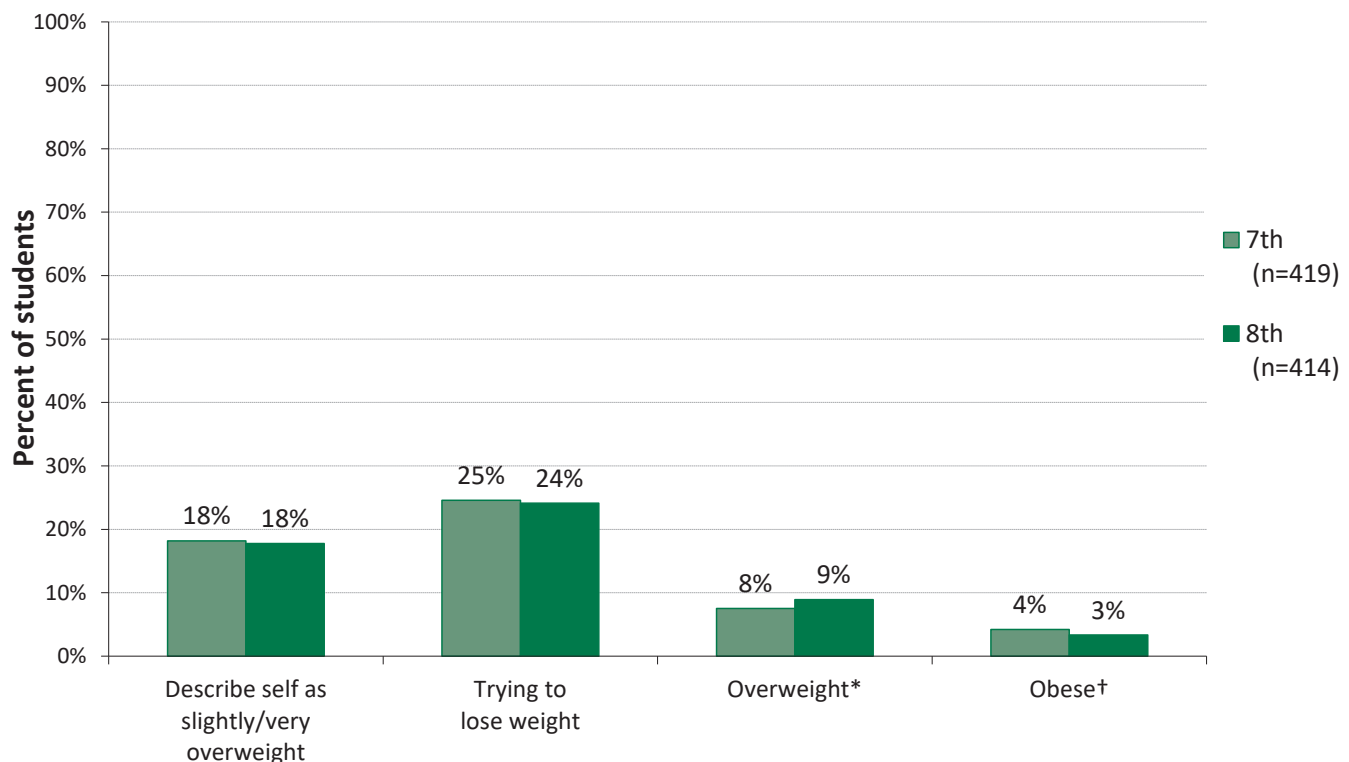


* Students who were ≥85th percentile but <95th percentile for body mass index by age and gender, based on reference data

† Students who were ≥95th percentile for body mass index by age and gender, based on reference data

Figure 6-1B. Weight Perception and Body Weight by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)

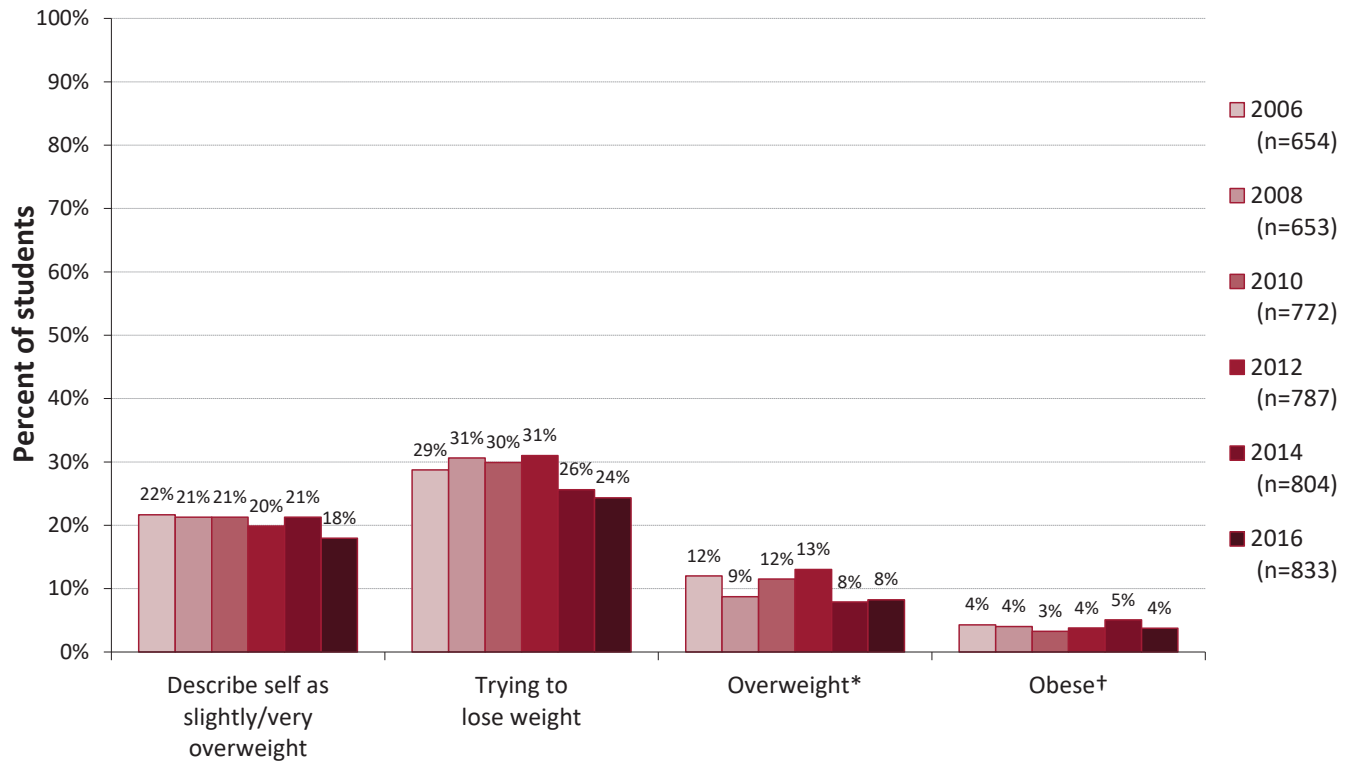
MetroWest Adolescent Health Survey



* Students who were ≥85th percentile but <95th percentile for body mass index by age and gender, based on reference data

† Students who were ≥95th percentile for body mass index by age and gender, based on reference data

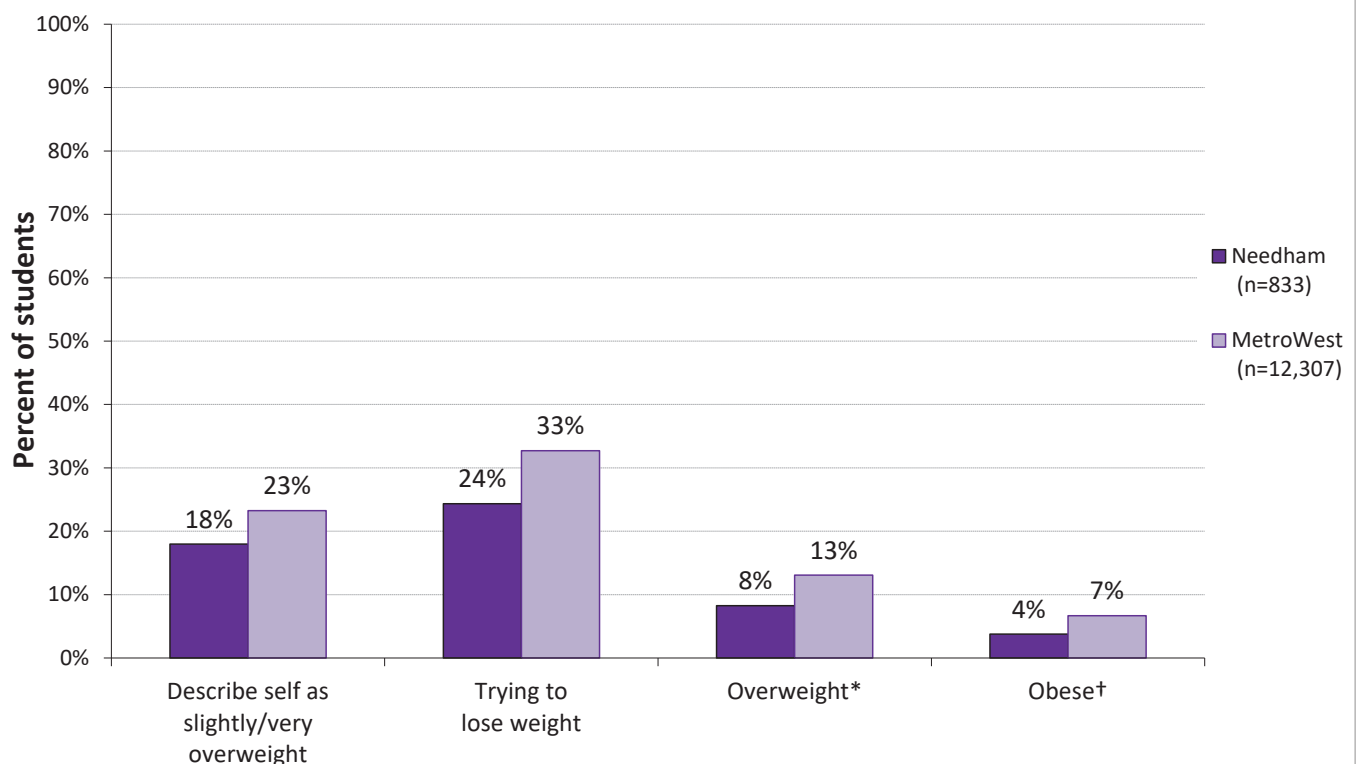
Figure 6-1C. Trends in Weight Perception and Body Weight, 2006-2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* Students who were ≥85th percentile but <95th percentile for body mass index by age and gender, based on reference data

† Students who were ≥95th percentile for body mass index by age and gender, based on reference data

Figure 6-1D. Weight Perception and Body Weight at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

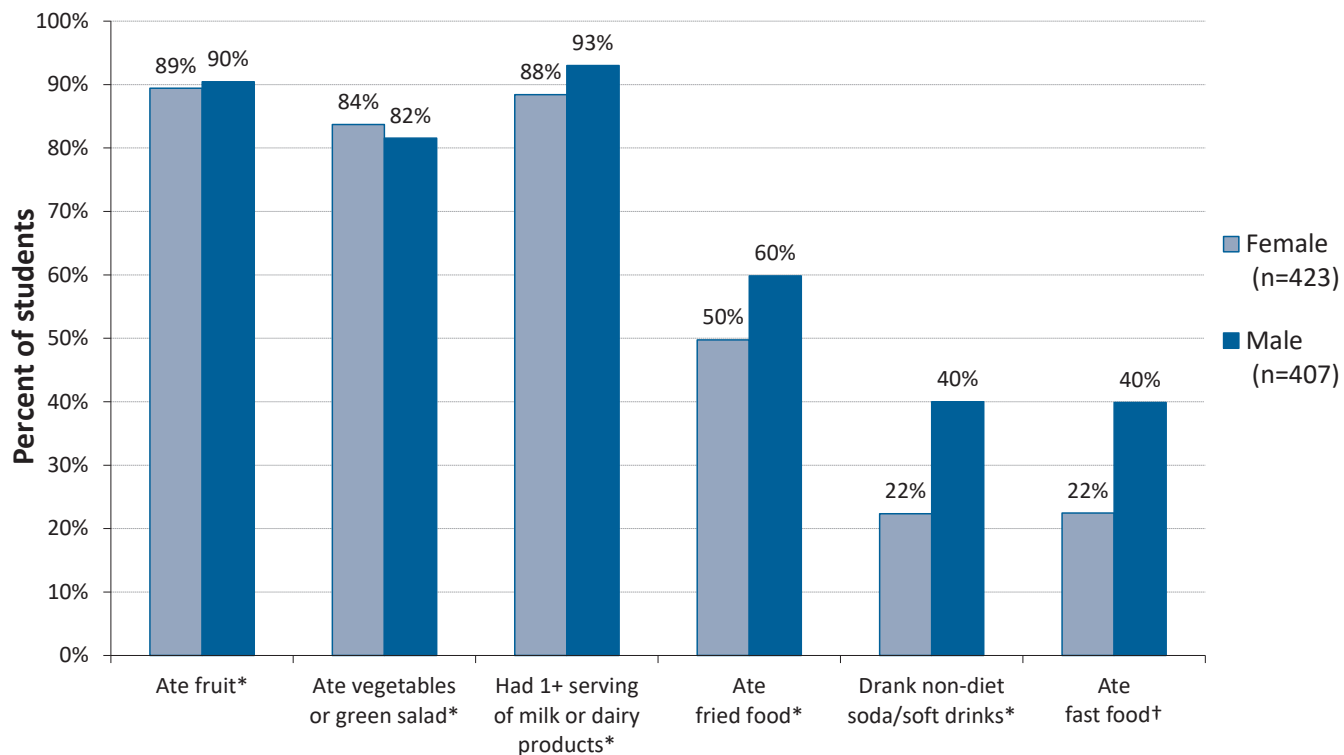


* Students who were ≥85th percentile but <95th percentile for body mass index by age and gender, based on reference data

† Students who were ≥95th percentile for body mass index by age and gender, based on reference data

Figure 6-2A. Nutrition by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

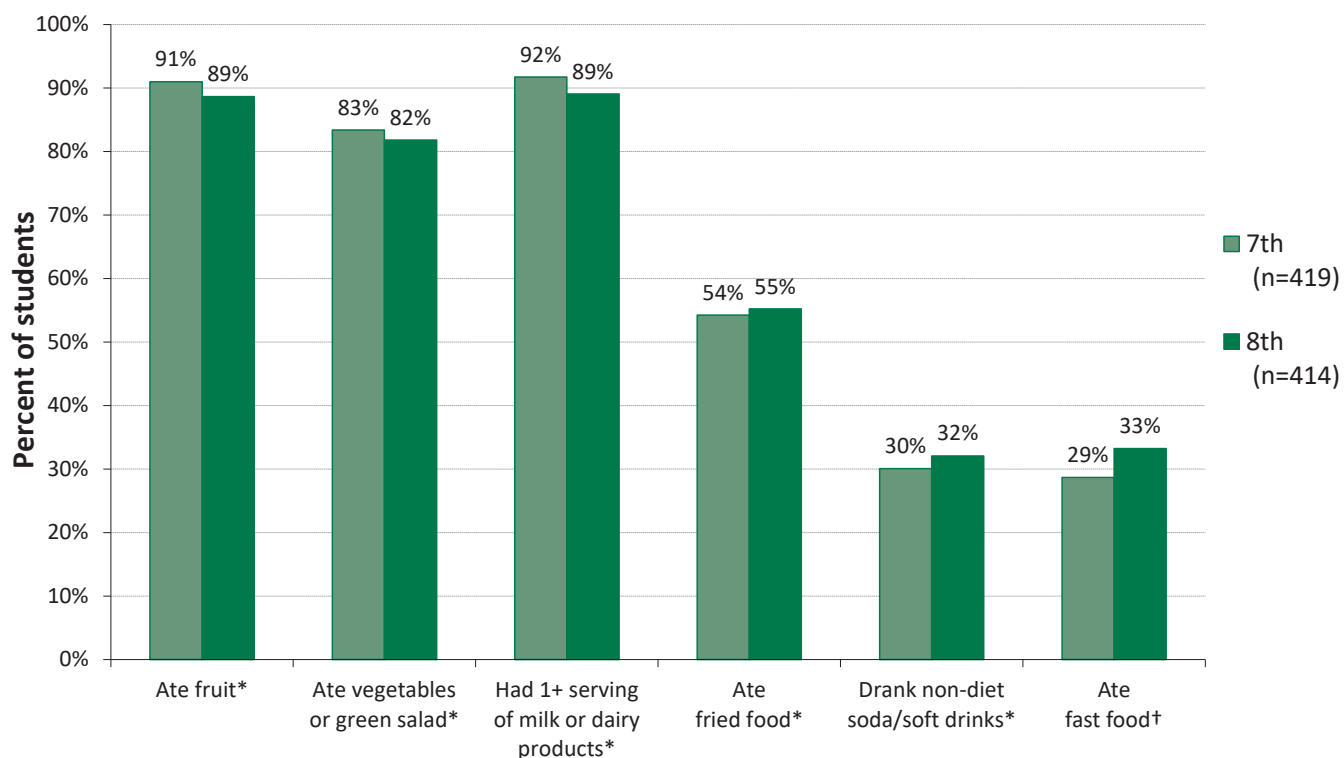


* On the day preceding the survey

† Past 7 days

Figure 6-2B. Nutrition by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey



* On the day preceding the survey

† Past 7 days

Figure 6-2C. Trends in Nutrition, 2006-2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

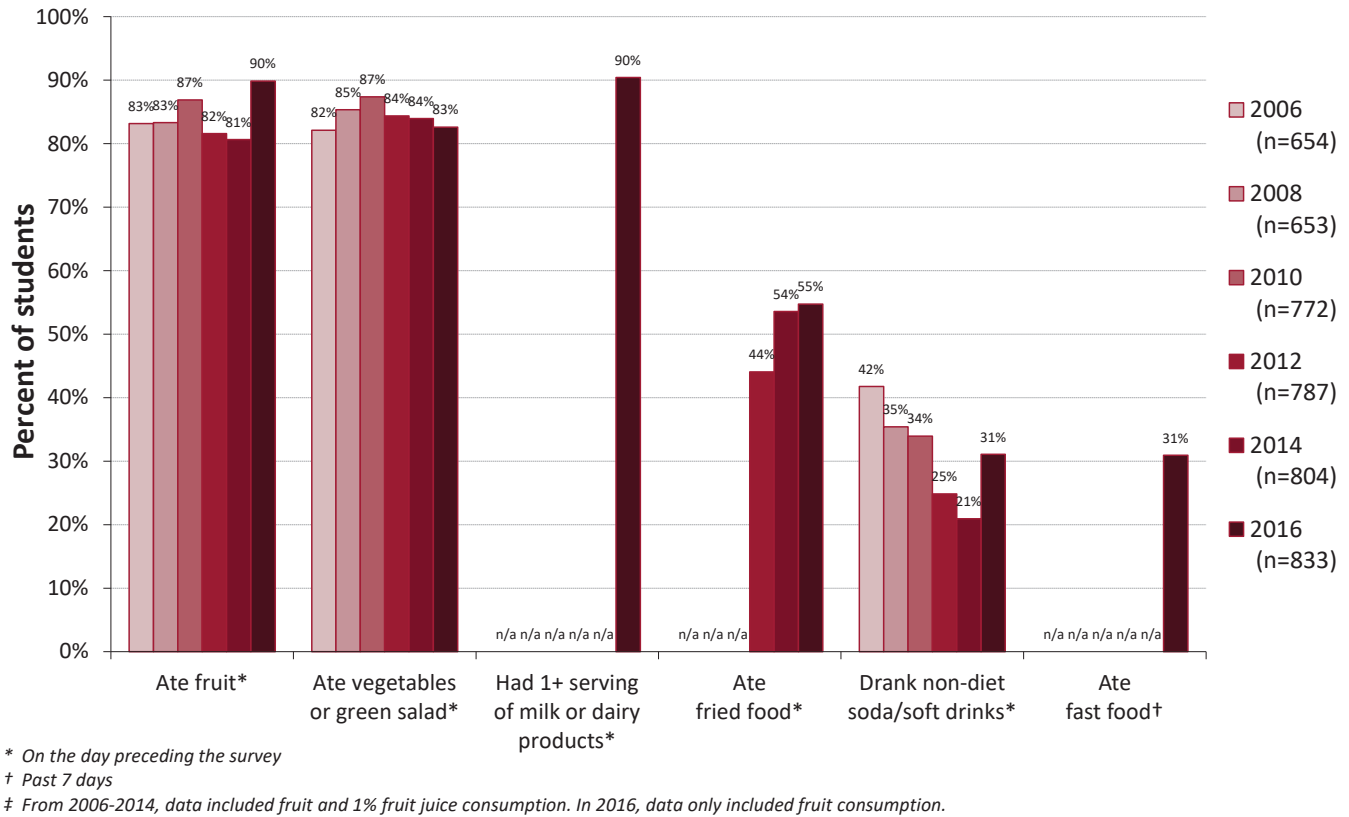


Figure 6-2D. Nutrition at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

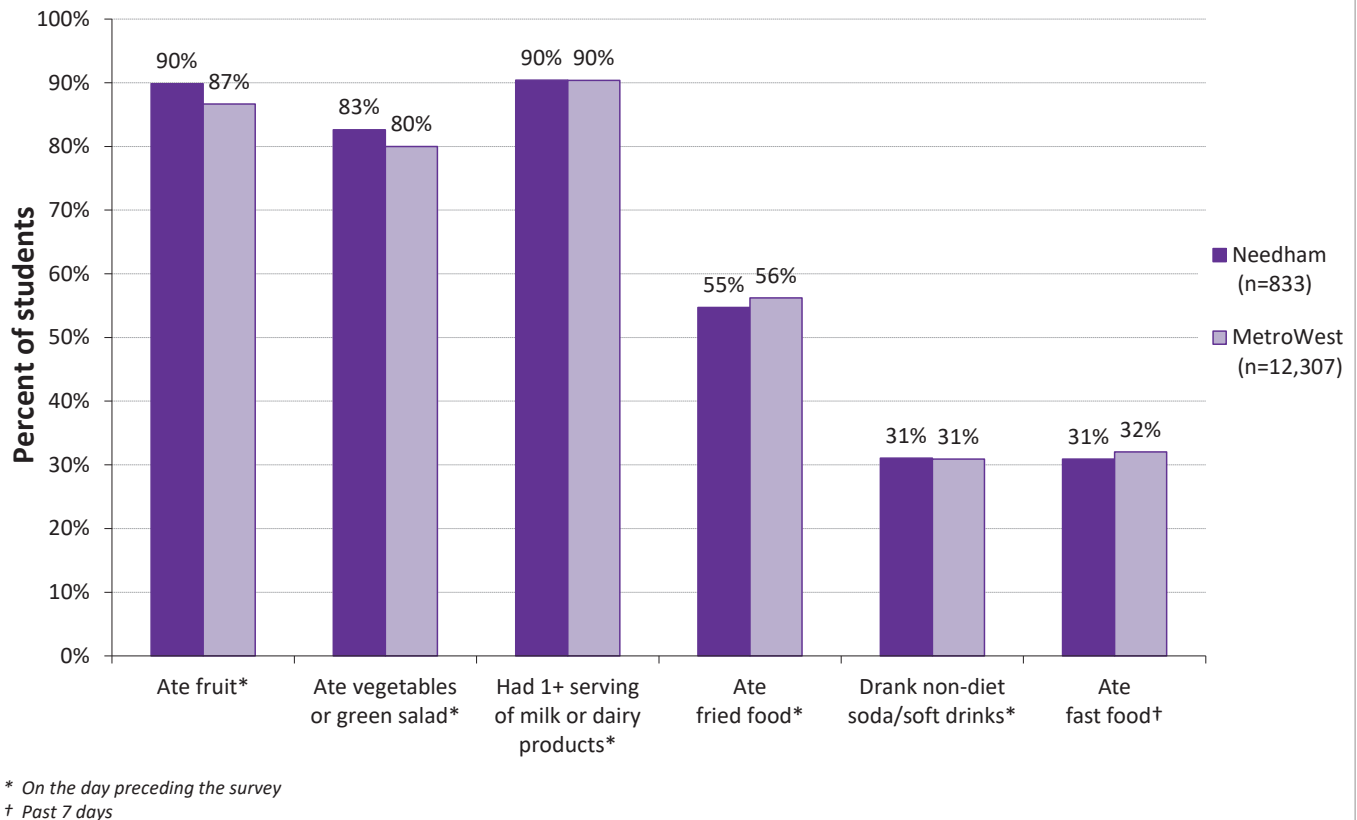
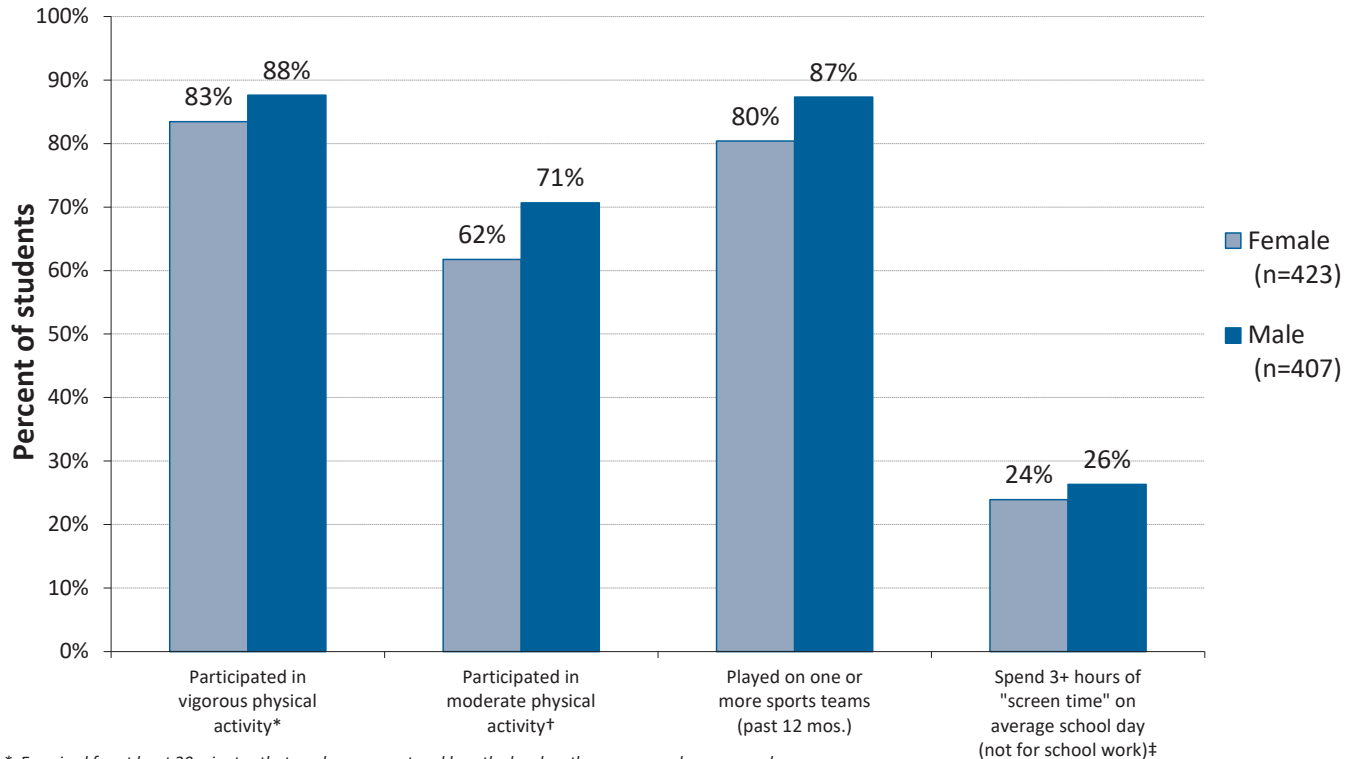


Figure 6-3A. Physical Activity by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey



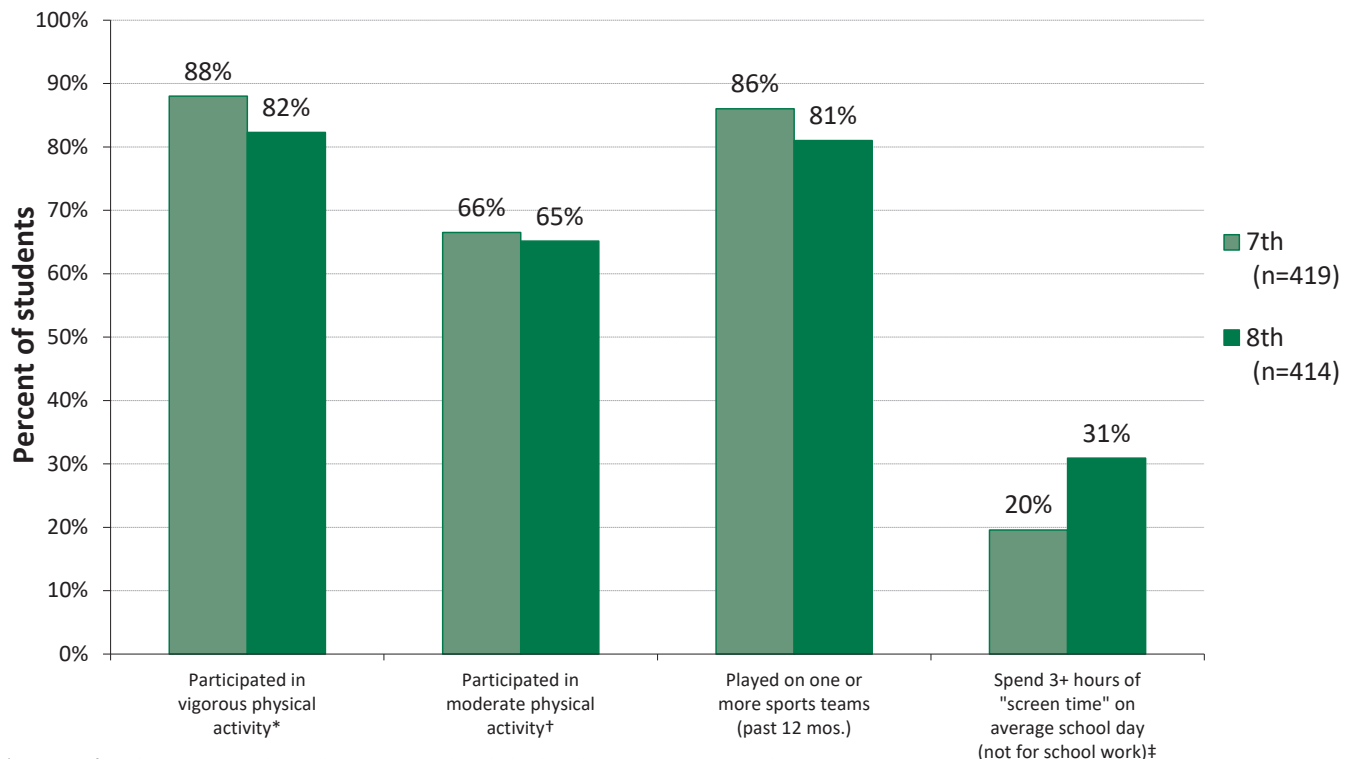
* Exercised for at least 20 minutes that made you sweat and breathe hard on three or more days per week

† Physically active for ≥ 60 minutes/day on ≥ 5 of the past 7 days; includes physical activity that increases your heart rate and makes you breathe hard some of the time

‡ Includes watching TV, going on the Internet, playing video games, or using a computer, tablet, or smartphone

Figure 6-3B. Physical Activity by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey



* Exercised for at least 20 minutes that made you sweat and breathe hard on three or more days per week

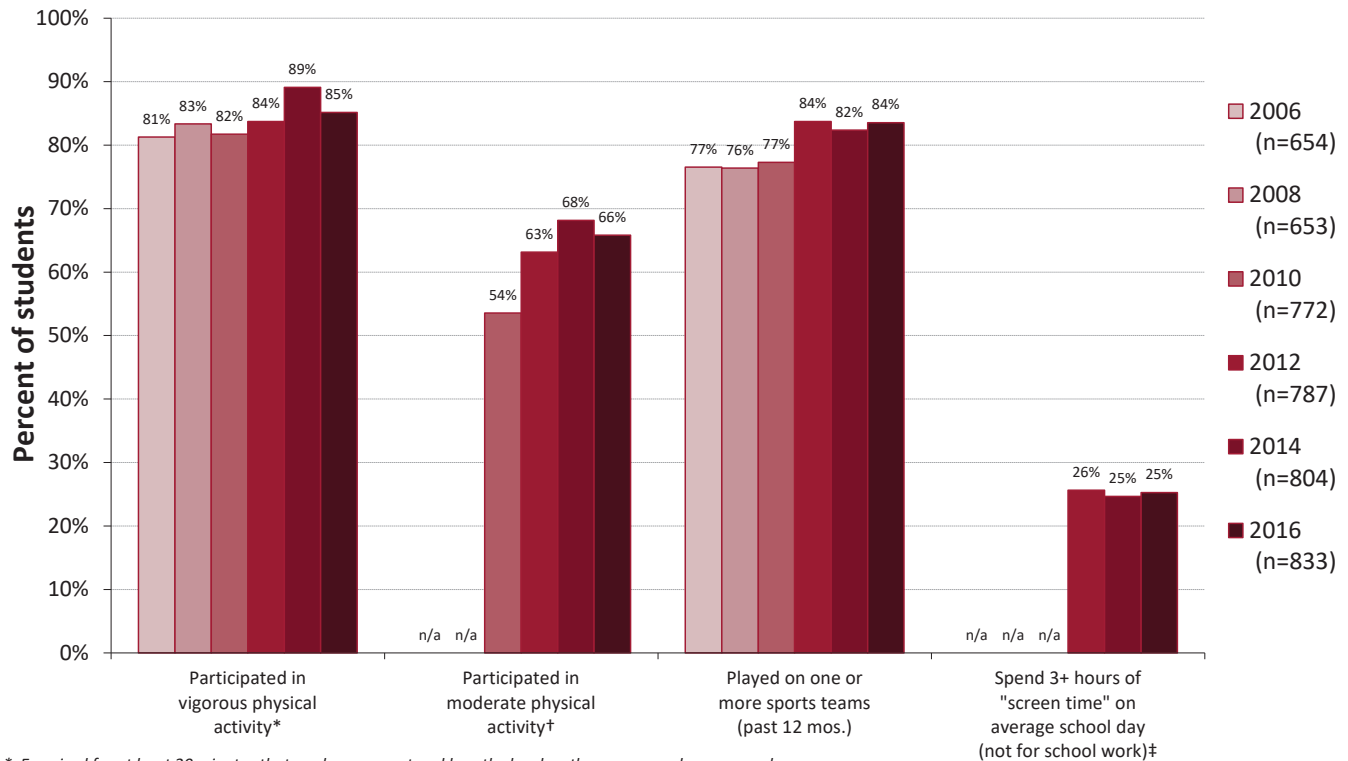
† Physically active for ≥ 60 minutes/day on ≥ 5 of the past 7 days; includes physical activity that increases your heart rate and makes you breathe hard some of the time

‡ Includes watching TV, going on the Internet, playing video games, or using a computer, tablet, or smartphone

Figure 6-3C. Trends in Physical Activity, 2006-2016

Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey



* Exercised for at least 20 minutes that made you sweat and breathe hard on three or more days per week

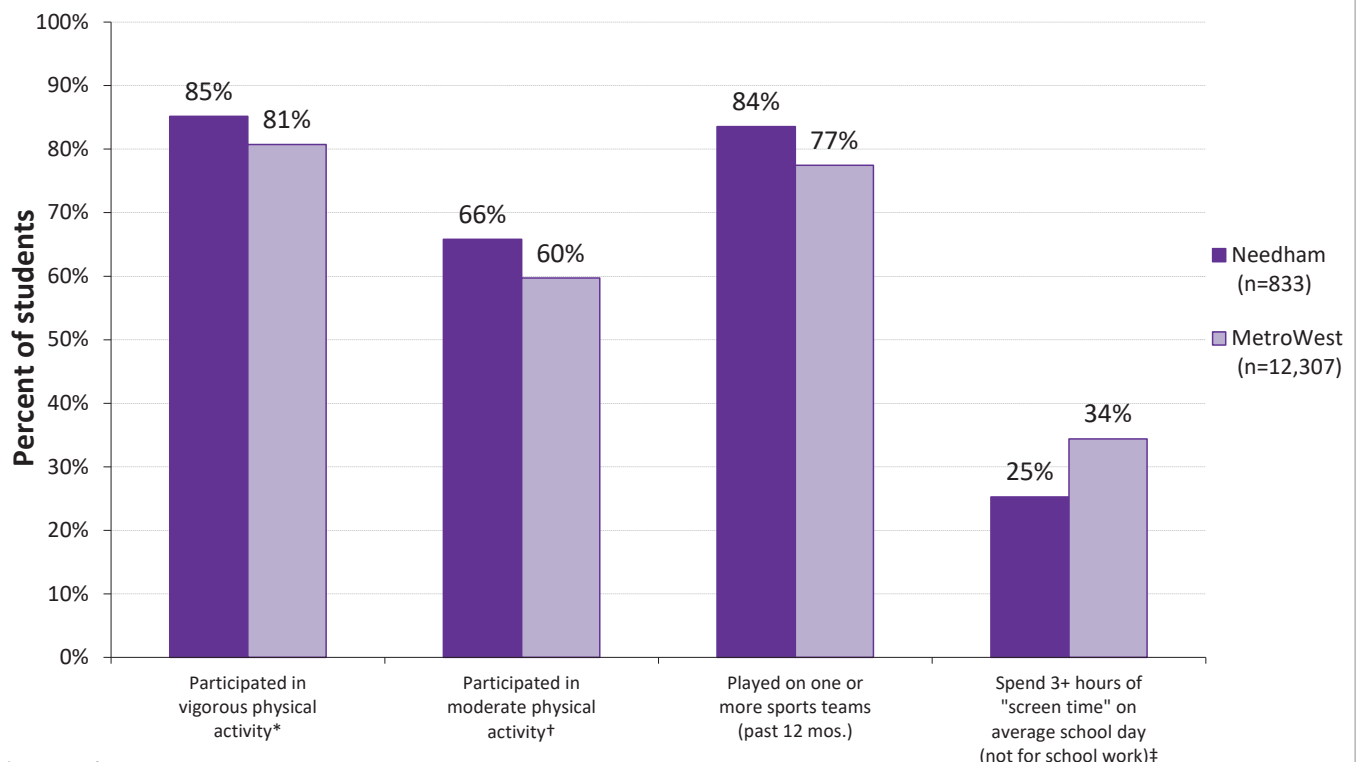
† Physically active for ≥ 60 minutes/day on ≥ 5 of the past 7 days; includes physical activity that increases your heart rate and makes you breathe hard some of the time

‡ Includes watching TV, going on the Internet, playing video games, or using a computer, tablet, or smartphone

Figure 6-3D. Physical Activity at the District and Regional Levels, 2016

Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey



* Exercised for at least 20 minutes that made you sweat and breathe hard on three or more days per week

† Physically active for ≥ 60 minutes/day on ≥ 5 of the past 7 days; includes physical activity that increases your heart rate and makes you breathe hard some of the time

‡ Includes watching TV, going on the Internet, playing video games, or using a computer, tablet, or smartphone

Table 6-1A. Weight, Nutrition, and Physical Activity by Gender and Grade, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)	
		Female	Male	7 th	8 th
	(833)	(423)	(407)	(419)	(414)
WEIGHT PERCEPTION					
Describe self as slightly or very overweight	18.0	17.6	18.0	18.2	17.8
Trying to lose weight	24.3	26.8	21.4	24.6	24.1
BODY MASS INDEX					
Overweight*	8.2	7.5	9.0	7.5	8.9
Obese†	3.8	3.5	4.1	4.2	3.3
NUTRITION AND EATING PATTERNS					
Consumed 1 or more servings of fruit‡	89.8	89.4	90.4	91.0	88.7
Consumed 1 or more servings of vegetables or green salad‡	82.6	83.7	81.6	83.4	81.8
Consumed 1 or more servings of milk/dairy products‡	90.4	88.4	93.0	91.8	89.1
Consumed fried food 1 or more times‡	54.7	49.8	59.8	54.2	55.2
Drank 1 or more servings of non-diet soda/soft drinks‡	31.1	22.4	40.0	30.1	32.1
Consumed 1 or more servings of fast food (past 7 days)	30.9	22.4	39.9	28.7	33.2
Ate breakfast on all 7 days (past 7 days)	62.0	57.3	67.1	61.9	62.1
Ate dinner at home with parent(s)/guardian(s) on 5 or more days (past 7 days)	86.7	84.9	89.0	88.4	85.0
PHYSICAL ACTIVITY					
Participated in vigorous physical activity (on 3 or more of the past 7 days)§	85.2	83.5	87.6	88.0	82.3
Participated in moderate physical activity (physically active for at least 60 minutes per day on 5 or more of the past 7 days)**	65.8	61.8	70.7	66.5	65.1
Played on one or more sports teams (past 12 months)	83.5	80.4	87.3	86.0	81.0
Spend 3 or more hours of non-homework-related "screen time" on average school day††	25.3	23.9	26.3	19.6	30.9

* Students who were ≥85th percentile but <95th percentile for body mass index by age and gender, based on reference data

† Students who were ≥95th percentile for body mass index by age and gender, based on reference data

‡ On the day before the survey

§ Exercised 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

** Includes any physical activity that increases your heart rate and makes you breathe hard some of the time

†† Includes watching TV, going on the Internet, playing video games, or using a computer, tablet, or smartphone

Table 6-1B. Weight, Nutrition, and Physical Activity, 2006 - 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Needham (%)						MetroWest Region (%)					
	2006	2008	2010	2012	2014	2016	2006	2008	2010	2012	2014	2016
	(654)	(653)	(772)	(787)	(804)	(833)	(6,875)	(10,650)	(11,597)	(12,224)	(12,191)	(12,307)
WEIGHT PERCEPTION												
Describe self as slightly or very overweight	21.7	21.3	21.3	19.9	21.3	18.0	22.8	23.8	23.3	23.0	24.1	23.3
Trying to lose weight	28.7	30.6	29.9	31.0	25.6	24.3	34.1	34.1	33.1	32.4	33.3	32.7
BODY MASS INDEX												
Overweight*	12.0	8.7	11.5	13.0	7.9	8.2	13.4	13.0	13.1	12.6	12.1	13.1
Obese†	4.3	4.0	3.3	3.8	5.1	3.8	7.0	6.8	6.4	6.4	7.1	6.7
NUTRITION AND EATING PATTERNS												
Consumed 1 or more servings of fruit‡§	83.2	83.3	86.9	81.6	80.7	89.8	81.2	81.8	84.0	80.6	77.8	86.6
Consumed 1 or more servings of vegetables or green salad‡	82.1	85.3	87.4	84.4	84.0	82.6	80.9	80.4	82.2	80.5	80.2	80.0
Consumed 1 or more servings of milk/dairy products‡	–	–	–	–	–	90.4	–	–	–	–	–	90.4
Consumed fried food 1 or more times‡	–	–	–	44.1	53.6	54.7	–	–	–	53.3	53.9	56.2
Drank 1 or more servings of non-diet soda/soft drinks‡	41.8	35.4	33.9	24.8	20.9	31.1	50.6	46.7	38.3	37.0	33.3	30.9
Consumed 1 or more servings of fast food (past 7 days)	–	–	–	–	–	30.9	–	–	–	–	–	32.0
Ate breakfast on all 7 days (past 7 days)	–	–	–	–	63.0	62.0	–	–	–	–	58.2	56.9
Ate dinner at home with parent(s)/guardian(s) on 5 or more days (past 7 days)	–	–	–	83.0	88.1	86.7	–	–	–	83.4	86.2	82.9
PHYSICAL ACTIVITY												
Participated in vigorous physical activity (on 3 or more of the past 7 days)**	81.3	83.3	81.7	83.7	89.1	85.2	78.7	79.0	76.9	80.3	80.8	80.7
Participated in moderate physical activity (physically active for at least 60 minutes per day on 5 or more of the past 7 days)††	–	–	53.6	63.2	68.2	65.8	–	–	52.2	58.8	61.6	59.7
Played on one or more sports teams (past 12 months)	76.5	76.4	77.3	83.7	82.4	83.5	73.2	73.0	75.8	79.1	77.8	77.5
Spend 3 or more hours of non-homework-related "screen time" on average school day‡‡	–	–	–	25.7	24.6	25.3	–	–	–	32.8	33.5	34.4

* Students who were ≥85th percentile but <95th percentile for body mass index by age and gender, based on reference data

† Students who were ≥95th percentile for body mass index by age and gender, based on reference data

‡ On the day before the survey

§ From 2006 to 2014, data included fruit and 100% fruit juice consumption. In 2016, data only included fruit consumption

** Exercised 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

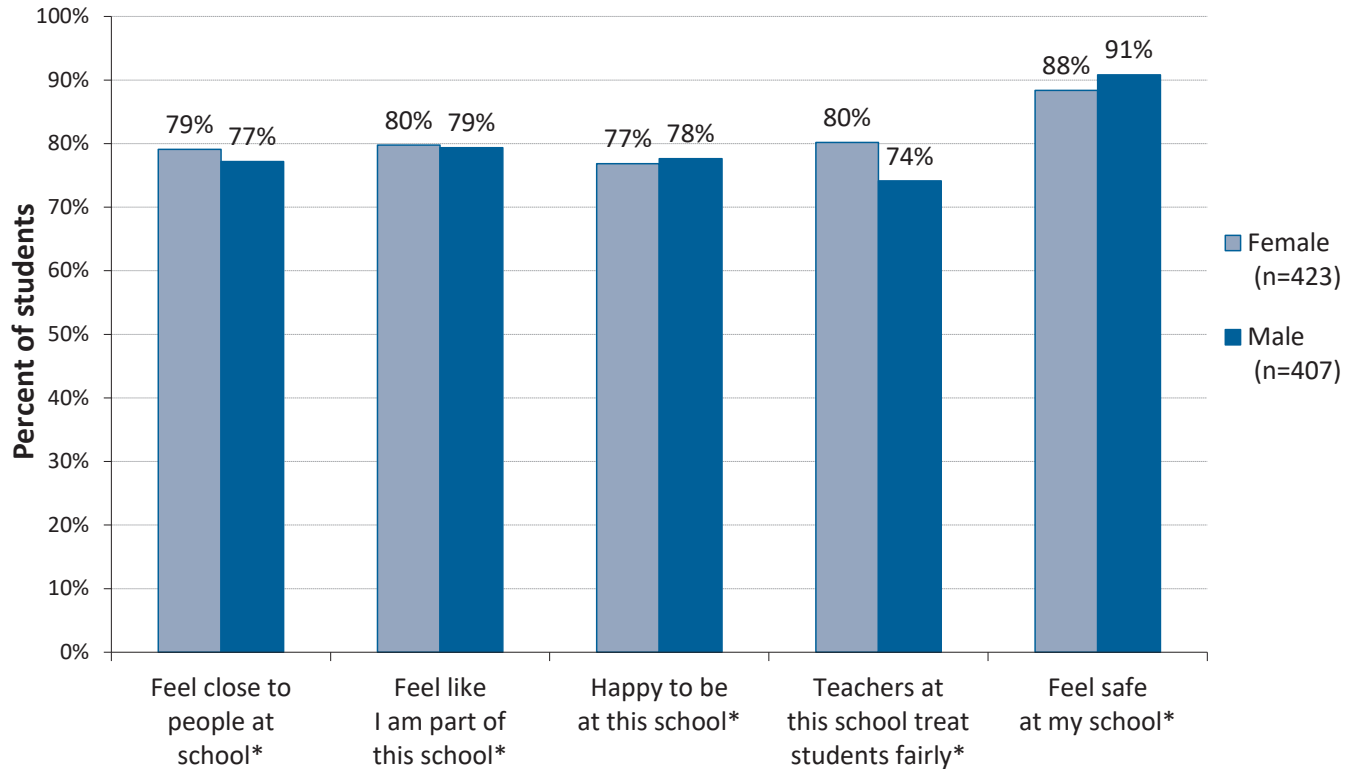
†† Includes any physical activity that increases your heart rate and makes you breathe hard some of the time

‡‡ Includes watching TV, going on the Internet, playing video games, or using a computer, tablet, or smartphone

Section 7: **Protective Factors**

Figure 7-1A. School Attachment by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)

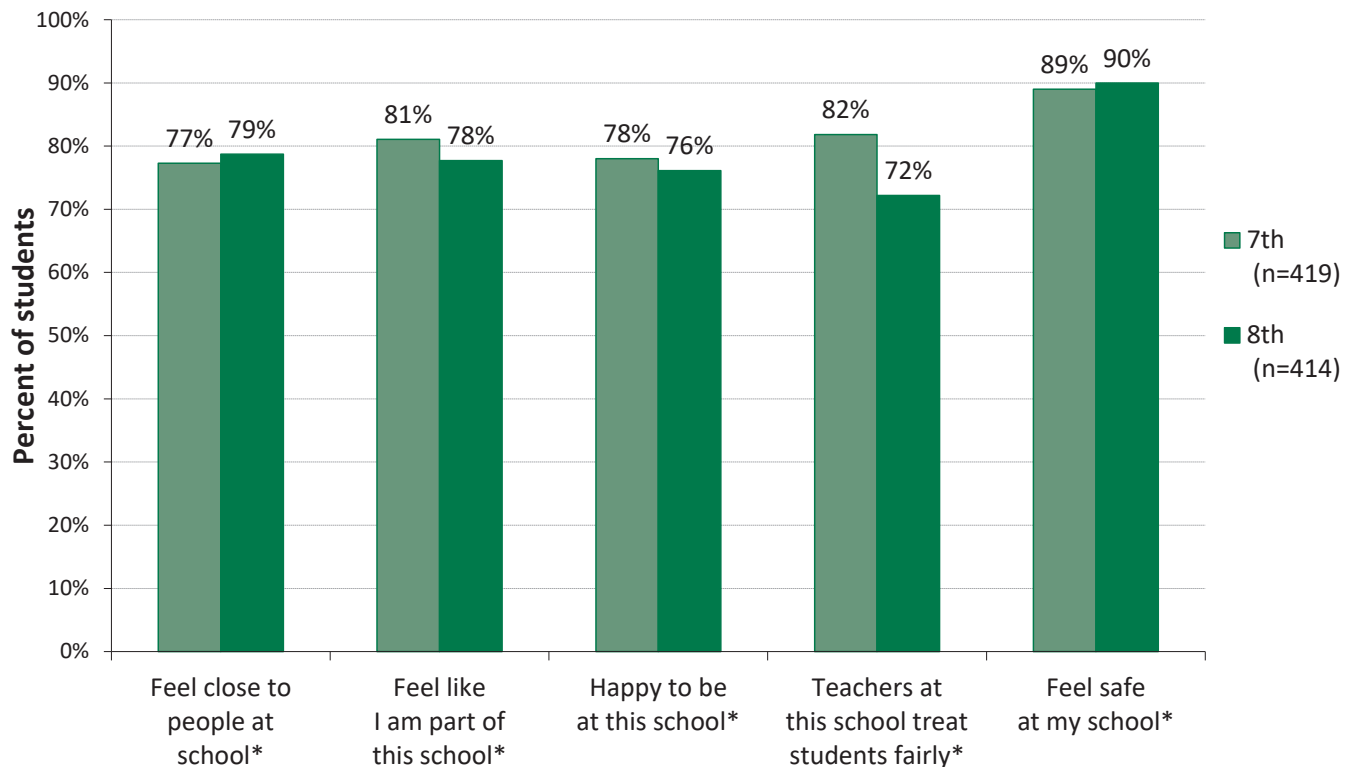
MetroWest Adolescent Health Survey



* Student responded "agree" or "strongly agree"

Figure 7-1B. School Attachment by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

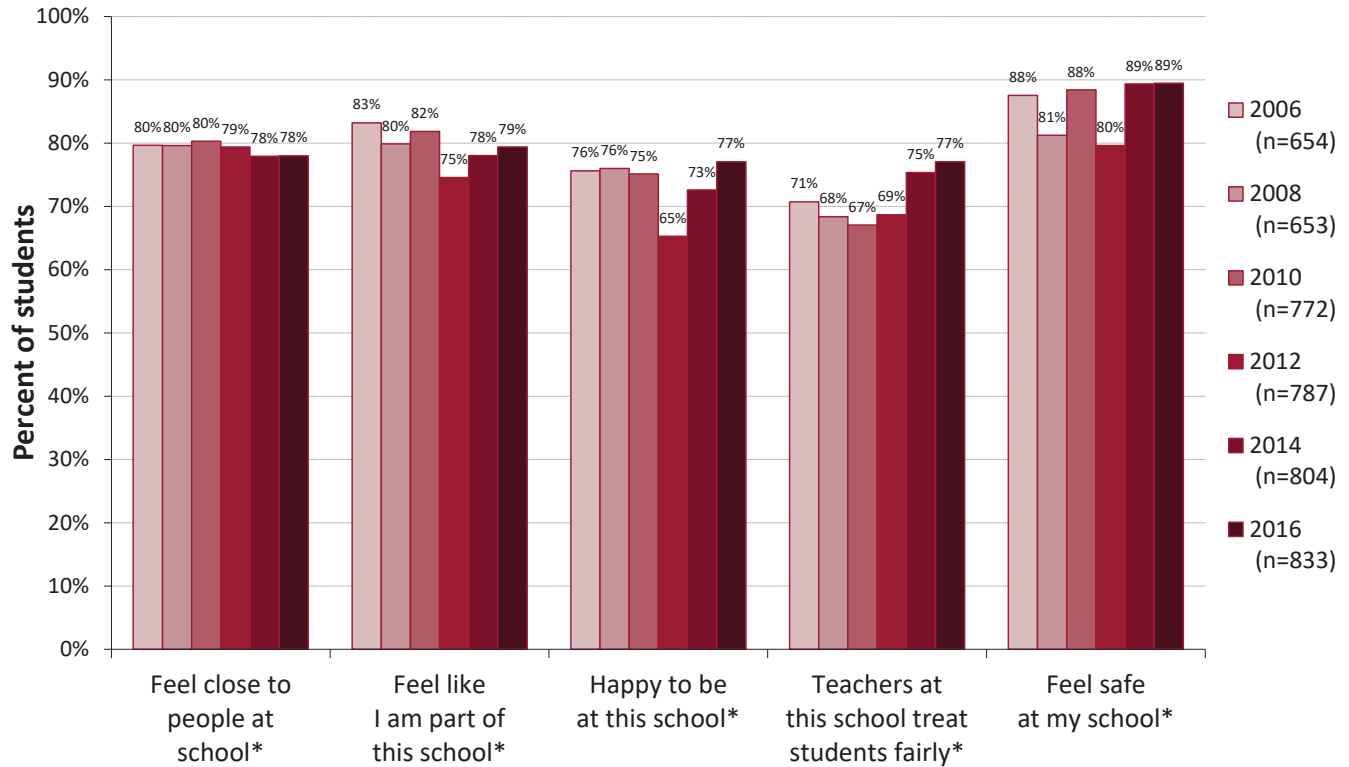


* Student responded "agree" or "strongly agree"

Figure 7-1C. Trends in School Attachment, 2006-2016

Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

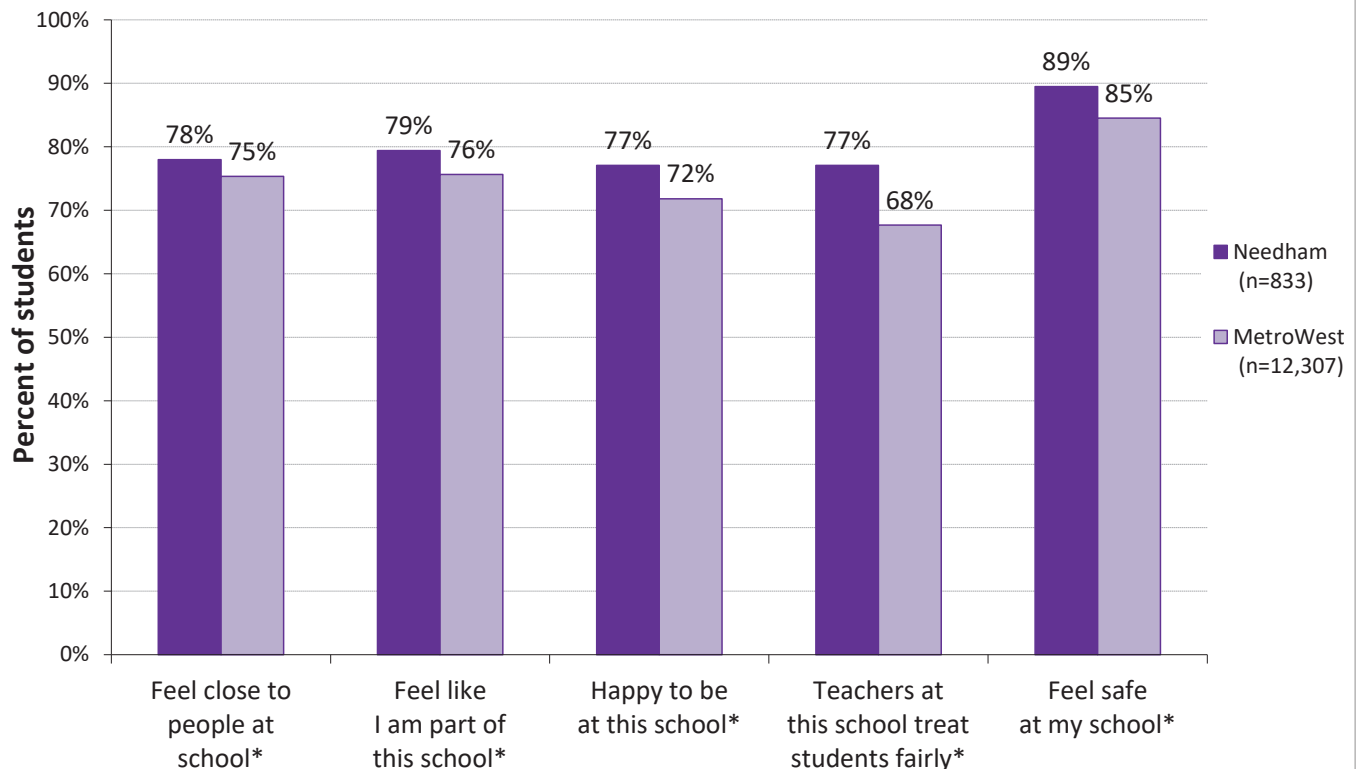


* Student responded "agree" or "strongly agree"

Figure 7-1D. School Attachment at the District and Regional Levels, 2016

Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey



* Student responded "agree" or "strongly agree"

Figure 7-2A. Adult Support by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

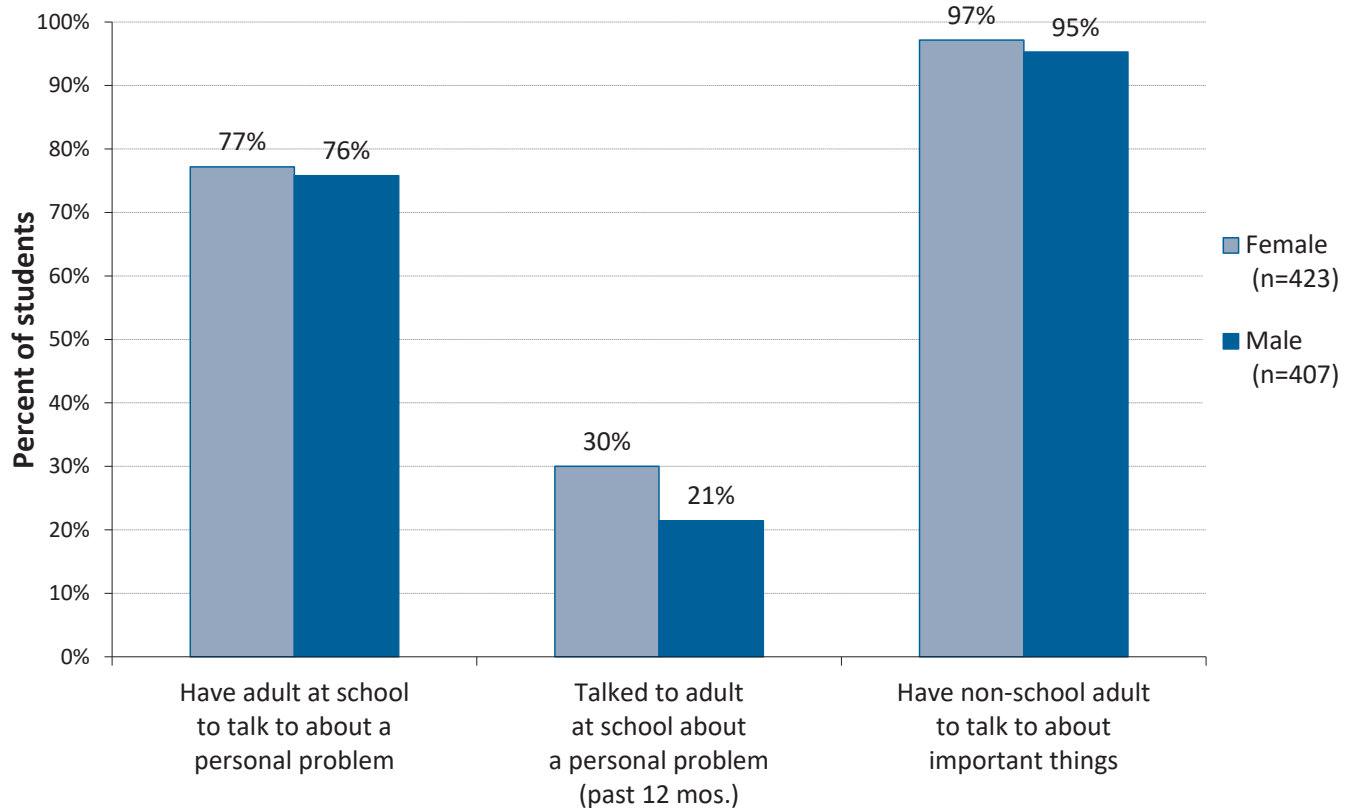


Figure 7-2B. Adult Support by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

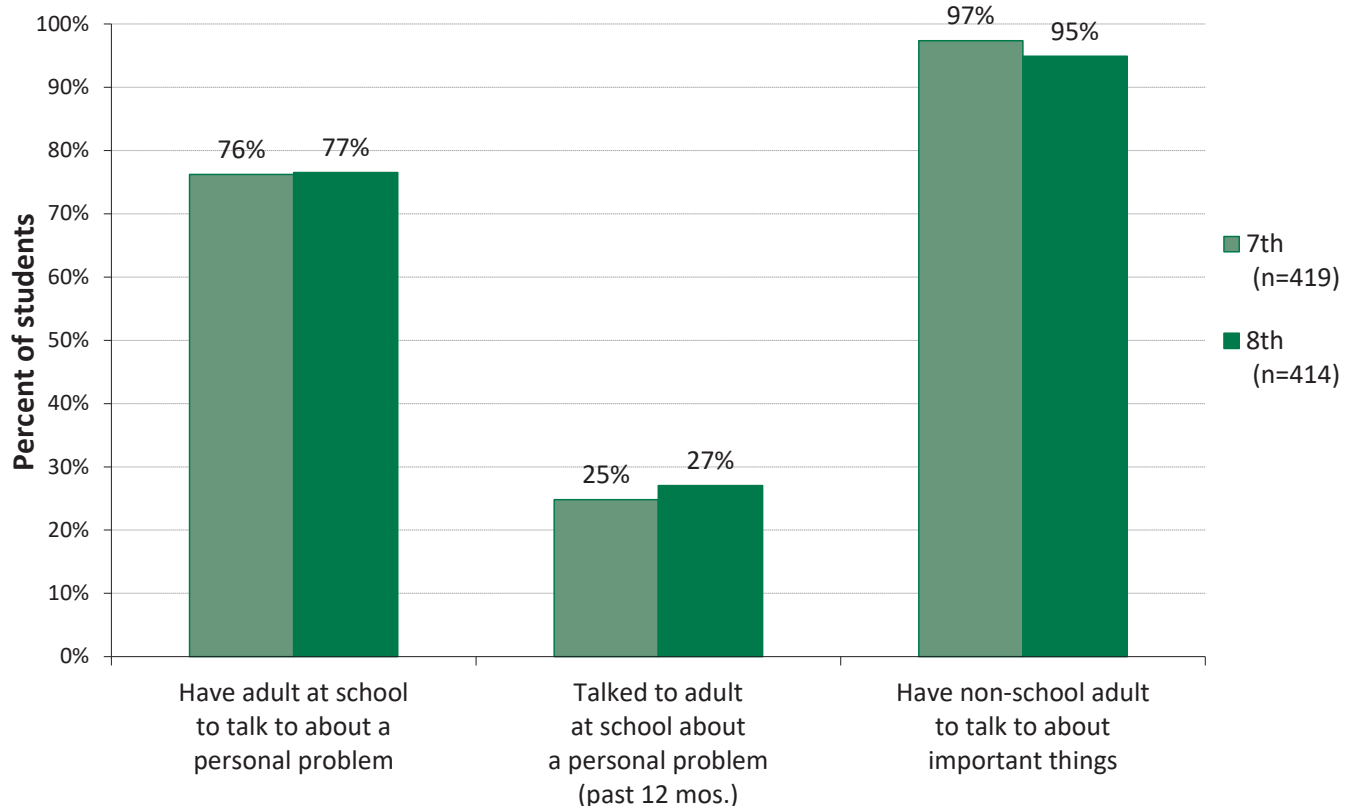


Figure 7-2C. Trends in Adult Support, 2006-2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

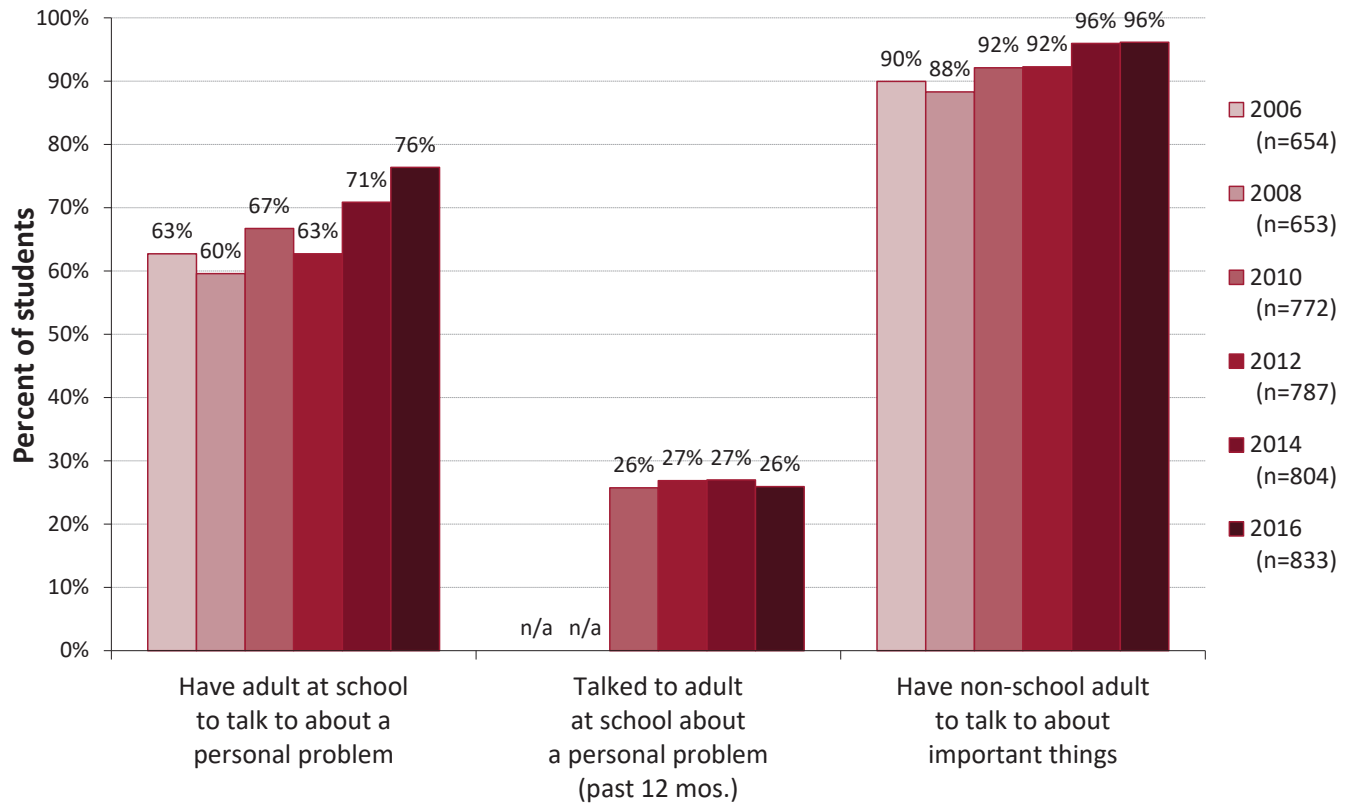


Figure 7-2D. Adult Support at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

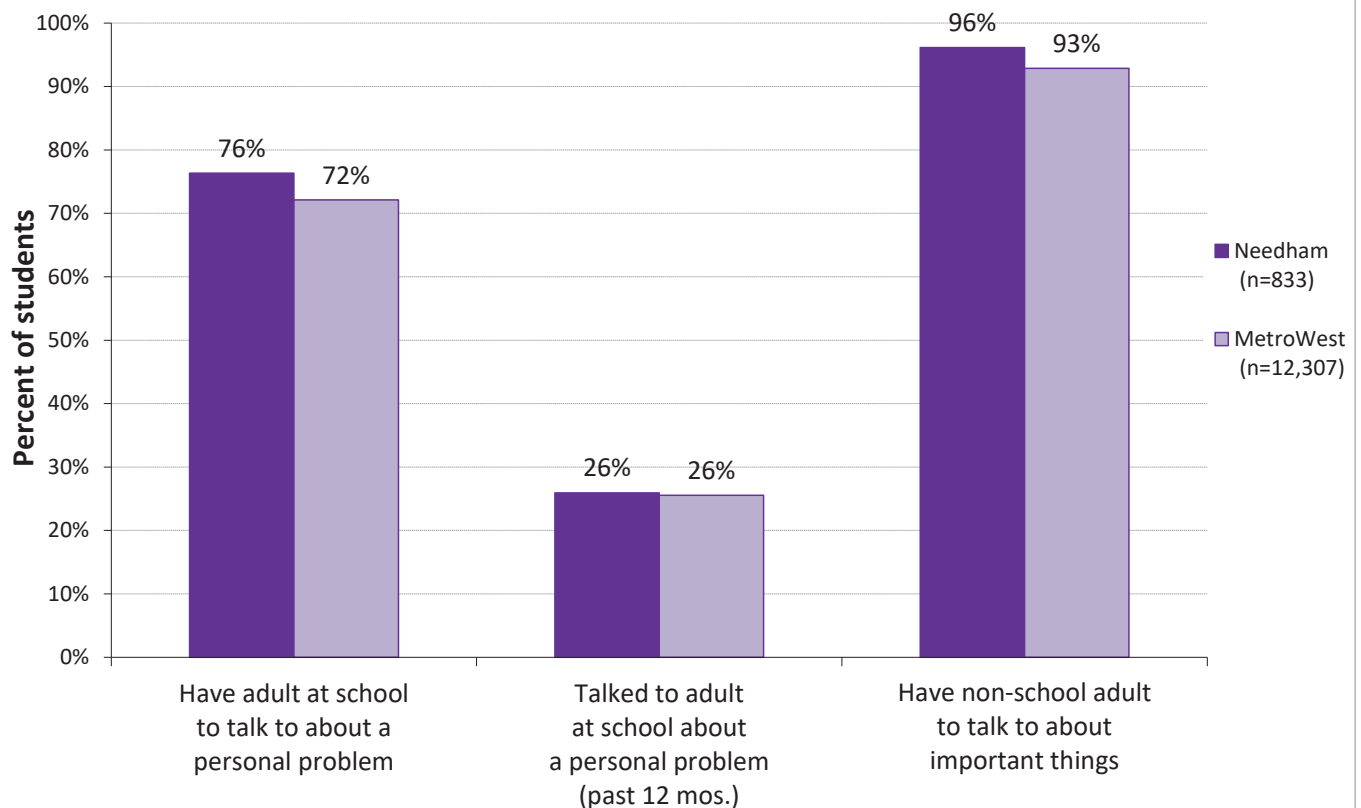
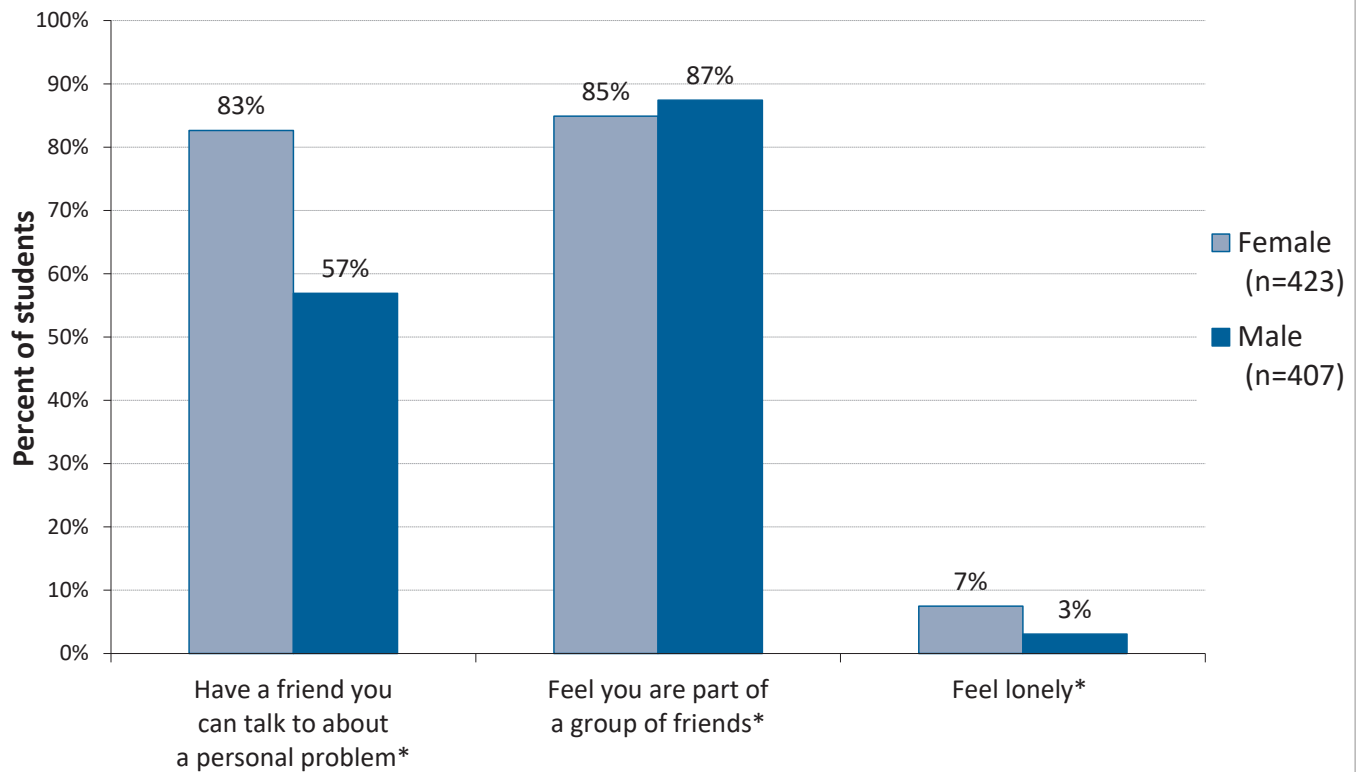


Figure 7-3A. Peer Support by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)

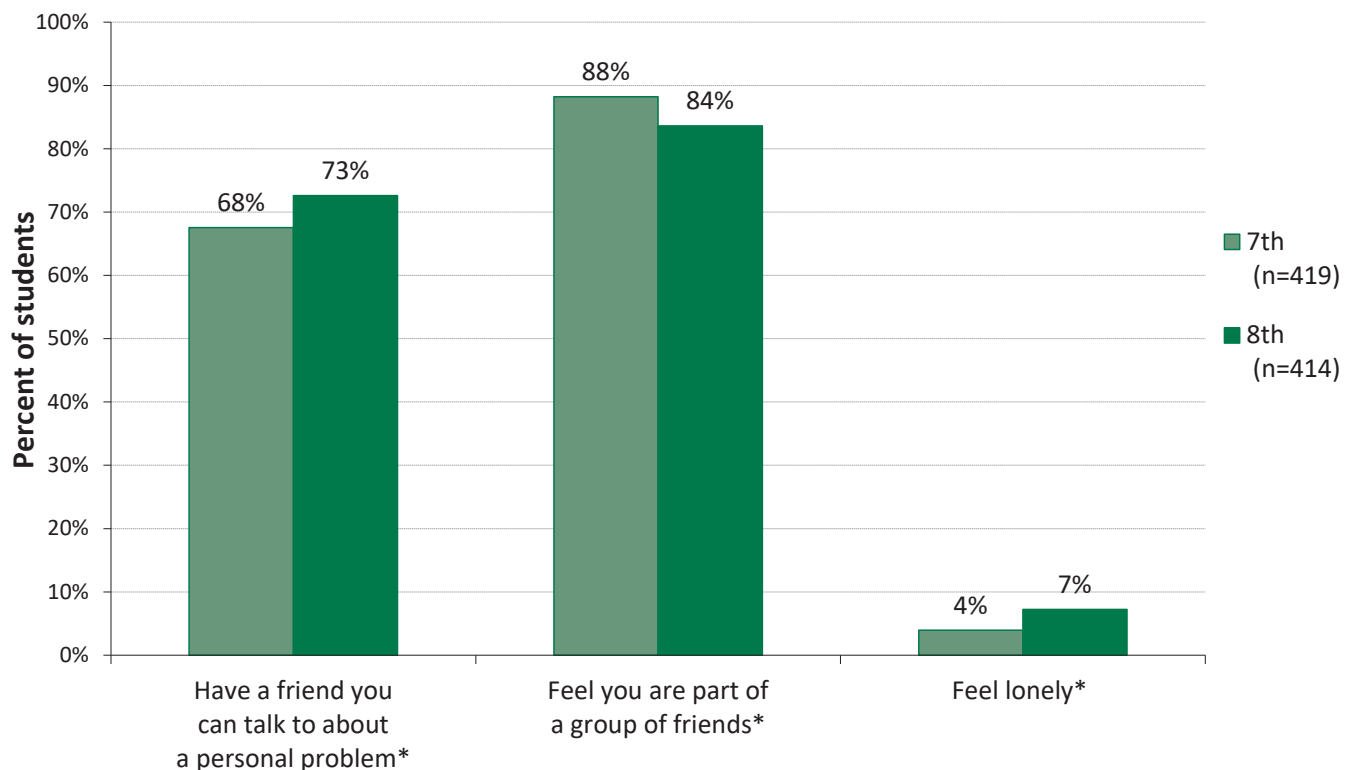
MetroWest Adolescent Health Survey



* Student responded "most of the time" or "all of the time"

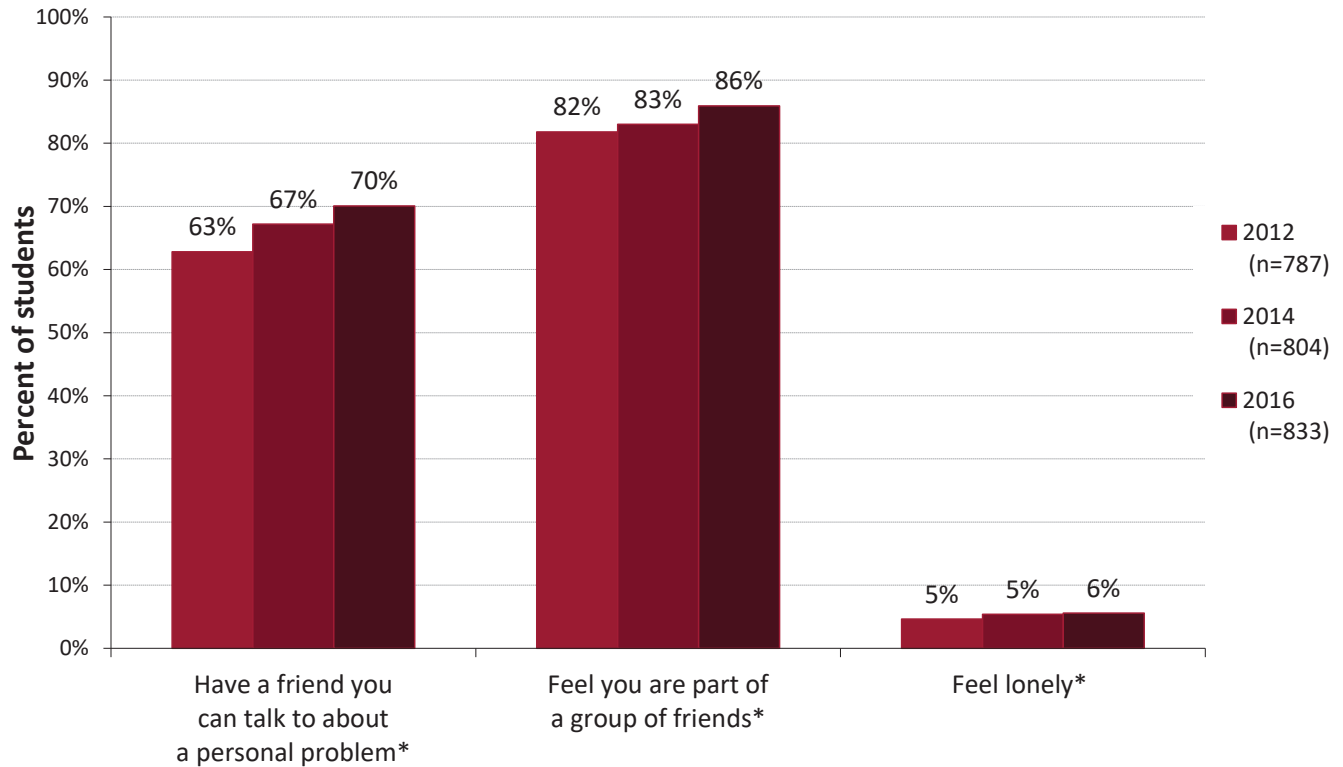
Figure 7-3B. Peer Support by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey



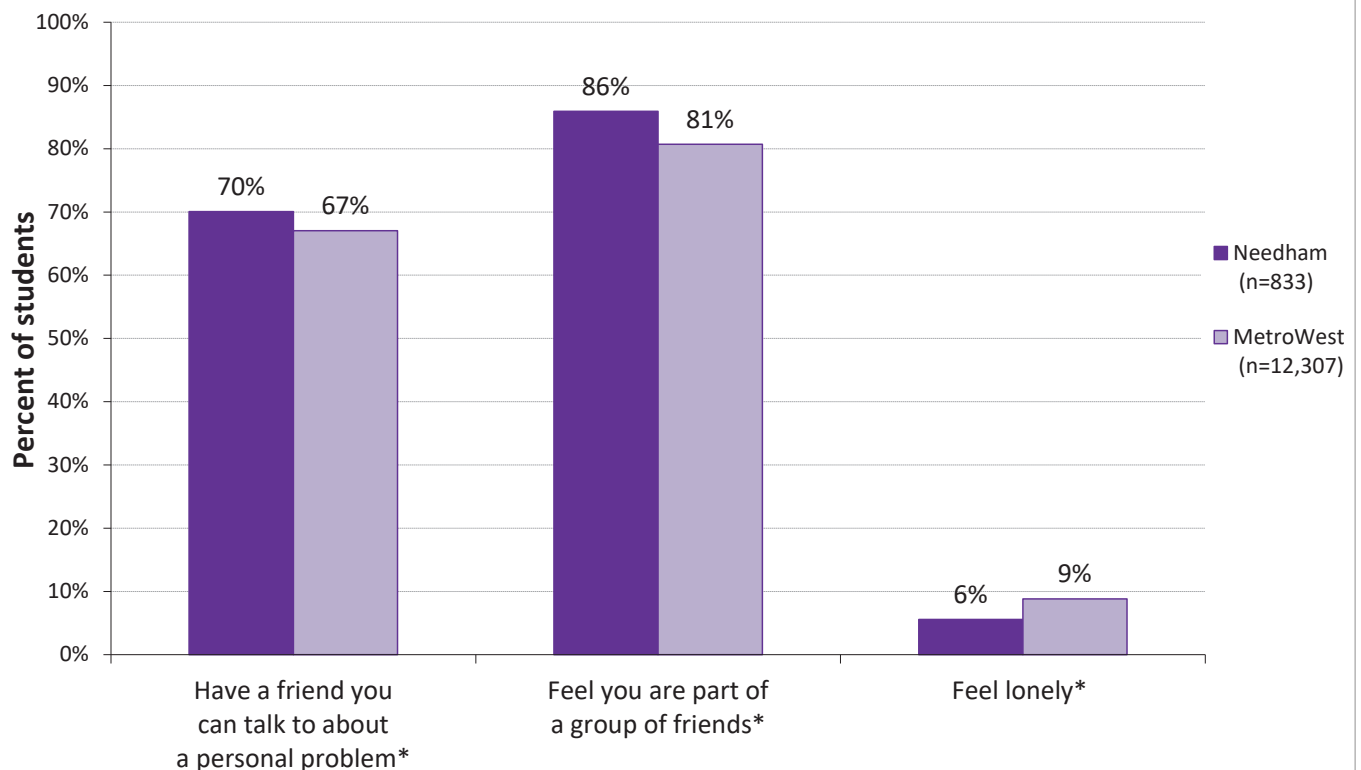
* Student responded "most of the time" or "all of the time"

Figure 7-3C. Trends in Peer Support, 2012-2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* Student responded "most of the time" or "all of the time"

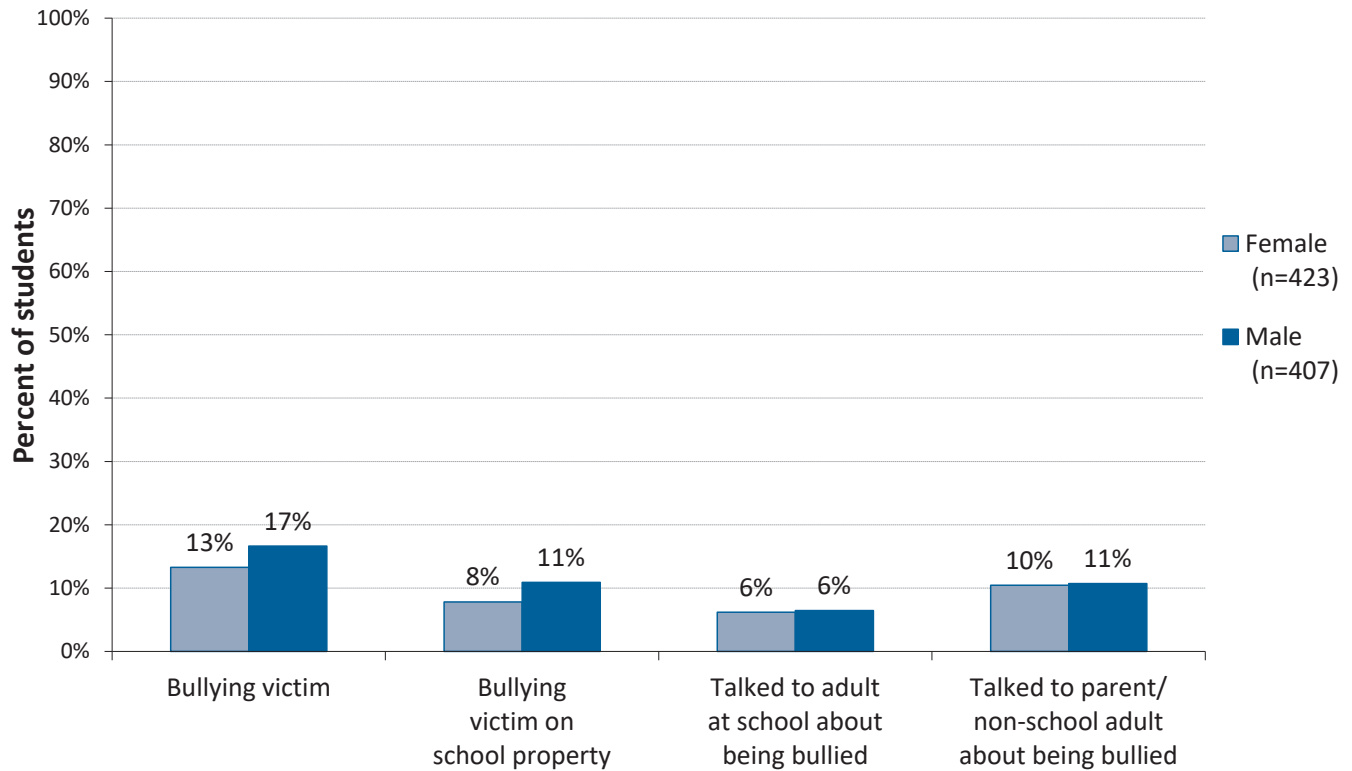
Figure 7-3D. Peer Support at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* Student responded "most of the time" or "all of the time"

Figure 7-4A. Bullying and Adult Support* by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)

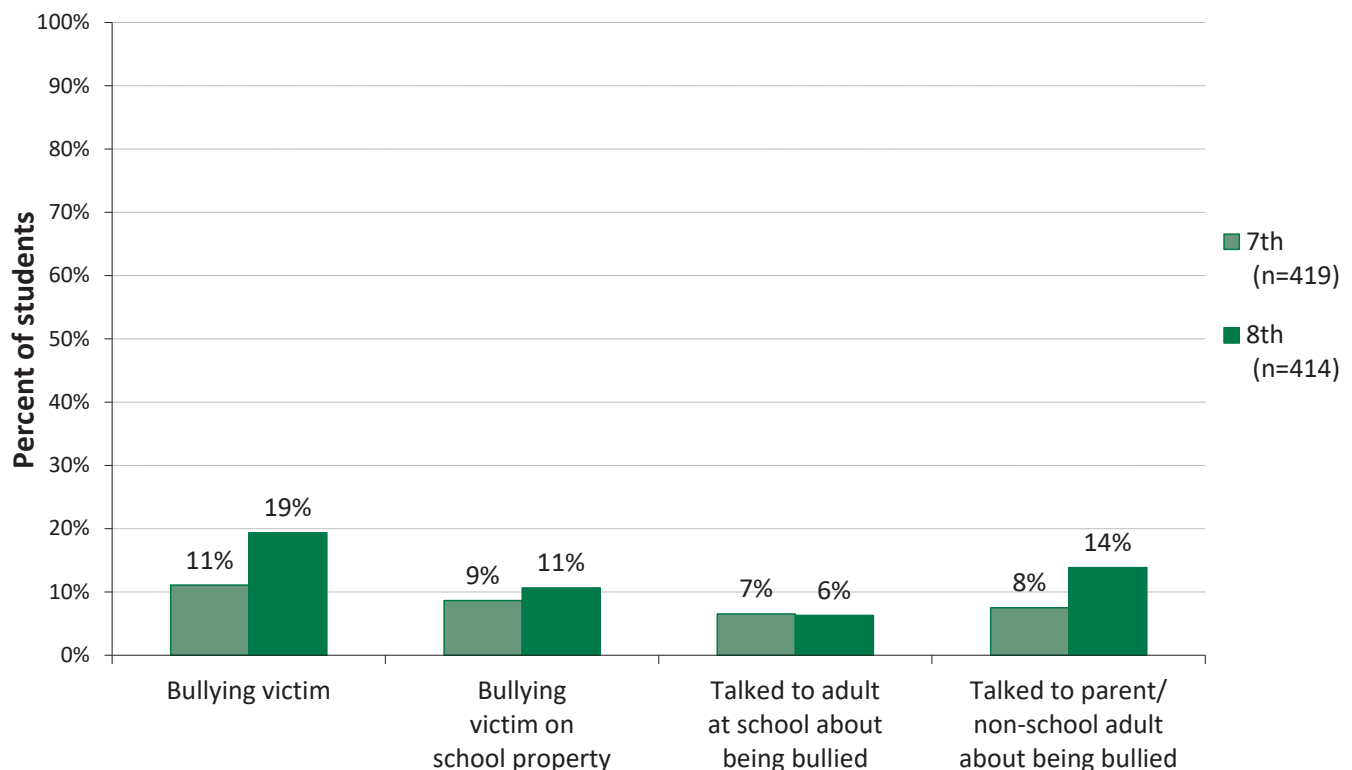
MetroWest Adolescent Health Survey



* In the past 12 months; Bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

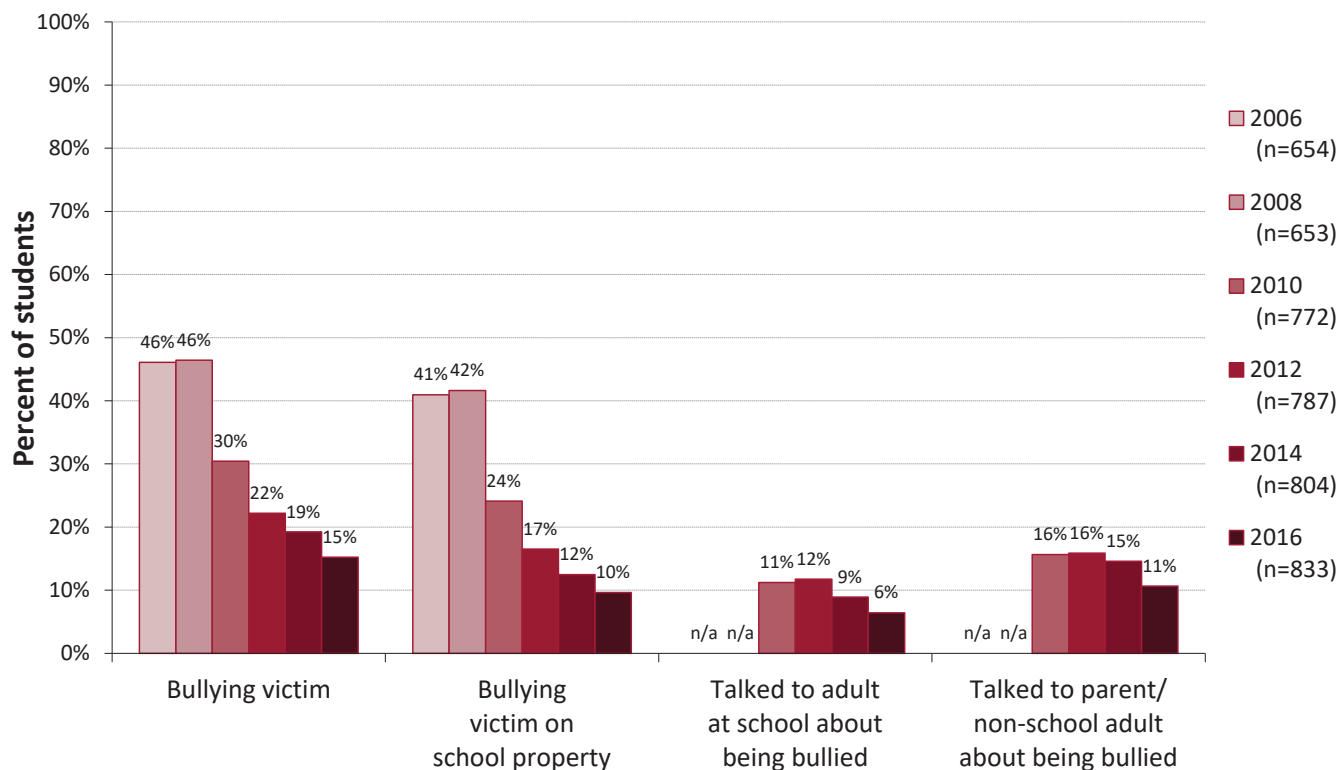
Figure 7-4B. Bullying and Adult Support* by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey



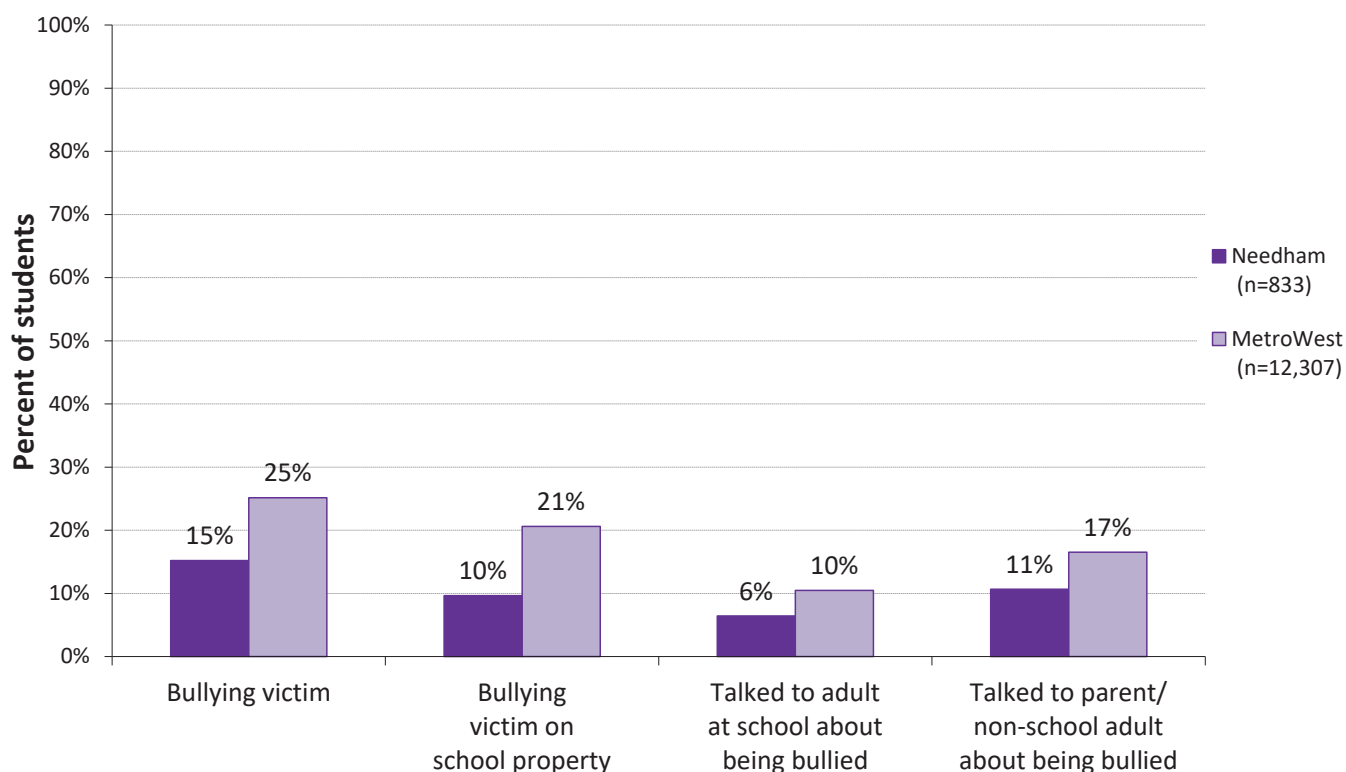
* In the past 12 months; Bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 7-4C. Trends in Bullying and Adult Support,* 2006-2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* In the past 12 months; Bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

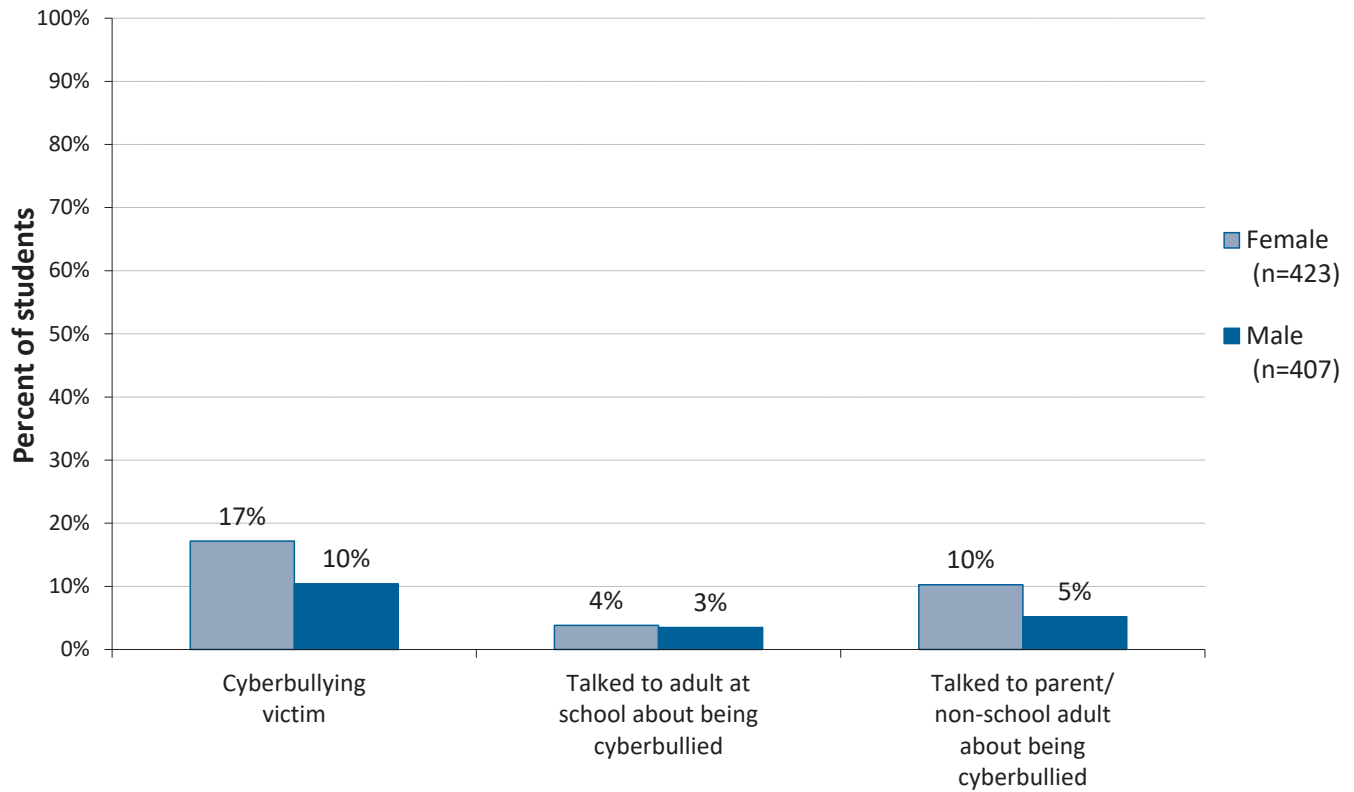
Figure 7-4D. Bullying and Adult Support* at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* In the past 12 months; Bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 7-5A. Cyberbullying and Adult Support* by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)

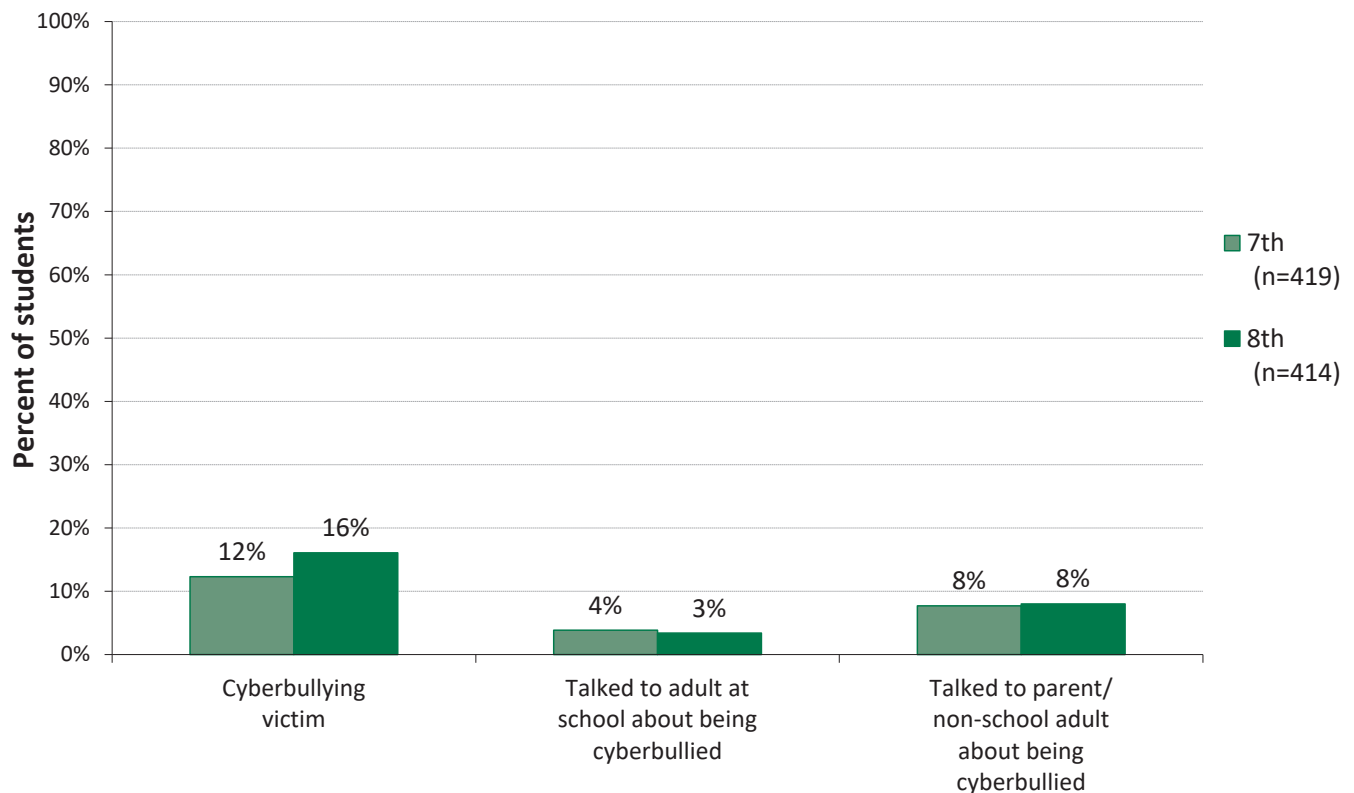
MetroWest Adolescent Health Survey



* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

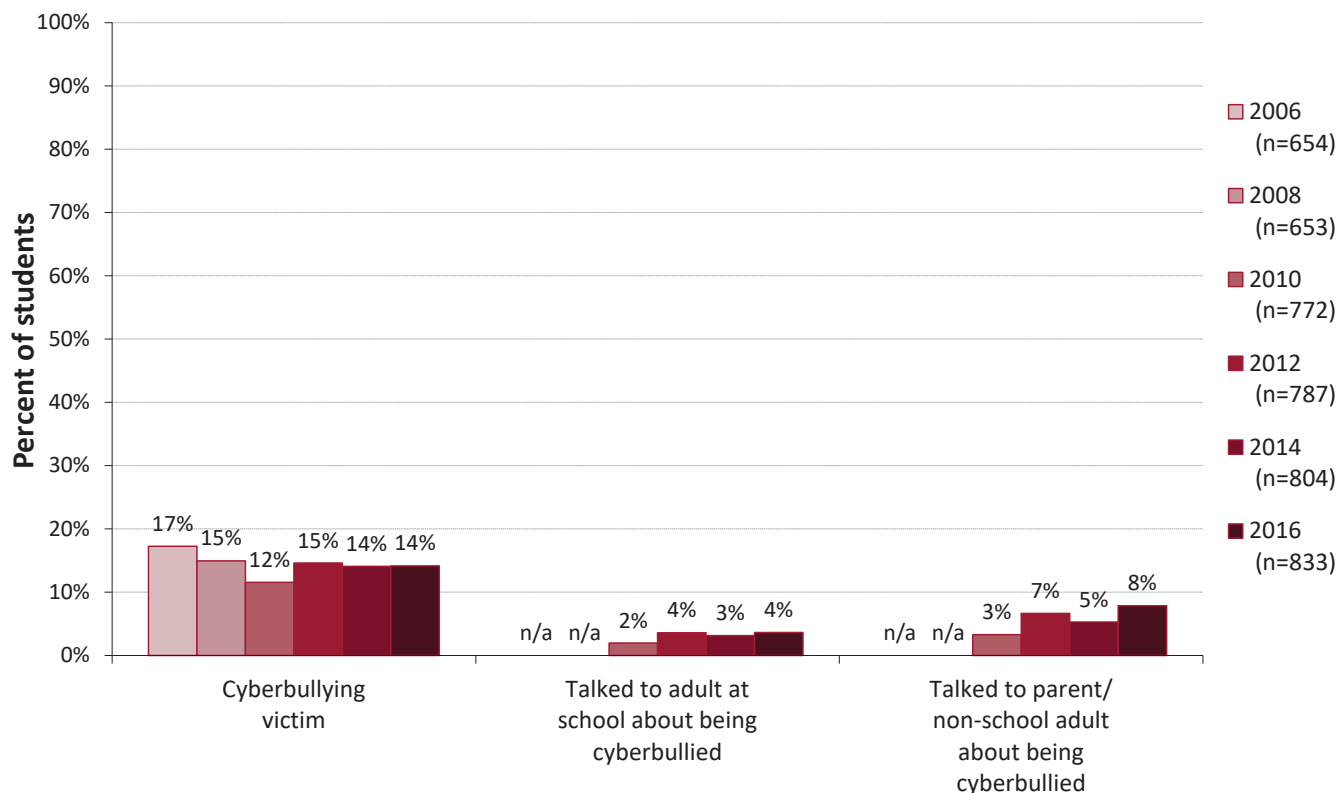
Figure 7-5B. Cyberbullying and Adult Support* by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey



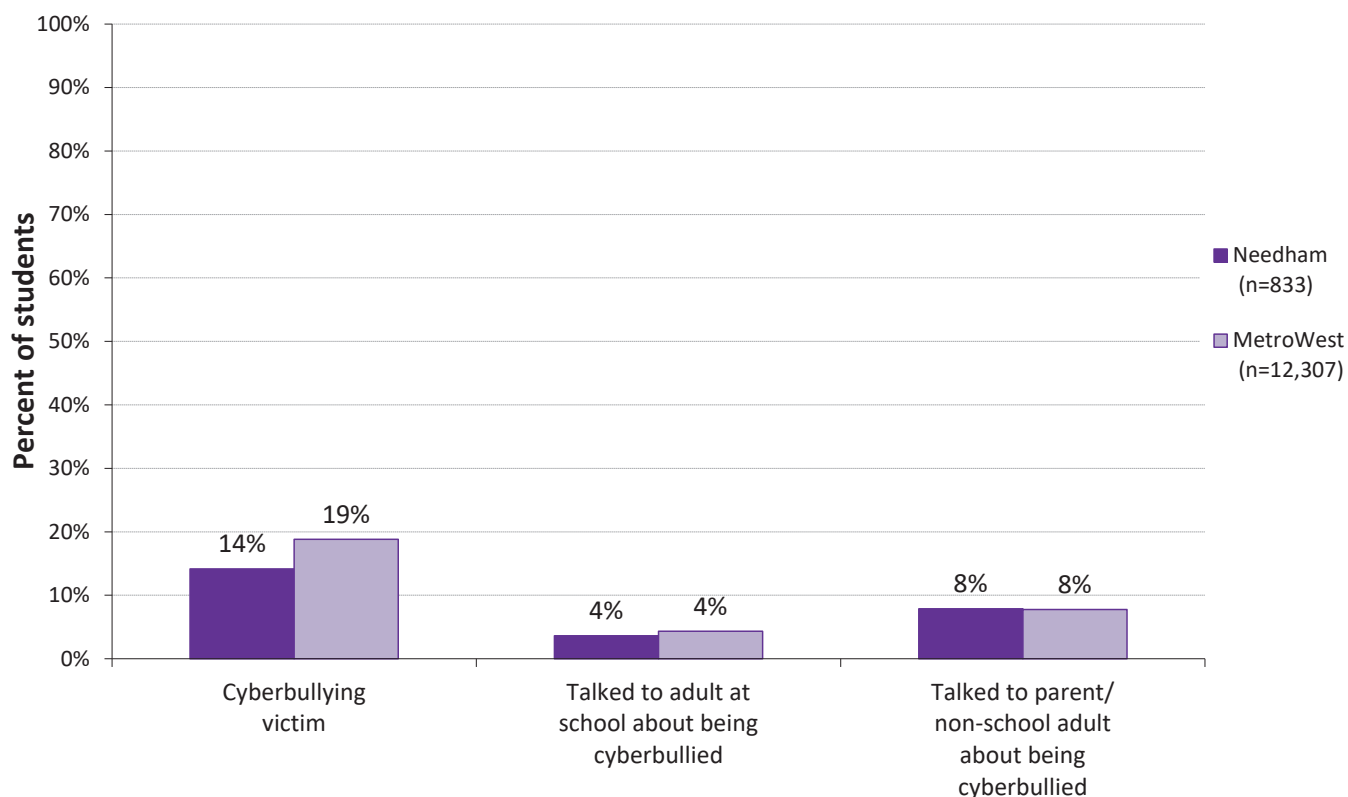
* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 7-5C. Trends in Cyberbullying and Adult Support,* 2006-2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 7-5D. Cyberbullying and Adult Support* at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* In the past 12 months; cyberbullying defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone

Figure 7-6A. Mental Health and Adult Support by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

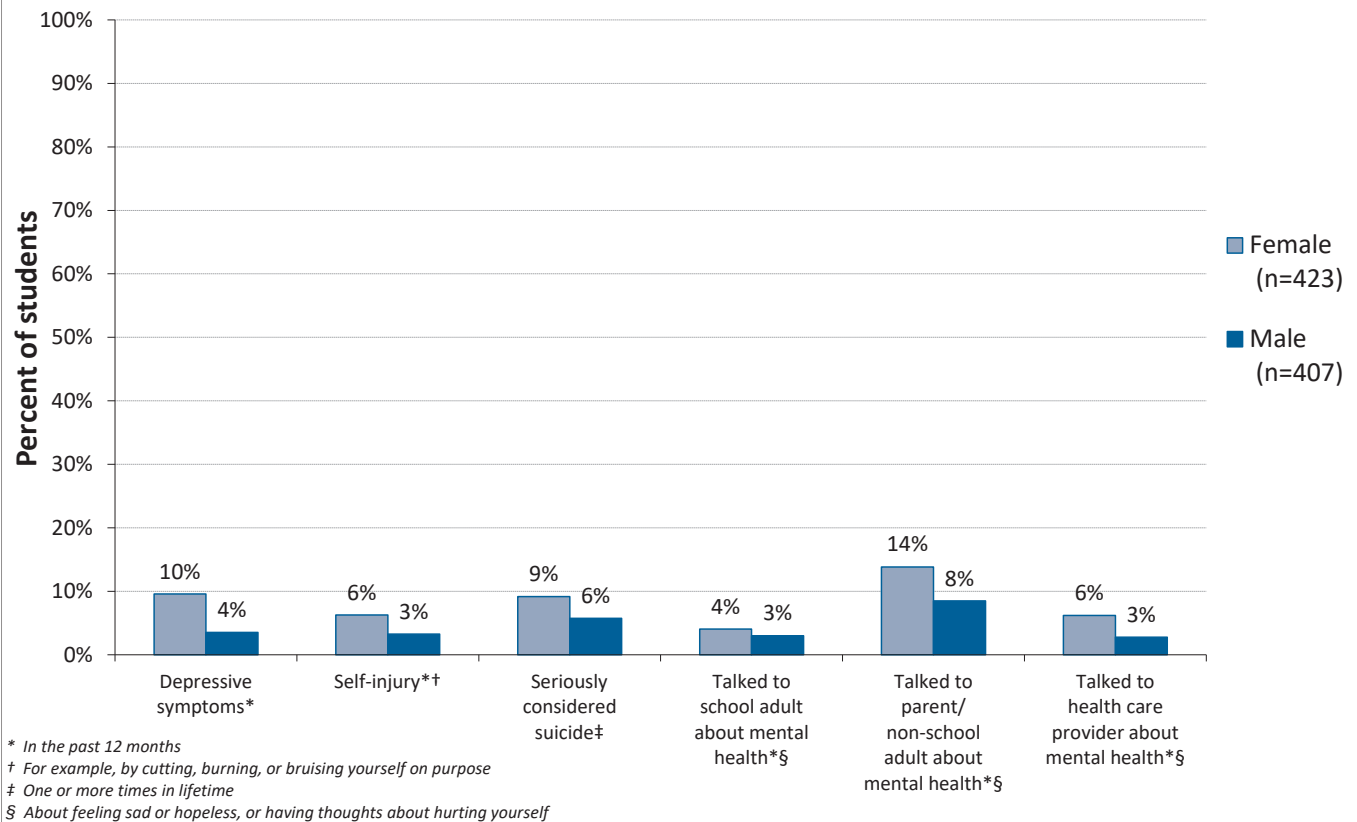


Figure 7-6B. Mental Health and Adult Support by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

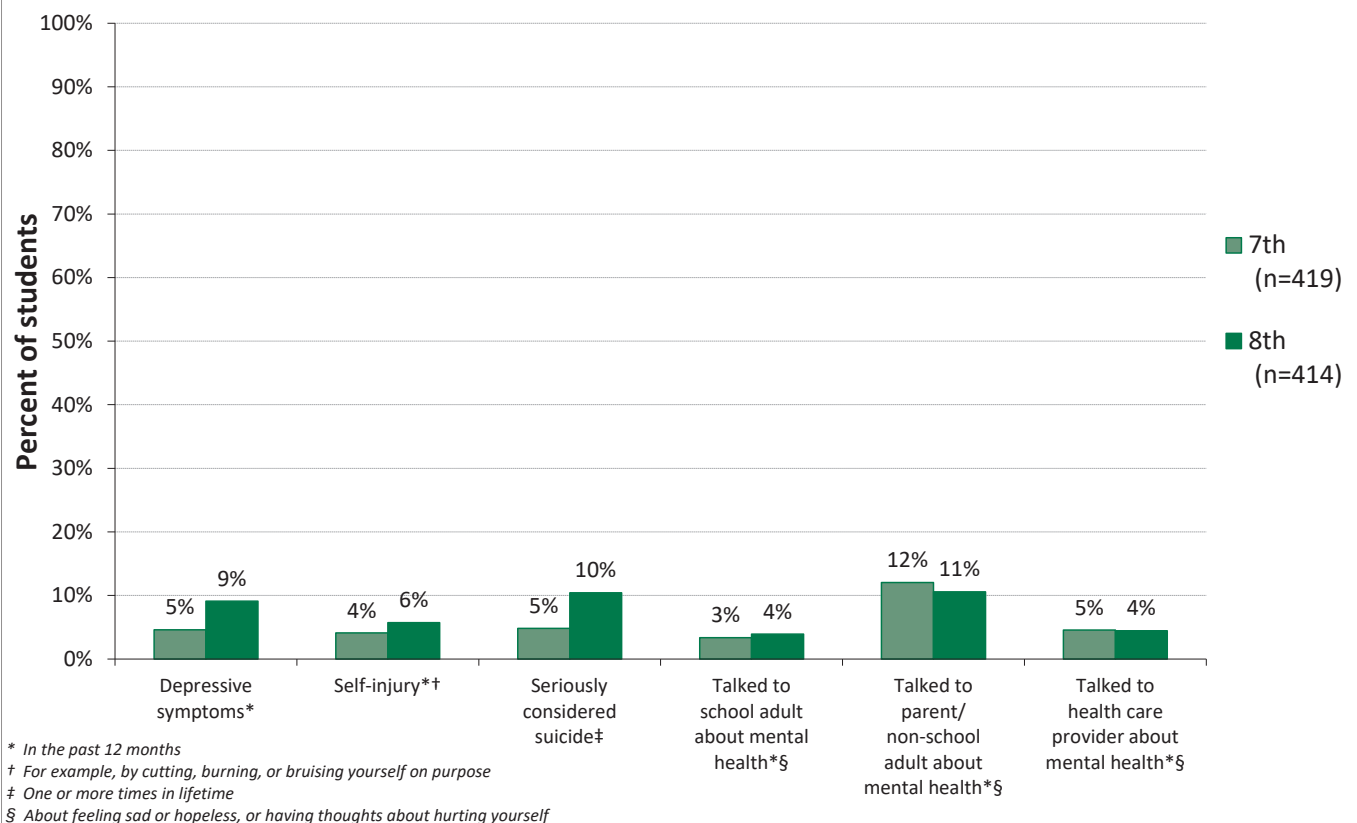


Figure 7-6C. Trends in Mental Health and Adult Support, 2006-2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

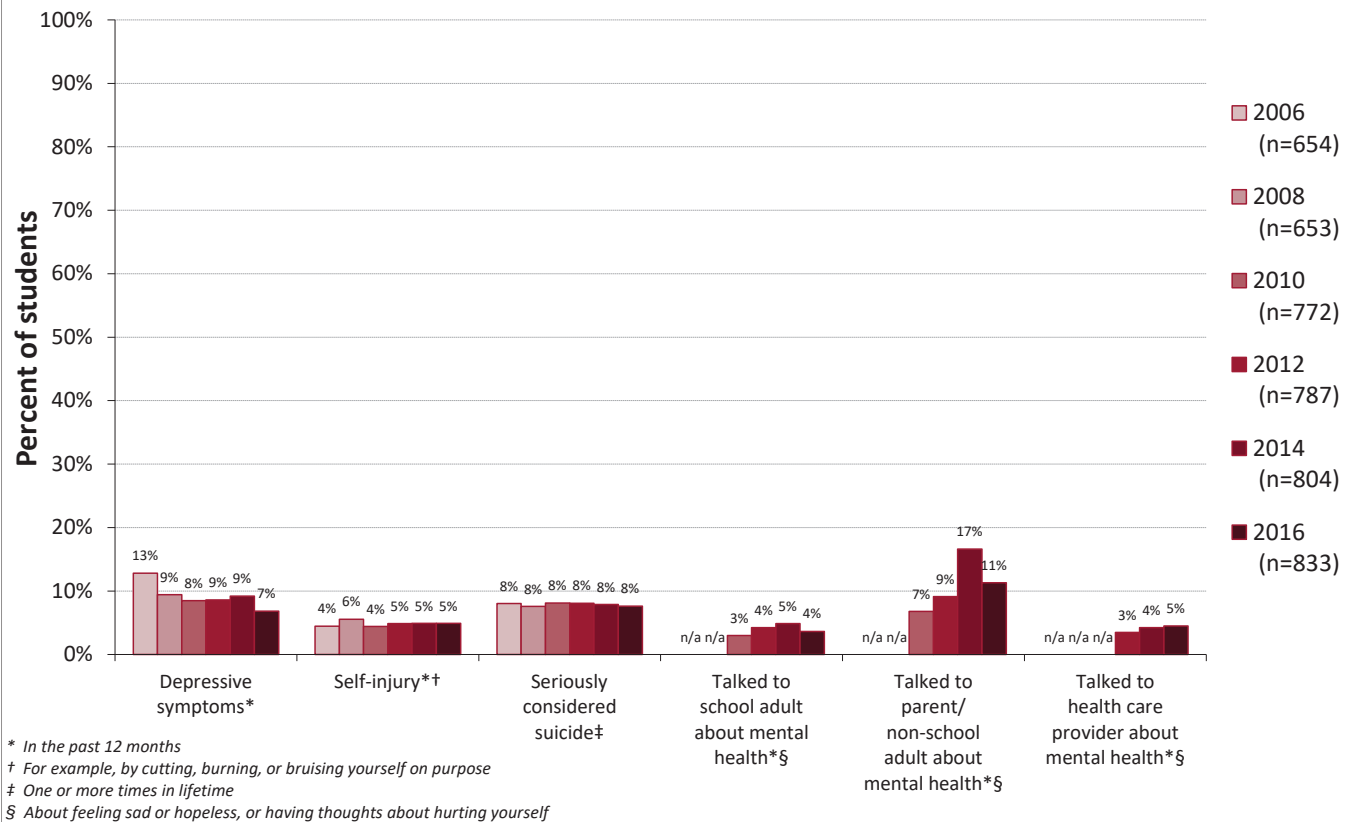


Figure 7-6D. Mental Health and Adult Support at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

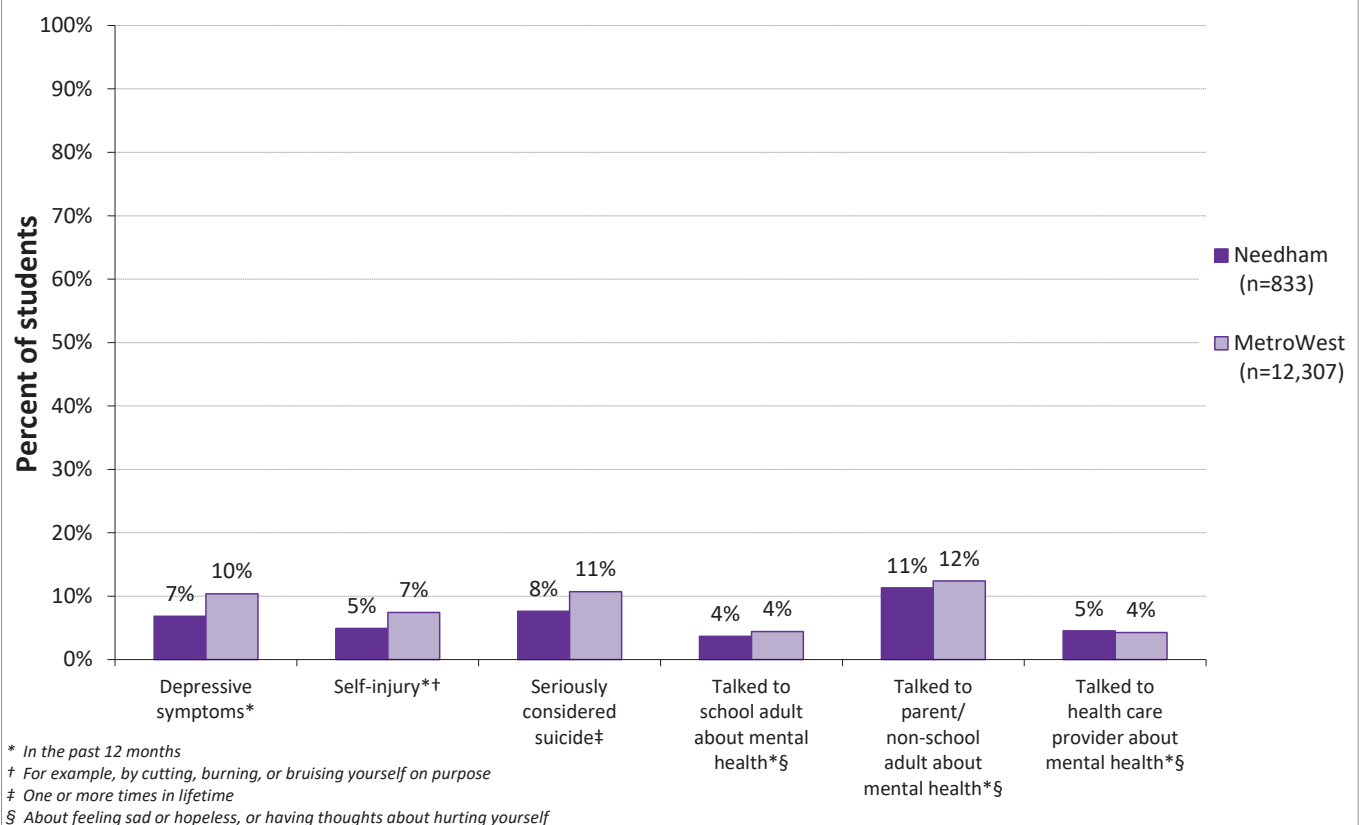


Table 7-1A. School Attachment, Adult Support, and Peer Support by Gender and Grade, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)	
		Female	Male	7 th	8 th
	(833)	(423)	(407)	(419)	(414)
SCHOOL ATTACHMENT*					
I feel close to people at school.	78.0	79.1	77.2	77.3	78.7
I feel like I am part of this school.	79.4	79.8	79.4	81.1	77.7
I am happy to be at this school.	77.1	76.8	77.6	78.0	76.1
The teachers at this school treat students fairly.	77.1	80.2	74.1	81.8	72.2
I feel safe in my school.	89.5	88.4	90.8	89.0	90.0
ADULT SUPPORT AT SCHOOL					
Have at least one teacher/adult at school to talk to if you have a problem	76.4	77.2	75.8	76.2	76.5
Talked to a teacher/adult at school about a personal problem†	25.9	30.0	21.4	24.8	27.1
Talked to a teacher/adult at school about being bullied†	6.4	6.2	6.5	6.5	6.3
Talked to a teacher/adult at school about being cyberbullied†	3.6	3.8	3.5	3.9	3.4
Talked to a teacher/adult at school about feeling sad or hopeless or having thoughts about hurting yourself†	3.6	4.0	3.0	3.4	3.9
ADULT SUPPORT OUTSIDE OF SCHOOL					
Ate dinner at home with parent(s)/guardian(s) on 5 or more days (past 7 days)	86.7	84.9	89.0	88.4	85.0
Have at least one parent/adult outside of school to talk to about things that are important to you	96.1	97.2	95.3	97.4	94.9
Talked to a parent/adult outside of school about being bullied†	10.7	10.5	10.7	7.5	13.8
Talked to a parent/adult outside of school about being cyberbullied†	7.9	10.2	5.2	7.7	8.0
Talked to a parent/adult outside of school about feeling sad or hopeless or having thoughts about hurting yourself†	11.3	13.8	8.5	12.0	10.6
PEER SUPPORT					
Feel you have a friend you can talk to about a personal problem‡	70.1	82.6	56.9	67.6	72.6
Feel you are part of a group of friends‡	85.9	84.9	87.4	88.2	83.6
Feel lonely‡	5.6	7.5	3.1	3.9	7.2

* Student responded "agree" or "strongly agree"

† During the past 12 months

‡ Student responded "most of the time" or "all of the time"

Table 7-1B. School Attachment, Adult Support, and Peer Support, 2006 - 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Needham (%)						MetroWest Region (%)					
	2006	2008	2010	2012	2014	2016	2006	2008	2010	2012	2014	2016
	(654)	(653)	(772)	(787)	(804)	(833)	(6,875)	(10,650)	(11,597)	(12,224)	(12,191)	(12,307)
SCHOOL ATTACHMENT*												
I feel close to people at school.	79.7	79.6	80.3	79.4	77.9	78.0	74.7	76.6	77.9	79.9	75.7	75.4
I feel like I am part of this school.	83.2	79.9	81.8	74.6	78.0	79.4	75.3	76.3	80.2	79.7	76.2	75.6
I am happy to be at this school.	75.6	76.0	75.1	65.3	72.6	77.1	69.3	71.1	75.0	74.0	73.2	71.8
The teachers at this school treat students fairly.	70.7	68.4	67.1	68.7	75.3	77.1	64.9	66.8	69.1	70.3	71.8	67.7
I feel safe in my school.	87.5	81.2	88.4	79.6	89.3	89.5	79.6	79.6	84.6	84.4	83.7	84.5
ADULT SUPPORT AT SCHOOL												
Have at least one teacher/adult at school to talk to if you have a problem	62.7	59.6	66.7	62.7	70.9	76.4	63.4	61.2	66.0	68.0	68.9	72.1
Talked to a teacher/adult at school about a personal problem [†]	–	–	25.8	26.9	27.0	25.9	–	–	25.9	26.5	25.1	25.6
Talked to a teacher/adult at school about being bullied [†]	–	–	11.2	11.7	8.9	6.4	–	–	12.2	12.8	11.8	10.5
Talked to a teacher/adult at school about being cyberbullied [†]	–	–	2.0	3.6	3.1	3.6	–	–	3.5	3.7	4.1	4.3
Talked to a teacher/adult at school about feeling sad or hopeless or having thoughts about hurting yourself [‡]	–	–	3.0	4.2	4.9	3.6	–	–	4.2	4.5	5.1	4.4
ADULT SUPPORT OUTSIDE OF SCHOOL												
Ate dinner at home with parent(s)/guardian(s) on 5 or more days (past 7 days)	–	–	–	83.0	88.1	86.7	–	–	–	83.4	86.2	82.9
Have at least one parent/adult outside of school to talk to about things that are important to you	90.0	88.3	92.1	92.3	96.0	96.1	89.4	88.5	90.3	91.6	92.2	92.9
Talked to a parent/adult outside of school about being bullied [†]	–	–	15.6	15.9	14.6	10.7	–	–	20.1	20.3	18.8	16.5
Talked to a parent/adult outside of school about being cyberbullied [†]	–	–	3.3	6.7	5.3	7.9	–	–	5.7	6.6	7.1	7.8
Talked to a parent/adult outside of school about feeling sad or hopeless or having thoughts about hurting yourself [‡]	–	–	6.8	9.1	16.6	11.3	–	–	9.5	9.5	15.2	12.4
PEER SUPPORT												
Feel you have a friend you can talk to about a personal problem [‡]	–	–	–	62.8	67.2	70.1	–	–	–	64.6	65.6	67.0
Feel you are part of a group of friends [‡]	–	–	–	81.8	83.0	85.9	–	–	–	79.9	79.0	80.7
Feel lonely [‡]	–	–	–	4.6	5.4	5.6	–	–	–	7.6	9.9	8.8

* Student responded "agree" or "strongly agree"

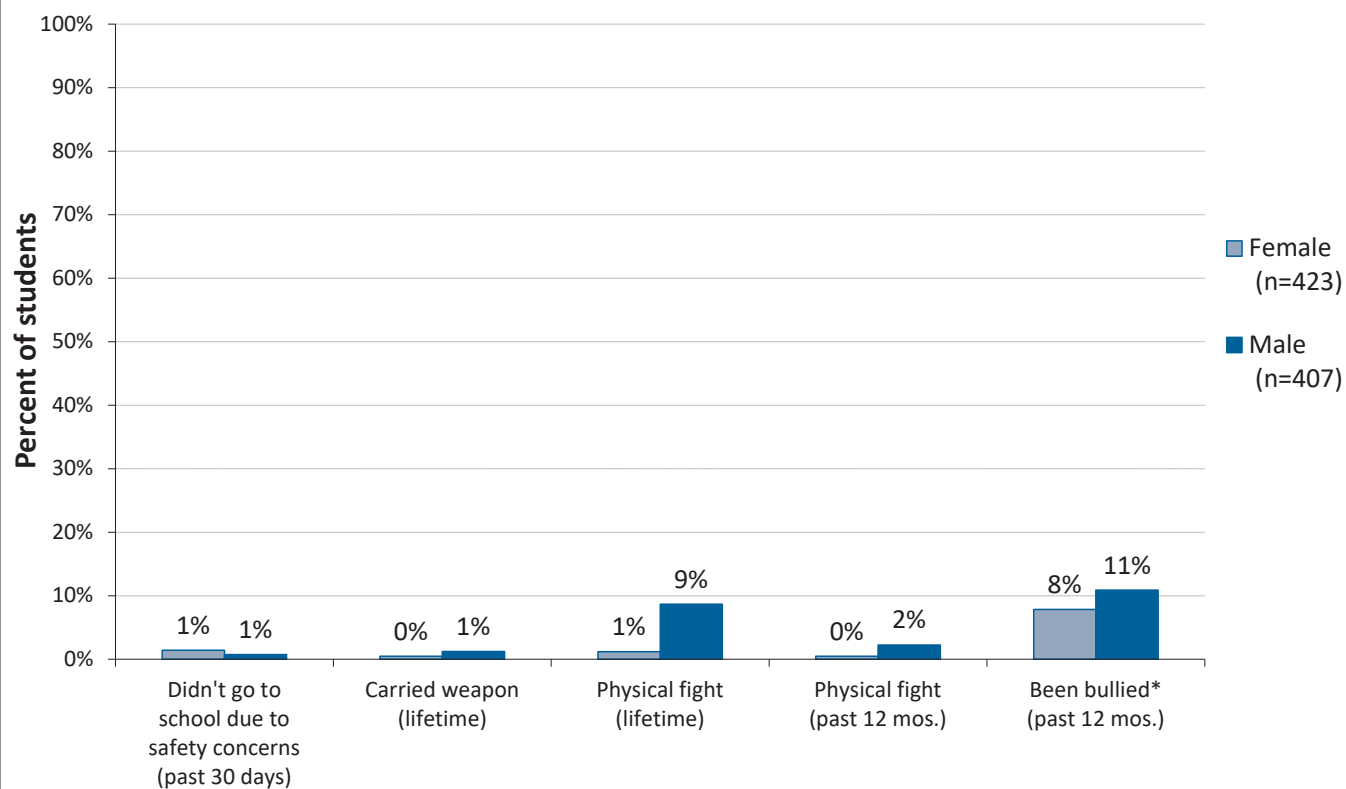
† During the past 12 months

‡ Student responded "most of the time" or "all of the time"

Section 8: Risk Behaviors on School Property

Figure 8-1A. Violence and Bullying* on School Property by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)

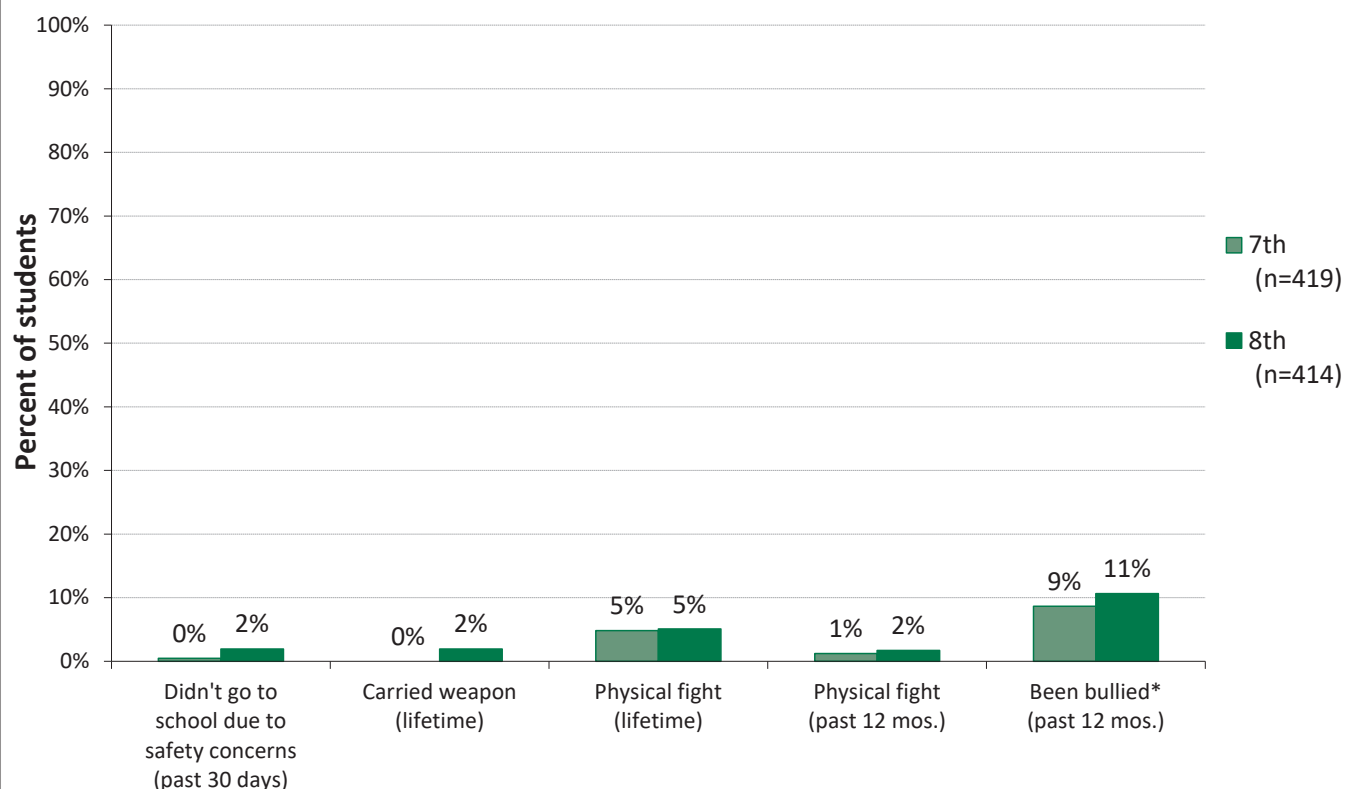
MetroWest Adolescent Health Survey



* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

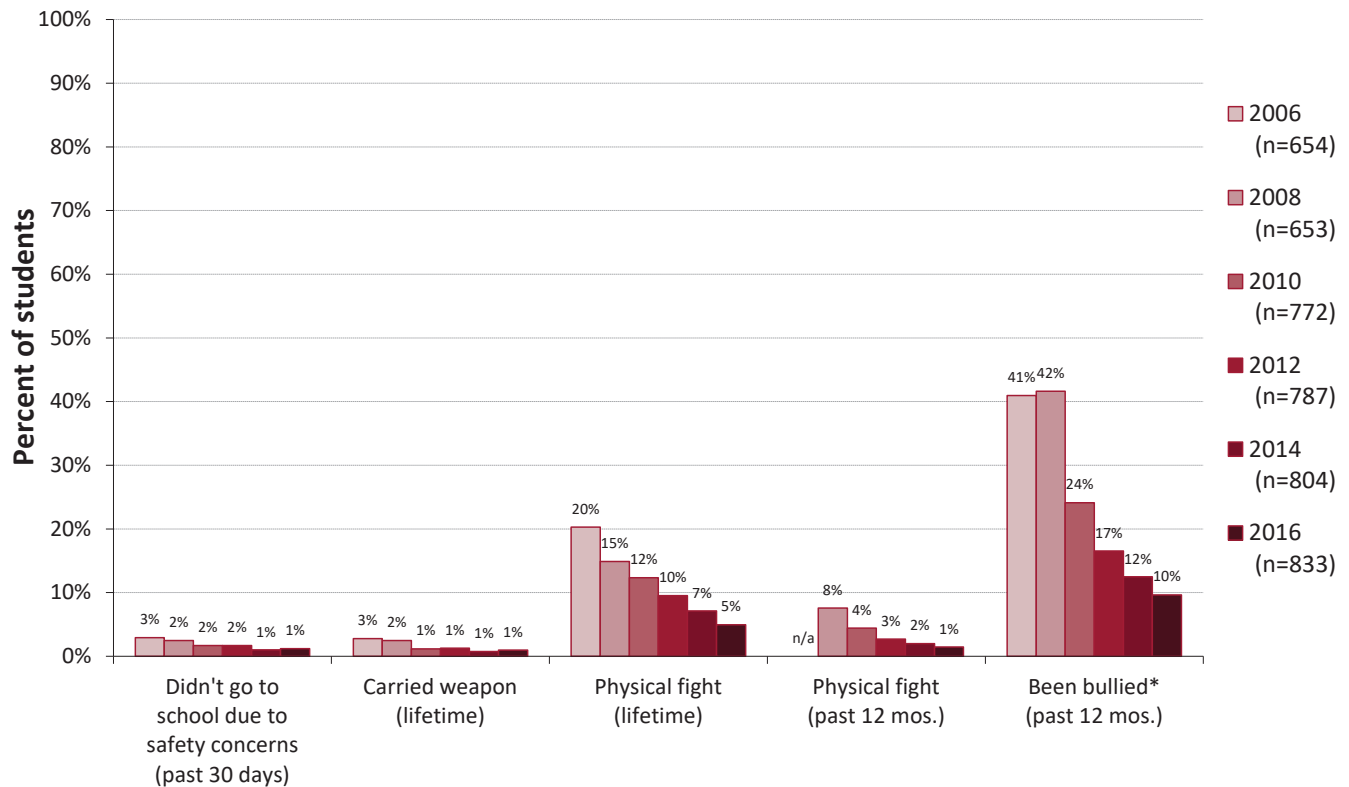
Figure 8-1B. Violence and Bullying* on School Property by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey



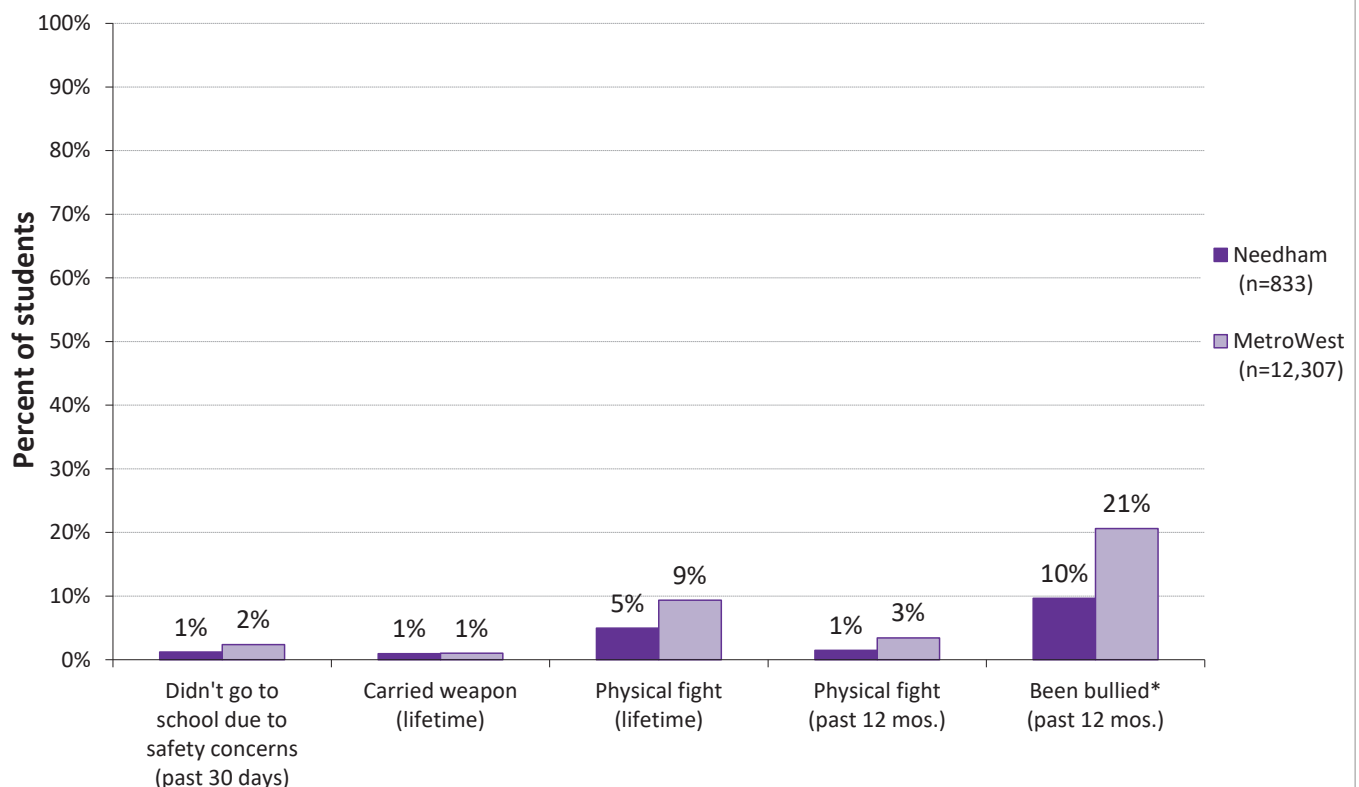
* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 8-1C. Trends in Violence and Bullying* on School Property, 2006-2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

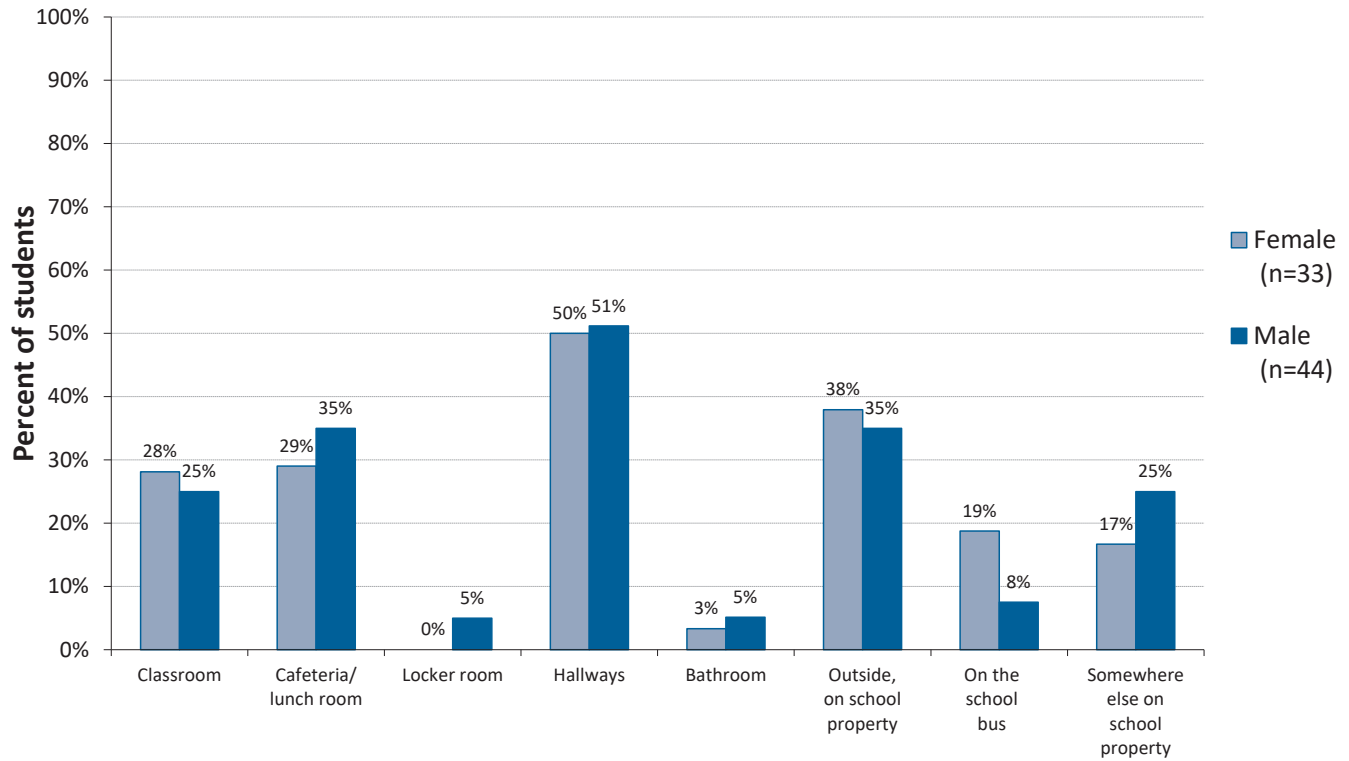
Figure 8-1D. Violence and Bullying* on School Property at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 8-2A. Locations of Bullying* on School Property by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)

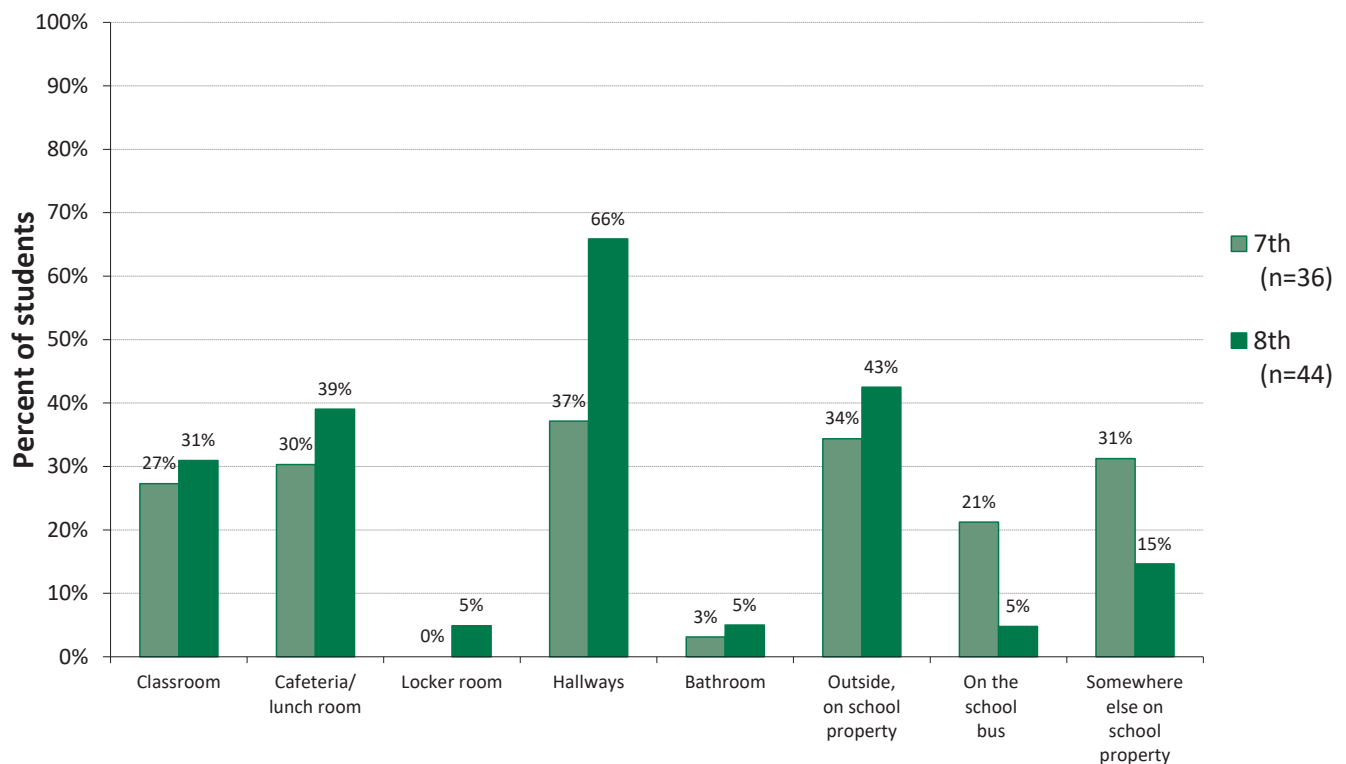
MetroWest Adolescent Health Survey



* Among students who were bullied on school property in the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

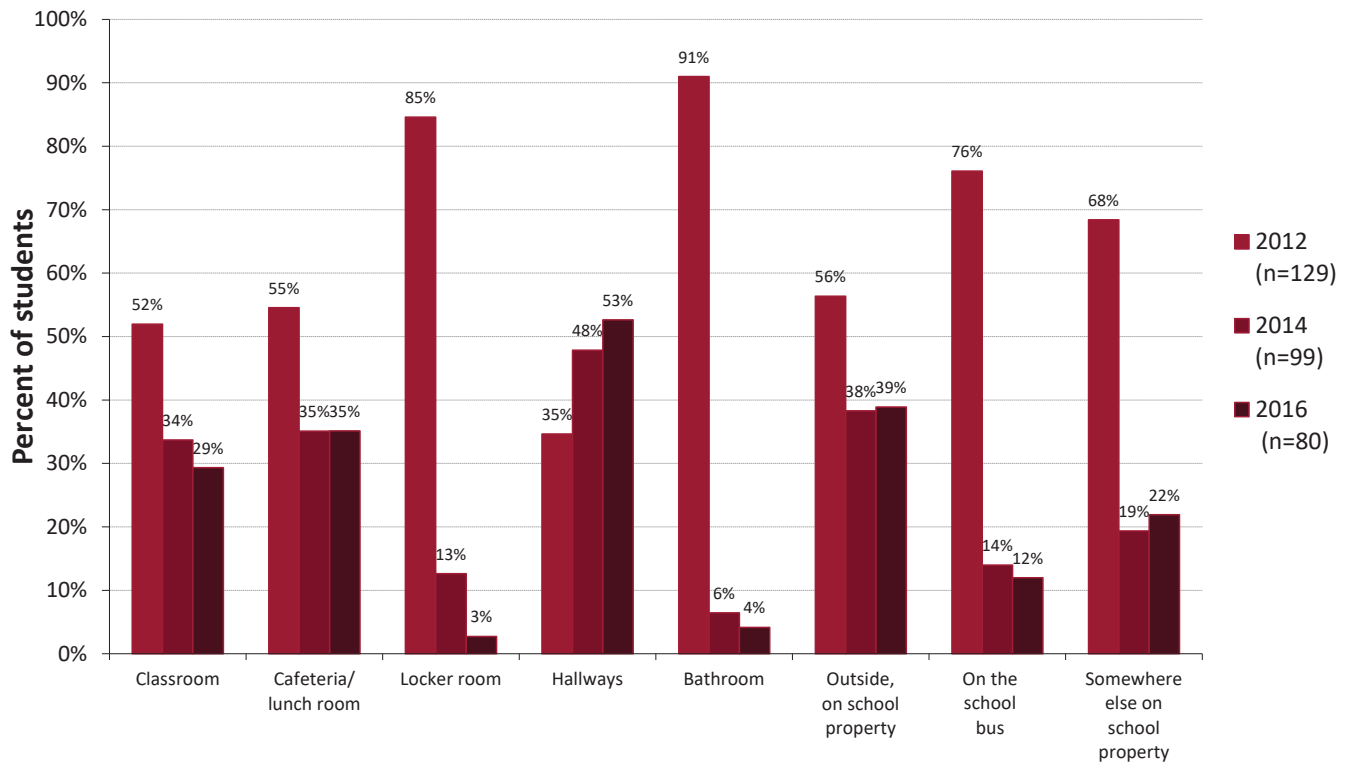
Figure 8-2B. Locations of Bullying* on School Property by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey



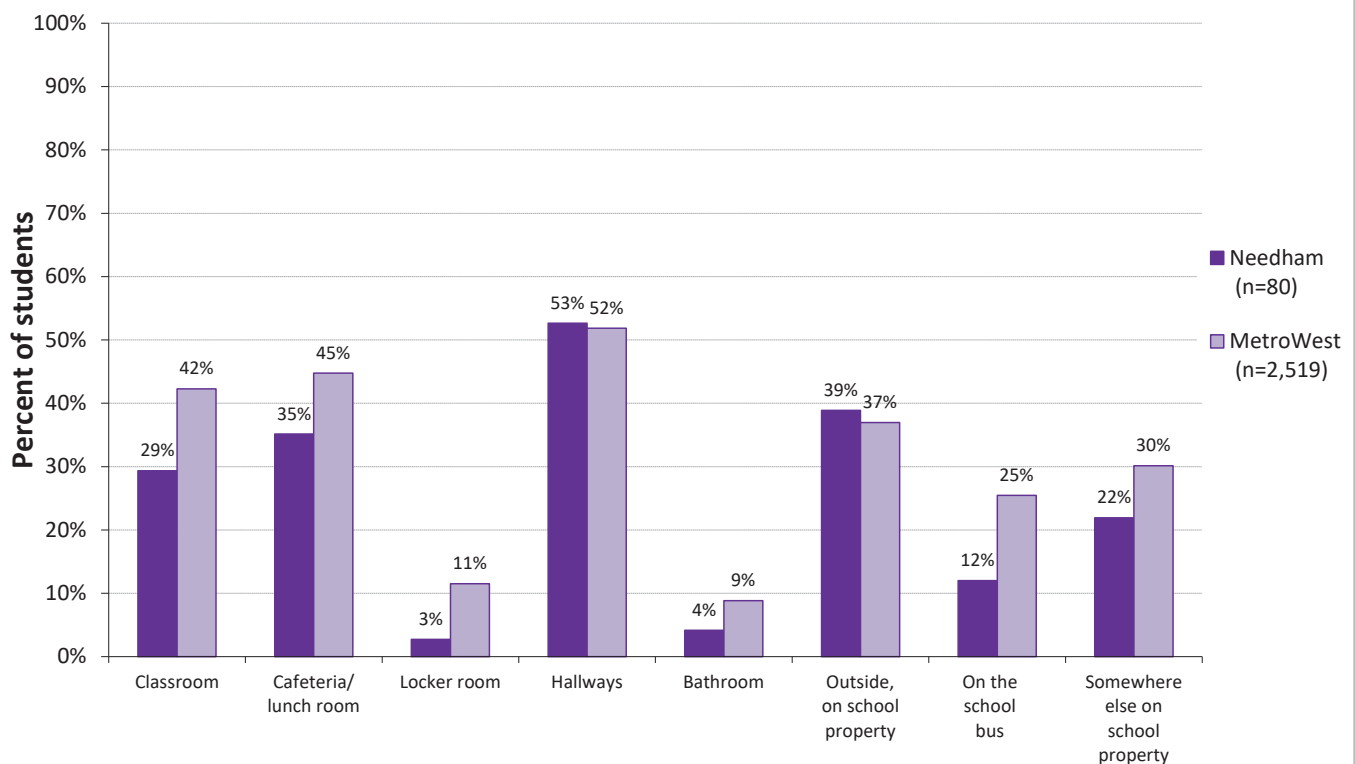
* Among students who were bullied on school property in the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 8-2C. Trends in Locations of Bullying* on School Property, 2012-2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* Among students who were bullied on school property in the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

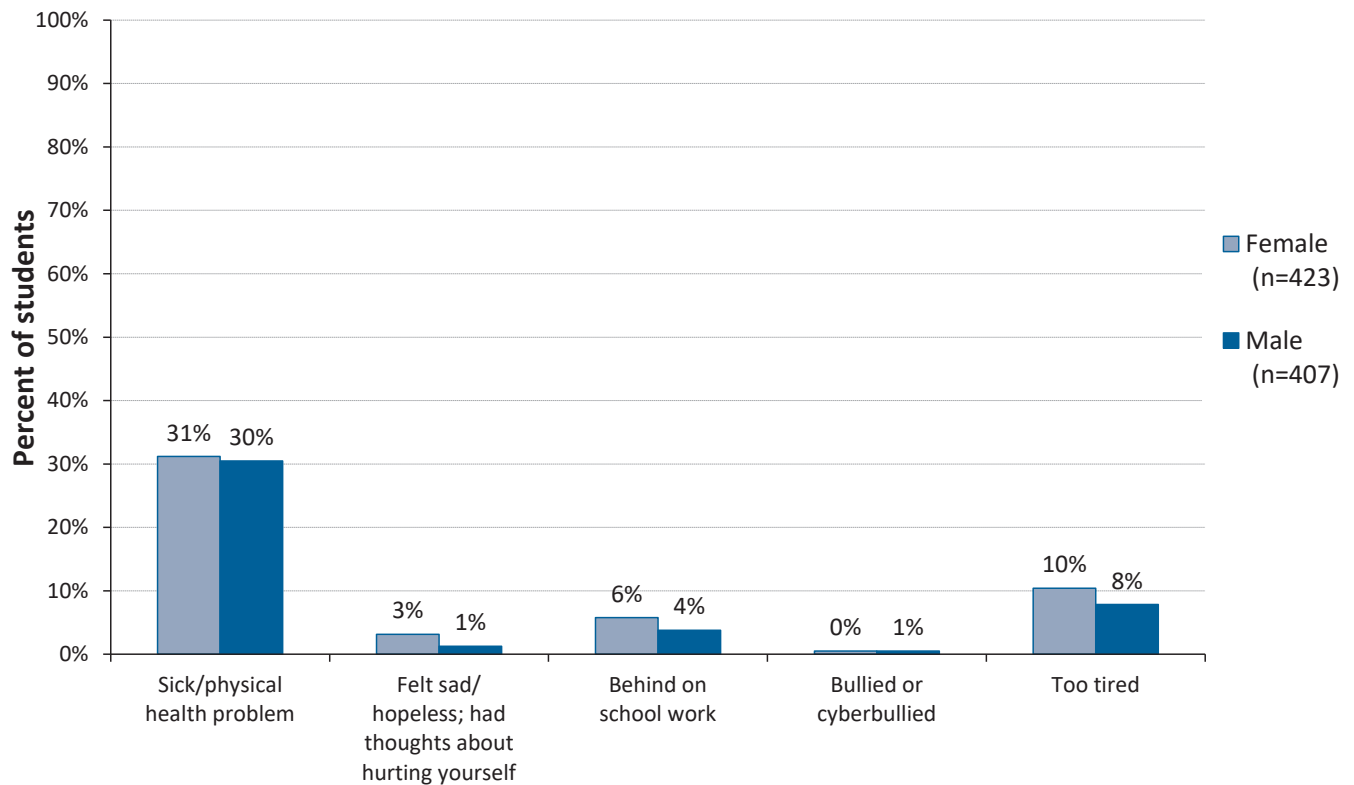
Figure 8-2D. Locations of Bullying* on School Property at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* Among students who were bullied on school property in the past 12 months; bullying defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

Figure 8-3A. Reasons for School Absences* by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)

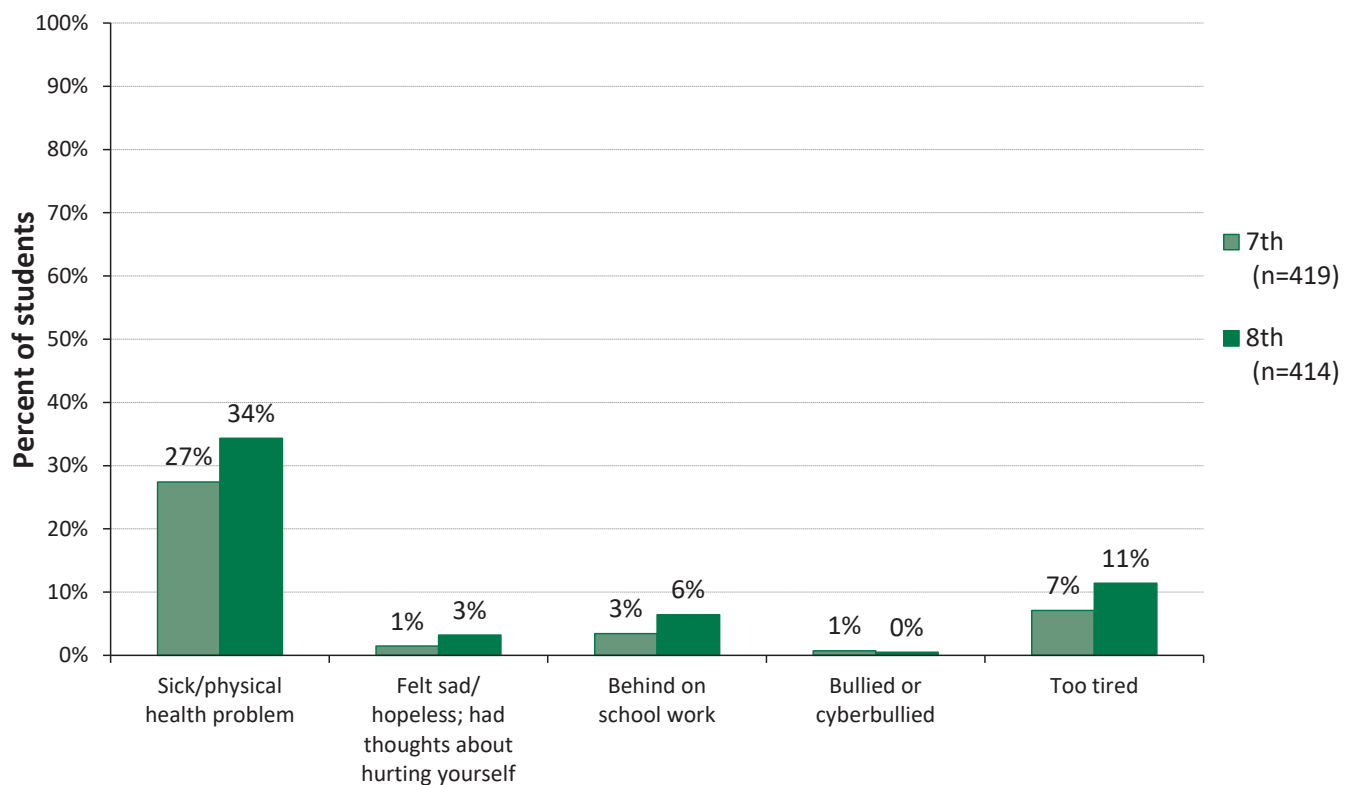
MetroWest Adolescent Health Survey



* Absent or missed part of the school day on one or more of the past 30 days

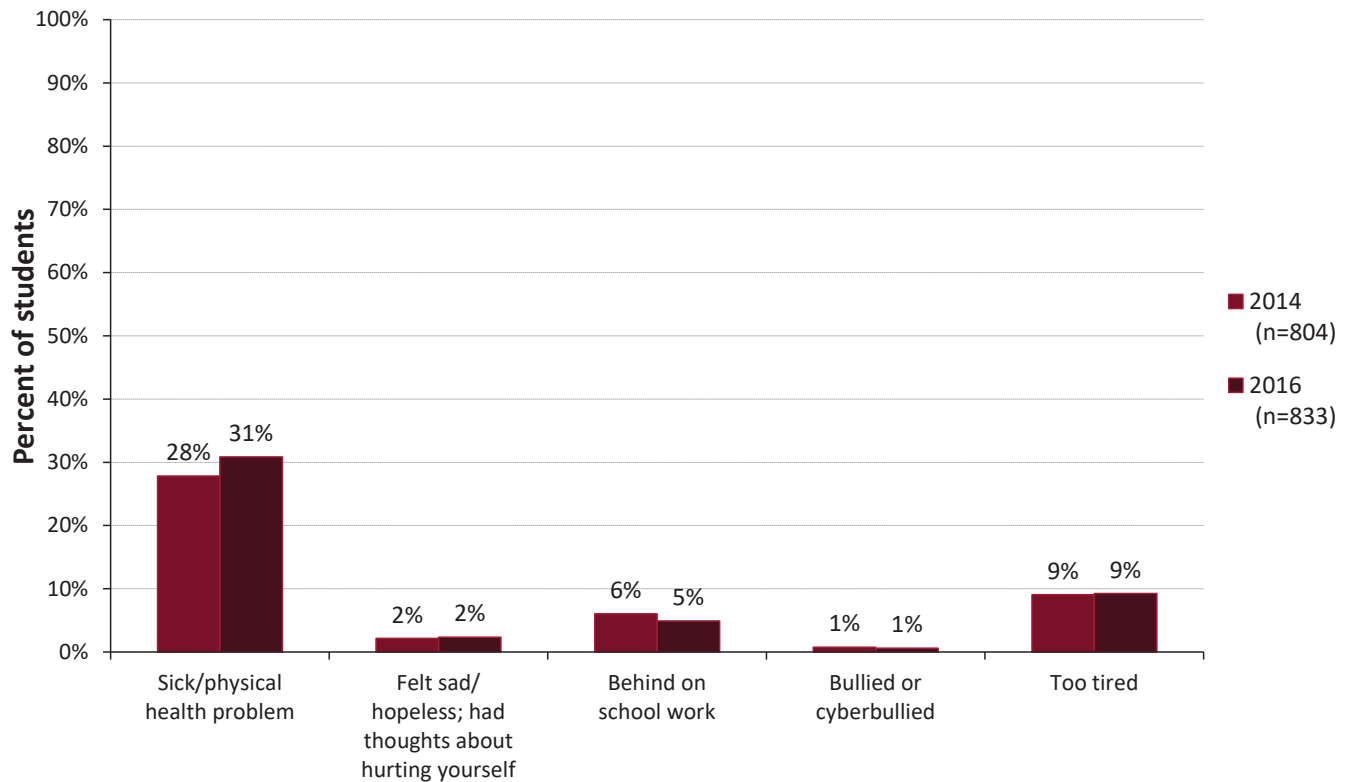
Figure 8-3B. Reasons for School Absences* by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey



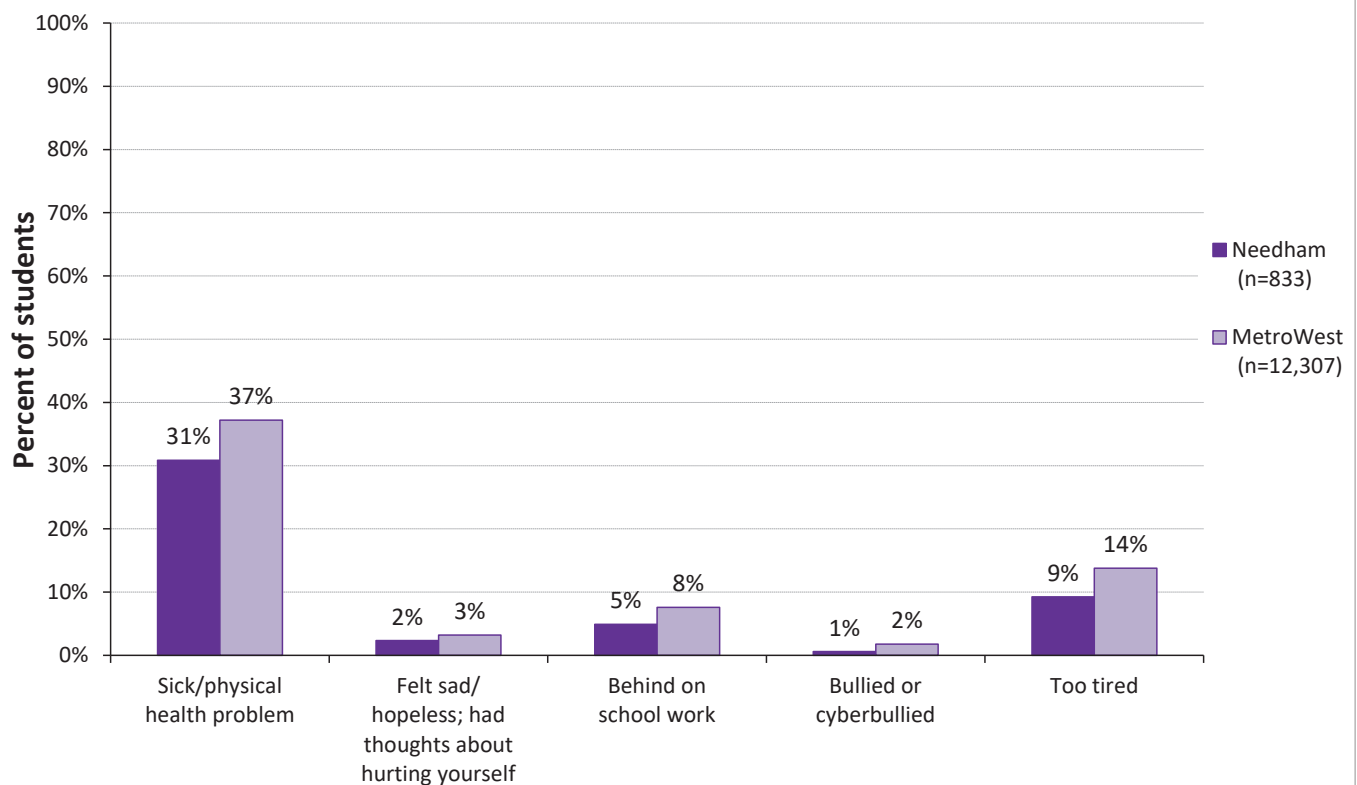
* Absent or missed part of the school day on one or more of the past 30 days

Figure 8-3C. Trends in Reasons for School Absences,* 2014-2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* Absent or missed part of the school day on one or more of the past 30 days

Figure 8-3D. Reasons for School Absences* at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* Absent or missed part of the school day on one or more of the past 30 days

Table 8-1A. Risk Behaviors on School Property by Gender and Grade, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)	
		Female	Male	7 th	8 th
	(833)	(423)	(407)	(419)	(414)
SAFETY, WEAPONS, AND VIOLENCE					
Didn't go to school because of safety concerns (past 30 days)*	1.2	1.4	0.7	0.5	1.9
Had personal property stolen/deliberately damaged at school (past 12 months)	9.4	4.3	14.5	7.8	11.0
Carried a weapon on school property (lifetime) [†]	1.0	0.5	1.2	0.0	1.9
In a physical fight on school property (lifetime)	5.0	1.2	8.7	4.8	5.1
In a physical fight on school property (past 12 months)	1.5	0.5	2.2	1.2	1.7
Been bullied on school property (past 12 months) [‡]	9.7	7.8	10.9	8.7	10.7
Bullied someone else on school property (past 12 months) [‡]	1.5	1.0	1.8	0.5	2.5
CONCERNS ABOUT PEERS (past 12 months)					
Concerned a student might physically hurt someone else	14.2	14.7	13.5	11.5	16.9
Told an adult at school a student might harm someone else	2.5	1.7	3.5	2.6	2.5
Told an adult outside of school a student might harm someone else	4.4	4.8	4.0	5.0	3.7
Concerned a student was depressed or might hurt themselves	26.8	31.4	21.8	18.1	35.7
Told an adult at school a student was depressed/might harm themselves	3.3	3.6	3.0	1.9	4.6
Told an adult outside of school a student was depressed/might harm themselves	9.0	12.6	5.3	7.0	11.1
SCHOOL ABSENCES (past 30 days)					
Absent from school on 3 or more days	6.7	6.4	6.9	5.0	8.5
Absent/missed school because you were sick/had a physical health problem [§]	30.8	31.2	30.5	27.4	34.3
Absent/missed school because you were feeling sad or hopeless, or having thoughts about hurting yourself [§]	2.3	3.1	1.3	1.5	3.2
Absent/missed school because you were behind on school work [§]	4.9	5.8	3.8	3.4	6.4
Absent/missed school because you were being bullied or cyberbullied [§]	0.6	0.5	0.5	0.7	0.5
Absent/missed school because you were too tired [§]	9.2	10.4	7.8	7.1	11.4

* Because you felt you would be unsafe at school or on the way to or from school

† For example, a gun, knife, or club

‡ Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

§ On one or more of the past 30 days

Table 8-1B. Risk Behaviors on School Property, 2006 - 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Needham (%)						MetroWest Region (%)					
	2006	2008	2010	2012	2014	2016	2006	2008	2010	2012	2014	2016
	(654)	(653)	(772)	(787)	(804)	(833)	(6,875)	(10,650)	(11,597)	(12,224)	(12,191)	(12,307)
SAFETY, WEAPONS, AND VIOLENCE												
Didn't go to school because of safety concerns (past 30 days)*	2.9	2.5	1.7	1.7	1.0	1.2	3.0	3.3	2.1	2.3	2.1	2.4
Had personal property stolen/deliberately damaged at school (past 12 months)	22.1	23.5	18.6	20.5	10.6	9.4	19.1	23.2	16.2	15.0	13.9	13.5
Carried a weapon on school property (lifetime) [†]	2.8	2.5	1.2	1.3	0.7	1.0	3.3	2.5	1.4	1.4	1.1	1.0
In a physical fight on school property (lifetime)	20.3	14.9	12.3	9.5	7.1	5.0	18.9	16.8	12.4	9.8	9.4	9.4
In a physical fight on school property (past 12 months)	–	7.6	4.4	2.7	2.0	1.5	–	6.9	4.5	3.3	3.2	3.4
Been bullied on school property (past 12 months) [‡]	41.0	41.6	24.1	16.5	12.5	9.7	38.8	42.7	31.7	26.7	23.5	20.6
Bullied someone else on school property (past 12 months) [‡]	–	–	–	3.4	1.9	1.5	–	–	–	7.8	4.8	5.1
CONCERNS ABOUT PEERS (past 12 months)												
Concerned a student might physically hurt someone else	–	–	–	–	20.6	14.2	–	–	–	–	23.0	21.2
Told an adult at school a student might harm someone else	–	–	–	–	2.3	2.5	–	–	–	–	4.2	3.9
Told an adult outside of school a student might harm someone else	–	–	–	–	4.9	4.4	–	–	–	–	6.4	5.5
Concerned a student was depressed or might hurt themselves	–	–	–	–	22.5	26.8	–	–	–	–	38.9	33.3
Told an adult at school a student was depressed/might harm themselves	–	–	–	–	3.6	3.3	–	–	–	–	7.7	6.7
Told an adult outside of school a student was depressed/might harm themselves	–	–	–	–	7.4	9.0	–	–	–	–	13.1	11.0
SCHOOL ABSENCES (past 30 days)												
Absent from school on 3 or more days	–	–	–	–	4.4	6.7	–	–	–	–	9.2	8.6
Absent/missed school because you were sick/had a physical health problem [§]	–	–	–	–	27.8	30.8	–	–	–	–	38.8	37.2
Absent/missed school because you were feeling sad or hopeless, or having thoughts about hurting yourself [§]	–	–	–	–	2.1	2.3	–	–	–	–	4.1	3.2
Absent/missed school because you were behind on school work [§]	–	–	–	–	6.0	4.9	–	–	–	–	10.4	7.6
Absent/missed school because you were being bullied or cyberbullied [§]	–	–	–	–	0.8	0.6	–	–	–	–	2.2	1.8
Absent/missed school because you were too tired [§]	–	–	–	–	9.0	9.2	–	–	–	–	11.8	13.8

* Because you felt you would be unsafe at school or on the way to or from school

† For example, a gun, knife, or club

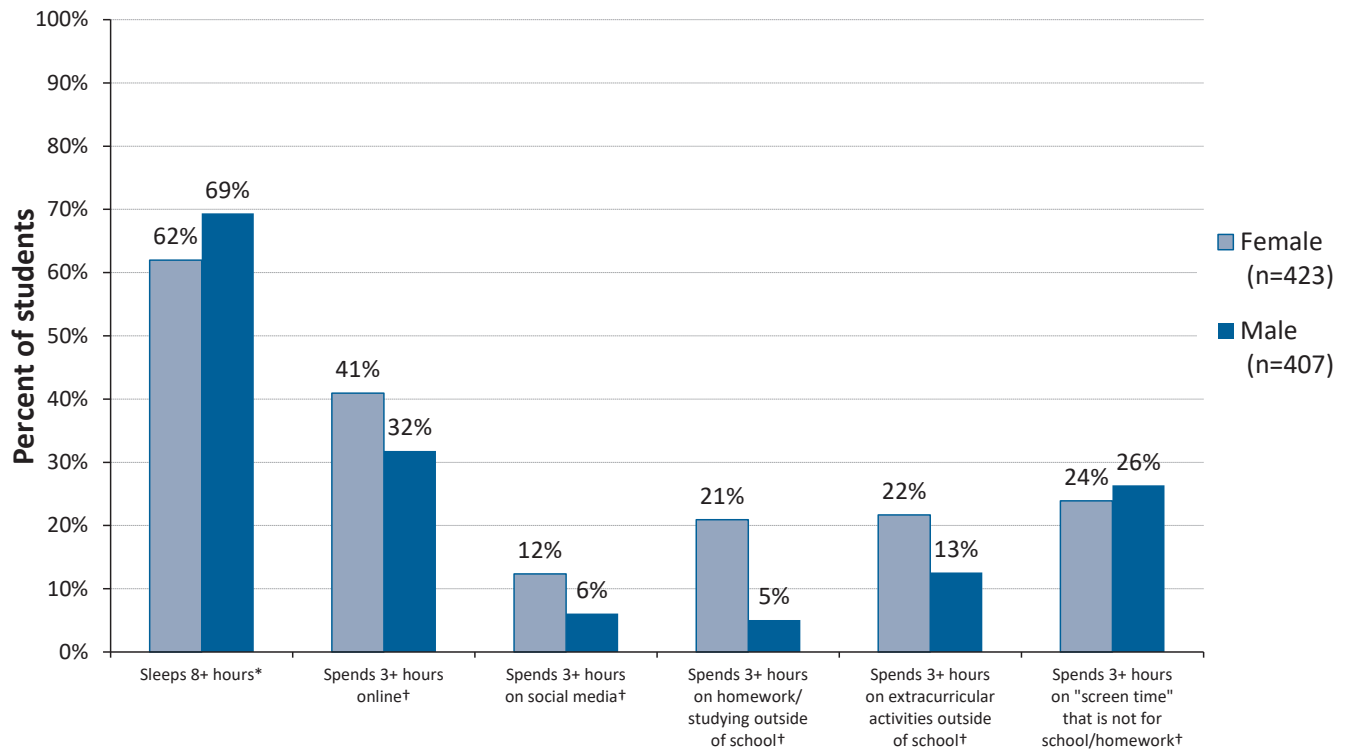
‡ Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

§ On one or more of the past 30 days

Section 9: **Additional Topics**

Figure 9-1A. Student Time Utilization by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey

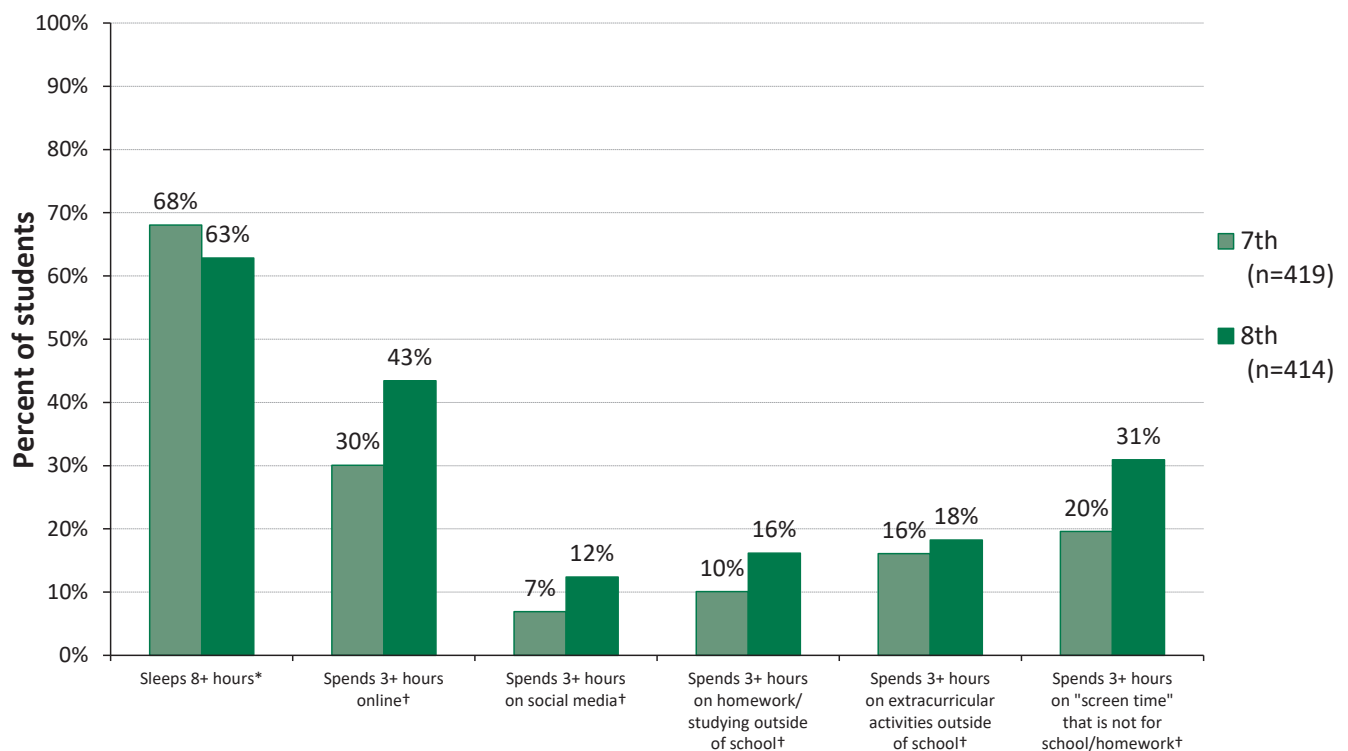


* On an average school night

† On an average school day

Figure 9-1B. Student Time Utilization by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey



* On an average school night

† On an average school day

Figure 9-1C. Trends in Student Time Utilization, 2010-2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

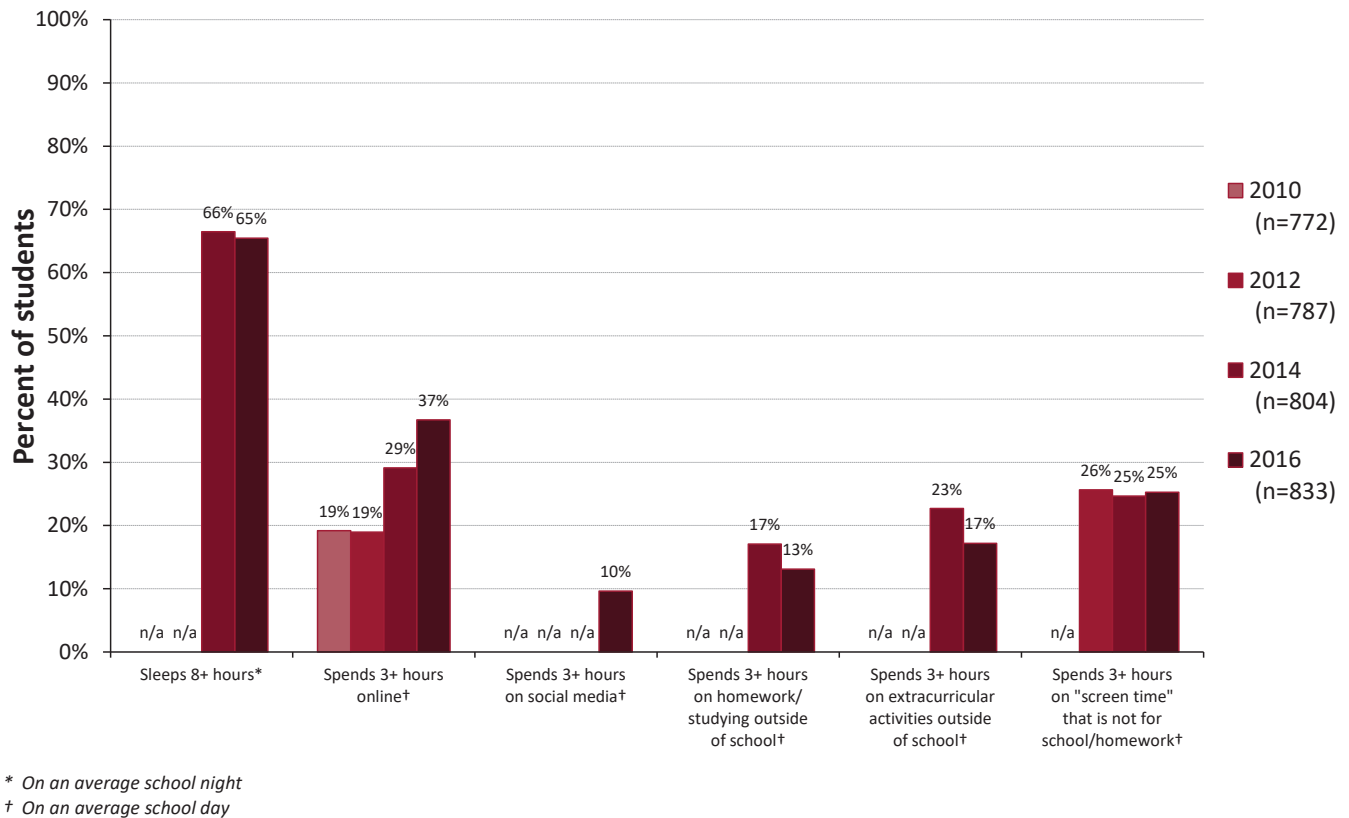


Figure 9-1D. Student Time Utilization at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

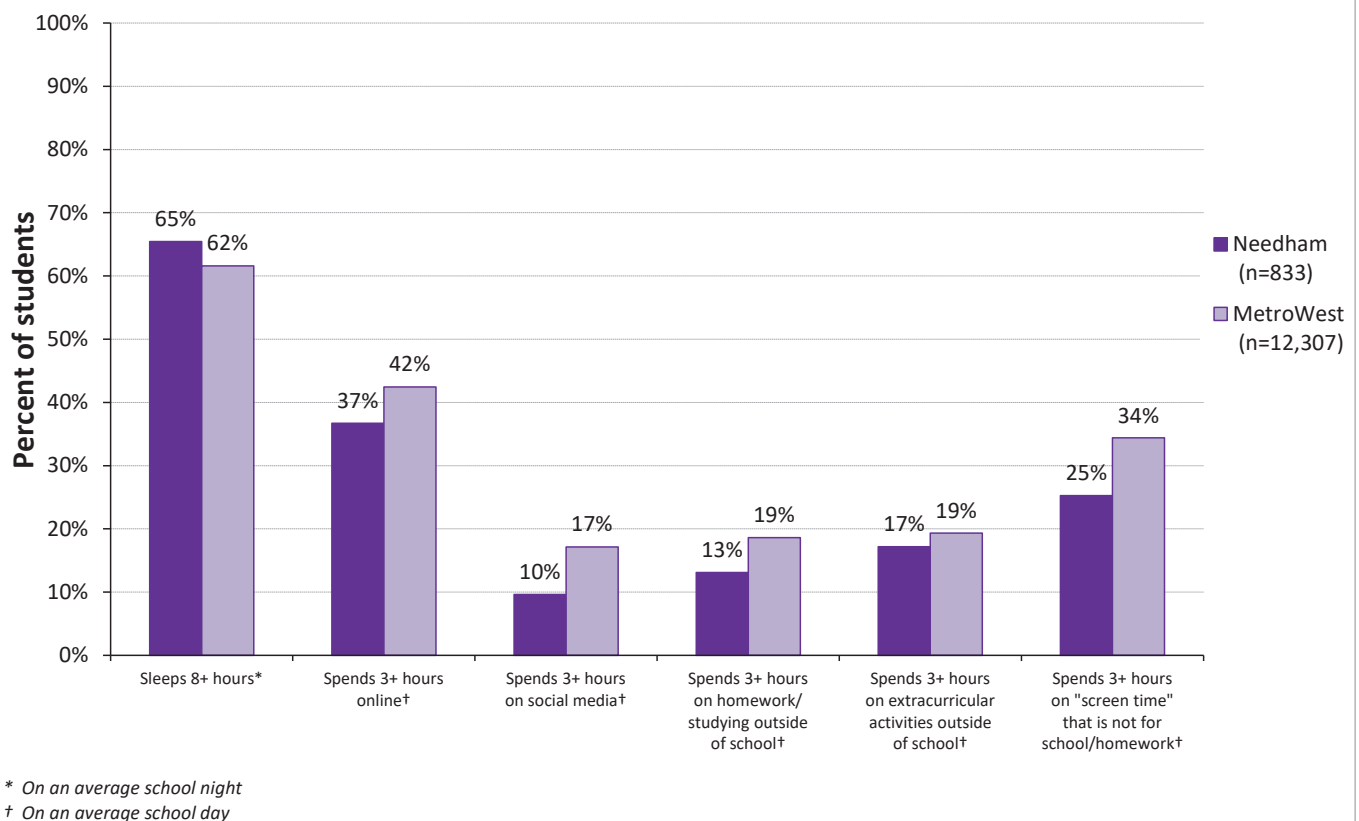
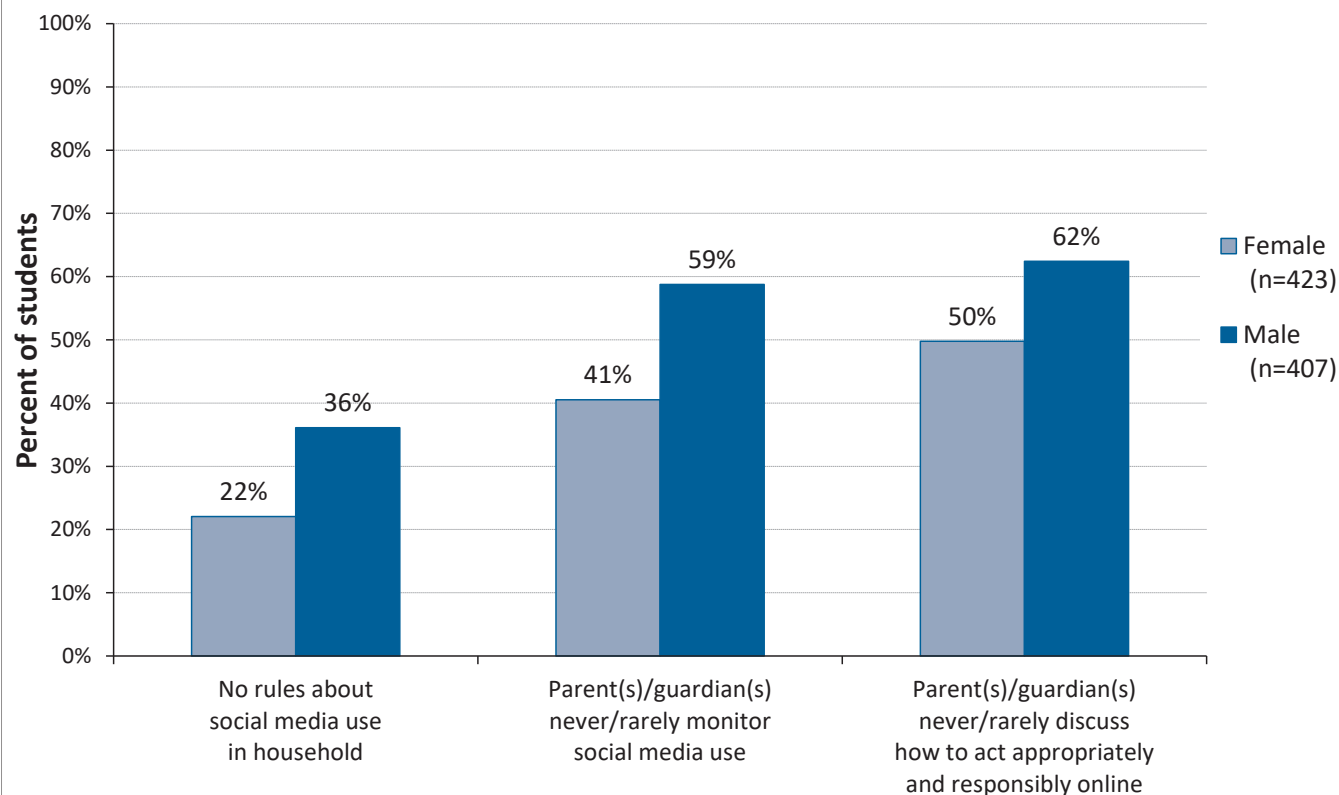
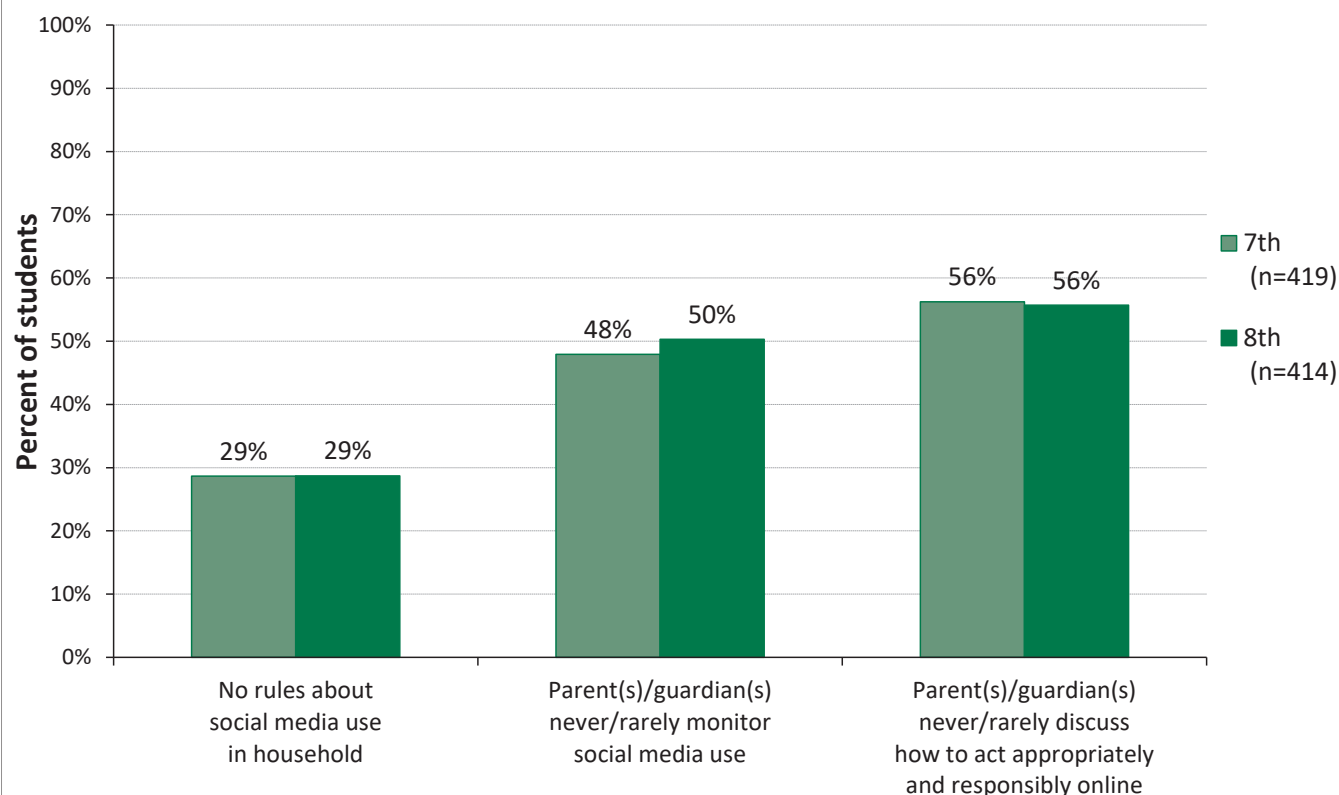


Figure 9-2A. Household Rules, Monitoring, and Communication Regarding Online Behavior* by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* Among students who use social media

Figure 9-2B. Household Rules, Monitoring, and Communication Regarding Online Behavior* by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* Among students who use social media

Figure 9-2C. Household Rules, Monitoring, and Communication Regarding Online Behavior,* 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

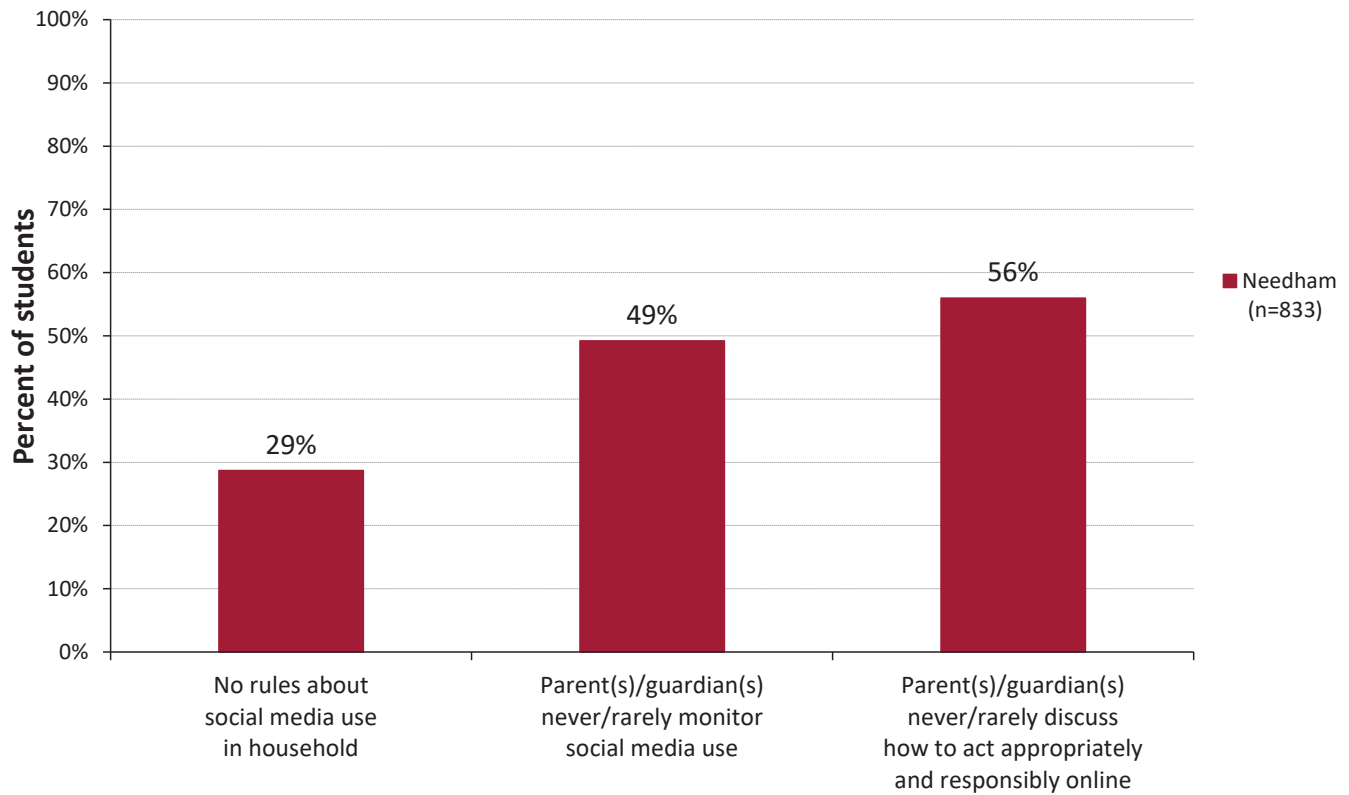


Figure 9-2D. Household Rules, Monitoring, and Communication Regarding Online Behavior* at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey

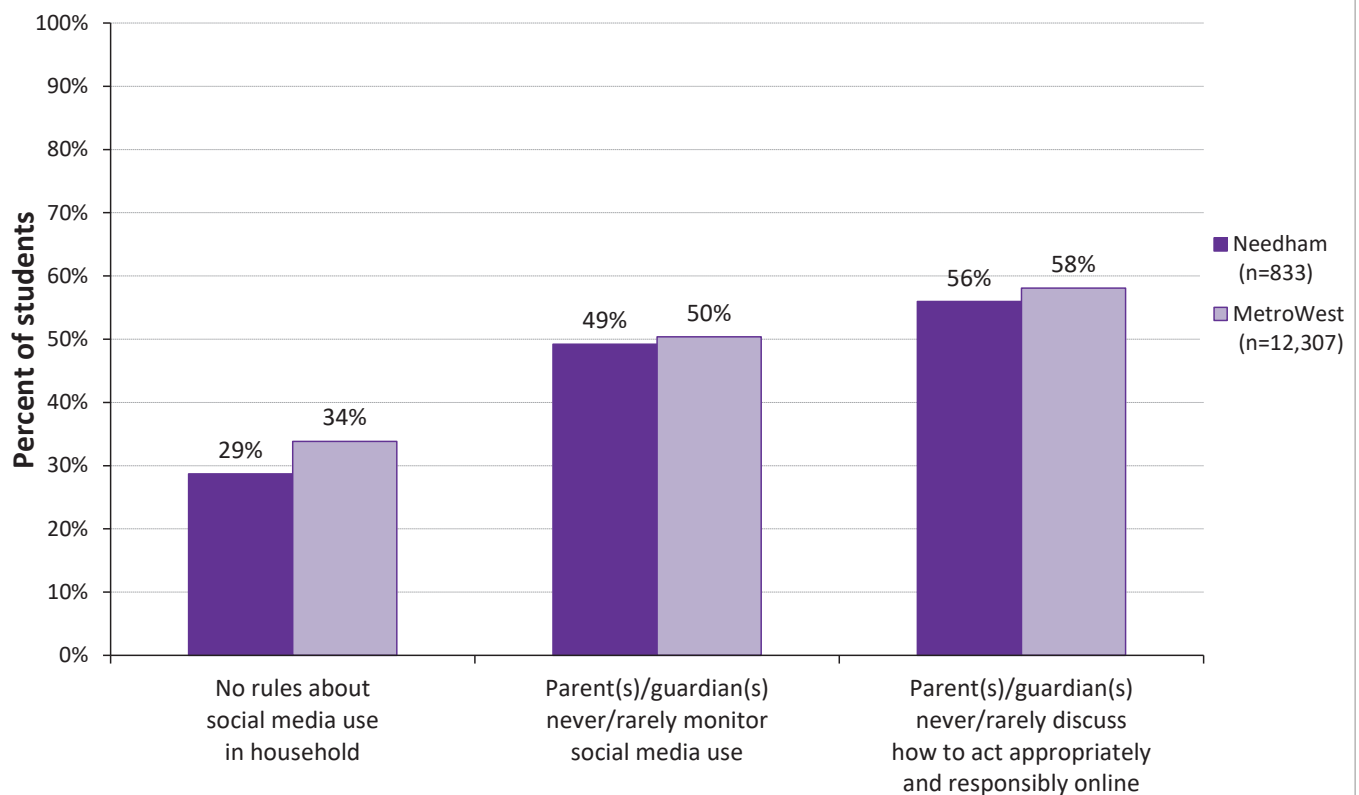
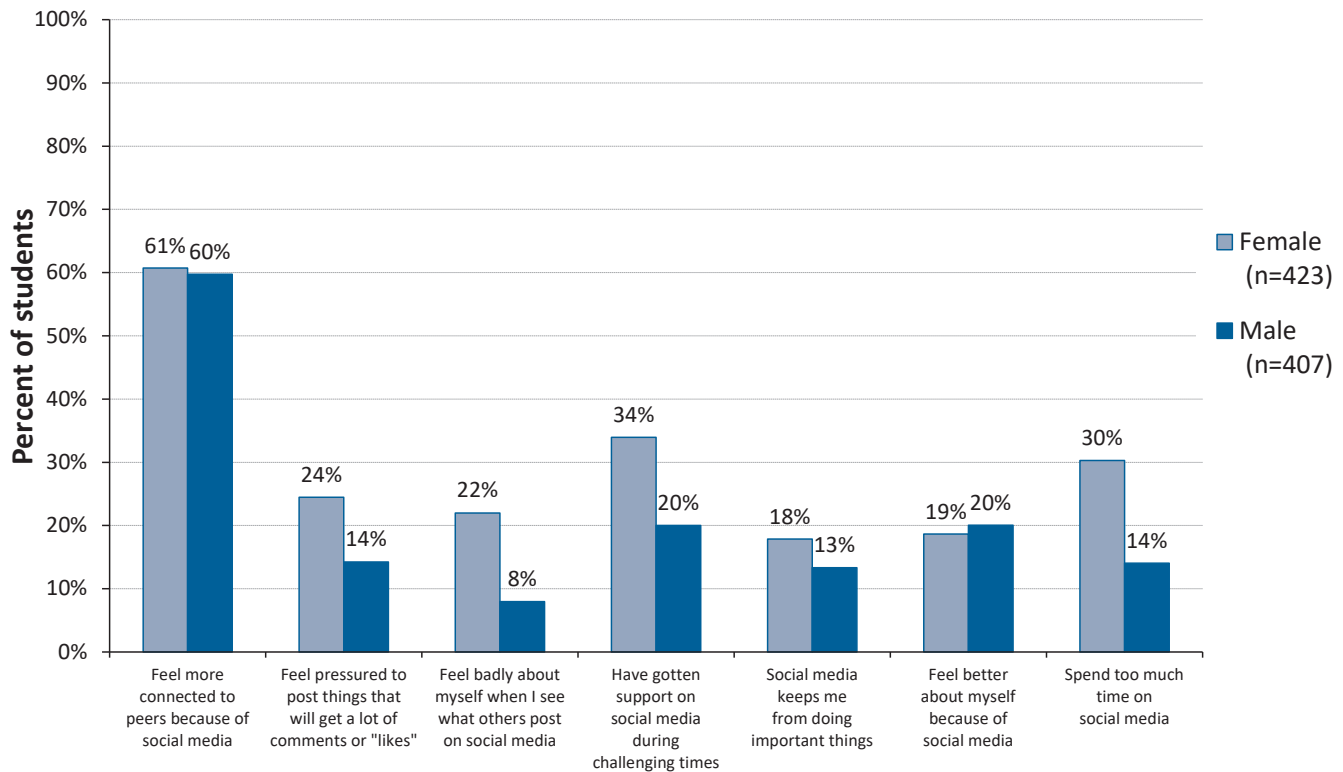
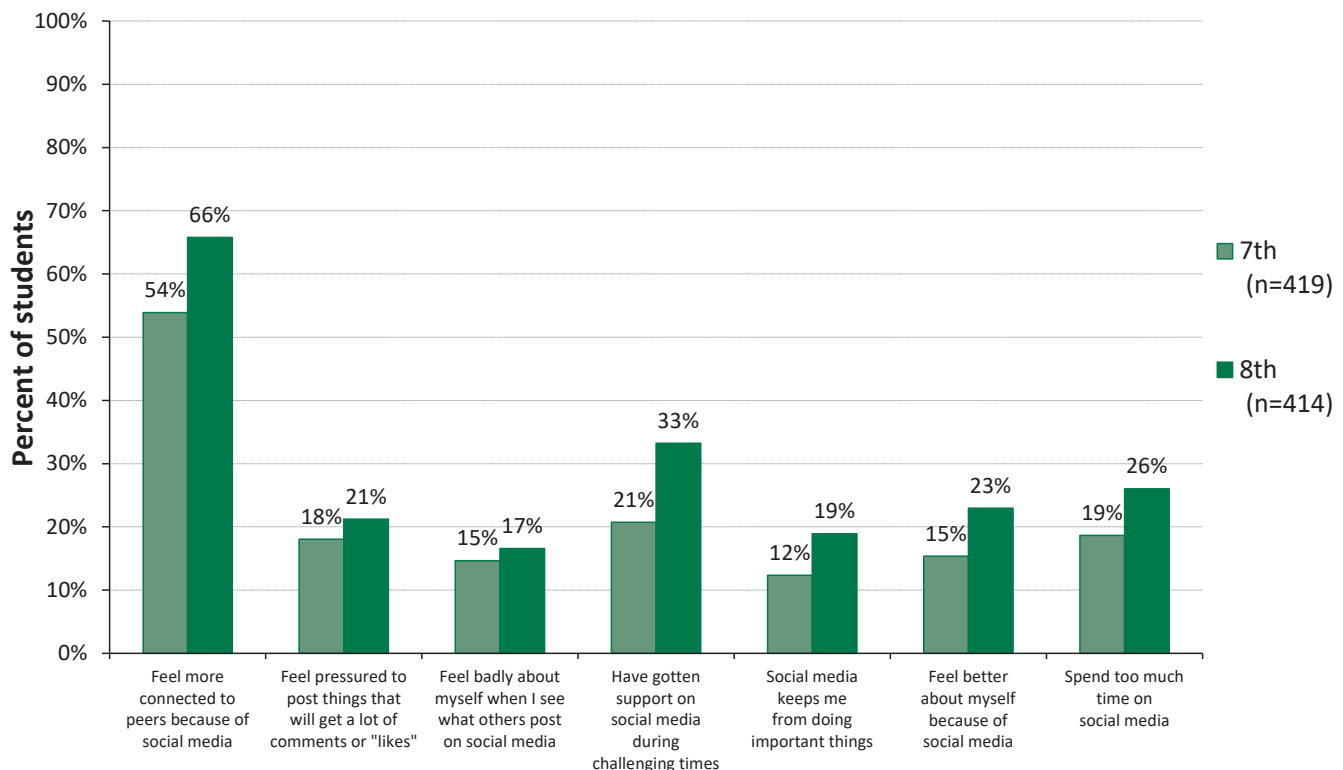


Figure 9-3A. Attitudes and Experiences Related to Social Media* by Gender, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



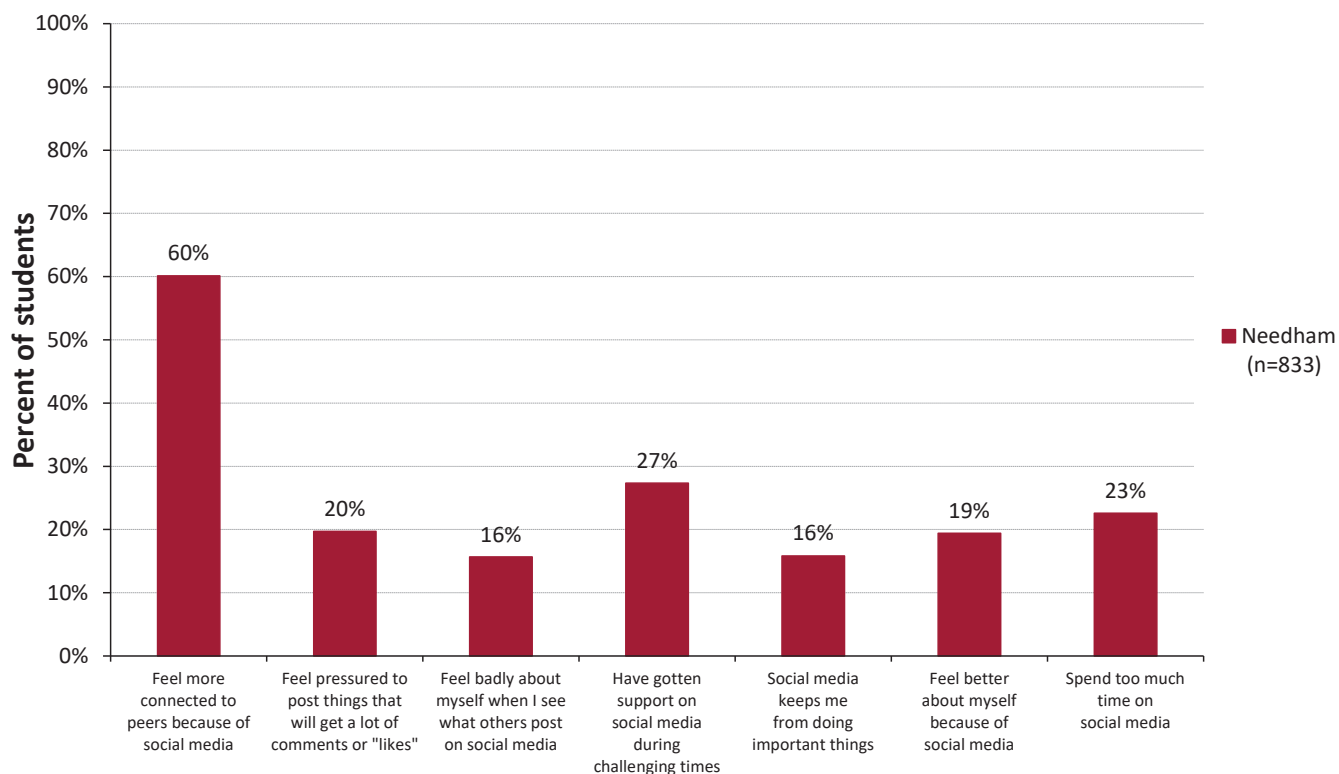
* Among students who use social media; student responded "agree" or "strongly agree"

Figure 9-3B. Attitudes and Experiences Related to Social Media* by Grade, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



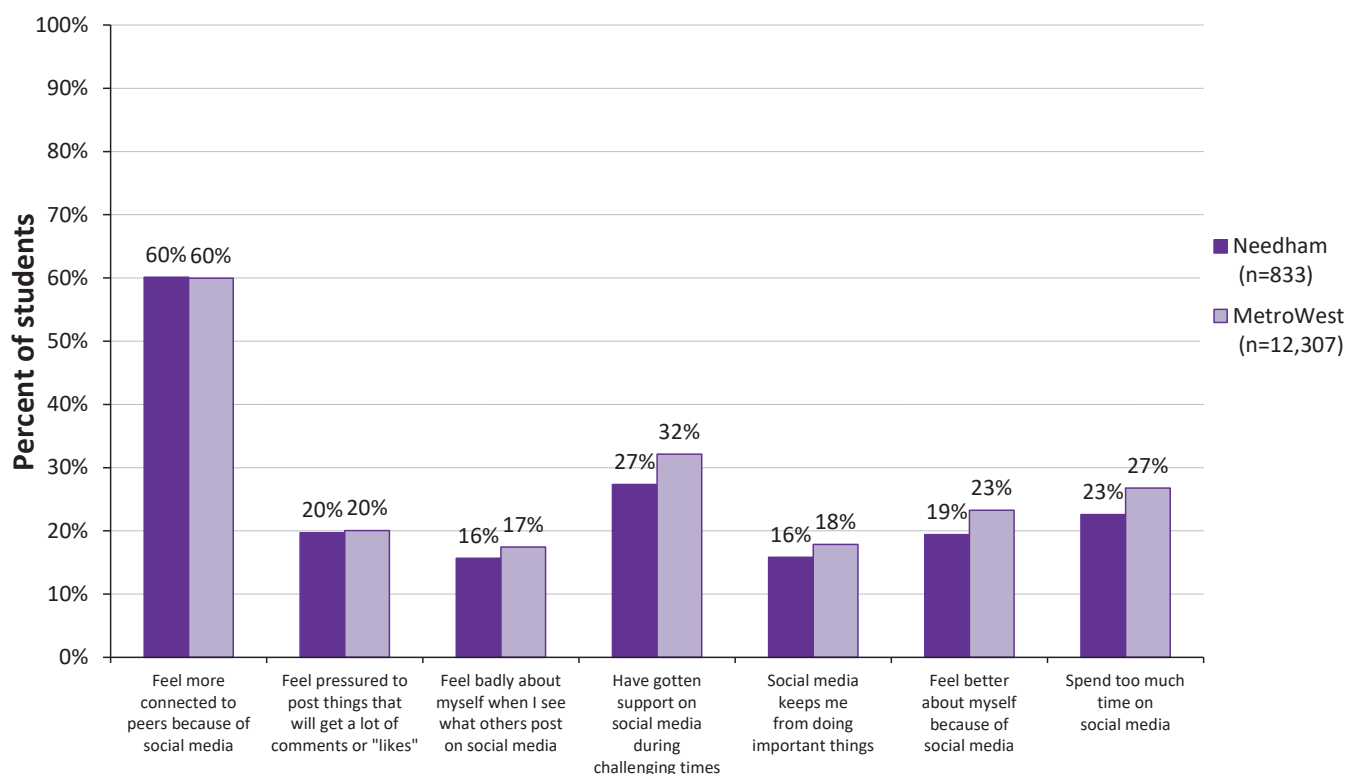
* Among students who use social media; student responded "agree" or "strongly agree"

Figure 9-3C. Attitudes and Experiences Related to Social Media,* 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* Among students who use social media; student responded "agree" or "strongly agree"

Figure 9-3D. Attitudes and Experiences Related to Social Media* at the District and Regional Levels, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey



* Among students who use social media; student responded "agree" or "strongly agree"

Table 9-1A. Sociodemographics, General Health, and Student Use of Time by Gender and Grade, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)	
		Female	Male	7 th	8 th
	(833)	(423)	(407)	(419)	(414)
SOCIODEMOGRAPHICS					
Students who report having physical disabilities or long-term* health problems	7.9	8.2	7.3	6.6	9.3
Students who report having long-term* learning disabilities	7.4	5.3	9.3	6.3	8.6
Students who report having an Individualized Education Program (IEP)	16.4	14.2	18.6	14.9	18.0
Students who report being eligible to get a free or reduced-price lunch at school	8.6	9.7	7.4	7.6	9.5
GENERAL HEALTH & SLEEP					
Describes general health as very good/excellent	84.1	85.7	82.7	85.3	82.8
Absent/missed school because you were sick/had a physical health problem (past 30 days)	30.8	31.2	30.5	27.4	34.3
Absent/missed school because you were feeling sad or hopeless, or having thoughts about hurting yourself (past 30 days)	2.3	3.1	1.3	1.5	3.2
Absent/missed school because you were too tired (past 30 days)	9.2	10.4	7.8	7.1	11.4
Sleeps 8 or more hours on an average school night	65.4	62.0	69.4	68.1	62.8
STUDENT ACTIVITIES AND USE OF TIME					
Spend 3 or more hours online (average school day)	36.7	40.9	31.8	30.0	43.4
Spend 3 or more hours on social media (average school day)	9.6	12.3	6.1	6.9	12.4
Spend 3 or more hours on homework/studying outside of school (average school day)	13.1	20.9	5.1	10.1	16.1
Spend 3 or more hours on extracurricular activities outside of school (average school day)	17.2	21.7	12.6	16.1	18.3
Spend 3 or more hours on "screen time" that is not for school work/homework (average school day)	25.3	23.9	26.3	19.6	30.9
Participated in volunteer or community service activities on 3 or more days (past 12 months)	51.6	53.8	49.1	49.4	53.9

* Long-term means 6 months or more

Table 9-1B. Sociodemographics, General Health, and Student Use of Time, 2006 - 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Needham (%)						MetroWest Region (%)					
	2006	2008	2010	2012	2014	2016	2006	2008	2010	2012	2014	2016
	(654)	(653)	(772)	(787)	(804)	(833)	(6,875)	(10,650)	(11,597)	(12,224)	(12,191)	(12,307)
SOCIODEMOGRAPHICS												
Students who report having physical disabilities or long-term* health problems	–	–	–	5.1	9.2	7.9	–	–	–	8.0	10.4	9.4
Students who report having long-term* learning disabilities	–	–	–	6.2	6.7	7.4	–	–	–	6.4	7.0	7.3
Students who report having an Individualized Education Program (IEP)	–	–	–	–	19.7	16.4	–	–	–	–	16.2	14.6
Students who report being eligible to get a free or reduced-price lunch at school	–	–	–	–	9.0	8.6	–	–	–	–	16.5	17.6
GENERAL HEALTH & SLEEP												
Describes general health as very good/excellent	82.5	84.3	80.2	82.0	86.4	84.1	76.1	74.2	74.2	76.2	76.4	74.3
Absent/missed school because you were sick/had a physical health problem (past 30 days)	–	–	–	–	27.8	30.8	–	–	–	–	38.8	37.2
Absent/missed school because you were feeling sad or hopeless, or having thoughts about hurting yourself (past 30 days)	–	–	–	–	2.1	2.3	–	–	–	–	4.1	3.2
Absent/missed school because you were too tired (past 30 days)	–	–	–	–	9.0	9.2	–	–	–	–	11.8	13.8
Sleeps 8 or more hours on an average school night	–	–	–	–	66.5	65.4	–	–	–	–	63.9	61.6
STUDENT ACTIVITIES AND USE OF TIME												
Spend 3 or more hours online (average school day)	–	–	19.2	18.9	29.1	36.7	–	–	17.4	22.7	35.7	42.5
Spend 3 or more hours on social media (average school day)	–	–	–	–	–	9.6	–	–	–	–	–	17.2
Spend 3 or more hours on homework/studying outside of school (average school day)	–	–	–	–	17.1	13.1	–	–	–	–	22.1	18.6
Spend 3 or more hours on extracurricular activities outside of school (average school day)	–	–	–	–	22.7	17.2	–	–	–	–	21.8	19.3
Spend 3 or more hours on "screen time" that is not for school work/homework (average school day)	–	–	–	25.7	24.6	25.3	–	–	–	32.8	33.5	34.4
Participated in volunteer or community service activities on 3 or more days (past 12 months)	–	–	–	–	–	51.6	–	–	–	–	–	56.0

* Long-term means 6 months or more

Table 9-2A. Online Behaviors and Use of Social Media by Gender and Grade, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)	
		Female	Male	7 th	8 th
	(833)	(423)	(407)	(419)	(414)
ONLINE BEHAVIORS AND USE OF SOCIAL MEDIA					
Spend 3 or more hours online (average school day)	36.7	40.9	31.8	30.0	43.4
Send more than 50 texts, instant messages, or emails on a cell phone (average school day)	15.1	21.2	8.4	9.1	21.2
Spend 3 or more hours on social media sites (average school day)	9.6	12.3	6.1	6.9	12.4
Posted 3 or more messages or photos/videos on your social media profile (past 7 days)	13.6	15.5	10.9	11.6	15.5
HOUSEHOLD RULES, MONITORING, AND COMMUNICATION REGARDING ONLINE BEHAVIOR					
There are no rules about social media use in your household*	28.7	22.1	36.1	28.7	28.7
Parent(s) or guardian(s) "never" or "rarely" monitor your social media use in your household	49.2	40.5	58.8	47.9	50.3
Parent(s)/guardian(s) "never" or "rarely" discuss how to act appropriately and responsibly online	56.0	49.8	62.4	56.2	55.7
ATTITUDES AND EXPERIENCES RELATED TO SOCIAL MEDIA [†]					
I feel more connected to peers because of social media.	60.1	60.7	59.7	53.9	65.8
I feel pressured to post things that will be popular and get a lot of comments or "likes."	19.7	24.5	14.2	18.0	21.2
I feel badly about myself, excluded, or left out when I see what others post on social media.	15.7	22.0	8.0	14.7	16.6
I have gotten support on social media when I've been going through a tough or challenging time.	27.4	33.9	20.0	20.7	33.2
Social media keeps me from doing other things that are important, like homework or family responsibilities.	15.8	17.9	13.3	12.3	18.9
Being on social media helps me feel better about myself.	19.4	18.6	20.1	15.4	22.9
I spend too much time on social media.	22.6	30.3	14.0	18.7	26.0

* Such as which sites you can use, how much time you can spend, and where/when you can use social media

† Student responded "agree" or "strongly agree"

Table 9-2B. Online Behaviors and Use of Social Media, 2006 - 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Needham (%)						MetroWest Region (%)					
	2006	2008	2010	2012	2014	2016	2006	2008	2010	2012	2014	2016
	(654)	(653)	(772)	(787)	(804)	(833)	(6,875)	(10,650)	(11,597)	(12,224)	(12,191)	(12,307)
ONLINE BEHAVIORS AND USE OF SOCIAL MEDIA												
Spend 3 or more hours online (average school day)	–	–	19.2	18.9	29.1	36.7	–	–	17.4	22.7	35.7	42.5
Send more than 50 texts, instant messages, or emails on a cell phone (average school day)	–	–	25.2	23.1	20.3	15.1	–	–	28.9	24.5	19.0	17.1
Spend 3 or more hours on social media sites (average school day)	–	–	–	–	–	9.6	–	–	–	–	–	17.2
Posted 3 or more messages or photos/videos on your social media profile (past 7 days)	–	–	–	–	–	13.6	–	–	–	–	–	22.6
HOUSEHOLD RULES, MONITORING, AND COMMUNICATION REGARDING ONLINE BEHAVIOR												
There are no rules about social media use in your household*	–	–	–	–	–	28.7	–	–	–	–	–	33.9
Parent(s) or guardian(s) "never" or "rarely" monitor your social media use in your household	–	–	–	–	–	49.2	–	–	–	–	–	50.4
Parent(s)/guardian(s) "never" or "rarely" discuss how to act appropriately and responsibly online	–	–	–	–	–	56.0	–	–	–	–	–	58.1
ATTITUDES AND EXPERIENCES RELATED TO SOCIAL MEDIA [†]												
I feel more connected to peers because of social media.	–	–	–	–	–	60.1	–	–	–	–	–	60.0
I feel pressured to post things that will be popular and get a lot of comments or "likes."	–	–	–	–	–	19.7	–	–	–	–	–	20.0
I feel badly about myself, excluded, or left out when I see what others post on social media.	–	–	–	–	–	15.7	–	–	–	–	–	17.4
I have gotten support on social media when I've been going through a tough or challenging time.	–	–	–	–	–	27.4	–	–	–	–	–	32.1
Social media keeps me from doing other things that are important, like homework or family responsibilities.	–	–	–	–	–	15.8	–	–	–	–	–	17.9
Being on social media helps me feel better about myself.	–	–	–	–	–	19.4	–	–	–	–	–	23.2
I spend too much time on social media.	–	–	–	–	–	22.6	–	–	–	–	–	26.8

* Such as which sites you can use, how much time you can spend, and where/when you can use social media

[†] Student responded "agree" or "strongly agree"

Appendix 1: **Participating Districts**

2016 MetroWest Adolescent Health Survey

Participating Districts

Middle School Survey

Ashland	Hudson	Needham
Bellingham	King Philip	Northborough
Dedham*	Marlborough	Southborough
Dover-Sherborn	Medfield	Sudbury
Framingham	Medway	Wayland
Franklin	Mendon-Upton	Wellesley
Holliston	Milford	Westborough
Hopedale	Millis	
Hopkinton	Natick	

High School Survey

Algonquin Regional	Hopedale	Milford
Ashland	Hopkinton	Millis
Assabet Valley	Hudson	Natick
Bellingham	Keefe Tech	Needham
Blackstone Valley	King Philip	Wayland
Dedham*	Lincoln-Sudbury	Wellesley
Dover-Sherborn	Marlborough	Westborough
Framingham	Medfield	
Franklin	Medway	
Holliston	Mendon-Upton	

**Dedham participated in the middle and high school surveys but is not included in aggregate regional data.*

Appendix 2: **Survey Instrument**

2016

MetroWest Adolescent Health Survey

Middle School Form

NEEDHAM

This survey is about health behavior. The information you give will be used to improve health education for young people like yourself.

DO NOT write your name on this survey. Your answers will be kept private. No one will know what you write. There are no right or wrong answers. Please answer the questions based on what you really do.

Completing this survey is voluntary. Whether or not you take the survey is up to you. It will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

Questions about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name.

Make sure to read every question carefully. Mark your answers clearly.

When you are finished, please follow the instructions of the person giving you the survey.

INSTRUCTIONS:

- Use a pencil, a blue pen, or black pen only.
- Fill in the circle next to your answer for each question.
- To change your answer, erase completely or clearly cross out unintended response. See sample below:



- Choose only one answer for each question unless the instructions say otherwise.

Thank you very much for your help.

These questions ask about your background.

1. How old are you?

- ☐ 10 years old or younger
- ☐ 11 years old
- ☐ 12 years old
- ☐ 13 years old
- ☐ 14 years old
- ☐ 15 years old or older

2. What is your sex?

- ☐ Female
- ☐ Male

3. In what grade are you?

- ☐ 6th grade
- ☐ 7th grade
- ☐ 8th grade
- ☐ Ungraded or other grade

4. How do you describe yourself? (Mark all that apply.)

- ☐ American Indian or Alaska Native
- ☐ Asian
- ☐ Black or African American
- ☐ Hispanic or Latino
- ☐ Native Hawaiian or Other Pacific Islander
- ☐ White
- ☐ Other

5. How do you describe your health in general?

- ☐ Excellent
- ☐ Very good
- ☐ Good
- ☐ Fair
- ☐ Poor

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

- ☐ Mostly A's
- ☐ Mostly B's
- ☐ Mostly C's
- ☐ Mostly D's
- ☐ Mostly F's
- ☐ None of these grades
- ☐ Not sure

7. During the past 30 days, on how many days were you absent from school?

- ☐ 0 days
- ☐ 1 or 2 days
- ☐ 3 to 5 days
- ☐ 6 to 9 days
- ☐ 10 or more days

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

- ☐ Yes
- ☐ No
- ☐ Not sure

9. During the past 12 months, did you talk to a teacher or other adult in your school about a personal problem you had?

- ☐ Yes
- ☐ No

10. Outside of school, is there an adult (or adults) you can talk to about things that are important to you?

- ☐ Yes, parent or other adult family member
- ☐ Yes, non-family adult (such as a religious leader, club advisor, neighbor, etc.)
- ☐ Yes, both family and non-family adults
- ☐ No
- ☐ Not sure

These questions ask about personal safety.

11. When you ride a bicycle, how often do you wear a helmet?

- ☐ *I do not ride a bicycle.*
- ☐ Never wear a helmet
- ☐ Rarely wear a helmet
- ☐ Sometimes wear a helmet
- ☐ Most of the time wear a helmet
- ☐ Always wear a helmet

12. How often do you wear a seat belt when riding in a car?

- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Most of the time
- ☐ Always

These questions ask about violence-related behaviors that happened in your lifetime.

13. Have you ever been in a physical fight?
- ☐ Yes
☐ No
14. Have you ever been in a physical fight in which you were hurt and had to be treated by a doctor or nurse?
- ☐ Yes
☐ No
15. Have you ever been in a physical fight on school property?
- ☐ Yes
☐ No
16. Have you ever carried a weapon, such as a gun, knife, or club?
- ☐ Yes
☐ No
17. Have you ever carried a weapon, such as a gun, knife, or club on school property?
- ☐ Yes
☐ No

Now, here are some questions about violence-related behaviors that happened in the past 12 months.

18. During the past 12 months, has someone stolen or deliberately damaged your property, such as your clothing or books, on school property?
- ☐ Yes
☐ No
19. During the past 12 months, have you been in a physical fight?
- ☐ Yes
☐ No
20. During the past 12 months, have you been in a physical fight on school property?
- ☐ Yes
☐ No

These two questions on violence-related behaviors ask about the past 30 days.

21. During the past 30 days, did you ever not go to school because you felt you would be unsafe at school or on your way to or from school?
- ☐ Yes
☐ No
22. During the past 30 days, have you carried a weapon, such as a gun, knife, or club?
- ☐ Yes
☐ No

These questions are about some negative things that can happen with boyfriends/girlfriends, dates, or people you've gone out with.

23. Did someone you were dating or going out with ever swear or curse at you, or call you names like fat, ugly, stupid, or some other insult?
- ☐ *I have never dated or gone out with someone.*
☐ Yes
☐ No
24. Did someone you were dating or going out with ever hit, slap, or physically hurt you on purpose?
- ☐ *I have never dated or gone out with someone.*
☐ Yes
☐ No
25. What is the age of the most recent person you dated or went out with?
- ☐ *I have never dated or gone out with someone.*
☐ Younger than or about the same age as me
☐ Two or more years older than me

The next questions ask about bullying. Bullying is when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again.

26. During the past 12 months, how many times have you been bullied?

- ☐ Never
☐ Once
☐ 2 or more times

27. During the past 12 months, how many times have you been bullied on school property?

- ☐ Never
☐ Once
☐ 2 or more times

28. <u>During the past 12 months</u> , have you been bullied in any of the following places at school?	Yes	No
a. In the classroom	☐	☐
b. In the cafeteria/lunch room	☐	☐
c. In the locker rooms	☐	☐
d. In the hallways	☐	☐
e. In the bathroom	☐	☐
f. Outside on school property	☐	☐
g. On the school bus	☐	☐
h. Somewhere else on school property	☐	☐

29. During the past 12 months, how many times did you talk to an adult at school about being bullied?

- ☐ Never
☐ Once
☐ 2 or more times

30. During the past 12 months, how many times did you talk to a parent or other adult outside of school about being bullied?

- ☐ Never
☐ Once
☐ 2 or more times

31. During the past 12 months, how many times have you bullied someone else?

- ☐ Never
☐ Once
☐ 2 or more times

32. During the past 12 months, how many times have you bullied someone else on school property?

- ☐ Never
☐ Once
☐ 2 or more times

33. <u>During the past 12 months</u> , how many times did you:	Never	Once	2 or more times
a. See or hear about another student being bullied <u>on school property</u> ?	☐	☐	☐
b. Try to stop a student from bullying someone else <u>on school property</u> ?	☐	☐	☐
c. Tell an <u>adult at school</u> that someone was being bullied <u>on school property</u> ?	☐	☐	☐
d. Tell a <u>parent or other adult outside of school</u> that someone was being bullied <u>on school property</u> ?	☐	☐	☐

34. <u>During the past 12 months</u> , how many times have <u>you</u> been <u>called names, teased, made fun of, embarrassed, or threatened</u> by other students at your school for the following reasons:	Never	Once	2 or more times
a. Because of your race, ethnicity, or culture	☐	☐	☐
b. Because of your sexual orientation (such as being gay, lesbian, or bisexual) or what other people think your sexual orientation is	☐	☐	☐
c. Because of a disability you have or others think you have	☐	☐	☐
d. Because of your height or weight, or how you look	☐	☐	☐

35. During the past 30 days, how many times have you heard other students at your school being called names, teased, made fun of, or embarrassed because of their race/ethnicity, sexual orientation, disability, or how they look?

- ☐ 0 times
- ☐ 1 or 2 times
- ☐ 3 to 5 times
- ☐ 6 to 9 times
- ☐ 10 to 19 times
- ☐ 20 or more times

These questions ask about electronic bullying, also called "cyberbullying." This is using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone. Include being bullied through texting, email, and social media, like Instagram, Facebook, Snapchat, and Twitter.

36. During the past 12 months, how many times has someone used the Internet, social media, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about you?

- ☐ Never
- ☐ Once
- ☐ 2 or more times

37. During the past 12 months, how many times did you talk to an adult at school about being cyberbullied?

- ☐ Never
- ☐ Once
- ☐ 2 or more times

38. During the past 12 months, how many times did you talk to a parent or other adult outside of school about being cyberbullied?

- ☐ Never
- ☐ Once
- ☐ 2 or more times

39. During the past 12 months, how many times have you used the Internet, social media, cell phones, or other electronic devices to bully, tease, threaten, or spread rumors about someone else?

- ☐ Never
- ☐ Once
- ☐ 2 or more times

40. <u>During the past 12 months</u> , how many times did you:	Never	Once	2 or more times
a. See or hear about another student being cyberbullied?	☐	☐	☐
b. Try to stop a student from cyberbullying someone else?	☐	☐	☐
c. Tell an <u>adult at school</u> that someone was being cyberbullied?	☐	☐	☐
d. Tell a <u>parent or other adult outside of school</u> that someone was being cyberbullied?	☐	☐	☐

These questions ask about tobacco use.

41. Have you ever tried cigarette smoking, even one or two puffs?

- ☐ Yes
- ☐ No

42. How old were you when you smoked a whole cigarette for the first time?

- ☐ I have never smoked a whole cigarette.
- ☐ 8 years old or younger
- ☐ 9 years old
- ☐ 10 years old
- ☐ 11 years old
- ☐ 12 years old
- ☐ 13 years old
- ☐ 14 years old or older

43. During the past 30 days, on how many days did you smoke cigarettes?

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

These questions ask about electronic cigarettes (e-cigarettes) and other electronic vapor products, like e-cigars, e-pipes, vape pipes, vaping pens, e-hookah, and hookah pens.

44. Have you ever used an e-cigarette or other electronic vapor product?

- ☐ Yes
- ☐ No

45. During the past 30 days, on how many days did you use an e-cigarette or other electronic vapor product?

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

46. During the past 30 days, how did you usually get your own electronic vapor products? (Select only one response.)

- ☐ I did not use any electronic vapor products during the past 30 days.
- ☐ I bought them in a store (such as a convenience store, supermarket, discount store, gas station, or vape store) in the town where I live.
- ☐ I bought them in a store in another town.
- ☐ I got them on the Internet.
- ☐ I gave someone else money to buy them for me.
- ☐ I borrowed them from someone else.
- ☐ A person 18 years old or older gave them to me.
- ☐ I took them from a store or another person.
- ☐ I got them some other way.

47. How much do you think people risk harming themselves (physically or in other ways) if they use e-cigarettes or other electronic vapor products?

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

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

48. Have you ever had a drink of alcohol, other than a few sips?

- ☐ Yes
- ☐ No

49. How old were you when you had your first drink of alcohol other than a few sips?

- ☐ I have never had a drink of alcohol.
- ☐ 8 years old or younger
- ☐ 9 years old
- ☐ 10 years old
- ☐ 11 years old
- ☐ 12 years old
- ☐ 13 years old
- ☐ 14 years old or older

50. During the past 30 days, did you have at least one drink of alcohol?

- ☐ Yes
- ☐ No

51. During the past 30 days, were you ever drunk from drinking alcoholic beverages?

- ☐ Yes
- ☐ No

52. During the past 30 days, did you go to a party or hang out with friends where alcohol was available?

- ☐ Yes
- ☐ No

The next question asks about how many drinks of alcohol you have had in a row, that is, within a couple of hours.

53. During the past 30 days, did you have 4 or more drinks of alcohol in a row (if you are female) or 5 or more drinks of alcohol in a row (if you are male)?

- ☐ I did not drink alcohol during the past 30 days.
- ☐ Yes
- ☐ No

54. <u>During your lifetime, have you ever gotten a drink of alcohol in any of the following ways?</u>	Yes	No
a. I got it at a party.	☐	☐
b. A friend gave it to me (not at a party).	☐	☐
c. I got it from home, <u>with</u> my parent's/guardian's knowledge.	☐	☐
d. I got it from home, <u>without</u> my parent's/guardian's knowledge.	☐	☐
e. I bought it at a store, tavern, bar or public event (like a concert or sporting event).	☐	☐
f. A friend or someone I know who is <u>over 21</u> gave it to me/purchased it for me.	☐	☐
g. I asked a stranger to buy it for me.	☐	☐
h. My friends or I bought it online.	☐	☐

55. Have you ever ridden in a car driven by a HIGH SCHOOL STUDENT who had been drinking alcohol?

- ☐ Yes
☐ No
☐ Not sure

These questions ask about marijuana use. Marijuana is also called grass or pot.

56. Have you ever used marijuana?

- ☐ Yes
☐ No

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

- ☐ I have never tried marijuana.
☐ 8 years old or younger
☐ 9 years old
☐ 10 years old
☐ 11 years old
☐ 12 years old
☐ 13 years old
☐ 14 years old or older

58. During the past 30 days, did you use marijuana?

- ☐ Yes
☐ No

59. During the past 30 days, did you go to a party or hang out with friends where marijuana was available?

- ☐ Yes
☐ No

These questions ask about other drug use.

60. Have you ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high?

- ☐ Yes
☐ No

61. Have you ever used a prescription drug (such as Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription? *This includes using someone else's prescription or obtaining them illegally.*

- ☐ Yes
☐ No

These questions ask worrying and stress.

62. During the past 30 days, how stressful has your life been?

- ☐ Not at all stressful
☐ A little stressful
☐ Somewhat stressful
☐ Very stressful

63. How often do you worry or feel stressed about:	Never or hardly ever	Rarely	Some- times	Often	Very often
a. School issues (like grades, homework, tests)?	☐	☐	☐	☐	☐
b. Social issues (like friendships, dating, teasing)?	☐	☐	☐	☐	☐
c. Family issues (like your relationship with your parent(s), your family's financial situation, family health concerns)?	☐	☐	☐	☐	☐
d. Safety issues (like violence or fear for your safety at home, school, or in your neighborhood)?	☐	☐	☐	☐	☐
e. Appearance issues (like your weight, how you look)?	☐	☐	☐	☐	☐
f. Your physical and/or emotional health?	☐	☐	☐	☐	☐

64. During the past two weeks, how often have you felt so stressed, anxious, or worried that you:	Never or hardly ever	Rarely	Some- times	Often	Very often
a. Had little interest or pleasure in doing things?	☐	☐	☐	☐	☐
b. Had trouble falling asleep or staying asleep, or slept too much?	☐	☐	☐	☐	☐
c. Felt tired or had little energy?	☐	☐	☐	☐	☐
d. Had a poor appetite or ate too much?	☐	☐	☐	☐	☐
e. Felt bad about yourself or that you were a failure or had let yourself or your family down?	☐	☐	☐	☐	☐
f. Had trouble concentrating in school?	☐	☐	☐	☐	☐
g. Had trouble concentrating on things outside of school, such as watching videos or shows or reading for pleasure?	☐	☐	☐	☐	☐

These questions ask about sad feelings, deliberately hurting yourself, and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.

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

- ☐ Yes
☐ No

66. During the past 12 months, did you ever hurt or injure yourself on purpose? (For example, by cutting, burning, or bruising yourself on purpose.)

- ☐ Yes
☐ No

67. Have you ever seriously thought about killing yourself?

- ☐ Yes
☐ No

68. Have you ever made a plan about how you would kill yourself?

- ☐ Yes
☐ No

69. Have you ever tried to kill yourself?

- ☐ Yes
☐ No

70. <u>During the past 12 months</u> , did <u>you</u> talk to any of the following people about feeling sad or hopeless, or having thoughts about hurting yourself:	Yes, once	Yes, more than once	No
a. An adult at school?	☐	☐	☐
b. A parent or other adult outside of school?	☐	☐	☐
c. A doctor, nurse, or other health care provider?	☐	☐	☐

The questions below are about students at your school.

71. <u>During the past 12 months</u> :	Yes, once	Yes, more than once	No
a. Have you been concerned that a <u>student at your school</u> was depressed or having thoughts about hurting <u>themselves</u> ?	☐	☐	☐
b. Did you tell an <u>adult at school</u> that you were concerned a <u>student</u> was depressed or might harm <u>themselves</u> ?	☐	☐	☐
c. Did you tell a <u>parent or other adult outside of school</u> that you were concerned a <u>student</u> was depressed or might harm <u>themselves</u> ?	☐	☐	☐

72. <u>During the past 12 months</u> :	Yes, once	Yes, more than once	No
a. Have you been concerned that a <u>student at your school</u> might physically hurt <u>someone else</u> ?	☐	☐	☐
b. Did you tell an <u>adult at school</u> that you were concerned a <u>student</u> might physically hurt <u>someone else</u> ?	☐	☐	☐
c. Did you tell a <u>parent or other adult outside of school</u> that you were concerned a <u>student</u> might physically hurt <u>someone else</u> ?	☐	☐	☐

These questions are about your feelings about school.

73. Do you agree or disagree with these statements about school?	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
a. I feel close to people at this school.	☐	☐	☐	☐	☐
b. I feel like I am part of this school.	☐	☐	☐	☐	☐
c. I am happy to be at this school.	☐	☐	☐	☐	☐
d. The teachers at this school treat students fairly.	☐	☐	☐	☐	☐
e. I feel safe in my school.	☐	☐	☐	☐	☐

74. During the past 30 days, on how many days did you miss any school for the following reasons? (Include days you were absent, cut a class, left school early, or came to school late.)	0 days	1 or 2 days	3 or more days
a. You were sick or had a physical health problem (like a cold or the flu, a health condition like asthma, or a physical injury)	☐	☐	☐
b. You were feeling sad or hopeless, or having thoughts about hurting yourself	☐	☐	☐
c. You were behind on your school work	☐	☐	☐
d. You were being bullied or cyberbullied	☐	☐	☐
e. You were too tired	☐	☐	☐

75. Do you have any physical disabilities or long-term health problems? (Long-term means 6 months or more.)

- ☐ Yes
☐ No
☐ Not sure

76. Do you have any long-term learning disabilities? (Long-term means 6 months or more.)

- ☐ Yes
☐ No
☐ Not sure

77. Do you have an IEP (Individualized Education Program) at school?

- ☐ Yes
☐ No
☐ Not sure

78. How old are most of the friends you spend time with after school and on weekends?

- ☐ About the same age as me
☐ Older than me
☐ Younger than me
☐ All different ages

79. How often do you feel like you have a friend you could talk to about a personal problem?

- ☐ None of the time
☐ Some of the time
☐ Most of the time
☐ All of the time

80. How often do you feel you are part of a group of friends?

- ☐ None of the time
☐ Some of the time
☐ Most of the time
☐ All of the time

81. How often do you feel lonely?

- ☐ None of the time
☐ Some of the time
☐ Most of the time
☐ All of the time

The next question asks about volunteer activities.

82. During the past 12 months, on how many days did you participate in any volunteer activities or community service activities outside of your home? (Do not include activities for which you were paid.)

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

These questions ask about time you spend using cell phones, computers, and other electronic devices to talk, send messages, or go online. Include time you spend on social media, like Instagram, Facebook, Snapchat, and Twitter.

83. On an average school day, how many hours do you spend online?

- ☐ None
- ☐ Less than 1 hour per day
- ☐ 1 hour per day
- ☐ 2 hours per day
- ☐ 3 hours per day
- ☐ 4 hours per day
- ☐ 5 or more hours per day

84. On an average school day, how many messages (texts, IMs, emails, etc.) do you usually send on a cell phone?

- ☐ *I don't use a cell phone.*
- ☐ None
- ☐ 1-10 messages per day
- ☐ 11-50 messages per day
- ☐ 51-100 messages per day
- ☐ More than 100 messages per day

85. On an average school day, how many hours do you spend on social media sites? Include all of the time you spend on sites like Instagram, Facebook, Snapchat, Twitter, and other social media sites where you can share messages, photos/videos, or other information online.

- ☐ None
- ☐ Less than 1 hour per day
- ☐ 1 hour per day
- ☐ 2 hours per day
- ☐ 3 hours per day
- ☐ 4 hours per day
- ☐ 5 or more hours per day

86. During the past 7 days, how many times did you post messages or photos/videos on your own profile on social media?

- ☐ *I don't have any social media accounts or profiles.*
- ☐ 0 times
- ☐ 1 or 2 times
- ☐ 3 to 5 times
- ☐ 6 to 9 times
- ☐ 10 to 19 times
- ☐ 20 or more times

87. Are there rules in your household about how you can use social media (such as rules about which sites you can use, how much time you can spend on social media, and where/when you can use social media)?

- ☐ *I don't have any social media accounts or profiles because I choose not to.*
- ☐ *I don't have any social media accounts because my parent(s)/guardian(s) don't allow it.*
- ☐ No, there are no rules
- ☐ Yes, there are rules, but they are not enforced
- ☐ Yes, there are rules and they are enforced

88. How often do your parent(s)/guardian(s) monitor how you use social media (such as by knowing your usernames and passwords, and looking at your accounts)?

- ☐ *I don't have any social media accounts or profiles.*
- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Very often
- ☐ Not sure

89. How often do you talk with your parent(s)/guardian(s) about how to act appropriately and responsibly when you are online, including when you use social media?

- ☐ *I don't go online or use social media.*
- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Very often

90. How often do you text or message your parent(s)/guardian(s) when you're feeling nervous, anxious, sad, or having a personal problem?

- ☐ *I don't ever communicate with my parent(s)/guardian(s) by texting or messaging.*
- ☐ Never
- ☐ Rarely
- ☐ Sometimes
- ☐ Often
- ☐ Very often

91. Do you agree or disagree with these statements about social media?	<i>I don't have any social media accounts or profiles.</i>	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
a. I feel more connected with my peers because of social media.	☐	☐	☐	☐	☐	☐
b. I feel pressure to post things that will be popular and get a lot of comments or "likes."	☐	☐	☐	☐	☐	☐
c. I feel badly about myself, excluded or left out when I see what others post on social media.	☐	☐	☐	☐	☐	☐
d. I have gotten support on social media when I've been going through a tough or challenging time.	☐	☐	☐	☐	☐	☐
e. Social media keeps me from doing other things that are important, like homework or family responsibilities.	☐	☐	☐	☐	☐	☐
f. Being on social media helps me feel better about myself.	☐	☐	☐	☐	☐	☐
g. I spend too much time on social media.	☐	☐	☐	☐	☐	☐

These questions ask about body weight and what you usually eat.

92. <u>Yesterday</u> , how many times did you:	Never	Once	Twice	3 or more times
a. Eat fruit	☐	☐	☐	☐
b. Eat vegetables or green salad (Do <u>not</u> include potatoes.)	☐	☐	☐	☐
c. Drink a glass of milk or eat other milk/dairy products (like yogurt, cheese, cottage cheese)	☐	☐	☐	☐
d. Eat fried foods (like french fries, potato chips)	☐	☐	☐	☐
e. Drink soda or soft drinks (Do <u>not</u> include diet soft drinks.)	☐	☐	☐	☐

93. How do you describe your weight?

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

94. Which of the following are you trying to do about your weight?

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

95. During the past 7 days, how many times did you eat fast food from a restaurant (like McDonald's or Burger King)?

- ☐ 0 times
- ☐ 1 or 2 times
- ☐ 3 to 5 times
- ☐ 6 or more times

96. During the past 7 days, on how many days did you eat breakfast?

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

97. During the past 7 days, on how many days did you eat dinner at home with at least one of your parents or guardians?

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

98. Are you eligible to get a free or reduced-price lunch at school?

- ☐ Yes
☐ No
☐ Not sure

These questions ask about physical activity.

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

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

100. During the past 7 days, on how many days did you exercise or participate in physical activity for at least 20 minutes per day that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?

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

101. During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

- ☐ 0 teams
☐ 1 team
☐ 2 teams
☐ 3 or more teams

102. On an average school day, how many hours do you spend on homework or studying outside of school?

- ☐ None
☐ Less than 1 hour per day
☐ 1 hour per day
☐ 2 hours per day
☐ 3 hours per day
☐ 4 hours per day
☐ 5 or more hours per day

103. On an average school day, how many hours do you spend on extracurricular activities outside of school, like sports, clubs, music lessons, or other nonacademic activities?

- ☐ None
☐ Less than 1 hour per day
☐ 1 hour per day
☐ 2 hours per day
☐ 3 hours per day
☐ 4 hours per day
☐ 5 or more hours per day

104. On an average school day, how many hours do you spend on “screen time” that is not for school work or homework? This includes watching TV, going on the Internet, playing video games, or using a computer, tablet, or smartphone.

- ☐ None
☐ Less than 1 hour per day
☐ 1 hour per day
☐ 2 hours per day
☐ 3 hours per day
☐ 4 hours per day
☐ 5 or more hours per day

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

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

106. How tall are you without your shoes on? Write your height in the blank boxes.

Example:

Height	
Feet	Inches
5	07

Fill in your height here:

Height	
Feet	Inches

107. How much do you weigh without your shoes on? Write your weight in the blank boxes.

Example:

Weight
Pounds
152

Fill in your weight here:

Weight
Pounds

Now, here is a final set of questions that will help us learn more about the health and behaviors of students.

108. During your lifetime, have you used an edible form of marijuana? This includes food products such as brownies, cookies, candy, snacks, or drinks that contain marijuana or oils, such as hash oil, dabs, wax, or shatter.

- ☐ Yes
☐ No

109. During the past 30 days, have you used a prescription drug (such as OxyContin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription? This includes using someone else's prescription or obtaining them illegally.

- ☐ Yes
☐ No

110. How much do you think people risk harming themselves (physically or in other ways) if they:	No risk	Slight risk	Moderate risk	Great risk
a. Smoke one or more packs of cigarettes per day?	☐	☐	☐	☐
b. Take one or two drinks of an alcoholic beverage nearly every day?	☐	☐	☐	☐
c. Have five or more drinks of an alcohol beverage once or twice a week?	☐	☐	☐	☐
d. Smoke marijuana once or twice a week?	☐	☐	☐	☐
e. Use prescription drugs that are not prescribed to them?	☐	☐	☐	☐

111. How wrong do your <u>parents</u> feel it would be for you to:	Not at all wrong	A little bit wrong	Wrong	Very wrong
a. Smoke tobacco?	☐	☐	☐	☐
b. Have one or two drinks of an alcoholic beverage nearly every day?	☐	☐	☐	☐
c. Smoke marijuana?	☐	☐	☐	☐
d. Use prescription drugs not prescribed to you?	☐	☐	☐	☐

112. How wrong do your <u>friends</u> feel it would be for you to:	Not at all wrong	A little bit wrong	Wrong	Very wrong
a. Smoke tobacco?	☐	☐	☐	☐
b. Have one or two drinks of an alcoholic beverage nearly every day?	☐	☐	☐	☐
c. Smoke marijuana?	☐	☐	☐	☐
d. Use prescription drugs not prescribed to you?	☐	☐	☐	☐

This is the end of the survey. Please follow the instructions of the person giving you the survey.

Thank you very much for your help.

Appendix 3: **MetroWest Region Tables**

Table 2-1A. Substance Use by Gender and Grade, 2016
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)	
		Female	Male	7 th	8 th
	(12,307)	(6,030)	(6,183)	(6,065)	(6,242)
CIGARETTE SMOKING					
Lifetime cigarette smoking*	2.9	2.2	3.6	1.8	4.0
Smoked a whole cigarette before age 11 years	0.6	0.3	0.9	0.3	1.0
Current cigarette use (past 30 days)	1.1	0.6	1.5	0.5	1.7
Current frequent cigarette use (on 20 or more of the past 30 days)	0.4	0.1	0.6	0.2	0.6
ELECTRONIC CIGARETTE USE [†]					
Lifetime electronic cigarette use	5.7	4.1	7.3	3.2	8.2
Current electronic cigarette use (past 30 days)	2.5	1.8	3.0	1.2	3.7
Perceived risk of harm of using electronic cigarettes (moderate/great risk)	77.2	83.3	71.2	82.1	72.4
ALCOHOL USE [‡]					
Lifetime alcohol use	10.2	7.9	12.3	7.2	13.0
Had first drink of alcohol before age 11 years	3.9	2.2	5.5	3.9	3.9
Current alcohol use (past 30 days)	3.7	3.0	4.2	1.8	5.4
Binge drinking (past 30 days) [§]	1.0	0.6	1.3	0.4	1.6
Was “drunk” from consuming alcohol (past 30 days)	1.2	0.8	1.5	0.4	1.9
Went to a party/hung out where alcohol was available (past 30 days)	8.4	8.2	8.4	6.0	10.7
Ever rode in car driven by a high school student who had been drinking	1.7	1.4	2.0	1.3	2.2
MARIJUANA AND OTHER SUBSTANCE USE					
Lifetime marijuana use	2.5	1.6	3.2	1.0	4.0
Tried marijuana before age 11 years	0.5	0.2	0.7	0.3	0.7
Current marijuana use (past 30 days)	1.4	0.9	1.8	0.5	2.3
Went to a party/hung out where marijuana was available (past 30 days)	3.8	3.5	4.0	1.5	6.0
Lifetime inhalant use**	2.6	2.1	3.0	2.0	3.1
Lifetime prescription drug misuse (without a doctor's prescription)	1.1	0.8	1.3	0.8	1.5

* Ever tried cigarette smoking, even one or two puffs

† Includes electronic cigarettes, or e-cigarettes, and other electronic vapor products. E-cigarettes create a mist or vapor that you breathe in like smoke.

‡ Does not include drinking a few sips of wine for religious purposes

§ Consumed 4+ drinks in a row for females, or 5+ drinks in a row for males

** Includes sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

Table 3-1A. Violence, Safety-Related Behaviors, and Dating Violence by Gender and Grade, 2016
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)	
		Female	Male	7 th	8 th
	(12,307)	(6,030)	(6,183)	(6,065)	(6,242)
SAFETY					
Didn't go to school because of safety concerns (past 30 days)*	2.4	2.9	1.8	2.4	2.3
Had personal property stolen/damaged at school (past 12 months)	13.5	10.2	16.6	12.8	14.2
Concerned a student might physically hurt someone else (past 12 months)	21.2	20.8	21.5	20.2	22.2
Told an adult at school that you were concerned a student might physically hurt someone else (past 12 months)	3.9	3.5	4.1	4.1	3.6
Told an adult outside of school you were concerned a student might physically hurt someone else (past 12 months)	5.5	6.0	5.0	5.0	6.0
WEAPONS[†]					
Carried a weapon (lifetime)	16.0	6.9	24.8	14.0	17.8
Carried a weapon on school property (lifetime)	1.0	0.4	1.5	0.6	1.5
Carried a weapon (past 30 days)	7.3	2.7	11.7	6.7	8.0
PHYSICAL FIGHTING					
In a physical fight (lifetime)	31.5	16.2	46.2	31.4	31.6
In a physical fight (past 12 months)	15.6	7.2	23.5	16.2	15.0
In a physical fight on school property (lifetime)	9.4	3.3	15.2	8.6	10.1
In a physical fight on school property (past 12 months)	3.4	1.1	5.5	3.4	3.5
Injured in a physical fight and received medical treatment (lifetime)	3.5	1.8	5.1	3.6	3.4
DATING VIOLENCE[‡]					
Sworn at, cursed at, or insulted (lifetime)	5.2	5.5	4.8	4.0	6.4
Physically hurt on purpose (lifetime)	1.0	0.8	1.2	0.7	1.4

* Because you felt you would be unsafe at school or on the way to or from school

† For example, a gun, knife, or club

‡ By a boyfriend, girlfriend, date, or someone you were going out with

Table 3-2A. Bullying, Cyberbullying, and Harassment by Gender and Grade, 2016
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)	
	(12,307)	Female (6,030)	Male (6,183)	7 th (6,065)	8 th (6,242)
BULLYING (past 12 months)*					
Been a victim of bullying	25.1	27.1	23.0	26.7	23.6
Been a victim of bullying on school property	20.6	21.4	19.7	21.9	19.4
Bullied someone else	8.0	6.7	9.3	7.9	8.2
Bullied someone else on school property	5.1	4.2	6.0	4.7	5.5
Talked to a teacher/adult at school about being bullied	10.5	11.4	9.4	11.4	9.6
Talked to a parent/adult outside of school about being bullied	16.5	18.7	14.3	18.0	15.1
Saw or heard about another student being bullied at school	48.6	50.9	46.3	47.7	49.5
Tried to stop another student from bullying someone else at school	31.9	32.0	31.7	33.3	30.5
Told an adult at school that someone was being bullied at school	14.5	16.2	12.7	16.4	12.7
Told a parent/adult outside of school that someone was being bullied at school	19.1	23.4	14.8	19.7	18.5
CYBERBULLYING (past 12 months) †					
Been a victim of cyberbullying	18.8	22.7	14.9	18.0	19.6
Cyberbullied someone else	5.9	6.2	5.5	5.0	6.7
Talked to a teacher/adult at school about being cyberbullied	4.3	5.8	2.9	4.3	4.4
Talked to a parent/adult outside of school about being cyberbullied	7.8	10.9	4.7	8.0	7.6
Saw or heard about another student being cyberbullied	29.5	35.8	23.3	28.9	30.2
Tried to stop a student from cyberbullying someone else	14.5	18.1	10.9	14.9	14.1
Told an adult at school that someone was being cyberbullied	4.3	5.5	3.1	4.8	3.8
Told a parent/adult outside of school that someone was being cyberbullied	8.5	11.9	5.0	9.0	7.9
VERBAL HARASSMENT ‡					
Verbally harassed because of your race, ethnicity, or culture (past 12 months)	11.5	9.9	12.9	10.0	12.9
Verbally harassed because of your sexual orientation (past 12 months)	5.6	5.0	5.8	4.8	6.3
Verbally harassed because of a disability you have (past 12 months)	5.9	5.3	6.1	5.2	6.5
Verbally harassed because of your height or weight or how you look (past 12 months)	26.5	27.6	25.3	26.7	26.4
Heard other students being verbally harassed (past 30 days) §	55.8	57.9	53.9	53.4	58.3

* Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

† Defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone. Includes being bullied through texting, email, and social media

‡ Defined as being called names, teased, made fun of, embarrassed, or threatened one or more times in the past 12 months by others at your school

§ Because of their race/ethnicity, sexual orientation, disability, or how they look

Table 4-1A. Behaviors Related to Unintentional Injury by Gender and Grade, 2016
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)	
		Female	Male	7 th	8 th
	(12,307)	(6,030)	(6,183)	(6,065)	(6,242)
SAFETY-RELATED BEHAVIORS					
Never/rarely wore a helmet when riding a bicycle (past 12 months, among students who rode a bicycle)*	26.3	21.3	31.0	21.4	31.2
Never/rarely wear a seatbelt when passenger in a car	1.8	1.3	2.4	1.3	2.4
DRINKING AND DRIVING (lifetime)					
Rode in car with a high school student who had been drinking	1.7	1.4	2.0	1.3	2.2

Table 5-1A. Stress and Anxiety by Gender and Grade, 2016
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)	
		Female	Male	7 th	8 th
	(12,307)	(6,030)	(6,183)	(6,065)	(6,242)
STRESS					
Life "very" stressful (past 30 days)	15.6	20.4	10.8	12.7	18.4
Worry/feel stressed about school issues*	43.7	53.2	34.3	38.0	49.2
Worry/feel stressed about social issues*	18.8	24.9	12.7	15.4	22.2
Worry/feel stressed about family issues*	15.9	19.6	12.1	13.5	18.2
Worry/feel stressed about safety issues*	4.5	5.3	3.5	4.8	4.2
Worry/feel stressed about appearance issues*	18.3	25.8	10.8	15.9	20.6
Worry/feel stressed about your physical and/or emotional health *	11.6	15.2	7.8	9.7	13.4
SYMPTOMS OF BEING STRESSED, ANXIOUS, OR WORRIED (past 2 weeks)*					
Had little interest or pleasure in doing things	8.0	9.9	6.0	6.6	9.4
Had trouble falling asleep or staying asleep or slept too much	16.9	21.8	11.9	14.8	18.9
Felt tired or had little energy	18.9	24.6	13.2	16.1	21.7
Had a poor appetite or ate too much	11.7	15.4	7.9	9.7	13.6
Felt bad about yourself or that you were a failure	12.4	16.3	8.4	10.9	13.8
Had trouble concentrating in school	16.0	18.1	13.7	14.4	17.6
Had trouble concentrating on things outside of school	7.0	8.7	5.1	6.0	7.9

* Student responded "often" or "very often"

Table 5-2A. Mental Health and Suicidality by Gender and Grade, 2016
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)	
		Female	Male	7 th	8 th
	(12,307)	(6,030)	(6,183)	(6,065)	(6,242)
MENTAL HEALTH AND SUICIDALITY					
Felt sad or hopeless almost every day for two or more weeks (past 12 months)	10.4	13.1	7.4	9.6	11.1
Absent/missed school because you felt sad or hopeless, or had thoughts about hurting yourself (past 30 days)	3.2	4.2	2.0	2.8	3.6
Hurt or injured yourself on purpose (past 12 months) [†]	7.4	9.8	5.0	6.2	8.6
Seriously considered attempting suicide (lifetime)	10.7	12.7	8.5	8.7	12.6
Made a plan about attempting suicide (lifetime)	6.8	8.2	5.4	5.2	8.4
Attempted suicide (lifetime)	2.7	3.3	2.1	2.1	3.3
Talked to a teacher/adult at school about feeling sad or hopeless, or having thoughts about hurting yourself (past 12 months)	4.4	5.0	3.7	4.0	4.8
Talked to a parent/adult outside of school about feeling sad or hopeless, or having thoughts about hurting yourself (past 12 months)	12.4	14.5	10.3	12.4	12.4
Talked to a doctor, nurse, or other healthcare provider about feeling sad or hopeless, or having thoughts about hurting yourself (past 12 months)	4.3	5.1	3.5	3.9	4.7
CONCERNS ABOUT PEER MENTAL HEALTH (past 12 months)					
Concerned a student was depressed or might physically hurt themselves	33.3	41.3	25.3	29.4	37.0
Told an adult at school a student was depressed/might harm themselves	6.7	8.5	4.9	5.8	7.6
Told an adult outside of school a student was depressed/might harm themselves	11.0	15.3	6.8	9.8	12.3
Concerned a student was depressed or might physically hurt someone else	21.2	20.8	21.5	20.2	22.2
Told an adult at school a student was depressed/might harm someone else	3.9	3.5	4.1	4.1	3.6
Told an adult outside of school a student was depressed/might harm someone else	5.5	6.0	5.0	5.0	6.0

* For example, by cutting, burning, or bruising yourself on purpose

Table 6-1A. Weight, Nutrition, and Physical Activity by Gender and Grade, 2016
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)	
		Female	Male	7 th	8 th
	(12,307)	(6,030)	(6,183)	(6,065)	(6,242)
WEIGHT PERCEPTION					
Describe self as slightly or very overweight	23.3	24.2	22.3	23.0	23.5
Trying to lose weight	32.7	38.3	27.2	32.3	33.0
BODY MASS INDEX					
Overweight*	13.1	11.8	14.4	13.1	13.0
Obese†	6.7	5.2	8.1	6.5	6.8
NUTRITION AND EATING PATTERNS					
Consumed 1 or more servings of fruit‡	86.6	87.2	86.1	87.3	86.0
Consumed 1 or more servings of vegetables or green salad‡	80.0	82.5	77.7	81.3	78.8
Consumed 1 or more servings of milk/dairy products‡	90.4	88.2	92.6	91.4	89.4
Consumed fried food 1 or more times‡	56.2	53.8	58.5	56.2	56.2
Drank 1 or more servings of non-diet soda/soft drinks‡	30.9	25.4	36.2	29.9	31.9
Consumed 1 or more servings of fast food (past 7 days)	32.0	28.1	35.9	30.7	33.2
Ate breakfast on all 7 days (past 7 days)	56.9	51.8	62.1	59.3	54.6
Ate dinner at home with parent(s)/guardian(s) on 5 or more days (past 7 days)	82.9	81.3	84.5	85.6	80.3
PHYSICAL ACTIVITY					
Participated in vigorous physical activity (on 3 or more of the past 7 days)§	80.7	77.5	84.1	81.9	79.6
Participated in moderate physical activity (physically active for at least 60 minutes per day on 5 or more of the past 7 days)**	59.7	52.2	67.3	60.7	58.8
Played on one or more sports teams (past 12 months)	77.5	75.4	79.7	77.9	77.1
Spend 3 or more hours of non-homework-related "screen time" on average school day††	34.4	32.7	35.9	30.4	38.1

* Students who were ≥85th percentile but <95th percentile for body mass index by age and gender, based on reference data

† Students who were ≥95th percentile for body mass index by age and gender, based on reference data

‡ On the day before the survey

§ Exercised 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

** Includes any physical activity that increases your heart rate and makes you breathe hard some of the time

†† Includes watching TV, going on the Internet, playing video games, or using a computer, tablet, or smartphone

Table 7-1A. School Attachment, Adult Support, and Peer Support by Gender and Grade, 2016
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)	
	(12,307)	Female (6,030)	Male (6,183)	7 th (6,065)	8 th (6,242)
SCHOOL ATTACHMENT*					
I feel close to people at school.	75.4	75.1	75.8	76.3	74.5
I feel like I am part of this school.	75.6	75.0	76.5	77.2	74.2
I am happy to be at this school.	71.8	72.6	71.4	74.8	69.0
The teachers at this school treat students fairly.	67.7	69.0	66.6	71.2	64.2
I feel safe in my school.	84.5	84.5	84.8	85.8	83.3
ADULT SUPPORT AT SCHOOL					
Have at least one teacher/adult at school to talk to if you have a problem	72.1	73.9	70.5	72.2	72.0
Talked to a teacher/adult at school about a personal problem [†]	25.6	28.5	22.5	25.2	25.9
Talked to a teacher/adult at school about being bullied [†]	10.5	11.4	9.4	11.4	9.6
Talked to a teacher/adult at school about being cyberbullied [†]	4.3	5.8	2.9	4.3	4.4
Talked to a teacher/adult at school about feeling sad or hopeless or having thoughts about hurting yourself [‡]	4.4	5.0	3.7	4.0	4.8
ADULT SUPPORT OUTSIDE OF SCHOOL					
Ate dinner at home with parent(s)/guardian(s) on 5 or more days (past 7 days)	82.9	81.3	84.5	85.6	80.3
Have at least one parent/adult outside of school to talk to about things that are important to you	92.9	93.2	92.7	93.9	91.8
Talked to a parent/adult outside of school about being bullied [†]	16.5	18.7	14.3	18.0	15.1
Talked to a parent/adult outside of school about being cyberbullied [†]	7.8	10.9	4.7	8.0	7.6
Talked to a parent/adult outside of school about feeling sad or hopeless or having thoughts about hurting yourself [‡]	12.4	14.5	10.3	12.4	12.4
PEER SUPPORT					
Feel you have a friend you can talk to about a personal problem [‡]	67.0	75.8	58.4	65.4	68.6
Feel you are part of a group of friends [‡]	80.7	79.1	82.5	81.0	80.4
Feel lonely [‡]	8.8	11.2	6.2	7.9	9.7

* Student responded "agree" or "strongly agree"

† During the past 12 months

‡ Student responded "most of the time" or "all of the time"

Table 8-1A. Risk Behaviors on School Property by Gender and Grade, 2016
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)	
		Female	Male	7 th	8 th
	(12,307)	(6,030)	(6,183)	(6,065)	(6,242)
SAFETY, WEAPONS, AND VIOLENCE					
Didn't go to school because of safety concerns (past 30 days)*	2.4	2.9	1.8	2.4	2.3
Had personal property stolen/deliberately damaged at school (past 12 months)	13.5	10.2	16.6	12.8	14.2
Carried a weapon on school property (lifetime) [†]	1.0	0.4	1.5	0.6	1.5
In a physical fight on school property (lifetime)	9.4	3.3	15.2	8.6	10.1
In a physical fight on school property (past 12 months)	3.4	1.1	5.5	3.4	3.5
Been bullied on school property (past 12 months) [‡]	20.6	21.4	19.7	21.9	19.4
Bullied someone else on school property (past 12 months) [‡]	5.1	4.2	6.0	4.7	5.5
CONCERNS ABOUT PEERS (past 12 months)					
Concerned a student might physically hurt someone else	21.2	20.8	21.5	20.2	22.2
Told an adult at school a student might harm someone else	3.9	3.5	4.1	4.1	3.6
Told an adult outside of school a student might harm someone else	5.5	6.0	5.0	5.0	6.0
Concerned a student was depressed or might hurt themselves	33.3	41.3	25.3	29.4	37.0
Told an adult at school a student was depressed/might harm themselves	6.7	8.5	4.9	5.8	7.6
Told an adult outside of school a student was depressed/might harm themselves	11.0	15.3	6.8	9.8	12.3
SCHOOL ABSENCES (past 30 days)					
Absent from school on 3 or more days	8.6	9.2	8.1	8.2	9.0
Absent/missed school because you were sick/had a physical health problem [§]	37.2	39.9	34.5	35.7	38.6
Absent/missed school because you were feeling sad or hopeless, or having thoughts about hurting yourself [§]	3.2	4.2	2.0	2.8	3.6
Absent/missed school because you were behind on school work [§]	7.6	7.6	7.5	6.9	8.2
Absent/missed school because you were being bullied or cyberbullied [§]	1.8	2.1	1.4	1.7	1.9
Absent/missed school because you were too tired [§]	13.8	15.1	12.2	12.4	15.1

* Because you felt you would be unsafe at school or on the way to or from school

† For example, a gun, knife, or club

‡ Defined as when 1 or more students tease, threaten, spread rumors about, hit, shove, or hurt another student over and over again

§ On one or more of the past 30 days

Table 9-1A. Sociodemographics, General Health, and Student Use of Time by Gender and Grade, 2016
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)	
		Female	Male	7 th	8 th
	(12,307)	(6,030)	(6,183)	(6,065)	(6,242)
SOCIODEMOGRAPHICS					
Students who report having physical disabilities or long-term* health problems	9.4	9.8	8.8	8.7	10.1
Students who report having long-term* learning disabilities	7.3	6.4	8.1	6.3	8.4
Students who report having an Individualized Education Program (IEP)	14.6	13.2	15.9	12.3	16.8
Students who report being eligible to get a free or reduced-price lunch at school	17.6	17.8	17.3	17.8	17.3
GENERAL HEALTH & SLEEP					
Describes general health as very good/excellent	74.3	75.8	73.1	74.8	73.9
Absent/missed school because you were sick/had a physical health problem (past 30 days)	37.2	39.9	34.5	35.7	38.6
Absent/missed school because you were feeling sad or hopeless, or having thoughts about hurting yourself (past 30 days)	3.2	4.2	2.0	2.8	3.6
Absent/missed school because you were too tired (past 30 days)	13.8	15.1	12.2	12.4	15.1
Sleeps 8 or more hours on an average school night	61.6	57.8	65.7	67.7	55.8
STUDENT ACTIVITIES AND USE OF TIME					
Spend 3 or more hours online (average school day)	42.5	45.4	39.4	35.6	49.0
Spend 3 or more hours on social media (average school day)	17.2	21.7	12.6	13.0	21.1
Spend 3 or more hours on homework/studying outside of school (average school day)	18.6	25.2	12.1	15.2	21.8
Spend 3 or more hours on extracurricular activities outside of school (average school day)	19.3	21.5	17.3	18.9	19.7
Spend 3 or more hours on "screen time" that is not for school work/homework (average school day)	34.4	32.7	35.9	30.4	38.1
Participated in volunteer or community service activities on 3 or more days (past 12 months)	56.0	61.3	50.7	54.9	57.1

* Long-term means 6 months or more

Table 9-2A. Online Behaviors and Use of Social Media by Gender and Grade, 2016
MetroWest Region Middle School Students (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)	
		Female	Male	7 th	8 th
	(12,307)	(6,030)	(6,183)	(6,065)	(6,242)
ONLINE BEHAVIORS AND USE OF SOCIAL MEDIA					
Spend 3 or more hours online (average school day)	42.5	45.4	39.4	35.6	49.0
Send more than 50 texts, instant messages, or emails on a cell phone (average school day)	17.1	19.5	14.5	12.9	21.1
Spend 3 or more hours on social media sites (average school day)	17.2	21.7	12.6	13.0	21.1
Posted 3 or more messages or photos/videos on your social media profile (past 7 days)	22.6	26.2	18.7	20.4	24.6
HOUSEHOLD RULES, MONITORING, AND COMMUNICATION REGARDING ONLINE BEHAVIOR					
There are no rules about social media use in your household*	33.9	26.3	42.2	29.8	37.4
Parent(s) or guardian(s) "never" or "rarely" monitor your social media use in your household	50.4	43.9	57.4	44.9	55.1
Parent(s)/guardian(s) "never" or "rarely" discuss how to act appropriately and responsibly online	58.1	52.7	63.6	55.3	60.7
ATTITUDES AND EXPERIENCES RELATED TO SOCIAL MEDIA [†]					
I feel more connected to peers because of social media.	60.0	59.3	60.7	56.0	63.4
I feel pressured to post things that will be popular and get a lot of comments or "likes."	20.0	23.9	15.7	18.6	21.3
I feel badly about myself, excluded, or left out when I see what others post on social media.	17.4	22.2	12.1	16.6	17.4
I have gotten support on social media when I've been going through a tough or challenging time.	32.1	36.7	27.1	31.3	32.1
Social media keeps me from doing other things that are important, like homework or family responsibilities.	17.9	20.1	15.3	15.1	17.9
Being on social media helps me feel better about myself.	23.2	22.1	24.4	22.8	23.2
I spend too much time on social media.	26.8	32.9	20.0	22.8	26.8

* Such as which sites you can use, how much time you can spend, and where/when you can use social media

† Student responded "agree" or "strongly agree"

Appendix 4: **Optional Questions**

Middle School Optional Questions by Gender and Grade, 2016

Pollard Middle School, Needham (Grades 7-8)

MetroWest Adolescent Health Survey, 2016

	Total (%)	Gender (%)		Grade (%)	
		Female	Male	6 th	7 th
	(833)	(423)	(407)	(419)	(414)
108. During your lifetime, have you used an edible form of marijuana?					
Yes	3.9	4.7	2.8	5.4	2.4
No	96.1	95.3	97.2	94.6	97.6
109. During the past 30 days, have you used a prescription drug without a doctor's prescription? This includes using someone else's prescription or obtaining them illegally.					
Yes	1.1	0.5	1.4	0.3	1.9
No	98.9	99.5	98.6	99.7	98.1
110a. How much do you think people risk harming themselves (physically or in other ways) if they smoke one or more packs of cigarettes per day?					
No risk	2.1	1.8	2.5	1.9	2.4
Slight risk	2.8	3.4	2.2	3.2	2.4
Moderate risk	13.1	11.7	14.7	15.2	11.0
Great risk	81.9	83.1	80.6	79.7	84.2
110b. How much do you think people risk harming themselves (physically or in other ways) if they take one or two drinks of an alcoholic beverage nearly every day?					
No risk	4.2	3.7	4.5	4.8	3.5
Slight risk	17.3	14.4	20.7	20.2	14.5
Moderate risk	39.9	38.9	41.3	41.7	38.2
Great risk	38.6	43.1	33.5	33.3	43.8
110c. How much do you think people risk harming themselves (physically or in other ways) if they have 5 or more drinks of an alcohol beverage once or twice a week?					
No risk	3.1	1.8	4.2	2.7	3.5
Slight risk	9.3	7.6	10.9	11.7	6.8
Moderate risk	34.0	32.8	35.6	35.5	32.5
Great risk	53.6	57.8	49.3	50.1	57.2
110d. How much do you think people risk harming themselves (physically or in other ways) if they smoke marijuana once or twice a week?					
No risk	2.7	2.1	3.3	1.6	3.8
Slight risk	12.3	9.4	15.0	9.3	15.3
Moderate risk	33.2	30.6	36.2	37.6	28.8
Great risk	51.8	57.9	45.4	51.5	52.2
110e. How much do you think people risk harming themselves (physically or in other ways) if they use prescription drugs that are not prescribed to them?					
No risk	2.2	1.6	2.8	1.3	3.0
Slight risk	3.1	2.9	3.4	2.4	3.8
Moderate risk	23.7	21.3	26.1	23.5	23.8
Great risk	71.1	74.3	67.7	72.7	69.5

Middle School Optional Questions by Gender and Grade, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>	
		Female	Male	6 th	7 th
	(833)	(423)	(407)	(419)	(414)
111a. How wrong do your parents feel it would be for you to smoke tobacco?					
Not at all wrong	0.5	0.5	0.6	0.3	0.8
A little bit wrong	0.7	0.8	0.6	1.1	0.3
Wrong	8.2	6.8	9.5	8.5	7.9
Very wrong	90.6	91.9	89.4	90.1	91.1
111b. How wrong do your parents feel it would be for you to have one or two drinks of an alcoholic beverage nearly every day?					
Not at all wrong	0.8	0.5	1.1	0.5	1.1
A little bit wrong	2.3	0.8	3.9	2.7	1.9
Wrong	9.9	7.6	12.0	10.1	9.6
Very wrong	87.0	91.1	82.9	86.7	87.4
111c. How wrong do your parents feel it would be for you to smoke marijuana?					
Not at all wrong	0.5	0.8	0.3	0.3	0.8
A little bit wrong	0.9	1.0	0.8	0.5	1.4
Wrong	6.5	5.0	7.8	4.8	8.2
Very wrong	92.0	93.2	91.1	94.4	89.7
111d. How wrong do your parents feel it would be for you to use prescription drugs not prescribed to you?					
Not at all wrong	0.5	0.5	0.6	0.3	0.8
A little bit wrong	0.5	0.0	1.1	0.5	0.5
Wrong	7.3	7.9	6.4	6.1	8.4
Very wrong	91.7	91.6	91.9	93.1	90.2

Middle School Optional Questions by Gender and Grade, 2016
Pollard Middle School, Needham (Grades 7-8)
MetroWest Adolescent Health Survey, 2016

	<u>Total (%)</u>	<u>Gender (%)</u>		<u>Grade (%)</u>	
		Female	Male	6 th	7 th
	(833)	(423)	(407)	(419)	(414)
112a. How wrong do your friends feel it would be for you to smoke tobacco?					
Not at all wrong	1.5	0.8	1.9	0.3	2.7
A little bit wrong	4.2	2.1	6.1	3.7	4.6
Wrong	24.9	16.7	33.6	22.4	27.5
Very wrong	69.4	80.4	58.3	73.6	65.2
112b. How wrong do your friends feel it would be for you to have one or two drinks of an alcoholic beverage nearly every day?					
Not at all wrong	1.7	0.5	2.8	0.8	2.7
A little bit wrong	5.2	1.8	8.7	3.7	6.8
Wrong	26.2	20.2	32.7	25.7	26.8
Very wrong	66.8	77.5	55.9	69.8	63.7
112c. How wrong do your friends feel it would be for you to smoke marijuana?					
Not at all wrong	2.0	0.8	3.1	0.5	3.5
A little bit wrong	4.7	4.4	4.7	2.7	6.7
Wrong	22.5	15.9	29.4	20.5	24.5
Very wrong	70.8	78.9	62.8	76.3	65.2
112d. How wrong do your friends feel it would be for you to use prescription drugs not prescribed to you?					
Not at all wrong	1.3	0.5	1.9	0.5	2.2
A little bit wrong	3.2	1.6	4.7	2.9	3.5
Wrong	21.7	16.7	26.9	20.3	23.2
Very wrong	73.7	81.2	66.4	76.3	71.2