

Brookline Public Schools  
2021 Student Health Survey  
“Pandemic Snapshot”

**Healthy Brookline XIX**



Brookline Department of Public Health  
and Brookline Public Schools

## **Acknowledgements**

This report is a collaborative project of the Brookline Public Health and Human Services Department and the Public Schools of Brookline.

The report was prepared by the Brookline Public Health Department's Substance Abuse Prevention Program for Youth staff, Mary Minott, LICSW, Division Director, and Abby (Gabrielle) Dean, MPH, LICSW, Program Social Worker. Michael Chan, The Public Schools of Brookline Enrollment and Community Engagement Specialist created the online survey tool and completed the data collection and analysis. Additional support with data analysis was provided by John Kleschinsky, DrPH, MPH, the Public Health Department's Public Health Policy Analyst.

The survey was implemented under the direction of the Public Schools of Brookline staff – Maria Letasz (Director of Guidance and Clinical Services), Carlyn Zaniboni Uyenoyama (Curriculum Coordinator for Health and Physical Education), and Emily McGinnis (Brookline High School Advisory Teacher Leader).

## Table of Content

<b>Title</b>	<b>Page Number</b>
Introduction	4
Mental Health	6
Abuse/Respect Behaviors	7
Tobacco	9
Alcohol	10
Marijuana and other drugs	10
Sexual Behaviors	11
Body Weight and Dietary Behaviors	12
Physical Activity	13
Recreational Use of Technology	13
Perceived Level of Accessibility to Alcohol and Other Drugs	14
Protective Factors/Resilience	14
Appendix	15

## **Introduction**

*The Brookline Student Health Survey*, part of the Brookline Department of Public Health's ongoing assessment of the health status of the Brookline community, provides updated information on the health risk behaviors of Brookline youth. Data was gathered from the *Brookline High School Health Survey*, which was given to Brookline students in grades 7-12 during March and April 2021. The most recent prior surveys were conducted in 2017 and 2015.

The *Brookline High School Health Survey* was updated for the 2017 and 2021 school years in conjunction with a four-town Substance Abuse Prevention Coalition that includes Watertown, Waltham, and Belmont, with support from the Education Development Center (EDC). The survey is based on a national initiative, the *Youth Risk Behavior Survey (YRBS)*, which was developed by the Centers for Disease Control and Prevention in 1990 to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability, and social problems among youth and adults in the United States. These behaviors, often established during childhood and early adolescence, include:

- Use of nicotine, alcohol, and other drugs
- Nutrition and physical activity
- Emotional health and well-being
- Technology use
- Behaviors related to sexual activity and healthy decision-making
- Behaviors that contribute to unintentional injuries

The *YRBS* is administered biannually both state and nationwide, and provides national data representative of high school students in public and private schools in the United States, as well as data representative of the state and local school districts in which it is administered. This range of information allows *Healthy Brookline XIX 4%* to:

- Suggest the prevalence of health risk behaviors and protective factors;
- Assess whether health risk behaviors appear to increase, decrease, or stay the same over time;
- Examine the co-occurrence of health risk behaviors;
- Provide comparable national, state, and local data;
- Provide comparable data among subpopulations of youth.

The *Brookline High School Health Survey* also includes questions pertaining to risk and protective factors taken from the National Institute of Health's *Monitoring the Future (MTF)* survey. The 2021 survey was initially scheduled for March and April of 2020 but was canceled due to the COVID-19 pandemic and the closing of schools. The 2021 survey questions were edited to adjust to the fact that students had been out of school for most of the year leading up to the survey. At Brookline High School, the survey was given during students' advisory period and the middle school health survey was given in health classes.

#### **Report Conditions and Limitations:**

The survey was conducted online both by students in-person at school and students at remote locations due to the pandemic. For grades 9 through 12 the survey crashed due to the limitations of the Google Forms program being overloaded. In total, the high school received 854 responses out of a total of 2080 students with a higher rate of response among 9th graders. Among survey responses, 38% were from 9th graders, 24% sophomores, 22% juniors, and 16% seniors. Additionally, data results are also impacted by the lower school attendance due to the pandemic, especially students with limited access to technology.

By using multiple Google Forms, the middle school survey was able to include 834 seventh and eighth grade students from throughout Brookline's eight K-8 Schools. (Students in the 6<sup>th</sup> grade were not surveyed.)

Given that the survey was given to students during the pandemic, the results give us a snapshot look at the impact of the unique circumstances of the pandemic on student health as well as behavioral risks and protective factors.

Because national and statewide surveys of the *YRBS* were not given during the spring of 2021, this report is not able to include comparable national and Massachusetts data.

## MENTAL HEALTH

### *Grades 9-12*

- The rate of BHS 9<sup>th</sup>-12<sup>th</sup> graders in 2021 who reported having felt overwhelming stress or anxiety during the past 12 months was 80% (compared to 82% in 2015 and 84% in 2017).
- The number one source of stress students reported was “school work, academic stress, and grades,” followed by “future, college, job, etc.” The third and fourth reported major sources of stress were “self esteem” and “body image.”
- All grade levels experienced similar levels of overwhelming stress or anxiety in the last year -- 82% of seniors, 85% of juniors, 86% of sophomores, and 83% of 9th graders.
- Across all grade levels, more females than males reported stress and anxiety. Rates among females were 96% of twelfth graders, 95% of eleventh graders, 93% of tenth graders, and 91% of ninth graders. Rates among males students were 65% in twelfth grades, 75% in eleventh grades, 78% in tenth grade, and 77% in ninth grade.
- In 2021, 32% of students reported symptoms of depression (feeling so sad or hopeless for two or more weeks in a row that they stopped doing some usual activities). This rate is an increase from 29% in 2017 and 25% in 2015.
- Females were more likely to report depression -- 48% of seniors, 41% of juniors, 35% of sophomores, and 35% of 9th graders. Male rates of reported depression were considerably lower -- 12% of seniors, 24% of juniors, 16% of sophomores, and 20% of 9th graders.
- BHS students identifying as LGBTQ were more likely to report symptoms of depression than heterosexual students – 55% of LGBTQ students reported symptoms of depression compared to 23% of heterosexual students.
- In 2021, 22% of all students seriously considered killing themselves and 13% made a plan. In prior surveys the questions were combined, asking students if they had considered suicide and made a plan. The reported rates were 4% in 2015 and 4% in 2017.
- Females were more likely to report that they had ever seriously considered killing themselves -- 30% of seniors, 24% of juniors, 31% of sophomores, and 19% of 9th graders, compared to 2% of senior boys, 2% of junior boys, 4% of sophomore boys, and 3% of 9th graders boys.

- Note – in 2017 we asked students if they ever “felt suicidal” as opposed to “seriously considered killing yourself,” so the results cannot be compared. Females reporting rates of feeling suicidal were 7% of seniors, 5% of juniors, 7% of sophomores, and 9% of 9th graders. Male reported rates were 2% of senior boys, 2% of junior boys, 4% of sophomore boys, and 3% of 9th graders boys.
- In 2021, 5% of all students reported they had tried to kill themselves, compared to 4% in 2017 and 2015.
- In 2021, 18% of all students reported self-harming behaviors. This question was not asked in prior surveys.
- Students who reported symptoms of depression reported higher rates of substance use -- 42% reported binge drinking (compared to the general student population of 18%) and 41% reported recent marijuana use (compared to 17% of the general student population).

### *Grades 7-8*

- At the middle school level, the percentage of 7th and 8th grade students who reported experiencing overwhelming stress or anxiety in the past year decreased from 79% in 2017 to 75% in 2021.
- In 2021, 27% of 7th and 8th grade students reported symptoms of depression (feeling so sad or hopeless for two or more weeks in a row that they stopped doing some usual activities).
- In 2021, 17% of 7th graders and 19% of 8th grades seriously thought about killing themselves.
- 14% reported ever having attempted self-harm (i.e cutting, burning) compared to 11% in 2017.
- Three percent of 7th graders and 5% of 8th graders reported having ever attempted suicide.

## **ABUSE/RESPECT BEHAVIORS**

### *Grades 9-12*

BHS 9<sup>th</sup> -12<sup>th</sup> graders reported fewer violence-related risk behaviors than their MA and US counterparts in several categories.

- As so few students had been in school - this question was left off: The number of students who reported being bullied at school in the past 12 months.
- In 2021, 6% of students reported having been **electronically** bullied in the past 12 months as compared to 7% in 2017, and 6% in 2015.

- There was some variation in the number of students in different grades reported being **electronically** bullied-- 6% of seniors, 4% of juniors, 7% of sophomores, and 9% of 9th graders.
- Similarly, 27% of gay or lesbian students and 11% of bisexual students reported being **electronically** bullied as compared to 6% of heterosexual students.
- The percentage of students who reported sexual contact against their will was 10% in 2021 compared to 6% in 2017, 7% in 2013, and 8% in 2015.
- The percentage of students who reported being physically hurt on purpose by a boyfriend or girlfriend was 2% in 2021. Previously it had decreased from 5% in 2015 to 1% in 2017.
- The prevalence of students that reported hearing derogatory remarks regarding sexual orientation from other Brookline students continued to decrease from 68% in 2015 to 56% in 2017 to 44% in 2021. This may have been affected by lack of presence at school.
- The prevalence of BHS students that reported hearing derogatory remarks regarding racial, ethnic, immigrant, and /or religious groups was down to 43% in 2021 vs. 70% in 2017. (This question was added for the first time in 2017 and may have decreased due to lack of school attendance.)
- In prior years' surveys, students were asked if they have experienced sexual harassment at school. Due to school closures, in 2021 the survey asked if you experienced sexual harassment from another student.
- In 2021, 13% number of BHS students reported having experienced sexual harassment from another student during the past year. Females in all grade levels were much more likely to have experienced sexual harassment from another student – 18% of seniors, 27% of juniors, 23% of sophomores, and 16% of 9th graders. Male rates were 6% of seniors, 4% of juniors, 2% of sophomores, and 4% of 9th graders.
- In 2017, females were more likely to have experienced sexual harassment in school – 19% of seniors, 20% of juniors, 20% of sophomores, and 18% of 9th graders. Male rates were 3% of seniors, 4% of juniors, 6% of sophomores, and 3% of 9th graders.
- This trend was also true for sexual contact against a person's will, especially for females in their senior year – 18% of seniors, 24% of juniors, 16% of sophomores and 10% of 9th graders. Male rates were only 10% of seniors, 2% of juniors, 2% of sophomores, and 2% of 9th graders.
- In 2017, the reported rates of sexual contact against a person's will for females were 21% of seniors, 9% of juniors, 11% of sophomores, and 8% of freshman. Male rates were 8% of seniors, 3% of juniors, 4% of sophomores, and 1% of 9th graders.



### ***Grades 7-8***

- The reported rate of electronic bullying in the past 12 months was 8%, similar to what students reported in 2017 and lower than the 2017 state rate (13.6%).
- The rate of sexual contact against one's will was 5% in 2021, up from 2% in 2015 and 1% in 2017.
- 6% of students reported having been in a physical fight in the past 12 months that required treatment, as compared to 4% in 2017.
- The rate of students that reported hearing derogatory remarks regarding sexual orientation at school continued to decrease, from 54% in 2015, to 47% in 2017, and 37% in 2021.

## **TOBACCO USE**

### ***Grades 9-12***

In 2017, the survey question "ever used" was changed to include both tobacco cigarettes and electronic cigarettes, without differentiation.

- The rate of lifetime use of any tobacco product was 13% in 2021, compared to 15% in 2015 and 17% in 2017.
- Use in the past 30 days was 4% compared to 5% in 2015 and 2017.

### ***Grades 7-8***

- The reported rate of lifetime use of tobacco and or electronic cigarettes was 8% compared to 3% in 2017. Use of chewing tobacco was 1% in 2015 and less than 1% in 2017 and 2021.
- The use of other forms of tobacco (ie: flavored products, cigarettos) was less than 1%, similar to 1% in 2017 and down from 4% in 2015.

## **ALCOHOL USE**

### ***Grades 9-12***

Some reported measures of alcohol use among 9<sup>th</sup>-12<sup>th</sup> graders continued to decline while others increased.

- Lifetime use rate of alcohol was 24% -- down from 36% in 2017, 56% in 2013 and 47% in 2015. By twelfth grade, 50% of students had ever used alcohol.
- First use of alcohol before age 13 decreased from 6% in 2015 to 5% in 2017 and 4% in 2021.

- Reported use of alcohol during the month prior to the survey was 24%, down from 27% in 2015 and 30% in 2017.
- In the month prior to both the 2015 and 2017 surveys, 18% reported binge drinking compared to 7% in 2021. By senior year, 8% reported binge drinking. Males and females were not markedly different for some measures of alcohol use.
- Only 1% of students reported that they had engaged in sexual activity after using alcohol that they wouldn't have if they hadn't been drinking, with little variation between grades 10 through 12, and no reported incidents for 9th graders. Females were slightly more likely to have reported than males.

### ***Grades 7-8***

- Lifetime use rates continued to decrease – 15% in 2013, 11% in 2015, 12% in 2017, and less than 1% in 2020.

## **MARIJUANA USE**

### ***Grades 9-12***

Reported rates among Brookline 9<sup>th</sup> -12<sup>th</sup> graders from 2013 to 2017 continued to decline or remained consistent over the past four years.

- Rates of having ever used marijuana declined to 18%, compared to 26% in 2017, 34% in 2013, and 27% in 2015.
- Seniors reported 36% ever having used marijuana, compared to 1% of 9th graders, 16% of sophomores, and 29% of juniors.
- Rates of first use before age 13 declined from 2% in 2013 to 1% in 2015, remaining consistent at 1% in 2017 and 2021.
- Marijuana use during the month before the survey declined to 11% in 2021, compared to 17% in 2017, 21% in 2013, and 16% in 2015. Twenty-one percent of seniors reported using marijuana in the last 30 days compared to 1% of 9th graders, 10% of sophomores, and 19% of juniors.
- One in 5 students who reported having tried marijuana reported heavy use (more than 100 times).
- Among students who drive, less than 1% reported ever having driven a car after using marijuana.

- Due to the pandemic and the closure of schools, the survey did not ask whether students had used marijuana during the school day.

### ***Grades 7-8***

Among Brookline 7th and 8th graders, all measures of marijuana use decreased to less than 1%.

In prior years:

- Lifetime marijuana use rates were 5% in 2013, 2% in 2015, and 2% in 2017.
- Rates of marijuana use before age 13 were 2% in 2013, 1% in 2015, and 1% in 2017.
- Reported use of marijuana in the month prior to the survey was 2% in 2017, lower than the 4% in 2013 and higher than 1% in 2015.
- Three percent of 8th graders had ever used marijuana products, including edibles and dabs, whereas 1% of 7th graders had ever used marijuana products.

## **OTHER ILLEGAL DRUG USE**

### ***Grades 9-12***

Among 9<sup>th</sup>-12<sup>th</sup> graders, most measures of the use of other illegal drugs remained relatively low, with reported usage at 1-2% for all the illegal drugs surveyed.

### ***Grades 7-8***

For students in grades 7-8, the reported rates of illegal drug use remain low, with little change from 2017 to 2020. Less than 1% of 7th and 8th graders reported ever trying any other illegal drug or any prescription drug without a doctor's permission.

## **SEXUAL BEHAVIORS**

### ***Grades 9-12***

The rate of Brookline 9<sup>th</sup> -12<sup>th</sup> graders who reported ever having had sexual intercourse continued to decline.

- In 2021, 14% of BHS students reported ever having had sexual intercourse, compared to 18% in 2017, 23% in 2013, and 21% in 2015. Three percent of 9th graders, 13% of 10th graders, 18% of 11th graders, and 31% of 12th graders reported ever having sexual intercourse.
- Among sexually active students, 70% used a condom during sexual intercourse, a slight increase from 62% in 2015 and 66% in 2017.

- In 2021, of those students who had been sexually active, 17% of BHS seniors reported engaging in sexual activity after using alcohol that they wouldn't have if they hadn't been drinking, compared with 17% of juniors, 19% of sophomores, and 7% of 9th graders.

### ***Grades 7-8***

The rate of Brookline 7th and 8th graders in 2015 who reported ever having sexual intercourse also declined.

- In 2021, less than 1% of students reported ever having had sexual intercourse, compared to 2% in 2017 and in 2015.

## **BODY WEIGHT AND DIETARY BEHAVIORS**

### ***Grades 9-12***

The survey asked BHS students about their perceived body weight. Students were not asked about their actual body weight.

- Students reported lower than perceived body weight than in prior years; 19% described themselves as slightly overweight or very overweight versus 24% in 2017.
- Sixty percent of students did something at least once to lose or maintain their weight. Just over half of all students (52%) reported increasing their level of exercise, 31% reported restricting calories, 8% reported they vomited or took diet pills or laxatives, and 9% reported that they fasted to lose or maintain weight.
- Half of all students responded that their weight affects how they feel about themselves.
- For the first time, the survey asked if students currently suffer or have they ever suffered from an eating disorder. Twelve percent reported yes and 16% reported unsure.
- Females were more likely than males in all grade levels to vomit on purpose after eating -- 10% of seniors, 5% of juniors, 9% of sophomores, and 4% of 9th graders. No senior males or junior males reported these behaviors. Only 2% of freshman and sophomore males reported vomiting or throwing up on purpose.

### ***Grades 7-8***

- Among 7th and 8th graders, 20% describe themselves as slightly overweight or very overweight.
- For 7th and 8th graders, 2% of females and less than 1% of males reported vomiting or throwing up on purpose after eating during the past 12 months.

- Among 7th and 8th graders, 1% reported that they had fasted to lose or maintain weight.

## **PHYSICAL ACTIVITY**

### ***Grades 9-12***

- 44% reported participating in 60 minutes of cardiovascular activity for at least five of the previous seven days (comparable to 45% in 2017.)
- Half (51%) reported participating in at least one BHS sports team in the past 12 months, which is down from 59% in 2017.

### ***Grades 7-8***

- Students were asked if they got regular physical activity (60 minutes a day at least 5 to 7 days per week). Among 7th and 8th graders, males reported more regular physical activity (57%) than females (42%).
- Fifty-four percent of Brookline 7th and 8th grade students reported that on average they slept eight or more hours, and 19% percent of students reported they slept 6 or less hours per night on average.

## **USE OF TECHNOLOGY FOR RECREATIONAL PURPOSES**

The survey asked students how many hours a day they used technology for recreational purposes, including computers, smartphones, TV, or other handheld devices.

### ***Grades 9-12***

- Among BHS students, 70% reported using technology for non-school related work for three or more hours a day, an increase from the rate in 2017 of 51%.

### ***Grades 7-8***

- Eighth grade students were more likely to report spending three or more hours per day using devices for non-school related activities: among males, 40% of 7<sup>th</sup> graders, and 47% of 8<sup>th</sup> graders. Among females, 41% of 7<sup>th</sup> graders and 56% of 8<sup>th</sup> graders.
- Thirty-five percent of 7th and 8th graders reported that they have talked to people online that they don't know personally, and 6% reported that they had ever arranged an "in person" meeting with someone they met online.
- Twelve percent ever felt threatened or scared when online.

## **PERCEIVED EASE OF ACCESSIBILITY TO ALCOHOL & OTHER DRUGS**

Perceived ease of access (responses of fairly or very easy to access) of each type of drug decreased. 61% reported ease of access to alcohol as compared to 69% in 2017 and 72% in 2015. *(Note - During the pandemic, teen access to alcohol, marijuana, and other drugs was limited due to mandated lockdowns, restricted social events, and the closing of schools.)*

### ***Grades 9-12***

- At BHS, 37% of students said it would be fairly or very easy to access marijuana, as compared to 55% in 2017 and 53% in 2015.

### ***Grades 7-8***

- Among 7th and 8th graders, 46% said that it would be fairly or very easy to access alcohol, 9% said it would be fairly or very easy to access marijuana vaping products, 8% said it would be fairly or very easy to access marijuana edibles or marijuana that you smoke, 12% said it would be fairly or very easy to access electronic vaping, and 6% said it would be fairly or very easy to access other tobacco products.

## **RESILIENCE AND PROTECTIVE FACTORS**

### ***Grades 9-12***

The survey included questions pertaining to “protective factors,” including participation in athletics and other physical activity, extracurricular activities, academic performance, and having an adult to talk with about problems. This section looks at correlations between health risk behaviors and these protective factors, which have been associated with resilience.

- The rate of students reporting participation on at least one BHS athletic team was 51%.
- The rate of students who said they had an adult in school to talk with about problems was 59%, similar to 60% in 2017. Ten percent of students reported seeing a mental health professional at school, and 25% reported seeing a mental health professional outside of school.
- Only 4% reported being unable to identify anyone they could turn to if they had a problem, similar to 2017.

### ***Grades 7-8***

- Fifty-seven percent of 7th and 8th graders said they have at least one adult they can talk to in school, and 86% said they have an adult they can talk to outside of school if they have a problem.
- In the past 12 months, 28% of middle school students participated in one sports team, 19% participated in two sports teams, and 16% participated in three or more sports teams.

## APPENDIX

### Student Demographics

#### HIGH SCHOOL DATA:

<u>Total Surveys</u>	<u>854</u>
Complete Surveys	853
<u>Grade</u>	<u>2021</u>
9th grade	324
10th grade	207
11th grade	188
12th grade	134
<u>Gender (I identify as...)</u>	
...a woman	49%
...a man	46%
...agender, genderqueer, gender fluid or non-binary.	2%
I am questioning gender identity.	3%

#### Students Race and Ethnicity:

- 69% White/Caucasian
- 25% Asian (including Native Hawaiian or Other Islander, Chinese, Japanese, Indian, Filipino, Taiwanese, Cambodian, Vietnamese, Korean, etc.)
- 10% Black/African American
- 12% Hispanic or Latino
- 5% Middle Eastern (Pakistan, Afghanistan, Lebanon, Syria, Turkey)
- 2% Armenian
- Less than 1% American Indian or Alaskan Native
- 3% other

#### Primary caretaker:

- 73% both parents

- 10% both parents (separately)
- 4% parent and stepparent
- 12% single parent
- 1% other guardian
- Less than 1% foster parent, older sibling, and did not live with adult caretaker

#### MIDDLE SCHOOL DATA

<u>Total Surveys</u>	<u>1067</u>
Complete Surveys	950
Partially Complete	117
<u>Grade</u>	<u>2017</u>
7th grade	506
8th grade	431
<u>Gender</u>	
Female	49%
Male	50%
Intersex or non-binary	2%

#### Students race and ethnicity:

- 60% White/Caucasian,
- 24% Asian (including Native Hawaiian or Other Islander, Chinese, Japanese, Indian, Filipino, Taiwanese, Cambodian, Vietnamese, Korean, etc.),
- 12% Hispanic or Latino,
- 11% Black/African American,
- 6% Armenian,
- 6% Middle Eastern (Pakistan, Afghanistan, Lebanon, Syria, Turkey),
- 3% American Indian or Alaskan Native, and
- 10% other.



Students residency in the US:

- 76% for have always lived in the US
- 11% for 7-14 years
- 6% for 4-6 years
- 4% for 1-3 years
- 4% for less than one year

Primary caretaker:

- 76% both parents,
- 11% both parents (separately),
- 3% single and step parent,
- 8% single parent,
- less than 1% foster parent, other guardian, older sibling, not with adult caretaker

TREND DATA

<b>2021 Brookline High School Survey</b>	<b>Brookline</b>	<b>Brookline</b>	<b>Brookline</b>	<b>Brookline</b>
<b>Survey Questions</b>	<b>2013</b>	<b>2015</b>	<b>2017</b>	<b>2021</b>
	<b>9th-12th</b>	<b>9th-12th</b>	<b>9th-12th</b>	<b>9th-12th</b>
	<b>%</b>	<b>%</b>	<b>%</b>	
<b>ALCOHOL USE</b>				
<u>Lifetime alcohol use</u>	56	47	36	24
<u>Alcohol use, past 30 days</u>	35	27	30	24
<u>Alcohol use before age 13</u>	12	6	5	4
<u>Binge drinking, past 30 days</u>	19	18	13	7%
<u>Drinking during school day</u>	5	2	15	3
<u>Of students who drive, did you drive after drinking alcohol in past 30 days</u>	3	N/A	6	≥1
<u>Riding in vehicle with driver who has been drinking and was over 21</u>	11 *(Over age 21)	12*(Over age 21)	16	
<u>Riding in vehicle with driver who has been drinking and was under 21</u>	6	4	5	≥1
<b>MARIJUANA USE</b>				
<u>Lifetime marijuana use</u>	34	27	26	18
<u>Lifetime marijuana use, over 100 times</u>	7	4	4	3
<u>Marijuana use, before age 13</u>	2	1	1	1
<u>Marijuana use, past 30 days</u>	21	16	17	10
<u>Marijuana use during school day, past 30 days</u>	9	5	6	in last year 22

<b><u>OTHER ILLEGAL DRUG</u></b>				
<u>Lifetime cocaine use</u>	<u>4</u>	<u>1</u>	<u>1</u>	<u>≥1</u>
<u>Lifetime heroin use</u>	<u>3</u>	<u>1</u>	<u>≥1</u>	<u>≥1</u>
<u>Lifetime use of Ritalin, Adderall, Concerta, amphetamines without a prescription</u>	<u>7</u>	<u>4</u>	<u>2</u>	<u>≥1</u>
<u>Lifetime steroid use without a prescription</u>	<u>3</u>	<u>1</u>	<u>≤1</u>	<u>≥1</u>
<u>Lifetime use of hallucinogens, LSD, mushrooms, ketamine, ecstasy</u>	<u>8</u>	<u>3</u>	<u>1</u>	<u>≥1</u>
<u>Lifetime use of prescription painkillers to get high (Percocet, Oxycodone, Vicodin)</u>	<u>6</u>	<u>2</u>	<u>2</u>	<u>≥1</u>
<u>Lifetime use of depressants to get high (Klonopin, Valium, Xanax, Ativan)</u>	<u>4</u>	<u>2</u>	<u>1</u>	<u>≥1</u>
<b><u>TOBACCO</u></b>				
<u>Ever used a tobacco product including cigarettes, cigars, smokeless tobacco, shisha or hookah tobacco, and electronic vapor products?</u>	<u>26</u>	<u>15</u>	<u>17</u>	<u>13</u>
<u>Started smoking tobacco cigarettes before age 13</u>	<u>5</u>	<u>2</u>	<u>2</u>	<u>≥1</u>
<u>Smoking any tobacco products, past 30 days</u>	<u>10</u>	<u>5</u>	<u>5</u>	<u>≥1</u>
<u>Use of chewing tobacco, snuff, dip, past 30 days</u>	<u>4</u>	<u>2</u>	<u>3</u>	<u>≥1</u>
<u>Tried to quit all nicotine product 12 months (of users)</u>	<u>N/A</u>	<u>N/A</u>	<u>N/A</u>	<u>60</u>
<u>Tried to quit smoking cigarettes (% of smokers)</u>	<u>39</u>	<u>27</u>	<u>20</u>	<u>≥1</u>
<b><u>VIOLENCE RELATED BEHAVIORS</u></b>				

<u>Heard prejudiced language/remarks made towards gays, lesbians, bisexual students, past 30 days</u>	<u>68</u>	<u>68</u>	<u>56</u>	<u>44</u>
<u>Heard negative or derogatory remarks about racial, ethnic, immigrant, and / or religious groups</u>	<u>N/A</u>	<u>N/A</u>	<u>61</u>	<u>43</u>
<u>Electronically bullied, past 12 months</u>	<u>11</u>	<u>6</u>	<u>7</u>	<u>6</u>
<u>Sexual contact against one's will</u>	<u>7</u>	<u>8</u>	<u>6</u>	<u>10</u>
<u>Sexual contact against one's will, boyfriend or girlfriend</u>	<u>N/A</u>	<u>N/A</u>	<u>4</u>	<u>4</u>
<u>Sexual harassment from another BHS student</u>				<u>13</u>
<u>Girlfriend or boyfriend hit, slap, or physically hurt you on purpose, past 12 months</u>	<u>5</u>	<u>5</u>	<u>1</u>	<u>2</u>

**MENTAL HEALTH**

<u>Felt overwhelming stress or anxiety occasionally or frequently, past 12 months</u>	<u>75</u>	<u>82</u>	<u>84</u>	<u>80???</u>
<u>Felt sad, hopeless for 2 or more weeks, past 12 months</u>	<u>N/A</u>	<u>25</u>	<u>29</u>	<u>32</u>
<u>Seriously considered suicide, past 12 months</u>	<u>20* (Felt Suicidal)</u>	<u>18* (Felt Suicidal)</u>	<u>24</u>	<u>22</u>
<u>Seriously considered suicide and made a suicide plan, past 12 months</u>	<u>2</u>	<u>2</u>	<u>4</u>	<u>13</u>
<u>Attempted suicide that resulted in medical treatment, past 12 months</u>	<u>&lt;1</u>	<u>1</u>	<u>&lt;1</u>	<u>5* (Attempted)</u>

**SEXUAL BEHAVIOR**

<u>Ever had sexual intercourse</u>	<u>23</u>	<u>21</u>	<u>18</u>	<u>13</u>
<u>Sexual intercourse before age 13</u>	<u>3</u>	<u>1</u>	<u>1</u>	<u>1</u>
<u>Three or more sexual partners</u>	<u>7</u>	<u>6</u>	<u>5</u>	<u>4</u>
<u>Usually use a condom during sexual intercourse (among sexually active students)</u>	<u>75</u>	<u>62</u>	<u>66</u>	<u>70</u>
<u>Engaged in sexual activity after using alcohol that you wouldn't have if you weren't drinking (among students who have ever used alcohol)</u>	<u>14</u>	<u>8</u>	<u>21</u>	<u>17</u>
<b><u>BODY WEIGHT AND DIETARY BEHAVIORS</u></b>				
<u>Describe self as slightly or very overweight</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>19</u>
<u>Fasted for 24 hours or more to lose or maintain weight, past month</u>	<u>11</u>	<u>6</u>	<u>7</u>	<u>9</u>
<u>Took diet pills, powders, or liquids without Dr.'s advice to lose or maintain weight, past month</u>	<u>3</u>	<u>2</u>	<u>2</u>	<u>1</u>
<u>Ever vomited or took laxatives to lose or maintain weight, past 12 months</u>	<u>3</u>	<u>3</u>	<u>4</u>	<u>7</u>
<u>Do you currently suffer with or have you ever suffered in the past with an eating disorder?</u>	<u>N/A</u>	<u>N/A</u>	<u>N/A</u>	<u>28 (Yes or unsure)</u> <u>12 (Yes)</u>
<b><u>PHYSICAL ACTIVITY</u></b>				
<u>Participated in 60 minutes of cardiovascular activity for at least 5 of the 7 days</u>	<u>36</u>	<u>40</u>	<u>45</u>	<u>44</u>
<u>Participated on at least 1 BHS sports team, past 12 months</u>	<u>53</u>	<u>58</u>	<u>59</u>	<u>51</u>

On an average school day spent 3 or more hours using a computer, TV, phone or other handheld devices for <u>HOMEWORK</u> activities?				<u>56</u>
Used a computer, phone or other handheld device for non-school related activities for 3 or more hours (i.e videogames, Facebook, surfing the web) on an average school day	33 (Computer, phone, other handheld devices)	39 (Technology for recreational purposes)	51*	<u>70</u>
*TV was included in this question				

**PROTECTIVE FACTORS**

Received mostly A's, B's and C's	<u>86</u>	<u>95</u>	<u>96</u>	<u>95</u>
Participated in volunteer work (at least 1 hour/month)	<u>47</u>	<u>49</u>	<u>47</u>	<u>44</u>
Participated in organized extracurricular activities (at least 1 day in past week)	<u>64</u>	<u>77</u>	<u>66</u>	<u>58</u>
Has teacher or other adult in school with whom one can talk about problem	<u>62</u>	<u>67</u>	<u>62</u>	<u>59</u>

<b>2017 Brookline Middle School Survey</b>	<b><u>Brookline</u></b>	<b><u>Brookline</u></b>	<b><u>Brookline</u></b>	<b><u>Brookline</u></b>
<b>Questions</b>	<b><u>2011</u></b>	<b><u>2013</u></b>	<b><u>2015</u></b>	<b><u>2017</u></b>
	<b><u>(7th-8th)</u></b>	<b><u>(7th-8th)</u></b>	<b><u>(7th-8th)</u></b>	<b><u>(7th-8th)</u></b>
	<b><u>%</u></b>	<b><u>%</u></b>	<b><u>%</u></b>	<b><u>%</u></b>

**ALCOHOL USE**

Lifetime alcohol use	<u>22</u>	<u>15</u>	<u>11</u>	<u>12</u>
Alcohol use before age 13	<u>15</u>	<u>11</u>	<u>6</u>	<u>9</u>

<u>Riding vehicle with driver who had been drinking</u>	<u>8</u>	<u>8</u>	<u>11</u>	<u>4</u>
<u>Felt pressured to drink alcohol</u>	<u>9</u>	<u>8</u>	<u>3</u>	<u>6*</u>
<u>*Unlike prior years, only asked of students who actually answered yes to any alcohol use</u>				
<b><u>MARIJUANA USE</u></b>				
<u>Lifetime marijuana use</u>	<u>6</u>	<u>5</u>	<u>2</u>	<u>2</u>
<u>Marijuana use before age 13</u>	<u>2</u>	<u>2</u>	<u>1</u>	<u>1</u>
<u>Marijuana use, past 30 days</u>	<u>4</u>	<u>4</u>	<u>1</u>	<u>&gt;1</u>
<u>Felt pressured to use marijuana</u>	<u>10</u>	<u>6</u>	<u>3</u>	<u>32*</u>
<u>*Unlike prior years, only asked of students who actually answered yes to any marijuana use</u>				
<b><u>OTHER ILLEGAL DRUG USE</u></b>				
<u>Lifetime cocaine use</u>	<u>1</u>	<u>2</u>	<u>&lt;1</u>	<u>&lt;1</u>
<u>Lifetime use of Ritalin, Adderall, Concerta, Amphetamines without a prescription</u>	<u>2</u>	<u>1</u>	<u>1</u>	<u>1</u>
<u>Lifetime steroid use without a prescription</u>	<u>1</u>	<u>1</u>	<u>2</u>	<u>&lt;1</u>
<u>Lifetime use of sniffing glue, paints, or sprays to get high</u>	<u>6</u>	<u>4</u>	<u>1</u>	<u>&lt;1</u>
<u>Lifetime use of prescription painkiller to get high (Percocet, Oxycontin, Vicodin)</u>	<u>1</u>	<u>2</u>	<u>1</u>	<u>&lt;1</u>
<u>Lifetime use of prescription drug that is not student's</u>	<u>N/A</u>	<u>2</u>	<u>2</u>	<u>&lt;1</u>
<b><u>TOBACCO</u></b>				
<u>Ever used a tobacco product including cigarettes, cigars, smokeless tobacco, shisha or</u>	<u>9</u>	<u>5</u>	<u>3</u>	<u>3</u>

<u>hookah tobacco, and electronic vapor products</u>				
<u>Use of chewing tobacco, snuff, dip, past 30 days</u>	<u>2</u>	<u>2</u>	<u>p</u>	<u>&lt;1</u>
<u>Use of other forms of tobacco (smoke-free, dissolvable, cigarillos, flavored cigarettes), past 30 days</u>	<u>2</u>	<u>4</u>	<u>4</u>	<u>1</u>
<b><u>VIOLENCE-RELATED BEHAVIORS</u></b>				
<u>Ever carried a weapon (gun, club or knife)</u>	<u>16</u>	<u>15</u>	<u>15</u>	<u>3</u>
<u>Access to a gun</u>	<u>5</u>	<u>5</u>	<u>3</u>	<u>3</u>
<u>Ever in a physical fight requiring treatment by doctor or nurse</u>	<u>5</u>	<u>5</u>	<u>4</u>	<u>7</u>
<u>Sexual contact against one's will</u>	<u>4</u>	<u>6</u>	<u>2</u>	<u>1</u>
<u>Deliberately hit, slapped, or physically hurt by boyfriend or girlfriend, past year</u>	<u>6</u>	<u>3</u>	<u>1</u>	<u>1</u>
<u>Heard prejudiced language/remarks made towards gay, lesbian, or bisexual students, past 30 days</u>	<u>80*(Location not specified)</u>	<u>59*(At school) 55*(Outside of school)</u>	<u>54*(At school) 61*(Outside school)</u>	<u>47*(At school) 45*(Outside school)</u>
<u>Heard negative or derogatory remarks about racial, ethnic, immigrant, and / or religious groups</u>	<u>N/A</u>	<u>N/A</u>	<u>N/A</u>	<u>46*(At school)</u>
<u>Electronically bullied, past 12 months</u>	<u>16</u>	<u>N/A</u>	<u>13</u>	<u>8</u>
<b><u>MENTAL HEALTH</u></b>				
<u>Felt overwhelming stress or anxiety, occasionally or frequently, past 12 months</u>	<u>71</u>	<u>69</u>	<u>79</u>	<u>76</u>
<u>Ever seriously thought about killing self</u>	<u>11</u>	<u>12</u>	<u>14</u>	<u>15</u>



<u>Ever made a plan about how to kill self</u>	<u>7</u>	<u>10</u>	<u>10</u>	<u>3</u>
<u>Ever attempted suicide</u>	<u>3</u>	<u>4</u>	<u>4</u>	<u>1</u>
<u>Ever attempted self- harm (i.e cutting, burning)</u>	<u>10</u>	<u>12</u>	<u>14</u>	<u>11</u>
<b><u>SEXUAL BEHAVIOR</u></b>				
<u>Ever had sexual intercourse</u>	<u>6</u>	<u>6</u>	<u>2</u>	<u>2</u>
<u>Sexual intercourse before age 13</u>	<u>4</u>	<u>3</u>	<u>1</u>	<u>1</u>
<u>Three or more sexual partners</u>	<u>3</u>	<u>2</u>	<u>1</u>	<u>1</u>
<u>Usually use a condom during sexual intercourse (among sexually active students)</u>	<u>65</u>	<u>70</u>	<u>68</u>	<u>43</u>
<u>Participated in oral sex</u>	<u>8</u>	<u>5</u>	<u>4</u>	<u>3</u>
<u>Felt pressured to have sexual intercourse</u>	<u>7</u>	<u>9</u>	<u>4</u>	<u>25*</u>
<u>*Only asked of students who actually answered yes to having sexual intercourse</u>				
<b><u>BODY WEIGHT DIETARY BEHAVIORS</u></b>				
<u>Described self as slightly or very overweight</u>	<u>22</u>	<u>23</u>	<u>23</u>	<u>20</u>
<u>Fasted for 24 hours or more to lose or maintain weight, past 30 days</u>	<u>6</u>	<u>5</u>	<u>5</u>	<u>4</u>
<u>Took diet pills, powders, or liquids without Dr.'s advice to lose or maintain weight, past month</u>	<u>1</u>	<u>2</u>	<u>1</u>	<u>1</u>
<u>Ever vomited or taken laxatives to lose or maintain weight</u>	<u>2</u>	<u>4</u>	<u>3</u>	<u>&lt;1</u>
<b><u>PHYSICAL ACTIVITY</u></b>				
<u>Participated in at least 60 minutes of activity for at least 5 of the</u>	<u>51</u>	<u>50</u>	<u>52</u>	<u>52</u>

<u>past 7 days (increased HR and breathed hard)</u>				
<u>Used a computer, phone or other handheld device for non- school related work for 3 or more hours (i.e video games, Facebook, surfing the web, on an average school day)</u>	<u>28</u>	<u>34</u>	<u>33</u>	<u>46*</u>
<u>*TV was included in this question</u>				