



# **MetroWest Adolescent Health Survey**

**2014**

**Presentation of Findings**

Lincoln-Sudbury Regional High School

# MetroWest Adolescent Health Survey

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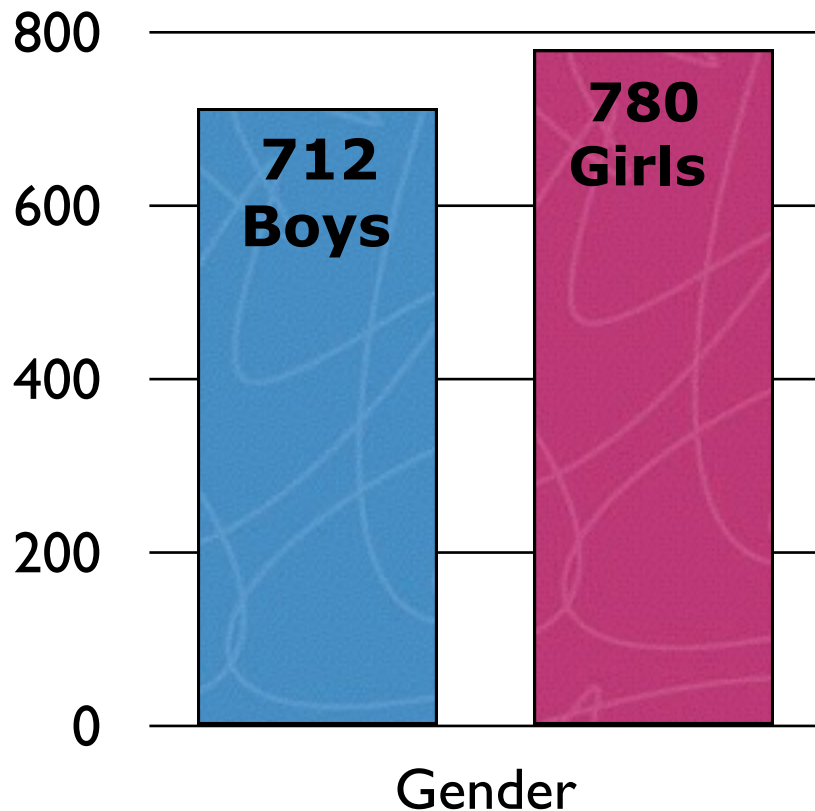
## What is the MWAHS?

- Survey is comprised of 148 core and an additional 20 optional questions regarding students' involvement in healthy and potentially risky behaviors.
- Questions focus on:
  - Substance Use (alcohol, marijuana, etc.)
  - Feelings of Stress; Depression and Suicide
  - Sexual Behavior
  - Violence and Bullying
  - Perception of Safety and Adult Support
- Questions are asked about behaviors that occurred in the:
  - Past month (Current)
  - Past year
  - At any point in lifetime

# The MWAHS LS Survey Basics

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- MWAHS was administered in November of 2014
  - This effort and the previous 4 survey administrations in 2006, 2008, 2010, and 2012 were funded by the MetroWest Community Health Care Foundation.
  - 26 MetroWest Districts participated for a total of 24,355 surveyed.
- 1,503 LS students participated (93% of population)



<b>GRADE LEVEL</b>	<b>NUMBER OF STUDENTS</b>
12	335
11	362
10	432
9	367

# MWAHS Validity and Reliability

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## How do we know that student responses are truthful?

- **Survey Design**

- Based on the Youth Risk Behavior Survey (YRBS) generated by the Center for Disease Control and Prevention (CDC) and University of Michigan's Monitoring the Future survey (MTF)

- **Survey Environment**

- Research shows students need to perceive survey as...
  - important, voluntary, and anonymous
- ✓ **We followed these guidelines**

- **Consistency Checks**

- All surveys are reviewed for implausible and/or inconsistent responses

- **Census of Students at the School Level**

- This survey has an advantage over surveys that use random samples. It can be considered representative of the student body as a whole.

- **Coherent Behavioral Pattern**

- The MWAHS data shows gender and grade patterns which make logical sense in the context of what we know from the literature about adolescent risk-taking behaviors.

# The MWAHS Trends

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## ENCOURAGING

- ✓ Increase in Report of Adult Support at School
  - 69% in 2006 to 76% in 2014
- ✓ Increase in Physical Activity
  - % Meeting National Recommendations - 33% in 2006 to 48% in 2014
- ✓ Decrease in Cigarette Smoking
  - Lifetime - 31% in 2006 to 13% in 2014
- ✓ Decrease in Alcohol use
  - Lifetime - 68% in 2006 to 54% in 2014
- ✓ Decrease in Marijuana use
  - Lifetime - 33% in 2006 to 26% in 2014
- ✓ Decrease in Driving after Drinking
  - Past Month - 24% in 2008 to 8% in 2014
- ✓ Decrease in Riding in car driven by someone who had been drinking
  - Past Month - 28% in 2008 to 17% in 2014
- ✓ Decrease in Fighting (school property)
  - Past Year - 9% in 2006 to 4% in 2014

# The MWAHS Trends

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## CONCERNING

- Increase in Driving after using marijuana (Among 11/12th grade drivers)
  - Past Month - 15% in 2012 to 19% in 2014
- Increase in Cyberbullying
  - Past Year - 13% in 2006 to 25% in 2014
- Decrease in Condom Use (Among Youth who had sex in past 3 months)
  - Last Time Had Sexual Intercourse - 73% in 2006 to 60% in 2014
- No Significant Change in Bullying on School Property
  - Past Year - 25% in 2006 to 24% in 2014
- Increase in reporting Life as being “very” stressful
  - Past Month - 29% in 2006 to 38% in 2014
  - Greatest increase in Females - 34% in 2006 to 48% in 2014

# The **MWAHS** 2014 Findings

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## ***Our students report . . .***

- ◆ 76 % (1,142) have a supportive adult at school
- ◆ 74 % (1,112) feel a part of the school
- ◆ 31 % (466) get 8 or more hrs of sleep on avg. school night
- ◆ 28 % (419) were bullied in past year
- ◆ 25 % (373) were cyberbullied in the past year
- ◆ 24 % (359) used electronic cigarettes in their lifetime
- ◆ 18 % (270) used marijuana in the past month
- ◆ 14 % (216) hurt themselves on purpose in the past year
- ◆ 12 % (177) have come to school “drunk” or “high” in their lifetime
- ◆ 3 % (51) attempted suicide in the past year

# The **MWAHS** 2014 Indicator Findings

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## ***Stress Levels***

***Higher levels of reported stress are correlated with other risk factors***

## ***Perceptions***

***How students perceive their parents' perceptions as well as their peers' perceptions are correlated with increases or decreases in risky behaviors***

## ***Sexual Orientation***

***Students in the sexual minority are at greater risk***

## ***Cyberbullying***

***Students who are cyberbullied are at greater risk***



# The **MWAHS** Findings

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***We ALL as a community have a role to play in fostering healthy behaviors for our students***

## **A.C.T.**

### ***Acknowledge - Care - Talk***

- ✓ Need to **Acknowledge** - challenges and trends
  - **Understand norms** and consider difference between
    - 19% (1/5) of students “binge drank” last month
- vs**
- **81% (4/5) of students chose NOT to “binge drink” last month**
- ✓ Need to **Care**
  - By being present & being supportive of initiatives
- ✓ Need to **Talk** and take action
  - Through conversations
  - Through providing opportunities & resources to make healthy decisions

# World Café Based Discussion

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- Tables Organized By Topic
- Agenda for Table
  - ✓Students present survey data (5 min)
  - ✓Discussion among community members & students regarding data (5 min)
  - ✓Discussion based upon guiding question (5 min)
    - ★**What role can I and the community play in reinforcing the healthy choices our students are making?**
    - ★**What other questions does this data generate and where do I go to continue this conversation?**
- Move Tables and Repeat Process
  - ✓Three Times
- Computers will be available to record ideas and themes generated during discussions
  - ✓please identify notetaker to take notes

# World Café Table Topics

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- ◆ Substance Use
- ◆ Alcohol
- ◆ Marijuana
- ◆ School Related Substance Use & Availability (In & Out of School)
- ◆ Sexual Behavior
- ◆ Sexual Orientation
- ◆ Bullying
- ◆ Cyberbullying
- ◆ Stress
- ◆ Mental Health
- ◆ Dating Violence and Safety
- ◆ Driving Behaviors
- ◆ School Attachment & Adult Support
- ◆ Resilience, Protective Factors & Perceptions

# Additional Resources

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- ➔ Sudbury Lincoln CRANE  
**Community Resource Awareness Network**  
★ <http://cranehelp.org/>
  
- ➔ LSRHS Counseling Website  
★ <http://www.lsrhs.net/sites/counseling/mental-health-resources/>
  
- ➔ William James INTERFACE Referral Service  
★ <http://interface.williamjames.edu/>
  
- ✓ If you have additional questions about the MWAHS data, please contact Emily Phillips at [emily\\_phillips@lsrhs.net](mailto:emily_phillips@lsrhs.net)

## **Substance Use**

# Lifetime Substance Use Comparison

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**Overall, LS is very comparable to MetroWest for *percentage* of students reporting lifetime use of these substances.**

DRUG	LS %	MetroWest %
Alcohol	54	54
Marijuana	26	30
Prescription Drugs	7	7
Ecstasy	3	4
Cocaine	3	3
Heroin	2	2
Steroids	2	2
Methamphetamine	1	2

# Lifetime Substance Use: The Actual LS Numbers

***While some of the percentages may be low, the actual number of students\* who report using these drugs is still worth noting***

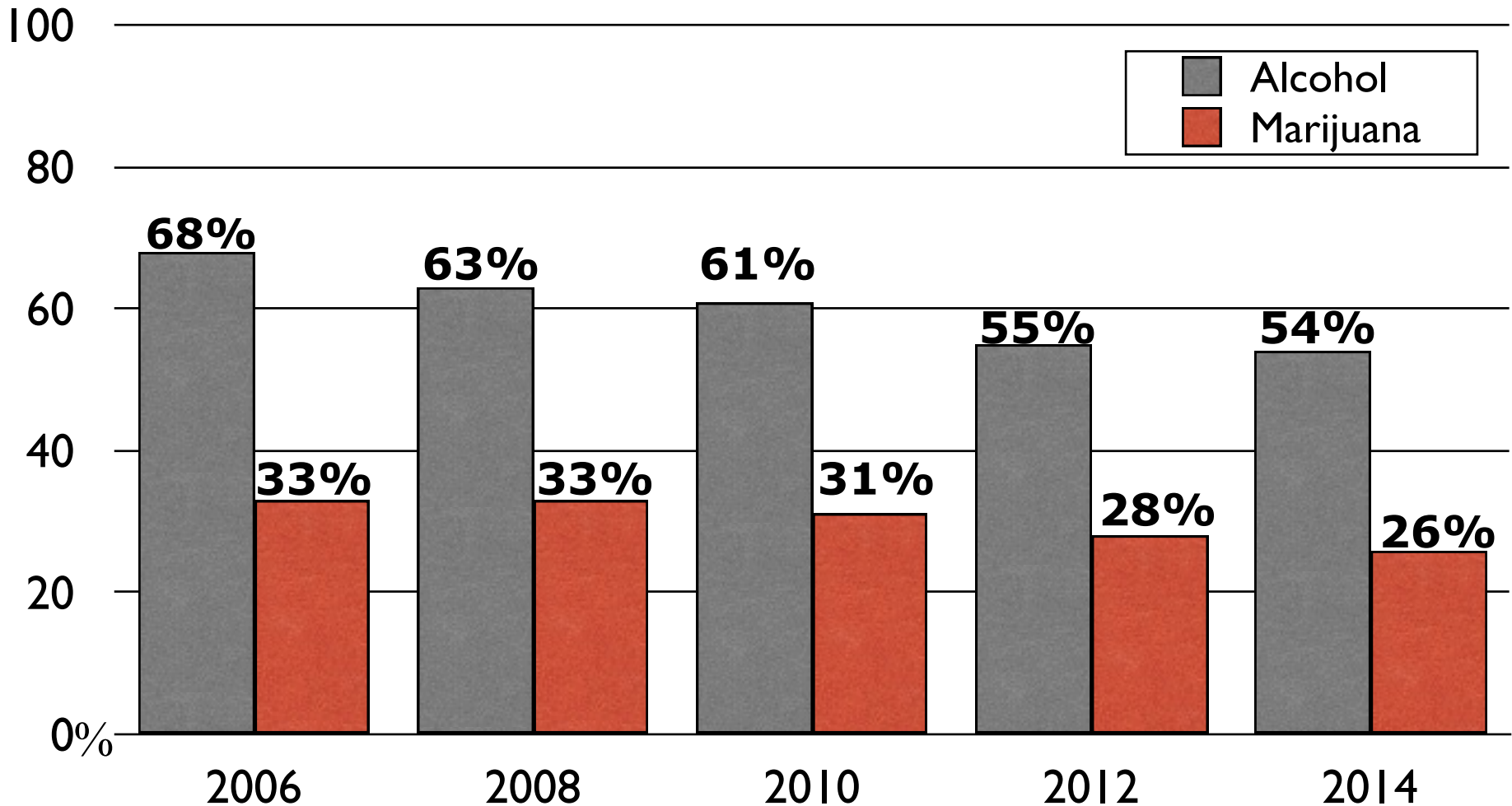
***(\*of the 1503 surveyed).***

DRUG	LS %	Actual Number
Alcohol	54	812
Marijuana	26	391
Prescription Drugs	7	105
Ecstasy	3	45
Cocaine	3	45
Heroin	2	30
Steroids	2	30
Methamphetamine	1	15

# Lifetime Alcohol and Marijuana Use Trends

***LS students have reported a decrease in lifetime alcohol use and lifetime marijuana use since 2006. MetroWest students have also reported similar decreases for both substances.***

% Students who have . . . in lifetime

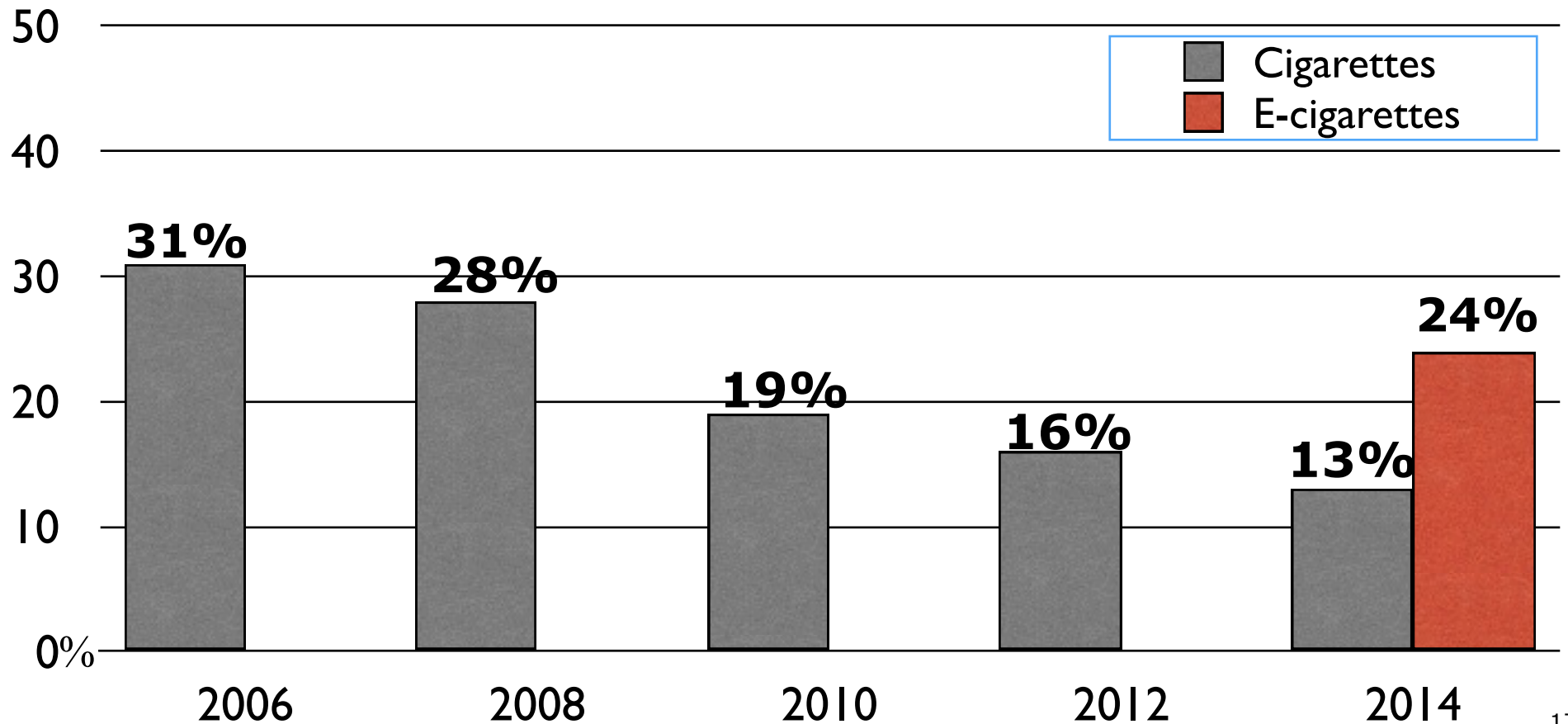




# Lifetime Cigarette Use Trend

***Since 2006, there has been a decline in cigarette smoking at LS. MetroWest also reports a decline (35% in 2006 to 17% in 2012). This trend could indicate that specifically addressing a problem **can** change behavior. However, education may be needed on the risks of E-Cigarette use.***

% Students who have smoked cigarettes in lifetime



## Alcohol

# Past Month Alcohol Use

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## ***PERCEPTIONS MATTER***

***LS students who understand the harm that alcohol use poses (via binge drinking) are significantly less likely to binge drink.***

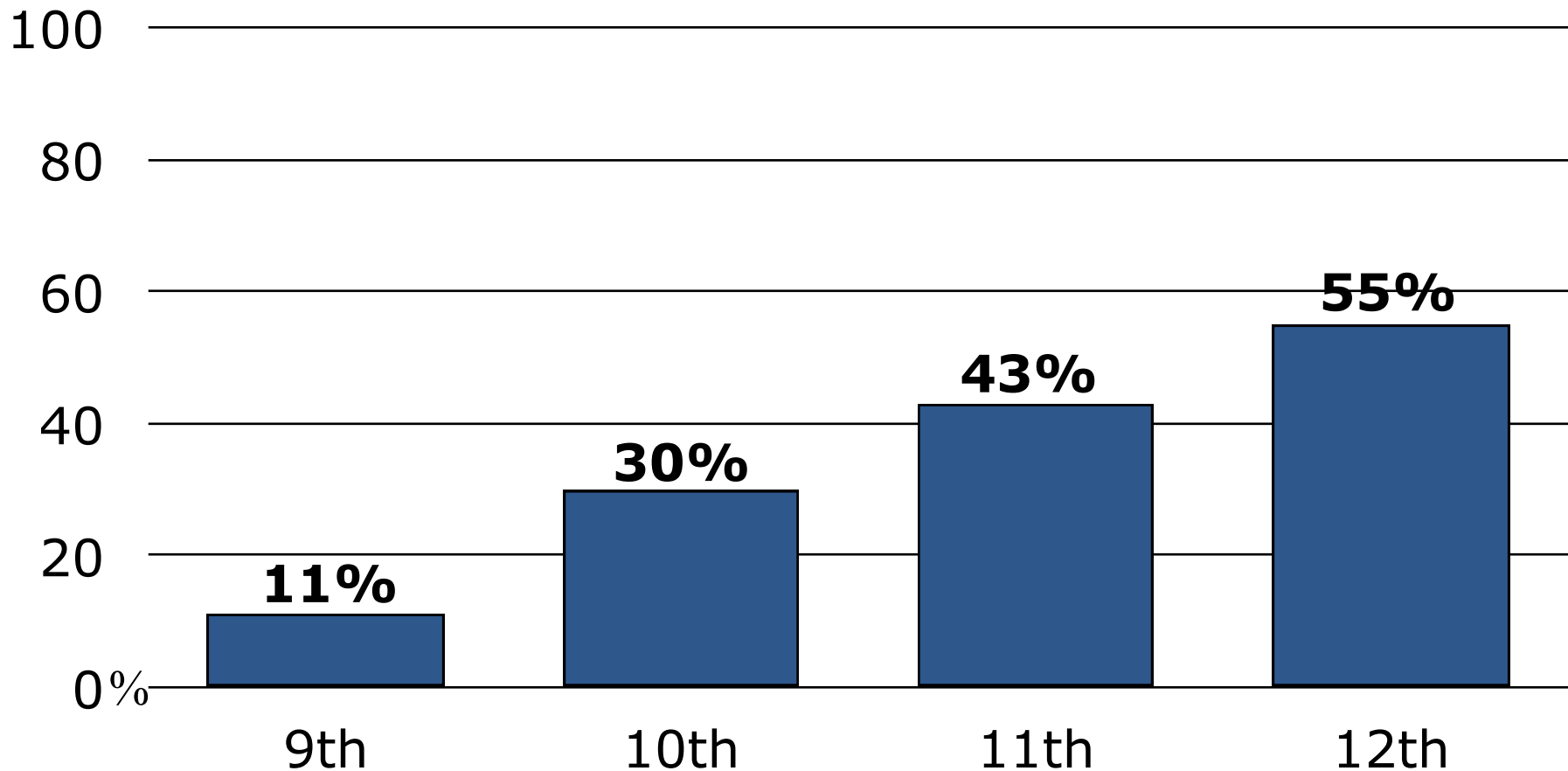
***(15% vs 39%)***

# Past Month Alcohol Use By Grade

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***As students get older, their alcohol use in the past month increases. However, since 2006 there has been a decrease in past month alcohol use by both LS students (43% in 2006 to 34% in 2014) and Metrowest students (42% to 33%).***

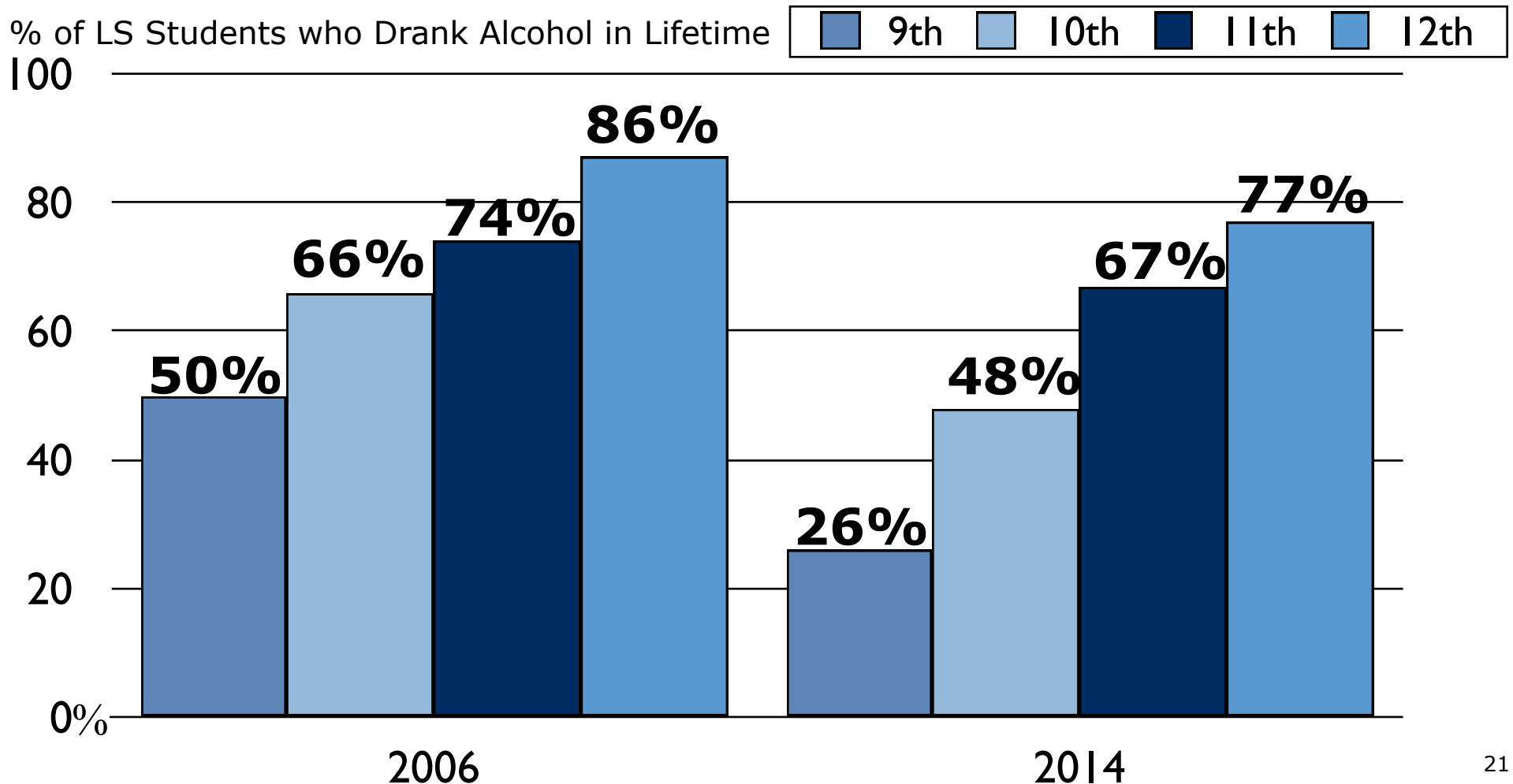
% of LS Students who Drank Alcohol in Past Month



# Lifetime Alcohol Use Trend by Grade

***There has been a large drop in lifetime alcohol use by 9th graders since 2006. There has been a smaller drop for 12th graders since 2006.***

***Delaying the onset of substance use is important. This trend is also shown in fewer students reporting that they had their first drink of alcohol before age 13 (14% in 2006 to 8% in 2014).***



# Past Month Alcohol Use Comparison

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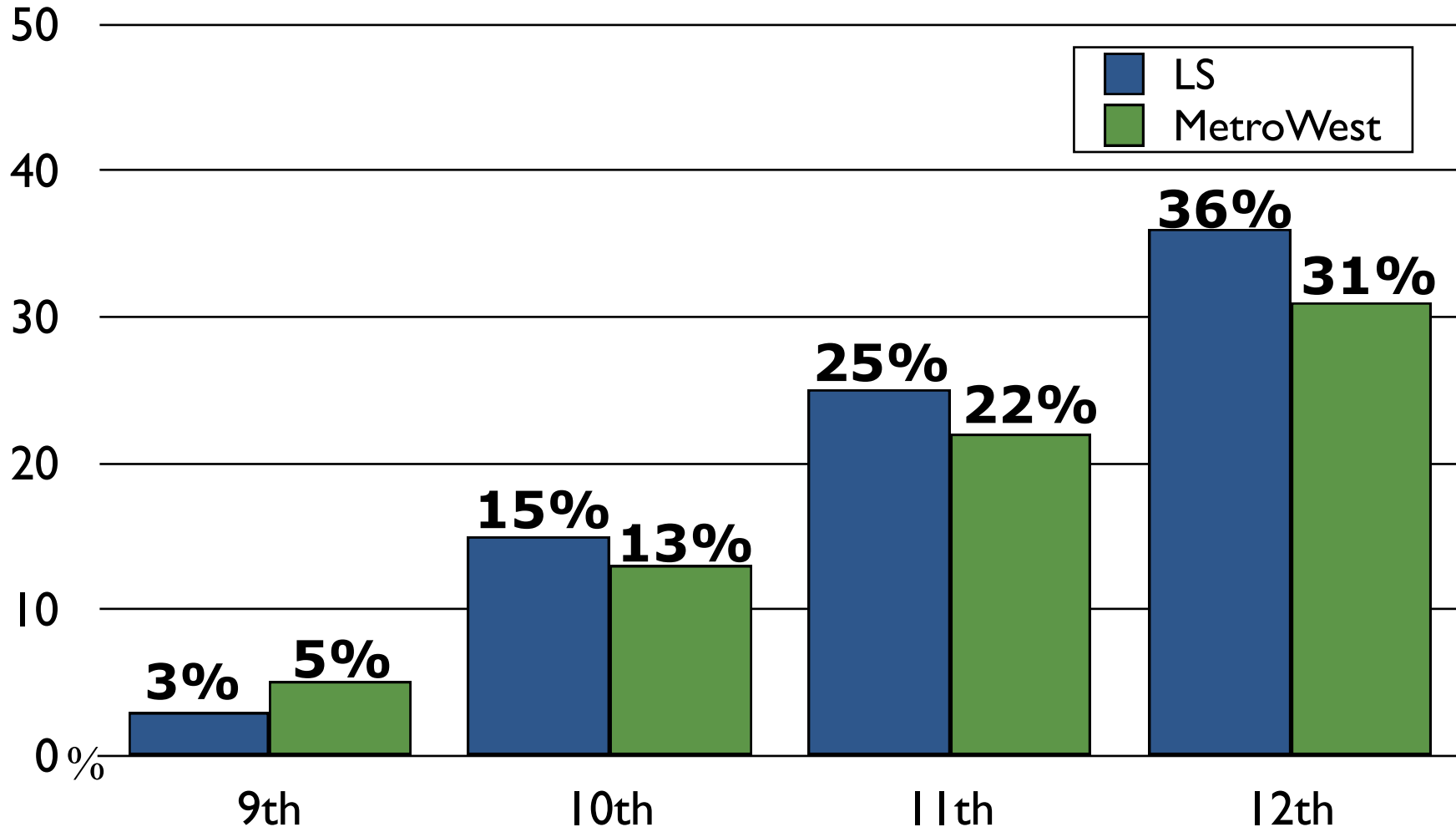
***LS is comparable to MetroWest for percentage of students reporting the following behaviors in the past month.***

Activity	LS	MetroWest
Binge Drank	19%	18%
Been "Drunk"	25%	23%
Used Alcohol <b>BEFORE</b> School Event (PAST YEAR)	17%	10%
Used Alcohol <b>DURING</b> a school function (PAST YEAR)	9%	6%
Used Alcohol on School Property	5%	3%

# Past Month Binge Alcohol Use Comparison

***The frequency and extent of binge drinking increases with age as does having greater numbers than comparably aged MetroWest students.***

% of Students who drank 5+ Drinks at One Time in Past Month



## **Marijuana**



# Past Month Marijuana Use

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## ***PERCEPTIONS MATTER***

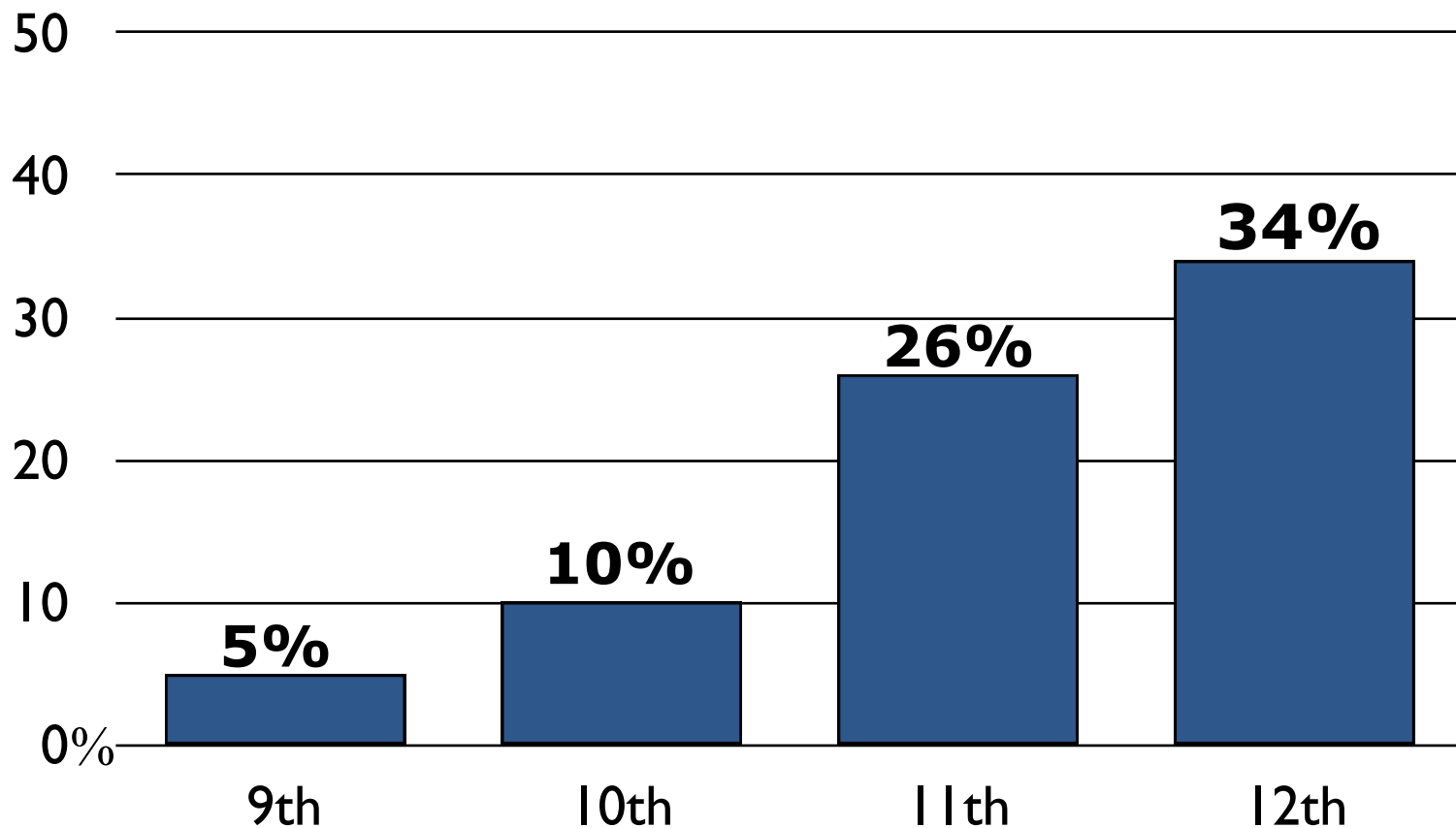
***LS Students who understand the harm  
that marijuana use poses  
are significantly less likely to use marijuana.***

***(6% vs 34%)***

# Past Month Marijuana Use By Grade

***As students get older, their current marijuana use increases. However, since 2006 there has been a slight decrease in past month marijuana use by LS students (21% in 2006 to 18% in 2014) whereas Metrowest students stayed the same (20%).***

% of LS Students who have used Marijuana in Past Month

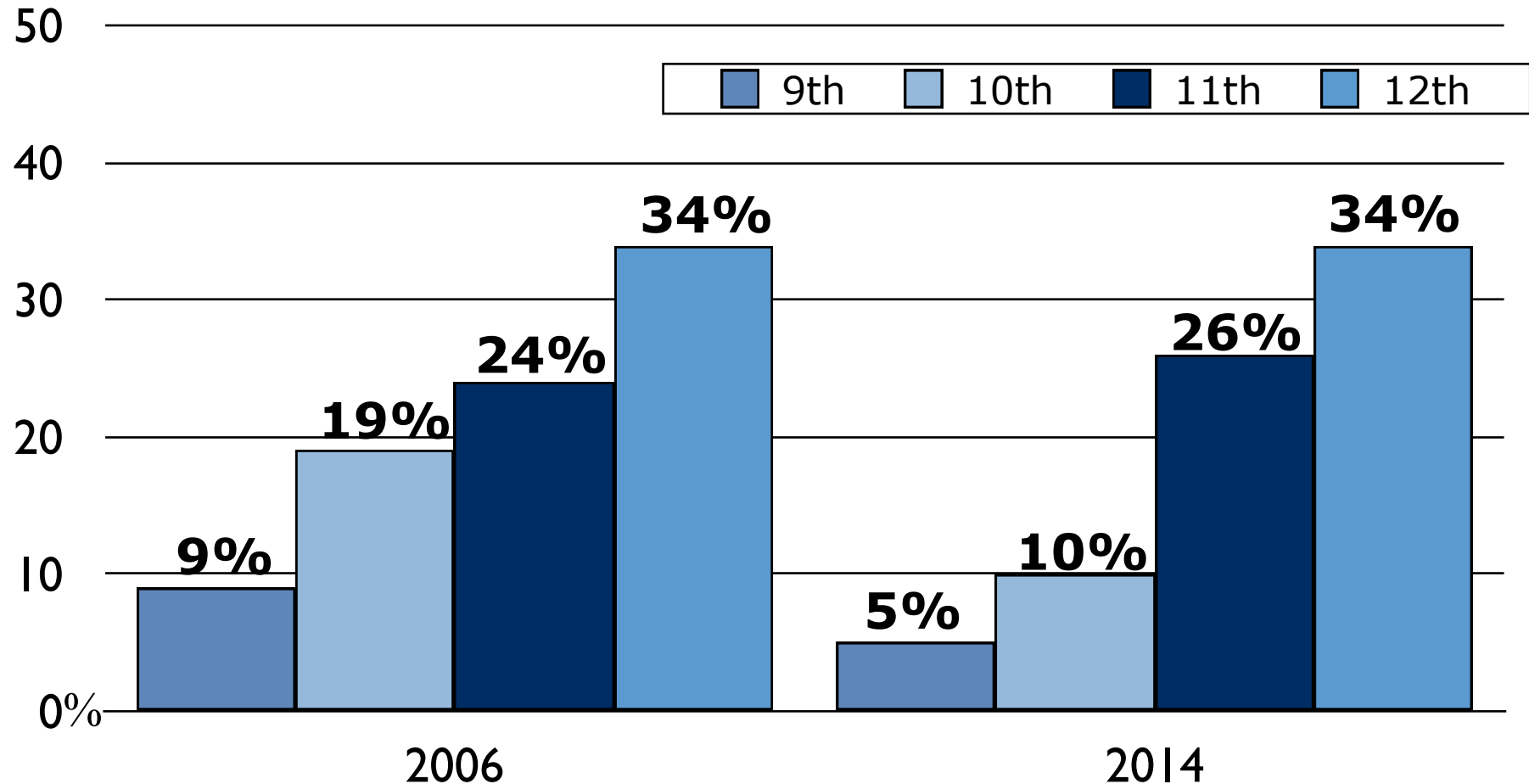


**More LS boys report using marijuana in the past month than LS girls (22% to 15%)**

# Past Month Marijuana Use Trend By Grade

*There has been a decline current marijuana use by 9th graders since 2006. However, there has been no drop for 12th graders since 2006. **Delaying the onset of substance use is important.** Slightly fewer students are reporting that they tried marijuana for the first time before age 13 (4% in 2006 to 2% in 2014).*

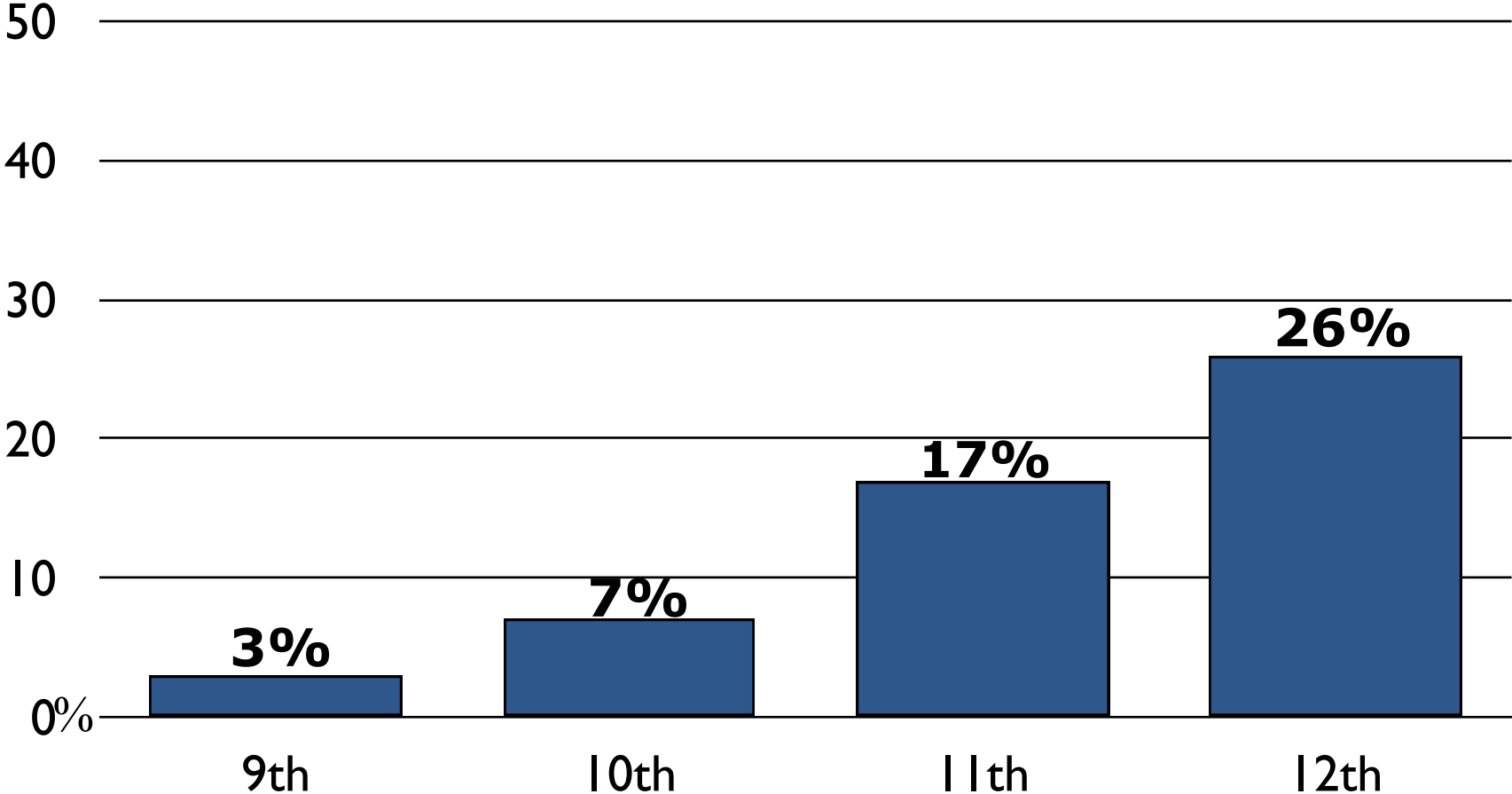
% of LS Students who have used Marijuana in Past Month



# Past Month Marijuana & Alcohol Combined Use by Grade

*The combination use increases with age. Overall, LS is the same as MetroWest with 13% of students reporting that they used marijuana and alcohol during the same time period (within a couple of hours) in the past month.*

% of LS Students who have used Marijuana & Alcohol during same time period in Past Month

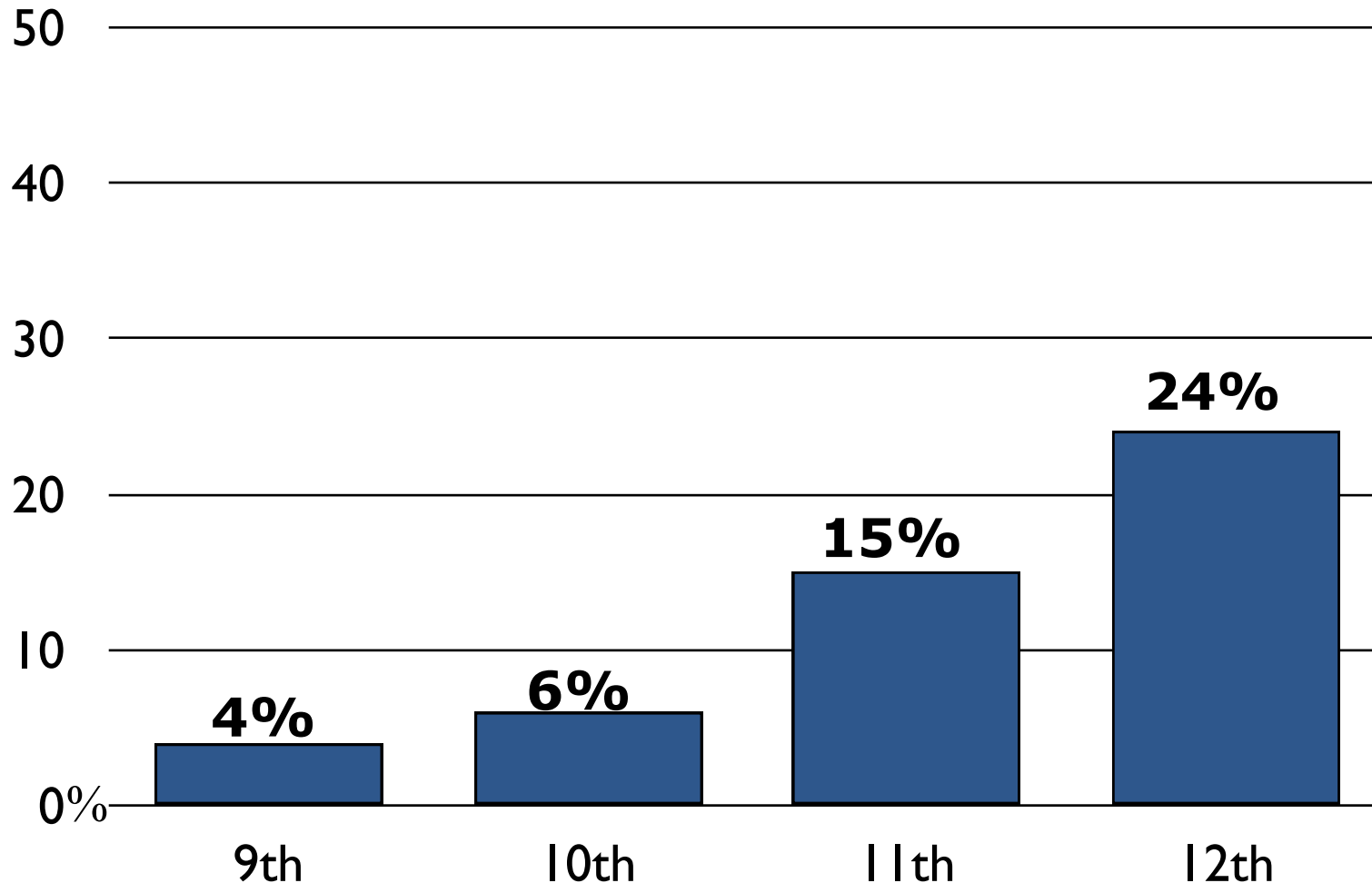


# **School Related Substance Use**

# Lifetime Coming to School "Drunk" or "High" By Grade

***For a number of students, substance use has expanded beyond weekend "partying" and tends to increase with age. There is no available comparison data with MetroWest.***

% of LS Students who have come to School "Drunk" or "High" in Lifetime

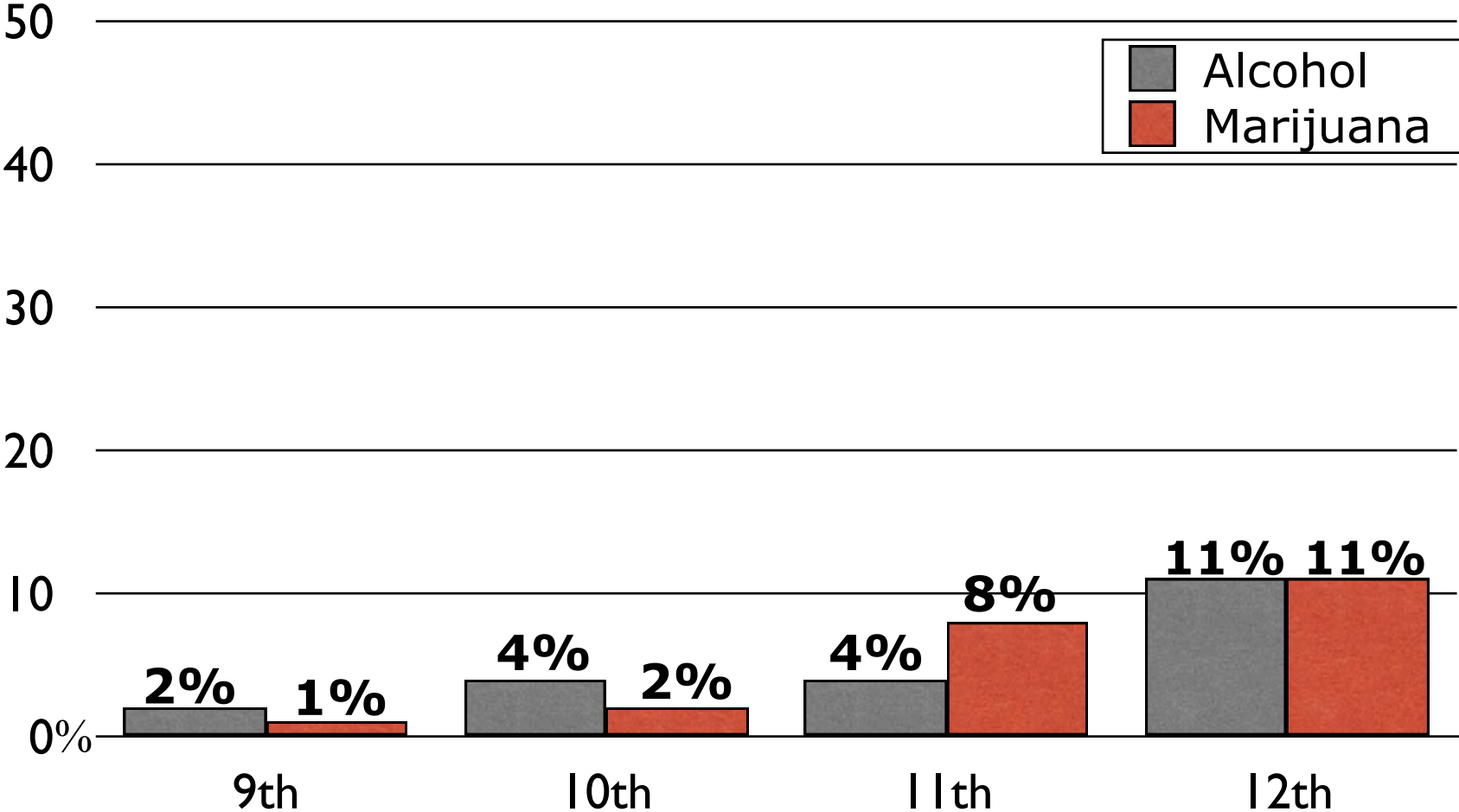


**LS student reports of this behavior has decreased since 2006 (19% vs 12%)**

# Past Month Substance Use on School Property By Grade

***LS is comparable with MetroWest regarding substance use on school property. Overall, reported alcohol use was 5% at LS and 3% for MetroWest. Overall, reported use of marijuana was 5% at LS and 4% for MetroWest.***

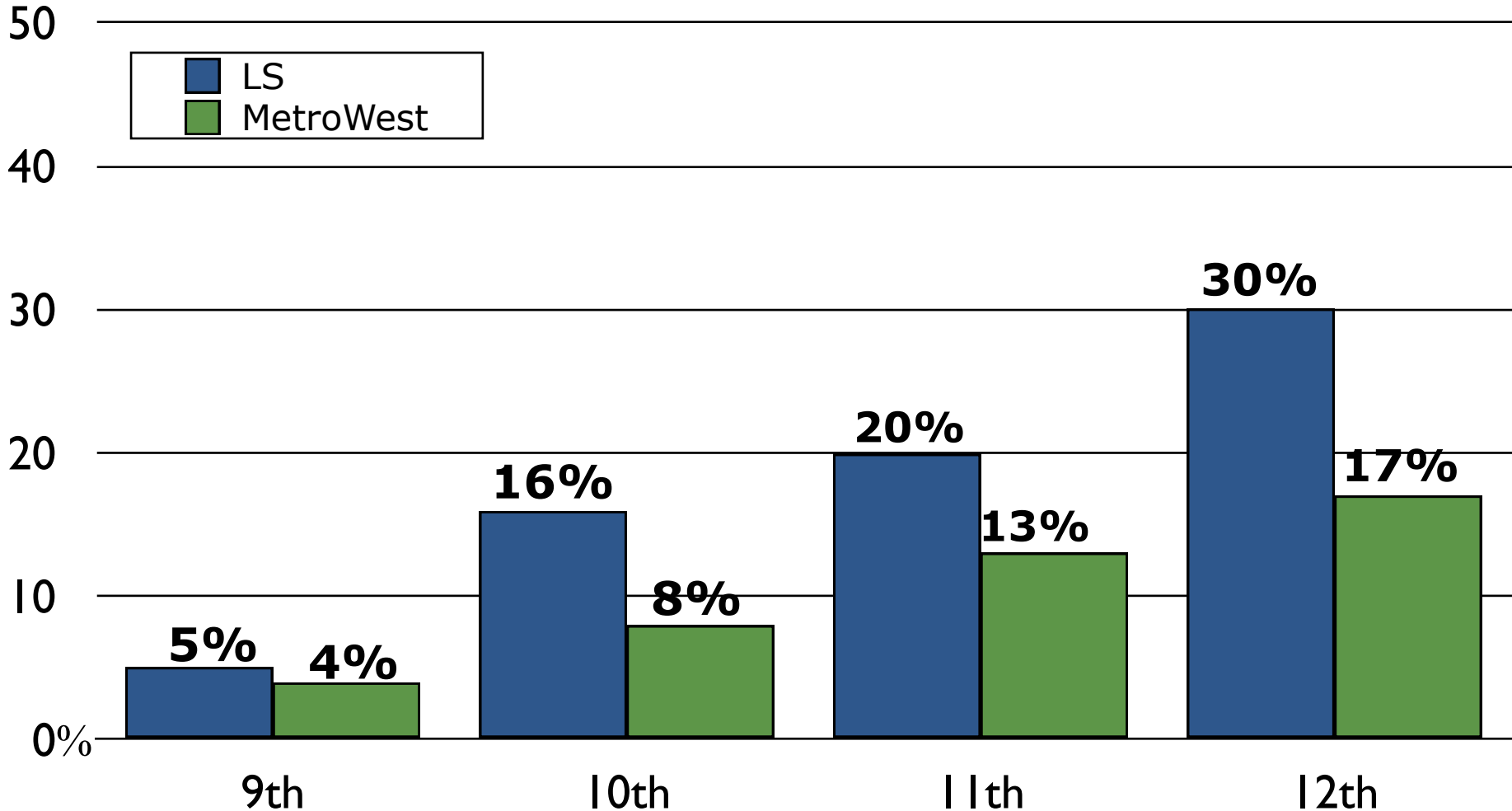
% of LS Students who used on School Property in Past Month



# Past Year Alcohol Use BEFORE School Event Comparison

***Older LS students are consistently reporting drinking more before school events than older MetroWest students. In addition, 9% of LS students also report drinking alcohol DURING a school event (versus 6% of MetroWest students).***

% of Students who consumed Alcohol Before School Event in Past Year



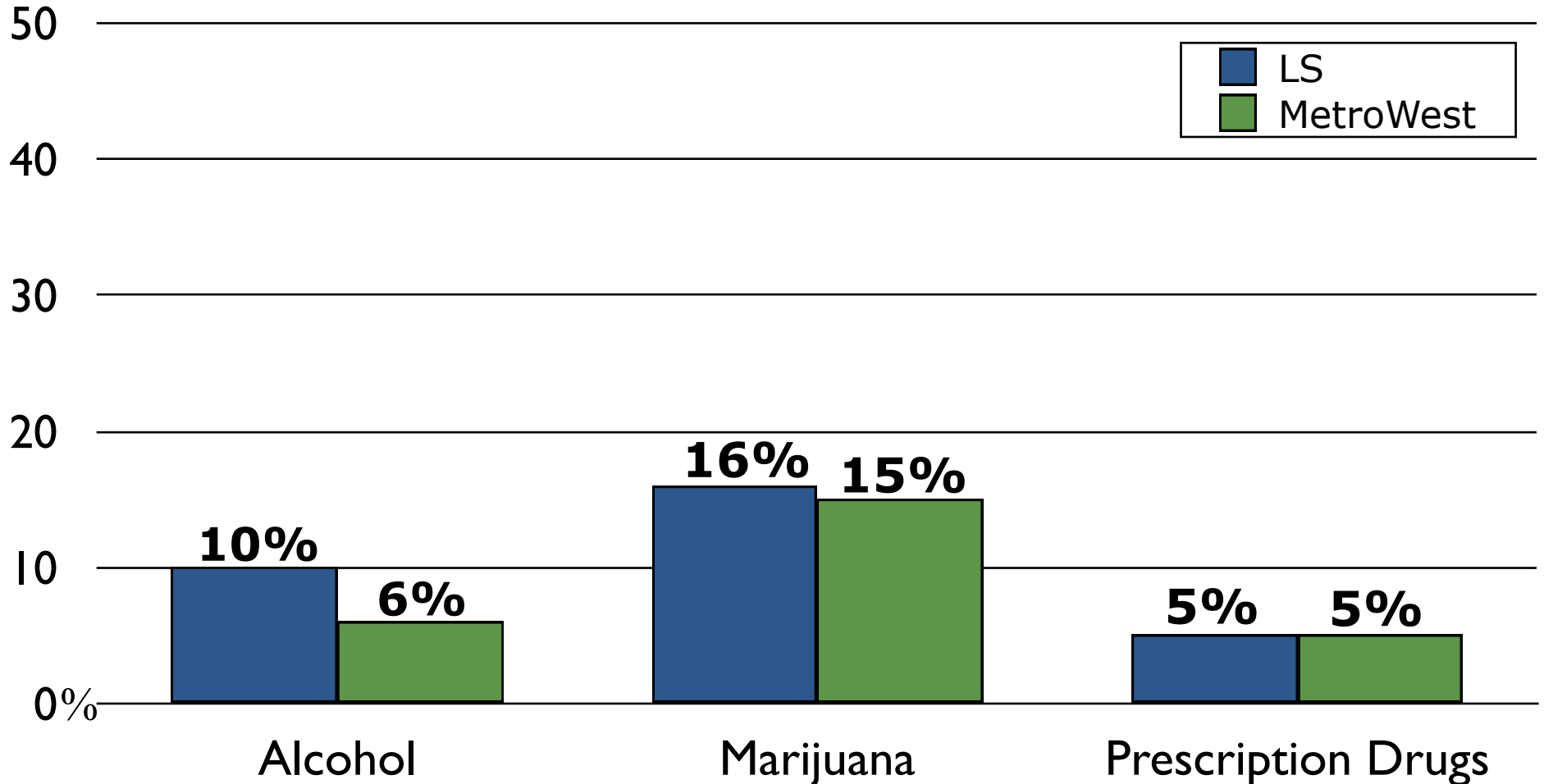


# **Substance Availability**

# Past Year Substance Availability on School Property Comparison

***Since 2006, overall substance availability at LS has remained similar when compared with MetroWest. Questions on specifying for alcohol availability began in 2012 and LS has been slightly higher than Metrowest.***

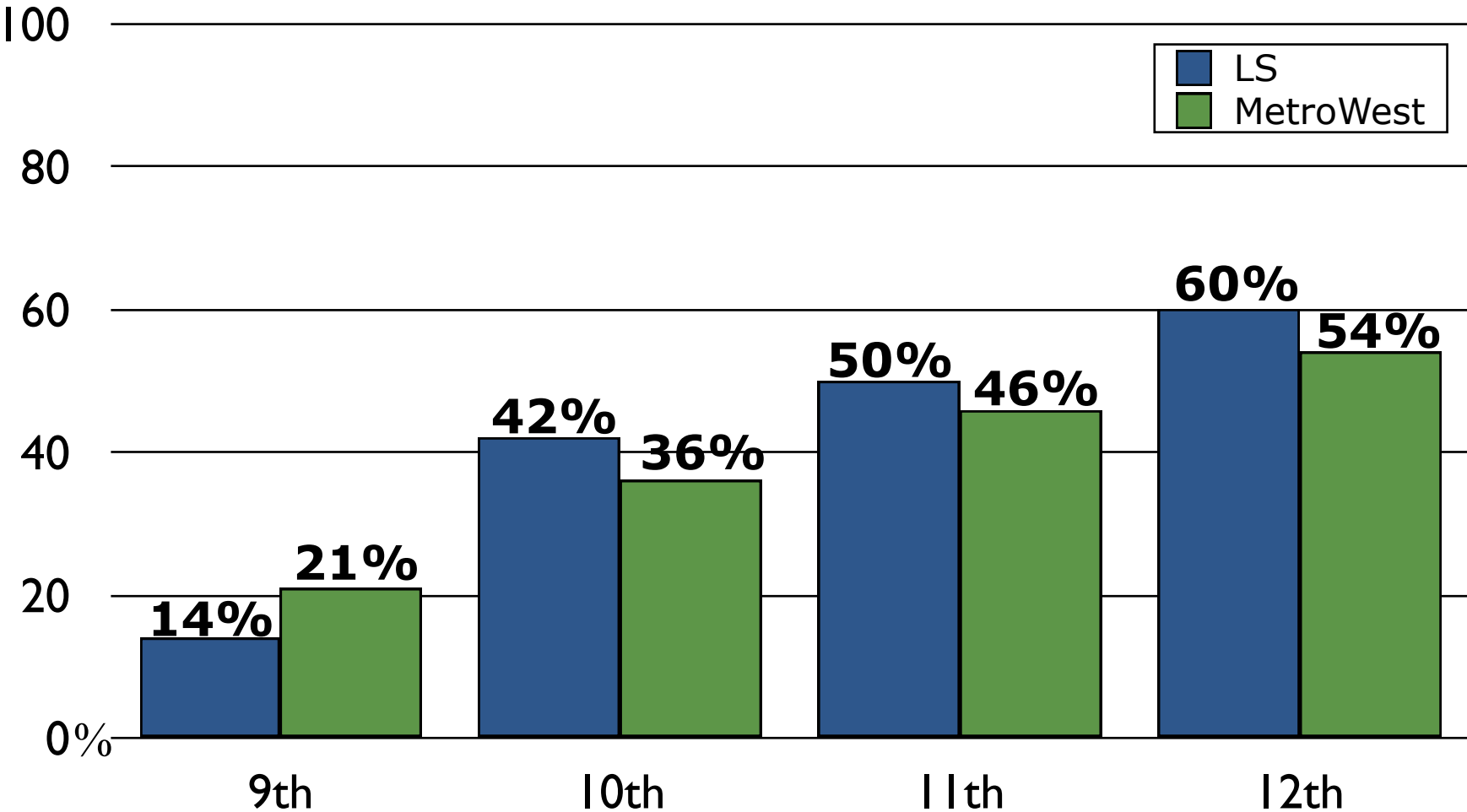
% of Students OFFERED, SOLD, or GIVEN Substances on School Property in Past Year



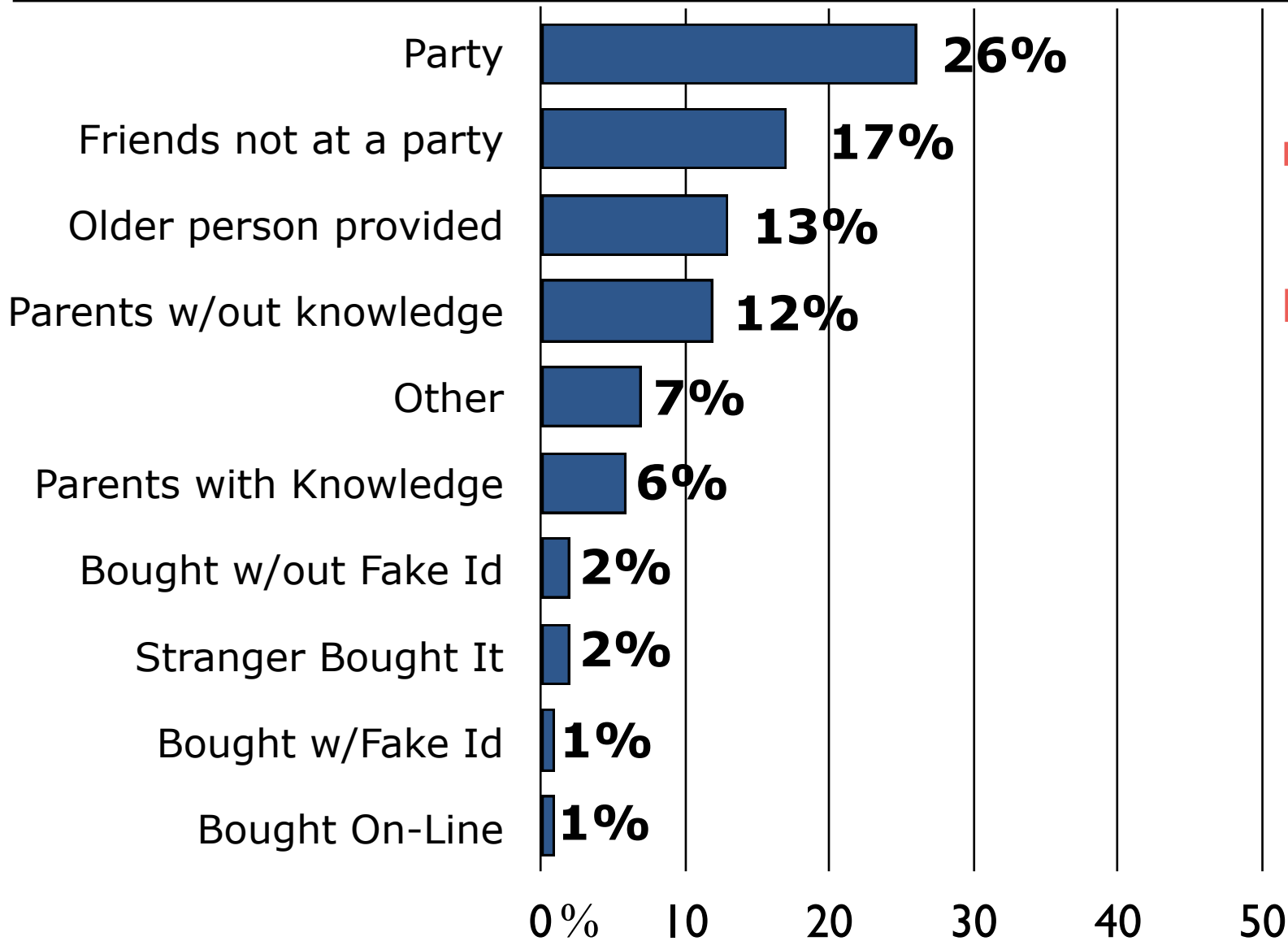
# Past Month Attended Party Where Alcohol Available Comparison

***With the exception of 9th graders, LS students report higher rates of attending parties where alcohol is available in the past month when compared with MetroWest students.***

% of Students who Attended a Party where Alcohol Available in the Past Month



# Past Month Alcohol Use: Where does it come from?



**Alcohol is not the only substance students have access to, 30% of LS students went to a party/hung out where marijuana was available in the past month**

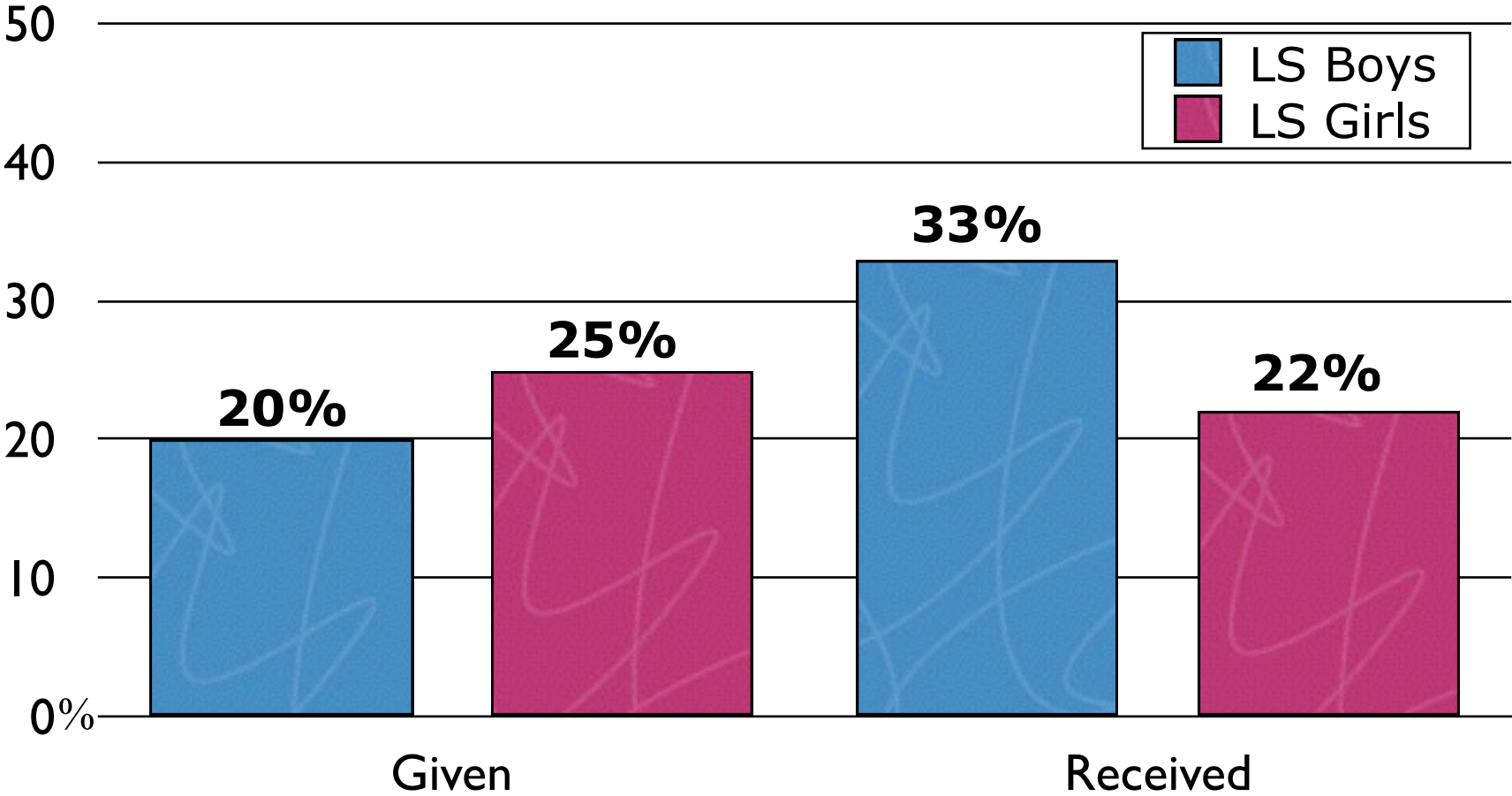
**% of LS students, who reported drinking in the past month, and reported that the access to the alcohol they drank came from these places. Students may have chosen more than 1 location.**

## **Sexual Behavior**

# Lifetime Oral Sex By Gender

**Reports of lifetime oral sex have decreased since 2006. In 2006, 25% of LS boys and 32% of LS girls reported giving oral sex and 41% of LS boys and 30% of LS girls reported receiving. There is no comparison data available with MetroWest.**

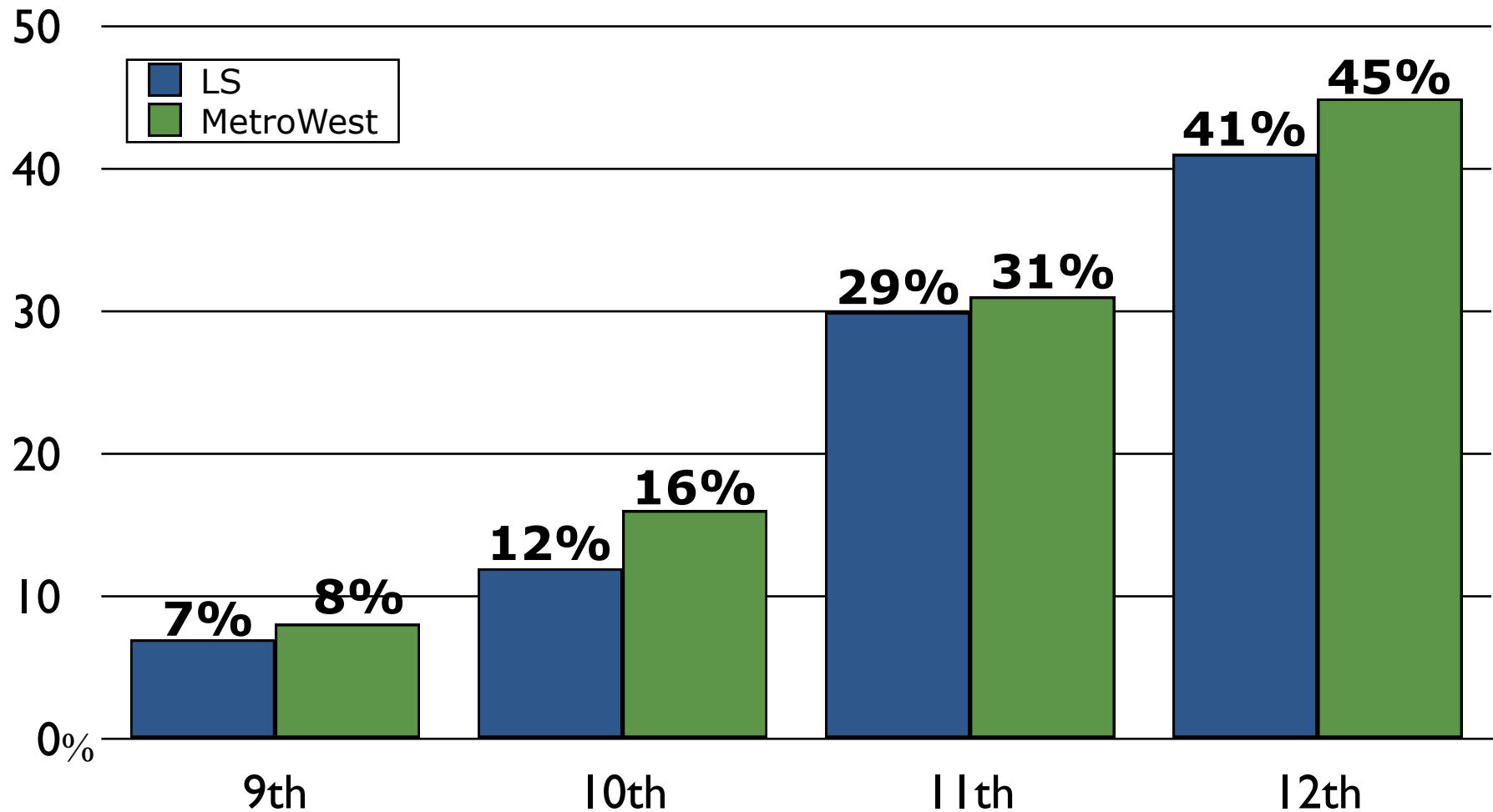
% of LS Students who have had Oral Sex in their Lifetime



# Lifetime Sexual Intercourse Comparison

***Overall, reports of lifetime sexual intercourse have remained similar since 2006 for LS (23% in 2006 & 22% in 2014) and MetroWest has seen a slight decrease (29% in 2006 & 24% in 2012).***

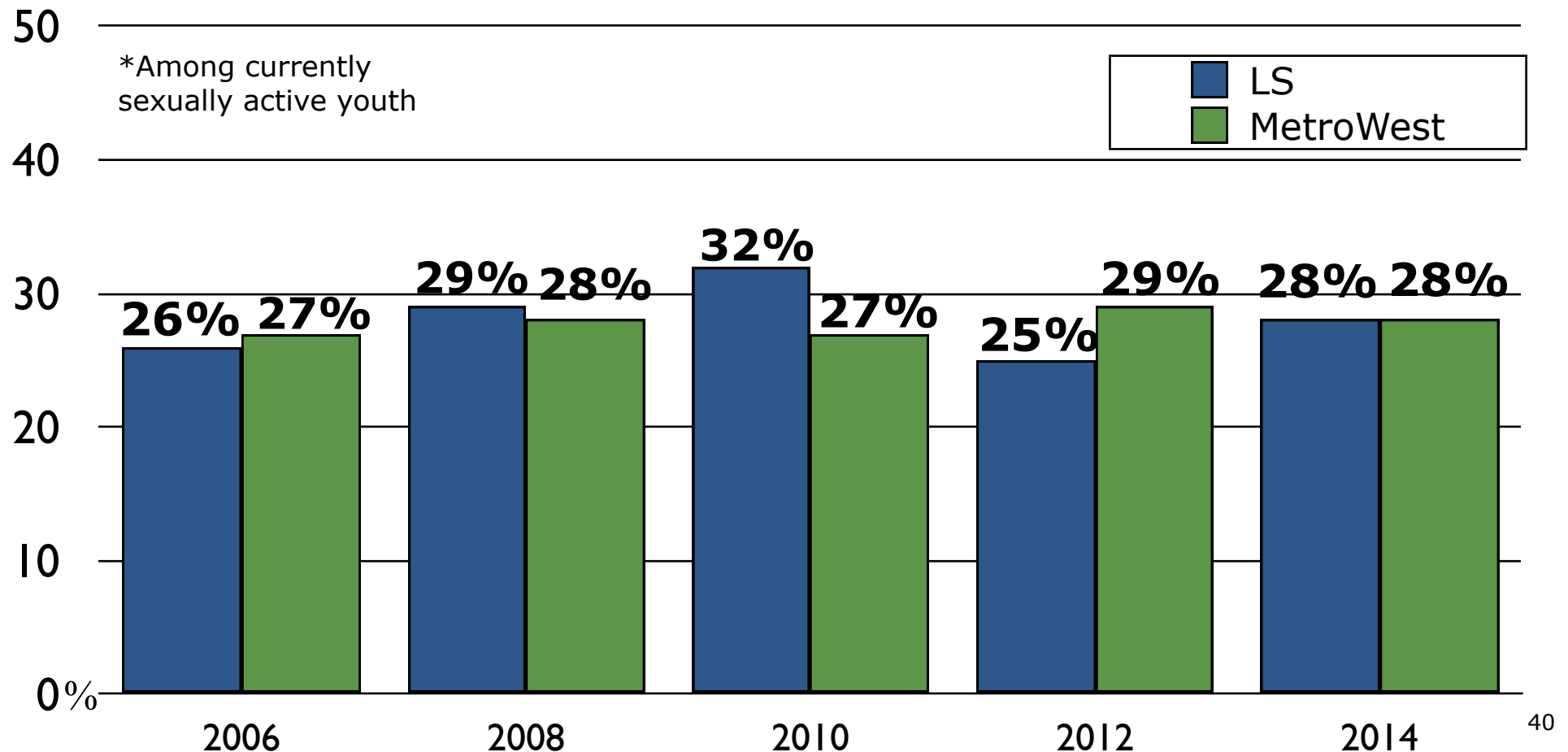
% of Students who have had Sexual Intercourse in Lifetime



# Last Sexual Intercourse & Substance Use Trend Comparison

***LS students are reporting similar levels of substance use (alcohol or other drug) prior to sexual intercourse to that in the past and in comparison with MetroWest. This behavior does increase slightly by grade with 25% of LS 9th graders and 32% of LS 12th graders, who have had sex, report using substances prior.***

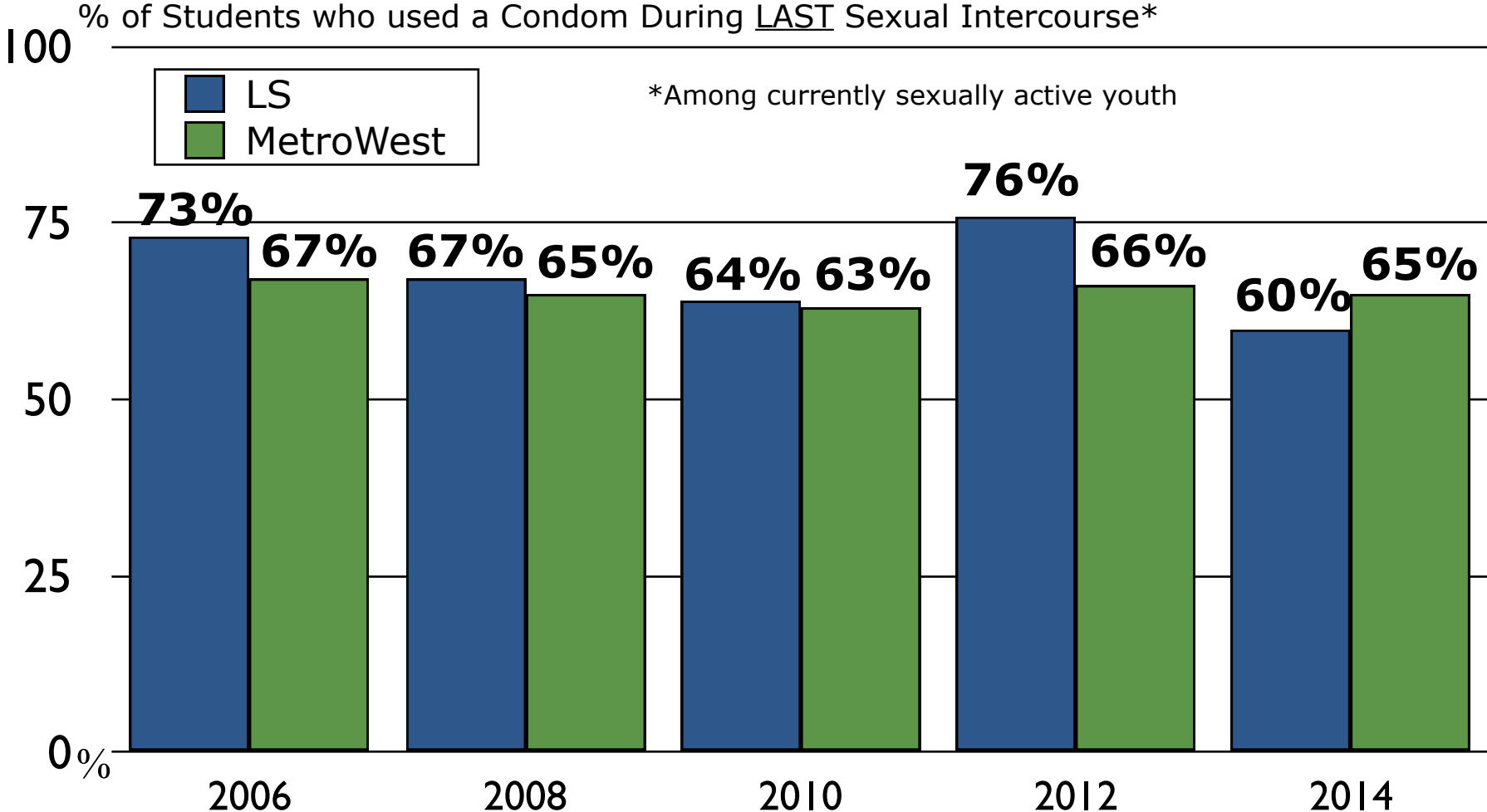
% of Students who used Substances Before LAST Sexual Intercourse\*





# Last Sexual Intercourse & Condom Use Trend Comparison

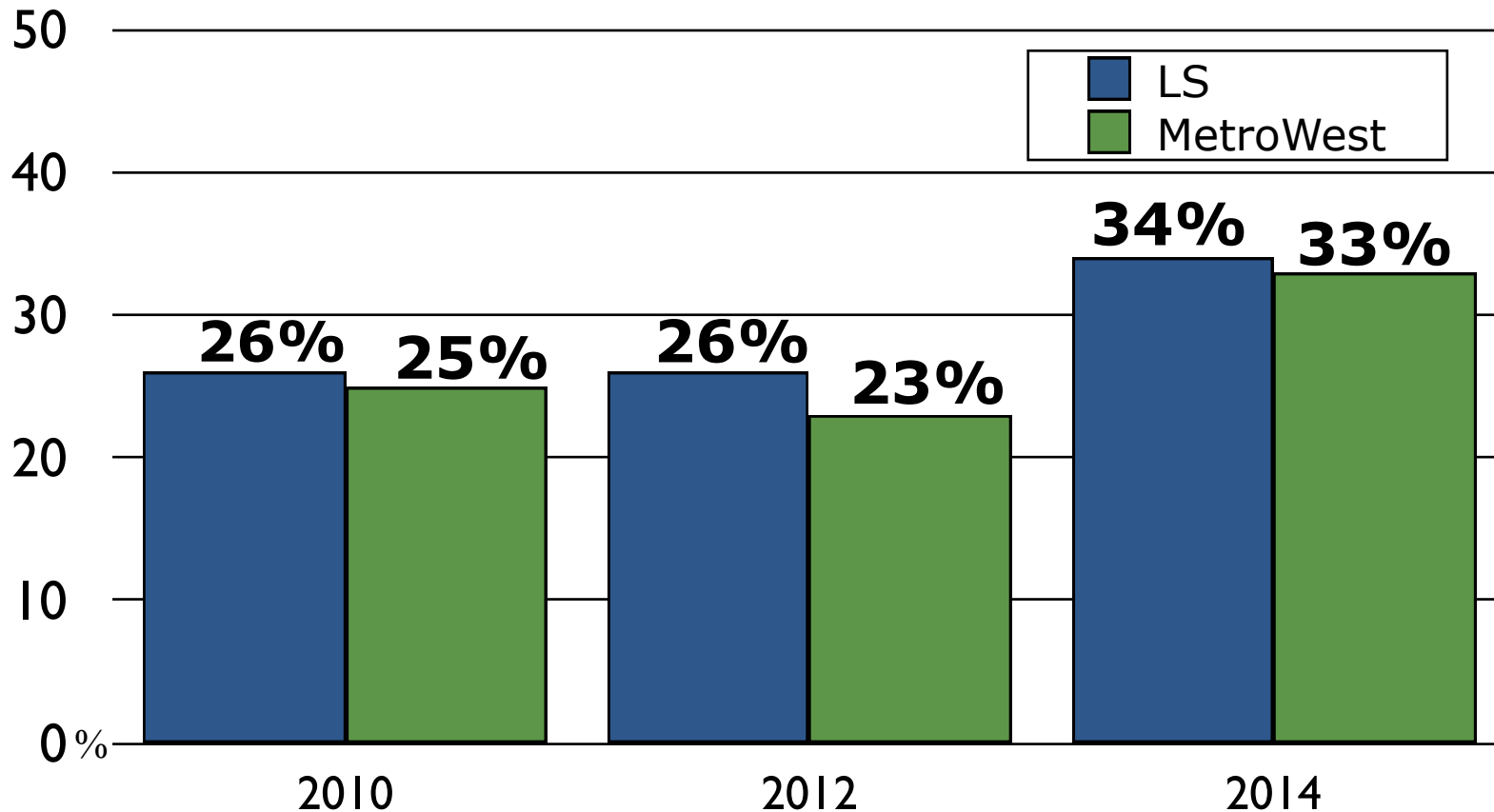
**Condom use has decreased at LS and remained about the same for MetroWest since 2006. This behavior only slightly increases with age. 59% of LS 12th graders, who are sexually active, used a condom last time they had sexual intercourse versus 53% of the LS 9th graders who are sexually active.**



# Past Year Received a "Sext" Comparison

***LS and MetroWest have comparable rates of students receiving "sexts." Receiving "sexts" also appears to increase with age (22% of LS 9th graders vs 45% of LS 12th graders). The numbers of LS students reporting sending "sexts" of themselves has also increased from 10% in 2012 to 17% in 2014.***

% of Students who received a "sext" of someone they know in the past year



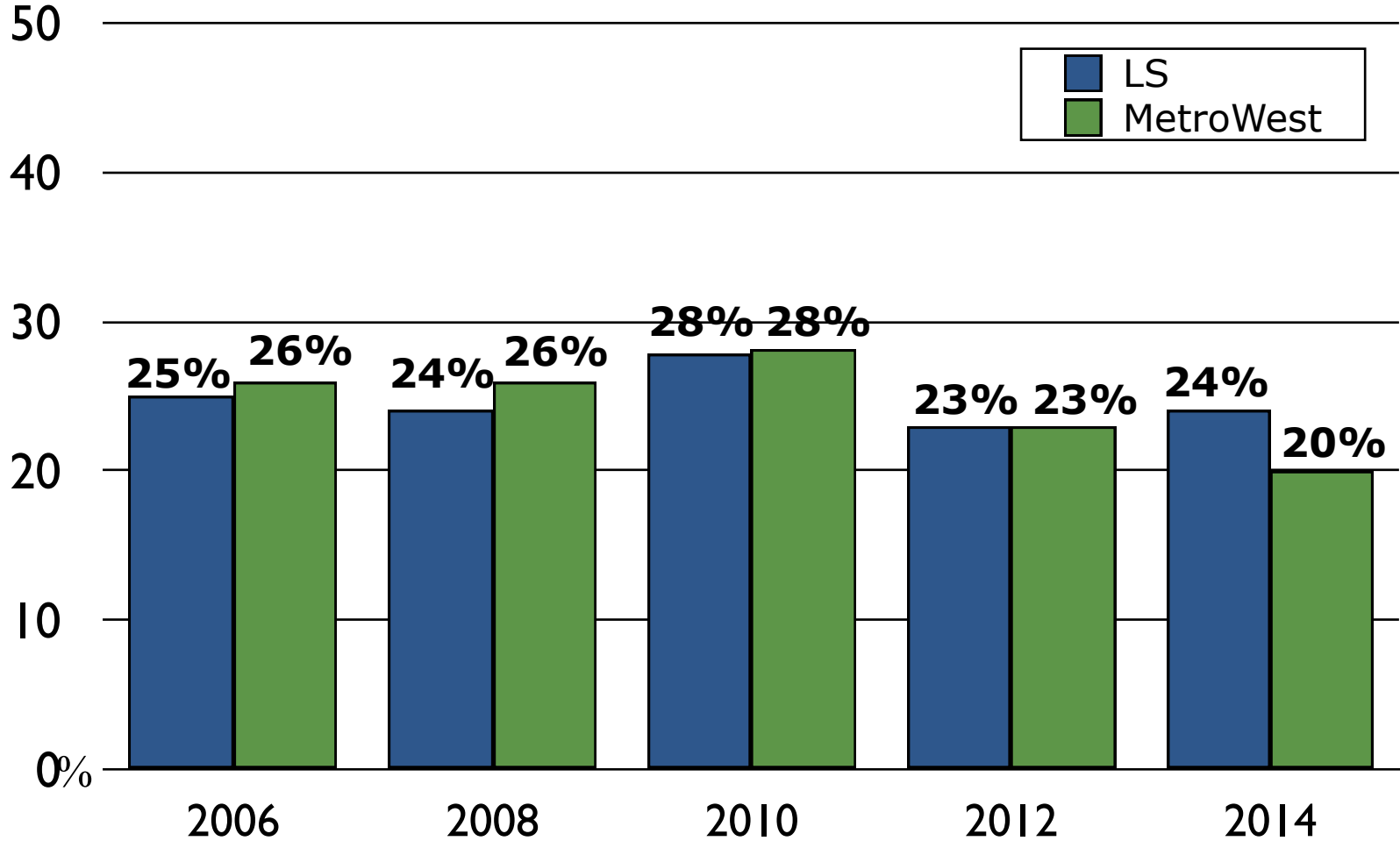
*Sexting is defined as sending or forwarding nude, sexually suggestive or explicit photos or videos using the internet, cell phones, or other electronic devices.*

## **Bullying**

# Past Year Bullying Trend Comparison

***Slightly more LS girls reported being a victim of bullying on school property versus LS boys (26% vs 22%). More LS boys reported being a perpetrator of bullying on school property than LS girls (13% vs 6%).***

% of Students who were Bullied on School Property in Past Year

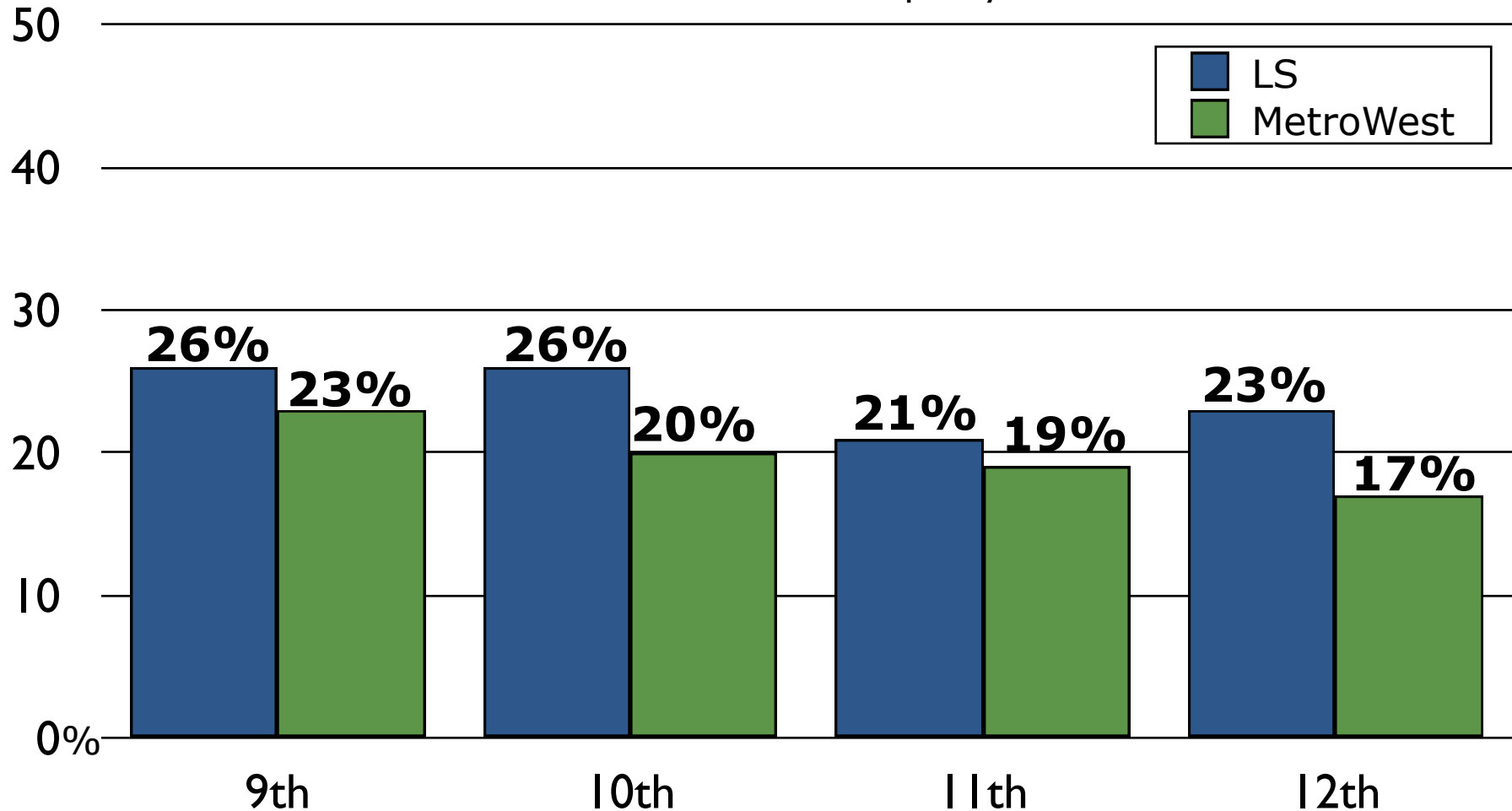


*Being bullied was defined as being repeatedly teased, threatened, hit, kicked, or excluded by another student or group of students.*

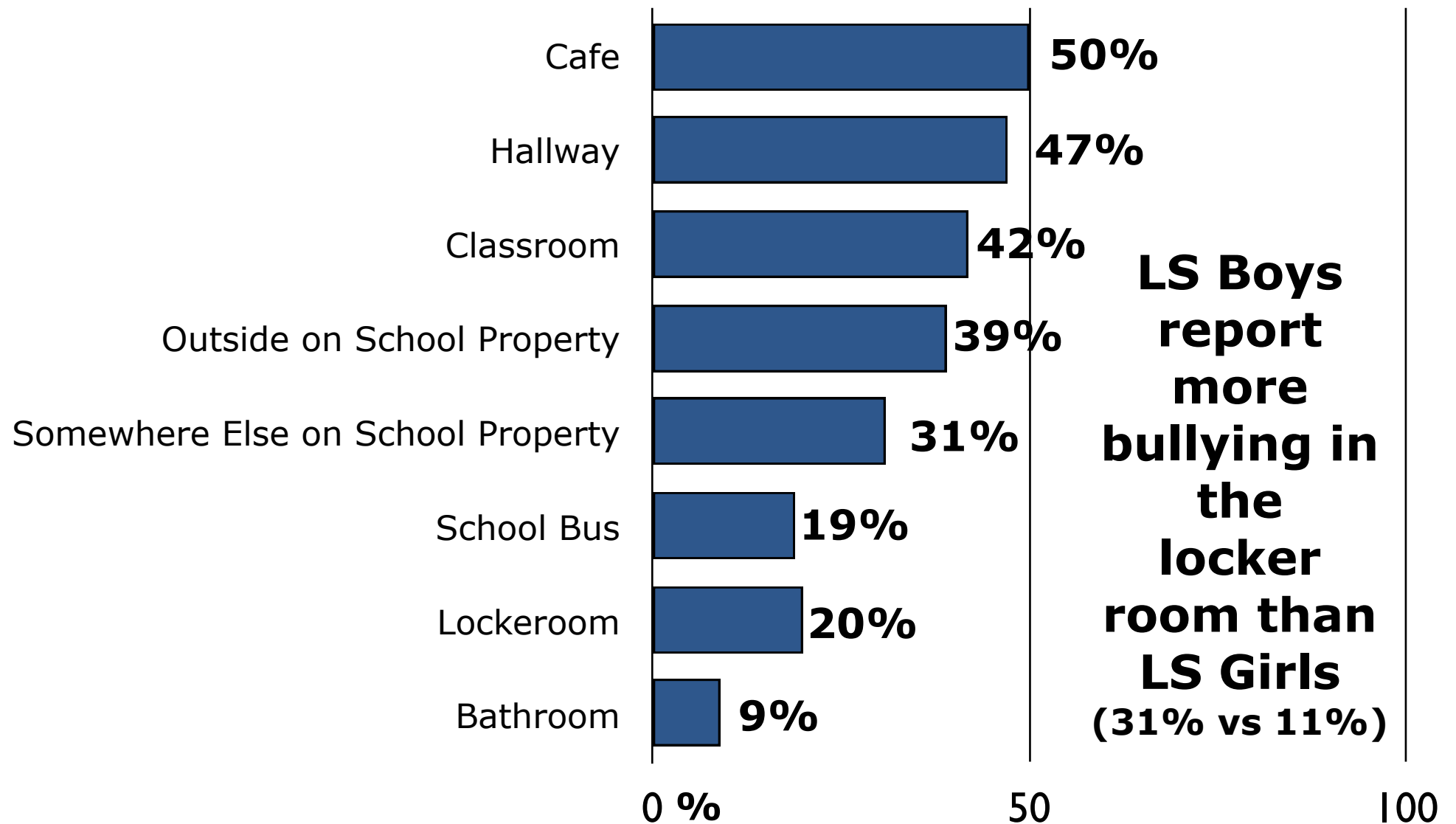
# Past Year Bullying on School Property Comparison

***Overall, 86% of LS students feel safe at school as compared with 83% of MetroWest students. Feeling safe increases with age, but for LS students in 2014 does not inversely correlate with bullying victimization.***

% of Students who were Bullied on School Property in Past Year



# Past Year: Locations of Bullying on School Property



**% according to the LS students who reported being bullied on school property in the past year, these were the places where they reported the bullying taking place. Students may have chosen more than 1 location.**

# Correlations with Bullying

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**39%** of LS students who were bullied on school property in the past year reported having depressive symptoms in the past year compared with **14%** who were not bullied

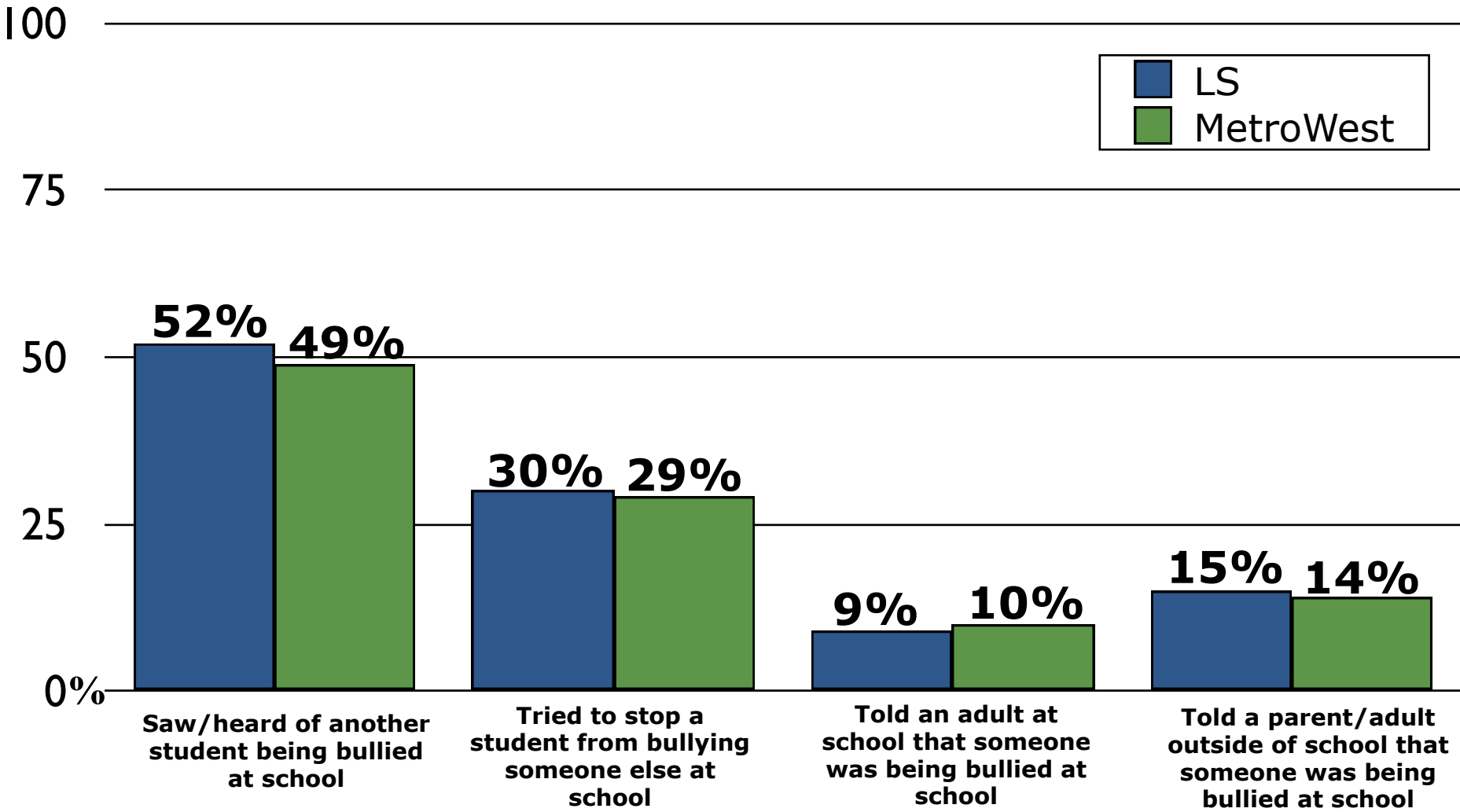
**10%** of LS students who were bullied on school property in the past year reported not going to school because they felt unsafe compared with **1%** who were not bullied

**25%** of LS students who were bullied on school property last year considered suicide compared with **8%** who were not bullied

# Past Year Bullying Bystander Behaviors Comparison

***Bystander witnessing of bullying has gone down since 2012 for LS students (63% to 52%); intervening in a situation has not changed (31% to 30%). This information is not available prior to 2012.***

% of Students who . . . in the Past Year



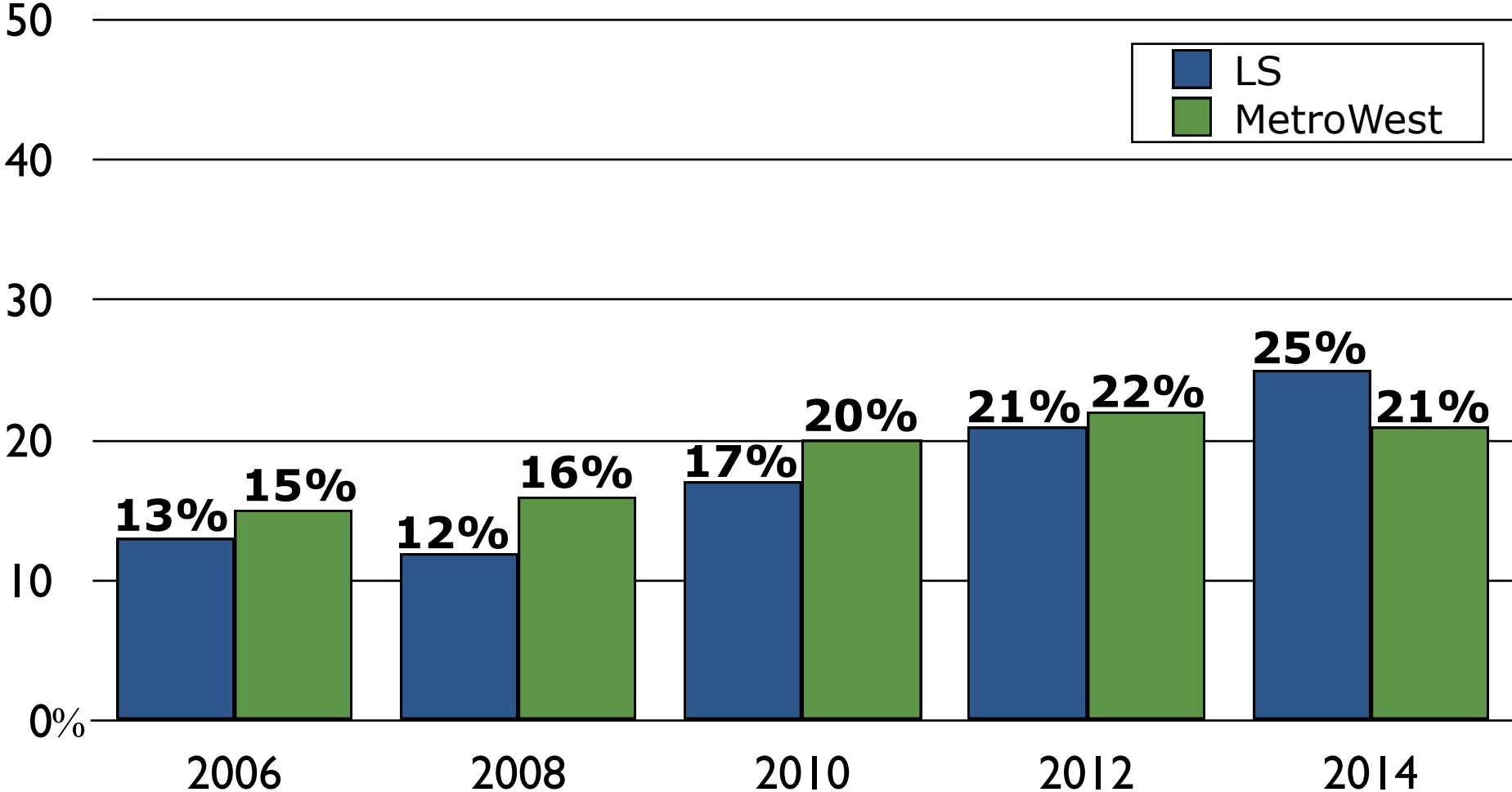


# Cyberbullying

# Past Year Cyberbullying Trend Comparison

**Reports of cyberbullying have increased for LS students and for MetroWest students since 2006. Being cyberbullied is defined as using the Internet, cell phones, or other electronic devices to bully, tease, threaten or spread rumors about someone.**

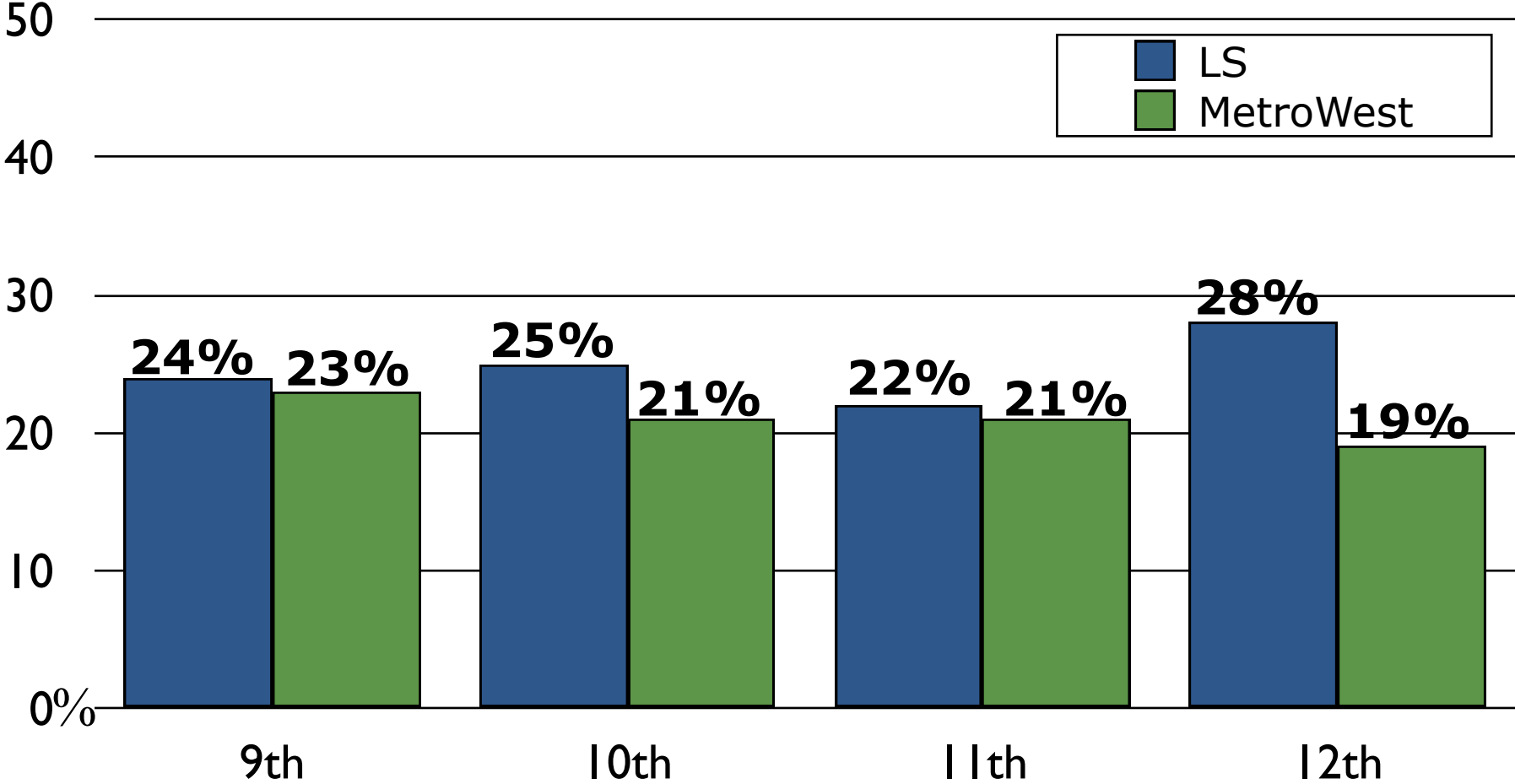
% of Students who were a Victim of Cyberbullying in Past Year



# Past Year Cyberbullying Comparison

***Reported rates of cyberbullying do appear to vary by grade. As with MetroWest students, there appears to be a gender discrepancy with 29% LS Girls students reporting being a victim versus 20% of LS Boys .***

% of Students who were a Victim of Cyberbullying in Past Year



# Correlations with CyberBullying

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**50%** of LS students who were cyberbullied in the past year report life being very stressful compared with **34%** who were not cyberbullied

**8%** of LS students who were cyberbullied in the past year report not going to school because they felt unsafe compared with **2%** who were not cyberbullied

**23%** of LS students who were cyberbullied last year considered suicide compared with **9%** who were not cyberbullied

## Correlations with CyberBullying Continued

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**48%** of LS students who were cyberbullied last year reported drinking alcohol in the past month versus **30%** who were not cyberbullied

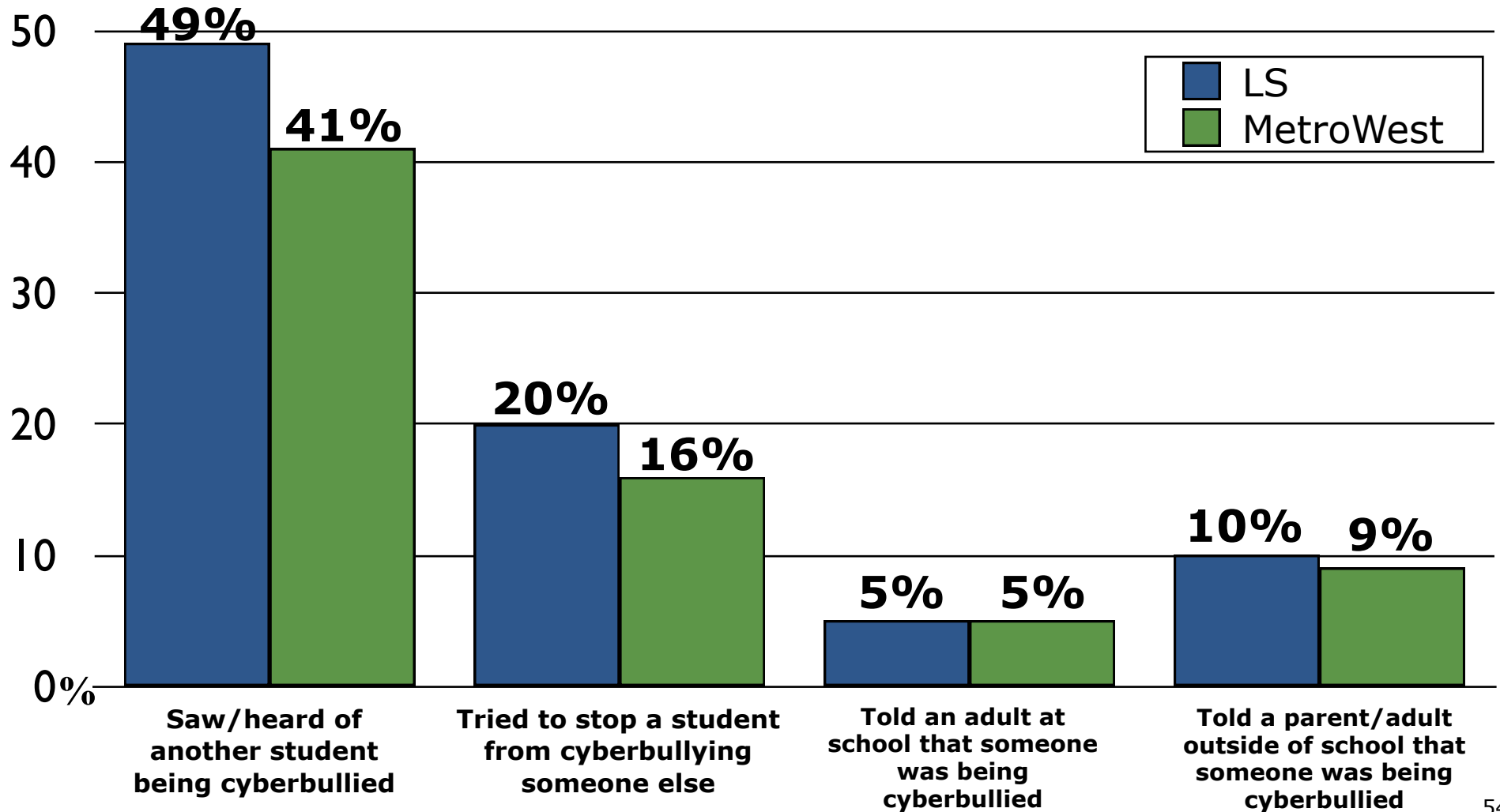
**28%** of of LS students who were cyberbullied last year reported using marijuana in the past month versus **15%** who were not cyberbullied

**22%** of of LS students who were cyberbullied last year reported being forced to do other sexual things in their lifetime versus **5%** who were not cyberbullied

# Past Year CyberBullying Bystander Behaviors Comparison

***Bystander witnessing of cyberbullying has stayed the same since 2012 for LS students (48% to 49%); however, intervening in a situation has increased (14% to 20%). This information is not available prior to 2012.***

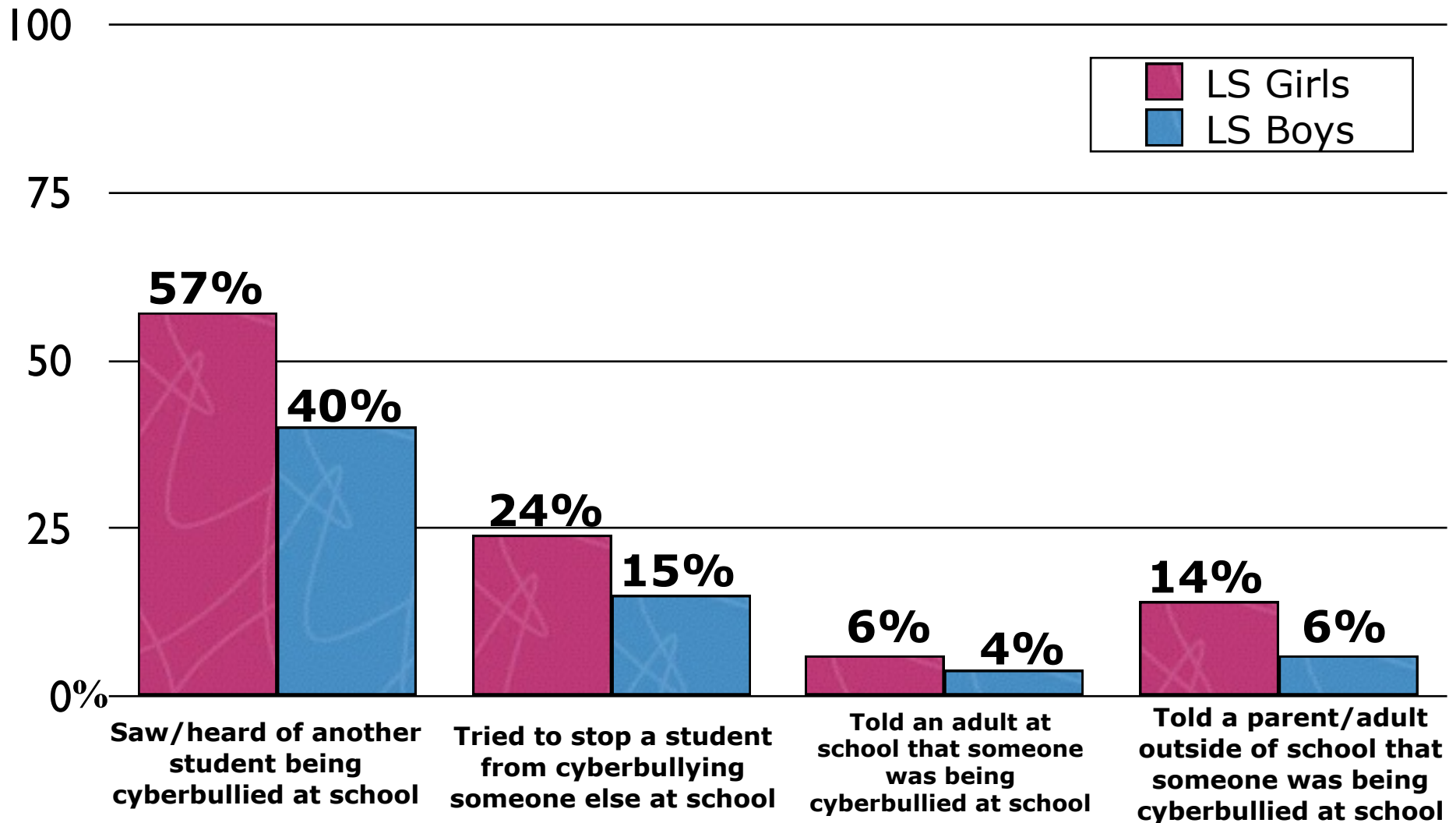
% of Students who . . . in Past Year



# Past Year CyberBullying Bystander Behaviors Gender Comparison

***LS girls are more likely to witness, intervene, and talk than LS boys in regards to cyberbullying. Metrowest shows similar gender differences.***

% of LS Students who . . . in the Past Year



# MetroWest Adolescent Health Survey Findings

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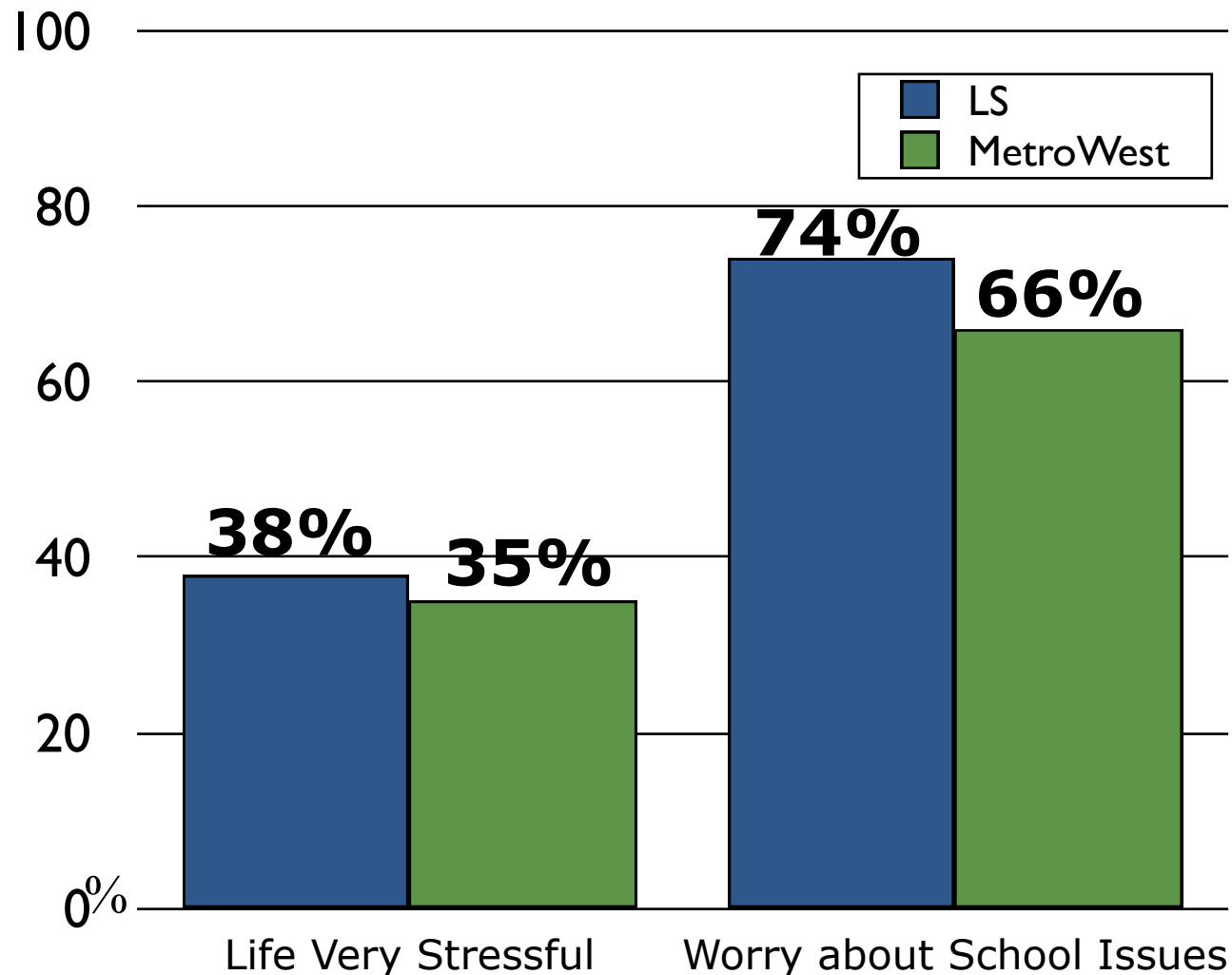
## **Stress**



# Past Month Stress Levels Comparison

***LS students report higher stress levels in the past month and greater amounts of worrying about school issues than MetroWest students. These levels have increased for both LS and MetroWest since 2006.***

% of Students who reported . . . in Past Month

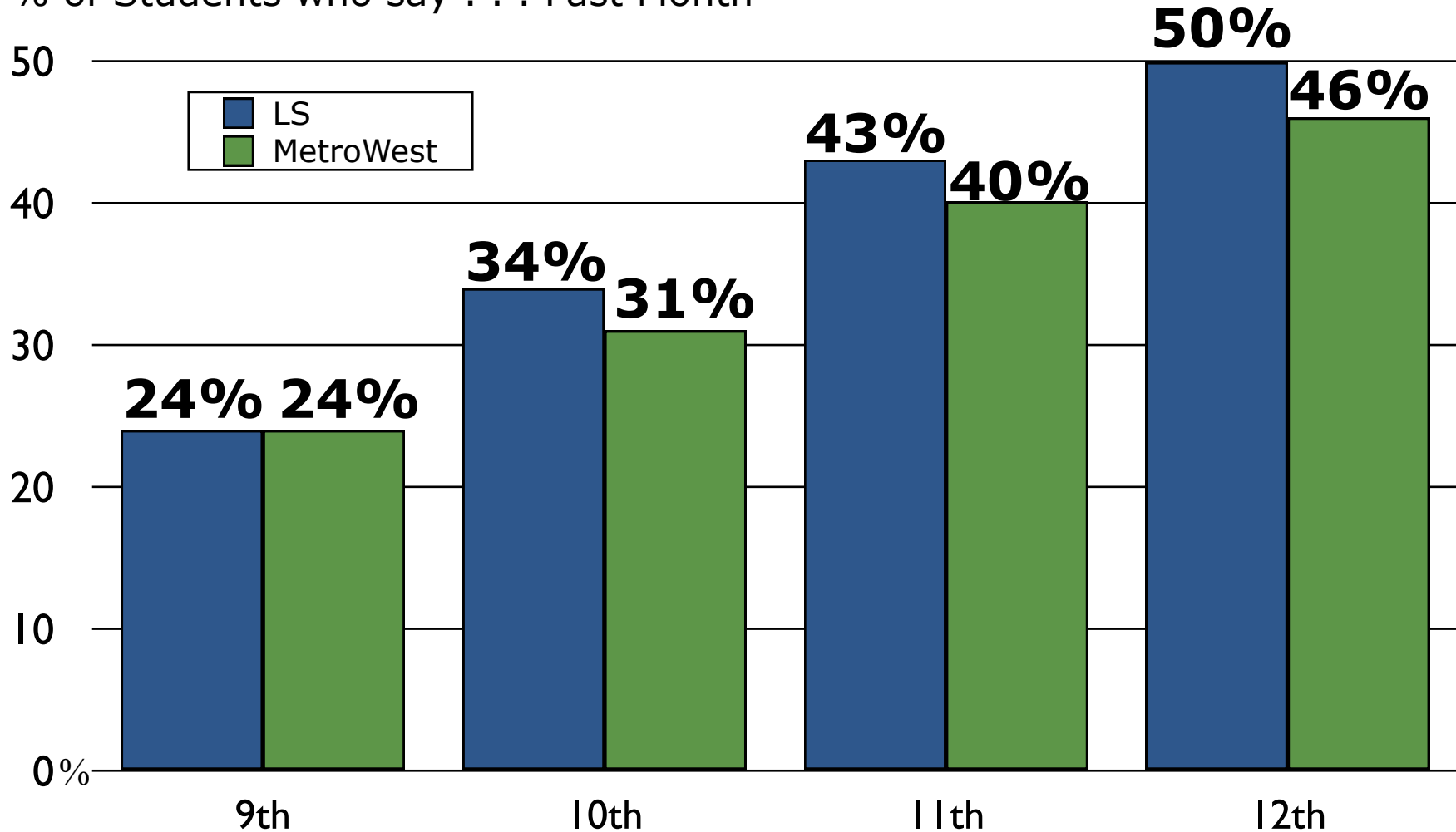


***LS Students who report life being very stressful are more likely to use some substances.***

# Past Month Stress Level Comparison

***The differences in stress levels with MetroWest are greater during 11th and 12th grade. The increasing in levels from 2012 to 2014 can be seen in grades 9-11 where grade 12 stayed at 50%.***

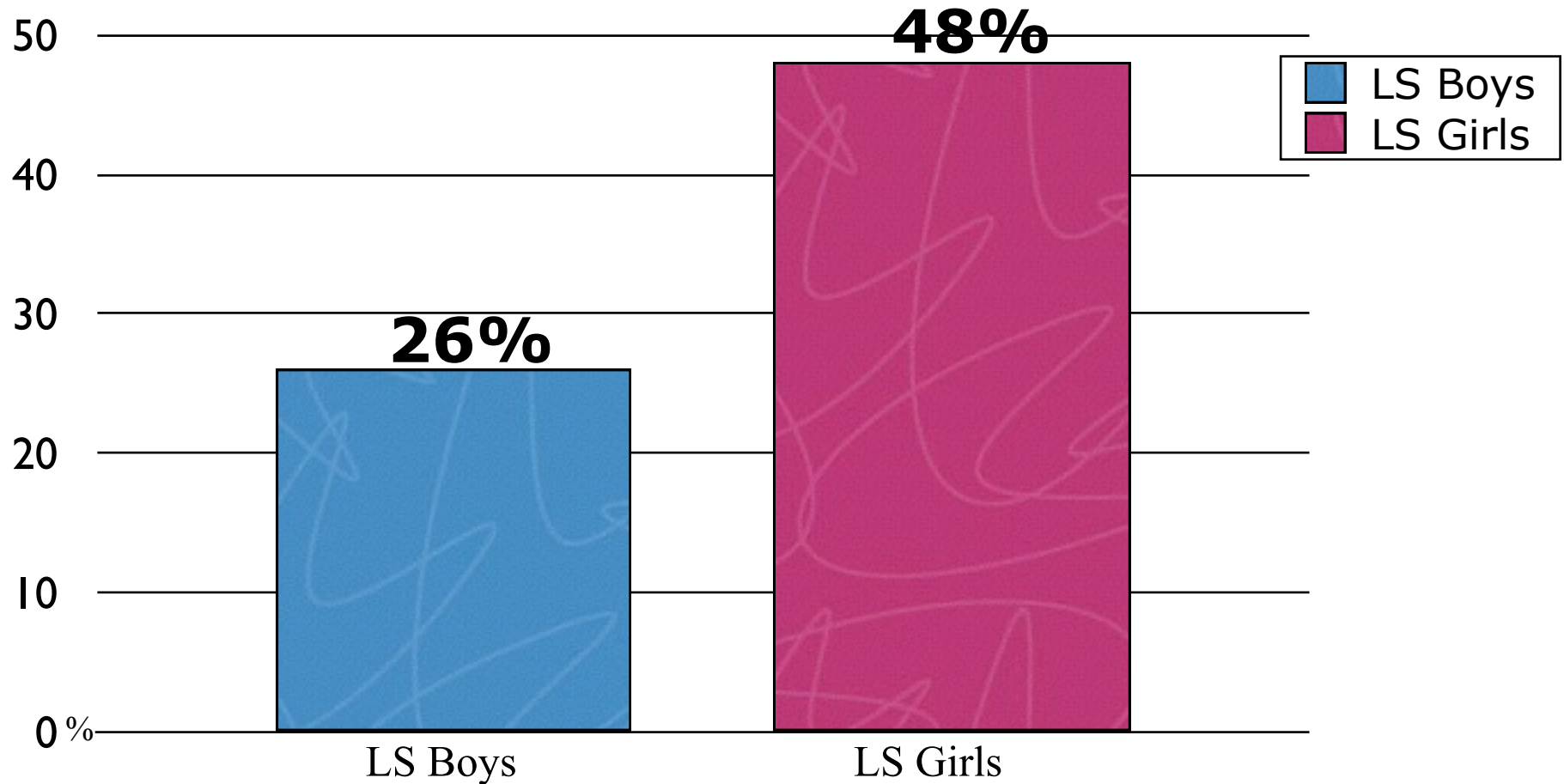
% of Students who say . . . Past Month



# Past Month Stress Level Gender Comparison

***LS girls report higher stress levels than LS boys. This discrepancy is also seen with MetroWest students.***

% of LS Students who say Life Very Stressful Past Month



# Correlations with Being Stressed

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## **Stress can make students vulnerable to risky behaviors**

**24%** of LS students who reported **being very stressed about school** also reported having depressive symptoms versus **8%** who reported they were not stressed about school

**7%** of LS students who reported life being very stressful also reported smoking cigarettes versus **4%** who reported they were not stressed about school

**40%** of LS students who reported **life being very stressful in the past month** also reported drinking alcohol versus **31%** who reported life not very stressful

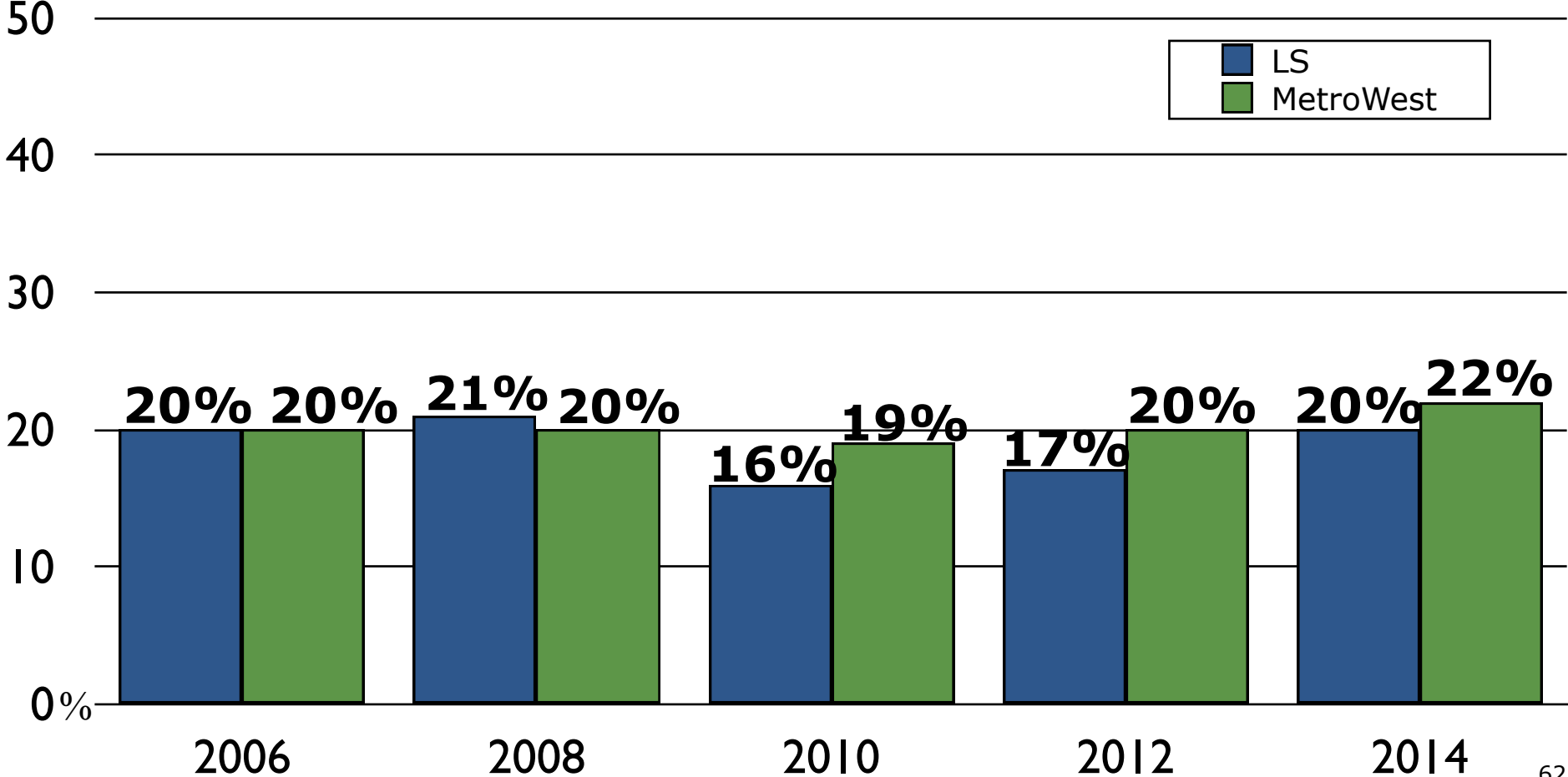
**There was no significant difference with marijuana use.**

## **Mental Health**

# Past Year Depressive Symptoms Trend Comparison

***Similar to MetroWest students, reporting of depressive symptoms by LS students has not changed since 2006. Depressive symptoms were defined as feeling sad or hopeless almost every day for two or more weeks.***

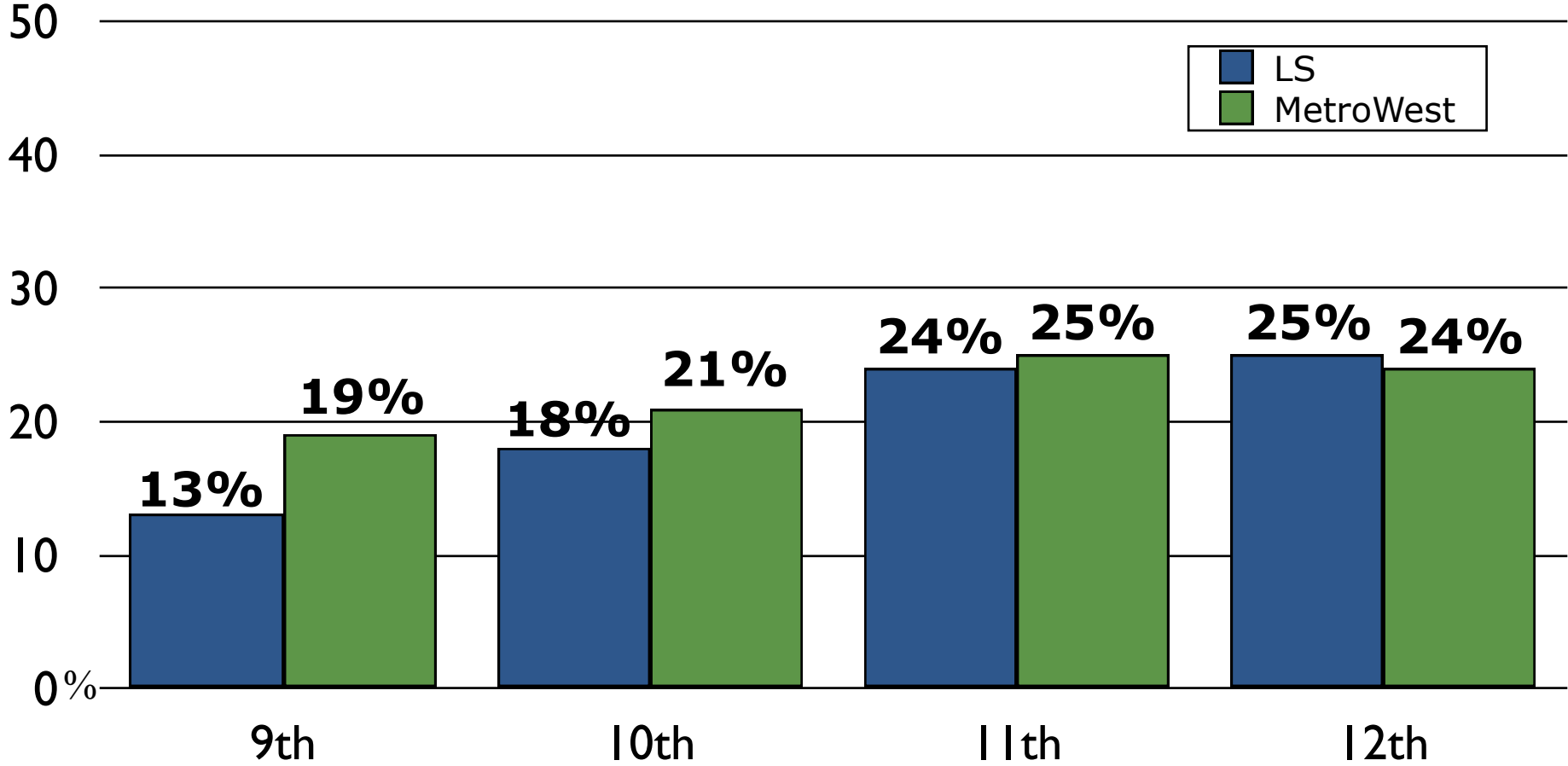
% Students who had Depressive Symptoms in Past Year



# Past Year Depressive Symptoms Comparison

***Both LS students and MetroWest students are reporting similar amounts of depressive symptoms regardless of age. Depressive symptoms were defined as feeling sad or hopeless almost every day for two or more weeks***

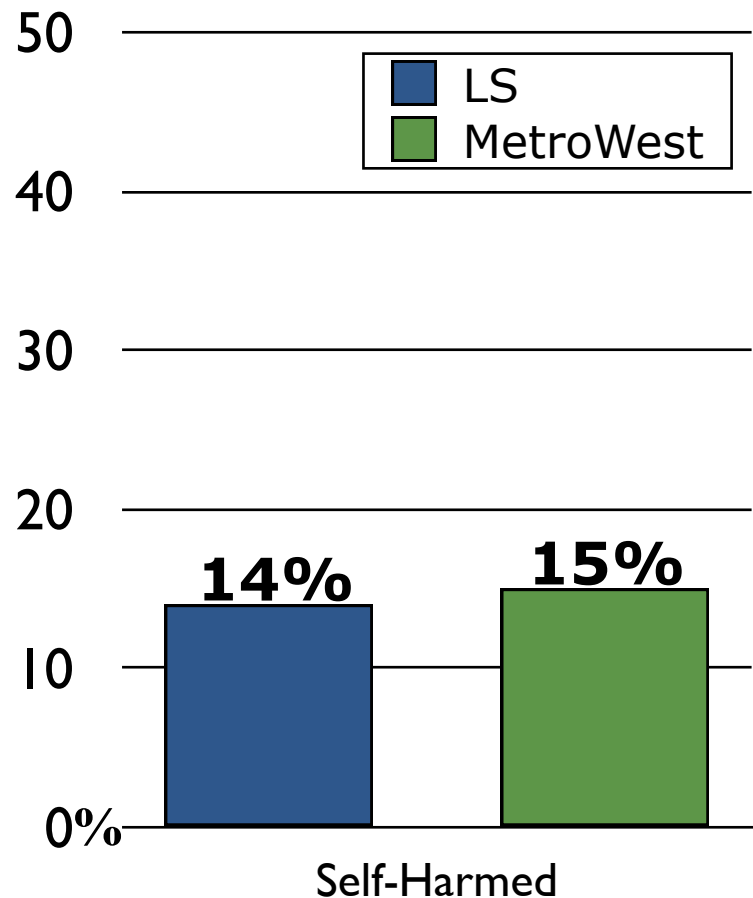
% of Students who had Depressive Symptoms in Past Year



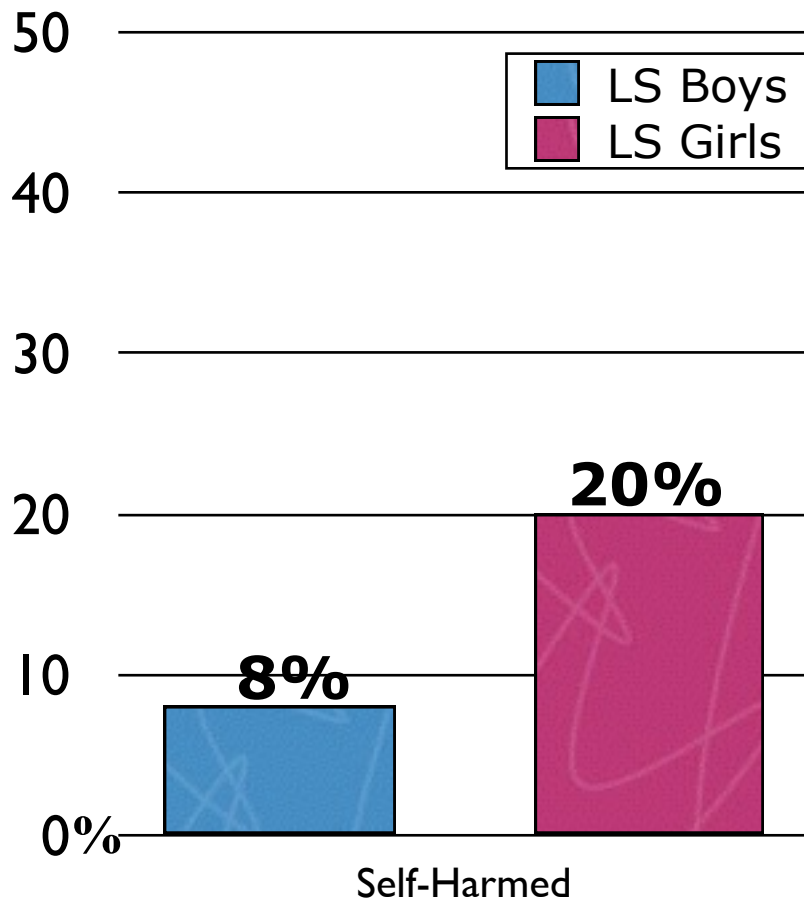
# Past Year Self-Harm Comparison and By Gender

***LS and MetroWest currently have comparable levels self-harming behavior. These levels have remained similar since 2006. There appears to be a gender discrepancy for this behavior. Self-Harm was defined as cutting, burning, or bruising yourself on purpose.***

% of Students who .... in the Past Year



% of Students who .... in the Past Year

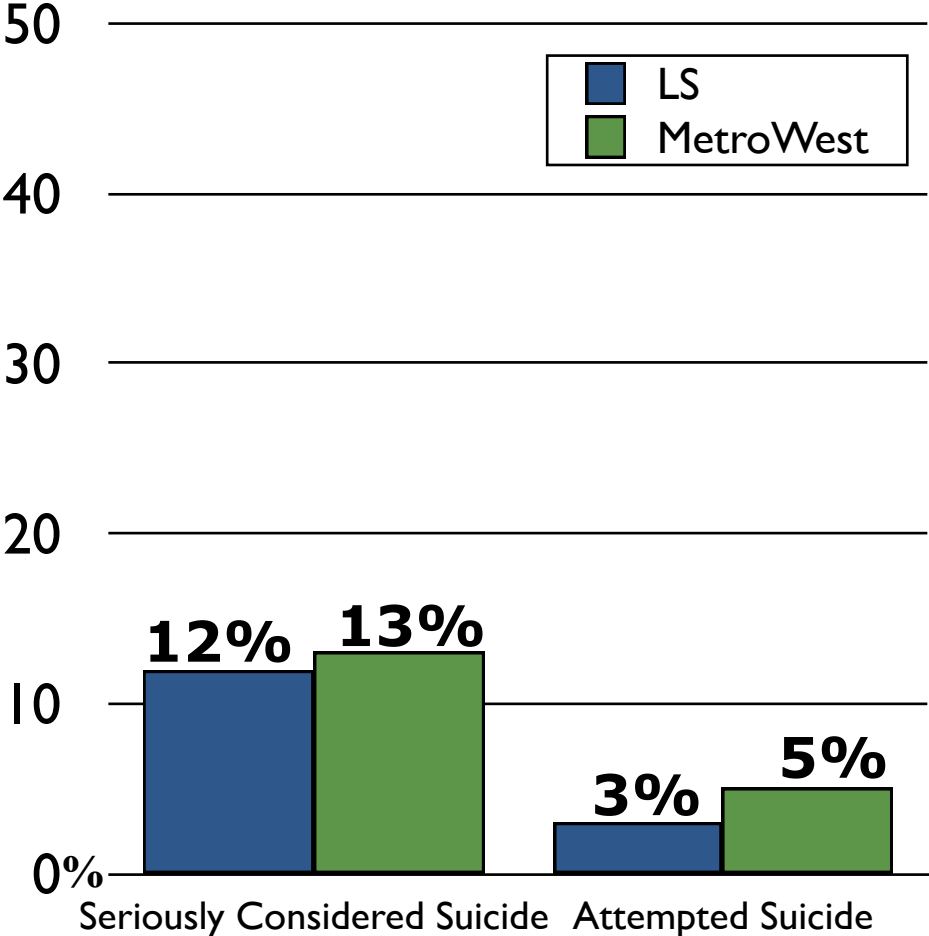




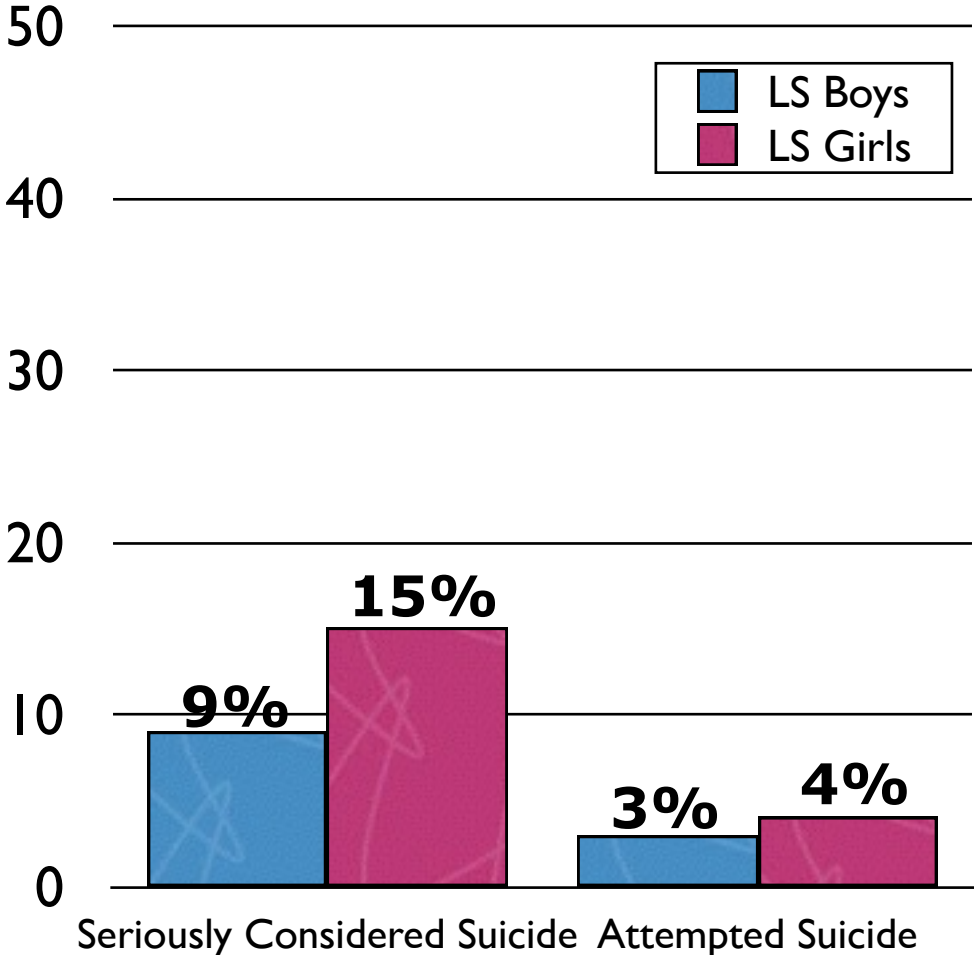
# Past Year Suicidal Behavior Comparison and By Gender

***LS and MetroWest currently have comparable levels. These levels have remained similar since 2006. There appears to be a gender discrepancy in the reports of these behaviors.***

% of Students who .... in the Past Year



% of Students who .... in the Past Year



# Mental Health: The Actual Numbers

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**14%** of LS students reported self-harming in the past year, which means **216** students self-harmed

**12%** of LS students reported seriously considering suicide in the past year, which means **185** students seriously considered suicide

**3%** of LS students reported attempting suicide in the past year, which means there were **51** suicide attempts

# Mental Health and Connection with Others

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**47%** of LS students and MetroWest students reported being concerned that a student was depressed or might hurt themselves

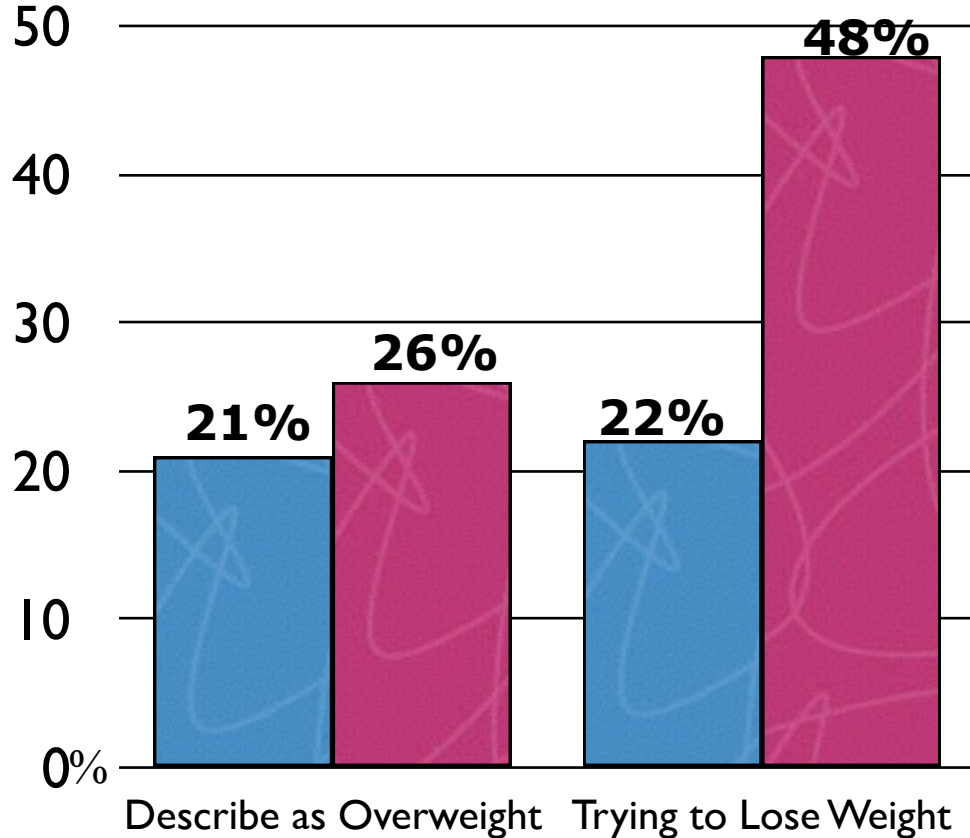
**Of the LS students that have a school adult to talk to, 18%** reported that they have depressive symptoms vs **26%** of students that they do not have a school adult to talk report that they have depressive symptoms.

**Of the LS students that talked to a school adult about a personal problem in the past year, 19%** reported that they have considered suicide vs **10%** of students that did not talk to a school adult about a personal problem.

# Past Month Dietary Behavior By Gender

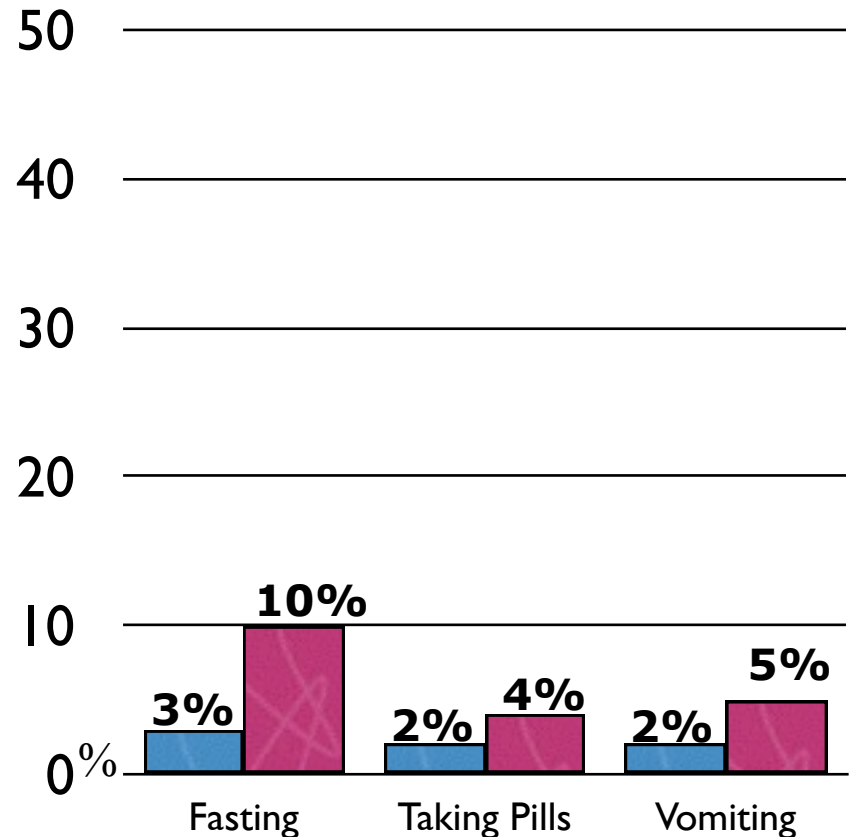
***A large number of LS students, particularly girls, are actively taking steps to reduce their weight...***

% Students who . . .



***...Some of these behaviors are risky. These numbers have remained similar since 2006.***

% Students who reported . . .



■ LS Boys ■ LS Girls

# Sexual Orientation

# Sexual Orientation

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**12% of LS girls report being in the sexual minority**

**10% of LS boys report being in the sexual minority**

*Sexual minority is defined as identifying as gay, lesbian, bisexual, or not sure.*

**Students who are in the sexual minority are at greater risk**

**45%** of LS students in the sexual minority reported life being "very" stressful in the past month vs **37%** of LS heterosexual students

**42%** of LS students in the sexual minority reported being stressed about family issues vs **24%** of LS heterosexual students

**50%** of LS students in the sexual minority reported being stressed about appearance vs **30%** of LS heterosexual students

*There is NO significant difference in being stressed about school and sexual orientation.*

# Correlations with Sexual Orientation

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**12%** of students in the sexual minority reported smoking cigarettes in the last month vs. **4%** of heterosexual students

**11%** of students in the sexual minority reported fighting on school property in the past year vs. **4%** of heterosexual students

**41%** of students in the sexual minority reported being bullied on school property in the past year vs. **22%** of heterosexual students

**41%** of LS students who are in the sexual minority reported depressive symptoms vs. **17%** of heterosexual students

**14%** of students in the sexual minority reported attempting suicide in the past year vs. **2%** of heterosexual students

**There is no significant difference for alcohol and marijuana use and sexual orientation.**

**Resilience  
&  
Protective  
Factors**



# Correlations with Exercise

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**Students who exercise regularly (60 min. for 5+ days) are less likely to engage in risky behaviors.**

**4%** of LS students who exercise regularly smoked cigarettes in the past month versus **7%** who did not exercise regularly

**15%** of LS students who exercise regularly used marijuana in the past month versus **21%** who did not exercise regularly

**8%** of LS students who exercise regularly reported considering suicide in the past year versus **16%** who did not exercise regularly

# Correlations with Grades

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***Students who earn mostly A's may be less likely to use some substances.***

***However there was **NO** difference in reporting life as being very stressful.***

***2%*** of LS students with A's smoked cigarettes in in the past month versus ***11%*** with C,D,Fs

***26%*** of LS students with A's drank alcohol in in the past month versus ***37%*** with C,D,Fs

***9%*** of LS students with A's used marijuana in the past month versus ***30%*** with C,D,Fs

# Correlations with Being on a Sports Team

---

***72% of LS students report playing on one or more sports teams in the past year.***

**Being on a sports team is NOT correlated with lower or higher rates of alcohol use in the past month for LS students.**

***16% of LS students who were on a sports team in the past month report having smoked marijuana versus 24% who were not on a team***

**Being on a sports team is NOT correlated with lower or higher rates of bullying and cyberbullying in the past year for LS students.**

***15% of LS students who were on a sports team in the past year report having depressive symptoms versus 31% who were not on a team***

***9% of LS students who were on a sports team in the past year report considered suicide versus 20% who were not on a team***

# Messages from Home Matter

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***Parents who send clear messages to their students about substance use may make a difference in their student's use.***

***Parents who convey a message that drinking is **WRONG:** 32% of their LS students report having drunk alcohol in the past month***

***Parents who convey a message that drinking is **NOT WRONG:** 59% of their LS students report having drunk alcohol in the past month***

***Parents who convey a message that using marijuana is **WRONG:** 13% of their LS students report having used marijuana in the past month***

***Parents who convey a message that using marijuana is **NOT WRONG:** 54% of their LS students have marijuana in the past month***

# Behavior at Home Matters

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**Eating dinner at home with a parent or guardian regularly (5 or more days) is correlated with lower rates of risky behaviors**

**29%** of LS students who ate regularly with parents/guardians drank alcohol in the past month versus **49%** who did not eat regularly with parents/guardians

**12%** of LS students who ate regularly with parents used marijuana in the past month versus **34%** who did not eat regularly with parents/guardians

**16%** of LS students who ate regularly with parents reported depressive symptoms versus **30%** who did not eat regularly with parents/guardians

**10%** of LS students who ate regularly with parents reported considering suicide versus **20%** who did not eat regularly with parents/guardians

**School  
Attachment &  
Adult Support**

# LS School Attachment and Adult Support

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**76%** of LS students say that they have a  
supportive adult at school

*(up 5% from 2012)*

**74%** of LS students say that they feel a part  
of the school

*(highest was 2006 at 77%)*

**90%** of LS students say that they have a  
supportive adult outside of school

*(stayed same since 2006)*

# Connectedness & Adult Support Comparison: **12th Graders**

***When comparing 12th graders' feelings of connection and adult support, LS has consistently higher percentages than MetroWest.***

CONNECTEDNESS	LS	MetroWest
I feel close to people at school	<b>76%</b>	<b>70%</b>
I feel like I am part of this school	<b>74%</b>	<b>68%</b>
I am happy to be at this school	<b>74%</b>	<b>66%</b>
I feel safe in my school	<b>90%</b>	<b>85%</b>
ADULT SUPPORT		
Have at least one teacher/adult at school to talk to if there is a problem	<b>84%</b>	<b>81%</b>
Have at least one adult outside of school to talk to about important things	<b>87%</b>	<b>90%</b>

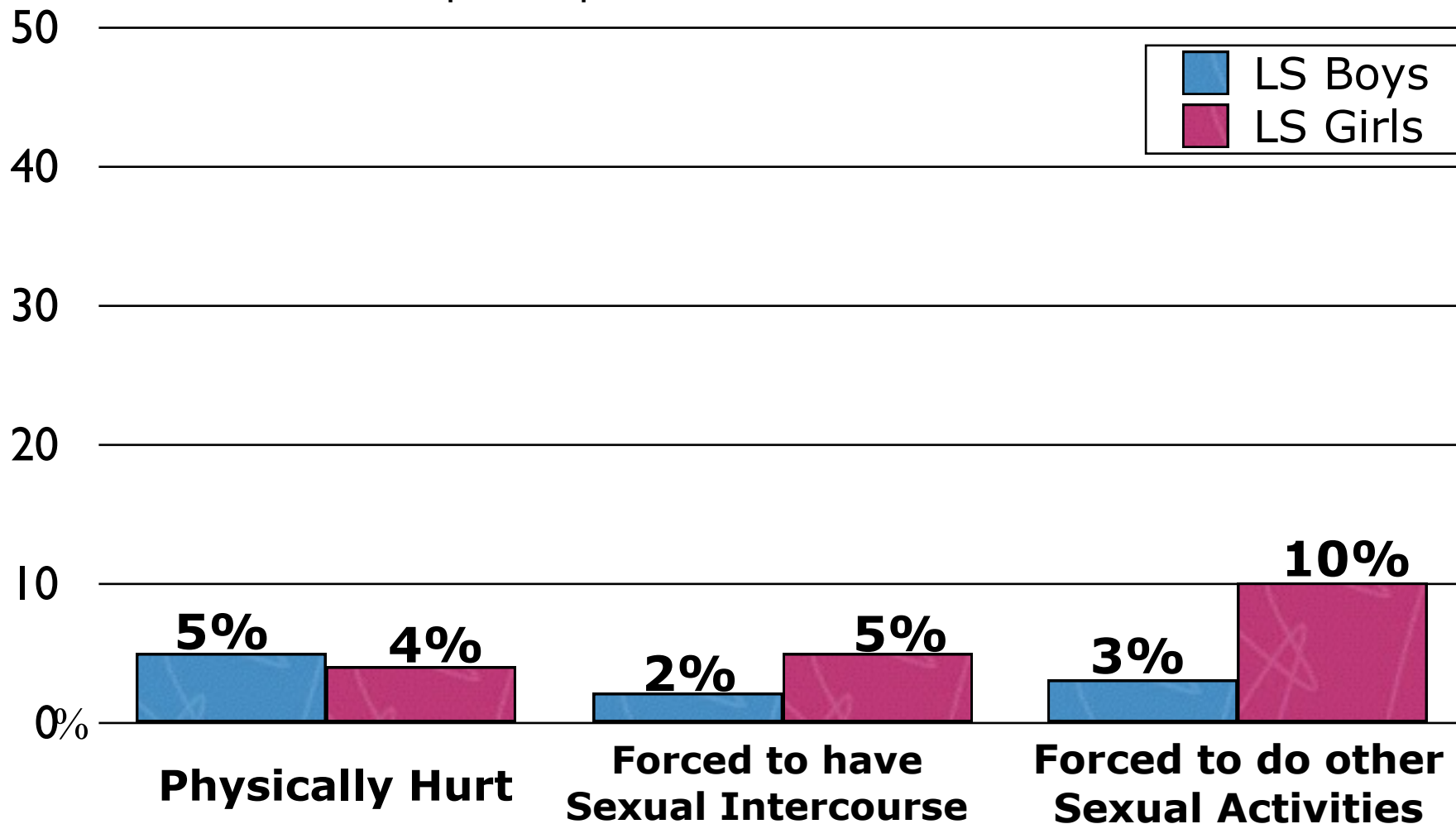


# Dating Violence & Safety

# Lifetime Dating Violence By Gender

***LS students have been reporting similar rates of dating violence behaviors since 2006. MetroWest students have also reported comparable rates since 2006.***

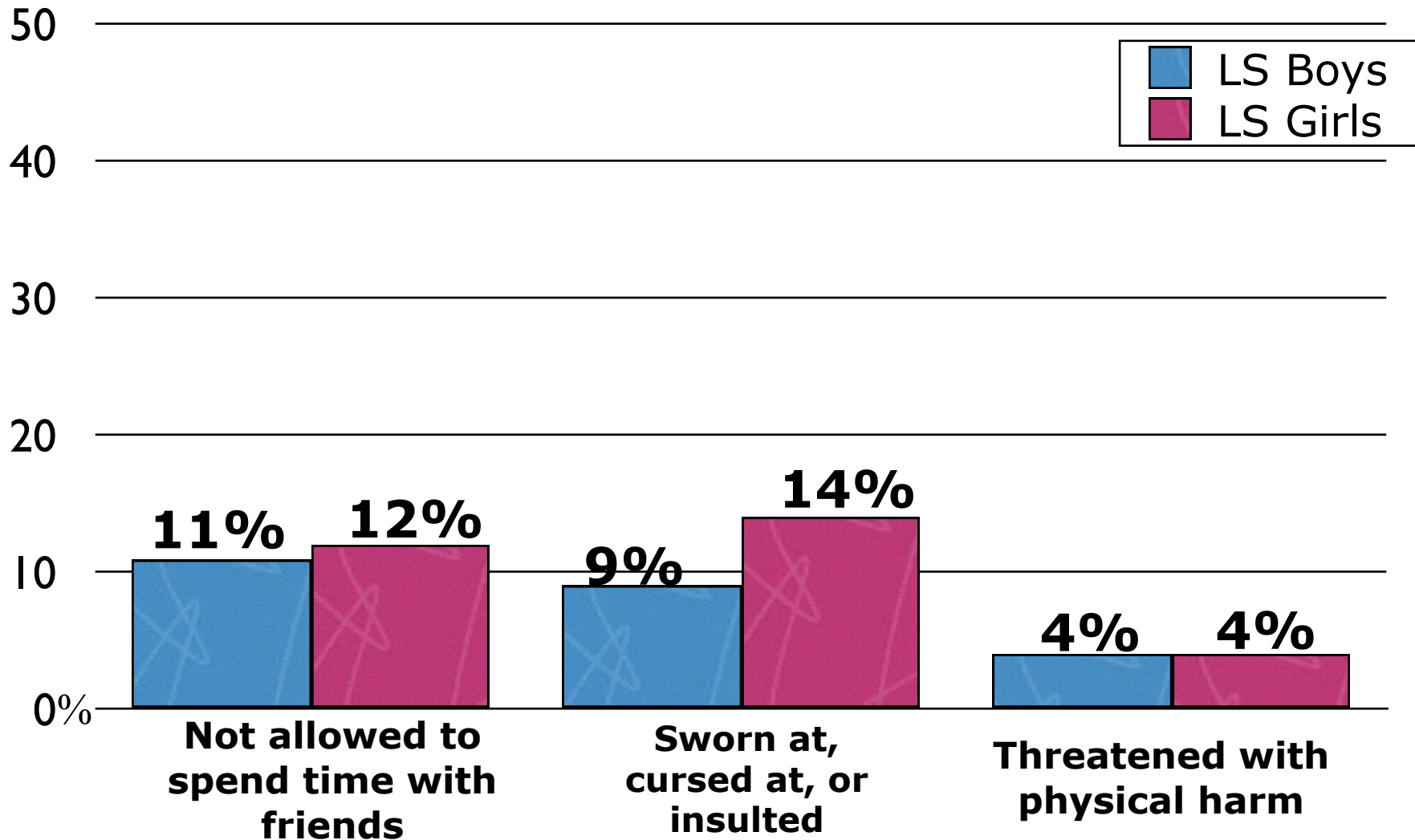
% of Students who report a partner who . . . .in their Lifetime



# Lifetime Dating Violence Warning Signs By Gender

***LS students have also been reporting behaviors that could be warning signs for dating violence.***

% of Students who report a partner who . . . .in their Lifetime



# Dating Violence Correlations

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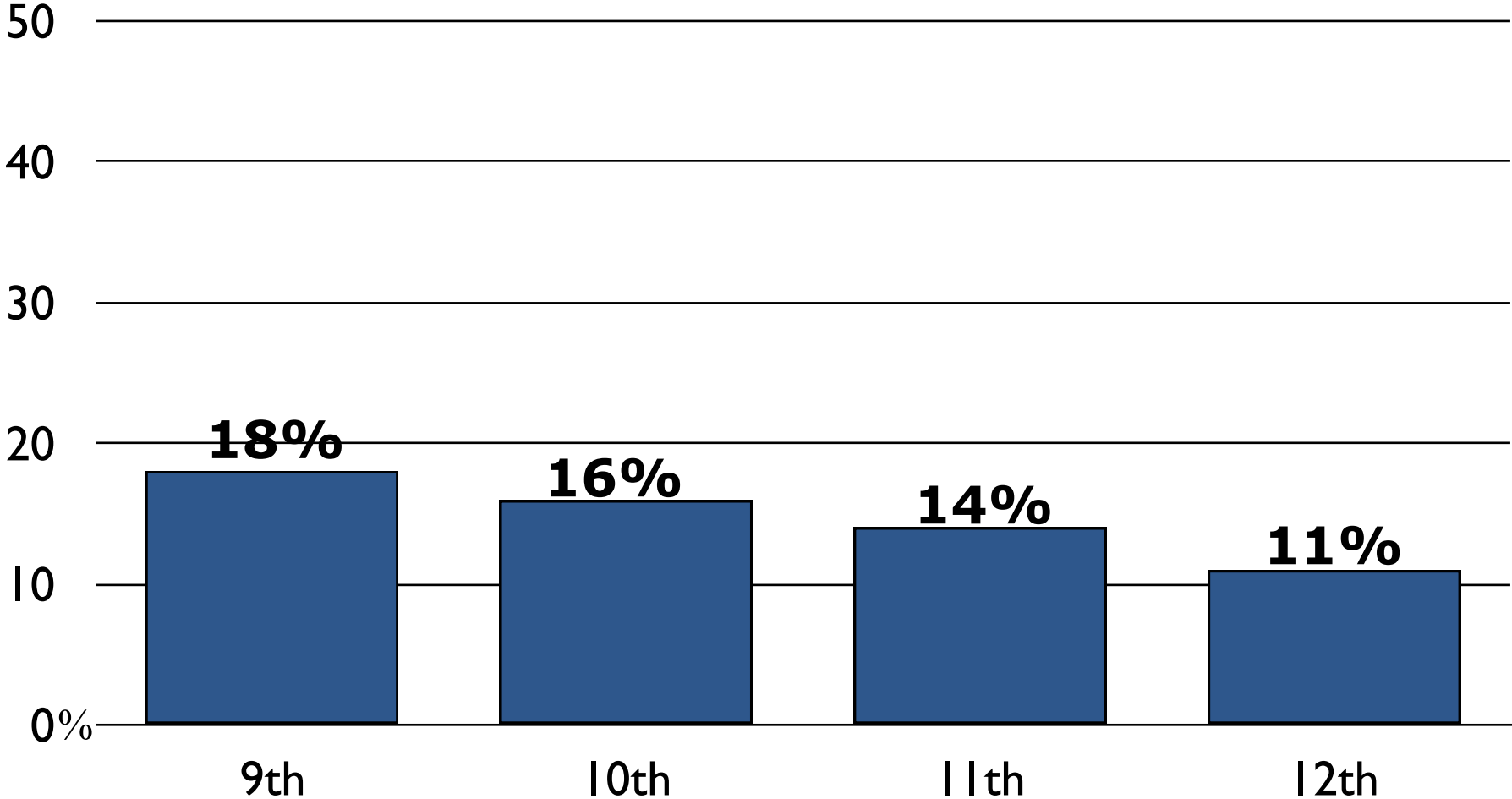
**11%** of LS students who drank alcohol in the past month reported experiencing physical dating violence in their lifetime, compared with **5%** of students who did not drink

**15%** of LS students who used marijuana in the past month reported experiencing physical dating violence in their lifetime compared with **5%** of students who did not use marijuana in the past month

# Past Year Theft of Personal Property By Grade

**Regardless of the grade level of the student, a number have been a victim of theft. Overall, 15% of LS students (down from 25% in 2006) report having their property stolen or damaged which is comparable to MetroWest students (14%).**

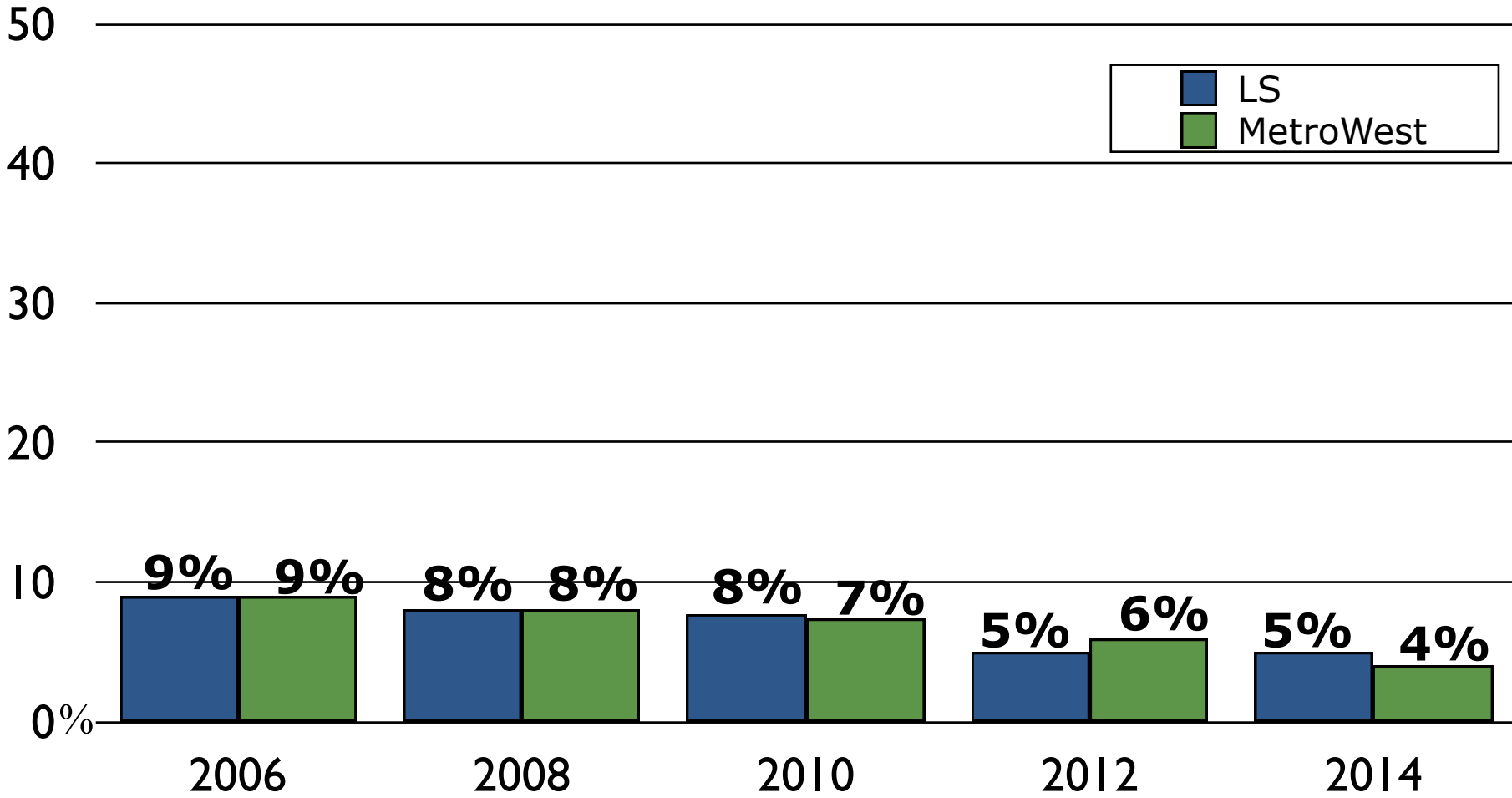
% of Students who were Victims of Theft in Past Year



# Past Year Physical Fights Trend Comparison

**Physical fighting on school property is comparable to MetroWest and levels have decreased since 2006. More LS boys report being in fights on school property than LS girls (8% vs 2%)**

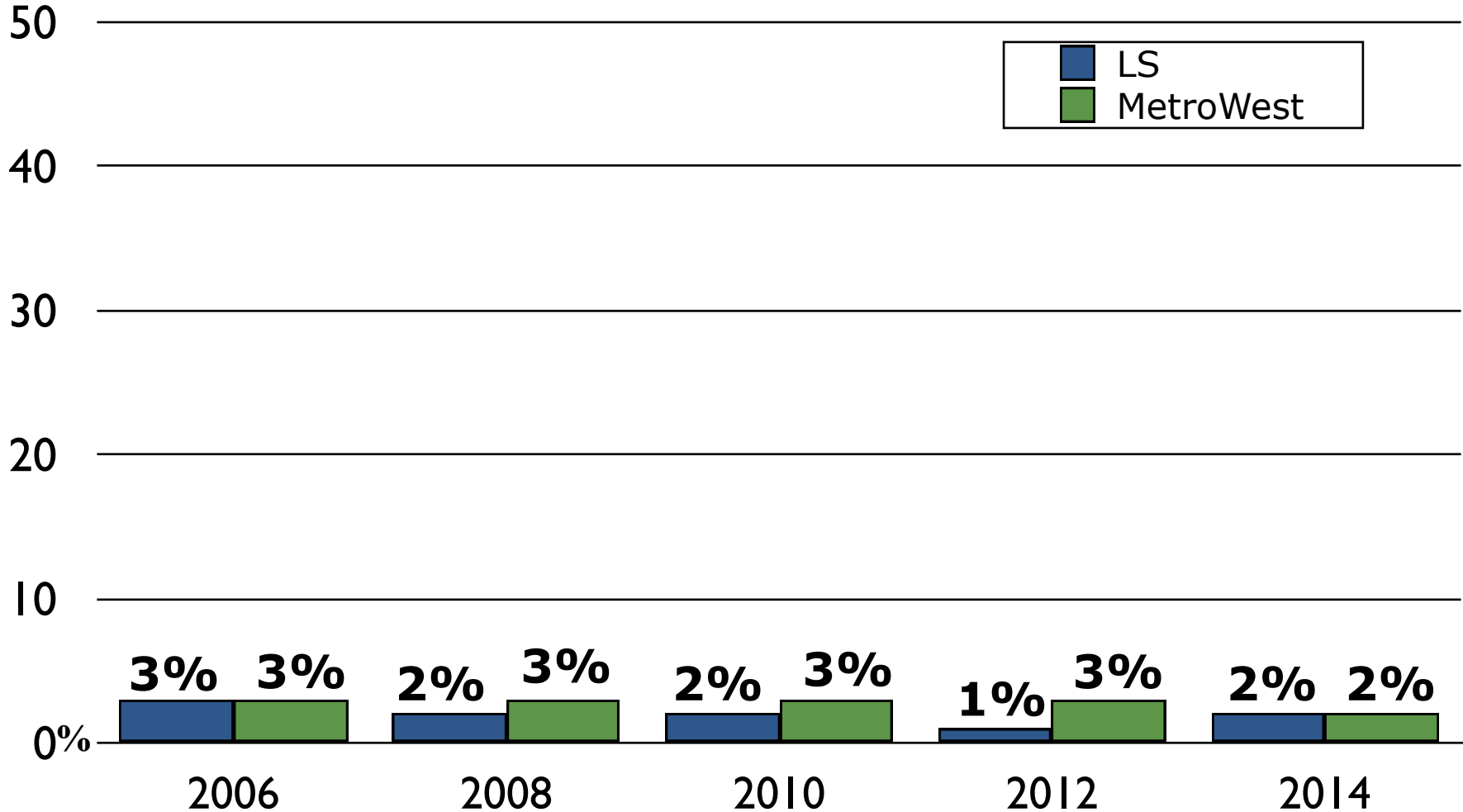
% of Students who were in a Physical Fight on School Property in Past Year



# Past Month Weapons on School Property Trend Comparison

***LS has comparable levels to MetroWest for carrying weapon in the past month. Weapons were defined on the survey as gun, knife, or club.***

% of Students who Carried a Weapon on School Property in Past Month



## Peer Perceptions



## What students perceive their peers believe matters

***LS Students who have friends who convey a message that using marijuana is **WRONG**:  
3% of those students have used marijuana in the past month***

***LS Students who have friends who convey a message that using marijuana is **NOT WRONG**:  
34% of those students have used marijuana in the past month***

# Perceived Norms of Use

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**11%** of LS students who believe that less than a quarter of their peers drank alcohol in the past month, drank alcohol themselves versus **51%** of students who believe that three quarters of their peers drank alcohol in the past month.

The MWAHS found that **66%** of LS students report **NOT** drinking alcohol in the past month.

**7%** of LS students who believe that less than a quarter of their peers used marijuana in the past month, used marijuana themselves versus **44%** of students who believe that three quarters of their peers used marijuana in the past month.

The MWAHS found that **82%** of LS students report **NOT** using marijuana in the past month.

## **Driving Behaviors**

# Drinking and Driving: Beliefs and Reports

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**84%** of LS students  
(**82%** of MetroWest students)  
*think riding in a car driven by a high school student  
who had been drinking alcohol is very dangerous*

**7%** of LS students  
(**8%** of MetroWest students)  
*report riding in a car in the past month driven by a  
high school student who had been drinking*

**17%** of LS students  
(**17%** of MetroWest students)  
*report riding in a car in the past month driven by  
someone who had been drinking*

# Marijuana and Driving: Beliefs and Reports

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**58% of LS students**  
**(55% of MetroWest students)**  
**think riding in a car driven by a high school student who had been using marijuana is very dangerous**

**15% of LS students**  
**(16% of MetroWest students)**  
**report riding in a car in the past month driven by a high school student who had been using marijuana**

## Past Month Driving Safety Behaviors: 12th Graders

***There has been a decrease in the percentage of 12th graders who rode and drove in cars with someone who is under the influence since 2008.***

Activity	LS	MetroWest
Rode with High School Driver after Drinking Alcohol	11% (N/A in '08)	14%
Drove after Drinking Alcohol	11% (32% in '08)	10%
Rode with High School Driver who had been Smoking Marijuana	31% (40% in '08)	30%
Drove after Smoking Marijuana	27% (28% in '08)	21%

# Past Month Driving Safety Behaviors: 12th Graders

The *actual numbers* of 12th graders who . . .

Activity	LS	Actual Numbers
Rode with High School Driver after Drinking Alcohol	11%	37
Drove after Drinking Alcohol	11%	37
Rode with High School Driver who had been Using Marijuana	31%	104
Drove after Using Marijuana	27%	90

## **Past Month** Distracted Driving Behaviors: **12th Graders**

---

**52%** of LS 12th grade students  
(**44%** of 12th grade MetroWest students)  
report driving a car while talking on the phone  
(without a hands-free device) in the past  
month\*

**59%** of LS 12th grade students  
(**51%** of 12th grade MetroWest students)  
report driving a car while text/e-mailing in the  
past month\*

*\*among 12th grade students who drove in past month*